

# TAB-7

## CAMPEONATOS ABSOLUTOS DE PORTUGAL PISCINA LONGA

FEMININOS				2011/12	MASCULINOS			
1997		1996 e + VELHAS			1994 e + VELHOS		1995	
TAC-25m	TAC	TAC-25m	TAC		TAC	TAC-25m	TAC	TAC-25m
00:27.92	00:28.50	00:27.64	00:28.20	50 L	00:24.70	00:23.98	00:25.10	00:24.36
01:00.51	01:01.75	00:59.78	01:01.00	100 L	00:53.50	00:51.25	00:54.50	00:52.22
02:10.93	02:13.00	02:09.88	02:12.00	200 L	01:57.00	01:54.01	01:59.00	01:55.97
04:38.06	04:43.00	04:33.17	04:38.00	400 L	04:10.50	04:02.19	04:15.00	04:06.64
09:31.31	09:42.50	09:24.01	09:35.00	800 L	08:45.00	08:35.08	08:52.50	08:42.27
18.43.31	19:00.00	18:24.11	18:40.00	1500 L	16:48.00	16:19.86	17:02.50	16:34.28
*****	*****	01:54.07	01:56.00	4x50 L	01:42.50	01:40.49	*****	*****
*****	*****	04:09.82	04:14.00	4x100 L	03:43.00	03:37.68	*****	*****
*****	*****	09:02.69	09:10.00	4x200 L	08:10.00	07:58.92	*****	*****
00:30.87	00:32.50	00:30.87	00:32.50	50 C	00:28.80	00:27.09	00:28.80	00:27.09
01:07.00	01:10.50	01:06.07	01:09.50	100 C	01:02.00	00:58.45	01:03.00	00:59.37
02:26.41	02:32.00	02:24.02	02:29.50	200 C	02:15.00	02:08.05	02:17.00	02:09.90
00:35.27	00:36.50	00:35.27	00:36.50	50 B	00:31.50	00:29.83	00:31.50	00:29.83
01:16.90	01:19.00	01:15.88	01:18.00	100 B	01:09.00	01:05.53	01:10.00	01:06.45
02:45.63	02:52.00	02:43.35	02:50.00	200 B	02:30.00	02:22.20	02:33.00	02:25.03
00:29.66	00:30.50	00:29.66	00:30.50	50 M	00:26.50	00:25.76	00:26.50	00:25.76
01:07.76	01:09.00	01:06.78	01:08.00	100 M	00:58.40	00:56.85	00:59.70	00:58.09
02:30.70	02:32.00	02:28.31	02:29.50	200 M	02:10.50	02:07.75	02:13.25	02:10.38
02:31.16	02:33.00	02:29.15	02:31.00	200 E	02:14.00	02:09.30	02:16.00	02:11.24
05:13.01	05:23.00	05:09.15	05:19.00	400 E	04:50.00	04:40.15	04:56.00	04:45.88
*****	*****	02:05.13	02:10.00	4x50 E	01:55.00	01:48.02	*****	*****
*****	*****	04:41.87	04:47.00	4x100 E	04:13.00	04:03.22	*****	*****

FEMININOS		MASCULINOS	
MAC		MAC	
00:26.79	50 L	00:23.46	
00:57.95	100 L	00:50.83	
02:05.40	200 L	01:51.15	
04:24.10	400 L	03:57.98	
09:06.25	800 L	08:18.75	
17:44.00	1500 L	15:57.60	
00:30.22	50 C	00:26.78	
01:06.03	100 C	00:58.90	
02:22.02	200 C	02:08.25	
00:33.95	50 B	00:29.30	
01:14.10	100 B	01:05.55	
02:41.50	200 B	02:22.50	
00:28.37	50 M	00:24.64	
01:04.60	100 M	00:55.48	
02:22.02	200 M	02:03.97	
02:23.45	200 E	02:07.30	
05:03.05	400 E	04:35.50	