

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 24
05-11-23 - 10:32

Dames, 400m 4 nages

11 ans et plus
Liste résultats11 ans Ben: 7:30.84 / 12 ans Ben: 7:06.60 / 13 ans Min: 6:48.64 / 14 ans Min: 6:38.38 / 15 ans Cad: 6:26.73 /
16 ans Cad: 6:17.03 / Jun: 6:12.38; 19 +: 5:58.37

Points: FINA 2020

Rang			AN						Temps	Pts
Benjamines										
1.	GILLAIN Gwenalynn		12	Mosan				6:13.87	361	
	50m:	43.63 43.63	150m:	2:23.20	46.45	250m:	4:03.10	53.20	350m:	5:37.20 39.25
	100m:	1:36.75 53.12	200m:	3:09.90	46.70	300m:	4:57.95	54.85	400m:	6:13.87 36.67
2.	CREMER Jenny		12	Triton Ans Natation				6:21.91	339	
	50m:	39.90 39.90	150m:	2:16.46	47.23	250m:	3:54.49	51.79	350m:	5:36.07 44.67
	100m:	1:29.23 49.33	200m:	3:02.70	46.24	300m:	4:51.40	56.91	400m:	6:21.91 45.84
Bejamines										
1.	WÉGRIA Elena		11	Ecole de Natation Waremme				5:37.36	492	
	50m:	37.59 37.59	150m:	2:00.60	41.07	250m:	3:30.50	50.17	350m:	4:59.57 39.45
	100m:	1:19.53 41.94	200m:	2:40.33	39.73	300m:	4:20.12	49.62	400m:	5:37.36 37.79
2.	ABDELKHALEK Lina		11	Ecole de Natation Waremme				5:56.93	415	
	50m:	39.31 39.31	150m:	2:10.40	43.66	250m:	3:46.56	50.06	350m:	5:18.26 39.34
	100m:	1:26.74 47.43	200m:	2:56.50	46.10	300m:	4:38.92	52.36	400m:	5:56.93 38.67
3.	BAJOT Clémence		11	Liège Natation				5:58.43	410	
	50m:	38.05 38.05	150m:	2:07.13	44.66	250m:	3:45.41	53.33	350m:	5:19.05 39.73
	100m:	1:22.47 44.42	200m:	2:52.08	44.95	300m:	4:39.32	53.91	400m:	5:58.43 39.38
4.	DELSAER Laurien		11	Liège Natation				6:06.26	384	
	50m:	40.29 40.29	150m:	2:18.73	47.82	250m:	3:56.95	51.26	350m:	5:26.73 39.36
	100m:	1:30.91 50.62	200m:	3:05.69	46.96	300m:	4:47.37	50.42	400m:	6:06.26 39.53
Minimes										
1.	MARDAGA Anaïs		10	Liège Natation				5:51.72	434	
	50m:	38.32 38.32	150m:	2:06.44	43.39	250m:	3:43.32	53.40	350m:	5:14.49 38.40
	100m:	1:23.05 44.73	200m:	2:49.92	43.48	300m:	4:36.09	52.77	400m:	5:51.72 37.23
2.	CARLOS DA SILVA Ilana-Luisa		10	Liège Natation				5:53.03	429	
	50m:	38.37 38.37	150m:	2:10.94	45.38	250m:	3:46.25	49.47	350m:	5:15.22 39.30
	100m:	1:25.56 47.19	200m:	2:56.78	45.84	300m:	4:35.92	49.67	400m:	5:53.03 37.81
3.	GASPAR Olivia		10	Club Natation Bastogne				6:11.63	368	
	50m:	41.39 41.39	150m:	2:18.67	47.38	250m:	3:53.69	48.25	350m:	5:29.36 45.06
	100m:	1:31.29 49.90	200m:	3:05.44	46.77	300m:	4:44.30	50.61	400m:	6:11.63 42.27
Minimes										
1.	MOUHTADI Yaelle		09	Ecole de Natation Waremme				5:43.73	465	
	50m:	33.44 33.44	150m:	1:59.59	43.97	250m:	3:35.35	50.36	350m:	5:05.17 39.11
	100m:	1:15.62 42.18	200m:	2:44.99	45.40	300m:	4:26.06	50.71	400m:	5:43.73 38.56
2.	CATAKLI Nazra		09	Ecole Seraing Natation a.s.b.l.				5:50.45	439	
	50m:	36.12 36.12	150m:	2:03.57	45.16	250m:	3:40.35	52.23	350m:	5:11.74 39.08
	100m:	1:18.41 42.29	200m:	2:48.12	44.55	300m:	4:32.66	52.31	400m:	5:50.45 38.71



Championnats de District 2023
Seraing, 4- - 5-11-2023

Epreuve 24, Dames, 400m 4 nages

Cadettes

1. PAIROUX Eloise				08	Perron					5:43.69	465
50m:	38.16	38.16	150m:	2:05.34	44.77	250m:	3:38.35	48.02	350m:	5:05.70	38.27
100m:	1:20.57	42.41	200m:	2:50.33	44.99	300m:	4:27.43	49.08	400m:	5:43.69	37.99
2. AERTS Oceane				08	Ecole Seraing Natation a.s.b.l.					6:19.59	345
50m:	38.51	38.51	150m:	2:11.68	49.90	250m:	3:54.99	55.79	350m:	5:36.02	42.91
100m:	1:21.78	43.27	200m:	2:59.20	47.52	300m:	4:53.11	58.12	400m:	6:19.59	43.57