

Epreuve 6 Messieurs, 400m Libre 11 ans et plus  
2023-12-08 - 19:28 Liste résultats

Quebec Provincial Age Group Records 15 -3:51.16	SZMIDT, Peter	PCSC	???	1979-03-01
Quebec Provincial Age Group Records 13 -4:01.94	DUBORD, Marshal	PPO	Montreal	2013-02-16
Quebec Provincial Age Group Records - 124:22.94	ORIWOL, Tobias	PCSC	???	1998-01-01
Quebec Provincial Senior Records 3:47.81	NEWMAN, Wesley	DDO	Toronto	2009-03-13

Points: FINA 2023

Rang	Age	Temps	Pts
<b>11 - 12 ans</b>			
1. WILDI, Jake	12	Rouge et Or/Université Laval	<b>4:59.43</b> 356
50m: 34.79 34.79	150m: 1:50.98 38.11	250m: 3:08.23 38.76	350m: 4:24.29 37.51
100m: 1:12.87 38.08	200m: 2:29.47 38.49	300m: 3:46.78 38.55	400m: 4:59.43 35.14
2. GOSSELIN, Manoé	11	Rouge et Or/Université Laval	<b>5:01.65</b> 348
50m: 33.90 33.90	150m: 1:51.43 38.53	250m: 3:09.11 38.92	350m: 4:25.56 37.53
100m: 1:12.90 39.00	200m: 2:30.19 38.76	300m: 3:48.03 38.92	400m: 5:01.65 36.09
3. PIGEON, Arthur	12	Riverains	<b>5:07.70</b> 328
50m: 34.33 34.33	150m: 1:52.27 39.43	250m: 3:10.19 38.68	350m: 4:29.20 39.68
100m: 1:12.84 38.51	200m: 2:31.51 39.24	300m: 3:49.52 39.33	400m: 5:07.70 38.50
4. DELAND, Étienne	12	Cnq	<b>5:16.64</b> 301
50m: 35.65 35.65	150m: 1:56.34 41.24	250m: 3:16.46 40.29	350m: 4:37.57 40.42
100m: 1:15.10 39.45	200m: 2:36.17 39.83	300m: 3:57.15 40.69	400m: 5:16.64 39.07
5. CORMIER, Thomas	12	Cnq	<b>5:17.14</b> 299
50m: 35.40 35.40	150m: 1:55.97 40.81	250m: 3:17.20 40.55	350m: 4:38.59 40.87
100m: 1:15.16 39.76	200m: 2:36.65 40.68	300m: 3:57.72 40.52	400m: 5:17.14 38.55
6. LECLERC, Simon	12	Rouge et Or/Université Laval	<b>5:31.64</b> 262
50m: 36.94 36.94	150m: 2:03.14 43.20	250m: 3:28.61 42.54	350m: 4:52.58 41.25
100m: 1:19.94 43.00	200m: 2:46.07 42.93	300m: 4:11.33 42.72	400m: 5:31.64 39.06
7. BOUDREAU, Justin	12	Cnq	<b>5:32.66</b> 259
50m: 36.57 36.57	150m: 2:02.47 43.96	250m: 3:28.56 42.71	350m: 4:52.82 41.41
100m: 1:18.51 41.94	200m: 2:45.85 43.38	300m: 4:11.41 42.85	400m: 5:32.66 39.84
8. VAN OYEN, Mathieu	11	Cnq	<b>5:35.14</b> 254
50m: 36.49 36.49	150m: 2:01.23 42.73	250m: 3:27.07 43.45	350m: 4:53.74 44.72
100m: 1:18.50 42.01	200m: 2:43.62 42.39	300m: 4:09.02 41.95	400m: 5:35.14 41.40
9. VACHON, Raphaël	12	C.Natation. Sept-Iles	<b>5:43.80</b> 235
50m: 36.93 36.93	150m: 2:06.81 45.42	250m: 3:36.12 44.24	350m: 5:01.75 42.22
100m: 1:21.39 44.46	200m: 2:51.88 45.07	300m: 4:19.53 43.41	400m: 5:43.80 42.05

**13 - 14 ans**

1. DUBÉ, Samuel	14	Cnq	<b>4:23.00</b> 525
50m: 29.36 29.36	150m: 1:34.79 33.19	250m: 2:41.41 33.30	350m: 3:49.10 33.91
100m: 1:01.60 32.24	200m: 2:08.11 33.32	300m: 3:15.19 33.78	400m: 4:23.00 33.90
2. LI YING PIN, Aidan	14	Club de Natation Samak	<b>4:27.35</b> 500
50m: 28.99 28.99	150m: 1:34.84 33.45	250m: 2:43.47 34.53	350m: 3:53.26 35.00
100m: 1:01.39 32.40	200m: 2:08.94 34.10	300m: 3:18.26 34.79	400m: 4:27.35 34.09
3. ROCHETTE, Hubert	14	Cnq	<b>4:28.22</b> 495
50m: 29.65 29.65	150m: 1:35.30 33.16	250m: 2:43.57 34.26	350m: 3:53.57 35.17
100m: 1:02.14 32.49	200m: 2:09.31 34.01	300m: 3:18.40 34.83	400m: 4:28.22 34.65
4. DERAKHSHANNIA, Arad	14	Club de Natation Samak	<b>4:34.09</b> 464
50m: 30.34 30.34	150m: 1:39.39 35.33	250m: 2:49.44 34.83	350m: 4:00.08 34.95
100m: 1:04.06 33.72	200m: 2:14.61 35.22	300m: 3:25.13 35.69	400m: 4:34.09 34.01

Epreuve 6, Garçons, 400m Libre, 13 - 14 ans

Rang				Age					Temps	Pts		
5.	BOUKER, Salah-Fédy			14	Rouge et Or/Université Laval				<b>4:34.46</b>	462		
	50m:	29.79	29.79	150m:	1:37.01	34.55	250m:	2:49.24	36.45	350m:	4:00.71	35.66
	100m:	1:02.46	32.67	200m:	2:12.79	35.78	300m:	3:25.05	35.81	400m:	4:34.46	33.75
6.	FORTIN, Ludovic			14	Riverains				<b>4:35.83</b>	455		
	50m:	30.39	30.39	150m:	1:40.35	35.50	250m:	2:50.78	35.65	350m:	4:01.42	35.56
	100m:	1:04.85	34.46	200m:	2:15.13	34.78	300m:	3:25.86	35.08	400m:	4:35.83	34.41
7.	CHAN, Oliver			13	Cnq				<b>4:36.98</b>	449		
	50m:	29.80	29.80	150m:	1:36.90	34.43	250m:	2:48.75	36.17	350m:	4:01.17	36.15
	100m:	1:02.47	32.67	200m:	2:12.58	35.68	300m:	3:25.02	36.27	400m:	4:36.98	35.81
8.	BROUILLET, Hugo			14	Les Dauphins de Rimouski				<b>4:37.57</b>	447		
	50m:	29.76	29.76	150m:	1:39.00	35.33	250m:	2:49.79	35.40	350m:	4:01.37	35.75
	100m:	1:03.67	33.91	200m:	2:14.39	35.39	300m:	3:25.62	35.83	400m:	4:37.57	36.20
9.	LEMAY, Félix			14	Riverains				<b>4:38.19</b>	444		
	50m:	31.61	31.61	150m:	1:40.82	35.08	250m:	2:51.22	35.35	350m:	4:02.70	36.03
	100m:	1:05.74	34.13	200m:	2:15.87	35.05	300m:	3:26.67	35.45	400m:	4:38.19	35.49
10.	MENARD, Thomas			13	LMRL Rivière-du-Loup				<b>4:41.21</b>	429		
	50m:	32.04	32.04	150m:	1:41.92	35.69	250m:	2:53.67	36.02	350m:	4:06.95	36.42
	100m:	1:06.23	34.19	200m:	2:17.65	35.73	300m:	3:30.53	36.86	400m:	4:41.21	34.26
11.	GUHA, Manu			13	C. N. de Chicoutimi				<b>4:42.95</b>	422		
	50m:	32.27	32.27	150m:	1:42.77	35.83	250m:	2:55.45	36.74	350m:	4:08.09	36.09
	100m:	1:06.94	34.67	200m:	2:18.71	35.94	300m:	3:32.00	36.55	400m:	4:42.95	34.86
12.	LESSARD, Jacob			14	Aquanautes				<b>4:44.10</b>	416		
	50m:	30.95	30.95	150m:	1:42.54	36.76	250m:	2:56.61	37.28	350m:	4:10.39	36.30
	100m:	1:05.78	34.83	200m:	2:19.33	36.79	300m:	3:34.09	37.48	400m:	4:44.10	33.71
13.	BEAUDOIN, Loic			13	Rouge et Or/Université Laval				<b>4:44.51</b>	415		
	50m:	31.52	31.52	150m:	1:43.74	36.29	250m:	2:57.14	36.64	350m:	4:10.28	36.73
	100m:	1:07.45	35.93	200m:	2:20.50	36.76	300m:	3:33.55	36.41	400m:	4:44.51	34.23
14.	GAGNON, Charles			14	Rouge et Or/Université Laval				<b>4:49.39</b>	394		
	50m:	31.91	31.91	150m:	1:44.02	36.13	250m:	2:58.29	36.84	350m:	4:13.19	37.57
	100m:	1:07.89	35.98	200m:	2:21.45	37.43	300m:	3:35.62	37.33	400m:	4:49.39	36.20
15.	BÉLANGER, Liam			14	Les Dauphins de Rimouski				<b>4:49.69</b>	393		
	50m:	31.40	31.40	150m:	1:42.37	35.99	250m:	2:56.58	37.24	350m:	4:13.59	38.23
	100m:	1:06.38	34.98	200m:	2:19.34	36.97	300m:	3:35.36	38.78	400m:	4:49.69	36.10
16.	ZHANG, Austin			13	Club de Natation Samak				<b>4:51.41</b>	386		
	50m:	31.93	31.93	150m:	1:44.09	36.66	250m:	2:59.02	37.72	350m:	4:14.73	38.05
	100m:	1:07.43	35.50	200m:	2:21.30	37.21	300m:	3:36.68	37.66	400m:	4:51.41	36.68
17.	BÉLANGER, Tommy			14	Les Dauphins de Rimouski				<b>4:52.06</b>	383		
	50m:	32.48	32.48	150m:	1:45.58	36.85	250m:	2:59.81	36.96	350m:	4:14.74	37.17
	100m:	1:08.73	36.25	200m:	2:22.85	37.27	300m:	3:37.57	37.76	400m:	4:52.06	37.32
18.	BAIN, Alexis			13	Cnq				<b>4:55.40</b>	370		
	50m:	32.96	32.96	150m:	1:47.66	37.68	250m:	3:04.36	38.06	350m:	4:19.62	37.36
	100m:	1:09.98	37.02	200m:	2:26.30	38.64	300m:	3:42.26	37.90	400m:	4:55.40	35.78
19.	SAVARD, Jérôme			14	C. N. de Chicoutimi				<b>4:55.98</b>	368		
	50m:	31.98	31.98	150m:	1:44.95	37.03	250m:	3:00.71	38.31	350m:	4:18.65	38.78
	100m:	1:07.92	35.94	200m:	2:22.40	37.45	300m:	3:39.87	39.16	400m:	4:55.98	37.33
20.	FORCIER, William			13	Club de Natation Samak				<b>4:56.44</b>	367		
	50m:	33.62	33.62	150m:	1:48.13	37.59	250m:	3:03.62	38.10	350m:	4:19.52	38.16
	100m:	1:10.54	36.92	200m:	2:25.52	37.39	300m:	3:41.36	37.74	400m:	4:56.44	36.92

Epreuve 6, Garçons, 400m Libre, 13 - 14 ans

Rang					Age					Temps	Pts	
21.	TREMBLAY, Noah				13	Rouge et Or/Université Laval				<b>4:59.97</b>	354	
	50m:	33.10	33.10	150m:	1:51.16	39.40	250m:	3:08.96	38.80	350m:	4:25.35	37.40
	100m:	1:11.76	38.66	200m:	2:30.16	39.00	300m:	3:47.95	38.99	400m:	4:59.97	34.62
22.	GAGNON, Vincent				14	Les Dauphins de Rimouski				<b>5:01.42</b>	349	
	50m:	32.45	32.45	150m:	1:47.04	37.81	250m:	3:04.72	39.20	350m:	4:24.01	39.97
	100m:	1:09.23	36.78	200m:	2:25.52	38.48	300m:	3:44.04	39.32	400m:	5:01.42	37.41
23.	BELANGER, Kristofer				13	Cnq				<b>5:06.09</b>	333	
	50m:	34.82	34.82	150m:	1:51.88	38.76	250m:	3:10.33	39.52	350m:	4:28.37	39.04
	100m:	1:13.12	38.30	200m:	2:30.81	38.93	300m:	3:49.33	39.00	400m:	5:06.09	37.72
24.	BARLOW, Henri				14	Mustang Boucherville				<b>5:06.98</b>	330	
	50m:	33.57	33.57	150m:	1:50.16	39.08	250m:	3:08.40	39.08	350m:	4:27.34	39.09
	100m:	1:11.08	37.51	200m:	2:29.32	39.16	300m:	3:48.25	39.85	400m:	5:06.98	39.64
25.	WANG, Léo Jingwei				13	Club de Natation Samak				<b>5:08.40</b>	325	
	50m:	34.13	34.13	150m:	1:51.77	39.11	250m:	3:11.11	39.96	350m:	4:30.04	39.63
	100m:	1:12.66	38.53	200m:	2:31.15	39.38	300m:	3:50.41	39.30	400m:	5:08.40	38.36
26.	FRIGON, Ludovic				13	Club de Natation Samak				<b>5:14.78</b>	306	
	50m:	35.33	35.33	150m:	1:54.50	40.02	250m:	3:15.03	40.40	350m:	4:35.99	40.59
	100m:	1:14.48	39.15	200m:	2:34.63	40.13	300m:	3:55.40	40.37	400m:	5:14.78	38.79
27.	SERGERIE, Nathan				14	C.Natation. Sept-Iles				<b>5:14.81</b>	306	
	50m:	35.36	35.36	150m:	1:54.78	40.20	250m:	3:16.93	41.51	350m:	4:37.58	40.42
	100m:	1:14.58	39.22	200m:	2:35.42	40.64	300m:	3:57.16	40.23	400m:	5:14.81	37.23
28.	LARIVIÈRE, Simon				13	Cnq				<b>5:15.05</b>	305	
	50m:	36.46	36.46	150m:	1:56.93	40.38	250m:	3:17.50	40.42	350m:	4:36.95	39.32
	100m:	1:16.55	40.09	200m:	2:37.08	40.15	300m:	3:57.63	40.13	400m:	5:15.05	38.10
29.	BOUTIN, Karel				13	Cnq				<b>5:15.55</b>	304	
	50m:	34.32	34.32	150m:	1:52.51	39.60	250m:	3:14.00	40.95	350m:	4:36.00	41.15
	100m:	1:12.91	38.59	200m:	2:33.05	40.54	300m:	3:54.85	40.85	400m:	5:15.55	39.55
30.	LANGLAIS, Liam				14	Cac				<b>5:15.88</b>	303	
	50m:	33.21	33.21	150m:	1:51.72	40.37	250m:	3:13.38	40.91	350m:	4:36.06	41.35
	100m:	1:11.35	38.14	200m:	2:32.47	40.75	300m:	3:54.71	41.33	400m:	5:15.88	39.82
31.	DESLAURIERS, Vincent				14	Les Dauphins de Rimouski				<b>5:17.88</b>	297	
	50m:	36.06	36.06	150m:	1:56.70	41.03	250m:	3:17.37	40.42	350m:	4:38.98	40.22
	100m:	1:15.67	39.61	200m:	2:36.95	40.25	300m:	3:58.76	41.39	400m:	5:17.88	38.90
32.	CARON, Samuel				14	Club de natation Chibougamau-Chapais				<b>5:22.02</b>	286	
	50m:	34.73	34.73	150m:	1:55.60	41.78	250m:	3:18.41	41.10	350m:	4:44.08	43.10
	100m:	1:13.82	39.09	200m:	2:37.31	41.71	300m:	4:00.98	42.57	400m:	5:22.02	37.94
33.	BLOUIN, Félix				13	Cnq				<b>5:24.05</b>	281	
	50m:	32.94	32.94	150m:	1:55.04	40.96	250m:	3:19.23	42.05	350m:	4:43.84	41.91
	100m:	1:14.08	41.14	200m:	2:37.18	42.14	300m:	4:01.93	42.70	400m:	5:24.05	40.21
34.	MERCIER, Adam				13	Cac				<b>5:36.88</b>	250	
	50m:	36.25	36.25	150m:	2:01.52	42.23	250m:	3:24.27	41.16	350m:	4:52.46	43.63
	100m:	1:19.29	43.04	200m:	2:43.11	41.59	300m:	4:08.83	44.56	400m:	5:36.88	44.42
35.	LEMIEUX, Félix-Gabriel				13	C. N. de Chicoutimi				<b>5:39.62</b>	244	
	50m:	36.18	36.18	150m:	2:00.89	43.51	250m:	3:29.95	44.51	350m:	4:58.41	43.38
	100m:	1:17.38	41.20	200m:	2:45.44	44.55	300m:	4:15.03	45.08	400m:	5:39.62	41.21
36.	BOUCHARD, Félix				14	Espadons				<b>5:42.85</b>	237	
	50m:	36.85	36.85	150m:	2:04.15	45.17	250m:	3:33.32	45.23	350m:	5:03.37	44.57
	100m:	1:18.98	42.13	200m:	2:48.09	43.94	300m:	4:18.80	45.48	400m:	5:42.85	39.48

Epreuve 6, Garçons, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
37.	PERRIER, Rafaël			13	Unik					<b>5:54.80</b>	214	
	50m:	38.75	38.75	150m:	2:09.54	45.90	250m:	3:42.25	45.80	350m:	5:14.23	44.60
	100m:	1:23.64	44.89	200m:	2:56.45	46.91	300m:	4:29.63	47.38	400m:	5:54.80	40.57
38.	ROBERT, Thomas			14	Les Dauphins de Rimouski					<b>5:59.47</b>	205	
	50m:	35.86	35.86	150m:	2:01.64	44.13	250m:	3:35.57	47.26	350m:	5:13.02	49.28
	100m:	1:17.51	41.65	200m:	2:48.31	46.67	300m:	4:23.74	48.17	400m:	5:59.47	46.45

15 - 16 ans

1.	CABANA, Clement			15	Club de Natation Samak					<b>4:12.79</b>	591	
	50m:	28.76	28.76	150m:	1:31.73	31.76	250m:	2:35.89	32.21	350m:	3:40.89	32.32
	100m:	59.97	31.21	200m:	2:03.68	31.95	300m:	3:08.57	32.68	400m:	4:12.79	31.90
2.	VAN OYEN, Antoine			15	Cnq					<b>4:17.43</b>	560	
	50m:	29.01	29.01	150m:	1:32.73	32.18	250m:	2:37.90	32.73	350m:	3:44.25	33.27
	100m:	1:00.55	31.54	200m:	2:05.17	32.44	300m:	3:10.98	33.08	400m:	4:17.43	33.18
3.	SLAMA, Seif			15	Rouge et Or/Université Laval					<b>4:23.69</b>	521	
	50m:	29.36	29.36	150m:	1:34.92	33.44	250m:	2:42.62	33.85	350m:	3:51.00	34.37
	100m:	1:01.48	32.12	200m:	2:08.77	33.85	300m:	3:16.63	34.01	400m:	4:23.69	32.69
4.	GAUTHIER, Mathieu			16	Club de Natation des Equinoxes					<b>4:29.64</b>	487	
	50m:	29.87	29.87	150m:	1:36.90	33.96	250m:	2:46.21	35.23	350m:	3:55.76	35.21
	100m:	1:02.94	33.07	200m:	2:10.98	34.08	300m:	3:20.55	34.34	400m:	4:29.64	33.88
5.	KIM, Jiseong			16	Club de Natation Samak					<b>4:31.61</b>	477	
	50m:	30.67	30.67	150m:	1:37.25	33.74	250m:	2:46.46	34.39	350m:	3:56.61	34.96
	100m:	1:03.51	32.84	200m:	2:12.07	34.82	300m:	3:21.65	35.19	400m:	4:31.61	35.00
6.	BOULAY, Noah			16	Mustang Boucherville					<b>4:32.27</b>	473	
	50m:	30.64	30.64	150m:	1:38.73	34.43	250m:	2:48.33	34.88	350m:	3:58.27	34.95
	100m:	1:04.30	33.66	200m:	2:13.45	34.72	300m:	3:23.32	34.99	400m:	4:32.27	34.00
7.	DESLAURIERS, Maxime			16	Les Dauphins de Rimouski					<b>4:32.29</b>	473	
	50m:	30.00	30.00	150m:	1:38.08	34.51	250m:	2:48.84	35.54	350m:	3:59.90	35.36
	100m:	1:03.57	33.57	200m:	2:13.30	35.22	300m:	3:24.54	35.70	400m:	4:32.29	32.39
8.	CORRIVEAU-BONOSTRO, Charles			16	Rouge et Or/Université Laval					<b>4:34.55</b>	462	
	50m:	29.92	29.92	150m:	1:36.92	33.84	250m:	2:46.40	34.96	350m:	3:58.85	36.56
	100m:	1:03.08	33.16	200m:	2:11.44	34.52	300m:	3:22.29	35.89	400m:	4:34.55	35.70
9.	BOLDUC, François			15	Les Dauphins de Rimouski					<b>4:37.73</b>	446	
	50m:	30.86	30.86	150m:	1:39.46	34.72	250m:	2:49.76	35.36	350m:	4:01.33	36.02
	100m:	1:04.74	33.88	200m:	2:14.40	34.94	300m:	3:25.31	35.55	400m:	4:37.73	36.40
10.	DELAND, Caleb			15	Les Dauphins de Rimouski					<b>4:39.26</b>	439	
	50m:	30.51	30.51	150m:	1:40.00	35.22	250m:	2:51.57	35.77	350m:	4:04.31	36.58
	100m:	1:04.78	34.27	200m:	2:15.80	35.80	300m:	3:27.73	36.16	400m:	4:39.26	34.95
11.	DESJARDINS, Alexandre			15	Les Dauphins de Rimouski					<b>4:40.79</b>	431	
	50m:	31.27	31.27	150m:	1:41.47	34.84	250m:	2:52.45	35.37	350m:	4:05.56	36.87
	100m:	1:06.63	35.36	200m:	2:17.08	35.61	300m:	3:28.69	36.24	400m:	4:40.79	35.23
12.	SHABALIN F, Philip			16	Club de Natation Samak					<b>4:42.20</b>	425	
	50m:	31.02	31.02	150m:	1:39.79	34.73	250m:	2:51.18	36.05	350m:	4:05.48	37.50
	100m:	1:05.06	34.04	200m:	2:15.13	35.34	300m:	3:27.98	36.80	400m:	4:42.20	36.72
13.	POMERLEAU, Laurent			15	Rouge et Or/Université Laval					<b>4:42.54</b>	423	
	50m:	30.44	30.44	150m:	1:40.09	35.21	250m:	2:52.38	36.36	350m:	4:06.33	37.12
	100m:	1:04.88	34.44	200m:	2:16.02	35.93	300m:	3:29.21	36.83	400m:	4:42.54	36.21

Epreuve 6, Garçons, 400m Libre, 15 - 16 ans

Rang					Age					Temps	Pts	
14.	VOGRIG, Emrick				16	Cac				<b>4:42.70</b>	423	
	50m:	29.52	29.52	150m:	1:41.24	36.62	250m:	2:55.32	36.89	350m:	4:07.32	35.35
	100m:	1:04.62	35.10	200m:	2:18.43	37.19	300m:	3:31.97	36.65	400m:	4:42.70	35.38
15.	LÉGER, Thomas				16	Rouge et Or/Université Laval				<b>4:42.87</b>	422	
	50m:	30.91	30.91	150m:	1:42.70	36.34	250m:	2:55.38	36.26	350m:	4:08.00	36.33
	100m:	1:06.36	35.45	200m:	2:19.12	36.42	300m:	3:31.67	36.29	400m:	4:42.87	34.87
16.	DUCHESNE, Vincent				16	C.Natation. Sept-Iles				<b>4:43.91</b>	417	
	50m:	30.69	30.69	150m:	1:41.32	35.95	250m:	2:55.22	37.12	350m:	4:09.65	37.39
	100m:	1:05.37	34.68	200m:	2:18.10	36.78	300m:	3:32.26	37.04	400m:	4:43.91	34.26
17.	SEKKAT, Yassine				15	Mustang Boucherville				<b>4:52.95</b>	380	
	50m:	30.01	30.01	150m:	1:40.38	36.32	250m:	2:57.93	39.37	350m:	4:16.63	39.35
	100m:	1:04.06	34.05	200m:	2:18.56	38.18	300m:	3:37.28	39.35	400m:	4:52.95	36.32
18.	LALANCETTE, Xavier				15	Club de Natation Juvaqua Alma				<b>4:56.64</b>	366	
	50m:	31.79	31.79	150m:	1:45.84	37.99	250m:	3:02.68	38.20	350m:	4:20.12	38.25
	100m:	1:07.85	36.06	200m:	2:24.48	38.64	300m:	3:41.87	39.19	400m:	4:56.64	36.52
19.	SIOUD, Yassine				16	Club de natation Jonquière				<b>5:00.16</b>	353	
	50m:	30.45	30.45	150m:	1:43.16	37.26	250m:	3:00.67	38.84	350m:	4:21.31	40.56
	100m:	1:05.90	35.45	200m:	2:21.83	38.67	300m:	3:40.75	40.08	400m:	5:00.16	38.85
20.	LEFEBVRE, Charles				15	Club de Natation Samak				<b>5:02.57</b>	345	
	50m:	32.83	32.83	150m:	1:48.15	38.06	250m:	3:05.69	38.71	350m:	4:23.82	39.25
	100m:	1:10.09	37.26	200m:	2:26.98	38.83	300m:	3:44.57	38.88	400m:	5:02.57	38.75
21.	RAYMOND, Antoine				15	Les Dauphins de Rimouski				<b>5:15.00</b>	305	
	50m:	33.32	33.32	150m:	1:51.64	40.13	250m:	3:13.26	41.05	350m:	4:35.74	41.36
	100m:	1:11.51	38.19	200m:	2:32.21	40.57	300m:	3:54.38	41.12	400m:	5:15.00	39.26

17 ans et plus

1.	LORD, Guillaume				23	Mustang Boucherville				<b>3:57.26</b>	715	
	50m:	27.21	27.21	150m:	1:26.28	29.77	250m:	2:26.72	30.16	350m:	3:27.39	30.25
	100m:	56.51	29.30	200m:	1:56.56	30.28	300m:	2:57.14	30.42	400m:	3:57.26	29.87
2.	LABARRE, Tristan				19	Cnq				<b>4:01.66</b>	677	
	50m:	27.16	27.16	150m:	1:27.61	30.34	250m:	2:28.88	30.71	350m:	3:31.27	31.15
	100m:	57.27	30.11	200m:	1:58.17	30.56	300m:	3:00.12	31.24	400m:	4:01.66	30.39
3.	BONGERS, Nils				21	Rouge et Or universitaire				<b>4:02.37</b>	671	
	50m:	27.57	27.57	150m:	1:27.92	30.39	250m:	2:29.81	30.96	350m:	3:31.97	31.26
	100m:	57.53	29.96	200m:	1:58.85	30.93	300m:	3:00.71	30.90	400m:	4:02.37	30.40
4.	LACASSE, Philippe				20	Cnq				<b>4:06.69</b>	636	
	50m:	27.31	27.31	150m:	1:26.78	30.04	250m:	2:30.03	31.89	350m:	3:35.29	32.70
	100m:	56.74	29.43	200m:	1:58.14	31.36	300m:	3:02.59	32.56	400m:	4:06.69	31.40
5.	VERDON, Laurent				17	Mustang Boucherville				<b>4:08.98</b>	619	
	50m:	28.40	28.40	150m:	1:30.87	31.52	250m:	2:34.39	32.03	350m:	3:38.13	31.74
	100m:	59.35	30.95	200m:	2:02.36	31.49	300m:	3:06.39	32.00	400m:	4:08.98	30.85
6.	LÉVESQUE, Vincent				17	Rouge et Or/Université Laval				<b>4:11.16</b>	603	
	50m:	28.32	28.32	150m:	1:30.76	31.36	250m:	2:35.04	32.37	350m:	3:39.82	32.17
	100m:	59.40	31.08	200m:	2:02.67	31.91	300m:	3:07.65	32.61	400m:	4:11.16	31.34
7.	BILODEAU, Thomas				23	Cnq				<b>4:13.77</b>	585	
	50m:	27.22	27.22	150m:	1:27.77	30.63	250m:	2:32.48	32.59	350m:	3:39.92	33.94
	100m:	57.14	29.92	200m:	1:59.89	32.12	300m:	3:05.98	33.50	400m:	4:13.77	33.85

Epreuve 6, Messieurs, 400m Libre, 17 ans et plus

Rang				Age					Temps	Pts		
8.	GIRARDIN, William-Éric			17	Rouge et Or/Université Laval				<b>4:14.09</b>	582		
	50m:	28.09	28.09	150m:	1:32.01	32.29	250m:	2:36.70	32.17	350m:	3:42.27	32.56
	100m:	59.72	31.63	200m:	2:04.53	32.52	300m:	3:09.71	33.01	400m:	4:14.09	31.82
9.	BÉRUBÉ, Thomas			17	Riverains				<b>4:14.27</b>	581		
	50m:	28.21	28.21	150m:	1:31.58	31.72	250m:	2:36.51	32.56	350m:	3:42.68	32.95
	100m:	59.86	31.65	200m:	2:03.95	32.37	300m:	3:09.73	33.22	400m:	4:14.27	31.59
10.	CASTANO, Miguel			18	Cnq				<b>4:17.08</b>	562		
	50m:	29.30	29.30	150m:	1:33.20	32.18	250m:	2:38.60	33.03	350m:	3:44.62	32.96
	100m:	1:01.02	31.72	200m:	2:05.57	32.37	300m:	3:11.66	33.06	400m:	4:17.08	32.46
11.	CASTELLANOS MOLINA, Adrian			29	Cnq				<b>4:18.25</b>	555		
	50m:	27.88	27.88	150m:	1:29.51	31.10	250m:	2:34.06	32.71	350m:	3:43.28	35.00
	100m:	58.41	30.53	200m:	2:01.35	31.84	300m:	3:08.28	34.22	400m:	4:18.25	34.97
12.	GOSELIN, Justin			18	Cnq				<b>4:25.39</b>	511		
	50m:	29.96	29.96	150m:	1:36.26	33.36	250m:	2:43.67	33.44	350m:	3:52.04	34.16
	100m:	1:02.90	32.94	200m:	2:10.23	33.97	300m:	3:17.88	34.21	400m:	4:25.39	33.35
13.	VALLIÈRES, Éloi			18	Rouge et Or/Université Laval				<b>4:25.49</b>	510		
	50m:	29.76	29.76	150m:	1:37.33	33.93	250m:	2:44.97	33.86	350m:	3:53.78	35.01
	100m:	1:03.40	33.64	200m:	2:11.11	33.78	300m:	3:18.77	33.80	400m:	4:25.49	31.71
14.	RENAUD-MEJIA, Tomas			17	Rouge et Or/Université Laval				<b>4:38.77</b>	441		
	50m:	27.62	27.62	150m:	1:39.49	38.75	250m:	2:54.42	36.07	350m:	4:04.66	35.24
	100m:	1:00.74	33.12	200m:	2:18.35	38.86	300m:	3:29.42	35.00	400m:	4:38.77	34.11
15.	LABERGE, Mathieu			18	Rouge et Or/Université Laval				<b>4:42.09</b>	425		
	50m:	31.32	31.32	150m:	1:42.45	36.20	250m:	2:55.93	36.68	350m:	4:08.12	35.67
	100m:	1:06.25	34.93	200m:	2:19.25	36.80	300m:	3:32.45	36.52	400m:	4:42.09	33.97
16.	LACHANCE, Rafaël			17	Cac				<b>4:48.25</b>	399		
	50m:	31.31	31.31	150m:	1:42.09	36.12	250m:	2:55.52	36.56	350m:	4:10.53	38.02
	100m:	1:05.97	34.66	200m:	2:18.96	36.87	300m:	3:32.51	36.99	400m:	4:48.25	37.72
17.	CARON, Jean-François			42	Club de natation Chibougamau-Chapais				<b>4:51.06</b>	387		
	50m:	31.12	31.12	150m:	1:41.66	36.02	250m:	2:55.51	37.36	350m:	4:12.81	39.24
	100m:	1:05.64	34.52	200m:	2:18.15	36.49	300m:	3:33.57	38.06	400m:	4:51.06	38.25
18.	BEAULIEU, Louis			17	C.Natation. Sept-Iles				<b>5:03.99</b>	340		
	50m:	31.90	31.90	150m:	1:47.90	38.59	250m:	3:06.15	39.32	350m:	4:25.88	39.83
	100m:	1:09.31	37.41	200m:	2:26.83	38.93	300m:	3:46.05	39.90	400m:	5:03.99	38.11