

Championnat régional 2026 - Région QCA  
Lévis, 16- - 17-5-2026

Epreuve 18  
2026-05-16 - 17:45

Messieurs, 400m 4 nages

Cat. générale  
Liste résultats

Points: AQUA 2025

Rang			Age					Temps	Pts			
<b>13 ans et moins</b>												
1.	SAMSON, Nolan		12	Unik				<b>6:29.46</b>	219			
	50m:	44.63	44.63	150m:	2:27.59	48.21	250m:	4:11.49	55.68	350m:	5:49.12	40.99
	100m:	1:39.38	54.75	200m:	3:15.81	48.22	300m:	5:08.13	56.64	400m:	6:29.46	40.34
2.	COUTURE, Marc-Olivier		12	Club de natation région de Qué				<b>6:43.23</b>	197			
	50m:	46.47	46.47	150m:			250m:	4:17.24	55.52	350m:	6:00.97	45.97
	100m:	1:40.80	54.33	200m:	3:21.72		300m:	5:15.00	57.76	400m:	6:43.23	42.26
<b>14 - 15 ans</b>												
1.	BOUCHER, Félix		15	Club de Natation des Riverains				<b>5:10.54</b>	432			
	50m:	31.79	31.79	150m:	1:49.70	39.20	250m:	3:13.20	44.98	350m:	4:34.22	37.50
	100m:	1:10.50	38.71	200m:	2:28.22	38.52	300m:	3:56.72	43.52	400m:	5:10.54	36.32
2.	TREMBLAY, Eliam		15	Club de Natation des Riverains				<b>5:30.67</b>	358			
	50m:	33.20	33.20	150m:	1:56.45	43.71	250m:	3:28.79	49.17	350m:	4:55.47	36.48
	100m:	1:12.74	39.54	200m:	2:39.62	43.17	300m:	4:18.99	50.20	400m:	5:30.67	35.20
3.	LÉVESQUE, Félix		14	Club Aquatique Charlesbourg				<b>5:34.15</b>	346			
	50m:	35.04	35.04	150m:	1:55.57	39.10	250m:	3:28.60	52.92	350m:	4:57.56	
	100m:	1:16.47	41.43	200m:	2:35.68	40.11	300m:			400m:	5:34.15	36.59
disq.	MORIN, Xavier		15	Club Aquatique Charlesbourg				<b>6:07.99</b>				
	50m:	37.92	37.92	150m:	2:17.41	50.79	250m:	3:58.94	56.69	350m:	5:30.87	40.76
	100m:	1:26.62	48.70	200m:	3:02.25	44.84	300m:	4:50.11	51.17	400m:	6:07.99	37.12
<b>16 - 17 ans</b>												
1.	LÉPINE, Loic		16	Club de Natation des Riverains				<b>5:03.32</b>	463			
	50m:	32.62	32.62	150m:	1:50.20	38.57	250m:	3:10.93	43.19	350m:	4:29.51	34.35
	100m:	1:11.63	39.01	200m:	2:27.74	37.54	300m:	3:55.16	44.23	400m:	5:03.32	33.81
<b>18 ans et plus</b>												
1.	BÉLANGER, Félix-Antoine		19	Club de Natation des Riverains				<b>4:50.48</b>	528			
	50m:	31.04	31.04	150m:	1:43.76	37.58	250m:	3:03.32	42.84	350m:	4:17.57	32.90
	100m:	1:06.18	35.14	200m:	2:20.48	36.72	300m:	3:44.67	41.35	400m:	4:50.48	32.91