

## MÍNIMOS COMPETIÇÕES NACIONAIS – JUNIORES E SENIORES

FEMININOS				PROVAS	MASCULINOS			
JÚNIOR		SÉNIOR			JÚNIOR		SÉNIOR	
02-03		01 E ANTES			01-02		00 E ANTES	
P25M	P50M	P25M	P50M		P25M	P50M	P25M	P50M
00:28.21	00:28.76	00:27.69	00:28.19	<b>50 Livres</b>	00:24.57	00:25.23	00:24.04	00:24.92
01:00.78	01:01.97	00:59.57	01:00.66	<b>100 Livres</b>	00:53.39	00:54.83	00:52.29	00:53.63
02:11.68	02:13.74	02:08.60	02:10.94	<b>200 Livres</b>	01:57.21	02:00.10	01:54.59	01:56.94
04:37.84	04:44.93	04:31.22	04:36.53	<b>400 Livres</b>	04:09.77	04:17.70	04:03.96	04:10.88
09:40.82	09:51.26	09:24.06	09:31.77	<b>800 Livres</b>	08:27.89	08:40.65	08:15.49	08:30.68
17:53.53	18:25.21	17:31.92	17:54.48	<b>1500 Livres</b>	16:50.32	17:22.98	16:24.57	16:51.20
00:32.24	00:33.22	00:31.30	00:32.25	<b>50 Costas</b>	00:28.17	00:29.25	00:27.32	00:28.32
01:08.41	01:10.89	01:06.79	01:09.09	<b>100 Costas</b>	01:00.21	01:02.81	00:58.48	01:00.89
02:28.28	02:34.42	02:25.10	02:29.34	<b>200 Costas</b>	02:12.27	02:18.48	02:08.46	02:13.96
00:36.21	00:36.95	00:35.01	00:35.66	<b>50 Bruços</b>	00:31.24	00:32.01	00:30.31	00:30.95
01:17.66	01:20.38	01:15.69	01:17.77	<b>100 Bruços</b>	01:07.63	01:10.62	01:05.83	01:08.06
02:49.14	02:54.20	02:43.74	02:46.66	<b>200 Bruços</b>	02:29.56	02:36.01	02:24.40	02:29.76
00:30.68	00:30.68	00:29.85	00:29.93	<b>50 Mariposa</b>	00:26.59	00:26.81	00:25.81	00:26.08
01:07.38	01:08.40	01:05.67	01:06.44	<b>100 Mariposa</b>	00:58.57	00:59.76	00:57.23	00:58.20
02:32.27	02:36.86	02:26.50	02:28.80	<b>200 Mariposa</b>	02:11.96	02:15.37	02:08.57	02:11.02
01:10.69	_____	01:08.67	_____	<b>100 Estilos</b>	01:01.70	_____	01:00.00	_____
02:29.01	02:33.45	02:25.51	02:29.09	<b>200 Estilos</b>	02:12.46	02:17.44	02:09.37	02:13.65
05:19.73	05:30.09	05:09.44	05:18.97	<b>400 Estilos</b>	04:45.97	04:55.96	04:39.69	04:46.31