

Epreuve 29
01/01/2026

Messieurs, 400m 4 nages

Cat. générale
Liste résultats Eliminatoires

algerian records scm 25m

4:11.71 SYOUD, JAOUAD

MINIMA : 5:00.94

Points: AQUA 2025

Rang			AN					Temps	Pts
1.	HAFIANE, Abderraouf		07	Usmalger				4:37.91	603
	50m:	28.13 28.13	150m:	1:38.62	36.98	250m:	2:54.21 39.15	350m:	4:07.30 33.51
	100m:	1:01.64 33.51	200m:	2:15.06	36.44	300m:	3:33.79 39.58	400m:	4:37.91 30.61
2.	CHOUCHAR, Ramzi		97	CR belouizdad				4:38.19	601
	50m:	29.28 29.28	150m:	1:39.07	36.15	250m:	2:53.70 39.06	350m:	4:05.57 33.56
	100m:	1:02.92 33.64	200m:	2:14.64	35.57	300m:	3:32.01 38.31	400m:	4:38.19 32.62
3.	ADOUR, Anis		07	Orqua Club Bejaia				4:39.26	594
	50m:	30.00 30.00	150m:	1:40.23	35.91	250m:	2:54.82 38.59	350m:	4:07.65 33.64
	100m:	1:04.32 34.32	200m:	2:16.23	36.00	300m:	3:34.01 39.19	400m:	4:39.26 31.61
4.	ZAID, Abderraouf		08	Usmalger				4:45.73	554
	50m:	28.30 28.30	150m:	1:39.10	37.71	250m:	2:57.00 41.05	350m:	4:14.11 34.74
	100m:	1:01.39 33.09	200m:	2:15.95	36.85	300m:	3:39.37 42.37	400m:	4:45.73 31.62
5.	MEMMOU, Illiassine		10	MC Alger				4:47.20	546
	50m:	29.67 29.67	150m:	1:42.22	37.41	250m:	3:02.03 41.84	350m:	4:15.36 32.54
	100m:	1:04.81 35.14	200m:	2:20.19	37.97	300m:	3:42.82 40.79	400m:	4:47.20 31.84
6.	ZERROUKI, Adam		07	Usmalger				4:47.69	543
	50m:	28.67 28.67	150m:	1:41.92	39.23	250m:	3:01.54 41.46	350m:	4:16.08 33.25
	100m:	1:02.69 34.02	200m:	2:20.08	38.16	300m:	3:42.83 41.29	400m:	4:47.69 31.61
7.	BADJI, Reda		05	Usmalger				4:48.74	537
	50m:	30.80 30.80	150m:	1:42.10	36.39	250m:	2:59.70 41.88	350m:	4:16.24 34.17
	100m:	1:05.71 34.91	200m:	2:17.82	35.72	300m:	3:42.07 42.37	400m:	4:48.74 32.50
8.	ZEMMOUR, Safouane		10	Sports Bleus Oran				4:52.60	516
	50m:	29.11 29.11	150m:	1:39.36	36.36	250m:	2:59.79 44.86	350m:	4:19.04 33.79
	100m:	1:03.00 33.89	200m:	2:14.93	35.57	300m:	3:45.25 45.46	400m:	4:52.60 33.56
9.	SELKA, Nour Eddine		08	CSANOran				4:54.18	508
	50m:	30.71 30.71	150m:	1:47.15	40.99	250m:	3:05.87 38.30	350m:	4:20.16 35.60
	100m:	1:06.16 35.45	200m:	2:27.57	40.42	300m:	3:44.56 38.69	400m:	4:54.18 34.02
10.	ESSARHANE, Abdelhadi		07	Ptt Alger				4:55.48	501
	50m:	29.91 29.91	150m:	1:44.10	40.17	250m:	3:03.77 40.88	350m:	4:21.77 36.12
	100m:	1:03.93 34.02	200m:	2:22.89	38.79	300m:	3:45.65 41.88	400m:	4:55.48 33.71
11.	TARGA, mohamed		07	FASA				4:56.99	494
	50m:	29.27 29.27	150m:	1:42.93	39.06	250m:	3:04.91 45.29	350m:	4:24.13 34.11
	100m:	1:03.87 34.60	200m:	2:19.62	36.69	300m:	3:50.02 45.11	400m:	4:56.99 32.86
12.	CHETOUI, Kamel		11	Cnoran				4:58.63	486
	50m:	30.71 30.71	150m:	1:45.87	39.29	250m:	3:06.81 42.36	350m:	4:25.40 34.47
	100m:	1:06.58 35.87	200m:	2:24.45	38.58	300m:	3:50.93 44.12	400m:	4:58.63 33.23
13.	GUELLIL, Chakib Abderrezak		11	Cnoran				5:10.77	431
	50m:	31.57 31.57	150m:	1:51.18	41.29	250m:	3:16.09 44.94	350m:	4:36.82 35.41
	100m:	1:09.89 38.32	200m:	2:31.15	39.97	300m:	4:01.41 45.32	400m:	5:10.77 33.95
14.	MOUDDEN, Khalil		07	CSANOran				5:26.48	372
	50m:	29.27 29.27	150m:	1:47.12	42.56	250m:	3:17.02 48.16	350m:	4:47.25 42.21
	100m:	1:04.56 35.29	200m:	2:28.86	41.74	300m:	4:05.04 48.02	400m:	5:26.48 39.23
disq.	BELALAOUI, Abdelghani Tewfik		11	CSANOran				4:50.50	
	50m:	31.34 31.34	150m:	1:46.94	39.04	250m:	3:05.80 39.33	350m:	4:20.00 33.25
	100m:	1:07.90 36.56	200m:	2:26.47	39.53	300m:	3:46.75 40.95	400m:	4:50.50 30.50
disq.	ZIANE CHERIF, Abdelkarim		05	MC Alger				4:51.15	
	50m:	29.03 29.03	150m:	1:41.82	38.90	250m:	3:00.90 40.97	350m:	4:16.99 34.78
	100m:	1:02.92 33.89	200m:	2:19.93	38.11	300m:	3:42.21 41.31	400m:	4:51.15 34.16