

Coupe des régions ANBM et ANLSL
Centre Claude Robillard, 2- - 4-2-2024

Epreuve 119
2024-02-04 - 11:26

400m Libre

11 ans et plus
Liste résultats

Points: FINA 2023

Rang					Age					Temps	Pts	
11 - 12 ans, Filles												
1.	NAKAD, Jade				11	Club de natation Saint-Laurent				6:11.89	240	
	50m:	42.38	42.38	150m:	2:17.62	48.14	250m:	3:53.94	48.29	350m:	5:29.79	48.03
	100m:	1:29.48	47.10	200m:	3:05.65	48.03	300m:	4:41.76	47.82	400m:	6:11.89	42.10
2.	LENET, Cadence				12	Pointe-Claire Swim Club				6:17.97	229	
	50m:	43.09	43.09	150m:	2:17.79	48.15	250m:	3:52.51	47.38	350m:	5:28.99	47.90
	100m:	1:29.64	46.55	200m:	3:05.13	47.34	300m:	4:41.09	48.58	400m:	6:17.97	48.98
3.	VOICULESCU, Amy Lara				12	Pointe-Claire Swim Club				6:25.56	215	
	50m:	41.67	41.67	150m:	2:18.21		250m:	3:57.56	49.57	350m:	5:36.46	49.23
	100m:			200m:	3:07.99	49.78	300m:	4:47.23	49.67	400m:	6:25.56	49.10
4.	STORELLI, Elisabeth				12	Club de natation Saint-Laurent				6:26.79	213	
	50m:	42.58	42.58	150m:	2:22.04	50.45	250m:	4:01.21	49.79	350m:	5:42.25	49.62
	100m:	1:31.59	49.01	200m:	3:11.42	49.38	300m:	4:52.63	51.42	400m:	6:26.79	44.54
5.	GHRIB, Kayla Maysun				11	Club de natation Saint-Laurent				6:27.33	212	
	50m:	41.65	41.65	150m:	2:19.53	49.94	250m:	3:58.30	49.88	350m:	5:39.41	49.61
	100m:	1:29.59	47.94	200m:	3:08.42	48.89	300m:	4:49.80	51.50	400m:	6:27.33	47.92
6.	AGUADO, Adeléa				11	Ddo				6:37.86	196	
	50m:	42.17	42.17	150m:	2:25.51	52.41	250m:	4:07.62	51.85	350m:	5:49.54	51.25
	100m:	1:33.10	50.93	200m:	3:15.77	50.26	300m:	4:58.29	50.67	400m:	6:37.86	48.32
7.	MARTIN, Clara				12	Club de natation Saint-Laurent				6:46.39	184	
	50m:	45.93	45.93	150m:	2:28.43	52.01	250m:	4:11.78	51.47	350m:	5:56.32	51.51
	100m:	1:36.42	50.49	200m:	3:20.31	51.88	300m:	5:04.81	53.03	400m:	6:46.39	50.07
11 - 12 ans, Garçons												
1.	ROYER, Arno				12	Caem				5:54.09	215	
	50m:	38.38	38.38	150m:	2:08.93	45.13	250m:	3:40.49	45.89	350m:	5:10.80	44.33
	100m:	1:23.80	45.42	200m:	2:54.60	45.67	300m:	4:26.47	45.98	400m:	5:54.09	43.29
2.	KABAL-BAKER, Lionel				11	Pointe-Claire Swim Club				6:13.85	182	
	50m:	42.99	42.99	150m:	2:17.20	46.94	250m:	3:52.60	47.75	350m:	5:28.45	47.68
	100m:	1:30.26	47.27	200m:	3:04.85	47.65	300m:	4:40.77	48.17	400m:	6:13.85	45.40
3.	ERRAJRAJI, Samy Mohamed				11	Club de natation Saint-Laurent				6:16.73	178	
	50m:	40.53	40.53	150m:	2:15.25	47.23	250m:	3:51.25	48.24	350m:	5:28.57	48.30
	100m:	1:28.02	47.49	200m:	3:03.01	47.76	300m:	4:40.27	49.02	400m:	6:16.73	48.16
4.	YUAN, Hengrui				12	Camo				6:22.83	170	
	50m:	37.16	37.16	150m:	2:16.14	51.25	250m:	3:56.67	49.01	350m:	5:36.96	49.34
	100m:	1:24.89	47.73	200m:	3:07.66	51.52	300m:	4:47.62	50.95	400m:	6:22.83	45.87
5.	ST LOUIS, Jaden				12	Club de natation Saint-Laurent				6:32.10	158	
	50m:	42.04	42.04	150m:	2:20.06	50.06	250m:	4:00.92	50.97	350m:	5:43.75	51.02
	100m:	1:30.00	47.96	200m:	3:09.95	49.89	300m:	4:52.73	51.81	400m:	6:32.10	48.35
6.	CARON, Joshua				11	Pointe-Claire Swim Club				6:33.44	157	
	50m:	40.82	40.82	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	6:33.44	
7.	TELLABI, Iyad				11	Club de natation Saint-Laurent				6:46.35	142	
	50m:			150m:	2:27.02		250m:	4:10.49	51.74	350m:	5:54.77	52.66
	100m:			200m:	3:18.75	51.73	300m:	5:02.11	51.62	400m:	6:46.35	51.58

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Epreuve 119, Garçons, 400m Libre, 11 - 12 ans

Rang			Age					Temps	Pts
disq.	ALVARADO, Ariell		12	Capn					
13 - 14 ans, Filles									
1.	LEBLOND, Daphnée		14	Mtl Nord Natation				5:24.05	363
	50m:	36.47 36.47	150m:	1:58.42	41.05	250m:	3:21.59 41.66	350m:	4:44.09 40.74
	100m:	1:17.37 40.90	200m:	2:39.93	41.51	300m:	4:03.35 41.76	400m:	5:24.05 39.96
2.	ROWCLIFFE, Millasyn		14	Montreal Institute of Swimming				5:40.87	312
	50m:	37.43 37.43	150m:	2:03.26	43.30	250m:	3:30.57 44.12	350m:	4:57.94 44.26
	100m:	1:19.96 42.53	200m:	2:46.45	43.19	300m:	4:13.68 43.11	400m:	5:40.87 42.93
3.	MCLAUHLAN, Maggie		13	Pointe-Claire Swim Club				5:54.16	278
	50m:	39.35 39.35	150m:			250m:		350m:	
	100m:	1:24.83 45.48	200m:			300m:	4:28.16	400m:	5:54.16
13 - 14 ans, Garçons									
1.	ZWEIG, Harley		13	Ddo				5:01.67	348
	50m:	33.56 33.56	150m:	1:50.24	38.66	250m:	3:07.70 38.19	350m:	4:25.32 38.76
	100m:	1:11.58 38.02	200m:	2:29.51	39.27	300m:	3:46.56 38.86	400m:	5:01.67 36.35
2.	MUNOZ, Kyle		14	Camo				5:03.82	340
	50m:	33.56 33.56	150m:	1:51.01	39.17	250m:	3:09.96 39.69	350m:	4:26.72 38.50
	100m:	1:11.84 38.28	200m:	2:30.27	39.26	300m:	3:48.22 38.26	400m:	5:03.82 37.10
3.	DESROCHERS, Mathieu		13	Bbf				5:05.32	335
	50m:	33.97 33.97	150m:	1:50.77	38.61	250m:	3:08.46 38.81	350m:	4:27.14 39.63
	100m:	1:12.16 38.19	200m:	2:29.65	38.88	300m:	3:47.51 39.05	400m:	5:05.32 38.18
4.	ZHANG, Zhenru		13	Pointe-Claire Swim Club				5:15.38	304
	50m:	33.33 33.33	150m:	1:51.93	39.49	250m:	3:13.98 41.08	350m:	4:35.34 40.66
	100m:	1:12.44 39.11	200m:	2:32.90	40.97	300m:	3:54.68 40.70	400m:	5:15.38 40.04
5.	SMALLEY, Kieran		13	Cdndg				5:18.85	294
	50m:	34.12 34.12	150m:	1:58.74	42.70	250m:	3:22.94 42.85	350m:	4:41.93 38.35
	100m:	1:16.04 41.92	200m:	2:40.09	41.35	300m:	4:03.58 40.64	400m:	5:18.85 36.92
6.	LINDSAY, Benjamin		13	Ddo				5:24.64	279
	50m:	36.15 36.15	150m:	1:57.64	41.42	250m:	3:20.82 41.55	350m:	4:44.35 41.63
	100m:	1:16.22 40.07	200m:	2:39.27	41.63	300m:	4:02.72 41.90	400m:	5:24.64 40.29
7.	RODRIGUEZ VALENCIA, Antoine		14	Ddo				5:28.96	268
	50m:	37.18 37.18	150m:	2:01.29	42.54	250m:	3:24.84 41.46	350m:	4:48.68
	100m:	1:18.75 41.57	200m:	2:43.38	42.09	300m:		400m:	5:28.96 40.28
8.	LI, Jesse		14	Pointe-Claire Swim Club				5:44.73	233
	50m:	34.58 34.58	150m:	1:58.19	43.47	250m:	3:27.76 45.07	350m:	4:55.39 42.82
	100m:	1:14.72 40.14	200m:	2:42.69	44.50	300m:	4:12.57 44.81	400m:	5:44.73 49.34
9.	FORTIER, Edward		14	Bbf				5:54.19	215
	50m:	38.13 38.13	150m:	2:08.29	45.64	250m:	3:40.86 46.16	350m:	5:12.60 45.14
	100m:	1:22.65 44.52	200m:	2:54.70	46.41	300m:	4:27.46 46.60	400m:	5:54.19 41.59
10.	BERKAL, Amine		13	Mtl Nord Natation				5:56.03	211
	50m:	39.02 39.02	150m:	2:09.24	45.50	250m:	3:39.31 45.91	350m:	5:11.96 46.54
	100m:	1:23.74 44.72	200m:	2:53.40	44.16	300m:	4:25.42 46.11	400m:	5:56.03 44.07
11.	NGUYEN, Laurent		13	Club de natation Saint-Laurent				5:57.70	208
	50m:	39.16 39.16	150m:	2:08.32	45.13	250m:	3:40.12 46.36	350m:	5:13.71 46.57
	100m:	1:23.19 44.03	200m:	2:53.76	45.44	300m:	4:27.14 47.02	400m:	5:57.70 43.99

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Epreuve 119, Garçons, 400m Libre, 13 - 14 ans

Rang	Age	Temps	Pts
forf.nd. WHIPPS, William	14 Bbf		

15 ans et plus, Dames

1.	DE MARTIN, Abigail	15	Mtl Nord Natation		5:20.74	375
	50m: 35.06 35.06	150m: 1:54.58	40.57	250m: 3:17.22	41.45	350m: 4:39.73 41.44
	100m: 1:14.01 38.95	200m: 2:35.77	41.19	300m: 3:58.29	41.07	400m: 5:20.74 41.01
2.	POMERLEAU, Gabrielle	16	Pointe-Claire Swim Club		5:21.95	370
	50m: 35.63 35.63	150m: 1:57.82	41.58	250m: 3:20.46	41.32	350m: 4:41.92 40.68
	100m: 1:16.24 40.61	200m: 2:39.14	41.32	300m: 4:01.24	40.78	400m: 5:21.95 40.03
3.	BLAND, Ilora	15	Bbf		5:23.10	366
	50m: 35.58 35.58	150m: 1:56.21	41.12	250m: 3:19.50	41.74	350m: 4:43.39 42.05
	100m: 1:15.09 39.51	200m: 2:37.76	41.55	300m: 4:01.34	41.84	400m: 5:23.10 39.71
4.	VITOROULLIS, Juliana	15	Ddo		5:23.24	366
	50m: 36.37 36.37	150m: 1:59.06	41.60	250m: 3:22.46	41.80	350m: 4:44.87 40.91
	100m: 1:17.46 41.09	200m: 2:40.66	41.60	300m: 4:03.96	41.50	400m: 5:23.24 38.37
5.	GILLIS, Juliette	17	R2p		5:32.18	337
	50m: 35.72 35.72	150m: 1:59.02	42.76	250m: 3:25.46	43.37	350m: 4:52.48 43.47
	100m: 1:16.26 40.54	200m: 2:42.09	43.07	300m: 4:09.01	43.55	400m: 5:32.18 39.70
6.	DUBUC, Rosemarie	15	Montreal Institute of Swimming		5:32.30	337
	50m: 35.03 35.03	150m: 1:56.27	41.85	250m: 3:22.78	43.52	350m: 4:49.15 43.14
	100m: 1:14.42 39.39	200m: 2:39.26	42.99	300m: 4:06.01	43.23	400m: 5:32.30 43.15
7.	MARTIN, Éloïse	16	R2p		5:32.87	335
	50m: 36.75 36.75	150m: 2:00.70	43.08	250m: 3:26.78	43.48	350m: 4:52.64 42.40
	100m: 1:17.62 40.87	200m: 2:43.30	42.60	300m: 4:10.24	43.46	400m: 5:32.87 40.23
8.	SPOTO, Renée	15	Mtl Nord Natation		5:38.47	319
	50m: 35.82 35.82	150m: 1:57.88	41.76	250m: 3:21.69	41.99	350m: 4:44.10 40.32
	100m: 1:16.12 40.30	200m: 2:39.70	41.82	300m: 4:03.78	42.09	400m: 5:38.47 54.37
9.	BOUROUBA, Sirine	15	Pointe-Claire Swim Club		6:03.47	257
	50m: 39.94 39.94	150m: 2:12.47	46.73	250m: 3:46.28	47.05	350m: 5:18.52 45.86
	100m: 1:25.74 45.80	200m: 2:59.23	46.76	300m: 4:32.66	46.38	400m: 6:03.47 44.95

15 ans et plus, Messieurs

1.	SNANE, Samy	15	Mtl Nord Natation		4:55.96	368
	50m: 33.91 33.91	150m: 1:49.46	38.04	250m: 3:05.44	37.46	350m: 4:20.18 36.85
	100m: 1:11.42 37.51	200m: 2:27.98	38.52	300m: 3:43.33	37.89	400m: 4:55.96 35.78