

**Limites des cadres régionaux 2019/2020**  
(à nager dans la saison 2018/2019)

Discipline	Dames									
	Cadre régional Elite				Cadre régional Espoirs					
	1999+älter	2000	2001	2002	2003	2004	2005	2006	2007	2008*
50 FR	0:27,28	0:27,56	0:27,85	0:28,13	0:28,41	0:28,69	0:28,96	0:29,25	0:30,61	
100 FR	0:59,14	0:59,74	1:00,34	1:00,95	1:01,55	1:02,16	1:02,93	1:03,55	1:06,52	
200 FR	2:08,72	2:09,86	2:11,01	2:12,16	2:13,31	2:14,63	2:17,04	2:18,40	2:24,87	
400 FR	4:34,15	4:35,94	4:37,72	4:39,51	4:41,29	4:44,08	4:50,49	4:53,37	5:07,08	
800 FR	9:10,96	9:19,54	9:28,12	9:36,70	9:45,29	9:51,08	10:03,11	10:09,08	10:37,54	
1500 FR	17:46,04	18:00,35	18:14,67	18:28,98	18:43,29	18:54,41				
50 BK	0:30,70	0:31,00	0:31,31	0:31,61	0:31,91	0:32,23				
100 BK	1:05,49	1:06,33	1:07,17	1:08,02	1:08,86	1:09,54	1:10,43	1:11,13	1:14,45	
200 BK	2:23,85	2:24,92	2:25,99	2:27,07	2:28,14	2:29,61	2:33,92	2:35,45	2:42,71	
50 BR	0:33,88	0:34,18	0:34,49	0:34,79	0:35,09	0:35,44				
100 BR	1:13,66	1:14,48	1:15,29	1:16,10	1:16,91	1:17,67	1:19,83	1:20,62	1:24,39	
200 BR	2:40,23	2:41,66	2:43,08	2:44,51	2:45,94	2:47,58	2:50,82	2:52,51	3:00,57	
50 BU	0:28,60	0:28,93	0:29,27	0:29,61	0:29,94	0:30,24				
100 BU	1:03,92	1:04,60	1:05,29	1:05,97	1:06,65	1:07,31	1:07,97	1:08,64	1:11,85	
200 BU	2:23,08	2:24,62	2:26,16	2:27,70	2:29,24	2:30,72	2:33,96	2:35,48	2:42,75	
200 IM	2:25,15	2:26,65	2:28,14	2:29,64	2:31,14	2:32,63	2:35,98	2:37,52	2:44,88	
400 IM	5:10,12	5:13,13	5:16,15	5:19,16	5:22,18	5:25,37	5:30,92	5:34,20	5:49,81	

Discipline	Messieurs										
	Cadre Elite				Cadre Espoirs						
	1998+älter	1999	2000	2001	2002	2003	2004	2005	2006	2007*	2008*
50 FR	0:24,10	0:24,37	0:24,64	0:24,91	0:25,18	0:25,43	0:26,17	0:26,43	0:27,67		
100 FR	0:52,72	0:53,33	0:53,94	0:54,55	0:55,16	0:55,71	0:57,21	0:57,78	1:00,48		
200 FR	1:56,64	1:57,63	1:58,62	1:59,61	2:00,60	2:01,79	2:05,48	2:06,72	2:12,64		
400 FR	4:07,51	4:09,61	4:11,71	4:13,81	4:15,91	4:18,44	4:25,81	4:28,44	4:40,98		
800 FR	8:33,54	8:39,17	8:44,80	8:50,43	8:56,07	9:01,37					
1500 FR	16:24,42	16:34,28	16:44,13	16:53,98	17:03,84	17:13,98	17:52,68	18:03,30	18:53,92		
50 BK	0:27,40	0:27,69	0:27,98	0:28,28	0:28,57	0:28,86					
100 BK	0:58,87	0:59,54	1:00,21	1:00,87	1:01,54	1:02,15	1:04,25	1:04,88	1:07,92		
200 BK	2:08,89	2:10,23	2:11,56	2:12,90	2:14,23	2:15,56	2:21,07	2:22,47	2:29,13		
50 BR	0:29,80	0:30,22	0:30,63	0:31,04	0:31,45	0:31,76					
100 BR	1:05,37	1:06,33	1:07,28	1:08,23	1:09,19	1:09,87	1:11,90	1:12,61	1:16,00		
200 BR	2:22,57	2:24,47	2:26,38	2:28,28	2:30,19	2:31,68	2:36,73	2:38,29	2:45,68		
50 BU	0:25,82	0:26,01	0:26,20	0:26,39	0:26,58	0:26,85					
100 BU	0:56,99	0:57,51	0:58,03	0:58,54	0:59,06	0:59,65	1:01,21	1:01,82	1:04,71		
200 BU	2:07,27	2:08,71	2:10,16	2:11,60	2:13,04	2:14,36	2:17,01	2:18,37	2:24,83		
200 IM	2:10,14	2:11,62	2:13,10	2:14,58	2:16,06	2:17,41	2:20,58	2:21,97	2:28,60		
400 IM	4:39,25	4:42,24	4:45,22	4:48,20	4:51,18	4:54,07	5:02,49	5:05,48	5:19,76		

\* Qualification uniquement via PISTE