



CRAWL									
25m		50m		100m		200m		400m	
		00:43.78	1/04-Chateaugiron			03:51.07	01/04-Chateaugiron		
		00:48.47	01/04-Chateaugiron			04:14.96	21/01-Fougères		
		01:03.69	01/04-Chateaugiron			05:11.34	05/03-Vitré		
00:21.78	Goltais R	00:38.27	Goltais R	01:29.33	Goltais R	01:45.20	Landais M		
00:33.61	Benis A	00:43.78	Jamois LF			03:51.07	Jamois LF		
		00:59.70	01/04-Chateaugiron			03:24.74	01/04-Chateaugiron		
				01:49.80	01/04-Chateaugiron			09:11.55	05/03 - Vitré
				02:03.64	21/01-Fougères				
		00:49.07	21/01-Fougères						
		00:42.82	21/01-Fougères						
				01:48.28	05/03-Vitré			08:50.79	05/03-Vitré
		00:48.35	21/01-Fougères	02:01.62	21/01-Fougères				
		00:46.41	21/01-Fougères						
00:22.40	Grenier N	00:33.13	Goltais R	01:13.14	Goltais R	02:44.84	Goltais R	05:53.73	Goltais R
00:19.51	Journet A	00:38.23	Cardona L	01:30.72	Cardona L	04:04.27	Jamois Lo	06:59.68	Cardona L

CRAWL									
50m		100m		200m		400m		800m	
00:35.63	21/01-Fougères					06:31.15	21/01-Fougères		
00:44.24	21/01-Fougères					08:06.79	21/01-Fougères		
00:41.59	21/01-Fougères					07:25.98	21/01-Fougères		
00:39.16	21/01-Fougères	01:33.53	11/12-Combourg			06:56.87	21/01-Fougères		
00:40.70	21/01-Fougères								
00:35.74	21/01-Fougères	01:24.34	11/12-Combourg			06:39.30	21/01-Fougères		
00:43.84	21/01-Fougères	01:47.34	11/12-Combourg					15:52.84	19/03 - Combourg
00:38.68	21/01-Fougères					07:18.57	21/01-Fougères		
00:44.17	21/01-Fougères	01:47.75	21/01-Fougères					16:13.66	19/03 - Combourg
00:40.79	21/01-Fougères					07:12.30	21/01-Fougères		
00:36.12	21/01-Fougères	01:22.40	21/01-Fougères			06:31.96	21/01-Fougères		
00:43.41	21/01-Fougères	01:40.02	21/01-Fougères					17:17.44	19/03 - Combourg
00:28.81	Goltais R	01:04.59	Goltais R	02:33.18	Goltais R	05:17.42	Goltais R	11:08.59	Goltais R
00:32.34	Goltais S	01:14.52	Goltais S	02:54.69	Cardona L	05:59.95	Favaron M	12:39.07	Cardona L
00:34.96	21/01-Fougères	01:20.63	21/01-Fougères			06:14.90	21/01-Fougères	25:37.43	(1500m 19/03 - Combourg)
00:32.89	20/11-Fougères	01:15.09	19/11-Fougères	02:48.31	05/11-Rennes				
00:28.91	21/01-Fougères	01:01.55	05/11-Rennes	02:30.33	11/12-Combourg			20:37.63	(1500m 19/03 - Combourg)
00:34.18	21/01-Fougères	01:17.62	21/01-Fougères			06:30.26	21/01-Fougères	25:37.68	(1500m 19/03 - Combourg)
00:40.60	17/12-Vitré	01:26.19	11/03-Chartres						
00:39.10	17/12-Vitré	01:24.37	11/03-Chartres						
00:30.37	05/03-Chartres	01:10.49	15/01-St Brieu	02:45.08	12/03-St Malo				
00:34.48	17/12-Vitré	01:16.27	19/11-Fougères						
00:28.55	20/11-Fougères	01:04.35	11/03-St Malo	02:30.53	05/11-Rennes				
00:36.71	Landais A	00:59.24	Landais A	02:16.54	Landais A	05:08.63	Landais A	11:24.10	Cardona T
00:30.15	Bunel M	01:08.99	Bunel M	02:39.46	Favaron M	05:48.42	Beneux M	13:14.35	Collin F
00:32.14	11/03-St Malo	01:09.68	19/11-Fougères	02:37.57	20/11-Fougères				
00:37.44	17/12-Vitré								
00:31.76	20/11-Fougères								
00:36.52	20/11-Fougères	01:19.01	19/11-Fougères			06:47.88	05/11-Rennes		
00:33.40	05/11-Rennes								
00:32.03	20/11-Fougères	01:10.08	15/01-St Brieu	02:36.13	12/03 - St Malo	05:31.22	12/03 - St Malo		
00:28.11	Olivier Q	01:01.18	Le Ray A	02:22.04	Le Ray A	05:33.56	Dupont N	10:44.87	Le Ray A
00:31.28	Favaron M	01:08.31	Favaron M	02:33.91	Favaron M	05:31.22	Favaron M	11:29.33	Favaron M
00:28.14	20/11-Fougères	01:02.47	19/11-Fougères						
00:30.51	17/12-Vitré								
00:32.07	20/11-Fougères	01:11.98	19/11-Fougères						
00:29.51	03/03-Rennes	01:07.25	20/11-Fougères	02:34.08	12/03-St Malo	05:25.07	11/03-St Malo		
00:27.36	20/11-Fougères	00:59.09	19/11-Fougères	02:12.02	20/11-Fougères	05:08.44	11/03-St Malo		
00:26.52	Dupont N	00:59.09	Olivier Q	02:12.02	Olivier Q	04:58.73	Dupont N	10:59.81	Olivier Q
00:29.46	Nicolas C	01:07.25	Nicolas C	02:33.35	Nicolas C	05:29.29	Nicolas C		
00:26.54	20/11-Fougères	00:56.98	20/11-Fougères						
00:26.34	Dupont N	00:56.98	Dupont N	02:39.71	Poirier Th	06:04.42	Goni B		
00:40.44	Francannet A	01:34.38	Francannet A						
00:47.41	12/03 - Redon								
00:35.32	30/10 - Vitré	01:16.82	30/10 - Vitré	03:02.72	11/03-Chateaugiron				
00:52.98	27/11 - Vitré					06:41.85	27/11 - Vitré		
00:34.96	12/03 - Redon								
		01:38.03	27/11-Vitré						
		01:31.57	27/11-Vitré						
						05:10.40	05/11 - Rennes		
00:30.48	30/10 - Vitré	01:07.91	30/10 - Vitré						
00:29.24	12/03 - Redon	01:08.22	05/03 - Redon						
00:26.42	03/02 - Rennes	00:55.50	05/11 - Rennes						
00:39.14	27/11 - Vitré								
00:34.98	27/11 - Vitré								
00:25.48	Rocher F	00:55.50	Rocher F	02:06.35	Rocher F	04:46.11	Rocher F	10:03.94	Rocher F
00:29.44	Bouteloup V	01:07.85	Bouteloup V	03:02.72	Journet C	06:41.85	Lormen M	18:59.20	Rocher F (1500 NL)

4 NAGES			
100m		200m	
			0
			Jamois Léa (2008)
			Journet Jade (2008)
			Mongodin Lizzie (2008)
01:38.29	Goltais R		Records USLN - Historique H
02:16.57	Cardona L		Records USLN - Historique F
			Landais Martin (2007)
			Boutier Lormet Lara (2007)
			Favaron Alice (2006)
			Grenier Céli (2006)
			Marty Louis (2006)
			André Fabrice (2006)
			Felix Elise (2006)
01:25.23	Goltais R	03:08.63	Records USLN - Historique H
01:38.28	Goltais S	03:30.62	Records USLN - Historique F
			Cardona L

4 NAGES					
100m		200m		400m	
		03:28.51	21/01-Fougères		Boutier-Lormet Louane (2005)
					Bouedo Ewen (2005)
					Costance Martin (2005)
		03:31.05	21/01-Fougères		Goltais Gwen (2005)
					Jamois Louann (2005)
		03:39.18	21/01-Fougères	08:17.91	19/03 - Combourg
					Landais Paul (2005)
					Mongodin Louane (2005)
					Treffier Paul (2005)
					Blanchard Angèle (2004)
					Borde Elise (2004)
					Bourden Tizian (2004)
		03:33.50	21/01-Fougères	07:12.58	19/03 - Combourg
					Philippot Maud (2004)
					Pirrot Maïlys (2004)
01:15.13	Goltais R	02:43.83	Goltais R	06:15.37	Landais A
01:29.57	Goltais S	03:07.84	Goltais S	07:01.26	Cardona L
		03:24.38	21/01-Fougères	07:13.67	19/03 - Combourg
		03:35.12	11/03 - St Malo		Calvez Louis (2003)
01:14.80	11/12-Combourg	02:52.27	21/01-Fougères		Cristol Laurence (2003)
		03:20.35	21/01-Fougères	07:08.17	19/03 - Combourg
					Grenier Nemo (2003)
					Delalande Kézia (2003)
					Pauline Maëlle (2003)
					Bunel Morgane (2002)
					Carret Romane (2002)
					Journet Anais (2002)
					Landais Nicolas (2002)
01:14.80	Goltais R	02:30.38	Landais A	06:26.22	LeRay A
01:21.20	Goltais S	02:57.73	Beneux M		
					Beneux Maëlle (2001)
					Blanchard Lalie (2001)
					Jacq Colin (2001)
					Goltais Solenn (2001)
		03:20.08	05/11-Rennes		Schahf Claire (2001)
					Brossas Elise (2000)
					Calvez Marine (2000)
					Favaron Mathilde (2000)
					Gauthier Maëlys (2000)
		02:39.35	Le Ray A	05:51.82	Le Ray A
		02:56.81	Favaron M		
					Records USLN - Historique H
					Records USLN - Historique F
					André Chloé (1999)
					Homard Gwenaëlle (1999)
					Le Ray Antoine (1999)
		02:43.17	14/01-St Brieu		Colin Elise (1997)
					Loussouan Emma (1999)
					Schahf Theo (1999)
01:28.21	05/11-Rennes	02:46.37	14/01-St Brieu	06:13.95	12/03-St Malo
		02:46.06	05/11-Rennes		
					Olivier Quentin (1998)
01:16.46	Nicolas C	02:38.30	Dupont N	06:13.95	Nicolas C
		02:45.91	Nicolas C		
		02:25.81	03/12-Brest		
					Dupont Nicolas (1996)
		02:25.81	Dupont N		
					Records USLN - Historique H
					Records USLN - Historique F
					Blanchard Séverine
					Borhonne Véronique
					Cristol Adélaïde
					Herman Natacha
					Journet Christine
					Landais Nadège
					Lecoq Martine
					Lormet Maëlla
					Nico Gabrèle Valérie
					Simon Virginie
					Blard Cyril