



Défi de l'Érable 2025
St-Georges, 3 mai 2025

Epreuve 9
2025-05-03 - 10:30

Dames, 400m Libre

9 ans et plus
Liste résultats

Points: AQUA 2025

Rang	Age										Temps	Pts
9 - 12 ans												
1.	LABBÉ, Laurence			11	NSH				5:10.81			
	50m:	35.76	35.76	150m:	1:56.08	40.67	250m:	3:15.95	39.81	350m:	4:34.43	39.08
	100m:	1:15.41	39.65	200m:	2:36.14	40.06	300m:	3:55.35	39.40	400m:	5:10.81	36.38
2.	SAYEGH, Florence			11	UL				5:39.09			
	50m:	37.60	37.60	150m:	2:05.74	44.25	250m:	3:32.78	43.30	350m:	4:58.68	42.96
	100m:	1:21.49	43.89	200m:	2:49.48	43.74	300m:	4:15.72	42.94	400m:	5:39.09	40.41
3.	SLAMA, Meriam			12	UL				5:42.27			
	50m:	36.30	36.30	150m:	2:01.10	43.27	250m:	3:30.83	45.26	350m:	4:59.07	44.02
	100m:	1:17.83	41.53	200m:	2:45.57	44.47	300m:	4:15.05	44.22	400m:	5:42.27	43.20
4.	TREMBLAY, Nellie			12	RL				5:53.91			
	50m:	37.81	37.81	150m:	2:05.76	44.83	250m:	3:36.19	45.27	350m:	5:10.00	46.89
	100m:	1:20.93	43.12	200m:	2:50.92	45.16	300m:	4:23.11	46.92	400m:	5:53.91	43.91
5.	BÉLANGER, Laurence			12	CAC				5:54.52			
	50m:	39.99	39.99	150m:	2:09.05	45.04	250m:	3:39.96	45.74	350m:	5:10.50	45.34
	100m:	1:24.01	44.02	200m:	2:54.22	45.17	300m:	4:25.16	45.20	400m:	5:54.52	44.02
6.	FRANÇOIS, Diuna			10	UNIK				5:56.45			
	50m:	40.37	40.37	150m:	2:10.66	45.39	250m:	3:42.53	46.11	350m:	5:14.78	45.42
	100m:	1:25.27	44.90	200m:	2:56.42	45.76	300m:	4:29.36	46.83	400m:	5:56.45	41.67
7.	BÉDARD, Flora			12	CNRB				5:58.84			
	50m:	40.42	40.42	150m:	2:12.40	46.72	250m:	3:44.56	46.32	350m:	5:15.29	44.69
	100m:	1:25.68	45.26	200m:	2:58.24	45.84	300m:	4:30.60	46.04	400m:	5:58.84	43.55
8.	DAVID-BRETON, Cassiopée			10	RL				6:03.97			
	50m:	42.13	42.13	150m:	2:18.92	48.83	250m:	3:53.96	47.15	350m:	5:24.20	43.63
	100m:	1:30.09	47.96	200m:	3:06.81	47.89	300m:	4:40.57	46.61	400m:	6:03.97	39.77
9.	MIGNEAULT, Éliane			12	NSH				6:07.03			
	50m:	41.03	41.03	150m:	2:13.12	46.56	250m:	3:47.65	47.23	350m:	5:22.65	46.91
	100m:	1:26.56	45.53	200m:	3:00.42	47.30	300m:	4:35.74	48.09	400m:	6:07.03	44.38
10.	SYLVAIN, Maude			11	NSH				6:16.58			
	50m:	42.93	42.93	150m:	2:17.66	47.45	250m:	3:55.74	48.27	350m:	5:32.31	48.15
	100m:	1:30.21	47.28	200m:	3:07.47	49.81	300m:	4:44.16	48.42	400m:	6:16.58	44.27
11.	COULOMBE, Mélya			12	RL				6:17.02			
	50m:	42.82	42.82	150m:	2:19.51	48.68	250m:	3:57.92	49.29	350m:	5:34.04	47.81
	100m:	1:30.83	48.01	200m:	3:08.63	49.12	300m:	4:46.23	48.31	400m:	6:17.02	42.98
12.	PARENT, Isabelle			10	CAC				6:17.52			
	50m:	42.32	42.32	150m:	2:15.75	47.26	250m:	3:53.36	48.90	350m:	5:31.33	49.26
	100m:	1:28.49	46.17	200m:	3:04.46	48.71	300m:	4:42.07	48.71	400m:	6:17.52	46.19
13.	GUIBET, Juliana			12	RL				6:18.35			
	50m:	42.84	42.84	150m:	2:20.32	49.61	250m:	3:58.04	48.25	350m:	5:35.95	48.97
	100m:	1:30.71	47.87	200m:	3:09.79	49.47	300m:	4:46.98	48.94	400m:	6:18.35	42.40
14.	BEN SASSI, Selma			11	NSH				6:25.93			
	50m:	43.45	43.45	150m:	2:24.57	50.88	250m:	4:03.83	48.51	350m:	5:40.41	47.95
	100m:	1:33.69	50.24	200m:	3:15.32	50.75	300m:	4:52.46	48.63	400m:	6:25.93	45.52
15.	THIBAULT, Florence			11	CAC				6:38.62			
	50m:	46.21	46.21	150m:	2:26.03	49.19	250m:	4:08.14	50.91	350m:		
	100m:	1:36.84	50.63	200m:	3:17.23	51.20	300m:	5:00.07	51.93	400m:	6:38.62	

Epreuve 9, Filles, 400m Libre, 9 - 12 ans

Rang	Age				Temps				Pts
16.	BIRON, Barbara	11	CAC					6:42.16	
	50m: 45.22	45.22	150m: 2:29.13	52.16	250m: 4:13.07	51.31	350m: 5:53.81	49.48	
	100m: 1:36.97	51.75	200m: 3:21.76	52.63	300m: 5:04.33	51.26	400m: 6:42.16	48.35	
17.	JUTRAS, Zoé	11	RL					6:42.52	
	50m: 43.64	43.64	150m: 2:27.64	53.25	250m: 4:11.09	50.88	350m: 5:53.99	51.05	
	100m: 1:34.39	50.75	200m: 3:20.21	52.57	300m: 5:02.94	51.85	400m: 6:42.52	48.53	
18.	DROLET, Daphnée	11	UNIK					7:05.61	
	50m: 48.79	48.79	150m: 2:38.82	54.86	250m: 4:27.45	54.28	350m: 6:15.56	53.71	
	100m: 1:43.96	55.17	200m: 3:33.17	54.35	300m: 5:21.85	54.40	400m: 7:05.61	50.05	
19.	LEPINE, Mya	11	RL					7:11.40	
	50m: 51.32	51.32	150m: 2:42.21	55.06	250m: 4:29.76	53.74	350m: 6:17.73	56.73	
	100m: 1:47.15	55.83	200m: 3:36.02	53.81	300m: 5:21.00	51.24	400m: 7:11.40	53.67	
20.	LAVIOLETTE, Alice	12	RL					7:12.47	
	50m: 51.01	51.01	150m: 2:42.86	55.53	250m: 4:32.68	55.06	350m: 6:21.16	53.65	
	100m: 1:47.33	56.32	200m: 3:37.62	54.76	300m: 5:27.51	54.83	400m: 7:12.47	51.31	
21.	TREMBLAY, Éliza-Rose	10	UL					7:12.94	
	50m: 50.19	50.19	150m: 2:42.42	57.36	250m: 4:34.62	56.08	350m: 6:25.05	54.81	
	100m: 1:45.06	54.87	200m: 3:38.54	56.12	300m: 5:30.24	55.62	400m: 7:12.94	47.89	
22.	ROY, Alexie	11	UL					7:16.66	
	50m: 48.91	48.91	150m: 2:40.89	56.49	250m: 4:33.06	56.31	350m: 6:23.83	55.37	
	100m: 1:44.40	55.49	200m: 3:36.75	55.86	300m: 5:28.46	55.40	400m: 7:16.66	52.83	

13 - 14 ans

1.	SIROIS, Ophélie	13	CNRB					5:25.35	
	50m: 36.91	36.91	150m: 1:59.80	42.08	250m: 3:24.12	41.93	350m: 4:47.37	41.18	
	100m: 1:17.72	40.81	200m: 2:42.19	42.39	300m: 4:06.19	42.07	400m: 5:25.35	37.98	
2.	LESSARD, Ilana	14	CNRB					5:44.70	
	50m: 39.02	39.02	150m: 2:05.62	43.61	250m: 3:32.94	43.67	350m: 5:01.81	44.49	
	100m: 1:22.01	42.99	200m: 2:49.27	43.65	300m: 4:17.32	44.38	400m: 5:44.70	42.89	
3.	RENAUD, Émilie	13	RL					5:44.76	
	50m: 38.29	38.29	150m: 2:04.32	43.61	250m: 3:33.17	44.56	350m: 5:01.90	44.20	
	100m: 1:20.71	42.42	200m: 2:48.61	44.29	300m: 4:17.70	44.53	400m: 5:44.76	42.86	
4.	PARÉ, Camille	13	CNRB					5:45.04	
	50m: 39.25	39.25	150m: 2:05.53	43.15	250m: 3:32.19	43.24	350m: 5:00.69	44.58	
	100m: 1:22.38	43.13	200m: 2:48.95	43.42	300m: 4:16.11	43.92	400m: 5:45.04	44.35	
5.	MORIN, Camille	14	NSH					5:58.20	
	50m: 39.46	39.46	150m: 2:09.42	45.14	250m: 3:40.62	45.88	350m: 5:13.19	46.59	
	100m: 1:24.28	44.82	200m: 2:54.74	45.32	300m: 4:26.60	45.98	400m: 5:58.20	45.01	
6.	PRESSEAU, Jeanne	13	UNIK					6:04.54	
	50m: 41.23	41.23	150m: 2:11.81	44.30	250m: 3:42.48	44.77	350m: 5:16.54	47.70	
	100m: 1:27.51	46.28	200m: 2:57.71	45.90	300m: 4:28.84	46.36	400m: 6:04.54	48.00	
7.	MARTIN, Alyson	14	NSH					6:11.40	
	50m: 43.17	43.17	150m: 2:17.51	47.54	250m: 3:52.14	47.47	350m: 5:25.63	46.80	
	100m: 1:29.97	46.80	200m: 3:04.67	47.16	300m: 4:38.83	46.69	400m: 6:11.40	45.77	
8.	LEVESQUE, Florence	13	UL					6:13.31	
	50m: 40.01	40.01	150m: 2:14.88	47.07	250m: 3:51.10	49.10	350m: 5:26.59	48.26	
	100m: 1:27.81	47.80	200m: 3:02.00	47.12	300m: 4:38.33	47.23	400m: 6:13.31	46.72	

Epreuve 9, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
9.	BERNIER, Léanne			14	RL					6:15.97		
	50m:	42.49	42.49	150m:	2:18.01	47.87	250m:	3:53.64	47.55	350m:	5:30.59	48.60
	100m:	1:30.14	47.65	200m:	3:06.09	48.08	300m:	4:41.99	48.35	400m:	6:15.97	45.38
10.	BÉLANGER, Eve-Sophie			13	RL					6:19.84		
	50m:	42.37	42.37	150m:	2:20.38	49.32	250m:	3:58.95	48.84	350m:	5:35.93	48.12
	100m:	1:31.06	48.69	200m:	3:10.11	49.73	300m:	4:47.81	48.86	400m:	6:19.84	43.91
11.	RUEL, Anaïs			14	CAC					6:21.61		
	50m:	40.14	40.14	150m:	2:16.22	49.22	250m:	3:56.36	49.65	350m:	5:34.14	48.89
	100m:	1:27.00	46.86	200m:	3:06.71	50.49	300m:	4:45.25	48.89	400m:	6:21.61	47.47
12.	CHAMBERLAND, Rosalie			13	UNIK					6:24.63		
	50m:	41.24	41.24	150m:	2:18.72	49.18	250m:	3:57.97	49.38	350m:	5:37.78	50.07
	100m:	1:29.54	48.30	200m:	3:08.59	49.87	300m:	4:47.71	49.74	400m:	6:24.63	46.85
13.	BELKOUCH, Sofia			13	CAC					6:43.36		
	50m:	43.56	43.56	150m:	2:28.50	53.04	250m:	4:14.41	52.79	350m:	5:58.90	51.21
	100m:	1:35.46	51.90	200m:	3:21.62	53.12	300m:	5:07.69	53.28	400m:	6:43.36	44.46

15 - 16 ans

1.	LABBÉ, Camille			15	NSH						5:10.22	
	50m:	35.34	35.34	150m:	1:52.45	39.02	250m:	3:11.05	39.49	350m:	4:31.04	39.87
	100m:	1:13.43	38.09	200m:	2:31.56	39.11	300m:	3:51.17	40.12	400m:	5:10.22	39.18
2.	DULAC, Julia			15	CNRB						5:11.85	
	50m:	34.97	34.97	150m:	1:53.95	40.49	250m:	3:14.84	40.26	350m:	4:34.43	39.24
	100m:	1:13.46	38.49	200m:	2:34.58	40.63	300m:	3:55.19	40.35	400m:	5:11.85	37.42
3.	FRENETTE, Maude			16	CNRB						5:31.92	
	50m:	36.72	36.72	150m:	2:00.20	42.09	250m:	3:25.24	42.82	350m:	4:50.87	43.32
	100m:	1:18.11	41.39	200m:	2:42.42	42.22	300m:	4:07.55	42.31	400m:	5:31.92	41.05
4.	SMITH, Raphaëlle			15	RL						5:32.10	
	50m:	36.82	36.82	150m:	2:01.53	42.59	250m:	3:27.53	42.96	350m:	4:52.17	42.08
	100m:	1:18.94	42.12	200m:	2:44.57	43.04	300m:	4:10.09	42.56	400m:	5:32.10	39.93
5.	DUBOIS, Anne-Sophie			15	CNRB						5:42.99	
	50m:	37.19	37.19	150m:	2:03.32	44.43	250m:	3:32.19	44.87	350m:	5:00.70	44.56
	100m:	1:18.89	41.70	200m:	2:47.32	44.00	300m:	4:16.14	43.95	400m:	5:42.99	42.29
6.	GARON, Koralie			15	RL						5:43.30	
	50m:	37.98	37.98	150m:	2:04.94	44.37	250m:	3:34.14	45.30	350m:	5:02.33	43.80
	100m:	1:20.57	42.59	200m:	2:48.84	43.90	300m:	4:18.53	44.39	400m:	5:43.30	40.97
7.	HAMEL, Émily			15	CAC						6:27.08	
	50m:	40.76	40.76	150m:	2:16.93	49.14	250m:	3:57.49	50.50	350m:	5:39.87	51.14
	100m:	1:27.79	47.03	200m:	3:06.99	50.06	300m:	4:48.73	51.24	400m:	6:27.08	47.21
8.	RUEL, Alicia			16	CAC						6:55.27	
	50m:	44.80	44.80	150m:	2:29.10	53.12	250m:	4:15.68	53.17	350m:	6:04.61	54.44
	100m:	1:35.98	51.18	200m:	3:22.51	53.41	300m:	5:10.17	54.49	400m:	6:55.27	50.66

17 ans et plus

1.	DUMAS, Annabelle			17	RL						4:46.39	
	50m:	31.77	31.77	150m:	1:44.06	36.44	250m:	2:57.38	36.55	350m:	4:11.22	36.86
	100m:	1:07.62	35.85	200m:	2:20.83	36.77	300m:	3:34.36	36.98	400m:	4:46.39	35.17

Epreuve 9, Dames, 400m Libre, 17 ans et plus

Rang					Age					Temps	Pts
2.	THÉRIAULT, Marie-Pier				17	UNIK				5:19.60	
	50m:	34.84	34.84	150m:	1:53.45	39.64	250m:	3:15.73	41.64	350m:	4:39.57 41.78
	100m:	1:13.81	38.97	200m:	2:34.09	40.64	300m:	3:57.79	42.06	400m:	5:19.60 40.03
3.	VIGNEAULT, Alyssa				20	CAC				5:24.60	
	50m:	36.59	36.59	150m:	2:00.91	42.87	250m:	3:22.94	39.92	350m:	4:45.64 40.67
	100m:	1:18.04	41.45	200m:	2:43.02	42.11	300m:	4:04.97	42.03	400m:	5:24.60 38.96
4.	VEILLEUX, Iris				17	CAC				6:40.11	
	50m:	45.04	45.04	150m:	2:24.76	50.60	250m:	4:07.69	51.50	350m:	
	100m:	1:34.16	49.12	200m:	3:16.19	51.43	300m:	4:59.38	51.69	400m:	6:40.11