

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 36
05-11-23 - 15:14

Messieurs, 400m Libre

11 ans et plus
Liste résultats11 ans Ben: 5:58.94 / 12 ans Ben: 5:38.24 / 13 ans Min: 5:24.82 / 14 ans Min: 5:14.88 / 15 ans Cad: 5:09.10 /
16 ans Cad: 5:04.83 / Jun: 4:56.31; 19 +: 4:38.31

Points: FINA 2020

Rang			AN				Temps				Pts
Benjamins											
1.	AMRI Yassin		12	Mosan			5:42.32				265
	50m:	37.94 37.94	150m:	2:05.30	44.76	250m:	3:34.49	44.92	350m:	5:02.40 43.70	
	100m:	1:20.54 42.60	200m:	2:49.57	44.27	300m:	4:18.70	44.21	400m:	5:42.32 39.92	
2.	FORTEMPS Emilien		12	Perron			6:04.07				220 *
	50m:	40.32 40.32	150m:	2:14.54	48.94	250m:	3:49.20	48.31	350m:	5:21.05 45.11	
	100m:	1:25.60 45.28	200m:	3:00.89	46.35	300m:	4:35.94	46.74	400m:	6:04.07 43.02	
Benjamins											
1.	GLODKIEWICZ Alexandre		11	Ecole de Natation Waremme			4:37.89				496
	50m:	31.47 31.47	150m:	1:42.21	35.35	250m:	2:53.65	35.47	350m:	4:05.32 35.29	
	100m:	1:06.86 35.39	200m:	2:18.18	35.97	300m:	3:30.03	36.38	400m:	4:37.89 32.57	
2.	FERRARI Maxime		11	Perron			4:59.99				394
	50m:	34.53 34.53	150m:	1:51.36	38.36	250m:	3:08.89	38.48	350m:	4:25.43 38.29	
	100m:	1:13.00 38.47	200m:	2:30.41	39.05	300m:	3:47.14	38.25	400m:	4:59.99 34.56	
3.	KONACKI Baris		11	Namur Olympic Club			5:09.78				358
	50m:	32.74 32.74	150m:	1:49.55	39.16	250m:	3:10.60	40.78	350m:	4:31.65 40.51	
	100m:	1:10.39 37.65	200m:	2:29.82	40.27	300m:	3:51.14	40.54	400m:	5:09.78 38.13	
Minimes											
1.	LAMBERT Noah		10	Liège Natation			4:46.33				454
	50m:	32.21 32.21	150m:	1:43.01	36.00	250m:	2:56.98	37.06	350m:	4:11.33 37.00	
	100m:	1:07.01 34.80	200m:	2:19.92	36.91	300m:	3:34.33	37.35	400m:	4:46.33 35.00	
2.	COUNARD Matéo		10	Ecole de Natation Waremme			4:55.19				414
	50m:	34.89 34.89	150m:	1:49.96	37.40	250m:	3:05.44	37.98	350m:	4:19.90 36.94	
	100m:	1:12.56 37.67	200m:	2:27.46	37.50	300m:	3:42.96	37.52	400m:	4:55.19 35.29	
3.	LAIME Oscar		10	Liège Natation			4:59.05				398
	50m:	34.82 34.82	150m:	1:50.04	38.11	250m:	3:07.18	38.75	350m:	4:23.36 37.86	
	100m:	1:11.93 37.11	200m:	2:28.43	38.39	300m:	3:45.50	38.32	400m:	4:59.05 35.69	
4.	GILLARD Sacha		10	Liège Natation			5:01.36				389
	50m:	34.57 34.57	150m:	1:49.44	37.66	250m:	3:06.19	38.74	350m:	4:23.92 39.10	
	100m:	1:11.78 37.21	200m:	2:27.45	38.01	300m:	3:44.82	38.63	400m:	5:01.36 37.44	
5.	BRAGANO Timéo		10	Nautic Club Herve			5:16.17				337
	50m:	35.29 35.29	150m:	1:56.68	41.17	250m:	3:19.62	41.06	350m:	4:39.19 39.56	
	100m:	1:15.51 40.22	200m:	2:38.56	41.88	300m:	3:59.63	40.01	400m:	5:16.17 36.98	
Minimes											
1.	MAKA Nicolas		09	Ecole Seraing Natation a.s.b.l.			4:54.51				417
	50m:	33.61 33.61	150m:	1:48.55	37.67	250m:	3:04.18	38.13	350m:	4:19.23 37.50	
	100m:	1:10.88 37.27	200m:	2:26.05	37.50	300m:	3:41.73	37.55	400m:	4:54.51 35.28	
2.	MARCOUX Lens		09	Ecole Seraing Natation a.s.b.l.			5:16.48				336 *
	50m:	34.70 34.70	150m:	1:53.45	40.07	250m:	3:15.55	41.29	350m:	4:38.14 41.46	
	100m:	1:13.38 38.68	200m:	2:34.26	40.81	300m:	3:56.68	41.13	400m:	5:16.48 38.34	

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

Epreuve 36, Garçons, 400m Libre, Minimes

Rang	AN				Temps				Pts	
3.	MONTEFORTE Noe 09				Ecole Seraing Natation a.s.b.l.				5:26.20	307 *
	50m: 35.27	35.27	150m: 1:56.73	40.89	250m: 3:20.24	41.62	350m: 4:44.57	41.95		
	100m: 1:15.84	40.57	200m: 2:38.62	41.89	300m: 4:02.62	42.38	400m: 5:26.20	41.63		
4.	WERY Simon 09				Nautic Club Herve				5:31.77	291 *
	50m: 36.24	36.24	150m: 2:00.64	42.30	250m: 3:27.72	43.25	350m: 4:51.98	40.54		
	100m: 1:18.34	42.10	200m: 2:44.47	43.83	300m: 4:11.44	43.72	400m: 5:31.77	39.79		
5.	HENRY Lucas 09				Nautic Club Herve				5:34.38	285 *
	50m: 35.86	35.86	150m: 2:00.04	43.27	250m: 3:27.10	43.10	350m: 4:52.89	42.44		
	100m: 1:16.77	40.91	200m: 2:44.00	43.96	300m: 4:10.45	43.35	400m: 5:34.38	41.49		

Cadets

1.	BRAGANO Mattéo 08				Nautic Club Herve				4:43.64	467
	50m: 31.53	31.53	150m: 1:42.78	36.25	250m: 2:55.49	36.26	350m: 4:08.53	36.49		
	100m: 1:06.53	35.00	200m: 2:19.23	36.45	300m: 3:32.04	36.55	400m: 4:43.64	35.11		
2.	MESTDAGT Arnaud 08				Ecole Seraing Natation a.s.b.l.				4:46.68	452
	50m: 30.72	30.72	150m: 1:41.33	35.95	250m: 2:54.93	36.80	350m: 4:10.81	37.81		
	100m: 1:05.38	34.66	200m: 2:18.13	36.80	300m: 3:33.00	38.07	400m: 4:46.68	35.87		
3.	CORDERO PEREZ Joachim 08				Triton Ans Natation				5:09.25	360 *
	50m: 34.06	34.06	150m: 1:50.85	39.10	250m: 3:11.21	40.00	350m: 4:31.50	40.07		
	100m: 1:11.75	37.69	200m: 2:31.21	40.36	300m: 3:51.43	40.22	400m: 5:09.25	37.75		

Cadets

1.	NICOLAES Aidan Noah 07				Country SC La Calamine				4:46.22	454
	50m: 30.42	30.42	150m: 1:40.77	36.22	250m: 2:55.22	37.14	350m: 4:10.83	38.01		
	100m: 1:04.55	34.13	200m: 2:18.08	37.31	300m: 3:32.82	37.60	400m: 4:46.22	35.39		

Juniors

1.	GILSOUL Sebastien 05				Namur Olympic Club				4:26.04	566
	50m: 28.90	28.90	150m: 1:35.66	34.26	250m: 2:44.21	34.03	350m: 3:53.05	34.34		
	100m: 1:01.40	32.50	200m: 2:10.18	34.52	300m: 3:18.71	34.50	400m: 4:26.04	32.99		
2.	GOIRE Antoine 06				Ecole de Natation Waremme				4:37.76	497
	50m: 30.95	30.95	150m: 1:40.00	34.97	250m: 2:51.76	35.90	350m: 4:03.56	35.77		
	100m: 1:05.03	34.08	200m: 2:15.86	35.86	300m: 3:27.79	36.03	400m: 4:37.76	34.20		
3.	MOENS Julien 05				Schwimmverein Delphin Eupen				4:39.65	487
	50m: 31.30	31.30	150m: 1:42.94	36.24	250m: 2:54.88	35.79	350m: 4:06.64	34.92		
	100m: 1:06.70	35.40	200m: 2:19.09	36.15	300m: 3:31.72	36.84	400m: 4:39.65	33.01		
4.	SCHMITZ Dylan 05				Country SC La Calamine				5:00.12	394 *
	50m: 33.05	33.05	150m: 1:47.63	38.30	250m: 3:05.68	38.91	350m: 4:23.91	39.06		
	100m: 1:09.33	36.28	200m: 2:26.77	39.14	300m: 3:44.85	39.17	400m: 5:00.12	36.21		