

Temps Indicatifs pour le Cadre de la Saison 2024 - 2025 (bassin 50m)

à réaliser entre le 16 septembre 2023 et le 30 août 2024

DAMES	PERFORMANCE						DEVELOPMENT									
	Equipe Nationale Top				Equipe Nationale Open				Equipe Nationale Juniors							
	Open		Juniors		Cadre A		Cadre B		Cadre A				Cadre B			
	2006-	2007	2008	2009	2006-	2007	2006-	2007	2008	2009	2010	2011	2008	2009	2010	2011
50 nage libre	00:26,01	00:26,65	00:26,87	00:26,91	00:26,76	00:27,41	00:27,13	00:27,80	00:27,64	00:27,68	00:28,19	00:28,70	00:28,02	00:28,07	00:28,97	00:29,90
100 nage libre	00:56,57	00:57,90	00:58,11	00:58,32	00:58,19	00:59,57	00:59,00	01:00,40	00:59,78	01:00,00	01:00,93	01:02,55	01:00,61	01:00,83	01:02,63	01:05,17
200 nage libre	02:02,61	02:04,37	02:05,18	02:06,40	02:06,13	02:07,94	02:07,89	02:09,72	02:08,77	02:10,03	02:11,91	02:15,45	02:10,57	02:11,85	02:15,59	02:21,12
400 nage libre	04:17,78	04:23,28	04:24,11	04:26,65	04:25,18	04:30,84	04:28,88	04:34,61	04:31,70	04:34,31	04:39,06	04:45,87	04:35,49	04:38,14	04:46,85	04:57,84
800 nage libre	08:48,96	09:02,44	09:03,78	09:09,21	09:04,14	09:18,01	09:11,74	09:25,80	09:19,39	09:24,98	09:32,91	09:50,12	09:27,19	09:32,86	09:48,90	10:14,82
1500 nage libre	16:54,03	17:28,17	17:23,42	17:32,29	17:23,14	17:58,26	17:37,69	18:13,30	17:53,38	18:02,50	18:35,19	19:03,95	18:08,35	18:17,61	19:06,32	19:51,84
50 brasse	00:32,40	00:33,37	00:33,46	00:33,75	00:33,32	00:34,32	00:33,79	00:34,80	00:34,42	00:34,72	00:35,32	00:36,21	00:34,90	00:35,21	00:36,31	00:37,72
100 brasse	01:10,68	01:12,52	01:12,84	01:13,29	01:12,71	01:14,61	01:13,73	01:15,65	01:14,93	01:15,39	01:17,07	01:18,67	01:15,97	01:16,44	01:19,22	01:21,96
200 brasse	02:32,05	02:36,71	02:36,76	02:38,45	02:36,41	02:41,21	02:38,60	02:43,46	02:41,26	02:43,00	02:46,35	02:49,45	02:43,51	02:45,28	02:50,99	02:56,55
50 papillon	00:27,44	00:28,06	00:28,21	00:28,52	00:28,23	00:28,86	00:28,62	00:29,27	00:29,02	00:29,34	00:30,09	00:30,53	00:29,43	00:29,75	00:30,93	00:31,81
100 papillon	01:00,91	01:02,39	01:02,70	01:03,38	01:02,66	01:04,18	01:03,54	01:05,07	01:04,50	01:05,20	01:06,17	01:07,79	01:05,40	01:06,11	01:08,01	01:10,63
200 papillon	02:14,96	02:17,94	02:18,87	02:20,32	02:18,84	02:21,90	02:20,77	02:23,88	02:22,86	02:24,35	02:27,47	02:30,92	02:24,85	02:26,37	02:31,58	02:37,24
50 dos	00:29,44	00:30,04	00:30,37	00:30,57	00:30,28	00:30,91	00:30,71	00:31,34	00:31,24	00:31,44	00:31,91	00:32,51	00:31,68	00:31,88	00:32,80	00:33,87
100 dos	01:03,13	01:04,52	01:05,22	01:05,65	01:04,94	01:06,37	01:05,85	01:07,30	01:07,09	01:07,53	01:08,35	01:09,84	01:08,03	01:08,47	01:10,26	01:12,77
200 dos	02:15,85	02:18,97	02:19,69	02:20,69	02:19,75	02:22,96	02:21,70	02:24,96	02:23,70	02:24,73	02:27,47	02:30,98	02:25,70	02:26,75	02:31,58	02:37,30
200 4 nages	02:18,91	02:20,51	02:21,57	02:22,81	02:22,90	02:24,54	02:24,89	02:26,56	02:25,63	02:26,91	02:29,44	02:32,99	02:27,66	02:28,96	02:33,61	02:39,40
400 4 nages	04:54,38	04:58,72	05:00,16	05:03,93	05:02,83	05:07,30	05:07,05	05:11,59	05:08,77	05:12,65	05:17,59	05:23,32	05:13,08	05:17,02	05:26,45	05:36,85
Source : Dr Klaus Rudolph 2023 (Basis 2022)																
	Alterskl. Offen	Alterskl. 17 Jahre	Alterskl. 16 Jahre	Alterskl. 15 Jahre	Alterskl. Offen	Alterskl. 17 Jahre	Alterskl. Offen	Alterskl. 17 Jahre	Alterskl. 16 Jahre	Alterskl. 15 Jahre	Alterskl. 14 Jahre	Alterskl. 13 Jahre	Alterskl. 16 Jahre	Alterskl. 15 Jahre	Alterskl. 14 Jahre	Alterskl. 13 Jahre
	15 Punkte	15 Punkte	15 Punkte	15 Punkte	13 Punkte	13 Punkte	12 Punkte	12 Punkte	13 Punkte	13 Punkte	13 Punkte	13 Punkte	12 Punkte	12 Punkte	11 Punkte	10 Punkte