

Défi du Nouvel An  
St-Laurent, 11 - 12/1/2025

Epreuve 7  
1/11/2025 - 9:55

Dames, 400m Libre

10 ans et plus  
Liste résultats

Points: AQUA 2024

Rang			Age							Temps	Pts	
<b>10 ans</b>												
1.	SILES, Sofia		10	DDO						<b>6:30.26</b>	208	
	50m:	44.56	44.56	150m:	2:25.79	51.83	250m:	4:03.80	49.30	350m:	5:41.72	48.82
	100m:	1:33.96	49.40	200m:	3:14.50	48.71	300m:	4:52.90	49.10	400m:	6:30.26	48.54
forf.déc.	SPINA, Isabella		10	CNSL								
<b>11 - 12 ans</b>												
1.	RONG, Qia		12	CNSL						<b>5:38.06</b>	320	
	50m:	38.15	38.15	150m:	2:03.80	43.43	250m:	3:30.86	43.35	350m:	4:57.08	42.23
	100m:	1:20.37	42.22	200m:	2:47.51	43.71	300m:	4:14.85	43.99	400m:	5:38.06	40.98
2.	VINET, Juliette		11	CNC						<b>6:24.90</b>	217	
	50m:	42.99	42.99	150m:	2:19.41	49.39	250m:	3:57.42	49.41	350m:	5:35.93	49.94
	100m:	1:30.02	47.03	200m:	3:08.01	48.60	300m:	4:45.99	48.57	400m:	6:24.90	48.97
3.	CHAMMAS, Miley		12	CNSL						<b>6:38.86</b>	195	
	50m:	42.60	42.60	150m:	2:23.64	50.75	250m:	4:07.96	51.48	350m:	5:49.52	50.62
	100m:	1:32.89	50.29	200m:	3:16.48	52.84	300m:	4:58.90	50.94	400m:	6:38.86	49.34
4.	EHLERMANN, Lana Lou		11	CNC						<b>6:44.23</b>	187	
	50m:	45.66	45.66	150m:	2:28.38	52.23	250m:	4:12.45	52.82	350m:	5:56.78	51.81
	100m:	1:36.15	50.49	200m:	3:19.63	51.25	300m:	5:04.97	52.52	400m:	6:44.23	47.45
5.	NGUYEN, Aurelie		12	CNSL						<b>6:44.72</b>	186	
	50m:	46.35	46.35	150m:	2:29.58	51.92	250m:	4:11.41	50.94	350m:	5:53.81	49.98
	100m:	1:37.66	51.31	200m:	3:20.47	50.89	300m:	5:03.83	52.42	400m:	6:44.72	50.91
6.	EL ASRI, Sofia		11	CNC						<b>6:45.02</b>	186	
	50m:	46.15	46.15	150m:	2:29.83	52.78	250m:	4:13.57	52.36	350m:	5:55.96	51.62
	100m:	1:37.05	50.90	200m:	3:21.21	51.38	300m:	5:04.34	50.77	400m:	6:45.02	49.06
7.	MA, Ivy		12	CNSL						<b>6:51.30</b>	177	
	50m:	47.21	47.21	150m:	2:30.92	51.17	250m:	4:14.87	51.73	350m:	6:00.94	52.83
	100m:	1:39.75	52.54	200m:	3:23.14	52.22	300m:	5:08.11	53.24	400m:	6:51.30	50.36
8.	CASTRO, Mariana		12	CNC						<b>7:09.45</b>	156	
	50m:	44.67	44.67	150m:	2:30.86	54.42	250m:	4:25.27	57.41	350m:	6:18.12	56.63
	100m:	1:36.44	51.77	200m:	3:27.86	57.00	300m:	5:21.49	56.22	400m:	7:09.45	51.33
9.	OLASSA, Ève		11	CNC						<b>7:10.74</b>	154	
	50m:	48.71	48.71	150m:	2:37.47	54.56	250m:	4:30.10	57.79	350m:	6:18.61	54.85
	100m:	1:42.91	54.20	200m:	3:32.31	54.84	300m:	5:23.76	53.66	400m:	7:10.74	52.13
10.	DEMERS, Olivia		11	CNC						<b>7:13.20</b>	152	
	50m:	46.47	46.47	150m:	2:33.49	55.96	250m:	4:25.72	55.50	350m:	6:19.36	56.06
	100m:	1:37.53	51.06	200m:	3:30.22	56.73	300m:	5:23.30	57.58	400m:	7:13.20	53.84
<b>13 - 14 ans</b>												
1.	YOUNG, Jasmine		13	CNSL						<b>6:39.65</b>	193	
	50m:	44.30	44.30	150m:	2:25.38	50.80	250m:	4:08.76	51.84	350m:	5:51.83	51.76
	100m:	1:34.58	50.28	200m:	3:16.92	51.54	300m:	5:00.07	51.31	400m:	6:39.65	47.82
2.	HOANG, Victoria		14	CNSL						<b>7:31.32</b>	134	
	50m:	43.91	43.91	150m:	2:30.69	55.62	250m:	4:29.54	1:00.62	350m:	6:33.46	1:01.31
	100m:	1:35.07	51.16	200m:	3:28.92	58.23	300m:	5:32.15	1:02.61	400m:	7:31.32	57.86

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Epreuve 7, Dames, 400m Libre

15 - 16 ans

1.	SAUVÉ, Maelie			15	CNSL					<b>4:59.41</b>	461	
	50m:	35.06	35.06	150m:	1:51.15	37.78	250m:	3:06.20	37.88	350m:	4:22.06	38.03
	100m:	1:13.37	38.31	200m:	2:28.32	37.17	300m:	3:44.03	37.83	400m:	4:59.41	37.35
2.	AN, Vivian			15	CNSL					<b>5:07.25</b>	426	
	50m:	35.55	35.55	150m:	1:52.54	38.58	250m:	3:10.71	38.82	350m:	4:29.40	39.24
	100m:	1:13.96	38.41	200m:	2:31.89	39.35	300m:	3:50.16	39.45	400m:	5:07.25	37.85
3.	TAO, Irene			15	CNSL					<b>5:08.46</b>	421	
	50m:	36.72	36.72	150m:	1:54.45	38.72	250m:	3:13.18	39.48	350m:	4:30.74	38.73
	100m:	1:15.73	39.01	200m:	2:33.70	39.25	300m:	3:52.01	38.83	400m:	5:08.46	37.72