

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

Event 7
2026-01-31 - 17:02

Women, 400m Medley

11 years and older
Results

Points: AQUA 2025

Rank				Age					Time	Pts		
11 - 12 years												
1.	PERREAULT, Robbie			12	Club Natation Bois Francs				7:29.46	203		
	50m:	47.45	47.45	150m:	2:48.65	1:03.35	250m:	4:51.10	1:02.53	350m:	6:44.39	49.01
	100m:	1:45.30	57.85	200m:	3:48.57	59.92	300m:	5:55.38	1:04.28	400m:	7:29.46	45.07
13 - 14 years												
1.	LAFRENIERE, Sandrienne			13	Natation Gatineau				6:06.96	373		
	50m:	41.62	41.62	150m:	2:20.44	48.72	250m:	3:56.88	49.39	350m:	5:28.47	41.50
	100m:	1:31.72	50.10	200m:	3:07.49	47.05	300m:	4:46.97	50.09	400m:	6:06.96	38.49
2.	MCKENNA, Margot			13	Dorval Swim Club				6:14.06	353		
	50m:	38.25	38.25	150m:	2:11.28	48.37	250m:	3:54.42	55.95	350m:	5:33.23	42.67
	100m:	1:22.91	44.66	200m:	2:58.47	47.19	300m:	4:50.56	56.14	400m:	6:14.06	40.83
3.	ROY, ann-sophie			13	Club Natation Bois Francs				6:45.19	277		
	50m:	46.53	46.53	150m:	2:37.76	53.91	250m:	4:24.02	56.01	350m:	6:05.36	44.41
	100m:	1:43.85	57.32	200m:	3:28.01	50.25	300m:	5:20.95	56.93	400m:	6:45.19	39.83
4.	HAMEL, Isabella			14	Club Aquatique du Roussillon				7:17.61	220		
	50m:	46.00	46.00	150m:			250m:	4:41.44	59.04	350m:		
	100m:	1:45.18	59.18	200m:	3:42.40		300m:	5:41.68	1:00.24	400m:	7:17.61	
15 years and older												
1.	KRAUSS, Ellie			17	Natation Gatineau				5:11.95	608		
	50m:	31.70	31.70	150m:	1:50.99	43.11	250m:	3:16.91	46.20	350m:	4:38.47	36.42
	100m:	1:07.88	36.18	200m:	2:30.71	39.72	300m:	4:02.05	45.14	400m:	5:11.95	33.48
2.	BOYER, Mariane			17	Natation Gatineau				5:25.11	537		
	50m:	33.56	33.56	150m:	1:56.80	44.55	250m:	3:24.51	43.95	350m:	4:48.29	38.18
	100m:	1:12.25	38.69	200m:	2:40.56	43.76	300m:	4:10.11	45.60	400m:	5:25.11	36.82
3.	BERGERON, Marie-Laurence			17	E.N. St Lambert				6:03.32	385		
	50m:	39.85	39.85	150m:	2:15.09	46.08	250m:	3:51.56	51.67	350m:	5:23.53	39.99
	100m:	1:29.01	49.16	200m:	2:59.89	44.80	300m:	4:43.54	51.98	400m:	6:03.32	39.79
4.	DOORBEEGASSING, emmy grace			17	Club Natation Bois Francs				6:25.67	322		
	50m:	36.54	36.54	150m:	2:12.23	51.74	250m:	3:52.99	50.47	350m:	5:37.49	49.83
	100m:	1:20.49	43.95	200m:	3:02.52	50.29	300m:	4:47.66	54.67	400m:	6:25.67	48.18
5.	SHI, Yuhan			15	Calac				7:04.30	241		
	50m:	46.59	46.59	150m:	2:41.71	59.93	250m:	4:34.72	57.03	350m:	6:19.72	47.24
	100m:	1:41.78	55.19	200m:	3:37.69	55.98	300m:	5:32.48	57.76	400m:	7:04.30	44.58