



Epreuve 6 Dames, 400m 4 nages 18 - 24 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	5:06.61	HELMSTAEDT, Karin	KBM	???	1991-01-01
Records québécois maitres	5:20.28	SHI, Anna	MUMS	Cote St-Luc	2023-04-14

Rang			Age			Soumis			Temps	Points
1.	SHI, Anna		22	MUMS		5:35.40			5:31.53	11.00
	50m:	34.37	34.37	150m:	1:57.48	43.43	250m:	3:26.19	45.02	40.23
	100m:	1:14.05	39.68	200m:	2:41.17	43.69	300m:	4:13.39	47.20	37.91
2.	MAZUR, Anna		21	DDO		6:07.16			6:08.63	9.00
	50m:	39.80	39.80	150m:	2:13.14	48.04	250m:		350m: 5:26.83	
	100m:	1:25.10	45.30	200m:	3:01.19	48.05	300m:		400m: 6:08.63	41.80
3.	MATLABI, Anahita		22	WYMN		6:10.23			6:11.81	8.00
	50m:	38.17	38.17	150m:	2:10.78	45.78	250m:	3:51.01	54.40	42.74
	100m:	1:25.00	46.83	200m:	2:56.61	45.83	300m:	4:47.56	56.55	41.51

Epreuve 6 Messieurs, 400m 4 nages 18 - 24 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	4:28.03	BONOMO, Robert	TOMS	???	2014-05-16
Records québécois maitres	4:56.16	MCKAY, Caleb	MPC	Pointe-Claire	2024-04-20

Rang			Age			Soumis			Temps	Points
1.	AUBIN, Samuel		24	SHER		5:20.00			5:09.57	11.00
	50m:	30.70	30.70	150m:	1:49.20	39.23	250m:	3:14.65	45.00	36.14
	100m:	1:09.97	39.27	200m:	2:29.65	40.45	300m:	3:58.61	43.96	34.82
2.	BOLDUC, Antoine		20	SHER		5:42.00			5:47.36	9.00
	50m:	34.54	34.54	150m:	1:58.77	43.70	250m:	3:35.34	52.87	40.01
	100m:	1:15.07	40.53	200m:	2:42.47	43.70	300m:	4:28.33	52.99	39.02

Epreuve 6 Dames, 400m 4 nages 25 - 29 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	5:02.47	BERTELINK, Cindy	EOMAC	???	2004-03-26
Records québécois maitres	5:23.80	BELANGER, Edith	TORP	Trois-Rivieres	2008-04-13

Rang			Age			Soumis			Temps	Points
1.	SIMARD, Camille		27	RL		5:44.36			5:54.30	11.00
	50m:	39.33	39.33	150m:	2:11.77	47.77	250m:	3:47.20	48.18	40.65
	100m:	1:24.00	44.67	200m:	2:59.02	47.25	300m:	4:34.85	47.65	38.80
2.	DUBUC, Alexia		26	NSH		6:10.34			6:00.93	9.00
	50m:	37.73	37.73	150m:	2:07.50	45.75	250m:	3:45.26	50.91	42.34
	100m:	1:21.75	44.02	200m:	2:54.35	46.85	300m:	4:36.90	51.64	41.69
3.	PARKER, Megan		28	DDO		7:10.20			7:00.33	8.00
	50m:	49.48	49.48	150m:	2:39.40	53.85	250m:	4:29.19	57.12	47.46
	100m:	1:45.55	56.07	200m:	3:32.07	52.67	300m:	5:25.70	56.51	47.17



Epreuve 6, 400m 4 nages

Epreuve 6 Messieurs, 400m 4 nages 25 - 29 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	4:30.74	COTE, Tristan	CMSC	Calgary	2023-05-28
Records québécois maitres	4:48.87	BOUCHARD, Kevin	OP	Quebec	2014-04-12

Rang			Age			Soumis			Temps	Points
1.	SICILIANI, Zachary		26	MPC		5:25.79	5:16.49		11.00	
	50m:	31.66	31.66	150m:	1:51.56	41.45	250m:	3:19.01	45.92	35.99
	100m:	1:10.11	38.45	200m:	2:33.09	41.53	300m:	4:05.71	46.70	34.79
							400m:	5:16.49		

Epreuve 6 Messieurs, 400m 4 nages 30 - 34 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	4:25.00	BEAVERS, Keith	KBM	???	2014-03-28
Records québécois maitres	4:44.52	BOUCHARD, Kevin	OP	Montreal	2016-04-17

Rang			Age			Soumis			Temps	Points
1.	PILLING, Zachary		30	MACC		5:15.00	5:05.09		11.00	
	50m:	29.61	29.61	150m:	1:44.15	38.76	250m:	3:06.71	42.69	38.93
	100m:	1:05.39	35.78	200m:	2:24.02	39.87	300m:	3:50.73	44.02	35.43
2.	SICARD, Sebastien		34	WYMN		5:34.69	5:33.71		9.00	
	50m:	34.37	34.37	150m:	1:57.93	44.97	250m:	3:31.53	49.72	37.69
	100m:	1:12.96	38.59	200m:	2:41.81	43.88	300m:	4:21.91	50.38	34.11
3.	RAMIREZ-ROMO, Sergio		33	CNMN		5:59.47	6:04.16		8.00	
	50m:	36.17	36.17	150m:	2:06.23	46.44	250m:	3:51.34	57.84	39.05
	100m:	1:19.79	43.62	200m:	2:53.50	47.27	300m:	4:49.59	58.25	35.52
							400m:	6:04.16		

Epreuve 6 Dames, 400m 4 nages 35 - 39 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	5:09.04	BERTELINK, Cindy	EOMAC	Nepean	2013-05-17
Records québécois maitres	5:21.93	HAWORTH, Linda	MPC	Trois-Rivieres	2005-04-16

Rang			Age			Soumis			Temps	Points
1.	LAJOIE, Josiane Kenis		36	LMRL		6:55.52	6:50.05		11.00	
	50m:	43.32	43.32	150m:	2:27.13	51.26	250m:	4:18.46	1:00.96	35.00
	100m:	1:35.87	52.55	200m:	3:17.50	50.37	300m:			45.21
							400m:	6:50.05		



Epreuve 6, 400m 4 nages

Epreuve 6
2025-04-25 - 14:38

Messieurs, 400m 4 nages

35 - 39 ans
Liste résultats

Records canadiens maîtres	4:44.51	WELECHUK, Jeff	CMSC	Toronto	2009-05-15
Records québécois maîtres	4:52.27	DUPLESSIS, Gilbert	LAVAL	Quebec	2015-04-19

Rang			Age			Soumis			Temps	Points
1.	BRASSARD-GAGNON, Philippe-E.		39	MACC		5:20.00			5:06.26	11.00
	50m:	32.61	32.61	150m:	1:50.02	40.41	250m:	3:13.18	43.36	35.10
	100m:	1:09.61	37.00	200m:	2:29.82	39.80	300m:	3:56.70	43.52	34.46
2.	PETRESCU, Matei		37	BRO		5:55.00			5:53.94	9.00
	50m:	40.58	40.58	150m:	2:11.21	44.21	250m:	3:44.36	48.16	41.33
	100m:	1:27.00	46.42	200m:	2:56.20	44.99	300m:	4:34.31	49.95	38.30

Epreuve 6
2025-04-25 - 14:38

Dames, 400m 4 nages

40 - 44 ans
Liste résultats

Records canadiens maîtres	5:08.31	BERTELINK, Cindy	EOMAC	???	2017-03-24
Records québécois maîtres	5:22.55	PINCOTT, Cynthia	ENC	Montreal	2006-04-22

Rang			Age			Soumis			Temps	Points
1.	AUDET, Marie-Christine		41	BRO		6:10.00			5:57.67	11.00
	50m:	36.16	36.16	150m:	2:05.31	48.06	250m:	3:45.17	51.13	40.69
	100m:	1:17.25	41.09	200m:	2:54.04	48.73	300m:	4:36.74	51.57	40.24
2.	MONDOUX, Isabelle		42	SHER		6:05.70			6:00.84	9.00
	50m:	36.87	36.87	150m:	2:05.30	44.62	250m:	3:44.65	53.70	41.61
	100m:	1:20.68	43.81	200m:	2:50.95	45.65	300m:	4:37.73	53.08	41.50
3.	BOUTHILLIER, Annie		40	DDO		6:22.53			6:08.86	8.00
	50m:	38.84	38.84	150m:	2:09.64	48.17	250m:	3:49.91	51.26	42.68
	100m:	1:21.47	42.63	200m:	2:58.65	49.01	300m:			
4.	BEAURIVAGE, Sabrina		43	RL		NT			10:18.25	7.00
	50m:	1:13.79	1:13.79	150m:	3:54.56	1:18.79	250m:	6:42.38	1:31.21	1:03.00
	100m:	2:35.77	1:21.98	200m:	5:11.17	1:16.61	300m:	8:13.66	1:31.28	1:01.59

Epreuve 6
2025-04-25 - 14:38

Messieurs, 400m 4 nages

40 - 44 ans
Liste résultats

Records canadiens maîtres	4:45.78	WELECHUK, Jeff	CMSC	Kelowna	2012-05-18
Records québécois maîtres	4:53.79	POMINVILLE, Philippe	MDDO	Quebec	2014-04-12

Rang							Age		Soumis		Temps		Points
1.	BOUCHARD, Kevin						40	CNDA	4:53.79		4:51.41		11.00
	nouveau record provincial?												
	50m:	30.79	30.79	150m:	1:42.36	36.69	250m:	3:00.75	41.86	350m:	4:17.89	34.07	
	100m:	1:05.67	34.88	200m:	2:18.89	36.53	300m:	3:43.82	43.07	400m:	4:51.41	33.52	
2.	TRUBIANO, Michael						41	DDO	5:40.30		5:35.10		9.00
	50m:	35.76	35.76	150m:	2:03.24	45.12	250m:	3:35.08	47.58	350m:	5:00.41	38.09	
	100m:	1:18.12	42.36	200m:	2:47.50	44.26	300m:	4:22.32	47.24	400m:	5:35.10	34.69	
3.	DESPATIES, Marc						43	CAMO	5:50.38		5:47.47		8.00
	50m:	37.41	37.41	150m:	2:12.99	51.46	250m:	3:49.38	48.78	350m:	5:13.76	35.85	
	100m:	1:21.53	44.12	200m:	3:00.60	47.61	300m:	4:37.91	48.53	400m:	5:47.47	33.71	



Epreuve 6, Messieurs, 400m 4 nages, 40 - 44 ans

Rang	Age				Soumis		Temps		Points
4. FREMETH, David	42 DDO				6:20.30		5:51.80		7.00
50m:	34.97	34.97	150m:	2:00.81	44.22	250m:	3:38.72	52.47	41.28
100m:	1:16.59	41.62	200m:	2:46.25	45.44	300m:	4:31.12	52.40	39.40
							350m:	5:12.40	
							400m:	5:51.80	

Epreuve 6 Dames, 400m 4 nages 45 - 49 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maîtres	5:19.13	MARSHALL, Lynn	CARMA	???	2005-01-01
Records québécois maîtres	5:22.08	THIBAUT, Nancy	NSH	Windsor	2024-05-26

Rang	Age				Soumis		Temps		Points
1. CROTEAU, Catherine	47 CITA				6:21.87		6:25.45		11.00
50m:	40.21	40.21	150m:	2:15.85	51.52	250m:	4:00.65	52.39	45.18
100m:	1:24.33	44.12	200m:	3:08.26	52.41	300m:	4:55.55	54.90	44.72
2. LAROUCHE, Sandra	45 CNHR				6:33.25		6:26.75		9.00
50m:	41.65	41.65	150m:	2:22.14	52.18	250m:	4:06.94	52.87	45.98
100m:	1:29.96	48.31	200m:	3:14.07	51.93	300m:	4:58.26	51.32	42.51
3. TANGUAY, Véronique	49 CNMN				6:20.24		6:28.54		8.00
50m:	40.01	40.01	150m:	2:18.51	49.08	250m:	4:03.23	54.64	44.91
100m:	1:29.43	49.42	200m:	3:08.59	50.08	300m:	5:00.87	57.64	42.76
4. GARANT, Sophie	45 RL				6:40.00		6:36.47		7.00
50m:	43.15	43.15	150m:	2:22.13	50.88	250m:	4:10.82	56.36	45.36
100m:	1:31.25	48.10	200m:	3:14.46	52.33	300m:	5:07.24	56.42	43.87
							350m:	5:52.60	
							400m:	6:36.47	

Epreuve 6 Messieurs, 400m 4 nages 45 - 49 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maîtres	4:43.36	STREPPPEL, Greg	CMAV	Montreal	2015-05-18
Records québécois maîtres	5:07.91	DESCHÊNES, Gilles	CMDG	Ottawa	2009-03-20

Rang	Age				Soumis		Temps		Points
1. ASCARGORTA, Damien	45 MACC				5:18.00		5:17.39		11.00
50m:	35.14	35.14	150m:	1:57.09	41.77	250m:	3:21.44	41.96	36.21
100m:	1:15.32	40.18	200m:	2:39.48	42.39	300m:	4:05.78	44.34	35.40
2. GIRARD, Sébastien	46 CNBF				6:00.00		5:32.80		9.00
50m:	35.68	35.68	150m:	1:59.66	43.39	250m:	3:31.03	48.47	38.89
100m:	1:16.27	40.59	200m:	2:42.56	42.90	300m:	4:19.11	48.08	34.80
3. POIRIER, Martin	47 RL				8:00.00		7:57.50		8.00
50m:	50.65	50.65	150m:	2:56.82	1:07.33	250m:	5:12.17	1:09.17	51.25
100m:	1:49.49	58.84	200m:	4:03.00	1:06.18	300m:	6:17.96	1:05.79	48.29
							350m:	7:09.21	
							400m:	7:57.50	



Epreuve 6, 400m 4 nages

Epreuve 6

2025-04-25 - 14:38

Dames, 400m 4 nages

50 - 54 ans

Liste résultats

Records canadiens maitres	5:14.65	MARSHALL, Lynn	CARMA	???	2011-01-09
Records québécois maitres	5:34.04	LOWENSTEYN, Ilka	CSLA	Montreal	2015-05-18

Rang	Age				Soumis		Temps		Points
1.	BÉLANGER, Annie				50	MACC	6:30.00	6:03.40	11.00
	50m:	38.42	38.42	150m:	2:11.44	48.87	250m:	3:51.85 52.68	350m: 5:24.21 41.63
	100m:	1:22.57	44.15	200m:	2:59.17	47.73	300m:	4:42.58 50.73	400m: 6:03.40 39.19
2.	LEVASSEUR, Catherine				50	CNMT	6:24.01	6:21.80	9.00
	50m:	43.99	43.99	150m:	2:30.07	50.91	250m:	4:11.74 51.91	350m: 5:43.04 39.64
	100m:	1:39.16	55.17	200m:	3:19.83	49.76	300m:	5:03.40 51.66	400m: 6:21.80 38.76
3.	LEVESQUE, Edith				51	LMRL	7:13.93	7:16.21	8.00
	50m:	48.24	48.24	150m:			250m:	4:33.92 1:01.23	350m: 6:27.42 51.83
	100m:	1:44.90	56.66	200m:	3:32.69		300m:	5:35.59 1:01.67	400m: 7:16.21 48.79
4.	LEVETT, Jennifer				53	WYMN	7:30.00	7:41.46	7.00
	50m:	55.85	55.85	150m:	3:01.79	59.63	250m:	5:05.66 1:03.68	350m: 6:55.21 49.56
	100m:	2:02.16	1:06.31	200m:	4:01.98	1:00.19	300m:	6:05.65 59.99	400m: 7:41.46 46.25
5.	MENARD, Natacha				51	CNMN	8:08.22	7:55.20	6.00
	50m:	51.02	51.02	150m:	2:55.32	1:03.31	250m:	5:07.94 1:08.83	350m: 7:05.91 52.51
	100m:	1:52.01	1:00.99	200m:	3:59.11	1:03.79	300m:	6:13.40 1:05.46	400m: 7:55.20 49.29
6.	GIROUX, Caroline				53	CNDA	NT	13:26.87	5.00
	50m:	1:32.65	1:32.65	150m:	5:02.89	1:35.76	250m:	8:45.25 2:02.93	350m: 12:08.66 1:19.65
	100m:	3:27.13	1:54.48	200m:	6:42.32	1:39.43	300m:	10:49.01 2:03.76	400m: 13:26.87 1:18.21
forf.nd.	PLOUFFE, Marisol				52	VELOX	forf.nd.		-

Epreuve 6

2025-04-25 - 14:38

Messieurs, 400m 4 nages

50 - 54 ans

Liste résultats

Records canadiens maitres	4:48.84	STREPPEL, Greg	SOM	Montreal	2019-05-24
Records québécois maitres	5:09.33	GIROUX, Martin	MPC	Montreal	2019-05-26

Rang	Age				Soumis		Temps		Points
1.	BEAUDRY, François				51	CAC	6:00.62	5:50.00	11.00
	50m:	34.17	34.17	150m:	2:02.13	47.03	250m:	3:38.94 49.60	350m: 5:10.70 41.60
	100m:	1:15.10	40.93	200m:	2:49.34	47.21	300m:	4:29.10 50.16	400m: 5:50.00 39.30
2.	AVILES, Carlos				50	BRO	6:05.00	6:00.17	9.00
	50m:	38.25	38.25	150m:	2:06.71	45.15	250m:	3:43.07 51.06	350m: 5:18.75 43.78
	100m:	1:21.56	43.31	200m:	2:52.01	45.30	300m:	4:34.97 51.90	400m: 6:00.17 41.42



Epreuve 6, 400m 4 nages

Epreuve 6 Dames, 400m 4 nages 55 - 59 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maîtres	5:23.08	MARSHALL, Lynn	CARMA	???	2016-04-02
Records québécois maîtres	5:40.45	LOWENSTEYN, Ilka	CSLA	Sherbrooke	2022-04-22

Rang			Age			Soumis			Temps	Points
1.	CHAPDELAINE, Josée		58	CNMN		6:15.00	6:18.68		11.00	
	50m:	43.00	43.00	150m:	2:22.43	50.12	250m:	4:04.75	52.48	39.57
	100m:	1:32.31	49.31	200m:	3:12.27	49.84	300m:	4:58.69	53.94	40.42
2.	FRANK, Emily		58	DDO		6:38.37	6:35.99		9.00	
	50m:	45.61	45.61	150m:	2:27.36	51.26	250m:	4:14.77	55.44	42.73
	100m:	1:36.10	50.49	200m:	3:19.33	51.97	300m:	5:12.16	57.39	41.10

Epreuve 6 Dames, 400m 4 nages 60 - 64 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maîtres	5:37.15	MARSHALL, Lynn	CARMA	Etobicoke	2022-03-27
Records québécois maîtres	5:44.66	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2025-02-23

Rang			Age			Soumis			Temps	Points
1.	OSTERLAND, Lisa		62	WYMN		7:40.00	7:46.64		11.00	
	50m:	53.64	53.64	150m:	2:50.89	53.87	250m:	4:54.52	1:07.34	52.33
	100m:	1:57.02	1:03.38	200m:	3:47.18	56.29	300m:	6:03.92	1:09.40	50.39
2.	PAPAIE, Azita		60	WYMN		8:07.08	8:11.68		9.00	
	50m:	51.17	51.17	150m:	2:55.85	1:07.54	250m:	5:12.49	1:02.40	59.26
	100m:	1:48.31	57.14	200m:	4:10.09	1:14.24	300m:	6:17.58	1:05.09	54.84
3.	BEAULIEU, Louise		64	LAVAL		8:32.00	9:08.11		8.00	
	50m:	1:05.91	1:05.91	150m:	3:40.18	1:07.98	250m:	6:02.90	1:16.02	57.82
	100m:	2:32.20	1:26.29	200m:	4:46.88	1:06.70	300m:	7:15.60	1:12.70	54.69

Epreuve 6 Messieurs, 400m 4 nages 60 - 64 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maîtres	5:12.43	GUSHE, Len	SOM	Etobicoke	2023-05-07
Records québécois maîtres	5:28.03	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-14

Rang			Age			Soumis			Temps	Points
1.	LÉVEILLÉ, Stéphan		60	MACC		6:27.26	6:44.80		11.00	
	50m:	42.02	42.02	150m:	2:29.57	58.22	250m:	4:21.79	55.30	44.51
	100m:	1:31.35	49.33	200m:	3:26.49	56.92	300m:	5:17.48	55.69	42.81
2.	LAMBERT, Christopher		61	DDO		7:30.00	6:54.56		9.00	
	50m:	46.55	46.55	150m:	2:37.01	58.12	250m:	4:33.03	1:00.02	43.09
	100m:	1:38.89	52.34	200m:	3:33.01	56.00	300m:	5:31.18	58.15	40.29
3.	MOREAU, André		64	CNMN		7:25.60	7:29.26		8.00	
	50m:	49.55	49.55	150m:	2:54.43	1:00.69	250m:	4:51.79	1:01.27	50.70
	100m:	1:53.74	1:04.19	200m:	3:50.52	56.09	300m:	5:52.76	1:00.97	45.80
4.	TARDIF, Marc		63	LMRL		7:34.67	7:31.34		7.00	
	50m:	54.17	54.17	150m:	2:54.12	59.06	250m:	4:52.97	1:01.56	50.79
	100m:	1:55.06	1:00.89	200m:	3:51.41	57.29	300m:	5:54.49	1:01.52	46.06



Epreuve 6, 400m 4 nages

Epreuve 6 Dames, 400m 4 nages 65 - 69 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	6:49.48	PRONK, Bonnie L	CRKW	Duncan	2007-01-28
Records québécois maitres	7:14.88	KOHLER-WINTER, Petra	MPC	Pointe-Claire	2024-04-20

Rang	Age			Soumis		Temps	Points
1.	HOULE, Anne-Marie			65	MPC	7:37.04	7:45.42 11.00
	50m:	56.83	56.83	150m:	3:00.38	58.95	250m: 4:59.49 1:01.22 350m: 6:54.38
	100m:	2:01.43	1:04.60	200m:	3:58.27	57.89	300m: 400m: 7:45.42 51.04
2.	LECLERC, Louise			68	RL	8:17.72	8:18.51 9.00
	50m:	1:05.02	1:05.02	150m:	3:16.09	58.61	250m: 5:20.88 1:08.30 350m: 7:25.54
	100m:	2:17.48	1:12.46	200m:	4:12.58	56.49	300m: 6:30.08 1:09.20 400m: 8:18.51 52.97
3.	REITER, Sylvia			67	WYMN	10:00.00	10:09.96 8.00
	50m:	1:10.28	1:10.28	150m:	3:53.06		250m: 6:34.84 1:28.77 350m: 9:09.18 1:05.27
	100m:			200m:	5:06.07	1:13.01	300m: 8:03.91 1:29.07 400m: 10:09.96 1:00.78

Epreuve 6 Messieurs, 400m 4 nages 65 - 69 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	5:42.34	RITCHIE, Andy	SOM	Etobicoke	2023-05-07
Records québécois maitres	5:46.81	GRABS, Detlev	MEGO	Pointe-Claire	2025-02-23

Rang	Age			Soumis		Temps	Points
1.	BOILY, Pierre			65	CNMT	7:13.03	7:02.72 11.00
	50m:	45.39	45.39	150m:	2:40.37	59.29	250m: 4:34.51 59.90 350m: 6:18.28
	100m:	1:41.08	55.69	200m:	3:34.61	54.24	300m: 5:31.65 57.14 400m: 7:02.72 44.44

Epreuve 6 Dames, 400m 4 nages 70 - 74 ans
2025-04-25 - 14:38 Liste résultats

Records canadiens maitres	7:19.12	OLIVER, Judie	NYG	???	2002-01-01
Records québécois maitres	8:35.79	COURTOIS, Lina	MACC	Montreal	2022-11-12

Rang	Age			Soumis		Temps	Points
1.	COURTOIS, Lina			74	MACC	10:10.00	9:25.39 11.00
	50m:	1:01.79	1:01.79	150m:	3:37.86	1:20.14	250m: 6:05.62 1:14.08 350m: 8:22.07 1:06.77
	100m:	2:17.72	1:15.93	200m:	4:51.54	1:13.68	300m: 7:15.30 1:09.68 400m: 9:25.39 1:03.32
2.	SNELL, Linda			74	WYMN	10:26.47	10:11.26 9.00
	50m:	1:12.76	1:12.76	150m:	4:08.50		250m: 9:08.51 3:39.79 350m:
	100m:			200m:	5:28.72	1:20.22	300m: 400m: 10:11.26



Epreuve 6, 400m 4 nages

Epreuve 6

2025-04-25 - 14:38

Messieurs, 400m 4 nages

70 - 74 ans
Liste résultats

Records canadiens maitres	6:13.91	ARMSTRONG, Ron	EOMAC	Etobicoke	2023-05-07
Records québécois maitres	7:22.12	KORPASSY, Andre	MPC	Sainte-Foy	2010-04-18

Rang	Age						Soumis		Temps		Points	
1.	TREMBLAY, Marc						70	NSH		7:58.12	7:55.58	11.00
	50m:	49.93	49.93	150m:	2:48.78	56.55	250m:	4:58.12	1:10.73	350m:	7:02.08	55.00
	100m:	1:52.23	1:02.30	200m:	3:47.39	58.61	300m:	6:07.08	1:08.96	400m:	7:55.58	53.50
2.	LACHANCE, Bruno						73	MNC		8:09.70	8:21.80	9.00
	50m:	59.23	59.23	150m:	3:10.62	1:04.46	250m:	5:23.19	1:09.53	350m:	7:28.79	56.32
	100m:	2:06.16	1:06.93	200m:	4:13.66	1:03.04	300m:	6:32.47	1:09.28	400m:	8:21.80	53.01