Elise LAM | 16/02/2000 | **Mes Temps** | 01/01/2014 -> 31/12/2014 | juin-14

Courses	Bassins	Elise			Ranking Belge 2014 (au 09 mai 2014)			Records Minimes 14 ans			CB 2014	FFBN - Collectif				Gardons				Requins	
		Mes Records	Date	Lieu	Meilleur temps	Nageuse	Club	District LNL	Francophone	Belgique	Minima	Team Futur Obligatoire	Team Futur Minima	Comen Cup 2014 Minima	Team EYOF 2015 Minima	13 ans	14 ans	15 ans	16 ans	13 ans	14 ans
50 m NAGE LIBRE :	25 M	35.38	11/11/2010	Bertrix	27.94	Eva BONNET	Helios	26.18	26.18		31.24									29.50	28.50
	50 M	33.22	23/03/2012	Seraing	28.08	Eva BONNET	Helios														
100 m NAGE LIBRE :	25 M	1:04.68	17/11/2013	Nijlen	58.84	Juliette DUMONT	Embourg	58.06	58.06	55.91	1:06.50		1:00.88			1:09.00	1:06.00	1:04.00	1:02.00	1:02.00	1:01.50
	50 M	1:04.99	26/01/2014	Seraing	59.79	Juliette DUMONT	Embourg						1:02.58	1:00.71							
200 m NAGE LIBRE :	25 M	2:20.50	09/05/2013	Chaudfontaine	2:11.13	Lotte GORIS	Brabo	2:04.30	2:04.30	2:01.35	2:27.38		2:10.89			2:30.00	2:25.00	2:22.00	2:19.00	2:17.00	2:13.50
	50 M	2:21.67	16/02/2014	La Louvière	2:10.48	Lotte GORIS	Brabo						2:14.29	2:10.27							
400 m NAGE LIBRE :	25 M	4:53.47	12/01/2014	Outremeuse	4:31.18	Lotte GORIS	Brabo	4:20.71	4:20.71	4:20.71	5:11.83	4:55.53	4:36.31			5:15.00	5:05.00	5:00.00	4:58.00	4:44.50	4:40.00
	50 M	5:02.60	01/03/2014	Seraing	4:36.33	Lotte GORIS	Brabo					5:02.33	4:43.11	4:34.63							
800 m NAGE LIBRE :	25 M	10:14.74	30/11/2013	Crisnée	9:18.65	Valentine DUMONT	Namur	8:46.50	8:46.50	8:46.50	10:37.44		9:37.44			11:05.00	10:45.00	10:30.00	10:20.00	9:54.50	9:45.00
	50 M	10:23.31	22/02/2014	Charleroi	9:29.93	Valentine DUMONT	Namur						9:51.04	9:33.34							
1500 m NAGE LIBRE :	25 M				18:00.82	Valentine DUMONT	Namur	17:32.51	17:32.51	17:27.80			18:58.26			21:50.00	21:10.00	19:41.00	19:23.00	19:41.00	19:17.50
	50 M				19:18.79	Lien Van DIJCK	Shark						19:23.76								
50 m DOS :	25 M	33.51	12/10/2013	Huy	31.58	Nele DE BACKER	Vilvoorde	30.04	30.04											34.50	33.00
	50 M	39.03	23/03/2012	Seraing	32.57	Marie-Lien SWINNEN	Bree														
100 m DOS :	25 M	1:11.06	17/11/2013	Nijlen	1:07.38	Marie-Lien SWINNEN	Bree	1:04.14	1:04.14	1:00.88	1:18.96		1:10.47			1:20.00	1:18.00	1:15.00	1:13.00	1:11.00	1:10.50
	50 M	1:12.75	21/07/2013	Genk (CB)	1:08.29	Marie-Lien SWINNEN	Bree						1:11.67	1:09.52							
200 m DOS :	25 M	2:33.76	12/10/2013	Huy	2:26.83	Lily BROWN	PSL	2:19.49	2:19.49	2:14.09	2:49.40		2:32.69			2:50.00	2:46.00	2:40.00	2:36.00	2:34.50	2:32.00
	50 M	2:35.91	21/07/2013	Genk (CB)	2:28.36	Maria Cristina PITTERI	Calypso						2:35.09	2:30.45							
50 m BRASSE :	25 M	40.55	20/10/2013	Huy	35.59	Kymberly ADAMS	Izegem	34.03	34.03											38.00	37.00
	50 M	43.14	23/03/2012	Seraing	35.06	Kymberly ADAMS	Izegem														
100 m BRASSE :	25 M	1:24.13	04/05/2014	Huy	1:14.82	Kymberly ADAMS	Izegem	1:11.50	1:11.50	1:10.03	1:29.79		1:16.25			1:27.00	1:25.00	1:23.00	1:21.00	1:20.00	1:19.50
	50 M	1:26.69	22/04/2012	Antwerpen	1:15.16	Kymberly ADAMS	Izegem						1:18.25	1:15.91							
200 m BRASSE :	25 M	3:01.99	20/10/2013	Huy	2:39.41	Kymberly ADAMS	Izegem	2:34.27	2:34.27	2:32.48	3:12.21		2:47.03			3:12.00	3:08.00	3:02.00	2:58.00	2:54.50	2:49.00
	50 M	3:10.72	27/01/2013	Seraing	2:40.74	Kymberly ADAMS	Izegem						2:51.03	2:45.91							
50 m PAPILLON :	25 M	41.26	11/11/2010	Bertrix	29.98	Maria Cristina PITTERI	Calypso	29.57	29.57											33.00	31.50
	50 M	38.93	23/03/2012	Seraing	29.54	Juliette DUMONT	Embourg														
100 m PAPILLON :	25 M	1:13.78	04/05/2014	Huy	1:06.00	Juliette DUMONT	Embourg	1:04.41	1:04.41	1:01.08	1:16.85		1:06.35	1:05.72		1:20.00	1:18.00	1:15.00	1:12.00	1:11.00	1:10.00
	50 M	1:16.54	21/04/2013	La Louvière	1:05.64	Maria Cristina PITTERI	Calypso						1:07.75								
200 m PAPILLON :	25 M	2:59.50	01/12/2012	Crisnée	2:27.72	Maria Cristina PITTERI	Calypso	2:21.73	2:21.73	2:18.90	3:07.68		2:29.49	2:27.73		2:58.00	2:49.00	2:44.00	2:36.00	2:42.50	2:37.00
	50 M				2:24.54	Valentine DUMONT	Namur						2:32.29								
100 m 4 NAGES :	25 M	1:18.28	06/10/2013	Huy	1:07.90	Juliette DUMONT	Embourg	1:05.31	1:05.31	1:05.29			1:08.31			1:22.00	1:19.00	1:16.00	1:13.00	1:14.00	1:11.50
200 m 4 NAGES :	25 M	2:34.57	04/05/2014	Huy	2:25.71	Juliette DUMONT	Embourg	2:24.55	2:25.51	2:19.55	2:50.79	2:40.62	2:30.20	2:28.81		2:45.00	2:40.00	2:38.00	2:37.00	2:37.00	2:32.00
	50 M	2:39.13	15/02/2014	La Louvière	2:28.33	Juliette DUMONT	Embourg					2:43.82	2:33.40								
400 m 4 NAGES :	25 M	5:36.38	05/05/2013	Huy	5:11.29	Lotte GORIS	Brabo	4:55.65	4:55.65	4:55.65	6:08.46		5:21.90	5:18.37		6:15.00	5:55.00	5:50.00	5:40.00	5:30.50	5:25.00
	50 M	5:40.27	20/07/2013	Genk (CB)	5:10.29	Lotte GORIS	Brabo						5:28.20								