

TEMPS DE QUALIFICATION COUPE DES RÉGIONS (ANQCA)

BASSIN LONG (50 M) 2023-2024

Niveau	FILLES			FEMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
Épreuves							
50m libre	37.74	36.21	34.68	33.15	32.13	31.11	30.60
100 m libre	1:26.70	1:23.13	1:17.01	1:13.44	1:11.40	1:09.87	1:08.85
200 m libre	3:00.54	2:53.40	2:42.69	3:37.08	2:33.00	2:30.96	2:28.92
400 m libre	6:22.50	6:07.20	5:38.64	5:34.56	5:30.48	5:25.38	5:21.30
800 m libre	12:45.00	12:14.40	11:38.70	11:32.58	11:25.44	11:16.77	10:57.90
1500 m libre			22:46.80	22:26.40	22:06.00	21:45.60	21:25.20
50 m dos	41.82	40.80	39.78	38.25	37.23	35.45	34.68
100 m dos	1:31.80	1:29.76	1:27.21	1:25.17	1:21.09	1:19.56	1:18.03
200 m dos	3:24.00	3:18.90	3:04.62	3:00.54	2:56.88	3:53.40	2:50.34
50 m brasse	51.51	48.96	47.94	45.90	44.37	43.35	42.33
100 m brasse	1:48.12	1:43.02	1:39.96	1:37.92	1:35.88	1:33.84	1:31.80
200 m brasse	3:45.42	3:42.36	3:38.28	3:34.20	3:29.10	3:25.02	3:21.45
50 m papillon	44.88	42.84	39.78	37.23	36.47	35.19	33.66
100 m papillon	1:39.96	1:33.84	1:27.72	1:25.17	1:22.62	1:20.58	1:19.05
200 m papillon	3:42.36	3:34.20	3:24.00	3:16.86	3:12.78	3:08.70	3:02.58
200 m QNI	3:24.00	3:18.90	3:10.74	3:03.66	2:59.01	2:53.40	2:50.34
400 m QNI	7:08.40	6:53.10	6:42.90	6:35.76	6:26.58	6:19.44	6:12.30

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BASSIN LONG (50 M) 2023-2024

Niveau	GARÇONS			HOMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
Épreuves							
50m libre	38.50	36.98	34.43	31.62	30.35	29.33	28.56
100 m libre	1:27.72	1:24.15	1:15.48	1:11.40	1:08.85	1:08.09	1:06.81
200 m libre	3:04.62	2:55.95	2:40.91	2:33.42	2:27.90	2:24.33	2:21.78
400 m libre	6:26.58	6:13.32	5:33.54	5:27.00	5:19.26	5:13.14	5:06.00
800 m libre	12:55.20	12:29.70	11:33.60	11:21.36	11:00.96	10:50.76	10:42.60
1500 m libre	24:00.00	23:30.00	22:26.40	22:06.00	21:40.50	21:09.90	20:54.60
50 m dos	42.84	41.82	39.27	37.23	35.70	34.43	33.66
100 m dos	1:34.86	1:30.78	1:22.40	1:19.56	1:18.03	1:16.50	1:14.97
200 m dos	3:28.08	3:21.96	3:00.54	2:55.44	2:50.85	2:46.26	2:44.22
50 m brasse	53.04	49.73	46.92	44.88	42.84	41.31	39.78
100 m brasse	1:52.20	1:46.08	1:38.43	1:34.86	1:33.33	1:31.29	1:28.74
200 m brasse	3:54.60	3:49.50	3:34.20	3:29.10	3:21.96	3:15.84	3:11.76
50 m papillon	45.90	43.35	38.76	36.21	35.45	34.43	33.15
100 m papillon	1:42.00	1:35.88	1:30.78	1:24.15	1:22.11	1:20.58	1:15.48
200 m papillon	3:49.50	3:39.30	3:19.92	3:13.80	3:07.68	2:58.50	2:53.40
200 m QNI	3:29.10	3:22.47	3:10.23	3:01.56	2:55.95	2:51.87	2:48.30
400 m QNI	7:23.70	7:08.40	6:40.86	6:31.68	6:20.46	6:12.30	6:06.18