



FEDERAZIONE ITALIANA NUOTO

STAGIONE 2014-2015



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TEMPI BASE

VASCA CORTA

4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:33.66	1:51.90	1:42.74
120-159	1:34.94	1:51.06	1:42.54
160-199	1:37.38	1:53.20	1:44.26
200-239	1:42.33	1:59.84	1:51.28
240-279	1:51.32	2:17.50	2:00.45
280-319	2:03.93	2:38.84	2:18.44
320-359	2:44.61	3:27.71	3:01.05
360-399	5:37.04	4:45.07	5:41.18

4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:44.59	2:02.74	1:52.18
120-159	1:44.28	2:03.54	1:51.44
160-199	1:49.04	2:07.08	1:56.38
200-239	1:54.45	2:15.81	2:03.25
240-279	2:06.57	2:32.20	2:18.55
280-319	2:22.42	3:02.11	2:38.99
320-359	3:08.54	4:05.84	3:22.31
360-399	5:43.79	ND	6:36.45

VASCA LUNGA

4x50 Stile Libero

categoria	UOMINI	DONNE	MISTA
100-119	1:36.23	1:54.05	1:44.05
120-159	1:36.22	1:52.04	1:43.63
160-199	1:38.31	1:54.90	1:45.09
200-239	1:43.78	2:01.85	1:50.08
240-279	1:50.54	2:15.78	1:59.30
280-319	2:03.17	2:38.95	2:17.76
320-359	2:35.12	3:26.77	2:56.61
360-399	6:21.06	5:49.70	4:03.30

4x50 Mista

categoria	UOMINI	DONNE	MISTA
100-119	1:48.19	2:06.02	1:56.53
120-159	1:47.11	2:06.45	1:55.27
160-199	1:48.97	2:08.29	1:57.82
200-239	1:56.57	2:18.82	2:05.80
240-279	2:05.47	2:32.28	2:16.59
280-319	2:20.43	2:59.79	2:37.39
320-359	3:05.41	3:57.12	3:22.04
360-399	5:22.06	ND	5:26.80