

Manche des Maitre #1  
Saint-Hyacinthe, 9-11-2024

Epreuve 1 Dames, 400m Libre 18 - 24 ans  
2024-11-09 - 11:30 Liste résultats

Canadian Master Records	4:38.56	YAMASHITA-BALL, Adelle	TECH	???	2018-03-01
Quebec Provincial Master Records	4:44.30	CHEN, Sophia	MUMS	Pointe-Claire	2024-04-20

Rang			Age			Soumis	Temps	Points
1.	__BOULÉ, Anne-France		21	MUST		5:03.12	<b>5:54.74</b>	7,00
	50m:	36.77 36.77	150m:	2:00.59 43.00	250m:	3:32.11 46.08	350m:	5:06.92 47.83
	100m:	1:17.59 40.82	200m:	2:46.03 45.44	300m:	4:19.09 46.98	400m:	5:54.74 47.82
2.	__MENVIELLE, Heidi		21	CNSH		7:00.00	<b>7:03.58</b>	5,00
	50m:	42.88 42.88	150m:	2:26.96 53.32	250m:	4:18.03 55.48	350m:	6:10.02 56.36
	100m:	1:33.64 50.76	200m:	3:22.55 55.59	300m:	5:13.66 55.63	400m:	7:03.58 53.56
forf.nd.	__CLARK-BAUTISTA, Phyllis		22	MPC		forf.nd.		-

Epreuve 1 Messieurs, 400m Libre 25 - 29 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	3:51.56	RYLEY, William	GBR		2023-12-02
Canadian Master Records	3:49.90	PAULINS, Sebastian	BACM	Windsor	2024-05-25
Quebec Provincial Master Records	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01

Rang			Age			Soumis	Temps	Points
1.	__SEGUIN, Tyler		26	CALAC		5:30.00	<b>4:52.57</b>	7,00
	50m:	31.88 31.88	150m:	1:42.94 36.06	250m:	2:57.22 37.34	350m:	4:14.57 39.03
	100m:	1:06.88 35.00	200m:	2:19.88 36.94	300m:	3:35.54 38.32	400m:	4:52.57 38.00
2.	__MIRON, Xavier		28	MACC		5:09.10	<b>5:14.02</b>	5,00
	50m:	35.98 35.98	150m:	1:54.77 39.73	250m:	3:14.70 40.24	350m:	4:35.20 40.16
	100m:	1:15.04 39.06	200m:	2:34.46 39.69	300m:	3:55.04 40.34	400m:	5:14.02 38.82
3.	__CLÉROUX, Félix		25	MEGO		NT	<b>5:26.22</b>	4,00
	50m:	36.45 36.45	150m:	1:57.71 41.26	250m:	3:21.71 41.82	350m:	4:46.19 41.35
	100m:	1:16.45 40.00	200m:	2:39.89 42.18	300m:	4:04.84 43.13	400m:	5:26.22 40.03
forf.nd.	__NORIEGA, Gabriel		27	MUMS		forf.nd.		-

Epreuve 1 Dames, 400m Libre 25 - 29 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:13.71	VERMEULEN, Tessa	NED		2023-02-17
Canadian Master Records	4:25.94	MARSHALL, Lynn	CARMA	???	1990-01-01
Quebec Provincial Master Records	4:29.39	MCCLEMONT, Laura	MUMS	Montreal	2011-05-21

Rang			Age			Soumis	Temps	Points
1.	__SAVOURÉ, Esther		25	MPC		5:10.50	<b>5:14.48</b>	7,00
	50m:	36.11 36.11	150m:	1:56.08 40.35	250m:	3:15.98 39.84	350m:	4:35.58 39.74
	100m:	1:15.73 39.62	200m:	2:36.14 40.06	300m:	3:55.84 39.86	400m:	5:14.48 38.90
2.	__MORASSE, Pauline		26	R2P		5:37.93	<b>5:33.91</b>	5,00
	50m:	35.76 35.76	150m:	1:57.76 41.73	250m:	3:23.15 42.90	350m:	4:51.03 43.51
	100m:	1:16.03 40.27	200m:	2:40.25 42.49	300m:	4:07.52 44.37	400m:	5:33.91 42.88

Manche des Maitre #1  
Saint-Hyacinthe, 9-11-2024

Epreuve 1, 400m Libre

Epreuve 1 Messieurs, 400m Libre 30 - 34 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	3:48.54	JOHANNESSEN, Frans	DEN		2023-09-30
Canadian Master Records	4:10.25	RUSHTON, Tom	WIN	Vancouver	2009-04-17
Quebec Provincial Master Records	4:12.91	GAUVIN, Chrystian	STE	Toronto	2005-05-22

Rang	Age		Soumis		Temps		Points
1._RAYMOND, Jérémy	32	CAC	5:45.00		<b>5:41.67</b>		7,00
50m: 37.39	37.39	150m: 2:01.45	43.11	250m: 3:29.81	44.45	350m: 4:59.54	44.92
100m: 1:18.34	40.95	200m: 2:45.36	43.91	300m: 4:14.62	44.81	400m: 5:41.67	42.13
2._RENÉ, Vincent	32	CNQ	6:05.09		<b>6:04.46</b>		5,00
50m: 41.12	41.12	150m: 2:12.78	46.68	250m: 3:45.42	45.96	350m: 5:19.70	46.79
100m: 1:26.10	44.98	200m: 2:59.46	46.68	300m: 4:32.91	47.49	400m: 6:04.46	44.76

Epreuve 1 Dames, 400m Libre 30 - 34 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:14.56	CASSON, Sophie	GBR		2017-10-28
Canadian Master Records	4:26.91	MARSHALL, Lynn	CARMA	???	1991-01-01
Quebec Provincial Master Records	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15

Rang	Age		Soumis		Temps		Points
1._BOISSONNEAULT, Cathy	34	CNQ	5:23.74		<b>5:28.13</b>		7,00
50m: 39.19	39.19	150m: 2:03.64	42.45	250m: 3:26.91	40.91	350m: 4:48.79	40.65
100m: 1:21.19	42.00	200m: 2:46.00	42.36	300m: 4:08.14	41.23	400m: 5:28.13	39.34

Epreuve 1 Messieurs, 400m Libre 35 - 39 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	3:57.77	HOCHSTEIN, Erik	USA		2003-12-14
Canadian Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17
Quebec Provincial Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17

Rang	Age		Soumis		Temps		Points
1._PLANTE, Pascal	36	MACC	4:32.00		<b>4:28.26</b>		7,00
50m: 30.86	30.86	150m: 1:39.83	34.77	250m: 2:48.59	34.03	350m: 3:56.02	33.39
100m: 1:05.06	34.20	200m: 2:14.56	34.73	300m: 3:22.63	34.04	400m: 4:28.26	32.24
2._GADBOIS, Jonathan	35	CNSH	6:10.00		<b>6:01.52</b>		5,00
50m: 38.45	38.45	150m: 2:04.87	44.79	250m: 3:40.11	48.56	350m: 5:16.62	48.05
100m: 1:20.08	41.63	200m: 2:51.55	46.68	300m: 4:28.57	48.46	400m: 6:01.52	44.90
3._GREY, Trevor	38	MACC	6:10.43		<b>6:29.73</b>		4,00
50m: 41.23	41.23	150m: 2:15.06	48.66	250m: 3:55.37	50.85	350m: 5:38.48	52.22
100m: 1:26.40	45.17	200m: 3:04.52	49.46	300m: 4:46.26	50.89	400m: 6:29.73	51.25

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Epreuve 1, 400m Libre

Epreuve 1 Dames, 400m Libre  
2024-11-09 - 11:30 35 - 39 ans  
Liste résultats

Master World Records	4:19.96	CASSON, Sophie	GBR		2023-07-15
Canadian Master Records	4:25.52	BERTELINK, Cindy	EOMAC	???	2013-03-28
Quebec Provincial Master Records	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	2024-01-27

Rang			Age			Soumis			Temps	Points		
1.	__JETTE, Elise		36	MACC		5:50.00			<b>5:44.44</b>	7,00		
	50m:	36.98	36.98	150m:	1:59.89	42.33	250m:	3:28.36	44.72	350m:	4:59.35	45.76
	100m:	1:17.56	40.58	200m:	2:43.64	43.75	300m:	4:13.59	45.23	400m:	5:44.44	45.09

Epreuve 1 Messieurs, 400m Libre  
2024-11-09 - 11:30 40 - 44 ans  
Liste résultats

Master World Records	4:00.67	DITZEL, Kai	GER		2004-11-07
Canadian Master Records	4:11.94	WELBOURN, Graham	TAS	???	2003-04-18
Quebec Provincial Master Records	4:17.88	DESCHÊNES, Gilles	CMDG	Montreal	2006-04-23

Rang			Age			Soumis			Temps	Points		
1.	__RAYMOND, Benoit		42	BRO		5:45.00			<b>5:39.70</b>	7,00		
	50m:	37.00	37.00	150m:	2:02.22	43.56	250m:	3:29.93	43.59	350m:	4:58.34	43.98
	100m:	1:18.66	41.66	200m:	2:46.34	44.12	300m:	4:14.36	44.43	400m:	5:39.70	41.36
2.	__BROWN, Shawn		40	DDO		7:01.20			<b>6:29.74</b>	5,00		
	50m:	41.40	41.40	150m:	2:15.87	48.48	250m:	3:59.09	52.09	350m:	5:44.16	51.30
	100m:	1:27.39	45.99	200m:	3:07.00	51.13	300m:	4:52.86	53.77	400m:	6:29.74	45.58

Epreuve 1 Dames, 400m Libre  
2024-11-09 - 11:30 40 - 44 ans  
Liste résultats

Master World Records	4:21.75	K.PIPES-NEILSEN,	USA		2003-12-14
Canadian Master Records	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	2016-05-22
Quebec Provincial Master Records	4:43.26	D'AMBOISE, Marie-Ève	STL	Montreal	2019-05-25

Rang			Age			Soumis			Temps	Points		
1.	__BOEGEL, KRISTA		41	SOM		5:37.87			<b>5:32.21</b>	-		
	50m:	37.21	37.21	150m:	2:00.24	41.96	250m:	3:25.07	42.06	350m:	4:50.42	42.88
	100m:	1:18.28	41.07	200m:	2:43.01	42.77	300m:	4:07.54	42.47	400m:	5:32.21	41.79
2.	__DESMARAIS, Catherine		44	CNHR		5:40.00			<b>5:42.46</b>	5,00		
	50m:	37.02	37.02	150m:	2:01.61	42.99	250m:	3:31.00	44.92	350m:	5:00.29	44.64
	100m:	1:18.62	41.60	200m:	2:46.08	44.47	300m:	4:15.65	44.65	400m:	5:42.46	42.17
3.	__LAROUCHE, Sandra		44	CNHR		5:52.34			<b>5:47.50</b>	4,00		
	50m:	37.62	37.62	150m:	2:05.56	44.91	250m:	3:35.22	44.46	350m:	5:04.69	44.71
	100m:	1:20.65	43.03	200m:	2:50.76	45.20	300m:	4:19.98	44.76	400m:	5:47.50	42.81
4.	__MATHIEU, Naïla		40	CNHR		5:52.81			<b>5:54.73</b>	3,00		
	50m:	40.10	40.10	150m:	2:10.83	46.19	250m:	3:42.42	45.41	350m:	5:11.86	44.47
	100m:	1:24.64	44.54	200m:	2:57.01	46.18	300m:	4:27.39	44.97	400m:	5:54.73	42.87
5.	__LAVOIE, Catherine		44	CAC		6:02.56			<b>6:00.21</b>	2,00		
	50m:	37.56	37.56	150m:	2:04.90	45.05	250m:	3:38.72	47.07	350m:	5:13.81	47.71
	100m:	1:19.85	42.29	200m:	2:51.65	46.75	300m:	4:26.10	47.38	400m:	6:00.21	46.40
6.	__BETTEZ, Geneviève		42	ELITE		5:58.79			<b>6:13.31</b>	1,00		
	50m:	42.48	42.48	150m:	2:18.90	48.89	250m:	3:54.09	47.45	350m:	5:28.65	46.65
	100m:	1:30.01	47.53	200m:	3:06.64	47.74	300m:	4:42.00	47.91	400m:	6:13.31	44.66

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Epreuve 1, Dames, 400m Libre, 40 - 44 ans

Rang				Age			Soumis			Temps	Points	
7.	__BEAURIVAGE, Sabrina			42	RL		8:12.55		<b>7:54.77</b>		-	
	50m:	58.15	58.15	150m:	2:58.39	1:00.03	250m:	4:55.74	59.01	350m:	6:55.75	1:00.26
	100m:	1:58.36	1:00.21	200m:	3:56.73	58.34	300m:	5:55.49	59.75	400m:	7:54.77	59.02

Epreuve 1 Messieurs, 400m Libre 45 - 49 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:03.10	CALMASINI, Fabio	ITA		2015-04-18
Canadian Master Records	4:11.35	STREPPEL, Greg	CMAV	Montreal	2015-05-17
Quebec Provincial Master Records	4:23.13	POISSON, Mathieu	GAMIN	Montreal	2015-05-17

Rang				Age			Soumis			Temps	Points	
1.	__CHIASSON, Steven			49	CNHR		5:23.88		<b>5:11.30</b>		7,00	
	50m:	35.45	35.45	150m:	1:53.23	39.47	250m:	3:13.40	40.14	350m:	4:33.05	39.52
	100m:	1:13.76	38.31	200m:	2:33.26	40.03	300m:	3:53.53	40.13	400m:	5:11.30	38.25
2.	__LUNEAU, Martin			49	CNBF		5:53.20		<b>5:46.56</b>		5,00	
	50m:	35.66	35.66	150m:	1:57.64	42.41	250m:	3:27.48	45.68	350m:	5:00.39	46.76
	100m:	1:15.23	39.57	200m:	2:41.80	44.16	300m:	4:13.63	46.15	400m:	5:46.56	46.17

Epreuve 1 Dames, 400m Libre 45 - 49 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:24.86	GEORGE, Heidi	USA		2021-08-01
Canadian Master Records	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Quebec Provincial Master Records	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13

Rang				Age			Soumis			Temps	Points	
1.	__ALLARD, Catherine			49	MACC		5:20.00		<b>5:07.66</b>		7,00	
	50m:	36.53	36.53	150m:	1:53.32	38.39	250m:	3:11.13	38.74	350m:	4:29.15	39.02
	100m:	1:14.93	38.40	200m:	2:32.39	39.07	300m:	3:50.13	39.00	400m:	5:07.66	38.51
2.	__D'AMBOISE, Marie-Ève			46	STL		5:15.00		<b>5:12.17</b>		5,00	
	50m:	35.88	35.88	150m:	1:54.63	39.50	250m:	3:13.45	39.45	350m:	4:33.16	39.71
	100m:	1:15.13	39.25	200m:	2:34.00	39.37	300m:	3:53.45	40.00	400m:	5:12.17	39.01
3.	__ROY, Amelie			48	MPC		5:34.91		<b>5:23.59</b>		4,00	
	50m:	36.42	36.42	150m:	1:58.39	41.38	250m:	3:21.16	41.47	350m:	4:43.75	41.22
	100m:	1:17.01	40.59	200m:	2:39.69	41.30	300m:	4:02.53	41.37	400m:	5:23.59	39.84
4.	__TANGUAY, Véronique			48	CNMN		5:30.00		<b>5:24.63</b>		3,00	
	50m:	35.28	35.28	150m:	1:53.91	40.04	250m:	3:15.92	41.00	350m:	4:41.18	43.08
	100m:	1:13.87	38.59	200m:	2:34.92	41.01	300m:	3:58.10	42.18	400m:	5:24.63	43.45
5.	__SAUNDERS, Jenne			49	STL		5:51.38		<b>5:49.58</b>		2,00	
	50m:	38.89	38.89	150m:	2:04.34	43.49	250m:	3:32.89	44.67	350m:	5:04.23	46.20
	100m:	1:20.85	41.96	200m:	2:48.22	43.88	300m:	4:18.03	45.14	400m:	5:49.58	45.35
6.	__NANTEL, Julie			47	CNMN		6:25.09		<b>6:25.46</b>		1,00	
	50m:	43.43	43.43	150m:	2:19.70	49.14	250m:	3:58.95	49.78	350m:	5:37.67	49.05
	100m:	1:30.56	47.13	200m:	3:09.17	49.47	300m:	4:48.62	49.67	400m:	6:25.46	47.79
7.	__ASSELIN, Julie			49	VELOX		7:56.00		<b>7:20.80</b>		-	
	50m:	50.06	50.06	150m:	2:42.31	57.07	250m:	4:37.05	57.95	350m:	6:28.99	55.66
	100m:	1:45.24	55.18	200m:	3:39.10	56.79	300m:	5:33.33	56.28	400m:	7:20.80	51.81
8.	__TOURANGEAU, Annick			46	CNMN		7:40.79		<b>7:32.99</b>		-	
	50m:	54.43	54.43	150m:	2:52.51	59.79	250m:	4:47.95	57.87	350m:	6:42.67	56.95
	100m:	1:52.72	58.29	200m:	3:50.08	57.57	300m:	5:45.72	57.77	400m:	7:32.99	50.32

Manche des Maitre #1  
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Epreuve 1, 400m Libre

Epreuve 1 Messieurs, 400m Libre 50 - 54 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:04.48	GRANGER, Nicolas	FRA		2017-01-29
Canadian Master Records	4:14.65	STREPPPEL, Greg	SOM	Montreal	2019-05-24
Quebec Provincial Master Records	4:25.78	GIROUX, Martin	MFC	Quebec	2022-05-21

Rang			Age			Soumis			Temps	Points
1.	DINH, Fabrice		53	MUMS		5:40.00			<b>5:10.74</b>	7,00
	50m:	37.52 37.52	150m:	1:58.13 40.18	250m:	3:18.13 39.38	350m:	4:34.33	37.31	
	100m:	1:17.95 40.43	200m:	2:38.75 40.62	300m:	3:57.02 38.89	400m:	5:10.74	36.41	
2.	GRIMARD, Antoine		50	DDO		5:30.00			<b>5:20.56</b>	5,00
	50m:	37.83 37.83	150m:	1:59.75 41.18	250m:	3:22.12 40.94	350m:	4:42.77	40.00	
	100m:	1:18.57 40.74	200m:	2:41.18 41.43	300m:	4:02.77 40.65	400m:	5:20.56	37.79	
3.	BOUDREAU, davy		51	CNDA		5:52.18			<b>5:45.18</b>	4,00
	50m:	35.07 35.07	150m:	1:58.22 42.88	250m:	3:28.52 45.96	350m:	5:02.33	47.13	
	100m:	1:15.34 40.27	200m:	2:42.56 44.34	300m:	4:15.20 46.68	400m:	5:45.18	42.85	

Epreuve 1 Dames, 400m Libre 50 - 54 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:33.86	ZAMANIAN, Alison	USA		2021-10-17
Canadian Master Records	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Quebec Provincial Master Records	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24

Rang			Age			Soumis			Temps	Points
1.	LABERGE, Kathleen		51	CNSH		5:55.00			<b>5:39.85</b>	7,00
	50m:	37.43 37.43	150m:	2:02.09 43.06	250m:	3:29.42 43.56	350m:	4:57.61	43.88	
	100m:	1:19.03 41.60	200m:	2:45.86 43.77	300m:	4:13.73 44.31	400m:	5:39.85	42.24	
2.	LEVESQUE, Edith		50	LMRL		6:37.44			<b>6:30.83</b>	5,00
	50m:	43.89 43.89	150m:	2:21.24 49.15	250m:		350m:			
	100m:	1:32.09 48.20	200m:	3:11.77 50.53	300m:		400m:	6:30.83		
3.	PITRE, Jackie		53	CNHR		7:30.00			<b>7:05.97</b>	4,00
	50m:	48.27 48.27	150m:	2:37.27 55.31	250m:	4:27.97 55.25	350m:	6:16.42	53.70	
	100m:	1:41.96 53.69	200m:	3:32.72 55.45	300m:	5:22.72 54.75	400m:	7:05.97	49.55	

Epreuve 1 Messieurs, 400m Libre 55 - 59 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:16.03	MANN, Michael	USA		2009-11-22
Canadian Master Records	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Quebec Provincial Master Records	4:29.95	GIROUX, Martin	MFC	Pointe-Claire	2024-04-20

Rang			Age			Soumis			Temps	Points
1.	CONDE, Pablo		59	MACC		4:55.00			<b>4:58.40</b>	7,00
	50m:	33.86 33.86	150m:	1:48.66 37.65	250m:	3:04.99 37.97	350m:	4:21.36	38.09	
	100m:	1:11.01 37.15	200m:	2:27.02 38.36	300m:	3:43.27 38.28	400m:	4:58.40	37.04	
2.	CROTEAU, Andre		55	CNMT		5:38.70			<b>5:26.38</b>	5,00
	50m:	36.68 36.68	150m:	1:59.07 42.41	250m:	3:23.83 42.31	350m:	4:47.17	41.76	
	100m:	1:16.66 39.98	200m:	2:41.52 42.45	300m:	4:05.41 41.58	400m:	5:26.38	39.21	
3.	MANES, Marc		59	DDO		6:24.83			<b>6:35.36</b>	4,00
	50m:	44.81 44.81	150m:	2:25.58 50.88	250m:	4:08.34 51.60	350m:			
	100m:	1:34.70 49.89	200m:	3:16.74 51.16	300m:	4:57.88 49.54	400m:	6:35.36		

Manche des Maitre #1  
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Epreuve 1, Messieurs, 400m Libre, 55 - 59 ans

Rang			Age			Soumis			Temps	Points
4.	NEVEU, André		57	LAVAL		6:40.00		<b>6:46.93</b>	3,00	
	50m:	47.40 47.40	150m:	2:32.90 53.21	250m:	4:17.29 51.62	350m:	5:57.48 49.98		
	100m:	1:39.69 52.29	200m:	3:25.67 52.77	300m:	5:07.50 50.21	400m:	6:46.93 49.45		

Epreuve 1 Dames, 400m Libre 55 - 59 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:37.35	MARSHALL, Lynn	CAN		2016-01-23
Canadian Master Records	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Quebec Provincial Master Records	4:51.62	LOWENSTEYN, Ilka	CSLA	Windsor	2024-05-25

Rang			Age			Soumis			Temps	Points
1.	CHAPDELAINE, Josée		57	CNMN		5:30.00		<b>5:18.57</b>	7,00	
	50m:	35.52 35.52	150m:	1:53.97 39.94	250m:	3:15.45 40.78	350m:	4:37.41 41.11		
	100m:	1:14.03 38.51	200m:	2:34.67 40.70	300m:	3:56.30 40.85	400m:	5:18.57 41.16		
2.	SHIELDS, Liane		55	DDO		5:29.93		<b>5:24.86</b>	5,00	
	50m:	39.50 39.50	150m:	2:03.16 41.81	250m:	3:25.59 40.91	350m:	4:45.58 40.08		
	100m:	1:21.35 41.85	200m:	2:44.68 41.52	300m:	4:05.50 39.91	400m:	5:24.86 39.28		
3.	BARRETTE, Marie-Josée		59	CAMO		8:00.00		<b>8:05.23</b>	4,00	
	50m:	51.74 51.74	150m:	2:57.62 1:04.09	250m:	5:01.79 1:01.18	350m:	7:05.45 1:02.19		
	100m:	1:53.53 1:01.79	200m:	4:00.61 1:02.99	300m:	6:03.26 1:01.47	400m:	8:05.23 59.78		

Epreuve 1 Messieurs, 400m Libre 60 - 64 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:27.57	PEREZ, Arnaldo	PUR		2022-10-15
Canadian Master Records	4:35.75	MCKINNON, Peter	EOMAC	Etobicoke	2024-04-20
Quebec Provincial Master Records	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-15

Rang			Age			Soumis			Temps	Points
1.	GRABS, Detlev		64	MEGO		5:15.00		<b>4:58.23</b>	7,00	
	50m:	33.85 33.85	150m:	1:48.37 37.59	250m:	3:04.49 37.77	350m:	4:21.62 38.70		
	100m:	1:10.78 36.93	200m:	2:26.72 38.35	300m:	3:42.92 38.43	400m:	4:58.23 36.61		
2.	MCMURRAY, Michael		60	CSLA		5:13.22		<b>5:05.08</b>	5,00	
	50m:	35.74 35.74	150m:	1:53.62 38.84	250m:	3:11.64 38.52	350m:	4:27.78 38.01		
	100m:	1:14.78 39.04	200m:	2:33.12 39.50	300m:	3:49.77 38.13	400m:	5:05.08 37.30		
3.	LAMBERT, Christopher		60	DDO		5:36.60		<b>5:52.17</b>	4,00	
	50m:	40.05 40.05	150m:	2:08.83 44.87	250m:	3:38.81 45.02	350m:	5:09.19 45.18		
	100m:	1:23.96 43.91	200m:	2:53.79 44.96	300m:	4:24.01 45.20	400m:	5:52.17 42.98		
4.	THOMAS, Stephane		62	CNHR		5:51.69		<b>6:08.11</b>	3,00	
	50m:	41.28 41.28	150m:	2:11.82 45.60	250m:		350m:			
	100m:	1:26.22 44.94	200m:	2:58.34 46.52	300m:		400m:	6:08.11		
5.	MOREAU, André		63	CNMN		NT		<b>6:29.73</b>	2,00	
	50m:	43.70 43.70	150m:	2:24.53 51.18	250m:	4:04.92 50.66	350m:	5:44.60 48.14		
	100m:	1:33.35 49.65	200m:	3:14.26 49.73	300m:	4:56.46 51.54	400m:	6:29.73 45.13		
6.	CAMERON, Brad		60	DDO		NT		<b>7:14.05</b>	1,00	
	50m:		150m:	2:39.15 57.27	250m:	4:31.79 55.84	350m:	6:22.84 55.71		
	100m:	1:41.88	200m:	3:35.95 56.80	300m:	5:27.13 55.34	400m:	7:14.05 51.21		

Manche des Maitre #1  
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Epreuve 1, 400m Libre

Epreuve 1

2024-11-09 - 11:30

Dames, 400m Libre

60 - 64 ans

Liste résultats

Master World Records	4:48.80	MARSHALL, Lynn	CAN		2022-03-19
Canadian Master Records	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	2022-03-19
Quebec Provincial Master Records	5:16.62	VENNE, Chantal	MPC	Victoriaville	2024-03-16

Rang			Age			Soumis			Temps	Points
1.	LECLERC, Manon		62	CNHR		6:00.74			<b>6:15.15</b>	7,00
	50m:	42.89 42.89	150m:	2:16.12 46.99	250m:	3:51.66 47.77	350m:	5:27.38 47.86		
	100m:	1:29.13 46.24	200m:	3:03.89 47.77	300m:	4:39.52 47.86	400m:	6:15.15 47.77		
2.	DUHAMEL, Marie		61	CNSH		6:45.00			<b>6:19.15</b>	5,00
	50m:	43.07 43.07	150m:	2:17.15 47.85	250m:	3:53.62 48.48	350m:	5:31.42 48.89		
	100m:	1:29.30 46.23	200m:	3:05.14 47.99	300m:	4:42.53 48.91	400m:	6:19.15 47.73		
3.	DESROCHERS, Laure		63	CNHR		6:52.74			<b>6:34.02</b>	4,00
	50m:	42.75 42.75	150m:	2:20.39 50.05	250m:	4:03.17 51.44	350m:	5:45.55 51.16		
	100m:	1:30.34 47.59	200m:	3:11.73 51.34	300m:	4:54.39 51.22	400m:	6:34.02 48.47		
4.	BEAULIEU, Louise		63	LAVAL		7:30.00			<b>7:24.94</b>	3,00
	50m:	52.31 52.31	150m:	2:45.51 56.77	250m:	4:38.78 56.83	350m:	6:30.33 55.48		
	100m:	1:48.74 56.43	200m:	3:41.95 56.44	300m:	5:34.85 56.07	400m:	7:24.94 54.61		
5.	LARAMÉE, Marie-Thérèse		64	DDO		7:39.98			<b>7:27.94</b>	2,00
	50m:	49.37 49.37	150m:	2:41.46 56.61	250m:		350m:	6:33.13 57.62		
	100m:	1:44.85 55.48	200m:		300m:	5:35.51	400m:	7:27.94 54.81		
6.	MASSY, Sylvie		61	CNSH		7:49.00			<b>7:45.55</b>	1,00
	50m:	52.01 52.01	150m:	2:50.31 59.57	250m:	4:49.54 59.70	350m:	6:48.55 59.35		
	100m:	1:50.74 58.73	200m:	3:49.84 59.53	300m:	5:49.20 59.66	400m:	7:45.55 57.00		

Epreuve 1

2024-11-09 - 11:30

Messieurs, 400m Libre

65 - 69 ans

Liste résultats

Master World Records	4:27.91	COLELLA, Rick	USA		2017-11-19
Canadian Master Records	4:54.22	ABOUD, Mark	GRAN	Etobicoke	2023-05-07
Quebec Provincial Master Records	5:20.78	CHARRON, Denis	UNQC	Sherbrooke	2022-12-03

Rang			Age			Soumis			Temps	Points
1.	THERIAULT, BERTRAND		68	UNMNQ		5:31.00			<b>5:37.18</b>	-
	50m:	37.56 37.56	150m:	2:02.90 42.88	250m:	3:30.08 43.61	350m:	4:56.62 42.97		
	100m:	1:20.02 42.46	200m:	2:46.47 43.57	300m:	4:13.65 43.57	400m:	5:37.18 40.56		
2.	GILBERT, Louis		65	CALAC		5:46.00			<b>5:37.47</b>	5,00
	50m:	38.12 38.12	150m:	2:02.43 42.88	250m:	3:28.93 43.12	350m:	4:55.72 43.53		
	100m:	1:19.55 41.43	200m:	2:45.81 43.38	300m:	4:12.19 43.26	400m:	5:37.47 41.75		
3.	WINTER, Harald		68	MPC		6:05.00			<b>5:59.96</b>	4,00
	50m:	41.05 41.05	150m:	2:12.33 46.05	250m:	3:43.66 46.20	350m:	5:16.23 46.28		
	100m:	1:26.28 45.23	200m:	2:57.46 45.13	300m:	4:29.95 46.29	400m:	5:59.96 43.73		
4.	HÉTU, Daniel		68	CAMO		6:22.03			<b>6:13.82</b>	3,00
	50m:	42.72 42.72	150m:	2:18.16 48.42	250m:	3:54.43 47.98	350m:	5:29.05 47.18		
	100m:	1:29.74 47.02	200m:	3:06.45 48.29	300m:	4:41.87 47.44	400m:	6:13.82 44.77		
5.	DESJARDINS, Paul		69	LAVAL		7:00.00			<b>6:42.42</b>	2,00
	50m:	45.90 45.90	150m:	2:28.10 52.09	250m:	4:11.91 51.68	350m:	5:53.40 49.84		
	100m:	1:36.01 50.11	200m:	3:20.23 52.13	300m:	5:03.56 51.65	400m:	6:42.42 49.02		

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Epreuve 1, 400m Libre

Epreuve 1 Dames, 400m Libre 65 - 69 ans  
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Master World Records	5:02.08	VAL, Laura	USA			2017-09-24
Canadian Master Records	5:49.09	MERRITT, Cathy	NEP	???		2019-03-01
Quebec Provincial Master Records	5:54.26	LATREILLE, Denise	MFC	Pointe-Claire		2024-04-20

Rang		Age		Soumis	Temps	Points
1.		65	CNSH	6:32.36	<b>6:37.67</b>	7,00
	50m:	45.65	45.65	150m:	2:27.19	51.24
	100m:	1:35.95	50.30	200m:	3:18.91	51.72
				250m:	4:08.80	49.89
				300m:	5:00.10	51.30
				350m:	5:49.96	49.86
				400m:	6:37.67	47.71

Epreuve 1 Messieurs, 400m Libre 70 - 74 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	4:46.78	COLELLA, Rick	USA			2022-01-30
Canadian Master Records	5:18.03	ARMSTRONG, Ron	EOMAC	Windsor		2024-05-25
Quebec Provincial Master Records	6:08.24	RANSOM, Ken	MFC	Montreal		2016-04-16

Rang		Age		Soumis	Temps	Points
1.		72	MNC	7:00.00	<b>7:02.40</b>	7,00
	50m:	49.01	49.01	150m:	2:36.31	55.01
	100m:	1:41.30	52.29	200m:	3:30.85	54.54
				250m:	4:26.29	55.44
				300m:	5:21.29	55.00
				350m:	6:13.01	51.72
				400m:	7:02.40	49.39
2.		70	CAMO	7:42.00	<b>7:25.82</b>	5,00
	50m:	44.77	44.77	150m:	2:36.34	57.27
	100m:	1:39.07	54.30	200m:	3:34.14	57.80
				250m:	4:32.05	57.91
				300m:	5:29.91	57.86
				350m:	6:28.43	58.52
				400m:	7:25.82	57.39

Epreuve 1 Dames, 400m Libre 70 - 74 ans  
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Master World Records	5:18.26	VAL, Laura	USA			2023-02-26
Canadian Master Records	5:58.46	WYLIE, Lori	CMSC	Calgary		2023-05-27
Quebec Provincial Master Records	7:13.81	DILLINGER, Erda	MFC	Lasalle		2012-02-19

Rang		Age		Soumis	Temps	Points
1.		70	CAMO	8:48.00	<b>8:31.30</b>	7,00
	50m:	57.65	57.65	150m:		
	100m:	2:01.05	1:03.40	200m:		
				250m:	350m:	7:28.99
				300m:	6:25.45	1:03.54
				400m:	8:31.30	1:02.31

Epreuve 1 Dames, 400m Libre 80 - 84 ans  
2024-11-09 - 11:30 Liste résultats

Master World Records	6:23.17	OSAKI, Yoshiko	JPN			2019-10-20
Canadian Master Records	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux		2023-03-18
Quebec Provincial Master Records	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux		2023-03-18

Rang		Age		Soumis	Temps	Points
1.		81	CNMT	8:30.00	<b>10:29.41</b>	7,00
	50m:	1:07.76	1:07.76	150m:	3:40.51	1:17.28
	100m:	2:23.23	1:15.47	200m:		
				250m:	6:24.68	
				300m:	7:46.55	1:21.87
				350m:	9:09.71	1:23.16
				400m:	10:29.41	1:19.70