



Época 2009/2010



CAMPEONATO DISTRITAL ABSOLUTO (5)

ALCOBAÇA - 21, 22 de NOVEMBRO de 2009

TABELA 1

| FEMININOS | | | | Provas | MASCULINOS | | | |
|-----------|----------|---------------|----------|---------------------|------------|----------|---------------|----------|
| 1995 | | 1994 + Velhos | | | 1993 | | 1992 + Velhos | |
| TAC-25m | TAC-50m | TAC-25m | TAC-50m | | TAC-25m | TAC-50m | TAC-25m | TAC-50m |
| 00:34,88 | 00:35,48 | 00:34,20 | 00:34,78 | 50 Livres (80%) | 00:30,11 | 00:30,66 | 00:29,52 | 00:30,07 |
| 01:15,65 | 01:17,14 | 01:14,16 | 01:15,62 | 100 Livres (80%) | 01:05,40 | 01:06,98 | 01:03,60 | 01:05,14 |
| 02:42,79 | 02:45,25 | 02:39,60 | 02:41,95 | 200 Livres (80%) | 02:25,04 | 02:28,79 | 02:22,20 | 02:25,81 |
| 05:40,27 | 05:45,05 | 05:33,60 | 05:38,28 | 400 Livres (80%) | 05:07,46 | 05:14,30 | 05:01,44 | 05:08,23 |
| 11:43,80 | 11:54,29 | 11:30,00 | 11:40,28 | 800 Livres (80%) | | | | |
| | | | | 1.500 Livres (80%) | 20:17,88 | 20:39,95 | 19:54,00 | 20:15,74 |
| | | | | 4x50 Livres (80%) | | | 02:00,00 | 02:00,25 |
| | | | | 4x100 Livres (80%) | | | 04:24,00 | 04:25,76 |
| | | | | 4x200 Livres (80%) | | | 09:36,00 | 09:41,89 |
| 00:39,12 | 00:40,85 | 00:39,12 | 00:40,85 | 50 Costas (80%) | 00:34,56 | 00:36,61 | 00:34,56 | 00:36,61 |
| 01:25,44 | 01:27,96 | 01:23,76 | 01:26,24 | 100 Costas (80%) | 01:15,04 | 01:18,78 | 01:13,56 | 01:17,24 |
| 03:03,84 | 03:08,89 | 03:00,24 | 03:05,09 | 200 Costas (80%) | 02:44,63 | 02:52,30 | 02:41,40 | 02:48,89 |
| 00:43,68 | 00:44,53 | 00:43,68 | 00:44,53 | 50 Bruços (80%) | 00:37,20 | 00:38,41 | 00:37,20 | 00:38,41 |
| 01:34,98 | 01:37,12 | 01:33,12 | 01:35,20 | 100 Bruços (80%) | 01:24,46 | 01:27,10 | 01:22,80 | 01:25,39 |
| 03:26,24 | 03:31,06 | 03:22,20 | 03:26,88 | 200 Bruços (80%) | 03:03,60 | 03:09,04 | 03:00,00 | 03:05,28 |
| 00:37,44 | 00:37,91 | 00:37,44 | 00:37,91 | 50 Mariposa (80%) | 00:32,16 | 00:32,93 | 00:34,56 | 00:32,93 |
| 01:24,08 | 01:25,28 | 01:22,44 | 01:23,60 | 100 Mariposa (80%) | 01:12,46 | 01:13,66 | 01:11,04 | 01:12,22 |
| 03:04,82 | 03:07,19 | 03:01,80 | 03:03,40 | 200 Mariposa (80%) | 02:39,84 | 02:43,31 | 02:36,60 | 02:40,00 |
| 01:26,90 | | 01:25,20 | | 100 Estilos (80%) | 01:15,89 | | 01:14,40 | |
| 03:05,44 | 02:56,04 | 03:01,80 | 03:04,34 | 200 Estilos (80%) | 02:44,26 | 02:49,10 | 02:40,80 | 02:45,62 |
| 06:29,23 | 06:34,98 | 06:21,60 | 06:27,22 | 400 Estilos (80%) | 05:51,00 | 06:00,46 | 05:42,84 | 05:52,04 |
| | | | | 4x50 Estilos (80%) | | | 02:17,40 | 02:19,86 |
| | | | | 4x100 Estilos (80%) | | | 04:48,00 | 04:54,42 |