

NNSHT 2025
Charleroi, 11 - 12/1/2025

Epreuve 29
12/01/2025

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2024

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
11 - 12 ans							
1.	HOEBEKE, Sofia	13	DM	BEL	5:08.53	5:22.19	389
	50m:	150m:		250m:		350m:	
	100m: 1:15.11	200m: 2:39.20		300m:		400m: 5:22.19	
2.	COCO, Amalia	14	HELIOS	BEL	NT	5:24.30	382
	50m:	150m:		250m:		350m:	
	100m: 1:15.82	200m: 2:39.96		300m:		400m: 5:24.30	
3.	BEKKERS, Margaux	13	SCWR	BEL	5:27.37	5:26.05	376
	50m:	150m:		250m:		350m:	
	100m: 1:17.01	200m: 2:41.40		300m:		400m: 5:26.05	
4.	VAN STEENKISTE, Lia	13	TZT	BEL	6:00.10	5:44.10	320
	50m:	150m:		250m:		350m:	
	100m: 1:22.10	200m: 2:50.99		300m:		400m: 5:44.10	
5.	DUBREUCQ, Alexandra	13	BCSG	BEL	6:12.55	5:44.60	318
	50m:	150m:		250m:		350m:	
	100m: 1:19.99	200m: 2:49.03		300m:		400m: 5:44.60	
6.	DE COSTER, Lise	14	WN	BEL	6:03.72	5:48.65	307
	50m:	150m:		250m:		350m:	
	100m: 1:22.69	200m: 2:53.22		300m:		400m: 5:48.65	
7.	VERNIEUWE, Leanne	14	TZT	BEL	5:56.60	5:52.96	296
	50m:	150m:		250m:		350m:	
	100m: 1:24.70	200m:		300m:		400m: 5:52.96	
8.	VANDENBROUCKE, Febe	13	TZT	BEL	6:00.50	5:54.25	293
	50m:	150m:		250m:		350m:	
	100m: 1:24.19	200m: 2:55.02		300m:		400m: 5:54.25	
9.	BULTOT EL KOUCHI, Inès	13	WN	BEL	5:28.40	5:54.97	291
	50m:	150m:		250m:		350m:	
	100m: 1:22.39	200m: 2:55.67		300m:		400m: 5:54.97	
10.	SABA, Leila	14	BOUST	BEL	6:18.41	5:55.13	291
	50m:	150m:		250m:		350m:	
	100m: 1:24.20	200m: 2:55.38		300m:		400m: 5:55.13	
11.	BRUNO, Juliette	13	HELIOS	BEL	NT	5:56.41	288
	50m:	150m:		250m:		350m:	
	100m: 1:29.81	200m: 2:57.50		300m:		400m: 5:56.41	
12.	HUYBEN, Stien	14	TZT	BEL	6:17.23	5:57.97	284
	50m:	150m:		250m:		350m:	
	100m: 1:21.29	200m: 2:54.02		300m:		400m: 5:57.97	
13.	KACEJKO, Victoria	13	WN	POL	6:16.70	6:01.90	275
	50m:	150m:		250m:		350m:	
	100m: 1:24.41	200m: 2:56.28		300m:		400m: 6:01.90	
14.	DECEUNINCK, Emma	13	TZT	BEL	6:00.33	6:06.13	265
	50m:	150m:		250m:		350m:	
	100m: 1:24.30	200m: 3:01.28		300m:		400m: 6:06.13	
15.	PATERNOSTRE, Leonie	14	CCM	BEL	7:03.89	6:09.59	258
	50m:	150m:		250m:		350m:	
	100m: 1:27.12	200m: 3:02.49		300m:		400m: 6:09.59	
16.	LETELLIER, Leyna	13	HELIOS	BEL	6:52.19	6:12.08	253
	50m:	150m:		250m:		350m:	
	100m: 1:30.03	200m: 3:06.30		300m:		400m: 6:12.08	
17.	VANPOUCKE, Lotte	14	TZT	BEL	6:09.21	6:12.73	251
	50m:	150m:		250m:		350m:	
	100m: 1:25.79	200m: 3:01.24		300m:		400m: 6:12.73	
18.	KOEUNE, Sofia	14	CNB	BEL	7:07.25	6:25.07	228
	50m:	150m:		250m:		350m:	
	100m: 1:34.87	200m: 3:14.07		300m:		400m: 6:25.07	
19.	SCARMURE, Emilie	13	WN	BEL	6:34.72	6:34.10	213
	50m:	150m:		250m:		350m:	
	100m: 1:32.63	200m: 3:14.31		300m:		400m: 6:34.10	

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Epreuve 29, Filles, 400m Libre, 11 - 12 ans

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
	20.	ROMBAUX, Camille	14	BCSG	BEL	6:47.90	6:34.26	212
		50m:	150m:		250m:		350m:	
		100m: 1:35.19	200m: 3:18.30		300m:		400m: 6:34.26	
	21.	DAIL, Elin	14	CNSN	BEL	NT	6:46.12	194
		50m:	150m:		250m:		350m:	
		100m: 1:34.32	200m: 3:19.86		300m:		400m: 6:46.12	
	22.	ROUSSAUX, Lila	13	HELIOS	BEL	NT	6:48.37	191
		50m:	150m:		250m:		350m:	
		100m: 1:34.22	200m: 3:23.10		300m:		400m: 6:48.37	
	23.	NOBELS, Camille	14	WN	BEL	7:03.18	6:48.38	191
		50m:	150m:		250m:		350m:	
		100m: 1:35.14	200m: 3:22.26		300m:		400m: 6:48.38	
	24.	BORREMANS, Ai-Linh	14	WN	BEL	7:40.40	6:55.80	181
		50m:	150m:		250m:		350m:	
		100m: 1:33.69	200m: 3:23.73		300m:		400m: 6:55.80	
	25.	POENARU, Maria	14	CNSN	ROU	NT	7:00.10	175
		50m:	150m:		250m:		350m:	
		100m: 1:38.70	200m: 3:28.26		300m:		400m: 7:00.10	
	26.	CHARGOU, Sophia	13	CNSN	BEL	NT	7:00.97	174
		50m:	150m:		250m:		350m:	
		100m: 1:41.15	200m: 3:29.31		300m:		400m: 7:00.97	
	27.	GLINKA, Lidia	14	WN	POL	7:17.60	7:10.61	163
		50m:	150m:		250m:		350m:	
		100m: 1:37.74	200m: 3:31.85		300m:		400m: 7:10.61	
	28.	SAADI, Salma	13	HELIOS	BEL	NT	7:32.39	140
		50m:	150m:		250m:		350m:	
		100m: 1:41.72	200m: 3:41.23		300m:		400m: 7:32.39	
	29.	VAN DIJCK, Lotte	14	HoZT	BEL	NT	7:58.49	119
		50m:	150m:		250m:		350m:	
		100m: 1:53.50	200m: 3:58.01		300m:		400m: 7:58.49	
	30.	BRISSACK, Romane	13	HELIOS	BEL	NT	8:09.96	110
		50m:	150m:		250m:		350m:	
		100m: 1:56.17	200m: 4:03.68		300m:		400m: 8:09.96	

disq. CALAFATIDIS, Anastasia 14 BOUST BEL 7:00.91
SW 10.8 - Zwemmer hinderen door over de baan te zwemmen en/of onsportief gedrag / avoir généré un autre nageur

13 - 14 ans

1.	DELSAER, Laurien	11	LGN	BEL	4:47.26	4:33.87	634	
	50m: 31.18 31.18	150m: 1:39.26 34.70	250m: 2:49.12 35.34	350m: 3:59.54 35.33				
	100m: 1:04.56 33.38	200m: 2:13.78 34.52	300m: 3:24.21 35.09	400m: 4:33.87 34.33				
2.	JORISSEN, Janne	11	LGN	BEL	4:40.02	4:36.37	617	
	50m: 31.90 31.90	150m: 1:40.66 35.05	250m: 2:51.27 35.55	350m: 4:02.21 35.40				
	100m: 1:05.61 33.71	200m: 2:15.72 35.06	300m: 3:26.81 35.54	400m: 4:36.37 34.16				
3.	LAMMENS, Mary	11	TZT	BEL	4:35.75	4:37.01	613	
	50m: 32.53 32.53	150m: 1:42.91 35.52	250m: 2:53.93 35.19	350m: 4:03.94 34.74				
	100m: 1:07.39 34.86	200m: 2:18.74 35.83	300m: 3:29.20 35.27	400m: 4:37.01 33.07				
4.	DE BRUYCKER, Chloé	11	TZT	BEL	4:36.77	4:47.20	550	
	50m: 33.26 33.26	150m: 1:45.41 36.15	250m: 2:58.13 36.31	350m: 4:11.08 36.11				
	100m: 1:09.26 36.00	200m: 2:21.82 36.41	300m: 3:34.97 36.84	400m: 4:47.20 36.12				
5.	MEULEMEESTER, Nore	11	TZT	BEL	4:52.69	4:51.82	524	
	50m: 34.02 34.02	150m: 1:47.93 37.46	250m: 3:02.49 36.99	350m: 4:16.12 36.40				
	100m: 1:10.47 36.45	200m: 2:25.50 37.57	300m: 3:39.72 37.23	400m: 4:51.82 35.70				
6.	LINSKENS, Elloise	11	TZT	BEL	4:52.59	4:57.62	494	
	50m: 32.65 32.65	150m: 1:47.93 37.73	250m: 3:04.66 38.19	350m: 4:20.86 37.95				
	100m: 1:10.20 37.55	200m: 2:26.47 38.54	300m: 3:42.91 38.25	400m: 4:57.62 36.76				
7.	DARRAS, Nina	11	TZT	BEL	4:59.64	4:58.15	492	
	50m:	150m:	250m:	350m:				
	100m: 1:10.80	200m: 2:26.58	300m:	400m: 4:58.15				

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Epreuve 29, Filles, 400m Libre, 13 - 14 ans

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
	8. ROUDOMETKINA, Ksenia	12	HELIOS	BEL	5:03.81	5:10.30	436
	50m:	150m:	250m:	350m:			
	100m: 1:09.69	200m: 2:24.25	300m:	400m: 5:10.30			
	9. NJELEZEK, Tahia	11	AQUABLA	BEL	5:41.20	5:13.81	421
	50m:	150m:	250m:	350m:			
	100m: 1:15.41	200m: 2:35.41	300m:	400m: 5:13.81			
	10. CAFFAREY, Audrey	12	AQUABLA	BEL	NT	5:17.84	406
	50m:	150m:	250m:	350m:			
	100m: 1:16.38	200m: 2:37.17	300m:	400m: 5:17.84			
	11. VERNIEUWE, Irene	12	TZT	BEL	5:16.09	5:20.89	394
	50m:	150m:	250m:	350m:			
	100m: 1:13.57	200m: 2:35.85	300m:	400m: 5:20.89			
	12. TASSENOY, Apolline	11	AQUABLA	BEL	5:16.98	5:23.42	385
	50m:	150m:	250m:	350m:			
	100m: 1:16.64	200m: 2:38.70	300m:	400m: 5:23.42			
	13. HUYBEN, Isolde	12	TZT	BEL	5:17.77	5:23.57	384
	50m:	150m:	250m:	350m:			
	100m: 1:17.61	200m: 2:39.79	300m:	400m: 5:23.57			
	14. DE GEEST, Manon	12	AQUABLA	BEL	NT	5:26.41	374
	50m:	150m:	250m:	350m:			
	100m: 1:18.82	200m: 2:42.17	300m:	400m: 5:26.41			
	15. LECLERCQ, Elin	11	HELIOS	BEL	5:47.31	5:26.69	374
	50m:	150m:	250m:	350m:			
	100m: 1:19.36	200m: 2:42.66	300m:	400m: 5:26.69			
	16. VAN DE WINKEL, Lola	12	AZL	BEL	5:36.27	5:28.12	369
	50m:	150m:	250m:	350m:			
	100m: 1:18.71	200m: 2:42.14	300m:	400m: 5:28.12			
	17. BILLET, Soline	12	DM	BEL	5:41.78	5:30.20	362
	50m:	150m:	250m:	350m:			
	100m: 1:19.27	200m: 2:43.83	300m:	400m: 5:30.20			
	18. CLAEYS, Elena	12	TZT	BEL	5:25.15	5:33.55	351
	50m:	150m:	250m:	350m:			
	100m: 1:19.97	200m: 2:43.61	300m:	400m: 5:33.55			
	19. DELEPLANQUE, Erin	12	HELIOS	BEL	5:27.87	5:35.77	344
	50m:	150m:	250m:	350m:			
	100m: 1:19.55	200m: 2:45.33	300m:	400m: 5:35.77			
	20. DOHMEN, Ninon	11	HELIOS	BEL	6:07.66	5:36.90	341
	50m:	150m:	250m:	350m:			
	100m: 1:19.45	200m: 2:46.76	300m:	400m: 5:36.90			
	21. TOUQUET, Eline	12	SCWR	BEL	5:17.38	5:39.18	334
	50m:	150m:	250m:	350m:			
	100m: 1:18.28	200m: 2:44.24	300m:	400m: 5:39.18			
	22. VANDER MIJNSBRUGGE, Lore	12	AZL	BEL	5:41.19	5:39.33	333
	50m:	150m:	250m:	350m:			
	100m: 1:19.88	200m: 2:48.16	300m:	400m: 5:39.33			
	23. DELL'ARIA, Eleana	11	ONS	BEL	7:15.38	5:57.26	285
	50m:	150m:	250m:	350m:			
	100m: 1:23.62	200m: 2:56.18	300m:	400m: 5:57.26			
	24. LEGRAS, Elysa	11	AQUABLA	BEL	NT	6:03.76	270
	50m:	150m:	250m:	350m:			
	100m: 1:28.42	200m: 3:01.39	300m:	400m: 6:03.76			
	25. KOEUNE, Julia	11	CNB	BEL	6:19.32	6:07.73	262
	50m:	150m:	250m:	350m:			
	100m: 1:28.08	200m: 3:04.08	300m:	400m: 6:07.73			
	26. BETTE, Lysi	12	ONS	BEL	6:31.48	6:09.24	259
	50m:	150m:	250m:	350m:			
	100m: 1:22.75	200m: 2:58.76	300m:	400m: 6:09.24			
	27. FONTAINE, Léa	12	HELIOS	BEL	7:26.45	6:17.93	241
	50m:	150m:	250m:	350m:			
	100m: 1:28.96	200m: 3:07.58	300m:	400m: 6:17.93			

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Epreuve 29, Filles, 400m Libre, 13 - 14 ans

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA			
28.	DELOBBE, Lucie	12	HELIOS	BEL	7:08.32	6:41.53	201			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	6:41.53		
	100m: 1:32.46		3:16.78							
29.	CORNET, Elisa	11	HELIOS	BEL	6:46.69	7:10.91	162			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	7:10.91		
	100m: 1:36.56		3:10.63							
15 - 16 ans										
1.	PAQUES, Typhanie	09	LGN	BEL	4:41.51	4:32.68	643			
	50m: 31.32 31.32	150m: 1:39.27 34.81	200m: 2:13.79 34.52	250m: 2:49.28 35.49	300m: 3:24.12 34.84	350m: 3:59.22 35.10	400m: 4:32.68 33.46			
	100m: 1:04.46 33.14									
2.	PAQUES, Célya	09	LGN	BEL	4:36.32	4:34.66	629			
	50m: 31.57 31.57	150m: 1:39.64 34.68	200m: 2:14.20 34.56	250m: 2:50.07 35.87	300m: 3:25.12 35.05	350m: 4:01.00 35.88	400m: 4:34.66 33.66			
	100m: 1:04.96 33.39									
3.	VAN DE CLOOT, Elina	10	HoZT	BEL	4:41.12	4:43.62	571			
	50m: 32.05 32.05	150m: 1:44.84 35.93	200m: 2:21.86 37.02	250m: 2:56.94 35.08	300m: 3:32.58 35.64	350m: 4:08.19 35.61	400m: 4:43.62 35.43			
	100m: 1:08.91 36.86									
4.	DECREAENE, Satheen	09	DM	BEL	4:40.80	4:44.36	567			
	50m: 33.61 33.61	150m: 1:45.76 36.00	200m: 2:21.78 36.02	250m: 2:57.84 36.06	300m: 3:34.18 36.34	350m: 4:09.38 35.20	400m: 4:44.36 34.98			
	100m: 1:09.76 36.15									
5.	DESMET, Lieze	10	TZT	BEL	4:44.87	4:50.42	532			
	50m: 34.01 34.01	150m: 1:47.98 37.36	200m: 2:25.07 37.09	250m: 3:02.19 37.12	300m: 3:38.71 36.52	350m: 4:15.59 36.88	400m: 4:50.42 34.83			
	100m: 1:10.62 36.61									
6.	DYS, Maja	09	CNSN	POL	5:03.27	4:50.92	529			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	4:50.92		
	100m: 1:09.15		2:22.50							
7.	EL MARGOUM, Inès	10	CNSN	BEL	5:13.80	4:54.92	508			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	4:54.92		
	100m: 1:08.95		2:23.32							
8.	NANNI, Audrey	09	CNSN	BEL	4:58.83	5:02.05	473			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:02.05		
	100m: 1:10.70		2:27.76							
9.	LECHIFFLARD, Léa	09	CNSN	BEL	5:01.81	5:07.57	448			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:07.57		
	100m: 1:11.49		2:29.98							
10.	ROMBOUTS, Floor	09	HoZT	BEL	5:46.02	5:12.09	429			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:12.09		
	100m: 1:15.38		2:35.41							
11.	BRACONI, Margerita	10	CNSN	BEL	5:43.39	5:13.16	424			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:13.16		
	100m: 1:15.50		2:36.32							
12.	RUSTIN, Eline	10	MHN	BEL	5:26.81	5:18.15	404			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:18.15		
	100m: 1:16.40		2:38.21							
13.	NULLI, Anna	10	MHN	ITA	5:10.11	5:19.09	401			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:19.09		
	100m: 1:15.13		2:37.44							
14.	HALL, Sofia Siobhan	10	SCR	BEL	NT	5:23.84	383			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:23.84		
	100m: 1:16.23		2:39.45							
15.	GEHRKE, Una	10	AQUABLA AUT		5:09.93	5:24.58	381			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:24.58		
	100m: 1:17.68		2:41.50							
16.	MOLINA FUEYO, Marisa	10	WN	BEL	5:08.44	5:27.87	370			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:27.87		
	100m: 1:17.75		2:42.23							
17.	VAN WOLVERTHEM, Mélina	10	ONS	BEL	5:41.34	5:29.38	364			
	50m:	150m:	200m:	250m:	300m:	350m:	400m:	5:29.38		
	100m: 1:17.44		2:42.19							

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Epreuve 29, Filles, 400m Libre, 15 - 16 ans

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
18.	GIESSER, Elise	10	HELIOS	BEL	5:27.73	5:33.68	351
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:18.35	2:43.64				400m: 5:33.68	
19.	GIESSER, Camille	10	HELIOS	BEL	5:53.46	5:33.88	350
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:19.75	2:44.27				400m: 5:33.88	
20.	DOMBRET, Aloïse	10	HELIOS	BEL	6:00.38	5:42.93	323
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:20.94	2:50.00				400m: 5:42.93	
21.	LE GUILLOU, Giulia	10	SCR	ITA	5:58.60	5:45.18	317
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:21.49	2:51.36				400m: 5:45.18	
22.	GOOSSENS, Louise	10	HELIOS	BEL	6:05.15	5:51.75	299
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:20.22	2:52.07				400m: 5:51.75	
23.	PETIT, Louana	10	MHN	BEL	5:55.67	5:56.81	287
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:19.31	2:50.71				400m: 5:56.81	
24.	DELIGNERE, Eva	10	CNB	BEL	6:24.30	6:23.23	231
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:30.04	3:10.91				400m: 6:23.23	
25.	GAONE, Emma	10	CCM	BEL	NT	8:03.59	115
	50m:	150m:	200m:	250m:	300m:	350m:	
	100m: 1:47.66	3:49.76				400m: 8:03.59	

17 - 18 ans

1.	LAMMENS, Louise	08	TZT	BEL	4:32.08	4:43.32	573		
	50m: 32.74 32.74	150m: 1:44.43 36.58	200m: 2:20.55 36.12	250m: 2:57.44 36.89	300m: 3:33.53 36.09	350m: 4:09.65 36.12			
	100m: 1:07.85 35.11					400m: 4:43.32 33.67			
2.	DESMET, Fien	08	TZT	BEL	4:42.02	4:54.26	511		
	50m: 33.90 33.90	150m: 1:48.19 37.83	200m: 2:25.70 37.51	250m: 3:03.50 37.80	300m: 3:40.43 36.93	350m: 4:18.06 37.63			
	100m: 1:10.36 36.46					400m: 4:54.26 36.20			
3.	BUDNAK, Carolina	08	SCWR	CZE	4:44.05	4:56.84	498		
	50m: 33.96 33.96	150m: 1:47.12 37.08	200m: 2:24.45 37.33	250m: 3:02.53 38.08	300m: 3:40.94 38.41	350m: 4:19.63 38.69			
	100m: 1:10.04 36.08					400m: 4:56.84 37.21			
4.	MICHAUX, Valentine	07	HELIOS	BEL	4:47.34	4:58.81	488		
	50m: 34.13 34.13	150m: 1:48.33 37.38	200m: 2:25.20 36.87	250m: 3:03.06 37.86	300m: 3:40.46 37.40	350m: 4:19.53 39.07			
	100m: 1:10.95 36.82					400m: 4:58.81 39.28			
5.	SEDGMAN, Charlie	08	WN	AUS	4:31.91	5:03.79	465		
	50m: 33.05 33.05	150m: 1:47.54 38.32	200m: 2:25.82 38.28	250m: 3:05.60 39.78	300m: 3:44.34 38.74	350m: 4:24.77 40.43			
	100m: 1:09.22 36.17					400m: 5:03.79 39.02			
6.	BOCK, anouk	08	CNB	BEL	4:58.36	5:09.56	439		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:11.31	2:30.81				400m: 5:09.56			
7.	BOULOGNE, Hannah	08	AQUABLA	BEL	4:57.31	5:11.06	433		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:14.38	2:33.68				400m: 5:11.06			
8.	PETRE, Victoria	08	ENLN	BEL	5:06.45	5:13.21	424		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:11.27	2:32.41				400m: 5:13.21			
9.	HUPEZ, Isaline	08	MHN	BEL	5:05.36	5:15.38	415		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:12.71	2:34.55				400m: 5:15.38			
10.	MOUREAU, Victoria	08	WN	BEL	5:03.84	5:15.72	414		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:11.36	2:31.66				400m: 5:15.72			
11.	MALBECQ, Amandine	08	MHN	BEL	5:26.55	5:18.72	402		
	50m:	150m:	200m:	250m:	300m:	350m:			
	100m: 1:15.92	2:37.93				400m: 5:18.72			

NNSHT 2025
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Epreuve 29, Filles, 400m Libre, 17 - 18 ans

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
12.	MIKUS, Doriane	08	BCSG	BEL	5:30.88	5:20.06	397
	50m:	150m:	250m:	350m:			
	100m: 1:15.35	200m: 2:37.59	300m:	400m: 5:20.06			
13.	BERTEE, Charlyne	08	MHN	BEL	5:33.93	5:38.91	335
	50m:	150m:	250m:	350m:			
	100m: 1:17.25	200m: 2:44.22	300m:	400m: 5:38.91			
14.	DELEPLANQUE, Emma	08	HELIOS	BEL	5:14.54	5:44.11	320
	50m:	150m:	250m:	350m:			
	100m: 1:21.59	200m: 2:50.43	300m:	400m: 5:44.11			
15.	RONDAGS, Lilou	08	WN	BEL	5:21.47	5:46.46	313
	50m:	150m:	250m:	350m:			
	100m: 1:20.70	200m: 2:50.60	300m:	400m: 5:46.46			
16.	LASCARACHE, Alexandra	07	SCR	BEL	5:49.63	5:51.88	299
	50m:	150m:	250m:	350m:			
	100m: 1:21.70	200m: 2:52.12	300m:	400m: 5:51.88			
17.	DEBLANDRE, Célia	08	ONS	BEL	NT	5:53.88	294
	50m:	150m:	250m:	350m:			
	100m: 1:22.56	200m: 2:55.04	300m:	400m: 5:53.88			
18.	SENTE, Gwendoline	08	HELIOS	BEL	6:10.10	6:05.96	266
	50m:	150m:	250m:	350m:			
	100m: 1:19.32	200m: 2:53.46	300m:	400m: 6:05.96			

19 ans et plus

1.	SEBILLE, Chloé	02	ENLN	BEL	5:42.46	5:35.52	345
	50m:	150m:	250m:	350m:			
	100m: 1:17.43	200m: 2:43.07	300m:	400m: 5:35.52			