

ANRSO régionale 5 St-Jean  
St-Jean, 3-5-2026

Epreuve 61  
2026-05-03 - 17:12

400m Libre

15 ans et moins  
Liste résultats

Points: AQUA 2025

Rang			Age						Temps	Pts		
9 - 10 ans												
1.	HÉROUX, Émile		10		Club Citadins de Vaudreuil				<b>6:26.80</b>	165		
	50m:	41.92	41.92	150m:	2:21.30	50.16	250m:	4:02.64	50.09	350m:	5:40.08	47.28
	100m:	1:31.14	49.22	200m:	3:12.55	51.25	300m:	4:52.80	50.16	400m:	6:26.80	46.72
11 - 12 ans												
1.	BOUTIN, Rosalie		11		Club Natation Haut-Richelieu				<b>6:30.80</b>	204		
	50m:	45.20	45.20	150m:	2:25.36	46.00	250m:	4:06.80	50.91	350m:	5:43.77	47.97
	100m:	1:39.36	54.16	200m:	3:15.89	50.53	300m:	4:55.80	49.00	400m:	6:30.80	47.03
2.	ARCHAMBAULT, Zoé		12		Velox Natation				<b>6:31.90</b>	202		
	50m:	43.93	43.93	150m:	2:24.12	49.57	250m:	4:06.05	51.25	350m:	5:47.46	50.28
	100m:	1:34.55	50.62	200m:	3:14.80	50.68	300m:	4:57.18	51.13	400m:	6:31.90	44.44
3.	MEZIANE, Aline		12		Velox Natation				<b>6:36.75</b>	195		
	50m:	43.71	43.71	150m:	2:22.87	50.25	250m:	4:04.87	51.32	350m:	5:48.02	51.22
	100m:	1:32.62	48.91	200m:	3:13.55	50.68	300m:	4:56.80	51.93	400m:	6:36.75	48.73
4.	SALOIS, Magalie		12		Club Natation Haut-Richelieu				<b>6:55.72</b>	169		
	50m:	45.71	45.71	150m:	2:28.71	51.84	250m:	4:15.34	52.97	350m:	6:02.46	
	100m:	1:36.87	51.16	200m:	3:22.37	53.66	300m:			400m:	6:55.72	53.26
5.	LEFFET, Maya		11		Velox Natation				<b>7:07.67</b>	156		
	50m:	46.49	46.49	150m:	2:34.49	54.72	250m:	4:26.05	56.44	350m:	6:16.83	55.00
	100m:	1:39.77	53.28	200m:	3:29.61	55.12	300m:	5:21.83	55.78	400m:	7:07.67	50.84
13 - 15 ans												
1.	ROY, Lou-Félix		13		Club Natation Haut-Richelieu				<b>6:09.77</b>	189		
	50m:	38.49	38.49	150m:	2:08.84	46.19	250m:	3:44.59	48.44	350m:	5:21.62	48.07
	100m:	1:22.65	44.16	200m:	2:56.15	47.31	300m:	4:33.55	48.96	400m:	6:09.77	48.15
forf.nd.	ZABRANSKA, Maria		13		Club Natation Haut-Richelieu							