

**Championnats de District LNL 2024**  
**Seraing, 16 - 17/11/2024****Epreuve 4**  
**16/11/2024 - 10:24****Messieurs, 400m 4 nages****2013 et plus agés**  
**Liste résultats**11 ans Ben: 7:32.78 / 12 ans Ben: 6:55.85 / 13 ans Min: 6:31.92 / 14 ans Min: 6:16.14 / 15 ans Cad: 6:02.33 /  
16 ans Cad: 5:50.39 / Jun: 5:41.13; 19 +: 5:20.51

Points: FINA 2004

Rang			AN				Temps				Pts
<b>Benjamins</b>											
1.	<b>SCHEPERS Thimothée</b>		12		<b>Perron</b>		<b>5:43.33</b>				396
	50m:	36.51 36.51	150m:	2:02.39	44.28	250m:	3:37.60	52.18	350m:	5:06.09	37.41
	100m:	1:18.11 41.60	200m:	2:45.42	43.03	300m:	4:28.68	51.08	400m:	5:43.33	37.24
<b>Minimes</b>											
1.	<b>ALBORES-SANCHEZ Rafael</b>		11		<b>Perron</b>		<b>5:06.91</b>				555
	50m:	33.71 33.71	150m:	1:49.03	38.18	250m:	3:13.33	46.36	350m:	4:32.51	33.91
	100m:	1:10.85 37.14	200m:	2:26.97	37.94	300m:	3:58.60	45.27	400m:	5:06.91	34.40
2.	<b>CHAU Duarte</b>		11		<b>Ecole de Natation Waremme</b>		<b>5:21.93</b>				481
	50m:	35.86 35.86	150m:	1:55.32	37.67	250m:	3:21.58	46.62	350m:	4:44.67	37.43
	100m:	1:17.65 41.79	200m:	2:34.96	39.64	300m:	4:07.24	45.66	400m:	5:21.93	37.26
3.	<b>LIBERT Timothe</b>		11		<b>Ecole Seraing Natation</b>		<b>6:12.89</b>				309
	50m:	35.84 35.84	150m:	2:06.67	46.10	250m:	3:48.63	54.46	350m:	5:29.47	43.86
	100m:	1:20.57 44.73	200m:	2:54.17	47.50	300m:	4:45.61	56.98	400m:	6:12.89	43.42
4.	<b>GENOVA Rafael</b>		11		<b>Perron</b>		<b>6:25.75</b>				279
	50m:	39.05 39.05	150m:	2:16.71	48.76	250m:	4:00.59	54.28	350m:	5:40.47	44.57
	100m:	1:27.95 48.90	200m:	3:06.31	49.60	300m:	4:55.90	55.31	400m:	6:25.75	45.28
<b>Minimes</b>											
1.	<b>COUNARD Matéo</b>		10		<b>Ecole de Natation Waremme</b>		<b>5:16.33</b>				507
	50m:	33.62 33.62	150m:	1:50.58	39.18	250m:	3:18.98	49.13	350m:	4:40.55	34.35
	100m:	1:11.40 37.78	200m:	2:29.85	39.27	300m:	4:06.20	47.22	400m:	5:16.33	35.78
2.	<b>DAVID Alan</b>		10		<b>Perron</b>		<b>5:34.03</b>				430
	50m:	36.47 36.47	150m:	2:00.63	44.31	250m:	3:31.34	47.93	350m:	4:57.63	36.56
	100m:	1:16.32 39.85	200m:	2:43.41	42.78	300m:	4:21.07	49.73	400m:	5:34.03	36.40
3.	<b>JANS Ruben</b>		10		<b>Perron</b>		<b>5:50.14</b>				374
	50m:	33.79 33.79	150m:	2:01.45	46.65	250m:	3:42.06	54.55	350m:	5:13.99	37.99
	100m:	1:14.80 41.01	200m:	2:47.51	46.06	300m:	4:36.00	53.94	400m:	5:50.14	36.15
<b>Cadets</b>											
1.	<b>DERKENNE Mateo</b>		09		<b>Perron</b>		<b>5:17.47</b>				501
	50m:	34.03 34.03	150m:	1:55.13	36.94	250m:	3:22.93	48.61	350m:	4:44.59	33.67
	100m:	1:18.19 44.16	200m:	2:34.32	39.19	300m:	4:10.92	47.99	400m:	5:17.47	32.88
2.	<b>MAKA Nicolas</b>		09		<b>Ecole Seraing Natation</b>		<b>5:25.33</b>				466
	50m:	33.83 33.83	150m:	1:56.29	43.33	250m:	3:22.98	44.55	350m:	4:48.49	38.11
	100m:	1:12.96 39.13	200m:	2:38.43	42.14	300m:	4:10.38	47.40	400m:	5:25.33	36.84
<b>Cadets</b>											
1.	<b>MESTDAGT Arnaud</b>		08		<b>Ecole Seraing Natation</b>		<b>5:12.77</b>				524
	50m:	32.11 32.11	150m:	1:49.82	40.66	250m:	3:15.05	44.40	350m:	4:37.87	35.57
	100m:	1:09.16 37.05	200m:	2:30.65	40.83	300m:	4:02.30	47.25	400m:	5:12.77	34.90



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Epreuve 4, Messieurs, 400m 4 nages

Juniors

1. ZEIMES Elric			07	Ecole Seraing Natation				<b>4:58.12</b>	605		
50m:	31.07	31.07	150m:	1:43.08	38.18	250m:	3:05.65	43.90	350m:	4:24.46	34.20
100m:	1:04.90	33.83	200m:	2:21.75	38.67	300m:	3:50.26	44.61	400m:	4:58.12	33.66