

# Grille des séries Départementales

## bassin : 25 m

### Dames

| Épreuves/Séries | SD       | JD       | CD       | MD       |
|-----------------|----------|----------|----------|----------|
| 50 Nage Libre   | 31.68    | 32.30    | 33.20    | 34.01    |
| 100 Nage Libre  | 1:08.01  | 1:09.34  | 1:11.26  | 1:13.01  |
| 200 Nage Libre  | 2:27.48  | 2:30.37  | 2:34.54  | 2:38.32  |
| 400 Nage Libre  | 5:10.48  | 5:16.58  | 5:25.37  | 5:33.34  |
| 800 Nage Libre  | 10:34.87 | 10:47.35 | 11:05.33 | 11:21.65 |
| 1500 Nage Libre | 20:11.78 | 20:35.61 | 21:09.90 | 21:41.04 |
| 50 Dos          | 36.05    | 36.75    | 37.76    | 38.68    |
| 100 Dos         | 1:16.80  | 1:18.30  | 1:20.46  | 1:23.84  |
| 200 Dos         | 2:44.46  | 2:47.68  | 2:52.31  | 2:59.18  |
| 50 Brasse       | 39.61    | 40.38    | 41.50    | 42.51    |
| 100 Brasse      | 1:26.12  | 1:27.81  | 1:30.24  | 1:33.27  |
| 200 Brasse      | 3:04.26  | 3:07.89  | 3:13.12  | 3:20.84  |
| 50 Papillon     | 33.20    | 33.85    | 34.78    | 35.63    |
| 100 Papillon    | 1:14.19  | 1:15.64  | 1:17.72  | 1:21.26  |
| 200 Papillon    | 2:44.31  | 2:47.52  | 2:52.14  | 2:58.18  |
| 200 4 Nages     | 2:47.42  | 2:50.70  | 2:55.42  | 2:59.71  |
| 400 4 Nages     | 5:47.73  | 5:54.55  | 6:14.60  | 6:25.59  |

### Messieurs

| Épreuves/Séries | SD       | JD       | CD       | MD       |
|-----------------|----------|----------|----------|----------|
| 50 Nage Libre   | 27.22    | 27.82    | 29.00    | 30.36    |
| 100 Nage Libre  | 59.86    | 1:01.19  | 1:03.78  | 1:06.78  |
| 200 Nage Libre  | 2:10.82  | 2:13.73  | 2:19.39  | 2:25.93  |
| 400 Nage Libre  | 4:41.27  | 4:47.51  | 4:59.70  | 5:13.77  |
| 800 Nage Libre  | 9:44.84  | 9:57.84  | 10:23.19 | 10:52.47 |
| 1500 Nage Libre | 18:31.73 | 18:56.44 | 19:44.61 | 20:40.25 |
| 50 Dos          | 32.01    | 32.71    | 34.09    | 35.68    |
| 100 Dos         | 1:07.87  | 1:09.37  | 1:12.30  | 1:17.05  |
| 200 Dos         | 2:29.28  | 2:32.58  | 2:39.01  | 2:47.21  |
| 50 Brasse       | 34.46    | 35.23    | 36.71    | 38.43    |
| 100 Brasse      | 1:14.88  | 1:16.54  | 1:19.79  | 1:24.88  |
| 200 Brasse      | 2:43.39  | 2:47.05  | 2:54.87  | 3:02.32  |
| 50 Papillon     | 29.49    | 30.14    | 31.41    | 32.88    |
| 100 Papillon    | 1:05.34  | 1:06.78  | 1:09.59  | 1:14.22  |
| 200 Papillon    | 2:26.84  | 2:30.08  | 2:36.40  | 2:45.77  |
| 200 4 Nages     | 2:30.14  | 2:33.47  | 2:39.95  | 2:47.44  |
| 400 4 Nages     | 5:16.37  | 5:23.38  | 5:37.07  | 5:57.18  |