

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
25-29	50 M. STILE LIBERO	22.45	23.31	25.89	26.55
	100 M. STILE LIBERO	49.59	51.35	56.42	58.37
	200 M. STILE LIBERO	1:50.22	1:53.31	2:04.97	2:05.97
	400 M. STILE LIBERO	3:58.18	4:05.26	4:24.58	4:24.16
	800 M. STILE LIBERO	8:21.82	8:33.60	9:06.76	9:05.98
	1500 M. STILE LIBERO	16:13.71	16:34.23	17:22.11	17:27.99
	50 M. DORSO	25.21	26.68	29.63	30.59
	100 M. DORSO	55.23	57.61	1:03.33	1:06.02
	200 M. DORSO	2:02.20	2:08.07	2:17.82	2:22.64
	50 M. RANA	27.99	28.66	32.45	33.05
	100 M. RANA	1:01.41	1:03.52	1:10.60	1:13.22
	200 M. RANA	2:17.18	2:20.90	2:33.99	2:39.96
	50 M. DELFINO	24.08	24.64	27.82	28.18
	100 M. DELFINO	53.86	54.99	1:01.97	1:03.52
	200 M. DELFINO	2:01.80	2:06.23	2:20.57	2:20.16
	100 M. MISTI	55.72	-	1:04.53	-
	200 M. MISTI	2:02.99	2:08.18	2:21.52	2:22.86
400 M. MISTI	4:27.64	4:35.49	4:58.73	5:09.48	
30-34	50 M. STILE LIBERO	22.50	23.09	25.86	26.41
	100 M. STILE LIBERO	50.15	51.54	56.50	57.86
	200 M. STILE LIBERO	1:51.09	1:54.70	2:05.75	2:07.29
	400 M. STILE LIBERO	4:01.23	4:04.32	4:23.12	4:29.08
	800 M. STILE LIBERO	8:26.28	8:28.53	9:06.78	9:19.86
	1500 M. STILE LIBERO	16:15.31	16:35.98	17:28.76	17:48.41
	50 M. DORSO	25.66	26.80	29.41	30.18
	100 M. DORSO	55.94	58.45	1:03.38	1:05.38
	200 M. DORSO	2:02.54	2:07.95	2:17.89	2:21.70
	50 M. RANA	28.05	29.13	32.55	33.51
	100 M. RANA	1:01.54	1:04.52	1:11.44	1:14.07
	200 M. RANA	2:15.74	2:21.62	2:36.58	2:41.76
	50 M. DELFINO	24.41	24.93	28.16	28.29
	100 M. DELFINO	54.62	55.63	1:01.78	1:03.27
	200 M. DELFINO	2:03.64	2:06.68	2:21.79	2:21.88
	100 M. MISTI	56.53	-	1:04.36	-
	200 M. MISTI	2:03.62	2:08.21	2:21.56	2:24.02
400 M. MISTI	4:30.08	4:37.65	4:59.60	5:11.06	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
35-39	50 M. STILE LIBERO	22.92	23.49	26.33	26.77
	100 M. STILE LIBERO	50.96	52.30	58.04	59.21
	200 M. STILE LIBERO	1:53.17	1:56.14	2:06.48	2:08.90
	400 M. STILE LIBERO	4:02.77	4:10.38	4:27.63	4:32.64
	800 M. STILE LIBERO	8:29.23	8:42.01	9:14.79	9:23.47
	1500 M. STILE LIBERO	16:11.34	16:45.26	17:40.32	18:02.35
	50 M. DORSO	26.42	27.41	29.92	31.16
	100 M. DORSO	57.22	59.90	1:04.06	1:06.70
	200 M. DORSO	2:05.08	2:10.99	2:20.00	2:24.41
	50 M. RANA	28.76	29.36	33.05	33.80
	100 M. RANA	1:02.72	1:05.37	1:12.28	1:14.56
	200 M. RANA	2:19.40	2:24.51	2:39.86	2:44.37
	50 M. DELFINO	24.57	25.18	28.61	28.63
	100 M. DELFINO	55.10	56.51	1:03.90	1:04.70
	200 M. DELFINO	2:05.30	2:08.76	2:23.74	2:26.53
	100 M. MISTI	57.47	-	1:06.18	-
	200 M. MISTI	2:06.76	2:12.93	2:23.66	2:27.74
	400 M. MISTI	4:36.38	4:46.58	5:06.64	5:17.00
40-44	50 M. STILE LIBERO	23.48	24.08	26.77	26.94
	100 M. STILE LIBERO	51.82	53.07	58.96	59.98
	200 M. STILE LIBERO	1:54.91	1:57.51	2:08.77	2:12.28
	400 M. STILE LIBERO	4:05.09	4:14.54	4:30.93	4:34.94
	800 M. STILE LIBERO	8:31.06	8:48.20	9:22.73	9:27.04
	1500 M. STILE LIBERO	16:30.66	16:55.45	17:51.37	18:24.91
	50 M. DORSO	26.83	27.94	30.68	31.72
	100 M. DORSO	58.01	1:00.76	1:06.10	1:08.20
	200 M. DORSO	2:07.91	2:14.34	2:23.56	2:28.14
	50 M. RANA	29.03	29.69	33.79	34.31
	100 M. RANA	1:03.90	1:06.17	1:13.31	1:15.28
	200 M. RANA	2:21.64	2:27.40	2:41.09	2:45.03
	50 M. DELFINO	25.36	25.69	28.98	29.17
	100 M. DELFINO	56.38	57.61	1:05.11	1:05.96
	200 M. DELFINO	2:07.32	2:11.61	2:26.06	2:28.68
	100 M. MISTI	58.91	-	1:06.99	-
	200 M. MISTI	2:08.59	2:14.65	2:25.27	2:30.12
	400 M. MISTI	4:37.21	4:49.74	5:12.54	5:24.28

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
45-49	50 M. STILE LIBERO	23.98	24.53	27.12	27.58
	100 M. STILE LIBERO	53.15	54.46	59.99	1:00.92
	200 M. STILE LIBERO	1:56.65	1:59.95	2:12.33	2:14.14
	400 M. STILE LIBERO	4:12.09	4:16.47	4:39.64	4:43.08
	800 M. STILE LIBERO	8:47.91	8:56.31	9:35.92	9:42.18
	1500 M. STILE LIBERO	16:49.85	17:15.89	18:33.62	18:46.63
	50 M. DORSO	27.50	28.65	31.43	32.18
	100 M. DORSO	59.09	1:02.04	1:08.32	1:10.18
	200 M. DORSO	2:11.72	2:16.53	2:29.34	2:32.93
	50 M. RANA	29.93	30.23	34.31	34.95
	100 M. RANA	1:05.30	1:07.95	1:15.91	1:18.13
	200 M. RANA	2:25.65	2:32.82	2:46.56	2:52.10
	50 M. DELFINO	25.90	26.28	29.51	29.65
	100 M. DELFINO	57.87	59.04	1:06.97	1:07.53
	200 M. DELFINO	2:10.55	2:13.50	2:29.91	2:33.40
	100 M. MISTI	1:00.36	-	1:08.46	-
	200 M. MISTI	2:12.06	2:16.87	2:30.51	2:33.43
400 M. MISTI	4:44.40	4:55.09	5:24.37	5:30.32	
50-54	50 M. STILE LIBERO	24.66	24.96	28.23	28.55
	100 M. STILE LIBERO	54.79	55.37	1:02.28	1:03.21
	200 M. STILE LIBERO	2:01.36	2:03.19	2:15.08	2:17.42
	400 M. STILE LIBERO	4:18.95	4:23.48	4:44.68	4:49.42
	800 M. STILE LIBERO	9:04.17	9:09.82	9:47.87	10:04.84
	1500 M. STILE LIBERO	17:17.69	17:52.64	18:53.20	19:18.76
	50 M. DORSO	28.45	29.39	32.81	33.45
	100 M. DORSO	1:01.53	1:04.25	1:11.10	1:14.13
	200 M. DORSO	2:16.05	2:21.37	2:34.39	2:41.21
	50 M. RANA	31.07	31.42	36.17	36.82
	100 M. RANA	1:09.17	1:10.96	1:19.39	1:22.29
	200 M. RANA	2:33.73	2:38.44	2:54.61	3:00.80
	50 M. DELFINO	26.62	26.88	30.75	30.92
	100 M. DELFINO	59.68	1:00.89	1:09.34	1:10.36
	200 M. DELFINO	2:16.00	2:19.04	2:36.64	2:42.99
	100 M. MISTI	1:02.16	-	1:11.45	-
	200 M. MISTI	2:16.98	2:21.64	2:34.68	2:39.37
400 M. MISTI	4:55.36	5:04.33	5:35.62	5:41.54	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
55-59	50 M. STILE LIBERO	25.31	25.81	29.23	29.77
	100 M. STILE LIBERO	56.66	57.82	1:05.10	1:06.23
	200 M. STILE LIBERO	2:05.50	2:08.13	2:24.02	2:26.55
	400 M. STILE LIBERO	4:30.99	4:36.04	5:02.45	5:09.01
	800 M. STILE LIBERO	9:21.01	9:33.18	10:22.66	10:38.05
	1500 M. STILE LIBERO	18:04.08	18:27.33	19:48.77	20:14.62
	50 M. DORSO	29.91	30.61	34.85	35.75
	100 M. DORSO	1:05.27	1:07.74	1:16.46	1:18.60
	200 M. DORSO	2:23.28	2:28.70	2:45.88	2:50.20
	50 M. RANA	32.27	32.72	38.34	38.72
	100 M. RANA	1:11.81	1:13.71	1:24.95	1:26.26
	200 M. RANA	2:38.68	2:43.53	3:03.91	3:07.69
	50 M. DELFINO	27.57	27.55	32.47	32.26
	100 M. DELFINO	1:02.33	1:02.88	1:14.47	1:14.94
	200 M. DELFINO	2:23.84	2:26.47	2:50.98	2:53.99
	100 M. MISTI	1:05.50	-	1:15.72	-
	200 M. MISTI	2:23.95	2:26.51	2:46.25	2:49.54
400 M. MISTI	5:10.55	5:23.62	5:56.43	6:05.71	
60-64	50 M. STILE LIBERO	26.12	26.59	30.58	30.93
	100 M. STILE LIBERO	59.31	1:00.26	1:08.80	1:09.06
	200 M. STILE LIBERO	2:12.05	2:15.55	2:32.97	2:34.42
	400 M. STILE LIBERO	4:45.60	4:52.61	5:24.40	5:28.51
	800 M. STILE LIBERO	9:52.87	10:04.56	11:10.56	11:17.32
	1500 M. STILE LIBERO	18:55.11	19:20.71	21:29.49	21:46.63
	50 M. DORSO	31.43	32.37	36.43	36.94
	100 M. DORSO	1:08.95	1:11.62	1:21.25	1:22.07
	200 M. DORSO	2:32.64	2:37.84	2:57.48	2:59.24
	50 M. RANA	33.49	34.05	40.26	40.49
	100 M. RANA	1:14.52	1:16.63	1:28.83	1:30.84
	200 M. RANA	2:45.74	2:50.92	3:14.31	3:18.55
	50 M. DELFINO	28.66	28.85	34.05	34.00
	100 M. DELFINO	1:05.67	1:06.56	1:20.91	1:20.84
	200 M. DELFINO	2:35.83	2:40.18	3:10.02	3:11.94
	100 M. MISTI	1:07.64	-	1:20.46	-
	200 M. MISTI	2:30.61	2:33.66	2:55.59	3:00.35
400 M. MISTI	5:28.51	5:36.47	6:19.25	6:28.38	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
65-69	50 M. STILE LIBERO	27.08	27.52	32.36	32.86
	100 M. STILE LIBERO	1:01.22	1:02.40	1:13.52	1:13.91
	200 M. STILE LIBERO	2:18.94	2:22.36	2:43.25	2:46.33
	400 M. STILE LIBERO	5:01.65	5:05.91	5:51.24	5:55.71
	800 M. STILE LIBERO	10:32.03	10:42.11	12:08.52	12:18.52
	1500 M. STILE LIBERO	20:06.49	20:29.66	23:09.98	24:01.14
	50 M. DORSO	32.81	33.67	37.84	38.49
	100 M. DORSO	1:13.78	1:15.71	1:24.79	1:25.72
	200 M. DORSO	2:43.96	2:48.59	3:06.69	3:09.43
	50 M. RANA	34.78	35.64	42.19	42.58
	100 M. RANA	1:19.19	1:21.72	1:33.87	1:34.96
	200 M. RANA	2:58.04	3:03.45	3:24.38	3:27.88
	50 M. DELFINO	29.81	29.87	36.87	36.71
	100 M. DELFINO	1:09.82	1:11.15	1:27.64	1:30.53
	200 M. DELFINO	2:49.13	2:53.70	3:28.66	3:32.46
	100 M. MISTI	1:12.44	-	1:24.10	-
	200 M. MISTI	2:42.91	2:46.99	3:06.66	3:10.76
	400 M. MISTI	5:57.13	6:03.84	6:52.80	6:58.94
70-74	50 M. STILE LIBERO	28.70	28.79	34.67	34.90
	100 M. STILE LIBERO	1:05.19	1:06.14	1:18.71	1:19.57
	200 M. STILE LIBERO	2:28.64	2:30.01	2:55.60	2:58.13
	400 M. STILE LIBERO	5:22.49	5:25.78	6:18.17	6:21.41
	800 M. STILE LIBERO	11:22.46	11:24.08	13:12.41	13:01.06
	1500 M. STILE LIBERO	21:51.25	21:54.45	25:17.13	25:27.09
	50 M. DORSO	35.14	36.04	40.74	41.62
	100 M. DORSO	1:17.31	1:19.54	1:30.46	1:32.63
	200 M. DORSO	2:51.56	2:56.81	3:21.17	3:23.36
	50 M. RANA	37.44	37.93	44.79	45.47
	100 M. RANA	1:24.53	1:26.21	1:39.05	1:41.16
	200 M. RANA	3:07.53	3:13.22	3:36.77	3:40.82
	50 M. DELFINO	32.35	32.18	40.11	40.30
	100 M. DELFINO	1:17.08	1:18.14	1:38.51	1:44.05
	200 M. DELFINO	3:04.72	3:09.83	3:49.22	3:58.74
	100 M. MISTI	1:16.39	-	1:32.89	-
	200 M. MISTI	2:52.92	2:58.71	3:25.84	3:30.00
	400 M. MISTI	6:24.63	6:38.92	7:32.17	7:42.14

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
75-79	50 M. STILE LIBERO	31.27	31.10	37.65	37.78
	100 M. STILE LIBERO	1:11.27	1:12.05	1:27.58	1:27.85
	200 M. STILE LIBERO	2:42.61	2:41.54	3:11.12	3:14.71
	400 M. STILE LIBERO	5:47.25	5:44.94	6:51.15	6:49.83
	800 M. STILE LIBERO	12:05.25	12:08.21	13:58.86	14:15.74
	1500 M. STILE LIBERO	23:38.82	23:51.10	27:10.43	27:30.56
	50 M. DORSO	37.60	38.43	44.98	45.14
	100 M. DORSO	1:23.94	1:26.38	1:39.31	1:41.33
	200 M. DORSO	3:09.09	3:11.76	3:39.77	3:46.37
	50 M. RANA	40.04	40.34	48.08	48.29
	100 M. RANA	1:29.30	1:31.99	1:46.47	1:48.14
	200 M. RANA	3:24.38	3:29.02	3:51.68	3:56.47
	50 M. DELFINO	35.49	35.83	45.43	45.95
	100 M. DELFINO	1:30.06	1:31.12	1:49.79	1:53.83
	200 M. DELFINO	3:33.21	3:35.00	4:14.21	4:22.67
	100 M. MISTI	1:24.13	-	1:40.22	-
	200 M. MISTI	3:13.42	3:14.87	3:43.39	3:51.24
400 M. MISTI	7:07.37	7:14.93	8:06.42	8:24.49	
80-84	50 M. STILE LIBERO	33.46	33.42	41.18	41.11
	100 M. STILE LIBERO	1:17.75	1:18.07	1:35.13	1:35.68
	200 M. STILE LIBERO	2:59.24	3:00.53	3:32.78	3:37.33
	400 M. STILE LIBERO	6:24.58	6:27.83	7:36.52	7:44.03
	800 M. STILE LIBERO	13:21.39	13:34.19	15:46.20	15:48.11
	1500 M. STILE LIBERO	26:24.30	26:41.53	30:04.29	30:40.01
	50 M. DORSO	40.79	41.49	50.31	50.37
	100 M. DORSO	1:32.59	1:34.94	1:53.39	1:53.91
	200 M. DORSO	3:26.30	3:33.19	4:08.24	4:08.53
	50 M. RANA	44.44	44.56	53.33	53.73
	100 M. RANA	1:39.99	1:42.74	2:02.12	2:02.43
	200 M. RANA	3:47.22	3:50.26	4:28.36	4:33.06
	50 M. DELFINO	40.33	40.39	55.64	56.16
	100 M. DELFINO	1:42.61	1:45.32	2:12.51	2:17.06
	200 M. DELFINO	4:09.91	4:08.51	5:18.62	5:17.09
	100 M. MISTI	1:31.79	-	1:53.92	#N/D
	200 M. MISTI	3:33.87	3:35.96	4:15.07	4:20.72
400 M. MISTI	7:50.41	8:00.63	9:29.87	9:50.04	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
85-89	50 M. STILE LIBERO	36.93	36.60	48.03	47.46
	100 M. STILE LIBERO	1:26.94	1:26.48	1:50.16	1:48.88
	200 M. STILE LIBERO	3:23.43	3:23.19	4:06.83	4:04.45
	400 M. STILE LIBERO	7:24.26	7:15.99	8:45.91	8:43.01
	800 M. STILE LIBERO	15:40.95	15:26.60	18:55.25	18:14.89
	1500 M. STILE LIBERO	31:42.11	30:44.04	36:44.24	36:38.79
	50 M. DORSO	46.75	45.73	58.56	57.92
	100 M. DORSO	1:46.90	1:47.91	2:11.20	2:11.67
	200 M. DORSO	4:01.35	3:58.52	4:44.62	4:43.17
	50 M. RANA	48.83	49.73	1:04.38	1:05.07
	100 M. RANA	1:56.03	1:56.56	2:26.93	2:32.72
	200 M. RANA	4:28.26	4:21.66	5:31.41	5:30.54
	50 M. DELFINO	49.24	50.01	1:13.73	1:10.81
	100 M. DELFINO	2:10.78	2:11.44	2:57.53	2:52.86
	200 M. DELFINO	6:08.76	5:18.15	6:50.04	6:55.77
	100 M. MISTI	1:48.71	-	2:17.97	-
	200 M. MISTI	4:13.95	4:13.72	5:19.41	5:26.87
400 M. MISTI	10:12.51	10:33.37	12:06.09	11:58.02	
90-94	50 M. STILE LIBERO	43.92	44.11	1:03.29	58.23
	100 M. STILE LIBERO	1:46.87	1:48.97	2:21.95	2:15.81
	200 M. STILE LIBERO	4:13.03	4:20.67	5:15.95	5:04.73
	400 M. STILE LIBERO	9:12.73	9:25.51	11:18.48	10:56.10
	800 M. STILE LIBERO	20:04.89	19:53.51	25:05.84	24:24.99
	1500 M. STILE LIBERO	41:15.96	39:48.83	42:48.73	48:14.97
	50 M. DORSO	55.14	54.54	1:12.66	1:10.07
	100 M. DORSO	2:04.00	2:07.63	2:35.99	2:38.82
	200 M. DORSO	4:39.69	4:39.61	5:57.01	5:53.44
	50 M. RANA	1:00.60	1:02.73	1:21.90	1:25.04
	100 M. RANA	2:35.37	2:30.30	3:20.67	3:19.31
	200 M. RANA	5:47.91	5:51.71	8:04.71	8:32.36
	50 M. DELFINO	1:17.83	1:21.12	2:31.72	3:02.17
	100 M. DELFINO	3:54.39	3:35.73	4:06.32	-
	200 M. DELFINO	8:48.09	8:04.18	-	-
	100 M. MISTI	2:26.09	-	3:17.65	-
	200 M. MISTI	7:08.66	6:49.83	8:40.48	10:16.73
400 M. MISTI	16:21.96	15:53.15	14:55.37	-	



FEDERAZIONE ITALIANA NUOTO

STAGIONE 2014-2015



FEDERAZIONE ITALIANA NUOTO

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
95-99	50 M. STILE LIBERO	1:04.81	1:08.62	1:45.20	1:24.56
	100 M. STILE LIBERO	2:54.92	2:55.46	4:15.17	3:39.14
	200 M. STILE LIBERO	7:27.79	8:07.99	8:32.12	8:39.78
	400 M. STILE LIBERO	14:27.86	17:52.73	18:58.34	17:47.78
	800 M. STILE LIBERO	32:46.93	35:36.92	27:58.70	31:41.20
	1500 M. STILE LIBERO	41:29.87	82:25.34	55:14.66	54:09.81
	50 M. DORSO	1:16.28	1:17.08	1:53.26	1:45.86
	100 M. DORSO	3:00.00	3:08.09	4:17.18	4:02.96
	200 M. DORSO	8:21.81	7:06.58	9:37.55	9:24.85
	50 M. RANA	1:41.57	1:34.11	3:04.75	4:20.32
	100 M. RANA	3:22.93	3:49.05	-	-
	200 M. RANA	6:57.52	8:57.98	-	-
	50 M. DELFINO	3:02.06	2:20.95	-	-
	100 M. DELFINO	6:04.41	4:09.52	-	-
	200 M. DELFINO	-	14:05.25	-	-
	100 M. MISTI	5:45.94	-	3:54.89	-
	200 M. MISTI	9:50.55	8:55.97	-	-
	400 M. MISTI	21:03.17	17:29.20	-	-