

# GRILLES DE QUALIFICATION AU CHAMPIONNAT INTERREGIONAL 25M

(temps à réaliser lors du championnat régional 25m)

DAMES								
Année d'âge	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:32.07	0:31.72	0:31.15	0:30.88	0:30.43	0:30.13	0:29.98	0:29.26
100 NL	1:10.14	1:09.37	1:08.13	1:07.55	1:06.57	1:05.89	1:05.57	1:03.99
200 NL	2:32.75	2:31.08	2:28.38	2:27.12	2:24.98	2:23.51	2:22.80	2:19.37
400 NL	5:20.73	5:17.22	5:11.55	5:08.90	5:04.41	5:01.33	4:59.83	4:52.63
800 NL	11:00.99	10:53.75	10:42.06	10:36.61	10:27.35	10:21.01	10:17.92	10:03.07
1500 NL	20:59.88	20:46.08	20:23.79	20:13.42	19:55.77	19:43.69	19:37.81	19:09.50
50 Dos	0:36.72	0:36.32	0:35.67	0:35.37	0:34.85	0:34.50	0:34.33	0:33.50
100 Dos	1:19.46	1:18.59	1:17.18	1:16.53	1:15.42	1:14.65	1:14.28	1:12.50
200 Dos	2:50.21	2:48.35	2:45.34	2:43.93	2:41.55	2:39.92	2:39.12	2:35.30
50 Bra.	0:40.64	0:40.19	0:39.47	0:39.13	0:38.56	0:38.17	0:37.99	0:37.07
100 Bra.	1:29.13	1:28.15	1:26.58	1:25.84	1:24.60	1:23.74	1:23.32	1:21.32
200 Bra.	3:11.46	3:09.36	3:05.97	3:04.39	3:01.71	2:59.87	2:58.98	2:54.68
50 Pap.	0:33.98	0:33.61	0:33.01	0:32.73	0:32.26	0:31.93	0:31.77	0:31.01
100 Pap.	1:16.66	1:15.82	1:14.46	1:13.83	1:12.76	1:12.02	1:11.66	1:09.94
200 Pap.	2:48.56	2:46.71	2:43.72	2:42.34	2:39.97	2:38.36	2:37.57	2:33.78
200 4 N.	2:52.94	2:51.05	2:47.99	2:46.57	2:44.15	2:42.49	2:41.68	2:37.79
400 4 N.	6:04.96	6:00.96	5:54.51	5:51.50	5:46.39	5:42.89	5:41.18	5:32.98

# GRILLES DE QUALIFICATION AU CHAMPIONNAT INTERREGIONAL 25M

(temps à réaliser lors du championnat régional 25m)

MESSIEURS								
Année d'âge	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:28.87	0:28.47	0:27.68	0:27.28	0:26.84	0:26.29	0:26.17	0:25.67
100 NL	1:03.75	1:02.87	1:01.14	1:00.25	0:59.28	0:58.06	0:57.79	0:56.69
200 NL	2:20.97	2:19.02	2:15.20	2:13.23	2:11.08	2:08.39	2:07.78	2:05.35
400 NL	4:59.70	4:55.55	4:47.42	4:43.24	4:38.66	4:32.94	4:31.65	4:26.49
800 NL	10:22.68	10:14.06	9:57.17	9:48.50	9:38.99	9:27.13	9:24.44	9:13.72
1500 NL	19:48.23	19:31.77	18:59.51	18:42.94	18:24.79	18:02.12	17:57.00	17:36.56
50 Dos	0:33.42	0:32.96	0:32.05	0:31.59	0:31.07	0:30.44	0:30.29	0:29.72
100 Dos	1:12.29	1:11.29	1:09.32	1:08.31	1:07.21	1:05.83	1:05.52	1:04.27
200 Dos	2:37.69	2:35.51	2:31.23	2:29.03	2:26.62	2:23.61	2:22.93	2:20.22
50 Bra.	0:36.71	0:36.20	0:35.20	0:34.69	0:34.13	0:33.43	0:33.27	0:32.64
100 Bra.	1:20.10	1:18.99	1:16.82	1:15.71	1:14.48	1:12.96	1:12.61	1:11.23
200 Bra.	2:54.64	2:52.22	2:47.48	2:45.04	2:42.38	2:39.05	2:38.29	2:35.29
50 Pap.	0:31.31	0:30.88	0:30.03	0:29.59	0:29.11	0:28.51	0:28.38	0:27.84
100 Pap.	1:09.90	1:08.93	1:07.03	1:06.06	1:04.99	1:03.65	1:03.35	1:02.15
200 Pap.	2:35.22	2:33.07	2:28.86	2:26.69	2:24.32	2:21.36	2:20.83	2:18.02
200 4 N.	2:38.70	2:36.50	2:32.20	2:29.99	2:27.57	2:24.55	2:23.86	2:21.13
400 4 N.	5:38.57	5:33.88	5:24.70	5:19.99	5:14.82	5:08.38	5:06.92	5:01.08