

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

Event 25  
2024-06-08 - 11:40

Women, 400m Medley

11 years and older  
Results

Points: FINA 2024

Rank				Age						Time	Pts	
<b>11 - 12 years</b>												
1.	BLAIS, Elizabeth			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 years</b>												
1.	LAFRENIERE, Juliette			13	Club de natation region de Que					<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 region de Que					<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, Ellie			13	Club de natation region de Que					<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, Maelie			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, Aurelie			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.	GREGOIRE, Juliette			14	Club de natation region de Que					<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 Regional 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 years</b>												
1.	THEROUX, Sabrina			15	Club de natation region de Que					<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 region de Que					<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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Event 25, Girls, 400m Medley, 15 - 16 years

Rank			Age							Time	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, Emilie		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 region de Que						<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 region de Que						<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
DSQ	BEAUDOIN, Marie-Laurence		15	Rouge et Or/Universite Laval								
WDR	LACHANCE, Justine		16	Club de natation region de Que								

17 years and older

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 Jonquiere						<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, Josee-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