

TABELA DE ÍNDICES MINEIRO (MASC PISCINA DE 25 MTS) - TEMPORADA 2025								
Categoria:	INFANTIL 1		INFANTIL 2		JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2 SÊNIOR
Provas	INVERNO	VERÃO	INVERNO	VERÃO	Inv./Ver.	Inv./Ver.	Inv./Ver.	Inv./Ver.
50 L	00:29,86	00:28,86	00:28,18	00:27,56	00:26,99	00:26,46	00:26,13	00:25,82
100 L	01:06,06	01:03,93	01:02,51	01:00,78	00:59,59	00:58,50	00:57,81	00:57,15
200 L	02:27,85	02:22,75	02:18,27	02:14,31	02:11,60	02:09,09	02:07,53	02:06,02
400 L	05:10,51	05:00,57	04:53,87	04:45,79	04:40,26	04:35,13	04:31,89	04:28,81
800 L	10:48,20	10:26,45	10:16,59	10:02,87	09:50,27	09:38,63	09:31,36	09:24,43
1500 L	20:45,54	20:03,79	19:44,85	19:19,03	18:54,30	18:31,96	18:17,98	18:04,67
50 C					00:30,07	00:29,47	00:28,98	00:28,62
100C	01:20,76	01:17,38	01:15,18	01:12,59	01:10,86	01:09,28	01:08,29	01:07,37
200 C	02:54,61	02:47,32	02:42,57	02:36,98	02:33,24	02:29,83	02:27,72	02:25,71
50 P					00:32,15	00:31,51	00:30,99	00:30,60
100 P	01:28,44	01:24,74	01:22,33	01:19,49	01:17,59	01:15,85	01:14,78	01:13,76
200P	03:16,58	03:08,38	03:03,02	02:56,72	02:52,51	02:48,67	02:46,28	02:44,02
50 B					00:27,30	00:26,76	00:26,31	00:25,98
100 B	01:17,25	01:14,04	01:11,94	01:09,47	01:07,81	01:06,31	01:05,37	01:04,49
200 B	02:59,85	02:53,35	02:47,84	02:41,45	02:37,23	02:33,41	02:31,06	02:28,84
100M								
200 M	02:48,19	02:42,08	02:38,80	02:34,33	02:30,95	02:27,85	02:25,91	02:24,07
400 M	06:03,65	05:53,34	05:47,07	05:38,43	05:25,71	05:18,91	05:14,67	05:10,65

TABELA DE ÍNDICES MINEIRO (MASC PISCINA DE 50 MTS) - TEMPORADA 2025								
Categoria:	INFANTIL 1		INFANTIL 2		JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2 SÊNIOR
Provas	INVERNO	VERÃO	INVERNO	VERÃO	Inv./Ver.	Inv./Ver.	Inv./Ver.	Inv./Ver.
50 L	00:30,83	00:29,83	00:29,15	00:28,42	00:27,96	00:27,43	00:27,09	00:26,78
100 L	01:08,01	01:05,89	01:04,46	01:02,72	01:01,54	01:00,44	00:59,75	00:59,09
200 L	02:31,79	02:26,69	02:22,20	02:18,23	02:15,51	02:13,00	02:11,43	02:09,93
400 L	05:18,42	05:08,46	05:01,75	04:53,65	04:48,10	04:42,96	04:39,72	04:36,63
800 L	11:04,04	10:42,26	10:32,37	10:18,62	10:05,99	09:54,33	09:47,04	09:40,10
1500 L	21:12,53	20:30,77	20:11,83	19:46,01	19:21,28	18:58,94	18:44,96	18:31,65
50 C					00:30,98	00:30,38	00:29,89	00:29,53
100C	01:22,75	01:19,36	01:17,16	01:14,56	01:12,83	01:11,24	01:10,26	01:09,33
200 C	02:58,61	02:51,31	02:46,55	02:40,95	02:37,20	02:33,78	02:31,67	02:29,66
50 P					00:33,22	00:32,58	00:32,06	00:31,67
100 P	01:30,77	01:27,06	01:24,65	01:21,79	01:19,89	01:18,15	01:17,07	01:16,06
200P	03:21,27	03:13,06	03:07,68	03:01,37	02:57,15	02:53,30	02:50,91	02:48,64
50 B					00:28,04	00:27,50	00:27,05	00:26,73
100 B	01:18,91	01:15,69	01:13,59	01:11,11	01:09,46	01:07,95	01:07,01	01:06,12
200 B	03:03,23	02:56,71	02:51,19	02:44,79	02:40,56	02:36,73	02:34,37	02:32,15
200 M	02:52,82	02:46,70	02:43,41	02:38,93	02:35,54	02:32,44	02:30,49	02:28,65
400 M	06:11,66	06:01,33	05:55,04	05:46,38	05:33,64	05:26,82	05:22,57	05:18,54

TABELA DE ÍNDICES MINEIRO (FEM PISCINA DE 25 MTS) — TEMPORADA 2025								
Categoria:	INFANTIL 1		INFANTIL 2		JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2 SÊNIOR
Provas	INVERNO	VERÃO	INVERNO	VERÃO	Inv./Ver.	Inv./Ver.	Inv./Ver.	Inv./Ver.
50 L	00:32,78	00:32,27	00:32,07	00:31,78	00:31,32	00:30,99	00:30,67	00:30,37
100 L	01:11,79	01:10,66	01:10,23	01:09,59	01:08,59	01:07,87	01:07,19	01:06,52
200 L	02:37,21	02:34,73	02:33,78	02:32,40	02:30,20	02:28,64	02:27,12	02:25,68
400 L	05:28,66	05:23,50	05:21,51	05:18,63	05:14,04	05:10,77	05:07,62	05:04,59
800 L	11:18,30	11:07,40	11:03,22	10:57,14	10:47,47	10:40,58	10:33,96	10:27,60
1500 L	21:24,17	21:03,51	20:55,61	20:44,11	20:25,82	20:12,76	20:00,24	19:48,21
50 C					00:34,81	00:34,37	00:34,01	00:33,67
100C	01:25,10	01:23,50	01:22,89	01:22,01	01:20,63	01:19,65	01:18,71	01:17,81
200 C	03:02,97	02:59,54	02:58,24	02:56,36	02:53,38	02:51,28	02:49,26	02:47,35
50 P					00:37,15	00:36,67	00:36,30	00:35,93
100 P	01:34,87	01:33,09	01:32,42	01:31,44	01:29,89	01:28,80	01:27,75	01:26,75
200P	03:25,93	03:22,07	03:20,61	03:18,49	03:15,13	03:12,76	03:10,49	03:08,33
50 B					00:31,51	00:31,11	00:30,79	00:30,48
100 B	01:22,43	01:20,90	01:20,31	01:19,46	01:18,08	01:17,17	01:16,27	01:15,41
200 B	03:08,89	03:04,94	03:03,43	03:01,28	02:57,90	02:55,52	02:53,26	02:51,11
100M								
200 M	02:59,77	02:56,72	02:55,55	02:53,87	02:51,19	02:49,29	02:47,45	02:45,70
400 M	06:23,16	06:16,54	06:14,01	06:10,35	06:04,54	06:00,41	05:56,45	05:52,66

TABELA DE ÍNDICES MINEIRO (FEM PISCINA DE 50 MTS) — TEMPORADA 2025								
Categoria:	INFANTIL 1		INFANTIL 2		JUVENIL 1	JUVENIL 2	JUNIOR 1	JUNIOR 2 SÊNIOR
Provas	INVERNO	VERÃO	INVERNO	VERÃO	Inv./Ver.	Inv./Ver.	Inv./Ver.	Inv./Ver.
50 L	00:33,76	00:33,25	00:33,04	00:32,76	00:32,30	00:31,97	00:31,65	00:31,35
100 L	01:13,76	01:12,63	01:12,20	01:11,56	01:10,56	01:09,83	01:09,15	01:08,48
200 L	02:41,18	02:38,70	02:37,75	02:36,36	02:34,16	02:32,59	02:31,07	02:29,63
400 L	05:36,61	05:31,44	05:29,45	05:26,56	05:21,96	05:18,68	05:15,52	05:12,48
800 L	11:34,21	11:23,29	11:19,10	11:13,01	11:03,32	10:56,41	10:49,78	10:43,40
1500 L	21:51,15	21:30,50	21:22,59	21:11,09	20:52,80	20:39,75	20:27,23	20:15,20
50 C					00:35,72	00:35,28	00:34,93	00:34,59
100C	01:27,09	01:25,49	01:24,88	01:24,01	01:22,62	01:21,63	01:20,69	01:19,80
200 C	03:07,00	03:03,56	03:02,25	03:00,37	02:57,38	02:55,28	02:53,26	02:51,34
50 P					00:38,23	00:37,75	00:37,37	00:37,01
100 P	01:37,21	01:35,43	01:34,75	01:33,77	01:32,22	01:31,12	01:30,07	01:29,07
200P	03:30,64	03:26,77	03:25,31	03:23,18	03:19,82	03:17,45	03:15,17	03:13,00
50 B					00:32,26	00:31,86	00:31,54	00:31,23
100 B	01:24,10	01:22,56	01:21,98	01:21,12	01:19,74	01:18,84	01:17,93	01:17,06
200 B	03:12,29	03:08,32	03:06,82	03:04,66	03:01,27	02:58,89	02:56,62	02:54,47
200 M	03:04,42	03:01,37	03:00,20	02:58,51	02:55,83	02:53,92	02:52,08	02:50,33
400 M	06:31,21	06:24,57	06:22,04	06:18,37	06:12,55	06:08,41	06:04,45	06:00,65