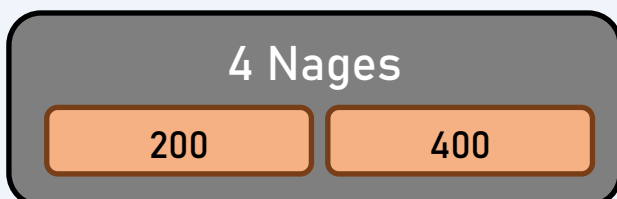
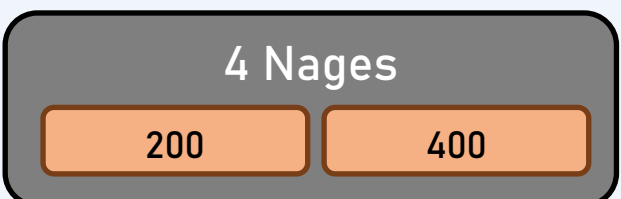
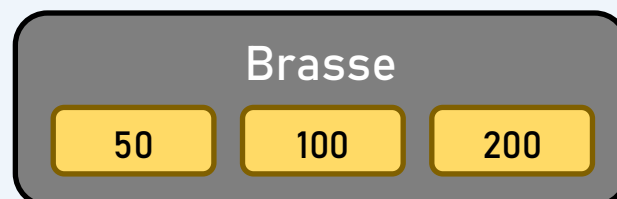
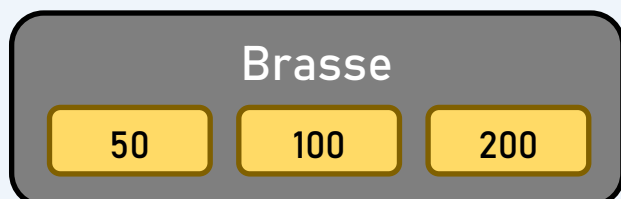
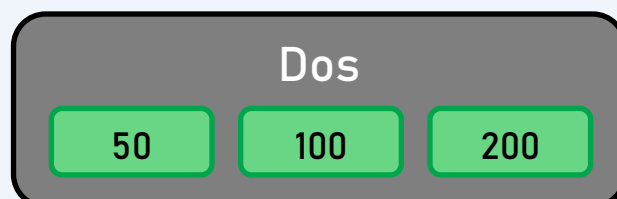
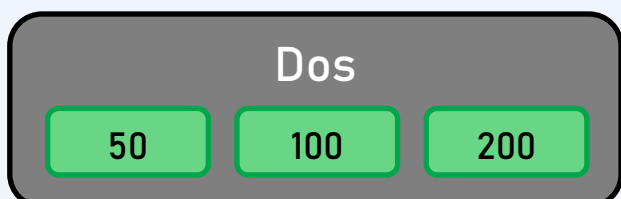


## CHAMPIONNATS DE FRANCE 2024 CHARTRES

### ANALYSES DE COURSE DES FINALES A



Compétition		Florent MANAUDOU	Maxime GROUSSET	Pierre LEBOS	Mathias EVEN	Nans MAZELLIER	Charles RIHOUX	Ethan CHAULIAGUET	Guillaume GUTH	
Temps		00:21.54	00:21.67 +00.13	00:22.18 +00.64	00:22.21 +00.67	00:22.30 +00.76	00:22.31 +00.77	00:22.32 +00.78	00:22.53 +00.99	
RÉCAP	Tps de nage	0:18.31	0:18.27	0:18.08	0:18.82	0:18.78	0:17.97	0:19.58	0:19.10	
	Tps/Dist Coulées Nombre de CB	36 CB	35 CB	34 CB	36 CB	37 CB	32 CB	35 CB	36 CB	
LAPS	25m	00:09.62	00:09.89	00:10.16	00:10.16	00:10.28	00:10.22	00:10.15	00:10.34	
	50m	00:21.54 00:11.92	00:21.67 00:11.78	00:22.18 00:12.02	00:22.21 00:12.05	00:22.30 00:12.02	00:22.31 00:12.09	00:22.32 00:12.17	00:22.53 00:12.19	
PARTIES NAGEES	15-25m	4.40 s	4.51 s	4.56 s	4.64 s	4.65 s	4.62 s	4.62 s	4.68 s	
	25-45m	9.63 s	9.52 s	9.71 s	9.79 s	9.75 s	9.85 s	9.86 s	9.81 s	
	TOTAL	00:14.03	00:14.03	00:14.27	00:14.43	00:14.40	00:14.47	00:14.48	00:14.49	
PARTIES NON NAGEES	START	Temps sur le plot	0.67 s	0.60 s	0.63 s	0.67 s	0.67 s	0.66 s	0.57 s	0.68 s
		Sortie de coulée	12.21 m	12.21 m	13.42 m	11.98 m	12.04 m	14.20 m	9.79 m	11.79 m
		Temps aux 15m	3.23 s 3.78 m/s	3.40 s 3.59 m/s	4.10 s 3.27 m/s	3.39 s 3.53 m/s	3.52 s 3.42 m/s	4.34 s 3.27 m/s	2.74 s 3.57 m/s	3.43 s 3.44 m/s
	FIN	5m avant	2.29 s	2.26 s	2.31 s	2.26 s	2.27 s	2.24 s	2.31 s	2.38 s
		Approche mur	0.28 s 0.61 m	0.58 s 1.28 m	0.39 s 0.84 m	0.25 s 0.55 m	0.39 s 0.86 m	0.09 s 0.20 m	0.18 s 0.39 m	0.63 s 1.32 m
	TOTAL	00:07.51	00:07.64	00:07.91	00:07.78	00:07.90	00:07.84	00:07.84	00:08.04	
MOUVEMENTS	COUPS DE BRAS	0-50m	36	35	34	36	37	32	35	36
		TOTAL	36	35	34	36	37	32	35	36
	FREQUENCE TEMPO	0-25m	64.2 0.9	61.4 1.0	61.1 1.0	60.5 1.0	63.8 0.9	57.6 1.0	56.1 1.1	60.2 1.0
		25-50m	61.3 1.0	61.5 1.0	58.9 1.0	59.4 1.0	62.2 1.0	53.6 1.1	53.7 1.1	60.8 1.0
		MOYENNE	62.7 1.0	61.4 1.0	60.0 1.0	59.9 1.0	63.0 1.0	55.6 1.1	54.9 1.1	60.5 1.0
	AMPLITUDE DE NAGE	0-25m	2.12	2.17	2.15	2.14	2.02	2.26	2.32	2.13
25-50m		2.03	2.05	2.10	2.06	1.98	2.27	2.26	2.01	
MOYENNE		2.08	2.11	2.13	2.10	2.00	2.27	2.29	2.07	

Compétition	
Temps	

Maxime GROUSSET	
00:47.33	

Rafael FENTE DAMERS	
00:48.14 +00.81	

Guillaume GUTH	
00:48.62 +01.29	

Hadrien SALVAN	
00:48.78 +01.45	

Wissam-Amazigh YEBBA	
00:48.79 +01.46	

Charles RIHOUX	
00:48.93 +01.60	

Nans MAZELLIER	
00:48.96 +01.63	

Yann LE GOFF	
00:49.13 +01.80	

RÉCAP	Tps de nage	
	Tps/Dist Couléés	
Nombre de CB		

0:38.91	66 CB
0:08.42	24.9 m

0:40.84	67 CB
0:07.30	20.3 m

0:41.94	70 CB
0:06.68	20.2 m

0:43.29	70 CB
0:05.49	17.0 m

0:41.40	66 CB
0:07.39	21.4 m

0:40.75	63 CB
0:08.18	23.1 m

0:42.87	70 CB
0:06.09	18.1 m

0:43.70	66 CB
0:05.43	16.3 m

LAPS	50m
	100m

00:22.64	-
00:47.33	00:24.69

00:23.28	-
00:48.14	00:24.86

00:23.29	-
00:48.62	00:25.33

00:23.44	-
00:48.78	00:25.34

00:23.64	-
00:48.79	00:25.15

00:23.48	-
00:48.93	00:25.45

00:23.60	-
00:48.96	00:25.36

00:23.69	-
00:49.13	00:25.44

PARTIES NAGEES	15-25m   25-45m
	65-75m   75-95m
	Moyenne
	TOTAL

4.79 s	9.84 s
4.99 s	10.72 s
4.89 s	10.28 s
00:30.34	

4.79 s	10.14 s
5.05 s	10.81 s
4.92 s	10.48 s
00:30.79	

4.85 s	10.12 s
5.12 s	10.90 s
4.99 s	10.51 s
00:30.99	

4.90 s	9.88 s
5.19 s	10.71 s
5.05 s	10.30 s
00:30.68	

4.92 s	10.30 s
5.12 s	10.74 s
5.02 s	10.52 s
00:31.08	

4.84 s	10.33 s
5.13 s	11.03 s
4.99 s	10.68 s
00:31.33	

4.88 s	10.05 s
5.16 s	10.71 s
5.02 s	10.38 s
00:30.80	

4.95 s	9.93 s
5.09 s	10.73 s
5.02 s	10.33 s
00:30.70	

PARTIES NON NAGEES	START	Temps sur le plot
		Sortie de coulée
		Temps aux 15m
	VIRAGE 1	5m avant
		Sortie de coulée
		Temps aux 15m
	FIN	5m avant
		Approche mur
		TOTAL

0.63 s	
13.94 m	
4.01 s	3.48 m/s
5.37 s	
2.64 s	
10.97 m	
4.41 s	2.49 m/s
6.53 s	
2.45 s	
0.47 s	0.96 m
00:16.99	

0.62 s	
11.70 m	
3.52 s	3.32 m/s
5.72 s	
2.63 s	
8.61 m	
3.78 s	2.28 m/s
6.56 s	
2.44 s	
0.20 s	0.41 m
00:17.35	

0.66 s	
12.25 m	
3.59 s	3.41 m/s
5.62 s	
2.70 s	
7.95 m	
3.09 s	2.57 m/s
6.74 s	
2.57 s	
0.13 s	0.25 m
00:17.63	

0.59 s	
10.67 m	
3.21 s	3.32 m/s
5.82 s	
2.84 s	
6.36 m	
2.28 s	2.79 m/s
6.97 s	
2.47 s	
0.38 s	0.77 m
00:18.10	

0.66 s	
12.68 m	
3.91 s	3.24 m/s
5.76 s	
2.66 s	
8.70 m	
3.48 s	2.50 m/s
6.92 s	
2.37 s	
0.33 s	0.70 m
00:17.71	

0.64 s	
13.84 m	
4.30 s	3.22 m/s
5.68 s	
2.63 s	
9.25 m	
3.88 s	2.38 m/s
6.86 s	
2.43 s	
0.25 s	0.51 m
00:17.60	

0.70 s	
10.93 m	
3.31 s	3.30 m/s
5.94 s	
2.73 s	
7.15 m	
2.78 s	2.57 m/s
7.06 s	
2.43 s	
0.05 s	0.10 m
00:18.16	

0.66 s	
9.54 m	
2.92 s	3.27 m/s
6.04 s	
2.77 s	
6.78 m	
2.51 s	2.70 m/s
7.07 s	
2.55 s	
0.85 s	1.67 m
00:18.43	

MOUVEMENTS	COUPS DE BRAS	0-50m
		50-100m
		TOTAL
	FREQUENCE TEMPO	0-25m
		25-50m
		50-75m
		75-100m
		MOYENNE
	AMPLITUDE DE NAGE	0-25m
		25-50m
		50-75m
		75-100m
MOYENNE		

30	
36	
66	
50.4	1.2
51.9	1.2
52.9	1.1
53.3	1.1
52.1	1.2
2.49	
2.35	
2.27	
2.10	
2.30	

31	
36	
67	
49.4	1.2
49.6	1.2
51.0	1.2
50.6	1.2
50.1	1.2
2.54	
2.39	
2.33	
2.19	
2.36	

31	
39	
70	
52.9	1.1
51.0	1.2
50.2	1.2
51.4	1.2
51.4	1.2
2.34	
2.33	
2.33	
2.14	
2.29	

32	
38	
70	
54.3	1.1
51.7	1.2
49.4	1.2
48.2	1.3
50.9	1.2
50.9	1.2
2.26	
2.35	
2.34	
2.32	
2.32	

30	
36	
66	
52.5	1.1
48.4	1.2
50.9	1.2
49.4	1.2
50.3	1.2
50.3	1.2
2.32	
2.41	
2.30	
2.26	
2.32	

28	
35	
63	
51.6	1.2
46.4	1.3
49.2	1.2
47.5	1.3
48.7	1.2
48.7	1.2
2.40	
2.50	
2.38	
2.29	
2.39	

32	
38	
70	
53.3	1.1
50.2	1.2
51.0	1.2
48.3	1.2
50.7	1.2
50.7	1.2
2.31	
2.38	
2.28	
2.32	
2.32	

30	
36	
66	
48.6	1.2
45.7	1.3
47.0	1.3
48.1	1.3
47.3	1.3
47.3	1.3
2.49	
2.65	
2.51	
2.33	
2.50	

Nageur		Hadrien SALVAN		Yann LE GOFF		Wissam-Amazigh YEBBA		Roman FUCHS		Nans MAZELLIER		Enzo TESIC		Rafael FENTE DAMERS		Come JAEGLÉ		
Temps		01:46.72		01:47.05 +00.33		01:47.21 +00.49		01:47.24 +00.52		01:47.33 +00.61		01:47.57 +00.85		01:48.07 +01.35		01:49.60 +02.88		
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	1:37.05	141 CB	1:37.21	127 CB	1:34.18	129 CB	1:35.60	130 CB	1:35.85	138 CB	1:35.25	138 CB	1:34.57	125 CB	1:39.06	125 CB	
		0:09.67	26.9 m	0:09.84	28.5 m	0:13.03	34.9 m	0:11.64	32.3 m	0:11.48	31.3 m	0:12.32	31.9 m	0:13.50	36.1 m	0:10.54	28.5 m	
LAPS	50m	00:24.97	-	00:24.87	-	00:24.94	-	00:25.17	-	00:24.33	-	00:25.48	-	00:25.34	-	00:25.37	-	
	100m	00:51.76	00:26.79	00:51.88	00:27.01	00:52.64	00:27.70	00:52.48	00:27.31	00:51.47	00:27.14	00:52.89	00:27.41	00:53.10	00:27.76	00:53.29	00:27.92	
	150m	01:19.53	00:27.77	01:19.51	00:27.63	01:20.16	00:27.52	01:20.15	00:27.67	01:19.44	00:27.97	01:20.40	00:27.51	01:20.75	00:27.65	01:21.45	00:28.16	
	200m	01:46.72	00:27.19	01:47.05	00:27.54	01:47.21	00:27.05	01:47.24	00:27.09	01:47.33	00:27.89	01:47.57	00:27.17	01:48.07	00:27.32	01:49.60	00:28.15	
PARTIES NAGEES	15-25m   25-45m	5.13 s	10.49 s	5.22 s	10.53 s	5.29 s	11.06 s	5.43 s	11.08 s	5.05 s	10.36 s	5.48 s	11.12 s	5.34 s	11.27 s	5.16 s	11.13 s	
	65-75m   75-95m	5.20 s	11.00 s	5.43 s	11.16 s	5.69 s	11.73 s	5.50 s	11.50 s	5.55 s	11.07 s	5.38 s	11.41 s	5.80 s	11.66 s	5.60 s	11.64 s	
	115-125m   125-145m	5.50 s	11.17 s	5.71 s	11.33 s	5.69 s	11.51 s	5.80 s	11.53 s	5.59 s	11.52 s	5.62 s	11.55 s	5.69 s	11.58 s	5.65 s	11.80 s	
	165-175m   175-195m	5.40 s	11.28 s	5.64 s	11.62 s	5.66 s	11.53 s	5.60 s	11.57 s	5.70 s	11.76 s	5.50 s	11.70 s	5.64 s	11.67 s	5.68 s	12.04 s	
	Moyenne	5.31 s	10.99 s	5.50 s	11.16 s	5.58 s	11.46 s	5.58 s	11.42 s	5.47 s	11.18 s	5.50 s	11.45 s	5.62 s	11.55 s	5.52 s	11.65 s	
	TOTAL	01:05.17		01:06.64		01:08.16		01:08.01		01:06.60		01:07.76		01:08.65		01:08.70		
PARTIES NON NAGEES	START	Temps sur le plot	0.60 s		0.68 s		0.66 s		0.61 s		0.67 s		0.66 s		0.62 s		0.68 s	
		Sortie de coulée	9.90 m		9.63 m		11.52 m		12.12 m		11.22 m		12.50 m		11.99 m		10.73 m	
		Temps aux 15m	3.17 s	3.12 m/s	3.02 s	3.19 m/s	3.57 s	3.23 m/s	3.80 s	3.19 m/s	3.47 s	3.23 m/s	4.12 s	3.03 m/s	3.72 s	3.22 m/s	3.49 s	3.07 m/s
	VIRAGE 1	5m avant	3.14 s		2.98 s		2.69 s		2.72 s		2.93 s		2.76 s		2.90 s		2.86 s	
		Sortie de coulée	5.71 m		6.78 m		7.24 m		7.20 m		6.55 m		6.64 m		8.41 m		5.96 m	
		Temps aux 15m	2.11 s	2.71 m/s	2.53 s	2.68 m/s	2.75 s	2.63 m/s	2.97 s	2.42 m/s	2.61 s	2.51 m/s	2.71 s	2.45 m/s	3.47 s	2.42 m/s	2.39 s	2.49 m/s
	VIRAGE 2	5m avant	3.14 s		3.03 s		2.95 s		2.90 s		3.00 s		2.88 s		3.00 s		3.01 s	
		Sortie de coulée	5.72 m		6.26 m		7.44 m		6.81 m		7.03 m		6.22 m		7.88 m		6.14 m	
		Temps aux 15m	2.13 s	2.69 m/s	2.21 s	2.83 m/s	3.05 s	2.44 m/s	2.51 s	2.71 m/s	2.83 s	2.48 m/s	2.59 s	2.40 m/s	3.17 s	2.49 m/s	2.28 s	2.69 m/s
	VIRAGE 3	5m avant	3.42 s		3.09 s		2.90 s		2.85 s		3.23 s		2.84 s		3.04 s		3.07 s	
		Sortie de coulée	5.59 m		5.79 m		8.73 m		6.21 m		6.46 m		6.58 m		7.78 m		5.71 m	
		Temps aux 15m	2.26 s	2.47 m/s	2.08 s	2.78 m/s	3.66 s	2.39 m/s	2.36 s	2.63 m/s	2.57 s	2.51 m/s	2.90 s	2.27 m/s	3.14 s	2.48 m/s	2.38 s	2.40 m/s
	FIN	5m avant	2.84 s		2.75 s		2.62 s		2.47 s		2.78 s		2.47 s		2.69 s		2.58 s	
		Approche mur	0.43 s	0.76 m	0.48 s	0.87 m	0.29 s	0.55 m	0.14 s	0.28 m	0.24 s	0.43 m	0.60 s	1.21 m	0.20 s	0.37 m	0.77 s	1.49 m
		TOTAL	00:41.55		00:40.41		00:39.05		00:39.23		00:40.73		00:39.81		00:39.42		00:40.90	



Nageur		Hadrien SALVAN	Yann LE GOFF	Wissam-Amazigh YEBBA	Roman FUCHS	Nans MAZELLIER	Enzo TESIC	Rafael FENTE DAMERS	Come JAEGLÉ	
Temps		01:46.72	01:47.05 +00.33	01:47.21 +00.49	01:47.24 +00.52	01:47.33 +00.61	01:47.57 +00.85	01:48.07 +01.35	01:49.60 +02.88	
MOUVEMENTS	COUPS DE BRAS	0-50m	30	28	28	27	30	29	26	28
		50-100m	36	31	33	32	34	34	30	31
		100-150m	36	32	33	34	36	36	32	32
		150-200m	39	36	35	37	38	39	37	34
		<b>TOTAL</b>	<b>141</b>	<b>127</b>	<b>129</b>	<b>130</b>	<b>138</b>	<b>138</b>	<b>125</b>	<b>125</b>
	FREQUENCE TEMPO	0-25m	46.3 1.3	42.4 1.4	45.5 1.3	40.8 1.5	46.3 1.3	44.2 1.4	41.6 1.4	42.2 1.4
		25-50m	44.9 1.3	40.7 1.5	43.9 1.4	40.9 1.5	44.5 1.4	43.7 1.4	39.6 1.5	39.4 1.5
		50-75m	45.6 1.3	38.8 1.6	40.6 1.5	41.0 1.5	44.0 1.4	42.7 1.4	38.7 1.6	37.4 1.6
		75-100m	44.3 1.4	39.0 1.5	40.6 1.5	40.8 1.5	43.4 1.4	42.3 1.4	37.6 1.6	37.2 1.6
		100-125m	43.1 1.4	38.3 1.6	44.3 1.4	40.2 1.5	45.5 1.3	44.2 1.4	40.1 1.5	39.3 1.5
125-150m		42.5 1.4	37.9 1.6	42.5 1.4	41.6 1.4	43.9 1.4	44.7 1.3	40.0 1.5	38.1 1.6	
150-175m		45.6 1.3	42.2 1.4	45.5 1.3	43.7 1.4	44.4 1.4	48.3 1.2	43.2 1.4	40.2 1.5	
175-200m		46.0 1.3	42.9 1.4	44.0 1.4	44.0 1.4	43.7 1.4	48.3 1.2	44.7 1.3	39.2 1.5	
<b>MOYENNE</b>	<b>44.8 1.3</b>	<b>40.3 1.5</b>	<b>43.4 1.4</b>	<b>41.6 1.4</b>	<b>44.4 1.4</b>	<b>44.8 1.3</b>	<b>40.7 1.5</b>	<b>39.1 1.5</b>		
AMPLITUDE DE NAGE	0-25m	2.53	2.71	2.50	2.71	2.57	2.48	2.70	2.76	
	25-50m	2.55	2.80	2.47	2.65	2.60	2.47	2.69	2.74	
	50-75m	2.53	2.85	2.60	2.66	2.46	2.61	2.68	2.86	
	75-100m	2.46	2.75	2.52	2.56	2.50	2.49	2.73	2.77	
	100-125m	2.53	2.74	2.38	2.57	2.36	2.41	2.63	2.70	
	125-150m	2.53	2.79	2.45	2.50	2.37	2.32	2.59	2.67	
	150-175m	2.44	2.52	2.33	2.45	2.37	2.26	2.46	2.63	
	175-200m	2.32	2.41	2.37	2.36	2.34	2.12	2.30	2.54	
	<b>MOYENNE</b>	<b>2.49</b>	<b>2.70</b>	<b>2.45</b>	<b>2.56</b>	<b>2.45</b>	<b>2.40</b>	<b>2.60</b>	<b>2.71</b>	

<b>Nageur</b>	<b>David AUBRY</b>	<b>Joris BOUCHAUT</b>	<b>Paul BEAUGRAND</b>	<b>Tommy-Lee CAMBLONG</b>	<b>Pierre LARGERON</b>	<b>Damien JOLY</b>	<b>Romain RAGUENAUD</b>	
<b>Temps</b>	<b>03:46.46</b>	<b>03:49.21</b> +02.75	<b>03:50.16</b> +03.70	<b>03:50.18</b> +03.72	<b>03:50.62</b> +04.16	<b>03:52.38</b> +05.92	<b>03:56.25</b> +09.79	

<b>RÉCAP</b>	<b>Tps de nage</b>	<b>3:23.75</b>	<b>249 CB</b>	<b>3:22.63</b>	<b>249 CB</b>	<b>3:27.61</b>	<b>258 CB</b>	<b>3:26.47</b>	<b>267 CB</b>	<b>3:28.54</b>	<b>242 CB</b>	<b>3:32.03</b>	<b>279 CB</b>	<b>3:37.05</b>	<b>258 CB</b>		
	<b>Tps/Dist Couléés</b> <b>Nombre de CB</b>	<b>0:22.71</b>	<b>58.2 m</b>	<b>0:26.58</b>	<b>63.1 m</b>	<b>0:22.55</b>	<b>56.8 m</b>	<b>0:23.71</b>	<b>57.6 m</b>	<b>0:22.08</b>	<b>56.8 m</b>	<b>0:20.35</b>	<b>49.7 m</b>	<b>0:19.20</b>	<b>50.1 m</b>		

<b>LAPS</b>	50m	00:26.44	-	00:26.61	-	00:26.62	-	00:26.79	-	00:27.15	-	00:27.40	-	00:26.96	-		
	100m	00:54.96	00:28.52	00:55.13	00:28.52	00:55.15	00:28.53	00:55.54	00:28.75	00:55.76	00:28.61	00:56.47	00:29.07	00:56.02	00:29.06		
	150m	01:23.59	00:28.63	01:23.69	00:28.56	01:24.07	00:28.92	01:24.66	00:29.12	01:24.98	00:29.22	01:26.00	00:29.53	01:25.66	00:29.64		
	200m	01:52.19	00:28.60	01:52.43	00:28.74	01:53.36	00:29.29	01:53.78	00:29.12	01:54.45	00:29.47	01:55.54	00:29.54	01:55.47	00:29.81		
	250m	02:20.88	00:28.69	02:21.55	00:29.12	02:22.85	00:29.49	02:22.83	00:29.05	02:24.13	00:29.68	02:24.88	00:29.34	02:25.70	00:30.23		
	300m	02:49.75	00:28.87	02:50.84	00:29.29	02:52.58	00:29.73	02:52.18	00:29.35	02:53.53	00:29.40	02:54.19	00:29.31	02:56.04	00:30.34		
	350m	03:18.88	00:29.13	03:20.48	00:29.64	03:22.41	00:29.83	03:21.28	00:29.10	03:22.61	00:29.08	03:23.50	00:29.31	03:26.65	00:30.61		
	400m	03:46.46	00:27.58	03:49.21	00:28.73	03:50.16	00:27.75	03:50.18	00:28.90	03:50.62	00:28.01	03:52.38	00:28.88	03:56.25	00:29.60		
<b>Moyenne</b>	-	00:28.57	-	00:28.94	-	00:29.08	-	00:29.06	-	00:29.07	-	00:29.28	-	00:29.90			

<b>PARTIES NAGEES</b>	15-25m	5.45 s	5.57 s	5.45 s	5.59 s	5.76 s	5.58 s	5.55 s	
	25-45m	11.65 s	11.68 s	11.32 s	11.77 s	11.90 s	11.71 s	11.70 s	
	55-75m	11.90 s	11.69 s	11.86 s	11.77 s	11.84 s	11.88 s	11.88 s	
	75-95m	11.94 s	12.08 s	11.77 s	11.98 s	11.77 s	12.20 s	12.14 s	
	105-125m	11.96 s	11.85 s	11.92 s	12.23 s	12.18 s	12.23 s	12.10 s	
	125-145m	12.00 s	12.13 s	12.04 s	12.08 s	12.20 s	12.32 s	12.42 s	
	155-175m	11.91 s	11.68 s	12.30 s	11.83 s	12.13 s	12.10 s	12.20 s	
	175-195m	12.02 s	12.15 s	12.18 s	12.14 s	12.27 s	12.27 s	12.42 s	
	205-225	11.92 s	11.97 s	12.03 s	12.14 s	12.37 s	12.18 s	12.33 s	
	225-245	12.05 s	12.45 s	13.72 s	12.09 s	12.26 s	12.09 s	12.62 s	
	255-275	11.83 s	11.76 s	12.16 s	12.03 s	12.08 s	12.07 s	12.25 s	
	275-295	12.24 s	12.50 s	12.41 s	12.22 s	12.12 s	12.10 s	12.74 s	
	305-225	11.90 s	12.08 s	12.50 s	12.20 s	11.98 s	12.04 s	12.42 s	
	325-245	12.54 s	12.63 s	12.38 s	12.08 s	12.08 s	12.10 s	12.56 s	
	355-375	11.64 s	11.61 s	11.80 s	11.94 s	11.91 s	12.02 s	12.24 s	
	375-395	11.73 s	12.49 s	11.64 s	12.07 s	11.78 s	12.08 s	12.52 s	
<b>Moyenne</b>	11.95 s	12.05 s	12.14 s	12.04 s	12.06 s	12.09 s	12.30 s		
<b>TOTAL</b>	<b>03:04.68</b>	<b>03:06.32</b>	<b>03:07.48</b>	<b>03:06.16</b>	<b>03:06.63</b>	<b>03:06.97</b>	<b>03:10.09</b>		

Nageur		David AUBRY	Joris BOUCHAUT	Paul BEAUGRAND	Tommy-Lee CAMBLONG	Pierre LARGERON	Damien JOLY	Romain RAGUENAUD	
Temps		03:46.46	03:49.21 +02.75	03:50.16 +03.70	03:50.18 +03.72	03:50.62 +04.16	03:52.38 +05.92	03:56.25 +09.79	
PARTIES NON NAGEES	START	Temps sur le plot	0.68 s	0.70 s	0.66 s	0.65 s	0.62 s	0.69 s	0.73 s
		Sortie de coulée	10.44 m	10.56 m	11.50 m	12.29 m	10.46 m	9.63 m	11.54 m
		Temps aux 15m	3.51 s 2.97 m/s	3.52 s 3.00 m/s	4.13 s 2.78 m/s	4.42 s 2.78 m/s	3.49 s 3.00 m/s	3.47 s 2.78 m/s	4.02 s 2.87 m/s
	VIRAGE 1	5m avant	2.99 s	2.88 s	3.20 s	2.91 s	3.14 s	3.01 s	3.29 s
		Sortie de coulée	6.92 m	7.46 m	6.80 m	6.78 m	6.54 m	5.67 m	5.74 m
		Temps aux 5m	2.77 s 2.50 m/s	3.24 s 2.30 m/s	2.72 s 2.50 m/s	2.98 s 2.28 m/s	2.62 s 2.50 m/s	2.36 s 2.40 m/s	2.26 s 2.54 m/s
	VIRAGE 2	5m avant	3.05 s	2.95 s	3.25 s	3.07 s	3.29 s	3.03 s	3.22 s
		Sortie de coulée	7.37 m	7.94 m	7.13 m	7.16 m	7.13 m	6.10 m	5.79 m
		Temps aux 5m	3.03 s 2.43 m/s	3.38 s 2.35 m/s	2.96 s 2.41 m/s	3.01 s 2.38 m/s	2.92 s 2.44 m/s	2.57 s 2.37 m/s	2.32 s 2.50 m/s
	VIRAGE 3	5m avant	3.06 s	2.94 s	3.27 s	3.12 s	3.22 s	3.08 s	3.28 s
		Sortie de coulée	7.20 m	7.50 m	7.03 m	6.61 m	6.38 m	5.50 m	5.67 m
		Temps aux 5m	2.92 s 2.47 m/s	3.31 s 2.27 m/s	2.78 s 2.53 m/s	3.02 s 2.19 m/s	2.58 s 2.47 m/s	2.28 s 2.41 m/s	2.18 s 2.60 m/s
	VIRAGE 4	5m avant	3.06 s	3.06 s	3.28 s	3.08 s	3.33 s	3.19 s	3.42 s
		Sortie de coulée	6.81 m	7.87 m	6.18 m	7.03 m	6.75 m	6.00 m	5.55 m
		Temps aux 5m	2.72 s 2.50 m/s	3.41 s 2.31 m/s	2.60 s 2.38 m/s	2.94 s 2.39 m/s	2.73 s 2.47 m/s	2.49 s 2.41 m/s	2.19 s 2.53 m/s
	VIRAGE 5	5m avant	3.08 s	3.01 s	1.85 s	3.11 s	3.40 s	3.19 s	3.43 s
		Sortie de coulée	6.44 m	7.33 m	6.04 m	5.80 m	6.41 m	5.51 m	5.21 m
		Temps aux 5m	2.59 s 2.49 m/s	3.28 s 2.23 m/s	2.50 s 2.42 m/s	2.48 s 2.34 m/s	2.57 s 2.49 m/s	2.28 s 2.42 m/s	2.04 s 2.55 m/s
VIRAGE 6	5m avant	3.06 s	3.12 s	3.29 s	3.10 s	3.48 s	3.17 s	3.44 s	
	Sortie de coulée	6.51 m	6.87 m	6.39 m	6.30 m	6.59 m	6.06 m	5.35 m	
	Temps aux 5m	2.58 s 2.52 m/s	2.95 s 2.33 m/s	2.60 s 2.46 m/s	2.47 s 2.55 m/s	2.64 s 2.50 m/s	2.67 s 2.27 m/s	2.20 s 2.43 m/s	
VIRAGE 7	5m avant	3.01 s	3.11 s	3.22 s	3.14 s	3.33 s	3.14 s	3.65 s	
	Sortie de coulée	6.53 m	7.55 m	5.76 m	5.59 m	6.49 m	5.27 m	5.26 m	
	Temps aux 5m	2.59 s 2.52 m/s	3.49 s 2.16 m/s	2.26 s 2.55 m/s	2.39 s 2.34 m/s	2.53 s 2.57 m/s	2.23 s 2.36 m/s	1.99 s 2.64 m/s	
FIN	5m avant	2.51 s	2.62 s	2.50 s	2.85 s	2.68 s	2.71 s	3.01 s	
	Approche mur	0.40 s 0.80 m	0.52 s 0.99 m	0.19 s 0.38 m	0.42 s 0.74 m	0.52 s 0.97 m	0.84 s 1.55 m	0.43 s 0.71 m	
TOTAL		00:41.78	00:42.89	00:42.68	00:44.02	00:43.99	00:45.41	00:46.16	

Nageur		David AUBRY	Joris BOUCHAUT	Paul BEAUGRAND	Tommy-Lee CAMBLONG	Pierre LARGERON	Damien JOLY	Romain RAGUENAUD		
Temps		03:46.46	03:49.21 +02.75	03:50.16 +03.70	03:50.18 +03.72	03:50.62 +04.16	03:52.38 +05.92	03:56.25 +09.79		
MOUVEMENTS	COUPS DE BRAS	0-50m   50-100m	28 31	28 30	27 32	29 34	26 30	32 35	26 33	
		100-150m   150-200m	30 32	30 31	31 32	32 34	30 31	35 35	31 34	
		200-250m   250-300m	30 33	30 32	31 32	32 36	30 32	35 35	31 35	
		300-350m   350-400m	30 35	30 38	32 41	32 38	30 33	35 37	32 36	
		<b>TOTAL</b>	<b>249</b>	<b>249</b>	<b>258</b>	<b>267</b>	<b>242</b>	<b>279</b>	<b>258</b>	
	TEMPO	0-25m   25-50m	1.4 1.6	1.5 1.6	1.4 1.5	1.4 1.5	1.7 1.7	1.3 1.4	1.6 1.7	
		50-75m   75-100m	1.7 1.7	1.6 1.7	1.6 1.6	1.6 1.6	1.7 1.7	1.5 1.5	1.7 1.7	
		100-125m   125-150m	1.7 1.7	1.6 1.7	1.6 1.7	1.6 1.6	1.7 1.7	1.5 1.5	1.7 1.7	
		150-175m   175-200m	1.6 1.7	1.6 1.7	1.6 1.6	1.6 1.6	1.7 1.7	1.5 1.5	1.7 1.7	
		200-225m   225-250m	1.6 1.7	1.6 1.7	1.6 1.6	1.5 1.5	1.8 1.7	1.5 1.5	1.7 1.6	
		250-275m   275-300m	1.6 1.6	1.6 1.7	1.6 1.7	1.5 1.6	1.7 1.7	1.5 1.5	1.6 1.6	
		300-325m   325-350m	1.5 1.6	1.6 1.7	1.6 1.7	1.5 1.5	1.6 1.6	1.5 1.5	1.6 1.6	
		350-375m   375-400m	1.4 1.4	1.3 1.4	1.3 1.3	1.4 1.4	1.6 1.5	1.4 1.5	1.6 1.6	
	<b>MOYENNE</b>	<b>1.6</b>	<b>1.6</b>	<b>1.6</b>	<b>1.5</b>	<b>1.7</b>	<b>1.5</b>	<b>1.6</b>		
	FREQUENCE	0-25m   25-50m	42.3 38.3	40.2 38.2	42.5 39.0	43.6 40.2	35.9 34.7	45.3 42.9	38.3 36.1	
		50-75m   75-100m	36.3 35.7	37.8 35.9	38.7 36.6	38.4 37.2	34.9 35.1	40.7 39.9	34.9 36.4	
		100-125m   125-150m	36.4 35.7	37.0 36.2	38.1 36.5	37.5 36.9	35.3 34.8	40.6 39.5	35.2 35.1	
		150-175m   175-200m	36.9 35.6	36.9 36.2	37.5 36.8	38.6 38.0	34.9 34.9	39.7 39.6	36.1 36.1	
		200-225m   225-250m	38.1 36.3	37.2 35.5	37.5 36.6	39.8 38.9	34.2 34.5	40.2 39.6	36.4 36.5	
		250-275m   275-300m	37.4 36.6	37.6 36.2	37.1 36.0	39.3 38.5	35.3 35.0	40.6 39.8	36.7 36.8	
		300-325m   325-350m	39.8 37.3	37.4 36.5	36.7 36.2	41.0 40.9	37.0 36.7	41.0 40.9	37.4 37.9	
		350-375m   375-400m	42.0 41.8	45.7 44.2	47.0 47.2	43.2 41.6	38.3 39.0	41.9 41.3	38.7 38.0	
	<b>MOYENNE</b>	<b>37.9</b>	<b>38.0</b>	<b>38.7</b>	<b>39.6</b>	<b>35.6</b>	<b>40.8</b>	<b>36.7</b>		
	AMPLITUDE	0-25m   25-50m	2.81 2.69	2.90 2.69	2.74 2.72	2.60 2.54	3.17 2.90	2.51 2.39	3.02 2.84	
		50-75m   75-100m	2.78 2.81	2.72 2.77	2.62 2.78	2.66 2.69	2.91 2.91	2.48 2.47	2.90 2.71	
		100-125m   125-150m	2.75 2.80	2.74 2.73	2.65 2.73	2.62 2.69	2.79 2.82	2.42 2.47	2.82 2.75	
		150-175m   175-200m	2.73 2.80	2.78 2.73	2.60 2.68	2.63 2.60	2.84 2.80	2.50 2.47	2.73 2.68	
		200-225m   225-250m	2.65 2.74	2.69 2.71	2.66 2.39	2.48 2.55	2.84 2.84	2.45 2.51	2.67 2.60	
250-275m   275-300m		2.71 2.68	2.71 2.65	2.64 2.69	2.54 2.55	2.81 2.83	2.45 2.49	2.67 2.56		
300-325m   325-350m		2.53 2.56	2.66 2.61	2.61 2.68	2.40 2.43	2.71 2.71	2.43 2.43	2.59 2.52		
350-375m   375-400m		2.45 2.45	2.26 2.18	2.16 2.18	2.33 2.39	2.63 2.61	2.39 2.41	2.54 2.52		
<b>MOYENNE</b>	<b>2.68</b>	<b>2.66</b>	<b>2.60</b>	<b>2.54</b>	<b>2.82</b>	<b>2.45</b>	<b>2.70</b>			



Compétition		Pacome BRICOUT		David AUBRY		Damien JOLY		Logan FONTAINE		Sacha VELLY		Joris BOUCHAUT			
Temps		07:48.63		07:49.44 +00.81		07:50.10 +00.66		07:52.36 +03.73		07:54.89 +06.26		08:03.41 +14.78			
RÉCAP	Tps de nage	7:01.69	494 CB	7:05.10	491 CB	7:09.68	536 CB	7:12.68	549 CB	7:16.54	607 CB	7:11.71	488 CB		
	Tps/Dist Coulées Nombre de CB	0:46.94	116.5 m	0:44.34	110.7 m	0:40.42	98.0 m	0:39.68	102.5 m	0:38.35	91.5 m	0:51.70	122.3 m		

LAPS	100m	00:56.09	-	00:56.02	00:56.02	00:56.19	00:56.19	00:56.46	00:56.46	00:56.49	00:56.49	00:55.92	00:55.92		
	200m	01:54.89	00:58.80	01:54.71	00:58.69	01:54.77	00:58.58	01:55.71	00:59.25	01:56.06	00:59.57	01:54.69	00:58.77		
	300m	02:53.98	00:59.09	02:54.01	00:59.30	02:53.80	00:59.03	02:55.35	00:59.64	02:55.69	00:59.63	02:54.33	00:59.64		
	400m	03:53.27	00:59.29	03:53.43	00:59.42	03:53.22	00:59.42	03:55.53	01:00.18	03:55.54	00:59.85	03:55.46	01:01.13		
	500m	04:52.77	00:59.50	04:52.99	00:59.56	04:52.61	00:59.39	04:55.27	00:59.74	04:55.41	00:59.87	04:57.66	01:02.20		
	600m	05:52.51	00:59.74	05:52.74	00:59.75	05:52.43	00:59.82	05:55.66	01:00.39	05:55.55	01:00.14	06:00.14	01:02.48		
	700m	06:51.74	00:59.23	06:52.17	00:59.43	06:52.24	00:59.81	06:54.52	00:58.86	06:55.69	01:00.14	07:02.57	01:02.43		
	800m	07:48.63	00:56.89	07:49.44	00:57.27	07:50.10	00:57.86	07:52.36	00:57.84	07:54.89	00:59.20	08:03.41	01:00.84		
	Moyenne	-	00:58.93	-	00:58.68	-	00:58.76	-	00:59.05	-	00:59.36	-	01:00.43		

PARTIES NAGEES	15-45m	17.38 s	-	17.42 s	-	17.41 s	-	17.55 s	-	17.31 s	-	17.55 s	-		
	55-95m	24.37 s	12.23 s 12.14 s ↑	24.22 s	11.86 s 12.36 s ↓	23.67 s	11.70 s 11.97 s ↓	24.36 s	12.10 s 12.26 s ↓	24.27 s	12.04 s 12.23 s ↓	24.12 s	11.99 s 12.13 s ↓		
	105-145m	24.41 s	12.25 s 12.16 s ↑	24.34 s	12.11 s 12.23 s ↓	24.23 s	12.04 s 12.19 s ↓	24.87 s	12.46 s 12.41 s ↑	24.58 s	12.24 s 12.34 s ↓	24.79 s	12.39 s 12.40 s ↓		
	155-195m	24.35 s	12.07 s 12.28 s ↓	24.50 s	12.08 s 12.42 s ↓	24.20 s	12.03 s 12.17 s ↓	24.93 s	12.38 s 12.55 s ↓	24.69 s	12.37 s 12.32 s ↑	24.50 s	12.06 s 12.44 s ↓		
	205-245m	24.63 s	12.43 s 12.20 s ↑	24.85 s	12.56 s 12.29 s ↑	24.48 s	12.25 s 12.23 s ↑	24.96 s	12.44 s 12.52 s ↓	24.78 s	12.50 s 12.28 s ↑	24.77 s	12.46 s 12.31 s ↑		
	255-295m	24.56 s	12.10 s 12.46 s ↓	24.84 s	12.31 s 12.53 s ↓	24.30 s	12.03 s 12.27 s ↓	25.06 s	12.36 s 12.70 s ↓	24.54 s	12.28 s 12.26 s ↑	25.14 s	12.42 s 12.72 s ↓		
	305-345m	24.76 s	12.44 s 12.32 s ↑	24.59 s	12.29 s 12.30 s ↓	24.52 s	12.26 s 12.26 s ↑	25.15 s	12.54 s 12.61 s ↓	24.84 s	12.54 s 12.30 s ↑	25.41 s	12.68 s 12.73 s ↓		
	355-395m	24.63 s	12.27 s 12.36 s ↓	24.91 s	12.48 s 12.43 s ↑	24.56 s	12.20 s 12.36 s ↓	25.22 s	12.40 s 12.82 s ↓	24.61 s	12.40 s 12.21 s ↑	25.90 s	12.71 s 13.19 s ↓		
	405-445m	24.75 s	12.37 s 12.38 s ↓	24.94 s	12.38 s 12.56 s ↓	24.56 s	12.23 s 12.33 s ↓	24.98 s	12.41 s 12.57 s ↓	24.64 s	12.38 s 12.26 s ↑	26.17 s	13.14 s 13.03 s ↑		
	455-495m	24.68 s	12.24 s 12.44 s ↓	24.80 s	12.31 s 12.49 s ↓	24.60 s	12.27 s 12.33 s ↓	25.04 s	12.28 s 12.76 s ↓	24.84 s	12.33 s 12.51 s ↓	26.35 s	13.08 s 13.27 s ↓		
	505-545m	25.01 s	12.53 s 12.48 s ↑	25.03 s	12.46 s 12.57 s ↓	24.69 s	12.32 s 12.37 s ↓	25.17 s	12.52 s 12.65 s ↓	24.88 s	12.50 s 12.38 s ↑	26.28 s	13.00 s 13.28 s ↓		
	555-595m	25.03 s	12.43 s 12.60 s ↓	25.01 s	12.38 s 12.63 s ↓	24.88 s	12.40 s 12.48 s ↓	25.37 s	12.63 s 12.74 s ↓	24.79 s	12.35 s 12.44 s ↓	26.34 s	13.06 s 13.28 s ↓		
	605-645m	24.89 s	12.41 s 12.48 s ↓	24.79 s	12.26 s 12.53 s ↓	24.70 s	12.33 s 12.37 s ↓	24.48 s	12.20 s 12.28 s ↓	24.86 s	12.56 s 12.30 s ↑	26.33 s	13.09 s 13.24 s ↓		
	655-695m	24.39 s	12.11 s 12.28 s ↓	24.75 s	12.33 s 12.42 s ↓	24.72 s	12.27 s 12.45 s ↓	24.44 s	12.11 s 12.33 s ↓	24.85 s	12.43 s 12.42 s ↑	25.92 s	12.85 s 13.07 s ↓		
	705-745m	24.57 s	12.27 s 12.30 s ↓	24.17 s	11.93 s 12.24 s ↓	23.88 s	11.84 s 12.04 s ↓	24.03 s	11.92 s 12.11 s ↓	24.83 s	12.46 s 12.37 s ↑	26.12 s	12.96 s 13.16 s ↓		
	755-795m	23.34 s	11.65 s 11.69 s ↓	23.64 s	11.64 s 12.00 s ↓	24.10 s	11.90 s 12.20 s ↓	24.24 s	11.96 s 12.28 s ↓	24.16 s	12.21 s 11.95 s ↑	24.95 s	12.48 s 12.47 s ↑		
Moyenne	24.56 s	12.25 s 12.30 s	24.63 s	12.23 s 12.40 s	24.41 s	12.14 s 12.27 s	24.82 s	12.31 s 12.51 s	24.68 s	12.37 s 12.30 s	25.54 s	12.69 s 12.85 s			
TOTAL		06:25.75		06:26.80		06:23.50		06:29.85		06:27.47		06:40.64			

Compétition		Pacome BRICOUT	David AUBRY	Damien JOLY	Logan FONTAINE	Sacha VELLY	Joris BOUCHAUT		
Temps		<b>07:48.63</b>	07:49.44 +00.81	07:50.10 +00.66	07:52.36 +03.73	07:54.89 +06.26	08:03.41 +14.78		
START	Temps sur le plot	0.69 s	0.71 s	0.68 s	0.75 s	0.77 s	0.72 s		
	Sortie de coulée	<b>11.43 m</b>	<b>11.66 m</b>	<b>10.58 m</b>	<b>11.78 m</b>	<b>9.32 m</b>	<b>11.05 m</b>		
		3.82 s 2.99 m/s	3.95 s 2.95 m/s	3.84 s 2.76 m/s	4.08 s 2.89 m/s	3.33 s 2.80 m/s	3.85 s 2.87 m/s		
	Temps aux 15m	<b>6.26 s</b>	<b>6.34 s</b>	<b>6.85 s</b>	<b>6.61 s</b>	<b>6.92 s</b>	<b>6.61 s</b>		
50m	5m avant	3.27 s	3.15 s	3.09 s	3.20 s	2.96 s	2.95 s		
	Sortie de coulée	<b>7.39 m</b>	<b>7.09 m</b>	<b>5.94 m</b>	<b>5.96 m</b>	<b>6.03 m</b>	<b>7.92 m</b>		
		3.00 s 2.46 m/s	3.01 s 2.36 m/s	2.51 s 2.37 m/s	2.29 s 2.60 m/s	2.53 s 2.38 m/s	3.40 s 2.33 m/s		
	Temps aux 5m	<b>1.54 s</b>	<b>1.77 s</b>	<b>1.96 s</b>	<b>1.71 s</b>	<b>1.91 s</b>	<b>1.65 s</b>		
100m	5m avant	3.27 s	3.12 s	3.21 s	3.03 s	3.12 s	3.04 s		
	Sortie de coulée	<b>6.89 m</b>	<b>7.39 m</b>	<b>6.31 m</b>	<b>6.33 m</b>	<b>5.16 m</b>	<b>7.47 m</b>		
		2.84 s 2.43 m/s	3.12 s 2.37 m/s	2.74 s 2.30 m/s	2.51 s 2.52 m/s	2.15 s 2.40 m/s	3.19 s 2.34 m/s		
	Temps aux 5m	<b>1.68 s</b>	<b>1.67 s</b>	<b>1.95 s</b>	<b>1.68 s</b>	<b>2.05 s</b>	<b>1.66 s</b>		
150m	5m avant	3.36 s	3.21 s	3.09 s	2.97 s	3.10 s	3.00 s		
	Sortie de coulée	<b>7.00 m</b>	<b>6.54 m</b>	<b>5.75 m</b>	<b>6.08 m</b>	<b>5.74 m</b>	<b>6.59 m</b>		
		2.95 s 2.37 m/s	2.71 s 2.41 m/s	2.34 s 2.46 m/s	2.39 s 2.54 m/s	2.44 s 2.35 m/s	2.77 s 2.38 m/s		
	Temps aux 5m	<b>1.74 s</b>	<b>1.78 s</b>	<b>1.89 s</b>	<b>1.72 s</b>	<b>1.98 s</b>	<b>1.81 s</b>		
200m	5m avant	3.26 s	3.19 s	3.22 s	3.08 s	3.17 s	3.01 s		
	Sortie de coulée	<b>7.08 m</b>	<b>7.13 m</b>	<b>5.96 m</b>	<b>6.16 m</b>	<b>5.64 m</b>	<b>7.46 m</b>		
		2.83 s 2.50 m/s	2.85 s 2.50 m/s	2.57 s 2.32 m/s	2.38 s 2.59 m/s	2.36 s 2.39 m/s	3.16 s 2.36 m/s		
	Temps aux 5m	<b>1.54 s</b>	<b>1.51 s</b>	<b>1.98 s</b>	<b>1.66 s</b>	<b>1.96 s</b>	<b>1.63 s</b>		
250m	5m avant	3.31 s	3.22 s	3.15 s	3.07 s	3.19 s	3.23 s		
	Sortie de coulée	<b>6.72 m</b>	<b>6.69 m</b>	<b>5.81 m</b>	<b>6.07 m</b>	<b>5.59 m</b>	<b>7.43 m</b>		
		2.81 s 2.39 m/s	2.68 s 2.50 m/s	2.42 s 2.40 m/s	2.37 s 2.56 m/s	2.37 s 2.36 m/s	3.15 s 2.36 m/s		
	Temps aux 5m	<b>1.77 s</b>	<b>1.64 s</b>	<b>1.93 s</b>	<b>1.71 s</b>	<b>2.01 s</b>	<b>1.64 s</b>		
300m	5m avant	3.28 s	3.24 s	3.19 s	3.18 s	3.15 s	3.23 s		
	Sortie de coulée	<b>6.90 m</b>	<b>6.46 m</b>	<b>5.98 m</b>	<b>6.05 m</b>	<b>5.51 m</b>	<b>7.49 m</b>		
		2.83 s 2.44 m/s	2.63 s 2.46 m/s	2.59 s 2.31 m/s	2.34 s 2.59 m/s	2.29 s 2.41 m/s	3.19 s 2.35 m/s		
	Temps aux 5m	<b>1.65 s</b>	<b>1.73 s</b>	<b>1.99 s</b>	<b>1.68 s</b>	<b>1.97 s</b>	<b>1.61 s</b>		
350m	5m avant	3.31 s	3.26 s	3.20 s	3.17 s	3.18 s	3.25 s		
	Sortie de coulée	<b>7.18 m</b>	<b>6.36 m</b>	<b>5.77 m</b>	<b>6.10 m</b>	<b>5.66 m</b>	<b>7.30 m</b>		
		3.00 s 2.39 m/s	2.55 s 2.49 m/s	2.35 s 2.46 m/s	2.52 s 2.42 m/s	2.40 s 2.36 m/s	3.17 s 2.30 m/s		
	Temps aux 5m	<b>1.66 s</b>	<b>1.70 s</b>	<b>1.88 s</b>	<b>1.84 s</b>	<b>1.99 s</b>	<b>1.71 s</b>		
400m	5m avant	3.28 s	3.23 s	3.27 s	3.12 s	3.26 s	3.25 s		
	Sortie de coulée	<b>6.78 m</b>	<b>6.66 m</b>	<b>5.83 m</b>	<b>6.18 m</b>	<b>5.23 m</b>	<b>7.85 m</b>		
		2.77 s 2.45 m/s	2.62 s 2.54 m/s	2.42 s 2.41 m/s	2.46 s 2.51 m/s	2.24 s 2.33 m/s	3.31 s 2.37 m/s		
	Temps aux 5m	<b>1.67 s</b>	<b>1.59 s</b>	<b>1.91 s</b>	<b>1.73 s</b>	<b>2.10 s</b>	<b>1.44 s</b>		

PARTIES NON NAGEES

Compétition		Pacome BRICOUT	David AUBRY	Damien JOLY	Logan FONTAINE	Sacha VELLY	Joris BOUCHAUT		
Temps		<b>07:48.63</b>	07:49.44 +00.81	07:50.10 +00.66	07:52.36 +03.73	07:54.89 +06.26	08:03.41 +14.78		
PARTIES NON NAGEES	450m	5m avant	3.39 s	3.14 s	3.23 s	3.08 s	3.18 s	3.31 s	
		Sortie de coulée	<b>7.03 m</b>	<b>6.04 m</b>	<b>5.73 m</b>	<b>5.91 m</b>	<b>5.54 m</b>	<b>7.09 m</b>	
		Temps aux 5m	2.96 s 2.38 m/s	2.51 s 2.41 m/s	2.30 s 2.49 m/s	2.35 s 2.51 m/s	2.41 s 2.30 m/s	3.01 s 2.36 m/s	
	500m	5m avant	3.29 s	3.22 s	3.24 s	3.12 s	3.03 s	3.29 s	
		Sortie de coulée	<b>7.11 m</b>	<b>6.64 m</b>	<b>5.91 m</b>	<b>5.99 m</b>	<b>5.16 m</b>	<b>7.32 m</b>	
		Temps aux 5m	2.87 s 2.48 m/s	2.59 s 2.56 m/s	2.52 s 2.35 m/s	2.36 s 2.54 m/s	2.21 s 2.33 m/s	3.17 s 2.31 m/s	
	550m	5m avant	3.28 s	3.20 s	3.28 s	3.14 s	3.15 s	3.26 s	
		Sortie de coulée	<b>7.32 m</b>	<b>5.84 m</b>	<b>5.74 m</b>	<b>5.93 m</b>	<b>5.36 m</b>	<b>7.56 m</b>	
		Temps aux 5m	3.00 s 2.44 m/s	2.29 s 2.55 m/s	2.29 s 2.51 m/s	2.31 s 2.57 m/s	2.31 s 2.32 m/s	3.31 s 2.28 m/s	
	600m	5m avant	3.31 s	3.17 s	3.18 s	3.25 s	3.12 s	3.30 s	
		Sortie de coulée	<b>6.80 m</b>	<b>6.29 m</b>	<b>5.89 m</b>	<b>5.75 m</b>	<b>5.25 m</b>	<b>7.23 m</b>	
		Temps aux 5m	2.75 s 2.47 m/s	2.59 s 2.43 m/s	2.57 s 2.29 m/s	2.19 s 2.63 m/s	2.23 s 2.35 m/s	3.13 s 2.31 m/s	
	650m	5m avant	3.21 s	3.26 s	3.29 s	3.39 s	3.25 s	3.33 s	
		Sortie de coulée	<b>6.87 m</b>	<b>6.38 m</b>	<b>5.59 m</b>	<b>6.04 m</b>	<b>5.34 m</b>	<b>7.54 m</b>	
		Temps aux 5m	2.91 s 2.36 m/s	2.58 s 2.47 m/s	2.25 s 2.48 m/s	2.35 s 2.57 m/s	2.26 s 2.36 m/s	3.30 s 2.28 m/s	
	700m	5m avant	3.33 s	3.10 s	3.19 s	3.10 s	3.06 s	3.51 s	
		Sortie de coulée	<b>6.94 m</b>	<b>6.96 m</b>	<b>5.84 m</b>	<b>6.11 m</b>	<b>5.27 m</b>	<b>7.93 m</b>	
		Temps aux 5m	2.75 s 2.52 m/s	2.89 s 2.41 m/s	2.57 s 2.27 m/s	2.35 s 2.60 m/s	2.25 s 2.34 m/s	3.55 s 2.23 m/s	
	750m	5m avant	3.20 s	3.16 s	3.20 s	3.34 s	3.21 s	3.26 s	
		Sortie de coulée	<b>7.01 m</b>	<b>6.58 m</b>	<b>5.34 m</b>	<b>6.09 m</b>	<b>5.66 m</b>	<b>7.10 m</b>	
		Temps aux 5m	2.85 s 2.46 m/s	2.77 s 2.38 m/s	2.14 s 2.50 m/s	2.43 s 2.51 m/s	2.57 s 2.20 m/s	3.04 s 2.34 m/s	
	FINISH	5m avant	2.54 s	2.73 s	2.67 s	2.76 s	2.75 s	3.13 s	
		Approche mur	0.31 s 0.61 m	0.71 s 1.30 s	0.64 s 1.20 s	0.64 s 1.16 s	1.00 s 1.82 m	1.14 s 1.82 m	
	<b>TOTAL</b>		<b>01:22.88</b>	<b>01:22.64</b>	<b>01:26.60</b>	<b>01:22.51</b>	<b>01:27.42</b>	<b>01:22.77</b>	

Compétition		Pacome BRICOUT		David AUBRY		Damien JOLY		Logan FONTAINE		Sacha VELLY		Joris BOUCHAUT				
Temps		07:48.63		07:49.44 +00.81		07:50.10 +00.66		07:52.36 +03.73		07:54.89 +06.26		08:03.41 +14.78				
MOUVEMENTS	COUPS DE BRAS	0-50m 50-100m	27	31	26	30	29	33	30	34	33	37	27	29		
		100-150m 150-200m	31	31	29	30	33	33	34	34	38	38	30	31		
		200-250m 250-300m	31	31	30	30	33	33	34	35	38	38	31	31		
		300-350m 350-400m	31	31	30	31	33	34	34	34	38	38	31	31		
		400-450m 450-500m	31	31	31	31	34	34	34	34	39	38	31	31		
		500-550m 550-600m	31	31	31	32	34	34	34	35	39	38	31	31		
		600-650m 650-700m	31	31	32	32	34	34	36	35	39	39	31	31		
		700-750m 750-800m	31	33	32	34	34	37	36	36	39	38	31	30		
		TOTAL	494		491		536		549		607		488			
	TEMPO	0-50m 50-100m	1.57	1.66	1.54	1.69	1.50	1.56	1.46	1.50	1.36	1.40	1.60	1.70		
		100-150m 150-200m	1.69	1.67	1.71	1.73	1.57	1.59	1.52	1.53	1.42	1.39	1.70	1.68		
		200-250m 250-300m	1.70	1.68	1.73	1.74	1.58	1.58	1.53	1.52	1.40	1.40	1.70	1.71		
		300-350m 350-400m	1.71	1.70	1.74	1.70	1.58	1.58	1.55	1.55	1.40	1.39	1.73	1.74		
		400-450m 450-500m	1.72	1.70	1.69	1.70	1.58	1.57	1.53	1.54	1.39	1.38	1.75	1.77		
		500-550m 550-600m	1.71	1.71	1.69	1.68	1.58	1.57	1.55	1.56	1.40	1.39	1.77	1.77		
		600-650m 650-700m	1.71	1.68	1.66	1.64	1.58	1.57	1.51	1.49	1.40	1.38	1.79	1.77		
		700-750m 750-800m	1.69	1.54	1.59	1.49	1.52	1.45	1.46	1.47	1.40	1.39	1.74	1.74		
		MOYENNE	1.7		1.7		1.6		1.5		1.4		1.7			
	FREQUENCE	0-50m 50-100m	38.4	36.2	39.1	35.5	40.1	38.5	41.1	40.0	44.1	43.0	37.6	35.4		
		100-150m 150-200m	35.7	36.0	35.2	34.7	38.3	37.9	39.4	39.3	42.4	43.1	35.3	35.8		
		200-250m 250-300m	35.4	35.7	34.7	34.7	38.0	38.1	39.3	39.4	42.9	43.0	35.4	35.1		
		300-350m 350-400m	35.2	35.5	34.5	35.5	38.0	38.0	38.9	38.8	42.9	43.3	34.8	34.5		
		400-450m 450-500m	35.0	35.3	35.5	35.4	38.1	38.3	39.2	39.0	43.3	43.4	34.3	33.9		
		500-550m 550-600m	35.1	35.0	35.6	35.8	38.0	38.3	38.7	38.5	42.8	43.1	34.0	34.0		
		600-650m 650-700m	35.2	35.8	36.1	36.6	38.1	38.4	39.8	40.4	43.0	43.5	33.5	34.0		
		700-750m 750-800m	35.5	39.1	37.7	40.4	39.6	41.6	41.3	41.0	43.1	43.5	34.6	34.5		
		MOYENNE	35.9		36.0		38.6		39.6		43.1		34.8			
	AMPLITUDE DE NAGE	0-50m 50-100m	2.83	2.72	2.77	2.80	2.67	2.64	2.58	2.47	2.46	2.30	2.85	2.81		
100-150m 150-200m		2.76	2.74	2.80	2.82	2.59	2.62	2.45	2.45	2.31	2.26	2.74	2.74			
200-250m 250-300m		2.75	2.74	2.79	2.79	2.58	2.60	2.45	2.44	2.26	2.27	2.74	2.72			
300-350m 350-400m		2.75	2.75	2.83	2.72	2.58	2.58	2.45	2.46	2.25	2.26	2.72	2.69			
400-450m 450-500m		2.78	2.76	2.71	2.74	2.57	2.55	2.45	2.46	2.25	2.23	2.84	2.69			
500-550m 550-600m		2.74	2.74	2.70	2.69	2.56	2.52	2.47	2.46	2.25	2.25	2.68	2.68			
600-650m 650-700m		2.75	2.76	2.68	2.66	2.56	2.53	2.47	2.43	2.25	2.22	2.72	2.73			
700-750m 750-800m		2.76	2.63	2.64	2.52	2.54	2.40	2.42	2.41	2.25	2.29	2.66	2.79			
MOYENNE		2.74		2.73		2.57		2.46		2.27		2.74				

NAGEUR		David AUBRY		Damien JOLY		Logan FONTAINE						
TEMPS		14:51.03		14:51.62 +00.59		15:18.16 +27.13						
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	13:30.76	929 CB	13:37.43	1002 CB	14:04.76	955 CB					
		01:20.27	196.3 m	01:14.19	181.3 m	01:13.40	187.6 m					
LAPS	50m	00:27.44	-	00:27.94	-	00:27.66	-					
	100m	00:57.18	00:57.18	00:57.76	00:57.76	00:57.99	00:57.99					
	150m	01:26.92	-	01:27.57	-	01:27.94	-					
	200m	01:56.86	00:59.68	01:57.51	00:59.75	01:58.06	01:00.07					
	250m	02:26.73	-	02:27.30	-	02:28.37	-					
	300m	02:56.62	00:59.76	02:57.34	00:59.83	02:58.63	01:00.57					
	350m	03:26.46	-	03:27.12	-	03:28.72	-					
	400m	03:56.39	00:59.77	03:56.92	00:59.58	03:59.00	01:00.37					
	450m	04:26.38	-	04:26.81	-	04:29.05	-					
	500m	04:56.22	00:59.83	04:56.59	00:59.67	04:59.44	01:00.44					
	550m	05:26.19	-	05:26.37	-	05:29.68	-					
	600m	05:56.12	00:59.90	05:56.27	00:59.68	06:00.19	01:00.75					
	650m	06:26.06	-	06:25.85	-	06:30.48	-					
	700m	06:55.66	00:59.54	06:55.57	00:59.30	07:01.18	01:00.99					
	750m	07:25.38	-	07:25.12	-	07:31.45	-					
	800m	07:54.94	00:59.28	07:54.83	00:59.26	08:01.94	01:00.76					
	850m	08:24.75	-	08:24.46	-	08:32.39	-					
	900m	08:54.29	00:59.35	08:54.13	00:59.30	09:03.22	01:01.28					
	950m	09:24.13	-	09:23.86	-	09:33.84	-					
	1000m	09:53.73	00:59.44	09:53.71	00:59.58	10:04.84	01:01.62					
	1050m	10:23.86	-	10:23.52	-	10:35.97	-					
	1100m	10:53.59	00:59.86	10:53.28	00:59.57	11:07.41	01:02.57					
	1150m	11:23.54	-	11:23.15	-	11:38.50	-					
	1200m	11:53.38	00:59.79	11:53.04	00:59.76	12:09.94	01:02.53					
	1250m	12:23.37	-	12:23.10	-	12:41.24	-					
	1300m	12:53.34	00:59.96	12:53.04	01:00.00	13:12.76	01:02.82					
	1350m	13:23.43	-	13:23.28	-	13:44.08	-					
	1400m	13:53.28	00:59.94	13:53.16	01:00.12	14:15.80	01:03.04					
1450m	14:23.55	-	14:22.85	-	14:47.27	-						
1500m	14:51.03	00:57.75	14:51.62	00:58.46	15:18.16	01:02.36						
	Moyenne	-	00:59.56	-	00:59.56	-	01:01.44					



NAGEUR		David AUBRY	Damien JOLY	Logan FONTAINE					
TEMPS		14:51.03	14:51.62 +00.59	15:18.16 +27.13					
Start	Temps sur le plot	0.70 s	0.70 s	0.79 s					
	Sortie de coulée	<b>10.80 m</b>	<b>10.60 m</b>	<b>11.18 m</b>					
	Temps aux 15m	3.76 s 2.87 m/s <b>6.50 s</b>	3.92 s 2.70 m/s <b>7.06 s</b>	3.89 s 2.87 m/s <b>6.67 s</b>					
50m	5m avant	3.14 s	3.09 s	3.04 s					
	Sortie de coulée	<b>6.60 m</b>	<b>5.86 m</b>	<b>5.91 m</b>					
	Temps aux 5m	2.80 s 2.36 m/s <b>1.83 s</b>	2.40 s 2.44 m/s <b>1.87 s</b>	2.41 s 2.45 m/s <b>1.85 s</b>					
100m	5m avant	3.28 s	3.29 s	3.68 s					
	Sortie de coulée	<b>6.81 m</b>	<b>6.37 m</b>	<b>6.41 m</b>					
	Temps aux 5m	2.80 s 2.43 m/s <b>1.68 s</b>	2.63 s 2.42 m/s <b>1.78 s</b>	2.21 s 2.90 m/s <b>1.32 s</b>					
150m	5m avant	3.04 s	3.25 s	3.35 s					
	Sortie de coulée	<b>6.74 m</b>	<b>6.02 m</b>	<b>6.27 m</b>					
	Temps aux 5m	2.82 s 2.39 m/s <b>1.74 s</b>	2.52 s 2.39 m/s <b>1.89 s</b>	2.42 s 2.59 m/s <b>1.62 s</b>					
200m	5m avant	3.20 s	3.17 s	3.24 s					
	Sortie de coulée	<b>7.14 m</b>	<b>5.96 m</b>	<b>5.94 m</b>					
	Temps aux 5m	3.05 s 2.34 m/s <b>1.71 s</b>	2.50 s 2.38 m/s <b>1.91 s</b>	2.27 s 2.62 m/s <b>1.67 s</b>					
250m	5m avant	3.05 s	3.29 s	3.23 s					
	Sortie de coulée	<b>6.65 m</b>	<b>5.97 m</b>	<b>5.96 m</b>					
	Temps aux 5m	2.86 s 2.33 m/s <b>1.85 s</b>	2.53 s 2.36 m/s <b>1.93 s</b>	2.39 s 2.49 m/s <b>1.79 s</b>					
300m	5m avant	3.19 s	3.28 s	3.39 s					
	Sortie de coulée	<b>6.90 m</b>	<b>6.16 m</b>	<b>6.22 m</b>					
	Temps aux 5m	2.93 s 2.35 m/s <b>1.75 s</b>	2.62 s 2.35 m/s <b>1.91 s</b>	2.41 s 2.58 m/s <b>1.64 s</b>					
350m	5m avant	3.08 s	3.22 s	3.27 s					
	Sortie de coulée	<b>6.88 m</b>	<b>5.78 m</b>	<b>6.05 m</b>					
	Temps aux 5m	2.82 s 2.44 m/s <b>1.64 s</b>	2.35 s 2.46 m/s <b>1.87 s</b>	2.36 s 2.56 m/s <b>1.70 s</b>					
400m	5m avant	3.21 s	3.14 s	3.13 s					
	Sortie de coulée	<b>6.99 m</b>	<b>6.13 m</b>	<b>6.00 m</b>					
	Temps aux 5m	2.83 s 2.47 m/s <b>1.57 s</b>	2.57 s 2.39 m/s <b>1.87 s</b>	2.29 s 2.62 m/s <b>1.66 s</b>					
450m	5m avant	3.20 s	3.26 s	3.30 s					
	Sortie de coulée	<b>6.67 m</b>	<b>5.84 m</b>	<b>5.98 m</b>					
	Temps aux 5m	2.79 s 2.39 m/s <b>1.76 s</b>	2.32 s 2.52 m/s <b>1.80 s</b>	2.32 s 2.58 m/s <b>1.70 s</b>					
500m	5m avant	3.14 s	3.16 s	3.23 s					
	Sortie de coulée	<b>6.96 m</b>	<b>6.03 m</b>	<b>6.05 m</b>					
	Temps aux 5m	2.96 s 2.35 m/s <b>1.73 s</b>	2.44 s 2.47 m/s <b>1.80 s</b>	2.38 s 2.54 m/s <b>1.71 s</b>					
550m	5m avant	3.17 s	3.19 s	3.28 s					
	Sortie de coulée	<b>6.21 m</b>	<b>5.81 m</b>	<b>5.99 m</b>					
	Temps aux 5m	2.53 s 2.45 m/s <b>1.78 s</b>	2.42 s 2.40 m/s <b>1.92 s</b>	2.33 s 2.57 m/s <b>1.70 s</b>					
600m	5m avant	3.24 s	3.24 s	3.23 s					
	Sortie de coulée	<b>6.47 m</b>	<b>5.98 m</b>	<b>6.01 m</b>					
	Temps aux 5m	2.66 s 2.43 m/s <b>1.74 s</b>	2.46 s 2.43 m/s <b>1.86 s</b>	2.44 s 2.46 m/s <b>1.81 s</b>					

PARTIES NON NAGEES

NAGEUR		David AUBRY	Damien JOLY	Logan FONTAINE					
TEMPS		14:51.03	14:51.62 +00.59	15:18.16 +27.13					
650m	5m avant	3.21 s	3.18 s	3.32 s					
	Sortie de coulée	<b>6.50 m</b>	<b>5.85 m</b>	<b>5.88 m</b>					
	Temps aux 5m	2.71 s 2.40 m/s <b>1.79 s</b>	2.38 s 2.46 m/s <b>1.86 s</b>	2.29 s 2.57 m/s <b>1.73 s</b>					
700m	5m avant	3.23 s	3.19 s	3.30 s					
	Sortie de coulée	<b>6.11 m</b>	<b>6.15 m</b>	<b>6.04 m</b>					
	Temps aux 5m	2.46 s 2.48 m/s <b>1.78 s</b>	2.52 s 2.44 m/s <b>1.81 s</b>	2.36 s 2.56 m/s <b>1.72 s</b>					
750m	5m avant	3.10 s	3.13 s	3.13 s					
	Sortie de coulée	<b>6.33 m</b>	<b>5.60 m</b>	<b>5.90 m</b>					
	Temps aux 5m	2.64 s 2.40 m/s <b>1.83 s</b>	2.24 s 2.50 m/s <b>1.87 s</b>	2.17 s 2.72 m/s <b>1.60 s</b>					
800m	5m avant	3.06 s	3.25 s	3.29 s					
	Sortie de coulée	<b>6.47 m</b>	<b>5.93 m</b>	<b>6.18 m</b>					
	Temps aux 5m	2.62 s 2.47 m/s <b>1.71 s</b>	2.44 s 2.43 m/s <b>1.87 s</b>	2.47 s 2.50 m/s <b>1.72 s</b>					
850m	5m avant	3.17 s	3.05 s	3.26 s					
	Sortie de coulée	<b>6.27 m</b>	<b>5.78 m</b>	<b>5.90 m</b>					
	Temps aux 5m	2.54 s 2.47 m/s <b>1.77 s</b>	2.33 s 2.48 m/s <b>1.85 s</b>	2.28 s 2.59 m/s <b>1.70 s</b>					
900m	5m avant	3.13 s	3.22 s	3.25 s					
	Sortie de coulée	<b>5.89 m</b>	<b>5.76 m</b>	<b>6.07 m</b>					
	Temps aux 5m	2.34 s 2.52 m/s <b>1.79 s</b>	2.40 s 2.40 m/s <b>1.93 s</b>	2.41 s 2.52 m/s <b>1.72 s</b>					
950m	5m avant	3.14 s	3.06 s	3.34 s					
	Sortie de coulée	<b>6.10 m</b>	<b>5.59 m</b>	<b>5.96 m</b>					
	Temps aux 5m	2.42 s 2.52 m/s <b>1.75 s</b>	2.24 s 2.50 m/s <b>1.88 s</b>	2.30 s 2.59 m/s <b>1.67 s</b>					
1000m	5m avant	3.08 s	3.15 s	3.27 s					
	Sortie de coulée	<b>6.15 m</b>	<b>5.98 m</b>	<b>6.17 m</b>					
	Temps aux 5m	2.49 s 2.47 m/s <b>1.78 s</b>	2.42 s 2.47 m/s <b>1.81 s</b>	2.60 s 2.37 m/s <b>1.84 s</b>					
1050m	5m avant	3.26 s	3.22 s	3.39 s					
	Sortie de coulée	<b>6.19 m</b>	<b>5.64 m</b>	<b>6.28 m</b>					
	Temps aux 5m	2.56 s 2.42 m/s <b>1.84 s</b>	2.24 s 2.52 m/s <b>1.85 s</b>	2.70 s 2.33 m/s <b>1.87 s</b>					
1100m	5m avant	3.27 s	3.11 s	3.41 s					
	Sortie de coulée	<b>6.14 m</b>	<b>5.91 m</b>	<b>6.06 m</b>					
	Temps aux 5m	2.55 s 2.41 m/s <b>1.85 s</b>	2.46 s 2.40 m/s <b>1.90 s</b>	2.40 s 2.53 m/s <b>1.71 s</b>					
1150m	5m avant	3.15 s	3.23 s	3.40 s					
	Sortie de coulée	<b>6.23 m</b>	<b>5.98 m</b>	<b>6.27 m</b>					
	Temps aux 5m	2.59 s 2.41 m/s <b>1.84 s</b>	2.54 s 2.35 m/s <b>1.94 s</b>	2.51 s 2.50 m/s <b>1.68 s</b>					
1200m	5m avant	3.25 s	3.07 s	3.44 s					
	Sortie de coulée	<b>6.22 m</b>	<b>5.85 m</b>	<b>6.20 m</b>					
	Temps aux 5m	2.58 s 2.41 m/s <b>1.83 s</b>	2.42 s 2.42 m/s <b>1.90 s</b>	2.40 s 2.58 m/s <b>1.62 s</b>					
1250m	5m avant	3.18 s	3.25 s	3.49 s					
	Sortie de coulée	<b>5.94 m</b>	<b>6.16 m</b>	<b>6.09 m</b>					
	Temps aux 5m	2.49 s 2.39 m/s <b>1.92 s</b>	2.58 s 2.39 m/s <b>1.86 s</b>	2.43 s 2.51 m/s <b>1.72 s</b>					

PARTIES NON NAGEES



NAGEUR		David AUBRY	Damien JOLY	Logan FONTAINE				
TEMPS		14:51.03	14:51.62 +00.59	15:18.16 +27.13				
1300m	5m avant	3.28 s	3.17 s	3.49 s				
	Sortie de coulée	<b>6.18 m</b>	<b>5.90 m</b>	<b>6.22 m</b>				
	Temps aux 5m	2.54 s 2.43 m/s	2.49 s 2.37 m/s	2.46 s 2.53 m/s				
1350m	5m avant	3.28 s	3.27 s	3.36 s				
	Sortie de coulée	<b>5.72 m</b>	<b>5.82 m</b>	<b>6.34 m</b>				
	Temps aux 5m	2.29 s 2.50 m/s	2.41 s 2.41 m/s	2.60 s 2.44 m/s				
1400m	5m avant	3.34 s	3.31 s	3.46 s				
	Sortie de coulée	<b>5.83 m</b>	<b>5.57 m</b>	<b>6.02 m</b>				
	Temps aux 5m	2.30 s 2.53 m/s	2.31 s 2.41 m/s	2.47 s 2.44 m/s				
1450m	5m avant	3.59 s	3.19 s	3.45 s				
	Sortie de coulée	<b>6.17 m</b>	<b>5.35 m</b>	<b>6.00 m</b>				
	Temps aux 5m	2.54 s 2.43 m/s	2.09 s 2.56 m/s	2.43 s 2.47 m/s				
FINIS	5m avant	2.51 s	2.87 s	2.84 s				
	Approche mur	0.60 s 1.20 m	0.89 s 1.55 m	1.25 s 2.20 m				
<b>TOTAL</b>		<b>02:33.25</b>	<b>02:36.98</b>	<b>02:35.34</b>				

NB CYCLES	0-50m   50-100m		27 29		29 33		28 32					
	100-150m   150-200m		30 30		33 33		32 31					
	200-250m   250-300m		30 30		33 33		32 32					
	300-350m   350-400m		30 30		33 33		32 32					
	400-450m   450-500m		30 30		33 33		32 32					
	500-550m   550-600m		30 31		33 33		32 32					
	600-650m   650-700m		31 30		33 33		32 32					
	700-750m   750-800m		31 31		33 33		32 32					
	800-850m   850-900m		31 31		33 33		32 32					
	900-950m   950-1000m		32 32		33 34		32 32					
	1000-1050m   1050-1100m		32 32		33 34		32 32					
	1100-1150m   1150-1200m		32 32		34 34		32 32					
	1200-1250m   1250-1300m		32 32		34 34		32 32					
	1300-1350m   1350-1400m		32 32		35 35		32 32					
1400-1450   1450-1500m		33 34		35 37		32 32						
<b>TOTAL</b>		<b>929</b>		<b>1002</b>		<b>955</b>						

TEMPO	0-50m   50-100m		1.60 1.76		1.54 1.64		1.55 1.70					
	100-150m   150-200m		1.76 1.77		1.63 1.63		1.72 1.72					
	200-250m   250-300m		1.76 1.75		1.63 1.64		1.71 1.69					
	300-350m   350-400m		1.75 1.75		1.63 1.64		1.70 1.69					
	400-450m   450-500m		1.77 1.75		1.64 1.64		1.70 1.71					
	500-550m   550-600m		1.75 1.74		1.64 1.64		1.71 1.73					
	600-650m   650-700m		1.75 1.73		1.62 1.64		1.70 1.72					
	700-750m   750-800m		1.72 1.70		1.61 1.62		1.71 1.71					
	800-850m   850-900m		1.70 1.71		1.62 1.62		1.70 1.72					
	900-950m   950-1000m		1.67 1.66		1.61 1.62		1.74 1.74					
	1000-1050m   1050-1100m		1.67 1.66		1.61 1.60		1.77 1.77					
	1100-1150m   1150-1200m		1.66 1.68		1.60 1.59		1.77 1.77					
	1200-1250m   1250-1300m		1.66 1.67		1.60 1.59		1.76 1.80					
	1300-1350m   1350-1400m		1.67 1.64		1.57 1.55		1.79 1.78					
1400-1450   1450-1500m		1.64 1.46		1.52 1.44		1.79 1.75						
<b>MOYENNE</b>		<b>1.7</b>		<b>1.6</b>		<b>1.7</b>						

NAGEUR		David AUBRY		Damien JOLY		Logan FONTAINE						
TEMPS		14:51.03		14:51.62 <i>+00.59</i>		15:18.16 <i>+27.13</i>						
FREQUENCE	0-50m 50-100m	37.8	34.0	39.0	36.7	38.8	35.4					
	100-150m 150-200m	34.1	34.0	36.9	37.0	35.0	34.9					
	200-250m 250-300m	34.2	34.3	36.9	36.6	35.2	35.6					
	300-350m 350-400m	34.3	34.2	36.8	36.6	35.5	35.6					
	400-450m 450-500m	34.0	34.3	36.7	36.7	35.3	35.1					
	500-550m 550-600m	34.3	34.6	36.7	36.5	35.2	34.7					
	600-650m 650-700m	34.4	34.7	37.0	36.6	35.4	34.9					
	700-750m 750-800m	34.9	35.4	37.2	37.1	35.1	35.0					
	800-850m   850-900m	35.4	35.1	37.2	37.1	35.3	34.9					
	900-950m   950-1000m	35.9	36.1	37.4	37.2	34.7	34.5					
	1000-1050m  1050-1100m	35.9	36.1	37.4	37.5	33.9	33.9					
	1100-1150m   1150-1200m	36.1	35.9	37.6	37.7	33.9	33.9					
	1200-1250m   1250-1300m	36.2	36.0	37.6	38.0	34.1	33.5					
	1300-1350m   1350-1400m	36.1	36.6	38.4	38.8	33.6	33.7					
	1400-1450   1450-1500m	36.5	41.2	39.5	41.8	33.7	34.4					
MOYENNE		35.4		37.5		34.8						
AMPLITUDE DE NAGE	0-50m 50-100m	2.82	2.87	2.69	2.65	2.69	2.73					
	100-150m 150-200m	2.81	2.83	2.63	2.61	2.72	2.72					
	200-250m 250-300m	2.80	2.82	2.64	2.65	2.68	2.69					
	300-350m 350-400m	2.80	2.80	2.65	2.64	2.69	2.65					
	400-450m 450-500m	2.81	2.81	2.65	2.64	2.71	2.69					
	500-550m 550-600m	2.79	2.79	2.64	2.66	2.70	2.71					
	600-650m 650-700m	2.79	2.82	2.65	2.66	2.70	2.68					
	700-750m 750-800m	2.77	2.75	2.62	2.63	2.69	2.68					
	800-850m   850-900m	2.72	2.78	2.62	2.63	2.67	2.66					
	900-950m   950-1000m	2.69	2.68	2.60	2.61	2.71	2.67					
	1000-1050m  1050-1100m	2.67	2.71	2.59	2.58	2.73	2.71					
	1100-1150m   1150-1200m	2.67	2.71	2.58	2.56	2.73	2.69					
	1200-1250m   1250-1300m	2.65	2.69	2.56	2.54	2.69	2.72					
	1300-1350m   1350-1400m	2.66	2.66	2.50	2.51	2.72	2.69					
	1400-1450   1450-1500m	2.64	2.52	2.48	2.40	2.72	2.66					
MOYENNE		2.74		2.60		2.69						

Compétition		Maxime GROUSSET		Clement SECCHI		Thomas PIRON		Louis BRIESCH		Stanislas HUILLE		Guillaume GUTH		Ethan DUMESNIL		
Temps		00:22.87		00:23.43 +00.56		00:23.63 +00.76		00:23.75 +00.88		00:23.83 +00.96		00:23.96 +01.09		00:24.04 +01.17		
RÉCAP	Tps de nage	0:18.89	18 CB	0:18.64	20 CB	0:19.36	20 CB	0:18.35	18 CB	0:19.09	19 CB	0:20.11	21 CB	0:19.36	20 CB	
	Tps/Dist Coulées Nombre de CB	0:03.98	13.6 m	0:04.79	15.1 m	0:04.27	13.9 m	0:05.40	16.1 m	0:04.74	15.5 m	0:03.85	12.7 m	0:04.68	14.9 m	
LAPS	25m	00:10.26	-	00:10.56	-	00:10.70	-	00:10.79	-	00:10.66	-	00:10.83	-	00:10.77	-	
	50m	00:22.87	00:12.61	00:23.43	00:12.87	00:23.63	00:12.93	00:23.75	00:12.96	00:23.83	00:13.17	00:23.96	00:13.13	00:24.04	00:13.27	
PARTIES NAGEES	15-25m	4.76 s		4.85 s		5.03 s		5.05 s		5.20 s		5.08 s		5.14 s		
	25-45m	10.14 s		10.29 s		10.50 s		10.51 s		10.65 s		10.60 s		10.72 s		
	TOTAL	00:14.90		00:15.14		00:15.53		00:15.56		00:15.85		00:15.68		00:15.86		
PARTIES NON NAGEES	START	Temps sur le plot	0.60 s		0.58 s		0.65 s		0.64 s		0.60 s		0.66 s		0.62 s	
		Sortie de coulée	13.58 m		15.12 m		13.89 m		16.11 m		15.46 m		12.70 m		14.89 m	
			3.98 s	3.41 m/s	4.79 s	3.16 m/s	4.27 s	3.25 m/s	5.40 s	2.98 m/s	4.74 s	3.26 m/s	3.85 s	3.30 m/s	4.68 s	3.18 m/s
		Temps aux 15m	5.50 s		5.71 s		5.67 s		5.74 s		5.46 s		5.75 s		5.63 s	
	FIN	5m avant	2.47 s		2.58 s		2.43 s		2.45 s		2.52 s		2.53 s		2.55 s	
		Approche mur	0.54 s	1.09 m	0.08 s	0.16 m	0.16 s	0.33 m	0.25 s	0.51 m	0.15 s	0.30 m	0.19 s	0.38 m	0.38 s	0.75 m
	TOTAL	00:07.97		00:08.29		00:08.10		00:08.19		00:07.98		00:08.28		00:08.18		
MOUVEMENTS	COUPS DE BRAS	0-50m	18		20		20		18		19		21		20	
		TOTAL	18		20		20		18		19		21		20	
	FREQUENCE TEMPO	0-25m	59.7	1.0	64.4	0.9	64.9	0.9	62.8	1.0	57.8	1.0	63.8	0.9	66.3	0.9
		25-50m	58.6	1.0	64.5	0.9	61.9	1.0	58.8	1.0	59.8	1.0	63.7	0.9	63.4	1.0
		MOYENNE	59.2	1.0	64.4	0.9	63.4	1.0	60.8	1.0	58.8	1.0	63.8	0.9	64.9	0.9
	AMPLITUDE DE NAGE	0-25m	2.11		1.92		1.84		1.89		2.00		1.85		1.76	
		25-50m	2.02		1.81		1.85		1.94		1.88		1.78		1.76	
MOYENNE		2.07		1.87		1.85		1.92		1.94		1.82		1.76		

<b>Compétition</b>	
<b>Temps</b>	

<b>Maxime GROUSSET</b>
<b>00:50.59</b>

<b>Clement SECCHI</b>
<b>00:51.17</b> +00.58

<b>Mehdy METELLA</b>
<b>00:51.30</b> +00.71

<b>Nicolas VERMOREL</b>
<b>00:52.21</b> +01.62

<b>Stanislas HUILLE</b>
<b>00:52.97</b> +02.38

<b>Ethan DUMESNIL</b>
<b>00:53.25</b> +02.66

RÉCAP	<b>Tps de nage</b>
	<b>Tps/Dist Couléés</b> <b>Nombre de CB</b>

<b>0:40.22</b>	<b>36 CB</b>
<b>0:10.37</b>	<b>26.5 m</b>

<b>0:39.18</b>	<b>37 CB</b>
<b>0:11.99</b>	<b>28.6 m</b>

<b>0:39.38</b>	<b>35 CB</b>
<b>0:11.92</b>	<b>29.2 m</b>

<b>0:40.06</b>	<b>35 CB</b>
<b>0:12.15</b>	<b>28.7 m</b>

<b>0:41.26</b>	<b>37 CB</b>
<b>0:11.71</b>	<b>29.6 m</b>

<b>0:42.14</b>	<b>39 CB</b>
<b>0:11.11</b>	<b>26.3 m</b>

LAPS	50m
	100m

00:23.29	-
00:50.59	00:27.30

00:24.08	-
00:51.17	00:27.09

00:23.94	-
00:51.30	00:27.36

00:24.56	-
00:52.21	00:27.65

00:24.10	-
00:52.97	00:28.87

00:24.83	-
00:53.25	00:28.42

PARTIES NAGEES	15-25m   25-45m
	65-75m   75-95m
	Moyenne
	<b>TOTAL</b>

5.01 s	10.28 s
5.45 s	11.59 s
5.23 s	10.94 s
<b>00:32.33</b>	

5.01 s	10.52 s
5.37 s	11.09 s
5.19 s	10.81 s
<b>00:31.99</b>	

5.32 s	11.01 s
5.50 s	11.47 s
5.41 s	11.24 s
<b>00:33.30</b>	

5.32 s	10.87 s
5.67 s	11.26 s
5.50 s	11.07 s
<b>00:33.12</b>	

5.29 s	10.77 s
6.08 s	12.25 s
5.69 s	11.51 s
<b>00:34.39</b>	

5.27 s	10.82 s
5.57 s	11.79 s
5.42 s	11.31 s
<b>00:33.45</b>	

PARTIES NON NAGEES	START	Temps sur le plot
		Sortie de coulée
		Temps aux 15m
	VIRAGE 1	5m avant
		Sortie de coulée
		Temps aux 15m
	FIN	5m avant
		Approche mur
		<b>TOTAL</b>

0.63 s
<b>13.55 m</b>
3.96 s 3.42 m/s
<b>5.49 s</b>
2.51 s
<b>12.95 m</b>
6.41 s 2.02 m/s
<b>7.51 s</b>
2.75 s
0.92 s 1.67 m
<b>00:18.26</b>

0.58 s
<b>14.41 m</b>
4.68 s 3.08 m/s
<b>5.86 s</b>
2.69 s
<b>14.20 m</b>
7.31 s 1.94 m/s
<b>7.73 s</b>
2.90 s
0.30 s 0.52 m
<b>00:19.18</b>

0.66 s
<b>15.49 m</b>
5.00 s 3.10 m/s
<b>5.68 s</b>
1.93 s
<b>13.70 m</b>
6.92 s 1.98 m/s
<b>7.61 s</b>
2.78 s
0.03 s 0.05 m
<b>00:18.00</b>

0.61 s
<b>14.97 m</b>
4.84 s 3.09 m/s
<b>5.82 s</b>
2.55 s
<b>13.71 m</b>
7.31 s 1.88 m/s
<b>8.07 s</b>
2.65 s
0.93 s 1.75 m
<b>00:19.09</b>

0.61 s
<b>15.30 m</b>
4.64 s 3.30 m/s
<b>5.44 s</b>
2.60 s
<b>14.28 m</b>
7.07 s 2.02 m/s
<b>7.45 s</b>
3.09 s
0.11 s 0.18 m
<b>00:18.58</b>

0.64 s
<b>13.78 m</b>
4.49 s 3.07 m/s
<b>5.91 s</b>
2.83 s
<b>12.52 m</b>
6.62 s 1.89 m/s
<b>8.05 s</b>
3.01 s
0.57 s 0.95 m
<b>00:19.80</b>

MOUVEMENTS	COUPS DE BRAS	0-50m
		50-100m
		<b>TOTAL</b>
	FREQUENCE TEMPO	0-25m
		25-50m
		50-75m
		75-100m
		<b>MOYENNE</b>
	AMPLITUDE DE NAGE	0-25m
		25-50m
		50-75m
		75-100m
		<b>MOYENNE</b>

17
19
<b>36</b>
55.2 1.1
54.9 1.1
53.8 1.1
54.7 1.1
<b>54.7 1.1</b>
2.17
2.13
2.05
1.89
<b>2.06</b>

18
19
<b>37</b>
57.5 1.0
54.6 1.1
53.6 1.1
56.1 1.1
<b>55.5 1.1</b>
2.08
2.09
2.09
1.93
<b>2.05</b>

16
19
<b>35</b>
52.9 1.1
52.1 1.2
54.3 1.1
52.9 1.1
<b>53.0 1.1</b>
2.13
2.09
2.01
1.98
<b>2.05</b>

17
18
<b>35</b>
52.5 1.1
52.0 1.2
51.6 1.2
53.5 1.1
<b>52.4 1.1</b>
2.15
2.12
2.05
1.99
<b>2.08</b>

17
20
<b>37</b>
55.6 1.1
55.5 1.1
55.7 1.1
53.2 1.1
<b>55.0 1.1</b>
2.04
2.01
1.77
1.84
<b>1.92</b>

18
21
<b>39</b>
57.1 1.1
55.2 1.1
57.3 1.1
57.3 1.1
<b>56.7 1.1</b>
1.99
2.01
1.88
1.78
<b>1.92</b>

Nageur		Léon MARCHAND		Noyan TAYLAN		Sandro HENRAS-MAROUF		Alexandre D'AGATA		Louis GODEFROID		Paul ANNOCCQUE		Martin BEAUGER				
Temps		01:54.08		01:56.17 +02.09		02:00.22 +06.14		02:01.08 +07.00		02:01.36 +07.28		02:02.21 +08.13		02:02.90 +08.82				
RÉCAP	Tps de nage	1:27.71	77 CB	1:37.54	96 CB	1:44.23	86 CB	1:39.05	88 CB	1:41.91	88 CB	1:42.17	90 CB	1:44.17	89 CB			
	Tps/Dist Couléés	0:26.37	53.5 m	0:18.63	38.5 m	0:15.99	33.4 m	0:22.03	44.4 m	0:19.45	38.0 m	0:20.04	40.5 m	0:18.73	36.0 m			
LAPS	50m	00:25.68	-	00:25.80	-	00:26.92	-	00:25.80	-	00:26.23	-	00:26.54	-	00:26.80	-			
	100m	00:54.54	00:28.86	00:55.10	00:29.30	00:57.60	00:30.68	00:55.66	00:29.86	00:56.71	00:30.48	00:57.06	00:30.52	00:58.53	00:31.73			
	150m	01:23.85	00:29.31	01:25.40	00:30.30	01:28.67	00:31.07	01:27.34	00:31.68	01:28.17	00:31.46	01:28.31	00:31.25	01:30.32	00:31.79			
	200m	01:54.08	00:30.23	01:56.17	00:30.77	02:00.22	00:31.55	02:01.08	00:33.74	02:01.36	00:33.19	02:02.21	00:33.90	02:02.90	00:32.58			
PARTIES NAGEES	15-25m   25-45m	5.56 s	11.47 s	5.58 s	11.50 s	5.77 s	11.93 s	5.31 s	11.51 s	5.50 s	11.59 s	5.67 s	11.50 s	5.39 s	11.60 s			
	65-75m   75-95m	5.84 s	11.98 s	5.86 s	12.03 s	6.06 s	12.81 s	5.88 s	12.35 s	5.99 s	12.61 s	6.27 s	12.82 s	6.09 s	12.95 s			
	115-125m   125-145m	5.86 s	12.04 s	6.13 s	12.20 s	6.23 s	12.64 s	6.35 s	13.36 s	6.28 s	13.03 s	6.40 s	12.88 s	6.46 s	12.86 s			
	165-175m   175-195m	6.10 s	12.60 s	6.10 s	12.70 s	6.36 s	13.17 s	6.76 s	14.29 s	6.69 s	13.84 s	6.63 s	14.11 s	6.41 s	13.41 s			
	Moyenne	5.84 s	12.02 s	5.92 s	12.11 s	6.11 s	12.64 s	6.08 s	12.88 s	6.12 s	12.77 s	6.24 s	12.83 s	6.09 s	12.71 s			
	TOTAL	01:11.45		01:12.10		01:14.97		01:15.81		01:15.53		01:16.28		01:15.17				
PARTIES NON NAGEES	START	Temps sur le plot	0.66 s		0.62 s		0.65 s		0.63 s		0.67 s		0.66 s		0.71 s			
		Sortie de coulée	14.09 m		13.53 m		13.42 m		14.38 m		11.50 m		13.21 m		11.97 m			
		Temps aux 15m	4.59 s	3.07 m/s	4.63 s	2.92 m/s	4.68 s	2.87 m/s	5.06 s	2.84 m/s	4.01 s	2.87 m/s	4.57 s	2.89 m/s	4.58 s	2.61 m/s		
	VIRAGE 1	5m avant	2.70 s		2.61 s		2.94 s		2.69 s		2.72 s		3.07 s		2.93 s			
		Sortie de coulée	13.71 m		9.00 m		7.54 m		10.18 m		9.66 m		9.68 m		8.74 m			
		Temps aux 15m	7.45 s	1.84 m/s	4.94 s	1.82 m/s	4.24 s	1.78 m/s	5.61 s	1.81 m/s	5.55 s	1.74 m/s	5.32 s	1.82 m/s	5.31 s	1.65 m/s		
	VIRAGE 2	5m avant	2.82 s		2.74 s		2.87 s		3.00 s		2.99 s		2.83 s		3.12 s			
		Sortie de coulée	12.49 m		7.39 m		6.57 m		10.33 m		8.66 m		9.78 m		7.95 m			
		Temps aux 15m	6.92 s	1.80 m/s	4.11 s	1.80 m/s	3.72 s	1.77 m/s	5.81 s	1.78 m/s	5.10 s	1.70 m/s	5.42 s	1.80 m/s	4.46 s	1.78 m/s		
	VIRAGE 3	5m avant	2.89 s		2.88 s		3.05 s		3.10 s		3.00 s		3.29 s		3.27 s			
		Sortie de coulée	13.18 m		8.59 m		5.85 m		9.51 m		8.14 m		7.80 m		7.38 m			
		Temps aux 15m	7.41 s	1.78 m/s	4.95 s	1.74 m/s	3.35 s	1.75 m/s	5.55 s	1.71 m/s	4.79 s	1.70 m/s	4.73 s	1.65 m/s	4.38 s	1.68 m/s		
	FIN	5m avant	3.02 s		2.95 s		2.82 s		3.41 s		3.39 s		3.46 s		3.02 s			
		Approche mur	0.20 s	0.33 m	0.67 s	1.14 m	0.64 s	1.13 m	0.50 s	0.73 m	0.52 s	0.77 m	0.74 s	1.07 m	0.02 s	0.03 m		
	TOTAL		00:42.63		00:44.07		00:45.25		00:45.27		00:45.83		00:45.93		00:47.73			



Nageur		Léon MARCHAND	Noyan TAYLAN	Sandro HENRAS-MAROUF	Alexandre D'AGATA	Louis GODEFROID	Paul ANNOCQUE	Martin BEAUGER		
Temps		01:54.08	01:56.17 +02.09	02:00.22 +06.14	02:01.08 +07.00	02:01.36 +07.28	02:02.21 +08.13	02:02.90 +08.82		
MOUVEMENTS	COUPS DE BRAS	0-50m	18	21	18	18	20	20	19	
		50-100m	19	24	21	22	21	22	22	
		100-150m	20	26	23	23	23	23	23	
		150-200m	20	25	24	25	24	25	25	
		<b>TOTAL</b>	<b>77</b>	<b>96</b>	<b>86</b>	<b>88</b>	<b>88</b>	<b>90</b>	<b>89</b>	
	FREQUENCE TEMPO	0-25m	54.2 1.1	59.1 1.0	48.9 1.2	57.3 1.1	55.3 1.1	59.2 1.0	54.1 1.1	
		25-50m	52.6 1.1	58.0 1.0	47.2 1.3	52.8 1.1	52.1 1.2	54.8 1.1	50.9 1.2	
		50-75m	50.1 1.2	57.0 1.1	47.5 1.3	52.9 1.1	49.8 1.2	52.9 1.1	50.5 1.2	
		75-100m	50.9 1.2	56.7 1.1	45.4 1.3	52.3 1.2	48.8 1.2	51.1 1.2	49.6 1.2	
		100-125m	50.9 1.2	56.8 1.1	48.3 1.2	53.9 1.1	50.5 1.2	52.9 1.1	50.5 1.2	
125-150m		50.3 1.2	57.3 1.1	47.9 1.3	52.4 1.1	49.8 1.2	51.6 1.2	49.6 1.2		
150-175m		51.6 1.2	57.1 1.1	50.9 1.2	52.8 1.1	50.7 1.2	51.3 1.2	51.3 1.2		
175-200m		49.8 1.2	57.4 1.1	49.8 1.2	51.2 1.2	49.3 1.2	50.3 1.2	50.1 1.2		
<b>MOYENNE</b>	<b>51.3 1.2</b>	<b>57.4 1.1</b>	<b>48.2 1.2</b>	<b>53.2 1.1</b>	<b>50.8 1.2</b>	<b>53.0 1.1</b>	<b>50.8 1.2</b>			
AMPLITUDE DE NAGE	0-25m	1.99	1.82	2.13	1.97	1.97	1.79	2.06		
	25-50m	1.99	1.80	2.13	1.98	1.99	1.91	2.03		
	50-75m	2.05	1.80	2.08	1.93	2.01	1.81	1.95		
	75-100m	1.97	1.76	2.06	1.86	1.95	1.83	1.87		
	100-125m	2.01	1.72	1.99	1.75	1.89	1.77	1.84		
	125-150m	1.98	1.72	1.98	1.71	1.85	1.81	1.88		
	150-175m	1.91	1.72	1.85	1.68	1.77	1.76	1.83		
	175-200m	1.91	1.65	1.83	1.64	1.76	1.69	1.79		
	<b>MOYENNE</b>	<b>1.98</b>	<b>1.75</b>	<b>2.01</b>	<b>1.82</b>	<b>1.90</b>	<b>1.80</b>	<b>1.91</b>		

Compétition		Mewen TOMAC	Lysander OSMAN	Antoine HERLEM	Alexandre DESANGLES	Paul ALVES TORRES	Jonah POOL-JONES	Keha DESBORDES		
Temps		00:24.83	00:25.37 +00.54	00:25.40 +00.57	00:25.59 +00.76	00:25.73 +00.90	00:25.85 +01.02	00:25.91 +01.08		
RÉCAP	Tps de nage	0:19.17	0:19.50	0:20.10	0:20.32	0:19.91	0:20.57	0:21.07		
	Tps/Dist Coulées Nombre de CB	34 CB	35 CB	35 CB	37 CB	33 CB	36 CB	39 CB		
LAPS	25m	00:11.40	00:11.82	00:11.78	00:11.88	00:11.93	00:11.51	00:12.10		
	50m	00:24.83 00:13.43	00:25.37 00:13.55	00:25.40 00:13.62	00:25.59 00:13.71	00:25.73 00:13.80	00:25.85 00:14.34	00:25.91 00:13.81		
PARTIES NAGEES	15-25m	5.17 s	5.48 s	5.32 s	5.27 s	5.30 s	5.32 s	5.30 s		
	25-45m	10.95 s	10.99 s	11.19 s	11.12 s	11.29 s	11.28 s	11.12 s		
	TOTAL	00:16.12	00:16.47	00:16.51	00:16.39	00:16.59	00:16.60	00:16.42		
PARTIES NON NAGEES	START	Temps sur le plot	0.57 s	0.61 s	0.57 s	0.60 s	0.55 s	0.60 s		
		Sortie de coulée	15.08 m	15.38 m	13.98 m	13.48 m	14.55 m	13.01 m	12.40 m	
			5.66 s 2.66 m/s	5.87 s 2.62 m/s	5.30 s 2.64 m/s	5.27 s 2.56 m/s	5.82 s 2.50 m/s	5.28 s 2.46 m/s	4.84 s 2.56 m/s	
	FIN	5m avant	2.48 s	2.56 s	2.43 s	2.59 s	2.51 s	3.06 s	2.69 s	
		Approche mur	0.64 s 1.29 m	0.42 s 0.82 m	0.21 s 0.43 m	0.72 s 1.39 m	0.58 s 1.16 m	1.08 s 1.76 m	0.75 s 1.39 m	
		TOTAL	00:08.71	00:08.90	00:08.89	00:09.20	00:09.14	00:09.25	00:09.49	
	MOUVEMENTS	COUPS DE BRAS	0-50m	34	35	35	37	33	36	39
TOTAL			34	35	35	37	33	36	39	
FREQUENCE TEMPO		0-25m	57.7 1.0	55.7 1.1	55.6 1.1	57.0 1.1	52.2 1.2	55.6 1.1	61.7 1.0	
		25-50m	54.9 1.1	56.0 1.1	52.2 1.2	57.0 1.1	49.7 1.2	53.7 1.1	57.8 1.0	
		MOYENNE	56.3 1.1	55.8 1.1	53.9 1.1	57.0 1.1	51.0 1.2	54.6 1.1	59.8 1.0	
AMPLITUDE DE NAGE		0-25m	2.01	1.97	2.03	2.00	2.17	2.03	1.83	
		25-50m	2.00	1.95	2.06	1.89	2.14	1.98	1.87	
	MOYENNE	2.01	1.96	2.05	1.95	2.16	2.01	1.85		

Compétition	
Temps	

Mewen TOMAC	
00:52.88	

Yohann NDOYE-BROUARD	
00:52.90 +00.02	

Mathys CHOUCHAOUI	
00:54.38 +01.50	

Antoine HERLEM	
00:54.62 +01.74	

Alexandre DESANGLES	
00:55.21 +02.33	

Merlin FICHER	
00:55.55 +02.67	

Simon CLUSMAN	
00:55.61 +02.73	

RÉCAP	Tps de nage	
	Tps/Dist Couléés	
Nombre de CB		

0:41.11	66 CB
0:11.77	28.5 m

0:41.03	67 CB
0:11.87	28.4 m

0:42.25	67 CB
0:12.13	27.4 m

0:42.41	64 CB
0:12.21	28.3 m

0:45.15	75 CB
0:10.06	23.8 m

0:45.25	72 CB
0:10.30	23.1 m

0:44.23	70 CB
0:11.38	26.2 m

LAPS	50m
	100m

00:25.85	-
00:52.88	00:27.03

00:25.85	-
00:52.90	00:27.05

00:26.86	-
00:54.38	00:27.52

00:26.69	-
00:54.62	00:27.93

00:26.50	-
00:55.21	00:28.71

00:27.11	-
00:55.55	00:28.44

00:26.50	-
00:55.61	00:29.11

PARTIES NAGEES	15-25m   25-45m
	65-75m   75-95m
	Moyenne
	TOTAL

5.36 s	11.22 s
5.63 s	11.76 s
5.50 s	11.49 s
00:33.97	

5.34 s	11.26 s
5.66 s	11.65 s
5.50 s	11.46 s
00:33.91	

5.62 s	11.67 s
5.65 s	11.66 s
5.64 s	11.67 s
00:34.60	

5.47 s	11.51 s
5.73 s	12.27 s
5.60 s	11.89 s
00:34.98	

5.48 s	11.46 s
5.78 s	12.48 s
5.63 s	11.97 s
00:35.20	

5.55 s	11.54 s
5.70 s	12.27 s
5.63 s	11.91 s
00:35.06	

5.52 s	11.44 s
5.97 s	12.69 s
5.75 s	12.07 s
00:35.62	

PARTIES NON NAGEES	START	Temps sur le plot
		Sortie de coulée
		Temps aux 15m
	VIRAGE 1	5m avant
		Sortie de coulée
		Temps aux 15m
	FIN	5m avant
		Approche mur
		TOTAL

0.58 s	
14.91 m	
5.62 s	2.65 m/s
6.32 s	
2.95 s	
13.60 m	
6.15 s	2.21 m/s
6.90 s	
2.74 s	
0.61 s	1.11 m
00:18.91	

0.55 s	
14.81 m	
5.56 s	2.66 m/s
6.28 s	
2.97 s	
13.58 m	
6.31 s	2.15 m/s
7.12 s	
2.62 s	
0.64 s	1.22 m
00:18.99	

0.58 s	
14.67 m	
5.95 s	2.47 m/s
6.78 s	
2.79 s	
12.76 m	
6.18 s	2.06 m/s
7.45 s	
2.76 s	
0.39 s	0.71 m
00:19.78	

0.57 s	
13.93 m	
5.40 s	2.58 m/s
6.57 s	
3.14 s	
14.37 m	
6.81 s	2.11 m/s
7.13 s	
2.80 s	
0.42 s	0.75 m
00:19.64	

0.63 s	
13.18 m	
5.12 s	2.57 m/s
6.58 s	
2.98 s	
10.66 m	
4.94 s	2.16 m/s
7.39 s	
3.06 s	
0.58 s	0.95 m
00:20.01	

0.53 s	
13.49 m	
5.66 s	2.38 m/s
7.03 s	
2.99 s	
9.58 m	
4.64 s	2.06 m/s
7.75 s	
2.72 s	
0.43 s	0.79 m
00:20.49	

0.58 s	
14.25 m	
5.54 s	2.57 m/s
6.56 s	
2.98 s	
11.96 m	
5.84 s	2.05 m/s
7.51 s	
2.94 s	
0.47 s	0.80 m
00:19.99	

MOUVEMENTS	COUPS DE BRAS	0-50m
		50-100m
		TOTAL
	FREQUENCE TEMPO	0-25m
		25-50m
		50-75m
		75-100m
		MOYENNE
	AMPLITUDE DE NAGE	0-25m
		25-50m
		50-75m
		75-100m
MOYENNE		

31	
35	
66	
50.0	1.2
50.0	1.2
50.4	1.2
51.2	1.2
50.4	1.2
2.24	
2.14	
2.11	
1.99	
2.12	

32	
35	
67	
53.0	1.1
51.0	1.2
50.9	1.2
50.8	1.2
51.4	1.2
2.12	
2.09	
2.08	
2.03	
2.08	

31	
36	
67	
48.8	1.2
47.3	1.3
49.6	1.2
49.8	1.2
48.9	1.2
2.19	
2.18	
2.14	
2.07	
2.15	

32	
32	
64	
51.1	1.2
47.1	1.3
47.4	1.3
44.6	1.3
47.6	1.3
2.15	
2.21	
2.21	
2.19	
2.19	

35	
40	
75	
53.1	1.1
52.0	1.2
53.1	1.1
49.3	1.2
51.8	1.2
2.06	
2.02	
1.96	
1.95	
2.00	

33	
39	
72	
50.7	1.2
49.2	1.2
50.1	1.2
49.0	1.2
49.8	1.2
2.13	
2.11	
2.10	
2.00	
2.09	

34	
36	
70	
53.4	1.1
51.3	1.2
48.0	1.3
45.1	1.3
49.4	1.2
2.04	
2.05	
2.09	
2.10	
2.07	



Nageur		Mewen TOMAC	Yohann NDOYE-BROUARD	Antoine HERLEM	Merlin FICHER	Geoffroy MATHIEU	Alexandre DESANGLES	Simon CLUSMAN	Mathys CHOUCHAOU	
Temps		01:55.54	01:56.48 +00.94	01:56.98 +01.44	01:58.10 +02.56	01:59.11 +03.57	01:59.17 +03.63	01:59.59 +04.05	02:01.54 +06.00	
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	1:31.05   132 CB 0:24.49   53.2 m	1:34.07   135 CB 0:22.41   49.5 m	1:31.51   120 CB 0:25.47   54.3 m	1:41.44   147 CB 0:16.66   38.0 m	1:39.80   129 CB 0:19.31   42.2 m	1:38.47   141 CB 0:20.70   45.0 m	1:37.26   132 CB 0:22.33   48.0 m	1:42.03   136 CB 0:19.51   41.6 m	
	LAPS	50m: 00:26.96 - 100m: 00:55.93 00:28.97 150m: 01:25.76 00:29.83 200m: 01:55.54 00:29.78	50m: 00:26.91 - 100m: 00:56.44 00:29.53 150m: 01:26.60 00:30.16 200m: 01:56.48 00:29.88	50m: 00:27.68 - 100m: 00:57.06 00:29.38 150m: 01:27.18 00:30.12 200m: 01:56.98 00:29.80	50m: 00:27.78 - 100m: 00:56.97 00:29.19 150m: 01:27.26 00:30.29 200m: 01:58.10 00:30.84	50m: 00:28.07 - 100m: 00:59.17 00:31.10 150m: 01:29.63 00:30.46 200m: 01:59.11 00:29.48	50m: 00:28.02 - 100m: 00:58.40 00:30.38 150m: 01:29.31 00:30.91 200m: 01:59.17 00:29.86	50m: 00:27.61 - 100m: 00:57.64 00:30.03 150m: 01:28.42 00:30.78 200m: 01:59.59 00:31.17	50m: 00:27.74 - 100m: 00:58.35 00:30.61 150m: 01:29.88 00:31.53 200m: 02:01.54 00:31.66	
PARTIES NAGEES	15-25m   25-45m	5.80 s   11.76 s	5.58 s   11.74 s	5.79 s   11.89 s	5.71 s   11.67 s	5.75 s   12.08 s	5.80 s   12.24 s	5.75 s   12.13 s	5.69 s   11.80 s	
	65-75m   75-95m	6.14 s   12.30 s	6.06 s   12.51 s	6.10 s   12.49 s	5.86 s   12.11 s	6.37 s   13.04 s	6.20 s   12.77 s	6.15 s   12.88 s	6.18 s   12.91 s	
	115-125m   125-145m	6.19 s   12.67 s	6.16 s   12.83 s	6.13 s   12.67 s	6.14 s   12.70 s	6.17 s   12.66 s	6.33 s   13.00 s	6.25 s   13.13 s	6.34 s   13.21 s	
	165-175m   175-195m	6.18 s   12.96 s	6.07 s   12.99 s	6.19 s   13.10 s	6.40 s   13.47 s	6.19 s   12.52 s	6.78 s   12.92 s	6.54 s   13.32 s	6.56 s   13.36 s	
	Moyenne	6.08 s   12.42 s	5.97 s   12.52 s	6.05 s   12.54 s	6.03 s   12.49 s	6.12 s   12.58 s	6.28 s   12.73 s	6.17 s   12.87 s	6.19 s   12.82 s	
	TOTAL	01:14.00	01:13.94	01:14.36	01:14.06	01:14.78	01:16.04	01:16.15	01:16.05	
PARTIES NON NAGEES	START	Temps sur le plot	0.59 s	0.55 s	0.58 s	0.55 s	0.58 s	0.62 s	0.57 s	0.59 s
		Sortie de coulée	14.14 m	14.72 m	15.07 m	14.12 m	13.84 m	12.64 m	14.69 m	13.25 m
		Temps aux 15m	5.43 s   2.60 m/s	5.72 s   2.57 m/s	6.00 s   2.51 m/s	6.10 s   2.31 m/s	5.67 s   2.44 m/s	5.04 s   2.51 m/s	5.87 s   2.50 m/s	5.55 s   2.39 m/s
	VIRAGE 1	5m avant	2.96 s	3.10 s	3.30 s	3.25 s	3.41 s	3.24 s	2.99 s	3.24 s
		Sortie de coulée	13.28 m	12.40 m	13.14 m	8.87 m	10.12 m	11.02 m	11.81 m	10.13 m
		Temps aux 15m	6.36 s   2.09 m/s	6.05 s   2.05 m/s	6.37 s   2.06 m/s	4.00 s   2.22 m/s	5.08 s   1.99 m/s	5.34 s   2.06 m/s	5.79 s   2.04 m/s	5.07 s   2.00 m/s
	VIRAGE 2	5m avant	3.17 s	3.24 s	3.33 s	3.32 s	3.53 s	3.56 s	3.27 s	3.35 s
		Sortie de coulée	12.53 m	11.76 m	12.47 m	7.63 m	9.19 m	10.91 m	10.95 m	9.54 m
		Temps aux 15m	6.21 s   2.02 m/s	5.61 s   2.10 m/s	6.30 s   1.98 m/s	3.31 s   2.31 m/s	4.38 s   2.10 m/s	5.52 s   1.98 m/s	5.43 s   2.02 m/s	4.67 s   2.04 m/s
	VIRAGE 3	5m avant	3.25 s	3.47 s	3.44 s	3.34 s	3.47 s	3.53 s	3.34 s	3.60 s
		Sortie de coulée	13.26 m	10.59 m	13.60 m	7.39 m	9.01 m	10.44 m	10.51 m	8.68 m
		Temps aux 15m	6.49 s   2.04 m/s	5.03 s   2.11 m/s	6.80 s   2.00 m/s	3.25 s   2.27 m/s	4.18 s   2.16 m/s	4.80 s   2.18 m/s	5.24 s   2.01 m/s	4.22 s   2.06 m/s
	FIN	5m avant	3.10 s	2.97 s	2.86 s	2.78 s	2.89 s	2.87 s	3.14 s	3.13 s
		Approche mur	0.54 s   0.87 m	0.52 s   0.88 m	0.78 s   1.36 m	0.31 s   0.56 m	0.36 s   0.62 m	0.51 s   0.89 m	0.89 s   1.42 m	0.40 s   0.64 m
		TOTAL	00:41.54	00:42.54	00:42.62	00:44.04	00:44.33	00:43.13	00:43.44	00:45.49

Nageur		Mewen TOMAC	Yohann NDOYE-BROUARD	Antoine HERLEM	Merlin FICHER	Geoffroy MATHIEU	Alexandre DESANGLES	Simon CLUSMAN	Mathys CHOUCHAOU	
Temps		01:55.54	01:56.48 <i>+00.94</i>	01:56.98 <i>+01.44</i>	01:58.10 <i>+02.56</i>	01:59.11 <i>+03.57</i>	01:59.17 <i>+03.63</i>	01:59.59 <i>+04.05</i>	02:01.54 <i>+06.00</i>	
MOUVEMENTS	COUPS DE BRAS	0-50m	31	31	29	30	29	33	30	31
		50-100m	32	32	29	37	30	34	32	33
		100-150m	33	34	31	39	32	35	34	35
		150-200m	36	38	31	41	38	39	36	37
		<b>TOTAL</b>	<b>132</b>	<b>135</b>	<b>120</b>	<b>147</b>	<b>129</b>	<b>141</b>	<b>132</b>	<b>136</b>
	FREQUENCE TEMPO	0-25m	46.3 1.3	48.2 1.2	44.0 1.4	44.5 1.4	41.8 1.4	48.4 1.2	45.8 1.3	45.0 1.3
		25-50m	46.2 1.3	46.3 1.3	42.0 1.4	44.2 1.4	40.7 1.5	45.0 1.3	43.2 1.4	43.0 1.4
		50-75m	42.9 1.4	42.9 1.4	39.3 1.5	44.3 1.4	35.6 1.7	43.0 1.4	40.5 1.5	39.5 1.5
		75-100m	43.7 1.4	41.5 1.5	38.9 1.5	45.4 1.3	36.3 1.7	42.0 1.4	39.5 1.5	38.9 1.5
		100-125m	42.7 1.4	44.1 1.4	39.4 1.5	43.9 1.4	37.3 1.6	42.4 1.4	40.9 1.5	40.1 1.5
125-150m		43.9 1.4	42.2 1.4	39.2 1.5	44.4 1.4	37.6 1.6	42.7 1.4	40.5 1.5	39.2 1.5	
150-175m		46.7 1.3	47.6 1.3	41.3 1.5	44.1 1.4	43.6 1.4	46.5 1.3	41.9 1.4	39.5 1.5	
175-200m		46.3 1.3	45.4 1.3	39.8 1.5	43.5 1.4	45.3 1.3	45.7 1.3	41.7 1.4	39.6 1.5	
<b>MOYENNE</b>	<b>44.8 1.3</b>	<b>44.8 1.3</b>	<b>40.5 1.5</b>	<b>44.3 1.4</b>	<b>39.8 1.5</b>	<b>44.5 1.4</b>	<b>41.7 1.4</b>	<b>40.6 1.5</b>		
AMPLITUDE DE NAGE	0-25m	2.23	2.23	2.35	2.36	2.49	2.14	2.28	2.34	
	25-50m	2.21	2.21	2.40	2.33	2.44	2.18	2.29	2.36	
	50-75m	2.28	2.31	2.51	2.31	2.65	2.25	2.41	2.46	
	75-100m	2.23	2.31	2.47	2.18	2.53	2.24	2.36	2.39	
	100-125m	2.27	2.21	2.48	2.23	2.61	2.24	2.35	2.36	
	125-150m	2.16	2.22	2.41	2.13	2.52	2.16	2.26	2.32	
	150-175m	2.08	2.08	2.35	2.12	2.23	1.90	2.19	2.31	
	175-200m	2.00	2.03	2.30	2.05	2.11	2.03	2.16	2.27	
	<b>MOYENNE</b>	<b>2.18</b>	<b>2.20</b>	<b>2.41</b>	<b>2.21</b>	<b>2.45</b>	<b>2.14</b>	<b>2.29</b>	<b>2.35</b>	

Compétition		Carl AITKACI	Jérémie DELBOIS	Pierre GOUDENECHE	Julien VALOUR	Brendan FITZPATRICK	Benjamin GOGUEY	Lubin VIANO	Clément BIDARD	
Temps		00:27.51	00:27.68 +00.17	00:27.85 +00.34	00:28.04 +00.53	00:28.04 +00.53	00:28.23 +00.72	00:28.25 +00.74	00:28.50 +00.99	
RÉCAP	Tps de nage	0:23.03	0:23.04	0:23.72	0:23.36	0:23.14	0:23.53	0:24.21	0:23.40	
	Tps/Dist Coulées Nombre de CB	24 CB 0:04.48 12.3 m	23 CB 0:04.64 12.6 m	25 CB 0:04.13 11.9 m	23 CB 0:04.68 12.5 m	22 CB 0:04.90 13.2 m	23 CB 0:04.70 13.0 m	27 CB 0:04.04 10.9 m	24 CB 0:05.10 13.0 m	
LAPS	25m	00:12.37 -	00:12.71 -	00:12.58 -	00:12.73 -	00:12.78 -	00:12.73 -	00:12.88 -	00:13.04 -	
	50m	00:27.51 00:15.14	00:27.68 00:14.97	00:27.85 00:15.27	00:28.04 00:15.31	00:28.04 00:15.26	00:28.23 00:15.50	00:28.25 00:15.37	00:28.50 00:15.46	
PARTIES NAGEES	15-25m	5.73 s	5.97 s	5.97 s	5.91 s	6.08 s	6.04 s	5.94 s	6.10 s	
	25-45m	12.20 s	12.14 s	12.24 s	12.54 s	12.36 s	12.51 s	12.34 s	12.72 s	
	TOTAL	00:17.93	00:18.11	00:18.21	00:18.45	00:18.44	00:18.55	00:18.28	00:18.82	
PARTIES NON NAGEES	START	Temps sur le plot	0.63 s	0.63 s	0.62 s	0.68 s	0.59 s	0.73 s	0.66 s	0.65 s
		Sortie de coulée	12.33 m	12.64 m	11.94 m	12.49 m	13.16 m	12.96 m	10.91 m	13.03 m
			4.48 s 2.75 m/s	4.64 s 2.72 m/s	4.13 s 2.89 m/s	4.68 s 2.67 m/s	4.90 s 2.69 m/s	4.70 s 2.76 m/s	4.04 s 2.70 m/s	5.10 s 2.55 m/s
	FIN	5m avant	2.94 s	2.83 s	3.03 s	2.77 s	2.90 s	2.99 s	3.03 s	2.74 s
		Approche mur	0.95 s 1.62 m	0.19 s 0.34 m	0.40 s 0.66 m	0.45 s 0.81 m	0.76 s 1.31 m	0.63 s 1.05 m	0.39 s 0.64 m	0.30 s 0.55 m
		TOTAL	00:09.58	00:09.57	00:09.64	00:09.59	00:09.60	00:09.68	00:09.97	00:09.68
	MOUVEMENTS	COUPS DE BRAS	0-50m	24	23	25	23	22	23	27
TOTAL			24	23	25	23	22	23	27	24
FREQUENCE TEMPO		0-25m	65.5 0.9	58.6 1.0	63.6 0.9	62.1 1.0	59.2 1.0	62.4 1.0	70.5 0.9	63.2 1.0
		25-50m	66.3 0.9	60.5 1.0	64.8 0.9	59.6 1.0	59.1 1.0	60.5 1.0	68.0 0.9	62.8 1.0
		MOYENNE	65.9 0.9	59.6 1.0	64.2 0.9	60.9 1.0	59.2 1.0	61.4 1.0	69.2 0.9	63.0 1.0
AMPLITUDE DE NAGE		0-25m	1.60	1.72	1.58	1.63	1.67	1.59	1.43	1.56
	25-50m	1.48	1.63	1.51	1.61	1.64	1.59	1.43	1.50	
	MOYENNE	1.54	1.68	1.55	1.62	1.66	1.59	1.43	1.53	

Compétition		Antoine VIQUERAT		Carl AITKACI		Lucien VERGNES		Antoine MARC		Kacper PASTULA		Jérémie DELBOIS		Clément BIDARD		Thomas LE PAPE			
Temps		01:00.07		01:00.69 +00.62		01:00.77 +00.70		01:00.97 +00.90		01:01.17 +01.10		01:01.27 +01.20		01:01.77 +01.70		01:02.14 +02.07			
RÉCAP	Tps de nage	0:48.28	38 CB	0:49.51	44 CB	0:47.78	38 CB	0:49.65	48 CB	0:50.65	45 CB	0:49.85	43 CB	0:50.46	46 CB	0:51.10	39 CB		
	Tps/Dist Couléés	0:11.79	26.0 m	0:11.18	24.3 m	0:12.99	27.4 m	0:11.32	23.4 m	0:10.52	23.0 m	0:11.42	24.2 m	0:11.31	24.3 m	0:11.04	23.8 m		
LAPS	50m	00:28.27	-	00:28.03	-	00:28.56	-	00:28.43	-	00:28.16	-	00:28.54	-	00:28.23	-	00:29.06	-		
	100m	01:00.07	00:31.80	01:00.69	00:32.66	01:00.77	00:32.21	01:00.97	00:32.54	01:01.17	00:33.01	01:01.27	00:32.73	01:01.77	00:33.54	01:02.14	00:33.08		
PARTIES NAGEES	15-25m   25-45m	5.98 s	12.61 s	6.12 s	12.17 s	6.21 s	12.61 s	6.14 s	12.53 s	6.12 s	12.43 s	6.27 s	12.66 s	6.05 s	12.59 s	6.40 s	13.26 s		
	65-75m   75-95m	6.34 s	13.22 s	6.37 s	13.95 s	6.51 s	13.36 s	6.38 s	13.36 s	6.58 s	14.03 s	6.49 s	13.77 s	6.68 s	14.17 s	6.69 s	14.01 s		
	Moyenne	6.16 s	12.92 s	6.25 s	13.06 s	6.36 s	12.99 s	6.26 s	12.95 s	6.35 s	13.23 s	6.38 s	13.22 s	6.37 s	13.38 s	6.55 s	13.64 s		
	TOTAL	00:38.15		00:38.61		00:38.69		00:38.41		00:39.16		00:39.19		00:39.49		00:40.36			
PARTIES NON NAGEES	START	Temps sur le plot	0.66 s		0.66 s		0.62 s		0.63 s		0.62 s		0.61 s		0.68 s		0.65 s		
		Sortie de coulée	14.98 m		13.93 m		15.85 m		13.03 m		13.19 m		13.32 m		14.07 m		13.66 m		
		Temps aux 15m	5.50 s	2.72 m/s	5.16 s	2.70 m/s	6.16 s	2.57 m/s	5.03 s	2.59 m/s	4.76 s	2.77 m/s	4.93 s	2.70 m/s	5.35 s	2.63 m/s	5.08 s	2.69 m/s	
	VIRAGE 1	5m avant	3.09 s		3.15 s		3.20 s		2.77 s		3.06 s		2.90 s		2.82 s		2.70 s		
		Sortie de coulée	11.03 m		10.41 m		11.59 m		10.35 m		9.76 m		10.92 m		10.18 m		10.15 m		
		Temps aux 15m	6.29 s	1.75 m/s	6.02 s	1.73 m/s	6.83 s	1.70 m/s	6.29 s	1.65 m/s	5.76 s	1.69 m/s	6.49 s	1.68 m/s	5.96 s	1.71 m/s	5.96 s	1.70 m/s	
	FIN	5m avant	3.21 s		3.13 s		3.30 s		3.14 s		3.12 s		3.17 s		3.34 s		3.10 s		
		Approche mur	0.84 s	1.31 m	0.64 s	1.02 m	0.89 s	1.35 m	0.94 s	1.50 m	1.04 s	1.67 m	0.23 s	0.36 m	0.27 s	0.40 m	1.19 s	1.92 m	
	TOTAL		00:21.92		00:22.08		00:22.08		00:22.56		00:22.01		00:22.08		00:22.28		00:21.78		
	MOUVEMENTS	COUPS DE BRAS	0-50m	16		19		17		22		20		19		20		18	
			50-100m	22		25		21		26		25		24		26		21	
			TOTAL	38		44		38		48		45		43		46		39	
FREQUENCE TEMPO		0-25m	45.6	1.3	52.2	1.2	46.3	1.3	58.4	1.0	53.6	1.1	52.5	1.1	56.2	1.1	47.3	1.3	
		25-50m	44.2	1.4	51.8	1.2	48.0	1.3	56.2	1.1	53.8	1.1	47.8	1.3	55.1	1.1	44.9	1.3	
		50-75m	49.8	1.2	54.4	1.1	49.3	1.2	57.8	1.0	54.2	1.1	49.3	1.2	55.7	1.1	46.2	1.3	
		75-100m	52.3	1.2	56.1	1.1	48.7	1.2	61.0	1.0	56.4	1.1	54.6	1.1	54.6	1.1	46.3	1.3	
		MOYENNE	48.0	1.3	53.6	1.1	48.1	1.3	58.3	1.0	54.5	1.1	51.1	1.2	55.4	1.1	46.2	1.3	
AMPLITUDE DE NAGE		0-25m	2.20		1.88		2.09		1.67		1.83		1.82		1.77		1.98		
		25-50m	2.16		1.90		1.98		1.70		1.79		1.98		1.73		2.01		
		50-75m	1.90		1.73		1.87		1.63		1.68		1.88		1.61		1.94		
		75-100m	1.74		1.53		1.85		1.47		1.52		1.60		1.55		1.85		
	MOYENNE	2.00		1.76		1.95		1.62		1.71		1.82		1.67		1.95			

Nageur		Léon MARCHAND		Antoine VIQUERAT		Antoine MARC		Lucien VERGNES		Thomas LE PAPE		Melaine LAINÉ		Millian BOUCHER		Carl AITKACI		
Temps		02:08.95		02:09.95 +01.00		02:10.16 +01.21		02:12.14 +03.19		02:13.13 +04.18		02:13.89 +04.94		02:14.14 +05.19		02:15.91 +06.96		
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	1:41.83	66 CB	1:42.17	65 CB	1:45.72	81 CB	1:43.91	67 CB	1:49.16	71 CB	1:46.60	67 CB	1:47.27	64 CB	1:53.11	76 CB	
		0:27.12	51.1 m	0:27.78	51.9 m	0:24.44	45.0 m	0:28.23	52.0 m	0:23.97	44.7 m	0:27.29	48.9 m	0:26.87	49.1 m	0:22.80	43.9 m	
LAPS	50m	00:29.32	-	00:29.56	-	00:29.41	-	00:29.25	-	00:30.38	-	00:30.58	-	00:30.23	-	00:29.47	-	
	100m	01:02.07	00:32.75	01:02.53	00:32.97	01:02.31	00:32.90	01:02.38	00:33.13	01:04.47	00:34.09	01:04.26	00:33.68	01:04.22	00:33.99	01:03.38	00:33.91	
	150m	01:35.57	00:33.50	01:36.06	00:33.53	01:35.84	00:33.53	01:36.45	00:34.07	01:38.49	00:34.02	01:38.35	00:34.09	01:38.88	00:34.66	01:38.48	00:35.10	
	200m	02:08.95	00:33.38	02:09.95	00:33.89	02:10.16	00:34.32	02:12.14	00:35.69	02:13.13	00:34.64	02:13.89	00:35.54	02:14.14	00:35.26	02:15.91	00:37.43	
PARTIES NAGEES	15-25m   25-45m	6.50 s	13.21 s	6.74 s	13.45 s	6.42 s	13.21 s	6.46 s	12.92 s	6.63 s	13.87 s	6.62 s	13.59 s	6.48 s	13.61 s	6.52 s	13.27 s	
	65-75m   75-95m	6.73 s	13.90 s	6.80 s	14.01 s	6.73 s	13.59 s	6.67 s	13.88 s	6.92 s	14.50 s	6.59 s	14.17 s	7.00 s	14.16 s	6.75 s	14.58 s	
	115-125m   125-145m	6.74 s	13.93 s	6.94 s	14.04 s	6.78 s	13.91 s	6.84 s	14.18 s	6.91 s	14.30 s	7.03 s	14.07 s	6.99 s	14.51 s	6.97 s	14.82 s	
	165-175m   175-195m	6.73 s	14.15 s	6.81 s	14.42 s	6.86 s	14.30 s	7.15 s	14.82 s	7.06 s	14.33 s	7.26 s	14.97 s	7.06 s	14.85 s	7.74 s	16.14 s	
	Moyenne	6.68 s	13.80 s	6.82 s	13.98 s	6.70 s	13.75 s	6.78 s	13.95 s	6.88 s	14.25 s	6.88 s	14.20 s	6.88 s	14.28 s	6.99 s	14.70 s	
	TOTAL	01:21.89		01:23.21		01:21.80		01:22.92		01:24.52		01:24.30		01:24.66		01:26.79		
PARTIES NON NAGEES	START	Temps sur le plot	0.69 s		0.67 s		0.64 s		0.64 s		0.66 s		0.60 s		0.66 s		0.67 s	
		Sortie de coulée	16.32 m		16.77 m		13.82 m		16.27 m		14.25 m		15.62 m		15.31 m		14.34 m	
		Temps aux 15m	6.46 s	2.53 m/s	6.51 s	2.58 m/s	5.40 s	2.56 m/s	6.36 s	2.56 m/s	5.54 s	2.57 m/s	6.66 s	2.35 m/s	6.00 s	2.55 m/s	5.30 s	2.71 m/s
	VIRAGE 1	5m avant	2.97 s		3.05 s		2.79 s		3.39 s		3.04 s		3.21 s		3.38 s		3.10 s	
		Sortie de coulée	12.16 m		12.03 m		10.60 m		12.71 m		10.14 m		11.76 m		11.62 m		10.50 m	
		Temps aux 15m	7.10 s	1.71 m/s	7.16 s	1.68 m/s	6.35 s	1.67 m/s	7.72 s	1.65 m/s	6.09 s	1.67 m/s	7.23 s	1.63 m/s	7.00 s	1.66 m/s	6.19 s	1.70 m/s
	VIRAGE 2	5m avant	3.04 s		2.92 s		3.11 s		3.17 s		3.25 s		3.32 s		3.42 s		3.14 s	
		Sortie de coulée	11.41 m		11.97 m		10.64 m		11.87 m		10.13 m		11.42 m		11.34 m		9.87 m	
		Temps aux 15m	6.91 s	1.65 m/s	7.31 s	1.64 m/s	6.59 s	1.61 m/s	7.22 s	1.64 m/s	6.11 s	1.66 m/s	6.95 s	1.64 m/s	7.08 s	1.60 m/s	5.75 s	1.72 m/s
	VIRAGE 3	5m avant	3.41 s		3.10 s		3.07 s		3.52 s		3.28 s		3.43 s		3.47 s		3.84 s	
		Sortie de coulée	11.19 m		11.10 m		9.96 m		11.10 m		10.15 m		10.11 m		10.79 m		9.20 m	
		Temps aux 15m	6.65 s	1.68 m/s	6.80 s	1.63 m/s	6.10 s	1.63 m/s	6.93 s	1.60 m/s	6.23 s	1.63 m/s	6.45 s	1.57 m/s	6.79 s	1.59 m/s	5.56 s	1.65 m/s
	FIN	5m avant	3.18 s		3.09 s		3.28 s		3.80 s		3.52 s		3.42 s		3.47 s		3.51 s	
		Approche mur	1.23 s	1.93 m	1.33 s	2.15 m	0.78 s	1.19 m	1.62 s	2.13 m	1.25 s	1.78 m	0.29 s	0.42 m	0.56 s	0.81 m	1.53 s	2.18 m
		TOTAL	00:47.06		00:46.74		00:48.36		00:49.22		00:48.61		00:49.59		00:49.48		00:49.12	

Nageur		Léon MARCHAND	Antoine VIQUERAT	Antoine MARC	Lucien VERGNES	Thomas LE PAPE	Melaine LAINÉ	Millian BOUCHER	Carl AITKACI	
Temps		02:08.95	02:09.95 +01.00	02:10.16 +01.21	02:12.14 +03.19	02:13.13 +04.18	02:13.89 +04.94	02:14.14 +05.19	02:15.91 +06.96	
MOUVEMENTS	COUPS DE BRAS	0-50m	15	13	17	14	15	13	16	
		50-100m	16	15	18	16	17	16	18	
		100-150m	16	16	20	17	18	17	16	19
		150-200m	19	21	26	20	21	21	20	23
		<b>TOTAL</b>	<b>66</b>	<b>65</b>	<b>81</b>	<b>67</b>	<b>71</b>	<b>67</b>	<b>64</b>	<b>76</b>
	FREQUENCE TEMPO	0-25m	42.0 1.4	33.6 1.8	49.2 1.2	40.8 1.5	38.5 1.6	35.2 1.7	37.7 1.6	39.8 1.5
		25-50m	40.5 1.5	31.9 1.9	42.9 1.4	38.1 1.6	36.9 1.6	33.0 1.8	31.6 1.9	40.0 1.5
		50-75m	38.5 1.6	33.9 1.8	41.5 1.5	37.4 1.6	36.0 1.7	35.2 1.7	32.6 1.8	38.5 1.6
		75-100m	35.6 1.7	32.8 1.8	41.1 1.5	36.8 1.6	36.1 1.7	34.1 1.8	32.9 1.8	37.1 1.6
		100-125m	38.0 1.6	35.9 1.7	42.8 1.4	39.1 1.5	36.9 1.6	38.0 1.6	34.2 1.8	41.4 1.5
125-150m		36.6 1.6	35.3 1.7	44.6 1.3	38.9 1.5	38.1 1.6	37.3 1.6	33.8 1.8	39.7 1.5	
150-175m		40.7 1.5	45.5 1.3	52.6 1.1	41.8 1.4	44.0 1.4	40.9 1.5	39.1 1.5	43.1 1.4	
175-200m		43.1 1.4	48.2 1.3	55.9 1.1	43.0 1.4	44.7 1.3	41.5 1.5	41.4 1.5	44.2 1.4	
<b>MOYENNE</b>	<b>39.4 1.5</b>	<b>37.1 1.7</b>	<b>46.3 1.3</b>	<b>39.5 1.5</b>	<b>38.9 1.6</b>	<b>36.9 1.6</b>	<b>35.4 1.7</b>	<b>40.5 1.5</b>		
AMPLITUDE DE NAGE	0-25m	2.20	2.65	1.90	2.28	2.35	2.58	2.46	2.31	
	25-50m	2.24	2.79	2.12	2.44	2.35	2.68	2.79	2.26	
	50-75m	2.32	2.60	2.15	2.41	2.41	2.59	2.63	2.31	
	75-100m	2.42	2.61	2.15	2.35	2.29	2.48	2.58	2.22	
	100-125m	2.34	2.41	2.07	2.24	2.35	2.25	2.51	2.08	
	125-150m	2.36	2.42	1.93	2.17	2.20	2.28	2.44	2.04	
	150-175m	2.19	1.94	1.66	2.01	1.93	2.02	2.18	1.80	
	175-200m	1.97	1.73	1.50	1.88	1.87	1.93	1.95	1.68	
	<b>MOYENNE</b>	<b>2.26</b>	<b>2.39</b>	<b>1.94</b>	<b>2.22</b>	<b>2.22</b>	<b>2.35</b>	<b>2.44</b>	<b>2.09</b>	

Nageur		Léon MARCHAND		Yohann NDOYE-BROUARD		Enzo TESIC		Jacques SALETES		Emilien MATTENET		Thomas LE PAPE				
Temps		01:56.33		01:59.12 +02.79		02:00.40 +04.07		02:00.84 +04.51		02:01.37 +05.04		02:01.71 +05.38				
RÉCAP	Tps de nage	1:30.26	99 CB	1:37.16	109 CB	1:38.44	110 CB	1:41.94	118 CB	1:45.33	116 CB	1:41.33	109 CB			
	Tps/Dist Couléés	0:26.07	54.1 m	0:21.96	44.1 m	0:21.96	43.9 m	0:18.90	38.3 m	0:16.04	33.8 m	0:20.38	40.5 m			
LAPS	50m	00:24.98	-	00:25.09	-	00:25.13	-	00:26.20	-	00:26.32	-	00:26.21	-			
	100m	00:53.86	00:28.88	00:54.51	00:29.42	00:56.22	00:31.09	00:56.74	00:30.54	00:57.60	00:31.28	00:57.93	00:31.72			
	150m	01:26.94	00:33.08	01:30.10	00:35.59	01:30.97	00:34.75	01:31.46	00:34.72	01:32.95	00:35.35	01:32.88	00:34.95			
	200m	01:56.33	00:29.39	01:59.12	00:29.02	02:00.40	00:29.43	02:00.84	00:29.38	02:01.37	00:28.42	02:01.71	00:28.83			
PARTIES NAGEES	15-25m   25-45m	5.46 s	11.17 s	5.33 s	11.31 s	5.47 s	10.95 s	5.59 s	11.28 s	5.50 s	11.73 s	5.54 s	11.70 s			
	65-75m   75-95m	5.94 s	12.31 s	5.90 s	12.21 s	6.34 s	13.28 s	6.24 s	12.81 s	6.32 s	12.92 s	6.42 s	13.26 s			
	115-125m   125-145m	6.72 s	13.59 s	7.37 s	15.62 s	7.16 s	14.17 s	6.96 s	14.13 s	7.28 s	14.68 s	7.14 s	14.45 s			
	165-175m   175-195m	5.87 s	12.43 s	5.91 s	11.89 s	5.86 s	11.86 s	6.05 s	12.36 s	5.71 s	11.69 s	5.80 s	11.95 s			
	Moyenne	6.00 s	12.38 s	6.13 s	12.76 s	6.21 s	12.57 s	6.21 s	12.65 s	6.20 s	12.76 s	6.23 s	12.84 s			
	TOTAL	01:13.49		01:15.54		01:15.09		01:15.42		01:15.83		01:16.26				
PARTIES NON NAGEES	START	Temps sur le plot	0.64 s		0.60 s		0.64 s		0.69 s		0.73 s		0.65 s			
		Sortie de coulée	15.26 m		13.26 m		13.26 m		12.81 m		12.66 m		13.28 m			
		Temps aux 15m	4.74 s	3.22 m/s	4.22 s	3.14 m/s	4.29 s	3.09 m/s	4.42 s	2.90 m/s	4.46 s	2.84 m/s	4.69 s	2.83 m/s		
	VIRAGE 1	5m avant	2.78 s		2.59 s		2.75 s		3.02 s		2.69 s		2.59 s			
		Sortie de coulée	15.12 m		11.87 m		11.95 m		9.94 m		7.56 m		10.51 m			
		Temps aux 15m	7.82 s	1.93 m/s	6.60 s	1.80 m/s	6.68 s	1.79 m/s	5.51 s	1.80 m/s	4.11 s	1.84 m/s	6.06 s	1.73 m/s		
	VIRAGE 2	5m avant	2.88 s		2.80 s		2.98 s		2.96 s		3.14 s		3.05 s			
		Sortie de coulée	10.76 m		12.14 m		10.30 m		9.16 m		8.25 m		9.37 m			
		Temps aux 15m	6.37 s	1.69 m/s	7.35 s	1.65 m/s	6.45 s	1.60 m/s	5.64 s	1.62 m/s	4.74 s	1.74 m/s	5.85 s	1.60 m/s		
	VIRAGE 3	5m avant	3.38 s		3.22 s		3.50 s		3.47 s		3.55 s		3.33 s			
		Sortie de coulée	12.91 m		6.81 m		8.43 m		6.41 m		5.37 m		7.29 m			
		Temps aux 15m	7.14 s	1.81 m/s	3.79 s	1.80 m/s	4.54 s	1.86 m/s	3.33 s	1.92 m/s	2.73 s	1.97 m/s	3.78 s	1.93 m/s		
	FIN	5m avant	2.69 s		2.73 s		2.88 s		2.63 s		2.62 s		2.73 s			
		Approche mur	0.84 s	1.56 m	0.57 s	1.04 m	0.38 s	0.66 m	0.23 s	0.44 m	0.55 s	1.05 m	0.63 s	1.15 m		
	TOTAL		00:42.84		00:43.58		00:45.31		00:45.42		00:45.54		00:45.45			

Nageur		Léon MARCHAND	Yohann NDOYE-BROUARD	Enzo TESIC	Jacques SALETES	Emilien MATTENET	Thomas LE PAPE		
Temps		01:56.33	01:59.12 +02.79	02:00.40 +04.07	02:00.84 +04.51	02:01.37 +05.04	02:01.71 +05.38		
MOUVEMENTS	COUPS DE BRAS	0-50m	18	18	18	20	19	18	
		50-100m	31	34	34	35	38	34	
		100-150m	18	18	20	21	20	19	
		150-200m	32	39	38	42	39	38	
		<b>TOTAL</b>	<b>99</b>	<b>109</b>	<b>110</b>	<b>118</b>	<b>116</b>	<b>109</b>	
	FREQUENCE TEMPO	0-25m	56.5 1.1	54.9 1.1	54.1 1.1	58.1 1.0	55.2 1.1	52.2 1.2	
		25-50m	54.5 1.1	52.4 1.2	52.4 1.1	55.8 1.1	53.6 1.1	49.9 1.2	
		50-75m	46.8 1.3	45.2 1.3	42.8 1.4	40.2 1.5	42.7 1.4	40.1 1.5	
		75-100m	44.4 1.4	44.6 1.4	39.5 1.5	42.9 1.4	41.7 1.4	38.4 1.6	
		100-125m	38.5 1.6	39.4 1.5	40.3 1.5	39.5 1.5	39.0 1.5	38.5 1.6	
125-150m		41.3 1.5	36.7 1.6	42.6 1.4	43.4 1.4	39.4 1.5	38.9 1.5		
150-175m		43.0 1.4	47.6 1.3	44.2 1.4	48.0 1.3	46.6 1.3	45.9 1.3		
175-200m		42.0 1.4	46.6 1.3	45.5 1.3	47.3 1.3	45.6 1.3	45.3 1.3		
<b>MOYENNE</b>	<b>45.9 1.3</b>	<b>45.9 1.3</b>	<b>45.2 1.3</b>	<b>46.9 1.3</b>	<b>45.5 1.3</b>	<b>43.6 1.4</b>			
AMPLITUDE DE NAGE	0-25m	1.95	2.05	2.03	1.85	1.98	2.08		
	25-50m	1.97	2.03	2.09	1.91	1.91	2.06		
	50-75m	2.16	2.25	2.21	2.39	2.22	2.33		
	75-100m	2.20	2.21	2.29	2.19	2.23	2.36		
	100-125m	2.32	2.07	2.08	2.18	2.12	2.18		
	125-150m	2.14	2.10	1.99	1.95	2.07	2.14		
	150-175m	2.38	2.13	2.32	2.07	2.25	2.26		
	175-200m	2.30	2.17	2.22	2.05	2.25	2.22		
	<b>MOYENNE</b>	<b>2.18</b>	<b>2.13</b>	<b>2.15</b>	<b>2.07</b>	<b>2.13</b>	<b>2.20</b>		



<b>Nageur</b>	<b>Léon MARCHAND</b>	<b>Emilien MATTENET</b>	<b>Léo GRUART</b>	<b>Jacques SALETES</b>	<b>Jonah WERHANN</b>			
<b>Temps</b>	<b>04:10.62</b>	<b>04:16.22</b> +05.60	<b>04:22.02</b> +11.40	<b>04:24.40</b> +13.78	<b>04:28.16</b> +17.54			

<b>RÉCAP</b>	<b>Tps de nage</b>	<b>3:19.55</b>	<b>198 CB</b>	<b>3:43.40</b>	<b>229 CB</b>	<b>3:51.53</b>	<b>259 CB</b>	<b>3:52.17</b>	<b>232 CB</b>			
	<b>Tps/Dist Coulées</b>	<b>0:51.07</b>	<b>95.0 m</b>	<b>0:32.82</b>	<b>61.8 m</b>	<b>0:30.49</b>	<b>57.9 m</b>	<b>0:32.23</b>	<b>62.9 m</b>			
	<b>Nombre de CB</b>											

<b>LAPS</b>	50m	00:25.57	-	00:26.79	-	00:27.77	-	00:27.96	-	00:28.94	-			
	100m	00:55.26	00:29.69	00:57.95	00:31.16	00:59.91	00:32.14	01:00.17	00:32.21	01:02.43	00:33.49			
	150m	01:27.56	00:32.30	01:30.82	00:32.87	01:35.06	00:35.15	01:35.06	00:34.89	01:38.38	00:35.95			
	200m	01:59.10	00:31.54	02:02.73	00:31.91	02:09.08	00:34.02	02:08.81	00:33.75	02:14.38	00:36.00			
	250m	02:33.40	00:34.30	02:39.14	00:36.41	02:44.99	00:35.91	02:45.93	00:37.12	02:49.63	00:35.25			
	300m	03:08.70	00:35.30	03:16.38	00:37.24	03:21.39	00:36.40	03:22.82	00:36.89	03:25.83	00:36.20			
	350m	03:39.77	00:31.07	03:46.95	00:30.57	03:52.60	00:31.21	03:54.07	00:31.25	03:57.96	00:32.13			
	400m	04:10.62	00:30.85	04:16.22	00:29.27	04:22.02	00:29.42	04:24.40	00:30.33	04:28.16	00:30.20			
Moyenne	-	00:32.15	-	00:32.78	-	00:33.46	-	00:33.78	-	00:34.17				

<b>PARTIES NAGEES</b>	15-25m	5.68 s	5.51 s	5.89 s	5.81 s	6.04 s			
	25-45m	11.37 s	11.64 s	12.26 s	12.31 s	12.64 s			
	55-75m	11.94 s	12.69 s	13.05 s	13.28 s	13.32 s			
	75-95m	12.25 s	12.91 s	13.08 s	13.01 s	13.60 s			
	105-125m	12.64 s	13.18 s	14.19 s	14.02 s	14.48 s			
	125-145m	13.42 s	13.34 s	14.35 s	14.58 s	14.68 s			
	155-175m	12.73 s	13.45 s	14.37 s	14.32 s	14.63 s			
	175-195m	13.83 s	13.66 s	14.55 s	14.36 s	15.38 s			
	205-225	14.06 s	14.33 s	14.53 s	15.50 s	14.67 s			
	225-245	14.15 s	14.85 s	14.60 s	15.50 s	14.46 s			
	255-275	14.20 s	15.07 s	14.50 s	15.30 s	14.78 s			
	275-295	14.82 s	15.81 s	15.39 s	15.71 s	15.07 s			
	305-225	12.18 s	11.98 s	12.57 s	12.35 s	12.90 s			
	325-245	12.75 s	12.29 s	12.64 s	12.54 s	13.07 s			
	355-375	12.66 s	12.19 s	12.30 s	12.50 s	12.77 s			
375-395	13.33 s	12.52 s	12.41 s	13.03 s	12.71 s				
Moyenne	13.09 s	13.33 s	13.65 s	13.89 s	13.94 s				
<b>TOTAL</b>	<b>03:22.01</b>	<b>03:25.42</b>	<b>03:30.68</b>	<b>03:34.12</b>	<b>03:35.20</b>				

Nageur		Léon MARCHAND	Emilien MATTENET	Léo GRUART	Jacques SALETES	Jonah WERHANN			
Temps		04:10.62	04:16.22 +05.60	04:22.02 +11.40	04:24.40 +13.78	04:28.16 +17.54			
START	Temps sur le plot	0.66 s	0.73 s	0.71 s	0.72 s	0.70 s			
	Sortie de coulée	15.05 m	13.06 m	9.93 m	12.01 m	12.56 m			
	Temps aux 15m	4.77 s 3.16 m/s	4.80 s 2.72 m/s	3.58 s 2.77 m/s	4.44 s 2.70 m/s	4.80 s 2.62 m/s			
VIRAGE 1	5m avant	2.77 s	3.00 s	2.73 s	3.06 s	3.26 s			
	Sortie de coulée	12.94 m	8.45 m	7.44 m	8.66 m	8.90 m			
	Temps aux 5m	7.26 s 1.78 m/s	4.85 s 1.74 m/s	4.34 s 1.71 m/s	4.82 s 1.80 m/s	5.66 s 1.57 m/s			
VIRAGE 2	5m avant	2.98 s	2.90 s	3.26 s	3.53 s	3.51 s			
	Sortie de coulée	12.48 m	7.23 m	6.62 m	7.62 m	7.71 m			
	Temps aux 5m	7.51 s 1.66 m/s	4.27 s 1.69 m/s	3.96 s 1.67 m/s	4.30 s 1.77 m/s	4.79 s 1.61 m/s			
VIRAGE 3	5m avant	3.46 s	3.55 s	3.80 s	3.83 s	3.96 s			
	Sortie de coulée	13.14 m	7.83 m	6.95 m	6.80 m	7.08 m			
	Temps aux 5m	7.19 s 1.83 m/s	3.62 s 2.16 m/s	3.24 s 2.15 m/s	3.04 s 2.24 m/s	3.86 s 1.83 m/s			
VIRAGE 4	5m avant	2.97 s	3.08 s	3.26 s	3.32 s	3.65 s			
	Sortie de coulée	10.25 m	6.95 m	7.68 m	8.16 m	9.96 m			
	Temps aux 5m	6.41 s 1.60 m/s	4.85 s 1.43 m/s	4.98 s 1.54 m/s	5.08 s 1.61 m/s	6.28 s 1.59 m/s			
VIRAGE 5	5m avant	3.37 s	3.78 s	3.75 s	3.49 s	3.48 s			
	Sortie de coulée	9.73 m	8.26 m	8.16 m	8.58 m	9.63 m			
	Temps aux 5m	6.09 s 1.60 m/s	5.41 s 1.53 m/s	5.23 s 1.56 m/s	5.17 s 1.66 m/s	6.36 s 1.51 m/s			
VIRAGE 6	5m avant	3.55 s	3.41 s	3.57 s	3.45 s	3.41 s			
	Sortie de coulée	10.30 m	5.15 m	5.67 m	5.73 m	7.12 m			
	Temps aux 5m	6.06 s 1.70 m/s	3.05 s 1.69 m/s	3.01 s 1.88 m/s	3.18 s 1.80 m/s	4.07 s 1.75 m/s			
VIRAGE 7	5m avant	3.31 s	3.34 s	3.41 s	3.63 s	3.46 s			
	Sortie de coulée	11.07 m	4.90 m	5.46 m	5.35 m	6.21 m			
	Temps aux 5m	5.78 s 1.92 m/s	1.97 s 2.49 m/s	2.15 s 2.54 m/s	2.20 s 2.43 m/s	2.56 s 2.43 m/s			
FIN	5m avant	2.92 s	2.55 s	2.84 s	2.82 s	2.93 s			
	Approche mur	0.21 s 0.36 m	0.34 s 0.67 m	0.16 s 0.28 m	0.74 s 1.31 m	0.25 s 0.43 m			
TOTAL		00:48.61	00:50.80	00:51.34	00:50.28	00:52.96			

PARTIES NON NAGEES



Compétition		Béryl GASTALDELLO	Mélanie HENIQUE	Marie WATTEL	Analia PIGREE	Anna SANTAMANS	Lison NOWACZYK	Mary-Ambre MOLUH		
Temps		00:24.51	00:24.53 +00.02	00:24.57 +00.06	00:24.81 +00.30	00:25.11 +00.60	00:25.28 +00.77	00:25.32 +00.81		
RÉCAP	Tps de nage	0:19.59	0:19.75	0:20.33	0:19.81	0:20.76	0:20.67	0:20.90		
	Tps/Dist Coulées Nombre de CB	36 CB	38 CB	36 CB	37 CB	38 CB	37 CB	36 CB		
LAPS	25m	00:11.31	00:11.01	00:11.37	00:11.54	00:11.70	00:11.66	00:11.90		
	50m	00:24.51 00:13.20	00:24.53 00:13.52	00:24.57 00:13.20	00:24.81 00:13.27	00:25.11 00:13.41	00:25.28 00:13.62	00:25.32 00:13.42		
PARTIES NAGEES	15-25m	5.12 s	5.06 s	5.05 s	5.18 s	5.21 s	5.18 s	5.30 s		
	25-45m	10.64 s	10.76 s	10.74 s	10.80 s	10.88 s	10.97 s	11.07 s		
	TOTAL	00:15.76	00:15.82	00:15.79	00:15.98	00:16.09	00:16.15	00:16.37		
PARTIES NON NAGEES	START	Temps sur le plot	0.62 s	0.56 s	0.69 s	0.67 s	0.64 s	0.76 s	0.68 s	
		Sortie de coulée	13.98 m	14.24 m	12.39 m	14.01 m	12.11 m	12.87 m	12.18 m	
			4.92 s 2.84 m/s	4.78 s 2.98 m/s	4.24 s 2.92 m/s	5.00 s 2.80 m/s	4.35 s 2.78 m/s	4.61 s 2.79 m/s	4.42 s 2.76 m/s	
	FIN	5m avant	2.56 s	2.76 s	2.46 s	2.47 s	2.53 s	2.65 s	2.35 s	
		Approche mur	0.58 s 1.13 m	0.50 s 0.91 m	0.28 s 0.57 m	0.21 s 0.43 m	0.24 s 0.47 m	0.09 s 0.17 m	0.34 s 0.72 m	
	TOTAL		00:08.75	00:08.71	00:08.78	00:08.83	00:09.02	00:09.13	00:08.95	
	MOUVEMENTS	COUPS DE BRAS	0-50m	36	38	36	37	38	37	36
TOTAL			36	38	36	37	38	37	36	
FREQUENCE TEMPO		0-25m	57.9 1.0	61.6 1.0	57.7 1.0	58.1 1.0	57.7 1.0	55.9 1.1	55.8 1.1	
		25-50m	58.3 1.0	60.0 1.0	53.9 1.1	58.4 1.0	56.4 1.1	55.2 1.1	52.5 1.1	
		MOYENNE	58.1 1.0	60.8 1.0	55.8 1.1	58.2 1.0	57.0 1.1	55.5 1.1	54.1 1.1	
AMPLITUDE DE NAGE		0-25m	2.02	1.92	2.06	1.99	2.00	2.07	2.03	
		25-50m	1.93	1.86	2.07	1.90	1.96	1.98	2.07	
	MOYENNE	1.98	1.89	2.07	1.95	1.98	2.03	2.05		

<b>Compétition</b>	
<b>Temps</b>	

<b>Marie WATTEL</b>	
<b>00:53.61</b>	

<b>Béryl GASTALDELLO</b>	
<b>00:53.71</b> <i>+00.10</i>	

<b>Mary-Ambre MOLUH</b>	
<b>00:54.08</b> <i>+00.47</i>	

<b>Charlotte BONNET</b>	
<b>00:54.57</b> <i>+00.96</i>	

<b>Lison NOWACZYK</b>	
<b>00:54.61</b> <i>+01.00</i>	

<b>Albane CACHOT</b>	
<b>00:54.86</b> <i>+01.25</i>	

<b>Marina JEHL</b>	
<b>00:55.24</b> <i>+01.63</i>	

<b>Assia TOUATI</b>	
<b>00:55.51</b> <i>+01.90</i>	

RÉCAP	Tps de nage
	Tps/Dist Couléés Nombre de CB

<b>0:45.59</b>	<b>71 CB</b>
<b>0:08.02</b>	<b>20.4 m</b>

<b>0:44.27</b>	<b>71 CB</b>
<b>0:09.44</b>	<b>23.4 m</b>

<b>0:45.40</b>	<b>72 CB</b>
<b>0:08.68</b>	<b>21.2 m</b>

<b>0:46.32</b>	<b>77 CB</b>
<b>0:08.25</b>	<b>20.8 m</b>

<b>0:46.18</b>	<b>72 CB</b>
<b>0:08.43</b>	<b>20.9 m</b>

<b>0:48.72</b>	<b>77 CB</b>
<b>0:06.14</b>	<b>16.3 m</b>

<b>0:44.42</b>	<b>72 CB</b>
<b>0:10.82</b>	<b>25.1 m</b>

<b>0:47.79</b>	<b>78 CB</b>
<b>0:07.72</b>	<b>19.6 m</b>

LAPS	50m
	100m

00:25.66	-
00:53.61	00:27.95

00:25.69	-
00:53.71	00:28.02

00:26.11	-
00:54.08	00:27.97

00:25.90	-
00:54.57	00:28.67

00:26.24	-
00:54.61	00:28.37

00:26.45	-
00:54.86	00:28.41

00:26.80	-
00:55.24	00:28.44

00:26.67	-
00:55.51	00:28.84

PARTIES NAGEES	15-25m   25-45m
	65-75m   75-95m
	Moyenne
	<b>TOTAL</b>

5.31 s	11.06 s
5.65 s	11.96 s
5.48 s	11.51 s
<b>00:33.98</b>	

5.26 s	11.12 s
5.68 s	11.83 s
5.47 s	11.48 s
<b>00:33.89</b>	

5.36 s	11.11 s
5.63 s	11.80 s
5.50 s	11.46 s
<b>00:33.90</b>	

5.38 s	11.22 s
5.78 s	12.17 s
5.58 s	11.70 s
<b>00:34.55</b>	

5.37 s	11.14 s
5.72 s	12.03 s
5.55 s	11.59 s
<b>00:34.26</b>	

5.40 s	11.22 s
5.69 s	12.18 s
5.55 s	11.70 s
<b>00:34.49</b>	

5.64 s	11.58 s
5.85 s	11.96 s
5.75 s	11.77 s
<b>00:35.03</b>	

5.47 s	11.36 s
5.80 s	12.26 s
5.63 s	11.81 s
<b>00:34.89</b>	

PARTIES NON NAGEES	START	Temps sur le plot
		Sortie de coulée
		Temps aux 15m
	VIRAGE 1	5m avant
		Sortie de coulée
		Temps aux 15m
	FIN	5m avant
		Approche mur
		<b>TOTAL</b>

0.70 s
<b>11.73 m</b>
3.98 s 2.95 m/s
<b>6.33 s</b>
2.96 s
<b>8.71 m</b>
4.04 s 2.16 m/s
<b>7.65 s</b>
2.69 s
0.25 s 0.46 m
<b>00:19.63</b>

0.62 s
<b>14.48 m</b>
5.22 s 2.77 m/s
<b>6.35 s</b>
2.96 s
<b>8.96 m</b>
4.22 s 2.12 m/s
<b>7.74 s</b>
2.77 s
0.33 s 0.60 m
<b>00:19.82</b>

0.71 s
<b>11.74 m</b>
4.30 s 2.73 m/s
<b>6.71 s</b>
2.93 s
<b>9.48 m</b>
4.38 s 2.16 m/s
<b>7.89 s</b>
2.65 s
0.35 s 0.66 m
<b>00:20.18</b>

0.66 s
<b>13.64 m</b>
4.88 s 2.80 m/s
<b>6.38 s</b>
2.92 s
<b>7.12 m</b>
3.37 s 2.11 m/s
<b>7.86 s</b>
2.86 s
0.46 s 0.80 m
<b>00:20.02</b>

0.75 s
<b>12.81 m</b>
4.77 s 2.69 m/s
<b>6.70 s</b>
3.03 s
<b>8.07 m</b>
3.66 s 2.20 m/s
<b>7.80 s</b>
2.82 s
0.29 s 0.51 m
<b>00:20.35</b>

0.69 s
<b>10.26 m</b>
3.69 s 2.78 m/s
<b>6.77 s</b>
3.06 s
<b>6.05 m</b>
2.45 s 2.47 m/s
<b>7.66 s</b>
2.88 s
0.04 s 0.07 m
<b>00:20.37</b>

0.61 s
<b>13.11 m</b>
4.83 s 2.71 m/s
<b>6.59 s</b>
2.99 s
<b>11.98 m</b>
5.99 s 2.00 m/s
<b>7.78 s</b>
2.85 s
0.26 s 0.46 m
<b>00:20.21</b>

0.65 s
<b>11.45 m</b>
4.14 s 2.77 m/s
<b>6.72 s</b>
3.12 s
<b>8.17 m</b>
3.58 s 2.28 m/s
<b>7.96 s</b>
2.82 s
0.16 s 0.28 m
<b>00:20.62</b>

MOUVEMENTS	COUPS DE BRAS	0-50m
		50-100m
		<b>TOTAL</b>
	FREQUENCE TEMPO	0-25m
		25-50m
		50-75m
		75-100m
		<b>MOYENNE</b>
	AMPLITUDE DE NAGE	0-25m
		25-50m
		50-75m
		75-100m
		<b>MOYENNE</b>

33	
38	
<b>71</b>	
50.6	1.2
47.4	1.3
45.9	1.3
46.6	1.3
<b>47.6</b>	<b>1.3</b>
2.23	
2.29	
2.31	
2.15	
<b>2.25</b>	

31	
40	
<b>71</b>	
51.3	1.2
49.1	1.2
49.8	1.2
50.1	1.2
<b>50.1</b>	<b>1.2</b>
2.22	
2.20	
2.12	
2.02	
<b>2.14</b>	

33	
39	
<b>72</b>	
51.0	1.2
47.5	1.3
49.6	1.2
49.4	1.2
<b>49.4</b>	<b>1.2</b>
2.20	
2.27	
2.15	
2.06	
<b>2.17</b>	

34	
43	
<b>77</b>	
52.2	1.2
51.9	1.2
50.9	1.2
51.1	1.2
<b>51.5</b>	<b>1.2</b>
2.14	
2.06	
2.04	
1.93	
<b>2.04</b>	

32	
40	
<b>72</b>	
48.4	1.2
47.7	1.3
48.1	1.3
48.0	1.3
<b>48.0</b>	<b>1.3</b>
2.31	
2.26	
2.18	
2.08	
<b>2.21</b>	

34	
43	
<b>77</b>	
48.5	1.2
47.7	1.3
50.0	1.2
49.4	1.2
<b>48.9</b>	<b>1.2</b>
2.29	
2.24	
2.11	
1.99	
<b>2.16</b>	

34	
38	
<b>72</b>	
50.0	1.2
49.1	1.2
50.2	1.2
49.6	1.2
<b>49.7</b>	<b>1.2</b>
2.13	
2.11	
2.04	
2.02	
<b>2.08</b>	

36	
42	
<b>78</b>	
53.2	1.1
51.4	1.2
49.6	1.2
47.4	1.3
<b>50.4</b>	<b>1.2</b>
2.06	
2.06	
2.08	
2.06	
<b>2.07</b>	

Nageur		Lucile TESSARIOL		Anastasiia KIRPICHNIKOVA		Marina JEHL		Assia TOUATI		Oceane CARNEZ		Albane CACHOT		Eloise RILEY		Maeline BESSARD		
Temps		01:59.29		01:59.88 +00.59		02:00.04 +00.75		02:00.37 +01.08		02:01.03 +01.74		02:01.19 +01.90		02:01.23 +01.94		02:01.29 +02.00		
RÉCAP	Tps de nage	1:48.61	155 CB	1:50.66	173 CB	1:40.99	143 CB	1:46.65	150 CB	1:50.06	160 CB	1:49.62	150 CB	1:48.58	156 CB	1:50.76	165 CB	
	Tps/Dist Coulé	0:10.68	27.3 m	0:09.22	23.6 m	0:19.05	42.5 m	0:13.72	32.7 m	0:10.97	26.7 m	0:11.57	28.8 m	0:12.65	30.9 m	0:10.53	26.1 m	
LAPS	50m	00:27.97	-	00:28.39	-	00:27.63	-	00:28.48	-	00:28.30	-	00:27.50	-	00:27.97	-	00:28.90	-	
	100m	00:58.48	00:30.51	00:59.02	00:30.63	00:57.29	00:29.66	00:58.97	00:30.49	00:58.76	00:30.46	00:58.20	00:30.70	00:58.68	00:30.71	00:59.31	00:30.41	
	150m	01:29.04	00:30.56	01:30.13	00:31.11	01:27.96	00:30.67	01:29.54	00:30.57	01:29.78	00:31.02	01:29.52	00:31.32	01:29.98	00:31.30	01:30.51	00:31.20	
	200m	01:59.29	00:30.25	01:59.88	00:29.75	02:00.04	00:32.08	02:00.37	00:30.83	02:01.03	00:31.25	02:01.19	00:31.67	02:01.23	00:31.25	02:01.29	00:30.78	
PARTIES NAGEES	15-25m   25-45m	5.75 s	12.07 s	5.97 s	12.12 s	5.89 s	11.92 s	5.88 s	12.12 s	5.78 s	12.17 s	5.51 s	11.74 s	5.87 s	12.00 s	6.06 s	12.44 s	
	65-75m   75-95m	6.19 s	12.77 s	6.29 s	12.57 s	6.02 s	12.46 s	6.13 s	12.67 s	6.09 s	12.71 s	6.17 s	12.90 s	6.25 s	12.97 s	6.16 s	12.58 s	
	115-125m   125-145m	6.11 s	12.54 s	6.42 s	12.61 s	6.32 s	12.76 s	6.12 s	12.58 s	6.34 s	12.79 s	6.23 s	13.14 s	6.38 s	12.90 s	6.34 s	12.98 s	
	165-175m   175-195m	6.35 s	12.92 s	6.02 s	12.58 s	6.57 s	13.66 s	6.39 s	13.12 s	6.40 s	13.24 s	6.58 s	13.49 s	6.49 s	13.31 s	6.36 s	12.80 s	
	Moyenne	6.10 s	12.58 s	6.18 s	12.47 s	6.20 s	12.70 s	6.13 s	12.62 s	6.15 s	12.73 s	6.12 s	12.82 s	6.25 s	12.80 s	6.23 s	12.70 s	
	TOTAL	01:14.70		01:14.58		01:15.60		01:15.01		01:15.52		01:15.76		01:16.17		01:15.72		
PARTIES NON NAGEES	START	Temps sur le plot	0.72 s		0.70 s		0.60 s		0.65 s		0.64 s		0.69 s		0.72 s		0.68 s	
		Sortie de coulée	10.23 m		9.25 m		13.44 m		11.57 m		8.95 m		9.94 m		10.31 m		10.29 m	
		Temps aux 15m	3.72 s	2.75 m/s	3.42 s	2.70 m/s	5.03 s	2.67 m/s	4.33 s	2.67 m/s	3.39 s	2.64 m/s	3.68 s	2.70 m/s	3.84 s	2.68 m/s	3.83 s	2.69 m/s
	VIRAGE 1	5m avant	3.23 s		3.23 s		3.17 s		3.53 s		3.23 s		3.31 s		3.23 s		3.40 s	
		Sortie de coulée	5.70 m		4.85 m		10.26 m		7.34 m		6.23 m		6.45 m		7.21 m		5.60 m	
		Temps aux 15m	2.35 s	2.43 m/s	1.99 s	2.44 m/s	4.93 s	2.08 m/s	3.39 s	2.17 m/s	2.71 s	2.30 m/s	2.66 s	2.42 m/s	3.06 s	2.36 m/s	2.40 s	2.33 m/s
	VIRAGE 2	5m avant	3.31 s		3.33 s		3.19 s		3.36 s		3.30 s		3.50 s		3.35 s		3.46 s	
		Sortie de coulée	6.07 m		5.04 m		9.96 m		7.14 m		5.82 m		6.31 m		7.44 m		5.12 m	
		Temps aux 15m	2.39 s	2.54 m/s	2.01 s	2.51 m/s	4.83 s	2.06 m/s	3.08 s	2.32 m/s	2.46 s	2.37 m/s	2.62 s	2.41 m/s	3.26 s	2.28 m/s	2.15 s	2.38 m/s
	VIRAGE 3	5m avant	3.42 s		3.41 s		3.35 s		3.54 s		3.41 s		3.49 s		3.56 s		3.35 s	
		Sortie de coulée	5.33 m		4.50 m		8.86 m		6.66 m		5.65 m		6.14 m		5.96 m		5.06 m	
		Temps aux 15m	2.22 s	2.40 m/s	1.80 s	2.50 m/s	4.26 s	2.08 m/s	2.92 s	2.28 m/s	2.41 s	2.34 m/s	2.61 s	2.35 m/s	2.49 s	2.39 m/s	2.15 s	2.35 m/s
	FIN	5m avant	2.68 s		2.75 s		3.33 s		2.96 s		2.99 s		3.18 s		2.94 s		3.05 s	
		Approche mur	0.28 s	0.52 m	0.27 s	0.49 m	0.18 s	0.27 m	0.76 s	1.28 m	0.22 s	0.37 m	0.45 s	0.71 m	0.34 s	0.58 m	0.62 s	1.02 m
	TOTAL		00:44.59		00:45.30		00:44.44		00:45.36		00:45.51		00:45.43		00:45.06		00:45.57	



Nageur		Lucile TESSARIOL	Anastasiia KIRPICHNIKOVA	Marina JEHL	Assia TOUATI	Oceane CARNEZ	Albane CACHOT	Eloise RILEY	Maeline BESSARD	
Temps		01:59.29	01:59.88 +00.59	02:00.04 +00.75	02:00.37 +01.08	02:01.03 +01.74	02:01.19 +01.90	02:01.23 +01.94	02:01.29 +02.00	
MOUVEMENTS	COUPS DE BRAS	0-50m	34	37	31	33	35	33	37	
		50-100m	39	46	35	37	38	35	38	41
		100-150m	40	45	36	39	41	39	40	43
		150-200m	42	45	41	41	46	43	45	44
		<b>TOTAL</b>	<b>155</b>	<b>173</b>	<b>143</b>	<b>150</b>	<b>160</b>	<b>150</b>	<b>156</b>	<b>165</b>
	FREQUENCE TEMPO	0-25m	47.5 1.3	48.0 1.3	45.1 1.3	44.8 1.3	44.1 1.4	46.9 1.3	42.9 1.4	47.5 1.3
		25-50m	44.2 1.4	46.8 1.3	43.8 1.4	42.9 1.4	43.5 1.4	42.7 1.4	43.6 1.4	46.2 1.3
		50-75m	43.2 1.4	50.8 1.2	43.3 1.4	40.6 1.5	42.1 1.4	39.3 1.5	42.3 1.4	44.8 1.3
		75-100m	42.4 1.4	49.3 1.2	42.8 1.4	42.2 1.4	41.5 1.5	38.9 1.5	41.4 1.5	44.9 1.3
		100-125m	43.6 1.4	49.8 1.2	43.1 1.4	43.8 1.4	42.9 1.4	41.3 1.5	44.3 1.4	45.3 1.3
125-150m		42.7 1.4	47.1 1.3	43.0 1.4	44.4 1.4	44.1 1.4	41.7 1.4	44.2 1.4	44.9 1.3	
150-175m		44.0 1.4	48.7 1.2	43.6 1.4	44.8 1.3	46.4 1.3	43.8 1.4	46.3 1.3	45.0 1.3	
175-200m		43.7 1.4	47.5 1.3	43.4 1.4	43.6 1.4	48.0 1.3	44.7 1.3	46.7 1.3	45.8 1.3	
<b>MOYENNE</b>	<b>43.9 1.4</b>	<b>48.5 1.2</b>	<b>43.5 1.4</b>	<b>43.4 1.4</b>	<b>44.1 1.4</b>	<b>42.4 1.4</b>	<b>43.9 1.4</b>	<b>45.5 1.3</b>		
AMPLITUDE DE NAGE	0-25m	2.20	2.09	2.26	2.28	2.35	2.32	2.38	2.08	
	25-50m	2.25	2.11	2.30	2.31	2.27	2.39	2.30	2.09	
	50-75m	2.25	1.88	2.30	2.41	2.34	2.47	2.27	2.18	
	75-100m	2.21	1.94	2.25	2.25	2.28	2.39	2.24	2.12	
	100-125m	2.25	1.88	2.20	2.24	2.21	2.33	2.12	2.09	
	125-150m	2.24	2.02	2.19	2.15	2.13	2.19	2.11	2.06	
	150-175m	2.15	2.05	2.10	2.10	2.02	2.08	2.00	2.10	
	175-200m	2.13	2.01	2.02	2.10	1.89	1.99	1.93	2.05	
	<b>MOYENNE</b>	<b>2.21</b>	<b>2.00</b>	<b>2.20</b>	<b>2.23</b>	<b>2.19</b>	<b>2.27</b>	<b>2.17</b>	<b>2.10</b>	

<b>Nageur</b>	<b>Anastasiia KIRPICHNIKOVA</b>	<b>Lucile TESSARIOL</b>	<b>Valentine LECLERCQ</b>	<b>Lou-Ann GAUDAIRE</b>	<b>Lean CABON</b>	<b>Laura GOURGEON</b>	<b>Clémence COCCORDANO</b>	
<b>Temps</b>	<b>04:06.87</b>	<b>04:10.38</b> +03.51	<b>04:14.83</b> +07.96	<b>04:18.56</b> +11.69	<b>04:18.77</b> +11.90	<b>04:20.41</b> +13.54	<b>04:21.54</b> +14.67	

<b>RÉCAP</b>	<b>Tps de nage</b>	<b>3:49.70</b>	<b>359 CB</b>	<b>3:50.26</b>	<b>308 CB</b>	<b>3:51.07</b>	<b>299 CB</b>	<b>3:58.47</b>	<b>329 CB</b>	<b>4:00.97</b>	<b>315 CB</b>	<b>3:56.90</b>	<b>313 CB</b>	<b>4:03.75</b>	<b>373 CB</b>		
	<b>Tps/Dist Couléés</b>	<b>0:17.17</b>	<b>44.4 m</b>	<b>0:20.12</b>	<b>47.9 m</b>	<b>0:23.76</b>	<b>50.8 m</b>	<b>0:20.09</b>	<b>47.6 m</b>	<b>0:17.80</b>	<b>42.0 m</b>	<b>0:23.51</b>	<b>50.6 m</b>	<b>0:17.79</b>	<b>40.7 m</b>		
	<b>Nombre de CB</b>																

<b>LAPS</b>	50m	00:28.47	-	00:28.77	-	00:29.77	-	00:29.96	-	00:29.22	-	00:29.70	-	00:30.98	-		
	100m	00:59.34	00:30.87	00:59.80	00:31.03	01:01.43	00:31.66	01:02.14	00:32.18	01:01.09	00:31.87	01:01.66	00:31.96	01:03.50	00:32.52		
	150m	01:30.65	00:31.31	01:30.99	00:31.19	01:33.35	00:31.92	01:34.54	00:32.40	01:33.88	00:32.79	01:34.07	00:32.41	01:36.26	00:32.76		
	200m	02:02.02	00:31.37	02:02.71	00:31.72	02:05.49	00:32.14	02:07.43	00:32.89	02:06.93	00:33.05	02:06.73	00:32.66	02:09.48	00:33.22		
	250m	02:33.57	00:31.55	02:34.49	00:31.78	02:37.50	00:32.01	02:40.36	00:32.93	02:39.95	00:33.02	02:39.69	00:32.96	02:42.53	00:33.05		
	300m	03:05.06	00:31.49	03:06.80	00:32.31	03:09.79	00:32.29	03:13.14	00:32.78	03:13.38	00:33.43	03:12.98	00:33.29	03:15.74	00:33.21		
	350m	03:36.76	00:31.70	03:39.08	00:32.28	03:42.40	00:32.61	03:45.98	00:32.84	03:46.38	00:33.00	03:46.82	00:33.84	03:49.20	00:33.46		
	400m	04:06.87	00:30.11	04:10.38	00:31.30	04:14.83	00:32.43	04:18.56	00:32.58	04:18.77	00:32.39	04:20.41	00:33.59	04:21.54	00:32.34		
	Moyenne	-	00:31.20	-	00:31.66	-	00:32.15	-	00:32.66	-	00:32.79	-	00:32.96	-	00:32.94		

<b>PARTIES NAGEES</b>	15-25m	5.88 s	5.86 s	6.09 s	6.41 s	6.01 s	6.04 s	6.15 s	
	25-45m	12.30 s	12.40 s	12.74 s	12.92 s	12.53 s	12.62 s	13.00 s	
	55-75m	12.87 s	12.85 s	12.69 s	13.49 s	13.04 s	13.13 s	13.32 s	
	75-95m	12.86 s	12.83 s	13.23 s	13.28 s	13.21 s	13.28 s	13.42 s	
	105-125m	13.14 s	12.89 s	13.15 s	13.66 s	13.44 s	13.30 s	13.55 s	
	125-145m	13.07 s	13.16 s	13.19 s	13.52 s	13.64 s	13.28 s	13.43 s	
	155-175m	13.12 s	13.20 s	13.00 s	13.64 s	13.25 s	13.42 s	13.69 s	
	175-195m	12.96 s	13.20 s	13.35 s	13.61 s	13.69 s	13.60 s	13.58 s	
	205-225	13.32 s	13.16 s	13.07 s	13.57 s	13.53 s	13.48 s	13.57 s	
	225-245	13.17 s	13.18 s	13.12 s	13.72 s	13.54 s	13.69 s	13.55 s	
	255-275	13.08 s	13.30 s	13.05 s	13.57 s	13.40 s	13.52 s	13.82 s	
	275-295	13.09 s	13.38 s	13.41 s	13.68 s	13.83 s	13.78 s	13.73 s	
	305-325	13.34 s	13.15 s	13.21 s	13.48 s	13.47 s	13.96 s	13.68 s	
	325-345	13.14 s	13.33 s	13.58 s	13.63 s	13.48 s	13.86 s	13.79 s	
	355-375	12.61 s	12.92 s	13.31 s	13.54 s	13.31 s	14.07 s	13.71 s	
	375-395	12.84 s	13.38 s	13.68 s	13.79 s	13.59 s	14.13 s	13.50 s	
	Moyenne	12.99 s	13.09 s	13.19 s	13.54 s	13.40 s	13.54 s	13.56 s	
	TOTAL	03:20.79	03:22.19	03:23.87	03:29.51	03:26.96	03:29.16	03:29.49	



Nageur		Anastasiia KIRPICHNIKOVA	Lucile TESSARIOL	Valentine LECLERCQ	Lou-Ann GAUDAIRE	Lean CABON	Laura GOURGEON	Clémence COCCORDANO	
Temps		04:06.87	04:10.38 +03.51	04:14.83 +07.96	04:18.56 +11.69	04:18.77 +11.90	04:20.41 +13.54	04:21.54 +14.67	
PARTIES NON NAGEES	START	Temps sur le plot	0.70 s	0.71 s	0.70 s	0.70 s	0.65 s	0.74 s	0.82 s
		Sortie de coulée	9.30 m	10.71 m	8.45 m	11.48 m	10.54 m	9.28 m	7.84 m
		Temps aux 15m	3.43 s 2.71 m/s	4.05 s 2.64 m/s	3.34 s 2.53 m/s	4.63 s 2.48 m/s	4.21 s 2.50 m/s	3.77 s 2.46 m/s	3.33 s 2.35 m/s
	VIRAGE 1	5m avant	7.10 s	7.06 s	7.67 s	7.33 s	7.23 s	7.60 s	8.21 s
		Sortie de coulée	3.19 s	3.45 s	3.27 s	3.30 s	3.45 s	3.44 s	3.62 s
		Temps aux 5m	5.19 m	5.53 m	6.58 m	5.92 m	5.06 m	6.42 m	4.84 m
	VIRAGE 2	5m avant	2.06 s 2.52 m/s	2.32 s 2.38 m/s	3.27 s 2.01 m/s	2.64 s 2.24 m/s	2.00 s 2.53 m/s	2.99 s 2.15 m/s	2.09 s 2.32 m/s
		Sortie de coulée	1.94 s	1.98 s	2.27 s	2.02 s	1.96 s	2.06 s	2.16 s
		Temps aux 5m	3.20 s	3.37 s	3.47 s	3.39 s	3.66 s	3.49 s	3.62 s
	VIRAGE 3	5m avant	5.29 m	5.73 m	6.43 m	5.57 m	4.90 m	6.40 m	4.82 m
		Sortie de coulée	2.04 s 2.59 m/s	2.49 s 2.30 m/s	2.91 s 2.21 m/s	2.29 s 2.43 m/s	2.04 s 2.40 m/s	3.07 s 2.08 m/s	2.10 s 2.30 m/s
		Temps aux 5m	1.85 s	2.02 s	1.97 s	1.90 s	2.08 s	2.14 s	2.18 s
	VIRAGE 4	5m avant	3.25 s	3.12 s	3.61 s	3.32 s	3.63 s	3.69 s	3.60 s
		Sortie de coulée	4.95 m	5.62 m	6.00 m	4.95 m	4.19 m	5.83 m	4.55 m
		Temps aux 5m	1.92 s 2.58 m/s	2.33 s 2.41 m/s	2.99 s 2.01 m/s	2.10 s 2.36 m/s	1.86 s 2.25 m/s	2.74 s 2.13 m/s	2.02 s 2.25 m/s
	VIRAGE 5	5m avant	1.94 s	1.92 s	2.34 s	2.12 s	2.22 s	2.18 s	2.22 s
		Sortie de coulée	3.35 s	3.40 s	3.45 s	3.52 s	3.89 s	3.46 s	3.73 s
		Temps aux 5m	5.26 m	5.76 m	6.10 m	5.06 m	4.93 m	6.07 m	4.82 m
VIRAGE 6	5m avant	2.00 s 2.63 m/s	2.55 s 2.26 m/s	2.98 s 2.05 m/s	2.15 s 2.35 m/s	2.18 s 2.26 m/s	2.95 s 2.06 m/s	2.20 s 2.19 m/s	
	Sortie de coulée	1.83 s	2.05 s	2.26 s	2.11 s	2.21 s	2.23 s	2.28 s	
	Temps aux 5m	3.23 s	3.39 s	3.56 s	3.53 s	3.74 s	3.56 s	3.65 s	
VIRAGE 7	5m avant	4.51 m	4.41 m	5.95 m	5.00 m	4.17 m	5.62 m	4.63 m	
	Sortie de coulée	1.86 s 2.42 m/s	1.88 s 2.35 m/s	2.92 s 2.04 m/s	2.14 s 2.34 m/s	1.87 s 2.23 m/s	2.78 s 2.02 m/s	1.88 s 2.46 m/s	
	Temps aux 5m	2.06 s	2.13 s	2.30 s	2.14 s	2.24 s	2.36 s	2.03 s	
FIN	5m avant	3.26 s	3.50 s	3.53 s	3.39 s	3.96 s	3.63 s	3.63 s	
	Sortie de coulée	5.15 m	5.14 m	5.76 m	4.72 m	4.49 m	5.70 m	4.69 m	
	Temps aux 5m	2.01 s 2.56 m/s	2.29 s 2.24 m/s	2.74 s 2.10 m/s	2.06 s 2.29 m/s	1.94 s 2.31 m/s	2.73 s 2.09 m/s	2.24 s 2.09 m/s	
FIN	5m avant	1.91 s	2.20 s	2.24 s	2.18 s	2.16 s	2.24 s	2.39 s	
	Sortie de coulée	3.31 s	3.60 s	3.58 s	3.55 s	3.89 s	3.78 s	3.60 s	
	Temps aux 5m	4.70 m	5.02 m	5.56 m	4.86 m	3.76 m	5.31 m	4.53 m	
FIN	5m avant	1.85 s 2.54 m/s	2.21 s 2.27 m/s	2.61 s 2.13 m/s	2.08 s 2.34 m/s	1.70 s 2.21 m/s	2.48 s 2.14 m/s	1.93 s 2.35 m/s	
	Approche mur	1.97 s	2.20 s	2.24 s	2.14 s	2.26 s	2.26 s	2.13 s	
	TOTAL	2.69 s	2.80 s	3.20 s	3.11 s	3.23 s	3.13 s	3.00 s	
		0.09 s 0.17 m	0.38 s 0.68 m	0.87 s 1.36 m	0.47 s 0.76 m	1.04 s 1.61 m	0.60 s 0.96 m	0.40 s 0.67 m	
		00:46.08	00:48.19	00:50.96	00:49.05	00:51.81	00:51.25	00:52.05	

Nageur	Anastasiia KIRPICHNIKOVA	Lucile TESSARIOL	Valentine LECLERCQ	Lou-Ann GAUDAIRE	Lean CABON	Laura GOURGEON	Clémence COCCORDANO	
Temps	04:06.87	04:10.38 <i>+03.51</i>	04:14.83 <i>+07.96</i>	04:18.56 <i>+11.69</i>	04:18.77 <i>+11.90</i>	04:20.41 <i>+13.54</i>	04:21.54 <i>+14.67</i>	

MOUVEMENTS	COUPS DE BRAS	0-50m   50-100m	38	47	34	39	34	38	34	42	33	40	33	40	42	47
		100-150m   150-200m	46	46	38	40	37	38	40	43	39	41	38	41	46	48
		200-250m   250-300m	46	46	38	39	38	38	41	43	40	40	39	41	46	47
		300-350m   350-400m	45	45	39	41	37	39	42	44	41	41	39	42	47	50
		<b>TOTAL</b>	<b>359</b>	<b>308</b>	<b>299</b>	<b>329</b>	<b>315</b>	<b>313</b>	<b>373</b>							
	TEMPO	0-25m   25-50m	1.2	1.2	1.3	1.4	1.4	1.5	1.4	1.4	1.3	1.5	1.4	1.5	1.2	1.3
		50-75m   75-100m	1.2	1.2	1.4	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.5	1.5	1.3	1.3
		100-125m   125-150m	1.2	1.2	1.5	1.5	1.5	1.5	1.5	1.4	1.5	1.5	1.5	1.5	1.3	1.3
		150-175m   175-200m	1.2	1.3	1.5	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.5	1.5	1.3	1.3
		200-225m   225-250m	1.2	1.2	1.5	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.5	1.5	1.3	1.3
		250-275m   275-300m	1.2	1.3	1.5	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.4	1.5	1.3	1.3
		300-325m   325-350m	1.2	1.3	1.5	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.4	1.5	1.3	1.3
		350-375m   375-400m	1.3	1.3	1.4	1.5	1.5	1.5	1.4	1.4	1.5	1.5	1.5	1.5	1.2	1.2
	<b>MOYENNE</b>	<b>1.2</b>	<b>1.5</b>	<b>1.5</b>	<b>1.4</b>	<b>1.5</b>	<b>1.5</b>	<b>1.3</b>								
	FREQUENCE	0-25m   25-50m	49.0	49.3	45.5	42.2	43.5	41.1	43.0	42.3	44.9	41.2	43.0	40.5	51.8	48.2
		50-75m   75-100m	49.6	49.5	41.6	40.3	40.8	39.1	41.6	41.7	40.4	39.4	40.1	40.5	47.2	46.9
		100-125m   125-150m	49.4	48.2	41.1	41.2	40.7	39.6	41.4	41.8	39.8	39.8	41.2	40.3	46.7	46.2
		150-175m   175-200m	48.3	46.5	41.5	40.7	40.1	39.1	42.0	42.0	40.1	39.6	40.4	39.6	46.4	46.1
		200-225m   225-250m	49.5	48.3	41.1	40.2	41.2	39.6	42.4	42.0	39.8	39.5	41.0	40.9	46.9	46.7
		250-275m   275-300m	49.2	47.0	40.3	39.7	40.5	39.4	42.8	42.6	40.5	39.3	41.7	41.4	47.4	46.6
		300-325m   325-350m	48.5	47.4	40.8	40.1	40.6	39.8	43.1	43.1	40.2	40.0	41.6	40.8	47.0	46.7
		350-375m   375-400m	46.8	46.4	42.5	40.7	39.6	39.2	43.3	42.6	40.6	40.3	41.1	39.9	48.4	48.5
	<b>MOYENNE</b>	<b>48.3</b>	<b>41.2</b>	<b>40.2</b>	<b>42.4</b>	<b>40.3</b>	<b>47.4</b>									
	AMPLITUDE	0-25m   25-50m	2.24	1.98	2.40	2.29	2.43	2.29	2.33	2.20	2.37	2.32	2.46	2.35	1.98	1.92
50-75m   75-100m		1.88	1.89	2.24	2.32	2.32	2.32	2.14	2.17	2.28	2.31	2.28	2.23	1.91	1.91	
100-125m   125-150m		1.85	1.90	2.27	2.21	2.24	2.30	2.12	2.13	2.24	2.21	2.19	2.24	1.90	1.93	
150-175m   175-200m		1.89	1.99	2.19	2.23	2.30	2.30	2.10	2.10	2.26	2.22	2.21	2.23	1.89	1.92	
200-225m   225-250m		1.82	1.89	2.22	2.27	2.23	2.31	2.09	2.08	2.23	2.24	2.17	2.14	1.89	1.90	
250-275m   275-300m		1.87	1.95	2.24	2.26	2.27	2.27	2.07	2.06	2.21	2.21	2.13	2.11	1.83	1.88	
300-325m   325-350m		1.85	1.93	2.24	2.25	2.24	2.22	2.07	2.04	2.21	2.23	2.07	2.12	1.87	1.87	
350-375m   375-400m		2.03	2.02	2.19	2.21	2.28	2.24	2.05	2.04	2.22	2.19	2.07	2.13	1.81	1.83	
<b>MOYENNE</b>	<b>1.94</b>	<b>2.25</b>	<b>2.29</b>	<b>2.11</b>	<b>2.25</b>	<b>2.20</b>	<b>1.89</b>									

<b>Compétition</b>	<b>Anastasiia KIRPICHNIKOVA</b>	<b>Lucile TESSARIOL</b>	<b>Valentine LECLERCQ</b>	<b>Maud RODRIGUEZ</b>	<b>Ines DELACROIX</b>	<b>Liberty-Belle HORTER</b>	<b>Clémence COCCORDANO</b>	
<b>Temps</b>	<b>08:26.38</b>	<b>08:41.62</b> +15.24	<b>08:44.55</b> +02.93	<b>08:48.57</b> +22.19	<b>08:49.92</b> +23.54	<b>08:53.84</b> +27.46	<b>08:55.19</b> +28.81	

<b>RÉCAP</b>	<b>Tps de nage</b>	<b>7:52.69</b>	<b>739 CB</b>	<b>7:59.37</b>	<b>610 CB</b>	<b>7:55.73</b>	<b>576 CB</b>	<b>8:19.07</b>	<b>692 CB</b>	<b>8:12.74</b>	<b>639 CB</b>	<b>8:14.26</b>	<b>766 CB</b>	<b>8:24.23</b>	<b>732 CB</b>		
	<b>Tps/Dist Coulées</b> <b>Nombre de CB</b>	<b>0:33.69</b>	<b>86.5 m</b>	<b>0:42.25</b>	<b>97.5 m</b>	<b>0:48.82</b>	<b>103.5 m</b>	<b>0:29.50</b>	<b>71.9 m</b>	<b>0:37.18</b>	<b>87.9 m</b>	<b>0:39.58</b>	<b>84.4 m</b>	<b>0:30.96</b>	<b>68.6 m</b>		

<b>LAPS</b>	100m	01:00.05	-	01:01.64	01:01.64	01:03.39	01:03.39	01:03.37	01:03.37	01:03.91	01:03.91	01:05.19	01:05.19	01:04.43	01:04.43		
	200m	02:03.48	01:03.43	02:06.37	01:04.73	02:09.59	01:06.20	02:09.14	01:05.77	02:10.80	01:06.89	02:12.37	01:07.18	02:11.71	01:07.28		
	300m	03:07.44	01:03.96	03:11.69	01:05.32	03:15.71	01:06.12	03:14.88	01:05.74	03:17.78	01:06.98	03:19.82	01:07.45	03:19.33	01:07.62		
	400m	04:11.54	01:04.10	04:17.83	01:06.14	04:22.08	01:06.37	04:21.08	01:06.20	04:24.48	01:06.70	04:27.05	01:07.23	04:27.24	01:07.91		
	500m	05:15.33	01:03.79	05:24.17	01:06.34	05:28.28	01:06.20	05:27.09	01:06.01	05:30.81	01:06.33	05:33.98	01:06.93	05:34.36	01:07.12		
	600m	06:19.62	01:04.29	06:30.57	01:06.40	06:34.21	01:05.93	06:34.06	01:06.97	06:37.10	01:06.29	06:41.10	01:07.12	06:42.07	01:07.71		
	700m	07:23.71	01:04.09	07:36.96	01:06.39	07:39.92	01:05.71	07:41.61	01:07.55	07:43.68	01:06.58	07:48.25	01:07.15	07:49.62	01:07.55		
	800m	08:26.38	01:02.67	08:41.62	01:04.66	08:44.55	01:04.63	08:48.57	01:06.96	08:49.92	01:06.24	08:53.84	01:05.59	08:55.19	01:05.57		
	Moyenne	-	01:03.76	-	01:05.20	-	01:05.57	-	01:06.07	-	01:06.24	-	01:06.73	-	01:06.90		

<b>PARTIES NAGEES</b>	15-45m	18.36 s	-	19.08 s	-	19.42 s	-	19.35 s	-	19.99 s	-	19.76 s	-	19.50 s	-								
	55-95m	25.98 s	13.06 s	12.92 s	↑	26.42 s	13.26 s	13.16 s	↑	26.75 s	13.10 s	13.65 s	↓	27.00 s	13.34 s	13.66 s	↓						
	105-145m	26.55 s	13.30 s	13.25 s	↑	26.64 s	13.24 s	13.40 s	↓	27.41 s	13.72 s	13.69 s	↑	27.31 s	13.64 s	13.67 s	↓						
	155-195m	26.44 s	13.10 s	13.34 s	↓	27.00 s	13.52 s	13.48 s	↑	27.33 s	13.65 s	13.68 s	↓	27.41 s	13.62 s	13.79 s	↓						
	205-245m	26.66 s	13.38 s	13.28 s	↑	26.93 s	13.55 s	13.38 s	↑	27.27 s	13.56 s	13.71 s	↓	27.31 s	13.65 s	13.66 s	↓						
	255-295m	26.76 s	13.26 s	13.50 s	↓	27.13 s	13.57 s	13.56 s	↑	27.29 s	13.51 s	13.78 s	↓	27.22 s	13.58 s	13.64 s	↓						
	305-345m	26.70 s	13.44 s	13.26 s	↑	27.51 s	13.74 s	13.77 s	↓	27.36 s	13.65 s	13.71 s	↓	27.34 s	13.64 s	13.70 s	↓						
	355-395m	26.77 s	13.30 s	13.47 s	↓	27.65 s	13.78 s	13.87 s	↓	27.39 s	13.52 s	13.87 s	↓	27.72 s	13.80 s	13.92 s	↓						
	405-445m	26.73 s	13.38 s	13.35 s	↑	27.68 s	13.79 s	13.89 s	↓	27.10 s	13.38 s	13.72 s	↓	27.47 s	13.70 s	13.77 s	↓						
	455-495m	26.73 s	13.41 s	13.32 s	↑	27.57 s	13.75 s	13.82 s	↓	27.17 s	13.27 s	13.90 s	↓	27.50 s	13.65 s	13.85 s	↓						
	505-545m	26.99 s	13.55 s	13.44 s	↑	27.60 s	13.62 s	13.98 s	↓	27.14 s	13.48 s	13.66 s	↓	27.94 s	13.98 s	13.96 s	↑						
	555-595m	26.97 s	13.44 s	13.53 s	↓	27.62 s	13.80 s	13.82 s	↓	27.04 s	13.32 s	13.72 s	↓	27.95 s	13.90 s	14.05 s	↓						
	605-645m	26.90 s	13.50 s	13.40 s	↑	27.57 s	13.69 s	13.88 s	↓	27.03 s	13.47 s	13.56 s	↓	27.99 s	13.85 s	14.14 s	↓						
	655-695m	26.78 s	13.44 s	13.34 s	↑	27.74 s	13.83 s	13.91 s	↓	27.12 s	13.35 s	13.77 s	↓	28.20 s	14.08 s	14.12 s	↓						
	705-745m	26.75 s	13.42 s	13.33 s	↑	27.06 s	13.48 s	13.58 s	↓	26.66 s	13.16 s	13.50 s	↓	28.11 s	13.93 s	14.18 s	↓						
	755-795m	25.88 s	12.90 s	12.98 s	↓	26.89 s	13.45 s	13.44 s	↑	26.47 s	13.17 s	13.30 s	↓	27.80 s	14.14 s	13.66 s	↑						
Moyenne	26.64 s	13.33 s	13.31 s		27.27 s	13.60 s	13.66 s		27.10 s	13.42 s	13.68 s		27.62 s	13.77 s	13.85 s								
<b>TOTAL</b>	<b>06:57.95</b>				<b>07:08.09</b>				<b>07:05.95</b>				<b>07:13.62</b>				<b>07:17.51</b>		<b>07:13.05</b>		<b>07:14.48</b>		

Compétition		Anastasiia KIRPICHNIKOVA	Lucile TESSARIOL	Valentine LECLERCQ	Maud RODRIGUEZ	Ines DELACROIX	Liberty-Belle HORTER	Clémence COCCORDANO	
Temps		08:26.38	08:41.62 +15.24	08:44.55 +02.93	08:48.57 +22.19	08:49.92 +23.54	08:53.84 +27.46	08:55.19 +28.81	
START	Temps sur le plot	0.75 s	0.74 s	0.72 s	0.74 s	0.73 s	0.76 s	0.82 s	
	Sortie de coulée	<b>9.66 m</b>	<b>11.06 m</b>	<b>8.73 m</b>	<b>7.73 m</b>	<b>8.32 m</b>	<b>8.32 m</b>	<b>7.59 m</b>	
		3.69 s 2.62 m/s	4.33 s 2.55 m/s	3.60 s 2.43 m/s	3.06 s 2.53 m/s	3.39 s 2.45 m/s	3.60 s 2.31 m/s	3.10 s 2.45 m/s	
	Temps aux 15m	<b>7.22 s</b>	<b>7.24 s</b>	<b>7.87 s</b>	<b>7.96 s</b>	<b>7.79 s</b>	<b>8.31 s</b>	<b>8.02 s</b>	
50m	5m avant	3.18 s	3.31 s	3.54 s	3.38 s	3.29 s	3.74 s	3.65 s	
	Sortie de coulée	<b>5.41 m</b>	<b>5.90 m</b>	<b>7.00 m</b>	<b>4.16 m</b>	<b>5.47 m</b>	<b>5.39 m</b>	<b>3.84 m</b>	
		2.17 s 2.49 m/s	2.63 s 2.24 m/s	3.63 s 1.93 m/s	1.79 s 2.32 m/s	2.38 s 2.30 m/s	2.53 s 2.13 m/s	1.72 s 2.23 m/s	
	Temps aux 5m	<b>1.90 s</b>	<b>2.03 s</b>	<b>2.32 s</b>	<b>2.15 s</b>	<b>2.06 s</b>	<b>2.26 s</b>	<b>2.24 s</b>	
100m	5m avant	3.41 s	3.56 s	3.49 s	3.53 s	3.30 s	3.73 s	3.79 s	
	Sortie de coulée	<b>5.44 m</b>	<b>5.92 m</b>	<b>7.04 m</b>	<b>4.35 m</b>	<b>5.27 m</b>	<b>5.29 m</b>	<b>4.12 m</b>	
		2.22 s 2.45 m/s	2.67 s 2.22 m/s	3.21 s 2.19 m/s	1.75 s 2.49 m/s	2.15 s 2.45 m/s	2.47 s 2.14 m/s	1.82 s 2.26 m/s	
	Temps aux 5m	<b>1.93 s</b>	<b>2.06 s</b>	<b>1.81 s</b>	<b>2.01 s</b>	<b>1.96 s</b>	<b>2.27 s</b>	<b>2.21 s</b>	
150m	5m avant	3.29 s	3.44 s	3.63 s	3.41 s	3.48 s	3.56 s	3.65 s	
	Sortie de coulée	<b>5.24 m</b>	<b>5.93 m</b>	<b>6.45 m</b>	<b>4.30 m</b>	<b>5.39 m</b>	<b>5.17 m</b>	<b>4.04 m</b>	
		2.14 s 2.45 m/s	2.63 s 2.25 m/s	3.20 s 2.02 m/s	1.79 s 2.40 m/s	2.33 s 2.31 m/s	2.40 s 2.15 m/s	1.85 s 2.18 m/s	
	Temps aux 5m	<b>1.98 s</b>	<b>2.00 s</b>	<b>2.21 s</b>	<b>2.08 s</b>	<b>2.06 s</b>	<b>2.28 s</b>	<b>2.29 s</b>	
200m	5m avant	3.24 s	3.59 s	3.81 s	3.55 s	3.42 s	3.72 s	3.78 s	
	Sortie de coulée	<b>5.18 m</b>	<b>5.75 m</b>	<b>6.47 m</b>	<b>4.44 m</b>	<b>5.27 m</b>	<b>5.16 m</b>	<b>3.80 m</b>	
		2.02 s 2.56 m/s	2.55 s 2.25 m/s	3.06 s 2.11 m/s	1.84 s 2.41 m/s	2.24 s 2.35 m/s	2.39 s 2.16 m/s	1.80 s 2.11 m/s	
	Temps aux 5m	<b>1.90 s</b>	<b>2.04 s</b>	<b>2.06 s</b>	<b>2.07 s</b>	<b>2.05 s</b>	<b>2.28 s</b>	<b>2.37 s</b>	
250m	5m avant	3.36 s	3.50 s	3.56 s	3.48 s	3.47 s	3.61 s	3.64 s	
	Sortie de coulée	<b>5.24 m</b>	<b>6.13 m</b>	<b>6.47 m</b>	<b>4.29 m</b>	<b>5.82 m</b>	<b>5.04 m</b>	<b>3.73 m</b>	
		2.06 s 2.54 m/s	2.74 s 2.24 m/s	3.17 s 2.04 m/s	1.82 s 2.36 m/s	2.71 s 2.15 m/s	2.31 s 2.18 m/s	1.76 s 2.12 m/s	
	Temps aux 5m	<b>1.90 s</b>	<b>1.97 s</b>	<b>2.18 s</b>	<b>2.12 s</b>	<b>2.14 s</b>	<b>2.28 s</b>	<b>2.36 s</b>	
300m	5m avant	3.38 s	3.75 s	3.76 s	3.54 s	3.38 s	3.64 s	3.76 s	
	Sortie de coulée	<b>5.13 m</b>	<b>5.98 m</b>	<b>6.29 m</b>	<b>4.23 m</b>	<b>5.29 m</b>	<b>5.07 m</b>	<b>4.33 m</b>	
		1.99 s 2.58 m/s	2.71 s 2.21 m/s	3.00 s 2.10 m/s	1.76 s 2.40 m/s	2.23 s 2.37 m/s	2.41 s 2.10 m/s	1.94 s 2.23 m/s	
	Temps aux 5m	<b>1.90 s</b>	<b>2.04 s</b>	<b>2.12 s</b>	<b>2.08 s</b>	<b>2.03 s</b>	<b>2.36 s</b>	<b>2.24 s</b>	
350m	5m avant	3.43 s	3.46 s	3.68 s	3.64 s	3.45 s	3.62 s	3.57 s	
	Sortie de coulée	<b>5.12 m</b>	<b>5.75 m</b>	<b>6.51 m</b>	<b>4.48 m</b>	<b>5.40 m</b>	<b>4.68 m</b>	<b>4.03 m</b>	
		1.97 s 2.60 m/s	2.49 s 2.31 m/s	3.15 s 2.07 m/s	1.74 s 2.57 m/s	2.28 s 2.37 m/s	2.23 s 2.10 m/s	1.83 s 2.20 m/s	
	Temps aux 5m	<b>1.89 s</b>	<b>1.97 s</b>	<b>2.13 s</b>	<b>1.94 s</b>	<b>2.00 s</b>	<b>2.38 s</b>	<b>2.27 s</b>	
400m	5m avant	3.41 s	3.51 s	3.69 s	3.48 s	3.52 s	3.74 s	3.74 s	
	Sortie de coulée	<b>5.28 m</b>	<b>6.36 m</b>	<b>6.21 m</b>	<b>4.55 m</b>	<b>5.43 m</b>	<b>5.14 m</b>	<b>4.49 m</b>	
		2.01 s 2.63 m/s	2.83 s 2.25 m/s	2.95 s 2.11 m/s	1.84 s 2.47 m/s	2.21 s 2.46 m/s	2.36 s 2.18 m/s	2.03 s 2.21 m/s	
	Temps aux 5m	<b>1.82 s</b>	<b>1.89 s</b>	<b>2.14 s</b>	<b>2.02 s</b>	<b>1.91 s</b>	<b>2.26 s</b>	<b>2.26 s</b>	

PARTIES NON NAGEES

Compétition		Anastasiia KIRPICHNIKOVA	Lucile TESSARIOL	Valentine LECLERCQ	Maud RODRIGUEZ	Ines DELACROIX	Liberty-Belle HORTER	Clémence COCCORDANO	
Temps		<b>08:26.38</b>	08:41.62 +15.24	08:44.55 +02.93	08:48.57 +22.19	08:49.92 +23.54	08:53.84 +27.46	08:55.19 +28.81	
450m	5m avant	3.22 s	3.50 s	3.77 s	3.46 s	3.44 s	3.50 s	3.60 s	
	Sortie de coulée	<b>4.84 m</b>	<b>5.55 m</b>	<b>5.95 m</b>	<b>4.24 m</b>	<b>5.46 m</b>	<b>5.19 m</b>	<b>4.22 m</b>	
	Temps aux 5m	1.83 s 2.64 m/s	2.37 s 2.34 m/s	2.87 s 2.07 m/s	1.67 s 2.54 m/s	2.28 s 2.39 m/s	2.39 s 2.17 m/s	1.88 s 2.24 m/s	
500m	5m avant	3.40 s	3.71 s	3.78 s	3.59 s	3.41 s	3.71 s	3.61 s	
	Sortie de coulée	<b>5.21 m</b>	<b>5.47 m</b>	<b>5.91 m</b>	<b>4.33 m</b>	<b>5.13 m</b>	<b>5.29 m</b>	<b>4.04 m</b>	
	Temps aux 5m	1.98 s 2.63 m/s	2.35 s 2.33 m/s	2.67 s 2.21 m/s	1.74 s 2.49 m/s	2.15 s 2.39 m/s	2.49 s 2.12 m/s	1.93 s 2.09 m/s	
550m	5m avant	3.30 s	3.46 s	3.71 s	3.51 s	3.43 s	3.43 s	3.73 s	
	Sortie de coulée	<b>5.07 m</b>	<b>5.58 m</b>	<b>6.11 m</b>	<b>4.29 m</b>	<b>5.06 m</b>	<b>5.03 m</b>	<b>4.03 m</b>	
	Temps aux 5m	1.97 s 2.57 m/s	2.42 s 2.31 m/s	2.89 s 2.11 m/s	1.75 s 2.45 m/s	2.13 s 2.38 m/s	2.43 s 2.07 m/s	1.83 s 2.20 m/s	
600m	5m avant	3.27 s	3.67 s	3.83 s	3.52 s	3.35 s	3.54 s	3.72 s	
	Sortie de coulée	<b>5.25 m</b>	<b>5.66 m</b>	<b>6.23 m</b>	<b>4.25 m</b>	<b>5.01 m</b>	<b>4.92 m</b>	<b>4.14 m</b>	
	Temps aux 5m	2.01 s 2.61 m/s	2.45 s 2.31 m/s	2.89 s 2.16 m/s	1.88 s 2.26 m/s	2.12 s 2.36 m/s	2.42 s 2.03 m/s	1.89 s 2.19 m/s	
650m	5m avant	3.27 s	3.58 s	3.63 s	3.52 s	3.31 s	3.57 s	3.54 s	
	Sortie de coulée	<b>4.77 m</b>	<b>5.26 m</b>	<b>6.18 m</b>	<b>4.02 m</b>	<b>5.17 m</b>	<b>4.88 m</b>	<b>3.84 m</b>	
	Temps aux 5m	1.84 s 2.59 m/s	2.13 s 2.47 m/s	2.89 s 2.14 m/s	1.64 s 2.45 m/s	2.23 s 2.32 m/s	2.37 s 2.06 m/s	1.83 s 2.10 m/s	
700m	5m avant	3.37 s	3.55 s	3.77 s	3.59 s	3.30 s	3.62 s	3.76 s	
	Sortie de coulée	<b>5.10 m</b>	<b>5.49 m</b>	<b>5.94 m</b>	<b>4.21 m</b>	<b>5.24 m</b>	<b>5.04 m</b>	<b>4.22 m</b>	
	Temps aux 5m	2.00 s 2.55 m/s	2.42 s 2.27 m/s	2.78 s 2.14 m/s	1.77 s 2.38 m/s	2.26 s 2.32 m/s	2.41 s 2.09 m/s	1.89 s 2.23 m/s	
750m	5m avant	3.33 s	3.58 s	3.67 s	3.70 s	3.46 s	3.46 s	3.53 s	
	Sortie de coulée	<b>4.52 m</b>	<b>5.73 m</b>	<b>5.96 m</b>	<b>4.07 m</b>	<b>5.13 m</b>	<b>4.82 m</b>	<b>4.12 m</b>	
	Temps aux 5m	1.79 s 2.53 m/s	2.53 s 2.26 m/s	2.86 s 2.08 m/s	1.66 s 2.45 m/s	2.09 s 2.45 m/s	2.37 s 2.03 m/s	1.86 s 2.22 m/s	
FINISH	5m avant	2.80 s	3.00 s	3.44 s	3.21 s	2.98 s	3.23 s	3.33 s	
	Approche mur	0.08 s 0.14 m	0.55 s 0.92 s	0.71 s 1.03 s	0.25 s 0.39 s	0.51 s 0.86 m	0.51 s 0.79 m	0.45 s 0.68 m	
<b>TOTAL</b>		<b>01:28.43</b>	<b>01:33.53</b>	<b>01:38.60</b>	<b>01:34.95</b>	<b>01:32.41</b>	<b>01:40.79</b>	<b>01:40.71</b>	

PARTIES NON NAGEES

Compétition		Anastasiia KIRPICHNIKOVA		Lucile TESSARIOL		Valentine LECLERCQ		Maud RODRIGUEZ		Ines DELACROIX		Liberty-Belle HORTER		Clémence COCCORDANO			
Temps		08:26.38		08:41.62 +15.24		08:44.55 +02.93		08:48.57 +22.19		08:49.92 +23.54		08:53.84 +27.46		08:55.19 +28.81			
MOUVEMENTS	COUPS DE BRAS	0-50m 50-100m	38	47	32	38	32	35	39	44	35	39	43	48	42	46	
		100-150m 150-200m	47	46	38	38	35	35	43	43	40	40	48	48	46	46	
		200-250m 250-300m	47	47	38	38	36	36	42	42	40	40	48	48	46	46	
		300-350m 350-400m	47	47	38	39	36	36	43	43	40	40	48	48	46	46	
		400-450m 450-500m	47	47	38	38	36	36	43	44	40	40	48	48	45	46	
		500-550m 550-600m	47	47	39	39	37	37	44	44	40	41	48	49	46	46	
		600-650m 650-700m	47	47	40	39	37	37	44	44	41	40	48	48	45	46	
		700-750m 750-800m	46	45	39	39	37	38	45	45	41	42	49	49	46	48	
		<b>TOTAL</b>	<b>739</b>	<b>610</b>	<b>576</b>	<b>692</b>	<b>639</b>	<b>766</b>	<b>732</b>								
	TEMPO	0-50m 50-100m	1.23	1.23	1.46	1.52	1.57	1.63	1.31	1.38	1.49	1.51	1.23	1.26	1.26	1.32	
		100-150m 150-200m	1.25	1.26	1.53	1.54	1.65	1.66	1.41	1.43	1.55	1.56	1.27	1.25	1.32	1.35	
		200-250m 250-300m	1.26	1.25	1.54	1.55	1.64	1.63	1.44	1.44	1.56	1.54	1.28	1.25	1.34	1.37	
		300-350m 350-400m	1.27	1.27	1.53	1.54	1.65	1.63	1.43	1.44	1.55	1.53	1.26	1.28	1.36	1.36	
		400-450m 450-500m	1.25	1.24	1.53	1.54	1.61	1.59	1.41	1.41	1.54	1.53	1.26	1.25	1.35	1.36	
		500-550m 550-600m	1.27	1.26	1.53	1.53	1.59	1.57	1.44	1.43	1.53	1.50	1.26	1.24	1.36	1.36	
		600-650m 650-700m	1.26	1.26	1.52	1.53	1.57	1.56	1.43	1.44	1.50	1.52	1.27	1.26	1.37	1.36	
		700-750m 750-800m	1.26	1.31	1.50	1.51	1.57	1.54	1.43	1.42	1.49	1.49	1.22	1.22	1.31	1.29	
		<b>MOYENNE</b>	<b>1.3</b>	<b>1.5</b>	<b>1.6</b>	<b>1.4</b>	<b>1.5</b>	<b>1.3</b>	<b>1.3</b>								
	FREQUENCE	0-50m 50-100m	48.8	49.0	41.4	39.7	38.4	36.8	45.9	43.8	40.5	39.6	49.1	47.8	47.9	45.5	
		100-150m 150-200m	48.3	47.8	39.4	39.0	36.3	36.3	42.6	42.1	38.8	38.7	47.5	47.9	45.4	44.4	
		200-250m 250-300m	47.8	48.0	39.2	38.7	36.7	36.8	41.8	41.8	38.5	39.0	47.0	48.2	44.7	44.1	
		300-350m 350-400m	47.5	47.4	39.3	38.9	36.5	36.9	41.9	41.9	38.7	39.3	47.9	47.1	44.4	44.1	
		400-450m 450-500m	48.2	48.5	39.2	39.1	37.4	37.9	42.6	42.6	39.1	39.4	47.8	48.0	44.3	44.4	
		500-550m 550-600m	47.5	47.6	39.2	39.3	37.8	38.3	41.9	42.1	39.4	40.2	47.7	48.3	44.1	44.3	
		600-650m 650-700m	48.0	47.6	39.6	39.2	38.4	38.4	42.0	41.7	40.0	39.6	47.3	47.8	43.8	44.2	
		700-750m 750-800m	47.5	46.1	40.1	39.7	38.4	39.1	42.2	42.3	40.4	40.3	49.3	49.1	45.8	46.7	
		<b>MOYENNE</b>	<b>47.8</b>	<b>39.4</b>	<b>37.5</b>	<b>42.4</b>	<b>39.5</b>	<b>48.0</b>	<b>44.9</b>								
	AMPLITUDE DE NAGE	0-50m 50-100m	2.11	1.89	2.38	2.29	2.52	2.44	2.12	2.04	2.34	2.21	1.92	1.84	2.02	1.94	
100-150m 150-200m		1.87	1.90	2.29	2.28	2.42	2.43	2.07	2.09	2.22	2.22	1.82	1.82	1.93	1.94		
200-250m 250-300m		1.89	1.87	2.28	2.29	2.40	2.40	2.10	2.11	2.23	2.20	1.83	1.80	1.95	1.96		
300-350m 350-400m		1.90	1.89	2.22	2.23	2.41	2.37	2.10	2.07	2.23	2.20	1.81	1.86	1.93	1.94		
400-450m 450-500m		1.87	1.85	2.22	2.23	2.37	2.34	2.06	2.05	2.21	2.19	1.81	1.83	1.96	1.96		
500-550m 550-600m		1.87	1.87	2.22	2.21	2.34	2.32	2.05	2.04	2.21	2.16	1.81	1.80	1.96	1.95		
600-650m 650-700m		1.86	1.89	2.20	2.21	2.31	2.31	2.05	2.04	2.16	2.17	1.84	1.83	1.98	1.95		
700-750m 750-800m		1.89	2.02	2.21	2.25	2.34	2.32	2.03	2.05	2.14	2.14	1.78	1.84	1.91	1.93		
<b>MOYENNE</b>		<b>1.90</b>	<b>2.25</b>	<b>2.38</b>	<b>2.06</b>	<b>2.20</b>	<b>1.82</b>	<b>1.95</b>									

NAGEUR		Anastasiia KIRPICHNIKOVA		Clémence COCCORDANO		Ines DELACROIX		Liberty-Belle HORTER					
TEMPS		15:59.95		16:45.77 +45.82		16:50.46 +50.51		17:03.99 +01:04.04					
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	14:54.75	1355 CB	15:47.79	1311 CB	15:44.80	1205 CB	15:48.95	1409 CB				
		01:05.20	162.6 m	00:57.98	126.2 m	01:05.66	154.1 m	01:15.04	158.9 m				
LAPS	50m	00:28.84	-	00:31.68	-	00:31.28	-	00:32.17	-				
	100m	01:00.11	01:00.11	01:05.07	01:05.07	01:04.44	01:04.44	01:06.22	01:06.22				
	150m	01:31.79	-	01:38.97	-	01:37.94	-	01:40.57	-				
	200m	02:03.67	01:03.56	02:12.80	01:07.73	02:11.22	01:06.78	02:14.79	01:08.57				
	250m	02:35.49	-	02:46.58	-	02:44.77	-	02:48.98	-				
	300m	03:07.51	01:03.84	03:20.40	01:07.60	03:18.22	01:07.00	03:23.07	01:08.28				
	350m	03:39.47	-	03:54.24	-	03:51.90	-	03:57.13	-				
	400m	04:11.56	01:04.05	04:28.19	01:07.79	04:25.44	01:07.22	04:31.36	01:08.29				
	450m	04:43.58	-	05:02.09	-	04:59.24	-	05:05.50	-				
	500m	05:15.70	01:04.14	05:35.83	01:07.64	05:32.68	01:07.24	05:39.55	01:08.19				
	550m	05:47.76	-	06:09.36	-	06:06.54	-	06:13.59	-				
	600m	06:19.98	01:04.28	06:42.82	01:06.99	06:39.86	01:07.18	06:47.51	01:07.96				
	650m	06:52.00	-	07:16.19	-	07:13.73	-	07:21.92	-				
	700m	07:24.15	01:04.17	07:49.97	01:07.15	07:47.57	01:07.71	07:55.88	01:08.37				
	750m	07:56.13	-	08:23.59	-	08:21.16	-	08:29.83	-				
	800m	08:28.22	01:04.07	08:57.42	01:07.45	08:54.84	01:07.27	09:03.85	01:07.97				
	850m	09:00.33	-	09:31.36	-	09:28.69	-	09:38.31	-				
	900m	09:32.63	01:04.41	10:05.16	01:07.74	10:02.45	01:07.61	10:12.21	01:08.36				
	950m	10:04.88	-	10:38.77	-	10:36.31	-	10:46.50	-				
	1000m	10:37.28	01:04.65	11:12.29	01:07.13	11:10.18	01:07.73	11:20.38	01:08.17				
	1050m	11:09.67	-	11:45.73	-	11:44.03	-	11:54.49	-				
	1100m	11:42.10	01:04.82	12:19.17	01:06.88	12:18.06	01:07.88	12:28.32	01:07.94				
	1150m	12:14.50	-	12:52.66	-	12:51.83	-	13:03.03	-				
	1200m	12:47.01	01:04.91	13:26.20	01:07.03	13:25.75	01:07.69	13:37.08	01:08.76				
	1250m	13:19.47	-	13:59.65	-	13:59.64	-	14:11.72	-				
	1300m	13:52.00	01:04.99	14:33.22	01:07.02	14:33.94	01:08.19	14:46.36	01:09.28				
	1350m	14:24.31	-	15:06.70	-	15:07.99	-	15:21.24	-				
	1400m	14:56.92	01:04.92	15:40.42	01:07.20	15:42.29	01:08.35	15:56.03	01:09.67				
1450m	15:29.16	-	16:13.39	-	16:16.71	-	16:30.63	-					
1500m	15:59.95	01:03.03	16:45.77	01:05.35	16:50.46	01:08.17	17:03.99	01:07.96					
Moyenne	-	01:04.27	-	01:07.19	-	01:07.57	-	01:08.41					

NAGEUR		Anastasiia KIRPICHNIKOVA			Clémence COCCORDANO			Ines DELACROIX			Liberty-Belle HORTER						
TEMPS		15:59.95			16:45.77 +45.82			16:50.46 +50.51			17:03.99 +01:04.04						
PARTIES NAGEES	15-45m	18.41 s	-		19.78 s	-		19.90 s	-		20.43 s	-					
	55-95m	25.96 s	12.98 s	12.98 s ↑	27.42 s	13.60 s	13.82 s ↓	27.50 s	13.92 s	13.58 s ↑	28.15 s	13.97 s	14.18 s ↓				
	105-145m	26.35 s	13.29 s	13.06 s ↑	27.79 s	13.97 s	13.82 s ↑	28.18 s	14.32 s	13.86 s ↑	28.39 s	14.18 s	14.21 s ↓				
	155-195m	26.52 s	13.22 s	13.30 s ↓	27.86 s	13.86 s	14.00 s ↓	27.52 s	13.83 s	13.69 s ↑	28.04 s	13.90 s	14.14 s ↓				
	205-245m	26.62 s	13.40 s	13.22 s ↑	27.94 s	13.92 s	14.02 s ↓	27.86 s	13.88 s	13.98 s ↓	28.29 s	14.16 s	14.13 s ↑				
	255-295m	26.54 s	13.27 s	13.27 s ↑	27.79 s	13.75 s	14.04 s ↓	27.65 s	13.97 s	13.68 s ↑	27.92 s	14.00 s	13.92 s ↑				
	305-345m	26.72 s	13.38 s	13.34 s ↑	27.71 s	13.74 s	13.97 s ↓	27.84 s	13.79 s	14.05 s ↓	28.11 s	13.93 s	14.18 s ↓				
	355-395m	26.76 s	13.39 s	13.37 s ↑	28.09 s	13.85 s	14.24 s ↓	27.56 s	13.90 s	13.66 s ↑	28.05 s	13.94 s	14.11 s ↓				
	405-445m	26.72 s	13.38 s	13.34 s ↑	28.03 s	13.81 s	14.22 s ↓	28.06 s	13.96 s	14.10 s ↓	28.05 s	14.01 s	14.04 s ↓				
	455-495m	26.64 s	13.16 s	13.48 s ↓	27.72 s	13.83 s	13.89 s ↓	27.78 s	14.07 s	13.71 s ↑	27.89 s	13.88 s	14.01 s ↓				
	505-545m	26.73 s	13.34 s	13.39 s ↓	27.74 s	13.85 s	13.89 s ↓	28.21 s	14.11 s	14.10 s ↑	28.04 s	14.02 s	14.02 s ↑				
	555-595m	26.72 s	13.30 s	13.42 s ↓	27.56 s	13.53 s	14.03 s ↓	27.59 s	13.97 s	13.62 s ↑	27.99 s	14.03 s	13.96 s ↑				
	605-645m	26.61 s	13.29 s	13.32 s ↓	27.66 s	13.84 s	13.82 s ↑	28.28 s	14.22 s	14.06 s ↑	28.48 s	14.25 s	14.23 s ↑				
	655-695m	26.82 s	13.36 s	13.46 s ↓	27.88 s	13.87 s	14.01 s ↓	28.34 s	14.35 s	13.99 s ↑	27.92 s	14.04 s	13.88 s ↑				
	705-745m	26.67 s	13.30 s	13.37 s ↓	27.75 s	13.88 s	13.87 s ↑	27.89 s	14.10 s	13.79 s ↑	28.03 s	14.02 s	14.01 s ↑				
	755-795m	26.77 s	13.35 s	13.42 s ↓	27.92 s	13.86 s	14.06 s ↓	27.87 s	14.00 s	13.87 s ↑	27.96 s	13.91 s	14.05 s ↓				
	805-845m	26.79 s	13.38 s	13.41 s ↓	28.04 s	14.02 s	14.02 s ↑	28.10 s	14.00 s	14.10 s ↓	27.85 s	13.79 s	14.06 s ↓				
	855-895m	26.82 s	13.42 s	13.40 s ↑	27.77 s	13.80 s	13.97 s ↓	28.10 s	14.13 s	13.97 s ↑	27.98 s	14.08 s	13.90 s ↑				
	905-945m	26.88 s	13.35 s	13.53 s ↓	27.75 s	13.98 s	13.77 s ↑	28.23 s	14.26 s	13.97 s ↑	28.45 s	14.33 s	14.12 s ↑				
	955-995m	26.99 s	13.47 s	13.52 s ↓	27.60 s	13.77 s	13.83 s ↓	28.31 s	14.17 s	14.14 s ↑	27.68 s	13.82 s	13.86 s ↓				
	1005-1045m	26.79 s	13.37 s	13.42 s ↓	27.73 s	13.88 s	13.85 s ↑	28.02 s	14.12 s	13.90 s ↑	28.32 s	14.20 s	14.12 s ↑				
	1055-1095m	26.80 s	13.32 s	13.48 s ↓	27.56 s	13.76 s	13.80 s ↓	28.43 s	14.27 s	14.16 s ↑	28.30 s	14.23 s	14.07 s ↑				
	1105-1145m	27.10 s	13.59 s	13.51 s ↑	27.54 s	13.94 s	13.60 s ↑	28.15 s	14.21 s	13.94 s ↑	28.92 s	14.47 s	14.45 s ↑				
	1155-1195m	26.98 s	13.38 s	13.60 s ↓	27.69 s	13.89 s	13.80 s ↑	28.18 s	14.19 s	13.99 s ↑	28.20 s	14.18 s	14.02 s ↑				
	1205-1245m	27.12 s	13.51 s	13.61 s ↓	27.49 s	13.76 s	13.73 s ↑	28.05 s	14.06 s	13.99 s ↑	28.47 s	14.32 s	14.15 s ↑				
	1255-1295m	27.14 s	13.56 s	13.58 s ↓	27.62 s	13.82 s	13.80 s ↑	28.61 s	14.49 s	14.12 s ↑	28.65 s	14.26 s	14.39 s ↓				
	1305-1345m	27.14 s	13.61 s	13.53 s ↑	27.43 s	13.72 s	13.71 s ↑	28.35 s	14.25 s	14.10 s ↑	29.10 s	14.65 s	14.45 s ↑				
	1355-1395m	27.20 s	13.50 s	13.70 s ↓	27.72 s	13.74 s	13.98 s ↓	28.54 s	14.34 s	14.20 s ↑	28.87 s	14.42 s	14.45 s ↓				
1405-1445m	26.90 s	13.46 s	13.44 s ↑	26.89 s	13.48 s	13.41 s ↑	28.44 s	14.42 s	14.02 s ↑	28.64 s	14.36 s	14.28 s ↑					
1455-1495m	25.96 s	12.99 s	12.97 s ↑	27.32 s	13.68 s	13.64 s ↑	28.57 s	14.28 s	14.29 s ↓	27.86 s	13.99 s	13.87 s ↑					
Moyenne	26.75 s	13.36 s	13.39 s	27.69 s	13.81 s	13.88 s	28.08 s	14.12 s	13.95 s	28.23 s	14.12 s	14.11 s					
TOTAL	13:14.17			13:42.79			13:54.11			13:59.03							



NAGEUR		Anastasiia KIRPICHNIKOVA	Clémence COCCORDANO	Ines DELACROIX	Liberty-Belle HORTER				
TEMPS		15:59.95	16:45.77 +45.82	16:50.46 +50.51	17:03.99 +01:04.04				
Start	Temps sur le plot	0.72 s	0.80 s	0.76 s	0.77 s				
	Sortie de coulée	<b>9.91 m</b>	<b>8.17 m</b>	<b>7.46 m</b>	<b>8.49 m</b>				
	Temps aux 15m	3.81 s 2.60 m/s	3.53 s 2.31 m/s	3.00 s 2.49 m/s	3.64 s 2.33 m/s				
	Temps aux 15m	<b>7.22 s</b>	<b>8.26 s</b>	<b>7.96 s</b>	<b>8.25 s</b>				
50m	5m avant	3.21 s	3.64 s	3.42 s	3.49 s				
	Sortie de coulée	<b>5.32 m</b>	<b>4.55 m</b>	<b>5.30 m</b>	<b>5.31 m</b>				
	Temps aux 5m	2.15 s 2.47 m/s	2.04 s 2.23 m/s	2.30 s 2.30 m/s	2.57 s 2.07 m/s				
	Temps aux 5m	<b>1.94 s</b>	<b>2.24 s</b>	<b>2.09 s</b>	<b>2.35 s</b>				
100m	5m avant	3.37 s	3.73 s	3.57 s	3.55 s				
	Sortie de coulée	<b>5.41 m</b>	<b>4.65 m</b>	<b>5.39 m</b>	<b>5.18 m</b>				
	Temps aux 5m	2.14 s 2.53 m/s	2.28 s 2.04 m/s	2.16 s 2.50 m/s	2.50 s 2.07 m/s				
	Temps aux 5m	<b>1.87 s</b>	<b>2.45 s</b>	<b>1.88 s</b>	<b>2.37 s</b>				
150m	5m avant	3.46 s	3.66 s	3.44 s	3.59 s				
	Sortie de coulée	<b>5.30 m</b>	<b>4.70 m</b>	<b>5.51 m</b>	<b>5.06 m</b>				
	Temps aux 5m	2.12 s 2.50 m/s	2.19 s 2.15 m/s	2.39 s 2.31 m/s	2.51 s 2.02 m/s				
	Temps aux 5m	<b>1.92 s</b>	<b>2.33 s</b>	<b>2.04 s</b>	<b>2.47 s</b>				
200m	5m avant	3.44 s	3.64 s	3.72 s	3.71 s				
	Sortie de coulée	<b>5.39 m</b>	<b>4.64 m</b>	<b>5.03 m</b>	<b>5.27 m</b>				
	Temps aux 5m	2.13 s 2.53 m/s	2.17 s 2.14 m/s	2.25 s 2.24 m/s	2.55 s 2.07 m/s				
	Temps aux 5m	<b>1.87 s</b>	<b>2.34 s</b>	<b>2.23 s</b>	<b>2.36 s</b>				
250m	5m avant	3.33 s	3.50 s	3.46 s	3.54 s				
	Sortie de coulée	<b>5.42 m</b>	<b>4.61 m</b>	<b>5.39 m</b>	<b>5.33 m</b>				
	Temps aux 5m	2.25 s 2.41 m/s	2.15 s 2.14 m/s	2.39 s 2.26 m/s	2.62 s 2.03 m/s				
	Temps aux 5m	<b>1.97 s</b>	<b>2.33 s</b>	<b>2.12 s</b>	<b>2.39 s</b>				
300m	5m avant	3.51 s	3.70 s	3.68 s	3.78 s				
	Sortie de coulée	<b>5.49 m</b>	<b>4.70 m</b>	<b>5.30 m</b>	<b>5.26 m</b>				
	Temps aux 5m	2.20 s 2.50 m/s	2.36 s 1.99 m/s	2.55 s 2.08 m/s	2.55 s 2.06 m/s				
	Temps aux 5m	<b>1.87 s</b>	<b>2.51 s</b>	<b>2.34 s</b>	<b>2.37 s</b>				
350m	5m avant	3.37 s	3.62 s	3.50 s	3.58 s				
	Sortie de coulée	<b>5.28 m</b>	<b>4.51 m</b>	<b>5.19 m</b>	<b>4.96 m</b>				
	Temps aux 5m	2.12 s 2.49 m/s	2.11 s 2.14 m/s	2.30 s 2.26 m/s	2.43 s 2.04 m/s				
	Temps aux 5m	<b>1.93 s</b>	<b>2.34 s</b>	<b>2.17 s</b>	<b>2.45 s</b>				
400m	5m avant	3.40 s	3.52 s	3.81 s	3.73 s				
	Sortie de coulée	<b>5.39 m</b>	<b>4.72 m</b>	<b>4.93 m</b>	<b>5.33 m</b>				
	Temps aux 5m	2.20 s 2.45 m/s	2.19 s 2.16 m/s	2.18 s 2.26 m/s	2.57 s 2.07 m/s				
	Temps aux 5m	<b>1.94 s</b>	<b>2.32 s</b>	<b>2.21 s</b>	<b>2.34 s</b>				
450m	5m avant	3.36 s	3.55 s	3.53 s	3.75 s				
	Sortie de coulée	<b>5.05 m</b>	<b>4.45 m</b>	<b>5.47 m</b>	<b>5.23 m</b>				
	Temps aux 5m	2.09 s 2.42 m/s	2.11 s 2.11 m/s	2.29 s 2.39 m/s	2.57 s 2.04 m/s				
	Temps aux 5m	<b>2.06 s</b>	<b>2.37 s</b>	<b>1.96 s</b>	<b>2.41 s</b>				
500m	5m avant	3.42 s	3.65 s	3.70 s	3.75 s				
	Sortie de coulée	<b>5.39 m</b>	<b>4.69 m</b>	<b>5.11 m</b>	<b>5.26 m</b>				
	Temps aux 5m	2.21 s 2.44 m/s	2.09 s 2.24 m/s	2.18 s 2.34 m/s	2.54 s 2.07 m/s				
	Temps aux 5m	<b>1.95 s</b>	<b>2.23 s</b>	<b>2.10 s</b>	<b>2.36 s</b>				
550m	5m avant	3.38 s	3.56 s	3.55 s	3.64 s				
	Sortie de coulée	<b>5.21 m</b>	<b>4.38 m</b>	<b>5.10 m</b>	<b>5.09 m</b>				
	Temps aux 5m	2.16 s 2.41 m/s	2.04 s 2.15 m/s	2.14 s 2.38 m/s	2.35 s 2.17 m/s				
	Temps aux 5m	<b>2.02 s</b>	<b>2.33 s</b>	<b>2.07 s</b>	<b>2.29 s</b>				
600m	5m avant	3.48 s	3.57 s	3.66 s	3.64 s				
	Sortie de coulée	<b>5.30 m</b>	<b>4.53 m</b>	<b>5.21 m</b>	<b>5.28 m</b>				
	Temps aux 5m	2.19 s 2.42 m/s	2.03 s 2.23 m/s	2.21 s 2.36 m/s	2.56 s 2.06 m/s				
	Temps aux 5m	<b>1.99 s</b>	<b>2.24 s</b>	<b>2.06 s</b>	<b>2.36 s</b>				

PARTIES NON NAGEES

NAGEUR		Anastasiia KIRPICHNIKOVA	Clémence COCCORDANO	Ines DELACROIX	Liberty-Belle HORTER				
TEMPS		15:59.95	16:45.77 +45.82	16:50.46 +50.51	17:03.99 +01:04.04				
650m	5m avant	3.42 s	3.47 s	3.53 s	3.57 s				
	Sortie de coulée	<b>5.24 m</b>	<b>4.50 m</b>	<b>5.22 m</b>	<b>5.07 m</b>				
	Temps aux 5m	2.11 s 2.48 m/s	1.98 s 2.27 m/s	2.16 s 2.42 m/s	2.30 s 2.20 m/s				
700m	5m avant	3.38 s	3.70 s	3.50 s	3.79 s				
	Sortie de coulée	<b>5.30 m</b>	<b>4.42 m</b>	<b>4.95 m</b>	<b>5.13 m</b>				
	Temps aux 5m	2.16 s 2.45 m/s	2.05 s 2.16 m/s	2.07 s 2.39 m/s	2.32 s 2.21 m/s				
750m	5m avant	3.35 s	3.55 s	3.61 s	3.69 s				
	Sortie de coulée	<b>5.39 m</b>	<b>4.38 m</b>	<b>5.07 m</b>	<b>5.14 m</b>				
	Temps aux 5m	2.14 s 2.52 m/s	1.99 s 2.20 m/s	2.18 s 2.33 m/s	2.40 s 2.14 m/s				
800m	5m avant	3.44 s	3.64 s	3.68 s	3.76 s				
	Sortie de coulée	<b>5.13 m</b>	<b>4.44 m</b>	<b>5.13 m</b>	<b>5.26 m</b>				
	Temps aux 5m	2.04 s 2.51 m/s	2.08 s 2.13 m/s	2.26 s 2.27 m/s	3.19 s 1.65 m/s				
850m	5m avant	3.37 s	3.56 s	3.58 s	3.60 s				
	Sortie de coulée	<b>5.18 m</b>	<b>4.29 m</b>	<b>4.81 m</b>	<b>5.18 m</b>				
	Temps aux 5m	2.05 s 2.53 m/s	2.05 s 2.09 m/s	2.01 s 2.39 m/s	2.37 s 2.19 m/s				
900m	5m avant	3.55 s	3.64 s	3.57 s	3.68 s				
	Sortie de coulée	<b>5.43 m</b>	<b>4.59 m</b>	<b>5.24 m</b>	<b>5.17 m</b>				
	Temps aux 5m	2.28 s 2.38 m/s	2.04 s 2.25 m/s	2.16 s 2.43 m/s	2.19 s 2.36 m/s				
950m	5m avant	3.38 s	3.64 s	3.64 s	3.77 s				
	Sortie de coulée	<b>5.18 m</b>	<b>4.37 m</b>	<b>4.73 m</b>	<b>4.96 m</b>				
	Temps aux 5m	2.00 s 2.59 m/s	2.07 s 2.11 m/s	1.92 s 2.46 m/s	2.35 s 2.11 m/s				
1000m	5m avant	3.53 s	3.55 s	3.53 s	3.83 s				
	Sortie de coulée	<b>5.31 m</b>	<b>4.60 m</b>	<b>5.08 m</b>	<b>5.24 m</b>				
	Temps aux 5m	2.22 s 2.39 m/s	2.07 s 2.22 m/s	2.20 s 2.31 m/s	2.34 s 2.24 m/s				
1050m	5m avant	3.59 s	3.46 s	3.69 s	3.62 s				
	Sortie de coulée	<b>5.30 m</b>	<b>4.38 m</b>	<b>4.83 m</b>	<b>5.07 m</b>				
	Temps aux 5m	2.23 s 2.38 m/s	1.96 s 2.23 m/s	1.97 s 2.45 m/s	2.01 s 2.52 m/s				
1100m	5m avant	3.60 s	3.64 s	3.56 s	3.57 s				
	Sortie de coulée	<b>5.38 m</b>	<b>4.66 m</b>	<b>4.10 m</b>	<b>5.21 m</b>				
	Temps aux 5m	2.12 s 2.54 m/s	2.04 s 2.28 m/s	1.64 s 2.50 m/s	2.43 s 2.14 m/s				
1150m	5m avant	3.44 s	3.76 s	3.62 s	3.51 s				
	Sortie de coulée	<b>5.13 m</b>	<b>4.41 m</b>	<b>4.55 m</b>	<b>5.20 m</b>				
	Temps aux 5m	2.09 s 2.45 m/s	1.94 s 2.27 m/s	1.93 s 2.36 m/s	2.28 s 2.28 m/s				
1200m	5m avant	3.53 s	3.65 s	3.62 s	3.71 s				
	Sortie de coulée	<b>5.28 m</b>	<b>4.23 m</b>	<b>5.16 m</b>	<b>5.24 m</b>				
	Temps aux 5m	2.08 s 2.54 m/s	1.97 s 2.15 m/s	2.29 s 2.25 m/s	2.65 s 1.98 m/s				
1250m	5m avant	3.45 s	3.63 s	3.66 s	3.69 s				
	Sortie de coulée	<b>5.18 m</b>	<b>1.55 m</b>	<b>4.78 m</b>	<b>5.21 m</b>				
	Temps aux 5m	2.01 s 2.58 m/s	0.72 s 2.15 m/s	1.94 s 2.46 m/s	2.40 s 2.17 m/s				

PARTIES NON NAGEES

NAGEUR		Anastasiia KIRPICHNIKOVA	Clémence COCCORDANO	Ines DELACROIX	Liberty-Belle HORTER				
TEMPS		15:59.95	16:45.77 +45.82	16:50.46 +50.51	17:03.99 +01:04.04				
PARTIES NON NAGEES	1300m	5m avant	3.50 s	3.62 s	3.66 s	3.74 s			
		Sortie de coulée	5.25 m	1.58 m	5.20 m	5.22 m			
		Temps aux 5m	2.00 s 2.63 m/s	0.73 s 2.16 m/s	2.24 s 2.32 m/s	2.42 s 2.16 m/s			
	1350m	5m avant	3.34 s	3.74 s	3.60 s	3.52 s			
		Sortie de coulée	4.90 m	4.12 m	4.83 m	5.04 m			
		Temps aux 5m	1.91 s 2.57 m/s	1.91 s 2.16 m/s	1.97 s 2.45 m/s	2.31 s 2.18 m/s			
	1400m	5m avant	3.46 s	3.68 s	3.72 s	3.64 s			
		Sortie de coulée	5.25 m	1.29 m	5.35 m	5.22 m			
		Temps aux 5m	2.05 s 2.56 m/s	0.61 s 2.11 m/s	2.49 s 2.15 m/s	2.56 s 2.04 m/s			
	1450m	5m avant	3.46 s	3.72 s	3.74 s	3.56 s			
		Sortie de coulée	4.95 m	1.09 m	4.70 m	5.29 m			
		Temps aux 5m	1.94 s 2.55 m/s	0.48 s 2.27 m/s	1.89 s 2.49 m/s	2.56 s 2.07 m/s			
FINIS	5m avant	2.87 s	2.85 s	3.17 s	3.14 s				
	Approche mur	0.18 s 0.31 m	0.64 s 1.12 m	0.49 s 0.77 m	0.53 s 0.84 m				
TOTAL		02:45.78	03:02.98	02:56.35	03:04.96				

MOUVEMENTS	NB CYCLES	0-50m 50-100m		37 45		38 42		36 39		43 47							
		100-150m 150-200m	45	45	42	42	40	40	47	46							
		200-250m 250-300m	45	45	42	42	40	40	46	46							
		300-350m 350-400m	45	45	42	43	40	40	46	46							
		400-450m 450-500m	45	45	42	42	40	40	46	47							
		500-550m 550-600m	45	45	43	43	40	40	47	47							
		600-650m 650-700m	45	45	44	44	40	41	47	47							
		700-750m 750-800m	45	45	44	44	40	40	47	48							
		800-850m 850-900m	45	46	44	44	40	40	46	47							
		900-950m 950-1000m	45	46	44	44	40	41	47	47							
		1000-1050m 1050-1100m	46	45	45	45	40	41	47	48							
		1100-1150m 1150-1200m	46	46	45	45	40	41	48	48							
		1200-1250m 1250-1300m	46	46	45	45	40	41	48	47							
		1300-1350m 1350-1400m	47	47	46	46	41	41	48	48							
		1400-1450 1450-1500m	47	45	46	48	41	42	48	49							
TOTAL		1355		1311		1205		1409									
TEMPO	0-50m 50-100m	1.26	1.27	1.37	1.44	1.49	1.54	1.24	1.28								
	100-150m 150-200m	1.28	1.29	1.48	1.50	1.55	1.54	1.31	1.32								
	200-250m 250-300m	1.30	1.31	1.48	1.47	1.56	1.56	1.33	1.35								
	300-350m 350-400m	1.29	1.30	1.45	1.46	1.56	1.54	1.32	1.34								
	400-450m 450-500m	1.30	1.32	1.46	1.46	1.55	1.54	1.31	1.31								
	500-550m 550-600m	1.30	1.31	1.42	1.42	1.55	1.52	1.30	1.31								
	600-650m 650-700m	1.29	1.30	1.41	1.43	1.54	1.53	1.31	1.30								
	700-750m 750-800m	1.30	1.29	1.42	1.41	1.55	1.55	1.31	1.29								
	800-850m 850-900m	1.30	1.29	1.42	1.41	1.55	1.56	1.33	1.30								
	900-950m 950-1000m	1.30	1.30	1.40	1.39	1.55	1.56	1.34	1.32								
	1000-1050m 1050-1100m	1.29	1.30	1.36	1.38	1.55	1.56	1.29	1.29								
	1100-1150m 1150-1200m	1.29	1.30	1.36	1.37	1.56	1.56	1.31	1.29								
	1200-1250m 1250-1300m	1.29	1.30	1.38	1.38	1.54	1.57	1.30	1.32								
	1300-1350m 1350-1400m	1.27	1.27	1.35	1.35	1.55	1.54	1.31	1.32								
	1400-1450 1450-1500m	1.26	1.30	1.31	1.28	1.52	1.53	1.29	1.25								
MOYENNE		1.3		1.4		1.5		1.3									

NAGEUR		Anastasiia KIRPICHNIKOVA		Clémence COCCORDANO		Ines DELACROIX		Liberty-Belle HORTER					
TEMPS		15:59.95		16:45.77 +45.82		16:50.46 +50.51		17:03.99 +01:04.04					
FREQUENCE	0-50m 50-100m	47.7	47.5	43.8	41.8	40.4	38.9	48.8	46.9				
	100-150m 150-200m	47.0	46.7	40.6	40.2	38.7	39.0	45.9	45.6				
	200-250m 250-300m	46.5	46.0	40.6	41.0	38.6	38.7	45.0	44.7				
	300-350m 350-400m	46.5	46.2	41.5	41.1	38.5	38.9	45.6	44.8				
	400-450m 450-500m	46.2	45.5	41.2	41.1	38.8	39.1	45.6	45.8				
	500-550m 550-600m	46.2	45.7	42.3	42.2	38.7	39.4	46.1	46.1				
	600-650m 650-700m	46.6	46.0	42.7	42.2	39.2	39.2	46.0	46.1				
	700-750m 750-800m	46.3	46.5	42.4	42.5	38.7	38.7	46.0	46.6				
	800-850m   850-900m	46.4	46.4	42.2	42.6	38.7	38.4	45.3	46.1				
	900-950m   950-1000m	46.3	46.3	43.1	43.3	38.8	38.4	45.0	45.7				
	1000-1050m  1050-1100m	46.6	46.4	44.3	43.8	38.8	38.4	46.5	46.6				
	1100-1150m   1150-1200m	46.7	46.3	44.1	43.9	38.5	38.6	45.8	46.7				
	1200-1250m   1250-1300m	46.6	46.3	43.6	43.5	38.9	38.3	46.2	45.5				
	1300-1350m   1350-1400m	47.2	47.2	44.4	44.4	38.9	39.1	45.8	45.6				
	1400-1450   1450-1500m	47.8	46.2	46.1	46.8	39.5	39.4	46.7	47.9				
MOYENNE		46.5		42.8		38.9		46.0					
AMPLITUDE DE NAGE	0-50m 50-100m	2.16	1.95	2.16	2.09	2.36	2.24	1.89	1.82				
	100-150m 150-200m	1.94	1.94	2.13	2.15	2.20	2.24	1.84	1.88				
	200-250m 250-300m	1.95	1.97	2.12	2.11	2.24	2.25	1.88	1.93				
	300-350m 350-400m	1.94	1.94	2.09	2.08	2.24	2.25	1.87	1.91				
	400-450m 450-500m	1.95	1.98	2.08	2.11	2.20	2.22	1.88	1.88				
	500-550m 550-600m	1.95	1.96	2.05	2.07	2.20	2.21	1.86	1.86				
	600-650m 650-700m	1.94	1.95	2.03	2.04	2.17	2.17	1.83	1.87				
	700-750m 750-800m	1.95	1.93	2.05	2.03	2.22	2.23	1.86	1.85				
	800-850m   850-900m	1.93	1.93	2.03	2.03	2.21	2.23	1.90	1.87				
	900-950m   950-1000m	1.93	1.92	2.01	2.01	2.19	2.21	1.88	1.90				
	1000-1050m  1050-1100m	1.93	1.93	1.95	1.99	2.21	2.20	1.83	1.83				
	1100-1150m   1150-1200m	1.90	1.92	1.98	1.98	2.22	2.21	1.82	1.83				
	1200-1250m   1250-1300m	1.90	1.91	2.01	2.00	2.20	2.19	1.83	1.84				
	1300-1350m   1350-1400m	1.88	1.87	1.97	1.95	2.18	2.16	1.80	1.83				
	1400-1450   1450-1500m	1.87	2.00	1.94	1.88	2.14	2.14	1.80	1.80				
MOYENNE		1.94		2.03		2.21		1.85					



Compétition		Marie WATTEL		Lilou RESSEN COURT		Maty NDOYE-BROUARD		Lili-Rose BERTHELOT		Tabatha AVETAND		Adelaide MEUTER		Laly ANSART		Isabelle VIDEMENT			
Temps		00:57.49		00:58.81 +01.32		01:00.20 +02.71		01:00.31 +02.82		01:00.53 +03.04		01:01.19 +03.70		01:01.44 +03.95		01:01.54 +04.05			
RÉCAP	Tps de nage	0:44.88	40 CB	0:49.18	47 CB	0:49.33	43 CB	0:49.29	48 CB	0:51.81	50 CB	0:51.28	46 CB	0:50.88	47 CB	0:49.08	43 CB		
	Tps/Dist Couléés Nombre de CB	0:12.61	26.2 m	0:09.63	20.6 m	0:10.87	22.7 m	0:11.02	22.2 m	0:08.72	18.1 m	0:09.91	20.3 m	0:10.56	21.4 m	0:12.46	25.9 m		
LAPS	50m	00:26.56	-	00:26.97	-	00:28.02	-	00:27.50	-	00:28.66	-	00:28.82	-	00:28.88	-	00:28.15	-		
	100m	00:57.49	00:30.93	00:58.81	00:31.84	01:00.20	00:32.18	01:00.31	00:32.81	01:00.53	00:31.87	01:01.19	00:32.37	01:01.44	00:32.56	01:01.54	00:33.39		
PARTIES NAGEES	15-25m   25-45m	5.61 s	11.63 s	5.77 s	11.53 s	6.09 s	11.89 s	5.67 s	11.76 s	5.87 s	12.35 s	5.90 s	12.39 s	5.93 s	12.25 s	6.04 s	12.14 s		
	65-75m   75-95m	6.16 s	13.12 s	6.08 s	13.46 s	6.21 s	13.18 s	6.29 s	13.79 s	6.30 s	13.08 s	6.40 s	13.28 s	6.43 s	13.29 s	6.64 s	13.58 s		
	Moyenne	5.89 s	12.38 s	5.93 s	12.50 s	6.15 s	12.54 s	5.98 s	12.78 s	6.09 s	12.72 s	6.15 s	12.84 s	6.18 s	12.77 s	6.34 s	12.86 s		
	TOTAL	00:36.52		00:36.84		00:37.37		00:37.51		00:37.60		00:37.97		00:37.90		00:38.40			
PARTIES NON NAGEES	START	Temps sur le plot	0.70 s		0.71 s		0.78 s		0.65 s		0.71 s		0.65 s		0.69 s		0.70 s		
		Sortie de coulée	15.11 m		12.46 m		12.41 m		12.39 m		10.16 m		12.33 m		11.85 m		15.08 m		
		Temps aux 15m	6.50 s	2.32 m/s	4.61 s	2.70 m/s	4.66 s	2.66 m/s	4.95 s	2.50 m/s	3.87 s	2.63 m/s	5.10 s	2.42 m/s	4.80 s	2.47 m/s	5.89 s	2.56 m/s	
	VIRAGE 1	5m avant	2.88 s		2.87 s		3.08 s		2.95 s		3.16 s		3.22 s		3.27 s		3.17 s		
		Sortie de coulée	11.07 m		8.09 m		10.33 m		9.80 m		7.98 m		7.94 m		9.57 m		10.85 m		
		Temps aux 15m	6.11 s	1.81 m/s	5.02 s	1.61 m/s	6.21 s	1.66 m/s	6.07 s	1.61 m/s	4.85 s	1.65 m/s	4.81 s	1.65 m/s	5.76 s	1.66 m/s	6.57 s	1.65 m/s	
	FIN	5m avant	3.11 s		3.23 s		3.46 s		3.24 s		3.05 s		3.37 s		3.32 s		3.76 s		
		Approche mur	0.72 s	1.16 m	0.10 s	0.15 m	0.90 s	1.30 m	0.60 s	0.93 m	0.36 s	0.59 m	0.11 s	0.16 m	0.78 s	1.17 m	0.18 s	0.24 m	
	TOTAL		00:20.97		00:21.97		00:22.83		00:22.80		00:22.93		00:23.22		00:23.54		00:23.14		
	MOUVEMENTS	COUPS DE BRAS	0-50m	18		21		20		22		23		21		22		19	
			50-100m	22		26		23		26		27		25		25		24	
			TOTAL	40		47		43		48		50		46		47		43	
FREQUENCE TEMPO		0-25m	54.3	1.1	58.4	1.0	52.1	1.2	62.8	1.0	57.6	1.0	56.7	1.1	56.8	1.1	57.3	1.1	
		25-50m	51.0	1.2	57.8	1.0	51.9	1.2	58.4	1.0	55.9	1.1	52.9	1.1	56.2	1.1	49.4	1.2	
		50-75m	52.3	1.2	58.3	1.0	52.1	1.2	58.9	1.0	58.4	1.0	51.7	1.2	56.0	1.1	52.5	1.1	
		75-100m	51.3	1.2	55.3	1.1	53.1	1.1	57.1	1.1	58.8	1.0	51.7	1.2	54.9	1.1	51.4	1.2	
		MOYENNE	52.2	1.2	57.4	1.1	52.3	1.2	59.3	1.0	57.7	1.0	53.3	1.1	56.0	1.1	52.7	1.1	
AMPLITUDE DE NAGE		0-25m	1.97		1.78		1.89		1.69		1.78		1.79		1.78		1.74		
		25-50m	2.02		1.80		1.94		1.75		1.74		1.83		1.74		2.00		
		50-75m	1.86		1.69		1.86		1.62		1.63		1.81		1.67		1.72		
		75-100m	1.78		1.61		1.72		1.52		1.56		1.75		1.65		1.72		
	MOYENNE	1.91		1.72		1.85		1.65		1.68		1.80		1.71		1.80			

Nageur		Lara GRANGEON-DE VILLELE	Lilou RESSENCOURT	Juliette MARCHAND	Tabatha AVETAND	Soizic GELFMANN	Clara MOUGENOT	Isabelle VIDEMENT	Adelaide MEUTER	
Temps		02:09.26	02:09.30 +00.04	02:11.76 +02.50	02:12.69 +03.43	02:13.72 +04.46	02:15.21 +05.95	02:17.48 +08.22	02:18.66 +09.40	
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	1:52.09   95 CB 0:17.17   33.6 m	1:50.50   94 CB 0:18.80   35.6 m	1:52.75   96 CB 0:19.01   35.1 m	1:54.87   100 CB 0:17.82   32.9 m	1:57.51   111 CB 0:16.21   29.2 m	1:59.51   110 CB 0:15.70   28.3 m	1:55.80   85 CB 0:21.68   40.6 m	2:01.20   96 CB 0:17.46   32.1 m	
	LAPS	50m: 00:28.80 - 100m: 01:01.17 00:32.37 150m: 01:34.50 00:33.33 200m: 02:09.26 00:34.76	50m: 00:28.89 - 100m: 01:01.45 00:32.56 150m: 01:34.24 00:32.79 200m: 02:09.30 00:35.06	50m: 00:29.53 - 100m: 01:02.41 00:32.88 150m: 01:35.99 00:33.58 200m: 02:11.76 00:35.77	50m: 00:29.43 - 100m: 01:02.72 00:33.29 150m: 01:36.85 00:34.13 200m: 02:12.69 00:35.84	50m: 00:29.97 - 100m: 01:03.59 00:33.62 150m: 01:38.48 00:34.89 200m: 02:13.72 00:35.24	50m: 00:30.03 - 100m: 01:04.00 00:33.97 150m: 01:38.73 00:34.73 200m: 02:15.21 00:36.48	50m: 00:30.27 - 100m: 01:04.69 00:34.42 150m: 01:39.85 00:35.16 200m: 02:17.48 00:37.63	50m: 00:30.32 - 100m: 01:04.99 00:34.67 150m: 01:40.85 00:35.86 200m: 02:18.66 00:37.81	
PARTIES NAGEES	15-25m   25-45m	5.99 s   12.12 s	6.16 s   12.71 s	6.16 s   12.61 s	6.19 s   12.69 s	6.27 s   12.85 s	6.06 s   12.95 s	6.56 s   13.53 s	6.27 s   13.34 s	
	65-75m   75-95m	6.50 s   13.11 s	6.54 s   13.27 s	6.58 s   13.33 s	6.60 s   13.26 s	6.76 s   13.79 s	6.72 s   13.57 s	7.12 s   14.08 s	6.86 s   14.13 s	
	115-125m   125-145m	6.58 s   13.74 s	6.53 s   13.72 s	6.62 s   13.87 s	6.69 s   13.74 s	7.02 s   14.15 s	6.78 s   14.28 s	6.88 s   14.65 s	6.78 s   15.04 s	
	165-175m   175-195m	7.10 s   14.45 s	6.88 s   14.68 s	6.96 s   14.87 s	7.21 s   14.51 s	7.14 s   14.49 s	7.26 s   15.03 s	7.78 s   15.54 s	7.60 s   15.55 s	
	Moyenne	6.54 s   13.36 s	6.53 s   13.60 s	6.58 s   13.67 s	6.67 s   13.55 s	6.80 s   13.82 s	6.71 s   13.96 s	7.09 s   14.45 s	6.88 s   14.52 s	
	TOTAL	01:19.59	01:20.49	01:21.00	01:20.89	01:22.47	01:22.65	01:26.14	01:25.57	
PARTIES NON NAGEES	START	Temps sur le plot	0.70 s	0.71 s	0.73 s	0.68 s	0.67 s	0.70 s	0.73 s	0.66 s
		Sortie de coulée	10.82 m	11.79 m	12.90 m	10.41 m	9.07 m	9.47 m	15.18 m	12.65 m
		Temps aux 15m	4.25 s   2.55 m/s	4.60 s   2.56 m/s	5.40 s   2.39 m/s	4.10 s   2.54 m/s	3.67 s   2.47 m/s	4.00 s   2.37 m/s	6.20 s   2.45 m/s	5.24 s   2.41 m/s
	VIRAGE 1	5m avant	3.40 s	2.87 s	3.33 s	3.20 s	3.24 s	3.10 s	3.09 s	3.42 s
		Sortie de coulée	7.82 m	8.05 m	7.48 m	7.68 m	7.48 m	6.61 m	9.07 m	6.99 m
		Temps aux 15m	4.29 s   1.82 m/s	4.61 s   1.75 m/s	4.41 s   1.70 m/s	4.58 s   1.68 m/s	4.51 s   1.66 m/s	3.95 s   1.67 m/s	5.41 s   1.68 m/s	4.29 s   1.63 m/s
	VIRAGE 2	5m avant	3.61 s	3.38 s	3.55 s	3.61 s	3.29 s	3.68 s	3.50 s	3.67 s
		Sortie de coulée	7.28 m	8.05 m	7.42 m	7.52 m	6.36 m	6.20 m	8.03 m	6.82 m
		Temps aux 15m	4.08 s   1.78 m/s	4.77 s   1.69 m/s	4.55 s   1.63 m/s	4.61 s   1.63 m/s	4.03 s   1.58 m/s	3.83 s   1.62 m/s	4.84 s   1.66 m/s	4.31 s   1.58 m/s
	VIRAGE 3	5m avant	3.49 s	2.96 s	3.29 s	3.68 s	3.52 s	3.41 s	3.51 s	3.56 s
		Sortie de coulée	7.67 m	7.67 m	7.34 m	7.24 m	6.28 m	5.97 m	8.30 m	5.68 m
		Temps aux 15m	4.55 s   1.69 m/s	4.82 s   1.59 m/s	4.65 s   1.58 m/s	4.53 s   1.60 m/s	4.00 s   1.57 m/s	3.92 s   1.52 m/s	5.23 s   1.59 m/s	3.62 s   1.57 m/s
	FIN	5m avant	3.38 s	3.36 s	3.92 s	3.92 s	3.32 s	3.64 s	3.85 s	3.88 s
		Approche mur	0.41 s   0.61 m	0.82 s   1.22 m	1.05 s   1.34 m	1.07 s   1.36 m	0.40 s   0.60 m	0.75 s   1.03 m	0.43 s   0.56 m	0.79 s   1.02 m
		TOTAL	00:49.67	00:48.81	00:50.76	00:51.80	00:51.25	00:52.56	00:51.34	00:53.09

Nageur		Lara GRANGEON-DE VILLELE	Lilou RESSENCOURT	Juliette MARCHAND	Tabatha AVETAND	Soizic GELFMANN	Clara MOUGENOT	Isabelle VIDEMENT	Adelaide MEUTER	
Temps		02:09.26	02:09.30 +00.04	02:11.76 +02.50	02:12.69 +03.43	02:13.72 +04.46	02:15.21 +05.95	02:17.48 +08.22	02:18.66 +09.40	
MOUVEMENTS	COUPS DE BRAS	0-50m	21	20	21	22	25	24	17	20
		50-100m	24	24	24	25	28	27	21	24
		100-150m	25	24	25	26	29	29	23	25
		150-200m	25	26	26	27	29	30	24	27
		<b>TOTAL</b>	<b>95</b>	<b>94</b>	<b>96</b>	<b>100</b>	<b>111</b>	<b>110</b>	<b>85</b>	<b>96</b>
	FREQUENCE TEMPO	0-25m	54.1 1.1	51.8 1.2	55.6 1.1	53.7 1.1	59.6 1.0	56.0 1.1	43.7 1.4	50.1 1.2
		25-50m	51.9 1.2	50.8 1.2	52.5 1.1	52.1 1.2	59.6 1.0	55.1 1.1	43.2 1.4	47.5 1.3
		50-75m	50.9 1.2	51.1 1.2	49.3 1.2	51.9 1.2	57.9 1.0	53.1 1.1	42.3 1.4	46.2 1.3
		75-100m	49.9 1.2	49.6 1.2	49.2 1.2	51.3 1.2	56.7 1.1	53.8 1.1	42.6 1.4	46.1 1.3
		100-125m	50.4 1.2	50.9 1.2	49.9 1.2	52.9 1.1	56.6 1.1	54.8 1.1	43.3 1.4	47.0 1.3
125-150m		49.2 1.2	50.5 1.2	49.4 1.2	52.1 1.2	55.5 1.1	54.5 1.1	43.1 1.4	46.7 1.3	
150-175m		48.5 1.2	53.1 1.1	50.2 1.2	52.6 1.1	55.0 1.1	54.8 1.1	42.8 1.4	46.4 1.3	
175-200m		47.0 1.3	50.8 1.2	49.9 1.2	50.9 1.2	53.9 1.1	54.2 1.1	42.9 1.4	46.5 1.3	
<b>MOYENNE</b>	<b>50.2 1.2</b>	<b>51.1 1.2</b>	<b>50.7 1.2</b>	<b>52.2 1.2</b>	<b>56.9 1.1</b>	<b>54.5 1.1</b>	<b>43.0 1.4</b>	<b>47.1 1.3</b>		
AMPLITUDE DE NAGE	0-25m	1.85	1.88	1.75	1.81	1.60	1.77	2.09	1.91	
	25-50m	1.91	1.86	1.81	1.81	1.57	1.68	2.05	1.89	
	50-75m	1.82	1.80	1.85	1.75	1.53	1.68	1.99	1.90	
	75-100m	1.84	1.82	1.83	1.76	1.53	1.64	2.00	1.84	
	100-125m	1.81	1.81	1.82	1.70	1.51	1.62	2.01	1.88	
	125-150m	1.77	1.73	1.75	1.68	1.53	1.54	1.90	1.71	
	150-175m	1.74	1.64	1.72	1.58	1.53	1.51	1.80	1.70	
	175-200m	1.77	1.61	1.62	1.63	1.54	1.47	1.80	1.66	
	<b>MOYENNE</b>	<b>1.81</b>	<b>1.77</b>	<b>1.77</b>	<b>1.72</b>	<b>1.54</b>	<b>1.61</b>	<b>1.96</b>	<b>1.81</b>	





Compétition		Emma TEREBO		Béryl GASTALDELLO		Mary-Ambre MOLUH		Pauline MAHIEU		Analia PIGREE		Bertille COUSSON		Lou-Anne GUITON			
Temps		00:58.79		00:59.17 +00.38		00:59.29 +00.50		00:59.64 +00.85		01:00.11 +01.32		01:01.14 +02.35		01:02.52 +03.73			
RÉCAP	Tps de nage	0:46.37	70 CB	0:46.82	71 CB	0:47.91	73 CB	0:47.68	69 CB	0:47.62	72 CB	0:50.50	77 CB	0:52.76	83 CB		
	Tps/Dist Couléés Nombre de CB	0:12.42	25.5 m	0:12.35	26.9 m	0:11.38	25.0 m	0:11.96	25.6 m	0:12.49	26.2 m	0:10.64	21.8 m	0:09.76	20.0 m		
LAPS	50m	00:28.64	-	00:28.51	-	00:28.71	-	00:28.94	-	00:28.99	-	00:29.56	-	00:30.47	-		
	100m	00:58.79	00:30.15	00:59.17	00:30.66	00:59.29	00:30.58	00:59.64	00:30.70	01:00.11	00:31.12	01:01.14	00:31.58	01:02.52	00:32.05		
PARTIES NAGEES	15-25m   25-45m	5.76 s	12.30 s	6.00 s	12.40 s	6.25 s	12.52 s	5.90 s	12.38 s	6.12 s	12.58 s	5.94 s	12.52 s	6.10 s	12.62 s		
	65-75m   75-95m	6.16 s	12.80 s	6.30 s	13.18 s	6.12 s	12.94 s	6.16 s	13.44 s	6.33 s	13.55 s	6.44 s	13.58 s	6.50 s	13.55 s		
	Moyenne	5.96 s	12.55 s	6.15 s	12.79 s	6.18 s	12.73 s	6.03 s	12.91 s	6.23 s	13.07 s	6.19 s	13.05 s	6.30 s	13.09 s		
	TOTAL	00:37.02		00:37.88		00:37.83		00:37.88		00:38.58		00:38.48		00:38.77			
PARTIES NON NAGEES	START	Temps sur le plot	0.61 s		0.57 s		0.62 s		0.63 s		0.58 s		0.61 s		0.61 s		
		Sortie de coulée	14.59 m		14.78 m		14.25 m		14.34 m		14.57 m		12.69 m		12.08 m		
		Temps aux 15m	6.40 s	2.28 m/s	6.08 s	2.43 m/s	5.77 s	2.47 m/s	6.24 s	2.30 m/s	6.20 s	2.35 m/s	5.87 s	2.16 m/s	5.94 s	2.03 m/s	
	VIRAGE 1	5m avant	3.24 s		3.23 s		3.11 s		3.40 s		3.25 s		3.31 s		3.44 s		
		Sortie de coulée	10.87 m		12.12 m		10.71 m		11.28 m		11.62 m		9.13 m		7.87 m		
		Temps aux 15m	6.02 s	1.81 m/s	6.27 s	1.93 m/s	5.61 s	1.91 m/s	5.72 s	1.97 m/s	6.29 s	1.85 m/s	4.77 s	1.91 m/s	3.82 s	2.06 m/s	
	FIN	5m avant	2.81 s		2.93 s		3.13 s		2.97 s		2.93 s		2.99 s		3.10 s		
		Approche mur	0.45 s	0.80 m	0.48 s	0.82 m	0.27 s	0.43 m	0.56 s	0.94 m	0.62 s	1.06 m	0.13 s	0.22 m	0.09 s	0.15 m	
	TOTAL		00:21.77		00:21.29		00:21.46		00:21.76		00:21.53		00:22.66		00:23.75		
	MOUVEMENTS	COUPS DE BRAS	0-50m	32		33		33		32		33		35		38	
			50-100m	38		38		40		37		39		42		45	
			TOTAL	70		71		73		69		72		77		83	
FREQUENCE TEMPO		0-25m	49.2	1.2	49.0	1.2	48.2	1.2	45.4	1.3	46.6	1.3	49.2	1.2	49.9	1.2	
		25-50m	45.1	1.3	46.7	1.3	45.5	1.3	44.3	1.4	46.8	1.3	46.4	1.3	48.1	1.3	
		50-75m	46.4	1.3	46.4	1.3	47.2	1.3	43.9	1.4	46.2	1.3	46.6	1.3	47.6	1.3	
		75-100m	47.4	1.3	47.4	1.3	48.0	1.3	44.3	1.4	47.6	1.3	45.9	1.3	46.7	1.3	
		MOYENNE	47.0	1.3	47.4	1.3	47.2	1.3	44.5	1.4	46.8	1.3	47.0	1.3	48.1	1.3	
AMPLITUDE DE NAGE		0-25m	2.12		2.04		1.99		2.24		2.11		2.05		1.97		
		25-50m	2.16		2.07		2.11		2.19		2.04		2.07		1.98		
		50-75m	2.10		2.05		2.08		2.22		2.05		2.00		1.94		
		75-100m	1.98		1.92		1.93		2.01		1.86		1.93		1.90		
	MOYENNE	2.09		2.02		2.03		2.17		2.02		2.01		1.95			

Nageur		Emma TEREBO	Pauline MAHIEU	Lou-Anne GUITON	Anaïs PODEVIN	Manon DOMINGEON	Bertille COUSSON	Aëla JANVIER	Claire BOURSE	
Temps		02:08.53	02:09.28 +00.75	02:12.15 +03.62	02:12.36 +03.83	02:12.66 +04.13	02:13.43 +04.90	02:15.23 +06.70	02:17.75 +09.22	
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	1:48.77   148 CB 0:19.76   39.8 m	1:49.81   137 CB 0:19.47   41.0 m	1:54.83   159 CB 0:17.32   35.1 m	1:57.34   153 CB 0:15.02   31.7 m	1:50.09   145 CB 0:22.57   43.8 m	1:56.28   152 CB 0:17.15   34.4 m	1:52.03   148 CB 0:23.20   44.8 m	2:01.20   167 CB 0:16.55   33.6 m	
	LAPS	50m: 00:29.71 - 100m: 01:01.96 00:32.25 150m: 01:35.47 00:33.51 200m: 02:08.53 00:33.06	00:30.15 - 01:02.43 00:32.28 01:35.85 00:33.42 02:09.28 00:33.43	00:31.85 - 01:05.23 00:33.38 01:38.71 00:33.48 02:12.15 00:33.44	00:31.19 - 01:05.11 00:33.92 01:38.56 00:33.45 02:12.36 00:33.80	00:31.04 - 01:04.52 00:33.48 01:38.41 00:33.89 02:12.66 00:34.25	00:30.79 - 01:04.28 00:33.49 01:38.65 00:34.37 02:13.43 00:34.78	00:30.79 - 01:04.06 00:33.27 01:39.35 00:35.29 02:15.23 00:35.88	00:31.70 - 01:06.39 00:34.69 01:42.53 00:36.14 02:17.75 00:35.22	
PARTIES NAGEES	15-25m   25-45m	5.93 s   12.73 s	6.14 s   13.08 s	6.41 s   13.35 s	6.36 s   13.31 s	6.41 s   13.28 s	6.23 s   12.99 s	6.28 s   13.04 s	6.41 s   13.29 s	
	65-75m   75-95m	6.41 s   13.52 s	6.58 s   13.63 s	6.78 s   13.86 s	6.89 s   14.26 s	6.81 s   14.21 s	6.69 s   13.93 s	6.72 s   13.83 s	7.10 s   14.40 s	
	115-125m   125-145m	6.66 s   13.99 s	6.75 s   14.45 s	6.80 s   13.80 s	6.79 s   14.00 s	7.02 s   14.35 s	7.03 s   14.17 s	7.08 s   14.91 s	7.32 s   15.18 s	
	165-175m   175-195m	6.74 s   14.07 s	6.94 s   14.49 s	6.76 s   13.99 s	6.87 s   14.43 s	7.17 s   14.70 s	7.11 s   14.67 s	7.42 s   15.25 s	7.23 s   14.80 s	
	Moyenne	6.44 s   13.58 s	6.60 s   13.91 s	6.69 s   13.75 s	6.73 s   14.00 s	6.85 s   14.14 s	6.77 s   13.94 s	6.88 s   14.26 s	7.02 s   14.42 s	
	TOTAL	01:20.05	01:22.06	01:21.75	01:22.91	01:23.95	01:22.82	01:24.53	01:25.73	
PARTIES NON NAGEES	START	Temps sur le plot	0.62 s	0.61 s	0.60 s	0.63 s	0.66 s	0.59 s	0.67 s	0.66 s
		Sortie de coulée	12.34 m	13.96 m	11.90 m	11.41 m	12.99 m	12.00 m	13.58 m	12.28 m
		Temps aux 15m	5.56 s   2.22 m/s	6.25 s   2.23 m/s	6.00 s   1.98 m/s	5.32 s   2.14 m/s	6.00 s   2.17 m/s	5.70 s   2.11 m/s	6.41 s   2.12 m/s	5.83 s   2.11 m/s
	VIRAGE 1	5m avant	3.37 s	3.46 s	3.67 s	3.58 s	3.52 s	3.63 s	3.57 s	3.90 s
		Sortie de coulée	9.74 m	9.27 m	8.64 m	7.47 m	11.09 m	7.96 m	11.05 m	7.65 m
		Temps aux 15m	4.97 s   1.96 m/s	4.56 s   2.03 m/s	4.34 s   1.99 m/s	3.59 s   2.08 m/s	6.00 s   1.85 m/s	4.30 s   1.85 m/s	5.86 s   1.89 m/s	3.81 s   2.01 m/s
	VIRAGE 2	5m avant	3.66 s	3.51 s	3.77 s	3.77 s	3.65 s	3.89 s	4.07 s	3.93 s
		Sortie de coulée	9.07 m	9.32 m	7.71 m	6.67 m	10.68 m	7.45 m	9.82 m	7.89 m
		Temps aux 15m	4.78 s   1.90 m/s	4.64 s   2.01 m/s	3.74 s   2.06 m/s	3.19 s   2.09 m/s	5.78 s   1.85 m/s	3.74 s   1.99 m/s	5.20 s   1.89 m/s	4.04 s   1.95 m/s
	VIRAGE 3	5m avant	3.68 s	3.55 s	3.81 s	3.53 s	3.60 s	3.85 s	4.11 s	4.23 s
		Sortie de coulée	8.66 m	8.43 m	6.80 m	6.10 m	9.08 m	7.00 m	10.35 m	5.77 m
		Temps aux 15m	4.45 s   1.95 m/s	4.02 s   2.10 m/s	3.24 s   2.10 m/s	2.92 s   2.09 m/s	4.79 s   1.90 m/s	3.41 s   2.05 m/s	5.73 s   1.81 m/s	2.87 s   2.01 m/s
	FIN	5m avant	3.16 s	3.12 s	3.38 s	3.35 s	3.24 s	3.64 s	3.78 s	3.59 s
		Approche mur	0.22 s   0.35 m	0.27 s   0.43 m	0.76 s   1.12 m	0.11 s   0.16 m	0.18 s   0.28 m	0.07 s   0.10 m	0.43 s   0.57 m	0.50 s   0.70 m
		TOTAL	00:48.48	00:47.22	00:50.40	00:49.45	00:48.71	00:50.61	00:50.70	00:52.02

Nageur	Emma TEREBO	Pauline MAHIEU	Lou-Anne GUITON	Anaïs PODEVIN	Manon DOMINGEON	Bertille COUSSON	Aëla JANVIER	Claire BOURSE
Temps	02:08.53	02:09.28 +00.75	02:12.15 +03.62	02:12.36 +03.83	02:12.66 +04.13	02:13.43 +04.90	02:15.23 +06.70	02:17.75 +09.22

MOUVEMENTS	COUPS DE BRAS	0-50m	33	30	35	33	34	34	32	36
		50-100m	36	34	39	38	35	37	36	41
		100-150m	38	34	41	39	36	39	39	43
		150-200m	41	39	44	43	40	42	41	47
		<b>TOTAL</b>	<b>148</b>	<b>137</b>	<b>159</b>	<b>153</b>	<b>145</b>	<b>152</b>	<b>148</b>	<b>167</b>
	FREQUENCE TEMPO	0-25m	44.9 1.3	40.7 1.5	43.6 1.4	41.1 1.5	43.8 1.4	43.7 1.4	42.8 1.4	45.2 1.3
		25-50m	43.2 1.4	39.1 1.5	42.6 1.4	39.7 1.5	42.0 1.4	41.9 1.4	41.5 1.4	42.4 1.4
		50-75m	41.8 1.4	37.3 1.6	41.7 1.4	37.5 1.6	39.6 1.5	39.3 1.5	40.4 1.5	39.4 1.5
		75-100m	40.0 1.5	37.3 1.6	41.0 1.5	37.8 1.6	38.2 1.6	38.3 1.6	39.7 1.5	40.3 1.5
		100-125m	40.7 1.5	37.2 1.6	42.4 1.4	39.7 1.5	38.5 1.6	39.4 1.5	39.9 1.5	42.3 1.4
125-150m		41.0 1.5	36.1 1.7	42.7 1.4	39.5 1.5	38.9 1.5	39.1 1.5	39.8 1.5	40.7 1.5	
150-175m		42.3 1.4	39.5 1.5	44.1 1.4	40.5 1.5	39.5 1.5	39.3 1.5	40.3 1.5	43.7 1.4	
175-200m		42.2 1.4	39.2 1.5	43.6 1.4	41.7 1.4	38.9 1.5	38.3 1.6	39.9 1.5	43.1 1.4	
<b>MOYENNE</b>	<b>42.0 1.4</b>	<b>38.3 1.6</b>	<b>42.7 1.4</b>	<b>39.7 1.5</b>	<b>39.9 1.5</b>	<b>39.9 1.5</b>	<b>40.5 1.5</b>	<b>42.1 1.4</b>		
AMPLITUDE DE NAGE	0-25m	2.25	2.40	2.15	2.30	2.14	2.20	2.23	2.07	
	25-50m	2.18	2.35	2.11	2.27	2.15	2.21	2.22	2.13	
	50-75m	2.24	2.45	2.12	2.32	2.22	2.28	2.21	2.14	
	75-100m	2.22	2.36	2.11	2.22	2.21	2.25	2.18	2.07	
	100-125m	2.21	2.39	2.08	2.22	2.22	2.17	2.13	1.94	
	125-150m	2.09	2.30	2.04	2.17	2.15	2.17	2.02	1.94	
	150-175m	2.10	2.19	2.02	2.15	2.12	2.15	2.01	1.90	
	175-200m	2.02	2.11	1.97	2.00	2.10	2.13	1.97	1.88	
	<b>MOYENNE</b>	<b>2.16</b>	<b>2.32</b>	<b>2.08</b>	<b>2.21</b>	<b>2.16</b>	<b>2.20</b>	<b>2.12</b>	<b>2.01</b>	

Compétition		Cyrielle DUHAMEL	Chloé BRAUN	Lucie VASQUEZ	Adèle BLANCHETIERE	Lilou GIRARDET	Zia DUPONT	Camille TISSANDIE		
Temps		00:31.75	00:31.89 +00.14	00:32.04 +00.29	00:32.34 +00.59	00:32.54 +00.79	00:32.54 +00.79	00:33.05 +01.30		
RÉCAP	Tps de nage	0:26.82	0:27.44	0:27.04	0:26.80	0:28.14	0:27.50	0:28.25		
	Tps/Dist Coulées Nombre de CB	23 CB 0:04.93 10.9 m	27 CB 0:04.45 10.2 m	26 CB 0:05.00 11.3 m	26 CB 0:05.54 12.2 m	26 CB 0:04.40 10.0 m	27 CB 0:05.04 10.8 m	28 CB 0:04.80 10.7 m		
LAPS	25m	00:14.73 -	00:14.69 -	00:14.74 -	00:14.87 -	00:14.73 -	00:15.10 -	00:15.10 -		
	50m	00:31.75 00:17.02	00:31.89 00:17.20	00:32.04 00:17.30	00:32.34 00:17.47	00:32.54 00:17.81	00:32.54 00:17.44	00:33.05 00:17.95		
PARTIES NAGEES	15-25m	6.66 s	6.72 s	6.72 s	6.92 s	6.80 s	6.82 s	7.09 s		
	25-45m	13.85 s	13.87 s	14.08 s	14.37 s	14.33 s	14.08 s	14.57 s		
	TOTAL	00:20.51	00:20.59	00:20.80	00:21.29	00:21.13	00:20.90	00:21.66		
PARTIES NON NAGEES	START	Temps sur le plot	0.70 s	0.59 s	0.73 s	0.72 s	0.61 s	0.68 s		
		Sortie de coulée	10.89 m	10.18 m	11.26 m	12.17 m	9.99 m	10.80 m	10.69 m	
			4.93 s 2.21 m/s	4.45 s 2.29 m/s	5.00 s 2.25 m/s	5.54 s 2.20 m/s	4.40 s 2.27 m/s	5.04 s 2.14 m/s	4.80 s 2.23 m/s	
	FIN	Temps aux 15m	8.07 s	7.97 s	8.02 s	7.95 s	7.93 s	8.28 s	8.01 s	
		5m avant	3.17 s	3.33 s	3.22 s	3.10 s	3.48 s	3.36 s	3.38 s	
		Approche mur	1.19 s 1.89 m	1.04 s 1.56 m	0.83 s 1.29 m	0.22 s 0.35 m	1.01 s 1.45 m	0.45 s 0.67 m	0.50 s 0.74 m	
	TOTAL	00:11.24	00:11.30	00:11.24	00:11.05	00:11.41	00:11.64	00:11.39		
MOUVEMENTS	COUPS DE BRAS	0-50m	23	27	26	26	26	27	28	
		TOTAL	23	27	26	26	26	27	28	
	FREQUENCE TEMPO	0-25m	54.3 1.1	61.6 1.0	59.5 1.0	57.9 1.0	58.6 1.0	60.1 1.0	61.1 1.0	
		25-50m	52.8 1.1	61.1 1.0	60.1 1.0	58.7 1.0	56.6 1.1	59.4 1.0	60.0 1.0	
		MOYENNE	53.5 1.1	61.4 1.0	59.8 1.0	58.3 1.0	57.6 1.0	59.7 1.0	60.5 1.0	
	AMPLITUDE DE NAGE	0-25m	1.66	1.45	1.50	1.50	1.50	1.46	1.38	
		25-50m	1.64	1.42	1.42	1.42	1.48	1.44	1.37	
MOYENNE		1.65	1.44	1.46	1.46	1.49	1.45	1.38		

Compétition		Charlotte BONNET		Lucie VASQUEZ		Adèle BLANCHETIERE		Chloé BRAUN		Louann SOULARD		Anastasia URBANIAK		Romane HERENG			
Temps		01:07.48		01:08.83 +01.35		01:09.27 +01.79		01:10.01 +02.53		01:10.70 +03.22		01:10.96 +03.48		01:11.66 +04.18			
RÉCAP	Tps de nage	0:55.08	48 CB	0:57.53	51 CB	0:58.13	46 CB	0:59.92	51 CB	1:00.96	50 CB	0:58.58	46 CB	1:00.92	52 CB		
	Tps/Dist Couléés	0:12.40	24.2 m	0:11.30	21.1 m	0:11.14	20.9 m	0:10.09	19.1 m	0:09.74	18.3 m	0:12.38	23.2 m	0:10.74	19.3 m		
LAPS	50m	00:31.29	-	00:32.03	-	00:32.82	-	00:32.44	-	00:32.90	-	00:32.86	-	00:33.32	-		
	100m	01:07.48	00:36.19	01:08.83	00:36.80	01:09.27	00:36.45	01:10.01	00:37.57	01:10.70	00:37.80	01:10.96	00:38.10	01:11.66	00:38.34		
PARTIES NAGEES	15-25m   25-45m	6.80 s	14.05 s	6.73 s	14.02 s	6.94 s	14.38 s	6.69 s	14.02 s	6.88 s	14.30 s	7.26 s	14.73 s	6.99 s	14.46 s		
	65-75m   75-95m	7.36 s	15.34 s	7.31 s	15.47 s	7.50 s	15.37 s	7.53 s	15.86 s	7.59 s	15.89 s	7.66 s	16.15 s	7.49 s	16.27 s		
	Moyenne	7.08 s	14.70 s	7.02 s	14.75 s	7.22 s	14.88 s	7.11 s	14.94 s	7.24 s	15.10 s	7.46 s	15.44 s	7.24 s	15.37 s		
	TOTAL	00:43.55		00:43.53		00:44.19		00:44.10		00:44.66		00:45.80		00:45.21			
PARTIES NON NAGEES	START	Temps sur le plot	0.69 s		0.71 s		0.70 s		0.61 s		0.69 s		0.64 s		0.64 s		
		Sortie de coulée	13.85 m		11.99 m		12.10 m		10.77 m		10.35 m		12.88 m		10.56 m		
		Temps aux 15m	5.82 s	2.38 m/s	5.40 s	2.22 m/s	5.52 s	2.19 m/s	4.97 s	2.17 m/s	4.57 s	2.26 m/s	5.59 s	2.30 m/s	4.83 s	2.19 m/s	
	VIRAGE 1	5m avant	3.14 s		3.25 s		3.47 s		3.44 s		3.63 s		3.31 s		3.49 s		
		Sortie de coulée	10.31 m		9.07 m		8.80 m		8.35 m		7.95 m		10.27 m		8.74 m		
		Temps aux 15m	6.58 s	1.57 m/s	5.90 s	1.54 m/s	5.62 s	1.57 m/s	5.12 s	1.63 m/s	5.17 s	1.54 m/s	6.79 s	1.51 m/s	5.91 s	1.48 m/s	
	FIN	5m avant	3.40 s		3.68 s		3.26 s		3.65 s		3.73 s		3.65 s		3.59 s		
		Approche mur	1.17 s	1.74 m	1.08 s	1.47 m	0.85 s	1.30 m	1.37 s	1.88 m	0.25 s	0.34 m	0.85 s	1.16 m	0.37 s	0.52 m	
	TOTAL		00:23.93		00:25.30		00:25.08		00:25.91		00:26.04		00:25.16		00:26.45		
	MOUVEMENTS	COUPS DE BRAS	0-50m	22		24		21		23		22		21		24	
			50-100m	26		27		25		28		28		25		28	
			TOTAL	48		51		46		51		50		46		52	
FREQUENCE TEMPO		0-25m	53.3	1.1	55.5	1.1	46.8	1.3	53.6	1.1	50.6	1.2	48.8	1.2	53.7	1.1	
		25-50m	53.1	1.1	55.0	1.1	48.2	1.3	52.4	1.2	47.5	1.3	47.4	1.3	52.3	1.2	
		50-75m	52.7	1.1	52.1	1.2	48.1	1.3	52.3	1.2	49.4	1.2	46.8	1.3	49.7	1.2	
		75-100m	53.1	1.1	52.9	1.1	47.8	1.3	52.4	1.2	50.3	1.2	46.7	1.3	50.5	1.2	
		MOYENNE	53.1	1.1	53.9	1.1	47.7	1.3	52.7	1.1	49.5	1.2	47.4	1.3	51.5	1.2	
AMPLITUDE DE NAGE		0-25m	1.66		1.61		1.85		1.67		1.72		1.69		1.60		
		25-50m	1.61		1.56		1.73		1.63		1.77		1.72		1.59		
		50-75m	1.55		1.58		1.66		1.52		1.60		1.67		1.61		
		75-100m	1.47		1.47		1.63		1.44		1.50		1.59		1.46		
	MOYENNE	1.57		1.56		1.72		1.57		1.65		1.67		1.57			

Nageur		Zia DUPONT	Adèle BLANCHETIERE	Lucie VASQUEZ	Louann SOULARD	Justine BROC	Azelis RIPOCHE	Lola SASSELLI	Melina GIRAUDEAU	
Temps		02:28.12	02:29.43 +01.31	02:29.57 +01.45	02:33.92 +05.80	02:34.95 +06.83	02:35.08 +06.96	02:35.20 +07.08	02:36.13 +08.01	
RÉCAP	Tps de nage Tps/Dist Couléés Nombre de CB	2:06.34   81 CB 0:21.78   35.2 m	2:06.29   76 CB 0:23.14   39.3 m	2:07.28   91 CB 0:22.29   37.0 m	2:13.65   91 CB 0:20.27   32.6 m	2:11.11   95 CB 0:23.84   37.7 m	2:14.18   90 CB 0:20.90   32.7 m	2:11.37   81 CB 0:23.83   38.2 m	2:12.21   78 CB 0:23.92   38.5 m	
	LAPS	50m: 00:34.02 - 100m: 01:12.10 00:38.08 150m: 01:50.35 00:38.25 200m: 02:28.12 00:37.77	50m: 00:34.24 - 100m: 01:12.90 00:38.66 150m: 01:51.68 00:38.78 200m: 02:29.43 00:37.75	50m: 00:33.52 - 100m: 01:10.94 00:37.42 150m: 01:49.49 00:38.55 200m: 02:29.57 00:40.08	50m: 00:34.25 - 100m: 01:13.40 00:39.15 150m: 01:52.98 00:39.58 200m: 02:33.92 00:40.94	50m: 00:34.36 - 100m: 01:12.83 00:38.47 150m: 01:53.32 00:40.49 200m: 02:34.95 00:41.63	50m: 00:34.52 - 100m: 01:14.06 00:39.54 150m: 01:54.07 00:40.01 200m: 02:35.08 00:41.01	50m: 00:35.06 - 100m: 01:14.61 00:39.55 150m: 01:54.87 00:40.26 200m: 02:35.20 00:40.33	50m: 00:34.54 - 100m: 01:13.36 00:38.82 150m: 01:53.71 00:40.35 200m: 02:36.13 00:42.42	
PARTIES NAGEES	15-25m   25-45m	7.29 s   14.92 s	7.35 s   15.21 s	6.89 s   14.61 s	7.12 s   14.83 s	7.25 s   14.76 s	7.34 s   15.01 s	7.54 s   15.55 s	7.45 s   15.20 s	
	65-75m   75-95m	7.44 s   15.77 s	7.88 s   16.47 s	7.48 s   15.58 s	7.68 s   16.29 s	7.85 s   16.04 s	7.81 s   16.58 s	7.91 s   16.61 s	7.76 s   15.95 s	
	115-125m   125-145m	7.60 s   15.90 s	7.79 s   16.01 s	7.83 s   16.09 s	7.70 s   16.44 s	8.09 s   16.43 s	8.06 s   16.59 s	8.17 s   16.67 s	8.25 s   16.34 s	
	165-175m   175-195m	7.67 s   15.40 s	7.69 s   15.78 s	8.00 s   16.62 s	8.24 s   17.11 s	8.44 s   17.23 s	8.19 s   16.94 s	8.43 s   16.89 s	8.59 s   17.88 s	
	Moyenne	7.50 s   15.50 s	7.68 s   15.87 s	7.55 s   15.73 s	7.68 s   16.17 s	7.91 s   16.12 s	7.85 s   16.28 s	8.01 s   16.43 s	8.01 s   16.34 s	
	TOTAL	01:31.99	01:34.18	01:33.10	01:35.41	01:36.09	01:36.52	01:37.77	01:37.42	
PARTIES NON NAGEES	START	Temps sur le plot	0.76 s	0.75 s	0.71 s	0.80 s	0.70 s	0.68 s	0.79 s	0.62 s
		Sortie de coulée	11.41 m	13.61 m	11.92 m	9.85 m	11.06 m	9.55 m	11.79 m	11.81 m
		Temps aux 15m	5.30 s   2.15 m/s 8.28 s	6.36 s   2.14 m/s 8.09 s	5.54 s   2.15 m/s 8.28 s	4.42 s   2.23 m/s 8.44 s	5.40 s   2.05 m/s 8.61 s	4.54 s   2.10 m/s 8.51 s	5.50 s   2.14 m/s 8.28 s	5.71 s   2.07 m/s 8.47 s
	VIRAGE 1	5m avant	3.53 s	3.59 s	3.74 s	3.86 s	3.74 s	3.66 s	3.69 s	3.42 s
		Sortie de coulée	8.07 m	9.58 m	8.95 m	8.29 m	9.13 m	7.83 m	9.15 m	9.46 m
		Temps aux 15m	5.73 s   1.41 m/s 11.21 s	6.30 s   1.52 m/s 10.67 s	5.88 s   1.52 m/s 10.60 s	5.47 s   1.52 m/s 10.96 s	5.98 s   1.53 m/s 10.82 s	5.36 s   1.46 m/s 11.13 s	6.24 s   1.47 m/s 11.07 s	6.33 s   1.49 m/s 10.98 s
	VIRAGE 2	5m avant	3.66 s	3.64 s	3.76 s	4.22 s	3.76 s	4.02 s	3.96 s	4.13 s
		Sortie de coulée	7.97 m	8.29 m	8.53 m	7.78 m	8.79 m	7.87 m	8.62 m	9.03 m
		Temps aux 15m	5.42 s   1.47 m/s 11.11 s	5.56 s   1.49 m/s 10.96 s	5.75 s   1.48 m/s 10.78 s	5.35 s   1.45 m/s 11.38 s	6.19 s   1.42 m/s 11.64 s	5.64 s   1.40 m/s 11.48 s	6.06 s   1.42 m/s 11.42 s	6.20 s   1.46 m/s 11.42 s
	VIRAGE 3	5m avant	3.64 s	4.02 s	3.85 s	4.06 s	4.33 s	3.88 s	4.00 s	4.34 s
		Sortie de coulée	7.74 m	7.81 m	7.63 m	6.72 m	8.67 m	7.44 m	8.64 m	8.23 m
		Temps aux 15m	5.33 s   1.45 m/s 11.21 s	4.92 s   1.59 m/s 10.59 s	5.12 s   1.49 m/s 11.16 s	5.03 s   1.34 m/s 11.46 s	6.27 s   1.38 m/s 11.94 s	5.36 s   1.39 m/s 11.88 s	6.03 s   1.43 m/s 11.39 s	5.68 s   1.45 m/s 11.71 s
	FIN	5m avant	3.49 s	3.69 s	4.30 s	4.13 s	4.02 s	4.00 s	3.62 s	4.24 s
		Approche mur	0.29 s   0.42 m	0.83 s   1.12 m	1.40 s   1.63 m	1.25 s   1.51 m	0.96 s   1.19 m	1.11 s   1.39 m	1.30 s   1.80 m	1.67 s   1.97 m
	TOTAL		00:56.13	00:55.25	00:56.47	00:58.51	00:58.86	00:58.56	00:57.43	00:58.71

Nageur		Zia DUPONT	Adèle BLANCHETIERE	Lucie VASQUEZ	Louann SOULARD	Justine BROC	Azelis RIPOCHE	Lola SASSELLI	Melina GIRAUDEAU	
Temps		02:28.12	02:29.43 +01.31	02:29.57 +01.45	02:33.92 +05.80	02:34.95 +06.83	02:35.08 +06.96	02:35.20 +07.08	02:36.13 +08.01	
MOUVEMENTS	COUPS DE BRAS	0-50m	17	16	20	19	21	21	18	18
		50-100m	18	18	22	22	23	21	20	19
		100-150m	19	19	23	23	25	21	21	20
		150-200m	27	23	26	27	26	27	22	21
		<b>TOTAL</b>	<b>81</b>	<b>76</b>	<b>91</b>	<b>91</b>	<b>95</b>	<b>90</b>	<b>81</b>	<b>78</b>
	FREQUENCE TEMPO	0-25m	35.2 1.7	35.0 1.7	44.7 1.3	42.4 1.4	47.0 1.3	45.8 1.3	38.9 1.5	39.9 1.5
		25-50m	35.2 1.7	34.2 1.8	43.4 1.4	38.5 1.6	45.1 1.3	42.5 1.4	37.7 1.6	36.9 1.6
		50-75m	32.9 1.8	33.2 1.8	40.2 1.5	38.0 1.6	44.0 1.4	39.3 1.5	35.0 1.7	33.9 1.8
		75-100m	32.6 1.8	32.4 1.9	40.4 1.5	38.1 1.6	41.8 1.4	34.5 1.7	35.3 1.7	32.8 1.8
		100-125m	35.7 1.7	34.6 1.7	42.9 1.4	41.7 1.4	43.6 1.4	37.5 1.6	37.3 1.6	34.7 1.7
125-150m		34.2 1.8	34.5 1.7	42.9 1.4	40.9 1.5	42.6 1.4	35.6 1.7	37.0 1.6	33.1 1.8	
150-175m		48.1 1.3	40.1 1.5	46.6 1.3	44.6 1.4	43.1 1.4	44.4 1.4	38.2 1.6	33.8 1.8	
175-200m		52.4 1.2	42.4 1.4	44.9 1.3	44.9 1.3	43.1 1.4	46.8 1.3	38.4 1.6	33.8 1.8	
<b>MOYENNE</b>	<b>38.3 1.6</b>	<b>35.8 1.7</b>	<b>43.2 1.4</b>	<b>41.1 1.5</b>	<b>43.8 1.4</b>	<b>40.8 1.5</b>	<b>37.2 1.6</b>	<b>34.9 1.7</b>		
AMPLITUDE DE NAGE	0-25m	2.34	2.34	1.95	1.99	1.76	1.78	2.05	2.02	
	25-50m	2.28	2.30	1.89	2.10	1.80	1.88	2.05	2.14	
	50-75m	2.46	2.29	2.00	2.05	1.74	1.96	2.17	2.28	
	75-100m	2.34	2.25	1.91	1.94	1.79	2.10	2.05	2.29	
	100-125m	2.21	2.23	1.79	1.87	1.70	1.99	1.97	2.09	
	125-150m	2.20	2.17	1.74	1.79	1.71	2.03	1.94	2.22	
	150-175m	1.63	1.95	1.61	1.63	1.65	1.65	1.87	2.07	
	175-200m	1.49	1.79	1.61	1.56	1.62	1.51	1.85	1.98	
	<b>MOYENNE</b>	<b>2.12</b>	<b>2.17</b>	<b>1.81</b>	<b>1.87</b>	<b>1.72</b>	<b>1.86</b>	<b>1.99</b>	<b>2.14</b>	



Nageur		Charlotte BONNET		Cyrielle DUHAMEL		Bertille COUSSON		Giulia ROSSI-BENE		Lara GRANGEON-DE VILLELE		Aëla JANVIER		Lucie VASQUEZ				
Temps		02:11.18		02:13.43 +02.25		02:15.06 +03.88		02:15.42 +04.24		02:16.50 +05.32		02:16.56 +05.38		02:19.86 +08.68				
RÉCAP	Tps de nage	1:48.29	121 CB	1:55.55	128 CB	1:57.31	126 CB	1:57.19	120 CB	1:59.04	130 CB	1:56.34	124 CB	2:01.60	132 CB			
	Tps/Dist Couléés	0:22.89	42.8 m	0:17.88	33.6 m	0:17.75	33.2 m	0:18.23	34.3 m	0:17.46	33.0 m	0:20.22	37.8 m	0:18.26	32.6 m			
LAPS	50m	00:27.56	-	00:28.62	-	00:28.27	-	00:29.09	-	00:28.62	-	00:29.16	-	00:29.16	-			
	100m	01:01.29	00:33.73	01:03.14	00:34.52	01:01.58	00:33.31	01:05.16	00:36.07	01:03.74	00:35.12	01:03.03	00:33.87	01:05.49	00:36.33			
	150m	01:39.38	00:38.09	01:41.43	00:38.29	01:42.53	00:40.95	01:45.23	00:40.07	01:43.63	00:39.89	01:44.16	00:41.13	01:44.80	00:39.31			
	200m	02:11.18	00:31.80	02:13.43	00:32.00	02:15.06	00:32.53	02:15.42	00:30.19	02:16.50	00:32.87	02:16.56	00:32.40	02:19.86	00:35.06			
PARTIES NAGEES	15-25m   25-45m	5.83 s	12.14 s	5.98 s	12.63 s	5.93 s	12.46 s	6.04 s	12.50 s	5.85 s	12.18 s	6.06 s	12.56 s	5.94 s	12.94 s			
	65-75m   75-95m	6.83 s	14.30 s	6.80 s	14.37 s	6.74 s	13.65 s	7.28 s	15.13 s	7.00 s	14.62 s	6.53 s	13.61 s	7.00 s	15.44 s			
	115-125m   125-145m	7.84 s	16.00 s	7.84 s	16.97 s	8.56 s	17.23 s	7.83 s	16.15 s	8.32 s	16.55 s	8.62 s	17.45 s	7.63 s	16.40 s			
	165-175m   175-195m	6.49 s	13.15 s	6.35 s	13.30 s	6.87 s	13.35 s	6.25 s	12.81 s	6.76 s	13.56 s	6.57 s	13.45 s	6.95 s	14.46 s			
	Moyenne	6.75 s	13.90 s	6.74 s	14.32 s	7.03 s	14.17 s	6.85 s	14.15 s	6.98 s	14.23 s	6.94 s	14.27 s	6.88 s	14.81 s			
	TOTAL	01:22.58		01:24.24		01:24.79		01:23.99		01:24.84		01:24.85		01:26.76				
PARTIES NON NAGEES	START	Temps sur le plot	0.68 s		0.69 s		0.67 s		0.69 s		0.67 s		0.73 s		0.70 s			
		Sortie de coulée	13.33 m		11.36 m		11.38 m		11.74 m		10.84 m		13.16 m		10.36 m			
		Temps aux 15m	4.96 s	2.69 m/s	4.50 s	2.52 m/s	4.49 s	2.53 m/s	4.77 s	2.46 m/s	4.22 s	2.57 m/s	5.32 s	2.47 m/s	3.93 s	2.64 m/s		
	VIRAGE 1	5m avant	2.93 s		2.83 s		2.87 s		3.27 s		3.38 s		3.37 s		3.14 s			
		Sortie de coulée	13.23 m		7.69 m		8.07 m		9.76 m		7.48 m		9.74 m		9.42 m			
		Temps aux 15m	8.14 s	1.63 m/s	4.66 s	1.65 m/s	4.75 s	1.70 m/s	6.54 s	1.49 m/s	4.23 s	1.77 m/s	5.96 s	1.63 m/s	6.13 s	1.54 m/s		
	VIRAGE 2	5m avant	3.23 s		3.47 s		3.29 s		3.47 s		3.71 s		4.06 s		3.79 s			
		Sortie de coulée	9.75 m		7.62 m		8.28 m		7.77 m		8.91 m		8.44 m		7.93 m			
		Temps aux 15m	6.23 s	1.57 m/s	4.92 s	1.55 m/s	5.34 s	1.55 m/s	4.98 s	1.56 m/s	5.62 s	1.59 m/s	5.13 s	1.65 m/s	5.14 s	1.54 m/s		
	VIRAGE 3	5m avant	3.64 s		2.53 s		3.95 s		5.01 s		4.33 s		4.41 s		4.07 s			
		Sortie de coulée	6.46 m		6.92 m		5.51 m		5.05 m		5.76 m		6.41 m		4.84 m			
		Temps aux 15m	3.56 s	1.81 m/s	3.80 s	1.82 m/s	3.17 s	1.74 m/s	1.94 s	2.60 m/s	3.39 s	1.70 m/s	3.81 s	1.68 m/s	3.06 s	1.58 m/s		
	FIN	5m avant	2.67 s		2.82 s		2.85 s		2.80 s		2.97 s		3.01 s		3.24 s			
		Approche mur	0.46 s	0.86 m	0.21 s	0.37 m	0.51 s	0.89 m	0.40 s	0.71 m	0.43 s	0.72 m	0.31 s	0.51 m	0.47 s	0.73 m		
	TOTAL		00:48.60		00:49.19		00:50.27		00:51.43		00:51.66		00:51.71		00:53.10			

Nageur		Charlotte BONNET	Cyrielle DUHAMEL	Bertille COUSSON	Giulia ROSSI-BENE	Lara GRANGEON-DE VILLELE	Aëla JANVIER	Lucie VASQUEZ		
Temps		02:11.18	02:13.43 +02.25	02:15.06 +03.88	02:15.42 +04.24	02:16.50 +05.32	02:16.56 +05.38	02:19.86 +08.68		
MOUVEMENTS	COUPS DE BRAS	0-50m	21	21	22	19	21	23		
		50-100m	36	41	39	37	41	38	40	
		100-150m	22	23	22	23	24	21	24	
		150-200m	42	43	43	41	44	44	45	
		<b>TOTAL</b>	<b>121</b>	<b>128</b>	<b>126</b>	<b>120</b>	<b>130</b>	<b>124</b>	<b>132</b>	
	FREQUENCE TEMPO	0-25m	56.8 1.1	56.1 1.1	57.8 1.0	48.9 1.2	55.1 1.1	55.4 1.1	57.7 1.0	
		25-50m	55.6 1.1	52.5 1.1	56.8 1.1	48.7 1.2	52.1 1.2	53.1 1.1	54.3 1.1	
		50-75m	41.3 1.5	42.6 1.4	40.2 1.5	37.2 1.6	41.6 1.4	42.4 1.4	39.6 1.5	
		75-100m	41.7 1.4	41.3 1.5	40.3 1.5	37.3 1.6	37.8 1.6	41.6 1.4	39.3 1.5	
		100-125m	41.9 1.4	40.6 1.5	36.6 1.6	38.6 1.6	40.7 1.5	35.0 1.7	42.8 1.4	
125-150m		42.8 1.4	39.7 1.5	35.4 1.7	40.2 1.5	42.2 1.4	34.0 1.8	40.9 1.5		
150-175m		43.6 1.4	45.2 1.3	43.1 1.4	43.6 1.4	45.3 1.3	47.0 1.3	41.7 1.4		
175-200m		45.4 1.3	45.2 1.3	44.3 1.4	43.3 1.4	43.0 1.4	45.3 1.3	41.8 1.4		
<b>MOYENNE</b>	<b>46.1 1.3</b>	<b>45.4 1.3</b>	<b>44.3 1.4</b>	<b>42.2 1.4</b>	<b>44.7 1.4</b>	<b>44.2 1.4</b>	<b>44.8 1.4</b>			
AMPLITUDE DE NAGE	0-25m	1.81	1.79	1.75	2.03	1.86	1.79	1.75		
	25-50m	1.78	1.81	1.70	1.97	1.89	1.80	1.71		
	50-75m	2.13	2.07	2.21	2.22	2.06	2.17	2.16		
	75-100m	2.01	2.02	2.18	2.13	2.17	2.12	1.98		
	100-125m	1.83	1.88	1.91	1.99	1.77	1.99	1.84		
	125-150m	1.75	1.78	1.97	1.85	1.72	2.02	1.79		
	150-175m	2.12	2.09	2.02	2.20	1.96	1.94	2.07		
	175-200m	2.01	2.00	2.03	2.16	2.06	1.97	1.99		
	<b>MOYENNE</b>	<b>1.93</b>	<b>1.93</b>	<b>1.97</b>	<b>2.07</b>	<b>1.94</b>	<b>1.98</b>	<b>1.91</b>		

<b>Nageur</b>	<b>Cyrielle DUHAMEL</b>	<b>Camille TISSANDIE</b>	<b>Clara MOUGENOT</b>	<b>Léa MUSSER</b>				
<b>Temps</b>	<b>04:40.96</b>	<b>04:49.21</b> +08.25	<b>04:53.00</b> +12.04	<b>04:59.73</b> +18.77				

<b>RÉCAP</b>	<b>Tps de nage</b>	<b>4:08.53</b>	<b>256 CB</b>	<b>4:16.17</b>	<b>254 CB</b>	<b>4:19.11</b>	<b>281 CB</b>	<b>4:26.05</b>	<b>249 CB</b>				
	<b>Tps/Dist Coulées</b>	<b>0:32.43</b>	<b>58.3 m</b>	<b>0:33.04</b>	<b>57.5 m</b>	<b>0:33.89</b>	<b>56.0 m</b>	<b>0:33.68</b>	<b>58.5 m</b>				
	<b>Nombre de CB</b>												

<b>LAPS</b>	50m	00:29.68	-	00:30.19	-	00:30.50	-	00:30.45	-				
	100m	01:03.54	00:33.86	01:05.21	00:35.02	01:04.98	00:34.48	01:05.41	00:34.96				
	150m	01:39.85	00:36.31	01:43.42	00:38.21	01:43.74	00:38.76	01:44.20	00:38.79				
	200m	02:14.86	00:35.01	02:20.83	00:37.41	02:21.46	00:37.72	02:22.51	00:38.31				
	250m	02:54.17	00:39.31	03:02.39	00:41.56	03:04.75	00:43.29	03:06.30	00:43.79				
	300m	03:34.52	00:40.35	03:43.78	00:41.39	03:47.47	00:42.72	03:50.73	00:44.43				
	350m	04:08.16	00:33.64	04:17.30	00:33.52	04:20.82	00:33.35	04:25.72	00:34.99				
	400m	04:40.96	00:32.80	04:49.21	00:31.91	04:53.00	00:32.18	04:59.73	00:34.01				
<b>Moyenne</b>	-	00:35.90	-	00:37.00	-	00:37.50	-	00:38.47					

<b>PARTIES NAGEES</b>	15-25m	6.11 s	6.25 s	5.89 s	6.31 s				
	25-45m	12.83 s	13.37 s	13.00 s	13.81 s				
	55-75m	13.71 s	14.01 s	13.96 s	13.97 s				
	75-95m	14.10 s	14.58 s	13.79 s	14.29 s				
	105-125m	14.84 s	15.36 s	15.54 s	15.65 s				
	125-145m	14.79 s	15.69 s	16.03 s	16.24 s				
	155-175m	14.94 s	15.70 s	15.73 s	15.93 s				
	175-195m	14.86 s	15.75 s	16.04 s	16.66 s				
	205-225	16.56 s	17.19 s	17.77 s	17.43 s				
	225-245	15.99 s	17.14 s	17.76 s	18.46 s				
	255-275	16.61 s	16.95 s	17.59 s	18.10 s				
	275-295	17.06 s	17.52 s	17.93 s	18.69 s				
	305-225	13.07 s	13.34 s	13.15 s	13.69 s				
	325-245	13.56 s	13.59 s	13.48 s	14.68 s				
	355-375	13.66 s	13.37 s	13.20 s	14.45 s				
375-395	13.88 s	13.46 s	13.37 s	14.53 s					
<b>Moyenne</b>	14.70 s	15.13 s	15.22 s	15.77 s					
<b>TOTAL</b>	<b>03:46.57</b>	<b>03:53.27</b>	<b>03:54.23</b>	<b>04:02.89</b>					

Nageur		Cyrielle DUHAMEL	Camille TISSANDIE	Clara MOUGENOT	Léa MUSSER				
Temps		04:40.96	04:49.21 +08.25	04:53.00 +12.04	04:59.73 +18.77				
PARTIES NON NAGEES	START	Temps sur le plot	0.69 s	0.73 s	0.69 s	0.77 s			
		Sortie de coulée	11.49 m	11.70 m	10.15 m	13.02 m			
		Temps aux 15m	4.80 s 2.39 m/s 7.47 s	4.85 s 2.41 m/s 7.45 s	4.52 s 2.25 m/s 8.19 s	5.47 s 2.38 m/s 7.35 s			
	VIRAGE 1	5m avant	3.27 s	3.12 s	3.42 s	2.98 s			
		Sortie de coulée	7.32 m	6.63 m	7.01 m	8.06 m			
		Temps aux 5m	4.47 s 1.64 m/s 2.88 s	4.29 s 1.55 m/s 3.15 s	4.31 s 1.63 m/s 2.91 s	5.15 s 1.57 m/s 3.01 s			
	VIRAGE 2	5m avant	3.17 s	3.28 s	3.82 s	3.69 s			
		Sortie de coulée	7.32 m	6.71 m	6.88 m	6.32 m			
		Temps aux 5m	4.46 s 1.64 m/s 2.74 s	4.41 s 1.52 m/s 3.10 s	4.51 s 1.53 m/s 3.05 s	4.01 s 1.58 m/s 2.98 s			
	VIRAGE 3	5m avant	3.94 s	4.06 s	4.14 s	3.92 s			
		Sortie de coulée	7.57 m	6.63 m	5.99 m	6.26 m			
		Temps aux 5m	3.69 s 2.05 m/s 1.77 s	3.45 s 1.92 m/s 2.17 s	3.03 s 1.98 m/s 2.25 s	3.11 s 2.01 m/s 2.11 s			
VIRAGE 4	5m avant	3.44 s	3.79 s	3.70 s	3.61 s				
	Sortie de coulée	7.55 m	7.73 m	8.25 m	6.79 m				
	Temps aux 5m	4.95 s 1.53 m/s 2.84 s	5.26 s 1.47 m/s 2.91 s	6.44 s 1.28 m/s 3.55 s	5.18 s 1.31 m/s 3.62 s				
VIRAGE 5	5m avant	3.92 s	4.32 s	4.21 s	4.28 s				
	Sortie de coulée	7.44 m	7.63 m	7.97 m	7.35 m				
	Temps aux 5m	4.82 s 1.54 m/s 2.79 s	5.27 s 1.45 m/s 3.04 s	5.71 s 1.40 m/s 3.10 s	5.35 s 1.37 m/s 3.22 s				
VIRAGE 6	5m avant	3.89 s	3.88 s	4.10 s	4.42 s				
	Sortie de coulée	4.91 m	5.12 m	5.06 m	5.37 m				
	Temps aux 5m	3.18 s 1.54 m/s 3.24 s	3.12 s 1.64 m/s 3.04 s	3.11 s 1.63 m/s 3.07 s	3.27 s 1.64 m/s 3.02 s				
VIRAGE 7	5m avant	3.77 s	3.55 s	3.65 s	3.60 s				
	Sortie de coulée	4.70 m	5.34 m	4.73 m	5.37 m				
	Temps aux 5m	2.06 s 2.28 m/s 2.19 s	2.39 s 2.23 m/s 2.16 s	2.26 s 2.09 m/s 2.39 s	2.14 s 2.51 m/s 1.87 s				
FIN	5m avant	3.07 s	2.92 s	3.22 s	3.16 s				
	Approche mur	0.80 s 1.30 m	0.22 s 0.38 m	0.08 s 0.12 m	0.61 s 0.97 m				
TOTAL		00:54.39	00:55.94	00:58.77	00:56.84				

Nageur		Cyrielle DUHAMEL		Camille TISSANDIE		Clara MOUGENOT		Léa MUSSER						
Temps		04:40.96		04:49.21 +08.25		04:53.00 +12.04		04:59.73 +18.77						
MOUVEMENTS	COUPS DE BRAS	0-50m   50-100m		20	22	21	22	23	24	19	22			
		100-150m   150-200m		23	23	25	22	27	24	23	23			
		200-250m   250-300m		41	42	40	41	46	43	39	40			
		300-350m   350-400m		42	43	41	42	47	47	40	43			
		TOTAL		256		254		281		249				
	TEMPO	0-25m   25-50m		1.2	1.3	1.2	1.2	1.1	1.1	1.2	1.3			
		50-75m   75-100m		1.3	1.3	1.3	1.3	1.1	1.1	1.3	1.3			
		100-125m   125-150m		1.5	1.5	1.6	1.7	1.4	1.5	1.7	1.8			
		150-175m   175-200m		1.5	1.5	1.7	1.7	1.5	1.5	1.8	1.8			
		200-225m   225-250m		1.6	1.6	1.7	1.7	1.6	1.6	1.8	1.7			
		250-275m   275-300m		1.6	1.6	1.6	1.7	1.6	1.6	1.8	1.7			
		300-325m   325-350m		1.4	1.4	1.4	1.5	1.3	1.4	1.5	1.6			
		350-375m   375-400m		1.4	1.4	1.4	1.5	1.3	1.3	1.5	1.5			
	MOYENNE		1.4		1.5		1.4		1.6					
	FREQUENCE	0-25m   25-50m		51.6	47.8	51.2	48.3	56.4	55.4	48.3	46.3			
		50-75m   75-100m		47.8	45.8	47.5	46.2	55.0	53.1	45.2	44.9			
		100-125m   125-150m		40.5	38.9	36.9	36.1	41.9	40.7	35.2	34.2			
		150-175m   175-200m		40.1	39.0	35.9	35.8	41.1	39.6	33.5	33.7			
		200-225m   225-250m		37.8	37.0	35.0	36.2	38.2	38.2	33.5	34.5			
		250-275m   275-300m		38.2	36.8	36.8	36.2	38.2	37.6	34.1	35.7			
		300-325m   325-350m		43.3	42.2	42.6	40.6	44.8	43.2	39.8	38.4			
		350-375m   375-400m		42.6	42.1	43.8	39.0	46.4	46.1	39.5	40.5			
	MOYENNE		42.0		40.5		44.7		38.6					
	AMPLITUDE	0-25m   25-50m		2.01	1.96	1.99	1.86	1.85	1.67	2.06	1.88			
		50-75m   75-100m		1.83	1.86	1.80	1.78	1.56	1.64	1.90	1.87			
		100-125m   125-150m		1.99	2.09	2.12	2.12	1.84	1.84	2.18	2.16			
		150-175m   175-200m		2.00	2.07	2.13	2.13	1.86	1.89	2.25	2.14			
		200-225m   225-250m		1.91	2.03	2.00	1.93	1.77	1.77	2.05	1.88			
250-275m   275-300m		1.89	1.91	1.93	1.89	1.78	1.78	1.94	1.80					
300-325m   325-350m		2.12	2.10	2.11	2.18	2.04	2.06	2.20	2.13					
350-375m   375-400m		2.06	2.05	2.05	2.29	1.96	1.95	2.10	2.04					
MOYENNE		1.99		2.02		1.83		2.04						