

Journée de l'Amitié  
Pétange, 12.1.2025

Epreuve 6  
12.01.2025 - 11:05

Messieurs, 400m Libre

13 ans et plus  
Liste résultats

Points: AQUA 2024

Rang	AN								Temps	Pts		
<b>19 ans et plus</b>												
1.	ROLKO, Rickard		99		Scr				<b>4:25.52</b>	510		
	50m:	29.74	29.74	150m:	1:36.55	33.75	250m:	2:44.91	34.03	350m:	3:52.39	33.91
	100m:	1:02.80	33.06	200m:	2:10.88	34.33	300m:	3:18.48	33.57	400m:	4:25.52	33.13
<b>17 - 18 ans</b>												
1.	NONOA, Francis Dissiramah		08		Schwammclub Déifferdang				<b>5:30.75</b>	264		
	50m:	30.25	30.25	150m:	1:48.30	40.95	250m:	3:16.21	44.39	350m:	4:46.84	45.35
	100m:	1:07.35	37.10	200m:	2:31.82	43.52	300m:	4:01.49	45.28	400m:	5:30.75	43.91
2.	FAUST, Nolan		07		Barracuda Esch Natation				<b>5:50.06</b>	222		
	50m:	35.31	35.31	150m:	1:59.77	43.54	250m:	3:32.67	46.19	350m:	5:07.04	47.55
	100m:	1:16.23	40.92	200m:	2:46.48	46.71	300m:	4:19.49	46.82	400m:	5:50.06	43.02
<b>15 - 16 ans</b>												
1.	SCHEECK, Lennox		10		Scr				<b>4:37.80</b>	446		
	50m:	32.82	32.82	150m:	1:43.10	35.05	250m:	2:52.97	34.98	350m:	4:03.34	35.33
	100m:	1:08.05	35.23	200m:	2:17.99	34.89	300m:	3:28.01	35.04	400m:	4:37.80	34.46
2.	WARD, James		10		Schwammclub Monnerech				<b>4:57.97</b>	361		
	50m:	34.92	34.92	150m:	1:51.30	38.06	250m:	3:07.00	37.98	350m:	4:22.00	37.39
	100m:	1:13.24	38.32	200m:	2:29.02	37.72	300m:	3:44.61	37.61	400m:	4:57.97	35.97
3.	FESQUET, Adrien		10		Scr				<b>5:08.01</b>	327		
	50m:	33.56	33.56	150m:	1:50.68	39.17	250m:	3:10.66	39.98	350m:	4:30.17	39.59
	100m:	1:11.51	37.95	200m:	2:30.68	40.00	300m:	3:50.58	39.92	400m:	5:08.01	37.84
4.	AMMARI, Emine		10		Schwammclub Déifferdang				<b>6:01.83</b>	201		
	50m:	38.49	38.49	150m:	2:09.22	45.72	250m:	3:44.64	47.99	350m:	5:18.35	46.70
	100m:	1:23.50	45.01	200m:	2:56.65	47.43	300m:	4:31.65	47.01	400m:	6:01.83	43.48
<b>13 - 14 ans</b>												
1.	SIMÃO NOGUEIRA, Francisco		11		Schwammclub Déifferdang				<b>4:46.38</b>	407		
	50m:	31.71	31.71	150m:	1:43.29	36.28	250m:	2:56.45	36.89	350m:	4:10.84	37.45
	100m:	1:07.01	35.30	200m:	2:19.56	36.27	300m:	3:33.39	36.94	400m:	4:46.38	35.54
2.	WESTER, Liam		11		Cercle de Natation Dudelange				<b>4:47.43</b>	402		
	50m:	32.32	32.32	150m:	1:44.03	36.10	250m:	2:57.17	36.84	350m:	4:11.83	37.65
	100m:	1:07.93	35.61	200m:	2:20.33	36.30	300m:	3:34.18	37.01	400m:	4:47.43	35.60
3.	PLETSCHETTE, Hugo		12		Scr				<b>5:17.11</b>	299		
	50m:	35.12	35.12	150m:	1:55.62	40.55	250m:	3:16.73	40.82	350m:	4:38.43	40.67
	100m:	1:15.07	39.95	200m:	2:35.91	40.29	300m:	3:57.76	41.03	400m:	5:17.11	38.68
4.	FESQUET, Louis		12		Scr				<b>5:25.40</b>	277		
	50m:	38.39	38.39	150m:	2:01.80	42.07	250m:	3:25.02	41.32	350m:	4:46.33	40.62
	100m:	1:19.73	41.34	200m:	2:43.70	41.90	300m:	4:05.71	40.69	400m:	5:25.40	39.07
5.	MERGEN, Andy		11		Cercle Nautique Pétange				<b>6:13.91</b>	182		
	50m:	38.11	38.11	150m:	2:07.64	46.35	250m:	3:45.59	49.87	350m:	5:25.69	50.43
	100m:	1:21.29	43.18	200m:	2:55.72	48.08	300m:	4:35.26	49.67	400m:	6:13.91	48.22