

Epreuve 3

Dames, 400m Libre

Cat. générale

2025-10-11 - 16:12

Liste résultats

Records championnat USPORTS 4:02.76 KING, Savannah 2012-01-01  
Records universitaires RSEQ 4:06.57 JARDIN, Barbara UDEM Toronto 2014-02-21

RSEQ (2025-2026) : 4:43.46 / USPORTS (2025-2026) : 4:22.46

Points: AQUA Master 2025

Rang			Age							Temps	Pts
1.	TREMBLAY, Raphaelle		21	Rouge et Or universitaire						<b>4:15.43</b>	979 QT
	50m:	29.48 29.48	150m:	1:33.26	31.96	250m:	2:37.90	32.10	350m:	3:43.08	32.65
	100m:	1:01.30 31.82	200m:	2:05.80	32.54	300m:	3:10.43	32.53	400m:	4:15.43	32.35
2.	TINMOUTH, Iris		21	McGILL						<b>4:17.23</b>	959 QT
	50m:	29.49 29.49	150m:	1:33.63	32.25	250m:	2:38.77	32.61	350m:	3:44.76	33.18
	100m:	1:01.38 31.89	200m:	2:06.16	32.53	300m:	3:11.58	32.81	400m:	4:17.23	32.47
3.	MEHARG, Amy		22	University of Ottawa Gee-Gees						<b>4:25.20</b>	875
	50m:	30.07 30.07	150m:	1:36.18	33.44	250m:	2:44.32	34.11	350m:	3:52.21	33.75
	100m:	1:02.74 32.67	200m:	2:10.21	34.03	300m:	3:18.46	34.14	400m:	4:25.20	32.99
4.	DE CHAZAL, Emilie		20	McGILL						<b>4:25.35</b>	874
	50m:	31.44 31.44	150m:	1:39.12	33.74	250m:	2:47.06	34.07	350m:	3:53.48	33.24
	100m:	1:05.38 33.94	200m:	2:12.99	33.87	300m:	3:20.24	33.18	400m:	4:25.35	31.87
5.	WEISS REID, Béatrice		20	McGILL						<b>4:26.57</b>	862
	50m:	30.64 30.64	150m:	1:37.43	33.44	250m:	2:45.30	34.05	350m:	3:53.79	34.16
	100m:	1:03.99 33.35	200m:	2:11.25	33.82	300m:	3:19.63	34.33	400m:	4:26.57	32.78
6.	MCLEOD, Kealeigh		18	McGILL						<b>4:26.89</b>	859
	50m:	32.42 32.42	150m:	1:40.87	34.24	250m:	2:48.11	33.49	350m:	3:54.76	33.24
	100m:	1:06.63 34.21	200m:	2:14.62	33.75	300m:	3:21.52	33.41	400m:	4:26.89	32.13
7.	GAGNON, Isabelle		21	Rouge et Or universitaire						<b>4:27.46</b>	853
	50m:	31.62 31.62	150m:	1:38.96	33.65	250m:	2:46.94	33.92	350m:	3:54.66	33.67
	100m:	1:05.31 33.69	200m:	2:13.02	34.06	300m:	3:20.99	34.05	400m:	4:27.46	32.80
8.	BÉASSE, Blanche		21	Université de Montréal						<b>4:29.07</b>	838
	50m:	30.79 30.79	150m:	1:37.78	33.68	250m:	2:46.16	34.39	350m:	3:54.84	34.30
	100m:	1:04.10 33.31	200m:	2:11.77	33.99	300m:	3:20.54	34.38	400m:	4:29.07	34.23
9.	COLQUHOUN, Sydney		19	University of Ottawa Gee-Gees						<b>4:29.14</b>	837
	50m:	30.77 30.77	150m:	1:37.99	33.91	250m:	2:46.26	34.15	350m:	3:55.22	34.18
	100m:	1:04.08 33.31	200m:	2:12.11	34.12	300m:	3:21.04	34.78	400m:	4:29.14	33.92
10.	FIRTH, Kailyn		18	McGILL						<b>4:30.02</b>	829
	50m:	30.33 30.33	150m:	1:38.21	34.10	250m:	2:47.27	34.59	350m:	3:56.57	34.60
	100m:	1:04.11 33.78	200m:	2:12.68	34.47	300m:	3:21.97	34.70	400m:	4:30.02	33.45
11.	PONTON, Emma		19	McGILL						<b>4:30.18</b>	828
	50m:	30.89 30.89	150m:	1:38.95	34.12	250m:	2:48.25	34.62	350m:	3:57.27	34.51
	100m:	1:04.83 33.94	200m:	2:13.63	34.68	300m:	3:22.76	34.51	400m:	4:30.18	32.91
12.	PHAM-SPICKLER, Alexia		22	Université de Sherbrooke Vert						<b>4:30.23</b>	827
	50m:	31.23 31.23	150m:	1:38.25	33.82	250m:	2:46.64	34.30	350m:	3:56.25	34.85
	100m:	1:04.43 33.20	200m:	2:12.34	34.09	300m:	3:21.40	34.76	400m:	4:30.23	33.98
13.	LANGRIDGE, Isabel		20	University of Ottawa Gee-Gees						<b>4:32.77</b>	804
	50m:	31.33 31.33	150m:	1:39.24	34.25	250m:	2:47.77	34.32	350m:	3:57.77	35.14
	100m:	1:04.99 33.66	200m:	2:13.45	34.21	300m:	3:22.63	34.86	400m:	4:32.77	35.00
14.	MICHAUD, Élisabeth		20	Université de Montréal						<b>4:33.35</b>	799
	50m:	31.81 31.81	150m:	1:40.13	34.34	250m:	2:49.64	34.72	350m:	3:59.15	34.64
	100m:	1:05.79 33.98	200m:	2:14.92	34.79	300m:	3:24.51	34.87	400m:	4:33.35	34.20

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Rang				Age					Temps	Pts		
15.	MARQUIS, Jade			21	Université de Montréal				<b>4:34.30</b>	791		
	50m:	32.12	32.12	150m:	1:41.73	35.19	250m:	2:50.46	33.68	350m:	3:59.52	34.76
	100m:	1:06.54	34.42	200m:	2:16.78	35.05	300m:	3:24.76	34.30	400m:	4:34.30	34.78
16.	EVANS, Jocelyn			18	University of Ottawa Gee-Gees				<b>4:36.83</b>	769		
	50m:	31.53	31.53	150m:	1:40.46	34.75	250m:	2:50.73	34.88	350m:	4:01.66	35.38
	100m:	1:05.71	34.18	200m:	2:15.85	35.39	300m:	3:26.28	35.55	400m:	4:36.83	35.17
17.	VACHON, Florence			25	UQTR Patriotes				<b>4:39.15</b>	750		
	50m:	31.93	31.93	150m:	1:41.09	34.75	250m:	2:51.74	35.32	350m:	4:03.37	36.11
	100m:	1:06.34	34.41	200m:	2:16.42	35.33	300m:	3:27.26	35.52	400m:	4:39.15	35.78
18.	TREMBLAY, Sarah-Louise			21	UQTR Patriotes				<b>4:39.21</b>	750		
	50m:	31.23	31.23	150m:	1:41.44	35.48	250m:	2:52.26	35.46	350m:	4:04.26	36.02
	100m:	1:05.96	34.73	200m:	2:16.80	35.36	300m:	3:28.24	35.98	400m:	4:39.21	34.95
19.	BILODEAU, Laura			22	Université de Sherbrooke Vert				<b>4:39.32</b>	749		
	50m:	32.89	32.89	150m:	1:42.39	34.62	250m:	2:52.56	35.25	350m:	4:04.11	35.93
	100m:	1:07.77	34.88	200m:	2:17.31	34.92	300m:	3:28.18	35.62	400m:	4:39.32	35.21
20.	CÔTÉ, Virginie			19	Université de Sherbrooke Vert				<b>4:39.87</b>	744		
	50m:	31.07	31.07	150m:	1:41.14	35.40	250m:	2:52.66	35.66	350m:	4:04.70	36.07
	100m:	1:05.74	34.67	200m:	2:17.00	35.86	300m:	3:28.63	35.97	400m:	4:39.87	35.17
21.	SHEMILT, Sydney			21	McGILL				<b>4:40.57</b>	739		
	50m:	31.81	31.81	150m:	1:42.18	35.51	250m:	2:53.49	35.62	350m:	4:05.52	36.27
	100m:	1:06.67	34.86	200m:	2:17.87	35.69	300m:	3:29.25	35.76	400m:	4:40.57	35.05
22.	CHALIFOUR, Mathilde			20	Rouge et Or universitaire				<b>4:44.11</b>	712		
	50m:	32.08	32.08	150m:	1:42.22	35.48	250m:	2:53.29	35.64	350m:	4:04.62	35.35
	100m:	1:06.74	34.66	200m:	2:17.65	35.43	300m:	3:29.27	35.98	400m:	4:44.11	39.49
23.	CLOUTIER, Sabrina			21	Université de Sherbrooke Vert				<b>4:44.80</b>	706		
	50m:	32.54	32.54	150m:	1:43.27	35.54	250m:	2:55.22	36.10	350m:	4:08.57	36.73
	100m:	1:07.73	35.19	200m:	2:19.12	35.85	300m:	3:31.84	36.62	400m:	4:44.80	36.23
24.	ARSENAULT, Laurence			22	UQTR Patriotes				<b>4:48.22</b>	682		
	50m:	32.44	32.44	150m:	1:44.10	36.04	250m:	2:57.38	36.76	350m:	4:11.88	37.15
	100m:	1:08.06	35.62	200m:	2:20.62	36.52	300m:	3:34.73	37.35	400m:	4:48.22	36.34
25.	SÉGUIN, Daphnée			21	UQTR Patriotes				<b>4:57.89</b>	617		
	50m:	32.46	32.46	150m:	1:45.73	37.47	250m:	3:01.99	38.03	350m:	4:19.89	39.22
	100m:	1:08.26	35.80	200m:	2:23.96	38.23	300m:	3:40.67	38.68	400m:	4:57.89	38.00
forf.nd.	MARTINEAU, Margot			21	UQTR Patriotes						forf.nd.	
forf.déc.	DUQUETTE, Viviane			20	Université de Sherbrooke Vert						forf.déc.	
hc.	LEGER, Sarah			17	University of Ottawa Gee-Gees				<b>4:59.44</b>	608hc.		
	50m:	31.51	31.51	150m:	1:44.55	37.51	250m:	3:01.18	38.15	350m:	4:20.13	39.73
	100m:	1:07.04	35.53	200m:	2:23.03	38.48	300m:	3:40.40	39.22	400m:	4:59.44	39.31