Nb de compétitons réalisées : **70**

Historique et Meilleures Performances

GOYON Adèle

				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
				0:28.31	1:03.08	2:19.40	5:05.70	10:38.33		0:35.95	1:21.81		0:45.77			0:30.88	1:13.54	2:46.10			
09/05/2013	MEET	LAVAL	18	0:30.22	1:11.70	2:43.37					1:29.93					0:33.40	1:25.11				
50	MEETING DE LA VILLE DE LAVAL																				
04/05/2013	MEET	ST VALERY EN CAU	18	0:29.92	1:08.65	23:65.50										0:33.29	1:23.57	3:10.16			
25	MEETING DE LA CÔTE D'ALBATRE																				
08/12/2012	FFN-R	SAINT LO	18	0:29.81												0:32.08					
25	Champ. de NORMANDIE																				
24/11/2012	FFN-D	FECAMP	18	0:30.73	1:09.97											0:34.16					
25	CHAMP. DÉPARTEMENTAUX																				
20/10/2012	MEET	ROUEN	18	0:29.81	1:06.95																
25	ARENA Sprint																				
14/10/2012	FFN-D	ND GRAVENCHON	18	0:28.31	1:08.12		5:25.63									0:38.28	1:22.20				
25	CHAMP. DÉPARTEMENTAUX																				
13/10/2012	MEET	CHERBOURG	18			2:29.96	5:14.18											2:57.56			
25	Meeting ARENA																				
08/05/2012	MEET	YVETOT	17	0:30.18												0:33.36					
25	SPRINT																				
05/05/2012	MEET	LAVAL	17		1:09.19	2:26.47										0:32.08	1:15.50	3:12.59			
50	MEETING DE LA VILLE DE LAVAL																				
15/04/2012	MEET	ST VALERY EN CAU	17	0:28.96	1:05.38	2:26.12										0:31.23	1:17.20	2:55.27			
25	MEETING DE LA CÔTE D'ALBATRE																				
25/02/2012	MEET	AMIENS	17	0:29.73	1:05.57											0:32.14					
50	National des Hortillons																				
11/02/2012	FFN-N	GRAND COURONNE	17	0:29.60	1:06.68	2:28.77										0:32.72					
50	MEETING NATIONAL DE NORMANDIE																				
14/01/2012	FFN-N	CHARTRES	17	0:29.42												0:32.19					
50	MEETING NATIONAL CHARTRES METR																				
28/12/2011	MEET	SAINT LO	17	0:29.06	1:03.81																
25	Meeting du BOUT DE L'AN																				
17/12/2011	FFN-I	LE MANS	17	0:28.36	1:03.08											0:31.76					
25	CHAMP. INTERRÉGIONAL																				
03/12/2011	FFN-R	CHERBOURG	17	0:28.55												0:31.58					
25	Champ. de NORMANDIE																				

20/11/2011	MEET	ROUEN	17	0:28.65												0:30.88						
25	ARENA Sprint																					
13/11/2011	FFN-D	FECAMP	17	0:29.57	1:06.89											0:32.49	1:19.75					
25	CHAMP. DÉPARTEMENTAUX																					
11/11/2011	MEET	GRAND QUEVILLY	17		1:06.29																	
25	Meeting EGQ																					
22/10/2011	FFN-R	HEROUVILLE SAINT	17	0:29.92	1:07.21	2:31.28				0:38.45						0:34.48	1:22.85	2:59.48				
25	Coupe de NORMANDIE																					
16/10/2011	FFN-D	ND GRAVENCHON	17		1:06.57												1:20.13					
25	MEETING DE DEBUT DE SAISON																					
27/07/2011	FFN-N	NIMES	16	0:29.31																		
50	Cup FRANCE des Cadets																					
03/07/2011	FFN-R	CAEN	16	0:28.83												0:31.78						
50	Champ. de NORMANDIE																					
02/06/2011	MEET	YVETOT	16	0:29.20												0:32.60						
25	SPRINT																					
28/05/2011	FFN-I	TOURS	16	0:28.88												0:31.79						
50	CHAMP. INTERRÉGIONAL																					
21/05/2011	MEET	LAVAL	16	0:29.65												0:31.56	1:19.39					
50	MEETING DE LA VILLE DE LAVAL																					
02/04/2011	FFN-R	FECAMP	16	0:28.46		2:23.11										0:31.01	1:13.54					
25	Coupe de NORMANDIE																					
12/03/2011	FFN-D	ROUEN	16	0:29.30	1:06.03		5:05.70									0:32.24	1:14.40					
25	CHAMP. DÉPARTEMENTAUX																					
11/03/2011	MEET	NANTERRE	16	0:29.83												0:31.07						
50	MEETING DE QUALIFICATION N2																					
06/03/2011	MEET	AMIENS	16	0:29.63	1:05.57	2:27.08										0:31.65						
50	National des Hortillons																					
12/02/2011	MEET	BETHUNE	16	0:29.43																		
50	Meeting National																					
19/12/2010	FFN-I	CHOLET	16	0:28.91	1:03.81											0:31.83						
25	CHAMP. INTERRÉGIONAL																					
04/12/2010	FFN-R	FLERS	16	0:29.59	1:04.83											0:31.31						
25	CHAMP. DE NORMANDIE																					
27/11/2010	MEET	ST VALERY EN CAU	16	0:29.56	1:04.72	2:27.74										0:31.60	1:18.47	2:58.78				
25	MEETING DE LA CÔTE D'ALBATRE																					
21/11/2010	FFN-D	FECAMP	16	0:30.95	1:07.75	2:31.26										0:33.91	1:17.43	2:56.30				
25	CD76 - EPREUVES COURTES																					

14/11/2010	FFN-R	ROUEN	16														1:13.73	2:46.10			
25	INTERCLUBS																				
31/10/2010	FFN-D	ND GRAVENCHON	16		1:07.17												1:17.91				
25	MEETING DE DEBUT DE SAISON																				
24/10/2010	FFN-R	HEROUVILLE SAINT	16	0:31.35		2:30.74	5:17.13									0:34.36	1:18.24				
25	MEETING NORMAND HIVER																				
26/06/2010	FFN-R	CAEN	15	0:29.75	1:04.52	2:22.84										0:33.60					
50	CHAMP. DE NORMANDIE																				
12/06/2010	FFN-R	FECAMP	15	0:30.15	1:06.26	2:25.41										0:33.86	1:16.68				
25	COUPE DE NORMANDIE																				
30/05/2010	FFN-I	LAVAL	15	0:30.41	1:05.47																
50	CHAMP. INTERRÉGIONAL																				
16/05/2010	FFN-R	ARGENTAN	15	0:29.08	1:04.35	2:19.40										0:32.64					
25	COUPE DE NORMANDIE																				
13/05/2010	MEET	YVETOT	15	0:30.21						0:37.98			0:45.77			0:34.07					
25	SPRINT																				
24/04/2010	FFN-R	VIRE	15	0:29.72	1:04.32	2:21.76				0:37.46											
25	CHAMP. DE NORMANDIE																				
20/03/2010	MEET	ANGOULEME	15	0:30.29	1:05.79	2:24.14				0:37.97											
50	REGIONAL DE QUALIFICATION																				
30/01/2010	FFN-R	ELBEUF	15	0:30.87	1:06.36	2:24.68				0:35.95											
50	MEETING DE NDIE																				
17/01/2010	FFN-R	HEROUVILLE SAINT	15	0:31.45		2:28.76					1:21.95					0:35.26					
25	Coupe de NORMANDIE																				
06/12/2009	FFN-D	ST VALERY EN CAU	15				5:09.76	10:38.33													
25	CD76 - DEMI FOND																				
22/11/2009	FFN-D	FECAMP	15	0:30.68	1:08.55	2:26.23										0:34.71	1:18.42				
25	CD76 - EPREUVES COURTES																				
15/11/2009	FFN-R	ROUEN	15														1:18.92	3:02.58			
25	INTERCLUBS																				
11/11/2009	MEET	GRAND QUEVILLY	15		1:08.26						1:21.81						1:19.41				
25	Meeting EGQ																				
08/11/2009	MEET	ROISSY	15	0:30.70												0:35.04					
25	Meeting NAUTIL																				
01/11/2009	FFN-D	ND GRAVENCHON	15		1:08.96		5:17.82										1:20.05				
25	MEETING DE DEBUT DE SAISON																				
18/10/2009	FFN-R	MONTIVILLIERS	15	0:31.66	1:09.06	2:30.77	5:14.96	10:44.69		0:36.55											
25	MEETING NORMAND HIVER																				

27/06/2009	FFN-R	CAEN	14	0:31.89	1:09.51	2:36.76	5:17.42														
50	Champ. De NORMANDIE																				
30/05/2009	MEET	LAVAL	14		1:10.64	2:33.56	5:22.40														
50	MEETING DE LA VILLE DE LAVAL																				
23/05/2009	FFN-R	FECAMP	14	0:31.18			5:19.28														
25	Champ. de NORMANDIE																				
21/05/2009	MEET	YVETOT	14	0:32.42						0:37.47						0:35.47					
25	SPRINT																				
02/05/2009	FFN-R	VIRE	14	0:31.99	1:09.77			10:44.50													
25	Coupe de NORMANDIE																				
21/03/2009	FFN-D	ROUEN	14	0:31.97	1:09.25	2:31.43	5:13.96									0:36.38					
25	Champ.Départemental																				
14/03/2009	FFN-R	ELBEUF	14	0:32.56																	
50	MEETING NORMAND DE QUALIFICATIO																				
08/03/2009	FFN-R	FLERS	14	0:31.56	1:10.99	2:32.29															
25	Coupe de NORMANDIE																				
08/02/2009	FFN-R	DEAUVILLE	14	0:31.61																	
50	MEETING NORMAND DE QUALIFICATIO																				
25/01/2009	FFN-R	ND GRAVENCHON	14	0:31.51	1:09.22	2:30.09															
25	Coupe de NORMANDIE																				
03/01/2009	MEET	DENAIN	14	0:31.77	1:10.23	2:30.95										0:36.77	1:21.81				
25	Meeting de la PORTE DU HAINAUT																				
21/12/2008	FFN-D	LE HAVRE	14														1:23.68	3:11.50			
25	INTERCLUBS																				
15/12/2008	FFN-D	ST VALERY EN CAU	14					11:05.45													
25	CD76 - DEMI FOND																				
15/11/2008	FFN-D	FECAMP	14	0:32.57	1:11.92	2:35.36	5:35.35									0:37.53					
25	CD76 - EPREUVES COURTES																				
01/11/2008	MEET	BOLBEC	14	0:33.25	1:11.48		5:31.47									0:38.74	1:28.16				
25	Meeting Intercommunal																				
19/10/2008	FFN-D	ND GRAVENCHON	14		1:13.46		5:41.00										1:31.96				
25	MEETING DE DEBUT DE SAISON																				