



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>