



# FEDERACIÓN EXTREMEÑA DE NATACIÓN

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## MARCAS MÍNIMAS 06-07

		MASCULINOS														
		Piscina 25 metros							Piscina 50 metros							
		ABS	ABS JOVEN		JUNIOR		INFANTIL		ABS	ABS JOVEN		JUNIOR		INFANTIL		
		86>	1987	1988	1989	1990	1991	1992	86>	1987	1988	1989	1990	1991	1992	
		A designar			A designar		A designar		A designar			A designar		A designar		
		Conversionión 25-50														
LIBRE	50	0:00,50	0:27,30	0:27,80	0:28,30	0:29,50	0:30,20		0:27,80	0:28,30	0:28,80	0:30,00	0:30,70			
	100	0:01,30	1:00,00	1:01,00	1:02,20	1:05,00	1:06,50	1:10,00	1:12,00	1:01,30	1:02,30	1:03,50	1:06,30	1:07,80	1:11,30	1:13,30
	200	0:02,80	2:12,50	2:14,50	2:17,50	2:23,50	2:26,50	2:34,50	2:39,00	2:15,30	2:17,30	2:20,30	2:26,30	2:29,30	2:37,30	2:41,80
	400	0:06,50	4:41,00	4:46,00	4:52,00	5:04,00	5:11,00	5:27,50	5:38,00	4:47,50	4:52,50	4:58,50	5:10,50	5:17,50	5:34,00	5:44,50
	800	0:15,50														
ESPALDA	50	0:00,80	0:30,00	0:31,00	0:31,50	0:33,00	0:34,80			0:30,80	0:31,80	0:32,30	0:33,80	0:35,60		
	100	0:02,30	1:06,00	1:07,00	1:08,00	1:11,00	1:15,00	1:16,50	1:18,50	1:08,30	1:09,30	1:10,30	1:13,30	1:17,30	1:18,80	1:20,80
	200	0:05,00	2:23,50	2:26,50	2:29,00	2:35,50	2:44,50	2:47,50	2:52,50	2:28,50	2:31,50	2:34,00	2:40,50	2:49,50	2:52,50	2:57,50
BRAZA	50	0:00,50	0:34,50	0:35,00	0:35,50	0:37,00	0:39,20			0:35,00	0:35,50	0:36,00	0:37,50	0:39,70		
	100	0:02,30	1:14,50	1:16,00	1:17,50	1:21,00	1:25,50	1:27,00	1:29,50	1:16,80	1:18,30	1:19,80	1:23,30	1:27,80	1:29,30	1:31,80
	200	0:05,00	2:42,00	2:45,00	2:48,00	2:55,00	3:05,50	3:08,50	3:14,50	2:47,00	2:50,00	2:53,00	3:00,00	3:10,50	3:13,50	3:19,50
MARIP	50	0:00,50	0:29,50	0:30,00	0:30,50	0:32,00	0:32,50			0:30,00	0:30,50	0:31,00	0:32,50	0:33,00		
	100	0:01,30	1:05,00	1:06,00	1:07,50	1:10,00	1:12,00	1:15,50	1:18,00	1:06,30	1:07,30	1:08,80	1:11,30	1:13,30	1:16,80	1:19,30
	200	0:02,30	2:25,00	2:28,00	2:30,00	2:36,00	2:40,00	2:48,00	2:53,00	2:27,30	2:30,30	2:32,30	2:38,30	2:42,30	2:50,30	2:55,30
EST	100	-----	1:08,50	1:10,00	1:11,00	1:14,00	1:15,50									
	200	0:03,50	2:28,00	2:30,50	2:33,50	2:40,00	2:43,50	2:52,00	2:57,50	2:31,50	2:34,00	2:37,00	2:43,50	2:47,00	2:55,50	3:01,00
	400	0:08,50	5:15,00	5:20,00	5:26,00	5:40,00	5:48,00	6:06,00	6:16,50	5:23,50	5:28,50	5:34,50	5:48,50	5:56,50	6:14,50	6:25,00
			Relevo	Suma	Relevo	Suma	Relevo	Suma	Relevo	Relevo	Suma	Relevo	Suma	Relevo	Suma	
LIBRE	4x50	0:02,00	1:50,00		1:52,00	1:59,00	2:01,00			1:52,00		1:54,00	2:01,00	2:03,00		
	4x100	0:05,20	4:04,50		4:06,50	4:25,00	4:27,00	4:45,00	4:47,00	4:09,70		4:11,70	4:30,20	4:32,20	4:50,20	4:52,20
	4x200	0:11,20	9:03,00		9:05,00	9:48,00	9:50,00	10:33,00	10:35,00	9:14,20		9:16,20	9:59,20	10:01,20	10:44,20	10:46,20
EST	4x50	0:02,30	2:02,00		2:04,00	2:12,00	2:14,00			2:04,30		2:06,30	2:14,30	2:16,30		
	4x100	0:07,20	4:28,00		4:30,00	4:50,00	4:52,00	5:12,50	5:14,50	4:35,20		4:37,20	4:57,20	4:59,20	5:19,70	5:21,70

MARCAS EXPRESADAS CON CRONOMETRAJE ELECTRÓNICO

		FEMENINOS														
		Piscina 25 metros							Piscina 50 metros							
		ABS	ABS JOVEN		JUNIOR		INFANTIL		ABS	ABS JOVEN		JUNIOR		INFANTIL		
		88>	1989	1990	1991	1992	1993	1994	88>	1989	1990	1991	1992	1993	1994	
		A designar			A designar		A designar		A designar			A designar		A designar		
		Conversionión 25-50														
LIBRE	50	0:00,50	0:31,50	0:32,20	0:32,80	0:34,30	0:35,20		0:32,00	0:32,70	0:33,30	0:34,80	0:35,70			
	100	0:01,30	1:09,00	1:10,20	1:11,50	1:15,00	1:16,80	1:21,00	1:23,50	1:10,30	1:11,50	1:12,80	1:16,30	1:18,10	1:22,30	1:24,80
	200	0:02,80	2:30,00	2:33,00	2:36,00	2:43,50	2:47,50	2:57,00	3:02,00	2:32,80	2:35,80	2:38,80	2:46,30	2:50,30	2:59,80	3:04,80
	400	0:05,00	5:15,00	5:21,00	5:27,50	5:42,50	5:51,00	6:11,00	6:22,00	5:20,00	5:26,00	5:32,50	5:47,50	5:56,00	6:16,00	6:27,00
	800	0:13,00	10:48,00	11:00,00	11:14,00	11:45,00	12:02,50	12:44,00	13:05,00	11:01,00	11:13,00	11:27,00	11:58,00	12:15,50	12:57,00	13:18,00
ESPALDA	50	0:00,80	0:35,50	0:36,20	0:37,00	0:38,50	0:39,50			0:36,30	0:37,00	0:37,80	0:39,30	0:40,30		
	100	0:02,30	1:16,00	1:17,50	1:19,00	1:22,80	1:24,80	1:29,50	1:32,50	1:18,30	1:19,80	1:21,30	1:25,10	1:27,10	1:31,80	1:34,80
	200	0:04,50	2:43,00	2:46,20	2:49,50	2:57,50	3:02,00	3:12,00	3:18,00	2:47,50	2:50,70	2:54,00	3:02,00	3:06,50	3:16,50	3:22,50
BRAZA	50	0:00,50	0:39,50	0:40,20	0:41,00	0:43,00	0:44,00			0:40,00	0:40,70	0:41,50	0:43,50	0:44,50		
	100	0:02,30	1:25,50	1:27,00	1:28,80	1:33,00	1:35,20	1:40,50	1:44,00	1:27,80	1:29,30	1:31,10	1:35,30	1:37,50	1:42,80	1:46,30
	200	0:04,50	3:03,00	3:06,70	3:10,50	3:19,50	3:24,50	3:36,00	3:42,00	3:07,50	3:11,20	3:15,00	3:24,00	3:29,00	3:40,50	3:46,50
MARIP	50	0:00,50	0:34,00	0:34,50	0:35,30	0:37,00	0:37,80			0:34,50	0:35,00	0:35,80	0:37,50	0:38,30		
	100	0:01,30	1:15,00	1:16,00	1:17,50	1:21,50	1:23,20	1:28,00	1:30,00	1:16,30	1:17,30	1:18,80	1:22,80	1:24,50	1:29,30	1:31,30
	200	0:02,30	2:44,00	2:47,00	2:50,50	2:58,50	3:03,00	3:13,00	3:19,00	2:46,30	2:49,30	2:52,80	3:00,80	3:05,30	3:15,30	3:21,30
EST	100	-----	1:18,50	1:20,00	1:21,80	1:25,50	1:27,50									
	200	0:03,00	2:48,00	2:51,50	2:55,00	3:03,00	3:07,50	3:18,00	3:24,00	2:51,00	2:54,50	2:58,00	3:06,00	3:10,50	3:21,00	3:27,00
	400	0:08,00	5:54,50	6:01,00	6:08,50	6:25,50	6:35,00	6:57,00	7:11,00	6:02,50	6:09,00	6:16,50	6:33,50	6:43,00	7:05,00	7:19,00
			Relevo	Suma	Relevo	Suma	Relevo	Suma	Relevo	Relevo	Suma	Relevo	Suma	Relevo	Suma	
LIBRE	4x50	0:02,00	2:08,50		2:10,50	2:20,00			2:10,50		2:12,50	2:22,00	0:02,00			
	4x100	0:05,20	4:42,50		2:13,70	5:07,00	5:09,00	5:33,00	5:35,00	4:47,70		2:18,90	5:12,20	5:14,20	5:38,20	5:40,20
	4x200	0:11,20	10:15,00		2:19,70	11:09,00	11:11,00	12:05,00	12:07,00	10:26,20		2:30,90	11:20,20	11:22,20	12:16,20	12:18,20
EST	4x50	0:02,30	2:23,00		2:10,80	2:35,50	2:37,50			2:25,30		2:13,10	2:37,80	2:39,80		
	4x100	0:07,20	5:10,50		2:15,70	5:37,50	5:39,50	6:05,00	6:07,00	5:17,70		2:22,90	5:44,70	5:46,70	6:12,20	6:14,20

MARCAS EXPRESADAS CON CRONOMETRAJE ELECTRÓNICO

TOPES B	Dist.	50 mts.	100 mts.	200 mts.	400 mts.
Todas las Categorías	Tiempo	0,5"	1,5"	3'	6'