



Coupe des maitres manche #3 Ouest  
Montréal-Nord, 13-12-2025

Epreuve 10

Dames, 200m Libre

18 - 24 ans

2025-12-13 - 16:03

Liste résultats

|                                  |         |                      |      |     |            |
|----------------------------------|---------|----------------------|------|-----|------------|
| Canadian Master Records          | 2:08.95 | HELMSTAEDT, Karin    | KBM  | ??? | 1991-01-01 |
| Quebec Provincial Master Records | 2:13.82 | D'AMBOISE, Marie-Eve | CAMO | ??? | 2001-01-01 |

| Rang | Age               |    | Soumis | Temps   | Points         | 50m  | 100m  | 150m    | 200m    |         |
|------|-------------------|----|--------|---------|----------------|------|-------|---------|---------|---------|
| 1.   | O'BOMSAWIN, Anaïs | 21 | CAMO   | 2:22.04 | <b>2:21.19</b> | 7.00 | 31.48 | 1:07.35 | 1:44.87 | 2:21.19 |
| 2.   | BOUCHARD, Émilie  | 22 | LAVAL  | 2:30.09 | <b>2:27.88</b> | 5.00 | 33.37 | 1:11.14 | 1:50.71 | 2:27.88 |
| 3.   | DUBÉ, Ophélie     | 19 | MEGO   | 2:40.00 | <b>2:35.73</b> | 4.00 | 33.71 | 1:12.52 | 1:54.24 | 2:35.73 |
| 4.   | HOULD, Simone     | 19 | LAVAL  | 2:50.24 | <b>2:51.64</b> | 3.00 | 38.05 | 1:21.55 | 2:06.52 | 2:51.64 |

Epreuve 10

Messieurs, 200m Libre

18 - 24 ans

2025-12-13 - 16:03

Liste résultats

|                                  |         |                    |      |            |            |
|----------------------------------|---------|--------------------|------|------------|------------|
| Canadian Master Records          | 1:50.96 | BONOMO, Robert     | TOMS | ???        | 2014-05-16 |
| Quebec Provincial Master Records | 1:57.08 | PELLETIER, Sylvain | SLAM | Sainte-Foy | 2004-04-04 |

| Rang                         | Age | Soumis | Temps     | Points         | 50m | 100m  | 150m    | 200m    |         |
|------------------------------|-----|--------|-----------|----------------|-----|-------|---------|---------|---------|
| 1. DIONE, M.                 | 23  | UNMNQ  | 2:20.00   | <b>2:27.49</b> | -   | 33.24 | 1:08.99 | 1:47.40 | 2:27.49 |
| forf.déc. DESILETS, Benjamin | 24  | CARE   | forf.déc. | -              |     |       |         |         |         |

Epreuve 10

Dames, 200m Libre

25 - 29 ans

2025-12-13 - 16:03

Liste résultats

|                                  |         |                  |       |          |            |
|----------------------------------|---------|------------------|-------|----------|------------|
| Canadian Master Records          | 2:07.83 | MARSHALL, Lynn   | CARMA | ???      | 1990-01-01 |
| Quebec Provincial Master Records | 2:11.26 | MCCLEMONT, Laura | MUMS  | Montreal | 2011-05-22 |

| Rang | Age                 |  | Soumis | Temps | Points  | 50m            | 100m | 150m  | 200m    |         |         |
|------|---------------------|--|--------|-------|---------|----------------|------|-------|---------|---------|---------|
| 1.   | THERRIEN, Stéphanie |  | 27     | UNMNQ | 2:35.00 | <b>2:26.54</b> | -    | 33.02 | 1:09.78 | 1:48.61 | 2:26.54 |
| 2.   | SFAR, Yasmine       |  | 29     | STL   | 3:30.00 | <b>2:51.77</b> | 5.00 | 37.83 | 1:22.10 | 2:09.39 | 2:51.77 |

Epreuve 10

Messieurs, 200m Libre

25 - 29 ans

2025-12-13 - 16:03

Liste résultats

|                                  |         |                   |       |         |            |
|----------------------------------|---------|-------------------|-------|---------|------------|
| Canadian Master Records          | 1:48.51 | THORMEYER, Markus | EBMSC | Nanaimo | 2025-04-27 |
| Quebec Provincial Master Records | 1:54.67 | CLÉMENT, Benoit   | MUMS  | ???     | 1989-01-01 |

| Rang                              | Age |     | Soumis   | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|-----------------------------------|-----|-----|----------|----------------|--------|-------|---------|---------|---------|
| 1. SICILIANI, Zachary             | 26  | MPC | 2:15.00  | <b>2:12.29</b> | 7.00   | 29.70 | 1:03.42 | 1:37.97 | 2:12.29 |
| forf.nd. JAVIER-DROUIN, Alexandre | 25  | DDO | forf.nd. |                | -      |       |         |         |         |

Epreuve 10

Dames, 200m Libre

30 - 34 ans

2025-12-13 - 16:03

Liste résultats

|                                  |         |                         |      |            |            |
|----------------------------------|---------|-------------------------|------|------------|------------|
| Canadian Master Records          | 2:03.23 | RADOUNSKI, Victoria     | AURO | Unionville | 2025-04-25 |
| Quebec Provincial Master Records | 2:10.70 | ROY L'ECUYER, Chrystèle | NN   | Montreal   | 2018-11-10 |

| Rang                              | Age |       | Soumis  | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|-----------------------------------|-----|-------|---------|----------------|--------|-------|---------|---------|---------|
| 1. BLAIR, Corinne                 | 30  | UNMNQ | 2:40.00 | <b>2:34.83</b> | -      | 34.66 | 1:13.26 | 1:53.67 | 2:34.83 |
| 2. RICHARD, Catherine             | 33  | R2P   | 2:44.44 | <b>2:40.55</b> | 5.00   | 35.90 | 1:16.30 | 1:58.19 | 2:40.55 |
| 3. BOULET, Émy                    | 34  | CAMI  | 2:45.00 | <b>2:49.54</b> | 4.00   | 38.78 | 1:21.71 | 2:05.82 | 2:49.54 |
| 4. DUFRESNE, Sophie-Rose          | 34  | MACC  | 2:46.01 | <b>2:50.07</b> | 3.00   | 38.16 | 1:22.18 | 2:07.21 | 2:50.07 |
| 5. DESROCHERS, Stephanie          | 34  | CNMN  | 3:19.29 | <b>3:04.60</b> | 2.00   | 43.25 | 1:30.00 | 2:18.26 | 3:04.60 |
| 6. PROVENCHER S14SB14S3214, ICNSH |     |       | 3:51.33 | <b>3:52.78</b> | 1.00   | 46.25 | 1:46.92 | 2:50.95 | 3:52.78 |



Coupe des maitres manche #3 Ouest  
Montréal-Nord, 13-12-2025

Epreuve 10, 200m Libre

Epreuve 10 Messieurs, 200m Libre 30 - 34 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                     |       |               |            |
|----------------------------------|---------|---------------------|-------|---------------|------------|
| Canadian Master Records          | 1:51.73 | ABDEL KHALIK, Aly   | EOMAC | Windsor       | 2024-05-24 |
| Quebec Provincial Master Records | 1:57.14 | BUSSIÈRES, Frédérik | RL    | Drummondville | 2025-01-25 |

| Rang                      | Age | Soumis | Temps    | Points | 50m | 100m | 150m | 200m |
|---------------------------|-----|--------|----------|--------|-----|------|------|------|
| forf.nd. VAZQUEZ COBA, J. | 30  | MUMS   | forf.nd. | -      |     |      |      |      |
| forf.nd. JENSEN, Daniel   | 34  | MPC    | forf.nd. | -      |     |      |      |      |

Epreuve 10 Dames, 200m Libre 35 - 39 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                  |      |               |            |
|----------------------------------|---------|------------------|------|---------------|------------|
| Canadian Master Records          | 2:06.30 | HEVEY, Sarah-Lee | CSLA | Drummondville | 2024-01-27 |
| Quebec Provincial Master Records | 2:06.30 | HEVEY, Sarah-Lee | CSLA | Drummondville | 2024-01-27 |

| Rang               | Age | Soumis | Temps   | Points         | 50m  | 100m  | 150m    | 200m            |
|--------------------|-----|--------|---------|----------------|------|-------|---------|-----------------|
| 1. DELISLE, Karine | 38  | CNHR   | 3:37.85 | <b>3:26.10</b> | 7.00 | 43.62 | 1:35.37 | 2:31.27 3:26.10 |

Epreuve 10 Messieurs, 200m Libre 35 - 39 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                  |       |           |            |
|----------------------------------|---------|------------------|-------|-----------|------------|
| Canadian Master Records          | 1:56.84 | STATKEVICIUS, Al | EOMAC | Nepean    | 2013-05-17 |
| Quebec Provincial Master Records | 1:59.06 | BOISVERT, Simon  | MACC  | Saskatoon | 2025-05-16 |

| Rang                          | Age | Soumis | Temps    | Points         | 50m  | 100m  | 150m    | 200m            |
|-------------------------------|-----|--------|----------|----------------|------|-------|---------|-----------------|
| 1. THERIAULT, Gabriel         | 37  | CNBF   | 2:31.05  | <b>2:26.94</b> | 7.00 | 33.24 | 1:10.94 | 1:50.53 2:26.94 |
| 2. OUELLET, Mathieu           | 39  | NG     | 2:50.00  | <b>2:36.73</b> | 5.00 | 35.52 | 1:15.60 | 1:56.24 2:36.73 |
| 3. BROCHU, Guillaume          | 39  | CNHR   | 2:35.00  | <b>2:38.73</b> | 4.00 | 33.66 | 1:11.69 | 1:53.20 2:38.73 |
| 4. GADBOIS, Jonathan          | 36  | CNSH   | 2:50.00  | <b>2:46.94</b> | 3.00 | 35.77 | 1:16.22 | 2:01.38 2:46.94 |
| 5. FORTIN, Claude             | 39  | BRO    | 3:27.00  | <b>3:30.92</b> | 2.00 | 45.93 | 1:41.85 | 2:39.55 3:30.92 |
| forf.nd. CÔTÉ ROBITAILLE, Luc | 36  | MUST   | forf.nd. | -              |      |       |         |                 |

Epreuve 10 Dames, 200m Libre 40 - 44 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                      |       |         |            |
|----------------------------------|---------|----------------------|-------|---------|------------|
| Canadian Master Records          | 2:05.90 | BERTELINK, Cindy     | EOMAC | Toronto | 2016-05-21 |
| Quebec Provincial Master Records | 2:12.44 | D'AMBOISE, Marie-Eve | STL   | Quebec  | 2018-04-20 |

| Rang                    | Age | Soumis | Temps   | Points         | 50m  | 100m  | 150m    | 200m            |
|-------------------------|-----|--------|---------|----------------|------|-------|---------|-----------------|
| 1. RIOUX, Julie         | 42  | NG     | 2:30.00 | <b>2:37.17</b> | 7.00 | 35.38 | 1:15.08 | 1:56.58 2:37.17 |
| 2. BOILEAU, Geneviève   | 43  | R2P    | 2:40.80 | <b>2:37.70</b> | 5.00 | 35.44 | 1:15.21 | 1:56.95 2:37.70 |
| 3. MECTEAU, Karolyn     | 42  | R2P    | 2:45.00 | <b>2:47.62</b> | 4.00 | 37.27 | 1:19.37 | 2:03.22 2:47.62 |
| 4. MATHIEU, Naila       | 41  | CNHR   | 2:55.08 | <b>2:49.37</b> | 3.00 | 39.63 | 1:23.43 | 2:07.15 2:49.37 |
| 5. PELLETIER, Gabrielle | 41  | NG     | 2:52.00 | <b>3:00.97</b> | 2.00 | 39.90 | 1:26.03 | 2:13.33 3:00.97 |
| 6. HALLATTE, Alexandra  | 41  | R2P    | 3:00.00 | <b>3:04.10</b> | 1.00 | 40.70 | 1:27.26 | 2:15.87 3:04.10 |



Coupe des maitres manche #3 Ouest  
Montréal-Nord, 13-12-2025

Epreuve 10, 200m Libre

Epreuve 10

2025-12-13 - 16:03

Messieurs, 200m Libre

40 - 44 ans

Liste résultats

|                                  |         |                   |      |            |            |
|----------------------------------|---------|-------------------|------|------------|------------|
| Canadian Master Records          | 1:56.68 | INGO, Steve       | KBM  | Sainte-Foy | 2008-05-16 |
| Quebec Provincial Master Records | 1:59.32 | DESCHÈNES, Gilles | CMDG | Montreal   | 2006-04-23 |

| Rang     | Age               |    | Soumis | Temps    | Points         | 50m  | 100m  | 150m    | 200m    |         |
|----------|-------------------|----|--------|----------|----------------|------|-------|---------|---------|---------|
| 1.       | DESPATIES, Marc   | 43 | CAMO   | 2:23.93  | <b>2:17.64</b> | 7.00 | 33.29 | 1:08.59 | 1:44.21 | 2:17.64 |
| 2.       | SHOWERS, Matthew  | 41 | DDO    | 2:19.15  | <b>2:20.98</b> | 5.00 | 32.10 | 1:07.47 | 1:44.07 | 2:20.98 |
| 3.       | BROWN, Shawn      | 41 | DDO    | 2:38.79  | <b>2:36.16</b> | 4.00 | 34.52 | 1:13.28 | 1:54.84 | 2:36.16 |
| 4.       | CHERIF, Salim     | 44 | ELITE  | 3:20.00  | <b>3:41.97</b> | 3.00 | 48.25 | 1:42.96 | 2:41.59 | 3:41.97 |
| forf.nd. | FILION, Sébastien | 44 | CNML   | forf.nd. | -              | -    | -     | -       | -       | -       |
| forf.nd. | MASSON, Frederik  | 41 | MEGO   | forf.nd. | -              | -    | -     | -       | -       | -       |
| forf.nd. | RANKIN, Kieran    | 40 | R2P    | forf.nd. | -              | -    | -     | -       | -       | -       |

Epreuve 10

2025-12-13 - 16:03

Dames, 200m Libre

45 - 49 ans

Liste résultats

|                                  |         |                |       |            |            |
|----------------------------------|---------|----------------|-------|------------|------------|
| Canadian Master Records          | 2:11.00 | MARSHALL, Lynn | CARMA | ???        | 2006-04-29 |
| Quebec Provincial Master Records | 2:15.37 | THIBAUT, Nancy | NSH   | Unionville | 2025-04-25 |

| Rang      | Age                |    | Soumis | Temps     | Points         | 50m  | 100m  | 150m    | 200m    |         |
|-----------|--------------------|----|--------|-----------|----------------|------|-------|---------|---------|---------|
| 1.        | TANGUAY, Véronique | 49 | CNMN   | 2:34.92   | <b>2:33.89</b> | 7.00 | 34.39 | 1:12.48 | 1:52.95 | 2:33.89 |
| 2.        | CHIARADIA, Renata  | 47 | UNMNQ  | 3:10.00   | <b>2:50.50</b> | -    | 37.77 | 1:20.62 | 2:06.00 | 2:50.50 |
| 3.        | TOURANGEAU, Annick | 47 | UNMNQ  | 3:42.48   | <b>3:43.35</b> | -    | 49.42 | 1:46.15 | 2:48.28 | 3:43.35 |
| 4.        | CRUCEANU, Gabriela | 46 | MPC    | NT        | <b>4:16.17</b> | 3.00 | 58.58 | 2:05.75 | 3:14.44 | 4:16.17 |
| forf.déc. | NANTEL, Julie      | 48 | CNMN   | forf.déc. | -              |      |       |         |         |         |

Epreuve 10

2025-12-13 - 16:03

Messieurs, 200m Libre

45 - 49 ans

Liste résultats

|                                  |         |                   |      |          |            |
|----------------------------------|---------|-------------------|------|----------|------------|
| Canadian Master Records          | 1:59.03 | INGO, Steve       | KBM  | Victoria | 2012-03-30 |
| Quebec Provincial Master Records | 2:02.45 | DESCHÈNES, Gilles | CMDG | Ottawa   | 2009-03-20 |

| Rang     | Age                    |    | Soumis | Temps    | Points         | 50m  | 100m  | 150m    | 200m    |         |
|----------|------------------------|----|--------|----------|----------------|------|-------|---------|---------|---------|
| 1.       | JAMIESON, Bryan        | 47 | MACC   | 2:11.11  | <b>2:07.86</b> | 7.00 | 27.97 | 1:00.36 | 1:33.74 | 2:07.86 |
| 2.       | FREDETTE, Marc-Antoine | 48 | R2P    | 2:30.00  | <b>2:37.23</b> | 5.00 | 36.17 | 1:16.55 | 1:58.19 | 2:37.23 |
| 3.       | TURCOTTE, Serge        | 46 | CNHR   | 3:00.00  | <b>2:53.27</b> | 4.00 | 38.80 | 1:23.09 |         | 2:53.27 |
| 4.       | RAMSAY-LEMELIN, V.     | 45 | CAMO   | 3:06.29  | <b>3:09.85</b> | 3.00 | 38.32 | 1:26.70 | 2:19.01 | 3:09.85 |
| forf.nd. | TROTIER, Philippe      | 46 | DDO    | forf.nd. | -              |      |       |         |         |         |

Epreuve 10

2025-12-13 - 16:03

Dames, 200m Libre

50 - 54 ans

Liste résultats

|                                  |         |                  |       |            |            |
|----------------------------------|---------|------------------|-------|------------|------------|
| Canadian Master Records          | 2:12.02 | BERTELINK, Cindy | EOMAC | Unionville | 2025-04-25 |
| Quebec Provincial Master Records | 2:17.79 | LOWENSTEYN, Ilka | CSLA  | Montreal   | 2017-04-21 |

| Rang     | Age               |    | Soumis | Temps    | Points         | 50m  | 100m  | 150m    | 200m    |         |
|----------|-------------------|----|--------|----------|----------------|------|-------|---------|---------|---------|
| 1.       | BOZZER, Paola     | 54 | STL    | 2:48.00  | <b>2:53.93</b> | 7.00 | 40.37 | 1:24.91 | 2:10.69 | 2:53.93 |
| 2.       | PITRE, Jackie     | 54 | CNHR   | 3:12.00  | <b>3:23.80</b> | 5.00 | 46.17 | 1:38.31 | 2:32.25 | 3:23.80 |
| forf.nd. | GRIFFITHS, Kendra | 54 | BBF    | forf.nd. | -              |      |       |         |         |         |



Coupe des maitres manche #3 Ouest  
Montréal-Nord, 13-12-2025

Epreuve 10, 200m Libre

Epreuve 10  
2025-12-13 - 16:03

Messieurs, 200m Libre

50 - 54 ans  
Liste résultats

|                                  |         |                |       |          |            |
|----------------------------------|---------|----------------|-------|----------|------------|
| Canadian Master Records          | 2:00.77 | STREPPEL, Greg | SOM   | Montreal | 2019-05-24 |
| Quebec Provincial Master Records | 2:05.95 | GIROUX, Martin | LAVAL | Calgary  | 2018-05-19 |

| Rang     | Age |      | Soumis   | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|----------|-----|------|----------|----------------|--------|-------|---------|---------|---------|
| 1.       | 54  | BRO  | 2:30.00  | <b>2:25.55</b> | 7.00   | 33.02 | 1:08.85 | 1:46.68 | 2:25.55 |
| 2.       | 52  | CNMM | 2:39.78  | <b>2:38.14</b> | 5.00   | 35.84 | 1:15.20 | 1:56.68 | 2:38.14 |
| forf.nd. | 50  | CNHR | forf.nd. | -              | -      |       |         |         |         |
| forf.nd. | 51  | CAMO | forf.nd. | -              | -      |       |         |         |         |

Epreuve 10  
2025-12-13 - 16:03

Dames, 200m Libre

55 - 59 ans  
Liste résultats

|                                  |         |                  |       |               |            |
|----------------------------------|---------|------------------|-------|---------------|------------|
| Canadian Master Records          | 2:13.58 | MARSHALL, Lynn   | CARMA | ???           | 2016-02-28 |
| Quebec Provincial Master Records | 2:20.26 | LOWENSTEYN, Ilka | CSLA  | Pointe-Claire | 2024-04-20 |

| Rang     | Age |     | Soumis   | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|----------|-----|-----|----------|----------------|--------|-------|---------|---------|---------|
| 1.       | 59  | MPC | 3:43.97  | <b>3:43.28</b> | 7.00   | 50.61 | 1:46.76 | 2:45.50 | 3:43.28 |
| forf.nd. | 56  | DDO | forf.nd. | -              | -      |       |         |         |         |

Epreuve 10  
2025-12-13 - 16:03

Dames, 200m Libre

60 - 64 ans  
Liste résultats

|                                  |         |                  |       |            |            |
|----------------------------------|---------|------------------|-------|------------|------------|
| Canadian Master Records          | 2:18.45 | MARSHALL, Lynn   | CARMA | Sherbrooke | 2022-04-22 |
| Quebec Provincial Master Records | 2:21.66 | LOWENSTEYN, Ilka | CSLA  | Saskatoon  | 2025-05-16 |

| Rang     | Age |       | Soumis   | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|----------|-----|-------|----------|----------------|--------|-------|---------|---------|---------|
| 1.       | 63  | CNHR  | 2:54.80  | <b>2:50.55</b> | 7.00   | 39.76 |         | 2:07.60 | 2:50.55 |
| 2.       | 64  | CNHR  | 3:08.00  | <b>3:10.23</b> | 5.00   | 41.98 | 1:30.77 | 2:22.61 | 3:10.23 |
| 3.       | 61  | CNMN  | 3:15.02  | <b>3:10.24</b> | 4.00   | 42.67 | 1:31.25 |         | 3:10.24 |
| forf.nd. | 62  | LAVAL | forf.nd. | -              | -      |       |         |         |         |

Epreuve 10  
2025-12-13 - 16:03

Messieurs, 200m Libre

60 - 64 ans  
Liste résultats

|                                  |         |                 |       |            |            |
|----------------------------------|---------|-----------------|-------|------------|------------|
| Canadian Master Records          | 2:06.22 | MCKINNON, Peter | EOMAC | Unionville | 2025-04-25 |
| Quebec Provincial Master Records | 2:14.17 | GRABS, Detlev   | MEGO  | Sherbrooke | 2022-04-22 |

| Rang     | Age |      | Soumis   | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|----------|-----|------|----------|----------------|--------|-------|---------|---------|---------|
| 1.       | 60  | MACC | 2:21.17  | <b>2:20.55</b> | 7.00   | 32.74 | 1:07.93 | 1:44.58 | 2:20.55 |
| 2.       | 60  | MACC | 2:49.51  | <b>2:43.52</b> | 5.00   | 37.39 | 1:19.20 | 2:02.29 | 2:43.52 |
| 3.       | 64  | CNHR | 2:43.92  | <b>2:44.40</b> | 4.00   | 38.41 | 1:20.62 | 2:04.11 | 2:44.40 |
| 4.       | 61  | CNMN | 3:12.45  | <b>3:07.66</b> | 3.00   | 43.27 |         | 2:19.79 | 3:07.66 |
| 5.       | 63  | CNMN | 2:56.08  | <b>3:09.41</b> | 2.00   | 42.93 |         | 2:24.66 | 3:09.41 |
| forf.nd. | 64  | CNMN | forf.nd. | -              | -      |       |         |         |         |



Coupe des maitres manche #3 Ouest  
Montréal-Nord, 13-12-2025

Epreuve 10, 200m Libre

Epreuve 10 Messieurs, 200m Libre 65 - 69 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |               |       |               |            |
|----------------------------------|---------|---------------|-------|---------------|------------|
| Canadian Master Records          | 2:11.60 | DANIEL, Chris | EDDIE | Nanaimo       | 2025-04-27 |
| Quebec Provincial Master Records | 2:17.16 | GRABS, Detlev | MEGO  | Drummondville | 2025-04-25 |

| Rang | Age |       | Soumis  | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|------|-----|-------|---------|----------------|--------|-------|---------|---------|---------|
| 1.   | 65  | MEGO  | 2:19.90 | <b>2:19.27</b> | 7.00   | 30.92 | 1:04.90 | 1:41.67 | 2:19.27 |
| 2.   | 69  | UNMNQ | 2:39.14 | <b>2:41.64</b> | -      | 38.25 | 1:19.75 | 2:02.01 | 2:41.64 |
| 3.   | 67  | CNMT  | 2:56.96 | <b>3:09.78</b> | 4.00   |       | 1:33.45 | 2:22.47 | 3:09.78 |

Epreuve 10 Dames, 200m Libre 70 - 74 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                   |      |               |            |
|----------------------------------|---------|-------------------|------|---------------|------------|
| Canadian Master Records          | 2:41.65 | MERRITT, Cathy    | SOM  | Unionville    | 2025-04-25 |
| Quebec Provincial Master Records | 3:15.21 | BRANCHAUD, Nicole | CAMO | Pointe-Claire | 2024-04-20 |

| Rang | Age |      | Soumis  | Temps          | Points | 50m     | 100m    | 150m    | 200m    |
|------|-----|------|---------|----------------|--------|---------|---------|---------|---------|
| 1.   | 74  | MACC | 4:02.00 | <b>3:58.61</b> | 7.00   | 52.38   | 1:52.72 | 2:56.56 | 3:58.61 |
| 2.   | 70  | BRO  | 3:50.00 | <b>4:04.12</b> | 5.00   |         |         |         | 4:04.12 |
| 3.   | 73  | DDO  | 4:20.51 | <b>4:46.42</b> | 4.00   | 1:07.21 | 2:20.37 | 3:34.88 | 4:46.42 |

Epreuve 10 Messieurs, 200m Libre 70 - 74 ans  
2025-12-13 - 16:03 Liste résultats

|                                  |         |                |       |                     |            |
|----------------------------------|---------|----------------|-------|---------------------|------------|
| Canadian Master Records          | 2:24.85 | ARMSTRONG, Ron | EOMAC | Etobicoke           | 2023-05-06 |
| Quebec Provincial Master Records | 2:42.46 | RANSOM, Ken    | MPC   | Dollard-Des-Ormeaux | 2016-03-19 |

| Rang | Age |      | Soumis  | Temps          | Points | 50m   | 100m    | 150m    | 200m    |
|------|-----|------|---------|----------------|--------|-------|---------|---------|---------|
| 1.   | 70  | CAMO | 3:20.32 | <b>3:15.85</b> | 7.00   | 44.41 | 1:34.08 | 2:24.63 | 3:15.85 |
| 2.   | 71  | CAMO | 3:27.35 | <b>3:33.84</b> | 5.00   | 46.82 | 1:39.08 | 2:34.23 | 3:33.84 |