

## TAB-4

### CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES

#### PISCINA LONGA

FEMININOS				2008/09	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	00:27.96	50 L	00:25.40	00:24.70	00:24.80	00:24.12
01:02.50	01:01.10	01:02.00	01:00.61	100 L	00:55.80	00:54.06	00:53.90	00:52.21
02:15.50	02:12.86	02:14.00	02:11.38	200 L	02:02.50	01:59.42	01:58.70	01:55.72
04:47.00	04:41.89	04:44.50	04:39.43	400 L	04:19.00	04:13.04	04:12.00	04:06.20
09:47.00	09:40.73	09:40.00	09:33.80	800 L	09:00.00	08:49.18	08:45.00	08:34.47
19:15.00	19:05.61	18:55.00	18:45.77	1500 L	17:15.00	16:55.85	16:50.00	16:31.26
02:05.00	02:03.66	02:00.00	01:58.71	4x50 L	01:50.00	01:47.61	01:45.00	01:42.71
04:20.50	04:17.73	04:15.00	04:12.28	4x100 L	03:53.50	03:48.41	03:45.00	03:40.09
09:22.00	09:14.08	09:13.00	09:05.18	4x200 L	08:30.50	08:21.04	08:15.00	08:05.82
00:34.20	00:32.69	00:33.75	00:32.26	50 C	00:30.10	00:28.41	00:29.00	00:27.37
01:11.50	01:09.12	01:10.50	01:08.15	100 C	01:04.00	01:00.69	01:02.00	00:58.79
02:34.70	02:30.47	02:33.50	02:29.30	200 C	02:19.50	02:13.82	02:15.50	02:09.98
00:37.50	00:36.55	00:36.65	00:35.72	50 B	00:33.00	00:32.04	00:31.80	00:30.88
01:21.50	01:19.58	01:18.00	01:16.16	100 B	01:11.50	01:09.17	01:09.50	01:07.24
02:54.00	02:49.73	02:50.00	02:45.83	200 B	02:37.00	02:32.18	02:33.00	02:28.30
00:31.50	00:31.22	00:31.00	00:30.73	50 M	00:27.70	00:27.01	00:26.50	00:25.84
01:10.00	01:09.39	01:08.50	01:07.91	100 M	01:01.00	00:59.60	00:58.40	00:57.06
02:34.50	02:33.23	02:30.50	02:29.26	200 M	02:17.00	02:13.80	02:10.50	02:07.45
02:35.00	02:31.89	02:32.00	02:28.95	200 E	02:19.00	02:14.86	02:15.00	02:10.98
05:26.50	05:21.21	05:20.00	05:14.80	400 E	05:00.00	04:51.20	04:53.00	04:44.41
02:20.00	02:17.60	02:15.00	02:12.69	4x50 E	02:05.00	02:01.36	02:00.00	01:56.50
04:58.00	04:52.87	04:50.00	04:45.02	4x100 E	04:23.00	04:15.33	04:15.00	04:07.55

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	00:53.01	00:51.21
02:08.73	02:07.30	200 L	01:56.37	01:52.76
04:32.65	04:30.28	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	16:23.25	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
01:17.43	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	02:10.15	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