

CAMPEONATOS ABSOLUTOS DE PORTUGAL - PISCINA  
LONGA

2007/2008  
PISCINA LONGA

Femininos			Masculinos	
TAC1	MAC		TAC1	MAC
00:29,00	<b>00:27,55</b>	50 L	00:25,30	<b>00:24,03</b>
01:02,80	<b>00:59,66</b>	100 L	00:55,00	<b>00:52,25</b>
02:16,00	<b>02:09,20</b>	200 L	02:01,30	<b>01:55,23</b>
04:46,00	<b>04:31,70</b>	400 L	04:17,00	<b>04:04,15</b>
09:45,00	<b>09:15,75</b>	800 L	08:53,00	<b>08:26,35</b>
19:05,00	<b>18:07,75</b>	1500 L	17:05,00	<b>16:13,75</b>
04:15,00	***	4x100 L	03:49,60	***
09:13,00	***	4x200 L	08:20,00	***
00:37,20	<b>00:34,60</b>	50 B	00:32,50	<b>00:30,22</b>
01:20,80	<b>01:16,76</b>	100 B	01:11,20	<b>01:07,64</b>
02:53,00	<b>02:44,35</b>	200 B	02:36,00	<b>02:28,20</b>
00:33,90	<b>00:31,53</b>	50 C	00:29,60	<b>00:27,53</b>
01:12,40	<b>01:08,78</b>	100 C	01:03,70	<b>01:00,52</b>
02:35,00	<b>02:27,25</b>	200 C	02:18,00	<b>02:11,10</b>
00:31,20	<b>00:29,02</b>	50 M	00:27,30	<b>00:25,39</b>
01:10,00	<b>01:06,50</b>	100 M	01:00,20	<b>00:57,19</b>
02:33,50	<b>02:25,82</b>	200 M	02:14,00	<b>02:07,30</b>
02:34,00	<b>02:26,30</b>	200 E	02:18,00	<b>02:11,10</b>
05:25,00	<b>05:08,75</b>	400 E	04:56,00	<b>04:41,20</b>
04:50,00	***	4x100 E	04:16,00	***