

### Résultats

[Cotation FFN]

#### Records du 400 Nage Libre Dames

Meilleures Performances Françaises 13 ans: **4:28.75** Kaxandra MOREAU (2006) FRA 20/12/2019 AMIENS  
Meilleures Performances Françaises 12 ans: **4:36.89** Kaxandra MOREAU (2006) FRA 24/06/2018 SCHILTIGHEIM

#### Séries : 400 Nage Libre Dames - (Benjamines 13 ans : 13 ans - S1)

[J1 : Je 12/12/2024 - R2]

1. Lola POEY		2011	FRA	OLORON NATATION 64	+0.64	<b>4:47.65</b>	1019 pts
50 m :	31.82 (31.82)	100 m :	1:05.91 (34.09) [1:05.91]	150 m :	1:41.59 (35.68)	200 m :	2:17.94 (36.35) [1:12.03]
250 m :	2:55.02 (37.08)	300 m :	3:32.50 (37.48) [1:14.56]	350 m :	4:10.62 (38.12)	400 m :	4:47.65 (37.03) [1:15.15]
2. Severine MARIE		2011	FRA	CN BREST	+0.77	<b>4:50.34</b>	1000 pts
50 m :	33.52 (33.52)	100 m :	1:10.06 (36.54) [1:10.06]	150 m :	1:47.09 (37.03)	200 m :	2:23.92 (36.83) [1:13.86]
250 m :	3:01.01 (37.09)	300 m :	3:38.23 (37.22) [1:14.31]	350 m :	4:14.83 (36.60)	400 m :	4:50.34 (35.51) [1:12.11]
3. Chloe VARRAUD IBANEZ		2011	FRA	CN CÉVENNES ALÈS	+0.68	<b>4:50.69</b>	997 pts
50 m :	32.74 (32.74)	100 m :	1:08.38 (35.64) [1:08.38]	150 m :	1:45.03 (36.65)	200 m :	2:22.20 (37.17) [1:13.82]
250 m :	2:59.58 (37.38)	300 m :	3:36.87 (37.29) [1:14.67]	350 m :	4:14.30 (37.43)	400 m :	4:50.69 (36.39) [1:13.82]
4. Lucile JONCOURT		2011	FRA	CN BREST	+0.67	<b>4:52.60</b>	983 pts
50 m :	31.98 (31.98)	100 m :	1:07.29 (35.31) [1:07.29]	150 m :	1:44.00 (36.71)	200 m :	2:21.53 (37.53) [1:14.24]
250 m :	2:59.07 (37.54)	300 m :	3:37.38 (38.31) [1:15.85]	350 m :	4:15.48 (38.10)	400 m :	4:52.60 (37.12) [1:15.22]
5. Lorya PETIT		2011	FRA	CHARLEVILLE-MÉZIÈRES NATATION	+0.74	<b>4:52.88</b>	981 pts
50 m :	33.12 (33.12)	100 m :	1:10.05 (36.93) [1:10.05]	150 m :	1:47.64 (37.59)	200 m :	2:25.64 (38.00) [1:15.59]
250 m :	3:02.98 (37.34)	300 m :	3:40.05 (37.07) [1:14.41]	350 m :	4:17.09 (37.04)	400 m :	4:52.88 (35.79) [1:12.83]
6. Lise DAVIES		2011	FRA	DAUPHINS D'ANNECY	+0.76	<b>4:57.10</b>	951 pts
50 m :	33.46 (33.46)	100 m :	1:10.87 (37.41) [1:10.87]	150 m :	1:49.00 (38.13)	200 m :	2:26.34 (37.34) [1:15.47]
250 m :	3:04.36 (38.02)	300 m :	3:42.74 (38.38) [1:16.40]	350 m :	4:20.47 (37.73)	400 m :	4:57.10 (36.63) [1:14.36]
7. Roxane VERCRUYSSÉ		2011	FRA	GRAVELINES NATATION	+0.67	<b>4:57.76</b>	947 pts
50 m :	33.27 (33.27)	100 m :	1:09.49 (36.22) [1:09.49]	150 m :	1:46.76 (37.27)	200 m :	2:24.67 (37.91) [1:15.18]
250 m :	3:03.04 (38.37)	300 m :	3:42.06 (39.02) [1:17.39]	350 m :	4:20.50 (38.44)	400 m :	4:57.76 (37.26) [1:15.70]
8. Clemence DERBENT		2011	FRA	ALLIANCE DIJON NATATION	+0.63	<b>4:59.84</b>	932 pts
50 m :	32.84 (32.84)	100 m :	1:09.27 (36.43) [1:09.27]	150 m :	1:47.21 (37.94)	200 m :	2:25.80 (38.59) [1:16.53]
250 m :	3:04.69 (38.89)	300 m :	3:43.85 (39.16) [1:18.05]	350 m :	4:22.28 (38.43)	400 m :	4:59.84 (37.56) [1:15.99]
9. Margaux DELEVAL		2011	FRA	ALLIANCE DIJON NATATION	+0.88	<b>5:01.51</b>	921 pts
50 m :	33.77 (33.77)	100 m :	1:10.78 (37.01) [1:10.78]	150 m :	1:49.61 (38.83)	200 m :	2:28.12 (38.51) [1:17.34]
250 m :	3:06.71 (38.59)	300 m :	3:45.95 (39.24) [1:17.83]	350 m :	4:24.86 (38.91)	400 m :	5:01.51 (36.65) [1:15.56]
10. Louise TALLON		2011	FRA	MONTÉLIMAR NAUTIC CLUB	+0.75	<b>5:03.24</b>	909 pts
50 m :	34.50 (34.50)	100 m :	1:12.05 (37.55) [1:12.05]	150 m :	1:50.54 (38.49)	200 m :	2:29.02 (38.48) [1:16.97]
250 m :	3:08.22 (39.20)	300 m :	3:47.19 (38.97) [1:18.17]	350 m :	4:26.17 (38.98)	400 m :	5:03.24 (37.07) [1:16.05]
11. Olivia QIAO		2011	FRA	AC BOULOGNE-BILLANCOURT	+0.81	<b>5:05.54</b>	893 pts
50 m :	33.34 (33.34)	100 m :	1:10.97 (37.63) [1:10.97]	150 m :	1:50.07 (39.10)	200 m :	2:29.65 (39.58) [1:18.68]
250 m :	3:09.41 (39.76)	300 m :	3:48.99 (39.58) [1:19.34]	350 m :	4:28.40 (39.41)	400 m :	5:05.54 (37.14) [1:16.55]
12. Laure JAFFELIN		2011	FRA	CN CHALON-SUR-SAONE	+0.68	<b>5:05.79</b>	891 pts
50 m :	34.36 (34.36)	100 m :	1:12.20 (37.84) [1:12.20]	150 m :	1:50.96 (38.76)	200 m :	2:30.22 (39.26) [1:18.02]
250 m :	3:09.16 (38.94)	300 m :	3:48.77 (39.61) [1:18.55]	350 m :	4:27.73 (38.96)	400 m :	5:05.79 (38.06) [1:17.02]
13. Eloïse THOMAS		2011	FRA	AURAY NATATION	+0.72	<b>5:07.26</b>	881 pts
50 m :	32.59 (32.59)	100 m :	1:08.32 (35.73) [1:08.32]	150 m :	1:46.32 (38.00)	200 m :	2:24.71 (38.39) [1:16.39]
250 m :	3:04.32 (39.61)	300 m :	3:44.94 (40.62) [1:20.23]	350 m :	4:26.57 (41.63)	400 m :	5:07.26 (40.69) [1:22.32]
14. Lilja MORCH-JANUM		2011	DEN	SA MÉRIGNAC	+0.79	<b>5:08.27</b>	875 pts
50 m :	34.03 (34.03)	100 m :	1:11.51 (37.48) [1:11.51]	150 m :	1:50.49 (38.98)	200 m :	2:29.99 (39.50) [1:18.48]
250 m :	3:09.69 (39.70)	300 m :	3:49.86 (40.17) [1:19.87]	350 m :	4:29.72 (39.86)	400 m :	5:08.27 (38.55) [1:18.41]
15. Zoé COFFOURNIC		2011	FRA	ROCHFORD NEPTUNE CLUB	+0.77	<b>5:08.61</b>	872 pts
50 m :	33.61 (33.61)	100 m :	1:10.30 (36.69) [1:10.30]	150 m :	1:49.75 (39.45)	200 m :	2:29.69 (39.94) [1:19.39]
250 m :	3:10.61 (40.92)	300 m :	3:51.30 (40.69) [1:21.61]	350 m :	4:30.58 (39.28)	400 m :	5:08.61 (38.03) [1:17.31]
16. Emmeline RIU		2011	FRA	CN MARSEILLE	+0.74	<b>5:09.50</b>	866 pts
50 m :	34.16 (34.16)	100 m :	1:11.77 (37.61) [1:11.77]	150 m :	1:50.87 (39.10)	200 m :	2:30.92 (40.05) [1:19.15]
250 m :	3:11.41 (40.49)	300 m :	3:50.62 (39.21) [1:19.70]	350 m :	4:30.70 (40.08)	400 m :	5:09.50 (38.80) [1:18.88]
17. Lucie DUQUENNE		2011	FRA	JN COMPIÈGNE	+0.63	<b>5:09.64</b>	865 pts
50 m :	33.77 (33.77)	100 m :	1:11.37 (37.60) [1:11.37]	150 m :	1:50.81 (39.44)	200 m :	2:30.44 (39.63) [1:19.07]
250 m :	3:10.81 (40.37)	300 m :	3:51.19 (40.38) [1:20.75]	350 m :	4:31.47 (40.28)	400 m :	5:09.64 (38.17) [1:18.45]
18. Justine LEMOINE		2011	FRA	DAUPHINS D'ANNECY	+0.74	<b>5:10.49</b>	860 pts
50 m :	34.05 (34.05)	100 m :	1:11.68 (37.63) [1:11.68]	150 m :	1:50.53 (38.85)	200 m :	2:30.29 (39.76) [1:18.61]
250 m :	3:10.21 (39.92)	300 m :	3:50.50 (40.29) [1:20.21]	350 m :	4:30.75 (40.25)	400 m :	5:10.49 (39.74) [1:19.99]
19. Lana-Marie-Doriane DAMOUR		2011	FRA	SUD SAUVAGE NATATION SAINT PHI	+0.82	<b>5:15.46</b>	827 pts
50 m :	32.83 (32.83)	100 m :	1:10.19 (37.36) [1:10.19]	150 m :	1:49.99 (39.80)	200 m :	2:31.14 (41.15) [1:20.95]
250 m :	3:12.19 (41.05)	300 m :	3:53.94 (41.75) [1:22.80]	350 m :	4:35.33 (41.39)	400 m :	5:15.46 (40.13) [1:21.52]

## Résultats

### Séries : 400 Nage Libre Dames - (Benjamins 13 ans : 13 ans - S2)

[J1 : Je 12/12/2024 - R2]

1. Léonie HUVET PANSARD	2011	FRA	EN TOURS	+0.74	<b>4:41.18</b>	1067 pts
50 m : 31.61 (31.61)	100 m : 1:06.60 (34.99)	[1:06.60]	150 m : 1:42.35 (35.75)	200 m : 2:18.71 (36.36)	[1:12.11]	
250 m : 2:54.86 (36.15)	300 m : 3:31.30 (36.44)	[1:12.59]	350 m : 4:06.39 (35.09)	400 m : 4:41.18 (34.79)	[1:09.88]	
2. Anna CASTOR HELAINE	2011	FRA	CNO ST-GERMAIN-EN-LAYE	+0.72	<b>4:43.32</b>	1051 pts
50 m : 31.94 (31.94)	100 m : 1:06.50 (34.56)	[1:06.50]	150 m : 1:42.37 (35.87)	200 m : 2:18.52 (36.15)	[1:12.02]	
250 m : 2:55.23 (36.71)	300 m : 3:31.70 (36.47)	[1:13.18]	350 m : 4:07.60 (35.90)	400 m : 4:43.32 (35.72)	[1:11.62]	
3. Faustine PENARD	2011	FRA	NAUTIC CLUB NÎMES	+0.73	<b>4:44.60</b>	1041 pts
50 m : 31.95 (31.95)	100 m : 1:07.27 (35.32)	[1:07.27]	150 m : 1:43.28 (36.01)	200 m : 2:19.74 (36.46)	[1:12.47]	
250 m : 2:55.50 (35.76)	300 m : 3:32.22 (36.72)	[1:12.48]	350 m : 4:08.86 (36.64)	400 m : 4:44.60 (35.74)	[1:12.38]	
4. Loane SCHMITT	2011	FRA	DAUPHINS DE ST-LOUIS	+0.75	<b>4:53.88</b>	974 pts
50 m : 32.19 (32.19)	100 m : 1:07.50 (35.31)	[1:07.50]	150 m : 1:44.03 (36.53)	200 m : 2:20.52 (36.49)	[1:13.02]	
250 m : 2:58.46 (37.94)	300 m : 3:37.58 (39.12)	[1:17.06]	350 m : 4:16.37 (38.79)	400 m : 4:53.88 (37.51)	[1:16.30]	
5. Laila PRIGENT	2011	FRA	CN GUINGAMP	+0.77	<b>5:00.38</b>	929 pts
50 m : 34.29 (34.29)	100 m : 1:10.81 (36.52)	[1:10.81]	150 m : 1:48.22 (37.41)	200 m : 2:26.06 (37.84)	[1:15.25]	
250 m : 3:03.97 (37.91)	300 m : 3:42.86 (38.89)	[1:16.80]	350 m : 4:21.86 (39.00)	400 m : 5:00.38 (38.52)	[1:17.52]	
6. Elsa VIUDES	2011	FRA	SAINT-RAPHAEL NATATION	+0.77	<b>5:01.67</b>	920 pts
50 m : 32.65 (32.65)	100 m : 1:10.33 (37.68)	[1:10.33]	150 m : 1:48.65 (38.32)	200 m : 2:27.39 (38.74)	[1:17.06]	
250 m : 3:06.07 (38.68)	300 m : 3:45.67 (39.60)	[1:18.28]	350 m : 4:24.70 (39.03)	400 m : 5:01.67 (36.97)	[1:16.00]	
7. Juliette ANTOINE	2011	FRA	STADE DE REIMS NATATION	+0.69	<b>5:02.18</b>	916 pts
50 m : 33.53 (33.53)	100 m : 1:11.22 (37.69)	[1:11.22]	150 m : 1:49.65 (38.43)	200 m : 2:28.45 (38.80)	[1:17.23]	
250 m : 3:07.28 (38.83)	300 m : 3:45.74 (38.46)	[1:17.29]	350 m : 4:23.82 (38.08)	400 m : 5:02.18 (38.36)	[1:16.44]	
8. Jeanne PERCHE	2011	FRA	ALLIANCE DIJON NATATION	+0.65	<b>5:03.60</b>	906 pts
50 m : 33.85 (33.85)	100 m : 1:11.62 (37.77)	[1:11.62]	150 m : 1:50.50 (38.88)	200 m : 2:29.73 (39.23)	[1:18.11]	
250 m : 3:09.33 (39.60)	300 m : 3:47.86 (38.53)	[1:18.13]	350 m : 4:26.94 (39.08)	400 m : 5:03.60 (36.66)	[1:15.74]	
9. Margaux FLAMENT	2011	FRA	STADE BÉTHUNE PÉLICAN CLUB	+0.83	<b>5:03.91</b>	904 pts
50 m : 33.12 (33.12)	100 m : 1:10.64 (37.52)	[1:10.64]	150 m : 1:49.92 (39.28)	200 m : 2:29.08 (39.16)	[1:18.44]	
250 m : 3:08.80 (39.72)	300 m : 3:47.83 (39.03)	[1:18.75]	350 m : 4:27.15 (39.32)	400 m : 5:03.91 (36.76)	[1:16.08]	
10. Lwiz DEJARDIN	2011	FRA	LILLE MÉTROPOLE NATATION	+0.82	<b>5:06.00</b>	890 pts
50 m : 34.18 (34.18)	100 m : 1:12.72 (38.54)	[1:12.72]	150 m : 1:52.18 (39.46)	200 m : 2:31.91 (39.73)	[1:19.19]	
250 m : 3:11.17 (39.26)	300 m : 3:50.56 (39.39)	[1:18.65]	350 m : 4:28.73 (38.17)	400 m : 5:06.00 (37.27)	[1:15.44]	
11. Tea MORDILLAT	2011	FRA	STADE DE REIMS NATATION	+0.86	<b>5:18.73</b>	806 pts
50 m : 35.52 (35.52)	100 m : 1:15.02 (39.50)	[1:15.02]	150 m : 1:55.41 (40.39)	200 m : 2:36.43 (41.02)	[1:21.41]	
250 m : 3:17.10 (40.67)	300 m : 3:58.63 (41.53)	[1:22.20]	350 m : 4:39.06 (40.43)	400 m : 5:18.73 (39.67)	[1:20.10]	
--- Clémence MADELINE	2011	FRA	EN CAEN		<b>DNS</b>	dec

### Séries : 400 Nage Libre Dames - (Benjamins 12 ans : 12 ans - S1)

[J1 : Je 12/12/2024 - R1]

1. Madeleine LAFFON	2012	FRA	RACING CLUB DE FRANCE	+0.77	<b>5:03.14</b>	910 pts
50 m : 35.29 (35.29)	100 m : 1:14.26 (38.97)	[1:14.26]	150 m : 1:53.37 (39.11)	200 m : 2:32.63 (39.26)	[1:18.37]	
250 m : 3:11.33 (38.70)	300 m : 3:50.15 (38.82)	[1:17.52]	350 m : 4:27.58 (37.43)	400 m : 5:03.14 (35.56)	[1:12.99]	
2. Théa JEAN-PHILIPPE	2012	FRA	C.NAGEUR DE ST FRANCOIS	+0.69	<b>5:07.85</b>	877 pts
50 m : 33.01 (33.01)	100 m : 1:11.70 (38.69)	[1:11.70]	150 m : 1:51.37 (39.67)	200 m : 2:31.19 (39.82)	[1:19.49]	
250 m : 3:11.07 (39.88)	300 m : 3:50.97 (39.90)	[1:19.78]	350 m : 4:28.98 (38.01)	400 m : 5:07.85 (38.87)	[1:16.88]	
3. Diane LABOUGLIE	2012	FRA	AMIENS METROPOLE NAT.	+0.72	<b>5:08.81</b>	871 pts
50 m : 35.22 (35.22)	100 m : 1:14.67 (39.45)	[1:14.67]	150 m : 1:54.23 (39.56)	200 m : 2:34.88 (40.65)	[1:20.21]	
250 m : 3:13.00 (38.12)	300 m : 3:52.66 (39.66)	[1:17.78]	350 m : 4:31.55 (38.89)	400 m : 5:08.81 (37.26)	[1:16.15]	
4. Louna PARACHE	2012	FRA	CSN GUYANCOURT	+0.76	<b>5:09.34</b>	867 pts
50 m : 34.82 (34.82)	100 m : 1:13.54 (38.72)	[1:13.54]	150 m : 1:53.34 (39.80)	200 m : 2:33.16 (39.82)	[1:19.62]	
250 m : 3:13.07 (39.91)	300 m : 3:53.27 (40.20)	[1:20.11]	350 m : 4:32.47 (39.20)	400 m : 5:09.34 (36.87)	[1:16.07]	
5. Alice RASOLONJATOVO	2012	FRA	DYNAMO MARTINET	+0.74	<b>5:10.84</b>	857 pts
50 m : 35.06 (35.06)	100 m : 1:13.89 (38.83)	[1:13.89]	150 m : 1:53.09 (39.20)	200 m : 2:32.84 (39.75)	[1:18.95]	
250 m : 3:12.41 (39.57)	300 m : 3:52.89 (40.48)	[1:20.05]	350 m : 4:32.55 (39.66)	400 m : 5:10.84 (38.29)	[1:17.95]	
6. Lily SOULAGNAT	2012	FRA	ASM CHAMALIERES NATATION	+0.82	<b>5:13.41</b>	840 pts
50 m : 35.97 (35.97)	100 m : 1:14.19 (38.22)	[1:14.19]	150 m : 1:54.12 (39.93)	200 m : 2:34.03 (39.91)	[1:19.84]	
250 m : 3:14.45 (40.42)	300 m : 3:54.52 (40.07)	[1:20.49]	350 m : 4:34.81 (40.29)	400 m : 5:13.41 (38.60)	[1:18.89]	
7. Maeva COLLE LISSMANN	2012	FRA	TRITON CLUB BELLEVILLE	+0.87	<b>5:14.38</b>	834 pts
50 m : 35.08 (35.08)	100 m : 1:14.27 (39.19)	[1:14.27]	150 m : 1:54.83 (40.56)	200 m : 2:35.23 (40.40)	[1:20.96]	
250 m : 3:15.63 (40.40)	300 m : 3:55.98 (40.35)	[1:20.75]	350 m : 4:36.44 (40.46)	400 m : 5:14.38 (37.94)	[1:18.40]	
8. Margot TOURNAY	2012	FRA	CNO ST-GERMAIN-EN-LAYE	+0.69	<b>5:14.77</b>	831 pts
50 m : 35.14 (35.14)	100 m : 1:14.86 (39.72)	[1:14.86]	150 m : 1:54.76 (39.90)	200 m : 2:35.35 (40.59)	[1:20.49]	
250 m : 3:15.64 (40.29)	300 m : 3:56.47 (40.83)	[1:21.12]	350 m : 4:36.09 (39.62)	400 m : 5:14.77 (38.68)	[1:18.30]	

## Résultats

### (Suite) Séries : 400 Nage Libre Dames - (Benjamins 12 ans : 12 ans - S1)

[J1 : Je 12/12/2024 - R1]

9. Ambre HAUET		2012	FRA	AS EMERAINVILLE	+0.74	<b>5:15.13</b>	829 pts
50 m :	35.03 (35.03)	100 m :	1:14.25 (39.22) [1:14.25]	150 m :	1:54.22 (39.97)	200 m :	2:34.99 (40.77) [1:20.74]
250 m :	3:15.81 (40.82)	300 m :	3:56.29 (40.48) [1:21.30]	350 m :	4:36.45 (40.16)	400 m :	5:15.13 (38.68) [1:18.84]
10. Estelle KUC MOREAU		2012	FRA	SAINT-RAPHAEL NATATION	+0.78	<b>5:15.54</b>	826 pts
50 m :	34.24 (34.24)	100 m :	1:12.90 (38.66) [1:12.90]	150 m :	1:53.01 (40.11)	200 m :	2:34.02 (41.01) [1:21.12]
250 m :	3:15.14 (41.12)	300 m :	3:56.93 (41.79) [1:22.91]	350 m :	4:36.45 (39.52)	400 m :	5:15.54 (39.09) [1:18.61]
11. Paola ROSATO		2012	FRA	CN MARSEILLE	+0.75	<b>5:16.39</b>	821 pts
50 m :	35.03 (35.03)	100 m :	1:14.49 (39.46) [1:14.49]	150 m :	1:54.97 (40.48)	200 m :	2:35.79 (40.82) [1:21.30]
250 m :	3:16.60 (40.81)	300 m :	3:57.18 (40.58) [1:21.39]	350 m :	4:38.19 (41.01)	400 m :	5:16.39 (38.20) [1:19.21]
12. Giada VIACAVA		2012	ITA	AS MONACO NATATION	+0.74	<b>5:16.54</b>	820 pts
50 m :	34.80 (34.80)	100 m :	1:14.13 (39.33) [1:14.13]	150 m :	1:54.47 (40.34)	200 m :	2:35.51 (41.04) [1:21.38]
250 m :	3:16.10 (40.59)	300 m :	3:56.98 (40.88) [1:21.47]	350 m :	4:37.66 (40.68)	400 m :	5:16.54 (38.88) [1:19.56]
13. Aleyna LOBBÉ		2012	FRA	LA ROCHE-SUR-YON NATATION	+0.83	<b>5:21.06</b>	791 pts
50 m :	35.00 (35.00)	100 m :	1:13.32 (38.32) [1:13.32]	150 m :	1:53.78 (40.46)	200 m :	2:35.57 (41.79) [1:22.25]
250 m :	3:17.33 (41.76)	300 m :	3:59.47 (42.14) [1:23.90]	350 m :	4:41.18 (41.71)	400 m :	5:21.06 (39.88) [1:21.59]
14. Océane HAVELANGE		2012	BEL	ARDENNES RIVES DE MEUSE NATATI	+0.81	<b>5:22.75</b>	780 pts
50 m :	35.66 (35.66)	100 m :	1:15.81 (40.15) [1:15.81]	150 m :	1:57.32 (41.51)	200 m :	2:38.69 (41.37) [1:22.88]
250 m :	3:21.04 (42.35)	300 m :	4:02.49 (41.45) [1:23.80]	350 m :	4:44.04 (41.55)	400 m :	5:22.75 (38.71) [1:20.26]
15. Laïa MARIMOUTOU		2012	FRA	OLYMPIQUE CLUB DU CARBET	+0.74	<b>5:23.68</b>	774 pts
50 m :	35.86 (35.86)	100 m :	1:15.80 (39.94) [1:15.80]	150 m :	1:56.88 (41.08)	200 m :	2:39.06 (42.18) [1:23.26]
250 m :	3:20.35 (41.29)	300 m :	4:02.02 (41.67) [1:22.96]	350 m :	4:43.81 (41.79)	400 m :	5:23.68 (39.87) [1:21.66]

### Séries : 400 Nage Libre Dames - (Benjamins 12 ans : 12 ans - S2)

[J1 : Je 12/12/2024 - R1]

1. Sirine BELHAIT		2012	FRA	MULHOUSE ON	+0.81	<b>4:53.99</b>	973 pts
50 m :	33.38 (33.38)	100 m :	1:10.21 (36.83) [1:10.21]	150 m :	1:47.26 (37.05)	200 m :	2:25.36 (38.10) [1:15.15]
250 m :	3:02.54 (37.18)	300 m :	3:40.43 (37.89) [1:15.07]	350 m :	4:17.81 (37.38)	400 m :	4:53.99 (36.18) [1:13.56]
2. Adele DEMACON		2012	FRA	CHARLEVILLE-MÉZIÈRES NATATION	+0.66	<b>4:58.84</b>	939 pts
50 m :	33.94 (33.94)	100 m :	1:11.21 (37.27) [1:11.21]	150 m :	1:48.83 (37.62)	200 m :	2:27.31 (38.48) [1:16.10]
250 m :	3:05.72 (38.41)	300 m :	3:44.26 (38.54) [1:16.95]	350 m :	4:21.97 (37.71)	400 m :	4:58.84 (36.87) [1:14.58]
3. Camille-Marie HUGUET		2012	FRA	CN MARSEILLE	+0.68	<b>5:01.13</b>	923 pts
50 m :	33.63 (33.63)	100 m :	1:10.60 (36.97) [1:10.60]	150 m :	1:48.92 (38.32)	200 m :	2:27.13 (38.21) [1:16.53]
250 m :	3:06.30 (39.17)	300 m :	3:44.78 (38.48) [1:17.65]	350 m :	4:23.14 (38.36)	400 m :	5:01.13 (37.99) [1:16.35]
4. Agnès BERTHET		2012	FRA	CALAIS NATATION	+0.84	<b>5:06.17</b>	889 pts
50 m :	34.43 (34.43)	100 m :	1:12.35 (37.92) [1:12.35]	150 m :	1:52.46 (40.11)	200 m :	2:32.52 (40.06) [1:20.17]
250 m :	3:11.85 (39.33)	300 m :	3:51.05 (39.20) [1:18.53]	350 m :	4:29.10 (38.05)	400 m :	5:06.17 (37.07) [1:15.12]
5. Eleonore RAMELLI CARATINI		2012	FRA	2B NATATION	+0.75	<b>5:06.55</b>	886 pts
50 m :	34.90 (34.90)	100 m :	1:13.75 (38.85) [1:13.75]	150 m :	1:53.72 (39.97)	200 m :	2:34.03 (40.31) [1:20.28]
250 m :	3:13.02 (38.99)	300 m :	3:52.30 (39.28) [1:18.27]	350 m :	4:31.20 (38.90)	400 m :	5:06.55 (35.35) [1:14.25]
6. Anaé DELANDE		2012	FRA	CN CALÉDONIENS	+0.70	<b>5:06.56</b>	886 pts
50 m :	34.17 (34.17)	100 m :	1:12.06 (37.89) [1:12.06]	150 m :	1:50.48 (38.42)	200 m :	2:28.96 (38.48) [1:16.90]
250 m :	3:08.05 (39.09)	300 m :	3:48.01 (39.96) [1:19.05]	350 m :	4:27.76 (39.75)	400 m :	5:06.56 (38.80) [1:18.55]
7. Jade SORIOT		2012	FRA	SC THIONVILLE	+0.76	<b>5:06.82</b>	884 pts
50 m :	33.65 (33.65)	100 m :	1:12.00 (38.35) [1:12.00]	150 m :	1:52.44 (40.44)	200 m :	2:32.98 (40.54) [1:20.98]
250 m :	3:12.64 (39.66)	300 m :	3:51.41 (38.77) [1:18.43]	350 m :	4:30.67 (39.26)	400 m :	5:06.82 (36.15) [1:15.41]
8. Laila CHAUVIN		2012	FRA	LA ROCHE-SUR-YON NATATION	+0.74	<b>5:09.85</b>	864 pts
50 m :	34.62 (34.62)	100 m :	1:13.98 (39.36) [1:13.98]	150 m :	1:53.95 (39.97)	200 m :	2:33.73 (39.78) [1:19.75]
250 m :	3:13.99 (40.26)	300 m :	3:54.15 (40.16) [1:20.42]	350 m :	4:34.13 (39.98)	400 m :	5:09.85 (35.72) [1:15.70]
9. Julietta LARDIER-PUIGDOMENECH		2012	FRA	C PAUL-BERT RENNES	+0.82	<b>5:16.56</b>	820 pts
50 m :	35.71 (35.71)	100 m :	1:15.15 (39.44) [1:15.15]	150 m :	1:56.39 (41.24)	200 m :	2:37.09 (40.70) [1:21.94]
250 m :	3:17.53 (40.44)	300 m :	3:58.53 (41.00) [1:21.44]	350 m :	4:38.71 (40.18)	400 m :	5:16.56 (37.85) [1:18.03]
10. élisa RIEG		2012	FRA	AS MONACO NATATION	+0.77	<b>5:20.62</b>	793 pts
50 m :	36.30 (36.30)	100 m :	1:16.09 (39.79) [1:16.09]	150 m :	1:57.09 (41.00)	200 m :	2:37.96 (40.87) [1:21.87]
250 m :	3:19.07 (41.11)	300 m :	4:00.68 (41.61) [1:22.72]	350 m :	4:41.05 (40.37)	400 m :	5:20.62 (39.57) [1:19.94]