



### Anexo 1. Mínimos Competições Nacionais - Seniores

FEMININOS				PROVAS	MASCULINOS			
SÉNIOR 1º ANO		SÉNIOR			SÉNIOR 1º ANO		SÉNIOR	
02		01 E ANTES			01		00 E ANTES	
P25M	P50M	P25M	P50M		P25M	P50M	P25M	P50M
00:27.82	00:28.25	00:27.68	00:28.11	50 Livres	00:24.16	00:24.66	00:24.04	00:24.53
00:59.48	01:00.77	00:59.19	01:00.47	100 Livres	00:52.54	00:53.92	00:52.28	00:53.65
02:08.45	02:11.05	02:07.81	02:10.40	200 Livres	01:54.97	01:57.29	01:54.40	01:56.71
04:31.05	04:37.41	04:29.70	04:36.03	400 Livres	04:03.91	04:10.91	04:02.70	04:09.67
09:23.25	09:33.40	09:20.44	09:30.55	800 Livres	08:17.69	08:30.27	08:15.21	08:27.73
17:36.53	17:50.00	17:31.28	17:44.68	1500 Livres	16:28.48	16:54.95	16:23.57	16:49.90
00:31.37	00:32.30	00:31.21	00:32.14	50 Costas	00:27.34	00:28.52	00:27.20	00:28.37
01:06.78	01:09.27	01:06.45	01:08.93	100 Costas	00:58.65	01:01.33	00:58.36	01:01.02
02:25.06	02:30.03	02:24.33	02:29.28	200 Costas	02:08.98	02:14.66	02:08.34	02:13.99
00:35.23	00:35.87	00:35.06	00:35.69	50 Bruços	00:30.37	00:31.10	00:30.22	00:30.94
01:15.79	01:17.95	01:15.41	01:17.57	100 Bruços	01:05.98	01:08.49	01:05.66	01:08.15
02:43.50	02:48.13	02:42.69	02:47.29	200 Bruços	02:25.15	02:30.61	02:24.42	02:29.86
00:29.87	00:29.96	00:29.72	00:29.81	50 Mariposa	00:25.96	00:26.25	00:25.83	00:26.12
01:05.61	01:06.50	01:05.28	01:06.17	100 Mariposa	00:57.53	00:58.42	00:57.24	00:58.13
02:26.33	02:27.06	02:25.60	02:26.33	200 Mariposa	02:09.11	02:11.21	02:08.47	02:10.56
01:08.66	_____	01:08.32	_____	100 Estilos	01:00.15	_____	00:59.85	_____
02:25.29	02:29.00	02:24.57	02:28.26	200 Estilos	02:09.62	02:13.88	02:08.98	02:13.21
05:07.90	05:18.16	05:06.36	05:16.57	400 Estilos	04:39.12	04:46.41	04:37.73	04:44.98