**Club Aquatique Sud Ouest**
**Championnat provincial AQUAM Groupes d'©ges et Senior - Hiver 2010** **Qu®bec (CAN) -02-26-2010-02-28**

Aper- u des r®sultats Petit bassin (25m)

## £lite

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Arsenault Jacob | 96 : | 50m Libre | 14 | 27.03 | 99% | 50m Dos | 17 | 31.85 | 119% MPP |
| | | 100m Libre | 13 | 58.08 | 106% MPP | 50m Papillon | 17 | 30.40 | 96% |
| | | 200m Libre | 20 | 2:12.24 | 99% | 100m Papillon | 24 | 1:10.59 | 100% |
| Bessaou Yll¯s | 93 : | 50m Libre | 26 | 26.35 | 94% | 50m Papillon | 30 | 29.19 | 100% MPP |
| | | 100m Libre | 35 | 58.70 | 98% | 100m Papillon | 28 | 1:05.41 | 101% MPP |
| | | 50m Dos | 21 | 31.31 | 100% | | | | |
| Grenier Charline | 94 : | 50m Libre | 36 | 29.41 | 101% MPP | 100m Brasse | 8 | 1:19.04 F | 96% |
| | | 100m Libre | 48 | 1:04.15 | 102% MPP | 100m Brasse | 7 | 1:17.59 | 99% |
| | | 50m Brasse | 7 | 35.07 F | 102% MPP | 200m Brasse | 13 | 2:51.28 | 95% |
| | | 50m Brasse | 7 | 35.27 | 101% MPP | 200m 4 nages | 19 | 2:33.01 | 108% MPP |
| Vaillancourt £lysa | 95 : | 50m Libre | 7 | 28.79 F | 98% | 400m Libre | 47 | 5:05.09 | 95% |
| | | 50m Libre | 8 | 29.08 | 96% | 50m Brasse | 12 | 37.48 | 102% MPP |
| | | 100m Libre | 11 | 1:02.68 | 98% | 100m Brasse | 12 | 1:22.03 | 99% |
| | | 200m Libre | 20 | 2:17.70 | 102% MPP | 200m Brasse | 10 | 2:54.49 | 123% MPP |

## Rel¯ve 10-12 P1

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|---|---|---|---|---|---|---|---|---|---|
| Blaskovich Adrianna | 97 : | 50m Libre | 17 | 30.81 | 103% MPP | 50m Dos | 17 | 35.79 | 105% MPP |
| | | 200m Libre | 33 | 2:36.72 | 92% | 50m Papillon | 14 | 34.01 | 105% MPP |
| | | 400m Libre | 37 | 5:25.51 | 106% MPP | 200m Papillon | 18 | 3:03.78 | MPP |

Total 33 r®sultats individuels, performance moyenne: 101,2%
0 nouveau(x) record(s), 17 nouvelle(s) MPP(s)
Meilleure am®lioration: Vaillancourt £lysa, 200m Brasse 2:54.49