

29e Championnat provincial des Maîtres Nageurs Financière Manuvie  
Canada, 16. - 18.4.2010

Epreuve 26 Messieurs, 400m Libre 18 ans et plus  
 2010-04-17 - 13:19 Liste résultats

Record provincial 18 - 24	4:19.88	EMOND JEAN-PIERRE			1991-01-01
Record provincial 25 - 29	4:02.71	CLEMENT BENOIT			1989-01-01
Record provincial 30 - 34	4:12.91	GAUVIN CHRYSYTIAN		ETOBICOKE	2005-05-22
Record provincial 35 - 39	4:21.26	Gauvin Chrystian	STE	Montréal	2009-02-22
Record provincial 40 - 44	4:17.88	Deschênes Gilles	CMDG	Montréal	2006-04-23
Record provincial 45 - 49	4:37.52	DESCHENES GILLES		GATINEAU	2009-01-01
Record provincial 50 - 54	4:40.55	Bourassa Paul	MSFOY	PEPS- Université Laval, Québec	2008-05-18
Record provincial 55 - 59	5:10.33	BURNS RON			2000-01-01
Record provincial 60 - 64	5:20.84	BURNS RON		ETOBICOKE	2004-03-01
Record provincial 65 - 69	6:09.75	ARTUS NORBERT			1984-01-01
Record provincial 70 - 74	6:30.51	REYNOLDS ED			1987-01-01
Record provincial 75 - 79	6:32.58	ARTUS NORBERT			1989-01-01
Record provincial 80 - 84	7:08.10	ARTUS NORBERT			1997-01-01
Record provincial 85 - 89	8:54.06	AMYOT JACQUES		DDO	2009-03-01
Record provincial 90 - 94	12:26.09	LEHMAN EUGENE		POINTE-CLAIRE	2004-01-01
Record provincial 95 - 99	16:31.48	Lehman Eugene	MPC	Trois-Rivières	2008-04-11

Points: FINA 2008

Rang		Age						Temps	Pts
<b>18 - 24 ans</b>									
1.	Desrochers Tassé Gabriel	21	STL					<b>4:56.81</b>	395
	50m: 31.66 31.66	150m: 1:41.19	35.35	250m: 2:54.84	37.38	350m: 4:15.70	41.06		
	100m: 1:05.84 34.18	200m: 2:17.46	36.27	300m: 3:34.64	39.80	400m: 4:56.81	41.11		
2.	Hillcoat Jason	23	M. Dollard-Des-Ormeaux					<b>4:59.23</b>	386
	50m: 32.05 32.05	150m: 1:46.91	38.29	250m: 3:06.50	39.67	350m: 4:22.52	37.60		
	100m: 1:08.62 36.57	200m: 2:26.83	39.92	300m: 3:44.92	38.42	400m: 4:59.23	36.71		
3.	Stafford-Abbott Joey	21	Westmount YMCA Masters					<b>6:40.98</b>	160
	50m: 41.89 41.89	150m: 2:20.25	50.65	250m: 4:02.53	52.13	350m: 5:50.43	54.37		
	100m: 1:29.60 47.71	200m: 3:10.40	50.15	300m: 4:56.06	53.53	400m: 6:40.98	50.55		
disq.	Alie Julien	21	M. Dollard-Des-Ormeaux					<b>5:24.80</b>	
	50m: 31.63 31.63	150m: 1:49.01	40.32	250m: 3:15.86	43.83	350m: 4:43.37	43.88		
	100m: 1:08.69 37.06	200m: 2:32.03	43.02	300m: 3:59.49	43.63	400m: 5:24.80	41.43		
<b>25 - 29 ans</b>									
1.	Néron Jean-Daniel	27	C.N. St-Félicien					<b>4:55.31</b>	401
	50m: 32.92 32.92	150m: 1:46.22	36.77	250m: 3:02.53	38.22	350m: 4:19.19	38.34		
	100m: 1:09.45 36.53	200m: 2:24.31	38.09	300m: 3:40.85	38.32	400m: 4:55.31	36.12		
2.	Guédon Olivier	27	À Contre-Courant					<b>4:56.75</b>	396
	50m: 33.72 33.72	150m: 1:46.61	37.07	250m: 3:02.05	37.98	350m: 4:19.24	38.54		
	100m: 1:09.54 35.82	200m: 2:24.07	37.46	300m: 3:40.70	38.65	400m: 4:56.75	37.51		
3.	Eustace-Bernier Matthew	27	Westmount YMCA Masters					<b>5:05.90</b>	361
	50m: 33.68 33.68	150m: 1:48.79	38.37	250m: 3:07.45	39.52	350m: 4:29.41	41.41		
	100m: 1:10.42 36.74	200m: 2:27.93	39.14	300m: 3:48.00	40.55	400m: 5:05.90	36.49		
4.	Verdon Pierre Olivier	28	Club de Natation Torpille de Repentigny					<b>5:09.80</b>	348
	50m: 33.86 33.86	150m: 1:51.21	39.36	250m: 3:10.66	39.77	350m: 4:31.12	40.27		
	100m: 1:11.85 37.99	200m: 2:30.89	39.68	300m: 3:50.85	40.19	400m: 5:09.80	38.68		
5.	Gerber Jonathan	25	Westmount YMCA Masters					<b>5:36.61</b>	271
	50m: 1:17.53 1:17.53	150m:		250m: 4:55.82		350m:			
	100m: 2:01.28 43.75	200m:		300m:		400m: 5:36.61			
6.	Gratton Yan	29	C.A. St-Eustache					<b>5:36.66</b>	271
	50m: 36.79 36.79	150m: 2:00.66	43.19	250m: 3:27.51	43.89	350m: 4:51.32	39.99		
	100m: 1:17.47 40.68	200m: 2:43.62	42.96	300m: 4:11.33	43.82	400m: 5:36.66	45.34		

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Epreuve 26, Messieurs, 400m Libre, 25 - 29 ans

Rang				Age					Temps	Pts		
7.	Houde David			28	Club Aquatique du Sud-Ouest				<b>5:41.83</b>	259		
	50m:	35.46	35.46	150m:	1:56.93	42.37	250m:	3:25.35	44.91	350m:	4:56.57	45.26
	100m:	1:14.56	39.10	200m:	2:40.44	43.51	300m:			400m:	5:41.83	
8.	Quilico Enrico			27	Westmount YMCA Masters				<b>5:52.96</b>	235		
	50m:	36.96	36.96	150m:	2:03.88	44.84	250m:	3:38.71	47.08	350m:	5:13.07	46.87
	100m:	1:19.04	42.08	200m:	2:51.63	47.75	300m:	4:26.20	47.49	400m:	5:52.96	39.89

30 - 34 ans

1.	BONNEAU LOUIS DAVID			30	Technosport				<b>4:17.80</b>	603		
	50m:	30.26	30.26	150m:	1:35.24	32.75	250m:	2:40.11	32.27	350m:	3:45.45	32.71
	100m:	1:02.49	32.23	200m:	2:07.84	32.60	300m:	3:12.74	32.63	400m:	4:17.80	32.35
2.	Vaillancourt Marc			30	MPC				<b>4:54.17</b>	406		
	50m:	33.27	33.27	150m:	1:46.26	36.89	250m:	3:02.05	38.12	350m:	4:17.68	37.68
	100m:	1:09.37	36.10	200m:	2:23.93	37.67	300m:	3:40.00	37.95	400m:	4:54.17	36.49
3.	Cliche François			34	MBC				<b>4:56.81</b>	395		
	50m:	33.86	33.86	150m:	1:48.93	37.76	250m:	3:05.04	37.88	350m:	4:20.58	37.60
	100m:	1:11.17	37.31	200m:	2:27.16	38.23	300m:	3:42.98	37.94	400m:	4:56.81	36.23
4.	Blais Darcy			33	Nepean Masters				<b>5:13.47</b>	336		
	50m:	35.33	35.33	150m:	1:54.81	40.39	250m:	3:16.65	41.41	350m:	4:36.22	39.09
	100m:	1:14.42	39.09	200m:	2:35.24	40.43	300m:	3:57.13	40.48	400m:	5:13.47	37.25
5.	Fredette Marc-Antoine			33	Les Loutres de Montréal				<b>5:14.73</b>	332		
	50m:	36.10	36.10	150m:	1:56.74	41.12	250m:	3:19.16	40.93	350m:	4:39.01	38.64
	100m:	1:15.62	39.52	200m:	2:38.23	41.49	300m:	4:00.37	41.21	400m:	5:14.73	35.72
6.	Power Joseph			33	M. Dollard-Des-Ormeaux				<b>5:44.74</b>	252		
	50m:	38.40	38.40	150m:	2:03.37	43.46	250m:	3:31.62	43.99	350m:	5:01.02	45.07
	100m:	1:19.91	41.51	200m:	2:47.63	44.26	300m:	4:15.95	44.33	400m:	5:44.74	43.72
7.	Durand Jonathan			32	Club Natation Piscine Parc Oly				<b>6:05.88</b>	211		
	50m:	40.36	40.36	150m:	2:12.33	46.84	250m:	3:48.83	48.83	350m:	5:23.70	46.87
	100m:	1:25.49	45.13	200m:	3:00.00	47.67	300m:	4:36.83	48.00	400m:	6:05.88	42.18
8.	Roy Manuel			30	Westmount YMCA Masters				<b>6:35.04</b>	168		
	50m:	44.82	44.82	150m:	2:25.85	51.14	250m:	4:08.80	51.30	350m:	5:49.34	49.52
	100m:	1:34.71	49.89	200m:	3:17.50	51.65	300m:	4:59.82	51.02	400m:	6:35.04	45.70

35 - 39 ans

1.	BOLDUC Sébastien			37	Les Dauphins de Rimouski				<b>4:24.84</b>	557		
	50m:	31.11	31.11	150m:	1:37.35	33.22	250m:	2:44.35	33.49	350m:	3:52.39	34.06
	100m:	1:04.13	33.02	200m:	2:10.86	33.51	300m:	3:18.33	33.98	400m:	4:24.84	32.45
2.	Marin Thierry			35	À Contre-Courant				<b>4:27.38</b>	541		
	50m:	31.34	31.34	150m:	1:37.50	33.25	250m:	2:44.97	33.60	350m:	3:53.65	34.39
	100m:	1:04.25	32.91	200m:	2:11.37	33.87	300m:	3:19.26	34.29	400m:	4:27.38	33.73
3.	SCOTT DICK			39	Technosport				<b>4:34.45</b>	500		
	50m:	31.31	31.31	150m:	1:39.68	34.47	250m:	2:49.49	34.98	350m:	4:00.52	35.39
	100m:	1:05.21	33.90	200m:	2:14.51	34.83	300m:	3:25.13	35.64	400m:	4:34.45	33.93
4.	MORIN Jonathan			37	Les Dauphins de Rimouski				<b>4:41.58</b>	463		
	50m:	32.93	32.93	150m:	1:44.55	36.09	250m:	2:56.94	35.94	350m:	4:07.75	35.07
	100m:	1:08.46	35.53	200m:	2:21.00	36.45	300m:	3:32.68	35.74	400m:	4:41.58	33.83

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Epreuve 26, Messieurs, 400m Libre, 35 - 39 ans

Rang				Age					Temps	Pts		
5.	Quesnel Jean-Sébastien			37	Maîtres Sans Attache				<b>4:47.94</b>	433		
	50m:	31.89	31.89	150m:	1:43.16	36.04	250m:	2:56.66	36.86	350m:	4:11.28	37.11
	100m:	1:07.12	35.23	200m:	2:19.80	36.64	300m:	3:34.17	37.51	400m:	4:47.94	36.66
6.	Cordoba Oliver			36	Westmount YMCA Masters				<b>4:56.18</b>	398		
	50m:	32.98	32.98	150m:	1:47.13	37.72	250m:	3:04.40	39.10	350m:	4:20.51	37.63
	100m:	1:09.41	36.43	200m:	2:25.30	38.17	300m:	3:42.88	38.48	400m:	4:56.18	35.67
7.	Cliche Simon			36	CNSH				<b>4:58.34</b>	389		
	50m:	33.03	33.03	150m:	1:47.06	37.43	250m:	3:04.22	38.71	350m:	4:21.80	38.78
	100m:	1:09.63	36.60	200m:	2:25.51	38.45	300m:	3:43.02	38.80	400m:	4:58.34	36.54
8.	BUFFIN Thomas			39	Les Dauphins de Rimouski				<b>5:05.16</b>	364		
	50m:	35.44	35.44	150m:	1:52.13	38.75	250m:	3:09.81	39.09	350m:	4:27.55	38.74
	100m:	1:13.38	37.94	200m:	2:30.72	38.59	300m:	3:48.81	39.00	400m:	5:05.16	37.61
9.	Grimard Antoine			36	Club Natation Piscine Parc Oly				<b>5:06.83</b>	358		
	50m:	37.12	37.12	150m:	1:56.05	39.54	250m:	3:14.04	38.44	350m:	4:30.10	37.91
	100m:	1:16.51	39.39	200m:	2:35.60	39.55	300m:	3:52.19	38.15	400m:	5:06.83	36.73
10.	Cliche Sylvain			38	Club Aquatique du Sud-Ouest				<b>5:44.85</b>	252		
	50m:	37.84	37.84	150m:	2:03.63	43.74	250m:	3:32.45	44.60	350m:	5:03.20	44.84
	100m:	1:19.89	42.05	200m:	2:47.85	44.22	300m:	4:18.36	45.91	400m:	5:44.85	41.65
11.	Ritchie Jeffrey			35	Westmount YMCA Masters				<b>5:58.11</b>	225		
	50m:	37.67	37.67	150m:	2:05.69	45.21	250m:	3:37.88	46.18	350m:	5:12.67	47.35
	100m:	1:20.48	42.81	200m:	2:51.70	46.01	300m:	4:25.32	47.44	400m:	5:58.11	45.44
12.	MARSAW AARON			37	Technosport				<b>8:07.35</b>	89		
	50m:	48.94	48.94	150m:	2:56.76	1:05.59	250m:	5:04.62	1:04.54	350m:	7:12.61	1:03.01
	100m:	1:51.17	1:02.23	200m:	4:00.08	1:03.32	300m:	6:09.60	1:04.98	400m:	8:07.35	54.74

40 - 44 ans

1.	POISSON MATHIEU			40	CAMO				<b>4:31.91</b>	514		
	50m:	30.06	30.06	150m:	1:36.93	34.26	250m:	2:47.29	35.32	350m:	3:57.94	35.19
	100m:	1:02.67	32.61	200m:	2:11.97	35.04	300m:	3:22.75	35.46	400m:	4:31.91	33.97
2.	MCCARTHY CHRIS			43	Technosport				<b>4:35.81</b>	493		
	50m:	32.88	32.88	150m:	1:42.46	34.92	250m:	2:52.15	34.51	350m:	4:01.03	34.64
	100m:	1:07.54	34.66	200m:	2:17.64	35.18	300m:	3:26.39	34.24	400m:	4:35.81	34.78
3.	CUSTIC DEJAN			42	Technosport				<b>4:38.69</b>	478		
	50m:	32.60	32.60	150m:	1:42.63	35.21	250m:	2:53.54	35.51	350m:	4:04.33	35.34
	100m:	1:07.42	34.82	200m:	2:18.03	35.40	300m:	3:28.99	35.45	400m:	4:38.69	34.36
4.	Daoust Marc			40	MPC				<b>4:51.16</b>	419		
	50m:	32.75	32.75	150m:	1:46.13	36.93	250m:	3:00.50	37.29	350m:		
	100m:	1:09.20	36.45	200m:	2:23.21	37.08	300m:	3:37.72	37.22	400m:	4:51.16	
5.	DÉRAGON LOUIS			42	CAMO				<b>5:02.93</b>	372		
	50m:	33.87	33.87	150m:	1:49.67	38.53	250m:	3:08.28	39.32	350m:	4:26.70	38.76
	100m:	1:11.14	37.27	200m:	2:28.96	39.29	300m:	3:47.94	39.66	400m:	5:02.93	36.23
6.	BEAULIEU Stéphane			44	Les Dauphins de Rimouski				<b>5:17.97</b>	322		
	50m:	34.71	34.71	150m:	1:53.44	40.78	250m:	3:16.13	41.45	350m:	4:38.88	40.99
	100m:	1:12.66	37.95	200m:	2:34.68	41.24	300m:	3:57.89	41.76	400m:	5:17.97	39.09
7.	Montplaisir Eric			40	Club Natation Piscine Parc Oly				<b>5:24.78</b>	302		
	50m:	36.81	36.81	150m:	1:58.14	40.78	250m:	3:20.74	41.55	350m:	4:43.73	41.74
	100m:	1:17.36	40.55	200m:	2:39.19	41.05	300m:	4:01.99	41.25	400m:	5:24.78	41.05

29e Championnat provincial des Maîtres Nageurs Financière Manuvie  
Canada, 16. - 18.4.2010

Epreuve 26, Messieurs, 400m Libre, 40 - 44 ans

Rang					Age					Temps	Pts	
8.	Trudel Guy				44	À Contre-Courant				<b>5:31.23</b>	285	
	50m:	37.16	37.16	150m:	2:00.37	42.57	250m:	3:26.28	42.85	350m:	4:51.82	
	100m:	1:17.80	40.64	200m:	2:43.43	43.06	300m:			400m:	5:31.23	39.41
9.	Penny Charles				44	Westmount YMCA Masters				<b>5:38.73</b>	266	
	50m:	35.76	35.76	150m:	2:44.04	44.51	250m:			350m:	4:56.51	
	100m:	1:59.53	1:23.77	200m:	3:28.66	44.62	300m:			400m:	5:38.73	42.22
10.	Lambert Francois				43	Club Natation Piscine Parc Oly				<b>5:40.59</b>	262	
	50m:	37.44	37.44	150m:	2:01.25	42.69	250m:	3:29.90	44.08	350m:	4:58.90	44.44
	100m:	1:18.56	41.12	200m:	2:45.82	44.57	300m:	4:14.46	44.56	400m:	5:40.59	41.69
11.	Da Costa Luis				42	Westmount YMCA Masters				<b>5:42.22</b>	258	
	50m:	38.48	38.48	150m:	2:02.51	42.21	250m:	3:28.20	43.06	350m:	4:56.64	44.61
	100m:	1:20.30	41.82	200m:	2:45.14	42.63	300m:	4:12.03	43.83	400m:	5:42.22	45.58
12.	Reyes Francisco				40	Westmount YMCA Masters				<b>5:42.59</b>	257	
	50m:	39.05	39.05	150m:	2:08.75	45.72	250m:	3:37.69	43.06	350m:	5:03.45	42.26
	100m:	1:23.03	43.98	200m:	2:54.63	45.88	300m:	4:21.19	43.50	400m:	5:42.59	39.14
13.	CASTONGUAY Benoit				44	Les Dauphins de Rimouski				<b>6:04.27</b>	214	
	50m:	39.14	39.14	150m:	2:11.79	47.57	250m:	3:47.13	47.98	350m:	5:20.85	45.70
	100m:	1:24.22	45.08	200m:	2:59.15	47.36	300m:	4:35.15	48.02	400m:	6:04.27	43.42
14.	Jaquith James				41	MPC				<b>6:04.92</b>	213	
	50m:	38.73	38.73	150m:	2:58.93	1:35.14	250m:	4:33.09	47.44	350m:	6:05.03	44.38
	100m:	1:23.79	45.06	200m:	3:45.65	46.72	300m:	5:20.65	47.56	400m:	6:04.92	
15.	Cabana Christian				44	MPC				<b>6:18.44</b>	191	
	50m:	40.64	40.64	150m:	2:15.37	47.92	250m:	3:53.22	49.35	350m:	5:33.44	49.77
	100m:	1:27.45	46.81	200m:	3:03.87	48.50	300m:	4:43.67	50.45	400m:	6:18.44	45.00
16.	Besner Eric				44	M. Dollard-Des-Ormeaux				<b>6:48.46</b>	152	
	50m:	43.57	43.57	150m:	2:23.78	52.29	250m:	4:10.49	53.54	350m:	5:57.85	52.86
	100m:	1:31.49	47.92	200m:	3:16.95	53.17	300m:	5:04.99	54.50	400m:	6:48.46	50.61
17.	Gounon Alain				41	Westmount YMCA Masters				<b>7:24.45</b>	118	
	50m:	49.95	49.95	150m:	2:43.27	58.41	250m:	4:38.10	57.19	350m:	6:32.97	57.01
	100m:	1:44.86	54.91	200m:	3:40.91	57.64	300m:	5:35.96	57.86	400m:	7:24.45	51.48
18.	Aguilar Cesar				42	Westmount YMCA Masters				<b>8:19.55</b>	83	
	50m:	48.52	48.52	150m:	2:47.52	1:01.47	250m:	4:57.62	1:05.57	350m:	7:11.18	1:07.15
	100m:	1:46.05	57.53	200m:	3:52.05	1:04.53	300m:	6:04.03	1:06.41	400m:	8:19.55	1:08.37

45 - 49 ans

1.	Conde Pablo				45	À Contre-Courant				<b>4:39.16</b>	475	
	50m:	32.37	32.37	150m:	1:42.47	34.97	250m:	2:54.02	35.39	350m:	4:04.92	35.09
	100m:	1:07.50	35.13	200m:	2:18.63	36.16	300m:	3:29.83	35.81	400m:	4:39.16	34.24
2.	McMurray Michael				46	Westmount YMCA Masters				<b>5:10.18</b>	346	
	50m:	34.77	34.77	150m:	1:51.57	38.30	250m:	3:10.37	39.68	350m:	4:30.69	40.13
	100m:	1:13.27	38.50	200m:	2:30.69	39.12	300m:	3:50.56	40.19	400m:	5:10.18	39.49
3.	Pincott Graham				46	Nepean Masters				<b>5:19.50</b>	317	
	50m:	34.98	34.98	150m:	1:53.67	40.32	250m:	3:16.03	40.90	350m:	4:38.86	41.22
	100m:	1:13.35	38.37	200m:	2:35.13	41.46	300m:	3:57.64	41.61	400m:	5:19.50	40.64
4.	Chabot Sylvain				48	MPC				<b>5:21.26</b>	312	
	50m:	37.00	37.00	150m:	1:59.55	41.77	250m:	3:22.67	41.51	350m:	4:43.93	40.10
	100m:	1:17.78	40.78	200m:	2:41.16	41.61	300m:	4:03.83	41.16	400m:	5:21.26	37.33

29e Championnat provincial des Maîtres Nageurs Financière Manuvie  
Canada, 16. - 18.4.2010

Epreuve 26, Messieurs, 400m Libre, 45 - 49 ans

Rang			Age					Temps	Pts			
5.	MCCAW JIM		47	Technosport				<b>5:34.92</b>	275			
	50m:	37.16	37.16	150m:	1:59.48	42.19	250m:	3:25.83	43.26	350m:	4:52.42	
	100m:	1:17.29	40.13	200m:	2:42.57	43.09	300m:			400m:	5:34.92	42.50
6.	Grenier Benoît		47	À Contre-Courant				<b>5:41.53</b>	260			
	50m:	38.81	38.81	150m:	2:04.54	43.14	250m:	3:32.00	44.07	350m:	4:59.99	43.88
	100m:	1:21.40	42.59	200m:	2:47.93	43.39	300m:	4:16.11	44.11	400m:	5:41.53	41.54
7.	Sasseville André		45	MPC				<b>6:08.81</b>	206			
	50m:	41.37	41.37	150m:	2:15.70	47.66	250m:	3:50.13	47.36	350m:	5:25.66	48.08
	100m:	1:28.04	46.67	200m:	3:02.77	47.07	300m:	4:37.58	47.45	400m:	6:08.81	43.15
8.	Jean Alderic		48	MBC				<b>6:40.19</b>	161			
	50m:	46.00	46.00	150m:	2:27.33	50.95	250m:	4:11.35	51.92	350m:	5:53.77	51.02
	100m:	1:36.38	50.38	200m:	3:19.43	52.10	300m:	5:02.75	51.40	400m:	6:40.19	46.42
9.	Chapelaine Pierre		45	Westmount YMCA Masters				<b>7:58.39</b>	94			
	50m:	47.32	47.32	150m:	2:45.17	1:01.24	250m:	4:52.55	1:04.58	350m:	7:00.11	1:03.19
	100m:	1:43.93	56.61	200m:	3:47.97	1:02.80	300m:	5:56.92	1:04.37	400m:	7:58.39	58.28

50 - 54 ans

1.	MacDonald Ian		52	CLAR				<b>5:02.46</b>	374			
	50m:	34.17	34.17	150m:	1:48.71	37.76	250m:	3:04.78	38.20	350m:	4:23.07	39.45
	100m:	1:10.95	36.78	200m:	2:26.58	37.87	300m:	3:43.62	38.84	400m:	5:02.46	39.39
2.	Castonguay Guy		51	Club Natation Piscine Parc Oly				<b>5:07.19</b>	357			
	50m:	35.12	35.12	150m:	1:52.49	38.99	250m:	3:11.19	39.09	350m:	4:29.26	38.53
	100m:	1:13.50	38.38	200m:	2:32.10	39.61	300m:	3:50.73	39.54	400m:	5:07.19	37.93
3.	Roy Jean		54	Maîtres Ste-Foy				<b>5:16.92</b>	325			
	50m:	35.64	35.64	150m:	1:54.98	40.08	250m:	3:15.52	40.62	350m:	4:37.21	41.39
	100m:	1:14.90	39.26	200m:	2:34.90	39.92	300m:	3:55.82	40.30	400m:	5:16.92	39.71
4.	Leduc Alexandre		53	Club Natation Piscine Parc Oly				<b>5:30.99</b>	285			
	50m:	37.42	37.42	150m:	2:01.31	42.79	250m:	3:27.02	42.59	350m:	4:51.77	42.28
	100m:	1:18.52	41.10	200m:	2:44.43	43.12	300m:	4:09.49	42.47	400m:	5:30.99	39.22
5.	Chouinard Benoît		52	À Contre-Courant				<b>5:36.58</b>	271			
	50m:	38.39	38.39	150m:	2:02.86	42.86	250m:	3:27.99	42.61	350m:	4:54.62	43.22
	100m:	1:20.00	41.61	200m:	2:45.38	42.52	300m:	4:11.40	43.41	400m:	5:36.58	41.96
6.	Lacroix Pierre		52	É.N. Longueuil				<b>5:36.65</b>	271			
	50m:	37.31	37.31	150m:	2:01.67	42.75	250m:	3:28.52	43.55	350m:	4:55.85	43.51
	100m:	1:18.92	41.61	200m:	2:44.97	43.30	300m:	4:12.34	43.82	400m:	5:36.65	40.80
7.	ALLARD Sylvain		50	Les Dauphins de Rimouski				<b>5:42.75</b>	257			
	50m:	37.93	37.93	150m:	2:01.61	42.88	250m:	3:30.47	44.91	350m:	4:59.73	45.21
	100m:	1:18.73	40.80	200m:	2:45.56	43.95	300m:	4:14.52	44.05	400m:	5:42.75	43.02
8.	Bilodeau Germain		52	Maîtres Ste-Foy				<b>6:07.85</b>	208			
	50m:	42.81	42.81	150m:	2:16.35	46.84	250m:	3:49.64	46.51	350m:	5:22.17	45.59
	100m:	1:29.51	46.70	200m:	3:03.13	46.78	300m:	4:36.58	46.94	400m:	6:07.85	45.68
9.	Aslan Ebrahim		51	Westmount YMCA Masters				<b>6:13.29</b>	199			
	50m:	41.08	41.08	150m:	2:11.59	47.18	250m:	3:48.20	49.23	350m:	5:26.02	48.36
	100m:	1:24.41	43.33	200m:	2:58.97	47.38	300m:	4:37.66	49.46	400m:	6:13.29	47.27
10.	CRONE GLENN		52	Technosport				<b>7:31.07</b>	113			
	50m:	43.16	43.16	150m:	2:32.73	57.33	250m:	4:32.22	1:00.21	350m:	6:33.74	1:00.54
	100m:	1:35.40	52.24	200m:	3:32.01	59.28	300m:	5:33.20	1:00.98	400m:	7:31.07	57.33

29e Championnat provincial des Maîtres Nageurs Financière Manuvie  
Canada, 16. - 18.4.2010

Epreuve 26, Messieurs, 400m Libre

55 - 59 ans

1.	Chisholm Bill		55	North Toronto Masters SC	<b>5:04.39</b>	367
	50m: 35.02	35.02	150m: 1:51.86	38.94	250m: 3:09.77	38.73
	100m: 1:12.92	37.90	200m: 2:31.04	39.18	300m: 3:48.20	38.43
					350m: 4:26.99	38.79
					400m: 5:04.39	37.40
2.	MIVILLE Jean		57	Les Dauphins de Rimouski	<b>5:41.02</b>	261
	50m: 36.21	36.21	150m: 1:57.02	41.65	250m: 3:26.37	44.63
	100m: 1:15.37	39.16	200m: 2:41.74	44.72	300m: 4:11.40	45.03
					350m: 4:57.34	45.94
					400m: 5:41.02	43.68
3.	Castonguay Marius		56	Club Natation Piscine Parc Oly	<b>5:46.17</b>	249
	50m: 38.65	38.65	150m: 2:05.85	44.09	250m: 3:35.05	44.73
	100m: 1:21.76	43.11	200m: 2:50.32	44.47	300m: 4:19.47	44.42
					350m: 5:03.86	44.39
					400m: 5:46.17	42.31
4.	Bartulovic Vuk		55	MPC	<b>5:48.60</b>	244
	50m: 38.16	38.16	150m: 2:08.20	46.02	250m: 4:23.43	1:29.88
	100m: 1:22.18	44.02	200m: 2:53.55	45.35	300m: 5:07.59	44.16
					350m: 5:48.60	41.01
					400m: 5:48.60	
5.	Frère Guy		57	Maîtres Nageurs Québec	<b>6:20.71</b>	187
	50m: 42.55	42.55	150m: 2:19.13	48.85	250m: 3:57.97	49.32
	100m: 1:30.28	47.73	200m: 3:08.65	49.52	300m: 4:46.76	48.79
					350m: 5:35.33	48.57
					400m: 6:20.71	45.38
6.	Burke John		59	À Contre-Courant	<b>6:25.27</b>	181
	50m: 41.66	41.66	150m: 2:18.66	49.36	250m: 3:58.39	50.16
	100m: 1:29.30	47.64	200m: 3:08.23	49.57	300m: 4:48.24	49.85
					350m: 5:31.45	43.21
					400m: 6:25.27	53.82
7.	De Lorimier STEPHEN		55	CAMO	<b>6:25.72</b>	180
	50m: 43.09	43.09	150m: 2:18.65	48.74	250m: 3:56.29	48.59
	100m: 1:29.91	46.82	200m: 3:07.70	49.05	300m: 4:46.45	50.16
					350m: 5:36.67	50.22
					400m: 6:25.72	49.05
8.	Collier David		55	Westmount YMCA Masters	<b>7:07.88</b>	132
	50m: 47.25	47.25	150m: 2:35.64	54.93	250m: 4:26.30	55.11
	100m: 1:40.71	53.46	200m: 3:31.19	55.55	300m: 5:21.00	54.70
					350m: 6:16.05	55.05
					400m: 7:07.88	51.83
9.	Rizzi Jean-Claude		56	Westmount YMCA Masters	<b>7:13.22</b>	127
	50m: 48.92	48.92	150m: 2:36.12	54.37	250m: 4:27.36	55.27
	100m: 1:41.75	52.83	200m: 3:32.09	55.97	300m: 5:22.82	55.46
					350m: 6:20.54	57.72
					400m: 7:13.22	52.68
10.	Corbin Yvon		55	Maîtres Ste-Foy	<b>7:42.91</b>	104
	50m: 52.05	52.05	150m: 2:50.92	59.81	250m: 4:50.20	59.45
	100m: 1:51.11	59.06	200m: 3:50.75	59.83	300m: 5:50.07	59.87
					350m: 6:47.93	57.86
					400m: 7:42.91	54.98
11.	Adam Jacques		57	Westmount YMCA Masters	<b>8:04.05</b>	91
	50m: 52.94	52.94	150m: 2:53.63	1:02.52	250m: 6:00.06	2:05.42
	100m: 1:51.11	58.17	200m: 3:54.64	1:01.01	300m: 7:03.15	1:03.09
					350m: 8:04.05	1:00.90
					400m: 8:04.05	
12.	Maloney Dennis		58	Westmount YMCA Masters	<b>8:32.61</b>	77
	50m: 1:01.07	1:01.07	150m: 3:13.76	1:07.33	250m: 5:27.49	1:06.27
	100m: 2:06.43	1:05.36	200m: 4:21.22	1:07.46	300m: 6:32.23	1:04.74
					350m: 7:35.83	1:03.60
					400m: 8:32.61	56.78

60 - 64 ans

1.	MCNEIL Claude		62	Les Dauphins de Rimouski	<b>6:17.34</b>	192
	50m: 42.84	42.84	150m: 2:19.66	48.83	250m: 3:57.22	49.14
	100m: 1:30.83	47.99	200m: 3:08.08	48.42	300m: 4:45.41	48.19
					350m: 5:33.42	48.01
					400m: 6:17.34	43.92
2.	Knowles Gordon		60	MPC	<b>6:18.37</b>	191
	50m: 42.23	42.23	150m: 2:14.29	46.85	250m: 3:50.53	48.85
	100m: 1:27.44	45.21	200m: 3:01.68	47.39	300m: 4:39.08	48.55
					350m: 5:29.05	49.97
					400m: 6:18.37	49.32
3.	Piché Daniel		60	Neptune	<b>6:32.93</b>	170
	50m: 43.98	43.98	150m: 4:03.52	2:31.48	250m: 4:55.32	
	100m: 1:32.04	48.06	200m:		300m: 5:45.79	50.47
					350m:	
					400m: 6:32.93	

29e Championnat provincial des Maîtres Nageurs Financière Manuvie  
Canada, 16. - 18.4.2010

Epreuve 26, Messieurs, 400m Libre, 60 - 64 ans

Rang				Age					Temps	Pts		
4.	Schieess Pierre			64	Neptune				<b>6:33.77</b>	169		
	50m:	45.36	45.36	150m:	2:24.12	49.94	250m:	4:05.02	50.28	350m:	5:44.60	49.50
	100m:	1:34.18	48.82	200m:	3:14.74	50.62	300m:	4:55.10	50.08	400m:	6:33.77	49.17
5.	Douek Joseph			63	Westmount YMCA Masters				<b>7:30.03</b>	113		
	50m:	56.54	56.54	150m:	2:55.68	59.14	250m:	4:47.44	56.53	350m:	6:36.93	53.38
	100m:	1:56.54	1:00.00	200m:	3:50.91	55.23	300m:	5:43.55	56.11	400m:	7:30.03	53.10

65 - 69 ans

1.	HEATH EVES MIKE			68	Technosport				<b>5:59.24</b>	223		
	50m:	38.94	38.94	150m:	2:08.42	45.42	250m:	3:40.98	46.68	350m:	5:14.39	46.58
	100m:	1:23.00	44.06	200m:	2:54.30	45.88	300m:	4:27.81	46.83	400m:	5:59.24	44.85
2.	LEAMEN PAULL			67	Technosport				<b>6:03.40</b>	215		
	50m:	40.18	40.18	150m:	2:11.16	46.32	250m:	3:45.38	47.55	350m:	5:18.84	46.40
	100m:	1:24.84	44.66	200m:	2:57.83	46.67	300m:	4:32.44	47.06	400m:	6:03.40	44.56
3.	OLSEN MIKE			68	Technosport				<b>6:35.72</b>	167		
	50m:	44.59	44.59	150m:	2:27.34	52.09	250m:	4:08.78	50.97	350m:	5:48.48	50.10
	100m:	1:35.25	50.66	200m:	3:17.81	50.47	300m:	4:58.38	49.60	400m:	6:35.72	47.24
4.	BARBER GRAEME			67	Technosport				<b>6:42.94</b>	158		
	50m:	44.23	44.23	150m:	2:24.70	51.03	250m:	4:08.36	51.88	350m:	5:53.04	52.54
	100m:	1:33.67	49.44	200m:	3:16.48	51.78	300m:	5:00.50	52.14	400m:	6:42.94	49.90
5.	Imbeault Raymond			66	Maîtres Nageurs du Saguenay				<b>6:44.01</b>	157		
	50m:	44.35	44.35	150m:	2:26.24	52.12	250m:	4:11.12	51.82	350m:	5:54.87	51.19
	100m:	1:34.12	49.77	200m:	3:19.30	53.06	300m:	5:03.68	52.56	400m:	6:44.01	49.14
6.	CHANUT Jean-Pierre			68	Les Dauphins de Rimouski				<b>7:56.95</b>	95		
	50m:	50.81	50.81	150m:	2:50.95	1:02.42	250m:	4:56.37	1:02.69	350m:	7:01.05	1:02.22
	100m:	1:48.53	57.72	200m:	3:53.68	1:02.73	300m:	5:58.83	1:02.46	400m:	7:56.95	55.90

70 - 74 ans

1.	Donderi Don			73	Westmount YMCA Masters				<b>9:12.24</b>	61		
	50m:	59.16	59.16	150m:	3:25.28	1:14.06	250m:	5:50.90	1:13.11	350m:	8:11.01	1:09.72
	100m:	2:11.22	1:12.06	200m:	4:37.79	1:12.51	300m:	7:01.29	1:10.39	400m:	9:12.24	1:01.23

75 - 79 ans

1.	Berlyn Robin			76	Westmount YMCA Masters				<b>7:39.14</b>	107		
	50m:	51.09	51.09	150m:	2:50.04	59.78	250m:	4:48.05	58.68	350m:	6:43.47	57.33
	100m:	1:50.26	59.17	200m:	3:49.37	59.33	300m:	5:46.14	58.09	400m:	7:39.14	55.67
2.	Ruelland Henri-Paul			75	Maîtres Nageurs Québec				<b>10:10.33</b>	45		
	50m:	1:11.24	1:11.24	150m:	3:48.83	1:18.57	250m:	6:23.33	1:17.02	350m:	8:56.59	1:16.97
	100m:	2:30.26	1:19.02	200m:	5:06.31	1:17.48	300m:	7:39.62	1:16.29	400m:	10:10.33	1:13.74
3.	Maltais Olivier			75	Maîtres Nageurs du Saguenay				<b>12:17.08</b>	26		
	50m:	1:22.80	1:22.80	150m:	4:42.83	1:39.08	250m:	7:50.23	1:33.59	350m:	10:52.42	1:32.10
	100m:	3:03.75	1:40.95	200m:	6:16.64	1:33.81	300m:	9:20.32	1:30.09	400m:	12:17.08	1:24.66