Nb de compétitons réalisées : **62**

Historique et Meilleures Performances

SAILLARD Mélanie

				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
				0:31.30	1:07.39	2:29.98	5:17.34	10:50.25		0:37.14	1:21.54	2:53.14	0:39.30	1:23.83	3:02.06	0:33.95	1:14.98	2:54.76	1:45.00	2:41.90	
03/05/2003	AVENI	DIEPPE	**16**	0:42.20																	
25	AVENIR																				
30/06/2001	FFN-N	LAVAL	**14**		1:09.63									1:28.86	3:10.73					2:48.83	
50	Champ N3																				
16/06/2001	FFN-R	ROUEN	**14**		1:09.06									1:28.06	3:09.69		1:18.45			2:50.22	
25	Meeting de Ndie																				
27/05/2001	FFN-R	LE HAVRE	**14**		1:09.96	2:30.93											1:14.98	2:54.76		2:41.90	
25	Meeting de Ndie																				
24/05/2001	MEET	YVETOT	**14**	0:31.76						0:37.14			0:39.30			0:33.95					
25	SPRINT																				
13/05/2001	FFN-D	ELBEUF	**14**	0:32.14			5:21.31										1:17.31				
50	Champ.Départemental																				
01/04/2001	MEET	FECAMP	**14**		1:09.09									1:27.88			1:16.10			2:46.44	
50	Ville FECAMP																				
10/03/2001	FFN-N	ORLEANS	**14**											1:28.98	3:07.38						
50	Champ N3																				
04/02/2001	FFN-D	GRAND COURONNE	**14**		1:07.39	2:29.98					1:22.47			1:23.83						2:44.40	
50	Champ.Départemental																				
27/01/2001	FFN-R	PONT AUDEMER	**14**	0:31.30	1:08.70	2:32.87								1:25.17	3:02.84					2:47.58	
25	Meeting de Ndie																				
20/01/2001	FFN-D	ROUEN	**14**				5:17.34	10:50.25							3:04.39		1:22.33				
25	Champ.Départemental																				
02/12/2000	FFN-R	ROUEN	**14**										0:40.23	1:26.43							
25	Meeting de Ndie																				
26/11/2000	FFN-R	GRAND QUEVILLY	**14**				5:26.24							1:25.69	3:02.98						
25	Meeting de Ndie																				
19/11/2000	FSGT	SAINT ETIENNE	**14**	0:31.83											3:02.06						
25	Champ. Départementaux																				
22/10/2000	FSGT	OISSEL	**14**				5:24.06							1:27.88						2:50.65	
25	Triathlon																				
25/06/2000	FFN-N	DINAN	**13**											1:25.60							
50	Cup FRANCE des Benjamins																				

10/06/2000	FSGT	DUNKERQUE	**13**		1:11.63						1:24.62		0:42.86		3:08.52		1:19.70				
50	Champ. Fédéraux																				
04/06/2000	MEET	YVETOT	**13**	0:31.77						0:37.72			0:40.44			0:35.57					
25	SPRINT																				
28/05/2000	FFN-D	ST VALERY EN CAU	**13**	0:31.59			5:22.95													2:44.60	
25	Tri nages																				
20/05/2000	FFN-N	VITTEL	**13**											1:27.44							
50	P'tite vittel cup																				
13/05/2000	MEET	LE HAVRE	**13**		1:10.10									1:27.06			1:21.12				
50	Meeting International Jeunes																				
08/05/2000	FFN-D	FECAMP	**13**											1:27.57							
50	Champ.Départemental																				
30/04/2000	FFN-R	LE HAVRE	**13**	0:32.64	1:10.44									1:24.78	3:02.76					2:47.25	
25	Champ Régional																				
09/04/2000	MEET	FECAMP	**13**	0:32.83	1:11.32						1:25.70			1:29.70						2:52.10	
50	Ville FECAMP																				
18/03/2000	MEET	ROUEN	**13**		1:09.89		5:22.20				1:21.98			1:25.48			1:22.34				
25	BNP																				
30/01/2000	FSGT	BOBIGNY	**13**		1:12.62	2:41.06					1:22.87	2:57.26		1:28.18	3:08.98						
25	Champ. Fédéraux																				
09/01/2000	FFN-D	ROUEN	**13**				5:23.82	11:17.85							3:07.37						
25	Champ.Départemental																				
06/01/2000	FFN-R	BOLBEC	**13**		1:11.88		5:34.14					2:53.14			3:07.35					2:49.28	
25	Champ Régional																				
19/12/1999	SVN	ST VALERY EN CAU	**13**											1:26.18							
25	Prise de temps																				
19/12/1999	FSGT	GRAND COURONNE	**13**		1:12.16	2:40.50					1:21.54			1:31.24			1:28.43			2:54.92	
50	Champ. Départementaux																				
27/11/1999	FFN-R	CAEN	**13**												3:09.38						
25	Champ Régional																				
21/11/1999	FSGT	SAINT ETIENNE	**13**	0:33.49				11:33.81				2:58.35			3:10.61						
25	Champ. Départementaux																				
14/11/1999	FFN-D	ST ROMAIN DE COL	**13**	0:33.04				11:31.91												2:59.08	
25	CRITÉRIUM B/P																				
24/10/1999	FSGT	OISSEL	**13**		1:14.54		5:43.12													3:00.75	
25	Triathlon																				
17/10/1999	FFN-R	LE HAVRE	**13**												3:15.48					2:59.87	
25	Eliminatoire interclubs																				

12/06/1999	FFN-N	SAINT LO	**12**																		3:04.58
25	Cup FRANCE des Benjamins																				
30/05/1999	SVN	ST VALERY EN CAU	**12**																		3:06.01
25	Dauphins																				
22/05/1999	MEET	LE HAVRE	**12**	0:34.03	1:13.51					0:41.63			0:45.59	1:34.44							
50	Meeting International Jeunes																				
15/05/1999	SVN	ST VALERY EN CAU	**12**		1:11.82																
25	Prise de temps																				
13/05/1999	MEET	YVETOT	**12**	0:34.03						0:40.04			0:43.53			0:41.41					
25	SPRINT																				
08/05/1999	FFN-D	ND GRAVENCHON	**12**		1:13.19	2:49.00					1:29.12				3:27.07						3:04.19
50	Champ.Départemental																				
01/05/1999	FFN-D	FECAMP	**12**	0:34.59			5:54.37	12:07.62				3:06.53		1:39.73			1:37.73				
50	Champ.Départemental																				
18/04/1999	MEET	FECAMP	**12**	0:35.49	1:15.83						1:28.77			1:35.66			1:41.28				3:09.20
50	Ville FECAMP																				
20/03/1999	MEET	ROUEN	**12**		1:15.57						1:28.48			1:35.22			1:40.28				
25	BNP																				
07/03/1999	FSGT	SAINT ETIENNE	**12**		1:15.94												1:38.23				3:09.69
25	Journée Jeunes																				
10/01/1999	FSGT	ST VALERY EN CAU	**12**								1:26.51			1:38.81							
25	Journée Jeunes																				
05/12/1998	FFN-D	ROUEN	**12**		1:19.79									1:42.23							
25	Champ.Départemental																				
07/11/1998	FSGT	SAINT ETIENNE	**12**	0:36.20				13:18.25				3:13.38									
25	Champ. Départementaux																				
18/10/1998	FSGT	OISSEL	**12**				6:27.47				1:37.48										3:23.18
25	Triathlon																				
24/05/1998	MEET	LE HAVRE	**11**		1:26.42						1:37.71			1:48.56			1:53.68				
50	Meeting International Jeunes																				
21/05/1998	MEET	YVETOT	**11**	0:37.59						0:43.12			0:46.78			0:46.46					
25	SPRINT																				
16/05/1998	FFN-D	BOLBEC	**11**			2:57.00								1:46.38							
25	CRITÉRIUM B/P																				
26/04/1998	MEET	FECAMP	**11**		1:26.32						1:37.29			1:52.59							
50	Ville FECAMP																				
08/03/1998	FSGT	SAINT ETIENNE	**11**		1:24.21												1:54.69				3:33.57
25	Journée Jeunes																				

07/02/1998	FFN-D	ROUEN	**11**								1:31.88										
25	Champ.Départemental																				
11/01/1998	FSGT	ST VALERY EN CAU	**11**								1:37.43			1:52.44							
25	Journée Jeunes																				
06/12/1997	FFN-D	ST VALERY EN CAU	**11**		1:29.69	3:13.34								1:49.32							
25	CRITÉRIUM B/P																				
30/11/1997	FFN-D	ST ROMAIN DE COL	**11**								1:43.28					0:48.82			1:45.00		
25	CRITÉRIUM B/P																				
23/11/1997	FFN-D	ROUEN	**11**												3:52.14						
25	Eliminatoire interclubs																				
08/11/1997	FSGT	GRAND COURONNE	**11**		1:31.05	3:22.14					1:47.15			1:51.03							
50	Champ. Départementaux																				
08/10/1997	FSGT	SAINT ETIENNE	**11**	0:39.90				14:24.40				3:45.01			3:50.44						
25	Champ. Départementaux																				
01/10/1997	FSGT	OISSEL	**11**				7:18.81							1:54.69						3:52.90	
25	Triathlon																				