Epreuve 4 — Filles, 400m Libre — 11 - 13 ans
2026-10-17 - 8:58 — Liste résultats

Points: AQUA 2026

| Rang | | | Age | | | | | | | | Temps | Pts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | TREPANIER, Thaliany | | 12 | Club Natation Bois Francs | | | | | | | **5:16.17** | 386 |
| | 50m: | 34.85 | 34.85 | 150m: | 1:55.43 | 41.29 | 250m: | 3:17.81 | 41.47 | 350m: | 4:38.96 | 39.93 |
| | 100m: | 1:14.14 | 39.29 | 200m: | 2:36.34 | 40.91 | 300m: | 3:59.03 | 41.22 | 400m: | 5:16.17 | 37.21 |
| 2. | BENJAMIN, Adèle | | 11 | Équipe de natation de Cowansvi | | | | | | | **5:50.58** | 283 |
| | 50m: | 37.49 | 37.49 | 150m: | 2:04.40 | 44.77 | 250m: | 3:35.41 | 45.90 | 350m: | 5:07.61 | |
| | 100m: | 1:19.63 | 42.14 | 200m: | 2:49.51 | 45.11 | 300m: | | | 400m: | 5:50.58 | 42.97 |
| 3. | PAQUIN, Elizabeth | | 13 | Équipe de natation de Cowansvi | | | | | | | **5:56.36** | 269 |
| | 50m: | 40.34 | 40.34 | 150m: | 2:11.95 | 46.36 | 250m: | 3:44.05 | 46.14 | 350m: | 5:15.76 | 45.35 |
| | 100m: | 1:25.59 | 45.25 | 200m: | 2:57.91 | 45.96 | 300m: | 4:30.41 | 46.36 | 400m: | 5:56.36 | 40.60 |
| 4. | ST-JEAN, Maxim | | 12 | Équipe de natation de Cowansvi | | | | | | | **5:56.89** | 268 |
| | 50m: | 39.43 | 39.43 | 150m: | 2:10.30 | 45.92 | 250m: | 3:43.94 | 46.36 | 350m: | 5:14.97 | 45.18 |
| | 100m: | 1:24.38 | 44.95 | 200m: | 2:57.58 | 47.28 | 300m: | 4:29.79 | 45.85 | 400m: | 5:56.89 | 41.92 |
| 5. | DURAND, Emma | | 12 | Équipe de natation de Cowansvi | | | | | | | **6:15.09** | 231 |
| | 50m: | 41.13 | 41.13 | 150m: | 2:17.19 | 48.23 | 250m: | 3:53.67 | 48.05 | 350m: | 5:29.17 | 47.82 |
| | 100m: | 1:28.96 | 47.83 | 200m: | 3:05.62 | 48.43 | 300m: | 4:41.35 | 47.68 | 400m: | 6:15.09 | 45.92 |
| 6. | BAZINET, Élizabeth | | 12 | Club de natation St-Hyacinthe | | | | | | | **6:31.94** | 202 |
| | 50m: | 45.26 | 45.26 | 150m: | 2:25.74 | 50.99 | 250m: | 4:08.62 | | 350m: | 5:46.13 | |
| | 100m: | 1:34.75 | 49.49 | 200m: | | | 300m: | | | 400m: | 6:31.94 | 45.81 |
| 7. | HAMEL, Anastasia | | 11 | Équipe de natation de Cowansvi | | | | | | | **6:53.26** | 172 |
| | 50m: | 43.16 | 43.16 | 150m: | 2:29.28 | 54.11 | 250m: | 4:18.53 | | 350m: | | |
| | 100m: | 1:35.17 | 52.01 | 200m: | | | 300m: | 5:12.28 | 53.75 | 400m: | 6:53.26 | |
| 8. | TURCOTTE, Olivia | | 11 | Club Aquatique Régional De L'É | | | | | | | **6:55.63** | 170 |
| | 50m: | 42.04 | 42.04 | 150m: | 2:27.45 | 53.74 | 250m: | 4:14.36 | 52.62 | 350m: | | |
| | 100m: | 1:33.71 | 51.67 | 200m: | 3:21.74 | 54.29 | 300m: | 5:09.04 | 54.68 | 400m: | 6:55.63 | |

Epreuve 4 — Filles, 400m Libre — 14 - 15 ans
2026-10-17 - 8:58 — Liste résultats

Points: AQUA 2026

| Rang | | | Age | | | | | | | | Temps | Pts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | NAULT, Laurence | | 15 | Club Natation Bois Francs | | | | | | | **4:39.44** | 559 |
| | 50m: | 31.24 | 31.24 | 150m: | 1:41.61 | 35.64 | 250m: | 2:52.37 | 35.26 | 350m: | 4:04.68 | 36.39 |
| | 100m: | 1:05.97 | 34.73 | 200m: | 2:17.11 | 35.50 | 300m: | 3:28.29 | 35.92 | 400m: | 4:39.44 | 34.76 |
| 2. | RENAUD, Juliette | | 14 | Équipe de natation de Cowansvi | | | | | | | **5:14.02** | 394 |
| | 50m: | 33.97 | 33.97 | 150m: | 1:52.22 | 39.75 | 250m: | 3:12.97 | 40.40 | 350m: | 4:34.43 | 40.76 |
| | 100m: | 1:12.47 | 38.50 | 200m: | 2:32.57 | 40.35 | 300m: | 3:53.67 | 40.70 | 400m: | 5:14.02 | 39.59 |
| 3. | RUEL, Arianah | | 14 | Club de Natation Memphrémagog | | | | | | | **5:15.67** | 388 |
| | 50m: | 35.02 | 35.02 | 150m: | 1:54.43 | 40.61 | 250m: | 3:15.30 | 40.67 | 350m: | 4:37.39 | 40.74 |
| | 100m: | 1:13.82 | 38.80 | 200m: | 2:34.63 | 40.20 | 300m: | 3:56.65 | 41.35 | 400m: | 5:15.67 | 38.28 |
| 4. | RHEAULT, Clémence | | 14 | Sorel Tracy Natation | | | | | | | **5:16.69** | 384 |
| | 50m: | 34.65 | 34.65 | 150m: | 1:55.01 | 40.95 | 250m: | 3:15.90 | 40.73 | 350m: | 4:37.31 | 39.52 |
| | 100m: | 1:14.06 | 39.41 | 200m: | 2:35.17 | 40.16 | 300m: | 3:57.79 | 41.89 | 400m: | 5:16.69 | 39.38 |
| 5. | PAULIN, Rosalie | | 15 | Équipe de natation de Cowansvi | | | | | | | **5:31.59** | 334 |
| | 50m: | | | 150m: | | | 250m: | 3:27.09 | 41.63 | 350m: | 4:51.36 | 42.02 |
| | 100m: | | | 200m: | 2:45.46 | | 300m: | 4:09.34 | 42.25 | 400m: | 5:31.59 | 40.23 |
| 6. | ALLAIRE, Sarah | | 14 | Équipe de natation de Cowansvi | | | | | | | **5:32.30** | 332 |
| | 50m: | 35.79 | 35.79 | 150m: | 1:58.39 | 42.59 | 250m: | 3:24.65 | 43.54 | 350m: | 4:50.27 | 41.82 |
| | 100m: | 1:15.80 | 40.01 | 200m: | 2:41.11 | 42.72 | 300m: | 4:08.45 | 43.80 | 400m: | 5:32.30 | 42.03 |
| 7. | ST-ONGE, Marie-Pier | | 14 | Sorel Tracy Natation | | | | | | | **5:39.79** | 311 |
| | 50m: | 36.24 | 36.24 | 150m: | 2:01.50 | 42.88 | 250m: | 3:29.58 | 44.40 | 350m: | 4:58.14 | 44.10 |
| | 100m: | 1:18.62 | 42.38 | 200m: | 2:45.18 | 43.68 | 300m: | 4:14.04 | 44.46 | 400m: | 5:39.79 | 41.65 |

## Epreuve 4, Filles, 400m Libre, 14 - 15 ans

| Rang | | Age | | Temps | Pts |
|---|---|---|---|---|---|
| 8. | HÉROUX, Athea | 14 | Sorel Tracy Natation | **5:59.50** | 262 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 40.54 | 40.54 | 150m: | 2:11.68 | 45.80 | 250m: | 3:44.54 | 46.34 | 350m: | 5:16.28 | 45.81 |
| 100m: | 1:25.88 | 45.34 | 200m: | 2:58.20 | 46.52 | 300m: | 4:30.47 | 45.93 | 400m: | 5:59.50 | 43.22 |

## Epreuve 4 — Dames, 400m Libre — 16 ans et plus

2026-10-17 - 8:58 — Liste résultats

Points: AQUA 2026

| Rang | | Age | | Temps | Pts |
|---|---|---|---|---|---|
| 1. | ROBITAILLE, Sara | 18 | Sorel Tracy Natation | **5:02.23** | 442 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.50 | 33.50 | 150m: | 1:48.42 | 38.09 | 250m: | 3:06.26 | 38.98 | 350m: | 4:24.20 | 39.02 |
| 100m: | 1:10.33 | 36.83 | 200m: | 2:27.28 | 38.86 | 300m: | 3:45.18 | 38.92 | 400m: | 5:02.23 | 38.03 |

| | | | | | |
|---|---|---|---|---|---|
| 2. | MARTEL, Laura | 16 | Club de Natation Memphrémagog | **5:14.20** | 393 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.97 | 36.97 | 150m: | 1:57.68 | 40.85 | 250m: | 3:18.36 | | 350m: | 4:37.11 | 39.17 |
| 100m: | 1:16.83 | 39.86 | 200m: | | | 300m: | 3:57.94 | 39.58 | 400m: | 5:14.20 | 37.09 |

| | | | | | |
|---|---|---|---|---|---|
| 3. | TREMBLAY, Somali | 16 | Club de Natation Memphrémagog | **5:19.87** | 372 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.42 | 35.42 | 150m: | 1:56.72 | 41.35 | 250m: | 3:19.06 | 41.24 | 350m: | 4:40.29 | 40.65 |
| 100m: | 1:15.37 | 39.95 | 200m: | 2:37.82 | 41.10 | 300m: | 3:59.64 | 40.58 | 400m: | 5:19.87 | 39.58 |

| | | | | | |
|---|---|---|---|---|---|
| 4. | EMOND, Aryelle | 16 | Sorel Tracy Natation | **5:38.44** | 314 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.71 | 36.71 | 150m: | 2:02.82 | 43.07 | 250m: | 3:29.39 | 43.45 | 350m: | 4:56.12 | 43.57 |
| 100m: | 1:19.75 | 43.04 | 200m: | 2:45.94 | 43.12 | 300m: | 4:12.55 | 43.16 | 400m: | 5:38.44 | 42.32 |