

Invitation UNIK 2025 des fonderies Laroche  
Pont-Rouge, 25-1-2025

Epreuve 5  
2025-01-25 - 9:30

400m Libre

9 ans et plus  
Liste résultats

Points: FINA 2023

Rang			Age							Temps	Pts	
<b>9 - 10 ans, Filles</b>												
1.	FRANÇOIS, Diuna		10	Unik						<b>6:00.92</b>	263	
	50m:	40.56	40.56	150m:	2:14.62	47.70	250m:	3:49.00	46.06	350m:	5:19.58	44.65
	100m:	1:26.92	46.36	200m:	3:02.94	48.32	300m:	4:34.93	45.93	400m:	6:00.92	41.34
2.	DAVID-BRETON, Cassiopée		10	Riverains						<b>6:27.55</b>	212	
	50m:	42.48	42.48	150m:	2:22.98	51.27	250m:	4:04.97	50.80	350m:	5:42.43	48.58
	100m:	1:31.71	49.23	200m:	3:14.17	51.19	300m:	4:53.85	48.88	400m:	6:27.55	45.12
3.	CHOUINARD, Mérida		10	Riverains						<b>6:33.07</b>	203	
	50m:	41.95	41.95	150m:	2:21.13	50.78	250m:	4:03.69	51.70	350m:	5:46.81	51.22
	100m:	1:30.35	48.40	200m:	3:11.99	50.86	300m:	4:55.59	51.90	400m:	6:33.07	46.26
<b>9 - 10 ans, Garçons</b>												
1.	BOUKER, Emir		10	Rouge et Or						<b>5:45.01</b>	232	
	50m:	38.48	38.48	150m:	2:08.85	44.89	250m:	3:37.92	45.01	350m:	5:04.93	43.25
	100m:	1:23.96	45.48	200m:	2:52.91	44.06	300m:	4:21.68	43.76	400m:	5:45.01	40.08
2.	NADEAU, Ludovic		10	Rouge et Or						<b>6:08.87</b>	190	
	50m:	1:26.25	1:26.25	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	6:08.87	
3.	CÔTÉ, Émile		10	Riverains						<b>6:28.72</b>	162	
	50m:	43.12	43.12	150m:	2:20.33	49.00	250m:	4:00.28	49.53	350m:	5:42.16	51.83
	100m:	1:31.33	48.21	200m:	3:10.75	50.42	300m:	4:50.33	50.05	400m:	6:28.72	46.56
4.	NGUYEN, Tristan		10	Riverains						<b>6:33.13</b>	157	
	50m:	42.85	42.85	150m:	2:22.35	50.14	250m:	4:04.41	50.57	350m:	5:45.44	50.72
	100m:	1:32.21	49.36	200m:	3:13.84	51.49	300m:	4:54.72	50.31	400m:	6:33.13	47.69
5.	SAVARD, Justin		10	Rouge et Or						<b>6:35.59</b>	154	
	50m:	44.51	44.51	150m:	2:25.45	50.56	250m:	4:06.84	49.40	350m:	5:47.36	49.32
	100m:	1:34.89	50.38	200m:	3:17.44	51.99	300m:	4:58.04	51.20	400m:	6:35.59	48.23
<b>11 - 12 ans, Filles</b>												
1.	POIRIER, Adèle		12	Unik						<b>5:07.20</b>	426	
	50m:	33.10	33.10	150m:	1:51.61	40.14	250m:	3:11.62	39.96	350m:	4:30.30	38.69
	100m:	1:11.47	38.37	200m:	2:31.66	40.05	300m:	3:51.61	39.99	400m:	5:07.20	36.90
2.	TRUDEL, Léanne		12	Unik						<b>5:10.90</b>	411	
	50m:	34.48	34.48	150m:	1:53.51	39.84	250m:	3:12.54	39.37	350m:	4:31.18	39.07
	100m:	1:13.67	39.19	200m:	2:33.17	39.66	300m:	3:52.11	39.57	400m:	5:10.90	39.72
3.	GERVAIS, Florence		12	Unik						<b>5:26.02</b>	357	
	50m:	35.90	35.90	150m:	1:58.15	41.84	250m:	3:22.43	42.34	350m:	4:46.05	42.08
	100m:	1:16.31	40.41	200m:	2:40.09	41.94	300m:	4:03.97	41.54	400m:	5:26.02	39.97
4.	SLAMA, Meriam		12	Rouge et Or						<b>5:38.39</b>	319	
	50m:	36.54	36.54	150m:	2:01.03	42.64	250m:	3:28.14	43.70	350m:	4:55.78	43.91
	100m:	1:18.39	41.85	200m:	2:44.44	43.41	300m:	4:11.87	43.73	400m:	5:38.39	42.61
5.	SAYEGH, Florence		11	Rouge et Or						<b>5:53.76</b>	279	
	50m:	39.79	39.79	150m:	2:12.15	46.20	250m:	3:42.35	44.84	350m:	5:12.97	45.08
	100m:	1:25.95	46.16	200m:	2:57.51	45.36	300m:	4:27.89	45.54	400m:	5:53.76	40.79

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Epreuve 5, Filles, 400m Libre, 11 - 12 ans

Rang			Age							Temps	Pts	
6.	NGUYEN, Delphine		12	Riverains						<b>6:05.83</b>	252	
	50m:	41.09	41.09	150m:	2:15.36	47.92	250m:	3:49.34	46.01	350m:	5:22.21	46.97
	100m:	1:27.44	46.35	200m:	3:03.33	47.97	300m:	4:35.24	45.90	400m:	6:05.83	43.62
7.	GUERRA DOUTRELOUX, Quetzalli		11	Riverains						<b>6:16.65</b>	231	
	50m:	41.70	41.70	150m:	2:17.45	48.32	250m:	3:54.76	48.91	350m:	5:28.80	46.11
	100m:	1:29.13	47.43	200m:	3:05.85	48.40	300m:	4:42.69	47.93	400m:	6:16.65	47.85
8.	SAMSON, Elody		12	Unik						<b>6:30.80</b>	207	
	50m:	39.95	39.95	150m:	2:19.45	51.49	250m:	4:00.13	50.90	350m:	5:42.55	51.19
	100m:	1:27.96	48.01	200m:	3:09.23	49.78	300m:	4:51.36	51.23	400m:	6:30.80	48.25

11 - 12 ans, Garçons

1.	ANGLEHART, Simon		11	Rouge et Or						<b>5:32.99</b>	258	
	50m:	37.61	37.61	150m:	2:01.73	42.64	250m:	3:27.70	43.00	350m:	4:53.22	42.44
	100m:	1:19.09	41.48	200m:	2:44.70	42.97	300m:	4:10.78	43.08	400m:	5:32.99	39.77
2.	LECLERC, Louis		11	Rouge et Or						<b>5:45.92</b>	231	
	50m:	38.35	38.35	150m:	2:08.55	45.43	250m:	3:36.68	44.03	350m:	5:05.15	43.58
	100m:	1:23.12	44.77	200m:	2:52.65	44.10	300m:	4:21.57	44.89	400m:	5:45.92	40.77
3.	CARNAHAN, Liam		11	Riverains						<b>6:00.08</b>	204	
	50m:	38.65	38.65	150m:	2:07.74	44.28	250m:	3:41.96	47.58	350m:	5:17.08	47.71
	100m:	1:23.46	44.81	200m:	2:54.38	46.64	300m:	4:29.37	47.41	400m:	6:00.08	43.00
4.	WILDI, Elliot		11	Rouge et Or						<b>6:08.31</b>	191	
	50m:	39.52	39.52	150m:	2:13.07	47.50	250m:	3:48.06	47.66	350m:	5:22.89	47.08
	100m:	1:25.57	46.05	200m:	3:00.40	47.33	300m:	4:35.81	47.75	400m:	6:08.31	45.42
5.	SAMSON, Nolan		11	Unik						<b>6:12.97</b>	184	
	50m:	40.43	40.43	150m:	2:14.31	47.58	250m:	3:50.62	48.17	350m:	5:27.58	48.33
	100m:	1:26.73	46.30	200m:	3:02.45	48.14	300m:	4:39.25	48.63	400m:	6:12.97	45.39
6.	DAVID-BRETON, Maverick		12	Riverains						<b>6:15.60</b>	180	
	50m:	41.09	41.09	150m:	2:12.40	46.69	250m:	3:50.00	49.53	350m:	5:28.80	49.88
	100m:	1:25.71	44.62	200m:	3:00.47	48.07	300m:	4:38.92	48.92	400m:	6:15.60	46.80
7.	SAWAYA-GUÉRARD, Théo		12	Rouge et Or						<b>6:17.60</b>	177	
	50m:	40.70	40.70	150m:	2:17.03	48.82	250m:	3:54.47	48.72	350m:	5:32.16	47.87
	100m:	1:28.21	47.51	200m:	3:05.75	48.72	300m:	4:44.29	49.82	400m:	6:17.60	45.44
8.	SLAMA, Youssef		11	Rouge et Or						<b>6:18.52</b>	176	
	50m:	43.51	43.51	150m:	2:21.48	49.19	250m:	3:58.88	48.97	350m:	5:35.09	48.22
	100m:	1:32.29	48.78	200m:	3:09.91	48.43	300m:	4:46.87	47.99	400m:	6:18.52	43.43
9.	GAGNON, Charles		12	Nsh						<b>6:26.90</b>	165	
	50m:	41.11	41.11	150m:	2:18.27	49.43	250m:	3:58.51	50.20	350m:	5:39.69	50.79
	100m:	1:28.84	47.73	200m:	3:08.31	50.04	300m:	4:48.90	50.39	400m:	6:26.90	47.21

13 - 14 ans, Filles

1.	GERVAIS, Rosalie		14	Unik						<b>5:10.88</b>	411	
	50m:	34.30	34.30	150m:	1:51.33	39.05	250m:	3:12.68	40.55	350m:	4:33.47	40.07
	100m:	1:12.28	37.98	200m:	2:32.13	40.80	300m:	3:53.40	40.72	400m:	5:10.88	37.41
2.	COUTURE, Daphney		13	Riverains						<b>6:08.33</b>	247	
	50m:	40.08	40.08	150m:	3:02.75	47.80	250m:	4:37.87	47.84	350m:		
	100m:	2:14.95	1:34.87	200m:	3:50.03	47.28	300m:	5:25.54	47.67	400m:	6:08.33	

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Epreuve 5, Filles, 400m Libre, 13 - 14 ans

Rang				Age					Temps	Pts		
3.	BÉLANGER, Eve-Sophie			13	Riverains				<b>6:16.43</b>	231		
	50m:	39.29	39.29	150m:	2:14.62	48.79	250m:	3:52.64	48.78	350m:	5:31.30	49.08
	100m:	1:25.83	46.54	200m:	3:03.86	49.24	300m:	4:42.22	49.58	400m:	6:16.43	45.13
4.	LEVESQUE, Florence			13	Rouge et Or				<b>6:22.49</b>	221		
	50m:	41.60	41.60	150m:	2:18.49	48.49	250m:	3:56.50	48.29	350m:	5:34.43	49.21
	100m:	1:30.00	48.40	200m:	3:08.21	49.72	300m:	4:45.22	48.72	400m:	6:22.49	48.06
5.	LEBLANC, Juliette			14	Riverains				<b>6:33.61</b>	202		
	50m:	42.86	42.86	150m:	2:21.59	50.07	250m:	4:03.25	51.48	350m:	5:45.45	51.45
	100m:	1:31.52	48.66	200m:	3:11.77	50.18	300m:	4:54.00	50.75	400m:	6:33.61	48.16
6.	BERNIER, Léanne			14	Riverains				<b>6:40.93</b>	192		
	50m:	45.26	45.26	150m:	2:27.34	51.58	250m:	4:10.62	51.43	350m:	5:52.05	50.63
	100m:	1:35.76	50.50	200m:	3:19.19	51.85	300m:	5:01.42	50.80	400m:	6:40.93	48.88

13 - 14 ans, Garçons

1.	GRENIER, Léo			14	Unik				<b>5:23.43</b>	282		
	50m:	35.29	35.29	150m:	1:57.03	41.57	250m:	3:21.33	42.38	350m:	4:44.02	40.89
	100m:	1:15.46	40.17	200m:	2:38.95	41.92	300m:	4:03.13	41.80	400m:	5:23.43	39.41
2.	ROY, Jérémy			14	Unik				<b>6:47.20</b>	141		
	50m:	43.60	43.60	150m:	2:23.68	50.98	250m:	4:08.69	53.05	350m:	5:56.05	53.96
	100m:	1:32.70	49.10	200m:	3:15.64	51.96	300m:	5:02.09	53.40	400m:	6:47.20	51.15

15 ans et plus, Messieurs

1.	DEMERS, Etienne			16	Unik				<b>4:50.87</b>	388		
	50m:	30.88	30.88	150m:	1:42.77	36.90	250m:	2:59.02	38.39	350m:	4:14.68	37.37
	100m:	1:05.87	34.99	200m:	2:20.63	37.86	300m:	3:37.31	38.29	400m:	4:50.87	36.19
2.	PAQUET, Cédrik			17	Unik				<b>4:56.05</b>	368		
	50m:	31.96	31.96	150m:	1:46.32	37.37	250m:	3:03.36	37.86	350m:	4:19.18	37.46
	100m:	1:08.95	36.99	200m:	2:25.50	39.18	300m:	3:41.72	38.36	400m:	4:56.05	36.87
3.	GINGRAS, Ludovic			15	Riverains				<b>5:45.15</b>	232		
	50m:	38.14	38.14	150m:	2:02.83	43.02	250m:	3:31.96	44.88	350m:	5:02.57	45.79
	100m:	1:19.81	41.67	200m:	2:47.08	44.25	300m:	4:16.78	44.82	400m:	5:45.15	42.58