Nb de compétitons réalisées : **15**

Historique et Meilleures Performances

AMALOU Aurélie

				Nage Libre						Dos			Brasse			Papillon			4 Nages		
				50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
				0:33.87	1:15.43	2:45.88	6:08.43	13:02.13		0:49.69	1:26.75	3:09.70	1:01.80	1:46.52	3:42.89	0:42.18	1:36.24		2:01.10	3:11.13	
21/05/1998	MEET	YVETOT	**14**	0:34.58						0:49.69						0:42.18					
25	SPRINT																				
02/05/1998	FFN-D	GRAND COURONNE	**14**	0:35.20			6:29.26					3:19.91									
50	Champ.Départemental																				
25/04/1998	FSGT	ELBEUF	**14**		1:19.03	2:57.02					1:29.94	3:16.22									
50	Champ. Départementaux																				
21/03/1998	FFN-N	CHERBOURG	**14**		1:19.99	2:56.01					1:27.56	3:12.91								3:23.01	
25	Champ N3																				
07/02/1998	FFN-D	ROUEN	**14**		1:15.43	2:45.88					1:26.75										
25	Champ.Départemental																				
06/12/1997	FFN-D	ST VALERY EN CAU	**14**			2:46.64								1:46.52	3:42.89						
25	CRITÉRIUM B/P																				
30/11/1997	FFN-D	ST ROMAIN DE COL	**14**	0:34.62								3:09.70					1:36.24			3:11.13	
25	CRITÉRIUM B/P																				
23/11/1997	FFN-D	ROUEN	**14**	0:33.87																	
25	Eliminatoire interclubs																				
08/11/1997	FSGT	GRAND COURONNE	**14**		1:20.53	2:54.49					1:28.77			1:47.33			1:45.81				
50	Champ. Départementaux																				
08/10/1997	FSGT	SAINT ETIENNE	**14**	0:36.39			6:13.88	13:02.13				3:17.97			3:50.56					3:18.94	
25	Champ. Départementaux																				
01/01/1997	FFN-D	?	**13**		1:20.08		6:21.80				1:31.24										
25	?																				
01/01/1996	FFN-D	?	**12**		1:19.82		6:08.43				1:32.77	3:21.29		1:49.76	3:50.39		1:43.57			3:28.03	
25	?																				
01/01/1995	FFN-D	?	**11**		1:28.57	3:09.25	6:44.31				1:50.53	3:41.41		1:57.23	4:17.86		1:54.39			3:42.87	
25	?																				
01/01/1994	FFN-D	?	**10**	0:41.88	1:39.82	3:30.03	8:16.81			0:50.03	1:52.11	3:53.56	1:01.80	2:08.45	5:07.87		1:59.76		2:01.10	4:04.99	
25	?																				
01/01/1993	FFN-D	?	**9**	0:47.44						0:52.59			1:09.18				2:18.17		2:19.05		
25	?																				