

TIEMPOS TOPES
CAMPEONATO NACIONAL DE CURSO CORTO

Dic-08
Temporada 2008-2009

	JUVENIL A (13-14 AÑOS)		JUVENIL B (15-16 AÑOS)		JUVENIL C (17-18 AÑOS)		1ª. FUERZA	
Tiempos en CURSO CORTO								
50S LIB	0:29.89	0:27.10	0:29.76	0:25.79	0:29.66	0:25.64	0:28.56	0:24.65
100S LIB	01:04.36	0:59.29	1:03.40	0:56.45	1:02.99	0:56.00	1:01.67	00:54.10
200S LIB	02:19.23	2:09.63	2:17.02	2:03.09	2:16.50	2:02.99	02:12.63	1:59.00
400S LIB	4:52.71	4:32.25	4:49.70	4:22.26	4:47.40	4:21.99	04:38.49	04:13.70
800S /1500S LIB	10:00.95	18:05.82	9:52.00	17:35.00	9:47.85	17:15.00	09:32.56	16:44.62
50S DOR	0:35.24	0:32.28	0:34.85	0:30.82	0:34.54	0:30.26	0:33.40	0:29.33
100S DOR	1:14.89	1:09.18	1:14.04	1:05.61	1:13.99	1:05.35	1:10.72	01:01.26
200S DOR	2:40.16	2:29.14	2:38.00	2:20.98	2:36.74	2:20.33	2:29.81	02:14.66
50S PECH	0:39.31	0:35.63	0:39.00	0:34.35	0:38.87	0:33.55	0:36.98	0:32.03
100S PECH	1:24.58	1:17.57	1:24.00	1:14.24	1:23.23	1:13.72	1:20.08	1:09.78
200S PECH	3:03.49	2:49.41	2:59.83	2:44.09	2:57.84	2:39.67	2:52.72	2:34.00
50S MAR	0:33.20	0:29.93	0:32.33	0:28.41	0:32.00	0:28.31	0:31.11	00:26.96
100S MAR	01:12.32	1:05.98	1:10.44	1:02.26	1:10.00	01:01.99	1:08.21	0:59.00
200S MAR	2:44.99	2:30.66	2:40.00	02:21.34	2:35.73	2:20.00	02:31.33	02:12.84
200S CI	2:39.17	02:27.67	2:37.54	2:21.61	2:36.49	2:20.99	2:31.13	02:15.42
400S CI	5:37.16	5:15.53	5:30.84	05:04.26	5:29.00	5:02.24	05:19.81	4:50.00
Tiempos en CURSO LARGO								
50L LIB	00:30.69	00:27.90	00:30.56	00:26.59	00:30.46	00:26.44	00:29.36	00:25.45
100L LIB	01:05.96	01:00.89	01:04.100	00:58.05	01:04.59	00:57.60	01:03.27	00:55.70
200L LIB	02:22.43	02:12.83	02:20.22	02:06.29	02:19.70	02:06.19	02:15.83	02:02.20
400L LIB	04:59.11	04:38.65	04:56.10	04:28.66	04:53.80	04:28.39	04:44.89	04:20.10
800L /1500L LIB	10:13.75	18:29.82	10:04.80	17:58.100	10:00.65	17:39.00	09:45.36	17:08.62
50L DOR	00:35.84	00:32.88	00:35.45	00:31.42	00:35.14	00:30.86	00:33.100	00:29.93
100L DOR	01:16.09	01:10.38	01:15.24	01:06.81	01:15.19	01:06.55	01:11.92	01:02.46
200L DOR	02:42.56	02:31.54	02:40.40	02:23.38	02:39.14	02:22.73	02:32.21	02:17.06
50L PECH	00:40.31	00:36.63	00:40.00	00:35.35	00:39.87	00:34.55	00:37.98	00:33.03
100L PECH	01:26.58	01:19.57	01:25.100	01:16.24	01:25.23	01:15.72	01:22.08	01:11.78
200L PECH	03:07.49	02:53.41	03:03.83	02:48.09	03:01.84	02:43.67	02:56.72	02:37.100
50L MAR	00:33.90	00:30.63	00:33.03	00:29.11	00:32.70	00:29.01	00:31.81	00:27.66
100L MAR	01:13.72	01:07.38	01:11.84	01:03.66	01:11.40	01:03.39	01:09.61	01:00.40
200L MAR	02:47.79	02:33.46	02:42.80	02:24.14	02:38.53	02:22.80	02:34.13	02:15.64
200L CI	02:42.37	02:30.87	02:40.74	02:24.81	02:39.69	02:24.19	02:34.33	02:18.62
400L CI	05:43.56	05:21.93	05:37.24	05:10.66	05:35.40	05:08.64	05:26.21	04:56.40
Tiempos en YARDAS								
50Y LIB	00:26.92	00:24.41	00:26.81	00:23.23	00:26.72	00:23.09	00:25.72	00:22.20
100Y LIB	00:57.98	00:53.41	00:57.11	00:50.85	00:56.74	00:50.45	00:55.55	00:48.73
200Y LIB	02:05.43	01:56.78	02:03.44	01:50.89	02:02.97	01:50.80	01:59.48	01:47.20
500Y LIB	05:34.52	05:11.14	05:31.08	04:59.72	05:28.45	04:59.41	05:18.27	04:49.94
1000Y / 1650Y LIB	09:57.36	17:59.34	09:48.46	17:28.70	09:44.34	17:08.82	09:29.14	16:38.62
50Y DOR	00:31.74	00:29.08	00:31.39	00:27.76	00:31.11	00:27.26	00:30.09	00:26.42
100Y DOR	01:07.46	01:02.32	01:06.70	00:59.10	01:06.65	00:58.87	01:03.71	00:55.18
200Y DOR	02:24.28	02:14.36	02:22.34	02:07.00	02:21.20	02:06.42	02:14.96	02:01.31
50Y PECH	00:35.41	00:32.09	00:35.13	00:30.94	00:35.01	00:30.22	00:33.31	00:28.85
100Y PECH	01:16.19	01:09.88	01:15.67	01:06.88	01:14.98	01:06.41	01:12.14	01:02.86
200Y PECH	02:45.30	02:32.62	02:42.00	02:27.82	02:40.21	02:23.84	02:35.60	02:18.73
50Y MAR	00:29.90	00:26.96	00:29.12	00:25.59	00:28.82	00:25.50	00:28.02	00:24.28
100Y MAR	01:05.15	00:59.44	01:03.45	00:56.09	01:03.06	00:55.84	01:01.45	00:53.15
200Y MAR	02:28.63	02:15.72	02:24.14	02:07.33	02:20.29	02:06.12	02:16.33	01:59.67
200Y CI	02:23.39	02:13.03	02:21.92	02:07.57	02:20.98	02:07.01	02:16.15	02:01.99
400Y CI	05:03.74	04:44.26	04:58.05	04:34.10	04:56.39	04:32.28	04:48.11	04:21.26

TIEMPOS TOPES
CAMPEONATO NACIONAL DE CURSO LARGO

Jul-09
Temporada 2008-2009

	INFANTIL B		JUVENIL A		JUVENIL B		JUVENIL C		1ª. FUERZA	
	(11-12 AÑOS)		(13-14 AÑOS)		(15-16 AÑOS)		(17-18 AÑOS)			
Tiempos en CURSO LARGO										
50L LIB			0:30.32	0:27.52	0:30.03	0:26.66	0:29.99	0:26.44	00:29.27	0:25.51
100L LIB	01:09.15	01:07.41	1:05.33	1:00.26	1:04.88	0:58.01	1:04.43	0:57.41	01:02.67	0:55.42
200L LIB	02:29.86	02:27.70	2:22.00	2:12.27	2:20.08	2:07.69	2:19.19	2:06.97	2:14.26	2:01.79
400L LIB	05:16.96	05:10.21	5:00.59	4:41.90	4:55.42	4:32.75	4:51.00	4:30.00	04:43.47	04:18.58
800L /1500L LIB			10:19.80	18:53.80	10:10.80	18:05.60	10:08.00	18:05.51	09:45.29	17:14.12
50L DOR			0:36.48	0:33.14	0:35.70	0:31.67	0:35.39	0:31.49	0:34.03	0:30.12
100L DOR	01:21.41	01:19.64	1:17.06	1:11.06	1:16.01	1:08.28	1:15.40	1:07.65	1:12.59	1:04.32
200L DOR	02:53.43	02:50.35	2:45.75	2:34.02	2:42.55	2:27.39	2:40.17	2:24.86	2:33.69	2:19.25
50L PECH			0:40.02	0:36.41	0:39.96	0:34.57	0:39.27	0:34.14	0:38.02	0:32.86
100L PECH	01:34.17	01:31.84	1:27.20	1:19.94	1:26.35	1:16.59	1:24.98	1:15.27	1:21.70	1:12.39
200L PECH	03:21.64	03:19.31	3:07.32	2:56.02	3:04.72	2:50.87	3:02.63	2:46.45	2:55.39	2:38.97
50L MAR			0:33.17	0:30.13	0:32.70	0:28.79	0:32.56	0:28.62	00:31.33	00:27.34
100L MAR	01:19.62	01:18.16	1:13.57	1:07.15	1:12.15	1:03.39	1:11.92	1:02.93	1:08.39	0:59.94
200L MAR			2:46.83	2:31.64	2:42.73	2:25.80	2:38.23	2:24.12	2:32.52	2:15.40
200L CI	02:51.73	02:47.64	2:42.71	2:31.37	2:40.92	2:25.40	2:39.42	2:23.91	2:34.13	2:18.59
400L CI			5:45.73	5:29.38	5:40.21	5:16.13	5:38.96	5:10.83	5:24.68	04:58.30
Tiempos en CURSO CORTO										
50S LIB			00:29.52	00:26.72	00:29.23	00:25.86	00:29.19	00:25.64	00:28.47	00:24.71
100S LIB	01:07.55	01:05.81	01:03.73	00:58.66	01:03.28	00:56.41	01:02.83	00:55.81	01:01.07	00:53.82
200S LIB	02:26.66	02:24.50	02:18.80	02:09.07	02:16.88	02:04.49	02:15.99	02:03.77	02:11.06	01:58.59
400S LIB	05:10.56	05:03.81	04:54.19	04:35.50	04:49.02	04:26.35	04:44.60	04:23.60	04:37.07	04:12.18
800S /1500S LIB			10:06.100	18:40.100	09:57.100	17:52.80	09:55.20	17:52.71	09:32.49	17:01.32
50S DOR			00:35.88	00:32.54	00:35.10	00:31.07	00:34.79	00:30.89	00:33.43	00:29.52
100S DOR	01:20.21	01:18.44	01:15.86	01:09.86	01:14.81	01:07.08	01:14.20	01:06.45	01:11.39	01:03.12
200S DOR	02:51.03	02:47.95	02:43.35	02:31.62	02:40.15	02:24.99	02:37.77	02:22.46	02:31.29	02:16.85
50S PECH			00:39.02	00:35.41	00:38.96	00:33.57	00:38.27	00:33.14	00:37.02	00:31.86
100S PECH	01:32.17	01:29.84	01:25.20	01:17.94	01:24.35	01:14.59	01:22.98	01:13.27	01:19.70	01:10.39
200S PECH	03:17.64	03:15.31	03:03.32	02:52.02	03:00.72	02:46.87	02:58.63	02:42.45	02:51.39	02:34.97
50S MAR			00:32.47	00:29.43	00:31.100	00:28.09	00:31.86	00:27.92	00:30.63	00:26.64
100S MAR	01:18.22	01:16.76	01:12.17	01:05.75	01:10.75	01:01.99	01:10.52	01:01.53	01:06.99	00:58.54
200S MAR			02:44.03	02:28.84	02:39.93	02:23.00	02:35.43	02:21.32	02:29.72	02:12.60
200S CI	02:48.53	02:44.44	02:39.51	02:28.17	02:37.72	02:22.20	02:36.22	02:20.71	02:30.93	02:15.39
400S CI			05:39.33	05:22.98	05:33.81	05:09.73	05:32.56	05:04.43	05:18.28	04:51.90
Tiempos en YARDAS										
50Y LIB			00:26.59	00:24.07	00:26.33	00:23.29	00:26.29	00:23.09	00:25.64	00:22.26
100Y LIB	01:00.85	00:59.28	00:57.41	00:52.84	00:57.00	00:50.81	00:56.60	00:50.27	00:55.01	00:48.48
200Y LIB	02:12.12	02:10.18	02:05.04	01:56.27	02:03.31	01:52.15	02:02.51	01:51.50	01:58.07	01:46.83
500Y LIB	05:54.92	05:47.21	05:36.21	05:14.85	05:30.30	05:04.40	05:25.25	05:01.25	05:16.65	04:48.20
1000Y / 1650Y LIB			10:03.37	18:34.31	09:54.43	17:46.40	09:51.65	17:46.31	09:29.07	16:55.22
50Y DOR			00:32.32	00:29.31	00:31.62	00:27.99	00:31.34	00:27.82	00:30.11	00:26.59
100Y DOR	01:12.26	01:10.66	01:08.34	01:02.93	01:07.39	01:00.43	01:06.84	00:59.86	01:04.31	00:56.86
200Y DOR	02:34.08	02:31.30	02:27.16	02:16.59	02:24.27	02:10.62	02:22.13	02:08.34	02:16.29	02:03.28
50Y PECH			00:35.15	00:31.90	00:35.09	00:30.24	00:34.47	00:29.85	00:33.35	00:28.70
100Y PECH	01:23.03	01:20.93	01:16.75	01:10.21	01:15.99	01:07.19	01:14.75	01:06.00	01:11.80	01:03.41
200Y PECH	02:58.05	02:55.95	02:45.15	02:34.97	02:42.81	02:30.33	02:40.92	02:26.35	02:34.40	02:19.61
50Y MAR			00:29.25	00:26.51	00:28.82	00:25.30	00:28.70	00:25.15	00:27.59	00:23.99
100Y MAR	01:10.46	01:09.15	01:05.01	00:59.23	01:03.73	00:55.84	01:03.53	00:55.43	01:00.35	00:52.73
200Y MAR			02:27.77	02:14.09	02:24.08	02:08.82	02:20.02	02:07.31	02:14.88	01:59.45
200Y CI	02:31.82	02:28.14	02:23.70	02:13.48	02:22.09	02:08.10	02:20.73	02:06.76	02:15.97	02:01.97
400Y CI			05:05.70	04:50.97	05:00.72	04:39.03	04:59.60	04:34.26	04:46.73	04:22.97

TABLA PARA CONSIDERACIÓN DE TIEMPOS POR ALTITUD

DISTANCIA	ALTITUD EN METROS		
	914– 1,295	1,296 – 1,981	1,982 ó más
200 metros	.50 seg	1.20 seg	1.60 seg
400 metros	2.50 seg	5.00 seg	7.00 seg
800 metros	5.0 seg	10.00 seg	15.00 seg
1500 metros	11.00 seg	23.00 seg	32.50 seg

Los tiempos indicados deben ser restados del tiempo alcanzado en altitud.

Únicamente se tendrán tiempos en consideración por altitud para aquellas pruebas en las cuales no se haya logrado cumplir con los tiempos topes.

La inscripción con tiempos en consideración por altitud deberá realizarse por separado en el formato correspondiente que establezca la FMN