

# TABLETTE DES RECORDS DUMAROC EN BASSIN DE 25 m

DAMES

*Mise à jour du 21/03/2023*

| Épreuves              | Temps           | Noms & Prénoms  | Clubs | dates      | lieux                       |
|-----------------------|-----------------|---|-------|------------|-----------------------------|
| 50mNageLibre          | <b>00:26.32</b> | EL BARODI Imane Houda (01)  | FUS   | 20/12/2021 | Abu Dhabi                   |
| 100mNageLibre         | <b>00:57.62</b> | YasmeenBOUTOUIL (98)  | USCM  | 21/12/2014 | Chevreuse(France)           |
| 200mNageLibre         | <b>02:02.02</b> | Lina KHIYARA03)   | RAJA  | 25/11/2018 | Hasselt (Belgique)          |
| 400mNageLibre         | <b>04:16.17</b> | Sara ELBEKRI(87)  | RAJA  | 19/11/2011 | Saint-Dizier(France)        |
| 800mNageLibre         | <b>08:46.14</b> | Sara ELBEKRI(87)  | RAJA  | 18/11/2011 | Saint-Dizier(France)        |
| 1500mNageLibre        | <b>17:34.01</b> | MEQDAR MALAK(2007)  | FUS   | 17/03/2023 | Marrakech (Maroc)           |
| 50 m Dos              | <b>00:29.22</b> | Hiba FAHSI(01)  | OCK   | 14/12/2018 | Hangzhou (Chine)            |
| 100mDos               | <b>01:02.84</b> | Hiba FAHSI(01)  | OCK   | 30/12/2017 | Marrakech                   |
| 200mDos               | <b>02:15.95</b> | Hiba FAHSI (01)   | OC    | 26/01/2018 | Meknès                      |
| 50mBrasse             | <b>00:31.38</b> | Sara ELBEKRI(87)  | RAJA  | 04/12/2011 | Angers(France)              |
| 100mBrasse            | <b>01:06.50</b> | Sara ELBEKRI(87)  | RAJA  | 02/12/2011 | Angers(France)              |
| 200mBrasse            | <b>02:23.54</b> | Sara ELBEKRI(87)  | RAJA  | 03/12/2011 | Angers(France)              |
| 50mPapillon           | <b>00:28.11</b> | Imane EL BARODI(01)   | FUS   | 25/10/2021 | Abudhabi (UAE)              |
| 100mPapillon          | <b>01:02.58</b> | Sara ELBEKRI(87)  | RAJA  | 13/11/2011 | Compiègne(France)           |
| 200mPapillon          | <b>02:13.41</b> | Sara ELBEKRI(87)  | RAJA  | 19/11/2011 | Saint-Dizier(France)        |
| 100m4Nages            | <b>01:02.98</b> | Sara ELBEKRI(87)  | RAJA  | 16/12/2010 | Dubai (EmiratesArabesUnies) |
| 200m4Nages            | <b>02:15.39</b> | Sara ELBEKRI(87)  | RAJA  | 18/12/2010 | Dubai (EmiratesArabesUnies) |
| 400m4Nages            | <b>04:48.22</b> | Sara ELBEKRI (87)   | RAJA  | 15/12/2010 | Dubai (EmiratesArabesUnies) |
| Relais4x100mNageLibre | <b>04:05.50</b> | Doha FAHSI (01) - Mariem SELAFI<br>Hiba LAKNIT(01) –HibaFAHSI (01)              | OCK   | 27/01/2018 | Meknès                      |
| Relais4x200mNageLibre | <b>09:02.06</b> | GhitaASSOUAB (95)–Kenza ELMHAMEDI(99)<br>Kenza LAISSAOUI (97)–MeryemBADA(94)    | CODM  | 11/04/2015 | Meknès                      |
| Relais4x100m4Nages    | <b>04:32.79</b> | Sofia GARNOUSSI (06)- Malak MEQDAR(07)<br>Meryem BAHAJOUB(06)–Inass ALLAOUI(06) | MAROC | 27/10/2021 | Abudhabi (UAE)              |
| Relais4x50mNageLibre  | <b>01:54.61</b> | Sofia GARNOUSSI (06)- Malak MEQDAR(07)<br>Zineb ATILLAH(06)–Inass ALLAOUI(06)   | MAROC | 24/10/2021 | Abudhabi (UAE)              |
| Relais4x50m4Nages     | <b>02:08.66</b> | Sofia GARNOUSSI (06)- Malak MEQDAR(07)<br>Zineb ATILLAH(06)–Inass ALLAOUI(06)   | MAROC | 25/10/2021 | Abudhabi (UAE)              |

***TABLETTE DES RECORDS DU MAROC EN BASSIN DE 25 m***  
**MESSIEURS**

**Mise à jour du 21 - 07 - 2023**

| Épreuves              | Temps            | Noms & Prénoms   | Clubs      | Dates             | Lieux                        |
|-----------------------|------------------|--|------------|-------------------|------------------------------|
| 50mNageLibre          | <b>00:22.59</b>  | Souhail HAMOUCHANE (97)  | CODM       | 26/10/2021        | Abudhabi (UAE)               |
| 100 m NageLibre       | <b>00:48.58</b>  | Samy BOUTOUIL (2000)   | E. N.      | 06/11/2022        | Chartres (France)            |
| 200mNageLibre         | <b>01:49.90</b>  | Ali HEMRI (01)   | FUS        | 23/10/2021        | Cherbourg(France)            |
| 400mNageLibre         | <b>03:53.41</b>  | Ali HEMRI (01)   | FUS        | 07/11/2021        | Quebec (Canada)              |
| 800mNageLibre         | <b>08:11.47</b>  | Ali HEMRI (01)   | FUS        | 27/11/2021        | Quebec (Canada)              |
| 1500mNageLibre        | <b>15:50.09</b>  | Ali HEMRI (01)   | FUS        | 24/11/2019        | Quebec (Canada)              |
| 50mDos                | <b>00:25.10</b>  | DrissLAHRICHI (97)   | OCK        | 12/12/2019        | Angers (France)              |
| 100mDos               | <b>00 :53.68</b> | DrissLAHRICHI (97)   | OCK        | 13/12/2019        | Angers (France)              |
| 200mDos               | <b>01:57.67</b>  | DrissLAHRICHI (97)   | OCK        | 12/12/2019        | Angers (France)              |
| 50mBrasse             | <b>00:26.88</b>  | SamyBOUTOUIL (00)  | E. N.      | 06/11/2022        | Chartres (France)            |
| 100mBrasse            | <b>01:02.12</b>  | SamyBOUTOUIL (00)  | CODM       | 16/11/2018        | Montpellier(France)          |
| <b>200mBrasse</b>     | <b>02:19.43</b>  | <b>KZIBER BAKR (1998)</b>  | <b>FUS</b> | <b>16/07/2023</b> | <b>Salé (Maroc) - 25 m -</b> |
| 50mPapillon           | <b>00:24.59</b>  | Samy BOUTOUIL (00)   | CODM       | 12/12/2019        | Angers (France)              |
| 100mPapillon          | <b>00:53.93</b>  | Samy BOUTOUIL  | COD        | 20/12/2021        | Abu Dhabi                    |
| 200mPapillon          | <b>02:00.02</b>  | NouamaneBATAHI (94)  | CODM       | 18/11/2016        | Angers(France)               |
| 100m4Nages            | <b>00:54.55</b>  | SamyBOUTOUIL (00)  | E. N.      | 03/11/2022        | Chartres (France)            |
| 200m4Nages            | <b>02:03.59</b>  | MoradBERRADA(91)   | WAC        | 04/12/2011        | ANGERS(France)               |
| 400m4Nages            | <b>04:18.78</b>  | MoradBERRADA(91)   | WAC        | 03/12/2011        | ANGERS(France)               |
| Relais4x100mNageLibre | <b>03:39.41</b>  | KAMAL Hamza, SEBBATA Marwane,<br>BENMOUSSA Omar, ELFALLAKI ELACHRAFI             | E. N.      | 26/10/2021        | Abudhabi (UAE)               |
| Relais4x200mNageLibre | <b>07:48.34</b>  | SalaheddineARIGUI (94)–BakrKZIBER(98)<br>BadrBEN ASSILA (98) –Said SABER(95)     | AS.FAR     | 11/04/2015        | Meknès                       |
| Relais4x100m4Nages    | <b>03:47.77</b>  | DrissLAHRAICHI(97)– AhmedRedaENNAIM(96)<br>Said SABER(95) –SouhailHAMOUCHANE(97) | CODM       | 12/02/2017        | Meknès                       |
| Relais4x50m4Nages     | <b>01:51.91</b>  | Marwane SEBBATA(06)– Hamza KAMAL(06)<br>Omar BENMOUSSA(06)– Ilyas ELFALLAKI(06)  | MAROC      | 25/10/2021        | Abudhabi (UAE)               |
| Relais4x50mNageLibre  | <b>01:41.18</b>  | Marwane SEBBATA(06)– Hamza KAMAL(06)<br>Omar BENMOUSSA(06)– Ilyas ELFALLAKI(06)  | MAROC      | 24/10/2021        | Abudhabi (UAE)               |

# **TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50 m**

## **DAMES**

*Mise à jour du 27 Juin 2023*

| Épreuves              | Temps           | Noms & Prénoms   | Clubs | Dates      | Lieux                  |
|-----------------------|-----------------|--|-------|------------|------------------------|
| 50mNageLibre          | <b>00:26.81</b> | Noura MANA(97)   | CODM  | 01/07/2018 | Casablanca             |
| 100mNageLibre         | <b>00:58.30</b> | Sara ELBEKRI(87)   | RAJA  | 13/09/2010 | Casablanca             |
| 200mNageLibre         | <b>02:03.10</b> | SaraELBEKRI(87)  | RAJA  | 17/12/2011 | Doha(Qatar)            |
| 400mNageLibre         | <b>04:17.55</b> | SaraELBEKRI(87)  | RAJA  | 19/12/2011 | Doha(Qatar)            |
| 800mNageLibre         | <b>08:49.57</b> | SaraELBEKRI(87)  | RAJA  | 24/02/2012 | Bordeaux(France)       |
| 1500mNageLibre        | <b>17:04.85</b> | SaraELBEKRI(87)  | RAJA  | 17/02/2012 | Sarcelles(France)      |
| 50mDos                | <b>00:30.01</b> | HibaFAHSI(01)  | OCK   | 24/07/2018 | Alger                  |
| 100mDos               | <b>01:04.82</b> | HibaFAHSI(01)  | OCK   | 15/07/2018 | Tunis                  |
| 200mDos               | <b>02:20.73</b> | HibaFAHSI(01)  | OCK   | 23/07/2018 | Alger                  |
| 50mBrasse             | <b>00:31.54</b> | SaraELBEKRI(87)  | RAJA  | 22/04/2009 | Montpellier (France)   |
| 100mBrasse            | <b>01:08.21</b> | SaraELBEKRI(87)  | RAJA  | 29/07/2012 | Londres(GBR)           |
| 200mBrasse            | <b>02:25.86</b> | SaraELBEKRI(87)  | RAJA  | 01/08/2012 | Londres(GBR)           |
| 50mPapillon           | <b>00:27.96</b> | Imane Houda ELBARODI(01)   | FUS   | 23/06/2022 | Budapest (Hongrie)     |
| 100mPapillon          | <b>01:03.35</b> | SherazadeRAMONDHANNANE(90)   | WAC   | 22/05/2009 | ChalonsurSaone(France) |
| 200mPapillon          | <b>02:16.21</b> | SaraELBEKRI(87)  | RAJA  | 19/12/2011 | Doha(Qatar)            |
| 200m4Nages            | <b>02:17.24</b> | SaraELBEKRI(87)  | RAJA  | 17/12/2011 | Doha(Qatar)            |
| 400m4Nages            | <b>04:48.04</b> | SaraELBEKRI(87)  | RAJA  | 18/12/2011 | Doha(Qatar)            |
| Relais4x50mNageLibre  | <b>01:59.25</b> | ImaneBOULAAMANE(89)–MarwaBOULAAMANE(93)<br>LiliaKARAKCHOU(92) –Kenza LYAGOUBI(94)  | CNJ   | 19/07/2008 | Rabat                  |
| Relais4x100mNageLibre | <b>04:00.33</b> | ImaneHibaELBARODI(01)–NouraMANA (97)<br>HibaFAHSI (01)–YassmeenBOUTOUIL(98)        | E.N   | 15/07/2018 | Tunis                  |
| Relais4x200mNageLibre | <b>08:43.40</b> | RaniaELABDI(94)- SherazadeRAMONDHANNANE (90)<br>NoufissaCHBIHI(90)–SaraELBEKRI(87) | E.N   | 13/09/2010 | Casablanca             |
| Relais4x50m4Nages     | <b>02:14.74</b> | ImaneBOULAAMANE(89)–GhitaBOUKHARI(89)Lilia<br>KARAKCHOU(92)–KenzaLYAGOUBI(94)      | CNJ   | 19/07/2008 | Rabat                  |
| Relais4x100m4Nages    | <b>04:22.21</b> | ImaneBOULAAMANE(89)–SaraELBEKRI (87)<br>NoufissaCHBIHI (90)–MarwaELBANAR (85)      | E.N   | 17/12/2011 | Doha(Qatar)            |

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50 m MESSIEURS

Mise à jour du 10 Novembre 2022

| Épreuves              | Temps            | Noms & Prénoms   | Clubs | Dates      | Lieux               |
|-----------------------|------------------|--|-------|------------|---------------------|
| 50mNageLibre          | <b>00 :22.90</b> | Souhail HAMOUCHANE(97)   | CODM  | 06/08/2017 | Casablanca          |
| 100mNageLibre         | <b>00 :50.14</b> | Samy BOUTOUIL (00)   | CODM  | 07/04/2022 | LIMOGES (France)    |
| 200mNageLibre         | <b>01 :51.70</b> | HEMRI ALI  | FUS   | 06/08/2022 | Casablanca          |
| 400mNageLibre         | <b>04 :01.79</b> | HEMRI ALI  | FUS   | 08/05/2022 | Casablanca          |
| 800mNageLibre         | <b>08 :25.83</b> | Said SABER(95)   | CODM  | 07/04/2016 | DUBAÏ               |
| 1500mNageLibre        | <b>16'12''39</b> | CHAHINE SAID   | USCM  | 24/08/2022 | Tunis (TUNISIE)     |
| 50mDos                | <b>00:25.39</b>  | Driss LAHRICHI (97)  | OCK   | 05/03/2022 | Sherbrooke (Canada) |
| 100mDos               | <b>00:55.04</b>  | DrissLAHRICHI (97)   | OCK   | 04/03/2022 | Sherbrooke (Canada) |
| 200mDos               | <b>02 :00.74</b> | DrissLAHRICHI (97)   | OCK   | 05/03/2022 | Sherbrooke (Canada) |
| 50mBrasse             | <b>00 :28.22</b> | Samy BOUTOUIL (00)   | E. N. | 20/06/2022 | Budapest (Hongrie)  |
| 100mBrasse            | <b>01'05''85</b> | FAWZI AMINE(86)  | USCM  | 28/07/2013 | Casablanca          |
| 200mBrasse            | <b>02 :23.53</b> | ENNAIMAhmed Reda(96)   | CODM  | 22/05/2016 | Casablanca          |
| 50mPapillon           | <b>00 :24.11</b> | YusufTIBAZI(96)  | RAJA  | 13/09/2018 | Alger               |
| 100mPapillon          | <b>00 :53.89</b> | YusufTIBAZI(96)  | RAJA  | 22/08/2019 | Casablanca          |
| 200mPapillon          | <b>02 :02.49</b> | Said saber(96)   | CNN   | 14/09/2018 | Alger               |
| 200m4Nages            | <b>02'05''35</b> | BERRADA MORAD(91)  | WAC   | 21/12/2011 | DOHA(Qatar)         |
| 400m4Nages            | <b>04'25''58</b> | BERRADA MORAD(91)  | WAC   | 18/03/2012 | DUNKERQUE(France)   |
| Relais4x50mNageLibre  | <b>01'43''53</b> | HAFDI YOUSSEF(86)-GUEROUANI ALAE(83)<br>ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)          | E.N   | 22/12/2001 | Casablanca          |
| Relais4x100mNageLibre | <b>03:25.92</b>  | Souhail HAMMOUCHANE – Merwane EL MRINI<br>Driss LAHRICHI – Samy Mohamed BOUTOUIL | E.N   | 21/08/2019 | Casablanca          |
| Relais4x200mNageLibre | <b>07 :46.58</b> | Adil ASOUAB - Abdeljabbar REGRAGUI<br>Youssef HEMRI – Ali HEMRI                  | EN    | 05/08/2018 | Casablanca          |
| Relais4x50m4Nages     | <b>01'54''46</b> | HAFDI YOUSSEF(86)-GUEROUANI ALAE(83)<br>ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)          | E.N   | 22/12/2001 | Casablanca          |
| Relais4x100m4Nages    | <b>03 :48.82</b> | LAHRICHI Driss(97)-Yusuf TIBAZI<br>Adam SAJID – Seamy Mohamed BOUTOUIL           | E.N   | 24/08/2019 | Casablanca          |