

**Minimas de préparation et de participation au championnat d'Afrique TC**  
Durée de validité 12 mois

<b>Messieurs</b>		<b>Epreuves</b>	<b>Dames</b>	
<b>Participation 3 ème place</b>	<b>Préparation 4 ème place</b>		<b>Participation 3 ème place</b>	<b>Préparation 4 ème place</b>
<b>22''99</b>	<b>23''09</b>	<b>50 NL</b>	<b>26''76</b>	<b>26''92</b>
<b>50''55</b>	<b>50''64</b>	<b>100 NL</b>	<b>58'30</b>	<b>58''43</b>
<b>1'53''14</b>	<b>1'53''42</b>	<b>200 NL</b>	<b>2'05''09</b>	<b>2'06''46</b>
<b>3'57''64</b>	<b>3'59''82</b>	<b>400 NL</b>	<b>4'25''88</b>	<b>4'26''08</b>
<b>8'12''58</b>	<b>8'19''09</b>	<b>800 NL</b>	<b>9'06''94</b>	<b>9'12''58</b>
<b>27''09</b>	<b>27''51</b>	<b>50 Dos</b>	<b>31''39</b>	<b>32''21</b>
<b>58''58</b>	<b>58''59</b>	<b>100 Dos</b>	<b>1'07''42</b>	<b>1'08''39</b>
<b>2'05''28</b>	<b>2'05''70</b>	<b>200 Dos</b>	<b>2'25''04</b>	<b>2'26''12</b>
<b>29''26</b>	<b>29''29</b>	<b>50 Brs</b>	<b>33''79</b>	<b>34''21</b>
<b>1'03''73</b>	<b>1'04''52</b>	<b>100 Brs</b>	<b>1'12''11</b>	<b>1'12''94</b>
<b>2'19''25</b>	<b>2'19''82</b>	<b>200 Brs</b>	<b>2'32''77</b>	<b>2'34''11</b>
<b>24''41</b>	<b>24''96</b>	<b>50 Pap</b>	<b>27''59</b>	<b>28''35</b>
<b>54''35</b>	<b>55''60</b>	<b>100 Pap</b>	<b>1'02''05</b>	<b>1'02''31</b>
<b>2'06''00</b>	<b>2'08''15</b>	<b>200 Pap</b>	<b>2'18''69</b>	<b>2'19''74</b>
<b>2'06''73</b>	<b>2'09''56</b>	<b>200 4N</b>	<b>2'20''52</b>	<b>2'21''58</b>
<b>4'32''52</b>	<b>4'35''42</b>	<b>400 4N</b>	<b>4'52''69</b>	<b>5'01''58</b>