

Essai de temps maîtres
St-Jean-sur-Richelieu, 22-3-2025

Epreuve 1
2025-03-22 - 8:30

1500m Libre

40 - 64 ans
Liste résultats

Points: AQUA 2025

Rang			AN					Temps	Pts
40 - 44 ans, Messieurs									
1.	PROULX, Guillaume		83	C. N. Haut-Richelieu				27:48.53	
	100m:	1:37.58	1:37.58	500m:	9:05.83	1:54.59	900m:	16:42.52	1:53.07
	200m:	3:25.30	1:47.72	600m:	11:00.80	1:54.97	1000m:	18:35.92	1:53.40
	300m:	5:18.08	1:52.78	700m:	12:55.74	1:54.94	1100m:	20:27.49	1:51.57
	400m:	7:11.24	1:53.16	800m:	14:49.45	1:53.71	1200m:	22:16.36	1:48.87
45 - 49 ans, Messieurs									
1.	MARIN, Thierry		75	C. N. Haut-Richelieu				18:30.14	
	100m:	1:07.23	1:07.23	500m:	6:01.42	1:13.78	900m:	11:00.52	1:14.76
	200m:	2:19.24	1:12.01	600m:	7:16.39	1:14.97	1000m:	12:15.83	1:15.31
	300m:	3:32.71	1:13.47	700m:	8:34.95	1:18.56	1100m:	13:30.36	1:14.53
	400m:	4:47.64	1:14.93	800m:	9:45.76	1:10.81	1200m:	14:45.55	1:15.19
2.	LAROCQUE, Martin		77	C. N. Haut-Richelieu				27:44.05	
	100m:	1:41.59	1:41.59	500m:	8:58.65	1:50.38	900m:	16:26.21	1:51.85
	200m:	3:29.46	1:47.87	600m:	10:50.62	1:51.97	1000m:	18:18.90	1:52.69
	300m:	5:17.93	1:48.47	700m:	12:42.62	1:52.00	1100m:	20:11.02	1:52.12
	400m:	7:08.27	1:50.34	800m:	14:34.36	1:51.74	1200m:	22:02.99	1:51.97
50 - 54 ans, Messieurs									
1.	VILLENEUVE, Jean-François		75	C. N. Haut-Richelieu				26:12.55	
	100m:	1:35.36	1:35.36	500m:	8:44.86	1:46.62	900m:	15:46.08	1:44.81
	200m:	3:22.14	1:46.78	600m:	10:31.92	1:47.06	1000m:	17:31.36	1:45.28
	300m:	5:10.36	1:48.22	700m:	12:16.17	1:44.25	1100m:	19:17.99	1:46.63
	400m:	6:58.24	1:47.88	800m:	14:01.27	1:45.10	1200m:	21:02.49	1:44.50
60 - 64 ans, Messieurs									
1.	SELMAY, Patrick		61	C. N. Haut-Richelieu				23:18.43	
	100m:	1:31.77	1:31.77	500m:	8:01.46	1:36.06	900m:	14:18.12	1:33.41
	200m:	3:09.84	1:38.07	600m:	9:36.77	1:35.31	1000m:	15:51.59	1:33.47
	300m:	4:48.52	1:38.68	700m:	11:11.52	1:34.75	1100m:	17:21.49	1:29.90
	400m:	6:25.40	1:36.88	800m:	12:44.71	1:33.19	1200m:	18:52.06	1:30.57
40 - 44 ans, Dames									
1.	MATHIEU, Naïla		84	C. N. Haut-Richelieu				23:30.50	
	100m:	1:26.74	1:26.74	500m:	7:37.49	1:32.97	900m:	13:52.62	1:35.29
	200m:	3:00.46	1:33.72	600m:	9:10.08	1:32.59	1000m:	15:28.62	1:36.00
	300m:	4:32.55	1:32.09	700m:	10:43.02	1:32.94	1100m:	17:05.83	1:37.21
	400m:	6:04.52	1:31.97	800m:	12:17.33	1:34.31	1200m:	18:43.43	1:37.60
2.	QUINTIN, Maryse		83	C. N. Haut-Richelieu				30:57.00	
	100m:	1:56.09	1:56.09	500m:	10:20.96	2:07.00	900m:	18:44.84	2:05.82
	200m:	3:59.96	2:03.87	600m:	12:27.87	2:06.91	1000m:	20:50.18	2:05.34
	300m:	6:07.74	2:07.78	700m:	14:33.99	2:06.12	1100m:	22:54.12	2:03.94
	400m:	8:13.96	2:06.22	800m:	16:39.02	2:05.03	1200m:	25:02.59	2:08.47

Essai de temps maîtres
St-Jean-sur-Richelieu, 22-3-2025

Epreuve 1, 1500m Libre

45 - 49 ans, Dames

1. LAROUCHE, Sandra	80	C. N. Haut-Richelieu	24:07.05
100m: 1:24.49 1:24.49	500m: 7:42.15 1:34.06	900m: 14:16.56 1:38.54	1300m: 20:54.59 1:37.25
200m: 2:58.21 1:33.72	600m: 9:19.31 1:37.16	1000m: 15:56.81 1:40.25	1400m: 22:34.62 1:40.03
300m: 4:32.56 1:34.35	700m: 10:57.27 1:37.96	1100m: 17:35.24 1:38.43	1500m: 24:07.05 1:32.43
400m: 6:08.09 1:35.53	800m: 12:38.02 1:40.75	1200m: 19:17.34 1:42.10	