

NATATION COURSE

SÉRIES RÉGIONALES FÉMININES 2009-2012

Femmes	SR	JR	CR	MR
	Senior Régional	Junior Régional	Cadet Régional	Minime Régional
50 M NAGE LIBRE	00:30.58	00:31.17	00:31.35	00:32.16
100 M NAGE LIBRE	01:05.74	01:07.00	01:07.39	01:09.12
200 M NAGE LIBRE	02:22.50	02:25.24	02:26.07	02:29.82
400 M NAGE LIBRE	05:00.32	05:06.10	05:07.84	05:15.76
800 M NAGE LIBRE	10:14.71	10:26.54	10:30.11	10:46.31
1500 M NAGE LIBRE	19:32.79	19:55.37	20:02.18	20:33.08
50 M DOS	00:34.61	00:35.28	00:35.48	00:36.39
100 M DOS	01:13.95	01:15.37	01:15.80	01:19.29
200 M DOS	02:38.35	02:41.40	02:42.32	02:49.47
50 M BRASSE	00:38.16	00:38.90	00:39.12	00:40.12
100 M BRASSE	01:23.22	01:24.82	01:25.31	01:28.53
200 M BRASSE	02:58.75	03:02.19	03:03.22	03:11.27
50 M PAILLON	00:31.92	00:32.53	00:32.72	00:33.56
100 M PAILLON	01:11.30	01:12.67	01:13.08	01:16.73
200 M PAILLON	02:37.92	02:40.96	02:41.88	02:48.26
200 M 4 NAGES	02:41.42	02:44.53	02:45.47	02:49.72
400 M 4 NAGES	05:35.97	05:42.44	05:53.49	06:03.64

SÉRIES RÉGIONALES MASCULINES 2009-2012

Hommes	SR	JR	CR	MR
	Senior Régional	Junior Régional	Cadet Régional	Minime Régional
50 M NAGE LIBRE	00:26.40	00:26.66	00:27.47	00:28.70
100 M NAGE LIBRE	00:58.11	00:58.70	01:00.47	01:03.17
200 M NAGE LIBRE	02:06.91	02:08.19	02:12.05	02:17.96
400 M NAGE LIBRE	04:33.03	04:35.79	04:44.09	04:56.80
800 M NAGE LIBRE	09:28.09	09:33.84	09:51.10	10:17.55
1500 M NAGE LIBRE	17:59.50	18:10.42	18:43.23	19:33.49
50 M DOS	00:30.83	00:31.14	00:32.08	00:33.51
100 M DOS	01:05.59	01:06.25	01:08.24	01:12.58
200 M DOS	02:24.17	02:25.63	02:30.01	02:37.45
50 M BRASSE	00:33.34	00:33.68	00:34.69	00:36.24
100 M BRASSE	01:12.69	01:13.42	01:15.63	01:20.27
200 M BRASSE	02:39.03	02:40.70	02:46.18	02:53.07
50 M PAILLON	00:28.45	00:28.74	00:29.61	00:30.32
100 M PAILLON	01:03.00	01:03.64	01:05.56	01:09.77
200 M PAILLON	02:21.58	02:23.01	02:27.31	02:35.84
200 M 4 NAGES	02:25.27	02:26.74	02:31.15	02:37.92
400 M 4 NAGES	05:06.69	05:09.79	05:19.11	05:37.39