

Epreuve 10
30/12/2025 - 9:00

Messieurs, 400m Libre

Cat. générale
Liste résultats Eliminatoires

algerian records scm 25m 3:51.46 DJABALLAH, ANIS

MINIMA : 4:32.03

Points: AQUA 2025

Rang	AN				Temps				Pts
1.	DAHAMNA, Mehdi	08	MC Alger					3:59.29	697
	50m: 28.03 28.03	150m: 1:28.68	30.14	250m: 2:28.92	29.88	350m: 3:30.27	30.30		
	100m: 58.54 30.51	200m: 1:59.04	30.36	300m: 2:59.97	31.05	400m: 3:59.29	29.02		
2.	HAMOUR, Abdelhakim	04	MC Alger					4:00.93	683
	50m: 26.82 26.82	150m: 1:25.43	29.55	250m: 2:27.35	31.07	350m: 3:30.80	31.87		
	100m: 55.88 29.06	200m: 1:56.28	30.85	300m: 2:58.93	31.58	400m: 4:00.93	30.13		
3.	SEMMAR, Mohamed Racim	07	CR belouizdad					4:02.07	674
	50m: 28.95 28.95	150m: 1:31.16	30.96	250m: 2:31.59	29.97	350m: 3:32.31	30.73		
	100m: 1:00.20 31.25	200m: 2:01.62	30.46	300m: 3:01.58	29.99	400m: 4:02.07	29.76		
4.	ZEGHMI, Amine	07	Usmalger					4:02.77	668
	50m: 27.91 27.91	150m: 1:29.04	30.45	250m: 2:30.76	30.75	350m: 3:32.90	31.25		
	100m: 58.59 30.68	200m: 2:00.01	30.97	300m: 3:01.65	30.89	400m: 4:02.77	29.87		
5.	SEDDIKI, Salim	08	Usmalger					4:05.51	646
	50m: 27.64 27.64	150m: 1:28.49	30.32	250m: 2:30.49	31.07	350m: 3:33.94	31.91		
	100m: 58.17 30.53	200m: 1:59.42	30.93	300m: 3:02.03	31.54	400m: 4:05.51	31.57		
6.	BOUALI, Redouane	02	MC Alger					4:05.59	645
	50m: 26.71 26.71	150m: 1:25.58	29.69	250m: 2:28.66	32.00	350m: 3:35.09	33.37		
	100m: 55.89 29.18	200m: 1:56.66	31.08	300m: 3:01.72	33.06	400m: 4:05.59	30.50		
7.	KENOUN, Anis	08	FASA					4:07.84	628
	50m: 27.81 27.81	150m: 1:29.14	31.14	250m: 2:32.78	31.85	350m: 3:36.83	31.89		
	100m: 58.00 30.19	200m: 2:00.93	31.79	300m: 3:04.94	32.16	400m: 4:07.84	31.01		
8.	ROUIBI, Chems Eddine	10	Cr Fouka					4:09.35	616
	50m: 28.24 28.24	150m: 1:30.46	31.73	250m: 2:34.42	31.88	350m: 3:37.79	31.59		
	100m: 58.73 30.49	200m: 2:02.54	32.08	300m: 3:06.20	31.78	400m: 4:09.35	31.56		
9.	DJEGHLEF, Anis	05	Sn El Bier					4:11.01	604
	50m: 27.57 27.57	150m: 1:30.66	32.25	250m: 2:35.62	32.45	350m: 3:40.14	31.84		
	100m: 58.41 30.84	200m: 2:03.17	32.51	300m: 3:08.30	32.68	400m: 4:11.01	30.87		
10.	TACHEKOUSTE, Abddjalil Mohamed	08	Cn Bouharoun					4:11.14	603
	50m: 27.93 27.93	150m: 1:28.79	30.94	250m: 2:33.77	32.68	350m: 3:38.98	32.30		
	100m: 57.85 29.92	200m: 2:01.09	32.30	300m: 3:06.68	32.91	400m: 4:11.14	32.16		
11.	MOUBARKI, Mohamed Bachir	00	MC Alger					4:11.62	600
	50m: 27.89 27.89	150m: 1:29.54	31.02	250m: 2:33.41	32.20	350m: 3:39.21	33.25		
	100m: 58.52 30.63	200m: 2:01.21	31.67	300m: 3:05.96	32.55	400m: 4:11.62	32.41		
12.	TARGA, mohamed	07	FASA					4:11.96	597
	50m: 27.86 27.86	150m: 1:30.78	32.00	250m: 2:35.28	32.21	350m: 3:40.79	32.70		
	100m: 58.78 30.92	200m: 2:03.07	32.29	300m: 3:08.09	32.81	400m: 4:11.96	31.17		
13.	CHOUCHAR, Rafik	97	CR belouizdad					4:12.02	597
	50m: 29.20 29.20	150m: 1:32.45	31.77	250m: 2:36.90	32.20	350m: 3:40.64	31.59		
	100m: 1:00.68 31.48	200m: 2:04.70	32.25	300m: 3:09.05	32.15	400m: 4:12.02	31.38		
14.	MESSAOUDENE, Nassim Tarek	05	Usmalger					4:12.04	597
	50m: 27.94 27.94	150m: 1:31.56	32.42	250m: 2:36.77	32.58	350m: 3:41.93	32.34		
	100m: 59.14 31.20	200m: 2:04.19	32.63	300m: 3:09.59	32.82	400m: 4:12.04	30.11		
15.	HALIMI, ANES	06	FASA					4:12.91	591
	50m: 27.72 27.72	150m: 1:28.32	30.61	250m: 2:30.66	31.42	350m: 3:37.85	34.17		
	100m: 57.71 29.99	200m: 1:59.24	30.92	300m: 3:03.68	33.02	400m: 4:12.91	35.06		
16.	BOUALI, Mohamed Reda	06	MC Alger					4:14.60	579
	50m: 28.55 28.55	150m: 1:30.47	31.06	250m: 2:35.17	32.69	350m: 3:42.52	33.72		
	100m: 59.41 30.86	200m: 2:02.48	32.01	300m: 3:08.80	33.63	400m: 4:14.60	32.08		

Epreuve 10, Messieurs, 400m Libre, Eliminatoire, Cat. générale

Rang					AN					Temps	Pts	
17.	BOUCHELACHEM, Younes				11	Cr Fouka				4:14.92	577	
	50m:	28.65	28.65	150m:	1:31.95	31.79	250m:	2:37.94	33.08	350m:	3:44.45	33.18
	100m:	1:00.16	31.51	200m:	2:04.86	32.91	300m:	3:11.27	33.33	400m:	4:14.92	30.47
18.	BELALAOUI, Abdelghani Tewfik				11	CSANOran				4:15.28	574	
	50m:	28.50	28.50	150m:	1:32.97	32.77	250m:	2:38.34	32.64	350m:	3:43.30	31.67
	100m:	1:00.20	31.70	200m:	2:05.70	32.73	300m:	3:11.63	33.29	400m:	4:15.28	31.98
19.	BENSMAN, Mokhfi Abderraouf				06	CSANOran				4:16.67	565	
	50m:	30.74	30.74	150m:	1:35.06	31.95	250m:	2:40.06	32.23	350m:	3:45.04	32.16
	100m:	1:03.11	32.37	200m:	2:07.83	32.77	300m:	3:12.88	32.82	400m:	4:16.67	31.63
20.	AIT YAHIA, Anes				10	Sports Bleus Oran				4:18.32	554	
	50m:	29.19	29.19	150m:	1:34.84	33.09	250m:	2:41.45	33.07	350m:	3:46.90	32.53
	100m:	1:01.75	32.56	200m:	2:08.38	33.54	300m:	3:14.37	32.92	400m:	4:18.32	31.42
21.	CHETOUI, Kamel				11	Cnoran				4:18.84	551	
	50m:	29.13	29.13	150m:	1:33.59	32.92	250m:	2:39.76	33.13	350m:	3:46.49	33.39
	100m:	1:00.67	31.54	200m:	2:06.63	33.04	300m:	3:13.10	33.34	400m:	4:18.84	32.35
22.	NADJA, Nourislam				07	Cnbggherdaia				4:19.04	550	
	50m:	29.52	29.52	150m:	1:35.06	33.01	250m:	2:42.12	33.59	350m:	3:48.33	32.62
	100m:	1:02.05	32.53	200m:	2:08.53	33.47	300m:	3:15.71	33.59	400m:	4:19.04	30.71
23.	TARGA, Mohamed Amine				09	Cr Fouka				4:21.68	533	
	50m:	29.63	29.63	150m:	1:33.97	32.70	250m:	2:41.15	33.62	350m:	3:48.88	33.80
	100m:	1:01.27	31.64	200m:	2:07.53	33.56	300m:	3:15.08	33.93	400m:	4:21.68	32.80
24.	BEKHCHI, Fouzi				09	CR belouizdad				4:22.23	530	
	50m:	28.31	28.31	150m:	1:34.13	33.35	250m:	2:41.98	34.10	350m:	3:49.68	33.50
	100m:	1:00.78	32.47	200m:	2:07.88	33.75	300m:	3:16.18	34.20	400m:	4:22.23	32.55
25.	DAHAMNA, Mohamed Racim				05	Jfkouba				4:24.56	516	
	50m:	28.96	28.96	150m:	1:33.84	32.95	250m:	2:43.16	35.13	350m:	3:51.53	34.55
	100m:	1:00.89	31.93	200m:	2:08.03	34.19	300m:	3:16.98	33.82	400m:	4:24.56	33.03
26.	AYAT, Sofiane				11	Cr Fouka				4:26.14	507	
	50m:	29.64	29.64	150m:	1:35.56	33.60	250m:	2:43.59	34.08	350m:	3:52.80	34.65
	100m:	1:01.96	32.32	200m:	2:09.51	33.95	300m:	3:18.15	34.56	400m:	4:26.14	33.34
27.	ALLALOU, Dhia Eddine				07	Cn Lakhdaria				4:26.77	503	
	50m:	29.93	29.93	150m:	1:35.06	32.49	250m:	2:42.61	34.00	350m:	3:52.68	35.13
	100m:	1:02.57	32.64	200m:	2:08.61	33.55	300m:	3:17.55	34.94	400m:	4:26.77	34.09
28.	MOUDDEN, Khalil				07	CSANOran				4:27.71	498	
	50m:	28.77	28.77	150m:	1:35.03	34.07	250m:	2:42.97	34.44	350m:	3:53.52	35.53
	100m:	1:00.96	32.19	200m:	2:08.53	33.50	300m:	3:17.99	35.02	400m:	4:27.71	34.19
29.	HAKEM, Mahdi Fadi Islam				06	CR belouizdad				4:28.01	496	
	50m:	28.41	28.41	150m:	1:33.80	33.25	250m:	2:43.54	34.99	350m:	3:54.66	35.37
	100m:	1:00.55	32.14	200m:	2:08.55	34.75	300m:	3:19.29	35.75	400m:	4:28.01	33.35
30.	SELKA, Nour Eddine				08	CSANOran				4:28.02	496	
	50m:	30.52	30.52	150m:	1:37.65	34.01	250m:	2:46.70	34.33	350m:	3:54.82	33.91
	100m:	1:03.64	33.12	200m:	2:12.37	34.72	300m:	3:20.91	34.21	400m:	4:28.02	33.20
31.	GUELLIL, Chakib Abderrezak				11	Cnoran				4:28.10	496	
	50m:	30.06	30.06	150m:	1:36.31	33.47	250m:	2:45.90	34.78	350m:	3:55.27	35.21
	100m:	1:02.84	32.78	200m:	2:11.12	34.81	300m:	3:20.06	34.16	400m:	4:28.10	32.83
32.	BELHAMEL, Amine				10	Cn Lakhdaria				4:28.91	491	
	50m:	29.87	29.87	150m:	1:37.55	34.34	250m:	2:47.22	34.65	350m:	3:56.99	34.63
	100m:	1:03.21	33.34	200m:	2:12.57	35.02	300m:	3:22.36	35.14	400m:	4:28.91	31.92
33.	CHENAIT, Sami				10	CSA PEPSOran				4:30.34	483	
	50m:	29.92	29.92	150m:	1:37.66	34.33	250m:	2:47.47	34.78	350m:	3:57.18	34.70
	100m:	1:03.33	33.41	200m:	2:12.69	35.03	300m:	3:22.48	35.01	400m:	4:30.34	33.16
34.	BENSMAN, Kamel				09	CSANOran				4:31.12	479	
	50m:	30.89	30.89	150m:	1:38.29	34.14	250m:	2:47.71	35.23	350m:	3:57.88	35.03
	100m:	1:04.15	33.26	200m:	2:12.48	34.19	300m:	3:22.85	35.14	400m:	4:31.12	33.24

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Rang											AN											Temps	Pts
35.	BENDI HASSANE, Khalil										09	WS tlemcen										4:33.77	465
	<i>MNR</i>																						
	50m:	29.45	29.45	150m:	1:36.52	34.20	250m:	2:47.24	35.18	350m:	3:59.08	35.76											
	100m:	1:02.32	32.87	200m:	2:12.06	35.54	300m:	3:23.32	36.08	400m:	4:33.77	34.69											
36.	HADJ MOUSSA, Wassim										08	Jfkouba										4:33.87	465
	<i>MNR</i>																						
	50m:	30.19	30.19	150m:	1:38.07	34.34	250m:	2:47.91	35.05	350m:	3:59.09	35.59											
	100m:	1:03.73	33.54	200m:	2:12.86	34.79	300m:	3:23.50	35.59	400m:	4:33.87	34.78											
37.	CHAIB, Mehdieddine										05	Jfkouba										4:36.85	450
	<i>MNR</i>																						
	50m:	30.44	30.44	150m:	1:39.17	35.40	250m:	2:49.87	35.85	350m:	4:01.67	35.25											
	100m:	1:03.77	33.33	200m:	2:14.02	34.85	300m:	3:26.42	36.55	400m:	4:36.85	35.18											
38.	ALOUÏ, Ramy										09	Naceria Club Bejaia										4:39.25	439
	<i>MNR</i>																						
	50m:	32.22	32.22	150m:	1:40.96	34.55	250m:	2:51.47	35.17	350m:	4:03.66	36.40											
	100m:	1:06.41	34.19	200m:	2:16.30	35.34	300m:	3:27.26	35.79	400m:	4:39.25	35.59											
39.	ILES, Yanel Amir										11	Bahia Nautique										4:42.39	424
	<i>MNR</i>																						
	50m:			150m:			250m:			350m:													
	100m:			200m:			300m:			400m:	4:42.39												
40.	MERIBAI, Yanis										13	Ascots										5:30.58	264
	<i>MNR</i>																						
	50m:	34.96	34.96	150m:	1:57.62	42.63	250m:	3:23.16	42.36	350m:	4:49.42	42.32											
	100m:	1:14.99	40.03	200m:	2:40.80	43.18	300m:	4:07.10	43.94	400m:	5:30.58	41.16											