

## TAB-6

### CAMPEONATOS ABSOLUTOS DE PORTUGAL

#### PISCINA LONGA

2008/09

FEMININOS				MASCULINOS		
TAC 1	25 m	MAC		TAC 1	25 m	MAC
<b>00:28.45</b>	00:27.96	00:27.03	<b>50 L</b>	<b>00:24.80</b>	00:24.12	00:23.56
<b>01:02.00</b>	01:00.61	00:58.90	<b>100 L</b>	<b>00:53.90</b>	00:52.21	00:51.21
<b>02:14.00</b>	02:11.38	02:07.30	<b>200 L</b>	<b>01:58.70</b>	01:55.72	01:52.76
<b>04:44.50</b>	04:39.43	04:30.28	<b>400 L</b>	<b>04:12.00</b>	04:06.20	03:59.40
<b>09:40.00</b>	09:33.80	09:11.00	<b>800 L</b>	<b>08:45.00</b>	08:34.47	08:18.75
<b>18:55.00</b>	18:45.77	17:58.25	<b>1500 L</b>	<b>16:50.00</b>	16:31.26	15:59.50
<b>02:00.00</b>	01:58.71	***	<b>4x50 L</b>	<b>01:45.00</b>	01:42.71	***
<b>04:15.00</b>	04:12.28	***	<b>4x100 L</b>	<b>03:45.00</b>	03:40.09	***
<b>09:13.00</b>	09:05.18	***	<b>4x200 L</b>	<b>08:15.00</b>	08:05.82	***
<b>00:33.75</b>	00:32.26	00:31.39	<b>50 C</b>	<b>00:29.00</b>	00:27.37	00:26.97
<b>01:10.50</b>	01:08.15	01:06.98	<b>100 C</b>	<b>01:02.00</b>	00:58.79	00:58.90
<b>02:33.50</b>	02:29.30	02:25.82	<b>200 C</b>	<b>02:15.50</b>	02:09.98	02:08.73
<b>00:36.65</b>	00:35.72	00:34.08	<b>50 B</b>	<b>00:31.80</b>	00:30.88	00:29.57
<b>01:18.00</b>	01:16.16	01:14.10	<b>100 B</b>	<b>01:09.50</b>	01:07.24	01:06.03
<b>02:50.00</b>	02:45.83	02:41.50	<b>200 B</b>	<b>02:33.00</b>	02:28.30	02:25.35
<b>00:31.00</b>	00:30.73	00:28.83	<b>50 M</b>	<b>00:26.50</b>	00:25.84	00:24.64
<b>01:08.50</b>	01:07.91	01:05.08	<b>100 M</b>	<b>00:58.40</b>	00:57.06	00:55.48
<b>02:30.50</b>	02:29.26	02:22.98	<b>200 M</b>	<b>02:10.50</b>	02:07.45	02:03.97
<b>02:32.00</b>	02:28.95	02:24.40	<b>200 E</b>	<b>02:15.00</b>	02:10.98	02:08.25
<b>05:20.00</b>	05:14.80	05:04.00	<b>400 E</b>	<b>04:53.00</b>	04:44.41	04:38.35
<b>02:15.00</b>	02:12.69	***	<b>4x50 E</b>	<b>02:00.00</b>	01:56.50	***
<b>04:50.00</b>	04:45.02	***	<b>4x100 E</b>	<b>04:15.00</b>	04:07.55	***