

RSR: Championnats Romands Eté  
Grand-Lancy, 26 - 28/6/2026

Epreuve 26  
27/06/2026 - 12:00

Dames, 400m Libre

Open  
Liste résultats Eliminatoires

Swiss National Records 4:09.29 RIGAMONTI Flavia AST Austin (USA) 06/06/2008  
Records régionaux de la Romandie 4:15.94 OBERSON Swann Gabrielle NSG Zurich 10/05/2007

Time standard Futura - 13: 5:25.60 / Time standard Youth 14 - 15: 5:22.00 / Time standard Open 16 +: 5:07.00

Points: AQUA 2025

Rang			AN					Temps	Pts			
1.	PICCIRILLI Lisa		06	Red-Fish Neuchâtel				<b>4:46.50</b>	554	A		
	50m:	32.10	32.10	150m:	1:43.27	35.97	250m:	2:56.97	37.17	350m:	4:13.13	38.17
	100m:	1:07.30	35.20	200m:	2:19.80	36.53	300m:	3:34.96	37.99	400m:	4:46.50	33.37
2.	RICHARD Loane		09	Red-Fish Neuchâtel				<b>4:47.86</b>	546	A		
	50m:	33.01	33.01	150m:	1:45.28	36.24	250m:	2:58.36	36.04	350m:	4:11.48	36.39
	100m:	1:09.04	36.03	200m:	2:22.32	37.04	300m:	3:35.09	36.73	400m:	4:47.86	36.38
3.	NOVY Mathilde		10	Vevey-Natation				<b>4:50.32</b>	532	A		
	50m:	32.51	32.51	150m:	1:45.13	36.82	250m:	2:59.16	37.03	350m:	4:13.92	37.51
	100m:	1:08.31	35.80	200m:	2:22.13	37.00	300m:	3:36.41	37.25	400m:	4:50.32	36.40
4.	FORCLAZ Maya		09	CN Yverdon				<b>4:50.87</b>	529	A		
	50m:	32.95	32.95	150m:	1:46.58	36.76	250m:	3:00.90	36.84	350m:	4:14.81	36.37
	100m:	1:09.82	36.87	200m:	2:24.06	37.48	300m:	3:38.44	37.54	400m:	4:50.87	36.06
5.	GORKA Amélie		06	Montreux-Natation				<b>4:54.60</b>	510	A		
	50m:	33.00	33.00	150m:	1:46.15	36.88	250m:	3:01.20	37.80	350m:	4:18.04	38.53
	100m:	1:09.27	36.27	200m:	2:23.40	37.25	300m:	3:39.51	38.31	400m:	4:54.60	36.56
6.	CHANSON Yaël		12	Renens-Natation				<b>4:56.91</b>	498	A		
	50m:	33.03	33.03	150m:	1:46.64	37.30	250m:	3:02.70	38.75	350m:	4:20.24	39.58
	100m:	1:09.34	36.31	200m:	2:23.95	37.31	300m:	3:40.66	37.96	400m:	4:56.91	36.67
7.	ERARD Nina		12	CN La Chaux-de-Fonds				<b>4:57.33</b>	496	A		
	50m:	33.64	33.64	150m:	1:49.47	37.90	250m:	3:05.35	38.15	350m:	4:21.47	38.02
	100m:	1:11.57	37.93	200m:	2:27.20	37.73	300m:	3:43.45	38.10	400m:	4:57.33	35.86
8.	KAMPHUIS Lisa		12	Lancy Natation				<b>4:58.32</b>	491	A		
	50m:	33.57	33.57	150m:	1:50.62	38.85	250m:	3:07.52	38.19	350m:	4:23.40	38.02
	100m:	1:11.77	38.20	200m:	2:29.33	38.71	300m:	3:45.38	37.86	400m:	4:58.32	34.92
9.	MUNGOVEN Esther		10	Natation Sportive Genève				<b>4:58.38</b>	490	B		
	50m:	33.85	33.85	150m:	1:49.23	38.24	250m:	3:05.69	38.51	350m:	4:22.06	38.20
	100m:	1:10.99	37.14	200m:	2:27.18	37.95	300m:	3:43.86	38.17	400m:	4:58.38	36.32
10.	STETTLER Inès		12	Lancy Natation				<b>4:58.69</b>	489	B		
	50m:	33.69	33.69	150m:	1:50.12	38.48	250m:	3:07.32	38.92	350m:	4:22.79	37.43
	100m:	1:11.64	37.95	200m:	2:28.40	38.28	300m:	3:45.36	38.04	400m:	4:58.69	35.90
11.	ADOUANI Emilia		10	CN Nyon				<b>4:59.94</b>	483	B		
	50m:	32.61	32.61	150m:	1:48.61	38.31	250m:	3:05.64	38.31	350m:	4:22.33	37.87
	100m:	1:10.30	37.69	200m:	2:27.33	38.72	300m:	3:44.46	38.82	400m:	4:59.94	37.61
12.	BLATTER Nives		11	SR Murten				<b>5:00.20</b>	482	B		
	50m:	33.10	33.10	150m:	1:48.65	38.58	250m:	3:05.80	38.55	350m:	4:24.26	39.35
	100m:	1:10.07	36.97	200m:	2:27.25	38.60	300m:	3:44.91	39.11	400m:	5:00.20	35.94
13.	MOR Alessia		12	Rolle Natation				<b>5:00.31</b>	481	B		
	50m:	33.21	33.21	150m:	1:49.27	38.61	250m:	3:07.09	39.11	350m:	4:24.56	38.21
	100m:	1:10.66	37.45	200m:	2:27.98	38.71	300m:	3:46.35	39.26	400m:	5:00.31	35.75
14.	NOËL Héloïse		13	CN La Chaux-de-Fonds				<b>5:00.99</b>	478	B		
	50m:	35.48	35.48	150m:	1:52.94	38.63	250m:	3:08.56	37.65	350m:	4:24.94	38.02
	100m:	1:14.31	38.83	200m:	2:30.91	37.97	300m:	3:46.92	38.36	400m:	5:00.99	36.05
15.	RADU-LOGHIN Miruna		09	Genève Natation 1885				<b>5:01.16</b>	477	B		
	50m:	33.04	33.04	150m:	1:49.17	38.96	250m:	3:07.27	39.02	350m:	4:24.38	38.06
	100m:	1:10.21	37.17	200m:	2:28.25	39.08	300m:	3:46.32	39.05	400m:	5:01.16	36.78
16.	VIDAKOVIC Téa		11	Natation Sportive Genève				<b>5:03.71</b>	465	B		
	50m:	34.95	34.95	150m:	1:52.80	39.33	250m:	3:10.85	38.54	350m:	4:27.73	37.98
	100m:	1:13.47	38.52	200m:	2:32.31	39.51	300m:	3:49.75	38.90	400m:	5:03.71	35.98

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Rang			AN						Temps	Pts		
17.	ADOUANI Elin		13	CN Nyon					<b>5:03.98</b>	464	C	
	50m:	33.74	33.74	150m:	1:49.47	38.37	250m:	3:07.67	39.53	350m:	4:26.11	38.96
	100m:	1:11.10	37.36	200m:	2:28.14	38.67	300m:	3:47.15	39.48	400m:	5:03.98	37.87
18.	PARPEIX Moya		11	CN Yverdon					<b>5:04.44</b>	462	C	
	50m:	34.36	34.36	150m:	1:52.06	39.51	250m:	3:10.33	39.01	350m:	4:27.33	38.40
	100m:	1:12.55	38.19	200m:	2:31.32	39.26	300m:	3:48.93	38.60	400m:	5:04.44	37.11
19.	CARROZZO Audrey		13	Genève Natation 1885					<b>5:04.77</b>	460	C	
	50m:	34.80	34.80	150m:	1:52.57	39.38	250m:	3:11.57	39.61	350m:	4:29.67	39.23
	100m:	1:13.19	38.39	200m:	2:31.96	39.39	300m:	3:50.44	38.87	400m:	5:04.77	35.10
20.	ROCCHI Camilla		13	Natation Sportive Genève					<b>5:07.00</b>	450	C	
	50m:	34.83	34.83	150m:	1:52.09	39.35	250m:	3:11.46	39.64	350m:	4:29.60	38.72
	100m:	1:12.74	37.91	200m:	2:31.82	39.73	300m:	3:50.88	39.42	400m:	5:07.00	37.40
21.	KOCHER Malin		12	SR Murten					<b>5:07.71</b>	447	C	
	50m:	33.15	33.15	150m:	1:49.55	38.86	250m:	3:08.98	39.97	350m:	4:30.24	40.59
	100m:	1:10.69	37.54	200m:	2:29.01	39.46	300m:	3:49.65	40.67	400m:	5:07.71	37.47
22.	PEZZULO Louise		13	Genève Natation 1885					<b>5:07.89</b>	446	C	
	50m:	35.07	35.07	150m:	1:53.58	39.69	250m:	3:11.32	38.80	350m:	4:30.35	39.85
	100m:	1:13.89	38.82	200m:	2:32.52	38.94	300m:	3:50.50	39.18	400m:	5:07.89	37.54
23.	VUICHARD Amandine		10	Sporting Bulle Natation					<b>5:09.99</b>	437	C *	
	50m:	33.47	33.47	150m:	1:49.98	38.68	250m:	3:10.08	40.06	350m:	4:32.01	40.48
	100m:	1:11.30	37.83	200m:	2:30.02	40.04	300m:	3:51.53	41.45	400m:	5:09.99	37.98
24.	CAUME GONÇALVES Louise		13	Renens-Natation					<b>5:12.45</b>	427	C	
	50m:	36.44	36.44	150m:	1:57.16	40.36	250m:	3:16.54	39.26	350m:	4:34.72	39.03
	100m:	1:16.80	40.36	200m:	2:37.28	40.12	300m:	3:55.69	39.15	400m:	5:12.45	37.73
25.	DUBUIS Kessy		11	CN Sion					<b>5:15.47</b>	415	R	
	50m:	34.88	34.88	150m:	1:52.81	39.39	250m:	3:13.71	40.88	350m:	4:35.37	40.90
	100m:	1:13.42	38.54	200m:	2:32.83	40.02	300m:	3:54.47	40.76	400m:	5:15.47	40.10
26.	SADIKI Ema		12	Lausanne Aquatique					<b>5:15.70</b>	414		
	50m:	33.52	33.52	150m:	1:52.95	40.06	250m:	3:15.44	41.41	350m:	4:36.13	40.17
	100m:	1:12.89	39.37	200m:	2:34.03	41.08	300m:	3:55.96	40.52	400m:	5:15.70	39.57
27.	BONDA Mélissa		13	Lausanne Aquatique					<b>5:16.54</b>	411		
	50m:	36.71	36.71	150m:	1:57.32	40.46	250m:	3:17.86	40.49	350m:	4:38.98	40.58
	100m:	1:16.86	40.15	200m:	2:37.37	40.05	300m:	3:58.40	40.54	400m:	5:16.54	37.56
28.	BOYDELL Eloise		13	Natation Sportive Genève					<b>5:16.66</b>	410		
	50m:	35.10	35.10	150m:	1:55.52	41.08	250m:	3:18.80	41.38	350m:	4:39.69	40.66
	100m:	1:14.44	39.34	200m:	2:37.42	41.90	300m:	3:59.03	40.23	400m:	5:16.66	36.97
29.	FAINETEAU Ysia		14	Genève Natation 1885					<b>5:16.85</b>	409		
	50m:	33.40	33.40	150m:	1:54.50	41.71	250m:	3:18.07	41.48	350m:	4:39.88	40.88
	100m:	1:12.79	39.39	200m:	2:36.59	42.09	300m:	3:59.00	40.93	400m:	5:16.85	36.97
30.	MUMENTHALER Liza		14	Lausanne Aquatique					<b>5:16.99</b>	409		
	50m:	35.42	35.42	150m:	1:57.11	41.03	250m:	3:18.86	40.86	350m:	4:39.49	40.04
	100m:	1:16.08	40.66	200m:	2:38.00	40.89	300m:	3:59.45	40.59	400m:	5:16.99	37.50
31.	LIU Xinyang		12	Natation Sportive Genève					<b>5:18.11</b>	405		
	50m:	36.32	36.32	150m:	1:57.63	41.18	250m:	3:19.69	41.08	350m:	4:39.71	40.16
	100m:	1:16.45	40.13	200m:	2:38.61	40.98	300m:	3:59.55	39.86	400m:	5:18.11	38.40
32.	BAILLY Célestine		13	Lausanne Aquatique					<b>5:20.80</b>	395		
	50m:	35.56	35.56	150m:	1:58.04	41.99	250m:	3:22.15	41.97	350m:	4:44.00	40.48
	100m:	1:16.05	40.49	200m:	2:40.18	42.14	300m:	4:03.52	41.37	400m:	5:20.80	36.80
33.	OTT Léa		12	Morges-Natation					<b>5:22.01</b>	390	*	
	50m:	36.58	36.58	150m:	1:57.08	40.29	250m:	3:19.30	41.16	350m:	4:41.88	41.20
	100m:	1:16.79	40.21	200m:	2:38.14	41.06	300m:	4:00.68	41.38	400m:	5:22.01	40.13

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Rang			AN						Temps	Pts
34.	HAINARD Jeanne		13		Genève Natation 1885				<b>5:22.20</b>	389
	50m:	34.71 34.71	150m:	1:55.04 41.32	250m:	3:17.46 41.25	350m:	4:41.87 42.84		
	100m:	1:13.72 39.01	200m:	2:36.21 41.17	300m:	3:59.03 41.57	400m:	5:22.20 40.33		
35.	KURTISI Sema		12		Lausanne Aquatique				<b>5:23.04</b>	386 *
	50m:	36.68 36.68	150m:	1:59.74 41.38	250m:	3:23.48 42.36	350m:	4:45.45 40.93		
	100m:		200m:	2:41.12 41.04	300m:	4:04.52 41.04	400m:	5:23.04 37.59		
36.	MÉAN Manon		12		Vevey-Natation				<b>5:23.16</b>	386 *
	50m:	37.11 37.11	150m:	2:00.22 41.64	250m:	3:22.85 41.21	350m:	4:44.60 40.48		
	100m:	1:18.58 41.47	200m:	2:41.64 41.42	300m:	4:04.12 41.27	400m:	5:23.16 38.56		
37.	HASANOVIC Alma		12		Lancy Natation				<b>5:23.91</b>	383 *
	50m:	36.07 36.07	150m:	1:57.93 41.32	250m:	3:21.31 41.64	350m:	4:44.27 41.49		
	100m:	1:16.61 40.54	200m:	2:39.67 41.74	300m:	4:02.78 41.47	400m:	5:23.91 39.64		