

Troisième Régionale Côte-Nord  
Sept-Îles, 23-3-2024

Event 21  
2024-03-23 - 12:55

400m Freestyle

Open  
Results

Points: FINA 2023

Rank				Age					Time	Pts		
1.	LESSARD, Jacob			15	Aquanautes				<b>4:46.22</b>	407		
	50m:	30.32	30.32	150m:	1:41.19	35.88	250m:	2:55.14	37.25	350m:	4:09.63	37.12
	100m:	1:05.31	34.99	200m:	2:17.89	36.70	300m:	3:32.51	37.37	400m:	4:46.22	36.59
2.	ZAIDI, Zakariya			12	C.Natation. Sept-Iles				<b>5:00.66</b>	351		
	50m:	31.97	31.97	150m:	1:48.72	39.28	250m:	3:09.59	40.36	350m:	4:27.20	38.94
	100m:	1:09.44	37.47	200m:	2:29.23	40.51	300m:	3:48.26	38.67	400m:	5:00.66	33.46
3.	VOLLANT, Leelou			14	C.Natation. Sept-Iles				<b>5:06.82</b>	428		
	50m:	32.97	32.97	150m:	1:50.28	39.75	250m:	3:09.61	39.47	350m:	4:28.10	39.58
	100m:	1:10.53	37.56	200m:	2:30.14	39.86	300m:	3:48.52	38.91	400m:	5:06.82	38.72
4.	SERGERIE, Nathan			14	C.Natation. Sept-Iles				<b>5:22.51</b>	285		
	50m:	36.30	36.30	150m:	1:52.41	36.33	250m:	3:21.16	41.27	350m:	4:43.35	41.58
	100m:	1:16.08	39.78	200m:	2:39.89	47.48	300m:	4:01.77	40.61	400m:	5:22.51	39.16
5.	CHARETTE, Mylee			14	C.Natation. Sept-Iles				<b>5:30.24</b>	343		
	50m:	36.95	36.95	150m:	1:58.75	41.75	250m:	3:23.83	42.69	350m:	4:49.34	42.34
	100m:	1:17.00	40.05	200m:	2:41.14	42.39	300m:	4:07.00	43.17	400m:	5:30.24	40.90
6.	VACHON, Raphael			13	C.Natation. Sept-Iles				<b>5:46.09</b>	230		
	50m:	36.89	36.89	150m:	2:06.66	45.55	250m:	3:37.06	45.33	350m:	5:05.45	43.17
	100m:	1:21.11	44.22	200m:	2:51.73	45.07	300m:	4:22.28	45.22	400m:	5:46.09	40.64
7.	SERGERIE, Marc-Antoine			11	C.Natation. Sept-Iles				<b>6:40.41</b>	148		
	50m:	45.16	45.16	150m:	2:28.54	52.53	250m:	4:13.31	52.10	350m:	5:57.40	51.56
	100m:	1:36.01	50.85	200m:	3:21.21	52.67	300m:	5:05.84	52.53	400m:	6:40.41	43.01
8.	BOURQUE, Emilie			13	Aquanautes				<b>6:41.07</b>	191		
	50m:	45.00	45.00	150m:	2:27.72	52.10	250m:	4:12.25	52.43	350m:	5:56.86	52.18
	100m:	1:35.62	50.62	200m:	3:19.82	52.10	300m:	5:04.68	52.43	400m:	6:41.07	44.21
9.	DESROSIERS, Sarah			13	Aquanautes				<b>6:45.91</b>	185		
	50m:	45.39	45.39	150m:	2:31.30	53.22	250m:	4:17.89	52.90	350m:	6:00.69	51.04
	100m:	1:38.08	52.69	200m:	3:24.99	53.69	300m:	5:09.65	51.76	400m:	6:45.91	45.22
10.	LAMONTAGNE, Sofia			13	Aquanautes				<b>6:56.07</b>	171		
	50m:	46.64	46.64	150m:	2:31.88	52.01	250m:	4:27.52	1:02.80	350m:	7:24.37	2:13.53
	100m:	1:39.87	53.23	200m:	3:24.72	52.84	300m:	5:10.84	43.32	400m:	6:56.07	
11.	GARNEAU, Alice			12	Aquanautes				<b>8:09.90</b>	105		
	50m:	52.39	52.39	150m:	2:58.81	1:04.53	250m:	5:06.89	1:03.82	350m:	7:14.23	1:02.26
	100m:	1:54.28	1:01.89	200m:	4:03.07	1:04.26	300m:	6:11.97	1:05.08	400m:	8:09.90	55.67