Nb de compétitons réalisées : **71**

Historique et Meilleures Performances

GARBAA Hamza

				Nage Libre						Dos			Brasse			Papillon			4 Nages		
				0:28.02		2:12.76		9:41.42		0:35.06		3:21.55		1:28.31		0:30.06		2:30.56		1:46.17	
					1:01.52		4:41.14		18:31.42		1:19.57		0:39.91		3:04.11		1:08.35		1:17.00		5:23.57
				50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
27/10/2018	MEET	BERCK	**14**			2:14.43	4:42.03	9:41.42												2:40.36	
25	Meeting national																				
20/10/2018	MEET	CAEN	**14**		1:02.24	2:12.76	4:42.56		18:31.42								1:11.32	2:30.69			
25	Meeting Hérouville st clair																				
13/10/2018	MEET	CERGY PONTOISE	**14**			2:14.09	4:41.65			0:36.22						0:31.37	1:08.35			2:33.92	
25	8ème Meeting du CPN																				
22/06/2018	FFN-N	STRASBOURG	**13**			2:15.77										0:31.90	1:09.44	2:30.75			
50	Finale L ZINS France																				
16/06/2018	FFN-R	CAEN	**13**			2:16.26											1:10.29	2:31.19			
50	Champ. de NORMANDIE																				
02/06/2018	MEET	VERSAILLES	**13**				4:48.36				1:22.50						1:09.08			2:35.80	
50	Meeting des Jeunes																				
27/05/2018	FFN-D	BOLBEC	**13**				4:41.14									0:31.20		2:30.56			
25	NATATHLON																				
19/05/2018	MEET	LE HAVRE	**13**	0:30.30	1:08.54									1:28.31		0:32.79	1:15.88			1:46.17	
50	Meeting des Jeunes																				
12/05/2018	MEET	LAVAL	**13**		1:04.57	2:17.10	4:51.81									0:31.68	1:09.90	2:34.95			
50	MEETING DE LA VILLE DE LAVAL																				
10/05/2018	MEET	YVETOT	**13**	0:29.15						0:36.36			0:41.59			0:31.69					
25	SPRINT																				
28/04/2018	MEET	VIRE	**13**	0:28.64	1:06.23					0:35.06						0:31.83	1:08.82			2:39.88	
25	Aquavire																				
21/04/2018	FFN-D	ELBEUF	**13**		1:13.01											0:32.65		2:40.80		2:45.13	
50	CHAMP. DÉPARTEMENTAUX																				
15/04/2018	FFN-D	ROUEN	**13**		1:01.52											0:31.14	1:08.79			2:34.14	
25	NATATHLON																				
07/04/2018	MEET	CHALON SUR SAON	**13**	0:29.20	1:05.39	2:25.51	5:09.20									0:30.06	1:12.77	2:40.26		2:42.89	
50	meeting																				
17/03/2018	FFN-D	FECAMP	**13**				4:45.19		18:33.57									2:32.24			
25	NATATHLON																				
10/03/2018	MEET	CHARTRES	**13**		1:04.96	2:22.98	4:55.35	10:02.97									1:11.96	2:39.58			
50	MEETING NATIONAL CHARTRES METR																				

18/02/2018	FFN-D	ST VALERY EN CAU	**13**	0:28.02		2:16.18											1:10.54				5:23.57
25	NATATHLON																				
04/02/2018	MEET	MONTIVILLIERS	**13**	0:29.89						0:36.12			0:39.91			0:32.49			1:17.00		
25	Meeting de Montivilliers																				
20/01/2018	MEET	LILLE	**13**		1:03.79		4:57.48	10:21.91							3:04.11			2:39.51		2:44.31	
50	MEETING DE LA VILLE DE LILLE																				
13/01/2018	MEET	ROUEN	**13**		1:05.76		5:44.89				1:19.57						1:14.03			2:41.66	
25	Meeting Espoir V2																				
19/11/2017	FFN-D	FECAMP	**13**			2:18.59			18:50.75									2:40.79			5:32.92
25	CHAMP. DÉPARTEMENTAUX																				
03/11/2017	MEET	CHOLET	**13**	0:29.75	1:04.72		4:57.48									0:31.94	1:11.99	2:38.82	1:17.92	2:40.76	
25	Meeting du Choletais																				
29/10/2017	MEET	GRAND QUEVILLY	**13**	0:30.55						0:37.01			0:42.26			0:33.28					
25	Meeting EGQ																				
22/10/2017	FFN-D	ND GRAVENCHON	**13**		1:04.53												1:12.76				5:39.80
25	meeting 76																				
15/10/2017	MEET	CERGY PONTOISE	**13**			2:24.36	4:51.23									0:32.68	1:11.34	2:43.44		2:46.67	
25	Meeting Régional																				
24/06/2017	FFN-N	MASSY	**12**		1:08.21	2:23.33	5:01.35		19:42.48								1:15.16				
50	Lucien ZINS - Trophée Interrégional																				
17/06/2017	MEET	SAINT NAZAIRE	**12**	0:31.70	1:08.26	2:28.24										0:34.48	1:15.95	2:51.86			
50	MEETING DE ST NAZAIRE																				
10/06/2017	FFN-R	ELBEUF	**12**						20:01.83												
50	Champ. de NORMANDIE																				
03/06/2017	MEET	LE HAVRE	**12**	0:31.56	1:08.98											0:34.40	1:15.82			2:49.16	
50	Meeting des Jeunes																				
25/05/2017	MEET	YVETOT	**12**	0:30.75												0:33.42					
25	SPRINT																				
21/05/2017	FFN-D	ROUEN	**12**	0:30.61	1:06.22	2:20.33	4:50.91										1:14.34				
25	NATATHLON																				
13/05/2017	FFN-D	GRAND COURONNE	**12**		1:08.53	2:26.43	4:57.11									0:33.69	1:14.32	2:56.95			
50	CHAMP. DÉPARTEMENTAUX																				
06/05/2017	FFN-N	BESANCON	**12**	0:31.02	1:08.74	2:24.44											1:16.26				
50	Cup France des régions																				
30/04/2017	FFN-D	FECAMP	**12**						19:09.75												
25	NATATHLON																				
09/04/2017	MEET	ST VALERY EN CAU	**12**	0:31.26	1:06.60	2:24.00	4:56.87	9:53.78								0:33.56					
25	MEETING DE LA CÔTE D'ALBATRE																				

01/04/2017	MEET	LA ROCHE SUR YON	12	0:31.51	1:08.44	2:26.61										0:35.15	1:17.54				
25	Meeting ARENA																				
18/03/2017	MEET	VIRE	12	0:32.23	1:10.88											0:35.41	1:18.38		1:21.26		
25	Meeting de Vire Ndie																				
12/03/2017	FFN-D	BOLBEC	12		1:09.64				20:06.47												
25	NATATHLON																				
05/02/2017	FFN-D	ST VALERY EN CAU	12	0:31.53			5:10.09									0:35.10					
25	NATATHLON																				
04/12/2016	FFN-D	GRAND QUEVILLY	12				5:18.63													2:59.90	
25	CRITÉRIUM Avenir & Jeunes																				
19/11/2016	FFN-D	FECAMP	12			2:30.86	5:12.94	10:42.56								0:37.34					
25	CHAMP. DÉPARTEMENTAUX																				
29/10/2016	MEET	CHOLET	12	0:32.73	1:11.70	2:30.99	5:13.44			0:42.83	1:30.26					0:37.82			1:27.12		
25	Meeting du Choletais																				
22/10/2016	MEET	RENNES	12		1:11.63	2:32.15	5:23.50	10:45.48								0:37.17	1:29.00				
25	MEETING CPB																				
14/05/2016	MEET	LAVAL	11	0:35.03	1:16.96	2:40.45	5:38.59			0:44.11	1:34.90					0:38.14	1:34.56	3:36.14			
50	MEETING DE LA VILLE DE LAVAL																				
13/03/2016	FFN-D	YVETOT	11			2:53.00						3:21.55			3:42.18		1:36.74				
25	Quadrathlon																				
31/01/2016	FFN-D	DIEPPE	11											1:45.07			1:34.52				
25	NATATHLON																				
29/11/2015	FFN-D	GRAND QUEVILLY	11			2:45.72													1:31.13		
25	CRITÉRIUM B/P																				
25/10/2015	MEET	GRAND QUEVILLY	11	0:36.07						0:43.09			0:49.46			0:44.70					
25	Meeting EGQ																				
21/06/2015	FFN-R	HEROUVILLE SAINT	10	0:36.73		2:50.35							0:53.19			0:46.51					
25	NATATHLON - Finale régionale																				
14/05/2015	MEET	YVETOT	10	0:37.49						0:44.62			0:52.10			0:43.06					
25	SPRINT																				
09/05/2015	MEET	VERSAILLES	10		1:22.87		6:06.24							1:52.93			1:51.29			3:29.06	
50	Meeting des Jeunes																				
19/04/2015	FFN-D	DIEPPE	10			2:52.97							0:52.04			0:50.78					
25	NATATHLON																				
12/04/2015	MEET	ST VALERY EN CAU	10	2:09.68												0:44.80	1:47.37				
25	MEETING DE LA CÔTE D'ALBATRE																				
29/03/2015	FFN-D	YVETOT	10			2:57.35									3:47.91		1:51.23				
25	Quadrathlon																				

25/01/2015	FFN-D	DIEPPE	**10**	0:37.94		3:01.62				0:45.95											
25	NATATHLON																				
22/06/2014	AVENI	FORGES LES EAUX	**9**	0:39.72						0:48.65									1:43.87		
25	AVENIR Finale																				
15/03/2014	AVENI	DIEPPE	**9**							0:47.22		0:55.20			0:49.07						
25	AVENIR Eté 1																				
15/03/2014	AVENI	GOURNAY EN BRAY	**9**	0:38.60															1:40.74		
25	AVENIR Eté 2																				
16/02/2014	AVENI	GRAND QUEVILLY	**9**	0:39.00								0:56.86							1:43.16		
25	AVENIR Finale																				
30/11/2013	AVENI	DIEPPE	**9**							0:48.18		0:54.68			0:48.81						
25	AVENIR Hiver 1																				
01/11/2013	MEET	GRAND QUEVILLY	**9**	0:40.92						0:49.49		0:52.77									
25	Meeting EGQ																				
16/06/2013	AVENI	FORGES LES EAUX	**8**	0:41.58								0:56.17							1:45.19		
25	AVENIR Finale																				
09/03/2013	AVENI	DIEPPE	**8**							0:52.29		0:59.32			0:55.89						
25	AVENIR Eté 1																				
24/06/2012	AVENI	GONFREVILLE L'OR	**7**									1:07.53							2:02.15		
25	AVENIR Finale																				
12/05/2012	AVENI	DIEPPE	**7**																2:09.26		
25	AVENIR Eté 3																				
08/05/2012	MEET	YVETOT	**9**	0:38.95								0:53.99			0:50.03						
25	SPRINT																				
07/04/2012	AVENI	GOURNAY EN BRAY	**7**	0:51.01																	
25	AVENIR Eté 2																				
17/03/2012	AVENI	DIEPPE	**7**							1:06.08		1:09.26									
25	AVENIR Eté 1																				
14/01/2012	AVENI	DIEPPE	**7**																2:20.03		
25	AVENIR Hiver 3																				
10/12/2011	AVENI	FORGES LES EAUX	**7**	1:03.75																	
25	AVENIR Hiver 2																				
26/11/2011	AVENI	DIEPPE	**7**							1:06.53		1:12.89									
25	AVENIR Hiver 1																				