



***RECAPITULATIF
DES PERFORMANCES
REGIONALES
2011 – 2012***

PERFORMANCES 2012 – DAMES TOUTES CATEGORIES

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 50ème	Tps 100ème	Tps 150ème	Tps 200ème	Dernière classée
50m nage libre	26.22	27.24	27.73	28.44	29.24	29.85	30.25	
100m nage libre	55.50	58.56	59.97	1:01.61	1:03.38	1:04.64	1:05.54	
200m nage libre	1:59.71	2:05.54	2:09.59	2:14.61	2:19.47	2:23.18	2:27.21	
400m nage libre	4:09.69	4:28.11	4:33.07	4:43.15	4:58.13	5:07.37	5:17.48	
800m nage libre	8:31.06	9:09.36	9:24.49	9:48.79	10:45.58			12:09.49 (129ème)
1500m nage libre	16:25.62	17:56.31	18:28.80					22:09.13 (40ème)
50m dos	29.65	31.11	31.89	32.86	34.20	35.52	36.76	
100m dos	1:02.28	1:05.98	1:08.21	1:11.15	1:14.19	1:17.00	1:18.91	
200m dos	2:12.85	2:25.66	2:28.01	2:34.95	2:41.85	2:50.89	3:07.74	
50m brasse	32.31	34.50	35.53	37.16	38.68	40.26	41.65	
100m brasse	1:09.34	1:15.43	1:17.10	1:21.86	1:25.50	1:28.51	1:32.42	
200m brasse	2:26.99	2:40.78	2:47.52	2:57.35	3:07.49	3:21.90	3:42.51	
50m papillon	27.12	28.40	29.37	30.67	31.74	32.58	33.42	
100m papillon	1:00.24	1:03.60	1:05.69	1:09.02	1:12.46	1:16.54	1:20.27	
200m papillon	2:11.61	2:23.95	2:31.38	2:43.82				3:42.25 (100ème)
200m 4 nages	2:14.88	2:26.74	2:29.74	2:34.50	2:38.72	2:42.95	2:46.31	
400m 4 nages	4:48.57	5:13.41	5:20.45	5:39.49	6:22.99			7:36.10 (104ème)

PERFORMANCES 2012 – HOMMES TOUTES CATEGORIES

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 50ème	Tps 100ème	Tps 150ème	Tps 200ème	Dernier classé
50m nage libre	21.93	24.05	24.40	25.15	25.58	26.05	26.57	
100m nage libre	48.13	52.49	53.26	54.54	56.05	57.02	58.19	
200m nage libre	1:46.70	1:54.55	1:57.13	2:00.03	2:04.02	2:07.64	2:10.15	
400m nage libre	3:50.15	4:03.17	4:09.80	4:18.99	4:29.13	4:38.55	4:45.88	
800m nage libre	7:54.41	8:32.32	8:50.49	9:14.30	10:03.70			11:06.52 (128ème)
1500m nage libre	15:01.43	16:25.31	16:48.81	17:30.09	18:57.13			20:50.25 (120ème)
50m dos	25.87	27.79	28.28	29.19	30.47	31.44	32.43	
100m dos	55.31	59.30	1:00.83	1:03.53	1:06.04	1:08.49	1:10.82	
200m dos	2:01.31	2:09.03	2:11.03	2:18.98	2:24.84	2:32.43	2:41.35	
50m brasse	28.45	29.68	30.92	32.23	33.59	35.20	36.53	
100m brasse	1:02.70	1:05.07	1:08.01	1:11.70	1:14.95	1:19.13	1:22.66	
200m brasse	2:14.17	2:23.60	2:31.05	2:39.76	2:51.97	3:09.21		3:47.52 (196ème)
50m papillon	23.51	25.60	25.96	26.83	27.65	28.18	28.86	
100m papillon	53.90	57.52	58.43	1:00.37	1:02.63	1:04.64	1:07.63	
200m papillon	1:57.59	2:09.08	2:11.40	2:21.35	2:38.28			3:44.15 (146ème)
200m 4 nages	2:07.57	2:10.90	2:13.23	2:18.32	2:22.58	2:27.00	2:30.11	
400m 4 nages	4:20.84	4:38.34	4:45.69	4:57.01	5:17.14	5:40.67		6:59.84 (180ème)

PERFORMANCES 17 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	27.04	28.30	29.55	30.16	
100m nage libre	57.63	1:01.22	1:03.74	1:05.41	
200m nage libre	2:03.01	2:13.45	2:19.37	2:22.78	
400m nage libre	4:18.03	4:38.92	4:53.39	5:13.84	
800m nage libre	8:49.62	9:43.42	11:11.31		
1500m nage libre	17:20.00	19:40.32			20:46.37 (11ème)
50m dos	30.23	32.59	35.53	39.01	
100m dos	1:05.01	1:10.19	1:15.47	1:25.79	
200m dos	2:18.79	2:31.50	2:40.89		3:00.79 (27ème)
50m brasse	33.87	39.88	43.48		49.44 (27ème)
100m brasse	1:14.75	1:27.06	1:37.66		
200m brasse	2:40.86	3:06.54			3:39.30 (14ème)
50m papillon	28.81	31.35	33.32	34.88	
100m papillon	1:06.26	1:11.70	1:15.89	1:21.87	
200m papillon	2:26.08				2:47.79 (6ème)
200m 4 nages	2:21.12	2:33.76	2:38.46	2:49.77	
400m 4 nages	5:11.94	6:03.14			6:13.59 (11ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	24.03	25.49	26.04	26.44	
100m nage libre	53.57	55.18	56.59	57.42	
200m nage libre	1:53.58	1:59.47	2:03.45	2:06.68	
400m nage libre	3:58.57	4:14.61	4:24.24	4:40.64	
800m nage libre	8:14.25	9:15.83			9:49.51 (19ème)
1500m nage libre	15:47.75	17:42.04			19:46.14 (18ème)
50m dos	27.79	29.13	30.71	32.14	
100m dos	1:00.45	1:03.20	1:06.39	1:08.97	
200m dos	2:10.36	2:17.28	2:24.84	2:36.78	
50m brasse	30.23	33.23	34.93	38.29	
100m brasse	1:06.24	1:13.39	1:19.79	1:24.33	
200m brasse	2:23.60	2:50.00			3:11.39 (18ème)
50m papillon	26.31	27.15	27.71	28.69	
100m papillon	58.06	1:00.60	1:02.79	1:04.22	
200m papillon	2:09.18	2:16.70	2:32.98		2:50.81 (24ème)
200m 4 nages	2:09.70	2:18.37	2:23.90	2:26.36	
400m 4 nages	4:36.32	4:55.53	5:35.91		5:50.84 (21ème)

PERFORMANCES 16 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	27.73	28.86	29.64	30.15	
100m nage libre	1:00.04	1:01.95	1:04.20	1:05.32	
200m nage libre	2:09.37	2:16.10	2:19.96	2:24.90	
400m nage libre	4:32.42	4:46.05	5:02.10	5:16.14	
800m nage libre	9:12.99	10:31.89			11:25.37 (18ème)
1500m nage libre	17:51.39				20:32.17 (8ème)
50m dos	31.52	33.71	35.22	36.44	
100m dos	1:08.13	1:12.13	1:15.16	1:17.71	
200m dos	2:26.49	2:35.37	2:45.44	3:01.13	
50m brasse	34.45	38.14	40.28	41.63	
100m brasse	1:15.67	1:23.38	1:27.62	1:33.57	
200m brasse	2:44.06	3:04.00	3:14.40		3:33.30 (27ème)
50m papillon	28.93	31.32	31.96	32.95	
100m papillon	1:04.75	1:10.05	1:13.03	1:18.26	
200m papillon	2:23.07	2:43.01	3:21.64		
200m 4 nages	2:28.43	2:37.40	2:40.97	2:45.51	
400m 4 nages	5:13.80	5:43.54			6:11.44 (16ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	25.15	25.91	26.57	27.15	
100m nage libre	54.29	56.38	58.15	59.02	
200m nage libre	1:57.70	2:02.64	2:07.40	2:10.28	
400m nage libre	4:10.24	4:24.77	4:35.07	4:47.65	
800m nage libre	8:38.84	9:14.54			10:17.48 (17ème)
1500m nage libre	16:25.31	17:53.29			18:59.71 (18ème)
50m dos	27.93	30.18	32.09	32.69	
100m dos	59.56	1:04.77	1:08.25	1:10.42	
200m dos	2:06.69	2:22.05	2:28.94	2:39.91	
50m brasse	31.78	33.30	35.89	37.01	
100m brasse	1:08.35	1:16.87	1:20.35	1:22.99	
200m brasse	2:28.35	2:52.68	3:07.01		3:23.24 (23ème)
50m papillon	25.96	27.78	28.80	29.42	
100m papillon	57.09	1:02.39	1:05.80	1:08.71	
200m papillon	2:09.08	2:25.07	2:43.27		3:03.95 (27ème)
200m 4 nages	2:11.59	2:23.63	2:29.15	2:31.69	
400m 4 nages	4:38.34	5:07.76	5:22.17		5:51.22 (28ème)

PERFORMANCES 15 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	26.89	28.75	29.33	29.84	
100m nage libre	58.56	1:02.25	1:03.31	1:04.51	
200m nage libre	2:10.47	2:14.63	2:19.07	2:21.84	
400m nage libre	4:31.39	4:47.11	4:58.99	5:06.22	
800m nage libre	9:17.21	9:48.96	10:19.44		11:30.44 (27ème)
1500m nage libre	17:56.31				22:09.13 (8ème)
50m dos	30.61	32.76	33.64	34.50	
100m dos	1:07.94	1:09.66	1:12.67	1:15.59	
200m dos	2:24.42	2:31.56	2:38.13	2:43.45	
50m brasse	33.71	36.41	37.37	38.27	
100m brasse	1:13.52	1:19.94	1:22.10	1:26.65	
200m brasse	2:37.23	2:52.38	3:03.51	3:13.58	
50m papillon	28.27	30.64	31.86	32.59	
100m papillon	1:03.52	1:08.91	1:13.33	1:15.36	
200m papillon	2:22.63	2:41.20	3:05.23		3:07.78 (21ème)
200m 4 nages	2:21.86	2:32.47	2:38.85	2:41.45	
400m 4 nages	5:01.04	5:29.04	5:46.26		6:22.99 (29ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	25.03	26.40	26.87	27.29	
100m nage libre	53.92	57.09	58.70	59.35	
200m nage libre	1:58.96	2:05.02	2:09.05	2:10.79	
400m nage libre	4:08.30	4:27.40	4:34.68	4:39.10	
800m nage libre	8:37.77	9:08.21	9:30.72	10:13.46	
1500m nage libre	16:30.67	17:30.09	18:30.75	20:29.38	
50m dos	28.96	30.77	31.67	33.31	
100m dos	1:01.23	1:05.56	1:07.65	1:09.86	
200m dos	2:12.47	2:22.59	2:28.31	2:32.68	
50m brasse	31.00	32.92	34.17	35.70	
100m brasse	1:09.57	1:11.84	1:13.07	1:19.13	
200m brasse	2:26.01	2:35.94	2:44.19	2:53.60	
50m papillon	26.01	28.24	28.71	29.51	
100m papillon	57.74	1:03.77	1:06.53	1:08.30	
200m papillon	2:09.73	2:26.73	2:41.99		2:58.71 (25ème)
200m 4 nages	2:07.73	2:20.10	2:25.12	2:27.70	
400m 4 nages	4:34.00	5:00.97	5:13.00	5:20.64	

PERFORMANCES 14 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	27.80	29.38	30.00	30.19	
100m nage libre	1:00.92	1:03.86	1:04.93	1:05.80	
200m nage libre	2:12.33	2:19.51	2:22.83	2:26.23	
400m nage libre	4:38.43	4:52.79	5:00.16	5:10.21	
800m nage libre	9:29.25	10:12.73	10:34.09	11:53.98	
1500m nage libre	18:07.71				20:36.58 (6ème)
50m dos	32.25	33.93	35.00	36.56	
100m dos	1:08.43	1:13.47	1:15.88	1:18.40	
200m dos	2:28.79	2:38.96	2:44.86	2:52.34	
50m brasse	34.87	37.43	38.34	39.41	
100m brasse	1:15.77	1:22.02	1:24.90	1:26.72	
200m brasse	2:44.91	2:56.18	3:02.34	3:06.67	
50m papillon	30.49	31.74	32.55	33.52	
100m papillon	1:07.27	1:13.20	1:17.35	1:20.65	
200m papillon	2:30.86	2:52.03			3:25.75 (18ème)
200m 4 nages	2:30.97	2:36.91	2:41.52	2:43.32	
400m 4 nages	5:19.10	5:42.70	6:05.70		7:36.10 (26ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	25.46	26.99	27.68	28.25	
100m nage libre	56.65	58.53	1:00.22	1:01.58	
200m nage libre	2:05.65	2:08.24	2:12.80	2:15.62	
400m nage libre	4:25.68	4:30.69	4:44.86	4:49.49	
800m nage libre	9:03.56	9:30.68	10:06.49		10:49.07 (29ème)
1500m nage libre	17:12.32	17:53.70	19:01.62		20:46.75 (28ème)
50m dos	29.98	32.03	33.14	34.18	
100m dos	1:04.00	1:08.90	1:10.41	1:13.26	
200m dos	2:18.66	2:28.57	2:33.09	2:38.30	
50m brasse	32.97	34.95	37.31	38.74	
100m brasse	1:14.30	1:16.57	1:24.01	1:26.60	
200m brasse	2:39.10	2:51.42	3:05.01		3:28.28 (29ème)
50m papillon	27.30	28.72	30.56	31.84	
100m papillon	59.88	1:05.92	1:09.98	1:13.82	
200m papillon	2:17.32	2:37.80	3:18.74		
200m 4 nages	2:23.29	2:28.30	2:32.75	2:36.07	
400m 4 nages	5:02.85	5:24.50	5:39.09	6:05.67	

PERFORMANCES 13 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	29.28	30.83	31.85	32.47	
100m nage libre	1:02.08	1:04.65	1:06.23	1:09.04	
200m nage libre	2:22.80	2:29.19	2:36.00	2:39.58	
400m nage libre	4:42.51	5:02.52	5:11.00	5:16.93	
800m nage libre	10:21.02				12:09.49 (8ème)
1500m nage libre					
50m dos	33.18	35.30	35.90	37.11	
100m dos	1:12.11	1:17.66	1:19.52	1:21.47	
200m dos	2:43.22	3:01.90	3:18.33		3:36.20 (27ème)
50m brasse	37.65	39.94	40.87	41.99	
100m brasse	1:24.33	1:28.15	1:30.33	1:33.23	
200m brasse	3:04.69	3:23.49	3:35.39		3:40.90 (22ème)
50m papillon	30.93	32.59	33.78	35.22	
100m papillon	1:10.93	1:18.01	1:20.90	1:22.45	
200m papillon	2:46.95	3:29.78			3:42.25 (11ème)
200m 4 nages	2:33.08	2:42.88	2:46.39	2:50.85	
400m 4 nages	6:01.56				6:38.92 (6ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	27.59	29.37	29.85	30.35	
100m nage libre	59.36	1:02.19	1:03.15	1:04.46	
200m nage libre	2:16.05	2:26.14	2:33.34	2:42.08	
400m nage libre	4:32.07	4:52.91	4:58.25	5:02.33	
800m nage libre	10:00.01				10:40.80 (5ème)
1500m nage libre	20:33.67				
50m dos	30.88	33.12	33.89	35.12	
100m dos	1:08.81	1:13.10	1:17.08	1:18.39	
200m dos	2:37.66	3:05.58			3:20.14 (15ème)
50m brasse	34.95	36.93	37.76	38.95	
100m brasse	1:20.01	1:24.68	1:27.18	1:30.99	
200m brasse	2:57.31	3:17.04			3:38.16 (17ème)
50m papillon	29.59	30.74	31.88	32.73	
100m papillon	1:08.79	1:12.56	1:16.02	1:19.52	
200m papillon	2:43.09	3:30.43			3:40.57 (11ème)
200m 4 nages	2:27.41	2:34.65	2:38.88	2:40.58	
400m 4 nages	5:36.01				6:45.77 (7ème)

PERFORMANCES 12 ANS

DAMES	Tps 1ère	Tps 10ème	Tps 20ème	Tps 30ème	Dernière classée
50m nage libre	29.40	32.63	33.93	34.37	
100m nage libre	1:03.53	1:09.99	1:11.70	1:14.00	
200m nage libre	2:25.90	2:46.96	3:00.60		3:19.74 (28ème)
400m nage libre	5:02.01	5:22.77	5:32.87	5:48.45	
800m nage libre	10:26.18				11:57.41 (2ème)
1500m nage libre					
50m dos	33.87	38.33	40.64	42.98	
100m dos	1:13.95	1:20.00	1:24.20	1:26.94	
200m dos	2:54.27	3:09.32			3:35.75 (18ème)
50m brasse	38.69	44.17	46.71	52.99	
100m brasse	1:28.42	1:34.30	1:36.60	1:39.13	
200m brasse	3:17.76	3:40.23			3:58.60 (13ème)
50m papillon	30.34	37.68	41.89	44.07	
100m papillon	1:12.66	1:22.16	1:27.15	1:29.07	
200m papillon	2:54.12				3:31.42 (3ème)
200m 4 nages	2:40.48	2:53.85	2:59.63	3:05.54	
400m 4 nages	6:14.93				7:07.53 (3ème)

HOMMES	Tps 1er	Tps 10ème	Tps 20ème	Tps 30ème	Dernier classé
50m nage libre	28.34	31.11	32.14	34.25	
100m nage libre	1:01.72	1:06.50	1:10.38	1:12.25	
200m nage libre	2:21.34	2:34.74	2:50.27		3:26.26 (25ème)
400m nage libre	4:50.55	5:10.60	5:34.25	5:46.09	
800m nage libre	10:12.63				11:03.45 (4ème)
1500m nage libre					
50m dos	31.83	36.00	40.66	42.96	
100m dos	1:11.24	1:19.24	1:23.82	1:26.87	
200m dos	2:53.51	3:14.11			3:25.55 (13ème)
50m brasse	35.27	40.45	44.24		47.86 (27ème)
100m brasse	1:22.66	1:29.89	1:34.81	1:38.38	
200m brasse	3:03.21	3:36.80			3:47.52 (12ème)
50m papillon	30.28	32.57	38.51	43.58	
100m papillon	1:11.32	1:18.36	1:24.43	1:29.57	
200m papillon	3:37.70				3:44.15 (2ème)
200m 4 nages	2:33.14	2:42.49	2:55.59	3:00.06	
400m 4 nages	5:44.57				6:59.84 (6ème)