

Epreuve 318
 2026-02-01 - 19:50

Messieurs, 400m 4 nages

 11 ans et plus
 Liste résultats

Points: AQUA 2025

Rang					Age					Temps	Pts	
1.	RUSU, Eduard-Daniel				19	Club aquatique Montréal				4:33.71	695	
	50m:	28.56	28.56	150m:	1:38.68	36.68	250m:	2:53.28	38.36	350m:	4:04.14	30.27
	100m:	1:02.00	33.44	200m:	2:14.92	36.24	300m:	3:33.87	40.59	400m:	4:33.71	29.57
2.	QUEVEDO, Zergio				20	Elite				4:41.67	638	
	50m:	28.96	28.96	150m:	1:38.56	37.27	250m:	2:56.46	41.56	350m:	4:10.37	31.78
	100m:	1:01.29	32.33	200m:	2:14.90	36.34	300m:	3:38.59	42.13	400m:	4:41.67	31.30
3.	COOPER, William				14	C.N. Dollard-des-Ormeaux				4:43.78	624	
	50m:	30.80	30.80	150m:	1:42.52	37.18	250m:	2:59.68	42.06	350m:	4:13.46	31.64
	100m:	1:05.34	34.54	200m:	2:17.62	35.10	300m:	3:41.82	42.14	400m:	4:43.78	30.32
4.	COOK, Ronan				15	C.N. Dollard-des-Ormeaux				4:49.49	587	
	50m:	29.91	29.91	150m:	1:43.66	39.51	250m:	3:02.36	39.48	350m:	4:15.71	32.76
	100m:	1:04.15	34.24	200m:	2:22.88	39.22	300m:	3:42.95	40.59	400m:	4:49.49	33.78
5.	CABANA, Clement				17	Club de Natation SAMAK				4:53.09	566	
	50m:	30.05	30.05	150m:	1:40.40	36.60	250m:	3:04.21	45.90	350m:	4:21.05	33.17
	100m:	1:03.80	33.75	200m:	2:18.31	37.91	300m:	3:47.88	43.67	400m:	4:53.09	32.04
6.	QIAN, Hui En				16	C.N. Dollard-des-Ormeaux				5:04.87	503	
	50m:	31.42	31.42	150m:	1:47.27	39.12	250m:	3:10.15	44.36	350m:	4:30.01	34.03
	100m:	1:08.15	36.73	200m:	2:25.79	38.52	300m:	3:55.98	45.83	400m:	5:04.87	34.86
7.	HANS, Charles				16	Groupe aquatique Mille-Îles No				5:05.56	499	
	50m:	31.98	31.98	150m:	1:48.21	40.26	250m:	3:13.59	44.87	350m:	4:31.83	35.64
	100m:	1:07.95	35.97	200m:	2:28.72	40.51	300m:	3:56.19	42.60	400m:	5:05.56	33.73
8.	COULTER, Dylan				15	C.N. Dollard-des-Ormeaux				5:06.10	497	
	50m:	31.09	31.09	150m:	1:48.72	40.57	250m:	3:11.48	43.75	350m:	4:31.75	36.26
	100m:	1:08.15	37.06	200m:	2:27.73	39.01	300m:	3:55.49	44.01	400m:	5:06.10	34.35
9.	VERGNANO MCRAE, Kyle				19	C.N. Dollard-des-Ormeaux				5:09.14	482	
	50m:	30.55	30.55	150m:	1:48.97	41.72	250m:	3:14.53	45.21	350m:	4:36.40	34.78
	100m:	1:07.25	36.70	200m:	2:29.32	40.35	300m:	4:01.62	47.09	400m:	5:09.14	32.74
10.	PARENT, Maxime				14	Groupe aquatique Mille-Îles No				5:11.40	472	
	50m:	32.54	32.54	150m:	1:48.12	37.65	250m:	3:16.34	49.47	350m:	4:37.54	34.24
	100m:	1:10.47	37.93	200m:	2:26.87	38.75	300m:	4:03.30	46.96	400m:	5:11.40	33.86