

Saison : 2010 / 2011

## Championnats Interrégionaux (réf. nat.)

Performance à réaliser en bassin de 50m pour s'engager

DAMES						Epreuves	MESSIEURS					
21 ans et plus	18-20 ans	17 ans	16 ans	15 ans	14 ans		21 ans et plus	18-20 ans	17 ans	16 ans	15 ans	14 ans
28.92	29.81	30.13	30.59	30.86	31.44	<b>50 NL</b>	25.28	25.77	26.62	27.11	27.70	28.79
1:03.13	1:05.07	1:05.76	1:06.76	1:07.35	1:08.62	<b>100 NL</b>	55.85	56.93	58.80	59.90	1:01.19	1:03.60
2:16.77	2:20.98	2:22.47	2:24.64	2:25.92	2:28.66	<b>200 NL</b>	2:03.17	2:05.56	2:09.68	2:12.10	2:14.94	2:20.25
4:46.35	4:55.17	4:58.29	5:02.84	5:05.51	5:11.26	<b>400 NL</b>	4:21.87	4:26.93	4:35.69	4:40.84	4:46.89	4:58.17
9:49.84	10:08.00	10:14.42	10:23.80	10:29.31	10:41.14	<b>800 NL</b>	9:04.72	9:15.25	9:33.49	9:44.20	9:56.77	10:20.24
18:50.29	19:25.09	19:37.40	19:55.35	20:05.92	20:28.60	<b>1500 NL</b>	17:20.75	17:40.87	18:15.70	18:36.17	19:00.19	19:45.03
33.55	34.59	34.95	35.48	35.80	36.47	<b>50 Dos</b>	29.31	29.88	30.86	31.43	32.11	33.37
1:12.04	1:14.25	1:15.04	1:16.18	1:16.86	1:18.30	<b>100 Dos</b>	1:03.43	1:04.66	1:06.78	1:08.03	1:09.50	1:12.23
2:34.02	2:38.76	2:40.44	2:42.88	2:44.32	2:47.41	<b>200 Dos</b>	2:18.77	2:21.46	2:26.10	2:28.83	2:32.03	2:38.01
37.07	38.21	38.61	39.20	39.55	40.29	<b>50 Bra.</b>	32.22	32.84	33.92	34.55	35.29	36.68
1:20.88	1:23.37	1:24.25	1:25.54	1:26.29	1:27.91	<b>100 Bra.</b>	1:11.30	1:12.67	1:15.06	1:16.46	1:18.11	1:21.18
2:53.23	2:58.56	3:00.45	3:03.20	3:04.82	3:08.29	<b>200 Bra.</b>	2:34.76	2:37.75	2:42.93	2:45.97	2:49.54	2:56.21
31.20	32.16	32.50	33.00	33.29	33.91	<b>50 Pap.</b>	27.54	28.07	29.00	29.54	30.17	31.36
1:09.69	1:11.83	1:12.59	1:13.70	1:14.35	1:15.75	<b>100 Pap.</b>	1:01.72	1:02.91	1:04.98	1:06.19	1:07.62	1:10.28
2:33.22	2:37.93	2:39.60	2:42.03	2:43.47	2:46.54	<b>200 Pap.</b>	2:17.18	2:19.83	2:24.42	2:27.12	2:30.28	2:36.19
2:37.29	2:42.13	2:43.84	2:46.34	2:47.81	2:50.97	<b>200 4 N.</b>	2:19.82	2:22.53	2:27.21	2:29.96	2:33.18	2:39.21
5:29.80	5:39.95	5:43.54	5:48.78	5:51.86	5:58.48	<b>400 4 N.</b>	4:58.44	5:04.21	5:14.20	5:20.07	5:26.96	5:39.82

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