

Meeting demi-fond  
Petit-Lancy, 13.10.2024

Epreuve 11  
13.10.2024 - 15:40

Messieurs, 400m 4 nages

Cat. générale  
Liste résultats

Points: AQUA 2024

Rang			AN					Temps	Pts	
2011 et -										
1.	LAMARA, Soufian		11	Lancy Natation				<b>5:25.67</b>	374	
	50m:	34.65 34.65	150m:	1:57.39	40.82	250m:	3:24.81	46.32	350m:	4:48.90 37.03
	100m:	1:16.57 41.92	200m:	2:38.49	41.10	300m:	4:11.87	47.06	400m:	5:25.67 36.77
2.	VIONNET, Simon		12	Genève Natation 1885				<b>5:41.87</b>	324	
	50m:	37.49 37.49	150m:	2:06.53	45.23	250m:	3:39.07	49.19	350m:	5:06.90 39.73
	100m:	1:21.30 43.81	200m:	2:49.88	43.35	300m:	4:27.17	48.10	400m:	5:41.87 34.97
3.	STRUNILIN, Nikolai		11	Natation Sportive Genève				<b>5:56.99</b>	284	
	50m:	39.04 39.04	150m:	2:10.21	45.78	250m:	3:45.42	50.70	350m:	5:16.96 40.25
	100m:	1:24.43 45.39	200m:	2:54.72	44.51	300m:	4:36.71	51.29	400m:	5:56.99 40.03
4.	FREI, Luca		12	Morges-Natation				<b>6:02.14</b>	272	
	50m:	39.25 39.25	150m:	2:12.66	45.04	250m:	3:47.47	49.69	350m:	5:21.08 42.95
	100m:	1:27.62 48.37	200m:	2:57.78	45.12	300m:	4:38.13	50.66	400m:	6:02.14 41.06
5.	FRANKHAUSER, Norick		12	CN Plan-les-Ouates				<b>6:02.69</b>	271	
	50m:	40.37 40.37	150m:	2:16.15	47.48	250m:	3:54.10	50.33	350m:	5:26.41 41.25
	100m:	1:28.67 48.30	200m:	3:03.77	47.62	300m:	4:45.16	51.06	400m:	6:02.69 36.28
6.	TEILLERIE, Iban		11	CN Plan-les-Ouates				<b>6:34.90</b>	210	
	50m:	41.98 41.98	150m:	2:24.17	51.21	250m:	4:12.13	57.25	350m:	5:54.01 43.44
	100m:	1:32.96 50.98	200m:	3:14.88	50.71	300m:	5:10.57	58.44	400m:	6:34.90 40.89
7.	SOKPOH, Mathéo		13	Natation Sportive Genève				<b>6:39.86</b>	202	
	50m:	45.85 45.85	150m:	2:32.02	48.59	250m:	4:15.06	55.19	350m:	5:56.54 45.88
	100m:	1:43.43 57.58	200m:	3:19.87	47.85	300m:	5:10.66	55.60	400m:	6:39.86 43.32
8.	RAMIREZ, Sahel		11	Natation Sportive Genève				<b>6:42.91</b>	197	
	50m:	39.99 39.99	150m:	2:28.72	52.12	250m:	4:13.41	53.49	350m:	5:56.76 48.29
	100m:	1:36.60 56.61	200m:	3:19.92	51.20	300m:	5:08.47	55.06	400m:	6:42.91 46.15
9.	RAMIREZ, Ismaïl		13	Natation Sportive Genève				<b>6:45.61</b>	194	
	50m:	47.08 47.08	150m:	2:31.79	48.67	250m:	4:17.79	57.88	350m:	6:01.96 47.60
	100m:	1:43.12 56.04	200m:	3:19.91	48.12	300m:	5:14.36	56.57	400m:	6:45.61 43.65
10.	TRIANDAFILLIDIS, Leonidas		12	Natation Sportive Genève				<b>7:03.97</b>	169	
	50m:	46.13 46.13	150m:	2:40.04	53.51	250m:	4:32.53	1:00.06	350m:	6:20.01 45.89
	100m:	1:46.53 1:00.40	200m:	3:32.47	52.43	300m:	5:34.12	1:01.59	400m:	7:03.97 43.96
11.	BRANCOURT, Callum		13	Natation Sportive Genève				<b>7:07.80</b>	165	
	50m:	51.77 51.77	150m:	2:47.23	51.57	250m:	4:37.09	57.66	350m:	6:23.00 46.79
	100m:	1:55.66 1:03.89	200m:	3:39.43	52.20	300m:	5:36.21	59.12	400m:	7:07.80 44.80
12.	GASS, Riley		13	Natation Sportive Genève				<b>7:15.87</b>	156	
	50m:	50.63 50.63	150m:	2:48.84	53.99	250m:	4:41.00	59.39	350m:	6:29.54 48.47
	100m:	1:54.85 1:04.22	200m:	3:41.61	52.77	300m:	5:41.07	1:00.07	400m:	7:15.87 46.33
disq.	DUISIT, Theo		12	CN Plan-les-Ouates				<b>7:01.32</b>	2	
	<i>307 - Phase immergée: Plus qu'un battement papillon (virage ...)</i>									
	50m:	47.60 47.60	150m:	2:37.98	52.59	250m:	4:29.25	57.84	350m:	6:15.54 45.95
	100m:	1:45.39 57.79	200m:	3:31.41	53.43	300m:	5:29.59	1:00.34	400m:	7:01.32 45.78
2010 - 2009										
1.	CHAMBOST, Rafael		09	CN Plan-les-Ouates				<b>5:04.13</b>	460	
	50m:	30.02 30.02	150m:	1:45.44	39.28	250m:	3:06.81	42.89	350m:	4:28.65 38.09
	100m:	1:06.16 36.14	200m:	2:23.92	38.48	300m:	3:50.56	43.75	400m:	5:04.13 35.48
2.	NOVERRAZ, Pierre		09	Natation Sportive Genève				<b>5:07.54</b>	445	
	50m:	32.02 32.02	150m:	1:51.37	42.07	250m:	3:15.87	42.74	350m:	4:34.79 35.37
	100m:	1:09.30 37.28	200m:	2:33.13	41.76	300m:	3:59.42	43.55	400m:	5:07.54 32.75

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Rang			AN					Temps	Pts		
3.	FERNANDEZ, Quentin		09	Natation Sportive Genève				<b>5:09.21</b>	437		
	50m:	32.77 32.77	150m:	1:51.96	40.54	250m:	3:14.03	43.64	350m:	4:35.34	36.05
	100m:	1:11.42 38.65	200m:	2:30.39	38.43	300m:	3:59.29	45.26	400m:	5:09.21	33.87
4.	MORAGUEZ, Pascal		10	Natation Sportive Genève				<b>5:11.75</b>	427		
	50m:	34.01 34.01	150m:	1:54.65	40.46	250m:	3:17.37	43.60	350m:	4:37.74	36.02
	100m:	1:14.19 40.18	200m:	2:33.77	39.12	300m:	4:01.72	44.35	400m:	5:11.75	34.01
5.	DREYER, Alexis		09	Lancy Natation				<b>5:15.45</b>	412		
	50m:	32.37 32.37	150m:	1:51.01	39.58	250m:	3:16.68	47.03	350m:	4:41.41	36.63
	100m:	1:11.43 39.06	200m:	2:29.65	38.64	300m:	4:04.78	48.10	400m:	5:15.45	34.04
6.	BREMBILLA, Alessandro		09	Lancy Natation				<b>5:16.45</b>	408		
	50m:	32.74 32.74	150m:	1:52.54	39.96	250m:	3:17.58	46.38	350m:	4:41.81	36.98
	100m:	1:12.58 39.84	200m:	2:31.20	38.66	300m:	4:04.83	47.25	400m:	5:16.45	34.64
7.	RAMOS, Thylan Lohan		09	Natation Sportive Genève				<b>5:16.77</b>	407		
	50m:	34.28 34.28	150m:	1:55.40	41.88	250m:	3:20.60	43.63	350m:	4:42.75	36.52
	100m:	1:13.52 39.24	200m:	2:36.97	41.57	300m:	4:06.23	45.63	400m:	5:16.77	34.02
8.	BELAHBIB, Ilyass		09	Lancy Natation				<b>5:18.97</b>	398		
	50m:	35.06 35.06	150m:	1:57.41	40.61	250m:	3:21.47	42.87	350m:	4:44.63	36.99
	100m:	1:16.80 41.74	200m:	2:38.60	41.19	300m:	4:07.64	46.17	400m:	5:18.97	34.34
9.	FREI, Matteo		09	Morges-Natation				<b>5:19.23</b>	397		
	50m:	35.12 35.12	150m:	2:00.48	43.41	250m:	3:24.17	41.47	350m:	4:43.65	37.21
	100m:	1:17.07 41.95	200m:	2:42.70	42.22	300m:	4:06.44	42.27	400m:	5:19.23	35.58
10.	DE ANDRADE, Théo		10	Natation Sportive Genève				<b>5:20.90</b>	391		
	50m:	33.25 33.25	150m:	1:56.66	42.77	250m:	3:22.78	45.27	350m:	4:45.21	36.63
	100m:	1:13.89 40.64	200m:	2:37.51	40.85	300m:	4:08.58	45.80	400m:	5:20.90	35.69
11.	POULOS, Konstantinos		09	Natation Sportive Genève				<b>5:22.87</b>	384		
	50m:	34.19 34.19	150m:	1:58.56	40.85	250m:	3:23.50	45.52	350m:	4:46.82	38.07
	100m:	1:17.71 43.52	200m:	2:37.98	39.42	300m:	4:08.75	45.25	400m:	5:22.87	36.05
12.	VERNACCHIO, Tiziano		09	CN Plan-les-Ouates				<b>5:26.56</b>	371		
	50m:	32.98 32.98	150m:	1:57.75	43.00	250m:	3:25.94	46.41	350m:	4:51.23	36.71
	100m:	1:14.75 41.77	200m:	2:39.53	41.78	300m:	4:14.52	48.58	400m:	5:26.56	35.33
13.	HOGG, Ralph		09	Lancy Natation				<b>5:26.84</b>	370		
	50m:	35.12 35.12	150m:	1:56.51	39.12	250m:	3:25.15	49.56	350m:	4:50.85	36.41
	100m:	1:17.39 42.27	200m:	2:35.59	39.08	300m:	4:14.44	49.29	400m:	5:26.84	35.99
14.	ALI PENAFIEL, Mohamed		09	Natation Sportive Genève				<b>5:28.52</b>	365		
	50m:	34.39 34.39	150m:	1:57.36	41.12	250m:	3:27.48	49.62	350m:	4:53.93	36.00
	100m:	1:16.24 41.85	200m:	2:37.86	40.50	300m:	4:17.93	50.45	400m:	5:28.52	34.59
15.	AKABA, Idriss		10	Natation Sportive Genève				<b>5:32.72</b>	351		
	50m:	38.18 38.18	150m:	2:05.08	42.46	250m:	3:32.94	45.78	350m:	4:57.10	38.08
	100m:	1:22.62 44.44	200m:	2:47.16	42.08	300m:	4:19.02	46.08	400m:	5:32.72	35.62
16.	ROSSIER, Andréa		09	CN Plan-les-Ouates				<b>5:33.69</b>	348		
	50m:	34.60 34.60	150m:	1:59.32	41.86	250m:	3:27.83	48.40	350m:	4:55.22	38.10
	100m:	1:17.46 42.86	200m:	2:39.43	40.11	300m:	4:17.12	49.29	400m:	5:33.69	38.47
17.	ILIK, Uluc		10	CN Plan-les-Ouates				<b>5:40.60</b>	327		
	50m:	36.32 36.32	150m:	2:02.65	43.28	250m:	3:33.64	48.06	350m:	5:02.77	39.28
	100m:	1:19.37 43.05	200m:	2:45.58	42.93	300m:	4:23.49	49.85	400m:	5:40.60	37.83
18.	SANDOZ, Kylian		10	Morges-Natation				<b>5:47.66</b>	308		
	50m:	38.79 38.79	150m:	2:10.46	42.67	250m:	3:43.23	50.55	350m:	5:11.58	38.52
	100m:	1:27.79 49.00	200m:	2:52.68	42.22	300m:	4:33.06	49.83	400m:	5:47.66	36.08
19.	GIRARD PLOMB, Timy		09	CN Plan-les-Ouates				<b>5:50.37</b>	301		
	50m:	34.73 34.73	150m:	2:04.72	44.69	250m:	3:37.91	51.00	350m:	5:11.09	41.53
	100m:	1:20.03 45.30	200m:	2:46.91	42.19	300m:	4:29.56	51.65	400m:	5:50.37	39.28
20.	OLIVEIRA GARCIA, Tomas		09	Lancy Natation				<b>5:52.04</b>	296		
	50m:	35.88 35.88	150m:	2:02.95	43.18	250m:	3:37.06	51.81	350m:	5:12.05	41.20
	100m:	1:19.77 43.89	200m:	2:45.25	42.30	300m:	4:30.85	53.79	400m:	5:52.04	39.99

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Rang			AN					Temps	Pts			
21.	GILLIÉRON, Evan		09	CN Plan-les-Ouates				<b>6:02.93</b>	270			
	50m:	36.72	36.72	150m:	2:15.24	50.48	250m:	3:52.25	49.21	350m:	5:23.75	41.27
	100m:	1:24.76	48.04	200m:	3:03.04	47.80	300m:	4:42.48	50.23	400m:	6:02.93	39.18
22.	TEILLERIE, Karlo		09	CN Plan-les-Ouates				<b>6:37.89</b>	205			
	50m:	39.87	39.87	150m:	2:19.58	50.30	250m:	4:04.31	57.10	350m:	5:51.90	49.26
	100m:	1:29.28	49.41	200m:	3:07.21	47.63	300m:	5:02.64	58.33	400m:	6:37.89	45.99

2008 - 2007

1.	SIMONELLI, Nicola		07	Morges-Natation				<b>4:47.68</b>	543			
	50m:	30.59	30.59	150m:	1:42.48	35.59	250m:	3:00.02	42.90	350m:	4:15.87	33.50
	100m:	1:06.89	36.30	200m:	2:17.12	34.64	300m:	3:42.37	42.35	400m:	4:47.68	31.81
2.	SARF, Luka		08	Natation Sportive Genève				<b>4:56.69</b>	495			
	50m:	31.32	31.32	150m:	1:48.10	39.67	250m:	3:08.24	42.64	350m:	4:24.89	34.14
	100m:	1:08.43	37.11	200m:	2:25.60	37.50	300m:	3:50.75	42.51	400m:	4:56.69	31.80
3.	RIOU, Maxime		07	Natation Sportive Genève				<b>4:57.61</b>	491			
	50m:	30.47	30.47	150m:	1:46.02	38.83	250m:	3:07.95	42.21	350m:	4:25.52	35.21
	100m:	1:07.19	36.72	200m:	2:25.74	39.72	300m:	3:50.31	42.36	400m:	4:57.61	32.09
4.	DE SOUSA CARVALHO, Rafaël		08	Lancy Natation				<b>4:57.77</b>	490			
	50m:	29.24	29.24	150m:	1:44.99	40.39	250m:	3:07.30	43.34	350m:	4:25.75	35.07
	100m:	1:04.60	35.36	200m:	2:23.96	38.97	300m:	3:50.68	43.38	400m:	4:57.77	32.02
5.	SOFIA, Alessio		08	La				<b>4:59.94</b>	479			
	50m:	31.14	31.14	150m:	1:46.67	37.52	250m:	3:07.97	43.33	350m:	4:26.05	34.56
	100m:	1:09.15	38.01	200m:	2:24.64	37.97	300m:	3:51.49	43.52	400m:	4:59.94	33.89
6.	RUZICKA, Lucas		08	Natation Sportive Genève				<b>5:01.40</b>	472			
	50m:	29.02	29.02	150m:	1:41.86	38.27	250m:	3:05.39	46.71	350m:	4:28.14	34.12
	100m:	1:03.59	34.57	200m:	2:18.68	36.82	300m:	3:54.02	48.63	400m:	5:01.40	33.26
7.	CAMBRÉSY, Nathan		07	Morges-Natation				<b>5:02.71</b>	466			
	50m:	30.23	30.23	150m:	1:44.22	37.83	250m:	3:08.08	45.61	350m:	4:28.78	35.26
	100m:	1:06.39	36.16	200m:	2:22.47	38.25	300m:	3:53.52	45.44	400m:	5:02.71	33.93
8.	TRUFFAULT, David		08	Natation Sportive Genève				<b>5:04.39</b>	459			
	50m:	30.26	30.26	150m:	1:46.23	39.74	250m:	3:11.22	46.50	350m:	4:31.58	33.13
	100m:	1:06.49	36.23	200m:	2:24.72	38.49	300m:	3:58.45	47.23	400m:	5:04.39	32.81
9.	DAYER, Maël		07	Natation Sportive Genève				<b>5:05.07</b>	455			
	50m:	30.63	30.63	150m:	1:47.25	39.78	250m:	3:10.46	45.20	350m:	4:31.07	35.43
	100m:	1:07.47	36.84	200m:	2:25.26	38.01	300m:	3:55.64	45.18	400m:	5:05.07	34.00
10.	BERTSCHI, Léon		07	La				<b>5:05.19</b>	455			
	50m:	32.17	32.17	150m:	1:51.13	40.90	250m:	3:15.14	44.73	350m:	4:33.74	33.52
	100m:	1:10.23	38.06	200m:	2:30.41	39.28	300m:	4:00.22	45.08	400m:	5:05.19	31.45
11.	INAN, Danny		08	Lancy Natation				<b>5:19.01</b>	398			
	50m:	32.65	32.65	150m:	1:55.11	40.70	250m:	3:21.80	46.51	350m:	4:45.92	35.91
	100m:	1:14.41	41.76	200m:	2:35.29	40.18	300m:	4:10.01	48.21	400m:	5:19.01	33.09
12.	POHL, Markus		08	CN Plan-les-Ouates				<b>5:21.65</b>	389			
	50m:	33.88	33.88	150m:	1:52.22	38.96	250m:	3:17.85	47.34	350m:	4:45.10	38.75
	100m:	1:13.26	39.38	200m:	2:30.51	38.29	300m:	4:06.35	48.50	400m:	5:21.65	36.55
13.	GARCIA SOLARTE, Santiago		08	Lancy Natation				<b>5:28.11</b>	366			
	50m:	34.36	34.36	150m:	1:55.95	40.84	250m:	3:27.47	50.38	350m:	4:53.84	35.52
	100m:	1:15.11	40.75	200m:	2:37.09	41.14	300m:	4:18.32	50.85	400m:	5:28.11	34.27
14.	SAVARD, Esteban		07	CN Plan-les-Ouates				<b>5:47.37</b>	308			
	50m:	33.02	33.02	150m:	1:58.31	44.37	250m:	3:34.25	51.78	350m:	5:08.46	41.53
	100m:	1:13.94	40.92	200m:	2:42.47	44.16	300m:	4:26.93	52.68	400m:	5:47.37	38.91

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2006 et +

1.	DROUPY, louis		01	La					<b>4:35.39</b>	619		
	50m:	28.58	28.58	150m:	1:39.60	37.10	250m:	2:53.48	37.65	350m:	4:04.78	32.95
	100m:	1:02.50	33.92	200m:	2:15.83	36.23	300m:	3:31.83	38.35	400m:	4:35.39	30.61
2.	GAGNEBIN, Ilan		04	La					<b>4:35.62</b>	618		
	50m:	28.78	28.78	150m:	1:39.32	36.29	250m:	2:56.63	40.61	350m:	4:08.15	31.10
	100m:	1:03.03	34.25	200m:	2:16.02	36.70	300m:	3:37.05	40.42	400m:	4:35.62	27.47
3.	HERBETTE, Arthur		06	La					<b>4:46.14</b>	552		
	50m:	30.60	30.60	150m:	1:41.74	35.63	250m:	2:58.40	40.31	350m:	4:13.72	33.76
	100m:	1:06.11	35.51	200m:	2:18.09	36.35	300m:	3:39.96	41.56	400m:	4:46.14	32.42
4.	NEUVEGLISE, Virgile		06	La					<b>4:48.46</b>	539		
	50m:	31.89	31.89	150m:	1:46.13	37.35	250m:	3:00.66	37.86	350m:	4:14.23	35.17
	100m:	1:08.78	36.89	200m:	2:22.80	36.67	300m:	3:39.06	38.40	400m:	4:48.46	34.23
5.	RIS, Ludovic		06	Natation Sportive Genève					<b>4:53.25</b>	513		
	50m:	29.16	29.16	150m:	1:41.46	37.24	250m:	3:01.57	43.31	350m:	4:20.01	34.56
	100m:	1:04.22	35.06	200m:	2:18.26	36.80	300m:	3:45.45	43.88	400m:	4:53.25	33.24
6.	RADO, Mirko		01	Morges-Natation					<b>4:58.90</b>	484		
	50m:	29.65	29.65	150m:	1:42.50	38.63	250m:	3:05.01	42.87	350m:	4:24.57	36.25
	100m:	1:03.87	34.22	200m:	2:22.14	39.64	300m:	3:48.32	43.31	400m:	4:58.90	34.33
7.	PAGE, Léonard		06	Morges-Natation					<b>5:06.29</b>	450		
	50m:	31.36	31.36	150m:	1:47.64	38.45	250m:	3:11.33	45.57	350m:	4:32.70	34.74
	100m:	1:09.19	37.83	200m:	2:25.76	38.12	300m:	3:57.96	46.63	400m:	5:06.29	33.59
8.	BAILLOD, Julien		80	Rfn					<b>5:09.80</b>	435		
	50m:	33.65	33.65	150m:	1:54.80	42.54	250m:	3:17.96	42.82	350m:	4:36.29	36.26
	100m:	1:12.26	38.61	200m:	2:35.14	40.34	300m:	4:00.03	42.07	400m:	5:09.80	33.51
9.	KHETTABI, Amine		05	Lancy Natation					<b>5:26.82</b>	370		
	50m:	34.89	34.89	150m:	2:01.32	42.11	250m:	3:26.99	42.76	350m:	4:49.07	38.15
	100m:	1:19.21	44.32	200m:	2:44.23	42.91	300m:	4:10.92	43.93	400m:	5:26.82	37.75
10.	BOPP, Jules		06	CN Plan-les-Ouates					<b>5:48.06</b>	307		
	50m:	35.64	35.64	150m:	2:08.21	43.96	250m:	3:40.20	48.93	350m:	5:10.15	40.52
	100m:	1:24.25	48.61	200m:	2:51.27	43.06	300m:	4:29.63	49.43	400m:	5:48.06	37.91
disq.	COTTING, Cyril		06	Morges-Natation					<b>4:44.75</b>			
	<i>304 - Nagé en position ventrale avant le virage (virage 2)</i>											
	50m:	29.59	29.59	150m:	1:41.24	36.07	250m:	2:58.50	42.20	350m:	4:13.51	33.00
	100m:	1:05.17	35.58	200m:	2:16.30	35.06	300m:	3:40.51	42.01	400m:	4:44.75	31.24