

National summer swimming championships age groupe
algiers, 7 - 11/7/2026

Epreuve 37
11/07/2026 - 17:40

Filles, 400m 4 nages

15 - 18 ans
Liste résultats

MINIMA 15 - 16: 6:17.26; 17 - 18: 6:00.84

Points: AQUA 2026

Rang	AN		Temps		Pts	100m	200m	300m	400m
cadets									
1.	ROUIBI, MELISSA	11	Club Rouad Fouka	5:15.05	586	1:11.76	1:20.97	1:32.09	1:10.23
	50m: 1:11.76		150m: 2:32.73	250m: 3:00m: 4:04.82		350m: 4:00m: 5:15.05			
2.	HEMANI, Lyna	10	Orqua Club Bejaia	5:18.33	568	1:12.29	1:18.74	1:33.13	1:14.17
	50m: 1:12.29		150m: 2:31.03	250m: 3:00m: 4:04.16		350m: 4:00m: 5:18.33			
3.	BENMOHAMMED, Rahma	10	Club Sportif Amateur Les	5:29.44	512	1:14.40	1:26.05	1:31.46	1:17.53
	50m: 1:14.40		150m: 2:40.45	250m: 3:00m: 4:11.91		350m: 4:00m: 5:29.44			
4.	BENCHERAB, Lina Rachad	10	Club Sportif Amateur Nautique	5:35.96	483	1:13.68	1:29.90	1:36.76	1:15.62
	50m: 1:13.68		150m: 2:43.58	250m: 3:00m: 4:20.34		350m: 4:00m: 5:35.96			
5.	LAIDI, Lina Dahlia	10	Mouloudia Club D'Alger	5:38.07	474	1:17.28	1:28.04	1:38.72	1:14.03
	50m: 1:17.28		150m: 2:45.32	250m: 3:00m: 4:24.04		350m: 4:00m: 5:38.07			
6.	SEMANI, Meriem	11	Assirem Natation El Kseur	5:43.85	450	1:18.55	1:31.58	1:36.21	1:17.51
	50m: 1:18.55		150m: 2:50.13	250m: 3:00m: 4:26.34		350m: 4:00m: 5:43.85			
7.	HAMMACHE, Asma	11	Assirem Natation El Kseur	5:51.11	423	1:14.46	1:37.52	1:39.38	1:19.75
	50m: 1:14.46		150m: 2:51.98	250m: 3:00m: 4:31.36		350m: 4:00m: 5:51.11			
8.	AIT YAHIA, Lyna	11	Assirem Natation El Kseur	5:53.17	416	1:18.09	1:32.84	1:44.25	1:17.99
	50m: 1:18.09		150m: 2:50.93	250m: 3:00m: 4:35.18		350m: 4:00m: 5:53.17			
9.	DJERCE, Nermine	11	Assirem Natation El Kseur	5:54.67	410	1:24.90	1:33.69	1:35.82	1:20.26
	50m: 1:24.90		150m: 2:58.59	250m: 3:00m: 4:34.41		350m: 4:00m: 5:54.67			
10.	AHSATAL, Aya	11	Assirem Natation El Kseur	5:57.55	400	1:19.41	1:31.32	1:43.74	1:23.08
	50m: 1:19.41		150m: 2:50.73	250m: 3:00m: 4:34.47		350m: 4:00m: 5:57.55			
11.	AMAZL, Manal Errahman OTL	11	Club Sportif Amateur Piscin	6:18.20	338	1:32.12	1:39.47	1:45.59	1:21.02
	50m: 1:32.12		150m: 3:11.59	250m: 3:00m: 4:57.18		350m: 4:00m: 6:18.20			
disq.	NOUAL, Maya	10	Mouloudia Club D'Alger	5:38.09		1:15.48	1:25.30	1:38.56	1:18.75
	50m: 1:15.48		150m: 2:40.78	250m: 3:00m: 4:19.34		350m: 4:00m: 5:38.09			
abandon	TELLACHE, Lyna	11	Olympique Sidi Mhamed	1:22.55		1:22.55			
	50m: 1:22.55		150m: 200m:	250m: 3:00m:		350m: 4:00m: 1:22.55			
junior									
1.	YAHIAOUI, Hibats Allah	08	Orqua Club Bejaia	5:23.01	543	1:12.36	1:19.38	1:33.14	1:18.13
	50m: 1:12.36		150m: 2:31.74	250m: 3:00m: 4:04.88		350m: 4:00m: 5:23.01			
2.	BERRIM, Rania	08	Mouloudia Club D'Alger	5:31.17	504	1:15.83	1:22.26	1:33.77	1:19.31
	50m: 1:15.83		150m: 2:38.09	250m: 3:00m: 4:11.86		350m: 4:00m: 5:31.17			
3.	ZAIDI, Ines	09	Orqua Club Bejaia	5:34.10	491	1:11.16	1:24.42	1:39.19	1:19.33
	50m: 1:11.16		150m: 2:35.58	250m: 3:00m: 4:14.77		350m: 4:00m: 5:34.10			
4.	MAAROUF, Amira Ines	09	Club Sportif Amateur Les	5:39.05	470	1:15.73	1:27.78	1:40.11	1:15.43
	50m: 1:15.73		150m: 2:43.51	250m: 3:00m: 4:23.62		350m: 4:00m: 5:39.05			

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Epreuve 37, Filles, 400m 4 nages, junior

Rang	AN		Temps	Pts	100m	200m	300m	400m
5. HARRAT, Ibtissam	09	Poste Telecommunication Alg	5:43.15	453	1:17.54	1:36.93	1:33.53	1:15.15
50m:		150m:	250m:		350m:			
100m: 1:17.54		200m: 2:54.47	300m: 4:28.00		400m: 5:43.15			
6. HANTAZ, Nada	08	Csa Area Wellness Oran	5:44.60	447	1:13.70	1:29.32	1:40.47	1:21.11
50m:		150m:	250m:		350m:			
100m: 1:13.70		200m: 2:43.02	300m: 4:23.49		400m: 5:44.60			
7. HAMEL, Sarah	09	Chabab Riadhi Belouizdad	5:54.80	410	1:18.68	1:31.37	1:40.33	1:24.42
50m:		150m:	250m:		350m:			
100m: 1:18.68		200m: 2:50.05	300m: 4:30.38		400m: 5:54.80			