

## TAB-4

### CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES PISCINA LONGA

FEMININOS				2009/10	MASCULINOS			
JUN.	Jun.(25 m)	SEN.	Sen.(25 m)		JUN.	Jun.(25 m)	SEN.	Sen.(25 m)
00:28.85	00:28.36	00:28.45	00:27.99	50 L	00:25.40	00:24.94	00:24.80	00:24.35
01:02.50	01:01.32	01:02.00	01:00.84	100 L	00:55.50	00:54.22	00:53.90	00:52.65
02:15.50	02:13.57	02:14.00	02:12.10	200 L	02:02.50	01:59.50	01:58.70	01:55.76
04:47.00	04:43.22	04:41.00	04:37.26	400 L	04:19.00	04:13.38	04:12.00	04:06.59
09:47.00	09:38.49	09:40.00	09:31.73	800 L	09:00.00	08:49.98	08:45.00	08:35.14
19:15.00	19:05.60	18:55.00	18:45.47	1500 L	17:10.00	16:51.70	16:50.00	16:32.13
02:05.00	02:04.49	01:56.00	01:55.53	4x50 L	01:50.00	01:49.83	01:42.50	01:42.30
04:20.50	04:19.37	04:14.00	04:12.79	4x100 L	03:53.50	03:52.17	03:43.00	03:41.69
09:22.00	09:19.45	09:10.00	09:07.58	4x200 L	08:30.50	08:25.55	08:10.00	08:05.34
00:34.20	00:32.76	00:33.75	00:32.33	50 C	00:30.10	00:28.41	00:29.00	00:27.37
01:11.50	01:09.49	01:10.50	01:08.49	100 C	01:04.00	01:00.99	01:02.00	00:59.07
02:34.70	02:30.65	02:33.50	02:29.48	200 C	02:19.50	02:13.39	02:15.50	02:09.52
00:37.50	00:36.77	00:36.65	00:35.96	50 B	00:33.00	00:31.96	00:31.80	00:30.81
01:20.35	01:18.61	01:18.00	01:16.33	100 B	01:11.50	01:09.39	01:09.50	01:07.42
02:54.00	02:50.13	02:50.00	02:46.20	200 B	02:37.00	02:32.58	02:33.00	02:28.64
00:31.50	00:31.13	00:31.00	00:30.64	50 M	00:27.70	00:27.07	00:26.50	00:25.89
01:10.00	01:09.03	01:08.50	01:07.54	100 M	01:01.00	01:00.04	00:58.40	00:57.46
02:34.50	02:32.66	02:30.50	02:28.71	200 M	02:16.00	02:13.13	02:10.50	02:07.76
02:35.00	02:32.88	02:32.00	02:29.97	200 E	02:19.00	02:15.03	02:15.00	02:11.13
05:26.50	05:21.76	05:20.00	05:15.41	400 E	05:00.00	04:52.29	04:53.00	04:45.49
02:20.00	02:18.88	02:10.00	02:09.01	4x50 E	02:05.00	02:02.87	01:55.00	01:53.00
04:58.00	04:55.53	04:47.00	04:44.64	4x100 E	04:23.00	04:17.42	04:13.00	04:07.64

FEMININOS			MASCULINOS	
Jun. - MAC	Sen. - MAC		Jun. - MAC	Sen. - MAC
00:27.41	00:27.03	50 L	00:24.13	00:23.56
00:59.38	00:58.90	100 L	00:52.72	00:51.21
02:08.73	02:07.30	200 L	01:56.37	01:52.76
04:32.65	04:26.95	400 L	04:06.05	03:59.40
09:17.65	09:11.00	800 L	08:33.00	08:18.75
18:17.25	17:58.25	1500 L	16:18.50	15:59.50
00:31.81	00:31.39	50 C	00:27.99	00:26.97
01:07.93	01:06.98	100 C	01:00.80	00:58.90
02:26.96	02:25.82	200 C	02:12.52	02:08.73
00:34.87	00:34.08	50 B	00:30.69	00:29.57
01:16.33	01:14.10	100 B	01:07.93	01:06.03
02:45.30	02:41.50	200 B	02:29.15	02:25.35
00:29.30	00:28.83	50 M	00:25.76	00:24.64
01:06.50	01:05.08	100 M	00:57.95	00:55.48
02:26.78	02:22.98	200 M	02:09.20	02:03.97
02:27.25	02:24.40	200 E	02:12.05	02:08.25
05:10.17	05:04.00	400 E	04:45.00	04:38.35