

Défi Distance RED  
Drummondville, 20- - 21-11-2021

Epreuve 1  
2021-11-20 - 9:00

400m Libre

11 ans et plus  
Liste résultats

Points: FINA 2021

Rang			AN							Temps	Pts	
<b>11 - 12 ans, Filles</b>												
1.	LACROIX, Éloïse		09	Elite						<b>5:23.74</b>	377	
	50m:	34.98	34.98	150m:	1:55.64	40.81	250m:	3:19.34	42.10	350m:	4:43.64	42.46
	100m:	1:14.83	39.85	200m:	2:37.24	41.60	300m:	4:01.18	41.84	400m:	5:23.74	40.10
2.	DUMAINE, Florence		09	Club de natation Les Requins d						<b>5:27.55</b>	364	
	50m:	34.58	34.58	150m:	1:58.09	42.02	250m:	3:23.81	42.64	350m:	4:46.82	40.63
	100m:	1:16.07	41.49	200m:	2:41.17	43.08	300m:	4:06.19	42.38	400m:	5:27.55	40.73
3.	GOSSELIN, Méliã		10	Rouge et Or						<b>5:30.18</b>	355	
	50m:	35.96	35.96	150m:	2:00.12	42.58	250m:	3:24.45	41.90	350m:	4:49.57	42.59
	100m:	1:17.54	41.58	200m:	2:42.55	42.43	300m:	4:06.98	42.53	400m:	5:30.18	40.61
4.	ZMOULI, Sarah Sophia		10	Elite						<b>5:49.14</b>	300	
	50m:	36.90	36.90	150m:	2:04.05	44.64	250m:	3:34.91	45.25	350m:	5:05.18	45.61
	100m:	1:19.41	42.51	200m:	2:49.66	45.61	300m:	4:19.57	44.66	400m:	5:49.14	43.96
5.	PRONOVOST, Juliane		08	Rouge et Or						<b>5:51.13</b>	295	
	50m:	37.19	37.19	150m:	2:04.55	44.94	250m:	3:36.83	45.56	350m:	5:08.58	45.01
	100m:	1:19.61	42.42	200m:	2:51.27	46.72	300m:	4:23.57	46.74	400m:	5:51.13	42.55
6.	LABERGE, Élise		09	Rouge et Or						<b>5:54.95</b>	286	
	50m:	1:25.90	1:25.90	150m:	2:12.43		250m:	3:43.69		350m:	5:14.06	44.86
	100m:			200m:			300m:	4:29.20	45.51	400m:	5:54.95	40.89
7.	PANAITESCU, Andreea-Francesca		09	Elite						<b>5:55.41</b>	285	
	50m:	39.31	39.31	150m:	2:08.52	45.36	250m:	3:41.02	45.97	350m:	5:10.79	43.92
	100m:	1:23.16	43.85	200m:	2:55.05	46.53	300m:	4:26.87	45.85	400m:	5:55.41	44.62
8.	BOUCHARD, Marie		09	Rouge et Or						<b>5:55.70</b>	284	
	50m:	2:12.90	2:12.90	150m:			250m:	3:44.65	45.51	350m:	5:14.13	
	100m:			200m:	2:59.14		300m:			400m:	5:55.70	41.57
9.	SAVARD, Juliette		09	Rouge et Or						<b>6:09.96</b>	252	
	50m:	39.82	39.82	150m:	2:11.74	46.79	250m:	3:46.62	47.55	350m:	5:23.27	48.62
	100m:	1:24.95	45.13	200m:	2:59.07	47.33	300m:	4:34.65	48.03	400m:	6:09.96	46.69
10.	ST-LAURENT, Charlie		09	Elite						<b>6:14.80</b>	243	
	50m:	38.47	38.47	150m:	2:12.69	48.30	250m:	3:51.29	48.54	350m:	5:27.63	46.86
	100m:	1:24.39	45.92	200m:	3:02.75	50.06	300m:	4:40.77	49.48	400m:	6:14.80	47.17
11.	TREMBLAY, Camelia		10	Enc						<b>6:19.60</b>	234	
	50m:	40.37	40.37	150m:	2:15.76	49.09	250m:	3:54.66	48.79	350m:	5:33.25	48.53
	100m:	1:26.67	46.30	200m:	3:05.87	50.11	300m:	4:44.72	50.06	400m:	6:19.60	46.35
12.	BLANCHETTE-TASSÉ, Flora		10	Club de natation Les Requins d						<b>6:25.92</b>	222	
	50m:			150m:	2:19.69	49.55	250m:	3:59.45	49.39	350m:	5:38.74	
	100m:	1:30.14		200m:	3:10.06	50.37	300m:			400m:	6:25.92	47.18
<b>11 - 12 ans, Garçons</b>												
1.	GUILLETTE, Tristan		09	Mustang Boucherville						<b>5:05.99</b>	333	
	50m:	33.45	33.45	150m:	1:51.17	39.02	250m:	3:09.89	39.47	350m:	4:28.44	38.80
	100m:	1:12.15	38.70	200m:	2:30.42	39.25	300m:	3:49.64	39.75	400m:	5:05.99	37.55
2.	GUILLETTE, Benjamin		09	Mustang Boucherville						<b>5:25.38</b>	277	
	50m:	33.64	33.64	150m:	1:53.93	40.71	250m:	3:18.05	42.25	350m:	4:40.76	40.78
	100m:	1:13.22	39.58	200m:	2:35.80	41.87	300m:	3:59.98	41.93	400m:	5:25.38	44.62

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Epreuve 1, Garçons, 400m Libre, 11 - 12 ans

Rang			AN							Temps	Pts	
3.	BILODEAU, Laurent		09	Bbf						<b>5:29.24</b>	267	
	50m:	36.96	36.96	150m:	2:00.81	42.34	250m:	3:25.80	42.52	350m:	4:51.07	42.63
	100m:	1:18.47	41.51	200m:	2:43.28	42.47	300m:	4:08.44	42.64	400m:	5:29.24	38.17
4.	DEMERS, Raphael		09	Rouge et Or						<b>5:39.12</b>	245	
	50m:	37.73	37.73	150m:	2:03.28	42.99	250m:	3:30.38	43.47	350m:	4:57.15	43.09
	100m:	1:20.29	42.56	200m:	2:46.91	43.63	300m:	4:14.06	43.68	400m:	5:39.12	41.97
5.	DORVAL, Henri-Louis		09	Rouge et Or						<b>5:50.40</b>	222	
	50m:	37.17	37.17	150m:	2:07.77	45.95	250m:	3:38.80	45.60	350m:	5:09.27	44.68
	100m:	1:21.82	44.65	200m:	2:53.20	45.43	300m:	4:24.59	45.79	400m:	5:50.40	41.13
6.	LAMBERT, Nathan		08	Enc						<b>5:54.22</b>	215	
	50m:	39.48	39.48	150m:	2:09.11	45.44	250m:	3:41.08	45.58	350m:	5:11.12	43.85
	100m:	1:23.67	44.19	200m:	2:55.50	46.39	300m:	4:27.27	46.19	400m:	5:54.22	43.10
7.	GAGNON, Charles		09	Rouge et Or						<b>5:56.44</b>	211	
	50m:	38.55	38.55	150m:	2:06.30	43.60	250m:	3:35.59	44.28	350m:	5:08.21	46.65
	100m:	1:22.70	44.15	200m:	2:51.31	45.01	300m:	4:21.56	45.97	400m:	5:56.44	48.23
8.	PEPIN, Philippe		09	Enc						<b>5:59.41</b>	205	
	50m:	38.31	38.31	150m:	2:09.66	46.14	250m:	3:42.68	46.14	350m:	5:16.56	47.20
	100m:	1:23.52	45.21	200m:	2:56.54	46.88	300m:	4:29.36	46.68	400m:	5:59.41	42.85
9.	BOUKER, Salah-Fédy		09	Rouge et Or						<b>6:11.20</b>	186	
	50m:	39.16	39.16	150m:	2:09.48	46.33	250m:	3:44.74	47.73	350m:	5:23.34	48.49
	100m:	1:23.15	43.99	200m:	2:57.01	47.53	300m:	4:34.85	50.11	400m:	6:11.20	47.86

13 - 14 ans, Filles

1.	IONCE, Marie-Anne		07	Elite						<b>4:48.57</b>	532	
	50m:	32.13	32.13	150m:	1:43.85	37.04	250m:	2:58.67	37.56	350m:	4:12.99	36.93
	100m:	1:06.81	34.68	200m:	2:21.11	37.26	300m:	3:36.06	37.39	400m:	4:48.57	35.58
2.	ROBITAILLE, Florence		08	Elite						<b>4:51.15</b>	518	
	50m:	31.78	31.78	150m:	1:45.69	37.55	250m:	3:01.22	37.89	350m:	4:16.30	37.52
	100m:	1:08.14	36.36	200m:	2:23.33	37.64	300m:	3:38.78	37.56	400m:	4:51.15	34.85
3.	DUBÉ, Joëlle		07	Mustang Boucherville						<b>4:51.57</b>	516	
	50m:	32.18	32.18	150m:	1:46.57	37.38	250m:	3:01.15	37.32	350m:	4:16.21	37.61
	100m:	1:09.19	37.01	200m:	2:23.83	37.26	300m:	3:38.60	37.45	400m:	4:51.57	35.36
4.	CONSTANTIN, Sarah		07	Elite						<b>4:58.28</b>	482	
	50m:	34.30	34.30	150m:	1:50.06	38.09	250m:	3:06.45	38.31	350m:	4:21.79	37.67
	100m:	1:11.97	37.67	200m:	2:28.14	38.08	300m:	3:44.12	37.67	400m:	4:58.28	36.49
5.	FOURNIER, Zoé		08	Riverains						<b>4:58.64</b>	480	
	50m:	31.93	31.93	150m:	1:45.25	37.37	250m:	3:02.01	38.57	350m:	4:20.04	38.90
	100m:	1:07.88	35.95	200m:	2:23.44	38.19	300m:	3:41.14	39.13	400m:	4:58.64	38.60
6.	GINGRAS, Aurélie		07	Riverains						<b>5:05.93</b>	447	
	50m:	32.91	32.91	150m:	1:47.76	37.85	250m:	3:05.70	39.10	350m:	4:25.92	40.53
	100m:	1:09.91	37.00	200m:	2:26.60	38.84	300m:	3:45.39	39.69	400m:	5:05.93	40.01
7.	DUMAS, Annabelle		08	Riverains						<b>5:07.48</b>	440	
	50m:	34.81	34.81	150m:	1:51.80	39.12	250m:	3:10.10	39.00	350m:	4:29.14	39.15
	100m:	1:12.68	37.87	200m:	2:31.10	39.30	300m:	3:49.99	39.89	400m:	5:07.48	38.34
8.	DEMERS, Justine		07	Rouge et Or						<b>5:08.43</b>	436	
	50m:	34.92	34.92	150m:	1:52.37	39.14	250m:	3:11.07	38.95	350m:	4:29.82	39.56
	100m:	1:13.23	38.31	200m:	2:32.12	39.75	300m:	3:50.26	39.19	400m:	5:08.43	38.61

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Epreuve 1, Filles, 400m Libre, 13 - 14 ans

Rang				AN					Temps	Pts		
9.	ROBITAILLE, Sara			08	Mustang Boucherville				<b>5:12.20</b>	420		
	50m:	35.39	35.39	150m:	1:53.78	39.51	250m:	3:14.48	40.70	350m:	4:33.79	39.84
	100m:	1:14.27	38.88	200m:	2:33.78	40.00	300m:	3:53.95	39.47	400m:	5:12.20	38.41
10.	FELX, Lily			08	Elite				<b>5:14.49</b>	411		
	50m:	34.19	34.19	150m:	1:53.02	40.02	250m:	3:13.94	40.83	350m:	4:35.08	40.98
	100m:	1:13.00	38.81	200m:	2:33.11	40.09	300m:	3:54.10	40.16	400m:	5:14.49	39.41
11.	BEAUMIER, Marianne			07	Mustang Boucherville				<b>5:15.18</b>	408		
	50m:	35.63	35.63	150m:	1:55.08	40.02	250m:	3:15.22	39.88	350m:	4:35.95	40.41
	100m:	1:15.06	39.43	200m:	2:35.34	40.26	300m:	3:55.54	40.32	400m:	5:15.18	39.23
12.	COURNOYER, Nilah			08	Elite				<b>5:15.43</b>	407		
	50m:	33.67	33.67	150m:	1:50.89	39.57	250m:	3:12.68	41.20	350m:	4:35.77	41.70
	100m:	1:11.32	37.65	200m:	2:31.48	40.59	300m:	3:54.07	41.39	400m:	5:15.43	39.66
13.	BELLANGER, Madeleine			07	Rouge et Or				<b>5:18.65</b>	395		
	50m:	35.81	35.81	150m:	1:55.57	40.13	250m:	3:15.01	40.01	350m:	4:34.19	39.28
	100m:	1:15.44	39.63	200m:	2:35.00	39.43	300m:	3:54.91	39.90	400m:	5:18.65	44.46
14.	BOUCHARD, Laurie-Anne			08	Riverains				<b>5:19.99</b>	390		
	50m:	35.59	35.59	150m:	1:55.25	39.51	250m:	3:17.23	41.77	350m:	4:40.00	40.69
	100m:	1:15.74	40.15	200m:	2:35.46	40.21	300m:	3:59.31	42.08	400m:	5:19.99	39.99
15.	MATHIEU-GAGNON, Chloé			06	Club de natation Les Requins d				<b>5:20.01</b>	390		
	50m:	35.36	35.36	150m:	1:55.82	40.76	250m:	3:17.08	40.71	350m:	4:39.24	40.28
	100m:	1:15.06	39.70	200m:	2:36.37	40.55	300m:	3:58.96	41.88	400m:	5:20.01	40.77
16.	MARTIN, Léa-Rose			07	Club de natation Les Requins d				<b>5:21.72</b>	384		
	50m:	36.45	36.45	150m:	1:58.35	40.84	250m:	3:20.22	40.87	350m:	4:42.14	40.73
	100m:	1:17.51	41.06	200m:	2:39.35	41.00	300m:	4:01.41	41.19	400m:	5:21.72	39.58
17.	DANOVITCH, Delaney			07	Bbf				<b>5:23.54</b>	377		
	50m:	33.48	33.48	150m:	1:53.41	40.41	250m:	3:18.28	42.75	350m:	4:44.01	42.64
	100m:	1:13.00	39.52	200m:	2:35.53	42.12	300m:	4:01.37	43.09	400m:	5:23.54	39.53
18.	LIPOWITZ, Jessica			08	Elite				<b>5:25.36</b>	371		
	50m:	35.10	35.10	150m:	1:55.34	40.92	250m:	3:19.89	42.57	350m:	4:44.89	42.40
	100m:	1:14.42	39.32	200m:	2:37.32	41.98	300m:	4:02.49	42.60	400m:	5:25.36	40.47
19.	HERNANDEZ-FAUCHER, Emma			07	Rouge et Or				<b>5:26.08</b>	369		
	50m:	35.69	35.69	150m:	1:58.07	42.21	250m:	3:22.05	41.58	350m:	4:46.24	42.06
	100m:	1:15.86	40.17	200m:	2:40.47	42.40	300m:	4:04.18	42.13	400m:	5:26.08	39.84
20.	BERGERON, Naomie			07	Riverains				<b>5:28.13</b>	362		
	50m:	34.71	34.71	150m:	1:56.27	40.83	250m:	3:21.47	42.65	350m:	4:47.62	42.87
	100m:	1:15.44	40.73	200m:	2:38.82	42.55	300m:	4:04.75	43.28	400m:	5:28.13	40.51
21.	LAMBERT, Océane			07	Enc				<b>5:29.11</b>	359		
	50m:	35.27	35.27	150m:	1:56.85	40.93	250m:	3:19.81	41.62	350m:	4:45.86	43.10
	100m:	1:15.92	40.65	200m:	2:38.19	41.34	300m:	4:02.76	42.95	400m:	5:29.11	43.25
22.	BLAIS, Laurence			07	Riverains				<b>5:29.33</b>	358		
	50m:	34.45	34.45	150m:	1:55.07	41.02	250m:	3:20.31	43.11	350m:	4:47.47	43.92
	100m:	1:14.05	39.60	200m:	2:37.20	42.13	300m:	4:03.55	43.24	400m:	5:29.33	41.86
23.	ROY, Fanny			08	Rouge et Or				<b>5:30.03</b>	356		
	50m:	36.45	36.45	150m:	2:02.00	42.65	250m:	3:26.82	42.41	350m:	4:50.03	40.85
	100m:	1:19.35	42.90	200m:	2:44.41	42.41	300m:	4:09.18	42.36	400m:	5:30.03	40.00
24.	GIGUÈRE, Adélie			08	Club de natation Les Requins d				<b>5:36.71</b>	335		
	50m:	36.92	36.92	150m:	2:01.30	42.78	250m:	3:28.54	43.52	350m:	4:55.13	43.05
	100m:	1:18.52	41.60	200m:	2:45.02	43.72	300m:	4:12.08	43.54	400m:	5:36.71	41.58

Défi Distance RED  
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Epreuve 1, Filles, 400m Libre, 13 - 14 ans

Rang				AN					Temps	Pts		
25.	BOUCHARD, Stella			08	Rouge et Or				<b>5:38.30</b>	330		
	50m:	36.86	36.86	150m:	2:01.53	43.02	250m:	3:28.64	43.58	350m:	4:56.07	43.61
	100m:	1:18.51	41.65	200m:	2:45.06	43.53	300m:	4:12.46	43.82	400m:	5:38.30	42.23
26.	PEPIN, Aurélie			08	Enc				<b>5:41.01</b>	322		
	50m:	35.37	35.37	150m:	1:59.10	42.72	250m:	3:27.64	44.44	350m:	4:58.15	44.73
	100m:	1:16.38	41.01	200m:	2:43.20	44.10	300m:	4:13.42	45.78	400m:	5:41.01	42.86
27.	BLAND, Ilora			08	Bbf				<b>5:41.68</b>	320		
	50m:	34.90	34.90	150m:	1:59.06	43.92	250m:	3:27.93	44.47	350m:	4:57.59	45.42
	100m:	1:15.14	40.24	200m:	2:43.46	44.40	300m:	4:12.17	44.24	400m:	5:41.68	44.09
28.	FOURNIER, Laurianne			08	Club de natation Les Requins d				<b>5:45.08</b>	311		
	50m:	39.04	39.04	150m:	2:06.50		250m:			350m:		
	100m:			200m:	2:50.72	44.22	300m:	4:19.48		400m:	5:45.08	
29.	RIVEST, Florence			07	Club Natation Bois Francs				<b>5:47.48</b>	305		
	50m:	37.10	37.10	150m:	2:04.20	44.73	250m:	3:34.41	44.88	350m:	5:04.43	45.60
	100m:	1:19.47	42.37	200m:	2:49.53	45.33	300m:	4:18.83	44.42	400m:	5:47.48	43.05
30.	COUTURE, Andréanne			07	Rouge et Or				<b>5:54.40</b>	287		
	50m:	36.98	36.98	150m:	2:05.23	45.07	250m:	3:36.03	45.66	350m:	5:09.01	46.57
	100m:	1:20.16	43.18	200m:	2:50.37	45.14	300m:	4:22.44	46.41	400m:	5:54.40	45.39
31.	MARION, Laurence			07	Mustang Boucherville				<b>6:08.23</b>	256		
	50m:	38.98	38.98	150m:	2:12.42	47.15	250m:	3:46.93	47.54	350m:	5:22.65	47.83
	100m:	1:25.27	46.29	200m:	2:59.39	46.97	300m:	4:34.82	47.89	400m:	6:08.23	45.58
32.	LAFLEUR, Sara-Maude			08	Club de natation Les Requins d				<b>6:16.87</b>	239		
	50m:	40.82	40.82	150m:	2:17.15	48.68	250m:	3:54.19	49.39	350m:	5:32.27	48.18
	100m:	1:28.47	47.65	200m:	3:04.80	47.65	300m:	4:44.09	49.90	400m:	6:16.87	44.60

13 - 14 ans, Garçons

1.	TRUDEL, Renaud			07	Elite				<b>4:16.32</b>	567		
	50m:	28.36	28.36	150m:	1:31.59	32.07	250m:	2:36.80	32.57	350m:	3:43.66	33.54
	100m:	59.52	31.16	200m:	2:04.23	32.64	300m:	3:10.12	33.32	400m:	4:16.32	32.66
2.	THIFAUULT, Émile			08	Elite				<b>4:25.92</b>	508		
	50m:	30.43	30.43	150m:	1:36.90	33.53	250m:	2:44.57	34.03	350m:	3:53.08	34.40
	100m:	1:03.37	32.94	200m:	2:10.54	33.64	300m:	3:18.68	34.11	400m:	4:25.92	32.84
3.	MECTEAU, Zachary			08	Riverains				<b>4:28.83</b>	492		
	50m:	29.51	29.51	150m:	1:36.48	34.08	250m:	2:45.65	34.62	350m:	3:55.22	34.58
	100m:	1:02.40	32.89	200m:	2:11.03	34.55	300m:	3:20.64	34.99	400m:	4:28.83	33.61
4.	ELAISSI, Zacharya			07	Elite				<b>4:35.02</b>	459		
	50m:	31.43	31.43	150m:	1:40.66	34.81	250m:	2:51.44	35.24	350m:	4:02.73	35.62
	100m:	1:05.85	34.42	200m:	2:16.20	35.54	300m:	3:27.11	35.67	400m:	4:35.02	32.29
5.	CAYER, Eliot			07	Riverains				<b>4:40.68</b>	432		
	50m:	30.14	30.14	150m:	1:42.00	36.53	250m:	2:54.56	36.26	350m:	4:06.22	36.08
	100m:	1:05.47	35.33	200m:	2:18.30	36.30	300m:	3:30.14	35.58	400m:	4:40.68	34.46
6.	BOUFFARD, Louis			07	Riverains				<b>4:40.87</b>	431		
	50m:	29.86	29.86	150m:	1:39.08	35.40	250m:	2:51.58	36.38	350m:	4:05.42	36.99
	100m:	1:03.68	33.82	200m:	2:15.20	36.12	300m:	3:28.43	36.85	400m:	4:40.87	35.45
7.	LÉPINE, Alexandre			08	Elite				<b>4:44.69</b>	414		
	50m:	29.25	29.25	150m:	1:39.30	36.25	250m:	2:53.69	37.33	350m:	4:08.25	37.21
	100m:	1:03.05	33.80	200m:	2:16.36	37.06	300m:	3:31.04	37.35	400m:	4:44.69	36.44

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Epreuve 1, Garçons, 400m Libre, 13 - 14 ans

Rang				AN					Temps	Pts		
8.	DEMANCHE, Jacob			07	Mustang Boucherville				<b>4:49.03</b>	396		
	50m:	31.47	31.47	150m:	1:43.30	36.29	250m:	2:57.81	37.61	350m:	4:13.14	37.73
	100m:	1:07.01	35.54	200m:	2:20.20	36.90	300m:	3:35.41	37.60	400m:	4:49.03	35.89
9.	DUREAU, Alexandre			08	Riverains				<b>4:49.42</b>	394		
	50m:	30.67	30.67	150m:	1:41.46	36.06	250m:	2:56.14	37.57	350m:	4:12.39	38.11
	100m:	1:05.40	34.73	200m:	2:18.57	37.11	300m:	3:34.28	38.14	400m:	4:49.42	37.03
10.	GUY, Thomas			07	Riverains				<b>4:50.34</b>	390		
	50m:	32.02	32.02	150m:	1:45.09	36.96	250m:	2:59.86	37.49	350m:	4:14.52	37.41
	100m:	1:08.13	36.11	200m:	2:22.37	37.28	300m:	3:37.11	37.25	400m:	4:50.34	35.82
11.	CASTONGUAY, Clovis			08	Elite				<b>4:56.34</b>	367		
	50m:	31.49	31.49	150m:	1:46.18	37.81	250m:	3:02.82	39.01	350m:	4:19.46	38.32
	100m:	1:08.37	36.88	200m:	2:23.81	37.63	300m:	3:41.14	38.32	400m:	4:56.34	36.88
12.	LABERGE, Renaud			07	Rouge et Or				<b>4:59.87</b>	354		
	50m:	33.90	33.90	150m:	1:48.94	38.26	250m:	3:06.60	38.96	350m:	4:23.19	38.46
	100m:	1:10.68	36.78	200m:	2:27.64	38.70	300m:	3:44.73	38.13	400m:	4:59.87	36.68
13.	NELSON, Noah			07	Bbf				<b>5:00.22</b>	353		
	50m:	32.45	32.45	150m:	1:48.11	38.27	250m:	3:04.53	37.96	350m:	4:22.47	39.31
	100m:	1:09.84	37.39	200m:	2:26.57	38.46	300m:	3:43.16	38.63	400m:	5:00.22	37.75
14.	KHAYATI, Mehdi			08	Elite				<b>5:01.56</b>	348		
	50m:	32.53	32.53	150m:	1:50.37	39.53	250m:	3:08.15	38.07	350m:	4:25.06	37.95
	100m:	1:10.84	38.31	200m:	2:30.08	39.71	300m:	3:47.11	38.96	400m:	5:01.56	36.50
15.	ZMOULI, Wassim Fadel			08	Elite				<b>5:01.80</b>	347		
	50m:	30.96	30.96	150m:	1:46.02	38.53	250m:	3:05.81	40.27	350m:	4:24.66	39.20
	100m:	1:07.49	36.53	200m:	2:25.54	39.52	300m:	3:45.46	39.65	400m:	5:01.80	37.14
16.	TANGUAY, Alexandre			07	Riverains				<b>5:02.42</b>	345		
	50m:	32.85	32.85	150m:	1:48.50	38.88	250m:	3:06.08	38.33	350m:	4:24.69	39.19
	100m:	1:09.62	36.77	200m:	2:27.75	39.25	300m:	3:45.50	39.42	400m:	5:02.42	37.73
17.	EDDRIEF, Wassim			08	Elite				<b>5:05.74</b>	334		
	50m:	33.31	33.31	150m:	1:51.19	39.66	250m:	3:10.70	39.91	350m:	4:29.71	39.16
	100m:	1:11.53	38.22	200m:	2:30.79	39.60	300m:	3:50.55	39.85	400m:	5:05.74	36.03
18.	BOULAY, Noah			07	Mustang Boucherville				<b>5:05.99</b>	333		
	50m:	33.24	33.24	150m:	1:49.73	38.56	250m:	3:08.53	39.48	350m:	4:28.04	39.62
	100m:	1:11.17	37.93	200m:	2:29.05	39.32	300m:	3:48.42	39.89	400m:	5:05.99	37.95
19.	CORRIVEAU-BONOSTRO, Charles			07	Rouge et Or				<b>5:06.44</b>	332		
	50m:	32.55	32.55	150m:	1:47.73	38.16	250m:	3:05.68	39.11	350m:	4:26.97	40.75
	100m:	1:09.57	37.02	200m:	2:26.57	38.84	300m:	3:46.22	40.54	400m:	5:06.44	39.47
20.	BEAULAC, Matys			07	Club Natation Bois Francs				<b>5:07.45</b>	329		
	50m:	33.65	33.65	150m:	1:50.30	39.00	250m:	3:09.66	39.28	350m:	4:29.59	40.28
	100m:	1:11.30	37.65	200m:	2:30.38	40.08	300m:	3:49.31	39.65	400m:	5:07.45	37.86
21.	LAMPRON, Mathis			07	Club de natation Les Requins d				<b>5:10.03</b>	320		
	50m:	32.21	32.21	150m:	1:48.68	39.16	250m:	3:09.28	40.44	350m:	4:30.70	40.45
	100m:	1:09.52	37.31	200m:	2:28.84	40.16	300m:	3:50.25	40.97	400m:	5:10.03	39.33
22.	LÉGER, Thomas			07	Rouge et Or				<b>5:12.27</b>	314		
	50m:	35.82	35.82	150m:	1:55.60	40.19	250m:	3:15.94	39.88	350m:	4:34.87	39.02
	100m:	1:15.41	39.59	200m:	2:36.06	40.46	300m:	3:55.85	39.91	400m:	5:12.27	37.40
23.	HAYDAR, Nicolas			07	Elite				<b>5:14.99</b>	305		
	50m:	33.42	33.42	150m:	1:52.15	39.91	250m:	3:13.48	40.92	350m:	4:35.78	40.88
	100m:	1:12.24	38.82	200m:	2:32.56	40.41	300m:	3:54.90	41.42	400m:	5:14.99	39.21

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Epreuve 1, Garçons, 400m Libre, 13 - 14 ans

Rang			AN							Temps	Pts	
24.	VILLEMURE, Justin		07	Bbf						<b>5:17.49</b>	298	
	50m:	36.13	36.13	150m:	1:55.90	39.98	250m:	3:17.39	41.12	350m:	4:38.49	39.89
	100m:	1:15.92	39.79	200m:	2:36.27	40.37	300m:	3:58.60	41.21	400m:	5:17.49	39.00
25.	HA, Huy Phan Anh		08	Elite						<b>5:18.64</b>	295	
	50m:	33.42	33.42	150m:	1:51.57	39.90	250m:	3:13.91	41.43	350m:	4:37.81	42.12
	100m:	1:11.67	38.25	200m:	2:32.48	40.91	300m:	3:55.69	41.78	400m:	5:18.64	40.83
26.	ROY, Lyam		08	Riverains						<b>5:23.18</b>	283	
	50m:	34.84	34.84	150m:	1:55.97	41.21	250m:	3:18.86	41.72	350m:	4:42.92	42.34
	100m:	1:14.76	39.92	200m:	2:37.14	41.17	300m:	4:00.58	41.72	400m:	5:23.18	40.26
27.	GARCIA, Jeronimo		08	Rouge et Or						<b>5:38.15</b>	247	
	50m:	33.56	33.56	150m:	1:56.32	42.51	250m:	3:23.74	43.40	350m:	4:55.64	46.29
	100m:	1:13.81	40.25	200m:	2:40.34	44.02	300m:	4:09.35	45.61	400m:	5:38.15	42.51
28.	ST-DENIS, Félix		06	Enc						<b>5:43.88</b>	235	
	50m:	38.84	38.84	150m:	2:06.89	44.45	250m:	3:33.67	43.19	350m:	5:01.60	43.63
	100m:	1:22.44	43.60	200m:	2:50.48	43.59	300m:	4:17.97	44.30	400m:	5:43.88	42.28
29.	GOSSELIN, Anthony		08	Rouge et Or						<b>5:47.19</b>	228	
	50m:	38.65	38.65	150m:	2:06.33	44.56	250m:	3:35.50	44.98	350m:	5:05.11	44.51
	100m:	1:21.77	43.12	200m:	2:50.52	44.19	300m:	4:20.60	45.10	400m:	5:47.19	42.08
30.	SAWAYA-GUÉRARD, Mathis		08	Rouge et Or						<b>5:51.42</b>	220	
	50m:	37.97	37.97	150m:	2:09.31	47.07	250m:	3:40.58	44.43	350m:	5:09.96	43.93
	100m:	1:22.24	44.27	200m:	2:56.15	46.84	300m:	4:26.03	45.45	400m:	5:51.42	41.46
31.	BÉGIN, Simon-Olivier		08	Enc						<b>6:07.12</b>	193	
	50m:	40.64	40.64	150m:	2:16.00	47.41	250m:	3:51.44	47.34	350m:	5:23.58	43.32
	100m:	1:28.59	47.95	200m:	3:04.10	48.10	300m:	4:40.26	48.82	400m:	6:07.12	43.54
32.	HARRER, Tristan		08	Enc						<b>6:13.05</b>	184	
	50m:	41.32	41.32	150m:	2:16.57		250m:	3:54.98	48.91	350m:	5:30.66	47.06
	100m:			200m:	3:06.07	49.50	300m:	4:43.60	48.62	400m:	6:13.05	42.39
33.	PELLETIER, Ludovic		08	Enc						<b>6:25.95</b>	166	
	50m:	44.01	44.01	150m:	2:22.95	49.66	250m:	4:02.32	49.73	350m:	5:41.47	49.62
	100m:	1:33.29	49.28	200m:	3:12.59	49.64	300m:	4:51.85	49.53	400m:	6:25.95	44.48

15 - 16 ans, Filles

1.	GAUVIN, Rosalie		06	Riverains						<b>4:24.98</b>	687	
	50m:	29.60	29.60	150m:	1:35.81	33.41	250m:	2:43.17	33.50	350m:	3:51.85	34.41
	100m:	1:02.40	32.80	200m:	2:09.67	33.86	300m:	3:17.44	34.27	400m:	4:24.98	33.13
2.	BÉGIN-TREMBLAY, Lily-Rose		05	Riverains						<b>4:25.59</b>	683	
	50m:	30.42	30.42	150m:	1:37.56	33.81	250m:	2:45.65	34.06	350m:	3:53.03	33.47
	100m:	1:03.75	33.33	200m:	2:11.59	34.03	300m:	3:19.56	33.91	400m:	4:25.59	32.56
3.	ARSENEAU, Sandrine		05	Elite						<b>4:37.64</b>	598	
	50m:	30.83	30.83	150m:	1:39.98	34.90	250m:	2:50.86	35.39	350m:	4:03.03	36.06
	100m:	1:05.08	34.25	200m:	2:15.47	35.49	300m:	3:26.97	36.11	400m:	4:37.64	34.61
4.	FOURNIER, Léa		05	Riverains						<b>4:37.91</b>	596	
	50m:	30.32	30.32	150m:	1:39.44	35.12	250m:	2:51.36	35.70	350m:	4:03.01	35.87
	100m:	1:04.32	34.00	200m:	2:15.66	36.22	300m:	3:27.14	35.78	400m:	4:37.91	34.90
5.	CHOUINARD, Claudel		05	Riverains						<b>4:40.97</b>	577	
	50m:	30.54	30.54	150m:	1:40.28	35.52	250m:	2:53.08	36.45	350m:	4:05.57	35.90
	100m:	1:04.76	34.22	200m:	2:16.63	36.35	300m:	3:29.67	36.59	400m:	4:40.97	35.40

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Epreuve 1, Filles, 400m Libre, 15 - 16 ans

Rang				AN						Temps	Pts	
6.	PROTEAU, Mathilde			05	Riverains					<b>4:46.16</b>	546	
	50m:	31.29	31.29	150m:	1:42.63	36.05	250m:	2:56.13	36.67	350m:	4:10.27	36.98
	100m:	1:06.58	35.29	200m:	2:19.46	36.83	300m:	3:33.29	37.16	400m:	4:46.16	35.89
7.	DUQUETTE, Frédérique			05	Riverains					<b>4:50.29</b>	523	
	50m:	31.50	31.50	150m:	1:44.32	37.00	250m:	2:59.22	37.20	350m:	4:14.26	37.36
	100m:	1:07.32	35.82	200m:	2:22.02	37.70	300m:	3:36.90	37.68	400m:	4:50.29	36.03
8.	GIRARDIN, Naomie			06	Rouge et Or					<b>4:50.96</b>	519	
	50m:	33.68	33.68	150m:	1:47.38	37.26	250m:	3:01.76	36.97	350m:	4:15.29	36.71
	100m:	1:10.12	36.44	200m:	2:24.79	37.41	300m:	3:38.58	36.82	400m:	4:50.96	35.67
9.	ROY, Émy			05	Riverains					<b>4:52.02</b>	514	
	50m:	31.40	31.40	150m:	1:43.91	36.78	250m:	2:59.01	37.77	350m:	4:15.74	38.30
	100m:	1:07.13	35.73	200m:	2:21.24	37.33	300m:	3:37.44	38.43	400m:	4:52.02	36.28
10.	BOUTET, Lily			06	Rouge et Or					<b>4:53.87</b>	504	
	50m:	33.59	33.59	150m:	1:49.27	37.87	250m:	3:04.62	37.47	350m:	4:17.93	36.09
	100m:	1:11.40	37.81	200m:	2:27.15	37.88	300m:	3:41.84	37.22	400m:	4:53.87	35.94
11.	CHALIFOUR, Mathilde			05	Rouge et Or					<b>4:56.11</b>	492	
	50m:	33.09	33.09	150m:	1:47.50	37.40	250m:	3:02.61	37.29	350m:	4:18.64	38.52
	100m:	1:10.10	37.01	200m:	2:25.32	37.82	300m:	3:40.12	37.51	400m:	4:56.11	37.47
12.	BOUTIN, Justine			05	Rouge et Or					<b>4:57.07</b>	488	
	50m:	32.33	32.33	150m:	1:45.12	37.39	250m:	3:01.47	38.45	350m:	4:18.77	38.52
	100m:	1:07.73	35.40	200m:	2:23.02	37.90	300m:	3:40.25	38.78	400m:	4:57.07	38.30
13.	BÉCHARD, Meggan			06	Elite					<b>5:00.77</b>	470	
	50m:	34.83	34.83	150m:	1:49.56	37.53	250m:	3:05.55	38.35	350m:	4:22.84	38.36
	100m:	1:12.03	37.20	200m:	2:27.20	37.64	300m:	3:44.48	38.93	400m:	5:00.77	37.93
14.	GOSELIN, Cassandre			06	Mustang Boucherville					<b>5:03.81</b>	456	
	50m:	34.85	34.85	150m:	1:53.48	39.74	250m:	3:10.94	38.66	350m:	4:27.51	38.57
	100m:	1:13.74	38.89	200m:	2:32.28	38.80	300m:	3:48.94	38.00	400m:	5:03.81	36.30
15.	PELLETIER, Malorie			05	Rouge et Or					<b>5:03.86</b>	456	
	50m:	35.07	35.07	150m:	1:52.24	38.80	250m:	3:10.31	38.88	350m:	4:27.69	38.81
	100m:	1:13.44	38.37	200m:	2:31.43	39.19	300m:	3:48.88	38.57	400m:	5:03.86	36.17
16.	BERNIER, Léa			06	Riverains					<b>5:04.55</b>	453	
	50m:	33.67	33.67	150m:	1:50.61	39.21	250m:	3:08.42	39.15	350m:	4:27.49	39.30
	100m:	1:11.40	37.73	200m:	2:29.27	38.66	300m:	3:48.19	39.77	400m:	5:04.55	37.06
17.	BOUCHER, Béatrice			05	Riverains					<b>5:05.57</b>	448	
	50m:	34.31	34.31	150m:	1:50.63	38.23	250m:	3:08.64	39.10	350m:	4:27.33	39.54
	100m:	1:12.40	38.09	200m:	2:29.54	38.91	300m:	3:47.79	39.15	400m:	5:05.57	38.24
18.	JEAN, Florence			05	Riverains					<b>5:06.36</b>	445	
	50m:	34.41	34.41	150m:	1:51.24	38.65	250m:	3:09.63	39.30	350m:	4:28.12	39.05
	100m:	1:12.59	38.18	200m:	2:30.33	39.09	300m:	3:49.07	39.44	400m:	5:06.36	38.24
19.	GUÉVIN, Justine			06	Riverains					<b>5:09.91</b>	430	
	50m:	34.75	34.75	150m:	1:52.71	39.37	250m:	3:13.06	40.29	350m:	4:32.44	39.44
	100m:	1:13.34	38.59	200m:	2:32.77	40.06	300m:	3:53.00	39.94	400m:	5:09.91	37.47
20.	SAVARD, Olivia			06	Rouge et Or					<b>5:11.87</b>	421	
	50m:	35.51	35.51	150m:	1:53.66	39.04	250m:	3:13.97	40.32	350m:	4:34.41	40.21
	100m:	1:14.62	39.11	200m:	2:33.65	39.99	300m:	3:54.20	40.23	400m:	5:11.87	37.46
21.	PAUL, Florence			06	Rouge et Or					<b>5:18.57</b>	395	
	50m:	34.83	34.83	150m:	1:54.75	40.71	250m:	3:16.87	40.93	350m:	4:40.20	41.59
	100m:	1:14.04	39.21	200m:	2:35.94	41.19	300m:	3:58.61	41.74	400m:	5:18.57	38.37

Défi Distance RED  
Drummondville, 20- - 21-11-2021

Epreuve 1, Filles, 400m Libre, 15 - 16 ans

Rang				AN						Temps	Pts	
22.	LANDRY, Marie-Pier			06	Club de Natation de Montmagny 99					<b>5:22.40</b>	381	
	50m:	34.33	34.33	150m:	1:54.87	40.85	250m:	3:16.32	41.49	350m:	4:40.62	42.31
	100m:	1:14.02	39.69	200m:	2:34.83	39.96	300m:	3:58.31	41.99	400m:	5:22.40	41.78
23.	BERGERON, Arianne			06	Riverains					<b>5:24.37</b>	375	
	50m:	35.60	35.60	150m:	1:55.92	40.28	250m:	3:19.80	42.44	350m:	4:44.36	42.05
	100m:	1:15.64	40.04	200m:	2:37.36	41.44	300m:	4:02.31	42.51	400m:	5:24.37	40.01
24.	GAUVIN, Rosalie			06	Enc					<b>5:29.17</b>	358	
	50m:	35.30	35.30	150m:	1:56.76	41.18	250m:	3:21.97	43.05	350m:	4:49.09	43.25
	100m:	1:15.58	40.28	200m:	2:38.92	42.16	300m:	4:05.84	43.87	400m:	5:29.17	40.08
25.	BELAND, Britany			05	Club Natation Bois Francs					<b>5:30.85</b>	353	
	50m:	35.28	35.28	150m:	1:59.18	42.86	250m:	3:24.80	42.79	350m:	4:49.83	42.76
	100m:	1:16.32	41.04	200m:	2:42.01	42.83	300m:	4:07.07	42.27	400m:	5:30.85	41.02
26.	DAUPHINAIS, Alexia			05	Enc					<b>5:34.38</b>	342	
	50m:	36.56	36.56	150m:	2:02.62	43.29	250m:	3:30.15	43.00	350m:	4:54.38	41.26
	100m:	1:19.33	42.77	200m:	2:47.15	44.53	300m:	4:13.12	42.97	400m:	5:34.38	40.00
27.	PICHÉ, Léonie			06	Club de natation Les Requins d					<b>5:34.45</b>	342	
	50m:	36.19	36.19	150m:	2:00.86	43.01	250m:	3:26.95	42.71	350m:	4:52.49	42.54
	100m:	1:17.85	41.66	200m:	2:44.24	43.38	300m:	4:09.95	43.00	400m:	5:34.45	41.96
28.	BATES, Meghan			06	Bbf					<b>5:36.64</b>	335	
	50m:	36.13	36.13	150m:	1:58.58	42.33	250m:	3:26.26	44.02	350m:	4:53.95	43.67
	100m:	1:16.25	40.12	200m:	2:42.24	43.66	300m:	4:10.28	44.02	400m:	5:36.64	42.69
29.	BRUNELLE, Justine			06	Enc					<b>5:46.27</b>	308	
	50m:	38.06	38.06	150m:	2:05.07	44.01	250m:	3:34.05	44.54	350m:	5:03.30	44.91
	100m:	1:21.06	43.00	200m:	2:49.51	44.44	300m:	4:18.39	44.34	400m:	5:46.27	42.97
30.	NELSON, Zoe			06	Bbf					<b>5:56.66</b>	282	
	50m:	37.91	37.91	150m:	2:06.56	45.54	250m:	3:39.55	46.86	350m:	5:13.31	46.83
	100m:	1:21.02	43.11	200m:	2:52.69	46.13	300m:	4:26.48	46.93	400m:	5:56.66	43.35
31.	MÉNARD, Charlotte			05	Club de natation Les Requins d					<b>6:01.95</b>	269	
	50m:	41.22	41.22	150m:	2:14.26	46.25	250m:	3:47.52	46.36	350m:	5:18.31	44.61
	100m:	1:28.01	46.79	200m:	3:01.16	46.90	300m:	4:33.70	46.18	400m:	6:01.95	43.64
32.	MAINVILLE, Léanne			05	Enc					<b>6:06.31</b>	260	
	50m:	41.56	41.56	150m:	2:12.33	46.09	250m:	3:46.07	46.67	350m:	5:18.91	45.70
	100m:	1:26.24	44.68	200m:	2:59.40	47.07	300m:	4:33.21	47.14	400m:	6:06.31	47.40

15 - 16 ans, Garçons

1.	QUEVEDO, Zergio			05	Elite					<b>4:18.51</b>	553	
	50m:	29.77	29.77	150m:	1:33.04	31.87	250m:	2:38.48	32.70	350m:	3:45.30	33.33
	100m:	1:01.17	31.40	200m:	2:05.78	32.74	300m:	3:11.97	33.49	400m:	4:18.51	33.21
2.	BOURBONNAIS, Mathis			05	Les Dauphins de Rimouski					<b>4:24.25</b>	518	
	50m:	28.25	28.25	150m:	1:33.25	33.44	250m:	2:41.11	33.82	350m:	3:50.27	34.69
	100m:	59.81	31.56	200m:	2:07.29	34.04	300m:	3:15.58	34.47	400m:	4:24.25	33.98
3.	BÉRUBÉ, Thomas			06	Riverains					<b>4:24.55</b>	516	
	50m:	29.06	29.06	150m:	1:34.93	33.37	250m:	2:42.61	33.79	350m:	3:51.40	34.49
	100m:	1:01.56	32.50	200m:	2:08.82	33.89	300m:	3:16.91	34.30	400m:	4:24.55	33.15
4.	LÉVESQUE, Alexandre			06	Rouge et Or					<b>4:26.89</b>	502	
	50m:	29.13	29.13	150m:	1:35.74	33.96	250m:	2:44.33	34.39	350m:	3:53.57	34.40
	100m:	1:01.78	32.65	200m:	2:09.94	34.20	300m:	3:19.17	34.84	400m:	4:26.89	33.32



Défi Distance RED  
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Epreuve 1, Garçons, 400m Libre, 15 - 16 ans

Rang				AN						Temps	Pts	
5.	LÉVESQUE, Vincent			06	Rouge et Or					<b>4:28.69</b>	492	
	50m:	29.80	29.80	150m:	1:37.68	34.22	250m:	2:45.42	34.05	350m:	3:55.16	35.07
	100m:	1:03.46	33.66	200m:	2:11.37	33.69	300m:	3:20.09	34.67	400m:	4:28.69	33.53
6.	ROY-PARENT, Jonathan			05	Rouge et Or					<b>4:30.77</b>	481	
	50m:	29.90	29.90	150m:	1:38.38	34.56	250m:	2:47.64	34.47	350m:	3:57.88	35.12
	100m:	1:03.82	33.92	200m:	2:13.17	34.79	300m:	3:22.76	35.12	400m:	4:30.77	32.89
7.	MORNEAU, Alexis			05	Club de Natation de Montmagny 99					<b>4:32.24</b>	473	
	50m:	28.60	28.60	150m:	1:34.72	33.81	250m:	2:44.72	35.37	350m:	3:56.65	36.08
	100m:	1:00.91	32.31	200m:	2:09.35	34.63	300m:	3:20.57	35.85	400m:	4:32.24	35.59
8.	VILLENEUVE, Julien			05	Riverains					<b>4:39.93</b>	435	
	50m:	29.26	29.26	150m:	1:39.36	36.05	250m:	2:52.74	36.74	350m:	4:05.49	36.15
	100m:	1:03.31	34.05	200m:	2:16.00	36.64	300m:	3:29.34	36.60	400m:	4:39.93	34.44
9.	MAILLOUX, Anthony			05	Riverains					<b>4:41.74</b>	427	
	50m:	30.31	30.31	150m:	1:41.30	36.15	250m:	2:54.89	36.53	350m:	4:06.93	36.22
	100m:	1:05.15	34.84	200m:	2:18.36	37.06	300m:	3:30.71	35.82	400m:	4:41.74	34.81
10.	GIRARDIN, William-Éric			06	Rouge et Or					<b>4:41.93</b>	426	
	50m:	30.52	30.52	150m:	1:40.55	35.47	250m:	2:53.23	36.54	350m:	4:05.92	36.75
	100m:	1:05.08	34.56	200m:	2:16.69	36.14	300m:	3:29.17	35.94	400m:	4:41.93	36.01
11.	LABERGE, Mathieu			05	Rouge et Or					<b>4:42.01</b>	426	
	50m:	31.36	31.36	150m:	1:42.71	36.27	250m:	2:55.13	36.31	350m:	4:07.31	36.09
	100m:	1:06.44	35.08	200m:	2:18.82	36.11	300m:	3:31.22	36.09	400m:	4:42.01	34.70
12.	ZWIRZ, Tyler			05	Bbf					<b>4:42.05</b>	426	
	50m:	29.81	29.81	150m:	1:38.98	35.49	250m:	2:51.03	36.10	350m:	4:04.54	37.60
	100m:	1:03.49	33.68	200m:	2:14.93	35.95	300m:	3:26.94	35.91	400m:	4:42.05	37.51
13.	VALLIÈRES, Éloi			05	Rouge et Or					<b>4:43.89</b>	417	
	50m:	31.75	31.75	150m:	1:42.36	36.32	250m:	2:55.06	36.60	350m:	4:08.12	36.33
	100m:	1:06.04	34.29	200m:	2:18.46	36.10	300m:	3:31.79	36.73	400m:	4:43.89	35.77
14.	NADEAU, Hubert			06	Riverains					<b>4:44.11</b>	416	
	50m:	29.84	29.84	150m:	1:41.24	36.36	250m:	2:55.02	37.05	350m:	4:09.35	37.19
	100m:	1:04.88	35.04	200m:	2:17.97	36.73	300m:	3:32.16	37.14	400m:	4:44.11	34.76
15.	ROJAS GALVIS, Anibal			06	Elite					<b>4:45.00</b>	413	
	50m:	30.08	30.08	150m:	1:39.49	35.59	250m:	2:52.40	36.79	350m:	4:08.12	37.86
	100m:	1:03.90	33.82	200m:	2:15.61	36.12	300m:	3:30.26	37.86	400m:	4:45.00	36.88
16.	RATTHÉ, Anthony			06	Club de natation Les Requins d					<b>4:47.35</b>	403	
	50m:	31.67	31.67	150m:	1:44.11	36.29	250m:	2:57.89	36.62	350m:	4:13.26	37.74
	100m:	1:07.82	36.15	200m:	2:21.27	37.16	300m:	3:35.52	37.63	400m:	4:47.35	34.09
17.	FORTIN, Loric			06	Riverains					<b>4:49.66</b>	393	
	50m:	31.02	31.02	150m:	1:44.19	37.08	250m:	2:59.20	37.51	350m:	4:14.30	37.42
	100m:	1:07.11	36.09	200m:	2:21.69	37.50	300m:	3:36.88	37.68	400m:	4:49.66	35.36
18.	VILLEMURE, Thomas			05	Bbf					<b>4:50.67</b>	389	
	50m:	32.35	32.35	150m:	1:46.24	37.53	250m:	3:01.05	37.38	350m:	4:15.10	36.77
	100m:	1:08.71	36.36	200m:	2:23.67	37.43	300m:	3:38.33	37.28	400m:	4:50.67	35.57
19.	RIVEST, Julien			05	Club Natation Bois Francs					<b>4:50.70</b>	389	
	50m:	32.00	32.00	150m:	1:45.19	36.97	250m:	3:00.05	37.74	350m:	4:14.99	37.06
	100m:	1:08.22	36.22	200m:	2:22.31	37.12	300m:	3:37.93	37.88	400m:	4:50.70	35.71
20.	ARSENEAU, Gabriel			06	Elite					<b>4:51.39</b>	386	
	50m:	32.88	32.88	150m:	1:47.47	37.45	250m:	3:00.39	36.36	350m:	4:15.00	37.61
	100m:	1:10.02	37.14	200m:	2:24.03	36.56	300m:	3:37.39	37.00	400m:	4:51.39	36.39

Défi Distance RED  
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Epreuve 1, Garçons, 400m Libre, 15 - 16 ans

Rang				AN					Temps	Pts		
21.	ST-ARNAULD, Guillaume			06	Mustang Boucherville				<b>4:52.32</b>	382		
	50m:	30.40	30.40	150m:	1:41.12	36.20	250m:	2:56.78	38.07	350m:	4:13.94	38.96
	100m:	1:04.92	34.52	200m:	2:18.71	37.59	300m:	3:34.98	38.20	400m:	4:52.32	38.38
22.	VERDON, Laurent			06	Mustang Boucherville				<b>4:52.72</b>	381		
	50m:	30.35	30.35	150m:	1:44.61	37.84	250m:	3:00.64	37.84	350m:	4:15.92	37.41
	100m:	1:06.77	36.42	200m:	2:22.80	38.19	300m:	3:38.51	37.87	400m:	4:52.72	36.80
23.	GOSSELIN, Justin			05	Rouge et Or				<b>4:53.33</b>	378		
	50m:	31.22	31.22	150m:	1:43.14	36.81	250m:	2:58.14	37.67	350m:	4:14.98	38.46
	100m:	1:06.33	35.11	200m:	2:20.47	37.33	300m:	3:36.52	38.38	400m:	4:53.33	38.35
24.	NGUYEN, Tat Thieu			06	Rouge et Or				<b>4:54.29</b>	375		
	50m:	32.33	32.33	150m:	1:44.79	36.94	250m:	3:01.20	38.32	350m:	4:16.92	37.87
	100m:	1:07.85	35.52	200m:	2:22.88	38.09	300m:	3:39.05	37.85	400m:	4:54.29	37.37
25.	LALANCETTE, Marius			04	Rouge et Or				<b>5:00.91</b>	350		
	50m:	32.22	32.22	150m:	1:47.27	38.47	250m:	3:05.23	39.26	350m:	4:23.93	39.28
	100m:	1:08.80	36.58	200m:	2:25.97	38.70	300m:	3:44.65	39.42	400m:	5:00.91	36.98
26.	PELLETIER, Zacharie			06	Enc				<b>5:02.50</b>	345		
	50m:	33.18	33.18	150m:	1:48.42	37.85	250m:	3:05.88	38.72	350m:	4:26.28	39.71
	100m:	1:10.57	37.39	200m:	2:27.16	38.74	300m:	3:46.57	40.69	400m:	5:02.50	36.22
27.	RATTHÉ, Karel			06	Club de natation Les Requins d				<b>5:02.55</b>	345		
	50m:	32.48	32.48	150m:	1:49.05	38.87	250m:	3:06.84	38.85	350m:	4:23.88	38.09
	100m:	1:10.18	37.70	200m:	2:27.99	38.94	300m:	3:45.79	38.95	400m:	5:02.55	38.67
28.	MARCEAU, Raphael			05	Rouge et Or				<b>5:04.97</b>	337		
	50m:	32.70	32.70	150m:	1:47.19	37.70	250m:	3:05.41	39.53	350m:	4:25.82	40.37
	100m:	1:09.49	36.79	200m:	2:25.88	38.69	300m:	3:45.45	40.04	400m:	5:04.97	39.15
29.	MAZROUI, Théo			05	Rouge et Or				<b>5:06.22</b>	332		
	50m:	32.02	32.02	150m:	1:47.03	38.71	250m:	3:06.53	40.02	350m:	4:25.52	38.91
	100m:	1:08.32	36.30	200m:	2:26.51	39.48	300m:	3:46.61	40.08	400m:	5:06.22	40.70
30.	LÉVEILLÉE, Mathis			06	Club de natation Les Requins d				<b>5:10.33</b>	319		
	50m:	33.04	33.04	150m:	1:51.43	39.41	250m:	3:12.16	40.12	350m:	4:32.22	40.15
	100m:	1:12.02	38.98	200m:	2:32.04	40.61	300m:	3:52.07	39.91	400m:	5:10.33	38.11
31.	ROULIER, Yorick			06	Enc				<b>5:46.52</b>	229		
	50m:	37.54	37.54	150m:	2:05.99	44.53	250m:	3:35.40	44.88	350m:	5:05.35	44.34
	100m:	1:21.46	43.92	200m:	2:50.52	44.53	300m:	4:21.01	45.61	400m:	5:46.52	41.17

17 ans et plus, Dames

1.	NEFSI, Rania Hamida			97	Elite				<b>4:32.45</b>	632		
	50m:	31.86	31.86	150m:	1:40.28	34.41	250m:	2:48.86	34.20	350m:	3:58.24	34.85
	100m:	1:05.87	34.01	200m:	2:14.66	34.38	300m:	3:23.39	34.53	400m:	4:32.45	34.21
2.	DESCENT, Ann-Lorie			04	Club Natation Bois Francs				<b>4:45.89</b>	547		
	50m:	30.39	30.39	150m:	1:40.55	35.80	250m:	2:54.40	37.08	350m:	4:09.22	37.58
	100m:	1:04.75	34.36	200m:	2:17.32	36.77	300m:	3:31.64	37.24	400m:	4:45.89	36.67
3.	PICHÉ, Renée-Lise			03	Elite				<b>4:46.38</b>	544		
	50m:	31.50	31.50	150m:	1:42.23	35.91	250m:	2:55.57	36.89	350m:	4:10.22	37.32
	100m:	1:06.32	34.82	200m:	2:18.68	36.45	300m:	3:32.90	37.33	400m:	4:46.38	36.16
4.	LAGUEUX, Geneviève			01	Riverains				<b>4:56.28</b>	492		
	50m:	33.27	33.27	150m:	1:46.91	37.16	250m:	3:02.17	37.66	350m:	4:18.16	38.32
	100m:	1:09.75	36.48	200m:	2:24.51	37.60	300m:	3:39.84	37.67	400m:	4:56.28	38.12

Défi Distance RED  
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Epreuve 1, Dames, 400m Libre, 17 ans et plus

Rang				AN					Temps	Pts		
5.	CHAREST, Marielle			04	Club de natation Les Requins d				<b>5:05.27</b>	449		
	50m:	33.52	33.52	150m:	1:49.79	38.71	250m:	3:07.71	38.82	350m:	4:26.20	38.42
	100m:	1:11.08	37.56	200m:	2:28.89	39.10	300m:	3:47.78	40.07	400m:	5:05.27	39.07
6.	GIASSON, Marie-Jeanne			04	Club de Natation de Montmagny 99				<b>5:09.73</b>	430		
	50m:	33.86	33.86	150m:	1:52.36	39.75	250m:	3:12.80	40.56	350m:	4:32.11	39.58
	100m:	1:12.61	38.75	200m:	2:32.24	39.88	300m:	3:52.53	39.73	400m:	5:09.73	37.62
7.	AMBRUS, Félicia			04	Mustang Boucherville				<b>5:12.14</b>	420		
	50m:	32.60	32.60	150m:	1:48.92	38.95	250m:	3:09.42	40.41	350m:	4:32.34	41.49
	100m:	1:09.97	37.37	200m:	2:29.01	40.09	300m:	3:50.85	41.43	400m:	5:12.14	39.80

17 ans et plus, Messieurs

1.	LANGLOIS, Thomas			04	Elite				<b>4:06.89</b>	635		
	50m:	27.63	27.63	150m:	1:29.41	31.09	250m:	2:32.00	31.23	350m:	3:35.93	32.01
	100m:	58.32	30.69	200m:	2:00.77	31.36	300m:	3:03.92	31.92	400m:	4:06.89	30.96
2.	DEMERS, Olivier			04	Rouge et Or				<b>4:27.25</b>	500		
	50m:	30.82	30.82	150m:	1:37.94	33.67	250m:	2:46.76	34.02	350m:	3:54.26	33.70
	100m:	1:04.27	33.45	200m:	2:12.74	34.80	300m:	3:20.56	33.80	400m:	4:27.25	32.99
3.	DUREAU, Frédéric			04	Riverains				<b>4:34.95</b>	460		
	50m:	29.51	29.51	150m:	1:38.83	34.81	250m:	2:49.52	35.28	350m:	4:00.81	35.44
	100m:	1:04.02	34.51	200m:	2:14.24	35.41	300m:	3:25.37	35.85	400m:	4:34.95	34.14
4.	ESTABROOKS, Christopher			03	Bbf				<b>4:50.91</b>	388		
	50m:	31.58	31.58	150m:	1:44.61	37.14	250m:	2:59.41	37.46	350m:	4:14.61	37.72
	100m:	1:07.47	35.89	200m:	2:21.95	37.34	300m:	3:36.89	37.48	400m:	4:50.91	36.30
5.	DEHEM-LEMELIN, Alexandre			04	Bbf				<b>4:51.28</b>	386		
	50m:	30.94	30.94	150m:	1:45.34	37.80	250m:	3:00.96	37.74	350m:	4:15.67	37.16
	100m:	1:07.54	36.60	200m:	2:23.22	37.88	300m:	3:38.51	37.55	400m:	4:51.28	35.61
6.	BUTEAU, Julien			03	Club de Natation de Montmagny 99				<b>4:51.78</b>	384		
	50m:	30.54	30.54	150m:	1:42.84	36.94	250m:	2:58.25	37.72	350m:	4:15.22	38.71
	100m:	1:05.90	35.36	200m:	2:20.53	37.69	300m:	3:36.51	38.26	400m:	4:51.78	36.56