



Época 2009/2010

CAMPEONATOS REGIONAIS JÚNIORES E SENIORES

ANDL - ANC - ANA

COIMBRA - 26 a 28 FEVEREIRO 2010

Piscina Longa

TABELA 4



FEMININOS					MASCULINOS			
Juniore (95+94)		Seniores(93+Velhas)			Juniore (93+92)		Seniores (91+Velhos)	
TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m	Provas	TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m
00:33,18	00:32,61	00:32,72	00:32,19	50 Livres (85%)	00:29,21	00:28,68	00:28,52	00:28,00
01:11,87	01:10,52	01:11,30	01:09,97	100 Livres (85%)	01:03,82	01:02,35	01:01,98	01:00,55
02:35,82	02:33,61	02:34,10	02:31,92	200 Livres (85%)	02:20,87	02:17,42	02:16,50	02:16,50
05:30,05	05:25,70	05:23,15	05:18,85	400 Livres (85%)	04:57,85	04:51,39	04:49,80	04:49,80
11:15,05	11:05,26	11:07,00	10:57,49	800 Livres (85%)	10:21,00	10:09,48	10:03,75	09:52,41
22:08,25	21:57,44	21:45,25	21:34,29	1.500 Livres (85%)	19:44,50	19:23,46	19:21,50	19:00,95
02:23,75	02:23,16	02:13,40	02:12,86	4x50 Livres (85%)	02:06,50	02:06,30	01:57,87	01:57,64
04:59,57	04:58,28	04:52,10	04:50,71	4x100 Livres (85%)	04:28,53	04:27,00	04:16,45	04:14,94
10:46,30	10:43,28	10:32,50	10:29,72	4x200 Livres (85%)	09:47,07	09:41,38	09:23,50	09:18,14
00:39,33	00:37,67	00:38,81	00:37,18	50 Costas (85%)	00:34,62	00:32,67	00:33,35	00:31,48
01:22,23	01:19,91	01:21,08	01:18,76	100 Costas (85%)	01:13,60	01:10,14	01:11,30	01:07,93
02:57,90	02:53,25	02:56,53	02:51,90	200 Costas (85%)	02:40,42	02:33,40	02:35,82	02:28,95
00:43,13	00:42,29	00:42,15	00:41,35	50 Bruços (85%)	00:37,95	00:36,75	00:36,57	00:35,43
01:32,40	01:30,40	01:29,70	01:27,78	100 Bruços (85%)	01:22,23	01:19,80	01:19,93	01:17,53
03:20,10	03:15,65	03:15,50	03:11,13	200 Bruços (85%)	03:00,55	02:55,47	02:55,95	02:50,94
00:36,22	00:35,80	00:35,65	00:35,24	50 Mariposa (85%)	00:31,86	00:31,13	00:30,47	00:29,77
01:20,50	01:19,38	01:18,77	01:17,67	100 Mariposa (85%)	01:10,15	01:09,05	01:07,16	01:06,08
02:57,67	02:55,56	02:53,07	02:51,02	200 Mariposa (85%)	02:36,40	02:33,10	02:30,07	02:26,92
02:58,25	02:55,81	02:54,80	02:52,47	200 Estilos (85%)	02:39,85	02:35,28	02:35,25	02:30,80
06:15,48	06:10,02	06:08,00	06:02,72	400 Estilos (85%)	05:45,00	05:36,13	05:36,95	05:28,31
02:41,00	02:39,71	02:29,50	02:28,36	4x50 Estilos (85%)	02:23,75	02:21,30	02:12,25	02:09,95
05:42,70	05:39,86	05:30,05	05:27,34	4x100 Estilos (85%)	05:02,45	04:56,38	04:50,95	04:44,79