

coupe du Hainaut en 25 m
Comines, 24 - 25/1/2026

Epreuve 25
25/01/2026

Dames, 400m Libre

11 ans et plus
Liste résultats

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	points
11 ans								
	1.	ROEST Norah	15	DM	BEL	6:07.24	5:42.06	15,00
		<i>mistral</i>						
		50m: 36.79 36.79	150m:		250m:		350m:	
		100m: 1:18.25 41.46	200m: 2:48.51		300m:		400m: 5:42.06	
	2.	PUGENGER Ophélie	15	EnIn	BEL	6:23.83	5:59.40	10,00
		50m: 40.87 40.87	150m:		250m:		350m:	
		100m: 1:26.33 45.46	200m: 3:00.69		300m:		400m: 5:59.40	
	3.	RENARD Camille	15	EnIn	BEL	6:21.23	6:03.05	8,00
		50m: 37.54 37.54	150m:		250m:		350m:	
		100m: 1:22.61 45.07	200m: 2:56.57		300m:		400m: 6:03.05	
	4.	BOULARD Valentine	15	BCSG	BEL	6:53.87	6:06.12	5,00
		50m: 41.62 41.62	150m:		250m:		350m:	
		100m: 1:26.81 45.19	200m: 3:01.34		300m:		400m: 6:06.12	
	5.	THÈVE Selene	15	DM	BEL	7:05.65	6:21.28	4,00
		50m: 42.68 42.68	150m:		250m:		350m:	
		100m: 1:30.75 48.07	200m: 3:08.83		300m:		400m: 6:21.28	
	6.	HEUX Manon	15	DM	BEL	7:09.58	6:29.37	3,00
		50m: 43.82 43.82	150m:		250m:		350m:	
		100m: 1:33.27 49.45	200m: 3:13.11		300m:		400m: 6:29.37	
	7.	GUTIERREZ MORENO Irene	15	ONS	ESP	NT	6:41.42	2,00
		50m: 44.41 44.41	150m:		250m:		350m:	
		100m: 1:35.07 50.66	200m: 3:20.22		300m:		400m: 6:41.42	
	8.	MEGDICHE Sounah	15	BCSG	BEL	8:14.77	7:13.59	1,00
		50m: 44.39 44.39	150m:		250m:		350m:	
		100m: 1:38.40 54.01	200m: 3:32.10		300m:		400m: 7:13.59	

12 ans

	1.	COCO Amalia	14	Helios	BEL	5:07.12	5:02.28	15,00
		<i>trident, mistral</i>						
		50m: 34.13 34.13	150m:		250m:		350m:	
		100m: 1:11.83 37.70	200m: 2:28.67		300m:		400m: 5:02.28	
	2.	DEPAEPE Louisa	14	ONS	BEL	5:49.36	5:37.63	10,00
		50m: 37.56 37.56	150m:		250m:		350m:	
		100m: 1:21.01 43.45	200m: 2:47.70		300m:		400m: 5:37.63	
	3.	CARAMANNA Lissya	14	BCSG	BEL	5:55.47	5:45.16	8,00
		50m: 40.23 40.23	150m:		250m:		350m:	
		100m: 1:24.14 43.91	200m: 2:53.89		300m:		400m: 5:45.16	
	4.	DJEMAL Lilia	14	Helios	BEL	5:57.67	5:46.78	5,00
		50m: 39.09 39.09	150m:		250m:		350m:	
		100m: 1:22.65 43.56	200m: 2:51.61		300m:		400m: 5:46.78	
	5.	ROMBAUX Camille	14	BCSG	BEL	5:58.88	5:52.84	4,00
		50m: 38.19 38.19	150m:		250m:		350m:	
		100m: 1:21.75 43.56	200m: 2:53.71		300m:		400m: 5:52.84	
	6.	DUMONT Lauryne	14	BCSG	BEL	6:34.04	6:06.28	3,00
		50m: 41.70 41.70	150m:		250m:		350m:	
		100m: 1:27.46 45.76	200m: 3:01.67		300m:		400m: 6:06.28	
	7.	Ghesquiere Elise	14	DM	BEL	6:28.01	6:10.01	2,00
		50m: 40.98 40.98	150m:		250m:		350m:	
		100m: 1:27.05 46.07	200m: 3:02.74		300m:		400m: 6:10.01	
	8.	LETELLIER Lyzie	14	Helios	BEL	7:10.35	7:08.26	1,00
		50m: 47.80 47.80	150m:		250m:		350m:	
		100m: 1:42.94 55.14	200m: 3:33.10		300m:		400m: 7:08.26	
	9.	VANEXE Ellie	14	EC	FRA	7:26.61	7:18.85	-
		50m: 45.09 45.09	150m:		250m:		350m:	
		100m: 1:35.65 50.56	200m: 2:29.79		300m:		400m: 7:18.85	

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13 ans

1. HOEBEKE Sofia	13	DM	BEL	4:51.36	4:47.23	15,00
<i>trident, mistral</i>						
50m: 32.85 32.85	150m:		250m:		350m:	
100m: 1:08.84 35.99	200m: 2:21.98		300m:		400m: 4:47.23	
2. DUBREUCQ Alexandra	13	BCSG	BEL	5:16.25	5:06.13	10,00
<i>mistral</i>						
50m: 33.93 33.93	150m:		250m:		350m:	
100m: 1:12.02 38.09	200m: 2:30.15		300m:		400m: 5:06.13	
3. VALERIO Inès	13	EnIn	BEL	5:24.54	5:14.85	8,00
50m: 34.68 34.68	150m:		250m:		350m:	
100m: 1:13.81 39.13	200m: 2:34.96		300m:		400m: 5:14.85	
4. MAGHUE Laly	13	EnIn	BEL	5:16.57	5:19.98	5,00
50m: 35.75 35.75	150m:		250m:		350m:	
100m: 1:15.23 39.48	200m: 2:36.97		300m:		400m: 5:19.98	
5. BRUNO Juliette	13	Helios	BEL	5:33.71	5:24.80	4,00
50m: 36.76 36.76	150m:		250m:		350m:	
100m: 1:17.75 40.99	200m: 2:41.10		300m:		400m: 5:24.80	
6. VAN DAMME Eleonore	13	ONS	BEL	5:45.74	5:30.70	3,00
50m: 35.85 35.85	150m:		250m:		350m:	
100m: 1:17.54 41.69	200m: 2:42.16		300m:		400m: 5:30.70	
7. BOUDRY Manon	13	DM	FRA	5:51.07	5:37.87	2,00
50m: 37.62 37.62	150m:		250m:		350m:	
100m: 1:18.86 41.24	200m: 2:45.00		300m:		400m: 5:37.87	
8. T'SJOEN Aeva	13	ONS	BEL	5:56.67	5:44.46	1,00
50m: 38.91 38.91	150m:		250m:		350m:	
100m: 1:22.48 43.57	200m: 2:52.22		300m:		400m: 5:44.46	
9. LETELLIER Leyna	13	Helios	BEL	5:55.43	5:50.45	-
50m: 41.20 41.20	150m:		250m:		350m:	
100m: 1:25.71 44.51	200m: 2:54.15		300m:		400m: 5:50.45	
10. VANZEVEREN Zola	13	DM	BEL	6:28.56	6:19.00	-
50m: 43.44 43.44	150m:		250m:		350m:	
100m: 1:30.56 47.12	200m: 3:08.75		300m:		400m: 6:19.00	

14 ans

1. ROUDOMETKINA Ksenia	12	Helios	BEL	4:51.51	4:56.60	15,00
<i>mistral</i>						
50m: 32.39 32.39	150m:		250m:		350m:	
100m: 1:08.60 36.21	200m: 2:24.32		300m:		400m: 4:56.60	
2. BILLET Soline	12	DM	BEL	5:13.38	4:59.59	10,00
50m: 34.03 34.03	150m:		250m:		350m:	
100m: 1:11.92 37.89	200m: 2:28.63		300m:		400m: 4:59.59	
3. TERRIER Elise	12	EC	BEL	5:04.66	5:01.98	8,00
50m: 34.46 34.46	150m:		250m:		350m:	
100m: 1:12.23 37.77	200m: 2:29.27		300m:		400m: 5:01.98	
4. HAVELANGE Océane	12	Helios	BEL	5:04.51	5:03.81	5,00
50m: 32.74 32.74	150m:		250m:		350m:	
100m: 1:09.57 36.83	200m: 2:26.09		300m:		400m: 5:03.81	
5. DELROT Keyla	12	BCSG	BEL	5:17.34	5:09.80	4,00
50m: 33.36 33.36	150m:		250m:		350m:	
100m: 1:12.16 38.80	200m: 2:31.95		300m:		400m: 5:09.80	
6. VALLEE Elisa	12	BCSG	BEL	5:16.73	5:12.19	3,00
50m: 34.15 34.15	150m:		250m:		350m:	
100m: 1:12.62 38.47	200m: 2:31.90		300m:		400m: 5:12.19	
7. SALAMONE Luna	12	BCSG	BEL	5:29.33	5:13.36	2,00
50m: 33.90 33.90	150m:		250m:		350m:	
100m: 1:12.66 38.76	200m: 2:32.49		300m:		400m: 5:13.36	
8. DELEPLANQUE Erin	12	Helios	BEL	5:10.61	5:17.93	1,00
50m: 35.10 35.10	150m:		250m:		350m:	
100m: 1:14.84 39.74	200m: 2:37.04		300m:		400m: 5:17.93	

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Epreuve 25, Filles, 400m Libre, 14 ans

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	points
	9.	RENARD Estelle	12	EnIn	BEL	5:38.43	5:25.70	-
		50m: 36.98 36.98	150m:		250m:		350m:	
		100m: 1:17.41 40.43	200m: 2:42.31		300m:		400m: 5:25.70	
	10.	AZMANI Amélia	12	ONS	BEL	5:30.51	5:31.66	-
		50m: 38.15 38.15	150m:		250m:		350m:	
		100m: 1:19.92 41.77	200m: 2:43.69		300m:		400m: 5:31.66	
	11.	PUGENGER Noémie	12	EnIn	BEL	5:44.30	5:45.86	-
		50m: 37.21 37.21	150m:		250m:		350m:	
		100m: 1:20.07 42.86	200m: 2:48.03		300m:		400m: 5:45.86	
	12.	MEGDICHE Yomna	12	BCSG	BEL	6:13.90	6:03.31	-
		50m: 39.67 39.67	150m:		250m:		350m:	
		100m: 1:23.66 43.99	200m: 2:56.30		300m:		400m: 6:03.31	

15 ans

	1.	VANDAMME Louna	11	DM	BEL	4:30.26	4:35.00	15,00
		<i>trident, mistral</i>						
		50m: 31.14 31.14	150m:		250m:		350m:	
		100m: 1:05.09 33.95	200m: 2:15.38		300m:		400m: 4:35.00	
	2.	BONDUELLE Loanne	11	EC	FRA	5:26.22	5:18.49	10,00
		50m: 35.38 35.38	150m:		250m:		350m:	
		100m: 1:15.33 39.95	200m: 2:37.42		300m:		400m: 5:18.49	
	3.	DELL'ARIA Eleana	11	ONS	BEL	5:57.86	5:35.94	8,00
		50m: 38.02 38.02	150m:		250m:		350m:	
		100m: 1:20.31 42.29	200m: 2:46.91		300m:		400m: 5:35.94	

16 ans

	1.	LECOURT Jeanne	10	EC	BEL	5:23.63	5:13.09	15,00
		50m: 35.92 35.92	150m:		250m:		350m:	
		100m: 1:15.28 39.36	200m: 2:34.57		300m:		400m: 5:13.09	
	2.	CORBISIER Morgane	10	MHN	BEL	5:18.06	5:14.72	10,00
		50m: 35.27 35.27	150m:		250m:		350m:	
		100m: 1:14.27 39.00	200m: 2:34.07		300m:		400m: 5:14.72	
	3.	VAN WOLVERTHEM Mélina	10	ONS	BEL	5:19.03	5:15.95	8,00
		50m: 35.48 35.48	150m:		250m:		350m:	
		100m: 1:14.08 38.60	200m: 2:34.56		300m:		400m: 5:15.95	
	4.	GOOSSENS Louise	10	Helios	BEL	5:27.60	5:27.28	5,00
		50m: 36.56 36.56	150m:		250m:		350m:	
		100m: 1:16.81 40.25	200m: 2:39.31		300m:		400m: 5:27.28	
	5.	BADRAN Sara Maria	10	Helios	FIN	NT	5:35.91	4,00
		50m: 35.60 35.60	150m:		250m:		350m:	
		100m: 1:15.66 40.06	200m: 2:41.41		300m:		400m: 5:35.91	
	6.	BOULARD Rosaline	10	BCSG	BEL	5:51.26	5:42.56	3,00
		50m: 37.51 37.51	150m:		250m:		350m:	
		100m: 1:19.02 41.51	200m: 2:45.91		300m:		400m: 5:42.56	

17 ans

	1.	ABDELMOUMEN Nisrine	09	DM	BEL	4:45.76	4:43.14	15,00
		<i>mistral</i>						
		50m: 3:32.13 3:32.13	150m:		250m:		350m:	
		100m: 1:07.02	200m: 2:19.44		300m:		400m: 4:43.14	

18 ans

	1.	VOLLEBOUT Aglaé	08	EC	FRA	5:15.65	5:10.56	15,00
		50m: 35.18 35.18	150m:		250m:		350m:	
		100m: 1:12.44 37.26	200m: 2:31.63		300m:		400m: 5:10.56	
	2.	DELEPLANQUE Emma	08	Helios	BEL	5:34.65	5:28.33	10,00
		50m: 37.34 37.34	150m:		250m:		350m:	
		100m: 1:17.92 40.58	200m: 2:41.71		300m:		400m: 5:28.33	

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Epreuve 25, Filles, 400m Libre, 18 ans

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	points
	3.	DESTOMBES Jeanne	08	DM	BEL	5:33.00	5:34.50	8,00
		50m: 37.98 37.98	150m:		250m:		350m:	
		100m: 1:20.08 42.10	200m: 2:45.18		300m:		400m: 5:34.50	

19 ans et plus

	1.	GOEMANS Manon	96	EC	FRA	5:14.63	5:24.71	15,00
		50m: 34.52 34.52	150m:		250m:		350m:	
		100m: 1:13.50 38.98	200m: 2:36.41		300m:		400m: 5:24.71	