

Longues Distances 2021  
6600 Bastogne, 30-12-2021

Epreuve 1  
30-12-21 - 9:00

Dames, 1500m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang	AN				Temps		Pts	
<b>13 - 14 ans</b>								
1.	BOCK, anouk		08	Cnb	<b>19:47.32</b>		464	
	100m: 1:11.80	1:11.80	500m: 6:29.51	1:20.15	900m: 11:50.64	1:19.52	1300m: 17:12.49	1:19.80
	200m: 2:30.87	1:19.07	600m: 7:49.50	1:19.99	1000m: 13:11.41	1:20.77	1400m: 18:30.85	1:18.36
	300m: 3:50.11	1:19.24	700m: 9:08.48	1:18.98	1100m: 14:32.68	1:21.27	1500m: 19:47.32	1:16.47
	400m: 5:09.36	1:19.25	800m: 10:31.12	1:22.64	1200m: 15:52.69	1:20.01		
2.	DELEPLANQUE, Emma		08	Helios	<b>21:19.62</b>		371	
	100m: 1:18.68	1:18.68	500m: 7:01.37	1:27.19	900m: 12:47.30	1:28.64	1300m: 18:32.38	1:25.21
	200m: 2:43.09	1:24.41	600m: 8:28.09	1:26.72	1000m: 14:13.11	1:25.81	1400m: 19:58.26	1:25.88
	300m: 4:08.13	1:25.04	700m: 9:53.81	1:25.72	1100m: 15:40.21	1:27.10	1500m: 21:19.62	1:21.36
	400m: 5:34.18	1:26.05	800m: 11:18.66	1:24.85	1200m: 17:07.17	1:26.96		
3.	LENEAU, Camille		07	Cnj	<b>22:44.84</b>		305	
	100m: 1:18.58	1:18.58	500m: 7:20.88	1:32.71	900m: 13:34.84	1:35.13	1300m: 19:48.20	1:33.78
	200m: 2:47.19	1:28.61	600m: 8:52.18	1:31.30	1000m: 15:07.55	1:32.71	1400m: 21:19.71	1:31.51
	300m: 4:17.58	1:30.39	700m: 10:25.61	1:33.43	1100m: 16:41.64	1:34.09	1500m: 22:44.84	1:25.13
	400m: 5:48.17	1:30.59	800m: 11:59.71	1:34.10	1200m: 18:14.42	1:32.78		

Epreuve 2  
30-12-21 - 9:23

Messieurs, 800m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang	AN				Temps		Pts	
<b>11 - 12 ans</b>								
1.	BERMUDEZ-ATENCIA, Timéo		09	Perron	<b>10:50.78</b>		316	
	100m: 1:18.07	1:18.07	300m: 4:00.15	1:21.33	500m: 6:43.91	1:22.71	700m: 9:30.05	1:22.98
	200m: 2:38.82	1:20.75	400m: 5:21.20	1:21.05	600m: 8:07.07	1:23.16	800m: 10:50.78	1:20.73
2.	COLONERUS, Jonas		10	Schwimmschule St. Vith	<b>11:55.32</b>		238	
	100m: 1:23.38	1:23.38	300m: 4:24.83	1:30.64	500m: 7:25.01	1:30.08	700m: 10:27.88	1:28.76
	200m: 2:54.19	1:30.81	400m: 5:54.93	1:30.10	600m: 8:59.12	1:34.11	800m: 11:55.32	1:27.44
<b>13 - 14 ans</b>								
1.	VAN RYMENANT, MatThias		07	Cnj	<b>11:15.69</b>		282	
	100m: 1:15.95	1:15.95	300m: 4:05.96	1:26.03	500m: 6:59.13	1:26.23	700m: 9:53.42	1:26.69
	200m: 2:39.93	1:23.98	400m: 5:32.90	1:26.94	600m: 8:26.73	1:27.60	800m: 11:15.69	1:22.27
<b>15 - 16 ans</b>								
1.	DECORTE, Lucien		05	Cnj	<b>10:28.89</b>		350	
	100m: 1:12.07	1:12.07	300m: 3:50.90	1:19.89	500m: 6:31.93	1:20.23	700m: 9:12.51	1:20.66
	200m: 2:31.01	1:18.94	400m: 5:11.70	1:20.80	600m: 7:51.85	1:19.92	800m: 10:28.89	1:16.38
<b>17 - 18 ans</b>								
1.	LOURTIE, Théo		04	Perron	<b>9:06.56</b>		533	
	100m: 1:02.76	1:02.76	300m: 3:18.19	1:08.36	500m: 5:36.22	1:09.22	700m: 7:55.59	1:10.30
	200m: 2:09.83	1:07.07	400m: 4:27.00	1:08.81	600m: 6:45.29	1:09.07	800m: 9:06.56	1:10.97

Longues Distances 2021  
6600 Bastogne, 30-12-2021

Epreuve 3  
30-12-21 - 9:38

Dames, 400m 4 nages

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN					Temps	Pts			
11 - 12 ans												
1.	LEUSCHEN, Hanna		10	Schwimmschule St. Vith				<b>6:12.03</b>	337			
	50m:	44.10	44.10	150m:	2:21.30	45.69	250m:	3:57.43	52.21	350m:	5:31.96	42.17
	100m:	1:35.61	51.51	200m:	3:05.22	43.92	300m:	4:49.79	52.36	400m:	6:12.03	40.07

13 - 14 ans

1.	THIRY, Alice		08	Cnb				<b>5:43.44</b>	428			
	50m:	35.38	35.38	150m:	1:59.19	42.29	250m:	3:32.71	51.12	350m:	5:04.97	39.45
	100m:	1:16.90	41.52	200m:	2:41.59	42.40	300m:	4:25.52	52.81	400m:	5:43.44	38.47
2.	FRANCOIS, Shannon		07	Helios				<b>6:01.37</b>	367			
	50m:	36.29	36.29	150m:	2:10.17	46.41	250m:	3:45.07	51.13	350m:	5:19.95	39.59
	100m:	1:23.76	47.47	200m:	2:53.94	43.77	300m:	4:40.36	55.29	400m:	6:01.37	41.42

15 - 16 ans

1.	JAMAR, Laura		05	Perron				<b>5:41.74</b>	435			
	50m:	35.82	35.82	150m:	2:02.25	43.83	250m:	3:35.15	50.46	350m:	5:03.66	38.38
	100m:	1:18.42	42.60	200m:	2:44.69	42.44	300m:	4:25.28	50.13	400m:	5:41.74	38.08

Epreuve 4  
30-12-21 - 9:45

Messieurs, 400m 4 nages

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN					Temps	Pts			
11 - 12 ans												
1.	BRAGANO, Timéo		10	Nautic Club Herve				<b>6:41.38</b>	201			
	50m:	46.57	46.57	150m:	2:31.24	50.82	250m:	4:15.79	55.66	350m:	5:57.13	44.12
	100m:	1:40.42	53.85	200m:	3:20.13	48.89	300m:	5:13.01	57.22	400m:	6:41.38	44.25
13 - 14 ans												
1.	LOURTIE, Clément		07	Perron				<b>4:56.71</b>	500			
	50m:	31.28	31.28	150m:	1:45.48	37.86	250m:	3:04.99	41.44	350m:	4:23.26	34.52
	100m:	1:07.62	36.34	200m:	2:23.55	38.07	300m:	3:48.74	43.75	400m:	4:56.71	33.45
2.	FICHER, Augustin		07	Nautic Club Herve				<b>4:57.74</b>	494			
	50m:	30.40	30.40	150m:	1:46.12	39.56	250m:	3:05.92	40.81	350m:	4:23.78	35.33
	100m:	1:06.56	36.16	200m:	2:25.11	38.99	300m:	3:48.45	42.53	400m:	4:57.74	33.96
3.	HESENS, Tristan		07	Nautic Club Herve				<b>5:01.86</b>	474			
	50m:	32.63	32.63	150m:	1:48.82	39.79	250m:	3:09.39	42.50	350m:	4:28.15	35.61
	100m:	1:09.03	36.40	200m:	2:26.89	38.07	300m:	3:52.54	43.15	400m:	5:01.86	33.71
4.	DEVILLE, Manu		08	Perron				<b>5:09.44</b>	440			
	50m:	32.80	32.80	150m:	1:48.78	38.57	250m:	3:13.74	47.32	350m:	4:37.61	36.30
	100m:	1:10.21	37.41	200m:	2:26.42	37.64	300m:	4:01.31	47.57	400m:	5:09.44	31.83
5.	NOWAK, Adrien		08	Nautic Club Herve				<b>5:35.65</b>	345			
	50m:	36.93	36.93	150m:	2:01.66	40.41	250m:	3:30.53	49.68	350m:	4:59.14	38.29
	100m:	1:21.25	44.32	200m:	2:40.85	39.19	300m:	4:20.85	50.32	400m:	5:35.65	36.51
6.	VANWERS, Etan		08	Nautic Club Herve				<b>5:36.91</b>	341			
	50m:	36.57	36.57	150m:	2:03.59	42.92	250m:	3:34.04	49.63	350m:	5:02.24	37.82
	100m:	1:20.67	44.10	200m:	2:44.41	40.82	300m:	4:24.42	50.38	400m:	5:36.91	34.67

Longues Distances 2021  
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Epreuve 4, Garçons, 400m 4 nages, 13 - 14 ans

Rang			AN					Temps	Pts		
7.	URBAIN, Raphael		08	Schwimmschule St. Vith				<b>5:56.87</b>	287		
	50m:	36.49 36.49	150m:	2:06.02	43.72	250m:	3:40.54	51.90	350m:	5:16.04	42.86
	100m:	1:22.30 45.81	200m:	2:48.64	42.62	300m:	4:33.18	52.64	400m:	5:56.87	40.83
8.	BRAGANO, Mattéo		08	Nautic Club Herve				<b>6:01.09</b>	277		
	50m:	38.96 38.96	150m:	2:14.34	47.35	250m:	3:49.23	50.15	350m:	5:21.54	40.94
	100m:	1:26.99 48.03	200m:	2:59.08	44.74	300m:	4:40.60	51.37	400m:	6:01.09	39.55
9.	WÉRY, Pierre-Alexandre		08	Nautic Club Herve				<b>6:01.82</b>	275		
	50m:	37.67 37.67	150m:	2:08.17	45.83	250m:	3:46.11	52.74	350m:	5:21.36	40.92
	100m:	1:22.34 44.67	200m:	2:53.37	45.20	300m:	4:40.44	54.33	400m:	6:01.82	40.46
10.	FALLA, Simon		08	Cnb				<b>6:18.91</b>	240		
	50m:	38.63 38.63	150m:	2:15.28	45.58	250m:	3:57.32	57.87	350m:	5:36.77	43.28
	100m:	1:29.70 51.07	200m:	2:59.45	44.17	300m:	4:53.49	56.17	400m:	6:18.91	42.14
11.	FALLA, Antoine		08	Cnb				<b>6:22.94</b>	232		
	50m:	42.96 42.96	150m:	2:20.33	45.13	250m:	3:58.71	52.91	350m:	5:39.81	46.04
	100m:	1:35.20 52.24	200m:	3:05.80	45.47	300m:	4:53.77	55.06	400m:	6:22.94	43.13
12.	REICHLING, Victor		08	Cnb				<b>6:38.30</b>	206		
	50m:	40.49 40.49	150m:	2:22.22	49.76	250m:	4:05.75	55.43	350m:	5:51.71	48.08
	100m:	1:32.46 51.97	200m:	3:10.32	48.10	300m:	5:03.63	57.88	400m:	6:38.30	46.59

15 - 16 ans

1.	DA SILVA E SÀ, Filipe		06	Helios				<b>5:02.12</b>	473		
	50m:	30.27 30.27	150m:	1:44.63	39.42	250m:	3:05.17	42.19	350m:	4:26.45	37.06
	100m:	1:05.21 34.94	200m:	2:22.98	38.35	300m:	3:49.39	44.22	400m:	5:02.12	35.67
2.	LOURTIE, Nicolas		05	Perron				<b>5:02.67</b>	471		
	50m:	33.01 33.01	150m:	1:50.18	38.96	250m:	3:12.70	44.70	350m:	4:29.79	32.86
	100m:	1:11.22 38.21	200m:	2:28.00	37.82	300m:	3:56.93	44.23	400m:	5:02.67	32.88
3.	BERMUDEZ-ATENCIA, Joa		05	Perron				<b>5:30.64</b>	361		
	50m:	37.43 37.43	150m:	1:59.00	42.07	250m:	3:29.04	49.29	350m:	4:54.99	37.20
	100m:	1:16.93 39.50	200m:	2:39.75	40.75	300m:	4:17.79	48.75	400m:	5:30.64	35.65
4.	MAIRE, Elliott		06	Cnb				<b>6:01.02</b>	277		
	50m:	37.22 37.22	150m:	2:10.69	49.51	250m:	3:45.56	47.55	350m:	5:21.42	45.98
	100m:	1:21.18 43.96	200m:	2:58.01	47.32	300m:	4:35.44	49.88	400m:	6:01.02	39.60

17 - 18 ans

1.	LOURTIE, Théo		04	Perron				<b>4:54.39</b>	511		
	50m:	31.67 31.67	150m:	1:47.95	38.18	250m:	3:05.67	40.57	350m:	4:21.90	34.37
	100m:	1:09.77 38.10	200m:	2:25.10	37.15	300m:	3:47.53	41.86	400m:	4:54.39	32.49
2.	RENARD, Enzo		04	Cnb				<b>5:45.65</b>	316		
	50m:	33.69 33.69	150m:	2:03.15	43.76	250m:	3:33.01	47.09	350m:	5:05.05	42.47
	100m:	1:19.39 45.70	200m:	2:45.92	42.77	300m:	4:22.58	49.57	400m:	5:45.65	40.60

Epreuve 5  
30-12-21 - 10:37

Dames, 400m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN					Temps	Pts		
11 - 12 ans											
1.	HESSENS, Aurélie		09	Nautic Club Herve				<b>5:55.26</b>	285		
	50m:	38.02 38.02	150m:	2:08.33	46.25	250m:	3:41.72	46.74	350m:	5:15.82	46.82
	100m:	1:22.08 44.06	200m:	2:54.98	46.65	300m:	4:29.00	47.28	400m:	5:55.26	39.44
2.	GASPAR, Olivia		10	Cnb				<b>6:46.10</b>	191		
	50m:	44.91 44.91	150m:	2:27.44	51.57	250m:	4:11.51	51.41	350m:	5:55.73	51.76
	100m:	1:35.87 50.96	200m:	3:20.10	52.66	300m:	5:03.97	52.46	400m:	6:46.10	50.37

Longues Distances 2021  
6600 Bastogne, 30-12-2021

Epreuve 5, Filles, 400m Libre, 11 - 12 ans

Rang			AN						Temps	Pts		
3.	JUNGERS, Gaëlle		10		Schwimmschule St. Vith				<b>6:54.53</b>	179		
	50m:	43.05	43.05	150m:	2:28.62	53.31	250m:	4:16.40	54.35	350m:	6:04.47	54.27
	100m:	1:35.31	52.26	200m:	3:22.05	53.43	300m:	5:10.20	53.80	400m:	6:54.53	50.06
4.	DELIGNERE, Eva		10		Cnb				<b>7:11.63</b>	159		
	50m:	42.89	42.89	150m:	2:32.50	55.83	250m:	4:24.20	54.40	350m:	6:13.79	53.42
	100m:	1:36.67	53.78	200m:	3:29.80	57.30	300m:	5:20.37	56.17	400m:	7:11.63	57.84

13 - 14 ans

1.	RINCHON, Rachel		08		Helios				<b>4:37.48</b>	599		
	50m:	30.89	30.89	150m:	1:39.70	34.82	250m:	2:50.40	36.08	350m:	4:02.39	36.00
	100m:	1:04.88	33.99	200m:	2:14.32	34.62	300m:	3:26.39	35.99	400m:	4:37.48	35.09
2.	THIRY, Alice		08		Cnb				<b>5:04.44</b>	453		
	50m:	34.07	34.07	150m:	1:49.89	38.34	250m:	3:07.54	39.02	350m:	4:25.63	38.95
	100m:	1:11.55	37.48	200m:	2:28.52	38.63	300m:	3:46.68	39.14	400m:	5:04.44	38.81
3.	FRANCOIS, Shannon		07		Helios				<b>5:17.83</b>	398		
	50m:	35.91	35.91	150m:	1:57.12	41.18	250m:	3:18.66	40.66	350m:	4:40.38	39.37
	100m:	1:15.94	40.03	200m:	2:38.00	40.88	300m:	4:01.01	42.35	400m:	5:17.83	37.45
4.	BOREUX, Gemma		08		Cnb				<b>7:20.04</b>	150		
	50m:	43.28	43.28	150m:	2:32.89	55.74	250m:	4:29.70	58.25	350m:	6:24.01	57.72
	100m:	1:37.15	53.87	200m:	3:31.45	58.56	300m:	5:26.29	56.59	400m:	7:20.04	56.03
disq.	POLITANO, Christina		07		Perron							

15 - 16 ans

1.	ETIENNE, Constance		06		Cnj				<b>5:06.90</b>	442		
	50m:	33.68	33.68	150m:	1:48.44	37.78	250m:	3:06.41	39.37	350m:	4:27.45	40.56
	100m:	1:10.66	36.98	200m:	2:27.04	38.60	300m:	3:46.89	40.48	400m:	5:06.90	39.45

Epreuve 6  
30-12-21 - 10:52

Messieurs, 400m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN						Temps	Pts		
11 - 12 ans												
1.	BERMUDEZ-ATENCIA, Timéo		09		Perron				<b>5:22.35</b>	285		
	50m:	36.07	36.07	150m:	1:55.49	40.11	250m:	3:18.07	41.49	350m:	4:42.14	42.28
	100m:	1:15.38	39.31	200m:	2:36.58	41.09	300m:	3:59.86	41.79	400m:	5:22.35	40.21
2.	BRAGANO, Timéo		10		Nautic Club Herve				<b>6:01.36</b>	202		
	50m:	39.22	39.22	150m:	2:11.49	46.26	250m:	3:45.50	47.33	350m:	5:17.75	46.10
	100m:	1:25.23	46.01	200m:	2:58.17	46.68	300m:	4:31.65	46.15	400m:	6:01.36	43.61
3.	CONROTTE, Jehan Victor FALLA		10		Cnb				<b>7:14.78</b>	116		
	50m:	46.37	46.37	150m:	2:36.10	56.63	250m:	4:29.30	57.21	350m:	6:21.75	55.89
	100m:	1:39.47	53.10	200m:	3:32.09	55.99	300m:	5:25.86	56.56	400m:	7:14.78	53.03
4.	BERO, Remi		10		Cnj				<b>7:22.81</b>	110		
	50m:	45.89	45.89	150m:	2:34.83	56.26	250m:	4:31.34	58.27	350m:	6:26.68	56.95
	100m:	1:38.57	52.68	200m:	3:33.07	58.24	300m:	5:29.73	58.39	400m:	7:22.81	56.13

Longues Distances 2021  
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Epreuve 6, Messieurs, 400m Libre

13 - 14 ans

1.	HESSENS, Tristan	07	Nautic Club Herve	<b>4:25.30</b>	512
	50m: 31.14 31.14	150m: 1:38.14 33.82	250m: 2:45.89 33.94	350m: 3:53.70 33.70	
	100m: 1:04.32 33.18	200m: 2:11.95 33.81	300m: 3:20.00 34.11	400m: 4:25.30 31.60	
2.	FICHER, Augustin	07	Nautic Club Herve	<b>4:30.69</b>	482
	50m: 30.99 30.99	150m: 1:39.74 34.89	250m: 2:49.34 34.50	350m: 3:58.72 35.44	
	100m: 1:04.85 33.86	200m: 2:14.84 35.10	300m: 3:23.28 33.94	400m: 4:30.69 31.97	
3.	ESCHETTE, Louis	07	Cnb	<b>4:31.09</b>	479
	50m: 30.81 30.81	150m: 1:39.77 35.06	250m: 2:49.25 34.48	350m: 3:58.25 34.70	
	100m: 1:04.71 33.90	200m: 2:14.77 35.00	300m: 3:23.55 34.30	400m: 4:31.09 32.84	
4.	VANWERS, Etan	08	Nautic Club Herve	<b>4:50.22</b>	391
	50m: 33.17 33.17	150m: 1:47.41 37.46	250m: 3:02.06 36.91	350m: 4:16.23 36.40	
	100m: 1:09.95 36.78	200m: 2:25.15 37.74	300m: 3:39.83 37.77	400m: 4:50.22 33.99	
5.	NOWAK, Adrien	08	Nautic Club Herve	<b>4:53.45</b>	378
	50m: 33.25 33.25	150m: 1:47.74 37.62	250m: 3:02.39 37.16	350m: 4:17.79 37.17	
	100m: 1:10.12 36.87	200m: 2:25.23 37.49	300m: 3:40.62 38.23	400m: 4:53.45 35.66	
6.	WÉRY, Pierre-Alexandre	08	Nautic Club Herve	<b>5:07.28</b>	329
	50m: 33.85 33.85	150m: 1:51.27 39.32	250m: 3:10.94 40.14	350m: 4:29.62 39.11	
	100m: 1:11.95 38.10	200m: 2:30.80 39.53	300m: 3:50.51 39.57	400m: 5:07.28 37.66	
7.	BRAGANO, Mattéo	08	Nautic Club Herve	<b>5:13.42</b>	310
	50m: 35.36 35.36	150m: 1:54.00 40.02	250m: 3:13.84 40.21	350m: 4:34.79 40.49	
	100m: 1:13.98 38.62	200m: 2:33.63 39.63	300m: 3:54.30 40.46	400m: 5:13.42 38.63	
8.	FALLA, Simon	08	Cnb	<b>5:42.55</b>	237
	50m: 37.87 37.87	150m: 2:02.30 42.79	250m: 3:30.24 44.72	350m: 4:59.52 44.56	
	100m: 1:19.51 41.64	200m: 2:45.52 43.22	300m: 4:14.96 44.72	400m: 5:42.55 43.03	
9.	DUMONT, Victor	08	Perron	<b>5:49.43</b>	224
	50m: 38.37 38.37	150m: 2:05.89 44.23	250m: 3:36.36 44.76	350m: 5:06.73 44.50	
	100m: 1:21.66 43.29	200m: 2:51.60 45.71	300m: 4:22.23 45.87	400m: 5:49.43 42.70	
10.	FALLA, Antoine	08	Cnb	<b>5:50.90</b>	221
	50m: 40.00 40.00	150m: 2:08.84 44.86	250m: 3:38.39 43.89	350m: 5:07.33 44.29	
	100m: 1:23.98 43.98	200m: 2:54.50 45.66	300m: 4:23.04 44.65	400m: 5:50.90 43.57	
11.	REICHLING, Victor	08	Cnb	<b>5:53.92</b>	215
	50m: 37.51 37.51	150m: 2:06.63 45.03	250m: 3:37.39 45.23	350m: 5:10.25 46.05	
	100m: 1:21.60 44.09	200m: 2:52.16 45.53	300m: 4:24.20 46.81	400m: 5:53.92 43.67	
disq.	BOURIVAIN, eliott	07	Cnb	<b>6:19.10</b>	
	50m: 37.98 37.98	150m: 2:10.60 47.83	250m: 3:49.57 50.51	350m: 5:29.87 49.27	
	100m: 1:22.77 44.79	200m: 2:59.06 48.46	300m: 4:40.60 51.03	400m: 6:19.10 49.23	

15 - 16 ans

1.	DA SILVA E SÀ, Filipe	06	Helios	<b>4:24.82</b>	514
	50m: 30.97 30.97	150m: 1:38.28 33.76	250m: 2:45.75 33.71	350m: 3:53.46 33.64	
	100m: 1:04.52 33.55	200m: 2:12.04 33.76	300m: 3:19.82 34.07	400m: 4:24.82 31.36	
2.	DECORTE, Lucien	05	Cnj	<b>4:57.07</b>	364
	50m: 33.13 33.13	150m: 1:47.64 37.94	250m: 3:04.61 38.56	350m: 4:21.75 38.24	
	100m: 1:09.70 36.57	200m: 2:26.05 38.41	300m: 3:43.51 38.90	400m: 4:57.07 35.32	
3.	MAIRE, Elliott	06	Cnb	<b>5:34.80</b>	254
	50m: 37.84 37.84	150m: 2:00.89 41.64	250m: 3:26.48 42.84	350m: 4:52.60 43.30	
	100m: 1:19.25 41.41	200m: 2:43.64 42.75	300m: 4:09.30 42.82	400m: 5:34.80 42.20	

17 - 18 ans

1.	RENARD, Enzo	04	Cnb	<b>5:12.13</b>	314
	50m: 33.17 33.17	150m: 1:51.98 40.13	250m: 3:12.14 40.35	350m: 4:32.77 40.31	
	100m: 1:11.85 38.68	200m: 2:31.79 39.81	300m: 3:52.46 40.32	400m: 5:12.13 39.36	

Longues Distances 2021  
6600 Bastogne, 30-12-2021

Epreuve 7  
30-12-21 - 11:11

Dames, 800m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN					Temps	Pts
11 - 12 ans									
1.	FORTEMPS, Florine		09	Perron				<b>10:56.80</b>	388
	100m:	1:13.90 1:13.90	300m:	4:04.12 1:25.93	500m:	6:52.30 1:23.57	700m:	9:39.87 1:23.36	
	200m:	2:38.19 1:24.29	400m:	5:28.73 1:24.61	600m:	8:16.51 1:24.21	800m:	10:56.80 1:16.93	
2.	JOHNEN, Emma		10	Nautic Club Herve				<b>11:42.13</b>	318
	100m:	1:21.17 1:21.17	300m:	4:20.54 1:29.51	500m:	7:20.16 1:29.85	700m:	10:18.27 1:29.24	
	200m:	2:51.03 1:29.86	400m:	5:50.31 1:29.77	600m:	8:49.03 1:28.87	800m:	11:42.13 1:23.86	

13 - 14 ans

1.	RINCHON, Rachel		08	Helios				<b>9:32.56</b>	586
	100m:	1:08.25 1:08.25	300m:	3:33.10 1:12.63	500m:	5:58.62 1:12.49	700m:	8:23.44 1:11.76	
	200m:	2:20.47 1:12.22	400m:	4:46.13 1:13.03	600m:	7:11.68 1:13.06	800m:	9:32.56 1:09.12	
2.	GILLET, Nohra		07	Cnb				<b>10:08.72</b>	488
	100m:	1:08.91 1:08.91	300m:	3:41.92 1:16.53	500m:	6:16.23 1:17.47	700m:	8:52.09 1:17.64	
	200m:	2:25.39 1:16.48	400m:	4:58.76 1:16.84	600m:	7:34.45 1:18.22	800m:	10:08.72 1:16.63	
3.	BOCK,anouk		08	Cnb				<b>10:34.18</b>	431
	100m:	1:10.83 1:10.83	300m:	3:53.17 1:21.64	500m:	6:34.59 1:20.95	700m:	9:15.65 1:20.72	
	200m:	2:31.53 1:20.70	400m:	5:13.64 1:20.47	600m:	7:54.93 1:20.34	800m:	10:34.18 1:18.53	

15 - 16 ans

1.	QUADFLIEG, Clarisse		06	Nautic Club Herve				<b>10:20.14</b>	461
	100m:	1:13.48 1:13.48	300m:	3:49.91 1:18.32	500m:	6:27.89 1:19.29	700m:	9:04.71 1:18.57	
	200m:	2:31.59 1:18.11	400m:	5:08.60 1:18.69	600m:	7:46.14 1:18.25	800m:	10:20.14 1:15.43	
2.	JAMAR, Laura		05	Perron				<b>10:36.28</b>	427
	100m:	1:13.05 1:13.05	300m:	3:51.43 1:19.65	500m:	6:32.50 1:20.80	700m:	9:16.94 1:23.46	
	200m:	2:31.78 1:18.73	400m:	5:11.70 1:20.27	600m:	7:53.48 1:20.98	800m:	10:36.28 1:19.34	

Epreuve 8  
30-12-21 - 11:23

Messieurs, 1500m Libre

11 ans et plus  
Liste résultats

Points: FINA 2019

Rang			AN					Temps	Pts
13 - 14 ans									
1.	LOURTIE, Clément		07	Perron				<b>17:10.49</b>	557
	100m:	1:04.32 1:04.32	500m:	5:38.74 1:08.65	900m:	10:14.14 1:09.46	1300m:	14:49.73 1:10.89	
	200m:	2:12.77 1:08.45	600m:	6:48.10 1:09.36	1000m:	11:23.39 1:09.25	1400m:	16:01.08 1:11.35	
	300m:	3:21.53 1:08.76	700m:	7:55.91 1:07.81	1100m:	12:30.99 1:07.60	1500m:	17:10.49 1:09.41	
	400m:	4:30.09 1:08.56	800m:	9:04.68 1:08.77	1200m:	13:38.84 1:07.85			
2.	DEVILLE, Manu		08	Perron				<b>18:07.36</b>	474
	100m:	1:08.18 1:08.18	500m:	5:58.18 1:13.63	900m:	10:50.67 1:12.66	1300m:	15:44.33 1:12.94	
	200m:	2:19.22 1:11.04	600m:	7:11.28 1:13.10	1000m:	12:05.11 1:14.44	1400m:	16:57.47 1:13.14	
	300m:	3:32.06 1:12.84	700m:	8:24.80 1:13.52	1100m:	13:17.32 1:12.21	1500m:	18:07.36 1:09.89	
	400m:	4:44.55 1:12.49	800m:	9:38.01 1:13.21	1200m:	14:31.39 1:14.07			
3.	ESCHETTE, Louis		07	Cnb				<b>18:12.60</b>	467
	100m:	1:05.33 1:05.33	500m:	5:59.35 1:15.10	900m:	10:53.53 1:13.07	1300m:	15:47.71 1:13.10	
	200m:	2:17.53 1:12.20	600m:	7:12.69 1:13.34	1000m:	12:07.37 1:13.84	1400m:	17:00.54 1:12.83	
	300m:	3:30.59 1:13.06	700m:	8:27.76 1:15.07	1100m:	13:21.30 1:13.93	1500m:	18:12.60 1:12.06	
	400m:	4:44.25 1:13.66	800m:	9:40.46 1:12.70	1200m:	14:34.61 1:13.31			

Longues Distances 2021  
6600 Bastogne, 30-12-2021

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Epreuve 8, Messieurs, 1500m Libre

15 - 16 ans

1. SIAS, Simone		05	Perron						<b>16:57.07</b>	579	
100m:	1:04.31	1:04.31	500m:	5:38.60	1:08.80	900m:	10:13.84	1:09.58	1300m:	14:44.46	1:07.53
200m:	2:12.65	1:08.34	600m:	6:47.80	1:09.20	1000m:	11:22.82	1:08.98	1400m:	15:51.13	1:06.67
300m:	3:21.31	1:08.66	700m:	7:55.90	1:08.10	1100m:	12:29.30	1:06.48	1500m:	16:57.07	1:05.94
400m:	4:29.80	1:08.49	800m:	9:04.26	1:08.36	1200m:	13:36.93	1:07.63			
2. LOURTIE, Nicolas		05	Perron						<b>17:41.73</b>	509	
100m:	1:07.53	1:07.53	500m:	5:51.31	1:10.64	900m:	10:35.62	1:10.83	1300m:	15:20.99	1:10.73
200m:	2:18.44	1:10.91	600m:	7:02.27	1:10.96	1000m:	11:47.62	1:12.00	1400m:	16:32.06	1:11.07
300m:	3:29.48	1:11.04	700m:	8:13.26	1:10.99	1100m:	12:59.07	1:11.45	1500m:	17:41.73	1:09.67
400m:	4:40.67	1:11.19	800m:	9:24.79	1:11.53	1200m:	14:10.26	1:11.19			
3. BERMUDEZ-ATENCIA, Joa		05	Perron						<b>18:52.71</b>	419	
100m:	1:10.87	1:10.87	500m:	6:12.82	1:16.03	900m:	11:16.41	1:15.24	1300m:	16:21.73	1:15.51
200m:	2:26.62	1:15.75	600m:	7:28.80	1:15.98	1000m:	12:33.33	1:16.92	1400m:	17:38.50	1:16.77
300m:	3:41.94	1:15.32	700m:	8:45.03	1:16.23	1100m:	13:49.44	1:16.11	1500m:	18:52.71	1:14.21
400m:	4:56.79	1:14.85	800m:	10:01.17	1:16.14	1200m:	15:06.22	1:16.78			

19 ans et plus

1. DE LOOZ, Nathan		01	Cnj						<b>18:58.76</b>	413	
100m:	1:08.80	1:08.80	500m:	6:14.93	1:17.10	900m:	11:24.43	1:16.69	1300m:	16:31.20	1:15.85
200m:	2:24.29	1:15.49	600m:	7:32.69	1:17.76	1000m:	12:41.33	1:16.90	1400m:	17:46.65	1:15.45
300m:	3:40.89	1:16.60	700m:	8:49.66	1:16.97	1100m:	13:58.39	1:17.06	1500m:	18:58.76	1:12.11
400m:	4:57.83	1:16.94	800m:	10:07.74	1:18.08	1200m:	15:15.35	1:16.96			