

GRILLE MEETING NATIONAL DE L'OUEST HIVER 20 AU 22 DECEMBRE 2019 TOURS

Epreuves			50 m 14 ans et moins	A réaliser en 25 m	50 m 15 ans	A réaliser en 25 m	50 m 16 ANS	A réaliser en 25 m	50 m 17 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN
FILLES	50	NL	00:30,72	00:30,02	00:30,24	00:29,54	00:29,61	00:28,91	00:28,98	00:28,28	00:00,70
	100	NL	01:07,05	01:05,85	01:05,43	01:04,23	01:04,17	01:02,97	01:02,92	01:01,72	00:01,20
	200	NL	02:25,80	02:22,90	02:22,64	02:19,74	02:19,46	02:16,56	02:17,38	02:14,48	00:02,90
	400	NL	05:05,79	04:59,59	04:57,33	04:51,13	04:52,79	04:46,59	04:45,29	04:39,09	00:06,20
	800	NL	10:25,91	10:13,01	10:12,86	09:59,96	09:58,76	09:45,86	09:46,96	09:34,06	00:12,90
	1500	NL	20:28,38	20:03,88	19:55,45	19:30,95	19:18,93	18:54,43	18:41,54	18:17,04	00:24,50
	50	D	00:35,09	00:33,79	00:34,05	00:32,75	00:33,84	00:32,54	00:32,88	00:31,58	00:01,30
	100	D	01:15,76	01:13,46	01:14,12	01:11,82	01:13,49	01:11,19	01:11,54	01:09,24	00:02,30
	200	D	02:45,88	02:40,48	02:39,14	02:33,74	02:37,69	02:32,29	02:34,57	02:29,17	00:05,40
	50	B	00:39,17	00:38,47	00:38,23	00:37,53	00:37,24	00:36,54	00:36,26	00:35,56	00:00,70
	100	B	01:25,79	01:23,89	01:24,28	01:22,38	01:22,32	01:20,42	01:20,09	01:18,19	00:01,90
	200	B	03:05,33	03:00,83	03:00,36	02:55,86	02:57,17	02:52,67	02:53,30	02:48,80	00:04,50
	50	P	00:32,77	00:32,17	00:31,88	00:31,28	00:31,28	00:30,68	00:30,56	00:29,96	00:00,60
	100	P	01:14,09	01:12,69	01:12,35	01:10,95	01:09,87	01:08,47	01:08,33	01:06,93	00:01,40
	200	P	02:47,77	02:44,47	02:43,16	02:39,86	02:38,12	02:34,82	02:34,48	02:31,18	00:03,30
	200	4N	02:46,98	02:43,58	02:42,50	02:39,10	02:39,95	02:36,55	02:35,70	02:32,30	00:03,40
	400	4N	05:51,98	05:44,48	05:40,44	05:32,94	05:34,97	05:27,47	05:27,60	05:20,10	00:07,50
Epreuves			50 m 15 ans et moins	A réaliser en 25 m	50 m 16 ans	A réaliser en 25 m	50 m 17 ANS	A réaliser en 25 m	50 m 18 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN
GARÇONS	50	NL	00:27,80	00:27,10	00:26,93	00:26,23	00:26,62	00:25,92	00:25,99	00:25,29	00:00,70
	100	NL	01:00,71	00:59,21	00:58,63	00:57,13	00:58,29	00:56,79	00:56,71	00:55,21	00:01,50
	200	NL	02:12,55	02:08,95	02:07,70	02:04,10	02:06,06	02:02,46	02:04,14	02:00,54	00:03,60
	400	NL	04:41,58	04:33,88	04:31,36	04:23,66	04:26,55	04:18,85	04:22,71	04:15,01	00:07,70
	800	NL	09:46,96	09:31,06	09:23,03	09:07,13	09:13,10	08:57,20	09:05,47	08:49,57	00:15,90
	1500	NL	18:25,96	17:55,86	18:10,84	17:40,74	17:34,75	17:04,65	17:27,42	16:57,32	00:30,10
	50	D	00:32,10	00:30,60	00:30,90	00:29,40	00:30,67	00:29,17	00:29,82	00:28,32	00:01,50
	100	D	01:09,20	01:06,20	01:06,53	01:03,53	01:05,77	01:02,77	01:04,41	01:01,41	00:03,00
	200	D	02:30,64	02:23,74	02:24,77	02:17,87	02:23,32	02:16,42	02:19,98	02:13,08	00:06,90
	50	B	00:35,07	00:33,97	00:34,08	00:32,98	00:33,17	00:32,07	00:32,64	00:31,54	00:01,10
	100	B	01:18,01	01:15,51	01:15,85	01:13,35	01:13,44	01:10,94	01:11,98	01:09,48	00:02,50
	200	B	02:53,42	02:47,52	02:44,38	02:38,48	02:39,14	02:33,24	02:37,17	02:31,27	00:05,90
	50	P	00:29,50	00:28,80	00:28,90	00:28,20	00:28,11	00:27,41	00:27,73	00:27,03	00:00,70
	100	P	01:06,33	01:04,93	01:03,51	01:02,11	01:02,63	01:01,23	01:01,23	00:59,83	00:01,40
	200	P	02:29,00	02:25,70	02:24,86	02:21,56	02:21,35	02:18,05	02:18,40	02:15,10	00:03,30
	200	4N	02:29,28	02:25,18	02:26,50	02:22,40	02:22,57	02:18,47	02:20,90	02:16,80	00:04,10
	400	4N	05:18,96	05:09,96	05:10,73	05:01,73	05:06,57	04:57,57	05:01,57	04:52,57	00:09,00