

GRILLE PARCOURS REGIONAL :

GRILLES PARCOURS REGIONAL

	DAMES (50m)						MESS. (50m)				
	14	15	16	17	18 et +		14	15	16	17	18 et +
50 NL	00:32,02	00:31,42	00:30,84	00:30,39	00:29,65	50 NL	00:29,60	00:28,59	00:28,06	00:27,54	00:27,00
100 NL	01:09,43	01:08,14	01:06,85	01:05,88	01:04,28	100 NL	01:05,03	01:02,40	01:01,25	01:00,09	00:58,93
200 NL	02:31,37	02:28,57	02:25,75	02:23,65	02:20,15	200 NL	02:23,30	02:17,11	02:14,57	02:12,03	02:09,49
400 NL	05:24,00	05:18,00	05:11,99	05:07,49	04:59,99	400 NL	05:05,00	04:51,07	04:45,67	04:40,28	04:34,89
800 NL	11:05,89	10:53,56	10:41,23	10:31,98	10:16,56	800 NL	10:28,55	10:04,69	09:53,49	09:42,30	09:31,09
1500 NL	21:11,38	20:47,84	20:24,29	20:06,63	19:37,21	1500 NL	20:10,14	19:14,00	18:52,64	18:31,26	18:09,90
50 Dos	00:36,37	00:35,70	00:35,02	00:34,52	00:33,68	50 Dos	00:33,94	00:32,61	00:31,71	00:31,11	00:30,51
100 Dos	01:18,57	01:17,12	01:15,67	01:14,57	01:12,76	100 Dos	01:12,94	01:10,50	01:08,48	01:07,19	01:05,90
200 Dos	02:50,19	02:47,03	02:43,88	02:41,52	02:38,58	200 Dos	02:38,15	02:32,36	02:29,54	02:26,72	02:23,90
50 Bra.	00:40,80	00:40,05	00:39,29	00:38,73	00:37,79	50 Bra.	00:37,18	00:35,95	00:35,29	00:34,62	00:33,95
100 Bra.	01:28,88	01:27,24	01:25,59	01:24,36	01:22,31	100 Bra.	01:21,77	01:18,38	01:16,93	01:15,48	01:14,02
200 Bra.	03:10,91	03:07,38	03:03,84	03:01,19	02:58,17	200 Bra.	02:58,50	02:51,66	02:46,51	02:43,37	02:40,23
50 Pap.	00:33,82	00:33,20	00:32,57	00:32,10	00:31,31	50 Pap.	00:31,55	00:30,34	00:29,78	00:29,22	00:28,65
100 Pap.	01:16,56	01:15,14	01:13,72	01:12,66	01:10,89	100 Pap.	01:10,05	01:07,24	01:06,00	01:04,75	01:03,51
200 Pap.	02:51,61	02:47,45	02:44,30	02:41,92	02:37,97	200 Pap.	02:40,21	02:32,27	02:29,45	02:26,63	02:23,82
200 4 N.	02:54,16	02:50,95	02:47,72	02:45,30	02:41,26	200 4 N.	02:40,83	02:35,51	02:32,64	02:29,75	02:26,87
400 4 N.	06:07,30	06:00,50	05:53,70	05:48,59	05:40,09	400 4 N.	05:50,52	05:33,34	05:27,16	05:20,99	05:14,81

	DAMES (25m)						MESS. (25m)				
	14	15	16	17	18 et +		14	15	16	17	18 et +
50 NL	00:31,32	00:30,72	00:30,14	00:29,69	00:28,95	50 NL	00:28,90	00:27,89	00:27,36	00:26,84	00:26,30
100 NL	01:08,23	01:06,94	01:05,65	01:04,68	01:03,08	100 NL	01:03,53	01:00,90	00:59,75	00:58,59	00:57,43
200 NL	02:28,47	02:25,67	02:22,85	02:20,75	02:17,25	200 NL	02:19,70	02:13,51	02:10,97	02:08,43	02:05,89
400 NL	05:17,80	05:11,80	05:05,79	05:01,29	04:53,79	400 NL	04:57,30	04:43,37	04:37,97	04:32,58	04:27,19
800 NL	10:52,99	10:40,66	10:28,33	10:19,08	10:03,66	800 NL	10:12,65	09:48,79	09:37,59	09:26,40	09:15,19
1500 NL	20:46,88	20:23,34	19:59,79	19:42,13	19:12,71	1500 NL	19:40,04	18:43,90	18:22,54	18:01,16	17:39,80
50 Dos	00:35,07	00:34,40	00:33,72	00:33,22	00:32,38	50 Dos	00:32,44	00:31,11	00:30,21	00:29,61	00:29,01
100 Dos	01:16,27	01:14,82	01:13,37	01:12,27	01:10,46	100 Dos	01:09,94	01:07,50	01:05,48	01:04,19	01:02,90
200 Dos	02:44,79	02:41,63	02:38,48	02:36,12	02:33,18	200 Dos	02:31,25	02:25,46	02:22,64	02:19,82	02:17,00
50 Bra.	00:40,10	00:39,35	00:38,59	00:38,03	00:37,09	50 Bra.	00:36,08	00:34,85	00:34,19	00:33,52	00:32,85
100 Bra.	01:26,98	01:25,34	01:23,69	01:22,46	01:20,41	100 Bra.	01:19,27	01:15,88	01:14,43	01:12,98	01:11,52
200 Bra.	03:06,41	03:02,88	02:59,34	02:56,69	02:53,67	200 Bra.	02:52,60	02:45,76	02:40,61	02:37,47	02:34,33
50 Pap.	00:33,22	00:32,60	00:31,97	00:31,50	00:30,71	50 Pap.	00:30,85	00:29,64	00:29,08	00:28,52	00:27,95
100 Pap.	01:15,16	01:13,74	01:12,32	01:11,26	01:09,49	100 Pap.	01:08,65	01:05,84	01:04,60	01:03,35	01:02,11
200 Pap.	02:48,31	02:44,15	02:41,00	02:38,62	02:34,67	200 Pap.	02:36,91	02:28,97	02:26,15	02:23,33	02:20,52
200 4 N.	02:50,76	02:47,55	02:44,32	02:41,90	02:37,86	200 4 N.	02:36,73	02:31,41	02:28,54	02:25,65	02:22,77
400 4 N.	05:59,80	05:53,00	05:46,20	05:41,09	05:32,59	400 4 N.	05:41,52	05:24,34	05:18,16	05:11,99	05:05,81

GRILLE PARCOURS WEBCONFRONTATION :

GRILLES PARCOURS WEBCONFRONTATION

	DAMES (50m)						MESS. (50m)				
	14	15	16	17	18 et +		14	15	16	17	18 et +
50 NL	00:30,87	00:30,25	00:29,93	00:29,52	00:29,26	50 NL	00:28,83	00:27,91	00:27,13	00:26,59	00:26,05
100 NL	01:07,32	01:05,37	01:04,70	01:03,93	01:03,34	100 NL	01:03,02	01:00,91	00:59,12	00:57,87	00:57,07
200 NL	02:27,15	02:24,40	02:21,31	02:18,89	02:17,75	200 NL	02:18,05	02:13,19	02:08,70	02:06,53	02:04,72
400 NL	05:07,63	04:59,02	04:54,43	04:49,86	04:48,87	400 NL	04:52,31	04:39,90	04:33,35	04:25,81	04:21,99
800 NL	10:31,37	10:10,84	10:06,51	09:53,94	09:53,42	800 NL	10:05,43	09:39,02	09:25,11	09:11,92	09:05,52
1500 NL	20:23,91	19:34,54	19:21,81	19:08,12	19:04,50	1500 NL	19:23,97	18:29,06	17:57,40	17:30,85	17:19,00
50 Dos	00:35,42	00:34,54	00:33,97	00:33,59	00:33,33	50 Dos	00:33,20	00:31,90	00:31,13	00:30,33	00:29,91
100 Dos	01:16,54	01:14,78	01:13,49	01:12,30	01:11,85	100 Dos	01:11,10	01:08,95	01:07,13	01:05,56	01:04,48
200 Dos	02:44,60	02:41,02	02:38,55	02:37,29	02:36,36	200 Dos	02:36,10	02:30,18	02:25,93	02:22,23	02:21,09
50 Bra.	00:39,31	00:38,18	00:37,50	00:37,08	00:36,87	50 Bra.	00:36,60	00:35,04	00:33,99	00:33,25	00:32,51
100 Bra.	01:26,03	01:23,25	01:22,54	01:22,12	01:21,32	100 Bra.	01:20,50	01:17,08	01:14,51	01:12,65	01:11,65
200 Bra.	03:05,72	03:01,70	02:58,86	02:56,76	02:55,67	200 Bra.	02:55,01	02:47,82	02:41,65	02:39,12	02:38,35
50 Pap.	00:32,91	00:31,95	00:31,50	00:31,09	00:30,87	50 Pap.	00:30,99	00:29,78	00:28,86	00:28,13	00:27,59
100 Pap.	01:14,43	01:11,86	01:10,59	01:09,76	01:09,16	100 Pap.	01:08,90	01:05,72	01:04,22	01:02,85	01:01,71
200 Pap.	02:47,50	02:43,25	02:40,28	02:35,74	02:35,24	200 Pap.	02:38,02	02:28,99	02:25,55	02:22,17	02:19,80
200 4 N.	02:46,46	02:42,96	02:40,00	02:38,71	02:37,11	200 4 N.	02:38,18	02:30,78	02:26,80	02:23,22	02:20,94
400 4 N.	05:53,53	05:44,22	05:37,77	05:33,42	05:31,58	400 4 N.	05:34,58	05:20,89	05:11,16	05:05,31	05:01,40

	DAMES (25m)						MESS. (25m)				
	14	15	16	17	18 et +		14	15	16	17	18 et +
50 NL	00:30,17	00:29,55	00:29,23	00:28,82	00:28,56	50 NL	00:28,13	00:27,21	00:26,43	00:25,89	00:25,35
100 NL	01:06,12	01:04,17	01:03,50	01:02,73	01:02,14	100 NL	01:01,52	00:59,41	00:57,62	00:56,37	00:55,57
200 NL	02:24,25	02:21,50	02:18,41	02:15,99	02:14,85	200 NL	02:14,45	02:09,59	02:05,10	02:02,93	02:01,12
400 NL	05:01,43	04:52,82	04:48,23	04:43,66	04:42,67	400 NL	04:44,61	04:32,20	04:25,65	04:18,11	04:14,29
800 NL	10:18,47	09:57,94	09:53,61	09:41,04	09:40,52	800 NL	09:49,53	09:23,12	09:09,21	08:56,02	08:49,62
1500 NL	19:59,41	19:10,04	18:57,31	18:43,62	18:40,00	1500 NL	18:53,87	17:58,96	17:27,30	17:00,75	16:48,90
50 Dos	00:34,12	00:33,24	00:32,67	00:32,29	00:32,03	50 Dos	00:31,70	00:30,40	00:29,63	00:28,83	00:28,41
100 Dos	01:14,24	01:12,48	01:11,19	01:10,00	01:09,55	100 Dos	01:08,10	01:05,95	01:04,13	01:02,56	01:01,48
200 Dos	02:39,20	02:35,62	02:33,15	02:31,89	02:30,96	200 Dos	02:29,20	02:23,28	02:19,03	02:15,33	02:14,19
50 Bra.	00:38,61	00:37,48	00:36,80	00:36,38	00:36,17	50 Bra.	00:35,50	00:33,94	00:32,89	00:32,15	00:31,41
100 Bra.	01:24,13	01:21,35	01:20,64	01:20,22	01:19,42	100 Bra.	01:18,00	01:14,58	01:12,01	01:10,15	01:09,15
200 Bra.	03:01,22	02:57,20	02:54,36	02:52,26	02:51,17	200 Bra.	02:49,11	02:41,92	02:35,75	02:33,22	02:32,45
50 Pap.	00:32,31	00:31,35	00:30,90	00:30,49	00:30,27	50 Pap.	00:30,29	00:29,08	00:28,16	00:27,43	00:26,89
100 Pap.	01:13,03	01:10,46	01:09,19	01:08,36	01:07,76	100 Pap.	01:07,50	01:04,32	01:02,82	01:01,45	01:00,31
200 Pap.	02:44,20	02:39,95	02:36,98	02:32,44	02:31,94	200 Pap.	02:34,72	02:25,69	02:22,25	02:18,87	02:16,50
200 4 N.	02:43,06	02:39,56	02:36,60	02:35,31	02:33,71	200 4 N.	02:34,08	02:26,68	02:22,70	02:19,12	02:16,84
400 4 N.	05:46,03	05:36,72	05:30,27	05:25,92	05:24,08	400 4 N.	05:25,58	05:11,89	05:02,16	04:56,31	04:52,40