

Epreuve 4  
2024-11-16 - 11:22

Messieurs, 400m 4 nages

11 ans et plus  
Liste résultats

Points: AQUA 2024

Rang				Age					Temps	Pts		
<b>11 - 12 ans</b>												
1.	BELISLE, Vincent			12	C.N. Region de Quebec				<b>5:26.06</b>	373		
	50m:	33.73	33.73	150m:	1:54.37	39.95	250m:	3:24.69	51.59	350m:	4:51.30	36.48
	100m:	1:14.42	40.69	200m:	2:33.10	38.73	300m:	4:14.82	50.13	400m:	5:26.06	34.76
2.	GOSSELIN, Manoé			12	Rouge et Or/Université Laval				<b>5:26.88</b>	370		
	50m:	34.15	34.15	150m:	1:56.00	41.90	250m:	3:25.76	46.71	350m:	4:51.50	37.04
	100m:	1:14.10	39.95	200m:	2:39.05	43.05	300m:	4:14.46	48.70	400m:	5:26.88	35.38
3.	ZHAO, Benoit-Long			12	C.N. Region de Quebec				<b>5:48.91</b>	304		
	50m:	34.83	34.83	150m:	2:02.44	44.10	250m:	3:37.25	53.80	350m:	5:10.62	39.43
	100m:	1:18.34	43.51	200m:	2:43.45	41.01	300m:	4:31.19	53.94	400m:	5:48.91	38.29
4.	THÉROUX, Christophe			12	C.N. Region de Quebec				<b>5:50.03</b>	301		
	50m:	36.85	36.85	150m:	2:05.57	44.40	250m:	3:42.72	55.09	350m:	5:14.88	36.18
	100m:	1:21.17	44.32	200m:	2:47.63	42.06	300m:	4:38.70	55.98	400m:	5:50.03	35.15
5.	OUELLET, Simon			11	Club de Natation des Equinoxes				<b>6:04.25</b>	267		
	50m:	38.23	38.23	150m:	2:11.16	48.25	250m:	3:50.81	53.46	350m:	5:26.07	38.53
	100m:	1:22.91	44.68	200m:	2:57.35	46.19	300m:	4:47.54	56.73	400m:	6:04.25	38.18
6.	CARON, Alexis			12	Club de Natation des Equinoxes				<b>6:06.00</b>	264		
	50m:	36.50	36.50	150m:	2:09.83	48.08	250m:	3:51.32	55.34	350m:	5:28.19	39.32
	100m:	1:21.75	45.25	200m:	2:55.98	46.15	300m:	4:48.87	57.55	400m:	6:06.00	37.81
7.	WILDI, Elliot			11	Rouge et Or/Université Laval				<b>6:20.63</b>	234		
	50m:	42.10	42.10	150m:	2:19.77	47.46	250m:	4:00.60	54.48	350m:	5:38.02	43.63
	100m:	1:32.31	50.21	200m:	3:06.12	46.35	300m:	4:54.39	53.79	400m:	6:20.63	42.61
8.	LECLERC, Louis			11	Rouge et Or/Université Laval				<b>6:30.28</b>	217		
	50m:	43.24	43.24	150m:			250m:	4:11.80	55.98	350m:	5:50.31	42.81
	100m:	1:39.26	56.02	200m:	3:15.82		300m:	5:07.50	55.70	400m:	6:30.28	39.97
9.	KACEM, Skander			12	Nsh				<b>6:33.27</b>	212		
	50m:	41.07	41.07	150m:	2:23.25	49.84	250m:	4:07.17	56.98	350m:	5:51.77	44.88
	100m:	1:33.41	52.34	200m:	3:10.19	46.94	300m:	5:06.89	59.72	400m:	6:33.27	41.50
10.	PERNET, Théophile			11	C.N. Region de Quebec				<b>8:27.09</b>	99		
	50m:	54.69	54.69	150m:	3:04.26	1:03.28	250m:	5:23.50	1:16.95	350m:	7:35.92	52.57
	100m:	2:00.98	1:06.29	200m:	4:06.55	1:02.29	300m:	6:43.35	1:19.85	400m:	8:27.09	51.17
<b>13 - 14 ans</b>												
1.	BEAUDOIN, Loic			14	Rouge et Or/Université Laval				<b>5:05.77</b>	452		
	50m:	31.85	31.85	150m:	1:47.60	37.76	250m:	3:09.97	45.69	350m:	4:31.84	36.54
	100m:	1:09.84	37.99	200m:	2:24.28	36.68	300m:	3:55.30	45.33	400m:	5:05.77	33.93
2.	CHAN, Oliver			14	C.N. Region de Quebec				<b>5:13.65</b>	419		
	50m:	31.00	31.00	150m:	2:28.82	1:20.20	250m:	3:16.55		350m:	4:39.88	35.94
	100m:	1:08.62	37.62	200m:			300m:	4:03.94	47.39	400m:	5:13.65	33.77
3.	WILDI, Jake			13	Rouge et Or/Université Laval				<b>5:19.40</b>	397		
	50m:	35.75	35.75	150m:	1:59.48	43.62	250m:	3:26.03	44.82	350m:	4:45.23	35.28
	100m:	1:15.86	40.11	200m:	2:41.21	41.73	300m:	4:09.95	43.92	400m:	5:19.40	34.17
4.	CAMBRON, Alexis			13	C.N. Region de Quebec				<b>5:23.65</b>	381		
	50m:	31.24	31.24	150m:	1:54.36	41.37	250m:	3:24.25	50.24	350m:	4:51.87	36.10
	100m:	1:12.99	41.75	200m:	2:34.01	39.65	300m:	4:15.77	51.52	400m:	5:23.65	31.78

Epreuve 4, Garçons, 400m 4 nages, 13 - 14 ans

Rang				Age						Temps	Pts	
5.	LÉPINE, Loïc			14	Riverains					<b>5:29.16</b>	363	
	50m:	33.75	33.75	150m:	1:55.56	41.49	250m:	3:24.77	49.31	350m:	4:52.07	38.74
	100m:	1:14.07	40.32	200m:	2:35.46	39.90	300m:	4:13.33	48.56	400m:	5:29.16	37.09
6.	PINETTE, Youri			14	Riverains					<b>5:30.66</b>	358	
	50m:	36.22	36.22	150m:	2:02.61	43.36	250m:	3:31.91	46.93	350m:	4:55.16	36.71
	100m:	1:19.25	43.03	200m:	2:44.98	42.37	300m:	4:18.45	46.54	400m:	5:30.66	35.50
7.	BLAIS, Guillaume			14	Riverains					<b>5:31.38</b>	355	
	50m:	33.23	33.23	150m:	1:59.43	44.99	250m:	3:32.00	48.97	350m:	4:58.94	35.72
	100m:	1:14.44	41.21	200m:	2:43.03	43.60	300m:	4:23.22	51.22	400m:	5:31.38	32.44
8.	LEBLANC, Justin			13	Riverains					<b>5:36.49</b>	339	
	50m:	33.23	33.23	150m:	1:57.55	45.14	250m:	3:30.75	49.02	350m:	4:58.60	38.89
	100m:	1:12.41	39.18	200m:	2:41.73	44.18	300m:	4:19.71	48.96	400m:	5:36.49	37.89
9.	PIGEON, Arthur			13	Riverains					<b>5:36.97</b>	338	
	50m:	34.90	34.90	150m:	2:05.91	43.56	250m:	3:36.45	48.49	350m:	5:02.05	34.80
	100m:	1:22.35	47.45	200m:	2:47.96	42.05	300m:	4:27.25	50.80	400m:	5:36.97	34.92
10.	BELANGER, Kristofer			14	C.N. Region de Quebec					<b>5:38.39</b>	334	
	50m:	35.69	35.69	150m:	1:58.27	43.36	250m:	3:30.53	50.18	350m:	4:59.84	39.08
	100m:	1:14.91	39.22	200m:	2:40.35	42.08	300m:	4:20.76	50.23	400m:	5:38.39	38.55
11.	BOUTIN, Karel			14	C.N. Region de Quebec					<b>5:40.70</b>	327	
	50m:	36.35	36.35	150m:	2:06.81	42.79	250m:	3:35.22	46.01	350m:	5:02.81	40.51
	100m:	1:24.02	47.67	200m:	2:49.21	42.40	300m:	4:22.30	47.08	400m:	5:40.70	37.89
12.	GRONDIN, Louka			14	Riverains					<b>5:43.22</b>	320	
	50m:	37.49	37.49	150m:	2:09.92	46.30	250m:	3:41.01	46.96	350m:	5:06.78	37.74
	100m:	1:23.62	46.13	200m:	2:54.05	44.13	300m:	4:29.04	48.03	400m:	5:43.22	36.44
13.	CORRIVEAU, Raphaël			14	Riverains					<b>5:43.33</b>	319	
	50m:	37.01	37.01	150m:	2:04.02	44.69	250m:	3:39.14	50.58	350m:	5:06.29	38.36
	100m:	1:19.33	42.32	200m:	2:48.56	44.54	300m:	4:27.93	48.79	400m:	5:43.33	37.04
14.	ROY, Logan-Elyot			14	Riverains					<b>5:45.99</b>	312	
	50m:	36.83	36.83	150m:	2:05.31	46.82	250m:	3:40.77	48.99	350m:	5:09.81	40.31
	100m:	1:18.49	41.66	200m:	2:51.78	46.47	300m:	4:29.50	48.73	400m:	5:45.99	36.18
15.	PERRIER, Rafaël			14	Unik					<b>5:53.15</b>	293	
	50m:	38.60	38.60	150m:	2:10.33	43.37	250m:	3:43.97	51.13	350m:	5:14.52	39.13
	100m:	1:26.96	48.36	200m:	2:52.84	42.51	300m:	4:35.39	51.42	400m:	5:53.15	38.63
16.	BOUCHER, Félix			13	Riverains					<b>5:57.40</b>	283	
	50m:	36.41	36.41	150m:			250m:	3:42.26	51.35	350m:	5:17.27	42.73
	100m:	1:20.97	44.56	200m:	2:50.91		300m:	4:34.54	52.28	400m:	5:57.40	40.13
17.	BOUDREAU, Justin			13	C.N. Region de Quebec					<b>6:01.24</b>	274	
	50m:	35.76	35.76	150m:	2:03.34	45.51	250m:	3:42.34	54.32	350m:	5:20.63	42.85
	100m:	1:17.83	42.07	200m:	2:48.02	44.68	300m:	4:37.78	55.44	400m:	6:01.24	40.61
18.	DELAND, Étienne			13	C.N. Region de Quebec					<b>6:02.83</b>	271	
	50m:	37.90	37.90	150m:	2:10.28	45.77	250m:	3:49.93	55.05	350m:	5:25.52	40.37
	100m:	1:24.51	46.61	200m:	2:54.88	44.60	300m:	4:45.15	55.22	400m:	6:02.83	37.31
19.	MERCIER, Adam			14	Cac					<b>6:04.83</b>	266	
	50m:	37.90	37.90	150m:	2:08.17	47.08	250m:	3:48.84	54.25	350m:	5:26.76	42.53
	100m:	1:21.09	43.19	200m:	2:54.59	46.42	300m:	4:44.23	55.39	400m:	6:04.83	38.07
20.	TREMBLAY, Eliam			13	Riverains					<b>6:06.97</b>	261	
	50m:	37.58	37.58	150m:	2:07.75	46.64	250m:	3:51.21	54.81	350m:	5:27.84	41.26
	100m:	1:21.11	43.53	200m:	2:56.40	48.65	300m:	4:46.58	55.37	400m:	6:06.97	39.13

## Epreuve 4, Garçons, 400m 4 nages, 13 - 14 ans

Rang			Age							Temps	Pts	
21.	BOULIANNE, Olivier		13	Nsh						<b>6:09.73</b>	256	
	50m:	39.16	39.16	150m:	2:15.03	46.19	250m:	3:50.66	49.95	350m:	5:27.73	45.62
	100m:	1:28.84	49.68	200m:	3:00.71	45.68	300m:	4:42.11	51.45	400m:	6:09.73	42.00
22.	CORMIER, Thomas		13	C.N. Region de Quebec						<b>6:11.33</b>	252	
	50m:	41.39	41.39	150m:	2:18.22	50.15	250m:	3:58.34	51.82	350m:	5:32.84	43.40
	100m:	1:28.07	46.68	200m:	3:06.52	48.30	300m:	4:49.44	51.10	400m:	6:11.33	38.49
23.	ST-LAURENT, Elliot		14	Cac						<b>6:23.56</b>	229	
	50m:	43.32	43.32	150m:	2:24.39	48.69	250m:	4:06.25	54.80	350m:	5:43.40	43.20
	100m:	1:35.70	52.38	200m:	3:11.45	47.06	300m:	5:00.20	53.95	400m:	6:23.56	40.16
24.	AMMARI, Yanis		13	Nsh						<b>6:39.53</b>	203	
	50m:	43.32	43.32	150m:	2:28.62	52.95	250m:	4:12.88	53.51	350m:	5:56.71	48.54
	100m:	1:35.67	52.35	200m:	3:19.37	50.75	300m:	5:08.17	55.29	400m:	6:39.53	42.82
25.	BEN HAMOUDA, Sami		13	Nsh						<b>6:49.20</b>	188	
	50m:	41.55	41.55	150m:	2:30.52	55.08	250m:	4:20.73	56.72	350m:	6:05.16	45.92
	100m:	1:35.44	53.89	200m:	3:24.01	53.49	300m:	5:19.24	58.51	400m:	6:49.20	44.04
disq.	STEVENS, Morgan		14	Rouge et Or/Université Laval								
	50m:	32.86	32.86	150m:	2:28.75	1:17.94	250m:			350m:		
	100m:	1:10.81	37.95	200m:			300m:			400m:		
disq.	TREMBLAY, Luka		13	Riverains						<b>5:25.77</b>		
	50m:	38.20	38.20	150m:	2:12.41	47.68	250m:	3:54.87	57.45	350m:	4:40.34	
	100m:	1:24.73	46.53	200m:	2:57.42	45.01	300m:			400m:	5:25.77	45.43

## 15 - 16 ans

1.	NOEL, Tristan		16	Riverains						<b>4:44.16</b>	564	
	50m:	27.70	27.70	150m:	1:36.42	35.26	250m:	2:55.51	41.32	350m:	4:11.65	33.26
	100m:	1:01.16	33.46	200m:	2:14.19	37.77	300m:	3:38.39	42.88	400m:	4:44.16	32.51
2.	DUREAU, Alexandre		16	Riverains						<b>4:54.42</b>	507	
	50m:	29.47	29.47	150m:	1:43.36	39.45	250m:	3:03.59	41.61	350m:	4:20.69	35.10
	100m:	1:03.91	34.44	200m:	2:21.98	38.62	300m:	3:45.59	42.00	400m:	4:54.42	33.73
3.	SAWAYA-GUÉRARD, Mathis		16	Rouge et Or/Université Laval						<b>4:56.10</b>	498	
	50m:	29.66	29.66	150m:	1:42.13	37.44	250m:	3:04.06	45.35	350m:	4:23.70	33.78
	100m:	1:04.69	35.03	200m:	2:18.71	36.58	300m:	3:49.92	45.86	400m:	4:56.10	32.40
4.	DUBÉ, Samuel		15	C.N. Region de Quebec						<b>5:07.30</b>	446	
	50m:	31.49	31.49	150m:	1:48.53	40.35	250m:	3:11.66	44.19	350m:	4:33.50	35.40
	100m:	1:08.18	36.69	200m:	2:27.47	38.94	300m:	3:58.10	46.44	400m:	5:07.30	33.80
5.	BOUKER, Salah-Fédy		15	Rouge et Or/Université Laval						<b>5:23.78</b>	381	
	50m:	31.64	31.64	150m:	1:53.26	43.01	250m:	3:23.47	48.34	350m:	4:47.68	36.15
	100m:	1:10.25	38.61	200m:	2:35.13	41.87	300m:	4:11.53	48.06	400m:	5:23.78	36.10
6.	SOULIÈRES, Émile		16	Club de Natation Régional de la Beauce						<b>5:37.30</b>	337	
	50m:	32.04	32.04	150m:	1:54.83	43.27	250m:	3:28.10	51.56	350m:	4:58.98	40.10
	100m:	1:11.56	39.52	200m:	2:36.54	41.71	300m:	4:18.88	50.78	400m:	5:37.30	38.32
7.	HARVEY, Elliot		16	Cac						<b>6:02.86</b>	270	
	50m:	39.37	39.37	150m:	2:12.84	45.67	250m:	3:47.83	51.43	350m:	5:22.58	41.59
	100m:	1:27.17	47.80	200m:	2:56.40	43.56	300m:	4:40.99	53.16	400m:	6:02.86	40.28
8.	MORIN, Alexandre		15	Cac						<b>6:46.76</b>	192	
	50m:	40.99	40.99	150m:	2:22.02	52.00	250m:	4:11.08	58.47	350m:	6:00.13	49.84
	100m:	1:30.02	49.03	200m:	3:12.61	50.59	300m:	5:10.29	59.21	400m:	6:46.76	46.63

Epreuve 4, Messieurs, 400m 4 nages

17 ans et plus

1.	LABERGE, Renaud		17	Rouge et Or/Université Laval		<b>4:47.74</b>	543					
	50m:	29.24	29.24	150m:	1:39.29	36.01	250m:	2:57.22	41.75	350m:	4:14.32	34.53
	100m:	1:03.28	34.04	200m:	2:15.47	36.18	300m:	3:39.79	42.57	400m:	4:47.74	33.42
2.	LÉVESQUE, Vincent		18	Rouge et Or/Université Laval		<b>4:52.87</b>	515					
	50m:	29.00	29.00	150m:	1:42.84	39.85	250m:	3:03.19	41.93	350m:	4:19.94	35.07
	100m:	1:02.99	33.99	200m:	2:21.26	38.42	300m:	3:44.87	41.68	400m:	4:52.87	32.93
3.	GUY, Thomas		17	Riverains		<b>4:55.98</b>	499					
	50m:	29.86	29.86	150m:	1:42.86	38.09	250m:	3:03.97	43.11	350m:	4:22.72	34.36
	100m:	1:04.77	34.91	200m:	2:20.86	38.00	300m:	3:48.36	44.39	400m:	4:55.98	33.26
4.	LABERGE, Mathieu		19	Rouge et Or/Université Laval		<b>5:01.67</b>	471					
	50m:	30.72	30.72	150m:	1:45.95	39.69	250m:	3:08.64	44.17	350m:	4:27.89	35.28
	100m:	1:06.26	35.54	200m:	2:24.47	38.52	300m:	3:52.61	43.97	400m:	5:01.67	33.78
5.	VUJAKOVIC, Nikola		17	Rouge et Or/Université Laval		<b>5:12.19</b>	425					
	50m:	34.53	34.53	150m:	1:56.98	43.63	250m:	3:20.89	42.65	350m:	4:39.94	36.88
	100m:	1:13.35	38.82	200m:	2:38.24	41.26	300m:	4:03.06	42.17	400m:	5:12.19	32.25