

Coupe des regions ANQCA-Hiver 2024
Lévis, 9- - 11-2-2024

Epreuve 23
2024-02-10 - 11:09

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: FINA 2023

Rang			Age							Temps	Pts	
11 - 12 ans												
1.	OUELLET, Laurence		12	Nsh						5:15.88	392	
	50m:	36.22	36.22	150m:	1:57.65	40.77	250m:	3:18.68	39.95	350m:	4:39.63	40.32
	100m:	1:16.88	40.66	200m:	2:38.73	41.08	300m:	3:59.31	40.63	400m:	5:15.88	36.25
2.	MCGRAW, Rose		12	Cnq						5:27.89	351	
	50m:	37.27	37.27	150m:	1:59.86	41.62	250m:	3:24.01	42.37	350m:	4:47.50	41.67
	100m:	1:18.24	40.97	200m:	2:41.64	41.78	300m:	4:05.83	41.82	400m:	5:27.89	40.39
3.	GAGNON, Chloé		12	Rouge et Or/Université Laval						5:28.10	350	
	50m:	38.63	38.63	150m:	2:03.19	42.31	250m:	3:27.69	41.92	350m:	4:49.61	40.50
	100m:	1:20.88	42.25	200m:	2:45.77	42.58	300m:	4:09.11	41.42	400m:	5:28.10	38.49
4.	BUSQUE, Yanina		12	Riverains						5:34.58	330	
	50m:	38.67	38.67	150m:	2:06.00	43.88	250m:	3:32.19	42.36	350m:	4:55.70	41.29
	100m:	1:22.12	43.45	200m:	2:49.83	43.83	300m:	4:14.41	42.22	400m:	5:34.58	38.88
5.	NOLET, Charlie		12	Riverains						5:36.95	323	
	50m:	38.30	38.30	150m:	2:03.63	42.99	250m:	3:30.52	43.82	350m:	4:56.23	42.42
	100m:	1:20.64	42.34	200m:	2:46.70	43.07	300m:	4:13.81	43.29	400m:	5:36.95	40.72
6.	LABBÉ, Mathilde		12	Nsh						5:41.20	311	
	50m:	37.09	37.09	150m:	2:03.96	44.22	250m:	3:31.80	44.39	350m:	5:01.38	44.67
	100m:	1:19.74	42.65	200m:	2:47.41	43.45	300m:	4:16.71	44.91	400m:	5:41.20	39.82
7.	BÉLANGER, Lili		12	Cnq						5:42.69	307	
	50m:	37.84	37.84	150m:	2:03.73	43.55	250m:	3:33.01	44.70	350m:	5:00.47	43.58
	100m:	1:20.18	42.34	200m:	2:48.31	44.58	300m:	4:16.89	43.88	400m:	5:42.69	42.22
8.	POIRIER, Adèle		11	Unik						5:42.90	306	
	50m:	36.69	36.69	150m:	2:05.84	45.37	250m:	3:34.42	44.68	350m:	5:02.53	43.37
	100m:	1:20.47	43.78	200m:	2:49.74	43.90	300m:	4:19.16	44.74	400m:	5:42.90	40.37
13 - 14 ans												
1.	LEMELIN DUCHARME, Michaëlle		14	Cnq						4:52.20	496	
	50m:	32.47	32.47	150m:	1:45.70	37.12	250m:	3:00.83	37.45	350m:	4:16.30	37.82
	100m:	1:08.58	36.11	200m:	2:23.38	37.68	300m:	3:38.48	37.65	400m:	4:52.20	35.90
2.	LABERGE, Élise		14	Rouge et Or/Université Laval						4:57.32	470	
	50m:	33.13	33.13	150m:	1:47.99	37.73	250m:	3:04.41	38.33	350m:	4:20.18	38.11
	100m:	1:10.26	37.13	200m:	2:26.08	38.09	300m:	3:42.07	37.66	400m:	4:57.32	37.14
3.	BELISLE, Viviane		14	Cnq						4:57.69	469	
	50m:	33.80	33.80	150m:	1:49.25	37.98	250m:	3:04.94	38.16	350m:	4:20.08	37.64
	100m:	1:11.27	37.47	200m:	2:26.78	37.53	300m:	3:42.44	37.50	400m:	4:57.69	37.61
4.	BOUCHARD, Marie		14	Rouge et Or/Université Laval						5:00.88	454	
	50m:	34.43	34.43	150m:	1:50.53	38.14	250m:	3:07.49	38.64	350m:	4:24.76	38.48
	100m:	1:12.39	37.96	200m:	2:28.85	38.32	300m:	3:46.28	38.79	400m:	5:00.88	36.12
5.	RACHEDI, Ranya		14	Riverains						5:03.99	440	
	50m:	33.76	33.76	150m:	1:49.74	38.62	250m:	3:07.77	39.03	350m:	4:25.85	38.77
	100m:	1:11.12	37.36	200m:	2:28.74	39.00	300m:	3:47.08	39.31	400m:	5:03.99	38.14
6.	CHAMBERLAND, Zoé		13	Cnq						5:04.35	438	
	50m:	33.94	33.94	150m:	1:51.55	39.46	250m:	3:09.90	39.03	350m:	4:27.47	38.51
	100m:	1:12.09	38.15	200m:	2:30.87	39.32	300m:	3:48.96	39.06	400m:	5:04.35	36.88

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Epreuve 23, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
7.	POULIOT, Ariane			14	Club de Natation Régional de la Beauce					5:04.54	438	
	50m:	34.08	34.08	150m:	1:51.04	39.20	250m:	3:08.96	38.41	350m:	4:27.61	39.49
	100m:	1:11.84	37.76	200m:	2:30.55	39.51	300m:	3:48.12	39.16	400m:	5:04.54	36.93
8.	HARVEY, Léa			14	Cnq					5:05.62	433	
	50m:	33.40	33.40	150m:	1:50.47	39.13	250m:	3:08.59	39.39	350m:	4:26.28	38.66
	100m:	1:11.34	37.94	200m:	2:29.20	38.73	300m:	3:47.62	39.03	400m:	5:05.62	39.34
9.	DEMERS, Lauralie			13	Riverains					5:09.64	416	
	50m:	33.67	33.67	150m:	1:51.95	39.91	250m:	3:12.38	40.06	350m:	4:32.46	39.78
	100m:	1:12.04	38.37	200m:	2:32.32	40.37	300m:	3:52.68	40.30	400m:	5:09.64	37.18
10.	LANGLOIS, Gabrielle			14	Cac					5:10.07	415	
	50m:	34.37	34.37	150m:	1:51.62	39.15	250m:	3:10.85	39.76	350m:	4:32.13	40.58
	100m:	1:12.47	38.10	200m:	2:31.09	39.47	300m:	3:51.55	40.70	400m:	5:10.07	37.94
11.	MABEE, Dalia			14	Cnq					5:10.96	411	
	50m:	36.00	36.00	150m:	1:54.06	39.01	250m:	3:13.88	40.14	350m:	4:33.21	39.21
	100m:	1:15.05	39.05	200m:	2:33.74	39.68	300m:	3:54.00	40.12	400m:	5:10.96	37.75
12.	LEBLANC, Gabrielle			14	Riverains					5:11.09	411	
	50m:	34.96	34.96	150m:	1:52.46	39.07	250m:	3:11.32	39.19	350m:	4:31.96	40.58
	100m:	1:13.39	38.43	200m:	2:32.13	39.67	300m:	3:51.38	40.06	400m:	5:11.09	39.13
13.	FORTIN, Héloïse			14	Riverains					5:12.55	405	
	50m:	34.23	34.23	150m:	1:51.79	38.63	250m:	3:12.19	40.22	350m:	4:33.37	40.14
	100m:	1:13.16	38.93	200m:	2:31.97	40.18	300m:	3:53.23	41.04	400m:	5:12.55	39.18
14.	LESSARD, Rachel			13	Cnq					5:15.02	395	
	50m:	34.40	34.40	150m:	1:53.41	39.98	250m:	3:13.95	40.37	350m:	4:35.38	40.86
	100m:	1:13.43	39.03	200m:	2:33.58	40.17	300m:	3:54.52	40.57	400m:	5:15.02	39.64
15.	AUBÉ, Aurey-Lee			14	Riverains					5:18.39	383	
	50m:	35.20	35.20	150m:	1:56.04	41.10	250m:	3:17.13	40.61	350m:	4:40.35	42.06
	100m:	1:14.94	39.74	200m:	2:36.52	40.48	300m:	3:58.29	41.16	400m:	5:18.39	38.04
16.	GILBERT, Laurie			14	Cnq					5:19.15	380	
	50m:	35.82	35.82	150m:	1:56.47	40.95	250m:	3:18.75	41.35	350m:	4:41.18	40.57
	100m:	1:15.52	39.70	200m:	2:37.40	40.93	300m:	4:00.61	41.86	400m:	5:19.15	37.97
17.	DULAC, Julia			14	Club de Natation Régional de la Beauce					5:22.07	370	
	50m:	35.92	35.92	150m:	1:58.09	41.47	250m:	3:20.12	41.22	350m:	4:42.47	41.28
	100m:	1:16.62	40.70	200m:	2:38.90	40.81	300m:	4:01.19	41.07	400m:	5:22.07	39.60
18.	BLAIS, Florence			13	Riverains					5:24.88	360	
	50m:	35.76	35.76	150m:	1:58.05	41.97	250m:	3:22.70	41.76	350m:	4:46.60	42.73
	100m:	1:16.08	40.32	200m:	2:40.94	42.89	300m:	4:03.87	41.17	400m:	5:24.88	38.28
19.	GAGNÉ, Déa			14	Cnq					5:26.50	355	
	50m:	36.07	36.07	150m:	1:57.69	41.43	250m:	3:21.96	42.10	350m:	4:46.25	41.98
	100m:	1:16.26	40.19	200m:	2:39.86	42.17	300m:	4:04.27	42.31	400m:	5:26.50	40.25
20.	TREMBLAY, Elisabeth			13	Riverains					5:26.77	354	
	50m:	36.90	36.90	150m:	2:00.65	42.61	250m:	3:25.72	42.04	350m:	4:48.05	40.83
	100m:	1:18.04	41.14	200m:	2:43.68	43.03	300m:	4:07.22	41.50	400m:	5:26.77	38.72
21.	BÉDARD, Juliette			13	Rouge et Or/Université Laval					5:28.21	350	
	50m:	37.22	37.22	150m:	2:02.23	42.90	250m:	3:27.10	42.15	350m:	4:49.48	40.71
	100m:	1:19.33	42.11	200m:	2:44.95	42.72	300m:	4:08.77	41.67	400m:	5:28.21	38.73
22.	SAYEGH, Jasmine			13	Rouge et Or/Université Laval					5:32.11	337	
	50m:	36.54	36.54	150m:	1:58.30	41.22	250m:	3:24.20	43.74	350m:	4:51.69	43.89
	100m:	1:17.08	40.54	200m:	2:40.46	42.16	300m:	4:07.80	43.60	400m:	5:32.11	40.42

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Rang				Age					Temps	Pts		
23.	MORIN, Raphaëlle			14	Rouge et Or/Université Laval				5:37.09	323		
	50m:	38.19	38.19	150m:	2:04.52	43.55	250m:	3:30.17	42.58	350m:	4:55.90	42.73
	100m:	1:20.97	42.78	200m:	2:47.59	43.07	300m:	4:13.17	43.00	400m:	5:37.09	41.19

15 - 16 ans

1.	MALENFANT, Viviane			16	Cnq				4:39.27	568		
	50m:	32.26	32.26	150m:	1:43.11	35.23	250m:	2:54.17	35.20	350m:	4:04.73	35.17
	100m:	1:07.88	35.62	200m:	2:18.97	35.86	300m:	3:29.56	35.39	400m:	4:39.27	34.54
2.	SHINK, Laurie			15	Cnq				4:42.93	546		
	50m:	32.40	32.40	150m:	1:43.63	35.68	250m:	2:55.82	36.15	350m:	4:08.10	36.09
	100m:	1:07.95	35.55	200m:	2:19.67	36.04	300m:	3:32.01	36.19	400m:	4:42.93	34.83
3.	JUTRAS, Annalie			15	Riverains				4:48.30	516		
	50m:	32.18	32.18	150m:	1:43.19	36.05	250m:	2:57.53	37.43	350m:	4:12.72	37.54
	100m:	1:07.14	34.96	200m:	2:20.10	36.91	300m:	3:35.18	37.65	400m:	4:48.30	35.58
4.	BERNARD, Mayia			16	Cac				4:59.71	459		
	50m:	32.50	32.50	150m:	1:48.21	38.58	250m:	3:04.22	38.09	350m:	4:22.27	39.34
	100m:	1:09.63	37.13	200m:	2:26.13	37.92	300m:	3:42.93	38.71	400m:	4:59.71	37.44
5.	BLAIS, Laurence			16	Riverains				5:00.04	458		
	50m:	32.86	32.86	150m:	1:47.81	37.94	250m:	3:05.55	38.92	350m:	4:23.00	38.66
	100m:	1:09.87	37.01	200m:	2:26.63	38.82	300m:	3:44.34	38.79	400m:	5:00.04	37.04
6.	COULOMBE, Gabrielle			15	Riverains				5:01.54	451		
	50m:	34.31	34.31	150m:	1:49.05	37.95	250m:	3:05.38	38.35	350m:	4:21.86	38.01
	100m:	1:11.10	36.79	200m:	2:27.03	37.98	300m:	3:43.85	38.47	400m:	5:01.54	39.68
7.	HAMEL, Rosalie			15	Riverains				5:03.38	443		
	50m:	34.56	34.56	150m:	1:50.99	38.27	250m:	3:08.29	38.67	350m:	4:26.27	38.89
	100m:	1:12.72	38.16	200m:	2:29.62	38.63	300m:	3:47.38	39.09	400m:	5:03.38	37.11
8.	BOUCHARD, Laurie-Anne			15	Riverains				5:03.69	441		
	50m:	32.79	32.79	150m:	1:47.59	38.33	250m:	3:04.83	38.81	350m:	4:23.92	39.63
	100m:	1:09.26	36.47	200m:	2:26.02	38.43	300m:	3:44.29	39.46	400m:	5:03.69	39.77
9.	GAGNON, Amélie			16	Nsh				5:04.28	439		
	50m:	33.39	33.39	150m:	1:50.73	39.42	250m:	3:09.77	39.49	350m:	4:27.76	38.53
	100m:	1:11.31	37.92	200m:	2:30.28	39.55	300m:	3:49.23	39.46	400m:	5:04.28	36.52
10.	TAVARA, Maélie			15	Riverains				5:06.87	428		
	50m:	34.35	34.35	150m:	1:52.18	39.34	250m:	3:10.50	38.79	350m:	4:29.37	39.41
	100m:	1:12.84	38.49	200m:	2:31.71	39.53	300m:	3:49.96	39.46	400m:	5:06.87	37.50
11.	PRÉVOST, Amanda			16	Club de Natation des Equinoxes				5:08.32	422		
	50m:	34.40	34.40	150m:	1:51.07	38.92	250m:	3:09.63	38.97	350m:	4:29.21	40.08
	100m:	1:12.15	37.75	200m:	2:30.66	39.59	300m:	3:49.13	39.50	400m:	5:08.32	39.11
12.	PRONOVOST, Juliane			15	Rouge et Or/Université Laval				5:09.85	415		
	50m:	34.02	34.02	150m:	1:52.92	40.16	250m:	3:14.09	40.49	350m:	4:31.03	37.84
	100m:	1:12.76	38.74	200m:	2:33.60	40.68	300m:	3:53.19	39.10	400m:	5:09.85	38.82
13.	BEAUDOIN, Charlotte			15	Cnq				5:21.17	373		
	50m:	35.96	35.96	150m:	1:57.35	41.09	250m:	3:19.42	41.08	350m:	4:41.38	40.81
	100m:	1:16.26	40.30	200m:	2:38.34	40.99	300m:	4:00.57	41.15	400m:	5:21.17	39.79

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Epreuve 23, Dames, 400m Libre

17 ans et plus

1. SIMARD, Anne			17	Rouge et Or/Université Laval		4:52.32	495				
50m:	32.84	32.84	150m:	1:47.60	37.89	250m:	3:02.60	37.16	350m:	4:17.72	37.29
100m:	1:09.71	36.87	200m:	2:25.44	37.84	300m:	3:40.43	37.83	400m:	4:52.32	34.60