

**Planilha de Índices para Participação na Fase Nacional do Circuito na Modalidade Natação**

**FEMININO**

Classes														
Provas	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Livre	03:30.00	02:55.00	02:00.00	01:40.00	01:20.00	01:00.50	00:55.00	00:50.00	00:45.00	00:40.00	00:55.00	00:45.00	00:40.00	00:55.00
100 Livre	07:30.00	06:05.00	04:10.00	03:35.00	02:40.00	02:15.50	02:05.00	01:48.50	01:40.50	01:27.00	02:06.50	01:40.00	01:30.00	02:00.50
200 Livre	16:00.00	12:20.00	09:00.00	07:55.00	05:25.00	x	x	x	x	x	x	x	x	x
400 Livre	x	x	x	x	x	08:45.00	08:25.00	07:45.00	07:25.00	06:45.00	08:45.00	07:45.00	07:25.00	10:00.00
50 Costas	03:35.00	03:00.00	02:35.00	01:50.00	01:30.00	x	x	x	x	x	x	x	x	x
100 Costas	x	x	x	x	x	02:40.50	02:30.00	02:20.00	02:15.00	01:45.00	02:30.50	02:00.00	01:50.00	02:25.00
50 Borboleta	03:40.00	03:10.00	02:45.00	02:00.00	01:30.00	01:20.00	01:15.00	x	x	x	x	x	x	01:15.00
100 Borboleta	x	x	x	x	x	x	x	02:10.00	01:50.00	01:45.00	02:25.00	02:15.00	02:00.00	x
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	x	SB11	SB12	SB13	SB14
50 Peito	04:45.00	03:30.00	01:45.00	x	x	x	x	x	x	x	x	x	x	x
100 Peito	x	x	x	03:25.00	03:20.00	03:10.00	03:00.00	02:30.00	02:10.00	x	02:35.00	02:05.00	01:55.00	02:50.00
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	x
150 Medley	09:00.00	06:45.00	05:30.00	04:48.50	x	x	x	x	x	x	x	x	x	x
200 Medley	x	x	x	x	05:50.00	05:35.00	05:00.00	04:35.50	03:45.50	03:34.50	04:30.00	04:20.00	03:50.00	04:45.00

**MASCULINO**

Classes														
Provas	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Livre	03:00.00	01:40.00	01:30.00	01:20.00	00:50.00	00:41.50	00:37.00	00:34.00	00:31.50	00:30.50	00:35.00	00:33.50	00:32.50	00:35.00
100 Livre	06:10.00	03:30.00	03:05.00	02:50.00	01:55.00	01:35.50	01:25.50	01:21.00	01:11.00	01:08.50	01:25.00	01:17.00	01:15.00	01:19.00
200 Livre	13:35.00	07:10.00	06:30.00	06:00.00	05:01.50	x	x	x	x	x	x	x	x	x
400 Livre	x	x	x	x	x	07:25.00	06:47.00	06:30.00	06:10.50	05:50.00	07:00.00	06:45.00	06:30.00	08:30.00
50 Costas	03:05.00	01:45.00	01:40.00	01:25.50	00:57.50	x	x	x	x	x	x	x	x	x
100 Costas	x	x	x	x	x	01:55.00	01:50.00	01:45.00	01:30.50	01:26.50	01:50.00	01:40.00	01:35.00	01:52.00
50 Borboleta	03:15.00	03:00.00	02:15.00	01:30.00	01:15.00	00:54.50	00:52.50	x	x	x	x	x	x	01:00.00
100 Borboleta	x	x	x	x	x	x	x	01:50.00	01:36.00	01:35.00	01:50.00	01:45.00	01:35.00	x
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	x	SB11	SB12	SB13	SB14
50 Peito	03:45.00	02:30.00	01:45.00	x	x	x	x	x	x	x	x	x	x	x
100 Peito	x	x	x	02:22.00	02:22.00	02:19.00	02:15.00	02:13.00	01:41.00	x	02:00.00	01:55.00	01:45.00	02:00.00
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	x
150 Medley	07:30.00	05:45.00	04:50.00	04:25.00	x	x	x	x	x	x	x	x	x	x
200 Medley	x	x	x	x	05:40.50	05:10.00	04:33.50	03:35.50	03:18.50	03:10.50	04:00.00	03:54.50	03:15.00	04:00.00

