



Manche 6 St Patrick  
Victoriaville, 16-3-2024

Epreuve 1 2024-03-16 - 14:15	400m Libre Laquerre Ford			18 ans et plus 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	LAVALL	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 100 - 104	12:23.26	BRUSSEL, Betty	WRW	Vancouver	2024-02-11
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	MPC	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	MPC	Trois-Rivieres	2008-04-11
Quebec Provincial Master Records 90 - 94	12:26.09	LEHMAN, Eugene	MPC	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	MPC	Dollard-Des-Ormeaux	2019-03-16
Quebec Provincial Master Records 75 - 79	6:17.36	CHASE, Leonard	MPC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 70 - 74	6:08.24	RANSOM, Ken	MPC	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	MPC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 50 - 54	4:25.78	GIROUX, Martin	MPC	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	DESCHÉNES, Gilles	CMDG	Montreal	2006-04-23
Quebec Provincial Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVALL	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	MPC	Gatineau	2012-04-13
Quebec Provincial Master Records 95 - 99	9:59.99	,			
Quebec Provincial Master Records 90 - 94	9:19.42	OLIVER, Judith	MPC	Etobicoke	2023-05-07
Quebec Provincial Master Records 85 - 89	8:41.24	WALDIE, Mae	MPC	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	MPC	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	MPC	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	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	2024-01-27
Quebec Provincial Master Records 30 - 34	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15

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Quebec Provincial Master Records 25 - 29 4:29.39 MCCLEMONT, Laura MUMS Montreal 2011-05-21  
Quebec Provincial Master Records 18 - 24 4:51.59 LEMIEUX, Chantal ??? 1992-01-01

Points: FINA 2024

Rang			Age							Temps	Pts	
<b>25 - 29 ans, Dames</b>												
1.	LORTIE, Marie-Laurence		29	Club de natation Les Requins d						<b>4:55.49</b>		
	50m:	33.83	33.83	150m:	1:48.11	37.38	250m:	3:03.30	37.69	350m:	4:18.55	37.53
	100m:	1:10.73	36.90	200m:	2:25.61	37.50	300m:	3:41.02	37.72	400m:	4:55.49	36.94
2.	LEGAULT, Laurence		29	Mustang Boucherville						<b>5:33.02</b>		
	50m:	36.59	36.59	150m:	1:58.37	41.56	250m:	3:23.56	42.66	350m:	4:50.18	43.34
	100m:	1:16.81	40.22	200m:	2:40.90	42.53	300m:	4:06.84	43.28	400m:	5:33.02	42.84
3.	PÉRIARD, Frédérique		29	Mustang Boucherville						<b>5:42.33</b>		
	50m:	37.15	37.15	150m:	2:01.71	43.22	250m:	3:29.52	43.91	350m:	4:58.15	44.00
	100m:	1:18.49	41.34	200m:	2:45.61	43.90	300m:	4:14.15	44.63	400m:	5:42.33	44.18
4.	CLOAREC, Sarah		25	Club de Natation Mont-Tremblant						<b>6:53.71</b>		
	50m:	40.33	40.33	150m:	2:18.89	51.81	250m:	4:06.43	53.97	350m:	5:56.77	57.06
	100m:	1:27.08	46.75	200m:	3:12.46	53.57	300m:	4:59.71	53.28	400m:	6:53.71	56.94
<b>25 - 29 ans, Messieurs</b>												
1.	BARRETTE, Simon		27	C. N. Haut-Richelieu						<b>4:37.55</b>		
	50m:	30.90	30.90	150m:	1:40.30	35.03	250m:	2:50.34	34.79	350m:	4:01.68	35.84
	100m:	1:05.27	34.37	200m:	2:15.55	35.25	300m:	3:25.84	35.50	400m:	4:37.55	35.87
2.	LAPOINTE, Thomas		29	Maitres À Contre Courant						<b>4:54.49</b>		
	50m:	31.58	31.58	150m:	1:42.27	36.03	250m:	2:57.11	37.97	350m:	4:16.08	40.12
	100m:	1:06.24	34.66	200m:	2:19.14	36.87	300m:	3:35.96	38.85	400m:	4:54.49	38.41
<b>30 - 34 ans, Dames</b>												
1.	MATHIEU, Laurie		32	SANS ATTACHE						<b>6:46.96</b>		
	50m:	44.39	44.39	150m:	2:24.61	50.94	250m:	4:10.55	53.72	350m:	5:56.33	53.16
	100m:	1:33.67	49.28	200m:	3:16.83	52.22	300m:	5:03.17	52.62	400m:	6:46.96	50.63
<b>30 - 34 ans, Messieurs</b>												
1.	RAMIREZ-ROMO, Sergio		32	Mtl Nord Natation						<b>5:14.23</b>		
	50m:	34.86	34.86	150m:	1:54.80	40.88	250m:	3:17.86	41.15	350m:	4:38.80	39.41
	100m:	1:13.92	39.06	200m:	2:36.71	41.91	300m:	3:59.39	41.53	400m:	5:14.23	35.43
2.	RENÉ, Vincent		32	Club de natation région de Qué						<b>6:05.09</b>		
	50m:	40.77	40.77	150m:	2:12.15	46.06	250m:	3:45.21	46.00	350m:	5:20.34	47.66
	100m:	1:26.09	45.32	200m:	2:59.21	47.06	300m:	4:32.68	47.47	400m:	6:05.09	44.75
<b>35 - 39 ans, Dames</b>												
1.	MATHIEU, Virginie		35	Mustang Boucherville						<b>5:38.65</b>		
	50m:	36.61	36.61	150m:	2:02.14	44.31	250m:	3:27.42	43.50	350m:	4:55.36	43.84
	100m:	1:17.83	41.22	200m:	2:43.92	41.78	300m:	4:11.52	44.10	400m:	5:38.65	43.29
2.	COMEAU, Christelle		39	Club Natation Bois Francs						<b>5:59.70</b>		
	50m:	38.33	38.33	150m:	2:10.62	46.82	250m:	3:43.33	46.37	350m:	5:15.40	45.94
	100m:	1:23.80	45.47	200m:	2:56.96	46.34	300m:	4:29.46	46.13	400m:	5:59.70	44.30

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Epreuve 1, 400m Libre

35 - 39 ans, Messieurs

1. MARTIN, Jean-Philippe	38	SANS ATTACHE	<b>5:09.92</b>
50m: 34.36 34.36	150m: 1:50.14 38.37	250m: 3:08.02 39.04	350m: 4:28.89 40.75
100m: 1:11.77 37.41	200m: 2:28.98 38.84	300m: 3:48.14 40.12	400m: 5:09.92 41.03

40 - 44 ans, Dames

1. MATHIEU, Naïla	40	C. N. Haut-Richelieu	<b>5:52.81</b>
50m: 40.65 40.65	150m: 2:10.27 42.90	250m: 3:39.99 44.72	350m: 5:09.93 44.91
100m: 1:27.37 46.72	200m: 2:55.27 45.00	300m: 4:25.02 45.03	400m: 5:52.81 42.88
2. DESMARAIS, Catherine	44	C. N. Haut-Richelieu	<b>5:56.99</b>
50m: 37.48 37.48	150m: 2:03.39 44.03	250m: 3:36.33 47.10	350m: 5:11.39 47.50
100m: 1:19.36 41.88	200m: 2:49.23 45.84	300m: 4:23.89 47.56	400m: 5:56.99 45.60
3. LAVOIE, Catherine	44	Cac	<b>6:08.65</b>
50m: 30.27 30.27	150m: 2:11.46 47.03	250m: 3:47.15 47.94	350m: 5:22.90 47.66
100m: 1:24.43 54.16	200m: 2:59.21 47.75	300m: 4:35.24 48.09	400m: 6:08.65 45.75

40 - 44 ans, Messieurs

1. GAUCHER, Samuel	42	Les Dauphins de Rimouski	<b>5:07.62</b>
50m: 33.37 33.37	150m: 1:50.27 37.88	250m: 3:06.42 38.47	350m: 4:26.70 40.72
100m: 1:12.39 39.02	200m: 2:27.95 37.68	300m: 3:45.98 39.56	400m: 5:07.62 40.92
2. GAUVIN, Éric	44	Club de Natation Memphrémagog	<b>5:35.02</b>
50m: 35.27 35.27	150m: 1:57.83 42.65	250m: 3:24.77 43.47	350m: 4:51.96 44.19
100m: 1:15.18 39.91	200m: 2:41.30 43.47	300m: 4:07.77 43.00	400m: 5:35.02 43.06

45 - 49 ans, Dames

1. TANGUAY, Véronique	48	Mtl Nord Natation	<b>5:30.47</b>
50m: 35.52 35.52	150m: 1:54.93 40.62	250m: 3:19.74 42.75	350m: 4:47.37 43.75
100m: 1:14.31 38.79	200m: 2:36.99 42.06	300m: 4:03.62 43.88	400m: 5:30.47 43.10
2. LEVASSEUR, Catherine	49	Club de Natation Mont-Tremblant	<b>5:32.83</b>
50m: 36.70 36.70	150m: 2:00.83 42.66	250m: 3:26.42 42.87	350m: 4:51.39 42.25
100m: 1:18.17 41.47	200m: 2:43.55 42.72	300m: 4:09.14 42.72	400m: 5:32.83 41.44

45 - 49 ans, Messieurs

1. VALLÉE, Mathieu	46	Club de Natation Memphrémagog	<b>5:51.68</b>
50m: 36.56 36.56	150m: 1:59.24 42.75	250m: 3:29.71 41.69	350m: 5:03.27 47.00
100m: 1:16.49 39.93	200m: 2:48.02 48.78	300m: 4:16.27 46.56	400m: 5:51.68 48.41
2. BEAUDRY, David	47	Club de Natation Memphrémagog	<b>6:02.27</b>
50m: 40.61 40.61	150m: 2:12.08 46.78	250m: 3:46.65 47.35	350m: 5:18.46 45.66
100m: 1:25.30 44.69	200m: 2:59.30 47.22	300m: 4:32.80 46.15	400m: 6:02.27 43.81

50 - 54 ans, Dames

1. PLOUFFE, Marisol	51	VELOX	<b>5:42.88</b>
50m: 36.71 36.71	150m: 2:02.45 43.58	250m: 3:31.59 45.10	350m: 5:00.17 44.90
100m: 1:18.87 42.16	200m: 2:46.49 44.04	300m: 4:15.27 43.68	400m: 5:42.88 42.71
2. LEVESQUE, Edith	50	LMRL Rivière-du-Loup	<b>6:37.44</b>
50m: 44.02 44.02	150m: 2:22.36 49.75	250m: 4:04.52 51.47	350m: 5:47.74 51.78
100m: 1:32.61 48.59	200m: 3:13.05 50.69	300m: 4:55.96 51.44	400m: 6:37.44 49.70

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Epreuve 1, 400m Libre

50 - 54 ans, Messieurs

1.	MARIN, Étienne		52	C. N. Haut-Richelieu		<b>4:54.21</b>
	50m: 34.27	34.27	150m: 1:48.99	37.50	250m: 3:03.27	36.78
	100m: 1:11.49	37.22	200m: 2:26.49	37.50	300m: 3:40.52	37.25
					350m: 4:17.81	37.29
					400m: 4:54.21	36.40
2.	POTVIN, Jean-Francois		51	Club de Natation Mont-Tremblant		<b>5:13.73</b>
	50m: 35.96	35.96	150m: 1:53.52	39.60	250m: 3:12.74	40.07
	100m: 1:13.92	37.96	200m: 2:32.67	39.15	300m: 3:53.14	40.40
					350m: 4:33.46	40.32
					400m: 5:13.73	40.27
3.	DUCHESNE, Steeve		54	Club de Natation Memphrémagog		<b>5:38.80</b>
	50m: 38.74	38.74	150m: 2:02.99	42.85	250m: 3:29.08	42.69
	100m: 1:20.14	41.40	200m: 2:46.39	43.40	300m: 4:12.30	43.22
					350m: 4:56.08	43.78
					400m: 5:38.80	42.72
4.	POUPION, Erik		53	Elite		<b>6:01.23</b>
	50m: 36.11	36.11	150m: 2:01.52	43.88	250m: 3:36.21	47.94
	100m: 1:17.64	41.53	200m: 2:48.27	46.75	300m: 4:24.39	48.18
					350m: 5:13.64	49.25
					400m: 6:01.23	47.59

55 - 59 ans, Dames

1.	FRANK, Emily		57	Ddo		<b>5:38.33</b>
	50m: 38.42	38.42	150m: 2:04.11	43.16	250m: 3:31.17	43.53
	100m: 1:20.95	42.53	200m: 2:47.64	43.53	300m: 4:14.48	43.31
					350m: 4:56.92	42.44
					400m: 5:38.33	41.41
2.	CHAPDELAINE, Josée		57	Mtl Nord Natation		<b>5:44.63</b>
	50m: 38.59	38.59	150m: 1:48.09	36.90	250m: 3:01.76	36.64
	100m: 1:11.19	32.60	200m: 2:25.12	37.03	300m: 3:46.14	44.38
					350m: 4:30.92	44.78
					400m: 5:44.63	1:13.71
3.	LEDUC, Nathalie		56	Club de Natation Memphrémagog		<b>6:26.87</b>
	50m: 43.09	43.09	150m: 2:18.43	49.03	250m: 3:57.27	49.68
	100m: 1:29.40	46.31	200m: 3:07.59	49.16	300m: 4:47.27	50.00
					350m: 5:37.43	50.16
					400m: 6:26.87	49.44
4.	BARRETTE, Marie-Josée		59	Camo		<b>7:41.30</b>
	50m: 50.59	50.59	150m: 2:47.81	59.85	250m: 4:45.52	59.06
	100m: 1:47.96	57.37	200m: 3:46.46	58.65	300m: 5:44.27	58.75
					350m: 6:42.74	58.47
					400m: 7:41.30	58.56
5.	GRAVEL, Marie-France		55	Club de Natation Memphrémagog		<b>8:18.83</b>
	50m: 51.49	51.49	150m: 2:52.27	1:02.00	250m: 4:59.83	1:04.34
	100m: 1:50.27	58.78	200m: 3:55.49	1:03.22	300m: 6:05.61	1:05.78
					350m: 7:12.33	1:06.72
					400m: 8:18.83	1:06.50

55 - 59 ans, Messieurs

1.	MANES, Marc		59	Ddo		<b>6:24.83</b>
	50m: 43.49	43.49	150m: 2:18.71	48.35	250m: 3:58.21	49.60
	100m: 1:30.36	46.87	200m: 3:08.61	49.90	300m: 4:48.30	50.09
					350m: 5:38.33	50.03
					400m: 6:24.83	46.50
2.	NEVEU, André		57	Camo		<b>6:46.87</b>
	50m: 47.96	47.96	150m: 3:32.21	1:51.13	250m: 4:14.83	50.56
	100m: 1:41.08	53.12	200m: 3:24.27		300m: 5:05.49	50.66
					350m: 5:56.93	51.44
					400m: 6:46.87	49.94

60 - 64 ans, Dames

1.	VENNE, Chantal		60	Mpc		<b>5:16.62</b>
	<i>NOUVEAU RECORD QUEBECOIS?</i>					
	50m: 34.65	34.65	150m: 1:53.40	40.13	250m: 3:15.27	41.03
	100m: 1:13.27	38.62	200m: 2:34.24	40.84	300m: 3:56.18	40.91
					350m: 4:36.96	40.78
					400m: 5:16.62	39.66
2.	LECLERC, Manon		62	C. N. Haut-Richelieu		<b>6:00.74</b>
	50m: 40.86	40.86	150m: 2:10.30	45.12	250m: 3:46.02	49.59
	100m: 1:25.18	44.32	200m: 2:56.43	46.13	300m: 4:28.36	42.34
					350m: 5:14.21	45.85
					400m: 6:00.74	46.53

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Epreuve 1, Dames, 400m Libre, 60 - 64 ans

Rang				Age						Temps	Pts	
3.	BOIVIN, Janine			64	Camo					<b>6:27.71</b>		
	50m:	39.61	39.61	150m:	2:11.55	47.47	250m:	3:52.80	51.47	350m:	5:37.80	52.38
	100m:	1:24.08	44.47	200m:	3:01.33	49.78	300m:	4:45.42	52.62	400m:	6:27.71	49.91
4.	BEAULIEU, Louise			63	Camo					<b>7:25.02</b>		
	50m:	49.30	49.30	150m:	2:40.84	56.29	250m:	4:36.21	57.50	350m:	6:31.18	57.28
	100m:	1:44.55	55.25	200m:	3:38.71	57.87	300m:	5:33.90	57.69	400m:	7:25.02	53.84

60 - 64 ans, Messieurs

1.	LAMBERT, Christopher			60	Ddo					<b>5:44.45</b>		
	50m:	39.46	39.46	150m:	2:04.40	43.03	250m:	3:33.40	44.53	350m:	5:08.68	50.91
	100m:	1:21.37	41.91	200m:	2:48.87	44.47	300m:	4:17.77	44.37	400m:	5:44.45	35.77
2.	THOMAS, Stephane			62	C. N. Haut-Richelieu					<b>5:58.85</b>		
	50m:	38.68	38.68	150m:	2:06.68	44.50	250m:	3:38.96	46.66	350m:	5:11.30	45.78
	100m:	1:22.18	43.50	200m:	2:52.30	45.62	300m:	4:25.52	46.56	400m:	5:58.85	47.55
3.	BEAULIEU, Jean-Yves			62	Mtl Nord Natation					<b>6:53.61</b>		
	50m:	43.55	43.55	150m:	2:30.61	55.06	250m:	4:20.14	54.53	350m:	6:06.99	52.82
	100m:	1:35.55	52.00	200m:	3:25.61	55.00	300m:	5:14.17	54.03	400m:	6:53.61	46.62

65 - 69 ans, Dames

1.	LATREILLE, Denise			68	SANS ATTACHE					<b>5:54.27</b>		
	<i>NOUVEAU RECORD QUEBECOIS?</i>											
	50m:	39.90	39.90	150m:	2:09.12	45.00	250m:	3:39.99	45.44	350m:	5:10.05	44.96
	100m:	1:24.12	44.22	200m:	2:54.55	45.43	300m:	4:25.09	45.10	400m:	5:54.27	44.22
2.	GAUDREAU, Marie			68	La vague de Brossard					<b>7:01.27</b>		
	50m:	47.27	47.27	150m:	2:31.17	53.03	250m:	4:19.15	53.85	350m:	6:07.67	54.71
	100m:	1:38.14	50.87	200m:	3:25.30	54.13	300m:	5:12.96	53.81	400m:	7:01.27	53.60

65 - 69 ans, Messieurs

1.	HÉTU, Daniel			68	Camo					<b>6:18.24</b>		
	50m:	42.62	42.62	150m:	2:17.59	47.75	250m:	3:55.71	49.22	350m:		
	100m:	1:29.84	47.22	200m:	3:06.49	48.90	300m:	4:44.81	49.10	400m:	6:18.24	
2.	BEAUCHESNE, Michel			66	Sher					<b>6:24.02</b>		
	50m:	44.11	44.11	150m:	2:21.27	49.37	250m:	3:59.77	48.78	350m:	5:37.61	48.71
	100m:	1:31.90	47.79	200m:	3:10.99	49.72	300m:	4:48.90	49.13	400m:	6:24.02	46.41
3.	DESJARDINS, Paul			69	Camo					<b>6:39.55</b>		
	50m:	43.52	43.52	150m:	2:23.43	50.91	250m:	4:07.24	52.37	350m:	5:51.12	52.35
	100m:	1:32.52	49.00	200m:	3:14.87	51.44	300m:	4:58.77	51.53	400m:	6:39.55	48.43

70 - 74 ans, Dames

1.	SOUTHÈRE, Angèle			74	Club de Natation Memphrémagog					<b>8:12.36</b>		
	50m:	56.33	56.33	150m:	3:01.58	1:03.40	250m:	5:07.11	1:03.25	350m:	7:13.11	1:03.40
	100m:	1:58.18	1:01.85	200m:	4:03.86	1:02.28	300m:	6:09.71	1:02.60	400m:	8:12.36	59.25
2.	DION, Lise			70	Camo					<b>8:48.33</b>		
	50m:	59.39	59.39	150m:	3:13.95	1:07.34	250m:	5:28.30	1:07.38	350m:	7:42.48	1:06.68
	100m:	2:06.61	1:07.22	200m:	4:20.92	1:06.97	300m:	6:35.80	1:07.50	400m:	8:48.33	1:05.85

Manche 6 St Patrick  
Victoriaville, 16-3-2024

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Epreuve 1, 400m Libre

70 - 74 ans, Messieurs

1. FRÈVE, Guy			71	Cmnq				<b>7:35.80</b>	
50m:	50.33	50.33	150m:	2:46.24	58.88	250m:	4:44.89	59.62	350m: 6:41.71 58.94
100m:	1:47.36	57.03	200m:	3:45.27	59.03	300m:	5:42.77	57.88	400m: 7:35.80 54.09

75 - 79 ans, Dames

1. CARDINAL, Liliane			75	Mpc				<b>10:03.76</b>	
50m:	1:06.46	1:06.46	150m:	3:34.77	1:15.72	250m:	6:11.86	1:18.40	350m: 8:47.74 1:17.32
100m:	2:19.05	1:12.59	200m:	4:53.46	1:18.69	300m:	7:30.42	1:18.56	400m: 10:03.76 1:16.02

75 - 79 ans, Messieurs

1. MCNEIL, Claude			76	Les Dauphins de Rimouski				<b>7:50.33</b>	
50m:	50.58	50.58	150m:	2:50.18	1:01.03	250m:	4:52.30	1:00.31	350m: 6:51.15 59.03
100m:	1:49.15	58.57	200m:	3:51.99	1:01.81	300m:	5:52.12	59.82	400m: 7:50.33 59.18