

Epreuve 11
30/12/2025 - 17:37

Dames, 400m Libre

Cat. générale
Liste résultats Finale

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

Points: AQUA 2025

Rang			AN						Temps	Pts
1.	BENMANSOUR, Ryma		04		CR belouizdad				4:21.68	681
	50m:	29.60 29.60	150m:	1:34.14 32.54	250m:	2:41.28 33.70	350m:	3:49.62 34.27		
	100m:	1:01.60 32.00	200m:	2:07.58 33.44	300m:	3:15.35 34.07	400m:	4:21.68 32.06		
2.	ROUBI, Melissa		11		Cr Fouka				4:22.05	678
	50m:	30.01 30.01	150m:	1:34.97 32.88	250m:	2:41.75 33.58	350m:	3:49.16 33.78		
	100m:	1:02.09 32.08	200m:	2:08.17 33.20	300m:	3:15.38 33.63	400m:	4:22.05 32.89		
3.	ABDELLAOUI, Samara		05		CR belouizdad				4:24.17	662
	50m:	29.62 29.62	150m:	1:33.56 32.48	250m:	2:40.76 33.63	350m:	3:49.63 34.79		
	100m:	1:01.08 31.46	200m:	2:07.13 33.57	300m:	3:14.84 34.08	400m:	4:24.17 34.54		
4.	ZITOUNI, Imene Kaouthar		04		MC Alger				4:29.54	623
	50m:	30.87 30.87	150m:	1:37.86 34.08	250m:	2:46.99 34.24	350m:	3:55.22 34.09		
	100m:	1:03.78 32.91	200m:	2:12.75 34.89	300m:	3:21.13 34.14	400m:	4:29.54 34.32		
5.	HADJI- KOUIDRI, Ines		06		CR belouizdad				4:42.42	541
	50m:	30.62 30.62	150m:	1:39.37 35.29	250m:	2:51.99 36.52	350m:	4:06.71 37.20		
	100m:	1:04.08 33.46	200m:	2:15.47 36.10	300m:	3:29.51 37.52	400m:	4:42.42 35.71		
6.	BERRAHMANI, Loubna		09		CPSim				4:48.14	510
	50m:	32.32 32.32	150m:	1:43.46 36.11	250m:	2:56.94 36.73	350m:	4:12.26 37.85		
	100m:	1:07.35 35.03	200m:	2:20.21 36.75	300m:	3:34.41 37.47	400m:	4:48.14 35.88		
7.	AYAT, Nour El Houda		08		Cr Fouka				4:48.21	509
	50m:	32.65 32.65	150m:	1:44.20 36.20	250m:	2:58.07 36.86	350m:	4:12.79 37.49		
	100m:	1:08.00 35.35	200m:	2:21.21 37.01	300m:	3:35.30 37.23	400m:	4:48.21 35.42		
8.	LALAOUI, Sofia-Meriem		09		Naceria Club Bejaia				4:55.49	473
	50m:	32.33 32.33	150m:	1:45.39 36.86	250m:	3:00.67 37.77	350m:	4:17.54 38.80		
	100m:	1:08.53 36.20	200m:	2:22.90 37.51	300m:	3:38.74 38.07	400m:	4:55.49 37.95		