

Championnat régional 2026 - Région QCA
Lévis, 16- - 17-5-2026

Epreuve 35
2026-05-17 - 10:18

Dames, 400m Libre

Cat. générale
Liste résultats

Points: AQUA 2025

Rang			Age							Temps	Pts	
13 ans et moins												
1.	PASTUSAC, Adela		13	Club de Natation des Riverains						5:05.24	429	
	50m:	34.03	34.03	150m:	1:51.01	39.03	250m:	3:09.08	39.13	350m:	4:27.92	39.29
	100m:	1:11.98	37.95	200m:	2:29.95	38.94	300m:	3:48.63	39.55	400m:	5:05.24	37.32
2.	TREMBLAY, Nellie		13	Club de Natation des Riverains						5:05.89	426	
	50m:	35.66	35.66	150m:	1:54.23	39.68	250m:	3:12.88	39.36	350m:	4:30.58	38.57
	100m:	1:14.55	38.89	200m:	2:33.52	39.29	300m:	3:52.01	39.13	400m:	5:05.89	35.31
3.	IMBEAULT, Raphaëlle		11	Club de natation région de Qué						5:14.73	391	
	50m:	37.05	37.05	150m:	1:58.20	39.65	250m:	3:16.92	38.61	350m:	4:35.98	38.71
	100m:	1:18.55	41.50	200m:	2:38.31	40.11	300m:	3:57.27	40.35	400m:	5:14.73	38.75
4.	LARIVIÈRE, Andréanne		12	Club de natation région de Qué						5:22.72	363	
	50m:	39.09	39.09	150m:	2:01.56	41.55	250m:	3:23.40	40.68	350m:	4:44.33	39.79
	100m:	1:20.01	40.92	200m:	2:42.72	41.16	300m:	4:04.54	41.14	400m:	5:22.72	38.39
5.	GENOIS, Alicia		13	Club de Natation des Riverains						5:27.18	348	
	50m:	38.20	38.20	150m:	2:01.18	42.07	250m:	3:24.55	41.63	350m:	4:47.84	41.41
	100m:	1:19.11	40.91	200m:	2:42.92	41.74	300m:	4:06.43	41.88	400m:	5:27.18	39.34
6.	DAVID-BRETON, Cassiopée		11	Club de Natation des Riverains						5:30.56	337	
	50m:	37.55	37.55	150m:	2:01.57	43.07	250m:	3:28.63	43.30	350m:	4:52.90	41.54
	100m:	1:18.50	40.95	200m:	2:45.33	43.76	300m:	4:11.36	42.73	400m:	5:30.56	37.66
7.	LAVIOLETTE, Alice		13	Club de Natation des Riverains						5:30.82	337	
	50m:	38.66	38.66	150m:	2:04.04	42.96	250m:	3:29.03	42.65	350m:	4:51.54	40.77
	100m:	1:21.08	42.42	200m:	2:46.38	42.34	300m:	4:10.77	41.74	400m:	5:30.82	39.28
8.	BRISSON, Mary-Janne		12	Club de Natation des Riverains						5:39.44	312	
	50m:	37.51	37.51	150m:	2:03.75	43.77	250m:	3:31.72	43.86	350m:	4:58.14	43.89
	100m:	1:19.98	42.47	200m:	2:47.86	44.11	300m:	4:14.25	42.53	400m:	5:39.44	41.30
9.	COULOMBE, Mélya		13	Club de Natation des Riverains						5:40.07	310	
	50m:	39.04	39.04	150m:	2:06.19	43.68	250m:	3:32.82	43.48	350m:	4:58.37	42.08
	100m:	1:22.51	43.47	200m:	2:49.34	43.15	300m:	4:16.29	43.47	400m:	5:40.07	41.70
10.	CHOUINARD, Mérika		12	Club de Natation des Riverains						5:41.85	305	
	50m:	38.42	38.42	150m:	2:05.10	43.97	250m:	3:33.49	44.16	350m:	5:01.27	43.38
	100m:	1:21.13	42.71	200m:	2:49.33	44.23	300m:	4:17.89	44.40	400m:	5:41.85	40.58
11.	JACQUES, Juliette		11	Club de Natation des Riverains						5:55.98	270	
	50m:	39.93	39.93	150m:	2:10.21	45.22	250m:	3:42.45	45.72	350m:	5:14.25	45.47
	100m:	1:24.99	45.06	200m:	2:56.73	46.52	300m:	4:28.78	46.33	400m:	5:55.98	41.73
12.	DALLAIRE, Béatrice		12	Club de natation région de Qué						5:56.85	268	
	50m:	39.08	39.08	150m:	2:09.50	46.71	250m:	3:43.46	47.02	350m:	5:15.06	45.16
	100m:	1:22.79	43.71	200m:	2:56.44	46.94	300m:	4:29.90	46.44	400m:	5:56.85	41.79
13.	BOIGET, Eléonore		11	Club de natation région de Qué						5:57.45	267	
	50m:	41.36	41.36	150m:	2:13.92	46.02	250m:	3:45.05	45.38	350m:	5:15.78	44.48
	100m:	1:27.90	46.54	200m:	2:59.67	45.75	300m:	4:31.30	46.25	400m:	5:57.45	41.67
14.	SAMSON, Elody		13	Unik						6:00.33	260	
	50m:	38.69	38.69	150m:	2:08.35	46.02	250m:	3:41.43	46.76	350m:	5:15.60	47.18
	100m:	1:22.33	43.64	200m:	2:54.67	46.32	300m:	4:28.42	46.99	400m:	6:00.33	44.73
15.	LANGLOIS, Madison		11	Club de Natation des Riverains						6:19.97	222	
	50m:	41.76	41.76	150m:	2:18.02	48.89	250m:	3:57.99	50.12	350m:	5:35.95	48.01
	100m:	1:29.13	47.37	200m:	3:07.87	49.85	300m:	4:47.94	49.95	400m:	6:19.97	44.02

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Epreuve 35, Filles, 400m Libre, 13 ans et moins

Rang				Age					Temps	Pts
16.	MARCOUX, Éloïse			11	Club de natation région de Qué				6:52.90	173
	50m:	46.90	46.90	150m:	2:30.72	52.56	250m:	350m:	5:12.46	53.42
	100m:	1:38.16	51.26	200m:	3:24.48	53.76	300m:	400m:	6:52.90	1:40.44
14 - 15 ans										
1.	CHAMBERLAND, Zoé			15	Club de natation région de Qué				4:54.71	476
	50m:	33.35	33.35	150m:	1:47.90	37.48	250m:	350m:	4:18.24	37.87
	100m:	1:10.42	37.07	200m:	2:25.24	37.34	300m:	400m:	4:54.71	36.47
2.	VACHON, Gabrielle			14	Club de Natation Régional de I				5:01.68	444
	50m:	34.33	34.33	150m:	1:50.92	39.05	250m:	350m:	4:24.82	38.19
	100m:	1:11.87	37.54	200m:	2:29.24	38.32	300m:	400m:	5:01.68	36.86
3.	LEMIEUX, Élodie			15	Club de Natation des Riverains				5:03.01	438
	50m:	34.47	34.47	150m:	1:52.47	39.30	250m:	350m:	4:26.53	38.08
	100m:	1:13.17	38.70	200m:	2:31.65	39.18	300m:	400m:	5:03.01	36.48
4.	POULIOT, Héloïse			15	Club Aquatique Charlesbourg				5:09.77	410
	50m:	35.80	35.80	150m:	1:55.03	39.26	250m:	350m:	4:32.42	38.78
	100m:	1:15.77	39.97	200m:	2:34.77	39.74	300m:	400m:	5:09.77	37.35
5.	BÉLANGER, Eve-Sophie			14	Club de Natation des Riverains				5:19.98	372
	50m:	35.87	35.87	150m:	1:57.23	41.08	250m:	350m:	4:40.78	40.49
	100m:	1:16.15	40.28	200m:	2:38.35	41.12	300m:	400m:	5:19.98	39.20
6.	TESSIER, Laurence			14	Unik				5:26.66	350
	50m:	35.70	35.70	150m:	1:58.08	41.58	250m:	350m:	4:46.97	42.94
	100m:	1:16.50	40.80	200m:	2:39.81	41.73	300m:	400m:	5:26.66	39.69
7.	GIRARD, Élodie			14	Club de natation région de Qué				5:28.12	345
	50m:	36.78	36.78	150m:	1:58.01	40.89	250m:	350m:	4:39.52	40.26
	100m:	1:17.12	40.34	200m:	2:38.44	40.43	300m:	400m:	5:28.12	48.60
8.	PICHETTE, Mina Matilda			15	Club de natation région de Qué				5:29.82	340
	50m:	38.78	38.78	150m:	2:04.76	43.25	250m:	350m:	4:51.56	40.29
	100m:	1:21.51	42.73	200m:	2:48.02	43.26	300m:	400m:	5:29.82	38.26
16 - 17 ans										
1.	JUTRAS, Annalie			17	Faucons Cégep Lévis				4:38.34	566
	50m:	30.77	30.77	150m:	1:40.42	35.31	250m:	350m:	4:03.49	35.98
	100m:	1:05.11	34.34	200m:	2:16.28	35.86	300m:	400m:	4:38.34	34.85
2.	DULAC, Julia			16	Club de Natation Régional de I				5:11.26	404
	50m:	35.07	35.07	150m:	1:53.66	40.05	250m:	350m:	4:33.17	39.10
	100m:	1:13.61	38.54	200m:	2:33.84	40.18	300m:	400m:	5:11.26	38.09
3.	CADARIO, Émilie			16	Nsh				5:18.01	379
	50m:	34.94	34.94	150m:	1:54.12	40.11	250m:	350m:	4:38.12	40.61
	100m:	1:14.01	39.07	200m:	2:35.13	41.01	300m:	400m:	5:18.01	39.89
18 ans et plus										
1.	GAGNON, Amélie			19	Nsh				4:45.53	524
	50m:	33.01	33.01	150m:	1:45.41	36.21	250m:	350m:	4:10.32	36.12
	100m:	1:09.20	36.19	200m:	2:21.28	35.87	300m:	400m:	4:45.53	35.21
2.	LÉTOURNEAU, Élise			18	Faucons Cégep Lévis				5:01.52	445
	50m:	33.94	33.94	150m:	1:49.66	38.08	250m:	350m:	4:24.40	38.94
	100m:	1:11.58	37.64	200m:	2:27.87	38.21	300m:	400m:	5:01.52	37.12

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Epreuve 35, Dames, 400m Libre, 18 ans et plus

Rang			Age						Temps	Pts
3.	THÉRIAULT, Marie-Pier		18	Nsh					5:35.64	322
	50m:	37.57 37.57	150m:	2:02.38 43.12	250m:	3:29.44 43.53	350m:	4:55.12 42.68		
	100m:	1:19.26 41.69	200m:	2:45.91 43.53	300m:	4:12.44 43.00	400m:	5:35.64 40.52		