

**Championnats de District LNL 2024**
Seraing, 16 - 17/11/2024**Epreuve 36**
17/11/2024 - 15:13**Messieurs, 400m Libre****2013 et plus agés**
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 2004

Rang			AN						Temps	Pts
Benjamins										
1.	CARLOS DA SILVA Elad-Lyron		13	Liège Natation					5:02.70	407
	50m: 35.08	35.08	150m: 1:51.04	38.41	250m: 3:08.82	39.01	350m: 4:26.01	38.73		
	100m: 1:12.63	37.55	200m: 2:29.81	38.77	300m: 3:47.28	38.46	400m: 5:02.70	36.69		
2.	JORISSEN Finn		13	Liège Natation					5:21.13	341
	50m: 35.95	35.95	150m: 1:57.69	40.72	250m: 3:19.94	40.88	350m: 4:41.60	40.90		
	100m: 1:16.97	41.02	200m: 2:39.06	41.37	300m: 4:00.70	40.76	400m: 5:21.13	39.53		
3.	GUILLEAUME Jeremiah		13	Mosan					5:33.12	305
	50m: 38.20	38.20	150m: 2:01.82	42.01	250m: 3:26.95	42.53	350m: 4:51.64	42.18		
	100m: 1:19.81	41.61	200m: 2:44.42	42.60	300m: 4:09.46	42.51	400m: 5:33.12	41.48		
4.	THONET Simon		13	Perron					5:54.75	253
	50m: 38.19	38.19	150m: 2:08.52	46.11	250m:		350m: 5:13.13	45.16		
	100m: 1:22.41	44.22	200m: 2:55.13	46.61	300m: 4:27.97		400m: 5:54.75	41.62		

Benjamins

1.	ZAMBITO Mirko		12	Ecole Seraing Natation					5:34.48	302
	50m: 37.40	37.40	150m: 2:01.50	41.81	250m: 3:27.06	41.19	350m: 4:52.68	44.99		
	100m: 1:19.69	42.29	200m: 2:45.87	44.37	300m: 4:07.69	40.63	400m: 5:34.48	41.80		

Minimes

1.	LAMBERT Noah		10	Liège Natation					4:27.29	591
	50m: 29.72	29.72	150m: 1:36.13	33.85	250m: 2:44.86	34.30	350m: 3:54.39	34.64		
	100m: 1:02.28	32.56	200m: 2:10.56	34.43	300m: 3:19.75	34.89	400m: 4:27.29	32.90		
2.	KHEDIMALLAH Rayan		10	Ecole de Natation Waremme					4:46.63	479
	50m: 31.38	31.38	150m: 1:43.46	36.37	250m: 2:57.36	36.28	350m: 4:10.58	36.05		
	100m: 1:07.09	35.71	200m: 2:21.08	37.62	300m: 3:34.53	37.17	400m: 4:46.63	36.05		
3.	GILLARD Sacha		10	Liège Natation					4:54.12	444
	50m: 32.58	32.58	150m: 1:45.89	37.24	250m: 3:01.45	37.78	350m:			
	100m: 1:08.65	36.07	200m: 2:23.67	37.78	300m: 3:39.80	38.35	400m: 4:54.12			
4.	NEZER Tom		10	Flipper Club Natation Saint-Georges					5:04.61	399
	50m: 33.81	33.81	150m: 1:51.29	38.55	250m: 3:08.69	38.69	350m: 4:26.98	39.12		
	100m: 1:12.74	38.93	200m: 2:30.00	38.71	300m: 3:47.86	39.17	400m: 5:04.61	37.63		

Cadets

1.	MONTEFORTE Noe		09	Ecole Seraing Natation					5:08.87	383
	50m: 33.55	33.55	150m: 1:50.83	40.15	250m: 3:10.99	40.67	350m: 4:31.06	39.47		
	100m: 1:10.68	37.13	200m: 2:30.32	39.49	300m: 3:51.59	40.60	400m: 5:08.87	37.81		

Cadets

1.	DORATIOTTO Tom		08	Cercle Nautique Cinacien Les F					4:43.38	496
	50m:		150m: 1:39.41	35.32	250m: 2:53.26	37.41	350m: 4:06.99	36.63		
	100m: 1:04.09		200m: 2:15.85	36.44	300m: 3:30.36	37.10	400m: 4:43.38	36.39		