

Grille de participation au

Meeting Régional Qualificatif de LENS

Temps Tous Bassins

DAMES				MESSIEURS		
Minimes 96 - 97	Cadets 94 - 95	Juniors & + 93 & Avant	Course	Minimes 96 - 97	Cadets 94 - 95	Juniors & + 93 & Avant
36.00	35.00	33.00	50 m NL	34.00	32.00	30.00
1:24.00	1:20.00	1:18.00	100 m NL	1:18.00	1:12.00	1:10.00
3:02.00	2:54.00	2:50.00	200 m NL	2:50.00	2:38.00	2:32.00
5:48.00	5:37.00	5:30.00	400 m NL	5:38.00	5:27.00	5:18.00
11:54.00	11:30.00	11:08.00	800/1500 NL	22:40.00	22:18.00	21:50.00
42.00	40.00	38.00	50 m Dos	44.00	38.00	35.00
1:38.00	1:36.00	1:34.00	100 m Dos	1:36.00	1:32.00	1:24.00
3:20.00	3:13.00	3:08.00	200 m Dos	3:18.00	3:06.00	2:50.00
48.00	46.00	43.00	50 m Brasse	47.00	40.00	38.00
1:47.00	1:44.00	1:42.00	100 m Brasse	1:41.00	1:35.00	1:28.00
3:36.00	3:30.00	3:26.00	200 m Brasse	3:24.00	3:14.00	3:00.00
42.00	40.00	38.00	50 m Pap	38.00	35.00	33.00
1:39.00	1:36.00	1:32.00	100 m Pap	1:35.00	1:25.00	1:20.00
3:32.00	3:28.00	3:16.00	200 m Pap	3:20.00	3:02.00	2:50.00
3:32.00	3:28.00	3:16.00	200 m 4N	3:12.00	3:02.00	2:56.00
6:36.00	6:25.00	6:16.00	400 m 4N	6:22.00	6:11.00	6:02.00