

TAB-6

CAMPEONATOS NACIONAIS DE JUVENIS

VERÃO - PISCINA LONGA

2009 / 2010

FEMININOS				MASCULINOS					
Juv. (96)				Juv. B (95)			Juv. A (94)		
TAC	25m	MAC		TAC	25m	MAC	TAC	25m	MAC
01:05.50	01:04.27	01:02.23	100 L	00:59.50	00:58.11	00:56.52	00:57.80	00:56.47	00:54.91
02:22.00	02:20.01	02:14.90	200 L	02:10.50	02:07.30	02:03.97	02:07.00	02:03.91	02:00.65
04:58.00	04:54.10	04:43.10	400 L	04:37.00	04:30.99	04:23.15	04:29.00	04:23.28	04:15.55
10:05.00	09:56.53	09:34.75	800/1500 L	18:00.00	17:41.18	17:06.00	17:36.00	17:17.62	16:43.20
04:35.00	04:33.77	*****	4x100 L	04:12.00	04:10.42	*****	04:04.00	04:02.58	*****
09:55.00	09:52.60	*****	4x200 L	09:10.00	09:04.71	*****	08:52.00	08:46.87	*****
01:15.00	01:12.86	01:11.25	100 C	01:08.50	01:05.26	01:05.08	01:07.00	01:03.86	01:03.65
02:41.50	02:37.28	02:33.42	200 C	02:27.50	02:21.06	02:20.13	02:24.00	02:17.68	02:16.80
01:24.30	01:22.49	01:20.09	100 B	01:16.50	01:14.23	01:12.68	01:14.50	01:12.29	01:10.78
03:01.00	02:57.03	02:51.95	200 B	02:48.00	02:43.22	02:39.60	02:44.00	02:39.42	02:35.80
01:13.00	01:12.02	01:09.35	100 M	01:05.50	01:04.45	01:02.23	01:03.00	01:02.01	00:59.85
02:41.00	02:39.14	02:32.95	200 M	02:26.50	02:23.40	02:19.17	02:20.00	02:17.07	02:13.00
02:40.00	02:37.85	02:32.00	200 E	02:28.00	02:23.79	02:20.60	02:25.00	02:20.91	02:17.75
05:42.00	05:37.05	05:24.90	400 E	05:18.00	05:09.84	05:02.10	05:09.00	05:01.13	04:53.55
05:12.00	05:09.46	*****	4x100 E	04:45.00	04:38.96	*****	04:35.00	04:29.15	*****