

Coupe des regions ANQCA-Hiver 2024  
Lévis, 9- - 11-2-2024

Epreuve 10  
2024-02-09 - 19:27

Messieurs, 1500m Libre

11 ans et plus  
Liste résultats

Points: FINA 2023

Rang	Age		Temps						Pts			
<b>11 - 12 ans</b>												
1.	THÉROUX, Christophe		12	Cnq	<b>20:25.16</b>				330			
	100m:	1:15.01	1:15.01	500m:	6:46.51	1:23.46	900m:	12:58.91	1:21.99	1300m:	18:27.75	1:22.44
	200m:	2:37.82	1:22.81	600m:	8:10.27	1:23.76	1000m:	14:21.47	1:22.56	1400m:	19:48.72	1:20.97
	300m:	4:00.54	1:22.72	700m:	10:13.47	2:03.20	1100m:	15:44.03	1:22.56	1500m:	20:25.16	36.44
	400m:	5:23.05	1:22.51	800m:	11:36.92	1:23.45	1200m:	17:05.31	1:21.28			
2.	DELAND, Étienne		12	Cnq	<b>20:36.79</b>				321			
	100m:	1:15.30	1:15.30	500m:	6:44.37	1:22.46	900m:	12:19.57	1:24.13	1300m:	17:53.92	1:23.75
	200m:	2:37.11	1:21.81	600m:	8:08.59	1:24.22	1000m:	13:42.37	1:22.80	1400m:	19:17.89	1:23.97
	300m:	3:59.01	1:21.90	700m:	9:31.24	1:22.65	1100m:	15:06.45	1:24.08	1500m:	20:36.79	1:18.90
	400m:	5:21.91	1:22.90	800m:	10:55.44	1:24.20	1200m:	16:30.17	1:23.72			
3.	ZHAO, Benoit-Long		12	Cnq	<b>21:21.56</b>				288			
	100m:	1:16.23	1:16.23	500m:	6:52.02	1:25.22	900m:	12:38.78	1:27.87	1300m:	18:26.72	1:26.62
	200m:	2:39.09	1:22.86	600m:	8:17.43	1:25.41	1000m:	14:04.62	1:25.84	1400m:	19:55.14	1:28.42
	300m:	4:02.11	1:23.02	700m:	9:43.97	1:26.54	1100m:	15:32.54	1:27.92	1500m:	21:21.56	1:26.42
	400m:	5:26.80	1:24.69	800m:	11:10.91	1:26.94	1200m:	17:00.10	1:27.56			
<b>13 - 14 ans</b>												
1.	PAQUIN, Loïc		14	Cnq	<b>18:45.16</b>				426			
	100m:	1:08.97	1:08.97	500m:	6:09.14	1:15.80	900m:	11:12.63	1:15.89	1300m:	16:18.23	1:16.02
	200m:	2:23.35	1:14.38	600m:	7:24.48	1:15.34	1000m:	12:28.86	1:16.23	1400m:	17:33.47	1:15.24
	300m:	3:38.12	1:14.77	700m:	8:40.47	1:15.99	1100m:	13:44.97	1:16.11	1500m:	18:45.16	1:11.69
	400m:	4:53.34	1:15.22	800m:	9:56.74	1:16.27	1200m:	15:02.21	1:17.24			
<b>15 - 16 ans</b>												
1.	FORTIN, Ludovic		15	Riverains	<b>17:33.19</b>				519			
	100m:	1:05.25	1:05.25	500m:	5:46.72	1:10.68	900m:	10:29.02	1:10.63	1300m:	15:13.25	1:11.96
	200m:	2:15.59	1:10.34	600m:	6:57.46	1:10.74	1000m:	11:39.75	1:10.73	1400m:	16:24.67	1:11.42
	300m:	3:25.92	1:10.33	700m:	8:07.79	1:10.33	1100m:	12:50.46	1:10.71	1500m:	17:33.19	1:08.52
	400m:	4:36.04	1:10.12	800m:	9:18.39	1:10.60	1200m:	14:01.29	1:10.83			
2.	LANDRY, Olivier		15	Riverains	<b>18:01.59</b>				480			
	100m:	1:06.52	1:06.52	500m:	5:55.18	1:12.47	900m:	10:47.70	1:13.12	1300m:	15:38.10	1:13.01
	200m:	2:17.75	1:11.23	600m:	7:07.94	1:12.76	1000m:	12:00.08	1:12.38	1400m:	16:51.05	1:12.95
	300m:	3:30.01	1:12.26	700m:	8:20.87	1:12.93	1100m:	13:12.53	1:12.45	1500m:	18:01.59	1:10.54
	400m:	4:42.71	1:12.70	800m:	9:34.58	1:13.71	1200m:	14:25.09	1:12.56			
3.	ROCHETTE, Hubert		15	Cnq	<b>18:06.29</b>				473			
	100m:	1:04.91	1:04.91	500m:	5:48.75	1:12.25	900m:	10:44.81	1:17.43	1300m:	15:42.56	1:14.11
	200m:	2:14.40	1:09.49	600m:	7:02.15	1:13.40	1000m:	11:59.36	1:14.55	1400m:	16:56.44	1:13.88
	300m:	3:25.08	1:10.68	700m:	8:15.48	1:13.33	1100m:	13:12.30	1:12.94	1500m:	18:06.29	1:09.85
	400m:	4:36.50	1:11.42	800m:	9:27.38	1:11.90	1200m:	14:28.45	1:16.15			
<b>17 ans et plus</b>												
1.	GUY, Thomas		17	Riverains	<b>17:26.94</b>				529			
	100m:	1:04.25	1:04.25	500m:	5:44.73	1:10.88	900m:	10:28.00	1:10.64	1300m:	15:08.15	1:10.24
	200m:	2:13.67	1:09.42	600m:	6:55.51	1:10.78	1000m:	11:38.64	1:10.64	1400m:	16:18.33	1:10.18
	300m:	3:23.67	1:10.00	700m:	8:06.66	1:11.15	1100m:	12:48.15	1:09.51	1500m:	17:26.94	1:08.61
	400m:	4:33.85	1:10.18	800m:	9:17.36	1:10.70	1200m:	13:57.91	1:09.76			

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hc. PERREAULT, Christophe	18	Club de Natation des Equinoxes	<b>18:50.12</b>	420
100m: 1:05.42 1:05.42	500m: 5:58.16 1:13.41	900m: 11:00.57 1:16.69	1300m: 16:12.45 1:18.95	
200m: 2:17.47 1:12.05	600m: 7:13.02 1:14.86	1000m: 12:17.93 1:17.36	1400m: 17:31.39 1:18.94	
300m: 3:30.57 1:13.10	700m: 8:28.46 1:15.44	1100m: 13:35.61 1:17.68	1500m: 18:50.12 1:18.73	
400m: 4:44.75 1:14.18	800m: 9:43.88 1:15.42	1200m: 14:53.50 1:17.89		