

## TAB-3

### CAMPEONATOS NACIONAIS DE JUVENIS

#### INVERNO - PISCINA LONGA

2009 / 2010

FEMININOS				MASCULINOS					
Juvenis (96)				Juvenis B (95)			Juvenis A (94)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
<b>01:06.50</b>	<i>01:05.25</i>	01:03.17	<b>100 L</b>	<b>01:00.00</b>	<i>00:58.62</i>	00:57.00	<b>00:58.50</b>	<i>00:57.16</i>	00:55.58
<b>02:24.00</b>	<i>02:21.96</i>	02:16.80	<b>200 L</b>	<b>02:12.50</b>	<i>02:09.23</i>	02:05.87	<b>02:08.00</b>	<i>02:04.87</i>	02:01.60
<b>05:01.50</b>	<i>04:57.62</i>	04:46.43	<b>400 L</b>	<b>04:40.00</b>	<i>04:34.01</i>	04:26.00	<b>04:31.00</b>	<i>04:25.16</i>	04:17.45
<b>10:18.00</b>	<i>10:09.13</i>	09:47.10	<b>800/1500 L</b>	<b>18:20.00</b>	<i>18:00.68</i>	17:25.00	<b>17:55.00</b>	<i>17:36.05</i>	17:01.25
<b>04:38.50</b>	<i>04:37.22</i>	*****	<b>4x100 L</b>	<b>04:15.00</b>	<i>04:13.54</i>	*****	<b>04:05.50</b>	<i>04:04.11</i>	*****
<b>10:02.50</b>	<i>09:59.98</i>	*****	<b>4x200 L</b>	<b>09:15.00</b>	<i>09:09.46</i>	*****	<b>08:55.00</b>	<i>08:49.97</i>	*****
<b>01:16.00</b>	<i>01:13.87</i>	01:12.20	<b>100 C</b>	<b>01:09.00</b>	<i>01:05.73</i>	01:05.55	<b>01:07.50</b>	<i>01:04.30</i>	01:04.12
<b>02:44.00</b>	<i>02:39.73</i>	02:35.80	<b>200 C</b>	<b>02:29.00</b>	<i>02:22.47</i>	02:21.55	<b>02:25.00</b>	<i>02:18.58</i>	02:17.75
<b>01:26.00</b>	<i>01:24.14</i>	01:21.70	<b>100 B</b>	<b>01:18.00</b>	<i>01:15.70</i>	01:14.10	<b>01:15.50</b>	<i>01:13.26</i>	01:11.73
<b>03:03.00</b>	<i>02:58.87</i>	02:53.85	<b>200 B</b>	<b>02:51.00</b>	<i>02:46.23</i>	02:42.45	<b>02:46.00</b>	<i>02:41.34</i>	02:37.70
<b>01:14.50</b>	<i>01:13.47</i>	01:10.78	<b>100 M</b>	<b>01:06.50</b>	<i>01:05.43</i>	01:03.17	<b>01:04.00</b>	<i>01:02.97</i>	01:00.80
<b>02:43.50</b>	<i>02:41.56</i>	02:35.33	<b>200 M</b>	<b>02:29.00</b>	<i>02:25.94</i>	02:21.55	<b>02:23.00</b>	<i>02:20.00</i>	02:15.85
<b>02:42.00</b>	<i>02:39.87</i>	02:33.90	<b>200 E</b>	<b>02:29.50</b>	<i>02:25.26</i>	02:22.02	<b>02:26.50</b>	<i>02:22.37</i>	02:19.17
<b>05:45.00</b>	<i>05:40.20</i>	05:27.75	<b>400 E</b>	<b>05:21.50</b>	<i>05:13.35</i>	05:05.42	<b>05:12.00</b>	<i>05:04.05</i>	04:56.40
<b>05:15.50</b>	<i>05:13.01</i>	*****	<b>4x100 E</b>	<b>04:48.00</b>	<i>04:41.94</i>	*****	<b>04:37.00</b>	<i>04:31.12</i>	*****