

Epreuve 10
2025-10-11 - 18:05

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			Age							Temps	Pts	
11 - 13 ans												
1.	KACEM, Skander		13	Nsh						4:58.66		
	50m:	32.15	32.15	150m:	1:48.08	39.00	250m:	3:06.24	39.00	350m:	4:22.97	37.31
	100m:	1:09.08	36.93	200m:	2:27.24	39.16	300m:	3:45.66	39.42	400m:	4:58.66	35.69
2.	BOUFFARD, François		13	Club de Natation des Riverains						5:11.99		
	50m:	33.74	33.74	150m:	1:53.04	40.64	250m:	3:13.19	40.08	350m:	4:32.79	39.64
	100m:	1:12.40	38.66	200m:	2:33.11	40.07	300m:	3:53.15	39.96	400m:	5:11.99	39.20
3.	DESBIENS, Gabriel		12	LMRL Rivière-du-Loup						5:17.69		
	50m:	37.18	37.18	150m:	1:59.40	40.78	250m:	3:20.40	39.84	350m:	4:39.56	38.61
	100m:	1:18.62	41.44	200m:	2:40.56	41.16	300m:	4:00.95	40.55	400m:	5:17.69	38.13
4.	WANG, Samuel		12	Nsh						5:17.81		
	50m:	37.06	37.06	150m:	1:58.47	41.28	250m:	3:18.99	40.83	350m:	4:40.86	40.97
	100m:	1:17.19	40.13	200m:	2:38.16	39.69	300m:	3:59.89	40.90	400m:	5:17.81	36.95
5.	BAHI, Sad		13	Nsh						5:21.15		
	50m:	36.83	36.83	150m:	1:58.87	40.57	250m:	3:20.56	40.65	350m:	4:42.74	40.99
	100m:	1:18.30	41.47	200m:	2:39.91	41.04	300m:	4:01.75	41.19	400m:	5:21.15	38.41
6.	ANGLEHART, Simon		12	Rouge et Or						5:22.11		
	50m:	36.08	36.08	150m:	1:57.31	41.42	250m:	3:19.99	41.37	350m:	4:42.40	41.37
	100m:	1:15.89	39.81	200m:	2:38.62	41.31	300m:	4:01.03	41.04	400m:	5:22.11	39.71
7.	LAFRENIERE, Edouard		12	LMRL Rivière-du-Loup						5:23.66		
	50m:	38.37	38.37	150m:	1:59.41	39.22	250m:	3:22.74	42.15	350m:	4:44.00	40.12
	100m:	1:20.19	41.82	200m:	2:40.59	41.18	300m:	4:03.88	41.14	400m:	5:23.66	39.66
8.	LEVESQUE, Thomas		12	LMRL Rivière-du-Loup						5:32.87		
	50m:	37.87	37.87	150m:	2:01.53	42.09	250m:	3:26.64	42.71	350m:	4:52.51	43.02
	100m:	1:19.44	41.57	200m:	2:43.93	42.40	300m:	4:09.49	42.85	400m:	5:32.87	40.36
9.	PICHÉ, Raphaël		11	Nsh						5:38.49		
	50m:	38.76	38.76	150m:	2:04.29	43.70	250m:	3:30.76	43.13	350m:	4:57.17	42.95
	100m:	1:20.59	41.83	200m:	2:47.63	43.34	300m:	4:14.22	43.46	400m:	5:38.49	41.32
10.	D'AUTEUIL, Charles		12	LMRL Rivière-du-Loup						5:39.65		
	50m:	38.52	38.52	150m:	2:05.09	43.59	250m:	3:31.25	43.35	350m:	4:58.35	43.70
	100m:	1:21.50	42.98	200m:	2:47.90	42.81	300m:	4:14.65	43.40	400m:	5:39.65	41.30
11.	RENAUD, Félix		13	Club Aquatique Charlesbourg						5:43.01		
	50m:	38.07	38.07	150m:	2:05.24	43.80	250m:	3:32.81	44.34	350m:	5:00.03	43.90
	100m:	1:21.44	43.37	200m:	2:48.47	43.23	300m:	4:16.13	43.32	400m:	5:43.01	42.98
12.	MÉTIVIER, Matti		11	Cnq						5:46.59		
	50m:	39.14	39.14	150m:	2:09.71	45.18	250m:	3:38.53	44.99	350m:	5:05.28	42.60
	100m:	1:24.53	45.39	200m:	2:53.54	43.83	300m:	4:22.68	44.15	400m:	5:46.59	41.31
13.	SAMSON, Nolan		11	Unik						5:48.64		
	50m:	38.06	38.06	150m:	2:06.84	44.95	250m:	3:36.94	45.66	350m:	5:05.91	44.31
	100m:	1:21.89	43.83	200m:	2:51.28	44.44	300m:	4:21.60	44.66	400m:	5:48.64	42.73
14.	SAWAYA-GUÉRARD, Théo		12	Rouge et Or						5:58.81		
	50m:	38.71	38.71	150m:	2:09.26	46.18	250m:	3:41.89	45.69	350m:	5:14.90	46.31
	100m:	1:23.08	44.37	200m:	2:56.20	46.94	300m:	4:28.59	46.70	400m:	5:58.81	43.91
15.	SLAMA, Youssef		12	Rouge et Or						5:59.46		
	50m:	40.80	40.80	150m:	2:11.33	45.30	250m:	3:43.46	45.89	350m:	5:15.75	46.24
	100m:	1:26.03	45.23	200m:	2:57.57	46.24	300m:	4:29.51	46.05	400m:	5:59.46	43.71

Epreuve 10, Garçons, 400m Libre, 11 - 13 ans

Rang			Age							Temps	Pts	
16.	FILLION, Thomas		11	Etm						6:01.86		
	50m:	41.92	41.92	150m:	2:15.40	47.40	250m:	3:49.32	46.41	350m:	5:19.84	45.40
	100m:	1:28.00	46.08	200m:	3:02.91	47.51	300m:	4:34.44	45.12	400m:	6:01.86	42.02
17.	LEMAY, Olivier		13	Club de Natation des Riverains						6:07.06		
	50m:	37.63	37.63	150m:	2:08.55	46.29	250m:	3:44.57	47.82	350m:	5:21.56	48.53
	100m:	1:22.26	44.63	200m:	2:56.75	48.20	300m:	4:33.03	48.46	400m:	6:07.06	45.50
18.	DUFOUR, Raphaël		11	Cnq						6:07.32		
	50m:	42.43	42.43	150m:	2:16.38	47.64	250m:	3:52.32	47.77	350m:	5:24.21	45.02
	100m:	1:28.74	46.31	200m:	3:04.55	48.17	300m:	4:39.19	46.87	400m:	6:07.32	43.11
19.	GAGNON, Elias		11	Rouge et Or						6:39.31		
	50m:	45.52	45.52	150m:	2:27.89	51.89	250m:	4:11.18	52.16	350m:	5:53.16	50.30
	100m:	1:36.00	50.48	200m:	3:19.02	51.13	300m:	5:02.86	51.68	400m:	6:39.31	46.15
20.	BERBERI, Elliot		12	Club de Natation Régional de I						6:41.82		
	50m:	44.17	44.17	150m:	2:27.38	51.01	250m:	4:11.91	52.72	350m:	5:52.46	49.95
	100m:	1:36.37	52.20	200m:	3:19.19	51.81	300m:	5:02.51	50.60	400m:	6:41.82	49.36
21.	THIBODEAU, Adam		13	Club Aquatique Charlesbourg						6:51.94		
	50m:	44.96	44.96	150m:	2:30.74	53.79	250m:	4:19.53	54.85	350m:	6:51.94	1:37.88
	100m:	1:36.95	51.99	200m:	3:24.68	53.94	300m:	5:14.06	54.53	400m:	6:51.94	
22.	GARNEAU, Éloi		11	Etm						6:53.00		
	50m:	43.06	43.06	150m:	2:29.01	53.62	250m:	4:16.33	53.53	350m:	6:02.05	52.33
	100m:	1:35.39	52.33	200m:	3:22.80	53.79	300m:	5:09.72	53.39	400m:	6:53.00	50.95
23.	DELORME, William		12	Club Aquatique Charlesbourg						6:56.41		
	50m:	46.10	46.10	150m:	2:32.78	53.66	250m:	4:20.24	53.67	350m:	6:09.44	55.26
	100m:	1:39.12	53.02	200m:	3:26.57	53.79	300m:	5:14.18	53.94	400m:	6:56.41	46.97
24.	PAQUET, Laurent		11	Club de Natation Régional de I						7:07.04		
	50m:	50.21	50.21	150m:	2:36.96	55.11	250m:	4:26.39	54.87	350m:	6:14.13	53.28
	100m:	1:41.85	51.64	200m:	3:31.52	54.56	300m:	5:20.85	54.46	400m:	7:07.04	52.91
25.	ROY, Madox		13	Etm						7:51.59		
	50m:	6:51.92	6:51.92	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	7:51.59	

14 - 15 ans

1.	MENARD, Thomas		15	LMRL Rivière-du-Loup						4:17.86		
	50m:	30.14	30.14	150m:	1:36.38	33.62	250m:	2:41.57	32.09	350m:	3:45.93	32.36
	100m:	1:02.76	32.62	200m:	2:09.48	33.10	300m:	3:13.57	32.00	400m:	4:17.86	31.93
2.	POLIO GUIDOS, César José		15	Cnq						4:23.65		
	50m:	29.80	29.80	150m:	1:35.50	33.33	250m:	2:43.22	33.97	350m:	3:51.12	34.05
	100m:	1:02.17	32.37	200m:	2:09.25	33.75	300m:	3:17.07	33.85	400m:	4:23.65	32.53
3.	CHAN, Oliver		15	Rouge et Or						4:27.43		
	50m:	30.13	30.13	150m:	1:36.55	33.59	250m:	2:43.92	33.76	350m:	3:53.07	34.86
	100m:	1:02.96	32.83	200m:	2:10.16	33.61	300m:	3:18.21	34.29	400m:	4:27.43	34.36
4.	CORMIER, Thomas		14	Cnq						4:31.35		
	50m:	30.59	30.59	150m:	1:39.41	35.35	250m:	2:48.12	34.70	350m:	3:58.20	35.22
	100m:	1:04.06	33.47	200m:	2:13.42	34.01	300m:	3:22.98	34.86	400m:	4:31.35	33.15
5.	WILDI, Jake		14	Rouge et Or						4:38.45		
	50m:	32.30	32.30	150m:	1:42.71	35.39	250m:	2:53.96	35.60	350m:	4:05.27	35.39
	100m:	1:07.32	35.02	200m:	2:18.36	35.65	300m:	3:29.88	35.92	400m:	4:38.45	33.18

Epreuve 10, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
6.	MORNEAU, Thomas			14	LMRL Rivière-du-Loup				4:39.25			
	50m:	32.55	32.55	150m:	1:43.44	35.65	250m:	2:54.91	35.28	350m:	4:05.75	34.93
	100m:	1:07.79	35.24	200m:	2:19.63	36.19	300m:	3:30.82	35.91	400m:	4:39.25	33.50
7.	LARIVIÈRE, Simon			15	Cnq				4:39.36			
	50m:	32.02	32.02	150m:	1:42.49	35.48	250m:	2:54.23	35.76	350m:	4:05.44	35.52
	100m:	1:07.01	34.99	200m:	2:18.47	35.98	300m:	3:29.92	35.69	400m:	4:39.36	33.92
8.	PINETTE, Youri			14	Club de Natation des Riverains				4:39.94			
	50m:	30.99	30.99	150m:	1:40.72	35.11	250m:	2:53.05	36.31	350m:	4:05.34	36.24
	100m:	1:05.61	34.62	200m:	2:16.74	36.02	300m:	3:29.10	36.05	400m:	4:39.94	34.60
9.	ROY, Anthony			15	LMRL Rivière-du-Loup				4:40.44			
	50m:	31.51	31.51	150m:	1:42.10	36.04	250m:	2:55.73	36.71	350m:	4:07.38	35.68
	100m:	1:06.06	34.55	200m:	2:19.02	36.92	300m:	3:31.70	35.97	400m:	4:40.44	33.06
10.	CORRIVEAU, Raphaël			15	Club de Natation des Riverains				4:40.59			
	50m:	31.64	31.64	150m:	1:43.71	36.36	250m:	2:55.97	35.93	350m:	4:07.06	35.67
	100m:	1:07.35	35.71	200m:	2:20.04	36.33	300m:	3:31.39	35.42	400m:	4:40.59	33.53
11.	LÉPINE, Loïc			15	Club de Natation des Riverains				4:41.30			
	50m:	31.49	31.49	150m:	1:42.17	35.76	250m:	2:54.57	36.60	350m:	4:06.74	35.70
	100m:	1:06.41	34.92	200m:	2:17.97	35.80	300m:	3:31.04	36.47	400m:	4:41.30	34.56
12.	BELANGER, Kristofer			15	Cnq				4:41.65			
	50m:	32.34	32.34	150m:	1:42.56	35.42	250m:	2:54.65	36.07	350m:	4:06.92	35.77
	100m:	1:07.14	34.80	200m:	2:18.58	36.02	300m:	3:31.15	36.50	400m:	4:41.65	34.73
13.	BLAIS, Guillaume			15	Club de Natation des Riverains				4:44.14			
	50m:	31.31	31.31	150m:	1:41.58	35.42	250m:	2:55.12	36.67	350m:	4:08.87	36.49
	100m:	1:06.16	34.85	200m:	2:18.45	36.87	300m:	3:32.38	37.26	400m:	4:44.14	35.27
14.	TREMBLAY, Eliam			14	Club de Natation des Riverains				4:45.29			
	50m:	31.50	31.50	150m:	1:41.93	35.86	250m:	2:55.30	36.90	350m:	4:09.45	37.12
	100m:	1:06.07	34.57	200m:	2:18.40	36.47	300m:	3:32.33	37.03	400m:	4:45.29	35.84
15.	TREMBLAY, Noah			15	Rouge et Or				4:47.15			
	50m:	31.59	31.59	150m:	1:41.88	35.63	250m:	2:55.47	36.98	350m:	4:10.43	37.51
	100m:	1:06.25	34.66	200m:	2:18.49	36.61	300m:	3:32.92	37.45	400m:	4:47.15	36.72
16.	DOYON, Jacob			15	Club de Natation de Montmagny				4:50.38			
	50m:	32.21	32.21	150m:	1:44.77	37.04	250m:	3:00.20	37.73	350m:	4:14.88	37.39
	100m:	1:07.73	35.52	200m:	2:22.47	37.70	300m:	3:37.49	37.29	400m:	4:50.38	35.50
17.	BOUCHER, Félix			14	Club de Natation des Riverains				4:54.01			
	50m:	33.36	33.36	150m:	1:48.31	38.12	250m:	3:02.95	37.23	350m:	4:17.30	37.14
	100m:	1:10.19	36.83	200m:	2:25.72	37.41	300m:	3:40.16	37.21	400m:	4:54.01	36.71
18.	ROY, Logan-Elyot			15	Club de Natation des Riverains				5:03.76			
	50m:	34.55	34.55	150m:	1:51.96	38.50	250m:	3:09.86	38.95	350m:	4:27.60	38.41
	100m:	1:13.46	38.91	200m:	2:30.91	38.95	300m:	3:49.19	39.33	400m:	5:03.76	36.16
19.	REAL-BEJARANO, Mathias			14	Nsh				5:05.36			
	50m:	33.80	33.80	150m:	1:50.27	38.59	250m:	3:09.44	39.47	350m:	4:28.01	38.89
	100m:	1:11.68	37.88	200m:	2:29.97	39.70	300m:	3:49.12	39.68	400m:	5:05.36	37.35
20.	KHABAROV, Philippe			14	Cnq				5:05.66			
	50m:	34.31	34.31	150m:	1:51.85	38.90	250m:	3:10.13	39.44	350m:	4:28.59	39.32
	100m:	1:12.95	38.64	200m:	2:30.69	38.84	300m:	3:49.27	39.14	400m:	5:05.66	37.07
21.	CASTONGUAY, Olivier			15	Nsh				5:07.54			
	50m:	34.19	34.19	150m:	1:52.01	39.46	250m:	3:11.72	39.88	350m:	4:30.79	39.02
	100m:	1:12.55	38.36	200m:	2:31.84	39.83	300m:	3:51.77	40.05	400m:	5:07.54	36.75

Epreuve 10, Garçons, 400m Libre, 14 - 15 ans

Rang			Age					Temps	Pts
22.	PINEAU, Charles		15	Club Aquatique Charlesbourg				5:08.42	
	50m:	33.01 33.01	150m:	1:49.23	38.90	250m:	3:09.18 39.64	350m:	4:29.71 40.01
	100m:	1:10.33 37.32	200m:	2:29.54	40.31	300m:	3:49.70 40.52	400m:	5:08.42 38.71
23.	GRENIER, Léo		15	Unik				5:09.62	
	50m:	34.38 34.38	150m:	1:52.32	39.40	250m:	3:11.98 39.92	350m:	4:33.25 40.49
	100m:	1:12.92 38.54	200m:	2:32.06	39.74	300m:	3:52.76 40.78	400m:	5:09.62 36.37
24.	LEVESQUE, Edouard		14	LMRL Rivière-du-Loup				5:20.43	
	50m:	37.71 37.71	150m:	1:59.94	41.45	250m:	3:20.61 40.23	350m:	4:41.53 40.34
	100m:	1:18.49 40.78	200m:	2:40.38	40.44	300m:	4:01.19 40.58	400m:	5:20.43 38.90
25.	BEN HAMOUDA, Sami		14	Nsh				5:23.13	
	50m:	36.62 36.62	150m:	1:57.90	41.23	250m:	3:20.64 41.23	350m:	4:43.20 41.35
	100m:	1:16.67 40.05	200m:	2:39.41	41.51	300m:	4:01.85 41.21	400m:	5:23.13 39.93
26.	MORIN, Xavier		15	Club Aquatique Charlesbourg				5:44.73	
	50m:	37.72 37.72	150m:	2:07.21	44.90	250m:	3:37.00 44.51	350m:	5:00.60 39.52
	100m:	1:22.31 44.59	200m:	2:52.49	45.28	300m:	4:21.08 44.08	400m:	5:44.73 44.13
27.	BEAUDET, Gabriel		14	Cnq				5:45.15	
	50m:	37.84 37.84	150m:	2:02.35	42.19	250m:	3:30.85 44.61	350m:	5:02.96 46.19
	100m:	1:20.16 42.32	200m:	2:46.24	43.89	300m:	4:16.77 45.92	400m:	5:45.15 42.19

16 - 17 ans

1.	DUBÉ, Samuel		16	Cnq				4:17.21	
	50m:	29.20 29.20	150m:	1:35.32	33.28	250m:	2:40.82 32.25	350m:	3:46.03 32.79
	100m:	1:02.04 32.84	200m:	2:08.57	33.25	300m:	3:13.24 32.42	400m:	4:17.21 31.18
2.	FORTIN, Ludovic		16	Club de Natation des Riverains				4:19.01	
	50m:	28.97 28.97	150m:	1:34.49	33.37	250m:	2:40.66 32.60	350m:	3:46.75 32.85
	100m:	1:01.12 32.15	200m:	2:08.06	33.57	300m:	3:13.90 33.24	400m:	4:19.01 32.26
3.	ROCHETTE, Hubert		16	Cnq				4:20.74	
	50m:	29.34 29.34	150m:	1:35.14	33.36	250m:	2:41.85 32.83	350m:	3:48.33 33.34
	100m:	1:01.78 32.44	200m:	2:09.02	33.88	300m:	3:14.99 33.14	400m:	4:20.74 32.41
4.	SLAMA, Seif		17	Rouge et Or				4:28.90	
	50m:	28.86 28.86	150m:	1:35.24	34.00	250m:	2:44.47 34.65	350m:	3:55.91 35.63
	100m:	1:01.24 32.38	200m:	2:09.82	34.58	300m:	3:20.28 35.81	400m:	4:28.90 32.99
5.	GOSSELIN, Anthony		17	Rouge et Or				4:29.25	
	50m:	29.68 29.68	150m:	1:37.70	34.23	250m:	2:47.55 35.06	350m:	3:56.82 34.40
	100m:	1:03.47 33.79	200m:	2:12.49	34.79	300m:	3:22.42 34.87	400m:	4:29.25 32.43
6.	VOGRIG, Liam		16	Club Aquatique Charlesbourg				4:31.00	
	50m:	28.86 28.86	150m:	1:37.52	34.60	250m:	2:47.86 34.81	350m:	3:58.84 35.41
	100m:	1:02.92 34.06	200m:	2:13.05	35.53	300m:	3:23.43 35.57	400m:	4:31.00 32.16
7.	GAGNON, Charles		16	Rouge et Or				4:39.35	
	50m:	30.83 30.83	150m:	1:40.24	35.48	250m:	2:51.91 35.80	350m:	4:03.94 36.07
	100m:	1:04.76 33.93	200m:	2:16.11	35.87	300m:	3:27.87 35.96	400m:	4:39.35 35.41
8.	LEMAY, Félix		16	Club de Natation des Riverains				4:39.37	
	50m:	31.05 31.05	150m:	1:40.45	34.76	250m:	2:52.55 36.26	350m:	4:04.84 36.04
	100m:	1:05.69 34.64	200m:	2:16.29	35.84	300m:	3:28.80 36.25	400m:	4:39.37 34.53
9.	MONTOUR, Aimerick		16	Nsh				4:52.72	
	50m:	33.05 33.05	150m:	1:47.39	37.37	250m:	3:03.04 38.37	350m:	4:16.93 36.26
	100m:	1:10.02 36.97	200m:	2:24.67	37.28	300m:	3:40.67 37.63	400m:	4:52.72 35.79

Epreuve 10, Garçons, 400m Libre, 16 - 17 ans

Rang			Age						Temps	Pts		
10.	LÉVESQUE, Étienne		17		Club Aquatique Charlesbourg				4:54.52			
	50m:	31.97	31.97	150m:	1:45.42	37.48	250m:	3:02.13	38.37	350m:	4:17.88	37.79
	100m:	1:07.94	35.97	200m:	2:23.76	38.34	300m:	3:40.09	37.96	400m:	4:54.52	36.64
11.	VASILE, Alexandru		16		Nsh				5:14.38			
	50m:	34.00	34.00	150m:	1:52.47	39.40	250m:	3:13.34	40.77	350m:	4:34.60	40.40
	100m:	1:13.07	39.07	200m:	2:32.57	40.10	300m:	3:54.20	40.86	400m:	5:14.38	39.78
12.	BEN HAMOUDA, Ramy		16		Nsh				5:21.56			
	50m:	34.36	34.36	150m:	1:56.92	41.63	250m:	3:21.58	42.96	350m:	4:44.22	41.61
	100m:	1:15.29	40.93	200m:	2:38.62	41.70	300m:	4:02.61	41.03	400m:	5:21.56	37.34

18 ans et plus

1.	LORTIE, Justin		18		Cnq				4:13.89			
	50m:	27.16	27.16	150m:	1:31.21	32.75	250m:	2:37.01	32.90	350m:	3:41.97	31.82
	100m:	58.46	31.30	200m:	2:04.11	32.90	300m:	3:10.15	33.14	400m:	4:13.89	31.92
2.	VUJAKOVIC, Nikola		18		Rouge et Or				4:32.26			
	50m:	31.06	31.06	150m:	1:41.02	35.33	250m:	2:51.32	35.08	350m:	4:00.17	34.29
	100m:	1:05.69	34.63	200m:	2:16.24	35.22	300m:	3:25.88	34.56	400m:	4:32.26	32.09
3.	LACOSTE, Antoine		19		Nsh				4:32.81			
	50m:	29.88	29.88	150m:	1:37.04	34.07	250m:	2:46.82	35.08	350m:	3:58.10	35.61
	100m:	1:02.97	33.09	200m:	2:11.74	34.70	300m:	3:22.49	35.67	400m:	4:32.81	34.71
4.	LEBEUF, Thomas		20		Club Aquatique Charlesbourg				4:39.93			
	50m:	30.86	30.86	150m:	1:42.92	36.81	250m:	2:54.58	35.70	350m:	4:05.97	35.48
	100m:	1:06.11	35.25	200m:	2:18.88	35.96	300m:	3:30.49	35.91	400m:	4:39.93	33.96
5.	VILLIARD, Carl		18		Nsh				4:48.80			
	50m:	31.59	31.59	150m:	1:43.04	36.27	250m:	2:57.08	37.16	350m:	4:12.34	37.57
	100m:	1:06.77	35.18	200m:	2:19.92	36.88	300m:	3:34.77	37.69	400m:	4:48.80	36.46
6.	GENOIS, Anthony		19		Club Aquatique Charlesbourg				4:58.50			
	50m:	31.39	31.39	150m:	1:44.48	37.53	250m:	3:02.41	39.10	350m:	4:21.21	38.97
	100m:	1:06.95	35.56	200m:	2:23.31	38.83	300m:	3:42.24	39.83	400m:	4:58.50	37.29