

ASSOCIAÇÃO DE NATAÇÃO DE LISBOA



NATAÇÃO PURA

Recordes Regionais

Tabela Resumo

Actualizado a 01 outubro 2018



associa o de nata o de lisboa

Tabela de Recordes

Piscina Curta (25m) Femininos

	Infantil B	Infantil A	Juvenil B	Juvenil A	Junior 1	Junior 2	Senior	Absoluto
50 L	29,55	27,96	27,16	27,33	26,14	26,50	24,94	24,94
100 L	1:01,63	59,20	59,46	57,52	56,78	57,12	55,43	55,43
200 L	2:12,32	2:08,89	2:06,53	2:04,62	2:02,12	2:04,06	1:58,62	1:58,62
400 L	4:42,86	4:34,76	4:23,08	4:18,39	4:19,15	4:18,90	4:04,61	4:04,61
800 L	9:49,25	9:27,51	9:06,60	8:46,74	8:51,12	8:45,91	8:24,09	8:24,09
1500 L	18:53,60	18:52,36	17:32,97	17:49,40	16:54,48	17:06,59	16:46,15	16:46,15
50 C	34,23	31,73	30,09	28,99	28,42	28,53	28,17	28,17
100 C	1:10,43	1:04,85	1:02,96	1:01,43	1:01,55	1:01,56	1:01,22	1:01,22
200 C	2:28,06	2:21,33	2:19,15	2:16,30	2:12,80	2:12,52	2:09,12	2:09,12
50 B	36,65	34,68	34,82	33,73	32,37	32,09	31,43	31,43
100 B	1:18,05	1:13,43	1:11,76	1:09,59	1:09,58	1:08,02	1:07,17	1:07,17
200 B	2:45,30	2:36,86	2:34,51	2:32,36	2:26,87	2:26,47	2:23,46	2:23,46
50 M	32,06	31,60	29,91	28,82	27,57	28,16	27,05	27,05
100 M	1:08,07	1:05,50	1:04,30	1:03,09	1:01,56	1:02,03	59,45	59,45
200 M	2:33,11	2:27,84	2:19,06	2:18,93	2:13,60	2:14,95	2:10,14	2:10,14
100 E	1:16,42	1:12,49	1:07,26	1:06,37	1:04,11	1:02,34	1:02,44	1:02,34
200 E	2:31,96	2:25,08	2:20,93	2:18,59	2:14,94	2:16,22	2:12,08	2:12,08
400 E	5:15,68	5:07,22	4:57,68	4:51,85	4:51,07	4:49,07	4:36,19	4:36,19

Piscina Curta (25m) Masculinos

	Infantil B	Infantil A	Juvenil B	Juvenil A	Junior 1	Junior 2	Senior	Absoluto
50 L	26,73	25,53	23,96	24,16	23,14	22,33	21,71	21,71
100 L	56,19	54,96	52,59	50,82	49,87	48,38	47,99	47,99
200 L	2:04,75	1:58,99	1:56,53	1:51,06	1:52,38	1:47,73	1:45,70	1:45,70
400 L	4:21,95	4:13,24	4:03,22	3:59,31	3:57,19	3:51,92	3:42,91	3:42,91
800 L	9:07,76	8:42,19	8:35,60	8:26,72	8:18,36	7:56,83	7:46,18	7:46,18
1500 L	17:13,96	16:31,35	16:25,03	16:01,32	15:25,11	15:06,77	15:00,65	15:00,65
50 C	32,18	29,63	29,06	26,26	26,39	25,01	23,86	23,86
100 C	1:05,90	1:01,21	59,52	56,45	56,67	53,88	52,03	52,03
200 C	2:19,41	2:09,17	2:04,99	2:01,43	2:00,88	1:58,58	1:54,78	1:54,78
50 B	33,81	32,93	31,23	30,31	28,56	28,57	27,16	27,16
100 B	1:13,08	1:09,07	1:05,89	1:05,08	1:03,11	1:01,25	58,48	58,48
200 B	2:38,70	2:31,06	2:26,72	2:22,83	2:16,77	2:14,00	2:09,14	2:09,14
50 M	30,13	27,68	26,93	26,13	25,32	24,96	23,50	23,50
100 M	1:05,30	1:00,61	57,70	55,60	53,97	53,87	51,70	51,70
200 M	2:23,10	2:15,67	2:11,56	2:07,51	2:03,51	2:00,39	1:53,56	1:53,56
100 E	1:07,38	1:05,51	1:03,28	1:00,89	59,04	56,47	53,06	53,06
200 E	2:22,40	2:16,29	2:10,75	2:06,94	2:04,10	2:01,23	1:54,85	1:54,85
400 E	5:02,78	4:46,42	4:35,68	4:25,04	4:21,93	4:11,20	4:09,19	4:09,19

Tabela de Recordes

Piscina Longa (50m) Femininos

	Infantil B	Infantil A	Juvenil B	Juvenil A	Junior 1	Junior 2	Senior	Absoluto
50 L	29,30	28,26	27,41	27,17	26,97	27,05	25,73	25,73
100 L	1:02,16	59,73	59,58	57,75	57,50	58,69	56,80	56,80
200 L	2:15,80	2:10,86	2:07,77	2:07,11	2:03,02	2:06,70	2:01,48	2:01,48
400 L	4:45,72	4:34,74	4:29,25	4:24,77	4:20,37	4:23,33	4:09,49	4:09,49
800 L	9:55,43	9:24,36	9:06,60	9:03,83	8:57,14	9:05,04	8:29,33	8:29,33
1500 L	19:18,67	19:40,18	18:12,05	17:26,88	17:24,20	17:34,40	16:15,60	16:15,60
50 C	35,55	33,51	30,52	29,42	29,76	30,08	29,85	29,85
100 C	Tempo	1:10,90	1:06,78	1:05,06	1:03,92	1:03,57	1:04,27	1:04,01
200 C	Tempo	2:33,21	2:23,57	2:22,91	2:20,26	2:18,61	2:15,53	2:15,27
50 B	Tempo	37,75	36,52	34,52	32,62	29,33	32,80	31,88
100 B	Tempo	1:18,66	1:16,44	1:12,97	1:10,82	1:10,09	1:10,00	1:09,47
200 B	Tempo	2:49,82	2:42,69	2:36,98	2:31,32	2:29,51	2:29,23	2:27,19
50 M	Tempo	32,88	31,44	29,50	28,76	28,46	28,47	27,80
100 M	Tempo	1:08,02	1:05,13	1:03,88	1:03,57	1:02,98	1:02,56	1:00,49
200 M	Tempo	2:30,76	2:23,14	2:20,75	2:15,56	2:17,11	2:18,40	2:12,29
200 E	Tempo	2:33,06	2:28,56	2:23,78	2:21,01	2:20,65	2:17,22	2:13,87
400 E	Tempo	5:25,02	5:08,20	5:01,04	5:01,32	4:58,87	4:59,14	4:40,11

Piscina Longa (50m) Masculinos

	Infantil B	Infantil A	Juvenil B	Juvenil A	Junior 1	Junior 2	Senior	Absoluto
50 L	27,95	26,79	24,68	23,78	22,95	23,11	22,39	22,39
100 L	58,47	55,53	53,51	52,10	49,59	50,24	49,56	49,56
200 L	2:06,18	2:02,48	1:57,67	1:55,57	1:53,79	1:49,98	1:48,39	1:48,39
400 L	4:28,42	4:15,99	4:09,11	4:04,23	4:02,05	3:58,65	3:51,89	3:51,89
800 L	9:12,56	8:54,25	8:45,55	8:29,39	8:19,86	8:15,16	8:06,49	8:06,49
1500 L	17:21,58	16:42,19	16:31,97	15:52,62	15:52,30	15:32,05	15:15,12	15:15,12
50 C	31,68	30,90	28,73	27,65	26,91	26,58	25,49	25,49
100 C	1:05,61	1:02,84	59,97	58,61	57,17	57,09	55,42	55,42
200 C	2:24,13	2:14,94	2:06,44	2:06,59	2:03,93	2:03,55	1:59,91	1:59,91
50 B	33,80	32,52	30,57	30,07	29,10	29,07	28,43	28,43
100 B	1:13,82	1:10,51	1:06,16	1:06,44	1:04,54	1:02,87	1:01,19	1:01,19
200 B	2:42,90	2:32,07	2:24,15	2:23,94	2:19,82	2:15,99	2:13,34	2:13,34
50 M	30,07	28,41	26,67	25,63	24,89	25,19	23,72	23,72
100 M	1:04,63	1:01,21	57,61	57,23	54,77	56,00	52,80	52,80
200 M	2:23,48	2:17,44	2:11,45	2:06,78	2:04,49	2:02,42	1:57,09	1:57,09
200 E	2:24,45	2:18,68	2:11,18	2:08,11	2:04,32	2:04,00	1:58,88	1:58,88
400 E	5:02,73	4:52,47	4:37,06	4:32,66	4:25,23	4:22,25	4:15,84	4:15,84