

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

Epreuve 16 03/04/2026		Messieurs, 400m 4 nages								Cat. générale Liste résultats			
50		4:19.02		SYOUD, JAOUAD				ALG		Chartres (FRA)		15/06/2021	
Points: AQUA 2025													
Rang		AN								Temps		Pts	
1. ADOUR, Anis				07		Orqua Club Bejaia				4:39.51		653	
50m: 29.51 29.51		150m: 1:39.52 35.92		250m: 2:53.55 38.76		350m: 4:06.44 34.08							
100m: 1:03.60 34.09		200m: 2:14.79 35.27		300m: 3:32.36 38.81		400m: 4:39.51 33.07							
2. ZAID, Abderaouf				08		Usmalger				4:47.92		597	
50m: 28.62 28.62		150m: 1:39.49 36.95		250m: 2:56.81 40.07		350m: 4:13.33 34.39							
100m: 1:02.54 33.92		200m: 2:16.74 37.25		300m: 3:38.94 42.13		400m: 4:47.92 34.59							
3. BOUDA, Omar				09		Orqua Club Bejaia				4:56.27		548	
50m: 29.56 29.56		150m: 1:42.78 38.96		250m: 3:02.99 40.10		350m: 4:22.23 36.84							
100m: 1:03.82 34.26		200m: 2:22.89 40.11		300m: 3:45.39 42.40		400m: 4:56.27 34.04							
4. ZERROUKI, Adam				07		Usmalger				4:57.66		540	
50m: 29.42 29.42		150m: 1:44.77 40.97		250m: 3:06.56 41.65		350m: 4:24.10 34.41							
100m: 1:03.80 34.38		200m: 2:24.91 40.14		300m: 3:49.69 43.13		400m: 4:57.66 33.56							
5. TARGA, MOHAMED				07		OC ALGER				4:57.74		540	
50m: 29.47 29.47		150m: 1:44.84 40.97		250m: 3:09.17 45.41		350m: 4:26.85 32.58							
100m: 1:03.87 34.40		200m: 2:23.76 38.92		300m: 3:54.27 45.10		400m: 4:57.74 30.89							
6. ZIANE CHERIF, Abdelkarim				05		MC Alger				4:58.71		535	
50m: 29.72 29.72		150m: 1:43.88 40.65		250m: 3:06.96 43.87		350m: 4:25.05 34.49							
100m: 1:03.23 33.51		200m: 2:23.09 39.21		300m: 3:50.56 43.60		400m: 4:58.71 33.66							
7. AIT YAHIA, Anes				10		Sports Bleus Oran				4:59.06		533	
50m: 29.21 29.21		150m: 1:43.56 39.88		250m: 3:07.41 44.63		350m: 4:26.98 34.09							
100m: 1:03.68 34.47		200m: 2:22.78 39.22		300m: 3:52.89 45.48		400m: 4:59.06 32.08							
8. MEMMOU, Illiassine				10		MC Alger				5:00.41		526	
50m: 29.48 29.48		150m: 1:43.01 38.84		250m: 3:05.36 44.93		350m: 4:27.00 36.46							
100m: 1:04.17 34.69		200m: 2:20.43 37.42		300m: 3:50.54 45.18		400m: 5:00.41 33.41							
9. BEKHCHI, Fouzi				09		CR belouizdad				5:03.99		507	
50m: 32.06 32.06		150m: 1:49.95 39.41		250m: 3:11.77 43.21		350m: 4:30.05 35.33							
100m: 1:10.54 38.48		200m: 2:28.56 38.61		300m: 3:54.72 42.95		400m: 5:03.99 33.94							
10. BELALAOUI, Abdelghani Tewfik				11		CSANOran				5:04.22		506	
50m: 31.06 31.06		150m: 1:50.80 42.77		250m: 3:14.00 41.32		350m: 4:32.31 35.69							
100m: 1:08.03 36.97		200m: 2:32.68 41.88		300m: 3:56.62 42.62		400m: 5:04.22 31.91							
11. BENOUEHALIMA, Firas				08		Cr Fouka				5:05.20		501	
50m: 30.43 30.43		150m: 1:52.48 44.97		250m: 3:17.14 41.79		350m: 4:33.49 32.97							
100m: 1:07.51 37.08		200m: 2:35.35 42.87		300m: 4:00.52 43.38		400m: 5:05.20 31.71							
12. BOUTEBALI, Ibrahim				12		Cn Boufarik				5:13.10		464	
50m: 32.41 32.41		150m: 1:49.22 40.08		250m: 3:13.45 45.47		350m: 4:37.38 37.26							
100m: 1:09.14 36.73		200m: 2:27.98 38.76		300m: 4:00.12 46.67		400m: 5:13.10 35.72							
13. SELKA, Nour Eddine				08		CSANOran				5:13.45		463	
50m: 29.90 29.90		150m: 1:51.61 46.14		250m: 3:17.19 40.82		350m: 4:36.91 37.94							
100m: 1:05.47 35.57		200m: 2:36.37 44.76		300m: 3:58.97 41.78		400m: 5:13.45 36.54							
14. AIT YAHIA, Wassim				13		Sports Bleus Oran				5:13.94		460	
50m: 32.29 32.29		150m: 1:51.89 42.08		250m: 3:16.08 43.87		350m: 4:37.55 37.15							
100m: 1:09.81 37.52		200m: 2:32.21 40.32		300m: 4:00.40 44.32		400m: 5:13.94 36.39							
15. BENBRAHIM, Youcef				11		Sn El Bier				5:19.82		435	
50m: 32.69 32.69		150m: 1:53.74 42.56		250m: 3:21.18 45.39		350m: 4:43.85 36.28							
100m: 1:11.18 38.49		200m: 2:35.79 42.05		300m: 4:07.57 46.39		400m: 5:19.82 35.97							

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

Epreuve 16, Messieurs, 400m 4 nages, Cat. générale

Rang	AN				Temps				Pts
16.	LALOUT, Mohammed Racim	08	CSA PEPSOran		5:23.28				422
	50m: 31.71 31.71	150m: 1:52.94	43.56 250m: 3:20.31	45.96	350m: 4:47.53				39.06
	100m: 1:09.38 37.67	200m: 2:34.35	41.41 300m: 4:08.47	48.16	400m: 5:23.28				35.75
17.	SAOULI, Yasser Aabdeldjallil	09	Ptt Alger		5:23.57				420
	50m: 32.53 32.53	150m: 1:54.21	43.02 250m: 3:22.57	47.06	350m: 4:49.07				36.31
	100m: 1:11.19 38.66	200m: 2:35.51	41.30 300m: 4:12.76	50.19	400m: 5:23.57				34.50
18.	ADJAD, Mehdi	09	Ptt Alger		5:26.37				410
	50m: 33.92 33.92	150m: 1:56.72	41.89 250m: 3:25.36	47.28	350m: 4:48.98				37.07
	100m: 1:14.83 40.91	200m: 2:38.08	41.36 300m: 4:11.91	46.55	400m: 5:26.37				37.39
19.	BEN MOUAFEK, Abd El Raouf	10	Cr Fouka		5:26.64				409
	50m: 33.82 33.82	150m: 1:59.92	44.99 250m: 3:30.17	46.13	350m: 4:52.14				35.40
	100m: 1:14.93 41.11	200m: 2:44.04	44.12 300m: 4:16.74	46.57	400m: 5:26.64				34.50
20.	MALEK, Rabah	11	Rckouba		5:26.77				408
	50m: 30.61 30.61	150m: 1:49.66	42.70 250m: 3:20.36	48.22	350m: 4:49.62				38.49
	100m: 1:06.96 36.35	200m: 2:32.14	42.48 300m: 4:11.13	50.77	400m: 5:26.77				37.15
21.	MOUALED, Brahim	05	CR belouizdad		5:27.12				407
	50m: 30.30 30.30	150m: 1:53.08	45.21 250m: 3:22.52	44.02	350m: 4:48.10				40.46
	100m: 1:07.87 37.57	200m: 2:38.50	45.42 300m: 4:07.64	45.12	400m: 5:27.12				39.02
22.	GUERNI, Amiine	11	Olympique Sidi Mhame		5:27.14				407
	50m: 34.64 34.64	150m: 1:57.79	43.81 250m: 3:29.51	50.22	350m: 4:52.77				35.20
	100m: 1:13.98 39.34	200m: 2:39.29	41.50 300m: 4:17.57	48.06	400m: 5:27.14				34.37
23.	CHENAIT, Sami	10	CSA PEPSOran		5:28.92				400
	50m: 32.39 32.39	150m: 1:55.29	43.88 250m: 3:27.02	50.14	350m: 4:53.28				36.46
	100m: 1:11.41 39.02	200m: 2:36.88	41.59 300m: 4:16.82	49.80	400m: 5:28.92				35.64
24.	BOUKHTOUCHE, Sami	13	Fcbainem		5:33.14				385
	50m: 32.53 32.53	150m: 1:53.18	40.74 250m: 3:24.49	51.38	350m: 4:54.92				38.75
	100m: 1:12.44 39.91	200m: 2:33.11	39.93 300m: 4:16.17	51.68	400m: 5:33.14				38.22
25.	ADJISSI, Zakaria	11	ELHIDABSetif		5:34.87				379
	50m: 36.01 36.01	150m: 2:01.26	43.81 250m: 3:31.80	47.56	350m: 4:57.66				38.06
	100m: 1:17.45 41.44	200m: 2:44.24	42.98 300m: 4:19.60	47.80	400m: 5:34.87				37.21
26.	LOUNI, Racim	11	Rckouba		5:38.18				368
	50m: 32.02 32.02	150m: 1:56.10	44.92 250m: 3:27.67	47.81	350m: 4:55.84				39.32
	100m: 1:11.18 39.16	200m: 2:39.86	43.76 300m: 4:16.52	48.85	400m: 5:38.18				42.34
27.	GUEMAR, Amar	12	ELHIDABSetif		5:40.41				361
	50m: 32.91 32.91	150m: 1:57.58	46.29 250m: 3:34.09	52.35	350m: 5:02.97				37.00
	100m: 1:11.29 38.38	200m: 2:41.74	44.16 300m: 4:25.97	51.88	400m: 5:40.41				37.44
28.	BENDI HASSANE, Khalil	09	WS tlemcen		5:40.95				359
	50m: 32.91 32.91	150m: 2:02.60	48.74 250m: 3:36.09	46.97	350m: 5:04.29				37.33
	100m: 1:13.86 40.95	200m: 2:49.12	46.52 300m: 4:26.96	50.87	400m: 5:40.95				36.66
29.	BELKEBLA, Zakaria	13	An El Kseur		5:44.56				348
	50m: 35.30 35.30	150m: 2:02.53	45.58 250m: 3:35.58	49.81	350m: 5:06.23				39.99
	100m: 1:16.95 41.65	200m: 2:45.77	43.24 300m: 4:26.24	50.66	400m: 5:44.56				38.33
30.	KADA, Sami Walid	12	NOUJOU M BOUTLELISora		5:44.58				348
	50m: 37.31 37.31	150m: 2:05.74	45.11 250m: 3:39.83	49.80	350m: 5:07.75				37.91
	100m: 1:20.63 43.32	200m: 2:50.03	44.29 300m: 4:29.84	50.01	400m: 5:44.58				36.83
31.	BENOUARET, Youcef	12	An El Kseur		5:48.41				337
	50m: 35.42 35.42	150m: 2:04.68	46.88 250m: 3:41.02	51.83	350m: 5:11.48				39.11
	100m: 1:17.80 42.38	200m: 2:49.19	44.51 300m: 4:32.37	51.35	400m: 5:48.41				36.93

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

Epreuve 16, Messieurs, 400m 4 nages, Cat. générale

Rang	AN				Temps				Pts
32.	MOSBAH, Ala Eddine	09	Fcbainem		5:49.73				333
	50m: 32.92 32.92	150m: 3:38.58	2:23.55	250m:	350m:				
	100m: 1:15.03 42.11	200m: 2:48.98		300m: 4:30.78	400m: 5:49.73				
33.	BENACEUR, Mehdi	12	Bahia Nautique		5:54.48				320
	50m: 35.78 35.78	150m: 2:05.75	45.90	250m: 3:41.56	51.73	350m:			
	100m: 1:19.85 44.07	200m: 2:49.83	44.08	300m: 4:34.12	52.56	400m: 5:54.48			
34.	KOULACHE, Iles	07	FC oued semar		5:54.71				319
	50m: 35.64 35.64	150m: 2:05.18	46.43	250m: 3:41.69	50.68	350m: 5:15.74		41.10	
	100m: 1:18.75 43.11	200m: 2:51.01	45.83	300m: 4:34.64	52.95	400m: 5:54.71		38.97	
35.	TERKI, Abdeslam	13	Naceria Club Bejaia		5:59.15				307
	50m: 36.72 36.72	150m: 2:13.16	49.52	250m: 3:50.14	50.65	350m: 5:21.40		40.46	
	100m: 1:23.64 46.92	200m: 2:59.49	46.33	300m: 4:40.94	50.80	400m: 5:59.15		37.75	
36.	BENANTAR, Mokhlis Abderrahim	11	FC oued semar		6:03.85				296
	50m: 34.77 34.77	150m: 2:07.72	49.45	250m: 3:48.38	54.19	350m: 5:24.02		40.88	
	100m: 1:18.27 43.50	200m: 2:54.19	46.47	300m: 4:43.14	54.76	400m: 6:03.85		39.83	
37.	HAKEM, Adem	12	Bahia Nautique		6:25.68				248
	50m: 37.83 37.83	150m: 2:12.67	47.99	250m: 3:58.91	59.12	350m: 5:43.74		43.43	
	100m: 1:24.68 46.85	200m: 2:59.79	47.12	300m: 5:00.31	1:01.40	400m: 6:25.68		41.94	
38.	BRIXI, Islem	12	WS tlemcen		6:35.20				231
	50m: 41.16 41.16	150m: 2:27.12	48.00	250m: 4:08.44	53.74	350m: 5:49.74		45.34	
	100m: 1:39.12 57.96	200m: 3:14.70	47.58	300m: 5:04.40	55.96	400m: 6:35.20		45.46	
disq.	MEZOUAR, Walid Abderrahmane	08	Olympique Sidi Mhame		5:06.53				
	50m: 32.07 32.07	150m: 1:49.93	41.96	250m: 3:14.25	44.78	350m: 4:34.45		34.49	
	100m: 1:07.97 35.90	200m: 2:29.47	39.54	300m: 3:59.96	45.71	400m: 5:06.53		32.08	
disq.	CHIKH, Chahine Ghoulam Allah	10	CNConstantine		5:23.16				
	50m: 32.25 32.25	150m: 1:51.26	41.52	250m: 3:20.73	49.14	350m: 4:48.44		38.43	
	100m: 1:09.74 37.49	200m: 2:31.59	40.33	300m: 4:10.01	49.28	400m: 5:23.16		34.72	
disq.	LAFOUALA, Achref	09	CNConstantine		5:23.62				
	50m: 30.98 30.98	150m: 1:52.94	44.03	250m: 3:23.98	48.16	350m: 4:49.20		36.75	
	100m: 1:08.91 37.93	200m: 2:35.82	42.88	300m: 4:12.45	48.47	400m: 5:23.62		34.42	
disq.	DJOUADI, Anas	08	Sn El Bier		5:24.93				
	50m: 31.27 31.27	150m: 1:54.16	44.27	250m: 3:23.81	45.91	350m: 4:48.52		38.28	
	100m: 1:09.89 38.62	200m: 2:37.90	43.74	300m: 4:10.24	46.43	400m: 5:24.93		36.41	
abandon	DIF, ABDERRAOUF	11	OC ALGER						
	50m: 38.02 38.02	150m:		250m:	350m:				
	100m:	200m:		300m:	400m:				