

ALGERIAN WINTER CHAMPIONSHIPS AGE GROUPS
Oran, 27 - 31/1/2026

Epreuve 10
30/01/2026 - 10:52

Filles, 400m Libre

13 - 18 ans
Liste résultats

algerian records scm 25m 4:12.16 CHEROUATI NEFISSA SOUAD,

MINIMA JUN: 5:13.92; CDT: 5:28.21; MIN: 5:45.51

Points: AQUA 2025

Rang	AN				Temps				Pts			
MINIMES												
1.	BEKKOUCHE, Dikra Baya 13 Club Rouad Fouka				4:50.00				500			
	50m:	32.29	32.29	150m:	1:44.83	36.87	250m:	2:59.39	37.22	350m:	4:13.61	37.70
	100m:	1:07.96	35.67	200m:	2:22.17	37.34	300m:	3:35.91	36.52	400m:	4:50.00	36.39
2.	AMROU MOHAMED CHAFIA SAIF, Ker12a Chabab Riadhi Belouizdad				4:56.48				468			
	50m:	32.22	32.22	150m:	1:45.20	37.19	250m:	3:00.93	37.97	350m:	4:18.33	38.79
	100m:	1:08.01	35.79	200m:	2:22.96	37.76	300m:	3:39.54	38.61	400m:	4:56.48	38.15
3.	MEBROUKINE, Hadil 12 Mouloudia Club D'Alger				5:02.18				442			
	50m:	33.58	33.58	150m:	1:49.93	38.73	250m:	3:07.49	39.21	350m:	4:25.47	39.17
	100m:	1:11.20	37.62	200m:	2:28.28	38.35	300m:	3:46.30	38.81	400m:	5:02.18	36.71
4.	TAKARLI, Nesrine 12 Club Promosim Blida				5:03.10				438			
	50m:	33.16	33.16	150m:	1:48.42	38.26	250m:	3:06.93	39.46	350m:	4:26.43	39.82
	100m:	1:10.16	37.00	200m:	2:27.47	39.05	300m:	3:46.61	39.68	400m:	5:03.10	36.67
5.	YAHIA ZOUBIR, Insaf 12 Club Sportif Amateur Les Sports Bleus				5:03.11				438			
	50m:	33.65	33.65	150m:	1:48.33	38.22	250m:	3:05.61	38.96	350m:	4:24.82	39.68
	100m:	1:10.11	36.46	200m:	2:26.65	38.32	300m:	3:45.14	39.53	400m:	5:03.11	38.29
6.	CHAMEKH, Hibet Errahmane 13 Union Baladiet Chelghoum Laid				5:04.39				432			
	50m:	32.85	32.85	150m:	1:47.94	38.28	250m:	3:06.21	39.34	350m:	4:24.73	38.30
	100m:	1:09.66	36.81	200m:	2:26.87	38.93	300m:	3:46.43	40.22	400m:	5:04.39	39.66
7.	KASMI, Anais 12 Mouloudia Club D'Alger				5:05.03				430			
	50m:	33.52	33.52	150m:	1:48.29	38.03	250m:	3:05.85	38.87	350m:	4:25.73	40.29
	100m:	1:10.26	36.74	200m:	2:26.98	38.69	300m:	3:45.44	39.59	400m:	5:05.03	39.30
8.	CHERITI, Rym 12 Nautique Club Jijel				5:10.93				406			
	50m:	34.35	34.35	150m:	1:50.81	39.00	250m:	3:11.89	41.04	350m:	4:33.26	41.45
	100m:	1:11.81	37.46	200m:	2:30.85	40.04	300m:	3:51.81	39.92	400m:	5:10.93	37.67
9.	KAUD, Lina 12 Assirem Natation El Kseur				5:11.00				405			
	50m:	33.46	33.46	150m:	1:50.31	39.49	250m:	3:10.84	40.03	350m:	4:32.82	40.66
	100m:	1:10.82	37.36	200m:	2:30.81	40.50	300m:	3:52.16	41.32	400m:	5:11.00	38.18
10.	TALAOUBRID, Amelia 13 Mouloudia Club D'Alger				5:13.27				397			
	50m:	35.06	35.06	150m:	1:53.94	40.06	250m:	3:14.82	40.63	350m:	4:35.30	40.11
	100m:	1:13.88	38.82	200m:	2:34.19	40.25	300m:	3:55.19	40.37	400m:	5:13.27	37.97
11.	HADJ MIHOUB SIDI MOUSSA, Maissar12 Chabab Riadhi Belouizdad				5:13.91				394			
	50m:	34.37	34.37	150m:	1:52.46	39.44	250m:	3:13.45	40.98	350m:	4:35.32	40.04
	100m:	1:13.02	38.65	200m:	2:32.47	40.01	300m:	3:55.28	41.83	400m:	5:13.91	38.59
12.	SALEM, Yara Nelya 13 Csa Amel Saad Chabab Oued Smar				5:17.14				382			
	50m:	33.96	33.96	150m:	1:53.27	40.37	250m:	3:15.33	41.39	350m:	4:38.90	41.82
	100m:	1:12.90	38.94	200m:	2:33.94	40.67	300m:	3:57.08	41.75	400m:	5:17.14	38.24
13.	AHMANE, Nourine 12 Wafa Si El Haoues				5:17.38				381			
	50m:	34.31	34.31	150m:	1:52.77	40.17	250m:	3:14.55	41.23	350m:	4:37.52	41.28
	100m:	1:12.60	38.29	200m:	2:33.32	40.55	300m:	3:56.24	41.69	400m:	5:17.38	39.86
14.	TEMAM, Celia 12 Club Nautique Kolea				5:18.25				378			
	50m:	34.67	34.67	150m:	1:53.31	39.84	250m:	3:14.59	40.74	350m:	4:37.71	41.60
	100m:	1:13.47	38.80	200m:	2:33.85	40.54	300m:	3:56.11	41.52	400m:	5:18.25	40.54
15.	MILOUD, Kenza 12 Poisson Bleu Mostaganem				5:22.53				363			
	50m:	33.95	33.95	150m:	1:53.01	40.68	250m:	3:16.34	41.09	350m:	4:42.42	43.36
	100m:	1:12.33	38.38	200m:	2:35.25	42.24	300m:	3:59.06	42.72	400m:	5:22.53	40.11
16.	LAMROUSSI, Ritadj 13 Club Nautique Kolea				5:24.95				355			
	50m:	35.72	35.72	150m:	1:57.48	41.29	250m:	3:21.53	42.41	350m:	4:44.84	42.03
	100m:	1:16.19	40.47	200m:	2:39.12	41.64	300m:	4:02.81	41.28	400m:	5:24.95	40.11

ALGERIAN WINTER CHAMPIONSHIPS AGE GROUPS
Oran, 27 - 31/1/2026

Epreuve 10, Filles, 400m Libre, MINIMES

Rang					AN					Temps	Pts	
17.	AGUACHE, Sonia				12	Csa Esperance Sportive Chabab Haizer				5:25.00	355	
	50m:	35.47	35.47	150m:	1:56.16	40.35	250m:	3:19.75	41.13	350m:	4:43.98	43.33
	100m:	1:15.81	40.34	200m:	2:38.62	42.46	300m:	4:00.65	40.90	400m:	5:25.00	41.02
18.	TOUATI, Meriem				12	Raid Chabab El Hamri				5:26.16	351	
	50m:	37.61	37.61	150m:	1:59.14	41.14	250m:	3:21.71	41.05	350m:	4:44.68	42.08
	100m:	1:18.00	40.39	200m:	2:40.66	41.52	300m:	4:02.60	40.89	400m:	5:26.16	41.48
19.	MILI, Lyna				12	Orqua Club Bejaia				5:26.33	351	
	50m:	34.91	34.91	150m:	1:55.54	41.41	250m:	3:20.10	42.35	350m:	4:45.50	42.48
	100m:	1:14.13	39.22	200m:	2:37.75	42.21	300m:	4:03.02	42.92	400m:	5:26.33	40.83
20.	TALEB BENDIAB, Meriem				12	Club Sportif Amateur Nautique D'Oran				5:26.66	350	
	50m:	36.17	36.17	150m:	1:55.53	40.67	250m:	3:19.76	42.55	350m:	4:45.41	42.78
	100m:	1:14.86	38.69	200m:	2:37.21	41.68	300m:	4:02.63	42.87	400m:	5:26.66	41.25
21.	NAILI, Yasmine				12	Poste Telecommunication Alger				5:27.57	347	
	50m:	36.80	36.80	150m:	1:57.99	41.26	250m:	3:23.33	43.01	350m:	4:47.99	41.71
	100m:	1:16.73	39.93	200m:	2:40.32	42.33	300m:	4:06.28	42.95	400m:	5:27.57	39.58
22.	BENBRAHIM, Yasmine				13	Sahel Nautique El Biar				5:28.35	344	
	50m:	36.82	36.82	150m:	1:58.71	41.59	250m:	3:23.64	42.76	350m:	4:49.08	43.35
	100m:	1:17.12	40.30	200m:	2:40.88	42.17	300m:	4:05.73	42.09	400m:	5:28.35	39.27
23.	AZZOUZ, Zahra Merieme				12	Noujoum Boutlelis Oran				5:28.68	343	
	50m:	36.50	36.50	150m:	1:56.83	41.20	250m:	3:21.10	42.30	350m:	4:47.11	42.96
	100m:	1:15.63	39.13	200m:	2:38.80	41.97	300m:	4:04.15	43.05	400m:	5:28.68	41.57
24.	MAHI, Alaa				13	Club Promosim Blida				5:28.89	343	
	50m:	34.61	34.61	150m:	1:56.41	42.25	250m:	3:22.58	43.09	350m:	4:49.11	43.13
	100m:	1:14.16	39.55	200m:	2:39.49	43.08	300m:	4:05.98	43.40	400m:	5:28.89	39.78
25.	CHAALAL, MERIEM				13	FASA				5:28.95	342	
	50m:	35.46	35.46	150m:	1:58.26	42.50	250m:	3:23.96	42.98	350m:	4:49.94	42.60
	100m:	1:15.76	40.30	200m:	2:40.98	42.72	300m:	4:07.34	43.38	400m:	5:28.95	39.01
26.	ASSAOUS, Aneis				12	Sahel Nautique El Biar				5:28.99	342	
	50m:	35.03	35.03	150m:	1:56.59	41.83	250m:	3:21.78	42.92	350m:	4:48.09	44.02
	100m:	1:14.76	39.73	200m:	2:38.86	42.27	300m:	4:04.07	42.29	400m:	5:28.99	40.90
27.	AIDA, Asma				13	Noujoum Boutlelis Oran				5:29.82	340	
	50m:	37.55	37.55	150m:	1:59.41	41.30	250m:	3:23.56	42.53	350m:	4:48.62	42.56
	100m:	1:18.11	40.56	200m:	2:41.03	41.62	300m:	4:06.06	42.50	400m:	5:29.82	41.20
28.	MECHROUR, Nour				13	Csa Area Wellness Oran				5:32.33	332	
	50m:	37.45	37.45	150m:	2:00.00	41.65	250m:	3:25.56	42.99	350m:	4:51.60	42.86
	100m:	1:18.35	40.90	200m:	2:42.57	42.57	300m:	4:08.74	43.18	400m:	5:32.33	40.73
29.	ABOURA, Sanaa				12	Bahia Nautique D'Oran				5:32.65	331	
	50m:	35.92	35.92	150m:	1:57.03	41.29	250m:	3:23.27	43.48	350m:	4:50.78	43.96
	100m:	1:15.74	39.82	200m:	2:39.79	42.76	300m:	4:06.82	43.55	400m:	5:32.65	41.87
30.	BOUDJELAL, Lilia Amina				13	Club Sportif Amateur Nautique D'Oran				5:33.13	330	
	50m:	38.23	38.23	150m:	2:01.65	41.70	250m:	3:26.52	43.06	350m:	4:51.57	42.35
	100m:	1:19.95	41.72	200m:	2:43.46	41.81	300m:	4:09.22	42.70	400m:	5:33.13	41.56
31.	KHELIL, Manel				12	Union Sportif Madina D'Alger				5:37.26	318	
	50m:	36.19	36.19	150m:	1:59.17	42.65	250m:	3:26.57	44.36	350m:	4:54.33	44.31
	100m:	1:16.52	40.33	200m:	2:42.21	43.04	300m:	4:10.02	43.45	400m:	5:37.26	42.93
32.	DJEMIL, Amira Norhane				13	Club Nautique Boufarik				5:39.90	310	
	50m:	36.04	36.04	150m:	2:00.48	43.30	250m:	3:28.86	44.59	350m:	4:57.65	44.37
	100m:	1:17.18	41.14	200m:	2:44.27	43.79	300m:	4:13.28	44.42	400m:	5:39.90	42.25
33.	BELKAHLA, Meriem Fadia				12	Csa Area Wellness Oran				5:40.81	308	
	50m:	36.54	36.54	150m:	1:59.23	42.04	250m:	3:26.91	44.86	350m:	4:57.60	45.91
	100m:	1:17.19	40.65	200m:	2:42.05	42.82	300m:	4:11.69	44.78	400m:	5:40.81	43.21
34.	LOUASLI, Lina				13	Orqua Club Bejaia				5:41.40	306	
	50m:	35.84	35.84	150m:	2:00.31	43.57	250m:	3:28.77	44.47	350m:	4:58.74	45.04
	100m:	1:16.74	40.90	200m:	2:44.30	43.99	300m:	4:13.70	44.93	400m:	5:41.40	42.66

ALGERIAN WINTER CHAMPIONSHIPS AGE GROUPS
Oran, 27 - 31/1/2026

Epreuve 10, Filles, 400m Libre, MINIMES

Rang					AN					Temps	Pts	
35.	BENABDESLAM, Imene				12	Naceria Club Bejaia				5:42.30	304	
	50m:	37.02	37.02	150m:	2:02.39	43.53	250m:	3:29.87	43.51	350m:	4:58.97	45.39
	100m:	1:18.86	41.84	200m:	2:46.36	43.97	300m:	4:13.58	43.71	400m:	5:42.30	43.33
36.	BOUYOUCEF, Alia				13	Widad Amel Fouka				5:42.91	302	
	50m:	35.96	35.96	150m:	2:00.02	43.17	250m:	3:28.36	44.11	350m:	4:58.08	44.63
	100m:	1:16.85	40.89	200m:	2:44.25	44.23	300m:	4:13.45	45.09	400m:	5:42.91	44.83
37.	AMRI, Ines				13	Assirem Natation El Kseur				5:44.39	298	
	50m:	37.65	37.65	150m:	2:04.35	43.86	250m:	3:31.48	43.63	350m:	5:00.84	45.16
	100m:	1:20.49	42.84	200m:	2:47.85	43.50	300m:	4:15.68	44.20	400m:	5:44.39	43.55
38.	ZEROUALI, Sirine Lina				13	Club Sportif Amateur Les Sports Bleus				5:44.69	298	
	50m:	37.75	37.75	150m:	2:04.59	44.24	250m:	3:33.67	44.85	350m:	5:02.07	44.64
	100m:	1:20.35	42.60	200m:	2:48.82	44.23	300m:	4:17.43	43.76	400m:	5:44.69	42.62
39.	SERRAT, Bayen				12	Club Nautique Boufarik				5:48.62	288	
	<i>MNR</i>											
	50m:	36.15	36.15	150m:	2:01.71	44.62	250m:	3:32.57	46.21	350m:	5:04.15	46.26
	100m:	1:17.09	40.94	200m:	2:46.36	44.65	300m:	4:17.89	45.32	400m:	5:48.62	44.47
40.	NETADJ ABBOU, Ritedj				12	Club Sportif Amateur Les Sports Bleus				5:50.16	284	
	<i>MNR</i>											
	50m:	37.55	37.55	150m:	2:03.18	43.51	250m:	3:33.26	45.46	350m:	5:05.35	45.85
	100m:	1:19.67	42.12	200m:	2:47.80	44.62	300m:	4:19.50	46.24	400m:	5:50.16	44.81
	TARGA, MARIA				13	FASA				5:50.16	284	
	<i>MNR</i>											
	50m:	38.64	38.64	150m:	2:06.52	44.34	250m:	3:35.45	43.80	350m:	5:05.75	45.12
	100m:	1:22.18	43.54	200m:	2:51.65	45.13	300m:	4:20.63	45.18	400m:	5:50.16	44.41
42.	MAROUF, Imene Khadidja				12	Club Sportif Amateur Nautique D'Oran				5:52.64	278	
	<i>MNR</i>											
	50m:	36.78	36.78	150m:	2:02.39	44.01	250m:	3:33.24	46.04	350m:	5:06.58	46.91
	100m:	1:18.38	41.60	200m:	2:47.20	44.81	300m:	4:19.67	46.43	400m:	5:52.64	46.06
43.	YOUCEF, Fatima Ezzahraa Djihane				12	Club Sportif Amateur Nautique D'Oran				5:59.43	262	
	<i>MNR</i>											
	50m:	38.03	38.03	150m:	2:07.95	46.12	250m:	3:41.19	47.04	350m:	5:13.72	46.46
	100m:	1:21.83	43.80	200m:	2:54.15	46.20	300m:	4:27.26	46.07	400m:	5:59.43	45.71
44.	NAHAL, Fafa Rania				12	Csa Orca Club Mostaganem				5:59.66	262	
	<i>MNR</i>											
	50m:	38.27	38.27	150m:	2:05.77	44.70	250m:	3:38.08	46.36	350m:	5:13.92	48.45
	100m:	1:21.07	42.80	200m:	2:51.72	45.95	300m:	4:25.47	47.39	400m:	5:59.66	45.74
45.	BOUDRA, Rined Soltana				12	Ain M'Lila Swimming Club				6:01.48	258	
	<i>MNR</i>											
	50m:	34.93	34.93	150m:	2:02.27	45.57	250m:	3:38.44	48.16	350m:	5:15.56	48.92
	100m:	1:16.70	41.77	200m:	2:50.28	48.01	300m:	4:26.64	48.20	400m:	6:01.48	45.92
disq.	SENOUR, Jana				13	Club Rouad Fouka						
	50m:	35.26	35.26	150m:	1:58.80	42.53	250m:	3:23.87	42.81	350m:	4:48.19	41.80
	100m:	1:16.27	41.01	200m:	2:41.06	42.26	300m:	4:06.39	42.52	400m:		

CADETS

1.	ROUIBI, Melissa				11	Club Rouad Fouka				4:26.20	647	
	50m:	29.92	29.92	150m:	1:36.32	33.72	250m:	2:44.66	34.26	350m:	3:53.25	34.17
	100m:	1:02.60	32.68	200m:	2:10.40	34.08	300m:	3:19.08	34.42	400m:	4:26.20	32.95
2.	BOUCEKKINE, Dina				11	Chabab Riadhi Belouizdad				4:52.08	489	
	50m:	33.35	33.35	150m:	1:45.70	36.53	250m:	3:00.75	37.56	350m:	4:15.56	37.48
	100m:	1:09.17	35.82	200m:	2:23.19	37.49	300m:	3:38.08	37.33	400m:	4:52.08	36.52

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Epreuve 10, Filles, 400m Libre, CADETS

Rang					AN					Temps	Pts	
3.	TAIBI, Madjda Kethoum				11	Mouloudia Club D'Alger				4:53.95	480	
	50m:	32.71	32.71	150m:	1:45.99	36.87	250m:	3:01.14	37.21	350m:	4:16.88	37.85
	100m:	1:09.12	36.41	200m:	2:23.93	37.94	300m:	3:39.03	37.89	400m:	4:53.95	37.07
4.	LAIDI, Lina Dahlia				10	Mouloudia Club D'Alger				4:55.67	472	
	50m:	32.68	32.68	150m:	1:46.31	36.99	250m:	3:02.12	38.11	350m:	4:18.55	38.24
	100m:	1:09.32	36.64	200m:	2:24.01	37.70	300m:	3:40.31	38.19	400m:	4:55.67	37.12
5.	BENCHERAB, Lina Racha				10	Club Sportif Amateur Nautique D'Oran				4:56.46	468	
	50m:	34.03	34.03	150m:	1:49.27	38.12	250m:	3:04.41	37.34	350m:	4:19.85	37.44
	100m:	1:11.15	37.12	200m:	2:27.07	37.80	300m:	3:42.41	38.00	400m:	4:56.46	36.61
6.	HALIMI, Fatma Manel				10	Sahel Nautique El Biar				4:57.52	463	
	50m:	32.67	32.67	150m:	1:45.92	37.26	250m:	3:02.75	38.69	350m:	4:19.36	38.40
	100m:	1:08.66	35.99	200m:	2:24.06	38.14	300m:	3:40.96	38.21	400m:	4:57.52	38.16
7.	RAHAM, Ranim				10	Cercle Des Nageurs De Constantine				5:01.35	446	
	50m:	33.16	33.16	150m:	1:49.21	38.52	250m:	3:06.13	38.82	350m:	4:23.39	38.71
	100m:	1:10.69	37.53	200m:	2:27.31	38.10	300m:	3:44.68	38.55	400m:	5:01.35	37.96
8.	LALAOUI, Dania				11	Naceria Club Bejaia				5:01.51	445	
	50m:	34.44	34.44	150m:	1:49.96	37.96	250m:	3:06.78	38.59	350m:	4:24.37	38.95
	100m:	1:12.00	37.56	200m:	2:28.19	38.23	300m:	3:45.42	38.64	400m:	5:01.51	37.14
9.	BELARBI, Hanaa Madjda				10	Club Sportif Amateur Nautique D'Oran				5:02.26	442	
	50m:	34.13	34.13	150m:	1:49.60	38.29	250m:	3:07.18	38.54	350m:	4:24.62	38.96
	100m:	1:11.31	37.18	200m:	2:28.64	39.04	300m:	3:45.66	38.48	400m:	5:02.26	37.64
10.	IDIR, Ania				10	Chabab Riadhi Belouizdad				5:04.47	432	
	50m:	32.59	32.59	150m:	1:47.94	38.15	250m:	3:07.81	40.02	350m:	4:26.49	38.58
	100m:	1:09.79	37.20	200m:	2:27.79	39.85	300m:	3:47.91	40.10	400m:	5:04.47	37.98
11.	CHELIBANE, Rania				10	Club Promosim Blida				5:05.42	428	
	50m:	32.02	32.02	150m:	1:47.46	38.92	250m:	3:06.89	39.53	350m:	4:26.31	39.37
	100m:	1:08.54	36.52	200m:	2:27.36	39.90	300m:	3:46.94	40.05	400m:	5:05.42	39.11
12.	SENOUR, Jomana				11	Club Rouad Fouka				5:08.54	415	
	50m:	33.04	33.04	150m:	1:48.04	38.87	250m:	3:07.75	40.44	350m:	4:29.45	40.59
	100m:	1:09.17	36.13	200m:	2:27.31	39.27	300m:	3:48.86	41.11	400m:	5:08.54	39.09
13.	MOUDDEN, Lina				11	Club Sportif Amateur Nautique D'Oran				5:09.61	411	
	50m:	33.36	33.36	150m:	1:49.80	39.00	250m:	3:08.43	39.39	350m:	4:29.01	40.38
	100m:	1:10.80	37.44	200m:	2:29.04	39.24	300m:	3:48.63	40.20	400m:	5:09.61	40.60
14.	AMAZL, Manal Errahman				11	Club Sportif Amateur Piscine Semi Olym				5:09.96	F409Duargla	
	50m:	34.93	34.93	150m:	1:52.52	39.22	250m:	3:12.66	40.01	350m:	4:33.31	39.99
	100m:	1:13.30	38.37	200m:	2:32.65	40.13	300m:	3:53.32	40.66	400m:	5:09.96	36.65
15.	SEMANI, Meriem				11	Assirem Natation El Kseur				5:10.06	409	
	50m:	34.42	34.42	150m:	1:50.96	38.84	250m:	3:10.90	40.25	350m:	4:31.98	40.40
	100m:	1:12.12	37.70	200m:	2:30.65	39.69	300m:	3:51.58	40.68	400m:	5:10.06	38.08
16.	BELARBI, Melina				11	Sahel Nautique El Biar				5:11.11	405	
	50m:	34.60	34.60	150m:	1:52.37	39.29	250m:	3:12.73	40.50	350m:	4:33.88	40.34
	100m:	1:13.08	38.48	200m:	2:32.23	39.86	300m:	3:53.54	40.81	400m:	5:11.11	37.23
17.	BENAMEUR, Damia				10	Etoile Sportive Naciria				5:11.55	403	
	50m:	32.87	32.87	150m:	1:49.59	39.39	250m:	3:10.59	40.38	350m:	4:33.02	41.13
	100m:	1:10.20	37.33	200m:	2:30.21	40.62	300m:	3:51.89	41.30	400m:	5:11.55	38.53
18.	BOURI, Yara				10	Csa Athletic Club Boumerdes				5:11.74	402	
	50m:	32.83	32.83	150m:	1:48.54	39.18	250m:	3:09.49	41.06	350m:	4:33.01	41.83
	100m:	1:09.36	36.53	200m:	2:28.43	39.89	300m:	3:51.18	41.69	400m:	5:11.74	38.73
19.	RABIA, Ikrame				11	Cercle Des Nageurs De Constantine				5:12.60	399	
	50m:	34.99	34.99	150m:	1:53.21	39.41	250m:	3:13.46	40.02	350m:	4:32.95	39.52
	100m:	1:13.80	38.81	200m:	2:33.44	40.23	300m:	3:53.43	39.97	400m:	5:12.60	39.65
20.	EL FKAIR, Nada				11	Club Rouad Fouka				5:15.36	389	
	50m:	34.41	34.41	150m:	1:51.88	39.36	250m:	3:12.75	40.75	350m:	4:34.94	40.99
	100m:	1:12.52	38.11	200m:	2:32.00	40.12	300m:	3:53.95	41.20	400m:	5:15.36	40.42

ALGERIAN WINTER CHAMPIONSHIPS AGE GROUPS
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Epreuve 10, Filles, 400m Libre, CADETS

Rang			AN			Temps				Pts
21.	TOUMI, Sirine Manouba		11	Chabab Riadhi Belouizdad		5:16.35				385
	50m: 34.81	34.81	150m: 1:51.99	39.44	250m: 3:13.69	41.08	350m: 4:36.62		41.70	
	100m: 1:12.55	37.74	200m: 2:32.61	40.62	300m: 3:54.92	41.23	400m: 5:16.35		39.73	
22.	AZZOUG, Ines		11	Club Sportif Amateur Nautique D'Oran		5:18.46				377
	50m: 33.73	33.73	150m: 1:49.92	39.20	250m: 3:12.55	41.72	350m: 4:37.33		42.54	
	100m: 1:10.72	36.99	200m: 2:30.83	40.91	300m: 3:54.79	42.24	400m: 5:18.46		41.13	
23.	RAHAM, Mayar		10	Cercle Des Nageurs De Constantine		5:20.57				370
	50m: 34.67	34.67	150m: 1:54.20	40.31	250m: 3:17.02	41.56	350m: 4:40.17		41.28	
	100m: 1:13.89	39.22	200m: 2:35.46	41.26	300m: 3:58.89	41.87	400m: 5:20.57		40.40	
24.	BENAISSA, Ritedje Firdaous		10	Club Sportif Amateur Nautique D'Oran		5:22.16				365
	50m: 35.28	35.28	150m: 1:54.70	40.67	250m: 3:15.41	39.82	350m: 4:40.63		43.20	
	100m: 1:14.03	38.75	200m: 2:35.59	40.89	300m: 3:57.43	42.02	400m: 5:22.16		41.53	
25.	DJERCE, Nermine		11	Assirem Natation El Kseur		5:24.26				358
	50m: 35.31	35.31	150m: 1:55.10	40.67	250m: 3:18.40	41.68	350m: 4:42.76		42.06	
	100m: 1:14.43	39.12	200m: 2:36.72	41.62	300m: 4:00.70	42.30	400m: 5:24.26		41.50	
26.	LOUANI, Amina		11	Club Sportif Amateur Piscine Semi Olym	5:26.268					F351Duargla
	50m: 35.45	35.45	150m: 1:55.53	40.63	250m: 3:19.91	41.96	350m: 4:45.43		42.63	
	100m: 1:14.90	39.45	200m: 2:37.95	42.42	300m: 4:02.80	42.89	400m: 5:26.26		40.83	
27.	BELFAKROUN, Sarah		10	Club Sportif Amateur Les Sports Bleus		5:27.54				347
	50m: 36.93	36.93	150m: 1:57.81	40.81	250m: 3:21.26	41.85	350m: 4:46.04		42.40	
	100m: 1:17.00	40.07	200m: 2:39.41	41.60	300m: 4:03.64	42.38	400m: 5:27.54		41.50	
28.	SMAH, Chiraz		11	Racing Club Jijel		5:29.35				341
	<i>MNR</i>									
	50m: 35.65	35.65	150m: 1:56.05	41.05	250m: 3:20.56	42.82	350m: 4:47.16		43.34	
	100m: 1:15.00	39.35	200m: 2:37.74	41.69	300m: 4:03.82	43.26	400m: 5:29.35		42.19	
29.	AYAD, Israa		11	Widad Sibahet Tlemcen		5:30.23				338
	<i>MNR</i>									
	50m: 34.30	34.30	150m: 1:53.62	40.97	250m: 3:20.23	43.45	350m: 4:48.02		44.37	
	100m: 1:12.65	38.35	200m: 2:36.78	43.16	300m: 4:03.65	43.42	400m: 5:30.23		42.21	
30.	NASRI, Ania		10	Club Corniche Jijelienne		5:34.90				324
	<i>MNR</i>									
	50m: 35.29	35.29	150m: 1:56.86	41.92	250m: 3:23.51	43.84	350m: 4:51.42		44.61	
	100m: 1:14.94	39.65	200m: 2:39.67	42.81	300m: 4:06.81	43.30	400m: 5:34.90		43.48	
31.	MAHAMMED, Maram		11	Club Sportif Amateur Nautique D'Oran		5:37.07				318
	<i>MNR</i>									
	50m: 37.93	37.93	150m: 2:02.73	43.55	250m: 3:29.50	43.46	350m: 4:55.66		42.70	
	100m: 1:19.18	41.25	200m: 2:46.04	43.31	300m: 4:12.96	43.46	400m: 5:37.07		41.41	
abandon	BOULASSEL, Yasmine		10	Club Promosim Blida						
	50m: 31.23	31.23	150m: 1:53.82	44.43	250m:		350m:			
	100m: 1:09.39	38.16	200m: 2:14.60	20.78	300m:		400m:			

JUNIORS

1.	BERRAHMANI, Loubna		09	Club Promosim Blida		4:39.65				558
	50m: 31.80	31.80	150m: 1:41.18	34.78	250m: 2:51.79	35.47	350m: 4:03.93		36.43	
	100m: 1:06.40	34.60	200m: 2:16.32	35.14	300m: 3:27.50	35.71	400m: 4:39.65		35.72	
2.	AYAT, Nour El Houda		08	Club Rouad Fouka		4:46.22				520
	50m: 32.39	32.39	150m: 1:43.66	36.05	250m: 2:55.92	36.40	350m: 4:10.04		37.34	
	100m: 1:07.61	35.22	200m: 2:19.52	35.86	300m: 3:32.70	36.78	400m: 4:46.22		36.18	
3.	NOUIOUA, Hana Ryhana		09	Mouloudia Club D'Alger		4:46.77				517
	50m: 30.67	30.67	150m: 1:41.00	35.50	250m: 2:54.41	37.22	350m: 4:11.14		38.71	
	100m: 1:05.50	34.83	200m: 2:17.19	36.19	300m: 3:32.43	38.02	400m: 4:46.77		35.63	

ALGERIAN WINTER CHAMPIONSHIPS AGE GROUPS
Oran, 27 - 31/1/2026

Epreuve 10, Filles, 400m Libre, JUNIORS

Rang					AN					Temps	Pts	
4.	LALAOUI, Sofia-Meriem				09	Naceria Club Bejaia				4:46.95	516	
	50m:	33.26	33.26	150m:	1:44.81	35.73	250m:	2:57.04	36.28	350m:	4:12.48	38.33
	100m:	1:09.08	35.82	200m:	2:20.76	35.95	300m:	3:34.15	37.11	400m:	4:46.95	34.47
5.	MEZZAOUR, Kamelia				09	Mouloudia Club D'Alger				4:51.20	494	
	50m:	32.36	32.36	150m:	1:44.19	37.03	250m:	2:58.24	36.80	350m:	4:13.87	37.79
	100m:	1:07.16	34.80	200m:	2:21.44	37.25	300m:	3:36.08	37.84	400m:	4:51.20	37.33
6.	TALEB BENDIAB, Wissam				08	Club Sportif Amateur Nautique D'Oran				4:54.20	479	
	50m:	32.72	32.72	150m:	1:45.61	36.74	250m:	2:59.93	37.38	350m:	4:16.44	38.24
	100m:	1:08.87	36.15	200m:	2:22.55	36.94	300m:	3:38.20	38.27	400m:	4:54.20	37.76
7.	YAMNAINE, Rahil				09	Orqua Club Bejaia				5:04.77	431	
	50m:	34.37	34.37	150m:	1:50.82	38.87	250m:	3:08.67	39.15	350m:	4:26.87	38.71
	100m:	1:11.95	37.58	200m:	2:29.52	38.70	300m:	3:48.16	39.49	400m:	5:04.77	37.90
8.	SEMANI, Selma				08	Assirem Natation El Kseur				5:06.57	423	
	50m:	33.87	33.87	150m:	1:47.76	37.68	250m:	3:07.23	40.06	350m:	4:27.79	40.07
	100m:	1:10.08	36.21	200m:	2:27.17	39.41	300m:	3:47.72	40.49	400m:	5:06.57	38.78
9.	HASSNI, Feriel-Meriem				09	Club Sportif Amateur Les Sports Bleus				5:06.82	422	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:06.82	
10.	MAHAMMED, Rawane				09	Club Sportif Amateur Nautique D'Oran				5:08.83	414	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:08.83	