



Época 2009/2010



# CAMPEONATOS REGIONAIS VERÃO DE JUVENIS

ANDL - ANC - ANA

COIMBRA - 16 e 17 JULHO 2010

Piscina Longa

TABELA 6

FEMININOS			MASCULINOS			
JUV (1996)			JUV B (1995)		JUV A (1994)	
TAC - 50m	TAC - 25m	Provas	TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m
01:15,33	01:13,91	100 Livres (85%)	01:08,42	01:06,83	01:06,47	01:04,94
02:43,30	02:41,01	200 Livres (85%)	02:30,07	02:26,39	02:26,05	02:22,50
05:42,70	05:38,22	400 Livres (85%)	05:18,55	05:11,64	05:09,35	05:02,77
11:35,75	11:26,01	800 Livres (85%)				
		1.500 Livres (85%)	20:42,00	20:20,36	20:14,40	19:53,26
05:16,25	05:14,84	4x100 Livres (85%)	04:49,80	04:47,98	04:40,60	04:38,97
11:24,25	11:21,49	4x200 Livres (85%)	10:32,50	10:26,42	10:11,80	10:05,90
01:26,25	01:23,79	100 Costas (85%)	01:18,77	01:15,05	01:17,05	01:13,44
03:05,72	03:00,87	200 Costas (85%)	02:49,62	02:42,22	02:45,60	02:38,33
01:36,94	01:34,86	100 Bruços (85%)	01:27,97	01:25,36	01:25,68	01:23,13
03:28,15	03:23,58	200 Bruços (85%)	03:13,20	03:07,70	03:08,60	03:03,33
01:23,95	01:22,82	100 Mariposa (85%)	01:15,33	01:14,12	01:12,45	01:11,31
03:05,15	03:03,01	200 Mariposa (85%)	02:48,47	02:44,91	02:41,00	02:37,63
03:04,00	03:01,53	200 Estilos (85%)	02:50,20	02:45,36	02:46,75	02:42,05
06:33,30	06:28,53	400 Estilos (85%)	06:05,70	05:56,32	05:55,35	05:46,30
05:58,80	05:55,88	4x100 Estilos (85%)	05:27,75	05:20,80	05:16,25	05:09,52