

TABELA DE INDICES BRASILEIRO (INVERNO) - FEMININO PISCINA DE 50 METROS - 2023

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

TABELA DE INDICES BRASILEIRO (INVERNO) MASCULINO - PISCINA DE 50 METROS - 2023

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