



Coupe du Québec senior automne 2021
 Québec, 26 au 28 novembre 2021



Epreuve 23

Dames, 1500m Libre

Cat. générale

2021-11-27 - 11:00

Liste résultats

Records senior du Québec	16:23.61	JEWELL, Karyn	NG	Gatineau	2012-12-14
Records groupe d'âge du Québec 15 - 17	16:32.08	JEWELL, Karyn	NG	Ottawa	2010-02-18
Records groupe d'âge du Québec 13 - 14	16:38.11	SHEWCHUCK, Stephanie	PCSC	???	1989-01-01
Records groupe d'âge du Québec - 12	17:34.50	NOALL, Patricia	BBF	???	1983-01-01

Coupe Québec Senior 1 : 18:59.27

Points: FINA 2021

Rang			Age							Temps	Pts
1.	WILLAR, Megan		17	Pointe-Claire Swim Club						16:56.77	735
	50m:	29.92	450m:	5:02.54	34.28	850m:	9:35.51	33.86	1250m:	14:08.56	34.13
	100m:	1:03.15	500m:	5:36.71	34.17	900m:	10:09.76	34.25	1300m:	14:42.57	34.01
	150m:	1:37.53	550m:	6:10.69	33.98	950m:	10:43.65	33.89	1350m:	15:16.36	33.79
	200m:	2:11.50	600m:	6:45.02	34.33	1000m:	11:17.90	34.25	1400m:	15:50.44	34.08
	250m:	2:45.76	650m:	7:18.79	33.77	1050m:	11:52.24	34.34	1450m:	16:24.22	33.78
	300m:	3:19.90	700m:	7:52.79	34.00	1100m:	12:26.42	34.18	1500m:	16:56.77	32.55
	350m:	3:54.02	750m:	8:27.11	34.32	1150m:	13:00.43	34.01			
	400m:	4:28.26	800m:	9:01.65	34.54	1200m:	13:34.43	34.00			
2.	DORNIC, Morgane		23	Rouge et Or universitaire						17:11.59	704
	50m:	31.64	450m:	5:06.01	34.37	850m:	9:42.38	34.48	1250m:	14:19.44	34.59
	100m:	1:05.59	500m:	5:40.49	34.48	900m:	10:16.88	34.50	1300m:	14:53.95	34.51
	150m:	1:39.80	550m:	6:15.04	34.55	950m:	10:51.49	34.61	1350m:	15:28.55	34.60
	200m:	2:14.05	600m:	6:49.46	34.42	1000m:	11:26.16	34.67	1400m:	16:03.30	34.75
	250m:	2:48.52	650m:	7:24.00	34.54	1050m:	12:00.82	34.66	1450m:	16:37.96	34.66
	300m:	3:22.79	700m:	7:58.72	34.72	1100m:	12:35.31	34.49	1500m:	17:11.59	33.63
	350m:	3:57.22	750m:	8:33.38	34.66	1150m:	13:10.10	34.79			
	400m:	4:31.64	800m:	9:07.90	34.52	1200m:	13:44.85	34.75			
3.	BESNER, Kaitlyn		16	Pointe-Claire Swim Club						17:18.18	691
	50m:	31.26	450m:	5:07.39	34.38	850m:	9:44.15	34.58	1250m:	14:23.87	35.15
	100m:	1:05.46	500m:	5:41.80	34.41	900m:	10:18.80	34.65	1300m:	14:59.04	35.17
	150m:	1:40.25	550m:	6:16.19	34.39	950m:	10:53.74	34.94	1350m:	15:34.34	35.30
	200m:	2:14.70	600m:	6:50.64	34.45	1000m:	11:28.76	35.02	1400m:	16:09.73	35.39
	250m:	2:49.51	650m:	7:25.55	34.91	1050m:	12:03.83	35.07	1450m:	16:45.06	35.33
	300m:	3:23.88	700m:	7:59.98	34.43	1100m:	12:38.53	34.70	1500m:	17:18.18	33.12
	350m:	3:58.34	750m:	8:34.96	34.98	1150m:	13:13.71	35.18			
	400m:	4:33.01	800m:	9:09.57	34.61	1200m:	13:48.72	35.01			
4.	PHAM-SPICKLER, Alexia		18	Camo						17:31.48	665
	50m:	30.97	450m:	5:08.19	34.89	850m:	9:50.21	35.37	1250m:	14:34.23	35.64
	100m:	1:04.83	500m:	5:43.11	34.92	900m:	10:25.68	35.47	1300m:	15:09.94	35.71
	150m:	1:39.33	550m:	6:18.21	35.10	950m:	11:01.16	35.48	1350m:	15:45.76	35.82
	200m:	2:14.15	600m:	6:53.34	35.13	1000m:	11:36.57	35.41	1400m:	16:21.42	35.66
	250m:	2:49.05	650m:	7:28.49	35.15	1050m:	12:11.99	35.42	1450m:	16:57.16	35.74
	300m:	3:23.73	700m:	8:03.89	35.40	1100m:	12:47.47	35.48	1500m:	17:31.48	34.32
	350m:	3:58.46	750m:	8:39.15	35.26	1150m:	13:23.21	35.74			
	400m:	4:33.30	800m:	9:14.84	35.69	1200m:	13:58.59	35.38			
5.	GAUVIN, Rosalie		15	Riverains						17:52.47	627
	50m:	30.36	450m:	5:13.55	35.83	850m:	10:02.50	36.33	1250m:	14:53.61	36.77
	100m:	1:04.22	500m:	5:48.98	35.43	900m:	10:38.90	36.40	1300m:	15:30.02	36.41
	150m:	1:39.26	550m:	6:25.03	36.05	950m:	11:15.22	36.32	1350m:	16:06.05	36.03
	200m:	2:15.02	600m:	7:01.64	36.61	1000m:	11:51.28	36.06	1400m:	16:41.84	35.79
	250m:	2:50.68	650m:	7:38.32	36.68	1050m:	12:28.11	36.83	1450m:	17:18.66	36.82
	300m:	3:26.22	700m:	8:14.18	35.86	1100m:	13:04.22	36.11	1500m:	17:52.47	33.81
	350m:	4:01.84	750m:	8:50.22	36.04	1150m:	13:40.85	36.63			
	400m:	4:37.72	800m:	9:26.17	35.95	1200m:	14:16.84	35.99			



Coupe du Québec senior automne 2021
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Epreuve 23, Dames, 1500m Libre, Cat. générale

Rang			Age					Temps	Pts
6.	FROST, Megan		18	Pointe-Claire Swim Club				17:57.06	619
	50m: 31.35	31.35	450m: 5:15.06	36.22	850m: 10:05.00	36.42	1250m: 14:56.55	36.77	
	100m: 1:05.52	34.17	500m: 5:51.27	36.21	900m: 10:41.25	36.25	1300m: 15:33.49	36.94	
	150m: 1:40.64	35.12	550m: 6:27.19	35.92	950m: 11:17.56	36.31	1350m: 16:09.99	36.50	
	200m: 2:15.91	35.27	600m: 7:03.42	36.23	1000m: 11:54.18	36.62	1400m: 16:46.42	36.43	
	250m: 2:51.17	35.26	650m: 7:39.75	36.33	1050m: 12:30.61	36.43	1450m: 17:22.10	35.68	
	300m: 3:26.72	35.55	700m: 8:16.12	36.37	1100m: 13:06.89	36.28	1500m: 17:57.06	34.96	
	350m: 4:02.86	36.14	750m: 8:52.16	36.04	1150m: 13:43.41	36.52			
	400m: 4:38.84	35.98	800m: 9:28.58	36.42	1200m: 14:19.78	36.37			
7.	MARQUIS, Jade		17	Club de Natation Samak				18:01.19	612
	50m: 32.08	32.08	450m: 5:19.24	36.49	850m: 10:09.24	37.18	1250m: 15:01.04	36.23	
	100m: 1:07.06	34.98	500m: 5:55.35	36.11	900m: 10:45.95	36.71	1300m: 15:37.54	36.50	
	150m: 1:42.44	35.38	550m: 6:31.39	36.04	950m: 11:22.80	36.85	1350m: 16:14.26	36.72	
	200m: 2:18.00	35.56	600m: 7:07.47	36.08	1000m: 11:59.42	36.62	1400m: 16:50.33	36.07	
	250m: 2:53.81	35.81	650m: 7:43.54	36.07	1050m: 12:35.89	36.47	1450m: 17:26.82	36.49	
	300m: 3:30.19	36.38	700m: 8:19.29	35.75	1100m: 13:12.26	36.37	1500m: 18:01.19	34.37	
	350m: 4:06.26	36.07	750m: 8:55.75	36.46	1150m: 13:48.50	36.24			
	400m: 4:42.75	36.49	800m: 9:32.06	36.31	1200m: 14:24.81	36.31			
8.	CHAMPAGNE, Amélia		16	Club de natation Les Requins d				18:01.57	611
	50m: 32.41	32.41	450m: 5:19.69	36.26	850m: 10:09.38	36.61	1250m: 15:02.19	36.81	
	100m: 1:07.58	35.17	500m: 5:55.46	35.77	900m: 10:45.93	36.55	1300m: 15:39.04	36.85	
	150m: 1:43.52	35.94	550m: 6:31.14	35.68	950m: 11:22.51	36.58	1350m: 16:14.97	35.93	
	200m: 2:19.07	35.55	600m: 7:07.32	36.18	1000m: 11:59.35	36.84	1400m: 16:51.09	36.12	
	250m: 2:54.98	35.91	650m: 7:43.66	36.34	1050m: 12:35.91	36.56	1450m: 17:27.56	36.47	
	300m: 3:31.12	36.14	700m: 8:19.88	36.22	1100m: 13:12.35	36.44	1500m: 18:01.57	34.01	
	350m: 4:07.09	35.97	750m: 8:56.35	36.47	1150m: 13:49.00	36.65			
	400m: 4:43.43	36.34	800m: 9:32.77	36.42	1200m: 14:25.38	36.38			
9.	GAGNON, Isabelle		18	Rouge et Or/Université Laval				18:05.34	605
	50m: 32.77	32.77	450m: 5:19.73	36.31	850m: 10:09.00	36.28	1250m: 15:02.31	36.84	
	100m: 1:07.59	34.82	500m: 5:55.90	36.17	900m: 10:45.77	36.77	1300m: 15:39.43	37.12	
	150m: 1:42.92	35.33	550m: 6:31.42	35.52	950m: 11:22.53	36.76	1350m: 16:16.36	36.93	
	200m: 2:18.12	35.20	600m: 7:07.20	35.78	1000m: 11:59.21	36.68	1400m: 16:53.67	37.31	
	250m: 2:54.50	36.38	650m: 7:43.09	35.89	1050m: 12:35.80	36.59	1450m: 17:30.16	36.49	
	300m: 3:30.60	36.10	700m: 8:19.20	36.11	1100m: 13:12.19	36.39	1500m: 18:05.34	35.18	
	350m: 4:06.58	35.98	750m: 8:55.60	36.40	1150m: 13:48.78	36.59			
	400m: 4:43.42	36.84	800m: 9:32.72	37.12	1200m: 14:25.47	36.69			
10.	DURAN, Christina		16	Camo				18:09.07	598
	50m: 32.55	32.55	450m: 5:19.28	36.73	850m: 10:09.79	36.42	1250m: 15:06.01	36.94	
	100m: 1:07.47	34.92	500m: 5:55.82	36.54	900m: 10:46.46	36.67	1300m: 15:43.18	37.17	
	150m: 1:42.82	35.35	550m: 6:31.54	35.72	950m: 11:23.35	36.89	1350m: 16:20.68	37.50	
	200m: 2:18.60	35.78	600m: 7:08.30	36.76	1000m: 12:00.07	36.72	1400m: 16:57.80	37.12	
	250m: 2:54.53	35.93	650m: 7:44.70	36.40	1050m: 12:36.81	36.74	1450m: 17:34.75	36.95	
	300m: 3:30.26	35.73	700m: 8:20.84	36.14	1100m: 13:14.46	37.65	1500m: 18:09.07	34.32	
	350m: 4:06.34	36.08	750m: 8:56.89	36.05	1150m: 13:51.96	37.50			
	400m: 4:42.55	36.21	800m: 9:33.37	36.48	1200m: 14:29.07	37.11			
11.	LORD, Raphaëlle		17	Cnq				18:21.17	579
	50m: 32.07	32.07	450m:		850m: 10:15.93	37.28	1250m: 15:15.84	37.45	
	100m: 1:06.80	34.73	500m: 5:56.58		900m: 10:53.21	37.28	1300m: 15:53.87	38.03	
	150m: 1:42.49	35.69	550m: 6:33.38	36.80	950m: 11:31.06	37.85	1350m: 16:31.44	37.57	
	200m:		600m:		1000m:		1400m: 17:08.71	37.27	
	250m:		650m: 7:47.17		1050m:		1450m:		
	300m: 3:30.67		700m: 8:24.52	37.35	1100m:		1500m: 18:21.17		
	350m:		750m:		1150m:				
	400m: 4:43.38		800m: 9:38.65		1200m: 14:38.39				



Coupe du Québec senior automne 2021
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Epreuve 23, Dames, 1500m Libre, Cat. générale

Rang			Age					Temps	Pts			
12.	SHINK, Ariane		15	Cnq				18:21.40	579			
	50m:	32.34	32.34	450m:	5:23.20	37.15	850m:	10:19.26	37.48	1250m:	15:16.67	36.84
	100m:	1:07.49	35.15	500m:	5:59.68	36.48	900m:	10:56.43	37.17	1300m:	15:54.14	37.47
	150m:	1:43.96	36.47	550m:	6:37.26	37.58	950m:	11:33.64	37.21	1350m:	16:31.09	36.95
	200m:	2:20.18	36.22	600m:	7:14.35	37.09	1000m:	12:10.47	36.83	1400m:	17:08.34	37.25
	250m:	2:56.42	36.24	650m:	7:51.63	37.28	1050m:	12:48.07	37.60	1450m:	17:45.84	37.50
	300m:	3:32.97	36.55	700m:	8:28.69	37.06	1100m:	13:25.30	37.23	1500m:	18:21.40	35.56
	350m:	4:09.44	36.47	750m:	9:05.45	36.76	1150m:	14:02.66	37.36			
	400m:	4:46.05	36.61	800m:	9:41.78	36.33	1200m:	14:39.83	37.17			
13.	SIAH, Kenza		15	Camo				18:26.51	571			
	50m:	32.59	32.59	450m:	5:19.48	36.55	850m:	10:15.51	37.01	1250m:	15:17.85	38.10
	100m:	1:07.22	34.63	500m:	5:56.62	37.14	900m:	10:53.03	37.52	1300m:	15:56.34	38.49
	150m:	1:42.82	35.60	550m:	6:32.47	35.85	950m:	11:30.61	37.58	1350m:	16:34.62	38.28
	200m:	2:18.68	35.86	600m:	7:08.97	36.50	1000m:	12:08.16	37.55	1400m:	17:12.60	37.98
	250m:	2:54.74	36.06	650m:	7:46.23	37.26	1050m:	12:45.43	37.27	1450m:	17:50.17	37.57
	300m:	3:30.56	35.82	700m:	8:23.35	37.12	1100m:	13:23.57	38.14	1500m:	18:26.51	36.34
	350m:	4:06.62	36.06	750m:	9:00.55	37.20	1150m:	14:01.53	37.96			
	400m:	4:42.93	36.31	800m:	9:38.50	37.95	1200m:	14:39.75	38.22			
14.	BROUSSEAU, Charlotte		13	Camo				18:26.59	570			
	50m:	32.46	32.46	450m:	5:24.94	36.77	850m:	10:21.30	37.26	1250m:	15:20.60	37.73
	100m:	1:08.18	35.72	500m:	6:02.18	37.24	900m:	10:58.34	37.04	1300m:	15:58.56	37.96
	150m:	1:44.47	36.29	550m:	6:38.70	36.52	950m:	11:35.68	37.34	1350m:	16:36.11	37.55
	200m:	2:20.90	36.43	600m:	7:16.00	37.30	1000m:	12:12.80	37.12	1400m:	17:13.63	37.52
	250m:	2:57.43	36.53	650m:	7:52.80	36.80	1050m:	12:50.45	37.65	1450m:	17:51.02	37.39
	300m:	3:34.23	36.80	700m:	8:29.67	36.87	1100m:	13:27.89	37.44	1500m:	18:26.59	35.57
	350m:	4:11.23	37.00	750m:	9:06.98	37.31	1150m:	14:05.23	37.34			
	400m:	4:48.17	36.94	800m:	9:44.04	37.06	1200m:	14:42.87	37.64			
15.	LACHANCE, Emily		17	Riverains				18:44.50	544			
	50m:	31.26	31.26	450m:	5:26.40	37.85	850m:	10:30.12	37.74	1250m:	15:35.01	38.12
	100m:	1:06.33	35.07	500m:	6:04.19	37.79	900m:	11:07.99	37.87	1300m:	16:13.36	38.35
	150m:	1:43.08	36.75	550m:	6:42.23	38.04	950m:	11:46.42	38.43	1350m:	16:51.85	38.49
	200m:	2:20.33	37.25	600m:	7:20.18	37.95	1000m:	12:24.48	38.06	1400m:	17:30.35	38.50
	250m:	2:56.98	36.65	650m:	7:58.41	38.23	1050m:	13:02.51	38.03	1450m:	18:08.25	37.90
	300m:	3:34.09	37.11	700m:	8:36.48	38.07	1100m:	13:40.53	38.02	1500m:	18:44.50	36.25
	350m:	4:11.20	37.11	750m:	9:14.67	38.19	1150m:	14:18.59	38.06			
	400m:	4:48.55	37.35	800m:	9:52.38	37.71	1200m:	14:56.89	38.30			
16.	MILOT, Camille		15	Neptune Natation				18:53.58	531			
	50m:	33.16	33.16	450m:	5:31.72	37.77	850m:	10:35.96	38.35	1250m:	15:42.89	38.36
	100m:	1:09.65	36.49	500m:	6:09.39	37.67	900m:	11:14.10	38.14	1300m:	16:21.40	38.51
	150m:	1:46.64	36.99	550m:	6:47.46	38.07	950m:	11:52.25	38.15	1350m:	16:59.86	38.46
	200m:	2:23.97	37.33	600m:	7:25.29	37.83	1000m:	12:30.89	38.64	1400m:	17:38.00	38.14
	250m:	3:01.24	37.27	650m:	8:03.11	37.82	1050m:	13:09.07	38.18	1450m:	18:15.89	37.89
	300m:	3:38.66	37.42	700m:	8:41.15	38.04	1100m:	13:47.42	38.35	1500m:	18:53.58	37.69
	350m:	4:16.25	37.59	750m:	9:19.35	38.20	1150m:	14:25.67	38.25			
	400m:	4:53.95	37.70	800m:	9:57.61	38.26	1200m:	15:04.53	38.86			
17.	MICHAUD, Laurence		14	Club de natation Jonquiere				18:53.91	530			
	50m:	32.82	32.82	450m:	5:33.22	38.45	850m:	10:39.19	38.48	1250m:	15:47.86	38.65
	100m:	1:08.64	35.82	500m:	6:10.67	37.45	900m:	11:17.64	38.45	1300m:	16:26.23	38.37
	150m:	1:45.77	37.13	550m:	6:48.58	37.91	950m:	11:55.97	38.33	1350m:	17:03.91	37.68
	200m:	2:23.72	37.95	600m:	7:26.99	38.41	1000m:	12:34.68	38.71	1400m:	17:42.13	38.22
	250m:	3:01.84	38.12	650m:	8:05.57	38.58	1050m:	13:13.52	38.84	1450m:	18:18.78	36.65
	300m:	3:39.10	37.26	700m:	8:43.98	38.41	1100m:	13:52.31	38.79	1500m:	18:53.91	35.13
	350m:	4:17.24	38.14	750m:	9:22.40	38.42	1150m:	14:30.98	38.67			
	400m:	4:54.77	37.53	800m:	10:00.71	38.31	1200m:	15:09.21	38.23			



Coupe du Québec senior automne 2021
 Québec, 26 au 28 novembre 2021



Epreuve 23, Dames, 1500m Libre, Cat. générale

Rang			Age						Temps	Pts		
18.	LACOSTE, Coralie		16	C.A. St-Eustache				19:23.26	491	*		
	50m:	32.46	32.46	450m:	5:35.91	38.54	850m:	10:51.82	39.38	1250m:	16:08.84	38.24
	100m:	1:08.61	36.15	500m:	6:15.83	39.92	900m:	11:31.00	39.18	1300m:	16:49.72	40.88
	150m:	1:46.13	37.52	550m:	6:53.59	37.76	950m:	12:10.80	39.80	1350m:	17:28.61	38.89
	200m:	2:23.63	37.50	600m:	7:34.32	40.73	1000m:	12:50.97	40.17	1400m:	18:07.80	39.19
	250m:	3:01.25	37.62	650m:	8:11.97	37.65	1050m:	13:30.41	39.44	1450m:	18:46.09	38.29
	300m:	3:39.52	38.27	700m:	8:52.97	41.00	1100m:	14:10.63	40.22	1500m:	19:23.26	37.17
	350m:	4:17.81	38.29	750m:	9:31.52	38.55	1150m:	14:49.90	39.27			
	400m:	4:57.37	39.56	800m:	10:12.44	40.92	1200m:	15:30.60	40.70			
19.	CANTIN, Myriam		16	Cnq				19:24.27	490	*		
	50m:	32.38	32.38	450m:	5:36.71	39.55	850m:	10:52.78	39.70	1250m:	16:09.39	40.20
	100m:	1:08.41	36.03	500m:	6:16.22	39.51	900m:	11:32.15	39.37	1300m:	16:48.80	39.41
	150m:	1:45.34	36.93	550m:	6:55.05	38.83	950m:	12:11.36	39.21	1350m:	17:28.22	39.42
	200m:	2:23.30	37.96	600m:	7:34.41	39.36	1000m:	12:50.29	38.93	1400m:	18:07.23	39.01
	250m:	3:01.91	38.61	650m:	8:14.23	39.82	1050m:	13:29.58	39.29	1450m:	18:46.94	39.71
	300m:	3:40.41	38.50	700m:	8:54.07	39.84	1100m:	14:09.25	39.67	1500m:	19:24.27	37.33
	350m:	4:18.86	38.45	750m:	9:33.49	39.42	1150m:	14:49.06	39.81			
	400m:	4:57.16	38.30	800m:	10:13.08	39.59	1200m:	15:29.19	40.13			
forf.nd.	FILION, Annabelle		15	Cnq								
abandon	TREMBLAY, Sarah-Louise		17	Club de natation Jonquiere								