

Coupe d'automne CNQ  
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

Epreuve 6  
2025-10-25 - 12:38

Messieurs, 400m 4 nages

11 ans et plus  
Liste résultats

Points: AQUA 2025

| Rang               |                          |         | Age   |                                |         |       |       |         |       | Temps          | Pts     |       |
|--------------------|--------------------------|---------|-------|--------------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| <b>11 - 13 ans</b> |                          |         |       |                                |         |       |       |         |       |                |         |       |
| 1.                 | RENAUD, Félix            |         | 13    | Club Aquatique Charlesbourg    |         |       |       |         |       | <b>6:09.11</b> |         |       |
|                    | 50m:                     | 39.25   | 39.25 | 150m:                          | 2:11.32 | 46.34 | 250m: | 3:54.01 | 55.05 | 350m:          | 5:31.15 | 41.85 |
|                    | 100m:                    | 1:24.98 | 45.73 | 200m:                          | 2:58.96 | 47.64 | 300m: | 4:49.30 | 55.29 | 400m:          | 6:09.11 | 37.96 |
| 2.                 | SAMSON, Nolan            |         | 12    | Unik                           |         |       |       |         |       | <b>6:35.14</b> |         |       |
|                    | 50m:                     |         |       | 150m:                          | 2:27.35 |       | 250m: | 4:12.52 | 54.39 | 350m:          | 5:52.49 | 43.70 |
|                    | 100m:                    |         |       | 200m:                          | 3:18.13 | 50.78 | 300m: | 5:08.79 | 56.27 | 400m:          | 6:35.14 | 42.65 |
| disq.              | ANGLEHART, Simon         |         | 12    | Rouge et Or/Université Laval   |         |       |       |         |       |                |         |       |
| <b>14 - 15 ans</b> |                          |         |       |                                |         |       |       |         |       |                |         |       |
| 1.                 | POLIO GUIDOS, César José |         | 15    | Club de natation région de Qué |         |       |       |         |       | <b>5:11.49</b> |         |       |
|                    | 50m:                     |         |       | 150m:                          | 1:51.01 | 40.66 | 250m: | 3:17.07 | 45.15 | 350m:          | 4:37.89 | 34.09 |
|                    | 100m:                    | 1:10.35 |       | 200m:                          | 2:31.92 | 40.91 | 300m: | 4:03.80 | 46.73 | 400m:          | 5:11.49 | 33.60 |
| 2.                 | PINETTE, Yuri            |         | 14    | Club de Natation des Riverains |         |       |       |         |       | <b>5:14.20</b> |         |       |
|                    | 50m:                     | 33.98   | 33.98 | 150m:                          | 1:54.88 | 41.16 | 250m: | 3:19.91 | 43.09 | 350m:          | 4:39.97 | 35.57 |
|                    | 100m:                    | 1:13.72 | 39.74 | 200m:                          | 2:36.82 | 41.94 | 300m: | 4:04.40 | 44.49 | 400m:          | 5:14.20 | 34.23 |
| 3.                 | RODRIGUE, Jacob          |         | 15    | Équinoxes de Thetford Mines    |         |       |       |         |       | <b>5:15.98</b> |         |       |
|                    | 50m:                     | 31.77   | 31.77 | 150m:                          | 1:49.49 | 40.74 | 250m: | 3:14.60 | 44.32 | 350m:          | 4:39.58 | 37.94 |
|                    | 100m:                    | 1:08.75 | 36.98 | 200m:                          | 2:30.28 | 40.79 | 300m: | 4:01.64 | 47.04 | 400m:          | 5:15.98 | 36.40 |
| 4.                 | BELANGER, Kristofer      |         | 15    | Club de natation région de Qué |         |       |       |         |       | <b>5:23.31</b> |         |       |
|                    | 50m:                     | 33.22   | 33.22 | 150m:                          | 1:51.13 | 40.46 | 250m: |         |       | 350m:          | 4:47.33 | 36.52 |
|                    | 100m:                    | 1:10.67 | 37.45 | 200m:                          | 2:33.29 | 42.16 | 300m: | 4:10.81 |       | 400m:          | 5:23.31 | 35.98 |
| 5.                 | BLAIS, Guillaume         |         | 15    | Club de Natation des Riverains |         |       |       |         |       | <b>5:23.75</b> |         |       |
|                    | 50m:                     | 34.60   | 34.60 | 150m:                          | 1:59.68 | 43.84 | 250m: | 3:30.27 | 47.97 | 350m:          | 4:50.97 | 32.53 |
|                    | 100m:                    | 1:15.84 | 41.24 | 200m:                          | 2:42.30 | 42.62 | 300m: | 4:18.44 | 48.17 | 400m:          | 5:23.75 | 32.78 |
| 6.                 | BOUCHER, Félix           |         | 14    | Club de Natation des Riverains |         |       |       |         |       | <b>5:24.62</b> |         |       |
|                    | 50m:                     | 34.60   | 34.60 | 150m:                          | 1:56.71 | 41.14 | 250m: |         |       | 350m:          | 4:48.65 | 39.75 |
|                    | 100m:                    | 1:15.57 | 40.97 | 200m:                          | 2:36.25 | 39.54 | 300m: | 4:08.90 |       | 400m:          | 5:24.62 | 35.97 |
| 7.                 | PIGEON, Arthur           |         | 14    | Club de Natation des Riverains |         |       |       |         |       | <b>5:25.62</b> |         |       |
|                    | 50m:                     | 37.01   | 37.01 | 150m:                          | 1:59.77 |       | 250m: | 3:30.31 | 49.21 | 350m:          | 4:51.90 | 32.34 |
|                    | 100m:                    |         |       | 200m:                          | 2:41.10 | 41.33 | 300m: | 4:19.56 | 49.25 | 400m:          | 5:25.62 | 33.72 |
| 8.                 | CORRIVEAU, Raphaël       |         | 15    | Club de Natation des Riverains |         |       |       |         |       | <b>5:25.62</b> |         |       |
|                    | 50m:                     | 34.75   | 34.75 | 150m:                          | 1:58.41 | 44.14 | 250m: | 3:27.00 | 45.28 | 350m:          | 4:50.32 | 37.66 |
|                    | 100m:                    | 1:14.27 | 39.52 | 200m:                          | 2:41.72 | 43.31 | 300m: | 4:12.66 | 45.66 | 400m:          | 5:25.62 | 35.30 |
| 9.                 | LEBLANC, Justin          |         | 14    | Club de Natation des Riverains |         |       |       |         |       | <b>5:28.76</b> |         |       |
|                    | 50m:                     | 32.41   | 32.41 | 150m:                          | 1:52.51 | 43.52 | 250m: | 3:25.39 | 49.84 | 350m:          | 4:53.38 | 38.29 |
|                    | 100m:                    | 1:08.99 | 36.58 | 200m:                          | 2:35.55 | 43.04 | 300m: | 4:15.09 | 49.70 | 400m:          | 5:28.76 | 35.38 |
| 10.                | ST-LAURENT, Elliot       |         | 15    | Club Aquatique Charlesbourg    |         |       |       |         |       | <b>5:30.71</b> |         |       |
|                    | 50m:                     | 34.60   | 34.60 | 150m:                          | 1:57.87 | 42.02 | 250m: | 3:29.47 | 48.37 | 350m:          | 4:55.43 | 38.26 |
|                    | 100m:                    | 1:15.85 | 41.25 | 200m:                          | 2:41.10 | 43.23 | 300m: | 4:17.17 | 47.70 | 400m:          | 5:30.71 | 35.28 |
| 11.                | GRONDIN, Louka           |         | 15    | Club de Natation des Riverains |         |       |       |         |       | <b>5:33.31</b> |         |       |
|                    | 50m:                     | 36.09   | 36.09 | 150m:                          | 2:02.54 | 44.71 | 250m: | 3:33.75 | 47.14 | 350m:          | 4:58.28 | 37.86 |
|                    | 100m:                    | 1:17.83 | 41.74 | 200m:                          | 2:46.61 | 44.07 | 300m: | 4:20.42 | 46.67 | 400m:          | 5:33.31 | 35.03 |
| 12.                | PERRIER, Rafaël          |         | 15    | Unik                           |         |       |       |         |       | <b>5:35.40</b> |         |       |
|                    | 50m:                     | 36.60   | 36.60 | 150m:                          | 2:04.29 | 43.83 | 250m: | 3:34.56 | 47.88 | 350m:          | 4:59.07 | 36.96 |
|                    | 100m:                    | 1:20.46 | 43.86 | 200m:                          | 2:46.68 | 42.39 | 300m: | 4:22.11 | 47.55 | 400m:          | 5:35.40 | 36.33 |

Coupe d'automne CNQ  
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

Epreuve 6, Garçons, 400m 4 nages, 14 - 15 ans

| Rang  |                     |         |       |       | Age     |                                |       |         |       | Temps          | Pts     |       |
|-------|---------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 13.   | TREMBLAY, Eliam     |         |       |       | 14      | Club de Natation des Riverains |       |         |       | <b>5:37.36</b> |         |       |
|       | 50m:                | 33.65   | 33.65 | 150m: | 1:56.72 | 43.96                          | 250m: | 3:31.18 | 49.83 | 350m:          | 5:00.64 | 38.21 |
|       | 100m:               | 1:12.76 | 39.11 | 200m: | 2:41.35 | 44.63                          | 300m: | 4:22.43 | 51.25 | 400m:          | 5:37.36 | 36.72 |
| 14.   | DELAND, Étienne     |         |       |       | 14      | Club de natation région de Qué |       |         |       | <b>5:41.92</b> |         |       |
|       | 50m:                | 34.93   | 34.93 | 150m: | 2:02.01 | 45.29                          | 250m: | 3:37.39 | 50.26 | 350m:          | 5:06.47 | 36.57 |
|       | 100m:               | 1:16.72 | 41.79 | 200m: | 2:47.13 | 45.12                          | 300m: | 4:29.90 | 52.51 | 400m:          | 5:41.92 | 35.45 |
| 15.   | LÉVESQUE, Félix     |         |       |       | 14      | Club Aquatique Charlesbourg    |       |         |       | <b>5:43.16</b> |         |       |
|       | 50m:                | 36.42   | 36.42 | 150m: | 2:00.55 | 42.23                          | 250m: | 3:35.52 | 52.63 | 350m:          | 5:05.91 | 38.23 |
|       | 100m:               | 1:18.32 | 41.90 | 200m: | 2:42.89 | 42.34                          | 300m: | 4:27.68 | 52.16 | 400m:          | 5:43.16 | 37.25 |
| 16.   | ROY, Logan-Elyot    |         |       |       | 15      | Club de Natation des Riverains |       |         |       | <b>5:46.48</b> |         |       |
|       | 50m:                | 37.97   | 37.97 | 150m: | 2:11.09 | 49.85                          | 250m: |         |       | 350m:          | 5:11.42 | 41.40 |
|       | 100m:               | 1:21.24 | 43.27 | 200m: | 3:44.32 | 1:33.23                        | 300m: | 4:30.02 |       | 400m:          | 5:46.48 | 35.06 |
| 17.   | MERCIER, Adam       |         |       |       | 15      | Club Aquatique Charlesbourg    |       |         |       | <b>5:50.63</b> |         |       |
|       | 50m:                | 35.27   | 35.27 | 150m: | 2:00.86 | 43.18                          | 250m: | 3:37.10 | 50.18 | 350m:          | 5:12.32 | 41.55 |
|       | 100m:               | 1:17.68 | 42.41 | 200m: | 2:46.92 | 46.06                          | 300m: | 4:30.77 | 53.67 | 400m:          | 5:50.63 | 38.31 |
| 18.   | GRENIER, Léo        |         |       |       | 15      | Unik                           |       |         |       | <b>5:56.48</b> |         |       |
|       | 50m:                |         |       | 150m: | 2:11.44 |                                | 250m: |         |       | 350m:          | 5:19.76 |       |
|       | 100m:               |         |       | 200m: | 2:57.62 | 46.18                          | 300m: |         |       | 400m:          | 5:56.48 | 36.72 |
| 19.   | POITRAS, Alexis     |         |       |       | 15      | Club Aquatique Charlesbourg    |       |         |       | <b>6:24.33</b> |         |       |
|       | 50m:                | 36.52   | 36.52 | 150m: | 2:08.60 | 47.04                          | 250m: | 3:53.58 | 57.72 | 350m:          | 5:39.80 | 46.61 |
|       | 100m:               | 1:21.56 | 45.04 | 200m: | 2:55.86 | 47.26                          | 300m: | 4:53.19 | 59.61 | 400m:          | 6:24.33 | 44.53 |
| 20.   | CASTONGUAY, Olivier |         |       |       | 15      | Nsh                            |       |         |       | <b>6:33.37</b> |         |       |
|       | 50m:                | 42.31   | 42.31 | 150m: | 2:26.94 |                                | 250m: | 4:12.96 | 55.69 | 350m:          | 5:51.44 | 42.93 |
|       | 100m:               |         |       | 200m: | 3:17.27 | 50.33                          | 300m: | 5:08.51 | 55.55 | 400m:          | 6:33.37 | 41.93 |
| disq. | CORMIER, Thomas     |         |       |       | 14      | Club de natation région de Qué |       |         |       |                |         |       |

16 - 17 ans

|    |                  |         |       |       |         |                                |       |         |       |                |         |       |
|----|------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 1. | VOGRIG, Liam     |         |       |       | 16      | Club Aquatique Charlesbourg    |       |         |       | <b>5:03.87</b> |         |       |
|    | 50m:             | 30.89   | 30.89 | 150m: | 1:47.13 |                                | 250m: |         |       | 350m:          | 4:29.57 | 34.46 |
|    | 100m:            |         |       | 200m: |         |                                | 300m: | 3:55.11 |       | 400m:          | 5:03.87 | 34.30 |
| 2. | ROCHETTE, Hubert |         |       |       | 16      | Club de natation région de Qué |       |         |       | <b>5:13.06</b> |         |       |
|    | 50m:             | 31.66   | 31.66 | 150m: | 1:49.70 | 41.01                          | 250m: | 3:17.04 | 48.21 | 350m:          | 4:39.90 | 34.64 |
|    | 100m:            | 1:08.69 | 37.03 | 200m: | 2:28.83 | 39.13                          | 300m: | 4:05.26 | 48.22 | 400m:          | 5:13.06 | 33.16 |
| 3. | LANGLAIS, Liam   |         |       |       | 16      | Club Aquatique Charlesbourg    |       |         |       | <b>5:22.81</b> |         |       |
|    | 50m:             | 31.72   | 31.72 | 150m: | 1:52.88 | 41.47                          | 250m: | 3:19.10 | 45.70 | 350m:          | 4:46.49 | 39.41 |
|    | 100m:            | 1:11.41 | 39.69 | 200m: | 2:33.40 | 40.52                          | 300m: | 4:07.08 | 47.98 | 400m:          | 5:22.81 | 36.32 |
| 4. | LEMAY, Félix     |         |       |       | 16      | Club de Natation des Riverains |       |         |       | <b>5:23.34</b> |         |       |
|    | 50m:             | 33.15   | 33.15 | 150m: | 1:56.18 | 45.23                          | 250m: | 3:25.51 | 45.99 | 350m:          | 4:48.49 | 37.67 |
|    | 100m:            | 1:10.95 | 37.80 | 200m: | 2:39.52 | 43.34                          | 300m: | 4:10.82 | 45.31 | 400m:          | 5:23.34 | 34.85 |
| 5. | HARVEY, Elliot   |         |       |       | 17      | Club Aquatique Charlesbourg    |       |         |       | <b>5:41.97</b> |         |       |
|    | 50m:             | 34.32   | 34.32 | 150m: | 1:57.59 | 43.47                          | 250m: | 3:31.80 | 51.25 | 350m:          | 5:03.95 | 41.12 |
|    | 100m:            | 1:14.12 | 39.80 | 200m: | 2:40.55 | 42.96                          | 300m: | 4:22.83 | 51.03 | 400m:          | 5:41.97 | 38.02 |
| 6. | LAVOIE, Xavier   |         |       |       | 16      | Nsh                            |       |         |       | <b>6:11.63</b> |         |       |
|    | 50m:             | 34.53   | 34.53 | 150m: | 2:11.72 |                                | 250m: | 3:54.09 | 51.87 | 350m:          | 5:30.86 | 43.97 |
|    | 100m:            |         |       | 200m: | 3:02.22 | 50.50                          | 300m: | 4:46.89 | 52.80 | 400m:          | 6:11.63 | 40.77 |

Coupe d'automne CNQ  
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

---

Epreuve 6, Messieurs, 400m 4 nages

18 ans et plus

|       |                             |         |       |                                |         |                |       |         |       |       |         |       |
|-------|-----------------------------|---------|-------|--------------------------------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1.    | LABERGE, Renaud             |         | 18    | Rouge et Or/Université Laval   |         | <b>4:48.04</b> |       |         |       |       |         |       |
|       | 50m:                        | 29.67   | 29.67 | 150m:                          | 1:39.75 | 35.89          | 250m: | 2:58.49 | 43.06 | 350m: | 4:15.27 | 33.59 |
|       | 100m:                       | 1:03.86 | 34.19 | 200m:                          | 2:15.43 | 35.68          | 300m: | 3:41.68 | 43.19 | 400m: | 4:48.04 | 32.77 |
| 2.    | LORTIE, Justin              |         | 18    | Club de natation région de Qué |         | <b>4:48.36</b> |       |         |       |       |         |       |
|       | 50m:                        | 27.75   | 27.75 | 150m:                          | 1:36.48 | 35.38          | 250m: | 2:54.68 | 42.99 | 350m: | 4:14.56 | 36.03 |
|       | 100m:                       | 1:01.10 | 33.35 | 200m:                          | 2:11.69 | 35.21          | 300m: | 3:38.53 | 43.85 | 400m: | 4:48.36 | 33.80 |
| 3.    | VILLIARD, Carl              |         | 18    | Nsh                            |         | <b>5:12.14</b> |       |         |       |       |         |       |
|       | 50m:                        | 33.06   | 33.06 | 150m:                          | 1:51.23 | 42.39          | 250m: | 3:19.90 |       | 350m: | 4:38.23 | 33.44 |
|       | 100m:                       | 1:08.84 | 35.78 | 200m:                          |         |                | 300m: | 4:04.79 | 44.89 | 400m: | 5:12.14 | 33.91 |
| 4.    | VALLIÈRES, Éloi             |         | 19    | Rouge et Or/Université Laval   |         | <b>5:22.25</b> |       |         |       |       |         |       |
|       | 50m:                        | 31.59   | 31.59 | 150m:                          | 1:52.58 | 43.98          | 250m: | 3:23.20 | 48.39 | 350m: | 4:47.74 | 36.35 |
|       | 100m:                       | 1:08.60 | 37.01 | 200m:                          | 2:34.81 | 42.23          | 300m: | 4:11.39 | 48.19 | 400m: | 5:22.25 | 34.51 |
| 5.    | LACHANCE, Rafaël            |         | 18    | Club Aquatique Charlesbourg    |         | <b>5:31.60</b> |       |         |       |       |         |       |
|       | 50m:                        | 33.55   | 33.55 | 150m:                          | 1:53.36 | 43.01          | 250m: | 3:25.60 | 47.74 | 350m: | 4:52.59 | 40.48 |
|       | 100m:                       | 1:10.35 | 36.80 | 200m:                          | 2:37.86 | 44.50          | 300m: | 4:12.11 | 46.51 | 400m: | 5:31.60 | 39.01 |
| disq. | CORRIVEAU-BONOSTRO, Charles |         | 18    | Rouge et Or/Université Laval   |         |                |       |         |       |       |         |       |