

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