Club du Haut-Richelieu **24 novembre 2009**

Open Sprint Samak #8 - sanction 8330 **Piscine de l'icole secondaire Pierre-Brosseau (CAN) 2009-11-14**

Aper- u des r®sultats Petit bassin (25m)

B®langer Alexandra	93 :	50m Libre	16	30.45 F	99%		50m Brasse	16	40.05 F	96%	
		100m Libre	24	1:06.34 F	100%		100m Brasse	17	1:26.56 F	87%	
		100m Dos	8	1:16.38 F	96%						
Bessette Lilianne	94 :	50m Libre	26	31.42 F	99%		100m Dos	7	1:16.24 F	92%	
		100m Libre	29	1:07.46 F	97%		50m Papillon	19	34.02 F	98%	
		50m Dos	12	35.74 F	105%	MPP					
Brunelle Carolyn	93 :	50m Libre	31	32.46 F	95%		50m Papillon	28	36.73 F	103%	MPP
		100m Libre	39	1:10.02 F	98%		100m 4 nages	327	1:23.21 F	100%	MPP
		50m Dos	23	39.65 F	100%	MPP					
Lauzier Jordan	94 :	50m Libre	32	31.20 F	103%	MPP	50m Dos	20	37.24 F	103%	MPP
		100m Libre	50	1:07.82 F	104%	MPP	50m Brasse	14	41.89 F	111%	MPP
Lefebvre Fr®d®rique	96 :	50m Libre	13	29.84 F	93%		100m Dos	4	1:11.64 F	94%	
		100m Libre	17	1:05.41 F	103%	MPP	100m 4 nages	327	1:16.57 F	116%	MPP
		50m Dos	7	34.09 F	88%						
Monette-Mondoux Guillaume	95 :	50m Libre	11	26.75 F	131%	MPP	50m Papillon	10	30.10 F	153%	MPP
		100m Libre	9	56.77 F	102%	MPP	100m Papillon	8	1:06.56 F		MPP
		100m Dos	6	1:06.65 F	114%	MPP					
Richard Carmen	96 :	50m Libre	28	31.71 F	111%	MPP	100m Brasse	13	1:23.58 F	105%	MPP
		100m Libre	32	1:07.83 F		MPP	100m 4 nages	327	1:17.02 F	106%	MPP
		50m Brasse	14	38.61 F	97%						
Richard Catherine	92 :	50m Brasse	6	37.10 F	94%		50m Papillon	15	33.47 F	89%	
		100m Brasse	8	1:20.85 F	94%		100m 4 nages	327	1:16.26 F	100%	
Richard Claudia	94 :	50m Libre	20	30.91 F	103%	MPP	100m Brasse	10	1:21.48 F	94%	
		50m Dos	17	38.08 F	140%	MPP	50m Papillon	17	33.73 F	110%	MPP
		50m Brasse	7	37.17 F	96%						
RivardS10SB9SM10 Aur®lie	96 :	50m Libre	35	33.81 F	102%	MPP	100m Dos	20	1:24.46 F		MPP
		50m Dos	22	39.64 F	108%	MPP	100m Brasse	32	1:37.88 F		MPP
Rivest Jasmine	93 :	50m Dos	5	32.62 F	104%	MPP	50m Papillon	9	31.47 F	130%	MPP
		50m Brasse	2	34.23 F	94%		100m 4 nages	327	1:10.06 F	110%	RC
		100m Brasse	2	1:13.98 F	91%						
Rousselle Maxime	93 :	100m Libre	36	1:04.12 F	106%	MPP	50m Papillon	22	34.68 F	97%	
		100m Brasse	22	1:26.68 F	104%	MPP					
V®zina Gabriel	96 :	50m Libre	31	30.96 F	98%		50m Brasse	11	39.66 F	97%	
		100m Libre	46	1:06.87 F		MPP	100m Brasse	16	1:24.78 F	103%	MPP
		50m Dos	21	37.97 F	97%						
Voyer Francis	95 :	50m Libre	30	30.76 F	104%	MPP	50m Papillon	25	36.86 F	105%	MPP
		100m Libre	47	1:06.90 F	115%	MPP	100m 4 nages	31	1:18.42 F	138%	MPP
		50m Brasse	13	39.80 F	117%	MPP					

Total 65 r®sultats individuels, performance moyenne: 103,7%

1 nouveau(x) record(s), 38 nouvelle(s) MPP(s)

Meilleure am®lioration: Monette-Mondoux Guillaume, 50m Papillon 30.10