

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
25-29	50 M. STILE LIBERO	22.27	23.18	25.77	26.55
	100 M. STILE LIBERO	49.34	51.20	56.22	58.35
	200 M. STILE LIBERO	1:49.97	1:53.09	2:04.60	2:05.97
	400 M. STILE LIBERO	3:57.62	4:04.76	4:23.38	4:24.13
	800 M. STILE LIBERO	8:21.82	8:33.60	9:06.13	9:05.89
	1500 M. STILE LIBERO	16:06.14	16:33.91	17:20.83	17:27.99
	50 M. DORSO	25.07	26.58	29.33	30.43
	100 M. DORSO	55.06	57.61	1:02.75	1:05.82
	200 M. DORSO	2:02.20	2:08.07	2:17.44	2:22.49
	50 M. RANA	27.79	28.48	32.28	32.98
	100 M. RANA	1:01.23	1:03.27	1:10.33	1:13.17
	200 M. RANA	2:16.44	2:20.19	2:33.99	2:39.89
	50 M. DELFINO	23.97	24.64	27.54	28.18
	100 M. DELFINO	53.46	54.87	1:01.50	1:03.27
	200 M. DELFINO	2:01.80	2:06.23	2:19.37	2:20.07
	100 M. MISTI	55.66	-	1:04.28	-
	200 M. MISTI	2:02.78	2:07.72	2:20.42	2:22.59
400 M. MISTI	4:27.64	4:35.41	4:57.92	5:08.58	
30-34	50 M. STILE LIBERO	22.42	23.07	25.77	26.38
	100 M. STILE LIBERO	49.78	51.40	56.50	57.81
	200 M. STILE LIBERO	1:49.63	1:54.55	2:05.71	2:07.29
	400 M. STILE LIBERO	4:00.64	4:04.32	4:23.12	4:28.62
	800 M. STILE LIBERO	8:24.89	8:27.96	9:06.78	9:19.86
	1500 M. STILE LIBERO	16:12.71	16:35.98	17:28.76	17:46.90
	50 M. DORSO	25.52	26.67	29.37	30.14
	100 M. DORSO	55.63	58.04	1:03.25	1:05.14
	200 M. DORSO	2:02.46	2:07.59	2:17.89	2:21.70
	50 M. RANA	28.05	29.13	32.47	33.32
	100 M. RANA	1:01.52	1:04.52	1:11.35	1:13.81
	200 M. RANA	2:15.74	2:21.62	2:35.63	2:40.83
	50 M. DELFINO	24.38	24.89	27.90	28.20
	100 M. DELFINO	54.32	55.30	1:01.77	1:03.27
	200 M. DELFINO	2:03.51	2:06.68	2:21.69	2:21.88
	100 M. MISTI	56.00	-	1:04.23	-
	200 M. MISTI	2:02.26	2:07.67	2:20.84	2:24.00
400 M. MISTI	4:28.86	4:36.74	4:59.26	5:09.60	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
35-39	50 M. STILE LIBERO	22.81	23.42	26.24	26.73
	100 M. STILE LIBERO	50.96	52.30	57.97	59.20
	200 M. STILE LIBERO	1:53.17	1:56.14	2:06.47	2:08.90
	400 M. STILE LIBERO	4:02.77	4:10.38	4:27.39	4:32.48
	800 M. STILE LIBERO	8:29.23	8:41.02	9:14.79	9:22.56
	1500 M. STILE LIBERO	16:11.34	16:45.26	17:34.11	18:00.40
	50 M. DORSO	26.37	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	2:10.94	2:20.00	2:24.41
	50 M. RANA	28.75	29.29	33.04	33.80
	100 M. RANA	1:02.66	1:05.26	1:12.14	1:14.56
	200 M. RANA	2:18.43	2:24.03	2:39.43	2:44.33
	50 M. DELFINO	24.56	25.18	28.55	28.62
	100 M. DELFINO	55.03	56.51	1:03.78	1:04.56
	200 M. DELFINO	2:04.88	2:08.76	2:23.37	2:25.98
	100 M. MISTI	57.34	-	1:06.07	-
	200 M. MISTI	2:06.66	2:12.71	2:23.57	2:27.74
	400 M. MISTI	4:36.08	4:45.42	5:06.64	5:16.41
40-44	50 M. STILE LIBERO	23.44	24.05	26.77	26.94
	100 M. STILE LIBERO	51.82	53.07	58.92	59.98
	200 M. STILE LIBERO	1:54.84	1:57.51	2:08.55	2:11.99
	400 M. STILE LIBERO	4:04.71	4:14.22	4:30.56	4:34.94
	800 M. STILE LIBERO	8:30.20	8:47.58	9:22.73	9:26.96
	1500 M. STILE LIBERO	16:26.62	16:51.91	17:51.27	18:19.47
	50 M. DORSO	26.76	27.82	30.55	31.71
	100 M. DORSO	57.90	1:00.45	1:06.10	1:08.20
	200 M. DORSO	2:07.77	2:13.81	2:23.40	2:28.14
	50 M. RANA	28.94	29.47	33.72	34.27
	100 M. RANA	1:03.62	1:05.84	1:13.08	1:14.98
	200 M. RANA	2:21.64	2:27.40	2:40.67	2:44.77
	50 M. DELFINO	25.21	25.68	28.98	29.16
	100 M. DELFINO	56.18	57.56	1:05.11	1:05.88
	200 M. DELFINO	2:06.65	2:11.39	2:26.06	2:28.68
	100 M. MISTI	58.69	-	1:06.87	-
	200 M. MISTI	2:08.30	2:14.41	2:25.23	2:29.70
	400 M. MISTI	4:36.20	4:49.25	5:12.54	5:23.45

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE		
		V. Corta	V. Lunga	V. Corta	V. Lunga	
45-49	50 M. STILE LIBERO	23.91	24.48	27.12	27.58	
	100 M. STILE LIBERO	53.01	54.32	59.96	1:00.77	
	200 M. STILE LIBERO	1:56.64	1:59.76	2:11.55	2:13.92	
	400 M. STILE LIBERO	4:11.24	4:15.95	4:39.63	4:43.08	
	800 M. STILE LIBERO	8:47.85	8:54.85	9:35.83	9:41.96	
	1500 M. STILE LIBERO	16:48.00	17:15.78	18:33.28	18:46.63	
	50 M. DORSO	27.39	28.60	31.12	31.95	
	100 M. DORSO	59.04	1:01.98	1:07.65	1:09.52	
	200 M. DORSO	2:11.72	2:16.53	2:28.68	2:32.43	
	50 M. RANA	29.85	30.20	34.31	34.95	
	100 M. RANA	1:05.04	1:07.69	1:15.37	1:17.58	
	200 M. RANA	2:25.65	2:31.74	2:46.56	2:50.79	
	50 M. DELFINO	25.87	26.25	29.41	29.55	
	100 M. DELFINO	57.82	59.04	1:06.21	1:07.06	
	200 M. DELFINO	2:10.37	2:13.35	2:28.86	2:32.84	
	100 M. MISTI	1:00.26	-	1:08.41	-	
	200 M. MISTI	2:12.06	2:16.48	2:28.74	2:32.46	
	400 M. MISTI	4:44.40	4:53.03	5:23.05	5:29.97	
	50-54	50 M. STILE LIBERO	24.64	24.96	28.07	28.51
		100 M. STILE LIBERO	54.63	55.34	1:02.04	1:03.11
200 M. STILE LIBERO		2:00.34	2:03.19	2:14.99	2:17.42	
400 M. STILE LIBERO		4:18.65	4:22.27	4:44.22	4:48.92	
800 M. STILE LIBERO		9:03.49	9:07.79	9:44.63	10:03.31	
1500 M. STILE LIBERO		17:17.69	17:51.59	18:53.20	19:18.76	
50 M. DORSO		28.45	29.19	32.80	33.31	
100 M. DORSO		1:01.42	1:03.71	1:10.62	1:13.81	
200 M. DORSO		2:15.59	2:21.31	2:33.06	2:39.78	
50 M. RANA		31.02	31.41	35.92	36.59	
100 M. RANA		1:09.14	1:10.61	1:19.14	1:21.59	
200 M. RANA		2:33.32	2:37.37	2:54.07	2:59.31	
50 M. DELFINO		26.57	26.85	30.69	30.85	
100 M. DELFINO		59.50	1:00.80	1:09.34	1:10.36	
200 M. DELFINO		2:15.93	2:19.04	2:36.26	2:41.56	
100 M. MISTI		1:01.94	-	1:11.36	-	
200 M. MISTI		2:16.40	2:21.27	2:33.88	2:38.21	
400 M. MISTI		4:53.71	5:03.13	5:32.71	5:37.94	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
55-59	50 M. STILE LIBERO	25.27	25.78	29.13	29.76
	100 M. STILE LIBERO	56.62	57.80	1:04.85	1:05.97
	200 M. STILE LIBERO	2:05.21	2:08.13	2:23.75	2:25.95
	400 M. STILE LIBERO	4:30.63	4:36.04	5:01.97	5:07.08
	800 M. STILE LIBERO	9:20.25	9:32.79	10:21.50	10:33.56
	1500 M. STILE LIBERO	18:03.04	18:26.83	19:47.11	20:10.32
	50 M. DORSO	29.74	30.61	34.85	35.53
	100 M. DORSO	1:04.96	1:07.71	1:16.42	1:17.59
	200 M. DORSO	2:22.23	2:28.27	2:45.81	2:49.59
	50 M. RANA	32.10	32.69	38.28	38.66
	100 M. RANA	1:11.63	1:13.64	1:24.63	1:26.10
	200 M. RANA	2:38.68	2:43.39	3:03.85	3:07.10
	50 M. DELFINO	27.40	27.47	32.38	32.26
	100 M. DELFINO	1:02.05	1:02.62	1:14.11	1:14.58
	200 M. DELFINO	2:23.84	2:26.23	2:49.24	2:51.81
	100 M. MISTI	1:04.91	-	1:15.66	-
	200 M. MISTI	2:23.06	2:26.12	2:45.13	2:48.93
400 M. MISTI	5:10.55	5:22.94	5:56.43	6:05.25	
60-64	50 M. STILE LIBERO	25.97	26.50	30.58	30.71
	100 M. STILE LIBERO	58.73	59.63	1:08.80	1:08.67
	200 M. STILE LIBERO	2:11.36	2:14.83	2:32.97	2:33.07
	400 M. STILE LIBERO	4:43.90	4:49.89	5:22.42	5:24.83
	800 M. STILE LIBERO	9:52.87	10:01.93	11:05.22	11:11.02
	1500 M. STILE LIBERO	18:55.11	19:19.12	21:18.27	21:32.73
	50 M. DORSO	31.05	32.18	36.22	36.58
	100 M. DORSO	1:08.10	1:11.33	1:19.70	1:21.22
	200 M. DORSO	2:31.46	2:37.22	2:53.72	2:57.06
	50 M. RANA	33.35	33.95	40.15	40.40
	100 M. RANA	1:13.74	1:16.41	1:28.71	1:30.45
	200 M. RANA	2:45.70	2:50.52	3:13.93	3:17.66
	50 M. DELFINO	28.52	28.61	34.04	33.69
	100 M. DELFINO	1:05.15	1:06.42	1:20.67	1:20.32
	200 M. DELFINO	2:34.30	2:38.65	3:08.45	3:08.73
	100 M. MISTI	1:07.33	-	1:20.25	-
	200 M. MISTI	2:29.91	2:33.62	2:54.97	2:59.92
400 M. MISTI	5:26.10	5:35.43	6:17.42	6:26.56	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
65-69	50 M. STILE LIBERO	27.04	27.52	32.21	32.65
	100 M. STILE LIBERO	1:00.96	1:02.40	1:13.40	1:13.58
	200 M. STILE LIBERO	2:18.13	2:22.16	2:42.42	2:44.56
	400 M. STILE LIBERO	4:59.39	5:05.32	5:48.46	5:53.36
	800 M. STILE LIBERO	10:27.41	10:38.85	12:00.11	12:09.49
	1500 M. STILE LIBERO	19:59.03	20:23.52	22:53.10	23:39.20
	50 M. DORSO	32.65	33.64	37.69	38.49
	100 M. DORSO	1:13.02	1:15.71	1:24.73	1:25.72
	200 M. DORSO	2:41.53	2:48.04	3:06.30	3:09.09
	50 M. RANA	34.70	35.54	42.19	42.58
	100 M. RANA	1:18.59	1:21.27	1:33.87	1:34.96
	200 M. RANA	2:56.78	3:02.52	3:24.38	3:27.88
	50 M. DELFINO	29.81	29.87	36.58	36.56
	100 M. DELFINO	1:09.66	1:11.05	1:26.89	1:30.03
	200 M. DELFINO	2:48.33	2:52.35	3:26.88	3:31.95
	100 M. MISTI	1:11.89	-	1:24.10	-
	200 M. MISTI	2:40.31	2:45.35	3:06.66	3:10.76
400 M. MISTI	5:51.54	5:59.51	6:49.77	6:57.21	
70-74	50 M. STILE LIBERO	28.64	28.72	34.55	34.86
	100 M. STILE LIBERO	1:04.86	1:05.82	1:18.37	1:19.22
	200 M. STILE LIBERO	2:27.98	2:29.31	2:54.80	2:58.02
	400 M. STILE LIBERO	5:20.43	5:24.93	6:17.59	6:20.97
	800 M. STILE LIBERO	11:19.27	11:24.08	13:12.41	13:00.37
	1500 M. STILE LIBERO	21:51.25	21:51.95	25:17.13	25:27.09
	50 M. DORSO	35.14	35.97	40.48	41.33
	100 M. DORSO	1:17.18	1:19.44	1:29.68	1:32.45
	200 M. DORSO	2:51.56	2:56.34	3:18.25	3:22.10
	50 M. RANA	37.31	37.84	44.77	45.47
	100 M. RANA	1:24.41	1:25.85	1:39.02	1:41.03
	200 M. RANA	3:07.53	3:12.19	3:36.45	3:40.82
	50 M. DELFINO	31.99	31.83	39.75	39.93
	100 M. DELFINO	1:16.11	1:16.96	1:36.75	1:41.75
	200 M. DELFINO	3:04.00	3:09.46	3:47.30	3:52.02
	100 M. MISTI	1:16.39	-	1:31.91	-
	200 M. MISTI	2:52.92	2:58.26	3:23.44	3:28.02
400 M. MISTI	6:22.88	6:34.89	7:30.10	7:35.59	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
75-79	50 M. STILE LIBERO	31.21	31.10	37.65	37.75
	100 M. STILE LIBERO	1:10.74	1:11.82	1:26.54	1:27.41
	200 M. STILE LIBERO	2:42.17	2:41.34	3:10.60	3:13.13
	400 M. STILE LIBERO	5:46.14	5:43.36	6:50.00	6:46.88
	800 M. STILE LIBERO	11:59.27	12:08.21	13:53.73	14:05.85
	1500 M. STILE LIBERO	23:27.06	23:34.83	27:06.02	27:25.05
	50 M. DORSO	37.45	38.22	44.36	45.07
	100 M. DORSO	1:23.48	1:26.34	1:38.91	1:41.17
	200 M. DORSO	3:08.57	3:11.32	3:39.43	3:44.43
	50 M. RANA	39.94	40.34	47.50	47.80
	100 M. RANA	1:28.94	1:31.99	1:44.28	1:46.34
	200 M. RANA	3:23.20	3:29.01	3:47.15	3:51.58
	50 M. DELFINO	34.89	35.18	44.91	45.89
	100 M. DELFINO	1:29.16	1:30.15	1:49.72	1:53.17
	200 M. DELFINO	3:32.79	3:34.25	4:13.27	4:22.05
	100 M. MISTI	1:23.51	-	1:40.11	-
	200 M. MISTI	3:13.40	3:14.87	3:43.39	3:50.26
400 M. MISTI	7:07.37	7:14.54	8:05.91	8:23.85	
80-84	50 M. STILE LIBERO	33.46	33.33	41.04	41.11
	100 M. STILE LIBERO	1:16.99	1:17.38	1:35.13	1:35.68
	200 M. STILE LIBERO	2:57.39	2:58.76	3:32.78	3:37.33
	400 M. STILE LIBERO	6:19.98	6:24.25	7:36.52	7:42.91
	800 M. STILE LIBERO	13:13.16	13:26.22	15:46.20	15:48.11
	1500 M. STILE LIBERO	25:55.72	26:24.42	30:04.29	30:40.01
	50 M. DORSO	40.26	41.09	49.97	49.57
	100 M. DORSO	1:31.69	1:34.50	1:52.89	1:52.58
	200 M. DORSO	3:26.30	3:33.10	4:08.13	4:06.30
	50 M. RANA	44.24	44.29	53.33	54.47
	100 M. RANA	1:39.95	1:42.73	2:02.10	2:02.43
	200 M. RANA	3:47.22	3:49.93	4:28.36	4:32.02
	50 M. DELFINO	40.33	40.39	55.64	56.16
	100 M. DELFINO	1:42.13	1:44.44	2:12.51	2:17.06
	200 M. DELFINO	4:09.91	4:05.03	5:18.62	5:16.74
	100 M. MISTI	1:31.41	-	1:53.77	-
	200 M. MISTI	3:30.74	3:35.64	4:15.07	4:20.72
400 M. MISTI	7:45.56	7:52.16	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	47.61	47.12
	100 M. STILE LIBERO	1:26.94	1:26.48	1:49.13	1:48.22
	200 M. STILE LIBERO	3:23.43	3:23.19	4:05.08	4:02.61
	400 M. STILE LIBERO	7:24.26	7:15.99	8:39.44	8:36.17
	800 M. STILE LIBERO	15:40.95	15:26.60	18:29.25	17:59.59
	1500 M. STILE LIBERO	31:32.49	30:44.04	36:44.24	36:38.79
	50 M. DORSO	46.69	45.73	58.31	57.45
	100 M. DORSO	1:46.90	1:47.39	2:10.33	2:10.88
	200 M. DORSO	4:01.35	3:58.34	4:39.37	4:43.09
	50 M. RANA	48.83	49.54	1:02.45	1:03.52
	100 M. RANA	1:56.03	1:56.56	2:23.80	2:27.71
	200 M. RANA	4:25.43	4:21.66	5:24.40	5:25.53
	50 M. DELFINO	49.24	50.01	1:13.73	1:10.74
	100 M. DELFINO	2:09.95	2:11.44	2:57.53	2:52.86
	200 M. DELFINO	6:08.76	5:18.15	6:32.28	6:55.77
	100 M. MISTI	1:48.40	-	2:16.29	-
	200 M. MISTI	4:13.95	4:13.72	5:19.41	5:26.87
400 M. MISTI	10:12.51	10:33.37	11:46.87	11:42.24	
90-94	50 M. STILE LIBERO	43.87	44.09	1:01.68	58.23
	100 M. STILE LIBERO	1:46.87	1:46.88	2:18.26	2:15.81
	200 M. STILE LIBERO	4:06.66	4:18.22	5:03.09	5:02.36
	400 M. STILE LIBERO	9:08.81	9:24.81	10:47.88	10:43.49
	800 M. STILE LIBERO	19:47.32	19:47.70	23:19.13	23:10.98
	1500 M. STILE LIBERO	38:58.46	39:04.75	42:48.73	47:03.68
	50 M. DORSO	54.94	53.94	1:11.51	1:09.09
	100 M. DORSO	2:03.83	2:06.41	2:35.99	2:37.25
	200 M. DORSO	4:38.42	4:38.44	5:50.01	5:43.93
	50 M. RANA	1:00.35	1:02.31	1:19.12	1:24.44
	100 M. RANA	2:35.37	2:30.30	3:11.66	3:13.55
	200 M. RANA	5:47.91	5:48.98	7:24.71	7:41.29
	50 M. DELFINO	1:15.61	1:14.17	1:55.40	2:31.56
	100 M. DELFINO	3:54.39	3:19.21	3:56.01	4:44.20
	200 M. DELFINO	8:48.09	8:04.18	9:17.02	10:39.85
	100 M. MISTI	2:26.09	-	3:07.73	-
	200 M. MISTI	7:08.66	6:24.44	8:40.48	8:33.62
400 M. MISTI	16:21.96	15:53.15	14:55.37	16:29.91	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
95-99	50 M. STILE LIBERO	1:03.19	1:07.08	1:35.70	1:24.56
	100 M. STILE LIBERO	2:39.24	2:43.61	4:08.26	3:32.31
	200 M. STILE LIBERO	6:48.71	7:59.42	8:28.96	8:29.98
	400 M. STILE LIBERO	13:41.50	17:44.54	18:58.34	17:41.07
	800 M. STILE LIBERO	32:46.93	33:18.17	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	1:14.05	1:14.73	1:50.45	1:45.32
	100 M. DORSO	2:52.73	3:02.28	4:03.60	3:56.97
	200 M. DORSO	7:50.98	7:06.58	9:37.55	8:41.14
	50 M. RANA	1:29.66	1:28.48	2:56.06	3:32.31
	100 M. RANA	3:19.42	3:43.63	-	8:00.98
	200 M. RANA	6:57.52	8:36.72	-	-
	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	-	-
100-104	50 M. STILE LIBERO	1:48.54	2:49.08	1:34.12	5:10.84
	100 M. STILE LIBERO	4:00.04	4:05.98	3:30.49	6:17.75
	200 M. STILE LIBERO	-	-	7:27.89	7:48.76
	400 M. STILE LIBERO	-	-	16:40.10	16:36.80
	800 M. STILE LIBERO	-	-	36:51.23	38:04.30
	1500 M. STILE LIBERO	-	-	-	74:08.73
	50 M. DORSO	2:33.87	1:56.05	3:53.60	2:52.85
	100 M. DORSO	4:10.96	6:01.50	3:42.81	6:36.82
	200 M. DORSO	-	9:04.31	7:40.01	8:05.64
	50 M. RANA	-	-	-	-
	100 M. RANA	-	-	-	-
	200 M. RANA	-	-	-	-
	50 M. DELFINO	-	-	-	-
	100 M. DELFINO	-	-	-	-
	200 M. DELFINO	-	-	-	-
	100 M. MISTI	-	-	-	-
	200 M. MISTI	-	-	-	-
	400 M. MISTI	-	-	-	-