

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

Epreuve 212
2026-02-01 - 9:58

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang					Age					Temps	Pts	
11 - 12 ans												
1.	AGUENIS, Adam Liam				12	Natation Gatineau				5:06.79	369	
	50m:	32.84	32.84	150m:	1:49.61	38.56	250m:	3:08.80	38.73	350m:	4:28.52	39.11
	100m:	1:11.05	38.21	200m:	2:30.07	40.46	300m:	3:49.41	40.61	400m:	5:06.79	38.27
2.	HILL, Daniel				12	Natation Gatineau				5:13.12	347	
	50m:	33.29	33.29	150m:	1:54.39	40.42	250m:	3:17.48	41.27	350m:	4:37.00	38.37
	100m:	1:13.97	40.68	200m:	2:36.21	41.82	300m:	3:58.63	41.15	400m:	5:13.12	36.12
3.	JESSE, Oliver				12	Natation Gatineau				5:46.12	257	
	50m:	38.72	38.72	150m:			250m:	3:35.93	45.52	350m:	5:05.88	45.63
	100m:	1:20.91	42.19	200m:	2:50.41		300m:	4:20.25	44.32	400m:	5:46.12	40.24
4.	LEFEBVRE-HUOT, Christophe				11	Natation Gatineau				5:51.69	245	
	50m:	39.83	39.83	150m:	2:09.05	44.45	250m:	3:39.98	44.90	350m:	5:09.32	44.17
	100m:	1:24.60	44.77	200m:	2:55.08	46.03	300m:	4:25.15	45.17	400m:	5:51.69	42.37
13 - 14 ans												
1.	JUBINVILLE, Arthur				13	É.N. St Lambert				5:04.72	376	
	50m:	35.29	35.29	150m:	1:52.00	38.25	250m:	3:09.52	38.52	350m:	4:27.67	38.53
	100m:	1:13.75	38.46	200m:	2:31.00	39.00	300m:	3:49.14	39.62	400m:	5:04.72	37.05
2.	SILVERWOOD-YOUNG, Owen				13	Dorval Swim Club				5:08.57	362	
	50m:	34.97	34.97	150m:	1:53.31	39.20	250m:	3:12.79	39.56	350m:	4:31.67	38.81
	100m:	1:14.11	39.14	200m:	2:33.23	39.92	300m:	3:52.86	40.07	400m:	5:08.57	36.90
3.	ZMOULI, Ryan				13	É.N. St Lambert				5:11.74	351	
	50m:	34.76	34.76	150m:	1:53.09	39.60	250m:	3:12.90	40.13	350m:	4:33.29	40.28
	100m:	1:13.49	38.73	200m:	2:32.77	39.68	300m:	3:53.01	40.11	400m:	5:11.74	38.45
4.	KHAYATI, Ali				13	É.N. St Lambert				5:30.66	294	
	50m:	36.67	36.67	150m:	2:00.20	43.51	250m:	3:26.87	44.02	350m:	4:51.49	42.13
	100m:	1:16.69	40.02	200m:	2:42.85	42.65	300m:	4:09.36	42.49	400m:	5:30.66	39.17
15 ans et plus												
1.	ISSAKOV, Eitan				17	É.N. St Lambert				4:12.37	663	
	50m:	29.16	29.16	150m:	1:33.70	32.86	250m:	2:39.01	32.63	350m:	3:43.13	31.66
	100m:	1:00.84	31.68	200m:	2:06.38	32.68	300m:	3:11.47	32.46	400m:	4:12.37	29.24
2.	JONES, Emile-Olivier				16	Natation Gatineau				4:14.59	645	
	50m:	29.81	29.81	150m:	1:34.81	32.41	250m:	2:39.66	32.14	350m:	3:43.82	31.53
	100m:	1:02.40	32.59	200m:	2:07.52	32.71	300m:	3:12.29	32.63	400m:	4:14.59	30.77
3.	LAVOIE, Xavier				18	Natation Gatineau				4:30.52	538	
	50m:	30.15	30.15	150m:	1:38.35	34.58	250m:	2:46.84	34.21	350m:	3:56.27	34.85
	100m:	1:03.77	33.62	200m:	2:12.63	34.28	300m:	3:21.42	34.58	400m:	4:30.52	34.25
4.	GRIGORE, Alexandru				19	É.N. St Lambert				4:34.99	512	
	50m:			150m:	1:39.05	34.86	250m:			350m:		
	100m:	1:04.19		200m:	2:14.38	35.33	300m:	3:25.13		400m:	4:34.99	
5.	JUBINVILLE, Laurier				15	É.N. St Lambert				4:35.17	511	
	50m:	32.04	32.04	150m:	1:41.27	34.92	250m:	2:51.62	35.11	350m:	4:02.17	35.75
	100m:	1:06.35	34.31	200m:	2:16.51	35.24	300m:	3:26.42	34.80	400m:	4:35.17	33.00

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Epreuve 212, Messieurs, 400m Libre, 15 ans et plus

Rang				Age					Temps	Pts		
6.	SÉNÉCAL, Malyk			17	Natation Gatineau				4:36.23	505		
	50m:	31.61	31.61	150m:	1:41.96	35.30	250m:	2:51.98	34.60	350m:	4:02.23	35.00
	100m:	1:06.66	35.05	200m:	2:17.38	35.42	300m:	3:27.23	35.25	400m:	4:36.23	34.00
7.	GUÉNETTE, Guillaume			16	Natation Gatineau				4:38.15	495		
	50m:	31.53	31.53	150m:	1:42.00	35.64	250m:	2:53.28	35.47	350m:	4:04.45	35.21
	100m:	1:06.36	34.83	200m:	2:17.81	35.81	300m:	3:29.24	35.96	400m:	4:38.15	33.70
8.	REZVANI, Artin			15	Natation Gatineau				4:43.19	469		
	50m:	32.60	32.60	150m:	1:44.76		250m:	2:56.97		350m:	4:09.23	36.20
	100m:			200m:			300m:	3:33.03	36.06	400m:	4:43.19	33.96
9.	KHAYATI, Mehdi			17	É.N. St Lambert				4:45.31	458		
	50m:	31.90	31.90	150m:	1:44.26	36.65	250m:	2:56.75	36.21	350m:	4:08.75	34.91
	100m:	1:07.61	35.71	200m:	2:20.54	36.28	300m:	3:33.84	37.09	400m:	4:45.31	36.56
10.	WANG, Yannick Immanuel			15	Dorval Swim Club				5:05.20	374		
	50m:	34.55	34.55	150m:	1:52.67	39.42	250m:	3:10.53	38.81	350m:	4:28.47	38.70
	100m:	1:13.25	38.70	200m:	2:31.72	39.05	300m:	3:49.77	39.24	400m:	5:05.20	36.73
11.	DEVROE, Axel			16	Club Natation Bois Francs				5:09.77	358		
	50m:			150m:	1:52.44	40.74	250m:	3:13.78	42.48	350m:	4:32.34	40.07
	100m:	1:11.70		200m:	2:31.30	38.86	300m:	3:52.27	38.49	400m:	5:09.77	37.43
12.	ZHANG, Yuze			15	Dorval Swim Club				5:11.45	352		
	50m:	34.74	34.74	150m:	1:53.60	39.47	250m:	3:14.46	39.60	350m:	4:34.10	39.92
	100m:	1:14.13	39.39	200m:	2:34.86	41.26	300m:	3:54.18	39.72	400m:	5:11.45	37.35
13.	LIU, Mark			15	Calac				5:19.66	326		
	50m:	33.91	33.91	150m:	1:53.07	39.75	250m:	3:16.41	42.15	350m:	4:40.20	41.21
	100m:	1:13.32	39.41	200m:	2:34.26	41.19	300m:	3:58.99	42.58	400m:	5:19.66	39.46
14.	MGAIDI, Chadi			15	Calac				5:39.05	273		
	50m:	37.24	37.24	150m:			250m:			350m:		
	100m:	1:18.72	41.48	200m:	2:45.95		300m:	4:13.79		400m:	5:39.05	
forf.nd.	KALAMBAY, Owen			17	Dorval Swim Club							