

Epreuve 888  
 2026-01-31 - 20:46

Messieurs, 400m 4 nages

 CA 818 et plus jeunes  
 Liste résultats Essai de temps

Points: AQUA 2025

Rang					Age					Temps	Pts	
1.	COOPER, William				14	C.N. Dollard-des-Ormeaux				<b>4:44.18</b>	621	
	50m:	30.07	30.07	150m:	1:41.01	35.66	250m:	2:58.64	41.01	350m:	4:13.69	31.88
	100m:	1:05.35	35.28	200m:	2:17.63	36.62	300m:	3:41.81	43.17	400m:	4:44.18	30.49
2.	ROUKEMA, Ivan				16	Club de Natation SAMAK				<b>4:46.59</b>	605	
	50m:	29.29	29.29	150m:	1:39.81	36.73	250m:	2:58.77	40.90	350m:	4:14.79	33.54
	100m:	1:03.08	33.79	200m:	2:17.87	38.06	300m:	3:41.25	42.48	400m:	4:46.59	31.80
3.	TROTIER, Louis				19	C.N. Dollard-des-Ormeaux				<b>5:00.33</b>	526	
	50m:	32.89	32.89	150m:	1:48.42	38.18	250m:	3:10.34	44.82	350m:	4:28.13	32.90
	100m:	1:10.24	37.35	200m:	2:25.52	37.10	300m:	3:55.23	44.89	400m:	5:00.33	32.20
4.	ONORATI, Matteo				16	C.N. Dollard-des-Ormeaux				<b>5:13.48</b>	462	
	50m:	31.74	31.74	150m:	1:48.11	39.03	250m:	3:14.35	47.80	350m:	4:38.35	36.18
	100m:	1:09.08	37.34	200m:	2:26.55	38.44	300m:	4:02.17	47.82	400m:	5:13.48	35.13
5.	ASMAR, Damian				16	club aquatique st-eustache				<b>5:17.27</b>	446	
	50m:	34.25	34.25	150m:	1:56.38	40.57	250m:	3:21.52	44.12	350m:	4:42.04	34.93
	100m:	1:15.81	41.56	200m:	2:37.40	41.02	300m:	4:07.11	45.59	400m:	5:17.27	35.23
6.	CABANA, Clement				17	Club de Natation SAMAK				<b>5:19.65</b>	436	
	50m:	29.92	29.92	150m:	1:39.62	36.78	250m:	3:17.39	1:01.73	350m:	4:49.75	38.35
	100m:	1:02.84	32.92	200m:	2:15.66	36.04	300m:	4:11.40	54.01	400m:	5:19.65	29.90
7.	LAPARÉ-THIBAUT, Éliott				13	club aquatique st-eustache				<b>5:42.01</b>	356	
	50m:	37.14	37.14	150m:	2:05.57	45.95	250m:	3:39.03	47.46	350m:	5:04.78	37.95
	100m:	1:19.62	42.48	200m:	2:51.57	46.00	300m:	4:26.83	47.80	400m:	5:42.01	37.23
forf.nd.	WANG, Lucas				12	Club de Natation SAMAK						