

SESSO	GARA	CAT	CENT	TEMPO
F	4x50 Mista	M100	12.256	2:02.56
		M120	12.125	2:01.25
		M160	12.567	2:05.67
		M200	13.197	2:11.97
		M240	14.187	2:21.87
		M280	16.285	2:42.85
		M320	21.814	3:38.14
		M360	35.302	5:53.02
	4x50 SL	M100	10.991	1:49.91
		M120	10.966	1:49.66
		M160	11.322	1:53.22
		M200	11.826	1:58.26
		M240	12.443	2:04.43
		M280	14.277	2:22.77
		M320	19.135	3:11.35
		M360	34.970	5:49.70
M	4x50 Mista	M100	10.276	1:42.76
		M120	10.304	1:43.04
		M160	10.603	1:46.03
		M200	11.256	1:52.56
		M240	12.090	2:00.90
		M280	13.689	2:16.89
		M320	16.720	2:47.20
		M360	30.891	5:08.91
	4x50 SL	M100	9.404	1:34.04
		M120	9.379	1:33.79
		M160	9.683	1:36.83
		M200	10.164	1:41.64
		M240	10.830	1:48.30
		M280	12.030	2:00.30
		M320	14.756	2:27.56
		M360	29.587	4:55.87
X	4x50 Mista	M100	11.210	1:52.10
		M120	11.117	1:51.17
		M160	11.501	1:55.01
		M200	12.053	2:00.53
		M240	12.790	2:07.90
		M280	14.728	2:27.28
		M320	18.621	3:06.21
		M360	24.102	4:01.02
	4x50 SL	M100	10.118	1:41.18
		M120	10.148	1:41.48
		M160	10.333	1:43.33
		M200	10.819	1:48.19
		M240	11.470	1:54.70
		M280	12.880	2:08.80
		M320	16.276	2:42.76

TEMPI BASE 2026-2027
STAFFETTE
VASCA CORTA

SESSO	GARA	CAT	CENT	TEMPO
F	4x50 MISTA	M100	11.857	1:58.57
		M120	11.894	1:58.94
		M160	12.358	2:03.58
		M200	13.076	2:10.76
		M240	14.103	2:21.03
		M280	16.472	2:44.72
		M320	21.757	3:37.57
		M360	34.060	5:40.60
	4x50 SL	M100	10.775	1:47.75
		M120	10.829	1:48.29
		M160	11.235	1:52.35
		M200	11.586	1:55.86
		M240	12.497	2:04.97
		M280	14.441	2:24.41
		M320	19.430	3:14.30
		M360	34.060	5:40.60
M	4x50 MISTA	M100	10.009	1:40.09
		M120	9.896	1:38.96
		M160	10.291	1:42.91
		M200	10.904	1:49.04
		M240	12.003	2:00.03
		M280	13.480	2:14.80
		M320	16.645	2:46.45
		M360	33.093	5:30.93
	4x50 SL	M100	9.091	1:30.91
		M120	9.150	1:31.50
		M160	9.421	1:34.21
		M200	9.903	1:39.03
		M240	10.816	1:48.16
		M280	11.987	1:59.87
		M320	14.642	2:26.42
		M360	31.461	5:14.61
X	4x50 MISTA	M100	10.835	1:48.35
		M120	10.784	1:47.84
		M160	11.231	1:52.31
		M200	11.657	1:56.57
		M240	12.718	2:07.18
		M280	15.008	2:30.08
		M320	18.895	3:08.95
		M360	33.697	5:36.97
	4x50 SL	M100	9.920	1:39.20
		M120	9.860	1:38.60
		M160	10.265	1:42.65
		M200	10.688	1:46.88
		M240	11.399	1:53.99
		M280	12.977	2:09.77
		M320	16.768	2:47.68
		M360	27.169	4:31.69