

TABLETTE DES PERFORMANCES

** BENJAMINES **

Mise à jour du 27 Juillet 2016

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	00 :29.30	DIOURI RIM (00)	CODM	17/03/2013	Meknès – 25 m
100m Nage libre	01 :03.52	Yasmeen BOUTOUIL (98)	USCM	09/07/2011	Meknès – 25 m
200m Nage libre	02:20.07	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
400m Nage libre	04 :49.81	ZERAIDI KENZA (02)	AS.FAR	01/03/2015	SERAING (Belgique) - 50m
800m Nage libre	10 :13.13	Taghrid DAHBANI (03)	RCA	06/03/2016	FONTAINE (France) - 25m
1500m Nage libre	19 :52.75	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
50m Dos	00'33"45	Oumayma ETTALBI (03)	CODM	11/06/2016	Meknès – 25 m
100m Dos	01'09"96	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) -25m
200m Dos	02'33"10	ZERAIDI KENZA (02)	AS.FAR	04/07/2015	ALEXANDROUPOLI (Grece) - 50m
50m Brasse	00'35"67	LAKNIT HIBA (02)	CODM	19/04/2015	MEKNES (Maroc) -25m
100m Brasse	01'17"60	LAKNIT HIBA (02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece) - 50m
200m Brasse	02'56"14	LAKNIT HIBA (02)	CODM	04/04/2015	DUBAI (EAU) - 50m
50m Papillon	00: 31.56	Taghrid DAHBANI (03)	RCA	27/03/2016	Casablanca - 50m
100m Papillon	01:12.06	Taghrid DAHBANI (03)	RCA	02/07/2016	Béthune (France) – 50m
200m Papillon	02 :41.10	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
100m 4Nages	01'13"54	DIOURI RIM (00)	CODM	28/04/2013	MEKNES (Maroc) -25m
200m 4Nages	02'33"58	EL ABBARI HAFSA (02)	OCK	07/06/2015	RABAT (Maroc) - 25m
400m 4Nages	05 :35.31	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
Relais 4x50m Nage libre	02'04"83	SALEK HOUDA (97) - EL MASNAOUI NARJISE (97) SALEK FADWA (97) - EL MASNAOUI YASMINE	USCM	11/07/2010	MEKNES -25m
Relais 4x100m Nage libre	04'29"39	DAHBANI TAGHRID (03) - ZERAIDI KENZA (02) ETTALBI OUMAIMA (03) - LAKNIT HIBA (02)	EN	04/04/2015	DUBAI (EAU) - 50m
Relais 4x50m 4Nages	02'21"25	EL MASNAOUI NARJISE (97) - SALEK HOUDA (97) SALEK FADWA (97) - EL MASNAOUI YASMINE	USCM	16/05/2010	KENITRA - 25m
Relais 4x100m 4Nages	05'00"31	ZERAIDI KENZA (02) - LAKNIT HIBA (02) DAHBANI TAGHRID (03) - ETTALBI OUMAIMA	EN	04/04/2015	DUBAI (EAU) - 50m