

MPC Fantastic Four - Les Quatre Fantastiques
Pointe-Claire, 8-2-2026

Epreuve 12 Dames, 400m Libre 45 - 49 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Quebec Provincial Master Records	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13

Points: AQUA Master 2025

Rang				Age				Temps	FinaPts	Score
1.	TOURANGEAU, Annick			48	UNMNQ			7:40.93	189	
	50m:	53.24	53.24	150m:	2:50.20		250m:	4:49.48	59.37	350m:
	100m:			200m:	3:50.11	59.91	300m:			400m: 7:40.93

Epreuve 12 Dames, 400m Libre 50 - 54 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Quebec Provincial Master Records	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24

Points: AQUA Master 2025

Rang				Age				Temps	FinaPts	Score
1.	ROY, Amelie			50	MPC			5:25.23	597	
	50m:	37.62	37.62	150m:	1:59.53	41.47	250m:	3:21.53	40.89	350m: 4:44.94 41.74
	100m:	1:18.06	40.44	200m:	2:40.64	41.11	300m:	4:03.20	41.67	400m: 5:25.23 40.29

Epreuve 12 Dames, 400m Libre 55 - 59 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Quebec Provincial Master Records	4:51.62	LOWENSTEYN, Ilka	CSLA	Windsor	2024-05-25

Points: AQUA Master 2025

Rang				Age				Temps	FinaPts	Score
1.	CASSIVI, Natasha			56	BRO			5:56.09	472	
	50m:	42.12	42.12	150m:	2:12.34	45.50	250m:	3:41.91	44.90	350m: 5:11.38 44.69
	100m:	1:26.84	44.72	200m:	2:57.01	44.67	300m:	4:26.69	44.78	400m: 5:56.09 44.71
2.	BOZZER, Paola			55	STL			6:07.27	430	
	50m:	41.74	41.74	150m:	2:15.30	46.74	250m:	3:49.45	47.03	350m: 5:22.94 46.22
	100m:	1:28.56	46.82	200m:	3:02.42	47.12	300m:	4:36.72	47.27	400m: 6:07.27 44.33
3.	DAOUST, Claire			58	BRO			7:42.96	215	
	50m:	51.93	51.93	150m:	2:50.08	1:00.21	250m:	4:50.94	59.45	350m: 6:48.75 58.47
	100m:	1:49.87	57.94	200m:	3:51.49	1:01.41	300m:	5:50.28	59.34	400m: 7:42.96 54.21
4.	CARAVIAS, Mary			56	STL			8:12.71	178	
	50m:	55.79	55.79	150m:	2:58.92	1:03.10	250m:	5:05.27	1:03.38	350m: 7:10.96 1:02.52
	100m:	1:55.82	1:00.03	200m:	4:01.89	1:02.97	300m:	6:08.44	1:03.17	400m: 8:12.71 1:01.75

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Epreuve 12, 400m Libre

Epreuve 12 Dames, 400m Libre 65 - 69 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	5:45.45	KOHLER-WINTER, Petra	MPC	Saskatoon	2025-05-17
Quebec Provincial Master Records	5:45.45	KOHLER-WINTER, Petra	MPC	Saskatoon	2025-05-17

Points: AQUA Master 2025

Rang	Age			Temps		FinaPts	Score
1.	KOHLER-WINTER, Petra			67	MPC	5:56.54	608
	50m:	150m:	250m:	3:41.75	350m:	5:13.21	
	100m:	200m:	300m:		400m:	5:56.54	43.33

Epreuve 12 Dames, 400m Libre 70 - 74 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	5:46.63	MERRITT, Cathy	SOM	Unionville	2025-04-26
Quebec Provincial Master Records	7:13.81	DILLINGER, Erda	MPC	Lasalle	2012-02-19

Points: AQUA Master 2025

Rang				Age				Temps				FinaPts	Score
1.	LATREILLE, Denise				70	UNMNQ				5:57.79		703	
<i>Nouveau record provincial Maitres ?</i>													
	50m:	39.98	39.98	150m:	2:10.01	45.63	250m:	3:41.80	45.84	350m:	5:13.39	45.77	
	100m:	1:24.38	44.40	200m:	2:55.96	45.95	300m:	4:27.62	45.82	400m:	5:57.79	44.40	

Epreuve 12 Messieurs, 400m Libre 25 - 29 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	3:49.90	PAULINS, Sebastian	BACM	Windsor	2024-05-25
Quebec Provincial Master Records	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01

Points: AQUA Master 2025

Rang				Age				Temps		FinaPts	Score	
1.	GIRARD-THIBODEAU, Orso				29	MUMS			5:08.26	414		
	50m:	33.50	33.50	150m:	1:50.72	39.50	250m:	3:11.36	40.28	350m:	4:30.54	39.38
	100m:	1:11.22	37.72	200m:	2:31.08	40.36	300m:	3:51.16	39.80	400m:	5:08.26	37.72

Epreuve 12 Messieurs, 400m Libre 35 - 39 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17
Quebec Provincial Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17

Points: AQUA Master 2025

Rang	Age								Temps	FinaPts	Score	
1.	HOUGHTON, Dominic								39	MPC	6:40.05	209
	50m:	42.72	42.72	150m:	2:23.14	50.62	250m:	4:07.67	52.83	350m:	5:51.10	51.09
	100m:	1:32.52	49.80	200m:	3:14.84	51.70	300m:	5:00.01	52.34	400m:	6:40.05	48.95

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Epreuve 12, 400m Libre

Epreuve 12 Messieurs, 400m Libre 50 - 54 ans
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Canadian Master Records	4:14.65	STREPEL, Greg	SOM	Montreal	2019-05-24
Quebec Provincial Master Records	4:25.78	GIROUX, Martin	MPC	Quebec	2022-05-21

Points: AQUA Master 2025

Rang	Age			Temps		FinaPts	Score
1. MARIN, Thierry	51	MACC		4:40.21		664	
50m: 33.21	33.21	150m: 1:44.88	36.03	250m: 2:56.36	35.52	350m: 4:06.71	34.64
100m: 1:08.85	35.64	200m: 2:20.84	35.96	300m: 3:32.07	35.71	400m: 4:40.21	33.50

Epreuve 12 Messieurs, 400m Libre 55 - 59 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Quebec Provincial Master Records	4:29.69	GIROUX, Martin	MPC	Unionville	2025-04-26

Points: AQUA Master 2025

Rang	Age			Temps		FinaPts	Score
1. DUCHESNE, Steeve	56	CNMM		6:00.24		359	
50m: 40.62	40.62	150m: 2:09.15	44.83	250m: 3:41.01	46.14	350m:	
100m: 1:24.32	43.70	200m: 2:54.87	45.72	300m: 4:27.19	46.18	400m: 6:00.24	

Epreuve 12 Messieurs, 400m Libre 60 - 64 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:35.75	MCKINNON, Peter	EOMAC	Etobicoke	2024-04-20
Quebec Provincial Master Records	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-15

Points: AQUA Master 2025

Rang	Age			Temps		FinaPts	Score
1. CONDE, Pablo	61	MACC		5:04.72		677	
50m: 35.45	35.45	150m: 1:53.25	39.24	250m: 3:11.29	38.77	350m: 4:28.28	38.20
100m: 1:14.01	38.56	200m: 2:32.52	39.27	300m: 3:50.08	38.79	400m: 5:04.72	36.44

Epreuve 12 Messieurs, 400m Libre 65 - 69 ans
2026-02-08 - 12:46 Liste résultats

Canadian Master Records	4:52.09	DANIEL, Chris	WILD	Cochrane	2025-02-01
Quebec Provincial Master Records	4:56.62	GRABS, Detlev	MEGO	Drummondville	2025-04-26

Points: AQUA Master 2025

Rang	Age			Temps		FinaPts	Score
1. ARSENAULT, Sylvain	65	MACC		6:11.45		375	
50m: 43.41	43.41	150m: 2:17.04	46.88	250m: 3:52.32	47.99	350m: 5:27.06	47.36
100m: 1:30.16	46.75	200m: 3:04.33	47.29	300m: 4:39.70	47.38	400m: 6:11.45	44.39

