



# TAB-1

## CAMPEONATOS ABSOLUTOS DE PORTUGAL

### PISCINA CURTA

2008/2009

FEMININOS				MASCULINOS		
TAC	TAC - 50m	MAC		TAC	TAC - 50m	MAC
00:28.57	00:29.07	00:27.14	50 L	00:24.60	00:25.29	00:23.37
01:01.80	01:03.22	00:58.71	100 L	00:53.40	00:55.12	00:50.73
02:13.70	02:16.36	02:07.02	200 L	01:58.50	02:01.55	01:52.58
04:38.00	04:43.03	04:24.10	400 L	04:11.20	04:17.12	03:58.64
09:35.00	09:41.19	09:06.25	800/1500 L	16:35.10	16:53.91	15:45.34
01:55.20	01:56.45	***	4x50 L	01:40.00	01:42.23	***
04:15.80	04:18.56	***	4x100 L	03:40.00	03:44.90	***
09:03.00	09:10.80	***	4x200 L	08:00.00	08:09.06	***
00:32.75	00:34.27	00:30.46	50 C	00:28.80	00:30.51	00:26.78
01:10.10	01:12.52	01:06.60	100 C	01:01.30	01:04.65	00:58.23
02:30.20	02:34.42	02:22.69	200 C	02:14.50	02:20.21	02:07.77
00:36.40	00:37.35	00:33.85	50 B	00:31.05	00:31.98	00:28.88
01:17.60	01:19.47	01:13.72	100 B	01:09.00	01:11.32	01:05.55
02:49.00	02:53.25	02:40.55	200 B	02:30.00	02:34.75	02:22.50
00:31.20	00:31.48	00:29.02	50 M	00:26.80	00:27.49	00:24.92
01:09.00	01:09.60	01:05.55	100 M	00:59.50	01:00.90	00:56.52
02:31.48	02:32.74	02:23.91	200 M	02:10.50	02:13.62	02:03.97
01:11.00	***	01:07.45	100 E	01:02.00	***	00:58.90
02:31.70	02:34.81	02:24.11	200 E	02:14.50	02:18.63	02:07.77
05:18.00	05:23.26	05:02.10	400 E	04:45.70	04:54.32	04:31.42
02:09.80	02:12.06	***	4x50 E	01:54.50	01:57.94	***
04:41.00	04:47.75	***	4x100 E	04:00.00	04:09.57	***