

Grille de temps pour les régions

DAMES					
Epreuves	Juniors 1. (Jeunes)	Juniors 2	Juniors 3	Juniors 4	Séniors
50L	32.30	31.70	31.10	30.80	30.50
100L	1.10.40	1.08.90	1.07.40	1.06.70	1.06.10
200L	2.31.60	2.28.30	2.25.00	2.23.95	2.22.90
400L	5.16.50	5.09.75	5.03.00	4.59.15	4.55.30
800L	10.41.60	10.27.65	10.13.70	10.07.65	10.01.60
1500L	20.52.90	20.22.55	19.42.10	19.25.85	19.09.60
50D	36.80	36.15	35.50	34.95	34.50
100D	1.19.50	1.18.35	1.17.20	1.16.15	1.15.10
200D	2.52.50	2.48.25	2.44.00	2.42.40	2.40.80
50B	41.10	40.10	39.10	38.60	38.10
100B	1.30.10	1.28.25	1.26.40	1.25.25	1.24.10
200B	3.12.70	3.08.30	3.04.30	3.02.25	3.00.20
50P	34.40	33.60	32.80	32.45	32.10
100P	1.17.80	1.15.60	1.13.40	1.12.50	1.11.70
200P	2.54.50	2.49.45	2.44.40	2.42.55	2.40.70
200 4N	2.53.70	2.50.00	2.46.30	2.43.60	2.41.90
400 4N	6.04.30	5.55.50	5.46.70	5.43.90	5.39.10

MESSEURS					
Epreuves	Juniors 1. (Jeunes)	Juniors 2	Juniors 3	Juniors 4	Séniors
50L	29.20	28:60	28.00	27:65	27.30
100L	1.03.70	1.02.45	1.01.20	1.00.35	59.50
200L	2.17.90	2.14.50	2.11.10	2.10.10	2.09.10
400L	4.51.40	4.43.65	4.35.90	4.33.90	4.31.90
800L	10.01.60	9.44.25	9.26.90	9.23.00	9.19.10
1500L	18.48.10	18.27.95	17.55.80	17.52.10	17.48.40
50D	33.70	32.95	32.20	31.75	31.30
100D	1.12.70	1.10.80	1.09.10	1.08.35	1.07.60
200D	2.36.70	2.34.20	2.29.10	2.27.30	2.25.60
50B	36.80	35.80	34.80	34.55	34.30
100B	1.21.90	1.22.00	1.17.10	1.16.35	1.15.60
200B	3.00.40	2.57.90	2.45.50	2.44.40	2.43.50
50P	31.00	30.25	29.50	29.30	29.10
100P	1.09.60	1.07.70	1.05.80	1.04.05	1.04.30
200P	2.35.00	2.31.00	2.27.00	2.25.45	2.23.90
200 4N	2.35.30	2.31.80	2.28.30	2.27.40	2.26.50
400 4N	5.30.10	5.23.90	5.17.30	5.09.90	5.12.10

Grille de temps pour les meetings inter-régionaux

DAMES

Epreuves conversion	14 ans et moins		15 ans		16 ans		17 ans et plus	
	50m	25m	50m	25m	50m	25m	50m	25m
50L	31.03	30.33	30.54	29.84	29.91	29.21	29.29	28.59
100L	1.07.72	1.06.52	1.06.08	1.04.88	1.04.81	1.03.61	1.03.55	1.02.35
200L	2.27.26	2.24.36	2.24.0	2.21.10	2.20.85	2.17.95	2.18.75	2.15.85
400L	5.08.85	5.02.65	5.00.30	4.54.10	4.55.72	4.49.52	4.48.14	4.41.94
800L	10.32.17	10.21.27	10.18.99	10.06.09	10.04.75	9.51.85	9.52.83	9.39.93
1500L	20.40.66	20.26.16	20.07.40	19.42.90	19.30.52	19.06.02	18.52.76	18.28.26
50D	35.44	34.14	34.39	33.09	34.18	33.88	33.21	31.91
100D	1.16.52	1.14.22	1.14.86	1.12.56	1.14.22	1.11.92	1.12.26	1.10.96
200D	2.47.54	2.42.14	2.40.73	2.35.33	2.39.27	2.33.87	2.36.12	2.30.72
50B	39.56	38.86	38.61	37.91	37.61	36.91	36.62	35.92
100B	1.26.65	1.24.75	1.25.12	1.23.22	1.23.14	1.21.24	1.20.89	1.18.99
200B	3.07.18	3.02.68	3.02.16	2.57.66	2.58.94	2.54.44	2.55.03	2.50.53
50P	33.10	32.50	32.20	31.60	31.59	30.99	30.87	30.27
100P	1.14.83	1.13.43	1.13.07	1.11.67	1.10.57	1.09.17	1.09.01	1.07.61
200P	2.49.45	2.46.15	2.44.79	2.41.49	2.39.70	2.36.40	2.36.02	2.32.72
200 4N	2.48.65	2.45.25	2.44.12	2.40.72	2.41.55	2.38.15	2.37.26	2.33.86
400 4N	5.55.50	5.48.00	5.43.84	5.36.34	5.38.32	5.30.82	5.30.88	5.23.38

MESSIEURS

Epreuves conversion	15 ans et moins		16 ans		17 ans		18 ans et plus	
	50m	25m	50m	25m	50m	25m	50m	25m
50L	28.08	27.38	27.20	26.50	26.89	26.19	26.25	25.55
100L	1.01.32	59.82	59.22	57.72	58.87	57.37	57.28	55.78
200L	2.13.88	2.10.28	2.08.98	2.05.38	2.07.32	2.03.72	2.05.38	2.01.78
400L	4.44.40	4.36.70	4.34.07	4.26.37	4.29.22	4.21.52	4.25.34	4.17.64
800L	9.52.83	9.36.93	9.28.66	9.12.76	9.18.63	9.03.13	9.10.92	8.55.02
1500L	18.37.02	18.06.92	18.21.75	17.51.65	17.45.30	17.15.20	17.37.89	17.27.79
50D	32.42	30.92	31.21	29.71	30.98	29.48	30.12	28.62
100D	1.09.89	1.06.89	1.07.20	1.04.20	1.06.43	1.03.43	1.05.05	1.02.05
200D	2.32.15	2.25.25	2.26.22	2.19.32	2.24.75	2.17.85	2.21.38	2.14.48
50B	35.42	34.32	34.42	33.32	33.50	32.40	32.97	31.87
100B	1.18.79	1.16.29	1.16.61	1.14.11	1.14.17	1.11.67	1.12.70	1.10.20
200B	2.55.15	2.49.25	2.46.02	2.40.12	2.40.73	2.34.83	2.38.74	2.32.84
50P	29.79	29.09	29.19	28.59	28.39	27.69	28.01	27.31
100P	1.06.99	1.05.59	1.04.15	1.02.75	1.03.26	1.01.86	1.01.84	1.00.44
200P	2.30.49	2.27.19	2.26.31	2.23.01	2.22.76	2.19.46	2.19.78	2.16.48
200 4N	2.30.77	2.26.67	2.27.96	2.23.86	2.24.00	2.19.90	2.22.31	2.18.21
400 4N	5.22.15	5.13.15	5.13.84	5.04.84	5.09.64	5.00.64	5.04.59	4.55.59