

FEDERACION PUERTORRIQUENA DE NATACION
COMITE TECNICO DE NATACION
TABLA PROGRESIVA 2007 – 2009

FEMENINO

EVENTO	CAC 2006		94% 2007		95% 2008		97% 2009	
	BRONCE	ORO	BRONCE	ORO	BRONCE	ORO	BRONCE	ORO
50 LIBRE	26.37	25.29	28.05	26.90	27.76	26.62	27.19	26.07
100 LIBRE	57.07	55.80	1:00.71	59.36	1:00.07	58.74	58.84	57.35
200 LIBRE	2:04.11	2:00.19	2:12.03	2:07.86	2:10.64	2:06.52	2:07.95	2:03.91
400 LIBRE	4:20.63	4:15.01	4:37.27	4:31.29	4:34.35	4:28.43	4:28.69	4:22.90
800 LIBRE	9:00.36	8:51.05	9:34.85	9:24.95	9:28.80	9:19.00	9:17.07	9:07.47
1500 LIBRE	17:31.70	17:03.47	18:38.83	18:08.80	18:27.05	17:57.34	18:04.23	17:35.12
50 DORSO	30.96	30.61	32.94	32.56	32.59	32.22	31.92	31.56
100 DORSO	1:05.54	1:04.28	1:09.72	1:08.38	1:08.99	1:07.66	1:07.57	1:06.27
200 DORSO	2:17.93	2:16.65	2:26.73	2:25.37	2:25.19	2:23.84	2:22.20	2:20.88
50 PECHO	34.08	32.64	36.26	34.72	35.87	34.36	35.13	33.65
100 PECHO	1:14.70	1:12.24	1:19.47	1:16.85	1:18.63	1:16.04	1:17.01	1:14.47
200 PECHO	2:39.81	2:34.59	2:50.01	2:44.46	2:48.22	2:42.73	2:44.75	2:39.37
50 MARIPOSA	28.81	28.59	30.65	30.41	30.33	30.09	29.70	29.47
100 MARIPOSA	1:03.63	1:02.46	1:07.69	1:06.45	1:06.98	1:05.75	1:05.60	1:04.39
200 MARIPOSA	2:17.89	2:15.82	2:26.69	2:24.49	2:25.15	2:22.97	2:22.15	2:20.02
200 COMBINADO	2:22.11	2:21.69	2:31.18	2:30.73	2:29.59	2:29.15	2:26.51	2:26.07
400 COMBINADO	5:05.53	4:57.59	5:25.03	5:16.48	5:21.61	5:13.15	5:14.98	5:06.59
4 X 100 REL LIBRE	3:57.22	3:52.40	4:12.36	4:08.30	4:09.71	4:05.68	4:04.56	4:00.62
4 X 200 REL LIBRE	8:36.40	8:27.41	9:09.36	8:59.80	9:03.58	8:54.12	8:52.37	8:43.10
4 X 100 REL COMB	4:26.17	4:17.51	4:43.16	4:33.95	4:40.18	4:31.06	4:34.40	4:25.47

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MASCULINO

EVENTO	CAC 2006		94% 2007		95% 2008		97% 2009	
	BRONCE	ORO	BRONCE	ORO	BRONCE	ORO	BRONCE	ORO
50 LIBRE	23.01	22.67	24.48	24.12	24.22	23.86	23.72	23.37
100 LIBRE	50.19	49.55	53.39	52.71	52.83	52.16	51.74	51.08
200 LIBRE	1:52.03	1:49.84	1:59.18	1:56.85	1:57.93	1:55.62	1:55.49	1:53.24
400 LIBRE	3:57.85	3:57.21	4:13.03	4:12.35	4:10.37	4:09.69	4:05.21	4:04.55
800 LIBRE	8:21.66	8:07.30	8:53.68	8:38.40	8:48.06	8:32.95	8:37.18	8:22.37
1500 LIBRE	15:56.55	15:38.99	16:57.61	16:38.93	16:46.89	16:28.41	16:26.13	16:08.03
50 DORSO	26.82	26.44	28.53	28.13	28.23	27.83	27.65	27.26
100 DORSO	58.00	56.57	1:01.70	1:00.18	1:01.05	59.55	59.79	58.32
200 DORSO	2:05.37	2:00.85	2:13.37	2:08.56	2:11.97	2:07.21	2:09.25	2:04.59
50 PECHO	29.11	28.85	30.97	30.69	30.64	30.37	30.01	29.74
100 PECHO	1:05.33	1:03.62	1:09.50	1:07.68	1:08.77	1:06.97	1:07.35	1:05.59
200 PECHO	2:21.33	2:19.28	2:30.35	2:28.17	2:28.77	2:26.61	2:25.70	2:23.59
50 MARIPOSA	24.69	24.09	26.27	25.63	25.99	25.36	25.45	24.84
100 MARIPOSA	54.70	52.39	58.19	55.73	57.58	55.15	56.39	54.01
200 MARIPOSA	2:02.13	1:58.75	2:09.93	2:06.33	2:08.56	2:05.00	2:05.91	2:02.42
200 COMBINADO	2:04.51	2:02.98	2:12.46	2:10.83	2:11.06	2:09.45	2:08.36	2:06.78
400 COMBINADO	4:34.27	4:22.86	4:51.78	4:39.64	4:48.71	4:36.21	4:42.75	4:30.99
4 X 100 REL LIBRE	3:27.76	3:22.58	3:41.02	3:35.51	3:38.69	3:33.24	3:34.19	3:28.85
4 X 200 REL LIBRE	7:46.04	7:32.40	8:15.79	8:01.28	8:10.57	7:56.21	8:00.45	7:46.39
4 X 100 REL COMB	3:48.65	3:45.98	4:03.24	4:00.40	4:00.68	3:57.87	3:55.72	3:52.97