

TAB-1

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA CURTA

FEMININOS				2011/12	MASCULINOS			
1997		1996 e + VELHAS			1994 e + VELHOS		1995	
TAC-50m	TAC	TAC-50m	TAC		TAC	TAC-50m	TAC	TAC-50m
00:29.35	00:28.76	00:28.78	00:28.20	50 L	00:24.30	00:25.03	00:24.79	00:25.53
01:03.32	01:02.01	01:01.77	01:00.50	100 L	00:52.50	00:54.80	00:53.81	00:56.18
02:15.86	02:13.62	02:13.14	02:11.00	200 L	01:56.50	01:59.61	01:58.83	02:02.02
04:46.60	04:41.52	04:41.06	04:36.00	400 L	04:08.00	04:16.57	04:12.96	04:21.65
09:55.22	09:43.44	09:43.55	09:32.00	800 L	****	****	****	****
*****	*****	*****	*****	1500 L	16:33.00	17:01.80	16:52.86	17:22.14
*****	*****	01:56.98	01:55.00	4x50 L	01:40.00	01:42.03	****	****
*****	*****	04:18.40	04:14.00	4x100 L	03:40.00	03:45.97	****	****
*****	*****	09:10.31	09:03.00	4x200 L	08:00.00	08:11.38	****	****
00:34.02	00:32.30	00:34.02	00:32.30	50 C	00:28.50	00:30.30	00:28.50	00:30.30
01:13.57	01:09.87	01:12.09	01:08.50	100 C	01:00.50	01:04.22	01:02.01	01:05.83
02:36.83	02:30.96	02:33.74	02:28.00	200 C	02:12.00	02:19.26	02:15.30	02:22.74
00:37.25	00:36.00	00:37.25	00:36.00	50 B	00:30.90	00:32.65	00:30.90	00:32.65
01:21.36	01:19.13	01:19.39	01:17.20	100 B	01:07.50	01:11.11	01:09.19	01:12.89
02:58.34	02:51.17	02:53.91	02:47.00	200 B	02:28.00	02:36.14	02:31.70	02:40.08
00:31.69	00:30.80	00:31.69	00:30.80	50 M	00:26.70	00:27.47	00:26.70	00:27.47
01:11.01	01:09.70	01:09.27	01:08.00	100 M	00:58.50	01:00.12	00:59.67	01:01.33
02:34.08	02:32.73	02:30.33	02:29.00	200 M	02:09.50	02:12.35	02:12.74	02:15.69
*****	01:10.00	*****	01:10.00	100 E	01:01.00	****	01:01.00	****
02:34.72	02:32.73	02:30.92	02:29.00	200 E	02:12.00	02:16.89	02:15.30	02:20.28
05:30.68	05:20.28	05:24.22	05:14.00	400 E	04:42.00	04:52.05	04:49.05	04:59.43
*****	*****	02:14.15	02:09.00	4x50 E	01:54.50	02:01.92	****	****
*****	*****	04:45.30	04:40.00	4x100 E	04:00.00	04:09.84	****	****

FEMININOS		MASCULINOS
MAC		MAC
00:26.79	50 L	00:23.09
00:57.48	100 L	00:49.88
02:04.45	200 L	01:50.68
04:22.20	400 L	03:55.60
09:03.40	800 L	****
****	1500 L	15:43.35
00:30.04	50 C	00:26.50
01:05.08	100 C	00:57.48
02:20.60	200 C	02:05.40
00:33.48	50 B	00:28.74
01:13.34	100 B	01:04.12
02:38.65	200 B	02:20.60
00:28.64	50 M	00:24.83
01:04.60	100 M	00:55.57
02:21.55	200 M	02:03.02
01:05.10	100 E	00:56.73
02:21.55	200 E	02:05.40
4:58.30	400 E	04:27.90