

TABLETTE DES PERFORMANCES ** BENJAMINS **

Mise à jour d u 20 Aout 2019

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:26.85	Yasse BENCHEBBA (03)	USCM	11/06/2017	Kenitra
100 m Nage Libre	00:56.72	Yasser BENCHEBBA (04)	USCM	16/07/2017	Rabat
200m Nage Libre	02:05.83	Akram ALAOUI (03)	OCK	10/07/2016	Repentigny (Canada)
400m Nage Libre	04:23.29	Akram ALAOUI (03)	OCK	02/07/2016	Repentigny (Canada)
800m Nage Libre	09:11.28	Mohamed Sami ZAMZAMI (05)	USCM	08/07/2018	Rabat
50m Dos	00 :30.72	Marwane SEBBATA (06)	USCM	29/06/2019	Rabat
100 m Dos	01:05.54	Marwane SEBBATA (06)	USCM	30//2019	Rabat
200m Dos	02:19.93	Marwane SEBBATA (06)	USCM	29/06/2019	Rabat
50m Brasse	00:34.51	Karim JENNANE (04)	CODM	14/05/2017	Meknès
100m Brasse	01:15.16	Adam LAMHITI (06)	SNF	29/06/2019	Rabat
200m Brasse	02:46.96	Adam LAMHITI (06)	SNF	30/06/2019	Rabat
50m Papillon	00:28.53	Yassir BENCHABA (04)	USCM	16/07/2017	Rabat
100m Papillon	01:04.91	Akram ALAOUI (03)	OCK	02/07/2016	Point-Claire (Canada)
200m Papillon	02:23.26	Hamza KAMAL (06)	USCM	29/06/2019	Rabat
100m 4Nages	01:11.49	Yassir BENCHABA (04)	USCM	26/03/2017	Kenitra
200m 4Nages	02:26.15	Hamza KAMAL (06)	USCM	29/06/2019	Rabat
400m 4 Nages	05:11.13	Mehdi EL MANSAR (04)	RCA	30/04/2017	Antibes (France)
Relais 4x50m Nage Libre	01:50.80	El Mehdi EL AOUFIR (05) - Said CHAHINE (05) Marwane SEBBATA (05) - Mohamed Sami ZAMZAMI (05)	USCM	08/07/2018	Rabat
Relais 4x100m Nage libre	04:03.46	Omar BENMOUSSA - Souhaib EL MOUSSAMI (06) Yassine SEBBATA (06)– Marwane SEBBATA (06)	USCM	06/08/2019	Casablanca 50 m
Relais 4x200m Nage libre	08:53.69	Yassine SEBBATA (06) – Omar BENMOUSSA (06) Adam LAMHITI (06) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
Relais 4x50m 4Nages	02 :06.10	Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05) Adam BOURZINE (05) – El Mehdi EL AOUFIR (05)	USCM	07/07/2018	Rabat
Relais 4x100m 4Nages	04:33.28	Marwane SEBBATA – Akram NEJJAR Omar BENMOUSSA – Yassine SEBBATA	EN	07/08/2019	Casablanca 50 m