

Coupe du Hainaut 2026 grand bain
Charleroi, 1/5/2026

Epreuve 11
01/05/2026

400m Libre

10 ans
Liste résultats

Points: AQUA 2025

Rang	AN								Temps	Pts		
10 ans, Garçons												
1.	DE BRUYCKER, Yenzo								16	DM	6:25.15	186
	50m:	40.26	40.26	150m:	2:18.05	49.67	250m:	3:59.34	51.02	350m:	5:39.64	49.72
	100m:	1:28.38	48.12	200m:	3:08.32	50.27	300m:	4:49.92	50.58	400m:	6:25.15	45.51
10 ans, Filles												
1.	SKROBIS, Léa								16	HELIOS	6:48.00	192
	<i>Trident</i>											
	50m:	43.11	43.11	150m:	2:26.08	51.82	250m:	4:13.75	55.01	350m:	5:59.00	50.83
	100m:	1:34.26	51.15	200m:	3:18.74	52.66	300m:	5:08.17	54.42	400m:	6:48.00	49.00
2.	FERON LELEU, Adèle								16	MHN	6:55.66	181
	<i>Trident</i>											
	50m:	43.76	43.76	150m:	2:31.25	55.52	250m:	4:21.00	56.40	350m:	6:09.11	53.99
	100m:	1:35.73	51.97	200m:	3:24.60	53.35	300m:	5:15.12	54.12	400m:	6:55.66	46.55
3.	LORTHIOIR, Emma								16	DM	6:59.16	177
	<i>Trident</i>											
	50m:	43.94	43.94	150m:	2:29.03	54.13	250m:	4:19.66	55.68	350m:	6:07.40	53.85
	100m:	1:34.90	50.96	200m:	3:23.98	54.95	300m:	5:13.55	53.89	400m:	6:59.16	51.76
4.	JACOB STIERNET, Elisheva								16	HELIOS	7:20.96	152
	<i>Trident</i>											
	50m:	46.78	46.78	150m:	2:37.77	56.46	250m:	4:31.84	57.63	350m:	6:27.29	57.50
	100m:	1:41.31	54.53	200m:	3:34.21	56.44	300m:	5:29.79	57.95	400m:	7:20.96	53.67
5.	COTTIN, Ysea								16	MHN	7:56.45	120
	<i>Trident</i>											
	50m:	46.67	46.67	150m:	2:48.43	1:02.39	250m:	4:52.48	1:01.89	350m:	6:56.74	1:01.89
	100m:	1:46.04	59.37	200m:	3:50.59	1:02.16	300m:	5:54.85	1:02.37	400m:	7:56.45	59.71
6.	ROUS, Naomi								16	MHN	8:00.77	117
	<i>Trident</i>											
	50m:	50.66	50.66	150m:	2:51.80	1:01.39	250m:	4:58.04	1:03.67	350m:	7:02.17	1:02.63
	100m:	1:50.41	59.75	200m:	3:54.37	1:02.57	300m:	5:59.54	1:01.50	400m:	8:00.77	58.60