

Event 8
2026-01-31 - 15:01

Men, 400m Medley

Open
Results

Points: AQUA 2025

provisional results

Rank					YB					Time	Pts	
	PLAMONDON, Leo				05	Universite de Montreal				4:41.63	579	
	50m:	29.38	29.38	150m:	1:40.18	36.20	250m:	2:55.89	39.24	350m:	4:09.99	33.89
	100m:	1:03.98	34.60	200m:	2:16.65	36.47	300m:	3:36.10	40.21	400m:	4:41.63	31.64
	PANTAROTTO, Zachary				07	University of Ottawa Gee-Gees				4:50.26	529	
	50m:	28.96	28.96	150m:	1:39.17	37.05	250m:	2:59.58	43.31	350m:	4:17.44	33.22
	100m:	1:02.12	33.16	200m:	2:16.27	37.10	300m:	3:44.22	44.64	400m:	4:50.26	32.82
EXH	AL SEAFAN, Adam				06	University of Ottawa Gee-Gees				4:59.85	480	
	50m:	27.93	27.93	150m:	1:39.55	38.53	250m:	3:04.45	46.98	350m:	4:26.09	35.30
	100m:	1:01.02	33.09	200m:	2:17.47	37.92	300m:	3:50.79	46.34	400m:	4:59.85	33.76