

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

Epreuve 3
25/05/2026 - 9:29

Dames, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang					AN					Temps	Pts	
11 - 12 ans												
1.	ROEST, Norah				15	Royal Dauphins Mouscronnois				6:23.89	326	
	50m:	40.17	40.17	150m:	2:19.71	47.61	250m:	4:00.31	52.64	350m:	5:40.13	45.31
	100m:	1:32.10	51.93	200m:	3:07.67	47.96	300m:	4:54.82	54.51	400m:	6:23.89	43.76
2.	THÈVE, Selene				15	Royal Dauphins Mouscronnois				6:35.28	299	
	50m:	39.70	39.70	150m:	2:19.43	48.87	250m:	4:07.44	58.39	350m:	5:52.42	44.23
	100m:	1:30.56	50.86	200m:	3:09.05	49.62	300m:	5:08.19	1:00.75	400m:	6:35.28	42.86
3.	DARRAS, Lucie				15	Royal Dauphins Mouscronnois				6:50.52	267	
	50m:	44.25	44.25	150m:	2:33.04	54.73	250m:	4:21.23	57.23	350m:	6:06.45	47.64
	100m:	1:38.31	54.06	200m:	3:24.00	50.96	300m:	5:18.81	57.58	400m:	6:50.52	44.07
4.	TREMÉRIE, Moïra				15	Royal Dauphins Mouscronnois				7:01.44	246	
	50m:	48.05	48.05	150m:	2:37.57	53.45	250m:	4:30.22	1:03.34	350m:	6:17.38	48.37
	100m:	1:44.12	56.07	200m:	3:26.88	49.31	300m:	5:29.01	58.79	400m:	7:01.44	44.06
13 - 14 ans												
1.	VELGHE, Laura				12	Izegemse Krekelzwemmers				5:21.50	556	
	50m:	32.79	32.79	150m:	1:54.20	41.56	250m:	3:20.06	46.34	350m:	4:45.63	37.99
	100m:	1:12.64	39.85	200m:	2:33.72	39.52	300m:	4:07.64	47.58	400m:	5:21.50	35.87
2.	HOEBEKE, Sofia				13	Royal Dauphins Mouscronnois				5:44.60	451	
	50m:	37.54	37.54	150m:	2:06.11	43.01	250m:	3:38.88	50.82	350m:	5:07.64	38.16
	100m:	1:23.10	45.56	200m:	2:48.06	41.95	300m:	4:29.48	50.60	400m:	5:44.60	36.96
3.	COTAN, Bianca				13	Mhn				5:47.37	440	
	50m:	35.69	35.69	150m:	2:05.95	43.11	250m:	3:39.76	49.03	350m:	5:09.78	37.71
	100m:	1:22.84	47.15	200m:	2:50.73	44.78	300m:	4:32.07	52.31	400m:	5:47.37	37.59
4.	BILLET, Soline				12	Royal Dauphins Mouscronnois				5:49.79	431	
	50m:	38.86	38.86	150m:	2:07.83	45.48	250m:	3:41.79	51.39	350m:	5:12.78	42.15
	100m:	1:22.35	43.49	200m:	2:50.40	42.57	300m:	4:30.63	48.84	400m:	5:49.79	37.01
5.	RUSTIN, Maude				13	Mhn				6:13.38	355	
	50m:	39.98	39.98	150m:	2:14.15	48.24	250m:	3:55.83	57.38	350m:	5:33.98	44.10
	100m:	1:25.91	45.93	200m:	2:58.45	44.30	300m:	4:49.88	54.05	400m:	6:13.38	39.40
6.	MAENE, Lea				12	Mhn				6:26.76	319	
	50m:	41.08	41.08	150m:	2:22.94	54.04	250m:	4:07.69	52.86	350m:	5:45.11	44.39
	100m:	1:28.90	47.82	200m:	3:14.83	51.89	300m:	5:00.72	53.03	400m:	6:26.76	41.65
15 - 16 ans												
1.	ROUX, Nina				10	Mhn				5:52.92	420	
	50m:	34.47	34.47	150m:	2:00.89	44.91	250m:	3:36.12	51.18	350m:	5:09.27	40.42
	100m:	1:15.98	41.51	200m:	2:44.94	44.05	300m:	4:28.85	52.73	400m:	5:52.92	43.65
2.	CORBISIER, Morgane				10	Mhn				6:03.30	385	
	50m:	36.28	36.28	150m:	2:08.43	43.89	250m:	3:44.85	53.35	350m:	5:21.45	41.65
	100m:	1:24.54	48.26	200m:	2:51.50	43.07	300m:	4:39.80	54.95	400m:	6:03.30	41.85
17 ans et plus												
1.	CORBISIER, Mylene				07	Mhn				5:33.18	499	
	50m:	33.18	33.18	150m:	1:55.47	42.52	250m:	3:25.98	48.48	350m:	4:54.52	39.81
	100m:	1:12.95	39.77	200m:	2:37.50	42.03	300m:	4:14.71	48.73	400m:	5:33.18	38.66
2.	GHISLAIN, Emilie				07	Swimming Team Zennevallei				6:14.89	350	
	50m:	38.93	38.93	150m:	2:17.76	48.37	250m:	3:56.94	49.89	350m:	5:33.94	42.87
	100m:	1:29.39	50.46	200m:	3:07.05	49.29	300m:	4:51.07	54.13	400m:	6:14.89	40.95