

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

Epreuve 31
01/05/2026

Dames, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			AN								Temps	Pts
12 ans												
1.	COCO, Amalia		14		HELIOS						5:56.70	407
	<i>Mistral, Trident</i>											
	50m:	38.87	38.87	150m:	2:13.42	46.51	250m:	3:47.94	50.36	350m:	5:18.74	39.60
	100m:	1:26.91	48.04	200m:	2:57.58	44.16	300m:	4:39.14	51.20	400m:	5:56.70	37.96
2.	PATERNOSTRE, Leonie		14		CCM						6:14.88	350
	50m:	41.84	41.84	150m:	2:22.92	50.74	250m:	4:01.09	50.01	350m:	5:34.11	41.88
	100m:	1:32.18	50.34	200m:	3:11.08	48.16	300m:	4:52.23	51.14	400m:	6:14.88	40.77
13 ans												
1.	RUSTIN, Maude		13		MHN						6:01.71	390
	<i>Mistral</i>											
	50m:	39.22	39.22	150m:	2:11.25	46.09	250m:	3:48.97	53.85	350m:	5:22.81	41.25
	100m:	1:25.16	45.94	200m:	2:55.12	43.87	300m:	4:41.56	52.59	400m:	6:01.71	38.90
2.	ADAM, Emily		13		MHN						6:04.91	380
	50m:	38.27	38.27	150m:	2:11.41	47.12	250m:	3:50.98	56.37	350m:	5:24.34	42.40
	100m:	1:24.29	46.02	200m:	2:54.61	43.20	300m:	4:41.94	50.96	400m:	6:04.91	40.57
14 ans												
1.	BILLET, Soline		12		DM						5:52.23	422
	50m:	39.16	39.16	150m:	2:11.42	45.81	250m:	3:45.99	51.21	350m:	5:15.35	40.66
	100m:	1:25.61	46.45	200m:	2:54.78	43.36	300m:	4:34.69	48.70	400m:	5:52.23	36.88
2.	DELEPLANQUE, Erin		12		HELIOS						6:02.96	386
	50m:	40.47	40.47	150m:	2:14.67	47.39	250m:	3:52.90	53.05	350m:	5:23.78	40.49
	100m:	1:27.28	46.81	200m:	2:59.85	45.18	300m:	4:43.29	50.39	400m:	6:02.96	39.18
3.	VALLEE, Elisa		12		BCSG						6:03.82	383
	50m:	39.71	39.71	150m:	2:14.22	46.10	250m:	3:50.00	50.29	350m:	5:23.08	42.82
	100m:	1:28.12	48.41	200m:	2:59.71	45.49	300m:	4:40.26	50.26	400m:	6:03.82	40.74
15 ans												
1.	VICO VERVENNE, Sarah		11		CCM						5:59.67	397
	50m:	39.11	39.11	150m:	2:15.52	49.88	250m:	3:51.26	49.28	350m:	5:20.82	40.45
	100m:	1:25.64	46.53	200m:	3:01.98	46.46	300m:	4:40.37	49.11	400m:	5:59.67	38.85
16 ans												
1.	NULLI, Anna		10		MHN						6:13.36	355
	50m:	39.95	39.95	150m:	2:14.08	47.46	250m:	3:57.95	58.48	350m:	5:33.15	39.37
	100m:	1:26.62	46.67	200m:	2:59.47	45.39	300m:	4:53.78	55.83	400m:	6:13.36	40.21
2.	BOULARD, Rosaline		10		BCSG						7:05.42	240
	50m:	46.78	46.78	150m:	2:38.36	55.60	250m:	4:33.73	59.45	350m:	6:21.64	46.73
	100m:	1:42.76	55.98	200m:	3:34.28	55.92	300m:	5:34.91	1:01.18	400m:	7:05.42	43.78
17 ans												
1.	DUYCKAERTS, Clémentine		09		CCM						6:30.67	309
	50m:	40.99	40.99	150m:	2:27.59	52.25	250m:	4:08.58	52.45	350m:	5:48.73	45.20
	100m:	1:35.34	54.35	200m:	3:16.13	48.54	300m:	5:03.53	54.95	400m:	6:30.67	41.94

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

Epreuve 31, Dames, 400m 4 nages

18 ans

1.	HUPEZ, Isaline			08	MHN					5:58.83	399	
	50m:	39.03	39.03	150m:	2:14.99	47.57	250m:	3:51.35	48.17	350m:	5:21.14	39.21
	100m:	1:27.42	48.39	200m:	3:03.18	48.19	300m:	4:41.93	50.58	400m:	5:58.83	37.69
2.	MALBECQ, Amandine			08	MHN					6:00.30	395	
	50m:	39.48	39.48	150m:	2:12.26	45.83	250m:	3:50.52	54.52	350m:	5:23.32	38.14
	100m:	1:26.43	46.95	200m:	2:56.00	43.74	300m:	4:45.18	54.66	400m:	6:00.30	36.98
3.	MIKUS, Doriane			08	BCSG					6:16.11	347	
	50m:	43.53	43.53	150m:	2:22.70	48.72	250m:	4:03.86	54.92	350m:	5:37.61	41.35
	100m:	1:33.98	50.45	200m:	3:08.94	46.24	300m:	4:56.26	52.40	400m:	6:16.11	38.50

19 ans et plus

1.	MERCIER, Faustine			07	CCM					5:22.35	551	
	<i>Mistral, Trident</i>											
	50m:	32.61	32.61	150m:	1:52.90	40.61	250m:	3:19.36	45.40	350m:	4:44.23	38.44
	100m:	1:12.29	39.68	200m:	2:33.96	41.06	300m:	4:05.79	46.43	400m:	5:22.35	38.12