

# MARCAS MÍNIMAS

Temporada 2024/25. Circular 24-08.

Marcas mínimas xerais para piscina de 25 m.

Masculino										Proba	Feminino									
ALEVÍN		INFANTIL		JÚNIOR			ABSOLUTA				ABSOLUTA		JÚNIOR			INFANTIL		ALEVÍN		
Ano 13	Ano 12	Ano 11	Ano 10	Ano 09	Ano 08	Ano 07	SUB 20 e maiores*	Abso.	Conv		Conv	Abso.	SUB 20 e maiores*	Ano 07	Ano 08	Ano 09	Ano 10	Ano 11	Ano 12	Ano 13
38.90	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	30.25	30.60	31.10	31.70	32.30	33.50	35.75
1.20.20	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	1.05.50	1.06.00	1.06.90	1.08.35	1.09.75	1.13.60	1.18.30
2.51.50	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	2.21.75	2.23.00	2.24.05	2.27.95	2.30.25	2.41.45	2.49.95
6.01.65	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	4.57.45	4.59.25	5.01.70	5.09.70	5.18.95	5.33.00	5.52.65
12.35.00	11.54.20	10.36.20	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	10.06.00	10.12.00	10.18.50	10.27.95	10.45.00	11.20.10	12.04.60
		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	19.28.00	19.38.55	19:47.50	20:00.00	20:32.90		
44.15	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	34.00	34.50	35.20	35.40	37.45	39.75	42.50
1.35.00	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	1.14.75	1.15.00	1.16.30	1.17.50	1.22.00	1.27.00	1.33.00
3.29.00	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	2.46.00	2.48.00	2.50.05	2.53.80	3.05.70	3.14.95	3.26.95
43.80	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	35.30	35.60	36.50	36.65	37.35	39.70	42.10
1.31.50	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	1.15.00	1.15.30	1.17.00	1.18.00	1.19.50	1.24.50	1.29.50
3.15.00	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	2.40.35	2.41.75	2.45.25	2.46.90	2.51.00	3.02.75	3.11.95
47.00	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	39.00	39.30	39.90	40.10	40.30	42.60	44.70
1.41.00	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	1.23.40	1.23.70	1.24.00	1.25.10	1.26.00	1.27.00	1.32.00	1.36.50
3.38.85	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	3.01.25	3.02.70	3.05.20	3.07.00	3.10.00	3.19.15	3.31.00
1.36.50	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	1.16.00	1.16.50	1.17.30	1.18.70	1.20.50	1.25.50	1.30.00
3.19.00	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	2.40.50	2.42.00	2.45.50	2.48.00	2.51.00	2.59.00	3.10.00
7.02.00	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	5.37.50	5.40.00	5.46.00	5.53.00	5.59.00	6.14.00	6.37.00
								1.45.00	2,4	4x50 Libre	1,6	2.01.50								
5.20.00		4.17.00		4.06.80				3.54.00	6,4	4x100 Libre	4,4	4.26.00		4.28.00			4.40.00		5.13.00	
11.44.00		9.16.00		9.00.00				8.36.00	14,0	4x200 Libre	10,0	9.32.00		9.40.00			10.00.00		11.20.00	
								2.01.30	3,2	4x50 Estilos	2,1	2.17.50								
6.03.00		4.54.00		4.41.00				4.18.00	8,0	4x100 Estilos	5,3	5.00.00		5.05.00			5.22.00		6.01.00	
<p>* Mínima de participación só para absolutos</p> <p>Las marcas de este cuadro se refieren a piscina de 25 metros y cronometraje electrónico.</p> <p>Para la conversión de electrónico a manual se restarán 19 centésimas, a excepción de las pruebas de 50 metros donde se restarán 29 centésimas.</p>																				

\* Mínima de participación só para absolutos

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.

Masculino										Proba	Feminino									
ALEVÍN		INFANTIL		JÚNIOR			ABSOLUTA				Conv	ABSOLUTA		JÚNIOR			INFANTIL		ALEVÍN	
Ano 13	Ano 12	Ano 11	Ano 10	Ano 09	Ano 08	Ano 07	2006 e maiores*	Abso.	Conv			Conv	Abso.	2006 e maiores*	Año 07	Año 08	Año 09	Año 10	Año 11	Año 12
00:39,50	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	50m Libre	0,4	00:30,00	00:30,40	00:30,65	00:31,00	00:31,50	00:32,10	00:32,70	00:33,90	00:36,15
01:21,80	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	100m Libre	1,1	01:05,35	01:06,15	01:06,60	01:07,10	01:08,00	01:09,45	01:10,85	01:14,70	01:19,40
02:55,00	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	200m Libre	2,5	02:20,50	02:23,00	02:24,25	02:25,50	02:26,55	02:30,45	02:32,75	02:43,95	02:52,45
06:08,35	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	400m Libre	6,2	04:56,65	05:01,90	05:03,65	05:05,45	05:07,90	05:15,90	05:25,15	05:39,20	05:58,85
12:47,90	12:07,10	10:49,10	10:19,10	09:59,90	09:44,90	09:39,35	09:25,40	09:12,90	12,9	800m Libre	11	10:03,30	10:11,00	10:17,00	10:23,00	10:29,50	10:38,95	10:56,00	11:31,10	12:15,60
		20:32,95	19:40,75	19:08,50	18:53,50	18:41,50	18:15,50	17:48,50	23,5	1500m Libre	20,6	19:13,50	19:38,00	19:48,60	19:59,15	20:08,10	20:20,60	20:53,50		
00:44,55	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	50m Bolboreta	0,3	00:32,90	00:33,80	00:34,30	00:34,80	00:35,50	00:35,70	00:37,75	00:40,05	00:42,80
01:36,10	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	100m Bolboreta	0,7	01:13,20	01:15,20	01:15,45	01:15,70	01:17,00	01:18,20	01:22,70	01:27,70	01:33,70
03:31,90	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	200m Bolboreta	1,7	02:41,60	02:45,70	02:47,70	02:49,70	02:51,75	02:55,50	03:07,40	03:16,65	03:28,65
00:45,30	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	50m Costas	0,9	00:35,40	00:35,90	00:36,20	00:36,50	00:37,40	00:37,55	00:38,25	00:40,60	00:43,00
01:34,40	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	100m Costas	2,1	01:14,60	01:16,75	01:17,10	01:17,40	01:19,10	01:20,10	01:21,60	01:26,60	01:31,60
03:20,50	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	200m Costas	3,9	02:41,00	02:42,85	02:44,25	02:45,65	02:49,15	02:50,80	02:54,90	03:06,65	03:15,85
00:47,70	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	50m Braza	0,5	00:38,70	00:39,20	00:39,50	00:39,80	00:40,40	00:40,60	00:40,80	00:43,10	00:45,20
01:43,40	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	100m Braza	1,4	01:24,15	01:24,80	01:25,10	01:25,40	01:26,50	01:27,40	01:28,40	01:33,40	01:37,90
03:44,25	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	200m Braza	4,4	03:01,40	03:04,20	03:05,65	03:07,10	03:09,60	03:11,40	03:14,40	03:23,55	03:35,40
										100m Estilos										
03:22,70	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	200m Estilos	2,9	02:38,90	02:41,90	02:43,40	02:44,90	02:48,40	02:50,90	02:53,90	03:01,90	03:12,90
07:10,80	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	400m Estilos	6,3	05:36,30	05:41,30	05:43,80	05:46,30	05:52,30	05:59,30	06:05,30	06:20,30	06:43,30
								01:47,40	2,4	4X50m Libre	1,6	02:03,10								
05:26,40		04:23,40		04:13,20				04:00,40	6,4	4X100m Libre	4,4	04:30,40		04:32,40			04:44,40		05:17,40	
11:58,00		09:30,00		09:14,00				08:50,00	14	4X200m Libre	10	09:42,00		09:50,00			10:10,00		11:30,00	
								02:04,50	3,2	4X50m Estilos	2,1	02:19,60								
06:11,00		05:02,00		04:49,00				04:26,00	8	4X100m Estilos	5,3	05:05,30		05:10,30			05:27,30		06:06,30	

## 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 a SB y SM, del certificado que acredita la discapacidade.

### Marcas mínimas de nadadores con discapacidad categoría infantil

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

### 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.						