

Championnat québécois Speedo 2025
Québec, 14- - 18-5-2025

Epreuve 11

Dames, 400m Libre

Cat. générale

2025-05-16 - 16:47

Liste résultats Finales

Canadian Senior Records	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26
Canadian Age Group Records 11 - 12	4:20.68	MCINTOSH, Summer	ESWIM	Winnipeg	2019-08-10
Quebec Provincial Senior Records	4:07.45	HORNER, Stephanie	BBF	Beijing (CHN)	2008-08-10
Quebec Provincial Age Group Records 17	4:09.69	HARVEY, Mary-Sophie	NN	Austin (USA)	2017-01-13
Quebec Provincial Age Group Records 16	4:12.82	JARDIN, Barbara	CAMO	Quebec	2008-08-02
Quebec Provincial Age Group Records 15	4:15.09	JARDIN, Barbara	PPO	Montreal	2007-06-30
Quebec Provincial Age Group Records 14	4:22.18	HARVEY, Mary-Sophie	NN	Winnipeg	2014-07-27
Quebec Provincial Age Group Records 13	4:31.48	BIRCHENOUGH, Nancy	PCSC	???	1984-08-01
Quebec Provincial Age Group Records - 124	38.92	CHEBARAKA, Majda	CAMO	Calgary	2012-07-29

Points: AQUA 2025

Rang	Age						Temps		Pts	score
13 ans et moins										
1.	BACCUS, Bianca			13	PCSC			4:38.58		603
	50m:	31.65	31.65	150m:	1:41.04	35.20	250m:	2:52.21	35.68	350m: 4:03.37 35.31
	100m:	1:05.84	34.19	200m:	2:16.53	35.49	300m:	3:28.06	35.85	400m: 4:38.58 35.21
2.	RÉGNIER, Lily Rose			12	MUST			4:44.72		565
	50m:	31.93	31.93	150m:	1:43.86	36.91	250m:	2:57.29	36.30	350m: 4:10.76 36.63
	100m:	1:06.95	35.02	200m:	2:20.99	37.13	300m:	3:34.13	36.84	400m: 4:44.72 33.96
3.	FORTIER, Charlie-Rose			13	SHER			4:44.93		563
	50m:	32.08	32.08	150m:	1:42.82	36.07	250m:	2:56.17	36.71	350m: 4:09.91 36.86
	100m:	1:06.75	34.67	200m:	2:19.46	36.64	300m:	3:33.05	36.88	400m: 4:44.93 35.02
4.	MAXIMENCO, Sophia			13	DDO			4:50.42		532
	50m:	34.50	34.50	150m:	1:48.56	37.35	250m:	3:02.99	36.95	350m: 4:15.29 36.00
	100m:	1:11.21	36.71	200m:	2:26.04	37.48	300m:	3:39.29	36.30	400m: 4:50.42 35.13
5.	ST-AMOUR, Laurence			13	ELITE			4:50.94		529
	50m:	33.18	33.18	150m:	1:46.84	37.31	250m:	3:00.98	36.68	350m: 4:15.71 36.99
	100m:	1:09.53	36.35	200m:	2:24.30	37.46	300m:	3:38.72	37.74	400m: 4:50.94 35.23
6.	FORTIN, Flavie			13	UL			4:51.13		528
	50m:	32.94	32.94	150m:	1:45.98	36.71	250m:	3:00.51	37.21	350m: 4:15.60 37.43
	100m:	1:09.27	36.33	200m:	2:23.30	37.32	300m:	3:38.17	37.66	400m: 4:51.13 35.53
7.	MATHIEU, Lyvia			13	VELOX			4:52.35		521
	50m:	32.39	32.39	150m:	1:46.67	38.00	250m:	3:02.22	37.53	350m: 4:16.87 36.60
	100m:	1:08.67	36.28	200m:	2:24.69	38.02	300m:	3:40.27	38.05	400m: 4:52.35 35.48
8.	HUANG, Vinciane			13	SAMAK			4:53.91		513
	50m:	34.45	34.45	150m:	1:48.78	37.50	250m:	3:03.34	37.24	350m: 4:17.56 36.92
	100m:	1:11.28	36.83	200m:	2:26.10	37.32	300m:	3:40.64	37.30	400m: 4:53.91 36.35
9.	LONGCHAMPS, Kaïna Wu			13	MUST			4:57.62		494
	50m:	32.11	32.11	150m:	1:47.43	37.72	250m:	3:03.51	37.83	350m: 4:20.55 38.60
	100m:	1:09.71	37.60	200m:	2:25.68	38.25	300m:	3:41.95	38.44	400m: 4:57.62 37.07
10.	LEHAD, Milissa			13	CNMN			4:59.44		485
	50m:	31.40	31.40	150m:	1:46.92	39.00	250m:	3:03.28	38.86	350m: 4:21.61 39.02
	100m:	1:07.92	36.52	200m:	2:24.42	37.50	300m:	3:42.59	39.31	400m: 4:59.44 37.83

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Epreuve 11, Dames, 400m Libre, Finale

14 - 15 ans

1.	TURCOTTE, Annabelle	15	CNQ					4:25.22	699
	50m: 29.94 29.94	150m: 1:36.61 33.73	250m: 2:44.43 33.99	350m: 3:52.55 33.82					
	100m: 1:02.88 32.94	200m: 2:10.44 33.83	300m: 3:18.73 34.30	400m: 4:25.22 32.67					
2.	LEFSRUD, Reilly	15	PCSC					4:31.00	655
	50m: 30.22 30.22	150m: 1:37.56 34.10	250m: 2:46.98 34.77	350m: 3:56.87 34.82					
	100m: 1:03.46 33.24	200m: 2:12.21 34.65	300m: 3:22.05 35.07	400m: 4:31.00 34.13					
3.	BOILY, Claudia	15	PCSC					4:31.66	650
	50m: 30.94 30.94	150m: 1:38.89 34.35	250m: 2:49.22 35.18	350m: 3:59.47 35.04					
	100m: 1:04.54 33.60	200m: 2:14.04 35.15	300m: 3:24.43 35.21	400m: 4:31.66 32.19					
4.	LABRIE, Ève	14	NN					4:32.16	646
	50m: 30.97 30.97	150m: 1:39.05 34.29	250m: 2:49.07 34.95	350m: 3:58.75 34.53					
	100m: 1:04.76 33.79	200m: 2:14.12 35.07	300m: 3:24.22 35.15	400m: 4:32.16 33.41					
5.	DAGSAAN, Jadyn	15	PCSC					4:37.57	609
	50m: 31.08 31.08	150m: 1:39.55 34.73	250m: 2:50.72 35.58	350m: 4:02.26 35.48					
	100m: 1:04.82 33.74	200m: 2:15.14 35.59	300m: 3:26.78 36.06	400m: 4:37.57 35.31					
6.	NICHOLSON-JODOIN, Clementine	14	PCSC					4:38.91	601
	50m: 31.25 31.25	150m: 1:39.91 34.54	250m: 2:51.83 35.67	350m: 4:04.01 35.61					
	100m: 1:05.37 34.12	200m: 2:16.16 36.25	300m: 3:28.40 36.57	400m: 4:38.91 34.90					
	POMERLEAU, Mikaelle	15	PCSC					4:38.91	601
	50m: 31.48 31.48	150m: 1:41.17 35.14	250m: 2:52.68 35.79	350m: 4:04.32 35.69					
	100m: 1:06.03 34.55	200m: 2:16.89 35.72	300m: 3:28.63 35.95	400m: 4:38.91 34.59					
8.	BROCHU, Aleni	14	NG					4:41.91	582
	50m: 32.11 32.11	150m: 1:42.27 35.28	250m: 2:53.70 35.48	350m: 4:06.04 36.26					
	100m: 1:06.99 34.88	200m: 2:18.22 35.95	300m: 3:29.78 36.08	400m: 4:41.91 35.87					
9.	OUATTARA ROUSSEAU, Zahia	15	ELITE					4:42.24	580
	50m: 31.79 31.79	150m: 1:42.73 35.70	250m: 2:54.67 35.95	350m: 4:07.04 36.02					
	100m: 1:07.03 35.24	200m: 2:18.72 35.99	300m: 3:31.02 36.35	400m: 4:42.24 35.20					
10.	AUGER, Sophie	14	PCSC					4:42.94	575
	50m: 31.19 31.19	150m: 1:42.31 36.25	250m: 2:54.69 36.35	350m: 4:07.96 36.41					
	100m: 1:06.06 34.87	200m: 2:18.34 36.03	300m: 3:31.55 36.86	400m: 4:42.94 34.98					

16 - 17 ans

1.	BLANCHARD, Kamila	17	PCSC					4:28.78	671
	50m: 30.73 30.73	150m: 1:38.41 34.20	250m: 2:47.03 34.07	350m: 3:55.89 34.26					
	100m: 1:04.21 33.48	200m: 2:12.96 34.55	300m: 3:21.63 34.60	400m: 4:28.78 32.89					
2.	ROBITAILLE, Florence	16	ELITE					4:31.48	651
	50m: 30.72 30.72	150m: 1:39.14 34.69	250m: 2:49.39 35.01	350m: 3:58.30 34.42					
	100m: 1:04.45 33.73	200m: 2:14.38 35.24	300m: 3:23.88 34.49	400m: 4:31.48 33.18					
3.	NICHOLSON-JODOIN, Annie	16	PCSC					4:32.89	641
	50m: 30.91 30.91	150m: 1:39.41 34.60	250m: 2:49.26 34.86	350m: 3:59.03 34.93					
	100m: 1:04.81 33.90	200m: 2:14.40 34.99	300m: 3:24.10 34.84	400m: 4:32.89 33.86					
4.	TURCOTTE, Juliette	17	CNQ					4:34.35	631
	50m: 31.04 31.04	150m: 1:38.83 34.16	250m: 2:49.03 35.39	350m: 3:59.84 35.51					
	100m: 1:04.67 33.63	200m: 2:13.64 34.81	300m: 3:24.33 35.30	400m: 4:34.35 34.51					
5.	NUGENT, Lea	17	NN					4:34.68	629
	50m: 31.36 31.36	150m: 1:40.92 34.93	250m: 2:51.07 34.82	350m: 4:00.76 34.86					
	100m: 1:05.99 34.63	200m: 2:16.25 35.33	300m: 3:25.90 34.83	400m: 4:34.68 33.92					

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Epreuve 11, Filles, 400m Libre, Finale, 16 - 17 ans

Rang				Age						Temps		Pts	score
6.	LELIÈVRE, Karelle			17		SAMAK				4:35.96		620	
	50m:	30.81	30.81	150m:	1:40.02	34.88	250m:	2:51.22	35.43	350m:	4:02.12	35.09	
	100m:	1:05.14	34.33	200m:	2:15.79	35.77	300m:	3:27.03	35.81	400m:	4:35.96	33.84	
7.	GORDON, Erika			16		PCSC				4:37.04		613	
	50m:	31.21	31.21	150m:	1:40.73	35.28	250m:	2:51.52	35.38	350m:	4:02.53	35.41	
	100m:	1:05.45	34.24	200m:	2:16.14	35.41	300m:	3:27.12	35.60	400m:	4:37.04	34.51	
8.	LAPIERRE, Justine			17		PCSC				4:37.21		612	
	50m:	31.85	31.85	150m:	1:42.04	35.21	250m:	2:52.53	35.02	350m:	4:03.09	35.00	
	100m:	1:06.83	34.98	200m:	2:17.51	35.47	300m:	3:28.09	35.56	400m:	4:37.21	34.12	
9.	BOYER, Mariane			16		NG				4:37.34		611	
	50m:	31.36	31.36	150m:	1:40.99	35.03	250m:	2:51.93	35.24	350m:	4:03.23	35.53	
	100m:	1:05.96	34.60	200m:	2:16.69	35.70	300m:	3:27.70	35.77	400m:	4:37.34	34.11	
10.	GONZALEZ, Daniella			16		CAMO				4:38.84		601	
	50m:	30.79	30.79	150m:	1:40.07	35.05	250m:	2:51.63	35.62	350m:	4:03.68	35.70	
	100m:	1:05.02	34.23	200m:	2:16.01	35.94	300m:	3:27.98	36.35	400m:	4:38.84	35.16	

18 ans et plus

1.	TREMBLAY, Raphaelle			20	LMRL				4:24.68		703	
	50m:	30.86	30.86	150m:	1:37.95	33.89	250m:	2:45.27	33.39	350m:	3:52.20	33.50
	100m:	1:04.06	33.20	200m:	2:11.88	33.93	300m:	3:18.70	33.43	400m:	4:24.68	32.48
2.	VÉZINA, Corinne			20	UL				4:26.66		687	
	50m:	31.07	31.07	150m:	1:38.69	34.40	250m:	2:46.61	34.03	350m:	3:54.02	33.63
	100m:	1:04.29	33.22	200m:	2:12.58	33.89	300m:	3:20.39	33.78	400m:	4:26.66	32.64
3.	MICHAUD, Laurence			18	CNQ				4:29.02		669	
	50m:	31.50	31.50	150m:	1:39.09	33.97	250m:	2:47.35	34.03	350m:	3:55.42	34.05
	100m:	1:05.12	33.62	200m:	2:13.32	34.23	300m:	3:21.37	34.02	400m:	4:29.02	33.60
4.	MICHAUD, Maélie			18	PCSC				4:30.06		662	
	50m:	30.43	30.43	150m:	1:38.41	34.16	250m:	2:47.45	34.48	350m:	3:57.23	34.89
	100m:	1:04.25	33.82	200m:	2:12.97	34.56	300m:	3:22.34	34.89	400m:	4:30.06	32.83
5.	GORDON, Lindsay			18	PCSC				4:32.43		644	
	50m:	30.70	30.70	150m:	1:38.11	33.78	250m:	2:47.61	34.92	350m:	3:58.07	35.01
	100m:	1:04.33	33.63	200m:	2:12.69	34.58	300m:	3:23.06	35.45	400m:	4:32.43	34.36
6.	PONTON, Emma			18	PCSC				4:33.31		638	
	50m:	30.97	30.97	150m:	1:39.35	34.13	250m:	2:49.83	35.38	350m:	4:00.06	34.73
	100m:	1:05.22	34.25	200m:	2:14.45	35.10	300m:	3:25.33	35.50	400m:	4:33.31	33.25
7.	MARQUIS, Jade			20	SAMAK				4:34.78		628	
	50m:	31.30	31.30	150m:	1:40.88	35.11	250m:	2:51.27	35.00	350m:	4:01.36	34.79
	100m:	1:05.77	34.47	200m:	2:16.27	35.39	300m:	3:26.57	35.30	400m:	4:34.78	33.42
8.	SHINK, Ariane			18	CNQ				4:35.27		625	
	50m:	32.30	32.30	150m:	1:41.52	35.03	250m:	2:51.67	34.84	350m:	4:02.04	34.81
	100m:	1:06.49	34.19	200m:	2:16.83	35.31	300m:	3:27.23	35.56	400m:	4:35.27	33.23
9.	MARIGAUX, Maika			20	UDEM				4:36.29		618	
	50m:	32.37	32.37	150m:	1:42.31	35.18	250m:	2:52.63	35.37	350m:	4:02.57	34.94
	100m:	1:07.13	34.76	200m:	2:17.26	34.95	300m:	3:27.63	35.00	400m:	4:36.29	33.72
10.	BÉASSE, Blanche			20	UDEM				4:40.64		590	
	50m:	31.83	31.83	150m:	1:42.27	35.30	250m:	2:54.23	35.78	350m:	4:05.69	35.58
	100m:	1:06.97	35.14	200m:	2:18.45	36.18	300m:	3:30.11	35.88	400m:	4:40.64	34.95