

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 16
04-11-23 - 15:47

Dames, 400m Libre

11 ans et plus
Liste résultats11 ans Ben: 6:18.41 / 12 ans Ben: 5:59.34 / 13 ans Min: 5:45.22 / 14 ans Min: 5:37.15 / 15 ans Cad: 5:26.50 /
16 ans Cad: 5:17.51 / Jun: 5:14.35; 19 +: 5:02.44

Points: FINA 2020

Rang			AN					Temps	Pts
Benjamines									
1.	GILLAIN Gwenalynn		12	Mosan				5:09.35	446
	50m: 35.60	35.60	150m: 1:54.02	38.94	250m: 3:13.50	39.79	350m: 4:32.08	39.48	
	100m: 1:15.08	39.48	200m: 2:33.71	39.69	300m: 3:52.60	39.10	400m: 5:09.35	37.27	
2.	SCHMIDT Eléa		12	Liège Natation				5:46.75	317
	50m: 36.97	36.97	150m: 2:05.42	45.49	250m: 3:34.60	45.26	350m: 5:05.56	45.90	
	100m: 1:19.93	42.96	200m: 2:49.34	43.92	300m: 4:19.66	45.06	400m: 5:46.75	41.19	
3.	ABOUABDERRAHMANE Inès		12	Ecole de Natation Waremmé				5:53.79	298
	50m: 38.23	38.23	150m: 2:07.10	45.21	250m: 3:37.76	45.59	350m: 5:08.72	45.43	
	100m: 1:21.89	43.66	200m: 2:52.17	45.07	300m: 4:23.29	45.53	400m: 5:53.79	45.07	
4.	ANDOURA Sidra		12	Mosan				5:56.86	290
	50m: 38.14	38.14	150m: 2:07.90	44.84	250m: 3:39.94	45.99	350m: 5:12.09	45.86	
	100m: 1:23.06	44.92	200m: 2:53.95	46.05	300m: 4:26.23	46.29	400m: 5:56.86	44.77	

Bejamines

1.	JORISSEN Janne		11	Liège Natation				4:53.19	524
	50m: 33.42	33.42	150m: 1:47.38	37.05	250m: 3:02.22	37.57	350m: 4:17.15	37.43	
	100m: 1:10.33	36.91	200m: 2:24.65	37.27	300m: 3:39.72	37.50	400m: 4:53.19	36.04	
2.	BAJOT Clémence		11	Liège Natation				4:53.96	520
	50m: 32.94	32.94	150m: 1:45.58	36.72	250m: 3:00.92	37.87	350m: 4:17.55	38.14	
	100m: 1:08.86	35.92	200m: 2:23.05	37.47	300m: 3:39.41	38.49	400m: 4:53.96	36.41	
3.	ABDELKHALEK Lina		11	Ecole de Natation Waremmé				5:03.19	474
	50m: 33.82	33.82	150m: 1:50.27	38.30	250m: 3:07.33	38.27	350m: 4:25.09	38.76	
	100m: 1:11.97	38.15	200m: 2:29.06	38.79	300m: 3:46.33	39.00	400m: 5:03.19	38.10	
4.	DELSAER Laurien		11	Liège Natation				5:14.93	423
	50m: 33.67	33.67	150m: 1:49.87	39.15	250m: 3:11.40	41.08	350m: 4:34.75	41.70	
	100m: 1:10.72	37.05	200m: 2:30.32	40.45	300m: 3:53.05	41.65	400m: 5:14.93	40.18	
5.	THONET Julia		11	Perron				5:18.55	409
	50m: 36.13	36.13	150m: 1:56.36	40.39	250m: 3:17.45	40.87	350m: 4:38.73	40.85	
	100m: 1:15.97	39.84	200m: 2:36.58	40.22	300m: 3:57.88	40.43	400m: 5:18.55	39.82	

Minimes

1.	MARDAGA Anaïs		10	Liège Natation				4:53.91	520
	50m: 33.15	33.15	150m: 1:46.81	37.45	250m: 3:02.48	37.97	350m: 4:17.89	37.87	
	100m: 1:09.36	36.21	200m: 2:24.51	37.70	300m: 3:40.02	37.54	400m: 4:53.91	36.02	
2.	STAS Eléa		10	Liège Natation				5:04.42	468
	50m: 35.05	35.05	150m: 1:52.20	38.78	250m: 3:10.03	39.31	350m: 4:27.99	38.82	
	100m: 1:13.42	38.37	200m: 2:30.72	38.52	300m: 3:49.17	39.14	400m: 5:04.42	36.43	
3.	FONTAINE Heloise		10	Namur Olympic Club				5:12.13	434
	50m: 35.82	35.82	150m: 1:54.87	39.60	250m: 3:15.35	40.36	350m: 4:35.08	39.55	
	100m: 1:15.27	39.45	200m: 2:34.99	40.12	300m: 3:55.53	40.18	400m: 5:12.13	37.05	
4.	LARROZE Maëlys		10	Ecole Seraing Natation a.s.b.l.				5:19.68	404
	50m: 35.86	35.86	150m: 1:57.37	41.23	250m: 3:19.66	41.15	350m: 4:42.26	41.61	
	100m: 1:16.14	40.28	200m: 2:38.51	41.14	300m: 4:00.65	40.99	400m: 5:19.68	37.42	

**Championnats de District 2023
Seraing, 4- - 5-11-2023****Epreuve 16, Filles, 400m Libre, Minimes**

Rang		AN			Temps	Pts	
5.	MENAGER Maiwenn	10	Country SC La Calamine		5:22.35	394	
	50m: 35.24 35.24	150m: 1:55.88	41.20	250m: 3:19.24	42.14	350m: 4:43.56	41.66
	100m: 1:14.68 39.44	200m: 2:37.10	41.22	300m: 4:01.90	42.66	400m: 5:22.35	38.79
6.	GUILLEAUME Louisa	10	Mosan		5:39.98	336	
	50m: 39.31 39.31	150m: 2:05.91	43.56	250m: 3:32.53	43.36	350m: 4:59.09	43.21
	100m: 1:22.35 43.04	200m: 2:49.17	43.26	300m: 4:15.88	43.35	400m: 5:39.98	40.89

Minimes

1.	PAQUES Célya	09	Liège Natation		4:44.65	573	
	50m: 32.69 32.69	150m: 1:43.17	35.53	250m:		350m: 2:55.74	6.64
	100m: 1:07.64 34.95	200m: 2:19.54	36.37	300m: 2:49.10		400m: 4:44.65	1:48.91
2.	PAQUES Typhanie	09	Liège Natation		4:46.15	564	
	50m: 32.73 32.73	150m: 1:43.70	35.90	250m:		350m:	
	100m: 1:07.80 35.07	200m: 2:20.03	36.33	300m: 2:51.97		400m: 4:46.15	
3.	CATAKLI Nazra	09	Ecole Seraing Natation a.s.b.l.		5:08.35	450	
	50m: 34.44 34.44	150m: 1:51.57	38.70	250m: 3:09.73	38.78	350m: 4:29.31	39.61
	100m: 1:12.87 38.43	200m: 2:30.95	39.38	300m: 3:49.70	39.97	400m: 5:08.35	39.04

Cadettes

1.	PAIROUX Eloise	08	Perron		4:59.03	494	
	50m: 34.67 34.67	150m: 1:50.35	37.94	250m: 3:06.79	38.06	350m: 4:22.51	37.60
	100m: 1:12.41 37.74	200m: 2:28.73	38.38	300m: 3:44.91	38.12	400m: 4:59.03	36.52
2.	THIRY Alice	08	Club Natation Bastogne		5:06.19	460	
	50m: 34.62 34.62	150m: 1:51.55	38.77	250m: 3:08.94	38.16	350m: 4:27.71	39.56
	100m: 1:12.78 38.16	200m: 2:30.78	39.23	300m: 3:48.15	39.21	400m: 5:06.19	38.48

Cadettes

1.	DEMOULIN Célia	07	Nautic Club Herve		5:24.24	387 *	
	50m: 35.74 35.74	150m: 1:57.12	41.09	250m: 3:19.96	41.44	350m: 4:43.42	41.65
	100m: 1:16.03 40.29	200m: 2:38.52	41.40	300m: 4:01.77	41.81	400m: 5:24.24	40.82

Juniors

1.	QUADFLIEG Clarisse	06	Nautic Club Herve		5:11.62	436	
	50m: 34.37 34.37	150m: 1:51.70	39.06	250m: 3:10.70	39.64	350m: 4:31.92	40.57
	100m: 1:12.64 38.27	200m: 2:31.06	39.36	300m: 3:51.35	40.65	400m: 5:11.62	39.70

19 ans et plus

1.	MARION Gladys	01	Ecole Seraing Natation a.s.b.l.		4:54.22	519	
	50m: 33.56 33.56	150m: 1:46.48	36.95	250m: 3:00.96	36.87	350m: 4:17.28	38.20
	100m: 1:09.53 35.97	200m: 2:24.09	37.61	300m: 3:39.08	38.12	400m: 4:54.22	36.94
2.	MAKA Emilie	02	Ecole Seraing Natation a.s.b.l.		5:13.57	428 *	
	50m: 34.46 34.46	150m: 1:52.38	39.70	250m: 3:12.88	40.41	350m: 4:34.15	40.54
	100m: 1:12.68 38.22	200m: 2:32.47	40.09	300m: 3:53.61	40.73	400m: 5:13.57	39.42