Nb de compétitons réalisées : **20**

Historique et Meilleures Performances

EL KOUTALI Adonis

				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
				0:33.09		**2:51.90**				**0:42.18**			**1:39.24**		**0:40.91**					**3:06.12**	
					1:07.48		**6:07.56**				**1:50.30**		**0:44.45**		**3:29.20**		**1:37.01**		**1:28.30**		
27/05/2018	FFN-D	BOLBEC	**14**			2:57.67	6:12.51						0:44.53		3:32.75						
25	NATATHLON																				
19/05/2018	MEET	LE HAVRE	**14**	0:34.45	1:18.81									1:39.24		0:42.60					
50	Meeting des Jeunes																				
10/05/2018	MEET	YVETOT	**14**	0:33.26						0:42.76			0:44.97			0:42.92					
25	SPRINT																				
21/04/2018	FFN-D	ELBEUF	**14**	0:33.34	1:07.48	2:53.90	6:13.35						0:46.23								
50	CHAMP. DÉPARTEMENTAUX																				
15/04/2018	FFN-D	ROUEN	**14**		1:14.85	2:51.90									3:29.20						
25	NATATHLON																				
07/04/2018	MEET	ST VALERY EN CAU	**14**	0:34.11	1:14.22											0:40.91					
25	MEETING DE LA CÔTE D'ALBATRE																				
17/03/2018	FFN-D	FECAMP	**14**	0:34.68		2:52.05	6:08.01			0:42.18										3:06.12	
25	NATATHLON																				
18/02/2018	FFN-D	ST VALERY EN CAU	**14**	0:33.09	1:14.22	2:53.09	6:07.56														
25	NATATHLON																				
04/02/2018	MEET	MONTIVILLIERS	**14**	0:33.84						0:43.85			0:44.45			0:41.85			1:28.30		
25	Meeting de Montivilliers																				
13/01/2018	MEET	ROUEN	**14**		1:19.20		6:28.09							1:41.21			1:37.01			3:20.01	
25	Meeting Espoir V2																				
03/12/2017	FFN-D	ND GRAVENCHON	**14**				6:32.58														
25	CRITÉRIUM Avenir & Jeunes																				
29/10/2017	MEET	GRAND QUEVILLY	**14**	0:36.81						0:45.57			0:47.33			0:42.68					
25	Meeting EGQ																				
25/05/2017	MEET	YVETOT	**13**							0:50.21											
25	SPRINT																				
21/05/2017	FFN-D	ROUEN	**13**			3:14.02							0:50.90								
25	NATATHLON																				
09/04/2017	MEET	ST VALERY EN CAU	**13**	0:38.49	1:26.80	3:09.50				0:46.31			0:53.39								
25	MEETING DE LA CÔTE D'ALBATRE																				
02/04/2017	MEET	LE HAVRE	**13**	0:38.80						0:48.52						0:45.06			1:39.14		
25	Meeting de la porte océane																				

12/03/2017	FFN-D	BOLBEC	**13**		1:30.84					0:48.75	1:50.30											
25	NATATHLON																					
05/02/2017	FFN-D	ST VALERY EN CAU	**13**	0:39.04		3:27.27																
25	NATATHLON																					
04/12/2016	FFN-D	GRAND QUEVILLY	**13**				7:25.58														3:54.47	
25	CRITÉRIUM Avenir & Jeunes																					
30/10/2016	MEET	GRAND QUEVILLY	**13**	0:42.39									0:56.68									
25	Meeting EGQ																					