

Epreuve 31
2026-02-15 - 10:51

Filles, 400m 4 nages

17 ans et moins
Liste résultats

Coupe Québec standard A - 16: 5:12.48 / Coupe Québec standard B 17 +: 5:49.50

Points: AQUA 2025

Rang			Age			Temps	Pts	
13 ans et moins								
1.	MOFFET, Raphaëlle		13	Club aquatique Montréal		5:06.47	579	
	Qc A							
	50m:	32.59 32.59	150m:	1:48.72 40.13	250m:	3:11.95 43.95	350m:	4:31.96 35.98
	100m:	1:08.59 36.00	200m:	2:28.00 39.28	300m:	3:55.98 44.03	400m:	5:06.47 34.51
2.	RÉGNIER, Lily Rose		13	Club Natation Mustang Boucherv		5:12.13	548	
	Qc A							
	50m:	32.53 32.53	150m:	1:52.50 40.44	250m:	3:19.73 45.06	350m:	4:39.37 34.26
	100m:	1:12.06 39.53	200m:	2:34.67 42.17	300m:	4:05.11 45.38	400m:	5:12.13 32.76
3.	PERRY, Ella		12	Pointe-Claire Swim Club		5:12.29	547	
	Qc A							
	50m:	34.87 34.87	150m:	1:53.23 39.39	250m:	3:19.09 46.16	350m:	4:38.64 34.07
	100m:	1:13.84 38.97	200m:	2:32.93 39.70	300m:	4:04.57 45.48	400m:	5:12.29 33.65
4.	TESSIER, Elyanne		13	Club de natation région de Qué		5:22.20	498	
	50m:	36.32 36.32	150m:	2:00.73 41.91	250m:	3:26.00 42.98	350m:	4:44.95 36.98
	100m:	1:18.82 42.50	200m:	2:43.02 42.29	300m:	4:07.97 41.97	400m:	5:22.20 37.25
5.	MECTEAU, Abygaëlle		12	Club de Natation des Riverains		5:35.12	443	
	50m:	34.91 34.91	150m:	1:57.03 42.82	250m:	3:29.92 50.12	350m:	4:58.44 37.35
	100m:	1:14.21 39.30	200m:	2:39.80 42.77	300m:	4:21.09 51.17	400m:	5:35.12 36.68
6.	LORTIE, Charlotte		12	Club de natation région de Qué		5:36.83	436	
	50m:	35.68 35.68	150m:	2:01.99 41.82	250m:	3:33.95 49.44	350m:	5:00.76 36.90
	100m:	1:20.17 44.49	200m:	2:44.51 42.52	300m:	4:23.86 49.91	400m:	5:36.83 36.07
7.	ZHANG, Xinru		13	Pointe-Claire Swim Club		5:40.01	424	
	50m:	37.16 37.16	150m:	2:05.66 45.04	250m:	3:35.93 46.12	350m:	5:01.59 40.68
	100m:	1:20.62 43.46	200m:	2:49.81 44.15	300m:	4:20.91 44.98	400m:	5:40.01 38.42
8.	FAUCHER, Clara		12	Pointe-Claire Swim Club		6:05.73	340	
	50m:	40.74 40.74	150m:	2:16.25 45.79	250m:	3:52.85 49.59	350m:	5:27.90 42.26
	100m:	1:30.46 49.72	200m:	3:03.26 47.01	300m:	4:45.64 52.79	400m:	6:05.73 37.83
9.	PRIVÉ, Sophie		13	Club de Natation des Riverains		6:06.19	339	
	50m:	37.31 37.31	150m:	2:08.88 47.89	250m:	3:46.69 51.91	350m:	5:24.02 44.75
	100m:	1:20.99 43.68	200m:	2:54.78 45.90	300m:	4:39.27 52.58	400m:	6:06.19 42.17
10.	NADEAU, Emylia		13	Club de Natation SAMAK		6:12.74	321	
	50m:	44.68 44.68	150m:	2:22.77 44.67	250m:	4:00.20 52.62	350m:	5:33.56 40.59
	100m:	1:38.10 53.42	200m:	3:07.58 44.81	300m:	4:52.97 52.77	400m:	6:12.74 39.18
11.	ADJAOUDI, Maylis		13	Neptune Natation		6:15.13	315	
	50m:	44.62 44.62	150m:	2:23.72 45.26	250m:	4:01.37 52.97	350m:	5:36.63 41.10
	100m:	1:38.46 53.84	200m:	3:08.40 44.68	300m:	4:55.53 54.16	400m:	6:15.13 38.50
12.	BELISLE, Alicia		13	Club de Natation des Riverains		6:16.27	313	
	50m:	38.91 38.91	150m:	2:17.06 48.55	250m:	3:56.71 52.30	350m:	5:35.97 43.13
	100m:	1:28.51 49.60	200m:	3:04.41 47.35	300m:	4:52.84 56.13	400m:	6:16.27 40.30
13.	IMBEAULT, Raphaëlle		10	Club de natation région de Qué		6:19.23	305	
	50m:	41.76 41.76	150m:	2:19.97 50.90	250m:	4:03.43 53.85	350m:	5:40.70 40.93
	100m:	1:29.07 47.31	200m:	3:09.58 49.61	300m:	4:59.77 56.34	400m:	6:19.23 38.53
14.	GRENIER, Flavie		12	Club aquatique Montréal		6:19.96	303	
	50m:	41.82 41.82	150m:	2:21.01 50.02	250m:	4:03.90 56.27	350m:	5:40.55 41.33
	100m:	1:30.99 49.17	200m:	3:07.63 46.62	300m:	4:59.22 55.32	400m:	6:19.96 39.41

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Rang	Age	Temps	Pts
15. FORREST, Gabby	12	6:31.52	277
50m: 42.13 42.13	150m: 2:19.00 49.17	250m: 4:05.96 55.92	350m: 5:48.16 44.79
100m: 1:29.83 47.70	200m: 3:10.04 51.04	300m: 5:03.37 57.41	400m: 6:31.52 43.36
16. HMIDDOUCH, Soraya	12	6:43.33	254
50m: 43.51 43.51	150m: 2:26.05 50.42	250m: 4:14.36 58.92	350m: 6:01.79 45.00
100m: 1:35.63 52.12	200m: 3:15.44 49.39	300m: 5:16.79 1:02.43	400m: 6:43.33 41.54
17. IGLESIAS LEDOUX, Eva	12	6:48.58	244
50m: 46.18 46.18	150m: 2:28.25 47.57	250m: 4:15.39 59.19	350m: 6:04.33 48.63
100m: 1:40.68 54.50	200m: 3:16.20 47.95	300m: 5:15.70 1:00.31	400m: 6:48.58 44.25
disq. ABDESSELEM, Anais	13	Neptune Natation	
forf.nd. LAVERRIÈRE, Maïka	13	Neptune Natation	

14 - 15 ans

1. LAMBERT, Jade	14	5:13.28	542
50m: 33.71 33.71	150m: 1:52.78 39.88	250m: 3:17.79 45.91	350m: 4:38.04 35.68
100m: 1:12.90 39.19	200m: 2:31.88 39.10	300m: 4:02.36 44.57	400m: 5:13.28 35.24
2. FORTIN, Alix	15	5:21.97	499
50m: 33.87 33.87	150m: 1:55.19 40.55	250m: 3:22.23 44.80	350m: 4:45.43 36.54
100m: 1:14.64 40.77	200m: 2:37.43 42.24	300m: 4:08.89 46.66	400m: 5:21.97 36.54
3. ROTH, Heidi	14	5:27.86	473
50m: 35.41 35.41	150m: 1:59.82 42.68	250m: 3:27.87 45.98	350m: 4:51.53 36.81
100m: 1:17.14 41.73	200m: 2:41.89 42.07	300m: 4:14.72 46.85	400m: 5:27.86 36.33
4. STIVALETTA, Valentina	15	5:30.71	461
50m: 33.77 33.77	150m: 1:54.29 41.49	250m: 3:25.23 49.26	350m: 4:53.55 38.74
100m: 1:12.80 39.03	200m: 2:35.97 41.68	300m: 4:14.81 49.58	400m: 5:30.71 37.16
5. VAN LOON, Adele	14	5:32.55	453
50m: 36.11 36.11	150m: 2:00.53 42.26	250m: 3:30.02 47.00	350m: 4:56.64 37.44
100m: 1:18.27 42.16	200m: 2:43.02 42.49	300m: 4:19.20 49.18	400m: 5:32.55 35.91
6. YU, Chloe	14	5:48.34	394
50m: 35.54 35.54	150m: 2:02.15 43.47	250m: 3:37.06 50.69	350m: 5:08.75 40.03
100m: 1:18.68 43.14	200m: 2:46.37 44.22	300m: 4:28.72 51.66	400m: 5:48.34 39.59
7. FRÉMIOT, Juliette	15	5:53.48	377
50m: 38.16 38.16	150m: 2:06.77 43.20	250m: 3:41.83 53.22	350m: 5:13.81 40.39
100m: 1:23.57 45.41	200m: 2:48.61 41.84	300m: 4:33.42 51.59	400m: 5:53.48 39.67

16 - 17 ans

1. FORTIN, Héroïse	16	5:37.83	432
50m: 33.56 33.56	150m: 1:58.13 43.53	250m: 3:31.41 49.77	350m: 5:00.65 38.70
100m: 1:14.60 41.04	200m: 2:41.64 43.51	300m: 4:21.95 50.54	400m: 5:37.83 37.18
2. RACHEDI, Ranya	16	5:40.22	423
50m: 37.35 37.35	150m: 2:05.76 44.04	250m: 3:36.11 47.07	350m: 5:02.34 38.56
100m: 1:21.72 44.37	200m: 2:49.04 43.28	300m: 4:23.78 47.67	400m: 5:40.22 37.88
3. LACHARITÉ, Rosalie	16	5:46.07	402
50m: 35.86 35.86	150m: 1:58.73 41.61	250m: 3:31.62 50.55	350m: 5:04.25 41.34
100m: 1:17.12 41.26	200m: 2:41.07 42.34	300m: 4:22.91 51.29	400m: 5:46.07 41.82