

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

Event 109
2025-01-24

Women, 400m Freestyle

11 years and older
Results Time Trials

Points: AQUA 2024

Rank			Age					Time	Pts
11 - 12 years									
1.	MARTIN, Alize		12	ICI				5:04.94	459
	50m:		150m:	250m:	350m:				
	100m:		200m:	300m:	400m:		5:04.94		
2.	LONGVAL, Yanka		12	Cnq				5:24.19	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				5:40.22	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				5:48.10	309
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	5:48.10	
5.	HELETA, Stella		11	Cnq				6:07.19	263
	50m:		150m:		250m:		350m:		
	100m:	1:24.42	200m:	2:58.07	300m:	4:32.02	400m:	6:07.19	
6.	LARIVIERE, Andreeanne		11	Cnq				6:29.54	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				7:17.21	156
	50m:		150m:		250m:		350m:		
	100m:	1:42.27	200m:	3:31.85	300m:	5:23.52	400m:	7:17.21	
13 - 14 years									
1.	LAFRENIERE, Juliette		14	Cnq				4:54.46	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, Melia		14	Rouge et Or				4:54.48	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, Elyza		14	Cnq				4:57.81	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.	LEGARE, Lili-Marguerite		14	Cnq				5:01.12	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, Elisabeth		14	Rouge et Or				5:02.47	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, Ellie		13	Cnq				5:03.14	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				5:06.30	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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Event 109, Girls, 400m Freestyle, 13 - 14 years

Rank			Age			Time	Pts	
8.	GAGNON, Heloise		14	Cnq		5:12.02	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		5:20.03	397	
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	5:20.03
10.	DESGAGNES, Alice		14	Rouge et Or		5:24.52	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, Chloe		13	Rouge et Or		5:30.61	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		5:36.04	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 years

1.	LABERGE, Elise		15	Rouge et Or		4:56.32	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		4:57.00	497	
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	4:57.00
3.	BOUCHARD, Marie		15	Rouge et Or		5:16.91	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		5:19.35	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.	LABONTE, Amelya		15	Club de Natation de Montmagny		5:27.68	370	
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	5:27.68

17 years and older

1.	VEZINA, Corinne		20	Rouge et Or		4:35.79	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		4:44.78	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		4:54.28	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		4:55.15	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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Event 109, Women, 400m Freestyle, 17 years and older

Rank			Age						Time	Pts	
5.	VERREAULT, Melory		17	Rouge et Or						5:42.49	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