

Manche 3 des maitres  
Montréal -Nord, 2-12-2023

Epreuve 16 400m Libre 18 ans et plus  
2023-12-02 - 14:32 Liste résultats

Quebec Provincial Senior Records	3:47.81	NEWMAN, Wesley	DDO	Toronto	2009-03-13
Quebec Provincial Senior Records	4:02.23	HARVEY, Mary-Sophie	NN	Toronto	2016-12-17

Points: FINA 2023

Rang					Age					Temps	Pts	
<b>25 - 29 ans, Dames</b>												
1.	BLAIS, Andr�ea				26	M�gophias				<b>5:32.81</b>		
	50m:	37.43	37.43	150m:	2:01.29	42.30	250m:	3:26.80	42.75	350m:	4:52.13	42.81
	100m:	1:18.99	41.56	200m:	2:44.05	42.76	300m:	4:09.32	42.52	400m:	5:32.81	40.68
2.	MICHAUD, Pascale				27	Cmnq				<b>6:14.08</b>		
	50m:	39.33	39.33	150m:	2:08.92	45.62	250m:	3:45.05	48.81	350m:	5:25.60	50.05
	100m:	1:23.30	43.97	200m:	2:56.24	47.32	300m:	4:35.55	50.50	400m:	6:14.08	48.48
<b>25 - 29 ans, Messieurs</b>												
1.	CHOQUETTE-BRUNET, Olivier				26	Camo				<b>4:42.58</b>		
	50m:	30.38	30.38	150m:	1:41.60	36.46	250m:	2:56.24	37.34	350m:	4:08.61	35.54
	100m:	1:05.14	34.76	200m:	2:18.90	37.30	300m:	3:33.07	36.83	400m:	4:42.58	33.97
2.	MIRON, Xavier				27	Mtl Nord Natation				<b>5:33.57</b>		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:33.57	
<b>30 - 34 ans, Dames</b>												
1.	DUFRESNE, Sophie-Rose				32	Capn				<b>6:06.20</b>		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	6:06.20	
2.	GUO, Eva				31	Camo				<b>6:09.79</b>		
	50m:	40.70	40.70	150m:	2:14.72	47.87	250m:	3:49.82	47.15	350m:	5:25.91	47.69
	100m:	1:26.85	46.15	200m:	3:02.67	47.95	300m:	4:38.22	48.40	400m:	6:09.79	43.88
<b>30 - 34 ans, Messieurs</b>												
1.	DALP�-TURCOTTE, Philippe				33	Mtl Nord Natation				<b>4:58.28</b>		
	50m:	33.04	33.04	150m:	1:49.37	38.50	250m:	3:06.65	38.22	350m:	4:21.97	37.31
	100m:	1:10.87	37.83	200m:	2:28.43	39.06	300m:	3:44.66	38.01	400m:	4:58.28	36.31
2.	CHOUCHANE, Mohamed				33	Cnq				<b>5:12.53</b>		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:12.53	
3.	DROLET, Mathieu				32	Blue Machine				<b>5:48.72</b>		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:48.72	
<b>35 - 39 ans, Dames</b>												
1.	CHEN, Yuan				35	Westmount YMCA Maitres-Nageurs				<b>5:25.96</b>		
	50m:	35.28	35.28	150m:	1:55.58	41.42	250m:	3:20.04	42.34	350m:	4:44.92	42.55
	100m:	1:14.16	38.88	200m:	2:37.70	42.12	300m:	4:02.37	42.33	400m:	5:25.96	41.04
2.	MATHIEU, Na�la				39	C. N. Haut-Richelieu				<b>6:03.13</b>		
	50m:	40.53	40.53	150m:	2:12.16	46.27	250m:	3:45.78	46.73	350m:	5:18.62	46.20
	100m:	1:25.89	45.36	200m:	2:59.05	46.89	300m:	4:32.42	46.64	400m:	6:03.13	44.51

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Epreuve 16, 400m Libre

40 - 44 ans, Dames

1.	LAROUCHE, Sandra	43	C. N. Haut-Richelieu	<b>5:52.34</b>
	50m: 39.12 39.12	150m: 2:08.56 44.98	250m: 3:40.28 45.58	350m: 5:10.28 44.45
	100m: 1:23.58 44.46	200m: 2:54.70 46.14	300m: 4:25.83 45.55	400m: 5:52.34 42.06
2.	CAYOUILLE-GUILLOTEAU, Valéri	42	Club de Natation des Riverains	<b>6:49.01</b>
	50m: 46.14 46.14	150m: 2:28.09 51.30	250m: 4:12.41 52.10	350m: 5:58.67 52.93
	100m: 1:36.79 50.65	200m: 3:20.31 52.22	300m: 5:05.74 53.33	400m: 6:49.01 50.34
3.	MASSON, Emilie	41	Camo	<b>7:28.38</b>
	50m: 48.41 48.41	150m:	250m:	350m:
	100m:	200m:	300m: 5:36.86	400m: 7:28.38

40 - 44 ans, Messieurs

1.	ASCARGORTA, Damien	43	Maitres À Contre Courant	<b>4:49.09</b>
	50m: 32.97 32.97	150m: 1:46.16 36.76	250m: 3:00.09 36.86	350m: 4:13.44 36.61
	100m: 1:09.40 36.43	200m: 2:23.23 37.07	300m: 3:36.83 36.74	400m: 4:49.09 35.65

45 - 49 ans, Dames

1.	TANGUAY, Véronique	47	Mtl Nord Natation	<b>5:28.90</b>
	50m: 36.56 36.56	150m: 1:58.10 41.22	250m: 3:22.54 42.48	350m: 4:47.78 42.62
	100m: 1:16.88 40.32	200m: 2:40.06 41.96	300m: 4:05.16 42.62	400m: 5:28.90 41.12
2.	DESCHAMPS, Stéphanie	45	Club de Natation Mont-Tremblant	<b>5:29.96</b>
	50m: 36.11 36.11	150m: 1:57.84 41.69	250m: 3:23.34 43.05	350m: 4:48.35 42.39
	100m: 1:16.15 40.04	200m: 2:40.29 42.45	300m: 4:05.96 42.62	400m: 5:29.96 41.61
3.	JEAN, Maud	47	Mtl Nord Natation	<b>6:32.25</b>
	50m:	150m:	250m:	350m:
	100m:	200m:	300m:	400m: 6:32.25
4.	SANDOVAL, Mariana	45	Ddo	<b>7:00.17</b>
	50m:	150m:	250m:	350m:
	100m:	200m:	300m:	400m: 7:00.17

50 - 54 ans, Dames

1.	LAVOIE, Hélène	50	Club de natation Jonquière	<b>5:16.21</b>
	50m: 36.06 36.06	150m: 1:56.41 40.59	250m: 3:17.85 40.71	350m: 4:38.46 40.07
	100m: 1:15.82 39.76	200m: 2:37.14 40.73	300m: 3:58.39 40.54	400m: 5:16.21 37.75
2.	ROUSSEAU, Catherine	52	Camo	<b>5:37.71</b>
	50m: 38.97 38.97	150m: 2:04.90 43.80	250m: 3:31.61 43.20	350m: 4:57.99 43.29
	100m: 1:21.10 42.13	200m: 2:48.41 43.51	300m: 4:14.70 43.09	400m: 5:37.71 39.72
3.	PITRE, Jackie	52	C. N. Haut-Richelieu	<b>6:55.68</b>
	50m: 46.20 46.20	150m: 2:32.89 54.07	250m: 4:20.24 53.62	350m: 6:06.00 52.45
	100m: 1:38.82 52.62	200m: 3:26.62 53.73	300m: 5:13.55 53.31	400m: 6:55.68 49.68

50 - 54 ans, Messieurs

1.	POTVIN, Jean-Francois	50	Club de Natation Mont-Tremblant	<b>5:31.52</b>
	50m:	150m:	250m:	350m:
	100m:	200m:	300m:	400m: 5:31.52
2.	CROTEAU, Andre	54	Club de Natation Mont-Tremblant	<b>5:32.90</b>
	50m: 36.07 36.07	150m: 1:56.81 41.25	250m: 3:22.52 43.43	350m: 4:49.68 43.73
	100m: 1:15.56 39.49	200m: 2:39.09 42.28	300m: 4:05.95 43.43	400m: 5:32.90 43.22

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Epreuve 16, Messieurs, 400m Libre, 50 - 54 ans

Rang				Age					Temps	Pts		
3.	DUCHESNE, Steeve			53	Club de Natation Memphrémagog				<b>6:01.24</b>			
	50m:	40.03	40.03	150m:	2:10.12	45.70	250m:	3:42.05	45.80	350m:	5:14.17	46.09
	100m:	1:24.42	44.39	200m:	2:56.25	46.13	300m:	4:28.08	46.03	400m:	6:01.24	47.07

55 - 59 ans, Dames

1.	CHAPDELAINE, Josée			56	Mtl Nord Natation				<b>5:29.03</b>			
	50m:	36.72	36.72	150m:	1:58.03	41.02	250m:	3:22.26	42.39	350m:	4:47.81	42.73
	100m:	1:17.01	40.29	200m:	2:39.87	41.84	300m:	4:05.08	42.82	400m:	5:29.03	41.22
2.	DAOUST, Claire			55	La vague de Brossard				<b>7:43.39</b>			
	50m:	50.40	50.40	150m:	2:46.39	59.31	250m:	4:45.30	58.99	350m:	6:46.06	1:00.37
	100m:	1:47.08	56.68	200m:	3:46.31	59.92	300m:	5:45.69	1:00.39	400m:	7:43.39	57.33

55 - 59 ans, Messieurs

1.	CONDE, Pablo			58	Maitres À Contre Courant				<b>5:03.33</b>			
	50m:	34.15	34.15	150m:	1:50.49	38.38	250m:	3:08.17	38.66	350m:	4:25.74	38.57
	100m:	1:12.11	37.96	200m:	2:29.51	39.02	300m:	3:47.17	39.00	400m:	5:03.33	37.59
2.	LAMBERT, Christopher			59	Ddo				<b>5:36.70</b>			
	50m:	39.19	39.19	150m:	2:03.27	42.80	250m:	3:29.57	43.84	350m:	4:56.18	43.23
	100m:	1:20.47	41.28	200m:	2:45.73	42.46	300m:	4:12.95	43.38	400m:	5:36.70	40.52
3.	MANES, Marc			58	Ddo				<b>6:25.05</b>			
	50m:	42.91	42.91	150m:			250m:			350m:	5:39.69	48.65
	100m:	1:30.85	47.94	200m:			300m:	4:51.04		400m:	6:25.05	45.36
4.	NEVEU, André			56	Camo				<b>6:54.41</b>			
	50m:	49.67	49.67	150m:	2:37.56	54.63	250m:	4:23.57	52.40	350m:	6:05.18	49.90
	100m:	1:42.93	53.26	200m:	3:31.17	53.61	300m:	5:15.28	51.71	400m:	6:54.41	49.23

60 - 64 ans, Dames

1.	LECLERC, Manon			61	C. N. Haut-Richelieu				<b>6:01.68</b>			
	50m:	1:25.92	1:25.92	150m:	2:58.12		250m:	4:30.23		350m:	6:01.68	45.14
	100m:			200m:			300m:	5:16.54	46.31	400m:	6:01.68	
2.	BEAULIEU, Louise			62	Camo				<b>7:14.54</b>			
	50m:	49.25	49.25	150m:	2:38.91	55.73	250m:	4:29.93	55.51	350m:	6:21.73	55.76
	100m:	1:43.18	53.93	200m:	3:34.42	55.51	300m:	5:25.97	56.04	400m:	7:14.54	52.81

60 - 64 ans, Messieurs

1.	BEAULIEU, Jean-Yves			61	Mtl Nord Natation				<b>7:10.20</b>			
	50m:	43.47	43.47	150m:	2:30.75	55.75	250m:	4:25.42	57.05	350m:	6:19.39	56.89
	100m:	1:35.00	51.53	200m:	3:28.37	57.62	300m:	5:22.50	57.08	400m:	7:10.20	50.81

65 - 69 ans, Dames

1.	LATREILLE, Denise			67	UNMQC				<b>5:55.86</b>			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:55.86	
2.	WOOLEY, Christine			68	Pointe-Claire Masters				<b>7:05.69</b>			
	50m:	47.07	47.07	150m:	2:33.07	53.88	250m:	4:23.05	55.40	350m:	6:12.82	54.74
	100m:	1:39.19	52.12	200m:	3:27.65	54.58	300m:	5:18.08	55.03	400m:	7:05.69	52.87

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Epreuve 16, 400m Libre

65 - 69 ans, Messieurs

1. THERIAULT, Bertrand	67	UNMQC						<b>5:38.04</b>	
50m: 37.65	37.65	150m: 2:04.37	43.84	250m: 3:30.70		350m: 4:57.45	43.22		
100m: 1:20.53	42.88	200m:		300m: 4:14.23	43.53	400m: 5:38.04	40.59		
2. DESJARDINS, Paul	68	Camo						<b>6:31.12</b>	
50m: 44.47	44.47	150m: 2:24.31	50.37	250m: 4:05.32	50.48	350m: 5:44.90	50.03		
100m: 1:33.94	49.47	200m: 3:14.84	50.53	300m: 4:54.87	49.55	400m: 6:31.12	46.22		

70 - 74 ans, Dames

1. COURTOIS, Lina	72	Maitres À Contre Courant						<b>9:04.92</b>	
50m:		150m:		250m:		350m:			
100m:		200m:		300m:		400m: 9:04.92			
2. CARDINAL, Liliane	74	Pointe-Claire Masters						<b>9:43.27</b>	
50m:		150m:		250m:		350m:			
100m:		200m:		300m:		400m: 9:43.27			

70 - 74 ans, Messieurs

1. FRÈVE, Guy	70	Cmnq						<b>7:24.94</b>	
50m: 52.47	52.47	150m: 2:46.38	56.06	250m:		350m:			
100m: 1:50.32	57.85	200m: 4:39.46	1:53.08	300m: 7:24.94		400m: 7:24.94			
2. LACHANCE, Bruno	71	Cmnq						<b>7:28.54</b>	
50m: 51.42	51.42	150m: 2:44.33	56.33	250m: 4:38.11	56.74	350m: 6:32.57	57.43		
100m: 1:48.00	56.58	200m: 3:41.37	57.04	300m: 5:35.14	57.03	400m: 7:28.54	55.97		