

TAB-4

CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES

PISCINA LONGA

FEMININOS				2011/12	MASCULINOS			
JUN.	Jun.(25 m)	SEN.	Sen.(25 m)		JUN.	Jun.(25 m)	SEN.	Sen.(25 m)
00:28.70	00:28.12	00:28.20	00:27.64	50 L	00:25.40	00:24.67	00:24.70	00:23.98
01:02.25	01:00.99	01:01.00	00:59.78	100 L	00:55.20	00:52.90	00:53.50	00:51.25
02:14.00	02:11.87	02:12.00	02:09.88	200 L	02:01.50	01:58.41	01:57.00	01:54.01
04:45.00	04:40.09	04:38.00	04:33.17	400 L	04:18.00	04:09.52	04:10.50	04:02.19
09:45.00	09:33.83	09:35.00	09:24.01	800 L	09:00.00	08:49.88	08:45.00	08:35.08
19:15.00	18:58.28	18:40.00	18:24.11	1500 L	17:10.00	16:41.27	16:48.00	16:19.86
02:05.00	02:02.96	01:56.00	01:54.07	4x50 L	01:50.00	01:47.91	01:42.50	01:40.49
04:20.50	04:16.33	04:14.00	04:09.82	4x100 L	03:53.50	03:47.50	03:43.00	03:37.68
09:22.00	09:14.80	09:10.00	09:02.69	4x200 L	08:30.50	08:18.94	08:10.00	07:58.92
00:33.50	00:31.81	00:32.50	00:30.87	50 C	00:30.00	00:28.22	00:28.80	00:27.09
01:11.00	01:07.49	01:09.50	01:06.07	100 C	01:04.00	01:00.32	01:02.00	00:58.45
02:34.00	02:28.31	02:29.50	02:24.02	200 C	02:19.00	02:11.78	02:15.00	02:08.05
00:37.50	00:36.26	00:36.50	00:35.27	50 B	00:32.50	00:30.78	00:31.50	00:29.83
01:20.50	01:18.32	01:18.00	01:15.88	100 B	01:11.50	01:07.91	01:09.00	01:05.53
02:54.00	02:47.13	02:50.00	02:43.55	200 B	02:35.00	02:26.92	02:30.00	02:22.20
00:31.50	00:30.63	00:30.50	00:29.66	50 M	00:27.70	00:26.93	00:26.50	00:25.76
01:09.50	01:08.28	01:08.00	01:06.78	100 M	01:01.00	00:59.38	00:58.40	00:56.85
02:34.00	02:32.78	02:29.50	02:28.31	200 M	02:16.00	02:13.09	02:10.50	02:07.75
02:34.50	02:32.63	02:31.00	02:29.15	200 E	02:18.50	02:13.31	02:14.00	02:09.30
05:25.00	05:15.01	05:19.00	05:09.15	400 E	05:00.00	04:49.91	04:50.00	04:40.15
02:20.00	02:14.73	02:10.00	02:05.13	4x50 E	02:05.00	01:57.45	01:55.00	01:48.02
04:58.00	04:52.58	04:47.00	04:41.87	4x100 E	04:23.00	04:12.79	04:13.00	04:03.22

FEMININOS			MASCULINOS	
Jun. - MAC	Sen. - MAC		Jun. - MAC	Sen. - MAC
00:27.27	00:26,79	50 L	00:24.13	00:23.46
00:59.14	00:57,95	100 L	00:52.44	00:50.83
02:07.30	02:05,40	200 L	01:55.42	01:51.15
04:30.75	04:24,10	400 L	04:05.10	03:57.98
09:15.75	09:06,25	800 L	08:33.00	08:18.75
18:17.25	17:44,00	1500 L	16:18.50	15:57.60
00:31.16	00:30,22	50 C	00:27.90	00:27.36
01:07.45	01:06,03	100 C	01:00.80	00:58.90
02:26.30	02:22,02	200 C	02:12.05	02:08.25
00:34.88	00:33,95	50 B	00:30.22	00:29.30
01:16.48	01:14,10	100 B	01:07.93	01:05.55
02:45.30	02:41,50	200 B	02:27.25	02:22.50
00:29.30	00:28,37	50 M	00:25.76	00:24.64
01:06.03	01:04,60	100 M	00:57.95	00:55.48
02:26.30	02:22,02	200 M	02:09.20	02:03.97
02:26.78	02:23,45	200 E	02:11.58	02:07.30
05:08.75	05:03,05	400 E	04:45.00	04:35.50