



## TAB-3

### CAMPEONATOS NACIONAIS DE JUVENIS

#### PISCINA LONGA

2008/2009

FEMININOS			MASCULINOS						
Juv. (95)			Juv. B (94)			Juv. A (93)			
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:06.50	01:05.01	01:03.17	100 L	01:00.00	00:58.12	00:57.00	00:58.50	00:56.67	00:55.58
02:24.00	02:21.18	02:16.80	200 L	02:12.50	02:09.18	02:05.87	02:08.00	02:04.78	02:01.60
05:01.50	04:56.14	04:46.43	400 L	04:40.00	04:33.55	04:26.00	04:31.00	04:24.77	04:17.45
10:18.00	10:11.40	09:47.10	800/1500 L	18:20.00	17:59.66	17:25.00	17:55.00	17:35.04	17:01.25
04:38.50	04:35.53	***	4x100 L	04:15.00	04:09.44	***	04:05.50	04:00.16	***
10:02.50	09:53.96	***	4x200 L	09:15.00	09:04.72	***	08:55.00	08:45.07	***
01:16.00	01:13.47	01:12.20	100 C	01:09.00	01:05.43	01:05.55	01:07.50	01:04.01	01:04.12
02:44.00	02:39.52	02:35.80	200 C	02:29.00	02:22.94	02:21.55	02:25.00	02:19.10	02:17.75
01:26.00	01:23.97	01:21.70	100 B	01:18.00	01:15.46	01:14.10	01:15.50	01:13.04	01:11.73
03:03.00	02:58.51	02:53.85	200 B	02:51.00	02:45.75	02:42.45	02:46.00	02:40.90	02:37.70
01:14.50	01:13.85	01:10.78	100 M	01:06.50	01:04.97	01:03.17	01:04.00	01:02.53	01:00.80
02:43.50	02:42.15	02:35.33	200 M	02:29.00	02:25.52	02:21.55	02:23.00	02:19.66	02:15.85
02:42.00	02:38.74	02:33.90	200 E	02:29.50	02:25.04	02:22.02	02:26.50	02:22.13	02:19.17
05:45.00	05:39.40	05:27.75	400 E	05:21.50	05:12.08	05:05.42	05:12.00	05:02.86	04:56.40
05:15.50	05:10.07	***	4x100 E	04:48.00	04:39.60	***	04:37.00	04:28.90	***