

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
25-29	50 M. STILE LIBERO	22.53	23.39	26.02	26.66
	100 M. STILE LIBERO	49.90	51.71	56.62	58.37
	200 M. STILE LIBERO	1:51.16	1:53.68	2:04.97	2:05.97
	400 M. STILE LIBERO	3:58.75	4:05.51	4:25.69	4:24.16
	800 M. STILE LIBERO	8:23.06	8:35.46	9:06.76	9:05.98
	1500 M. STILE LIBERO	16:13.71	16:34.23	17:22.11	17:27.99
	50 M. DORSO	25.29	26.71	29.69	30.59
	100 M. DORSO	55.28	57.89	1:03.33	1:06.04
	200 M. DORSO	2:02.20	2:08.16	2:18.33	2:22.64
	50 M. RANA	28.25	28.87	32.45	33.05
	100 M. RANA	1:01.99	1:04.02	1:10.60	1:13.23
	200 M. RANA	2:18.49	2:21.80	2:33.99	2:40.08
	50 M. DELFINO	24.22	24.87	28.03	28.30
	100 M. DELFINO	54.36	55.29	1:02.08	1:03.52
	200 M. DELFINO	2:01.80	2:06.34	2:20.85	2:20.33
	100 M. MISTI	56.15	-	1:04.59	-
	200 M. MISTI	2:03.65	2:09.12	2:21.54	2:22.96
400 M. MISTI	4:27.64	4:36.90	4:58.73	5:09.91	
30-34	50 M. STILE LIBERO	22.52	23.21	25.88	26.46
	100 M. STILE LIBERO	50.15	51.54	56.50	57.93
	200 M. STILE LIBERO	1:51.13	1:54.70	2:06.08	2:07.65
	400 M. STILE LIBERO	4:01.23	4:04.32	4:23.72	4:29.74
	800 M. STILE LIBERO	8:28.27	8:28.56	9:06.78	9:19.86
	1500 M. STILE LIBERO	16:17.36	16:37.68	17:28.76	17:48.41
	50 M. DORSO	25.66	26.80	29.50	30.19
	100 M. DORSO	55.95	58.45	1:03.38	1:05.38
	200 M. DORSO	2:02.54	2:07.95	2:18.03	2:21.70
	50 M. RANA	28.05	29.13	32.72	33.66
	100 M. RANA	1:01.69	1:04.70	1:12.00	1:14.75
	200 M. RANA	2:16.80	2:21.78	2:37.03	2:43.05
	50 M. DELFINO	24.41	25.01	28.21	28.40
	100 M. DELFINO	54.62	55.68	1:01.78	1:03.27
	200 M. DELFINO	2:03.64	2:06.68	2:21.82	2:21.88
	100 M. MISTI	56.53	-	1:04.46	-
	200 M. MISTI	2:03.62	2:08.21	2:21.56	2:24.61
400 M. MISTI	4:31.00	4:38.75	5:01.12	5:11.06	

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
35-39	50 M. STILE LIBERO	22.92	23.49	26.34	26.82
	100 M. STILE LIBERO	51.02	52.33	58.13	59.21
	200 M. STILE LIBERO	1:53.27	1:56.14	2:06.54	2:08.90
	400 M. STILE LIBERO	4:03.52	4:10.38	4:28.04	4:32.64
	800 M. STILE LIBERO	8:29.23	8:42.01	9:14.79	9:23.47
	1500 M. STILE LIBERO	16:11.34	16:45.26	17:40.32	18:06.18
	50 M. DORSO	26.50	27.52	30.30	31.43
	100 M. DORSO	57.48	1:00.04	1:04.77	1:07.36
	200 M. DORSO	2:05.86	2:11.00	2:20.57	2:25.15
	50 M. RANA	28.80	29.36	33.15	34.00
	100 M. RANA	1:03.06	1:05.41	1:12.28	1:15.20
	200 M. RANA	2:19.53	2:24.86	2:39.86	2:45.88
	50 M. DELFINO	24.57	25.18	28.67	28.78
	100 M. DELFINO	55.20	56.53	1:03.91	1:04.75
	200 M. DELFINO	2:05.30	2:08.76	2:23.82	2:26.56
	100 M. MISTI	57.65	-	1:06.30	-
	200 M. MISTI	2:06.79	2:12.97	2:24.13	2:27.96
	400 M. MISTI	4:36.50	4:46.58	5:08.37	5:17.00
40-44	50 M. STILE LIBERO	23.65	24.20	26.78	27.13
	100 M. STILE LIBERO	51.89	53.13	59.20	1:00.30
	200 M. STILE LIBERO	1:55.00	1:57.51	2:09.15	2:12.78
	400 M. STILE LIBERO	4:05.09	4:14.54	4:32.24	4:36.13
	800 M. STILE LIBERO	8:31.06	8:48.67	9:25.55	9:29.50
	1500 M. STILE LIBERO	16:30.66	16:57.35	17:58.27	18:29.24
	50 M. DORSO	26.83	27.98	30.79	31.93
	100 M. DORSO	58.01	1:00.76	1:06.10	1:08.20
	200 M. DORSO	2:07.91	2:14.34	2:23.92	2:28.14
	50 M. RANA	29.07	29.84	33.85	34.49
	100 M. RANA	1:03.94	1:06.34	1:13.51	1:15.71
	200 M. RANA	2:21.64	2:27.40	2:42.48	2:46.12
	50 M. DELFINO	25.38	25.69	29.06	29.33
	100 M. DELFINO	56.47	57.61	1:05.17	1:06.02
	200 M. DELFINO	2:07.32	2:11.61	2:26.08	2:28.68
	100 M. MISTI	59.17	-	1:07.28	-
	200 M. MISTI	2:08.98	2:14.65	2:25.59	2:30.61
	400 M. MISTI	4:38.28	4:50.15	5:12.91	5:24.28

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
45-49	50 M. STILE LIBERO	24.02	24.59	27.24	27.69
	100 M. STILE LIBERO	53.16	54.52	1:00.37	1:01.24
	200 M. STILE LIBERO	1:57.19	2:00.10	2:12.33	2:14.23
	400 M. STILE LIBERO	4:13.24	4:17.09	4:40.28	4:43.08
	800 M. STILE LIBERO	8:48.12	8:58.25	9:35.92	9:42.18
	1500 M. STILE LIBERO	16:51.68	17:15.89	18:33.62	18:47.17
	50 M. DORSO	27.52	28.65	31.53	32.24
	100 M. DORSO	59.28	1:02.22	1:08.48	1:10.48
	200 M. DORSO	2:11.74	2:17.21	2:29.34	2:33.10
	50 M. RANA	30.19	30.31	34.43	35.05
	100 M. RANA	1:06.16	1:08.41	1:16.61	1:18.65
	200 M. RANA	2:27.32	2:34.40	2:46.72	2:53.28
	50 M. DELFINO	25.98	26.30	29.61	29.66
	100 M. DELFINO	58.00	59.04	1:06.97	1:07.53
	200 M. DELFINO	2:10.95	2:13.50	2:29.91	2:33.40
	100 M. MISTI	1:00.44	-	1:08.86	-
	200 M. MISTI	2:12.55	2:17.17	2:30.53	2:33.57
	400 M. MISTI	4:46.36	4:55.09	5:24.95	5:31.87
50-54	50 M. STILE LIBERO	24.66	24.96	28.30	28.58
	100 M. STILE LIBERO	54.83	55.37	1:02.42	1:03.21
	200 M. STILE LIBERO	2:01.49	2:03.51	2:15.73	2:18.18
	400 M. STILE LIBERO	4:20.63	4:24.03	4:46.52	4:50.64
	800 M. STILE LIBERO	9:07.53	9:12.30	9:51.82	10:06.90
	1500 M. STILE LIBERO	17:24.80	17:59.03	18:53.76	19:18.76
	50 M. DORSO	28.60	29.65	32.81	33.55
	100 M. DORSO	1:01.80	1:04.51	1:11.10	1:14.17
	200 M. DORSO	2:17.63	2:22.53	2:34.73	2:41.37
	50 M. RANA	31.15	31.51	36.38	37.04
	100 M. RANA	1:09.28	1:10.96	1:20.56	1:22.76
	200 M. RANA	2:34.15	2:38.47	2:55.29	3:00.80
	50 M. DELFINO	26.69	26.91	30.80	30.99
	100 M. DELFINO	59.68	1:00.89	1:09.55	1:10.26
	200 M. DELFINO	2:16.41	2:19.04	2:37.05	2:43.00
	100 M. MISTI	1:02.56	-	1:11.45	-
	200 M. MISTI	2:17.92	2:22.59	2:35.30	2:38.95
	400 M. MISTI	4:57.59	5:06.47	5:35.62	5:43.46

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
55-59	50 M. STILE LIBERO	25.45	25.81	29.35	29.88
	100 M. STILE LIBERO	56.82	57.85	1:05.41	1:06.42
	200 M. STILE LIBERO	2:05.81	2:08.33	2:25.27	2:27.54
	400 M. STILE LIBERO	4:31.32	4:36.08	5:03.55	5:11.67
	800 M. STILE LIBERO	9:21.09	9:34.78	10:24.85	10:47.11
	1500 M. STILE LIBERO	18:04.08	18:31.63	20:00.40	20:39.92
	50 M. DORSO	29.92	30.82	35.25	35.92
	100 M. DORSO	1:05.27	1:07.88	1:16.95	1:18.86
	200 M. DORSO	2:23.43	2:29.27	2:46.14	2:51.09
	50 M. RANA	32.47	32.72	38.49	39.04
	100 M. RANA	1:11.88	1:13.71	1:25.43	1:26.77
	200 M. RANA	2:39.49	2:44.32	3:05.62	3:09.39
	50 M. DELFINO	27.73	27.64	32.85	32.51
	100 M. DELFINO	1:02.68	1:03.34	1:15.16	1:15.75
	200 M. DELFINO	2:25.50	2:28.53	2:54.54	2:55.05
	100 M. MISTI	1:05.56	-	1:16.60	-
	200 M. MISTI	2:23.95	2:27.04	2:48.09	2:51.23
400 M. MISTI	5:12.05	5:24.94	6:00.69	6:08.93	
60-64	50 M. STILE LIBERO	26.31	26.81	30.69	30.98
	100 M. STILE LIBERO	59.42	1:00.69	1:09.08	1:09.06
	200 M. STILE LIBERO	2:12.80	2:16.02	2:33.99	2:34.77
	400 M. STILE LIBERO	4:46.20	4:53.24	5:25.40	5:29.40
	800 M. STILE LIBERO	9:54.75	10:07.64	11:14.19	11:21.78
	1500 M. STILE LIBERO	18:55.56	19:35.56	21:38.03	21:58.71
	50 M. DORSO	31.43	32.43	36.43	36.95
	100 M. DORSO	1:09.71	1:12.49	1:21.27	1:22.14
	200 M. DORSO	2:34.12	2:38.82	2:57.96	2:59.96
	50 M. RANA	33.49	34.13	40.26	40.62
	100 M. RANA	1:14.54	1:16.66	1:29.01	1:30.84
	200 M. RANA	2:45.74	2:51.12	3:14.88	3:19.50
	50 M. DELFINO	28.84	28.93	34.44	34.17
	100 M. DELFINO	1:05.67	1:06.62	1:20.96	1:21.75
	200 M. DELFINO	2:35.87	2:41.03	3:11.15	3:15.39
	100 M. MISTI	1:07.64	-	1:20.50	-
	200 M. MISTI	2:30.61	2:34.61	2:55.59	3:00.61
400 M. MISTI	5:28.51	5:36.47	6:19.25	6:30.66	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
65-69	50 M. STILE LIBERO	27.16	27.53	32.52	32.91
	100 M. STILE LIBERO	1:01.36	1:02.48	1:14.27	1:14.25
	200 M. STILE LIBERO	2:19.17	2:22.52	2:44.95	2:47.39
	400 M. STILE LIBERO	5:01.81	5:07.36	5:53.44	5:57.36
	800 M. STILE LIBERO	10:33.90	10:45.74	12:13.62	12:18.52
	1500 M. STILE LIBERO	20:10.49	20:34.72	23:17.15	24:01.14
	50 M. DORSO	32.81	33.67	38.05	38.80
	100 M. DORSO	1:13.84	1:15.79	1:25.06	1:25.72
	200 M. DORSO	2:44.62	2:48.60	3:06.69	3:09.92
	50 M. RANA	34.93	35.64	42.19	42.83
	100 M. RANA	1:19.27	1:21.72	1:33.87	1:35.56
	200 M. RANA	2:58.41	3:03.45	3:24.38	3:28.17
	50 M. DELFINO	29.88	29.89	37.18	36.87
	100 M. DELFINO	1:09.91	1:11.29	1:28.28	1:31.11
	200 M. DELFINO	2:50.66	2:54.42	3:28.66	3:32.61
	100 M. MISTI	1:12.44	-	1:24.76	-
	200 M. MISTI	2:43.70	2:47.63	3:08.05	3:11.48
400 M. MISTI	5:58.81	6:05.22	6:52.80	6:58.94	
70-74	50 M. STILE LIBERO	28.78	28.92	35.10	35.24
	100 M. STILE LIBERO	1:05.62	1:06.80	1:20.15	1:20.42
	200 M. STILE LIBERO	2:29.68	2:31.02	2:58.18	2:59.69
	400 M. STILE LIBERO	5:24.18	5:26.34	6:24.33	6:25.75
	800 M. STILE LIBERO	11:23.05	11:24.08	13:18.43	13:10.79
	1500 M. STILE LIBERO	21:57.83	21:56.18	25:34.08	25:27.09
	50 M. DORSO	35.43	36.51	41.53	41.83
	100 M. DORSO	1:18.36	1:20.76	1:31.72	1:33.41
	200 M. DORSO	2:54.56	2:58.85	3:22.93	3:26.04
	50 M. RANA	37.72	38.01	44.95	45.69
	100 M. RANA	1:24.73	1:26.54	1:39.76	1:41.90
	200 M. RANA	3:08.27	3:13.72	3:39.34	3:42.89
	50 M. DELFINO	32.73	32.68	40.11	40.50
	100 M. DELFINO	1:18.49	1:19.99	1:38.51	1:44.05
	200 M. DELFINO	3:11.06	3:12.61	3:50.08	3:58.74
	100 M. MISTI	1:16.92	-	1:33.02	-
	200 M. MISTI	2:54.57	2:59.79	3:25.84	3:30.00
400 M. MISTI	6:26.79	6:39.44	7:34.52	7:42.14	

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
75-79	50 M. STILE LIBERO	31.39	31.12	37.99	38.12
	100 M. STILE LIBERO	1:11.31	1:12.20	1:27.58	1:28.98
	200 M. STILE LIBERO	2:42.82	2:42.23	3:14.93	3:18.10
	400 M. STILE LIBERO	5:47.40	5:46.54	6:54.01	7:00.28
	800 M. STILE LIBERO	12:08.52	12:11.97	14:20.04	14:17.88
	1500 M. STILE LIBERO	23:38.82	23:52.85	27:23.75	27:56.78
	50 M. DORSO	37.88	38.45	44.98	45.33
	100 M. DORSO	1:24.34	1:26.38	1:39.76	1:41.98
	200 M. DORSO	3:09.09	3:11.76	3:41.02	3:46.82
	50 M. RANA	40.06	40.34	48.34	48.34
	100 M. RANA	1:29.99	1:32.35	1:46.55	1:48.69
	200 M. RANA	3:24.93	3:29.38	3:53.39	3:58.05
	50 M. DELFINO	35.49	36.17	46.13	47.00
	100 M. DELFINO	1:30.48	1:31.25	1:51.59	1:53.83
	200 M. DELFINO	3:34.70	3:35.00	4:18.68	4:22.67
	100 M. MISTI	1:24.13	-	1:41.91	-
	200 M. MISTI	3:13.74	3:14.87	3:46.82	3:53.53
400 M. MISTI	7:07.62	7:14.93	8:13.49	8:24.49	
80-84	50 M. STILE LIBERO	33.49	33.57	41.18	41.16
	100 M. STILE LIBERO	1:17.87	1:18.15	1:35.46	1:35.97
	200 M. STILE LIBERO	3:00.06	3:02.31	3:33.10	3:37.85
	400 M. STILE LIBERO	6:27.40	6:29.97	7:36.52	7:44.03
	800 M. STILE LIBERO	13:37.98	13:44.75	15:54.50	15:48.11
	1500 M. STILE LIBERO	26:24.30	26:41.53	30:18.00	30:56.15
	50 M. DORSO	41.90	42.24	50.45	50.37
	100 M. DORSO	1:34.89	1:37.46	1:53.51	1:54.60
	200 M. DORSO	3:30.48	3:36.63	4:09.13	4:08.53
	50 M. RANA	44.55	45.10	54.34	55.47
	100 M. RANA	1:41.57	1:44.40	2:02.12	2:04.58
	200 M. RANA	3:50.46	3:53.31	4:29.41	4:33.06
	50 M. DELFINO	40.75	41.01	55.66	56.16
	100 M. DELFINO	1:44.58	1:48.67	2:12.51	2:17.06
	200 M. DELFINO	4:15.89	4:17.17	5:21.26	5:17.51
	100 M. MISTI	1:32.06	-	1:54.06	-
	200 M. MISTI	3:37.93	3:38.41	4:15.07	4:20.72
400 M. MISTI	7:51.56	8:01.72	9:30.22	9:50.04	

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CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
85-89	50 M. STILE LIBERO	37.09	36.85	48.03	47.54
	100 M. STILE LIBERO	1:27.89	1:27.15	1:50.23	1:49.14
	200 M. STILE LIBERO	3:25.04	3:25.37	4:06.83	4:06.73
	400 M. STILE LIBERO	7:31.23	7:21.18	8:46.89	8:43.78
	800 M. STILE LIBERO	15:51.72	15:37.65	19:07.16	18:16.25
	1500 M. STILE LIBERO	31:46.33	31:11.62	37:16.31	36:55.29
	50 M. DORSO	46.83	46.15	58.73	57.92
	100 M. DORSO	1:46.90	1:48.36	2:11.48	2:11.67
	200 M. DORSO	4:01.35	4:01.12	4:45.27	4:43.17
	50 M. RANA	48.93	50.02	1:04.75	1:05.07
	100 M. RANA	1:57.46	1:57.47	2:27.63	2:32.72
	200 M. RANA	4:29.25	4:23.93	5:33.16	5:32.62
	50 M. DELFINO	49.24	50.31	1:15.25	1:11.97
	100 M. DELFINO	2:10.78	2:11.44	3:03.68	2:56.43
	200 M. DELFINO	6:08.76	5:18.15	6:50.04	6:55.77
	100 M. MISTI	1:49.18	-	2:18.61	-
	200 M. MISTI	4:16.25	4:14.04	5:23.88	5:28.49
400 M. MISTI	10:12.51	10:33.37	12:06.09	11:58.02	
90-94	50 M. STILE LIBERO	44.32	44.11	1:05.00	59.42
	100 M. STILE LIBERO	1:49.77	1:51.07	2:26.57	2:19.67
	200 M. STILE LIBERO	4:17.43	4:29.50	5:15.95	5:12.66
	400 M. STILE LIBERO	9:26.71	9:43.48	11:18.51	11:01.64
	800 M. STILE LIBERO	20:56.79	20:44.28	24:43.52	24:24.99
	1500 M. STILE LIBERO	43:05.17	43:13.48	43:01.08	48:14.97
	50 M. DORSO	55.62	55.14	1:13.49	1:11.70
	100 M. DORSO	2:05.80	2:09.00	2:37.97	2:42.69
	200 M. DORSO	4:44.18	4:44.02	6:00.76	6:02.99
	50 M. RANA	1:01.36	1:03.23	1:24.64	1:30.60
	100 M. RANA	2:39.43	2:31.22	3:32.27	3:38.25
	200 M. RANA	5:54.13	5:54.26	9:09.21	9:08.62
	50 M. DELFINO	1:20.16	1:21.12	2:36.32	3:25.36
	100 M. DELFINO	3:59.05	3:08.22	4:06.32	-
	200 M. DELFINO	9:14.77	7:13.95	-	-
	100 M. MISTI	2:29.86	-	3:24.43	-
	200 M. MISTI	7:26.04	6:33.99	8:40.48	10:16.73
400 M. MISTI	16:52.36	13:52.72	14:55.37	-	

TEMPI BASE INDIVIDUALI

CATEGORIA	GARA	UOMINI		DONNE	
		V. Corta	V. Lunga	V. Corta	V. Lunga
95-99	50 M. STILE LIBERO	1:07.23	1:11.36	2:00.06	1:31.39
	100 M. STILE LIBERO	3:11.20	3:03.57	4:17.25	3:52.30
	200 M. STILE LIBERO	7:19.24	8:07.99	9:05.79	9:05.67
	400 M. STILE LIBERO	14:27.86	17:52.73	18:58.34	18:46.69
	800 M. STILE LIBERO	32:46.93	35:36.92	27:58.70	33:53.37
	1500 M. STILE LIBERO	41:29.87	82:25.34	55:14.66	54:09.81
	50 M. DORSO	1:16.28	1:17.08	1:57.58	1:53.42
	100 M. DORSO	3:00.00	3:08.09	4:17.18	4:23.74
	200 M. DORSO	8:21.81	7:06.58	9:37.55	9:24.85
	50 M. RANA	1:54.75	1:39.09	2:25.20	4:20.32
	100 M. RANA	3:21.27	4:01.97	-	-
	200 M. RANA	7:14.74	8:57.98	-	-
	50 M. DELFINO	3:02.06	2:20.95	-	-
	100 M. DELFINO	6:04.41	4:09.52	-	-
	200 M. DELFINO	-	14:05.25	-	-
	100 M. MISTI	5:45.94	-	3:54.89	-
	200 M. MISTI	9:50.55	8:55.97	-	-
	400 M. MISTI	21:03.17	17:29.20	-	-