

DEFI CALAC
LaSalle, 31-1- - 1-2-2026

Event 12
2026-02-01 - 9:34

Women, 400m Freestyle

11 years and older
Results

Points: AQUA 2025

Rank				Age					Time	Pts		
11 - 12 years												
1.	BEAUCHAMP, Marie			12	Natation Gatineau				5:09.50	439		
	50m:	34.84	34.84	150m:	1:53.37	39.51	250m:	3:13.59	40.22	350m:	4:32.80	39.43
	100m:	1:13.86	39.02	200m:	2:33.37	40.00	300m:	3:53.37	39.78	400m:	5:09.50	36.70
2.	ILLOUZ, Justine			11	Dorval Swim Club				5:25.94	376		
	50m:	36.70	36.70	150m:	2:00.34	41.74	250m:	3:25.43	42.06	350m:	4:47.73	40.77
	100m:	1:18.60	41.90	200m:	2:43.37	43.03	300m:	4:06.96	41.53	400m:	5:25.94	38.21
3.	TURCOTTE, Noemie			12	E.N. St Lambert				5:38.61	335		
	50m:	37.20	37.20	150m:	2:01.17	42.78	250m:	3:28.73	43.48	350m:	4:56.03	43.89
	100m:	1:18.39	41.19	200m:	2:45.25	44.08	300m:	4:12.14	43.41	400m:	5:38.61	42.58
4.	LEO, Ava			12	Dorval Swim Club				5:49.55	305		
	50m:	36.28	36.28	150m:	2:02.57	44.32	250m:	3:32.30	45.69	350m:	5:04.40	46.53
	100m:	1:18.25	41.97	200m:	2:46.61	44.04	300m:	4:17.87	45.57	400m:	5:49.55	45.15
13 - 14 years												
1.	BROCHU, Aleni			14	Natation Gatineau				4:47.06	551		
	50m:	32.81	32.81	150m:	1:45.24	36.26	250m:	2:58.28	36.29	350m:	4:11.07	36.00
	100m:	1:08.98	36.17	200m:	2:21.99	36.75	300m:	3:35.07	36.79	400m:	4:47.06	35.99
2.	PARADIS, Jolianne			14	Natation Gatineau				4:51.51	526		
	50m:	33.64	33.64	150m:	1:48.63	37.99	250m:	3:03.21	37.65	350m:	4:16.86	36.75
	100m:	1:10.64	37.00	200m:	2:25.56	36.93	300m:	3:40.11	36.90	400m:	4:51.51	34.65
3.	DEMOULIN, Mary			14	Natation Gatineau				5:13.22	424		
	50m:	34.48	34.48	150m:	1:54.52	39.18	250m:	3:14.50	39.18	350m:	4:33.81	38.10
	100m:	1:15.34	40.86	200m:	2:35.32	40.80	300m:	3:55.71	41.21	400m:	5:13.22	39.41
4.	LEBLANC, Naomie			13	Natation Gatineau				5:14.16	420		
	50m:	36.11	36.11	150m:	1:55.01	39.74	250m:	3:15.11	40.38	350m:	4:35.44	39.07
	100m:	1:15.27	39.16	200m:	2:34.73	39.72	300m:	3:56.37	41.26	400m:	5:14.16	38.72
5.	HOSNY, Lily			13	E.N. St Lambert				5:35.15	346		
	50m:	36.53	36.53	150m:	2:00.31	42.96	250m:	3:26.72	43.83	350m:	4:53.82	43.99
	100m:	1:17.35	40.82	200m:	2:42.89	42.58	300m:	4:09.83	43.11	400m:	5:35.15	41.33
6.	AVILA, Philippa			14	Dorval Swim Club				5:36.99	340		
	50m:	36.09	36.09	150m:	1:59.30	42.70	250m:	3:26.49	44.02	350m:	4:56.59	45.82
	100m:	1:16.60	40.51	200m:	2:42.47	43.17	300m:	4:10.77	44.28	400m:	5:36.99	40.40
7.	DOYON, Marie Laurence			14	Club Natation Bois Francs				5:39.37	333		
	50m:	38.46	38.46	150m:	2:05.08	42.90	250m:	3:32.00	43.07	350m:	4:58.60	42.67
	100m:	1:22.18	43.72	200m:	2:48.93	43.85	300m:	4:15.93	43.93	400m:	5:39.37	40.77
8.	BASSERMANN, Kayla			14	Dorval Swim Club				5:49.74	304		
	50m:	39.74	39.74	150m:	2:09.07	45.37	250m:	3:40.09	46.13	350m:	5:08.92	
	100m:	1:23.70	43.96	200m:	2:53.96	44.89	300m:			400m:	5:49.74	40.82

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Event 12, Women, 400m Freestyle

15 years and older

1.	KRAUSS, Ellie		17	Natation Gatineau		4:37.03	613	
	50m: 32.47	32.47	150m: 1:43.17	35.31	250m: 2:53.68	35.12	350m: 4:03.45	34.86
	100m: 1:07.86	35.39	200m: 2:18.56	35.39	300m: 3:28.59	34.91	400m: 4:37.03	33.58
2.	TESSIER, Sophia		17	Natation Gatineau		4:43.31	573	
	50m: 33.09	33.09	150m: 1:45.63	36.25	250m: 2:57.78	35.54	350m: 4:09.32	35.53
	100m: 1:09.38	36.29	200m: 2:22.24	36.61	300m: 3:33.79	36.01	400m: 4:43.31	33.99
3.	BOYER, Mariane		17	Natation Gatineau		4:44.91	563	
	50m: 33.63	33.63	150m: 1:46.28	36.58	250m: 2:57.97	36.14	350m: 4:09.78	35.98
	100m: 1:09.70	36.07	200m: 2:21.83	35.55	300m: 3:33.80	35.83	400m: 4:44.91	35.13
4.	NAULT, Laurence		15	Club Natation Bois Francs		4:49.46	537	
	50m: 32.22	32.22	150m: 1:45.05	36.94	250m: 2:58.65	36.99	350m: 4:13.61	37.43
	100m: 1:08.11	35.89	200m: 2:21.66	36.61	300m: 3:36.18	37.53	400m: 4:49.46	35.85
5.	SU, Rachel		22	Natation Gatineau		4:55.07	507	
	50m: 33.66	33.66	150m: 1:47.37	37.20	250m: 3:03.90	38.45	350m: 4:19.36	37.83
	100m: 1:10.17	36.51	200m: 2:25.45	38.08	300m: 3:41.53	37.63	400m: 4:55.07	35.71
6.	LACHAPELLE, Frederique		17	E.N. St Lambert		5:04.30	462	
	50m: 34.11	34.11	150m: 1:50.52	38.75	250m: 3:08.13	38.04	350m: 4:25.19	38.44
	100m: 1:11.77	37.66	200m: 2:30.09	39.57	300m: 3:46.75	38.62	400m: 5:04.30	39.11
7.	ALLIE, Alexia		16	Club Natation Bois Francs		5:08.09	445	
	50m: 35.36	35.36	150m: 1:54.65	39.59	250m: 3:13.79	39.92	350m: 4:31.30	38.94
	100m: 1:15.06	39.70	200m: 2:33.87	39.22	300m: 3:52.36	38.57	400m: 5:08.09	36.79
8.	BERGERON, Marie-Laurence		17	E.N. St Lambert		5:13.97	421	
	50m: 34.82	34.82	150m: 1:53.03	39.78	250m: 3:13.67	40.52	350m: 4:34.87	40.79
	100m: 1:13.25	38.43	200m: 2:33.15	40.12	300m: 3:54.08	40.41	400m: 5:13.97	39.10
9.	LESSARD, Emilie		15	Natation Gatineau		5:24.62	381	
	50m: 36.20	36.20	150m: 1:57.18	41.73	250m: 3:21.26	41.99	350m: 4:44.58	41.43
	100m: 1:15.45	39.25	200m: 2:39.27	42.09	300m: 4:03.15	41.89	400m: 5:24.62	40.04
10.	TOURANGEAU, Lyvia		18	Calac		5:24.81	380	
	50m: 37.07	37.07	150m: 1:58.56	41.16	250m: 3:21.54	40.77	350m: 4:45.36	41.90
	100m: 1:17.40	40.33	200m: 2:40.77	42.21	300m: 4:03.46	41.92	400m: 5:24.81	39.45
11.	HACHEY, Laurianne		16	E.N. St Lambert		5:29.26	365	
	50m: 37.58	37.58	150m: 1:59.16	41.20	250m: 3:22.15	41.24	350m: 4:47.26	42.72
	100m: 1:17.96	40.38	200m: 2:40.91	41.75	300m: 4:04.54	42.39	400m: 5:29.26	42.00
12.	BEDARD, jade		16	Club Natation Bois Francs		6:06.21	265	
	50m: 39.07	39.07	150m: 2:09.93	46.30	250m: 3:45.02	47.56	350m: 5:20.10	47.64
	100m: 1:23.63	44.56	200m: 2:57.46	47.53	300m: 4:32.46	47.44	400m: 6:06.21	46.11