

**TABELA DE INDICES BRASILEIRO FEMININO PISCINA DE 50 METROS - 2022**

PROVAS	INFANTIL 1		INFANTIL 2		JUVENIL 1		JUVENIL 2		JUNIOR 1		JUNIOR 2	
	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO
50 L	00:31,60	00:31,12	00:30,93	00:30,66	00:30,48	00:30,23	00:30,10	00:29,92	00:29,80	00:29,62	00:29,51	00:29,34
100 L	01:09,04	01:07,98	01:07,58	01:06,98	01:06,60	01:06,04	01:05,77	01:05,36	01:05,10	01:04,72	01:04,47	01:04,10
200 L	02:30,86	02:28,54	02:27,65	02:26,35	02:25,51	02:24,29	02:23,79	02:22,82	02:22,25	02:21,40	02:20,85	02:20,05
400 L	05:15,74	05:10,89	05:09,02	05:06,31	05:04,56	05:02,00	05:00,96	04:58,92	04:57,72	04:55,96	04:54,89	04:53,11
800 L	10:52,56	10:42,29	10:38,35	10:32,63	10:28,92	10:23,52	10:20,89	10:17,03	10:14,50	10:10,79	10:08,37	10:04,80
1500 L	20:39,04	20:19,52	20:12,05	20:01,18	19:54,15	19:43,90	19:38,90	19:31,56	19:26,77	19:19,73	19:15,13	19:08,36
50 C												
100 C	01:21,52	01:20,02	01:19,45	01:18,63	01:18,10	01:17,33	01:16,95	01:16,41	01:16,05	01:15,53	01:15,19	01:14,69
200 C	02:55,03	02:51,81	02:50,59	02:48,83	02:47,69	02:46,03	02:45,23	02:44,06	02:43,29	02:42,17	02:40,37	02:31,40
50 P												
100 P	01:30,99	01:29,32	01:28,69	01:27,77	01:27,18	01:26,32	01:25,90	01:25,29	01:24,89	01:24,31	01:23,93	01:23,37
200 P	03:17,16	03:13,54	03:12,17	03:10,18	03:08,90	03:07,03	03:06,28	03:04,81	03:03,95	03:02,68	03:01,86	03:00,65
50 B												
100 B	01:18,72	01:17,28	01:16,73	01:15,93	01:15,42	01:14,64	01:14,38	01:13,79	01:13,44	01:12,94	01:12,61	01:12,13
200 B	02:59,98	02:56,27	02:54,86	02:52,84	02:51,54	02:49,67	02:48,76	02:47,44	02:46,58	02:45,32	02:44,50	02:43,30
100 M												
200 M	02:52,62	02:49,76	02:48,67	02:47,09	02:46,07	02:44,58	02:43,85	02:42,79	02:42,09	02:41,07	02:40,41	02:39,43
400 M	06:07,74	06:01,50	05:59,12	05:55,67	05:53,44	05:50,20	05:48,62	05:46,31	05:44,80	05:42,58	05:41,14	05:39,01

TABELA DE INDICES BRASILEIRO MASCULINO PISCINA DE 50 METROS - 2022

PROVAS	INFANTIL 1		INFANTIL 2		JUVENIL 1		JUVENIL 2		JUNIOR 1		JUNIOR 2	
	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO	INVERNO	VERÃO
50 L	00:28,86	00:27,92	00:27,28	00:26,70	00:26,48	00:26,17	00:25,97	00:25,67	00:25,55	00:25,36	00:25,24	00:25,07
100 L	01:03,66	01:01,67	01:00,33	00:58,71	00:58,26	00:57,60	00:57,18	00:56,57	00:56,31	00:55,93	00:55,68	00:55,31
200 L	02:22,08	02:17,30	02:13,10	02:09,38	02:08,34	02:06,84	02:05,88	02:04,49	02:03,89	02:03,02	02:02,45	02:01,61
400 L	04:58,68	04:49,34	04:43,04	04:35,44	04:33,32	04:30,24	04:28,27	04:25,42	04:24,19	04:22,38	04:21,21	04:19,48
800 L	10:24,20	10:03,72	09:54,43	09:41,50	09:36,64	09:29,63	09:25,15	09:18,67	09:15,89	09:11,82	09:09,17	09:05,29
1500 L	20:02,54	19:23,08	19:05,18	18:40,78	18:30,91	18:17,41	18:08,77	17:56,30	17:50,94	17:43,09	17:37,99	17:30,51
50 C												
100 C	01:17,45	01:14,28	01:12,22	01:09,79	01:09,12	01:08,17	01:07,56	01:06,68	01:06,31	01:05,76	01:05,41	01:04,89
200 C	02:47,18	02:40,35	02:35,89	02:30,65	02:29,21	02:27,14	02:25,83	02:23,94	02:23,14	02:21,96	02:21,19	02:20,08
50 P												
100 P	01:24,96	01:21,49	01:19,23	01:16,56	01:15,83	01:14,78	01:14,11	01:13,15	01:12,74	01:12,14	01:11,76	01:11,19
200 P	03:08,39	03:00,70	02:55,67	02:49,76	02:48,14	02:45,81	02:44,33	02:42,21	02:41,30	02:39,97	02:39,11	02:37,85
50 B												
100 B	01:13,86	01:10,85	01:08,88	01:06,56	01:05,92	01:05,01	01:04,43	01:03,60	01:03,24	01:02,72	01:02,38	01:01,89
200 B	02:51,50	02:45,40	02:40,23	02:34,24	02:32,60	02:30,28	02:28,81	02:26,70	02:25,80	02:24,49	02:23,65	02:22,41
100 M												
200 M	02:41,76	02:36,03	02:32,95	02:28,76	02:27,46	02:25,59	02:24,40	02:22,68	02:21,94	02:20,86	02:20,16	02:19,14
400 M	05:49,36	05:39,65	05:33,74	05:25,60	05:20,59	05:13,62	05:10,99	05:07,21	05:05,59	05:03,22	05:01,69	04:59,43