

Epreuve 5
04-10-25 - 10:04

Dames, 400m 4 nages
championnat DH

11 ans et plus
Liste résultats

11 ans 11: 7:40.90 / 12 ans 12: 7:15.94 / 13 ans 13: 6:57.46 / 14 ans 14: 6:46.90 / 15 ans 15: 6:34.90 / 16 ans 16: 6:24.92 /
17 ans 17: 6:20.14 / 18 ans 18: 6:11.11 / 19 ans et + 19+: 6:05.72

Points: AQUA 2025

Rang			AN					Temps	Pts			
11 ans												
1.	COCO, Amalia		14	HELIOS				5:53.90				
	50m:	37.87	37.87	150m:	2:10.56	45.96	250m:	3:44.84	49.91	350m:	5:15.06	40.08
	100m:	1:24.60	46.73	200m:	2:54.93	44.37	300m:	4:34.98	50.14	400m:	5:53.90	38.84
2.	ROMBAUX, Camille		14	BCSG				6:37.99				
	50m:	40.37	40.37	150m:	2:23.78	52.04	250m:	4:06.13	52.60	350m:	5:51.70	50.18
	100m:	1:31.74	51.37	200m:	3:13.53	49.75	300m:	5:01.52	55.39	400m:	6:37.99	46.29
12 ans												
1.	HOEBEKE, Sofia		13	RDM				5:44.58				
	50m:	37.99	37.99	150m:	2:10.99	43.22	250m:	3:42.26	48.76	350m:	5:09.04	37.54
	100m:	1:27.77	49.78	200m:	2:53.50	42.51	300m:	4:31.50	49.24	400m:	5:44.58	35.54
2.	COTAN, Bianca		13	MHN				5:48.63				
	50m:	40.73	40.73	150m:	2:12.41	44.01	250m:	3:43.93	49.28	350m:	5:12.16	38.94
	100m:	1:28.40	47.67	200m:	2:54.65	42.24	300m:	4:33.22	49.29	400m:	5:48.63	36.47
3.	ADAM, Emily		13	MHN				5:56.82				
	50m:	37.17	37.17	150m:	2:07.34	46.69	250m:	3:45.17	53.68	350m:	5:16.03	39.36
	100m:	1:20.65	43.48	200m:	2:51.49	44.15	300m:	4:36.67	51.50	400m:	5:56.82	40.79
4.	BRUNO, Juliette		13	HELIOS				6:36.57				
	50m:	43.80	43.80	150m:	2:28.27	49.16	250m:	4:11.91	56.54	350m:	5:55.14	45.86
	100m:	1:39.11	55.31	200m:	3:15.37	47.10	300m:	5:09.28	57.37	400m:	6:36.57	41.43
5.	FLAMENT, Juliette		13	BCSG				7:05.08				
	50m:	44.92	44.92	150m:	2:35.72	51.95	250m:	4:25.12	59.22	350m:	6:15.74	50.29
	100m:	1:43.77	58.85	200m:	3:25.90	50.18	300m:	5:25.45	1:00.33	400m:	7:05.08	49.34
13 ans												
1.	ROUDOMETKINA, Ksenia		12	HELIOS				5:34.93				
	50m:	35.12	35.12	150m:	2:01.18	42.35	250m:	3:31.24	48.20	350m:	4:58.46	38.63
	100m:	1:18.83	43.71	200m:	2:43.04	41.86	300m:	4:19.83	48.59	400m:	5:34.93	36.47
2.	MARTENS-LATTEUR, Tessa		12	CCM				5:47.18				
	50m:	41.45	41.45	150m:	2:12.21	44.18	250m:	3:42.57	46.30	350m:	5:09.50	39.75
	100m:	1:28.03	46.58	200m:	2:56.27	44.06	300m:	4:29.75	47.18	400m:	5:47.18	37.68
3.	HAVELANGE, Océane		12	HELIOS				5:48.53				
	50m:	37.68	37.68	150m:			250m:			350m:		
	100m:	1:24.70	47.02	200m:	5:51.69		300m:	4:31.33		400m:	5:48.53	
4.	BILLET, Soline		12	RDM				5:50.38				
	50m:	38.66	38.66	150m:	2:07.53	43.82	250m:	3:39.29	49.62	350m:	5:11.22	41.79
	100m:	1:23.71	45.05	200m:	2:49.67	42.14	300m:	4:29.43	50.14	400m:	5:50.38	39.16
5.	DELROT, Keyla		12	BCSG				5:58.26				
	50m:	39.46	39.46	150m:	2:53.08	1:27.51	250m:	4:38.56	53.34	350m:		
	100m:	1:25.57	46.11	200m:	3:45.22	52.14	300m:	5:19.84	41.28	400m:	5:58.26	
6.	MAENE, Lea		12	MHN				5:59.45				
	50m:	37.18	37.18	150m:	2:08.51	49.19	250m:	3:48.01	51.29	350m:	5:20.58	41.21
	100m:	1:19.32	42.14	200m:	2:56.72	48.21	300m:	4:39.37	51.36	400m:	5:59.45	38.87
7.	SALAMONE, Luna		12	BCSG				6:03.51				
	50m:	36.51	36.51	150m:	2:12.67	49.35	250m:	3:49.57	48.69	350m:	5:23.30	42.63
	100m:	1:23.32	46.81	200m:	3:00.88	48.21	300m:	4:40.67	51.10	400m:	6:03.51	40.21

Epreuve 5, Filles, 400m 4 nages, 13 ans

Rang			AN				Temps				Pts
8.	DELEPLANQUE, Erin		12 HELIOS				6:06.78				
	50m:	41.23 41.23	150m:	2:15.89 45.78	250m:	3:53.00 51.60	350m:	5:27.24 42.40	400m:	6:06.78 39.54	
	100m:	1:30.11 48.88	200m:	3:01.40 45.51	300m:	4:44.84 51.84					

disq. FONTAINE, Léa 12 HELIOS
SW 8.2.a - Le nageur n'a pas ramené ses bras en avant au dessus de la surface de l'eau

14 ans

1.	VANDAMME, Louna		11 RDM				5:25.71				
	50m:	35.63 35.63	150m:	1:59.85 40.51	250m:	3:26.76 47.19	350m:	4:50.94 36.10	400m:	5:25.71 34.77	
	100m:	1:19.34 43.71	200m:	2:39.57 39.72	300m:	4:14.84 48.08					
2.	LECLERCQ, Elin		11 HELIOS				5:46.77				
	50m:	34.32 34.32	150m:	2:02.37 44.34	250m:	3:34.17 47.35	350m:	5:06.90 42.12	400m:	5:46.77 39.87	
	100m:	1:18.03 43.71	200m:	2:46.82 44.45	300m:	4:24.78 50.61					
3.	DOHMEN, Ninon		11 HELIOS				6:04.20				
	50m:	38.36 38.36	150m:	2:10.64 46.21	250m:	3:49.94 54.94	350m:	5:25.90 41.36	400m:	6:04.20 38.30	
	100m:	1:24.43 46.07	200m:	2:55.00 44.36	300m:	4:44.54 54.60					
4.	VICO VERVENNE, Sarah		11 CCM				6:07.31				
	50m:	39.03 39.03	150m:	2:18.18 49.25	250m:	3:52.87 47.89	350m:	5:25.43 43.14	400m:	6:07.31 41.88	
	100m:	1:28.93 49.90	200m:	3:04.98 46.80	300m:	4:42.29 49.42					

15 ans

1.	ROUX, Nina		10 MHN				5:19.73				
	50m:	33.07 33.07	150m:	1:51.07 39.85	250m:	3:16.90 46.59	350m:	4:42.33 37.89	400m:	5:19.73 37.40	
	100m:	1:11.22 38.15	200m:	2:30.31 39.24	300m:	4:04.44 47.54					
2.	NULLI, Anna		10 MHN				5:43.79				
	50m:	37.03 37.03	150m:	2:01.74 43.18	250m:	3:36.38 52.96	350m:	5:06.13 38.45	400m:	5:43.79 37.66	
	100m:	1:18.56 41.53	200m:	2:43.42 41.68	300m:	4:27.68 51.30					
3.	GIESSER, Elise		10 HELIOS				6:02.07				
	50m:	36.76 36.76	150m:	2:07.23 45.06	250m:	3:46.42 54.18	350m:	5:20.78 40.69	400m:	6:02.07 41.29	
	100m:	1:22.17 45.41	200m:	2:52.24 45.01	300m:	4:40.09 53.67					
4.	LECOURT, Jeanne		10 EC				6:04.91				
	50m:	36.95 36.95	150m:	2:09.93 47.83	250m:	3:48.41 51.95	350m:	5:23.79 42.93	400m:	6:04.91 41.12	
	100m:	1:22.10 45.15	200m:	2:56.46 46.53	300m:	4:40.86 52.45					
5.	GIESSER, Camille		10 HELIOS				6:14.50				
	50m:	38.08 38.08	150m:	2:12.75 48.99	250m:	3:51.39 52.22	350m:	5:31.18 45.09	400m:	6:14.50 43.32	
	100m:	1:23.76 45.68	200m:	2:59.17 46.42	300m:	4:46.09 54.70					
6.	DOMBRET, Aloïse		10 HELIOS				6:20.97				
	50m:	40.94 40.94	150m:	2:20.90 47.25	250m:	3:57.30 51.57	350m:	5:36.70 45.63	400m:	6:20.97 44.27	
	100m:	1:33.65 52.71	200m:	3:05.73 44.83	300m:	4:51.07 53.77					
7.	GOOSSENS, Louise		10 HELIOS				6:22.43				
	50m:	40.87 40.87	150m:	2:20.15 47.08	250m:	4:02.80 56.54	350m:	5:42.43 41.59	400m:	6:22.43 40.00	
	100m:	1:33.07 52.20	200m:	3:06.26 46.11	300m:	5:00.84 58.04					

16 ans

1.	DUYCKAERTS, Clémentine		09 CCM				6:10.15				
	50m:	37.83 37.83	150m:	2:14.94 47.28	250m:	3:51.62 51.78	350m:	5:28.63 44.79	400m:	6:10.15 41.52	
	100m:	1:27.66 49.83	200m:	2:59.84 44.90	300m:	4:43.84 52.22					

Epreuve 5, Dames, 400m 4 nages

17 ans

1. HUPEZ, Isaline	08	MHN						5:48.98	
50m: 37.23 37.23	150m: 2:08.51	45.73	250m: 3:42.08	48.37	350m: 5:10.61	39.49			
100m: 1:22.78 45.55	200m: 2:53.71	45.20	300m: 4:31.12	49.04	400m: 5:48.98	38.37			
2. MALBECQ, Amandine	08	MHN						5:51.01	
50m: 37.15 37.15	150m: 2:05.69	43.43	250m: 3:41.02	52.83	350m: 5:12.26	38.45			
100m: 1:22.26 45.11	200m: 2:48.19	42.50	300m: 4:33.81	52.79	400m: 5:51.01	38.75			
3. MIKUS, Doriane	08	BCSG						5:53.93	
50m: 37.31 37.31	150m: 2:09.47	46.82	250m: 3:45.89	50.48	350m: 5:16.58	39.92			
100m: 1:22.65 45.34	200m: 2:55.41	45.94	300m: 4:36.66	50.77	400m: 5:53.93	37.35			
4. DELEPLANQUE, Emma	08	HELIOS						6:06.26	
50m: 39.64 39.64	150m: 2:17.67	48.22	250m: 3:53.61	48.79	350m: 5:27.63	42.18			
100m: 1:29.45 49.81	200m: 3:04.82	47.15	300m: 4:45.45	51.84	400m: 6:06.26	38.63			
5. SENTE, Gwendoline	08	HELIOS						6:46.15	*
50m: 43.70 43.70	150m:		250m:		350m:				
100m: 1:35.64 51.94	200m: 3:20.12		300m: 5:15.02		400m: 6:46.15				

18 ans

1. CORBISIER, Mylene	07	MHN						5:20.88	
50m: 33.70 33.70	150m: 1:53.32	40.65	250m: 3:19.38	46.54	350m: 4:44.17	38.10			
100m: 1:12.67 38.97	200m: 2:32.84	39.52	300m: 4:06.07	46.69	400m: 5:20.88	36.71			