

# Séries nationales 2009-2012

## MESSIEURS

	N1	JN	CN	MM
50 NL	00:23,73	00:24,27	00:25,17	00:26,22
100 NL	00:52,24	00:53,42	00:55,40	00:57,73
200 NL	01:54,09	01:56,66	02:00,99	02:06,07
400 NL	04:05,45	04:10,97	04:20,29	04:31,22
800 NL	08:30,71	08:42,20	09:01,58	09:24,33
1600 NL	16:10,47	16:32,31	17:09,14	17:52,35
50 Dos	00:27,72	00:28,34	00:29,39	00:30,63
100 Dos	00:53,56	01:00,29	01:02,53	01:06,38
200 Dos	02:09,51	02:12,52	02:17,44	02:24,20
50 Bra	00:39,97	00:30,65	00:31,79	00:33,12
100 Bra	01:05,35	01:06,82	01:09,30	01:13,41
200 Bra	02:23,13	02:26,24	02:31,59	02:38,28
50 Pap	00:25,50	00:26,15	00:27,13	00:28,26
100 Pap	00:55,61	00:57,91	01:00,06	01:03,81
200 Pap	02:07,23	02:10,14	02:14,97	02:22,54
200 4N	02:10,60	02:13,53	02:18,49	02:24,31
400 4N	04:25,71	04:41,91	04:52,38	05:08,58

## DAMES

	N1	JN	CN	MM
50 NL	00:27,53	00:28,14	00:28,76	00:29,44
100 NL	00:59,16	01:00,50	01:01,82	01:03,28
200 NL	02:08,25	02:11,13	02:14,01	02:17,16
400 NL	04:30,29	04:36,37	04:42,43	04:49,08
800 NL	09:13,24	09:25,68	09:38,10	09:51,70
1600 NL	17:35,52	17:59,26	18:22,94	18:48,89
50 Dos	00:31,15	00:31,85	00:32,55	00:33,32
100 Dos	01:05,55	01:08,05	01:09,54	01:12,54
200 Dos	02:22,51	02:25,72	02:28,92	02:35,02
50 Bra	00:34,35	00:35,12	00:35,89	00:36,73
100 Bra	01:14,90	01:16,59	01:18,27	01:20,98
200 Bra	02:40,87	02:44,49	02:48,10	02:54,96
50 Pap	00:28,73	00:29,37	00:30,02	00:30,73
100 Pap	01:04,17	01:05,61	01:07,05	01:10,18
200 Pap	02:22,13	02:25,33	02:30,82	02:33,92
200 4N	02:25,28	02:28,55	02:31,81	02:35,38
400 4N	05:02,37	05:09,17	05:19,94	05:32,64