

DEFI CALAC
LaSalle, 31-1- - 1-2-2026

Epreuve 13
2026-02-01 - 10:21

200m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang	Age		Temps	Pts	50m	100m	150m	200m
11 - 12 ans, Filles								
1.	12	Natation Gatineau	2:48.07	422	36.56	43.48	50.97	37.06
2.	12	Natation Gatineau	2:53.64	383	39.91	45.83	48.59	39.31
3.	12	É.N. St Lambert	3:04.44	319	37.37	49.26	52.38	45.43
4.	12	Natation Gatineau	3:06.06	311	43.41	45.76	54.38	42.51
5.	12	Dorval Swim Club	3:07.53	304	40.37	49.65	56.51	41.00
6.	12	Natation Gatineau	3:12.58	280	41.88	50.81	55.41	44.48
7.	12	Natation Gatineau	3:18.98	254	47.04	52.16	55.23	44.55
8.	12	Natation Gatineau	3:20.47	249	45.32	54.56	58.69	41.90
9.	11	É.N. St Lambert	3:20.52	248	41.82	50.57	1:04.17	43.96
10.	12	Natation Gatineau	3:21.05	246	45.71	56.96	57.43	40.95
11.	12	Natation Gatineau	3:22.10	243	50.61	52.38	56.75	42.36
12.	12	Natation Gatineau	3:25.14	232	46.67	50.49	1:02.60	45.38
13.	11	Calac	3:25.20	232	48.43	53.25	57.47	46.05
14.	12	Natation Gatineau	3:25.65	230	45.56	56.65	57.51	45.93
15.	12	Natation Gatineau	3:27.04	226	45.38	52.49	1:04.50	44.67
16.	12	Club Natation Bois Francs	3:27.29	225	46.18	56.93	1:00.94	43.24
17.	12	Natation Gatineau	3:27.39	224	50.80	52.55	59.07	44.97
18.	11	Natation Gatineau	3:29.44	218	46.41	56.72	1:02.47	43.84
19.	12	Dorval Swim Club	3:31.86	210	39.76	56.14	1:16.65	39.31
20.	12	Calac	3:36.24	198	50.62	51.13	1:06.01	48.48
21.	11	Natation Gatineau	3:41.81	183	55.19	57.19	1:02.97	46.46
22.	12	Club Aquatique Malépart	4:01.29	142	52.89	1:02.62	1:08.18	57.60

11 - 12 ans, Garçons

1.	12	Natation Gatineau	2:45.66	325	36.27	44.66	48.11	36.62
2.	12	Natation Gatineau	2:47.81	313	34.54	47.56	49.32	36.39
3.	12	Natation Gatineau	2:49.26	305	38.67	42.41	51.86	36.32
4.	12	Natation Gatineau	3:03.04	241	44.23	48.63	52.59	37.59
5.	12	Calac	3:14.06	202	44.79	49.73	58.15	41.39
6.	12	Natation Gatineau	3:17.97	190	46.66	51.75	57.82	41.74
7.	11	Natation Gatineau	3:18.33	189	47.20	56.10	55.02	40.01
8.	11	Calac	3:18.63	189	44.83	50.07	59.14	44.59
9.	11	Calac	3:23.30	176	47.93	52.28	59.79	43.30
10.	11	Calac	3:35.24	148	52.24	54.12	1:03.48	45.40
11.	11	Calac	3:40.68	137	47.76	56.47	1:09.79	46.66
12.	12	Calac	4:09.10	95	59.31	1:03.37	1:18.05	48.37
disq.	11	Calac						

13 - 14 ans, Filles

1.	14	Natation Gatineau	2:37.51	513	33.45	40.05	49.02	34.99
2.	14	Calac	2:49.30	413	35.36	43.27	51.45	39.22
3.	14	Dorval Swim Club	2:50.20	406	35.66	44.14	54.80	35.60
4.	14	Dorval Swim Club	2:52.73	389	37.70	43.10	53.49	38.44
5.	14	Natation Gatineau	2:54.52	377	35.53	44.10	55.96	38.93
6.	14	Calac	2:56.59	364	35.69	47.50	52.83	40.57
7.	13	Natation Gatineau	2:57.73	357	37.07	45.97	54.72	39.97
8.	13	Dorval Swim Club	3:02.01	332	38.64	46.66	56.97	39.74
9.	13	É.N. St Lambert	3:04.45	319	41.35	43.50	59.50	40.10
10.	14	Dorval Swim Club	3:07.23	305	42.78	47.51	54.64	42.30

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Epreuve 13, Filles, 200m 4 nages, 13 - 14 ans

Rang	Age		Temps	Pts	50m	100m	150m	200m
11.	14	Dorval Swim Club	3:11.18	287	41.70	47.83	1:01.94	39.71
12.	14	Club Natation Bois Francs	3:12.06	283	45.30	53.02	50.26	43.48
13.	13	Natation Gatineau	3:16.30	265	44.19	51.21	58.85	42.05
14.	13	Calac	3:16.46	264	44.60	51.15	58.08	42.63
15.	13	Natation Gatineau	3:17.11	261	44.40	54.53	54.32	43.86
16.	14	Dorval Swim Club	3:18.56	256	42.19	53.29	59.92	43.16
17.	13	É.N. St Lambert	3:25.76	230	43.96	53.90	1:01.56	46.34
18.	13	Natation Gatineau	3:27.39	224	47.55	55.21	57.83	46.80
19.	13	Club Aquatique du Roussillon	3:30.44	215	48.55	53.22	1:03.63	45.04
20.	13	Dorval Swim Club	3:30.94	213	43.42	58.08	1:01.86	47.58
21.	14	Calac	3:30.98	213	45.25	54.65	1:01.27	49.81
22.	14	Dorval Swim Club	3:37.73	194	51.13	55.59	1:01.03	49.98
23.	13	Natation Gatineau	3:39.95	188	55.46	59.73	55.92	48.84
24.	13	Calac	3:53.80	156	1:00.08	58.65	1:02.94	52.13
25.	13	Club Aquatique Malépart	3:59.56	145	52.14	1:04.23	1:07.83	55.36
disq.	13	Natation Gatineau						
forf.nd.	14	Calac						

13 - 14 ans, Garçons

1.	14	Natation Gatineau	2:23.18	504	29.24	37.85	42.58	33.51
2.	13	Natation Gatineau	2:30.56	434	33.10	39.36	43.60	34.50
3.	14	Club Natation Bois Francs	2:34.86	398	31.09			35.69
4.	14	Natation Gatineau	2:40.96	355	32.14	38.94	53.41	36.47
5.	14	Natation Gatineau	2:41.49	351	34.95	42.09	50.39	34.06
6.	14	Dorval Swim Club	2:46.08	323	34.60	41.69	49.12	40.67
7.	13	É.N. St Lambert	2:46.94	318	35.06	41.48	52.92	37.48
8.	13	É.N. St Lambert	2:47.45	315	36.54	47.71	45.96	37.24
9.	14	Dorval Swim Club	2:50.81	297	36.76	43.28	53.02	37.75
10.	13	Dorval Swim Club	2:51.00	296	33.57	42.64	53.85	40.94
11.	13	Natation Gatineau	2:52.60	288	36.50	44.94	53.51	37.65
12.	14	Dorval Swim Club	2:53.08	285	37.99	47.27	47.05	40.77
13.	13	É.N. St Lambert	3:01.75	246	39.96	46.20	53.93	41.66
14.	14	Calac	3:05.36	232	42.26	47.47	54.32	41.31
15.	14	Dorval Swim Club	3:07.84	223	38.77	51.91	55.46	41.70
16.	14	Natation Gatineau	3:11.96	209	38.77	54.35	55.37	43.47
17.	14	Dorval Swim Club	3:18.47	189	41.10	52.44	1:02.56	42.37
18.	13	Dorval Swim Club	3:23.45	175	46.62	53.67	1:00.90	42.26
19.	13	Dorval Swim Club	3:32.47	154	49.20	56.79	57.22	49.26
20.	13	Dorval Swim Club	3:35.27	148			1:07.69	45.80
21.	13	Calac	4:20.14	84	1:02.63	56.39	1:28.10	53.02
disq.	14	Natation Gatineau						
disq.	14	Calac						
disq.	13	Dorval Swim Club						
forf.nd.	14	Dorval Swim Club						
forf.nd.	14	Club Aquatique du Sud-Ouest						

15 ans et plus, Dames

1.	19	Natation Gatineau	2:30.71	586	30.65	39.04	47.29	33.73
2.	15	Natation Gatineau	2:32.68	563	31.70	39.43		
3.	15	Club Natation Bois Francs	2:35.51	533	33.63	43.08	42.74	36.06
4.	16	Natation Gatineau	2:40.14	488	34.06	43.47	42.99	39.62
5.	15	Natation Gatineau	2:42.82	464	32.95	42.44	51.15	36.28
6.	15	É.N. St Lambert	2:44.64	449	34.96	38.29	53.99	37.40

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Epreuve 13, Dames, 200m 4 nages, 15 ans et plus

Rang		Age		Temps	Pts	50m	100m	150m	200m
7.	DOORBEEGASSING, e.	17	Club Natation Bois Francs	2:51.98	394	34.07	44.39	50.22	43.30
8.	LESSARD, Emilie	15	Natation Gatineau	2:52.41	391	36.09	46.72	50.75	38.85
9.	SMITH, Dillan	16	Dorval Swim Club	2:52.62	390	35.94	45.86	52.64	38.18
10.	CARDINAL, Frederique	15	É.N. St Lambert	2:54.03	380	37.46	48.40	49.76	38.41
11.	FRIGON, Millie-Rose	16	Natation Gatineau	3:08.34	300	37.74	51.33	56.21	43.06
12.	TULIN, Alice	15	É.N. St Lambert	3:10.48	290	40.57	53.28	53.97	42.66
13.	GOYETTE, Lauralie	16	É.N. St Lambert	3:10.90	288	39.53	49.31	56.08	45.98
14.	SHI, Yuhan	15	Calac	3:15.48	268	42.06	53.41	58.37	41.64
15.	RIVET, Emmanuelle	15	Natation Gatineau	3:18.67	255				
16.	ROBERT, Soah-Ève	15	Club Aquatique Malépart	3:33.39	206	42.72	55.53	1:03.79	51.35
17.	CHAN, Elodie	16	Club Aquatique Malépart	3:52.10	160	48.53	1:02.36	1:06.58	54.63

15 ans et plus, Messieurs

1.	NAULT, Xavier	16	Club Natation Bois Francs	2:15.08	601	28.20	34.90	41.50	30.48
2.	BIROLLEAU-SGARD, Char	15	Natation Gatineau	2:17.58	568	29.20	36.88	39.36	32.14
3.	ZMOULI, Wassim Fadel	17	É.N. St Lambert	2:23.84	497	29.01	37.05	44.83	32.95
	GOYETTE, Antoine	17	Natation Gatineau	2:23.84	497	30.37	38.11	42.90	32.46
5.	DOORBEEGASSING, D.	15	Club Natation Bois Francs	2:29.97	439	31.44	40.13	45.55	32.85
6.	REZVANI, Artin	15	Natation Gatineau	2:38.86	369	33.88	42.14	47.21	35.63
7.	OUCHIHA, Adam	15	Natation Gatineau	2:40.70	356	31.78	42.60	48.75	37.57
8.	KRYVENKO, Stepan	17	Dorval Swim Club	2:44.09	335	35.60	40.41	49.04	39.04
9.	HRISTOV, Adrian	17	Dorval Swim Club	2:45.80	325	35.35	45.20	48.67	36.58
10.	FURI, Timothee	18	Dorval Swim Club	2:53.90	281	35.23	44.70	51.21	42.76
11.	MORA CANO, J.	15	Club Aquatique du Roussillc	2:57.90	263	34.49	46.41	55.20	41.80
12.	DESJARDINS, Aiden	16	Dorval Swim Club	2:58.21	261	37.44	47.87	54.95	37.95
13.	STARNINO, Alexander	16	Dorval Swim Club	2:59.76	255	40.95	49.38	51.56	37.87
14.	PLAZAS REDONDO, Matec	15	Club Aquatique du Roussillc	3:35.28	148	41.16			49.66
forf.nd.	HOANG, Nicholas	18	Dorval Swim Club						