

# Grille de temps

## Championnats de Ligue

GRILLE 25M BRETAGNE (2026)										
NAGE	F14	F15	F16	F17	F18	G14	G15	G16	G17	G18
50 NL	00:31,40	00:30,60	00:30,10	00:29,40	00:29,30	00:31,10	00:29,40	00:27,30	00:26,50	00:25,70
100 NL	01:09,10	01:07,10	01:06,00	01:04,30	01:03,30	01:09,00	01:04,70	00:59,80	00:57,80	00:55,90
200 NL	02:32,20	02:25,70	02:23,10	02:22,00	02:21,00	02:23,40	02:14,40	02:12,40	02:08,40	02:04,40
400 NL	05:23,80	05:08,80	05:03,80	04:58,80	04:57,60	05:12,30	04:59,30	04:52,30	04:42,30	04:23,30
800 NL	10:47,10	10:37,10	10:27,10	10:17,10	10:14,00	10:24,10	09:54,10	09:44,10	09:29,10	08:59,10
1500 NL	19:50,50	19:35,50	19:20,50	19:05,50	19:02,20	19:34,90	18:29,90	18:09,90	17:44,90	17:14,90
50 DOS	00:36,80	00:35,70	00:35,00	00:34,50	00:33,75	00:36,00	00:33,50	00:32,50	00:31,70	00:31,00
100 DOS	01:23,90	01:17,50	01:16,30	01:15,40	01:14,60	01:22,00	01:13,00	01:11,00	01:09,40	01:07,30
200 DOS	02:52,60	02:44,60	02:42,60	02:39,60	02:38,40	02:50,10	02:38,10	02:33,10	02:29,10	02:24,10
50 BRA	00:42,50	00:41,30	00:40,60	00:40,30	00:39,50	00:41,90	00:38,90	00:36,90	00:35,30	00:33,90
100 BRA	01:32,60	01:29,10	01:28,10	01:27,10	01:27,00	01:31,50	01:25,50	01:22,50	01:20,50	01:16,80
200 BRA	03:18,60	03:10,50	03:05,50	03:02,50	03:01,20	03:17,00	03:04,10	02:54,10	02:49,10	02:44,10
50 PAP	00:34,90	00:33,40	00:32,90	00:32,40	00:31,65	00:34,30	00:31,30	00:29,80	00:28,70	00:27,80
100 PAP	01:23,60	01:20,60	01:18,60	01:16,60	01:15,70	01:23,10	01:13,60	01:11,10	01:08,60	01:05,60
200 PAP	03:09,20	02:51,70	02:46,70	02:41,70	02:40,60	03:08,70	02:51,70	02:41,70	02:33,70	02:26,70
200 4N	02:50,00	02:45,60	02:43,60	02:40,60	02:39,50	02:48,80	02:39,90	02:39,90	02:34,90	02:23,90
400 4N	06:04,80	05:47,50	05:37,50	05:27,50	05:25,40	06:02,50	05:46,00	05:31,00	05:26,00	05:16,00
GRILLE 50M BRETAGNE (2026)										
NAGE	F14	F15	F16	F17	F18	G14	G15	G16	G17	G18
50 NL	00:32,10	00:31,30	00:30,80	00:30,10	00:30,00	00:31,80	00:30,10	00:28,00	00:27,20	00:26,40
100 NL	01:10,30	01:08,30	01:07,20	01:05,50	01:04,50	01:10,50	01:06,20	01:01,30	00:59,30	00:57,40
200 NL	02:35,10	02:28,60	02:26,00	02:24,90	02:23,90	02:27,00	02:18,00	02:16,00	02:12,00	02:08,00
400 NL	05:30,00	05:15,00	05:10,00	05:05,00	05:03,80	05:20,00	05:07,00	05:00,00	04:50,00	04:31,00
800 NL	11:00,00	10:50,00	10:40,00	10:30,00	10:26,90	10:40,00	10:10,00	10:00,00	09:45,00	09:15,00
1500 NL	20:15,00	20:00,00	19:45,00	19:30,00	19:26,70	20:05,00	19:00,00	18:40,00	18:15,00	17:45,00
50 DOS	00:38,10	00:37,00	00:36,30	00:35,80	00:35,05	00:37,50	00:35,00	00:34,00	00:33,20	00:32,50
100 DOS	01:26,20	01:19,80	01:18,60	01:17,70	01:16,90	01:25,00	01:16,00	01:14,00	01:12,40	01:10,30
200 DOS	02:58,00	02:50,00	02:48,00	02:45,00	02:43,80	02:57,00	02:45,00	02:40,00	02:36,00	02:31,00
50 BRA	00:43,20	00:42,00	00:41,30	00:41,00	00:40,20	00:43,00	00:40,00	00:38,00	00:36,40	00:35,00
100 BRA	01:34,50	01:31,00	01:30,00	01:29,00	01:28,90	01:34,00	01:28,00	01:25,00	01:23,00	01:19,30
200 BRA	03:23,10	03:15,00	03:10,00	03:07,00	03:05,70	03:22,90	03:10,00	03:00,00	02:55,00	02:50,00
50 PAP	00:35,50	00:34,00	00:33,50	00:33,00	00:32,25	00:35,00	00:32,00	00:30,50	00:29,40	00:28,50
100 PAP	01:25,00	01:22,00	01:20,00	01:18,00	01:17,10	01:24,50	01:15,00	01:12,50	01:10,00	01:07,00
200 PAP	03:12,50	02:55,00	02:50,00	02:45,00	02:43,90	03:12,00	02:55,00	02:45,00	02:37,00	02:30,00
200 4N	02:53,40	02:49,00	02:47,00	02:44,00	02:42,90	02:52,90	02:44,00	02:44,00	02:39,00	02:28,00
400 4N	06:12,30	05:55,00	05:45,00	05:35,00	05:32,90	06:11,50	05:55,00	05:40,00	05:35,00	05:25,00