

Coupe d'automne CNQ
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

Epreuve 5
2025-10-25 - 11:41

Dames, 400m 4 nages

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			Age					Temps	Pts
11 - 13 ans									
1.	OUELLET, Laurence		13	Nsh				5:32.94	
	50m:	35.11	35.11	150m:	1:59.57	44.90	250m:	3:30.77	48.19
	100m:	1:14.67	39.56	200m:	2:42.58	43.01	300m:	4:20.65	49.88
				350m:	4:58.49		400m:	5:32.94	37.84
									34.45
2.	BLAIS, Élizabeth		13	Club de Natation des Riverains				5:35.65	
	50m:	37.10	37.10	150m:	2:00.78	40.37	250m:		350m:
	100m:	1:20.41	43.31	200m:	2:42.17	41.39	300m:		400m:
								4:59.50	
								5:35.65	36.15
3.	TRUDEL, Léanne		13	Unik				5:49.04	
	50m:			150m:	2:12.58	45.19	250m:	3:45.67	47.37
	100m:	1:27.39		200m:	2:58.30	45.72	300m:	4:33.71	48.04
								350m:	5:11.68
								400m:	5:49.04
									37.97
									37.36
4.	LABBÉ, Mathilde		13	Nsh				5:49.85	
	50m:	37.68	37.68	150m:	2:03.88	43.40	250m:	3:37.88	50.97
	100m:	1:20.48	42.80	200m:	2:46.91	43.03	300m:	4:30.38	52.50
								350m:	5:11.38
								400m:	5:49.85
									41.00
									38.47
5.	CÔTÉ, Alexie		12	Club Aquatique Charlesbourg				5:54.37	
	50m:	40.26	40.26	150m:	2:11.27	43.87	250m:		350m:
	100m:	1:27.40	47.14	200m:	2:55.64	44.37	300m:	4:37.02	
								350m:	5:17.54
								400m:	5:54.37
									40.52
									36.83
6.	TRACHY, Sophia		13	Club de Natation des Riverains				5:55.50	
	50m:	36.01	36.01	150m:	2:05.91	46.55	250m:	3:43.95	50.78
	100m:	1:19.36	43.35	200m:	2:53.17	47.26	300m:	4:34.57	50.62
								350m:	5:15.87
								400m:	5:55.50
									41.30
									39.63
7.	CÔTÉ, Emma		13	Club Aquatique Charlesbourg				5:59.58	
	50m:	39.20	39.20	150m:	2:07.86	43.62	250m:	3:46.62	54.91
	100m:	1:24.24	45.04	200m:	2:51.71	43.85	300m:	4:42.79	56.17
								350m:	5:22.28
								400m:	5:59.58
									39.49
									37.30
8.	LEBLOND, Chloé		13	Équinoxes de Thetford Mines				5:59.73	
	50m:	35.76	35.76	150m:	2:08.72	49.54	250m:	3:46.05	48.58
	100m:	1:19.18	43.42	200m:	2:57.47	48.75	300m:	4:37.47	51.42
								350m:	5:21.09
								400m:	5:59.73
									43.62
									38.64
9.	POIRIER, Adèle		13	Unik				6:00.63	
	50m:	37.27	37.27	150m:	2:09.49	43.67	250m:	3:46.87	53.45
	100m:	1:25.82	48.55	200m:	2:53.42	43.93	300m:	4:42.20	55.33
								350m:	5:22.30
								400m:	6:00.63
									40.10
									38.33
10.	PRIVÉ, Sophie		13	Club de Natation des Riverains				6:04.34	
	50m:	38.09	38.09	150m:	2:10.30	47.06	250m:	3:48.81	50.49
	100m:	1:23.24	45.15	200m:	2:58.32	48.02	300m:	4:40.25	51.44
								350m:	5:22.29
								400m:	6:04.34
									42.04
									42.05
11.	PAQUET, Joanie		13	Unik				6:11.38	
	50m:	39.43	39.43	150m:	2:16.80	49.14	250m:		350m:
	100m:	1:27.66	48.23	200m:			300m:		400m:
								5:31.02	
								6:11.38	40.36
12.	FORTIN, Charlie		13	Club Aquatique Charlesbourg				6:18.91	
	50m:	43.97	43.97	150m:	2:20.76	47.41	250m:	4:02.33	52.79
	100m:	1:33.35	49.38	200m:	3:09.54	48.78	300m:	4:55.59	53.26
								350m:	5:37.99
								400m:	6:18.91
									42.40
									40.92
13.	PRESSEAU, Jeanne		13	Unik				6:25.15	
	50m:	40.05	40.05	150m:	2:15.95	50.03	250m:	4:02.05	57.02
	100m:	1:25.92	45.87	200m:	3:05.03	49.08	300m:	5:01.90	59.85
								350m:	5:43.97
								400m:	6:25.15
									42.07
									41.18
14.	BÉDARD, Flora		13	Club de Natation Régional de I				6:31.76	
	50m:	44.75	44.75	150m:	2:26.24	48.90	250m:	4:10.73	56.65
	100m:	1:37.34	52.59	200m:	3:14.08	47.84	300m:	5:06.46	55.73
								350m:	5:50.47
								400m:	6:31.76
									44.01
									41.29
15.	BELISLE, Alicia		12	Club de Natation des Riverains				6:34.21	
	50m:	40.92	40.92	150m:	2:23.80	51.48	250m:	4:10.60	56.38
	100m:	1:32.32	51.40	200m:	3:14.22	50.42	300m:	5:09.32	58.72
								350m:	5:52.43
								400m:	6:34.21
									43.11
									41.78

Coupe d'automne CNQ
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

Epreuve 5, Filles, 400m 4 nages, 11 - 13 ans

Rang				Age					Temps	Pts		
16.	GERVAIS, Juliette			11	Unik				6:40.63			
	50m:	43.52	43.52	150m:	2:31.24	250m:	4:16.22	55.53	350m:	5:58.40	44.01	
	100m:			200m:	3:20.69	49.45	300m:	5:14.39	58.17	400m:	6:40.63	42.23
17.	GIRARD, Élodie			13	Club de natation région de Qué				6:54.08			
	50m:	44.98	44.98	150m:	2:27.96	47.64	250m:	4:21.19	1:05.26	350m:	6:09.76	44.22
	100m:	1:40.32	55.34	200m:	3:15.93	47.97	300m:	5:25.54	1:04.35	400m:	6:54.08	44.32

14 - 15 ans

1.	LEMELIN, Émie			15	Club de natation région de Qué				5:19.30			
	50m:	34.23	34.23	150m:	1:53.80	40.38	250m:	3:20.12	46.43	350m:	4:43.72	36.35
	100m:	1:13.42	39.19	200m:	2:33.69	39.89	300m:	4:07.37	47.25	400m:	5:19.30	35.58
2.	HARVEY, Éllie			14	Club de natation région de Qué				5:28.41			
	50m:	35.71	35.71	150m:	1:58.32	41.15	250m:	3:27.35	48.99	350m:	4:53.22	36.67
	100m:	1:17.17	41.46	200m:	2:38.36	40.04	300m:	4:16.55	49.20	400m:	5:28.41	35.19
3.	DEMERS, Lauralie			15	Club de Natation des Riverains				5:28.90			
	50m:			150m:	1:54.71		250m:	3:26.86	48.20	350m:	4:52.81	
	100m:			200m:	2:38.66	43.95	300m:			400m:	5:28.90	36.09
4.	LEGARÉ, Lili-Marguerite			15	Club de natation région de Qué				5:37.48			
	50m:	31.35	31.35	150m:	1:54.54	46.28	250m:	3:23.23	46.66	350m:	4:55.95	43.28
	100m:	1:08.26	36.91	200m:	2:36.57	42.03	300m:	4:12.67	49.44	400m:	5:37.48	41.53
5.	SAMSON, Amélia			14	Club de Natation des Riverains				5:38.28			
	50m:	35.17	35.17	150m:	2:00.55	43.77	250m:	3:34.04	50.69	350m:	5:01.84	38.10
	100m:	1:16.78	41.61	200m:	2:43.35	42.80	300m:	4:23.74	49.70	400m:	5:38.28	36.44
6.	GAGNON, Héloïse			15	Club de natation région de Qué				5:39.66			
	50m:	37.02	37.02	150m:	2:02.75		250m:	3:35.57	50.52	350m:	5:04.65	
	100m:			200m:	2:45.05	42.30	300m:			400m:	5:39.66	35.01
7.	CHAMBERLAND, Zoé			14	Club de natation région de Qué				5:40.27			
	50m:	35.53	35.53	150m:	2:01.63	44.58	250m:	3:35.90	48.99	350m:	5:04.27	38.03
	100m:	1:17.05	41.52	200m:	2:46.91	45.28	300m:	4:26.24	50.34	400m:	5:40.27	36.00
8.	CHOUINARD, Maélie			14	Club de Natation des Riverains				5:42.39			
	50m:	38.71	38.71	150m:	2:09.21	45.45	250m:	3:39.22	45.98	350m:	5:05.01	39.11
	100m:	1:23.76	45.05	200m:	2:53.24	44.03	300m:	4:25.90	46.68	400m:	5:42.39	37.38
9.	BELLE-ISLE, Emilie			15	Club Aquatique Charlesbourg				5:50.27			
	50m:	37.26	37.26	150m:	2:08.98	46.24	250m:	3:42.41	49.13	350m:	5:12.33	40.76
	100m:	1:22.74	45.48	200m:	2:53.28	44.30	300m:	4:31.57	49.16	400m:	5:50.27	37.94
10.	COUTURE, Marianne			15	Club de Natation de Montmagny				5:52.76			
	50m:	35.11	35.11	150m:	2:01.21	43.43	250m:	3:37.39	52.63	350m:	5:12.26	42.24
	100m:	1:17.78	42.67	200m:	2:44.76	43.55	300m:	4:30.02	52.63	400m:	5:52.76	40.50
11.	SIMARD, Mélody			15	Club de Natation de Montmagny				5:54.43			
	50m:	34.82	34.82	150m:	2:01.74	44.23	250m:	3:40.44	53.89	350m:	5:15.66	39.97
	100m:	1:17.51	42.69	200m:	2:46.55	44.81	300m:	4:35.69	55.25	400m:	5:54.43	38.77
12.	POULIOT, Héloïse			14	Club Aquatique Charlesbourg				5:59.87			
	50m:	40.05	40.05	150m:	2:17.40	48.28	250m:	3:52.39	48.60	350m:	5:22.75	42.58
	100m:	1:29.12	49.07	200m:	3:03.79	46.39	300m:	4:40.17	47.78	400m:	5:59.87	37.12
13.	GALLANT, Annabelle			15	Club de Natation des Riverains				6:01.94			
	50m:	37.01	37.01	150m:	2:11.76	49.45	250m:	3:47.68	47.86	350m:	5:22.10	43.02
	100m:	1:22.31	45.30	200m:	2:59.82	48.06	300m:	4:39.08	51.40	400m:	6:01.94	39.84

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Epreuve 5, Filles, 400m 4 nages, 14 - 15 ans

Rang			Age					Temps	Pts
14.	GIGUÈRE, Eva		14	Club de Natation des Riverains				6:04.40	
	50m:		150m:	2:12.82	250m:		350m:	5:24.71	
	100m:		200m:	2:58.80	300m:		400m:	6:04.40	39.69
15.	FERLAND, Aurélie		15	Club Aquatique Charlesbourg				6:08.21	
	50m:	37.34 37.34	150m:	2:07.40	45.20 250m:	3:46.51 54.36	350m:	5:24.91	44.30
	100m:	1:22.20 44.86	200m:	2:52.15	44.75 300m:	4:40.61 54.10	400m:	6:08.21	43.30
16.	DUBOIS, Anne-Sophie		15	Club de Natation Régional de I				6:09.44	
	50m:	41.26 41.26	150m:	2:14.36	44.02 250m:	4:49.86 1:48.86	350m:	5:30.56	
	100m:	1:30.34 49.08	200m:	3:01.00	46.64 300m:		400m:	6:09.44	38.88
17.	GOUDREAU, Marianne		14	Club Aquatique Charlesbourg				6:18.29	
	50m:		150m:	2:15.52	48.62 250m:	3:58.99	350m:	5:38.89	
	100m:	1:26.90	200m:		300m:		400m:	6:18.29	39.40
18.	PÉLISSIER, Anna Simone		15	Club Aquatique Charlesbourg				6:24.20	
	50m:	41.57 41.57	150m:	2:19.87	47.19 250m:	4:01.78 56.51	350m:	5:42.53	44.17
	100m:	1:32.68 51.11	200m:	3:05.27	45.40 300m:	4:58.36 56.58	400m:	6:24.20	41.67
19.	BOUDREAU, Clara		14	Club de Natation des Riverains				6:28.50	
	50m:		150m:	2:12.48	51.73 250m:	4:02.50 58.29	350m:	5:46.49	43.97
	100m:		200m:	3:04.21	300m:	5:02.52 1:00.02	400m:	6:28.50	42.01
20.	MORIN, Camille		14	Nsh				6:29.80	
	50m:	43.38 43.38	150m:	2:24.50	45.87 250m:	4:07.25 56.28	350m:	5:49.10	43.23
	100m:	1:38.63 55.25	200m:	3:10.97	46.47 300m:	5:05.87 58.62	400m:	6:29.80	40.70
21.	PICHETTE, Mina Matilda		14	Club de natation région de Qué				6:30.34	
	50m:	42.77 42.77	150m:	2:22.65	47.11 250m:	4:09.82 1:00.15	350m:	5:49.96	40.88
	100m:	1:35.54 52.77	200m:	3:09.67	47.02 300m:	5:09.08 59.26	400m:	6:30.34	40.38
22.	RENAUD, Émilie		14	Club de Natation des Riverains				6:33.55	
	50m:	44.25 44.25	150m:	2:28.22	47.79 250m:	4:09.20 54.64	350m:	5:50.02	44.38
	100m:	1:40.43 56.18	200m:	3:14.56	46.34 300m:	5:05.64 56.44	400m:	6:33.55	43.53
23.	FAUCHER, Julianne		14	Club de Natation des Riverains				6:41.15	
	50m:	43.23 43.23	150m:	2:25.90	50.67 250m:	4:13.91 58.42	350m:	5:57.87	43.95
	100m:	1:35.23 52.00	200m:	3:15.49	49.59 300m:	5:13.92 1:00.01	400m:	6:41.15	43.28
24.	GARON, Koralie		15	Club de Natation des Riverains				6:54.01	
	50m:	43.19 43.19	150m:	2:33.03	54.60 250m:	5:24.83 1:58.19	350m:	6:12.07	
	100m:	1:38.43 55.24	200m:	3:26.64	53.61 300m:		400m:	6:54.01	41.94
disq.	TREMBLAY, Maëlys		15	Club Aquatique Charlesbourg					
disq.	TANGUAY, Lily-Rose		15	Club de Natation des Riverains					

16 - 17 ans

1.	GUY, Roxane		17	Club de natation région de Qué				5:06.80	
	50m:	35.24 35.24	150m:	1:52.50	38.70 250m:	3:15.97 43.91	350m:	4:33.09	34.02
	100m:	1:13.80 38.56	200m:	2:32.06	39.56 300m:	3:59.07 43.10	400m:	5:06.80	33.71
2.	SHINK, Laurie		16	Club de natation région de Qué				5:17.07	
	50m:	33.60 33.60	150m:	1:52.23	40.43 250m:	3:17.92 45.25	350m:	4:40.40	37.41
	100m:	1:11.80 38.20	200m:	2:32.67	40.44 300m:	4:02.99 45.07	400m:	5:17.07	36.67
3.	LAJEUNESSE, Éliane		16	Club de Natation de Montmagny				5:27.44	
	50m:	34.29 34.29	150m:	1:57.03	43.50 250m:		350m:	4:52.00	
	100m:	1:13.53 39.24	200m:	2:40.68	43.65 300m:		400m:	5:27.44	35.44
4.	DUMAS, Annabelle		17	Club de natation région de Qué				5:33.42	
	50m:	36.25 36.25	150m:	2:00.45	42.67 250m:	3:30.57 49.13	350m:	4:57.98	38.23
	100m:	1:17.78 41.53	200m:	2:41.44	40.99 300m:	4:19.75 49.18	400m:	5:33.42	35.44

Coupe d'automne CNQ
Saint-Augustin-de-Desmaures, 25- - 26-10-2025

Epreuve 5, Filles, 400m 4 nages, 16 - 17 ans

Rang			Age					Temps	Pts
5.	TREPANIER, Lea-Frederique		16	Club Aquatique Charlesbourg				5:38.30	
	50m:	33.79 33.79	150m:	1:57.45	44.21	250m:	3:32.24 50.24	350m:	5:00.55 38.16
	100m:	1:13.24 39.45	200m:	2:42.00	44.55	300m:	4:22.39 50.15	400m:	5:38.30 37.75
6.	CHOUINARD, Dalia		16	Club de Natation des Riverains				5:39.00	
	50m:	2:00.97 2:00.97	150m:	2:46.26		250m:	3:32.64	350m:	5:00.00
	100m:		200m:			300m:		400m:	5:39.00 39.00
7.	TAVARA, Maélie		16	Club de Natation des Riverains				5:44.82	
	50m:	35.33 35.33	150m:	1:58.35	43.11	250m:	3:33.50 50.75	350m:	5:05.90 40.67
	100m:	1:15.24 39.91	200m:	2:42.75	44.40	300m:	4:25.23 51.73	400m:	5:44.82 38.92
8.	RACHEDI, Ranya		16	Club de Natation des Riverains				5:49.49	
	50m:	1:23.99 1:23.99	150m:			250m:	3:42.10 48.24	350m:	5:10.16 39.58
	100m:	2:08.97 44.98	200m:	2:53.86		300m:	4:30.58 48.48	400m:	5:49.49 39.33
9.	FORTIN, Héloïse		16	Club de Natation des Riverains				5:51.99	
	50m:	34.01 34.01	150m:	2:00.46	44.94	250m:	3:40.24 54.26	350m:	5:13.06 40.37
	100m:	1:15.52 41.51	200m:	2:45.98	45.52	300m:	4:32.69 52.45	400m:	5:51.99 38.93
10.	CADARIO, Émilie		16	Nsh				5:57.07	
	50m:		150m:	2:09.24		250m:	3:45.79 50.72	350m:	5:20.68
	100m:		200m:	2:55.07	45.83	300m:		400m:	5:57.07 36.39
11.	GILBERT, Laurie		16	Club de natation région de Qué				5:57.48	
	50m:	37.30 37.30	150m:	2:03.68	43.23	250m:	3:36.98 49.21	350m:	5:13.68 44.20
	100m:	1:20.45 43.15	200m:	2:47.77	44.09	300m:	4:29.48 52.50	400m:	5:57.48 43.80
12.	GAGNON, Estelle		16	Club de Natation de Montmagny				6:07.44	
	50m:	36.31 36.31	150m:	2:10.96	50.00	250m:	3:54.58 55.10	350m:	5:28.72 39.50
	100m:	1:20.96 44.65	200m:	2:59.48	48.52	300m:	4:49.22 54.64	400m:	6:07.44 38.72
13.	VANIER, Malya		16	Unik				6:18.21	
	50m:		150m:	2:22.33	46.74	250m:	4:53.44	350m:	5:37.18
	100m:	1:35.59	200m:			300m:		400m:	6:18.21 41.03

18 ans et plus

1.	MALENFANT, Viviane		18	Club de natation région de Qué				5:04.60	
	50m:	33.94 33.94	150m:	1:51.29	38.14	250m:	3:12.33 42.50	350m:	4:30.64 35.06
	100m:	1:13.15 39.21	200m:	2:29.83	38.54	300m:	3:55.58 43.25	400m:	5:04.60 33.96
2.	SHINK, Ariane		18	Club de natation région de Qué				5:13.59	
	50m:	33.68 33.68	150m:	1:53.71	42.06	250m:	3:19.62 45.71	350m:	4:39.51 34.41
	100m:	1:11.65 37.97	200m:	2:33.91	40.20	300m:	4:05.10 45.48	400m:	5:13.59 34.08
3.	TRÉPANIER, Sara-Eve		19	Club Aquatique Charlesbourg				5:41.63	
	50m:	33.90 33.90	150m:	1:56.57	41.71	250m:	3:29.17 50.29	350m:	5:01.56 40.20
	100m:	1:14.86 40.96	200m:	2:38.88	42.31	300m:	4:21.36 52.19	400m:	5:41.63 40.07