

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

Epreuve 26
25/05/2026 - 15:34

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			AN						Temps	Pts
11 - 12 ans										
1.	IVANIUTA, Tymofiy		14	CNBA					5:35.66	281
	50m:	35.96 35.96	150m:	1:58.29 43.35	250m:	3:26.09 45.06	350m:	4:54.31 45.20		
	100m:	1:14.94 38.98	200m:	2:41.03 42.74	300m:	4:09.11 43.02	400m:	5:35.66 41.35		
2.	BEHEYT, Maxim		15	Iswim					5:37.53	277
	50m:	36.71 36.71	150m:	2:01.42 43.50	250m:	3:29.62 44.48	350m:	4:57.58 43.94		
	100m:	1:17.92 41.21	200m:	2:45.14 43.72	300m:	4:13.64 44.02	400m:	5:37.53 39.95		
3.	HAAN, Alexander		14	STZ					5:52.02	244
	50m:	37.74 37.74	150m:	2:06.10 44.37	250m:	3:36.46 45.34	350m:	5:08.18 45.76		
	100m:	1:21.73 43.99	200m:	2:51.12 45.02	300m:	4:22.42 45.96	400m:	5:52.02 43.84		
4.	MARTENS-LATTEUR, Ethan		15	Castor Club Mons					5:58.06	232
	50m:	38.79 38.79	150m:	2:04.82 42.80	250m:	3:36.84 46.40	350m:	5:14.49 48.85		
	100m:	1:22.02 43.23	200m:	2:50.44 45.62	300m:	4:25.64 48.80	400m:	5:58.06 43.57		
5.	LEMAN POTTER, Ayden		15	IKZ					7:06.13	137
	50m:	46.35 46.35	150m:	2:33.62 54.03	250m:	4:23.73 53.28	350m:	6:13.13 53.47		
	100m:	1:39.59 53.24	200m:	3:30.45 56.83	300m:	5:19.66 55.93	400m:	7:06.13 53.00		
13 - 14 ans										
1.	D'EUGENIO, Andrea		12	Mhn					4:58.35	401
	50m:	34.54 34.54	150m:	1:49.11 37.21	250m:	3:05.68 38.24	350m:	4:21.97 37.80		
	100m:	1:11.90 37.36	200m:	2:27.44 38.33	300m:	3:44.17 38.49	400m:	4:58.35 36.38		
2.	DEHOUST, Nolann		13	Mhn					4:58.84	399
	50m:	33.29 33.29	150m:	1:48.19 39.06	250m:	3:05.97 39.62	350m:	4:22.65 38.95		
	100m:	1:09.13 35.84	200m:	2:26.35 38.16	300m:	3:43.70 37.73	400m:	4:58.84 36.19		
3.	MEUL, Rune		13	Iswim					5:06.49	370
	50m:	34.60 34.60	150m:	1:51.54 39.02	250m:	3:10.62 40.01	350m:	4:29.96 39.98		
	100m:	1:12.52 37.92	200m:	2:30.61 39.07	300m:	3:49.98 39.36	400m:	5:06.49 36.53		
4.	VANONE, Adrien		12	Les Espadons Cominois					5:13.44	346
	50m:	35.40 35.40	150m:	1:54.43 40.93	250m:	3:16.09 41.69	350m:	4:36.28 40.52		
	100m:	1:13.50 38.10	200m:	2:34.40 39.97	300m:	3:55.76 39.67	400m:	5:13.44 37.16		
5.	SA'ADEH, Nayim		13	STZ					5:19.28	327
	50m:	33.31 33.31	150m:	1:53.81 40.85	250m:	3:17.61 41.49	350m:	4:40.58 41.00		
	100m:	1:12.96 39.65	200m:	2:36.12 42.31	300m:	3:59.58 41.97	400m:	5:19.28 38.70		
15 - 16 ans										
1.	EMARA, Nael		10	Royal Dauphins Mouscronnois					4:23.98	579
	50m:	29.17 29.17	150m:	1:35.89 33.49	250m:	2:43.63 33.79	350m:	3:51.51 33.60		
	100m:	1:02.40 33.23	200m:	2:09.84 33.95	300m:	3:17.91 34.28	400m:	4:23.98 32.47		
2.	MELIS, Augustin		11	CNSW					4:35.31	510
	50m:	30.17 30.17	150m:	1:38.99 34.88	250m:	2:49.12 34.74	350m:	4:00.39 35.48		
	100m:	1:04.11 33.94	200m:	2:14.38 35.39	300m:	3:24.91 35.79	400m:	4:35.31 34.92		
3.	GORINI, Federico		11	CNSW					4:52.55	425
	50m:	33.91 33.91	150m:	1:48.65 37.24	250m:	3:04.29 37.84	350m:	4:18.49 37.18		
	100m:	1:11.41 37.50	200m:	2:26.45 37.80	300m:	3:41.31 37.02	400m:	4:52.55 34.06		
4.	GARCIA, Thomas		11	CNSW					4:54.65	416
	50m:	33.24 33.24	150m:	1:47.42 38.47	250m:	3:02.68 38.05	350m:	4:19.08 38.94		
	100m:	1:08.95 35.71	200m:	2:24.63 37.21	300m:	3:40.14 37.46	400m:	4:54.65 35.57		
5.	ROUSSEAU, Simon		10	Mhn					4:55.21	414
	50m:	34.22 34.22	150m:	1:48.45 38.40	250m:	3:04.67 39.32	350m:	4:20.09 37.56		
	100m:	1:10.05 35.83	200m:	2:25.35 36.90	300m:	3:42.53 37.86	400m:	4:55.21 35.12		

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

Epreuve 26, Garçons, 400m Libre, 15 - 16 ans

Rang					AN					Temps	Pts	
6.	CAPPON, Gaëtan				11	Les Espadons Cominois				5:16.20	337	
	50m:	35.81	35.81	150m:	1:56.72	41.02	250m:	3:17.92	40.10	350m:	4:38.27	39.95
	100m:	1:15.70	39.89	200m:	2:37.82	41.10	300m:	3:58.32	40.40	400m:	5:16.20	37.93
7.	CHEN, Tommy				11	Mhn				5:30.94	294	
	50m:	39.90	39.90	150m:	2:04.53	42.99	250m:	3:27.91	41.25	350m:	4:51.47	41.70
	100m:	1:21.54	41.64	200m:	2:46.66	42.13	300m:	4:09.77	41.86	400m:	5:30.94	39.47
8.	JODIN, Jared				11	Royal Dauphins Mouscronnois				6:19.54	194	
	50m:	41.89	41.89	150m:	2:16.66	49.37	250m:	3:57.17	51.66	350m:	5:34.96	50.67
	100m:	1:27.29	45.40	200m:	3:05.51	48.85	300m:	4:44.29	47.12	400m:	6:19.54	44.58

17 ans et plus

1.	BRAEM, Noa				09	Les Espadons Cominois				4:27.57	556	
	50m:	29.42	29.42	150m:	1:36.23	33.83	250m:	2:44.90	34.33	350m:	3:53.71	34.32
	100m:	1:02.40	32.98	200m:	2:10.57	34.34	300m:	3:19.39	34.49	400m:	4:27.57	33.86
2.	TUBBE, Xander				09	STZ				4:29.45	544	
	50m:	29.33	29.33	150m:	1:36.49	34.06	250m:	2:45.63	34.52	350m:	3:55.35	34.58
	100m:	1:02.43	33.10	200m:	2:11.11	34.62	300m:	3:20.77	35.14	400m:	4:29.45	34.10
3.	NEGRIN, Samuel				09	Mhn				4:38.03	495	
	50m:	29.66	29.66	150m:	1:38.10	34.27	250m:	2:48.34	35.00	350m:	4:01.19	36.42
	100m:	1:03.83	34.17	200m:	2:13.34	35.24	300m:	3:24.77	36.43	400m:	4:38.03	36.84
4.	VANDERHAEGHE, Antwan				09	Iswim				4:48.05	445	
	50m:	31.47	31.47	150m:	1:44.16	37.33	250m:	2:58.51	37.28	350m:	4:12.85	37.23
	100m:	1:06.83	35.36	200m:	2:21.23	37.07	300m:	3:35.62	37.11	400m:	4:48.05	35.20
5.	CARDINAEL, Kiyani				06	Les Espadons Cominois				5:10.88	354	
	50m:	34.36	34.36	150m:	1:51.75	38.67	250m:	3:10.87	39.53	350m:	4:30.88	39.63
	100m:	1:13.08	38.72	200m:	2:31.34	39.59	300m:	3:51.25	40.38	400m:	5:10.88	40.00