

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

Epreuve 207
2026-01-31 - 17:18

Messieurs, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang	Age										Temps	Pts
11 - 12 ans												
1.	HILL, Daniel				12	Natation Gatineau				5:58.27	310	
	50m:	38.32	38.32	150m:	2:09.53	45.15	250m:	3:44.73	52.34	350m:	5:19.13 40.56	
	100m:	1:24.38	46.06	200m:	2:52.39	42.86	300m:	4:38.57	53.84	400m:	5:58.27 39.14	
2.	CHAN, Alvin				11	Calac				7:01.30	190	
	50m:	48.14	48.14	150m:	2:41.43	55.67	250m:	4:34.05	58.49	350m:		
	100m:	1:45.76	57.62	200m:	3:35.56	54.13	300m:	5:32.88	58.83	400m:	7:01.30	
3.	BARRETTE, Oliver				11	Calac				7:03.67	187	
	50m:			150m:			250m:	4:30.10	1:00.86	350m:		
	100m:	1:46.22		200m:	3:29.24		300m:	5:30.67	1:00.57	400m:	7:03.67	
4.	KHUDIK, Lukian				11	Calac				7:43.09	143	
	50m:	53.61	53.61	150m:			250m:	4:52.51	1:05.33	350m:		
	100m:	1:56.92	1:03.31	200m:	3:47.18		300m:	6:00.41	1:07.90	400m:	7:43.09	
13 - 14 ans												
1.	BIROLLEAU-SGARD, Sam				13	Natation Gatineau				5:51.35	328	
	50m:	35.75	35.75	150m:	2:01.71	44.67	250m:	3:38.47	51.10	350m:	5:11.94 40.96	
	100m:	1:17.04	41.29	200m:	2:47.37	45.66	300m:	4:30.98	52.51	400m:	5:51.35 39.41	
2.	LE NEGARET, Côme				14	Calac				6:23.46	252	
	50m:	43.56	43.56	150m:	2:25.47	47.01	250m:	4:04.74	51.04	350m:	5:40.95 41.63	
	100m:	1:38.46	54.90	200m:	3:13.70	48.23	300m:	4:59.32	54.58	400m:	6:23.46 42.51	
15 ans et plus												
1.	NAULT, Xavier				16	Club Natation Bois Francs				4:43.84	623	
	50m:	28.90	28.90	150m:	1:39.15	36.60	250m:	2:58.89	42.87	350m:	4:12.74 31.78	
	100m:	1:02.55	33.65	200m:	2:16.02	36.87	300m:	3:40.96	42.07	400m:	4:43.84 31.10	
2.	JONES, Emile-Olivier				16	Natation Gatineau				4:47.01	603	
	50m:	29.83	29.83	150m:	1:41.61	38.46	250m:	3:00.47	41.39	350m:	4:16.15 33.05	
	100m:	1:03.15	33.32	200m:	2:19.08	37.47	300m:	3:43.10	42.63	400m:	4:47.01 30.86	
3.	BIROLLEAU-SGARD, Charly				15	Natation Gatineau				4:55.18	554	
	50m:	29.82	29.82	150m:	1:42.42	37.82	250m:	3:01.04	40.85	350m:	4:18.54 34.80	
	100m:	1:04.60	34.78	200m:	2:20.19	37.77	300m:	3:43.74	42.70	400m:	4:55.18 36.64	
4.	LAVOIE, Xavier				18	Natation Gatineau				5:12.18	468	
	50m:	33.69	33.69	150m:	1:51.86	42.07	250m:	3:19.07	47.65	350m:	4:38.67 34.52	
	100m:	1:09.79	36.10	200m:	2:31.42	39.56	300m:	4:04.15	45.08	400m:	5:12.18 33.51	
5.	BLAIS, Jerome				17	Club Natation Bois Francs				5:18.56	441	
	50m:	30.63	30.63	150m:	1:51.97	44.52	250m:	3:19.69	44.44	350m:	4:42.40 37.34	
	100m:	1:07.45	36.82	200m:	2:35.25	43.28	300m:	4:05.06	45.37	400m:	5:18.56 36.16	