

GRILLE MEETING NATIONAL DE L'OUEST PRINTEMPS 22 AU 24 MAI 2020 ROUEN

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	<u>Conversion 25/50 m FFN</u>
FILLES	50	NL	00:31,03	00:30,33	00:30,54	00:29,84	00:29,91	00:29,21	00:29,27	00:28,57	00:00,70
	100	NL	01:07,72	01:06,52	01:06,08	01:04,88	01:04,81	01:03,61	01:03,55	01:02,35	00:01,20
	200	NL	02:27,26	02:24,36	02:24,07	02:21,17	02:20,85	02:17,95	02:18,75	02:15,85	00:02,90
	400	NL	05:08,85	05:02,65	05:00,30	04:54,10	04:55,72	04:49,52	04:48,14	04:41,94	00:06,20
	800	NL	10:32,17	10:19,27	10:18,99	10:06,09	10:04,75	09:51,85	09:52,83	09:39,93	00:12,90
	1500	NL	20:40,66	20:16,16	20:07,40	19:42,90	19:30,52	19:06,02	18:52,76	18:28,26	00:24,50
	50	D	00:35,44	00:34,14	00:34,39	00:33,09	00:34,18	00:32,88	00:33,21	00:31,91	00:01,30
	100	D	01:16,52	01:14,22	01:14,86	01:12,56	01:14,22	01:11,92	01:12,26	01:09,96	00:02,30
	200	D	02:47,54	02:42,14	02:40,73	02:35,33	02:39,27	02:33,87	02:36,12	02:30,72	00:05,40
	50	B	00:39,56	00:38,86	00:38,61	00:37,91	00:37,61	00:36,91	00:36,62	00:35,92	00:00,70
	100	B	01:26,65	01:24,75	01:25,12	01:23,22	01:23,14	01:21,24	01:20,89	01:18,99	00:01,90
	200	B	03:07,18	03:02,68	03:02,16	02:57,66	02:58,94	02:54,44	02:55,03	02:50,53	00:04,50
	50	P	00:33,10	00:32,50	00:32,20	00:31,60	00:31,59	00:30,99	00:30,87	00:30,27	00:00,60
	100	P	01:14,83	01:13,43	01:13,07	01:11,67	01:10,57	01:09,17	01:09,01	01:07,61	00:01,40
	200	P	02:49,45	02:46,15	02:44,79	02:41,49	02:39,70	02:36,40	02:36,02	02:32,72	00:03,30
	200	4N	02:48,65	02:45,25	02:44,12	02:40,73	02:41,55	02:38,15	02:37,26	02:33,86	00:03,40
	400	4N	05:55,50	05:48,00	05:43,84	05:36,34	05:38,32	05:30,82	05:30,88	05:23,38	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	<u>Conversion 25/50 m FFN</u>
GARÇONS	50	NL	00:28,08	00:27,38	00:27,20	00:26,50	00:26,89	00:26,19	00:26,25	00:25,55	00:00,70
	100	NL	01:01,32	00:59,82	00:59,22	00:57,72	00:58,87	00:57,37	00:57,28	00:55,78	00:01,50
	200	NL	02:13,88	02:10,28	02:08,98	02:05,38	02:07,32	02:03,72	02:05,38	02:01,78	00:03,60
	400	NL	04:44,40	04:36,70	04:34,07	04:26,37	04:29,22	04:21,52	04:25,34	04:17,64	00:07,70
	800	NL	09:52,83	09:36,93	09:28,66	09:12,76	09:18,63	09:02,73	09:10,92	08:55,02	00:15,90
	1500	NL	18:37,02	18:06,92	18:21,75	17:51,65	17:45,30	17:15,20	17:37,89	17:07,79	00:30,10
	50	D	00:32,42	00:30,92	00:31,21	00:29,71	00:30,98	00:29,48	00:30,12	00:28,62	00:01,50
	100	D	01:09,89	01:06,89	01:07,20	01:04,20	01:06,43	01:03,43	01:05,05	01:02,05	00:03,00
	200	D	02:32,15	02:25,25	02:26,22	02:19,32	02:24,75	02:17,85	02:21,38	02:14,48	00:06,90
	50	B	00:35,42	00:34,32	00:34,42	00:33,32	00:33,50	00:32,40	00:32,97	00:31,87	00:01,10
	100	B	01:18,79	01:16,29	01:16,61	01:14,11	01:14,17	01:11,67	01:12,70	01:10,20	00:02,50
	200	B	02:55,15	02:49,25	02:46,02	02:40,12	02:40,73	02:34,83	02:38,74	02:32,84	00:05,90
	50	P	00:29,79	00:29,09	00:29,19	00:28,49	00:28,39	00:27,69	00:28,01	00:27,31	00:00,70
	100	P	01:06,99	01:05,59	01:04,15	01:02,75	01:03,26	01:01,86	01:01,84	01:00,44	00:01,40
	200	P	02:30,49	02:27,19	02:26,31	02:23,01	02:22,76	02:19,46	02:19,78	02:16,48	00:03,30
	200	4N	02:30,77	02:26,67	02:27,96	02:23,86	02:24,00	02:19,90	02:22,31	02:18,21	00:04,10
	400	4N	05:22,15	05:13,15	05:13,84	05:04,84	05:09,64	05:00,64	05:04,59	04:55,59	00:09,00