

8ème Grand Prix de la ville de Mons
MONS, 21-3-2026

Epreuve 12
21-03-26 - 13:42

Filles, 400m Libre

11 - 12 ans
Liste résultats

Points: AQUA 2025

Rang			AN							Temps	Pts
1.	COCO, Amalia		14	Helios						5:06.38	424
	50m:	34.08 34.08	150m:	1:51.00	39.40	250m:	3:09.12	38.95	350m:	4:28.45	39.29
	100m:	1:11.60 37.52	200m:	2:30.17	39.17	300m:	3:49.16	40.04	400m:	5:06.38	37.93
2.	DE WITTE, Elise		14	Aquabla						5:19.45	374
	50m:	36.44 36.44	150m:	1:56.56	39.95	250m:	3:18.62	41.28	350m:	4:41.05	41.24
	100m:	1:16.61 40.17	200m:	2:37.34	40.78	300m:	3:59.81	41.19	400m:	5:19.45	38.40
3.	BOUCART, Nyssa		14	Aquabla						5:24.94	355
	50m:	37.13 37.13	150m:	1:59.37	41.01	250m:	3:23.69	42.47	350m:	4:46.46	41.12
	100m:	1:18.36 41.23	200m:	2:41.22	41.85	300m:	4:05.34	41.65	400m:	5:24.94	38.48
4.	PATERNOSTRE, Leonie		14	Castor Club Mons						5:26.14	351
	50m:	37.44 37.44	150m:	2:00.88	42.45	250m:	3:25.95	42.52	350m:	4:47.93	41.94
	100m:	1:18.43 40.99	200m:	2:43.43	42.55	300m:	4:05.99	40.04	400m:	5:26.14	38.21
5.	DEPAEPE, Louisa		14	Ons						5:38.49	314
	50m:	37.55 37.55	150m:	2:04.80	43.67	250m:	3:32.16	44.08	350m:	4:58.17	43.36
	100m:	1:21.13 43.58	200m:	2:48.08	43.28	300m:	4:14.81	42.65	400m:	5:38.49	40.32
6.	CARAMANNA, Lissya		14	Barracuda Club Saint-Ghislain						5:40.32	309
	50m:	38.26 38.26	150m:	2:03.15	43.10	250m:	3:32.45	45.08	350m:	4:59.97	43.43
	100m:	1:20.05 41.79	200m:	2:47.37	44.22	300m:	4:16.54	44.09	400m:	5:40.32	40.35
7.	FONCIER, Poppy		15	Aquabla						5:41.91	305
	50m:	38.90 38.90	150m:	2:04.50	42.70	250m:	3:32.18	43.75	350m:	4:59.51	43.50
	100m:	1:21.80 42.90	200m:	2:48.43	43.93	300m:	4:16.01	43.83	400m:	5:41.91	42.40
8.	ROMBAUX, Camille		14	Barracuda Club Saint-Ghislain						5:44.37	298
	50m:	38.57 38.57	150m:	2:05.80	44.59	250m:	3:33.62	44.23	350m:	5:02.81	43.69
	100m:	1:21.21 42.64	200m:	2:49.39	43.59	300m:	4:19.12	45.50	400m:	5:44.37	41.56
9.	DJEMAL, Lilia		14	Helios						5:51.04	282
	50m:	39.41 39.41	150m:	2:07.91	44.41	250m:	3:38.41	45.29	350m:	5:07.99	44.36
	100m:	1:23.50 44.09	200m:	2:53.12	45.21	300m:	4:23.63	45.22	400m:	5:51.04	43.05
10.	PUGENGER, Ophélie		15	EnIn						5:54.61	273
	50m:	39.70 39.70	150m:	2:10.63	46.14	250m:	3:43.90	46.72	350m:	5:15.41	44.67
	100m:	1:24.49 44.79	200m:	2:57.18	46.55	300m:	4:30.74	46.84	400m:	5:54.61	39.20
11.	EL KACEM EL ALAOUI, Inès		15	Mhn						5:56.69	268
	50m:	41.10 41.10	150m:	2:11.76	45.58	250m:	3:43.00	45.73	350m:	5:14.38	45.76
	100m:	1:26.18 45.08	200m:	2:57.27	45.51	300m:	4:28.62	45.62	400m:	5:56.69	42.31
12.	BOULARD, Valentine		15	Barracuda Club Saint-Ghislain						5:57.10	268
	50m:	39.75 39.75	150m:	2:09.21	45.57	250m:	3:42.07	46.92	350m:	5:14.16	45.72
	100m:	1:23.64 43.89	200m:	2:55.15	45.94	300m:	4:28.44	46.37	400m:	5:57.10	42.94
13.	DUMONT, Lauryne		14	Barracuda Club Saint-Ghislain						6:06.18	248
	50m:	40.32 40.32	150m:	2:16.11	47.35	250m:	3:52.33	48.44	350m:	5:24.63	45.49
	100m:	1:28.76 48.44	200m:	3:03.89	47.78	300m:	4:39.14	46.81	400m:	6:06.18	41.55
14.	RENARD, Camille		15	EnIn						6:06.99	246
	50m:	39.50 39.50	150m:	2:12.17	46.85	250m:	3:47.80	47.58	350m:	5:23.52	47.59
	100m:	1:25.32 45.82	200m:	3:00.22	48.05	300m:	4:35.93	48.13	400m:	6:06.99	43.47
15.	AKBUGA STOMMEN, Eva		15	Aquabla						6:08.41	244
	50m:	41.42 41.42	150m:	2:14.20	47.19	250m:	3:49.62	47.98	350m:	5:24.27	46.95
	100m:	1:27.01 45.59	200m:	3:01.64	47.44	300m:	4:37.32	47.70	400m:	6:08.41	44.14
16.	VANHUYSSE, Camille		15	Aquabla						6:11.65	237
	50m:	41.36 41.36	150m:	3:05.12	48.70	250m:			350m:		
	100m:	2:16.42 1:35.06	200m:	3:53.06	47.94	300m:			400m:	6:11.65	
17.	STIEVENARD, Alice		15	Aquabla						6:23.85	215
	50m:	41.81 41.81	150m:	2:16.23	48.19	250m:	3:56.40	50.06	350m:	5:36.12	49.28
	100m:	1:28.04 46.23	200m:	3:06.34	50.11	300m:	4:46.84	50.44	400m:	6:23.85	47.73

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Rang			AN					Temps	Pts
18.	JONCKHEERE CLAES, Clara		15	Mhn				6:27.93	209
	50m:	41.44 41.44	150m:	2:20.89	50.92	250m:	4:02.74 51.18	350m:	5:44.34 50.06
	100m:	1:29.97 48.53	200m:	3:11.56	50.67	300m:	4:54.28 51.54	400m:	6:27.93 43.59
19.	GOSSIEAUX, Lucie		15	Barracuda Club Saint-Ghislain				6:27.99	208
	50m:	41.58 41.58	150m:	2:20.04	49.78	250m:	4:00.15 49.03	350m:	5:42.67 50.00
	100m:	1:30.26 48.68	200m:	3:11.12	51.08	300m:	4:52.67 52.52	400m:	6:27.99 45.32
20.	ROBETTE, Aloona		14	Enln				6:36.37	196
	50m:	41.27 41.27	150m:	2:20.92	51.15	250m:	4:04.45 51.60	350m:	5:48.32 51.81
	100m:	1:29.77 48.50	200m:	3:12.85	51.93	300m:	4:56.51 52.06	400m:	6:36.37 48.05
21.	MEGDICHE, Sounah		15	Barracuda Club Saint-Ghislain				6:55.77	169
	50m:	43.33 43.33	150m:	2:27.63	52.91	250m:	4:15.78 54.48	350m:	6:03.50 53.18
	100m:	1:34.72 51.39	200m:	3:21.30	53.67	300m:	5:10.32 54.54	400m:	6:55.77 52.27
22.	COGELS, Aya		15	Enln				7:18.73	144
	50m:	44.80 44.80	150m:	2:34.69	55.53	250m:	4:31.24 59.30	350m:	6:27.68 56.95
	100m:	1:39.16 54.36	200m:	3:31.94	57.25	300m:	5:30.73 59.49	400m:	7:18.73 51.05
abandon	ECHAKRA, Soraya		15	Barracuda Club Saint-Ghislain					
	<i>SW 10.2 - Niet de volledige afstand gezwommen/N'a pas couvert la totalité de la distance de l'épreuve</i>								
	50m:	51.76 51.76	150m:			250m:		350m:	
	100m:	2:12.99 1:21.23	200m:			300m:		400m:	