

Coupe des régions Été 2024 - ANBM - ANLSL - ANMLLL
Montréal, 7 au 9 juin 2024

Epreuve 117
2024-06-09 - 8:54

Dames, 400m Libre

10 - 19 ans
Liste résultats Eliminatoires

Points: FINA 2024

Rang			Age							Temps	Pts	
10 - 12 ans												
1.	MUSSELY, Olivia		12	Camo						5:11.38	Q	
	50m:	34.92	34.92	150m:	1:53.94	39.75	250m:	3:12.82	39.43	350m:	4:32.56	40.39
	100m:	1:14.19	39.27	200m:	2:33.39	39.45	300m:	3:52.17	39.35	400m:	5:11.38	38.82
2.	MARTIN, Alizé		12	ICI						5:13.00	Q	
	50m:	35.01	35.01	150m:	1:54.51	40.34	250m:	3:13.90	40.00	350m:	4:33.22	39.54
	100m:	1:14.17	39.16	200m:	2:33.90	39.39	300m:	3:53.68	39.78	400m:	5:13.00	39.78
3.	MARMOUZ, Siane		12	Dorval						5:20.47	Q	
	50m:	37.54	37.54	150m:	1:58.90	40.96	250m:	3:20.76	41.31	350m:	4:37.63	37.53
	100m:	1:17.94	40.40	200m:	2:39.45	40.55	300m:	4:00.10	39.34	400m:	5:20.47	42.84
4.	LEHAD, Milissa		12	Mtl Nord Natation						5:20.86	Q	
	50m:	34.55	34.55	150m:	1:55.19	40.52	250m:	3:17.04	41.27	350m:	4:41.35	42.49
	100m:	1:14.67	40.12	200m:	2:35.77	40.58	300m:	3:58.86	41.82	400m:	5:20.86	39.51
5.	AN, Cathy		12	Club Aquatique Calac Lasalle						5:23.78	Q	
	50m:	35.45	35.45	150m:	1:56.17	41.13	250m:	3:18.91	41.31	350m:	4:40.42	40.11
	100m:	1:15.04	39.59	200m:	2:37.60	41.43	300m:	4:00.31	41.40	400m:	5:23.78	43.36
6.	COROVINA, Elizaveta		12	Cote Saint-Luc Aquatics						5:26.77	Q	
	50m:	36.94	36.94	150m:	1:59.46	41.55	250m:	3:22.05	40.23	350m:	4:46.65	42.34
	100m:	1:17.91	40.97	200m:	2:41.82	42.36	300m:	4:04.31	42.26	400m:	5:26.77	40.12
7.	HERRON, Nivia		12	Pointe-Claire Swim Club						5:26.89	Q	
	50m:	36.84	36.84	150m:	1:58.02	40.94	250m:	3:22.39	42.19	350m:	4:45.98	41.82
	100m:	1:17.08	40.24	200m:	2:40.20	42.18	300m:	4:04.16	41.77	400m:	5:26.89	40.91
8.	VAN SICKLE, Madeline		12	Pointe-Claire Swim Club						5:32.03	Q	
	50m:	37.51	37.51	150m:	2:01.60	42.31	250m:	3:25.84	41.84	350m:	4:52.08	43.04
	100m:	1:19.29	41.78	200m:	2:44.00	42.40	300m:	4:09.04	43.20	400m:	5:32.03	39.95
9.	DÉSILETS, Léanne		12	Neptune Natation						5:34.39	Q	
	50m:	36.35	36.35	150m:	2:01.01	42.60	250m:	3:27.97	43.62	350m:	4:53.21	42.69
	100m:	1:18.41	42.06	200m:	2:44.35	43.34	300m:	4:10.52	42.55	400m:	5:34.39	41.18
10.	LENET, Cadence		12	Pointe-Claire Swim Club						5:36.64	Q	
	50m:	37.32	37.32	150m:	2:02.40	42.66	250m:	3:28.16	43.54	350m:	4:55.21	43.75
	100m:	1:19.74	42.42	200m:	2:44.62	42.22	300m:	4:11.46	43.30	400m:	5:36.64	41.43
11.	BOIVIN, Victoria		12	Neptune Natation						5:36.92	R	
	50m:	37.58	37.58	150m:	2:02.71	43.01	250m:	3:28.56	42.66	350m:	4:55.22	43.19
	100m:	1:19.70	42.12	200m:	2:45.90	43.19	300m:	4:12.03	43.47	400m:	5:36.92	41.70
12.	ROBINSON, Jasmine		12	Pointe-Claire Swim Club						5:37.65	R	
	50m:	36.23	36.23	150m:	2:01.23	43.15	250m:	3:28.03	43.25	350m:	4:55.95	43.78
	100m:	1:18.08	41.85	200m:	2:44.78	43.55	300m:	4:12.17	44.14	400m:	5:37.65	41.70
13.	BASSERMANN, Kayla		12	Dorval						5:38.87		
	50m:	37.78	37.78	150m:	2:03.34	43.15	250m:	3:31.60	43.90	350m:	5:00.26	44.07
	100m:	1:20.19	42.41	200m:	2:47.70	44.36	300m:	4:16.19	44.59	400m:	5:38.87	38.61
14.	HUNT, Alexa		12	Dorval						5:41.90		
	50m:	37.55	37.55	150m:	2:02.23	42.59	250m:	3:29.45	43.19	350m:	4:58.40	45.09
	100m:	1:19.64	42.09	200m:	2:46.26	44.03	300m:	4:13.31	43.86	400m:	5:41.90	43.50
15.	BOULANGER-BERTHIAUME, Zoé		12	Club Aquatique Calac Lasalle						5:43.12		
	50m:	39.31	39.31	150m:	2:08.04	44.81	250m:	3:36.02	43.71	350m:	5:02.97	42.88
	100m:	1:23.23	43.92	200m:	2:52.31	44.27	300m:	4:20.09	44.07	400m:	5:43.12	40.15

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Rang				Age					Temps	Pts
16.	DESSUREAULT, Laurence			11	Club de Natation Mont-Tremblant				5:44.67	
	50m:	38.54	38.54	150m:	2:05.32	250m:		350m:		
	100m:			200m:		300m:		400m:	5:44.67	
17.	DION, Callie			10	Ddo				5:45.45	
	50m:	38.72	38.72	150m:	2:05.65	250m:	3:34.39	350m:	5:04.60	
	100m:	1:21.87	43.15	200m:	2:49.59	300m:	4:19.65	400m:	5:45.45	
18.	SIU, Lauren			12	Pointe-Claire Swim Club				5:49.28	
	50m:	38.19	38.19	150m:	2:05.11	250m:	3:33.27	350m:	5:06.27	
	100m:	1:21.18	42.99	200m:	2:48.69	300m:	4:19.81	400m:	5:49.28	
19.	ESPOSITO, Sophie			12	Bbf				5:50.88	
	50m:	38.54	38.54	150m:	2:06.71	250m:	3:36.70	350m:	5:07.61	
	100m:	1:21.87	43.33	200m:	2:51.63	300m:	4:22.06	400m:	5:50.88	
20.	MAGHRAOUI, Yasmine			10	Camo				5:55.32	
	50m:	38.36	38.36	150m:	2:08.35	250m:	3:35.48	350m:	5:10.25	
	100m:	1:22.21	43.85	200m:	2:51.05	300m:	4:21.86	400m:	5:55.32	
21.	DESCENT, Audrey			12	Bbf				6:08.74	
	50m:	40.60	40.60	150m:	2:11.96	250m:	3:47.06	350m:	5:22.22	
	100m:	1:25.33	44.73	200m:	3:00.58	300m:		400m:	6:08.74	
22.	GARNIER, Aby			11	Club Aquatique Calac Lasalle				6:11.75	
	50m:	39.39	39.39	150m:	2:14.21	250m:	3:51.67	350m:		
	100m:	1:25.70	46.31	200m:	3:03.67	300m:	4:40.31	400m:	6:11.75	
23.	ONORATI, Isabella			11	Ddo				6:11.85	
	50m:	41.62	41.62	150m:	2:17.42	250m:	3:53.18	350m:	5:27.38	
	100m:	1:28.68	47.06	200m:	3:06.14	300m:	4:42.61	400m:	6:11.85	
24.	FORREST, Gabriel			10	Pointe-Claire Swim Club				6:12.51	
	50m:	41.42	41.42	150m:	2:17.00	250m:	3:51.30	350m:	5:28.16	
	100m:	1:29.43	48.01	200m:	3:03.81	300m:	4:39.63	400m:	6:12.51	
13 - 14 ans										
1.	ANDERSON, Lillian			14	Cote Saint-Luc Aquatics				4:55.66	Q
	50m:	33.29	33.29	150m:	1:46.66	250m:	3:02.54	350m:	4:18.88	
	100m:	1:09.57	36.28	200m:	2:24.61	300m:	3:41.10	400m:	4:55.66	
2.	BÉRUBÉ, Alizée			14	club aquatique st-eustache				5:06.12	Q
	50m:	33.97	33.97	150m:	1:50.13	250m:	3:08.95	350m:	4:27.92	
	100m:	1:11.49	37.52	200m:	2:29.76	300m:	3:47.86	400m:	5:06.12	
3.	PATEL, Anvita			13	Ddo				5:10.17	Q
	50m:	34.56	34.56	150m:	1:53.77	250m:	3:13.71	350m:	4:32.58	
	100m:	1:13.68	39.12	200m:	2:33.93	300m:	3:53.81	400m:	5:10.17	
4.	MERAIHI, Sara-Laadra			14	Camo				5:10.31	Q
	50m:	36.35	36.35	150m:	1:53.76	250m:	3:11.73	350m:	4:30.40	
	100m:	1:14.98	38.63	200m:	2:32.47	300m:	3:50.62	400m:	5:10.31	
5.	VISKI, Daria			14	Neptune Natation				5:12.02	Q
	50m:	35.88	35.88	150m:	1:54.29	250m:	3:13.43	350m:	4:33.34	
	100m:	1:14.90	39.02	200m:	2:33.60	300m:	3:53.39	400m:	5:12.02	
6.	HOULE, Charlie			14	club aquatique st-eustache				5:12.20	Q
	50m:	35.41	35.41	150m:	1:54.56	250m:	3:14.56	350m:	4:33.60	
	100m:	1:14.37	38.96	200m:	2:34.52	300m:	3:54.04	400m:	5:12.20	

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Epreuve 117, Filles, 400m Libre, Elimatoire, 13 - 14 ans

Rang				Age					Temps	Pts		
7.	COULOMBE, Justine			13	Neptune Natation				5:12.27	Q		
	50m:	35.20	35.20	150m:	1:53.67	39.56	250m:	3:13.19	39.72	350m:	4:33.06	39.88
	100m:	1:14.11	38.91	200m:	2:33.47	39.80	300m:	3:53.18	39.99	400m:	5:12.27	39.21
8.	ROTH, Heidi			13	Neptune Natation				5:13.54	Q		
	50m:	36.14	36.14	150m:	1:55.83	40.06	250m:	3:16.51	39.90	350m:	4:36.17	39.42
	100m:	1:15.77	39.63	200m:	2:36.61	40.78	300m:	3:56.75	40.24	400m:	5:13.54	37.37
9.	PARISÉ, Chloé			14	Camo				5:16.77	Q		
	50m:	34.51	34.51	150m:	1:52.90	39.96	250m:	3:14.16	40.60	350m:	4:36.32	40.93
	100m:	1:12.94	38.43	200m:	2:33.56	40.66	300m:	3:55.39	41.23	400m:	5:16.77	40.45
10.	BROUILLETTE, Emma-Rose			13	ICI				5:18.44	Q		
	50m:	33.29	33.29	150m:	1:51.44	40.05	250m:	3:13.89	41.17	350m:	4:37.22	41.78
	100m:	1:11.39	38.10	200m:	2:32.72	41.28	300m:	3:55.44	41.55	400m:	5:18.44	41.22
11.	CHUPRUN, Annika			13	Bbf				5:18.62	R		
	50m:	36.65	36.65	150m:	1:58.60	41.17	250m:	3:20.22	40.27	350m:	4:41.15	40.21
	100m:	1:17.43	40.78	200m:	2:39.95	41.35	300m:	4:00.94	40.72	400m:	5:18.62	37.47
12.	LAMBERT, Sofia			13	Pointe-Claire Swim Club				5:18.94	R		
	50m:	34.08	34.08	150m:	1:53.41	40.00	250m:	3:14.57	40.40	350m:	4:37.92	41.67
	100m:	1:13.41	39.33	200m:	2:34.17	40.76	300m:	3:56.25	41.68	400m:	5:18.94	41.02
13.	CONVIE, Lucy			13	Cote Saint-Luc Aquatics				5:20.82			
	50m:	35.78	35.78	150m:	1:55.21	40.06	250m:	3:17.26	41.02	350m:	4:39.88	41.39
	100m:	1:15.15	39.37	200m:	2:36.24	41.03	300m:	3:58.49	41.23	400m:	5:20.82	40.94
14.	PERTH, Kiliana			13	Neptune Natation				5:22.25			
	50m:	34.40	34.40	150m:	1:55.73	41.45	250m:	3:19.19	41.39	350m:	4:40.72	40.70
	100m:	1:14.28	39.88	200m:	2:37.80	42.07	300m:	4:00.02	40.83	400m:	5:22.25	41.53
15.	LAVIGNE, Noémie			13	Neptune Natation				5:22.79			
	50m:	35.70	35.70	150m:	1:55.61	40.40	250m:	3:18.17	41.37	350m:	4:42.91	42.67
	100m:	1:15.21	39.51	200m:	2:36.80	41.19	300m:	4:00.24	42.07	400m:	5:22.79	39.88
16.	GUERNI, Inès			14	Laval				5:25.11			
	50m:	36.48	36.48	150m:	2:41.53	1:23.75	250m:	4:05.20	41.78	350m:		
	100m:	1:17.78	41.30	200m:	3:23.42	41.89	300m:	4:46.56	41.36	400m:	5:25.11	
17.	CHEN, Zoe			13	Pointe-Claire Swim Club				5:25.20			
	50m:	36.11	36.11	150m:	1:57.13	41.00	250m:	3:19.44	41.18	350m:	4:42.66	41.53
	100m:	1:16.13	40.02	200m:	2:38.26	41.13	300m:	4:01.13	41.69	400m:	5:25.20	42.54
18.	FRECHETTE, Ashlyn			14	Dorval				5:26.74			
	50m:	36.20	36.20	150m:	1:59.35	41.90	250m:	3:23.15	41.63	350m:	4:46.92	41.31
	100m:	1:17.45	41.25	200m:	2:41.52	42.17	300m:	4:05.61	42.46	400m:	5:26.74	39.82
19.	STIVALETTA, Valentina			13	Neptune Natation				5:28.37			
	50m:	36.52	36.52	150m:	2:00.27	42.15	250m:	3:24.55	41.99	350m:	4:48.59	42.05
	100m:	1:18.12	41.60	200m:	2:42.56	42.29	300m:	4:06.54	41.99	400m:	5:28.37	39.78
	FLEURY-OUELLETTE, Élise			14	R2p				5:28.37			
	50m:	35.25	35.25	150m:	1:56.03	41.01	250m:	3:20.15	42.19	350m:	4:46.44	42.98
	100m:	1:15.02	39.77	200m:	2:37.96	41.93	300m:	4:03.46	43.31	400m:	5:28.37	41.93
21.	KEFI, Beya			13	Ddo				5:28.71			
	50m:	36.14	36.14	150m:	1:58.12	41.99	250m:	3:22.82	42.20	350m:	4:47.38	41.40
	100m:	1:16.13	39.99	200m:	2:40.62	42.50	300m:	4:05.98	43.16	400m:	5:28.71	41.33
22.	MARK, Avery			13	Pointe-Claire Swim Club				5:31.37			
	50m:	37.99	37.99	150m:	2:03.53		250m:	3:27.60	42.21	350m:	4:51.19	41.93
	100m:			200m:	2:45.39	41.86	300m:	4:09.26	41.66	400m:	5:31.37	40.18

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Rang			Age						Temps	Pts
23.	XENOULIS, Stavroula		14	Laval					5:33.74	
	50m:		150m:	2:03.96	43.33	250m:	4:13.03	43.04	350m:	
	100m:	1:20.63	200m:	3:29.99	1:26.03	300m:	4:55.97	42.94	400m:	5:33.74
24.	GUZMAN, Olivia		13	Pointe-Claire Swim Club					5:34.78	
	50m:	37.07 37.07	150m:	1:59.34	41.92	250m:	3:24.50	42.97	350m:	4:49.79 42.87
	100m:	1:17.42 40.35	200m:	2:41.53	42.19	300m:	4:06.92	42.42	400m:	5:34.78 44.99
25.	TANGUAY, Lou-Ann		14	club aquatique st-eustache					5:36.54	
	50m:	36.53 36.53	150m:	1:59.63	42.52	250m:	3:26.46	43.68	350m:	4:53.71 43.49
	100m:	1:17.11 40.58	200m:	2:42.78	43.15	300m:	4:10.22	43.76	400m:	5:36.54 42.83
26.	LAMPRON, Noemie		13	Neptune Natation					5:37.59	
	50m:	38.00 38.00	150m:	2:03.71	43.40	250m:	3:31.77	43.56	350m:	4:57.60 41.62
	100m:	1:20.31 42.31	200m:	2:48.21	44.50	300m:	4:15.98	44.21	400m:	5:37.59 39.99

15 - 19 ans

1.	EGHTESAD, Ava		16	Camo					4:49.91	Q
	50m:	32.66 32.66	150m:	1:45.73	37.21	250m:	2:59.38	36.63	350m:	4:13.81 37.40
	100m:	1:08.52 35.86	200m:	2:22.75	37.02	300m:	3:36.41	37.03	400m:	4:49.91 36.10
2.	ADMANE, Hiba		15	Camo					4:53.00	Q
	50m:	33.99 33.99	150m:	1:47.59	37.02	250m:	3:03.16	37.65	350m:	4:17.08 36.55
	100m:	1:10.57 36.58	200m:	2:25.51	37.92	300m:	3:40.53	37.37	400m:	4:53.00 35.92
3.	PERREAULT, Simone		16	Camo					4:53.01	Q
	50m:	33.79 33.79	150m:	1:47.39	37.30	250m:	3:01.76	36.99	350m:	4:16.85 37.53
	100m:	1:10.09 36.30	200m:	2:24.77	37.38	300m:	3:39.32	37.56	400m:	4:53.01 36.16
4.	ST-HILAIRE, Emma		17	club aquatique st-eustache					4:54.89	Q
	50m:	33.59 33.59	150m:	1:48.39	38.06	250m:	3:03.37	37.42	350m:	4:18.43 37.49
	100m:	1:10.33 36.74	200m:	2:25.95	37.56	300m:	3:40.94	37.57	400m:	4:54.89 36.46
5.	MIRELES-TROTIGNON, Clara		15	Camo					4:57.08	Q
	50m:	33.49 33.49	150m:	1:47.68	37.59	250m:	3:03.12	37.64	350m:	4:20.15 38.69
	100m:	1:10.09 36.60	200m:	2:25.48	37.80	300m:	3:41.46	38.34	400m:	4:57.08 36.93
6.	MCDONALD, Avery		15	Ddo					4:58.83	Q
	50m:	34.16 34.16	150m:	1:49.33	38.24	250m:	3:05.73	38.05	350m:	4:22.06 37.96
	100m:	1:11.09 36.93	200m:	2:27.68	38.35	300m:	3:44.10	38.37	400m:	4:58.83 36.77
7.	NÉMORIN, Joelle		17	club aquatique st-eustache					5:00.08	Q
	50m:	33.40 33.40	150m:	1:47.91	37.72	250m:	3:03.94	38.21	350m:	4:21.62 39.32
	100m:	1:10.19 36.79	200m:	2:25.73	37.82	300m:	3:42.30	38.36	400m:	5:00.08 38.46
8.	LANGELIER, Laurianne		17	Neptune Natation					5:06.19	Q
	50m:	33.67 33.67	150m:	1:49.20	38.31	250m:	3:07.71	39.49	350m:	4:27.04 39.84
	100m:	1:10.89 37.22	200m:	2:28.22	39.02	300m:	3:47.20	39.49	400m:	5:06.19 39.15
9.	LIZAOLA REYES, Itzel Guadalupe		15	Camo					5:07.10	Q
	50m:	34.40 34.40	150m:	1:50.69	38.60	250m:	3:09.11	39.40	350m:	4:28.70 39.86
	100m:	1:12.09 37.69	200m:	2:29.71	39.02	300m:	3:48.84	39.73	400m:	5:07.10 38.40
10.	LAVIGNE, Daphnée		16	Neptune Natation					5:09.23	Q
	50m:	34.00 34.00	150m:	1:50.10	38.81	250m:	3:09.46	39.64	350m:	4:30.15 40.73
	100m:	1:11.29 37.29	200m:	2:29.82	39.72	300m:	3:49.42	39.96	400m:	5:09.23 39.08
11.	MACISAAC, Emily		15	Dorval					5:10.32	R
	50m:	35.10 35.10	150m:	1:52.45	39.22	250m:	3:11.62	39.83	350m:	4:31.25 39.85
	100m:	1:13.23 38.13	200m:	2:31.79	39.34	300m:	3:51.40	39.78	400m:	5:10.32 39.07

Coupe des régions Été 2024 - ANBM - ANLSL - ANMLLL
Montréal, 7 au 9 juin 2024

Epreuve 117, Dames, 400m Libre, Elimatoire, 15 - 19 ans

Rang				Age						Temps	Pts	
12.	YANKOV, Karina			15	Cdndg						5:10.85	R
	50m:	34.62	34.62	150m:	1:54.26	40.11	250m:	3:14.76	40.44	350m:	4:34.07	39.22
	100m:	1:14.15	39.53	200m:	2:34.32	40.06	300m:	3:54.85	40.09	400m:	5:10.85	36.78
13.	MUNTEAN, Alexandra			16	Ddo						5:11.97	
	50m:	34.93	34.93	150m:	1:53.51	39.95	250m:	3:13.52	39.84	350m:	4:34.00	40.41
	100m:	1:13.56	38.63	200m:	2:33.68	40.17	300m:	3:53.59	40.07	400m:	5:11.97	37.97
14.	VICTOR, Abigail			16	Dorval						5:14.22	
	50m:	34.69	34.69	150m:	1:54.23	40.40	250m:	3:14.43	39.81	350m:		
	100m:	1:13.83	39.14	200m:	2:34.62	40.39	300m:	3:54.80	40.37	400m:	5:14.22	
15.	BOLDUC, Carolane			15	club aquatique st-eustache						5:14.39	
	50m:	34.72	34.72	150m:	1:53.59	40.07	250m:	3:14.55	40.50	350m:	4:35.19	40.20
	100m:	1:13.52	38.80	200m:	2:34.05	40.46	300m:	3:54.99	40.44	400m:	5:14.39	39.20
16.	BOUCHER DEROUIN, Cendrine			19	Club Aquatique Calac Lasalle						5:17.37	
	50m:	35.15	35.15	150m:	1:53.44	39.72	250m:	3:14.36	40.84	350m:	4:36.92	41.52
	100m:	1:13.72	38.57	200m:	2:33.52	40.08	300m:	3:55.40	41.04	400m:	5:17.37	40.45
17.	VITOROULLIS, Juliana			15	Ddo						5:18.67	
	50m:	35.68	35.68	150m:	1:55.80	40.51	250m:	3:17.96	40.93	350m:	4:39.15	40.48
	100m:	1:15.29	39.61	200m:	2:37.03	41.23	300m:	3:58.67	40.71	400m:	5:18.67	39.52
18.	ROWCLIFFE, Millasyn			15	Ddo						5:19.03	
	50m:	33.99	33.99	150m:	1:54.04	40.74	250m:	3:15.96	40.83	350m:		
	100m:	1:13.30	39.31	200m:	2:35.13	41.09	300m:	3:57.25	41.29	400m:	5:19.03	
19.	DE MARTIN, Abigail			16	Mtl Nord Natation						5:24.46	
	50m:	36.03	36.03	150m:	1:56.56	41.18	250m:	3:19.54	41.53	350m:	4:43.30	41.92
	100m:	1:15.38	39.35	200m:	2:38.01	41.45	300m:	4:01.38	41.84	400m:	5:24.46	41.16
20.	BERTRAND, Charlotte			16	Neptune Natation						5:33.09	
	50m:	37.97	37.97	150m:	2:02.84	42.39	250m:	3:28.42	42.52	350m:	4:53.06	42.00
	100m:	1:20.45	42.48	200m:	2:45.90	43.06	300m:	4:11.06	42.64	400m:	5:33.09	40.03
hc.	BRISSON S8SB7SM8, Anne-Frédérique			24	Pointe-Claire Swim Club						6:53.89	
	50m:	44.27	44.27	150m:	2:22.90	49.58	250m:	4:07.60	53.81	350m:	5:59.17	56.54
	100m:	1:33.32	49.05	200m:	3:13.79	50.89	300m:	5:02.63	55.03	400m:	6:53.89	54.72