

NATATION COURSE

SÉRIES INTERRÉGIONALES FÉMININES 2009-2012

Femmes	SI	JI	CI	MI
	Senior Interrégional	Junior Interrégional	Cadet Interrégional	Minime Interrégional
50 M NAGE LIBRE	00:28.58	00:29.82	00:30.02	00:30.52
100 M NAGE LIBRE	01:01.44	01:04.10	01:04.52	01:05.59
200 M NAGE LIBRE	02:13.17	02:18.95	02:19.86	02:22.18
400 M NAGE LIBRE	04:40.67	04:52.83	04:54.75	04:59.65
800 M NAGE LIBRE	09:34.49	09:59.39	10:03.31	10:13.35
1500 M NAGE LIBRE	18:16.07	19:03.57	19:11.05	19:30.19
50 M DOS	00:32.35	00:33.75	00:33.97	00:34.54
100 M DOS	01:09.11	01:12.10	01:12.57	01:15.21
200 M DOS	02:27.99	02:34.40	02:35.41	02:40.73
50 M BRASSE	00:35.67	00:37.21	00:37.46	00:38.08
100 M BRASSE	01:17.78	01:21.15	01:21.68	01:23.97
200 M BRASSE	02:47.05	02:54.29	02:55.43	03:01.41
50 M PAILLON	00:29.83	00:31.13	00:31.33	00:31.85
100 M PAILLON	01:06.63	01:09.52	01:09.97	01:12.77
200 M PAILLON	02:27.59	02:33.99	02:34.99	02:39.59
200 M 4 NAGES	02:30.86	02:37.40	02:38.43	02:41.07
400 M 4 NAGES	05:13.99	05:27.60	05:38.76	05:44.90

SÉRIES INTERRÉGIONALES MASCULINES 2009-2012

Hommes	SI	JI	CI	MI
	Senior Interrégional	Junior Interrégional	Cadet Interrégional	Minime Interrégional
50 M NAGE LIBRE	00:24.57	00:25.41	00:26.02	00:27.22
100 M NAGE LIBRE	00:54.08	00:55.93	00:57.28	00:59.91
200 M NAGE LIBRE	01:58.11	02:02.15	02:05.10	02:10.84
400 M NAGE LIBRE	04:14.09	04:22.80	04:29.14	04:41.48
800 M NAGE LIBRE	08:48.69	09:06.80	09:19.99	09:45.68
1500 M NAGE LIBRE	16:44.63	17:19.05	17:44.12	18:32.93
50 M DOS	00:28.69	00:29.68	00:30.39	00:31.79
100 M DOS	01:01.04	01:03.13	01:04.65	01:08.84
200 M DOS	02:14.17	02:18.77	02:22.11	02:29.33
50 M BRASSE	00:31.03	00:32.09	00:32.87	00:34.37
100 M BRASSE	01:07.65	01:09.96	01:11.65	01:16.13
200 M BRASSE	02:28.32	02:33.12	02:36.72	02:44.14
50 M PAILLON	00:26.48	00:27.39	00:28.05	00:29.33
100 M PAILLON	00:58.63	01:00.64	01:02.11	01:06.18
200 M PAILLON	02:11.76	02:16.27	02:19.56	02:27.80
200 M 4 NAGES	02:15.19	02:19.83	02:23.20	02:29.77
400 M 4 NAGES	04:45.42	04:55.19	05:02.32	05:20.00