

## TABLETTE DES PERFORMANCES

\*\* **POUSSINES** \*\*

**Mise à jour du 05 Avril 2018**

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	<b>00'30"83</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	Rabat
100m Nage libre	<b>01:11 ;85</b>	Hind DOUHA (05)	RCA	25/06/2016	Casablanca
200m Nage libre	<b>02:32.85</b>	Yassmine DRAYEF (06)	RCA	05/06/2016	Kenitra
400m Nage libre	<b>05 :16.44</b>	Malak MEQDAR (07)	FUS	24/06/2018	Rabat
800 m Nage Libre	<b>11:03.82</b>	Joulane MAHJoubi (07)	ASAMIN	01/04/2018	Marrakech
50m Dos	<b>00'37"63</b>	Yassmine DRAYEF (06)	RCA	15/04/2017	Casablanca
100m Dos	<b>01:21.84</b>	Oumnia SEBBATA (05)	FUS	12/06/2016	Kenitra 25m
200m Dos	<b>02:57.30</b>	Aya RIFAI (07)	ASAMIN	01/04/2018	Marrakech
50m Brasse	<b>00'39"12</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
100m Brasse	<b>01'31"81</b>	EL BEKRI SARA (87)	WAC	19/07/1997	MEKNES (Maroc) -50m
200m Brasse	<b>03:15.68</b>	Meryem HOSNI (05)	ACK	24/07/2016	Casablanca (50m)
50m Papillon	<b>00:34.44</b>	Yassmine DRAYEF (06)	RCA	16/07/2017	Rabat
100m Papillon	<b>01:17.53</b>	Yassmine DRAYEF (06)	RCA	07/05/2017	Casablanca -50m
100m 4Nages	<b>01'19"01</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
200m 4Nages	<b>02'46"84</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	RABAT (Maroc) -25m
400m 4Nages	<b>05:58.91</b>	Yassmine DRAYEF (06)	RCA	11/06/2017	Casablanca
Relais 4x50m Nage Libre	<b>02'18"81</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISS (97) SALEK FADWA (97) - EL MASNAOUI YASSMINE (97)	USCM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	<b>02:36.31</b>	Lamia ELMACHRAFI (05) - Hind DOUHA (05) Yassmine DRAYEF (06) - Kenza SALMAN (05)	RCA	14/07/2016	Casablanca -50m