

RSR: Championnats Romands Eté
Lausanne, 14. - 16.6.2024

Epreuve 12 Dames, 400m 4 nages Cat. générale
14.06.2024 - 16:05 Liste résultats

Swiss National Records 4:45.12 VAN BERKEL Martina Eva LIMM Rio (BRA) 06.08.2016
Records régionaux de la Romandie 4:57.05 FROISSART Alexandra LYN Stockholm (SWE) 13.04.2019

Time standard 1 - 13: 6:06.71; 14: 5:59.21; 15: 5:56.41; 16 +: 5:46.61

Points: FINA 2023

Rang			AN					Temps	Pts	
13 ans et moins										
1.	RUEGSEGGER Margaux		11	Red-Fish Neuchâtel				5:37.00	493	
	50m:	35.43 35.43	150m:	2:03.21	44.37	250m:	3:34.31	46.73	350m:	5:00.88 39.21
	100m:	1:18.84 43.41	200m:	2:47.58	44.37	300m:	4:21.67	47.36	400m:	5:37.00 36.12
2.	FERRARI Maddalena		11	Morges-Natation				5:41.90	472	
	50m:	36.39 36.39	150m:	2:04.08	43.76	250m:	3:34.47	46.73	350m:	5:02.25 40.34
	100m:	1:20.32 43.93	200m:	2:47.74	43.66	300m:	4:21.91	47.44	400m:	5:41.90 39.65
3.	MAGGINI Ayleen		11	Fribourg Natation 1925				5:46.52	454	
	50m:	36.77 36.77	150m:	2:07.07	46.46	250m:	3:40.77	48.23	350m:	5:09.35 39.14
	100m:	1:20.61 43.84	200m:	2:52.54	45.47	300m:	4:30.21	49.44	400m:	5:46.52 37.17
4.	MCLAUGHLIN Francesca		11	Natation Sportive Genève				5:54.49	424	
	50m:	41.14 41.14	150m:	2:12.92	43.09	250m:	3:45.46	49.37	350m:	5:16.38 41.49
	100m:	1:29.83 48.69	200m:	2:56.09	43.17	300m:	4:34.89	49.43	400m:	5:54.49 38.11
5.	KREBS Chloé Anouk		12	Fribourg Natation 1925				6:08.84	376 *	
	50m:	38.85 38.85	150m:	2:13.29	47.09	250m:	3:52.17	53.02	350m:	5:28.13 42.36
	100m:	1:26.20 47.35	200m:	2:59.15	45.86	300m:	4:45.77	53.60	400m:	6:08.84 40.71
14 - 15 ans										
1.	HAUER Lilla		10	Genève Natation 1885				5:06.47	656	
	50m:	32.02 32.02	150m:	1:51.87	41.27	250m:	3:13.21	41.79	350m:	4:31.55 35.96
	100m:	1:10.60 38.58	200m:	2:31.42	39.55	300m:	3:55.59	42.38	400m:	5:06.47 34.92
2.	MORISSON Scarlett		10	Montreux-Natation				5:14.38	608	
	50m:	32.73 32.73	150m:	1:54.60	43.15	250m:	3:19.56	42.94	350m:	4:38.82 37.29
	100m:	1:11.45 38.72	200m:	2:36.62	42.02	300m:	4:01.53	41.97	400m:	5:14.38 35.56
3.	RICHARD Loane		09	Red-Fish Neuchâtel				5:19.09	581	
	50m:	30.37 30.37	150m:	1:47.47	41.66	250m:	3:15.09	49.11	350m:	4:41.90 38.92
	100m:	1:05.81 35.44	200m:	2:25.98	38.51	300m:	4:02.98	47.89	400m:	5:19.09 37.19
4.	PENNEL Alice		10	Lausanne Aquatique				5:33.70	508	
	50m:	33.47 33.47	150m:	1:56.66	44.01	250m:	3:29.83	49.77	350m:	4:56.96 38.49
	100m:	1:12.65 39.18	200m:	2:40.06	43.40	300m:	4:18.47	48.64	400m:	5:33.70 36.74
5.	GRICHTING Jolyne		10	Lancy Natation				5:37.14	493	
	50m:	35.95 35.95	150m:	2:01.43	43.65	250m:	3:29.95	47.29	350m:	4:58.92 40.30
	100m:	1:17.78 41.83	200m:	2:42.66	41.23	300m:	4:18.62	48.67	400m:	5:37.14 38.22
6.	MUNGOVEN Esther		10	Natation Sportive Genève				5:45.03	460	
	50m:	36.86 36.86	150m:	2:06.54	44.94	250m:	3:38.44	48.19	350m:	5:07.17 39.72
	100m:	1:21.60 44.74	200m:	2:50.25	43.71	300m:	4:27.45	49.01	400m:	5:45.03 37.86
7.	SORG Leonore		10	Natation Sportive Genève				5:49.17	443	
	50m:	36.42 36.42	150m:	2:05.99	45.36	250m:	3:40.00	49.59	350m:	5:10.22 40.49
	100m:	1:20.63 44.21	200m:	2:50.41	44.42	300m:	4:29.73	49.73	400m:	5:49.17 38.95
8.	CAMBRÉSY Camille		10	Rolle Natation				5:52.40	431	
	50m:	37.23 37.23	150m:	2:05.46	44.03	250m:	3:39.27	50.47	350m:	5:11.73 41.39
	100m:	1:21.43 44.20	200m:	2:48.80	43.34	300m:	4:30.34	51.07	400m:	5:52.40 40.67
9.	WILD Keira		10	CN Plan-les-Ouates				5:57.48	413	
	50m:	35.12 35.12	150m:	2:03.67	44.87	250m:	3:43.40	53.78	350m:	5:18.09 39.38
	100m:	1:18.80 43.68	200m:	2:49.62	45.95	300m:	4:38.71	55.31	400m:	5:57.48 39.39

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Epreuve 12, Dames, 400m 4 nages

16 ans et plus

1.	CHARBONNIER Sibylle		04	Morges-Natation		5:22.63	562					
	50m:	34.10	34.10	150m:	1:55.89	42.04	250m:	3:21.95	45.31	350m:	4:45.21	37.61
	100m:	1:13.85	39.75	200m:	2:36.64	40.75	300m:	4:07.60	45.65	400m:	5:22.63	37.42
2.	SOTTAS Clara		06	Natation Sportive Genève		5:25.96	545					
	50m:	32.47	32.47	150m:	1:55.31	44.23	250m:	3:23.81	45.98	350m:	4:49.19	38.02
	100m:	1:11.08	38.61	200m:	2:37.83	42.52	300m:	4:11.17	47.36	400m:	5:25.96	36.77
3.	CHARBONNIER Kira		08	Lancy Natation		5:37.52	491					
	50m:	34.86	34.86	150m:	2:00.28	44.69	250m:	3:30.62	46.92	350m:	4:58.86	40.97
	100m:	1:15.59	40.73	200m:	2:43.70	43.42	300m:	4:17.89	47.27	400m:	5:37.52	38.66
4.	DEMONT Anaïs		07	Renens-Natation		5:54.14	425 *					
	50m:	34.73	34.73	150m:	2:02.95	47.49	250m:	3:40.04	50.83	350m:	5:13.71	41.62
	100m:	1:15.46	40.73	200m:	2:49.21	46.26	300m:	4:32.09	52.05	400m:	5:54.14	40.43