

Coupe des régions ANMLLL - Hiver 2024
Saint-Eustache, 15- - 17-3-2024

Epreuve 10
2024-03-15 - 18:44

Messieurs, 400m Libre

Cat. générale
Liste résultats

CQCSR 50m: 4:23.86 - 25m: 4:16.18 / CQjr/sr - 11 50m: 5:37.06 - 25m: 5:27.24; 12 50m: 5:15.01 - 25m: 5:05.84; 13 50m: 4:54.13 - 25m: 4:45.56; 14 50m: 4:39.99 - 25m: 4:31.83; 15 50m: 4:30.46 - 25m: 4:22.58; 16 50m: 4:25.16 - 25m: 4:17.43; 17 50m: 4:19.96 - 25m: 4:12.39; 18 + 50m: 4:18.69 - 25m: 4:11.15

Points: FINA 2024

Rang	Age				Temps				Pts			
13 ans et moins												
1.	POLIO, César				13	Club de Natation Mont-Tremblant				4:45.84		
	50m:	32.49	32.49	150m:	1:44.95	36.83	250m:	2:58.06	36.74	350m:	4:11.19	36.45
	100m:	1:08.12	35.63	200m:	2:21.32	36.37	300m:	3:34.74	36.68	400m:	4:45.84	34.65
2.	LACHARITÉ, Samuel				13	Neptune Natation				4:51.94		
	50m:	32.58	32.58	150m:	1:45.78	37.05	250m:	3:00.85	37.72	350m:	4:15.68	37.37
	100m:	1:08.73	36.15	200m:	2:23.13	37.35	300m:	3:38.31	37.46	400m:	4:51.94	36.26
3.	BENYAHIA, Mourad Allah Rayane				12	Neptune Natation				5:05.26		
	50m:	33.49	33.49	150m:	1:50.78	39.72	250m:	3:10.25	39.50	350m:	4:29.19	39.24
	100m:	1:11.06	37.57	200m:	2:30.75	39.97	300m:	3:49.95	39.70	400m:	5:05.26	36.07
4.	BARTEKIAN, Liam				13	Laval				5:08.95		
	50m:	36.81	36.81	150m:	1:57.26	40.43	250m:	3:16.02	38.98	350m:	4:32.74	37.70
	100m:	1:16.83	40.02	200m:	2:37.04	39.78	300m:	3:55.04	39.02	400m:	5:08.95	36.21
5.	LINCOURT, Sebastien				13	Neptune Natation				5:09.02		
	50m:	34.36	34.36	150m:	1:53.26	40.17	250m:	3:13.72	40.11	350m:	4:32.43	38.93
	100m:	1:13.09	38.73	200m:	2:33.61	40.35	300m:	3:53.50	39.78	400m:	5:09.02	36.59
6.	FRÉMIOT, Bastien				13	Neptune Natation				5:12.99		
	50m:	37.23	37.23	150m:	1:57.56	40.20	250m:	3:16.82	38.73	350m:	4:34.83	38.83
	100m:	1:17.36	40.13	200m:	2:38.09	40.53	300m:	3:56.00	39.18	400m:	5:12.99	38.16
7.	SCRIPCARU, David				12	Groupe aquatique Mille-Îles Nord				5:17.07		
	50m:	34.69	34.69	150m:	1:55.16	41.12	250m:	3:16.98	40.00	350m:	4:39.68	41.43
	100m:	1:14.04	39.35	200m:	2:36.98	41.82	300m:	3:58.25	41.27	400m:	5:17.07	37.39
8.	ST-AUBIN, Zacharie				13	club aquatique st-eustache				5:27.45		
	50m:	36.38	36.38	150m:	1:59.14	42.23	250m:	3:24.04	42.28	350m:	4:48.40	41.55
	100m:	1:16.91	40.53	200m:	2:41.76	42.62	300m:	4:06.85	42.81	400m:	5:27.45	39.05
9.	CARBERY, Tristan				12	Mégophias				5:30.82		
	50m:	35.51	35.51	150m:	1:57.56	41.59	250m:	3:22.06	41.54	350m:	4:47.94	43.00
	100m:	1:15.97	40.46	200m:	2:40.52	42.96	300m:	4:04.94	42.88	400m:	5:30.82	42.88
10.	PAQUET, Tom				12	Neptune Natation				5:33.77		
	50m:	37.67	37.67	150m:	2:03.76	43.83	250m:	3:29.30	42.56	350m:	4:54.33	41.99
	100m:	1:19.93	42.26	200m:	2:46.74	42.98	300m:	4:12.34	43.04	400m:	5:33.77	39.44
11.	COLOOS, Justin				11	club aquatique st-eustache				5:47.92		
	50m:	37.76	37.76	150m:	2:04.30	44.13	250m:	3:33.37	44.64	350m:	5:03.38	44.87
	100m:	1:20.17	42.41	200m:	2:48.73	44.43	300m:	4:18.51	45.14	400m:	5:47.92	44.54
12.	LAPARÉ-THIBAUT, Éliott				11	club aquatique st-eustache				5:49.12		
	50m:	40.71	40.71	150m:	2:10.67	45.12	250m:	3:40.50	44.65	350m:	5:07.78	44.40
	100m:	1:25.55	44.84	200m:	2:55.85	45.18	300m:	4:23.38	42.88	400m:	5:49.12	41.34
13.	PAQUETTE, Zack				12	Club de Natation Mont-Tremblant				5:55.50		
	50m:	39.61	39.61	150m:	2:09.45	45.63	250m:	3:42.06	46.02	350m:	5:12.67	44.50
	100m:	1:23.82	44.21	200m:	2:56.04	46.59	300m:	4:28.17	46.11	400m:	5:55.50	42.83

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Epreuve 10, Messieurs, 400m Libre

14 - 15 ans

1.	GAUTHIER, Olivier	15	Groupe aquatique Mille-Îles Nord	4:30.99
	50m: 30.36 30.36	150m: 1:37.45 33.67	250m: 2:46.02 34.61	350m: 3:56.03 35.29
	100m: 1:03.78 33.42	200m: 2:11.41 33.96	300m: 3:20.74 34.72	400m: 4:30.99 34.96
2.	BEAUMADIER, Alexandre	15	Neptune Natation	4:34.91
	50m: 31.80 31.80	150m: 1:41.29 35.10	250m: 2:51.04 34.90	350m: 4:01.28 34.97
	100m: 1:06.19 34.39	200m: 2:16.14 34.85	300m: 3:26.31 35.27	400m: 4:34.91 33.63
3.	BLANCHARD, Émile	14	Neptune Natation	4:38.73
	50m: 30.78 30.78	150m: 1:40.56 35.53	250m: 2:52.26 35.75	350m: 4:04.18 35.88
	100m: 1:05.03 34.25	200m: 2:16.51 35.95	300m: 3:28.30 36.04	400m: 4:38.73 34.55
4.	EZZINA, Skander	14	club aquatique st-eustache	4:39.41
	50m: 30.53 30.53	150m: 1:38.95 34.54	250m: 2:50.59 36.16	350m: 4:04.42 37.28
	100m: 1:04.41 33.88	200m: 2:14.43 35.48	300m: 3:27.14 36.55	400m: 4:39.41 34.99
5.	BEAUMADIER, Cyriaque	15	Neptune Natation	4:40.18
	50m: 32.82 32.82	150m: 1:43.11 35.34	250m: 2:53.57 35.06	350m: 4:05.28 35.89
	100m: 1:07.77 34.95	200m: 2:18.51 35.40	300m: 3:29.39 35.82	400m: 4:40.18 34.90
6.	DUMAIS, Darius	14	Neptune Natation	4:44.30
	50m: 31.15 31.15	150m: 1:41.50 35.74	250m: 2:53.83 36.28	350m: 4:07.81 37.06
	100m: 1:05.76 34.61	200m: 2:17.55 36.05	300m: 3:30.75 36.92	400m: 4:44.30 36.49
7.	ASMAR, Damian	14	club aquatique st-eustache	4:46.54
	50m: 32.71 32.71	150m: 1:44.38 35.72	250m: 2:57.37 36.46	350m: 4:11.07 36.58
	100m: 1:08.66 35.95	200m: 2:20.91 36.53	300m: 3:34.49 37.12	400m: 4:46.54 35.47
8.	FORTIER, William	14	Neptune Natation	4:54.61
	50m: 32.99 32.99	150m: 1:48.60 38.26	250m: 3:04.18 37.34	350m: 4:18.92 36.73
	100m: 1:10.34 37.35	200m: 2:26.84 38.24	300m: 3:42.19 38.01	400m: 4:54.61 35.69
9.	TRUONG, Jake	15	Neptune Natation	4:56.22
	50m: 32.79 32.79	150m: 1:47.04 37.62	250m: 3:03.22 38.00	350m: 4:19.28 37.90
	100m: 1:09.42 36.63	200m: 2:25.22 38.18	300m: 3:41.38 38.16	400m: 4:56.22 36.94
10.	KHIAR, Mohamed	14	Neptune Natation	4:59.00
	50m: 34.36 34.36	150m: 1:49.89 38.01	250m: 3:06.47 38.20	350m: 4:22.87 38.10
	100m: 1:11.88 37.52	200m: 2:28.27 38.38	300m: 3:44.77 38.30	400m: 4:59.00 36.13
11.	GRANT-GRIMARD, Jules	14	Neptune Natation	5:14.12
	50m: 34.85 34.85	150m: 1:56.29 40.77	250m: 3:17.88 41.00	350m: 4:37.42 39.68
	100m: 1:15.52 40.67	200m: 2:36.88 40.59	300m: 3:57.74 39.86	400m: 5:14.12 36.70
12.	MAHEUX, Timothé	14	Groupe aquatique Mille-Îles Nord	5:19.37
	50m: 35.39 35.39	150m: 1:55.83 40.78	250m: 3:17.14 40.63	350m: 4:40.35 41.56
	100m: 1:15.05 39.66	200m: 2:36.51 40.68	300m: 3:58.79 41.65	400m: 5:19.37 39.02

16 - 17 ans

1.	GARCEAU, Frédéric	17	club aquatique st-eustache	4:17.36
	50m: 28.93 28.93	150m: 1:33.19 32.63	250m: 2:38.86 32.85	350m: 3:45.17 33.18
	100m: 1:00.56 31.63	200m: 2:06.01 32.82	300m: 3:11.99 33.13	400m: 4:17.36 32.19
2.	PARENT, Nicolas	16	Groupe aquatique Mille-Îles Nord	4:26.98
	50m: 29.86 29.86	150m: 1:34.48 32.75	250m: 2:42.78 34.64	350m: 3:53.09 35.04
	100m: 1:01.73 31.87	200m: 2:08.14 33.66	300m: 3:18.05 35.27	400m: 4:26.98 33.89
3.	DELISLE, Édouard	17	Mégophias	4:38.02
	50m: 32.08 32.08	150m: 1:42.42 35.48	250m: 2:53.35 35.27	350m: 4:03.70 34.89
	100m: 1:06.94 34.86	200m: 2:18.08 35.66	300m: 3:28.81 35.46	400m: 4:38.02 34.32

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Epreuve 10, Garçons, 400m Libre, 16 - 17 ans

Rang				Age					Temps	Pts		
4.	COULOMBE, Olivier			16	Neptune Natation				4:39.94			
	50m:	31.09	31.09	150m:	1:40.91	35.31	250m:	2:52.63	35.43	350m:	4:04.54	35.69
	100m:	1:05.60	34.51	200m:	2:17.20	36.29	300m:	3:28.85	36.22	400m:	4:39.94	35.40

18 ans et plus

1.	PICARD, Gabriel			18	Club de natation Mont-Laurier				4:57.88			
	50m:	30.61	30.61	150m:	1:41.34	36.56	250m:	2:57.50	38.64	350m:	4:19.77	42.08
	100m:	1:04.78	34.17	200m:	2:18.86	37.52	300m:	3:37.69	40.19	400m:	4:57.88	38.11

hc.	LEGAULT, Justin			19	club aquatique st-eustache				4:05.36			
	50m:	27.92	27.92	150m:	1:30.21	31.15	250m:	2:33.14	31.14	350m:	3:35.64	31.15
	100m:	59.06	31.14	200m:	2:02.00	31.79	300m:	3:04.49	31.35	400m:	4:05.36	29.72