

Coupe des Régions  
Rivière-du-Loup, 2- - 3-3-2024

Epreuve 19  
2024-03-03 - 8:30

Dames, 400m Libre

Cat. générale  
Liste résultats

Points: FINA 2023

Rang				Age						Temps	Pts	
<b>12 ans et moins</b>												
1.	LEPAGE, Ann-Frédérique			12	Espadons					<b>5:25.32</b>	359	
	50m:	36.22	36.22	150m:	1:59.04	41.54	250m:	3:22.52	42.13	350m:	4:46.08	41.71
	100m:	1:17.50	41.28	200m:	2:40.39	41.35	300m:	4:04.37	41.85	400m:	5:25.32	39.24
2.	CARON, Mia-Jade			11	Nataqui					<b>5:29.06</b>	347	
	50m:	36.60	36.60	150m:	1:59.30	41.54	250m:	3:23.32	42.63	350m:	4:48.64	42.78
	100m:	1:17.76	41.16	200m:	2:40.69	41.39	300m:	4:05.86	42.54	400m:	5:29.06	40.42
3.	MICHAUD, Aurelie			12	LMRL Rivière-du-Loup					<b>5:42.96</b>	306	
	50m:	40.56	40.56	150m:	2:10.49	44.98	250m:	3:37.65	42.85	350m:	5:02.86	42.58
	100m:	1:25.51	44.95	200m:	2:54.80	44.31	300m:	4:20.28	42.63	400m:	5:42.96	40.10
4.	DESJARDINS, Eve-Marie			12	LMRL Rivière-du-Loup					<b>6:09.16</b>	245	
	50m:	41.95	41.95	150m:	2:17.59	48.55	250m:	3:53.82	47.80	350m:	5:28.12	46.25
	100m:	1:29.04	47.09	200m:	3:06.02	48.43	300m:	4:41.87	48.05	400m:	6:09.16	41.04
5.	CHOUINARD, Annaelle			11	LMRL Rivière-du-Loup					<b>6:09.30</b>	245	
	50m:	40.71	40.71	150m:	2:14.90	47.57	250m:	3:49.42	47.04	350m:	5:24.64	48.22
	100m:	1:27.33	46.62	200m:	3:02.38	47.48	300m:	4:36.42	47.00	400m:	6:09.30	44.66
6.	AUDET, Lili			9	Espadons					<b>6:13.37</b>	237	
	50m:	42.09	42.09	150m:	2:18.12	48.07	250m:	3:54.49	48.13	350m:	5:28.85	46.75
	100m:	1:30.05	47.96	200m:	3:06.36	48.24	300m:	4:42.10	47.61	400m:	6:13.37	44.52
7.	PARENT, Estelle			10	Club de Natation Nautilus de Matane					<b>6:13.96</b>	236	
	50m:	42.63	42.63	150m:	2:18.20	47.81	250m:	3:53.55	47.73	350m:	5:29.10	47.28
	100m:	1:30.39	47.76	200m:	3:05.82	47.62	300m:	4:41.82	48.27	400m:	6:13.96	44.86
8.	CARON, Myanne			11	Lsnr					<b>6:40.86</b>	192	
	50m:	44.15	44.15	150m:	2:25.65	51.12	250m:	4:10.10	52.17	350m:	5:53.01	50.63
	100m:	1:34.53	50.38	200m:	3:17.93	52.28	300m:	5:02.38	52.28	400m:	6:40.86	47.85
<b>13 - 14 ans</b>												
1.	CÔTÉ, Aurélie			13	Bg					<b>4:47.96</b>	518	
	50m:	32.41	32.41	150m:	1:43.65	35.99	250m:	2:56.97	36.61	350m:	4:11.38	37.39
	100m:	1:07.66	35.25	200m:	2:20.36	36.71	300m:	3:33.99	37.02	400m:	4:47.96	36.58
2.	MICHAUD, Roxane			14	LMRL Rivière-du-Loup					<b>4:51.31</b>	500	
	50m:	33.15	33.15	150m:	1:44.79	36.25	250m:	2:59.22	37.29	350m:	4:14.95	37.88
	100m:	1:08.54	35.39	200m:	2:21.93	37.14	300m:	3:37.07	37.85	400m:	4:51.31	36.36
3.	BEAULIEU, Julianne			14	LMRL Rivière-du-Loup					<b>4:58.14</b>	466	
	50m:	35.22	35.22	150m:	1:50.18	37.82	250m:	3:05.31	37.47	350m:	4:20.92	38.27
	100m:	1:12.36	37.14	200m:	2:27.84	37.66	300m:	3:42.65	37.34	400m:	4:58.14	37.22
4.	TURBIDE, Florence			14	C.Natation. Sept-Iles					<b>5:04.27</b>	439	
	50m:	33.62	33.62	150m:	1:48.54	37.87	250m:	3:06.67	39.33	350m:	4:26.43	39.90
	100m:	1:10.67	37.05	200m:	2:27.34	38.80	300m:	3:46.53	39.86	400m:	5:04.27	37.84
5.	BERNATCHEZ, Léa			14	Bg					<b>5:19.68</b>	378	
	50m:	37.12	37.12	150m:	1:59.14	41.38	250m:	3:22.08	41.20	350m:	4:42.63	40.20
	100m:	1:17.76	40.64	200m:	2:40.88	41.74	300m:	4:02.43	40.35	400m:	5:19.68	37.05
6.	BELLEMARE, Alexia			14	Aquanautes					<b>5:21.70</b>	371	
	50m:	34.57	34.57	150m:	1:54.25	40.73	250m:	3:17.35	41.64	350m:	4:41.66	42.14
	100m:	1:13.52	38.95	200m:	2:35.71	41.46	300m:	3:59.52	42.17	400m:	5:21.70	40.04

Coupe des Régions  
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Epreuve 19, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
7.	ST LAURENT, Emy			14	Espadons					<b>5:22.88</b>	367	
	50m:	37.25	37.25	150m:	1:59.30	41.46	250m:	3:22.66	41.67	350m:	4:44.62	40.86
	100m:	1:17.84	40.59	200m:	2:40.99	41.69	300m:	4:03.76	41.10	400m:	5:22.88	38.26
8.	PAQUET, Camille			14	Espadons					<b>5:42.89</b>	306	
	50m:	38.45	38.45	150m:	2:06.55	44.96	250m:	3:35.35	44.03	350m:	5:01.73	43.21
	100m:	1:21.59	43.14	200m:	2:51.32	44.77	300m:	4:18.52	43.17	400m:	5:42.89	41.16
9.	CÔTÉ, Marilie			14	Les Dauphins de Rimouski					<b>5:49.38</b>	290	
	50m:	36.82	36.82	150m:	2:04.42	45.07	250m:	3:34.53	44.90	350m:	5:05.41	45.14
	100m:	1:19.35	42.53	200m:	2:49.63	45.21	300m:	4:20.27	45.74	400m:	5:49.38	43.97
10.	RAYMOND, Mathilde			14	Espadons					<b>5:57.16</b>	271	
	50m:	41.43	41.43	150m:	2:12.51	44.96	250m:	3:45.28	46.57	350m:	5:15.49	45.32
	100m:	1:27.55	46.12	200m:	2:58.71	46.20	300m:	4:30.17	44.89	400m:	5:57.16	41.67
11.	CORMIER, Béatrice			13	Cpc					<b>6:29.75</b>	209	
	50m:	41.51	41.51	150m:	2:22.08	51.49	250m:	4:04.18	51.26	350m:	5:45.79	51.49
	100m:	1:30.59	49.08	200m:	3:12.92	50.84	300m:	4:54.30	50.12	400m:	6:29.75	43.96
12.	ROBICHAUD, Élodie			14	Les Dauphins de Rimouski					<b>6:42.01</b>	190	
	50m:	43.53	43.53	150m:	2:24.06	50.81	250m:	4:08.91	53.36	350m:	5:52.62	52.97
	100m:	1:33.25	49.72	200m:	3:15.55	51.49	300m:	4:59.65	50.74	400m:	6:42.01	49.39

15 - 16 ans

1.	COLLIN, Camille			15	Les Dauphins de Rimouski					<b>4:46.92</b>	523	
	50m:	32.35	32.35	150m:	1:44.40	36.30	250m:	2:58.00	36.82	350m:	4:11.30	36.38
	100m:	1:08.10	35.75	200m:	2:21.18	36.78	300m:	3:34.92	36.92	400m:	4:46.92	35.62
2.	HERARD, Gabrielle			16	LMRL Rivière-du-Loup					<b>5:03.79</b>	441	
	50m:	34.20	34.20	150m:	1:50.19	38.27	250m:	3:07.46	38.86	350m:	4:25.81	39.00
	100m:	1:11.92	37.72	200m:	2:28.60	38.41	300m:	3:46.81	39.35	400m:	5:03.79	37.98
3.	MENARD, Chloe			16	LMRL Rivière-du-Loup					<b>5:06.92</b>	428	
	50m:	34.44	34.44	150m:	1:51.61	39.09	250m:	3:09.94	38.83	350m:	4:27.89	38.81
	100m:	1:12.52	38.08	200m:	2:31.11	39.50	300m:	3:49.08	39.14	400m:	5:06.92	39.03
4.	ESSIEMBRE, Léanne			15	Cpc					<b>5:08.76</b>	420	
	50m:	34.84	34.84	150m:	1:53.50	40.30	250m:	3:13.70	39.88	350m:	4:32.50	39.20
	100m:	1:13.20	38.36	200m:	2:33.82	40.32	300m:	3:53.30	39.60	400m:	5:08.76	36.26
5.	POIRIER, Alexanne			16	LMRL Rivière-du-Loup					<b>5:11.89</b>	407	
	50m:	36.22	36.22	150m:	1:54.97	39.83	250m:	3:14.91	39.53	350m:	4:33.97	39.34
	100m:	1:15.14	38.92	200m:	2:35.38	40.41	300m:	3:54.63	39.72	400m:	5:11.89	37.92
6.	BARRIAULT, Rosalie			15	Bg					<b>5:13.76</b>	400	
	50m:	36.34	36.34	150m:	1:58.10	40.99	250m:	3:17.25	38.71	350m:	4:35.94	38.86
	100m:	1:17.11	40.77	200m:	2:38.54	40.44	300m:	3:57.08	39.83	400m:	5:13.76	37.82
7.	BOURDAGE, Ariel			16	Les Dauphins de Rimouski					<b>5:15.23</b>	395	
	50m:	35.23	35.23	150m:	1:53.08	39.48	250m:	3:14.45	40.76	350m:	4:36.33	40.59
	100m:	1:13.60	38.37	200m:	2:33.69	40.61	300m:	3:55.74	41.29	400m:	5:15.23	38.90
8.	COLLIN, Florence			15	Les Dauphins de Rimouski					<b>5:16.44</b>	390	
	50m:	35.61	35.61	150m:	1:56.96	41.11	250m:	3:19.20	40.80	350m:	4:38.14	39.59
	100m:	1:15.85	40.24	200m:	2:38.40	41.44	300m:	3:58.55	39.35	400m:	5:16.44	38.30
9.	GAGNÉ, Marie			16	Espadons					<b>5:24.36</b>	362	
	50m:	37.60	37.60	150m:	2:00.20	41.95	250m:	3:23.20	41.47	350m:	4:46.39	41.48
	100m:	1:18.25	40.65	200m:	2:41.73	41.53	300m:	4:04.91	41.71	400m:	5:24.36	37.97

Coupe des Régions  
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Epreuve 19, Filles, 400m Libre, 15 - 16 ans

Rang				Age					Temps	Pts		
10.	BOUDREAU, Alice			16	Les Dauphins de Rimouski				<b>5:26.77</b>	354		
	50m:	36.45	36.45	150m:	1:57.89	41.78	250m:	3:22.29	42.50	350m:	4:46.38	41.82
	100m:	1:16.11	39.66	200m:	2:39.79	41.90	300m:	4:04.56	42.27	400m:	5:26.77	40.39
11.	SERGERIE, Evangélyne			16	Espadons				<b>5:40.88</b>	312		
	50m:	40.49	40.49	150m:	2:07.94	43.93	250m:	3:35.29	43.60	350m:	5:01.41	42.62
	100m:	1:24.01	43.52	200m:	2:51.69	43.75	300m:	4:18.79	43.50	400m:	5:40.88	39.47
12.	MALENFANT, Julia			16	LMRL Rivière-du-Loup				<b>5:55.50</b>	275		
	50m:	40.31	40.31	150m:	2:09.29	45.15	250m:	3:40.28	45.44	350m:	5:12.15	46.51
	100m:	1:24.14	43.83	200m:	2:54.84	45.55	300m:	4:25.64	45.36	400m:	5:55.50	43.35

17 ans et plus

1.	GAUDREAU, Léa			17	C.Natation. Sept-Iles				<b>5:04.88</b>	436		
	50m:	33.94	33.94	150m:	1:50.61	39.04	250m:	3:09.22	39.26	350m:	4:28.06	39.87
	100m:	1:11.57	37.63	200m:	2:29.96	39.35	300m:	3:48.19	38.97	400m:	5:04.88	36.82
2.	BOSSE, Marie-Laurence			17	LMRL Rivière-du-Loup				<b>5:11.74</b>	408		
	50m:	36.23	36.23	150m:	1:54.64	39.61	250m:	3:13.87	39.72	350m:	4:33.64	39.91
	100m:	1:15.03	38.80	200m:	2:34.15	39.51	300m:	3:53.73	39.86	400m:	5:11.74	38.10
3.	RICHARD, Hailly			18	Les Dauphins de Rimouski				<b>5:20.77</b>	374		
	50m:	34.71	34.71	150m:	1:53.16	39.54	250m:	3:14.74	40.78	350m:	4:39.62	42.18
	100m:	1:13.62	38.91	200m:	2:33.96	40.80	300m:	3:57.44	42.70	400m:	5:20.77	41.15
4.	ST-PIERRE, Laurence			17	LMRL Rivière-du-Loup				<b>5:53.55</b>	280		
	50m:	39.26	39.26	150m:	2:07.48	44.56	250m:	3:37.03	45.62	350m:	5:10.42	47.05
	100m:	1:22.92	43.66	200m:	2:51.41	43.93	300m:	4:23.37	46.34	400m:	5:53.55	43.13
hc.	LAGHDIR, Salma			12	LMRL Rivière-du-Loup				<b>6:02.31</b>	260		
	50m:	39.80	39.80	150m:	2:08.87	44.72	250m:	3:42.48	47.34	350m:		
	100m:	1:24.15	44.35	200m:	2:55.14	46.27	300m:			400m:	6:02.31	
hc.	MALENFANT, Ima			13	LMRL Rivière-du-Loup				<b>6:06.67</b>	251		
	50m:	39.38	39.38	150m:	3:44.33	1:33.55	250m:			350m:		
	100m:	2:10.78	1:31.40	200m:			300m:			400m:	6:06.67	
hc.	SOZIO, Gabrielle			11	LMRL Rivière-du-Loup				<b>6:09.17</b>	245		
	50m:	40.69	40.69	150m:	2:14.68	47.72	250m:	3:51.96	48.41	350m:	5:25.80	46.11
	100m:	1:26.96	46.27	200m:	3:03.55	48.87	300m:	4:39.69	47.73	400m:	6:09.17	43.37
hc.	BOURDAGES, Maëlle			13	Clob				<b>6:41.60</b>	191		
	50m:	44.06	44.06	150m:	2:28.81	53.75	250m:	4:14.50	52.67	350m:		
	100m:	1:35.06	51.00	200m:	3:21.83	53.02	300m:			400m:	6:41.60	