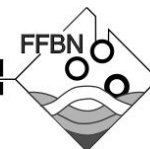




# Championnats de district LNL

6 & 7 décembre 2025



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

Epreuve 36  
07-12-25 - 15:33

Messieurs, 400m Libre

11 ans et plus  
Liste résultats

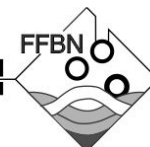
Points: AQUA 2025

| Rang   | AN                  |         |       |       |         |       |       |         |       |       | Temps   | Pts   |
|--------|---------------------|---------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|
| 11 ans |                     |         |       |       |         |       |       |         |       |       |         |       |
| 1.     | DREZE Eliott        |         |       | 14    | ENW     |       |       |         |       |       | 5:13.93 | 344   |
|        | 50m:                | 36.12   | 36.12 | 150m: | 1:55.49 | 40.06 | 250m: | 3:16.51 | 40.56 | 350m: | 4:36.65 | 40.41 |
|        | 100m:               | 1:15.43 | 39.31 | 200m: | 2:35.95 | 40.46 | 300m: | 3:56.24 | 39.73 | 400m: | 5:13.93 | 37.28 |
| 2.     | CHRISTIAENS Tom     |         |       | 14    | MOSAN   |       |       |         |       |       | 5:27.48 | 303   |
|        | 50m:                | 37.93   | 37.93 | 150m: | 2:01.02 | 41.95 | 250m: | 3:24.64 | 41.70 | 350m: | 4:47.74 | 41.38 |
|        | 100m:               | 1:19.07 | 41.14 | 200m: | 2:42.94 | 41.92 | 300m: | 4:06.36 | 41.72 | 400m: | 5:27.48 | 39.74 |
| 3.     | VANDEBERGH Maxence  |         |       | 14    | ENW     |       |       |         |       |       | 5:39.05 | 273   |
|        | 50m:                | 38.32   | 38.32 | 150m: | 2:04.80 | 43.25 | 250m: | 3:31.74 | 43.47 | 350m: | 4:57.84 | 42.51 |
|        | 100m:               | 1:21.55 | 43.23 | 200m: | 2:48.27 | 43.47 | 300m: | 4:15.33 | 43.59 | 400m: | 5:39.05 | 41.21 |
| 4.     | GILLES Timéo        |         |       | 14    | ESN     |       |       |         |       |       | 5:52.50 | 243   |
|        | 50m:                | 38.97   | 38.97 | 150m: | 2:05.97 | 44.35 | 250m: | 3:35.82 | 45.65 | 350m: | 5:07.49 | 46.23 |
|        | 100m:               | 1:21.62 | 42.65 | 200m: | 2:50.17 | 44.20 | 300m: | 4:21.26 | 45.44 | 400m: | 5:52.50 | 45.01 |
| 12 ans |                     |         |       |       |         |       |       |         |       |       |         |       |
| 1.     | THONET Simon        |         |       | 13    | Perron  |       |       |         |       |       | 5:05.02 | 375   |
|        | 50m:                | 33.72   | 33.72 | 150m: | 1:49.64 | 38.53 | 250m: | 3:08.74 | 39.69 | 350m: | 4:27.43 | 39.34 |
|        | 100m:               | 1:11.11 | 37.39 | 200m: | 2:29.05 | 39.41 | 300m: | 3:48.09 | 39.35 | 400m: | 5:05.02 | 37.59 |
| 2.     | GUILLEAUME Jeremiah |         |       | 13    | MOSAN   |       |       |         |       |       | 5:12.39 | 349   |
|        | 50m:                | 35.61   | 35.61 | 150m: | 1:54.58 | 39.72 | 250m: | 3:13.99 | 39.86 | 350m: | 4:33.69 | 39.44 |
|        | 100m:               | 1:14.86 | 39.25 | 200m: | 2:34.13 | 39.55 | 300m: | 3:54.25 | 40.26 | 400m: | 5:12.39 | 38.70 |
| 3.     | DETHIER Axel        |         |       | 13    | MOSAN   |       |       |         |       |       | 5:17.39 | 333   |
|        | 50m:                | 36.91   | 36.91 | 150m: | 1:58.58 | 41.59 | 250m: | 3:19.70 | 40.52 | 350m: | 4:39.82 | 39.52 |
|        | 100m:               | 1:16.99 | 40.08 | 200m: | 2:39.18 | 40.60 | 300m: | 4:00.30 | 40.60 | 400m: | 5:17.39 | 37.57 |
| 4.     | PECCHINI Andrea     |         |       | 13    | ESN     |       |       |         |       |       | 5:50.80 | 246   |
|        | 50m:                | 37.95   | 37.95 | 150m: | 2:04.85 | 43.25 | 250m: | 3:35.18 | 45.94 | 350m: | 5:07.47 | 46.54 |
|        | 100m:               | 1:21.60 | 43.65 | 200m: | 2:49.24 | 44.39 | 300m: | 4:20.93 | 45.75 | 400m: | 5:50.80 | 43.33 |
| 13 ans |                     |         |       |       |         |       |       |         |       |       |         |       |
| 1.     | SCHEPERS Thimothée  |         |       | 12    | Perron  |       |       |         |       |       | 4:39.27 | 489   |
|        | 50m:                | 30.33   | 30.33 | 150m: | 1:41.13 | 36.16 | 250m: | 2:52.92 | 35.65 | 350m: | 4:04.81 | 36.08 |
|        | 100m:               | 1:04.97 | 34.64 | 200m: | 2:17.27 | 36.14 | 300m: | 3:28.73 | 35.81 | 400m: | 4:39.27 | 34.46 |
| 2.     | DELANNOYE Tom       |         |       | 12    | Perron  |       |       |         |       |       | 4:48.74 | 442   |
|        | 50m:                | 32.42   | 32.42 | 150m: | 1:45.46 | 36.80 | 250m: | 2:59.31 | 36.62 | 350m: | 4:13.21 | 36.57 |
|        | 100m:               | 1:08.66 | 36.24 | 200m: | 2:22.69 | 37.23 | 300m: | 3:36.64 | 37.33 | 400m: | 4:48.74 | 35.53 |
| 3.     | ZAMBITO Mirko       |         |       | 12    | ESN     |       |       |         |       |       | 4:59.02 | 398   |
|        | 50m:                | 32.42   | 32.42 | 150m: | 1:47.63 | 38.20 | 250m: | 3:04.87 | 38.43 | 350m: | 4:22.02 | 38.53 |
|        | 100m:               | 1:09.43 | 37.01 | 200m: | 2:26.44 | 38.81 | 300m: | 3:43.49 | 38.62 | 400m: | 4:59.02 | 37.00 |
| 4.     | CHABOTTIER Largo    |         |       | 12    | KLSVZ   |       |       |         |       |       | 5:14.88 | 341   |
|        | 50m:                | 33.99   | 33.99 | 150m: | 1:54.35 | 41.11 | 250m: | 3:15.44 | 40.76 | 350m: | 4:36.57 | 40.12 |
|        | 100m:               | 1:13.24 | 39.25 | 200m: | 2:34.68 | 40.33 | 300m: | 3:56.45 | 41.01 | 400m: | 5:14.88 | 38.33 |



# Championnats de district LNL

6 & 7 décembre 2025



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

## Epreuve 36, Messieurs, 400m Libre

### 14 ans

|                       |                     |                     |                     |       |
|-----------------------|---------------------|---------------------|---------------------|-------|
| 1. FRANCOTTE Benjamin | 11                  | NOC                 | <b>4:53.05</b>      | 423   |
| 50m: 32.38 32.38      | 150m: 1:45.82 37.40 | 250m: 3:01.52 37.91 | 350m: 4:17.79 37.92 |       |
| 100m: 1:08.42 36.04   | 200m: 2:23.61 37.79 | 300m: 3:39.87 38.35 | 400m: 4:53.05 35.26 |       |
| 2. FRAUENKRON Luca    | 11                  | SSSV                | <b>5:34.38</b>      | 285 * |
| 50m: 37.75 37.75      | 150m: 2:03.11 43.01 | 250m: 3:28.24 42.73 | 350m: 4:54.44 43.10 |       |
| 100m: 1:20.10 42.35   | 200m: 2:45.51 42.40 | 300m: 4:11.34 43.10 | 400m: 5:34.38 39.94 |       |

### 15 ans

|                     |                     |                     |                     |     |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. COUNARD Matéo    | 10                  | ENW                 | <b>4:32.40</b>      | 527 |
| 50m: 31.66 31.66    | 150m: 1:40.11 34.89 | 250m: 2:49.89 35.30 | 350m: 3:58.84 33.19 |     |
| 100m: 1:05.22 33.56 | 200m: 2:14.59 34.48 | 300m: 3:25.65 35.76 | 400m: 4:32.40 33.56 |     |
| 2. JANS Ruben       | 10                  | Perron              | <b>4:37.30</b>      | 499 |
| 50m: 31.30 31.30    | 150m: 1:41.03 35.11 | 250m: 2:51.46 35.27 | 350m: 4:02.39 35.48 |     |
| 100m: 1:05.92 34.62 | 200m: 2:16.19 35.16 | 300m: 3:26.91 35.45 | 400m: 4:37.30 34.91 |     |
| 3. NEZER Tom        | 10                  | FNCS                | <b>4:54.48</b>      | 417 |
| 50m: 33.71 33.71    | 150m: 1:48.36 37.50 | 250m: 3:03.33 37.19 | 350m: 4:18.26 37.20 |     |
| 100m: 1:10.86 37.15 | 200m: 2:26.14 37.78 | 300m: 3:41.06 37.73 | 400m: 4:54.48 36.22 |     |
| 4. MATHIEU Antoine  | 10                  | CNHUY               | <b>5:07.36</b>      | 367 |
| 50m: 33.19 33.19    | 150m: 1:49.87 39.10 | 250m: 3:09.13 39.84 | 350m: 4:29.43 40.18 |     |
| 100m: 1:10.77 37.58 | 200m: 2:29.29 39.42 | 300m: 3:49.25 40.12 | 400m: 5:07.36 37.93 |     |

### 16 ans

|                     |                     |                     |                     |     |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. MAKAL Nicolas    | 09                  | ESN                 | <b>4:39.39</b>      | 488 |
| 50m: 30.87 30.87    | 150m: 1:41.70 36.18 | 250m: 2:54.38 36.40 | 350m: 4:07.10 36.53 |     |
| 100m: 1:05.52 34.65 | 200m: 2:17.98 36.28 | 300m: 3:30.57 36.19 | 400m: 4:39.39 32.29 |     |

### 17 ans

|                     |                     |                     |                     |     |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. JANSSEN Nicolas  | 08                  | ESN                 | <b>4:36.16</b>      | 506 |
| 50m: 30.04 30.04    | 150m: 1:39.21 35.21 | 250m: 2:50.27 35.21 | 350m: 4:01.68 35.75 |     |
| 100m: 1:04.00 33.96 | 200m: 2:15.06 35.85 | 300m: 3:25.93 35.66 | 400m: 4:36.16 34.48 |     |

### 18 ans

|                      |                     |                     |                     |     |
|----------------------|---------------------|---------------------|---------------------|-----|
| 1. VANHAELLEN Gilles | 07                  | MOSAN               | <b>4:41.80</b>      | 476 |
| 50m: 31.34 31.34     | 150m: 1:42.32 35.99 | 250m: 2:55.20 36.58 | 350m: 4:07.68 35.51 |     |
| 100m: 1:06.33 34.99  | 200m: 2:18.62 36.30 | 300m: 3:32.17 36.97 | 400m: 4:41.80 34.12 |     |