

**STANDARDS RÉGIONAUX ANRSO COUPE DES RÉGIONS 2021-2022**

NIVEAU	COUPE DES RÉGIONS ANRSO BASSIN 25 M					
EVENEMENT						
ÂGE	11	12	13	14	15	16-17
50 LIBRE	00:36,0	00:34,0	00:32,0	00:31,0	00:30,0	00:29,0
100 LIBRE	01:25,0	01:19,0	01:13,0	01:07,0	01:05,0	01:04,0
200 LIBRE	02:55,0	02:45,0	02:35,0	02:30,0	02:25,0	02:22,0
400 LIBRE	06:00,0	05:45,0	05:20,0	05:10,0	05:05,0	05:00,0
800 LIBRE	12:00,0	11:30,0	10:50,0	10:20,0	10:10,0	10:00,0
1500 LIBRE			20:20,0	19:50,0	19:20,0	18:50,0
50 DOS	00:46,0	00:43,0	00:40,0	00:37,0	00:36,0	00:35,0
100 DOS	01:37,0	01:30,0	01:23,0	01:20,0	01:18,0	01:16,0
200 DOS	03:25,0	03:15,0	03:05,0	02:55,0	02:50,0	02:45,0
50 BRASSE	00:50,0	00:47,0	00:45,0	00:43,0	00:41,0	00:39,0
100 BRASSE	01:45,0	01:40,0	01:35,0	01:30,0	01:28,0	01:26,0
200 BRASSE	03:45,0	03:40,0	03:30,0	03:20,0	03:15,0	03:10,0
50 PAPILLON	00:45,0	00:43,0	00:41,0	00:38,0	00:36,0	00:35,0
100 PAPILLON	01:40,0	01:35,0	01:30,0	01:25,0	01:20,0	01:18,0
200 PAPILLON	03:35,0	03:25,0	03:15,0	03:10,0	03:05,0	03:00,0
100 QNI	01:35,0	01:30,0	01:25,0	01:20,0	01:18,0	01:16,0
200 QNI	03:30,0	03:10,0	03:00,0	02:50,0	02:40,0	02:38,0
400 QNI	06:30,0	06:15,0	06:05,0	05:55,0	05:45,0	05:40,0

NIVEAU	COUPE DES RÉGIONS ANRSO BASSIN 25 M					
EVENEMENT						
ÂGE	11	12	13	14	15	16-17
50 LIBRE	00:36,0	00:34,0	00:33,0	00:32,0	00:31,0	00:30,0
100 LIBRE	01:25,0	01:19,0	01:14,0	01:10,0	01:08,0	01:07,0
200 LIBRE	02:55,0	02:45,0	02:40,0	02:34,0	02:30,0	02:27,0
400 LIBRE	06:00,0	05:45,0	05:30,0	05:15,0	05:10,0	05:05,0
800 LIBRE	12:00,0	11:30,0	11:00,0	10:40,0	10:30,0	10:20,0
1500 LIBRE			20:40,0	20:20,0	20:00,0	19:40,0
50 DOS	00:46,0	00:43,0	00:41,0	00:39,0	00:37,0	00:36,0
100 DOS	01:37,0	01:30,0	01:25,0	01:22,0	01:20,0	01:19,0
200 DOS	03:25,0	03:15,0	03:05,0	03:00,0	02:55,0	02:52,0
50 BRASSE	00:50,0	00:47,0	00:45,0	00:43,0	00:42,0	00:41,0
100 BRASSE	01:45,0	01:40,0	01:35,0	01:32,0	01:30,0	01:29,0
200 BRASSE	03:45,0	03:40,0	03:30,0	03:25,0	03:20,0	03:17,0
50 PAPILLON	00:45,0	00:43,0	00:41,0	00:38,0	00:37,0	00:36,0
100 PAPILLON	01:40,0	01:35,0	01:30,0	01:25,0	01:22,0	01:21,0
200 PAPILLON	03:35,0	03:25,0	03:20,0	03:15,0	03:10,0	03:05,0
100 QNI	01:35,0	01:30,0	01:25,0	01:22,0	01:20,0	01:19,0
200 QNI	03:30,0	03:10,0	03:00,0	02:55,0	02:50,0	02:47,0
400 QNI	06:30,0	06:15,0	06:10,0	06:00,0	05:55,0	05:50,0