



TAB-5

CAMPEONATOS NACIONAIS DE JUVENIS

PISCINA LONGA

2008/09

FEMININOS				MASCULINOS					
Juv. (95)				Juv. B (94)			Juv. A (93)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:05.50	01:04.03	01:02.23	100 L	00:59.50	00:57.64	00:56.52	00:57.80	00:55.99	00:54.91
02:22.00	02:19.23	02:14.90	200 L	02:10.50	02:07.22	02:03.97	02:07.00	02:03.82	02:00.65
04:58.00	04:52.71	04:43.10	400 L	04:37.00	04:30.62	04:23.15	04:29.00	04:22.82	04:15.55
10:10.00	10:03.50	09:39.50	800/1500 L	18:05.00	17:44.93	17:10.75	17:45.00	17:25.27	16:51.75
04:35.00	04:32.07	***	4x100 L	04:12.00	04:06.51	***	04:04.00	03:58.69	***
09:55.00	09:46.58	***	4x200 L	09:10.00	08:59.79	***	08:52.00	08:42.10	***
01:15.00	01:12.50	01:11.25	100 C	01:08.50	01:04.96	***	01:07.00	01:03.53	01:03.65
02:41.50	02:37.08	02:33.42	200 C	02:27.50	02:21.50	01:05.08	02:24.00	02:18.14	02:16.80
01:24.30	01:22.31	01:20.09	100 B	01:16.50	01:14.00	02:20.13	01:14.50	01:12.07	01:10.78
03:01.00	02:56.56	02:51.95	200 B	02:48.00	02:42.84	01:12.68	02:44.00	02:38.97	02:35.80
01:13.00	01:12.37	01:09.35	100 M	01:05.50	01:03.99	02:39.60	01:03.00	01:01.55	00:59.9
02:41.00	02:39.68	02:32.95	200 M	02:26.50	02:23.07	01:02.23	02:20.00	02:16.73	02:13.0
02:40.00	02:36.79	02:32.00	200 E	02:28.00	02:23.58	02:19.17	02:25.00	02:20.68	02:17.8
05:42.00	05:36.44	05:24.90	400 E	05:18.00	05:08.68	02:20.60	05:09.00	04:59.94	04:53.5
05:12.00	05:06.64	***	4x100 E	04:45.00	04:36.67	05:02.10	04:35.00	04:26.96	***