

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

Event 3
14/05/2026 - 14:14

Girls, 400m Freestyle

Finale 400 m Nage Libre Filles 12 ans
Results

Points: AQUA 2026

Rank			YB			Time	Pts MP			AQUA		
1.	PONCELET, Niene		14	Liege Natation		5:00.57				472		
	<i>Mistral, Trident</i>											
	50m:	32.93	32.93	150m:	1:48.47	38.83	250m:	3:06.45	39.14	350m:	4:23.78	38.50
	100m:	1:09.64	36.71	200m:	2:27.31	38.84	300m:	3:45.28	38.83	400m:	5:00.57	36.79
2.	PEERSMAN, Malin		14	Leuven Aquatics		5:03.32				460		
	<i>Mistral, Trident</i>											
	50m:	34.88	34.88	150m:	1:52.85	39.26	250m:	3:11.17	39.29	350m:	4:27.39	37.64
	100m:	1:13.59	38.71	200m:	2:31.88	39.03	300m:	3:49.75	38.58	400m:	5:03.32	35.93
3.	MORENO, Noeline		14	Liege Natation		5:10.04				430		
	<i>Mistral, Trident</i>											
	50m:	34.56	34.56	150m:	1:51.56	39.34	250m:	3:11.37	39.32	350m:	4:31.04	39.19
	100m:	1:12.22	37.66	200m:	2:32.05	40.49	300m:	3:51.85	40.48	400m:	5:10.04	39.00
4.	COCO, Amalia		14	Helios		5:13.17				418		
	<i>Mistral, Trident</i>											
	50m:	33.86	33.86	150m:	1:50.65	39.39	250m:	3:11.41	39.74	350m:	4:33.51	40.27
	100m:	1:11.26	37.40	200m:	2:31.67	41.02	300m:	3:53.24	41.83	400m:	5:13.17	39.66
5.	DERRE, Fleur		14	Tsz		5:15.10				410		
	<i>Mistral, Trident</i>											
	50m:	34.51	34.51	150m:	1:53.66	40.16	250m:	3:14.93	40.73	350m:	4:36.43	40.51
	100m:	1:13.50	38.99	200m:	2:34.20	40.54	300m:	3:55.92	40.99	400m:	5:15.10	38.67
6.	ROGIERS, Layla		14	Leuven Aquatics		5:18.78				396		
	<i>Mistral</i>											
	50m:	34.64	34.64	150m:	1:54.59	41.23	250m:	3:18.08	42.34	350m:	4:40.64	41.18
	100m:	1:13.36	38.72	200m:	2:35.74	41.15	300m:	3:59.46	41.38	400m:	5:18.78	38.14
7.	ANTIPINA, Alexandra		14	Leuven Aquatics		5:18.90				395		
	<i>Mistral</i>											
	50m:	35.11	35.11	150m:	1:55.84	41.42	250m:	3:12.30	35.18	350m:	4:37.19	36.97
	100m:	1:14.42	39.31	200m:	2:37.12	41.28	300m:	4:00.22	47.92	400m:	5:18.90	41.71
8.	VREYS, Anse		14	De Beringse Tuimelaars		5:23.62				378		
	<i>Mistral</i>											
	50m:	34.98	34.98	150m:	1:57.77	41.22	250m:	3:21.83	41.84	350m:	4:45.22	41.36
	100m:	1:16.55	41.57	200m:	2:39.99	42.22	300m:	4:03.86	42.03	400m:	5:23.62	38.40