Epreuve 5 — Dames, 400m 4 nages — 11 ans et plus
2026-10-24 - 10:37 — Liste résultats

Points: AQUA 2025

11 - 13 ans

Rang		Age		Temps	Pts
1.	VACHON, Julianne	13	Club de Natation Régional de l	**5:31.91**	456
	50m: 37.83 37.83 150m: 2:01.08 39.29 250m: 3:30.03 47.49 350m: 4:56.13 37.27				
	100m: 1:21.79 43.96 200m: 2:42.54 41.46 300m: 4:18.86 48.83 400m: 5:31.91 35.78				
2.	CÔTÉ, Alexie	13	Club Aquatique de la Capitale	**5:33.44**	449
	50m: 150m: 1:57.63 250m: 3:36.87 350m: 4:55.18 42.57				
	100m: 200m: 300m: 4:12.61 35.74 400m: 5:33.44 38.26				
3.	MECTEAU, Abygaëlle	13	Club de Natation des Riverains	**5:36.10**	439
	50m: 35.51 35.51 150m: 1:57.09 42.59 250m: 3:31.32 51.55 350m: 4:59.21 37.93				
	100m: 1:14.50 38.99 200m: 2:39.77 42.68 300m: 4:21.28 49.96 400m: 5:36.10 36.89				
4.	LORTIE, Charlotte	13	Club de natation région de Qué	**5:40.19**	423
	50m: 37.32 37.32 150m: 2:02.68 42.03 250m: 3:34.94 49.67 350m: 5:02.90 37.86				
	100m: 1:20.65 43.33 200m: 2:45.27 42.59 300m: 4:25.04 50.10 400m: 5:40.19 37.29				
5.	GRÉGOIRE, Jade	13	Club de natation région de Qué	**5:42.87**	413
	50m: 36.76 36.76 150m: 2:02.21 42.36 250m: 3:36.95 50.85 350m: 5:07.02 37.48				
	100m: 1:19.85 43.09 200m: 2:46.10 43.89 300m: 4:29.54 52.59 400m: 5:42.87 35.85				
6.	PASTUSAC, Adela	13	Club de Natation des Riverains	**5:50.56**	387
	50m: 37.81 37.81 150m: 2:06.12 45.46 250m: 3:42.24 49.94 350m: 5:13.14 39.69				
	100m: 1:20.66 42.85 200m: 2:52.30 46.18 300m: 4:33.45 51.21 400m: 5:50.56 37.42				
7.	TREMBLAY, Nellie	13	Club de Natation des Riverains	**5:53.66**	376
	50m: 37.78 37.78 150m: 2:07.39 46.06 250m: 3:43.56 51.04 350m: 5:16.43 40.57				
	100m: 1:21.33 43.55 200m: 2:52.52 45.13 300m: 4:35.86 52.30 400m: 5:53.66 37.23				
8.	GERVAIS, Juliette	12	Rouge et Or/Université Laval	**5:58.27**	362
	50m: 38.36 38.36 150m: 2:10.28 45.56 250m: 3:47.77 53.50 350m: 5:19.80 39.59				
	100m: 1:24.72 46.36 200m: 2:54.27 43.99 300m: 4:40.21 52.44 400m: 5:58.27 38.47				
9.	IMBEAULT, Raphaëlle	11	Club de natation région de Qué	**6:02.57**	349
	50m: 41.42 41.42 150m: 2:18.32 47.81 250m: 3:56.61 50.43 350m: 5:28.60 41.52				
	100m: 1:30.51 49.09 200m: 3:06.18 47.86 300m: 4:47.08 50.47 400m: 6:02.57 33.97				
10.	PARIS, Cristiana	13	Club de natation région de Qué	**6:08.40**	333
	50m: 38.33 38.33 150m: 2:13.06 46.27 250m: 3:54.97 56.50 350m: 5:29.83 38.96				
	100m: 1:26.79 48.46 200m: 2:58.47 45.41 300m: 4:50.87 55.90 400m: 6:08.40 38.57				
11.	JULIEN, Léonie	13	Club Aquatique de la Capitale	**6:11.05**	326
	50m: 36.87 36.87 150m: 2:06.22 45.80 250m: 3:46.36 56.62 350m: 5:28.27 44.75				
	100m: 1:20.42 43.55 200m: 2:49.74 43.52 300m: 4:43.52 57.16 400m: 6:11.05 42.78				
12.	MUNGER TREMBLAY, Julyanne	13	Club Aquatique de la Capitale	**6:14.46**	317
	50m: 40.21 40.21 150m: 2:19.63 51.08 250m: 3:59.50 49.74 350m: 5:34.35 43.54				
	100m: 1:28.55 48.34 200m: 3:09.76 50.13 300m: 4:50.81 51.31 400m: 6:14.46 40.11				
13.	CHOUINARD, Mériza	12	Club de Natation des Riverains	**6:25.39**	291
	50m: 42.91 42.91 150m: 2:25.93 50.07 250m: 4:05.12 51.17 350m: 5:43.03 44.63				
	100m: 1:35.86 52.95 200m: 3:13.95 48.02 300m: 4:58.40 53.28 400m: 6:25.39 42.36				
14.	JUTRAS, Zoé	13	Club de Natation des Riverains	**6:25.61**	290
	50m: 39.34 39.34 150m: 2:17.05 49.00 250m: 4:01.72 55.16 350m: 5:41.51 44.45				
	100m: 1:28.05 48.71 200m: 3:06.56 49.51 300m: 4:57.06 55.34 400m: 6:25.61 44.10				
15.	ROY, Mila	11	Club de natation région de Qué	**6:30.39**	280
	50m: 40.72 40.72 150m: 2:21.61 45.30 250m: 4:05.49 56.69 350m: 5:48.15 42.49				
	100m: 1:36.31 55.59 200m: 3:08.80 47.19 300m: 5:05.66 1:00.17 400m: 6:30.39 42.24				

Epreuve 5, Filles, 400m 4 nages, 11 - 13 ans

Rang		Age		Temps	Pts
16.	LECLERC, Lydia	13	Club Aquatique de la Capitale	**6:38.80**	262
	50m: 45.98 45.98 150m: 2:27.98 48.36 250m: 4:14.54 58.35 350m: 5:55.53 42.07				
	100m: 1:39.62 53.64 200m: 3:16.19 48.21 300m: 5:13.46 58.92 400m: 6:38.80 43.27				
17.	VACHON, Romy	11	Club de Natation Régional de l	**6:39.36**	261
	50m: 45.92 45.92 150m: 250m: 4:14.20 58.34 350m: 5:57.00				
	100m: 2:27.93 1:42.01 200m: 3:15.86 300m: 400m: 6:39.36 42.36				
18.	PELLETIER, Sarah	13	Nsh	**6:40.73**	259
	50m: 47.13 47.13 150m: 2:38.10 51.33 250m: 4:19.38 50.25 350m: 5:58.38 45.71				
	100m: 1:46.77 59.64 200m: 3:29.13 51.03 300m: 5:12.67 53.29 400m: 6:40.73 42.35				
19.	VINCENT, Naomi	13	Club Aquatique de la Capitale	**6:58.46**	227
	50m: 45.82 45.82 150m: 2:35.23 250m: 4:29.04 59.40 350m: 6:15.72 45.63				
	100m: 200m: 3:29.64 54.41 300m: 5:30.09 1:01.05 400m: 6:58.46 42.74				
20.	SCHNEKENBURGER, Agathe	12	Club Aquatique de la Capitale	**6:58.63**	227
	50m: 41.39 41.39 150m: 2:33.32 58.23 250m: 4:27.41 57.99 350m: 6:15.88 47.64				
	100m: 1:35.09 53.70 200m: 3:29.42 56.10 300m: 5:28.24 1:00.83 400m: 6:58.63 42.75				
21.	GIROUX VALLERAND, Chloé	13	Nsh	**7:00.93**	223
	50m: 45.50 45.50 150m: 2:42.62 250m: 4:35.11 56.91 350m: 6:17.50 45.54				
	100m: 200m: 3:38.20 55.58 300m: 5:31.96 56.85 400m: 7:00.93 43.43				
disq.	ABETTI, Alae	13	Club de natation région de Qué		
disq.	GINGRAS PARÉ, Charlotte	12	Club de natation région de Qué		
disq.	GAKWAYA, Charlie	13	Nsh		
disq.	GAKWAYA, Maelle	13	Nsh		

18 ans et plus

1.	MALENFANT, Viviane	19	Club de natation région de Qué	**5:04.07**	593
	50m: 34.03 34.03 150m: 1:50.07 38.90 250m: 3:10.63 42.23 350m: 4:29.09 35.78				
	100m: 1:11.17 37.14 200m: 2:28.40 38.33 300m: 3:53.31 42.68 400m: 5:04.07 34.98				
2.	GUY, Roxane	18	Club de natation région de Qué	**5:11.37**	552
	50m: 35.42 35.42 150m: 1:53.31 39.60 250m: 3:17.60 44.17 350m: 4:36.93 35.35				
	100m: 1:13.71 38.29 200m: 2:33.43 40.12 300m: 4:01.58 43.98 400m: 5:11.37 34.44				
3.	SHINK, Ariane	19	Club de natation région de Qué	**5:17.39**	521
	50m: 34.58 34.58 150m: 1:54.74 41.86 250m: 3:22.35 45.95 350m: 4:43.18 34.12				
	100m: 1:12.88 38.30 200m: 2:36.40 41.66 300m: 4:09.06 46.71 400m: 5:17.39 34.21				
4.	DUMAS, Annabelle	18	Club de natation région de Qué	**5:19.13**	513
	50m: 34.72 34.72 150m: 1:54.92 40.16 250m: 3:20.43 46.69 350m: 4:44.27 35.64				
	100m: 1:14.76 40.04 200m: 2:33.74 38.82 300m: 4:08.63 48.20 400m: 5:19.13 34.86				
5.	TURCOTTE, Juliette	19	Club de natation région de Qué	**5:22.06**	499
	50m: 150m: 1:50.55 38.86 250m: 350m: 4:45.66				
	100m: 1:11.69 200m: 2:31.14 40.59 300m: 400m: 5:22.06 36.40				