

Event 123 Girls, 400m Freestyle 11 - 12 years
2025-12-13 - 15:29 Results

Record Compétition / Meet Record	4:45.76	LAFRENIÈRE, Audrey	CAN	Gatineau	2014-12-13
Record de piscine / Pool Record	4:07.87	MACLEAN, Brittany	CAN	Gatineau	2012-02-18

Points: AQUA Master 2024

Rank			Age			Time	Pts	
1.	DUFORD, Jessica		12	NKB		4:39.09	751	
	50m:	31.95 31.95	150m:	1:42.70 35.92	250m:	2:54.57 36.01	350m:	4:05.47 34.97
	100m:	1:06.78 34.83	200m:	2:18.56 35.86	300m:	3:30.50 35.93	400m:	4:39.09 33.62
2.	CHEN, Skye		12	NG		5:17.77	508	
	50m:	34.50 34.50	150m:	1:53.92 40.59	250m:	3:16.64 41.56	350m:	4:39.57 41.69
	100m:	1:13.33 38.83	200m:	2:35.08 41.16	300m:	3:57.88 41.24	400m:	5:17.77 38.20
3.	COLAROSSO-FORBES, Rylan		12	NKB		5:38.05	422	
	50m:	36.60 36.60	150m:		250m:		350m:	5:55.00 16.72
	100m:	1:16.85 40.25	200m:		300m:	5:38.28	400m:	5:38.05
4.	PATREAU, Annika		12	NBYT		5:42.55	406	
	50m:	38.09 38.09	150m:	2:06.18 44.30	250m:	3:34.45 43.43	350m:	5:02.76 44.09
	100m:	1:21.88 43.79	200m:	2:51.02 44.84	300m:	4:18.67 44.22	400m:	5:42.55 39.79
	MILLER, Olivia		12	NKB		5:42.55	406	
	50m:	35.93 35.93	150m:	1:56.79	250m:		350m:	5:27.73 41.66
	100m:		200m:		300m:	4:46.07	400m:	5:42.55 14.82
6.	PERELSTEIN, Sophia		12	MST		5:44.18	400	
	50m:	39.94 39.94	150m:	2:08.83 44.62	250m:	3:35.55 43.32	350m:	5:02.26 44.00
	100m:	1:24.21 44.27	200m:	2:52.23 43.40	300m:	4:18.26 42.71	400m:	5:44.18 41.92
7.	NITSCH-MCKAY, Langley		11	KBM		5:44.82	398	
	50m:	37.61 37.61	150m:	2:06.30 44.98	250m:	3:34.67 43.78	350m:	5:02.27 44.13
	100m:	1:21.32 43.71	200m:	2:50.89 44.59	300m:	4:18.14 43.47	400m:	5:44.82 42.55
8.	HOLMES, Madison		12	NKB		5:46.50	392	
	50m:	38.26 38.26	150m:	2:05.44 43.36	250m:	3:32.19 44.02	350m:	
	100m:	1:22.08 43.82	200m:	2:48.17 42.73	300m:	4:16.89 44.70	400m:	5:46.50
9.	ROSE, Genevieve		11	NKB		5:48.32	386	
	50m:	38.47 38.47	150m:	2:05.61 44.04	250m:	3:32.92 43.28	350m:	5:04.11 45.76
	100m:	1:21.57 43.10	200m:	2:49.64 44.03	300m:	4:18.35 45.43	400m:	5:48.32 44.21
10.	RENNICK, Abigail		12	GSH		5:49.25	383	
	50m:	39.43 39.43	150m:	2:08.30 44.23	250m:	3:38.63 45.41	350m:	5:07.55 43.70
	100m:	1:24.07 44.64	200m:	2:53.22 44.92	300m:	4:23.85 45.22	400m:	5:49.25 41.70
11.	ZAPSHALLA, Eleanor		12	NBYT		5:51.13	377	
	50m:	38.47 38.47	150m:	2:08.42 46.18	250m:	3:39.42 45.47	350m:	5:08.21 43.87
	100m:	1:22.24 43.77	200m:	2:53.95 45.53	300m:	4:24.34 44.92	400m:	5:51.13 42.92
12.	RUNIONS, Millie		11	KBM		5:52.28	373	
	50m:	38.67 38.67	150m:	2:09.22 45.74	250m:	3:39.14 44.87	350m:	5:09.87 45.29
	100m:	1:23.48 44.81	200m:	2:54.27 45.05	300m:	4:24.58 45.44	400m:	5:52.28 42.41
13.	DORION, Lorika		12	NG		5:54.51	366	
	50m:	40.40 40.40	150m:	2:09.52 45.69	250m:	3:40.51 45.19	350m:	5:11.12 44.71
	100m:	1:23.83 43.43	200m:	2:55.32 45.80	300m:	4:26.41 45.90	400m:	5:54.51 43.39
14.	WANG, Samantha		11	NKB		5:57.34	357	
	50m:	41.32 41.32	150m:	2:11.52 45.60	250m:	3:42.53 46.09	350m:	5:13.48 46.06
	100m:	1:25.92 44.60	200m:	2:56.44 44.92	300m:	4:27.42 44.89	400m:	5:57.34 43.86

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Rank					Age					Time	Pts	
15.	LIN, Angie				12	NKB				5:57.57	357	
	50m:	39.45	39.45	150m:	2:11.47	46.31	250m:	3:43.25	45.94	350m:	5:14.17	45.18
	100m:	1:25.16	45.71	200m:	2:57.31	45.84	300m:	4:28.99	45.74	400m:	5:57.57	43.40
16.	PRITCHARD, Penelope J				12	GSH				5:58.62	354	
	50m:	40.82	40.82	150m:	2:12.67	45.95	250m:	3:45.20	46.56	350m:	5:15.74	45.67
	100m:	1:26.72	45.90	200m:	2:58.64	45.97	300m:	4:30.07	44.87	400m:	5:58.62	42.88
17.	HILTZ, Elsa				12	SWOTT				6:00.56	348	
	50m:	40.46	40.46	150m:	2:13.08	47.18	250m:	3:46.74	46.79	350m:	5:17.76	44.79
	100m:	1:25.90	45.44	200m:	2:59.95	46.87	300m:	4:32.97	46.23	400m:	6:00.56	42.80
18.	ZENG, Shi				12	NG				6:03.76	339	
	50m:	41.22	41.22	150m:	2:14.35	47.03	250m:	3:48.43	46.44	350m:	5:20.48	45.95
	100m:	1:27.32	46.10	200m:	3:01.99	47.64	300m:	4:34.53	46.10	400m:	6:03.76	43.28
19.	BLAIS, Abygaile				11	NG				6:04.79	336	
	50m:			150m:			250m:			350m:		
	100m:	1:25.79		200m:			300m:			400m:	6:04.79	
20.	MOORE, Adelyn				12	KBM				6:06.65	331	
	50m:	42.47	42.47	150m:	2:15.95	47.86	250m:	3:48.81	45.59	350m:	5:22.44	46.71
	100m:	1:28.09	45.62	200m:	3:03.22	47.27	300m:	4:35.73	46.92	400m:	6:06.65	44.21
21.	DUGGAN, Leah				11	GSH				6:07.82	328	
	50m:	39.92	39.92	150m:	2:12.88	46.25	250m:	3:46.29		350m:	5:16.99	43.79
	100m:	1:26.63	46.71	200m:			300m:	4:33.20	46.91	400m:	6:07.82	50.83
22.	JAMES, Ruth				11	NKB				6:07.97	327	
	50m:	40.28	40.28	150m:	2:14.00	47.45	250m:	3:47.79	46.59	350m:	5:19.21	45.88
	100m:	1:26.55	46.27	200m:	3:01.20	47.20	300m:	4:33.33	45.54	400m:	6:07.97	48.76
23.	NUYENS, Jillian				11	GSH				6:08.36	326	
	50m:	40.82	40.82	150m:	2:14.28	47.83	250m:	3:49.22	46.68	350m:	5:23.96	48.53
	100m:	1:26.45	45.63	200m:	3:02.54	48.26	300m:	4:35.43	46.21	400m:	6:08.36	44.40
24.	WALLACE, Raegan				11	NBYT				6:08.82	325	
	50m:	40.10	40.10	150m:	2:16.23	48.05	250m:	3:51.02	46.90	350m:	5:24.82	45.89
	100m:	1:28.18	48.08	200m:	3:04.12	47.89	300m:	4:38.93	47.91	400m:	6:08.82	44.00
25.	WILSON-BELL, Fiona				12	SWOTT				6:09.40	323	
	50m:	41.03	41.03	150m:	2:14.69	47.89	250m:	3:48.94		350m:		
	100m:	1:26.80	45.77	200m:			300m:			400m:	6:09.40	
26.	BROOK, Scarlet F				12	GSH				6:10.19	321	
	50m:	39.97	39.97	150m:	2:13.90	48.08	250m:	3:50.53	48.18	350m:	5:26.30	48.53
	100m:	1:25.82	45.85	200m:	3:02.35	48.45	300m:	4:37.77	47.24	400m:	6:10.19	43.89
27.	MORAWSKI, Lilah				11	NKB				6:14.30	311	
	50m:	42.78	42.78	150m:	2:18.66	48.38	250m:	3:54.44	47.01	350m:	5:29.62	48.58
	100m:	1:30.28	47.50	200m:	3:07.43	48.77	300m:	4:41.04	46.60	400m:	6:14.30	44.68
28.	CYR, Olivia				11	NG				6:15.95	307	
	50m:	41.25	41.25	150m:	2:18.50	48.21	250m:	3:55.84	48.06	350m:	5:30.59	46.63
	100m:	1:30.29	49.04	200m:	3:07.78	49.28	300m:	4:43.96	48.12	400m:	6:15.95	45.36
29.	GIROUX-LAVOIE, Jasmine				12	NG				6:18.60	300	
	50m:	43.47	43.47	150m:	2:18.37	47.94	250m:	3:55.61	48.11	350m:	5:31.80	47.60
	100m:	1:30.43	46.96	200m:	3:07.50	49.13	300m:	4:44.20	48.59	400m:	6:18.60	46.80

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Rank			Age						Time	Pts		
30.	SKAF, Valerie		11	NKB					6:21.40	294		
	50m:	39.49	39.49	150m:	2:14.68	48.45	250m:	3:53.72	49.95	350m:	5:33.65	49.72
	100m:	1:26.23	46.74	200m:	3:03.77	49.09	300m:	4:43.93	50.21	400m:	6:21.40	47.75
31.	LEE, Elissa		11	GSH					6:24.98	286		
	50m:	43.85	43.85	150m:	2:20.64	48.18	250m:	3:59.10	49.02	350m:	5:37.28	49.39
	100m:	1:32.46	48.61	200m:	3:10.08	49.44	300m:	4:47.89	48.79	400m:	6:24.98	47.70
WDR	FOO, Irene		12	NKB								