

RSEQ

NATATION

SPORT. ÉDUCATION. FIERTÉ.

Femmes			Standards RSEQ 2016-2017	Hommes		
25v	50m	25m	Épreuves	25m	50m	25v
X	X	0:28,75	50 libre	0:25,09	X	X
X	X	1:01,94	100 libre	0:54,68	X	X
X	X	2:14,33	200 libre	1:59,52	X	X
X	X	4:44,33	400 libre	4:16,10	X	X
X	X	9:50,27	800 libre	X	X	X
X	X	X	1500 libre	17:16,94	X	X
X	X	0:32,18	50 dos	0:28,19	X	X
X	X	1:08,84	100 dos	1:00,83	X	X
X	X	2:29,20	200 dos	2:12,75	X	X
X	X	0:36,02	50 brasse	0:31,57	X	X
X	X	1:17,80	100 brasse	1:08,35	X	X
X	X	2:49,80	200 brasse	2:29,37	X	X
X	X	0:30,88	50 papillon	0:27,09	X	X
X	X	1:08,03	100 papillon	0:59,91	X	X
X	X	2:32,28	200 papillon	2:14,24	X	X
X	X	2:32,11	200 quatre nages	2:15,23	X	X
X	X	5:22,34	400 quatre nages	4:51,51	X	X
X	X	X	Relais 4x100 libre	X	X	X
X	X	X	Relais 4x200 libre	X	X	X
X	X	X	Relais 4x100 quatre nages	X	X	X