



Tabela de Índices 2022



Feminino		PROVA	Masculino		Feminino		PROVA	Masculino	
25 mts	50 mts		25 mts	50 mts	25 mts	50 mts		25 mts	50 mts
26.02	26.87	50 Livre	22.47	23.32	33.22	34.22	50 Peito	28.41	29.41
56.15	57.85	100 Livre	49.13	50.83	1.12.48	1.14.48	100 Peito	1.02.75	1.04.75
2.04.90	2.08.30	200 Livre	1.49.74	1.53.14	2.38.89	2.42.89	200 Peito	2.20.51	2.24.51
4.23.47	4.30.27	400 Livre	3.55.38	4.02.18	28.18	28.88	50 Borboleta	24.12	24.82
9.11.81	9.25.41	800 Livre	8.06.24	8.19.84	1.03.45	1.04.85	100 Borboleta	53.73	55.13
17.56.62	18.22.12	1500 Livre	15.55.98	16.21.48	2.24.19	2.26.99	200 Borboleta	2.06.00	2.08.80
31.13	31.98	50 Costas	26.57	27.42	2.24.31	2.28.31	200 Medley	2.05.49	2.09.49
1.06.40	1.08.10	100 Costas	57.52	59.22	5.09.00	5.15.80	400 Medley	4.36.67	4.43.67
2.22.84	2.26.24	200 Costas	2.07.07	2.10.47					