

Coupe des Régions ANCQERY  
Saint-Hyacinthe, 2- - 4-2-2024

Epreuve 16  
2024-02-03 - 10:16

Messieurs, 400m 4 nages  
Commandité par Asphalté Chapdelaine

10 - 20 ans  
Liste résultats

Points: FINA 2022

Rang			Age							Temps	Pts	
<b>10 - 13 ans</b>												
1.	ASSELIN, Manuel		13	Les Loutres						<b>6:13.83</b>	247	
	50m:	36.86	36.86	150m:	2:11.12	45.55	250m:	3:56.21	57.33	350m:	5:34.70	41.88
	100m:	1:25.57	48.71	200m:	2:58.88	47.76	300m:	4:52.82	56.61	400m:	6:13.83	39.13
2.	MAROIS, Olivier		13	Les Loutres						<b>6:23.34</b>	229	
	50m:	40.61	40.61	150m:	2:17.26	49.36	250m:	3:59.42	53.87	350m:	5:37.24	44.95
	100m:	1:27.90	47.29	200m:	3:05.55	48.29	300m:	4:52.29	52.87	400m:	6:23.34	46.10
3.	BREault, Félix		12	Cnsh						<b>6:52.57</b>	184	
	50m:			150m:			250m:	4:23.81	59.59	350m:	6:08.73	45.54
	100m:	1:45.58		200m:	3:24.22		300m:	5:23.19	59.38	400m:	6:52.57	43.84
4.	LUSSIER PINCINCE, Kael		12	Enc						<b>7:02.02</b>	172	
	50m:	48.17	48.17	150m:	2:38.55	50.75	250m:	4:29.49	1:02.26	350m:	6:19.06	45.59
	100m:	1:47.80	59.63	200m:	3:27.23	48.68	300m:	5:33.47	1:03.98	400m:	7:02.02	42.96
5.	MEUNIER, Alex		12	Les Loutres						<b>7:28.34</b>	143	
	50m:	48.14	48.14	150m:	2:46.47	56.18	250m:	4:44.67	1:05.13	350m:	6:41.97	49.00
	100m:	1:50.29	1:02.15	200m:	3:39.54	53.07	300m:	5:52.97	1:08.30	400m:	7:28.34	46.37
disq.	EZZINE, Mehdi		13	Les Loutres								
<b>14 - 15 ans</b>												
1.	NAULT, Xavier		14	Club Natation Bois Francs						<b>4:54.87</b>	504	
	50m:			150m:	1:43.78	37.85	250m:	3:04.52	42.49	350m:	4:22.32	33.51
	100m:	1:05.93		200m:	2:22.03	38.25	300m:	3:48.81	44.29	400m:	4:54.87	32.55
2.	LAMBERT, Nathan		15	Enc						<b>5:01.38</b>	472	
	50m:	32.13	32.13	150m:	1:48.17	38.41	250m:	3:10.28	42.47	350m:	4:28.57	34.16
	100m:	1:09.76	37.63	200m:	2:27.81	39.64	300m:	3:54.41	44.13	400m:	5:01.38	32.81
3.	ROESCH, Eliot		15	Les Loutres						<b>5:16.79</b>	407	
	50m:	33.61	33.61	150m:	1:54.11	41.83	250m:	3:21.28	45.32	350m:	4:42.20	35.59
	100m:	1:12.28	38.67	200m:	2:35.96	41.85	300m:	4:06.61	45.33	400m:	5:16.79	34.59
4.	BOUAKKAZ, Idris Iyed		14	Sher						<b>5:24.70</b>	378	
	50m:	31.85	31.85	150m:	1:50.71	40.92	250m:	3:22.09	50.49	350m:	4:48.63	37.35
	100m:	1:09.79	37.94	200m:	2:31.60	40.89	300m:	4:11.28	49.19	400m:	5:24.70	36.07
5.	LÉVEILLÉE, Justin		15	Requins de Drummondville						<b>5:35.69</b>	342	
	50m:	35.52	35.52	150m:			250m:	3:28.17	42.88	350m:		
	100m:	1:18.74	43.22	200m:	2:45.29		300m:	4:13.29	45.12	400m:	5:35.69	
<b>16 - 20 ans</b>												
1.	CYR, Raphael		16	Sorel Tracy Natation						<b>5:08.35</b>	441	
	50m:	30.45	30.45	150m:	1:49.03	39.47	250m:	3:10.42	42.18	350m:	4:31.42	37.89
	100m:	1:09.56	39.11	200m:	2:28.24	39.21	300m:	3:53.53	43.11	400m:	5:08.35	36.93
2.	LAMPRON, Mathis		16	Requins de Drummondville						<b>5:47.73</b>	307	
	50m:	36.11	36.11	150m:	2:05.41	43.65	250m:	3:40.30	49.09	350m:	5:09.53	38.14
	100m:	1:21.76	45.65	200m:	2:51.21	45.80	300m:	4:31.39	51.09	400m:	5:47.73	38.20
3.	MASSE, Charles Antoine		17	Sher						<b>5:51.00</b>	299	
	50m:	33.90	33.90	150m:	2:01.53	43.33	250m:	3:38.07	52.48	350m:	5:13.16	39.60
	100m:	1:18.20	44.30	200m:	2:45.59	44.06	300m:	4:33.56	55.49	400m:	5:51.00	37.84

Coupe des Régions ANCQUERY  
Saint-Hyacinthe, 2- - 4-2-2024

---

Epreuve 16, Messieurs, 400m 4 nages, 16 - 20 ans

Rang			Age						Temps	Pts		
4.	DEWEY, Kevin		16	Les Loutres						<b>6:21.34</b>	233	
	50m:	37.25	37.25	150m:	2:13.48	49.17	250m:	3:59.13	56.73	350m:	5:41.20	44.82
	100m:	1:24.31	47.06	200m:	3:02.40	48.92	300m:	4:56.38	57.25	400m:	6:21.34	40.14