

## CAMPEONATO DISTRITAL PISCINA CURTA (JUNIORES e SENIORES)

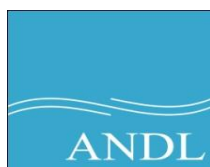
19 e 20 de NOVEMBRO DE 2011

ANDL

PISCINA MUNICIPAL DAS CALDAS DA RAINHA

Tabela 1

Femininos					Masculos			
1997		1996 + Velhas			1994 + Velhos		1995	
P50	P25	P50	P25		P25	P50	P25	P50
00:35,22	00:34,51	00:28,98	00:33,84	<b>50 L</b>	00:29,16	00:30,04	00:29,75	00:30,64
01:15,98	01:14,41	01:03,02	01:12,60	<b>100 L</b>	01:03,00	01:05,76	01:04,57	01:07,42
02:43,03	02:40,34	02:14,96	02:37,20	<b>200 L</b>	02:19,80	02:23,53	02:22,60	02:26,42
05:29,59	05:23,75	04:41,90	05:17,40	<b>400 L</b>	04:45,20	04:55,06	04:50,90	05:00,90
11:24,50	11:10,96	09:43,57	10:57,80	<b>800/1500L</b>	19:01,95	19:35,07	19:24,79	19:58,46
««««	««««	01:55,53	02:12,25	<b>4x50 L</b>	01:55,00	01:57,33	««««	««««
««««	««««	04:16,22	04:52,10	<b>4x100 L</b>	04:13,00	04:19,87	««««	««««
««««	««««	09:05,75	10:24,45	<b>4x200 L</b>	09:12,00	09:25,09	««««	««««
00:40,82	00:38,76	00:34,04	00:39,12	<b>50 C</b>	00:34,20	00:36,36	00:34,20	00:36,36
01:28,28	01:23,84	01:11,87	01:22,20	<b>100 C</b>	01:12,60	01:17,06	01:14,41	01:19,00
03:08,20	03:01,15	02:34,24	02:57,60	<b>200 C</b>	02:38,40	02:47,11	02:42,36	02:51,29
00:44,70	00:43,20	00:37,11	00:43,20	<b>50 B</b>	00:37,08	00:39,18	00:37,08	00:39,18
01:37,63	01:34,96	01:19,33	01:32,64	<b>100 B</b>	01:21,00	01:25,33	01:23,03	01:27,47
03:34,01	03:25,40	02:52,40	03:20,40	<b>200 B</b>	02:57,60	03:07,37	03:02,04	03:12,10
00:38,03	00:36,96	00:31,59	00:36,96	<b>50 M</b>	00:32,04	00:32,96	00:32,04	00:32,96
01:25,21	01:23,64	01:09,67	01:21,60	<b>100 M</b>	01:10,20	01:12,14	01:11,60	01:13,60
03:04,90	03:03,28	02:32,83	02:58,80	<b>200 M</b>	02:35,40	02:38,82	02:39,29	02:42,83
««««	01:24,00	«««	01:24,00	<b>100 E</b>	01:13,20	««««	01:13,20	««««
03:05,66	03:03,28	02:33,62	02:58,80	<b>200 E</b>	02:38,40	02:44,27	02:42,36	02:48,34
06:20,28	06:08,32	05:22,68	06:01,10	<b>400 E</b>	05:24,30	05:35,86	05:32,41	05:44,34
««««	««««	02:10,91	02:28,35	<b>4x50 E</b>	02:11,67	02:20,21	««««	««««
««««	««««	04:43,48	05:22,00	<b>4x100 E</b>	04:36,00	04:47,32	««««	««««



# CAMPEONATO INTER DISTRITAL DE INFANTIS

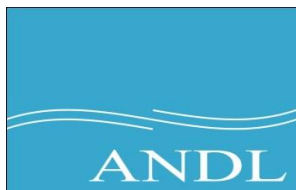
3 e 4 de MARÇO de 2012

ANDL - ANC

PISCINA MUNICIPAL DE LEIRIA



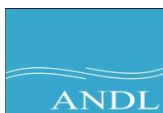
Feminino			Masculinos	
Inf. B (00)	Inf.A (99)		Inf. B (99)	Inf.A (98)
01:27,60	01:24,00	100L	01:19,80	01:15,60
03:09,60	03:01,20	200L	02:55,80	02:48,24
06:21,80	06:03,98	400L	05:50,75	05:37,53
13:20,40	12:27,50	800L/1500L	23:09,20	22:16,30
05:56,50	05:42,70	4x100L	05:25,45	05:12,80
12:45,90	11:59,33	4x200L	11:53,00	11:23,10
01:40,80	01:34,20	100C	01:32,40	01:27,24
03:36,00	03:24,00	200C	03:18,00	03:07,20
01:54,00	01:48,60	100B	01:45,00	01:38,40
04:02,40	03:53,40	200B	03:46,80	03:34,80
01:42,00	01:36,00	100M	01:33,00	01:27,12
03:54,00	03:36,00	200M	03:28,20	03:16,20
03:36,00	03:26,40	200E	03:18,00	03:09,60
07:20,45	06:58,02	400E	06:42,50	06:25,25
06:45,95	06:27,55	4X100E	06:14,90	05:53,05



CAMPEONATO INTER DISTRITAL DE JUVENIS, JUNIORES E SENIORES PL  
10 e 11 de MARÇO de 2012  
ANDL - ANC  
COMPLEXO OLÍMPICO DE PISCINAS DE COIMBRA ( COPC)



Feminino						Masculinos								
Sen. (95 e + Velhas)		Jun. (97/96)		Juv. (98)			Juv. B (97)		Juv. A (96)		Jun. (95/94)		Sen. (93 e + velhos)	
P50	P25	P50	P25	P50	P25		P50	P25	P50	P25	P50	P25	P50	P25
00:33,84	<b>00:33,17</b>	00:34,44	<b>00:33,74</b>	-	-	50L	-	-	-	-	00:30,48	<b>00:29,60</b>	00:29,64	<b>00:28,78</b>
01:13,20	<b>01:11,74</b>	01:14,70	<b>01:13,19</b>	01:19,80	<b>01:18,17</b>	100L	01:12,00	<b>01:09,01</b>	01:09,60	<b>01:07,27</b>	01:06,24	<b>01:03,48</b>	01:04,20	<b>01:01,50</b>
02:38,40	<b>02:35,86</b>	02:40,80	<b>02:38,24</b>	02:52,80	<b>02:50,14</b>	200L	02:38,40	<b>02:34,36</b>	02:33,00	<b>02:29,05</b>	02:25,80	<b>02:22,09</b>	02:20,40	<b>02:16,81</b>
05:19,70	<b>05:14,15</b>	05:27,75	<b>05:22,10</b>	05:46,15	<b>05:40,15</b>	400L	05:22,00	<b>05:11,42</b>	05:11,65	<b>05:01,40</b>	04:56,70	<b>04:46,95</b>	04:48,07	<b>04:38,52</b>
11:01,25	<b>10:48,61</b>	11:12,75	<b>10:59,90</b>	11:50,70	<b>11:37,47</b>	800L	-	-	-	-	10:21,00	<b>10:09,36</b>	10:03,75	<b>09:52,34</b>
21:28,00	<b>21:09,73</b>	22:08,25	<b>21:49,02</b>	-	-	1500L	21:05,00	<b>20:30,07</b>	20:36,25	<b>20:02,00</b>	19:44,50	<b>19:11,46</b>	19:19,20	<b>18:46,84</b>
02:13,40	<b>02:11,18</b>	02:23,75	<b>02:21,40</b>	-	-	4x50L	-	-	-	-	02:06,50	<b>02:04,10</b>	01:57,87	<b>01:55,56</b>
04:52,10	<b>04:47,29</b>	04:59,57	<b>04:54,78</b>	05:20,28	<b>05:15,05</b>	4x100L	04:53,25	<b>04:45,61</b>	04:42,32	<b>04:35,07</b>	04:28,53	<b>04:21,62</b>	04:16,45	<b>04:10,33</b>
10:32,50	<b>10:24,09</b>	10:46,30	<b>10:38,02</b>	11:32,87	<b>11:23,72</b>	4x200L	10:38,25	<b>10:24,19</b>	10:15,25	<b>10:01,61</b>	09:47,07	<b>09:33,78</b>	09:23,50	<b>09:10,76</b>
00:39,00	<b>00:37,04</b>	00:40,20	<b>00:38,17</b>	-	-	50C	-	-	-	-	00:36,00	<b>00:33,86</b>	00:34,56	<b>00:32,51</b>
01:23,40	<b>01:19,28</b>	01:25,20	<b>01:20,99</b>	01:30,60	<b>01:26,10</b>	100C	01:22,80	<b>01:18,66</b>	01:21,00	<b>01:16,34</b>	01:16,80	<b>01:12,38</b>	01:14,40	<b>01:10,14</b>
02:59,40	<b>02:52,82</b>	03:04,80	<b>02:57,97</b>	03:15,60	<b>03:08,47</b>	200C	02:58,80	<b>02:49,62</b>	02:54,00	<b>02:45,06</b>	02:46,80	<b>02:38,14</b>	02:42,00	<b>02:33,66</b>
00:43,80	<b>00:42,72</b>	00:45,00	<b>00:43,51</b>	-	-	50B	-	-	-	-	00:39,00	<b>00:36,94</b>	00:37,80	<b>00:35,80</b>
01:33,60	<b>01:31,06</b>	01:36,60	<b>01:33,98</b>	01:43,20	<b>01:40,46</b>	100B	01:33,60	<b>01:28,90</b>	01:30,60	<b>01:26,00</b>	01:25,80	<b>01:21,49</b>	01:22,80	<b>01:18,64</b>
03:24,00	<b>03:16,26</b>	03:28,80	<b>03:20,56</b>	03:39,60	<b>03:31,02</b>	200B	03:24,00	<b>03:13,51</b>	03:18,00	<b>03:07,72</b>	03:06,00	<b>02:56,30</b>	03:00,00	<b>02:50,64</b>
00:36,60	<b>00:35,59</b>	00:37,80	<b>00:36,76</b>	-	-	50M	-	-	-	-	00:33,24	<b>00:32,32</b>	00:31,80	<b>00:30,91</b>
01:21,60	<b>01:20,14</b>	01:23,40	<b>01:21,94</b>	01:29,40	<b>01:27,79</b>	100M	01:19,80	<b>01:17,68</b>	01:16,80	<b>01:14,76</b>	01:13,20	<b>01:11,26</b>	01:10,08	<b>01:08,22</b>
02:59,40	<b>02:57,97</b>	03:04,80	<b>03:03,34</b>	03:16,20	<b>03:14,62</b>	200M	02:58,80	<b>02:54,97</b>	02:51,60	<b>02:47,92</b>	02:43,20	<b>02:39,71</b>	02:36,60	<b>02:33,30</b>
03:01,20	<b>02:58,98</b>	03:05,40	<b>03:03,16</b>	03:14,40	<b>03:12,04</b>	200E	02:59,40	<b>02:53,15</b>	02:55,20	<b>02:49,06</b>	02:46,20	<b>02:39,97</b>	02:40,80	<b>02:35,16</b>
06:06,85	<b>05:55,52</b>	06:13,75	<b>06:02,26</b>	06:36,75	<b>06:24,47</b>	400E	06:09,15	<b>05:56,60</b>	05:58,80	<b>05:46,61</b>	05:45,00	<b>05:33,40</b>	05:33,50	<b>05:22,17</b>
02:34,94	<b>02:23,90</b>	02:41,00	<b>02:34,94</b>	-	-	4x50E	-	-	-	-	02:23,75	<b>02:15,07</b>	02:12,25	<b>02:04,22</b>
05:36,47	<b>05:24,15</b>	05:42,70	<b>05:36,47</b>	06:02,83	<b>05:56,41</b>	4X100E	05:31,20	<b>05:18,46</b>	05:18,55	<b>05:06,07</b>	05:02,45	<b>04:50,71</b>	04:50,95	<b>04:39,70</b>



TORNEIO NADADOR COMPLETO  
12 e 13 DE MAIO DE 2012  
ANDL  
PISCNIAS MUNICIPAIS DAS CALDAS DA RAINHA  
TABELA 4

Feminino											
	96 e + Velhas		1997		Juv. (98)		Inf. A (99)		Inf. B (00)		
	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25	
<b>400L</b>	05:19,70	<b>05:14,15</b>	05:25,45	<b>05:19,77</b>	««««	««««	««««	««««	««««	««««	««««
<b>200E</b>	03:01,20	<b>02:58,98</b>	03:03,60	<b>03:01,39</b>	03:12,00	<b>03:09,65</b>	03:20,40	<b>03:17,94</b>	03:30,00	<b>03:27,52</b>	

Masculinos													
	1994 e + Velhos		1995		Juv. A (96)		Juv. B (97)		Inf. A (98)		Inf. B (99)		
	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25	
<b>400L</b>	04:48,07	<b>04:38,52</b>	04:53,25	<b>04:43,64</b>	««««	««««	««««	««««	««««	««««	««««	««««	««««
<b>200E</b>	02:40,80	<b>02:35,16</b>	02:43,20	<b>02:37,49</b>	02:54,00	<b>02:47,89</b>	02:57,60	<b>02:51,36</b>	03:06,00	<b>02:59,58</b>	03:15,00	<b>03:07,20</b>	

COMPLEXO OLÍMPICO DE PISCINAS DE COIMBRA ( COPC)

Feminino										
	96 e + Velhas		1997		Juv. (98)		Inf. A (99)		Inf. B (00)	
	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25
50L	00:33,84	<b>00:33,17</b>	00:34,20	<b>00:33,50</b>	-	-	-	-	-	-
100L	01:13,20	<b>01:11,74</b>	01:14,10	<b>01:12,61</b>	01:18,00	<b>01:16,40</b>	01:21,36	<b>01:19,75</b>	01:25,20	<b>01:23,50</b>
200L	02:38,40	<b>02:35,86</b>	02:39,60	<b>02:37,12</b>	02:49,20	<b>02:46,54</b>	02:56,40	<b>02:53,70</b>	03:04,80	<b>03:01,97</b>
400L	05:19,70	<b>05:14,15</b>	05:25,45	<b>05:19,77</b>	05:40,40	<b>05:34,45</b>	05:55,35	<b>05:49,21</b>	06:11,45	<b>06:05,14</b>
800L	11:01,25	<b>10:48,61</b>	11:09,88	<b>11:09,88</b>	11:35,75	<b>11:22,57</b>	12:04,50	<b>11:50,67</b>	12:36,70	<b>12:22,28</b>
1500L	21:28,00	<b>21:09,73</b>	21:51,00	<b>21:51,00</b>	-	-	-	-	-	-
4x50L	02:13,40	<b>02:11,18</b>	-	-	-	-	-	-	-	-
4x100L	04:52,10	<b>04:47,29</b>	-	-	05:16,25	<b>05:11,10</b>	05:27,75	<b>05:22,57</b>	05:45,00	<b>05:39,45</b>
4x200L	10:32,50	<b>10:24,09</b>	00:00,00	<b>00:00,00</b>	11:24,25	<b>11:15,34</b>	11:48,40	<b>11:39,03</b>	12:21,75	<b>12:12,34</b>
50C	00:39,00	<b>00:37,04</b>	00:39,00	<b>00:37,04</b>	-	-	-	-	-	-
100C	01:23,40	<b>01:19,28</b>	01:24,60	<b>01:20,40</b>	01:28,80	<b>01:24,41</b>	01:32,40	<b>01:27,80</b>	01:38,16	<b>01:33,34</b>
200C	02:59,40	<b>02:52,82</b>	03:02,40	<b>02:55,69</b>	03:13,20	<b>03:06,14</b>	03:20,40	<b>03:13,03</b>	03:30,00	<b>03:22,34</b>
50B	00:43,80	<b>00:42,32</b>	00:43,80	<b>00:42,32</b>	-	-	-	-	-	-
100B	01:33,60	<b>01:31,06</b>	01:34,80	<b>01:32,28</b>	01:41,16	<b>01:38,47</b>	01:45,00	<b>01:42,19</b>	01:50,40	<b>01:47,48</b>
200B	03:24,00	<b>03:16,26</b>	03:26,40	<b>03:18,76</b>	03:37,20	<b>03:28,73</b>	03:45,60	<b>03:36,66</b>	03:55,20	<b>03:45,96</b>
50M	00:36,60	<b>00:35,59</b>	00:36,60	<b>00:35,59</b>	-	-	-	-	-	-
100M	01:21,60	<b>01:20,14</b>	01:22,80	<b>01:21,31</b>	01:27,00	<b>01:25,45</b>	01:32,64	<b>01:31,03</b>	01:38,40	<b>01:36,67</b>
200M	02:59,40	<b>02:57,97</b>	03:02,40	<b>03:00,84</b>	03:12,60	<b>03:10,99</b>	03:25,20	<b>03:23,54</b>	03:39,60	<b>03:37,97</b>
200E	03:01,20	<b>02:58,98</b>	03:03,60	<b>03:01,39</b>	03:12,00	<b>03:09,65</b>	03:20,40	<b>03:17,94</b>	03:30,00	<b>03:27,52</b>
400E	06:06,85	<b>05:55,52</b>	06:11,45	<b>06:20,66</b>	06:31,00	<b>06:18,98</b>	06:48,25	<b>06:35,59</b>	07:07,80	<b>06:54,45</b>
4x50E	02:29,50	<b>02:23,90</b>	-	-	-	-	-	-	-	-
4X100E	05:30,05	<b>05:24,15</b>	-	-	05:58,80	<b>05:52,31</b>	06:13,75	<b>06:07,17</b>	06:36,75	<b>06:29,90</b>

Masculinos												
	1994 e + Velhos		1995		Juv. A (96)		Juv. B (97)		Inf. A (98)		Inf. B (99)	
	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25	P50	P25
50L	00:29,64	<b>00:28,78</b>	00:30,12	<b>00:29,23</b>	-	-	-	-	-	-	-	-
100L	01:04,20	<b>01:01,50</b>	01:05,40	<b>01:02,66</b>	01:09,00	<b>01:06,13</b>	01:11,40	<b>01:08,40</b>	01:14,40	<b>01:11,28</b>	01:18,00	<b>01:14,77</b>
200L	02:20,40	<b>02:16,81</b>	02:22,80	<b>02:19,16</b>	02:31,20	<b>02:27,35</b>	02:36,00	<b>02:31,98</b>	02:43,80	<b>02:39,60</b>	02:51,60	<b>02:47,30</b>
400L	04:48,07	<b>04:38,52</b>	04:53,25	<b>04:43,64</b>	05:07,05	<b>04:57,02</b>	05:17,40	<b>05:07,05</b>	05:33,50	<b>05:22,44</b>	05:45,00	<b>05:33,76</b>
800L	10:03,75	<b>09:52,34</b>	10:12,37	<b>10:00,61</b>	-	-	-	-	-	-	-	-
1500L	19:19,20	<b>18:46,84</b>	19:35,88	<b>19:03,42</b>	20:14,40	<b>19:40,45</b>	20:42,00	<b>20:07,26</b>	21:41,80	<b>21:05,51</b>	22:37,00	<b>21:59,18</b>
4x50L	01:57,87	<b>01:55,56</b>	-	-	-	-	-	-	-	-	-	-
4x100L	04:16,45	<b>04:10,33</b>	-	-	04:40,60	<b>04:33,26</b>	04:49,80	<b>04:42,37</b>	05:02,45	<b>04:54,57</b>	05:16,82	<b>05:08,82</b>
4x200L	09:23,50	<b>09:10,76</b>	-	-	10:11,80	<b>09:58,29</b>	10:32,50	<b>10:18,46</b>	10:57,80	<b>10:43,28</b>	11:30,00	<b>11:14,62</b>
50C	00:34,56	<b>00:32,51</b>	00:34,56	<b>00:32,51</b>	-	-	-	-	-	-	-	-
100C	01:14,40	<b>01:10,14</b>	01:15,60	<b>01:11,24</b>	01:19,80	<b>01:15,20</b>	01:22,20	<b>01:17,51</b>	01:25,20	<b>01:20,30</b>	01:30,00	<b>01:24,80</b>
200C	02:42,00	<b>02:33,66</b>	02:44,40	<b>02:35,88</b>	02:51,60	<b>02:42,73</b>	02:56,40	<b>02:47,28</b>	03:03,60	<b>02:54,13</b>	03:13,20	<b>03:03,34</b>
50B	00:37,80	<b>00:35,80</b>	00:37,80	<b>00:35,80</b>	-	-	-	-	-	-	-	-
100B	01:22,80	<b>01:18,64</b>	01:24,00	<b>01:19,74</b>	01:28,80	<b>01:24,30</b>	01:31,80	<b>01:27,14</b>	01:36,60	<b>01:31,73</b>	01:42,60	<b>01:37,45</b>
200B	03:00,00	<b>02:50,64</b>	03:03,60	<b>02:54,04</b>	03:14,40	<b>03:04,30</b>	03:20,40	<b>03:09,95</b>	03:31,20	<b>03:20,27</b>	03:42,00	<b>03:30,61</b>
50M	00:31,80	<b>00:30,91</b>	00:31,80	<b>00:30,91</b>	-	-	-	-	-	-	-	-
100M	01:10,08	<b>01:08,22</b>	01:11,64	<b>01:09,71</b>	01:15,60	<b>01:13,58</b>	01:18,60	<b>01:16,48</b>	01:24,00	<b>01:21,77</b>	01:29,40	<b>01:27,00</b>
200M	02:36,60	<b>02:33,30</b>	02:39,90	<b>02:36,46</b>	02:48,00	<b>02:44,41</b>	02:55,80	<b>02:52,14</b>	03:07,20	<b>03:05,26</b>	03:19,20	<b>03:14,93</b>
200E	02:40,80	<b>02:35,16</b>	02:43,20	<b>02:37,49</b>	02:54,00	<b>02:47,89</b>	02:57,60	<b>02:51,36</b>	03:06,00	<b>02:59,58</b>	03:15,00	<b>03:07,20</b>
400E	05:33,50	<b>05:22,17</b>	05:40,40	<b>05:28,76</b>	05:54,20	<b>05:42,12</b>	06:04,55	<b>05:52,11</b>	06:19,50	<b>06:06,64</b>	06:35,02	<b>06:21,77</b>
4x50E	02:12,25	<b>02:04,22</b>	-	-	-	-	-	-	-	-	-	-
4X100E	04:50,95	<b>04:39,70</b>	00:00,00	<b>00:00,00</b>	05:16,25	<b>05:03,91</b>	05:27,75	<b>05:15,10</b>	05:41,55	<b>05:28,46</b>	06:02,25	<b>05:48,44</b>