

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

Event 4 Women, 400m Medley Open
30/07/2026 - 18:30 Results Final

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

Points: AQUA 2026

Rank	YB	Time	Pts	100m	200m	300m	400m
1.	ZITOUNI, Imene Kaouthar 04	Mouloudia Club D'Alger	5:04.80 647	1:09.62	1:19.62	1:28.09	1:07.47
	50m: 32.92 32.92	150m: 1:50.05 40.43	250m: 3:13.65	44.41 350m: 4:31.71	34.38		
	100m: 1:09.62 36.70	200m: 2:29.24 39.19	300m: 3:57.33	43.68 400m: 5:04.80	33.09		
2.	BENCHADLI, Djihene 04	Chabab Riadhi Belouizdad	5:07.75 628	1:08.82	1:17.57	1:29.42	1:11.94
	50m: 32.33 32.33	150m: 1:47.83 39.01	250m: 3:11.13	44.74 350m: 4:31.93	36.12		
	100m: 1:08.82 36.49	200m: 2:26.39 38.56	300m: 3:55.81	44.68 400m: 5:07.75	35.82		
3.	ROUIBI, Melissa 11	Club Rouad Fouka	5:11.47 606	1:11.40	1:20.07	1:30.21	1:09.79
	50m: 32.98 32.98	150m: 1:52.32 40.92	250m: 3:16.59	45.12 350m: 4:37.06	35.38		
	100m: 1:11.40 38.42	200m: 2:31.47 39.15	300m: 4:01.68	45.09 400m: 5:11.47	34.41		
4.	YAHIAOUI, Hibats Allah 08	Orqua Club Bejaia	5:23.55 541	1:12.96	1:20.78	1:33.57	1:16.24
	50m: 33.67 33.67	150m: 1:54.14 41.18	250m: 3:20.04	46.30 350m: 4:46.09	38.78		
	100m: 1:12.96 39.29	200m: 2:33.74 39.60	300m: 4:07.31	47.27 400m: 5:23.55	37.46		
5.	FERDI, Cerine 09	AAF	5:27.33 522	1:13.06	1:25.05	1:36.65	1:12.57
	50m: 33.33 33.33	150m: 1:56.54 43.48	250m: 3:27.02	48.91 350m: 4:54.59	39.83		
	100m: 1:13.06 39.73	200m: 2:38.11 41.57	300m: 4:14.76	47.74 400m: 5:27.33	32.74		
6.	ZAIDI, Ines 09	Orqua Club Bejaia	5:27.57 521	1:11.43	1:22.97	1:36.79	1:16.38
	50m: 33.54 33.54	150m: 1:52.80 41.37	250m: 3:22.74	48.34 350m: 4:50.49	39.30		
	100m: 1:11.43 37.89	200m: 2:34.40 41.60	300m: 4:11.19	48.45 400m: 5:27.57	37.08		
7.	AMR MOHAMED, Kenzi 12	Chabab Riadhi Belouizdad	5:31.41 503	1:12.74	1:25.27	1:38.50	1:14.90
	50m: 33.35 33.35	150m: 1:55.86 43.12	250m: 3:26.92	48.91 350m: 4:54.21	37.70		
	100m: 1:12.74 39.39	200m: 2:38.01 42.15	300m: 4:16.51	49.59 400m: 5:31.41	37.20		
8.	BERRIM, Rania 08	Mouloudia Club D'Alger	5:32.72 497	1:16.75	1:23.53	1:33.09	1:19.35
	50m: 35.14 35.14	150m: 1:58.82 42.07	250m: 3:26.44	46.16 350m: 4:53.32	39.95		
	100m: 1:16.75 41.61	200m: 2:40.28 41.46	300m: 4:13.37	46.93 400m: 5:32.72	39.40		