



FEDERAZIONE ITALIANA NUOTO

Comitato Regionale Abruzzese

TEMPI LIMITE 2012/2013

Sezione FEMMINILE

STILE	SEN./C. 1994/1995	CAD. 1996	JUN 1997	JUN 1998	RAG 1999	RAG 2000	ES/A 2001	ES/A 2002	ES/B 2003	ES/B 2004
50 STILE LIBERO	29.50	30.00	31.50	32.00	33.00	34.00	36.00	37.00	39.00	40.00
100 STILE LIBERO	01.07.00	01.08.00	01.12.00	01.13.50	01.18.00	01.20.00	01.25.00	01.27.50	01.35.00	01.37.50
200 STILE LIBERO	02.26.00	02.27.50	02.35.00	02.37.00	02.45.00	02.48.00	02.55.00	02.58.50	03.40.00	03.43.50
400 STILE LIBERO	05.10.00	05.14.00	05.25.00	05.29.00	05.42.00	05.46.00	06.15.00	06.19.00	07.40.00	07.45.00
800 STILE LIBERO	10.45.00	10.53.00	11.20.00	11.28.00	11.50.00	11.58.00	13.00.00	13.08.00		
50 DORSO									50.00	51.00
100 DORSO	01.19.00	01.20.00	01.22.00	01.23.50	01.26.00	01.28.00	01.33.00	01.35.50	01.50.00	01.52.50
200 DORSO	02.52.00	02.53.50	02.57.00	02.59.00	03.05.00	03.08.00	03.25.00	03.28.50	04.05.00	04.08.50
50 RANA									53.00	54.00
100 RANA	01.29.00	01.03.00	01.33.00	01.34.50	01.38.00	01.40.00	01.47.00	01.49.50	02.00.00	02.02.50
200 RANA	03.12.00	03.13.50	03.20.00	03.22.00	03.30.00	03.33.00	03.45.00	03.48.50	04.25.00	04.28.50
50 FARFALLA									52.00	53.00
100 FARFALLA	01.17.00	01.18.00	01.20.00	01.21.50	01.30.00	01.32.00	01.35.00	01.38.50	02.00.00	02.03.50
200 FARFALLA	02.52.00	02.53.50	03.00.00	03.02.00	03.08.00	03.11.00	03.40.00	03.43.50		
100 MISTI									01.46.00	01.48.50
200 MISTI	02.50.00	02.51.50	02.55.00	02.57.00	03.08.00	03.11.00	03.20.00	03.23.50	04.05.00	04.08.50
400 MISTI	06.05.00	06.09.00	06.15.00	06.19.00	06.35.00	06.39.00	07.05.00	07.10.00		