

Invitation Unik la fonderie Laroche 2026
Pont-Rouge, 31-1- - 1-2-2026

Epreuve 18
2026-01-31 - 16:35

Dames, 400m 4 nages

Cat. générale
Liste résultats

Points:

Rang	Age										Temps	Pts
10 ans et moins												
1.	IMBEAULT, Raphaëlle			10	Club de natation région de Qué					6:04.40		
	50m:	45.92	45.92	150m:	2:34.92	52.59	250m:	4:22.55	56.94	350m:	6:04.11	44.34
	100m:	1:42.33	56.41	200m:	3:25.61	50.69	300m:	5:19.77	57.22	400m:	6:04.40	0.29
2.	ROY, Mila			10	Club de natation région de Qué					7:00.67		
	50m:	44.87	44.87	150m:	2:34.87	52.94	250m:	4:28.26	1:02.45	350m:	6:17.48	46.25
	100m:	1:41.93	57.06	200m:	3:25.81	50.94	300m:	5:31.23	1:02.97	400m:	7:00.67	43.19
11 - 12 ans												
1.	GERVAIS, Juliette			11	Unik					6:18.74		
	50m:	40.33	40.33	150m:	2:21.99	49.16	250m:	4:01.02	51.78	350m:	5:37.99	44.00
	100m:	1:32.83	52.50	200m:	3:09.24	47.25	300m:	4:53.99	52.97	400m:	6:18.74	40.75
2.	FRANÇOIS, Diuna			11	Unik					6:24.30		
	50m:	42.40	42.40	150m:	2:24.99	47.63	250m:	4:04.74	53.81	350m:	5:42.74	43.03
	100m:	1:37.36	54.96	200m:	3:10.93	45.94	300m:	4:59.71	54.97	400m:	6:24.30	41.56
3.	CHOUINARD, Mérida			11	Club de Natation des Riverains					6:37.97		
	50m:	44.08	44.08	150m:	2:31.52	52.91	250m:	4:14.21	52.10	350m:	5:55.67	45.84
	100m:	1:38.61	54.53	200m:	3:22.11	50.59	300m:	5:09.83	55.62	400m:	6:37.97	42.30
4.	GRENIER, Alice			12	Unik					6:59.90		
	50m:	50.61	50.61	150m:	2:41.46	48.66	250m:	4:30.92	1:00.84	350m:	6:16.77	45.85
	100m:	1:52.80	1:02.19	200m:	3:30.08	48.62	300m:	5:30.92	1:00.00	400m:	6:59.90	43.13
5.	BOIGET, Eléonore			11	Club de natation région de Qué					7:28.55		
	50m:	51.57	51.57	150m:	2:51.06	55.49	250m:	4:47.93	1:03.39	350m:	6:39.63	49.00
	100m:	1:55.57	1:04.00	200m:	3:44.54	53.48	300m:	5:50.63	1:02.70	400m:	7:28.55	48.92
6.	PERRON, Coralie			12	Unik					7:45.72		
	50m:	49.09	49.09	150m:	2:56.01	1:02.72	250m:	4:57.28	1:02.35	350m:	6:54.60	54.61
	100m:	1:53.29	1:04.20	200m:	3:54.93	58.92	300m:	5:59.99	1:02.71	400m:	7:45.72	51.12
7.	BOULNEMOUR, Sirine			11	Club de natation région de Qué					8:01.99		
	50m:	48.67	48.67	150m:	3:01.55	1:06.25	250m:	5:07.08	1:01.69	350m:	7:09.55	56.28
	100m:	1:55.30	1:06.63	200m:	4:05.39	1:03.84	300m:	6:13.27	1:06.19	400m:	8:01.99	52.44
13 - 14 ans												
1.	BELISLE, Alicia			13	Club de Natation des Riverains					6:13.46		
	50m:	39.40	39.40	150m:	2:18.47	49.38	250m:	3:56.50	50.78	350m:	5:33.07	43.83
	100m:	1:29.09	49.69	200m:	3:05.72	47.25	300m:	4:49.24	52.74	400m:	6:13.46	40.39
2.	CHAMBERLAND, Rosalie			13	Unik					7:00.58		
	50m:	44.41	44.41	150m:	2:38.11	53.79	250m:	4:29.35	59.75	350m:	6:17.75	46.73
	100m:	1:44.32	59.91	200m:	3:29.60	51.49	300m:	5:31.02	1:01.67	400m:	7:00.58	42.83
15 ans et plus												
1.	DESBIENS, Delphine			15	Club de Natation des Riverains					6:54.74		
	50m:	42.47	42.47	150m:	2:27.22	52.16	250m:	4:20.90	1:04.94	350m:	6:10.91	47.37
	100m:	1:35.06	52.59	200m:	3:15.96	48.74	300m:	5:23.54	1:02.64	400m:	6:54.74	43.83