

Epreuve 6
Messieurs, 400m Libre
11 ans et plus
2024-12-14 - 20:22
Liste résultats Finales

Quebec Provincial Senior Records	3:46.21	SAUVÉ, Antoine	CAMO	Pointe-Claire	2024-12-07
Quebec Provincial Age Group Records 17	3:51.64	PARISÉ, Zachary	PCSC	Toronto	2023-12-16
Quebec Provincial Age Group Records 16	3:49.39	FONSECA, Simon	CAMO	Quebec City	2024-12-01
Quebec Provincial Age Group Records 15	3:56.42	FONSECA, Simon	CAMO	Toronto	2023-12-16
Quebec Provincial Age Group Records 14	4:00.88	CHEUNG, Adrian	PCSC	Pointe-Claire	2024-12-07
Quebec Provincial Age Group Records 13	4:03.83	LUPIEN, Yannick	CAGRA	???	1994-02-01
Quebec Provincial Age Group Records - 124:	13:54	LUPIEN, Yannick	CAGRA	???	1993-02-01

Points: AQUA 2024

Rang			Age					Temps	Pts			
11 - 12 ans												
1.	BELISLE, Vincent		12	Cnq				4:32.41	473			
	50m:	30.16	30.16	150m:	1:39.31	34.48	250m:	2:50.23	35.30	350m:	4:00.07	35.04
	100m:	1:04.83	34.67	200m:	2:14.93	35.62	300m:	3:25.03	34.80	400m:	4:32.41	32.34
2.	GOSSELIN, Manoé		12	Rouge et Or/Université Laval				4:45.92	409			
	50m:	32.25	32.25	150m:	1:44.17	36.27	250m:	2:57.91	37.04	350m:	4:11.91	36.61
	100m:	1:07.90	35.65	200m:	2:20.87	36.70	300m:	3:35.30	37.39	400m:	4:45.92	34.01
3.	THÉROUX, Christophe		12	Cnq				4:50.58	389			
	50m:	33.11	33.11	150m:	1:46.06	36.81	250m:	3:00.27	37.24	350m:	4:15.43	37.12
	100m:	1:09.25	36.14	200m:	2:23.03	36.97	300m:	3:38.31	38.04	400m:	4:50.58	35.15
4.	DO, Olivier		12	Club de Natation SAMAK				4:50.98	388			
	50m:	32.15	32.15	150m:	1:44.99	36.79	250m:	2:59.58	37.29	350m:	4:14.62	37.42
	100m:	1:08.20	36.05	200m:	2:22.29	37.30	300m:	3:37.20	37.62	400m:	4:50.98	36.36
5.	DÉSILETS, Laurent		12	Sher				5:00.77	351			
	50m:	33.82	33.82	150m:	1:50.06	38.74	250m:	3:07.64	38.34	350m:	4:23.74	38.25
	100m:	1:11.32	37.50	200m:	2:29.30	39.24	300m:	3:45.49	37.85	400m:	5:00.77	37.03
6.	FEDDAG, Rayan		11	Club de Natation SAMAK				5:35.24	253			
	50m:	36.60	36.60	150m:	2:01.08	42.57	250m:	3:27.01	42.86	350m:	4:53.78	43.26
	100m:	1:18.51	41.91	200m:	2:44.15	43.07	300m:	4:10.52	43.51	400m:	5:35.24	41.46
7.	LECLERC, Louis		11	Rouge et Or/Université Laval				5:39.85	243			
	50m:	38.18	38.18	150m:	2:05.50	43.67	250m:	3:31.96	43.58	350m:	4:58.78	43.70
	100m:	1:21.83	43.65	200m:	2:48.38	42.88	300m:	4:15.08	43.12	400m:	5:39.85	41.07
8.	BOUFFARD, François		12	Riverains				5:46.92	229			
	50m:	36.73	36.73	150m:	2:04.78	44.52	250m:	3:35.77	45.42	350m:	5:07.33	45.74
	100m:	1:20.26	43.53	200m:	2:50.35	45.57	300m:	4:21.59	45.82	400m:	5:46.92	39.59
9.	CORMIER, Thomas		12	Nsh				5:50.01	222			
	50m:	38.35	38.35	150m:	2:06.56	44.90	250m:	3:35.11	44.27	350m:	5:05.72	44.84
	100m:	1:21.66	43.31	200m:	2:50.84	44.28	300m:	4:20.88	45.77	400m:	5:50.01	44.29
10.	SAWAYA-GUÉRARD, Théo		12	Rouge et Or/Université Laval				6:15.42	180			
	50m:	38.64	38.64	150m:	2:12.41	47.81	250m:	3:50.93	49.62	350m:	5:28.89	48.26
	100m:	1:24.60	45.96	200m:	3:01.31	48.90	300m:	4:40.63	49.70	400m:	6:15.42	46.53

Epreuve 6, Messieurs, 400m Libre, Finale

13 - 14 ans

1.	GUHA, Manu	14	C. N. de Chicoutimi	4:19.05	550
	50m: 29.81 29.81	150m:	250m: 2:40.98	350m: 3:47.62	33.26
	100m:	200m:	300m: 3:14.36 33.38	400m: 4:19.05	31.43
2.	CHAN, Oliver	14	Cnq	4:20.45	541
	50m: 30.04 30.04	150m: 1:34.94	32.85 250m: 2:41.39	33.16 350m: 3:48.19	33.45
	100m: 1:02.09 32.05	200m: 2:08.23	33.29 300m: 3:14.74	33.35 400m: 4:20.45	32.26
3.	MENARD, Thomas	14	LMRL Rivière-du-Loup	4:21.99	531
	50m: 29.81 29.81	150m: 1:35.53	33.30 250m: 2:42.09	33.09 350m: 3:49.52	33.56
	100m: 1:02.23 32.42	200m: 2:09.00	33.47 300m: 3:15.96	33.87 400m: 4:21.99	32.47
4.	BEAUDOIN, Loic	14	Rouge et Or/Université Laval	4:24.16	518
	50m: 29.63 29.63	150m: 1:35.93	33.26 250m: 2:43.66	33.80 350m: 3:51.69	33.77
	100m: 1:02.67 33.04	200m: 2:09.86	33.93 300m: 3:17.92	34.26 400m: 4:24.16	32.47
5.	PIGEON, Arthur	13	Riverains	4:33.37	468
	50m: 30.30 30.30	150m: 1:38.24	34.38 250m: 2:49.24	35.65 350m: 3:59.99	35.17
	100m: 1:03.86 33.56	200m: 2:13.59	35.35 300m: 3:24.82	35.58 400m: 4:33.37	33.38
6.	ZHANG, Austin	14	Club de Natation SAMAK	4:37.35	448
	50m: 32.20 32.20	150m: 1:41.52	34.67 250m: 2:51.26	34.20 350m: 4:02.46	36.03
	100m: 1:06.85 34.65	200m: 2:17.06	35.54 300m: 3:26.43	35.17 400m: 4:37.35	34.89
7.	CAMBRON, Alexis	13	Cnq	4:41.66	427
	50m: 30.65 30.65	150m: 1:43.93	37.18 250m: 2:57.20	36.91 350m: 4:07.54	34.32
	100m: 1:06.75 36.10	200m: 2:20.29	36.36 300m: 3:33.22	36.02 400m: 4:41.66	34.12
8.	TREMBLAY, Noah	14	Rouge et Or/Université Laval	4:42.07	426
	50m: 31.23 31.23	150m: 1:43.32	36.57 250m: 2:56.01	36.24 350m: 4:08.11	35.70
	100m: 1:06.75 35.52	200m: 2:19.77	36.45 300m: 3:32.41	36.40 400m: 4:42.07	33.96
9.	WILDI, Jake	13	Rouge et Or/Université Laval	4:46.48	406
	50m: 33.65 33.65	150m: 1:46.10	36.41 250m: 2:59.16	36.72 350m: 4:12.10	36.59
	100m: 1:09.69 36.04	200m: 2:22.44	36.34 300m: 3:35.51	36.35 400m: 4:46.48	34.38
10.	LARIVIÈRE, Simon	14	Cnq	4:52.10	383
	50m: 33.69 33.69	150m: 1:47.21	36.96 250m: 3:01.17	37.00 350m: 4:15.94	37.32
	100m: 1:10.25 36.56	200m: 2:24.17	36.96 300m: 3:38.62	37.45 400m: 4:52.10	36.16

15 - 16 ans

1.	DUBÉ, Samuel	15	Cnq	4:13.42	587
	50m: 28.91 28.91	150m: 1:32.51	32.05 250m: 2:37.16	32.32 350m: 3:42.39	32.62
	100m: 1:00.46 31.55	200m: 2:04.84	32.33 300m: 3:09.77	32.61 400m: 4:13.42	31.03
2.	DUREAU, Alexandre	16	Riverains	4:17.45	560
	50m: 29.22 29.22	150m: 1:33.65	32.58 250m: 2:39.55	33.08 350m: 3:45.16	32.60
	100m: 1:01.07 31.85	200m: 2:06.47	32.82 300m: 3:12.56	33.01 400m: 4:17.45	32.29
3.	FORTIN, Ludovic	15	Riverains	4:21.89	532
	50m: 28.99 28.99	150m: 1:34.37	33.22 250m: 2:41.86	34.17 350m: 3:49.37	33.57
	100m: 1:01.15 32.16	200m: 2:07.69	33.32 300m: 3:15.80	33.94 400m: 4:21.89	32.52
4.	POMERLEAU, Justin	15	Rouge et Or/Université Laval	4:22.97	525
	50m: 29.47 29.47	150m: 1:35.65	33.62 250m: 2:43.44	33.99 350m: 3:50.39	33.36
	100m: 1:02.03 32.56	200m: 2:09.45	33.80 300m: 3:17.03	33.59 400m: 4:22.97	32.58
5.	BOLDUC, François	16	Les Dauphins de Rimouski	4:24.87	514
	50m: 29.72 29.72	150m: 1:35.24	33.35 250m: 2:42.97	34.01 350m: 3:51.49	34.38
	100m: 1:01.89 32.17	200m: 2:08.96	33.72 300m: 3:17.11	34.14 400m: 4:24.87	33.38

Epreuve 6, Garçons, 400m Libre, Finale, 15 - 16 ans

Rang			Age							Temps	Pts	
6.	VAN OYEN, Antoine		16	Cnq							4:25.69	509
	50m:	29.52	29.52	150m:	1:35.73	33.66	250m:	2:44.44	34.35	350m:	3:53.43	34.48
	100m:	1:02.07	32.55	200m:	2:10.09	34.36	300m:	3:18.95	34.51	400m:	4:25.69	32.26
7.	ROCHETTE, Hubert		15	Cnq							4:25.82	509
	50m:	29.61	29.61	150m:	1:35.24	33.11	250m:	2:43.60	34.01	350m:	3:53.27	34.96
	100m:	1:02.13	32.52	200m:	2:09.59	34.35	300m:	3:18.31	34.71	400m:	4:25.82	32.55
8.	GOSSELIN, Anthony		16	Rouge et Or/Université Laval							4:27.06	502
	50m:	29.67	29.67	150m:	1:36.05	33.68	250m:	2:44.73	34.42	350m:	3:53.42	34.53
	100m:	1:02.37	32.70	200m:	2:10.31	34.26	300m:	3:18.89	34.16	400m:	4:27.06	33.64
9.	SLAMA, Seif		16	Rouge et Or/Université Laval							4:28.49	494
	50m:	28.70	28.70	150m:	1:34.37	33.50	250m:	2:43.62	34.77	350m:	3:54.27	35.42
	100m:	1:00.87	32.17	200m:	2:08.85	34.48	300m:	3:18.85	35.23	400m:	4:28.49	34.22
10.	BOUAKKAZ, Idris Iyed		15	Sher							4:32.21	474
	50m:	29.30	29.30	150m:	1:37.91	35.10	250m:	2:48.48	35.00	350m:	3:58.94	34.79
	100m:	1:02.81	33.51	200m:	2:13.48	35.57	300m:	3:24.15	35.67	400m:	4:32.21	33.27

17 ans et plus

1.	OUELLETTE, Spencer		21	Sher							4:04.60	653
	50m:	27.58	27.58	150m:	1:28.42	30.98	250m:	2:31.65	31.60	350m:	3:34.80	31.16
	100m:	57.44	29.86	200m:	2:00.05	31.63	300m:	3:03.64	31.99	400m:	4:04.60	29.80
2.	LACASSE, Philippe		21	Cnq							4:04.80	651
	50m:	28.03	28.03	150m:	1:28.40	30.51	250m:	2:31.47	31.58	350m:	3:34.69	31.46
	100m:	57.89	29.86	200m:	1:59.89	31.49	300m:	3:03.23	31.76	400m:	4:04.80	30.11
3.	BÉRUBÉ, Thomas		18	Riverains							4:06.68	637
	50m:	27.87	27.87	150m:	1:28.78	30.82	250m:	2:32.03	31.75	350m:	3:35.85	31.71
	100m:	57.96	30.09	200m:	2:00.28	31.50	300m:	3:04.14	32.11	400m:	4:06.68	30.83
4.	CASTANO, Miguel		19	Cnq							4:17.37	560
	50m:	29.43	29.43	150m:	1:34.15	32.63	250m:	2:39.57	32.47	350m:	3:45.83	33.14
	100m:	1:01.52	32.09	200m:	2:07.10	32.95	300m:	3:12.69	33.12	400m:	4:17.37	31.54
5.	GOSSELIN, Justin		19	Cnq							4:26.00	508
	50m:	30.36	30.36	150m:	1:37.71	34.25	250m:	2:45.63	33.85	350m:	3:53.22	33.85
	100m:	1:03.46	33.10	200m:	2:11.78	34.07	300m:	3:19.37	33.74	400m:	4:26.00	32.78
6.	DESLAURIERS, Maxime		17	Les Dauphins de Rimouski							4:43.66	418
	50m:	31.13	31.13	150m:	1:42.53	36.24	250m:	2:55.80	36.66	350m:	4:08.58	36.31
	100m:	1:06.29	35.16	200m:	2:19.14	36.61	300m:	3:32.27	36.47	400m:	4:43.66	35.08