

TAB-3

CAMPEONATOS NACIONAIS DE JUVENIS

INVERNO - PISCINA LONGA

2011 / 2012

FEMININOS				MASCULINOS					
Juvenis (98)				Juvenis B (97)			Juvenis A (96)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:06.50	<i>01:05.14</i>	01:03.17	100 L	01:00.00	<i>00:57.51</i>	00:57.00	00:58.50	<i>00:56.06</i>	00:55.58
02:24.00	<i>02:21.78</i>	02:16.80	200 L	02:12.00	<i>02:08.63</i>	02:05.40	02:07.50	<i>02:04.21</i>	02:01.12
05:01.00	<i>04:55.78</i>	04:45.95	400 L	04:40.00	<i>04:30.80</i>	04:26.00	04:31.00	<i>04:22.09</i>	04:17.45
10:18.00	<i>10:06.50</i>	09:47.10	800/1500 L	18:20.00	<i>17:49.63</i>	17:25.00	17:55.00	<i>17:25.22</i>	17:01.25
04:38.50	<i>04:33.96</i>	*****	4x100 L	04:15.00	<i>04:08.36</i>	*****	04:05.50	<i>03:59.19</i>	*****
10:02.50	<i>09:54.54</i>	*****	4x200 L	09:15.00	<i>09:02.77</i>	*****	08:55.00	<i>08:43.14</i>	*****
01:15.50	<i>01:11.75</i>	01:11.73	100 C	01:09.00	<i>01:05.04</i>	01:05.55	01:07.50	<i>01:03.62</i>	01:04.12
02:43.00	<i>02:37.06</i>	02:34.85	200 C	02:29.00	<i>02:21.35</i>	02:21.55	02:25.00	<i>02:17.55</i>	02:17.75
01:26.00	<i>01:23.72</i>	01:21.70	100 B	01:18.00	<i>01:14.08</i>	01:14.10	01:15.50	<i>01:11.67</i>	01:11.73
03:03.00	<i>02:55.86</i>	02:53.85	200 B	02:50.00	<i>02:41.26</i>	02:41.50	02:45.00	<i>02:36.43</i>	02:36.75
01:14.50	<i>01:13.16</i>	01:10.78	100 M	01:06.50	<i>01:04.73</i>	01:03.17	01:04.00	<i>01:02.30</i>	01:00.80
02:43.50	<i>02:42.18</i>	02:35.33	200 M	02:29.00	<i>02:25.81</i>	02:21.55	02:23.00	<i>02:19.93</i>	02:15.85
02:42.00	<i>02:40.03</i>	02:33.90	200 E	02:29.50	<i>02:24.29</i>	02:22.02	02:26.00	<i>02:20.88</i>	02:18.70
05:45.00	<i>05:34.32</i>	05:27.75	400 E	05:21.00	<i>05:10.09</i>	05:04.95	05:12.00	<i>05:01.40</i>	04:56.40
05:15.50	<i>05:09.92</i>	*****	4x100 E	04:48.00	<i>04:36.92</i>	*****	04:37.00	<i>04:26.15</i>	*****