

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

Epreuve 39  
2024-02-11 - 11:14

Dames, 400m 4 nages

11 ans et plus  
Liste résultats

Points: FINA 2023

Rang				Age					Temps	Pts		
<b>11 - 12 ans</b>												
1.	BUSQUE, Yanina			12	Riverains				<b>6:38.13</b>	275		
	50m:	45.88	45.88	150m:	2:32.98	53.28	250m:	4:18.87	53.75	350m:	5:56.48	43.78
	100m:	1:39.70	53.82	200m:	3:25.12	52.14	300m:	5:12.70	53.83	400m:	6:38.13	41.65
<b>13 - 14 ans</b>												
1.	DEMERS, Lauralie			13	Riverains				<b>5:56.41</b>	383		
	50m:	36.73	36.73	150m:	2:10.34	47.32	250m:	3:49.18	51.49	350m:	5:19.62	38.08
	100m:	1:23.02	46.29	200m:	2:57.69	47.35	300m:	4:41.54	52.36	400m:	5:56.41	36.79
2.	BELLE-ISLE, Emilie			13	Cac				<b>5:57.40</b>	380		
	50m:	39.37	39.37	150m:	2:11.57	46.47	250m:	3:48.16	51.39	350m:	5:20.04	40.70
	100m:	1:25.10	45.73	200m:	2:56.77	45.20	300m:	4:39.34	51.18	400m:	5:57.40	37.36
3.	BELLAVANCE, Marianne			14	Club de Natation Régional de la Beauce				<b>6:17.93</b>	321		
	50m:	38.83	38.83	150m:	2:08.87	44.78	250m:	3:51.93	57.51	350m:	5:34.06	43.73
	100m:	1:24.09	45.26	200m:	2:54.42	45.55	300m:	4:50.33	58.40	400m:	6:17.93	43.87
disq.	TROTIER, Alycia			14	Cnq				<b>6:00.68</b>			
	50m:	40.98	40.98	150m:	2:15.79	47.34	250m:	3:52.21	50.15	350m:	5:22.81	39.93
	100m:	1:28.45	47.47	200m:	3:02.06	46.27	300m:	4:42.88	50.67	400m:	6:00.68	37.87
<b>15 - 16 ans</b>												
1.	MALENFANT, Viviane			16	Cnq				<b>5:20.19</b>	528		
	50m:	35.33	35.33	150m:	1:57.07	40.83	250m:	3:23.27	46.23	350m:	4:45.14	36.84
	100m:	1:16.24	40.91	200m:	2:37.04	39.97	300m:	4:08.30	45.03	400m:	5:20.19	35.05
2.	GUY, Roxane			16	Cnq				<b>5:23.82</b>	511		
	50m:	36.79	36.79	150m:	2:01.39	42.69	250m:	3:28.90	46.55	350m:	4:50.23	35.80
	100m:	1:18.70	41.91	200m:	2:42.35	40.96	300m:	4:14.43	45.53	400m:	5:23.82	33.59
3.	THÉROUX, Sabrina			15	Cnq				<b>5:24.48</b>	508		
	50m:	33.34	33.34	150m:	1:56.42	42.99	250m:	3:25.65	45.72	350m:	4:49.90	36.00
	100m:	1:13.43	40.09	200m:	2:39.93	43.51	300m:	4:13.90	48.25	400m:	5:24.48	34.58
4.	TAVARA, Maélie			15	Riverains				<b>5:49.18</b>	407		
	50m:	36.00	36.00	150m:	2:03.14	45.81	250m:	3:39.17	52.68	350m:	5:11.11	39.81
	100m:	1:17.33	41.33	200m:	2:46.49	43.35	300m:	4:31.30	52.13	400m:	5:49.18	38.07
<b>17 ans et plus</b>												
1.	GENOIS, Catherine			26	Club de Natation des Equinoxes				<b>5:52.18</b>	397		
	50m:	36.91	36.91	150m:	2:07.03	43.73	250m:	3:43.45	52.56	350m:	5:14.47	39.40
	100m:	1:23.30	46.39	200m:	2:50.89	43.86	300m:	4:35.07	51.62	400m:	5:52.18	37.71