

## CHAMPIONNATS DU MAROC RELAIS OPEN - 06/07/2019 - CASABLANCA - Grand bassin

## 30. 4 x 100 m 4 NAGES DAMES

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m
1.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	4:43.46	548		
	Nada JALAL	MAR	2004			548		
	Soraya ABBADI	MAR	2003			548		
	Lina KHIYARA	MAR	2003			548		
2.	Nissrine BOURBOUH	MAR	2001	FUS	4:45.69	535		
	Malak BOUSSOUF	MAR	2004			535		
	Narjiss BOURBOUH	MAR	2001			535		
	Nour DRISSI HASSANI	MAR	1998			535		
3.	Yasmeen BOUTOUIL	MAR	1998	CODM	4:57.78	473		
	Meryem AIT BENALI	MAR	2004			473		
	Malak DARKAOUI	MAR	2005			473		
	Noura MANA	MAR	1997			473		
4.	Illi BELHOCINE	MAR	2005	WAC	5:00.28	461		
	Sherine BOUFTINI	MAR	2005			461		
	Sawsane EL GAMAH	MAR	2005			461		
	Nisrine FIRAS	MAR	2004			461		
5.	Hafssa AMMOUMOU	MAR	2003	ADM	5:21.56	375		
	Salma EL YOUSFI	MAR	2002			375		
	Keltoum GOURRAM	MAR	2003			375		
	Samia MAHASSINE	MAR	2003			375		
6.	Doha TABERKANT	MAR	2004	SNF	5:21.74	375		
	Sofia SAIDI	MAR	2005			375		
	Chahd ALAMI	MAR	2004			375		
	Rim IDRISSE ROCHI ISSI	MAR	2005			375		

F.R.M.N.

## CHAMPIONNATS DU MAROC RELAIS OPEN - 06/07/2019 - CASABLANCA - Grand bassin

**29. 4 x 100 m 4 NAGES MESSIEURS**

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m
1.	Driss LAHRICHI	MAR	1997	CODM	4:04.10	612		
	Ahmed Reda ENNAIM	MAR	1996			612		
	Samy BOUTOUIL	MAR	2000			612		
	Souhail HAMOUCHANE	MAR	1997			612		
2.	Ali MSOUGAR	MAR	2001	FUS	4:18.90	513		
	Youssef HEMRI	MAR	2001			513		
	Mohamed Yassine BENSALAH	MAR	2002			513		
	Ali HEMRI	MAR	2001			513		
3.	Ismail EL YOUSFI	MAR	2004	RAJA NAT	4:24.92	479		
	Almehdi EL BOUHTOURI	MAR	1995			479		
	ilyas LAGSSAIBI	MAR	2004			479		
	Ilias EDDARI	MAR	2004			479		
4.	Ayman MEFETTAR	MAR	2003	SNF	4:32.52	440		
	Youssef KADIRI HASSANI	MAR	2003			440		
	Adnane BENADADA	MAR	2003			440		
	Anass KEMMOUNE	MAR	2003			440		
5.	Soufiane AZFAR	MAR	2004	USF	4:36.68	420		
	Ismail DEQQAOUI	MAR	2005			420		
	Mohammed MOUISSE	MAR	2004			420		
	Saad YASSIRI	MAR	2005			420		

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**26. 50 m BRASSE DAMES**

Record MAROC 31.54 établi par Sara EL BEKRI (RAJA NAT) le 22/04/2009 à MONTPELLIER (FRANCE)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Imane Houda EL BARODI	MAR	2001	USCM	34.17	666
2.	Hiba LAKNIT	MAR	2002	OCK	34.66 (0.69)	638
3.	Sawsane EL GAMAH	MAR	2005	WAC	37.05 (0.63)	522
4.	Aya ICHOU	MAR	2004	RAJA NAT	37.76 (0.89)	493
5.	Fatima Zahra MOUKTADIR	MAR	2004	WAC	37.86 (0.79)	489
6.	Malak DARKAOUI	MAR	2005	CODM	37.88 (0.78)	489
7.	Zineb ZOUHAIRI	MAR	1997	RAJA NAT	38.26	474
8.	Meryem AIT BENALI	MAR	2004	CODM	38.61 (0.73)	461

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**25. 50 m BRASSE MESSIEURS**

Record MAROC 28.95 établi par Ahmed Yassine FLIYOU (RAJA NAT) le 06/05/2018 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Samy BOUTOUIL	MAR	2000	CODM	29.30	754
2.	Ahmed Reda ENNAIM	MAR	1996	CODM	30.10 (0.73)	695
3.	Ahmed Yassine FLIYOU	MAR	2001	RAJA NAT	30.18 (0.80)	690
4.	Adam CHAJID	MAR	2001	WAC	30.47 (0.75)	670
5.	Abdelkrim ESSABIHI EDDAFALI	MAR	1999	ADM	30.91 (0.70)	642
5.	Nader ELBECHARI	MAR	1995	CODM	30.91 (0.68)	642
7.	Younes REDA	MAR	2002	WAC	31.92	583
NC.	Anas OUGOUIS	MAR	2001	OCC	Frfr n.d.	

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**22. 50 m PAPILLON DAMES**

Record MAROC 28.69 établi par Imane Houda EL BARODI (USCM) le 11/09/2018 à ALGER

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Imane Houda EL BARODI	MAR	2001	USCM	29.01	597
2.	Narjiss BOURBOUH	MAR	2001	FUS	30.09 (0.72)	535
3.	Sawsane EL GAMAH	MAR	2005	WAC	30.35 (0.66)	521
4.	Soraya ABBADI	MAR	2003	RAJA NAT	30.37 (0.64)	520
5.	Taghrid DAHBANI	MAR	2003	FUS	30.46 (0.75)	516
6.	Hiba LAKNIT	MAR	2002	OCK	30.54 (0.64)	512
7.	Hiba RMILI	MAR	2000	OCK	31.21 (0.75)	479
NC.	Hafsa EL ABBARI	MAR	2002	OCK	Frfr n.d.	

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**21. 50 m PAILLON MESSIEURS**

Record MAROC 24.11 établi par Yusuf TIBAZI (RAJA NAT) le 13/09/2018 à ALGER

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Souhail HAMOUCHANE	MAR	1997	CODM	25.46 (0.66)	684
2.	Nader ELBECHARI	MAR	1995	CODM	25.93	647
3.	Ayman HARRATH	MAR	1997	RAJA NAT	26.47 (0.71)	608
3.	Younes REDA	MAR	2002	WAC	26.47 (0.62)	608
5.	Abdeljabbar REGRAGUI	MAR	2001	CODM	26.54 (0.65)	603
6.	Med Yassine BOUKHARI	MAR	2001	FUS	27.07 (0.76)	569
7.	Adam SEDDOUK	MAR	2003	CODM	27.45	545
8.	Abdelkrim ESSABIHI EDDAFALI	MAR	1999	ADM	27.82 (0.67)	524

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**28. 200 m NAGE LIBRE DAMES**

Record MAROC 2:03.10 établi par Sara EL BEKRI (RAJA NAT) le 17/12/2011 à DOHA (QATAR)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Lina KHIYARA	MAR	2003	RAJA NAT	2:09.75	660	29.97	1:02.47	1:35.97
2.	Noura MANA	MAR	1997	CODM	2:14.77 (0.68)	589	30.73	1:04.12	1:38.61
3.	Maha BASKACH	MAR	2005	USCM	2:15.44	580	31.74	1:06.23	1:41.64
4.	Inass RACHIDI	MAR	2005	RAJA NAT	2:15.60 (0.64)	578	32.64	1:07.74	1:42.27
5.	Soraya ABBADI	MAR	2003	RAJA NAT	2:15.78 (0.66)	576	31.79	1:06.29	1:41.66
6.	Lina DANNA	MAR	2005	USCM	2:16.79 (0.90)	563	31.63	1:06.14	1:42.12
7.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	2:16.99	561	30.65	1:05.76	1:42.69
8.	Douaa EDDAHBI	MAR	2005	TSC	2:17.03	560	31.95	1:06.75	1:42.45

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**27. 200 m NAGE LIBRE MESSIEURS**

Record MAROC 1:52.72 établi par Morad BERRADA (WAC) le 18/12/2011 à DOHA (QATAR)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Driss LAHRICHI	MAR	1997	CODM	1:54.30 (0.70)	710	26.39	54.48	1:24.36
2.	Ali HEMRI	MAR	2001	FUS	1:55.50	688	27.91	57.05	1:26.52
3.	Youssef HEMRI	MAR	2001	FUS	1:58.10 (0.81)	644	28.42	58.84	1:28.95
4.	Adil ASSOUB	MAR	1992	CODM	1:58.72	634	27.49	57.53	1:28.52
5.	Ali MSOUGAR	MAR	2001	FUS	2:00.77 (0.63)	602	29.69	59.96	1:30.46
6.	Yasser BENCHEBBA	MAR	2004	FUS	2:05.15	541	28.68	1:00.30	1:33.22
7.	Aymenn Mohammed AKACHKACHI	MAR	2004	SNF	2:05.32 (0.70)	539	28.44	59.96	1:32.75
8.	Samy BOUTOUIL	MAR	2000	CODM	2:12.93 (0.66)	451	29.93	1:02.36	1:37.36



## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**24. 400 m 4 NAGES DAMES**

Record MAROC 4:48.04 établi par Sara EL BEKRI (RAJA NAT) le 18/12/2011 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m	200m	250m	300m	350m
<b>FINALE A</b>													
1.	Taghrid DAHBANI	MAR	2003	FUS	5:21.47	582	32.27	1:10.94	1:54.14	2:35.35	3:21.71	4:08.20	4:45.73
2.	Nada JALAL	MAR	2004	RAJA NAT	5:24.79 (0.56)	564	34.62	1:14.79	1:56.67	2:37.56	3:23.28	4:10.37	4:48.06
3.	Malak DARKAOUI	MAR	2005	CODM	5:35.89 (0.80)	510	35.31	1:16.25	2:03.60	2:48.89	3:33.41	4:17.25	4:55.36
4.	Aicha EL BEKALI	MAR	2004	ADM	5:39.86	492	35.05	1:17.69	2:03.57	2:47.89	3:37.03	4:26.28	5:04.56
5.	Hind DOUHA	MAR	2005	RAJA NAT	5:40.93 (0.85)	488	36.10	1:19.07	2:04.98	2:48.51	3:36.72	4:25.71	5:04.57
6.	Nissrine BOURBOUH	MAR	2001	FUS	5:51.29	446	35.13	1:16.56	2:01.70	2:44.45	3:37.01	4:29.99	5:10.83
7.	Maryem DAGRI	MAR	2005	USCM	5:51.94	443	35.70	1:18.53	2:07.39	2:54.40	3:44.53	4:35.37	5:14.73
8.	Oumnia SEBBATA	MAR	2005	USCM	5:52.26 (0.69)	442	36.15	1:20.65	2:08.77	2:55.10	3:45.03	4:35.16	5:14.51

## CHAMPIONNATS DU MAROC M/C/J/S - 06/07/2019 - CASABLANCA - Grand bassin

**23. 400 m 4 NAGES MESSIEURS**

Record MAROC 4:25.58 établi par Morad BERRADA (WAC) le 18/03/2012 à DUNKERQUE (FRANCE)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m	200m	250m	300m	350m
<b>FINALE A</b>													
1.	Youssef HEMRI	MAR	2001	FUS	4:53.14	575	29.99	1:04.01	1:44.20	2:23.18	3:05.62	3:47.98	4:22.33
2.	Hamza BENHLIMA	MAR	2004	USCM	4:55.70 (0.76)	560	31.47	1:07.49	1:46.60	2:23.46	3:07.31	3:51.05	4:24.73
3.	Mohamed Yassine BENSALAH	MAR	2002	FUS	4:55.75 (0.82)	560	29.62	1:03.83	1:44.12	2:22.74	3:07.12	3:50.62	4:24.52
4.	Ayman EL MECHRAFI	MAR	2002	USCM	5:03.42 (0.69)	519	30.52	1:06.64	1:47.89	2:27.45	3:08.97	3:52.11	4:28.48
5.	Idriss AZHAR	MAR	2003	RAJA NAT	5:04.56	513	30.27	1:05.55	1:47.36	2:26.36	3:11.71	3:57.19	4:33.38
6.	CHAHINE SAID	MAR	2005	USCM	5:05.29 (1.08)	509	31.06	1:07.83	1:49.57	2:30.15	3:13.51	3:57.62	4:32.01
NC.	Mohamed Amine CHANNANI	MAR	2002	CSE	Frf n.d.								
NC.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	Frf n.d.								

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**1. 50 m NAGE LIBRE DAMES**

Record MAROC 26.81 établi par Noura MANA (CODM) le 01/07/2018 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Imane Houda EL BARODI	MAR	2001	USCM	27.55	639
2.	Noura MANA	MAR	1997	CODM	27.56 (0.68)	638
3.	Yasmeen BOUTOUIL	MAR	1998	CODM	28.27 (0.66)	591
4.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	28.29 (0.66)	590
5.	Maha BASKACH	MAR	2005	USCM	28.47 (0.79)	579
6.	Nour DRISSI HASSANI	MAR	1998	FUS	28.82 (0.72)	558
7.	Hiba CHOUAIBI	MAR	2004	USCM	29.49	521
8.	Maroua LAISSAOUI	MAR	2004	CODM	31.55 (0.87)	425

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**1. 50 m NAGE LIBRE DAMES**

Record MAROC 26.81 établi par Noura MANA (CODM) le 01/07/2018 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Imane Houda EL BARODI	MAR	2001	USCM	27.55	639
2.	Noura MANA	MAR	1997	CODM	27.56 (0.68)	638
3.	Yasmeen BOUTOUIL	MAR	1998	CODM	28.27 (0.66)	591
4.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	28.29 (0.66)	590
5.	Maha BASKACH	MAR	2005	USCM	28.47 (0.79)	579
6.	Nour DRISSI HASSANI	MAR	1998	FUS	28.82 (0.72)	558
7.	Hiba CHOUAIBI	MAR	2004	USCM	29.49	521
8.	Maroua LAISSAOUI	MAR	2004	CODM	31.55 (0.87)	425

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**2. 50 m NAGE LIBRE MESSIEURS**

Record MAROC 22.35 établi par Mehdi AYOUBI (CODM) le 04/08/2017 à MONTREAL

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Souhail HAMOUCHANE	MAR	1997	CODM	23.52 (0.64)	703
2.	Merwane EL MERINI	MAR	1997	RAJA NAT	23.66 (0.61)	690
3.	Samy BOUTOUIL	MAR	2000	CODM	23.95	665
4.	Nader ELBECHARI	MAR	1995	CODM	24.09 (0.66)	654
5.	Ali MSOUGAR	MAR	2001	FUS	24.49 (0.65)	622
6.	Ali HEMRI	MAR	2001	FUS	24.54 (0.74)	619
7.	Ayman HARRATH	MAR	1997	RAJA NAT	25.10	578
8.	Hamza DAHBI SKALI	MAR	1998	CSN	25.22 (0.71)	570

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**6. 100 m PAILLON MESSIEURS**

Record MAROC 53.91 établi par Yusuf TIBAZI (RAJA NAT) le 01/05/2016 à FRAN (CRIPPN) (USA)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Samy BOUTOUIL	MAR	2000	CODM	54.97	744	25.71
2.	Younes REDA	MAR	2002	WAC	1:00.62 (0.57)	555	27.87
3.	Hicham TIJARI	MAR	1998	FUS	1:00.74 (0.65)	551	28.08
4.	Mohamed Yassine BENSALAH	MAR	2002	FUS	1:00.94 (0.70)	546	28.50
5.	Nader ELBECHARI	MAR	1995	CODM	1:01.79	524	26.59
6.	Hamza DAHBI SKALI	MAR	1998	CSN	1:01.89	521	28.57
7.	Monssif Hamza TIJARI	MAR	2002	CODM	1:01.95 (0.77)	520	29.04
8.	Zakariae AMALI	MAR	2003	CODM	1:02.63 (0.70)	503	28.95

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**3. 200 m DOS DAMES**

Record MAROC 2:20.73 établi par Hiba FAHSI (OCK) le 23/07/2018 à ALGER

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Hiba FAHSI	MAR	2001	OCK	2:28.33 (0.66)	585	34.42	1:11.38	1:49.37
2.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	2:32.05 (0.66)	543	35.14	1:13.01	1:52.82
3.	Noura MANA	MAR	1997	CODM	2:35.95 (0.62)	503	35.88	1:14.60	1:55.17
4.	Hiba CHOUAIBI	MAR	2004	USCM	2:37.76 (0.82)	486	35.92	1:15.37	1:57.31
5.	Nour DRISSI HASSANI	MAR	1998	FUS	2:39.73 (0.76)	468	37.55	1:17.03	1:57.41
6.	Jennate RIMI	MAR	2005	FUS	2:40.24 (0.73)	464	38.06	1:19.03	2:00.04
7.	Ibtissam RACHID	MAR	2004	RAJA NAT	2:40.28 (0.83)	463	37.88	1:19.21	2:00.71
8.	Douaa EDDAHBI	MAR	2005	TSC	2:41.51 (0.81)	453	38.96	1:20.21	2:01.66

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

## 4. 200 m DOS MESSIEURS

Record MAROC 2:05.25 établi par Driss LAHRICHI (CODM) le 22/05/2018 à FRANCE

*NRN = Nouveau record National*

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Driss LAHRICHI	MAR	1997	CODM	2:04.92 (0.68) NRN	719	28.69	59.81	1:32.85
2.	Adil ASSOUAB	MAR	1992	CODM	2:09.95 (0.76)	638	29.48	1:01.74	1:35.51
3.	Abdeljabbar REGRAGUI	MAR	2001	CODM	2:13.30 (0.68)	591	30.71	1:03.72	1:38.54
4.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	2:17.13 (0.62)	543	32.24	1:06.05	1:41.74
5.	Ismail ES SAMLALI	MAR	2002	OCK	2:20.30 (0.63)	507	32.23	1:06.91	1:43.16
6.	Walid BOUFTINI	MAR	2003	WAC	2:20.88 (0.79)	501	33.61	1:09.22	1:45.69
7.	Idriss AZHAR	MAR	2003	RAJA NAT	2:23.76 (0.73)	471	33.51	1:09.76	1:48.13
8.	Ismail EL YOUSFI	MAR	2004	RAJA NAT	2:25.92 (0.73)	451	34.21	1:10.49	1:48.58



## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

## 7. 200 m 4 NAGES DAMES

Record MAROC 2:17.24 établi par Sara EL BEKRI (RAJA NAT) le 22/12/2011 à DOHA (QATAR)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Lina KHIYARA	MAR	2003	RAJA NAT	2:32.04	571	31.99	1:11.07	1:58.32
2.	Hiba LAKNIT	MAR	2002	OCK	2:33.14 (0.69)	559	32.72	1:15.48	1:57.89
3.	Malak DARKAOUI	MAR	2005	CODM	2:34.07 (0.82)	548	33.91	1:17.35	1:59.29
4.	Oumnia SEBBATA	MAR	2005	USCM	2:37.06	518	33.85	1:15.40	2:01.19
5.	Hind DOUHA	MAR	2005	RAJA NAT	2:37.82 (0.87)	510	34.73	1:17.06	2:02.05
6.	Malak BOUSSOUF	MAR	2004	FUS	2:42.23 (0.80)	470	34.30	1:18.14	2:05.08
7.	Narjiss BOURBOUH	MAR	2001	FUS	2:58.12	355	32.55	1:18.08	2:12.91
NC.	Hafsa EL ABBARI	MAR	2002	OCK	Abandon (0.74)	0			

## CHAMPIONNATS DU MAROC M/C/J/S - 04/07/2019 - CASABLANCA - Grand bassin

**8. 200 m 4 NAGES MESSIEURS**

Record MAROC 2:05.35 établi par Morad BERRADA (WAC) le 21/12/2011 à DOHA (QATAR)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Youssef HEMRI	MAR	2001	FUS	2:12.06	649	27.73	1:00.72	1:41.72
2.	Abdeljabbar REGRAGUI	MAR	2001	CODM	2:12.57 (0.70)	642	27.24	1:01.34	1:41.33
3.	Adam CHAJID	MAR	2001	WAC	2:13.24 (0.74)	632	28.51	1:05.34	1:42.66
4.	Mohamed Amine CHANNANI	MAR	2002	CSE	2:20.09 (0.66)	544	29.04	1:08.50	1:47.35
5.	Ayman EL MECHRAFI	MAR	2002	USCM	2:20.21	542	30.02	1:08.41	1:48.16
6.	Idriss AZHAR	MAR	2003	RAJA NAT	2:20.81	535	29.63	1:07.77	1:49.37
7.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	2:23.37 (0.63)	507	31.02	1:07.39	1:49.26
8.	Hamza BENHLIMA	MAR	2004	USCM	2:40.16 (0.78)	364	33.20	1:15.11	2:02.58

## CHAMPIONNATS DU MAROC RELAIS OPEN - 05/07/2019 - CASABLANCA - Grand bassin

## 19. 4 x 100 m NAGE LIBRE DAMES

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m
1.	Hind DOUHA	MAR	2005	RAJA NAT	4:10.70	596		
	Nada JALAL	MAR	2004			596		
	Aya ICHOU	MAR	2004			596		
	Ibtissam RACHID	MAR	2004			596		
2.	Maha BASKACH	MAR	2005	USCM	4:11.54	590		
	Lina DANNA	MAR	2005			590		
	Hiba BOURZINE	MAR	2004			590		
	Imane Houda EL BARODI	MAR	2001			590		
3.	Atar IDRISSE	MAR	2001	OCK	4:13.96	573		
	Mariam SELLAFI	MAR	2002			573		
	Hafsa EL ABBARI	MAR	2002			573		
	Hiba LAKNIT	MAR	2002			573		
4.	Nour DRISSE HASSANI	MAR	1998	FUS	4:14.61	569		
	Abrare BELRHITI	MAR	2004			569		
	Taghrid DAHBANI	MAR	2003			569		
	Narjiss BOURBOUH	MAR	2001			569		
5.	Noura MANA	MAR	1997	CODM	4:20.05	534		
	Malak DARKAOUI	MAR	2005			534		
	Hajar SABER	MAR	2003			534		
	Yasmeen BOUTOUIL	MAR	1998			534		
6.	Sherine BOUFTINI	MAR	2005	WAC	4:27.05	493		
	Nisrine FIRAS	MAR	2004			493		
	Sawsane EL GAMAH	MAR	2005			493		
	Illi BELHOCINE	MAR	2005			493		
7.	Hiba SOUIHEL	MAR	2003	ADM	4:32.90	462		
	Nora RGUIB	MAR	2003			462		
	Keltoum GOURRAM	MAR	2003			462		
	Aicha EL BEKALI	MAR	2004			462		
8.	Rim IDRISSE ROCHI ISSI	MAR	2005	SNF	4:49.61	386		
	Malak LAMHITI	MAR	2004			386		
	Doha TABERKANT	MAR	2004			386		
	Chahd ALAMI	MAR	2004			386		
NC.	Rima EL BROUZI	MAR	2003	TSC	Dsq Rel	0		
	Iness LAKRADI	MAR	2005			0		
	Ines EL AZHAR	MAR	2004			0		

F.R.M.N.

## CHAMPIONNATS DU MAROC RELAIS OPEN - 05/07/2019 - CASABLANCA - Grand bassin

**19. 4 x 100 m NAGE LIBRE DAMES**

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m
	Sara MAKY	MAR	2004	TSC		0		

## CHAMPIONNATS DU MAROC RELAIS OPEN - 05/07/2019 - CASABLANCA - Grand bassin

## 20. 4 x 100 m NAGE LIBRE MESSIEURS

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m
1.	Karim JENNANE	MAR	2004	CODM	3:34.31	677		
	Anas BOUHAMIDI ALAOUI	MAR	2004			677		
	Youssef IDRISSE	MAR	2005			677		
	Salim FRIKECH	MAR	2004			677		
2.	Younes BERRADA	MAR	2004	FUS	3:46.87	571		
	Sami KASMI	MAR	2005			571		
	Yassir EL MADANI	MAR	2005			571		
	Liam OUARDI	MAR	2004			571		
3.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	3:53.74	522		
	ilyas LAGSSAIBI	MAR	2004			522		
	Ilias EDDARI	MAR	2004			522		
	Ismail EL YOUSFI	MAR	2004			522		
4.	Ayman MEFETTAR	MAR	2003	SNF	3:58.37	492		
	Anass KEMMOUNE	MAR	2003			492		
	Aymenn Mohammed AKACHKACHI	MAR	2004			492		
	Adnane BENADADA	MAR	2003			492		
5.	Abdellah KHARKHACH	MAR	2001	USF	4:04.41	456		
	Walid DEQQAOU	MAR	2003			456		
	Driss BENCHEIKH	MAR	2001			456		
	Omar FILALI	MAR	2001			456		
6.	Ei Mehdi LAANAYA	MAR	2003	TSC	4:13.72	408		
	Mohamed Reda MAMI	MAR	2002			408		
	Akram AYOUCI	MAR	2004			408		
	Ilyas LARABI	MAR	2004			408		

F.R.M.N.

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**13. 50 m DOS DAMES**

Record MAROC 30.01 établi par Hiba FAHSI (OCK) le 24/07/2018 à ALGER

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Noura MANA	MAR	1997	CODM	32.16 (0.61)	595
2.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	32.74 (0.60)	564
3.	Yasmeen BOUTOUIL	MAR	1998	CODM	32.95 (0.69)	554
4.	Nissrine BOURBOUH	MAR	2001	FUS	32.97 (0.74)	553
5.	Hiba CHOUAIBI	MAR	2004	USCM	33.19 (0.78)	542
6.	Nour DRISSI HASSANI	MAR	1998	FUS	33.48 (0.75)	528
7.	Jennate RIMI	MAR	2005	FUS	34.42 (0.67)	486
TLD.	Narjiss BOURBOUH	MAR	2001	FUS	44.27 (0.80)	228

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**14. 50 m DOS MESSIEURS**

Record MAROC 25.93 établi par Driss LAHRICHI (CODM) le 16/04/2019 à RENNES (FRANCE)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts
<b>FINALE A</b>						
1.	Driss LAHRICHI	MAR	1997	CODM	26.40 (0.68)	755
2.	Merwane EL MERINI	MAR	1997	RAJA NAT	27.65 (0.62)	657
3.	Adil ASSOUB	MAR	1992	CODM	27.93 (0.71)	638
4.	Abdeljabbar REGRAGUI	MAR	2001	CODM	28.07 (0.66)	628
5.	Souhail HAMOUCHANE	MAR	1997	CODM	28.38 (0.68)	608
6.	Ismail ES SAMLALI	MAR	2002	OCK	29.31 (0.61)	552
7.	Salim FRIKECH	MAR	2004	CODM	29.96 (0.73)	516
8.	Abdelmoughit MAMDOUH	MAR	2002	ADM	30.77 (0.77)	477

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**17. 100 m BRASSE DAMES**

Record MAROC 1:08.21 établi par Sara EL BEKRI (RAJA NAT) le 29/07/2012 à LONDRES

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Imane Houda EL BARODI	MAR	2001	USCM	1:14.88	634	34.78
2.	Hiba LAKNIT	MAR	2002	OCK	1:15.52 (0.67)	618	34.99
3.	Malak DARKAOUI	MAR	2005	CODM	1:19.54 (0.73)	529	37.80
4.	Fadwa FIDADI	MAR	1999	KACM	1:23.59 (0.70)	456	37.82
5.	Fatima Zahra MOUKTADIR	MAR	2004	WAC	1:23.87	451	38.09
6.	Malak BOUSSOUF	MAR	2004	FUS	1:25.21 (0.88)	430	39.43
7.	Meryem AIT BENALI	MAR	2004	CODM	1:26.88	406	39.62
8.	Nada JALAL	MAR	2004	RAJA NAT	1:27.89 (0.58)	392	40.69



## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**18. 100 m BRASSE MESSIEURS**

Record MAROC 1:05.85 établi par Amine FAWZI (USCM) le 28/07/2013 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Samy BOUTOUIL	MAR	2000	CODM	1:06.09 (0.70)	692	30.72
2.	Adam CHAJID	MAR	2001	WAC	1:06.26	686	31.14
3.	Ahmed Reda ENNAIM	MAR	1996	CODM	1:06.70 (0.75)	673	31.02
4.	Abdelkrim ESSABIHI EDDAFALI	MAR	1999	ADM	1:07.59 (0.74)	647	32.16
5.	Ahmed Yassine FLIYOU	MAR	2001	RAJA NAT	1:11.18 (0.66)	554	32.69
6.	Azzedine EL BADRE	MAR	2003	CSE	1:11.78	540	32.92
7.	Khalil ISMAILI	MAR	1998	CODM	1:13.72 (0.83)	498	33.27
NC.	Younes REDA	MAR	2002	WAC	Frfr n.d.		

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**15. 200 m PAPILLON DAMES**

Record MAROC 2:16.21 établi par Sara EL BEKRI (RAJA NAT) le 19/12/2011 à DOHA (QATAR)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Taghrid DAHBANI	MAR	2003	FUS	2:29.20	544	32.28	1:10.14	1:50.30
2.	Narjiss BOURBOUH	MAR	2001	FUS	2:30.55 (0.65)	529	31.50	1:09.00	1:49.52
3.	Sherine BOUFTINI	MAR	2005	WAC	2:31.00	525	34.46	1:12.75	1:51.65
4.	Ayat Allah EL ANOUAR	MAR	2002	FUS	2:32.30 (0.90)	511	33.36	1:11.28	1:51.27
5.	Nada JALAL	MAR	2004	RAJA NAT	2:32.45 (0.58)	510	34.34	1:13.17	1:53.19
6.	Hafsa EL ABBARI	MAR	2002	OCK	2:43.41	414	34.84	1:15.01	1:58.86
7.	Aicha EL BEKALI	MAR	2004	ADM	2:50.96	361	34.97	1:16.65	2:03.48
8.	Douaa EDDAHBI	MAR	2005	TSC	2:55.02	337	36.95	1:21.50	2:09.19

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**16. 200 m PAPILLON MESSIEURS**

Record MAROC 2:02.49 établi par Yusuf TIBAZI (RAJA NAT) le 14/09/2018 à ALGER

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Ali HEMRI	MAR	2001	FUS	2:10.69 (0.77)	621	29.39	1:01.84	1:36.06
2.	Mohamed Yassine BENSALAH	MAR	2002	FUS	2:15.38	558	29.75	1:03.65	1:39.02
3.	Mohamed Sami ZEMZAMI	MAR	2005	USCM	2:18.36 (0.74)	523	30.26	1:04.73	1:41.66
4.	Hicham TIJARI	MAR	1998	FUS	2:20.08	504	29.94	1:05.06	1:42.97
5.	Monssif Hamza TIJARI	MAR	2002	CODM	2:23.62 (0.84)	468	29.98	1:04.49	1:42.52
6.	Zakariae AMALI	MAR	2003	CODM	2:23.67 (0.74)	467	31.64	1:08.20	1:46.49
7.	Adam SEDDOUK	MAR	2003	CODM	2:25.48	450	31.32	1:08.59	1:47.85
NC.	ilyas LAGSSAIBI	MAR	2004	RAJA NAT	Frf n.d.				

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**11. 400 m NAGE LIBRE DAMES**

Record MAROC 4:17.55 établi par Sara EL BEKRI (RAJA NAT) le 19/12/2011 à FRANCE

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m	200m	250m	300m	350m
<b>FINALE A</b>													
1.	Lina KHIYARA	MAR	2003	RAJA NAT	4:35.22	649	30.57	1:03.79	1:38.00	2:12.95	2:48.07	3:23.79	3:59.85
2.	Soraya ABBADI	MAR	2003	RAJA NAT	4:41.82 (0.68)	605	32.03	1:06.49	1:41.97	2:18.24	2:54.30	3:30.83	4:06.95
3.	Inass RACHIDI	MAR	2005	RAJA NAT	4:43.15 (0.65)	596	32.90	1:08.58	1:44.72	2:21.10	2:57.00	3:32.73	4:08.90
4.	Maha BASKACH	MAR	2005	USCM	4:46.68 (0.81)	574	32.04	1:07.08	1:43.52	2:20.51	2:57.82	3:35.29	4:11.83
4.	Lina DANNA	MAR	2005	USCM	4:46.68	574	32.34	1:06.93	1:43.80	2:20.65	2:57.92	3:34.60	4:11.74
6.	Hiba BOURZINE	MAR	2004	USCM	4:47.21	571	32.60	1:07.70	1:44.41	2:21.35	2:58.36	3:35.41	4:12.24
7.	Douaa EDDAHBI	MAR	2005	TSC	4:48.38	564	32.09	1:07.83	1:44.63	2:21.50	2:58.30	3:35.53	4:12.50
8.	Ayat Allah EL ANOUAR	MAR	2002	FUS	5:07.22 (0.82)	467	35.20	1:13.92	1:52.91	2:31.70	3:10.47	3:49.23	4:28.56

## CHAMPIONNATS DU MAROC M/C/J/S - 05/07/2019 - CASABLANCA - Grand bassin

**12. 400 m NAGE LIBRE MESSIEURS**

Record MAROC 4:02.43 établi par Said SABER (CODM) le 05/04/2016 à DUBAI

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m	200m	250m	300m	350m
<b>FINALE A</b>													
1.	Ali HEMRI	MAR	2001	FUS	4:05.59	719	29.58	1:00.68	1:31.56	2:02.06	2:32.86	3:03.91	3:35.39
2.	Ali MSOUGAR	MAR	2001	FUS	4:09.23 (0.71)	688	29.73	1:00.61	1:31.20	2:02.16	2:33.57	3:05.99	3:38.40
3.	Youssef HEMRI	MAR	2001	FUS	4:09.25 (0.83)	688	30.01	1:02.26	1:33.79	2:05.52	2:36.94	3:08.96	3:39.97
4.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	4:15.35 (0.66)	640	29.20	1:01.02	1:32.60	2:04.91	2:37.54	3:10.34	3:43.30
5.	Yasser BENCHEBBA	MAR	2004	FUS	4:17.63 (0.66)	623	29.70	1:02.07	1:34.76	2:08.36	2:41.13	3:14.47	3:47.13
6.	Liam OUARDI	MAR	2004	FUS	4:21.84	593	30.01	1:02.59	1:35.47	2:08.79	2:41.91	3:15.92	3:49.35
7.	Hamza BENHLIMA	MAR	2004	USCM	4:22.55	588	30.21	1:02.83	1:35.99	2:09.17	2:42.78	3:16.51	3:50.59
8.	Youssef OUKHOUYA	MAR	2002	FUS	4:31.64 (0.81)	531	30.68	1:03.91	1:38.28	2:12.60	2:47.60	3:22.84	3:57.58

## CHAMPIONNATS RELAIS OPEN - 07/07/2019 - CASA - Grand bassin

## 1. 4 x 200 m NAGE LIBRE DAMES

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m
1.	Inass RACHIDI	MAR	2005	RAJA NAT	9:22.59	554		
	Ibtissam RACHID	MAR	2004			554		
	Soraya ABBADI	MAR	2003			554		
	Lina KHIYARA	MAR	2003			554		
2.	Yasmeen BOUTOUIL	MAR	1998	CODM	9:39.83	506		
	Malak DARKAOUI	MAR	2005			506		
	Noura MANA	MAR	1997			506		
	Hajar SABER	MAR	2003			506		
3.	Abrare BELRHITI	MAR	2004	FUS	9:52.84	473		
	Nissrine BOURBOUH	MAR	2001			473		
	Nour DRISSI HASSANI	MAR	1998			473		
	Ayat Allah EL ANOUAR	MAR	2002			473		

## CHAMPIONNATS RELAIS OPEN - 07/07/2019 - CASA - Grand bassin

## 2. 4 x 200 m NAGE LIBRE MESSIEURS

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m
1.	Samy BOUTOUIL	MAR	2000	CODM	8:05.38	641		
	Adil ASSOUB	MAR	1992			641		
	Nader ELBECHARI	MAR	1995			641		
	Driss LAHRICHI	MAR	1997			641		
2.	Ali MSOUGAR	MAR	2001	FUS	8:18.66	591		
	Mohamed Yassine BENSALAH	MAR	2002			591		
	Youssef HEMRI	MAR	2001			591		
	Ali HEMRI	MAR	2001			591		
3.	Mehdi EL MANSAR	MAR	2004	RAJA NAT	8:24.31	571		
	Ilias RACHIDI	MAR	2002			571		
	Ismail EL YOUSFI	MAR	2004			571		
	Idriss AZHAR	MAR	2003			571		
4.	Mohammed MOUISSE	MAR	2004	USF	9:44.65	366		
	Ismail DEQQAOU	MAR	2005			366		
	Walid DEQQAOU	MAR	2003			366		
	Omar FILALI	MAR	2001			366		

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**36. 100 m DOS DAMES**

Record MAROC 1:04.82 établi par Hiba FAHSI (OCK) le 15/07/2018 à TUNIS

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Hiba FAHSI	MAR	2001	OCK	1:08.16 (0.65)	620	32.87
2.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	1:10.05 (0.70)	571	33.53
3.	Noura MANA	MAR	1997	CODM	1:10.11 (0.61)	569	33.97
4.	Hiba CHOUAIBI	MAR	2004	USCM	1:10.62 (0.82)	557	34.86
5.	Nour DRISSI HASSANI	MAR	1998	FUS	1:11.97 (0.75)	526	34.83
6.	Yasmeen BOUTOUIL	MAR	1998	CODM	1:12.14 (0.71)	523	36.01
7.	Nissrine BOURBOUH	MAR	2001	FUS	1:12.73 (0.73)	510	35.67
8.	Narjiss BOURBOUH	MAR	2001	FUS	1:13.62 (0.79)	492	35.37



## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**35. 100 m DOS MESSIEURS**

Record MAROC 56.75 établi par Driss LAHRICHI (CODM) le 17/04/2019 à RENNES (FRA)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Driss LAHRICHI	MAR	1997	CODM	<b>57.28</b> (0.67)	<b>745</b>	28.10
2.	Adil ASSOUAB	MAR	1992	CODM	<b>59.59</b> (0.69)	<b>662</b>	28.86
3.	Souhail HAMOUCHANE	MAR	1997	CODM	<b>1:00.28</b> (0.71)	<b>639</b>	29.64
4.	Abdeljabbar REGRAGUI	MAR	2001	CODM	<b>1:01.45</b> (0.63)	<b>604</b>	29.44
5.	Ismail ES SAMLALI	MAR	2002	OCK	<b>1:03.26</b> (0.65)	<b>553</b>	31.06
6.	Idriss AZHAR	MAR	2003	RAJA NAT	<b>1:05.10</b> (0.72)	<b>507</b>	31.83
7.	Ouissam NAJIH	MAR	2002	KACM	<b>1:06.48</b> (0.60)	<b>477</b>	32.31
8.	Salim FRIKECH	MAR	2004	CODM	<b>1:06.90</b> (0.71)	<b>468</b>	32.51

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**32. 100 m NAGE LIBRE DAMES**

Record MAROC 58.30 établi par Sara EL BEKRI (RAJA NAT) le 13/09/2010 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Noura MANA	MAR	1997	CODM	59.30	677	28.47
2.	Imane Houda EL BARODI	MAR	2001	USCM	59.55 (0.70)	668	28.39
3.	Lina KHIYARA	MAR	2003	RAJA NAT	59.79 (0.74)	660	28.98
4.	Yasmeen BOUTOUIL	MAR	1998	CODM	1:02.14 (0.76)	588	30.35
5.	Yasmine DGAIMESH	MAR	2003	RAJA NAT	1:02.29 (0.61)	584	29.63
6.	Maha BASKACH	MAR	2005	USCM	1:02.34	582	30.35
7.	Nour DRISSI HASSANI	MAR	1998	FUS	1:02.88	567	30.15
8.	Hiba BOURZINE	MAR	2004	USCM	1:14.49 (0.89)	341	36.15

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**31. 100 m NAGE LIBRE MESSIEURS**

Record MAROC 49.50 établi par Mehdi AYOUBI (CODM) le 27/07/2017 à TORONTO

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m
<b>FINALE A</b>							
1.	Samy BOUTOUIL	MAR	2000	CODM	51.64 (0.63)	749	24.82
2.	Driss LAHRICHI	MAR	1997	CODM	51.81	742	25.30
3.	Souhail HAMOUCHANE	MAR	1997	CODM	52.72	704	25.35
4.	Ali HEMRI	MAR	2001	FUS	53.08 (0.70)	690	25.86
5.	Nader ELBECHARI	MAR	1995	CODM	53.20 (0.66)	685	25.37
6.	Adil ASSOUB	MAR	1992	CODM	54.11 (0.70)	651	26.19
7.	Younes REDA	MAR	2002	WAC	54.65	632	26.65
8.	Abdelmoughit MAMDOUH	MAR	2002	ADM	55.24 (0.66)	612	26.62

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**34. 200 m BRASSE DAMES**

Record MAROC 2:25.86 établi par Sara EL BEKRI (RAJA NAT) le 01/08/2012 à LONDRES

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Hiba LAKNIT	MAR	2002	OCK	2:44.63 (0.65)	603	35.94	1:16.94	2:00.33
2.	Malak DARKAOUI	MAR	2005	CODM	2:52.83	521	38.94	1:22.76	2:08.60
3.	Nada JALAL	MAR	2004	RAJA NAT	2:56.43 (0.47)	490	39.85	1:24.74	2:10.82
4.	Malak BOUSSOUF	MAR	2004	FUS	2:57.03 (0.69)	485	40.01	1:26.02	2:11.89
5.	Hind DOUHA	MAR	2005	RAJA NAT	3:01.29 (0.58)	451	40.65	1:26.88	2:13.68
6.	Fadwa FIDADI	MAR	1999	KACM	3:02.05	446	40.51	1:26.99	2:13.75
7.	Mariam LAMGHARI	MAR	2000	OCK	3:02.80	440	42.30	1:29.02	2:15.16
8.	Lamiaa ELMACHRAFI	MAR	2005	TSC	3:05.17 (0.61)	424	40.81	1:27.26	2:15.81

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**33. 200 m BRASSE MESSIEURS**

Record MAROC 2:23.53 établi par Ahmed Reda ENNAIM (CODM) le 22/07/2016 à CASABLANCA

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	50m	100m	150m
<b>FINALE A</b>									
1.	Ahmed Reda ENNAIM	MAR	1996	CODM	2:28.20	629	32.68	1:10.48	1:49.05
2.	Abdeljabbar REGRAGUI	MAR	2001	CODM	2:28.46 (0.69)	626	33.31	1:10.90	1:49.73
3.	Mohamed Amine CHANNANI	MAR	2002	CSE	2:31.95 (0.67)	584	34.74	1:13.57	1:53.19
4.	Abdelkrim ESSABIHI EDDAFALI	MAR	1999	ADM	2:32.91 (0.74)	573	33.92	1:13.07	1:54.17
5.	Anas OUGOUI	MAR	2001	OCK	2:36.04	539	34.29	1:13.57	1:54.08
6.	Ayman EL MECHRAFI	MAR	2002	USCM	2:39.48 (0.67)	505	34.46	1:14.76	1:55.30
7.	Azzedine EL BADRE	MAR	2003	CSE	2:41.13	489	35.03	1:16.56	1:58.83
8.	Marouane RAJI	MAR	2000	USCM	2:43.13 (0.82)	472	35.75	1:15.94	1:59.68

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**38. 800 m NAGE LIBRE DAMES**

Record MAROC 8:49.57 établi par Sara EL BEKRI (RAJA NAT) le 24/02/2012 à BORDEAUX (FRANCE)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m
1.	Lina KHIYARA	MAR	2003	RAJA NAT	9:28.48 (0.77)	644	1:05.07	2:16.18	3:27.86	4:39.78	5:52.00	7:04.63	8:16.90
2.	Inass RACHIDI	MAR	2005	RAJA NAT	9:40.00	607	1:10.04	2:23.02	3:35.78	4:48.76	6:03.37	7:17.64	8:30.19
3.	Taghrid DAHBANI	MAR	2003	FUS	9:41.11 (0.76)	603	1:09.92	2:23.19	3:37.03	4:50.66	6:04.77	7:18.33	8:30.69
4.	Lina DANNA	MAR	2005	USCM	9:41.65 (0.90)	601	1:07.68	2:21.77	3:36.20	4:49.85	6:03.77	7:17.72	8:31.13
5.	Hiba BOURZINE	MAR	2004	USCM	9:49.39 (0.75)	578	1:10.09	2:24.50	3:39.01	4:53.98	6:09.34	7:24.41	8:38.96
6.	Ayat Allah EL ANOUAR	MAR	2002	FUS	9:50.82	574	1:11.12	2:25.53	3:39.01	4:53.97	6:09.12	7:24.35	8:39.86
7.	Douaa EDDAHBI	MAR	2005	TSC	9:51.94	571	1:07.82	2:22.34	3:37.66	4:52.61	6:08.39	7:24.42	8:39.10
8.	Sherine BOUFTINI	MAR	2005	WAC	9:52.17 (0.92)	570	1:09.09	2:23.43	3:38.21	4:52.54	6:07.51	7:23.45	8:39.02
9.	Soraya ABBADI	MAR	2003	RAJA NAT	10:09.50	523	1:08.73	2:23.58	3:39.54	4:55.61	6:13.04	7:32.26	8:51.53
10.	Maha BASKACH	MAR	2005	USCM	10:17.87 (0.81)	502	1:10.94	2:28.06	3:46.34	5:05.51	6:25.47	7:44.98	9:04.55
11.	Maryem DAGRI	MAR	2005	USCM	10:26.77 (0.69)	481	1:11.17	2:29.01	3:48.58	5:09.27	6:28.83	7:48.73	9:06.26
12.	Meryem BENAYACHE	MAR	2004	USCM	10:40.21	451	1:11.72	2:29.75	3:50.09	5:12.35	6:35.52	7:58.68	9:20.86
13.	Sara MAKY	MAR	2004	TSC	10:41.86	447	1:12.77	2:32.91	3:54.88	5:16.56	6:38.22	8:00.08	9:21.76
14.	Alae ELMEKKAOUI	MAR	2005	CNN	10:49.43 (0.82)	432	1:15.82	2:37.89	4:00.27	5:23.15	6:46.04	8:08.69	9:31.33
15.	Hiba AOUIFOUCHI	MAR	2004	OCK	10:49.52 (0.74)	432	1:14.27	2:34.21	3:56.21	5:19.94	6:43.38	8:07.43	9:30.25
16.	Hajar SABER	MAR	2003	CODM	10:52.86	425	1:13.71	2:35.39	3:58.43	5:21.51	6:43.19	8:07.98	9:32.47
17.	Sara BELLAMINE	MAR	2004	ASS	11:24.66	369	1:17.43	2:41.44	4:07.66	5:34.92	7:03.16	8:30.98	9:59.36
NC.	Rim BOUJNANE	MAR	2003	CSE	Frfr n.d.								
NC.	Kholoud RHNANE	MAR	2001	FUS	Frfr n.d.								
NC.	Sarah ZOUBIR	MAR	2004	OCK	Abandon (0.68)	0							
NC.	Chahd MACHKOUR	MAR	2004	WAC	Abandon	0							
NC.	Oumaima RACHIDI ALAOUI	MAR	2004	USCM	Abandon (0.80)	0							

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

## 38. 800 m NAGE LIBRE DAMES

Record MAROC 8:49.57 établi par Sara EL BEKRI (RAJA NAT) le 24/02/2012 à BORDEAUX (FRANCE)

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m	
<b>JUNIORS</b>														
	NC. Kholoud RHNANE	MAR	2001	FUS										
					Fr	n.d.								
<b>CADETS</b>														
	1. Lina KHIYARA	MAR	2003	RAJA NAT	9:28.48	(0.77)	644	1:05.07	2:16.18	3:27.86	4:39.78	5:52.00	7:04.63	8:16.90
	2. Taghrid DAHBANI	MAR	2003	FUS	9:41.11	(0.76)	603	1:09.92	2:23.19	3:37.03	4:50.66	6:04.77	7:18.33	8:30.69
	3. Ayat Allah EL ANOUAR	MAR	2002	FUS	9:50.82		574	1:11.12	2:25.53	3:39.01	4:53.97	6:09.12	7:24.35	8:39.86
	4. Soraya ABBADI	MAR	2003	RAJA NAT	10:09.50		523	1:08.73	2:23.58	3:39.54	4:55.61	6:13.04	7:32.26	8:51.53
	5. Hajar SABER	MAR	2003	CODM	10:52.86		425	1:13.71	2:35.39	3:58.43	5:21.51	6:43.19	8:07.98	9:32.47
	NC. Rim BOUJNANE	MAR	2003	CSE										
					Fr	n.d.								
<b>MINIMES</b>														
	1. Inass RACHIDI	MAR	2005	RAJA NAT	9:40.00		607	1:10.04	2:23.02	3:35.78	4:48.76	6:03.37	7:17.64	8:30.19
	2. Lina DANNA	MAR	2005	USCM	9:41.65	(0.90)	601	1:07.68	2:21.77	3:36.20	4:49.85	6:03.77	7:17.72	8:31.13
	3. Hiba BOURZINE	MAR	2004	USCM	9:49.39	(0.75)	578	1:10.09	2:24.50	3:39.01	4:53.98	6:09.34	7:24.41	8:38.96
	4. Douaa EDDAHBI	MAR	2005	TSC	9:51.94		571	1:07.82	2:22.34	3:37.66	4:52.61	6:08.39	7:24.42	8:39.10
	5. Sherine BOUFTINI	MAR	2005	WAC	9:52.17	(0.92)	570	1:09.09	2:23.43	3:38.21	4:52.54	6:07.51	7:23.45	8:39.02
	6. Maha BASKACH	MAR	2005	USCM	10:17.87	(0.81)	502	1:10.94	2:28.06	3:46.34	5:05.51	6:25.47	7:44.98	9:04.55
	7. Maryem DAGRI	MAR	2005	USCM	10:26.77	(0.69)	481	1:11.17	2:29.01	3:48.58	5:09.27	6:28.83	7:48.73	9:06.26
	8. Meryem BENAYACHE	MAR	2004	USCM	10:40.21		451	1:11.72	2:29.75	3:50.09	5:12.35	6:35.52	7:58.68	9:20.86
	9. Sara MAKY	MAR	2004	TSC	10:41.86		447	1:12.77	2:32.91	3:54.88	5:16.56	6:38.22	8:00.08	9:21.76
	10. Alae ELMEKKAOUI	MAR	2005	CNN	10:49.43	(0.82)	432	1:15.82	2:37.89	4:00.27	5:23.15	6:46.04	8:08.69	9:31.33
	11. Hiba AOUFUCHI	MAR	2004	OCK	10:49.52	(0.74)	432	1:14.27	2:34.21	3:56.21	5:19.94	6:43.38	8:07.43	9:30.25
	12. Sara BELLAMINE	MAR	2004	ASS	11:24.66		369	1:17.43	2:41.44	4:07.66	5:34.92	7:03.16	8:30.98	9:59.36
	NC. Sarah ZOUBIR	MAR	2004	OCK		(0.68)	0							
	NC. Chahd MACHKOUR	MAR	2004	WAC			0							
	NC. Oumaima RACHIDI ALAOUI	MAR	2004	USCM		(0.80)	0							

F.R.M.N.

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

## 37. 800 m NAGE LIBRE MESSIEURS

Record MAROC 8:25.83 établi par Said SABER (CODM) le 07/04/2016 à DUBAI

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m
1.	Ali HEMRI	MAR	2001	FUS	8:34.09 (0.76)	680	1:05.50	2:11.77	3:16.14	4:21.01	5:24.70	6:28.72	7:33.24
2.	Youssef HEMRI	MAR	2001	FUS	8:36.38	671	1:05.42	2:10.65	3:16.06	4:21.07	5:25.56	6:30.28	7:33.68
3.	Ali MSOUGAR	MAR	2001	FUS	8:47.69 (0.70)	628	1:05.44	2:11.22	3:15.85	4:20.89	5:25.00	6:30.67	7:39.28
4.	Yasser BENCHEBBA	MAR	2004	FUS	8:48.22 (0.54)	627	1:04.04	2:11.97	3:19.29	4:27.08	5:32.83	6:39.10	7:44.90
5.	CHAHINE SAID	MAR	2005	USCM	8:54.99 (0.97)	603	1:03.25	2:09.64	3:17.91	4:25.86	5:34.47	6:42.44	7:50.94
6.	Liam OUARDI	MAR	2004	FUS	8:56.20 (0.70)	599	1:04.93	2:12.99	3:20.69	4:28.21	5:34.65	6:42.11	7:50.07
7.	Youssef OUKHOUYA	MAR	2002	FUS	9:06.58 (0.69)	565	1:03.41	2:11.94	3:21.81	4:31.53	5:41.31	6:50.30	7:59.77
8.	Aymenn Mohammed AKACHKACHI	MAR	2004	SNF	9:07.65	562	1:04.28	2:12.05	3:19.89	4:28.95	5:38.59	6:48.77	7:58.77
9.	Mohamed Yassine BENSALAH	MAR	2002	FUS	9:09.44 (0.87)	557	1:02.86	2:11.95	3:20.47	4:29.79	5:39.71	6:50.13	8:01.68
10.	Walid BOUFTINI	MAR	2003	WAC	9:09.64	556	1:04.47	2:12.36	3:21.10	4:30.26	5:40.80	6:51.23	8:01.16
11.	Adam BOURZINE	MAR	2005	USCM	9:12.69	547	1:03.66	2:13.50	3:23.70	4:34.09	5:44.67	6:55.03	8:05.42
12.	Ilias RACHIDI	MAR	2002	RAJA NAT	9:25.91 (0.63)	509	1:04.84	2:14.14	3:25.05	4:37.34	5:50.61	7:03.14	8:15.81
13.	Mohamed Amine DIDOUCH	MAR	2003	ASAMIN	9:37.21	480	1:04.74	2:18.29	3:31.84	4:45.25	5:59.18	7:12.31	8:25.37
14.	El Mehdi LAANAYA	MAR	2003	TSC	9:39.64 (0.74)	474	1:04.32	2:16.20	3:28.85	4:43.24	5:58.44	7:14.50	8:29.59
15.	Sami KIBAL	MAR	2002	WAC	9:40.54 (0.68)	472	1:03.75	2:15.90	3:28.69	4:43.41	5:58.58	7:14.67	8:29.67
16.	Soufiane TAYEBI	MAR	2003	FUS	9:48.88 (0.70)	452	1:08.79	2:23.17	3:37.95	4:53.36	6:09.55	7:25.51	8:40.01
17.	Yahya MOUHIB	MAR	2002	OCK	9:51.80 (0.80)	445	1:09.01	2:24.41	3:38.36	4:54.45	6:10.91	7:26.27	8:41.93
18.	Ayoub RABOUN	MAR	2003	ASAMIN	9:54.61 (0.77)	439	1:06.11	2:18.73	3:34.31	4:50.46	6:06.76	7:23.46	8:40.71
19.	Mohamed Adam NOURDINE	MAR	2005	OCK	9:54.80 (0.65)	439	1:11.42	2:27.03	3:43.23	4:59.21	6:14.96	7:30.45	8:43.19
20.	Younes LAALA	MAR	2004	TSC	10:05.70 (0.67)	415	1:07.80	2:23.09	3:40.45	4:57.63	6:15.26	7:33.08	8:51.62
21.	Amine FARIH	MAR	1998	RAJA NAT	10:06.38	414	1:06.93	2:21.18	3:38.21	4:55.50	6:13.43	7:31.46	8:49.99
22.	Yasser OUARIACH	MAR	2005	U.S.O	10:08.60 (0.80)	409	1:06.69	2:23.28	3:41.89	4:59.60	6:17.66	7:36.16	8:54.25
23.	Zouhair EL KHALFI	MAR	1993	RAJA NAT	10:09.51	408	1:08.58	2:23.86	3:38.74	4:54.78	6:12.94	7:31.67	8:51.99
24.	Yasser KATAYFJI	MAR	1999	RAJA NAT	10:12.63 (0.83)	401	1:08.21	2:22.95	3:41.18	5:00.57	6:19.76	7:40.02	8:57.92
25.	Youssef BOUHMOUCH	MAR	2004	USCM	10:15.16	397	1:10.34	2:27.05	3:43.97	5:00.59	6:18.84	7:38.18	8:58.19
26.	Sami KASMI	MAR	2005	FUS	10:19.94 (0.81)	387	1:12.92	2:30.60	3:47.90	5:06.51	6:26.17	7:44.83	9:04.67
27.	Aymen TAJEDDINE	MAR	2003	WAC	10:20.20 (0.79)	387	1:09.02	2:26.27	3:43.58	5:03.74	6:24.87	7:46.42	9:06.67
28.	Yassir EL MADANI	MAR	2005	FUS	10:21.39	385	1:10.74	2:29.41	3:49.09	5:08.34	6:28.86	7:48.54	9:07.12
29.	Yahya TOURABI	MAR	2005	FUS	10:22.46	383	1:10.46	2:28.85	3:47.85	5:07.33	6:26.59	7:46.05	9:06.02
30.	Amine ZOUBIR	MAR	2004	OCK	10:28.32	372	1:10.78	2:27.57	3:46.97	5:07.65	6:28.51	7:50.40	9:11.82
31.	Abdellah ESSONNI	MAR	2004	CODM	10:28.99	371	1:11.06	2:29.42	3:49.28	5:09.82	6:31.28	7:52.56	9:12.47
32.	Younes BERRADA	MAR	2004	FUS	10:36.85	357	1:13.85	2:33.98	3:55.10	5:15.70	6:36.92	7:57.87	9:18.28
33.	Hatim CHEHIBA	MAR	2005	OCK	10:37.83	356	1:07.76	2:27.30	3:48.30	5:11.75	6:34.96	7:57.45	9:19.86
34.	Rayane BOURZIK	MAR	2004	TSC	10:47.05 (0.77)	341	1:14.59	2:36.86	3:59.24	5:21.23	6:44.63	8:07.48	9:30.39
35.	Mohamed Reda MAMI	MAR	2002	TSC	10:48.60 (0.81)	338	1:11.11	2:29.56	3:52.31	5:17.31	6:42.26	8:06.14	9:28.22
36.	Mohamed Aymen HARRABIDA	MAR	2005	RAJA NAT	10:49.46	337	1:10.87	2:33.67	3:56.60	5:20.76	6:44.66	8:08.29	9:32.10
37.	Othmane ZITOUNI	MAR	2005	CODM	10:57.76	324	1:12.90	2:35.62	3:59.13	5:24.53	6:49.12	8:13.15	9:37.46

F.R.M.N.



## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**37. 800 m NAGE LIBRE MESSIEURS**

Record MAROC 8:25.83 établi par Said SABER (CODM) le 07/04/2016 à DUBAI

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m
38.	Ilyas LARABI	MAR	2004	TSC	10:58.19 (0.78)	324	1:08.60	2:29.59	3:52.97	5:17.77	6:43.60	8:09.73	9:35.31
39.	Ali MOKHTARI	MAR	2001	USCM	11:09.49 (0.77)	307	1:15.42	2:39.90	4:05.11	5:31.29	6:57.43	8:22.99	9:46.47
40.	Yasser BENHIDA	MAR	2005	ASAMIN	11:14.69	300	1:15.04	2:37.86	4:03.62	5:29.72	6:54.84	8:21.18	9:49.95
41.	Walid DEQQAOU	MAR	2003	USF	11:19.41 (0.86)	294	1:12.38	2:31.94	3:57.28	5:26.61	6:56.03	8:26.41	9:57.42
	NC. Omar HASSOUNI	MAR	2001	ADM	Frfr n.d.								
	NC. Lahbib BELKAZ	MAR	1996	CSN	Frfr n.d.								
	NC. nizar BANSAR	MAR	2001	RAJA NAT	Frfr n.d.								
	NC. Ilyas LAGSSAIBI	MAR	2004	RAJA NAT	Frfr n.d.								
	NC. Adam BELAFIA	MAR	2002	USCM	Frfr n.d.								
	NC. Hamza BENHLIMA	MAR	2004	USCM	Frfr n.d.								
	NC. Mohamed Amine CHANNANI	MAR	2002	CSE	Abandon (0.73)	0							
	NC. Ayman EL MECHRAFI	MAR	2002	USCM	Abandon (0.79)	0							

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**37. 800 m NAGE LIBRE MESSIEURS**

Record MAROC 8:25.83 établi par Said SABER (CODM) le 07/04/2016 à DUBAI

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m
<b>SENIORS</b>													
1.	Amine FARIH	MAR	1998	RAJA NAT	10:06.38	414	1:06.93	2:21.18	3:38.21	4:55.50	6:13.43	7:31.46	8:49.99
2.	Zouhair EL KHALFI	MAR	1993	RAJA NAT	10:09.51	408	1:08.58	2:23.86	3:38.74	4:54.78	6:12.94	7:31.67	8:51.99
3.	Yasser KATAYFJI	MAR	1999	RAJA NAT	10:12.63 (0.83)	401	1:08.21	2:22.95	3:41.18	5:00.57	6:19.76	7:40.02	8:57.92
NC.	Lahbib BELKAZ	MAR	1996	CSN	Frfr n.d.								
<b>JUNIORS</b>													
1.	Ali HEMRI	MAR	2001	FUS	8:34.09 (0.76)	680	1:05.50	2:11.77	3:16.14	4:21.01	5:24.70	6:28.72	7:33.24
2.	Youssef HEMRI	MAR	2001	FUS	8:36.38	671	1:05.42	2:10.65	3:16.06	4:21.07	5:25.56	6:30.28	7:33.68
3.	Ali MSOUGAR	MAR	2001	FUS	8:47.69 (0.70)	628	1:05.44	2:11.22	3:15.85	4:20.89	5:25.00	6:30.67	7:39.28
4.	Ali MOKHTARI	MAR	2001	USCM	11:09.49 (0.77)	307	1:15.42	2:39.90	4:05.11	5:31.29	6:57.43	8:22.99	9:46.47
NC.	Omar HASSOUNI	MAR	2001	ADM	Frfr n.d.								
NC.	nizar BANSAR	MAR	2001	RAJA NAT	Frfr n.d.								
<b>CADETS</b>													
1.	Youssef OUKHOUYA	MAR	2002	FUS	9:06.58 (0.69)	565	1:03.41	2:11.94	3:21.81	4:31.53	5:41.31	6:50.30	7:59.77
2.	Mohamed Yassine BENSALAH	MAR	2002	FUS	9:09.44 (0.87)	557	1:02.86	2:11.95	3:20.47	4:29.79	5:39.71	6:50.13	8:01.68
3.	Walid BOUFTINI	MAR	2003	WAC	9:09.64	556	1:04.47	2:12.36	3:21.10	4:30.26	5:40.80	6:51.23	8:01.16
4.	Ilias RACHIDI	MAR	2002	RAJA NAT	9:25.91 (0.63)	509	1:04.84	2:14.14	3:25.05	4:37.34	5:50.61	7:03.14	8:15.81
5.	Mohamed Amine DIDOUCH	MAR	2003	ASAMIN	9:37.21	480	1:04.74	2:18.29	3:31.84	4:45.25	5:59.18	7:12.31	8:25.37
6.	El Mehdi LAANAYA	MAR	2003	TSC	9:39.64 (0.74)	474	1:04.32	2:16.20	3:28.85	4:43.24	5:58.44	7:14.50	8:29.59
7.	Sami KIBAL	MAR	2002	WAC	9:40.54 (0.68)	472	1:03.75	2:15.90	3:28.69	4:43.41	5:58.58	7:14.67	8:29.67
8.	Soufiane TAYEBI	MAR	2003	FUS	9:48.88 (0.70)	452	1:08.79	2:23.17	3:37.95	4:53.36	6:09.55	7:25.51	8:40.01
9.	Yahya MOUHIB	MAR	2002	OCC	9:51.80 (0.80)	445	1:09.01	2:24.41	3:38.36	4:54.45	6:10.91	7:26.27	8:41.93
10.	Ayoub RABOUN	MAR	2003	ASAMIN	9:54.61 (0.77)	439	1:06.11	2:18.73	3:34.31	4:50.46	6:06.76	7:23.46	8:40.71
11.	Aymen TAJEDDINE	MAR	2003	WAC	10:20.20 (0.79)	387	1:09.02	2:26.27	3:43.58	5:03.74	6:24.87	7:46.42	9:06.67
12.	Mohamed Reda MAMI	MAR	2002	TSC	10:48.60 (0.81)	338	1:11.11	2:29.56	3:52.31	5:17.31	6:42.26	8:06.14	9:28.22
13.	Walid DEQQAOUI	MAR	2003	USF	11:19.41 (0.86)	294	1:12.38	2:31.94	3:57.28	5:26.61	6:56.03	8:26.41	9:57.42
NC.	Adam BELAFIA	MAR	2002	USCM	Frfr n.d.								
NC.	Mohamed Amine CHANNANI	MAR	2002	CSE	Abandon (0.73)	0							
NC.	Ayman EL MECHRAFI	MAR	2002	USCM	Abandon (0.79)	0							

F.R.M.N.

## CHAMPIONNATS DU MAROC M/C/J/S - 07/07/2019 - CASABLANCA - Grand bassin

**37. 800 m NAGE LIBRE MESSIEURS**

Record MAROC 8:25.83 établi par Said SABER (CODM) le 07/04/2016 à DUBAI

Rg	Nom	Nat	Naiss	Club	Tps - Réact. - Obs.	Pts	100m	200m	300m	400m	500m	600m	700m
<b>MINIMES</b>													
1.	Yasser BENCHEBBA	MAR	2004	FUS	8:48.22 (0.54)	627	1:04.04	2:11.97	3:19.29	4:27.08	5:32.83	6:39.10	7:44.90
2.	CHAHINE SAID	MAR	2005	USCM	8:54.99 (0.97)	603	1:03.25	2:09.64	3:17.91	4:25.86	5:34.47	6:42.44	7:50.94
3.	Liam OUARDI	MAR	2004	FUS	8:56.20 (0.70)	599	1:04.93	2:12.99	3:20.69	4:28.21	5:34.65	6:42.11	7:50.07
4.	Aymenn Mohammed AKACHKACHI	MAR	2004	SNF	9:07.65	562	1:04.28	2:12.05	3:19.89	4:28.95	5:38.59	6:48.77	7:58.77
5.	Adam BOURZINE	MAR	2005	USCM	9:12.69	547	1:03.66	2:13.50	3:23.70	4:34.09	5:44.67	6:55.03	8:05.42
6.	Mohamed Adam NOURDINE	MAR	2005	OCK	9:54.80 (0.65)	439	1:11.42	2:27.03	3:43.23	4:59.21	6:14.96	7:30.45	8:43.19
7.	Younes LAALA	MAR	2004	TSC	10:05.70 (0.67)	415	1:07.80	2:23.09	3:40.45	4:57.63	6:15.26	7:33.08	8:51.62
8.	Yasser OUARIACH	MAR	2005	U.S.O	10:08.60 (0.80)	409	1:06.69	2:23.28	3:41.89	4:59.60	6:17.66	7:36.16	8:54.25
9.	Youssef BOUHMOUCH	MAR	2004	USCM	10:15.16	397	1:10.34	2:27.05	3:43.97	5:00.59	6:18.84	7:38.18	8:58.19
10.	Sami KASMI	MAR	2005	FUS	10:19.94 (0.81)	387	1:12.92	2:30.60	3:47.90	5:06.51	6:26.17	7:44.83	9:04.67
11.	Yassir EL MADANI	MAR	2005	FUS	10:21.39	385	1:10.74	2:29.41	3:49.09	5:08.34	6:28.86	7:48.54	9:07.12
12.	Yahya TOURABI	MAR	2005	FUS	10:22.46	383	1:10.46	2:28.85	3:47.85	5:07.33	6:26.59	7:46.05	9:06.02
13.	Amine ZOUBIR	MAR	2004	OCK	10:28.32	372	1:10.78	2:27.57	3:46.97	5:07.65	6:28.51	7:50.40	9:11.82
14.	Abdellah ESSONNI	MAR	2004	CODM	10:28.99	371	1:11.06	2:29.42	3:49.28	5:09.82	6:31.28	7:52.56	9:12.47
15.	Younes BERRADA	MAR	2004	FUS	10:36.85	357	1:13.85	2:33.98	3:55.10	5:15.70	6:36.92	7:57.87	9:18.28
16.	Hatim CHEHIBA	MAR	2005	OCK	10:37.83	356	1:07.76	2:27.30	3:48.30	5:11.75	6:34.96	7:57.45	9:19.86
17.	Rayane BOURZIK	MAR	2004	TSC	10:47.05 (0.77)	341	1:14.59	2:36.86	3:59.24	5:21.23	6:44.63	8:07.48	9:30.39
18.	Mohamed Aymen HARRABIDA	MAR	2005	RAJA NAT	10:49.46	337	1:10.87	2:33.67	3:56.60	5:20.76	6:44.66	8:08.29	9:32.10
19.	Othmane ZITOUNI	MAR	2005	CODM	10:57.76	324	1:12.90	2:35.62	3:59.13	5:24.53	6:49.12	8:13.15	9:37.46
20.	Ilyas LARABI	MAR	2004	TSC	10:58.19 (0.78)	324	1:08.60	2:29.59	3:52.97	5:17.77	6:43.60	8:09.73	9:35.31
21.	Yasser BENHIDA	MAR	2005	ASAMIN	11:14.69	300	1:15.04	2:37.86	4:03.62	5:29.72	6:54.84	8:21.18	9:49.95
NC.	ilyas LAGSSAIBI	MAR	2004	RAJA NAT	Frfr n.d.								
NC.	Hamza BENHLIMA	MAR	2004	USCM	Frfr n.d.								