

Inv prov gr âge 14 ans - Noël 2023 CAMO  
Montreal, 8 - 10/12/2023

Epreuve 19  
12/8/2023

Filles, 400m 4 nages

13 - 14 ans  
Liste résultats

Points: FINA 2023

Rang					Age					Temps	Pts	
1.	VAILLANCOURT, Flavie				14	Club aquatique Montréal				<b>5:35.74</b>	458	
	50m:	34.64	34.64	150m:	2:03.26	44.34	250m:	3:34.57	49.05	350m:	4:59.05	36.90
	100m:	1:18.92	44.28	200m:	2:45.52	42.26	300m:	4:22.15	47.58	400m:	5:35.74	36.69
2.	LIZAOLA REYES, Itzel Guadalu				14	Club aquatique Montréal				<b>5:45.17</b>	422	
	50m:	36.48	36.48	150m:	2:02.06	42.46	250m:	3:35.89	52.03	350m:	5:07.30	38.27
	100m:	1:19.60	43.12	200m:	2:43.86	41.80	300m:	4:29.03	53.14	400m:	5:45.17	37.87
3.	MAGHRAOUI, Rimess				13	Club aquatique Montréal				<b>5:45.28</b>	421	
	50m:	35.90	35.90	150m:	2:06.30	45.62	250m:	3:37.95	47.80	350m:	5:07.43	40.00
	100m:	1:20.68	44.78	200m:	2:50.15	43.85	300m:	4:27.43	49.48	400m:	5:45.28	37.85
4.	MERAIHI, Sara-Laadra				13	Club aquatique Montréal				<b>5:57.94</b>	378	
	50m:	37.86	37.86	150m:	2:09.13	47.01	250m:	3:46.20	51.89	350m:	5:18.44	39.96
	100m:	1:22.12	44.26	200m:	2:54.31	45.18	300m:	4:38.48	52.28	400m:	5:57.94	39.50