

Défi UL 50m 2026  
Québec, 24 - 26-4-2026

Epreuve 16  
2026-04-25 - 11:08

Messieurs, 400m 4 nages

11 ans et plus  
Liste résultats

Points: AQUA 2025

| Rang                       | Age | Temps                         | Pts             | 100m | 200m          | 300m    | 400m    |         |
|----------------------------|-----|-------------------------------|-----------------|------|---------------|---------|---------|---------|
| Liste résultats provisoire |     |                               |                 |      |               |         |         |         |
| <b>11 - 12 ans</b>         |     |                               |                 |      |               |         |         |         |
| WILDI, Elliot              | 12  | Rouge et Or/Université Laval  | <b>5:56.14</b>  | 315  | 1:23.30       | 1:32.64 | 1:39.23 | 1:20.97 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:23.30              |     | 200m: 2:55.94                 | 300m: 4:35.17   |      | 400m: 5:56.14 |         |         |         |
| Liste résultats provisoire |     |                               |                 |      |               |         |         |         |
| <b>13 - 14 ans</b>         |     |                               |                 |      |               |         |         |         |
| GOSSELIN, Manoé            | 14  | Rouge et Or/Université Laval  | <b>5:08.41</b>  | 486  | 1:09.71       | 1:19.56 | 1:30.87 | 1:08.27 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:09.71              |     | 200m: 2:29.27                 | 300m: 4:00.14   |      | 400m: 5:08.41 |         |         |         |
| ZHAO, Benoit-Long          | 14  | Club de natation région de    | <b>C5:23.71</b> | 420  | 1:10.08       | 1:25.17 | 1:37.64 | 1:10.82 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:10.08              |     | 200m: 2:35.25                 | 300m: 4:12.89   |      | 400m: 5:23.71 |         |         |         |
| LESSARD, Édouard           | 13  | Club de natation région de    | <b>C5:25.84</b> | 412  | 1:13.28       | 1:22.49 | 1:39.10 | 1:10.97 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:13.28              |     | 200m: 2:35.77                 | 300m: 4:14.87   |      | 400m: 5:25.84 |         |         |         |
| Liste résultats provisoire |     |                               |                 |      |               |         |         |         |
| <b>15 - 16 ans</b>         |     |                               |                 |      |               |         |         |         |
| ROUMANOS, Roy              | 15  | Club De Natation Sherbrook    | <b>5:07.06</b>  | 492  | 1:08.09       | 1:23.68 | 1:26.03 | 1:09.26 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:08.09              |     | 200m: 2:31.77                 | 300m: 3:57.80   |      | 400m: 5:07.06 |         |         |         |
| ST-LAURENT, Elliot         | 15  | Club Aquatique Charlesbourg   | <b>5:22.34</b>  | 425  | 1:11.61       | 1:23.93 | 1:35.35 | 1:11.45 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:11.61              |     | 200m: 2:35.54                 | 300m: 4:10.89   |      | 400m: 5:22.34 |         |         |         |
| <b>17 ans et plus</b>      |     |                               |                 |      |               |         |         |         |
| 1. TRIGER, Lucas           | 20  | Rouge et Or universitaire     | <b>4:47.14</b>  | 602  | 1:04.24       | 1:12.89 | 1:22.44 | 1:07.57 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:04.24              |     | 200m: 2:17.13                 | 300m: 3:39.57   |      | 400m: 4:47.14 |         |         |         |
| 2. LABERGE, Renaud         | 18  | Rouge et Or/Université Laval  | <b>4:57.84</b>  | 539  | 1:04.63       | 1:12.80 | 1:30.62 | 1:09.79 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:04.63              |     | 200m: 2:17.43                 | 300m: 3:48.05   |      | 400m: 4:57.84 |         |         |         |
| 3. FORTIN, Ludovic         | 17  | Club de Natation des Rivières | <b>5:17.68</b>  | 444  | 1:07.62       | 1:27.97 | 1:35.95 | 1:06.14 |
| 50m:                       |     | 150m:                         | 250m:           |      | 350m:         |         |         |         |
| 100m: 1:07.62              |     | 200m: 2:35.59                 | 300m: 4:11.54   |      | 400m: 5:17.68 |         |         |         |