

Epreuve 18
2026-03-15 - 12:25

400m Libre

Cat. générale
Liste résultats Eliminatoires

Points: AQUA 2025

Rang				AN					Temps	Pts		
12 ans et moins, Filles												
1.	GAUTHIER, Maéva			13	Club de Natation Juvaqua Alma				5:54.56	273	Q	
	50m:	40.45	40.45	150m:	2:14.23	46.81	250m:	3:46.17	45.51	350m:	5:14.23	43.82
	100m:	1:27.42	46.97	200m:	3:00.66	46.43	300m:	4:30.41	44.24	400m:	5:54.56	40.33
2.	TREMBLAY, Maude			13	Club de Natation Juvaqua Alma				5:56.71	268	Q	
	50m:	40.59	40.59	150m:	2:14.25	46.45	250m:	3:47.00	46.07	350m:	5:16.53	44.35
	100m:	1:27.80	47.21	200m:	3:00.93	46.68	300m:	4:32.18	45.18	400m:	5:56.71	40.18
3.	GAUTHIER, Abbi			14	Club de Natation Phoenix Saguenay				6:02.77	255	Q	
	50m:	41.45	41.45	150m:	2:14.90	47.38	250m:	3:48.53	46.10	350m:	5:20.91	45.27
	100m:	1:27.52	46.07	200m:	3:02.43	47.53	300m:	4:35.64	47.11	400m:	6:02.77	41.86
4.	CÔTÉ, Lya			13	Club de Natation Juvaqua Alma				6:14.68	232	Q	
	50m:	42.12	42.12	150m:	2:18.23	48.19	250m:	3:54.10	47.71	350m:	5:31.83	48.30
	100m:	1:30.04	47.92	200m:	3:06.39	48.16	300m:	4:43.53	49.43	400m:	6:14.68	42.85
5.	CHABOT, Éliane			15	Club de Natation Phoenix Saguenay				6:17.61	226	Q	
	50m:	40.80	40.80	150m:	2:16.62	48.46	250m:	3:53.39	48.12	350m:	5:29.48	47.78
	100m:	1:28.16	47.36	200m:	3:05.27	48.65	300m:	4:41.70	48.31	400m:	6:17.61	48.13
6.	TREMBLAY, Kate			13	Club de Natation Phoenix Saguenay				6:30.40	205	Q	
	50m:	42.11	42.11	150m:	2:22.01	50.56	250m:	4:04.38	51.34	350m:	5:43.31	49.58
	100m:	1:31.45	49.34	200m:	3:13.04	51.03	300m:	4:53.73	49.35	400m:	6:30.40	47.09
7.	HUTH, Rebeka			15	Club de Natation Phoenix Saguenay				6:30.93	204	R	
	50m:	41.87	41.87	150m:	2:21.67	50.32	250m:	4:02.66	50.42	350m:	5:45.28	50.61
	100m:	1:31.35	49.48	200m:	3:12.24	50.57	300m:	4:54.67	52.01	400m:	6:30.93	45.65
8.	GIRARD, Sofia			14	Club de Natation Phoenix Saguenay				6:50.70	176	R	
	50m:	46.84	46.84	150m:	2:32.63	53.45	250m:	4:18.25	52.30	350m:	6:02.84	51.12
	100m:	1:39.18	52.34	200m:	3:25.95	53.32	300m:	5:11.72	53.47	400m:	6:50.70	47.86
9.	SIMARD, Leïla			15	Club de Natation Phoenix Saguenay				6:54.80	171		
	50m:	45.32	45.32	150m:	2:30.99	52.86	250m:	4:18.81	53.16	350m:	6:06.33	53.66
	100m:	1:38.13	52.81	200m:	3:25.65	54.66	300m:	5:12.67	53.86	400m:	6:54.80	48.47
12 ans et moins, Garçons												
1.	LAROUCHE, Jérémy			13	Club de Natation Juvaqua Alma				5:12.90	312	Q	
	50m:	34.16	34.16	150m:	1:53.41	40.18	250m:	3:14.75	40.70	350m:	4:35.18	40.27
	100m:	1:13.23	39.07	200m:	2:34.05	40.64	300m:	3:54.91	40.16	400m:	5:12.90	37.72
2.	PLANTE, Samuel			13	Club de Natation Juvaqua Alma				5:33.37	258	Q	
	50m:	37.07	37.07	150m:	2:03.44	42.46	250m:	3:30.26	43.60	350m:	4:55.25	41.76
	100m:	1:20.98	43.91	200m:	2:46.66	43.22	300m:	4:13.49	43.23	400m:	5:33.37	38.12
3.	LAROUCHE, Kyle			14	Club de Natation Phoenix Saguenay				6:22.30	171	Q	
	50m:	41.07	41.07	150m:	2:18.98	50.11	250m:	3:57.84	49.18	350m:	5:37.29	49.53
	100m:	1:28.87	47.80	200m:	3:08.66	49.68	300m:	4:47.76	49.92	400m:	6:22.30	45.01
4.	LAROUCHE, Hayden			16	Club de Natation Phoenix Saguenay				6:31.16	159	Q	
	50m:	41.12	41.12	150m:	2:21.87	51.52	250m:	4:05.24	51.06	350m:	5:45.65	49.07
	100m:	1:30.35	49.23	200m:	3:14.18	52.31	300m:	4:56.58	51.34	400m:	6:31.16	45.51
5.	VOYAGEUR, Colton			14	Mistissini Aquatics Swim Team				6:31.18	159	Q	
	50m:	43.33	43.33	150m:	2:22.13	49.96	250m:	4:03.64	50.30	350m:	5:43.94	48.63
	100m:	1:32.17	48.84	200m:	3:13.34	51.21	300m:	4:55.31	51.67	400m:	6:31.18	47.24

Epreuve 18, Garçons, 400m Libre, Eliminatoire, 12 ans et moins

Rang			AN							Temps	Pts	
6.	HOUDE, Xavier		16		Club de Natation Phoenix Saguenay					6:32.06	158	Q
	50m:	42.94	42.94	150m:	2:22.59	50.99	250m:	4:06.02	50.83	350m:	5:47.40	50.24
	100m:	1:31.60	48.66	200m:	3:15.19	52.60	300m:	4:57.16	51.14	400m:	6:32.06	44.66
7.	SAVARD TREMBLAY, Rudy		14		Club de Natation Juvaqua Alma					6:46.44	142	R
	50m:	44.15	44.15	150m:	2:27.38	52.95	250m:	4:13.98	54.31	350m:	5:54.51	46.11
	100m:	1:34.43	50.28	200m:	3:19.67	52.29	300m:	5:08.40	54.42	400m:	6:46.44	51.93
8.	MALTAIS, Malyk		15		Club de Natation Juvaqua Alma					6:58.41	130	R
	50m:	46.05	46.05	150m:	2:34.29	54.76	250m:	4:25.49	56.13	350m:	6:12.09	52.41
	100m:	1:39.53	53.48	200m:	3:29.36	55.07	300m:	5:19.68	54.19	400m:	6:58.41	46.32
9.	FORTIN, Alek		16		Club de Natation Juvaqua Alma					7:30.69	104	
	50m:	50.34	50.34	150m:	2:45.32	57.47	250m:	4:42.59	58.82	350m:	6:38.08	57.42
	100m:	1:47.85	57.51	200m:	3:43.77	58.45	300m:	5:40.66	58.07	400m:	7:30.69	52.61
10.	TREMBLAY, Louis-Jérôme		16		Club de Natation Phoenix Saguenay					8:16.31	78	
	50m:	52.22	52.22	150m:	2:56.35	1:04.64	250m:	5:06.30	1:04.65	350m:	7:17.15	1:05.47
	100m:	1:51.71	59.49	200m:	4:01.65	1:05.30	300m:	6:11.68	1:05.38	400m:	8:16.31	59.16

13 - 14 ans, Filles

1.	LAVOIE, Anabelle		11		Club de Natation Juvaqua Alma					4:55.98	470	Q
	50m:	33.11	33.11	150m:	1:48.33	38.13	250m:	3:03.72	37.66	350m:	4:19.72	38.02
	100m:	1:10.20	37.09	200m:	2:26.06	37.73	300m:	3:41.70	37.98	400m:	4:55.98	36.26
2.	BROUSSEAU, Annabelle		11		Club de Natation Phoenix Saguenay					5:32.20	332	Q
	50m:	37.44	37.44	150m:	2:03.65	43.49	250m:	3:28.16	42.39	350m:	4:52.34	41.46
	100m:	1:20.16	42.72	200m:	2:45.77	42.12	300m:	4:10.88	42.72	400m:	5:32.20	39.86
3.	BOUDREAU, Eva		11		Club de Natation Phoenix Saguenay					5:33.77	328	Q
	50m:	36.37	36.37	150m:	1:59.11	42.22	250m:	3:25.49	43.09	350m:	4:53.24	43.56
	100m:	1:16.89	40.52	200m:	2:42.40	43.29	300m:	4:09.68	44.19	400m:	5:33.77	40.53
4.	DUCHESNE, Evelyne		12		Club de Natation Phoenix Saguenay					5:52.73	278	Q
	50m:	39.64	39.64	150m:	2:08.53	44.75	250m:	3:39.18	44.91	350m:	5:09.72	45.25
	100m:	1:23.78	44.14	200m:	2:54.27	45.74	300m:	4:24.47	45.29	400m:	5:52.73	43.01
5.	PARADIS, Delphine		11		Club de Natation Phoenix Saguenay					6:03.47	254	Q
	50m:	40.61	40.61	150m:	2:14.06	47.47	250m:	3:49.16	47.26	350m:	5:21.73	45.50
	100m:	1:26.59	45.98	200m:	3:01.90	47.84	300m:	4:36.23	47.07	400m:	6:03.47	41.74
6.	POTVIN, Émy		12		Club de Natation Phoenix Saguenay					6:26.65	211	Q
	50m:	41.23	41.23	150m:	2:20.32	50.69	250m:	4:01.56	50.69	350m:	5:40.68	49.07
	100m:	1:29.63	48.40	200m:	3:10.87	50.55	300m:	4:51.61	50.05	400m:	6:26.65	45.97
7.	PICHETTE-RODRIGUEZ, Ketsia		12		Club de Natation Chibougamau					6:49.28	178	R
	50m:	46.16	46.16	150m:	2:30.69	52.76	250m:	4:16.96	53.42	350m:	6:02.71	53.28
	100m:	1:37.93	51.77	200m:	3:23.54	52.85	300m:	5:09.43	52.47	400m:	6:49.28	46.57
8.	RATTÉ-MALTAIS, Juliette		12		Club de Natation Juvaqua Alma					7:12.77	150	R
	50m:	48.64	48.64	150m:			250m:	4:32.74	55.69	350m:	6:22.54	53.69
	100m:	1:43.93	55.29	200m:	3:37.05		300m:	5:28.85	56.11	400m:	7:12.77	50.23

13 - 14 ans, Garçons

1.	LEMAY, Florent		11		Club de Natation Juvaqua Alma					5:08.58	325	Q
	50m:	35.00	35.00	150m:	1:53.52	39.12	250m:	3:12.89	39.82	350m:	4:31.44	38.81
	100m:	1:14.40	39.40	200m:	2:33.07	39.55	300m:	3:52.63	39.74	400m:	5:08.58	37.14

Epreuve 18, Garçons, 400m Libre, Eliminatoire, 13 - 14 ans

Rang					AN					Temps	Pts	
2.	MARCEAU, Joey				12	Club de Natation Dolbeau-Mistassini				5:53.77	215 Q	
	50m:	39.16	39.16	150m:	2:08.39	45.51	250m:	3:41.07	46.56	350m:	5:13.01	44.48
	100m:	1:22.88	43.72	200m:	2:54.51	46.12	300m:	4:28.53	47.46	400m:	5:53.77	40.76
3.	MARTEL, Leo				12	Club de Natation Juvaqua Alma				6:15.07	181 Q	
	50m:	38.65	38.65	150m:	2:12.33	48.04	250m:	3:49.92	48.17	350m:	5:29.03	49.19
	100m:	1:24.29	45.64	200m:	3:01.75	49.42	300m:	4:39.84	49.92	400m:	6:15.07	46.04

15 - 16 ans, Filles

1.	DALLAIRE, Noémie				10	Club de Natation Juvaqua Alma				5:07.35	420 Q	
	50m:	33.46	33.46	150m:	1:49.89	38.86	250m:	3:09.00	39.73	350m:	4:28.59	39.61
	100m:	1:11.03	37.57	200m:	2:29.27	39.38	300m:	3:48.98	39.98	400m:	5:07.35	38.76
2.	CHOUCHANE, Zeineb				10	Club de Natation Juvaqua Alma				5:41.35	306 Q	
	50m:	37.91	37.91	150m:	2:02.31	42.85	250m:	3:29.28	43.33	350m:	4:57.53	43.92
	100m:	1:19.46	41.55	200m:	2:45.95	43.64	300m:	4:13.61	44.33	400m:	5:41.35	43.82

15 - 16 ans, Garçons

1.	BEAUDET, Alexis				10	Club de Natation Juvaqua Alma				4:37.45	447 Q	
	50m:	31.26	31.26	150m:	1:41.18	35.38	250m:	2:52.46	35.80	350m:	4:03.75	35.47
	100m:	1:05.80	34.54	200m:	2:16.66	35.48	300m:	3:28.28	35.82	400m:	4:37.45	33.70
2.	DELISLE, Louis-Thomas				10	Club de Natation Juvaqua Alma				5:16.17	302 Q	
	50m:	34.62	34.62	150m:	1:56.46	41.82	250m:	3:20.02	41.54	350m:	4:39.50	39.06
	100m:	1:14.64	40.02	200m:	2:38.48	42.02	300m:	4:00.44	40.42	400m:	5:16.17	36.67
3.	TURCOTTE, Charles-Antoine				10	Club de Natation Juvaqua Alma				5:32.13	260 Q	
	50m:	37.39	37.39	150m:	2:02.55	43.49	250m:	3:29.67	43.01	350m:	4:52.44	41.19
	100m:	1:19.06	41.67	200m:	2:46.66	44.11	300m:	4:11.25	41.58	400m:	5:32.13	39.69

17 ans et plus, Dames

1.	BOUCHARD, Lydia-Maude				09	Club de Natation Chibougamau				5:02.50	440 Q	
	50m:	33.58	33.58	150m:	1:49.92	38.39	250m:	3:07.38	38.74	350m:	4:25.39	38.76
	100m:	1:11.53	37.95	200m:	2:28.64	38.72	300m:	3:46.63	39.25	400m:	5:02.50	37.11
2.	LAVOIE, Véronique				95	Club de Natation Juvaqua Alma				5:09.89	410 Q	
	50m:	35.09	35.09	150m:	1:51.42	38.46	250m:	3:09.90	39.38	350m:	4:30.21	40.13
	100m:	1:12.96	37.87	200m:	2:30.52	39.10	300m:	3:50.08	40.18	400m:	5:09.89	39.68
3.	GAGNE, Kelly-Ann				08	Club de Natation Juvaqua Alma				5:38.76	313 Q	
	50m:	37.83	37.83	150m:	2:04.95	44.21	250m:	3:31.73	43.08	350m:	4:57.76	42.91
	100m:	1:20.74	42.91	200m:	2:48.65	43.70	300m:	4:14.85	43.12	400m:	5:38.76	41.00

17 ans et plus, Messieurs

1.	CASSAN, Antoine				94	Club de Natation Juvaqua Alma				4:36.72	451 Q	
	50m:	31.52	31.52	150m:	1:41.37	35.48	250m:	2:52.10	34.98	350m:	4:02.11	34.96
	100m:	1:05.89	34.37	200m:	2:17.12	35.75	300m:	3:27.15	35.05	400m:	4:36.72	34.61
2.	BOULANGER, Étienne				82	Club de Natation Juvaqua Alma				5:07.96	327 Q	
	50m:	34.26	34.26	150m:	1:52.02	39.41	250m:	3:11.63	39.68	350m:	4:30.85	39.16
	100m:	1:12.61	38.35	200m:	2:31.95	39.93	300m:	3:51.69	40.06	400m:	5:07.96	37.11
3.	BOUCHARD, Zachary				06	Club de Natation Dolbeau-Mistassini				5:25.57	277 Q	
	50m:	35.86	35.86	150m:	1:57.42	41.83	250m:	3:20.94	41.95	350m:	4:45.40	42.16
	100m:	1:15.59	39.73	200m:	2:38.99	41.57	300m:	4:03.24	42.30	400m:	5:25.57	40.17

Epreuve 18, Messieurs, 400m Libre, Eliminatoire, 17 ans et plus

Rang	AN								Temps	Pts		
4.	GAUTHIER, Gabriel								5:56.47	211 Q		
	50m:	38.77	38.77	150m:	2:06.95	44.72	250m:	3:38.89	46.44	350m:	5:10.80	46.17
	100m:	1:22.23	43.46	200m:	2:52.45	45.50	300m:	4:24.63	45.74	400m:	5:56.47	45.67
5.	GUAY, Eric								7:08.40	121 Q		
	50m:	42.99	42.99	150m:	2:24.15	51.65	250m:	4:15.46	56.26	350m:	6:22.65	1:08.95
	100m:	1:32.50	49.51	200m:	3:19.20	55.05	300m:	5:13.70	58.24	400m:	7:08.40	45.75