

National interclub open
oran, 3 - 4/4/2026

Epreuve 15
03/04/2026

Dames, 400m 4 nages

Cat. générale
Liste résultats

50 4:52.13 NEFSI, RANIA HAMIDA CRB Montréal (CAN) 19/02/2019

Points: AQUA 2025

Rang	AN				Temps				Pts
1.	ZITOUNI, Imene Kaouthar	04	MC Alger		5:09.88				621
	50m: 32.62 32.62	150m: 1:49.74	40.81	250m: 3:14.74	45.88	350m: 4:35.89			35.89
	100m: 1:08.93 36.31	200m: 2:28.86	39.12	300m: 4:00.00	45.26	400m: 5:09.88			33.99
2.	ROUIBI, Melissa	11	Cr Fouka		5:19.09				568
	50m: 33.05 33.05	150m: 1:54.14	41.96	250m: 3:20.86	45.99	350m: 4:44.14			36.18
	100m: 1:12.18 39.13	200m: 2:34.87	40.73	300m: 4:07.96	47.10	400m: 5:19.09			34.95
3.	ZAIDI, Ines	09	Orqua Club Bejaia		5:28.80				519
	50m: 33.64 33.64	150m: 1:55.06	42.68	250m: 3:24.74	47.80	350m: 4:51.64			38.55
	100m: 1:12.38 38.74	200m: 2:36.94	41.88	300m: 4:13.09	48.35	400m: 5:28.80			37.16
4.	YAHIA ZOUBIR, Insaf	12	Sports Bleus Oran		5:34.90				491
	50m: 35.44 35.44	150m: 2:02.23	45.35	250m: 3:32.12	46.57	350m: 4:57.88			38.06
	100m: 1:16.88 41.44	200m: 2:45.55	43.32	300m: 4:19.82	47.70	400m: 5:34.90			37.02
5.	MAAROUF, Amira Ines	09	Sports Bleus Oran		5:35.29				490
	50m: 34.14 34.14	150m: 2:00.95	44.47	250m: 3:32.93	48.95	350m: 4:59.81			37.43
	100m: 1:16.48 42.34	200m: 2:43.98	43.03	300m: 4:22.38	49.45	400m: 5:35.29			35.48
6.	BERRIM, Rania	08	MC Alger		5:36.90				483
	50m: 36.61 36.61	150m: 2:00.45	43.46	250m: 3:29.00	46.17	350m: 4:57.48			41.43
	100m: 1:16.99 40.38	200m: 2:42.83	42.38	300m: 4:16.05	47.05	400m: 5:36.90			39.42
7.	HAMEL, Sarah	09	CR belouizdad		5:39.94				470
	50m: 35.77 35.77	150m: 2:00.88	44.61	250m: 3:31.15	48.01	350m: 5:00.92			41.52
	100m: 1:16.27 40.50	200m: 2:43.14	42.26	300m: 4:19.40	48.25	400m: 5:39.94			39.02
8.	BENCHERAB, Lina Racha	10	CSANOran		5:42.00				461
	50m: 33.95 33.95	150m: 2:03.29	48.01	250m: 3:36.58	47.63	350m: 5:04.48			39.70
	100m: 1:15.28 41.33	200m: 2:48.95	45.66	300m: 4:24.78	48.20	400m: 5:42.00			37.52
9.	SEMANI, Meriem	11	An El Kseur		5:44.32				452
	50m: 37.07 37.07	150m: 2:07.10	45.69	250m: 3:37.84	46.33	350m: 5:05.70			39.33
	100m: 1:21.41 44.34	200m: 2:51.51	44.41	300m: 4:26.37	48.53	400m: 5:44.32			38.62
10.	OUCHENE, Maylis	09	Orqua Club Bejaia		5:47.53				440
	50m: 35.72 35.72	150m: 2:03.26	44.30	250m: 3:37.85	50.52	350m: 5:08.24			40.00
	100m: 1:18.96 43.24	200m: 2:47.33	44.07	300m: 4:28.24	50.39	400m: 5:47.53			39.29
11.	DJERCE, Nermine	11	An El Kseur		5:53.93				416
	50m: 38.37 38.37	150m: 2:13.65	48.67	250m: 3:47.16	47.60	350m: 5:14.57			40.47
	100m: 1:24.98 46.61	200m: 2:59.56	45.91	300m: 4:34.10	46.94	400m: 5:53.93			39.36
12.	HAMDAOUI, Rym	11	Usmalger		6:01.34				391
	50m: 36.35 36.35	150m: 2:09.68	50.07	250m: 3:47.76	52.62	350m: 5:22.52			42.16
	100m: 1:19.61 43.26	200m: 2:55.14	45.46	300m: 4:40.36	52.60	400m: 6:01.34			38.82
13.	HALIMI, Fatma Manel	10	Sn El Bier		6:08.90				368
	50m: 37.50 37.50	150m: 2:12.23	48.89	250m: 3:56.26	56.91	350m: 5:30.95			37.53
	100m: 1:23.34 45.84	200m: 2:59.35	47.12	300m: 4:53.42	57.16	400m: 6:08.90			37.95
14.	RACHEDI, Ikram	11	WS tlemcen		6:15.73				348
	50m: 38.31 38.31	150m: 2:12.27	48.37	250m: 3:54.10	54.49	350m: 5:32.85			44.82
	100m: 1:23.90 45.59	200m: 2:59.61	47.34	300m: 4:48.03	53.93	400m: 6:15.73			42.88
15.	HADJ MIHOUB SIDI MOUSSA, Melissa	07	CR belouizdad		6:20.58				335
	50m: 37.94 37.94	150m: 2:19.41	54.58	250m: 4:05.40	54.71	350m: 5:41.71			40.80
	100m: 1:24.83 46.89	200m: 3:10.69	51.28	300m: 5:00.91	55.51	400m: 6:20.58			38.87

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Rang	AN								Temps			Pts	
16.	AISSAOUI, Assil Nour El Yakine				12	Ptt Alger				6:21.95			331
	50m:	36.94	36.94	150m:	2:15.96	51.85	250m:	3:58.57	53.62	350m:	5:39.13	44.49	
	100m:	1:24.11	47.17	200m:	3:04.95	48.99	300m:	4:54.64	56.07	400m:	6:21.95	42.82	
17.	KHELIL, Manel				12	Usmalger				6:31.73			307
	50m:	41.75	41.75	150m:	2:25.04	49.05	250m:	4:08.87	55.08	350m:	5:47.23	41.98	
	100m:	1:35.99	54.24	200m:	3:13.79	48.75	300m:	5:05.25	56.38	400m:	6:31.73	44.50	
18.	MAHI, Lina				06	Ptt Alger				6:44.67			278
	50m:	40.03	40.03	150m:	2:23.01	54.51	250m:	4:09.84	56.22	350m:	5:57.49	48.20	
	100m:	1:28.50	48.47	200m:	3:13.62	50.61	300m:	5:09.29	59.45	400m:	6:44.67	47.18	
19.	BENKHEROUF, Meriem				12	Fcbainem				6:48.24			271
	50m:	41.57	41.57	150m:	2:24.40	50.19	250m:	4:16.00	1:00.07	350m:	6:03.95	45.61	
	100m:	1:34.21	52.64	200m:	3:15.93	51.53	300m:	5:18.34	1:02.34	400m:	6:48.24	44.29	
20.	AIT ABDELLAH, Malek				11	Olympique Sidi Mhame				7:02.90			244
	50m:	40.64	40.64	150m:	2:23.36	52.78	250m:	4:18.69	1:01.89	350m:	6:15.13	49.13	
	100m:	1:30.58	49.94	200m:	3:16.80	53.44	300m:	5:26.00	1:07.31	400m:	7:02.90	47.77	
21.	DJELLALDA, Narjes				07	FC oued semar				7:12.79			227
	50m:	41.89	41.89	150m:	2:36.41	1:00.01	250m:	4:32.43	57.84	350m:	6:23.14	50.98	
	100m:	1:36.40	54.51	200m:	3:34.59	58.18	300m:	5:32.16	59.73	400m:	7:12.79	49.65	
22.	BOUAZIZI, Rania				13	FC oued semar				7:33.46			198
	50m:	46.99	46.99	150m:	2:42.01	55.49	250m:	4:42.69	1:06.50	350m:	6:43.24	52.01	
	100m:	1:46.52	59.53	200m:	3:36.19	54.18	300m:	5:51.23	1:08.54	400m:	7:33.46	50.22	
disq.	TELLACHE, Lyna				11	Olympique Sidi Mhame				6:14.70			
	50m:	38.43	38.43	150m:	2:18.81	50.16	250m:	3:57.51	48.93	350m:	5:32.25	42.77	
	100m:	1:28.65	50.22	200m:	3:08.58	49.77	300m:	4:49.48	51.97	400m:	6:14.70	42.45	
hc.	FERDI, CERINE				09	AAF				5:20.10			563
	50m:	33.77	33.77	150m:	1:55.68	41.84	250m:	3:23.43	46.65	350m:	4:46.07	36.74	
	100m:	1:13.84	40.07	200m:	2:36.78	41.10	300m:	4:09.33	45.90	400m:	5:20.10	34.03	