

FEDERACIÓN PUERTORRIQUEÑA DE NATACIÓN
TABLA DE TIEMPOS MÍNIMOS REQUERIDOS
DESDE ENERO 2007 HASTA DICIEMBRE 2010
PISCINA 25 METROS
 Revisada 01/15/2008

-----DAMAS-----					7 - 8	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
52.42	47.18				50L				42.20	46.89
1:54.89	1:43.40				100L				1:32.50	1:42.78
4:11.76	3:46.58				200L				3:22.20	3:44.67
59.62	53.66				50D				46.54	51.71
1:06.44	59.80				50P				52.34	58.16
56.29	50.66				50M				45.20	50.22

-----DAMAS-----					9 - 10	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
47.18	42.89	39.32	36.29	33.70	50L	30.14	32.46	35.17	38.36	42.20
1:43.40	1:34.00	1:26.17	1:19.54	1:13.86	100L	1:06.07	1:11.15	1:17.08	1:24.09	1:32.50
3:46.58	3:25.98	3:08.82	2:54.29	2:41.84	200L	2:24.43	2:35.54	2:48.50	3:03.82	3:22.20
7:53.58	7:10.53	6:34.65	6:04.29	5:38.27	400L	5:06.54	5:30.12	5:57.63	6:30.15	7:09.16
53.66	48.78	44.72	41.28	38.33	50D	33.24	35.80	38.78	42.31	46.54
1:53.42	1:43.11	1:34.52	1:27.25	1:21.01	100D	1:11.41	1:16.91	1:23.32	1:30.89	1:39.98
59.80	54.36	49.83	46.00	42.71	50P	37.39	40.26	43.62	47.58	52.34
2:09.58	1:57.80	1:47.98	1:39.68	1:32.56	100P	1:22.10	1:28.42	1:35.78	1:44.49	1:54.94
50.66	46.05	42.22	38.97	36.19	50M	32.29	34.77	37.67	41.09	45.20
1:52.68	1:42.44	1:33.90	1:26.68	1:20.49	100M	1:10.10	1:15.49	1:21.78	1:29.22	1:38.14
1:57.60	1:46.91	1:38.00	1:30.46	1:24.00	100CI	1:13.60	1:19.26	1:25.87	1:33.67	1:43.04
4:15.58	3:52.35	3:32.98	3:16.60	3:02.56	200CI	2:41.87	2:54.32	3:08.85	3:26.02	3:46.62

-----DAMAS-----					11-12	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
42.89	39.32	36.29	33.70	31.45	50L	28.13	30.14	32.46	35.17	38.36
1:34.00	1:26.17	1:19.54	1:13.86	1:08.93	100L	1:01.67	1:06.07	1:11.15	1:17.08	1:24.09
3:25.98	3:08.82	2:54.29	2:41.84	2:31.05	200L	2:14.80	2:24.43	2:35.54	2:48.50	3:03.82
7:10.53	6:34.65	6:04.29	5:38.27	5:15.72	400L	4:46.11	5:06.54	5:30.12	5:57.63	6:30.15
14:53.18	13:38.75	12:35.77	11:51.79	10:55.00	800L	9:53.71	10:36.11	11:25.05	12:22.13	13:29.60
28:33.44	26:10.75	24:09.83	22:26.27	20:56.52	1500L	18:53.47	20:14.43	21:47.85	23:36.83	25:45.64
48.78	44.72	41.28	38.33	35.77	50D	31.03	33.24	35.80	38.78	42.31
1:43.11	1:34.52	1:27.25	1:21.01	1:15.61	100D	1:06.65	1:11.41	1:16.91	1:23.32	1:30.89
3:44.76	3:26.03	3:10.18	2:56.60	2:44.83	200D	2:25.40	2:35.79	2:47.77	3:01.75	3:18.27
54.36	49.83	46.00	42.71	39.87	50P	34.89	37.39	40.26	43.62	47.58
1:57.80	1:47.98	1:39.68	1:32.56	1:26.39	100P	1:16.63	1:22.10	1:28.42	1:35.78	1:44.49
4:10.45	3:49.58	3:31.92	3:16.79	3:03.67	200P	2:43.89	2:55.60	3:09.11	3:24.87	3:43.89
46.05	42.22	38.97	36.19	33.77	50M	30.13	32.29	34.77	37.67	41.09
1:42.44	1:33.90	1:26.68	1:20.49	1:15.12	100M	1:05.43	1:10.10	1:15.49	1:21.78	1:29.22
3:45.53	3:26.73	3:10.83	2:57.20	2:45.39	200M	2:27.64	2:38.19	2:50.35	3:04.55	3:21.33
1:46.91	1:38.00	1:30.46	1:24.00	1:18.40	100CI	1:08.69	1:13.60	1:19.26	1:25.87	1:33.67
3:52.35	3:32.98	3:16.60	3:02.56	2:50.39	200CI	2:31.08	2:41.87	2:54.32	3:08.85	3:26.02
8:06.96	7:26.38	6:52.05	6:22.61	5:57.11	400CI	5:20.49	5:43.39	6:09.80	6:40.62	7:17.04

FEDERACIÓN PUERTORRIQUEÑA DE NATACIÓN
TABLA DE TIEMPOS MÍNIMOS REQUERIDOS
DESDE ENERO 2007 HASTA DICIEMBRE 2010
PISCINA 25 METROS
 Revisada 01/15/2008

-----DAMAS-----				13-14	-----VARONES-----					
Prepa	Intermedio	NAC A	NAC AA	NAC AAA	NAC AAA	NAC AA	NAC A	Intermedio	PREPA	
39.32	36.29	33.70	31.45	29.49	50L	26.38	28.13	30.14	32.46	35.17
1:26.17	1:19.54	1:13.86	1:08.93	1:04.63	100L	57.81	1:01.67	1:06.07	1:11.15	1:17.08
3:08.82	2:54.29	2:41.84	2:31.05	2:21.61	200L	2:06.38	2:14.80	2:24.43	2:35.54	2:48.50
6:34.65	6:04.29	5:38.27	5:15.72	4:55.99	400L	4:28.23	4:46.11	5:06.54	5:30.12	5:57.63
13:38.75	12:35.77	11:51.79	10:55.00	10:14.06	800L	9:16.60	9:53.71	10:36.11	11:25.05	12:22.13
26:10.75	24:09.83	22:26.27	20:56.52	19:57.99	1500L	17:42.63	18:53.47	20:14.43	21:47.85	23:36.83
44.72	41.28	38.33	35.77	33.54	50D	29.09	31.03	33.24	35.80	38.78
1:34.52	1:27.25	1:21.01	1:15.61	1:10.89	100D	1:02.49	1:06.65	1:11.41	1:16.91	1:23.32
3:26.03	3:10.18	2:56.60	2:44.83	2:34.53	200D	2:16.31	2:25.40	2:35.79	2:47.77	3:01.75
49.83	46.00	42.71	39.87	37.38	50P	32.71	34.89	37.39	40.26	43.62
1:47.98	1:39.68	1:32.56	1:26.39	1:20.99	100P	1:11.84	1:16.63	1:22.10	1:28.42	1:35.78
3:49.58	3:31.92	3:16.79	3:03.67	2:52.19	200P	2:33.65	2:43.89	2:55.60	3:09.11	3:24.87
42.22	38.97	36.19	33.77	31.66	50M	28.25	30.13	32.29	34.77	37.67
1:33.90	1:26.68	1:20.49	1:15.12	1:10.43	100M	1:01.34	1:05.43	1:10.10	1:15.49	1:21.78
3:26.73	3:10.83	2:57.20	2:45.39	2:35.05	200M	2:18:41	2:27.64	2:38.19	2:50.35	3:04.55
1:38.00	1:30.46	1:24.00	1:18.40	1:13.50	100 CI	1:04.40	1:08.69	1:13.60	1:19.26	1:25.87
3:32.98	3:16.60	3:02.56	2:50.39	2:39.74	200CI	2:21.64	2:31.08	2:41.87	2:54.32	3:08.85
7:26.38	6:52.05	6:22.61	5:57.11	5:34.79	400CI	5:00.46	5:20.49	5:43.39	6:09.80	6:40.62

-----DAMAS-----				15 - 16	-----VARONES-----					
Prepa	Intermedio	NAC A	NAC AA	NAC AAA	NAC AAA	NAC AA	NAC A	Intermedio	PREPA	
36.29	33.70	31.45	29.49	27.75	50L	24.82	26.38	28.13	30.14	32.46
1:19.54	1:13.86	1:08.93	1:04.63	1:00.82	100L	54.41	57.81	1:01.67	1:06.07	1:11.15
2:54.29	2:41.84	2:31.05	2:21.61	2:13.28	200L	1:58.94	2:06.38	2:14.80	2:24.43	2:35.54
6:04.29	5:38.27	5:15.72	4:55.99	4:38.58	400L	4:12.45	4:28.23	4:46.11	5:06.54	5:30.12
12:35.77	11:51.79	10:55.00	10:14.06	9:37.94	800L	8:43.86	9:16.60	9:53.71	10:36.11	11:25.05
24:09.83	22:26.27	20:56.52	19:57.99	18:28.69	1500L	16:40.12	17:42.63	18:53.47	20:14.43	21:47.85
41.28	38.33	35.77	33.54	31.56	50D	27.38	29.09	31.03	33.24	35.80
1:27.25	1:21.01	1:15.61	1:10.89	1:06.72	100D	58.81	1:02.49	1:06.65	1:11.41	1:16.91
3:10.18	2:56.60	2:44.83	2:34.53	2:25.44	200D	2:08.29	2:16.31	2:25.40	2:35.79	2:47.77
46.00	42.71	39.87	37.38	35.18	50P	30.79	32.71	34.89	37.39	40.26
1:39.68	1:32.56	1:26.39	1:20.99	1:16.22	100P	1:07.61	1:11.84	1:16.63	1:22.10	1:28.42
3:31.92	3:16.79	3:03.67	2:52.19	2:42.06	200P	2:24.61	2:33.65	2:43.89	2:55.60	3:09.11
38.97	36.19	33.77	31.66	29.80	50M	26.59	28.25	30.13	32.29	34.77
1:26.68	1:20.49	1:15.12	1:10.43	1:06.28	100M	57.73	1:01.34	1:05.43	1:10.10	1:15.49
3:10.83	2:57.20	2:45.39	2:35.05	2:25.93	200M	2:10.27	2:18:41	2:27.64	2:38.19	2:50.35
1:30.46	1:24.00	1:18.40	1:13.50	1:09.18	100 CI	1:00.61	1:04.40	1:08.69	1:13.60	1:19.26
3:16.60	3:02.56	2:50.39	2:39.74	2:30.54	200CI	2:13.31	2:21.64	2:31.08	2:41.87	2:54.32
6:52.05	6:22.61	5:57.11	5:34.79	5:15.09	400CI	4:42.79	5:00.46	5:20.49	5:43.39	6:09.80

-----DAMAS-----				17 y 18 MAYORES Y SENIOR	-----VARONES-----					
Prepa	Intermedio	NAC A	NAC AA	NAC AAA	NAC AAA	NAC AA	NAC A	Intermedio	PREPA	
33.70	31.45	29.49	27.75	26.21	50L	23.44	24.82	26.38	28.13	30.14
1:13.86	1:08.93	1:04.63	1:00.82	57.44	100L	51.39	54.41	57.81	1:01.67	1:06.07
2:41.84	2:31.05	2:21.61	2:13.28	2:05.88	200L	1:52.33	1:58.94	2:06.38	2:14.80	2:24.43
5:38.27	5:15.72	4:55.99	4:38.58	4:23.10	400L	3:58.42	4:12.45	4:28.23	4:46.11	5:06.54
11:51.79	10:55.00	10:14.06	9:37.94	9:05.83	800L	8:14.76	8:43.86	9:16.60	9:53.71	10:36.11
22:26.27	20:56.52	19:57.99	18:28.69	17:27.10	1500L	15:44.56	16:40.12	17:42.63	18:53.47	20:14.43
38.33	35.77	33.54	31.56	29.81	50D	25.86	27.38	29.09	31.03	33.24
1:21.01	1:15.61	1:10.89	1:06.72	1:03.01	100D	55.54	58.81	1:02.49	1:06.65	1:11.41
2:56.60	2:44.83	2:34.53	2:25.44	2:17.36	200D	2:01.17	2:08.29	2:16.31	2:25.40	2:35.79
42.71	39.87	37.38	35.18	33.22	50P	29.08	30.79	32.71	34.89	37.39
1:32.56	1:26.39	1:20.99	1:16.22	1:11.99	100P	1:03.86	1:07.61	1:11.84	1:16.63	1:22.10
3:16.79	3:03.67	2:52.19	2:42.06	2:33.06	200P	2:16.58	2:24.61	2:33.65	2:43.89	2:55.60
36.19	33.77	31.66	29.80	28.14	50M	25.11	26.59	28.25	30.13	32.29
1:20.49	1:15.12	1:10.43	1:06.28	1:02.60	100M	54.52	57.73	1:01.34	1:05.43	1:10.10
2:57.20	2:45.39	2:35.05	2:25.93	2:17.82	200M	2:03.03	2:10.27	2:18:41	2:27.64	2:38.19
1:24.00	1:18.40	1:13.50	1:09.18	1:05.33	100CI	57.24	1:00.61	1:04.40	1:08.69	1:13.60
3:02.56	2:50.39	2:39.74	2:30.54	2:21.99	200CI	2:05.90	2:13.31	2:21.64	2:31.08	2:41.87
6:22.61	5:57.11	5:34.79	5:15.09	4:57.59	400CI	4:27.08	4:42.79	5:00.46	5:20.49	5:43.39