

Résultats

[Cotation FFN]

Série : 3000 Nage Libre Dames

[J1 : Di 15/12/2019 - R1]

1. BOILEAU Roxane				2008	FRA	MARLINS BL TROIS-RIVIERE				44:49.19					
100 m :	1:23.64	(1:23.64)	[1:23.64]	200 m :	2:51.96	(1:28.32)	[1:28.32]	300 m :	4:21.05	(1:29.09)	[1:29.09]	400 m :	5:50.23	(1:29.18)	[1:29.18]
500 m :	7:18.19	(1:27.96)	[1:27.96]	600 m :	8:48.85	(1:30.66)	[1:30.66]	700 m :	10:17.86	(1:29.01)	[1:29.01]	800 m :	11:48.75	(1:30.89)	[1:30.89]
900 m :	13:18.20	(1:29.45)	[1:29.45]	1000 m :	14:47.49	(1:29.29)	[1:29.29]	1100 m :	16:16.16	(1:28.67)	[1:28.67]	1200 m :	17:45.50	(1:29.34)	[1:29.34]
1300 m :	19:15.72	(1:30.22)	[1:30.22]	1400 m :	20:46.56	(1:30.84)	[1:30.84]	1500 m :	22:16.26	(1:29.70)	[1:29.70]	1600 m :	23:46.77	(1:30.51)	[1:30.51]
1700 m :	25:17.96	(1:31.19)	[1:31.19]	1800 m :	26:50.39	(1:32.43)	[1:32.43]	1900 m :	28:21.77	(1:31.38)	[1:31.38]	2000 m :	29:54.12	(1:32.35)	[1:32.35]
2100 m :	31:23.69	(1:29.57)	[1:29.57]	2200 m :	32:55.25	(1:31.56)	[1:31.56]	2300 m :	34:25.31	(1:30.06)	[1:30.06]	2400 m :	35:55.16	(1:29.85)	[1:29.85]
2500 m :	37:24.81	(1:29.65)	[1:29.65]	2600 m :	38:53.64	(1:28.83)	[1:28.83]	2700 m :	40:24.29	(1:30.65)	[1:30.65]	2800 m :	41:54.80	(1:30.51)	[1:30.51]
2900 m :	43:23.32	(1:28.52)	[1:28.52]	3000 m :	44:49.19	(1:25.87)	[1:25.87]								
2. MASSIOT Emeline				2008	FRA	MARLINS BL TROIS-RIVIERE				51:10.29					
100 m :	1:33.36	(1:33.36)	[1:33.36]	200 m :	3:12.15	(1:38.79)	[1:38.79]	300 m :	4:53.54	(1:41.39)	[1:41.39]	400 m :	6:34.36	(1:40.82)	[1:40.82]
500 m :	8:16.01	(1:41.65)	[1:41.65]	600 m :	9:55.39	(1:39.38)	[1:39.38]	700 m :	11:36.71	(1:41.32)	[1:41.32]	800 m :	13:18.42	(1:41.71)	[1:41.71]
900 m :	15:02.82	(1:44.40)	[1:44.40]	1000 m :	16:46.23	(1:43.41)	[1:43.41]	1100 m :	18:30.19	(1:43.96)	[1:43.96]	1200 m :	20:12.71	(1:42.52)	[1:42.52]
1300 m :	21:54.57	(1:41.86)	[1:41.86]	1400 m :	23:36.36	(1:41.79)	[1:41.79]	1500 m :	25:18.48	(1:42.12)	[1:42.12]	1600 m :	26:59.22	(1:40.74)	[1:40.74]
1700 m :	28:43.03	(1:43.81)	[1:43.81]	1800 m :	30:28.90	(1:45.87)	[1:45.87]	1900 m :	32:16.29	(1:47.39)	[1:47.39]	2000 m :	33:59.20	(1:42.91)	[1:42.91]
2100 m :	35:40.71	(1:41.51)	[1:41.51]	2200 m :	37:24.35	(1:43.64)	[1:43.64]	2300 m :	39:05.67	(1:41.32)	[1:41.32]	2400 m :	40:49.10	(1:43.43)	[1:43.43]
2500 m :	42:32.44	(1:43.34)	[1:43.34]	2600 m :	44:17.37	(1:44.93)	[1:44.93]	2700 m :	46:03.47	(1:46.10)	[1:46.10]	2800 m :	47:47.43	(1:43.96)	[1:43.96]
2900 m :	49:32.25	(1:44.82)	[1:44.82]	3000 m :	51:10.29	(1:38.04)	[1:38.04]								
--- MAUL Hanaë				2007	FRA	LES DAUPHINS DU MOULE				DNS					

Série : 5000 Nage Libre Dames

[J1 : Di 15/12/2019 - R1]

1. BRIVERT Kate-Lye				2004	FRA	CN DE BAIE-MAHAULT				1 h 07:42.96					
100 m :	1:12.43	(1:12.43)	[1:12.43]	200 m :	2:28.84	(1:16.41)	[1:16.41]	300 m :	3:46.26	(1:17.42)	[1:17.42]	400 m :	5:04.23	(1:17.97)	[1:17.97]
500 m :	6:22.35	(1:18.12)	[1:18.12]	600 m :	7:40.52	(1:18.17)	[1:18.17]	700 m :	8:58.30	(1:17.78)	[1:17.78]	800 m :	10:16.31	(1:18.01)	[1:18.01]
900 m :	11:34.44	(1:18.13)	[1:18.13]	1000 m :	12:52.75	(1:18.31)	[1:18.31]	1100 m :	14:10.63	(1:17.88)	[1:17.88]	1200 m :	15:28.33	(1:17.70)	[1:17.70]
1300 m :	16:46.18	(1:17.85)	[1:17.85]	1400 m :	18:04.59	(1:18.41)	[1:18.41]	1500 m :	19:22.99	(1:18.40)	[1:18.40]	1600 m :	20:41.98	(1:18.99)	[1:18.99]
1700 m :	22:03.54	(1:21.56)	[1:21.56]	1800 m :	23:25.02	(1:21.48)	[1:21.48]	1900 m :	24:46.73	(1:21.71)	[1:21.71]	2000 m :	26:09.23	(1:22.50)	[1:22.50]
2100 m :	27:32.14	(1:22.91)	[1:22.91]	2200 m :	28:56.77	(1:24.63)	[1:24.63]	2300 m :	30:20.47	(1:23.70)	[1:23.70]	2400 m :	31:44.18	(1:23.71)	[1:23.71]
2500 m :	33:08.64	(1:24.46)	[1:24.46]	2600 m :	34:31.15	(1:22.51)	[1:22.51]	2700 m :	35:55.25	(1:24.10)	[1:24.10]	2800 m :	37:19.93	(1:24.68)	[1:24.68]
2900 m :	38:44.96	(1:25.03)	[1:25.03]	3000 m :	40:10.76	(1:25.80)	[1:25.80]	3100 m :	41:33.32	(1:22.56)	[1:22.56]	3200 m :	42:55.97	(1:22.65)	[1:22.65]
3300 m :	44:18.25	(1:22.28)	[1:22.28]	3400 m :	45:41.27	(1:23.02)	[1:23.02]	3500 m :	47:03.28	(1:22.01)	[1:22.01]	3600 m :	48:25.84	(1:22.56)	[1:22.56]
3700 m :	49:48.85	(1:23.01)	[1:23.01]	3800 m :	51:10.90	(1:22.05)	[1:22.05]	3900 m :	52:33.60	(1:22.70)	[1:22.70]	4000 m :	53:56.30	(1:22.70)	[1:22.70]
4100 m :	55:17.31	(1:21.01)	[1:21.01]	4200 m :	56:38.13	(1:20.82)	[1:20.82]	4300 m :	58:00.76	(1:22.63)	[1:22.63]	4400 m :	59:24.30	(1:23.54)	[1:23.54]
4500 m :	1 h 00:48.51	(1:24.21)	[1:24.21]	4600 m :	1 h 02:11.65	(1:23.14)	[1:23.14]	4700 m :	1 h 03:34.76	(1:23.11)	[1:23.11]	4800 m :	1 h 04:58.73	(1:23.97)	[1:23.97]
4900 m :	1 h 06:22.33	(1:23.60)	[1:23.60]	5000 m :	1 h 07:42.96	(1:20.63)	[1:20.63]								
2. BAZIN Iman				2005	FRA	CN DE BAIE-MAHAULT				1 h 10:42.09					
100 m :	1:16.58	(1:16.58)	[1:16.58]	200 m :	2:38.02	(1:21.44)	[1:21.44]	300 m :	4:00.57	(1:22.55)	[1:22.55]	400 m :	5:23.70	(1:23.13)	[1:23.13]
500 m :	6:47.14	(1:23.44)	[1:23.44]	600 m :	8:10.59	(1:23.45)	[1:23.45]	700 m :	9:34.48	(1:23.89)	[1:23.89]	800 m :	10:58.63	(1:24.15)	[1:24.15]
900 m :	12:22.41	(1:23.78)	[1:23.78]	1000 m :	13:45.67	(1:23.26)	[1:23.26]	1100 m :	15:09.41	(1:23.74)	[1:23.74]	1200 m :	16:34.15	(1:24.74)	[1:24.74]
1300 m :	17:59.28	(1:25.13)	[1:25.13]	1400 m :	19:22.99	(1:23.71)	[1:23.71]	1500 m :	20:47.35	(1:24.36)	[1:24.36]	1600 m :	22:13.12	(1:25.77)	[1:25.77]
1700 m :	23:37.35	(1:24.23)	[1:24.23]	1800 m :	25:00.68	(1:23.33)	[1:23.33]	1900 m :	26:24.73	(1:24.05)	[1:24.05]	2000 m :	27:47.05	(1:22.32)	[1:22.32]
2100 m :	29:10.91	(1:23.86)	[1:23.86]	2200 m :	30:34.94	(1:24.03)	[1:24.03]	2300 m :	32:00.03	(1:25.09)	[1:25.09]	2400 m :	33:26.27	(1:26.24)	[1:26.24]
2500 m :	34:51.96	(1:25.69)	[1:25.69]	2600 m :	36:17.03	(1:25.07)	[1:25.07]	2700 m :	37:45.17	(1:28.14)	[1:28.14]	2800 m :	39:13.20	(1:28.03)	[1:28.03]
2900 m :	40:40.67	(1:27.47)	[1:27.47]	3000 m :	42:09.14	(1:28.47)	[1:28.47]	3100 m :	43:36.28	(1:27.14)	[1:27.14]	3200 m :	45:04.27	(1:27.99)	[1:27.99]
3300 m :	46:31.93	(1:27.66)	[1:27.66]	3400 m :	47:58.83	(1:26.90)	[1:26.90]	3500 m :	49:24.79	(1:25.96)	[1:25.96]	3600 m :	50:51.42	(1:26.63)	[1:26.63]
3700 m :	52:17.94	(1:26.52)	[1:26.52]	3800 m :	53:44.80	(1:26.86)	[1:26.86]	3900 m :	55:12.58	(1:27.78)	[1:27.78]	4000 m :	56:39.73	(1:27.15)	[1:27.15]
4100 m :	58:05.86	(1:26.13)	[1:26.13]	4200 m :	59:33.90	(1:28.04)	[1:28.04]	4300 m :	1 h 01:00.05	(1:26.15)	[1:26.15]	4400 m :	1 h 02:24.55	(1:24.50)	[1:24.50]
4500 m :	1 h 03:48.28	(1:23.73)	[1:23.73]	4600 m :	1 h 05:11.57	(1:23.29)	[1:23.29]	4700 m :	1 h 06:36.55	(1:24.98)	[1:24.98]	4800 m :	1 h 08:00.93	(1:24.38)	[1:24.38]
4900 m :	1 h 09:23.61	(1:22.68)	[1:22.68]	5000 m :	1 h 10:42.09	(1:18.48)	[1:18.48]								

Résultats

(Suite) Série : 5000 Nage Libre Dames

[J1 : Di 15/12/2019 - R1]

3. BELLEMARE Azéline			2005 FRA			LES DAUPHINS DU MOULE			1 h 14:16.38						
100 m :	1:17.41	(1:17.41)	[1:17.41]	200 m :	2:40.41	(1:23.00)	[1:23.00]	300 m :	4:04.15	(1:23.74)	[1:23.74]	400 m :	5:29.85	(1:25.70)	[1:25.70]
500 m :	6:56.70	(1:26.85)	[1:26.85]	600 m :	8:24.29	(1:27.59)	[1:27.59]	700 m :	9:52.56	(1:28.27)	[1:28.27]	800 m :	11:20.79	(1:28.23)	[1:28.23]
900 m :	12:48.63	(1:27.84)	[1:27.84]	1000 m :	14:14.67	(1:26.04)	[1:26.04]	1100 m :	15:42.52	(1:27.85)	[1:27.85]	1200 m :	17:10.69	(1:28.17)	[1:28.17]
1300 m :	18:38.38	(1:27.69)	[1:27.69]	1400 m :	20:06.25	(1:27.87)	[1:27.87]	1500 m :	21:35.36	(1:29.11)	[1:29.11]	1600 m :	23:04.34	(1:28.98)	[1:28.98]
1700 m :	24:34.33	(1:29.99)	[1:29.99]	1800 m :	26:04.55	(1:30.22)	[1:30.22]	1900 m :	27:34.89	(1:30.34)	[1:30.34]	2000 m :	29:04.11	(1:29.22)	[1:29.22]
2100 m :	30:33.32	(1:29.21)	[1:29.21]	2200 m :	32:02.85	(1:29.53)	[1:29.53]	2300 m :	33:33.48	(1:30.63)	[1:30.63]	2400 m :	35:04.72	(1:31.24)	[1:31.24]
2500 m :	36:36.47	(1:31.75)	[1:31.75]	2600 m :	38:07.32	(1:30.85)	[1:30.85]	2700 m :	39:38.54	(1:31.22)	[1:31.22]	2800 m :	41:07.94	(1:29.40)	[1:29.40]
2900 m :	42:39.94	(1:32.00)	[1:32.00]	3000 m :	44:10.36	(1:30.42)	[1:30.42]	3100 m :	45:41.15	(1:30.79)	[1:30.79]	3200 m :	47:11.19	(1:30.04)	[1:30.04]
3300 m :	48:42.15	(1:30.96)	[1:30.96]	3400 m :	50:11.59	(1:29.44)	[1:29.44]	3500 m :	51:41.97	(1:30.38)	[1:30.38]	3600 m :	53:11.40	(1:29.43)	[1:29.43]
3700 m :	54:41.63	(1:30.23)	[1:30.23]	3800 m :	56:12.83	(1:31.20)	[1:31.20]	3900 m :	57:42.87	(1:30.04)	[1:30.04]	4000 m :	59:13.14	(1:30.27)	[1:30.27]
4100 m :	1 h 00:43.80	(1:30.66)	[1:30.66]	4200 m :	1 h 02:13.79	(1:29.99)	[1:29.99]	4300 m :	1 h 03:44.43	(1:30.64)	[1:30.64]	4400 m :	1 h 05:14.10	(1:29.67)	[1:29.67]
4500 m :	1 h 06:45.31	(1:31.21)	[1:31.21]	4600 m :	1 h 08:16.85	(1:31.54)	[1:31.54]	4700 m :	1 h 09:47.81	(1:30.96)	[1:30.96]	4800 m :	1 h 11:17.84	(1:30.03)	[1:30.03]
4900 m :	1 h 12:48.18	(1:30.34)	[1:30.34]	5000 m :	1 h 14:16.38	(1:28.20)	[1:28.20]								

4. VIOLLEAU Elena			2006 FRA			CN DE BAIE-MAHAULT			1 h 19:51.65						
100 m :	1:26.17	(1:26.17)	[1:26.17]	200 m :	2:57.46	(1:31.29)	[1:31.29]	300 m :	4:29.22	(1:31.76)	[1:31.76]	400 m :	6:02.47	(1:33.25)	[1:33.25]
500 m :	7:36.95	(1:34.48)	[1:34.48]	600 m :	9:09.94	(1:32.99)	[1:32.99]	700 m :	10:44.22	(1:34.28)	[1:34.28]	800 m :	12:18.16	(1:33.94)	[1:33.94]
900 m :	13:52.13	(1:33.97)	[1:33.97]	1000 m :	15:25.88	(1:33.75)	[1:33.75]	1100 m :	17:00.76	(1:34.88)	[1:34.88]	1200 m :	18:35.75	(1:34.99)	[1:34.99]
1300 m :	20:07.15	(1:31.40)	[1:31.40]	1400 m :	21:39.29	(1:32.14)	[1:32.14]	1500 m :	23:13.46	(1:34.17)	[1:34.17]	1600 m :	24:48.01	(1:34.55)	[1:34.55]
1700 m :	26:22.61	(1:34.60)	[1:34.60]	1800 m :	27:58.05	(1:35.44)	[1:35.44]	1900 m :	29:31.65	(1:33.60)	[1:33.60]	2000 m :	31:07.10	(1:35.45)	[1:35.45]
2100 m :	32:42.72	(1:35.62)	[1:35.62]	2200 m :	34:19.83	(1:37.11)	[1:37.11]	2300 m :	35:55.79	(1:35.96)	[1:35.96]	2400 m :	37:32.59	(1:36.80)	[1:36.80]
2500 m :	39:09.58	(1:36.99)	[1:36.99]	2600 m :	40:46.74	(1:37.16)	[1:37.16]	2700 m :	42:29.91	(1:43.17)	[1:43.17]	2800 m :	44:00.52	(1:30.61)	[1:30.61]
2900 m :	45:38.16	(1:37.64)	[1:37.64]	3000 m :	47:13.47	(1:35.31)	[1:35.31]	3100 m :	48:51.67	(1:38.20)	[1:38.20]	3200 m :	50:30.19	(1:38.52)	[1:38.52]
3300 m :	52:09.20	(1:39.01)	[1:39.01]	3400 m :	53:50.37	(1:41.17)	[1:41.17]	3500 m :	55:32.42	(1:42.05)	[1:42.05]	3600 m :	57:11.15	(1:38.73)	[1:38.73]
3700 m :	58:52.63	(1:41.48)	[1:41.48]	3800 m :	1 h 00:34.71	(1:42.08)	[1:42.08]	3900 m :	1 h 02:17.24	(1:42.53)	[1:42.53]	4000 m :	1 h 03:56.06	(1:38.82)	[1:38.82]
4100 m :	1 h 05:34.79	(1:38.73)	[1:38.73]	4200 m :	1 h 07:13.72	(1:38.93)	[1:38.93]	4300 m :	1 h 08:51.14	(1:37.42)	[1:37.42]	4400 m :	1 h 10:29.15	(1:38.01)	[1:38.01]
4500 m :	1 h 12:05.67	(1:36.52)	[1:36.52]	4600 m :	1 h 13:40.67	(1:35.00)	[1:35.00]	4700 m :	1 h 15:16.38	(1:35.71)	[1:35.71]	4800 m :	1 h 16:51.97	(1:35.59)	[1:35.59]
4900 m :	1 h 18:24.47	(1:32.50)	[1:32.50]	5000 m :	1 h 19:51.65	(1:27.18)	[1:27.18]								

5. QUEFFELEC Cassandra			2006 FRA			CN DE BAIE-MAHAULT			1 h 20:24.34						
100 m :	1:27.28	(1:27.28)	[1:27.28]	200 m :	3:00.58	(1:33.30)	[1:33.30]	300 m :	4:33.00	(1:32.42)	[1:32.42]	400 m :	6:06.94	(1:33.94)	[1:33.94]
500 m :	7:42.24	(1:35.30)	[1:35.30]	600 m :	9:16.52	(1:34.28)	[1:34.28]	700 m :	10:50.86	(1:34.34)	[1:34.34]	800 m :	12:25.24	(1:34.38)	[1:34.38]
900 m :	13:59.42	(1:34.18)	[1:34.18]	1000 m :	15:34.93	(1:35.51)	[1:35.51]	1100 m :	17:12.43	(1:37.50)	[1:37.50]	1200 m :	18:47.85	(1:35.42)	[1:35.42]
1300 m :	20:23.47	(1:35.62)	[1:35.62]	1400 m :	22:00.13	(1:36.66)	[1:36.66]	1500 m :	23:35.81	(1:35.68)	[1:35.68]	1600 m :	25:11.77	(1:35.96)	[1:35.96]
1700 m :	26:49.40	(1:37.63)	[1:37.63]	1800 m :	28:26.26	(1:36.86)	[1:36.86]	1900 m :	30:04.99	(1:38.73)	[1:38.73]	2000 m :	31:40.42	(1:35.43)	[1:35.43]
2100 m :	33:17.18	(1:36.76)	[1:36.76]	2200 m :	34:51.62	(1:34.44)	[1:34.44]	2300 m :	36:28.88	(1:37.26)	[1:37.26]	2400 m :	38:03.47	(1:34.59)	[1:34.59]
2500 m :	39:40.79	(1:37.32)	[1:37.32]	2600 m :	41:17.71	(1:36.92)	[1:36.92]	2700 m :	42:51.81	(1:34.10)	[1:34.10]	2800 m :	44:38.60	(1:46.79)	[1:46.79]
2900 m :	46:17.20	(1:38.60)	[1:38.60]	3000 m :	47:56.00	(1:38.80)	[1:38.80]	3100 m :	49:35.98	(1:39.98)	[1:39.98]	3200 m :	51:14.85	(1:38.87)	[1:38.87]
3300 m :	52:54.72	(1:39.87)	[1:39.87]	3400 m :	54:35.99	(1:41.27)	[1:41.27]	3500 m :	56:18.71	(1:42.72)	[1:42.72]	3600 m :	57:59.70	(1:40.99)	[1:40.99]
3700 m :	59:42.47	(1:42.77)	[1:42.77]	3800 m :	1 h 01:20.64	(1:38.17)	[1:38.17]	3900 m :	1 h 02:59.68	(1:39.04)	[1:39.04]	4000 m :	1 h 04:37.91	(1:38.23)	[1:38.23]
4100 m :	1 h 06:13.30	(1:35.39)	[1:35.39]	4200 m :	1 h 07:50.00	(1:36.70)	[1:36.70]	4300 m :	1 h 09:25.84	(1:35.84)	[1:35.84]	4400 m :	1 h 10:59.79	(1:33.95)	[1:33.95]
4500 m :	1 h 12:35.71	(1:35.92)	[1:35.92]	4600 m :	1 h 14:12.29	(1:36.58)	[1:36.58]	4700 m :	1 h 15:48.09	(1:35.80)	[1:35.80]	4800 m :	1 h 17:24.15	(1:36.06)	[1:36.06]
4900 m :	1 h 18:56.05	(1:31.90)	[1:31.90]	5000 m :	1 h 20:24.34	(1:28.29)	[1:28.29]								

6. LECUSSON Oriana			2006 FRA			LES DAUPHINS DU MOULE			1 h 33:02.75						
100 m :	1:32.89	(1:32.89)	[1:32.89]	200 m :	3:13.19	(1:40.30)	[1:40.30]	300 m :	4:56.27	(1:43.08)	[1:43.08]	400 m :	6:42.41	(1:46.14)	[1:46.14]
500 m :	8:27.85	(1:45.44)	[1:45.44]	600 m :	10:16.21	(1:48.36)	[1:48.36]	700 m :	12:03.63	(1:47.42)	[1:47.42]	800 m :	13:51.07	(1:47.44)	[1:47.44]
900 m :	15:42.56	(1:51.49)	[1:51.49]	1000 m :	17:35.23	(1:52.67)	[1:52.67]	1100 m :	19:24.94	(1:49.71)	[1:49.71]	1200 m :	21:17.86	(1:52.92)	[1:52.92]
1300 m :	23:12.32	(1:54.46)	[1:54.46]	1400 m :	25:08.04	(1:55.72)	[1:55.72]	1500 m :	27:01.77	(1:53.73)	[1:53.73]	1600 m :	28:54.81	(1:53.04)	[1:53.04]
1700 m :	30:47.83	(1:53.02)	[1:53.02]	1800 m :	32:41.21	(1:53.38)	[1:53.38]	1900 m :	34:34.21	(1:53.00)	[1:53.00]	2000 m :	36:26.88	(1:52.67)	[1:52.67]
2100 m :	38:16.74	(1:49.86)	[1:49.86]	2200 m :	40:12.90	(1:56.16)	[1:56.16]	2300 m :	42:08.38	(1:55.48)	[1:55.48]	2400 m :	44:06.05	(1:57.67)	[1:57.67]
2500 m :	45:59.10	(1:53.05)	[1:53.05]	2600 m :	47:52.46	(1:53.36)	[1:53.36]	2700 m :	49:46.70	(1:54.24)	[1:54.24]	2800 m :	51:40.95	(1:54.25)	[1:54.25]
2900 m :	53:34.06	(1:53.11)	[1:53.11]	3000 m :	55:25.57	(1:51.51)	[1:51.51]	3100 m :	57:17.52	(1:51.95)	[1:51.95]	3200 m :	59:10.72	(1:53.20)	[1:53.20]
3300 m :	1 h 01:03.48	(1:52.76)	[1:52.76]	3400 m :	1 h 02:53.85	(1:50.37)	[1:50.37]	3500 m :	1 h 04:42.19	(1:48.34)	[1:48.34]	3600 m :	1 h 06:33.91	(1:51.72)	[1:51.72]
3700 m :	1 h 08:26.02	(1:52.11)	[1:52.11]	3800 m :	1 h 10:20.95	(1:54.93)	[1:54.93]	3900 m :	1 h 12:16.26	(1:55.31)	[1:55.31]	4000 m :	1 h 14:09.60	(1:53.34)	[1:53.34]
4100 m :	1 h 16:03.96	(1:54.36)	[1:54.36]	4200 m :	1 h 17:59.08	(1:55.12)	[1:55.12]	4300 m :	1 h 19:53.31	(1:54.23)	[1:54.23]	4400 m :	1 h 21:47.82	(1:54.51)	[1:54.51]
4500 m :	1 h 23:40.66	(1:52.84)	[1:52.84]	4600 m :	1 h 25:31.44	(1:50.78)	[1:50.78]	4700 m :	1 h 27:29.70	(1:58.26)	[1:58.26]	4800 m :	1 h 29:19.74	(1:50.04)	[1:50.04]
4900 m :	1 h 31:14.61	(1:54.87)	[1:54.87]	5000 m :	1 h 33:02.75	(1:48.14)	[1:48.14]								

Résultats

Série : 3000 Nage Libre Messieurs

[J1 : Di 15/12/2019 - R1]

1. DELANNAY Enzo			2007	FRA	MARLINS BL TROIS-RIVIERE	46:16.61									
100 m :	1:25.18	(1:25.18)	[1:25.18]	200 m :	2:56.19	(1:31.01)	[1:31.01]	300 m :	4:28.28	(1:32.09)	[1:32.09]	400 m :	6:01.17	(1:32.89)	[1:32.89]
500 m :	7:35.80	(1:34.63)	[1:34.63]	600 m :	9:09.63	(1:33.83)	[1:33.83]	700 m :	10:43.60	(1:33.97)	[1:33.97]	800 m :	12:17.19	(1:33.59)	[1:33.59]
900 m :	13:50.20	(1:33.01)	[1:33.01]	1000 m :	15:23.55	(1:33.35)	[1:33.35]	1100 m :	16:55.74	(1:32.19)	[1:32.19]	1200 m :	18:30.19	(1:34.45)	[1:34.45]
1300 m :	20:02.58	(1:32.39)	[1:32.39]	1400 m :	21:35.53	(1:32.95)	[1:32.95]	1500 m :	23:08.58	(1:33.05)	[1:33.05]	1600 m :	24:41.87	(1:33.29)	[1:33.29]
1700 m :	26:15.62	(1:33.75)	[1:33.75]	1800 m :	27:49.59	(1:33.97)	[1:33.97]	1900 m :	29:22.92	(1:33.33)	[1:33.33]	2000 m :	30:55.37	(1:32.45)	[1:32.45]
2100 m :	32:21.88	(1:26.51)	[1:26.51]	2200 m :	33:55.83	(1:33.95)	[1:33.95]	2300 m :	35:26.84	(1:31.01)	[1:31.01]	2400 m :	36:58.37	(1:31.53)	[1:31.53]
2500 m :	38:30.10	(1:31.73)	[1:31.73]	2600 m :	40:02.49	(1:32.99)	[1:32.99]	2700 m :	41:36.32	(1:33.83)	[1:33.83]	2800 m :	43:10.65	(1:34.33)	[1:34.33]
2900 m :	44:45.70	(1:35.05)	[1:35.05]	3000 m :	46:16.61	(1:30.91)	[1:30.91]								
2. ARMOUGOM Mathis			2007	FRA	LES DAUPHINS DU MOULE	54:49.13									
100 m :	1:27.18	(1:27.18)	[1:27.18]	200 m :	3:04.97	(1:37.79)	[1:37.79]	300 m :	4:45.78	(1:40.81)	[1:40.81]	400 m :	6:26.57	(1:40.79)	[1:40.79]
500 m :	8:13.58	(1:47.01)	[1:47.01]	600 m :	9:59.45	(1:45.87)	[1:45.87]	700 m :	11:44.54	(1:45.09)	[1:45.09]	800 m :	13:29.87	(1:45.33)	[1:45.33]
900 m :	15:17.16	(1:47.29)	[1:47.29]	1000 m :	17:04.55	(1:47.39)	[1:47.39]	1100 m :	18:57.05	(1:52.50)	[1:52.50]	1200 m :	20:47.40	(1:50.35)	[1:50.35]
1300 m :	22:33.69	(1:46.29)	[1:46.29]	1400 m :	24:18.92	(1:45.23)	[1:45.23]	1500 m :	26:09.67	(1:50.75)	[1:50.75]	1600 m :	27:58.02	(1:48.35)	[1:48.35]
1700 m :	29:58.16	(2:00.14)	[2:00.14]	1800 m :	31:52.07	(1:53.91)	[1:53.91]	1900 m :	33:47.50	(1:55.43)	[1:55.43]	2000 m :	35:41.17	(1:53.67)	[1:53.67]
2100 m :	37:36.50	(1:55.33)	[1:55.33]	2200 m :	39:32.93	(1:56.43)	[1:56.43]	2300 m :	41:30.82	(1:57.89)	[1:57.89]	2400 m :	43:29.19	(1:58.37)	[1:58.37]
2500 m :	45:23.14	(1:53.95)	[1:53.95]	2600 m :	47:19.73	(1:56.59)	[1:56.59]	2700 m :	49:14.00	(1:54.27)	[1:54.27]	2800 m :	51:09.19	(1:55.19)	[1:55.19]
2900 m :	53:02.70	(1:53.51)	[1:53.51]	3000 m :	54:49.13	(1:46.43)	[1:46.43]								

Série : 5000 Nage Libre Messieurs

[J1 : Di 15/12/2019 - R1]

1. MULONGO Stephen			2004	FRA	CN DE BAIE-MAHAULT	1 h 00:38.56									
100 m :	1:09.43	(1:09.43)	[1:09.43]	200 m :	2:20.65	(1:11.22)	[1:11.22]	300 m :	3:32.94	(1:12.29)	[1:12.29]	400 m :	4:45.26	(1:12.32)	[1:12.32]
500 m :	6:00.02	(1:14.76)	[1:14.76]	600 m :	7:09.47	(1:09.45)	[1:09.45]	700 m :	8:14.57	(1:05.10)	[1:05.10]	800 m :	9:35.56	(1:20.99)	[1:20.99]
900 m :	10:48.33	(1:12.77)	[1:12.77]	1000 m :	12:01.33	(1:13.00)	[1:13.00]	1100 m :	13:13.87	(1:12.54)	[1:12.54]	1200 m :	14:27.39	(1:13.52)	[1:13.52]
1300 m :	15:40.55	(1:13.16)	[1:13.16]	1400 m :	16:54.42	(1:13.87)	[1:13.87]	1500 m :	18:09.18	(1:14.76)	[1:14.76]	1600 m :	19:22.33	(1:13.15)	[1:13.15]
1700 m :	20:36.02	(1:13.69)	[1:13.69]	1800 m :	21:48.65	(1:12.63)	[1:12.63]	1900 m :	23:00.00	(1:11.35)	[1:11.35]	2000 m :	24:14.35	(1:14.35)	[1:14.35]
2100 m :	25:28.53	(1:14.18)	[1:14.18]	2200 m :	26:43.06	(1:14.53)	[1:14.53]	2300 m :	27:56.33	(1:13.27)	[1:13.27]	2400 m :	29:09.79	(1:13.46)	[1:13.46]
2500 m :	30:23.02	(1:13.23)	[1:13.23]	2600 m :	31:37.34	(1:14.32)	[1:14.32]	2700 m :	32:50.34	(1:13.00)	[1:13.00]	2800 m :	34:01.73	(1:11.39)	[1:11.39]
2900 m :	35:14.28	(1:12.55)	[1:12.55]	3000 m :	36:26.97	(1:12.69)	[1:12.69]	3100 m :	37:39.59	(1:12.62)	[1:12.62]	3200 m :	38:52.77	(1:13.18)	[1:13.18]
3300 m :	40:05.96	(1:13.19)	[1:13.19]	3400 m :	41:18.13	(1:12.17)	[1:12.17]	3500 m :	42:30.71	(1:12.58)	[1:12.58]	3600 m :	43:43.49	(1:12.78)	[1:12.78]
3700 m :	44:57.02	(1:13.53)	[1:13.53]	3800 m :	46:10.20	(1:13.18)	[1:13.18]	3900 m :	47:22.07	(1:11.87)	[1:11.87]	4000 m :	48:34.78	(1:12.71)	[1:12.71]
4100 m :	49:46.70	(1:11.92)	[1:11.92]	4200 m :	50:59.31	(1:12.61)	[1:12.61]	4300 m :	52:12.86	(1:13.55)	[1:13.55]	4400 m :	53:26.17	(1:13.31)	[1:13.31]
4500 m :	54:39.32	(1:13.15)	[1:13.15]	4600 m :	55:52.77	(1:13.45)	[1:13.45]	4700 m :	57:06.37	(1:13.60)	[1:13.60]	4800 m :	58:19.68	(1:13.31)	[1:13.31]
4900 m :	59:32.51	(1:12.83)	[1:12.83]	5000 m :	1 h 00:38.56	(1:06.05)	[1:06.05]								
2. THIERY Mahé			2002	FRA	CN DE BAIE-MAHAULT	1 h 00:39.00									
100 m :	1:09.69	(1:09.69)	[1:09.69]	200 m :	2:21.87	(1:12.18)	[1:12.18]	300 m :	3:34.78	(1:12.91)	[1:12.91]	400 m :	4:48.78	(1:14.00)	[1:14.00]
500 m :	6:02.49	(1:13.71)	[1:13.71]	600 m :	7:16.18	(1:13.69)	[1:13.69]	700 m :	8:29.55	(1:13.37)	[1:13.37]	800 m :	9:43.14	(1:13.59)	[1:13.59]
900 m :	10:56.32	(1:13.18)	[1:13.18]	1000 m :	12:09.75	(1:13.43)	[1:13.43]	1100 m :	13:21.89	(1:12.14)	[1:12.14]	1200 m :	14:34.66	(1:12.77)	[1:12.77]
1300 m :	15:47.23	(1:12.57)	[1:12.57]	1400 m :	16:59.77	(1:12.54)	[1:12.54]	1500 m :	18:12.76	(1:12.99)	[1:12.99]	1600 m :	19:26.02	(1:13.26)	[1:13.26]
1700 m :	20:39.16	(1:13.14)	[1:13.14]	1800 m :	21:52.95	(1:13.79)	[1:13.79]	1900 m :	23:10.54	(1:17.59)	[1:17.59]	2000 m :	24:20.03	(1:09.49)	[1:09.49]
2100 m :	25:33.00	(1:12.97)	[1:12.97]	2200 m :	26:45.86	(1:12.86)	[1:12.86]	2300 m :	27:58.88	(1:13.02)	[1:13.02]	2400 m :	29:12.05	(1:13.17)	[1:13.17]
2500 m :	30:25.03	(1:12.98)	[1:12.98]	2600 m :	31:37.32	(1:12.29)	[1:12.29]	2700 m :	32:49.43	(1:12.11)	[1:12.11]	2800 m :	34:01.20	(1:11.77)	[1:11.77]
2900 m :	35:13.62	(1:12.42)	[1:12.42]	3000 m :	36:26.55	(1:12.93)	[1:12.93]	3100 m :	37:39.33	(1:12.78)	[1:12.78]	3200 m :	38:52.50	(1:13.17)	[1:13.17]
3300 m :	40:05.34	(1:12.84)	[1:12.84]	3400 m :	41:17.34	(1:12.00)	[1:12.00]	3500 m :	42:30.10	(1:12.76)	[1:12.76]	3600 m :	43:42.92	(1:12.82)	[1:12.82]
3700 m :	44:56.28	(1:13.36)	[1:13.36]	3800 m :	46:09.08	(1:12.80)	[1:12.80]	3900 m :	47:21.43	(1:12.35)	[1:12.35]	4000 m :	48:34.26	(1:12.83)	[1:12.83]
4100 m :	49:46.07	(1:11.81)	[1:11.81]	4200 m :	50:59.12	(1:13.05)	[1:13.05]	4300 m :	52:12.43	(1:13.31)	[1:13.31]	4400 m :	53:25.86	(1:13.43)	[1:13.43]
4500 m :	54:39.17	(1:13.31)	[1:13.31]	4600 m :	55:52.45	(1:13.28)	[1:13.28]	4700 m :	57:06.17	(1:13.72)	[1:13.72]	4800 m :	58:19.62	(1:13.45)	[1:13.45]
4900 m :	59:32.58	(1:12.96)	[1:12.96]	5000 m :	1 h 00:39.00	(1:06.42)	[1:06.42]								
3. BOURNY Ioané			2000	FRA	LES DAUPHINS DU MOULE	1 h 05:36.00									
100 m :	1:10.31	(1:10.31)	[1:10.31]	200 m :	2:24.32	(1:14.01)	[1:14.01]	300 m :	3:39.44	(1:15.12)	[1:15.12]	400 m :	4:55.34	(1:15.90)	[1:15.90]
500 m :	6:12.56	(1:17.22)	[1:17.22]	600 m :	7:29.60	(1:17.04)	[1:17.04]	700 m :	8:46.30	(1:16.70)	[1:16.70]	800 m :	10:04.40	(1:18.10)	[1:18.10]
900 m :	11:22.47	(1:18.07)	[1:18.07]	1000 m :	12:41.42	(1:18.95)	[1:18.95]	1100 m :	14:00.64	(1:19.22)	[1:19.22]	1200 m :	15:20.21	(1:19.57)	[1:19.57]
1300 m :	16:40.03	(1:19.82)	[1:19.82]	1400 m :	18:00.00	(1:19.97)	[1:19.97]	1500 m :	19:19.73	(1:19.73)	[1:19.73]	1600 m :	20:40.36	(1:20.63)	[1:20.63]
1700 m :	22:00.23	(1:19.87)	[1:19.87]	1800 m :	23:21.02	(1:20.79)	[1:20.79]	1900 m :	24:41.65	(1:20.63)	[1:20.63]	2000 m :	26:02.89	(1:21.24)	[1:21.24]
2100 m :	27:24.06	(1:21.17)	[1:21.17]	2200 m :	28:45.44	(1:21.38)	[1:21.38]	2300 m :	30:07.07	(1:21.63)	[1:21.63]	2400 m :	31:28.84	(1:21.77)	[1:21.77]
2500 m :	32:51.07	(1:22.23)	[1:22.23]	2600 m :	34:12.56	(1:21.49)	[1:21.49]	2700 m :	35:34.69	(1:22.13)	[1:22.13]	2800 m :	36:57.29	(1:22.60)	[1:22.60]
2900 m :	38:19.06	(1:21.77)	[1:21.77]	3000 m :	39:41.89	(1:22.83)	[1:22.83]	3100 m :	41:04.41	(1:22.52)	[1:22.52]	3200 m :	42:27.07	(1:22.66)	[1:22.66]
3300 m :	43:49.57	(1:22.50)	[1:22.50]	3400 m :	45:13.10	(1:23.53)	[1:23.53]	3500 m :	46:36.31	(1:23.21)	[1:23.21]	3600 m :	47:59.57	(1:23.26)	[1:23.26]
3700 m :	49:21.86	(1:22.29)	[1:22.29]	3800 m :	50:44.15	(1:22.29)	[1:22.29]	3900 m :	52:06.05	(1:21.90)	[1:21.90]	4000 m :	53:27.85	(1:21.80)	[1:21.80]
4100 m :	54:49.59	(1:21.74)	[1:21.74]	4200 m :	56:11.70	(1:22.11)	[1:22.11]	4300 m :	57:33.48	(1:21.78)	[1:21.78]	4400 m :	58:54.43	(1:20.95)	[1:20.95]
4500 m :	1 h 00:15.66	(1:21.23)	[1:21.23]	4600 m :	1 h 01:36.00	(1:20.34)	[1:20.34]	4700 m :	1 h 02:57.00	(1:21.00)	[1:21.00]	4800 m :	1 h 04:17.00	(1:20.00)	[1:20.00]
4900 m :	1 h 05:36.00	(1:19.00)	[1:19.00]	5000 m :	1 h 05:36.00										

Résultats

(Suite) Série : 5000 Nage Libre Messieurs

[J1 : Di 15/12/2019 - R1]

4. LUCIDA Noah				2003 FRA				LES DAUPHINS DU MOULE				1 h 12:05.03			
100 m :	1:12.62	(1:12.62)	[1:12.62]	200 m :	2:32.45	(1:19.83)	[1:19.83]	300 m :	3:53.78	(1:21.33)	[1:21.33]	400 m :	5:17.97	(1:24.19)	[1:24.19]
500 m :	6:43.56	(1:25.59)	[1:25.59]	600 m :	8:10.01	(1:26.45)	[1:26.45]	700 m :	9:35.97	(1:25.96)	[1:25.96]	800 m :	11:01.72	(1:25.75)	[1:25.75]
900 m :	12:28.15	(1:26.43)	[1:26.43]	1000 m :	13:55.86	(1:27.71)	[1:27.71]	1100 m :	15:22.78	(1:26.92)	[1:26.92]	1200 m :	16:50.19	(1:27.41)	[1:27.41]
1300 m :	18:17.64	(1:27.45)	[1:27.45]	1400 m :	19:44.94	(1:27.30)	[1:27.30]	1500 m :	21:11.45	(1:26.51)	[1:26.51]	1600 m :	22:37.71	(1:26.26)	[1:26.26]
1700 m :	24:05.51	(1:27.80)	[1:27.80]	1800 m :	25:34.17	(1:28.66)	[1:28.66]	1900 m :	27:03.70	(1:29.53)	[1:29.53]	2000 m :	28:32.13	(1:28.43)	[1:28.43]
2100 m :	30:01.88	(1:29.75)	[1:29.75]	2200 m :	31:31.88	(1:30.00)	[1:30.00]	2300 m :	32:59.54	(1:27.66)	[1:27.66]	2400 m :	34:27.20	(1:27.66)	[1:27.66]
2500 m :	35:54.29	(1:27.09)	[1:27.09]	2600 m :	37:21.56	(1:27.27)	[1:27.27]	2700 m :	38:48.57	(1:27.01)	[1:27.01]	2800 m :	40:14.92	(1:26.35)	[1:26.35]
2900 m :	41:41.18	(1:26.26)	[1:26.26]	3000 m :	43:08.40	(1:27.22)	[1:27.22]	3100 m :	44:35.81	(1:27.41)	[1:27.41]	3200 m :	46:03.22	(1:27.41)	[1:27.41]
3300 m :	47:28.37	(1:25.15)	[1:25.15]	3400 m :	48:54.50	(1:26.13)	[1:26.13]	3500 m :	50:21.17	(1:26.67)	[1:26.67]	3600 m :	51:48.92	(1:27.75)	[1:27.75]
3700 m :	53:17.41	(1:28.49)	[1:28.49]	3800 m :	54:45.48	(1:28.07)	[1:28.07]	3900 m :	56:12.54	(1:27.06)	[1:27.06]	4000 m :	57:41.66	(1:29.12)	[1:29.12]
4100 m :	59:10.56	(1:28.90)	[1:28.90]	4200 m :	1 h 00:39.40	(1:28.84)	[1:28.84]	4300 m :	1 h 02:06.73	(1:27.33)	[1:27.33]	4400 m :	1 h 03:33.77	(1:27.04)	[1:27.04]
4500 m :	1 h 04:59.00	(1:25.23)	[1:25.23]	4600 m :	1 h 06:25.00	(1:26.00)	[1:26.00]	4700 m :	1 h 07:49.77	(1:24.77)	[1:24.77]	4800 m :	1 h 09:16.90	(1:27.13)	[1:27.13]
4900 m :	1 h 10:43.52	(1:26.62)	[1:26.62]	5000 m :	1 h 12:05.03	(1:21.51)	[1:21.51]								
5. BREBION Nollan				2005 FRA				CN DE BAIE-MAHAULT				1 h 14:32.76			
100 m :	1:17.80	(1:17.80)	[1:17.80]	200 m :	2:41.28	(1:23.48)	[1:23.48]	300 m :	4:05.70	(1:24.42)	[1:24.42]	400 m :	5:30.53	(1:24.83)	[1:24.83]
500 m :	6:57.05	(1:26.52)	[1:26.52]	600 m :	8:24.04	(1:26.99)	[1:26.99]	700 m :	9:50.59	(1:26.55)	[1:26.55]	800 m :	11:17.00	(1:26.41)	[1:26.41]
900 m :	12:44.66	(1:27.66)	[1:27.66]	1000 m :	14:11.00	(1:26.34)	[1:26.34]	1100 m :	15:39.12	(1:28.12)	[1:28.12]	1200 m :	17:07.15	(1:28.03)	[1:28.03]
1300 m :	18:35.37	(1:28.22)	[1:28.22]	1400 m :	20:03.21	(1:27.84)	[1:27.84]	1500 m :	21:30.30	(1:27.09)	[1:27.09]	1600 m :	22:59.28	(1:28.98)	[1:28.98]
1700 m :	24:27.68	(1:28.40)	[1:28.40]	1800 m :	25:55.94	(1:28.26)	[1:28.26]	1900 m :	27:25.39	(1:29.45)	[1:29.45]	2000 m :	28:55.75	(1:30.36)	[1:30.36]
2100 m :	30:26.31	(1:30.56)	[1:30.56]	2200 m :	31:56.70	(1:30.39)	[1:30.39]	2300 m :	33:25.62	(1:28.92)	[1:28.92]	2400 m :	34:54.00	(1:28.38)	[1:28.38]
2500 m :	36:26.17	(1:32.17)	[1:32.17]	2600 m :	37:57.00	(1:30.83)	[1:30.83]	2700 m :	39:28.18	(1:31.18)	[1:31.18]	2800 m :	41:01.06	(1:32.88)	[1:32.88]
2900 m :	42:33.69	(1:32.63)	[1:32.63]	3000 m :	44:06.69	(1:33.00)	[1:33.00]	3100 m :	45:38.80	(1:32.11)	[1:32.11]	3200 m :	47:09.49	(1:30.69)	[1:30.69]
3300 m :	48:42.47	(1:32.98)	[1:32.98]	3400 m :	50:14.98	(1:32.51)	[1:32.51]	3500 m :	51:48.18	(1:33.20)	[1:33.20]	3600 m :	53:21.31	(1:33.13)	[1:33.13]
3700 m :	54:54.22	(1:32.91)	[1:32.91]	3800 m :	56:28.02	(1:33.80)	[1:33.80]	3900 m :	58:02.30	(1:34.28)	[1:34.28]	4000 m :	59:35.77	(1:33.47)	[1:33.47]
4100 m :	1 h 01:05.00	(1:29.23)	[1:29.23]	4200 m :	1 h 02:35.09	(1:30.09)	[1:30.09]	4300 m :	1 h 04:04.69	(1:29.60)	[1:29.60]	4400 m :	1 h 05:36.27	(1:31.58)	[1:31.58]
4500 m :	1 h 07:06.56	(1:30.29)	[1:30.29]	4600 m :	1 h 08:36.82	(1:30.26)	[1:30.26]	4700 m :	1 h 10:05.67	(1:28.85)	[1:28.85]	4800 m :	1 h 11:35.04	(1:29.37)	[1:29.37]
4900 m :	1 h 13:04.36	(1:29.32)	[1:29.32]	5000 m :	1 h 14:32.76	(1:28.40)	[1:28.40]								
6. ELIEZER Nyls				2005 FRA				LES DAUPHINS DU MOULE				1 h 18:16.63			
100 m :	1:19.84	(1:19.84)	[1:19.84]	200 m :	2:45.46	(1:25.62)	[1:25.62]	300 m :	4:13.67	(1:28.21)	[1:28.21]	400 m :	5:44.71	(1:31.04)	[1:31.04]
500 m :	7:16.53	(1:31.82)	[1:31.82]	600 m :	8:48.93	(1:32.40)	[1:32.40]	700 m :	10:21.03	(1:32.10)	[1:32.10]	800 m :	11:51.34	(1:30.31)	[1:30.31]
900 m :	13:23.42	(1:32.08)	[1:32.08]	1000 m :	14:55.34	(1:31.92)	[1:31.92]	1100 m :	16:28.24	(1:32.90)	[1:32.90]	1200 m :	18:00.75	(1:32.51)	[1:32.51]
1300 m :	19:32.66	(1:31.91)	[1:31.91]	1400 m :	21:05.15	(1:32.49)	[1:32.49]	1500 m :	22:39.38	(1:34.23)	[1:34.23]	1600 m :	24:13.03	(1:33.65)	[1:33.65]
1700 m :	25:52.54	(1:39.51)	[1:39.51]	1800 m :	27:28.13	(1:35.59)	[1:35.59]	1900 m :	29:02.57	(1:34.44)	[1:34.44]	2000 m :	30:36.36	(1:33.79)	[1:33.79]
2100 m :	32:14.81	(1:38.45)	[1:38.45]	2200 m :	33:51.26	(1:36.45)	[1:36.45]	2300 m :	35:27.09	(1:35.83)	[1:35.83]	2400 m :	37:06.72	(1:39.63)	[1:39.63]
2500 m :	38:41.27	(1:34.55)	[1:34.55]	2600 m :	40:15.61	(1:34.34)	[1:34.34]	2700 m :	41:48.67	(1:33.06)	[1:33.06]	2800 m :	43:23.15	(1:34.48)	[1:34.48]
2900 m :	45:02.47	(1:39.32)	[1:39.32]	3000 m :	46:37.06	(1:34.59)	[1:34.59]	3100 m :	48:12.83	(1:35.77)	[1:35.77]	3200 m :	49:48.43	(1:35.60)	[1:35.60]
3300 m :	51:30.54	(1:42.11)	[1:42.11]	3400 m :	53:08.49	(1:37.95)	[1:37.95]	3500 m :	54:44.17	(1:35.68)	[1:35.68]	3600 m :	56:17.68	(1:33.51)	[1:33.51]
3700 m :	57:52.85	(1:35.17)	[1:35.17]	3800 m :	59:28.00	(1:35.15)	[1:35.15]	3900 m :	1 h 01:04.44	(1:36.44)	[1:36.44]	4000 m :	1 h 02:38.49	(1:34.05)	[1:34.05]
4100 m :	1 h 04:13.00	(1:34.51)	[1:34.51]	4200 m :	1 h 05:47.00	(1:34.00)	[1:34.00]	4300 m :	1 h 07:20.67	(1:33.67)	[1:33.67]	4400 m :	1 h 08:53.92	(1:33.25)	[1:33.25]
4500 m :	1 h 10:28.56	(1:34.64)	[1:34.64]	4600 m :	1 h 12:02.01	(1:33.45)	[1:33.45]	4700 m :	1 h 13:35.13	(1:33.12)	[1:33.12]	4800 m :	1 h 15:08.86	(1:33.73)	[1:33.73]
4900 m :	1 h 16:43.00	(1:34.14)	[1:34.14]	5000 m :	1 h 18:16.63	(1:33.63)	[1:33.63]								