

Epreuve 112
2026-04-24 - 11:46

Messieurs, 400m 4 nages

13 ans et plus
Liste résultats

Record de piscine / Pool Record	4:30.96	SWANSTON, Jeffrey	NEW	Gatineau	2012-02-17
Meet Records 15 +	4:43.61	SEMENYUK, Yegor	NG	Gatineau	2024-04-26
Meet Records 13 - 14	4:55.54	TANGANELLI, Joao Gabriel	NN	Gatineau	2023-04-28

Points: AQUA 2024

Rang				Age				Temps	Pts			
13 ans												
1.	LABOISSONNIERE, Max L			13	Greater Ottawa Kingfish S.C.			5:19.89	435			
	50m:	34.49	34.49	150m:	250m:	3:19.92	350m:	4:43.26				
	100m:			200m:	300m:		400m:	5:19.89	36.63			
2.	AGUENIS, Adam Liam			13	Natation Gatineau			5:51.75	327			
	50m:	35.60	35.60	150m:	2:04.44	250m:	3:40.09	49.27	350m:	5:12.13	39.51	
	100m:			200m:	2:50.82	46.38	300m:	4:32.62	52.53	400m:	5:51.75	39.62
14 ans												
1.	JASEM RADHE, Kinan			14	Natation Gatineau			4:53.85	562			
	50m:	31.87	31.87	150m:	1:43.13	36.93	250m:	3:04.03	43.63	350m:	4:21.75	34.46
	100m:	1:06.20	34.33	200m:	2:20.40	37.27	300m:	3:47.29	43.26	400m:	4:53.85	32.10
2.	THOMAS, Ronan			14	Northumberland Aquatic Club			5:17.29	446			
	50m:	35.50	35.50	150m:		250m:	3:20.23	43.26	350m:			
	100m:			200m:	2:36.97		300m:		400m:	5:17.29		
3.	KHOKAZ, Nathan			14	Natation Gatineau			5:22.16	426			
	50m:	32.45	32.45	150m:	1:49.13	40.35	250m:	3:18.87	50.50	350m:	4:46.30	36.49
	100m:	1:08.78	36.33	200m:	2:28.37	39.24	300m:	4:09.81	50.94	400m:	5:22.16	35.86
4.	PACHEBAT, Gabriel			14	Natation Gatineau			5:31.79	390			
	50m:	35.08	35.08	150m:	1:58.21	42.88	250m:	3:29.34	49.24	350m:	4:56.37	37.47
	100m:	1:15.33	40.25	200m:	2:40.10	41.89	300m:	4:18.90	49.56	400m:	5:31.79	35.42
5.	HELMSTAEDT, Grant			14	Ernestown Barracuda Swim Club			5:49.67	333			
	50m:	37.91	37.91	150m:	2:13.19	43.82	250m:	3:43.37	45.91	350m:	5:11.56	40.08
	100m:	1:29.37	51.46	200m:	2:57.46	44.27	300m:	4:31.48	48.11	400m:	5:49.67	38.11
15 ans												
1.	ZEWDIE, Matteo			15	Greater Ottawa Kingfish S.C.			4:58.91	533			
	50m:	31.09	31.09	150m:	1:45.78	37.51	250m:	3:08.72	46.11	350m:	4:27.17	33.15
	100m:	1:08.27	37.18	200m:	2:22.61	36.83	300m:	3:54.02	45.30	400m:	4:58.91	31.74
2.	BARON, Gabe F			15	Kingston Blue Marlin			5:14.37	458			
	50m:	31.29	31.29	150m:	1:49.87	41.45	250m:	3:17.73	46.38	350m:	4:38.90	35.67
	100m:	1:08.42	37.13	200m:	2:31.35	41.48	300m:	4:03.23	45.50	400m:	5:14.37	35.47
3.	SHELWELL DE VLIAGER, Willem			15	Swim Ottawa			5:16.65	449			
	50m:	34.47	34.47	150m:	1:56.31	42.66	250m:	3:23.59	45.35	350m:	4:43.36	35.00
	100m:	1:13.65	39.18	200m:	2:38.24	41.93	300m:	4:08.36	44.77	400m:	5:16.65	33.29
4.	REZVANI, Artin			15	Natation Gatineau			5:31.59	391			
	50m:			150m:	2:00.62	44.03	250m:	3:30.08	47.79	350m:	4:55.15	36.95
	100m:	1:16.59		200m:	2:42.29	41.67	300m:	4:18.20	48.12	400m:	5:31.59	36.44

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16 ans et plus

1.	RUSU, Eduard-Daniel	19	Club aquatique Montréal	4:36.71	673
	50m: 29.43 29.43	150m: 1:39.92	36.99 250m: 2:54.11 38.95	350m: 4:06.28	32.10
	100m: 1:02.93 33.50	200m: 2:15.16	35.24 300m: 3:34.18 40.07	400m: 4:36.71	30.43
2.	JONES, Emile-Olivier	16	Natation Gatineau	4:45.28	614
	50m: 30.03 30.03	150m: 1:41.13	250m: 2:59.63	350m: 4:14.14	32.22
	100m:	200m:	300m: 3:41.92 42.29	400m: 4:45.28	31.14
3.	BIROLLEAU-SGARD, Charly	16	Natation Gatineau	4:51.15	577
	50m: 30.30 30.30	150m: 1:42.51	38.12 250m: 3:01.93 40.91	350m:	
	100m: 1:04.39 34.09	200m: 2:21.02	38.51 300m: 3:43.73 41.80	400m: 4:51.15	
4.	PANTAROTTO, Dylan	17	Swim Ottawa	4:52.27	571
	50m: 29.72 29.72	150m: 1:42.25	38.27 250m: 3:03.26 43.42	350m: 4:20.11	33.97
	100m: 1:03.98 34.26	200m: 2:19.84	37.59 300m: 3:46.14 42.88	400m: 4:52.27	32.16
5.	THOMAS, Evan	17	Northumberland Aquatic Club	4:53.93	561
	50m: 30.67 30.67	150m:	250m: 3:04.34 44.10	350m: 4:21.51	33.00
	100m: 1:05.09 34.42	200m: 2:20.24	300m: 3:48.51 44.17	400m: 4:53.93	32.42
6.	CAMERON, Beckett	17	Swim Ottawa	5:04.92	503
	50m: 29.51 29.51	150m: 1:46.74	250m: 3:10.76	350m: 4:31.14	
	100m:	200m:	300m:	400m: 5:04.92	33.78
7.	GOYETTE, Antoine	17	Natation Gatineau	5:06.01	497
	50m: 30.52 30.52	150m: 1:44.82	38.73 250m: 3:07.66 42.44	350m: 4:29.72	36.02
	100m: 1:06.09 35.57	200m: 2:25.22	40.40 300m: 3:53.70 46.04	400m: 5:06.01	36.29
8.	BOWLES, Matthew	16	Swim Ottawa	5:22.69	424
	50m: 31.21 31.21	150m: 1:52.52	42.99 250m: 3:20.11 44.68	350m: 4:44.42	38.17
	100m: 1:09.53 38.32	200m: 2:35.43	42.91 300m: 4:06.25 46.14	400m: 5:22.69	38.27
9.	CRAMPTON, Drew	18	Ernestown Barracuda Swim Club	5:27.59	405
	50m: 32.20 32.20	150m: 1:53.64	42.59 250m: 3:24.22	350m: 4:50.09	
	100m: 1:11.05 38.85	200m:	300m:	400m: 5:27.59	37.50