



# FEDERACIÓN EXTREMEÑA DE NATACIÓN

## WWW.FEXNATAACION.COM

### MARCAS MÍNIMAS 2009-2010

		MASCULINOS															
		Piscina 25 metros							Piscina 50 metros								
		ABS	Abs Jov	JUNIOR		INFANTIL			ABS	Abs Jov	JUNIOR		INFANTIL				
		89>	90<	1992	1993	1994	1995	1996	89>	90<	1992	1993	1994	1995	1996		
		Conversión															
		25-50	450	425	375	350	325	300	275								
LIBRE	50	0:00,70	0:27,50	0:28,30	0:29,50	0:30,20	0:31,00	0:31,80	0:32,80	0:28,20	0:29,00	0:30,20	0:30,90	0:31,70	0:32,50	0:33,50	
	100	0:01,60	1:01,00	1:02,20	1:05,00	1:06,40	1:08,00	1:10,00	1:12,00	1:02,60	1:03,80	1:06,60	1:08,00	1:09,60	1:11,60	1:13,60	
	200	0:03,40	2:14,50	2:17,50	2:23,50	2:26,50	2:30,00	2:34,50	2:39,00	2:17,90	2:20,90	2:26,90	2:29,90	2:33,40	2:37,90	2:42,40	
	400	0:07,20	4:46,00	4:51,50	5:04,00	5:11,00	5:19,00	5:27,50	5:37,00	4:53,20	4:58,70	5:11,20	5:18,20	5:26,20	5:34,70	5:44,20	
	800	0:15,70															
ESPALDA	1500	0:29,50	18:58,00	19:20,00	20:10,00	20:38,00	21:09,00	21:44,00	22:22,00	19:27,50	19:49,50	20:39,50	21:07,50	21:38,50	22:13,50	22:51,50	
	50	0:01,10	0:31,00	0:31,50	0:33,00	0:33,70				0:32,10	0:32,60	0:34,10	0:34,80				
	100	0:02,50	1:06,50	1:08,00	1:11,00	1:12,50	1:14,50	1:16,50	1:18,50	1:09,00	1:10,50	1:13,50	1:15,00	1:17,00	1:19,00	1:21,00	
	200	0:05,70	2:26,00	2:29,00	2:35,50	2:39,00	2:43,00	2:47,50	2:52,50	2:31,70	2:34,70	2:41,20	2:44,70	2:48,70	2:53,20	2:58,20	
	50	0:00,80	0:34,80	0:35,50	0:37,00	0:37,90				0:35,60	0:36,30	0:37,80	0:38,70				
BRAZA	100	0:02,30	1:16,00	1:17,50	1:21,00	1:22,50	1:24,50	1:27,00	1:29,50	1:18,30	1:19,80	1:23,30	1:24,80	1:26,80	1:29,30	1:31,80	
	200	0:06,00	2:44,50	2:48,00	2:55,00	2:59,00	3:03,50	3:08,50	3:14,50	2:50,50	2:54,00	3:01,00	3:05,00	3:09,50	3:14,50	3:20,50	
	50	0:00,30	0:30,00	0:30,50	0:32,00	0:32,50				0:30,30	0:30,80	0:32,30	0:32,80				
	100	0:01,30	1:06,00	1:07,20	1:10,00	1:11,70	1:13,50	1:15,50	1:18,00	1:07,30	1:08,50	1:11,30	1:13,00	1:14,80	1:16,80	1:19,30	
	200	0:03,10	2:26,50	2:30,00	2:36,00	2:40,00	2:43,50	2:48,00	2:53,00	2:29,60	2:33,10	2:39,10	2:43,10	2:46,60	2:51,10	2:56,10	
MARIIP	100	0:03,10	1:09,50	1:11,00	1:14,00	1:15,70	1:17,50	1:19,50	1:22,00								
	200	0:04,90	2:30,00	2:33,50	2:40,00	2:43,50	2:47,50	2:52,00	2:57,50	2:34,90	2:38,40	2:44,90	2:48,40	2:52,40	2:56,90	3:02,40	
	400	0:10,00	5:19,50	5:26,00	5:40,00	5:48,00	5:56,00	6:06,00	6:16,50	5:29,50	5:36,00	5:50,00	5:58,00	6:06,00	6:16,00	6:26,50	
			Relevo	Suma	Relevo	Suma		Relevo	Suma	Relevo	Suma	Relevo	Suma		Relevo	Suma	
	4x50	0:02,80	1:50,00	1:51,50	1:59,00	2:00,50				1:52,80	1:54,30	2:01,80	2:03,30				
EST	4x100	0:06,40	4:04,50	4:06,00	4:25,00	4:26,50		4:45,00	4:46,50	4:10,90	4:12,40	4:31,40	4:32,90		4:51,40	4:52,90	
	4x200	0:13,60	9:03,00	9:04,50	9:48,00	9:49,50		10:33,00	10:34,50	9:16,60	9:18,10	10:01,60	10:03,10		10:46,60	10:48,10	
	4x50	0:02,90	2:02,00	2:03,50	2:12,00	2:13,50				2:04,90	2:06,40	2:14,90	2:16,40				
	4x100	0:07,70	4:28,00	4:29,50	4:50,00	4:51,50		5:12,50	5:14,00	4:35,70	4:37,20	4:57,70	4:59,20		5:20,20	5:21,70	

MARCAS EXPRESADAS CON CRONOMETRAJE ELECTRÓNICO

		FEMENINAS												
		Piscina 25 metros						Piscina 50 metros						
		ABS	Abs Jov	JUNIOR		INFANTIL		ABS	Abs Jov	JUNIOR		INFANTIL		
		1991>	1992<	1994	1995	1996	1997	1991>	1992<	1994	1995	1996	1997	
		Conversión												
		25-50	450	425	375	350	325	300						
LIBRE	50	0:00,40	0:31,50	0:32,20	0:33,50	0:34,40	0:35,20	0:36,20	0:31,90	0:32,60	0:33,90	0:34,80	0:35,60	0:36,60
	100	0:01,00	1:09,00	1:10,20	1:13,20	1:15,00	1:17,00	1:19,00	1:10,00	1:11,20	1:14,20	1:16,00	1:18,00	1:20,00
	200	0:02,40	2:30,00	2:33,00	2:40,00	2:43,50	2:48,00	2:52,00	2:32,40	2:35,40	2:42,40	2:45,90	2:50,40	2:54,40
	400	0:05,20	5:15,00	5:21,00	5:35,00	5:43,00	5:51,00	6:01,00	5:20,20	5:26,20	5:40,20	5:48,20	5:56,20	6:06,20
	800	0:11,90	10:48,00	11:00,00	11:29,00	11:45,00	12:03,00	12:22,00	10:59,90	11:11,90	11:40,90	11:56,90	12:14,90	12:33,90
ESPALDA	1500	0:22,30												
	50	0:01,00	0:35,50	0:36,20	0:37,80	0:38,80			0:36,50	0:37,20	0:38,80	0:39,80		
	100	0:02,20	1:16,00	1:17,50	1:21,00	1:23,00	1:25,00	1:27,00	1:18,20	1:19,70	1:23,20	1:25,20	1:27,20	1:29,20
	200	0:05,70	2:43,00	2:46,00	2:53,50	2:57,50	3:02,00	3:07,00	2:48,70	2:51,70	2:59,20	3:03,20	3:07,70	3:12,70
	50	0:00,60	0:39,50	0:40,20	0:42,00	0:43,00			0:40,10	0:40,80	0:42,60	0:43,60		
BRAZA	100	0:02,00	1:25,50	1:27,00	1:31,00	1:33,00	1:36,00	1:38,00	1:27,50	1:29,00	1:33,00	1:35,00	1:38,00	1:40,00
	200	0:04,50	3:03,00	3:06,50	3:15,00	3:19,50	3:25,00	3:30,00	3:07,50	3:11,00	3:19,50	3:24,00	3:29,50	3:34,50
	50	0:00,30	0:34,00	0:34,50	0:36,00	0:37,00			0:34,30	0:34,80	0:36,30	0:37,30		
	100	0:00,80	1:15,00	1:16,50	1:19,50	1:22,00	1:24,00	1:26,00	1:15,80	1:17,30	1:20,30	1:22,80	1:24,80	1:26,80
	200	0:02,40	2:44,00	2:47,00	2:55,00	3:00,00	3:05,00	3:08,00	2:46,40	2:49,40	2:57,40	3:02,40	3:07,40	3:10,40
MARIIP	100	0:03,10	1:18,50	1:20,00	1:23,50	1:25,50	1:27,50	1:30,00						
	200	0:03,10	2:48,00	2:51,50	2:59,00	3:03,00	3:08,00	3:13,00	2:51,10	2:54,60	3:02,10	3:06,10	3:11,10	3:16,10
	400	0:07,50	5:54,50	6:01,00	6:17,00	6:26,00	6:35,00	6:46,00	6:02,00	6:08,50	6:24,50	6:33,50	6:42,50	6:53,50
			Relevo	Suma	Relevo	Suma	Relevo	Suma	Relevo	Suma	Relevo	Suma	Relevo	Suma
	4x50	0:01,60	2:08,50	2:10,00	2:16,50	2:18,00			2:10,10	2:11,60	2:18,10	2:19,60		
EST	4x100	0:04,00	4:42,50	4:44,00	4:56,50	4:58,00	5:33,00	5:34,50	4:46,50	4:48,00	5:00,50	5:02,00	5:37,00	5:38,50
	4x200	0:09,60	10:15,00	10:16,50	11:00,00	11:01,50	12:05,00	12:06,50	10:24,60	10:26,10	11:09,60	11:11,10	12:14,60	12:16,10
	4x50	0:02,30	2:23,00	2:24,50	2:33,00	2:34,50			2:25,30	2:26,80	2:35,30	2:36,80		
	4x100	0:06,00	5:10,50	5:12,00	5:42,00	5:43,50	6:05,00	6:06,50	5:16,50	5:18,00	5:48,00	5:49,50	6:11,00	6:12,50

MARCAS EXPRESADAS CON CRONOMETRAJE ELECTRÓNICO