

Coupe des régions ANSLSJCC et ANQCA printemps 2024
Québec, 7- - 9-6-2024

Epreuve 40
2024-06-09 - 12:02

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: FINA 2024

Rang			Age							Temps	Pts	
11 - 12 ans												
1.	DELAND, Étienne		12	Club de natation région de Qué						5:02.39		
	50m:	34.26	34.26	150m:	1:50.58	38.61	250m:	3:07.58	38.51	350m:	4:25.33	38.62
	100m:	1:11.97	37.71	200m:	2:29.07	38.49	300m:	3:46.71	39.13	400m:	5:02.39	37.06
2.	FORTIN, Xavier		12	Cnsf						5:04.66		
	50m:	34.20	34.20	150m:	1:50.91	39.02	250m:	3:09.51	39.59	350m:	4:28.03	39.30
	100m:	1:11.89	37.69	200m:	2:29.92	39.01	300m:	3:48.73	39.22	400m:	5:04.66	36.63
3.	CIBAT-LAVAGNE, Hugo		12	Rouge et Or/Université Laval						5:15.11		
	50m:	34.56	34.56	150m:	1:55.36	41.26	250m:	3:15.96	39.47	350m:	4:36.87	40.10
	100m:	1:14.10	39.54	200m:	2:36.49	41.13	300m:	3:56.77	40.81	400m:	5:15.11	38.24
4.	LECLERC, Simon		12	Rouge et Or/Université Laval						5:21.09		
	50m:	36.53	36.53	150m:	1:58.30	41.01	250m:	3:20.84	41.16	350m:	4:43.03	40.90
	100m:	1:17.29	40.76	200m:	2:39.68	41.38	300m:	4:02.13	41.29	400m:	5:21.09	38.06
5.	BOUDREAU, Justin		12	Club de natation région de Qué						5:21.90		
	50m:	34.70	34.70	150m:	1:54.82	41.09	250m:	3:18.15	42.07	350m:	4:42.11	41.86
	100m:	1:13.73	39.03	200m:	2:36.08	41.26	300m:	4:00.25	42.10	400m:	5:21.90	39.79
6.	JOBIN, Etienne		12	Club de Natation des Riverains						5:35.80		
	50m:	36.98	36.98	150m:	2:01.03	42.67	250m:	3:28.44	43.78	350m:	4:54.92	43.07
	100m:	1:18.36	41.38	200m:	2:44.66	43.63	300m:	4:11.85	43.41	400m:	5:35.80	40.88
7.	OUELLET, Simon		11	Club de Natation des Equinoxes						5:41.65		
	50m:	37.54	37.54	150m:	2:03.00	43.74	250m:	3:31.50	43.84	350m:	5:00.54	44.23
	100m:	1:19.26	41.72	200m:	2:47.66	44.66	300m:	4:16.31	44.81	400m:	5:41.65	41.11
8.	HELETA, Axel		11	Club de natation région de Qué						5:56.98		
	50m:	40.40	40.40	150m:	2:10.63	44.73	250m:	3:41.23	45.00	350m:	5:12.99	45.79
	100m:	1:25.90	45.50	200m:	2:56.23	45.60	300m:	4:27.20	45.97	400m:	5:56.98	43.99
13 - 14 ans												
1.	GUHA, Manu		14	C. N. de Chicoutimi						4:29.70		
	50m:	30.91	30.91	150m:	1:38.52	34.16	250m:	2:47.70	34.35	350m:	3:56.12	34.11
	100m:	1:04.36	33.45	200m:	2:13.35	34.83	300m:	3:22.01	34.31	400m:	4:29.70	33.58
2.	TREMBLAY, Lou		14	Club de Natation des Riverains						4:38.08		
	50m:	31.25	31.25	150m:	1:41.17	35.62	250m:	2:53.33	36.07	350m:	4:03.98	35.23
	100m:	1:05.55	34.30	200m:	2:17.26	36.09	300m:	3:28.75	35.42	400m:	4:38.08	34.10
3.	LAUNIÈRE, Zachary		13	Gami						4:40.84		
	50m:	31.98	31.98	150m:	1:42.98	36.19	250m:	2:55.84	36.27	350m:	4:06.98	35.43
	100m:	1:06.79	34.81	200m:	2:19.57	36.59	300m:	3:31.55	35.71	400m:	4:40.84	33.86
4.	LEMAY, Félix		14	Club de Natation des Riverains						4:42.14		
	50m:	32.05	32.05	150m:	1:42.79	35.92	250m:	2:54.55	35.80	350m:	4:06.90	36.22
	100m:	1:06.87	34.82	200m:	2:18.75	35.96	300m:	3:30.68	36.13	400m:	4:42.14	35.24
5.	FORTIN, Émile		14	Cnsf						4:44.72		
	50m:	31.76	31.76	150m:	1:42.80	35.99	250m:	2:55.11	35.89	350m:	4:09.04	36.94
	100m:	1:06.81	35.05	200m:	2:19.22	36.42	300m:	3:32.10	36.99	400m:	4:44.72	35.68
6.	TREMBLAY, Noah		13	Rouge et Or/Université Laval						4:47.15		
	50m:	32.66	32.66	150m:	1:46.42	37.16	250m:	3:00.33	36.79	350m:	4:13.11	35.86
	100m:	1:09.26	36.60	200m:	2:23.54	37.12	300m:	3:37.25	36.92	400m:	4:47.15	34.04

Coupe des régions ANSLSJCC et ANQCA printemps 2024
Québec, 7 - 9-6-2024

Epreuve 40, Garçons, 400m Libre, 13 - 14 ans

Rang					Age					Temps	Pts	
7.	BAIN, Alexis				14	Club de natation région de Qué				4:49.53		
	50m:	31.93	31.93	150m:	1:45.83	37.52	250m:	2:59.94	37.30	350m:	4:14.00	37.16
	100m:	1:08.31	36.38	200m:	2:22.64	36.81	300m:	3:36.84	36.90	400m:	4:49.53	35.53
8.	BLAIS, Guillaume				14	Club de Natation des Riverains				4:53.34		
	50m:	32.57	32.57	150m:	1:48.64	38.33	250m:	3:03.96	37.42	350m:	4:19.25	37.21
	100m:	1:10.31	37.74	200m:	2:26.54	37.90	300m:	3:42.04	38.08	400m:	4:53.34	34.09
9.	DUBREUIL, Raphaël				13	Club de Natation des Equinoxes				4:53.44		
	50m:	32.25	32.25	150m:	1:46.78	37.97	250m:	3:03.32	38.46	350m:	4:18.23	37.35
	100m:	1:08.81	36.56	200m:	2:24.86	38.08	300m:	3:40.88	37.56	400m:	4:53.44	35.21
10.	CAMBRON, Alexis				13	Club de natation région de Qué				4:54.65		
	50m:	32.25	32.25	150m:	1:47.03	37.60	250m:	3:04.12	38.71	350m:	4:20.00	37.42
	100m:	1:09.43	37.18	200m:	2:25.41	38.38	300m:	3:42.58	38.46	400m:	4:54.65	34.65
11.	BELANGER, Kristofer				14	Club de natation région de Qué				4:57.05		
	50m:	33.03	33.03	150m:	1:47.70	37.85	250m:	3:04.19	37.95	350m:	4:20.49	38.31
	100m:	1:09.85	36.82	200m:	2:26.24	38.54	300m:	3:42.18	37.99	400m:	4:57.05	36.56
12.	GAUDREAU, Émile				13	Cac				4:58.03		
	50m:	33.39	33.39	150m:	1:47.64	37.84	250m:	3:04.66	38.36	350m:	4:21.03	37.97
	100m:	1:09.80	36.41	200m:	2:26.30	38.66	300m:	3:43.06	38.40	400m:	4:58.03	37.00
13.	LÉPINE, Loic				14	Club de Natation des Riverains				4:58.78		
	50m:	33.61	33.61	150m:	1:49.72	38.45	250m:	3:05.39	38.10	350m:	4:21.68	37.83
	100m:	1:11.27	37.66	200m:	2:27.29	37.57	300m:	3:43.85	38.46	400m:	4:58.78	37.10
14.	PINETTE, Youri				13	Club de Natation des Riverains				5:01.14		
	50m:	35.07	35.07	150m:	1:52.80	39.32	250m:	3:10.63	38.64	350m:	4:26.51	37.06
	100m:	1:13.48	38.41	200m:	2:31.99	39.19	300m:	3:49.45	38.82	400m:	5:01.14	34.63
15.	LARIVIÈRE, Simon				14	Club de natation région de Qué				5:01.90		
	50m:	35.04	35.04	150m:	1:52.15	38.86	250m:	3:09.62	38.47	350m:	4:26.01	38.07
	100m:	1:13.29	38.25	200m:	2:31.15	39.00	300m:	3:47.94	38.32	400m:	5:01.90	35.89
16.	BOUTIN, Karel				13	Club de natation région de Qué				5:10.09		
	50m:	34.70	34.70	150m:	1:53.82	39.95	250m:	3:13.20	39.27	350m:	4:32.73	39.59
	100m:	1:13.87	39.17	200m:	2:33.93	40.11	300m:	3:53.14	39.94	400m:	5:10.09	37.36
17.	TREMBLAY, Eliam				13	Club de Natation des Riverains				5:20.04		
	50m:	35.85	35.85	150m:	1:58.03	41.60	250m:	3:21.10	41.35	350m:	4:42.84	40.39
	100m:	1:16.43	40.58	200m:	2:39.75	41.72	300m:	4:02.45	41.35	400m:	5:20.04	37.20
forf.déc.	CARON, Samuel				14	Chibougamau						

15 - 16 ans

1.	BÉLANGER, Eliot				15	Club de Natation des Riverains				4:20.17		
	50m:	30.04	30.04	150m:	1:36.43	33.40	250m:	2:42.86	32.81	350m:	3:48.65	32.53
	100m:	1:03.03	32.99	200m:	2:10.05	33.62	300m:	3:16.12	33.26	400m:	4:20.17	31.52
2.	DUBÉ, Samuel				15	Club de natation région de Qué				4:25.78		
	50m:	30.76	30.76	150m:	1:38.20	34.02	250m:	2:47.00	34.17	350m:	3:54.11	33.19
	100m:	1:04.18	33.42	200m:	2:12.83	34.63	300m:	3:20.92	33.92	400m:	4:25.78	31.67
3.	LANDRY, Olivier				15	Club de Natation des Riverains				4:28.48		
	50m:	30.27	30.27	150m:	1:37.76	33.95	250m:	2:46.29	34.19	350m:	3:54.96	34.20
	100m:	1:03.81	33.54	200m:	2:12.10	34.34	300m:	3:20.76	34.47	400m:	4:28.48	33.52
4.	FORTIN, Ludovic				15	Club de Natation des Riverains				4:28.86		
	50m:	30.84	30.84	150m:	1:38.97	34.17	250m:	2:47.81	34.47	350m:	3:55.90	34.18
	100m:	1:04.80	33.96	200m:	2:13.34	34.37	300m:	3:21.72	33.91	400m:	4:28.86	32.96

Coupe des régions ANSLSJCC et ANQCA printemps 2024
Québec, 7 - 9-6-2024

Epreuve 40, Garçons, 400m Libre, 15 - 16 ans

Rang				Age					Temps	Pts		
5.	ROCHETTE, Hubert			15	Club de natation région de Qué				4:35.38			
	50m:	30.66	30.66	150m:	1:39.02	34.53	250m:	2:49.78	35.80	350m:	4:01.21	35.88
	100m:	1:04.49	33.83	200m:	2:13.98	34.96	300m:	3:25.33	35.55	400m:	4:35.38	34.17
6.	BOUKER, Salah-Fédy			15	Rouge et Or/Université Laval				4:37.09			
	50m:	30.89	30.89	150m:	1:40.97	34.86	250m:	2:50.94	34.61	350m:	4:02.55	36.12
	100m:	1:06.11	35.22	200m:	2:16.33	35.36	300m:	3:26.43	35.49	400m:	4:37.09	34.54
7.	LAPOINTE, Xavier			15	Club de Natation des Riverains				4:41.76			
	50m:	31.61	31.61	150m:	1:42.96	36.43	250m:	2:55.32	36.12	350m:	4:08.00	36.09
	100m:	1:06.53	34.92	200m:	2:19.20	36.24	300m:	3:31.91	36.59	400m:	4:41.76	33.76
8.	PICHÉ, Olivier			15	Rouge et Or/Université Laval				4:41.89			
	50m:	31.90	31.90	150m:	1:43.42	36.14	250m:	2:55.44	36.12	350m:	4:08.00	35.92
	100m:	1:07.28	35.38	200m:	2:19.32	35.90	300m:	3:32.08	36.64	400m:	4:41.89	33.89
9.	ROY, Lyam			15	Club de Natation des Riverains				4:42.18			
	50m:	30.61	30.61	150m:	1:40.52	35.08	250m:	2:53.07	36.56	350m:	4:06.66	36.76
	100m:	1:05.44	34.83	200m:	2:16.51	35.99	300m:	3:29.90	36.83	400m:	4:42.18	35.52
10.	ELIE, Caleb			15	Rouge et Or/Université Laval				4:44.52			
	50m:	31.72	31.72	150m:	1:43.02	35.90	250m:	2:56.35	36.79	350m:	4:09.93	36.74
	100m:	1:07.12	35.40	200m:	2:19.56	36.54	300m:	3:33.19	36.84	400m:	4:44.52	34.59
forf.déc.	GAGNON, Charles			15	Rouge et Or/Université Laval							
forf.déc.	SLAMA, Seif			16	Rouge et Or/Université Laval							

17 ans et plus

1.	CASTANO, Miguel			18	Club de natation région de Qué				4:15.53			
	50m:	29.67	29.67	150m:	1:33.62	32.20	250m:	2:39.17	32.89	350m:	3:43.74	31.79
	100m:	1:01.42	31.75	200m:	2:06.28	32.66	300m:	3:11.95	32.78	400m:	4:15.53	31.79
2.	GOSELIN, Justin			18	Club de natation région de Qué				4:19.07			
	50m:	29.92	29.92	150m:	1:35.39	33.05	250m:	2:41.57	33.10	350m:	3:48.00	33.14
	100m:	1:02.34	32.42	200m:	2:08.47	33.08	300m:	3:14.86	33.29	400m:	4:19.07	31.07
3.	GUY, Thomas			17	Club de Natation des Riverains				4:19.98			
	50m:	28.90	28.90	150m:	1:33.77	32.79	250m:	2:39.98	32.99	350m:	3:47.52	33.86
	100m:	1:00.98	32.08	200m:	2:06.99	33.22	300m:	3:13.66	33.68	400m:	4:19.98	32.46
4.	GAUTHIER, Mathieu			17	Club de Natation des Equinoxes				4:30.07			
	50m:	29.61	29.61	150m:	1:36.05	33.79	250m:	2:45.65	35.03	350m:	3:55.81	35.28
	100m:	1:02.26	32.65	200m:	2:10.62	34.57	300m:	3:20.53	34.88	400m:	4:30.07	34.26
5.	VALLIÈRES, Éloi			18	Rouge et Or/Université Laval				4:32.31			
	50m:	30.34	30.34	150m:	1:37.02	33.69	250m:	2:46.90	35.19	350m:	3:57.47	35.59
	100m:	1:03.33	32.99	200m:	2:11.71	34.69	300m:	3:21.88	34.98	400m:	4:32.31	34.84
6.	FORTIN, Frederick			42	Cnsf				4:33.40			
	50m:	30.53	30.53	150m:	1:39.02	34.40	250m:	2:49.00	35.17	350m:	3:59.39	35.12
	100m:	1:04.62	34.09	200m:	2:13.83	34.81	300m:	3:24.27	35.27	400m:	4:33.40	34.01