

Championnats de District LNL 2024
Seraing, 16 - 17/11/2024Epreuve 16
16/11/2024 - 15:45

Dames, 400m Libre

2013 et plus agés
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 2004

Rang			AN						Temps	Pts		
Benjamines												
1.	RAFIOU Morayo		13		Triton Ans Natation				5:09.85	498		
	50m:	34.12	34.12	150m:	1:50.95	39.36	250m:	3:11.41	40.64	350m:	4:32.28	40.38
	100m:	1:11.59	37.47	200m:	2:30.77	39.82	300m:	3:51.90	40.49	400m:	5:09.85	37.57
2.	STAS Lorane		13		Liège Natation				5:10.64	494		
	50m:	34.61	34.61	150m:	1:52.31	39.23	250m:	3:11.88	40.08	350m:	4:31.76	39.90
	100m:	1:13.08	38.47	200m:	2:31.80	39.49	300m:	3:51.86	39.98	400m:	5:10.64	38.88
3.	VAN HOVE Pauline		13		Liège Natation				5:14.96	474		
	50m:	34.33	34.33	150m:	1:52.29	39.99	250m:	3:13.79	40.98	350m:	4:35.88	40.90
	100m:	1:12.30	37.97	200m:	2:32.81	40.52	300m:	3:54.98	41.19	400m:	5:14.96	39.08
4.	BARDI SAM-GIAO Gabrielle		13		Mosan				5:43.66	365		
	50m:	38.40	38.40	150m:	2:03.50	42.80	250m:	3:31.66	43.74	350m:	5:00.59	44.75
	100m:	1:20.70	42.30	200m:	2:47.92	44.42	300m:	4:15.84	44.18	400m:	5:43.66	43.07
5.	RINKIN Valentine		13		Mosan				5:46.19	357		
	50m:	40.48	40.48	150m:	2:08.45	44.22	250m:	3:37.69	44.26	350m:	5:04.17	42.57
	100m:	1:24.23	43.75	200m:	2:53.43	44.98	300m:	4:21.60	43.91	400m:	5:46.19	42.02
6.	TOUSSAINT Anaelle		13		Ecole Seraing Natation				6:04.90	305		
	50m:	39.02	39.02	150m:	2:10.18	46.27	250m:	3:44.34	47.52	350m:	5:19.30	47.97
	100m:	1:23.91	44.89	200m:	2:56.82	46.64	300m:	4:31.33	46.99	400m:	6:04.90	45.60
7.	PARDO Olivia		13		Perron				6:09.94	293		
	50m:	42.63	42.63	150m:	2:17.24	48.24	250m:	3:53.25	48.44	350m:	5:27.14	46.66
	100m:	1:29.00	46.37	200m:	3:04.81	47.57	300m:	4:40.48	47.23	400m:	6:09.94	42.80
8.	GABRIELE Marie		13		Ecole Seraing Natation				6:11.10	290		
	50m:	40.62	40.62	150m:	2:14.25	47.03	250m:	3:50.86	48.34	350m:	5:25.94	47.63
	100m:	1:27.22	46.60	200m:	3:02.52	48.27	300m:	4:38.31	47.45	400m:	6:11.10	45.16
Bejamines												
1.	GRENADE RAETS Lison		12		Perron				5:22.64	441		
	50m:	35.60	35.60	150m:	1:56.07	41.54	250m:	3:18.84	41.17	350m:	4:42.36	41.43
	100m:	1:14.53	38.93	200m:	2:37.67	41.60	300m:	4:00.93	42.09	400m:	5:22.64	40.28
2.	DORMAL Elise		12		Flipper Club Natation Saint-Georges				5:22.81	441		
	50m:	35.45	35.45	150m:	1:58.13	41.51	250m:	3:23.19	41.93	350m:	4:44.32	39.58
	100m:	1:16.62	41.17	200m:	2:41.26	43.13	300m:	4:04.74	41.55	400m:	5:22.81	38.49
3.	ABOUABDERRAHMANE Inès		12		Ecole de Natation Waremme				5:27.92	420		
	50m:	37.47	37.47	150m:	2:00.84	42.64	250m:	3:25.34	41.86	350m:	4:48.52	41.70
	100m:	1:18.20	40.73	200m:	2:43.48	42.64	300m:	4:06.82	41.48	400m:	5:27.92	39.40
4.	GOKER Elanur		12		Ecole Seraing Natation				6:00.80	316 *		
	50m:	39.18	39.18	150m:	2:11.32	45.66	250m:	3:43.60	44.71	350m:	5:17.03	46.97
	100m:	1:25.66	46.48	200m:	2:58.89	47.57	300m:	4:30.06	46.46	400m:	6:00.80	43.77
Minimes												
1.	ABDELKHALEK Lina		11		Ecole de Natation Waremme				4:53.26	588		
	50m:	32.40	32.40	150m:	1:46.60	37.17	250m:	3:00.82	37.01	350m:	4:16.09	37.26
	100m:	1:09.43	37.03	200m:	2:23.81	37.21	300m:	3:38.83	38.01	400m:	4:53.26	37.17

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Rang	AN								Temps	Pts		
2.	THONET Julia								5:17.04	465		
	50m:	36.71	36.71	150m:	1:55.23	39.72	250m:	3:17.53	41.96	350m:	4:38.91	40.50
	100m:	1:15.51	38.80	200m:	2:35.57	40.34	300m:	3:58.41	40.88	400m:	5:17.04	38.13
3.	FONK Ella								5:42.43	369		
	50m:	38.33	38.33	150m:	2:04.80	43.38	250m:	3:33.35	44.36	350m:	5:01.19	43.47
	100m:	1:21.42	43.09	200m:	2:48.99	44.19	300m:	4:17.72	44.37	400m:	5:42.43	41.24

Minimes

1.	POTIER Ludivine								5:14.90	475		
	50m:	35.53	35.53	150m:	1:54.39	40.21	250m:	3:16.16	41.37	350m:	4:36.44	39.96
	100m:	1:14.18	38.65	200m:	2:34.79	40.40	300m:	3:56.48	40.32	400m:	5:14.90	38.46
2.	GABRIELE Lucie								5:29.36	415		
	50m:	36.93	36.93	150m:	2:00.39	41.95	250m:	3:24.75	41.66	350m:	4:48.27	41.80
	100m:	1:18.44	41.51	200m:	2:43.09	42.70	300m:	4:06.47	41.72	400m:	5:29.36	41.09

Cadettes

1.	ROBERT Clara								5:03.70	529		
	50m:	34.42	34.42	150m:	1:50.06	38.51	250m:	3:07.86	39.05	350m:	4:25.84	39.11
	100m:	1:11.55	37.13	200m:	2:28.81	38.75	300m:	3:46.73	38.87	400m:	5:03.70	37.86