



TAB-1

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA CURTA

2008/2009

FEMININOS				MASCULINOS		
TAC	TAC - 50m	MAC		TAC	TAC - 50m	MAC
00:28.57	00:29.07	00:27.14	50 L	00:24.60	00:25.29	00:23.37
01:01.80	01:03.22	00:58.71	100 L	00:53.40	00:55.12	00:50.73
02:13.70	02:16.36	02:07.02	200 L	01:58.50	02:01.55	01:52.58
04:38.00	04:43.03	04:24.10	400 L	04:11.20	04:17.12	03:58.64
09:35.00	09:41.19	09:06.25	800/1500 L	16:35.10	***	
01:55.20	***	***	4x50 L	01:40.00	16:53.91	15:45.34
04:15.80	01:56.45	***	4x100 L	03:40.00	01:42.23	***
09:03.00	04:18.56	***	4x200 L	08:00.00	03:44.90	***
00:32.75	09:10.80	***	50 C	00:28.80	08:09.06	***
01:10.10	00:34.27	00:30.46	100 C	01:01.30	00:30.51	00:26.78
02:30.20	01:12.52	01:06.60	200 C	02:14.50	01:04.65	00:58.23
00:36.40	02:34.42	02:22.69	50 B	00:31.05	02:20.21	02:07.77
01:17.60	00:37.35	00:33.85	100 B	01:09.00	00:31.98	00:28.88
02:49.00	01:19.47	01:13.72	200 B	02:30.00	01:11.32	01:05.55
00:31.20	02:53.25	02:40.55	50 M	00:26.80	02:34.75	02:22.50
01:09.00	00:31.48	00:29.02	100 M	00:59.50	00:27.49	00:24.92
02:31.48	01:09.60	01:05.55	200 M	02:10.50	01:00.90	00:56.52
01:11.00	02:32.74	02:23.91	100 E	01:02.00	02:13.62	02:03.97
02:31.70	***	01:07.45	200 E	02:14.50	***	00:58.90
05:18.00	02:34.81	02:24.11	400 E	04:45.70	02:18.63	02:07.77
02:09.80	05:23.26	05:02.10	4x50 E	01:54.50	04:54.32	04:31.42
04:41.00	02:12.06	***	4x100 E	04:00.00	01:57.94	***



TAB-2

TORNEIOS ZONAIS DE INFANTIS

Piscina Curta

2008/2009

FEMININOS			MASCULINOS	
Inf. B (97)	Inf. A (96)		Inf. B (96)	Inf. A (95)
TAC	TAC		TAC	TAC
01:13.00	01:10.00	100 L	01:06.50	01:03.00
02:38.00	02:31.00	200 L	02:26.50	02:20.20
05:32.00	05:16.50	400 L	05:05.00	04:53.50
11:36.00	10:50.00	800/1500 L	20:08.00	19:22.00
05:10.00	04:58.00	4x100 L	04:43.00	04:32.00
11:06.00	10:25.50	4x200 L	10:20.00	09:54.00
01:24.00	01:20.00	100 C	01:17.00	01:13.20
03:00.00	02:52.00	200 C	02:45.00	02:37.00
01:35.00	01:30.50	100 B	01:27.50	01:22.00
03:22.00	03:14.50	200 B	03:09.00	02:59.00
01:25.00	01:20.00	100 M	01:17.50	01:12.60
03:15.00	03:00.00	200 M	02:53.50	02:43.50
03:00.00	02:52.00	200 E	02:45.00	02:38.00
06:23.00	06:03.50	400 E	05:50.00	05:35.00
05:53.00	05:37.00	4x100 E	05:26.00	05:07.00

TAB-3

**CAMPEONATOS NACIONAIS DE JUVENIS
PISCINA LONGA
2008/2009**

FEMININOS				MASCULINOS					
Juv. (95)				Juv. B (94)			Juv. A (93)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:06.50	01:05.01	01:03.17	100 L	01:00.00	00:58.12	00:57.00	00:58.50	00:56.67	00:55.58
02:24.00	02:21.18	02:16.80	200 L	02:12.50	02:09.18	02:05.87	02:08.00	02:04.78	02:01.60
05:01.50	04:56.14	04:46.43	400 L	04:40.00	04:33.55	04:26.00	04:31.00	04:24.77	04:17.45
10:18.00	10:11.40	09:47.10	800/1500 L	18:20.00	17:59.66	17:25.00	17:55.00	17:35.04	17:01.25
04:38.50	04:35.53	***	4x100 L	04:15.00	04:09.44	***	04:05.50	04:00.16	***
10:02.50	09:53.96	***	4x200 L	09:15.00	09:04.72	***	08:55.00	08:45.07	***
01:16.00	01:13.47	01:12.20	100 C	01:09.00	01:05.43	01:05.55	01:07.50	01:04.01	01:04.12
02:44.00	02:39.52	02:35.80	200 C	02:29.00	02:22.94	02:21.55	02:25.00	02:19.10	02:17.75
01:26.00	01:23.97	01:21.70	100 B	01:18.00	01:15.46	01:14.10	01:15.50	01:13.04	01:11.73
03:03.00	02:58.51	02:53.85	200 B	02:51.00	02:45.75	02:42.45	02:46.00	02:40.90	02:37.70
01:14.50	01:13.85	01:10.78	100 M	01:06.50	01:04.97	01:03.17	01:04.00	01:02.53	01:00.80
02:43.50	02:42.15	02:35.33	200 M	02:29.00	02:25.52	02:21.55	02:23.00	02:19.66	02:15.85
02:42.00	02:38.74	02:33.90	200 E	02:29.50	02:25.04	02:22.02	02:26.50	02:22.13	02:19.17
05:45.00	05:39.40	05:27.75	400 E	05:21.50	05:12.08	05:05.42	05:12.00	05:02.86	04:56.40
05:15.50	05:10.07	***	4x100 E	04:48.00	04:39.60	***	04:37.00	04:28.90	***

TAB-4

**CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES
PISCINA LONGA**

FEMININOS				2008/09	MASCULINOS			
JUN.	Jun.(25 m)	SEN.	Sen.(25 m)		JUN.	Jun.(25 m)	SEN.	Sen.(25 m)
00:28.85	00:28.36	00:28.45	00:27.96	50 L	00:25.40	00:24.70	00:24.80	00:24.12
01:02.50	01:01.10	01:02.00	01:00.61	100 L	00:55.80	00:54.06	00:53.90	00:52.21
02:15.50	02:12.86	02:14.00	02:11.38	200 L	02:02.50	01:59.42	01:58.70	01:55.72
04:47.00	04:41.89	04:44.50	04:39.43	400 L	04:19.00	04:13.04	04:12.00	04:06.20
09:47.00	09:40.73	09:40.00	09:33.80	800 L	09:00.00	08:49.18	08:45.00	08:34.47
19:15.00	19:05.61	18:55.00	18:45.77	1500 L	17:15.00	16:55.85	16:50.00	16:31.26
02:05.00	02:03.66	02:00.00	01:58.71	4x50 L	01:50.00	01:47.61	01:45.00	01:42.71
04:20.50	04:17.73	04:15.00	04:12.28	4x100 L	03:53.50	03:48.41	03:45.00	03:40.09
09:22.00	09:14.08	09:13.00	09:05.18	4x200 L	08:30.50	08:21.04	08:15.00	08:05.82
00:34.20	00:32.69	00:33.75	00:32.26	50 C	00:30.10	00:28.41	00:29.00	00:27.37
01:11.50	01:09.12	01:10.50	01:08.15	100 C	01:04.00	01:00.69	01:02.00	00:58.79
02:34.70	02:30.47	02:33.50	02:29.30	200 C	02:19.50	02:13.82	02:15.50	02:09.98
00:37.50	00:36.55	00:36.65	00:35.72	50 B	00:33.00	00:32.04	00:31.80	00:30.88
01:21.50	01:19.58	01:18.00	01:16.16	100 B	01:11.50	01:09.17	01:09.50	01:07.24
02:54.00	02:49.73	02:50.00	02:45.83	200 B	02:37.00	02:32.18	02:33.00	02:28.30
00:31.50	00:31.22	00:31.00	00:30.73	50 M	00:27.70	00:27.01	00:26.50	00:25.84
01:10.00	01:09.39	01:08.50	01:07.91	100 M	01:01.00	00:59.60	00:58.40	00:57.06
02:34.50	02:33.23	02:30.50	02:29.26	200 M	02:17.00	02:13.80	02:10.50	02:07.45
02:35.00	02:31.89	02:32.00	02:28.95	200 E	02:19.00	02:14.86	02:15.00	02:10.98
05:26.50	05:21.21	05:20.00	05:14.80	400 E	05:00.00	04:51.20	04:53.00	04:44.41
02:20.00	02:17.60	02:15.00	02:12.69	4x50 E	02:05.00	02:01.36	02:00.00	01:56.50
04:58.00	04:52.87	04:50.00	04:45.02	4x100 E	04:23.00	04:15.33	04:15.00	04:07.55

FEMININOS			MASCULINOS	
Jun. - MAC	Sen. - MAC		Jun. - MAC	Sen. - MAC
00:27.41	00:27.03	50 L	00:24.13	00:23.56
00:59.38	00:58.90	100 L	00:53.01	00:51.21
02:08.73	02:07.30	200 L	01:56.37	01:52.76
04:32.65	04:30.28	400 L	04:06.05	03:59.40
09:17.65	09:11.00	800 L	08:33.00	08:18.75
18:17.25	17:58.25	1500 L	16:23.25	15:59.50
00:31.81	00:31.39	50 C	00:27.99	00:26.97
01:07.93	01:06.98	100 C	01:00.80	00:58.90
02:26.96	02:25.82	200 C	02:12.52	02:08.73
00:34.87	00:34.08	50 B	00:30.69	00:29.57
01:17.43	01:14.10	100 B	01:07.93	01:06.03
02:45.30	02:41.50	200 B	02:29.15	02:25.35
00:29.30	00:28.83	50 M	00:25.76	00:24.64
01:06.50	01:05.08	100 M	00:57.95	00:55.48
02:26.78	02:22.98	200 M	02:10.15	02:03.97
02:27.25	02:24.40	200 E	02:12.05	02:08.25
05:10.17	05:04.00	400 E	04:45.00	04:38.35

TAB-5

CAMPEONATOS NACIONAIS DE JUVENIS

PISCINA LONGA

2008/09

FEMININOS				MASCULINOS					
Juv. (95)				Juv. B (94)			Juv. A (93)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:05.50	01:04.03	01:02.23	100 L	00:59.50	00:57.64	00:56.52	00:57.80	00:55.99	00:54.91
02:22.00	02:19.23	02:14.90	200 L	02:10.50	02:07.22	02:03.97	02:07.00	02:03.82	02:00.65
04:58.00	04:52.71	04:43.10	400 L	04:37.00	04:30.62	04:23.15	04:29.00	04:22.82	04:15.55
10:10.00	10:03.50	09:39.50	800/1500 L	18:05.00	17:44.93	17:10.75	17:45.00	17:25.27	16:51.75
04:35.00	04:32.07	***	4x100 L	04:12.00	04:06.51	***	04:04.00	03:58.69	***
09:55.00	09:46.58	***	4x200 L	09:10.00	08:59.79	***	08:52.00	08:42.10	***
01:15.00	01:12.50	01:11.25	100 C	01:08.50	01:04.96	***	01:07.00	01:03.53	01:03.65
02:41.50	02:37.08	02:33.42	200 C	02:27.50	02:21.50	01:05.08	02:24.00	02:18.14	02:16.80
01:24.30	01:22.31	01:20.09	100 B	01:16.50	01:14.00	02:20.13	01:14.50	01:12.07	01:10.78
03:01.00	02:56.56	02:51.95	200 B	02:48.00	02:42.84	01:12.68	02:44.00	02:38.97	02:35.80
01:13.00	01:12.37	01:09.35	100 M	01:05.50	01:03.99	02:39.60	01:03.00	01:01.55	00:59.9
02:41.00	02:39.68	02:32.95	200 M	02:26.50	02:23.07	01:02.23	02:20.00	02:16.73	02:13.0
02:40.00	02:36.79	02:32.00	200 E	02:28.00	02:23.56	02:19.17	02:25.00	02:20.68	02:17.8
05:42.00	05:36.44	05:24.90	400 E	05:18.00	05:08.68	02:20.60	05:09.00	04:59.94	04:53.5
05:12.00	05:06.64	***	4x100 E	04:45.00	04:36.67	05:02.10	04:35.00	04:26.96	***

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA LONGA

2008/09

FEMININOS			MASCULINOS		
TAC 1	25 m	MAC	TAC 1	25 m	MAC
00:28.45	00:27.96	00:27.03	50 L	00:24.80	00:23.56
01:02.00	01:00.61	00:58.90	100 L	00:53.90	00:51.21
02:14.00	02:11.38	02:07.30	200 L	01:58.70	01:55.72
04:44.50	04:39.43	04:30.28	400 L	04:12.00	04:06.20
09:40.00	09:33.80	09:11.00	800 L	08:45.00	08:34.47
18:55.00	18:45.77	17:58.25	1500 L	16:50.00	16:31.26
02:00.00	01:58.71	***	4x50 L	01:45.00	01:42.71
04:15.00	04:12.28	***	4x100 L	03:45.00	03:40.09
09:13.00	09:05.18	***	4x200 L	08:15.00	08:05.82
00:33.75	00:32.26	00:31.39	50 C	00:29.00	00:27.37
01:10.50	01:08.15	01:06.98	100 C	01:02.00	00:58.79
02:33.50	02:29.30	02:25.82	200 C	02:15.50	02:09.98
00:36.65	00:35.72	00:34.08	50 B	00:31.80	00:30.88
01:18.00	01:16.16	01:14.10	100 B	01:09.50	01:07.24
02:50.00	02:45.83	02:41.50	200 B	02:33.00	02:28.30
00:31.00	00:30.73	00:28.83	50 M	00:26.50	00:25.84
01:08.50	01:07.91	01:05.08	100 M	00:58.40	00:57.06
02:30.50	02:29.26	02:22.98	200 M	02:10.50	02:07.45
02:32.00	02:28.95	02:24.40	200 E	02:15.00	02:10.98
05:20.00	05:14.80	05:04.00	400 E	04:53.00	04:44.41
02:15.00	02:12.69	***	4x50 E	02:00.00	01:56.50
04:50.00	04:45.02	***	4x100 E	04:15.00	04:07.55

CAMPEONATOS NACIONAIS DE INFANTIS**PISCINA LONGA**

2008/09

	FEMININOS			
	Inf B (97)	Inf B - MAC	Inf A (96)	Inf A - MAC
100 L	01:11.00	01:07.45	01:07.80	01:04.41
200 L	02:34.00	02:26.30	02:27.00	02:19.65
400 L	05:23.00	05:06.85	05:09.00	04:53.55
800 L	10:58.00	10:25.10	10:30.00	09:58.50
4x100 L	05:00.00	***	04:45.00	***
4x200 L	10:45.00	***	10:16.00	***
100 C	01:21.80	01:17.71	01:18.00	01:14.10
200 C	02:55.00	02:46.25	02:47.50	02:39.12
100 B	01:32.00	01:27.40	01:27.50	01:23.12
200 B	03:16.00	03:06.20	03:08.00	02:58.60
100 M	01:22.00	01:17.90	01:17.20	01:13.34
200 M	03:03.00	02:53.85	02:51.00	02:42.45
200 E	02:55.00	02:46.25	02:47.00	02:38.65
400 E	06:12.00	05:53.40	05:55.20	05:37.44
4x100 E	05:45.00	***	05:25.00	***

	MASCULINOS			
	Inf B (96)	Inf B - MAC	Inf A (95)	Inf A - MAC
100 L	01:05.00	01:01.75	01:02.00	00:58.90
200 L	02:23.00	02:15.85	02:16.50	02:09.68
400 L	05:00.00	04:45.00	04:50.00	04:35.50
1500 L	19:40.00	18:41.00	18:52.00	17:55.40
4x100 L	04:35.50	***	04:23.00	***
4x200 L	10:00.00	***	09:32.00	***
100 C	01:15.00	01:11.25	01:11.50	01:07.93
200 C	02:41.00	02:32.95	02:34.00	02:26.30
100 B	01:25.50	01:21.23	01:20.60	01:16.57
200 B	03:05.00	02:55.75	02:56.50	02:47.67
100 M	01:14.50	01:10.78	01:10.00	01:06.50
200 M	02:46.00	02:37.70	02:36.00	02:28.20
200 E	02:42.50	02:34.37	02:35.00	02:27.25
400 E	05:43.50	05:26.32	05:30.00	05:13.50
4x100 E	05:15.00	***	04:57.00	***