

### Standars RSEQ 2023-2024

FÉMININ				MASCULIN		
25v	50m	25m	Épreuves	25m	50m	25v
X	0:29,36	0:28,50	<b>50 libre</b>	0:24,94	0:25,69	X
X	1:03,51	1:01,66	<b>100 libre</b>	0:54,44	0:56,08	X
X	2:16,70	2:12,72	<b>200 libre</b>	1:59,43	2:03,01	X
X	4:51,66	4:43,17	<b>400 libre</b>	4:14,51	4:22,15	X
X	10:03,13	9:45,57	<b>800 libre</b>			X
X			<b>1500 libre</b>	17:13,74	17:44,76	X
X	0:32,68	0:31,73	<b>50 dos</b>	0:27,97	0:28,81	X
X	1:10,54	1:08,48	<b>100 dos</b>	1:00,15	1:01,95	X
X	2:32,74	2:28,29	<b>200 dos</b>	2:12,20	2:16,17	X
X	0:36,75	0:35,68	<b>50 brasse</b>	0:31,08	0:32,01	X
X	1:19,99	1:17,66	<b>100 brasse</b>	1:07,68	1:09,71	X
X	2:53,83	2:48,77	<b>200 brasse</b>	2:28,29	2:32,74	X
X	0:31,20	0:30,29	<b>50 papillon</b>	0:26,85	0:27,65	X
X	1:09,94	1:07,90	<b>100 papillon</b>	0:59,61	1:01,39	X
X	2:36,66	2:32,10	<b>200 papillon</b>	2:12,97	2:16,96	X
X	2:36,60	2:32,04	<b>200 quatre nages</b>	2:13,97	2:17,99	X
X	5:32,81	5:23,11	<b>400 quatre nages</b>	4:47,45	4:56,08	X
X	X	X	<b>Relais 4x100 libre</b>	X	X	X
X	X	X	<b>Relais 4x200 libre</b>	X	X	X
X	X	X	<b>Relais 4x100 quatre nages</b>	X	X	X