



Epreuve 9	Dames, 400m Libre					18 - 24 ans
2025-04-26 - 13:00	Groupe B Séries 7 à 14					Liste résultats
Records canadiens maîtres	4:38.56	YAMASHITA-BALL, Adelle	TECH	???		2018-03-01
Records québécois maîtres	4:44.30	CHEN, Sophia	MUMS	Pointe-Claire		2024-04-20

Rang			Age			Soumis			Temps	Points
1.	GAUTHIER, Laurianne		21	BBF		5:30.00			5:47.57	11.00
	50m:	37.63	37.63	150m:	2:02.83	43.57	250m:	3:32.71	45.28	44.98
	100m:	1:19.26	41.63	200m:	2:47.43	44.60	300m:	4:17.70	44.99	44.89
2.	AUDET, Pénélope		23	DDO		B 5:45.00			5:49.02	9.00
	50m:	37.39	37.39	150m:	2:03.75	44.34	250m:	3:33.94	45.39	44.97
	100m:	1:19.41	42.02	200m:	2:48.55	44.80	300m:	4:19.15	45.21	44.90

Epreuve 9	Messieurs, 400m Libre					18 - 24 ans
2025-04-26 - 13:00	Groupe B Séries 7 à 14					Liste résultats
Records canadiens maîtres	3:56.04	BONOMO, Robert	TOMS	???		2014-05-16
Records québécois maîtres	4:17.61	JENSEN, Daniel	MPC	Gatineau		2012-04-13

Rang			Age			Soumis			Temps	Points
1.	BOLDUC, Antoine		20	SHER		4:56.62			4:58.06	11.00
	50m:	32.11	32.11	150m:	1:47.90	38.52	250m:	3:05.63	38.32	37.47
	100m:	1:09.38	37.27	200m:	2:27.31	39.41	300m:	3:44.40	38.77	36.19
2.	LAMY, Nathan		23	MACC		B 5:35.40			5:10.33	9.00
	50m:	33.28	33.28	150m:	1:49.27	39.97	250m:	3:10.28	41.16	40.75
	100m:	1:09.30	36.02	200m:	2:29.12	39.85	300m:	3:51.17	40.89	38.41
3.	THIFALT, Henri		19	ELITE		5:30.00			5:15.33	8.00
	50m:	34.43	34.43	150m:	1:53.64	40.11	250m:	3:14.91	40.99	40.71
	100m:	1:13.53	39.10	200m:	2:33.92	40.28	300m:	3:56.77	41.86	37.85

forf.nd. KENNY, Ayden 19 DDO B,forf.nd. -

Epreuve 9	Dames, 400m Libre					25 - 29 ans
2025-04-26 - 13:00	Groupe B Séries 7 à 14					Liste résultats
Records canadiens maîtres	4:25.94	MARSHALL, Lynn	CARMA	???		1990-01-01
Records québécois maîtres	4:29.39	MCCLEMONT, Laura	MUMS	Montreal		2011-05-21

Rang			Age			Soumis			Temps	Points
1.	DUQUETTE, Catherine		27	MNC		B 5:00.00			4:58.74	11.00
	50m:	33.00	33.00	150m:	1:47.76	37.96	250m:	3:04.03	38.07	38.78
	100m:	1:09.80	36.80	200m:	2:25.96	38.20	300m:	3:42.97	38.94	36.99
2.	SAVOURÉ, Esther		26	MPC		B 5:09.70			5:05.35	9.00
	50m:	34.70	34.70	150m:	1:51.43	38.88	250m:	3:09.26	39.05	38.74
	100m:	1:12.55	37.85	200m:	2:30.21	38.78	300m:	3:48.50	39.24	38.11
3.	BAKER, Ana		28	MACC		B 5:26.76			5:13.89	8.00
	50m:	34.40	34.40	150m:	1:52.15	39.59	250m:	3:13.09	40.41	40.30
	100m:	1:12.56	38.16	200m:	2:32.68	40.53	300m:	3:54.23	41.14	39.36
4.	LIPES, Mikayla		26	DDO		B 5:40.20			5:43.78	7.00
	50m:	38.15	38.15	150m:	2:03.16	43.22	250m:	3:31.80	44.55	43.94
	100m:	1:19.94	41.79	200m:	2:47.25	44.09	300m:	4:16.43	44.63	43.41



Epreuve 9, Dames, 400m Libre, 25 - 29 ans

Rang					Age					Soumis			Temps	Points
5.	MORASSE, Rachel				27	CAMO				B 6:00.41		6:00.71		6.00
	50m:	36.08	36.08	150m:	2:00.17	43.37	250m:	3:34.91	50.14	350m:	5:12.62		49.41	
	100m:	1:16.80	40.72	200m:	2:44.77	44.60	300m:	4:23.21	48.30	400m:	6:00.71		48.09	
6.	MORGUNOVA, Katya				27	MUMS				6:04.32		6:00.81		5.00
	50m:	40.50	40.50	150m:	2:11.38	46.21	250m:	3:43.86	46.16	350m:	5:15.82		45.87	
	100m:	1:25.17	44.67	200m:	2:57.70	46.32	300m:	4:29.95	46.09	400m:	6:00.81		44.99	

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

25 - 29 ans
Liste résultats

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

Rang				Age				Soumis		Temps		Points
1.	SICILIANI, Zachary			26	MPC	B 5:00.00		4:42.73		11.00		
	50m:	32.55	32.55	150m:	1:45.04	36.31	250m:	2:57.79	35.99	350m:	4:09.63	35.51
	100m:	1:08.73	36.18	200m:	2:21.80	36.76	300m:	3:34.12	36.33	400m:	4:42.73	33.10
2.	JAVIER-DROUIN, Alexandre			25	DDO	B 4:17.27		4:44.23		9.00		
	50m:	31.18	31.18	150m:	1:40.33	34.94	250m:	2:51.26	35.37	350m:	4:06.30	38.06
	100m:	1:05.39	34.21	200m:	2:15.89	35.56	300m:	3:28.24	36.98	400m:	4:44.23	37.93
3.	AYAD, Abdel Rahman			29	STL	5:00.00		4:47.62		8.00		
	50m:	31.71	31.71	150m:	1:41.86	35.38	250m:	2:54.77	36.77	350m:	4:09.47	37.59
	100m:	1:06.48	34.77	200m:	2:18.00	36.14	300m:	3:31.88	37.11	400m:	4:47.62	38.15
4.	HAWEY, Jérémy			29	CAC	5:15.00		4:54.04		7.00		
	50m:	33.84	33.84	150m:	1:47.61	37.20	250m:	3:02.15	37.09	350m:	4:18.17	38.56
	100m:	1:10.41	36.57	200m:	2:25.06	37.45	300m:	3:39.61	37.46	400m:	4:54.04	35.87
5.	CHAPUT, Hugo			28	DDO	B 4:50.40		4:59.06		6.00		
	50m:	33.27	33.27	150m:	1:46.96	37.39	250m:	3:03.27	38.44	350m:	4:20.61	39.01
	100m:	1:09.57	36.30	200m:	2:24.83	37.87	300m:	3:41.60	38.33	400m:	4:59.06	38.45
6.	GIRARD-THIBODEAU, Orso			28	MUMS	4:59.00		5:04.86		5.00		
	50m:	33.58	33.58	150m:	1:48.74	37.92	250m:	3:05.83	38.79	350m:	4:25.64	40.15
	100m:	1:10.82	37.24	200m:	2:27.04	38.30	300m:	3:45.49	39.66	400m:	5:04.86	39.22
7.	GIRALDO BOTERO, Nicolas			29	MUMS	5:30.00		5:10.17		4.00		
	50m:	34.05	34.05	150m:	1:51.80	39.46	250m:	3:12.31	40.55	350m:	4:32.72	40.25
	100m:	1:12.34	38.29	200m:	2:31.76	39.96	300m:	3:52.47	40.16	400m:	5:10.17	37.45
8.	CLÉROUX, Félix			26	MEGO	5:40.00		5:33.87		3.00		
	50m:	37.06	37.06	150m:	1:59.53	41.96	250m:	3:25.20	43.89	350m:	4:51.88	42.55
	100m:	1:17.57	40.51	200m:	2:41.31	41.78	300m:	4:09.33	44.13	400m:	5:33.87	41.99



Epreuve 9, 400m Libre

Epreuve 9 Dames, 400m Libre 30 - 34 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

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

Rang	Age				Soumis		Temps		Points
1.	LORTIE, Marie-Laurence 30 RED				5:00.67		5:00.73		11.00
	50m:	34.62	34.62	150m:	1:49.14	37.55	250m:	3:05.56 38.31	350m: 4:22.65 38.66
	100m:	1:11.59	36.97	200m:	2:27.25	38.11	300m:	3:43.99 38.43	400m: 5:00.73 38.08
2.	CARDI, Katerina 32 LLOU				5:05.00		5:16.27		9.00
	50m:	34.72	34.72	150m:	1:52.66	39.89	250m:	3:14.03 40.92	350m: 4:36.21 40.92
	100m:	1:12.77	38.05	200m:	2:33.11	40.45	300m:	3:55.29 41.26	400m: 5:16.27 40.06
3.	CAISSY, Anabel 34 LMRL				5:30.00		5:34.79		8.00
	50m:	36.95	36.95	150m:	2:01.62	43.77	250m:	3:29.44 43.51	350m: 4:55.00 42.94
	100m:	1:17.85	40.90	200m:	2:45.93	44.31	300m:	4:12.06 42.62	400m: 5:34.79 39.79
4.	MARTIN, Élizabéth 31 CNQ				NT		5:39.14		7.00
	50m:	37.39	37.39	150m:	2:00.71	42.38	250m:	3:27.69 43.76	350m: 4:56.36 44.71
	100m:	1:18.33	40.94	200m:	2:43.93	43.22	300m:	4:11.65 43.96	400m: 5:39.14 42.78
5.	RICHARD, Catherine 33 R2P				5:58.00		5:48.55		6.00
	50m:	39.18	39.18	150m:	2:05.86	43.77	250m:	3:35.22 44.60	350m: 5:04.55 44.79
	100m:	1:22.09	42.91	200m:	2:50.62	44.76	300m:	4:19.76 44.54	400m: 5:48.55 44.00
6.	DUFRESNE, Sophie-Rose 34 MACC				B 5:58.32		5:54.03		5.00
	50m:	37.78	37.78	150m:	2:04.64	44.43	250m:	3:34.77 45.37	350m: 5:08.59 46.70
	100m:	1:20.21	42.43	200m:	2:49.40	44.76	300m:	4:21.89 47.12	400m: 5:54.03 45.44
7.	BOUCHER, Alex 30 CNHR				B 6:15.00		6:25.30		4.00
	50m:	41.02	41.02	150m:	2:13.40	47.74	250m:	3:53.64 50.59	350m: 5:35.44 50.84
	100m:	1:25.66	44.64	200m:	3:03.05	49.65	300m:	4:44.60 50.96	400m: 6:25.30 49.86
8.	PROVENCHER_S14SB14SM14, Chloë 32 CNSH				8:24.30		8:23.90		3.00
	50m:	48.24	48.24	150m:	2:54.00	1:05.38	250m:	5:06.35 1:06.91	350m: 7:19.48 1:07.03
	100m:	1:48.62	1:00.38	200m:	3:59.44	1:05.44	300m:	6:12.45 1:06.10	400m: 8:23.90 1:04.42

Epreuve 9 Messieurs, 400m Libre 30 - 34 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

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

Rang	Age				Soumis		Temps		Points
1.	BUSSIÈRES, Frédérik 31 RL				B 4:18.00		4:17.11		11.00
	50m:	29.03	29.03	150m:	1:34.04	32.70	250m:	2:39.80 32.82	350m: 3:45.40 32.96
	100m:	1:01.34	32.31	200m:	2:06.98	32.94	300m:	3:12.44 32.64	400m: 4:17.11 31.71
2.	GUERARD, Reef 30 MACC				B 4:35.00		4:25.82		9.00
	50m:	30.82	30.82	150m:	1:39.99	34.95	250m:	2:48.28 33.99	350m: 3:53.99 32.30
	100m:	1:05.04	34.22	200m:	2:14.29	34.30	300m:	3:21.69 33.41	400m: 4:25.82 31.83
3.	PILLING, Zachary 30 MACC				B 4:45.00		4:32.00		8.00
	50m:	30.89	30.89	150m:	1:40.34	35.03	250m:	2:49.53 34.37	350m: 3:58.53 34.25
	100m:	1:05.31	34.42	200m:	2:15.16	34.82	300m:	3:24.28 34.75	400m: 4:32.00 33.47
4.	LAPOINTE, Thomas 30 MACC				B 4:45.40		4:43.18		7.00
	50m:	31.31	31.31	150m:	1:40.09	34.56	250m:	2:51.80 36.19	350m: 4:05.70 37.39
	100m:	1:05.53	34.22	200m:	2:15.61	35.52	300m:	3:28.31 36.51	400m: 4:43.18 37.48



Epreuve 9, Messieurs, 400m Libre, 30 - 34 ans

Rang			Age			Soumis			Temps	Points
5.	RAMIREZ-ROMO, Sergio		33	CNMN		B 5:04.78			4:59.99	6.00
	50m:	33.49	33.49	150m:	1:49.78	38.65	250m:	3:07.91	38.41	37.64
	100m:	1:11.13	37.64	200m:	2:29.50	39.72	300m:	3:47.16	39.25	35.19
6.	BÉLAND, Raphaël		33	SHER		5:23.18			5:01.04	5.00
	50m:	32.78	32.78	150m:	1:46.46	37.50	250m:	3:04.80	39.12	39.29
	100m:	1:08.96	36.18	200m:	2:25.68	39.22	300m:	3:44.25	39.45	37.50
7.	RAYMOND, Jérémy		33	CAC		5:41.67			5:35.24	4.00
	50m:	37.59	37.59	150m:	2:00.78	42.28	250m:	3:28.47	43.68	43.24
	100m:	1:18.50	40.91	200m:	2:44.79	44.01	300m:	4:12.27	43.80	39.73

Epreuve 9
2025-04-26 - 13:00

Dames, 400m Libre
Groupe B Séries 7 à 14

35 - 39 ans
Liste résultats

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

Rang			Age			Soumis			Temps	Points
1.	MILBERS, Katherine		36	DDO		B 5:15.10			4:51.63	11.00
	50m:	32.38	32.38	150m:	1:46.02	37.35	250m:	3:01.45	37.20	37.11
	100m:	1:08.67	36.29	200m:	2:24.25	38.23	300m:	3:39.04	37.59	35.48
2.	TREMBLAY, Jeanne		35	BG		5:29.94			5:22.62	9.00
	50m:	36.21	36.21	150m:	1:56.93	40.53	250m:	3:18.26	40.28	41.88
	100m:	1:16.40	40.19	200m:	2:37.98	41.05	300m:	4:00.21	41.95	40.53
3.	RONDEAU, Maev Roxanne		36	CNDA		NT			8:51.98	8.00
	50m:	56.18	56.18	150m:	3:11.93	1:09.22	250m:	5:30.92	1:10.09	1:07.09
	100m:	2:02.71	1:06.53	200m:	4:20.83	1:08.90	300m:	6:40.41	1:09.49	1:04.48

forf.nd. COUTURIER, Shona 35 CNHR B,forf.nd. -

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

35 - 39 ans
Liste résultats

Records canadiens maîtres	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17
Records québécois maîtres	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17

Rang			Age			Soumis			Temps	Points
1.	BOISVERT, Simon		35	MACC		B 4:43.67			4:19.98	11.00
	50m:	29.59	29.59	150m:	1:35.01	32.88	250m:	2:41.95	33.26	33.05
	100m:	1:02.13	32.54	200m:	2:08.69	33.68	300m:	3:15.41	33.46	31.52
2.	BRASSARD-GAGNON, Philippe-E.		39	MACC		B 4:50.00			4:40.86	9.00
	50m:	31.23	31.23	150m:	1:41.59	35.72	250m:	2:52.99	35.43	36.43
	100m:	1:05.87	34.64	200m:	2:17.56	35.97	300m:	3:29.02	36.03	35.41
3.	HERNANDEZ, Hector Brown		36	ELITE		5:20.00			4:46.53	8.00
	50m:	31.66	31.66	150m:	1:43.29	36.00	250m:	2:56.14	36.47	36.95
	100m:	1:07.29	35.63	200m:	2:19.67	36.38	300m:	3:33.08	36.94	36.50
4.	PETRESCU, Matei		37	BRO		12:00.00			5:17.22	7.00
	50m:	36.47	36.47	150m:	1:56.64	40.75	250m:	3:17.84	40.51	40.62
	100m:	1:15.89	39.42	200m:	2:37.33	40.69	300m:	3:58.68	40.84	37.92
5.	GADBOIS, Jonathan		36	CNSH		6:01.52			5:53.21	6.00
	50m:	38.68	38.68	150m:	2:04.91	44.52	250m:	3:35.87	46.00	45.95
	100m:	1:20.39	41.71	200m:	2:49.87	44.96	300m:	4:22.34	46.47	44.92



Epreuve 9, Messieurs, 400m Libre, 35 - 39 ans

Rang	Age			Soumis		Temps		Points
6. GREY, Trevor	39 MACC			B 6:05.75		5:54.10		5.00
50m:	38.16	38.16	150m:	2:06.64	45.81	250m:	3:39.24	45.80
100m:	1:20.83	42.67	200m:	2:52.76	46.12	300m:	4:25.48	42.82
						400m:	5:54.10	

Epreuve 9 Dames, 400m Libre 40 - 44 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

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

Rang	Age			Soumis		Temps		Points
1. BEAUCHAMP, Arianne	44 MACC			B 5:08.91		5:06.54		11.00
50m:	34.57	34.57	150m:	1:52.75	39.19	250m:	3:11.60	38.98
100m:	1:13.56	38.99	200m:	2:32.40	39.65	300m:	3:50.58	36.98
2. GREGOIRE, Marie-Eve	41 BBF			5:17.42		5:11.86		9.00
50m:	34.74	34.74	150m:	1:53.00	40.09	250m:	3:13.62	40.18
100m:	1:12.91	38.17	200m:	2:33.25	40.25	300m:	3:53.70	37.98
3. RICARD, Josianne	40 SHER			5:20.77		5:14.70		8.00
50m:	34.86	34.86	150m:	1:53.00	39.85	250m:	3:13.60	40.48
100m:	1:13.15	38.29	200m:	2:33.28	40.28	300m:	3:54.26	39.96
4. AUDET, Marie-Christine	41 BRO			5:30.00		5:16.95		7.00
50m:	35.31	35.31	150m:	1:55.74	40.72	250m:	3:16.51	40.36
100m:	1:15.02	39.71	200m:	2:36.41	40.67	300m:	3:57.38	39.21
5. BOILEAU, Geneviève	43 R2P			5:23.51		5:26.26		6.00
50m:	35.17	35.17	150m:	1:56.00	41.81	250m:	3:21.52	42.02
100m:	1:14.19	39.02	200m:	2:38.66	42.66	300m:	4:04.13	40.11
6. COMEAU, Christelle	40 CNBF			5:59.70		5:41.11		5.00
50m:	36.03	36.03	150m:	2:01.75	43.54	250m:	3:31.88	44.56
100m:	1:18.21	42.18	200m:	2:46.49	44.74	300m:	4:16.01	40.54
7. LAYTON, Kimberly	43 DDO			B 6:15.00		6:21.97		4.00
50m:	43.18	43.18	150m:	2:19.77	49.19	250m:	3:58.82	47.59
100m:	1:30.58	47.40	200m:	3:09.29	49.52	300m:	4:48.37	46.01
8. HARDY, Annie	41 LAVAL			B 7:14.05		6:48.80		3.00
50m:	42.79	42.79	150m:	2:23.63	51.67	250m:	4:09.07	54.37
100m:	1:31.96	49.17	200m:	3:15.97	52.34	300m:	5:02.18	52.25
9. CAYOINETTE-GUILLOTEAU, Valérie	44 RL			B 6:50.00		6:50.68		2.00
50m:	47.75	47.75	150m:	2:31.71	52.62	250m:	4:16.46	52.50
100m:	1:39.09	51.34	200m:	3:24.40	52.69	300m:	5:08.55	49.63



Epreuve 9, 400m Libre

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

40 - 44 ans
Liste résultats

Records canadiens maîtres	4:11.94	WELBOURN, Graham	UBCM	???	2003-04-18
Records québécois maîtres	4:17.88	DESCHÈNES, Gilles	CMDG	Montreal	2006-04-23

Rang					Age	Soumis				Temps		Points
1.	LE SIEGE, Jerome				42	BRO	4:35.00				4:37.70	11.00
	50m:	31.50	31.50	150m:	1:41.35	35.24	250m:	2:53.11	36.15	350m:	4:03.56	34.98
	100m:	1:06.11	34.61	200m:	2:16.96	35.61	300m:	3:28.58	35.47	400m:	4:37.70	34.14
2.	TRUBIANO, Michael				41	DDO	B 5:00.80				4:53.21	9.00
	50m:	32.42	32.42	150m:	1:47.06	37.26	250m:	3:02.78	37.82	350m:	4:17.80	36.69
	100m:	1:09.80	37.38	200m:	2:24.96	37.90	300m:	3:41.11	38.33	400m:	4:53.21	35.41
3.	BONEY, Raphaël				41	NSH	4:52.88				4:55.19	8.00
	50m:	32.76	32.76	150m:	1:46.51	37.70	250m:	3:02.93	38.03	350m:	4:19.35	37.71
	100m:	1:08.81	36.05	200m:	2:24.90	38.39	300m:	3:41.64	38.71	400m:	4:55.19	35.84
4.	HÉBERT, Gabriel				42	LLOU	5:16.80				5:02.25	7.00
	50m:	33.83	33.83	150m:	1:48.88	38.05	250m:	3:06.74	39.13	350m:	4:25.40	39.29
	100m:	1:10.83	37.00	200m:	2:27.61	38.73	300m:	3:46.11	39.37	400m:	5:02.25	36.85
5.	FREMETH, Neil				44	DDO	B 5:16.90				5:10.83	6.00
	50m:	34.89	34.89	150m:			250m:			350m:		
	100m:	1:14.04	39.15	200m:	2:33.40		300m:			400m:	5:10.83	
6.	BROWN, Shawn				41	DDO	B 6:29.74				6:03.70	5.00
	50m:	39.21	39.21	150m:	2:06.87	44.86	250m:	3:42.24	49.07	350m:	5:20.49	49.05
	100m:	1:22.01	42.80	200m:	2:53.17	46.30	300m:	4:31.44	49.20	400m:	6:03.70	43.21
7.	LATOUR, Jordan				40	CNMT	B 6:00.00				6:22.83	4.00
	50m:	39.56	39.56	150m:	2:12.30	48.80	250m:	3:54.23	51.43	350m:	5:34.28	49.46
	100m:	1:23.50	43.94	200m:	3:02.80	50.50	300m:	4:44.82	50.59	400m:	6:22.83	48.55

Epreuve 9
2025-04-26 - 13:00

Dames, 400m Libre
Groupe B Séries 7 à 14

45 - 49 ans
Liste résultats

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

Rang				Age		Soumis			Temps		Points	
1.	FABES, Mélanie			45	MACC	B 5:05.90			5:02.34		11.00	
	50m:	35.29	35.29	150m:	1:52.88	39.13	250m:	3:10.03	38.35	350m:	4:25.14	37.12
	100m:	1:13.75	38.46	200m:	2:31.68	38.80	300m:	3:48.02	37.99	400m:	5:02.34	37.20
2.	DESCHAMPS, Stéphanie			47	CNMT	B 5:11.14			5:10.79		9.00	
	50m:	33.58	33.58	150m:	1:50.19	39.09	250m:	3:10.62	40.32	350m:	4:31.22	40.43
	100m:	1:11.10	37.52	200m:	2:30.30	40.11	300m:	3:50.79	40.17	400m:	5:10.79	39.57
3.	LEVINOFF, Elise			48	CSLA	5:12.40			5:12.14		8.00	
	50m:	36.73	36.73	150m:	1:55.92	40.28	250m:	3:15.24	39.52	350m:	4:34.11	39.38
	100m:	1:15.64	38.91	200m:	2:35.72	39.80	300m:	3:54.73	39.49	400m:	5:12.14	38.03
4.	TANGUAY, Véronique			49	CNMN	B 5:24.63			5:31.16		7.00	
	50m:	36.48	36.48	150m:	1:58.01	41.27	250m:	3:22.17	42.04	350m:	4:48.42	43.37
	100m:	1:16.74	40.26	200m:	2:40.13	42.12	300m:	4:05.05	42.88	400m:	5:31.16	42.74
5.	CROCHETIÈRE, Elyse			46	NG	LT NT			5:34.96		6.00	
	50m:	38.84	38.84	150m:	2:03.82	42.48	250m:	3:29.05	42.59	350m:	4:54.14	42.09
	100m:	1:21.34	42.50	200m:	2:46.46	42.64	300m:	4:12.05	43.00	400m:	5:34.96	40.82



Epreuve 9, Dames, 400m Libre, 45 - 49 ans

Rang				Age		Soumis			Temps	Points
6.	MALCIUS, Christina			45	BBF	5:25.00			5:35.20	5.00
	50m:	36.95	36.95	150m:	2:02.08	43.82	250m:	3:29.12	43.05	42.91
	100m:	1:18.26	41.31	200m:	2:46.07	43.99	300m:	4:11.97	42.85	40.32
7.	DESMARAIS, Catherine			45	CNHR	B 5:45.00			5:42.28	4.00
	50m:	37.68	37.68	150m:	2:03.11	43.54	250m:	3:31.44	44.37	44.51
	100m:	1:19.57	41.89	200m:	2:47.07	43.96	300m:	4:15.71	44.27	42.06
8.	TYO, Maia			47	DDO	B 6:40.20			5:44.62	3.00
	50m:	38.75	38.75	150m:	2:05.98	44.03	250m:	3:33.70	43.77	43.80
	100m:	1:21.95	43.20	200m:	2:49.93	43.95	300m:	4:17.65	43.95	43.17
9.	CHARRON, Marie-Claude			47	CAC	5:52.14			5:49.23	2.00
	50m:	38.51	38.51	150m:	2:05.31	44.44	250m:	3:34.77	44.30	45.38
	100m:	1:20.87	42.36	200m:	2:50.47	45.16	300m:	4:20.22	45.45	43.63
10.	LAVOIE, Catherine			45	CAC	6:00.21			6:05.49	1.00
	50m:	40.31	40.31	150m:	2:11.04	46.40	250m:	3:45.95	47.27	47.75
	100m:	1:24.64	44.33	200m:	2:58.68	47.64	300m:	4:33.29	47.34	44.45
11.	NANTEL, Julie			48	CNMN	B 6:25.46			6:23.26	-
	50m:	44.77	44.77	150m:	2:22.27	49.39	250m:	4:00.85	49.08	47.38
	100m:	1:32.88	48.11	200m:	3:11.77	49.50	300m:	4:50.00	49.15	45.88
12.	MOREAU, Brigitte			48	CNHR	B 6:51.11			6:29.08	-
	50m:	44.15	44.15	150m:	2:21.56	48.94	250m:	4:01.82	50.26	49.78
	100m:	1:32.62	48.47	200m:	3:11.56	50.00	300m:	4:51.22	49.40	48.08
13.	TOURANGEAU, Annick			47	CNMN	B 7:26.25			7:18.98	-
	50m:	51.07	51.07	150m:	2:45.22	58.20	250m:	4:36.63	56.20	55.29
	100m:	1:47.02	55.95	200m:	3:40.43	55.21	300m:	5:31.75	55.12	51.94

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

45 - 49 ans
Liste résultats

Records canadiens maitres	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.	DUPLESSIS, Gilbert			49	STL	4:39.99			4:39.38	11.00
	50m:	32.65	32.65	150m:	1:43.25	35.46	250m:	2:54.03	35.28	35.25
	100m:	1:07.79	35.14	200m:	2:18.75	35.50	300m:	3:29.65	35.62	34.48
2.	RICHARD, J-P			48	DDO	B 4:50.20			4:49.90	9.00
	50m:	31.19	31.19	150m:	1:41.95	36.03	250m:	2:57.35	37.80	38.13
	100m:	1:05.92	34.73	200m:	2:19.55	37.60	300m:	3:36.00	38.65	35.77
3.	MEYER, Florian			48	MACC	B 4:59.00			5:09.09	8.00
	50m:	35.76	35.76	150m:	1:52.34	38.46	250m:	3:09.82	39.08	40.08
	100m:	1:13.88	38.12	200m:	2:30.74	38.40	300m:	3:49.72	39.90	39.29



Epreuve 9, 400m Libre

Epreuve 9
2025-04-26 - 13:00

Dames, 400m Libre
Groupe B Séries 7 à 14

50 - 54 ans
Liste résultats

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

Rang	Age				Soumis		Temps		Points
1.	POULIN, Nathalie				51	UNMNQ	5:49.19	5:35.36	-
	50m:	39.21	39.21	150m:	2:04.24	43.02	250m:	3:30.19 42.81	350m: 4:55.71 42.73
	100m:	1:21.22	42.01	200m:	2:47.38	43.14	300m:	4:12.98 42.79	400m: 5:35.36 39.65
2.	LEVASSEUR, Catherine				50	CNMT	B 5:32.83	5:36.83	9.00
	50m:	36.81	36.81	150m:	2:00.78	42.76	250m:	3:27.93 42.90	350m: 4:54.97 43.29
	100m:	1:18.02	41.21	200m:	2:45.03	44.25	300m:	4:11.68 43.75	400m: 5:36.83 41.86
3.	BOZZER, Paola				54	STL	5:44.69	5:49.55	8.00
	50m:	40.16	40.16	150m:	2:07.62	44.04	250m:	3:38.85 45.70	350m: 5:07.87 44.17
	100m:	1:23.58	43.42	200m:	2:53.15	45.53	300m:	4:23.70 44.85	400m: 5:49.55 41.68
4.	PITRE, Jackie				54	CNHR	B 7:00.07	6:59.67	7.00
	50m:	47.60	47.60	150m:	2:32.91	52.98	250m:	4:21.19 54.41	350m: 6:10.10 53.96
	100m:	1:39.93	52.33	200m:	3:26.78	53.87	300m:	5:16.14 54.95	400m: 6:59.67 49.57
5.	DUMONT, Hélène				53	CNHR	B 7:19.24	7:14.06	6.00
	50m:	48.86	48.86	150m:	2:39.90	56.50	250m:	4:32.94 56.14	350m: 6:25.19 55.93
	100m:	1:43.40	54.54	200m:	3:36.80	56.90	300m:	5:29.26 56.32	400m: 7:14.06 48.87
6.	GAGNON, Sylvie				54	STL	7:08.35	7:15.35	5.00
	50m:			150m:	2:39.48		250m:	4:33.71	350m: 6:23.95 53.91
	100m:			200m:			300m:	5:30.04 56.33	400m: 7:15.35 51.40

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

50 - 54 ans
Liste résultats

Records canadiens maîtres	4:14.65	STREPPPEL, Greg	SOM	Montreal	2019-05-24
Records québécois maîtres	4:25.78	GIROUX, Martin	MPC	Quebec	2022-05-21

Rang	Age				Soumis		Temps		Points
1.	MARIN, Thierry				50	CNHR	B 4:39.10	4:37.15	11.00
	50m:	30.92	30.92	150m:	1:39.76	34.86	250m:	2:50.32 35.16	350m: 4:01.65 35.65
	100m:	1:04.90	33.98	200m:	2:15.16	35.40	300m:	3:26.00 35.68	400m: 4:37.15 35.50
2.	QUESNEL, Jean-Sébastien				52	CNHR	B 4:40.00	4:48.03	9.00
	50m:	32.92	32.92	150m:	1:45.90	36.77	250m:	2:59.56 36.93	350m: 4:12.78 35.99
	100m:	1:09.13	36.21	200m:	2:22.63	36.73	300m:	3:36.79 37.23	400m: 4:48.03 35.25
3.	MERCURE, Stéphane				50	STL	5:00.55	5:03.00	8.00
	50m:	33.13	33.13	150m:	1:48.32	38.25	250m:	3:06.40 39.29	350m: 4:25.41 39.50
	100m:	1:10.07	36.94	200m:	2:27.11	38.79	300m:	3:45.91 39.51	400m: 5:03.00 37.59
4.	GRIMARD, Antoine				51	DDO	B 5:15.30	5:09.32	7.00
	50m:	36.49	36.49	150m:	1:55.19	39.14	250m:	3:13.53 39.06	350m: 4:31.28 39.00
	100m:	1:16.05	39.56	200m:	2:34.47	39.28	300m:	3:52.28 38.75	400m: 5:09.32 38.04
5.	ST-LAURENT, Louis				52	MNC	B 5:39.49	5:21.84	6.00
	50m:	35.66	35.66	150m:	1:54.59	40.02	250m:	3:16.61 41.21	350m: 4:41.40 42.73
	100m:	1:14.57	38.91	200m:	2:35.40	40.81	300m:	3:58.67 42.06	400m: 5:21.84 40.44
6.	POIRIER, Martin				54	NG	LT NT	5:33.24	5.00
	50m:	37.79	37.79	150m:	2:00.24	41.80	250m:	3:25.18 42.46	350m: 4:51.40 43.47
	100m:	1:18.44	40.65	200m:	2:42.72	42.48	300m:	4:07.93 42.75	400m: 5:33.24 41.84



Epreuve 9, Messieurs, 400m Libre, 50 - 54 ans

Rang	Age			Soumis		Temps		Points
7. PLANQUE, Frederic	51	CASE		6:40.00		6:42.79		4.00
50m: 44.14 44.14	150m: 2:22.39 50.48	250m: 4:07.31 53.11	350m: 5:53.15 52.10					
100m: 1:31.91 47.77	200m: 3:14.20 51.81	300m: 5:01.05 53.74	400m: 6:42.79 49.64					

Epreuve 9 Dames, 400m Libre 55 - 59 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

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

Rang	Age			Soumis		Temps		Points
1. CHAPDELAINE, Josée	58	CNMN		B 5:15.00		5:25.92		11.00
50m: 35.79 35.79	150m: 1:55.45 40.68	250m: 3:19.21 42.17	350m: 4:44.17 42.21					
100m: 1:14.77 38.98	200m: 2:37.04 41.59	300m: 4:01.96 42.75	400m: 5:25.92 41.75					
2. FRANK, Emily	58	DDO		B 5:38.33		5:36.32		9.00
50m: 37.30 37.30	150m: 2:01.63 42.96	250m: 3:27.79 43.09	350m: 4:54.54 43.24					
100m: 1:18.67 41.37	200m: 2:44.70 43.07	300m: 4:11.30 43.51	400m: 5:36.32 41.78					
3. GINGRAS, Nathalie	57	CNBF		5:56.69		5:40.33		8.00
50m: 37.74 37.74	150m: 2:01.49 42.52	250m: 3:28.62	350m: 4:58.01					
100m: 1:18.97 41.23	200m:	300m:	400m: 5:40.33 42.32					
4. LÉVESQUE, Lyne	59	MEGO		5:56.00		5:55.22		7.00
50m: 39.87 39.87	150m: 2:08.30 44.97	250m: 3:39.99 45.97	350m: 5:11.17 45.32					
100m: 1:23.33 43.46	200m: 2:54.02 45.72	300m: 4:25.85 45.86	400m: 5:55.22 44.05					
5. LEDUC, Nathalie	57	CNMM		6:26.87		6:14.14		6.00
50m: 42.35 42.35	150m: 2:13.15 46.56	250m: 3:49.16 48.56	350m: 5:26.67 48.42					
100m: 1:26.59 44.24	200m: 3:00.60 47.45	300m: 4:38.25 49.09	400m: 6:14.14 47.47					
6. LEITH, Beverly	56	DDO		B 6:25.40		6:14.65		5.00
50m: 41.47 41.47	150m: 2:16.28 47.90	250m: 3:52.24 48.22	350m: 5:27.61 47.36					
100m: 1:28.38 46.91	200m: 3:04.02 47.74	300m: 4:40.25 48.01	400m: 6:14.65 47.04					
7. LISA, Sona	55	DDO		B 6:40.20		6:38.62		4.00
50m:	150m:	250m: 4:04.20	350m:					
100m: 1:32.12	200m:	300m: 4:55.65 51.45	400m: 6:38.62					
8. MÉNARD, France	58	RL		B 7:07.90		6:56.62		3.00
50m: 50.36 50.36	150m: 2:38.89 55.54	250m: 4:25.88 54.27	350m: 6:10.44 52.36					
100m: 1:43.35 52.99	200m: 3:31.61 52.72	300m: 5:18.08 52.20	400m: 6:56.62 46.18					
9. KIPLING, Arlene	56	WYMN		8:18.61		8:07.98		2.00
50m: 53.85 53.85	150m: 2:58.46 1:03.21	250m: 5:03.15 1:02.31	350m: 7:08.24 1:02.55					
100m: 1:55.25 1:01.40	200m: 4:00.84 1:02.38	300m: 6:05.69 1:02.54	400m: 8:07.98 59.74					
10. CARAVIAS, Mary	55	STL		8:12.00		8:14.75		1.00
50m: 54.31 54.31	150m: 2:58.06 1:03.68	250m: 5:03.70 1:03.30	350m: 7:12.11 1:05.03					
100m: 1:54.38 1:00.07	200m: 4:00.40 1:02.34	300m: 6:07.08 1:03.38	400m: 8:14.75 1:02.64					
forf.nd. FEQUIERE, Linda	56	LAVAL		B,forf.nd.				-



Epreuve 9, 400m Libre

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

55 - 59 ans
Liste résultats

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

Rang				Age				Soumis			Temps	Points
1.	CROTEAU, Andre			56	CNMT			B 5:26.38			5:24.80	11.00
	50m:	35.81	35.81	150m:	1:55.50	40.38	250m:	3:19.26	42.27	350m:	4:43.38	42.11
	100m:	1:15.12	39.31	200m:	2:36.99	41.49	300m:	4:01.27	42.01	400m:	5:24.80	41.42
2.	MARCOTTE, Stephane			56	CNBF			5:26.64			5:29.36	9.00
	50m:	36.50	36.50	150m:	1:58.85	41.81	250m:	3:24.29	42.99	350m:	4:49.56	42.42
	100m:	1:17.04	40.54	200m:	2:41.30	42.45	300m:	4:07.14	42.85	400m:	5:29.36	39.80

Epreuve 9
2025-04-26 - 13:00

Dames, 400m Libre
Groupe B Séries 7 à 14

60 - 64 ans
Liste résultats

Records canadiens maîtres	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	2022-03-19
Records québécois maîtres	4:56.87	LOWENSTEYN, Ilka	CSLA	Drummondville	2025-04-26

Rang	Age						Soumis		Temps		Points	
1.	LOWENSTEYN, Ilka						60	CSLA	5:00.00		4:56.87	11.00
	nouveau record provincial?											
	50m:	35.60	35.60	150m:	1:49.40	37.12	250m:	3:04.99	38.00	350m:	4:20.61	37.60
	100m:	1:12.28	36.68	200m:	2:26.99	37.59	300m:	3:43.01	38.02	400m:	4:56.87	36.26
2.	LECLERC, Manon						63	CNHR	B 6:15.15		5:57.75	9.00
	50m:	40.20	40.20	150m:	2:11.36	46.26	250m:	3:43.21	45.58	350m:	5:14.45	45.40
	100m:	1:25.10	44.90	200m:	2:57.63	46.27	300m:	4:29.05	45.84	400m:	5:57.75	43.30
3.	DUHAMEL, Marie						62	CNSH	6:19.15		6:23.41	8.00
	50m:	43.19	43.19	150m:	2:17.94	48.51	250m:	3:54.67	48.76	350m:	5:33.31	49.69
	100m:	1:29.43	46.24	200m:	3:05.91	47.97	300m:	4:43.62	48.95	400m:	6:23.41	50.10
4.	DESJARDINS, Louise						63	MPC	B 7:30.45		7:00.77	7.00
	50m:	49.50	49.50	150m:	2:35.95	54.15	250m:	4:23.76	53.87	350m:	6:11.41	53.78
	100m:	1:41.80	52.30	200m:	3:29.89	53.94	300m:	5:17.63	53.87	400m:	7:00.77	49.36
5.	BRUNET, Michele						64	LMRL	7:08.68		7:15.83	6.00
	50m:	48.14	48.14	150m:	2:38.58	54.53	250m:	4:29.80	54.29	350m:	6:20.86	54.07
	100m:	1:44.05	55.91	200m:	3:35.51	56.93	300m:	5:26.79	56.99	400m:	7:15.83	54.97
6.	BARRETTE, Marie-Josée						60	CAMO	B 7:55.65		7:40.96	5.00
	50m:	48.83	48.83	150m:	2:48.68	1:00.48	250m:	4:47.52	59.16	350m:	6:44.86	58.67
	100m:	1:48.20	59.37	200m:	3:48.36	59.68	300m:	5:46.19	58.67	400m:	7:40.96	56.10
7.	ULRICH, maryse						62	CAPN	7:45.00		7:55.54	4.00
	50m:	50.66	50.66	150m:	2:49.72	1:00.97	250m:	4:54.99	1:03.12	350m:	6:58.04	1:01.05
	100m:	1:48.75	58.09	200m:	3:51.87	1:02.15	300m:	5:56.99	1:02.00	400m:	7:55.54	57.50



Epreuve 9, 400m Libre

Epreuve 9 Messieurs, 400m Libre 60 - 64 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

Records canadiens maitres 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.	LAMBERT, Christopher			61	DDO	B 5:45.00		5:36.73		11.00
	50m:		150m:			250m:	3:29.44 43.13	350m:	4:57.30	44.27
	100m:		200m:	2:46.31		300m:	4:13.03 43.59	400m:	5:36.73	39.43
2.	GRENIER, Benoit			62	MACC	B 6:00.80		6:17.08		9.00
	50m:	43.54 43.54	150m:	2:19.09		250m:	3:55.82 48.21	350m:	5:32.47	48.10
	100m:		200m:	3:07.61 48.52		300m:	4:44.37 48.55	400m:	6:17.08	44.61
3.	TARDIF, Marc			63	LMRL	6:20.16		6:32.35		8.00
	50m:	45.14 45.14	150m:	2:24.03 49.91		250m:	4:05.26 50.79	350m:	5:44.78	49.02
	100m:	1:34.12 48.98	200m:	3:14.47 50.44		300m:	4:55.76 50.50	400m:	6:32.35	47.57
4.	DOYON, Martin			62	MPC	B 6:50.00		6:37.43		7.00
	50m:	45.82 45.82	150m:	2:25.73 50.59		250m:	4:07.81 50.32	350m:	5:49.02	50.85
	100m:	1:35.14 49.32	200m:	3:17.49 51.76		300m:	4:58.17 50.36	400m:	6:37.43	48.41
5.	BRASSARD, Eric			61	CNMN	B 7:10.99		6:41.96		6.00
	50m:	42.67 42.67	150m:	2:23.00 51.45		250m:	4:06.88 51.84	350m:	5:49.95	51.51
	100m:	1:31.55 48.88	200m:	3:15.04 52.04		300m:	4:58.44 51.56	400m:	6:41.96	52.01
6.	CAMERON, Brad			61	DDO	B 7:14.05		7:15.00		5.00
	50m:	48.35 48.35	150m:	2:39.14 56.07		250m:	4:30.98 55.99	350m:	6:22.70	55.09
	100m:	1:43.07 54.72	200m:	3:34.99 55.85		300m:	5:27.61 56.63	400m:	7:15.00	52.30

Epreuve 9 Dames, 400m Libre 65 - 69 ans
2025-04-26 - 13:00 Groupe B Séries 7 à 14 Liste résultats

Records canadiens maitres 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.	KOHLER-WINTER, Petra <i>nouveau record canadien?</i>			66	MPC	B 6:05.00		5:48.16		11.00
	50m:	38.02 38.02	150m:	2:04.83 44.12		250m:	3:35.43 45.44	350m:	5:04.99	44.66
	100m:	1:20.71 42.69	200m:	2:49.99 45.16		300m:	4:20.33 44.90	400m:	5:48.16	43.17
2.	GAUDREAU, Marie			69	BRO	7:30.00		7:01.94		9.00
	50m:	46.49 46.49	150m:	2:30.57 53.25		250m:	4:19.27 54.29	350m:	6:09.69	54.91
	100m:	1:37.32 50.83	200m:	3:24.98 54.41		300m:	5:14.78 55.51	400m:	7:01.94	52.25
3.	LARAMÉE, Marie-Thérèse			65	DDO	B 7:27.94		7:29.77		8.00
	50m:	49.41 49.41	150m:	2:41.15 56.55		250m:	4:36.20 57.47	350m:		
	100m:	1:44.60 55.19	200m:	3:38.73 57.58		300m:		400m:	7:29.77	
4.	REITER, Sylvia			67	WYMN	10:00.00		8:50.51		7.00
	50m:	58.74 58.74	150m:	3:14.57 1:08.80		250m:	5:32.12 1:09.47	350m:	7:47.41	
	100m:	2:05.77 1:07.03	200m:	4:22.65 1:08.08		300m:		400m:	8:50.51 1:03.10	



Epreuve 9, 400m Libre

Epreuve 9 2025-04-26 - 13:00	Messieurs, 400m Libre Groupe B Séries 7 à 14	65 - 69 ans Liste résultats
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Records canadiens maîtres	4:52.09	DANIEL, Chris	WILD	Cochrane	2025-02-01
Records québécois maîtres	4:56.62	GRABS, Detlev	MEGO	Drummondville	2025-04-26

Rang	Age	Soumis	Temps	Points
1. GRABS, Detlev <i>nouveau record provincial?</i>	65 MEGO	4:56.00	4:56.62	11.00
50m: 32.70 32.70	150m: 1:45.76 37.09	250m: 3:00.39 37.49	350m: 4:18.39	39.21
100m: 1:08.67 35.97	200m: 2:22.90 37.14	300m: 3:39.18 38.79	400m: 4:56.62	38.23
2. AMYOT, Marc	68 RL	B 6:01.00	5:54.77	9.00
50m: 39.42 39.42	150m: 2:09.18 45.61	250m: 3:41.49 46.30	350m: 5:12.31	44.83
100m: 1:23.57 44.15	200m: 2:55.19 46.01	300m: 4:27.48 45.99	400m: 5:54.77	42.46
3. CYR, Richard	67 CNMT	B 6:00.09	5:59.79	8.00
50m: 41.36 41.36	150m: 2:10.47 44.97	250m: 3:42.94 46.17	350m: 5:15.85	46.27
100m: 1:25.50 44.14	200m: 2:56.77 46.30	300m: 4:29.58 46.64	400m: 5:59.79	43.94
4. BOILY, Pierre	65 CNMT	B 6:00.10	6:01.63	7.00
50m: 39.76 39.76	150m: 2:08.42 45.48	250m: 3:42.34 47.34	350m: 5:15.81	46.74
100m: 1:22.94 43.18	200m: 2:55.00 46.58	300m: 4:29.07 46.73	400m: 6:01.63	45.82
5. MICKS, John	65 MACC	B 5:59.00	6:07.84	6.00
50m: 41.30 41.30	150m: 2:12.89 46.03	250m: 3:47.39 47.20	350m: 5:22.07	47.22
100m: 1:26.86 45.56	200m: 3:00.19 47.30	300m: 4:34.85 47.46	400m: 6:07.84	45.77
6. HÉTU, Daniel	69 CAMO	B 6:12.82	6:25.25	5.00
50m: 43.39 43.39	150m: 2:20.47 49.20	250m: 3:59.91 49.11	350m: 5:39.18	49.48
100m: 1:31.27 47.88	200m: 3:10.80 50.33	300m: 4:49.70 49.79	400m: 6:25.25	46.07

Epreuve 9 2025-04-26 - 13:00	Dames, 400m Libre Groupe B Séries 7 à 14	70 - 74 ans Liste résultats
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Records canadiens maîtres	5:58.46	WYLIE, Lori	CMSC	Calgary	2023-05-27
Records québécois maîtres	7:13.81	DILLINGER, Erda	MPC	Lasalle	2012-02-19

Rang	Age	Soumis	Temps	Points
1. MACPHERSON, Patricia	71 MPC	B 7:56.19	7:54.96	11.00
50m: 51.22 51.22	150m: 2:48.85 1:00.62	250m: 5:52.21 1:01.97	350m:	
100m: 1:48.23 57.01	200m: 4:50.24 2:01.39	300m:	400m: 7:54.96	
2. DION, Lise	71 CAMO	B 8:48.32	8:25.03	9.00
50m: 55.94 55.94	150m: 3:04.03 1:05.25	250m: 5:15.05 1:04.53	350m: 7:22.21	1:04.24
100m: 1:58.78 1:02.84	200m: 4:10.52 1:06.49	300m: 6:17.97 1:02.92	400m: 8:25.03	1:02.82
3. SNELL, Linda	74 WYMN	8:07.18	8:27.03	8.00
50m: 56.16 56.16	150m: 3:03.00 1:05.17	250m:	350m: 7:25.21	1:04.40
100m: 1:57.83 1:01.67	200m:	300m: 6:20.81	400m: 8:27.03	1:01.82



Epreuve 9, 400m Libre

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

70 - 74 ans
Liste résultats

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

Rang				Age				Soumis				Temps	Points
1.	CLAYTON, Michael			71	MPC			B NT	6:57.60			11.00	
	50m:	43.74	43.74	150m:	2:26.79	52.82	250m:	4:15.78	54.41	350m:	6:05.69	55.27	
	100m:	1:33.97	50.23	200m:	3:21.37	54.58	300m:	5:10.42	54.64	400m:	6:57.60	51.91	
2.	LACHANCE, Bruno			73	MNC			B 7:01.03	7:07.10			9.00	
	50m:	49.73	49.73	150m:	2:39.25	55.22	250m:	4:30.03	54.90	350m:	6:18.33	53.31	
	100m:	1:44.03	54.30	200m:	3:35.13	55.88	300m:	5:25.02	54.99	400m:	7:07.10	48.77	
3.	TURCOT, René			71	CAMO			B 7:34.62	7:17.15			8.00	
	50m:	45.84	45.84	150m:	2:37.93	56.68	250m:	4:32.99	57.84	350m:	6:26.43	57.22	
	100m:	1:41.25	55.41	200m:	3:35.15	57.22	300m:	5:29.21	56.22	400m:	7:17.15	50.72	
4.	FRÈVE, Guy			72	MNC			B 7:28.07	7:21.56			7.00	
	50m:	50.15	50.15	150m:	2:43.17	56.83	250m:	4:37.22	56.65	350m:	6:29.95	55.64	
	100m:	1:46.34	56.19	200m:	3:40.57	57.40	300m:	5:34.31	57.09	400m:	7:21.56	51.61	
5.	SNOWDON, Robert			70	MPC			B 10:00.00	7:28.40			6.00	
	50m:	46.49	46.49	150m:			250m:	4:37.36	58.83	350m:	6:32.34	57.73	
	100m:	1:40.93	54.44	200m:	3:38.53		300m:	5:34.61	57.25	400m:	7:28.40	56.06	
6.	LECHASSEUR, Michel			70	MPC			B 7:40.00	7:46.16			5.00	
	50m:	53.73	53.73	150m:	2:53.43	1:00.12	250m:	4:51.70	59.16	350m:	6:49.23	58.67	
	100m:	1:53.31	59.58	200m:	3:52.54	59.11	300m:	5:50.56	58.86	400m:	7:46.16	56.93	

Epreuve 9
2025-04-26 - 13:00

Dames, 400m Libre
Groupe B Séries 7 à 14

75 - 79 ans
Liste résultats

Records canadiens maîtres 6:42.00 MACPHERSON, Linda SAWM Nanaimo 2013-04-26
Records québécois maîtres 6:56.79 SÉVIGNY, Madeleine CNMT Dollard-Des-Ormeaux 2019-03-16

Rang				Age				Soumis				Temps	Points
1.	CARDINAL, Liliane			76	MPC			B 9:51.40	9:43.96			11.00	
	50m:			150m:			250m:			350m:	8:32.06	1:13.52	
	100m:	2:21.54		200m:	4:49.38		300m:	7:18.54		400m:	9:43.96	1:11.90	
2.	LATULIPPE, Hélène			78	MPC			B 9:55.68	9:52.93			9.00	
	50m:	1:05.58	1:05.58	150m:	3:33.51	1:16.27	250m:	6:06.73	1:17.27	350m:	8:38.21		
	100m:	2:17.24	1:11.66	200m:	4:49.46	1:15.95	300m:			400m:	9:52.93	1:14.72	



Epreuve 9, 400m Libre

Epreuve 9
2025-04-26 - 13:00

Messieurs, 400m Libre
Groupe B Séries 7 à 14

75 - 79 ans
Liste résultats

Records canadiens maitres	5:16.18	ARMSTRONG, Ron	EOMAC	Orlando (USA)	2025-01-31
Records québécois maitres	6:17.36	CHASE, Leonard	MPC	Cote St-Luc	2023-04-15

Rang	Age						Soumis		Temps		Points	
1.	BARIBEAU, Jean						78	WYMN		7:23.08	8:03.55	11.00
	50m:	58.33	58.33	150m:	3:02.53	1:02.32	250m:	5:07.47	1:02.49	350m:	7:09.01	1:00.22
	100m:	2:00.21	1:01.88	200m:	4:04.98	1:02.45	300m:	6:08.79	1:01.32	400m:	8:03.55	54.54
2.	MC NEIL, Claude						77	RIKI		7:58.00	8:10.68	9.00
	50m:	54.15	54.15	150m:	3:00.22	1:02.80	250m:			350m:	7:12.42	1:02.73
	100m:	1:57.42	1:03.27	200m:	4:04.51	1:04.29	300m:	6:09.69		400m:	8:10.68	58.26