

Tabela Interna

Meeting Internacional de Lisboa

Femininos						Masculino						
Infantis		Juvenis		Senior/Junior		Provas	Senior/Junior		Juvenis		Infantis	
25m	50m	25m	50m	25m	50m		25m	50m	25m	50m	25m	50m
00:29,29	00:29,89	00:29,29	00:29,89	00:29,29	00:29,89	50L	00:26,19	00:26,72	00:26,19	00:26,72	00:26,19	00:26,72
01:05,46	01:06,81	01:04,01	01:05,33	01:02,56	01:03,85	100L	00:55,78	00:56,92	00:57,23	00:58,40	00:59,16	01:00,38
02:21,61	02:24,51	02:18,70	02:21,54	02:14,82	02:17,58	200L	02:00,75	02:03,23	02:05,12	02:07,68	02:10,94	02:13,62
04:57,76	05:03,87	04:50,98	04:56,94	04:46,13	04:51,99	400L	04:14,12	04:19,33	04:23,82	04:29,23	04:35,46	04:41,10
09:51,65	10:03,78	09:51,65	10:03,78	09:51,65	10:03,78	800L/1500L	17:37,21	17:58,88	17:37,21	17:58,88	17:37,21	17:58,88
04:11,21	04:16,36	04:11,21	04:16,36	04:11,21	04:16,36	4x100L	03:44,05	03:48,64	03:44,05	03:48,64	03:44,05	03:48,64
00:36,38	00:37,12	00:36,38	00:37,12	00:36,38	00:37,12	50B	00:33,47	00:34,15	00:33,47	00:34,15	00:33,47	00:34,15
01:24,38	01:26,11	01:21,95	01:23,63	01:17,59	01:19,18	100B	01:09,35	01:10,78	01:11,29	01:12,76	01:16,62	01:18,19
03:00,40	03:04,10	02:56,52	03:00,14	02:49,74	02:53,21	200B	02:33,25	02:36,39	02:37,13	02:40,35	02:44,89	02:48,27
00:33,47	00:34,15	00:33,47	00:34,15	00:33,47	00:34,15	50C	00:30,56	00:31,18	00:30,56	00:31,18	00:30,56	00:31,18
01:15,16	01:16,70	01:13,23	01:14,73	01:11,29	01:12,76	100C	01:02,56	01:03,85	01:05,95	01:07,31	01:08,86	01:10,28
02:41,01	02:44,31	02:36,16	02:39,36	02:33,25	02:36,39	200C	02:17,73	02:20,55	02:22,58	02:25,50	02:27,43	02:30,45
00:30,56	00:31,18	00:30,56	00:31,18	00:30,56	00:31,18	50M	00:27,16	00:27,71	00:27,16	00:27,71	00:27,16	00:27,71
01:14,68	01:16,21	01:11,77	01:13,25	01:09,83	01:11,27	100M	01:00,62	01:01,87	01:03,04	01:04,34	01:07,89	01:09,29
02:44,89	02:48,27	02:38,10	02:41,34	02:32,28	02:35,40	200M	02:13,85	02:16,59	02:19,67	02:22,53	02:27,43	02:30,45
02:40,04	02:43,32	02:36,16	02:39,36	02:32,28	02:35,40	200E	02:16,76	02:19,56	02:22,58	02:25,50	02:25,49	02:28,47
05:29,77	05:36,53	05:29,77	05:36,53	05:29,77	05:36,53	400E	05:05,52	05:11,79	05:05,52	05:11,79	05:05,52	05:11,79
04:50,98	04:56,94	04:50,98	04:56,94	04:50,98	04:56,94	4x100E	04:12,18	04:17,35	04:12,18	04:17,35	04:12,18	04:17,35

Aos atletas que conseguirem atingir dois tac's da tabela interna o clube assegurará os seguintes custos

Aos atletas pede-se o mínimo de **dois mínimos pela tabela interna**

- A) Transporte
- B) Inscrições
- C) Estadia
- D) FTL's
- E) Refeições são asseguradas pelos atletas