

ALGERIAN OPEN SWIMMING CHAMPIONSHIP LCM 2026
ORAN, 30/7 - 4/8/2026

Event 4 Women, 400m Medley Open
30/07/2026 - 9:45 Results Prelim

ALGERIAN RECORD LCM 4:52.13 NEFIS, RANIA HAMIDA CRB MONTREAL (CAN) 19/02/2019

MNR : 5:40.75

Points: AQUA 2026

Rank	YB			Time		Pts	100m	200m	300m	400m		
1.	ZITOUNI, Imene Kaouthar	04	Mouloudia Club D'Alger	5:17.49	572	Q	1:08.38	1:22.21	1:33.48	1:13.42		
	50m:	31.56	31.56	150m:	1:50.30	41.92	250m:	3:17.58	46.99	350m:	4:41.75	37.68
	100m:	1:08.38	36.82	200m:	2:30.59	40.29	300m:	4:04.07	46.49	400m:	5:17.49	35.74
2.	BENCHADLI, Djihene	04	Chabab Riadhi Belouizdad	5:18.50	567	Q	1:09.72	1:20.06	1:31.27	1:17.45		
	50m:	32.10	32.10	150m:	1:50.11	40.39	250m:	3:14.96	45.18	350m:	4:40.47	39.42
	100m:	1:09.72	37.62	200m:	2:29.78	39.67	300m:	4:01.05	46.09	400m:	5:18.50	38.03
3.	ROUIBI, Melissa	11	Club Rouad Fouka	5:22.84	544	Q	1:13.66	1:23.61	1:34.06	1:11.51		
	50m:	33.35	33.35	150m:	1:56.25	42.59	250m:	3:24.02	46.75	350m:	4:47.31	35.98
	100m:	1:13.66	40.31	200m:	2:37.27	41.02	300m:	4:11.33	47.31	400m:	5:22.84	35.53
4.	FERDI, Cerine	09	AAF	5:28.14	518	Q	1:12.96	1:24.74	1:35.23	1:15.21		
	50m:	32.94	32.94	150m:	1:55.40	42.44	250m:	3:25.36	47.66	350m:	4:50.28	37.35
	100m:	1:12.96	40.02	200m:	2:37.70	42.30	300m:	4:12.93	47.57	400m:	5:28.14	37.86
5.	YAHIAOUI, Hibats Allah	08	Orqua Club Bejaia	5:29.13	514	Q	1:13.43	1:20.93	1:35.03	1:19.74		
	50m:	33.66	33.66	150m:	1:54.03	40.60	250m:	3:22.35	47.99	350m:	4:49.03	39.64
	100m:	1:13.43	39.77	200m:	2:34.36	40.33	300m:	4:09.39	47.04	400m:	5:29.13	40.10
6.	ZAIDI, Ines	09	Orqua Club Bejaia	5:30.98	505	Q	1:10.66	1:21.96	1:38.69	1:19.67		
	50m:	32.74	32.74	150m:	1:51.44	40.78	250m:	3:21.92	49.30	350m:	4:51.88	40.57
	100m:	1:10.66	37.92	200m:	2:32.62	41.18	300m:	4:11.31	49.39	400m:	5:30.98	39.10
7.	AMR MOHAMED, Kenzi	12	Chabab Riadhi Belouizdad	5:32.59	498	Q	1:12.08	1:24.67	1:39.56	1:16.28		
	50m:	33.53	33.53	150m:	1:55.46	43.38	250m:	3:26.36	49.61	350m:	4:55.35	39.04
	100m:	1:12.08	38.55	200m:	2:36.75	41.29	300m:	4:16.31	49.95	400m:	5:32.59	37.24
8.	BERRIM, Rania	08	Mouloudia Club D'Alger	5:35.15	486	Q	1:15.47	1:22.02	1:36.17	1:21.49		
	50m:	34.53	34.53	150m:	1:56.87	41.40	250m:	3:25.11	47.62	350m:	4:55.29	41.63
	100m:	1:15.47	40.94	200m:	2:37.49	40.62	300m:	4:13.66	48.55	400m:	5:35.15	39.86
9.	BENMOHAMMED, Rahma	10	Club Sportif Amateur Les	5:35.35	485	R	1:16.81	1:27.87	1:31.66	1:19.01		
	50m:	35.00	35.00	150m:	2:02.04	45.23	250m:	3:30.50	45.82	350m:	4:56.66	40.32
	100m:	1:16.81	41.81	200m:	2:44.68	42.64	300m:	4:16.34	45.84	400m:	5:35.35	38.69
10.	BENCHERAB, Lina Rach	10	Club Sportif Amateur Nautic	5:38.07	474	R	1:12.99	1:29.41	1:37.82	1:17.85		
	50m:	33.38	33.38	150m:	1:58.96	45.97	250m:	3:30.63	48.23	350m:	5:00.33	40.11
	100m:	1:12.99	39.61	200m:	2:42.40	43.44	300m:	4:20.22	49.59	400m:	5:38.07	37.74
11.	FOUKROUN, M.	06	Jeunesse Feminine Kouba	5:42.71	455		1:14.34	1:26.71	1:42.65	1:19.01		
	MNR											
	50m:	32.87	32.87	150m:	1:57.70	43.36	250m:	3:31.53	50.48	350m:	5:04.69	40.99
	100m:	1:14.34	41.47	200m:	2:41.05	43.35	300m:	4:23.70	52.17	400m:	5:42.71	38.02