

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

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