



Época 2009/2010

CAMPEONATOS REGIONAIS ABSOLUTOS

ANDL - ANC - ANA

COIMBRA - 16 e 17 JULHO 2010

Piscina Longa

TABELA 7

FEMININOS				Provas	MASCULINOS			
1995		1994 + Velhas			1993		1994 + Velhos	
TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m		TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m
00:32,95	00:32,42	00:32,72	00:32,19	50 Livres (85%)	00:28,86	00:30,64	00:28,52	00:28,00
01:11,59	01:10,22	01:11,30	01:09,97	100 Livres (85%)	01:03,02	01:01,55	01:01,98	01:00,55
02:34,96	02:32,71	02:34,10	02:31,92	200 Livres (85%)	02:18,69	02:15,31	02:16,50	02:16,50
05:28,61	05:24,28	05:23,15	05:18,85	400 Livres (85%)	04:53,82	04:47,52	04:49,80	04:49,80
11:11,02	11:01,33	11:07,00	10:57,49	800 Livres (85%)	10:12,37	10:00,85	10:03,75	09:52,41
21:56,75	21:46,03	21:45,25	21:34,29	1.500 Livres (85%)	19:35,88	19:15,55	19:21,50	19:00,95
		02:13,40	02:12,86	4x50 Livres (85%)			01:57,87	01:57,64
		04:52,10	04:50,71	4x100 Livres (85%)			04:16,45	04:14,94
		10:32,50	10:29,72	4x200 Livres (85%)			09:23,50	09:18,14
00:38,81	00:38,81	00:38,81	00:37,18	50 Costas (85%)	00:33,35	00:31,48	00:33,35	00:31,48
01:21,65	01:19,35	01:21,08	01:18,76	100 Costas (85%)	01:12,45	01:09,02	01:11,30	01:07,93
02:57,21	02:52,63	02:56,53	02:51,90	200 Costas (85%)	02:38,12	02:31,19	02:35,82	02:28,95
00:42,15	00:41,35	00:42,15	00:41,35	50 Bruços (85%)	00:36,57	00:35,43	00:36,57	00:35,43
01:31,71	01:29,77	01:29,70	01:27,78	100 Bruços (85%)	01:21,08	01:18,68	01:19,93	01:17,53
03:17,80	03:13,34	03:15,50	03:11,13	200 Bruços (85%)	02:58,25	02:53,19	02:55,95	02:50,94
00:35,65	00:35,24	00:35,65	00:35,24	50 Mariposa (85%)	00:30,47	00:29,77	00:30,47	00:29,77
01:19,64	01:18,53	01:18,77	01:17,67	100 Mariposa (85%)	01:08,65	01:07,53	01:07,16	01:06,08
02:55,37	02:53,34	02:53,07	02:51,02	200 Mariposa (85%)	02:33,24	02:30,01	02:30,07	02:26,92
02:56,53	02:54,16	02:54,80	02:52,47	200 Estilos (85%)	02:37,55	02:33,10	02:35,25	02:30,80
06:12,03	06:06,71	06:08,00	06:02,72	400 Estilos (85%)	05:40,97	05:32,32	05:36,95	05:28,31
		02:29,50	02:28,36	4x50 Estilos (85%)			02:12,25	02:09,95
		05:30,05	05:27,34	4x100 Estilos (85%)			04:50,95	04:44,79