

Epreuve 10
 14-02-2025

Garçons, 400m 4 nages

 17 ans et moins
 Liste résultats

Quebec Provincial Senior Records	4:11.42	BIELBY, Steven	MCGILL	Vancouver	19-02-2009
Quebec Provincial Age Group Records	4:18.56	PAQUIN-FOISY, Etienne	ELITE	Toronto	05-12-2014

Points: AQUA 2024

Rang			Age					Temps	Pts			
13 ans et moins												
1.	MOSKUN, Nikolas		13	Pointe-Claire Swim Club				4:59.26	483			
	50m:	30.80	30.80	150m:	1:45.51	39.25	250m:	3:07.00	43.90	350m:	4:25.57	34.81
	100m:	1:06.26	35.46	200m:	2:23.10	37.59	300m:	3:50.76	43.76	400m:	4:59.26	33.69
2.	O'CONNELL, Tyler		13	Pointe-Claire Swim Club				5:08.03	442			
	50m:	31.61	31.61	150m:	1:47.17	39.79	250m:	3:09.46	43.83	350m:	4:33.41	37.93
	100m:	1:07.38	35.77	200m:	2:25.63	38.46	300m:	3:55.48	46.02	400m:	5:08.03	34.62
3.	HOANG, Hayden		13	Club de Natation SAMAK				5:17.92	402			
	50m:	32.19	32.19	150m:	1:52.66	41.82	250m:	3:19.02	46.93	350m:	4:42.95	38.00
	100m:	1:10.84	38.65	200m:	2:32.09	39.43	300m:	4:04.95	45.93	400m:	5:17.92	34.97
4.	ZHAO, Benoit-Long		13	Cnq				5:24.46	379			
	50m:	32.25	32.25	150m:	1:51.85	41.10	250m:	3:20.95	49.48	350m:	4:47.37	37.68
	100m:	1:10.75	38.50	200m:	2:31.47	39.62	300m:	4:09.69	48.74	400m:	5:24.46	37.09
5.	CHARBONNEAU, Emrick		13	Mustang Boucherville				5:30.67	358			
	50m:	34.44	34.44	150m:	1:57.76	41.35	250m:	3:26.60	47.35	350m:	4:53.54	38.65
	100m:	1:16.41	41.97	200m:	2:39.25	41.49	300m:	4:14.89	48.29	400m:	5:30.67	37.13
6.	LESSARD, Édouard		12	Cnq				5:37.62	336			
	50m:	35.86	35.86	150m:	2:00.14	42.66	250m:	3:33.21	50.88	350m:	5:01.78	35.92
	100m:	1:17.48	41.62	200m:	2:42.33	42.19	300m:	4:25.86	52.65	400m:	5:37.62	35.84
7.	MCMICHAEL, Harvey		12	Pointe-Claire Swim Club				5:37.99	335			
	50m:	36.63	36.63	150m:	2:02.61	42.62	250m:			350m:	5:01.11	37.71
	100m:	1:19.99	43.36	200m:	2:45.79	43.18	300m:	4:23.40		400m:	5:37.99	36.88
8.	THÉROUX, Christophe		13	Cnq				5:38.55	333			
	50m:	36.84	36.84	150m:	2:00.71	41.90	250m:	3:34.52	52.91	350m:	5:05.76	35.91
	100m:	1:18.81	41.97	200m:	2:41.61	40.90	300m:	4:29.85	55.33	400m:	5:38.55	32.79
9.	LAMOUREUX, Cedric		13	Camo				5:43.63	319			
	50m:	35.70	35.70	150m:	2:03.83	42.83	250m:	3:41.14	54.46	350m:	5:07.90	33.52
	100m:	1:21.00	45.30	200m:	2:46.68	42.85	300m:	4:34.38	53.24	400m:	5:43.63	35.73
10.	SHAO, Daniel		13	Pointe-Claire Swim Club				5:44.41	316			
	50m:	35.55	35.55	150m:	2:00.86	42.33	250m:	3:34.52	51.34	350m:	5:05.25	40.73
	100m:	1:18.53	42.98	200m:	2:43.18	42.32	300m:	4:24.52	50.00	400m:	5:44.41	39.16
11.	AISSA, Anas		13	Club de Natation SAMAK				5:45.88	312			
	50m:	36.82	36.82	150m:	2:01.29	43.46	250m:	3:36.71	51.16	350m:	5:08.00	39.43
	100m:	1:17.83	41.01	200m:	2:45.55	44.26	300m:	4:28.57	51.86	400m:	5:45.88	37.88
12.	HILLIER, Malcolm		12	Pointe-Claire Swim Club				5:45.93	312			
	50m:	39.34	39.34	150m:	2:08.56	44.77	250m:	3:42.97	48.78	350m:	5:10.05	36.85
	100m:	1:23.79	44.45	200m:	2:54.19	45.63	300m:	4:33.20	50.23	400m:	5:45.93	35.88
13.	RICCI, Adriano		12	Pointe-Claire Swim Club				5:51.80	297			
	50m:	35.92	35.92	150m:	2:05.84	45.88	250m:	3:40.23	49.96	350m:	5:12.44	41.42
	100m:	1:19.96	44.04	200m:	2:50.27	44.43	300m:	4:31.02	50.79	400m:	5:51.80	39.36
14.	NOSEK, Darek		12	Camo				5:53.95	291			
	50m:	38.78	38.78	150m:	2:12.47	44.42	250m:	3:46.27	48.12	350m:	5:15.17	39.21
	100m:	1:28.05	49.27	200m:	2:58.15	45.68	300m:	4:35.96	49.69	400m:	5:53.95	38.78

Epreuve 10, Garçons, 400m 4 nages, 13 ans et moins

Rang					Age					Temps	Pts	
15.	PAQUET, Tom				13	Neptune Natation				6:01.72	273	
	50m:	43.32	43.32	150m:	2:20.45	46.30	250m:	3:55.51	49.71	350m:	5:24.19	38.37
	100m:	1:34.15	50.83	200m:	3:05.80	45.35	300m:	4:45.82	50.31	400m:	6:01.72	37.53
16.	TREMBLAY, Luka				13	Club de Natation des Riverains				6:05.01	266	
	50m:	37.02	37.02	150m:	2:09.97	46.61	250m:	3:48.52	52.66	350m:	5:24.73	40.50
	100m:	1:23.36	46.34	200m:	2:55.86	45.89	300m:	4:44.23	55.71	400m:	6:05.01	40.28
17.	COTRUTA, Alexander				11	Club de Natation SAMAK				6:05.69	264	
	50m:	39.98	39.98	150m:	2:14.06	46.67	250m:	3:52.08	50.57	350m:	5:25.93	40.93
	100m:	1:27.39	47.41	200m:	3:01.51	47.45	300m:	4:45.00	52.92	400m:	6:05.69	39.76
18.	VILLANUEVA SONG, Luka				12	Club de Natation SAMAK				6:15.19	245	
	50m:	38.55	38.55	150m:	2:14.19	48.17	250m:	3:57.59	55.59	350m:	5:35.62	40.91
	100m:	1:26.02	47.47	200m:	3:02.00	47.81	300m:	4:54.71	57.12	400m:	6:15.19	39.57
19.	YANG, Fengmao				12	Club de Natation SAMAK				6:15.49	244	
	50m:	40.11	40.11	150m:	2:14.39	46.69	250m:	3:57.15	56.74	350m:	5:36.07	42.90
	100m:	1:27.70	47.59	200m:	3:00.41	46.02	300m:	4:53.17	56.02	400m:	6:15.49	39.42
20.	OCHMAN-ARSENAULT, Benjamin				12	Club de Natation SAMAK				6:17.92	239	
	50m:	39.94	39.94	150m:	2:20.31	47.91	250m:	4:02.35	53.53	350m:	5:39.17	41.33
	100m:	1:32.40	52.46	200m:	3:08.82	48.51	300m:	4:57.84	55.49	400m:	6:17.92	38.75
21.	BORDUAS, Alexandre				12	Club de Natation SAMAK				6:19.94	236	
	50m:	41.33	41.33	150m:	2:18.16	47.38	250m:	4:02.03	56.24	350m:	5:38.20	42.97
	100m:	1:30.78	49.45	200m:	3:05.79	47.63	300m:	4:55.23	53.20	400m:	6:19.94	41.74
22.	ZNIBER, Kamil				11	Club de Natation SAMAK				6:27.02	223	
	50m:	43.63	43.63	150m:	2:22.59	48.61	250m:	4:09.68	57.49	350m:	5:49.03	39.16
	100m:	1:33.98	50.35	200m:	3:12.19	49.60	300m:	5:09.87	1:00.19	400m:	6:27.02	37.99
23.	MARION, Jacques				11	Club de Natation SAMAK				6:27.78	222	
	50m:	43.05	43.05	150m:	2:23.58	47.67	250m:	4:09.05	58.70	350m:	5:47.93	42.71
	100m:	1:35.91	52.86	200m:	3:10.35	46.77	300m:	5:05.22	56.17	400m:	6:27.78	39.85
24.	CUI, Gavin				12	Pointe-Claire Swim Club				6:30.94	216	
	50m:	47.70	47.70	150m:	2:33.78	48.39	250m:	5:06.64	1:46.40	350m:	5:49.54	
	100m:	1:45.39	57.69	200m:	3:20.24	46.46	300m:			400m:	6:30.94	41.40
25.	GUAN, Kevin				12	Club de Natation SAMAK				6:35.80	208	
	50m:	41.76	41.76	150m:	2:27.77	52.00	250m:	4:14.38	57.11	350m:	5:54.86	42.81
	100m:	1:35.77	54.01	200m:	3:17.27	49.50	300m:	5:12.05	57.67	400m:	6:35.80	40.94
26.	XUE, Vincent				11	Club de Natation SAMAK				6:46.36	192	
	50m:	45.64	45.64	150m:	2:29.08	47.62	250m:	4:16.90	59.07	350m:	6:01.34	45.45
	100m:	1:41.46	55.82	200m:	3:17.83	48.75	300m:	5:15.89	58.99	400m:	6:46.36	45.02
disq.	CORMIER, Thomas				13	Cnq						

14 - 15 ans

1.	BOULAAJOU, Marwan				15	Camo				4:53.99	509	
	50m:	31.72	31.72	150m:	1:44.36	38.83	250m:	3:05.56	42.79	350m:	4:22.81	33.70
	100m:	1:05.53	33.81	200m:	2:22.77	38.41	300m:	3:49.11	43.55	400m:	4:53.99	31.18
2.	BLANCHARD, Émile				15	Neptune Natation				4:56.02	499	
	50m:	31.85	31.85	150m:	1:46.63	38.38	250m:	3:07.42	43.17	350m:	4:23.94	32.38
	100m:	1:08.25	36.40	200m:	2:24.25	37.62	300m:	3:51.56	44.14	400m:	4:56.02	32.08
3.	DUMAIS, Darius				15	Neptune Natation				4:56.41	497	
	50m:	31.46	31.46	150m:	1:46.60	39.87	250m:	3:06.84	41.81	350m:	4:23.43	34.46
	100m:	1:06.73	35.27	200m:	2:25.03	38.43	300m:	3:48.97	42.13	400m:	4:56.41	32.98

Epreuve 10, Garçons, 400m 4 nages, 14 - 15 ans

Rang				Age						Temps	Pts	
4.	DUBÉ, Samuel			15	Cnq					4:58.48	486	
	50m:	30.71	30.71	150m:	1:47.74	40.36	250m:	3:08.72	41.85	350m:	4:26.60	34.21
	100m:	1:07.38	36.67	200m:	2:26.87	39.13	300m:	3:52.39	43.67	400m:	4:58.48	31.88
5.	DAVOUST, Maxence			14	Pointe-Claire Swim Club					5:02.44	467	
	50m:	31.93	31.93	150m:	1:48.80	39.34	250m:	3:10.65	42.84	350m:	4:28.45	34.57
	100m:	1:09.46	37.53	200m:	2:27.81	39.01	300m:	3:53.88	43.23	400m:	5:02.44	33.99
6.	MENARD, Elliot			14	Pointe-Claire Swim Club					5:04.33	459	
	50m:	32.46	32.46	150m:	1:52.52	41.24	250m:	3:15.40	41.60	350m:	4:32.34	33.99
	100m:	1:11.28	38.82	200m:	2:33.80	41.28	300m:	3:58.35	42.95	400m:	5:04.33	31.99
7.	CHAN, Oliver			14	Cnq					5:04.96	456	
	50m:	31.10	31.10	150m:	1:47.75	40.24	250m:	3:11.18	44.77	350m:	4:31.14	35.39
	100m:	1:07.51	36.41	200m:	2:26.41	38.66	300m:	3:55.75	44.57	400m:	5:04.96	33.82
8.	LI, Matthew			14	Pointe-Claire Swim Club					5:06.91	447	
	50m:	31.54	31.54	150m:	1:48.35	40.40	250m:	3:12.44	44.66	350m:	4:32.83	36.27
	100m:	1:07.95	36.41	200m:	2:27.78	39.43	300m:	3:56.56	44.12	400m:	5:06.91	34.08
9.	SHABALIN F, Gregory			15	Club de Natation SAMAK					5:08.82	439	
	50m:	31.04	31.04	150m:	1:48.43	40.34	250m:			350m:	4:34.37	35.44
	100m:	1:08.09	37.05	200m:			300m:	3:58.93		400m:	5:08.82	34.45
10.	PAQUIN, Loïc			15	Cnq					5:08.95	439	
	50m:	32.40	32.40	150m:	1:52.13	41.01	250m:	3:15.97	44.24	350m:	4:36.90	35.40
	100m:	1:11.12	38.72	200m:	2:31.73	39.60	300m:	4:01.50	45.53	400m:	5:08.95	32.05
11.	DERAKHSHANNIA, Arad			15	Club de Natation SAMAK					5:09.28	437	
	50m:	32.72	32.72	150m:	1:51.74	41.05	250m:	3:17.28	45.32	350m:	4:36.89	34.18
	100m:	1:10.69	37.97	200m:	2:31.96	40.22	300m:	4:02.71	45.43	400m:	5:09.28	32.39
12.	ZHANG, Austin			14	Club de Natation SAMAK					5:11.89	426	
	50m:	34.53	34.53	150m:	1:54.59	39.43	250m:	3:17.87	44.46	350m:	4:37.68	35.67
	100m:	1:15.16	40.63	200m:	2:33.41	38.82	300m:	4:02.01	44.14	400m:	5:11.89	34.21
13.	KHIAR, Mohamed			15	Neptune Natation					5:11.91	426	
	50m:	34.21	34.21	150m:	1:52.83	39.02	250m:	3:17.30	46.55	350m:	4:38.72	35.18
	100m:	1:13.81	39.60	200m:	2:30.75	37.92	300m:	4:03.54	46.24	400m:	5:11.91	33.19
14.	LÉPINE, Loïc			14	Club de Natation des Riverains					5:14.91	414	
	50m:	33.15	33.15	150m:	1:51.40	40.40	250m:	3:17.06	46.00	350m:	4:38.74	35.48
	100m:	1:11.00	37.85	200m:	2:31.06	39.66	300m:	4:03.26	46.20	400m:	5:14.91	36.17
15.	FORCIER, William			14	Club de Natation SAMAK					5:24.77	377	
	50m:	34.88	34.88	150m:	2:01.31		250m:	3:28.39	46.26	350m:	4:49.19	36.21
	100m:			200m:	2:42.13	40.82	300m:	4:12.98	44.59	400m:	5:24.77	35.58
16.	CORRIVEAU, Raphaël			15	Club de Natation des Riverains					5:25.30	376	
	50m:	35.07	35.07	150m:	1:59.95	44.26	250m:	3:29.13	45.62	350m:	4:51.47	35.41
	100m:	1:15.69	40.62	200m:	2:43.51	43.56	300m:	4:16.06	46.93	400m:	5:25.30	33.83
17.	PINETTE, Youri			14	Club de Natation des Riverains					5:25.62	374	
	50m:	34.80	34.80	150m:	1:59.10	43.05	250m:	3:27.69	45.75	350m:	4:50.59	36.50
	100m:	1:16.05	41.25	200m:	2:41.94	42.84	300m:	4:14.09	46.40	400m:	5:25.62	35.03
18.	BELANGER, Kristofer			14	Cnq					5:27.12	369	
	50m:	34.63	34.63	150m:	1:54.30	41.51	250m:	3:24.80	49.14	350m:	4:51.59	37.00
	100m:	1:12.79	38.16	200m:	2:35.66	41.36	300m:	4:14.59	49.79	400m:	5:27.12	35.53
19.	FORTIER, William			15	Neptune Natation					5:28.54	365	
	50m:	35.15	35.15	150m:	1:56.04	41.02	250m:	3:28.36	50.60	350m:	4:53.04	35.74
	100m:	1:15.02	39.87	200m:	2:37.76	41.72	300m:	4:17.30	48.94	400m:	5:28.54	35.50

Epreuve 10, Garçons, 400m 4 nages, 14 - 15 ans

Rang				Age					Temps	Pts		
20.	LACHARITÉ, Samuel			14	Neptune Natation				5:33.11	350		
	50m:	36.54	36.54	150m:	1:59.94	41.87	250m:	3:27.62	45.48	350m:	4:54.44	
	100m:	1:18.07	41.53	200m:	2:42.14	42.20	300m:			400m:	5:33.11	38.67
21.	BOUTIN, Karel			14	Cnq				5:34.14	347		
	50m:	36.30	36.30	150m:	2:03.69	41.78	250m:	3:31.88	46.48	350m:	4:57.06	38.21
	100m:	1:21.91	45.61	200m:	2:45.40	41.71	300m:	4:18.85	46.97	400m:	5:34.14	37.08
22.	BLAIS, Guillaume			14	Club de Natation des Riverains				5:34.42	346		
	50m:	34.34	34.34	150m:	2:00.91	44.50	250m:	3:34.49	52.22	350m:	5:00.51	33.76
	100m:	1:16.41	42.07	200m:	2:42.27	41.36	300m:	4:26.75	52.26	400m:	5:34.42	33.91
23.	ROY, Logan-Elyot			15	Club de Natation des Riverains				5:40.40	328		
	50m:	35.65	35.65	150m:	2:05.34	48.86	250m:	3:39.26	47.08	350m:	5:05.34	39.19
	100m:	1:16.48	40.83	200m:	2:52.18	46.84	300m:	4:26.15	46.89	400m:	5:40.40	35.06
24.	BOUCHER, Félix			14	Club de Natation des Riverains				5:43.36	319		
	50m:	37.68	37.68	150m:	2:07.79	44.08	250m:	3:38.75	48.60	350m:	5:05.59	39.60
	100m:	1:23.71	46.03	200m:	2:50.15	42.36	300m:	4:25.99	47.24	400m:	5:43.36	37.77

16 - 17 ans

1.	VLAKOS, Emmanuel			16	Camo				4:46.45	550		
	50m:	30.04	30.04	150m:	1:42.39	38.08	250m:	3:02.13	41.28	350m:	4:15.32	32.28
	100m:	1:04.31	34.27	200m:	2:20.85	38.46	300m:	3:43.04	40.91	400m:	4:46.45	31.13
2.	BOULAY, Noah			17	Mustang Boucherville				4:49.99	530		
	50m:	31.59	31.59	150m:	1:45.62	37.19	250m:	3:03.30	40.57	350m:	4:17.69	32.90
	100m:	1:08.43	36.84	200m:	2:22.73	37.11	300m:	3:44.79	41.49	400m:	4:49.99	32.30
3.	GUILLETTE, Tristan			16	Mustang Boucherville				4:57.21	493		
	50m:	30.15	30.15	150m:	1:46.21	39.31	250m:	3:05.90	41.67	350m:	4:23.49	35.88
	100m:	1:06.90	36.75	200m:	2:24.23	38.02	300m:	3:47.61	41.71	400m:	4:57.21	33.72
4.	BEAUMADIER, Alexandre			16	Neptune Natation				5:02.73	466		
	50m:	32.07	32.07	150m:	1:47.25	39.97	250m:	3:10.52	44.28	350m:	4:29.90	34.49
	100m:	1:07.28	35.21	200m:	2:26.24	38.99	300m:	3:55.41	44.89	400m:	5:02.73	32.83
5.	LANDRY, Olivier			16	Club de Natation des Riverains				5:16.33	409		
	50m:	32.16	32.16	150m:	1:50.35	40.93	250m:	3:19.89	49.51	350m:	4:42.93	33.84
	100m:	1:09.42	37.26	200m:	2:30.38	40.03	300m:	4:09.09	49.20	400m:	5:16.33	33.40
6.	FERREIRA, Viktor			16	Pointe-Claire Swim Club				5:17.40	404		
	50m:	32.55	32.55	150m:	1:52.08	40.56	250m:	3:17.63	46.05	350m:	4:41.84	36.58
	100m:	1:11.52	38.97	200m:	2:31.58	39.50	300m:	4:05.26	47.63	400m:	5:17.40	35.56
7.	TRUONG, Jake			16	Neptune Natation				5:25.27	376		
	50m:	33.28	33.28	150m:	1:54.86	42.43	250m:			350m:	4:47.49	38.47
	100m:	1:12.43	39.15	200m:	2:35.78	40.92	300m:	4:09.02		400m:	5:25.27	37.78