

TAB - 7

CAMPEONATOS ABSOLUTOS DE PORTUGAL

Piscina Longa

2007/2008

| FEMININOS | | | MASCULINOS | | |
|-----------|-----------------|----------|------------|-----------------|----------|
| | TAC 1 | MAC | | TAC 1 | MAC |
| 50 L | 00:29,00 | 00:27,55 | 50 L | 00:25,30 | 00:24,03 |
| 100 L | 01:02,80 | 00:59,66 | 100 L | 00:55,00 | 00:52,25 |
| 200 L | 02:16,00 | 02:09,20 | 200 L | 02:01,30 | 01:55,23 |
| 400 L | 04:46,00 | 04:31,70 | 400 L | 04:17,00 | 04:04,15 |
| 800 L | 09:45,00 | 09:15,75 | 800 L | 08:53,00 | 08:26,35 |
| 1500 L | 19:05,00 | 18:07,75 | 1500 L | 17:05,00 | 16:13,75 |
| 4x100 L | 04:15,00 | **** | 4x100 L | 03:49,60 | **** |
| 4x200 L | 09:13,00 | **** | 4x200 L | 08:20,00 | **** |
| 50 B | 00:37,20 | 00:34,60 | 50 B | 00:32,50 | 00:30,22 |
| 100 B | 01:20,80 | 01:16,76 | 100 B | 01:11,20 | 01:07,64 |
| 200 B | 02:53,00 | 02:44,35 | 200 B | 02:36,00 | 02:28,20 |
| 50 C | 00:33,90 | 00:31,53 | 50 C | 00:29,60 | 00:27,53 |
| 100 C | 01:12,40 | 01:08,78 | 100 C | 01:03,70 | 01:00,52 |
| 200 C | 02:35,00 | 02:27,25 | 200 C | 02:18,00 | 02:11,10 |
| 50 M | 00:31,20 | 00:29,02 | 50 M | 00:27,30 | 00:25,39 |
| 100 M | 01:10,00 | 01:06,50 | 100 M | 01:00,20 | 00:57,19 |
| 200 M | 02:33,50 | 02:25,82 | 200 M | 02:14,00 | 02:07,30 |
| 200 E | 02:34,00 | 02:26,30 | 200 E | 02:18,00 | 02:11,10 |
| 400 E | 05:25,00 | 05:08,75 | 400 E | 04:56,00 | 04:41,20 |
| 4x100E | 04:50,00 | **** | 4x100E | 04:16,00 | **** |