



FEDERAZIONE ITALIANA NUOTO

STAGIONE 2015-2016



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TEMPI BASE STAFFETTE

## VASCA CORTA

## 4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:33.66	1:51.90	1:42.20
120-159	1:34.91	1:51.04	1:41.91
160-199	1:36.99	1:53.00	1:43.68
200-239	1:42.18	1:59.64	1:50.17
240-279	1:50.81	2:17.26	2:00.30
280-319	2:03.77	2:38.73	2:18.28
320-359	2:42.24	3:27.71	2:59.17
360-399	5:17.27	4:45.07	5:41.18

## 4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:44.59	2:02.28	1:51.49
120-159	1:44.17	2:03.10	1:49.85
160-199	1:48.20	2:07.07	1:56.38
200-239	1:54.45	2:15.81	2:02.27
240-279	2:05.67	2:32.20	2:18.11
280-319	2:21.94	2:58.22	2:38.99
320-359	3:02.69	4:05.03	3:21.98
360-399	5:07.26	ND	6:36.45

## VASCA LUNGA

## 4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:36.12	1:54.05	1:43.95
120-159	1:35.94	1:51.86	1:43.48
160-199	1:38.31	1:54.40	1:45.09
200-239	1:43.49	2:01.34	1:49.39
240-279	1:50.54	2:14.31	1:59.30
280-319	2:03.17	2:37.73	2:16.50
320-359	2:34.53	3:26.77	2:56.07
360-399	6:21.06	5:49.70	4:03.30

## 4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:47.91	2:05.70	1:56.22
120-159	1:46.52	2:06.45	1:54.82
160-199	1:48.97	2:07.92	1:57.82
200-239	1:56.03	2:18.61	2:05.18
240-279	2:05.00	2:30.96	2:16.58
280-319	2:20.28	2:58.60	2:36.98
320-359	3:03.20	3:55.51	3:21.16
360-399	5:22.06	ND	5:26.80