

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

Epreuve 5  
2021-11-20 - 16:57

400m 4 nages

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>6:04.11</b>	359		
	50m:	38.71	38.71	150m:	2:09.22	42.94	250m:	3:48.65	55.59	350m:	5:25.81	42.28
	100m:	1:26.28	47.57	200m:	2:53.06	43.84	300m:	4:43.53	54.88	400m:	6:04.11	38.30
2.	DUMAINE, Florence		09	Club de natation Les Requins d					<b>6:13.89</b>	332		
	50m:	36.30	36.30	150m:	2:14.06	51.90	250m:	3:56.89	53.82	350m:	5:33.23	42.75
	100m:	1:22.16	45.86	200m:	3:03.07	49.01	300m:	4:50.48	53.59	400m:	6:13.89	40.66
3.	ZMOULI, Sarah Sophia		10	Elite					<b>6:24.84</b>	304		
	50m:	39.46	39.46	150m:	2:19.16	50.24	250m:	4:02.68	53.44	350m:	5:41.44	42.96
	100m:	1:28.92	49.46	200m:	3:09.24	50.08	300m:	4:58.48	55.80	400m:	6:24.84	43.40
4.	PANAITESCU, Andreea-Francesca		09	Elite					<b>6:32.82</b>	286		
	50m:	42.51	42.51	150m:	2:21.15	48.52	250m:	4:06.81	55.48	350m:	5:50.09	46.88
	100m:	1:32.63	50.12	200m:	3:11.33	50.18	300m:	5:03.21	56.40	400m:	6:32.82	42.73
5.	ST-LAURENT, Charlie		09	Elite					<b>6:48.73</b>	254		
	50m:	42.78	42.78	150m:	2:30.52	52.17	250m:	4:21.97	57.66	350m:	6:07.71	47.35
	100m:	1:38.35	55.57	200m:	3:24.31	53.79	300m:	5:20.36	58.39	400m:	6:48.73	41.02
<b>11 - 12 ans, Garçons</b>												
1.	VENDITTI, Marcus		09	Bbf					<b>5:59.86</b>	277		
	50m:	35.50	35.50	150m:	2:04.69	45.22	250m:	3:43.14	52.86	350m:	5:19.46	42.91
	100m:	1:19.47	43.97	200m:	2:50.28	45.59	300m:	4:36.55	53.41	400m:	5:59.86	40.40
2.	LAMBERT, Nathan		08	Enc					<b>6:38.69</b>	204		
	50m:	47.81	47.81	150m:	2:31.30	49.00	250m:	4:16.98	57.04	350m:	5:58.11	43.39
	100m:	1:42.30	54.49	200m:	3:19.94	48.64	300m:	5:14.72	57.74	400m:	6:38.69	40.58
disq.	PEPIN, Philippe		09	Enc					<b>6:55.11</b>			
	50m:	45.21	45.21	150m:	2:33.61	52.84	250m:	4:24.22	58.60	350m:	6:11.75	47.48
	100m:	1:40.77	55.56	200m:	3:25.62	52.01	300m:	5:24.27	1:00.05	400m:	6:55.11	43.36
<b>13 - 14 ans, Filles</b>												
1.	ROBITAILLE, Florence		08	Elite					<b>5:25.33</b>	504		
	50m:	34.45	34.45	150m:	1:58.26	41.03	250m:	3:27.17	46.82	350m:	4:50.62	36.43
	100m:	1:17.23	42.78	200m:	2:40.35	42.09	300m:	4:14.19	47.02	400m:	5:25.33	34.71
2.	FOURNIER, Zoé		08	Riverains					<b>5:27.99</b>	492		
	50m:	33.54	33.54	150m:	1:55.19	41.46	250m:	3:24.45	48.77	350m:	4:51.19	38.75
	100m:	1:13.73	40.19	200m:	2:35.68	40.49	300m:	4:12.44	47.99	400m:	5:27.99	36.80
3.	CONSTANTIN, Sarah		07	Elite					<b>5:41.47</b>	436		
	50m:	35.23	35.23	150m:	2:01.04	44.26	250m:	3:34.52	49.83	350m:	5:03.93	39.16
	100m:	1:16.78	41.55	200m:	2:44.69	43.65	300m:	4:24.77	50.25	400m:	5:41.47	37.54
4.	GENTILE, Sofia		07	Elite					<b>5:43.80</b>	427		
	50m:	37.15	37.15	150m:	2:02.99	43.41	250m:	3:36.57	48.74	350m:	5:05.03	39.58
	100m:	1:19.58	42.43	200m:	2:47.83	44.84	300m:	4:25.45	48.88	400m:	5:43.80	38.77
5.	COURNOYER, Nilah		08	Elite					<b>5:55.10</b>	387		
	50m:	35.24	35.24	150m:	2:02.93	45.50	250m:	3:40.95	51.77	350m:	5:14.72	40.82
	100m:	1:17.43	42.19	200m:	2:49.18	46.25	300m:	4:33.90	52.95	400m:	5:55.10	40.38

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Epreuve 5, Filles, 400m 4 nages, 13 - 14 ans

Rang				AN						Temps	Pts	
6.	FELX, Lily			08	Elite					<b>5:56.40</b>	383	
	50m:	36.38	36.38	150m:	2:06.48	46.02	250m:	3:41.83	50.67	350m:	5:16.42	40.93
	100m:	1:20.46	44.08	200m:	2:51.16	44.68	300m:	4:35.49	53.66	400m:	5:56.40	39.98
7.	DUMAS, Annabelle			08	Riverains					<b>6:02.89</b>	363	
	50m:	39.16	39.16	150m:	2:11.73	46.59	250m:	3:51.17	53.93	350m:	5:26.27	39.78
	100m:	1:25.14	45.98	200m:	2:57.24	45.51	300m:	4:46.49	55.32	400m:	6:02.89	36.62
8.	MATHIEU-GAGNON, Chloé			06	Club de natation Les Requins d					<b>6:06.80</b>	351	
	50m:	36.82	36.82	150m:	2:09.82	47.50	250m:	3:48.74	52.92	350m:	5:26.99	43.62
	100m:	1:22.32	45.50	200m:	2:55.82	46.00	300m:	4:43.37	54.63	400m:	6:06.80	39.81
9.	LAMBERT, Océane			07	Enc					<b>6:09.47</b>	344	
	50m:	38.08	38.08	150m:	2:11.25	45.69	250m:	3:54.24	56.83	350m:	5:30.93	40.10
	100m:	1:25.56	47.48	200m:	2:57.41	46.16	300m:	4:50.83	56.59	400m:	6:09.47	38.54
10.	LIPOWITZ, Jessica			08	Elite					<b>6:11.32</b>	339	
	50m:	40.75	40.75	150m:	2:17.92	45.78	250m:	3:56.62	53.10	350m:	5:31.64	41.38
	100m:	1:32.14	51.39	200m:	3:03.52	45.60	300m:	4:50.26	53.64	400m:	6:11.32	39.68
11.	GIGUÈRE, Adélie			08	Club de natation Les Requins d					<b>6:21.03</b>	313	
	50m:	41.31	41.31	150m:	2:18.44	49.29	250m:	4:01.08	55.62	350m:	5:38.97	42.09
	100m:	1:29.15	47.84	200m:	3:05.46	47.02	300m:	4:56.88	55.80	400m:	6:21.03	42.06
12.	PEPIN, Aurélie			08	Enc					<b>6:39.62</b>	272	
	50m:	43.58	43.58	150m:	2:29.66	51.03	250m:	4:17.19	57.25	350m:	5:57.32	44.33
	100m:	1:38.63	55.05	200m:	3:19.94	50.28	300m:	5:12.99	55.80	400m:	6:39.62	42.30
13.	FOURNIER, Laurianne			08	Club de natation Les Requins d					<b>6:48.10</b>	255	
	50m:	45.38	45.38	150m:	2:33.92	47.71	250m:	4:19.79	59.25	350m:	6:04.86	43.87
	100m:	1:46.21	1:00.83	200m:	3:20.54	46.62	300m:	5:20.99	1:01.20	400m:	6:48.10	43.24
14.	LAFLEUR, Sara-Maude			08	Club de natation Les Requins d					<b>7:12.45</b>	214	
	50m:	48.45	48.45	150m:	2:40.17	49.58	250m:	4:33.38	1:03.37	350m:	6:25.41	50.17
	100m:	1:50.59	1:02.14	200m:	3:30.01	49.84	300m:	5:35.24	1:01.86	400m:	7:12.45	47.04

13 - 14 ans, Garçons

1.	TRUDEL, Renaud			07	Elite					<b>4:56.09</b>	498	
	50m:	30.69	30.69	150m:	1:44.74	38.27	250m:	3:07.48	44.67	350m:	4:24.03	32.18
	100m:	1:06.47	35.78	200m:	2:22.81	38.07	300m:	3:51.85	44.37	400m:	4:56.09	32.06
2.	ELAISSI, Zacharya			07	Elite					<b>5:03.84</b>	461	
	50m:	32.14	32.14	150m:	1:48.39	39.32	250m:	3:12.70	45.19	350m:	4:31.87	33.89
	100m:	1:09.07	36.93	200m:	2:27.51	39.12	300m:	3:57.98	45.28	400m:	5:03.84	31.97
3.	THIFAUULT, Émile			08	Elite					<b>5:08.22</b>	442	
	50m:	31.72	31.72	150m:	1:49.75	39.79	250m:	3:14.60	44.53	350m:	4:34.99	34.30
	100m:	1:09.96	38.24	200m:	2:30.07	40.32	300m:	4:00.69	46.09	400m:	5:08.22	33.23
4.	CAYER, Eliot			07	Riverains					<b>5:10.07</b>	434	
	50m:	33.08	33.08	150m:	1:51.22	40.42	250m:	3:13.84	45.94	350m:	4:35.93	35.71
	100m:	1:10.80	37.72	200m:	2:27.90	36.68	300m:	4:00.22	46.38	400m:	5:10.07	34.14
5.	LÉPINE, Alexandre			08	Elite					<b>5:20.71</b>	392	
	50m:	32.15	32.15	150m:	1:56.72	41.40	250m:	3:24.65	46.54	350m:	4:46.69	34.96
	100m:	1:15.32	43.17	200m:	2:38.11	41.39	300m:	4:11.73	47.08	400m:	5:20.71	34.02
6.	CASTONGUAY, Clovis			08	Elite					<b>5:22.61</b>	385	
	50m:	32.97	32.97	150m:	1:55.53	41.32	250m:	3:21.14	45.31	350m:	4:45.47	37.86
	100m:	1:14.21	41.24	200m:	2:35.83	40.30	300m:	4:07.61	46.47	400m:	5:22.61	37.14

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Epreuve 5, Garçons, 400m 4 nages, 13 - 14 ans

Rang			AN						Temps	Pts		
7.	DUREAU, Alexandre		08	Riverains					<b>5:25.88</b>	374		
	50m:	32.74	32.74	150m:	1:52.99	41.72	250m:	3:21.52	46.18	350m:	4:47.95	38.52
	100m:	1:11.27	38.53	200m:	2:35.34	42.35	300m:	4:09.43	47.91	400m:	5:25.88	37.93
8.	BOUFFARD, Louis		07	Riverains					<b>5:29.48</b>	361		
	50m:	35.74	35.74	150m:	2:00.43	42.18	250m:	3:29.32	47.11	350m:	4:54.18	37.17
	100m:	1:18.25	42.51	200m:	2:42.21	41.78	300m:	4:17.01	47.69	400m:	5:29.48	35.30
9.	GUY, Thomas		07	Riverains					<b>5:29.78</b>	360		
	50m:	34.16	34.16	150m:	1:57.19	41.85	250m:	3:26.89	48.64	350m:	5:29.50	36.06
	100m:	1:15.34	41.18	200m:	2:38.25	41.06	300m:	4:53.44	1:26.55	400m:	5:29.78	0.28
10.	LABERGE, Renaud		07	Rouge et Or					<b>5:42.12</b>	323		
	50m:	35.11	35.11	150m:	1:57.26	44.47	250m:	3:33.13	52.88	350m:	5:03.90	38.82
	100m:	1:12.79	37.68	200m:	2:40.25	42.99	300m:	4:25.08	51.95	400m:	5:42.12	38.22
11.	BILLETTE, Florent		08	Elite					<b>5:43.62</b>	319		
	50m:	34.52	34.52	150m:	2:04.22	45.09	250m:	3:35.19	47.24	350m:	5:03.68	39.59
	100m:	1:19.13	44.61	200m:	2:47.95	43.73	300m:	4:24.09	48.90	400m:	5:43.62	39.94
12.	EDDRIEF, Wassim		08	Elite					<b>5:44.22</b>	317		
	50m:	35.03	35.03	150m:	2:03.13	44.62	250m:	3:36.29	48.34	350m:	5:05.59	40.25
	100m:	1:18.51	43.48	200m:	2:47.95	44.82	300m:	4:25.34	49.05	400m:	5:44.22	38.63
13.	BOULAY, Noah		07	Mustang Boucherville					<b>5:48.46</b>	305		
	50m:	38.59	38.59	150m:	2:06.80	43.36	250m:	3:40.61	50.10	350m:	5:09.50	40.26
	100m:	1:23.44	44.85	200m:	2:50.51	43.71	300m:	4:29.24	48.63	400m:	5:48.46	38.96
14.	ZMOULI, Wassim Fadel		08	Elite					<b>5:49.09</b>	304		
	50m:	35.88	35.88	150m:	2:07.17	44.71	250m:	3:42.77	51.38	350m:	5:12.20	38.05
	100m:	1:22.46	46.58	200m:	2:51.39	44.22	300m:	4:34.15	51.38	400m:	5:49.09	36.89
15.	CORRIVEAU-BONOSTRO, Charles		07	Rouge et Or					<b>5:57.84</b>	282		
	50m:	34.67	34.67	150m:	2:03.77	44.39	250m:	3:43.55	56.39	350m:	5:19.37	40.24
	100m:	1:19.38	44.71	200m:	2:47.16	43.39	300m:	4:39.13	55.58	400m:	5:57.84	38.47
16.	HAYDAR, Nicolas		07	Elite					<b>6:04.37</b>	267		
	50m:	38.31	38.31	150m:	2:11.38	45.95	250m:	3:49.44	53.10	350m:	5:24.10	42.50
	100m:	1:25.43	47.12	200m:	2:56.34	44.96	300m:	4:41.60	52.16	400m:	6:04.37	40.27
17.	LÉGER, Thomas		07	Rouge et Or					<b>6:16.33</b>	242		
	50m:	45.30	45.30	150m:	2:27.35	47.42	250m:	4:05.17	52.31	350m:	5:37.02	41.78
	100m:	1:39.93	54.63	200m:	3:12.86	45.51	300m:	4:55.24	50.07	400m:	6:16.33	39.31
18.	BÉGIN, Simon-Olivier		08	Enc					<b>6:56.30</b>	179		
	50m:	48.78	48.78	150m:	2:36.46	49.81	250m:	4:27.38	1:04.00	350m:	6:14.52	45.48
	100m:	1:46.65	57.87	200m:	3:23.38	46.92	300m:	5:29.04	1:01.66	400m:	6:56.30	41.78
19.	HARRER, Tristan		08	Enc					<b>6:59.10</b>	175		
	50m:	47.57	47.57	150m:	2:39.43	53.58	250m:	4:29.10	56.15	350m:	6:14.03	47.89
	100m:	1:45.85	58.28	200m:	3:32.95	53.52	300m:	5:26.14	57.04	400m:	6:59.10	45.07
20.	PELLETIER, Ludovic		08	Enc					<b>7:07.45</b>	165		
	50m:	52.39	52.39	150m:	2:44.80	51.69	250m:	4:33.66	56.36	350m:	6:21.29	50.27
	100m:	1:53.11	1:00.72	200m:	3:37.30	52.50	300m:	5:31.02	57.36	400m:	7:07.45	46.16

Défi Distance RED  
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Epreuve 5, 400m 4 nages

15 - 16 ans, Filles

1.	BÉGIN-TREMBLAY, Lily-Rose	05	Riverains	<b>5:02.77</b>	625
	50m: 32.88 32.88	150m: 1:44.70 35.15	250m: 3:03.94 43.63	350m: 4:26.03 36.16	
	100m: 1:09.55 36.67	200m: 2:20.31 35.61	300m: 3:49.87 45.93	400m: 5:02.77 36.74	
2.	GAUVIN, Rosalie	06	Riverains	<b>5:16.64</b>	546
	50m: 33.40 33.40	150m: 1:53.39 38.54	250m: 3:20.46 48.62	350m: 4:43.77 33.06	
	100m: 1:14.85 41.45	200m: 2:31.84 38.45	300m: 4:10.71 50.25	400m: 5:16.64 32.87	
3.	ARSENEAU, Sandrine	05	Elite	<b>5:18.27</b>	538
	50m: 33.45 33.45	150m: 1:52.33 39.35	250m: 3:19.34 48.15	350m: 4:43.55 35.95	
	100m: 1:12.98 39.53	200m: 2:31.19 38.86	300m: 4:07.60 48.26	400m: 5:18.27 34.72	
4.	FOURNIER, Léa	05	Riverains	<b>5:21.39</b>	522
	50m: 33.99 33.99	150m: 1:57.06 41.16	250m: 3:24.17 45.29	350m: 4:47.20 35.97	
	100m: 1:15.90 41.91	200m: 2:38.88 41.82	300m: 4:11.23 47.06	400m: 5:21.39 34.19	
5.	PROTEAU, Mathilde	05	Riverains	<b>5:29.15</b>	486
	50m: 35.39 35.39	150m: 1:57.48 40.70	250m: 3:26.71 49.47	350m: 4:53.37 37.33	
	100m: 1:16.78 41.39	200m: 2:37.24 39.76	300m: 4:16.04 49.33	400m: 5:29.15 35.78	
6.	DUQUETTE, Frédérique	05	Riverains	<b>5:33.98</b>	466
	50m: 34.64 34.64	150m: 1:58.34 41.71	250m: 3:31.28 50.61	350m: 4:58.43 36.38	
	100m: 1:16.63 41.99	200m: 2:40.67 42.33	300m: 4:22.05 50.77	400m: 5:33.98 35.55	
7.	BOUTIN, Justine	05	Rouge et Or	<b>5:34.91</b>	462
	50m: 35.45 35.45	150m: 2:00.04 42.19	250m: 3:29.34 47.52	350m: 4:57.43 39.22	
	100m: 1:17.85 42.40	200m: 2:41.82 41.78	300m: 4:18.21 48.87	400m: 5:34.91 37.48	
8.	ROY, Émy	05	Riverains	<b>5:39.47</b>	443
	50m: 33.64 33.64	150m: 1:57.11 42.51	250m: 3:31.54 52.63	350m: 5:03.35 39.04	
	100m: 1:14.60 40.96	200m: 2:38.91 41.80	300m: 4:24.31 52.77	400m: 5:39.47 36.12	
9.	CHALIFOUR, Mathilde	05	Rouge et Or	<b>5:42.55</b>	431
	50m: 35.62 35.62	150m: 2:04.14 47.04	250m: 3:37.66 47.97	350m: 5:04.60 38.85	
	100m: 1:17.10 41.48	200m: 2:49.69 45.55	300m: 4:25.75 48.09	400m: 5:42.55 37.95	
10.	BERNIER, Léa	06	Riverains	<b>5:45.61</b>	420
	50m: 36.27 36.27	150m: 2:01.89 42.75	250m: 3:36.24 51.46	350m: 5:08.18 38.88	
	100m: 1:19.14 42.87	200m: 2:44.78 42.89	300m: 4:29.30 53.06	400m: 5:45.61 37.43	
11.	BÉCHARD, Meggan	06	Elite	<b>5:47.38</b>	414
	50m: 35.19 35.19	150m: 2:02.04 45.40	250m: 3:36.21 49.51	350m: 5:07.93 41.14	
	100m: 1:16.64 41.45	200m: 2:46.70 44.66	300m: 4:26.79 50.58	400m: 5:47.38 39.45	
12.	PAUL, Florence	06	Rouge et Or	<b>5:48.53</b>	410
	50m: 37.02 37.02	150m: 2:04.26 43.94	250m: 3:38.50 51.14	350m: 5:09.68 41.70	
	100m: 1:20.32 43.30	200m: 2:47.36 43.10	300m: 4:27.98 49.48	400m: 5:48.53 38.85	
13.	GUÉVIN, Justine	06	Riverains	<b>5:50.48</b>	403
	50m: 39.78 39.78	150m: 2:14.21 44.85	250m: 3:44.72 46.73	350m: 5:12.48 40.60	
	100m: 1:29.36 49.58	200m: 2:57.99 43.78	300m: 4:31.88 47.16	400m: 5:50.48 38.00	
14.	GOSELIN, Cassandre	06	Mustang Boucherville	<b>5:51.60</b>	399
	50m: 38.13 38.13	150m: 2:09.85 44.86	250m: 3:44.17 49.09	350m: 5:13.69 38.95	
	100m: 1:24.99 46.86	200m: 2:55.08 45.23	300m: 4:34.74 50.57	400m: 5:51.60 37.91	
15.	JEAN, Florence	05	Riverains	<b>5:56.73</b>	382
	50m: 41.77 41.77	150m: 2:17.46 45.59	250m: 3:50.52 49.31	350m: 5:19.65 39.72	
	100m: 1:31.87 50.10	200m: 3:01.21 43.75	300m: 4:39.93 49.41	400m: 5:56.73 37.08	
16.	DAUPHINAIS, Alexia	05	Enc	<b>6:03.85</b>	360
	50m: 41.60 41.60	150m: 2:17.54 45.08	250m: 3:50.52 46.68	350m: 5:23.46 44.38	
	100m: 1:32.46 50.86	200m: 3:03.84 46.30	300m: 4:39.08 48.56	400m: 6:03.85 40.39	

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Epreuve 5, Filles, 400m 4 nages, 15 - 16 ans

Rang			AN						Temps	Pts		
17.	BERGERON, Arianne		06	Riverains					<b>6:04.99</b>	357		
	50m:	42.55	42.55	150m:	2:20.50	46.48	250m:	3:54.81	48.68	350m:	5:24.95	41.99
	100m:	1:34.02	51.47	200m:	3:06.13	45.63	300m:	4:42.96	48.15	400m:	6:04.99	40.04
18.	BORRIS, Juliette		05	Club de natation Les Requins d					<b>6:09.24</b>	344		
	50m:	38.52	38.52	150m:	2:14.24	46.25	250m:	3:52.54	53.41	350m:	5:27.49	42.29
	100m:	1:27.99	49.47	200m:	2:59.13	44.89	300m:	4:45.20	52.66	400m:	6:09.24	41.75
19.	GAUVIN, Rosalie		06	Enc					<b>6:10.27</b>	342		
	50m:	36.92	36.92	150m:	2:13.42	46.69	250m:	3:52.21	52.14	350m:	5:28.72	44.08
	100m:	1:26.73	49.81	200m:	3:00.07	46.65	300m:	4:44.64	52.43	400m:	6:10.27	41.55
20.	BOUCHER, Béatrice		05	Riverains					<b>6:11.81</b>	337		
	50m:	39.31	39.31	150m:	2:16.54	50.73	250m:	4:00.56	55.06	350m:	5:34.00	37.55
	100m:	1:25.81	46.50	200m:	3:05.50	48.96	300m:	4:56.45	55.89	400m:	6:11.81	37.81
21.	PICHÉ, Léonie		06	Club de natation Les Requins d					<b>6:22.33</b>	310		
	50m:	42.94	42.94	150m:	2:23.07	50.22	250m:	4:05.83	54.57	350m:	5:41.99	43.21
	100m:	1:32.85	49.91	200m:	3:11.26	48.19	300m:	4:58.78	52.95	400m:	6:22.33	40.34
22.	BRUNELLE, Justine		06	Enc					<b>6:33.90</b>	284		
	50m:	44.21	44.21	150m:	2:25.50	49.80	250m:	4:11.70	58.87	350m:	5:53.19	43.42
	100m:	1:35.70	51.49	200m:	3:12.83	47.33	300m:	5:09.77	58.07	400m:	6:33.90	40.71
23.	MAINVILLE, Léanne		05	Enc					<b>6:53.84</b>	244		
	50m:	43.09	43.09	150m:	2:31.86	55.98	250m:	4:24.18	55.93	350m:	6:07.96	46.87
	100m:	1:35.88	52.79	200m:	3:28.25	56.39	300m:	5:21.09	56.91	400m:	6:53.84	45.88
24.	MÉNARD, Charlotte		05	Club de natation Les Requins d					<b>6:58.56</b>	236		
	50m:	45.70	45.70	150m:	2:37.95	55.24	250m:	4:26.10	55.44	350m:	6:13.74	48.56
	100m:	1:42.71	57.01	200m:	3:30.66	52.71	300m:	5:25.18	59.08	400m:	6:58.56	44.82
disq.	CHAMPAGNE, Amélia		05	Club de natation Les Requins d					<b>5:18.17</b>			
	50m:	34.47	34.47	150m:	1:52.21	40.42	250m:	3:20.02	47.67	350m:	4:45.05	36.33
	100m:	1:11.79	37.32	200m:	2:32.35	40.14	300m:	4:08.72	48.70	400m:	5:18.17	33.12

15 - 16 ans, Garçons

1.	QUEVEDO, Zergio		05	Elite					<b>4:44.51</b>	562		
	50m:	30.15	30.15	150m:	1:41.48	38.00	250m:	2:59.62	39.90	350m:	4:13.13	32.02
	100m:	1:03.48	33.33	200m:	2:19.72	38.24	300m:	3:41.11	41.49	400m:	4:44.51	31.38
2.	BOURBONNAIS, Mathis		05	Les Dauphins de Rimouski					<b>4:54.21</b>	508		
	50m:	31.06	31.06	150m:	1:44.29	37.86	250m:	3:03.77	41.95	350m:	4:20.75	34.58
	100m:	1:06.43	35.37	200m:	2:21.82	37.53	300m:	3:46.17	42.40	400m:	4:54.21	33.46
3.	BÉRUBÉ, Thomas		06	Riverains					<b>5:01.36</b>	473		
	50m:	31.35	31.35	150m:	1:46.28	38.03	250m:	3:09.26	44.98	350m:	4:28.80	33.87
	100m:	1:08.25	36.90	200m:	2:24.28	38.00	300m:	3:54.93	45.67	400m:	5:01.36	32.56
4.	ROY-PARENT, Jonathan		05	Rouge et Or					<b>5:09.88</b>	435		
	50m:	33.24	33.24	150m:	1:54.04	39.33	250m:	3:15.80	43.86	350m:	4:37.22	36.48
	100m:	1:14.71	41.47	200m:	2:31.94	37.90	300m:	4:00.74	44.94	400m:	5:09.88	32.66
5.	LÉVESQUE, Alexandre		06	Rouge et Or					<b>5:15.17</b>	413		
	50m:	33.74	33.74	150m:	1:54.00	42.03	250m:	3:21.29	46.11	350m:	4:41.48	34.45
	100m:	1:11.97	38.23	200m:	2:35.18	41.18	300m:	4:07.03	45.74	400m:	5:15.17	33.69
6.	LÉVESQUE, Vincent		06	Rouge et Or					<b>5:15.41</b>	412		
	50m:	31.73	31.73	150m:	1:52.60	43.20	250m:	3:20.02	46.52	350m:	5:15.08	33.07
	100m:	1:09.40	37.67	200m:	2:33.50	40.90	300m:	4:42.01	1:21.99	400m:	5:15.41	0.33

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Epreuve 5, Garçons, 400m 4 nages, 15 - 16 ans

Rang			AN							Temps	Pts	
7.	LABERGE, Mathieu		05	Rouge et Or						<b>5:15.49</b>	412	
	50m:	34.75	34.75	150m:	1:53.82	40.97	250m:	3:19.91	45.85	350m:	4:41.40	35.98
	100m:	1:12.85	38.10	200m:	2:34.06	40.24	300m:	4:05.42	45.51	400m:	5:15.49	34.09
8.	MAILLOUX, Anthony		05	Riverains						<b>5:15.71</b>	411	
	50m:	32.76	32.76	150m:	1:52.97	41.28	250m:	3:19.90	45.95	350m:	4:41.17	35.21
	100m:	1:11.69	38.93	200m:	2:33.95	40.98	300m:	4:05.96	46.06	400m:	5:15.71	34.54
9.	VILLENEUVE, Julien		05	Riverains						<b>5:17.13</b>	405	
	50m:	31.77	31.77	150m:	1:53.73	42.09	250m:	3:20.16	43.45	350m:	4:41.41	37.17
	100m:	1:11.64	39.87	200m:	2:36.71	42.98	300m:	4:04.24	44.08	400m:	5:17.13	35.72
10.	GIRARDIN, William-Éric		06	Rouge et Or						<b>5:19.08</b>	398	
	50m:	35.14	35.14	150m:	1:55.09	40.81	250m:	3:21.49	48.25	350m:	4:44.56	36.57
	100m:	1:14.28	39.14	200m:	2:33.24	38.15	300m:	4:07.99	46.50	400m:	5:19.08	34.52
11.	ARSENEAU, Gabriel		06	Elite						<b>5:24.94</b>	377	
	50m:	35.37	35.37	150m:	1:56.93	38.93	250m:	3:24.23	47.03	350m:	4:49.58	37.90
	100m:	1:18.00	42.63	200m:	2:37.20	40.27	300m:	4:11.68	47.45	400m:	5:24.94	35.36
12.	NADEAU, Hubert		06	Riverains						<b>5:25.17</b>	376	
	50m:	31.14	31.14	150m:	1:54.02	42.22	250m:	3:24.49	47.76	350m:	4:50.03	37.34
	100m:	1:11.80	40.66	200m:	2:36.73	42.71	300m:	4:12.69	48.20	400m:	5:25.17	35.14
13.	ROJAS GALVIS, Anibal		06	Elite						<b>5:28.37</b>	365	
	50m:	34.54	34.54	150m:	1:55.07	39.94	250m:	3:24.28	49.01	350m:	4:51.78	38.44
	100m:	1:15.13	40.59	200m:	2:35.27	40.20	300m:	4:13.34	49.06	400m:	5:28.37	36.59
14.	FORTIN, Loric		06	Riverains						<b>5:34.33</b>	346	
	50m:	38.42	38.42	150m:	2:08.39	43.92	250m:	3:37.71	47.07	350m:	5:01.09	35.76
	100m:	1:24.47	46.05	200m:	2:50.64	42.25	300m:	4:25.33	47.62	400m:	5:34.33	33.24
15.	RATTHÉ, Anthony		06	Club de natation Les Requins d						<b>5:36.60</b>	339	
	50m:	36.92	36.92	150m:	2:02.04	41.18	250m:	3:33.75	51.59	350m:	5:02.19	37.83
	100m:	1:20.86	43.94	200m:	2:42.16	40.12	300m:	4:24.36	50.61	400m:	5:36.60	34.41
16.	VILLEMURE, Thomas		05	Bbf						<b>5:37.46</b>	336	
	50m:	34.51	34.51	150m:	1:59.89	42.34	250m:	3:32.02	50.50	350m:	5:01.70	38.60
	100m:	1:17.55	43.04	200m:	2:41.52	41.63	300m:	4:23.10	51.08	400m:	5:37.46	35.76
17.	VALLIÈRES, Éloi		05	Rouge et Or						<b>5:39.96</b>	329	
	50m:	36.58	36.58	150m:	2:03.96	44.48	250m:	3:37.78	50.38	350m:	5:05.40	36.89
	100m:	1:19.48	42.90	200m:	2:47.40	43.44	300m:	4:28.51	50.73	400m:	5:39.96	34.56
18.	GOSELIN, Justin		05	Rouge et Or						<b>5:53.38</b>	293	
	50m:	35.50	35.50	150m:	2:05.28	48.19	250m:	3:43.61	51.25	350m:	5:15.99	38.38
	100m:	1:17.09	41.59	200m:	2:52.36	47.08	300m:	4:37.61	54.00	400m:	5:53.38	37.39
19.	ROULIER, Yorick		06	Enc						<b>6:42.97</b>	197	
	50m:	37.33	37.33	150m:	2:21.85	50.96	250m:	4:12.37	59.86	350m:	5:58.42	47.44
	100m:	1:30.89	53.56	200m:	3:12.51	50.66	300m:	5:10.98	58.61	400m:	6:42.97	44.55

17 ans et plus, Dames

1.	NEFSI, Rania Hamida		97	Elite						<b>5:03.80</b>	619	
	50m:	32.50	32.50	150m:	1:50.90	40.15	250m:	3:11.99	41.80	350m:	4:29.38	35.83
	100m:	1:10.75	38.25	200m:	2:30.19	39.29	300m:	3:53.55	41.56	400m:	5:03.80	34.42
2.	LACHANCE, Emily		04	Riverains						<b>5:18.95</b>	535	
	50m:	33.66	33.66	150m:	1:52.42	41.28	250m:	3:19.59	45.82	350m:	4:43.36	37.09
	100m:	1:11.14	37.48	200m:	2:33.77	41.35	300m:	4:06.27	46.68	400m:	5:18.95	35.59

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Epreuve 5, 400m 4 nages

17 ans et plus, Messieurs

1.	LANGLOIS, Thomas		04	Elite					<b>4:50.69</b>	527		
	50m:	30.66	30.66	150m:	1:45.29	38.49	250m:	3:05.68	42.46	350m:	4:19.93	29.53
	100m:	1:06.80	36.14	200m:	2:23.22	37.93	300m:	3:50.40	44.72	400m:	4:50.69	30.76
2.	DEMERS, Olivier		04	Rouge et Or						<b>5:15.12</b>	413	
	50m:	33.71	33.71	150m:	1:53.34	43.04	250m:	3:18.75	43.81	350m:	4:40.93	36.89
	100m:	1:10.30	36.59	200m:	2:34.94	41.60	300m:	4:04.04	45.29	400m:	5:15.12	34.19