

TABLETTE DES PERFORMANCES

** **POUSSINS** **

Mise à jour du 20 Octobre 2017

<u>Épreuves</u>	<u>Records</u>	<u>Noms & Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
50m Nage Libre	00:29.48	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Nage Libre	01:07.37	Hamza KAMAL (06)	USCM	12/06/2016	Kenitra
200m Nage Libre	02:20.84	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m Nage Libre	05:04.25	Hamza KAMAL (06)	USCM	09/04/2016	Oujda
50m Dos	00:34.18	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Dos	01'15"70	Souhaib EL MOUSSAMI (06)	CODM	15/01/2017	Meknès
200m Dos	02:45.64	Souhaib EL MOUSSAMI (06)	CODM	19/03/2017	Meknès
50m Brasse	00:40.55	Adam LAHMITI (06)	SNF	16/07/2017	Rabat
100m Brasse	01'32"00	BOUKHARI Med Yassine (01)	CODM	24/06/2012	MEKNES
200m Brasse	02'32"20	MGHARI KHALIL (90)	USF	26/08/2000	Marrakech
50m Papillon	00:32.84	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
100m Papillon	01:16.57	Adam BOURZINE (05)	USCM	03/04/2016	Kenitra
200m Papillon	03'05"99	GAZARI NIZAR (93)	DHJ	30/08/2003	Marrakech
100m 4Nages	01:15.25	Hamza KAMAL (06)	USCM	20/05/2011	Rabat
200m 4Nages	02:40.59	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m 4 Nages	05:48.72	Akram NEJJAR (06)	USCM	11/06/2017	Kenitra
Relais 4x50m Nage Libre	02:09.16	Samy BENCHEBBA (06) - Hamza FILALI (06) Akram NEJJAR (06) - Hamza KAMAL (06)	USCM	12/07/2017	Rabat
Relais 4x50m 4Nages	02'13"63	Anir SADIQUI () – Taha MALKI () Yassir BENCHABA () – Yahya BRIDI ()	USCM	12/06/2016	Kenitra