

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

Epreuve 33  
17-11-24

Messieurs, 400m Libre

11 ans et plus  
Liste résultats

temps 2024 11: 5:52.14; 12: 5:31.44; 13: 5:18.02; 14: 5:08.08; 15: 5:02.30; 16: 4:58.03; 17: 4:49.51; 18: 4:42.49; 19 +: 4:31.51

Points: FINA 2023

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
11 ans								
	1.	DEHOUST, Nolann	13	Mhn	BEL	5:29.02	<b>5:19.60</b>	292
		50m: 34.80 34.80	150m:			250m:	350m:	
		100m: 1:14.80 40.00	200m: 2:36.49			300m:	400m: 5:19.60	

12 ans

	1.	D'EUGENIO, Andrea	12	Mhn	BEL	5:27.14	<b>5:12.47</b>	313
		50m: 34.86 34.86	150m:			250m:	350m:	
		100m: 1:13.27 38.41	200m: 2:33.41			300m:	400m: 5:12.47	

14 ans

	1.	WATTIAUX, Thomas	10	Mhn	BEL	4:29.39	<b>4:22.26</b>	530
		50m: 29.03 29.03	150m:			250m:	350m:	
		100m: 1:01.47 32.44	200m: 2:08.94			300m:	400m: 4:22.26	
	2.	EMARA, Nael	10	DM	BEL	4:44.54	<b>4:31.79</b>	476
		50m: 31.54 31.54	150m:			250m:	350m:	
		100m: 1:05.25 33.71	200m: 2:14.07			300m:	400m: 4:31.79	
	3.	EL YOUSFI, Ilyès	10	ONS	BEL	4:45.14	<b>4:37.65</b>	446
		50m: 30.72 30.72	150m:			250m:	350m:	
		100m: 1:04.81 34.09	200m: 2:15.73			300m:	400m: 4:37.65	
	4.	TRUBBIA, Alessio	10	BCSG	BEL	4:59.89	<b>5:01.94</b>	347
		50m: 33.98 33.98	150m:			250m:	350m:	
		100m: 1:13.24 39.26	200m: 2:30.48			300m:	400m: 5:01.94	
	5.	FONTAINE, Mathis	10	EnIn	BEL	5:03.54	<b>5:06.18</b>	333
		50m: 33.29 33.29	150m:			250m:	350m:	
		100m: 1:10.62 37.33	200m: 2:28.21			300m:	400m: 5:06.18	

15 ans

	1.	DUCARME, Mathis	09	Mhn	BEL	4:30.09	<b>4:22.76</b>	527
		50m: 29.78 29.78	150m:			250m:	350m:	
		100m: 1:02.29 32.51	200m: 2:09.54			300m:	400m: 4:22.76	
	2.	NEGRIN, Samuel	09	Mhn	BEL	4:40.50	<b>4:31.65</b>	476
		50m: 31.02 31.02	150m:			250m:	350m:	
		100m: 1:04.87 33.85	200m: 2:14.08			300m:	400m: 4:31.65	
	3.	ABRAHAM, Noa	09	CNT	BEL	4:54.07	<b>4:45.89</b>	409
		50m: 32.26 32.26	150m:			250m:	350m:	
		100m: 1:07.39 35.13	200m: 2:20.07			300m:	400m: 4:45.89	
	4.	RENOTTE, Naël	09	Mhn	BEL	4:54.34	<b>4:53.86</b>	376
		50m: 31.59 31.59	150m:			250m:	350m:	
		100m: 1:07.16 35.57	200m: 2:21.73			300m:	400m: 4:53.86	

16 ans

	1.	SOBRIE, Gautier	08	DM	BEL	4:13.26	<b>4:08.98</b>	619
		50m: 29.31 29.31	150m:			250m:	350m:	
		100m: 1:00.25 30.94	200m: 2:03.46			300m:	400m: 4:08.98	
	2.	VANDERSTICHELEN, Oscar	08	CNT	BEL	4:16.22	<b>4:13.21</b>	588
		50m: 29.10 29.10	150m:			250m:	350m:	
		100m: 1:00.99 31.89	200m: 2:05.71			300m:	400m: 4:13.21	
	3.	BRUNEE, Jules	08	Helios	BEL	4:32.33	<b>4:36.19</b>	453
		50m: 30.38 30.38	150m:			250m:	350m:	
		100m: 1:04.21 33.83	200m: 2:14.92			300m:	400m: 4:36.19	

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

---

Epreuve 33, Messieurs, 400m Libre

17 - 18 ans

1. GOFFAUX, Thibault			07	CMA	BEL	4:36.09	<b>4:19.22</b>	548
50m:	30.24	30.24	150m:			250m:	350m:	
100m:	1:02.39	32.15	200m:	2:08.10		300m:	400m:	4:19.22