

TAB-1

CAMPEONATOS ABSOLUTOS DE PORTUGAL

PISCINA CURTA

FEMININOS				2009/10	MASCULINOS			
1995		1994 e + VELHAS			1992 e + VELHOS		1993	
TAC-50m	TAC	TAC-50m	TAC		TAC	TAC-50m	TAC	TAC-50m
00:29.57	00:29.07	00:28.98	00:28.50	50 L	00:24.60	00:25.06	00:25.09	00:25.55
01:04.28	01:03.04	01:03.02	01:01.80	100 L	00:53.00	00:54.28	00:54.50	00:55.82
02:17.71	02:15.66	02:14.96	02:13.00	200 L	01:58.50	02:01.51	02:00.87	02:03.99
04:47.54	04:43.56	04:41.90	04:38.00	400 L	04:11.20	04:16.86	04:16.22	04:21.92
09:55.24	09:46.50	09:43.57	09:35.00	800 L	****	****	****	****
****	****	****	****	1500 L	16:35.00	16:53.12	16:54.90	17:13.29
****	****	01:55.53	01:55.00	4x50 L	01:40.00	01:40.21	****	****
****	****	04:16.22	04:15.00	4x100 L	03:40.00	03:41.47	****	****
****	****	09:05.75	09:03.00	4x200 L	08:00.00	08:04.91	****	****
00:34.04	00:32.60	00:34.04	00:32.60	50 C	00:28.80	00:30.51	00:28.80	00:30.51
01:13.30	01:11.20	01:11.87	01:09.80	100 C	01:01.30	01:04.37	01:02.53	01:05.65
02:37.41	02:33.20	02:34.24	02:30.20	200 C	02:14.50	02:20.74	02:17.19	02:23.58
00:37.11	00:36.40	00:37.11	00:36.40	50 B	00:31.00	00:32.01	00:31.00	00:32.01
01:20.93	01:19.15	01:19.33	01:17.60	100 B	01:09.00	01:11.16	01:10.38	01:12.58
02:55.88	02:51.87	02:52.40	02:48.50	200 B	02:30.00	02:34.40	02:33.00	02:37.53
00:31.59	00:31.20	00:31.59	00:31.20	50 M	00:26.80	00:27.44	00:26.80	00:27.44
01:11.07	01:10.07	01:09.67	01:08.70	100 M	00:59.20	01:00.18	01:00.38	01:01.38
02:35.99	02:34.02	02:32.83	02:31.00	200 M	02:10.50	02:13.33	02:13.20	02:16.09
	01:12.42	****	01:11.00	100 E	01:02.00	****	01:03.24	****
02:36.70	02:34.53	02:33.62	02:31.50	200 E	02:14.00	02:18.02	02:16.88	02:20.92
05:29.15	05:24.36	05:22.68	05:18.00	400 E	04:45.70	04:53.37	04:52.50	05:00.38
****	****	02:10.91	02:09.80	4x50 E	01:54.50	01:56.55	****	****
****	****	04:43.48	04:41.00	4x100 E	04:00.00	04:05.35	****	****

FEMININOS		MASCULINOS
MAC		MAC
00:27.07	50 L	00:23.37
00:58.71	100 L	00:50.35
02:06.35	200 L	01:52.58
04:24.10	400 L	03:58.64
09:06.25	800 L	****
****	1500 L	15:45.25
00:30.32	50 C	00:26.50
01:06.31	100 C	00:58.23
02:22.69	200 C	02:07.77
00:33.85	50 B	00:28.52
01:13.72	100 B	01:05.55
02:40.08	200 B	02:22.50
00:29.02	50 M	00:24.66
01:05.27	100 M	00:56.24
02:23.45	200 M	02:03.97
01:07.35	100 E	00:57.04
02:23.92	200 E	02:07.30
05:02.10	400 E	04:31.42

TAB-7

CAMPEONATOS ABSOLUTOS DE PORTUGAL PISCINA LONGA

FEMININOS				2009/10	MASCULINOS			
1995		1994 e + VELHAS			1992 e + VELHOS		1993	
TAC-25m	TAC	TAC-25m	TAC		TAC	TAC-25m	TAC	TAC-25m
00:28.19	00:28.65	00:27.99	00:28.45	50 L	00:24.80	00:24.35	00:25.10	00:24.64
01:01.06	01:02.25	01:00.84	01:02.00	100 L	00:53.90	00:52.65	00:54.80	00:53.52
02:12.79	02:14.75	02:12.10	02:14.00	200 L	01:58.70	01:55.76	02:00.60	01:57.66
04:41.98	04:45.75	04:37.26	04:41.00	400 L	04:12.00	04:06.59	04:15.50	04:10.02
09:35.07	09:43.50	09:31.73	09:40.00	800 L	08:45.00	08:35.14	08:52.50	08:42.48
18:55.68	19:05.00	18:45.47	18:55.00	1500 L	16:50.00	16:32.13	17:02.50	16:44.83
*****	*****	01:55.53	01:56.00	4x50 L	01:42.50	01:42.30	*****	*****
*****	*****	04:12.79	04:14.00	4x100 L	03:43.00	03:41.69	*****	*****
*****	*****	09:07.58	09:10.00	4x200 L	08:10.00	08:05.34	*****	*****
00:32.33	00:33.75	00:32.33	00:33.75	50 C	00:29.00	00:27.37	00:29.00	00:27.37
01:09.00	01:11.00	01:08.49	01:10.50	100 C	01:02.00	00:59.07	01:03.00	01:00.02
02:30.11	02:34.10	02:29.48	02:33.50	200 C	02:15.50	02:09.52	02:17.50	02:11.47
00:35.96	00:36.65	00:35.96	00:36.65	50 B	00:31.80	00:30.81	00:31.80	00:30.81
01:18.06	01:19.75	01:16.33	01:18.00	100 B	01:09.50	01:07.42	01:10.50	01:08.42
02:48.12	02:52.00	02:46.20	02:50.00	200 B	02:33.00	02:28.64	02:35.00	02:30.60
00:30.64	00:31.00	00:30.64	00:31.00	50 M	00:26.50	00:25.89	00:26.50	00:25.89
01:08.29	01:09.25	01:07.54	01:08.50	100 M	00:58.40	00:57.46	00:59.70	00:58.72
02:30.73	02:32.50	02:28.71	02:30.50	200 M	02:10.50	02:07.76	02:13.25	02:10.44
02:31.44	02:33.50	02:29.97	02:32.00	200 E	02:15.00	02:11.13	02:17.00	02:13.13
05:18.88	05:23.50	05:15.41	05:20.00	400 E	04:53.00	04:45.49	04:56.50	04:48.97
*****	*****	02:09.01	02:10.00	4x50 E	01:55.00	01:53.00	*****	*****
*****	*****	04:44.64	04:47.00	4x100 E	04:13.00	04:07.64	*****	*****

FEMININOS		MASCULINOS
MAC		MAC
00:27.03	50 L	00:23.56
00:58.90	100 L	00:51.21
02:07.30	200 L	01:52.76
04:26.95	400 L	03:59.40
09:11.00	800 L	08:18.75
17:58.25	1500 L	15:59.50
00:31.39	50 C	00:26.97
01:06.98	100 C	00:58.90
02:25.82	200 C	02:08.73
00:34.08	50 B	00:29.57
01:14.10	100 B	01:06.03
02:41.50	200 B	02:25.35
00:28.83	50 M	00:24.64
01:05.08	100 M	00:55.48
02:22.98	200 M	02:03.97
02:24.40	200 E	02:08.25
05:04.00	400 E	04:38.35

TAB-5

CAMPEONATOS NACIONAIS DE INFANTIS

PISCINA LONGA

2009 / 2010

	FEMININOS					
	Infantis B (98)			Infantis A (97)		
	TAC	TAC – 25m	MAC	TAC	TAC – 25m	MAC
100 L	01:11.00	01:09.69	01:07.45	01:07.80	01:06.51	01:04.41
200 L	02:34.00	02:31.87	02:26.30	02:27.00	02:24.91	02:19.65
400 L	05:23.00	05:18.91	05:06.85	05:09.00	05:04.98	04:53.55
800 L	10:58.00	10:48.49	10:25.10	10:30.00	10:21.18	09:58.50
4x100 L	05:00.00	04:58.60	*****	04:45.00	04:43.81	*****
4x200 L	10:45.00	10:42.34	*****	10:16.00	10:13.62	*****
100 C	01:21.80	01:19.49	01:17.71	01:18.00	01:15.80	01:14.10
200 C	02:55.00	02:50.44	02:46.25	02:47.50	02:43.21	02:39.12
100 B	01:32.00	01:30.07	01:27.40	01:27.50	01:25.66	01:23.12
200 B	03:16.00	03:11.70	03:06.20	03:08.00	03:03.78	02:58.60
100 M	01:22.00	01:20.86	01:17.90	01:17.20	01:16.14	01:13.34
200 M	03:03.00	03:00.82	02:53.85	02:51.00	02:48.96	02:42.45
200 E	02:55.00	02:52.62	02:46.25	02:47.00	02:44.81	02:38.65
400 E	06:12.00	06:06.81	05:53.40	05:55.20	05:50.16	05:37.44
4x100 E	05:45.00	05:42.19	*****	05:25.00	05:22.26	*****

	MASCULINOS					
	Infantis B (97)			Infantis A (96)		
	TAC	TAC – 25m	MAC	TAC	TAC – 25m	MAC
100 L	01:05.00	01:03.49	01:01.75	01:02.00	01:00.59	00:58.90
200 L	02:23.00	02:19.48	02:15.85	02:16.50	02:13.17	02:09.68
400 L	05:00.00	04:53.60	04:45.00	04:50.00	04:43.76	04:35.50
1500 L	19:40.00	19:19.19	18:41.00	18:52.00	18:32.45	17:55.40
4x100 L	04:35.50	04:34.01	*****	04:23.00	04:21.38	*****
4x200 L	10:00.00	09:54.13	*****	09:32.00	09:26.60	*****
100 C	01:15.00	01:11.51	01:11.25	01:11.50	01:08.13	01:07.93
200 C	02:41.00	02:33.96	02:32.95	02:34.00	02:27.30	02:26.30
100 B	01:25.50	01:22.96	01:21.23	01:20.60	01:18.24	01:16.57
200 B	03:05.00	02:59.90	02:55.75	02:56.50	02:51.48	02:47.67
100 M	01:14.50	01:13.35	01:10.78	01:10.00	01:08.91	01:06.50
200 M	02:46.00	02:42.58	02:37.70	02:36.00	02:32.77	02:28.20
200 E	02:42.50	02:37.96	02:34.37	02:35.00	02:30.55	02:27.25
400 E	05:43.50	05:34.84	05:26.32	05:30.00	05:21.62	05:13.50
4x100 E	05:15.00	05:08.49	*****	04:57.00	04:50.65	*****

TAB-4

CAMPEONATOS NACIONAIS DE JUNIORES E SENIORES PISCINA LONGA

FEMININOS				2009/10	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	00:27.99	50 L	00:25.40	00:24.94	00:24.80	00:24.35
01:02.50	01:01.32	01:02.00	01:00.84	100 L	00:55.50	00:54.22	00:53.90	00:52.65
02:15.50	02:13.57	02:14.00	02:12.10	200 L	02:02.50	01:59.50	01:58.70	01:55.76
04:47.00	04:43.22	04:41.00	04:37.26	400 L	04:19.00	04:13.38	04:12.00	04:06.59
09:47.00	09:38.49	09:40.00	09:31.73	800 L	09:00.00	08:49.98	08:45.00	08:35.14
19:15.00	19:05.60	18:55.00	18:45.47	1500 L	17:10.00	16:51.70	16:50.00	16:32.13
02:05.00	02:04.49	01:56.00	01:55.53	4x50 L	01:50.00	01:49.83	01:42.50	01:42.30
04:20.50	04:19.37	04:14.00	04:12.79	4x100 L	03:53.50	03:52.17	03:43.00	03:41.69
09:22.00	09:19.45	09:10.00	09:07.58	4x200 L	08:30.50	08:25.55	08:10.00	08:05.34
00:34.20	00:32.76	00:33.75	00:32.33	50 C	00:30.10	00:28.41	00:29.00	00:27.37
01:11.50	01:09.49	01:10.50	01:08.49	100 C	01:04.00	01:00.99	01:02.00	00:59.07
02:34.70	02:30.65	02:33.50	02:29.48	200 C	02:19.50	02:13.39	02:15.50	02:09.52
00:37.50	00:36.77	00:36.65	00:35.96	50 B	00:33.00	00:31.96	00:31.80	00:30.81
01:20.35	01:18.61	01:18.00	01:16.33	100 B	01:11.50	01:09.39	01:09.50	01:07.42
02:54.00	02:50.13	02:50.00	02:46.20	200 B	02:37.00	02:32.58	02:33.00	02:28.64
00:31.50	00:31.13	00:31.00	00:30.64	50 M	00:27.70	00:27.07	00:26.50	00:25.89
01:10.00	01:09.03	01:08.50	01:07.54	100 M	01:01.00	01:00.04	00:58.40	00:57.46
02:34.50	02:32.66	02:30.50	02:28.71	200 M	02:16.00	02:13.13	02:10.50	02:07.76
02:35.00	02:32.88	02:32.00	02:29.97	200 E	02:19.00	02:15.03	02:15.00	02:11.13
05:26.50	05:21.76	05:20.00	05:15.41	400 E	05:00.00	04:52.29	04:53.00	04:45.49
02:20.00	02:18.88	02:10.00	02:09.01	4x50 E	02:05.00	02:02.87	01:55.00	01:53.00
04:58.00	04:55.53	04:47.00	04:44.64	4x100 E	04:23.00	04:17.42	04:13.00	04:07.64

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	00:52.72	00:51.21
02:08.73	02:07.30	200 L	01:56.37	01:52.76
04:32.65	04:26.95	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	16:18.50	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
01:16.33	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	02:09.20	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

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

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	*****

TAB-2

TORNEIOS ZONAIS DE INFANTIS

Piscina Curta

2009 / 2010

FEMININOS			MASCULINOS	
Inf. B (98)	Inf. A (97)		Inf. B (97)	Inf. A (96)
TAC	TAC		TAC	TAC
01:13.00	01:10.00	100 L	01:06.50	01:03.00
02:38.00	02:31.00	200 L	02:26.50	02:20.20
05:32.00	05:16.50	400 L	05:05.00	04:53.50
11:36.00	10:50.00	800 L / 1500 L	20:08.00	19:22.00
05:10.00	04:58.00	4x100 L	04:43.00	04:32.00
11:06.00	10:25.50	4x200 L	10:20.00	09:54.00
01:24.00	01:20.00	100 C	01:17.00	01:13.20
03:00.00	02:52.00	200 C	02:45.00	02:37.00
01:35.00	01:30.50	100 B	01:27.50	01:22.00
03:22.00	03:14.50	200 B	03:09.00	02:59.00
01:25.00	01:20.00	100 M	01:17.50	01:12.60
03:15.00	03:00.00	200 M	02:53.50	02:43.50
03:00.00	02:52.00	200 E	02:45.00	02:38.00
06:23.00	06:03.50	400 E	05:50.00	05:35.00
05:53.00	05:37.00	4x100 E	05:26.00	05:07.00