

Coupe du Hainaut
Charleroi, 1/5/2024

Epreuve 12
01/05/2024

Dames, 1500m Libre

13 ans et plus
Liste résultats

Points: FINA 2024

Rang	AN		Temps		Pts
13 ans					
1.	VANDAMME, Louna		11	DM	19:23.82 494
	100m: 1:12.90	1:12.90	500m: 6:24.20	1:18.20	900m: 11:36.95 1:18.37
	200m: 2:30.76	1:17.86	600m: 7:42.15	1:17.95	1000m: 12:55.30 1:18.35
	300m: 3:48.27	1:17.51	700m: 9:00.45	1:18.30	1100m: 14:13.52 1:18.22
	400m: 5:06.00	1:17.73	800m: 10:18.58	1:18.13	1200m: 15:31.69 1:18.17
1300m:	16:50.23	1:18.54	1400m:	18:08.80	1:18.57
1500m:	19:23.82	1:15.02			
2.	INGHILLERI, Maëly		11	EnIn	22:25.02 320
	100m: 1:19.89	1:19.89	500m: 7:18.35	1:30.44	900m: 13:20.71 1:30.12
	200m: 2:47.79	1:27.90	600m: 8:49.16	1:30.81	1000m: 14:51.80 1:31.09
	300m: 4:18.15	1:30.36	700m: 10:19.65	1:30.49	1100m: 16:23.28 1:31.48
	400m: 5:47.91	1:29.76	800m: 11:50.59	1:30.94	1200m: 17:54.61 1:31.33
1300m:	19:26.38	1:31.77	1400m:	20:58.13	1:31.75
1500m:	22:25.02	1:26.89			
3.	MICHELS, Julie		11	EnIn	22:31.65 315
	100m: 1:21.47	1:21.47	500m: 7:23.60	1:31.47	900m: 13:25.63 1:30.80
	200m: 2:50.77	1:29.30	600m: 8:54.08	1:30.48	1000m: 14:56.08 1:30.45
	300m: 4:20.99	1:30.22	700m: 10:24.28	1:30.20	1100m: 16:28.39 1:32.31
	400m: 5:52.13	1:31.14	800m: 11:54.83	1:30.55	1200m: 17:59.92 1:31.53
1300m:	19:32.87	1:32.95	1400m:	21:04.85	1:31.98
1500m:	22:31.65	1:26.80			
15 ans					
1.	PAVAN, Nahla		09	EnIn	19:52.60 459
	100m: 1:12.62	1:12.62	500m: 6:27.34	1:19.10	900m: 11:47.68 1:21.31
	200m: 2:31.10	1:18.48	600m: 7:46.14	1:18.80	1000m: 13:08.64 1:20.96
	300m: 3:49.80	1:18.70	700m: 9:06.14	1:20.00	1100m: 14:30.58 1:21.94
	400m: 5:08.24	1:18.44	800m: 10:26.37	1:20.23	1200m: 15:52.68 1:22.10
1300m:	17:14.71	1:22.03	1400m:	18:35.19	1:20.48
1500m:	19:52.60	1:17.41			
2.	GUARINI, Violette		09	EnIn	21:50.27 346
	100m: 1:18.39	1:18.39	500m: 7:07.30	1:28.79	900m: 13:01.39 1:29.09
	200m: 2:43.51	1:25.12	600m: 8:34.85	1:27.55	1000m: 14:31.57 1:30.18
	300m: 4:10.41	1:26.90	700m: 10:03.71	1:28.86	1100m: 16:00.37 1:28.80
	400m: 5:38.51	1:28.10	800m: 11:32.30	1:28.59	1200m: 17:28.97 1:28.60
1300m:	18:58.66	1:29.69	1400m:	20:26.76	1:28.10
1500m:	21:50.27	1:23.51			
3.	LICOP, Anaïs		09	EnIn	22:45.66 306
	100m: 1:19.51	1:19.51	500m: 7:21.71	1:31.55	900m: 13:29.99 1:32.65
	200m: 2:48.90	1:29.39	600m: 8:53.36	1:31.65	1000m: 15:03.35 1:33.36
	300m: 4:18.74	1:29.84	700m: 10:25.17	1:31.81	1100m: 16:37.28 1:33.93
	400m: 5:50.16	1:31.42	800m: 11:57.34	1:32.17	1200m: 18:11.69 1:34.41
1300m:	19:45.63	1:33.94	1400m:	21:18.04	1:32.41
1500m:	22:45.66	1:27.62			
16 ans					
1.	MIKUS, Doriane		08	BCSG	21:53.47 344
	100m: 1:18.60	1:18.60	500m: 7:10.88	1:28.86	900m: 13:07.94 1:29.11
	200m: 2:45.48	1:26.88	600m: 8:39.54	1:28.66	1000m: 14:37.65 1:29.71
	300m: 4:13.39	1:27.91	700m: 10:09.48	1:29.94	1100m: 16:06.80 1:29.15
	400m: 5:42.02	1:28.63	800m: 11:38.83	1:29.35	1200m: 17:34.84 1:28.04
1300m:	19:03.14	1:28.30	1400m:	20:30.78	1:27.64
1500m:	21:53.47	1:22.69			