

**TABELA DE INDICES BRASILEIRO FEMININO PISCINA DE 25 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	00:30,75	00:30,27	00:30,08	00:29,81	00:29,63	00:29,38	00:29,25	00:29,07	00:28,95	00:28,77	00:28,66	00:28,49
100 L	01:07,34	01:06,28	01:05,88	01:05,28	01:04,90	01:04,34	01:04,07	01:03,66	01:03,40	01:03,02	01:02,77	01:02,40
200 L	02:27,46	02:25,14	02:24,25	02:22,95	02:22,11	02:20,89	02:20,39	02:19,42	02:18,85	02:18,00	02:17,45	02:16,65
400 L	05:08,94	05:04,09	05:02,22	04:59,51	04:57,76	04:55,20	04:54,16	04:52,12	04:50,92	04:49,16	04:48,09	04:46,31
800 L	10:38,96	10:28,69	10:24,75	10:19,03	10:15,32	10:09,92	10:07,29	10:03,43	10:00,90	09:57,19	09:54,77	09:51,20
1500 L	20:13,54	19:54,02	19:46,55	19:35,68	19:28,65	19:18,40	19:13,40	19:06,06	19:01,27	18:54,23	18:49,63	18:42,86
50 C												
100 C	01:19,82	01:18,32	01:17,75	01:16,93	01:16,40	01:15,63	01:15,25	01:14,71	01:14,35	01:13,83	01:13,49	01:12,99
200 C	02:51,63	02:48,41	02:47,19	02:45,43	02:44,29	02:42,63	02:41,83	02:40,66	02:39,89	02:38,77	02:36,97	02:28,00
50 P												
100 P	01:28,99	01:27,32	01:26,69	01:25,77	01:25,18	01:24,32	01:23,90	01:23,29	01:22,89	01:22,31	01:21,93	01:21,37
200 P	03:13,16	03:09,54	03:08,17	03:06,18	03:04,90	03:03,03	03:02,28	03:00,81	02:59,95	02:58,68	02:57,86	02:56,65
50 B												
100 B	01:17,32	01:15,88	01:15,33	01:14,53	01:14,02	01:13,24	01:12,98	01:12,39	01:12,04	01:11,54	01:11,21	01:10,73
200 B	02:57,18	02:53,47	02:52,06	02:50,04	02:48,74	02:46,87	02:45,96	02:44,64	02:43,78	02:42,52	02:41,70	02:40,50
100 M												
200 M	02:48,62	02:45,76	02:44,67	02:43,09	02:42,07	02:40,58	02:39,85	02:38,79	02:38,09	02:37,07	02:36,41	02:35,43
400 M	06:00,94	05:54,70	05:52,32	05:48,87	05:46,64	05:43,40	05:41,82	05:39,51	05:38,00	05:35,78	05:34,34	05:32,21

TABELA DE INDICES BRASILEIRO MASCULINO PISCINA DE 25 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	00:28,01	00:27,07	00:26,43	00:25,85	00:25,63	00:25,32	00:25,12	00:24,82	00:24,70	00:24,51	00:24,39	00:24,22
100 L	01:01,96	00:59,97	00:58,63	00:57,01	00:56,56	00:55,90	00:55,48	00:54,87	00:54,61	00:54,23	00:53,98	00:53,61
200 L	02:18,68	02:13,90	02:09,70	02:05,98	02:04,94	02:03,44	02:02,48	02:01,09	02:00,49	01:59,62	01:59,05	01:58,21
400 L	04:51,88	04:42,54	04:36,24	04:28,64	04:26,52	04:23,44	04:21,47	04:18,62	04:17,39	04:15,58	04:14,41	04:12,68
800 L	10:10,60	09:50,12	09:40,83	09:27,90	09:23,04	09:16,03	09:11,55	09:05,07	09:02,29	08:58,22	08:55,57	08:51,69
1500 L	19:37,04	18:57,58	18:39,68	18:15,28	18:05,41	17:51,91	17:43,27	17:30,80	17:25,44	17:17,59	17:12,49	17:05,01
50 C												
100 C	01:15,75	01:12,58	01:10,52	01:08,09	01:07,42	01:06,47	01:05,86	01:04,98	01:04,61	01:04,06	01:03,71	01:03,19
200 C	02:43,78	02:36,95	02:32,49	02:27,25	02:25,81	02:23,74	02:22,43	02:20,54	02:19,74	02:18,56	02:17,79	02:16,68
50 P												
100 P	01:22,96	01:19,49	01:17,23	01:14,56	01:13,83	01:12,78	01:12,11	01:11,15	01:10,74	01:10,14	01:09,76	01:09,19
200 P	03:04,39	02:56,70	02:51,67	02:45,76	02:44,14	02:41,81	02:40,33	02:38,21	02:37,30	02:35,97	02:35,11	02:33,85
50 B												
100 B	01:12,46	01:09,45	01:07,48	01:05,16	01:04,52	01:03,61	01:03,03	01:02,20	01:01,84	01:01,32	01:00,98	01:00,49
200 B	02:48,70	02:42,60	02:37,43	02:31,44	02:29,80	02:27,48	02:26,01	02:23,90	02:23,00	02:21,69	02:20,85	02:19,61
100 M												
200 M	02:37,76	02:32,03	02:28,95	02:24,76	02:23,46	02:21,59	02:20,40	02:18,68	02:17,94	02:16,86	02:16,16	02:15,14
400 M	05:42,56	05:32,85	05:26,94	05:18,80	05:13,79	05:06,82	05:04,19	05:00,41	04:58,79	04:56,42	04:54,89	04:52,63