



FEMININO/WOMEN																
ESCALÕES		50L	100L	200L	400L	50C	100C	200C	50B	100B	200B	50M	100M	200M	100E*	200E
A	25-29	00:44,20	01:32,69	03:25,92	07:20,18	00:52,00	01:49,40	03:59,40	00:57,85	02:02,27	04:26,44	00:48,75	01:44,26	04:01,93	01:58,40	03:56,79
B	30-34	00:45,50	01:36,53	03:32,35	07:33,05	00:54,34	01:52,00	04:01,93	00:59,80	02:04,86	04:31;57	00:50,05	01:48,10	04:12,26	02:01,62	04:03,23
C	35-39	00:46,80	01:39,12	03:42,69	07:52,36	00:57,20	01:58,43	04:17,40	01:02,40	02:07,40	04:43,14	00:50,65	01:53,23	04:27,67	02:09,35	04:13,70
D	40-44	00:49,40	01:42,96	03:51,66	08:02,53	01:00,45	02:04,86	04:36,70	01:05,00	02:16,44	04:56,01	00:55,90	01:59,67	04:40;54	02:14,48	04:28,97
E	45-49	00:52,00	01:50,59	04:10;97	08:34,80	01:04,09	02:12,54	04:49,57	01:07,60	02:21,57	05:08,38	00:59,15	02;11,30	05:05,04	02:19,65	04:39,30
F	50-54	00:55,38	01:58,43	04:30,27	09:19,85	01:07,60	02:18,97	05:08,88	01:12,15	02:29,30	05:21,75	01:01,75	02:25,40	05:42,36	02:33,14	05:06,28
G	55-59	00:59,15	02:04,86	04:43,14	09:58,46	01:11,24	02:30,60	05:28,19	01:15,40	02:38,27	05:41,06	01:06,95	02:52,45	06:38,97	02:47,31	05:34,62
H	60-64	01:02,40	02:11,30	05:02,45	10:30,63	01:15,40	02:40,87	05:38,46	01:20,60	02:48,61	06:00,36	01:14,10	02:20,00	05:20,00	02:30,00	05:16,62
I	65-69	01:07,34	02:24,17	05:26,88	11:28,55	01:21,90	02:56,35	06:13,23	01:28,40	03:04,02	06:32,54	01:23,85	03:15,65	07:11,14	03:07,92	06:15,83
J	70-74	01:14,00	02:35,00	05:42,36	12:26,46	01:28,40	03:05,32	06:36,37	01:43,00	03:25,00	07:04,71	01:38,15	03:45,23	08:28,37	03:22,70	06:45,41
K	75-79	01:30,00	02:49,91	06:22,27	13:50,12	01:37,50	03:24,62	07:17,58	01:50,50	03:52,96	07:56,19	01:59,60	04:30,27	10:04,39	03:51,66	07:43,32
L	80-84	01:50,00	03:30,00	07:43,32	15:52,38	01:58,30	04:04,53	08:54,11	02:13,90	04:56,01	09:32,72	03:17,60	05:21,75	11:34,98	04:20,62	08:41,24
M	85-89	02:10,00	03:51,66	08:41,24	17:48,21	03:00,00	04:49,57	10:56,37	03:00,00	06:06,79	11:54,28	04:25,20	06:26,10	13:50,12	05:08,88	10:17,76
N	90-94	02:25,60	04:36,70	10:17,76	20:22,65	03:44,90	06:00,36	12:13,59	03:57,90	07:30,45	14:09,42	05:38,00	09:19,85	18:01,08	06:06,79	12:13,59

* Tempos dos 100E são cerca de 50% dos tempos dos 200E.

PARCEIROS INSTITUCIONAIS



PARCEIRO OFICIAL



PARCEIROS



Moradia Complexo do Jamor, Estrada da Costa, 1495-688 Cruz Quebrada

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MASCULINO/MEN																
ESCALÕES		50L	100L	200L	400L	50C	100C	200C	50B	100B	200B	50M	100M	200M	100E	200E
A	25-29	00:38,22	01:22,10	03:02,78	06:32,54	00:45,63	01:34,57	03:25,92	00:49,14	01:44,26	03:52,96	00:41,60	01:28,79	03:37,00	01:42,96	03:25,92
B	30-34	00:39,13	01:23,66	03:07,27	06:42,81	00:46,80	01:38,47	03:32,35	00:50,44	01:47,86	03:56,79	00:42,12	01:30,09	03:37,94	01:46,18	03:32,35
C	35-39	00:40,43	01:24,95	03:10,45	06:53,14	00:48,88	01:40,88	03:38,79	00:51,74	01:51,73	04:03,23	00:43,55	01:33,00	03:45,00	01:49,40	03:38,79
D	40-44	00:42,50	01:27,49	03:16,88	07:04,71	00:51,09	01:44,26	03:50,36	00:53,04	01:54,53	04:13,57	00:45,89	01:37,82	03:54,26	01:54,53	03:49,06
E	45-49	00:43,55	01:32,04	03:23,32	07:21,42	00:55,25	01:55,83	04:17,40	00:58,89	02:00,96	04:30,27	00:49,40	01:45,56	04:25,13	02:02,92	04:05,83
F	50-54	00:45,24	01:36,91	03:34,96	07:30,45	00:56,00	01:39,50	03:53,00	00:59,00	02:05,00	04:06,00	00:48,00	01:40,00	04:11,00	02:00,00	03:52,00
G	55-59	00:47,19	01:40,36	03:52,96	07:56,19	00:57,85	02:02,27	04:30,27	01:01,49	02:13,84	04:49,57	00:53,95	01:59,00	04:49,57	02:08,70	04:17,40
H	60-64	00:49,79	01:46,80	04:05,83	08:38,64	01:02,14	02:13,84	04:56,01	01:04,35	02:16,44	05:03,75	00:56,29	02:09,93	05:06,28	02:19,65	04:34,50
I	65-69	00:53,04	01:54,53	04:25,13	09:19,85	01:05,39	02:24,17	05:15,31	01:08,25	02:25,40	05:32,02	01:01,10	02:25,40	05:47,49	02:33,14	05:06,28
J	70-74	00:56,94	02:06,10	04:49,57	10:17,76	01:11,50	02:30,22	05:41,06	01:13,84	02:42,18	06:00,36	01:08,64	02:34,44	06:26,00	02:44,09	05:28,19
K	75-79	01:05,00	02:30,00	05:21,75	11:09,24	01:22,29	02:53,75	06:26,10	01:21,90	03:01,48	06:45,41	01:30,00	03:22,08	07:24,02	03:08,40	06:06,79
L	80-84	01:30,00	03:10,00	05:45,00	12:39,33	01:31,00	03:06,62	07:30,45	01:36,20	03:29,57	07:49,32	01:55,70	04:04,53	08:34,80	03:29,14	06:58,28
M	85-89	01:40,00	03:30,00	07:10,00	14:28,00	01:53,10	04:04,53	09:30,00	02:13,90	04:49,00	09:39,15	02:43,80	05:08,88	10:56,37	04:30,27	09:00,54
N	90-94	02:00,00	04:15,00	08:35,00	15:26,64	02:20,40	04:56,01	11:34,98	02:50,30	05:56,53	11:34,98	03:33,20	06:13,23	13:30,81	05:34,62	11:09,24
O	95-99	02:10,00	04:40,00	09:30,00	00:00,00	02:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00

* Tempos dos 100E são cerca de 50% dos tempos dos 200E.

PARCEIROS INSTITUCIONAIS



PARCEIRO OFICIAL



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