

# CHAMPIONNATS REGIONAUX ETE (50M)

Performances réalisées sur la base des performances tout bassin saison N, N-1 et N-2

## Temps à réaliser en bassin de 50m

DAMES					Épreuves	MESSIEURS				
Tps limites						Tps limites				
J1	J2	J3	J4	J5 et plus		J5 et plus	J4	J3	J2	J1
00:31,00	00:30,70	00:30,40	00:30,10	00:29,50	50 NL	00:26,40	00:27,00	00:28,00	00:29,00	00:30,09
01:09,30	01:07,40	01:06,80	01:05,50	01:04,20	100 NL	00:56,50	00:59,00	01:01,00	01:03,00	01:08,50
02:31,00	02:28,00	02:27,00	02:25,00	02:23,90	200 NL	02:08,00	02:12,00	02:16,00	02:18,00	02:27,00
05:30,00	05:15,00	05:10,00	05:05,00	05:03,80	400 NL	04:31,00	04:50,00	05:00,00	05:07,00	05:20,00
11:00,00	10:50,00	10:40,00	10:30,00	10:26,90	800 NL	09:15,00	09:45,00	10:00,00	10:10,00	10:40,00
20:15,00	20:00,00	19:45,00	19:30,00	19:26,70	1500 NL	17:45,00	18:15,00	18:40,00	19:00,00	20:05,00
00:38,10	00:37,00	00:36,30	00:35,80	00:35,05	50 Dos	00:32,50	00:33,20	00:34,00	00:35,00	00:37,50
01:26,20	01:19,80	01:18,60	01:17,70	01:16,90	100 Dos	01:10,30	01:12,40	01:14,00	01:16,00	01:25,00
02:58,00	02:50,00	02:48,00	02:45,00	02:43,80	200 Dos	02:31,00	02:36,00	02:40,00	02:45,00	02:57,00
00:43,20	00:42,00	00:41,30	00:41,00	00:40,20	50 Bra	00:35,00	00:36,40	00:38,00	00:40,00	00:43,00
01:34,50	01:31,00	01:30,00	01:29,00	01:28,90	100 Bra	01:19,30	01:23,00	01:25,00	01:28,00	01:34,00
03:23,10	03:15,00	03:10,00	03:07,00	03:05,70	200 Bra	02:50,00	02:55,00	03:00,00	03:10,00	03:22,90
00:35,50	00:34,00	00:33,50	00:33,00	00:32,25	50 Pap	00:28,50	00:29,40	00:30,50	00:32,00	00:35,00
01:25,00	01:22,00	01:20,00	01:18,00	01:17,10	100 Pap	01:07,00	01:10,00	01:12,50	01:15,00	01:24,50
03:12,50	02:55,00	02:50,00	02:45,00	02:43,80	200 Pap	02:30,00	02:37,00	02:45,00	02:55,00	03:12,00
02:53,40	02:49,00	02:47,00	02:44,00	02:42,90	200 4n	02:28,00	02:33,00	02:39,00	02:44,00	02:52,90
06:12,30	05:55,00	05:45,00	05:35,00	05:32,90	400 4n	05:25,00	05:35,00	05:40,00	05:55,00	06:11,50

## Temps à réaliser en bassin de 25m

DAMES					Épreuves	MESSIEURS				
Tps limites						Tps limites				
J1	J2	J3	J4	J5 et plus		J5 et plus	J4	J3	J2	J1
00:30,30	00:30,00	00:29,70	00:29,40	00:28,80	50 NL	00:25,70	00:26,30	00:27,30	00:28,30	00:29,39
01:08,10	01:06,20	01:05,60	01:04,30	01:03,00	100 NL	00:55,30	00:57,80	00:59,80	01:01,80	01:07,30
02:28,10	02:25,10	02:24,10	02:22,10	02:21,00	200 NL	02:05,10	02:09,10	02:13,10	02:15,10	02:24,10
05:23,80	05:08,80	05:03,80	04:58,80	04:57,60	400 NL	04:24,80	04:43,80	04:53,80	05:00,80	05:13,80
10:47,10	10:37,10	10:27,10	10:17,10	10:14,00	800 NL	09:02,10	09:32,10	09:47,10	09:57,10	10:27,10
19:50,50	19:35,50	19:20,50	19:05,50	19:02,20	1500 NL	17:20,50	17:50,50	18:15,50	18:35,50	19:40,50
00:36,80	00:35,70	00:35,00	00:34,50	00:33,75	50 Dos	00:31,20	00:31,90	00:32,70	00:33,70	00:36,20
01:23,90	01:17,50	01:16,30	01:15,40	01:14,60	100 Dos	01:08,00	01:10,10	01:11,70	01:13,70	01:22,70
02:52,60	02:44,60	02:42,60	02:39,60	02:38,40	200 Dos	02:25,60	02:30,60	02:34,60	02:39,60	02:51,60
00:42,50	00:41,30	00:40,60	00:40,30	00:39,50	50 Bra	00:34,30	00:35,70	00:37,30	00:39,30	00:42,30
01:32,60	01:29,10	01:28,10	01:27,10	01:27,00	100 Bra	01:17,40	01:21,10	01:23,10	01:26,10	01:32,10
03:18,60	03:10,50	03:05,50	03:02,50	03:01,20	200 Bra	02:45,50	02:50,50	02:55,50	03:05,50	03:18,40
00:34,90	00:33,40	00:32,90	00:32,40	00:31,65	50 Pap	00:27,90	00:28,80	00:29,90	00:31,40	00:34,40
01:23,60	01:20,60	01:18,60	01:16,60	01:15,70	100 Pap	01:05,60	01:08,60	01:11,10	01:13,60	01:23,10
03:09,20	02:51,70	02:46,70	02:41,70	02:40,50	200 Pap	02:26,70	02:33,70	02:41,70	02:51,70	03:08,70
02:50,00	02:45,60	02:43,60	02:40,60	02:39,50	200 4n	02:24,60	02:29,60	02:35,60	02:40,60	02:49,50
06:04,80	05:47,50	05:37,50	05:27,50	05:25,40	400 4n	05:17,50	05:27,50	05:32,50	05:47,50	06:04,00