

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 13
04-11-23 - 14:00

Dames, 200m 4 nages

11 ans et plus
Liste résultats11 ans Ben: 3:26.62 / 12 ans Ben: 3:16.47 / 13 ans Min: 3:08.95 / 14 ans Min: 3:04.65 / 15 ans Cad: 2:58.99 /
16 ans Cad: 2:54.23 / Jun: 2:52.63; 19 +: 2:46.09

Points: FINA 2020

Rang	AN		Temps	Pts	50m	100m	150m	200m		
Benjamines										
1.		CREMER Jenny	12	Triton Ans Natation	3:00.82	339	40.10	46.46	50.68	43.58
2.		SCHMIDT Eléa	12	Liège Natation	3:11.45	285	42.99	48.80	57.45	42.21
Bejamines										
1.		BAJOT Clémence	11	Liège Natation	2:42.71	465	35.72	42.22	49.01	35.76
2.		JORISSEN Janne	11	Liège Natation	2:44.24	452	36.74	42.95	50.10	34.45
3.		ABDELKHALEK Lina	11	Ecole de Natation Waremme	2:47.65	425	37.99	44.36	48.55	36.75
4.		DELSAER Laurien	11	Liège Natation	2:48.05	422	37.67	44.11	49.87	36.40
5.		SCHWALL Laurence	11	SchwimmSchule Sankt Vith	2:51.79	395	41.09	41.70	51.24	37.76
6.		THONET Julia	11	Perron	3:04.29	320	43.37	49.43	49.00	42.49
Minimes										
1.		CARLOS DA SILVA I.	10	Liège Natation	2:44.32	452	35.83	44.33	47.45	36.71
2.		MARDAGA Anaïs	10	Liège Natation	2:46.87	431	37.08	42.59		
3.		STAS Eléa	10	Liège Natation	2:51.55	397	39.42	42.55	51.23	38.35
4.		DELVAUX Ellynn	10	Ecole Seraing Natation a.s.	2:53.66	383	37.93	44.34	50.17	41.22
5.		LEUSCHEN Hanna	10	SchwimmSchule Sankt Vith	2:53.74	382	39.55	43.00	51.15	40.04
6.		GASPAR Olivia	10	Club Natation Bastogne	2:54.85	375	38.98	46.50	48.29	41.08
7.		LARROZE Maëlys	10	Ecole Seraing Natation a.s.	2:58.42	353	39.93	45.42	55.09	37.98
8.		DEDOYARD Mazarine	10	Perron	3:18.42	256 *	45.72	50.62	57.64	44.44
disq.		DA SILVEIRA Mélissa	10	Perron	3:13.73	*	44.04	50.19	55.21	44.29
<i>SW 9.3 - Non respect des règles pour la touvhe finale d'un des styles.</i>										
Minimes										
1.		PAQUES Typhanie	09	Liège Natation	2:37.86	509	35.01	39.92	48.85	34.08
2.		PAQUES Célya	09	Liège Natation	2:38.80	500	35.78	40.83	46.81	35.38
3.		MOUHADI Yaelle	09	Ecole de Natation Waremme	2:42.60	466	33.07	42.85	50.59	36.09
4.		CATAKLI Nazra	09	Ecole Seraing Natation a.s.	2:43.84	456	35.59	40.75	51.35	36.15
5.		MICHEL Daphné	09	Nautic Club Herve	2:58.50	352	38.97	50.05	50.39	39.09
Cadettes										
1.		BOCK Anouk	08	Club Natation Bastogne	2:40.63	484	34.35	41.40	47.39	37.49
2.		PAIROUX Eloise	08	Perron	2:42.93	463	35.55	43.55	46.34	37.49
3.		THIRY Alice	08	Club Natation Bastogne	2:43.51	458	34.83	42.88	48.47	37.33
4.		LOUIS Emelyne	08	Cercle de Natation de Huy	2:51.92	394	37.79	47.52	45.23	41.38
5.		FRANKINET Margaux	08	Ecole Seraing Natation a.s.	2:55.26	372	39.10	45.37	49.23	41.56
6.		AERTS Oceane	08	Ecole Seraing Natation a.s.	2:59.26	348 *	36.22	46.53	54.88	41.63
7.		BACZYNSKI Tya	08	Perron	3:07.66	303 *	39.35	45.75	1:00.46	42.10
Cadettes										
1.		LABASSE Clemence	07	Ecole Seraing Natation a.s.	2:33.82	551	31.33	38.98	47.75	35.76
2.		FONTAINE Maelle	07	Namur Olympic Club	2:53.18	386	38.76	46.36	49.80	38.26



Championnats de District 2023
Seraing, 4- - 5-11-2023

Epreuve 13, Dames, 200m 4 nages

19 ans et plus

1. LAERMANS Emma	04	Ecole Seraing Natation a.s.	2:42.32	469	35.36	42.93	46.26	37.77
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Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 14
04-11-23 - 14:17

Messieurs, 1500m Libre

11 ans et plus
Liste résultats11 ans Ben: 22:44.96 / 12 ans Ben: 21:26.32 / 13 ans Min: 20:35.35 / 14 ans Min: 19:57.59 / 15 ans Cad: 19:46.81 /
16 ans Cad: 19:36.02 / Jun: 19:06.62; 19 +: 18:29.07

Points: FINA 2020

Rang		AN		Temps	Pts
Benjamins					
1.	SCHEPERS Thimothée	12	Perron	20:56.23	333
	100m: 1:16.62 1:16.62	500m: 6:58.69 1:25.79	900m: 12:36.19 1:23.43	1300m: 18:13.66 1:24.26	
	200m: 2:40.71 1:24.09	600m: 8:23.44 1:24.75	1000m: 14:01.50 1:25.31	1400m: 19:36.31 1:22.65	
	300m: 4:06.55 1:25.84	700m: 9:48.51 1:25.07	1100m: 15:25.19 1:23.69	1500m: 20:56.23 1:19.92	
	400m: 5:32.90 1:26.35	800m: 11:12.76 1:24.25	1200m: 16:49.40 1:24.21		

Benjamins

1.	GLODKIEWICZ Alexandre	11	Ecole de Natation Waremme	18:25.44	489
	100m: 1:10.19 1:10.19	500m: 6:04.54 1:13.32	900m: 11:00.48 1:14.90	1300m: 15:59.19 1:14.02	
	200m: 2:23.89 1:13.70	600m: 7:18.30 1:13.76	1000m: 12:15.35 1:14.87	1400m: 17:14.28 1:15.09	
	300m: 3:37.68 1:13.79	700m: 8:31.97 1:13.67	1100m: 13:30.40 1:15.05	1500m: 18:25.44 1:11.16	
	400m: 4:51.22 1:13.54	800m: 9:45.58 1:13.61	1200m: 14:45.17 1:14.77		
2.	JAENEN Per	11	Ecole de Natation Waremme	19:11.35	432
	100m: 1:15.70 1:15.70	500m: 6:26.41 1:17.46	900m: 11:35.63 1:17.26	1300m: 16:42.08 1:16.66	
	200m: 2:34.15 1:18.45	600m: 7:44.39 1:17.98	1000m: 12:52.40 1:16.77	1400m: 17:58.15 1:16.07	
	300m: 3:51.92 1:17.77	700m: 9:01.03 1:16.64	1100m: 14:08.79 1:16.39	1500m: 19:11.35 1:13.20	
	400m: 5:08.95 1:17.03	800m: 10:18.37 1:17.34	1200m: 15:25.42 1:16.63		
3.	FERRARI Maxime	11	Perron	20:37.76	348
	100m: 1:19.46 1:19.46	500m: 6:55.03 1:22.97	900m: 12:27.59 1:22.70	1300m: 17:57.88 1:22.87	
	200m: 2:43.59 1:24.13	600m: 8:18.85 1:23.82	1000m: 13:50.73 1:23.14	1400m: 19:18.90 1:21.02	
	300m: 4:08.18 1:24.59	700m: 9:42.23 1:23.38	1100m: 15:13.06 1:22.33	1500m: 20:37.76 1:18.86	
	400m: 5:32.06 1:23.88	800m: 11:04.89 1:22.66	1200m: 16:35.01 1:21.95		

Minimes

1.	LAMBERT Noah	10	Liège Natation	18:29.34	484
	100m: 1:08.49 1:08.49	500m: 6:03.99 1:14.50	900m: 11:02.85 1:15.19	1300m: 16:01.98 1:14.77	
	200m: 2:21.67 1:13.18	600m: 7:18.09 1:14.10	1000m: 12:17.65 1:14.80	1400m: 17:16.66 1:14.68	
	300m: 3:35.91 1:14.24	700m: 8:32.88 1:14.79	1100m: 13:32.33 1:14.68	1500m: 18:29.34 1:12.68	
	400m: 4:49.49 1:13.58	800m: 9:47.66 1:14.78	1200m: 14:47.21 1:14.88		
2.	GILLARD Sacha	10	Liège Natation	19:24.67	418
	100m: 1:15.29 1:15.29	500m: 6:24.85 1:17.32	900m: 11:35.27 1:17.97	1300m: 16:48.71 1:18.43	
	200m: 2:32.64 1:17.35	600m: 7:42.30 1:17.45	1000m: 12:53.61 1:18.34	1400m: 18:07.13 1:18.42	
	300m: 3:50.28 1:17.64	700m: 8:59.68 1:17.38	1100m: 14:11.64 1:18.03	1500m: 19:24.67 1:17.54	
	400m: 5:07.53 1:17.25	800m: 10:17.30 1:17.62	1200m: 15:30.28 1:18.64		
3.	CONROTTE Jehan	10	Club Natation Bastogne	21:47.84	295 *
	100m: 1:17.80 1:17.80	500m: 7:06.11 1:28.71	900m: 13:02.50 1:27.95	1300m: 18:57.56 1:28.96	
	200m: 2:43.21 1:25.41	600m: 8:34.04 1:27.93	1000m: 14:31.68 1:29.18	1400m: 20:25.24 1:27.68	
	300m: 4:09.86 1:26.65	700m: 10:03.63 1:29.59	1100m: 16:00.72 1:29.04	1500m: 21:47.84 1:22.60	
	400m: 5:37.40 1:27.54	800m: 11:34.55 1:30.92	1200m: 17:28.60 1:27.88		

Minimes

1.	MAKA Nicolas	09	Ecole Seraing Natation a.s.b.l.	19:20.68	422
	100m: 1:14.47 1:14.47	500m: 6:24.39 1:17.55	900m: 11:34.93 1:17.54	1300m: 16:46.28 1:18.27	
	200m: 2:32.13 1:17.66	600m: 7:41.76 1:17.37	1000m: 12:52.96 1:18.03	1400m: 18:04.70 1:18.42	
	300m: 3:49.93 1:17.80	700m: 8:59.67 1:17.91	1100m: 14:09.66 1:16.70	1500m: 19:20.68 1:15.98	
	400m: 5:06.84 1:16.91	800m: 10:17.39 1:17.72	1200m: 15:28.01 1:18.35		

**Championnats de District 2023**
Seraing, 4 - 5-11-2023**Epreuve 14, Messieurs, 1500m Libre****Cadets**

1. NOWAK Adrien			08	Nautic Club Herve			17:35.76	561
100m: 1:05.17	1:05.17	500m: 5:47.50	1:10.99	900m: 10:26.92	1:10.63	1300m: 15:14.46	1:12.55	
200m: 2:15.14	1:09.97	600m: 6:56.97	1:09.47	1000m: 11:38.02	1:11.10	1400m: 16:26.73	1:12.27	
300m: 3:25.61	1:10.47	700m: 8:06.51	1:09.54	1100m: 12:49.07	1:11.05	1500m: 17:35.76	1:09.03	
400m: 4:36.51	1:10.90	800m: 9:16.29	1:09.78	1200m: 14:01.91	1:12.84			
2. GOIRE Arnaud			08	Ecole de Natation Waremme			18:22.12	493
100m: 1:06.66	1:06.66	500m: 6:02.23	1:14.68	900m: 10:58.52	1:14.28	1300m: 15:56.00	1:14.43	
200m: 2:19.45	1:12.79	600m: 7:15.93	1:13.70	1000m: 12:13.45	1:14.93	1400m: 17:09.75	1:13.75	
300m: 3:32.98	1:13.53	700m: 8:30.02	1:14.09	1100m: 13:27.16	1:13.71	1500m: 18:22.12	1:12.37	
400m: 4:47.55	1:14.57	800m: 9:44.24	1:14.22	1200m: 14:41.57	1:14.41			

Juniors

1. GOIRE Antoine			06	Ecole de Natation Waremme			18:07.47	513
100m: 1:05.29	1:05.29	500m: 5:56.47	1:13.29	900m: 10:48.94	1:13.26	1300m: 15:42.28	1:13.33	
200m: 2:17.00	1:11.71	600m: 7:09.39	1:12.92	1000m: 12:01.94	1:13.00	1400m: 16:55.34	1:13.06	
300m: 3:30.09	1:13.09	700m: 8:22.52	1:13.13	1100m: 13:15.55	1:13.61	1500m: 18:07.47	1:12.13	
400m: 4:43.18	1:13.09	800m: 9:35.68	1:13.16	1200m: 14:28.95	1:13.40			

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 15
04-11-23 - 15:22

Filles, 400m Libre

Canetons
Liste résultats

Points: FINA 2020

Rang					AN					Temps	Pts	
1.	RAFIOU Morayo				13	Triton Ans Natation				5:39.14	338	
	50m:	37.11	37.11	150m:	2:01.90	43.83	250m:	3:30.20	44.38	350m:	4:57.79	44.08
	100m:	1:18.07	40.96	200m:	2:45.82	43.92	300m:	4:13.71	43.51	400m:	5:39.14	41.35
2.	GENOT Alix				13	Ecole de Natation Waremme				5:42.13	330	
	50m:	39.37	39.37	150m:	2:06.95	44.16	250m:	3:34.40	43.25	350m:	5:01.44	44.82
	100m:	1:22.79	43.42	200m:	2:51.15	44.20	300m:	4:16.62	42.22	400m:	5:42.13	40.69
3.	STAS Lorane				13	Liège Natation				5:52.05	303	
	50m:	39.83	39.83	150m:	2:08.84	45.30	250m:	3:38.94	45.41	350m:	5:09.26	45.43
	100m:	1:23.54	43.71	200m:	2:53.53	44.69	300m:	4:23.83	44.89	400m:	5:52.05	42.79
4.	VAN HOVE Pauline				13	Liège Natation				6:03.69	274	
	50m:	40.74	40.74	150m:	2:13.03	46.92	250m:	3:46.55	46.70	350m:	5:19.93	46.68
	100m:	1:26.11	45.37	200m:	2:59.85	46.82	300m:	4:33.25	46.70	400m:	6:03.69	43.76
5.	DELSAER Cato				13	Liège Natation				6:14.53	251	
	50m:	40.07	40.07	150m:	2:13.00	47.30	250m:	3:49.63	47.99	350m:	5:28.04	49.12
	100m:	1:25.70	45.63	200m:	3:01.64	48.64	300m:	4:38.92	49.29	400m:	6:14.53	46.49
6.	HIRTZ Jolene				13	Schwimmverein Delphin Eupen				6:17.94	244	
	50m:	39.57	39.57	150m:	2:11.11	47.01	250m:	3:50.47	49.66	350m:	5:30.06	49.66
	100m:	1:24.10	44.53	200m:	3:00.81	49.70	300m:	4:40.40	49.93	400m:	6:17.94	47.88
7.	TOUSSAINT Anaelle				13	Ecole Seraing Natation a.s.b.l.				6:27.28	227	
	50m:	40.87	40.87	150m:	2:19.08	49.65	250m:	4:00.29	50.64	350m:	5:40.73	49.87
	100m:	1:29.43	48.56	200m:	3:09.65	50.57	300m:	4:50.86	50.57	400m:	6:27.28	46.55
8.	VISÉ Lilly				13	Schwimmverein Delphin Eupen				6:31.29	220	
	50m:	42.67	42.67	150m:	2:22.11	50.38	250m:	4:03.29	50.50	350m:	5:43.93	50.50
	100m:	1:31.73	49.06	200m:	3:12.79	50.68	300m:	4:53.43	50.14	400m:	6:31.29	47.36
9.	MENNILLI Nina				13	Triton Ans Natation				6:36.85	211	
	50m:	44.71	44.71	150m:	2:25.52	50.67	250m:	4:08.85	51.51	350m:	5:50.92	49.94
	100m:	1:34.85	50.14	200m:	3:17.34	51.82	300m:	5:00.98	52.13	400m:	6:36.85	45.93
10.	PARDO Olivia				13	Perron				6:40.31	206	
	50m:	45.88	45.88	150m:	2:29.41	52.59	250m:	4:14.08	52.32	350m:	5:56.89	50.52
	100m:	1:36.82	50.94	200m:	3:21.76	52.35	300m:	5:06.37	52.29	400m:	6:40.31	43.42
11.	RINKIN Valentine				13	Mosan				6:40.33	206	
	50m:	41.62	41.62	150m:	2:25.29	52.72	250m:	4:10.19	53.06	350m:	5:54.57	51.71
	100m:	1:32.57	50.95	200m:	3:17.13	51.84	300m:	5:02.86	52.67	400m:	6:40.33	45.76
12.	GABRIELE Marie				13	Ecole Seraing Natation a.s.b.l.				6:40.81	205	
	50m:	44.29	44.29	150m:	2:25.73	51.55	250m:	4:09.34	51.06	350m:	5:51.54	49.28
	100m:	1:34.18	49.89	200m:	3:18.28	52.55	300m:	5:02.26	52.92	400m:	6:40.81	49.27
13.	GARCIA GARCIA Monica				13	Ecole Seraing Natation a.s.b.l.				6:45.42	198	
	50m:	46.36	46.36	150m:	2:31.69	53.64	250m:	4:16.93	53.01	350m:		
	100m:	1:38.05	51.69	200m:	3:23.92	52.23	300m:	5:10.18	53.25	400m:	6:45.42	
14.	BARDI SAM-GIAO Gabrielle				13	Mosan				6:49.36	192	
	50m:	41.93	41.93	150m:	2:22.90	51.61	250m:	4:08.13	53.52	350m:		
	100m:	1:31.29	49.36	200m:	3:14.61	51.71	300m:			400m:	6:49.36	
15.	EDIAR Marisa				13	Ecole Seraing Natation a.s.b.l.				6:58.46	180	
	50m:	44.50	44.50	150m:	2:31.91	54.27	250m:	4:20.32	54.21	350m:	6:09.44	53.63
	100m:	1:37.64	53.14	200m:	3:26.11	54.20	300m:	5:15.81	55.49	400m:	6:58.46	49.02

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 16
04-11-23 - 15:47

Dames, 400m Libre

11 ans et plus
Liste résultats11 ans Ben: 6:18.41 / 12 ans Ben: 5:59.34 / 13 ans Min: 5:45.22 / 14 ans Min: 5:37.15 / 15 ans Cad: 5:26.50 /
16 ans Cad: 5:17.51 / Jun: 5:14.35; 19 +: 5:02.44

Points: FINA 2020

Rang			AN					Temps	Pts
Benjamines									
1.	GILLAIN Gwenalynn		12	Mosan				5:09.35	446
	50m: 35.60	35.60	150m: 1:54.02	38.94	250m: 3:13.50	39.79	350m: 4:32.08	39.48	
	100m: 1:15.08	39.48	200m: 2:33.71	39.69	300m: 3:52.60	39.10	400m: 5:09.35	37.27	
2.	SCHMIDT Eléa		12	Liège Natation				5:46.75	317
	50m: 36.97	36.97	150m: 2:05.42	45.49	250m: 3:34.60	45.26	350m: 5:05.56	45.90	
	100m: 1:19.93	42.96	200m: 2:49.34	43.92	300m: 4:19.66	45.06	400m: 5:46.75	41.19	
3.	ABOUABDERRAHMANE Inès		12	Ecole de Natation Waremme				5:53.79	298
	50m: 38.23	38.23	150m: 2:07.10	45.21	250m: 3:37.76	45.59	350m: 5:08.72	45.43	
	100m: 1:21.89	43.66	200m: 2:52.17	45.07	300m: 4:23.29	45.53	400m: 5:53.79	45.07	
4.	ANDOURA Sidra		12	Mosan				5:56.86	290
	50m: 38.14	38.14	150m: 2:07.90	44.84	250m: 3:39.94	45.99	350m: 5:12.09	45.86	
	100m: 1:23.06	44.92	200m: 2:53.95	46.05	300m: 4:26.23	46.29	400m: 5:56.86	44.77	

Bejamines

1.	JORISSEN Janne		11	Liège Natation				4:53.19	524
	50m: 33.42	33.42	150m: 1:47.38	37.05	250m: 3:02.22	37.57	350m: 4:17.15	37.43	
	100m: 1:10.33	36.91	200m: 2:24.65	37.27	300m: 3:39.72	37.50	400m: 4:53.19	36.04	
2.	BAJOT Clémence		11	Liège Natation				4:53.96	520
	50m: 32.94	32.94	150m: 1:45.58	36.72	250m: 3:00.92	37.87	350m: 4:17.55	38.14	
	100m: 1:08.86	35.92	200m: 2:23.05	37.47	300m: 3:39.41	38.49	400m: 4:53.96	36.41	
3.	ABDELKHALEK Lina		11	Ecole de Natation Waremme				5:03.19	474
	50m: 33.82	33.82	150m: 1:50.27	38.30	250m: 3:07.33	38.27	350m: 4:25.09	38.76	
	100m: 1:11.97	38.15	200m: 2:29.06	38.79	300m: 3:46.33	39.00	400m: 5:03.19	38.10	
4.	DELSAER Laurien		11	Liège Natation				5:14.93	423
	50m: 33.67	33.67	150m: 1:49.87	39.15	250m: 3:11.40	41.08	350m: 4:34.75	41.70	
	100m: 1:10.72	37.05	200m: 2:30.32	40.45	300m: 3:53.05	41.65	400m: 5:14.93	40.18	
5.	THONET Julia		11	Perron				5:18.55	409
	50m: 36.13	36.13	150m: 1:56.36	40.39	250m: 3:17.45	40.87	350m: 4:38.73	40.85	
	100m: 1:15.97	39.84	200m: 2:36.58	40.22	300m: 3:57.88	40.43	400m: 5:18.55	39.82	

Minimes

1.	MARDAGA Anaïs		10	Liège Natation				4:53.91	520
	50m: 33.15	33.15	150m: 1:46.81	37.45	250m: 3:02.48	37.97	350m: 4:17.89	37.87	
	100m: 1:09.36	36.21	200m: 2:24.51	37.70	300m: 3:40.02	37.54	400m: 4:53.91	36.02	
2.	STAS Eléa		10	Liège Natation				5:04.42	468
	50m: 35.05	35.05	150m: 1:52.20	38.78	250m: 3:10.03	39.31	350m: 4:27.99	38.82	
	100m: 1:13.42	38.37	200m: 2:30.72	38.52	300m: 3:49.17	39.14	400m: 5:04.42	36.43	
3.	FONTAINE Heloise		10	Namur Olympic Club				5:12.13	434
	50m: 35.82	35.82	150m: 1:54.87	39.60	250m: 3:15.35	40.36	350m: 4:35.08	39.55	
	100m: 1:15.27	39.45	200m: 2:34.99	40.12	300m: 3:55.53	40.18	400m: 5:12.13	37.05	
4.	LARROZE Maëlys		10	Ecole Seraing Natation a.s.b.l.				5:19.68	404
	50m: 35.86	35.86	150m: 1:57.37	41.23	250m: 3:19.66	41.15	350m: 4:42.26	41.61	
	100m: 1:16.14	40.28	200m: 2:38.51	41.14	300m: 4:00.65	40.99	400m: 5:19.68	37.42	

Championnats de District 2023
Seraing, 4- - 5-11-2023

Epreuve 16, Filles, 400m Libre, Minimes

Rang		AN			Temps	Pts
5.	MENAGER Maiwenn	10	Country SC La Calamine		5:22.35	394
	50m: 35.24 35.24	150m: 1:55.88	41.20	250m: 3:19.24 42.14	350m: 4:43.56	41.66
	100m: 1:14.68 39.44	200m: 2:37.10	41.22	300m: 4:01.90 42.66	400m: 5:22.35	38.79
6.	GUILLEAUME Louisa	10	Mosan		5:39.98	336
	50m: 39.31 39.31	150m: 2:05.91	43.56	250m: 3:32.53 43.36	350m: 4:59.09	43.21
	100m: 1:22.35 43.04	200m: 2:49.17	43.26	300m: 4:15.88 43.35	400m: 5:39.98	40.89

Minimes

1.	PAQUES Célya	09	Liège Natation		4:44.65	573
	50m: 32.69 32.69	150m: 1:43.17	35.53	250m:	350m: 2:55.74	6.64
	100m: 1:07.64 34.95	200m: 2:19.54	36.37	300m: 2:49.10	400m: 4:44.65	1:48.91
2.	PAQUES Typhanie	09	Liège Natation		4:46.15	564
	50m: 32.73 32.73	150m: 1:43.70	35.90	250m:	350m:	
	100m: 1:07.80 35.07	200m: 2:20.03	36.33	300m: 2:51.97	400m: 4:46.15	
3.	CATAKLI Nazra	09	Ecole Seraing Natation a.s.b.l.		5:08.35	450
	50m: 34.44 34.44	150m: 1:51.57	38.70	250m: 3:09.73 38.78	350m: 4:29.31	39.61
	100m: 1:12.87 38.43	200m: 2:30.95	39.38	300m: 3:49.70 39.97	400m: 5:08.35	39.04

Cadettes

1.	PAIROUX Eloise	08	Perron		4:59.03	494
	50m: 34.67 34.67	150m: 1:50.35	37.94	250m: 3:06.79 38.06	350m: 4:22.51	37.60
	100m: 1:12.41 37.74	200m: 2:28.73	38.38	300m: 3:44.91 38.12	400m: 4:59.03	36.52
2.	THIRY Alice	08	Club Natation Bastogne		5:06.19	460
	50m: 34.62 34.62	150m: 1:51.55	38.77	250m: 3:08.94 38.16	350m: 4:27.71	39.56
	100m: 1:12.78 38.16	200m: 2:30.78	39.23	300m: 3:48.15 39.21	400m: 5:06.19	38.48

Cadettes

1.	DEMOULIN Célia	07	Nautic Club Herve		5:24.24	387 *
	50m: 35.74 35.74	150m: 1:57.12	41.09	250m: 3:19.96 41.44	350m: 4:43.42	41.65
	100m: 1:16.03 40.29	200m: 2:38.52	41.40	300m: 4:01.77 41.81	400m: 5:24.24	40.82

Juniors

1.	QUADFLIEG Clarisse	06	Nautic Club Herve		5:11.62	436
	50m: 34.37 34.37	150m: 1:51.70	39.06	250m: 3:10.70 39.64	350m: 4:31.92	40.57
	100m: 1:12.64 38.27	200m: 2:31.06	39.36	300m: 3:51.35 40.65	400m: 5:11.62	39.70

19 ans et plus

1.	MARION Gladys	01	Ecole Seraing Natation a.s.b.l.		4:54.22	519
	50m: 33.56 33.56	150m: 1:46.48	36.95	250m: 3:00.96 36.87	350m: 4:17.28	38.20
	100m: 1:09.53 35.97	200m: 2:24.09	37.61	300m: 3:39.08 38.12	400m: 4:54.22	36.94
2.	MAKA Emilie	02	Ecole Seraing Natation a.s.b.l.		5:13.57	428 *
	50m: 34.46 34.46	150m: 1:52.38	39.70	250m: 3:12.88 40.41	350m: 4:34.15	40.54
	100m: 1:12.68 38.22	200m: 2:32.47	40.09	300m: 3:53.61 40.73	400m: 5:13.57	39.42

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 17
04-11-23 - 16:12

Garçons, 100m Dos

Canetons
Liste résultats

: 1:49.14

Points: FINA 2020

Rang		AN		Temps	Pts	50m	100m
1.	FRAUENKRON Noé	13	SchwimmSchule Sankt Vith	1:26.42	215	41.96	44.46
2.	CARLOS DA SILVA Elad-Lyron	13	Liège Natation	1:27.74	206	44.70	43.04
3.	JORISSEN Finn	13	Liège Natation	1:28.80	199	43.96	44.84
4.	GUILLEAUME Jeremiah	13	Mosan	1:37.92	148	47.69	50.23
5.	RENOUARD Mael	13	Liège Natation	1:40.80	136	50.42	50.38
6.	DETHIER Axel	13	Mosan	1:43.19	126	51.35	51.84
7.	DEFOURNY Aymeric	13	Nautic Club Herve	1:43.36	126	49.31	54.05
8.	OTTO Robin	13	Mosan	1:44.10	123	49.84	54.26
9.	COLLARD Robin	13	Val De Mehaigne Natation	1:46.55	115	51.96	54.59
disq.	EL BOUSTANE Adam	13	Mosan	1:40.04		47.10	52.94

SW 6.4 C - Au virage, le nageur a effectué plusieurs traction de bras.

**Championnats de District 2023
Seraing, 4- - 5-11-2023****Epreuve 18
04-11-23 - 16:17****Messieurs, 100m Dos****11 ans et plus
Liste résultats**11 ans Ben: 1:34.91 / 12 ans Ben: 1:28.52 / 13 ans Min: 1:23.79 / 14 ans Min: 1:19.60 / 15 ans Cad: 1:17.67 /
16 ans Cad: 1:16.47 / Jun: 1:14.74; 19 +: 1:09.53

Points: FINA 2020

Rang	AN		Temps	Pts	50m	100m		
Benjamins								
1.		DUBRUNQUEZ Antoine	12	Val De Mehaigne Natation	1:25.88	220	42.21	43.67
2.		AMRI Yassin	12	Mosan	1:25.96	219	42.71	43.25
3.		FORTEMPS Emilien	12	Perron	1:36.22	156 *	46.33	49.89
Benjamins								
1.		CHAU Duarte	11	Ecole de Natation Waremme	1:15.32	326	36.70	38.62
2.		FERRARI Maxime	11	Perron	1:22.68	246	40.38	42.30
3.		LEGROSCOLLARD Romain	11	Mosan	1:23.17	242	41.11	42.06
Minimes								
1.		DOLNE Noah	10	Royal Verviers Natation	1:13.13	356	34.87	38.26
2.		DUBRUNQUEZ Alexandre	10	Val De Mehaigne Natation	1:15.24	327	37.04	38.20
3.		COUNARD Matéo	10	Ecole de Natation Waremme	1:17.29	301	38.16	39.13
4.		MARCHOT Noé	10	Val De Mehaigne Natation	1:19.48	277	39.30	40.18
5.		CONROTTE Jehan	10	Club Natation Bastogne	1:23.07	243	40.41	42.66
6.		BRAGANO Timéo	10	Nautic Club Herve	1:25.63	222 *	41.91	43.72
Minimes								
1.		KONACKI Akin	09	Namur Olympic Club	1:10.73	393	34.67	36.06
2.		LEBRUN Julien	09	Cercle de Natation de Huy	1:12.53	365	36.09	36.44
3.		SALAMONE Sacha	09	Nautic Club Herve	1:13.21	355	35.40	37.81
4.		THIRION Alexandre	09	Cercle de Natation de Huy	1:13.51	350	35.34	38.17
5.		HENRY Lucas	09	Nautic Club Herve	1:22.57	247 *	40.55	42.02
6.		WERY Simon	09	Nautic Club Herve	1:31.32	183 *	44.73	46.59
Cadets								
1.		LECOQC Justin	08	Ecole Seraing Natation a.s.b.l.	1:02.37	574	30.87	31.50
2.		MESTDAGT Arnaud	08	Ecole Seraing Natation a.s.b.l.	1:09.72	411	33.90	35.82
3.		URBAIN Raphael	08	SchwimmSchule Sankt Vith	1:10.10	404	34.08	36.02
4.		GOIRE Arnaud	08	Ecole de Natation Waremme	1:12.51	365	34.82	37.69
5.		JEGHERS Maël	08	Nautic Club Herve	1:13.01	358	35.00	38.01
6.		HALLEUX Ethan	08	Nautic Club Herve	1:13.52	350	35.72	37.80
7.		BRAGANO Mattéo	08	Nautic Club Herve	1:14.64	335	35.81	38.83
Cadets								
1.		BENNANI Walid	07	Ecole Seraing Natation a.s.b.l.	1:04.42	521	32.09	32.33
2.		ZEIMES Elric	07	Ecole de Natation Waremme	1:07.33	456	32.92	34.41
3.		TZENOFF Louen	07	Cercle de Natation de Huy	1:14.36	339	36.33	38.03
4.		BAETS Ethan	07	Ecole Seraing Natation a.s.b.l.	1:18.82	284 *	38.23	40.59
Juniors								
1.		LEBARILIER Clement	06	Royal Verviers Natation	1:07.96	444	32.89	35.07
2.		GOIRE Antoine	06	Ecole de Natation Waremme	1:10.98	389	34.80	36.18

**Championnats de District 2023
Seraing, 4- - 5-11-2023****Epreuve 19
04-11-23 - 16:25****Dames, 200m Dos****11 ans et plus
Liste résultats**11 ans Ben: 3:26.53 / 12 ans Ben: 3:15.73 / 13 ans Min: 3:07.73 / 14 ans Min: 3:03.16 / 15 ans Cad: 2:57.95 /
16 ans Cad: 2:53.64 / Jun: 2:50.92; 19 +: 2:44.47

Points: FINA 2020

Rang	AN		Temps	Pts	50m	100m	150m	200m	
Benjamines									
1.	CREMER Jenny	12	Triton Ans Natation	2:55.62	346	40.89	44.87	45.74	44.12
2.	SCHMIDT Eléa	12	Liège Natation	3:03.44	304	42.64	46.91	47.68	46.21
Bejamines									
1.	WÉGRIA Elena	11	Ecole de Natation Waremm	2:31.68	537	35.15	37.79	39.64	39.10
2.	SCHWALL Laurence	11	SchwimmSchule Sankt Vith	2:47.81	397	39.99	42.87	43.72	41.23
3.	ABDELKHALEK Lina	11	Ecole de Natation Waremm	2:49.11	388	40.73	43.16	42.88	42.34
4.	ZUIDEVELD Maria	11	Country SC La Calamine	3:04.08	300	42.37	47.36	48.25	46.10
5.	PAGANO Chloé	11	Nautic Club Herve	3:09.73	274	45.40	48.66	49.40	46.27
Minimes									
1.	DOHN Ninon	10	Namur Olympic Club	2:40.81	451	38.50	41.01	41.00	40.30
2.	ANTONIAN Juliette	10	Ecole de Natation Waremm	2:47.45	399	38.62	43.09	43.23	42.51
3.	STAS Eléa	10	Liège Natation	2:47.61	398	41.17	42.43	42.56	41.45
4.	LEUSCHEN Hanna	10	SchwimmSchule Sankt Vith	2:53.06	362	41.40	43.68	44.64	43.34
5.	GASPAR Olivia	10	Club Natation Bastogne	2:59.79	322	43.36	46.20	46.41	43.82
6.	GABRIELE Lucie	10	Ecole Seraing Natation a.s.	3:03.00	306	44.07	46.34	46.25	46.34
7.	DEDOYARD Mazarine	10	Perron	3:12.17	264 *	45.16	47.97	49.97	49.07
Minimes									
1.	PAQUES Célya	09	Liège Natation	2:38.01	475	38.94	39.51	40.57	38.99
2.	PAQUES Typhanie	09	Liège Natation	2:38.02	475	38.43	40.03	40.64	38.92
3.	RENARD Marie	09	Triton Ans Natation	3:03.75	302 *	42.67	46.64	47.33	47.11
Cadettes									
1.	BOCK Anouk	08	Club Natation Bastogne	2:39.05	466	37.07	40.97	41.11	39.90
2.	FRANKINET Margaux	08	Ecole Seraing Natation a.s.	2:53.36	360	41.47	42.98	45.40	43.51
3.	BACZYNSKI Tya	08	Perron	2:57.22	337	41.83	44.79	46.66	43.94
Cadettes									
1.	LABASSE Clemence	07	Ecole Seraing Natation a.s.	2:34.64	507	36.56	40.21	40.08	37.79

**Championnats de District 2023**
Seraing, 4- - 5-11-2023**Epreuve 20**
04-11-23 - 16:36**Messieurs, 4 x 100m Libre****11 ans et plus**
Liste résultats

Points: FINA 2020

Rang					Temps	Pts	
13 - 14 ans							
1.	Ecole Seraing Natation a.s.b.l. 1		Ecole Seraing Natation a.s.b.l.		4:33.21	327	
	GREGOIRE Maxime	31.57	1:06.73	MONTEFORTE Noe	0.00	33.58	1:12.84
	MARCOUX Lens	0.00	32.20	MAKA Nicolas	0.00	29.80	1:05.04
2.	Nautic Club Herve 1		Nautic Club Herve		4:37.75	311	
	HENRY Lucas	+0,66	32.20	SALAMONE Sacha	0.00	32.01	1:07.97
	BRAGANO Timéo	0.00	34.70	WERY Simon	+0,48	34.11	1:10.74
15 - 16 ans							
1.	Ecole Seraing Natation a.s.b.l. 2		Ecole Seraing Natation a.s.b.l.		4:04.15	458	
	MESTDAGT Arnaud	+0,73	28.76	LECOCQ Justin	+0,52	29.47	1:01.43
	BAETS Ethan	+0,26	31.31	BENNANI Walid	+0,30	27.65	58.08
11 ans et plus							
1.	Cercle de Natation de Huy 1		Cercle de Natation de Huy		4:08.71	433	
	LEBRUN Julien	30.83	1:03.05	THIRION Alexandre	+0,61	30.60	1:05.26
	TZENOFF Louen	0.00	30.02	PIERARD Geoffrey	-0,51	27.17	57.97