

Epreuve 29  
01/01/2026 - 17:38

Messieurs, 400m 4 nages

Cat. générale  
Liste résultats Finale

algerian records scm 25m

4:11.71 SYOUD, JAOUAD

Points: AQUA 2025

Rang	AN				Temps	Pts
1.	CHOUCHAR, Ramzi				<b>4:20.25</b>	734
	50m: 27.44	27.44	150m: 1:32.86	33.88	250m: 2:42.87	36.53
	100m: 58.98	31.54	200m: 2:06.34	33.48	300m: 3:19.10	36.23
					350m: 3:50.50	31.40
					400m: 4:20.25	29.75
2.	HAFIANE, Abderraouf				<b>4:30.00</b>	657
	50m: 27.56	27.56	150m: 1:35.18	35.81	250m: 2:47.74	37.00
	100m: 59.37	31.81	200m: 2:10.74	35.56	300m: 3:25.62	37.88
					350m: 3:58.82	33.20
					400m: 4:30.00	31.18
3.	ADOUR, Anis				<b>4:32.16</b>	642
	50m: 29.22	29.22	150m: 1:38.26	35.37	250m: 2:50.55	37.41
	100m: 1:02.89	33.67	200m: 2:13.14	34.88	300m: 3:28.43	37.88
					350m: 4:01.16	32.73
					400m: 4:32.16	31.00
4.	ZAID, Abderaouf				<b>4:32.38</b>	640
	50m: 27.83	27.83	150m: 1:35.03	34.60	250m: 2:48.51	38.54
	100m: 1:00.43	32.60	200m: 2:09.97	34.94	300m: 3:28.57	40.06
					350m: 4:01.72	33.15
					400m: 4:32.38	30.66
5.	MEMMOU, Illiassine				<b>4:45.42</b>	556
	50m: 29.88	29.88	150m: 1:42.13	37.24	250m: 2:59.98	41.11
	100m: 1:04.89	35.01	200m: 2:18.87	36.74	300m: 3:41.14	41.16
					350m: 4:13.77	32.63
					400m: 4:45.42	31.65
6.	BADJI, Reda				<b>4:47.13</b>	546
	50m: 30.10	30.10	150m: 1:40.89	36.07	250m: 2:58.22	41.63
	100m: 1:04.82	34.72	200m: 2:16.59	35.70	300m: 3:40.25	42.03
					350m: 4:13.91	33.66
					400m: 4:47.13	33.22
7.	ZERROUKI, Adam				<b>4:49.02</b>	536
	50m: 28.62	28.62	150m: 1:39.69	37.91	250m: 2:59.89	42.78
	100m: 1:01.78	33.16	200m: 2:17.11	37.42	300m: 3:42.25	42.36
					350m: 4:16.06	33.81
					400m: 4:49.02	32.96
8.	ZEMMOUR, Safouane				<b>4:49.27</b>	534
	50m: 29.17	29.17	150m: 1:40.41	37.28	250m: 3:01.12	44.68
	100m: 1:03.13	33.96	200m: 2:16.44	36.03	300m: 3:45.25	44.13
					350m: 4:18.69	33.44
					400m: 4:49.27	30.58