

Coupe des maitres manche #3 Est
Rivière-du-Loup, 6-12-2025

Epreuve 1
2025-12-06 - 13:00

400m 4 nages

18 ans et plus
Liste résultats

Points: AQUA 2025

Rang	Age										Temps	Pts
30 - 34 ans, Messieurs												
1.	BUSSIÈRES, FrédériK			31	Club de Natation des Riverains					4:53.80	510	
	50m:	28.61	28.61	150m:	1:42.35	39.95	250m:	3:03.83	40.71	350m:	4:20.51	35.04
	100m:	1:02.40	33.79	200m:	2:23.12	40.77	300m:	3:45.47	41.64	400m:	4:53.80	33.29
40 - 44 ans, Dames												
1.	NGUYEN-DANG, Thuy-Tien			44	Club de Natation NATAQUI					9:39.90	85	
	50m:	1:03.10	1:03.10	150m:	3:42.12	1:05.91	250m:	6:10.72	1:19.11	350m:	8:38.63	1:07.68
	100m:	2:36.21	1:33.11	200m:	4:51.61	1:09.49	300m:	7:30.95	1:20.23	400m:	9:39.90	1:01.27
40 - 44 ans, Messieurs												
1.	BOUCHARD, Kevin			40	Club de Natation NATAQUI					5:00.29	478	
	50m:	30.99	30.99	150m:	1:43.93	37.17	250m:	3:04.69	43.94	350m:	4:25.56	35.24
	100m:	1:06.76	35.77	200m:	2:20.75	36.82	300m:	3:50.32	45.63	400m:	5:00.29	34.73
50 - 54 ans, Messieurs												
1.	BOUDREAULT, Davy			52	Club de Natation NATAQUI					6:09.17	257	
	50m:	37.07	37.07	150m:	2:09.97	49.12	250m:	3:49.38	51.31	350m:	5:26.44	45.14
	100m:	1:20.85	43.78	200m:	2:58.07	48.10	300m:	4:41.30	51.92	400m:	6:09.17	42.73
60 - 64 ans, Messieurs												
1.	TARDIF, Marc			63	LMRL Rivière-du-Loup					7:34.31	138	
	50m:	53.37	53.37	150m:	2:52.70	58.54	250m:	4:53.17	1:01.65	350m:	6:45.39	51.20
	100m:	1:54.16	1:00.79	200m:	3:51.52	58.82	300m:	5:54.19	1:01.02	400m:	7:34.31	48.92
65 - 69 ans, Dames												
1.	BIENVENUE, Josee			68	LMRL Rivière-du-Loup					8:24.90	129	
	50m:	56.67	56.67	150m:	3:11.22	1:09.17	250m:	5:26.36	1:06.95	350m:	7:30.53	55.43
	100m:	2:02.05	1:05.38	200m:	4:19.41	1:08.19	300m:	6:35.10	1:08.74	400m:	8:24.90	54.37
70 - 74 ans, Messieurs												
1.	LACHANCE, Bruno			73	Maîtres nageurs de la Capitale					8:23.30	101	
	50m:	56.61	56.61	150m:	3:07.76	1:07.82	250m:	5:24.75	1:10.61	350m:	7:30.10	55.49
	100m:	1:59.94	1:03.33	200m:	4:14.14	1:06.38	300m:	6:34.61	1:09.86	400m:	8:23.30	53.20