

Epreuve 10
2026-04-10 - 17:00

Filles, 400m 4 nages

17 ans et moins
Liste résultats

Quebec Provincial Age Group Records 17	4:26.42	HARVEY, Mary-Sophie	NN	Toronto	2016-12-16
Quebec Provincial Age Group Records 16	4:43.26	HARVEY, Mary-Sophie	NN	Trois-Rivieres	2016-04-30
Quebec Provincial Age Group Records 15	4:45.29	HORNER, Stephanie	BBF	Trois-Rivieres	2005-02-27
Quebec Provincial Age Group Records 14	4:40.94	HARVEY, Mary-Sophie	MEGO	Tualatin Hills (USA)	2013-12-13
Quebec Provincial Age Group Records 13	4:51.49	HARVEY, Mary-Sophie	MEGO	Montreal	2013-02-15
Quebec Provincial Age Group Records - 124:57.89		HARVEY, Mary-Sophie	MEGO	Trois-Rivieres	2012-04-21

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.	MARTIN, Alizé		13		5:23.68							491
	50m:	35.65	35.65	150m:	1:59.35	39.66	250m:	3:24.85	45.28	350m:	4:48.36	37.45
	100m:	1:19.69	44.04	200m:	2:39.57	40.22	300m:	4:10.91	46.06	400m:	5:23.68	35.32
2.	FORTIN, Victoria		12		5:40.56							422
	50m:	36.35	36.35	150m:	2:00.70	45.09	250m:	3:33.69	48.04	350m:	5:02.89	38.01
	100m:	1:15.61	39.26	200m:	2:45.65	44.95	300m:	4:24.88	51.19	400m:	5:40.56	37.67
3.	LEBLOND, Chloé		13		5:41.54							418
	50m:	33.84	33.84	150m:	2:00.07	45.03	250m:	3:32.16	47.49	350m:	5:02.86	41.79
	100m:	1:15.04	41.20	200m:	2:44.67	44.60	300m:	4:21.07	48.91	400m:	5:41.54	38.68
4.	LABERGE, Kiara		13		5:45.48							404
	50m:	36.36	36.36	150m:	2:03.89	43.96	250m:	3:35.23	47.34	350m:	5:05.48	40.93
	100m:	1:19.93	43.57	200m:	2:47.89	44.00	300m:	4:24.55	49.32	400m:	5:45.48	40.00
5.	DUHAMEL, Norah		12		5:58.78							361
	50m:	37.17	37.17	150m:	2:04.71	44.82	250m:	3:45.79	55.60	350m:	5:20.15	39.41
	100m:	1:19.89	42.72	200m:	2:50.19	45.48	300m:	4:40.74	54.95	400m:	5:58.78	38.63
6.	LEBEAU, Alexia		13		5:59.93							357
	50m:	37.83	37.83	150m:	2:09.26	46.08	250m:	3:46.60	52.49	350m:	5:21.39	41.49
	100m:	1:23.18	45.35	200m:	2:54.11	44.85	300m:	4:39.90	53.30	400m:	5:59.93	38.54
7.	RUEL, Arianah		13		6:00.51							355
	50m:	39.77	39.77	150m:	2:12.80	45.19	250m:	3:49.76	53.15	350m:	5:21.47	40.50
	100m:	1:27.61	47.84	200m:	2:56.61	43.81	300m:	4:40.97	51.21	400m:	6:00.51	39.04
8.	PAQUETTE, Élisabeth		12		6:00.73							355
	50m:	43.59	43.59	150m:	2:19.61	46.24	250m:	3:53.35	49.87	350m:	5:24.86	39.57
	100m:	1:33.37	49.78	200m:	3:03.48	43.87	300m:	4:45.29	51.94	400m:	6:00.73	35.87
9.	BÉDARD, Flora		13		6:00.74							355
	50m:	38.74	38.74	150m:	2:09.59	46.70	250m:	3:49.26	54.70	350m:	5:22.95	40.99
	100m:	1:22.89	44.15	200m:	2:54.56	44.97	300m:	4:41.96	52.70	400m:	6:00.74	37.79
10.	RENAUD, Juliette		13		6:02.31							350
	50m:	38.19	38.19	150m:	2:12.24	47.11	250m:	3:48.78	49.53	350m:	5:22.84	42.88
	100m:	1:25.13	46.94	200m:	2:59.25	47.01	300m:	4:39.96	51.18	400m:	6:02.31	39.47
11.	LALANCETTE, Mégane		12		6:45.76							249
	50m:	43.35	43.35	150m:	2:22.49	45.77	250m:	4:10.88	1:00.18	350m:	6:03.97	48.28
	100m:	1:36.72	53.37	200m:	3:10.70	48.21	300m:	5:15.69	1:04.81	400m:	6:45.76	41.79
12.	GRENIER, Alice		12		6:51.69							238
	50m:	48.45	48.45	150m:	2:36.96	46.21	250m:	4:25.05	1:00.82	350m:	6:09.20	43.51
	100m:	1:50.75	1:02.30	200m:	3:24.23	47.27	300m:	5:25.69	1:00.64	400m:	6:51.69	42.49

Epreuve 10, Filles, 400m 4 nages

14 - 15 ans

1.	TETEREA, Sophia Maria	15							5:24.71	487
	50m: 34.28	34.28	150m: 1:52.66	38.79	250m: 3:21.89	48.95	350m: 4:48.52	37.16		
	100m: 1:13.87	39.59	200m: 2:32.94	40.28	300m: 4:11.36	49.47	400m: 5:24.71	36.19		
2.	PLANTE, Élizabéth	15							5:31.03	459
	50m: 35.49	35.49	150m: 2:00.23	42.52	250m: 3:31.57	49.51	350m: 4:55.53	35.24		
	100m: 1:17.71	42.22	200m: 2:42.06	41.83	300m: 4:20.29	48.72	400m: 5:31.03	35.50		
3.	GEMME, Raphaëlle	14							5:38.46	430
	50m: 35.99	35.99	150m: 2:01.85	44.22	250m: 3:32.75	46.75	350m: 5:00.37	39.58		
	100m: 1:17.63	41.64	200m: 2:46.00	44.15	300m: 4:20.79	48.04	400m: 5:38.46	38.09		
4.	TRUDEL, Léanne	14							5:38.82	428
	50m: 36.98	36.98	150m: 2:05.45	44.64	250m: 3:37.09	46.48	350m: 5:02.60	37.64		
	100m: 1:20.81	43.83	200m: 2:50.61	45.16	300m: 4:24.96	47.87	400m: 5:38.82	36.22		
5.	EMOND, Aryelle	15							5:39.74	425
	50m: 36.29	36.29	150m: 2:01.85	41.36	250m: 3:32.28	49.73	350m: 5:01.30	39.34		
	100m: 1:20.49	44.20	200m: 2:42.55	40.70	300m: 4:21.96	49.68	400m: 5:39.74	38.44		
6.	HÉROUX, Maelle	14							5:41.88	417
	50m: 35.76	35.76	150m: 1:58.24	40.00	250m: 3:31.79	52.33	350m: 5:03.11	39.54		
	100m: 1:18.24	42.48	200m: 2:39.46	41.22	300m: 4:23.57	51.78	400m: 5:41.88	38.77		
7.	LAMOTHE, Julia	15							5:43.72	410
	50m: 35.31	35.31	150m: 1:59.79	44.24	250m: 3:31.90	48.52	350m: 5:03.12	41.06		
	100m: 1:15.55	40.24	200m: 2:43.38	43.59	300m: 4:22.06	50.16	400m: 5:43.72	40.60		
8.	LAVOIE, Florence	15							5:48.21	394
	50m: 36.25	36.25	150m: 2:08.53	46.91	250m: 3:43.25	47.62	350m: 5:10.86	39.96		
	100m: 1:21.62	45.37	200m: 2:55.63	47.10	300m: 4:30.90	47.65	400m: 5:48.21	37.35		
9.	BOISVERT, Charlotte	14							5:49.67	390
	50m: 36.62	36.62	150m: 2:07.60	46.22	250m: 3:42.05	48.55	350m: 5:12.20	39.84		
	100m: 1:21.38	44.76	200m: 2:53.50	45.90	300m: 4:32.36	50.31	400m: 5:49.67	37.47		
10.	CAMPAGNA, Maude	15							5:49.69	389
	50m: 37.70	37.70	150m: 2:07.51	46.79	250m: 3:42.54	49.20	350m: 5:11.72	39.50		
	100m: 1:20.72	43.02	200m: 2:53.34	45.83	300m: 4:32.22	49.68	400m: 5:49.69	37.97		
11.	VOUTSINAS, Daphnée	14							6:07.37	336
	50m: 38.48	38.48	150m: 2:14.05	48.55	250m: 3:54.31	53.73	350m: 5:29.34	40.24		
	100m: 1:25.50	47.02	200m: 3:00.58	46.53	300m: 4:49.10	54.79	400m: 6:07.37	38.03		
12.	DUFORT, Alice	14							6:08.36	333
	50m: 40.90	40.90	150m: 2:15.78	44.76	250m: 3:54.56	52.83	350m: 5:28.98	40.84		
	100m: 1:31.02	50.12	200m: 3:01.73	45.95	300m: 4:48.14	53.58	400m: 6:08.36	39.38		
13.	AUDY, Alice	14							6:16.04	313
	50m: 41.84	41.84	150m: 2:18.58	48.08	250m: 3:57.75	50.63	350m: 5:32.38	42.98		
	100m: 1:30.50	48.66	200m: 3:07.12	48.54	300m: 4:49.40	51.65	400m: 6:16.04	43.66		

16 - 17 ans

1.	GINGRAS, Flavie	16							5:28.75	469
	50m: 34.43	34.43	150m: 1:54.73	41.43	250m: 3:23.11	43.87	350m: 4:50.45	39.23		
	100m: 1:13.30	38.87	200m: 2:39.24	44.51	300m: 4:11.22	48.11	400m: 5:28.75	38.30		
2.	GERMAIN, Leanne	17							5:35.49	441
	<i>Standard Qc B</i>									
	50m: 34.50	34.50	150m: 1:58.25	41.85	250m: 3:29.87	49.32	350m: 4:58.47	38.06		
	100m: 1:16.40	41.90	200m: 2:40.55	42.30	300m: 4:20.41	50.54	400m: 5:35.49	37.02		

Epreuve 10, Filles, 400m 4 nages, 16 - 17 ans

Rang									Age					Temps	Pts
3.	FERNET, Sarah								16					5:38.57	429
	50m:	34.70	34.70	150m:	1:58.43	42.15	250m:	3:28.49	46.17	350m:	4:59.11	41.62	400m:	5:38.57	39.46
	100m:	1:16.28	41.58	200m:	2:42.32	43.89	300m:	4:17.49	49.00						
4.	TURBIDE, Florence								16					5:46.70	400
	50m:	34.79	34.79	150m:	1:59.75	43.60	250m:	3:34.00	51.01	350m:	5:06.93	40.98	400m:	5:46.70	39.77
	100m:	1:16.15	41.36	200m:	2:42.99	43.24	300m:	4:25.95	51.95						
5.	BOUCHARD, Lydia-Maude								17					5:47.60	397
	<i>Standard Qc B</i>														
	50m:	38.25	38.25	150m:	2:08.64	45.00	250m:	3:42.48	49.05	350m:	5:11.00	39.24	400m:	5:47.60	36.60
	100m:	1:23.64	45.39	200m:	2:53.43	44.79	300m:	4:31.76	49.28						
6.	LABERGE, Dora								16					5:47.85	396
	50m:	36.78	36.78	150m:	2:05.03	41.87	250m:	3:38.33	50.71	350m:	5:10.05	40.41	400m:	5:47.85	37.80
	100m:	1:23.16	46.38	200m:	2:47.62	42.59	300m:	4:29.64	51.31						
7.	AUDET, Rosalie								16					5:57.75	364
	50m:	36.88	36.88	150m:	2:07.70	46.85	250m:	3:44.09	51.11	350m:	5:17.83	42.25	400m:	5:57.75	39.92
	100m:	1:20.85	43.97	200m:	2:52.98	45.28	300m:	4:35.58	51.49						
8.	ESSIEMBRE, Léanne								17					5:59.83	357
	50m:	36.81	36.81	150m:	2:08.84	45.42	250m:	3:45.11	49.30	350m:	5:20.64	42.72	400m:	5:59.83	39.19
	100m:	1:23.42	46.61	200m:	2:55.81	46.97	300m:	4:37.92	52.81						
9.	LÉVESQUE, Juliette								16					6:07.02	337
	50m:	39.98	39.98	150m:	2:13.16	44.31	250m:	3:51.64	53.51	350m:	5:25.80	40.89	400m:	6:07.02	41.22
	100m:	1:28.85	48.87	200m:	2:58.13	44.97	300m:	4:44.91	53.27						