

Invitation NSH décembre 2023
Québec, 1- - 2-12-2023

Epreuve 14
2023-12-02 - 9:40

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: FINA 2023

Rang			Age							Temps	Pts	
11 - 12 ans												
1.	OUELLET, Laurence		12	Nsh						5:34.46	330	
	50m:	38.53	38.53	150m:	2:04.37	43.07	250m:	3:31.35	43.43	350m:	4:56.86	42.70
	100m:	1:21.30	42.77	200m:	2:47.92	43.55	300m:	4:14.16	42.81	400m:	5:34.46	37.60
2.	SIROIS, Ophélie		12	Club de Natation Régional de la Beauce						5:39.11	317	
	50m:	38.00	38.00	150m:	2:07.21	45.29	250m:	3:34.67	43.39	350m:	5:00.81	42.10
	100m:	1:21.92	43.92	200m:	2:51.28	44.07	300m:	4:18.71	44.04	400m:	5:39.11	38.30
3.	BUSQUE, Yanina		12	Club de Natation des Riverains						5:51.51	284	
	50m:	40.05	40.05	150m:	2:11.03	46.03	250m:	3:40.71	44.24	350m:	5:09.92	44.00
	100m:	1:25.00	44.95	200m:	2:56.47	45.44	300m:	4:25.92	45.21	400m:	5:51.51	41.59
4.	NOLET, Charlie		12	Club de Natation des Riverains						5:51.81	284	
	50m:	39.40	39.40	150m:	2:10.89	45.71	250m:	3:40.45	44.10	350m:	5:10.56	43.96
	100m:	1:25.18	45.78	200m:	2:56.35	45.46	300m:	4:26.60	46.15	400m:	5:51.81	41.25
5.	LABBÉ, Juliette		11	Nsh						5:52.16	283	
	50m:	37.21	37.21	150m:	2:09.25	47.23	250m:	3:40.27	45.42	350m:	5:10.53	43.94
	100m:	1:22.02	44.81	200m:	2:54.85	45.60	300m:	4:26.59	46.32	400m:	5:52.16	41.63
6.	BOUCHARD, Noémie		12	Nsh						6:10.29	243	
	50m:	41.34	41.34	150m:	2:16.16		250m:	3:52.14	47.94	350m:	5:26.56	46.87
	100m:			200m:	3:04.20	48.04	300m:	4:39.69	47.55	400m:	6:10.29	43.73
7.	ECHEVARRIA, Saya		12	Nsh						6:18.50	228	
	50m:	39.92	39.92	150m:	2:17.49	50.39	250m:	3:56.03		350m:	5:32.65	49.24
	100m:	1:27.10	47.18	200m:			300m:	4:43.41	47.38	400m:	6:18.50	45.85
8.	LAVOIE, Daphnée		11	Nsh						6:23.38	219	
	50m:	42.17	42.17	150m:	2:17.45	48.60	250m:	3:57.59	49.53	350m:	5:35.22	47.24
	100m:	1:28.85	46.68	200m:	3:08.06	50.61	300m:	4:47.98	50.39	400m:	6:23.38	48.16
9.	BLAIS, Élizabéth		11	Club de Natation des Riverains						6:35.06	200	
	50m:	44.24	44.24	150m:	2:24.40	50.70	250m:	4:05.41	50.18	350m:	5:51.27	51.94
	100m:	1:33.70	49.46	200m:	3:15.23	50.83	300m:	4:59.33	53.92	400m:	6:35.06	43.79
10.	RENAUD, Émilie		12	Club de Natation des Riverains						6:59.07	168	
	50m:	46.74	46.74	150m:	2:31.67	53.53	250m:	4:19.70	53.98	350m:	6:07.41	53.42
	100m:	1:38.14	51.40	200m:	3:25.72	54.05	300m:	5:13.99	54.29	400m:	6:59.07	51.66
11.	GIGUÈRE, Eva		12	Club de Natation des Riverains						7:09.46	156	
	50m:	51.98	51.98	150m:	2:41.95	54.56	250m:	4:31.12	54.97	350m:	6:15.73	51.84
	100m:	1:47.39	55.41	200m:	3:36.15	54.20	300m:	5:23.89	52.77	400m:	7:09.46	53.73
13 - 14 ans												
1.	TANGUAY, Lily-Rose		13	Club de Natation des Riverains						4:52.96	492	
	50m:	31.33	31.33	150m:	1:45.41	37.92	250m:	3:01.34	37.78	350m:	4:17.43	37.95
	100m:	1:07.49	36.16	200m:	2:23.56	38.15	300m:	3:39.48	38.14	400m:	4:52.96	35.53
2.	FORTIN, Héloïse		14	Club de Natation des Riverains						5:06.32	430	
	50m:	34.27	34.27	150m:	1:50.45	38.75	250m:	3:09.25	39.55	350m:		
	100m:	1:11.70	37.43	200m:	2:29.70	39.25	300m:	3:49.34	40.09	400m:	5:06.32	
3.	DEMERS, Lauralie		13	Club de Natation des Riverains						5:14.35	398	
	50m:	35.30	35.30	150m:	1:54.43	40.42	250m:	3:15.87	40.69	350m:	4:37.12	40.36
	100m:	1:14.01	38.71	200m:	2:35.18	40.75	300m:	3:56.76	40.89	400m:	5:14.35	37.23

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

Rang				Age						Temps	Pts	
4.	POULIOT, Ariane			14	Club de Natation Régional de la Beauce					5:14.88	396	
	50m:	35.42	35.42	150m:	1:55.12	40.45	250m:	3:16.40	40.49	350m:	4:36.97	39.82
	100m:	1:14.67	39.25	200m:	2:35.91	40.79	300m:	3:57.15	40.75	400m:	5:14.88	37.91
5.	POULIOT, Roxane			14	Club de Natation Régional de la Beauce					5:19.32	380	
	50m:	34.11	34.11	150m:	1:53.14	40.61	250m:	3:16.30	41.75	350m:	4:39.63	41.73
	100m:	1:12.53	38.42	200m:	2:34.55	41.41	300m:	3:57.90	41.60	400m:	5:19.32	39.69
6.	AUBÉ, Aurey-Lee			13	Club de Natation des Riverains					5:23.33	366	
	50m:	37.28	37.28	150m:	2:00.93	42.32	250m:	3:24.53	41.34	350m:	4:45.18	40.29
	100m:	1:18.61	41.33	200m:	2:43.19	42.26	300m:	4:04.89	40.36	400m:	5:23.33	38.15
7.	BLAIS, Florence			13	Club de Natation des Riverains					5:27.94	350	
	50m:	35.93	35.93	150m:	2:00.73	43.39	250m:	3:25.29	42.52	350m:	4:48.78	41.60
	100m:	1:17.34	41.41	200m:	2:42.77	42.04	300m:	4:07.18	41.89	400m:	5:27.94	39.16
8.	TANGUAY, Jade			14	Club de Natation Régional de la Beauce					5:28.84	347	
	50m:	36.95	36.95	150m:	2:00.26	42.67	250m:	3:24.17	42.13	350m:	4:48.18	42.15
	100m:	1:17.59	40.64	200m:	2:42.04	41.78	300m:	4:06.03	41.86	400m:	5:28.84	40.66
9.	LABBÉ, Camille			13	Nsh					5:48.12	293	
	50m:			150m:	2:08.11	45.68	250m:			350m:		
	100m:	1:22.43		200m:	2:54.03	45.92	300m:	4:24.02		400m:	5:48.12	
10.	JUTRAS, Naomie			13	Club de Natation des Riverains					5:51.34	285	
	50m:	38.45	38.45	150m:	2:09.02	46.40	250m:	3:40.94	46.14	350m:	5:10.34	44.29
	100m:	1:22.62	44.17	200m:	2:54.80	45.78	300m:	4:26.05	45.11	400m:	5:51.34	41.00
11.	BOUCHARD, Marianne			14	Nsh					6:06.06	252	
	50m:			150m:			250m:			350m:		
	100m:			200m:	2:57.79		300m:			400m:	6:06.06	
12.	LEMIEUX, Élodie			13	Club de Natation des Riverains					6:15.79	233	
	50m:	41.70	41.70	150m:	2:18.75	48.61	250m:	3:57.67	49.39	350m:	5:34.50	47.79
	100m:	1:30.14	48.44	200m:	3:08.28	49.53	300m:	4:46.71	49.04	400m:	6:15.79	41.29
13.	SMITH, Raphaëlle			13	Club de Natation des Riverains					6:27.74	212	
	50m:	42.86	42.86	150m:	2:22.84	49.66	250m:	4:02.44	50.41	350m:	5:42.15	48.99
	100m:	1:33.18	50.32	200m:	3:12.03	49.19	300m:	4:53.16	50.72	400m:	6:27.74	45.59

15 ans et plus

1.	LACOSTE, Florence			15	Nsh					4:56.66	473	
	50m:	34.02	34.02	150m:	1:50.59	38.62	250m:	3:07.00	37.71	350m:	4:21.87	37.20
	100m:	1:11.97	37.95	200m:	2:29.29	38.70	300m:	3:44.67	37.67	400m:	4:56.66	34.79
2.	COULOMBE, Gabrielle			15	Club de Natation des Riverains					5:03.77	441	
	50m:	33.62	33.62	150m:	1:47.90	37.60	250m:	3:05.51	39.05	350m:	4:24.93	39.69
	100m:	1:10.30	36.68	200m:	2:26.46	38.56	300m:	3:45.24	39.73	400m:	5:03.77	38.84
3.	SIROIS, Mathilde			16	Club de Natation Régional de la Beauce					5:17.68	385	
	50m:	34.49	34.49	150m:	1:54.21	40.88	250m:	3:16.39	41.37	350m:	4:38.96	40.60
	100m:	1:13.33	38.84	200m:	2:35.02	40.81	300m:	3:58.36	41.97	400m:	5:17.68	38.72
4.	GIROUX, Stéphanie			20	Club de Natation Régional de la Beauce					5:22.46	369	
	50m:	34.75	34.75	150m:	1:56.78	41.85	250m:	3:20.38	41.84	350m:	4:43.00	41.62
	100m:	1:14.93	40.18	200m:	2:38.54	41.76	300m:	4:01.38	41.00	400m:	5:22.46	39.46
5.	MERCIER, Naura			16	Club de Natation Régional de la Beauce					5:22.99	367	
	50m:			150m:			250m:			350m:	5:23.05	
	100m:			200m:			300m:			400m:	5:22.99	

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Epreuve 14, Dames, 400m Libre, 15 ans et plus

Rang			Age						Temps	Pts
6.	FRENETTE, Maude		15	Club de Natation Régional de la Beauce				5:38.33	319	
	50m:	38.01 38.01	150m:	2:02.28 42.68	250m:	3:29.43 43.87	350m:	4:56.19 43.46		
	100m:	1:19.60 41.59	200m:	2:45.56 43.28	300m:	4:12.73 43.30	400m:	5:38.33 42.14		