

TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

DAMES

Mise à jour du 13 Février 2016

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:26.82	Yasmeen BOUTOUIL (98)	USCM	07/11/2015	Paris (France)
100m Nage Libre	00:57.62	Yasmeen BOUTOUIL (98)	USCM	21/12/2014	Chevreuse (France)
200m Nage Libre	02:03.45	Sara EL BEKRI (87)	RCA	09/04/2011	Meknès
400m Nage Libre	04:16.17	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
800m Nage Libre	08:46.14	Sara EL BEKRI (87)	RCA	18/11/2011	Saint-Dizier (France)
1500m Nage Libre	17:48.17	Rania EL ABDI(94)	USCM	05/02/2012	Meknès
50m Dos	00:30.58	Yasmeen BOUTOUIL (98)	USCM	29/11/2014	Chevreuse (France)
100m Dos	01:04.34	Yasmeen BOUTOUIL (98)	USCM	19/11/2015	Angers (France)
200m Dos	02:18.38	Yasmeen BOUTOUIL (98)	USCM	19/12/2014	Chevreuse (France)
50m Brasse	00:31.38	Sara EL BEKRI (87)	RCA	04/12/2011	Angers (France)
100m Brasse	01:06.50	Sara EL BEKRI (87)	RCA	02/12/2011	Angers (France)
200m Brasse	02:23.54	Sara EL BEKRI (87)	RCA	03/12/2011	Angers (France)
50m Papillon	00:28.97	Sara EL BEKRI (87)	RCA	10/04/2011	Meknès
100m Papillon	01:02.58	Sara EL BEKRI (87)	RCA	13/11/2011	Compiègne(France)
200m Papillon	02:13.41	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
100m 4Nages	01:02.98	Sara EL BEKRI (87)	RCA	16/12/2010	Dubai (Emirates Arabes Unies)
200m 4Nages	02:15.39	Sara EL BEKRI (87)	RCA	18/12/2010	Dubai (Emirates Arabes Unies)
400m 4Nages	04:48.22	Sara EL BEKRI (87)	RCA	15/12/2010	Dubai (Emirates Arabes Unies)
Relais 4x100m Nage Libre	04:06.79	Sara BOUKILI (95) – Noura MANA (97) Meryem BADA (94) Boutaina RAJI BOUTAINA (93)	TSC	20/04/2013	Meknès
Relais 4x200m Nage Libre	09:02.06	Ghita ASSOUB (95) – Kenza EL MHAMED (99) Kenza LAISSAOUI (97) – Meryem BADA (94)	CODM	11/04/2015	Meknès
Relais 4x100m 4Nages	04:40.01	Sara BOUKILI (95) – Noura MANA (97) Meryem BADA (94) – Boutaina (93)	TSC	19/04/2013	Meknès
Relais 4x50m Nage Libre	01:57.19	Kenza MSELLAK (2000) – Hiba RMILI (2000) Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech
Relais 4x50m 4Nages	02:13.06	Kenza MSELLAK (2000) – Hiba BENBOUZIANE (2000) Hiba RMILI - Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech

TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

MESSIEURS

Mise à jour du 23 Janvier 2016

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:22.87	Merwane EL MERINI (97)	RCA	23/11/2014	Montpellier (France)
100m Nage Libre	00:50.32	Amine KOUAME (86)	USF	24/06/2012	Meknès
		Merwane EL MERINI (97)	RCA	21/11/2014	Montpellier (France)
200m Nage Libre	01:50.62	Adil BELLAZ (81)	USCM	30/12/2003	La Réunion (France)
400m Nage Libre	03:55.36	Morad BERRADA (91)	WAC	05/12/2010	Chartres (France)
800m Nage Libre	08:17.80	Said SABER (95)	AS.FAR	09/04/2015	Meknès
1500m Nage Libre	15:54.51	Morad BERRADA (91)	WAC	14/11/2010	Montpellier (France)
50m Dos	00:25.65	Bilal ACHELHI (92)	CODM	20/04/2013	Meknès
100m Dos	00:55"51	Merwane EL MERINI (97)	RCA	22/11/2014	Montpellier (France)
200m Dos	02:02.22	Driss LAHRICHI (97)	WAC	08/04/2015	Meknès
50m Brasse	00:28.83	Amine FAWZI (86)	USCM	18/04/2013	Meknès
100m Brasse	01:03.41	Amine FAWZI (86)	USCM	20/04/2013	Meknès
200m Brasse	02:19.67	Ahmed Reda ENNAIM (96)	CODM	09/04/2015	Meknès
50m Papillon	00:24.67	Bilal ACHELHI (92)	CODM	19/04/2013	Meknès
100m Papillon	00:55.30	Bilal ACHELHI (92)	CODM	18/04/2013	Meknès
200m Papillon	02:02.84	Nouamane BATAHI (94)	CODM	20/12/2015	Istres (France)
100m 4Nages	00:56.97	Amine KOUAME (86)	USF	03/02/2012	MEKNES (Maroc)
200m 4Nages	02:03.59	Morad BERRADA (91)	WAC	04/12/2011	ANGERS (France)
400m 4Nages	04:18.78	Morad BERRADA (91)	WAC	03/12/2011	ANGERS (France)
Relais 4x100m Nage Libre	03:29.84	Adil ASSOUB (92) –Souhail HAMOUCHANE (97) Mehdi AYOUBI (98) – Nouamane BATAHI (94)	CODM	10/04/2015	MEKNES (Maroc)
Relais 4x200m Nage Libre	07:48.34	Salaheddine ARIGUI (94) – Bakr KZIBER (98) Badr BEN ASSILA (98) – Said SABER (95)	AS.FAR	11/04/2015	MEKNES (Maroc)
Relais 4x100m 4Nages	03:51.63	Adil ASSOUB (92) – Ahmed RedaENNAIM(96) Nouamane BATAHI (94) –Mehdi AYOUBI (98)	CODM	11/04/2015	MEKNES (Maroc)
Relais 4x50m 4Nages	02:31.37	Nizar EL ALAMI (98) – Mehdi Moulay BERKCH (98) Khalil ALAOUI (97) – El Mehdi CHABADI (97)	USCM	16/05/2010	Rabat