

NNSHT 2025
Charleroi, 11 - 12/1/2025

Epreuve 20
12/01/2025

Dames, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2024

Q	PL	NAME	YB	CLUB	COUN	FTIME	S-TIME	FINA			
11 - 12 ans											
	1.	COCO, Amalia	14	HELIOS	BEL	NT	6:07.84	377			
		50m: 38.93	38.93	150m: 2:13.05	48.26	250m: 3:54.17	53.99	350m: 5:28.47	42.33		
		100m: 1:24.79	45.86	200m: 3:00.18	47.13	300m: 4:46.14	51.97	400m: 6:07.84	39.37		
	2.	MASSCHELEIN, Sophie	13	WN	BEL	NT	6:44.98	282			
		50m: 46.21	46.21	150m: 2:34.12	50.00	250m: 4:22.20	58.19	350m: 6:04.51	42.58		
		100m: 1:44.12	57.91	200m: 3:24.01	49.89	300m: 5:21.93	59.73	400m: 6:44.98	40.47		
	3.	ROMBAUX, Camille	14	BCSG	BEL	NT	7:01.96	250			
		50m: 45.53	45.53	150m: 2:33.69	56.57	250m: 4:23.16	56.11	350m: 6:15.05	54.78		
		100m: 1:37.12	51.59	200m: 3:27.05	53.36	300m: 5:20.27	57.11	400m: 7:01.96	46.91		
	4.	LETELLIER, Leyna	13	HELIOS	BEL	NT	7:17.62	224			
		50m: 46.97	46.97	150m: 2:44.22	54.28	250m: 4:39.89	1:05.07	350m: 6:31.81	47.86		
		100m: 1:49.94	1:02.97	200m: 3:34.82	50.60	300m: 5:43.95	1:04.06	400m: 7:17.62	45.81		
	disq.	DUMONT, Lauryne	14	BCSG	BEL	NT					
		<i>SW 8.2.a - armen niet boven water naar voor gebracht/Le nageur n'a pas ramené ses bras en avant au dessus de la surface de l'eau</i>									
	disq.	KENIS, Sterre	14	HoZT	BEL	NT	7:10.70				
		<i>SW 9.4.8.4 - Op het einde van het wedstrijdgedeelte vlinderslag, heeft de zwemmer de muur niet met 2 handen gelijktijdig aangetikt of de handen op elkaar gelegd/A la fin du partie papillon, le nageur n'a pas touché le mur des 2 mains simultanément ou mains superp</i>									
		50m: 51.85	51.85	150m: 2:45.01	54.68	250m: 4:37.53	1:03.06	350m: 6:25.64	46.66		
		100m: 1:50.33	58.48	200m: 3:34.47	49.46	300m: 5:38.98	1:01.45	400m: 7:10.70	45.06		
13 - 14 ans											
	1.	VANDAMME, Louna	11	DM	BEL		5:32.29	5:37.97	486		
		50m: 36.63	36.63	150m: 2:03.92	42.40	250m: 3:35.48	50.65	350m: 5:03.08	36.53		
		100m: 1:21.52	44.89	200m: 2:44.83	40.91	300m: 4:26.55	51.07	400m: 5:37.97	34.89		
	2.	ROUDOMETKINA, Ksenia	12	HELIOS	BEL		6:36.88	5:48.98	442		
		50m: 36.33	36.33	150m: 2:06.39	43.59	250m: 3:40.61	50.12	350m: 5:10.69	38.59		
		100m: 1:22.80	46.47	200m: 2:50.49	44.10	300m: 4:32.10	51.49	400m: 5:48.98	38.29		
	3.	VAN BOCKSTAL, Yoanna	11	HoZT	BEL		6:08.67	5:58.11	409		
		50m: 37.77	37.77	150m: 2:07.61	43.33	250m: 3:44.68	53.87	350m: 5:19.53	41.39		
		100m: 1:24.28	46.51	200m: 2:50.81	43.20	300m: 4:38.14	53.46	400m: 5:58.11	38.58		
	4.	EDOU, Léa-Lyane	11	WN	FRA		6:09.16	6:06.00	383		
		50m: 37.46	37.46	150m: 2:16.28	49.51	250m: 3:53.42	49.55	350m: 5:25.43	42.65		
		100m: 1:26.77	49.31	200m: 3:03.87	47.59	300m: 4:42.78	49.36	400m: 6:06.00	40.57		
	5.	BURY, Pauline	11	WN	BEL		5:43.59	6:08.30	376		
		50m: 36.95	36.95	150m: 2:16.92	49.08	250m: 3:56.29	51.23	350m: 5:28.92	40.83		
		100m: 1:27.84	50.89	200m: 3:05.06	48.14	300m: 4:48.09	51.80	400m: 6:08.30	39.38		
	6.	BILLET, Soline	12	DM	BEL		6:35.92	6:10.50	369		
		50m: 42.78	42.78	150m: 2:17.81	45.79	250m: 3:54.72	52.00	350m: 5:30.28	43.58		
		100m: 1:32.02	49.24	200m: 3:02.72	44.91	300m: 4:46.70	51.98	400m: 6:10.50	40.22		
	7.	FONTAINE, Eline	12	WN	BEL		5:57.21	6:11.85	365		
		50m: 40.80	40.80	150m: 2:19.54	50.79	250m: 3:59.17	51.18	350m: 5:31.25	41.43		
		100m: 1:28.75	47.95	200m: 3:07.99	48.45	300m: 4:49.82	50.65	400m: 6:11.85	40.60		
	8.	DELROT, Keyla	12	BCSG	BEL		6:58.01	6:12.50	363		
		50m: 39.34	39.34	150m: 2:11.92	46.27	250m: 3:53.27	56.87	350m: 5:32.95	44.33		
		100m: 1:25.65	46.31	200m: 2:56.40	44.48	300m: 4:48.62	55.35	400m: 6:12.50	39.55		
	9.	PHILIPPRON, Carolina	11	BOUST	BEL	NT		6:18.39	346		
		50m: 40.82	40.82	150m: 2:20.11	47.73	250m: 4:00.72	53.38	350m: 5:36.36	43.77		
		100m: 1:32.38	51.56	200m: 3:07.34	47.23	300m: 4:52.59	51.87	400m: 6:18.39	42.03		
	10.	MYERSCOUGH, Alice	12	WN	FRA		6:08.63	6:28.25	321		
		50m: 41.39	41.39	150m: 2:21.24	48.84	250m: 4:04.67	57.46	350m: 5:45.60	44.37		
		100m: 1:32.40	51.01	200m: 3:07.21	45.97	300m: 5:01.23	56.56	400m: 6:28.25	42.65		
	11.	DOHMEN, Ninon	11	HELIOS	BEL		7:11.19	6:40.26	293		
		50m: 41.41	41.41	150m: 2:23.79	51.04	250m: 4:12.92	1:01.21	350m: 5:58.80	44.72		
		100m: 1:32.75	51.34	200m: 3:11.71	47.92	300m: 5:14.08	1:01.16	400m: 6:40.26	41.46		

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Epreuve 20, Filles, 400m 4 nages, 13 - 14 ans

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA	
	12.	BIETTE, Luce	12	CNB	BEL	NT	6:45.88	281	
		50m: 49.31	49.31	150m: 2:39.17	52.12	250m: 4:21.63	51.98	350m: 6:00.75	46.00
		100m: 1:47.05	57.74	200m: 3:29.65	50.48	300m: 5:14.75	53.12	400m: 6:45.88	45.13
	13.	FONTAINE, Léa	12	HELIOS	BEL	NT	7:13.99	229	
		50m: 49.47	49.47	150m: 2:45.13	56.64	250m: 4:38.34	1:01.86	350m: 6:29.74	49.34
		100m: 1:48.49	59.02	200m: 3:36.48	51.35	300m: 5:40.40	1:02.06	400m: 7:13.99	44.25
	14.	DELOBBE, Lucie	12	HELIOS	BEL	NT	7:29.62	206	
		50m: 56.93	56.93	150m: 2:55.97	50.62	250m: 4:47.08	1:00.88	350m: 6:40.50	51.19
		100m: 2:05.35	1:08.42	200m: 3:46.20	50.23	300m: 5:49.31	1:02.23	400m: 7:29.62	49.12

15 - 16 ans

	1.	VAN DE CLOOT, Elina	10	HoZT	BEL	5:12.48	5:18.61	581	
		50m: 31.74	31.74	150m: 1:50.12	40.19	250m: 3:19.68	49.41	350m: 4:43.87	34.74
		100m: 1:09.93	38.19	200m: 2:30.27	40.15	300m: 4:09.13	49.45	400m: 5:18.61	34.74
	2.	RANCILLON, Eline	09	AQUABLA	BEL	5:25.98	5:30.26	521	
		50m: 35.43	35.43	150m: 2:01.20	43.14	250m: 3:29.08	46.56	350m: 4:54.08	39.29
		100m: 1:18.06	42.63	200m: 2:42.52	41.32	300m: 4:14.79	45.71	400m: 5:30.26	36.18
	3.	PAVAN, Nahla	09	ENLN	BEL	5:46.23	5:31.14	517	
		50m: 32.72	32.72	150m: 1:55.08	43.15	250m: 3:25.16	47.85	350m: 4:53.84	39.46
		100m: 1:11.93	39.21	200m: 2:37.31	42.23	300m: 4:14.38	49.22	400m: 5:31.14	37.30
	4.	MEYER, Thyrví	09	KAZS	BEL	5:25.91	5:34.97	500	
		50m: 36.51	36.51	150m: 2:01.15	44.24	250m: 3:33.15	49.45	350m: 4:59.55	37.88
		100m: 1:16.91	40.40	200m: 2:43.70	42.55	300m: 4:21.67	48.52	400m: 5:34.97	35.42
	5.	DYS, Maja	09	CNSN	POL	NT	5:49.90	438	
		50m: 34.64	34.64	150m: 2:01.17	45.53	250m: 3:37.26	53.05	350m: 5:11.08	41.93
		100m: 1:15.64	41.00	200m: 2:44.21	43.04	300m: 4:29.15	51.89	400m: 5:49.90	38.82
	6.	ROMBOUTS, Floor	09	HoZT	BEL	5:59.17	5:51.01	434	
		50m: 37.44	37.44	150m: 2:09.85	44.81	250m: 3:43.11	48.82	350m: 5:12.49	40.08
		100m: 1:25.04	47.60	200m: 2:54.29	44.44	300m: 4:32.41	49.30	400m: 5:51.01	38.52
	7.	FONTAINE, Chloé	09	WN	BEL	5:50.98	6:03.09	392	
		50m: 38.64	38.64	150m: 2:09.76	46.34	250m: 3:48.43	54.13	350m: 5:23.47	40.74
		100m: 1:23.42	44.78	200m: 2:54.30	44.54	300m: 4:42.73	54.30	400m: 6:03.09	39.62
	8.	MOLINA FUEYO, Marisa	10	WN	BEL	5:55.09	6:13.21	361	
		50m: 39.30	39.30	150m: 2:15.28	46.86	250m: 3:57.18	56.11	350m: 5:34.89	41.35
		100m: 1:28.42	49.12	200m: 3:01.07	45.79	300m: 4:53.54	56.36	400m: 6:13.21	38.32
	9.	GASPAR, Olivia	10	CNB	BEL	6:11.63	6:15.01	356	
		50m: 42.73	42.73	150m: 2:21.07	48.53	250m: 3:58.20	51.52	350m: 5:33.77	44.32
		100m: 1:32.54	49.81	200m: 3:06.68	45.61	300m: 4:49.45	51.25	400m: 6:15.01	41.24
	10.	GIESSER, Elise	10	HELIOS	BEL	6:38.00	6:19.02	345	
		50m: 38.68	38.68	150m: 2:14.39	48.99	250m: 3:58.77	57.17	350m: 5:37.92	42.88
		100m: 1:25.40	46.72	200m: 3:01.60	47.21	300m: 4:55.04	56.27	400m: 6:19.02	41.10
	11.	GIESSER, Camille	10	HELIOS	BEL	6:40.40	6:26.26	326	
		50m: 42.14	42.14	150m: 2:21.31	52.53	250m: 4:03.91	55.05	350m: 5:47.95	47.13
		100m: 1:28.78	46.64	200m: 3:08.86	47.55	300m: 5:00.82	56.91	400m: 6:26.26	38.31
	12.	DOMBRET, Aloïse	10	HELIOS	BEL	7:07.06	6:26.54	325	
		50m: 45.46	45.46	150m: 2:24.98	45.99	250m: 4:04.45	53.81	350m: 5:43.87	45.49
		100m: 1:38.99	53.53	200m: 3:10.64	45.66	300m: 4:58.38	53.93	400m: 6:26.54	42.67
	13.	GEHRKE, Una	10	AQUABLA	AUT	NT	6:33.33	308	
		50m: 39.21	39.21	150m: 2:19.53	50.30	250m: 4:06.92	1:00.03	350m: 5:51.46	44.76
		100m: 1:29.23	50.02	200m: 3:06.89	47.36	300m: 5:06.70	59.78	400m: 6:33.33	41.87
	14.	ZUBIA LAWES, Nahia Amber	09	WN	ESP	5:55.04	6:39.37	295	
		50m: 38.22	38.22	150m: 2:17.31	51.55	250m: 4:07.61	1:01.27	350m: 5:55.85	46.05
		100m: 1:25.76	47.54	200m: 3:06.34	49.03	300m: 5:09.80	1:02.19	400m: 6:39.37	43.52
	15.	GOOSSENS, Louise	10	HELIOS	BEL	NT	7:03.31	247	
		50m: 43.78	43.78	150m: 2:35.18	53.92	250m: 4:26.87	59.64	350m: 6:17.91	46.81
		100m: 1:41.26	57.48	200m: 3:27.23	52.05	300m: 5:31.10	1:04.23	400m: 7:03.31	45.40

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Epreuve 20, Dames, 400m 4 nages

17 - 18 ans

1. BOCK,anouk	08	CNB	BEL	5:29.71	5:45.13	457		
50m: 34.46	34.46	150m: 2:02.63	44.97	250m: 3:36.60	51.13	350m: 5:07.25	40.00	
100m: 1:17.66	43.20	200m: 2:45.47	42.84	300m: 4:27.25	50.65	400m: 5:45.13	37.88	
2. SEDGMAN, Charlie	08	WN	AUS	5:35.59	5:55.55	418		
50m: 36.62	36.62	150m: 2:05.61	47.88	250m: 3:43.51	53.23	350m: 5:16.82	40.36	
100m: 1:17.73	41.11	200m: 2:50.28	44.67	300m: 4:36.46	52.95	400m: 5:55.55	38.73	
3. BOULOGNE, Hannah	08	AQUABLA	BEL	5:55.07	5:56.58	414		
50m: 40.62	40.62	150m: 2:13.09	46.34	250m: 3:47.93	51.33	350m: 5:17.56	40.62	
100m: 1:26.75	46.13	200m: 2:56.60	43.51	300m: 4:36.94	49.01	400m: 5:56.58	39.02	
4. DELEPLANQUE, Emma	08	HELIOS	BEL	5:59.42	6:23.88	332		
50m: 42.95	42.95	150m: 2:27.30	51.58	250m: 4:07.52	50.58	350m: 5:43.15	43.45	
100m: 1:35.72	52.77	200m: 3:16.94	49.64	300m: 4:59.70	52.18	400m: 6:23.88	40.73	
5. RONDAGS, Lilou	08	WN	BEL	6:17.52	6:24.30	331		
50m: 37.22	37.22	150m: 2:15.10	51.82	250m: 3:59.62	55.05	350m: 5:41.82	44.86	
100m: 1:23.28	46.06	200m: 3:04.57	49.47	300m: 4:56.96	57.34	400m: 6:24.30	42.48	
6. MALBECQ, Amandine	08	MHN	BEL	NT	6:26.52	325		
50m: 40.18	40.18	150m: 2:21.73	51.46	250m: 4:05.95	56.50	350m: 5:45.97	44.03	
100m: 1:30.27	50.09	200m: 3:09.45	47.72	300m: 5:01.94	55.99	400m: 6:26.52	40.55	
7. SENTE, Gwendoline	08	HELIOS	BEL	NT	6:41.30	290		
50m: 43.19	43.19	150m: 2:25.94	53.19	250m: 4:15.98	56.75	350m: 5:58.31	45.23	
100m: 1:32.75	49.56	200m: 3:19.23	53.29	300m: 5:13.08	57.10	400m: 6:41.30	42.99	