



Época 2009/2010



CAMPEONATOS REGIONAIS DE JUVENIS



ANDL - ANC - ANA

COIMBRA - 26 a 28 FEVEREIRO 2010

Piscina Longa



TABELA 3

FEMININOS			MASCULINOS			
JUV (1996)			JUV B (1995)		JUV A (1994)	
TAC - 50m	TAC - 25m	Provas	TAC - 50m	TAC - 25m	TAC - 50m	TAC - 25m
01:16,47	01:15,04	100 Livres (85%)	01:09,00	01:07,41	01:07,28	01:05,73
02:45,60	02:43,25	200 Livres (85%)	02:32,38	02:28,61	02:27,20	02:23,60
05:46,73	05:42,26	400 Livres (85%)	05:22,00	05:15,11	05:11,65	05:04,93
11:50,70	11:40,50	800 Livres (85%)				
		1.500 Livres (85%)	21:05,00	20:42,78	20:36,25	20:14,46
05:20,28	05:18,80	4x100 Livres (85%)	04:53,25	04:51,57	04:42,32	04:40,73
12:33,13	12:29,97	4x200 Livres (85%)	10:38,25	10:31,88	10:15,25	10:09,47
01:35,00	01:32,34	100 Costas (85%)	01:19,35	01:15,59	01:17,62	01:13,94
03:25,00	03:19,66	200 Costas (85%)	02:51,35	02:43,84	02:46,75	02:39,37
01:47,50	01:45,18	100 Bruços (85%)	01:29,70	01:27,06	01:26,82	01:24,25
03:48,75	03:43,59	200 Bruços (85%)	03:16,65	03:11,16	03:10,90	03:05,54
01:33,13	01:31,84	100 Mariposa (85%)	01:16,47	01:15,24	01:13,60	01:12,42
03:24,38	03:21,95	200 Mariposa (85%)	02:51,35	02:47,83	02:44,45	02:41,00
03:22,50	03:19,84	200 Estilos (85%)	02:51,92	02:47,05	02:48,47	02:43,73
07:11,25	07:05,25	400 Estilos (85%)	06:09,72	06:00,35	05:58,80	49:41,75
06:34,38	06:31,26	4x100 Estilos (85%)	05:31,20	05:24,23	05:18,55	05:11,79