

Epreuve 30
01/01/2026 - 17:46

Dames, 400m 4 nages

Cat. générale
Liste résultats

algerian records scm 25m 4:46.36 NEFIS, HAMIDA RANIA

MINIMA : 5:31.87

Points: AQUA 2025

Rang	AN				Temps	Pts	
1.	ZITOUNI, Imene Kaouthar	04	MC Alger	4:51.77	671		
	50m: 30.76 30.76	150m: 1:43.58	37.84	250m: 3:02.83	42.76	350m: 4:18.98	33.31
	100m: 1:05.74 34.98	200m: 2:20.07	36.49	300m: 3:45.67	42.84	400m: 4:51.77	32.79
2.	BENCHADLI, Djihene	04	CR belouizdad	4:58.40	627		
	50m: 30.55 30.55	150m: 1:43.26	37.12	250m: 3:02.03	42.54	350m: 4:21.90	36.11
	100m: 1:06.14 35.59	200m: 2:19.49	36.23	300m: 3:45.79	43.76	400m: 4:58.40	36.50
3.	ROUIBI, Melissa	11	Cr Fouka	5:11.07	553		
	50m: 32.48 32.48	150m: 1:52.18	41.38	250m: 3:16.71	45.09	350m: 4:37.52	35.40
	100m: 1:10.80 38.32	200m: 2:31.62	39.44	300m: 4:02.12	45.41	400m: 5:11.07	33.55
4.	MAAROUF, Amira Ines	09	Sports Bleus Oran	5:31.33	458		
	50m: 35.11 35.11	150m: 2:00.04	43.68	250m: 3:29.27	46.51	350m: 4:54.34	38.74
	100m: 1:16.36 41.25	200m: 2:42.76	42.72	300m: 4:15.60	46.33	400m: 5:31.33	36.99