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*