

# TAC's NACIONAIS ÉPOCA 2007/2008

## - CAMPEONATOS NACIONAIS DE JUVENIS -

- Piscina Municipal de Rio Maior, de 14 a 16 Março de 2008 -

Provas	FEMININOS		MASCULINOS				Provas
	JUVENIS		JUVENIS B		JUVENIS A		
	P50m	P25m	P50m	P25m	P50m	P25m	
100 L	01:07,00	01:05,65	01:00,50	00:59,28	00:58,50	00:57,32	100 L
200 L	02:24,50	02:21,60	02:13,00	02:10,33	02:08,00	02:05,43	200 L
400 L	05:02,50	04:56,42	04:42,50	04:36,83	04:33,00	04:27,52	400 L
800/1500 L	10:18,00	10:05,59	18:20,00	17:57,90	17:55,00	17:33,41	800/1500 L
4x100 L	04:39,00	04:33,40	04:15,00	04:09,88	04:05,50	04:00,57	4x100 L
4x200 L	10:02,50	09:50,40	09:15,00	09:03,85	08:55,00	08:44,25	4x200 L
100 B	01:26,00	01:23,45	01:18,00	01:15,69	01:15,50	01:13,27	100 B
200 B	03:03,50	02:58,07	02:51,00	02:45,94	02:46,00	02:41,09	200 B
100 C	01:17,00	01:14,72	01:09,50	01:07,44	01:08,00	01:05,99	100 C
200 C	02:44,50	02:39,63	02:30,00	02:25,56	02:25,50	02:21,19	200 C
100 M	01:14,50	01:13,00	01:07,00	01:05,65	01:04,00	01:02,71	100 M
200 M	02:43,50	02:40,22	02:29,00	02:26,01	02:23,00	02:20,13	200 M
200 E	02:42,50	02:37,69	02:30,00	02:25,56	02:27,00	02:22,65	200 E
400 E	05:47,00	05:36,73	05:23,00	05:13,44	05:12,00	05:02,77	400 E
4x100 E	05:15,50	05:06,16	04:48,00	04:39,48	04:37,00	04:28,80	4x100 E

# TAC's NACIONAIS ÉPOCA 2007/2008

## - CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES -

- Complexo Olímpico de Piscinas de Coimbra, de 28 a 30 de Março de 2008 -

Provas	FEMININOS				Provas	MASCULINOS				Provas
	JUNIORES		SENIORES			JUNIORES		SENIORES		
	P50m	P25m	P50m	P25m		P50m	P25m	P50m	P25m	
50 L	00:29,10	00:28,52	00:28,90	00:28,32	50 L	00:25,60	00:25,09	00:25,10	00:24,61	50 L
100 L	01:03,40	01:02,13	01:02,60	01:01,34	100 L	00:55,80	00:54,68	00:54,70	00:53,60	100 L
200 L	02:17,00	02:14,25	02:15,30	02:12,58	200 L	02:03,00	02:00,53	02:01,00	01:58,57	200 L
400 L	04:48,00	04:42,21	04:45,00	04:39,27	400 L	04:20,00	04:14,78	04:15,00	04:09,88	400 L
800 L	09:50,00	09:38,15	09:42,50	09:30,80	800 L	09:00,00	08:49,15	08:50,00	08:39,35	800 L
1500 L	19:15,00	18:51,80	18:55,00	18:32,20	1500 L	17:15,00	16:54,21	17:00,00	16:39,51	1500 L
4X100 L	04:20,50	04:12,30	04:15,00	04:07,45	4X100 L	03:53,50	03:46,59	03:49,60	03:42,80	4X100 L
4X200 L	09:22,00	09:05,37	09:13,00	08:56,63	4X200 L	08:30,50	08:14,91	08:20,00	08:05,20	4X200 L
50 B	00:37,50	00:36,39	00:36,65	00:35,57	50 B	00:33,00	00:32,02	00:32,10	00:31,15	50 B
100 B	01:21,50	01:19,09	01:20,00	01:17,63	100 B	01:12,00	01:09,87	01:10,50	01:08,41	100 B
200 B	02:54,00	02:48,85	02:52,00	02:46,91	200 B	02:37,00	02:32,35	02:35,00	02:30,41	200 B
50 C	00:34,20	00:33,19	00:33,75	00:32,75	50 C	00:30,10	00:29,21	00:29,30	00:28,43	50 C
100 C	01:12,75	01:10,60	01:11,70	01:09,58	100 C	01:04,40	01:02,49	01:03,00	01:01,14	100 C
200 C	02:36,00	02:31,38	02:34,00	02:29,44	200 C	02:20,00	02:15,86	02:16,00	02:11,97	200 C
50 M	00:31,50	00:30,87	00:31,00	00:30,38	50 M	00:27,70	00:27,14	00:27,00	00:26,46	50 M
100 M	01:10,50	01:09,08	01:09,00	01:07,61	100 M	01:01,30	01:00,07	00:59,20	00:58,01	100 M
200 M	02:34,60	02:31,49	02:32,60	02:29,53	200 M	02:17,00	02:14,25	02:11,50	02:08,86	200 M
200 E	02:35,50	02:30,90	02:33,50	02:28,96	200 E	02:20,00	02:15,86	02:16,50	02:12,46	200 E
400 E	05:28,75	04:19,02	05:22,50	05:12,95	400 E	05:00,00	04:51,12	04:54,00	04:45,30	400 E
4X100 E	04:55,00	04:46,27	04:50,00	04:41,42	4X100 E	04:23,00	04:15,22	04:16,00	04:08,42	4X100 E

# TAC's NACIONAIS ÉPOCA 2007/2008

## - CAMPEONATOS NACIONAIS DE INFANTIS -

- Piscina Municipal de Famalicão, de 18 a 20 de Julho de 2008 -

Provas	FEMININOS				Provas	MASCULINOS				Provas
	INFANTIS B		INFANTIS A			INFANTIS B		INFANTIS A		
	P50m	P25m	P50m	P25m		P50m	P25m	P50m	P25m	
100 L	01:11,00	01:09,57	01:07,80	01:06,44	100 L	01:05,00	01:03,69	01:02,00	01:00,75	100 L
200 L	02:34,00	02:30,91	02:27,00	02:44,05	200 L	02:23,00	02:20,13	02:16,50	02:13,76	200 L
400 L	05:23,00	05:16,51	05:09,00	05:02,79	400 L	05:00,00	04:53,97	04:50,00	04:44,17	400 L
800/1500 L	10:58,00	10:44,78	10:30,00	10:17,34	800/1500 L	19:40,00	19:16,30	18:52,00	18:29,26	800/1500 L
4x100 L	05:00,00	04:53,97	04:45,00	04:39,27	4x100 L	04:35,50	04:29,97	04:23,00	04:17,72	4x100 L
4x200 L	10:45,00	10:32,04	10:16,00	10:03,63	4x200 L	10:00,00	09:47,95	09:32,00	09:20,51	4x200 L
100 B	01:32,00	01:29,28	01:27,50	01:24,91	100 B	01:25,50	01:22,97	01:20,60	01:18,21	100 B
200 B	03:16,00	03:10,20	03:08,00	03:02,44	200 B	03:05,00	02:59,52	02:56,50	02:51,28	200 B
100 C	01:21,80	01:19,38	01:18,00	01:15,69	100 C	01:15,00	01:12,78	01:11,50	01:09,38	100 C
200 C	02:55,00	02:49,82	02:47,50	02:42,54	200 C	02:41,00	02:36,23	02:34,00	02:29,44	200 C
100 M	01:22,00	01:20,35	01:17,20	01:15,65	100 M	01:14,50	01:13,00	01:10,00	01:08,59	100 M
200 M	03:03,00	02:59,32	02:51,00	02:47,56	200 M	02:46,00	02:42,67	02:36,00	02:32,87	200 M
200 E	02:55,00	02:49,82	02:47,00	02:42,06	200 E	02:42,50	02:37,69	02:35,00	02:30,41	200 E
400 E	06:12,00	06:00,99	05:55,20	05:44,69	400 E	05:43,50	05:33,33	05:30,00	05:20,23	400 E
4x100 E	05:45,00	05:34,79	05:25,00	05:15,38	4x100 E	05:15,00	05:05,68	04:57,00	04:48,21	4x100 E

# TAC's NACIONAIS ÉPOCA 2007/2008

## - CAMPEONATOS NACIONAIS DE JUVENIS -

- Complexo de Piscinas do Jamor de 24 a 27 de Julho de 2008 -

Provas	FEMININOS		MASCULINOS				Provas
	JUVENIS		JUVENIS B		JUVENIS A		
	P50m	P25m	P50m	P25m	P50m	P25m	
100 L	01:05,50	01:04,18	00:59,00	00:57,81	00:57,80	00:56,64	100 L
200 L	02:22,30	02:19,44	02:12,00	02:09,35	02:07,00	02:04,45	200 L
400 L	04:58,00	04:52,01	04:39,00	04:33,40	04:30,20	04:24,77	400 L
800/1500 L	10:10,00	09:57,75	18:10,00	17:48,10	17:45,00	17:23,61	800/1500 L
4x100 L	04:35,00	04:29,48	04:12,00	04:06,94	04:04,00	03:59,10	4x100 L
4x200 L	09:55,00	00:00,00	09:10,00	08:58,95	08:52,00	08:41,31	4x200 L
100 B	01:24,30	01:21,80	01:17,00	01:14,72	01:14,80	01:12,59	100 B
200 B	03:01,00	02:55,64	02:48,50	02:43,51	02:44,00	02:39,15	200 B
100 C	01:15,50	01:13,27	01:09,00	01:06,96	01:07,00	01:05,02	100 C
200 C	02:42,00	02:37,21	02:28,00	02:23,62	02:24,20	02:19,93	200 C
100 M	01:13,50	01:12,02	01:06,00	01:04,67	01:03,40	01:02,13	100 M
200 M	02:41,50	02:38,26	02:26,80	02:23,85	02:21,00	02:18,17	200 M
200 E	02:40,50	02:35,75	02:29,30	02:24,88	02:25,50	02:21,19	200 E
400 E	05:44,00	05:33,82	05:19,00	05:09,56	05:09,00	04:59,85	400 E
4x100 E	05:12,00	05:02,77	04:45,00	04:36,56	04:35,00	04:26,86	4x100 E

# TAC's NACIONAIS ÉPOCA 2007/2008

## - CAMPEONATOS ABSOLUTOS DE PORTUGAL -

- Complexo de Piscinas do Jamor de 24 a 27 de Julho de 2008 -

Provas	ABSOLUTOS				Provas
	FEMININOS		MASCULINOS		
	P50m	P25m	P50m	P25m	
50 L	00:29,00	00:28,42	00:25,30	00:24,79	50 L
100 L	01:02,80	01:01,54	00:55,00	00:53,90	100 L
200 L	02:16,00	02:13,27	02:01,30	01:58,86	200 L
400 L	04:46,00	04:40,25	04:17,00	04:11,84	400 L
800 L	09:45,00	09:33,25	08:53,00	08:42,29	800 L
1500 L	19:05,00	18:42,00	17:05,00	16:44,41	1500 L
4X100 L	04:15,00	04:07,45	03:49,60	03:42,80	4X100 L
4X200 L	09:13,00	08:56,63	08:20,00	08:05,20	4X200 L
50 B	00:37,20	00:36,10	00:32,50	00:31,54	50 B
100 B	01:20,80	01:18,41	01:11,20	01:09,09	100 B
200 B	02:53,00	02:47,88	02:36,00	02:31,38	200 B
50 C	00:33,90	00:32,90	00:29,60	00:28,72	50 C
100 C	01:12,40	01:10,26	01:03,70	01:01,81	100 C
200 C	02:35,00	02:30,41	02:18,00	02:13,92	200 C
50 M	00:31,20	00:30,87	00:27,30	00:26,75	50 M
100 M	01:10,00	01:08,59	01:00,20	00:58,99	100 M
200 M	02:33,50	02:30,42	02:14,00	02:11,31	200 M
200 E	02:34,00	02:29,44	02:18,00	02:13,92	200 E
400 E	05:25,00	05:15,38	04:56,00	04:47,24	400 E
4X100 E	04:50,00	04:41,42	04:16,00	04:08,42	4X100 E