

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

Epreuve 35
15/02/2026

Dames, 400m Libre

Cat. générale
Liste résultats Eliminatoires

TL FFBN 15: 5:17.00; 16: 5:13.00; 17: 5:05.00; 18: 4:59.00; 19 +: 4:55.00 / TL NON FFBN/OPEN : 4:36.00

Points: AQUA 2025

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	WA
15 ans								
A	1.	DELSAER, Laurien <i>Mistral, Trident</i>	11	LGN	BEL	4:32.71	4:32.12	647
		50m: 31.37 31.37	150m: 1:38.99	34.24	250m: 2:48.69	35.20	350m: 3:58.19	34.33
		100m: 1:04.75 33.38	200m: 2:13.49	34.50	300m: 3:23.86	35.17	400m: 4:32.12	33.93
A	2.	JORISSEN, Janne <i>Mistral, Trident</i>	11	LGN	BEL	4:30.68	4:32.54	644
		50m: 31.53 31.53	150m: 1:39.61	34.44	250m: 2:50.00	35.43	350m: 4:00.08	35.04
		100m: 1:05.17 33.64	200m: 2:14.57	34.96	300m: 3:25.04	35.04	400m: 4:32.54	32.46
A	3.	WÉGRIA, Elena <i>Mistral, Trident</i>	11	LGN	BEL	4:47.67	4:40.73	589
		50m: 31.94 31.94	150m: 1:41.76	35.55	250m: 2:54.09	36.42	350m: 4:06.18	35.65
		100m: 1:06.21 34.27	200m: 2:17.67	35.91	300m: 3:30.53	36.44	400m: 4:40.73	34.55
A	4.	VANDAMME, Louna <i>Mistral, Trident</i>	11	DM	BEL	4:40.09	4:40.93	588
		50m: 31.86 31.86	150m: 1:42.26	35.65	250m: 2:55.18	36.45	350m: 4:07.27	35.68
		100m: 1:06.61 34.75	200m: 2:18.73	36.47	300m: 3:31.59	36.41	400m: 4:40.93	33.66
B	5.	ABDELKHALEK, Lina <i>Mistral, Trident</i>	11	ENW	BEL	4:37.93	4:42.34	579
		50m: 31.67 31.67	150m: 1:40.90	35.58	250m: 2:53.48	37.05	350m: 4:07.07	36.72
		100m: 1:05.32 33.65	200m: 2:16.43	35.53	300m: 3:30.35	36.87	400m: 4:42.34	35.27
B	6.	GRILLO MACHADO, Diana	11	CNB	LUX	4:58.35	4:59.64	484
		50m: 35.46 35.46	150m: 1:52.03	38.45	250m: 3:08.13	37.61	350m: 4:23.41	37.28
		100m: 1:13.58 38.12	200m: 2:30.52	38.49	300m: 3:46.13	38.00	400m: 4:59.64	36.23
B	7.	DELARGE, Claire	11	PERRON	BEL	5:02.58	5:03.49	466
		50m: 33.58 33.58	150m: 1:49.38	38.24	250m: 3:07.16	38.83	350m: 4:25.11	38.78
		100m: 1:11.14 37.56	200m: 2:28.33	38.95	300m: 3:46.33	39.17	400m: 5:03.49	38.38
R	8.	CREMER, Louane	11	PERRON	BEL	5:05.00	5:08.86	442
		50m: 34.78 34.78	150m: 1:52.20	39.47	250m: 3:11.53	39.99	350m: 4:32.02	40.34
		100m: 1:12.73 37.95	200m: 2:31.54	39.34	300m: 3:51.68	40.15	400m: 5:08.86	36.84
R	9.	LECLERCQ, Elin	11	HELIOS	BEL	5:12.30	5:15.53	415
		50m: 40.06 40.06	150m: 1:55.60	39.89	250m: 3:16.36	40.06	350m: 4:37.25	39.76
		100m: 1:15.71 38.28	200m: 2:36.30	40.70	300m: 3:57.49	41.13	400m: 5:15.53	38.28
R	10.	VANHOUTTE, Thais	11	PERRON	FRA	5:06.91	5:15.69	414
		50m: 34.74 34.74	150m: 1:52.90	40.23	250m: 3:15.44	41.50	350m: 4:37.38	40.89
		100m: 1:12.67 37.93	200m: 2:33.94	41.04	300m: 3:56.49	41.05	400m: 5:15.69	38.31
R **	11.	THONET, Julia	11	PERRON	BEL	5:02.20	5:37.58	338
		50m: 36.30 36.30	150m: 2:00.78	43.10	250m: 3:29.82	44.25	350m: 4:56.85	42.77
		100m: 1:17.68 41.38	200m: 2:45.57	44.79	300m: 4:14.08	44.26	400m: 5:37.58	40.73
16 ans								
A	1.	MERCIER, Sophie <i>Mistral, Trident</i>	10	CNBA	FRA	4:39.85	4:41.15	586
		50m: 33.76 33.76	150m: 1:46.74	36.67	250m: 2:57.71	34.29	350m: 4:07.30	34.82
		100m: 1:10.07 36.31	200m: 2:23.42	36.68	300m: 3:32.48	34.77	400m: 4:41.15	33.85
B	2.	MARDAGA, Anaïs <i>Mistral</i>	10	LGN	BEL	4:47.01	4:49.27	538
		50m: 32.54 32.54	150m: 1:25.73	17.63	250m: 2:57.99	36.75	350m: 3:57.24	21.74
		100m: 1:08.10 35.56	200m: 2:21.24	55.51	300m: 3:35.50	37.51	400m: 4:49.27	52.03
B	3.	DOHN, Ninon	10	NOC	BEL	5:06.06	5:08.79	442
		50m: 34.72 34.72	150m: 1:52.15	39.77	250m: 3:12.56	40.71	350m: 4:31.75	39.82
		100m: 1:12.38 37.66	200m: 2:31.85	39.70	300m: 3:51.93	39.37	400m: 5:08.79	37.04

Championnats FFBN Open 2026
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Epreuve 35, Dames, 400m Libre, Eliminatoire

17 - 18 ans

A	1. PAQUES, Célya	09	LGN	BEL	4:28.34	4:31.12	654					
	<i>Mistral, Trident</i>											
	50m: 31.36	31.36	150m: 1:38.58	34.22	250m: 2:48.41	35.17	350m: 3:58.13	34.98				
	100m: 1:04.36	33.00	200m: 2:13.24	34.66	300m: 3:23.15	34.74	400m: 4:31.12	32.99				
A	2. PAQUES, Typhanie	09	LGN	BEL	4:26.74	4:33.06	640					
	<i>Mistral, Trident</i>											
	50m: 31.57	31.57	150m: 1:39.47	34.54	250m: 2:49.30	35.25	350m: 3:59.62	35.55				
	100m: 1:04.93	33.36	200m: 2:14.05	34.58	300m: 3:24.07	34.77	400m: 4:33.06	33.44				
B **	3. PAIROUX, Eloise	08	PERRON	BEL	4:49.44	5:00.19	482					
	50m: 34.00	34.00	150m: 1:49.00	37.97	250m: 3:05.89	38.32	350m: 4:22.39	37.99				
	100m: 1:11.03	37.03	200m: 2:27.57	38.57	300m: 3:44.40	38.51	400m: 5:00.19	37.80				
B	4. MACHALE, Julia	09	CNSW	BEL	4:42.06	5:00.40	481					
	50m: 34.63	34.63	150m: 1:50.81	37.69	250m: 3:07.75	38.50	350m: 4:23.48	37.58				
	100m: 1:13.12	38.49	200m: 2:29.25	38.44	300m: 3:45.90	38.15	400m: 5:00.40	36.92				
R **	5. FRADET, Maelle	09	CNB	LUX	5:07.57	5:12.73	426					
	50m: 35.13	35.13	150m: 1:53.36	39.61	250m: 3:13.57	40.25	350m: 4:33.21	39.51				
	100m: 1:13.75	38.62	200m: 2:33.32	39.96	300m: 3:53.70	40.13	400m: 5:12.73	39.52				

19 ans et plus

A	1. DUMONT, Sarah	07	NOC	BEL	4:10.47	4:17.41	764					
	<i>Mistral, Trident</i>											
	50m: 30.96	30.96	150m: 1:35.48	32.66	250m: 2:40.99	33.14	350m: 3:46.84	33.18				
	100m: 1:02.82	31.86	200m: 2:07.85	32.37	300m: 3:13.66	32.67	400m: 4:17.41	30.57				
B	2. GRAHAM, Jill	06	HOZT	BEL	4:36.01	4:54.17	512					
	50m: 34.15	34.15	150m: 1:47.06	36.72	250m: 3:01.10	36.53	350m: 4:16.67	37.62				
	100m: 1:10.34	36.19	200m: 2:24.57	37.51	300m: 3:39.05	37.95	400m: 4:54.17	37.50				

Cat. générale

A	1. DUMONT, Sarah	07	NOC	BEL	4:10.47	4:17.41	764					
	<i>Mistral, Trident</i>											
	50m: 30.96	30.96	150m: 1:35.48	32.66	250m: 2:40.99	33.14	350m: 3:46.84	33.18				
	100m: 1:02.82	31.86	200m: 2:07.85	32.37	300m: 3:13.66	32.67	400m: 4:17.41	30.57				
A	2. PAQUES, Célya	09	LGN	BEL	4:28.34	4:31.12	654					
	<i>Mistral, Trident</i>											
	50m: 31.36	31.36	150m: 1:38.58	34.22	250m: 2:48.41	35.17	350m: 3:58.13	34.98				
	100m: 1:04.36	33.00	200m: 2:13.24	34.66	300m: 3:23.15	34.74	400m: 4:31.12	32.99				
A	3. DELSAER, Laurien	11	LGN	BEL	4:32.71	4:32.12	647					
	<i>Mistral, Trident</i>											
	50m: 31.37	31.37	150m: 1:38.99	34.24	250m: 2:48.69	35.20	350m: 3:58.19	34.33				
	100m: 1:04.75	33.38	200m: 2:13.49	34.50	300m: 3:23.86	35.17	400m: 4:32.12	33.93				
A	4. JORISSEN, Janne	11	LGN	BEL	4:30.68	4:32.54	644					
	<i>Mistral, Trident</i>											
	50m: 31.53	31.53	150m: 1:39.61	34.44	250m: 2:50.00	35.43	350m: 4:00.08	35.04				
	100m: 1:05.17	33.64	200m: 2:14.57	34.96	300m: 3:25.04	35.04	400m: 4:32.54	32.46				
A	5. PAQUES, Typhanie	09	LGN	BEL	4:26.74	4:33.06	640					
	<i>Mistral, Trident</i>											
	50m: 31.57	31.57	150m: 1:39.47	34.54	250m: 2:49.30	35.25	350m: 3:59.62	35.55				
	100m: 1:04.93	33.36	200m: 2:14.05	34.58	300m: 3:24.07	34.77	400m: 4:33.06	33.44				
A	6. WÉGRIA, Elena	11	LGN	BEL	4:47.67	4:40.73	589					
	<i>Mistral, Trident</i>											
	50m: 31.94	31.94	150m: 1:41.76	35.55	250m: 2:54.09	36.42	350m: 4:06.18	35.65				
	100m: 1:06.21	34.27	200m: 2:17.67	35.91	300m: 3:30.53	36.44	400m: 4:40.73	34.55				
A	7. VANDAMME, Louna	11	DM	BEL	4:40.09	4:40.93	588					
	<i>Mistral, Trident</i>											
	50m: 31.86	31.86	150m: 1:42.26	35.65	250m: 2:55.18	36.45	350m: 4:07.27	35.68				
	100m: 1:06.61	34.75	200m: 2:18.73	36.47	300m: 3:31.59	36.41	400m: 4:40.93	33.66				

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Epreuve 35, Dames, 400m Libre, Eliminatoire, Cat. générale

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	WA			
A	8.	MERCIER, Sophie	10	CNBA	FRA	4:39.85	4:41.15	586			
		<i>Mistral, Trident</i>									
		50m: 33.76 33.76	150m: 1:46.74 36.67	250m: 2:57.71 34.29	350m: 4:07.30 34.82						
		100m: 1:10.07 36.31	200m: 2:23.42 36.68	300m: 3:32.48 34.77	400m: 4:41.15 33.85						
B	9.	ABDELKHALEK, Lina	11	ENW	BEL	4:37.93	4:42.34	579			
		<i>Mistral, Trident</i>									
		50m: 31.67 31.67	150m: 1:40.90 35.58	250m: 2:53.48 37.05	350m: 4:07.07 36.72						
		100m: 1:05.32 33.65	200m: 2:16.43 35.53	300m: 3:30.35 36.87	400m: 4:42.34 35.27						
B	10.	MARDAGA, Anaïs	10	LGN	BEL	4:47.01	4:49.27	538			
		<i>Mistral</i>									
		50m: 32.54 32.54	150m: 1:25.73 17.63	250m: 2:57.99 36.75	350m: 3:57.24 21.74						
		100m: 1:08.10 35.56	200m: 2:21.24 55.51	300m: 3:35.50 37.51	400m: 4:49.27 52.03						
B	11.	GRAHAM, Jil	06	HOZT	BEL	4:36.01	4:54.17	512			
		50m: 34.15 34.15	150m: 1:47.06 36.72	250m: 3:01.10 36.53	350m: 4:16.67 37.62						
		100m: 1:10.34 36.19	200m: 2:24.57 37.51	300m: 3:39.05 37.95	400m: 4:54.17 37.50						
B	12.	GRILLO MACHADO, Diana	11	CNB	LUX	4:58.35	4:59.64	484			
		50m: 35.46 35.46	150m: 1:52.03 38.45	250m: 3:08.13 37.61	350m: 4:23.41 37.28						
		100m: 1:13.58 38.12	200m: 2:30.52 38.49	300m: 3:46.13 38.00	400m: 4:59.64 36.23						
B **	13.	PAIROUX, Eloise	08	PERRON	BEL	4:49.44	5:00.19	482			
		50m: 34.00 34.00	150m: 1:49.00 37.97	250m: 3:05.89 38.32	350m: 4:22.39 37.99						
		100m: 1:11.03 37.03	200m: 2:27.57 38.57	300m: 3:44.40 38.51	400m: 5:00.19 37.80						
B	14.	MACHALE, Julia	09	CNSW	BEL	4:42.06	5:00.40	481			
		50m: 34.63 34.63	150m: 1:50.81 37.69	250m: 3:07.75 38.50	350m: 4:23.48 37.58						
		100m: 1:13.12 38.49	200m: 2:29.25 38.44	300m: 3:45.90 38.15	400m: 5:00.40 36.92						
B	15.	DELARGE, Claire	11	PERRON	BEL	5:02.58	5:03.49	466			
		50m: 33.58 33.58	150m: 1:49.38 38.24	250m: 3:07.16 38.83	350m: 4:25.11 38.78						
		100m: 1:11.14 37.56	200m: 2:28.33 38.95	300m: 3:46.33 39.17	400m: 5:03.49 38.38						
B	16.	DOHN, Ninon	10	NOC	BEL	5:06.06	5:08.79	442			
		50m: 34.72 34.72	150m: 1:52.15 39.77	250m: 3:12.56 40.71	350m: 4:31.75 39.82						
		100m: 1:12.38 37.66	200m: 2:31.85 39.70	300m: 3:51.93 39.37	400m: 5:08.79 37.04						
R	17.	CREMER, Louane	11	PERRON	BEL	5:05.00	5:08.86	442			
		50m: 34.78 34.78	150m: 1:52.20 39.47	250m: 3:11.53 39.99	350m: 4:32.02 40.34						
		100m: 1:12.73 37.95	200m: 2:31.54 39.34	300m: 3:51.68 40.15	400m: 5:08.86 36.84						
R **	18.	FRADET, Maelle	09	CNB	LUX	5:07.57	5:12.73	426			
		50m: 35.13 35.13	150m: 1:53.36 39.61	250m: 3:13.57 40.25	350m: 4:33.21 39.51						
		100m: 1:13.75 38.62	200m: 2:33.32 39.96	300m: 3:53.70 40.13	400m: 5:12.73 39.52						
R	19.	LECLERCQ, Elin	11	HELIOS	BEL	5:12.30	5:15.53	415			
		50m: 35.13 35.13	150m: 1:55.60 39.89	250m: 3:16.36 40.06	350m: 4:37.25 39.76						
		100m: 1:15.71 38.58	200m: 2:36.30 40.70	300m: 3:57.49 41.13	400m: 5:15.53 38.28						
R	20.	VANHOUTTE, Thais	11	PERRON	FRA	5:06.91	5:15.69	414			
		50m: 34.74 34.74	150m: 1:52.90 40.23	250m: 3:15.44 41.50	350m: 4:37.38 40.89						
		100m: 1:12.67 37.93	200m: 2:33.94 41.04	300m: 3:56.49 41.05	400m: 5:15.69 38.31						
R **	21.	THONET, Julia	11	PERRON	BEL	5:02.20	5:37.58	338			
		50m: 36.30 36.30	150m: 2:00.78 43.10	250m: 3:29.82 44.25	350m: 4:56.85 42.77						
		100m: 1:17.68 41.38	200m: 2:45.57 44.79	300m: 4:14.08 44.26	400m: 5:37.58 40.73						