

RSR: Championnats Romands Eté  
Lausanne, 14. - 16.6.2024

Epreuve 26 Dames, 400m Libre  
15.06.2024 - 12:00 Cat. générale  
Liste résultats

Swiss National Records	4:09.29	RIGAMONTI Flavia	AST	Austin (USA)	06.06.2008
Records régionaux de la Romandie	4:15.94	OBERSON Swann Gabrielle	NSG	Zurich	10.05.2007

Time standard 1 - 12: 5:50.01; 13: 5:20.51; 14: 5:12.61; 15: 5:08.71; 16 +: 5:01.21

Points: FINA 2023

Rang			AN							Temps	Pts
<b>13 ans et moins</b>											
1.	RUEGSEGGER Margaux		11	Red-Fish Neuchâtel						<b>4:49.59</b>	543
	50m:	31.72 31.72	150m:	1:44.45	36.60	250m:	2:58.77	37.01	350m:	4:13.72	36.93
	100m:	1:07.85 36.13	200m:	2:21.76	37.31	300m:	3:36.79	38.02	400m:	4:49.59	35.87
2.	FRÖHLE Valeria		11	Genève Natation 1885						<b>5:08.35</b>	450
	50m:	33.59 33.59	150m:	1:52.15	39.81	250m:	3:12.70	40.63	350m:	4:31.34	39.01
	100m:	1:12.34 38.75	200m:	2:32.07	39.92	300m:	3:52.33	39.63	400m:	5:08.35	37.01
3.	MAGGINI Ayleen		11	Fribourg Natation 1925						<b>5:10.81</b>	440
	50m:	33.96 33.96	150m:	1:51.49	39.33	250m:	3:12.03	40.20	350m:	4:32.97	39.92
	100m:	1:12.16 38.20	200m:	2:31.83	40.34	300m:	3:53.05	41.02	400m:	5:10.81	37.84
4.	CHANSON Yaël		12	Renens-Natation						<b>5:13.68</b>	428
	50m:	34.87 34.87	150m:	1:53.61	39.93	250m:	3:13.81	39.44	350m:	4:36.13	40.87
	100m:	1:13.68 38.81	200m:	2:34.37	40.76	300m:	3:55.26	41.45	400m:	5:13.68	37.55
5.	HERSBERGER Chloé		11	Schwimmklub Region Murten						<b>5:13.97</b>	426
	50m:	34.23 34.23	150m:	1:52.90	40.01	250m:	3:14.92	41.35	350m:	4:36.25	40.89
	100m:	1:12.89 38.66	200m:	2:33.57	40.67	300m:	3:55.36	40.44	400m:	5:13.97	37.72
6.	MOR Alessia		12	CN Nyon						<b>5:15.60</b>	420
	50m:	35.33 35.33	150m:	1:55.55	40.19	250m:	3:16.57	40.22	350m:	4:37.07	39.67
	100m:	1:15.36 40.03	200m:	2:36.35	40.80	300m:	3:57.40	40.83	400m:	5:15.60	38.53
7.	KOCHER Malin		12	Schwimmklub Region Murten						<b>5:21.49</b>	397
	50m:	34.88 34.88	150m:	1:54.77	41.10	250m:	3:19.12	42.46	350m:	4:43.17	41.83
	100m:	1:13.67 38.79	200m:	2:36.66	41.89	300m:	4:01.34	42.22	400m:	5:21.49	38.32
8.	LAJMI Emna		12	Morges-Natation						<b>5:30.13</b>	367
	50m:	37.23 37.23	150m:	2:00.38	42.43	250m:	3:26.11	42.64	350m:	4:52.28	42.13
	100m:	1:17.95 40.72	200m:	2:43.47	43.09	300m:	4:10.15	44.04	400m:	5:30.13	37.85
9.	BHOGARAJU Eira		12	Natation Sportive Genève						<b>5:30.24</b>	366
	50m:	35.54 35.54	150m:	1:57.21	41.12	250m:	3:22.08	42.77	350m:	4:49.33	43.51
	100m:	1:16.09 40.55	200m:	2:39.31	42.10	300m:	4:05.82	43.74	400m:	5:30.24	40.91
10.	ERARD Nina		12	CN La Chaux-de-Fonds						<b>5:37.07</b>	344
	50m:	38.27 38.27	150m:	2:04.55	43.41	250m:	3:30.86	43.17	350m:	4:57.37	42.39
	100m:	1:21.14 42.87	200m:	2:47.69	43.14	300m:	4:14.98	44.12	400m:	5:37.07	39.70
11.	LIU Xinyang		12	Natation Sportive Genève						<b>5:38.37</b>	341
	50m:	36.31 36.31	150m:	2:00.14	42.41	250m:	3:27.10	43.25	350m:	4:57.02	44.77
	100m:	1:17.73 41.42	200m:	2:43.85	43.71	300m:	4:12.25	45.15	400m:	5:38.37	41.35
12.	GARELLI Alyssa		12	Lancy Natation						<b>5:39.42</b>	337
	50m:	37.94 37.94	150m:	2:04.26	43.72	250m:	3:31.05	43.29	350m:	4:58.98	43.73
	100m:	1:20.54 42.60	200m:	2:47.76	43.50	300m:	4:15.25	44.20	400m:	5:39.42	40.44
13.	GALANTHAY Emily		13	Rolle Natation						<b>5:40.16</b>	335
	50m:	37.09 37.09	150m:	2:01.48	42.83	250m:	3:30.31	44.48	350m:	4:58.13	43.00
	100m:	1:18.65 41.56	200m:	2:45.83	44.35	300m:	4:15.13	44.82	400m:	5:40.16	42.03

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14 - 15 ans

1.	HAUER Lilla	10	Genève Natation 1885	<b>4:43.28</b>	581
	50m: 31.85 31.85	150m: 1:42.80 35.56	250m: 2:55.66 36.34	350m: 4:08.55 36.33	
	100m: 1:07.24 35.39	200m: 2:19.32 36.52	300m: 3:32.22 36.56	400m: 4:43.28 34.73	
2.	GONZALEZ Luana	09	Genève Natation 1885	<b>4:48.42</b>	550
	50m: 32.38 32.38	150m: 1:45.41 36.92	250m: 2:58.70 36.47	350m: 4:12.65 37.14	
	100m: 1:08.49 36.11	200m: 2:22.23 36.82	300m: 3:35.51 36.81	400m: 4:48.42 35.77	
3.	ROCHAT Leane	10	Lausanne Aquatique	<b>4:51.42</b>	533
	50m: 32.64 32.64	150m: 1:45.91 37.44	250m: 3:01.27 38.06	350m: 4:16.26 37.97	
	100m: 1:08.47 35.83	200m: 2:23.21 37.30	300m: 3:38.29 37.02	400m: 4:51.42 35.16	
4.	DELLA BONA Lucy	10	Lancy Natation	<b>4:53.77</b>	521
	50m: 34.03 34.03	150m: 1:47.34 37.15	250m: 3:01.90 37.34	350m: 4:17.51 37.66	
	100m: 1:10.19 36.16	200m: 2:24.56 37.22	300m: 3:39.85 37.95	400m: 4:53.77 36.26	
5.	NOVY Mathilde	10	Vevey-Natation	<b>4:58.75</b>	495
	50m: 33.74 33.74	150m: 1:49.56 38.62	250m: 3:06.25 38.35	350m: 4:22.36 38.00	
	100m: 1:10.94 37.20	200m: 2:27.90 38.34	300m: 3:44.36 38.11	400m: 4:58.75 36.39	
6.	RADU-LOGHIN Miruna	09	Genève Natation 1885	<b>5:00.92</b>	484
	50m: 32.64 32.64	150m: 1:48.51 38.63	250m: 3:06.19 38.63	350m: 4:23.28 38.06	
	100m: 1:09.88 37.24	200m: 2:27.56 39.05	300m: 3:45.22 39.03	400m: 5:00.92 37.64	
7.	HUMAIR Louna	09	Red-Fish Neuchâtel	<b>5:02.85</b>	475
	50m: 33.13 33.13	150m: 1:48.08 38.24	250m: 3:05.62 39.07	350m: 4:24.68 39.94	
	100m: 1:09.84 36.71	200m: 2:26.55 38.47	300m: 3:44.74 39.12	400m: 5:02.85 38.17	
8.	MUNGOVEN Esther	10	Natation Sportive Genève	<b>5:05.41</b>	463
	50m: 34.17 34.17	150m: 1:51.62 38.90	250m: 3:10.42 39.49	350m: 4:28.31 38.35	
	100m: 1:12.72 38.55	200m: 2:30.93 39.31	300m: 3:49.96 39.54	400m: 5:05.41 37.10	
9.	CAMBRÉSY Camille	10	Rolle Natation	<b>5:05.69</b>	462
	50m: 34.08 34.08	150m: 1:51.35 39.20	250m: 3:10.36 39.46	350m: 4:29.09 39.13	
	100m: 1:12.15 38.07	200m: 2:30.90 39.55	300m: 3:49.96 39.60	400m: 5:05.69 36.60	
10.	LA GROTTERRIA Alyssia	10	CN La Chaux-de-Fonds	<b>5:13.93</b>	427 *
	50m: 33.76 33.76	150m: 1:52.73 40.37	250m: 3:13.63 40.05	350m: 4:34.81 40.07	
	100m: 1:12.36 38.60	200m: 2:33.58 40.85	300m: 3:54.74 41.11	400m: 5:13.93 39.12	
11.	FORCLAZ Maya	09	CN Yverdon	<b>5:13.94</b>	426 *
	50m: 33.62 33.62	150m: 1:50.78 39.88	250m: 3:12.68 41.53	350m: 4:34.88 40.69	
	100m: 1:10.90 37.28	200m: 2:31.15 40.37	300m: 3:54.19 41.51	400m: 5:13.94 39.06	
12.	DEWARRAT Maya	10	Morges-Natation	<b>5:38.78</b>	339 *
	50m: 36.10 36.10	150m: 2:00.64 43.12	250m: 3:27.68 43.51	350m: 4:55.41 43.89	
	100m: 1:17.52 41.42	200m: 2:44.17 43.53	300m: 4:11.52 43.84	400m: 5:38.78 43.37	

16 ans et plus

1.	RICHARD Manon	07	Red-Fish Neuchâtel	<b>4:26.94</b>	694
	50m: 29.79 29.79	150m: 1:37.65 34.29	250m: 2:45.94 33.80	350m: 3:54.34 34.17	
	100m: 1:03.36 33.57	200m: 2:12.14 34.49	300m: 3:20.17 34.23	400m: 4:26.94 32.60	
2.	BALTHASAR Julia	06	Lausanne Aquatique	<b>4:30.84</b>	664
	50m: 31.97 31.97	150m: 1:41.21 34.69	250m: 2:50.10 34.05	350m: 3:58.35 33.70	
	100m: 1:06.52 34.55	200m: 2:16.05 34.84	300m: 3:24.65 34.55	400m: 4:30.84 32.49	
3.	CHTAINI Ave	07	Lausanne Aquatique	<b>4:41.24</b>	593
	50m: 31.88 31.88	150m: 1:42.42 35.70	250m: 2:53.53 35.53	350m: 4:05.56 35.96	
	100m: 1:06.72 34.84	200m: 2:18.00 35.58	300m: 3:29.60 36.07	400m: 4:41.24 35.68	
4.	SOTTAS Clara	06	Natation Sportive Genève	<b>4:43.62</b>	579
	50m: 31.33 31.33	150m: 1:42.07 35.51	250m: 2:54.60 36.27	350m: 4:07.83 36.54	
	100m: 1:06.56 35.23	200m: 2:18.33 36.26	300m: 3:31.29 36.69	400m: 4:43.62 35.79	

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Rang			AN					Temps	Pts			
5.	BELJEAN Thaline		07	Red-Fish Neuchâtel				<b>4:51.08</b>	535			
	50m:	32.77	32.77	150m:	1:46.16	37.66	250m:	3:00.67	37.60	350m:	4:15.86	37.20
	100m:	1:08.50	35.73	200m:	2:23.07	36.91	300m:	3:38.66	37.99	400m:	4:51.08	35.22
6.	DELLA BONA Lea		08	Lancy Natation				<b>4:51.91</b>	531			
	50m:	32.90	32.90	150m:	1:46.11	36.61	250m:	3:00.53	37.06	350m:	4:15.03	37.05
	100m:	1:09.50	36.60	200m:	2:23.47	37.36	300m:	3:37.98	37.45	400m:	4:51.91	36.88
7.	MOREAU Margot		07	Renens-Natation				<b>4:52.78</b>	526			
	50m:	33.09	33.09	150m:	1:46.83	36.74	250m:	3:01.67	36.87	350m:	4:17.88	37.90
	100m:	1:10.09	37.00	200m:	2:24.80	37.97	300m:	3:39.98	38.31	400m:	4:52.78	34.90
8.	WULF Karen		05	CN Marsouins Aigle				<b>4:54.68</b>	516			
	50m:	31.48	31.48	150m:	1:46.07	38.13	250m:	3:03.64	38.87	350m:	4:20.02	37.11
	100m:	1:07.94	36.46	200m:	2:24.77	38.70	300m:	3:42.91	39.27	400m:	4:54.68	34.66
9.	DENTCHEVA Nadezhda		08	Natation Sportive Genève				<b>4:58.91</b>	494			
	50m:	33.24	33.24	150m:	1:47.84	38.08	250m:	3:04.01	38.23	350m:	4:21.44	38.76
	100m:	1:09.76	36.52	200m:	2:25.78	37.94	300m:	3:42.68	38.67	400m:	4:58.91	37.47