



Festival par équipes section 3  
Rimouski, 5- - 7-6-2026



Epreuve 6  
2026-06-05

Messieurs, 400m 4 nages

11 ans et plus  
Liste résultats

Points: AQUA 2025

Rang			Age					Temps	Pts	
11 - 13 ans										
	SIMONEAU, Zachary		13	Les Dauphins de Rimouski				<b>6:09.86</b>	255	
	50m:	40.16	40.16	150m:	2:14.98	47.80	250m:	3:55.36	53.66	
	100m:	1:27.18	47.02	200m:	3:01.70	46.72	300m:	4:49.53	54.17	
							350m:	5:29.99	40.46	
							400m:	6:09.86	39.87	
	ZENELI, Arion		12	Mtl Nord Natation				<b>6:16.50</b>	242	
	50m:	44.12	44.12	150m:	2:22.55	44.80	250m:	4:00.84	53.78	
	100m:	1:37.75	53.63	200m:	3:07.06	44.51	300m:	4:53.09	52.25	
							350m:	5:35.85	42.76	
							400m:	6:16.50	40.65	
	DOUCET, Henri		12	Club de natation Mégophias				<b>6:18.13</b>	239	
	50m:	42.34	42.34	150m:	2:22.05	50.61	250m:	4:03.34	54.11	
	100m:	1:31.44	49.10	200m:	3:09.23	47.18	300m:	4:55.06	51.72	
							350m:	5:38.49	43.43	
							400m:	6:18.13	39.64	
	MANANSALA, Cedric James		11	Côte-des-Neiges Notre-Dame-de-				<b>6:34.05</b>	211	
	50m:	43.94	43.94	150m:	2:30.42	48.93	250m:	4:12.68	53.60	
	100m:	1:41.49	57.55	200m:	3:19.08	48.66	300m:	5:08.37	55.69	
							350m:	5:52.34	43.97	
							400m:	6:34.05	41.71	
	FOURNIER, Alexis		12	Les Dauphins de Rimouski				<b>6:58.22</b>	176	
	50m:	47.41	47.41	150m:	2:39.09	54.57	250m:	4:25.20	52.55	
	100m:	1:44.52	57.11	200m:	3:32.65	53.56	300m:	5:21.72	56.52	
							350m:	6:12.16	50.44	
							400m:	6:58.22	46.06	
	RAYMOND, Félix		13	Les Dauphins de Rimouski				<b>7:10.00</b>	162	
	50m:	47.61	47.61	150m:	2:44.24	55.04	250m:	4:36.81	57.02	
	100m:	1:49.20	1:01.59	200m:	3:39.79	55.55	300m:	5:35.88	59.07	
							350m:	6:23.12	47.24	
							400m:	7:10.00	46.88	
14 - 15 ans										
	GAUDREAU, Laurent		14	Les Dauphins de Rimouski				<b>5:41.73</b>	324	
	50m:	33.02	33.02	150m:	1:59.72	43.31	250m:	3:33.84	51.73	
	100m:	1:16.41	43.39	200m:	2:42.11	42.39	300m:	4:27.98	54.14	
							350m:	5:06.60	38.62	
							400m:	5:41.73	35.13	
	DECHAMPLAIN, Élie		14	Les Dauphins de Rimouski				<b>5:42.01</b>	323	
	50m:	38.19	38.19	150m:	2:06.76	44.00	250m:	3:37.99	46.72	
	100m:	1:22.76	44.57	200m:	2:51.27	44.51	300m:	4:25.66	47.67	
							350m:	5:04.65	38.99	
							400m:	5:42.01	37.36	
	CUBAS, Joaquin		14	Mtl Nord Natation				<b>5:50.45</b>	300	
	50m:	36.18	36.18	150m:	2:04.97	47.36	250m:	3:39.81	49.06	
	100m:	1:17.61	41.43	200m:	2:50.75	45.78	300m:	4:31.49	51.68	
							350m:	5:11.92	40.43	
							400m:	5:50.45	38.53	
	TREMBLAY, Ludovic		14	Les Dauphins de Rimouski				<b>6:02.61</b>	271	
	50m:	41.34	41.34	150m:	2:14.59	45.61	250m:	3:50.85	50.93	
	100m:	1:28.98	47.64	200m:	2:59.92	45.33	300m:	4:40.68	49.83	
							350m:	5:22.50	41.82	
							400m:	6:02.61	40.11	
	disq.	AMMARI, Yanis		15	Nsh					
18 ans et plus										
	SONG, Jerry		18	Club de natation Saint-Laurent				<b>5:22.17</b>	387	
	50m:	32.88	32.88	150m:	1:55.50	43.67	250m:	3:22.21	43.40	
	100m:	1:11.83	38.95	200m:	2:38.81	43.31	300m:	4:06.89	44.68	
							350m:	4:45.70	38.81	
							400m:	5:22.17	36.47	