

Invitation - Quebec 2025 par ARENA et All Tides  
 Quebec, 24- - 26-1-2025

Epreuve 109  
 2025-01-24

Dames, 400m Libre

11 ans et plus  
 Liste résultats Essais de temps

Points: AQUA 2024

Rang			Age					Temps	Pts
<b>11 - 12 ans</b>									
1.	MARTIN, Alizé		12	ICI				<b>5:04.94</b>	459
	50m:		150m:	250m:	350m:				
	100m:		200m:	300m:	400m:		5:04.94		
2.	LONGVAL, Yanka		12	Cnq				<b>5:24.19</b>	382
	50m:	35.96 35.96	150m:	1:58.11 41.46	250m:	3:19.74 40.99	350m:	4:42.60 41.69	
	100m:	1:16.65 40.69	200m:	2:38.75 40.64	300m:	4:00.91 41.17	400m:	5:24.19 41.59	
3.	LORTIE, Charlotte		11	Cnq				<b>5:40.22</b>	331
	50m:		150m:		250m:		350m:		
	100m:	1:19.76	200m:	2:45.40	300m:	4:11.97	400m:	5:40.22	
4.	ROGER, Simone		12	ICI				<b>5:48.10</b>	309
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	5:48.10	
5.	HELETA, Stella		11	Cnq				<b>6:07.19</b>	263
	50m:		150m:		250m:		350m:		
	100m:	1:24.42	200m:	2:58.07	300m:	4:32.02	400m:	6:07.19	
6.	LARIVIÈRE, Andréanne		11	Cnq				<b>6:29.54</b>	220
	50m:		150m:		250m:		350m:		
	100m:	1:29.85	200m:	3:08.34	300m:	4:47.31	400m:	6:29.54	
7.	LABRECQUE, Laurie		12	Cnq				<b>7:17.21</b>	156
	50m:		150m:		250m:		350m:		
	100m:	1:42.27	200m:	3:31.85	300m:	5:23.52	400m:	7:17.21	
<b>13 - 14 ans</b>									
1.	LAFRENIÈRE, Juliette		14	Cnq				<b>4:54.46</b>	510
	50m:	33.40 33.40	150m:	1:47.38 37.54	250m:	3:02.07 37.51	350m:	4:17.24 38.03	
	100m:	1:09.84 36.44	200m:	2:24.56 37.18	300m:	3:39.21 37.14	400m:	4:54.46 37.22	
2.	GOSELIN, Méliá		14	Rouge et Or				<b>4:54.48</b>	510
	50m:	33.52 33.52	150m:	1:47.48 37.14	250m:	3:02.25 37.18	350m:	4:16.94 37.32	
	100m:	1:10.34 36.82	200m:	2:25.07 37.59	300m:	3:39.62 37.37	400m:	4:54.48 37.54	
3.	CORNEAU, Élyza		14	Cnq				<b>4:57.81</b>	493
	50m:	33.77 33.77	150m:	1:48.98 38.09	250m:	3:04.36 37.72	350m:	4:20.15 37.96	
	100m:	1:10.89 37.12	200m:	2:26.64 37.66	300m:	3:42.19 37.83	400m:	4:57.81 37.66	
4.	LEGARÉ, Lili-Marguerite		14	Cnq				<b>5:01.12</b>	477
	50m:	33.47 33.47	150m:	1:47.97 37.73	250m:	3:04.46 38.33	350m:	4:22.08 38.85	
	100m:	1:10.24 36.77	200m:	2:26.13 38.16	300m:	3:43.23 38.77	400m:	5:01.12 39.04	
5.	CANTIN, Élisabeth		14	Rouge et Or				<b>5:02.47</b>	471
	50m:	33.37 33.37	150m:	1:48.22 37.41	250m:	3:04.81 38.13	350m:	4:23.01 39.07	
	100m:	1:10.81 37.44	200m:	2:26.68 38.46	300m:	3:43.94 39.13	400m:	5:02.47 39.46	
6.	HARVEY, Éllie		13	Cnq				<b>5:03.14</b>	468
	50m:	34.32 34.32	150m:	1:50.28 37.74	250m:	3:07.35 38.33	350m:	4:24.74 38.56	
	100m:	1:12.54 38.22	200m:	2:29.02 38.74	300m:	3:46.18 38.83	400m:	5:03.14 38.40	
7.	FORTIN, Flavie		13	Rouge et Or				<b>5:06.30</b>	453
	50m:	35.00 35.00	150m:	1:52.29 38.28	250m:	3:09.38 37.95	350m:	4:27.36 39.25	
	100m:	1:14.01 39.01	200m:	2:31.43 39.14	300m:	3:48.11 38.73	400m:	5:06.30 38.94	

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Epreuve 109, Filles, 400m Libre, 13 - 14 ans

Rang				Age					Temps	Pts		
8.	GAGNON, H��lo��se			14	Cnq				<b>5:12.02</b>	429		
	50m:	35.25	35.25	150m:	1:53.53	39.74	250m:	3:12.89	40.39	350m:	4:32.67	39.81
	100m:	1:13.79	38.54	200m:	2:32.50	38.97	300m:	3:52.86	39.97	400m:	5:12.02	39.35
9.	BROUILLETTE, Emma-Rose			14	ICI				<b>5:20.03</b>	397		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:20.03	
10.	DESGAGN��S, Alice			14	Rouge et Or				<b>5:24.52</b>	381		
	50m:	35.84	35.84	150m:	1:56.72	40.65	250m:	3:19.00	41.02	350m:	4:42.42	41.27
	100m:	1:16.07	40.23	200m:	2:37.98	41.26	300m:	4:01.15	42.15	400m:	5:24.52	42.10
11.	GAGNON, Chlo��			13	Rouge et Or				<b>5:30.61</b>	360		
	50m:	37.63	37.63	150m:	2:00.95	41.78	250m:	3:24.39	41.67	350m:	4:48.47	41.84
	100m:	1:19.17	41.54	200m:	2:42.72	41.77	300m:	4:06.63	42.24	400m:	5:30.61	42.14
12.	SAYEGH, Jasmine			14	Rouge et Or				<b>5:36.04</b>	343		
	50m:			150m:			250m:	3:27.50	43.61	350m:		
	100m:	1:18.88		200m:	2:43.89		300m:	4:10.01	42.51	400m:	5:36.04	

15 - 16 ans

1.	LABERGE, ��lise			15	Rouge et Or				<b>4:56.32</b>	501		
	50m:	33.46	33.46	150m:	1:47.68	37.65	250m:	3:02.75	37.61	350m:	4:18.40	37.77
	100m:	1:10.03	36.57	200m:	2:25.14	37.46	300m:	3:40.63	37.88	400m:	4:56.32	37.92
2.	DUMAS, Annabelle			16	Riverains				<b>4:57.00</b>	497		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:57.00	
3.	BOUCHARD, Marie			15	Rouge et Or				<b>5:16.91</b>	409		
	50m:	36.24	36.24	150m:	1:56.13	39.97	250m:	3:16.84	40.55	350m:	4:36.83	40.10
	100m:	1:16.16	39.92	200m:	2:36.29	40.16	300m:	3:56.73	39.89	400m:	5:16.91	40.08
4.	GAGNON-BOULAY, Emma			15	Rouge et Or				<b>5:19.35</b>	400		
	50m:	37.09	37.09	150m:	1:57.60	40.38	250m:	3:17.90	40.15	350m:	4:39.01	40.36
	100m:	1:17.22	40.13	200m:	2:37.75	40.15	300m:	3:58.65	40.75	400m:	5:19.35	40.34
5.	LABONT��, Am��lya			15	Club de Natation de Montmagny				<b>5:27.68</b>	370		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:27.68	

17 ans et plus

1.	V��ZINA, Corinne			20	Rouge et Or				<b>4:35.79</b>	621		
	50m:	31.68	31.68	150m:	1:41.13	34.66	250m:	2:50.81	34.93	350m:	4:00.83	34.85
	100m:	1:06.47	34.79	200m:	2:15.88	34.75	300m:	3:25.98	35.17	400m:	4:35.79	34.96
2.	HARVEY, Olivia			21	Lav				<b>4:44.78</b>	564		
	50m:	31.94	31.94	150m:	1:42.25	35.38	250m:	2:54.08	36.17	350m:	4:07.70	36.96
	100m:	1:06.87	34.93	200m:	2:17.91	35.66	300m:	3:30.74	36.66	400m:	4:44.78	37.08
3.	CHALIFOUR, Mathilde			19	Rouge et Or				<b>4:54.28</b>	511		
	50m:			150m:			250m:			350m:	4:18.68	39.22
	100m:	1:10.55		200m:	2:24.63		300m:	3:39.46		400m:	4:54.28	35.60
4.	PAUL, Florence			18	Rouge et Or				<b>4:55.15</b>	507		
	50m:	33.78	33.78	150m:	1:47.82	37.23	250m:	3:02.34	37.44	350m:	4:17.72	37.52
	100m:	1:10.59	36.81	200m:	2:24.90	37.08	300m:	3:40.20	37.86	400m:	4:55.15	37.43

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Epreuve 109, Dames, 400m Libre, 17 ans et plus

Rang			Age					Temps	Pts
5.	VERREAULT, Melory		17	Rouge et Or				<b>5:42.49</b>	324
	50m:	36.84 36.84	150m:	2:03.41	43.55	250m:	3:30.89 43.48	350m:	4:58.75 43.83
	100m:	1:19.86 43.02	200m:	2:47.41	44.00	300m:	4:14.92 44.03	400m:	5:42.49 43.74