

**ASSOCIAÇÃO DE NATAÇÃO DE LISBOA**



***NATAÇÃO PURA***

***Recordes Regionais***

***Tabela Resumo***

Actualizado a 06 Junho 2017

## 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	<b>24,94</b>
100 L	1:01,63	59,20	59,46	57,52	56,78	57,12	55,43	<b>55,43</b>
200 L	2:12,32	2:08,89	2:06,53	2:04,62	2:03,84	2:04,06	1:59,89	<b>1:59,89</b>
400 L	4:42,86	4:34,76	4:23,08	4:18,39	4:19,15	4:18,90	4:05,39	<b>4:05,39</b>
800 L	9:49,25	9:27,51	9:06,60	8:46,74	8:51,12	8:45,91	8:33,54	<b>8:33,54</b>
1500 L	18:53,60	18:52,36	17:32,97	17:49,40	16:54,48	17:09,52	16:47,68	<b>16:47,68</b>
50 C	34,23	31,73	30,09	28,99	28,42	28,53	28,17	<b>28,17</b>
100 C	1:10,43	1:04,85	1:02,96	1:01,43	1:01,55	1:01,56	1:01,40	<b>1:01,40</b>
200 C	2:28,06	2:21,33	2:19,15	2:16,30	2:12,80	2:12,52	2:11,16	<b>2:11,16</b>
50 B	36,65	34,89	34,82	33,73	32,37	32,09	31,43	<b>31,43</b>
100 B	1:18,05	1:13,43	1:11,76	1:09,59	1:09,58	1:08,02	1:07,17	<b>1:07,17</b>
200 B	2:45,30	2:36,86	2:34,51	2:32,36	2:26,87	2:26,47	2:25,87	<b>2:25,87</b>
50 M	32,06	31,60	29,91	28,82	27,57	28,16	27,24	<b>27,24</b>
100 M	1:08,07	1:05,50	1:04,30	1:03,09	1:01,56	1:02,03	59,92	<b>59,92</b>
200 M	2:33,11	2:27,84	2:19,06	2:18,93	2:13,60	2:14,95	2:10,32	<b>2:10,32</b>
100 E	1:16,42	1:12,49	1:10,04	1:06,37	1:04,11	1:02,34	1:02,44	<b>1:02,34</b>
200 E	2:31,96	2:25,08	2:20,93	2:18,59	2:14,94	2:16,22	2:12,37	<b>2:12,37</b>
400 E	5:15,68	5:07,22	4:57,68	4:51,85	4:51,07	4:49,07	4:37,41	<b>4:37,41</b>

### 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	<b>21,71</b>
100 L	56,19	54,96	52,59	50,82	49,87	48,38	47,99	<b>47,99</b>
200 L	2:04,75	1:58,99	1:56,53	1:51,06	1:52,38	1:47,73	1:45,70	<b>1:45,70</b>
400 L	4:21,95	4:13,24	4:03,22	3:59,31	3:57,19	3:51,92	3:48,02	<b>3:48,02</b>
800 L	9:07,76	8:42,19	8:35,60	8:26,72	8:18,36	8:00,39	7:49,89	<b>7:49,89</b>
1500 L	17:13,96	16:31,35	16:25,03	16:01,32	15:25,11	15:09,03	15:00,65	<b>15:00,65</b>
50 C	32,18	29,63	29,49	27,53	26,77	25,01	23,90	<b>23,90</b>
100 C	1:05,90	1:01,53	1:00,07	56,45	56,67	53,88	52,03	<b>52,03</b>
200 C	2:19,41	2:09,17	2:04,99	2:01,43	2:00,88	1:58,58	1:54,78	<b>1:54,78</b>
50 B	33,81	32,93	31,80	30,31	28,56	28,57	27,16	<b>27,16</b>
100 B	1:13,08	1:10,63	1:06,93	1:05,08	1:03,11	1:01,25	58,48	<b>58,48</b>
200 B	2:38,70	2:32,94	2:26,72	2:22,83	2:16,77	2:14,00	2:09,14	<b>2:09,14</b>
50 M	30,13	27,68	26,93	26,13	25,32	24,96	23,50	<b>23,50</b>
100 M	1:05,30	1:00,61	57,70	55,60	53,97	53,87	51,70	<b>51,70</b>
200 M	2:23,10	2:15,67	2:11,56	2:07,51	2:03,51	2:00,39	1:53,56	<b>1:53,56</b>
100 E	1:07,38	1:05,51	1:03,28	1:00,89	59,04	56,47	53,06	<b>53,06</b>
200 E	2:22,40	2:16,29	2:10,75	2:06,94	2:04,10	2:01,23	1:55,40	<b>1:55,40</b>
400 E	5:02,78	4:47,72	4:35,68	4:25,04	4:21,93	4:11,20	4:10,55	<b>4:10,55</b>

## 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	<b>25,73</b>
100 L	1:02,16	59,73	59,78	57,75	58,49	58,72	56,80	<b>56,80</b>
200 L	2:15,80	2:10,86	2:10,28	2:07,11	2:07,53	2:06,70	2:01,78	<b>2:01,78</b>
400 L	4:45,72	4:34,74	4:29,25	4:24,77	4:20,37	4:23,33	4:13,54	<b>4:13,54</b>
800 L	9:55,43	9:24,36	9:06,60	9:03,83	8:57,14	9:05,04	8:36,58	<b>8:36,58</b>
1500 L	19:18,67	19:40,18	18:12,05	17:26,88	17:27,50	17:34,40	16:45,10	<b>16:45,10</b>
50 C	35,55	33,51	30,52	29,42	29,80	30,32	29,85	<b>29,42</b>
100 C	1:10,90	1:06,78	1:05,06	1:03,92	1:04,00	1:04,27	1:04,01	<b>1:03,92</b>
200 C	2:33,21	2:23,57	2:22,91	2:20,26	2:19,24	2:15,53	2:15,27	<b>2:15,27</b>
50 B	37,75	36,52	34,52	32,62	32,90	32,80	31,88	<b>31,88</b>
100 B	1:18,66	1:16,44	1:12,97	1:10,82	1:10,09	1:10,00	1:09,47	<b>1:09,47</b>
200 B	2:49,82	2:42,69	2:36,98	2:31,32	2:29,51	2:29,23	2:27,70	<b>2:27,70</b>
50 M	32,88	31,44	29,50	28,76	28,46	28,47	27,80	<b>27,80</b>
100 M	1:08,02	1:05,13	1:03,88	1:03,57	1:02,98	1:02,56	1:00,49	<b>1:00,49</b>
200 M	2:30,76	2:23,14	2:20,75	2:15,56	2:17,11	2:18,40	2:12,29	<b>2:12,29</b>
200 E	2:33,06	2:28,56	2:23,78	2:21,01	2:20,65	2:17,22	2:13,87	<b>2:13,87</b>
400 E	5:25,02	5:08,20	5:01,04	5:01,32	4:58,87	4:59,32	4:40,11	<b>4:40,11</b>

### 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	<b>22,39</b>
100 L	58,47	55,53	53,51	52,10	49,59	50,24	49,71	<b>49,59</b>
200 L	2:06,18	2:02,48	1:57,67	1:55,57	1:53,79	1:49,98	1:48,39	<b>1:48,39</b>
400 L	4:28,42	4:15,99	4:09,11	4:04,23	4:02,05	3:58,77	3:57,19	<b>3:57,19</b>
800 L	9:12,56	8:54,25	8:45,55	8:31,48	8:19,86	8:16,86	8:06,49	<b>8:06,49</b>
1500 L	17:21,58	16:42,19	16:31,97	16:09,62	15:52,30	15:49,36	15:15,12	<b>15:15,12</b>
50 C	31,68	30,90	28,94	27,94	26,91	26,58	25,54	<b>25,54</b>
100 C	1:05,61	1:02,84	59,97	58,61	57,17	57,09	55,42	<b>55,42</b>
200 C	2:24,13	2:14,94	2:06,44	2:06,59	2:03,93	2:03,55	1:59,91	<b>1:59,91</b>
50 B	33,80	32,52	30,89	30,07	29,10	29,07	28,43	<b>28,43</b>
100 B	1:13,82	1:10,51	1:06,98	1:06,44	1:04,54	1:02,87	1:01,19	<b>1:01,19</b>
200 B	2:43,64	2:32,84	2:24,15	2:23,94	2:19,82	2:15,99	2:13,34	<b>2:13,34</b>
50 M	30,07	28,41	26,67	25,63	24,89	25,19	23,72	<b>23,72</b>
100 M	1:04,63	1:01,21	57,61	57,59	54,77	56,00	52,80	<b>52,80</b>
200 M	2:23,48	2:17,44	2:11,45	2:06,78	2:04,49	2:02,42	1:57,09	<b>1:57,09</b>
200 E	2:24,45	2:18,68	2:11,18	2:08,11	2:04,32	2:04,00	1:58,88	<b>1:58,88</b>
400 E	5:02,73	4:52,47	4:37,06	4:32,66	4:25,23	4:22,25	4:15,84	<b>4:15,84</b>