

Invitation printemps NSH  
Québec, 6-7 avril-2024

Epreuve 1 400m 4 nages Cat. générale  
2024-04-06 - 8:00 Liste résultats

Points: FINA 2023

Rang			AN						Temps	Pts		
12 ans et moins, Filles												
1.	TESSIER, Ellyanne		12	Unik					<b>5:34.27</b>	464		
	50m:	36.46	36.46	150m:	2:04.45	44.58	250m:	3:31.44	43.44	350m:	4:56.34	39.03
	100m:	1:19.87	43.41	200m:	2:48.00	43.55	300m:	4:17.31	45.87	400m:	5:34.27	37.93

13 - 14 ans, Filles

1.	GIRARD, Aurélia		09	Club de Natation des Riverains					<b>5:09.01</b>	588		
	50m:	32.25	32.25	150m:	1:50.16	39.99	250m:	3:13.06	45.69	350m:	4:35.58	36.20
	100m:	1:10.17	37.92	200m:	2:27.37	37.21	300m:	3:59.38	46.32	400m:	5:09.01	33.43
2.	LEMELIN, Émie		09	Club de natation région de Qué					<b>5:30.88</b>	479		
	50m:	33.69	33.69	150m:	1:55.37	43.26	250m:	3:25.82	48.40	350m:	4:53.72	38.56
	100m:	1:12.11	38.42	200m:	2:37.42	42.05	300m:	4:15.16	49.34	400m:	5:30.88	37.16

13 - 14 ans, Garçons

1.	VOGRIG, Liam		09	Cac					<b>5:06.06</b>	451		
	50m:	32.25	32.25	150m:	1:50.47	40.86	250m:	3:12.72	42.40	350m:	4:31.74	34.53
	100m:	1:09.61	37.36	200m:	2:30.32	39.85	300m:	3:57.21	44.49	400m:	5:06.06	34.32
2.	POMERLEAU, Justin		09	Rouge et Or/Université Laval					<b>5:17.34</b>	405		
	50m:	32.80	32.80	150m:	1:52.61	41.04	250m:	3:18.46	46.38	350m:	4:41.70	35.89
	100m:	1:11.57	38.77	200m:	2:32.08	39.47	300m:	4:05.81	47.35	400m:	5:17.34	35.64
3.	PAQUIN, Loïc		09	Club de natation région de Qué					<b>5:24.42</b>	379		
	50m:	32.63	32.63	150m:	2:35.17	1:23.93	250m:	3:21.62		350m:	4:47.33	38.18
	100m:	1:11.24	38.61	200m:			300m:	4:09.15	47.53	400m:	5:24.42	37.09
4.	BLAIS, Guillaume		10	Club de Natation des Riverains					<b>5:46.39</b>	311		
	50m:	36.99	36.99	150m:	2:04.76	44.06	250m:	3:39.83	51.61	350m:	5:10.57	37.70
	100m:	1:20.70	43.71	200m:	2:48.22	43.46	300m:	4:32.87	53.04	400m:	5:46.39	35.82

15 ans et plus, Dames

1.	MALENFANT, Viviane		07	Club de natation région de Qué					<b>5:15.28</b>	553		
	50m:	33.13	33.13	150m:	1:53.28	41.41	250m:	3:18.00	44.95	350m:	4:40.26	36.78
	100m:	1:11.87	38.74	200m:	2:33.05	39.77	300m:	4:03.48	45.48	400m:	5:15.28	35.02
2.	CHALIFOUR, Mathilde		05	Rouge et Or/Université Laval					<b>5:23.03</b>	515		
	50m:	34.43	34.43	150m:	1:57.42	44.06	250m:	3:25.46	44.33	350m:	4:47.30	37.51
	100m:	1:13.36	38.93	200m:	2:41.13	43.71	300m:	4:09.79	44.33	400m:	5:23.03	35.73
3.	DUMAS, Annabelle		08	Club de Natation des Riverains					<b>5:26.07</b>	500		
	50m:	35.15	35.15	150m:	1:58.68	41.57	250m:	3:25.12	46.32	350m:	4:50.60	37.46
	100m:	1:17.11	41.96	200m:	2:38.80	40.12	300m:	4:13.14	48.02	400m:	5:26.07	35.47
4.	PRÉVOST, Amanda		07	Club de Natation des Equinoxes					<b>5:54.71</b>	389		
	50m:	36.27	36.27	150m:	2:02.95	44.23	250m:	3:40.63	54.55	350m:	5:16.11	40.84
	100m:	1:18.72	42.45	200m:	2:46.08	43.13	300m:	4:35.27	54.64	400m:	5:54.71	38.60
5.	TROTIER, Alycia		09	Club de natation région de Qué					<b>5:57.75</b>	379		
	50m:	40.94	40.94	150m:	2:15.95	47.94	250m:	3:52.39	47.90	350m:	5:21.35	39.29
	100m:	1:28.01	47.07	200m:	3:04.49	48.54	300m:	4:42.06	49.67	400m:	5:57.75	36.40

Invitation printemps NSH  
Québec, 6-7 avril-2024

Epreuve 1, Dames, 400m 4 nages, 15 ans et plus

Rang			AN							Temps	Pts
6.	MERCIER, Naura		07	Club de Natation Régional de la Beauce						<b>6:06.37</b>	353
	50m:	38.31	38.31	150m:	2:10.83	46.54	250m:	3:50.89	54.83	350m:	
	100m:	1:24.29	45.98	200m:	2:56.06	45.23	300m:	4:46.45	55.56	400m:	6:06.37

15 ans et plus, Messieurs

1.	POMERLEAU, Laurent		08	Rouge et Or/Université Laval						<b>4:59.36</b>	482
	50m:	30.69	30.69	150m:	1:45.46	37.93	250m:	3:04.39	41.85	350m:	4:23.93
	100m:	1:07.53	36.84	200m:	2:22.54	37.08	300m:	3:47.92	43.53	400m:	4:59.36
2.	BERGERON, Émile		08	Club de Natation Régional de la Beauce						<b>5:04.72</b>	457
	50m:	30.03	30.03	150m:	1:44.88	38.78	250m:	3:06.80	44.42	350m:	4:28.96
	100m:	1:06.10	36.07	200m:	2:22.38	37.50	300m:	3:52.20	45.40	400m:	5:04.72

Cat. générale

1.	POMERLEAU, Laurent		08	Rouge et Or/Université Laval						<b>4:59.36</b>	482
	50m:	30.69	30.69	150m:	1:45.46	37.93	250m:	3:04.39	41.85	350m:	4:23.93
	100m:	1:07.53	36.84	200m:	2:22.54	37.08	300m:	3:47.92	43.53	400m:	4:59.36
2.	BERGERON, Émile		08	Club de Natation Régional de la Beauce						<b>5:04.72</b>	457
	50m:	30.03	30.03	150m:	1:44.88	38.78	250m:	3:06.80	44.42	350m:	4:28.96
	100m:	1:06.10	36.07	200m:	2:22.38	37.50	300m:	3:52.20	45.40	400m:	5:04.72
3.	VOGRIG, Liam		09	Cac						<b>5:06.06</b>	451
	50m:	32.25	32.25	150m:	1:50.47	40.86	250m:	3:12.72	42.40	350m:	4:31.74
	100m:	1:09.61	37.36	200m:	2:30.32	39.85	300m:	3:57.21	44.49	400m:	5:06.06
4.	GIRARD, Aurélia		09	Club de Natation des Riverains						<b>5:09.01</b>	588
	50m:	32.25	32.25	150m:	1:50.16	39.99	250m:	3:13.06	45.69	350m:	4:35.58
	100m:	1:10.17	37.92	200m:	2:27.37	37.21	300m:	3:59.38	46.32	400m:	5:09.01
5.	MALENFANT, Viviane		07	Club de natation région de Qué						<b>5:15.28</b>	553
	50m:	33.13	33.13	150m:	1:53.28	41.41	250m:	3:18.00	44.95	350m:	4:40.26
	100m:	1:11.87	38.74	200m:	2:33.05	39.77	300m:	4:03.48	45.48	400m:	5:15.28
6.	POMERLEAU, Justin		09	Rouge et Or/Université Laval						<b>5:17.34</b>	405
	50m:	32.80	32.80	150m:	1:52.61	41.04	250m:	3:18.46	46.38	350m:	4:41.70
	100m:	1:11.57	38.77	200m:	2:32.08	39.47	300m:	4:05.81	47.35	400m:	5:17.34
7.	CHALIFOUR, Mathilde		05	Rouge et Or/Université Laval						<b>5:23.03</b>	515
	50m:	34.43	34.43	150m:	1:57.42	44.06	250m:	3:25.46	44.33	350m:	4:47.30
	100m:	1:13.36	38.93	200m:	2:41.13	43.71	300m:	4:09.79	44.33	400m:	5:23.03
8.	PAQUIN, Loïc		09	Club de natation région de Qué						<b>5:24.42</b>	379
	50m:	32.63	32.63	150m:	2:35.17	1:23.93	250m:	3:21.62		350m:	4:47.33
	100m:	1:11.24	38.61	200m:			300m:	4:09.15	47.53	400m:	5:24.42
9.	DUMAS, Annabelle		08	Club de Natation des Riverains						<b>5:26.07</b>	500
	50m:	35.15	35.15	150m:	1:58.68	41.57	250m:	3:25.12	46.32	350m:	4:50.60
	100m:	1:17.11	41.96	200m:	2:38.80	40.12	300m:	4:13.14	48.02	400m:	5:26.07
10.	LEMELIN, Émie		09	Club de natation région de Qué						<b>5:30.88</b>	479
	50m:	33.69	33.69	150m:	1:55.37	43.26	250m:	3:25.82	48.40	350m:	4:53.72
	100m:	1:12.11	38.42	200m:	2:37.42	42.05	300m:	4:15.16	49.34	400m:	5:30.88
11.	TESSIER, Ellyanne		12	Unik						<b>5:34.27</b>	464
	50m:	36.46	36.46	150m:	2:04.45	44.58	250m:	3:31.44	43.44	350m:	4:56.34
	100m:	1:19.87	43.41	200m:	2:48.00	43.55	300m:	4:17.31	45.87	400m:	5:34.27

Invitation printemps NSH  
 Québec, 6-7 avril-2024

Epreuve 1, Tous, 400m 4 nages, Cat. générale

Rang				AN					Temps	Pts		
12.	BLAIS, Guillaume			10	Club de Natation des Riverains				<b>5:46.39</b>	311		
	50m:	36.99	36.99	150m:	2:04.76	44.06	250m:	3:39.83	51.61	350m:	5:10.57	37.70
	100m:	1:20.70	43.71	200m:	2:48.22	43.46	300m:	4:32.87	53.04	400m:	5:46.39	35.82
13.	PRÉVOST, Amanda			07	Club de Natation des Equinoxes				<b>5:54.71</b>	389		
	50m:	36.27	36.27	150m:	2:02.95	44.23	250m:	3:40.63	54.55	350m:	5:16.11	40.84
	100m:	1:18.72	42.45	200m:	2:46.08	43.13	300m:	4:35.27	54.64	400m:	5:54.71	38.60
14.	TROTTIER, Alycia			09	Club de natation région de Qué				<b>5:57.75</b>	379		
	50m:	40.94	40.94	150m:	2:15.95	47.94	250m:	3:52.39	47.90	350m:	5:21.35	39.29
	100m:	1:28.01	47.07	200m:	3:04.49	48.54	300m:	4:42.06	49.67	400m:	5:57.75	36.40
15.	MERCIER, Naura			07	Club de Natation Régional de la Beauce				<b>6:06.37</b>	353		
	50m:	38.31	38.31	150m:	2:10.83	46.54	250m:	3:50.89	54.83	350m:		
	100m:	1:24.29	45.98	200m:	2:56.06	45.23	300m:	4:46.45	55.56	400m:	6:06.37	