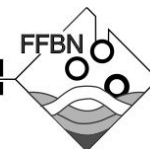




Championnats de district LNL

6 & 7 décembre 2025



Championnat de District 2025
Seraing, 6- - 7-12-2025

Epreuve 15
06-12-25 - 14:42

Filles, 400m Libre

9 - 10 ans
Liste résultats

Points: AQUA 2025

Rang	AN										Temps	Pts
9 ans												
1.	DUBOIS Zélie			16	ENW						5:57.62	285
	50m:	38.73	38.73	150m:	2:10.64	46.77	250m:	3:42.73	45.99	350m:	5:14.23	45.28
	100m:	1:23.87	45.14	200m:	2:56.74	46.10	300m:	4:28.95	46.22	400m:	5:57.62	43.39
2.	MONFORT Manon			16	ENW						6:13.95	249
	50m:	42.17	42.17	150m:	2:17.80	48.31	250m:	3:52.80	47.28	350m:	5:29.02	47.75
	100m:	1:29.49	47.32	200m:	3:05.52	47.72	300m:	4:41.27	48.47	400m:	6:13.95	44.93
3.	JAENEN Lola			16	ENW						6:19.91	237
	50m:	44.79	44.79	150m:	2:22.66	48.91	250m:	3:59.09	47.86	350m:	5:33.24	46.02
	100m:	1:33.75	48.96	200m:	3:11.23	48.57	300m:	4:47.22	48.13	400m:	6:19.91	46.67
4.	KAHILU Emma			16	ENW						6:21.85	234
	50m:	43.40	43.40	150m:	2:20.08	48.39	250m:	3:58.45	48.70	350m:	5:35.46	47.03
	100m:	1:31.69	48.29	200m:	3:09.75	49.67	300m:	4:48.43	49.98	400m:	6:21.85	46.39
5.	LAMY Camille			16	FNCS						6:58.92	177
	50m:	45.10	45.10	150m:	2:30.88	53.02	250m:	4:21.52	55.13	350m:	6:12.55	55.87
	100m:	1:37.86	52.76	200m:	3:26.39	55.51	300m:	5:16.68	55.16	400m:	6:58.92	46.37
6.	BOUQUEGNEAU Rose			16	FNCS						7:06.28	168
	50m:	46.90	46.90	150m:	2:37.50	55.63	250m:	4:27.77	55.75	350m:	6:17.35	53.67
	100m:	1:41.87	54.97	200m:	3:32.02	54.52	300m:	5:23.68	55.91	400m:	7:06.28	48.93
7.	DAMAS Nina			16	FNCS						7:14.95	158
	50m:	46.73	46.73	150m:	2:39.02	57.05	250m:	4:32.74	56.82	350m:	6:22.90	54.87
	100m:	1:41.97	55.24	200m:	3:35.92	56.90	300m:	5:28.03	55.29	400m:	7:14.95	52.05
8.	SCHEPERS Hannah			16	Perron						7:33.69	139
	50m:	48.25	48.25	150m:	2:42.99	59.77	250m:	4:40.27	58.73	350m:	6:36.23	57.24
	100m:	1:43.22	54.97	200m:	3:41.54	58.55	300m:	5:38.99	58.72	400m:	7:33.69	57.46
9.	DEBEL Evy			16	Perron						7:44.09	130
	50m:			150m:	2:44.48	1:00.27	250m:	4:46.46	1:01.67	350m:		
	100m:	1:44.21		200m:	3:44.79	1:00.31	300m:	5:45.88	59.42	400m:	7:44.09	
10 ans												
1.	MEWISSEN Jade			15	ENW						5:18.48	403
	50m:	35.02	35.02	150m:	1:55.24	40.55	250m:	3:16.87	41.26	350m:	4:39.51	41.04
	100m:	1:14.69	39.67	200m:	2:35.61	40.37	300m:	3:58.47	41.60	400m:	5:18.48	38.97
2.	DORMAL celeste			15	FNCS						5:53.78	294
	50m:	39.86	39.86	150m:	2:11.97	45.56	250m:	3:41.59	45.08	350m:	5:10.45	43.82
	100m:	1:26.41	46.55	200m:	2:56.51	44.54	300m:	4:26.63	45.04	400m:	5:53.78	43.33
3.	LHEUREUX Lily			15	ENW						6:11.11	255
	50m:	41.38	41.38	150m:	2:17.26	48.18	250m:	3:52.93	46.92	350m:	5:28.24	47.24
	100m:	1:29.08	47.70	200m:	3:06.01	48.75	300m:	4:41.00	48.07	400m:	6:11.11	42.87
4.	DOBBELSTEIN Noémie			15	SSSV						6:21.51	234
	50m:	39.99	39.99	150m:	2:16.91	49.36	250m:	3:55.48	49.10	350m:	5:34.40	49.20
	100m:	1:27.55	47.56	200m:	3:06.38	49.47	300m:	4:45.20	49.72	400m:	6:21.51	47.11
5.	GARCIA GARCIA Cassandra			15	ESN						6:25.43	227
	50m:	41.27	41.27	150m:	2:18.59	49.13	250m:	3:58.92	50.59	350m:	5:39.64	50.40
	100m:	1:29.46	48.19	200m:	3:08.33	49.74	300m:	4:49.24	50.32	400m:	6:25.43	45.79



Championnats de district LNL

6 & 7 décembre 2025



Championnat de District 2025
Seraing, 6- - 7-12-2025

Epreuve 15, Filles, 400m Libre, 10 ans

Rang	AN									Temps	Pts	
6.	LEROY Louise			15		NOC				6:26.44	225	
	50m:	41.94	41.94	150m:	2:19.56	49.48	250m:	3:59.91	50.49	350m:	5:38.31	48.92
	100m:	1:30.08	48.14	200m:	3:09.42	49.86	300m:	4:49.39	49.48	400m:	6:26.44	48.13
7.	GOFFART Lola			15		MOSAN				6:30.03	219	
	50m:	42.12	42.12	150m:	2:22.78	51.99	250m:	4:04.81	49.92	350m:	5:45.82	50.08
	100m:	1:30.79	48.67	200m:	3:14.89	52.11	300m:	4:55.74	50.93	400m:	6:30.03	44.21
8.	ES-SAIDY Kenza			15		VN				6:46.78	193	
	50m:	43.97	43.97	150m:	2:27.16	52.15	250m:	4:11.92	52.52	350m:		
	100m:	1:35.01	51.04	200m:	3:19.40	52.24	300m:	5:04.33	52.41	400m:	6:46.78	
9.	DUPUIS Clotilde			15		Perron				7:15.14	158	
	50m:	47.99	47.99	150m:	2:39.46	55.89	250m:	4:31.34	56.49	350m:	6:23.62	56.22
	100m:	1:43.57	55.58	200m:	3:34.85	55.39	300m:	5:27.40	56.06	400m:	7:15.14	51.52
10.	PIRARD Erin			15		MOSAN				7:23.54	149	
	50m:	50.54	50.54	150m:	2:46.39	59.64	250m:	4:42.75	57.50	350m:	6:34.33	56.18
	100m:	1:46.75	56.21	200m:	3:45.25	58.86	300m:	5:38.15	55.40	400m:	7:23.54	49.21
11.	BINOK KIHOSA Janis			15		MOSAN				7:45.57	129	
	50m:	50.28	50.28	150m:	2:46.96	1:00.08	250m:	4:47.10	59.81	350m:	6:46.23	58.56
	100m:	1:46.88	56.60	200m:	3:47.29	1:00.33	300m:	5:47.67	1:00.57	400m:	7:45.57	59.34
12.	NIJS ORBAN Zélie			15		MOSAN				7:47.20	127	
	50m:	52.79	52.79	150m:	2:54.10	58.58	250m:	4:55.24	1:00.40	350m:	6:53.96	58.20
	100m:	1:55.52	1:02.73	200m:	3:54.84	1:00.74	300m:	5:55.76	1:00.52	400m:	7:47.20	53.24
13.	LIU Zoé			15		MOSAN				7:53.75	122	
	50m:	51.60	51.60	150m:	2:51.81	59.62	250m:	4:53.71	1:01.44	350m:	6:57.72	1:03.00
	100m:	1:52.19	1:00.59	200m:	3:52.27	1:00.46	300m:	5:54.72	1:01.01	400m:	7:53.75	56.03
14.	MARION HERMANT Lou			15		Perron				8:16.70	106	
	50m:	50.90	50.90	150m:	2:58.95	1:03.81	250m:	5:09.43	1:03.64	350m:	7:16.31	1:03.90
	100m:	1:55.14	1:04.24	200m:	4:05.79	1:06.84	300m:	6:12.41	1:02.98	400m:	8:16.70	1:00.39