

Championnat du Hainaut Longue Distance petit bassin - Mémorial André Claude
Mons, 5-10-2024

Epreuve 5
05-10-24 - 10:31

Dames, 400m 4 nages
championnat de district

11 ans et plus
Liste résultats

temps 2024 11: 7:27.64; 12: 7:03.40; 13: 6:45.44; 14: 6:35.18; 15: 6:23.53; 16: 6:13.83; 17: 6:09.18; 18: 6:00.42; 19 +: 5:55.17

Points: AQUA 2024

Rang			AN						Temps	Pts
11 ans										
1.	HOEBEKE, Sofia		13	DM					6:03.97	360
	50m:	39.98 39.98	150m:	2:16.22 44.40	250m:	3:53.75 52.57	350m:	5:25.77 39.72		
	100m:	1:31.82 51.84	200m:	3:01.18 44.96	300m:	4:46.05 52.30	400m:	6:03.97 38.20		
2.	MAGHUE, Laly		13	EnIn					6:17.73	322
	50m:	42.69 42.69	150m:	2:18.97 47.71	250m:	3:58.39 52.10	350m:	5:35.66 45.13		
	100m:	1:31.26 48.57	200m:	3:06.29 47.32	300m:	4:50.53 52.14	400m:	6:17.73 42.07		
3.	BOUDRY, Manon		13	DM					7:10.23	218
	50m:	48.05 48.05	150m:	2:39.48 53.79	250m:	4:31.50 59.70	350m:	6:20.61 49.44		
	100m:	1:45.69 57.64	200m:	3:31.80 52.32	300m:	5:31.17 59.67	400m:	7:10.23 49.62		
12 ans										
1.	ROUDOMETKINA, Ksenia		12	Helios					5:43.86	427
	50m:	36.77 36.77	150m:	2:06.91 43.98	250m:	3:39.47 49.10	350m:	5:06.80 38.99		
	100m:	1:22.93 46.16	200m:	2:50.37 43.46	300m:	4:27.81 48.34	400m:	5:43.86 37.06		
2.	DELROT, Keyla		12	BSCG					6:03.82	360
	50m:	39.64 39.64	150m:	2:10.68 43.86	250m:	3:48.62 54.00	350m:	5:24.69 42.08		
	100m:	1:26.82 47.18	200m:	2:54.62 43.94	300m:	4:42.61 53.99	400m:	6:03.82 39.13		
3.	DELEPLANQUE, Erin		12	Helios					6:22.30	310
	50m:	43.58 43.58	150m:	2:21.54 46.83	250m:	4:04.18 55.30	350m:	5:42.13 42.68		
	100m:	1:34.71 51.13	200m:	3:08.88 47.34	300m:	4:59.45 55.27	400m:	6:22.30 40.17		
4.	MARTENS-LATEUR, Tessa		12	CCM					6:22.99	309
	50m:	44.81 44.81	150m:	2:28.32 48.96	250m:	4:03.98 47.21	350m:	5:41.00 46.78		
	100m:	1:39.36 54.55	200m:	3:16.77 48.45	300m:	4:54.22 50.24	400m:	6:22.99 41.99		
5.	VALLEE, Elisa		12	BSCG					6:23.69	307
	50m:	42.42 42.42	150m:	2:25.19 49.78	250m:	4:03.76 50.74	350m:	5:42.09 45.54		
	100m:	1:35.41 52.99	200m:	3:13.02 47.83	300m:	4:56.55 52.79	400m:	6:23.69 41.60		
6.	SALAMONE, Luna		12	Mhn					6:30.56	291
	50m:	41.94 41.94	150m:	2:27.12 50.99	250m:	4:06.84 50.47	350m:	5:45.34 45.63		
	100m:	1:36.13 54.19	200m:	3:16.37 49.25	300m:	4:59.71 52.87	400m:	6:30.56 45.22		
7.	BILLET, Soline TM		12	DM					6:35.92	279
	50m:	43.75 43.75	150m:		250m:		350m:			
	100m:	1:36.70 52.95	200m:		300m:		400m:	6:35.92		
8.	PUGENGER, Noémie		12	EnIn					6:52.53	247
	50m:	41.84 41.84	150m:	2:28.62 53.24	250m:	4:15.80 56.22	350m:	6:04.43 51.28		
	100m:	1:35.38 53.54	200m:	3:19.58 50.96	300m:	5:13.15 57.35	400m:	6:52.53 48.10		
disq.	ID BOUFKER, Selma		12	CCM					6:39.96	
	<i>SW 7.2 c - Mouvements des bras non simultanés</i>									
	50m:	44.64 44.64	150m:	2:28.40 49.34	250m:	4:15.00 58.15	350m:	5:57.68 43.59		
	100m:	1:39.06 54.42	200m:	3:16.85 48.45	300m:	5:14.09 59.09	400m:	6:39.96 42.28		
13 ans										
1.	VANDAMME, Louna		11	DM					5:32.29	473
	50m:	37.31 37.31	150m:	2:02.44 40.31	250m:	3:30.13 48.17	350m:	4:56.85 37.22		
	100m:	1:22.13 44.82	200m:	2:41.96 39.52	300m:	4:19.63 49.50	400m:	5:32.29 35.44		
2.	LECLERCQ, Elin		11	Helios					6:12.01	337
	50m:	39.46 39.46	150m:	2:19.04 48.85	250m:	3:57.41 52.11	350m:	5:33.23 42.10		
	100m:	1:30.19 50.73	200m:	3:05.30 46.26	300m:	4:51.13 53.72	400m:	6:12.01 38.78		

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Epreuve 5, Filles, 400m 4 nages, 13 ans

Rang			AN				Temps		Pts			
3.	VICO VERVENNE, Sarah		11	CCM			6:12.83		335			
	50m:	42.22	42.22	150m:	2:23.89	49.71	250m:	4:00.72	49.19	350m:	5:32.90	42.53
	100m:	1:34.18	51.96	200m:	3:11.53	47.64	300m:	4:50.37	49.65	400m:	6:12.83	39.93

14 ans

1.	FONTAINE, Heloise		10	NOC			5:25.32		504			
	50m:	34.41	34.41	150m:	1:59.75	43.98	250m:	3:25.82	42.86	350m:	4:49.54	39.50
	100m:	1:15.77	41.36	200m:	2:42.96	43.21	300m:	4:10.04	44.22	400m:	5:25.32	35.78
2.	ROUX, Nina		10	Mhn			5:28.08		491			
	50m:	35.06	35.06	150m:	1:57.23	41.87	250m:	3:24.17	46.43	350m:	4:50.77	37.63
	100m:	1:15.36	40.30	200m:	2:37.74	40.51	300m:	4:13.14	48.97	400m:	5:28.08	37.31
3.	CORBISIER, Morgane		10	Mhn			6:09.79		343			
	50m:	36.93	36.93	150m:	2:10.74	46.20	250m:	3:49.48	55.68	350m:	5:27.55	42.88
	100m:	1:24.54	47.61	200m:	2:53.80	43.06	300m:	4:44.67	55.19	400m:	6:09.79	42.24

15 ans

1.	VACHAUDEZ, Ella		09	EnIn			5:04.59		614			
	50m:	32.59	32.59	150m:	1:48.21	38.10	250m:	3:11.10	44.44	350m:	4:30.86	35.83
	100m:	1:10.11	37.52	200m:	2:26.66	38.45	300m:	3:55.03	43.93	400m:	5:04.59	33.73
2.	DECRAENE, Satheen		09	DM			5:13.44		563			
	50m:	35.61	35.61	150m:	1:55.92	39.63	250m:	3:18.45	44.51	350m:	4:39.70	36.39
	100m:	1:16.29	40.68	200m:	2:33.94	38.02	300m:	4:03.31	44.86	400m:	5:13.44	33.74
3.	ABDELMOUMEN, Nisrine		09	DM			5:31.12		478			
	50m:	34.36	34.36	150m:	1:58.01	40.11	250m:	3:27.08	49.49	350m:	4:54.79	37.70
	100m:	1:17.90	43.54	200m:	2:37.59	39.58	300m:	4:17.09	50.01	400m:	5:31.12	36.33
4.	LORTHIOIR, Lisa		09	DM			6:17.64		322			
	50m:	40.96	40.96	150m:	2:19.12	47.45	250m:	3:58.78	52.68	350m:	5:35.73	42.56
	100m:	1:31.67	50.71	200m:	3:06.10	46.98	300m:	4:53.17	54.39	400m:	6:17.64	41.91
disq.	HANNOTEAU, Isalyne		09	CCM			5:30.88					
	<i>SW 9.4.7.6 - Op het einde van het wedstrijdgedeelte schoolslag, heeft de zwemmer de muur niet met twee handen gelijktijdig aangetikt of de handen op elkaar gelegd/a la fin de la partie brasse n'apas touché des 2 mains simultanément</i>											
	50m:	34.14	34.14	150m:	1:58.49	42.13	250m:	3:28.65	49.30	350m:	4:55.17	37.92
	100m:	1:16.36	42.22	200m:	2:39.35	40.86	300m:	4:17.25	48.60	400m:	5:30.88	35.71

16 ans

1.	HUPEZ, Isaline		08	Mhn			5:47.20		414			
	50m:	34.97	34.97	150m:	2:04.12	45.58	250m:	3:36.97	49.31	350m:	5:08.21	40.76
	100m:	1:18.54	43.57	200m:	2:47.66	43.54	300m:	4:27.45	50.48	400m:	5:47.20	38.99
2.	MIKUS, Doriane		08	BSCG			6:04.62		358			
	50m:	37.54	37.54	150m:	2:10.62	47.41	250m:	3:50.57	53.86	350m:	5:25.46	42.13
	100m:	1:23.21	45.67	200m:	2:56.71	46.09	300m:	4:43.33	52.76	400m:	6:04.62	39.16
3.	DESCHAMPS, Alayne		08	CCM			6:11.54		338			
	50m:	37.19	37.19	150m:	2:10.17	48.60	250m:	3:51.97	54.66	350m:	5:29.62	43.32
	100m:	1:21.57	44.38	200m:	2:57.31	47.14	300m:	4:46.30	54.33	400m:	6:11.54	41.92

17 ans

1.	DECRAENE, Sioban		07	DM			5:14.09		560			
	50m:	34.11	34.11	150m:	1:54.49	39.89	250m:	3:19.54	45.01	350m:	4:41.15	35.20
	100m:	1:14.60	40.49	200m:	2:34.53	40.04	300m:	4:05.95	46.41	400m:	5:14.09	32.94

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Epreuve 5, Filles, 400m 4 nages, 17 ans

Rang				AN					Temps	Pts		
2.	CORBISIER, Mylene			07	Mhn				5:19.72	531		
	50m:	34.82	34.82	150m:	1:55.71	40.65	250m:	3:21.62	44.89	350m:	4:43.92	35.84
	100m:	1:15.06	40.24	200m:	2:36.73	41.02	300m:	4:08.08	46.46	400m:	5:19.72	35.80
3.	ASSUMANI, Nadia			07	DM				5:48.62	409		
	50m:	36.81	36.81	150m:	2:05.50	43.67	250m:	3:37.56	49.14	350m:	5:09.99	42.29
	100m:	1:21.83	45.02	200m:	2:48.42	42.92	300m:	4:27.70	50.14	400m:	5:48.62	38.63