



FEDERAZIONE ITALIANA NUOTO

STAGIONE 2016-2017



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TEMPI BASE STAFFETTE

VASCA LUNGA

4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:35.89	1:52.97	1:43.69
120-159	1:35.54	1:51.53	1:43.33
160-199	1:37.81	1:53.97	1:44.75
200-239	1:43.45	2:00.73	1:49.39
240-279	1:50.44	2:11.60	1:57.94
280-319	2:03.17	2:36.76	2:16.36
320-359	2:34.53	3:26.15	2:55.04
360-399	6:21.06	5:49.70	4:03.30

4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:46.62	2:05.15	1:55.67
120-159	1:46.40	2:06.45	1:54.13
160-199	1:48.23	2:07.53	1:57.17
200-239	1:55.70	2:18.54	2:04.85
240-279	2:04.94	2:30.72	2:14.79
280-319	2:20.19	2:58.05	2:35.67
320-359	3:03.20	3:55.51	3:21.16
360-399	5:22.06	ND	5:47.71

VASCA CORTA

4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:33.22	1:51.16	1:42.20
120-159	1:34.07	1:50.96	1:41.87
160-199	1:36.57	1:52.96	1:43.18
200-239	1:41.47	1:59.41	1:49.75
240-279	1:50.10	2:12.100	1:57.60
280-319	2:03.57	2:38.48	2:17.16
320-359	2:39.56	3:24.13	2:58.03
360-399	5:17.27	5:38.32	5:41.18

4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:43.41	2:01.61	1:51.49
120-159	1:43.93	2:02.96	1:49.65
160-199	1:47.24	2:06.91	1:55.11
200-239	1:53.64	2:15.22	2:01.97
240-279	2:03.85	2:29.29	2:16.72
280-319	2:19.58	2:58.18	2:35.68
320-359	3:00.51	4:04.05	3:21.98
360-399	5:07.26	ND	6:36.45