

championnat du Hainaut des sprint 2024
Soignies, 16- - 17-11-2024

Epreuve 11
16-11-24

Dames, 400m Libre

11 ans et plus
Liste résultats

temps 2024 11: 6:11.61; 12: 5:52.54; 13: 5:38.42; 14: 5:30.35; 15: 5:19.70; 16: 5:10.71; 17: 5:07.55; 18: 5:00.08; 19 +: 4:55.64

Points: FINA 2023

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
11 ans								
	1.	HOEBEKE, Sofia	13	DM	BEL	5:16.70	5:08.53	421
		50m: 34.01 34.01	150m:		250m:		350m:	
		100m: 1:12.65 38.64	200m: 2:32.80		300m:		400m: 5:08.53	
	2.	COTAN, Bianca	13	ONS	BEL	5:44.23	5:25.50	358
		50m: 36.53 36.53	150m:		250m:		350m:	
		100m: 1:16.59 40.06	200m: 2:40.68		300m:		400m: 5:25.50	
	3.	MAGHUE, Laly	13	EnIn	BEL	5:34.12	5:33.13	334
		50m: 36.86 36.86	150m:		250m:		350m:	
		100m: 1:18.05 41.19	200m: 2:43.18		300m:		400m: 5:33.13	
	4.	RUSTIN, Maude	13	Mhn	BEL	5:43.44	5:38.46	319
		50m: 38.52 38.52	150m:		250m:		350m:	
		100m: 1:20.77 42.25	200m: 2:47.33		300m:		400m: 5:38.46	
	5.	GRÉGOIRE, Jeanne	13	EnIn	BEL	5:39.99	5:42.53	307
		50m: 38.64 38.64	150m:		250m:		350m:	
		100m: 1:20.81 42.17	200m: 2:48.67		300m:		400m: 5:42.53	
	6.	DUBREUCQ, Alexandra	13	BCSG	BEL	6:12.55	5:50.02	288
		50m: 38.30 38.30	150m:		250m:		350m:	
		100m: 1:21.30 43.00	200m: 2:51.31		300m:		400m: 5:50.02	
	7.	VAN DAMME, Eleonoe	13	ONS	BEL	6:02.80	6:02.30	260
		50m: 40.99 40.99	150m:		250m:		350m:	
		100m: 1:25.76 44.77	200m: 2:57.78		300m:		400m: 6:02.30	
	8.	VALERIO, Inès	13	EnIn	BEL	6:03.12	6:05.31	253
		50m: 38.81 38.81	150m:		250m:		350m:	
		100m: 1:23.16 44.35	200m: 2:57.59		300m:		400m: 6:05.31	
**	9.	GRÉGOIRE, Anna	13	EnIn	BEL	6:14.40	6:11.72	240
		50m: 39.50 39.50	150m:		250m:		350m:	
		100m: 1:26.31 46.81	200m: 3:01.32		300m:		400m: 6:11.72	
12 ans								
	1.	ROUDOMETKINA, Ksenia	12	Helios	BEL	5:13.94	4:57.19	471
		50m: 32.54 32.54	150m:		250m:		350m:	
		100m: 1:08.60 36.06	200m: 2:24.38		300m:		400m: 4:57.19	
	2.	FALZONE, Tess	12	EnIn	BEL	5:16.95	5:17.30	387
		50m: 36.02 36.02	150m:		250m:		350m:	
		100m: 1:15.88 39.86	200m: 2:36.30		300m:		400m: 5:17.30	
	3.	DELEPLANQUE, Erin	12	Helios	BEL	5:34.50	5:19.76	378
		50m: 36.98 36.98	150m:		250m:		350m:	
		100m: 1:17.25 40.27	200m: 2:39.39		300m:		400m: 5:19.76	
	4.	VALLEE, Elisa	12	BCSG	BEL	5:37.35	5:22.59	368
		50m: 36.92 36.92	150m:		250m:		350m:	
		100m: 1:16.33 39.41	200m: 2:39.14		300m:		400m: 5:22.59	
	5.	DELROT, Keyla	12	BCSG	BEL	5:32.70	5:23.53	365
		50m: 36.57 36.57	150m:		250m:		350m:	
		100m: 1:17.11 40.54	200m: 2:39.42		300m:		400m: 5:23.53	
	6.	TERRIER, Elise	12	EC	BEL	6:03.98	5:25.20	359
		50m: 36.24 36.24	150m:		250m:		350m:	
		100m: 1:17.17 40.93	200m: 2:40.67		300m:		400m: 5:25.20	
	7.	MAENE, Lea	12	Mhn	BEL	5:28.82	5:31.26	340
		50m: 36.89 36.89	150m:		250m:		350m:	
		100m: 1:18.09 41.20	200m: 2:43.14		300m:		400m: 5:31.26	
	8.	NAZIANZENO, Dayana	12	EnIn	BEL	5:51.36	5:39.94	315
		50m: 37.90 37.90	150m:		250m:		350m:	
		100m: 1:18.59 40.69	200m: 2:45.87		300m:		400m: 5:39.94	
	9.	BILLET, Soline	12	DM	BEL	5:49.99	5:41.78	309
		50m: 28.91 28.91	150m:		250m:		350m:	
		100m: 1:21.99 53.08	200m: 2:48.66		300m:		400m: 5:41.78	

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13 ans

1. VANDAMME, Louna	11	DM	BEL	4:46.71	4:43.85	541
50m: 31.85 31.85	150m:		250m:		350m:	
100m: 1:07.33 35.48	200m: 2:19.81		300m:		400m: 4:43.85	
2. INGHILLERI, Maëly	11	EnIn	BEL	5:27.30	5:24.21	363
50m: 36.34 36.34	150m:		250m:		350m:	
100m: 1:15.69 39.35	200m: 2:38.64		300m:		400m: 5:24.21	

14 ans

1. ROUX, Nina	10	Mhn	BEL	4:49.23	4:50.45	505
50m: 33.45 33.45	150m:		250m:		350m:	
100m: 1:09.40 35.95	200m: 2:23.17		300m:		400m: 4:50.45	
2. LECLERCQ, Aline	10	CNT	BEL	5:05.56	5:04.84	436
50m: 34.53 34.53	150m:		250m:		350m:	
100m: 1:11.65 37.12	200m: 2:28.22		300m:		400m: 5:04.84	
3. NULLI, Anna	10	Mhn	ITA	5:16.40	5:10.11	414
50m: 34.80 34.80	150m:		250m:		350m:	
100m: 1:12.55 37.75	200m: 2:31.84		300m:		400m: 5:10.11	

15 ans

1. DECRAENE, Satheen	09	DM	BEL	4:55.98	4:40.80	558
50m: 32.79 32.79	150m:		250m:		350m:	
100m: 1:08.15 35.36	200m: 2:19.44		300m:		400m: 4:40.80	

16 ans

** 1. GHEYSENS, Emma	08	EC	BEL	5:03.76	5:29.22	346
50m: 36.91 36.91	150m:		250m:		350m:	
100m: 1:17.05 40.14	200m: 2:40.12		300m:		400m: 5:29.22	

17 - 18 ans

1. DECRAENE, Sioban	07	DM	BEL	4:28.56	4:33.31	606
50m: 31.81 31.81	150m:		250m:		350m:	
100m: 1:06.13 34.32	200m: 2:15.55		300m:		400m: 4:33.31	
2. MICHAUX, Valentine	07	Helios	BEL	4:41.93	4:46.65	525
50m: 32.65 32.65	150m:		250m:		350m:	
100m: 1:08.15 35.50	200m: 2:20.00		300m:		400m: 4:46.65	
3. CORBISIER, Mylene	07	Mhn	BEL	4:44.64	4:48.17	517
50m: 33.73 33.73	150m:		250m:		350m:	
100m: 1:09.76 36.03	200m: 2:22.95		300m:		400m: 4:48.17	