

Event 223

Women, 400m Freestyle

13 years and older

2025-12-13 - 19:25

Results Finals

Record Compétition / Meet Record 15 +	4:18.53	JEWELL, Karyn	CAN	Gatineau	2010-12-17
Record Compétition / Meet Record 13 - 14	4:27.69	HEWTON, Shaylyn C	CAN	Gatineau	2014-12-14
Record de piscine / Pool Record	4:07.87	MACLEAN, Brittany	CAN	Gatineau	2012-02-18

Points: AQUA Master 2024

Rank			Age			Time			Pts
13 - 14 years									
1.	PARADIS, Jolianne		14	NG		4:39.89			744
	50m:	31.03 31.03	150m:	1:41.41 35.49	250m:	2:53.40 36.09	350m:	4:05.39 35.59	
	100m:	1:05.92 34.89	200m:	2:17.31 35.90	300m:	3:29.80 36.40	400m:	4:39.89 34.50	
2.	KIM, Yunseo		14	NKB		4:42.55			723
	50m:	31.35 31.35	150m:	1:41.42 35.26	250m:	2:53.74 36.06	350m:	4:06.67 36.51	
	100m:	1:06.16 34.81	200m:	2:17.68 36.26	300m:	3:30.16 36.42	400m:	4:42.55 35.88	
3.	NOLAN, Amelia J		13	GO		4:46.63			693
	50m:	31.73 31.73	150m:	1:43.43 36.41	250m:	2:57.42 37.16	350m:	4:11.08 37.05	
	100m:	1:07.02 35.29	200m:	2:20.26 36.83	300m:	3:34.03 36.61	400m:	4:46.63 35.55	
4.	MCKENNA, Ainsley		14	SWOTT		4:52.93			649
	50m:	32.80 32.80	150m:	1:45.61 36.66	250m:	3:00.20 37.40	350m:	4:16.02 38.16	
	100m:	1:08.95 36.15	200m:	2:22.80 37.19	300m:	3:37.86 37.66	400m:	4:52.93 36.91	
5.	AN, Cathy		14	CALAC		4:57.17			622
	50m:	33.16 33.16	150m:	1:47.37 37.69	250m:	3:03.15 37.81	350m:	4:20.31 38.67	
	100m:	1:09.68 36.52	200m:	2:25.34 37.97	300m:	3:41.64 38.49	400m:	4:57.17 36.86	
6.	DEMOULIN, Mary		14	NG		4:58.51			613
	50m:	33.37 33.37	150m:	1:50.18 39.36	250m:	3:07.87 38.90	350m:	4:23.42 37.90	
	100m:	1:10.82 37.45	200m:	2:28.97 38.79	300m:	3:45.52 37.65	400m:	4:58.51 35.09	
7.	FOURNIER, Ellie		14	NKB		4:58.56			613
	50m:	32.52 32.52	150m:	1:46.73 38.20	250m:	3:03.94 38.69	350m:	4:21.36 38.48	
	100m:	1:08.53 36.01	200m:	2:25.25 38.52	300m:	3:42.88 38.94	400m:	4:58.56 37.20	
8.	ROBERTS, Liliana V		13	GSH		5:04.27			579
	50m:	33.69 33.69	150m:	1:49.70 38.70	250m:	3:07.93 39.43	350m:	4:26.18 39.69	
	100m:	1:11.00 37.31	200m:	2:28.50 38.80	300m:	3:46.49 38.56	400m:	5:04.27 38.09	

15 years and older

1.	FORESTIER, Gabrielle		17	NKB		4:31.88			812
	50m:	30.66 30.66	150m:	1:37.88 34.13	250m:	2:47.38 34.91	350m:	3:57.35 35.10	
	100m:	1:03.75 33.09	200m:	2:12.47 34.59	300m:	3:22.25 34.87	400m:	4:31.88 34.53	
2.	NOORDHOF, Ava		16	GO		4:35.52			780
	50m:	31.58 31.58	150m:	1:40.03 34.45	250m:	2:50.01 35.11	350m:	4:01.44 35.83	
	100m:	1:05.58 34.00	200m:	2:14.90 34.87	300m:	3:25.61 35.60	400m:	4:35.52 34.08	
3.	DUBUC, Gabrielle		17	MINA		4:41.78			729
	50m:		150m:	1:43.50 35.36	250m:	2:54.54 35.62	350m:	4:06.49 36.20	
	100m:	1:08.14	200m:	2:18.92 35.42	300m:	3:30.29 35.75	400m:	4:41.78 35.29	
4.	MCINTOSH, Grace		16	GO		4:43.92			713
	50m:	32.79 32.79	150m:	1:44.26 35.94	250m:	2:56.45 36.31	350m:	4:08.83 36.05	
	100m:	1:08.32 35.53	200m:	2:20.14 35.88	300m:	3:32.78 36.33	400m:	4:43.92 35.09	

Event 223, Women, 400m Freestyle, Final, 15 years and older

Rank	Age						Time	Pts			
5.	HASIUK, Julianna						4:45.12	704			
	50m:	32.61	32.61	150m:	1:43.61	35.84	250m:	350m:	4:09.87	37.40	
	100m:	1:07.77	35.16	200m:	2:19.63	36.02	300m:	400m:	4:45.12	35.25	
6.	JODOIN, Olivia						4:47.34	688			
	50m:	31.97	31.97	150m:	1:43.95	36.45	250m:	37.12	350m:	4:11.57	36.90
	100m:	1:07.50	35.53	200m:	2:20.56	36.61	300m:	36.99	400m:	4:47.34	35.77
7.	SERSON, Olivia						4:51.17	661			
	50m:	32.52	32.52	150m:	1:45.65	37.29	250m:	37.74	350m:	4:15.93	37.26
	100m:	1:08.36	35.84	200m:	2:23.38	37.73	300m:	37.55	400m:	4:51.17	35.24
8.	LIVINGSTON, Emmanuelle						4:53.07	648			
	50m:	34.03	34.03	150m:	1:46.90	36.66	250m:	37.53	350m:	4:17.14	37.40
	100m:	1:10.24	36.21	200m:	2:24.48	37.58	300m:	37.73	400m:	4:53.07	35.93