



Coupe du Québec junior et senior 2024  
Montréal, 15 - 18/2/2024



Epreuve 26

Messieurs, 400m Libre

Cat. générale

2/17/2024 - 20:09

Liste résultats Finales

Canadian Senior Records	3:43.46	COCHRANE, Ryan	ISC	Glasgow (GBR)	7/24/2014
Canadian Age Group Records 15 - 17	3:49.05	WIGGINTON, Lorne	UCSC	Netanya (ISR)	9/4/2023
Canadian Age Group Records 13 - 14	3:56.79	KIM, Laon	HYACK	Toronto	3/28/2023
Canadian Age Group Records 11 - 12	4:19.04	SAYAO, Chuck	MSSAC	Santa Clara (USA)	8/2/1995
Quebec Provincial Senior Records	3:50.68	BROWN, Eric	PCSC	Fukuoka (JPN)	7/23/2023
Quebec Provincial Age Group Records 15 -3:56.48		SZMIDT, Peter	PCSC	???	1/1/1978
Quebec Provincial Age Group Records 13 -4:10.23		FONSECA, Simon	CAMO	Scarborough	3/5/2023
Quebec Provincial Age Group Records - 124:26.47		RICHARDS, Nicolas	PCSC	Montreal	8/4/1984

CQjr/sr - 11: 5:37.06; 12: 5:15.01; 13: 4:54.13; 14: 4:39.99; 15: 4:30.46; 16: 4:25.16; 17: 4:19.96; 18 +: 4:18.69

Points: FINA 2023

Rang			Age			Temps	Pts	
<b>13 ans et moins</b>								
1.	<b>WONG, Mahilo</b>		13	<b>Ddo</b>		<b>4:33.73</b>	519	
	50m: 30.30	30.30	150m: 1:37.50	33.58	250m: 2:47.97	35.59	350m: 4:00.08	36.05
	100m: 1:03.92	33.62	200m: 2:12.38	34.88	300m: 3:24.03	36.06	400m: 4:33.73	33.65
2.	<b>LEBEL, Théo</b>		13	<b>Neptune Natation</b>		<b>4:34.22</b>	516	
	50m: 30.54	30.54	150m: 1:38.23	34.43	250m: 2:49.55	35.81	350m: 4:00.29	35.56
	100m: 1:03.80	33.26	200m: 2:13.74	35.51	300m: 3:24.73	35.18	400m: 4:34.22	33.93
3.	<b>MENARD, Thomas</b>		13	<b>LMRL Rivière-du-Loup</b>		<b>4:38.48</b>	493	
	50m: 32.16	32.16	150m: 1:41.64	35.57	250m: 2:52.69	35.12	350m: 4:04.13	35.56
	100m: 1:06.07	33.91	200m: 2:17.57	35.93	300m: 3:28.57	35.88	400m: 4:38.48	34.35
4.	<b>CHAN, Oliver</b>		13	<b>Cnq</b>		<b>4:38.51</b>	493	
	50m: 30.34	30.34	150m: 1:40.18	35.49	250m: 2:52.53	36.02	350m: 4:04.01	35.82
	100m: 1:04.69	34.35	200m: 2:16.51	36.33	300m: 3:28.19	35.66	400m: 4:38.51	34.50
5.	<b>NYKANOROV, Matthew</b>		13	<b>Pointe-Claire Swim Club</b>		<b>4:41.87</b>	475	
	50m: 31.22	31.22	150m: 1:40.98	35.34	250m: 2:52.92	36.11	350m: 4:06.20	36.56
	100m: 1:05.64	34.42	200m: 2:16.81	35.83	300m: 3:29.64	36.72	400m: 4:41.87	35.67
6.	<b>GUHA, Manu</b>		13	<b>Club de Natation de Chicoutimi</b>		<b>4:45.85</b>	456	
	50m: 31.14	31.14	150m: 1:42.13	36.27	250m: 2:56.06	37.07	350m: 4:10.06	36.64
	100m: 1:05.86	34.72	200m: 2:18.99	36.86	300m: 3:33.42	37.36	400m: 4:45.85	35.79
7.	<b>MENARD, Elliot</b>		13	<b>Pointe-Claire Swim Club</b>		<b>4:47.83</b>	446	
	50m: 32.58	32.58	150m: 1:46.24	37.32	250m: 3:00.97	37.24	350m: 4:14.03	35.75
	100m: 1:08.92	36.34	200m: 2:23.73	37.49	300m: 3:38.28	37.31	400m: 4:47.83	33.80
8.	<b>THIFAUULT, Charles</b>		13	<b>Elite</b>		<b>4:48.73</b>	442	
	50m: 31.34	31.34	150m: 1:42.67	36.30	250m: 2:57.44	37.41	350m: 4:12.48	37.05
	100m: 1:06.37	35.03	200m: 2:20.03	37.36	300m: 3:35.43	37.99	400m: 4:48.73	36.25
	<b>BEAUDOIN, Loic</b>		13	<b>Rouge et Or/Université Laval</b>		<b>4:48.73</b>	442	
	50m: 31.07	31.07	150m: 1:43.94	37.15	250m: 2:58.58	37.19	350m: 4:13.16	37.15
	100m: 1:06.79	35.72	200m: 2:21.39	37.45	300m: 3:36.01	37.43	400m: 4:48.73	35.57
10.	<b>FAKIH, Mohamad</b>		13	<b>Cdndg</b>		<b>4:52.54</b>	425	
	50m: 32.67	32.67	150m: 1:46.26	37.26	250m: 3:01.83	37.81	350m: 4:16.92	37.23
	100m: 1:09.00	36.33	200m: 2:24.02	37.76	300m: 3:39.69	37.86	400m: 4:52.54	35.62



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Epreuve 26, Messieurs, 400m Libre, Finale

14 - 15 ans

1.	LÉPINE, Alexandre	15	Neptune Natation	<b>4:09.75</b>	684
	50m: 28.57 28.57	150m: 1:30.39	31.13	250m: 2:33.42	31.83
	100m: 59.26 30.69	200m: 2:01.59	31.20	300m: 3:05.85	32.43
				350m: 3:38.06	32.21
				400m: 4:09.75	31.69
2.	ROUKEMA, Ivan	14	Club de Natation SAMAK de Bros	<b>4:14.61</b>	645
	50m: 28.68 28.68	150m: 1:31.39	31.83	250m: 2:35.85	32.42
	100m: 59.56 30.88	200m: 2:03.43	32.04	300m: 3:08.85	33.00
				350m: 3:41.98	33.13
				400m: 4:14.61	32.63
3.	BLANCHARD, Oliver	14	Pointe-Claire Swim Club	<b>4:15.70</b>	637
	50m: 28.42 28.42	150m: 1:31.19	31.60	250m: 2:36.28	32.74
	100m: 59.59 31.17	200m: 2:03.54	32.35	300m: 3:09.47	33.19
				350m: 3:42.42	32.95
				400m: 4:15.70	33.28
4.	SEMENYUK, Anton	15	Natation Gatineau	<b>4:17.99</b>	620
	50m: 29.21 29.21	150m: 1:33.78	32.65	250m: 2:39.78	33.19
	100m: 1:01.13 31.92	200m: 2:06.59	32.81	300m: 3:13.02	33.24
				350m: 3:46.73	33.71
				400m: 4:17.99	31.26
5.	THIFAUULT, Émile	15	Neptune Natation	<b>4:18.00</b>	620
	50m: 29.03 29.03	150m: 1:33.61	32.93	250m: 2:40.55	33.44
	100m: 1:00.68 31.65	200m: 2:07.11	33.50	300m: 3:14.26	33.71
				350m: 3:47.39	33.13
				400m: 4:18.00	30.61
6.	CLEARY, Evan	14	Ddo	<b>4:21.42</b>	596
	50m: 30.09 30.09	150m: 1:35.87	32.82	250m: 2:42.10	33.27
	100m: 1:03.05 32.96	200m: 2:08.83	32.96	300m: 3:15.44	33.34
				350m: 3:48.61	33.17
				400m: 4:21.42	32.81
7.	CABANA, Clement	15	Club de Natation SAMAK de Bros	<b>4:24.51</b>	575
	50m: 29.40 29.40	150m: 1:33.59	32.46	250m: 2:41.06	33.78
	100m: 1:01.13 31.73	200m: 2:07.28	33.69	300m: 3:15.49	34.43
				350m: 3:50.28	34.79
				400m: 4:24.51	34.23
8.	GOULET, Sedrik	15	Neptune Natation	<b>4:26.69</b>	561
	50m: 29.42 29.42	150m: 1:36.07	33.95	250m: 2:44.80	34.69
	100m: 1:02.12 32.70	200m: 2:10.11	34.04	300m: 3:19.12	34.32
				350m: 3:53.33	34.21
				400m: 4:26.69	33.36
9.	BIROLLEAU-SGARD, Charly	14	Natation Gatineau	<b>4:28.22</b>	552
	50m: 29.78 29.78	150m: 1:37.93	34.55	250m: 2:46.01	34.57
	100m: 1:03.38 33.60	200m: 2:11.44	33.51	300m: 3:20.43	34.42
				350m: 3:55.15	34.72
				400m: 4:28.22	33.07
10.	VAN OYEN, Antoine	15	Cnq	<b>4:29.61</b>	543
	50m: 29.22 29.22	150m: 1:36.41	33.93	250m: 2:45.35	34.51
	100m: 1:02.48 33.26	200m: 2:10.84	34.43	300m: 3:20.14	34.79
				350m: 3:55.25	35.11
				400m: 4:29.61	34.36
forf.nd.	MECTEAU, Zachary	15	Club de Natation des Riverains		

16 - 17 ans

1.	ISSAKOV, Eitan	16	Neptune Natation	<b>4:08.57</b>	693
	50m: 28.27 28.27	150m: 1:30.76	31.86	250m: 2:34.98	32.25
	100m: 58.90 30.63	200m: 2:02.73	31.97	300m: 3:07.22	32.24
				350m: 3:38.65	31.43
				400m: 4:08.57	29.92
2.	VERDON, Laurent	17	Mustang Boucherville	<b>4:10.03</b>	681
	50m: 28.34 28.34	150m: 1:30.61	31.54	250m: 2:35.00	32.24
	100m: 59.07 30.73	200m: 2:02.76	32.15	300m: 3:07.52	32.52
				350m: 3:39.35	31.83
				400m: 4:10.03	30.68
3.	HADDALLAH, Mohamed Malik	17	Neptune Natation	<b>4:15.00</b>	642
	50m: 29.48 29.48	150m: 1:33.64	32.19	250m: 2:38.57	32.10
	100m: 1:01.45 31.97	200m: 2:06.47	32.83	300m: 3:11.39	32.82
				350m: 3:43.49	32.10
				400m: 4:15.00	31.51
4.	PURDY, Nicholas	17	Natation Gatineau	<b>4:15.32</b>	640
	50m: 28.83 28.83	150m: 1:32.28	32.19	250m: 2:37.99	33.09
	100m: 1:00.09 31.26	200m: 2:04.90	32.62	300m: 3:11.06	33.07
				350m: 3:44.07	33.01
				400m: 4:15.32	31.25
5.	BÉRUBÉ, Thomas	17	Club de Natation des Riverains	<b>4:15.96</b>	635
	50m: 28.54 28.54	150m: 1:33.17	32.50	250m: 2:38.83	32.91
	100m: 1:00.67 32.13	200m: 2:05.92	32.75	300m: 3:12.20	33.37
				350m: 3:45.30	33.10
				400m: 4:15.96	30.66



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Epreuve 26, Garçons, 400m Libre, Finale, 16 - 17 ans

Rang			Age							Temps	Pts	
6.	TROTIER, Louis		17	Ddo						<b>4:17.25</b>	626	
	50m:	28.64	28.64	150m:	1:33.16	32.20	250m:	2:38.80	32.88	350m:	3:45.19	33.17
	100m:	1:00.96	32.32	200m:	2:05.92	32.76	300m:	3:12.02	33.22	400m:	4:17.25	32.06
7.	LAVOIE, Xavier		16	Natation Gatineau						<b>4:19.04</b>	613	
	50m:	29.16	29.16	150m:	1:34.14	33.09	250m:	2:40.67	33.17	350m:	3:47.05	33.17
	100m:	1:01.05	31.89	200m:	2:07.50	33.36	300m:	3:13.88	33.21	400m:	4:19.04	31.99
8.	TRUDEL, Renaud		16	Camo						<b>4:19.18</b>	612	
	50m:	29.53	29.53	150m:	1:34.31	32.79	250m:	2:40.94	33.29	350m:	3:48.09	33.65
	100m:	1:01.52	31.99	200m:	2:07.65	33.34	300m:	3:14.44	33.50	400m:	4:19.18	31.09
9.	MOREL, Olivier		16	Neptune Natation						<b>4:21.52</b>	595	
	50m:	28.54	28.54	150m:	1:33.78	32.59	250m:	2:41.04	33.81	350m:	3:48.70	33.79
	100m:	1:01.19	32.65	200m:	2:07.23	33.45	300m:	3:14.91	33.87	400m:	4:21.52	32.82
10.	PAQUET, Gabriel		16	Natation Gatineau						<b>4:37.41</b>	499	
	50m:	27.64	27.64	150m:	1:30.92	33.02	250m:	2:45.70	41.72	350m:	4:00.52	37.40
	100m:	57.90	30.26	200m:	2:03.98	33.06	300m:	3:23.12	37.42	400m:	4:37.41	36.89
forf.nd.	CORTEZ, David		17	Camo								
18 ans et plus												
1.	DUFFY, Edouard		18	Camo						<b>4:04.10</b>	732	
	50m:	27.82	27.82	150m:	1:30.20	31.51	250m:	2:33.00	30.94	350m:	3:35.42	30.95
	100m:	58.69	30.87	200m:	2:02.06	31.86	300m:	3:04.47	31.47	400m:	4:04.10	28.68
2.	DAGENAIS, Victor		19	Camo						<b>4:04.56</b>	728	
	50m:	27.71	27.71	150m:	1:30.13	31.62	250m:	2:32.33	30.95	350m:	3:34.39	30.74
	100m:	58.51	30.80	200m:	2:01.38	31.25	300m:	3:03.65	31.32	400m:	4:04.56	30.17
3.	QUEVEDO, Zergio		18	Neptune Natation						<b>4:05.13</b>	723	
	50m:	28.01	28.01	150m:	1:29.23	30.90	250m:	2:30.99	31.13	350m:	3:34.21	31.84
	100m:	58.33	30.32	200m:	1:59.86	30.63	300m:	3:02.37	31.38	400m:	4:05.13	30.92
4.	GONZALEZ BARBOZA, Sebastian		18	Camo						<b>4:06.18</b>	714	
	50m:	27.49	27.49	150m:	1:29.58	31.68	250m:	2:33.29	31.74	350m:	3:36.54	31.42
	100m:	57.90	30.41	200m:	2:01.55	31.97	300m:	3:05.12	31.83	400m:	4:06.18	29.64
5.	LORD, Guillaume		23	Mustang Boucherville						<b>4:06.25</b>	713	
	50m:	27.98	27.98	150m:	1:29.59	31.07	250m:	2:32.21	31.37	350m:	3:35.12	31.42
	100m:	58.52	30.54	200m:	2:00.84	31.25	300m:	3:03.70	31.49	400m:	4:06.25	31.13
6.	LAFONTAINE-GIGUÈRE, Laurier		18	Neptune Natation						<b>4:06.32</b>	713	
	50m:	28.00	28.00	150m:	1:30.33	31.42	250m:	2:33.73	31.60	350m:	3:36.57	31.07
	100m:	58.91	30.91	200m:	2:02.13	31.80	300m:	3:05.50	31.77	400m:	4:06.32	29.75
7.	VOICU, Sebastien		19	Neptune Natation						<b>4:08.32</b>	696	
	50m:	27.62	27.62	150m:	1:30.21	31.64	250m:	2:33.43	31.39	350m:	3:37.35	32.14
	100m:	58.57	30.95	200m:	2:02.04	31.83	300m:	3:05.21	31.78	400m:	4:08.32	30.97
8.	FEDDAG, Hocine		19	Camo						<b>4:11.20</b>	672	
	50m:	29.19	29.19	150m:	1:34.00	32.57	250m:	2:38.52	32.06	350m:	3:42.62	31.93
	100m:	1:01.43	32.24	200m:	2:06.46	32.46	300m:	3:10.69	32.17	400m:	4:11.20	28.58
9.	MORIN, William		18	Camo						<b>4:11.29</b>	671	
	50m:	29.37	29.37	150m:	1:33.70	32.38	250m:	2:38.04	32.14	350m:	3:41.89	31.87
	100m:	1:01.32	31.95	200m:	2:05.90	32.20	300m:	3:10.02	31.98	400m:	4:11.29	29.40
10.	D'AMOUR, Louis-Thomas		18	Camo						<b>4:14.48</b>	646	
	50m:	29.55	29.55	150m:	1:34.31	32.32	250m:	2:39.11	32.41	350m:	3:43.23	32.05
	100m:	1:01.99	32.44	200m:	2:06.70	32.39	300m:	3:11.18	32.07	400m:	4:14.48	31.25