



Festival par équipes section 4
Alma, 5- - 7-6-2026

Epreuve 5
2026-06-05 - 17:43

Dames, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			Age					Temps	Pts
11 - 13 ans									
1.	BEAUDET, Rose		13	Club Natation Juvaqua Alma				5:53.08	378
	50m:		150m:	250m:	350m:	400m:	5:53.08		
	100m:		200m:	300m:					
2.	BELEC, Milie		13	Club Natation Juvaqua Alma				5:56.00	369
	50m:		150m:	250m:	350m:	400m:	5:56.00		
	100m:		200m:	300m:					
3.	LEBEAU, Alexia		13	Club Natation Bois Francs				5:57.07	366
	50m:		150m:	250m:	350m:	400m:	5:57.07		
	100m:		200m:	300m:					
4.	CHARLEBOIS, Mia C.		12	Groupe Aquatique Mille-Îles Nord				5:57.26	365
	50m:		150m:	250m:	350m:	400m:	5:57.26		
	100m:		200m:	300m:					
5.	BROUSSEAU, Emy		13	LMRL Rivière-du-Loup				5:59.82	357
	50m:		150m:	250m:	350m:	400m:	5:59.82		
	100m:		200m:	300m:					
6.	DUVAL, Maëlle		13	Groupe Aquatique Mille-Îles Nord				6:12.42	322
	50m:	41.30 41.30	150m:	2:18.65 46.97	250m:	3:55.91 50.56	350m:	5:31.91 44.19	
	100m:	1:31.68 50.38	200m:	3:05.35 46.70	300m:	4:47.72 51.81	400m:	6:12.42 40.51	
7.	GUAY, Aurélie		13	Velox Natation				6:19.11	306
	50m:		150m:	250m:	350m:	400m:	6:19.11		
	100m:		200m:	300m:					
8.	TREPANIER, Thaliy		11	Club Natation Bois Francs				6:35.36	269
	50m:	41.93 41.93	150m:	2:23.94 49.91	250m:	4:12.19 58.68	350m:	5:53.94 42.88	
	100m:	1:34.03 52.10	200m:	3:13.51 49.57	300m:	5:11.06 58.87	400m:	6:35.36 41.42	
9.	LEMIEUX, Rose-Aly		12	Club Natation Juvaqua Alma				6:36.26	267
	50m:	41.88 41.88	150m:	2:27.42 50.99	250m:	4:15.24 55.51	350m:	5:55.15 42.58	
	100m:	1:36.43 54.55	200m:	3:19.73 52.31	300m:	5:12.57 57.33	400m:	6:36.26 41.11	
10.	BENOÎT, Rafaëlle		12	Groupe Aquatique Mille-Îles Nord				6:41.97	256
	50m:	46.13 46.13	150m:	2:31.44 50.40	250m:	4:17.90 56.40	350m:	5:59.32 43.21	
	100m:	1:41.04 54.91	200m:	3:21.50 50.06	300m:	5:16.11 58.21	400m:	6:41.97 42.65	
11.	VAILLANCOURT, Clara		12	LMRL Rivière-du-Loup				6:52.86	236
	50m:	49.44 49.44	150m:	2:40.29 52.12	250m:	4:27.15 54.57	350m:	6:09.23 44.97	
	100m:	1:48.17 58.73	200m:	3:32.58 52.29	300m:	5:24.26 57.11	400m:	6:52.86 43.63	
12.	LABELLE ROMERO, Zoe		11	Groupe Aquatique Mille-Îles Nord				7:29.43	183
	50m:	46.89 46.89	150m:	2:43.17 55.32	250m:	4:39.47 1:00.67	350m:	6:36.89 53.36	
	100m:	1:47.85 1:00.96	200m:	3:38.80 55.63	300m:	5:43.53 1:04.06	400m:	7:29.43 52.54	
14 - 15 ans									
1.	MARCHAND, Gabrielle		14	Velox Natation				5:14.23	537
	50m:		150m:	250m:	350m:	400m:	5:14.23		
	100m:		200m:	300m:					
2.	NAULT, Laurence		15	Club Natation Bois Francs				5:14.48	536
	50m:		150m:	250m:	350m:	400m:	5:14.48		
	100m:		200m:	300m:					



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Epreuve 5, Filles, 400m 4 nages, 14 - 15 ans

Rang					Age					Temps	Pts	
3.	VILLEMURE, Joséphine				15	Velox Natation				5:17.41	521	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:17.41		
4.	TETEREA, Sophia Maria				15	Velox Natation				5:27.22	475	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:27.22		
5.	PLANTE, Élizabéth				15	Club Natation Juvaqua Alma				5:27.58	474	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:27.58		
6.	HUNT, Alexa				14	Dorval Swim Club				5:37.84	432	
	50m:	36.65	36.65	150m:	2:04.10	45.06	250m:	3:36.52	45.57	350m:	5:00.60	37.98
	100m:	1:19.04	42.39	200m:	2:50.95	46.85	300m:	4:22.62	46.10	400m:	5:37.84	37.24
7.	GODBOUT, Nicky				15	Velox Natation				5:38.52	429	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:38.52		
8.	GEMME, Raphaëlle				14	Velox Natation				5:40.70	421	
	50m:	36.53	36.53	150m:	2:03.63	44.89	250m:	3:34.23	44.59	350m:	5:01.43	39.84
	100m:	1:18.74	42.21	200m:	2:49.64	46.01	300m:	4:21.59	47.36	400m:	5:40.70	39.27
9.	BÉDARD, Flora				14	Club Natation Régional Beauce				5:54.74	373	
	50m:	39.95	39.95	150m:	2:09.43	44.19	250m:	3:46.07	52.13	350m:	5:16.76	39.78
	100m:	1:25.24	45.29	200m:	2:53.94	44.51	300m:	4:36.98	50.91	400m:	5:54.74	37.98
10.	NAVROTCHI, Leya				15	Groupe Aquatique Mille-Îles Nord				6:02.62	349	
	50m:	35.34	35.34	150m:	1:56.94	42.54	250m:	3:37.13	54.96	350m:	5:17.83	44.51
	100m:	1:14.40	39.06	200m:	2:42.17	45.23	300m:	4:33.32	56.19	400m:	6:02.62	44.79
11.	GIMAEEL, Penelope				15	Club Natation Juvaqua Alma				6:08.10	334	
	50m:	39.04	39.04	150m:	2:10.74	47.19	250m:	3:52.57	56.35	350m:	5:28.23	40.23
	100m:	1:23.55	44.51	200m:	2:56.22	45.48	300m:	4:48.00	55.43	400m:	6:08.10	39.87
disq.	LAGACÉ-PINOUL, Laurence				15	Groupe Aquatique Mille-Îles Nord						

16 ans et plus

1.	TREMBLAY, Raphaelle				21	LMRL Rivière-du-Loup				4:59.37	621	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	4:59.37		
2.	BASSERMANN, Emma				17	Dorval Swim Club				5:05.62	584	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:05.62		
3.	BERUBE, Marie-Maude				17	LMRL Rivière-du-Loup				5:20.44	506	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:20.44		
4.	BELLEY, Évelyne				19	Dorval Swim Club				5:33.89	447	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:33.89		
5.	MICHAUD, Roxane				16	LMRL Rivière-du-Loup				5:38.44	430	
	50m:			150m:		250m:			350m:			
	100m:			200m:		300m:			400m:	5:38.44		
6.	LAVOIE, Véronique				31	Club Natation Juvaqua Alma				5:51.05	385	
	50m:	36.11	36.11	150m:	2:02.48	43.21	250m:	3:38.49	50.25	350m:	5:10.06	39.98
	100m:	1:19.27	43.16	200m:	2:48.24	45.76	300m:	4:30.08	51.59	400m:	5:51.05	40.99



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Epreuve 5, Dames, 400m 4 nages, 16 ans et plus

Rang									Age									Temps	Pts
7.	LEMAY PRESCOTT, Jeanne								16	Club Natation Juvaqua Alma								5:52.79	379
	50m:	39.25	39.25	150m:	2:08.10	41.81	250m:	3:42.22	51.62	350m:	5:13.80	40.08							
	100m:	1:26.29	47.04	200m:	2:50.60	42.50	300m:	4:33.72	51.50	400m:	5:52.79	38.99							
8.	LAVOIE, Alyson								18	Club Natation Juvaqua Alma								5:59.86	357
	50m:	38.04	38.04	150m:	2:08.56	45.45	250m:	3:45.76	48.53	350m:	5:20.02	44.28							
	100m:	1:23.11	45.07	200m:	2:57.23	48.67	300m:	4:35.74	49.98	400m:	5:59.86	39.84							
9.	RIOPEL, Mila								18	Dorval Swim Club								6:00.34	356
	50m:	37.81	37.81	150m:	2:10.82	47.22	250m:	3:49.61	52.40	350m:	5:21.38	40.09							
	100m:	1:23.60	45.79	200m:	2:57.21	46.39	300m:	4:41.29	51.68	400m:	6:00.34	38.96							
disq.	TANGUAY, Lou-Ann								16	Groupe Aquatique Mille-Îles Nord									