

**CHAMPIONNATS des Hauts de Seine
HIVER**

MESSIEURS					DAMES			
SENIORS	JUNIORS	CADETS	MINIMES		MINIMES	CADETS	JUNIORS	SENIORS
93 et avant	94 à 96	97 et 98	99 et 00		99 et 00	97 et 98	94 à 96	93 et avant
30.00	30.50	31.50	32.50	50m NL	36.00	35.50	34.50	34.00
1:07.00	1:09.00	1:10.00	1:15.00	100m NL	1:21.00	1:19.00	1:18.50	1:18.00
2:30.00	2:32.50	2:35.00	2:36.50	200m NL	2:55.00	2:51.00	2:50.00	2:49.00
5:10.00	5:15.00	5:22.00	5:35.00	400m NL	5:50.00	5:47.00	5:46.00	5:44.00
2 Séries				800m NL				
				1500m NL	2 Séries			
33.50	34.00	35.60	38.00	50m DOS	43.00	42.50	42.00	41.50
1:20.00	1:23.00	1:25.00	1:27.00	100m DOS	1:36.00	1:35.00	1:32.00	1:30.00
2:51.00	2:52.00	2:57.00	3:05.00	200m DOS	3:20.00	3:16.00	3:13.00	3:12.00
35.50	36.00	38.50	41.00	50m BRA	46.00	45.50	45.00	44.50
1:29.00	1:31.00	1:33.00	1:35.00	100m BRA	1:46.00	1:44.00	1:42.00	1:41.00
3:13.00	3:15.00	3:18.00	3:23.00	200m BRA	3:45.00	3:41.00	3:38.00	3:36.00
30.50	31.50	33.00	36.00	50m PAP	38.50	37.50	37.00	36.50
1:18.00	1:19.50	1:22.00	1:24.00	100m PAP	1:32.00	1:30.00	1:28.00	1:26.00
2:48.00	2:50.00	2:55.00	3:00.00	200m PAP	3:20.00	3:15.00	3:12.00	3:11.00
2:54.00	2:56.00	2:58.00	3:04.00	200m 4 N	3:20.00	3:18.00	3:16.00	3:14.00
2 Séries				400m 4 N	2 Séries			