Epreuve 23 — 400m 4 nages — Cat. générale
2026-11-14 - 8:35 — Liste résultats

Points: AQUA 2026

Rang		Age				Temps	Pts

11 - 12 ans, Filles

1.	SAINE, Elizabeth	11	Rouge et OrUniversité Laval			**6:54.17**	234

50m:	43.25	43.25	150m:	2:32.58	52.45	250m:	4:24.02	59.35	350m:	6:12.35	45.84
100m:	1:40.13	56.88	200m:	3:24.67	52.09	300m:	5:26.51	1:02.49	400m:	6:54.17	41.82

13 - 14 ans, Filles

1.	NGUYEN, Delphine	13	Rouge et OrUniversité Laval			**5:48.73**	393

50m:	36.03	36.03	150m:	2:07.25	48.02	250m:	3:41.06	48.15	350m:	5:10.52	40.61
100m:	1:19.23	43.20	200m:	2:52.91	45.66	300m:	4:29.91	48.85	400m:	5:48.73	38.21

15 - 16 ans, Filles

1.	SIMARD, Mariane	15	Rouge et OrUniversité Laval			**5:42.44**	415

50m:	34.46	34.46	150m:	1:59.52	42.64	250m:	3:31.75	52.20	350m:	5:04.38	39.60
100m:	1:16.88	42.42	200m:	2:39.55	40.03	300m:	4:24.78	53.03	400m:	5:42.44	38.06

10 ans et moins, Garçons

1.	ARCHAMBAULT, Zac	10	Rouge et OrUniversité Laval			**6:50.23**	187

50m:	49.02	49.02	150m:	2:34.57	47.24	250m:	4:23.47	1:01.34	350m:	6:06.00	42.36
100m:	1:47.33	58.31	200m:	3:22.13	47.56	300m:	5:23.64	1:00.17	400m:	6:50.23	44.23

2.	LÉVESQUE, Antoine	10	Rouge et OrUniversité Laval			**6:51.72**	185

50m:	44.48	44.48	150m:	2:33.52	52.34	250m:	4:22.23	57.86	350m:	6:07.99	45.91
100m:	1:41.18	56.70	200m:	3:24.37	50.85	300m:	5:22.08	59.85	400m:	6:51.72	43.73

11 - 12 ans, Garçons

1.	NADEAU, Ludovic	12	Rouge et OrUniversité Laval			**5:47.21**	309

50m:	38.00	38.00	150m:	2:07.35	43.62	250m:	3:41.45	50.25	350m:	5:10.84	39.02
100m:	1:23.73	45.73	200m:	2:51.20	43.85	300m:	4:31.82	50.37	400m:	5:47.21	36.37

2.	SAVARD, Justin	12	Rouge et OrUniversité Laval			**5:59.08**	279

50m:	40.72	40.72	150m:	2:14.94	46.68	250m:	3:48.05	48.11	350m:	5:19.07	41.47
100m:	1:28.26	47.54	200m:	2:59.94	45.00	300m:	4:37.60	49.55	400m:	5:59.08	40.01

3.	NGUYEN, Tristan	12	Rouge et OrUniversité Laval			**6:26.30**	224

50m:	42.14	42.14	150m:	2:23.05	48.97	250m:	4:05.47	54.20	350m:	5:44.18	44.17
100m:	1:34.08	51.94	200m:	3:11.27	48.22	300m:	5:00.01	54.54	400m:	6:26.30	42.12

13 - 14 ans, Garçons

1.	GOSSELIN, Manoé	14	Rouge et OrUniversité Laval			**4:56.72**	495

50m:	30.47	30.47	150m:	1:43.52	37.48	250m:	3:04.34	44.33	350m:	4:23.06	33.71
100m:	1:06.04	35.57	200m:	2:20.01	36.49	300m:	3:49.35	45.01	400m:	4:56.72	33.66

2.	WILDI, Elliot	13	Rouge et OrUniversité Laval			**5:26.36**	372

50m:	34.90	34.90	150m:	1:59.69	42.89	250m:	3:25.74	44.87	350m:	4:49.15	37.98
100m:	1:16.80	41.90	200m:	2:40.87	41.18	300m:	4:11.17	45.43	400m:	5:26.36	37.21

Epreuve 23, 400m 4 nages

15 - 16 ans, Garçons

1.	WILDI, Jake				15	Rouge et OrUniversité Laval						**4:53.84**	510
	50m:	30.82	30.82	150m:	1:45.15	39.32	250m:	3:05.18	41.83	350m:	4:21.28	34.50	
	100m:	1:05.83	35.01	200m:	2:23.35	38.20	300m:	3:46.78	41.60	400m:	4:53.84	32.56	