

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 10
2026-10-10 - 17:38

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2026

Rang	Age								Temps		Pts
11 - 13 ans											
1.	MÉTIVIER, Matti			12	Club de natation région de Qué				4:45.32	411	
	50m:	32.84	32.84	150m:	1:46.59	36.29	250m:	2:59.49	36.18	350m: 4:11.27 36.31	
	100m:	1:10.30	37.46	200m:	2:23.31	36.72	300m:	3:34.96	35.47	400m: 4:45.32 34.05	
2.	LAFRENIERE, Edouard			13	LMRL Rivière-du-Loup				4:50.23	391	
	50m:	33.78	33.78	150m:	1:49.68	38.17	250m:	3:03.17	35.32	350m: 4:15.87 36.24	
	100m:	1:11.51	37.73	200m:	2:27.85	38.17	300m:	3:39.63	36.46	400m: 4:50.23 34.36	
3.	DAUPHINAIS, Malcom			13	Club de natation région de Qué				4:50.43	390	
	50m:	33.36	33.36	150m:	1:45.95	36.75	250m:	2:59.70	36.97	350m: 4:14.50 37.53	
	100m:	1:09.20	35.84	200m:	2:22.73	36.78	300m:	3:36.97	37.27	400m: 4:50.43 35.93	
4.	ANGLEHART, Simon			13	Rouge et Or/Université Laval				4:51.31	386	
	50m:	32.98	32.98	150m:	1:46.02	36.98	250m:	3:00.32	37.10	350m: 4:15.27 37.38	
	100m:	1:09.04	36.06	200m:	2:23.22	37.20	300m:	3:37.89	37.57	400m: 4:51.31 36.04	
5.	WANG, Samuel			13	Rouge et Or/Université Laval				4:51.69	385	
	50m:			150m:			250m:			350m:	
	100m:			200m:			300m:			400m: 4:51.69	
6.	OUELLET, Simon			13	Équinoxes de Thetford Mines				4:51.87	384	
	50m:	31.48	31.48	150m:	1:45.38	37.23	250m:	3:01.69	38.25	350m: 4:18.18 38.33	
	100m:	1:08.15	36.67	200m:	2:23.44	38.06	300m:	3:39.85	38.16	400m: 4:51.87 33.69	
7.	DESBIENS, Gabriel			13	LMRL Rivière-du-Loup				4:57.65	362	
	50m:	33.96	33.96	150m:	1:48.86	37.72	250m:	3:04.30	37.69	350m: 4:20.39 38.04	
	100m:	1:11.14	37.18	200m:	2:26.61	37.75	300m:	3:42.35	38.05	400m: 4:57.65 37.26	
8.	GODBOUT, Charles-Édouard			13	Club de natation région de Qué				5:06.56	331	
	50m:	34.05	34.05	150m:	1:51.12	38.72	250m:	3:10.46	39.80	350m: 4:29.05 39.35	
	100m:	1:12.40	38.35	200m:	2:30.66	39.54	300m:	3:49.70	39.24	400m: 5:06.56 37.51	
9.	NADEAU, Ludovic			12	Rouge et Or/Université Laval				5:10.81	318	
	50m:	35.51	35.51	150m:	1:54.39	39.65	250m:	3:14.28	39.91	350m: 4:33.83 39.73	
	100m:	1:14.74	39.23	200m:	2:34.37	39.98	300m:	3:54.10	39.82	400m: 5:10.81 36.98	
10.	PARÉ, Eli			12	Club de natation région de Qué				5:15.42	304	
	50m:	35.87	35.87	150m:	1:56.19	40.93	250m:	3:17.85	41.73	350m: 4:37.93 38.32	
	100m:	1:15.26	39.39	200m:	2:36.12	39.93	300m:	3:59.61	41.76	400m: 5:15.42 37.49	
11.	LEVESQUE, Thomas			13	LMRL Rivière-du-Loup				5:16.72	300	
	50m:	36.66	36.66	150m:	1:56.06	40.36	250m:	3:16.50	40.42	350m: 4:36.91 40.24	
	100m:	1:15.70	39.04	200m:	2:36.08	40.02	300m:	3:56.67	40.17	400m: 5:16.72 39.81	
12.	D'AUTEUIL, Charles			13	LMRL Rivière-du-Loup				5:17.56	298	
	50m:	35.80	35.80	150m:	1:56.91	40.72	250m:	3:18.68	40.92	350m: 4:39.62 40.58	
	100m:	1:16.19	40.39	200m:	2:37.76	40.85	300m:	3:59.04	40.36	400m: 5:17.56 37.94	
13.	DUFOUR, Raphaël			12	Club de natation région de Qué				5:18.79	295	
	50m:	36.16	36.16	150m:	1:57.55	40.98	250m:	3:19.15	40.73	350m: 4:40.28 40.91	
	100m:	1:16.57	40.41	200m:	2:38.42	40.87	300m:	3:59.37	40.22	400m: 5:18.79 38.51	
14.	DALLAIRE, Léo			11	Club de natation région de Qué				5:24.90	278	
	50m:	36.68	36.68	150m:	1:58.24	41.13	250m:	3:21.97	41.34	350m: 4:44.63 40.61	
	100m:	1:17.11	40.43	200m:	2:40.63	42.39	300m:	4:04.02	42.05	400m: 5:24.90 40.27	
15.	SAMSON, Nolan			12	Unik				5:32.66	259	
	50m:	35.21	35.21	150m:	1:56.72	42.21	250m:	3:23.29	43.92	350m: 4:50.69 43.50	
	100m:	1:14.51	39.30	200m:	2:39.37	42.65	300m:	4:07.19	43.90	400m: 5:32.66 41.97	

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 10, Garçons, 400m Libre, 11 - 13 ans

Rang	Age				Temps				Pts
16.	FILLION, Thomas	12	Équinoxes de Thetford Mines		5:39.02				245
	50m: 37.70 37.70	150m: 2:03.64 43.43	250m: 3:31.04 43.97	350m: 4:57.11 42.40					
	100m: 1:20.21 42.51	200m: 2:47.07 43.43	300m: 4:14.71 43.67	400m: 5:39.02 41.91					
17.	DALLAIRE, Charles	13	Club de natation région de Qué		5:39.62				244
	50m: 38.50 38.50	150m: 2:05.63 44.13	250m: 3:32.89 43.97	350m: 4:59.81 42.96					
	100m: 1:21.50 43.00	200m: 2:48.92 43.29	300m: 4:16.85 43.96	400m: 5:39.62 39.81					
18.	BELLEGUIC, Louis	12	Club de natation région de Qué		5:45.15				232
	50m: 37.62 37.62	150m: 2:03.47 43.83	250m: 3:33.46 45.28	350m: 5:03.93 45.28					
	100m: 1:19.64 42.02	200m: 2:48.18 44.71	300m: 4:18.65 45.19	400m: 5:45.15 41.22					
19.	WANG, Stan	11	Rouge et Or/Université Laval		5:50.70				221
	50m: 37.57 37.57	150m: 2:07.75 45.48	250m: 3:36.94 45.06	350m: 5:08.56 46.05					
	100m: 1:22.27 44.70	200m: 2:51.88 44.13	300m: 4:22.51 45.57	400m: 5:50.70 42.14					
20.	GAGNON, Elias	12	Rouge et Or/Université Laval		5:54.54				214
	50m: 39.62 39.62	150m: 2:10.48 45.59	250m: 3:41.79 45.33	350m: 5:12.25 44.46					
	100m: 1:24.89 45.27	200m: 2:56.46 45.98	300m: 4:27.79 46.00	400m: 5:54.54 42.29					
21.	VALLÉE, Zack	13	Équinoxes de Thetford Mines		5:57.69				208
	50m: 38.36 38.36	150m: 2:08.38 46.14	250m: 3:42.32 46.41	350m: 5:12.10 45.71					
	100m: 1:22.24 43.88	200m: 2:55.91 47.53	300m: 4:26.39 44.07	400m: 5:57.69 45.59					
22.	MALENFANT, Felix	12	LMRL Rivière-du-Loup		5:57.76				208
	50m: 40.01 40.01	150m: 2:09.81 44.83	250m: 3:41.43 46.06	350m: 5:13.43 46.47					
	100m: 1:24.98 44.97	200m: 2:55.37 45.56	300m: 4:26.96 45.53	400m: 5:57.76 44.33					
23.	TOBIN, Noah	12	Rouge et Or/Université Laval		5:58.38				207
	50m: 40.33 40.33	150m: 2:11.08 46.02	250m: 3:43.77 46.81	350m: 5:15.13 45.35					
	100m: 1:25.06 44.73	200m: 2:56.96 45.88	300m: 4:29.78 46.01	400m: 5:58.38 43.25					
24.	GAUDREAU, Henri	11	Club de natation région de Qué		5:58.62				207
	50m: 37.41 37.41	150m: 2:07.46 46.05	250m: 3:40.23 46.54	350m: 5:13.53 46.57					
	100m: 1:21.41 44.00	200m: 2:53.69 46.23	300m: 4:26.96 46.73	400m: 5:58.62 45.09					
25.	PERNET, Théophile	13	Club de natation région de Qué		6:03.15				199
	50m: 37.99 37.99	150m: 2:08.48 46.64	250m: 3:43.59 47.50	350m: 5:18.36 47.41					
	100m: 1:21.84 43.85	200m: 2:56.09 47.61	300m: 4:30.95 47.36	400m: 6:03.15 44.79					
26.	CARON-PERREAU, Léonard	11	Rouge et Or/Université Laval		6:26.16				166
	50m: 42.88 42.88	150m: 2:20.42 49.09	250m: 4:00.67 50.49	350m: 5:37.62 46.60					
	100m: 1:31.33 48.45	200m: 3:10.18 49.76	300m: 4:51.02 50.35	400m: 6:26.16 48.54					

14 - 15 ans

1.	WILDI, Jake	15	Rouge et Or/Université Laval		4:21.85				532
	50m: 29.66 29.66	150m: 1:35.13 33.37	250m: 2:42.44 33.63	350m: 3:50.29 33.68					
	100m: 1:01.76 32.10	200m: 2:08.81 33.68	300m: 3:16.61 34.17	400m: 4:21.85 31.56					
2.	GOSSELIN, Manoé	14	Rouge et Or/Université Laval		4:22.79				526
	50m: 29.23 29.23	150m: 1:35.13 33.22	250m: 2:42.74 33.95	350m: 3:50.38 33.70					
	100m: 1:01.91 32.68	200m: 2:08.79 33.66	300m: 3:16.68 33.94	400m: 4:22.79 32.41					
3.	PIGEON, Arthur	15	Club de Natation des Riverains		4:23.21				524
	50m: 29.14 29.14	150m: 1:34.54 32.88	250m: 2:42.14 34.01	350m: 3:50.41 34.16					
	100m: 1:01.66 32.52	200m: 2:08.13 33.59	300m: 3:16.25 34.11	400m: 4:23.21 32.80					
4.	CORMIER, Thomas	15	Club de natation région de Qué		4:24.48				516
	50m: 29.44 29.44	150m: 1:35.44 33.38	250m: 2:43.33 34.11	350m: 3:51.58 34.06					
	100m: 1:02.06 32.62	200m: 2:09.22 33.78	300m: 3:17.52 34.19	400m: 4:24.48 32.90					

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 10, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts
5.	D'ANJOU, Léonard			14	Club de natation région de Qué				4:33.42	467
	50m:	31.32	31.32	150m:	1:40.70	35.21	250m:	2:50.52	34.80	350m: 4:00.56 35.05
	100m:	1:05.49	34.17	200m:	2:15.72	35.02	300m:	3:25.51	34.99	400m: 4:33.42 32.86
6.	DELAND, Étienne			15	Club de natation région de Qué				4:33.71	466
	50m:	30.92	30.92	150m:	1:39.71	34.92	250m:	2:49.90	35.19	350m: 4:00.47 35.24
	100m:	1:04.79	33.87	200m:	2:14.71	35.00	300m:	3:25.23	35.33	400m: 4:33.71 33.24
7.	LESSARD, Édouard			14	Club de natation région de Qué				4:35.84	455
	50m:	30.64	30.64	150m:	1:39.10	34.75	250m:	2:49.20	35.07	350m: 4:00.48 35.78
	100m:	1:04.35	33.71	200m:	2:14.13	35.03	300m:	3:24.70	35.50	400m: 4:35.84 35.36
8.	MORNEAU, Thomas			15	LMRL Rivière-du-Loup				4:36.11	454
	50m:	31.08	31.08	150m:	1:40.66	35.23	250m:	2:50.02	35.06	350m: 4:01.23 35.56
	100m:	1:05.43	34.35	200m:	2:14.96	34.30	300m:	3:25.67	35.65	400m: 4:36.11 34.88
9.	BOUCHER, Félix			15	Club de Natation des Riverains				4:43.85	418
	50m:	30.88	30.88	150m:	1:42.33	36.43	250m:	2:55.48	36.48	350m: 4:08.28 37.09
	100m:	1:05.90	35.02	200m:	2:19.00	36.67	300m:	3:31.19	35.71	400m: 4:43.85 35.57
10.	JOBIN, Etienne			15	Club de Natation des Riverains				4:44.15	416
	50m:	31.30	31.30	150m:	1:40.71	35.40	250m:	2:53.69	36.92	350m: 4:08.69 37.51
	100m:	1:05.31	34.01	200m:	2:16.77	36.06	300m:	3:31.18	37.49	400m: 4:44.15 35.46
11.	DUBREUIL, Raphaël			15	Équinoxes de Thetford Mines				4:47.34	403
	50m:	30.45	30.45	150m:	1:40.40	35.54	250m:	2:54.70	37.50	350m: 4:11.55 38.41
	100m:	1:04.86	34.41	200m:	2:17.20	36.80	300m:	3:33.14	38.44	400m: 4:47.34 35.79
12.	RODRIGUE, Jacob			15	Équinoxes de Thetford Mines				4:47.63	401
	50m:	32.05	32.05	150m:	1:45.63	37.11	250m:	2:59.01	36.95	350m: 4:12.98 37.17
	100m:	1:08.52	36.47	200m:	2:22.06	36.43	300m:	3:35.81	36.80	400m: 4:47.63 34.65
13.	KACEM, Skander			14	Nsh				4:53.41	378
	50m:	31.23	31.23	150m:	1:45.94	37.43	250m:	3:02.45	38.34	350m: 4:17.66 37.33
	100m:	1:08.51	37.28	200m:	2:24.11	38.17	300m:	3:40.33	37.88	400m: 4:53.41 35.75
14.	REAL-BEJARANO, Mathias			15	Nsh				4:54.88	372
	50m:	31.57	31.57	150m:	1:42.91	36.92	250m:	2:58.72	37.71	350m: 4:17.14 39.76
	100m:	1:05.99	34.42	200m:	2:21.01	38.10	300m:	3:37.38	38.66	400m: 4:54.88 37.74
15.	CARON, Alexis			14	Équinoxes de Thetford Mines				4:56.03	368
	50m:	33.08	33.08	150m:	1:48.43	38.15	250m:	3:05.11	38.41	350m: 4:20.82 37.39
	100m:	1:10.28	37.20	200m:	2:26.70	38.27	300m:	3:43.43	38.32	400m: 4:56.03 35.21
16.	CORMIER, Thomas			14	Nsh				4:58.35	360
	50m:	33.26	33.26	150m:	1:48.32	38.29	250m:	3:05.42	38.69	350m: 4:21.58 37.76
	100m:	1:10.03	36.77	200m:	2:26.73	38.41	300m:	3:43.82	38.40	400m: 4:58.35 36.77
17.	DAVID-BRETON, Maverick			14	Club de Natation des Riverains				5:02.53	345
	50m:	32.76	32.76	150m:	1:46.42	37.31	250m:	3:04.16	39.22	350m: 4:23.58 40.04
	100m:	1:09.11	36.35	200m:	2:24.94	38.52	300m:	3:43.54	39.38	400m: 5:02.53 38.95
18.	BAHI, Sâd			14	Nsh				5:05.73	334
	50m:	32.66	32.66	150m:	1:48.78	38.51	250m:	3:07.41	39.11	350m: 4:26.99 39.49
	100m:	1:10.27	37.61	200m:	2:28.30	39.52	300m:	3:47.50	40.09	400m: 5:05.73 38.74
19.	GAGNON, Charles			14	Nsh				5:07.20	329
	50m:	33.40	33.40	150m:	1:51.55	39.50	250m:	3:10.11	39.45	350m: 4:28.87 39.07
	100m:	1:12.05	38.65	200m:	2:30.66	39.11	300m:	3:49.80	39.69	400m: 5:07.20 38.33
20.	LEVESQUE, Edouard			15	LMRL Rivière-du-Loup				5:07.86	327
	50m:	34.99	34.99	150m:	1:53.00	39.35	250m:	3:11.42	38.04	350m: 4:30.60 39.21
	100m:	1:13.65	38.66	200m:	2:33.38	40.38	300m:	3:51.39	39.97	400m: 5:07.86 37.26

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 10, Garçons, 400m Libre, 14 - 15 ans

Rang	Age				Temps				Pts
21.	BEAUDET, Gabriel	15	Club de natation région de Qué		5:19.35				293
	50m: 32.95 32.95	150m: 1:52.19 40.66	250m: 3:13.26 40.60	350m: 4:37.91 42.18					
	100m: 1:11.53 38.58	200m: 2:32.66 40.47	300m: 3:55.73 42.47	400m: 5:19.35 41.44					
22.	AMMARI, Yanis	15	Nsh		5:37.64				248
	50m: 37.14 37.14	150m: 2:04.29 44.50	250m: 3:29.81 42.28	350m: 4:56.75 42.57					
	100m: 1:19.79 42.65	200m: 2:47.53 43.24	300m: 4:14.18 44.37	400m: 5:37.64 40.89					
23.	ABEL, Jérémie	15	Club de natation région de Qué		5:46.91				229
	50m: 35.76 35.76	150m: 2:00.66 44.10	250m: 3:32.24 46.09	350m: 5:03.16 45.95					
	100m: 1:16.56 40.80	200m: 2:46.15 45.49	300m: 4:17.21 44.97	400m: 5:46.91 43.75					
24.	ROY, Madox	14	Équinoxes de Thetford Mines		7:18.14				113
	50m: 1:46.75 1:46.75	150m: 7:18.24 2:43.13	250m:	350m:					
	100m: 4:35.11 2:48.36	200m:	300m:	400m: 7:18.14					

16 - 17 ans

1.	CHAN, Oliver	16	Rouge et Or/Université Laval		4:17.51				559
	50m: 29.15 29.15	150m: 1:32.27 32.03	250m: 2:37.63 32.67	350m: 3:44.53 33.47					
	100m: 1:00.24 31.09	200m: 2:04.96 32.69	300m: 3:11.06 33.43	400m: 4:17.51 32.98					
2.	MENARD, Thomas	16	LMRL Rivière-du-Loup		4:24.30				517
	50m: 30.07 30.07	150m: 1:36.43 33.56	250m: 2:45.33 34.51	350m: 3:52.67 32.15					
	100m: 1:02.87 32.80	200m: 2:10.82 34.39	300m: 3:20.52 35.19	400m: 4:24.30 31.63					
3.	POLIO GUIDOS, César José	16	Club de natation région de Qué		4:25.86				508
	50m: 30.00 30.00	150m: 1:35.99 33.41	250m: 2:43.78 34.12	350m: 3:53.15 34.72					
	100m: 1:02.58 32.58	200m: 2:09.66 33.67	300m: 3:18.43 34.65	400m: 4:25.86 32.71					
4.	DUBÉ, Samuel	17	Club de natation région de Qué		4:28.05				496
	50m: 29.65 29.65	150m: 1:36.57 34.19	250m: 2:45.90 34.74	350m: 3:54.99 34.58					
	100m: 1:02.38 32.73	200m: 2:11.16 34.59	300m: 3:20.41 34.51	400m: 4:28.05 33.06					
5.	BELANGER, Kristofer	16	Club de natation région de Qué		4:29.80				486
	50m: 29.77 29.77	150m: 1:36.69 33.92	250m: 2:46.21 34.75	350m: 3:56.21 35.00					
	100m: 1:02.77 33.00	200m: 2:11.46 34.77	300m: 3:21.21 35.00	400m: 4:29.80 33.59					
6.	LÉPINE, Loïc	16	Club de Natation des Riverains		4:30.10				485
	50m: 29.72 29.72	150m: 1:36.50 33.91	250m: 2:45.55 34.30	350m: 3:56.43 35.70					
	100m: 1:02.59 32.87	200m: 2:11.25 34.75	300m: 3:20.73 35.18	400m: 4:30.10 33.67					
7.	LARIVIÈRE, Simon	16	Club de natation région de Qué		4:33.70				466
	50m: 30.72 30.72	150m: 1:39.81 34.95	250m: 2:50.30 35.20	350m: 4:00.56 35.16					
	100m: 1:04.86 34.14	200m: 2:15.10 35.29	300m: 3:25.40 35.10	400m: 4:33.70 33.14					
8.	DOYON, Jacob	16	Club de Natation de Montmagny		4:54.62				373
	50m: 31.61 31.61	150m: 1:44.76 37.53	250m: 3:01.53 38.61	350m: 4:18.64 38.55					
	100m: 1:07.23 35.62	200m: 2:22.92 38.16	300m: 3:40.09 38.56	400m: 4:54.62 35.98					
9.	CASTONGUAY, Edouard	16	Club de Natation des Riverains		5:03.83				340
	50m: 32.24 32.24	150m: 1:49.50 39.09	250m: 3:08.59 39.52	350m: 4:27.40 39.27					
	100m: 1:10.41 38.17	200m: 2:29.07 39.57	300m: 3:48.13 39.54	400m: 5:03.83 36.43					
10.	MORIN, Xavier	16	Club Aquatique de la Capitale		5:38.16				247
	50m: 37.78 37.78	150m: 2:06.55 44.77	250m: 3:36.18 43.54	350m: 5:02.33 43.07					
	100m: 1:21.78 44.00	200m: 2:52.64 46.09	300m: 4:19.26 43.08	400m: 5:38.16 35.83					

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 10, Messieurs, 400m Libre

18 ans et plus

1.	PELLETIER, Éli			18	Club de Natation des Riverains					4:08.39	623	
	50m:	27.09	27.09	150m:	1:28.46	31.46	250m:	2:32.87	32.65	350m:	3:38.40	32.64
	100m:	57.00	29.91	200m:	2:00.22	31.76	300m:	3:05.76	32.89	400m:	4:08.39	29.99
2.	TROTIER, Louis			20	Rouge et Or/Université Laval					4:18.57	553	
	50m:	28.53	28.53	150m:	1:32.92	32.78	250m:	2:39.72	33.22	350m:	3:45.93	32.72
	100m:	1:00.14	31.61	200m:	2:06.50	33.58	300m:	3:13.21	33.49	400m:	4:18.57	32.64
3.	DUREAU, Alexandre			18	Club de Natation des Riverains					4:18.63	552	
	50m:	29.19	29.19	150m:	1:33.59	32.51	250m:	2:39.77	33.23	350m:	3:46.13	33.17
	100m:	1:01.08	31.89	200m:	2:06.54	32.95	300m:	3:12.96	33.19	400m:	4:18.63	32.50
4.	CASTANO, Miguel			20	Rouge et Or/Université Laval					4:24.45	517	
	50m:	29.73	29.73	150m:	1:33.67	32.00	250m:	2:40.89	34.12	350m:	3:50.90	35.18
	100m:	1:01.67	31.94	200m:	2:06.77	33.10	300m:	3:15.72	34.83	400m:	4:24.45	33.55
5.	VALLIÈRES, Éloi			20	Rouge et Or/Université Laval					4:32.18	474	
	50m:	29.39	29.39	150m:	1:36.54	34.16	250m:	2:46.77	35.30	350m:	3:57.19	35.36
	100m:	1:02.38	32.99	200m:	2:11.47	34.93	300m:	3:21.83	35.06	400m:	4:32.18	34.99