ANEXO

TEMPOS DE ADMISSÃO AOS CAMPEONATOS NACIONAIS

TAB-1

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA CURTA

FEMININOS				2009/10	MASCULINOS			
1995		1994 e + VELHAS			1992 e + VELHOS		1993	
TAC-50m	**TAC**	*TAC-50m*	**TAC**		**TAC**	*TAC-50m*	**TAC**	*TAC-50m*
00:29.57	**00:29.07**	*00:28.98*	**00:28.50**	**50 L**	**00:24.60**	*00:25.06*	**00:25.09**	*00:25.55*
01:04.28	**01:03.04**	*01:03.02*	**01:01.80**	**100 L**	**00:53.00**	*00:54.28*	**00:54.50**	*00:55.82*
02:17.71	**02:15.66**	*02:14.96*	**02:13.00**	**200 L**	**01:58.50**	*02:01.51*	**02:00.87**	*02:03.99*
04:47.54	**04:43.56**	*04:41.90*	**04:38.00**	**400 L**	**04:11.20**	*04:16.86*	**04:16.22**	*04:21.92*
09:55.24	**09:46.50**	*09:43.57*	**09:35.00**	**800 L**	********	******	********	******
******	********	******	********	**1500 L**	**16:35.00**	*16:53.12*	**16:54.90**	*17:13.29*
******	********	*01:55.53*	**01:55.00**	**4x50 L**	**01:40.00**	*01:40.21*	********	******
******	********	*04:16.22*	**04:15.00**	**4x100 L**	**03:40.00**	*03:41.47*	********	******
******	********	*09:05.75*	**09:03.00**	**4x200 L**	**08:00.00**	*08:04.91*	********	******
00:34.04	**00:32.60**	*00:34.04*	**00:32.60**	**50 C**	**00:28.80**	*00:30.51*	**00:28.80**	*00:30.51*
01:13.30	**01:11.20**	*01:11.87*	**01:09.80**	**100 C**	**01:01.30**	*01:04.37*	**01:02.53**	*01:05.65*
02:37.41	**02:33.20**	*02:34.24*	**02:30.20**	**200 C**	**02:14.50**	*02:20.74*	**02:17.19**	*02:23.58*
00:37.11	**00:36.40**	*00:37.11*	**00:36.40**	**50 B**	**00:31.00**	*00:32.01*	**00:31.00**	*00:32.01*
01:20.93	**01:19.15**	*01:19.33*	**01:17.60**	**100 B**	**01:09.00**	*01:11.16*	**01:10.38**	*01:12.58*
02:55.88	**02:51.87**	*02:52.40*	**02:48.50**	**200 B**	**02:30.00**	*02:34.40*	**02:33.00**	*02:37.53*
00:31.59	**00:31.20**	*00:31.59*	**00:31.20**	**50 M**	**00:26.80**	*00:27.44*	**00:26.80**	*00:27.44*
01:11.07	**01:10.07**	*01:09.67*	**01:08.70**	**100 M**	**00:59.20**	*01:00.18*	**01:00.38**	*01:01.38*
02:35.99	**02:34.02**	*02:32.83*	**02:31.00**	**200 M**	**02:10.50**	*02:13.33*	**02:13.20**	*02:16.09*
	01:12.42	******	**01:11.00**	**100 E**	**01:02.00**	******	**01:03.24**	******
02:36.70	**02:34.53**	*02:33.62*	**02:31.50**	**200 E**	**02:14.00**	*02:18.02*	**02:16.88**	*02:20.92*
05:29.15	**05:24.36**	*05:22.68*	**05:18.00**	**400 E**	**04:45.70**	*04:53.37*	**04:52.50**	*05:00.38*
******	********	*02:10.91*	**02:09.80**	**4x50 E**	**01:54.50**	*01:56.55*	********	******
******	********	*04:43.48*	**04:41.00**	**4x100 E**	**04:00.00**	*04:05.35*	********	******

FEMININOS		MASCULINOS
MAC		***MAC***
00:27.07	**50 L**	*00:23.37*
00:58.71	**100 L**	*00:50.35*
02:06.35	**200 L**	*01:52.58*
04:24.10	**400 L**	*03:58.64*
09:06.25	**800 L**	******
******	**1500 L**	*15:45.25*
00:30.32	**50 C**	*00:26.50*
01:06.31	**100 C**	*00:58.23*
02:22.69	**200 C**	*02:07.77*
00:33.85	**50 B**	*00:28.52*
01:13.72	**100 B**	*01:05.55*
02:40.08	**200 B**	*02:22.50*
00:29.02	**50 M**	*00:24.66*
01:05.27	**100 M**	*00:56.24*
02:23.45	**200 M**	*02:03.97*
01:07.35	**100 E**	*00:57.04*
02:23.92	**200 E**	*02:07.30*
05:02.10	**400 E**	*04:31.42*

TAB-2

TORNEIOS ZONAIS DE INFANTIS

Piscina Curta

2009 / 2010

FEMININOS			MASCULINOS	
Inf. B (98)	Inf. A (97)		Inf. B (97)	Inf. A (96)
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 L / 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

INVERNO - PISCINA LONGA

2009 / 2010

FEMININOS				MASCULINOS					
Juvenis (96)				Juvenis B (95)			Juvenis A (94)		
TAC	*25m*	MAC		**TAC**	*25m*	MAC	**TAC**	*25m*	MAC
01:06.50	*01:05.25*	01:03.17	**100 L**	**01:00.00**	*00:58.62*	00:57.00	**00:58.50**	*00:57.16*	00:55.58
02:24.00	*02:21.96*	02:16.80	**200 L**	**02:12.50**	*02:09.23*	02:05.87	**02:08.00**	*02:04.87*	02:01.60
05:01.50	*04:57.62*	04:46.43	**400 L**	**04:40.00**	*04:34.01*	04:26.00	**04:31.00**	*04:25.16*	04:17.45
10:18.00	*10:09.13*	09:47.10	**800/1500 L**	**18:20.00**	*18:00.68*	17:25.00	**17:55.00**	*17:36.05*	17:01.25
04:38.50	*04:37.22*	*****	**4x100 L**	**04:15.00**	*04:13.54*	*****	**04:05.50**	*04:04.11*	*****
10:02.50	*09:59.98*	*****	**4x200 L**	**09:15.00**	*09:09.46*	*****	**08:55.00**	*08:49.97*	*****
01:16.00	*01:13.87*	01:12.20	**100 C**	**01:09.00**	*01:05.73*	01:05.55	**01:07.50**	*01:04.30*	01:04.12
02:44.00	*02:39.73*	02:35.80	**200 C**	**02:29.00**	*02:22.47*	02:21.55	**02:25.00**	*02:18.58*	02:17.75
01:26.00	*01:24.14*	01:21.70	**100 B**	**01:18.00**	*01:15.70*	01:14.10	**01:15.50**	*01:13.26*	01:11.73
03:03.00	*02:58.87*	02:53.85	**200 B**	**02:51.00**	*02:46.23*	02:42.45	**02:46.00**	*02:41.34*	02:37.70
01:14.50	*01:13.47*	01:10.78	**100 M**	**01:06.50**	*01:05.43*	01:03.17	**01:04.00**	*01:02.97*	01:00.80
02:43.50	*02:41.56*	02:35.33	**200 M**	**02:29.00**	*02:25.94*	02:21.55	**02:23.00**	*02:20.00*	02:15.85
02:42.00	*02:39.87*	02:33.90	**200 E**	**02:29.50**	*02:25.26*	02:22.02	**02:26.50**	*02:22.37*	02:19.17
05:45.00	*05:40.20*	05:27.75	**400 E**	**05:21.50**	*05:13.35*	05:05.42	**05:12.00**	*05:04.05*	04:56.40
05:15.50	*05:13.01*	*****	**4x100 E**	**04:48.00**	*04:41.94*	*****	**04:37.00**	*04:31.12*	*****

TAB-4

CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES

PISCINA LONGA

FEMININOS				2009/10	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**	*00:27.99*	**50 L**	**00:25.40**	*00:24.94*	**00:24.80**	*00:24.35*
01:02.50	*01:01.32*	**01:02.00**	*01:00.84*	**100 L**	**00:55.50**	*00:54.22*	**00:53.90**	*00:52.65*
02:15.50	*02:13.57*	**02:14.00**	*02:12.10*	**200 L**	**02:02.50**	*01:59.50*	**01:58.70**	*01:55.76*
04:47.00	*04:43.22*	**04:41.00**	*04:37.26*	**400 L**	**04:19.00**	*04:13.38*	**04:12.00**	*04:06.59*
09:47.00	*09:38.49*	**09:40.00**	*09:31.73*	**800 L**	**09:00.00**	*08:49.98*	**08:45.00**	*08:35.14*
19:15.00	*19:05.60*	**18:55.00**	*18:45.47*	**1500 L**	**17:10.00**	*16:51.70*	**16:50.00**	*16:32.13*
02:05.00	*02:04.49*	**01:56.00**	*01:55.53*	**4x50 L**	**01:50.00**	*01:49.83*	**01:42.50**	*01:42.30*
04:20.50	*04:19.37*	**04:14.00**	*04:12.79*	**4x100 L**	**03:53.50**	*03:52.17*	**03:43.00**	*03:41.69*
09:22.00	*09:19.45*	**09:10.00**	*09:07.58*	**4x200 L**	**08:30.50**	*08:25.55*	**08:10.00**	*08:05.34*
00:34.20	*00:32.76*	**00:33.75**	*00:32.33*	**50 C**	**00:30.10**	*00:28.41*	**00:29.00**	*00:27.37*
01:11.50	*01:09.49*	**01:10.50**	*01:08.49*	**100 C**	**01:04.00**	*01:00.99*	**01:02.00**	*00:59.07*
02:34.70	*02:30.65*	**02:33.50**	*02:29.48*	**200 C**	**02:19.50**	*02:13.39*	**02:15.50**	*02:09.52*
00:37.50	*00:36.77*	**00:36.65**	*00:35.96*	**50 B**	**00:33.00**	*00:31.96*	**00:31.80**	*00:30.81*
01:20.35	*01:18.61*	**01:18.00**	*01:16.33*	**100 B**	**01:11.50**	*01:09.39*	**01:09.50**	*01:07.42*
02:54.00	*02:50.13*	**02:50.00**	*02:46.20*	**200 B**	**02:37.00**	*02:32.58*	**02:33.00**	*02:28.64*
00:31.50	*00:31.13*	**00:31.00**	*00:30.64*	**50 M**	**00:27.70**	*00:27.07*	**00:26.50**	*00:25.89*
01:10.00	*01:09.03*	**01:08.50**	*01:07.54*	**100 M**	**01:01.00**	*01:00.04*	**00:58.40**	*00:57.46*
02:34.50	*02:32.66*	**02:30.50**	*02:28.71*	**200 M**	**02:16.00**	*02:13.13*	**02:10.50**	*02:07.76*
02:35.00	*02:32.88*	**02:32.00**	*02:29.97*	**200 E**	**02:19.00**	*02:15.03*	**02:15.00**	*02:11.13*
05:26.50	*05:21.76*	**05:20.00**	*05:15.41*	**400 E**	**05:00.00**	*04:52.29*	**04:53.00**	*04:45.49*
02:20.00	*02:18.88*	**02:10.00**	*02:09.01*	**4x50 E**	**02:05.00**	*02:02.87*	**01:55.00**	*01:53.00*
04:58.00	*04:55.53*	**04:47.00**	*04:44.64*	**4x100 E**	**04:23.00**	*04:17.42*	**04:13.00**	*04:07.64*

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**	00:52.72	00:51.21
02:08.73	02:07.30	**200 L**	01:56.37	01:52.76
04:32.65	04:26.95	**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**	16:18.50	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
01:16.33	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**	02:09.20	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 INFANTIS

PISCINA LONGA

2009 / 2010

	FEMININOS					
	Infantis B (98)			Infantis A (97)		
	TAC	*TAC – 25m*	MAC	**TAC**	*TAC – 25m*	MAC
100 L	**01:11.00**	*01:09.69*	01:07.45	**01:07.80**	*01:06.51*	01:04.41
200 L	**02:34.00**	*02:31.87*	02:26.30	**02:27.00**	*02:24.91*	02:19.65
400 L	**05:23.00**	*05:18.91*	05:06.85	**05:09.00**	*05:04.98*	04:53.55
800 L	**10:58.00**	*10:48.49*	10:25.10	**10:30.00**	*10:21.18*	09:58.50
4x100 L	**05:00.00**	*04:58.60*	*****	**04:45.00**	*04:43.81*	*****
4x200 L	**10:45.00**	*10:42.34*	*****	**10:16.00**	*10:13.62*	*****
100 C	**01:21.80**	*01:19.49*	01:17.71	**01:18.00**	*01:15.80*	01:14.10
200 C	**02:55.00**	*02:50.44*	02:46.25	**02:47.50**	*02:43.21*	02:39.12
100 B	**01:32.00**	*01:30.07*	01:27.40	**01:27.50**	*01:25.66*	01:23.12
200 B	**03:16.00**	*03:11.70*	03:06.20	**03:08.00**	*03:03.78*	02:58.60
100 M	**01:22.00**	*01:20.86*	01:17.90	**01:17.20**	*01:16.14*	01:13.34
200 M	**03:03.00**	*03:00.82*	02:53.85	**02:51.00**	*02:48.96*	02:42.45
200 E	**02:55.00**	*02:52.62*	02:46.25	**02:47.00**	*02:44.81*	02:38.65
400 E	**06:12.00**	*06:06.81*	05:53.40	**05:55.20**	*05:50.16*	05:37.44
4x100 E	**05:45.00**	*05:42.19*	*****	**05:25.00**	*05:22.26*	*****

	MASCULINOS					
	Infantis B (97)			Infantis A (96)		
	TAC	*TAC – 25m*	MAC	**TAC**	*TAC – 25m*	MAC
100 L	**01:05.00**	*01:03.49*	01:01.75	**01:02.00**	01:00.59	00:58.90
200 L	**02:23.00**	*02:19.48*	02:15.85	**02:16.50**	02:13.17	02:09.68
400 L	**05:00.00**	*04:53.60*	04:45.00	**04:50.00**	04:43.76	04:35.50
1500 L	**19:40.00**	*19:19.19*	18:41.00	**18:52.00**	18:32.45	17:55.40
4x100 L	**04:35.50**	*04:34.01*	*****	**04:23.00**	04:21.38	*****
4x200 L	**10:00.00**	*09:54.13*	*****	**09:32.00**	09:26.60	*****
100 C	**01:15.00**	*01:11.51*	01:11.25	**01:11.50**	01:08.13	01:07.93
200 C	**02:41.00**	*02:33.96*	02:32.95	**02:34.00**	02:27.30	02:26.30
100 B	**01:25.50**	*01:22.96*	01:21.23	**01:20.60**	01:18.24	01:16.57
200 B	**03:05.00**	*02:59.90*	02:55.75	**02:56.50**	02:51.48	02:47.67
100 M	**01:14.50**	*01:13.35*	01:10.78	**01:10.00**	01:08.91	01:06.50
200 M	**02:46.00**	*02:42.58*	02:37.70	**02:36.00**	02:32.77	02:28.20
200 E	**02:42.50**	*02:37.96*	02:34.37	**02:35.00**	02:30.55	02:27.25
400 E	**05:43.50**	*05:34.84*	05:26.32	**05:30.00**	05:21.62	05:13.50
4x100 E	**05:15.00**	*05:08.49*	*****	**04:57.00**	04:50.65	*****

TAB-6

CAMPEONATOS NACIONAIS DE JUVENIS

VERÃO - PISCINA LONGA

2009 / 2010

FEMININOS				MASCULINOS					
Juv. (96)				Juv. B (95)			Juv. A (94)		
TAC	*25m*	MAC		**TAC**	*25m*	MAC	**TAC**	*25m*	MAC
01:05.50	*01:04.27*	01:02.23	**100 L**	**00:59.50**	*00:58.11*	00:56.52	**00:57.80**	*00:56.47*	00:54.91
02:22.00	*02:20.01*	02:14.90	**200 L**	**02:10.50**	*02:07.30*	02:03.97	**02:07.00**	*02:03.91*	02:00.65
04:58.00	*04:54.10*	04:43.10	**400 L**	**04:37.00**	*04:30.99*	04:23.15	**04:29.00**	*04:23.28*	04:15.55
10:05.00	*09:56.53*	09:34.75	**800/1500 L**	**18:00.00**	*17:41.18*	17:06.00	**17:36.00**	*17:17.62*	16:43.20
04:35.00	*04:33.77*	*****	**4x100 L**	**04:12.00**	*04:10.42*	*****	**04:04.00**	*04:02.58*	*****
09:55.00	*09:52.60*	*****	**4x200 L**	**09:10.00**	*09:04.71*	*****	**08:52.00**	*08:46.87*	*****
01:15.00	*01:12.86*	01:11.25	**100 C**	**01:08.50**	*01:05.26*	01:05.08	**01:07.00**	*01:03.86*	01:03.65
02:41.50	*02:37.28*	02:33.42	**200 C**	**02:27.50**	*02:21.06*	02:20.13	**02:24.00**	*02:17.68*	02:16.80
01:24.30	*01:22.49*	01:20.09	**100 B**	**01:16.50**	*01:14.23*	01:12.68	**01:14.50**	*01:12.29*	01:10.78
03:01.00	*02:57.03*	02:51.95	**200 B**	**02:48.00**	*02:43.22*	02:39.60	**02:44.00**	*02:39.42*	02:35.80
01:13.00	*01:12.02*	01:09.35	**100 M**	**01:05.50**	*01:04.45*	01:02.23	**01:03.00**	*01:02.01*	00:59.85
02:41.00	*02:39.14*	02:32.95	**200 M**	**02:26.50**	*02:23.40*	02:19.17	**02:20.00**	*02:17.07*	02:13.00
02:40.00	*02:37.85*	02:32.00	**200 E**	**02:28.00**	*02:23.79*	02:20.60	**02:25.00**	*02:20.91*	02:17.75
05:42.00	*05:37.05*	05:24.90	**400 E**	**05:18.00**	*05:09.84*	05:02.10	**05:09.00**	*05:01.13*	04:53.55
05:12.00	*05:09.46*	*****	**4x100 E**	**04:45.00**	*04:38.96*	*****	**04:35.00**	*04:29.15*	*****

TAB-7

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA LONGA

FEMININOS				2009/10	MASCULINOS			
1995		1994 e + VELHAS			1992 e + VELHOS		1993	
TAC-25m	**TAC**	*TAC-25m*	**TAC**		**TAC**	*TAC-25m*	**TAC**	*TAC-25m*
00:28.19	**00:28.65**	*00:27.99*	**00:28.45**	**50 L**	**00:24.80**	*00:24.35*	**00:25.10**	*00:24.64*
01:01.06	**01:02.25**	*01:00.84*	**01:02.00**	**100 L**	**00:53.90**	*00:52.65*	**00:54.80**	*00:53.52*
02:12.79	**02:14.75**	*02:12.10*	**02:14.00**	**200 L**	**01:58.70**	*01:55.76*	**02:00.60**	*01:57.66*
04:41.98	**04:45.75**	*04:37.26*	**04:41.00**	**400 L**	**04:12.00**	*04:06.59*	**04:15.50**	*04:10.02*
09:35.07	**09:43.50**	*09:31.73*	**09:40.00**	**800 L**	**08:45.00**	*08:35.14*	**08:52.50**	*08:42.48*
18.55.68	**19:05.00**	*18.45.47*	**18:55.00**	**1500 L**	**16:50.00**	*16:32.13*	**17:02.50**	*16:44.83*
*****	*****	*01:55.53*	**01:56.00**	**4x50 L**	**01:42.50**	*01:42.30*	*****	*****
*****	*****	*04:12.79*	**04:14.00**	**4x100 L**	**03:43.00**	*03:41.69*	*****	*****
*****	*****	*09:07.58*	**09:10.00**	**4x200 L**	**08:10.00**	*08:05.34*	*****	*****
00:32.33	**00:33.75**	*00:32.33*	**00:33.75**	**50 C**	**00:29.00**	*00:27.37*	**00:29.00**	*00:27.37*
01:09.00	**01:11.00**	*01:08.49*	**01:10.50**	**100 C**	**01:02.00**	*00:59.07*	**01:03.00**	*01:00.02*
02:30.11	**02:34.10**	*02:29.48*	**02:33.50**	**200 C**	**02:15.50**	*02:09.52*	**02:17.50**	*02:11.47*
00:35.96	**00:36.65**	*00:35.96*	**00:36.65**	**50 B**	**00:31.80**	*00:30.81*	**00:31.80**	*00:30.81*
01:18.06	**01:19.75**	*01:16.33*	**01:18.00**	**100 B**	**01:09.50**	*01:07.42*	**01:10.50**	*01:08.42*
02:48.12	**02:52.00**	*02:46.20*	**02:50.00**	**200 B**	**02:33.00**	*02:28.64*	**02:35.00**	*02:30.60*
00:30.64	**00:31.00**	*00:30.64*	**00:31.00**	**50 M**	**00:26.50**	*00:25.89*	**00:26.50**	*00:25.89*
01:08.29	**01:09.25**	*01:07.54*	**01:08.50**	**100 M**	**00:58.40**	*00:57.46*	**00:59.70**	*00:58.72*
02:30.73	**02:32.50**	*02:28.71*	**02:30.50**	**200 M**	**02:10.50**	*02:07.76*	**02:13.25**	*02:10.44*
02:31.44	**02:33.50**	*02:29.97*	**02:32.00**	**200 E**	**02:15.00**	*02:11.13*	**02:17.00**	*02:13.13*
05:18.88	**05:23.50**	*05:15.41*	**05:20.00**	**400 E**	**04:53.00**	*04:45.49*	**04:56.50**	*04:48.97*
*****	*****	*02:09.01*	**02:10.00**	**4x50 E**	**01:55.00**	*01:53.00*	*****	*****
*****	*****	*04:44.64*	**04:47.00**	**4x100 E**	**04:13.00**	*04:07.64*	*****	*****

FEMININOS		MASCULINOS
MAC		***MAC***
00:27.03	**50 L**	*00:23.56*
00:58.90	**100 L**	*00:51.21*
02:07.30	**200 L**	*01:52.76*
04:26.95	**400 L**	*03:59.40*
09:11.00	**800 L**	*08:18.75*
17:58.25	**1500 L**	*15:59.50*
00:31.39	**50 C**	*00:26.97*
01:06.98	**100 C**	*00:58.90*
02:25.82	**200 C**	*02:08.73*
00:34.08	**50 B**	*00:29.57*
01:14.10	**100 B**	*01:06.03*
02:41.50	**200 B**	*02:25.35*
00:28.83	**50 M**	*00:24.64*
01:05.08	**100 M**	*00:55.48*
02:22.98	**200 M**	*02:03.97*
02:24.40	**200 E**	*02:08.25*
05:04.00	**400 E**	*04:38.35*