

Championnats FFBN Jeunes 2025  
La Louvière, 1- - 2-2-2025

Epreuve 56  
02-02-2025

Filles, 400m Libre

13 - 14 ans  
Liste résultats

13: 5:35.00; 14: 5:23.00

Q	PLNAME	YB	CLUB	COUNTR	I-TIME	S-TIME	Fina	100m	200m	300m	400m
<b>13 ans</b>											
	1.MANISE, Naëlle	12	AQUABLABEL		4:45.61	<b>4:46.27</b>		1:09.50	1:12.70	1:13.61	1:10.46
	50m: 33.05	33.05	150m: 1:45.76		36.26	250m: 2:58.62		36.42	350m: 4:11.55		35.74
	100m: 1:09.50	36.45	200m: 2:22.20		36.44	300m: 3:35.81		37.19	400m: 4:46.27		34.72
	2.GILLAIN, Gwenalynn	12	MOSAN BEL		4:45.87	<b>4:53.33</b>		1:08.43	1:14.84	1:16.51	1:13.55
	50m: 32.81	32.81	150m: 1:45.61		37.18	250m: 3:01.27		38.00	350m: 4:17.42		37.64
	100m: 1:08.43	35.62	200m: 2:23.27		37.66	300m: 3:39.78		38.51	400m: 4:53.33		35.91
	3.LA PLACA, Livia	12	MOSAN BEL		5:00.16	<b>4:55.56</b>		1:09.36	1:14.24	1:16.63	1:15.33
	50m: 33.17	33.17	150m: 1:46.38		37.02	250m: 3:02.09		38.49	350m: 4:18.42		38.19
	100m: 1:09.36	36.19	200m: 2:23.60		37.22	300m: 3:40.23		38.14	400m: 4:55.56		37.14
	4.SCHMIDT, Eléa	12	LGN BEL		5:05.13	<b>5:04.49</b>		1:10.24	1:18.36	1:19.60	1:16.29
	50m: 33.08	33.08	150m: 1:49.25		39.01	250m: 3:08.31		39.71	350m: 4:27.28		39.08
	100m: 1:10.24	37.16	200m: 2:28.60		39.35	300m: 3:48.20		39.89	400m: 5:04.49		37.21
	5.CAFFAREY, Audrey	12	AQUABLABEL		5:17.84	<b>5:04.52</b>		1:12.29	1:18.47	1:18.37	1:15.39
	50m: 34.37	34.37	150m: 1:51.34		39.05	250m: 3:10.13		39.37	350m: 4:28.07		38.94
	100m: 1:12.29	37.92	200m: 2:30.76		39.42	300m: 3:49.13		39.00	400m: 5:04.52		36.45
	6.ROUDOMETKINA, Ksenia	12	HELIOS BEL		4:57.19	<b>5:07.97</b>		1:10.30	1:18.09	1:20.74	1:18.84
	50m: 32.48	32.48	150m: 1:48.73		38.43	250m: 3:08.64		40.25	350m: 4:29.12		39.99
	100m: 1:10.30	37.82	200m: 2:28.39		39.66	300m: 3:49.13		40.49	400m: 5:07.97		38.85
	7.GRENADE RAETS, Lison	12	PERRON BEL		5:09.70	<b>5:11.17</b>		1:13.17	1:19.43	1:20.27	1:18.30
	50m: 34.63	34.63	150m: 1:52.73		39.56	250m: 3:12.66		40.06	350m: 4:32.93		40.06
	100m: 1:13.17	38.54	200m: 2:32.60		39.87	300m: 3:52.87		40.21	400m: 5:11.17		38.24
	8.VLADU, Irina Maria	12	CNBA ROU		5:05.49	<b>5:12.02</b>		1:15.71	1:20.08	1:18.60	1:17.63
	50m: 35.63	35.63	150m: 1:56.17		40.46	250m: 3:14.89		39.10	350m: 4:34.17		39.78
	100m: 1:15.71	40.08	200m: 2:35.79		39.62	300m: 3:54.39		39.50	400m: 5:12.02		37.85
	9.DE GEEST, Manon	12	AQUABLABEL		5:26.41	<b>5:18.85</b>		1:15.83	1:22.12	1:20.91	1:19.99
	50m: 36.06	36.06	150m: 1:56.56		40.73	250m: 3:18.25		40.30	350m: 4:39.18		40.32
	100m: 1:15.83	39.77	200m: 2:37.95		41.39	300m: 3:58.86		40.61	400m: 5:18.85		39.67
	10.HAVELANGE, Océane	12	PERRON BEL		5:08.10	<b>5:18.98</b>		1:13.48	1:22.58	1:22.97	1:19.95
	50m: 34.17	34.17	150m: 1:54.21		40.73	250m: 3:17.21		41.15	350m: 4:40.13		41.10
	100m: 1:13.48	39.31	200m: 2:36.06		41.85	300m: 3:59.03		41.82	400m: 5:18.98		38.85
	11.MYERSCOUGH, Alice	12	WN FRA		5:17.70	<b>5:19.55</b>		1:14.79	1:21.43	1:22.35	1:20.98
	50m: 35.30	35.30	150m: 1:55.31		40.52	250m: 3:17.21		40.99	350m: 4:38.25		39.68
	100m: 1:14.79	39.49	200m: 2:36.22		40.91	300m: 3:58.57		41.36	400m: 5:19.55		41.30
	12.DZENE, Annika	12	CNSW LAT		5:19.88	<b>5:20.17</b>		1:14.90	1:21.66	1:22.90	1:20.71
	50m: 36.35	36.35	150m: 1:55.24		40.34	250m: 3:17.76		41.20	350m: 4:40.45		40.99
	100m: 1:14.90	38.55	200m: 2:36.56		41.32	300m: 3:59.46		41.70	400m: 5:20.17		39.72
	13.DORMAL, Elise	12	FNCS BEL		5:22.81	<b>5:23.33</b>		1:16.57	1:22.38	1:23.39	1:20.99
	50m: 36.13	36.13	150m: 1:57.72		41.15	250m: 3:21.01		42.06	350m: 4:44.60		42.26
	100m: 1:16.57	40.44	200m: 2:38.95		41.23	300m: 4:02.34		41.33	400m: 5:23.33		38.73
	14.DELEPLANQUE, Erin	12	HELIOS BEL		5:19.17	<b>5:24.06</b>		1:16.84	1:23.08	1:23.23	1:20.91
	50m: 35.80	35.80	150m: 1:58.49		41.65	250m: 3:21.99		42.07	350m: 4:44.52		41.37
	100m: 1:16.84	41.04	200m: 2:39.92		41.43	300m: 4:03.15		41.16	400m: 5:24.06		39.54
	15.FALZONE, Tess	12	ENLN BEL		5:16.95	<b>5:24.35</b>		1:17.70	1:23.13	1:23.33	1:20.19
	50m: 36.05	36.05	150m: 1:59.66		41.96	250m: 3:22.08		41.25	350m: 4:45.17		41.01
	100m: 1:17.70	41.65	200m: 2:40.83		41.17	300m: 4:04.16		42.08	400m: 5:24.35		39.18
	16.PECIREP, Lana	12	CNB LUX		5:21.57	<b>5:25.66</b>		1:15.85	1:25.61	1:23.53	1:20.67
	50m: 35.58	35.58	150m: 1:58.46		42.61	250m: 3:23.16		41.70	350m: 4:47.36		42.37
	100m: 1:15.85	40.27	200m: 2:41.46		43.00	300m: 4:04.99		41.83	400m: 5:25.66		38.30
	17.MAENE, Lea	12	MHN BEL		5:28.82	<b>5:27.63</b>		1:19.55	1:24.28	1:24.06	1:19.74
	50m: 37.72	37.72	150m: 2:01.67		42.12	250m: 3:25.97		42.14	350m: 4:48.37		40.48
	100m: 1:19.55	41.83	200m: 2:43.83		42.16	300m: 4:07.89		41.92	400m: 5:27.63		39.26
	18.BILLET, Soline	12	DM BEL		5:30.20	<b>5:27.70</b>		1:19.60	1:24.20	1:24.38	1:19.52
	50m: 37.58	37.58	150m: 2:01.66		42.06	250m: 3:26.44		42.64	350m: 4:49.26		41.08
	100m: 1:19.60	42.02	200m: 2:43.80		42.14	300m: 4:08.18		41.74	400m: 5:27.70		38.44
	19.TERRIER, Elise	12	EC BEL		5:25.20	<b>5:30.20</b>		1:18.94	1:25.48	1:25.29	1:20.49
	50m: 37.30	37.30	150m: 2:01.92		42.98	250m: 3:26.98		42.56	350m: 4:51.33		41.62
	100m: 1:18.94	41.64	200m: 2:44.42		42.50	300m: 4:09.71		42.73	400m: 5:30.20		38.87

Championnats FFBN Jeunes 2025  
La Louvière, 1- - 2-2-2025

Epreuve 56, Filles, 400m Libre, 13 ans

Q	PLNAME	YB	CLUB	COUNTR	I-TIME	S-TIME	Fina	100m	200m	300m	400m
	20.VALLEE, Elisa	12	BCSG	BEL	5:22.59	<b>5:31.12</b>		1:17.76	1:23.93	1:25.69	1:23.74
	50m: 36.86	36.86	150m: 1:59.86	42.10	250m: 3:24.69	43.00	350m: 4:50.51	43.13			
	100m: 1:17.76	40.90	200m: 2:41.69	41.83	300m: 4:07.38	42.69	400m: 5:31.12	40.61			
**	21.ABOUABDERRAHMANE, Inè	12	ENW	BEL	5:19.62	<b>5:35.23</b>		1:18.13	1:26.17	1:26.41	1:24.52
	50m: 36.39	36.39	150m: 2:01.55	43.42	250m: 3:27.62	43.32	350m: 4:54.20	43.49			
	100m: 1:18.13	41.74	200m: 2:44.30	42.75	300m: 4:10.71	43.09	400m: 5:35.23	41.03			
**	22.NAZIANZENO, Dayana	12	ENLN	BEL	5:31.59	<b>5:38.62</b>		1:19.44	1:27.15	1:27.56	1:24.47
	50m: 36.68	36.68	150m: 2:03.35	43.91	250m: 3:31.09	44.50	350m: 4:57.51	43.36			
	100m: 1:19.44	42.76	200m: 2:46.59	43.24	300m: 4:14.15	43.06	400m: 5:38.62	41.11			

14 ans

	1.JORISSEN, Janne	11	LGN	BEL	4:32.01	<b>4:30.68</b>		1:03.95	1:09.61	1:09.41	1:07.71
	50m: 30.53	30.53	150m: 1:38.47	34.52	250m: 2:48.24	34.68	350m: 3:57.43	34.46			
	100m: 1:03.95	33.42	200m: 2:13.56	35.09	300m: 3:22.97	34.73	400m: 4:30.68	33.25			
	2.DELSAER, Laurien	11	LGN	BEL	4:33.87	<b>4:37.40</b>		1:04.00	1:09.98	1:11.13	1:12.29
	50m: 30.65	30.65	150m: 1:38.63	34.63	250m: 2:49.17	35.19	350m: 4:01.70	36.59			
	100m: 1:04.00	33.35	200m: 2:13.98	35.35	300m: 3:25.11	35.94	400m: 4:37.40	35.70			
	3.VANDAMME, Louna	11	DM	BEL	4:43.85	<b>4:43.17</b>		1:08.45	1:11.62	1:12.56	1:10.54
	50m: 32.67	32.67	150m: 1:44.30	35.85	250m: 2:56.23	36.16	350m: 4:08.65	36.02			
	100m: 1:08.45	35.78	200m: 2:20.07	35.77	300m: 3:32.63	36.40	400m: 4:43.17	34.52			
	4.WÉGRIA, Elena	11	LGN	BEL	4:41.10	<b>4:49.90</b>		1:07.03	1:13.57	1:15.27	1:14.03
	50m: 31.34	31.34	150m: 1:44.16	37.13	250m: 2:57.85	37.25	350m: 4:13.75	37.88			
	100m: 1:07.03	35.69	200m: 2:20.60	36.44	300m: 3:35.87	38.02	400m: 4:49.90	36.15			
	5.ABDELKHALEK, Lina	11	ENW	BEL	4:46.50	<b>4:50.26</b>		1:08.99	1:14.44	1:14.94	1:11.89
	50m: 32.56	32.56	150m: 1:46.11	37.12	250m: 3:01.08	37.65	350m: 4:15.52	37.15			
	100m: 1:08.99	36.43	200m: 2:23.43	37.32	300m: 3:38.37	37.29	400m: 4:50.26	34.74			
	6.HARDACRE, Juliette	11	AQUABLABEL		4:48.21	<b>4:56.54</b>		1:08.60	1:17.01	1:17.73	1:13.20
	50m: 32.37	32.37	150m: 1:46.86	38.26	250m: 3:04.11	38.50	350m: 4:19.37	36.03			
	100m: 1:08.60	36.23	200m: 2:25.61	38.75	300m: 3:43.34	39.23	400m: 4:56.54	37.17			
	7.KUNEN, Greta	11	CNB	LUX	4:58.31	<b>5:03.59</b>		1:14.02	1:17.99	1:17.56	1:14.02
	50m: 34.71	34.71	150m: 1:53.29	39.27	250m: 3:10.82	38.81	350m: 4:27.30	37.73			
	100m: 1:14.02	39.31	200m: 2:32.01	38.72	300m: 3:49.57	38.75	400m: 5:03.59	36.29			
	8.DELARGE, Claire	11	PERRON	BEL	5:07.75	<b>5:06.10</b>		1:11.06	1:17.94	1:18.92	1:18.18
	50m: 33.57	33.57	150m: 1:49.51	38.45	250m: 3:08.60	39.60	350m: 4:27.33	39.41			
	100m: 1:11.06	37.49	200m: 2:29.00	39.49	300m: 3:47.92	39.32	400m: 5:06.10	38.77			
	9.NJELEZEK, Tahia	11	AQUABLABEL		5:13.81	<b>5:09.33</b>		1:11.82	1:19.09	1:19.89	1:18.53
	50m: 33.84	33.84	150m: 1:51.10	39.28	250m: 3:11.06	40.15	350m: 4:31.03	40.23			
	100m: 1:11.82	37.98	200m: 2:30.91	39.81	300m: 3:50.80	39.74	400m: 5:09.33	38.30			
	10.THONET, Julia	11	PERRON	BEL	5:06.51	<b>5:12.07</b>		1:12.12	1:19.06	1:20.93	1:19.96
	50m: 34.87	34.87	150m: 1:51.16	39.04	250m: 3:11.55	40.37	350m: 4:33.60	41.49			
	100m: 1:12.12	37.25	200m: 2:31.18	40.02	300m: 3:52.11	40.56	400m: 5:12.07	38.47			
	11.KIRCH, Emma	11	CNB	LUX	5:18.58	<b>5:17.18</b>		1:13.37	1:21.28	1:22.18	1:20.35
	50m: 34.74	34.74	150m: 1:53.50	40.13	250m: 3:16.05	41.40	350m: 4:37.59	40.76			
	100m: 1:13.37	38.63	200m: 2:34.65	41.15	300m: 3:56.83	40.78	400m: 5:17.18	39.59			
	12.MULLER, Liz	11	CNB	LUX	5:17.43	<b>5:18.38</b>		1:15.64	1:22.51	1:21.77	1:18.46
	50m: 35.06	35.06	150m: 1:57.14	41.50	250m: 3:18.85	40.70	350m: 4:39.87	39.95			
	100m: 1:15.64	40.58	200m: 2:38.15	41.01	300m: 3:59.92	41.07	400m: 5:18.38	38.51			
	13.BESO, Clara	11	CNSW	ESP	5:08.16	<b>5:21.21</b>		1:16.48	1:20.86	1:22.22	1:21.65
	50m: 36.13	36.13	150m: 1:56.57	40.09	250m: 3:18.07	40.73	350m: 4:40.75	41.19			
	100m: 1:16.48	40.35	200m: 2:37.34	40.77	300m: 3:59.56	41.49	400m: 5:21.21	40.46			
	14.GRILO MACHADO, Diana	11	CNDU	POR	5:10.59	<b>5:22.73</b>		1:16.18	1:24.66	1:24.40	1:17.49
	50m: 35.96	35.96	150m: 1:58.22	42.04	250m: 3:23.07	42.23	350m: 4:45.29	40.05			
	100m: 1:16.18	40.22	200m: 2:40.84	42.62	300m: 4:05.24	42.17	400m: 5:22.73	37.44			
	15.TASSENOY, Apolline	11	AQUABLABEL		5:03.77	<b>5:22.75</b>		1:15.67	1:22.05	1:23.61	1:21.42
	50m: 35.51	35.51	150m: 1:56.64	40.97	250m: 3:19.37	41.65	350m: 4:42.90	41.57			
	100m: 1:15.67	40.16	200m: 2:37.72	41.08	300m: 4:01.33	41.96	400m: 5:22.75	39.85			
**	16.VANHOUTTE, Thaïs	11	PERRON	BEL	5:19.41	<b>5:27.61</b>		1:15.51	1:24.83	1:25.07	1:22.20
	50m: 35.41	35.41	150m: 1:57.88	42.37	250m: 3:22.97	42.63	350m: 4:47.35	41.94			
	100m: 1:15.51	40.10	200m: 2:40.34	42.46	300m: 4:05.41	42.44	400m: 5:27.61	40.26			