Nb de compétitons réalisées : **69**

Historique et Meilleures Performances

TUFEL Laura

				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
				0:31.42	1:09.14	2:28.72	5:11.07	10:38.19	21:21.43	0:39.77	1:27.79	3:01.60	0:44.23	1:37.22	3:21.06	0:34.22	1:24.84	3:13.09	1:25.60	2:52.70	6:14.87
01/06/2014	FFN-R	ND GRAVENCHON	**14**		1:12.85	2:34.25														2:57.59	
50	Champ. de NORMANDIE																				
18/05/2014	FFN-R	VIRE	**14**		1:11.86										3:21.06	0:36.46	1:24.84			2:57.41	
25	Coupe de NORMANDIE																				
10/05/2014	MEET	LAVAL	**14**		1:14.37						1:33.40			1:37.22			1:27.66			2:55.46	6:27.26
50	MEETING DE LA VILLE DE LAVAL																				
03/05/2014	MEET	ST VALERY EN CAU	**14**	0:31.42	1:12.72	2:35.66										0:34.22	1:27.74	3:13.09		2:55.96	
25	MEETING DE LA CÔTE D'ALBATRE																				
16/03/2014	MEET	LENS	**14**	0:33.56	1:12.58	2:35.99				0:41.40			0:46.97			0:35.15				2:52.70	
50	Meeting Régional																				
19/01/2014	MEET	CHARTRES	**14**	0:33.68	1:13.22	2:37.27										0:37.26				3:01.95	
50	MEETING NATIONAL CHARTRES METR																				
08/12/2013	FFN-R	SAINT LO	**14**		1:09.15	2:28.89	5:11.07														
25	Champ. de NORMANDIE																				
16/11/2013	FFN-D	FECAMP	**14**	0:33.53	1:13.88	2:32.97	5:31.12	11:03.16	21:21.43												
25	CHAMP. DÉPARTEMENTAUX																				
02/11/2013	MEET	CHOLET	**14**	0:33.48	1:09.14	2:28.72	5:20.43				1:27.79										
25	MEETING DE LA VILLE DE CHOLET																				
27/10/2013	FFN-R	BERCK	**14**					10:38.19													
25	MEETING NATIONAL DU PAS DE CALAI																				
19/10/2013	FFN-R	HEROUVILLE SAINT	**14**			2:30.65	5:14.04														
25	Meeting de Ndie																				
13/10/2013	FFN-D	ND GRAVENCHON	**14**		1:12.52		5:23.77														
25	MEETING DE DEBUT DE SAISON																				
23/06/2013	FFN-I	ORLEANS	**13**	0:32.88			5:26.23			0:40.08			0:45.80			0:36.64				2:56.66	
50	Trophée Interrégional Lucien-Zins																				
02/06/2013	FFN-D	ND GRAVENCHON	**13**			2:30.46						3:01.60			3:33.97		1:28.35				
25	Quadrathlon																				
19/05/2013	FFN-D	GONFREVILLE L'OR	**13**					10:44.61					0:44.23			0:36.04					
25	NATATHLON																				
09/05/2013	MEET	LAVAL	**13**	0:33.41	1:10.70	2:38.71				0:41.99			0:46.46			0:37.85					
50	MEETING DE LA VILLE DE LAVAL																				

04/05/2013	MEET	ST VALERY EN CAU	13	0:32.99	1:11.63	2:37.90										0:37.62	1:28.74	3:14.70			
25	MEETING DE LA CÔTE D'ALBATRE																					
29/03/2013	FFN-D	SAINT ETIENNE	13	0:33.62				11:27.37					0:45.44									
25	NATATHLON																					
03/03/2013	FFN-D	ST VALERY EN CAU	13							0:39.77						0:37.86					6:14.87	
25	NATATHLON																					
14/01/2013	MEET	MONTIVILLIERS	13	0:33.61						0:42.38			0:47.22			0:38.19			1:25.60			
25	Meeting JEUNES																					
16/12/2012	FFN-D	ST ROMAIN DE COL	13				5:33.21													3:12.49		
25	CRITÉRIUM B/P																					
24/11/2012	FFN-D	FECAMP	13		1:12.13											0:38.02		3:19.25			6:34.34	
25	CHAMP. DÉPARTEMENTAUX																					
01/11/2012	MEET	GRAND QUEVILLY	13	0:32.95						0:40.27			0:45.47			0:36.78						
25	Meeting EGQ																					
14/10/2012	FFN-D	ND GRAVENCHON	13				5:30.80			0:41.25							1:33.80				6:33.87	
25	CHAMP. DÉPARTEMENTAUX																					
13/10/2012	MEET	CHERBOURG	13			2:33.43	5:26.69											3:17.80				
25	Meeting ARENA																					
09/06/2012	FFN-D	ROUEN	12		1:12.29													3:19.21		2:57.74		
25	CHAMP. DÉPARTEMENTAUX																					
08/05/2012	MEET	YVETOT	12	0:34.13									0:46.78			0:39.40						
25	SPRINT																					
05/05/2012	MEET	LAVAL	12	0:34.26	1:16.51	2:43.43				0:46.10			0:48.45			0:39.37						
50	MEETING DE LA VILLE DE LAVAL																					
15/04/2012	MEET	ST VALERY EN CAU	12	0:34.12	1:12.37	2:39.88										0:37.91	1:34.16	3:29.77				
25	MEETING DE LA CÔTE D'ALBATRE																					
25/03/2012	FFN-D	FORGES LES EAUX	12		1:15.37					0:43.00						0:39.51						
25	NATATHLON																					
22/01/2012	FFN-D	ST VALERY EN CAU	12		1:15.58								0:46.65									
25	NATATHLON																					
20/11/2011	MEET	ROUEN	12	0:35.90																		
25	ARENA Sprint																					
13/11/2011	FFN-D	FECAMP	12	0:35.06	1:14.57		5:50.75									0:40.61				3:06.89		
25	CHAMP. DÉPARTEMENTAUX																					
11/11/2011	MEET	GRAND QUEVILLY	12	0:34.87						0:43.46			0:47.23			0:38.91						
25	Meeting EGQ																					
16/10/2011	FFN-D	ND GRAVENCHON	12		1:15.52		5:42.40															
25	MEETING DE DEBUT DE SAISON																					

26/06/2011	AVENI	GRAND QUEVILLY	**11**														0:40.79			1:28.19		
25	AVENIR Finale																					
05/06/2011	MEET	CAEN	**11**	0:36.26	1:22.95						1:39.52			1:44.94			1:39.06			3:21.76	
50	MEETING NATIONAL JEUNES																					
02/06/2011	MEET	YVETOT	**11**	0:35.66									0:48.33			0:43.50						
25	SPRINT																					
22/05/2011	FFN-D	BOLBEC	**11**				5:50.35													3:13.83		
25	CRITÉRIUM B/P																					
14/05/2011	AVENI	FORGES LES EAUX	**11**																1:28.81			
25	AVENIR Eté 3																					
02/04/2011	AVENI	DIEPPE	**11**		1:20.70																	
25	AVENIR Eté 2																					
26/03/2011	FFN-D	FAUVILLE EN CAUX	**11**				6:00.15															
25	CRITÉRIUM B/P																					
06/02/2011	AVENI	GONFREVILLE L'OR	**11**	0:37.45												0:43.47			1:29.57			
25	AVENIR Finale																					
22/01/2011	FFN-D	DIEPPE	**11**	0:37.38			6:13.59															
25	CHALLENGE POUSSINS 76																					
15/01/2011	AVENI	DIEPPE	**11**																1:33.94			
25	AVENIR Hiver 3																					
11/12/2010	AVENI	DIEPPE	**11**		1:22.67																	
25	AVENIR Hiver 2																					
21/11/2010	FFN-D	FECAMP	**11**	0:36.82	1:21.59	2:57.09	6:10.33									0:44.27						
25	CD76 - EPREUVES COURTES																					
14/11/2010	FFN-R	ROUEN	**11**	0:36.47																		
25	INTERCLUBS																					
06/11/2010	AVENI	DIEPPE	**11**							0:45.83			0:50.41									
25	AVENIR Hiver 1																					
31/10/2010	FFN-D	ND GRAVENCHON	**11**		1:19.88												1:44.47					
25	MEETING DE DEBUT DE SAISON																					
29/05/2010	AVENI	FAUVILLE EN CAUX	**10**																1:38.86			
25	AVENIR Eté 3																					
16/05/2010	FFN-D	OISSEL	**10**	0:37.30	1:29.99	3:05.58	6:15.83													3:29.92		
25	CRITÉRIUM B/P																					
13/05/2010	MEET	YVETOT	**10**	0:37.87						0:47.37			0:50.57			0:44.75						
25	SPRINT																					
13/03/2010	AVENI	FAUVILLE EN CAUX	**10**							0:46.83			0:52.18									
25	AVENIR Eté 1																					

07/03/2010	FFN-D	DIEPPE	**10**	0:39.77		3:21.07	6:47.43													3:37.94		
25	CRITÉRIUM B/P																					
31/01/2010	FFN-D	GONFREVILLE L'OR	**10**													0:53.99			1:42.40			
25	AVENIR Finale																					
16/01/2010	FFN-D	DIEPPE	**10**	0:42.85															1:47.15			
25	CHALLENGE POUSSINS 76																					
12/12/2009	FFN-D	CANY BARVILLE	**10**		1:36.19																	
25	AVENIR Hiver 2																					
28/11/2009	FFN-D	ST ROMAIN DE COL	**10**			3:31.98										0:55.02						
25	CHALLENGE POUSSINS 76																					
11/11/2009	MEET	GRAND QUEVILLY	**10**	0:42.59						0:48.49			0:55.87			0:49.88						
25	Meeting EGQ																					
20/06/2009	AVENI	GRAND QUEVILLY	**9**	0:45.50						0:51.61									1:50.63			
25	AVENIR Finale																					
23/05/2009	FFN-D	YVETOT	**9**																1:50.82			
25	AVENIR																					
21/05/2009	MEET	YVETOT	**9**	0:45.18									0:54.93									
25	SPRINT																					
14/03/2009	FFN-D	FAUVILLE EN CAUX	**9**	0:47.17																		
25	AVENIR																					
14/02/2009	FFN-D	FORGES LES EAUX	**9**							0:51.49			0:59.70									
25	AVENIR																					
08/02/2009	FFN-D	DIEPPE	**9**	0:51.82																		
25	CRITÉRIUM B/P																					
25/01/2009	AVENI	SAINT ETIENNE	**9**							0:57.13			1:00.16									
25	AVENIR Finale																					
30/11/2008	FFN-D	FAUVILLE EN CAUX	**9**	1:06.34																		
25	AVENIR																					
22/11/2008	FFN-D	DIEPPE	**9**							1:04.27			1:02.21									
25	AVENIR																					