



Grilles Régionales

GRILLES QUALIFICATION FINALE REGIONALE INDIVIDUELLE :

Femmes						Hommes				
Seniors <i>2005 et avant</i>	J3-J4 <i>2006 - 2007</i>	J1-J2 <i>2008 / 2009</i>	Benjamins <i>2010 et 2011</i>	Avenirs <i>2012 et après</i>		Avenirs <i>2011 et après</i>	Benjamins <i>2009 et 2010</i>	J1-J2 <i>2007 / 2008</i>	J3-J4 <i>2005 - 2006</i>	Seniors <i>2004 et avant</i>
00:37,00	00:37,00	00:38,00	00:42,00	01:00,00	50 Nage Libre	00:55,00	00:40,00	00:34,00	00:31,00	00:29,00
01:25,00	01:25,00	01:28,00	01:40,00		100 Nage Libre		01:35,00	01:20,00	01:14,00	01:09,00
03:20,00	03:20,00	03:30,00	03:40,00		200 Nage Libre		03:30,00	03:10,00	02:50,00	02:40,00
00:47,00	00:47,00	00:50,00	01:00,00	01:05,00	50 Dos	01:00,00	00:55,00	00:45,00	00:42,00	00:40,00
01:45,00	01:45,00	01:50,00	02:00,00		100 Dos		02:00,00	01:45,00	01:35,00	01:30,00
03:45,00	03:45,00	03:55,00			200 Dos			03:40,00	03:30,00	03:30,00
00:48,00	00:48,00	00:50,00	00:55,00	01:05,00	50 Brasse	01:00,00	00:52,00	00:45,00	00:42,00	00:40,00
01:45,00	01:45,00	01:50,00	02:00,00		100 Brasse		01:55,00	01:40,00	01:35,00	01:30,00
03:55,00	03:55,00	04:00,00			200 Brasse			03:40,00	03:30,00	03:20,00
00:48,00	00:48,00	00:50,00	00:57,00	01:10,00	50 Papillon	01:02,00	00:55,00	00:45,00	00:40,00	00:36,00
01:50,00	01:50,00	01:55,00	02:00,00		100 Papillon		01:55,00	01:40,00	01:30,00	01:25,00
03:45,00	03:45,00	03:45,00			200 Papillon			03:30,00	03:30,00	03:30,00
			01:55,00	02:15,00	100 4 Nages	02:10,00	01:50,00			
03:45,00	03:45,00	03:50,00			200 4 Nages			03:30,00	03:15,00	03:05,00

INFORMATIONS :

Compétition qualificative pour le critérium national de natation estivale

Pour consulter **les grilles de qualification** de cette compétition, veuillez-vous rendre [page 14](#) de ce document.