

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

Epreuve 8
1/11/2025 - 10:20

Messieurs, 400m Libre

10 ans et plus
Liste résultats

Points: AQUA 2024

Rang			Age						Temps	Pts		
10 ans												
1.	DEMERS, Gabriel		10		CNSL				5:45.26	232		
	50m:	37.75	37.75	150m:	2:06.88	44.83	250m:	3:37.42	45.46	350m:	5:05.87	43.82
	100m:	1:22.05	44.30	200m:	2:51.96	45.08	300m:	4:22.05	44.63	400m:	5:45.26	39.39
2.	TOUHAMI, Rhali		10		DDO				5:52.34	218		
	50m:	38.84	38.84	150m:	2:07.33	44.50	250m:	3:38.77	46.23	350m:	5:09.13	44.80
	100m:	1:22.83	43.99	200m:	2:52.54	45.21	300m:	4:24.33	45.56	400m:	5:52.34	43.21
3.	NGUYEN, Uy The		10		CNSL				6:22.11	171		
	50m:	42.48	42.48	150m:	2:22.17	50.62	250m:	4:01.48	49.67	350m:	5:38.18	47.64
	100m:	1:31.55	49.07	200m:	3:11.81	49.64	300m:	4:50.54	49.06	400m:	6:22.11	43.93
4.	BRADSHAW, Brody		10		DDO				6:23.77	169		
	50m:	43.30	43.30	150m:	2:21.59	49.87	250m:	4:00.48	49.49	350m:	5:38.17	48.21
	100m:	1:31.72	48.42	200m:	3:10.99	49.40	300m:	4:49.96	49.48	400m:	6:23.77	45.60
5.	MCCAFFREY, Bryce		10		DDO				6:39.19	150		
	50m:	42.78	42.78	150m:	2:22.38	50.22	250m:	4:04.77	51.92	350m:	5:48.86	52.20
	100m:	1:32.16	49.38	200m:	3:12.85	50.47	300m:	4:56.66	51.89	400m:	6:39.19	50.33
6.	EID, Tarek		10		DDO				7:10.96	119		
	50m:	46.07	46.07	150m:	2:35.45	53.85	250m:	4:27.25	56.93	350m:	6:17.23	53.64
	100m:	1:41.60	55.53	200m:	3:30.32	54.87	300m:	5:23.59	56.34	400m:	7:10.96	53.73
11 - 13 ans												
1.	XU, Shining		12		CNSL				6:18.34	176		
	50m:	42.85	42.85	150m:	2:18.69	48.28	250m:	3:57.18	49.10	350m:	5:35.60	48.37
	100m:	1:30.41	47.56	200m:	3:08.08	49.39	300m:	4:47.23	50.05	400m:	6:18.34	42.74
2.	TANG, Zihan		12		CNSL				6:52.54	136		
	50m:	43.97	43.97	150m:	2:25.37	51.46	250m:	4:11.75	54.41	350m:	6:00.12	54.30
	100m:	1:33.91	49.94	200m:	3:17.34	51.97	300m:	5:05.82	54.07	400m:	6:52.54	52.42
3.	DERRAJI, Nael		12		DDO				6:58.59	130		
	50m:	45.00	45.00	150m:	2:30.14	53.18	250m:	4:18.31	55.09	350m:	6:06.48	53.32
	100m:	1:36.96	51.96	200m:	3:23.22	53.08	300m:	5:13.16	54.85	400m:	6:58.59	52.11
4.	DE LISI, Rylan Patrick		11		DDO				6:58.93	130		
	50m:	45.26	45.26	150m:	2:30.07	54.63	250m:	4:18.53	54.75	350m:	6:07.20	53.50
	100m:	1:35.44	50.18	200m:	3:23.78	53.71	300m:	5:13.70	55.17	400m:	6:58.93	51.73
5.	LAGHNEJ, Yassine Mohamed		11		DDO				7:08.86	121		
	50m:	44.98	44.98	150m:	2:33.91	55.38	250m:	4:23.24	54.53	350m:	6:11.09	51.73
	100m:	1:38.53	53.55	200m:	3:28.71	54.80	300m:	5:19.36	56.12	400m:	7:08.86	57.77
14 - 15 ans												
1.	WENAAS, Félix		14		CNSL				4:58.66	358		
	50m:	32.38	32.38	150m:	1:45.75	37.59	250m:	3:04.72	40.13	350m:	4:23.55	39.14
	100m:	1:08.16	35.78	200m:	2:24.59	38.84	300m:	3:44.41	39.69	400m:	4:58.66	35.11
2.	DI MARIA, Alex		15		CNSL				5:06.90	330		
	50m:	33.88	33.88	150m:	1:51.52	39.46	250m:	3:10.46	39.30	350m:	4:30.36	40.27
	100m:	1:12.06	38.18	200m:	2:31.16	39.64	300m:	3:50.09	39.63	400m:	5:06.90	36.54

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Epreuve 8, Garçons, 400m Libre, 14 - 15 ans

Rang			Age							Temps	Pts	
3.	NGUYEN, Ky Huu		14	CNSL						5:07.94	327	
	50m:	33.92	33.92	150m:	1:50.82	39.13	250m:	3:11.86	40.87	350m:	4:31.18	39.43
	100m:	1:11.69	37.77	200m:	2:30.99	40.17	300m:	3:51.75	39.89	400m:	5:07.94	36.76
4.	NGUYEN, Laurent		14	CNSL						5:52.78	217	
	50m:	38.68	38.68	150m:	2:05.73	44.45	250m:	3:37.22	46.18	350m:	5:09.21	45.50
	100m:	1:21.28	42.60	200m:	2:51.04	45.31	300m:	4:23.71	46.49	400m:	5:52.78	43.57
5.	LAGRINI, Zakaria		15	CNSL						6:07.63	192	
	50m:	36.13	36.13	150m:	2:09.50	48.37	250m:	3:46.75	49.54	350m:	5:19.83	46.15
	100m:	1:21.13	45.00	200m:	2:57.21	47.71	300m:	4:33.68	46.93	400m:	6:07.63	47.80

16 - 17 ans

forf.nd.	DAHMANI, Adam	16	CNSL
forf.nd.	TREMBLAY, Colin	17	CNSL