

Régionale #4 NSH  
Québec, 6-4-2025

Epreuve 19  
2025-04-06 - 16:04

400m Libre

11 ans et plus  
Liste résultats

Points: AQUA 2025

Rang				Age					Temps	Pts		
<b>11 - 12 ans, Filles</b>												
1.	LATULIPPE, Mahée			11	Rouge et Or				<b>6:31.69</b>			
	50m:			150m:	2:24.27	250m:	4:06.82	350m:	5:40.13			
	100m:			200m:		300m:		400m:	6:31.69	51.56		
2.	LECLERCQ, Justine			11	Rouge et Or				<b>6:32.60</b>			
	50m:	43.24	43.24	150m:	2:21.74	50.64	250m:	4:04.30	51.38	350m:	5:46.07	51.07
	100m:	1:31.10	47.86	200m:	3:12.92	51.18	300m:	4:55.00	50.70	400m:	6:32.60	46.53
3.	BOUDREAU, Lily			11	Rouge et Or				<b>6:40.39</b>			
	50m:	42.81	42.81	150m:	2:24.97	51.19	250m:	4:10.33	52.13	350m:	5:49.09	45.79
	100m:	1:33.78	50.97	200m:	3:18.20	53.23	300m:	5:03.30	52.97	400m:	6:40.39	51.30
4.	JOY, Loreva			11	Cnq				<b>6:40.42</b>			
	50m:	43.57	43.57	150m:	2:24.29	51.36	250m:	4:07.50	50.98	350m:	5:52.29	52.54
	100m:	1:32.93	49.36	200m:	3:16.52	52.23	300m:	4:59.75	52.25	400m:	6:40.42	48.13
5.	GENOIS, Alicia			12	Club de Natation des Riverains				<b>6:54.72</b>			
	50m:	48.56	48.56	150m:	2:35.82	54.30	250m:	4:22.15	53.68	350m:	6:07.01	51.55
	100m:	1:41.52	52.96	200m:	3:28.47	52.65	300m:	5:15.46	53.31	400m:	6:54.72	47.71
6.	BELISLE, Alicia			12	Club de Natation des Riverains				<b>6:58.55</b>			
	50m:	50.92	50.92	150m:	2:41.29	54.24	250m:	4:29.23	53.70	350m:	6:11.94	49.84
	100m:	1:47.05	56.13	200m:	3:35.53	54.24	300m:	5:22.10	52.87	400m:	6:58.55	46.61
7.	BERGERON, Naomie			12	Club de Natation des Riverains				<b>6:58.74</b>			
	50m:	44.45	44.45	150m:	2:31.88	53.83	250m:	4:21.31	54.93	350m:	6:08.94	54.20
	100m:	1:38.05	53.60	200m:	3:26.38	54.50	300m:	5:14.74	53.43	400m:	6:58.74	49.80
8.	BLAIS-LAPOINTE, Justine			11	Club de Natation des Riverains				<b>7:05.25</b>			
	50m:	49.83	49.83	150m:	2:40.95	55.55	250m:	4:31.02	53.99	350m:	6:17.69	52.79
	100m:	1:45.40	55.57	200m:	3:37.03	56.08	300m:	5:24.90	53.88	400m:	7:05.25	47.56
9.	BROWNRIGG, Zoé			11	Club de Natation des Riverains				<b>7:08.44</b>			
	50m:	51.79	51.79	150m:	2:43.13	55.20	250m:	4:33.41	55.34	350m:	6:19.65	53.57
	100m:	1:47.93	56.14	200m:	3:38.07	54.94	300m:	5:26.08	52.67	400m:	7:08.44	48.79
10.	SOLTANI, Maya			12	Rouge et Or				<b>7:10.96</b>			
	50m:	46.87	46.87	150m:	2:34.56	54.14	250m:			350m:		
	100m:	1:40.42	53.55	200m:	3:30.92	56.36	300m:	5:23.80		400m:	7:10.96	
11.	LEPINE, Mya			11	Club de Natation des Riverains				<b>7:19.69</b>			
	50m:	51.44	51.44	150m:	2:40.00	54.76	250m:	4:27.55	54.14	350m:	6:21.51	56.63
	100m:	1:45.24	53.80	200m:	3:33.41	53.41	300m:	5:24.88	57.33	400m:	7:19.69	58.18
12.	VEILLEUX, Agathe			11	Club de Natation des Riverains				<b>7:23.86</b>			
	50m:	50.60	50.60	150m:	2:42.56	57.03	250m:			350m:	6:30.71	55.86
	100m:	1:45.53	54.93	200m:	3:40.48	57.92	300m:	5:34.85		400m:	7:23.86	53.15
13.	LAVIOLETTE, Alice			12	Club de Natation des Riverains				<b>7:44.35</b>			
	50m:	53.35	53.35	150m:		250m:				350m:	6:51.45	
	100m:			200m:		300m:				400m:	7:44.35	52.90
<b>13 - 14 ans, Filles</b>												
1.	GROLEAU, Olivia			14	Cnq				<b>5:44.19</b>			
	50m:	38.98	38.98	150m:	2:06.75	43.99	250m:	3:35.15	44.42	350m:	5:01.98	43.87
	100m:	1:22.76	43.78	200m:	2:50.73	43.98	300m:	4:18.11	42.96	400m:	5:44.19	42.21

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Rang				Age						Temps	Pts	
2.	BOUSNINA, Sara			13	Rouge et Or					<b>6:47.45</b>		
	50m:	45.54	45.54	150m:	2:27.95	51.74	250m:	4:13.53	52.70	350m:	5:55.81	51.96
	100m:	1:36.21	50.67	200m:	3:20.83	52.88	300m:	5:03.85	50.32	400m:	6:47.45	51.64
3.	LEMIEUX, Gabrielle			13	Club de Natation des Riverains					<b>6:49.71</b>		
	50m:	49.08	49.08	150m:	2:37.70	54.20	250m:	4:22.59	51.98	350m:	6:04.79	50.11
	100m:	1:43.50	54.42	200m:	3:30.61	52.91	300m:	5:14.68	52.09	400m:	6:49.71	44.92
4.	LAPORTE, Emma			13	Club de Natation des Riverains					<b>6:52.01</b>		
	50m:	46.98	46.98	150m:	2:32.10	53.75	250m:	4:19.13	52.94	350m:	6:03.58	51.45
	100m:	1:38.35	51.37	200m:	3:26.19	54.09	300m:	5:12.13	53.00	400m:	6:52.01	48.43

15 ans et plus, Dames

1.	RUZISKA, Kyara			16	Cnq					<b>6:43.21</b>		
	50m:	42.57	42.57	150m:	2:22.04	50.34	250m:	4:07.50	53.84	350m:	5:53.48	53.02
	100m:	1:31.70	49.13	200m:	3:13.66	51.62	300m:	5:00.46	52.96	400m:	6:43.21	49.73

11 - 12 ans, Garçons

1.	SLAMA, Youssef			11	Rouge et Or					<b>5:54.11</b>		
	50m:	40.72	40.72	150m:			250m:			350m:	5:54.25	
	100m:			200m:			300m:			400m:	5:54.11	
2.	MORISSETTE, Jacob			11	Rouge et Or					<b>6:01.91</b>		
	50m:	39.37	39.37	150m:	2:12.13	47.58	250m:	3:44.63	46.70	350m:	5:17.39	46.97
	100m:	1:24.55	45.18	200m:	2:57.93	45.80	300m:	4:30.42	45.79	400m:	6:01.91	44.52
3.	ROBIN, Zack			12	Club de Natation de Montmagny					<b>6:09.80</b>		
	50m:	41.81	41.81	150m:	2:13.50	46.60	250m:	3:50.13	47.78	350m:	5:25.33	48.08
	100m:	1:26.90	45.09	200m:	3:02.35	48.85	300m:	4:37.25	47.12	400m:	6:09.80	44.47
4.	DALLAIRE, Charles			12	Cnq					<b>6:32.11</b>		
	50m:			150m:	2:23.06		250m:			350m:		
	100m:			200m:	3:13.50	50.44	300m:			400m:	6:32.11	
5.	GAGNON, Leonard			11	Club de Natation des Riverains					<b>6:35.60</b>		
	50m:	43.60	43.60	150m:	2:26.28	51.33	250m:			350m:	5:49.59	
	100m:	1:34.95	51.35	200m:	3:19.18	52.90	300m:			400m:	6:35.60	46.01
6.	BOUTIN, Louis			12	Club de Natation des Riverains					<b>7:04.39</b>		
	50m:	47.98	47.98	150m:	2:33.55	53.93	250m:	4:22.93	55.54	350m:	6:10.65	53.06
	100m:	1:39.62	51.64	200m:	3:27.39	53.84	300m:	5:17.59	54.66	400m:	7:04.39	53.74
7.	TOBIN, Noah			11	Rouge et Or					<b>7:08.28</b>		
	50m:			150m:	2:34.38	54.43	250m:	4:23.48	53.71	350m:	6:15.28	
	100m:	1:39.95		200m:	3:29.77	55.39	300m:			400m:	7:08.28	53.00
8.	FALARDEAU, Oscar			11	Cnq					<b>7:14.98</b>		
	50m:	46.30	46.30	150m:	2:34.77	56.18	250m:	4:27.92	56.46	350m:	6:15.26	52.18
	100m:	1:38.59	52.29	200m:	3:31.46	56.69	300m:	5:23.08	55.16	400m:	7:14.98	59.72
9.	SAAFI, Adem			12	Club de Natation des Riverains					<b>7:25.22</b>		
	50m:	49.34	49.34	150m:	2:42.21	57.55	250m:	4:36.38	56.05	350m:	6:30.35	55.86
	100m:	1:44.66	55.32	200m:	3:40.33	58.12	300m:	5:34.49	58.11	400m:	7:25.22	54.87
10.	CHOUINARD, Hugo			11	Rouge et Or					<b>7:35.39</b>		
	50m:			150m:	2:44.79	56.60	250m:	4:42.09	57.47	350m:	6:39.23	59.41
	100m:	1:48.19		200m:	3:44.62	59.83	300m:	5:39.82	57.73	400m:	7:35.39	56.16

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Epreuve 19, 400m Libre

13 - 14 ans, Garçons

1. LEMAY, Olivier			13	Club de Natation des Riverains		<b>6:42.67</b>					
50m:	43.54	43.54	150m:	2:25.02	51.00	250m:	4:07.85	50.81	350m:	5:51.77	51.73
100m:	1:34.02	50.48	200m:	3:17.04	52.02	300m:	5:00.04	52.19	400m:	6:42.67	50.90

15 ans et plus, Messieurs

1. DOYON, Jacob			15	Club de Natation de Montmagny		<b>5:00.07</b>					
50m:	33.08	33.08	150m:			250m:	3:06.43	39.11	350m:		
100m:			200m:	2:27.32		300m:	3:45.26	38.83	400m:	5:00.07	