Nb de compétitons réalisées : **45**

Historique et Meilleures Performances

RASSANT Yaëlle

				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
				0:30.73	1:06.54	2:23.51	5:08.15	13:01.92		0:43.58	1:50.34		0:43.97	1:44.96		0:37.93					8:04.27
01/07/2012	FFN-R	CAEN	15	0:31.47	1:07.99	2:29.12															
50	Champ Régional																				
09/06/2012	FFN-D	ROUEN	15	0:30.73	1:06.90	2:23.51															
25	CHAMP. DÉPARTEMENTAUX																				
08/05/2012	MEET	YVETOT	15	0:31.19												0:37.93					
25	SPRINT																				
05/05/2012	MEET	LAVAL	15	1:08.30	1:09.07	2:29.73	5:26.64														
50	MEETING DE LA VILLE DE LAVAL																				
15/04/2012	MEET	ST VALERY EN CAU	15	0:31.27	1:07.05	2:26.82	5:12.73														
25	MEETING DE LA CÔTE D'ALBATRE																				
01/04/2012	FFN-R	ELBEUF	15	0:32.53	1:09.72	2:33.50															
50	MEETING REGIONAL DE QUALIFICATIO																				
28/12/2011	MEET	SAINT LO	15	0:31.01	1:06.54																
25	Meeting du BOUT DE L'AN																				
17/12/2011	FFN-I	LE MANS	15	0:30.97	1:06.95	2:25.02															
25	CHAMP. INTERRÉGIONAL																				
03/12/2011	FFN-R	CHERBOURG	15	0:31.44	1:07.19	2:25.47															
25	Champ. de NORMANDIE																				
20/11/2011	MEET	ROUEN	15	0:30.82	1:07.87																
25	ARENA Sprint																				
13/11/2011	FFN-D	FECAMP	15	0:30.84	1:07.12	2:25.06	5:12.32														
25	CHAMP. DÉPARTEMENTAUX																				
11/11/2011	MEET	GRAND QUEVILLY	15		1:07.27																
25	Meeting EGQ																				
22/10/2011	FFN-R	HEROUVILLE SAINT	15	0:31.47	1:07.37	2:26.65	5:15.01														
25	Coupe de NORMANDIE																				
16/10/2011	FFN-D	ND GRAVENCHON	15		1:07.29		5:08.15														
25	MEETING DE DEBUT DE SAISON																				
03/07/2011	FFN-R	CAEN	14	0:32.46	1:09.82	2:31.28	5:19.30														
50	Champ. de NORMANDIE																				
02/06/2011	MEET	YVETOT	14	0:32.28												0:41.22					
25	SPRINT																				

21/05/2011	MEET	LAVAL	**14**	0:33.11	1:10.95	2:35.97															
50	MEETING DE LA VILLE DE LAVAL																				
09/04/2011	FFN-R	VIRE	**14**	0:32.07	1:09.11	2:28.95															
25	Coupe de NORMANDIE																				
02/04/2011	FFN-R	FECAMP	**14**	0:31.77	1:09.33	2:29.35															
25	Coupe de NORMANDIE																				
26/03/2011	FFN-R	RENNES	**14**	0:32.28		2:33.62															
50	MEETING REGIONAL DE QUALIFICATIO																				
19/03/2011	FFN-R	ELBEUF	**14**	0:33.30	1:10.77	2:33.15															
50	MEETING REGIONAL DE QUALIFICATIO																				
12/03/2011	FFN-D	ROUEN	**14**	0:31.59	1:08.79	2:29.52	5:24.89						0:43.97								
25	CHAMP. DÉPARTEMENTAUX																				
23/01/2011	FFN-R	AVRANCHE	**14**	0:32.94	1:10.68	2:27.89															
25	Coupe de NORMANDIE																				
27/11/2010	MEET	ST VALERY EN CAU	**14**	0:31.50	1:09.79	2:29.30	5:18.97														
25	MEETING DE LA CÔTE D'ALBATRE																				
21/11/2010	FFN-D	FECAMP	**14**	0:32.11	1:09.57	2:32.17															
25	CD76 - EPREUVES COURTES																				
14/11/2010	FFN-R	ROUEN	**14**			2:29.59															
25	INTERCLUBS																				
31/10/2010	FFN-D	ND GRAVENCHON	**14**		1:10.63		5:21.84														
25	MEETING DE DEBUT DE SAISON																				
24/10/2010	FFN-R	HEROUVILLE SAINT	**14**	0:32.38	1:11.58	2:36.14	5:26.93														
25	MEETING NORMAND HIVER																				
27/06/2010	FFN-D	ND GRAVENCHON	**13**		1:13.14																
25	CHAMP. DÉPARTEMENTAUX																				
12/06/2010	FFN-R	FECAMP	**13**	0:33.03	1:12.91																
25	COUPE DE NORMANDIE																				
30/05/2010	FFN-D	MONTIVILLIERS	**13**							0:43.58				1:44.96							
25	PROMO 76																				
16/05/2010	FFN-R	ARGENTAN	**13**	0:33.58	1:12.79																
25	COUPE DE NORMANDIE																				
13/05/2010	MEET	YVETOT	**13**	0:33.80						0:44.47			0:50.05			0:44.62					
25	SPRINT																				
21/03/2010	FFN-D	ROUEN	**13**	0:34.53	1:14.90								0:46.16								
25	CD76 - EPREUVES COURTES																				
14/03/2010	FFN-D	MONTIVILLIERS	**13**		1:16.50					0:46.41											
25	NATATHLON																				

28/02/2010	FFN-D	ST ROMAIN DE COL	**13**					13:01.92		0:44.44			0:46.95								
25	NATATHLON																				
24/01/2010	FFN-D	YVETOT	**13**		1:19.69								0:47.00			0:43.78					
25	NATATHLON																				
22/11/2009	FFN-D	FECAMP	**13**	0:36.37																	
25	CD76 - EPREUVES COURTES																				
11/11/2009	MEET	GRAND QUEVILLY	**13**	0:37.54									0:47.72			0:47.09					
25	Meeting EGQ																				
21/05/2009	MEET	YVETOT	**12**	0:39.25						0:47.06			0:50.41								
25	SPRINT																				
29/03/2009	FFN-D	BOLBEC	**12**		1:30.60			14:22.00													8:04.27
25	NATATHLON																				
15/03/2009	FFN-D	GONFREVILLE L'OR	**12**		1:35.78	3:19.10										0:49.58					
25	PROMO 76																				
01/02/2009	FFN-D	ST ROMAIN DE COL	**12**										0:53.53			0:54.13					
25	NATATHLON																				
11/01/2009	FFN-D	FORGES LES EAUX	**12**		1:38.39	3:33.32					1:50.34										
25	PROMO 76																				
30/11/2008	FFN-D	ST ROMAIN DE COL	**12**	0:43.07			7:55.01							1:56.98							
25	PROMO 76																				