

TEMPI MIGLIORI

Gara		Assoluto	Stanco/ non depilato	Stagionale	Stanco/non depil. stagionale
50 Stile	VC				
	VL				
100 Stile	VC				
	VL				
200 Stile	VC				
	VL				
400 Stile	VC				
	VL				
800 Stile	VC				
	VL				
1500 Stile	VC				
	VL				
50 Dorso	VC				
	VL				
100 Dorso	VC				
	VL				
200 Dorso	VC				
	VL				
50 Farfalla	VC				
	VL				
100 Farfalla	VC				
	VL				
200 Farfalla	VC				
	VL				
50 Rana	VC				
	VL				
100 Rana	VC				
	VL				
200 Rana	VC				
	VL				
100 Misti	VC				
	VL				
200 Misti	VC				
	VL				
400 Misti	VC				
	VL				
	VC				
	VL				
	VC				
	VL				

TEMPI MIGLIORI

Gara		Allenamento	Pull Buoy	Gambe	Parziale staffetta
50 Stile	VC				
	VL				
100 Stile	VC				
	VL				
200 Stile	VC				
	VL				
400 Stile	VC				
	VL				
800 Stile	VC				
	VL				
1500 Stile	VC				
	VL				
50 Dorso	VC				
	VL				
100 Dorso	VC				
	VL				
200 Dorso	VC				
	VL				
50 Farfalla	VC				
	VL				
100 Farfalla	VC				
	VL				
200 Farfalla	VC				
	VL				
50 Rana	VC				
	VL				
100 Rana	VC				
	VL				
200 Rana	VC				
	VL				
100 Misti	VC				
	VL				
200 Misti	VC				
	VL				
400 Misti	VC				
	VL				
	VC				
	VL				
	VC				
	VL				