



ANARA
Associa o de Nata o da Regi o A ores

Tabela de M nimos para o Campeonato Regional de Categorias 2015 / 2016

Masculinos						Femininos						
S�n.	Jun.	Juv.A	Juv. B	Inf. A	Inf B		Inf B	Inf A	Juv B	Juv A	Jun	S�n.
1997 e + velhos	1998 e 1999	2000	2001	2002	2003		2004	2003	2002	2001	1999 e 2000	1998 e + velhas
00:27,80	00:28,80	00:28,80	00:28,80			50L			00:33,00	00:33,00	00:33,00	00:32,00
00:59,50	01:02,00	01:04,00	01:08,50	01:14,00	01:18,00	100L	01:22,50	01:18,00	01:16,00	01:14,00	01:12,50	01:10,00
02:19,00	02:21,00	02:26,00	02:36,00	02:49,00	03:08,00	200L	03:16,00	02:57,00	02:52,50	02:48,00	02:40,00	02:36,00
04:50,00	04:55,00	05:10,00	05:30,00	05:52,00	06:08,00	400L	06:38,00	06:16,00	06:00,00	05:45,00	05:35,00	05:25,00
20:20,00	20:50,00	21:50,00	23:00,00	25:30,00	26:50,00	1500L/800L	14:08,00	12:48,00	12:00,00	11:46,00	11:30,00	11.05.00
00:33,50	00:35,00	00:35,00	00:35,00			50C			00:39,00	00:39,00	00:39,00	00:37,50
01:14,00	01:17,00	01:20,00	01:24,00	01:30,00	01:36,00	100C	01:39,00	01:33,50	01:31,00	01:29,00	01:25,90	01:23,00
02:48,00	02:51,00	02:58,00	03:08,00	03:19,00	03:32,00	200C	03:38,00	03:23,00	03:15,50	03:08,00	03:00,00	02:53,00
00:36,00	00:37,00	00:37,00	00:37,00			50B			00:42,50	00:42,50	00:42,50	00:41,50
01:20,00	01:23,00	01:26,00	01:30,00	01:36,00	01:42,00	100B	01:45,00	01:39,50	01:37,00	01:34,50	01:31,50	01:29,00
03:02,00	03:05,00	03:10,00	03:20,00	03:30,00	03:40,00	200B	03:47,00	03:37,00	03:32,00	03:27,00	03:22,00	03:19,00
00:32,50	00:34,00	00:34,00	00:34,00			50M			00:37,50	00:37,50	00:37,50	00:36,00
01:12,00	01:15,00	01:20,00	01:25,00	01:32,00	01:38,00	100M	01:40,00	01:34,00	01:31,50	01:29,00	01:25,00	01:22,00
02:46,00	02:50,00	02:58,00	03:15,00	03:28,00	03:40,00	200M	03:50,00	03:35,00	03:31,00	03:27,00	03:20,00	03:12,00
02:43,00	02:50,00	02:55,00	03:03,00	03:19,00	03:32,00	200E	03:45,00	03:35,00	03:25,00	03:15,00	03:05,00	03:00,00
05:35,00	05:52,00	06:10,00	06:33,00	07:00,00	07:30,00	400E	07:37,00	07:10,00	06:57,00	06:47,00	06:30,00	06:14,00