

Epreuve 10 Dames, 400m Libre 25 - 29 ans
2025-01-25 Liste résultats

Canadian Master Records	4:25.94	MARSHALL, Lynn	CARMA	???	1990-01-01
Records québécois Maitres	4:29.39	MCCLEMONT, Laura	MUMS	Montreal	2011-05-21

Rang	Age		Soumis		Temps		Points	
1. SAVOURÉ, Esther	26	MPC	5:15.56		5:09.70		7.00	
50m:	36.02	36.02	150m:	1:54.14	39.13	250m:	3:12.98	39.15
100m:	1:15.01	38.99	200m:	2:33.85	39.71	300m:	3:52.57	39.59
350m:			400m:	5:09.70		37.98		
2. BAKER, Ana	28	MACC	5:30.00		5:29.34		5.00	
50m:	35.95	35.95	150m:	1:59.00	42.35	250m:	3:23.33	41.81
100m:	1:16.65	40.70	200m:	2:41.52	42.52	300m:	4:05.93	42.60
350m:			400m:	5:29.34		41.16		
3. HOULE, Meghan	29	CAMO	6:05.02		6:01.60		4.00	
50m:	38.25	38.25	150m:	2:05.91	44.96	250m:	3:38.85	47.10
100m:	1:20.95	42.70	200m:	2:51.75	45.84	300m:	4:27.36	48.51
350m:			400m:	6:01.60		46.16		

Epreuve 10 Messieurs, 400m Libre 25 - 29 ans
2025-01-25 Liste résultats

Canadian Master Records	3:49.90	PAULINS, Sebastian	BACM	Windsor	2024-05-25
Records québécois Maitres	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01

Rang	Age		Soumis		Temps		Points	
1. BARRETTE, Simon	28	CNHR	4:50.00		4:53.13		7.00	
50m:	31.88	31.88	150m:	1:45.00	37.52	250m:	2:59.85	37.58
100m:	1:07.48	35.60	200m:	2:22.27	37.27	300m:	3:37.60	37.75
350m:			400m:	4:53.13		37.24		
2. CLÉROUX, Félix	26	MEGO	5:28.00		5:31.96		5.00	
50m:			150m:			250m:	350m:	
100m:			200m:			300m:	400m:	
3. IONNO, Alexandre	27	CNMN	5:38.00		5:40.21		4.00	
50m:	39.72	39.72	150m:	2:03.60	43.44	250m:	3:31.38	43.50
100m:	1:20.16	40.44	200m:	2:47.88	44.28	300m:	4:14.63	43.25
350m:			400m:	5:40.21		43.31		

Epreuve 10 Dames, 400m Libre 30 - 34 ans
2025-01-25 Liste résultats

Canadian Master Records	4:26.91	MARSHALL, Lynn	CARMA	???	1991-01-01
Records québécois Maitres	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15

Rang	Age		Soumis		Temps		Points	
1. LORTIE, Marie-Laurence	30	RED	5:00.00		5:00.67		7.00	
50m:	33.38	33.38	150m:	1:47.45	37.45	250m:	3:04.22	38.61
100m:	1:10.00	36.62	200m:	2:25.61	38.16	300m:	3:42.82	38.60
350m:			400m:	5:00.67		38.64		
2. PROVENCHER, Chloé	32	CNSH	8:05.13		8:24.30		5.00	
50m:	49.30	49.30	150m:	2:53.84	1:03.98	250m:	5:06.85	1:06.96
100m:	1:49.86	1:00.56	200m:	3:59.89	1:06.05	300m:	6:13.21	1:06.36
350m:			400m:	8:24.30				

Epreuve 10, 400m Libre

Epreuve 10 Messieurs, 400m Libre 30 - 34 ans
2025-01-25 Liste résultats

Canadian Master Records	4:10.25	RUSHTON, Tom	WIN	Vancouver	2009-04-17
Records québécois Maitres	4:12.91	GAUVIN, Chrystian	STE	Toronto	2005-05-22

Rang	Age		Soumis		Temps		Points				
1._LAPOINTE, Thomas	30	MACC	4:50.00		4:48.15		7.00				
50m:	33.57	33.57	150m:	1:46.41	36.62	250m:	2:58.77	36.47	350m:	4:12.08	36.63
100m:	1:09.79	36.22	200m:	2:22.30	35.89	300m:	3:35.45	36.68	400m:	4:48.15	36.07
2._LADOUCEUR, Marc-Antoine	32	MACC	4:50.15		4:54.83		5.00				
50m:	32.70	32.70	150m:	1:44.83	36.62	250m:	3:00.57	38.26	350m:	4:17.35	38.53
100m:	1:08.21	35.51	200m:	2:22.31	37.48	300m:	3:38.82	38.25	400m:	4:54.83	37.48
3._BÉLAND, Raphaël	33	SHER	5:10.00		5:23.18		4.00				
50m:	36.04	36.04	150m:	1:57.46	41.52	250m:	3:21.33	41.56	350m:	4:40.87	39.26
100m:	1:15.94	39.90	200m:	2:39.77	42.31	300m:	4:01.61	40.28	400m:	5:23.18	42.31

Epreuve 10 Dames, 400m Libre 35 - 39 ans
2025-01-25 Liste résultats

Canadian Master Records	4:25.52	BERTELINK, Cindy	EOMAC	???	2013-03-28
Records québécois Maitres	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	2024-01-27

Rang	Age		Soumis		Temps		Points				
1._COULOMBE, Samuelle	36	MACC	5:25.00		5:21.66		7.00				
50m:	35.72	35.72	150m:	1:57.31	41.13	250m:	3:19.38	40.67	350m:	4:41.27	40.75
100m:	1:16.18	40.46	200m:	2:38.71	41.40	300m:	4:00.52	41.14	400m:	5:21.66	40.39
2._TREMBLAY, Jeanne	35	BG	5:45.00		5:29.94		5.00				
50m:	36.68	36.68	150m:	1:57.91	41.06	250m:	3:22.31	42.32	350m:	4:48.34	43.35
100m:	1:16.85	40.17	200m:	2:39.99	42.08	300m:	4:04.99	42.68	400m:	5:29.94	41.60
3._BERUBE, Marie-Pierre	35	CNHR	5:50.00		5:38.56		4.00				
50m:	38.50	38.50	150m:	2:04.88	43.25	250m:	3:31.32	42.75	350m:	4:57.13	42.58
100m:	1:21.63	43.13	200m:	2:48.57	43.69	300m:	4:14.55	43.23	400m:	5:38.56	41.43

Epreuve 10 Messieurs, 400m Libre 35 - 39 ans
2025-01-25 Liste résultats

Canadian Master Records	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17
Records québécois Maitres	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17

Rang	Age		Soumis		Temps		Points				
1._GADBOIS, Jonathan	36	CNSH	6:01.52		6:49.90		7.00				
50m:	38.13	38.13	150m:	2:06.04	46.25	250m:	3:44.37	50.47	350m:	5:51.87	1:14.61
100m:	1:19.79	41.66	200m:	2:53.90	47.86	300m:	4:37.26	52.89	400m:	6:49.90	58.03

Epreuve 10, 400m Libre

 Epreuve 10 Dames, 400m Libre 40 - 44 ans
 2025-01-25 Liste résultats

Canadian Master Records	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	2016-05-22
Records québécois Maitres	4:43.26	D'AMBOISE, Marie-Eve	STL	Montreal	2019-05-25

Rang			Age			Soumis			Temps	Points
1.	GREGOIRE, Marie-Eve		41	BBF		5:30.00			5:17.42	7.00
	50m:	34.60 34.60	150m:	1:53.39 40.03	250m:	3:16.30 41.63	350m:	4:38.38	41.07	
	100m:	1:13.36 38.76	200m:	2:34.67 41.28	300m:	3:57.31 41.01	400m:	5:17.42	39.04	
2.	SAVOIE DUGAS, Geneviève		41	SHER		5:30.00			5:29.31	5.00
	50m:	37.67 37.67	150m:	1:59.04 41.04	250m:	3:22.60 41.88	350m:	4:47.61	42.46	
	100m:	1:18.00 40.33	200m:	2:40.72 41.68	300m:	4:05.15 42.55	400m:	5:29.31	41.70	
3.	LEFEBVRE-SAUVÉ, Audrey		40	CNMN		5:37.00			5:49.43	4.00
	50m:	39.45 39.45	150m:	2:07.61 44.41	250m:	3:37.21 44.96	350m:	5:06.92	44.95	
	100m:	1:23.20 43.75	200m:	2:52.25 44.64	300m:	4:21.97 44.76	400m:	5:49.43	42.51	
4.	MATHIEU, Naïla		41	CNHR		5:54.73			6:09.46	3.00
	50m:	41.89 41.89	150m:	2:16.58 47.77	250m:	3:50.62 46.53	350m:	5:23.45	46.30	
	100m:	1:28.81 46.92	200m:	3:04.09 47.51	300m:	4:37.15 46.53	400m:	6:09.46	46.01	
5.	GINGRAS, Jully		43	LLOU		6:23.80			6:25.59	2.00
	50m:	39.13 39.13	150m:	2:12.09 48.25	250m:	3:53.10 50.63	350m:	5:36.75	52.00	
	100m:	1:23.84 44.71	200m:	3:02.47 50.38	300m:	4:44.75 51.65	400m:	6:25.59	48.84	
6.	CAYOUILLE-GUILLOTEAU, Valérie		44	RL		6:43.16			6:52.64	1.00
	50m:	46.74 46.74	150m:	2:28.91 51.68	250m:	4:13.74 52.61	350m:	6:00.33	53.75	
	100m:	1:37.23 50.49	200m:	3:21.13 52.22	300m:	5:06.58 52.84	400m:	6:52.64	52.31	

 Epreuve 10 Messieurs, 400m Libre 40 - 44 ans
 2025-01-25 Liste résultats

Canadian Master Records	4:11.94	WELBOURN, Graham	TAS	???	2003-04-18
Records québécois Maitres	4:17.88	DESCHÊNES, Gilles	CMDG	Montreal	2006-04-23

Rang			Age			Soumis			Temps	Points
1.	BOUCHARD, Kevin		40	CNDA		4:41.53			4:32.69	7.00
	50m:	31.44 31.44	150m:	1:39.86 34.39	250m:	2:48.92 34.48	350m:	3:59.07	35.36	
	100m:	1:05.47 34.03	200m:	2:14.44 34.58	300m:	3:23.71 34.79	400m:	4:32.69	33.62	
2.	SHOWERS, Matthew		41	DDO		5:19.49			5:14.57	5.00
	50m:	34.85 34.85	150m:	1:52.74 39.60	250m:	3:13.51 40.36	350m:	4:34.80	41.01	
	100m:	1:13.14 38.29	200m:	2:33.15 40.41	300m:	3:53.79 40.28	400m:	5:14.57	39.77	
3.	FREMETH, Neil		44	DDO		5:16.90			5:46.46	4.00
	50m:	36.13 36.13	150m:	1:57.99 41.81	250m:	3:29.86 48.28	350m:			
	100m:	1:16.18 40.05	200m:	2:41.58 43.59	300m:	4:17.67 47.81	400m:	5:46.46		
forf.nd.	BROWN, Shawn		41	DDO		forf.nd.				-

Epreuve 10, 400m Libre

 Epreuve 10
 2025-01-25

Dames, 400m Libre

 45 - 49 ans
 Liste résultats

Canadian Master Records	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Records québécois Maitres	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13

Rang	Age		Soumis		Temps		Points
1._DESCHAMPS, Stéphanie	47	CNMT	5:19.88		5:14.57		7.00
50m:	150m:	250m:	350m:	400m:		5:14.57	
100m:	200m:	300m:					
2._MENEGON, Daniela	48	MNC	5:40.00		5:17.51		5.00
50m: 36.62 36.62	150m: 1:56.43 40.30	250m: 3:17.24 40.29	350m: 4:38.40	40.47			
100m: 1:16.13 39.51	200m: 2:36.95 40.52	300m: 3:57.93 40.69	400m: 5:17.51	39.11			
3._TANGUAY, Véronique	49	CNMMN	5:24.63		5:32.45		4.00
50m: 35.30 35.30	150m: 1:54.65 40.63	250m: 3:20.99 43.90	350m: 4:49.75	44.39			
100m: 1:14.02 38.72	200m: 2:37.09 42.44	300m: 4:05.36 44.37	400m: 5:32.45	42.70			
4._DESMARAIS, Catherine	45	CNHR	5:50.00		5:48.91		3.00
50m: 38.28 38.28	150m: 2:05.66 44.22	250m: 3:35.46 45.18	350m: 5:06.19	45.45			
100m: 1:21.44 43.16	200m: 2:50.28 44.62	300m: 4:20.74 45.28	400m: 5:48.91	42.72			
5._ROBERT, Julie	47	BLUE	5:40.00		5:52.61		2.00
50m: 39.78 39.78	150m: 2:07.02 44.16	250m: 3:36.45 44.62	350m: 5:06.95	45.31			
100m: 1:22.86 43.08	200m: 2:51.83 44.81	300m: 4:21.64 45.19	400m: 5:52.61	45.66			
6._LAROUCHE, Sandra	45	CNHR	5:47.50		6:01.11		1.00
50m: 39.76 39.76	150m: 2:13.16 47.17	250m: 3:46.62 46.15	350m: 5:18.46	45.82			
100m: 1:25.99 46.23	200m: 3:00.47 47.31	300m: 4:32.64 46.02	400m: 6:01.11	42.65			
7._GAGNÉ, Martine	49	CNMMN	7:20.00		6:18.49		-
50m: 41.31 41.31	150m: 2:16.14 48.65	250m: 3:54.12 49.12	350m: 5:32.11	48.86			
100m: 1:27.49 46.18	200m: 3:05.00 48.86	300m: 4:43.25 49.13	400m: 6:18.49	46.38			
8._SANDOVAL, Mariana	47	DDO	7:00.17		6:49.14		-
50m: 47.53 47.53	150m: 2:32.71 52.78	250m: 4:19.21 52.32	350m: 6:00.72	50.02			
100m: 1:39.93 52.40	200m: 3:26.89 54.18	300m: 5:10.70 51.49	400m: 6:49.14	48.42			
9._MOREAU, Brigitte	48	CNHR	7:09.07		6:51.11		-
50m: 44.88 44.88	150m: 2:26.78 50.99	250m: 4:14.44 53.51	350m: 6:01.73	53.83			
100m: 1:35.79 50.91	200m: 3:20.93 54.15	300m: 5:07.90 53.46	400m: 6:51.11	49.38			
10._TOURANGEAU, Annick	47	CNMMN	7:32.99		7:26.25		-
50m: 48.53 48.53	150m: 2:41.39 58.86	250m: 4:35.69 57.77	350m: 6:31.39	56.61			
100m: 1:42.53 54.00	200m: 3:37.92 56.53	300m: 5:34.78 59.09	400m: 7:26.25	54.86			

Epreuve 10, 400m Libre

 Epreuve 10 Messieurs, 400m Libre 45 - 49 ans
 2025-01-25 Liste résultats

Canadian Master Records	4:11.35	STREPPEL, Greg	CMAV	Montreal	2015-05-17
Records québécois Maitres	4:23.13	POISSON, Mathieu	GAMIN	Montreal	2015-05-17

Rang	Age	Soumis	Temps	Points
1. __ASCARGORTA, Damien	45 MACC	4:50.00	4:56.11	7.00
50m:	150m:	250m:	350m:	
100m:	200m:	300m:	400m: 4:56.11	
2. __POTHIER, Maxime	45 CNMM	7:39.00	7:45.73	5.00
50m: 49.37 49.37	150m: 2:47.80 59.97	250m: 4:47.00 1:00.21	350m: 6:47.15 1:00.00	
100m: 1:47.83 58.46	200m: 3:46.79 58.99	300m: 5:47.15 1:00.15	400m: 7:45.73 58.58	

 Epreuve 10 Dames, 400m Libre 50 - 54 ans
 2025-01-25 Liste résultats

Canadian Master Records	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Records québécois Maitres	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24

Rang	Age	Soumis	Temps	Points
1. __POULIN, Nathalie	51 UNMNQ	6:00.00	5:49.19	-
50m:	150m:	250m:	350m:	
100m:	200m:	300m:	400m: 5:49.19	
2. __PITRE, Jackie	54 CNHR	7:05.97	7:00.07	5.00
50m: 47.82 47.82	150m: 2:34.23 54.04	250m: 4:22.62 54.46	350m: 6:10.03 53.38	
100m: 1:40.19 52.37	200m: 3:28.16 53.93	300m: 5:16.65 54.03	400m: 7:00.07 50.04	
3. __GRATTON, Isabelle	51 CAMO	7:57.12	7:59.22	4.00
50m:	150m:	250m:	350m:	
100m:	200m:	300m:	400m: 7:59.22	

 Epreuve 10 Messieurs, 400m Libre 50 - 54 ans
 2025-01-25 Liste résultats

Canadian Master Records	4:14.65	STREPPEL, Greg	SOM	Montreal	2019-05-24
Records québécois Maitres	4:25.78	GIROUX, Martin	MFC	Quebec	2022-05-21

Rang	Age	Soumis	Temps	Points
1. __MARIN, Thierry	50 CNHR	4:45.00	4:39.10	7.00
50m: 32.33 32.33	150m: 1:43.53 35.97	250m: 2:54.71 35.63	350m: 4:05.18 35.13	
100m: 1:07.56 35.23	200m: 2:19.08 35.55	300m: 3:30.05 35.34	400m: 4:39.10 33.92	
2. __CHIASSEON, Steven	50 CNHR	5:11.30	5:11.57	5.00
50m: 34.29 34.29	150m: 1:51.36 39.20	250m: 3:11.86 40.36	350m: 4:32.28 39.86	
100m: 1:12.16 37.87	200m: 2:31.50 40.14	300m: 3:52.42 40.56	400m: 5:11.57 39.29	
3. __ST-LAURENT, Louis	52 MNC	5:14.99	5:39.49	4.00
50m: 36.71 36.71	150m: 1:59.41 42.61	250m: 3:25.95 43.42	350m: 4:55.46 45.13	
100m: 1:16.80 40.09	200m: 2:42.53 43.12	300m: 4:10.33 44.38	400m: 5:39.49 44.03	

Epreuve 10, 400m Libre

 Epreuve 10
 2025-01-25

Dames, 400m Libre

 55 - 59 ans
 Liste résultats

Canadian Master Records	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Records québécois Maitres	4:51.62	LOWENSTEYN, Ilka	CSLA	Windsor	2024-05-25

Rang	Age		Soumis		Temps		Points				
1._CHAPDELAINE, Josée	58	CNMN	5:18.57		5:30.71		7.00				
50m:	36.97	36.97	150m:	1:59.12	41.56	250m:	3:24.01	42.40	350m:	4:49.26	42.80
100m:	1:17.56	40.59	200m:	2:41.61	42.49	300m:	4:06.46	42.45	400m:	5:30.71	41.45
2._MÉNARD, France	58	RL	7:22.67		7:07.90		5.00				
50m:	48.75	48.75	150m:	2:36.26	54.32	250m:	4:28.06	55.26	350m:	6:16.17	54.46
100m:	1:41.94	53.19	200m:	3:32.80	56.54	300m:	5:21.71	53.65	400m:	7:07.90	51.73
3._DAOUST, Claire	57	BRO	8:00.00		7:41.26		4.00				
50m:	50.34	50.34	150m:	2:45.95	59.08	250m:	4:46.72	1:00.53	350m:	6:46.00	59.56
100m:	1:46.87	56.53	200m:	3:46.19	1:00.24	300m:	5:46.44	59.72	400m:	7:41.26	55.26
4._RODRIGUEZ, Alma	59	MPC	NT		8:42.73		3.00				
50m:	56.23	56.23	150m:	3:08.33	1:07.50	250m:	5:23.26	1:07.25	350m:	7:38.25	1:07.71
100m:	2:00.83	1:04.60	200m:	4:16.01	1:07.68	300m:	6:30.54	1:07.28	400m:	8:42.73	1:04.48

 Epreuve 10
 2025-01-25

Messieurs, 400m Libre

 55 - 59 ans
 Liste résultats

Canadian Master Records	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Records québécois Maitres	4:29.95	GIROUX, Martin	MPC	Pointe-Claire	2024-04-20

Rang	Age		Soumis		Temps		Points				
1._MARCOTTE, Stephane	56	CNBF	5:22.99		5:26.64		7.00				
50m:	36.71	36.71	150m:	1:58.90	41.61	250m:	3:23.09	42.34	350m:	4:47.46	42.02
100m:	1:17.29	40.58	200m:	2:40.75	41.85	300m:	4:05.44	42.35	400m:	5:26.64	39.18
2._DUCHESNE, Steeve	55	CNMM	5:38.80		5:43.06		5.00				
50m:			150m:			250m:			350m:		
100m:			200m:			300m:			400m:	5:43.06	
3._NEVEU, André	58	LAVAL	6:46.93		6:54.46		4.00				
50m:	48.02	48.02	150m:	2:33.58	53.26	250m:	4:19.64	52.36	350m:	6:03.85	52.95
100m:	1:40.32	52.30	200m:	3:27.28	53.70	300m:	5:10.90	51.26	400m:	6:54.46	50.61

Epreuve 10, 400m Libre

Epreuve 10 Dames, 400m Libre 60 - 64 ans
2025-01-25 Liste résultats

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

Rang	Age		Soumis		Temps		Points				
1._LECLERC, Manon	63	CNHR	6:15.15		6:28.41		7.00				
50m:	43.60	43.60	150m:	2:19.87	48.58	250m:	3:59.75	50.39	350m:	5:39.86	50.11
100m:	1:31.29	47.69	200m:	3:09.36	49.49	300m:	4:49.75	50.00	400m:	6:28.41	48.55

Epreuve 10 Messieurs, 400m Libre 60 - 64 ans
2025-01-25 Liste résultats

Canadian Master Records	4:35.75	MCKINNON, Peter	EOMAC	Etobicoke	2024-04-20
Records québécois Maitres	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-15

Rang	Age		Soumis		Temps		Points				
1._MANES, Marc	60	DDO	6:24.83		6:27.75		7.00				
50m:	43.57	43.57	150m:	2:20.09	48.38	250m:	3:57.59	49.16	350m:	5:41.38	53.94
100m:	1:31.71	48.14	200m:	3:08.43	48.34	300m:	4:47.44	49.85	400m:	6:27.75	46.37
2._THOMAS, Stephane	63	CNHR	5:51.69		6:29.44		5.00				
50m:	43.96	43.96	150m:	2:17.65	47.61	250m:	3:55.64	49.49	350m:	5:39.41	51.97
100m:	1:30.04	46.08	200m:	3:06.15	48.50	300m:	4:47.44	51.80	400m:	6:29.44	50.03

forf.nd._LAMBERT, Christopher 61 DDO forf.nd. -

Epreuve 10 Dames, 400m Libre 65 - 69 ans
2025-01-25 Liste résultats

Canadian Master Records	5:49.09	MERRITT, Cathy	NEP	???	2019-03-01
Records québécois Maitres	5:54.26	LATREILLE, Denise	MPC	Pointe-Claire	2024-04-20

Rang	Age		Soumis		Temps		Points				
1._LECLERC, Louise	68	RL	7:08.28		7:01.31		7.00				
50m:	48.38	48.38	150m:			250m:	4:22.64	54.21	350m:	6:10.01	53.38
100m:	1:41.53	53.15	200m:	3:28.43		300m:	5:16.63	53.99	400m:	7:01.31	51.30

Epreuve 10 Dames, 400m Libre 70 - 74 ans
2025-01-25 Liste résultats

Canadian Master Records	5:58.46	WYLIE, Lori	CMSC	Calgary	2023-05-27
Records québécois Maitres	7:13.81	DILLINGER, Erda	MPC	Lasalle	2012-02-19

Rang	Age		Soumis		Temps		Points				
1._DION, Lise_	71	CAMO	8:31.30		8:39.82		7.00				
50m:	57.78	57.78	150m:			250m:	5:24.00	1:06.97	350m:	7:36.88	1:06.22
100m:	2:02.97	1:05.19	200m:	4:17.03		300m:	6:30.66	1:06.66	400m:	8:39.82	1:02.94

forf.déc._LATENDRESSE, Carol 70 CAMO forf.déc. -

Epreuve 10, 400m Libre

 Epreuve 10 Messieurs, 400m Libre 70 - 74 ans
 2025-01-25 Liste résultats

Canadian Master Records	5:18.03	ARMSTRONG, Ron	EOMAC	Windsor	2024-05-25
Records québécois Maitres	6:08.24	RANSOM, Ken	MPC	Montreal	2016-04-16

Rang	Age		Soumis		Temps		Points
1._LACHANCE, Bruno	73	MNC	7:02.00		7:01.03		7.00
50m:	150m:	250m:	350m:				
100m:	200m:	300m:	400m:	7:01.03			
2._TURCOT, René	71	CAMO	7:25.82		7:34.62		5.00
50m: 47.55 47.55	150m: 2:43.00 59.08	250m: 4:42.43 59.43	350m: 6:40.51	59.55			
100m: 1:43.92 56.37	200m: 3:43.00 1:00.00	300m: 5:40.96 58.53	400m: 7:34.62	54.11			

 Epreuve 10 Dames, 400m Libre 75 - 79 ans
 2025-01-25 Liste résultats

Canadian Master Records	6:42.00	MACPHERSON, Linda	SARM	???	2013-04-26
Records québécois Maitres	6:56.79	SÉVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2019-03-16

Rang	Age		Soumis		Temps		Points
abandon_LATULIPPE, Hélène	78	MPC	9:55.68				-

 Epreuve 10 Messieurs, 400m Libre 75 - 79 ans
 2025-01-25 Liste résultats

Canadian Master Records	6:12.85	TRAUBER, Amiram	NYG	???	2014-03-28
Records québécois Maitres	6:17.36	CHASE, Leonard	MPC	Cote St-Luc	2023-04-15

Rang	Age		Soumis		Temps		Points
1._MCNEIL, Claude	77	RIKI	7:42.00		8:11.59		7.00
50m: 56.91 56.91	150m: 3:04.40 1:03.99	250m: 5:08.47 1:01.55	350m: 7:12.08	1:01.92			
100m: 2:00.41 1:03.50	200m: 4:06.92 1:02.52	300m: 6:10.16 1:01.69	400m: 8:11.59	59.51			

 Epreuve 10 Messieurs, 400m Libre 80 - 84 ans
 2025-01-25 Liste résultats

Canadian Master Records	6:30.32	DONOGHUE, Karl	PENT	Vernon	2020-01-26
Records québécois Maitres	7:02.32	SHIBATA, Mark	MPC	Dollard-Des-Ormeaux	2019-03-16

Rang	Age		Soumis		Temps		Points
1._CHANUT, Jean-Pierre	83	RIKI	10:00.00		10:10.42		7.00
50m: 1:06.61 1:06.61	150m: 3:40.75 1:17.86	250m: 6:19.20 1:18.71	350m: 8:52.87	1:16.21			
100m: 2:22.89 1:16.28	200m: 5:00.49 1:19.74	300m: 7:36.66 1:17.46	400m: 10:10.42	1:17.55			