

Régionale #4 NSH
Québec, 6-4-2025

Epreuve 11
2025-04-06 - 11:23

400m Libre

10 ans et moins
Liste résultats

Points: AQUA 2025

Rang					Age					Temps	Pts	
1.	LEBLANC, Samuel				10	Club de Natation des Riverains				5:58.94		
	50m:	41.74	41.74	150m:	2:15.01	250m:		350m:				
	100m:			200m:	3:01.16	46.15	300m:	4:34.60	400m:	5:58.94		
2.	NADEAU, Ludovic				10	Rouge et Or				6:03.75		
	50m:	42.45	42.45	150m:		250m:		350m:	5:23.15			
	100m:			200m:	3:05.35		300m:		400m:	6:03.75	40.60	
3.	DAVID-BRETON, Cassiopée				10	Club de Natation des Riverains				6:09.55		
	50m:	41.23	41.23	150m:	2:17.50	48.35	250m:	3:52.92	48.00	350m:	5:26.65	46.06
	100m:	1:29.15	47.92	200m:	3:04.92	47.42	300m:	4:40.59	47.67	400m:	6:09.55	42.90
4.	CÔTÉ, Émile				10	Club de Natation des Riverains				6:16.30		
	50m:	41.98	41.98	150m:	2:17.45	48.22	250m:	3:54.05		350m:	5:31.09	
	100m:	1:29.23	47.25	200m:			300m:			400m:	6:16.30	45.21
5.	CHOUINARD, Mérida				10	Club de Natation des Riverains				6:19.04		
	50m:	42.03	42.03	150m:	2:18.80	48.24	250m:	3:56.44	48.44	350m:	5:34.02	48.21
	100m:	1:30.56	48.53	200m:	3:08.00	49.20	300m:	4:45.81	49.37	400m:	6:19.04	45.02
6.	NGUYEN, Tristan				10	Club de Natation des Riverains				6:19.68		
	50m:	42.46	42.46	150m:	2:18.45	48.69	250m:	3:55.27	48.75	350m:	5:32.50	48.04
	100m:	1:29.76	47.30	200m:	3:06.52	48.07	300m:	4:44.46	49.19	400m:	6:19.68	47.18
7.	DALLAIRE, Léo				10	Cnq				6:24.34		
	50m:	40.94	40.94	150m:	2:16.55	48.74	250m:	3:56.00	48.92	350m:	5:35.54	49.57
	100m:	1:27.81	46.87	200m:	3:07.08	50.53	300m:	4:45.97	49.97	400m:	6:24.34	48.80
8.	SAVARD, Justin				10	Rouge et Or				6:29.11		
	50m:	43.92	43.92	150m:	2:22.27	49.41	250m:	4:02.50	50.44	350m:	5:40.56	47.64
	100m:	1:32.86	48.94	200m:	3:12.06	49.79	300m:	4:52.92	50.42	400m:	6:29.11	48.55
9.	CHASSÉ, Loïc				10	Club de Natation des Riverains				6:30.01		
	50m:	43.74	43.74	150m:		250m:		350m:				
	100m:			200m:	3:13.26		300m:	4:54.47		400m:	6:30.01	
10.	RENOUX, Alexandre				10	Rouge et Or				6:41.36		
	50m:	43.51	43.51	150m:	2:26.93	53.50	250m:	4:10.12	51.62	350m:	5:53.32	
	100m:	1:33.43	49.92	200m:	3:18.50	51.57	300m:			400m:	6:41.36	48.04
11.	SAYEGH, Olivier				8	Rouge et Or				6:47.30		
	50m:	47.43	47.43	150m:	2:32.67	52.42	250m:	4:17.65	52.62	350m:	6:00.38	51.71
	100m:	1:40.25	52.82	200m:	3:25.03	52.36	300m:	5:08.67	51.02	400m:	6:47.30	46.92
12.	DROUIN, Jeanne				10	Cnq				6:48.55		
	50m:	45.93	45.93	150m:	2:29.62	51.40	250m:	4:13.12	51.95	350m:	5:57.58	52.49
	100m:	1:38.22	52.29	200m:	3:21.17	51.55	300m:	5:05.09	51.97	400m:	6:48.55	50.97
13.	LESSARD, Rose				9	Cnq				6:53.75		
	50m:	44.41	44.41	150m:	2:30.33	53.65	250m:	4:19.34	54.89	350m:	6:05.22	52.07
	100m:	1:36.68	52.27	200m:	3:24.45	54.12	300m:	5:13.15	53.81	400m:	6:53.75	48.53
14.	MASSICOTTE, Jade				10	Cnq				6:55.67		
	50m:	45.21	45.21	150m:	2:32.22	53.54	250m:	4:18.04	52.67	350m:	6:05.34	54.34
	100m:	1:38.68	53.47	200m:	3:25.37	53.15	300m:	5:11.00	52.96	400m:	6:55.67	50.33
15.	JOBIN, Romy				9	Rouge et Or				6:55.95		
	50m:	47.29	47.29	150m:	2:34.19	53.79	250m:	4:21.07	54.05	350m:	6:07.97	54.21
	100m:	1:40.40	53.11	200m:	3:27.02	52.83	300m:	5:13.76	52.69	400m:	6:55.95	47.98

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Epreuve 11, Tous, 400m Libre, 10 ans et moins

Rang	Age								Temps	Pts
16.	VALLIÈRES, Léo-Thomas	10	Club de Natation des Riverains						7:02.84	
	50m: 45.38 45.38	150m: 2:31.75	54.45	250m: 4:21.76	55.32	350m: 6:11.45	54.74			
	100m: 1:37.30 51.92	200m: 3:26.44	54.69	300m: 5:16.71	54.95	400m: 7:02.84	51.39			
17.	CÔTÉ, Florence	8	Club de Natation des Riverains						7:20.48	
	50m: 45.59 45.59	150m: 2:35.96	56.84	250m: 4:31.49	58.00	350m: 6:26.87	56.50			
	100m: 1:39.12 53.53	200m: 3:33.49	57.53	300m: 5:30.37	58.88	400m: 7:20.48	53.61			
18.	POWELL, Jasmine	9	Club de Natation des Riverains						7:23.60	
	50m: 46.69 46.69	150m: 2:38.37	57.13	250m: 4:34.87	58.91	350m: 6:29.84	58.13			
	100m: 1:41.24 54.55	200m: 3:35.96	57.59	300m: 5:31.71	56.84	400m: 7:23.60	53.76			
19.	BOUCHER, Justine	10	Club de Natation des Riverains						7:25.43	
	50m: 50.23 50.23	150m: 2:47.10	58.72	250m: 4:43.38	57.97	350m: 6:35.38	55.78			
	100m: 1:48.38 58.15	200m: 3:45.41	58.31	300m: 5:39.60	56.22	400m: 7:25.43	50.05			
20.	LANGLOIS, Madison	10	Club de Natation des Riverains						7:26.66	
	50m:	150m:		250m:		350m:				
	100m:	200m:		300m:		400m: 7:26.66				
21.	NGUYEN, Ines	9	Club de Natation des Riverains						7:38.11	
	50m: 49.42 49.42	150m: 2:47.08	1:00.06	250m: 4:47.79	1:00.34	350m: 6:44.57	57.15			
	100m: 1:47.02 57.60	200m: 3:47.45	1:00.37	300m: 5:47.42	59.63	400m: 7:38.11	53.54			
22.	PAQUET, Sara-ève	9	Club de Natation des Riverains						8:01.26	
	50m: 52.97 52.97	150m: 2:58.22	1:03.33	250m: 5:03.65	1:01.61	350m: 7:05.42	1:00.33			
	100m: 1:54.89 1:01.92	200m: 4:02.04	1:03.82	300m: 6:05.09	1:01.44	400m: 8:01.26	55.84			