

PROPUESTA DE TABLA DE MARCAS MINIMAS REGIONAL 2009 – 2011

(VERANO 2010)

98	97	96	95	94	93	92	Abs. J.	Absoluto	Conv	PRUEBAS	Conv.	Absoluto	Abs. J.	94	95	96	97	98	99
---	---	31.36	30.29	29.33	28.92	28.51	27.57	27.10	0.7	50 L	0.4	31.65	32.04	32.71	33.35	33.98	34.27	---	---
1:20.72	1:12.18	1:12.33	1:05.01	1:03.28	1:02.75	1:01.55	1:00.28	59.24	1.6	100 L	1.0	1:04.39	1:07.22	1:09.74	1:12.07	1:13.33	1:17.99	1:19.31	1:25.26
2:57.00	2:38.41	2:38.61	2:32.23	2:28.87	2:27.37	2:25.78	2:14.09	2:10.16	3.4	200 L	2.4	2:26.79	2:28.60	2:33.39	2:34.89	2:38.45	2:42.94	2:55.65	3:03.06
6:04.91	5:28.65	5:26.21	5:15.74	5:07.51	5:03.83	4:56.60	4:52.28	4:47.40	7.2	400 L	5.2	5:09.97	5:13.78	5:21.22	5:26.97	5:36.00	5:44.05	6:08.56	6:21.52
---	---	---	---	---	---	---	9:57.06	9:47.06	15.7	800 L	11.9	10:30.12	10:37.85	10:50.56	10:59.60	11:18.03	11:39.17	12:40.62	---
---	---	21:16.46	20:18.32	19:58.48	19:40.97	19:17.24	18:56.15	18:37.13	29.5	1500 L	22.3	20:14.11	20:29.00	---	---	---	---	---	---
---	---	---	---	---	34.17	33.55	32.31	31.75	0.3	50 E	0.3	35.89	36.34	37.73	38.23	---	---	---	---
1:41.27	1:28.09	1:23.76	1:19.95	1:17.60	1:16.80	1:12.88	1:10.25	1:08.03	1.3	100 E	0.8	1:21.52	1:22.48	1:24.76	1:26.00	1:27.46	1:30.31	1:36.83	1:41.32
3:43.27	3:15.12	2:55.73	2:46.70	2:42.21	2:41.52	2:39.34	2:34.30	2:31.75	3.1	200 E	2.4	2:46.55	2:51.35	2:55.07	2:58.20	3:02.05	3:06.25	3:32.80	3:56.91
---	---	---	---	---	37.60	36.59	34.58	33.99	1.1	50 B	1.0	39.64	40.14	41.66	42.32	---	---	---	---
1:46.16	1:37.93	1:31.10	1:27.79	1:25.52	1:23.49	1:22.07	1:19.43	1:18.14	2.5	100 B	2.2	1:30.59	1:32.00	1:34.06	1:36.52	1:37.76	1:41.23	1:45.20	1:53.94
4:23.95	3:30.35	3:16.93	3:07.59	3:04.37	2:59.07	2:56.20	2:49.24	2:46.42	5.7	200 B	5.7	3:10.24	3:12.56	3:16.55	3:20.57	3:25.00	3:31.04	3:48.43	4:05.78
---	---	---	---	---	31.08	30.60	29.63	27.95	0.8	50 M	0.6	33.04	34.25	35.43	36.53	---	---	---	---
1:48.29	1:32.75	1:20.12	1:17.09	1:15.13	1:14.06	1:12.81	1:06.16	1:04.84	2.3	100 M	2.0	1:18.83	1:19.76	1:22.66	1:24.14	1:31.14	1:32.73	1:45.50	1:51.50
3:41.13	3:54.25	3:20.52	2:47.55	2:44.22	2:38.58	2:37.08	2:32.55	2:29.98	6.0	200 M	4.5	2:47.38	2:49.45	2:53.86	2:59.04	3:04.79	3:12.67	3:26.27	3:41.46
3:21.75	3:01.43	2:54.81	2:47.45	2:42.79	2:41.53	2:39.81	2:34.00	2:31.43	4.9	200 Est	3.1	2:46.93	2:48.18	2:56.06	2:59.81	3:01.29	3:06.70	3:28.21	3:26.64
7:57.40	6:49.29	6:05.84	5:52.39	5:41.99	5:39.40	5:33.29	5:26.07	5:20.64	10.0	400 Est	7.5	5:48.23	5:55.46	6:05.15	6:11.92	6:18.59	6:31.70	6:47.79	7:53.49
							1:53.52	1:51.87	----	4x50 L	----	1:57.02	2:08.67						
							3:49.46	3:47.81	----	4x100 L	----	4:42.03	4:43.68						
							8:28.53	8:26.88	----	4x200 L	----	9:24.47	9:26.12						
							1:55.44	1:53.79	----	4x50 E	----	2:25.44	2:27.09						
							4:09.22	4:04.57	----	4x100 E	----	5:04.54	5:06.19						

Nota: Esta Tabla de Marcas Mínimas, son referidas a piscina de 50 metros y sistema de cronometraje manual, **a partir del 01 de junio de 2009**. Serán de aplicación, para todos los Campeonatos de Canarias de Verano de cada categoría/edad.

Tabla de Mínimas B:

Para las pruebas de: 100+ 1''

Para las pruebas de: 200+ 2''

Para la prueba de: 400L+3''

Para las pruebas de: 800L y 400EST + 6''

Para la prueba de: 1500L+ 12''

Nota: La Federación Canaria de Natación se reserva el derecho de desestimar inscripciones que no favorezcan un desarrollo ágil de la competición, así como admitir aquellas otras que por interés deportivo considere oportunas, aumentando el numero de series si fuera necesario.

Las Palmas de Gran Canaria a, mayo de 2010.

