

Coupe du Québec des maitres - Manche 4  
Drummondville, 27-1-2024

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Coupe du Québec des maitres - Manche 4  
Drummondville, 27-1-2024

Epreuve 12	400m Libre				18 ans et plus
2024-01-27 - 18:54					Liste résultats
Canadian Master Records 95 - 99	12:08.80	MCGREGOR, Hugh	VCSS	???	2014-01-25
Canadian Master Records 90 - 94	8:29.29	SMITH, Chris	SOM	Etobicoke	2022-03-27
Canadian Master Records 85 - 89	7:54.11	SMITH, Chris	TYMS	???	2017-02-26
Canadian Master Records 80 - 84	6:30.32	DONOGHUE, Karl	PENT	Vernon	2020-01-26
Canadian Master Records 75 - 79	6:12.85	TRAUBER, Amiram	NYG	???	2014-03-28
Canadian Master Records 70 - 74	5:21.27	ARMSTRONG, Ron	EOMAC	Baden	2020-03-01
Canadian Master Records 65 - 69	4:54.22	ABOUD, Mark	GRAN	Etobicoke	2023-05-07
Canadian Master Records 60 - 64	4:40.37	GUSHE, Len	UNCAN	Bowmanville	2023-02-04
Canadian Master Records 55 - 59	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Canadian Master Records 50 - 54	4:14.65	STREPPEL, Greg	SOM	Montreal	2019-05-24
Canadian Master Records 45 - 49	4:11.35	STREPPEL, Greg	CMAV	Montreal	2015-05-17
Canadian Master Records 40 - 44	4:11.94	WELBOURN, Graham	TAS	???	2003-04-18
Canadian Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17
Canadian Master Records 30 - 34	4:10.25	RUSHTON, Tom	WIN	Vancouver	2009-04-17
Canadian Master Records 25 - 29	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01
Canadian Master Records 18 - 24	3:56.04	BONOMO, Robert	TOMS	???	2014-05-16
Canadian Master Records 95 - 99	10:39.87	BRUSSEL, Betty	WRW	Victoria	2019-04-12
Canadian Master Records 90 - 94	9:19.42	OLIVER, Judith	MFC	Etobicoke	2023-05-07
Canadian Master Records 85 - 89	7:42.77	MACPHERSON, Linda	RAVE	Calgary	2023-05-27
Canadian Master Records 80 - 84	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18
Canadian Master Records 75 - 79	6:42.00	MACPHERSON, Linda	SARM	???	2013-04-26
Canadian Master Records 70 - 74	5:58.46	WYLIE, Lori	CMSC	Calgary	2023-05-27
Canadian Master Records 65 - 69	5:49.09	MERRITT, Cathy	NEP	???	2019-03-01
Canadian Master Records 60 - 64	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	2022-03-19
Canadian Master Records 55 - 59	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Canadian Master Records 50 - 54	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Canadian Master Records 45 - 49	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Canadian Master Records 40 - 44	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	2016-05-22
Canadian Master Records 35 - 39	4:25.52	BERTELINK, Cindy	EOMAC	???	2013-03-28
Canadian Master Records 30 - 34	4:26.91	MARSHALL, Lynn	CARMA	???	1991-01-01
Canadian Master Records 25 - 29	4:25.94	MARSHALL, Lynn	CARMA	???	1990-01-01
Canadian Master Records 18 - 24	4:38.56	YAMASHITA-BALL, Adelle	TECH	???	2018-03-01
Quebec Provincial Master Records 95 - 99	16:31.48	LEHMAN, Eugene	MFC	Trois-Rivieres	2008-04-11
Quebec Provincial Master Records 90 - 94	12:26.09	LEHMAN, Eugene	MFC	Pointe-Claire	2004-01-23
Quebec Provincial Master Records 85 - 89	8:54.06	AMYOT, Jacques	CMNQ	Dollard-des-Ormeaux	2009-03-14
Quebec Provincial Master Records 80 - 84	7:02.32	SHIBATA, Mark	MFC	Dollard-Des-Ormeaux	2019-03-16
Quebec Provincial Master Records 75 - 79	6:17.36	CHASE, Leonard	MFC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 70 - 74	6:08.24	RANSOM, Ken	MFC	Montreal	2016-04-16
Quebec Provincial Master Records 65 - 69	5:20.78	CHARRON, Denis	UNQC	Sherbrooke	2022-12-03
Quebec Provincial Master Records 60 - 64	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 55 - 59	4:30.28	GIROUX, Martin	MFC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 50 - 54	4:25.78	GIROUX, Martin	MFC	Quebec	2022-05-21
Quebec Provincial Master Records 45 - 49	4:23.13	POISSON, Mathieu	GAMIN	Montreal	2015-05-17
Quebec Provincial Master Records 40 - 44	4:17.88	DESCHÊNES, Gilles	CMDG	Montreal	2006-04-23
Quebec Provincial Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17
Quebec Provincial Master Records 30 - 34	4:12.91	GAUVIN, Chrystian	STE	Toronto	2005-05-22
Quebec Provincial Master Records 25 - 29	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01
Quebec Provincial Master Records 18 - 24	4:17.61	JENSEN, Daniel	MFC	Gatineau	2012-04-13
Quebec Provincial Master Records 95 - 99	9:59.99	,			
Quebec Provincial Master Records 90 - 94	9:19.42	OLIVER, Judith	MFC	Etobicoke	2023-05-07
Quebec Provincial Master Records 85 - 89	8:41.24	WALDIE, Mae	MFC	Quebec	2022-05-21
Quebec Provincial Master Records 80 - 84	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18
Quebec Provincial Master Records 75 - 79	6:56.79	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2019-03-16
Quebec Provincial Master Records 70 - 74	7:13.81	DILLINGER, Erda	MFC	Lasalle	2012-02-19
Quebec Provincial Master Records 65 - 69	5:55.86	LATREILLE, Denise	UNQC	Montreal-Nord	2023-12-02
Quebec Provincial Master Records 60 - 64	5:38.19	HANSEN, Hillary	MFC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 55 - 59	4:54.88	LOWENSTEYN, Ilka	CSLA	Sherbrooke	2022-04-23
Quebec Provincial Master Records 50 - 54	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24
Quebec Provincial Master Records 45 - 49	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13
Quebec Provincial Master Records 40 - 44	4:43.26	D'AMBOISE, Marie-Ève	STL	Montreal	2019-05-25
Quebec Provincial Master Records 35 - 39	4:40.03	THIBAULT, Nancy	NSH	Toronto	2016-05-22
Quebec Provincial Master Records 30 - 34	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15
Quebec Provincial Master Records 25 - 29	4:29.39	MCCLEMONT, Laura	MUMS	Montreal	2011-05-21

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Quebec Provincial Master Records 18 - 24 4:51.59 LEMIEUX, Chantal ??? 1992-01-01

Points: FINA 2023

Rang			Age							Temps	Pts	
<b>18 - 24 ans, Dames</b>												
1.	DUMAIS, Roxanne		23	Les Dauphins de Rimouski						<b>5:32.59</b>	336	
	50m:	38.55	38.55	150m:	2:03.06	42.94	250m:	3:28.38	42.91	350m:	4:52.98	42.32
	100m:	1:20.12	41.57	200m:	2:45.47	42.41	300m:	4:10.66	42.28	400m:	5:32.59	39.61
<b>25 - 29 ans, Dames</b>												
1.	LORTIE, Marie-Laurence		29	Requins de Drummondville						<b>5:03.64</b>	442	
	50m:	34.09	34.09	150m:	1:49.96	38.08	250m:	3:07.18	38.66	350m:	4:25.26	39.18
	100m:	1:11.88	37.79	200m:	2:28.52	38.56	300m:	3:46.08	38.90	400m:	5:03.64	38.38
2.	SIMARD, Camille		26	Riverains						<b>5:15.81</b>	392	
	50m:	35.49	35.49	150m:	1:54.28	39.82	250m:	3:14.70	40.18	350m:	4:35.85	40.79
	100m:	1:14.46	38.97	200m:	2:34.52	40.24	300m:	3:55.06	40.36	400m:	5:15.81	39.96
3.	BLAIS, Andr�ea		27	M�gophias						<b>5:42.37</b>	308	
	50m:	36.95	36.95	150m:	2:00.82	43.05	250m:	3:28.61	44.22	350m:	4:58.11	45.17
	100m:	1:17.77	40.82	200m:	2:44.39	43.57	300m:	4:12.94	44.33	400m:	5:42.37	44.26
4.	ST-PIERRE, Audrey		25	Les Dauphins de Rimouski						<b>5:51.25</b>	285	
	50m:	39.19	39.19	150m:	2:08.06	45.00	250m:	3:37.79	44.90	350m:	5:08.06	45.28
	100m:	1:23.06	43.87	200m:	2:52.89	44.83	300m:	4:22.78	44.99	400m:	5:51.25	43.19
<b>25 - 29 ans, Messieurs</b>												
1.	BENOIT, Mathieu		25	Cote Saint-Luc Aquatics						<b>4:33.91</b>	465	
	50m:	30.77	30.77	150m:	1:39.76	34.78	250m:	2:49.04	34.09	350m:	3:59.67	35.13
	100m:	1:04.98	34.21	200m:	2:14.95	35.19	300m:	3:24.54	35.50	400m:	4:33.91	34.24
2.	BARRETTE, Simon		27	C. N. Haut-Richelieu						<b>4:44.09</b>	417	
	50m:	31.14	31.14	150m:	1:42.72	36.33	250m:	2:54.72	35.56	350m:	4:07.89	36.93
	100m:	1:06.39	35.25	200m:	2:19.16	36.44	300m:	3:30.96	36.24	400m:	4:44.09	36.20
3.	TORRES, Tomas		29	Sher						<b>4:51.21</b>	387	
	50m:	32.38	32.38	150m:	1:46.18	37.07	250m:	3:00.52	37.14	350m:	4:14.97	37.20
	100m:	1:09.11	36.73	200m:	2:23.38	37.20	300m:	3:37.77	37.25	400m:	4:51.21	36.24
4.	LAPOINTE, Thomas		29	Maitres � Contre Courant						<b>4:55.71</b>	369	
	50m:	32.19	32.19	150m:	1:44.98	36.80	250m:	3:00.50	38.30	350m:	4:18.04	38.82
	100m:	1:08.18	35.99	200m:	2:22.20	37.22	300m:	3:39.22	38.72	400m:	4:55.71	37.67
<b>30 - 34 ans, Dames</b>												
1.	BOISSONNEAULT, Cathy		34	Club de natation r�gion de Qu�						<b>5:23.74</b>	364	
	50m:	36.95	36.95	150m:	1:59.48	41.78	250m:	3:22.48	41.74	350m:	4:44.31	40.73
	100m:	1:17.70	40.75	200m:	2:40.74	41.26	300m:	4:03.58	41.10	400m:	5:23.74	39.43
<b>30 - 34 ans, Messieurs</b>												
1.	CHOUCHANE, Mohamed		34	Club de natation r�gion de Qu�						<b>5:00.22</b>	353	
	50m:	30.90	30.90	150m:	1:43.07	37.50	250m:	3:01.23	39.20	350m:	4:21.51	40.24
	100m:	1:05.57	34.67	200m:	2:22.03	38.96	300m:	3:41.27	40.04	400m:	5:00.22	38.71
2.	RAMIREZ-ROMO, Sergio		32	Mtl Nord Natation						<b>5:11.88</b>	315	
	50m:	33.79	33.79	150m:	1:52.86	40.48	250m:	3:15.43	41.43	350m:	4:37.17	39.91
	100m:	1:12.38	38.59	200m:	2:34.00	41.14	300m:	3:57.26	41.83	400m:	5:11.88	34.71

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Epreuve 12, 400m Libre

35 - 39 ans, Dames

1.	HEVEY, Sarah-Lee	35	Cote Saint-Luc Aquatics	<b>4:26.18</b>	656
	<i>Nouveau record provincial?</i>				
	50m: 30.26 30.26	150m: 1:37.27	33.83	250m: 2:45.24	33.78
	100m: 1:03.44 33.18	200m: 2:11.46	34.19	300m: 3:19.33	34.09
				350m: 3:53.26	33.93
				400m: 4:26.18	32.92
2.	BERRY, Caitlin	36	Maitres À Contre Courant	<b>5:05.69</b>	433
	50m: 34.11 34.11	150m: 1:49.92	38.41	250m: 3:08.12	39.44
	100m: 1:11.51 37.40	200m: 2:28.68	38.76	300m: 3:47.91	39.79
				350m: 4:27.10	39.19
				400m: 5:05.69	38.59
3.	BLAIS, Katya	39	C. N. Haut-Richelieu	<b>6:37.76</b>	196
	50m: 42.33 42.33	150m: 2:19.10	49.37	250m: 4:00.60	51.05
	100m: 1:29.73 47.40	200m: 3:09.55	50.45	300m: 4:53.24	52.64
				350m: 5:45.55	52.31
				400m: 6:37.76	52.21

35 - 39 ans, Messieurs

1.	BOUCHARD, Kevin	39	Club de Natation NATAQUI	<b>4:41.53</b>	428
	50m: 32.07 32.07	150m: 1:42.34	35.34	250m: 2:53.25	35.53
	100m: 1:07.00 34.93	200m: 2:17.72	35.38	300m: 3:29.19	35.94
				350m: 4:05.41	36.22
				400m: 4:41.53	36.12
2.	GREY, Trevor	38	Maitres À Contre Courant	<b>6:43.88</b>	145
	50m: 48.88 48.88	150m: 2:35.94	53.55	250m: 4:18.56	51.44
	100m: 1:42.39 53.51	200m: 3:27.12	51.18	300m: 5:09.94	51.38
				350m: 5:59.43	49.49
				400m: 6:43.88	44.45
3.	DESROSIERS_S14SB14SM14, Vincent	36	Requins de Drummondville	<b>6:44.38</b>	144
	50m: 42.58 42.58	150m: 2:16.37	48.59	250m: 4:02.62	56.11
	100m: 1:27.78 45.20	200m: 3:06.51	50.14	300m: 4:56.90	54.28
				350m: 5:50.50	53.60
				400m: 6:44.38	53.88
4.	FORTIN, Claude	38	La vague de Brossard	<b>7:39.12</b>	98
	50m: 47.04 47.04	150m: 2:43.29	58.38	250m: 4:43.32	59.53
	100m: 1:44.91 57.87	200m: 3:43.79	1:00.50	300m: 5:43.55	1:00.23
				350m: 6:43.60	1:00.05
				400m: 7:39.12	55.52

40 - 44 ans, Dames

1.	CHAREST, Maude	42	Mtl Nord Natation	<b>5:21.84</b>	371
	50m: 35.83 35.83	150m: 1:56.27	40.88	250m: 3:18.91	41.32
	100m: 1:15.39 39.56	200m: 2:37.59	41.32	300m: 4:00.39	41.48
				350m: 4:42.00	41.61
				400m: 5:21.84	39.84
2.	MATHIEU, Naïla	40	C. N. Haut-Richelieu	<b>6:12.74</b>	238
	50m: 42.27 42.27	150m: 2:17.25	47.80	250m: 3:52.14	47.23
	100m: 1:29.45 47.18	200m: 3:04.91	47.66	300m: 4:39.44	47.30
				350m: 5:26.83	47.39
				400m: 6:12.74	45.91

40 - 44 ans, Messieurs

1.	LETELLIER, Alexandre	44	C. N. Haut-Richelieu	<b>6:59.13</b>	129
	50m: 43.29 43.29	150m: 2:27.29	52.61	250m: 4:17.19	55.02
	100m: 1:34.68 51.39	200m: 3:22.17	54.88	300m: 5:12.33	55.14
				350m: 6:07.13	54.80
				400m: 6:59.13	52.00

45 - 49 ans, Dames

1.	ALLARD, Catherine	49	Maitres À Contre Courant	<b>5:15.44</b>	394
	50m: 36.20 36.20	150m: 1:55.66	40.21	250m: 3:15.52	39.94
	100m: 1:15.45 39.25	200m: 2:35.58	39.92	300m: 3:55.84	40.32
				350m: 4:35.99	40.15
				400m: 5:15.44	39.45
2.	DESCHAMPS, Stéphanie	46	Club de Natation Mont-Tremblant	<b>5:19.88</b>	378
	50m: 36.33 36.33	150m: 1:57.00	40.65	250m: 3:19.63	41.15
	100m: 1:16.35 40.02	200m: 2:38.48	41.48	300m: 4:00.78	41.15
				350m: 4:41.53	40.75
				400m: 5:19.88	38.35

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Epreuve 12, Dames, 400m Libre, 45 - 49 ans

Rang			Age					Temps	Pts
3.	TANGUAY, Véronique		48	Mtl Nord Natation				<b>5:38.47</b>	319
	50m:	36.31 36.31	150m:	2:00.16	42.92	250m:	3:27.61 44.04	350m:	4:55.72 43.72
	100m:	1:17.24 40.93	200m:	2:43.57	43.41	300m:	4:12.00 44.39	400m:	5:38.47 42.75
4.	LEVASSEUR, Catherine		49	Club de Natation Mont-Tremblant				<b>6:00.29</b>	264
	50m:	43.68 43.68	150m:	2:16.93	46.51	250m:	3:46.85 44.54	350m:	5:15.95 44.70
	100m:	1:30.42 46.74	200m:	3:02.31	45.38	300m:	4:31.25 44.40	400m:	6:00.29 44.34
5.	SANDOVAL, Mariana		46	Ddo				<b>7:05.64</b>	160
	50m:	47.63 47.63	150m:	2:37.52	55.52	250m:	4:29.22 55.59	350m:	6:16.24 52.30
	100m:	1:42.00 54.37	200m:	3:33.63	56.11	300m:	5:23.94 54.72	400m:	7:05.64 49.40

45 - 49 ans, Messieurs

1.	HÉBERT, Bertrand		48	Cmnq				<b>5:36.24</b>	251
	50m:	35.43 35.43	150m:	2:00.20	43.85	250m:	3:29.13 44.04	350m:	4:55.55 42.74
	100m:	1:16.35 40.92	200m:	2:45.09	44.89	300m:	4:12.81 43.68	400m:	5:36.24 40.69
2.	POIRIER, Martin		46	Riverains				<b>6:21.56</b>	172
	50m:	42.26 42.26	150m:	2:16.81	48.26	250m:	3:55.14 49.51	350m:	5:35.16 50.00
	100m:	1:28.55 46.29	200m:	3:05.63	48.82	300m:	4:45.16 50.02	400m:	6:21.56 46.40

50 - 54 ans, Dames

1.	ROUSSEAU, Catherine		53	Camo				<b>5:35.68</b>	327
	50m:	38.45 38.45	150m:	2:01.48	42.47	250m:	3:28.06 42.82	350m:	4:54.62 43.15
	100m:	1:19.01 40.56	200m:	2:45.24	43.76	300m:	4:11.47 43.41	400m:	5:35.68 41.06
2.	CASSIVI, Natasha		54	La vague de Brossard				<b>5:39.60</b>	315
	50m:	40.36 40.36	150m:	2:06.46	43.20	250m:	3:31.60 42.11	350m:	4:58.24 43.30
	100m:	1:23.26 42.90	200m:	2:49.49	43.03	300m:	4:14.94 43.34	400m:	5:39.60 41.36

50 - 54 ans, Messieurs

1.	DUCHESNE, Steeve		54	Club de Natation Memphrémagog				<b>5:52.26</b>	218
	50m:	39.41 39.41	150m:	2:07.86	44.66	250m:	3:37.56 44.62	350m:	5:09.10 45.54
	100m:	1:23.20 43.79	200m:	2:52.94	45.08	300m:	4:23.56 46.00	400m:	5:52.26 43.16

55 - 59 ans, Dames

1.	CHAPDELAINE, Josée		57	Mtl Nord Natation				<b>5:31.97</b>	338
	50m:	37.65 37.65	150m:	2:01.10	41.98	250m:	3:25.59 42.18	350m:	4:49.96 42.17
	100m:	1:19.12 41.47	200m:	2:43.41	42.31	300m:	4:07.79 42.20	400m:	5:31.97 42.01
2.	GINGRAS, Nathalie		56	Club Natation Bois Francs				<b>6:03.86</b>	256
	50m:	39.52 39.52	150m:	2:07.70	44.84	250m:	3:41.68 47.88	350m:	5:18.90 48.50
	100m:	1:22.86 43.34	200m:	2:53.80	46.10	300m:	4:30.40 48.72	400m:	6:03.86 44.96
3.	TREMBLAY, Suzanne		58	La vague de Brossard				<b>6:14.90</b>	234
	50m:	41.44 41.44	150m:	2:15.70	47.79	250m:	3:51.98 48.33	350m:	5:27.86 47.88
	100m:	1:27.91 46.47	200m:	3:03.65	47.95	300m:	4:39.98 48.00	400m:	6:14.90 47.04

55 - 59 ans, Messieurs

1.	CROTEAU, Andre		55	Club de Natation Mont-Tremblant				<b>5:31.08</b>	263
	50m:	37.44 37.44	150m:	1:59.95	41.71	250m:	3:24.40 41.89	350m:	4:48.70 42.52
	100m:	1:18.24 40.80	200m:	2:42.51	42.56	300m:	4:06.18 41.78	400m:	5:31.08 42.38

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Epreuve 12, Messieurs, 400m Libre, 55 - 59 ans

Rang			Age						Temps	Pts
2.	MANES, Marc		59	Ddo					<b>6:31.96</b>	158
	50m:	43.25 43.25	150m:	2:22.80 50.29	250m:	4:02.52 49.99	350m:	5:42.72 50.26		
	100m:	1:32.51 49.26	200m:	3:12.53 49.73	300m:	4:52.46 49.94	400m:	6:31.96 49.24		

60 - 64 ans, Dames

1.	LECLERC, Manon		62	C. N. Haut-Richelieu					<b>6:06.21</b>	251
	50m:	41.36 41.36	150m:	2:12.70 45.81	250m:	3:45.86 46.82	350m:	5:20.44 46.88		
	100m:	1:26.89 45.53	200m:	2:59.04 46.34	300m:	4:33.56 47.70	400m:	6:06.21 45.77		
2.	BOIVIN, Janine		64	Camo					<b>6:13.93</b>	236
	50m:	43.09 43.09	150m:	2:16.32 47.24	250m:	3:51.69 46.71	350m:	5:27.68 48.13		
	100m:	1:29.08 45.99	200m:	3:04.98 48.66	300m:	4:39.55 47.86	400m:	6:13.93 46.25		
3.	DESROCHERS, Laure		63	C. N. Haut-Richelieu					<b>6:52.74</b>	175
	50m:	43.46 43.46	150m:	2:24.96 52.21	250m:	4:12.09 53.65	350m:	6:00.11 53.98		
	100m:	1:32.75 49.29	200m:	3:18.44 53.48	300m:	5:06.13 54.04	400m:	6:52.74 52.63		

60 - 64 ans, Messieurs

1.	LAMBERT, Christopher		60	Ddo					<b>5:40.68</b>	241
	50m:	39.44 39.44	150m:	2:06.70 43.47	250m:	3:32.28 42.61	350m:	4:58.71 42.64		
	100m:	1:23.23 43.79	200m:	2:49.67 42.97	300m:	4:16.07 43.79	400m:	5:40.68 41.97		
2.	THOMAS, Stephane		62	C. N. Haut-Richelieu					<b>5:52.01</b>	219
	50m:	39.84 39.84	150m:	2:07.43 43.95	250m:	3:35.47 44.17	350m:	5:06.04 45.04		
	100m:	1:23.48 43.64	200m:	2:51.30 43.87	300m:	4:21.00 45.53	400m:	5:52.01 45.97		

65 - 69 ans, Dames

1.	MORNEAU, Joanne		65	Cnsh					<b>6:36.05</b>	199
	50m:	43.95 43.95	150m:	2:23.18 50.43	250m:	4:06.09 51.79	350m:	5:47.45 50.57		
	100m:	1:32.75 48.80	200m:	3:14.30 51.12	300m:	4:56.88 50.79	400m:	6:36.05 48.60		
2.	LECLERC, Louise		67	Riverains					<b>7:08.28</b>	157
	50m:	47.49 47.49	150m:	2:34.30 54.04	250m:	4:23.95 54.84	350m:			
	100m:	1:40.26 52.77	200m:	3:29.11 54.81	300m:	5:19.10 55.15	400m:	7:08.28		
3.	LETHIECQ, Monique		69	La vague de Brossard					<b>7:45.10</b>	122
	50m:	55.24 55.24	150m:	2:53.02 59.44	250m:	4:52.72 59.47	350m:	6:50.43 58.70		
	100m:	1:53.58 58.34	200m:	3:53.25 1:00.23	300m:	5:51.73 59.01	400m:	7:45.10 54.67		

65 - 69 ans, Messieurs

1.	AMYOT, Marc		67	Riverains					<b>6:01.23</b>	202
	50m:	40.33 40.33	150m:	2:12.70 46.47	250m:	3:45.41 45.76	350m:	5:17.73 45.38		
	100m:	1:26.23 45.90	200m:	2:59.65 46.95	300m:	4:32.35 46.94	400m:	6:01.23 43.50		

70 - 74 ans, Dames

1.	RINFRET, Monique		74	La vague de Brossard					<b>8:58.32</b>	79
	50m:	1:03.35 1:03.35	150m:	3:21.26 1:08.95	250m:	5:39.65 1:09.60	350m:	7:54.94 1:07.18		
	100m:	2:12.31 1:08.96	200m:	4:30.05 1:08.79	300m:	6:47.76 1:08.11	400m:	8:58.32 1:03.38		
2.	DION, Lise		70	Camo					<b>9:03.10</b>	77
	50m:	1:02.58 1:02.58	150m:	3:21.73 1:11.99	250m:	6:49.73 1:08.77	350m:			
	100m:	2:09.74 1:07.16	200m:	5:40.96 2:19.23	300m:	7:58.11 1:08.38	400m:	9:03.10		

Coupe du Québec des maitres - Manche 4  
Drummondville, 27-1-2024

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Epreuve 12, 400m Libre

70 - 74 ans, Messieurs

1. LACHANCE, Bruno			72	Cmnq					<b>7:12.95</b>	117	
50m:	49.21	49.21	150m:	2:40.94	56.56	250m:	4:32.31	55.52	350m:	6:21.70	53.57
100m:	1:44.38	55.17	200m:	3:36.79	55.85	300m:	5:28.13	55.82	400m:	7:12.95	51.25
2. FRÈVE, Guy			71	Cmnq					<b>7:50.33</b>	91	
50m:	51.80	51.80	150m:	2:51.64	1:00.81	250m:	4:53.82	1:00.95	350m:	6:54.71	1:00.41
100m:	1:50.83	59.03	200m:	3:52.87	1:01.23	300m:	5:54.30	1:00.48	400m:	7:50.33	55.62

80 - 84 ans, Messieurs

1. BERGER, Christian			80	La vague de Brossard					<b>9:24.55</b>	53	
50m:	2:13.82	2:13.82	150m:	5:51.70	2:25.70	250m:	8:16.04	1:10.81	350m:		
100m:	3:26.00	1:12.18	200m:	7:05.23	1:13.53	300m:			400m:	9:24.55	