

Championnats FFBN Open 2026
Charleroi, 14 - 15/2/2026

Epreuve 22
15/02/2026

Messieurs, 400m 4 nages

Cat. générale
Liste résultats Finale

TL FFBN 15: 5:55.00; 16: 5:40.00; 17: 5:30.00; 18: 5:20.00; 19 +: 5:15.00 / TL NON FFBN/OPEN : 4:55.00

Points: AQUA 2025

Q	PL NAME	YB	CLUB	COUN	I-TIME	S-TIME	WA				
	1. GARCIA ZAMORA, Esteban	09	PERRON	BEL	4:50.18	4:43.05	628				
	<i>Mistral, Trident</i>										
	50m: 29.46 29.46	150m: 1:40.60 36.99	250m: 2:55.82 39.34	350m: 4:11.01 34.73							
	100m: 1:03.61 34.15	200m: 2:16.48 35.88	300m: 3:36.28 40.46	400m: 4:43.05 32.04							
	2. EMARA, Nael	10	DM	BEL	4:48.89	4:49.34	588				
	<i>Mistral, Trident</i>										
	50m: 30.96 30.96	150m: 1:45.88 39.44	250m: 3:02.56 39.35	350m: 4:16.52 34.83							
	100m: 1:06.44 35.48	200m: 2:23.21 37.33	300m: 3:41.69 39.13	400m: 4:49.34 32.82							
	3. GLODKIEWICZ, alexandre	11	PERRON	BEL	4:57.30	4:53.76	562				
	<i>Mistral, Trident</i>										
	50m: 31.23 31.23	150m: 1:44.42 38.67	250m: 3:04.77 43.45	350m: 4:22.23 34.03							
	100m: 1:05.75 34.52	200m: 2:21.32 36.90	300m: 3:48.20 43.43	400m: 4:53.76 31.53							
	4. VOS, Sem	10	SCR	BEL	4:52.03	4:54.06	560				
	<i>Mistral, Trident</i>										
	50m: 30.36 30.36	150m: 1:45.33 39.74	250m: 3:04.76 40.67	350m: 4:21.32 35.43							
	100m: 1:05.59 35.23	200m: 2:24.09 38.76	300m: 3:45.89 41.13	400m: 4:54.06 32.74							
	5. JAENEN, Per	11	ENW	BEL	5:03.10	5:02.12	517				
	<i>Mistral, Trident</i>										
	50m: 32.52 32.52	150m: 1:48.04 38.69	250m: 3:09.93 44.50	350m: 4:28.10 35.64							
	100m: 1:09.35 36.83	200m: 2:25.43 37.39	300m: 3:52.46 42.53	400m: 5:02.12 34.02							
	6. EL YOUSFI, Ilyès	10	MHN	BEL	5:01.05	5:05.96	497				
	<i>Mistral</i>										
	50m: 31.97 31.97	150m: 1:51.03 41.78	250m: 3:12.02 40.40	350m: 4:19.93 21.66							
	100m: 1:09.25 37.28	200m: 2:31.62 40.59	300m: 3:58.27 46.25	400m: 5:05.96 46.03							
	7. COUNARD, Matéo	10	ENW	BEL	5:02.58	5:10.17	477				
	<i>Mistral</i>										
	50m: 31.78 31.78	150m: 1:50.82 40.83	250m: 3:15.14 43.40	350m: 4:35.93 34.91							
	100m: 1:09.99 38.21	200m: 2:31.74 40.92	300m: 4:01.02 45.88	400m: 5:10.17 34.24							
	disq. ALBORES-SANCHEZ, Rafael	11	PERRON	BEL	4:57.58	4:57.68					
	<i>SW 9.2 - Dans la partie nage libre, le nageur doit se retourner en position ventrale avant tout battement ou mouvement de nage</i>										
	50m: 30.38 30.38	150m: 1:44.32 37.33	250m: 3:05.08 43.79	350m: 4:24.69 34.01							
	100m: 1:06.99 36.61	200m: 2:21.29 36.97	300m: 3:50.68 45.60	400m: 4:57.68 32.99							