

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

Epreuve 3
03/04/2026

Dames, 400m Libre

Cat. générale
Liste résultats

50 4:19.24 CHEBARAKA, MAJDA ALG Brazzaville (CGO) 08/09/2015

Points: AQUA 2025

Rang				AN				Temps	Pts
1.	ROUIBI, Melissa			11	Cr Fouka			4:36.49	616
	50m:	30.61	30.61	150m:	1:39.77	35.20	250m:	2:50.68 35.71	350m: 4:01.75 35.63
	100m:	1:04.57	33.96	200m:	2:14.97	35.20	300m:	3:26.12 35.44	400m: 4:36.49 34.74
2.	ABDELLAOUI, Samara			05	CR belouizdad			4:45.55	560
	50m:	30.70	30.70	150m:	1:39.46	34.95	250m:	2:53.20 37.72	350m: 4:08.90 36.90
	100m:	1:04.51	33.81	200m:	2:15.48	36.02	300m:	3:32.00 38.80	400m: 4:45.55 36.65
3.	HADJI- KOUIDRI, Ines			06	CR belouizdad			4:46.11	556
	50m:	31.30	31.30	150m:	1:40.90	35.61	250m:	2:54.70 37.65	350m: 4:10.31 37.78
	100m:	1:05.29	33.99	200m:	2:17.05	36.15	300m:	3:32.53 37.83	400m: 4:46.11 35.80
4.	NOUIOUA, Hana Ryhana			09	MC Alger			4:49.19	539
	50m:	32.25	32.25	150m:	1:44.54	36.54	250m:	2:58.01 36.61	350m: 4:12.72 36.96
	100m:	1:08.00	35.75	200m:	2:21.40	36.86	300m:	3:35.76 37.75	400m: 4:49.19 36.47
5.	HALIMI, Fatma Manel			10	Sn El Bier			5:04.66	461
	50m:	32.88	32.88	150m:	1:47.01	38.05	250m:	3:07.15 40.28	350m: 4:28.10 40.29
	100m:	1:08.96	36.08	200m:	2:26.87	39.86	300m:	3:47.81 40.66	400m: 5:04.66 36.56
6.	BELKACEMI, Houria			07	MC Alger			5:05.10	459
	50m:	32.43	32.43	150m:	1:44.80	36.87	250m:	3:03.47 39.80	350m: 4:25.04 40.95
	100m:	1:07.93	35.50	200m:	2:23.67	38.87	300m:	3:44.09 40.62	400m: 5:05.10 40.06
7.	BELARBI, Melina			11	Sn El Bier			5:07.59	448
	50m:	34.99	34.99	150m:	1:52.64	39.98	250m:	3:12.28 39.91	350m: 4:30.92 38.87
	100m:	1:12.66	37.67	200m:	2:32.37	39.73	300m:	3:52.05 39.77	400m: 5:07.59 36.67
8.	BEKKOUCHE, Dikra Baya			13	Cr Fouka			5:08.07	446
	50m:	34.40	34.40	150m:	1:52.01	39.50	250m:	3:11.28 39.85	350m: 4:30.14 39.66
	100m:	1:12.51	38.11	200m:	2:31.43	39.42	300m:	3:50.48 39.20	400m: 5:08.07 37.93
9.	BELARBI, Hanaa Madjda			10	CSANOran			5:09.08	441
	50m:	34.87	34.87	150m:	1:52.86	39.65	250m:	3:11.55 39.72	350m: 4:31.07 39.49
	100m:	1:13.21	38.34	200m:	2:31.83	38.97	300m:	3:51.58 40.03	400m: 5:09.08 38.01
10.	HASSNI, Feriel-Meriem			09	Sports Bleus Oran			5:10.57	435
	50m:	33.62	33.62	150m:	1:50.01	38.55	250m:	3:09.09 39.73	350m: 4:31.39 41.48
	100m:	1:11.46	37.84	200m:	2:29.36	39.35	300m:	3:49.91 40.82	400m: 5:10.57 39.18
11.	KAUD, Lina			12	An El Kseur			5:12.23	428
	50m:	33.60	33.60	150m:	1:51.06	40.18	250m:	3:11.87 40.41	350m: 4:33.57 40.53
	100m:	1:10.88	37.28	200m:	2:31.46	40.40	300m:	3:53.04 41.17	400m: 5:12.23 38.66
12.	YAMNAINE, Rahil			09	Orqua Club Bejaia			5:15.68	414
	50m:	35.09	35.09	150m:	1:52.50	39.67	250m:	3:13.66 40.76	350m: 4:35.42 41.21
	100m:	1:12.83	37.74	200m:	2:32.90	40.40	300m:	3:54.21 40.55	400m: 5:15.68 40.26
13.	AIT YAHIA, Lyna			11	An El Kseur			5:19.94	398
	50m:	34.93	34.93	150m:	1:55.23	41.05	250m:	3:17.91 41.65	350m: 4:40.78 41.27
	100m:	1:14.18	39.25	200m:	2:36.26	41.03	300m:	3:59.51 41.60	400m: 5:19.94 39.16
14.	BATOUCHE, Razane			14	Sports Bleus Oran			5:21.21	393
	50m:	37.04	37.04	150m:	1:57.98	40.77	250m:	3:19.97 40.81	350m: 4:41.67 40.50
	100m:	1:17.21	40.17	200m:	2:39.16	41.18	300m:	4:01.17 41.20	400m: 5:21.21 39.54
15.	TELLACHE, Lyna			11	Olympique Sidi Mhame			5:22.34	389
	50m:	33.39	33.39	150m:	1:51.00	40.21	250m:	3:13.95 42.05	350m: 4:40.78 41.27
	100m:	1:10.79	37.40	200m:	2:31.90	40.90	300m:	5:22.70 2:08.75	400m: 5:22.34

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Rang	AN				Temps				Pts
16.	RAHAM, Ranim	10	CNConstantine		5:22.52	388			
	50m: 35.09 35.09	150m: 1:53.45 40.14	250m: 3:16.56 41.76	350m: 4:41.45 42.21					
	100m: 1:13.31 38.22	200m: 2:34.80 41.35	300m: 3:59.24 42.68	400m: 5:22.52 41.07					
17.	MILI, Lyna	12	Orqua Club Bejaia		5:24.71	380			
	50m: 36.09 36.09	150m: 1:55.22 40.75	250m: 3:19.24 42.00	350m: 4:43.45 42.20					
	100m: 1:14.47 38.38	200m: 2:37.24 42.02	300m: 4:01.25 42.01	400m: 5:24.71 41.26					
18.	RABIA, Ikrame	11	CNConstantine		5:25.74	377			
	50m: 35.25 35.25	150m: 1:55.89 41.05	250m: 3:20.63 42.72	350m: 4:44.56 41.03					
	100m: 1:14.84 39.59	200m: 2:37.91 42.02	300m: 4:03.53 42.90	400m: 5:25.74 41.18					
19.	ABOUT, Maria Alaa	11	Usmalger		5:26.41	374			
	50m: 34.78 34.78	150m: 1:56.48 42.19	250m: 3:22.42 350m: 4:43.74						
	100m: 1:14.29 39.51	200m: 4:04.34 2:07.86	300m: 5:26.80 2:04.38	400m: 5:26.41 42.67					
20.	MILOUD, Fatima Zahrae	14	Pbmostaganem		5:28.83	366			
	50m: 35.58 35.58	150m: 1:58.93 42.68	250m: 3:24.22 42.72	350m: 4:46.49 39.88					
	100m: 1:16.25 40.67	200m: 2:41.50 42.57	300m: 4:06.61 42.39	400m: 5:28.83 42.34					
21.	BENABDESLAM, Imene	12	Naceria Club Bejaia		5:30.56	361			
	50m: 34.92 34.92	150m: 1:57.92 42.49	250m: 3:23.35 42.61	350m: 4:48.91 43.23					
	100m: 1:15.43 40.51	200m: 2:40.74 42.82	300m: 4:05.68 42.33	400m: 5:30.56 41.65					
22.	AZZOUZ, Zahra Merieme	12	NOUJOUR BOUTLELISora		5:30.83	360			
	50m: 37.92 37.92	150m: 2:01.02 41.96	250m: 3:25.74 42.49	350m: 4:50.57 42.20					
	100m: 1:19.06 41.14	200m: 2:43.25 42.23	300m: 4:08.37 42.63	400m: 5:30.83 40.26					
23.	MOUDDEN, Lina	11	CSANOran		5:31.39	358			
	50m: 34.35 34.35	150m: 1:52.70 40.32	250m: 3:16.97 43.43	350m: 4:44.55 43.89					
	100m: 1:12.38 38.03	200m: 2:33.54 40.84	300m: 4:00.66 43.69	400m: 5:31.39 46.84					
24.	AZZOUZ, Nihel Fatima Zohra	13	WS tlemcen		5:33.02	353			
	50m: 36.94 36.94	150m: 1:58.63 41.96	250m: 3:23.90 43.00	350m: 4:50.43 43.62					
	100m: 1:16.67 39.73	200m: 2:40.90 42.27	300m: 4:06.81 42.91	400m: 5:33.02 42.59					
25.	AIDA, Asma	13	NOUJOUR BOUTLELISora		5:35.05	346			
	50m: 38.28 38.28	150m: 2:01.66 42.20	250m: 3:27.08 42.53	350m: 4:53.49 42.98					
	100m: 1:19.46 41.18	200m: 2:44.55 42.89	300m: 4:10.51 43.43	400m: 5:35.05 41.56					
26.	ABOURA, Sanaa	12	Bahia Nautique		5:39.57	333			
	50m: 36.27 36.27	150m: 1:58.54 42.23	250m: 3:26.23 44.16	350m: 4:55.56 44.59					
	100m: 1:16.31 40.04	200m: 2:42.07 43.53	300m: 4:10.97 44.74	400m: 5:39.57 44.01					
27.	KOURDBAKIR, Maria	14	Pbmostaganem		5:42.47	324			
	50m: 38.04 38.04	150m: 2:03.31 42.89	250m: 3:30.76 43.72	350m: 4:58.74 43.34					
	100m: 1:20.42 42.38	200m: 2:47.04 43.73	300m: 4:15.40 44.64	400m: 5:42.47 43.73					
28.	MORSLI, Lydia	09	Ptt Alger		5:42.90	323			
	50m: 36.47 36.47	150m: 1:59.90 42.81	250m: 3:28.90 44.54	350m: 5:00.48 45.55					
	100m: 1:17.09 40.62	200m: 2:44.36 44.46	300m: 4:14.93 46.03	400m: 5:42.90 42.42					
29.	BENABDERRAHMANE, Lina	14	FC oued semar		5:43.61	321			
	50m: 37.49 37.49	150m: 2:03.86 43.63	250m: 3:32.25 43.54	350m: 5:02.57 44.17					
	100m: 1:20.23 42.74	200m: 2:48.71 44.85	300m: 4:18.40 46.15	400m: 5:43.61 41.04					
30.	IKHLEF, Aya	10	Naceria Club Bejaia		5:44.29	319			
	50m: 35.51 35.51	150m: 1:59.24 42.93	250m: 3:28.96 45.86	350m: 5:01.57 46.37					
	100m: 1:16.31 40.80	200m: 2:43.10 43.86	300m: 4:15.20 46.24	400m: 5:44.29 42.72					
31.	AYAD, Israa	11	WS tlemcen		5:44.63	318			
	50m: 35.92 35.92	150m: 1:58.92 43.17	250m: 3:28.85 45.10	350m: 4:59.75 45.55					
	100m: 1:15.75 39.83	200m: 2:43.75 44.83	300m: 4:14.20 45.35	400m: 5:44.63 44.88					

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Rang				AN				Temps	Pts
32.	MENAD, Tasnime Aya			15	FC oued semar			5:49.59	305
	50m: 38.19 38.19	150m: 2:08.81	46.04	250m: 3:40.46	45.17	350m: 5:08.23	43.73		
	100m: 1:22.77 44.58	200m: 2:55.29	46.48	300m: 4:24.50	44.04	400m: 5:49.59	41.36		
33.	AIT GHERBI, AROUA			13	OC ALGER			5:55.89	289
	50m: 37.73 37.73	150m: 2:08.22	46.41	250m: 3:42.72	47.61	350m: 5:14.41	44.79		
	100m: 1:21.81 44.08	200m: 2:55.11	46.89	300m: 4:29.62	46.90	400m: 5:55.89	41.48		
34.	LARDJANE, Rym			14	Fcbainem			5:56.89	286
	50m:	150m:		250m:		350m:			
	100m:	200m:		300m:		400m: 5:56.89			
35.	SERRAT, Bayen			12	Cn Boufarik			5:57.31	285
	50m: 37.28 37.28	150m: 2:04.40	45.21	250m: 3:38.13	47.31	350m: 5:10.79	46.05		
	100m: 1:19.19 41.91	200m: 2:50.82	46.42	300m: 4:24.74	46.61	400m: 5:57.31	46.52		
36.	AMALOU, Mallak			11	Usmalger			5:58.59	282
	50m: 36.43 36.43	150m: 2:05.37	45.62	250m: 3:38.94	47.44	350m: 5:13.70	47.08		
	100m: 1:19.75 43.32	200m: 2:51.50	46.13	300m: 4:26.62	47.68	400m: 5:58.59	44.89		
37.	BELHACEL, Melissa			08	Fcbainem			5:59.77	280
	50m: 35.27 35.27	150m: 2:04.25	46.56	250m: 3:39.46	47.74	350m: 5:14.44	46.74		
	100m: 1:17.69 42.42	200m: 2:51.72	47.47	300m: 4:27.70	48.24	400m: 5:59.77	45.33		
38.	AIT ABDELLAH, Aya			11	Olympique Sidi Mhame			6:03.78	270
	50m: 37.01 37.01	150m: 2:05.60	45.65	250m: 3:41.68	49.57	350m: 5:16.09	48.06		
	100m: 1:19.95 42.94	200m: 2:52.11	46.51	300m: 4:28.03	46.35	400m: 6:03.78	47.69		
39.	BELKERFA, HIBA ERRAHMANE SELM/15			OC ALGER				6:11.61	254
	50m: 39.26 39.26	150m: 2:12.08	46.90	250m: 3:47.67	48.61	350m: 5:25.18	48.49		
	100m: 1:25.18 45.92	200m: 2:59.06	46.98	300m: 4:36.69	49.02	400m: 6:11.61	46.43		
40.	BOUSHABA, Ines			15	Bahia Nautique			6:16.65	244
	50m: 38.42 38.42	150m: 2:14.14	49.73	250m: 3:51.85	49.64	350m: 5:30.54	49.49		
	100m: 1:24.41 45.99	200m: 3:02.21	48.07	300m: 4:41.05	49.20	400m: 6:16.65	46.11		
41.	SANHADJI, Imen			14	Rckouba			6:39.50	204
	50m: 43.29 43.29	150m: 2:24.93	51.20	250m: 4:08.23	51.47	350m: 5:50.01	50.94		
	100m: 1:33.73 50.44	200m: 3:16.76	51.83	300m: 4:59.07	50.84	400m: 6:39.50	49.49		
42.	AMOUR, Nada			14	Rckouba			7:15.14	158
	50m: 45.27 45.27	150m: 2:33.21	54.05	250m: 4:25.84	55.90	350m: 6:19.41	57.81		
	100m: 1:39.16 53.89	200m: 3:29.94	56.73	300m: 5:21.60	55.76	400m: 7:15.14	55.73		
43.	TRARI, Nesrine Fadwa			13	CSA PEPSOran			7:16.11	157
	50m: 43.69 43.69	150m: 2:32.93	56.97	250m: 4:26.76	56.29	350m: 6:20.90	57.90		
	100m: 1:35.96 52.27	200m: 3:30.47	57.54	300m: 5:23.00	56.24	400m: 7:16.11	55.21		
abandon	BELAID, Cerine Djouher			06	Ptt Alger				
	50m: 35.95 35.95	150m: 1:54.56	39.75	250m:		350m:			
	100m: 1:14.81 38.86	200m:		300m:		400m:			
hc.	FERDI, CERINE			09	AAF			4:47.41	549
	50m: 32.29 32.29	150m: 1:45.84	37.32	250m: 3:00.22	36.92	350m: 4:13.52	36.10		
	100m: 1:08.52 36.23	200m: 2:23.30	37.46	300m: 3:37.42	37.20	400m: 4:47.41	33.89		
hc.	BERRAHMANI, Loubna			09	AAF			4:51.70	525
	50m: 32.59 32.59	150m: 1:45.29	36.85	250m: 2:58.92	36.97	350m: 4:13.09	36.97		
	100m: 1:08.44 35.85	200m: 2:21.95	36.66	300m: 3:36.12	37.20	400m: 4:51.70	38.61		