

Coupe des régions Outaouais/Abitibi
Gatineau, 8- - 9-6-2024

Epreuve 5
2024-06-08 - 11:30

400m Libre

11 ans et plus
Liste résultats

Points: FINA 2024

Rang					Age					Temps	Pts	
11 - 12 ans, Filles												
1.	JUNEAU, Flavie				12	Cadac				5:35.31		
	50m:	36.02	36.02	150m:	2:01.06	42.57	250m:	3:27.39	43.69	350m:	4:53.55	43.13
	100m:	1:18.49	42.47	200m:	2:43.70	42.64	300m:	4:10.42	43.03	400m:	5:35.31	41.76
2.	LEBLANC, Naomie				11	Natation Gatineau				5:38.50		
	50m:	38.32	38.32	150m:			250m:	3:31.82	43.93	350m:	4:58.21	43.64
	100m:	1:21.34	43.02	200m:	2:47.89		300m:	4:14.57	42.75	400m:	5:38.50	40.29
3.	MOREL, Marguerite				11	C,A, Régional De L'. Abit-Tém				5:41.12		
	50m:			150m:			250m:	3:28.00	43.92	350m:		
	100m:	1:18.49		200m:	2:44.08		300m:	4:52.60	1:24.60	400m:	5:41.12	
4.	BROCHU, Tessa				11	Natation Gatineau				5:57.21		
	50m:	41.87	41.87	150m:	2:13.48	46.16	250m:	3:45.43	46.38	350m:	5:15.43	44.06
	100m:	1:27.32	45.45	200m:	2:59.05	45.57	300m:	4:31.37	45.94	400m:	5:57.21	41.78
5.	LAFRENIÈRE, Sandriane				11	Natation Gatineau				6:04.26		
	50m:	41.58	41.58	150m:	2:13.03	46.21	250m:	3:45.34	46.49	350m:	5:18.46	46.50
	100m:	1:26.82	45.24	200m:	2:58.85	45.82	300m:	4:31.96	46.62	400m:	6:04.26	45.80
6.	RICHARD, Marianne				11	C,A, Régional De L'. Abit-Tém				6:08.30		
	50m:	41.63	41.63	150m:	2:14.19	46.56	250m:	3:49.01	47.29	350m:	5:24.15	46.89
	100m:	1:27.63	46.00	200m:	3:01.72	47.53	300m:	4:37.26	48.25	400m:	6:08.30	44.15
7.	LABELLE, Laurie				12	Natation Gatineau				6:10.42		
	50m:	40.66	40.66	150m:	2:14.99	48.03	250m:	3:50.56	48.22	350m:	5:27.11	48.56
	100m:	1:26.96	46.30	200m:	3:02.34	47.35	300m:	4:38.55	47.99	400m:	6:10.42	43.31
8.	MOONEY, Aliana				12	Natation Gatineau				6:12.20		
	50m:	40.99	40.99	150m:	2:14.64		250m:			350m:		
	100m:			200m:			300m:			400m:	6:12.20	
9.	HOUSE, Danahé				11	C,A, Régional De L'. Abit-Tém				6:14.94		
	50m:	40.86	40.86	150m:	2:14.93	48.46	250m:	3:51.66	48.17	350m:	5:29.30	47.87
	100m:	1:26.47	45.61	200m:	3:03.49	48.56	300m:	4:41.43	49.77	400m:	6:14.94	45.64
10.	MARINEAU, Flavie				11	Natation Gatineau				6:17.59		
	50m:	41.47	41.47	150m:			250m:			350m:	5:33.29	
	100m:	1:28.68	47.21	200m:	3:06.41		300m:			400m:	6:17.59	44.30
11.	TREMBLAY, Ève				12	C,A, Régional De L'. Abit-Tém				6:19.53		
	50m:	39.84	39.84	150m:	2:13.91	47.37	250m:			350m:	5:33.24	49.78
	100m:	1:26.54	46.70	200m:	3:02.57	48.66	300m:	4:43.46		400m:	6:19.53	46.29
12.	ACHOUR, Ines				11	C,A, Régional De L'. Abit-Tém				6:19.75		
	50m:	41.95	41.95	150m:			250m:	3:54.70	49.37	350m:		
	100m:	1:29.15	47.20	200m:	3:05.33		300m:	4:44.12	49.42	400m:	6:19.75	
13.	TOUPIN, Jeanne				12	C,A, Régional De L'. Abit-Tém				6:26.31		
	50m:	43.90	43.90	150m:	2:21.50	49.13	250m:	4:00.79	49.89	350m:	5:40.45	50.30
	100m:	1:32.37	48.47	200m:	3:10.90	49.40	300m:	4:50.15	49.36	400m:	6:26.31	45.86
14.	SIGOUIN, Alexe-Sandra				11	C,A, Régional De L'. Abit-Tém				6:28.02		
	50m:	41.31	41.31	150m:	2:17.91	48.70	250m:	3:59.18	50.34	350m:	5:38.62	50.00
	100m:	1:29.21	47.90	200m:	3:08.84	50.93	300m:	4:48.62	49.44	400m:	6:28.02	49.40
15.	XU, Cheryl				11	Natation Gatineau				6:38.64		
	50m:	41.40	41.40	150m:	2:20.01	51.00	250m:	4:03.27	52.27	350m:	5:49.02	52.47
	100m:	1:29.01	47.61	200m:	3:11.00	50.99	300m:	4:56.55	53.28	400m:	6:38.64	49.62

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Epreuve 5, Filles, 400m Libre, 11 - 12 ans

Rang	Age							Temps	Pts
16.	GIROUARD, Ève	11	Natation Gatineau				6:39.38		
	50m: 1:33.55	150m: 3:16.79	250m: 5:01.59	350m: 5:52.50	400m: 6:39.38			50.91	46.88
17.	QUINTAL, Chanel	12	Natation Gatineau				6:45.76		
	50m: 46.18 46.18	150m: 2:27.11 51.86	250m: 5:06.02	350m: 6:45.76	400m: 6:45.76				
	100m: 1:35.25 49.07	200m: 3:20.26 53.15	300m: 5:06.02						
disq.	ZENG, Shi	11	Natation Gatineau						
	50m: 1:05.03 1:05.03	150m: 2:00m: 300m: 400m:	250m: 350m: 400m:						

11 - 12 ans, Garçons

1.	CADRIN, Félix	12	Natation Gatineau				6:48.09		
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:			6:48.09		
2.	ACOLATSE, Andrew-Gabriel	12	Natation Gatineau				7:20.67		
	50m: 48.30 48.30	150m: 2:38.49 54.42	250m: 4:32.06 55.45	350m: 6:26.28 57.11	400m: 7:20.67 54.39				
	100m: 1:44.07 55.77	200m: 3:36.61 58.12	300m: 5:29.17 57.11						

13 - 14 ans, Filles

1.	DELLO SBARBA, Clara	14	Cadac				4:51.16		
	50m: 33.73 33.73	150m: 1:48.29 37.48	250m: 3:01.66 36.42	350m: 4:15.36 36.60	400m: 4:51.16 35.80				
	100m: 1:10.81 37.08	200m: 2:25.24 36.95	300m: 3:38.76 37.10						
2.	MARCOUX, Livia	13	Natation Gatineau				4:51.51		
	50m: 32.87 32.87	150m: 1:46.27 37.21	250m: 3:37.75	350m: 4:15.51 37.76	400m: 4:51.51 36.00				
	100m: 1:09.06 36.19	200m: 2:23.15 36.88	300m: 3:37.75						
3.	HUBERT, Kelly	13	C,A, Régional De L'. Abit-Tém				4:56.77		
	50m: 31.77 31.77	150m: 1:44.49 37.06	250m: 3:00.83 38.61	350m: 4:18.88 39.18	400m: 4:56.77 37.89				
	100m: 1:07.43 35.66	200m: 2:22.22 37.73	300m: 3:39.70 38.87						
4.	LESSARD, Émilie	14	Natation Gatineau				5:00.54		
	50m: 34.18 34.18	150m: 1:51.85 38.82	250m: 38.90	350m: 4:25.43	400m: 5:00.54 35.11				
	100m: 1:13.03 38.85	200m: 2:30.75 38.90	300m: 38.90						
5.	ACHOUR, Zoé	14	C,A, Régional De L'. Abit-Tém				5:00.84		
	50m: 32.67 32.67	150m: 1:48.91 39.11	250m: 3:07.46 39.16	350m: 4:24.98 38.57	400m: 5:00.84 35.86				
	100m: 1:09.80 37.13	200m: 2:28.30 39.39	300m: 3:46.41 38.95						
6.	PARADIS, Jolianne	13	Natation Gatineau				5:22.20		
	50m: 36.10 36.10	150m: 1:58.15 41.83	250m: 3:20.87 41.38	350m: 4:42.40 40.74	400m: 5:22.20 39.80				
	100m: 1:16.32 40.22	200m: 2:39.49 41.34	300m: 4:01.66 40.79						
7.	BERGERON, Annabelle	14	Cadac				6:01.41		
	50m: 39.82 39.82	150m: 2:12.18 46.49	250m: 3:47.09 47.56	350m: 5:20.00 45.84	400m: 6:01.41 41.41				
	100m: 1:25.69 45.87	200m: 2:59.53 47.35	300m: 4:34.16 47.07						
	WILLIS, Éléa	13	Cadac				6:01.41		
	50m: 39.48 39.48	150m: 2:10.05 46.88	250m: 3:43.42 46.88	350m: 5:15.87 46.71	400m: 6:01.41 45.54				
	100m: 1:00m: 200m:	250m: 300m: 400m:							
disq.	THÉBERGE, Théa	13	Cadac				5:30.34		
	50m: 36.45 36.45	150m: 250m: 3:24.66	350m: 400m:						
	100m: 200m:	300m: 400m:							

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Epreuve 5, 400m Libre

13 - 14 ans, Garçons

1.	MOREL, Olivier		14	C,A, Régional De L'. Abit-Tém		5:11.23		
	50m: 33.29	33.29	150m: 1:50.62	39.80	250m: 3:11.88	40.91	350m: 4:32.82	40.03
	100m: 1:10.82	37.53	200m: 2:30.97	40.35	300m: 3:52.79	40.91	400m: 5:11.23	38.41
2.	DENOMMÉ, Olivier		14	C,A, Régional De L'. Abit-Tém		5:13.77		
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m: 5:13.77	
3.	OUCHIHA, Adam		13	Natation Gatineau		5:14.49		
	50m: 33.62	33.62	150m: 1:52.67	39.73	250m: 3:14.13	41.38	350m: 4:35.55	
	100m: 1:12.94	39.32	200m: 2:32.75	40.08	300m:		400m: 5:14.49	38.94
4.	CALMET, Émile		13	Cadac		5:47.47		
	50m: 38.24	38.24	150m: 2:08.29	45.62	250m: 3:39.96	45.92	350m: 5:07.55	43.90
	100m: 1:22.67	44.43	200m: 2:54.04	45.75	300m: 4:23.65	43.69	400m: 5:47.47	39.92
5.	MRAD, Ramy		13	Cadac		5:52.64		
	50m: 39.34	39.34	150m: 2:11.80	46.39	250m: 3:45.38	46.19	350m: 5:12.32	42.10
	100m: 1:25.41	46.07	200m: 2:59.19	47.39	300m: 4:30.22	44.84	400m: 5:52.64	40.32
6.	BOIVIN, Raphaël		13	C,A, Régional De L'. Abit-Tém		6:06.80		
	50m:		150m: 2:11.62	47.48	250m: 3:46.76		350m:	
	100m: 1:24.14		200m:		300m: 4:35.00	48.24	400m: 6:06.80	
7.	BOKI, Tristan		13	C,A, Régional De L'. Abit-Tém		6:11.36		
	50m:		150m: 2:12.39		250m:		350m:	
	100m:		200m: 3:00.47	48.08	300m:		400m: 6:11.36	
8.	BOULFANI, Rayan		13	C,A, Régional De L'. Abit-Tém		6:22.75		
	50m: 40.83	40.83	150m:		250m: 3:57.50	50.25	350m: 5:36.39	48.82
	100m:		200m: 3:07.25		300m: 4:47.57	50.07	400m: 6:22.75	46.36

15 ans et plus, Dames

1.	POULIOT, Florence		15	C,A, Régional De L'. Abit-Tém		4:34.01		
	50m: 31.09	31.09	150m: 1:41.54	35.24	250m: 2:51.37	34.73	350m: 4:00.91	34.68
	100m: 1:06.30	35.21	200m: 2:16.64	35.10	300m: 3:26.23	34.86	400m: 4:34.01	33.10
2.	DRAGOVIC, Mia		16	Natation Gatineau		5:00.31		
	50m: 34.54	34.54	150m: 1:49.68	37.79	250m: 3:06.63	38.61	350m: 4:23.66	38.37
	100m: 1:11.89	37.35	200m: 2:28.02	38.34	300m: 3:45.29	38.66	400m: 5:00.31	36.65
3.	GAGNON, Léanne		15	C,A, Régional De L'. Abit-Tém		5:00.81		
	50m: 33.83	33.83	150m: 1:49.37	38.08	250m: 3:06.09	38.49	350m: 4:23.60	38.80
	100m: 1:11.29	37.46	200m: 2:27.60	38.23	300m: 3:44.80	38.71	400m: 5:00.81	37.21
4.	ANCTIL, Elizabeth		17	C,A, Régional De L'. Abit-Tém		5:06.95		
	50m: 33.53	33.53	150m: 1:51.77	39.90	250m: 3:10.47	39.62	350m: 4:29.80	39.36
	100m: 1:11.87	38.34	200m: 2:30.85	39.08	300m: 3:50.44	39.97	400m: 5:06.95	37.15

15 ans et plus, Messieurs

1.	ALBERT, Zack		16	Cadac		4:33.06		
	50m: 30.18	30.18	150m: 1:38.34	34.89	250m: 2:48.95	35.04	350m: 4:00.04	35.55
	100m: 1:03.45	33.27	200m: 2:13.91	35.57	300m: 3:24.49	35.54	400m: 4:33.06	33.02
2.	GILBERT, Zac		16	C,A, Régional De L'. Abit-Tém		4:46.00		
	50m: 31.49	31.49	150m: 1:43.21	36.29	250m: 2:56.91	36.96	350m: 4:10.14	36.41
	100m: 1:06.92	35.43	200m: 2:19.95	36.74	300m: 3:33.73	36.82	400m: 4:46.00	35.86

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Epreuve 5, Messieurs, 400m Libre, 15 ans et plus

Rang			Age						Temps	Pts		
3.	WILLIS, Thomas		15	Cadac					4:59.72			
	50m:	33.31	33.31	150m:	1:48.54	38.18	250m:	3:05.94	38.74	350m:	4:23.16	38.70
	100m:	1:10.36	37.05	200m:	2:27.20	38.66	300m:	3:44.46	38.52	400m:	4:59.72	36.56