

ASSOCIAÇÃO DE NATAÇÃO DE LISBOA



NATAÇÃO PURA

Recordes Regionais

Tabela Resumo

25 de outubro de 2023

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	27,27	0:00.00	26,14	25.99	24,94
100 L	Tempo	1:01,63	59,20	59,46	57,52	56,78	56.07	55,43
200 L	Tempo	2:12,32	2:08.89	2:06.53	2:03.93	2:02.12	1:59.62	1:58.62
400 L	Tempo	4:42,86	4:34.76	4:23,08	4:18,39	4:19.15	4:13.87	4:04.61
800 L	Tempo	9:49,25	9:27.51	9:06,60	8:46,74	8:51,12	8:45,91	8:23.23
1500 L	Tempo	18:53,60	18:52,36	17:32,97	17:40.84	16:54,48	16:48.10	15:58.19
50 C	Tempo	34,23	31.73	30,09	28,99	28.42	28.50	27.33
100 C	Tempo	1:10,43	1:04.85	1:02,96	1:01.43	1:01.55	59.61	58.39
200 C	Tempo	2:28.06	2:21.33	2:19,15	2:16.30	2:12,80	2:11.46	2:09.12
50 B	Tempo	36,65	34.68	34,82	33,73	32,37	32,09	31,43
100 B	Tempo	1:18,05	1:13,43	1:11,76	1:09.59	1:09,58	1:08.02	1:07,17
200 B	Tempo	2:45.30	2:36.86	2:34,51	2:32.36	2:26.87	2:26.47	2:22.12
50 M	Tempo	32.06	31,60	29.49	28.82	27,57	28,16	27.05
100 M	Tempo	1:08.07	1:05,50	1:04,30	1:03,09	1:01,56	1:02,03	59.45
200 M	Tempo	2:33,11	2:27,84	2:19,06	2:18.93	2:13,60	2:14.95	2:10.14
100 E	Tempo	1:16,42	1:12,49	1:07.26	1:06.37	1:04,11	1:02.34	1:02.07
200 E	Tempo	2:31,96	2:25,08	2:20,93	2:18.59	2:14,94	2:16.22	2:12.08
400 E	Tempo	5:15,68	5:07.22	4:57,68	4:51.85	4:51,07	4:49.07	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	21.22	21.22
100 L	56,19	54,96	52,59	50,82	49.87	48,32	46.65	46.65
200 L	2:04,75	1:58.99	1:54.84	1:51,06	1:52.38	1:47,73	1:43.16	1:43.16
400 L	4:21,95	4:13,24	4:01.42	3:59,31	3:57,19	3:51.92	3:42.91	3:42.91
800 L	9:07,76	8:42,19	8:25.99	8:26,72	8:18.36	7:56.83	7:46.18	7:46.18
1500 L	17:13,96	16:31,35	15:55.78	16:01.32	15:25.11	15:06.77	15:00.35	15:00.35
50 C	32,18	29,63	28.64	26.26	25.62	25,01	23.35	23.35
100 C	1:05,90	1:01.21	59.52	56,45	55.16	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	29.23	28.56	28,57	27,16	27,16
100 B	1:13,08	1:09.07	1:04.20	1:02.73	1.03.11	1:01,25	58,48	58,48
200 B	2:38,70	2:31,06	2:18.99	2:15.14	2:16.77	2:14,00	2:09,14	2:09,14
50 M	30,13	27,68	26,93	26,13	25,32	23.82	23.16	23.16
100 M	1:05,30	1:00,61	57,70	55,60	53.97	52.87	51.27	51.27
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	58.85	56.47	52.91	52.91
200 E	2:22,40	2:16,29	2:08.74	2:06,94	2:04.10	2:01,23	1:54.71	1:54.71
400 E	5:02,78	4:46.42	4:35,68	4:25,04	4:21.93	4:11.20	4:06.93	4:06.93

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	26,78	26,97	26,79	25,73	25,73
100 L	1:02,16	59,73	59,58	57,75	57,50	56,56	56,80	56,56
200 L	2:15,80	2:10,86	2:07,77	2:06,08	2:03,02	2:03,18	2:01,48	2:01,48
400 L	4:45,72	4:34,74	4:29,25	4:24,77	4:20,37	4:20,34	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	17:19,16	16:15,12	16:15,12
50 C	35,55	33,51	30,52	29,42	29,33	28,55	28,24	28,24
100 C	1:10,90	1:06,78	1:05,06	1:03,92	1:03,57	1:01,18	1:01,17	1:01,17
200 C	2:33,21	2:23,57	2:22,91	2:20,26	2:18,61	2:15,53	2:15,02	2:15,02
50 B	37,75	36,52	34,48	32,62	32,90	32,80	31,88	31,88
100 B	1:18,66	1:16,44	1:12,97	1:10,82	1:10,09	1:10,00	1:09,47	1:09,47
200 B	2:49,82	2:42,69	2:36,98	2:31,32	2:29,51	2:29,23	2:25,67	2:25,67
50 M	32,88	31,44	29,50	28,62	28,46	28,47	27,80	27,80
100 M	1:08,02	1:05,13	1:03,88	1:03,53	1:02,98	1:02,56	1:00,49	1:00,49
200 M	2:30,76	2:23,14	2:20,75	2:15,56	2:17,11	2:16,60	2:12,29	2:12,29
200 E	2:33,06	2:28,56	2:23,78	2:21,01	2:20,65	2:17,22	2:13,87	2:13,87
400 E	5:25,02	5:08,20	5:01,04	5:01,32	4:58,87	4:55,04	4:40,11	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	21,92	21,87	21,87
100 L	58,47	55,53	53,51	52,10	49,59	48,52	47,98	47,98
200 L	2:06,18	2:02,48	1:57,31	1:55,57	1:53,79	1:49,98	1:47,97	1:47,97
400 L	4:28,42	4:15,99	4:08,94	4:04,23	4:01,41	3:58,65	3:51,89	3:51,89
800 L	9:12,56	8:54,25	8:32,97	8:29,39	8:19,86	8:15,16	8:06,49	8:06,49
1500 L	17:21,58	16:42,19	16:11,75	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	26,67	26,58	25,28	25,28
100 C	1:05,61	1:02,84	59,97	58,61	57,17	57,09	54,35	54,35
200 C	2:24,13	2:14,94	2:06,44	2:06,59	2:03,93	2:03,55	1:57,06	1:57,06
50 B	33,80	32,52	30,57	29,75	29,10	29,07	28,43	28,43
100 B	1:13,82	1:10,51	1:06,16	1:03,71	1:04,35	1:02,87	1:01,19	1:01,19
200 B	2:41,62	2:32,07	2:19,73	2:15,98	2:19,82	2:15,99	2:13,34	2:13,34
50 M	30,07	28,41	26,67	25,63	24,89	22,96	22,80	22,80
100 M	1:04,63	1:01,21	57,61	57,23	54,77	51,61	51,45	51,45
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	1:58,19	1:58,19
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