

ANARA - Associação de Natação da Região Açores

2010						
Masculinos						
Tabela de Mínimos - Masc.			Campeonatos Regionais 2009			
Prova idades	ABS					
	Sen <= 1991	Jun 1992	Juv A 1993	Juv B 1994	Inf A 1995	Inf B 1996
50 L	00:27,8	00:28,8	00:29,5	00:32,0	00:34,0	00:36,5
50 B	00:36,0	00:37,0	00:38,5	00:41,0	00:43,0	00:46,0
50 C	00:33,5	00:35,0	00:36,5	00:39,0	00:41,5	00:43,5
50 M	00:32,5	00:34,0	00:35,5	00:38,0	00:41,5	00:44,0
100 L	00:59,5	01:02,0	01:04,0	01:08,5	01:14,0	01:18,0
100 B	01:20,0	01:23,0	01:26,0	01:30,0	01:36,0	01:42,0
100 C	01:14,0	01:17,0	01:20,0	01:24,0	01:30,0	01:36,0
100 M	01:12,0	01:15,0	01:20,0	01:25,0	01:32,0	01:38,0
100 E	00:00,0	00:00,0	00:00,0	00:00,0	00:00,0	00:00,0
200 L	02:19,0	02:21,0	02:26,0	02:36,0	02:49,0	03:08,0
200 B	03:02,0	03:05,0	03:10,0	03:20,0	03:30,0	03:40,0
200 C	02:48,0	02:51,0	02:58,0	03:08,0	03:19,0	03:32,0
200 M	02:46,0	02:50,0	02:58,0	03:03,15	03:28,0	03:40,0
200 E	02:43,0	02:50,0	02:55,0	03:03,0	03:19,0	03:32,0
400 L	04:50,0	04:55,0	05:10,0	05:30,0	05:52,0	06:08,0
400 E	05:35,0	05:52,0	06:10,0	06:33,0	07:00,0	07:30,0
800 L	10:05,0	10:20,00	10:50,00	11:20,00	12:40,00	12:50,00
1.500 L	20:00,0	20:50,0	21:50,0	23:00,0	25:30,0	26:50,0

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2010					
Femininos					
Tabela de Mínimos - Fem.			Campeonatos Regionais 2009		
Prova idades	ABS				
	Sen <= 1992	Jun 1993 e 1994	Juv 1995	Inf A 1996	Inf B 1997
50 L	00:32,0	00:33,0	00:33,8	00:35,0	00:37,5
50 B	00:41,5	00:42,5	00:44,0	00:46,0	00:49,0
50 C	00:37,5	00:39,0	00:40,5	00:44,0	00:47,0
50 M	00:36,0	00:37,5	00:39,5	00:43,5	00:48,0
100 L	01:10,0	01:12,5	01:14,0	01:18,0	01:22,5
100 B	01:29,0	01:31,5	01:34,5	01:39,5	01:45,0
100 C	01:23,0	01:25,9	01:29,0	01:33,5	01:39,0
100 M	01:22,0	01:25,0	01:29,0	01:34,0	01:40,0
100 E	00:00,0	00:00,0	00:00,0	00:00,0	00:00,0
200 L	02:36,0	02:40,0	02:48,0	02:57,0	03:16,0
200 B	03:19,0	03:22,0	03:27,0	03:37,0	03:47,0
200 C	02:53,0	03:00,0	03:08,0	03:23,0	03:38,0
200 M	03:12,0	03:20,0	03:27,0	03:35,0	03:50,0
200 E	03:00,0	03:05,0	03:15,0	03:35,0	03:45,0
400 L	05:25,0	05:35,0	05:45,0	06:16,0	06:38,0
400 E	06:14,0	06:30,0	06:47,0	07:10,0	07:37,0
800 L	11:05,00	11:30,0	11:46,0	12:48,0	14:08,0
1.500 L	22:20,0	23:10,0	23:32,0	26:20,0	28:30,0