

Epreuve 4
17/10/2026 - 10:05

Messieurs, 400m 4 nages

11 ans et plus
Liste résultats

Trident 11: 5:58.48; 12: 5:47.48; 13: 5:24.69; 14: 5:08.93; 15: 5:02.74; 16: 4:54.96; 17: 4:46.63; 18: 4:43.73; 19 +: 4:37.24 /

Mistral 11: 6:12.25; 12: 5:47.48; 13: 5:37.18; 14: 5:20.82; 15: 5:14.41; 16: 5:06.33; 17: 4:57.68; 18: 4:54.67; 19 +: 4:47.94

Points: AQUA 2026

Rang	AN								Temps	Pts
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Benjamin classement LNL

1.	GILIS, Adrien	15	Perron							6:23.06	230
	50m: 41.36	41.36	150m: 2:23.53	48.68	250m: 4:05.92	55.97	350m: 5:42.50	41.58			
	100m: 1:34.85	53.49	200m: 3:09.95	46.42	300m: 5:00.92	55.00	400m: 6:23.06	40.56			

disq. HAZARD, Nathanael 14 Tan **5:58.39**

9.4.c - Ne pas terminer la section en brasse conformément aux règles de cette nage

50m:	38.50	38.50	150m:	2:10.25	45.82	250m:	3:46.45	50.37	350m:	5:19.71	41.31
100m:	1:24.43	45.93	200m:	2:56.08	45.83	300m:	4:38.40	51.95	400m:	5:58.39	38.68

Minime classement LNL

1.	GHUNAIM, Elias	12	Perron							5:28.83	364
	50m: 34.75	34.75	150m: 1:55.31	39.82	250m: 3:25.56	50.77	350m: 4:53.48	37.87			
	100m: 1:15.49	40.74	200m: 2:34.79	39.48	300m: 4:15.61	50.05	400m: 5:28.83	35.35			

2.	FRAUENKRON, Noé	13	Sssv							5:31.13	356
	<i>Temps Mistral 13</i>										

50m:	36.44	36.44	150m:	2:02.51	40.62	250m:	3:29.85	46.02	350m:	4:54.37	36.90
100m:	1:21.89	45.45	200m:	2:43.83	41.32	300m:	4:17.47	47.62	400m:	5:31.13	36.76

3.	ZAMBITO, Mirko	12	Esn							5:31.42	355
	50m: 35.28	35.28	150m: 2:42.24	1:26.15	250m: 4:17.49	48.01	350m: 4:54.82				
	100m: 1:16.09	40.81	200m: 3:29.48	47.24	300m:		400m: 5:31.42	36.60			

4.	DUPUIS, Clément	13	Perron							5:35.17	343
	<i>Temps Mistral 13</i>										

50m:	34.50	34.50	150m:	1:59.76	44.41	250m:	3:29.28	46.02	350m:	4:57.14	39.68
100m:	1:15.35	40.85	200m:	2:43.26	43.50	300m:	4:17.46	48.18	400m:	5:35.17	38.03

5.	FORTEMPS, Emilien	12	Perron							5:41.89	323
	50m: 36.74	36.74	150m: 2:04.53	43.08	250m: 3:35.94	50.38	350m: 5:05.55	38.46			
	100m: 1:21.45	44.71	200m: 2:45.56	41.03	300m: 4:27.09	51.15	400m: 5:41.89	36.34			

6.	DETRY BEKAERT, Nathan	13	Tan							5:53.35	293
	50m: 39.59	39.59	150m: 2:13.16	44.43	250m: 3:42.09	46.38	350m: 5:12.88	41.33			
	100m: 1:28.73	49.14	200m: 2:55.71	42.55	300m: 4:31.55	49.46	400m: 5:53.35	40.47			

disq. DA SILVEIRA, Adriel 13 Perron **5:54.90**

8.4.a - Mouvements alternatifs des jambes ou des pieds

50m:	41.72	41.72	150m:	2:18.41	46.17	250m:	3:50.74	46.63	350m:	5:17.75	39.28
100m:	1:32.24	50.52	200m:	3:04.11	45.70	300m:	4:38.47	47.73	400m:	5:54.90	37.15

Cadet classement LNL

1.	COUNARD, Matéo	10	Enw							4:47.18	546
	<i>Temps Trident 16, Temps Mistral 16</i>										

50m:	29.55	29.55	150m:	1:41.43	37.40	250m:	3:00.10	42.14	350m:	4:15.76	32.43
100m:	1:04.03	34.48	200m:	2:17.96	36.53	300m:	3:43.33	43.23	400m:	4:47.18	31.42

2.	GENOVA, Rafael	11	Perron							5:47.26	309
	50m: 34.16	34.16	150m: 2:03.53	46.56	250m: 3:37.87	49.14	350m: 5:08.38	39.53			
	100m: 1:16.97	42.81	200m: 2:48.73	45.20	300m: 4:28.85	50.98	400m: 5:47.26	38.88			



Epreuve 4, Messieurs, 400m 4 nages

Junior classement LNL

1.	MAKA, Nicolas			09	Esn						5:07.04	447
	50m:	32.86	32.86	150m:	1:50.24	40.77	250m:	3:11.82	41.00	350m:	4:32.08	36.34
	100m:	1:09.47	36.61	200m:	2:30.82	40.58	300m:	3:55.74	43.92	400m:	5:07.04	34.96

Benjamin 11

1.	GILIS, Adrien			15	Perron				6:23.06			230
	50m:	41.36	41.36	150m:	2:23.53	48.68	250m:	4:05.92	55.97	350m:	5:42.50	41.58
	100m:	1:34.85	53.49	200m:	3:09.95	46.42	300m:	5:00.92	55.00	400m:	6:23.06	40.56

Benjamin 12

disq.	HAZARD, Nathanael				14	Tan				5:58.39		
9.4.c - Ne pas terminer la section en brasse conformément aux règles de cette nage												
	50m:	38.50	38.50	150m:	2:10.25	45.82	250m:	3:46.45	50.37	350m:	5:19.71	41.31
	100m:	1:24.43	45.93	200m:	2:56.08	45.83	300m:	4:38.40	51.95	400m:	5:58.39	38.68

Minime 13

1.	FRAUENKRON, Noé			13	Sssv					5:31.13		356
	Temps Mistral 13											
	50m:	36.44	36.44	150m:	2:02.51	40.62	250m:	3:29.85	46.02	350m:	4:54.37	36.90
	100m:	1:21.89	45.45	200m:	2:43.83	41.32	300m:	4:17.47	47.62	400m:	5:31.13	36.76
2.	DUPUIS, Clément			13	Perron					5:35.17		343
	Temps Mistral 13											
	50m:	34.50	34.50	150m:	1:59.76	44.41	250m:	3:29.28	46.02	350m:	4:57.14	39.68
	100m:	1:15.35	40.85	200m:	2:43.26	43.50	300m:	4:17.46	48.18	400m:	5:35.17	38.03
3.	DETRY BEKAERT, Nathan			13	Tan					5:53.35		293
	50m:	39.59	39.59	150m:	2:13.16	44.43	250m:	3:42.09	46.38	350m:	5:12.88	41.33
	100m:	1:28.73	49.14	200m:	2:55.71	42.55	300m:	4:31.55	49.46	400m:	5:53.35	40.47
disq.	DA SILVEIRA, Adriel			13	Perron					5:54.90		
	8.4.a - Mouvements alternatifs des jambes ou des pieds											
	50m:	41.72	41.72	150m:	2:18.41	46.17	250m:	3:50.74	46.63	350m:	5:17.75	39.28
	100m:	1:32.24	50.52	200m:	3:04.11	45.70	300m:	4:38.47	47.73	400m:	5:54.90	37.15

Minime 14

1.	GHUNAIM, Elias			12	Perron					5:28.83	364	
	50m:	34.75	34.75	150m:	1:55.31	39.82	250m:	3:25.56	50.77	350m:	4:53.48	37.87
	100m:	1:15.49	40.74	200m:	2:34.79	39.48	300m:	4:15.61	50.05	400m:	5:28.83	35.35
2.	ZAMBITO, Mirko			12	Esn					5:31.42	355	
	50m:	35.28	35.28	150m:	2:42.24	1:26.15	250m:	4:17.49	48.01	350m:	4:54.82	
	100m:	1:16.09	40.81	200m:	3:29.48	47.24	300m:			400m:	5:31.42	36.60
3.	FORTEMPS, Emilien			12	Perron					5:41.89	323	
	50m:	36.74	36.74	150m:	2:04.53	43.08	250m:	3:35.94	50.38	350m:	5:05.55	38.46
	100m:	1:21.45	44.71	200m:	2:45.56	41.03	300m:	4:27.09	51.15	400m:	5:41.89	36.34

Cadet 15

1.	GENOVA, Rafael				11	Perron				5:47.26				309
	50m:	34.16	34.16	150m:	2:03.53	46.56	250m:	3:37.87	49.14	350m:	5:08.38	39.53		
	100m:	1:16.97	42.81	200m:	2:48.73	45.20	300m:	4:28.85	50.98	400m:	5:47.26	38.88		



Epreuve 4, Messieurs, 400m 4 nages

Cadet 16

1.	COUNARD, Matéo				10	Enw				4:47.18		546
	Temps Trident 16, Temps Mistral 16											
	50m:	29.55	29.55	150m:	1:41.43	37.40	250m:	3:00.10	42.14	350m:	4:15.76	32.43
	100m:	1:04.03	34.48	200m:	2:17.96	36.53	300m:	3:43.33	43.23	400m:	4:47.18	31.42

Junior 17

1.	MAKA, Nicolas			09	Esn						5:07.04	447
	50m:	32.86	32.86	150m:	1:50.24	40.77	250m:	3:11.82	41.00	350m:	4:32.08	36.34
	100m:	1:09.47	36.61	200m:	2:30.82	40.58	300m:	3:55.74	43.92	400m:	5:07.04	34.96

