

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

1. 1500 m NAGE LIBRE DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

CADETS

| | | | | | | |
|----|--------------------|-----|------|----------|----------|-----|
| 1. | Ghita EL MOUATARIF | MAR | 2007 | RAJA NAT | 19:35.04 | 493 |
| 2. | Rim KARIMI | MAR | 2007 | WAC | 21:30.46 | 372 |

MINIMES

| | | | | | | |
|----|--------------|-----|------|----------|----------|-----|
| 1. | Alaa AMIRI | MAR | 2008 | RAJA NAT | 19:49.11 | 475 |
| 2. | Nada SABBAGH | MAR | 2008 | ADM | 21:09.28 | 391 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

3. 200 m 4 NAGES DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

CADETS

| | | | | | | |
|----|-------------------------|-----|------|----------|----------|-----|
| 1. | Marwa TOUHAMI | MAR | 2007 | RAJA NAT | 2:44.17 | 453 |
| | TLD. Ryhab CHIKER | MAR | 2007 | ADM | 3:12.33 | 282 |
| | TLD. Yasmine BENGHEDIFA | MAR | 2007 | ADM | 3:22.10 | 243 |
| | NC. Kawtar MIRHLAMI | MAR | 2007 | DHJ NAT | Disqual. | 0 |

MINIMES

| | | | | | | |
|-----|--------------------------|-----|------|----------|---------|-----|
| 1. | Douae ABETTI | MAR | 2009 | FUS | 2:37.78 | 511 |
| 2. | Basma JALAL | MAR | 2008 | WAC | 2:44.42 | 451 |
| 3. | Aya MINIYA | MAR | 2009 | FUS | 2:49.91 | 409 |
| 4. | Zayneb OULACHBAR | MAR | 2009 | WAC | 2:54.32 | 379 |
| 5. | Hiba KHALLAD | MAR | 2009 | WAC | 2:57.41 | 359 |
| 6. | Hiba ENNHAILI | MAR | 2009 | RAJA NAT | 3:03.46 | 325 |
| 7. | Zineb DEFAA | MAR | 2008 | RAJA NAT | 3:05.75 | 313 |
| 8. | Roaya MAHLI | MAR | 2009 | RAJA NAT | 3:06.85 | 307 |
| 9. | Basma BOUAKIL EL IDRISSE | MAR | 2009 | RAJA NAT | 3:07.60 | 304 |
| 10. | Sara LAANAYA | MAR | 2008 | TSC | 3:08.73 | 298 |
| 11. | Hajar KASSI | MAR | 2009 | TSC | 3:11.62 | 285 |
| 12. | Sara LAHMIDI | MAR | 2009 | DHJ NAT | 3:14.65 | 272 |
| | TLD. Soundos ATYA | MAR | 2009 | TSC | 3:23.20 | 239 |
| | TLD. Rania EL AABED | MAR | 2008 | ASN | 3:50.70 | 163 |

BENJAMINS

| | | | | | | |
|----|---------------------------------|-----|------|----------|----------|-----|
| 1. | Hiba KHALI | MAR | 2011 | WAC | 2:54.47 | 378 |
| 2. | Fatima Zahra GHILANE EL HASSANI | MAR | 2010 | RAJA NAT | 3:02.30 | 331 |
| 3. | Ghita IDRISSE OUALI | MAR | 2010 | WAC | 3:02.65 | 329 |
| 4. | Aya SABBAGH | MAR | 2011 | WAC | 3:08.79 | 298 |
| 5. | Lina RACHDI | MAR | 2011 | DHJ OS | 3:50.80 | 163 |
| 6. | Oum Hani ELMOUATARIF | MAR | 2011 | RAJA NAT | 3:53.59 | 157 |
| | NC. Rita BADRE | MAR | 2011 | RAJA NAT | Frq exc. | |
| | NC. Romaysae Imane MOUISSA | MAR | 2010 | RAJA NAT | Disqual. | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

4. 200 m 4 NAGES MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|----------------------------|-----|------|-----------|---------------------|-----|
| SENIORS | | | | | | |
| 1. | Mohamed Amine DIDOUCH | MAR | 2003 | RAJA NAT | 2:27.82 | 463 |
| 2. | Abdelmoughit MAMDOUH | MAR | 2002 | ADM | 2:29.83 | 444 |
| 3. | Idriss AZHAR | MAR | 2003 | RAJA NAT | 2:30.89 | 435 |
| 4. | Mohamed Amine CHANNANI | MAR | 2002 | RAJA NAT | 2:31.39 | 431 |
| TLD. | Mohamed Amine KHOUBABA | MAR | 2003 | TSC | 3:00.74 | 253 |
| JUNIORS | | | | | | |
| 1. | Mohamed EL BOUZKRI | MAR | 2005 | WAC | 2:24.18 | 499 |
| 2. | Rayane BOURZIK | MAR | 2004 | TSC | 2:35.45 | 398 |
| 3. | Mohamed Aymen HARRABIDA | MAR | 2005 | RAJA NAT | 2:39.57 | 368 |
| 4. | Ei Mehdi FLAH | MAR | 2005 | ADM | 2:44.83 | 334 |
| NC. | Amr BENATMANE | MAR | 2005 | TSC | Frfr n.d. | |
| NC. | Yassine ZOUBIR | MAR | 2004 | TSC | Abandon | 0 |
| CADETS | | | | | | |
| 1. | Ilias BEN HAMOU | MAR | 2007 | WAC | 2:25.20 | 488 |
| 2. | Ahmed Rayane NAMLY | MAR | 2007 | WAC | 2:32.91 | 418 |
| 3. | Ali IDRISSE OUALI | MAR | 2006 | WAC | 2:35.00 | 401 |
| 4. | Diyaa LAFKIHI | MAR | 2007 | TSC | 2:45.07 | 332 |
| 5. | Saad SLIM | MAR | 2006 | TSC | 2:46.64 | 323 |
| 6. | Mohamed Amine ENNHAILI | MAR | 2007 | RAJA NAT | 2:47.98 | 315 |
| 7. | Saad ELYOUSFI | MAR | 2006 | ADM | 2:49.72 | 305 |
| 8. | Mohammed Reda DAKOUANE | MAR | 2006 | WAC | 2:50.11 | 303 |
| 9. | Elmehdi HOUIRICH | MAR | 2007 | DHJ NAT | 2:53.16 | 288 |
| 10. | Yasser MAHLI | MAR | 2006 | RAJA NAT | 2:53.22 | 287 |
| TLD. | Badreddine BOUZIANI | MAR | 2006 | OUM RABII | 3:10.05 | 217 |
| NC. | Fadi ZOUGGARI | MAR | 2007 | DHJ NAT | Frfr n.d. | |
| MINIMES | | | | | | |
| 1. | Abdossalam ELALLOUCHI | MAR | 2008 | WAC | 2:24.27 | 498 |
| 2. | Yahya SOBHI | MAR | 2009 | FUS | 2:24.71 | 493 |
| 3. | Hamza KELLA | MAR | 2008 | RAJA NAT | 2:29.05 | 451 |
| 4. | Yahya EL AZZAOUI | MAR | 2008 | RAJA NAT | 2:30.92 | 435 |
| 5. | Khalil AKIRTAS | MAR | 2009 | FUS | 2:34.49 | 405 |
| 6. | Mohamed Taha EL MEJDOUB | MAR | 2009 | FUS | 2:35.25 | 399 |
| 7. | Yassine BOUCHTI | MAR | 2008 | TSC | 2:39.84 | 366 |
| 8. | Omar KAMAL | MAR | 2009 | FUS | 2:39.87 | 366 |
| 9. | Abdallah OUADDI | MAR | 2008 | WAC | 2:43.14 | 344 |
| 10. | Mohamed Amine BCHIRI | MAR | 2008 | ADM | 2:44.57 | 335 |
| 11. | Mohammed Amine BENNASRI | MAR | 2009 | WAC | 2:46.87 | 321 |
| 12. | Mohamed ENNAAMANI | MAR | 2009 | TSC | 2:52.06 | 293 |
| 13. | Redallah OUAZTANE | MAR | 2009 | WAC | 2:56.97 | 269 |
| 14. | Alaaeddine TOUMI | MAR | 2008 | OUM RABII | 2:59.22 | 259 |
| 15. | Omar BOUIKACHRANE | MAR | 2009 | DHJ OS | 3:01.47 | 250 |
| 16. | Mohamed Ayoub HAJOUANE | MAR | 2008 | CNCS | 3:02.86 | 244 |
| TLD. | Mohamed Salim BENCHERQUI | MAR | 2008 | ASN | 3:09.95 | 218 |
| TLD. | Ayoub CHBIHI EL WAHOUDI | MAR | 2009 | ADM | 3:13.28 | 207 |
| TLD. | Mohamed BELKHADIR | MAR | 2008 | ASN | 3:24.39 | 175 |
| NC. | Yahya KABBAB | MAR | 2008 | DHJ OS | Frfr n.d. | |
| NC. | Yasser EZZIDI | MAR | 2009 | RAJA NAT | Disqual. | 0 |
| BENJAMINS | | | | | | |
| 1. | Othmane OULACHBAR | MAR | 2011 | WAC | 2:53.26 | 287 |
| 2. | Mohammed EL BOURNI DRIOUAK | MAR | 2010 | WAC | 2:53.42 | 286 |
| 3. | Ahmed Ali NAMLY | MAR | 2010 | WAC | 3:02.86 | 244 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

4. 200 m 4 NAGES MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|-------------------------|-----|------|----------|---------------------|-----|
| BENJAMINS | | | | | | |
| 4. | Mohamed Adam AMADDAH | MAR | 2011 | TSC | 3:09.80 | 218 |
| 5. | Ryad Yahia M'GHARI | MAR | 2010 | DHJ NAT | 3:11.97 | 211 |
| 6. | Imrane MANSAR | MAR | 2011 | ASN | 3:12.74 | 208 |
| 7. | Adam RAHMOUNI ELIDRISSI | MAR | 2011 | RAJA NAT | 3:19.19 | 189 |
| 8. | Alae EL BOUANANI | MAR | 2011 | WAC | 3:20.69 | 185 |
| 9. | Mohammed Amine MIRHLAMI | MAR | 2011 | DHJ NAT | 3:37.37 | 145 |
| 10. | Loay BERROUZ | MAR | 2011 | DHJ NAT | 3:53.93 | 116 |
| NC. | Nizar MADIH | MAR | 2011 | ASN | Disqual. | 0 |
| NC. | Rayane ELMAIMOUNI | MAR | 2011 | RAJA NAT | Disqual. | 0 |
| NC. | Rayane ZIOUANI | MAR | 2011 | DHJ OS | Disqual. | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

5. 200 m BRASSE DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|--------------------------|-----|------|----------|---------------------|-----|
| CADETS | | | | | | |
| 1. | Salma AZIZI | MAR | 2007 | TSC | 3:21.60 | 328 |
| 2. | Nada MOSSADDIK | MAR | 2006 | WAC | 3:26.56 | 305 |
| | TLD. Hafssa OULACHBAR | MAR | 2006 | WAC | 3:34.57 | 272 |
| MINIMES | | | | | | |
| 1. | Douae ABETTI | MAR | 2009 | FUS | 2:58.29 | 475 |
| 2. | Basma BOUAKIL EL IDRISSE | MAR | 2009 | RAJA NAT | 3:32.16 | 281 |
| | TLD. Fatimazahra RIDHI | MAR | 2009 | RAJA NAT | 3:55.71 | 205 |
| | TLD. Marwa MNIA | MAR | 2008 | ADM | 3:59.29 | 196 |
| | TLD. Yasmine ROUAI | MAR | 2009 | DHJ OS | 4:51.47 | 108 |
| | NC. Lina EL MSIEH | MAR | 2009 | DHJ NAT | Dsq FD | 0 |
| BENJAMINS | | | | | | |
| 1. | Farah KOKODIL | MAR | 2010 | RAJA NAT | 3:22.67 | 323 |
| 2. | Illy ALLALI | MAR | 2011 | RAJA NAT | 3:31.19 | 285 |
| 3. | Lila SERROUR | MAR | 2011 | WAC | 3:35.19 | 270 |
| 4. | Israe ELADDAOUI | MAR | 2011 | TSC | 3:44.20 | 238 |
| 5. | Mayssane YAHIA | MAR | 2011 | DHJ NAT | 3:52.87 | 213 |
| 6. | Aicha OUADDI | MAR | 2011 | WAC | 3:53.19 | 212 |
| 7. | Sara ELKHOUCALI | MAR | 2010 | TSC | 4:04.13 | 185 |
| 8. | Ines ARSALANE | MAR | 2010 | WAC | 4:04.63 | 183 |
| 9. | Salma RACHID | MAR | 2010 | DHJ OS | 4:06.53 | 179 |
| 10. | Meryem MEHDAOUI | MAR | 2010 | CNCS | 4:27.40 | 140 |
| 11. | Hajar EL MSIEH | MAR | 2010 | DHJ NAT | 4:34.83 | 129 |
| 12. | Ibtihal RIZKI | MAR | 2011 | DHJ OS | 5:08.43 | 91 |
| | NC. Rita BADRE | MAR | 2011 | RAJA NAT | Frf exc. | |
| | NC. Rim KHAZNAOUI | MAR | 2010 | WJDN | Frf n.d. | |
| | NC. Kholoud MEZGOURI | MAR | 2010 | DHJ OS | \bandon | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

6. 200 m BRASSE MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|------------------------------|-----|------|----------|---------------------|-----|
| SENIORS | | | | | | |
| 1. | Ahmed Yassine FLIYOU | MAR | 2001 | RAJA NAT | 2:50.91 | 410 |
| | TLD. Youssef ESSAFA | MAR | 2001 | TSC | 3:02.87 | 335 |
| CADETS | | | | | | |
| 1. | Saad ELYOUSFI | MAR | 2006 | ADM | 3:03.83 | 329 |
| 2. | Adam ENNAAMANI | MAR | 2006 | TSC | 3:09.38 | 301 |
| | TLD. Abdessamad BIHOUSBANE | MAR | 2006 | TSC | 3:34.19 | 208 |
| | NC. Fadi ZOUGGARI | MAR | 2007 | DHJ NAT | Frfr n.d. | |
| MINIMES | | | | | | |
| 1. | Yahya SOBHI | MAR | 2009 | FUS | 2:46.75 | 441 |
| 2. | Ilyass ESSAYEH | MAR | 2008 | WAC | 2:49.70 | 419 |
| | TLD. Badreddine BENOOUAKAS | MAR | 2009 | DHJ NAT | 3:25.02 | 237 |
| | TLD. Mohammed ESSADEQ | MAR | 2009 | WAC | 3:25.19 | 237 |
| | TLD. Omar EL MARSJ | MAR | 2009 | RAJA NAT | 3:27.44 | 229 |
| | TLD. Mouad HARROUDI | MAR | 2009 | RAJA NAT | 3:35.87 | 203 |
| | TLD. Haitam MARAH | MAR | 2009 | TSC | 3:44.53 | 181 |
| | TLD. Adam Mansour BOUAISSI | MAR | 2009 | TSC | 3:47.27 | 174 |
| | TLD. Ibrahim ABOUMOUSSA | MAR | 2009 | RAJA NAT | 3:58.16 | 151 |
| | TLD. Ismail MOUISSA | MAR | 2008 | RAJA NAT | 4:07.95 | 134 |
| | TLD. Youssef DAKIR | MAR | 2008 | CNCS | 4:53.73 | 80 |
| | NC. Aymen BEN BELLA | MAR | 2009 | WJDN | Frfr n.d. | |
| | NC. Mouad RAOUINDI | MAR | 2009 | CNCS | Abandon | 0 |
| | NC. Zakaria MAHASSINE | MAR | 2008 | ADM | Disqual. | 0 |
| BENJAMINS | | | | | | |
| 1. | Ryad Yahia M'GHARI | MAR | 2010 | DHJ NAT | 3:25.93 | 234 |
| 2. | Ahmed Ali NAMLY | MAR | 2010 | WAC | 3:26.85 | 231 |
| 3. | Rayyane SABER | MAR | 2010 | ADM | 3:59.30 | 149 |
| 4. | Yassine SAFRIOUI | MAR | 2011 | TSC | 4:01.24 | 145 |
| 5. | Mohamed Taha SENTISSI | MAR | 2010 | WAC | 4:04.31 | 140 |
| 6. | Ali GHAZI | MAR | 2011 | TSC | 4:09.35 | 132 |
| | NC. Amir Abdelkader TABBOUKA | MAR | 2011 | WJDN | Frfr n.d. | |
| | NC. Ilyass KHASSIB | MAR | 2010 | DHJ OS | Frfr n.d. | |
| | NC. Mohammed Adam HAMDJ | MAR | 2011 | DHJ OS | Disqual. | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

7. 400 m NAGE LIBRE DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

SENIORS

| | | | | | | |
|--|----------------------------|-----|------|----------|---------|-----|
| | TLD. Mayare YAHIA | MAR | 2003 | ADM | 6:02.09 | 285 |
| | TLD. Ghita BOUTALEB JOUTEI | MAR | 2003 | RAJA NAT | 6:14.72 | 257 |
| | NC. Samia MAHASSINE | MAR | 2003 | ADM | Dsq FD | 0 |

CADETS

| | | | | | | |
|----|--------------------|-----|------|----------|---------|-----|
| 1. | Ghita EL MOUATARIF | MAR | 2007 | RAJA NAT | 4:55.39 | 525 |
| 2. | Marwa TOUHAMI | MAR | 2007 | RAJA NAT | 5:08.16 | 462 |
| 3. | Camelia AMRANI | MAR | 2006 | TSC | 5:14.02 | 437 |
| 4. | Zainab IDRISSE | MAR | 2007 | WAC | 5:22.18 | 405 |
| 5. | Rim KARIMI | MAR | 2007 | WAC | 5:37.61 | 351 |
| 6. | Ryhab CHIKER | MAR | 2007 | ADM | 5:50.63 | 314 |
| 7. | Salma ZAID | MAR | 2007 | RAJA NAT | 6:02.47 | 284 |

MINIMES

| | | | | | | |
|-----|-----------------------|-----|------|----------|---------|-----|
| 1. | Ghita BENHAMOU | MAR | 2008 | WAC | 4:56.62 | 519 |
| 2. | Aya MINIYA | MAR | 2009 | FUS | 4:59.56 | 503 |
| 3. | Sofia MAKY | MAR | 2008 | TSC | 5:36.90 | 354 |
| 4. | Zayneb OULACHBAR | MAR | 2009 | WAC | 5:37.13 | 353 |
| 5. | Zineb DEFAA | MAR | 2008 | RAJA NAT | 5:48.18 | 320 |
| 6. | Meryem MOUJI | MAR | 2008 | ADM | 5:49.91 | 316 |
| 7. | Roaya MAHLI | MAR | 2009 | RAJA NAT | 5:51.17 | 312 |
| 8. | Alyae EL MRABET | MAR | 2009 | RAJA NAT | 5:58.63 | 293 |
| 9. | Meryem SORY | MAR | 2008 | ADM | 6:17.30 | 252 |
| 10. | Ghita SLIM | MAR | 2009 | TSC | 6:24.88 | 237 |
| 11. | Marwa MNIA | MAR | 2008 | ADM | 6:29.78 | 228 |
| | TLD. Asmahane BLAGHMI | MAR | 2009 | CNCS | 7:47.98 | 132 |

BENJAMINS

| | | | | | | |
|-----|---------------------------------|-----|------|----------|---------|-----|
| 1. | Romayssae Imane MOUISSA | MAR | 2010 | RAJA NAT | 5:16.96 | 425 |
| 2. | Hiba KHALI | MAR | 2011 | WAC | 5:19.69 | 414 |
| 3. | Inass IDRISSE | MAR | 2010 | FUS | 5:32.99 | 366 |
| 4. | Lila SERROUR | MAR | 2011 | WAC | 5:35.13 | 359 |
| 5. | Farah KOKODIL | MAR | 2010 | RAJA NAT | 5:40.76 | 342 |
| 6. | Fatima Zahra GHILANE EL HASSANI | MAR | 2010 | RAJA NAT | 5:41.65 | 339 |
| 7. | Ghita IDRISSE OUALI | MAR | 2010 | WAC | 5:45.01 | 329 |
| 8. | Sahar TAYEBI | MAR | 2010 | FUS | 5:46.38 | 325 |
| 9. | Meryam ALBOZ | MAR | 2011 | RAJA NAT | 6:31.75 | 225 |
| 10. | Oum Hani ELMOUATARIF | MAR | 2011 | RAJA NAT | 6:37.77 | 215 |
| 11. | Amira ALAOUI DOUIRI | MAR | 2011 | TSC | 7:06.54 | 174 |
| 12. | Malak HABAZ | MAR | 2011 | ADM | 9:16.52 | 78 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

8. 400 m NAGE LIBRE MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

SENIORS

| | | | | | | |
|----|------------------------|-----|------|----------|---------|-----|
| 1. | Mohamed Amine DIDOUCH | MAR | 2003 | RAJA NAT | 4:32.27 | 528 |
| 2. | Mohamed Amine CHANNANI | MAR | 2002 | RAJA NAT | 5:05.71 | 373 |
| 3. | Youssef ESSAFA | MAR | 2001 | TSC | 5:06.36 | 370 |

JUNIORS

| | | | | | | |
|----|-------------------------|-----|------|----------|---------|-----|
| 1. | Mohamed EL BOUZKRI | MAR | 2005 | WAC | 4:39.86 | 486 |
| 2. | Mohamed Aymen HARRABIDA | MAR | 2005 | RAJA NAT | 5:08.06 | 364 |

CADETS

| | | | | | | |
|-----|-----------------------|-----|------|----------|----------|-----|
| 1. | Ahmed NIDAOU | MAR | 2007 | WAC | 4:52.73 | 424 |
| 2. | Ismail EL BOUZKRI | MAR | 2007 | WAC | 4:54.17 | 418 |
| 3. | Ziyad BOURAOUD | MAR | 2007 | RAJA NAT | 4:57.63 | 404 |
| 4. | Diyaa LAFKIHI | MAR | 2007 | TSC | 4:59.15 | 398 |
| 5. | Yahya ZAGRI | MAR | 2006 | ADM | 5:00.53 | 392 |
| 6. | Ghali Brahim SENTISSI | MAR | 2007 | WAC | 5:03.23 | 382 |
| 7. | Adam ENNAAMANI | MAR | 2006 | TSC | 5:11.05 | 354 |
| 8. | Amr DEHBI | MAR | 2006 | TSC | 5:12.69 | 348 |
| 9. | Ismail LAGSSAIBI | MAR | 2007 | ADM | 5:39.82 | 271 |
| NC. | Elmevdi HOUIRICH | MAR | 2007 | DHJ NAT | Fré exc. | |

MINIMES

| | | | | | | |
|------|-------------------------|-----|------|----------|----------|-----|
| 1. | Mohammed Rayane LYAMANI | MAR | 2008 | WAC | 4:30.43 | 538 |
| 2. | Omar KAMAL | MAR | 2009 | FUS | 4:31.98 | 529 |
| 3. | Khalil AKIRTAS | MAR | 2009 | FUS | 4:32.37 | 527 |
| 4. | Mohamed Taha EL MEJDOUB | MAR | 2009 | FUS | 4:35.88 | 507 |
| 5. | Yahya EL AZZAOU | MAR | 2008 | RAJA NAT | 4:43.95 | 465 |
| 6. | Hamza KELLA | MAR | 2008 | RAJA NAT | 4:59.04 | 398 |
| 7. | Mohamed Amine SIFALLAH | MAR | 2009 | WAC | 4:59.92 | 395 |
| 8. | Redallah OUASTANE | MAR | 2009 | WAC | 5:04.99 | 375 |
| 9. | Abdallah OUADDI | MAR | 2008 | WAC | 5:08.59 | 362 |
| 10. | Yasser EZZIDI | MAR | 2009 | RAJA NAT | 5:11.34 | 353 |
| 11. | Anwar KOKODIL | MAR | 2009 | RAJA NAT | 5:11.70 | 351 |
| 12. | Mohammed Amine BENNASRI | MAR | 2009 | WAC | 5:20.16 | 324 |
| 13. | Zakaria MAHASSINE | MAR | 2008 | ADM | 5:27.92 | 302 |
| 14. | Omar BOUIKACHRANE | MAR | 2009 | DHJ OS | 5:44.56 | 260 |
| 15. | Mohamed Ayoub HAJOUANE | MAR | 2008 | CNCS | 5:46.76 | 255 |
| 16. | Mohamed ENNAAMANI | MAR | 2009 | TSC | 5:49.62 | 249 |
| 17. | Ayoub CHBIHI EL WAHOUDI | MAR | 2009 | ADM | 6:04.33 | 220 |
| TLD. | Noamane DABI | MAR | 2008 | ADM | 6:18.99 | 195 |
| TLD. | Wassim BENKARROUM | MAR | 2009 | TSC | 6:36.18 | 171 |
| TLD. | Yahya KABBAZ | MAR | 2008 | DHJ OS | 6:44.41 | 161 |
| TLD. | Rayane LEKHZOUMY | MAR | 2009 | ADM | 6:56.68 | 147 |
| NC. | Ayoub BOUMAHD | MAR | 2008 | WJDN | Fré n.d. | |

BENJAMINS

| | | | | | | |
|-----|----------------------------|-----|------|----------|---------|-----|
| 1. | Mohammed EL BOURNI DRIOUAK | MAR | 2010 | WAC | 5:34.74 | 284 |
| 2. | Imrane MANSAR | MAR | 2011 | ASN | 5:46.02 | 257 |
| 3. | Adam RAHMOUNI ELIDRISSI | MAR | 2011 | RAJA NAT | 5:52.81 | 242 |
| 4. | Alae EL BOUANANI | MAR | 2011 | WAC | 5:57.86 | 232 |
| 5. | Rayane TALEB | MAR | 2011 | ASN | 6:03.83 | 221 |
| 6. | Lokmane Ahmad BELHACHMI | MAR | 2011 | WAC | 6:06.68 | 216 |
| 7. | Jad ATIF | MAR | 2011 | TSC | 6:12.16 | 206 |
| 8. | Fouad BADRE | MAR | 2010 | RAJA NAT | 6:28.90 | 181 |
| 9. | Yahya AKKAR | MAR | 2010 | ADM | 6:34.05 | 174 |
| 10. | Anas MENBEH | MAR | 2011 | RAJA NAT | 6:35.98 | 171 |

F.R.M.N.

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

8. 400 m NAGE LIBRE MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|-------------------------|-----|------|----------|---------------------|-----|
| BENJAMINS | | | | | | |
| 11. | Soufiane ENNACIRI | MAR | 2010 | ASN | 6:43.92 | 161 |
| 12. | Rayane ELMAIMOUNI | MAR | 2011 | RAJA NAT | 6:55.77 | 148 |
| 13. | Mohammed Taha ROKK | MAR | 2010 | ASN | 6:58.12 | 145 |
| 14. | Loay BERROUZ | MAR | 2011 | DHJ NAT | 6:59.91 | 143 |
| 15. | Mohammed Amine MIRHLAMI | MAR | 2011 | DHJ NAT | 7:15.12 | 129 |
| 16. | Anass BEZZAZ | MAR | 2011 | WAC | 7:16.55 | 128 |
| 17. | Rayyane SABER | MAR | 2010 | ADM | 7:20.45 | 124 |
| 18. | Mohamed Amine LAFRIKH | MAR | 2010 | TSC | 7:56.21 | 98 |
| 19. | Ayoub OUDA | MAR | 2011 | CNCS | 7:57.02 | 98 |
| 20. | Soulaimane BLAGHMI | MAR | 2010 | CNCS | 7:57.48 | 97 |
| NC. | Ilyass REGRAGUI | MAR | 2010 | ADM | Fré exc. | |
| NC. | Adam BCHIRI | MAR | 2010 | ADM | \bandon | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

9. 200 m PAPILLON DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

MINIMES

| | | | | | | |
|----|----------------|-----|------|----------|---------|-----|
| 1. | Alaa AMIRI | MAR | 2008 | RAJA NAT | 2:43.04 | 417 |
| 2. | Lina EL ABOUDI | MAR | 2008 | FUS | 2:49.47 | 371 |
| 3. | Hiba ENNHAILI | MAR | 2009 | RAJA NAT | 3:13.75 | 248 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

10. 200 m PAPILLON MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

JUNIORS

| | | | | | | |
|----|--------------------|-----|------|-----|---------|-----|
| 1. | Mohamed EL BOUZKRI | MAR | 2005 | WAC | 2:21.76 | 486 |
| | NC. El Mehdi FLAH | MAR | 2005 | ADM | Abandon | 0 |

CADETS

| | | | | | | |
|----|------------------------|-----|------|----------|----------|-----|
| 1. | Yahya ZAGRI | MAR | 2006 | ADM | 2:41.62 | 328 |
| 2. | Mohamed Amine ENNHAILI | MAR | 2007 | RAJA NAT | 2:47.40 | 295 |
| | NC. Yasser MAHLI | MAR | 2006 | RAJA NAT | Frf n.d. | |
| | NC. Fadi ZOUGGARI | MAR | 2007 | DHJ NAT | Frf n.d. | |
| | NC. Adam ENNAAMANI | MAR | 2006 | TSC | Disqual. | 0 |

MINIMES

| | | | | | | |
|----|-------------------------|-----|------|----------|---------|-----|
| 1. | Omar KAMAL | MAR | 2009 | FUS | 2:26.04 | 445 |
| 2. | Mohamed Taha EL MEJDOUB | MAR | 2009 | FUS | 2:30.30 | 408 |
| 3. | Hamza KELLA | MAR | 2008 | RAJA NAT | 2:33.21 | 385 |
| 4. | Yahya EL AZZAOUI | MAR | 2008 | RAJA NAT | 2:38.54 | 347 |
| 5. | Mohamed Amine BCHIRI | MAR | 2008 | ADM | 2:47.27 | 296 |
| 6. | Redallah OUASTANE | MAR | 2009 | WAC | 3:01.21 | 233 |
| 7. | Anwar KOKODIL | MAR | 2009 | RAJA NAT | 3:01.42 | 232 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

11. 200 m DOS DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|------------------|---------------------------------|-----|------|----------|---------------------|-----|
| CADETS | | | | | | |
| 1. | Marwa TOUHAMI | MAR | 2007 | RAJA NAT | 2:42.74 (0.93) | 443 |
| 2. | Kawtar MIRHLAMI | MAR | 2007 | DHJ NAT | 3:06.95 (0.83) | 292 |
| MINIMES | | | | | | |
| 1. | Douae ABETTI | MAR | 2009 | FUS | 2:37.30 (1.01) | 490 |
| 2. | Sara LAHMIDI | MAR | 2009 | DHJ NAT | 3:17.55 (0.71) | 247 |
| 3. | Alyae EL MRABET | MAR | 2009 | RAJA NAT | 3:19.56 (0.91) | 240 |
| TLD. | Marwa MNIA | MAR | 2008 | ADM | 3:25.92 (0.94) | 218 |
| TLD. | Lina EL MSIEH | MAR | 2009 | DHJ NAT | 3:35.38 (0.89) | 191 |
| NC. | Yasmine ROUAI | MAR | 2009 | DHJ OS | Frfr n.d. | |
| BENJAMINS | | | | | | |
| 1. | Inass IDRISSE | MAR | 2010 | FUS | 2:59.45 (0.81) | 330 |
| 2. | Fatima Zahra GHILANE EL HASSANI | MAR | 2010 | RAJA NAT | 2:59.90 (0.96) | 327 |
| 3. | Sahar TAYEBI | MAR | 2010 | FUS | 3:05.03 (0.96) | 301 |
| 4. | Aya SABBAGH | MAR | 2011 | WAC | 3:05.71 (1.00) | 298 |
| 5. | Romayssae Imane MOUISSA | MAR | 2010 | RAJA NAT | 3:13.76 (1.03) | 262 |
| 6. | Illy ALLALI | MAR | 2011 | RAJA NAT | 3:14.32 (0.91) | 260 |
| 7. | Ghita IDRISSE OUALI | MAR | 2010 | WAC | 3:15.01 (0.94) | 257 |
| 8. | Meryam ALBOZ | MAR | 2011 | RAJA NAT | 3:23.36 (0.87) | 227 |
| 9. | Aicha OUADDI | MAR | 2011 | WAC | 3:24.33 (1.00) | 223 |
| 10. | Hajar EL MSIEH | MAR | 2010 | DHJ NAT | 3:55.52 | 146 |
| 11. | Ibtihal RIZKI | MAR | 2011 | DHJ OS | 4:53.65 (0.90) | 75 |
| NC. | Rita BADRE | MAR | 2011 | RAJA NAT | Frfr exc. | |
| NC. | Oum Hani ELMOUATARIF | MAR | 2011 | RAJA NAT | Frfr n.d. | |
| NC. | Kholoud MEZGOURI | MAR | 2010 | DHJ OS | Frfr n.d. | |
| NC. | Salma RACHID | MAR | 2010 | DHJ OS | Abandon | 0 |
| NC. | Mayssane YAHIA | MAR | 2011 | DHJ NAT | Disqual. (0.89) | 0 |
| NC. | Lina RACHDI | MAR | 2011 | DHJ OS | Disqual. (0.85) | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

12. 200 m DOS MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

SENIORS

| | | | | | | |
|------------------|--|-----|------|----------|-----------|--|
| NC. Idriss AZHAR | | MAR | 2003 | RAJA NAT | Frfr n.d. | |
|------------------|--|-----|------|----------|-----------|--|

CADETS

| | | | | | | |
|---------------------------|--|-----|------|---------|----------------|-----|
| 1. Ilias BEN HAMOU | | MAR | 2007 | WAC | 2:27.92 (0.83) | 433 |
| 2. Mohammed Reda DAKOUANE | | MAR | 2006 | WAC | 2:38.86 (1.44) | 349 |
| 3. Saad SLIM | | MAR | 2006 | TSC | 2:43.38 (0.84) | 321 |
| 4. Diyaa LAFKIHI | | MAR | 2007 | TSC | 2:47.39 (0.94) | 298 |
| NC. Ahmed Rayane NAMLY | | MAR | 2007 | WAC | Frfr exc. | |
| NC. Elmevdi HOUIRICH | | MAR | 2007 | DHJ NAT | Frfr n.d. | |

MINIMES

| | | | | | | |
|----------------------------|--|-----|------|------|------------------|-----|
| 1. Mohammed Rayane LYAMANI | | MAR | 2008 | WAC | 2:33.43 | 388 |
| 2. Khalil AKIRTAS | | MAR | 2009 | FUS | 2:35.83 (0.95) | 370 |
| 3. Mohamed Ayoub HAJOUANE | | MAR | 2008 | CNCS | 2:50.89 (0.79) | 280 |
| 4. Mohammed Amine BENNASRI | | MAR | 2009 | WAC | 2:51.06 (-0.45) | 280 |
| 5. Mohamed ENNAAMANI | | MAR | 2009 | TSC | 2:57.24 (0.98) | 251 |
| NC. Ayoub BOUMAHDJ | | MAR | 2008 | WJDN | Frfr n.d. (0.51) | |

BENJAMINS

| | | | | | | |
|-------------------------------|--|-----|------|----------|-----------------|-----|
| 1. Othmane OULACHBAR | | MAR | 2011 | WAC | 2:58.22 (1.33) | 247 |
| 2. Mohammed EL BOURNI DRIOUAK | | MAR | 2010 | WAC | 3:00.91 (0.99) | 236 |
| 3. Adam RAHMOUNI ELIDRISSI | | MAR | 2011 | RAJA NAT | 3:06.43 (0.69) | 216 |
| 4. Ryad Yahia M'GHARI | | MAR | 2010 | DHJ NAT | 3:18.05 (1.13) | 180 |
| 5. Rayane ELMAIMOUNI | | MAR | 2011 | RAJA NAT | 3:32.34 (0.82) | 146 |
| 6. Alae EL BOUANANI | | MAR | 2011 | WAC | 3:33.10 (1.11) | 144 |
| 7. Mohammed Amine MIRHLAMI | | MAR | 2011 | DHJ NAT | 3:33.30 (0.80) | 144 |
| 8. Rayane ZIOUANI | | MAR | 2011 | DHJ OS | 3:38.63 | 134 |
| 9. Anas MENBEH | | MAR | 2011 | RAJA NAT | 3:45.39 (1.03) | 122 |
| 10. Lokmane Ahmad BELHACHMI | | MAR | 2011 | WAC | 3:46.11 (1.11) | 121 |
| NC. Ilyass KHASSIB | | MAR | 2010 | DHJ OS | Frfr n.d. | |
| NC. Rayane TALEB | | MAR | 2011 | ASN | Disqual. (0.92) | 0 |
| NC. Mohammed Adam HAMDJ | | MAR | 2011 | DHJ OS | Disqual. | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

13. 400 m 4 NAGES DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

CADETS

| | | | | | | |
|----|------------|-----|------|-----|---------|-----|
| 1. | Rim KARIMI | MAR | 2007 | WAC | 6:28.16 | 330 |
|----|------------|-----|------|-----|---------|-----|

MINIMES

| | | | | | | |
|----|----------------|-----|------|----------|---------|-----|
| 1. | Douae ABETTI | MAR | 2009 | FUS | 5:25.52 | 560 |
| 2. | Lina EL ABOUDI | MAR | 2008 | FUS | 5:54.13 | 435 |
| 3. | Hiba ENNHAILI | MAR | 2009 | RAJA NAT | 6:30.71 | 324 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

14. 400 m 4 NAGES MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

JUNIORS

| | | | | | | |
|----|----------------|-----|------|-----|---------|-----|
| 1. | Rayane BOURZIK | MAR | 2004 | TSC | 5:37.48 | 377 |
|----|----------------|-----|------|-----|---------|-----|

CADETS

| | | | | | | |
|-----|---------------|-----|------|---------|----------|--|
| NC. | Fadi ZOUGGARI | MAR | 2007 | DHJ NAT | Frf n.d. | |
|-----|---------------|-----|------|---------|----------|--|

MINIMES

| | | | | | | |
|----|-------------------------|-----|------|----------|---------|-----|
| 1. | Abdossalam ELALLOUCHI | MAR | 2008 | WAC | 5:08.29 | 494 |
| 2. | Yahya SOBHI | MAR | 2009 | FUS | 5:10.55 | 484 |
| 3. | Khalil AKIRTAS | MAR | 2009 | FUS | 5:30.78 | 400 |
| 4. | Hamza KELLA | MAR | 2008 | RAJA NAT | 5:33.30 | 391 |
| 5. | Mohamed Taha EL MEJDOUB | MAR | 2009 | FUS | 5:34.11 | 388 |
| 6. | Omar KAMAL | MAR | 2009 | FUS | 5:36.75 | 379 |
| 7. | Abdallah OUADDI | MAR | 2008 | WAC | 5:48.85 | 341 |
| 8. | Anwar KOKODIL | MAR | 2009 | RAJA NAT | 6:16.45 | 271 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

15. 800 m NAGE LIBRE DAMES

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

CADETS

| | | | | | | |
|------|--------------------|-----|------|----------|-----------|-----|
| 1. | Ghita EL MOUATARIF | MAR | 2007 | RAJA NAT | 10:07.46 | 528 |
| 2. | Zainab IDRISSE | MAR | 2007 | WAC | 10:39.02 | 453 |
| TLD. | Kawtar MIRHLAMI | MAR | 2007 | DHJ NAT | 12:38.22 | 271 |
| NC. | Marwa TOUHAMI | MAR | 2007 | RAJA NAT | Frfr n.d. | |
| NC. | Salma ZAID | MAR | 2007 | RAJA NAT | Frfr n.d. | |

MINIMES

| | | | | | | |
|------|--------------------------|-----|------|----------|-----------|-----|
| 1. | Alaa AMIRI | MAR | 2008 | RAJA NAT | 10:13.00 | 514 |
| 2. | Aya MINIYA | MAR | 2009 | FUS | 10:13.92 | 511 |
| 3. | Nada SABBAGH | MAR | 2008 | ADM | 11:12.94 | 388 |
| 4. | Hajar KASSI | MAR | 2009 | TSC | 11:29.39 | 361 |
| 5. | Sofia MAKY | MAR | 2008 | TSC | 11:30.18 | 360 |
| 6. | Zayneb OULACHBAR | MAR | 2009 | WAC | 11:51.07 | 329 |
| 7. | Meryem MOUJI | MAR | 2008 | ADM | 12:09.63 | 304 |
| TLD. | Roaya MAHLI | MAR | 2009 | RAJA NAT | 12:14.51 | 298 |
| TLD. | Basma BOUAKIL EL IDRISSE | MAR | 2009 | RAJA NAT | 12:33.01 | 277 |
| TLD. | Sara LAHMIDI | MAR | 2009 | DHJ NAT | 12:33.96 | 276 |
| TLD. | Ghita SLIM | MAR | 2009 | TSC | 14:25.50 | 182 |
| TLD. | Rania EL AABED | MAR | 2008 | ASN | 15:56.01 | 135 |
| NC. | Hiba KHALLAD | MAR | 2009 | WAC | Frfr n.d. | |
| NC. | Soundos ATYA | MAR | 2009 | TSC | Abandon | 0 |

JOURNEE DE DEMI-FOND - 25/12/2022 - CASABLANCA - Grand bassin

16. 800 m NAGE LIBRE MESSIEURS

| Rg | Nom | Nat | Lic | Club | Tps - Réact. - Obs. | Pts |
|----|-----|-----|-----|------|---------------------|-----|
|----|-----|-----|-----|------|---------------------|-----|

SENIORS

| | | | | | | |
|----|--------------------|-----|------|-----|----------|-----|
| 1. | Yahya BENCKHEKROUN | MAR | 1989 | TSC | 11:08.07 | 309 |
|----|--------------------|-----|------|-----|----------|-----|

CADETS

| | | | | | | |
|------|-----------------------|-----|------|-----------|----------|-----|
| 1. | Ahmed NIDAOU | MAR | 2007 | WAC | 9:53.24 | 442 |
| 2. | Ismail EL BOUZKRI | MAR | 2007 | WAC | 10:08.96 | 409 |
| 3. | Diyaa LAFKIHI | MAR | 2007 | TSC | 10:19.04 | 389 |
| 4. | Ali IDRISSE OUALI | MAR | 2006 | WAC | 10:31.39 | 367 |
| 5. | Amr DEHBI | MAR | 2006 | TSC | 11:06.08 | 312 |
| TLD. | Badreddine BOUZIANI | MAR | 2006 | OUM RABII | 13:12.38 | 185 |
| NC. | Ahmed Rayane NAMLY | MAR | 2007 | WAC | Fré exc. | |
| NC. | Ghali Brahim SENTISSI | MAR | 2007 | WAC | Fré exc. | |

MINIMES

| | | | | | | |
|------|--------------------------|-----|------|-----------|----------|-----|
| 1. | Yassine BOUCHTI | MAR | 2008 | TSC | 9:54.06 | 440 |
| 2. | Mohamed Amine SIFALLAH | MAR | 2009 | WAC | 10:20.17 | 387 |
| 3. | Mohamed Amine BCHIRI | MAR | 2008 | ADM | 10:22.19 | 383 |
| TLD. | Mohamed Ayoub HAJOUANE | MAR | 2008 | CNCS | 12:14.17 | 233 |
| TLD. | Mohamed Salim BENCHERQUI | MAR | 2008 | ASN | 12:50.89 | 201 |
| TLD. | Mohamed BELKHADIR | MAR | 2008 | ASN | 13:14.81 | 184 |
| TLD. | Adam Mansour BOUAISSI | MAR | 2009 | TSC | 13:26.49 | 176 |
| TLD. | Haitam MARAH | MAR | 2009 | TSC | 14:43.63 | 133 |
| NC. | Alaaeddine TOUMI | MAR | 2008 | OUM RABII | \bandon | 0 |