

**Résultats**

[Cotation FFN]

**Série : 3000 Nage Libre Dames**

[J1 : Sa 28/11/2020 - R1]

1. BOILEAU Roxane				2008	FRA	MARLINS BL TROIS-RIVIERE				43:52.66					
100 m :	1:18.11	(1:18.11)	[1:18.11]	200 m :	2:41.82	(1:23.71)	[1:23.71]	300 m :	4:04.94	(1:23.12)	[1:23.12]	400 m :	5:30.13	(1:25.19)	[1:25.19]
500 m :	6:56.54	(1:26.41)	[1:26.41]	600 m :	8:22.59	(1:26.05)	[1:26.05]	700 m :	9:48.20	(1:25.61)	[1:25.61]	800 m :	11:15.23	(1:27.03)	[1:27.03]
900 m :	12:42.26	(1:27.03)	[1:27.03]	1000 m :	14:09.50	(1:27.24)	[1:27.24]	1100 m :	15:36.91	(1:27.41)	[1:27.41]	1200 m :	17:04.72	(1:27.81)	[1:27.81]
1300 m :	18:31.64	(1:26.92)	[1:26.92]	1400 m :	19:59.52	(1:27.88)	[1:27.88]	1500 m :	21:28.53	(1:29.01)	[1:29.01]	1600 m :	22:56.90	(1:28.37)	[1:28.37]
1700 m :	24:22.91	(1:26.01)	[1:26.01]	1800 m :	25:51.16	(1:28.25)	[1:28.25]	1900 m :	27:19.45	(1:28.29)	[1:28.29]	2000 m :	28:49.23	(1:29.78)	[1:29.78]
2100 m :	30:19.37	(1:30.14)	[1:30.14]	2200 m :	31:49.78	(1:30.41)	[1:30.41]	2300 m :	33:19.98	(1:30.20)	[1:30.20]	2400 m :	34:51.12	(1:31.14)	[1:31.14]
2500 m :	36:21.65	(1:30.53)	[1:30.53]	2600 m :	37:51.84	(1:30.19)	[1:30.19]	2700 m :	39:23.03	(1:31.19)	[1:31.19]	2800 m :	40:54.61	(1:31.58)	[1:31.58]
2900 m :	42:26.30	(1:31.69)	[1:31.69]	3000 m :	43:52.66	(1:26.36)	[1:26.36]								

  

2. MASSIOT Emeline				2008	FRA	MARLINS BL TROIS-RIVIERE				48:08.83					
100 m :	1:25.48	(1:25.48)	[1:25.48]	200 m :	2:57.94	(1:32.46)	[1:32.46]	300 m :	4:32.17	(1:34.23)	[1:34.23]	400 m :	6:05.67	(1:33.50)	[1:33.50]
500 m :	7:40.76	(1:35.09)	[1:35.09]	600 m :	9:15.08	(1:34.32)	[1:34.32]	700 m :	10:49.76	(1:34.68)	[1:34.68]	800 m :	12:25.84	(1:36.08)	[1:36.08]
900 m :	14:00.92	(1:35.08)	[1:35.08]	1000 m :	15:36.79	(1:35.87)	[1:35.87]	1100 m :	17:11.95	(1:35.16)	[1:35.16]	1200 m :	18:47.63	(1:35.68)	[1:35.68]
1300 m :	20:22.69	(1:35.06)	[1:35.06]	1400 m :	21:59.75	(1:37.06)	[1:37.06]	1500 m :	23:35.84	(1:36.09)	[1:36.09]	1600 m :	25:12.43	(1:36.59)	[1:36.59]
1700 m :	26:48.79	(1:36.36)	[1:36.36]	1800 m :	28:23.69	(1:34.90)	[1:34.90]	1900 m :	30:00.65	(1:36.96)	[1:36.96]	2000 m :	31:38.19	(1:37.54)	[1:37.54]
2100 m :	33:17.24	(1:39.05)	[1:39.05]	2200 m :	34:55.63	(1:38.39)	[1:38.39]	2300 m :	36:34.74	(1:39.11)	[1:39.11]	2400 m :	38:13.67	(1:38.93)	[1:38.93]
2500 m :	39:52.31	(1:38.64)	[1:38.64]	2600 m :	41:32.49	(1:40.18)	[1:40.18]	2700 m :	43:12.90	(1:40.41)	[1:40.41]	2800 m :	44:51.87	(1:38.97)	[1:38.97]
2900 m :	46:31.69	(1:39.82)	[1:39.82]	3000 m :	48:08.83	(1:37.14)	[1:37.14]								

  

3. ROUQUET Ilana				2008	FRA	MARLINS BL TROIS-RIVIERE				55:01.46					
100 m :	1:28.32	(1:28.32)	[1:28.32]	200 m :	3:05.95	(1:37.63)	[1:37.63]	300 m :	4:47.91	(1:41.96)	[1:41.96]	400 m :	6:29.24	(1:41.33)	[1:41.33]
500 m :	8:12.46	(1:43.22)	[1:43.22]	600 m :	9:57.71	(1:45.25)	[1:45.25]	700 m :	11:45.16	(1:47.45)	[1:47.45]	800 m :	13:33.31	(1:48.15)	[1:48.15]
900 m :	15:23.84	(1:50.53)	[1:50.53]	1000 m :	17:12.73	(1:48.89)	[1:48.89]	1100 m :	19:01.12	(1:48.39)	[1:48.39]	1200 m :	20:52.91	(1:51.79)	[1:51.79]
1300 m :	22:47.15	(1:54.24)	[1:54.24]	1400 m :	24:40.97	(1:53.82)	[1:53.82]	1500 m :	26:37.52	(1:56.55)	[1:56.55]	1600 m :	28:33.30	(1:55.78)	[1:55.78]
1700 m :	30:30.59	(1:57.29)	[1:57.29]	1800 m :	32:27.38	(1:56.79)	[1:56.79]	1900 m :	34:20.43	(1:53.05)	[1:53.05]	2000 m :	36:18.28	(1:57.85)	[1:57.85]
2100 m :	38:10.68	(1:52.40)	[1:52.40]	2200 m :	40:08.22	(1:57.54)	[1:57.54]	2300 m :	42:00.85	(1:52.63)	[1:52.63]	2400 m :	43:56.33	(1:55.48)	[1:55.48]
2500 m :	45:49.21	(1:52.88)	[1:52.88]	2600 m :	47:43.68	(1:54.47)	[1:54.47]	2700 m :	49:36.22	(1:52.54)	[1:52.54]	2800 m :	51:27.01	(1:50.79)	[1:50.79]
2900 m :	53:19.27	(1:52.26)	[1:52.26]	3000 m :	55:01.46	(1:42.19)	[1:42.19]								

**Série : 5000 Nage Libre Dames**

[J1 : Sa 28/11/2020 - R1]

1. BRIVERT Kate-Lye				2004	FRA	CN DE BAIE-MAHAULT				1 h 14:16.44					
100 m :	1:17.67	(1:17.67)	[1:17.67]	200 m :	2:40.27	(1:22.60)	[1:22.60]	300 m :	4:04.50	(1:24.23)	[1:24.23]	400 m :	5:29.27	(1:24.77)	[1:24.77]
500 m :	6:53.93	(1:24.66)	[1:24.66]	600 m :	8:18.31	(1:24.38)	[1:24.38]	700 m :	9:42.45	(1:24.14)	[1:24.14]	800 m :	11:07.06	(1:24.61)	[1:24.61]
900 m :	12:31.52	(1:24.46)	[1:24.46]	1000 m :	13:57.23	(1:25.71)	[1:25.71]	1100 m :	15:22.14	(1:24.91)	[1:24.91]	1200 m :	16:47.89	(1:25.75)	[1:25.75]
1300 m :	18:13.18	(1:25.29)	[1:25.29]	1400 m :	19:39.01	(1:25.83)	[1:25.83]	1500 m :	21:04.90	(1:25.89)	[1:25.89]	1600 m :	22:31.45	(1:26.55)	[1:26.55]
1700 m :	23:57.58	(1:26.13)	[1:26.13]	1800 m :	25:22.79	(1:25.21)	[1:25.21]	1900 m :	26:49.90	(1:27.11)	[1:27.11]	2000 m :	28:18.60	(1:28.70)	[1:28.70]
2100 m :	29:48.51	(1:29.91)	[1:29.91]	2200 m :	31:19.22	(1:30.71)	[1:30.71]	2300 m :	32:50.55	(1:31.33)	[1:31.33]	2400 m :	34:20.08	(1:29.53)	[1:29.53]
2500 m :	35:50.72	(1:30.64)	[1:30.64]	2600 m :	37:21.14	(1:30.42)	[1:30.42]	2700 m :	38:50.27	(1:29.13)	[1:29.13]	2800 m :	40:18.94	(1:28.67)	[1:28.67]
2900 m :	41:48.92	(1:29.98)	[1:29.98]	3000 m :	43:20.49	(1:31.57)	[1:31.57]	3100 m :	44:54.63	(1:34.14)	[1:34.14]	3200 m :	46:28.04	(1:33.41)	[1:33.41]
3300 m :	48:01.07	(1:33.03)	[1:33.03]	3400 m :	49:34.15	(1:33.08)	[1:33.08]	3500 m :	51:07.67	(1:33.52)	[1:33.52]	3600 m :	52:43.52	(1:35.85)	[1:35.85]
3700 m :	54:19.57	(1:36.05)	[1:36.05]	3800 m :	55:55.80	(1:36.23)	[1:36.23]	3900 m :	57:30.18	(1:34.38)	[1:34.38]	4000 m :	59:03.13	(1:32.95)	[1:32.95]
4100 m :	1 h 00:35.96	(1:32.83)	[1:32.83]	4200 m :	1 h 02:06.48	(1:30.52)	[1:30.52]	4300 m :	1 h 03:38.31	(1:31.83)	[1:31.83]	4400 m :	1 h 05:08.85	(1:30.54)	[1:30.54]
4500 m :	1 h 06:39.55	(1:30.70)	[1:30.70]	4600 m :	1 h 08:10.41	(1:30.86)	[1:30.86]	4700 m :	1 h 09:41.30	(1:30.89)	[1:30.89]	4800 m :	1 h 11:12.10	(1:30.80)	[1:30.80]
4900 m :	1 h 12:44.26	(1:32.16)	[1:32.16]	5000 m :	1 h 14:16.44	(1:32.18)	[1:32.18]								

  

2. VIOLLEAU Elena				2006	FRA	CN DE BAIE-MAHAULT				1 h 15:40.99					
100 m :	1:25.66	(1:25.66)	[1:25.66]	200 m :	2:57.66	(1:32.00)	[1:32.00]	300 m :	4:27.93	(1:30.27)	[1:30.27]	400 m :	5:58.71	(1:30.78)	[1:30.78]
500 m :	7:30.43	(1:31.72)	[1:31.72]	600 m :	9:01.79	(1:31.36)	[1:31.36]	700 m :	10:34.20	(1:32.41)	[1:32.41]	800 m :	12:05.66	(1:31.46)	[1:31.46]
900 m :	13:38.55	(1:32.89)	[1:32.89]	1000 m :	15:10.45	(1:31.90)	[1:31.90]	1100 m :	16:44.22	(1:33.77)	[1:33.77]	1200 m :	18:19.28	(1:35.06)	[1:35.06]
1300 m :	19:52.78	(1:33.50)	[1:33.50]	1400 m :	21:25.53	(1:32.75)	[1:32.75]	1500 m :	22:56.46	(1:30.93)	[1:30.93]	1600 m :	24:26.17	(1:29.71)	[1:29.71]
1700 m :	25:56.74	(1:30.57)	[1:30.57]	1800 m :	27:26.10	(1:29.36)	[1:29.36]	1900 m :	28:54.28	(1:28.18)	[1:28.18]	2000 m :	30:21.50	(1:27.22)	[1:27.22]
2100 m :	31:48.45	(1:26.95)	[1:26.95]	2200 m :	33:15.35	(1:26.90)	[1:26.90]	2300 m :	34:41.38	(1:26.03)	[1:26.03]	2400 m :	36:07.78	(1:26.40)	[1:26.40]
2500 m :	37:35.93	(1:28.15)	[1:28.15]	2600 m :	39:04.02	(1:28.09)	[1:28.09]	2700 m :	40:32.53	(1:28.51)	[1:28.51]	2800 m :	42:03.11	(1:30.58)	[1:30.58]
2900 m :	43:33.78	(1:30.67)	[1:30.67]	3000 m :	45:04.38	(1:30.60)	[1:30.60]	3100 m :	46:33.32	(1:28.94)	[1:28.94]	3200 m :	48:05.65	(1:32.33)	[1:32.33]
3300 m :	49:37.04	(1:31.39)	[1:31.39]	3400 m :	51:08.85	(1:31.81)	[1:31.81]	3500 m :	52:41.19	(1:32.34)	[1:32.34]	3600 m :	54:15.10	(1:33.91)	[1:33.91]
3700 m :	55:46.91	(1:31.81)	[1:31.81]	3800 m :	57:21.03	(1:34.12)	[1:34.12]	3900 m :	58:56.79	(1:35.76)	[1:35.76]	4000 m :	1 h 00:31.55	(1:34.76)	[1:34.76]
4100 m :	1 h 02:01.58	(1:30.03)	[1:30.03]	4200 m :	1 h 03:31.88	(1:30.30)	[1:30.30]	4300 m :	1 h 05:02.82	(1:30.94)	[1:30.94]	4400 m :	1 h 06:34.57	(1:31.75)	[1:31.75]
4500 m :	1 h 08:07.55	(1:32.98)	[1:32.98]	4600 m :	1 h 09:38.63	(1:31.08)	[1:31.08]	4700 m :	1 h 11:11.11	(1:32.48)	[1:32.48]	4800 m :	1 h 12:40.98	(1:29.87)	[1:29.87]
4900 m :	1 h 14:10.43	(1:29.45)	[1:29.45]	5000 m :	1 h 15:40.99	(1:30.56)	[1:30.56]								

**Résultats**

**(Suite) Série : 5000 Nage Libre Dames**

[J1 : Sa 28/11/2020 - R1]

3. REDUIT COLMAR Doriane				2007	FRA	MARLINS BL TROIS-RIVIERE				1 h 19:06.52					
100 m :	1:18.43	(1:18.43)	[1:18.43]	200 m :	2:43.94	(1:25.51)	[1:25.51]	300 m :	4:08.00	(1:24.06)	[1:24.06]	400 m :	5:34.06	(1:26.06)	[1:26.06]
500 m :	7:00.52	(1:26.46)	[1:26.46]	600 m :	8:26.65	(1:26.13)	[1:26.13]	700 m :	9:52.05	(1:25.40)	[1:25.40]	800 m :	11:25.33	(1:33.28)	[1:33.28]
900 m :	12:57.78	(1:32.45)	[1:32.45]	1000 m :	14:31.12	(1:33.34)	[1:33.34]	1100 m :	16:01.62	(1:30.50)	[1:30.50]	1200 m :	17:34.72	(1:33.10)	[1:33.10]
1300 m :	19:07.25	(1:32.53)	[1:32.53]	1400 m :	20:39.15	(1:31.90)	[1:31.90]	1500 m :	22:13.62	(1:34.47)	[1:34.47]	1600 m :	23:48.64	(1:35.02)	[1:35.02]
1700 m :	25:23.65	(1:35.01)	[1:35.01]	1800 m :	26:58.02	(1:34.37)	[1:34.37]	1900 m :	28:30.30	(1:32.28)	[1:32.28]	2000 m :	30:04.61	(1:34.31)	[1:34.31]
2100 m :	31:37.40	(1:32.79)	[1:32.79]	2200 m :	33:10.29	(1:32.89)	[1:32.89]	2300 m :	34:40.80	(1:30.51)	[1:30.51]	2400 m :	36:09.39	(1:28.59)	[1:28.59]
2500 m :	37:41.04	(1:31.65)	[1:31.65]	2600 m :	39:16.89	(1:35.85)	[1:35.85]	2700 m :	40:53.63	(1:36.74)	[1:36.74]	2800 m :	42:34.11	(1:40.48)	[1:40.48]
2900 m :	44:12.44	(1:38.33)	[1:38.33]	3000 m :	45:51.67	(1:39.23)	[1:39.23]	3100 m :	47:31.44	(1:39.77)	[1:39.77]	3200 m :	49:09.79	(1:38.35)	[1:38.35]
3300 m :	50:48.39	(1:38.60)	[1:38.60]	3400 m :	52:27.87	(1:39.48)	[1:39.48]	3500 m :	54:06.95	(1:39.08)	[1:39.08]	3600 m :	55:46.95	(1:40.00)	[1:40.00]
3700 m :	57:26.59	(1:39.64)	[1:39.64]	3800 m :	59:04.59	(1:38.00)	[1:38.00]	3900 m :	1 h 00:42.97	(1:38.38)	[1:38.38]	4000 m :	1 h 02:21.45	(1:38.48)	[1:38.48]
4100 m :	1 h 04:02.57	(1:41.12)	[1:41.12]	4200 m :	1 h 05:43.98	(1:41.41)	[1:41.41]	4300 m :	1 h 07:25.38	(1:41.40)	[1:41.40]	4400 m :	1 h 09:09.91	(1:44.53)	[1:44.53]
4500 m :	1 h 10:54.62	(1:44.71)	[1:44.71]	4600 m :	1 h 12:36.83	(1:42.21)	[1:42.21]	4700 m :	1 h 14:17.20	(1:40.37)	[1:40.37]	4800 m :	1 h 15:57.19	(1:39.99)	[1:39.99]
4900 m :	1 h 17:33.69	(1:36.50)	[1:36.50]	5000 m :	1 h 19:06.52	(1:32.83)	[1:32.83]								
--- QUEFFELEC Cassandra				2006	FRA	CN DE BAIE-MAHAULT				DNF					

**Série : 3000 Nage Libre Messieurs**

[J1 : Sa 28/11/2020 - R1]

1. DELANNAY Enzo				2007	FRA	MARLINS BL TROIS-RIVIERE				44:59.79					
100 m :	1:20.29	(1:20.29)	[1:20.29]	200 m :	2:47.27	(1:26.98)	[1:26.98]	300 m :	4:13.64	(1:26.37)	[1:26.37]	400 m :	5:42.32	(1:28.68)	[1:28.68]
500 m :	7:10.07	(1:27.75)	[1:27.75]	600 m :	8:38.57	(1:28.50)	[1:28.50]	700 m :	10:07.47	(1:28.90)	[1:28.90]	800 m :	11:36.28	(1:28.81)	[1:28.81]
900 m :	13:06.27	(1:29.99)	[1:29.99]	1000 m :	14:35.35	(1:29.08)	[1:29.08]	1100 m :	16:06.34	(1:30.99)	[1:30.99]	1200 m :	17:37.22	(1:30.88)	[1:30.88]
1300 m :	19:08.54	(1:31.32)	[1:31.32]	1400 m :	20:41.19	(1:32.65)	[1:32.65]	1500 m :	22:11.75	(1:30.56)	[1:30.56]	1600 m :	23:44.43	(1:32.68)	[1:32.68]
1700 m :	25:16.07	(1:31.64)	[1:31.64]	1800 m :	26:47.93	(1:31.86)	[1:31.86]	1900 m :	28:20.19	(1:32.26)	[1:32.26]	2000 m :	29:52.00	(1:31.81)	[1:31.81]
2100 m :	31:22.51	(1:30.51)	[1:30.51]	2200 m :	32:54.27	(1:31.76)	[1:31.76]	2300 m :	34:27.46	(1:33.19)	[1:33.19]	2400 m :	36:00.61	(1:33.15)	[1:33.15]
2500 m :	37:32.92	(1:32.31)	[1:32.31]	2600 m :	39:04.18	(1:31.26)	[1:31.26]	2700 m :	40:34.51	(1:30.33)	[1:30.33]	2800 m :	42:05.47	(1:30.96)	[1:30.96]
2900 m :	43:35.51	(1:30.04)	[1:30.04]	3000 m :	44:59.79	(1:24.28)	[1:24.28]								
2. COPHY Nhéo				2007	FRA	MARLINS BL TROIS-RIVIERE				46:59.34					
100 m :	1:20.57	(1:20.57)	[1:20.57]	200 m :	2:48.07	(1:27.50)	[1:27.50]	300 m :	4:16.86	(1:28.79)	[1:28.79]	400 m :	5:49.75	(1:32.89)	[1:32.89]
500 m :	7:21.53	(1:31.78)	[1:31.78]	600 m :	8:54.59	(1:33.06)	[1:33.06]	700 m :	10:30.92	(1:36.33)	[1:36.33]	800 m :	12:05.82	(1:34.90)	[1:34.90]
900 m :	13:39.34	(1:33.52)	[1:33.52]	1000 m :	15:09.52	(1:30.18)	[1:30.18]	1100 m :	16:41.98	(1:32.46)	[1:32.46]	1200 m :	18:16.66	(1:34.68)	[1:34.68]
1300 m :	19:47.20	(1:30.54)	[1:30.54]	1400 m :	21:18.30	(1:31.10)	[1:31.10]	1500 m :	22:54.49	(1:36.19)	[1:36.19]	1600 m :	24:32.23	(1:37.74)	[1:37.74]
1700 m :	26:08.04	(1:35.81)	[1:35.81]	1800 m :	27:42.46	(1:34.42)	[1:34.42]	1900 m :	29:20.25	(1:37.79)	[1:37.79]	2000 m :	31:01.03	(1:40.78)	[1:40.78]
2100 m :	32:36.45	(1:35.42)	[1:35.42]	2200 m :	34:08.55	(1:32.10)	[1:32.10]	2300 m :	35:46.47	(1:37.92)	[1:37.92]	2400 m :	37:25.72	(1:39.25)	[1:39.25]
2500 m :	39:00.26	(1:34.54)	[1:34.54]	2600 m :	40:35.63	(1:35.37)	[1:35.37]	2700 m :	42:16.19	(1:40.56)	[1:40.56]	2800 m :	43:50.65	(1:34.46)	[1:34.46]
2900 m :	45:28.64	(1:37.99)	[1:37.99]	3000 m :	46:59.34	(1:30.70)	[1:30.70]								
3. MACAL Mateo				2008	FRA	CN DE BAIE-MAHAULT				48:11.45					
100 m :	1:28.99	(1:28.99)	[1:28.99]	200 m :	3:03.26	(1:34.27)	[1:34.27]	300 m :	4:38.58	(1:35.32)	[1:35.32]	400 m :	6:15.29	(1:36.71)	[1:36.71]
500 m :	7:50.69	(1:35.40)	[1:35.40]	600 m :	9:28.01	(1:37.32)	[1:37.32]	700 m :	11:03.29	(1:35.28)	[1:35.28]	800 m :	12:41.50	(1:38.21)	[1:38.21]
900 m :	14:17.46	(1:35.96)	[1:35.96]	1000 m :	15:55.94	(1:38.48)	[1:38.48]	1100 m :	17:35.00	(1:39.06)	[1:39.06]	1200 m :	19:12.32	(1:37.32)	[1:37.32]
1300 m :	20:49.93	(1:37.61)	[1:37.61]	1400 m :	22:30.71	(1:40.78)	[1:40.78]	1500 m :	24:12.91	(1:42.20)	[1:42.20]	1600 m :	25:50.99	(1:38.08)	[1:38.08]
1700 m :	27:28.99	(1:38.00)	[1:38.00]	1800 m :	29:07.65	(1:38.66)	[1:38.66]	1900 m :	30:49.45	(1:41.80)	[1:41.80]	2000 m :	32:31.16	(1:41.71)	[1:41.71]
2100 m :	34:11.69	(1:40.53)	[1:40.53]	2200 m :	35:50.88	(1:39.19)	[1:39.19]	2300 m :	37:26.32	(1:35.44)	[1:35.44]	2400 m :	39:02.18	(1:35.86)	[1:35.86]
2500 m :	40:40.12	(1:37.94)	[1:37.94]	2600 m :	42:18.50	(1:38.38)	[1:38.38]	2700 m :	43:48.06	(1:29.56)	[1:29.56]	2800 m :	45:17.36	(1:29.30)	[1:29.30]
2900 m :	46:46.67	(1:29.31)	[1:29.31]	3000 m :	48:11.45	(1:24.78)	[1:24.78]								

**Séries : 5000 Nage Libre Messieurs**

[J1 : Sa 28/11/2020 - R1]

1. ZACHELIN Anaïque				2001	FRA	A.S SHARK NATATION DES ABYMES				1 h 02:05.57					
100 m :	1:05.31	(1:05.31)	[1:05.31]	200 m :	2:18.82	(1:13.51)	[1:13.51]	300 m :	3:32.18	(1:13.36)	[1:13.36]	400 m :	4:45.00	(1:12.82)	[1:12.82]
500 m :	5:58.70	(1:13.70)	[1:13.70]	600 m :	7:11.40	(1:12.70)	[1:12.70]	700 m :	8:25.38	(1:13.98)	[1:13.98]	800 m :	9:38.55	(1:13.17)	[1:13.17]
900 m :	10:52.63	(1:14.08)	[1:14.08]	1000 m :	12:06.83	(1:14.20)	[1:14.20]	1100 m :	13:20.08	(1:13.25)	[1:13.25]	1200 m :	14:34.16	(1:14.08)	[1:14.08]
1300 m :	15:47.72	(1:13.56)	[1:13.56]	1400 m :	17:01.45	(1:13.73)	[1:13.73]	1500 m :	18:15.87	(1:14.42)	[1:14.42]	1600 m :	19:31.09	(1:15.22)	[1:15.22]
1700 m :	20:46.70	(1:15.61)	[1:15.61]	1800 m :	22:01.54	(1:14.84)	[1:14.84]	1900 m :	23:15.02	(1:13.48)	[1:13.48]	2000 m :	24:28.39	(1:13.37)	[1:13.37]
2100 m :	25:39.61	(1:11.22)	[1:11.22]	2200 m :	26:51.82	(1:12.21)	[1:12.21]	2300 m :	28:05.20	(1:13.38)	[1:13.38]	2400 m :	29:19.05	(1:13.85)	[1:13.85]
2500 m :	30:31.14	(1:12.09)	[1:12.09]	2600 m :	31:45.59	(1:14.45)	[1:14.45]	2700 m :	32:59.49	(1:13.90)	[1:13.90]	2800 m :	34:14.49	(1:15.00)	[1:15.00]
2900 m :	35:28.15	(1:13.66)	[1:13.66]	3000 m :	36:43.05	(1:14.90)	[1:14.90]	3100 m :	37:54.88	(1:11.83)	[1:11.83]	3200 m :	39:11.31	(1:16.43)	[1:16.43]
3300 m :	40:26.38	(1:15.07)	[1:15.07]	3400 m :	41:42.42	(1:16.04)	[1:16.04]	3500 m :	42:59.37	(1:16.95)	[1:16.95]	3600 m :	44:14.58	(1:15.21)	[1:15.21]
3700 m :	45:31.57	(1:16.99)	[1:16.99]	3800 m :	46:49.07	(1:17.50)	[1:17.50]	3900 m :	48:06.68	(1:17.61)	[1:17.61]	4000 m :	49:26.43	(1:19.75)	[1:19.75]
4100 m :	50:38.04	(1:11.61)	[1:11.61]	4200 m :	51:54.64	(1:16.60)	[1:16.60]	4300 m :	53:10.92	(1:16.28)	[1:16.28]	4400 m :	54:26.82	(1:15.90)	[1:15.90]
4500 m :	55:44.32	(1:17.50)	[1:17.50]	4600 m :	57:02.20	(1:17.88)	[1:17.88]	4700 m :	58:19.62	(1:17.42)	[1:17.42]	4800 m :	59:34.74	(1:15.12)	[1:15.12]
4900 m :	1 h 00:53.27	(1:18.53)	[1:18.53]	5000 m :	1 h 02:05.57	(1:12.30)	[1:12.30]								

**Résultats**

**(Suite) Séries : 5000 Nage Libre Messieurs**

[J1 : Sa 28/11/2020 - R1]

2. BOURNY Ioané				2000	FRA	CN DE BAIE-MAHAULT				1 h 04:37.34					
100 m :	1:11.64	(1:11.64)	[1:11.64]	200 m :	2:26.84	(1:15.20)	[1:15.20]	300 m :	3:43.16	(1:16.32)	[1:16.32]	400 m :	4:59.50	(1:16.34)	[1:16.34]
500 m :	6:15.87	(1:16.37)	[1:16.37]	600 m :	7:32.27	(1:16.40)	[1:16.40]	700 m :	8:48.25	(1:15.98)	[1:15.98]	800 m :	10:04.60	(1:16.35)	[1:16.35]
900 m :	11:21.47	(1:16.87)	[1:16.87]	1000 m :	12:37.53	(1:16.06)	[1:16.06]	1100 m :	13:53.84	(1:16.31)	[1:16.31]	1200 m :	15:10.41	(1:16.57)	[1:16.57]
1300 m :	16:26.80	(1:16.39)	[1:16.39]	1400 m :	17:43.25	(1:16.45)	[1:16.45]	1500 m :	19:00.09	(1:16.84)	[1:16.84]	1600 m :	20:17.33	(1:17.24)	[1:17.24]
1700 m :	21:34.05	(1:16.72)	[1:16.72]	1800 m :	22:50.76	(1:16.71)	[1:16.71]	1900 m :	24:07.74	(1:16.98)	[1:16.98]	2000 m :	25:24.66	(1:16.92)	[1:16.92]
2100 m :	26:41.37	(1:16.71)	[1:16.71]	2200 m :	27:58.78	(1:17.41)	[1:17.41]	2300 m :	29:15.77	(1:16.99)	[1:16.99]	2400 m :	30:33.16	(1:17.39)	[1:17.39]
2500 m :	31:50.89	(1:17.73)	[1:17.73]	2600 m :	33:08.57	(1:17.68)	[1:17.68]	2700 m :	34:26.60	(1:18.03)	[1:18.03]	2800 m :	35:44.44	(1:17.84)	[1:17.84]
2900 m :	37:01.81	(1:17.37)	[1:17.37]	3000 m :	38:19.20	(1:17.39)	[1:17.39]	3100 m :	39:37.07	(1:17.87)	[1:17.87]	3200 m :	40:55.26	(1:18.19)	[1:18.19]
3300 m :	42:13.51	(1:18.25)	[1:18.25]	3400 m :	43:32.24	(1:18.73)	[1:18.73]	3500 m :	44:50.93	(1:18.69)	[1:18.69]	3600 m :	46:09.73	(1:18.80)	[1:18.80]
3700 m :	47:28.86	(1:19.13)	[1:19.13]	3800 m :	48:48.58	(1:19.72)	[1:19.72]	3900 m :	50:07.73	(1:19.15)	[1:19.15]	4000 m :	51:26.35	(1:18.62)	[1:18.62]
4100 m :	52:45.51	(1:19.16)	[1:19.16]	4200 m :	54:04.75	(1:19.24)	[1:19.24]	4300 m :	55:24.19	(1:19.44)	[1:19.44]	4400 m :	56:44.12	(1:19.93)	[1:19.93]
4500 m :	58:03.50	(1:19.38)	[1:19.38]	4600 m :	59:22.65	(1:19.15)	[1:19.15]	4700 m :	1 h 00:41.83	(1:19.18)	[1:19.18]	4800 m :	1 h 02:00.72	(1:18.89)	[1:18.89]
4900 m :	1 h 03:19.40	(1:18.68)	[1:18.68]	5000 m :	1 h 04:37.34	(1:17.94)	[1:17.94]								
3. SADIKHOSSEN Lilian				2004	FRA	A.S SHARK NATATION DES ABYMES				1 h 07:11.97					
100 m :	1:07.32	(1:07.32)	[1:07.32]	200 m :	2:23.32	(1:16.00)	[1:16.00]	300 m :	3:39.61	(1:16.29)	[1:16.29]	400 m :	4:57.07	(1:17.46)	[1:17.46]
500 m :	6:14.98	(1:19.91)	[1:19.91]	600 m :	7:32.56	(1:17.58)	[1:17.58]	700 m :	8:49.77	(1:17.21)	[1:17.21]	800 m :	10:07.80	(1:18.03)	[1:18.03]
900 m :	11:27.52	(1:19.72)	[1:19.72]	1000 m :	12:45.87	(1:18.35)	[1:18.35]	1100 m :	14:04.30	(1:18.43)	[1:18.43]	1200 m :	15:23.08	(1:18.78)	[1:18.78]
1300 m :	16:40.32	(1:17.24)	[1:17.24]	1400 m :	17:57.21	(1:16.89)	[1:16.89]	1500 m :	19:13.29	(1:16.08)	[1:16.08]	1600 m :	20:30.88	(1:17.59)	[1:17.59]
1700 m :	21:48.20	(1:17.32)	[1:17.32]	1800 m :	23:06.29	(1:18.09)	[1:18.09]	1900 m :	24:27.04	(1:20.75)	[1:20.75]	2000 m :	25:48.66	(1:21.62)	[1:21.62]
2100 m :	27:10.51	(1:21.85)	[1:21.85]	2200 m :	28:34.15	(1:23.64)	[1:23.64]	2300 m :	29:56.80	(1:22.65)	[1:22.65]	2400 m :	31:20.99	(1:24.19)	[1:24.19]
2500 m :	32:41.74	(1:20.75)	[1:20.75]	2600 m :	34:04.48	(1:22.74)	[1:22.74]	2700 m :	35:27.79	(1:23.31)	[1:23.31]	2800 m :	36:50.43	(1:22.64)	[1:22.64]
2900 m :	38:12.48	(1:22.05)	[1:22.05]	3000 m :	39:35.87	(1:23.39)	[1:23.39]	3100 m :	40:55.85	(1:19.98)	[1:19.98]	3200 m :	42:20.33	(1:24.48)	[1:24.48]
3300 m :	43:43.83	(1:23.50)	[1:23.50]	3400 m :	45:05.26	(1:21.43)	[1:21.43]	3500 m :	46:27.55	(1:22.29)	[1:22.29]	3600 m :	47:50.83	(1:23.28)	[1:23.28]
3700 m :	49:14.26	(1:23.43)	[1:23.43]	3800 m :	50:36.70	(1:22.44)	[1:22.44]	3900 m :	51:59.03	(1:22.33)	[1:22.33]	4000 m :	53:21.94	(1:22.91)	[1:22.91]
4100 m :	54:42.62	(1:20.68)	[1:20.68]	4200 m :	56:04.48	(1:21.86)	[1:21.86]	4300 m :	57:27.64	(1:23.16)	[1:23.16]	4400 m :	58:51.74	(1:24.10)	[1:24.10]
4500 m :	1 h 00:17.99	(1:26.25)	[1:26.25]	4600 m :	1 h 01:40.87	(1:22.88)	[1:22.88]	4700 m :	1 h 03:05.67	(1:24.80)	[1:24.80]	4800 m :	1 h 04:27.25	(1:21.58)	[1:21.58]
4900 m :	1 h 05:50.64	(1:23.39)	[1:23.39]	5000 m :	1 h 07:11.97	(1:21.33)	[1:21.33]								
4. COQUIN Tom				2005	FRA	CN DE BAIE-MAHAULT				1 h 09:05.31					
100 m :	1:16.70	(1:16.70)	[1:16.70]	200 m :	2:35.57	(1:18.87)	[1:18.87]	300 m :	3:55.49	(1:19.92)	[1:19.92]	400 m :	5:14.80	(1:19.31)	[1:19.31]
500 m :	6:35.03	(1:20.23)	[1:20.23]	600 m :	7:56.73	(1:21.70)	[1:21.70]	700 m :	9:19.39	(1:22.66)	[1:22.66]	800 m :	10:41.73	(1:22.34)	[1:22.34]
900 m :	12:04.98	(1:23.25)	[1:23.25]	1000 m :	13:22.96	(1:17.98)	[1:17.98]	1100 m :	14:45.14	(1:22.18)	[1:22.18]	1200 m :	16:07.18	(1:22.04)	[1:22.04]
1300 m :	17:30.25	(1:23.07)	[1:23.07]	1400 m :	18:53.44	(1:23.19)	[1:23.19]	1500 m :	20:16.17	(1:22.73)	[1:22.73]	1600 m :	21:38.97	(1:22.80)	[1:22.80]
1700 m :	23:03.85	(1:24.88)	[1:24.88]	1800 m :	24:29.23	(1:25.38)	[1:25.38]	1900 m :	25:53.49	(1:24.26)	[1:24.26]	2000 m :	27:16.81	(1:23.32)	[1:23.32]
2100 m :	28:40.51	(1:23.70)	[1:23.70]	2200 m :	30:05.06	(1:24.55)	[1:24.55]	2300 m :	31:30.59	(1:25.53)	[1:25.53]	2400 m :	32:54.95	(1:24.36)	[1:24.36]
2500 m :	34:24.55	(1:29.60)	[1:29.60]	2600 m :	35:51.57	(1:27.02)	[1:27.02]	2700 m :	37:15.82	(1:24.25)	[1:24.25]	2800 m :	38:39.13	(1:23.31)	[1:23.31]
2900 m :	40:02.23	(1:23.10)	[1:23.10]	3000 m :	41:24.66	(1:22.43)	[1:22.43]	3100 m :	42:46.97	(1:22.31)	[1:22.31]	3200 m :	44:10.31	(1:23.34)	[1:23.34]
3300 m :	45:35.07	(1:24.76)	[1:24.76]	3400 m :	46:59.13	(1:24.06)	[1:24.06]	3500 m :	48:25.37	(1:26.24)	[1:26.24]	3600 m :	49:49.33	(1:23.96)	[1:23.96]
3700 m :	51:13.85	(1:24.52)	[1:24.52]	3800 m :	52:37.72	(1:23.87)	[1:23.87]	3900 m :	54:03.87	(1:26.15)	[1:26.15]	4000 m :	55:29.55	(1:25.68)	[1:25.68]
4100 m :	56:55.18	(1:25.63)	[1:25.63]	4200 m :	58:19.03	(1:23.85)	[1:23.85]	4300 m :	59:37.74	(1:18.71)	[1:18.71]	4400 m :	1 h 00:57.18	(1:19.44)	[1:19.44]
4500 m :	1 h 02:19.71	(1:22.53)	[1:22.53]	4600 m :	1 h 03:41.95	(1:22.24)	[1:22.24]	4700 m :	1 h 05:04.40	(1:22.45)	[1:22.45]	4800 m :	1 h 06:26.48	(1:22.08)	[1:22.08]
4900 m :	1 h 07:47.83	(1:21.35)	[1:21.35]	5000 m :	1 h 09:05.31	(1:17.48)	[1:17.48]								
5. LUCIDA Noah				2003	FRA	LES DAUPHINS DU MOULE				1 h 13:25.01					
100 m :	1:10.23	(1:10.23)	[1:10.23]	200 m :	2:30.03	(1:19.80)	[1:19.80]	300 m :	3:54.78	(1:24.75)	[1:24.75]	400 m :	5:19.58	(1:24.80)	[1:24.80]
500 m :	6:45.70	(1:26.12)	[1:26.12]	600 m :	8:12.08	(1:26.38)	[1:26.38]	700 m :	9:38.62	(1:26.54)	[1:26.54]	800 m :	11:06.21	(1:27.59)	[1:27.59]
900 m :	12:33.89	(1:27.68)	[1:27.68]	1000 m :	14:00.72	(1:26.83)	[1:26.83]	1100 m :	15:26.91	(1:26.19)	[1:26.19]	1200 m :	16:52.51	(1:25.60)	[1:25.60]
1300 m :	18:18.21	(1:25.70)	[1:25.70]	1400 m :	19:44.69	(1:26.48)	[1:26.48]	1500 m :	21:11.65	(1:26.96)	[1:26.96]	1600 m :	22:38.49	(1:26.84)	[1:26.84]
1700 m :	24:06.46	(1:27.97)	[1:27.97]	1800 m :	25:35.28	(1:28.82)	[1:28.82]	1900 m :	27:04.14	(1:28.86)	[1:28.86]	2000 m :	28:33.52	(1:29.38)	[1:29.38]
2100 m :	29:58.16	(1:24.64)	[1:24.64]	2200 m :	31:21.96	(1:23.80)	[1:23.80]	2300 m :	32:44.96	(1:23.00)	[1:23.00]	2400 m :	34:08.96	(1:24.00)	[1:24.00]
2500 m :	35:34.88	(1:25.92)	[1:25.92]	2600 m :	37:02.72	(1:27.84)	[1:27.84]	2700 m :	38:31.56	(1:28.84)	[1:28.84]	2800 m :	40:00.30	(1:28.74)	[1:28.74]
2900 m :	41:29.62	(1:29.32)	[1:29.32]	3000 m :	43:00.19	(1:30.57)	[1:30.57]	3100 m :	44:29.84	(1:29.65)	[1:29.65]	3200 m :	46:01.38	(1:31.54)	[1:31.54]
3300 m :	47:32.57	(1:31.19)	[1:31.19]	3400 m :	49:03.94	(1:31.37)	[1:31.37]	3500 m :	50:36.27	(1:32.33)	[1:32.33]	3600 m :	52:05.34	(1:29.07)	[1:29.07]
3700 m :	53:37.48	(1:32.14)	[1:32.14]	3800 m :	55:09.39	(1:31.91)	[1:31.91]	3900 m :	56:41.74	(1:32.35)	[1:32.35]	4000 m :	58:13.89	(1:32.15)	[1:32.15]
4100 m :	59:45.15	(1:31.26)	[1:31.26]	4200 m :	1 h 01:17.94	(1:32.79)	[1:32.79]	4300 m :	1 h 02:48.69	(1:30.75)	[1:30.75]	4400 m :	1 h 04:19.81	(1:31.12)	[1:31.12]
4500 m :	1 h 05:50.40	(1:30.59)	[1:30.59]	4600 m :	1 h 07:21.92	(1:31.52)	[1:31.52]	4700 m :	---			4800 m :	1 h 10:24.63	(3:02.71)	[3:02.71]
4900 m :	1 h 11:55.13	(1:30.50)	[1:30.50]	5000 m :	1 h 13:25.01	(1:29.88)	[1:29.88]								

**Résultats**

**(Suite) Séries : 5000 Nage Libre Messieurs**

[J1 : Sa 28/11/2020 - R1]

6. RAMBHOJAN Matthias				2006	FRA	CN DE BAIE-MAHAULT				1 h 14:21.23					
100 m :	1:17.98	(1:17.98)	[1:17.98]	200 m :	2:40.25	(1:22.27)	[1:22.27]	300 m :	4:04.84	(1:24.59)	[1:24.59]	400 m :	5:29.42	(1:24.58)	[1:24.58]
500 m :	6:54.19	(1:24.77)	[1:24.77]	600 m :	8:19.21	(1:25.02)	[1:25.02]	700 m :	9:43.87	(1:24.66)	[1:24.66]	800 m :	11:09.28	(1:25.41)	[1:25.41]
900 m :	12:34.58	(1:25.30)	[1:25.30]	1000 m :	14:01.23	(1:26.65)	[1:26.65]	1100 m :	15:27.81	(1:26.58)	[1:26.58]	1200 m :	16:55.33	(1:27.52)	[1:27.52]
1300 m :	18:22.61	(1:27.28)	[1:27.28]	1400 m :	19:51.74	(1:29.13)	[1:29.13]	1500 m :	21:19.49	(1:27.75)	[1:27.75]	1600 m :	22:48.38	(1:28.89)	[1:28.89]
1700 m :	24:16.38	(1:28.00)	[1:28.00]	1800 m :	25:43.96	(1:27.58)	[1:27.58]	1900 m :	27:11.38	(1:27.42)	[1:27.42]	2000 m :	28:41.98	(1:30.60)	[1:30.60]
2100 m :	30:10.99	(1:29.01)	[1:29.01]	2200 m :	31:37.97	(1:26.98)	[1:26.98]	2300 m :	33:08.22	(1:30.25)	[1:30.25]	2400 m :	34:37.76	(1:29.54)	[1:29.54]
2500 m :	36:07.64	(1:29.88)	[1:29.88]	2600 m :	37:35.31	(1:27.67)	[1:27.67]	2700 m :	39:03.11	(1:27.80)	[1:27.80]	2800 m :	40:35.96	(1:32.85)	[1:32.85]
2900 m :	42:06.72	(1:30.76)	[1:30.76]	3000 m :	43:38.01	(1:31.29)	[1:31.29]	3100 m :	45:09.76	(1:31.75)	[1:31.75]	3200 m :	46:42.89	(1:33.13)	[1:33.13]
3300 m :	48:13.50	(1:30.61)	[1:30.61]	3400 m :	49:49.59	(1:36.09)	[1:36.09]	3500 m :	51:24.91	(1:35.32)	[1:35.32]	3600 m :	53:01.37	(1:36.46)	[1:36.46]
3700 m :	54:36.88	(1:35.51)	[1:35.51]	3800 m :	56:09.79	(1:32.91)	[1:32.91]	3900 m :	57:43.98	(1:34.19)	[1:34.19]	4000 m :	59:16.21	(1:32.23)	[1:32.23]
4100 m :	1 h 00:46.56	(1:30.35)	[1:30.35]	4200 m :	1 h 02:17.57	(1:31.01)	[1:31.01]	4300 m :	1 h 03:47.16	(1:29.59)	[1:29.59]	4400 m :	1 h 05:12.15	(1:24.99)	[1:24.99]
4500 m :	1 h 06:52.11	(1:39.96)	[1:39.96]	4600 m :	1 h 08:26.09	(1:33.98)	[1:33.98]	4700 m :	1 h 09:56.51	(1:30.42)	[1:30.42]	4800 m :	1 h 11:27.19	(1:30.68)	[1:30.68]
4900 m :	1 h 12:58.82	(1:31.63)	[1:31.63]	5000 m :	1 h 14:21.23	(1:22.41)	[1:22.41]								
7. RAMBHOJAN Matthieu				2005	FRA	CN DE BAIE-MAHAULT				1 h 14:58.21					
100 m :	1:18.19	(1:18.19)	[1:18.19]	200 m :	2:42.05	(1:23.86)	[1:23.86]	300 m :	4:08.11	(1:26.06)	[1:26.06]	400 m :	5:34.35	(1:26.24)	[1:26.24]
500 m :	7:03.23	(1:28.88)	[1:28.88]	600 m :	8:30.45	(1:27.22)	[1:27.22]	700 m :	9:57.77	(1:27.32)	[1:27.32]	800 m :	11:24.84	(1:27.07)	[1:27.07]
900 m :	12:51.97	(1:27.13)	[1:27.13]	1000 m :	14:20.11	(1:28.14)	[1:28.14]	1100 m :	15:49.21	(1:29.10)	[1:29.10]	1200 m :	17:18.55	(1:29.34)	[1:29.34]
1300 m :	18:46.93	(1:28.38)	[1:28.38]	1400 m :	20:16.76	(1:29.83)	[1:29.83]	1500 m :	21:45.86	(1:29.10)	[1:29.10]	1600 m :	23:16.15	(1:30.29)	[1:30.29]
1700 m :	24:47.37	(1:31.22)	[1:31.22]	1800 m :	26:18.53	(1:31.16)	[1:31.16]	1900 m :	27:50.57	(1:32.04)	[1:32.04]	2000 m :	29:20.89	(1:30.32)	[1:30.32]
2100 m :	30:51.52	(1:30.63)	[1:30.63]	2200 m :	32:21.22	(1:29.70)	[1:29.70]	2300 m :	33:50.19	(1:28.97)	[1:28.97]	2400 m :	35:18.84	(1:28.65)	[1:28.65]
2500 m :	36:47.45	(1:28.61)	[1:28.61]	2600 m :	38:15.72	(1:28.27)	[1:28.27]	2700 m :	39:45.64	(1:29.92)	[1:29.92]	2800 m :	41:15.96	(1:30.32)	[1:30.32]
2900 m :	42:46.37	(1:30.41)	[1:30.41]	3000 m :	44:20.26	(1:33.89)	[1:33.89]	3100 m :	45:50.71	(1:30.45)	[1:30.45]	3200 m :	47:21.13	(1:30.42)	[1:30.42]
3300 m :	48:52.04	(1:30.91)	[1:30.91]	3400 m :	50:23.12	(1:31.08)	[1:31.08]	3500 m :	51:52.59	(1:29.47)	[1:29.47]	3600 m :	53:22.17	(1:29.58)	[1:29.58]
3700 m :	54:53.01	(1:30.84)	[1:30.84]	3800 m :	56:23.57	(1:30.56)	[1:30.56]	3900 m :	57:57.74	(1:34.17)	[1:34.17]	4000 m :	59:32.59	(1:34.85)	[1:34.85]
4100 m :	1 h 01:03.76	(1:31.17)	[1:31.17]	4200 m :	1 h 02:35.36	(1:31.60)	[1:31.60]	4300 m :	1 h 04:09.67	(1:34.31)	[1:34.31]	4400 m :	1 h 05:44.23	(1:34.56)	[1:34.56]
4500 m :	1 h 07:18.58	(1:34.35)	[1:34.35]	4600 m :	1 h 08:51.25	(1:32.67)	[1:32.67]	4700 m :	1 h 10:24.52	(1:33.27)	[1:33.27]	4800 m :	1 h 11:56.62	(1:32.10)	[1:32.10]
4900 m :	1 h 13:30.52	(1:33.90)	[1:33.90]	5000 m :	1 h 14:58.21	(1:27.69)	[1:27.69]								
8. TOI Vilanski				2004	FRA	MARLINS BL TROIS-RIVIERE				1 h 24:07.20					
100 m :	1:18.35	(1:18.35)	[1:18.35]	200 m :	2:41.37	(1:23.02)	[1:23.02]	300 m :	4:06.15	(1:24.78)	[1:24.78]	400 m :	5:33.39	(1:27.24)	[1:27.24]
500 m :	7:04.28	(1:30.89)	[1:30.89]	600 m :	8:39.41	(1:35.13)	[1:35.13]	700 m :	10:12.96	(1:33.55)	[1:33.55]	800 m :	11:47.06	(1:34.10)	[1:34.10]
900 m :	13:24.34	(1:37.28)	[1:37.28]	1000 m :	15:01.41	(1:37.07)	[1:37.07]	1100 m :	16:38.45	(1:37.04)	[1:37.04]	1200 m :	18:19.70	(1:41.25)	[1:41.25]
1300 m :	20:01.32	(1:41.62)	[1:41.62]	1400 m :	21:43.99	(1:42.67)	[1:42.67]	1500 m :	23:20.51	(1:36.52)	[1:36.52]	1600 m :	24:55.07	(1:34.56)	[1:34.56]
1700 m :	26:32.40	(1:37.33)	[1:37.33]	1800 m :	28:11.27	(1:38.87)	[1:38.87]	1900 m :	29:50.32	(1:39.05)	[1:39.05]	2000 m :	31:23.07	(1:32.75)	[1:32.75]
2100 m :	33:05.76	(1:42.69)	[1:42.69]	2200 m :	34:48.73	(1:42.97)	[1:42.97]	2300 m :	36:28.45	(1:39.72)	[1:39.72]	2400 m :	38:07.42	(1:38.97)	[1:38.97]
2500 m :	39:46.04	(1:38.62)	[1:38.62]	2600 m :	41:29.23	(1:43.19)	[1:43.19]	2700 m :	43:09.41	(1:40.18)	[1:40.18]	2800 m :	44:53.76	(1:44.35)	[1:44.35]
2900 m :	46:37.21	(1:43.45)	[1:43.45]	3000 m :	48:25.67	(1:48.46)	[1:48.46]	3100 m :	50:14.89	(1:49.22)	[1:49.22]	3200 m :	52:01.02	(1:46.13)	[1:46.13]
3300 m :	53:47.15	(1:46.13)	[1:46.13]	3400 m :	55:34.30	(1:47.15)	[1:47.15]	3500 m :	57:21.76	(1:47.46)	[1:47.46]	3600 m :	59:04.30	(1:42.54)	[1:42.54]
3700 m :	1 h 00:49.77	(1:45.47)	[1:45.47]	3800 m :	1 h 02:40.23	(1:50.46)	[1:50.46]	3900 m :	1 h 04:27.57	(1:47.34)	[1:47.34]	4000 m :	1 h 06:11.36	(1:43.79)	[1:43.79]
4100 m :	1 h 07:58.38	(1:47.02)	[1:47.02]	4200 m :	1 h 09:48.75	(1:50.37)	[1:50.37]	4300 m :	1 h 11:37.48	(1:48.73)	[1:48.73]	4400 m :	1 h 13:30.64	(1:53.16)	[1:53.16]
4500 m :	1 h 15:21.05	(1:50.41)	[1:50.41]	4600 m :	1 h 17:08.76	(1:47.71)	[1:47.71]	4700 m :	1 h 18:55.43	(1:46.67)	[1:46.67]	4800 m :	1 h 20:40.14	(1:44.71)	[1:44.71]
4900 m :	1 h 22:28.81	(1:48.67)	[1:48.67]	5000 m :	1 h 24:07.20	(1:38.39)	[1:38.39]								