

Défi distance RED  
Drummondville, 30-11-2024

Epreuve 13  
2024-11-30 - 15:20

400m 4 nages  
Commandité par MNP

8 ans et plus  
Liste résultats

Points: AQUA 2024

Rang			Age							Temps	Pts	
<b>8 - 10 ans, Garçons</b>												
1.	BOUAKKAZ, Badis		10	Sher						<b>7:45.05</b>	128	
	50m:	56.88	56.88	150m:	2:59.60	57.37	250m:	5:04.42	1:08.08	350m:	7:01.27	47.53
	100m:	2:02.23	1:05.35	200m:	3:56.34	56.74	300m:	6:13.74	1:09.32	400m:	7:45.05	43.78
<b>11 - 12 ans, Filles</b>												
1.	CLERMONT-GRONDIN, Adèle		12	C.N. Chambly						<b>7:03.46</b>	228	
	50m:	2:43.47	2:43.47	150m:	5:32.58	1:55.44	250m:			350m:		
	100m:	3:37.14	53.67	200m:	6:19.04	46.46	300m:			400m:	7:03.46	
<b>11 - 13 ans, Garçons</b>												
1.	ZAIDI, Zakariya		13	Club de Natation SAMAK						<b>5:36.66</b>	339	
	50m:	33.24	33.24	150m:	1:58.39	44.85	250m:	3:31.46	49.63	350m:	4:59.73	39.13
	100m:	1:13.54	40.30	200m:	2:41.83	43.44	300m:	4:20.60	49.14	400m:	5:36.66	36.93
2.	ROUKEMA, Carlin		13	Club de Natation SAMAK						<b>5:48.46</b>	305	
	50m:	37.98	37.98	150m:	2:05.49	42.50	250m:	3:41.29	54.00	350m:	5:12.15	39.04
	100m:	1:22.99	45.01	200m:	2:47.29	41.80	300m:	4:33.11	51.82	400m:	5:48.46	36.31
3.	PERRON, Henri		12	Sorel Tracy Natation						<b>6:18.51</b>	238	
	50m:			150m:	2:24.68		250m:	5:40.18	1:35.72	350m:		
	100m:			200m:	4:04.46	1:39.78	300m:	6:18.51	38.33	400m:	6:18.51	
<b>13 - 14 ans, Filles</b>												
1.	RIVARD, Mathilde		13	Requins de Drummondville						<b>5:52.98</b>	394	
	50m:	38.02	38.02	150m:	2:10.13	44.44	250m:	3:40.75	45.57	350m:	5:12.95	42.86
	100m:	1:25.69	47.67	200m:	2:55.18	45.05	300m:	4:30.09	49.34	400m:	5:52.98	40.03
2.	ROY, Alissia		14	C.N. Chambly						<b>6:45.55</b>	260	
	50m:	44.22	44.22	150m:	2:30.77	54.52	250m:	5:11.97	1:48.14	350m:	6:45.55	42.90
	100m:	1:36.25	52.03	200m:	3:23.83	53.06	300m:	6:02.65	50.68	400m:	6:45.55	
<b>14 - 15 ans, Garçons</b>												
1.	BOUAKKAZ, Idris Iyed		15	Sher						<b>5:15.30</b>	413	
	50m:	31.67	31.67	150m:	1:51.82	42.66	250m:	3:17.80	46.15	350m:	4:41.69	36.92
	100m:	1:09.16	37.49	200m:	2:31.65	39.83	300m:	4:04.77	46.97	400m:	5:15.30	33.61
2.	ZHANG, Austin		14	Club de Natation SAMAK						<b>5:16.19</b>	409	
	50m:	35.81	35.81	150m:	1:55.43	38.50	250m:	3:21.07	45.46	350m:	4:42.64	35.47
	100m:	1:16.93	41.12	200m:	2:35.61	40.18	300m:	4:07.17	46.10	400m:	5:16.19	33.55
3.	WANG, Léo Jingwei		14	Club de Natation SAMAK						<b>5:33.83</b>	347	
	50m:	36.98	36.98	150m:	2:06.09		250m:	3:32.93	44.24	350m:	5:33.83	37.14
	100m:			200m:	2:48.69	42.60	300m:	4:56.69	1:23.76	400m:	5:33.83	

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Epreuve 13, 400m 4 nages

15 - 16 ans, Filles

1.	DE VOGELAERE, Noémie	15	Club de Natation SAMAK	<b>5:34.86</b>	462
	50m: 35.76 35.76	150m: 1:59.29 41.98	250m: 3:30.79 49.49	350m: 4:58.70 37.94	
	100m: 1:17.31 41.55	200m: 2:41.30 42.01	300m: 4:20.76 49.97	400m: 5:34.86 36.16	

17 ans et plus, Dames

1.	MATHIEU-GAGNON, Chloé	17	Requins de Drummondville	<b>5:43.09</b>	429
	50m:	150m: 2:00.00 44.69	250m: 3:36.21 51.52	350m: 5:06.14 38.89	
	100m:	200m: 2:44.69 44.69	300m: 4:27.25 51.04	400m: 5:43.09 36.95	