

Intra Club Maitres Nageurs Saint-Laurent 2024
Saint-Laurent, 20/10/2024

Event 10 400m Freestyle 18 - 94 years
10/20/2024 - 9:27 Results

Points: AQUA 2024

Rank			Age			Time	Pts	
40 - 44 years								
1.	VAILLANCOURT, Marc		44	Stl		5:04.76	337	
	50m:	35.53 35.53	150m:	1:52.87 38.70	250m:	3:10.35 38.48	350m:	4:27.73 38.85
	100m:	1:14.17 38.64	200m:	2:31.87 39.00	300m:	3:48.88 38.53	400m:	5:04.76 37.03
45 - 49 years								
1.	DUPLESSIS, Gilbert		48	Stl		4:58.05	361	
	50m:	33.73 33.73	150m:	1:47.48 37.26	250m:	3:03.48 37.82	350m:	4:19.99 38.77
	100m:	1:10.22 36.49	200m:	2:25.66 38.18	300m:	3:41.22 37.74	400m:	4:58.05 38.06
2.	D'AMBOISE, Marie-Eve		46	Stl		5:15.18	395	
	50m:	36.18 36.18	150m:	1:56.01 40.23	250m:	3:16.45 40.04	350m:	4:36.31 39.78
	100m:	1:15.78 39.60	200m:	2:36.41 40.40	300m:	3:56.53 40.08	400m:	5:15.18 38.87
3.	SAUNDERS, Jenne		49	Stl		5:51.38	285	
	50m:	39.36 39.36	150m:	2:07.30 44.70	250m:	3:36.73 44.69	350m:	5:06.52 45.20
	100m:	1:22.60 43.24	200m:	2:52.04 44.74	300m:	4:21.32 44.59	400m:	5:51.38 44.86
4.	FORBES, Catherine		47	Stl		6:52.32	176	
	50m:	44.14 44.14	150m:	2:25.55 51.76	250m:	4:13.18 53.95	350m:	6:01.64 54.38
	100m:	1:33.79 49.65	200m:	3:19.23 53.68	300m:	5:07.26 54.08	400m:	6:52.32 50.68
50 - 54 years								
1.	BOZZER, Paola		53	Stl		5:42.73	307	
	50m:	40.09 40.09	150m:	2:07.47 43.95	250m:	3:34.66 43.18	350m:	5:01.32 43.34
	100m:	1:23.52 43.43	200m:	2:51.48 44.01	300m:	4:17.98 43.32	400m:	5:42.73 41.41
2.	FELKAI, Stephanie		52	Stl		7:24.71	140	
	50m:	47.03 47.03	150m:	2:40.58 58.75	250m:	4:34.79 57.57	350m:	6:28.61 55.48
	100m:	1:41.83 54.80	200m:	3:37.22 56.64	300m:	5:33.13 58.34	400m:	7:24.71 56.10