

Epreuve 15

Garçons, 400m Libre

17 ans et moins

2026-02-14 - 17:23

Liste résultats

Quebec Provincial Age Group Records 17	3:48.39	FONSECA FLOREZ, Simon	CAMO	Toronto	2025-12-13
Quebec Provincial Age Group Records 16	3:49.39	FONSECA FLOREZ, Simon	CAMO	Quebec City	2024-12-01
Quebec Provincial Age Group Records 15	3:56.42	FONSECA FLOREZ, Simon	CAMO	Toronto	2023-12-16
Quebec Provincial Age Group Records 14	4:00.57	MOSKUN, Nikolas	PCSC	Pointe-Claire	2025-12-06
Quebec Provincial Age Group Records 13	4:03.83	LUPIEN, Yannick	CAGRA	???	1994-02-01
Quebec Provincial Age Group Records - 124:	13.54	LUPIEN, Yannick	CAGRA	???	1993-02-01
Canadian Age Group Records 15 - 17	3:43.73	PRATT, Alexander	CASC	Toronto	2017-12-16
Canadian Age Group Records 13 - 14	3:54.19	KIM, Laon	HYACK	Vancouver	2022-11-05
Canadian Age Group Records 11 - 12	4:15.26	KIM, Lucas	HYACK	Coquitlam	2020-11-11

Coupe Québec standard A - 16: 4:15.26 / Coupe Québec standard B 17 +: 4:43.49

Points: AQUA 2025

Rang			Age					Temps	Pts
13 ans et moins									
1.	OCHMAN-ARSENAULT, Benjamin		13	Velox Natation				4:38.51	442
	50m:	31.26 31.26	150m:	1:42.63	35.56	250m:	2:52.66 34.79	350m:	4:03.51 35.65
	100m:	1:07.07 35.81	200m:	2:17.87	35.24	300m:	3:27.86 35.20	400m:	4:38.51 35.00
2.	BOUASSIDA, Elyes		13	Velox Natation				4:44.19	416
	50m:		150m:		250m:	2:54.29	350m:	4:06.67	
	100m:		200m:		300m:		400m:	4:44.19 37.52	
3.	DI LALLA, Thomas		12	Groupe aquatique Mille-Îles No				4:45.04	412
	50m:	32.94 32.94	150m:	1:47.35	37.04	250m:	3:00.40 35.64	350m:	4:11.30 34.77
	100m:	1:10.31 37.37	200m:	2:24.76	37.41	300m:	3:36.53 36.13	400m:	4:45.04 33.74
4.	OUELLET, Simon		13	Équinoxes de Thetford Mines				4:50.77	388
	50m:	31.93 31.93	150m:	1:45.18		250m:	2:59.38 36.91	350m:	4:14.67 37.40
	100m:		200m:	2:22.47	37.29	300m:	3:37.27 37.89	400m:	4:50.77 36.10
5.	JUBINVILLE, Arthur		13	É.N. St Lambert				4:51.37	386
	50m:	33.79 33.79	150m:	1:47.05		250m:	3:00.39 36.53	350m:	4:15.03 37.60
	100m:		200m:	2:23.86	36.81	300m:	3:37.43 37.04	400m:	4:51.37 36.34
6.	DESHAIES, Victor		11	Minabichi La Sarre				4:51.50	386
	50m:	32.72 32.72	150m:	1:46.19	37.28	250m:	3:00.69 37.44	350m:	4:15.35 37.34
	100m:	1:08.91 36.19	200m:	2:23.25	37.06	300m:	3:38.01 37.32	400m:	4:51.50 36.15
7.	PAQUETTE, Zack		13	Club de Natation Mont-Tremblan				4:57.60	362
	50m:	32.53 32.53	150m:	1:46.95	38.01	250m:	3:03.72 38.25	350m:	4:20.63 38.45
	100m:	1:08.94 36.41	200m:	2:25.47	38.52	300m:	3:42.18 38.46	400m:	4:57.60 36.97
8.	BEAUMONT, Samuel		13	É.N. St Lambert				4:59.73	355
	50m:	33.12 33.12	150m:	1:47.64	37.68	250m:	3:04.81 38.73	350m:	4:22.09 38.58
	100m:	1:09.96 36.84	200m:	2:26.08	38.44	300m:	3:43.51 38.70	400m:	4:59.73 37.64
9.	AVALLE, Oscar		13	Club Aquatique Rosemont Petite				5:00.01	354
	50m:	31.75 31.75	150m:	1:47.63	38.33	250m:	3:06.32 39.63	350m:	4:23.76 39.01
	100m:	1:09.30 37.55	200m:	2:26.69	39.06	300m:	3:44.75 38.43	400m:	5:00.01 36.25
10.	ZMOULI, Ryan		13	É.N. St Lambert				5:04.91	337
	50m:	34.03 34.03	150m:	1:49.97	38.10	250m:	3:07.72 38.84	350m:	4:26.45 39.34
	100m:	1:11.87 37.84	200m:	2:28.88	38.91	300m:	3:47.11 39.39	400m:	5:04.91 38.46
11.	BOUCHARD, Julien		12	Club de Natation Mont-Tremblan				5:05.70	334
	50m:	32.89 32.89	150m:	1:50.33	39.50	250m:	3:09.16 39.59	350m:	4:28.55 39.20
	100m:	1:10.83 37.94	200m:	2:29.57	39.24	300m:	3:49.35 40.19	400m:	5:05.70 37.15
12.	JEAN, Philippe		13	Club de natation Phoenix Sague				5:10.51	319
	50m:	33.93 33.93	150m:	1:52.69	39.92	250m:	3:13.91 40.71	350m:	4:34.16 39.79
	100m:	1:12.77 38.84	200m:	2:33.20	40.51	300m:	3:54.37 40.46	400m:	5:10.51 36.35

Epreuve 15, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
13.	OSTIGUY, Gabriel				13	Club Natation Haut-Richelieu				5:11.39	316	
	50m:	33.10	33.10	150m:	1:51.52	39.75	250m:	3:12.58	40.52	350m:	4:33.33	40.22
	100m:	1:11.77	38.67	200m:	2:32.06	40.54	300m:	3:53.11	40.53	400m:	5:11.39	38.06
14.	TOUZIN RODRIGUE, Samuel				13	Club Aquatique Rosemont Petite				5:14.57	307	
	50m:	34.46	34.46	150m:	1:52.73	39.51	250m:	3:15.05	40.87	350m:	4:35.56	39.68
	100m:	1:13.22	38.76	200m:	2:34.18	41.45	300m:	3:55.88	40.83	400m:	5:14.57	39.01
15.	KIM, James				12	Groupe aquatique Mille-Îles No				5:17.33	299	
	50m:	35.47	35.47	150m:	1:55.71	40.77	250m:	3:17.64	41.37	350m:	4:38.76	40.41
	100m:	1:14.94	39.47	200m:	2:36.27	40.56	300m:	3:58.35	40.71	400m:	5:17.33	38.57
16.	MATHIEU, Eliot				12	Velox Natation				5:17.92	297	
	50m:	36.24	36.24	150m:	1:56.26	40.51	250m:	3:16.86	40.39	350m:	4:39.20	40.56
	100m:	1:15.75	39.51	200m:	2:36.47	40.21	300m:	3:58.64	41.78	400m:	5:17.92	38.72
17.	LAROUCHE, Jérémy				12	Club de Natation Juvaqua Alma				5:18.07	297	
	50m:	34.71	34.71	150m:	1:57.68	41.80	250m:	3:20.29	41.33	350m:	4:40.87	39.98
	100m:	1:15.88	41.17	200m:	2:38.96	41.28	300m:	4:00.89	40.60	400m:	5:18.07	37.20
18.	MAHEU, Liam				12	Velox Natation				5:18.70	295	
	50m:	34.84	34.84	150m:	1:55.30	41.06	250m:	3:18.63	41.78	350m:	4:41.01	40.38
	100m:	1:14.24	39.40	200m:	2:36.85	41.55	300m:	4:00.63	42.00	400m:	5:18.70	37.69
19.	COUSINEAU, Liam				13	Joliette Équipe Triathlon 1				5:21.39	288	
	50m:	35.75	35.75	150m:	1:56.95	41.09	250m:	3:20.45	41.56	350m:	4:42.98	41.32
	100m:	1:15.86	40.11	200m:	2:38.89	41.94	300m:	4:01.66	41.21	400m:	5:21.39	38.41
20.	LAMBERT, Arthur				13	Joliette Équipe Triathlon 1				5:22.58	284	
	50m:	36.33	36.33	150m:	1:56.75	40.84	250m:	3:20.18	42.55	350m:	4:42.65	41.20
	100m:	1:15.91	39.58	200m:	2:37.63	40.88	300m:	4:01.45	41.27	400m:	5:22.58	39.93
21.	GIGUÈRE, Olivier				12	Sorel Tracy Natation				5:24.96	278	
	50m:	33.63	33.63	150m:	1:55.91	42.83	250m:	3:21.53	42.54	350m:	4:42.58	37.49
	100m:	1:13.08	39.45	200m:	2:38.99	43.08	300m:	4:05.09	43.56	400m:	5:24.96	42.38
22.	BILODEAU, Nathan				12	Groupe aquatique Mille-Îles No				5:28.17	270	
	50m:	37.32	37.32	150m:	2:01.13	42.45	250m:	3:25.77	42.64	350m:	4:48.88	41.49
	100m:	1:18.68	41.36	200m:	2:43.13	42.00	300m:	4:07.39	41.62	400m:	5:28.17	39.29
23.	TREMBLAY, Patrick				12	Club de Natation Mont-Tremblan				5:29.25	267	
	50m:	35.37	35.37	150m:	1:58.49	41.83	250m:	3:23.56	42.83	350m:	4:48.83	42.40
	100m:	1:16.66	41.29	200m:	2:40.73	42.24	300m:	4:06.43	42.87	400m:	5:29.25	40.42
24.	BANVILLE, Mathieu				13	Club Aquatique les Piranhas du				5:32.69	259	
	50m:	36.88	36.88	150m:	2:01.44	42.78	250m:	3:26.38	41.69	350m:	4:51.35	42.48
	100m:	1:18.66	41.78	200m:	2:44.69	43.25	300m:	4:08.87	42.49	400m:	5:32.69	41.34
25.	CHITAC, Tudor Stefan				11	Groupe aquatique Mille-Îles No				5:36.25	251	
	50m:	37.96	37.96	150m:	2:01.49	41.53	250m:	3:27.53	42.92	350m:	4:53.84	43.33
	100m:	1:19.96	42.00	200m:	2:44.61	43.12	300m:	4:10.51	42.98	400m:	5:36.25	42.41
26.	BORDONARO, Leo				12	C.N. Chambly				5:39.34	244	
	50m:	36.32	36.32	150m:	2:02.75	43.84	250m:	3:30.78	44.33	350m:	4:57.49	43.15
	100m:	1:18.91	42.59	200m:	2:46.45	43.70	300m:	4:14.34	43.56	400m:	5:39.34	41.85
27.	RGUIG, Anas				12	Club Aquatique les Piranhas du				5:43.83	235	
	50m:	37.88	37.88	150m:	2:04.48	43.66	250m:	3:32.47	44.20	350m:	5:02.03	45.03
	100m:	1:20.82	42.94	200m:	2:48.27	43.79	300m:	4:17.00	44.53	400m:	5:43.83	41.80
28.	MABED, Élyan				11	Eau Laval				5:44.79	233	
	50m:	39.65	39.65	150m:	2:08.50	44.16	250m:	3:38.39	44.86	350m:	5:04.63	42.49
	100m:	1:24.34	44.69	200m:	2:53.53	45.03	300m:	4:22.14	43.75	400m:	5:44.79	40.16

Epreuve 15, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
29.	GOMEZ, Ricardo				11	Eau Laval				5:45.65	231	
	50m:	38.44	38.44	150m:	2:06.10	44.14	250m:	3:35.25	44.85	350m:	5:03.34	44.58
	100m:	1:21.96	43.52	200m:	2:50.40	44.30	300m:	4:18.76	43.51	400m:	5:45.65	42.31
30.	GMANCH, Alexandre				12	Club aquatique Mascouche				5:47.19	228	
	50m:	40.08	40.08	150m:	2:09.07	44.60	250m:	3:37.75	44.18	350m:	5:05.72	44.15
	100m:	1:24.47	44.39	200m:	2:53.57	44.50	300m:	4:21.57	43.82	400m:	5:47.19	41.47
31.	DESLAURIERS, Julien				12	Club aquatique Mascouche				5:52.26	218	
	50m:	39.08	39.08	150m:	2:09.54	45.27	250m:	3:40.23	45.16	350m:	5:09.82	44.69
	100m:	1:24.27	45.19	200m:	2:55.07	45.53	300m:	4:25.13	44.90	400m:	5:52.26	42.44
32.	PLANTE, Samuel				12	Club de Natation Juvaqua Alma				5:52.84	217	
	50m:	36.07	36.07	150m:	2:01.67	42.82	250m:	3:37.07	46.65	350m:	5:08.19	46.68
	100m:	1:18.85	42.78	200m:	2:50.42	48.75	300m:	4:21.51	44.44	400m:	5:52.84	44.65

14 - 15 ans

1.	GUHA, Manu Qc A				15	Club de natation Phoenix Sague				4:12.94	590	
	50m:	28.92	28.92	150m:	1:32.67	32.37	250m:	2:37.14	31.95	350m:	3:41.81	32.47
	100m:	1:00.30	31.38	200m:	2:05.19	32.52	300m:	3:09.34	32.20	400m:	4:12.94	31.13
2.	PARENT, Maxime				14	Groupe aquatique Mille-Îles No				4:15.47	573	
	50m:	29.33	29.33	150m:	1:33.32	32.36	250m:	2:38.19	32.38	350m:	3:44.47	33.31
	100m:	1:00.96	31.63	200m:	2:05.81	32.49	300m:	3:11.16	32.97	400m:	4:15.47	31.00
3.	JUBINVILLE, Laurier				15	É.N. St Lambert				4:18.61	552	
	50m:	29.76	29.76	150m:	1:33.93	32.30	250m:	2:39.63	32.92	350m:	3:46.03	33.20
	100m:	1:01.63	31.87	200m:	2:06.71	32.78	300m:	3:12.83	33.20	400m:	4:18.61	32.58
4.	DUBUC, Vincent				14	Minabichi La Sarre				4:30.19	484	
	50m:	31.24	31.24	150m:	1:41.62	35.37	250m:	2:51.68	34.47	350m:	3:59.43	32.84
	100m:	1:06.25	35.01	200m:	2:17.21	35.59	300m:	3:26.59	34.91	400m:	4:30.19	30.76
5.	LANDRY, Vincent				15	Club de Natation Juvaqua Alma				4:33.01	469	
	50m:	28.38	28.38	150m:	1:35.94	34.09	250m:	2:46.38	34.96	350m:	3:57.47	35.53
	100m:	1:01.85	33.47	200m:	2:11.42	35.48	300m:	3:21.94	35.56	400m:	4:33.01	35.54
6.	BURRIDGE-MICHAUD, Logan				14	Groupe aquatique Mille-Îles No				4:33.51	467	
	50m:	31.58	31.58	150m:	1:41.88	35.47	250m:	2:52.35	36.01	350m:	4:00.93	33.76
	100m:	1:06.41	34.83	200m:	2:16.34	34.46	300m:	3:27.17	34.82	400m:	4:33.51	32.58
7.	LAROUCHE, Charles-Etienne				14	Club Natation Bois Francs				4:34.27	463	
	50m:	29.18	29.18	150m:	1:36.41	34.02	250m:	2:47.95	36.03	350m:	4:00.55	36.34
	100m:	1:02.39	33.21	200m:	2:11.92	35.51	300m:	3:24.21	36.26	400m:	4:34.27	33.72
8.	TURGEON, Zackary				15	C. A. Régional De L'Abitibi-Te				4:35.43	457	
	50m:	30.43	30.43	150m:	1:40.09	35.22	250m:	2:51.62	35.72	350m:	4:02.29	34.51
	100m:	1:04.87	34.44	200m:	2:15.90	35.81	300m:	3:27.78	36.16	400m:	4:35.43	33.14
9.	SCRIPCARU, David				14	Groupe aquatique Mille-Îles No				4:37.97	445	
	50m:	30.90	30.90	150m:	1:39.37	34.88	250m:	2:50.82	35.95	350m:	4:03.11	35.89
	100m:	1:04.49	33.59	200m:	2:14.87	35.50	300m:	3:27.22	36.40	400m:	4:37.97	34.86
10.	CASEY, Mathew				15	Club de Natation Mont-Tremblan				4:38.11	444	
	50m:	31.13	31.13	150m:	1:42.12	35.75	250m:	2:53.43	35.73	350m:	4:04.16	35.46
	100m:	1:06.37	35.24	200m:	2:17.70	35.58	300m:	3:28.70	35.27	400m:	4:38.11	33.95
11.	GAUTHIER, Thomas				14	Groupe aquatique Mille-Îles No				4:42.73	423	
	50m:	30.77	30.77	150m:	1:41.68	36.21	250m:	2:54.28	36.49	350m:	4:07.36	36.75
	100m:	1:05.47	34.70	200m:	2:17.79	36.11	300m:	3:30.61	36.33	400m:	4:42.73	35.37

Epreuve 15, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
12.	BEAUDET, Alexis			15	Club de Natation Juvaqua Alma				4:42.82	422		
	50m:	30.89	30.89	150m:	1:40.82	35.67	250m:	2:53.49	36.61	350m:	4:07.38	37.13
	100m:	1:05.15	34.26	200m:	2:16.88	36.06	300m:	3:30.25	36.76	400m:	4:42.82	35.44
13.	BALTARU, Mark			14	Club Aquatique les Piranhas du				4:44.92	413		
	50m:	29.33	29.33	150m:	1:43.38	37.82	250m:	2:57.88	36.65	350m:	4:11.75	36.01
	100m:	1:05.56	36.23	200m:	2:21.23	37.85	300m:	3:35.74	37.86	400m:	4:44.92	33.17
14.	FRULLA, Matteo			15	Velox Natation				4:46.90	404		
	50m:	31.68	31.68	150m:	1:44.54	36.79	250m:	2:58.28	36.75	350m:	4:12.16	36.81
	100m:	1:07.75	36.07	200m:	2:21.53	36.99	300m:	3:35.35	37.07	400m:	4:46.90	34.74
15.	VACHON, Raphaël			15	Club.Natation. Sept-Iles				4:48.21	399		
	50m:	30.70	30.70	150m:	1:43.26	36.71	250m:	2:58.87	37.58	350m:	4:13.10	37.18
	100m:	1:06.55	35.85	200m:	2:21.29	38.03	300m:	3:35.92	37.05	400m:	4:48.21	35.11
16.	GRENON, Mathis			15	Groupe aquatique Mille-Îles No				4:48.45	398		
	50m:	32.14	32.14	150m:	1:45.27	36.88	250m:	2:59.30	36.87	350m:	4:12.09	36.20
	100m:	1:08.39	36.25	200m:	2:22.43	37.16	300m:	3:35.89	36.59	400m:	4:48.45	36.36
17.	GUÉRIN, Clovis			15	Club de Natation Juvaqua Alma				4:53.45	378		
	50m:	30.58	30.58	150m:	1:44.11	37.55	250m:	3:00.26	38.23	350m:	4:17.12	38.72
	100m:	1:06.56	35.98	200m:	2:22.03	37.92	300m:	3:38.40	38.14	400m:	4:53.45	36.33
18.	GRENIER, Léo			15	Unik				4:53.66	377		
	50m:	32.02	32.02	150m:	1:46.92	37.83	250m:	3:02.95	38.12	350m:	4:18.45	37.20
	100m:	1:09.09	37.07	200m:	2:24.83	37.91	300m:	3:41.25	38.30	400m:	4:53.66	35.21
19.	TREMBLAY, Arnaud			15	Chibougamau				4:56.02	368		
	50m:	31.50	31.50	150m:	1:45.79	38.18	250m:	3:03.45	38.56	350m:	4:19.64	37.68
	100m:	1:07.61	36.11	200m:	2:24.89	39.10	300m:	3:41.96	38.51	400m:	4:56.02	36.38
20.	ROYER, Arno			14	Club Aquatique Rosemont Petite				4:57.68	362		
	50m:	31.27	31.27	150m:	1:44.35	37.07	250m:	3:01.50	39.11	350m:	4:19.91	39.43
	100m:	1:07.28	36.01	200m:	2:22.39	38.04	300m:	3:40.48	38.98	400m:	4:57.68	37.77
21.	BOULFANI, Rayan			14	C. A. Régional De L'Abitibi-Te				5:01.66	348		
	50m:	33.21	33.21	150m:	1:48.30	37.88	250m:	3:06.03	38.91	350m:	4:24.58	39.24
	100m:	1:10.42	37.21	200m:	2:27.12	38.82	300m:	3:45.34	39.31	400m:	5:01.66	37.08
22.	TREMBLAY, François			14	Club.Natation. Sept-Iles				5:02.68	344		
	50m:	32.20	32.20	150m:	1:46.49	37.96	250m:	3:04.90	39.55	350m:	4:24.31	40.09
	100m:	1:08.53	36.33	200m:	2:25.35	38.86	300m:	3:44.22	39.32	400m:	5:02.68	38.37
23.	LEMAY, Florent			14	Club de Natation Juvaqua Alma				5:09.17	323		
	50m:	33.94	33.94	150m:	1:52.33	39.72	250m:	3:11.99	39.69	350m:	4:31.25	39.14
	100m:	1:12.61	38.67	200m:	2:32.30	39.97	300m:	3:52.11	40.12	400m:	5:09.17	37.92
24.	LUSSIER PINCINCE, Kael			14	Équipe de natation de Cowansvi				5:11.46	316		
	50m:	32.37	32.37	150m:	1:50.34	39.71	250m:	3:12.37	41.45	350m:	4:33.83	40.68
	100m:	1:10.63	38.26	200m:	2:30.92	40.58	300m:	3:53.15	40.78	400m:	5:11.46	37.63

16 - 17 ans

1.	NOËL, Romain			16	Cadac				4:18.17	555		
	50m:	28.79	28.79	150m:	1:34.52	33.39	250m:	2:41.24	33.34	350m:	3:47.68	33.02
	100m:	1:01.13	32.34	200m:	2:07.90	33.38	300m:	3:14.66	33.42	400m:	4:18.17	30.49
2.	BLAIS, Jérôme			16	Club de natation St-Hyacinthe				4:26.96	502		
	50m:	29.29	29.29	150m:	1:36.55	34.28	250m:	2:45.77	35.08	350m:	3:55.00	34.51
	100m:	1:02.27	32.98	200m:	2:10.69	34.14	300m:	3:20.49	34.72	400m:	4:26.96	31.96

Epreuve 15, Garçons, 400m Libre, 16 - 17 ans

Rang			Age					Temps	Pts			
3.	ROBITAILLE, Felix		17	Club de Natation Mont-Tremblan				4:26.98	502			
	Qc B											
	50m:	29.17	29.17	150m:	1:37.04	34.21	250m:	2:45.39	34.27	350m:	3:54.34	34.86
	100m:	1:02.83	33.66	200m:	2:11.12	34.08	300m:	3:19.48	34.09	400m:	4:26.98	32.64
4.	ZMOULI, Wassim Fadel		17	É.N. St Lambert				4:27.47	499			
	Qc B											
	50m:	28.38	28.38	150m:	1:34.34	33.85	250m:	2:43.84	35.20	350m:	3:54.35	35.12
	100m:	1:00.49	32.11	200m:	2:08.64	34.30	300m:	3:19.23	35.39	400m:	4:27.47	33.12
5.	BAZINET, Antoine		17	Club de natation St-Hyacinthe				4:37.08	449			
	Qc B											
	50m:	30.71	30.71	150m:	1:40.00	35.03	250m:	2:50.75	35.94	350m:	4:02.89	36.00
	100m:	1:04.97	34.26	200m:	2:14.81	34.81	300m:	3:26.89	36.14	400m:	4:37.08	34.19
6.	WILLIS, Thomas		17	Cadac				4:38.75	441			
	Qc B											
	50m:	31.36	31.36	150m:	1:41.28	35.08	250m:	2:52.38	35.72	350m:	4:04.42	35.55
	100m:	1:06.20	34.84	200m:	2:16.66	35.38	300m:	3:28.87	36.49	400m:	4:38.75	34.33
7.	THIBEAULT, Antoine		16	Club.Natation. Sept-Iles				4:53.29	379			
	50m:	29.61	29.61	150m:	1:39.18	35.67	250m:	2:55.45	38.69	350m:	4:14.93	39.58
	100m:	1:03.51	33.90	200m:	2:16.76	37.58	300m:	3:35.35	39.90	400m:	4:53.29	38.36