

Grand Prix du RDM 2026  
MOUSCRON, 25/5/2026

Epreuve 23  
25/05/2026 - 14:50

Dames, 400m Libre

11 ans et plus  
Liste résultats

Points: AQUA 2025

Rang			AN						Temps	Pts
<b>11 - 12 ans</b>										
1.	DEPAEPE, Louisa		14	Ons					<b>5:40.32</b>	330
	50m:	37.88 37.88	150m:	2:04.64 44.22	250m:	3:33.04 45.07	350m:	5:00.66 44.19		
	100m:	1:20.42 42.54	200m:	2:47.97 43.33	300m:	4:16.47 43.43	400m:	5:40.32 39.66		
2.	VANSTEENKISTE, Marilou		14	IKZ					<b>5:41.44</b>	327
	50m:	37.80 37.80	150m:	2:04.52 44.33	250m:	3:32.29 44.57	350m:	5:00.41 43.67		
	100m:	1:20.19 42.39	200m:	2:47.72 43.20	300m:	4:16.74 44.45	400m:	5:41.44 41.03		
3.	GHESQUIERE, Elise		14	Royal Dauphins Mouscronnois					<b>5:51.16</b>	301
	50m:	38.35 38.35	150m:	2:07.53 44.73	250m:	3:39.71 44.90	350m:	5:09.29 43.37		
	100m:	1:22.80 44.45	200m:	2:54.81 47.28	300m:	4:25.92 46.21	400m:	5:51.16 41.87		
4.	EL KACEM EL ALAOUI, Inès		15	Mhn					<b>6:01.44</b>	276
	50m:	41.64 41.64	150m:	2:13.94 46.41	250m:	3:47.38 46.42	350m:	5:18.97 45.59		
	100m:	1:27.53 45.89	200m:	3:00.96 47.02	300m:	4:33.38 46.00	400m:	6:01.44 42.47		
5.	JONCKHEERE CLAES, Clara		15	Mhn					<b>6:29.54</b>	220
	50m:	41.99 41.99	150m:	2:21.15 49.64	250m:	4:01.67 48.78	350m:	5:42.78 49.40		
	100m:	1:31.51 49.52	200m:	3:12.89 51.74	300m:	4:53.38 51.71	400m:	6:29.54 46.76		
6.	PORREWECK, Elsa		15	Ons					<b>6:35.77</b>	210
	50m:	43.20 43.20	150m:	2:21.68 48.03	250m:	4:05.19 50.32	350m:	5:45.56 50.53		
	100m:	1:33.65 50.45	200m:	3:14.87 53.19	300m:	4:55.03 49.84	400m:	6:35.77 50.21		
7.	ROGIERS, Ella		15	Is swim					<b>6:44.58</b>	196
	50m:	42.35 42.35	150m:	2:27.55 52.62	250m:	4:13.61 52.19	350m:	5:56.33 48.42		
	100m:	1:34.93 52.58	200m:	3:21.42 53.87	300m:	5:07.91 54.30	400m:	6:44.58 48.25		
8.	BRIENNE, Valentine		15	Royal Dauphins Mouscronnois					<b>6:47.48</b>	192
	50m:	45.42 45.42	150m:	2:30.62 53.10	250m:	4:16.43 51.98	350m:	5:59.41 49.49		
	100m:	1:37.52 52.10	200m:	3:24.45 53.83	300m:	5:09.92 53.49	400m:	6:47.48 48.07		
<b>13 - 14 ans</b>										
1.	COTAN, Bianca		13	Mhn					<b>4:59.00</b>	487
	50m:	31.93 31.93	150m:	1:47.75 38.62	250m:	3:05.48 38.36	350m:	4:22.42 38.00		
	100m:	1:09.13 37.20	200m:	2:27.12 39.37	300m:	3:44.42 38.94	400m:	4:59.00 36.58		
2.	NOPPE, Pauline		12	IKZ					<b>5:07.96</b>	446
	50m:	35.00 35.00	150m:	1:53.82 38.86	250m:	3:12.95 39.24	350m:	4:31.64 38.66		
	100m:	1:14.96 39.96	200m:	2:33.71 39.89	300m:	3:52.98 40.03	400m:	5:07.96 36.32		
3.	TERRIER, Elise		12	Les Espadons Cominois					<b>5:08.31</b>	444
	50m:	34.18 34.18	150m:	1:53.40 40.25	250m:	3:12.56 39.20	350m:	4:31.69 38.96		
	100m:	1:13.15 38.97	200m:	2:33.36 39.96	300m:	3:52.73 40.17	400m:	5:08.31 36.62		
4.	MARTENS-LATTEUR, Tessa		12	Castor Club Mons					<b>5:09.83</b>	438
	50m:	34.55 34.55	150m:	1:51.88 39.26	250m:	3:11.11 39.62	350m:	4:31.22 39.75		
	100m:	1:12.62 38.07	200m:	2:31.49 39.61	300m:	3:51.47 40.36	400m:	5:09.83 38.61		
5.	BILLET, Soline		12	Royal Dauphins Mouscronnois					<b>5:09.84</b>	438
	50m:	36.16 36.16	150m:	1:55.60 39.85	250m:	3:15.81 39.78	350m:	4:34.44 38.31		
	100m:	1:15.75 39.59	200m:	2:36.03 40.43	300m:	3:56.13 40.32	400m:	5:09.84 35.40		
6.	MAENE, Lea		12	Mhn					<b>5:14.50</b>	419
	50m:	37.21 37.21	150m:	1:57.24 40.80	250m:	3:17.49 39.75	350m:	4:37.11 40.18		
	100m:	1:16.44 39.23	200m:	2:37.74 40.50	300m:	3:56.93 39.44	400m:	5:14.50 37.39		
7.	RUSTIN, Maude		13	Mhn					<b>5:17.44</b>	407
	50m:	35.70 35.70	150m:	1:54.69 39.74	250m:	3:16.97 40.90	350m:	4:38.80 40.66		
	100m:	1:14.95 39.25	200m:	2:36.07 41.38	300m:	3:58.14 41.17	400m:	5:17.44 38.64		
8.	ID BOUFGKER, Selma		12	Castor Club Mons					<b>5:17.78</b>	406
	50m:	35.14 35.14	150m:	1:56.25 41.12	250m:	3:18.87 40.35	350m:	4:39.55 39.97		
	100m:	1:15.13 39.99	200m:	2:38.52 42.27	300m:	3:59.58 40.71	400m:	5:17.78 38.23		

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Epreuve 23, Filles, 400m Libre, 13 - 14 ans

Rang			AN						Temps	Pts		
9.	AZMANI, Amélia		12		Ons				<b>5:24.95</b>	380		
	50m:	37.43	37.43	150m:	1:59.25	40.43	250m:	3:23.40	42.84	350m:	4:47.14	41.57
	100m:	1:18.82	41.39	200m:	2:40.56	41.31	300m:	4:05.57	42.17	400m:	5:24.95	37.81
10.	BOUDRY, Manon		13		Royal Dauphins Mouscronnois				<b>5:37.59</b>	338		
	50m:	37.01	37.01	150m:	2:01.97	42.79	250m:	3:28.50	43.13	350m:	4:55.19	42.57
	100m:	1:19.18	42.17	200m:	2:45.37	43.40	300m:	4:12.62	44.12	400m:	5:37.59	42.40
11.	VANZEVEREN, Zola		13		Royal Dauphins Mouscronnois				<b>6:19.02</b>	239		
	50m:	44.76	44.76	150m:	2:20.61	49.82	250m:	3:57.42	49.57	350m:	5:33.57	49.11
	100m:	1:30.79	46.03	200m:	3:07.85	47.24	300m:	4:44.46	47.04	400m:	6:19.02	45.45

15 - 16 ans

1.	BESO, Clara		11		CNSW				<b>5:13.96</b>	421		
	50m:	35.47	35.47	150m:	1:53.35	38.87	250m:	3:13.85	40.14	350m:	4:34.41	39.55
	100m:	1:14.48	39.01	200m:	2:33.71	40.36	300m:	3:54.86	41.01	400m:	5:13.96	39.55
2.	CLAEYS, Inna		11		Iswim				<b>5:21.35</b>	392		
	50m:	36.62	36.62	150m:	1:56.39	40.48	250m:	3:18.19	40.92	350m:	4:41.13	41.91
	100m:	1:15.91	39.29	200m:	2:37.27	40.88	300m:	3:59.22	41.03	400m:	5:21.35	40.22
3.	LECOURT, Jeanne		10		Les Espadons Cominois				<b>5:21.83</b>	391		
	50m:	36.97	36.97	150m:	1:58.75	40.98	250m:	3:20.90	40.84	350m:	4:42.69	40.42
	100m:	1:17.77	40.80	200m:	2:40.06	41.31	300m:	4:02.27	41.37	400m:	5:21.83	39.14
4.	BONDUELLE, Loanne		11		Les Espadons Cominois				<b>5:31.42</b>	358		
	50m:	37.36	37.36	150m:	2:01.07	41.83	250m:	3:26.24	42.80	350m:	4:50.91	41.75
	100m:	1:19.24	41.88	200m:	2:43.44	42.37	300m:	4:09.16	42.92	400m:	5:31.42	40.51

17 ans et plus

1.	GHISLAIN, Emilie		07		STZ				<b>5:16.91</b>	409		
	50m:	36.64	36.64	150m:	1:56.40	40.99	250m:	3:16.19	41.06	350m:	4:37.08	41.03
	100m:	1:15.41	38.77	200m:	2:35.13	38.73	300m:	3:56.05	39.86	400m:	5:16.91	39.83
2.	DEROULEZ, Alix		09		Castor Club Mons				<b>5:51.19</b>	301		
	50m:	38.94	38.94	150m:	2:09.04	45.29	250m:	3:39.03	44.64	350m:	5:09.10	44.35
	100m:	1:23.75	44.81	200m:	2:54.39	45.35	300m:	4:24.75	45.72	400m:	5:51.19	42.09
3.	DESTOMBES, Jeanne		08		Royal Dauphins Mouscronnois				<b>5:59.86</b>	279		
	50m:	39.15	39.15	150m:	2:08.87	46.76	250m:	3:42.45	48.46	350m:	5:16.75	48.17
	100m:	1:22.11	42.96	200m:	2:53.99	45.12	300m:	4:28.58	46.13	400m:	5:59.86	43.11