

## TABLETTE DES PERFORMANCES

\*\* BENJAMINES \*\*

Mise à jour du 08 Mars 2018

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00 :29.30</b>	DIOURI RIM (00)	CODM	17/03/2013	Meknès – 25 m
100m Nage libre	<b>01 :03.52</b>	Yasmeen BOUTOUIL ( 98)	USCM	09/07/2011	Meknès – 25 m
200m Nage libre	<b>02:20.07</b>	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
400m Nage libre	<b>04 :49.14</b>	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
800m Nage libre	<b>10 :13.13</b>	Taghrid DAHBANI (03)	RCA	06/03/2016	FONTAINE (France) - 25m
<b>1500m Nage libre</b>	<b>19 :49.58</b>	<b>Ines RACHIDI(05)</b>	<b>RCA</b>	<b>26/01/2018</b>	<b>Moncton (Canada) 25 m</b>
50m Dos	<b>00:33.30</b>	Hiba CHOUAIBI (04)	USCM	16/07/2017	Rabat
100m Dos	<b>01'09"96</b>	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) -25m
200m Dos	<b>02'33"10</b>	ZERAIDI KENZA (02)	AS.FAR	04/07/2015	ALEXANDROUPOLI (Grece) - 50m
50m Brasse	<b>00'35"67</b>	LAKNIT HIBA (02)	CODM	19/04/2015	MEKNES (Maroc) -25m
100m Brasse	<b>01'17"60</b>	LAKNIT HIBA (02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece) - 50m
200m Brasse	<b>02'56"14</b>	LAKNIT HIBA (02)	CODM	04/04/2015	DUBAI (EAU) - 50m
50m Papillon	<b>00: 31.56</b>	Taghrid DAHBANI (03)	RCA	27/03/2016	Casablanca - 50m
100m Papillon	<b>01:12.06</b>	Taghrid DAHBANI (03)	RCA	02/07/2016	Béthune (France) – 50m
200m Papillon	<b>02 :41.10</b>	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
100m 4Nages	<b>01'13"54</b>	DIOURI RIM (00)	CODM	28/04/2013	MEKNES (Maroc) -25m
200m 4Nages	<b>02:29.17</b>	EL ABBARI HAFSA (02)	OCK	07/06/2015	RABAT (Maroc) - 25m
400m 4Nages	<b>05:35.31</b>	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
Relais 4x50m Nage libre	<b>02:00.86</b>	Hiba CHOOUABI (04) – Lina DANNA (05) Lina BASKACH (05) – Hiba BOURZINE (04)	USCM	16/07/2017	Rabat
Relais 4x100m Nage libre	<b>04'29"39</b>	DAHBANI TAGHRID (03) - ZERAIDI KENZA (02) ETTALBI OUMAIMA (03) - LAKNIT HIBA (02)	EN	04/04/2015	DUBAI (EAU) - 50m
Relais 4x50m 4Nages	<b>02 :12.78</b>	Hiba CHOOUABI (04) – Hiba BOURZINE (04) Lina DANNA (05) – Maha BASKACH (05)	USCM	16/07/2017	Rabat
Relais 4x100m 4Nages	<b>05'00"31</b>	ZERAIDI KENZA (02) - LAKNIT HIBA (02) DAHBANI TAGHRID (03) - ETTALBI OUMAIMA	EN	04/04/2015	DUBAI (EAU) - 50m