

Ligue d'automne manche 1 - Défi All Tides
Lévis, 10-10-2026

Epreuve 9
2026-10-10 - 16:35

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2026

Rang	Age								Temps		Pts	
11 - 13 ans												
1.	VACHON, Julianne			13	Club de Natation Régional de I				4:36.10	579		
	50m:	32.09	32.09	150m:	1:40.95	34.72	250m:	2:50.87	35.12	350m:	4:01.34	35.34
	100m:	1:06.23	34.14	200m:	2:15.75	34.80	300m:	3:26.00	35.13	400m:	4:36.10	34.76
2.	LORTIE, Charlotte			13	Club de natation région de Qué				4:47.60	513		
	50m:	33.15	33.15	150m:	1:46.07	36.72	250m:	2:58.73	36.10	350m:	4:11.95	36.80
	100m:	1:09.35	36.20	200m:	2:22.63	36.56	300m:	3:35.15	36.42	400m:	4:47.60	35.65
3.	LABBÉ, Laurence			12	Nsh				4:54.50	477		
	50m:	32.54	32.54	150m:	1:47.81	37.85	250m:	3:04.59	38.89	350m:	4:19.95	37.22
	100m:	1:09.96	37.42	200m:	2:25.70	37.89	300m:	3:42.73	38.14	400m:	4:54.50	34.55
4.	PARIS, Cristiana			13	Club de natation région de Qué				5:00.08	451		
	50m:	32.84	32.84	150m:	1:47.70	37.92	250m:	3:03.69	37.64	350m:	4:21.31	39.05
	100m:	1:09.78	36.94	200m:	2:26.05	38.35	300m:	3:42.26	38.57	400m:	5:00.08	38.77
5.	GRÉGOIRE, Jade			12	Club de natation région de Qué				5:02.26	442		
	50m:	33.76	33.76	150m:	1:50.02	38.52	250m:	3:07.65	38.90	350m:	4:24.86	38.59
	100m:	1:11.50	37.74	200m:	2:28.75	38.73	300m:	3:46.27	38.62	400m:	5:02.26	37.40
6.	IMBEAULT, Raphaëlle			11	Club de natation région de Qué				5:03.48	436		
	50m:	36.39	36.39	150m:	1:53.10	37.66	250m:	3:09.29	37.74	350m:	4:25.33	37.54
	100m:	1:15.44	39.05	200m:	2:31.55	38.45	300m:	3:47.79	38.50	400m:	5:03.48	38.15
7.	SAYEGH, Florence			13	Rouge et Or/Université Laval				5:06.63	423		
	50m:	35.40	35.40	150m:	1:54.37	39.59	250m:	3:13.42	39.40	350m:	4:30.76	38.49
	100m:	1:14.78	39.38	200m:	2:34.02	39.65	300m:	3:52.27	38.85	400m:	5:06.63	35.87
8.	GINGRAS PARÉ, Charlotte			12	Club de natation région de Qué				5:08.01	417		
	50m:	33.67	33.67	150m:	1:50.59	39.19	250m:	3:10.78	40.62	350m:	4:31.22	39.74
	100m:	1:11.40	37.73	200m:	2:30.16	39.57	300m:	3:51.48	40.70	400m:	5:08.01	36.79
9.	ABETTI, Alae			13	Club de natation région de Qué				5:08.34	416		
	50m:	34.02	34.02	150m:	1:50.69	38.87	250m:	3:09.16	38.97	350m:	4:29.50	40.37
	100m:	1:11.82	37.80	200m:	2:30.19	39.50	300m:	3:49.13	39.97	400m:	5:08.34	38.84
10.	LARIVIÈRE, Andréanne			13	Club de natation région de Qué				5:11.12	405		
	50m:	34.40	34.40	150m:	1:52.63	39.48	250m:	3:12.43	40.04	350m:	4:33.64	40.97
	100m:	1:13.15	38.75	200m:	2:32.39	39.76	300m:	3:52.67	40.24	400m:	5:11.12	37.48
11.	NOËL, Victoria			12	Club de natation région de Qué				5:15.46	388		
	50m:	34.97	34.97	150m:	1:54.08	40.15	250m:	3:14.94	40.29	350m:	4:35.77	40.49
	100m:	1:13.93	38.96	200m:	2:34.65	40.57	300m:	3:55.28	40.34	400m:	5:15.46	39.69
12.	NGUYEN, Delphine			13	Rouge et Or/Université Laval				5:19.47	374		
	50m:	36.02	36.02	150m:	1:56.39	40.86	250m:	3:18.21	40.49	350m:	4:39.36	40.68
	100m:	1:15.53	39.51	200m:	2:37.72	41.33	300m:	3:58.68	40.47	400m:	5:19.47	40.11
13.	BROUSSEAU, Emy			13	LMRL Rivière-du-Loup				5:22.98	362		
	50m:	36.44	36.44	150m:	1:56.95	40.63	250m:	3:19.94	41.61	350m:	4:43.86	41.79
	100m:	1:16.32	39.88	200m:	2:38.33	41.38	300m:	4:02.07	42.13	400m:	5:22.98	39.12
14.	FRANÇOIS, Diuna			12	Club de natation région de Qué				5:26.18	351		
	50m:	35.92	35.92	150m:	1:58.73	41.97	250m:	3:22.08	41.51	350m:	4:45.33	41.62
	100m:	1:16.76	40.84	200m:	2:40.57	41.84	300m:	4:03.71	41.63	400m:	5:26.18	40.85
15.	ROY, Mila			11	Club de natation région de Qué				5:26.66	350		
	50m:	36.06	36.06	150m:	1:57.78	41.17	250m:	3:21.38	41.91	350m:	4:45.42	42.44
	100m:	1:16.61	40.55	200m:	2:39.47	41.69	300m:	4:02.98	41.60	400m:	5:26.66	41.24

Ligue d'automne manche 1 - Défi All Tides
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Epreuve 9, Filles, 400m Libre, 11 - 13 ans

Rang									Age					Temps	Pts
16.	BROWNRIGG, Zoé				13	Club de Natation des Riverains					5:29.25	341			
	50m:	37.31	37.31	150m:	2:02.46	42.78	250m:	3:27.45	42.55	350m:	4:50.24	41.31			
	100m:	1:19.68	42.37	200m:	2:44.90	42.44	300m:	4:08.93	41.48	400m:	5:29.25	39.01			
17.	POIRIER, Lea				12	LMRL Rivière-du-Loup					5:31.37	335			
	50m:	36.52	36.52	150m:	1:57.94	41.62	250m:	3:22.54	42.25	350m:	4:49.32	43.58			
	100m:	1:16.32	39.80	200m:	2:40.29	42.35	300m:	4:05.74	43.20	400m:	5:31.37	42.05			
18.	SYLVAIN, Maude				13	Nsh					5:33.21	329			
	50m:	36.01	36.01	150m:	1:59.22	42.63	250m:	3:25.34	43.36	350m:	4:50.99	43.17			
	100m:	1:16.59	40.58	200m:	2:41.98	42.76	300m:	4:07.82	42.48	400m:	5:33.21	42.22			
19.	COULOMBE, Mélyla				13	Club de Natation des Riverains					5:36.90	319			
	50m:	37.83	37.83	150m:	2:04.46	43.36	250m:	3:31.27	42.83	350m:	4:57.86	42.34			
	100m:	1:21.10	43.27	200m:	2:48.44	43.98	300m:	4:15.52	44.25	400m:	5:36.90	39.04			
20.	GRENIER, Alice				13	Unik					5:40.24	309			
	50m:	38.56	38.56	150m:	2:04.74	43.41	250m:	3:32.70	44.02	350m:	5:00.06	42.77			
	100m:	1:21.33	42.77	200m:	2:48.68	43.94	300m:	4:17.29	44.59	400m:	5:40.24	40.18			
21.	GAKWAYA, Charlie				13	Nsh					5:40.69	308			
	50m:	38.37	38.37	150m:	2:05.24	43.23	250m:	3:32.98	43.56	350m:	4:59.20	42.55			
	100m:	1:22.01	43.64	200m:	2:49.42	44.18	300m:	4:16.65	43.67	400m:	5:40.69	41.49			
22.	GAKWAYA, Maelle				13	Nsh					5:40.91	308			
	50m:	40.68	40.68	150m:	2:07.05	43.31	250m:	3:34.36	43.45	350m:	4:59.77	42.15			
	100m:	1:23.74	43.06	200m:	2:50.91	43.86	300m:	4:17.62	43.26	400m:	5:40.91	41.14			
23.	VACHON, Romy				11	Club de Natation Régional de I					5:42.30	304			
	50m:	37.78	37.78	150m:	2:04.38	43.78	250m:	3:32.19	43.95	350m:	5:00.52	43.95			
	100m:	1:20.60	42.82	200m:	2:48.24	43.86	300m:	4:16.57	44.38	400m:	5:42.30	41.78			
24.	GIROUX VALLERAND, Chloé				13	Nsh					5:45.43	296			
	50m:	37.90	37.90	150m:	2:05.55	43.87	250m:	3:35.79	45.34	350m:	5:04.02	43.37			
	100m:	1:21.68	43.78	200m:	2:50.45	44.90	300m:	4:20.65	44.86	400m:	5:45.43	41.41			
25.	MALENFANT, Amelia				13	LMRL Rivière-du-Loup					5:46.61	293			
	50m:	40.90	40.90	150m:	2:10.16	44.28	250m:	3:38.26	44.21	350m:	5:07.27	44.72			
	100m:	1:25.88	44.98	200m:	2:54.05	43.89	300m:	4:22.55	44.29	400m:	5:46.61	39.34			
26.	BOIGET, Eléonore				12	Club de natation région de Qué					5:46.82	292			
	50m:	38.67	38.67	150m:	2:06.03	44.27	250m:	3:35.49	44.29	350m:	5:05.55	44.96			
	100m:	1:21.76	43.09	200m:	2:51.20	45.17	300m:	4:20.59	45.10	400m:	5:46.82	41.27			
27.	DALLAIRE, Béatrice				13	Club de natation région de Qué					5:47.20	291			
	50m:	38.84	38.84	150m:	2:06.05	44.23	250m:	3:36.42	45.51	350m:	5:05.92	44.63			
	100m:	1:21.82	42.98	200m:	2:50.91	44.86	300m:	4:21.29	44.87	400m:	5:47.20	41.28			
28.	BOUTET-DUVAL, Ilyana				12	Équinoxes de Thetford Mines					5:48.18	289			
	50m:	39.51	39.51	150m:	2:07.77	45.26	250m:	3:38.43	45.32	350m:	5:07.15	43.70			
	100m:	1:22.51	43.00	200m:	2:53.11	45.34	300m:	4:23.45	45.02	400m:	5:48.18	41.03			
29.	LESSARD, Rose				11	Club de natation région de Qué					5:49.06	287			
	50m:	37.37	37.37	150m:	2:04.25	44.15	250m:	3:34.47	45.28	350m:	5:05.46	45.40			
	100m:	1:20.10	42.73	200m:	2:49.19	44.94	300m:	4:20.06	45.59	400m:	5:49.06	43.60			
30.	PELLETIER, Sarah				13	Nsh					5:52.58	278			
	50m:	39.97	39.97	150m:	2:09.93	45.77	250m:	3:40.62	45.01	350m:	5:10.01	44.34			
	100m:	1:24.16	44.19	200m:	2:55.61	45.68	300m:	4:25.67	45.05	400m:	5:52.58	42.57			
31.	LANGLOIS, Juliette				12	Rouge et Or/Université Laval					5:53.98	275			
	50m:	39.46	39.46	150m:	2:11.33	46.48	250m:	3:43.11	45.87	350m:	5:12.48	44.04			
	100m:	1:24.85	45.39	200m:	2:57.24	45.91	300m:	4:28.44	45.33	400m:	5:53.98	41.50			

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Epreuve 9, Filles, 400m Libre, 11 - 13 ans

Rang	Age				Temps				Pts
32.	GODIN, Scarlett	12	LMRL Rivière-du-Loup		5:54.02				275
	50m: 39.80 39.80	150m: 2:08.11 44.89	250m: 3:37.50 44.53	350m: 5:08.79 45.79					
	100m: 1:23.22 43.42	200m: 2:52.97 44.86	300m: 4:23.00 45.50	400m: 5:54.02 45.23					
33.	MASSICOTTE, Jade	12	Club de natation région de Qué		5:54.81				273
	50m: 38.78 38.78	150m: 2:07.87 45.49	250m: 3:38.11 44.91	350m: 5:09.35 45.34					
	100m: 1:22.38 43.60	200m: 2:53.20 45.33	300m: 4:24.01 45.90	400m: 5:54.81 45.46					
34.	MARCOUX, Éloïse	12	Club de natation région de Qué		5:58.53				264
	50m: 39.61 39.61	150m: 2:09.61 45.54	250m: 3:41.31 45.22	350m: 5:13.59 46.81					
	100m: 1:24.07 44.46	200m: 2:56.09 46.48	300m: 4:26.78 45.47	400m: 5:58.53 44.94					
35.	FERLAND, Alice	13	LMRL Rivière-du-Loup		6:00.97				259
	50m: 40.61 40.61	150m: 2:11.87 45.66	250m: 3:44.47 45.88	350m: 5:17.28 46.32					
	100m: 1:26.21 45.60	200m: 2:58.59 46.72	300m: 4:30.96 46.49	400m: 6:00.97 43.69					
36.	VAILLANCOURT, Clara	12	LMRL Rivière-du-Loup		6:01.70				257
	50m: 41.22 41.22	150m: 2:13.63 47.19	250m: 3:45.80 45.96	350m: 5:18.91 46.66					
	100m: 1:26.44 45.22	200m: 2:59.84 46.21	300m: 4:32.25 46.45	400m: 6:01.70 42.79					
37.	ST-ONGE, Adele	12	LMRL Rivière-du-Loup		6:02.40				256
	50m: 39.67 39.67	150m: 2:12.56 47.38	250m: 3:45.27 45.75	350m: 5:18.61 45.77					
	100m: 1:25.18 45.51	200m: 2:59.52 46.96	300m: 4:32.84 47.57	400m: 6:02.40 43.79					
38.	DROUIN, Jeanne	11	Club de natation région de Qué		6:02.96				255
	50m: 39.74 39.74	150m: 2:11.14 46.50	250m: 3:44.69 46.93	350m: 5:18.68 47.10					
	100m: 1:24.64 44.90	200m: 2:57.76 46.62	300m: 4:31.58 46.89	400m: 6:02.96 44.28					
39.	RAYMOND, Heidi	13	Nsh		6:03.32				254
	50m: 38.61 38.61	150m: 2:12.63 47.71	250m: 3:46.97 46.75	350m: 5:18.88 44.81					
	100m: 1:24.92 46.31	200m: 3:00.22 47.59	300m: 4:34.07 47.10	400m: 6:03.32 44.44					
40.	HUDON, Lily	11	Club de natation région de Qué		6:04.53				251
	50m: 40.05 40.05	150m: 2:13.15 47.19	250m: 3:46.24 46.75	350m: 5:17.73 45.63					
	100m: 1:25.96 45.91	200m: 2:59.49 46.34	300m: 4:32.10 45.86	400m: 6:04.53 46.80					
41.	VIEL, Agate	13	Club de natation région de Qué		6:04.86				251
	50m: 43.20 43.20	150m: 2:15.55 46.63	250m: 3:51.28 48.07	350m: 5:21.70 42.74					
	100m: 1:28.92 45.72	200m: 3:03.21 47.66	300m: 4:38.96 47.68	400m: 6:04.86 43.16					
42.	CORMIER, Alice	11	Club de natation région de Qué		6:07.63				245
	50m: 41.50 41.50	150m: 2:14.99 47.67	250m: 3:51.27 48.12	350m: 5:25.82 46.47					
	100m: 1:27.32 45.82	200m: 3:03.15 48.16	300m: 4:39.35 48.08	400m: 6:07.63 41.81					
43.	MARIN, Léa-Rose	12	Club de natation région de Qué		6:07.93				245
	50m: 41.86 41.86	150m: 2:15.73 47.32	250m: 3:49.90 46.71	350m: 5:24.40 46.81					
	100m: 1:28.41 46.55	200m: 3:03.19 47.46	300m: 4:37.59 47.69	400m: 6:07.93 43.53					
44.	BONNIN, Lucy	11	Club de Natation des Riverains		6:11.01				239
	50m: 41.32 41.32	150m: 2:14.69 47.18	250m: 3:50.20 48.15	350m: 5:25.58 46.78					
	100m: 1:27.51 46.19	200m: 3:02.05 47.36	300m: 4:38.80 48.60	400m: 6:11.01 45.43					
45.	HARTON-TREMBLAY, Léane	13	Club de natation région de Qué		6:13.21				234
	50m: 39.89 39.89	150m: 2:13.47 48.13	250m: 3:51.75 49.53	350m: 5:29.15 48.06					
	100m: 1:25.34 45.45	200m: 3:02.22 48.75	300m: 4:41.09 49.34	400m: 6:13.21 44.06					

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Epreuve 9, Dames, 400m Libre

14 - 15 ans

1.	HARVEY, Élie	15	Club de natation région de Qué	4:30.91	613
	50m: 31.47 31.47	150m: 1:39.80 34.44	250m: 2:48.41 34.29	350m: 3:57.40 34.64	
	100m: 1:05.36 33.89	200m: 2:14.12 34.32	300m: 3:22.76 34.35	400m: 4:30.91 33.51	
2.	OUELLET, Laurence	14	Nsh	4:42.12	543
	50m: 32.06 32.06	150m: 1:43.53 35.82	250m: 2:55.71 36.27	350m: 4:08.03 36.36	
	100m: 1:07.71 35.65	200m: 2:19.44 35.91	300m: 3:31.67 35.96	400m: 4:42.12 34.09	
3.	SAMSON, Amélia	15	Club de Natation des Riverains	4:42.70	540
	50m: 32.03 32.03	150m: 1:41.72 35.28	250m: 2:53.96 36.39	350m: 4:06.74 36.53	
	100m: 1:06.44 34.41	200m: 2:17.57 35.85	300m: 3:30.21 36.25	400m: 4:42.70 35.96	
4.	TESSIER, Ellyanne	14	Club de natation région de Qué	4:49.86	501
	50m: 32.97 32.97	150m: 1:45.74 36.82	250m: 2:59.72 37.00	350m: 4:13.80 37.32	
	100m: 1:08.92 35.95	200m: 2:22.72 36.98	300m: 3:36.48 36.76	400m: 4:49.86 36.06	
5.	MARCOTTE, Rosalie	14	Club de natation région de Qué	4:51.44	493
	50m: 32.47 32.47	150m: 1:42.85 35.15	250m: 2:55.10 36.43	350m: 4:12.55 39.05	
	100m: 1:07.70 35.23	200m: 2:18.67 35.82	300m: 3:33.50 38.40	400m: 4:51.44 38.89	
6.	VACHON, Gabrielle	14	Club de Natation Régional de I	4:55.34	473
	50m: 33.41 33.41	150m: 1:48.84 37.99	250m: 3:05.31 37.68	350m: 4:20.19 37.53	
	100m: 1:10.85 37.44	200m: 2:27.63 38.79	300m: 3:42.66 37.35	400m: 4:55.34 35.15	
7.	DUGAS, Natalie	15	Club de Natation Régional de I	4:59.59	453
	50m: 34.04 34.04	150m: 1:49.42 37.97	250m: 3:05.60 38.24	350m: 4:22.07 38.09	
	100m: 1:11.45 37.41	200m: 2:27.36 37.94	300m: 3:43.98 38.38	400m: 4:59.59 37.52	
8.	CHAMBERLAND, Zoé	15	Club de natation région de Qué	5:00.05	451
	50m: 33.70 33.70	150m: 1:48.89 37.93	250m: 3:05.69 38.22	350m: 4:23.17 38.54	
	100m: 1:10.96 37.26	200m: 2:27.47 38.58	300m: 3:44.63 38.94	400m: 5:00.05 36.88	
9.	MICHAUD, Aurelie	15	LMRL Rivière-du-Loup	5:01.50	445
	50m: 35.11 35.11	150m: 1:51.61 38.48	250m: 3:08.89 38.26	350m: 4:25.60 38.04	
	100m: 1:13.13 38.02	200m: 2:30.63 39.02	300m: 3:47.56 38.67	400m: 5:01.50 35.90	
10.	CÔTÉ, Emma	14	Club Aquatique de la Capitale	5:02.15	442
	50m: 32.70 32.70	150m: 1:48.94 38.95	250m: 3:06.82 38.82	350m: 4:24.47 38.91	
	100m: 1:09.99 37.29	200m: 2:28.00 39.06	300m: 3:45.56 38.74	400m: 5:02.15 37.68	
11.	GERVAIS, Florence	14	Rouge et Or/Université Laval	5:09.20	412
	50m: 35.47 35.47	150m: 1:53.23 39.22	250m: 3:12.18 39.43	350m: 4:31.62 39.88	
	100m: 1:14.01 38.54	200m: 2:32.75 39.52	300m: 3:51.74 39.56	400m: 5:09.20 37.58	
12.	LABBÉ, Mathilde	14	Nsh	5:10.89	406
	50m: 34.37 34.37	150m: 1:52.07 39.24	250m: 3:12.38 40.31	350m: 4:32.72 40.18	
	100m: 1:12.83 38.46	200m: 2:32.07 40.00	300m: 3:52.54 40.16	400m: 5:10.89 38.17	
13.	LABBÉ, Juliette	14	Nsh	5:11.40	404
	50m: 35.30 35.30	150m: 1:53.27 39.06	250m: 3:13.37 40.07	350m: 4:34.09 40.47	
	100m: 1:14.21 38.91	200m: 2:33.30 40.03	300m: 3:53.62 40.25	400m: 5:11.40 37.31	
14.	SIROIS, Ophélie	15	Club de Natation Régional de I	5:12.18	401
	50m: 34.29 34.29	150m: 1:52.80 39.44	250m: 3:12.77 40.23	350m: 4:33.24 40.01	
	100m: 1:13.36 39.07	200m: 2:32.54 39.74	300m: 3:53.23 40.46	400m: 5:12.18 38.94	
15.	TRACHY, Sophia	14	Club de Natation des Riverains	5:13.29	396
	50m: 34.00 34.00	150m: 1:53.02 40.32	250m: 3:15.44 41.38	350m: 4:36.66 39.99	
	100m: 1:12.70 38.70	200m: 2:34.06 41.04	300m: 3:56.67 41.23	400m: 5:13.29 36.63	
16.	LEBLOND, Chloé	14	Équinoxes de Thetford Mines	5:13.86	394
	50m: 34.24 34.24	150m: 1:52.21 39.84	250m: 3:13.20 40.62	350m: 4:34.53 40.49	
	100m: 1:12.37 38.13	200m: 2:32.58 40.37	300m: 3:54.04 40.84	400m: 5:13.86 39.33	

Ligue d'automne manche 1 - Défi All Tides
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Epreuve 9, Filles, 400m Libre, 14 - 15 ans

Rang					Age					Temps	Pts	
17.	PELLETIER, Eva				14	Club de Natation des Riverains				5:18.30	378	
	50m:	35.04	35.04	150m:	1:56.35	41.12	250m:	3:18.28	41.18	350m:	4:40.69	41.11
	100m:	1:15.23	40.19	200m:	2:37.10	40.75	300m:	3:59.58	41.30	400m:	5:18.30	37.61
18.	GIGUÈRE, Eva				15	Club de Natation des Riverains				5:23.17	361	
	50m:	36.28	36.28	150m:	1:56.90	40.97	250m:	3:19.76	41.96	350m:	4:43.14	41.65
	100m:	1:15.93	39.65	200m:	2:37.80	40.90	300m:	4:01.49	41.73	400m:	5:23.17	40.03
19.	GIRARD, Élodie				14	Club de natation région de Qué				5:23.49	360	
	50m:	36.48	36.48	150m:	1:58.07	41.62	250m:	3:20.18	40.71	350m:	4:43.09	41.01
	100m:	1:16.45	39.97	200m:	2:39.47	41.40	300m:	4:02.08	41.90	400m:	5:23.49	40.40
20.	LESSARD, Ilana				15	Club de Natation Régional de I				5:25.20	354	
	50m:	35.94	35.94	150m:	1:55.64	40.44	250m:	3:19.64	42.25	350m:	4:43.81	42.32
	100m:	1:15.20	39.26	200m:	2:37.39	41.75	300m:	4:01.49	41.85	400m:	5:25.20	41.39
21.	LAVOIE, Daphnée				14	Nsh				5:27.23	348	
	50m:	35.99	35.99	150m:	1:57.36	42.00	250m:	3:22.10	42.29	350m:	4:47.72	42.58
	100m:	1:15.36	39.37	200m:	2:39.81	42.45	300m:	4:05.14	43.04	400m:	5:27.23	39.51
22.	COUTURE, Daphney				15	Club de Natation des Riverains				5:40.56	309	
	50m:	38.59	38.59	150m:	2:05.18	43.67	250m:	3:33.13	44.12	350m:	4:59.96	43.11
	100m:	1:21.51	42.92	200m:	2:49.01	43.83	300m:	4:16.85	43.72	400m:	5:40.56	40.60
23.	MARTIN, Alyson				15	Nsh				5:41.47	306	
	50m:	39.36	39.36	150m:	2:05.51	43.79	250m:	3:32.61	43.08	350m:	4:59.99	43.38
	100m:	1:21.72	42.36	200m:	2:49.53	44.02	300m:	4:16.61	44.00	400m:	5:41.47	41.48
24.	LAJEUNESSE, Emilie				14	Club de Natation de Montmagny				5:43.72	300	
	50m:	39.19	39.19	150m:	2:07.93	44.60	250m:	3:37.21	44.53	350m:	5:04.28	43.33
	100m:	1:23.33	44.14	200m:	2:52.68	44.75	300m:	4:20.95	43.74	400m:	5:43.72	39.44
25.	MURCIA, Sofia				14	LMRL Rivière-du-Loup				6:03.70	253	
	50m:	39.95	39.95	150m:	2:11.37	46.26	250m:	3:44.24	46.09	350m:	5:18.31	47.35
	100m:	1:25.11	45.16	200m:	2:58.15	46.78	300m:	4:30.96	46.72	400m:	6:03.70	45.39

16 - 17 ans

1.	ABETTI, Douae				16	Club de natation région de Qué				4:36.40	578	
	50m:	31.19	31.19	150m:	1:39.18	34.41	250m:	2:49.10	34.89	350m:	4:00.60	35.92
	100m:	1:04.77	33.58	200m:	2:14.21	35.03	300m:	3:24.68	35.58	400m:	4:36.40	35.80
2.	PICHETTE, Alexandra				16	Club de natation région de Qué				4:37.08	573	
	50m:	30.62	30.62	150m:	1:40.62	35.41	250m:	2:51.29	35.38	350m:	4:02.10	35.52
	100m:	1:05.21	34.59	200m:	2:15.91	35.29	300m:	3:26.58	35.29	400m:	4:37.08	34.98
3.	LEMELIN, Émie				16	Club de natation région de Qué				4:37.87	568	
	50m:	32.03	32.03	150m:	1:42.17	35.20	250m:	2:52.55	35.16	350m:	4:02.80	35.37
	100m:	1:06.97	34.94	200m:	2:17.39	35.22	300m:	3:27.43	34.88	400m:	4:37.87	35.07
4.	SHINK, Laurie				17	Club de natation région de Qué				4:42.09	543	
	50m:	31.15	31.15	150m:	1:41.45	35.57	250m:	2:53.34	35.87	350m:	4:06.03	36.41
	100m:	1:05.88	34.73	200m:	2:17.47	36.02	300m:	3:29.62	36.28	400m:	4:42.09	36.06
5.	LÉVESQUE, Raphaëlle				17	Rouge et Or/Université Laval				4:46.44	519	
	50m:	31.18	31.18	150m:	1:42.53	36.14	250m:	2:56.42	36.82	350m:	4:10.05	36.89
	100m:	1:06.39	35.21	200m:	2:19.60	37.07	300m:	3:33.16	36.74	400m:	4:46.44	36.39
6.	LEGARÉ, Lili-Marguerite				16	Club de natation région de Qué				4:47.06	516	
	50m:	30.57	30.57	150m:	1:39.50	35.14	250m:	2:51.49	36.08	350m:	4:07.41	38.67
	100m:	1:04.36	33.79	200m:	2:15.41	35.91	300m:	3:28.74	37.25	400m:	4:47.06	39.65

Ligue d'automne manche 1 - Défi All Tides
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Epreuve 9, Filles, 400m Libre, 16 - 17 ans

Rang	Age				Temps				Pts
7.	BELISLE, Viviane	16	Club de natation région de Qué		4:56.28				469
	50m: 33.20	33.20	150m: 1:46.91	36.94	250m: 3:02.45	37.68	350m: 4:19.03	38.40	
	100m: 1:09.97	36.77	200m: 2:24.77	37.86	300m: 3:40.63	38.18	400m: 4:56.28	37.25	
8.	MICHAUD, Roxane	16	LMRL Rivière-du-Loup		4:56.33				469
	50m: 33.98	33.98	150m: 1:48.99	38.02	250m: 3:04.73	37.89	350m: 4:20.02	37.32	
	100m: 1:10.97	36.99	200m: 2:26.84	37.85	300m: 3:42.70	37.97	400m: 4:56.33	36.31	
9.	GAGNON, Estelle	17	Club de Natation de Montmagny		5:01.29				446
	50m: 33.67	33.67	150m: 1:49.32	38.25	250m: 3:06.74	38.46	350m: 4:23.54	38.60	
	100m: 1:11.07	37.40	200m: 2:28.28	38.96	300m: 3:44.94	38.20	400m: 5:01.29	37.75	
10.	RACHEDI, Ranya	17	Club de Natation des Riverains		5:01.82				443
	50m: 33.89	33.89	150m: 1:48.63	37.63	250m: 3:05.43	38.62	350m: 4:23.34	38.81	
	100m: 1:11.00	37.11	200m: 2:26.81	38.18	300m: 3:44.53	39.10	400m: 5:01.82	38.48	
11.	LEMIEUX, Élodie	16	Club de Natation des Riverains		5:03.27				437
	50m: 33.31	33.31	150m: 1:50.59	39.17	250m: 3:08.07	38.99	350m: 4:25.53	38.98	
	100m: 1:11.42	38.11	200m: 2:29.08	38.49	300m: 3:46.55	38.48	400m: 5:03.27	37.74	
12.	CADARIO, Émilie	17	Nsh		5:13.12				397
	50m: 35.63	35.63	150m: 1:54.82	40.37	250m: 3:15.66	40.48	350m: 4:36.62	39.85	
	100m: 1:14.45	38.82	200m: 2:35.18	40.36	300m: 3:56.77	41.11	400m: 5:13.12	36.50	
13.	GRÉGOIRE, Juliette	16	Club de natation région de Qué		5:15.85				387
	50m: 35.47	35.47	150m: 1:54.44	40.10	250m: 3:15.91	40.72	350m: 4:36.92	40.22	
	100m: 1:14.34	38.87	200m: 2:35.19	40.75	300m: 3:56.70	40.79	400m: 5:15.85	38.93	
14.	LABONTÉ, Amélya	16	Club de Natation de Montmagny		5:17.03				383
	50m: 35.47	35.47	150m: 1:55.44	40.45	250m: 3:17.53	41.28	350m: 4:39.00	40.73	
	100m: 1:14.99	39.52	200m: 2:36.25	40.81	300m: 3:58.27	40.74	400m: 5:17.03	38.03	
15.	HAMMOND, Clara	16	LMRL Rivière-du-Loup		5:19.10				375
	50m: 36.66	36.66	150m: 1:57.04	40.14	250m: 3:17.50	40.18	350m: 4:39.40	41.15	
	100m: 1:16.90	40.24	200m: 2:37.32	40.28	300m: 3:58.25	40.75	400m: 5:19.10	39.70	
16.	FORTIN, Olivia	17	Équinoxes de Thetford Mines		5:22.55				363
	50m: 34.84	34.84	150m: 1:56.57	41.25	250m: 3:19.15	41.07	350m: 4:42.70	41.54	
	100m: 1:15.32	40.48	200m: 2:38.08	41.51	300m: 4:01.16	42.01	400m: 5:22.55	39.85	
17.	DUBOIS, Anne-Sophie	16	Club de Natation Régional de I		5:34.91				324
	50m: 36.37	36.37	150m: 1:59.46	42.29	250m: 3:25.48	43.72	350m: 4:53.18	43.28	
	100m: 1:17.17	40.80	200m: 2:41.76	42.30	300m: 4:09.90	44.42	400m: 5:34.91	41.73	

18 ans et plus

1.	MICHAUD, Laurence	19	Club de natation région de Qué		4:24.73				657
	50m: 30.93	30.93	150m: 1:37.50	33.49	250m: 2:44.93	33.47	350m: 3:51.81	33.47	
	100m: 1:04.01	33.08	200m: 2:11.46	33.96	300m: 3:18.34	33.41	400m: 4:24.73	32.92	
2.	GUY, Roxane	18	Club de natation région de Qué		4:27.19				639
	50m: 31.66	31.66	150m: 1:38.65	33.69	250m: 2:45.86	33.49	350m: 3:53.38	33.72	
	100m: 1:04.96	33.30	200m: 2:12.37	33.72	300m: 3:19.66	33.80	400m: 4:27.19	33.81	
3.	SHINK, Ariane	19	Club de natation région de Qué		4:30.10				619
	50m: 31.59	31.59	150m: 1:39.19	33.70	250m: 2:47.21	33.99	350m: 3:56.14	34.67	
	100m: 1:05.49	33.90	200m: 2:13.22	34.03	300m: 3:21.47	34.26	400m: 4:30.10	33.96	
4.	MALENFANT, Viviane	19	Club de natation région de Qué		4:31.02				613
	50m: 31.44	31.44	150m: 1:39.72	34.33	250m: 2:48.37	34.20	350m: 3:57.62	34.70	
	100m: 1:05.39	33.95	200m: 2:14.17	34.45	300m: 3:22.92	34.55	400m: 4:31.02	33.40	

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Epreuve 9, Dames, 400m Libre, 18 ans et plus

Rang	Age								Temps	Pts		
5.	LACOSTE, Florence			18	Nsh				4:36.62	576		
	50m:	31.09	31.09	150m:	1:40.79	35.47	250m:	2:51.93	35.72	350m:	4:02.71	35.22
	100m:	1:05.32	34.23	200m:	2:16.21	35.42	300m:	3:27.49	35.56	400m:	4:36.62	33.91
6.	DUMAS, Annabelle			18	Club de natation région de Qué				4:40.47	553		
	50m:	32.14	32.14	150m:	1:42.74	35.27	250m:	2:54.12	35.53	350m:	4:05.44	35.51
	100m:	1:07.47	35.33	200m:	2:18.59	35.85	300m:	3:29.93	35.81	400m:	4:40.47	35.03
7.	GAGNON, Amélie			19	Nsh				4:59.49	454		
	50m:	33.53	33.53	150m:	1:49.27	38.45	250m:	3:05.46	37.88	350m:	4:22.03	37.84
	100m:	1:10.82	37.29	200m:	2:27.58	38.31	300m:	3:44.19	38.73	400m:	4:59.49	37.46
8.	ECHEVARRIA, Adriana			20	Nsh				5:09.42	412		
	50m:	34.49	34.49	150m:	1:51.74	39.25	250m:	3:10.52	39.48	350m:	4:29.94	39.74
	100m:	1:12.49	38.00	200m:	2:31.04	39.30	300m:	3:50.20	39.68	400m:	5:09.42	39.48
9.	VERREAULT, Alicia			19	Club de natation région de Qué				5:24.27	357		
	50m:	34.51	34.51	150m:	1:55.13	41.13	250m:	3:18.89	41.94	350m:	4:43.65	42.43
	100m:	1:14.00	39.49	200m:	2:36.95	41.82	300m:	4:01.22	42.33	400m:	5:24.27	40.62