

Invitation printemps NSH  
Québec, 6-7 avril-2024

Epreuve 14  
2024-04-07 - 8:00

400m Libre

Cat. générale  
Liste résultats

Points: FINA 2023

| Rang                            |                     |         | AN    |                                |         |       |       |         |       | Temps          | Pts     |       |
|---------------------------------|---------------------|---------|-------|--------------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| <b>12 ans et moins, Filles</b>  |                     |         |       |                                |         |       |       |         |       |                |         |       |
| 1.                              | MCGRAW, Rose        |         | 11    | Club de natation région de Qué |         |       |       |         |       | <b>5:23.36</b> | 365     |       |
|                                 | 50m:                | 35.22   | 35.22 | 150m:                          | 1:56.23 | 41.13 | 250m: | 3:19.04 | 41.67 | 350m:          | 4:42.71 | 42.04 |
|                                 | 100m:               | 1:15.10 | 39.88 | 200m:                          | 2:37.37 | 41.14 | 300m: | 4:00.67 | 41.63 | 400m:          | 5:23.36 | 40.65 |
| 2.                              | GERVAIS, Florence   |         | 12    | Unik                           |         |       |       |         |       | <b>5:44.87</b> | 301     |       |
|                                 | 50m:                | 38.28   | 38.28 | 150m:                          | 2:04.60 | 43.85 | 250m: | 3:32.32 | 44.14 | 350m:          | 5:02.04 | 45.03 |
|                                 | 100m:               | 1:20.75 | 42.47 | 200m:                          | 2:48.18 | 43.58 | 300m: | 4:17.01 | 44.69 | 400m:          | 5:44.87 | 42.83 |
| <b>12 ans et moins, Garçons</b> |                     |         |       |                                |         |       |       |         |       |                |         |       |
| 1.                              | BELISLE, Vincent    |         | 12    | Club de natation région de Qué |         |       |       |         |       | <b>4:45.54</b> | 410     |       |
|                                 | 50m:                | 31.88   | 31.88 | 150m:                          | 1:42.63 | 35.85 | 250m: | 2:55.59 | 36.28 | 350m:          | 4:10.51 | 37.56 |
|                                 | 100m:               | 1:06.78 | 34.90 | 200m:                          | 2:19.31 | 36.68 | 300m: | 3:32.95 | 37.36 | 400m:          | 4:45.54 | 35.03 |
| 2.                              | WILDI, Jake         |         | 11    | Rouge et Or/Université Laval   |         |       |       |         |       | <b>5:00.04</b> | 354     |       |
|                                 | 50m:                | 34.85   | 34.85 | 150m:                          | 1:51.59 | 38.40 | 250m: | 3:08.67 | 38.22 | 350m:          | 4:24.42 | 37.30 |
|                                 | 100m:               | 1:13.19 | 38.34 | 200m:                          | 2:30.45 | 38.86 | 300m: | 3:47.12 | 38.45 | 400m:          | 5:00.04 | 35.62 |
| 3.                              | THÉROUX, Christophe |         | 12    | Club de natation région de Qué |         |       |       |         |       | <b>5:04.55</b> | 338     |       |
|                                 | 50m:                | 34.29   | 34.29 | 150m:                          | 1:50.97 | 38.62 | 250m: | 3:09.12 | 39.11 | 350m:          | 4:27.19 | 39.25 |
|                                 | 100m:               | 1:12.35 | 38.06 | 200m:                          | 2:30.01 | 39.04 | 300m: | 3:47.94 | 38.82 | 400m:          | 5:04.55 | 37.36 |
| 4.                              | LÉVESQUE, Félix     |         | 11    | Cac                            |         |       |       |         |       | <b>5:05.52</b> | 335     |       |
|                                 | 50m:                | 33.37   | 33.37 | 150m:                          | 1:50.85 | 39.63 | 250m: | 3:09.33 | 38.94 | 350m:          | 4:28.76 | 39.95 |
|                                 | 100m:               | 1:11.22 | 37.85 | 200m:                          | 2:30.39 | 39.54 | 300m: | 3:48.81 | 39.48 | 400m:          | 5:05.52 | 36.76 |
| 5.                              | DELAND, Étienne     |         | 11    | Club de natation région de Qué |         |       |       |         |       | <b>5:12.59</b> | 313     |       |
|                                 | 50m:                | 35.37   | 35.37 | 150m:                          | 1:55.95 | 41.12 | 250m: | 3:15.36 | 39.50 | 350m:          | 4:35.16 | 38.85 |
|                                 | 100m:               | 1:14.83 | 39.46 | 200m:                          | 2:35.86 | 39.91 | 300m: | 3:56.31 | 40.95 | 400m:          | 5:12.59 | 37.43 |
| 6.                              | LECLERC, Simon      |         | 11    | Rouge et Or/Université Laval   |         |       |       |         |       | <b>5:38.65</b> | 246     |       |
|                                 | 50m:                | 38.11   | 38.11 | 150m:                          | 2:05.68 | 43.69 | 250m: | 3:31.68 | 43.13 | 350m:          | 4:57.45 | 42.38 |
|                                 | 100m:               | 1:21.99 | 43.88 | 200m:                          | 2:48.55 | 42.87 | 300m: | 4:15.07 | 43.39 | 400m:          | 5:38.65 | 41.20 |
| <b>13 - 14 ans, Filles</b>      |                     |         |       |                                |         |       |       |         |       |                |         |       |
| 1.                              | CHAMBERLAND, Zoé    |         | 10    | Club de natation région de Qué |         |       |       |         |       | <b>5:02.64</b> | 446     |       |
|                                 | 50m:                | 34.55   | 34.55 | 150m:                          | 1:51.06 | 38.77 | 250m: | 3:08.62 | 38.93 | 350m:          | 4:26.09 | 38.35 |
|                                 | 100m:               | 1:12.29 | 37.74 | 200m:                          | 2:29.69 | 38.63 | 300m: | 3:47.74 | 39.12 | 400m:          | 5:02.64 | 36.55 |
| 2.                              | CANTIN, Élisabeth   |         | 10    | Rouge et Or/Université Laval   |         |       |       |         |       | <b>5:04.88</b> | 436     |       |
|                                 | 50m:                | 33.40   | 33.40 | 150m:                          | 1:49.39 | 38.47 | 250m: | 3:08.47 | 39.67 | 350m:          | 4:27.67 | 39.34 |
|                                 | 100m:               | 1:10.92 | 37.52 | 200m:                          | 2:28.80 | 39.41 | 300m: | 3:48.33 | 39.86 | 400m:          | 5:04.88 | 37.21 |
| 3.                              | BELISLE, Viviane    |         | 10    | Club de natation région de Qué |         |       |       |         |       | <b>5:05.77</b> | 432     |       |
|                                 | 50m:                | 34.12   | 34.12 | 150m:                          | 1:50.50 | 38.42 | 250m: | 3:08.74 | 39.30 | 350m:          | 4:27.62 | 39.50 |
|                                 | 100m:               | 1:12.08 | 37.96 | 200m:                          | 2:29.44 | 38.94 | 300m: | 3:48.12 | 39.38 | 400m:          | 5:05.77 | 38.15 |
| 4.                              | GAGNON, Héloïse     |         | 10    | Club de natation région de Qué |         |       |       |         |       | <b>5:05.86</b> | 432     |       |
|                                 | 50m:                | 34.42   | 34.42 | 150m:                          | 1:51.89 | 39.42 | 250m: | 3:10.60 | 38.89 | 350m:          | 4:28.89 | 39.61 |
|                                 | 100m:               | 1:12.47 | 38.05 | 200m:                          | 2:31.71 | 39.82 | 300m: | 3:49.28 | 38.68 | 400m:          | 5:05.86 | 36.97 |
| 5.                              | BELLE-ISLE, Emilie  |         | 10    | Cac                            |         |       |       |         |       | <b>5:06.14</b> | 431     |       |
|                                 | 50m:                | 34.58   | 34.58 | 150m:                          | 1:52.26 | 39.63 | 250m: | 3:09.93 | 38.86 | 350m:          | 4:29.18 | 39.70 |
|                                 | 100m:               | 1:12.63 | 38.05 | 200m:                          | 2:31.07 | 38.81 | 300m: | 3:49.48 | 39.55 | 400m:          | 5:06.14 | 36.96 |

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

| Rang |                 |         |       | AN    |                                |       |       |         | Temps          | Pts   |         |       |
|------|-----------------|---------|-------|-------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 6.   | LESSARD, Rachel |         |       | 10    | Club de natation région de Qué |       |       |         | <b>5:13.98</b> | 399   |         |       |
|      | 50m:            | 35.51   | 35.51 | 150m: | 1:54.16                        | 39.90 | 250m: | 3:14.63 | 39.96          | 350m: | 4:35.34 | 39.48 |
|      | 100m:           | 1:14.26 | 38.75 | 200m: | 2:34.67                        | 40.51 | 300m: | 3:55.86 | 41.23          | 400m: | 5:13.98 | 38.64 |

13 - 14 ans, Garçons

|    |                     |         |       |       |                                |       |       |         |                |       |         |       |
|----|---------------------|---------|-------|-------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | DORVAL, Henri-Louis |         |       | 09    | Rouge et Or/Université Laval   |       |       |         | <b>4:35.97</b> | 454   |         |       |
|    | 50m:                | 31.06   | 31.06 | 150m: | 1:40.26                        | 35.24 | 250m: | 2:51.06 | 35.58          | 350m: | 4:02.21 | 35.28 |
|    | 100m:               | 1:05.02 | 33.96 | 200m: | 2:15.48                        | 35.22 | 300m: | 3:26.93 | 35.87          | 400m: | 4:35.97 | 33.76 |
| 2. | POMERLEAU, Justin   |         |       | 09    | Rouge et Or/Université Laval   |       |       |         | <b>4:36.60</b> | 451   |         |       |
|    | 50m:                | 31.61   | 31.61 | 150m: | 1:42.78                        | 36.18 | 250m: | 2:54.56 | 35.75          | 350m: | 4:04.30 | 34.25 |
|    | 100m:               | 1:06.60 | 34.99 | 200m: | 2:18.81                        | 36.03 | 300m: | 3:30.05 | 35.49          | 400m: | 4:36.60 | 32.30 |
| 3. | STEVENS, Morgan     |         |       | 10    | Rouge et Or/Université Laval   |       |       |         | <b>4:47.20</b> | 403   |         |       |
|    | 50m:                | 31.36   | 31.36 | 150m: | 1:43.51                        | 36.67 | 250m: | 2:57.85 | 37.05          | 350m: | 4:11.92 | 36.56 |
|    | 100m:               | 1:06.84 | 35.48 | 200m: | 2:20.80                        | 37.29 | 300m: | 3:35.36 | 37.51          | 400m: | 4:47.20 | 35.28 |
| 4. | CAMBRON, Alexis     |         |       | 11    | Club de natation région de Qué |       |       |         | <b>4:55.91</b> | 369   |         |       |
|    | 50m:                | 32.38   | 32.38 | 150m: | 1:47.21                        | 38.47 | 250m: | 3:04.44 | 39.00          | 350m: | 4:19.50 | 36.64 |
|    | 100m:               | 1:08.74 | 36.36 | 200m: | 2:25.44                        | 38.23 | 300m: | 3:42.86 | 38.42          | 400m: | 4:55.91 | 36.41 |
| 5. | TREMBLAY, Noah      |         |       | 10    | Rouge et Or/Université Laval   |       |       |         | <b>5:01.00</b> | 350   |         |       |
|    | 50m:                | 34.08   | 34.08 | 150m: | 1:52.41                        | 39.56 | 250m: | 3:10.26 | 38.87          | 350m: | 4:25.65 | 37.27 |
|    | 100m:               | 1:12.85 | 38.77 | 200m: | 2:31.39                        | 38.98 | 300m: | 3:48.38 | 38.12          | 400m: | 5:01.00 | 35.35 |

15 ans et plus, Dames

|    |                           |         |       |       |                                |       |       |         |                |       |         |       |
|----|---------------------------|---------|-------|-------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | MALENFANT, Viviane        |         |       | 07    | Club de natation région de Qué |       |       |         | <b>4:38.37</b> | 573   |         |       |
|    | 50m:                      | 31.74   | 31.74 | 150m: | 1:41.55                        | 35.59 | 250m: | 2:52.46 | 35.33          | 350m: | 4:03.64 | 35.45 |
|    | 100m:                     | 1:05.96 | 34.22 | 200m: | 2:17.13                        | 35.58 | 300m: | 3:28.19 | 35.73          | 400m: | 4:38.37 | 34.73 |
| 2. | CHALIFOUR, Mathilde       |         |       | 05    | Rouge et Or/Université Laval   |       |       |         | <b>4:40.51</b> | 560   |         |       |
|    | 50m:                      | 32.33   | 32.33 | 150m: | 1:43.21                        | 36.07 | 250m: | 2:54.81 | 35.71          | 350m: | 4:05.93 | 35.37 |
|    | 100m:                     | 1:07.14 | 34.81 | 200m: | 2:19.10                        | 35.89 | 300m: | 3:30.56 | 35.75          | 400m: | 4:40.51 | 34.58 |
| 3. | HARVEY, Clara             |         |       | 08    | Club de natation région de Qué |       |       |         | <b>4:42.31</b> | 549   |         |       |
|    | 50m:                      | 30.64   | 30.64 | 150m: | 1:40.00                        | 35.75 | 250m: | 2:53.82 | 36.85          | 350m: | 4:07.47 | 36.34 |
|    | 100m:                     | 1:04.25 | 33.61 | 200m: | 2:16.97                        | 36.97 | 300m: | 3:31.13 | 37.31          | 400m: | 4:42.31 | 34.84 |
| 4. | GIRARDIN, Naomie          |         |       | 06    | Rouge et Or/Université Laval   |       |       |         | <b>4:42.41</b> | 549   |         |       |
|    | 50m:                      | 33.17   | 33.17 | 150m: | 1:44.46                        | 35.95 | 250m: | 2:56.06 | 35.79          | 350m: | 4:08.02 | 35.92 |
|    | 100m:                     | 1:08.51 | 35.34 | 200m: | 2:20.27                        | 35.81 | 300m: | 3:32.10 | 36.04          | 400m: | 4:42.41 | 34.39 |
| 5. | DUMAS, Annabelle          |         |       | 08    | Club de Natation des Riverains |       |       |         | <b>4:45.35</b> | 532   |         |       |
|    | 50m:                      | 32.64   | 32.64 | 150m: | 1:44.12                        | 35.91 | 250m: | 2:56.74 | 36.18          | 350m: | 4:10.17 | 36.69 |
|    | 100m:                     | 1:08.21 | 35.57 | 200m: | 2:20.56                        | 36.44 | 300m: | 3:33.48 | 36.74          | 400m: | 4:45.35 | 35.18 |
| 6. | TREPANIER, Lea-Frederique |         |       | 08    | Cac                            |       |       |         | <b>4:58.23</b> | 466   |         |       |
|    | 50m:                      | 32.77   | 32.77 | 150m: | 1:46.81                        | 38.14 | 250m: | 3:03.19 | 38.10          | 350m: | 4:20.64 | 38.83 |
|    | 100m:                     | 1:08.67 | 35.90 | 200m: | 2:25.09                        | 38.28 | 300m: | 3:41.81 | 38.62          | 400m: | 4:58.23 | 37.59 |

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Epreuve 14, 400m Libre

15 ans et plus, Messieurs

|    |                        |                     |                                |                     |     |
|----|------------------------|---------------------|--------------------------------|---------------------|-----|
| 1. | DUREAU, Alexandre      | 08                  | Club de Natation des Riverains | <b>4:18.53</b>      | 553 |
|    | 50m: 29.41 29.41       | 150m: 1:34.17 32.89 | 250m: 2:40.33 33.16            | 350m: 3:46.57 33.02 |     |
|    | 100m: 1:01.28 31.87    | 200m: 2:07.17 33.00 | 300m: 3:13.55 33.22            | 400m: 4:18.53 31.96 |     |
| 2. | LABERGE, Renaud        | 07                  | Rouge et Or/Université Laval   | <b>4:25.48</b>      | 511 |
|    | 50m: 29.85 29.85       | 150m: 1:35.74 33.85 | 250m: 2:44.44 34.49            | 350m: 3:53.03 34.00 |     |
|    | 100m: 1:01.89 32.04    | 200m: 2:09.95 34.21 | 300m: 3:19.03 34.59            | 400m: 4:25.48 32.45 |     |
| 3. | SAWAYA-GUÉRARD, Mathis | 08                  | Rouge et Or/Université Laval   | <b>4:29.28</b>      | 489 |
|    | 50m: 30.48 30.48       | 150m: 1:39.07 34.70 | 250m: 2:48.24 34.28            | 350m: 3:56.07 33.76 |     |
|    | 100m: 1:04.37 33.89    | 200m: 2:13.96 34.89 | 300m: 3:22.31 34.07            | 400m: 4:29.28 33.21 |     |
| 4. | RENAUD-MEJIA, Tomas    | 06                  | Rouge et Or/Université Laval   | <b>4:29.98</b>      | 485 |
|    | 50m: 30.73 30.73       | 150m: 1:39.09 34.51 | 250m: 2:48.80 34.83            | 350m: 3:58.19 34.65 |     |
|    | 100m: 1:04.58 33.85    | 200m: 2:13.97 34.88 | 300m: 3:23.54 34.74            | 400m: 4:29.98 31.79 |     |
| 5. | LANDRY, Olivier        | 08                  | Club de Natation des Riverains | <b>4:30.02</b>      | 485 |
|    | 50m: 30.76 30.76       | 150m: 1:38.47 33.89 | 250m: 2:47.55 34.57            | 350m: 3:57.22 34.75 |     |
|    | 100m: 1:04.58 33.82    | 200m: 2:12.98 34.51 | 300m: 3:22.47 34.92            | 400m: 4:30.02 32.80 |     |
| 6. | VALLIÈRES, Éloi        | 05                  | Rouge et Or/Université Laval   | <b>4:32.16</b>      | 474 |
|    | 50m: 30.40 30.40       | 150m: 1:37.31 33.96 | 250m: 2:47.06 35.06            | 350m: 3:57.46 35.20 |     |
|    | 100m: 1:03.35 32.95    | 200m: 2:12.00 34.69 | 300m: 3:22.26 35.20            | 400m: 4:32.16 34.70 |     |
| 7. | BOUKER, Salah-Fédy     | 09                  | Rouge et Or/Université Laval   | <b>4:38.57</b>      | 442 |
|    | 50m: 30.91 30.91       | 150m: 1:39.82 35.37 | 250m: 2:51.37 35.16            | 350m: 4:04.40 36.24 |     |
|    | 100m: 1:04.45 33.54    | 200m: 2:16.21 36.39 | 300m: 3:28.16 36.79            | 400m: 4:38.57 34.17 |     |