

TEMPI BASE INDIVIDUALI

PER LE CATEGORIE/GARE DOVE NON E' STATO POSSIBILE DETERMINARE IL TEMPO BASE,
AD OGNI PRESTAZIONE VERRANNO ASSEGNATI 1000 PUNTI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
20-24	50 STILE LIBERO	21.62	22.68	24.84	25.75
	100 STILE LIBERO	47.92	50.16	54.24	56.98
	200 STILE LIBERO	1:47.20	1:50.71	2:00.24	2:03.53
	400 STILE LIBERO	3:52.80	3:59.82	4:17.15	4:17.94
	800 STILE LIBERO	8:10.80	8:23.50	8:56.22	8:49.83
	1500 STILE LIBERO	15:44.86	16:13.99	16:56.27	17:11.58
	50 DORSO	24.01	25.72	28.06	29.35
	100 DORSO	53.04	55.56	1:01.19	1:03.77
	200 DORSO	1:57.36	2:03.41	2:13.72	2:17.81
	50 RANA	26.81	27.41	31.09	32.22
	100 RANA	58.57	1:01.10	1:08.36	1:11.28
	200 RANA	2:09.34	2:15.45	2:28.47	2:34.66
	50 FARFALLA	23.23	23.83	26.57	26.89
	100 FARFALLA	51.96	53.57	59.37	1:00.74
	200 FARFALLA	1:57.64	2:02.59	2:15.57	2:16.42
	100 MISTI	53.87	-	1:02.59	-
	200 MISTI	1:58.74	2:04.37	2:16.96	2:20.54
	400 MISTI	4:22.08	4:29.94	4:51.80	5:01.86
25-29	50 STILE LIBERO	21.90	22.97	25.17	26.09
	100 STILE LIBERO	48.55	50.82	54.95	57.73
	200 STILE LIBERO	1:48.62	1:52.17	2:01.82	2:05.15
	400 STILE LIBERO	3:55.87	4:02.97	4:20.54	4:21.33
	800 STILE LIBERO	8:17.27	8:30.13	9:03.28	8:56.81
	1500 STILE LIBERO	15:57.31	16:26.82	17:09.66	17:25.16
	50 DORSO	24.33	26.06	28.43	29.74
	100 DORSO	53.74	56.29	1:02.00	1:04.61
	200 DORSO	1:58.90	2:05.04	2:15.48	2:19.62
	50 RANA	27.16	27.77	31.49	32.64
	100 RANA	59.35	1:01.90	1:09.26	1:12.22
	200 RANA	2:11.05	2:17.24	2:30.43	2:36.69
	50 FARFALLA	23.54	24.14	26.92	27.24
	100 FARFALLA	52.65	54.28	1:00.16	1:01.54
	200 FARFALLA	1:59.19	2:04.20	2:17.36	2:18.22
	100 MISTI	54.58	-	1:03.42	-
	200 MISTI	2:00.30	2:06.01	2:18.76	2:22.39
	400 MISTI	4:25.53	4:33.49	4:55.64	5:05.84

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PER LE CATEGORIE/GARE DOVE NON E' STATO POSSIBILE DETERMINARE IL TEMPO BASE,
AD OGNI PRESTAZIONE VERRANNO ASSEGNATI 1000 PUNTI

CATEGORIA	GARA	UOMINI		DONNE		
		V. Corta	V. Lunga	V. Corta	V. Lunga	
30-34	50 STILE LIBERO	22.03	22.80	25.50	26.22	
	100 STILE LIBERO	49.11	50.62	56.05	57.57	
	200 STILE LIBERO	1:48.89	1:53.55	2:04.37	2:06.12	
	400 STILE LIBERO	3:56.76	4:02.73	4:21.49	4:26.74	
	800 STILE LIBERO	8:17.09	8:24.82	9:02.35	9:14.33	
	1500 STILE LIBERO	16:00.66	16:28.51	17:17.46	17:43.00	
	50 DORSO	24.71	26.21	29.02	29.67	
	100 DORSO	53.96	57.08	1:02.68	1:04.96	
	200 DORSO	1:59.37	2:05.75	2:16.22	2:21.34	
	50 RANA	27.24	28.10	31.77	32.79	
	100 RANA	1:00.11	1:03.01	1:09.75	1:13.04	
	200 RANA	2:12.64	2:19.44	2:32.62	2:39.36	
	50 FARFALLA	23.44	23.96	27.19	27.86	
	100 FARFALLA	53.31	54.24	1:00.62	1:02.59	
	200 FARFALLA	1:59.81	2:05.28	2:20.27	2:21.13	
	100 MISTI	54.89	-	1:02.85	-	
	200 MISTI	2:00.46	2:06.46	2:19.23	2:22.50	
	400 MISTI	4:25.30	4:34.09	4:54.24	5:04.14	
	35-39	50 STILE LIBERO	22.35	23.19	26.03	26.61
		100 STILE LIBERO	49.50	51.66	57.67	58.87
200 STILE LIBERO		1:51.50	1:55.20	2:05.45	2:08.10	
400 STILE LIBERO		3:59.70	4:09.10	4:25.87	4:31.69	
800 STILE LIBERO		8:20.27	8:39.25	9:09.19	9:21.04	
1500 STILE LIBERO		16:03.44	16:39.85	17:31.91	17:58.62	
50 DORSO		25.15	26.63	29.49	30.81	
100 DORSO		55.04	58.76	1:03.64	1:06.06	
200 DORSO		2:02.50	2:09.40	2:18.08	2:23.24	
50 RANA		27.87	28.66	32.24	33.03	
100 RANA		1:01.08	1:04.20	1:10.25	1:12.97	
200 RANA		2:16.81	2:22.64	2:35.53	2:41.37	
50 FARFALLA		23.63	24.50	27.94	28.19	
100 FARFALLA		53.85	54.95	1:02.75	1:03.83	
200 FARFALLA		2:03.61	2:07.39	2:21.21	2:24.38	
100 MISTI		55.73	-	1:04.68	-	
200 MISTI		2:04.68	2:09.26	2:21.42	2:24.15	
400 MISTI		4:30.43	4:41.02	5:02.61	5:11.71	

TEMPI BASE INDIVIDUALI

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
40-44	50 STILE LIBERO	22.80	23.41	26.54	26.82
	100 STILE LIBERO	50.26	52.18	58.16	59.83
	200 STILE LIBERO	1:53.40	1:56.80	2:07.69	2:11.29
	400 STILE LIBERO	4:01.90	4:12.09	4:27.75	4:33.91
	800 STILE LIBERO	8:25.87	8:44.36	9:16.25	9:24.28
	1500 STILE LIBERO	16:17.75	16:46.58	17:40.17	18:03.58
	50 DORSO	26.07	27.42	30.19	31.24
	100 DORSO	57.07	59.64	1:05.00	1:07.42
	200 DORSO	2:06.04	2:12.47	2:21.06	2:26.29
	50 RANA	28.35	29.17	33.05	33.42
	100 RANA	1:02.52	1:05.32	1:11.44	1:13.73
	200 RANA	2:17.74	2:23.84	2:37.27	2:42.00
	50 FARFALLA	24.57	25.11	28.54	28.88
	100 FARFALLA	55.15	56.86	1:04.35	1:05.41
	200 FARFALLA	2:05.76	2:10.81	2:24.60	2:26.69
	100 MISTI	57.21	-	1:06.07	-
	200 MISTI	2:07.06	2:12.94	2:23.65	2:28.20
	400 MISTI	4:33.49	4:47.70	5:07.11	5:21.34
45-49	50 STILE LIBERO	23.52	24.14	26.83	27.39
	100 STILE LIBERO	52.15	53.64	58.95	1:00.06
	200 STILE LIBERO	1:55.26	1:58.88	2:10.28	2:13.10
	400 STILE LIBERO	4:08.43	4:14.40	4:33.99	4:38.84
	800 STILE LIBERO	8:39.49	8:52.43	9:25.11	9:34.78
	1500 STILE LIBERO	16:39.60	17:05.99	17:59.47	18:23.97
	50 DORSO	26.59	27.86	30.67	31.71
	100 DORSO	57.99	1:00.82	1:05.71	1:08.49
	200 DORSO	2:08.92	2:14.33	2:23.03	2:30.21
	50 RANA	29.07	29.59	33.81	34.15
	100 RANA	1:04.25	1:06.37	1:13.43	1:15.32
	200 RANA	2:21.82	2:27.58	2:42.72	2:47.01
	50 FARFALLA	25.16	25.50	28.94	29.26
	100 FARFALLA	56.52	57.82	1:05.62	1:06.82
	200 FARFALLA	2:08.90	2:12.55	2:27.51	2:31.15
	100 MISTI	58.79	-	1:06.68	-
	200 MISTI	2:10.92	2:15.75	2:27.22	2:31.36
	400 MISTI	4:43.21	4:52.94	5:19.85	5:29.30

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
50-54	50 STILE LIBERO	23.86	24.66	27.22	27.83
	100 STILE LIBERO	53.50	54.88	1:00.45	1:01.80
	200 STILE LIBERO	1:58.04	2:02.34	2:12.41	2:15.88
	400 STILE LIBERO	4:13.41	4:20.60	4:38.96	4:44.12
	800 STILE LIBERO	8:50.25	9:02.76	9:35.16	9:48.54
	1500 STILE LIBERO	16:59.05	17:38.19	18:21.66	18:50.83
	50 DORSO	27.12	28.69	31.42	32.49
	100 DORSO	1:00.16	1:02.99	1:07.53	1:10.81
	200 DORSO	2:13.12	2:17.92	2:27.18	2:33.19
	50 RANA	29.75	30.51	34.79	36.04
	100 RANA	1:05.31	1:08.13	1:16.36	1:19.72
	200 RANA	2:25.74	2:31.44	2:49.03	2:54.56
	50 FARFALLA	25.78	26.15	29.42	29.99
	100 FARFALLA	57.89	59.19	1:07.23	1:08.48
	200 FARFALLA	2:11.63	2:16.22	2:31.75	2:35.30
	100 MISTI	1:00.46	-	1:08.46	-
	200 MISTI	2:13.81	2:19.36	2:31.29	2:35.66
	400 MISTI	4:48.71	4:59.53	5:25.89	5:34.81
55-59	50 STILE LIBERO	24.78	25.29	28.12	28.70
	100 STILE LIBERO	55.08	56.40	1:02.28	1:03.57
	200 STILE LIBERO	2:02.90	2:05.72	2:16.30	2:19.27
	400 STILE LIBERO	4:22.55	4:29.08	4:47.52	4:52.59
	800 STILE LIBERO	9:06.06	9:18.39	9:56.60	10:02.57
	1500 STILE LIBERO	17:28.29	17:59.43	19:03.69	19:20.38
	50 DORSO	28.71	29.82	32.64	33.49
	100 DORSO	1:02.68	1:05.89	1:11.18	1:13.57
	200 DORSO	2:17.13	2:24.16	2:34.61	2:39.40
	50 RANA	30.87	31.44	36.35	36.93
	100 RANA	1:08.28	1:10.81	1:19.80	1:21.58
	200 RANA	2:32.41	2:39.16	2:56.37	3:00.57
	50 FARFALLA	26.63	27.13	30.91	30.91
	100 FARFALLA	59.99	1:01.40	1:09.70	1:10.86
	200 FARFALLA	2:19.66	2:22.31	2:35.68	2:41.31
	100 MISTI	1:02.02	-	1:11.88	-
	200 MISTI	2:17.37	2:22.91	2:35.99	2:41.24
	400 MISTI	4:59.19	5:10.03	5:33.76	5:48.12

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CATEGORIA	GARA	UOMINI		DONNE		
		V. Corta	V. Lunga	V. Corta	V. Lunga	
60-64	50 STILE LIBERO	25.48	26.11	29.40	29.58	
	100 STILE LIBERO	57.01	58.69	1:04.98	1:06.40	
	200 STILE LIBERO	2:06.79	2:10.91	2:22.20	2:25.48	
	400 STILE LIBERO	4:33.12	4:38.55	5:01.11	5:09.53	
	800 STILE LIBERO	9:27.94	9:39.16	10:20.59	10:38.07	
	1500 STILE LIBERO	18:21.69	18:39.48	19:53.46	20:23.56	
	50 DORSO	30.03	31.42	34.24	34.86	
	100 DORSO	1:05.85	1:08.63	1:14.56	1:16.98	
	200 DORSO	2:24.55	2:30.03	2:40.94	2:47.54	
	50 RANA	32.15	32.80	37.80	38.41	
	100 RANA	1:11.18	1:13.84	1:24.03	1:26.00	
	200 RANA	2:39.66	2:45.97	3:05.54	3:11.68	
	50 FARFALLA	27.83	28.07	32.21	32.24	
	100 FARFALLA	1:03.55	1:05.09	1:13.23	1:14.60	
	200 FARFALLA	2:26.57	2:32.03	2:50.21	2:53.58	
	100 MISTI	1:05.60	-	1:15.21	-	
	200 MISTI	2:24.34	2:29.59	2:44.22	2:49.85	
	400 MISTI	5:15.38	5:28.08	5:54.63	6:01.29	
	65-69	50 STILE LIBERO	26.47	27.04	30.48	30.66
		100 STILE LIBERO	59.39	1:01.01	1:08.25	1:08.69
200 STILE LIBERO		2:14.22	2:17.75	2:32.43	2:35.55	
400 STILE LIBERO		4:49.31	4:52.62	5:19.03	5:27.19	
800 STILE LIBERO		10:01.77	10:13.36	11:00.24	11:16.02	
1500 STILE LIBERO		19:17.78	19:45.41	20:49.59	21:33.77	
50 DORSO		31.73	32.20	36.41	36.75	
100 DORSO		1:09.26	1:10.87	1:18.79	1:21.78	
200 DORSO		2:31.88	2:36.76	2:54.02	2:57.67	
50 RANA		33.56	34.23	40.71	41.19	
100 RANA		1:15.45	1:18.07	1:29.57	1:31.53	
200 RANA		2:51.58	2:56.23	3:14.49	3:21.89	
50 FARFALLA		28.90	28.82	34.29	34.06	
100 FARFALLA		1:06.33	1:07.82	1:20.37	1:21.25	
200 FARFALLA		2:34.39	2:40.35	3:07.83	3:16.32	
100 MISTI		1:09.70	-	1:19.89	-	
200 MISTI		2:33.49	2:39.04	2:56.39	2:59.71	
400 MISTI		5:33.03	5:45.18	6:21.64	6:29.55	

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CATEGORIA	GARA	UOMINI		DONNE		
		V. Corta	V. Lunga	V. Corta	V. Lunga	
70-74	50 STILE LIBERO	27.92	28.27	32.95	33.07	
	100 STILE LIBERO	1:03.60	1:05.00	1:13.84	1:14.77	
	200 STILE LIBERO	2:23.27	2:26.20	2:43.64	2:47.61	
	400 STILE LIBERO	5:07.57	5:13.46	5:46.69	5:51.95	
	800 STILE LIBERO	10:45.44	10:53.08	12:11.84	12:03.51	
	1500 STILE LIBERO	20:28.32	21:11.56	23:27.09	23:47.62	
	50 DORSO	33.57	34.40	38.57	39.82	
	100 DORSO	1:14.32	1:16.34	1:24.55	1:27.85	
	200 DORSO	2:43.30	2:48.65	3:08.76	3:13.09	
	50 RANA	35.89	36.33	43.47	43.68	
	100 RANA	1:20.75	1:22.62	1:36.35	1:38.70	
	200 RANA	3:00.78	3:05.94	3:30.50	3:34.95	
	50 FARFALLA	30.66	30.74	36.49	36.97	
	100 FARFALLA	1:11.91	1:14.19	1:27.76	1:31.96	
	200 FARFALLA	2:54.92	3:00.18	3:28.24	3:39.09	
	100 MISTI	1:12.96	-	1:24.32	-	
	200 MISTI	2:42.47	2:48.20	3:09.57	3:15.30	
	400 MISTI	5:58.17	6:10.22	7:01.01	7:09.37	
	75-79	50 STILE LIBERO	30.01	30.10	35.47	35.58
		100 STILE LIBERO	1:07.63	1:08.56	1:20.30	1:21.80
200 STILE LIBERO		2:33.05	2:35.31	3:02.40	3:03.23	
400 STILE LIBERO		5:32.38	5:33.16	6:32.21	6:30.76	
800 STILE LIBERO		11:38.77	11:46.27	13:23.92	13:39.08	
1500 STILE LIBERO		22:18.55	22:37.67	25:58.96	26:43.08	
50 DORSO		36.34	36.99	41.76	42.34	
100 DORSO		1:20.13	1:22.38	1:31.82	1:35.50	
200 DORSO		2:56.59	3:02.75	3:24.70	3:28.83	
50 RANA		38.99	39.66	46.30	47.27	
100 RANA		1:27.13	1:30.36	1:41.31	1:44.86	
200 RANA		3:16.70	3:23.88	3:42.94	3:48.99	
50 FARFALLA		33.07	32.92	40.96	41.85	
100 FARFALLA		1:20.20	1:24.03	1:42.56	1:46.03	
200 FARFALLA		3:14.91	3:24.83	4:03.14	4:10.61	
100 MISTI		1:20.18	-	1:32.87	-	
200 MISTI		2:59.76	3:02.95	3:29.76	3:35.84	
400 MISTI		6:38.28	6:58.89	7:40.33	7:56.39	

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CATEGORIA	GARA	UOMINI		DONNE		
		V. Corta	V. Lunga	V. Corta	V. Lunga	
80-84	50 STILE LIBERO	32.24	32.24	38.68	38.26	
	100 STILE LIBERO	1:12.89	1:14.32	1:29.51	1:31.25	
	200 STILE LIBERO	2:48.37	2:47.44	3:19.32	3:24.27	
	400 STILE LIBERO	6:02.63	6:08.68	7:09.16	7:17.38	
	800 STILE LIBERO	12:54.47	13:00.91	15:01.15	15:18.13	
	1500 STILE LIBERO	24:50.50	25:01.65	28:48.65	29:34.66	
	50 DORSO	38.43	39.31	45.97	46.60	
	100 DORSO	1:26.01	1:29.11	1:44.11	1:43.10	
	200 DORSO	3:10.68	3:18.97	3:46.14	3:44.72	
	50 RANA	42.19	42.66	49.77	49.98	
	100 RANA	1:35.57	1:37.76	1:50.36	1:51.35	
	200 RANA	3:35.04	3:38.31	4:02.53	4:06.92	
	50 FARFALLA	37.42	37.45	48.84	49.81	
	100 FARFALLA	1:32.69	1:36.89	2:00.86	2:05.82	
	200 FARFALLA	3:48.27	3:52.50	4:59.08	4:57.26	
	100 MISTI	1:27.87	-	1:46.49	-	
	200 MISTI	3:19.52	3:24.02	4:04.10	4:04.78	
	400 MISTI	7:23.88	7:35.30	8:57.21	9:10.43	
	85-89	50 STILE LIBERO	35.37	35.42	44.29	43.20
		100 STILE LIBERO	1:22.84	1:24.29	1:41.64	1:41.98
200 STILE LIBERO		3:09.71	3:12.41	3:41.90	3:43.87	
400 STILE LIBERO		6:54.25	7:01.14	7:55.20	7:58.89	
800 STILE LIBERO		14:40.84	14:43.42	16:43.29	16:34.31	
1500 STILE LIBERO		28:39.20	28:47.72	33:41.11	32:54.57	
50 DORSO		44.38	43.95	52.14	51.96	
100 DORSO		1:40.89	1:43.14	1:55.17	1:57.20	
200 DORSO		3:46.66	3:52.47	4:22.19	4:16.81	
50 RANA		46.55	47.15	57.27	57.02	
100 RANA		1:47.18	1:50.24	2:08.80	2:14.16	
200 RANA		4:01.85	4:06.18	4:59.52	5:03.65	
50 FARFALLA		45.12	45.83	59.63	59.67	
100 FARFALLA		1:58.98	2:01.29	2:40.78	2:37.43	
200 FARFALLA		4:48.82	4:47.38	5:57.08	6:24.32	
100 MISTI		1:40.60	-	2:04.16	-	
200 MISTI		3:50.22	3:58.35	4:45.44	4:46.95	
400 MISTI		8:42.67	9:00.99	11:12.76	11:09.69	

TEMPI BASE INDIVIDUALI

PER LE CATEGORIE/GARE DOVE NON E' STATO POSSIBILE DETERMINARE IL TEMPO BASE,
AD OGNI PRESTAZIONE VERRANNO ASSEGNATI 1000 PUNTI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
90-94	50 STILE LIBERO	42.79	42.16	53.92	53.38
	100 STILE LIBERO	1:43.46	1:41.79	2:04.46	2:01.78
	200 STILE LIBERO	3:54.30	4:01.27	4:35.86	4:29.77
	400 STILE LIBERO	8:36.18	8:52.87	10:00.27	9:41.78
	800 STILE LIBERO	18:42.59	18:23.00	21:42.10	21:44.65
	1500 STILE LIBERO	35:42.13	35:39.82	45:10.85	41:58.54
	50 DORSO	53.77	52.91	1:04.73	1:04.49
	100 DORSO	2:00.51	2:01.86	2:26.85	2:26.47
	200 DORSO	4:30.54	4:26.91	5:17.66	5:20.13
	50 RANA	56.21	58.02	1:12.18	1:17.49
	100 RANA	2:26.03	2:21.43	2:43.29	3:00.02
	200 RANA	5:32.88	5:28.38	6:14.68	6:40.34
	50 FARFALLA	1:00.30	1:06.00	1:32.36	2:28.54
	100 FARFALLA	3:15.23	3:04.47	3:56.87	4:44.20
	200 FARFALLA	7:44.47	7:31.08	9:17.02	10:39.85
	100 MISTI	2:09.25	-	2:44.30	-
	200 MISTI	5:52.45	5:25.43	6:46.67	8:34.31
	400 MISTI	15:05.38	14:22.07	14:25.37	16:29.91