

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

Epreuve 5  
01/05/2026

Filles, 400m Libre

11 - 12 ans  
Liste résultats

Points: AQUA 2025

Rang			AN				Temps		Pts			
<b>11 ans</b>												
1.	THÈVE, Selene		15	DM			<b>5:47.00</b>		312			
	<i>Mistral</i>											
	50m:	38.17	38.17	150m:	2:07.69	46.17	250m:	3:37.11	44.97	350m:	5:05.33	43.90
	100m:	1:21.52	43.35	200m:	2:52.14	44.45	300m:	4:21.43	44.32	400m:	5:47.00	41.67
2.	BOULARD, Valentine		15	BCSG			<b>5:57.24</b>		286			
	50m:	38.94	38.94	150m:	2:08.24	45.27	250m:	3:39.66	45.60	350m:	5:12.03	46.28
	100m:	1:22.97	44.03	200m:	2:54.06	45.82	300m:	4:25.75	46.09	400m:	5:57.24	45.21
3.	EL KACEM EL ALAOUI, Inès		15	MHN			<b>5:57.69</b>		284			
	50m:	39.50	39.50	150m:	2:08.44	45.93	250m:	3:41.76	47.14	350m:	5:14.69	46.77
	100m:	1:22.51	43.01	200m:	2:54.62	46.18	300m:	4:27.92	46.16	400m:	5:57.69	43.00
4.	GIESSER, Charlotte		15	HELIOS			<b>6:04.48</b>		269			
	50m:	42.56	42.56	150m:	2:14.59	46.54	250m:	3:50.15	48.11	350m:	5:22.52	45.59
	100m:	1:28.05	45.49	200m:	3:02.04	47.45	300m:	4:36.93	46.78	400m:	6:04.48	41.96
5.	DARRAS, Lucie		15	DM			<b>6:11.39</b>		254			
	50m:	41.07	41.07	150m:	2:16.47	48.70	250m:	3:52.10	48.23	350m:	5:26.54	48.91
	100m:	1:27.77	46.70	200m:	3:03.87	47.40	300m:	4:37.63	45.53	400m:	6:11.39	44.85
6.	JONCKHEERE CLAES, Clara		15	MHN			<b>6:26.18</b>		226			
	50m:	40.19	40.19	150m:	2:18.97	51.13	250m:	4:00.14	51.15	350m:	5:41.64	50.98
	100m:	1:27.84	47.65	200m:	3:08.99	50.02	300m:	4:50.66	50.52	400m:	6:26.18	44.54
7.	FALLA, Eleanore		15	ONS			<b>6:30.74</b>		218			
	50m:	41.93	41.93	150m:	2:23.57	51.18	250m:	4:06.64	50.84	350m:	5:46.11	48.57
	100m:	1:32.39	50.46	200m:	3:15.80	52.23	300m:	4:57.54	50.90	400m:	6:30.74	44.63
8.	GOSSIEAUX, Lucie		15	BCSG			<b>6:31.36</b>		217			
	50m:	40.16	40.16	150m:	2:20.29	50.95	250m:	4:02.69	51.39	350m:	5:44.76	50.49
	100m:	1:29.34	49.18	200m:	3:11.30	51.01	300m:	4:54.27	51.58	400m:	6:31.36	46.60
9.	GUTIERREZ MORENO, Irene		15	ONS			<b>6:32.86</b>		215			
	50m:	44.07	44.07	150m:	2:25.81	50.39	250m:	4:07.02	50.00	350m:	5:47.50	48.51
	100m:	1:35.42	51.35	200m:	3:17.02	51.21	300m:	4:58.99	51.97	400m:	6:32.86	45.36
<b>12 ans</b>												
1.	PATERNOSTRE, Leonie		14	CCM			<b>5:33.16</b>		352			
	50m:	37.15	37.15	150m:	2:01.01	43.35	250m:	3:27.10	43.82	350m:	4:52.81	43.24
	100m:	1:17.66	40.51	200m:	2:43.28	42.27	300m:	4:09.57	42.47	400m:	5:33.16	40.35
2.	CARAMANNA, Lissya		14	BCSG			<b>5:40.74</b>		329			
	50m:	37.72	37.72	150m:	2:03.66	43.78	250m:	3:31.83	44.91	350m:	5:00.41	44.48
	100m:	1:19.88	42.16	200m:	2:46.92	43.26	300m:	4:15.93	44.10	400m:	5:40.74	40.33
3.	DEPAEPE, Louisa		14	ONS			<b>5:40.96</b>		329			
	50m:	36.19	36.19	150m:	2:03.88	44.30	250m:	3:32.27	45.03	350m:	5:00.96	44.77
	100m:	1:19.58	43.39	200m:	2:47.24	43.36	300m:	4:16.19	43.92	400m:	5:40.96	40.00
4.	DJEMAL, Lilia		14	HELIOS			<b>5:53.77</b>		294			
	50m:	37.95	37.95	150m:	2:07.16	45.94	250m:	3:39.80	46.56	350m:	5:11.00	45.67
	100m:	1:21.22	43.27	200m:	2:53.24	46.08	300m:	4:25.33	45.53	400m:	5:53.77	42.77
5.	ROMBAUX, Camille		14	BCSG			<b>5:54.29</b>		293			
	50m:	38.06	38.06	150m:	2:07.32	45.65	250m:	3:38.41	45.56	350m:	5:09.29	44.97
	100m:	1:21.67	43.61	200m:	2:52.85	45.53	300m:	4:24.32	45.91	400m:	5:54.29	45.00
6.	DUMONT, Lauryne		14	BCSG			<b>6:08.20</b>		261			
	50m:	39.84	39.84	150m:	2:14.40	46.26	250m:	3:51.38	48.24	350m:	5:24.97	45.52
	100m:	1:28.14	48.30	200m:	3:03.14	48.74	300m:	4:39.45	48.07	400m:	6:08.20	43.23