



## Demi-Fond régional Lafrançaise – 10 juillet 2011

### 200 mètres nage libre avenir filles

1. PLAINO Lisa	2003	ESPADONS SOUILLAC NATATION	4:31.03	56.61 - 2:07.64 - 3:21.43
2. AURIEL Manon	2002	JS GRAMAT	4:38.83	1:02.80 - 2:15.05 - 3:27.70
3. GONTHIER Elisa	2002	JS GRAMAT	5:03.90	1:04.61 - 2:21.82 - 3:43.26

### 200 mètres nage libre avenir garçons

1. MASSELIN Pierre	2002	CN FLEURANCE	3:47.23	39	43.12 - 1:43.94 - 2:44.37
2. ARMAND Paul	2002	SC GOURDON	3:54.04	21	49.75 - 1:47.48 - 2:50.49
3. MIEULET Noah	2002	JS GRAMAT	4:11.01	1	59.76 - 2:03.33 - 3:08.33
4. CLAVEL Maxime	2002	LAFRANCAISE NATATION	4:19.89	1	55.48 - 1:59.71 - 3:09.38
5. CIPRES Tom	2003	SC GOURDON	4:28.81	1	58.96 - 2:11.81 - 3:22.28
6. ESCORNE Clement	2002	ESPADONS SOUILLAC NATATION	4:34.88	1	56.37 - 2:07.89 - 3:22.54
7. CHIES Clement	2002	SC GOURDON	4:45.11	1	59.55 - 2:14.08 - 3:28.97
8. TOCAVEN Charly	2003	D.O.V.L.V PUY L'EVEQUE	6:42.81	1	1:16.55 - 2:59.35 - 4:50.39

### 400 mètres nage libre poussines

1. LOUIS Marine	2001	CN FIGEAC	7:16.40	229	48.07 - 1:41.82 3:33.33 - 5:27.79
2. LAURAY Lucile	2000	CN FLEURANCE	7:18.12	223	45.41 - 1:39.35 3:32.21 - 6:25.83
3. LEBECQ Marie Françoise	2001	JS GRAMAT	7:54.41	116	52.17 - 1:52.11 3:57.82 - 6:01.05
4. BOISSON Caroline	2000	ESPADONS SOUILLAC NATATION	7:54.49	115	49.40 - 1:47.78 3:49.52 - 5:53.78
5. TOCAVEN Eva	2000	D.O.V.L.V PUY L'EVEQUE	9:07.37	6	52.73 - 2:00.03 4:21.71 - 6:43.91
6. RAYSSEGUIER Justine	2000	ESPADONS SOUILLAC NATATION	9:27.61	1	1:00.14 - 2:10.71 4:36.80 - 7:04.26
7. IBOS Sujata	2000	LAFRANCAISE NATATION	9:48.45	1	58.53 - 2:14.05 4:49.75 - 7:24.16
8. DONAT Camille	2000	LAFRANCAISE NATATION	9:50.27	1	1:01.54 - 2:15.81 4:46.15 - 7:17.31
9. LACAZE Sara	2001	JS GRAMAT	9:50.99	1	54.69 - 2:09.80 4:43.70 - 7:19.07
10. PROVOST Anaïs	2001	LAFRANCAISE NATATION	10:00.32	1	1:01.73 - 2:15.80 4:50.56 - 7:29.37
11. NEVEU Cassandre	2001	JS GRAMAT	10:40.37	1	1:07.50 - 2:34.94 5:17.66 - 8:04.79
12. MENATO Aurélie	2001	D.O.V.L.V PUY L'EVEQUE	10:55.77	1	1:05.42 - 2:26.30 5:15.37 - 8:04.79
13. CRAMAN Mathilde	2001	S OLYMPIQUE REVEL	11:07.91	1	1:01.50 - 2:24.94 5:21.31 - 8:14.23

### 400 mètres nage libre poussins

1. FOUCHER Aurelien	2000	DAUPHINS DECAZEVILLE	6:36.53	242	43.54 - 1:32.14 3:15.16 - 4:56.84
2. VERMANDE Louis	2000	ENTENTE BRETENOUX-BIARS	6:39.50	231	42.32 - 1:31.09 3:15.37 - 5:00.10
3. LAURAY Jean Baptiste	2000	CN FLEURANCE	7:14.71	116	47.73 - 1:41.71 3:33.95 - 5:26.00
4. CASIER Tom	2000	DAUPHINS DECAZEVILLE	7:56.75	30	45.63 - 1:41.51 3:44.53 - 5:54.42
5. MAZET Paul	2000	JS GRAMAT	8:21.23	6	50.47 - 1:49.66 3:57.61 - 6:06.81
6. LAPARRO Lucas	2001	JS GRAMAT	8:25.01	4	53.36 - 1:56.10 4:05.11 - 6:22.08

7. SALLE Valentin	2001 JS GRAMAT	8:43.18	1	52.10 - 1:56.71 4:12.44 - 6:29.21
8. MAURY Samuel	2001 ESPADONS SOUILLAC NATATION	8:43.74	1	53.03 - 1:56.67 4:11.27 - 6:28.14
9. MILHET Alexandre	2000 D.O.V.L.V PUY L'EVEQUE	8:48.57	1	52.84 - 1:56.95 4:19.83 - 6:38.32
10. DOUCERAIN Léo	2001 D.O.V.L.V PUY L'EVEQUE	9:02.84	1	53.25 - 1:59.36 4:20.14 - 6:37.83
11. CHANNING Olivier	2000 D.O.V.L.V PUY L'EVEQUE	9:11.81	1	54.17 - 1:58.91 4:23.93 - 6:48.40
12. LAHILLE Mathéo	2001 ESPADONS SOUILLAC NATATION	10:48.23	1	1:05.35 - 2:27.48 5:04.47 - 8:05.29
13. TORPEY Frédérick	2000 ESPADONS SOUILLAC NATATION	11:55.09	1	1:10.16 - 2:36.90 5:35.93 - 8:39.31

#### 800 mètres nage libre benjamines

1. KIEFFER Gaëlle	1998 CN FIGEAC	13:57.50	321	1:30.30 - 3:12.12 - 6:47.65
2. LAMOUREUX Marie	1999 JS GRAMAT	13:58.23	320	1:31.35 - 3:16.23 - 6:55.09
3. COSTE Mathilde	1998 JS GRAMAT	14:19.58	277	1:34.23 - 3:24.89 - 7:06.95
4. GARCIA Emeline	1999 CN FLEURANCE	15:40.90	143	1:43.79 - 3:39.13 - 7:41.99

#### 800 mètres nage libre benjamins

1. GONTHIER Lucas	1998 JS GRAMAT	12:48.79	348	1:25.09 - 3:03.16 - 6:22.16
2. DELPECH Quentin	1999 ESPADONS SOUILLAC NATATION	14:00.99	202	1:39.04 - 3:25.43 - 7:00.63
3. ROQUES Marius	1998 SC GOURDON	14:21.72	167	1:38.98 - 3:27.86 - 7:08.17
4. PAVLAKIS Maxime	1998 SC GOURDON	14:48.75	127	1:42.87 - 3:34.40 - 7:23.05
5. MARCONATO BOYER Yoan	1999 CN FLEURANCE	15:09.06	100	1:40.18 - 3:37.00 - 7:36.96
6. BOUDINOT Anselme	1999 S OLYMPIQUE REVEL	15:26.74	80	1:46.80 - 3:43.77 - 7:42.83
7. ANDRIEU Thomas	1999 LAFRANCAISE NATATION	15:32.82	73	1:41.04 - 3:41.75 - 7:43.66
8. SELEBRAN Antonin	1999 JS GRAMAT	15:39.73	66	1:49.32 - 3:49.91 - 7:55.54
9. LAPEBIE Romain	1999 JS GRAMAT	15:48.75	57	1:48.31 - 3:49.88 - 7:55.30
10. LE BRIQUER Pierre	1998 ESPADONS SOUILLAC NATATION	15:59.82	48	1:45.98 - 3:48.64 - 8:00.29
11. GIORGI Matthieu	1999 ESPADONS SOUILLAC NATATION	16:03.77	44	1:46.06 - 3:47.13 - 7:55.14
12. PROVOST Benoît	1998 LAFRANCAISE NATATION	16:34.91	22	1:31.72 - 3:29.67 - 7:46.15
13. FOREST Quentin	1998 JS GRAMAT	17:14.83	5	1:58.83 - 4:09.11 - 8:37.35
14. ANDRES Mathieu	1999 SC GOURDON	18:34.91	1	1:57.02 - 4:15.45 - 9:03.69

#### 800 mètres nage libre minimes filles

1. EGUISIER Anouk	1997 CN FLEURANCE	12:25.67	539	1:25.95 - 2:59.79 - 6:12.29
2. ALGANS Maëlys	1997 S OLYMPIQUE REVEL	12:25.79	539	1:27.67 - 3:02.14 - 6:16.92
3. TRUILHE Mathilde	1997 CN FLEURANCE	12:45.25	488	1:26.96 - 3:02.24 - 6:15.45
4. DAVID Elise	1996 DAUPHINS DECAZEVILLE	12:47.82	481	1:21.78 - 2:56.24 - 6:14.60
5. VAYSSIERES Pauline	1996 SC GOURDON	13:22.14	398	1:29.17 - 3:09.16 - 6:34.63
6. BOUVIER Ophélie	1996 CN CASTELSARRASIN	13:23.33	396	1:30.90 - 3:12.43 - 6:38.26
7. RIVALS Claire	1997 S OLYMPIQUE REVEL	13:37.26	364	1:36.01 - 3:20.69 - 6:49.81
8. LAFARGUE Alexia	1997 CN FLEURANCE	13:48.01	341	1:35.90 - 3:18.47 - 6:49.20
9. LAGARDE Margaux	1996 ESPADONS SOUILLAC NATATION	14:14.59	287	1:28.02 - 3:08.01 - 6:47.65
10. MASSELIN Lou	1996 CN FLEURANCE	14:38.03	243	1:37.06 - 3:25.89 - 7:07.86
11. BOUYSSOU Oceane	1997 DAUPHINS DECAZEVILLE	14:44.05	232	1:36.47 - 3:26.99 - 7:12.42
12. VALLEZ Julie	1996 LAFRANCAISE NATATION	15:14.91	181	1:43.21 - 3:41.45 - 7:37.88
13. FOUCHER Oceane	1997 DAUPHINS DECAZEVILLE	15:17.64	177	1:41.32 - 3:34.92 - 7:32.91
14. ALBOUY Elina	1996 DAUPHINS DECAZEVILLE	15:25.97	164	1:45.14 - 3:41.66 - 7:41.28
15. ALIBERT Laura	1996 LAFRANCAISE NATATION	15:44.95	137	1:46.87 - 3:44.47 - 7:50.16
16. CABEZON Lea	1996 DAUPHINS DECAZEVILLE	15:47.64	134	1:36.57 - 3:31.02 - 7:31.90
17. TORPEY Béatrix	1997 ESPADONS SOUILLAC NATATION	15:52.40	127	1:38.97 - 3:38.39 - 7:47.25

#### 800 mètres nage libre minimes garçons

1. LONCHAMP Benoît	1996 DAUPHINS DECAZEVILLE	11:06.87	621	1:12.63 - 2:36.47 - 5:30.69
2. LAURAY Julien	1997 CN FLEURANCE	11:50.35	495	1:17.32 - 2:47.40 - 5:50.90
3. HEIRSTRAETEN Dylan	1996 ESPADONS SOUILLAC NATATION	11:51.48	492	1:14.61 - 2:42.08 - 5:45.76
4. BLANDINO Paul	1996 LAFRANCAISE NATATION	12:01.10	466	1:19.97 - 2:48.11 - 5:52.70

5. DELPECH Maxime	1997 ESPADONS SOUILLAC NATATION	12:27.22	399	1:17.25 - 2:46.15 - 5:57.26
6. SZYMANSKI Dimitri	1996 ESPADONS SOUILLAC NATATION	12:45.12	356	1:21.83 - 2:55.48 - 6:13.52
7. PRADELLE Leo	1997 SC GOURDON	13:00.99	320	1:28.94 - 3:08.39 - 6:32.63
8. SEGONNE Benjamin	1996 LAFRANCAISE NATATION	13:03.02	316	1:22.86 - 3:01.17 - 6:21.98
9. GOYON Cyril	1996 SC GOURDON	13:05.26	311	1:17.40 - 2:53.10 - 6:16.74
10. ISSAD Florian	1996 DAUPHINS DECAZEVILLE	13:06.96	307	1:21.29 - 2:54.58 - 6:19.01
11. VERDOUX Julien	1996 LAFRANCAISE NATATION	13:19.24	282	1:22.53 - 3:02.78 - 6:31.92
12. FERNANDES Thibaut	1996 ESPADONS SOUILLAC NATATION	13:28.20	263	1:29.98 - 3:14.21 - 6:45.96
13. DELPERIE Corentin	1997 LAFRANCAISE NATATION	14:08.37	189	1:27.90 - 3:13.52 - 6:52.64
14. OTMANE Yohan	1997 ESPADONS SOUILLAC NATATION	14:18.70	172	1:35.82 - 3:21.53 - 7:01.79
15. MAZET Pierre	1997 JS GRAMAT	14:40.89	138	1:34.25 - 3:26.26 - 7:10.44
16. GIORGI Xavier	1996 ESPADONS SOUILLAC NATATION	14:47.72	129	1:35.64 - 3:30.80 - 7:19.31
17. GIARD Benoit	1996 JS GRAMAT	14:56.40	117	1:29.70 - 3:16.13 - 7:11.86
18. FAGES Adrien	1996 ENTENTE BRETENOUX-BIARS	15:04.85	106	1:31.86 - 3:25.22 - 7:17.26
19. SELEBRAN Pierre	1997 JS GRAMAT	15:07.38	103	1:45.67 - 3:43.98 - 7:34.13
20. BENAC Jordan	1996 CN CASTELSARRASIN	16:05.63	43	1:42.73 - 3:40.80 - 7:48.50

#### 800 mètres nage libre cadettes

1. BEDOCH Audrey	1994 JS GRAMAT	12:27.23	535	1:19.41 - 2:50.45 - 6:04.52
2. TARADE Laure	1994 D.O.V.L.V PUY L'EVEQUE	12:38.12	506	1:26.15 - 2:59.77 - 6:13.68
3. BOLLAS Mathilde	1995 ESPADONS SOUILLAC NATATION	12:53.24	468	1:25.06 - 3:02.06 - 6:23.38
4. SANCHEZ Florine	1994 JS GRAMAT	13:21.12	401	1:31.17 - 3:10.16 - 6:34.40
5. PRADELLE Marine	1994 SC GOURDON	14:34.44	249	1:33.53 - 3:23.01 - 7:06.97

#### 800 mètres nage libre cadets

1. FROMENT Yohan	1995 D.O.V.L.V PUY L'EVEQUE	11:44.65	511	1:11.23 - 2:37.13 - 5:36.04
2. COSTE Julien	1995 JS GRAMAT	11:54.52	484	1:17.25 - 2:46.22 - 5:48.52
3. REY Thomas	1994 CN FIGEAC	12:00.97	466	1:14.00 - 2:43.37 - 5:51.14
4. GRATIAS Valentin	1995 JS GRAMAT	12:45.77	355	1:21.46 - 2:54.03 - 6:10.78
5. FEDERICI Nicolas	1995 LAFRANCAISE NATATION	12:55.49	333	1:27.50 - 3:04.98 - 6:23.00
6. GIRARDOT Maxime	1995 SC GOURDON	13:20.43	279	1:24.64 - 3:01.68 - 6:29.74
7. COUDERT Cédric	1994 ENTENTE BRETENOUX-BIARS	14:10.32	186	1:21.66 - 2:57.98 - 6:36.77
8. TOCAVEN Marc	1995 D.O.V.L.V PUY L'EVEQUE	17:11.41	6	1:35.28 - 3:37.72 - 8:09.51

#### 800 mètres nage libre juniors-seniors filles

1. BLANDINO Jeanne	1993 LAFRANCAISE NATATION	11:46.08	650	1:15.92 - 2:42.59 - 5:43.78
2. ANDRIEU Marion	1993 LAFRANCAISE NATATION	13:29.80	381	1:27.90 - 3:08.09 - 6:35.67
3. PERIN Alexia	1993 D.O.V.L.V PUY L'EVEQUE	13:39.03	360	1:27.00 - 3:04.41 - 6:31.59
4. BERGOUGNOUX Coralie	1993 SC GOURDON	16:47.17	66	1:49.77 - 3:55.03 - 8:20.02

#### 800 mètres nage libre juniors-seniors garçons

1. GIL PASCARD Nil	1989 LAFRANCAISE NATATION	11:25.95	564	1:14.85 - 2:39.68 - 5:34.92
2. LAGARDE Matthieu	1993 ENTENTE BRETENOUX-BIARS	12:02.50	462	1:10.83 - 2:32.06 - 5:30.18
3. NADAUD Loïc	1988 ENTENTE BRETENOUX-BIARS	12:39.44	370	1:14.17 - 2:41.01 - 5:55.86