

# TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

## DAMES

**Mise à jour 30 décembre 2018**

Épreuves	Temps	Noms & Prénoms	Clubs	dates	li
50m Nage Libre	<b>00:26.55</b>	Noura MANA (97)	TSC	<b>02/07/2017</b>	Rabat
100m Nage Libre	<b>00:57.62</b>	Yasmeen BOUTOUIL (98)	USCM	21/12/2014	Chevreuse (France)
<b>200m Nage Libre</b>	<b>02:02.02</b>	<b>Lina KHIYARA 03</b>	<b>RCA</b>	<b>25/11/2018</b>	<b>Hasselt (Belgique)</b>
400m Nage Libre	<b>04:16.17</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
800m Nage Libre	<b>08:46.14</b>	Sara EL BEKRI (87)	RCA	18/11/2011	Saint-Dizier (France)
1500m Nage Libre	<b>17:48.17</b>	Rania EL ABDI(94)	USCM	05/02/2012	Meknès
<b>50 m Dos</b>	<b>00:29.22</b>	<b>Hiba FAHSI (01)</b>	<b>OCK</b>	<b>27/01/2018</b>	<b>Hangzhou (Chine)</b>
<b>100m Dos</b>	<b>01:02.84</b>	<b>Hiba FAHSI (01)</b>	<b>OCK</b>	<b>30/12/2017</b>	<b>Marrakech</b>
<b>200m Dos</b>	<b>02:15.95</b>	<b>Hiba FAHSI 1)</b>	<b>OCK</b>	<b>26/01/2018</b>	<b>Meknès</b>
50m Brasse	<b>00:31.38</b>	Sara EL BEKRI (87)	RCA	04/12/2011	Angers (France)
100m Brasse	<b>01:06.50</b>	Sara EL BEKRI (87)	RCA	02/12/2011	Angers (France)
200m Brasse	<b>02:23.54</b>	Sara EL BEKRI (87)	RCA	03/12/2011	Angers (France)
50m Papillon	<b>00:28.97</b>	Sara EL BEKRI (87)	RCA	10/04/2011	Meknès
100m Papillon	<b>01:02.58</b>	Sara EL BEKRI (87)	RCA	13/11/2011	Compiègne(France)
200m Papillon	<b>02:13.41</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
100m 4Nages	<b>01:02.98</b>	Sara EL BEKRI (87)	RCA	16/12/2010	Dubai (Emirates Arabes Unies)
200m 4Nages	<b>02:15.39</b>	Sara EL BEKRI (87)	RCA	18/12/2010	Dubai (Emirates Arabes Unies)
400m 4Nages	<b>04:48.22</b>	Sara EL BEKRI (87)	RCA	15/12/2010	Dubai (Emirates Arabes Unies)
Relais 4x100m Nage Libre	<b>04:05.50</b>	Doha FAHSI (01) - Mariem SELLAFI Hiba LAKNIT (01) – Hiba FAHSI (01)	OCK	27/01/2018	Meknès
Relais 4x200m Nage Libre	<b>09:02.06</b>	Ghita ASSOUB (95) – Kenza EL MHAMED (99) Kenza LAISSAOUI (97) – Meryem BADA (94)	CODM	11/04/2015	Meknès
Relais 4x100m 4Nages	<b>04:36.41</b>	Hiba FAHSI (01) – Mariam LAMGHARI (00) Doha FAHSI (01) – Mariam SELLAFI (02)	OCK	02/07/2017	Rabat
Relais 4x50m Nage Libre	<b>01:57.19</b>	Kenza MSELLAK (2000) – Hiba RMILI (2000) Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech
Relais 4x50m 4Nages	<b>02:13.06</b>	Kenza MSELLAK (2000) – Hiba BENBOUZIANE (2000) Hiba RMILI - Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech