

CNMN triangulaire 28 avril 2024
Montréal Nord, 28-4-2024

Epreuve 9
2024-04-28 - 16:35

400m Libre

11 ans et plus
Liste résultats

Rang			Age						Temps	
11 - 12 ans, Filles										
1.	SPOTO, Marlene		11		Mtl Nord Natation				5:38.73	
	50m:	36.47	36.47	150m:	1:58.06	41.64	250m:	3:25.84	350m:	
	100m:	1:16.42	39.95	200m:			300m:	4:10.54	44.70	400m: 5:38.73
2.	YU, Aimee		12		Cdndg				6:03.78	
	50m:	39.65	39.65	150m:	2:08.73	45.11	250m:	3:41.98	46.76	350m: 5:16.06 46.92
	100m:	1:23.62	43.97	200m:	2:55.22	46.49	300m:	4:29.14	47.16	400m: 6:03.78 47.72
3.	PHAM, Thuy Mai		12		Cdndg				6:04.40	
	50m:	40.00	40.00	150m:	2:10.03	45.57	250m:	3:44.70	47.67	350m: 5:20.38 47.95
	100m:	1:24.46	44.46	200m:	2:57.03	47.00	300m:	4:32.43	47.73	400m: 6:04.40 44.02
4.	ADJALI, Rahyle		12		Mtl Nord Natation				6:10.26	
	50m:	40.41	40.41	150m:	2:14.40	47.08	250m:	3:51.71	48.64	350m: 5:27.09 48.20
	100m:	1:27.32	46.91	200m:	3:03.07	48.67	300m:	4:38.89	47.18	400m: 6:10.26 43.17
11 - 12 ans, Garçons										
1.	YANKOV, Daniel		12		Cdndg				5:34.56	
	50m:	36.11	36.11	150m:	2:01.70	43.52	250m:	3:27.63	43.31	350m: 4:53.96 42.78
	100m:	1:18.18	42.07	200m:	2:44.32	42.62	300m:	4:11.18	43.55	400m: 5:34.56 40.60
2.	KASMI, Adel		12		Mtl Nord Natation				5:36.43	
	50m:	38.04	38.04	150m:	2:03.95	42.99	250m:	3:31.31	43.64	350m: 4:54.68
	100m:	1:20.96	42.92	200m:	2:47.67	43.72	300m:			400m: 5:36.43 41.75
3.	SELAMI, Ahmed-Yacine		11		Mtl Nord Natation				5:57.51	
	50m:	38.97	38.97	150m:	2:10.20	45.72	250m:	3:42.74		350m:
	100m:	1:24.48	45.51	200m:			300m:	4:28.84	46.10	400m: 5:57.51
4.	KOJIC, Alvin		11		Mtl Nord Natation				6:00.44	
	50m:			150m:			250m:			350m:
	100m:			200m:			300m:			400m: 6:00.44
5.	TAJ, Youssef		11		Cdndg				6:01.72	
	50m:	42.21	42.21	150m:	2:14.11	47.03	250m:	3:46.80	46.86	350m: 5:19.89 46.24
	100m:	1:27.08	44.87	200m:	2:59.94	45.83	300m:	4:33.65	46.85	400m: 6:01.72 41.83
6.	LUO, Léo Ningmo		11		Cdndg				6:02.20	
	50m:	39.42	39.42	150m:	2:11.00	46.84	250m:	3:46.14	46.70	350m: 5:20.14 46.68
	100m:	1:24.16	44.74	200m:	2:59.44	48.44	300m:	4:33.46	47.32	400m: 6:02.20 42.06
7.	TAJ, Younes		11		Cdndg				6:03.74	
	50m:	41.65	41.65	150m:	2:15.96	47.33	250m:	3:50.77	47.03	350m: 5:22.89 44.98
	100m:	1:28.63	46.98	200m:	3:03.74	47.78	300m:	4:37.91	47.14	400m: 6:03.74 40.85
13 - 14 ans, Filles										
1.	HO, Kum Yiu Hebe		13		Cdndg				5:12.62	
	50m:	36.16	36.16	150m:	1:54.54	39.26	250m:	3:13.71	39.71	350m: 4:33.83 39.96
	100m:	1:15.28	39.12	200m:	2:34.00	39.46	300m:	3:53.87	40.16	400m: 5:12.62 38.79

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13 - 14 ans, Garçons

1. DALI, Isaac			13	Mtl Nord Natation				5:00.89	
50m:	33.13	33.13	150m:	1:49.68	39.13	250m:	3:07.15	38.88	350m: 4:24.24 38.42
100m:	1:10.55	37.42	200m:	2:28.27	38.59	300m:	3:45.82	38.67	400m: 5:00.89 36.65
2. BERKAL, Amine			14	Mtl Nord Natation				5:33.88	
50m:	36.89	36.89	150m:	2:01.71	43.48	250m:	3:27.92	43.32	350m: 4:54.60 42.61
100m:	1:18.23	41.34	200m:	2:44.60	42.89	300m:	4:11.99	44.07	400m: 5:33.88 39.28
3. BOUDERDARA, Yanis Ramy			13	Cdndg				5:34.39	
50m:	37.18	37.18	150m:	2:01.76	43.03	250m:	3:27.11	43.65	350m: 4:53.44
100m:	1:18.73	41.55	200m:	2:43.46	41.70	300m:			400m: 5:34.39 40.95

15 ans et plus, Dames

1. HAMIDI, Tiziri			16	Mtl Nord Natation				5:49.22	
50m:	36.88	36.88	150m:	2:02.80	43.99	250m:	3:32.48	45.12	350m: 5:03.18 45.69
100m:	1:18.81	41.93	200m:	2:47.36	44.56	300m:	4:17.49	45.01	400m: 5:49.22 46.04

15 ans et plus, Messieurs

1. SIMARD, Jorick			19	Mtl Nord Natation				4:38.94	
50m:	28.56	28.56	150m:	1:34.34	33.77	250m:	2:43.80	34.96	350m: 3:53.94 34.42
100m:	1:00.57	32.01	200m:	2:08.84	34.50	300m:	3:19.52	35.72	400m: 4:38.94 45.00
2. NICHOLS, Tyler			18	Collège Bois-de-Boulogne				5:56.31	
50m:	35.07	35.07	150m:	2:03.23	45.26	250m:	3:38.13	47.66	350m: 5:13.05 47.89
100m:	1:17.97	42.90	200m:	2:50.47	47.24	300m:	4:25.16	47.03	400m: 5:56.31 43.26