

Standards RSEQ 2023-2024

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