



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



Epreuve 35
2021-11-28 - 11:01

3000m Libre

Cat. générale
Liste résultats

Points: FINA 2021

Rang			Age					Temps	Pts			
Cat. générale, Dames												
1.	DORNIC, Morgane		23	Rouge et Or universitaire				34:34.30	693			
	50m:	31.83	31.83	800m:	9:10.21	34.52	1550m:	17:49.80	34.93	2300m:	26:30.52	34.66
	100m:	1:06.11	34.28	850m:	9:44.87	34.66	1600m:	18:24.21	34.41	2350m:	27:05.21	34.69
	150m:	1:40.87	34.76	900m:	10:19.48	34.61	1650m:	18:58.71	34.50	2400m:	27:40.00	34.79
	200m:	2:15.54	34.67	950m:	10:53.93	34.45	1700m:	19:33.10	34.39	2450m:	28:14.61	34.61
	250m:	2:50.42	34.88	1000m:	11:28.18	34.25	1750m:	20:07.54	34.44	2500m:	28:49.43	34.82
	300m:	3:25.02	34.60	1050m:	12:02.75	34.57	1800m:	20:42.62	35.08	2550m:	29:24.21	34.78
	350m:	3:59.55	34.53	1100m:	12:37.15	34.40	1850m:	21:19.37	36.75	2600m:	29:58.98	34.77
	400m:	4:34.15	34.60	1150m:	13:11.57	34.42	1900m:	21:54.09	34.72	2650m:	30:33.70	34.72
	450m:	5:08.75	34.60	1200m:	13:46.05	34.48	1950m:	22:28.58	34.49	2700m:	31:08.35	34.65
	500m:	5:43.31	34.56	1250m:	14:21.10	35.05	2000m:	23:03.20	34.62	2750m:	31:42.99	34.64
	550m:	6:17.83	34.52	1300m:	14:56.61	35.51	2050m:	23:37.84	34.64	2800m:	32:17.62	34.63
	600m:	6:52.31	34.48	1350m:	15:31.05	34.44	2100m:	24:12.17	34.33	2850m:	32:52.15	34.53
	650m:	7:26.84	34.53	1400m:	16:05.57	34.52	2150m:	24:46.95	34.78	2900m:	33:26.44	34.29
	700m:	8:01.40	34.56	1450m:	16:40.17	34.60	2200m:	25:21.54	34.59	2950m:	34:00.79	34.35
	750m:	8:35.69	34.29	1500m:	17:14.87	34.70	2250m:	25:55.86	34.32	3000m:	34:34.30	33.51
2.	MARQUIS, Jade		17	Club de Natation Samak				37:06.80	560			
	50m:	32.85	32.85	800m:	9:49.03	37.25	1550m:	19:06.56	37.24	2300m:	28:26.33	37.54
	100m:	1:08.89	36.04	850m:	10:26.69	37.66	1600m:	19:43.54	36.98	2350m:	29:03.82	37.49
	150m:	1:45.70	36.81	900m:	11:04.09	37.40	1650m:	20:20.42	36.88	2400m:	29:41.19	37.37
	200m:	2:22.60	36.90	950m:	11:41.40	37.31	1700m:	20:57.51	37.09	2450m:	30:18.80	37.61
	250m:	2:59.70	37.10	1000m:	12:19.14	37.74	1750m:	21:34.79	37.28	2500m:	30:56.48	37.68
	300m:	3:37.05	37.35	1050m:	12:56.35	37.21	1800m:	22:11.98	37.19	2550m:	31:33.95	37.47
	350m:	4:14.62	37.57	1100m:	13:33.62	37.27	1850m:	22:49.07	37.09	2600m:	32:11.56	37.61
	400m:	4:52.18	37.56	1150m:	14:11.30	37.68	1900m:	23:26.58	37.51	2650m:	32:49.18	37.62
	450m:	5:29.40	37.22	1200m:	14:48.27	36.97	1950m:	24:04.35	37.77	2700m:	33:26.41	37.23
	500m:	6:06.53	37.13	1250m:	15:25.27	37.00	2000m:	24:42.04	37.69	2750m:	34:03.82	37.41
	550m:	6:43.41	36.88	1300m:	16:02.24	36.97	2050m:	25:19.87	37.83	2800m:	34:41.01	37.19
	600m:	7:20.33	36.92	1350m:	16:39.25	37.01	2100m:	25:57.16	37.29	2850m:	35:17.85	36.84
	650m:	7:57.59	37.26	1400m:	17:15.62	36.37	2150m:	26:34.32	37.16	2900m:	35:55.12	37.27
	700m:	8:34.69	37.10	1450m:	17:52.20	36.58	2200m:	27:11.47	37.15	2950m:	36:31.82	36.70
	750m:	9:11.78	37.09	1500m:	18:29.32	37.12	2250m:	27:48.79	37.32	3000m:	37:06.80	34.98
3.	BROUSSEAU, Charlotte		13	Camo				38:41.06	494			
	50m:	33.50	33.50	800m:	10:08.23	39.09	1550m:	19:53.74	39.39	2300m:	29:41.68	37.93
	100m:	1:09.83	36.33	850m:	10:47.31	39.08	1600m:	20:32.90	39.16	2350m:	30:20.71	39.03
	150m:	1:46.09	36.26	900m:	11:26.43	39.12	1650m:	21:12.73	39.83	2400m:	30:59.86	39.15
	200m:	2:23.24	37.15	950m:	12:05.58	39.15	1700m:	21:51.65	38.92	2450m:	31:39.36	39.50
	250m:	3:00.31	37.07	1000m:	12:44.53	38.95	1750m:	22:30.99	39.34	2500m:	32:18.36	39.00
	300m:	3:38.02	37.71	1050m:	13:23.65	39.12	1800m:	23:10.38	39.39	2550m:	32:56.27	37.91
	350m:	4:16.61	38.59	1100m:	14:02.37	38.72	1850m:	23:49.97	39.59	2600m:	33:35.37	39.10
	400m:	4:55.23	38.62	1150m:	14:41.62	39.25	1900m:	24:29.01	39.04	2650m:	34:14.27	38.90
	450m:	5:34.48	39.25	1200m:	15:20.61	38.99	1950m:	25:08.07	39.06	2700m:	34:53.18	38.91
	500m:	6:13.35	38.87	1250m:	15:59.24	38.63	2000m:	25:48.03	39.96	2750m:	35:32.39	39.21
	550m:	6:53.00	39.65	1300m:	16:38.28	39.04	2050m:	26:26.81	38.78	2800m:	36:10.93	38.54
	600m:	7:31.40	38.40	1350m:	17:17.39	39.11	2100m:	27:05.90	39.09	2850m:	36:49.27	38.34
	650m:	8:10.91	39.51	1400m:	17:56.05	38.66	2150m:	27:45.39	39.49	2900m:	37:27.47	38.20
	700m:	8:50.15	39.24	1450m:	18:34.65	38.60	2200m:	28:24.81	39.42	2950m:	38:05.68	38.21
	750m:	9:29.14	38.99	1500m:	19:14.35	39.70	2250m:	29:03.75	38.94	3000m:	38:41.06	35.38



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



Epreuve 35, Dames, 3000m Libre, Cat. générale

Rang			Age					Temps	Pts			
4.	MICHAUD, Laurence		14	Club de natation Jonquiere				39:06.80	478			
	50m:	33.62	33.62	800m:	10:16.83	38.98	1550m:	20:15.45	39.90	2300m:	30:14.06	39.57
	100m:	1:11.01	37.39	850m:	10:56.67	39.84	1600m:	20:55.16	39.71	2350m:	30:52.79	38.73
	150m:	1:49.22	38.21	900m:	11:36.40	39.73	1650m:	21:34.69	39.53	2400m:	31:31.58	38.79
	200m:	2:27.78	38.56	950m:	12:16.15	39.75	1700m:	22:14.89	40.20	2450m:	32:09.76	38.18
	250m:	3:07.02	39.24	1000m:	12:56.19	40.04	1750m:	22:55.27	40.38	2500m:	32:47.66	37.90
	300m:	3:46.19	39.17	1050m:	13:36.25	40.06	1800m:	23:35.89	40.62	2550m:	33:25.71	38.05
	350m:	4:25.12	38.93	1100m:	14:16.06	39.81	1850m:	24:15.94	40.05	2600m:	34:04.25	38.54
	400m:	5:03.98	38.86	1150m:	14:56.02	39.96	1900m:	24:56.16	40.22	2650m:	34:41.14	36.89
	450m:	5:43.11	39.13	1200m:	15:35.79	39.77	1950m:	25:36.21	40.05	2700m:	35:19.13	37.99
	500m:	6:21.72	38.61	1250m:	16:15.64	39.85	2000m:	26:16.40	40.19	2750m:	35:56.95	37.82
	550m:	7:00.57	38.85	1300m:	16:55.85	40.21	2050m:	26:55.54	39.14	2800m:	36:34.34	37.39
	600m:	7:39.97	39.40	1350m:	17:35.60	39.75	2100m:	27:35.46	39.92	2850m:	37:12.70	38.36
	650m:	8:19.28	39.31	1400m:	18:15.56	39.96	2150m:	28:15.40	39.94	2900m:	37:51.21	38.51
	700m:	8:59.03	39.75	1450m:	18:55.38	39.82	2200m:	28:54.58	39.18	2950m:	38:29.47	38.26
	750m:	9:37.85	38.82	1500m:	19:35.55	40.17	2250m:	29:34.49	39.91	3000m:	39:06.80	37.33

Cat. générale, Messieurs

1.	LORD, Guillaume		21	Mustang Boucherville				32:38.53	649			
	50m:	28.93	28.93	800m:	8:39.05	32.78	1550m:	16:49.23	32.58	2300m:	25:00.85	32.90
	100m:	1:00.38	31.45	850m:	9:11.40	32.35	1600m:	17:22.26	33.03	2350m:	25:33.43	32.58
	150m:	1:32.91	32.53	900m:	9:43.89	32.49	1650m:	17:55.27	33.01	2400m:	26:06.25	32.82
	200m:	2:05.31	32.40	950m:	10:16.38	32.49	1700m:	18:28.42	33.15	2450m:	26:39.22	32.97
	250m:	2:37.60	32.29	1000m:	10:48.99	32.61	1750m:	19:01.25	32.83	2500m:	27:12.21	32.99
	300m:	3:10.63	33.03	1050m:	11:21.68	32.69	1800m:	19:34.46	33.21	2550m:	27:44.81	32.60
	350m:	3:43.40	32.77	1100m:	11:54.43	32.75	1850m:	20:07.43	32.97	2600m:	28:17.43	32.62
	400m:	4:16.16	32.76	1150m:	12:27.31	32.88	1900m:	20:40.09	32.66	2650m:	28:50.38	32.95
	450m:	4:48.77	32.61	1200m:	12:59.89	32.58	1950m:	21:12.52	32.43	2700m:	29:23.53	33.15
	500m:	5:21.68	32.91	1250m:	13:32.74	32.85	2000m:	21:45.25	32.73	2750m:	29:56.66	33.13
	550m:	5:54.47	32.79	1300m:	14:05.38	32.64	2050m:	22:17.61	32.36	2800m:	30:29.71	33.05
	600m:	6:27.39	32.92	1350m:	14:38.05	32.67	2100m:	22:50.13	32.52	2850m:	31:02.16	32.45
	650m:	7:00.40	33.01	1400m:	15:10.96	32.91	2150m:	23:22.33	32.20	2900m:	31:35.02	32.86
	700m:	7:33.08	32.68	1450m:	15:44.05	33.09	2200m:	23:55.08	32.75	2950m:	32:07.74	32.72
	750m:	8:06.27	33.19	1500m:	16:16.65	32.60	2250m:	24:27.95	32.87	3000m:	32:38.53	30.79
2.	POULIOT, David		22	Rouge et Or/Université Laval				32:50.02	638			
	50m:	28.64	28.64	800m:	8:43.96	32.56	1550m:	16:54.90	32.77	2300m:	25:07.46	33.66
	100m:	59.94	31.30	850m:	9:16.60	32.64	1600m:	17:27.78	32.88	2350m:	25:40.20	32.74
	150m:	1:33.29	33.35	900m:	9:49.12	32.52	1650m:	18:01.08	33.30	2400m:	26:13.18	32.98
	200m:	2:06.50	33.21	950m:	10:21.98	32.86	1700m:	18:33.66	32.58	2450m:	26:45.93	32.75
	250m:	2:39.87	33.37	1000m:	10:54.56	32.58	1750m:	19:06.63	32.97	2500m:	27:19.10	33.17
	300m:	3:13.29	33.42	1050m:	11:27.08	32.52	1800m:	19:39.34	32.71	2550m:	27:52.13	33.03
	350m:	3:46.66	33.37	1100m:	11:59.67	32.59	1850m:	20:12.18	32.84	2600m:	28:24.80	32.67
	400m:	4:19.94	33.28	1150m:	12:32.51	32.84	1900m:	20:44.49	32.31	2650m:	28:57.75	32.95
	450m:	4:52.91	32.97	1200m:	13:05.35	32.84	1950m:	21:16.81	32.32	2700m:	29:30.84	33.09
	500m:	5:25.86	32.95	1250m:	13:38.34	32.99	2000m:	21:49.54	32.73	2750m:	30:03.95	33.11
	550m:	5:59.33	33.47	1300m:	14:10.67	32.33	2050m:	22:22.01	32.47	2800m:	30:37.11	33.16
	600m:	6:32.55	33.22	1350m:	14:43.42	32.75	2100m:	22:54.85	32.84	2850m:	31:10.46	33.35
	650m:	7:05.51	32.96	1400m:	15:16.33	32.91	2150m:	23:27.44	32.59	2900m:	31:43.70	33.24
	700m:	7:38.62	33.11	1450m:	15:49.28	32.95	2200m:	24:00.61	33.17	2950m:	32:17.04	33.34
	750m:	8:11.40	32.78	1500m:	16:22.13	32.85	2250m:	24:33.80	33.19	3000m:	32:50.02	32.98



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



Epreuve 35, Messieurs, 3000m Libre, Cat. générale

Rang			Age				Temps		Pts
3.	LANGLOIS, Thomas		17	Elite			33:09.24	619	
	50m: 29.58	29.58	800m: 8:45.97	33.42	1550m: 17:03.91	33.37	2300m: 25:22.45	33.84	
	100m: 1:01.93	32.35	850m: 9:19.28	33.31	1600m: 17:36.76	32.85	2350m: 25:55.83	33.38	
	150m: 1:34.90	32.97	900m: 9:52.51	33.23	1650m: 18:10.01	33.25	2400m: 26:29.57	33.74	
	200m: 2:07.60	32.70	950m: 10:25.71	33.20	1700m: 18:42.91	32.90	2450m: 27:03.17	33.60	
	250m: 2:40.37	32.77	1000m: 10:58.61	32.90	1750m: 19:15.90	32.99	2500m: 27:36.53	33.36	
	300m: 3:13.56	33.19	1050m: 11:31.63	33.02	1800m: 19:48.93	33.03	2550m: 28:09.91	33.38	
	350m: 3:46.75	33.19	1100m: 12:04.66	33.03	1850m: 20:21.94	33.01	2600m: 28:43.52	33.61	
	400m: 4:19.63	32.88	1150m: 12:38.00	33.34	1900m: 20:54.67	32.73	2650m: 29:17.58	34.06	
	450m: 4:52.53	32.90	1200m: 13:11.45	33.45	1950m: 21:27.98	33.31	2700m: 29:51.48	33.90	
	500m: 5:26.11	33.58	1250m: 13:44.46	33.01	2000m: 22:01.48	33.50	2750m: 30:24.91	33.43	
	550m: 5:59.56	33.45	1300m: 14:17.46	33.00	2050m: 22:35.05	33.57	2800m: 30:58.59	33.68	
	600m: 6:32.95	33.39	1350m: 14:50.43	32.97	2100m: 23:08.32	33.27	2850m: 31:32.12	33.53	
	650m: 7:06.05	33.10	1400m: 15:23.69	33.26	2150m: 23:41.85	33.53	2900m: 32:05.50	33.38	
	700m: 7:39.33	33.28	1450m: 15:57.36	33.67	2200m: 24:14.97	33.12	2950m: 32:37.63	32.13	
	750m: 8:12.55	33.22	1500m: 16:30.54	33.18	2250m: 24:48.61	33.64	3000m: 33:09.24	31.61	
4.	FORGUES, Marc-Olivier		18	Riverains			34:57.48	528	
	50m: 30.22	30.22	800m: 9:06.34	34.97	1550m: 17:54.85	35.49	2300m: 26:40.79	34.93	
	100m: 1:03.75	33.53	850m: 9:41.41	35.07	1600m: 18:30.17	35.32	2350m: 27:16.14	35.35	
	150m: 1:37.87	34.12	900m: 10:16.62	35.21	1650m: 19:05.45	35.28	2400m: 27:51.61	35.47	
	200m: 2:11.84	33.97	950m: 10:51.89	35.27	1700m: 19:40.39	34.94	2450m: 28:27.48	35.87	
	250m: 2:46.11	34.27	1000m: 11:27.02	35.13	1750m: 20:15.92	35.53	2500m: 29:02.98	35.50	
	300m: 3:19.78	33.67	1050m: 12:02.26	35.24	1800m: 20:50.75	34.83	2550m: 29:37.56	34.58	
	350m: 3:54.47	34.69	1100m: 12:37.73	35.47	1850m: 21:25.69	34.94	2600m: 30:13.43	35.87	
	400m: 4:28.60	34.13	1150m: 13:12.68	34.95	1900m: 22:00.79	35.10	2650m: 30:49.70	36.27	
	450m: 5:03.15	34.55	1200m: 13:48.15	35.47	1950m: 22:35.77	34.98	2700m: 31:25.76	36.06	
	500m: 5:37.84	34.69	1250m: 14:23.25	35.10	2000m: 23:10.78	35.01	2750m: 32:01.93	36.17	
	550m: 6:12.33	34.49	1300m: 14:58.40	35.15	2050m: 23:45.60	34.82	2800m: 32:38.19	36.26	
	600m: 6:47.37	35.04	1350m: 15:33.33	34.93	2100m: 24:20.63	35.03	2850m: 33:14.29	36.10	
	650m: 7:21.98	34.61	1400m: 16:09.00	35.67	2150m: 24:55.55	34.92	2900m: 33:49.86	35.57	
	700m: 7:56.07	34.09	1450m: 16:44.19	35.19	2200m: 25:30.34	34.79	2950m: 34:25.18	35.32	
	750m: 8:31.37	35.30	1500m: 17:19.36	35.17	2250m: 26:05.86	35.52	3000m: 34:57.48	32.30	
5.	LABERGE, Olivier		19	Rouge et Or/Université Laval			35:36.69	500	
	50m: 30.88	30.88	800m: 9:19.34	35.25	1550m: 18:16.56	35.89	2300m: 27:17.67	35.89	
	100m: 1:04.72	33.84	850m: 9:54.86	35.52	1600m: 18:52.48	35.92	2350m: 27:53.38	35.71	
	150m: 1:39.33	34.61	900m: 10:30.73	35.87	1650m: 19:28.44	35.96	2400m: 28:29.08	35.70	
	200m: 2:14.58	35.25	950m: 11:06.18	35.45	1700m: 20:04.66	36.22	2450m: 29:04.99	35.91	
	250m: 2:49.94	35.36	1000m: 11:42.15	35.97	1750m: 20:40.64	35.98	2500m: 29:41.19	36.20	
	300m: 3:25.62	35.68	1050m: 12:17.54	35.39	1800m: 21:16.91	36.27	2550m: 30:17.26	36.07	
	350m: 4:01.20	35.58	1100m: 12:53.41	35.87	1850m: 21:52.95	36.04	2600m: 30:52.94	35.68	
	400m: 4:37.09	35.89	1150m: 13:28.72	35.31	1900m: 22:28.99	36.04	2650m: 31:28.95	36.01	
	450m: 5:12.59	35.50	1200m: 14:04.79	36.07	1950m: 23:05.26	36.27	2700m: 32:04.94	35.99	
	500m: 5:48.02	35.43	1250m: 14:40.88	36.09	2000m: 23:41.25	35.99	2750m: 32:40.58	35.64	
	550m: 6:22.99	34.97	1300m: 15:16.70	35.82	2050m: 24:16.91	35.66	2800m: 33:16.54	35.96	
	600m: 6:58.12	35.13	1350m: 15:52.66	35.96	2100m: 24:53.18	36.27	2850m: 33:52.03	35.49	
	650m: 7:32.97	34.85	1400m: 16:28.66	36.00	2150m: 25:29.17	35.99	2900m: 34:27.81	35.78	
	700m: 8:08.70	35.73	1450m: 17:04.66	36.00	2200m: 26:05.67	36.50	2950m: 35:02.79	34.98	
	750m: 8:44.09	35.39	1500m: 17:40.67	36.01	2250m: 26:41.78	36.11	3000m: 35:36.69	33.90	