

FEDERACIÓN PUERTORRIQUEÑA DE NATACIÓN
TABLA DE TIEMPOS MÍNIMOS REQUERIDOS
DESDE ENERO 2007 HASTA DICIEMBRE 2010
PISCINA 50 METROS
 Revisada 08/17/2006

-----DAMAS-----				7 - 8		-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
53.62	48.26				50L				43.28	48.09
1:58.93	1:47.04				100L				1:35.68	1:46.31
4:59.20	3:53.28				200L				3:28.12	3:51.24
1:02.64	56.38				50D				49.60	55.11
1:07.67	1:00.90				50P				54.36	1:00.40
56.82	51.14				50M				45.92	51.02

-----DAMAS-----				9 - 10		-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
48.26	43.87	40.22	37.12	34.47	50L	30.91	33.29	36.07	39.35	43.28
1:47.04	1:37.31	1:29.20	1:22.34	1:16.46	100L	1:08.34	1:13.60	1:19.73	1:26.98	1:35.68
3:53.28	3:32.07	3:14.40	2:59.45	2:46.63	200L	2:28.66	2:40.09	2:53.43	3:09.20	3:28.12
8:06.06	7:21.87	6:45.05	6:13.89	5:47.19	400L	5:14.40	5:38.58	6:06.80	6:40.15	7:20.16
56.38	51.25	46.98	43.37	40.27	50D	35.43	38.15	41.33	45.09	49.60
1:59.16	1:48.33	1:39.30	1:31.66	1:25.11	100D	1:15.96	1:21.80	1:28.62	1:36.67	1:46.34
1:00.90	55.36	50.75	46.85	43.50	50P	38.83	41.82	45.30	49.42	54.36
2:12.40	2:00.36	1:50.33	1:41.85	1:34.57	100P	1:24.71	1:31.23	1:38.83	1:47.82	1:58.60
51.14	46.49	42.62	39.34	36.53	50M	32.80	35.32	38.27	41.75	45.92
1:53.22	1:42.93	1:34.35	1:27.09	1:20.87	100M	1:12.00	1:17.54	1:24.00	1:31.64	1:40.80
4:19.44	3:55.85	3:36.20	3:19.57	3:05.31	200CI	2:45.63	2:58.37	3:13.23	3:30.80	3:51.88

-----DAMAS-----				11-12		-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
43.87	40.22	37.12	34.47	32.17	50L	28.85	30.91	33.29	36.07	39.35
1:37.31	1:29.20	1:22.34	1:16.46	1:11.36	100L	1:03.79	1:08.34	1:13.60	1:19.73	1:26.98
3:32.07	3:14.40	2:59.45	2:46.63	2:35.52	200L	2:18.75	2:28.66	2:40.09	2:53.43	3:09.20
7:21.87	6:45.05	6:13.89	5:47.19	5:24.04	400L	4:53.44	5:14.40	5:38.58	6:06.80	6:40.15
15:02.22	13:47.03	12:43.42	11:48.89	11:01.63	800L	10:11.53	10:55.21	11:45.62	12:44.42	13:53.91
28:51.09	26:26.83	24:24.77	22:40.14	21:09.47	1500L	19:26.08	20:49.37	22:25.48	24:17.60	26:30.11
51.25	46.98	43.37	40.27	37.59	50D	33.07	35.43	38.15	41.33	45.09
1:48.33	1:39.30	1:31.66	1:25.11	1:19.44	100D	1:10.89	1:15.96	1:21.80	1:28.62	1:36.67
3:50.22	3:31.03	3:14.80	3:00.89	2:48.83	200D	2:32.88	2:43.80	2:56.40	3:11.10	3:28.47
55.36	50.75	46.85	43.50	40.60	50P	36.24	38.83	41.82	45.30	49.42
2:00.36	1:50.33	1:41.85	1:34.57	1:28.27	100P	1:19.07	1:24.71	1:31.23	1:38.83	1:47.82
4:17.67	3:56.20	3:38.03	3:22.46	3:08.96	200P	2:52.05	3:04.34	3:18.52	3:35.07	3:54.62
46.49	42.62	39.34	36.53	34.09	50M	30.61	32.80	35.32	38.27	41.75
1:42.93	1:34.35	1:27.09	1:20.87	1:15.48	100M	1:07.20	1:12.00	1:17.54	1:24.00	1:31.64
3:48.38	3:29.35	3:13.25	2:59.44	2:47.48	200M	2:31.91	2:42.76	2:55.28	3:09.88	3:27.15
3:55.85	3:36.20	3:19.57	3:05.31	2:52.96	200CI	2:34.59	2:45.63	2:58.37	3:13.23	3:30.80
8:17.44	7:35.98	7:00.91	6:30.84	6:04.79	400CI	5:31.01	5:54.66	6:21.94	6:53.77	7:31.38

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-----DAMAS-----					13-14	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
40.22	37.12	34.47	32.17	30.16	50L	27.05	28.85	30.91	33.29	36.07
1:29.20	1:22.34	1:16.46	1:11.36	1:06.90	100L	59.80	1:03.79	1:08.34	1:13.60	1:19.73
3:14.40	2:59.45	2:46.63	2:35.52	2:25.80	200L	2:10.08	2:18.75	2:28.66	2:40.09	2:53.43
6:45.05	6:13.89	5:47.19	5:24.04	5:03.79	400L	4:35.10	4:53.44	5:14.40	5:38.58	6:06.80
13:47.03	12:43.42	11:48.89	11:01.63	10:20.28	800L	9:33.31	10:11.53	10:55.21	11:45.62	12:44.42
26:26.83	24:24.77	22:40.14	21:09.47	19:50.13	1500L	18:13.20	19:26.08	20:49.37	22:25.48	24:17.60
46.98	43.37	40.27	37.59	35.24	50D	31.00	33.07	35.43	38.15	41.33
1:39.30	1:31.66	1:25.11	1:19.44	1:14.48	100D	1:06.46	1:10.89	1:15.96	1:21.80	1:28.62
3:31.03	3:14.80	3:00.89	2:48.83	2:38.28	200D	2:23.33	2:32.88	2:43.80	2:56.40	3:11.10
50.75	46.85	43.50	40.60	38.06	50P	33.98	36.24	38.83	41.82	45.30
1:50.33	1:41.85	1:34.57	1:28.27	1:22.75	100P	1:14.13	1:19.07	1:24.71	1:31.23	1:38.83
3:56.20	3:38.03	3:22.46	3:08.96	2:57.15	200P	2:41.30	2:52.05	3:04.34	3:18.52	3:35.07
42.62	39.34	36.53	34.09	31.96	50M	28.70	30.61	32.80	35.32	38.27
1:34.35	1:27.09	1:20.87	1:15.48	1:10.76	100M	1:03.00	1:07.20	1:12.00	1:17.54	1:24.00
3:29.35	3:13.25	2:59.44	2:47.48	2:37.01	200M	2:22.41	2:31.91	2:42.76	2:55.28	3:09.88
3:36.20	3:19.57	3:05.31	2:52.96	2:42.15	200CI	2:24.93	2:34.59	2:45.63	2:58.37	3:13.23
7:35.98	7:00.91	6:30.84	6:04.79	5:41.99	400CI	5:10.33	5:31.01	5:54.66	6:21.94	6:53.77

-----DAMAS-----					15 - 16	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
37.12	34.47	32.17	30.16	28.39	50L	25.46	27.05	28.85	30.91	33.29
1:22.34	1:16.46	1:11.36	1:06.90	1:02.96	100L	56.28	59.80	1:03.79	1:08.34	1:13.60
2:59.45	2:46.63	2:35.52	2:25.80	2:17.22	200L	2:02.42	2:10.08	2:18.75	2:28.66	2:40.09
6:13.89	5:47.19	5:24.04	5:03.79	4:45.92	400L	4:18.92	4:35.10	4:53.44	5:14.40	5:38.58
12:43.42	11:48.89	11:01.63	10:20.28	9:43.79	800L	8:59.59	9:33.31	10:11.53	10:55.21	11:45.62
24:24.77	22:40.14	21:09.47	19:50.13	18:40.12	1500L	17:08.89	18:13.20	19:26.08	20:49.37	22:25.48
43.37	40.27	37.59	35.24	33.16	50D	29.18	31.00	33.07	35.43	38.15
1:31.66	1:25.11	1:19.44	1:14.48	1:10.09	100D	1:02.55	1:06.46	1:10.89	1:15.96	1:21.80
3:14.80	3:00.89	2:48.83	2:38.28	2:28.46	200D	2:14.89	2:23.33	2:32.88	2:43.80	2:56.40
46.85	43.50	40.60	38.06	35.82	50P	31.98	33.98	36.24	38.83	41.82
1:41.85	1:34.57	1:28.27	1:22.75	1:17.88	100P	1:09.76	1:14.13	1:19.07	1:24.71	1:31.23
3:38.03	3:22.46	3:08.96	2:57.15	2:46.73	200P	2:31.81	2:41.30	2:52.05	3:04.34	3:18.52
39.34	36.53	34.09	31.96	30.08	50M	27.01	28.70	30.61	32.80	35.32
1:27.09	1:20.87	1:15.48	1:10.76	1:06.60	100M	59.29	1:03.00	1:07.20	1:12.00	1:17.54
3:13.25	2:59.44	2:47.48	2:37.01	2:27.78	200M	2:14.04	2:22.41	2:31.91	2:42.76	2:55.28
3:19.57	3:05.31	2:52.96	2:42.15	2:32.61	200CI	2:16.40	2:24.93	2:34.59	2:45.63	2:58.37
7:00.91	6:30.84	6:04.79	5:41.99	5:21.87	400CI	4:52.07	5:10.33	5:31.01	5:54.66	6:21.94

-----DAMAS-----					17 y 18 MAYORES Y SENIOR	-----VARONES-----				
Prepa	Intermedio	NAC A	NAC AA	NAC AAA		NAC AAA	NAC AA	NAC A	Intermedio	PREPA
34.47	32.17	30.16	28.39	26.81	50L	24.04	25.46	27.05	28.85	30.91
1:16.46	1:11.36	1:06.90	1:02.96	59.47	100L	53.16	56.28	59.80	1:03.79	1:08.34
2:46.63	2:35.52	2:25.80	2:17.22	2:09.60	200L	1:55.62	2:02.42	2:10.08	2:18.75	2:28.66
5:47.19	5:24.04	5:03.79	4:45.92	4:30.03	400L	4:04.53	4:18.92	4:35.10	4:53.44	5:14.40
11:48.89	11:01.63	10:20.28	9:43.79	9:11.36	800L	8:29.61	8:59.59	9:33.31	10:11.53	10:55.21
22:40.14	21:09.47	19:50.13	18:40.12	17:37.89	1500L	16:11.73	17:08.89	18:13.20	19:26.08	20:49.37
40.27	37.59	35.24	33.16	31.32	50D	27.56	29.18	31.00	33.07	35.43
1:25.11	1:19.44	1:14.48	1:10.09	1:06.20	100D	59.08	1:02.55	1:06.46	1:10.89	1:15.96
3:00.89	2:48.83	2:38.28	2:28.46	2:20.69	200D	2:07.40	2:14.89	2:23.33	2:32.88	2:43.80
43.50	40.60	38.06	35.82	33.83	50P	30.20	31.98	33.98	36.24	38.83
1:34.57	1:28.27	1:22.75	1:17.88	1:13.56	100P	1:05.89	1:09.76	1:14.13	1:19.07	1:24.71
3:22.46	3:08.96	2:57.15	2:46.73	2:37.47	200P	2:23.38	2:31.81	2:41.30	2:52.05	3:04.34
36.53	34.09	31.96	30.08	28.41	50M	25.51	27.01	28.70	30.61	32.80
1:20.87	1:15.48	1:10.76	1:06.60	1:02.90	100M	56.00	59.29	1:03.00	1:07.20	1:12.00
2:59.44	2:47.48	2:37.01	2:27.78	2:19.57	200M	2:06.59	2:14.04	2:22.41	2:31.91	2:42.76
3:05.31	2:52.96	2:42.15	2:32.61	2:24.13	200CI	2:08.82	2:16.40	2:24.93	2:34.59	2:45.63
6:30.84	6:04.79	5:41.99	5:21.87	5:03.99	400CI	4:35.84	4:52.07	5:10.33	5:31.01	5:54.66