

TABELA DE INDICES BRASILEIRO (INVERNO) - FEMININO PISCINA DE 25 METROS - 2023

PROVAS	INFANTIL 1	INFANTIL 2	JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2
50 L	00:30,75	00:30,08	00:29,63	00:29,25	00:28,95	00:28,66
100 L	01:07,34	01:05,88	01:04,90	01:04,07	01:03,40	01:02,77
200 L	02:27,46	02:24,25	02:22,11	02:20,39	02:18,85	02:17,45
400 L	05:08,94	05:02,22	04:57,76	04:54,16	04:50,92	04:48,09
800 L	10:38,96	10:24,75	10:15,32	10:07,29	10:00,90	09:54,77
1500 L	20:13,54	19:46,55	19:28,65	19:13,40	19:01,27	18:49,63
50 C						
100 C	01:19,82	01:17,75	01:16,40	01:15,25	01:14,35	01:13,49
200 C	02:51,63	02:47,19	02:44,29	02:41,83	02:39,89	02:36,97
50 P						
100 P	01:28,99	01:26,69	01:25,18	01:23,90	01:22,89	01:21,93
200 P	03:13,16	03:08,17	03:04,90	03:02,28	02:59,95	02:57,86
50 B						
100 B	01:17,32	01:15,33	01:14,02	01:12,98	01:12,04	01:11,21
200 B	02:57,18	02:52,06	02:48,74	02:45,96	02:43,78	02:41,70
100 M						
200 M	02:48,62	02:44,67	02:42,07	02:39,85	02:38,09	02:36,41
400 M	06:00,94	05:52,32	05:46,64	05:41,82	05:38,00	05:34,34

TABELA DE INDICES BRASILEIRO (INVERNO) MASCULINO - PISCINA DE 25 METROS - 2023

PROVAS	INFANTIL 1	INFANTIL 2	JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2
50 L	00:28,01	00:26,43	00:25,63	00:25,12	00:24,70	00:24,39
100 L	01:01,96	00:58,63	00:56,56	00:55,48	00:54,61	00:53,98
200 L	02:18,68	02:09,70	02:04,94	02:02,48	02:00,49	01:59,05
400 L	04:51,88	04:36,24	04:26,52	04:21,47	04:17,39	04:14,41
800 L	10:10,60	09:40,83	09:23,04	09:11,55	09:02,29	08:55,57
1500 L	19:37,04	18:39,68	18:05,41	17:43,27	17:25,44	17:12,49
50 C						
100 C	01:15,75	01:10,52	01:07,42	01:05,86	01:04,61	01:03,71
200 C	02:43,78	02:32,49	02:25,81	02:22,43	02:19,74	02:17,79
50 P						
100 P	01:22,96	01:17,23	01:13,83	01:12,11	01:10,74	01:09,76
200 P	03:04,39	02:51,67	02:44,14	02:40,33	02:37,30	02:35,11
50 B						
100 B	01:12,46	01:07,48	01:04,52	01:03,03	01:01,84	01:00,98
200 B	02:48,70	02:37,43	02:29,80	02:26,01	02:23,00	02:20,85
100 M						
200 M	02:37,76	02:28,95	02:23,46	02:20,40	02:17,94	02:16,16
400 M	05:42,56	05:26,94	05:13,79	05:04,19	04:58,79	04:54,89