



Tabela de Índices 2022

Feminino		PROVA	Masculino		Feminino	PROVA	Masculino		
25 mts	50 mts		25 mts	50 mts			25 mts	50 mts	
26.43	27.28	50 Livre	22.80	23.65	33.77	34.77	50 Peito	28.85	29.85
56.98	58.68	100 Livre	49.79	51.49	1.13.70	1.15.70	100 Peito	1.03.73	1.05.73
2.06.82	2.10.22	200 Livre	1.51.31	1.54.71	2.41.57	2.45.57	200 Peito	2.22.73	2.26.73
4.27.58	4.34.38	400 Livre	3.58.73	4.05.53	28.67	29.637	50 Borboleta	24.47	25.17
9.21.18	9.34.78	800 Livre	8.13.19	8.26.79	1.04.52	1.05.92	100 Borboleta	54.50	55.90
18.15.93	18.41.43	1500 Livre	16.10.40	16.35.90	2.26.87	2.29.67	200 Borboleta	2.08.10	2.10.92
31.50	32.35	50 Costas	27.02	27.87	1.07.56	NULL	100 Medley	56.83	NULL
1.07.18	1.08.88	100 Costas	58.43	1.00.13	2.26.79	2.30.39	200 Medley	2.07.56	2.11.46
2.24.70	2.27.90	200 Costas	2.09.29	2.12.69	5.12.59	5.19.39	400 Medley	4.41.50	4.48.30