



Invitation Festi-Relâche 2026
Alma, 14 - 15-3-2026

Epreuve 18
2026-03-15 - 17:35

400m Libre

Cat. générale
Liste résultats Finales

Points: AQUA 2025

Rang					AN					Temps	Pts	
Cat. générale, Dames												
1.	LAVOIE, Anabelle				11	Club de Natation Juvaqua Alma				4:52.37	488	
	50m:	32.45	32.45	150m:	1:45.52	36.90	250m:	3:01.05	37.86	350m:	4:16.49	37.54
	100m:	1:08.62	36.17	200m:	2:23.19	37.67	300m:	3:38.95	37.90	400m:	4:52.37	35.88
2.	DALLAIRE, Noémie				10	Club de Natation Juvaqua Alma				5:01.38	445	
	50m:	32.84	32.84	150m:	1:47.89	38.19	250m:	3:05.68	38.98	350m:	4:24.59	39.62
	100m:	1:09.70	36.86	200m:	2:26.70	38.81	300m:	3:44.97	39.29	400m:	5:01.38	36.79
3.	BOUCHARD, Lydia-Maude				09	Club de Natation Chibougamau				5:01.90	443	
	50m:	33.23	33.23	150m:	1:49.32	38.89	250m:	3:07.61	39.21	350m:	4:25.46	38.87
	100m:	1:10.43	37.20	200m:	2:28.40	39.08	300m:	3:46.59	38.98	400m:	5:01.90	36.44
4.	LAVOIE, Véronique				95	Club de Natation Juvaqua Alma				5:11.11	405	
	50m:	35.21	35.21	150m:	1:51.35	38.69	250m:	3:10.49	39.66	350m:	4:30.96	40.38
	100m:	1:12.66	37.45	200m:	2:30.83	39.48	300m:	3:50.58	40.09	400m:	5:11.11	40.15
5.	BROUSSEAU, Annabelle				11	Club de Natation Phoenix Saguenay				5:29.25	341	
	50m:	35.92	35.92	150m:	1:58.87	41.79	250m:	3:24.53	43.48	350m:	4:49.98	42.29
	100m:	1:17.08	41.16	200m:	2:41.05	42.18	300m:	4:07.69	43.16	400m:	5:29.25	39.27
6.	BOUDREAU, Eva				11	Club de Natation Phoenix Saguenay				5:41.67	306	
	50m:	36.80	36.80	150m:	2:02.65	43.23	250m:	3:29.22	43.80	350m:	4:59.34	45.56
	100m:	1:19.42	42.62	200m:	2:45.42	42.77	300m:	4:13.78	44.56	400m:	5:41.67	42.33
Cat. générale, Messieurs												
1.	BEAUDET, Alexis				10	Club de Natation Juvaqua Alma				4:43.52	419	
	50m:	31.50	31.50	150m:	1:42.81	35.93	250m:	2:56.71	37.04	350m:	4:09.29	35.83
	100m:	1:06.88	35.38	200m:	2:19.67	36.86	300m:	3:33.46	36.75	400m:	4:43.52	34.23
2.	BOULANGER, Étienne				82	Club de Natation Juvaqua Alma				5:08.52	325	
	50m:	33.34	33.34	150m:	1:49.99	39.14	250m:	3:09.24	39.65	350m:	4:29.79	40.71
	100m:	1:10.85	37.51	200m:	2:29.59	39.60	300m:	3:49.08	39.84	400m:	5:08.52	38.73
3.	LAROUCHE, Jérémy				13	Club de Natation Juvaqua Alma				5:10.05	320	
	50m:	33.61	33.61	150m:	1:52.01	40.13	250m:	3:13.51	40.61	350m:	4:33.52	40.14
	100m:	1:11.88	38.27	200m:	2:32.90	40.89	300m:	3:53.38	39.87	400m:	5:10.05	36.53
4.	LEMAY, Florent				11	Club de Natation Juvaqua Alma				5:10.99	317	
	50m:	34.65	34.65	150m:	1:53.48	39.75	250m:	3:13.03	39.71	350m:	4:33.24	40.01
	100m:	1:13.73	39.08	200m:	2:33.32	39.84	300m:	3:53.23	40.20	400m:	5:10.99	37.75
5.	DELISLE, Louis-Thomas				10	Club de Natation Juvaqua Alma				5:19.72	292	
	50m:	34.52	34.52	150m:	1:54.93	41.15	250m:	3:17.49	41.33	350m:	4:40.69	41.28
	100m:	1:13.78	39.26	200m:	2:36.16	41.23	300m:	3:59.41	41.92	400m:	5:19.72	39.03
6.	TURCOTTE, Charles-Antoine				10	Club de Natation Juvaqua Alma				5:28.61	269	
	50m:	33.98	33.98	150m:	1:55.15	41.70	250m:	3:21.66	43.54	350m:	4:48.18	43.22
	100m:	1:13.45	39.47	200m:	2:38.12	42.97	300m:	4:04.96	43.30	400m:	5:28.61	40.43