

MARCAS MÍNIMAS

Temporada 2022/23. Circular 22-08.

Marcas mínimas xerais para piscina de 25 m.

Masculino									Proba	Femenino										
ALEVÍN		INFANTIL		JÚNIOR		ABSOLUTA				Conv	ABSOLUTA			JÚNIOR		INFANTIL			ALEVÍN	
Ano 10	Ano 09	Ano 08	Ano 07	Ano 06	Ano 05	2004 e maiores*	Abso.	Conv			Conv	Abso.	2005 e maiores*	Ano 06	Ano 07	Ano 08	Ano 09	Ano 10	Ano 11	Ano 12
36.15	32.30	29.10	28.20	27.40	26.80	26.30	25.85	0,6	50 Libres	0,4	29.60	30.00	30.50	31.10	31.70	32.30	33.50	35.75	39.50	
1.15.50	1.07.50	1.04.20	1.01.70	1.00.50	59.00	57.60	56.50	1,6	100 Libres	1,1	1.04.25	1.05.05	1.06.00	1.06.90	1.08.35	1.09.75	1.13.60	1.18.30	1.26.50	
2.43.00	2.24.00	2.19.00	2.15.50	2.13.00	2.11.00	2.06.50	2.04.00	3,5	200 Libres	2,5	2.18.00	2.20.50	2.23.00	2.24.05	2.27.95	2.30.25	2.41.45	2.49.95	3.08.00	
5.42.00	5.08.00	4.53.00	4.45.00	4.38.00	4.34.00	4.26.35	4.25.35	6,7	400 Libres	6,2	4.50.45	4.55.70	4.59.25	5.01.70	5.09.70	5.18.95	5.33.00	5.52.65	6.39.90	
		10:06.20	9:47.00	9:32.00	9:26.45	9.12.50	9.00.00	12,9	800 Libres	11,0	9.52.30	10.00.00	10.12.00	10.18.50	10.27.95	10.45.00	11.20.10	12.04.60	13.39.55	
22.15.00	20.09.45	19.17.25	18.45.00	18.30.00	18.18.00	17.52.00	17.25.00	23,5	1500 Libres	20,6	18.52.90	19.17.40	19.38.55	19:47.50	20:00.00	20:32.90	21:36.65			
41.40	36.75	34.20	32.80	31.00	30.50	28.40	27.90	0,4	50 Bolboreta	0,3	32.60	33.50	34.50	35.20	35.40	37.45	39.75	42.50	47.95	
1.29.00	1.19.00	1.13.50	1.10.50	1.08.20	1.06.90	1.03.20	1.02.50	1,1	100 Bolboreta	0,7	1.12.50	1.14.50	1.15.00	1.16.30	1.17.50	1.22.00	1.27.00	1.33.00	1.45.00	
3.17.00	2.57.00	2.45.00	2.39.00	2.34.00	2.30.00	2.24.00	2.21.50	2,9	200 Bolboreta	1,7	2.39.90	2.44.00	2.48.00	2.50.05	2.53.80	3.05.70	3.14.95	3.26.95	3.51.60	
41.40	37.60	35.65	34.10	32.60	32.10	31.00	30.20	1,5	50 Costas	0,9	34.50	35.00	35.60	36.50	36.65	37.35	39.70	42.10	46.95	
1.26.50	1.18.50	1.14.50	1.11.20	1.09.50	1.07.50	1.05.20	1.04.10	2,9	100 Costas	2,1	1.12.50	1.14.65	1.15.30	1.17.00	1.18.00	1.19.50	1.24.50	1.29.50	1.40.00	
3.06.00	2.47.00	2.41.00	2.37.00	2.33.00	2.30.00	2.25.00	2.21.50	5,5	200 Costas	3,9	2.37.10	2.38.95	2.41.75	2.45.25	2.46.90	2.51.00	3.02.75	3.11.95	3.35.00	
44.90	40.80	38.00	36.60	35.30	34.90	33.90	33.10	0,7	50 Braza	0,5	38.20	38.70	39.30	39.90	40.10	40.30	42.60	44.70	49.55	
1.36.50	1.27.70	1.21.70	1.18.70	1.17.00	1.16.50	1.13.20	1.12.20	2,4	100 Braza	1,4	1.22.75	1.24.40	1.24.00	1.25.10	1.26.00	1.27.00	1.32.00	1.36.50	1.47.00	
3.27.00	3.10.00	2.59.00	2.50.50	2.48.05	2.43.50	2.39.00	2.37.00	5,4	200 Braza	4,4	2.57.00	2.59.80	3.02.70	3.05.20	3.07.00	3.10.00	3.19.15	3.31.00	3.55.00	
1.32.00	1.19.00	1.14.20	1.12.00	1.10.20	1.08.80	1.06.00	1.04.50		100 Estilos		1.14.70	1.15.50	1.16.50	1.17.30	1.18.70	1.20.50	1.25.50	1.30.00	1.41.00	
3.08.00	2.50.00	2.42.00	2.36.00	2.31.00	2.28.00	2.23.50	2.20.00	3,7	200 Estilos	2,9	2.36.00	2.39.00	2.42.00	2.45.50	2.48.00	2.51.00	2.59.00	3.10.00	3.37.00	
6.39.00	5.52.00	5.36.00	5.27.00	5.22.00	5.16.00	5.03.00	4.59.00	8,8	400 Estilos	6,3	5.30.00	5.35.00	5.40.00	5.46.00	5.53.00	5.59.00	6.14.00	6.37.00	7.40.00	
							1.45.00	2,4	4x50 Libre	1,6	2.01.50									
4.46.00		4.17.00		4.02.00			3.54.00	6,4	4x100 Libre	4,4	4.26.00		4.32.00		4.52.00			5.40.00		
10.12.00		9.16.00		8.52.00			8.36.00	14,0	4x200 Libre	10,0	9.32.00		9.48.00		10.20.00			12.25.00		
							2.01.30	3,2	4x50 Estilos	2,1	2.17.50									
5.29.00		4.54.00		4.35.20			4.18.00	8,0	4x100 Estilos	5,3	5.00.00		5.09.00		5.34.00			6.28.00		

4x50 estilos mixto | 2:08.50

* Mínima solo para participación para categoría absoluto joven y mayores.

Las marcas de este cuadro se refieren a piscina de 25 metros y cronometraje electrónico.

Para la conversión de electrónico a manual se restarán 19 centésimas, a excepción de las pruebas de 50 metros donde se restarán 29 centésimas.

Marcas mínimas xerais para piscina de 50 m*.

*en caso de discrepancia a táboa correcta é a de 25 m.

MASCULINA									Proba	FEMENINA									
ALEVÍN		INFANTIL		JÚNIOR		ABSOLUTA		Conv		Conv	ABSOLUTA		JÚNIOR		INFANTIL			ALEVÍN	
Ano 10	Ano 09	Ano 08	Ano 07	Ano 06	Ano 05	2004 e maiores*	Abso.				Abso.	2005 e maiores*	Ano 06	Ano 07	Ano 08	Ano 09	Ano 10	Ano 11	Ano 12
00:36,75	00:32,90	00:29,70	00:28,80	00:28,00	00:27,40	00:26,90	00:26,45	0,6	50 Libres	0,4	00:30,00	00:30,40	00:30,90	00:31,50	00:32,10	00:32,70	00:33,90	00:36,15	00:39,90
01:17,10	01:09,10	01:05,80	01:03,30	01:02,10	01:00,60	00:59,20	00:58,10	1,6	100 Libres	1,1	01:05,35	01:06,15	01:07,10	00:00,00	01:09,45	01:10,85	01:14,70	01:19,40	01:27,60
02:46,50	02:27,50	02:22,50	02:19,00	02:16,50	02:14,50	02:10,00	02:07,50	3,5	200 Libres	2,5	02:20,50	02:23,00	02:25,50	02:26,55	02:30,45	02:32,75	02:43,95	02:52,45	03:10,50
05:48,70	05:14,70	04:59,70	04:51,70	04:44,70	04:40,70	04:33,05	04:32,05	6,7	400 Libres	6,2	04:56,65	05:01,90	05:05,45	05:07,90	05:15,90	05:25,15	05:39,20	05:58,85	06:46,10
		10:19,10	09:59,90	09:44,90	09:39,35	09:25,40	09:12,90	12,9	800 Libres	11,0	10:03,30	10:11,00	10:23,00	10:29,50	10:38,95	10:56,00	11:31,10	12:15,60	13:50,55
22:38,50	20:32,95	19:40,75	19:08,50	18:53,50	18:41,50	18:15,50	17:48,50	23,5	1500 Libres	20,6	19:13,50	19:38,00	19:59,15	20:08,10	20:20,60	20:53,50	21:57,25		
00:41,80	00:37,15	00:34,60	00:33,20	00:31,40	00:30,90	00:28,80	00:28,30	0,4	50 Bolboreta	0,3	00:32,90	00:33,80	00:34,80	00:35,50	00:35,70	00:37,75	00:40,05	00:42,80	00:48,25
01:30,10	01:20,10	01:14,60	01:11,60	01:09,30	01:08,00	01:04,30	01:03,60	1,1	100 Bolboreta	0,7	01:13,20	01:15,20	01:15,70	01:17,00	01:18,20	01:22,70	01:27,70	01:33,70	01:45,70
03:19,90	02:59,90	02:47,90	02:41,90	02:36,90	02:32,90	02:26,90	02:24,40	2,9	200 Bolboreta	1,7	02:41,60	02:45,70	02:49,70	02:51,75	02:55,50	03:07,40	03:16,65	03:28,65	03:53,30
00:42,90	00:39,10	00:37,15	00:35,60	00:34,10	00:33,60	00:32,50	00:31,70	1,5	50 Costas	0,9	00:35,40	00:35,90	00:36,50	00:37,40	00:37,55	00:38,25	00:40,60	00:43,00	00:47,85
01:29,40	01:21,40	01:17,40	01:14,10	01:12,40	01:10,40	01:08,10	01:07,00	2,9	100 Costas	2,1	01:14,60	01:16,75	01:17,40	01:19,10	01:20,10	01:21,60	01:26,60	01:31,60	01:42,10
03:11,50	02:52,50	02:46,50	02:42,50	02:38,50	02:35,50	02:30,50	02:27,00	5,5	200 Costas	3,9	02:41,00	02:42,85	02:45,65	02:49,15	02:50,80	02:54,90	03:06,65	03:15,85	03:38,90
00:45,60	00:41,50	00:38,70	00:37,30	00:36,00	00:35,60	00:34,60	00:33,80	0,7	50 Braza	0,5	00:38,70	00:39,20	00:39,80	00:40,40	00:40,60	00:40,80	00:43,10	00:45,20	00:50,05
01:38,90	01:30,10	01:24,10	01:21,10	01:19,40	01:18,90	01:15,60	01:14,60	2,4	100 Braza	1,4	01:24,15	01:25,80	01:25,40	01:26,50	01:27,40	01:28,40	01:33,40	01:37,90	01:48,40
03:32,40	03:15,40	03:04,40	02:55,90	02:53,45	02:48,90	02:44,40	02:42,40	5,4	200 Braza	4,4	03:01,40	03:04,20	03:07,10	03:09,60	03:11,40	03:14,40	03:23,55	03:35,40	03:59,40
									100 Estilos										
03:11,70	02:53,70	02:45,70	02:39,70	02:34,70	02:31,70	02:27,20	02:23,70	3,7	200 Estilos	2,9	02:38,90	02:41,90	02:44,90	02:48,40	02:50,90	02:53,90	03:01,90	03:12,90	03:39,90
06:47,80	06:00,80	05:44,80	05:35,80	05:30,80	05:24,80	05:11,80	05:07,80	8,8	400 Estilos	6,3	05:36,30	05:41,30	05:46,30	05:52,30	05:59,30	06:05,30	06:20,30	06:43,30	07:46,30
							01:47,40	2,4	4x50 Libre	1,6	02:03,10								
04:52,40		04:23,40		04:08,40			04:00,40	6,4	4x100 Libre	4,4	04:30,40		04:36,40		04:56,40			05:44,40	
10:26,00		09:30,00		09:06,00			08:50,00	14,0	4x200 Libre	10,0	09:42,00		09:58,00		10:30,00			12:35,00	
							02:04,50	3,2	4x50 Estilos	2,1	02:19,60								
05:37,00		05:02,00		04:43,20			04:26,00	8,0	4x100 Estilos	5,3	05:05,30		05:14,30		05:39,30			06:33,30	

Marcas mínimas de nadadores con discapacidade categoría Júnior y Absoluta

Mínimas Femeninas Nadadoras con Discapacidade													
	50L	100L	200L	400L	1500L	50M	100M	200M	50E	100E	50B	100B	200S
S1	2:50.45	6:13.56							2:37.59	5:52.15			
S2	2:14.82	5:06.02	12:51.54						2:10.54	4:38.20	2:40.93	5:48.23	
S3	1:59.84	4:00.75	9:04.52			2:05.92			1:53.42	3:39.35	1:47.00	3:55.40	8:17.55
S4	1:28.81	3:12.60	6:30.55	13:11.80		1:50.10			1:29.88	3:19.02	1:36.30	3:23.30	6:30.55
S5	59.92	2:08.40	4:22.15	9:00.35		1:07.41	2:27.66	5:15.65	1:07.41	2:24.45	1:10.62	2:26.59	4:48.90
S6	54.57	1:58.77	4:11.45	8:31.46		1:04.20	2:19.10	4:54.25	1:03.13	2:14.82	1:08.48	2:24.45	4:43.55
S7	50.29	1:44.86	3:50.05	8:01.50		58.85	2:08.40	4:29.64	1:02.06	2:11.61	1:05.27	2:19.10	4:38.20
S8	44.94	1:33.09	3:30.79	7:14.42		50.29	1:57.70	4:20.01	51.36	1:52.35	54.57	1:57.70	4:16.80
S9	40.66	1:26.67	3:01.90	6:14.50		44.94	1:36.30	3:35.07	46.01	1:41.65	50.29	1:47.00	3:39.35
S10	40.13	1:25.60	2:59.76	6:09.15		41.73	1:30.95	3:13.67	44.94	1:39.51			3:28.65
S11	57.25	2:02.41	4:08.24	8:28.79		56.71	1:57.70	4:08.24	1:04.09	2:14.29	1:03.13	2:16.96	4:22.15
S12	44.73	1:41.65	3:44.70	7:40.10		47.51	1:45.93	3:39.35	51.25	1:53.42	53.50	1:55.56	4:00.75
S13	44.73	1:41.65	3:44.70	7:40.10		47.51	1:45.93	3:39.35	51.25	1:53.42	53.50	1:55.56	4:00.75
Mínimas Masculinas Nadadores con Discapacidade													
	50L	100L	200L	400L	1500L	50M	100M	200M	50E	100E	50B	100B	200S
S1	2:18.18	5:01.23							2:37.10	5:37.31			
S2	1:47.00	3:38.28	7:16.56						1:30.95	3:37.21	1:47.00	4:24.74	
S3	1:14.90	2:49.06	5:15.65			1:57.92			1:20.25	2:53.34	1:25.60	3:34.00	8:12.20
S4	1:10.62	2:29.80	4:49.97	10:09.90		1:23.46			1:18.11	2:45.85	1:20.25	2:45.85	5:58.45
S5	51.36	1:51.28	3:57.54	8:17.55		1:02.60	2:19.67	4:49.05	58.85	2:08.40	1:09.55	2:19.10	4:16.80
S6	48.15	1:41.65	3:41.49	7:29.40		49.22	1:41.65	3:39.35	57.78	1:57.70	1:04.20	2:13.75	4:00.75
S7	41.73	1:32.02	3:28.65	7:18.70		44.94	1:36.30	3:28.65	52.43	1:54.49	57.78	2:08.40	3:50.05
S8	39.06	1:24.53	3:01.90	6:25.20		40.66	1:30.95	3:17.95	46.01	1:33.09	46.01	1:42.72	3:34.00
S9	35.31	1:19.18	2:51.20	5:58.45		39.59	1:25.60	3:04.04	42.80	1:30.95	42.80	1:39.51	3:28.65
S10	33.71	1:14.90	2:45.85	5:53.10		37.45	1:20.25	2:56.55	39.59	1:28.81			3:17.95
S11	40.13	1:35.12	3:39.35	7:37.96		44.94	1:50.21	4:11.45	43.87	1:50.21	50.18	1:51.82	3:55.40
S12	34.78	1:19.18	2:45.85	6:03.80		38.52	1:34.16	3:12.60	38.52	1:41.65	45.37	1:43.79	3:39.35
S13	34.78	1:19.18	2:45.85	6:03.80		38.52	1:34.16	3:12.60	38.52	1:41.65	45.37	1:43.79	3:39.35

Las mínimas de la presente tabla serán las mismas para piscina de 25 y 50 metros con cronometraje electrónico.
Las categorías en pruebas de braza y estilos, serán las correspondientes á SB y SM, del certificado que acredita la discapacidade.

Marcas mínimas de nadadores con discapacitación categoría infantil

Mínimas Femeninas Nadadoras con Discapacitación							
	50L	100L	200L	100E	100B	100M	200S
S1	3:06.64	6:49.05		6:25.60			
S2	2:27.63	5:35.09	14:04.84	5:04.63	6:21.31		
S3	2:11.22	4:23.62	9:56.25	4:00.19	4:17.76		9:04.82
S4	1:37.25	3:30.90	7:07.65	3:37.93	3:42.61		7:07.65
S5	1:05.61	2:20.60	4:47.05	2:38.17	2:40.52	2:41.69	5:16.35
S6	59.75	2:10.05	4:35.34	2:27.63	2:38.17	2:32.31	5:10.49
S7	55.07	1:54.82	4:11.90	2:24.11	2:32.31	2:20.60	5:04.63
S8	49.21	1:41.93	3:50.82	2:03.02	2:08.88	2:08.88	4:41.20
S9	44.52	1:34.90	3:19.18	1:51.31	1:57.17	1:45.45	4:00.19
S10	43.94	1:33.73	3:16.84	1:48.96		1:39.59	3:48.47
S11	1:02.69	2:14.04	4:31.82	2:27.05	2:29.97	2:08.88	4:47.05
S12	48.98	1:51.31	4:06.05	2:04.19	2:06.54	1:55.99	4:23.62
S13	48.98	1:51.31	4:06.05	2:04.19	2:06.54	1:55.99	4:23.62
Mínimas Masculinas Nadadores con Discapacitación							
	50L	100L	200L	100E	100B	100M	200S
S1	2:31.31	5:29.85		6:09.35			
S2	1:57.17	3:59.02	7:58.03	3:57.84	4:49.89		
S3	1:22.02	3:05.12	5:45.64	3:09.81	3:54.33		8:58.96
S4	1:17.33	2:44.03	5:17.52	3:01.61	3:01.61		6:32.50
S5	56.24	2:01.85	4:20.11	2:20.60	2:32.31	2:32.94	4:41.20
S6	52.72	1:51.31	4:02.53	2:08.88	2:26.46	1:51.31	4:23.62
S7	45.69	1:40.76	3:48.47	2:05.37	2:20.60	1:45.45	4:11.90
S8	42.77	1:32.56	3:19.18	1:41.93	1:52.48	1:39.59	3:54.33
S9	38.66	1:26.70	3:07.46	1:39.59	1:48.96	1:33.73	3:48.47
S10	36.91	1:22.02	3:01.61	1:37.25		1:27.87	3:36.76
S11	43.94	1:44.16	4:00.19	2:00.68	2:02.44	2:00.68	4:17.76
S12	38.08	1:26.70	3:01.61	1:51.31	1:53.65	1:43.11	4:00.19
S13	38.08	1:26.70	3:01.61	1:51.31	1:53.65	1:43.11	4:00.19

Las mínimas de la presente tabla serán las mismas para piscina de 25 y 50 metros con cronometraje electrónico.
Las categorías en pruebas de braza y estilos, serán las correspondientes á SB y SM, del certificado que acredita la discapacitación.

Marcas mínimas de nadadores con discapacidade categoría Alevín

Mínimas Femeninas Nadadoras con Discapacidade						
	100L	200L	100E	100B	100M	200S
S1	7:50.41		7:23.44			
S2	6:25.35	16:11.57	5:50.32	7:18.51		
S3	5:03.16	11:25.69	4:36.22	4:56.42		10:26.54
S4	4:02.53	8:11.80	4:10.62	4:16.00		8:11.80
S5	2:41.69	5:30.11	3:01.90	3:04.60	3:05.94	6:03.80
S6	2:29.56	5:16.64	2:49.77	3:01.90	2:55.16	5:57.06
S7	2:12.04	4:49.68	2:45.73	2:55.16	2:41.69	5:50.32
S8	1:57.22	4:25.44	2:21.47	2:28.21	2:28.21	5:23.38
S9	1:49.14	3:49.06	2:08.01	2:14.75	2:01.27	4:36.22
S10	1:47.79	3:46.37	2:05.30		1:54.53	4:22.74
S11	2:34.15	5:12.59	2:49.11	2:52.47	2:28.21	5:30.11
S12	2:08.01	4:42.96	2:22.82	2:25.52	2:13.39	5:03.16
S13	2:08.01	4:42.96	2:22.82	2:25.52	2:13.39	5:03.16
Mínimas Masculinas Nadadores con Discapacidade						
	100L	200L	100E	100B	100M	200S
S1	6:19.33		7:04.75			
S2	4:34.87	9:09.73	4:33.52	5:33.37		
S3	3:32.89	6:37.49	3:38.28	4:29.48		10:19.80
S4	3:08.63	6:05.15	3:28.85	3:28.85		7:31.38
S5	2:20.13	4:59.13	2:41.69	2:55.16	2:55.88	5:23.38
S6	2:08.01	4:38.91	2:28.21	2:48.43	2:08.01	5:03.16
S7	1:55.87	4:22.74	2:24.18	2:41.69	2:01.27	4:49.68
S8	1:46.44	3:49.06	1:57.22	2:09.35	1:54.53	4:29.48
S9	1:39.71	3:35.58	1:54.53	2:05.30	1:47.79	4:22.74
S10	1:34.32	3:28.85	1:51.84		1:41.05	4:09.27
S11	1:59.78	4:36.22	2:18.78	2:20.81	2:18.78	4:56.42
S12	1:39.71	3:28.85	2:08.01	2:10.70	1:58.58	4:36.22
S13	1:39.71	3:28.85	2:08.01	2:10.70	1:58.58	4:36.22

Las mínimas de la presente tabla serán las mismas para piscina de 25 y 50 metros con cronometraje electrónico.
Las categorías en pruebas de braza y estilos, serán las correspondientes á SB y SM, del certificado que acredita la discapacidade.