Epreuve 1 — 400m Libre — Cat. générale
2026-11-13 - 16:00 — Liste résultats

Points: AQUA 2026

Rang		Age			Temps	Pts

11 - 12 ans, Filles

1.	GERVAIS, Juliette	12	Rouge et OrUniversité Laval		**5:12.84**	398

50m:	34.85	34.85	150m:	1:54.22	39.76	250m:	3:14.05	40.25	350m:	4:34.95	40.59
100m:	1:14.46	39.61	200m:	2:33.80	39.58	300m:	3:54.36	40.31	400m:	5:12.84	37.89

2.	SAINE, Elizabeth	11	Rouge et OrUniversité Laval		**5:55.83**	270

50m:	39.77	39.77	150m:	2:09.82	45.94	250m:	3:41.95	45.82	350m:	5:13.88	45.16
100m:	1:23.88	44.11	200m:	2:56.13	46.31	300m:	4:28.72	46.77	400m:	5:55.83	41.95

13 - 14 ans, Filles

1.	LATULIPPE, Mahée	13	Rouge et OrUniversité Laval		**5:11.34**	404

50m:	34.83	34.83	150m:	1:53.59	39.33	250m:	3:12.51	39.37	350m:	4:32.43	40.02
100m:	1:14.26	39.43	200m:	2:33.14	39.55	300m:	3:52.41	39.90	400m:	5:11.34	38.91

2.	BOUDREAULT, Lily	13	Rouge et OrUniversité Laval		**5:42.70**	303

50m:	37.77	37.77	150m:	2:05.47	44.35	250m:	3:33.96	44.33	350m:	5:02.49	44.18
100m:	1:21.12	43.35	200m:	2:49.63	44.16	300m:	4:18.31	44.35	400m:	5:42.70	40.21

3.	SOLTANI, Maya	14	Rouge et OrUniversité Laval		**6:05.48**	250

50m:	39.52	39.52	150m:	2:10.62	46.76	250m:	3:43.98	46.62	350m:	5:18.52	47.65
100m:	1:23.86	44.34	200m:	2:57.36	46.74	300m:	4:30.87	46.89	400m:	6:05.48	46.96

15 - 16 ans, Filles

1.	SAYEGH, Jasmine	15	Rouge et OrUniversité Laval		**5:05.59**	427

50m:	34.58	34.58	150m:	1:49.22	37.64	250m:	3:07.63	39.33	350m:	4:27.62	40.01
100m:	1:11.58	37.00	200m:	2:28.30	39.08	300m:	3:47.61	39.98	400m:	5:05.59	37.97

2.	GROLEAU, Olivia	16	Rouge et OrUniversité Laval		**5:28.70**	343

50m:	36.02	36.02	150m:	1:57.43	41.30	250m:	3:21.75	42.48	350m:	4:47.16	42.77
100m:	1:16.13	40.11	200m:	2:39.27	41.84	300m:	4:04.39	42.64	400m:	5:28.70	41.54

17 ans et plus, Dames

1.	BEAUDOIN, Marie-Laurence	17	Rouge et OrUniversité Laval		**4:41.23**	548

50m:	31.68	31.68	150m:	1:41.18	35.07	250m:	2:53.54	36.36	350m:	4:06.20	36.47
100m:	1:06.11	34.43	200m:	2:17.18	36.00	300m:	3:29.73	36.19	400m:	4:41.23	35.03

2.	LÉVESQUE, Raphaëlle	18	Rouge et OrUniversité Laval		**4:44.03**	532

50m:	32.20	32.20	150m:	1:43.26	35.70	250m:	2:56.32	36.42	350m:	4:08.92	36.22
100m:	1:07.56	35.36	200m:	2:19.90	36.64	300m:	3:32.70	36.38	400m:	4:44.03	35.11

3.	BOUCHARD, Marie	17	Rouge et OrUniversité Laval		**4:55.48**	473

50m:	33.49	33.49	150m:	1:47.26	37.34	250m:	3:02.46	37.63	350m:	4:18.31	37.96
100m:	1:09.92	36.43	200m:	2:24.83	37.57	300m:	3:40.35	37.89	400m:	4:55.48	37.17

10 ans et moins, Garçons

1.	SAYEGH, Olivier	10	Rouge et OrUniversité Laval		**5:56.02**	211

50m:	40.13	40.13	150m:	2:13.09	46.68	250m:	3:44.81	46.12	350m:	5:16.16	44.76
100m:	1:26.41	46.28	200m:	2:58.69	45.60	300m:	4:31.40	46.59	400m:	5:56.02	39.86

Epreuve 1, 400m Libre

11 - 12 ans, Garçons

1. TOBIN, Noah — 12 — Rouge et OrUniversité Laval — **5:40.34** — 242

50m:	38.36	38.36	150m:	2:05.32	43.95	250m:	3:33.45	44.52	350m:	4:59.97	42.90
100m:	1:21.37	43.01	200m:	2:48.93	43.61	300m:	4:17.07	43.62	400m:	5:40.34	40.37

2. GAGNON, Elias — 12 — Rouge et OrUniversité Laval — **5:40.97** — 241

50m:	38.68	38.68	150m:	2:06.20	44.44	250m:	3:34.78	44.57	350m:	5:01.28	43.76
100m:	1:21.76	43.08	200m:	2:50.21	44.01	300m:	4:17.52	42.74	400m:	5:40.97	39.69

13 - 14 ans, Garçons

1. ANGLEHART, Simon — 13 — Rouge et OrUniversité Laval — **4:53.27** — 379

50m:	33.23	33.23	150m:	1:47.17	37.15	250m:	3:01.82	37.41	350m:	4:17.70	37.83
100m:	1:10.02	36.79	200m:	2:24.41	37.24	300m:	3:39.87	38.05	400m:	4:53.27	35.57

2. WANG, Samuel — 13 — Rouge et OrUniversité Laval — **5:00.64** — 351

50m:	33.77	33.77	150m:	1:50.71	38.52	250m:	3:07.28	38.28	350m:	4:24.13	38.42
100m:	1:12.19	38.42	200m:	2:29.00	38.29	300m:	3:45.71	38.43	400m:	5:00.64	36.51

3. LECLERC, Louis — 13 — Rouge et OrUniversité Laval — **5:03.78** — 341

50m:	33.72	33.72	150m:	1:51.11	38.35	250m:	3:08.96	39.25	350m:	4:26.64	38.80
100m:	1:12.76	39.04	200m:	2:29.71	38.60	300m:	3:47.84	38.88	400m:	5:03.78	37.14

4. SAWAYA-GUÉRARD, Théo — 13 — Rouge et OrUniversité Laval — **5:21.11** — 288

50m:	35.45	35.45	150m:	1:55.26	40.38	250m:	3:17.20	41.26	350m:	4:40.39	41.86
100m:	1:14.88	39.43	200m:	2:35.94	40.68	300m:	3:58.53	41.33	400m:	5:21.11	40.72

15 - 16 ans, Garçons

1. CHAN, Oliver — 16 — Rouge et OrUniversité Laval — **4:19.41** — 547

50m:	28.81	28.81	150m:	1:31.47	32.03	250m:	2:38.01	33.56	350m:	3:46.11	34.03
100m:	59.44	30.63	200m:	2:04.45	32.98	300m:	3:12.08	34.07	400m:	4:19.41	33.30

2. LECLERC, Simon — 15 — Rouge et OrUniversité Laval — **4:37.49** — 447

50m:	31.35	31.35	150m:	1:40.87	34.94	250m:	2:51.51	35.38	350m:	4:02.66	35.33
100m:	1:05.93	34.58	200m:	2:16.13	35.26	300m:	3:27.33	35.82	400m:	4:37.49	34.83

17 ans et plus, Messieurs

1. JANVIER, Hugo — 24 — Rouge et OrUniversité Laval — **3:56.77** — 720

50m:	27.54	27.54	150m:	1:26.94	29.94	250m:	2:27.07	30.15	350m:	3:27.22	30.00
100m:	57.00	29.46	200m:	1:56.92	29.98	300m:	2:57.22	30.15	400m:	3:56.77	29.55

2. TROTIER, Louis — 20 — Rouge et OrUniversité Laval — **4:07.83** — 628

50m:	28.49	28.49	150m:	1:31.48	31.68	250m:	2:33.57	30.70	350m:	3:36.42	31.27
100m:	59.80	31.31	200m:	2:02.87	31.39	300m:	3:05.15	31.58	400m:	4:07.83	31.41

3. CASTANO, Miguel — 21 — Rouge et OrUniversité Laval — **4:29.62** — 487

50m:	30.24	30.24	150m:	1:37.38	33.86	250m:	2:45.17	33.95	350m:	3:55.08	35.36
100m:	1:03.52	33.28	200m:	2:11.22	33.84	300m:	3:19.72	34.55	400m:	4:29.62	34.54

4. LÉGER, Thomas — 19 — Rouge et OrUniversité Laval — **4:31.86** — 475

50m:	28.93	28.93	150m:	1:36.20	34.26	250m:	2:46.63	35.16	350m:	3:57.61	35.23
100m:	1:01.94	33.01	200m:	2:11.47	35.27	300m:	3:22.38	35.75	400m:	4:31.86	34.25