

The MOSAN National Youth Finals
Seraing, 14/5/2026

Event 16
14/05/2026 - 15:47

Girls, 400m Freestyle

Finale 400 m Nage Libre Filles 14 ans
Results

Points: AQUA 2026

Rank			YB				Time	Pts MP	AQUA			
1.	MANISE, Naelle		12	Aqua Club Braine l'Alleud			4:37.73		599			
	<i>Mistral, Trident, Requin</i>											
	50m:	31.35	31.35	150m:	1:39.90	34.21	250m:	2:51.00	35.56	350m:	3:56.86	29.83
	100m:	1:05.69	34.34	200m:	2:15.44	35.54	300m:	3:27.03	36.03	400m:	4:37.73	40.87
2.	LA PLACA, Livia		12	Mosan			4:46.06		548			
	<i>Mistral, Trident</i>											
	50m:	32.93	32.93	150m:	1:43.57	35.42	250m:	2:55.27	35.78	350m:	4:09.14	36.87
	100m:	1:08.15	35.22	200m:	2:19.49	35.92	300m:	3:32.27	37.00	400m:	4:46.06	36.92
3.	CAFFAREY, Audrey		12	Aqua Club Braine l'Alleud			4:47.30		541			
	<i>Mistral, Trident</i>											
	50m:	32.73	32.73	150m:	1:43.93	35.86	250m:	2:58.26	37.16	350m:	4:12.42	36.63
	100m:	1:08.07	35.34	200m:	2:21.10	37.17	300m:	3:35.79	37.53	400m:	4:47.30	34.88
4.	BARSZCZEWSKA, Julia		12	Waterloo Natation			4:54.64		502			
	<i>Mistral, Trident</i>											
	50m:	33.24	33.24	150m:	1:45.88	37.07	250m:	3:01.40	37.89	350m:	4:17.77	38.17
	100m:	1:08.81	35.57	200m:	2:23.51	37.63	300m:	3:39.60	38.20	400m:	4:54.64	36.87
5.	VERLUYTEN, Niene		12	Tsz			5:04.18		456			
	<i>Mistral</i>											
	50m:	33.77	33.77	150m:	1:50.81	39.28	250m:	3:08.66	38.49	350m:	4:26.71	38.56
	100m:	1:11.53	37.76	200m:	2:30.17	39.36	300m:	3:48.15	39.49	400m:	5:04.18	37.47
6.	MAES, Julie		12	Trust			5:08.12		439			
	50m:	34.51	34.51	150m:	1:52.04	40.04	250m:	3:11.47	40.24	350m:	4:30.30	39.33
	100m:	1:12.00	37.49	200m:	2:31.23	39.19	300m:	3:50.97	39.50	400m:	5:08.12	37.82
7.	GINKELS, Febe		12	Leuven Aquatics			5:11.29		425			
	50m:	33.79	33.79	150m:	1:51.83	40.01	250m:	3:11.51	39.71	350m:	4:32.29	40.18
	100m:	1:11.82	38.03	200m:	2:31.80	39.97	300m:	3:52.11	40.60	400m:	5:11.29	39.00
8.	ROUDOMETKINA, Ksenia		12	Helios			5:17.34		401			
	50m:	33.91	33.91	150m:	1:52.81	40.36	250m:	3:15.10	41.27	350m:	4:37.75	40.67
	100m:	1:12.45	38.54	200m:	2:33.83	41.02	300m:	3:57.08	41.98	400m:	5:17.34	39.59