

Coupe des régions ANSLSJCC et ANQCA printemps 2024  
Québec, 7 - 9-6-2024

Epreuve 25  
2024-06-08 - 11:40

Dames, 400m 4 nages

11 ans et plus  
Liste résultats

Points: FINA 2024

| Rang               |                      |         | Age   |  |         |       |       |         |       | Temps          | Pts     |       |
|--------------------|----------------------|---------|-------|--|---------|-------|-------|---------|-------|----------------|---------|-------|
| <b>11 - 12 ans</b> |                      |         |       |  |         |       |       |         |       |                |         |       |
| 1.                 | BLAIS, Élizabéth     |         | 12    | Club de Natation des Riverains         |         |       |       |         |       | <b>6:30.83</b> |         |       |
|                    | 50m:                 | 40.82   | 40.82 | 150m:                                  | 2:24.40 | 50.21 | 250m: | 4:10.30 | 57.24 | 350m:          | 5:51.20 | 44.72 |
|                    | 100m:                | 1:34.19 | 53.37 | 200m:                                  | 3:13.06 | 48.66 | 300m: | 5:06.48 | 56.18 | 400m:          | 6:30.83 | 39.63 |
| <b>13 - 14 ans</b> |                      |         |       |  |         |       |       |         |       |                |         |       |
| 1.                 | LAFRENIÈRE, Juliette |         | 13    | Club de natation région de Qué         |         |       |       |         |       | <b>5:28.63</b> |         |       |
|                    | 50m:                 | 33.17   | 33.17 | 150m:                                  | 1:55.81 | 41.25 | 250m: | 3:25.66 | 50.29 | 350m:          | 4:52.97 | 36.23 |
|                    | 100m:                | 1:14.56 | 41.39 | 200m:                                  | 2:35.37 | 39.56 | 300m: | 4:16.74 | 51.08 | 400m:          | 5:28.63 | 35.66 |
| 2.                 | PICHETTE, Alexandra  |         | 13    | Club de natation région de Qué         |         |       |       |         |       | <b>5:34.65</b> |         |       |
|                    | 50m:                 | 32.80   | 32.80 | 150m:                                  | 1:56.68 | 45.24 | 250m: | 3:31.20 | 50.46 | 350m:          | 4:59.57 | 36.83 |
|                    | 100m:                | 1:11.44 | 38.64 | 200m:                                  | 2:40.74 | 44.06 | 300m: | 4:22.74 | 51.54 | 400m:          | 5:34.65 | 35.08 |
| 3.                 | BELLE-ISLE, Emilie   |         | 13    | Cac                                    |         |       |       |         |       | <b>5:56.96</b> |         |       |
|                    | 50m:                 | 39.38   | 39.38 | 150m:                                  | 2:11.92 | 47.33 | 250m: | 3:48.09 | 50.49 | 350m:          | 5:19.63 | 40.96 |
|                    | 100m:                | 1:24.59 | 45.21 | 200m:                                  | 2:57.60 | 45.68 | 300m: | 4:38.67 | 50.58 | 400m:          | 5:56.96 | 37.33 |
| 4.                 | HARVEY, Éllie        |         | 13    | Club de natation région de Qué         |         |       |       |         |       | <b>6:01.21</b> |         |       |
|                    | 50m:                 | 41.85   | 41.85 | 150m:                                  | 2:15.12 | 43.86 | 250m: | 3:52.63 | 54.34 | 350m:          | 5:23.86 | 38.22 |
|                    | 100m:                | 1:31.26 | 49.41 | 200m:                                  | 2:58.29 | 43.17 | 300m: | 4:45.64 | 53.01 | 400m:          | 6:01.21 | 37.35 |
| 5.                 | REID, Alexane        |         | 14    | Club de Natation des Riverains         |         |       |       |         |       | <b>6:04.82</b> |         |       |
|                    | 50m:                 | 40.98   | 40.98 | 150m:                                  | 2:19.17 | 48.14 | 250m: | 3:52.84 | 48.25 | 350m:          | 5:24.70 | 44.77 |
|                    | 100m:                | 1:31.03 | 50.05 | 200m:                                  | 3:04.59 | 45.42 | 300m: | 4:39.93 | 47.09 | 400m:          | 6:04.82 | 40.12 |
| 6.                 | CHOUINARD, Maélie    |         | 13    | Club de Natation des Riverains         |         |       |       |         |       | <b>6:06.30</b> |         |       |
|                    | 50m:                 | 43.16   | 43.16 | 150m:                                  | 2:20.91 | 47.69 | 250m: | 3:55.90 | 49.34 | 350m:          | 5:27.00 | 41.03 |
|                    | 100m:                | 1:33.22 | 50.06 | 200m:                                  | 3:06.56 | 45.65 | 300m: | 4:45.97 | 50.07 | 400m:          | 6:06.30 | 39.30 |
| 7.                 | FERLAND, Aurélie     |         | 13    | Cac                                    |         |       |       |         |       | <b>6:09.87</b> |         |       |
|                    | 50m:                 | 40.55   | 40.55 | 150m:                                  | 2:14.41 | 46.39 | 250m: | 3:52.64 | 54.27 | 350m:          | 5:29.43 | 42.17 |
|                    | 100m:                | 1:28.02 | 47.47 | 200m:                                  | 2:58.37 | 43.96 | 300m: | 4:47.26 | 54.62 | 400m:          | 6:09.87 | 40.44 |
| 8.                 | GRÉGOIRE, Juliette   |         | 14    | Club de natation région de Qué         |         |       |       |         |       | <b>6:20.51</b> |         |       |
|                    | 50m:                 | 42.03   | 42.03 | 150m:                                  | 2:23.28 | 49.01 | 250m: | 4:05.22 | 54.35 | 350m:          | 5:40.89 | 41.21 |
|                    | 100m:                | 1:34.27 | 52.24 | 200m:                                  | 3:10.87 | 47.59 | 300m: | 4:59.68 | 54.46 | 400m:          | 6:20.51 | 39.62 |
| 9.                 | BELLAVANCE, Marianne |         | 14    | Club de Natation Régional de la Beauce |         |       |       |         |       | <b>6:23.22</b> |         |       |
|                    | 50m:                 | 40.77   | 40.77 | 150m:                                  | 2:15.92 | 47.91 | 250m: | 3:59.63 | 54.97 | 350m:          | 5:40.89 | 44.23 |
|                    | 100m:                | 1:28.01 | 47.24 | 200m:                                  | 3:04.66 | 48.74 | 300m: | 4:56.66 | 57.03 | 400m:          | 6:23.22 | 42.33 |
| <b>15 - 16 ans</b> |                      |         |       |  |         |       |       |         |       |                |         |       |
| 1.                 | THÉROUX, Sabrina     |         | 15    | Club de natation région de Qué         |         |       |       |         |       | <b>5:18.39</b> |         |       |
|                    | 50m:                 | 32.56   | 32.56 | 150m:                                  | 1:54.55 | 43.02 | 250m: | 3:21.06 | 44.37 | 350m:          | 4:44.36 | 37.62 |
|                    | 100m:                | 1:11.53 | 38.97 | 200m:                                  | 2:36.69 | 42.14 | 300m: | 4:06.74 | 45.68 | 400m:          | 5:18.39 | 34.03 |
| 2.                 | DUMAS, Annabelle     |         | 16    | Club de Natation des Riverains         |         |       |       |         |       | <b>5:18.60</b> |         |       |
|                    | 50m:                 | 34.22   | 34.22 | 150m:                                  | 1:55.53 | 40.87 | 250m: | 3:21.01 | 46.17 | 350m:          | 4:44.86 | 36.66 |
|                    | 100m:                | 1:14.66 | 40.44 | 200m:                                  | 2:34.84 | 39.31 | 300m: | 4:08.20 | 47.19 | 400m:          | 5:18.60 | 33.74 |
| 3.                 | GUY, Roxane          |         | 16    | Club de natation région de Qué         |         |       |       |         |       | <b>5:25.67</b> |         |       |
|                    | 50m:                 | 35.76   | 35.76 | 150m:                                  | 1:59.82 | 42.94 | 250m: | 3:27.21 | 45.56 | 350m:          | 4:50.18 | 36.97 |
|                    | 100m:                | 1:16.88 | 41.12 | 200m:                                  | 2:41.65 | 41.83 | 300m: | 4:13.21 | 46.00 | 400m:          | 5:25.67 | 35.49 |

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Québec, 7 - 9-6-2024

Epreuve 25, Filles, 400m 4 nages, 15 - 16 ans

| Rang      |                          |         |       |       | Age     |                                |       |         |       | Temps          | Pts     |       |
|-----------|--------------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 4.        | CHOUINARD, Dalia         |         |       |       | 15      | Club de Natation des Riverains |       |         |       | <b>5:41.78</b> |         |       |
|           | 50m:                     | 37.39   | 37.39 | 150m: | 2:06.18 | 45.42                          | 250m: | 3:37.20 | 46.90 | 350m:          | 5:03.67 | 40.58 |
|           | 100m:                    | 1:20.76 | 43.37 | 200m: | 2:50.30 | 44.12                          | 300m: | 4:23.09 | 45.89 | 400m:          | 5:41.78 | 38.11 |
| 5.        | SAVARD, Émilie           |         |       |       | 15      | C. N. de Chicoutimi            |       |         |       | <b>5:44.26</b> |         |       |
|           | 50m:                     | 35.50   | 35.50 | 150m: | 2:02.11 | 45.23                          | 250m: | 3:35.13 | 48.29 | 350m:          | 5:06.38 | 41.62 |
|           | 100m:                    | 1:16.88 | 41.38 | 200m: | 2:46.84 | 44.73                          | 300m: | 4:24.76 | 49.63 | 400m:          | 5:44.26 | 37.88 |
| 6.        | GILBERT, Laurie          |         |       |       | 15      | Club de natation région de Qué |       |         |       | <b>6:01.17</b> |         |       |
|           | 50m:                     | 40.16   | 40.16 | 150m: | 2:14.55 | 47.32                          | 250m: | 3:48.93 | 48.84 | 350m:          | 5:22.30 | 42.50 |
|           | 100m:                    | 1:27.23 | 47.07 | 200m: | 3:00.09 | 45.54                          | 300m: | 4:39.80 | 50.87 | 400m:          | 6:01.17 | 38.87 |
| 7.        | TROTIER, Alycia          |         |       |       | 15      | Club de natation région de Qué |       |         |       | <b>6:02.44</b> |         |       |
|           | 50m:                     | 41.80   | 41.80 | 150m: | 2:19.87 | 49.98                          | 250m: | 3:55.84 | 48.89 | 350m:          | 5:25.84 | 40.95 |
|           | 100m:                    | 1:29.89 | 48.09 | 200m: | 3:06.95 | 47.08                          | 300m: | 4:44.89 | 49.05 | 400m:          | 6:02.44 | 36.60 |
| 8.        | GUHA, Anjali             |         |       |       | 16      | C. N. de Chicoutimi            |       |         |       | <b>6:02.83</b> |         |       |
|           | 50m:                     | 40.23   | 40.23 | 150m: | 2:14.63 | 46.79                          | 250m: | 3:48.99 | 49.77 | 350m:          | 5:22.36 | 42.00 |
|           | 100m:                    | 1:27.84 | 47.61 | 200m: | 2:59.22 | 44.59                          | 300m: | 4:40.36 | 51.37 | 400m:          | 6:02.83 | 40.47 |
| disq.     | BEAUDOIN, Marie-Laurence |         |       |       | 15      | Rouge et Or/Université Laval   |       |         |       |                |         |       |
| forf.déc. | LACHANCE, Justine        |         |       |       | 16      | Club de natation région de Qué |       |         |       |                |         |       |

17 ans et plus

|    |                     |         |       |       |         |                                |       |         |       |                |         |       |
|----|---------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 1. | GENOIS, Catherine   |         |       |       | 26      | Club de Natation des Equinoxes |       |         |       | <b>5:41.52</b> |         |       |
|    | 50m:                | 35.94   | 35.94 | 150m: | 2:00.55 | 42.09                          | 250m: | 3:33.92 | 49.47 | 350m:          | 5:04.44 | 39.07 |
|    | 100m:               | 1:18.46 | 42.52 | 200m: | 2:44.45 | 43.90                          | 300m: | 4:25.37 | 51.45 | 400m:          | 5:41.52 | 37.08 |
| 2. | DIONNE, Laura       |         |       |       | 27      | Club de natation Jonquière     |       |         |       | <b>5:41.58</b> |         |       |
|    | 50m:                | 35.42   | 35.42 | 150m: | 2:01.92 | 45.00                          | 250m: | 3:35.37 | 49.48 | 350m:          | 5:04.26 | 40.12 |
|    | 100m:               | 1:16.92 | 41.50 | 200m: | 2:45.89 | 43.97                          | 300m: | 4:24.14 | 48.77 | 400m:          | 5:41.58 | 37.32 |
| 3. | LAVERTU, Josée-Anne |         |       |       | 17      | Cnsf                           |       |         |       | <b>5:50.01</b> |         |       |
|    | 50m:                | 35.62   | 35.62 | 150m: | 2:03.38 | 44.02                          | 250m: | 3:39.44 | 51.48 | 350m:          | 5:13.18 | 40.43 |
|    | 100m:               | 1:19.36 | 43.74 | 200m: | 2:47.96 | 44.58                          | 300m: | 4:32.75 | 53.31 | 400m:          | 5:50.01 | 36.83 |