

Défi du Nouvel An  
St-Laurent, 11 - 12/1/2025

Epreuve 20  
1/12/2025 - 10:33

Messieurs, 400m 4 nages

10 ans et plus  
Liste résultats

Points: AQUA 2024

Rang				Age					Temps	Pts		
<b>10 ans</b>												
1.	TABBARAH, Ibrahim Adam			10	CNSL				<b>7:08.23</b>	164		
	50m:	48.43	48.43	150m:	2:39.35	51.05	250m:	4:33.52	1:03.24	350m:	6:21.84	46.95
	100m:	1:48.30	59.87	200m:	3:30.28	50.93	300m:	5:34.89	1:01.37	400m:	7:08.23	46.39
<b>11 - 13 ans</b>												
1.	ONESI, Liam			12	DDO				<b>5:55.33</b>	288		
	50m:	36.36	36.36	150m:	2:07.08	47.13	250m:	3:45.28	53.03	350m:	5:18.91	39.21
	100m:	1:19.95	43.59	200m:	2:52.25	45.17	300m:	4:39.70	54.42	400m:	5:55.33	36.42
2.	LAGHNEJ, Ali Mohamed			12	DDO				<b>5:58.60</b>	280		
	50m:	39.86	39.86	150m:	2:14.98	45.56	250m:	3:51.90	51.27	350m:	5:22.56	37.88
	100m:	1:29.42	49.56	200m:	3:00.63	45.65	300m:	4:44.68	52.78	400m:	5:58.60	36.04
3.	SLATER, Noah			12	DDO				<b>6:25.20</b>	226		
	50m:	43.99	43.99	150m:	2:26.00	52.24	250m:	4:09.63	54.98	350m:	5:46.52	40.84
	100m:	1:33.76	49.77	200m:	3:14.65	48.65	300m:	5:05.68	56.05	400m:	6:25.20	38.68
4.	DAOUD, Nicolas			12	DDO				<b>6:26.38</b>	224		
	50m:	43.05	43.05	150m:	2:22.75	44.43	250m:	4:06.77	58.25	350m:	5:44.59	41.35
	100m:	1:38.32	55.27	200m:	3:08.52	45.77	300m:	5:03.24	56.47	400m:	6:26.38	41.79
5.	SERVIO, Aidan			12	DDO				<b>6:29.55</b>	219		
	50m:	39.72	39.72	150m:	2:18.40	49.54	250m:	4:06.08	58.09	350m:	5:48.78	42.58
	100m:	1:28.86	49.14	200m:	3:07.99	49.59	300m:	5:06.20	1:00.12	400m:	6:29.55	40.77
6.	KANG-AUGER, Cédric			11	CNSL				<b>6:45.75</b>	193		
	50m:	47.66	47.66	150m:	2:31.15	47.08	250m:	4:16.92	58.45	350m:	6:02.20	44.84
	100m:	1:44.07	56.41	200m:	3:18.47	47.32	300m:	5:17.36	1:00.44	400m:	6:45.75	43.55
7.	NIE, Simon			11	CNSL				<b>7:29.80</b>	142		
	50m:	46.52	46.52	150m:	2:42.99	55.05	250m:	4:39.97	1:03.18	350m:	6:37.84	54.64
	100m:	1:47.94	1:01.42	200m:	3:36.79	53.80	300m:	5:43.20	1:03.23	400m:	7:29.80	51.96
8.	ST LOUIS, Jaden			13	CNSL				<b>7:38.59</b>	134		
	50m:	49.24	49.24	150m:	2:44.88	53.38	250m:	4:48.03	1:07.69	350m:	6:49.12	52.83
	100m:	1:51.50	1:02.26	200m:	3:40.34	55.46	300m:	5:56.29	1:08.26	400m:	7:38.59	49.47
<b>14 - 15 ans</b>												
1.	GAO, Simon			14	CNSL				<b>5:28.03</b>	366		
	50m:	33.34	33.34	150m:	1:54.45	43.49	250m:	3:24.27	47.30	350m:	4:50.81	38.39
	100m:	1:10.96	37.62	200m:	2:36.97	42.52	300m:	4:12.42	48.15	400m:	5:28.03	37.22
2.	NGUYEN, Ky Huu			14	CNSL				<b>5:47.10</b>	309		
	50m:	38.91	38.91	150m:	2:11.86	44.94	250m:	3:43.31	46.30	350m:	5:09.88	39.61
	100m:	1:26.92	48.01	200m:	2:57.01	45.15	300m:	4:30.27	46.96	400m:	5:47.10	37.22
<b>16 - 17 ans</b>												
1.	LIN, Ken			16	CNSL				<b>5:36.07</b>	341		
	50m:	35.33	35.33	150m:	1:58.85	42.59	250m:	3:31.11	50.52	350m:	4:59.94	37.04
	100m:	1:16.26	40.93	200m:	2:40.59	41.74	300m:	4:22.90	51.79	400m:	5:36.07	36.13

Défi du Nouvel An  
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Epreuve 20, Messieurs, 400m 4 nages

18 ans et plus

1.	SONG, Qian Chang			22	CNSL				<b>5:03.07</b>	465		
	50m:	30.85	30.85	150m:	1:46.64	40.13	250m:	3:08.92	40.13	350m:	4:27.91	37.22
	100m:	1:06.51	35.66	200m:	2:28.79	42.15	300m:	3:50.69	41.77	400m:	5:03.07	35.16