

TIEMPOS TOPES

CAMPEONATO NACIONAL DE CURSO LARGO 2009-2010

PRUEBA	INFANTIL "B" (11-12 AÑOS)		JUVENIL "A" (13-14 AÑOS)		JUVENIL "B" (15-16 AÑOS)		JUVENIL "C" (17-18 AÑOS)		1ra. FUERZA	
TIEMPOS EN CURSO LARGO										
50 LBS			30.32	27.52	30.03	26.66	29.99	26.44	29.27	25.51
100 LBS	1:09.15	1:07.41	1:05.33	1:00.26	1:04.88	:58.01	1:04.43	:57.41	1:02.67	:55.42
200 LBS	2:29.86	2:27.70	2:22.00	2:12.27	2:20.08	2:07.69	2:19.19	2:06.97	2:14.26	2:01.79
400 LBS	5:16.96	5:10.21	5:00.59	4:41.90	4:55.42	4:32.75	4:51.00	4:30.00	4:43.47	4:18.58
800 LBS			10:19.80		10:10.80		10:08.00		9:45.29	
1500 LBS				18:53.80		18:05.60		18:05.51		17:14.12
50 DOR			36.48	33.14	35.70	31.67	35.39	31.49	34.03	30.12
100 DOR	1:21.41	1:19.64	1:17.06	1:11.06	1:16.01	1:08.28	1:15.40	1:07.65	1:12.59	1:04.32
200 DOR	2:53.43	2:50.35	2:45.75	2:34.02	2:42.55	2:27.39	2:40.17	2:24.86	2:33.69	2:19.25
50 PCH			40.02	36.41	39.96	34.57	39.27	34.14	38.02	32.86
100 PCH	1:34.17	1:31.84	1:27.20	1:19.94	1:26.35	1:16.59	1:24.98	1:15.27	1:21.70	1:12.39
200 PCH	3:21.64	3:19.31	3:07.32	2:56.02	3:04.72	2:50.87	3:02.63	2:46.45	2:55.39	2:38.97
50 MAR			33.17	30.13	32.70	28.79	32.53	28.62	31.33	27.34
100 MAR	1:19.62	1:18.16	1:13.57	1:07.15	1:12.15	1:03.39	1:11.92	1:02.93	1:08.39	:59.94
200 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
200 C.I.	2:51.73	2:47.64	2:42.71	2:31.37	2:40.92	2:25.40	2:39.42	2:23.91	2:34.13	2:18.59
400 C.I.			5:45.73	5:29.38	5:40.21	5:16.13	5:38.96	5:10.83	5:24.68	4:58.30
TIEMPOS EN CURSO CORTO										
50 LBS			29.52	26.72	29.23	25.86	29.19	25.64	28.47	24.71
100 LBS	1:07.55	1:05.81	1:03.73	:58.66	1:03.28	:56.41	1:02.83	:55.81	1:01.07	:53.82
200 LBS	2:26.66	2:24.50	2:18.80	2:09.07	2:16.88	2:04.49	2:15.99	2:03.77	2:11.06	1:58.59
400 LBS	5:10.56	5:03.81	4:54.19	4:35.50	4:49.02	4:26.35	4:44.60	4:23.60	4:37.07	4:12.18
800 LBS			10:06.10		9:57.10		9:55.20		9:32.49	
1500 LBS				18:40.10		17:52.80		17:52.71		17:01.32
50 DOR			35.88	32.54	35.10	31.07	34.79	30.89	33.43	29.52
100 DOR	1:20.21	1:18.44	1:15.86	1:09.86	1:14.81	1:07.08	1:14.20	1:06.45	1:11.39	1:03.12
200 DOR	2:51.03	2:47.95	2:43.35	2:31.62	2:40.15	2:24.99	2:37.77	2:22.46	2:31.29	2:16.85
50 PCH			39.02	35.41	38.96	33.57	38.27	33.14	37.02	31.86
100 PCH	1:32.17	1:29.84	1:25.20	1:17.94	1:24.35	1:14.59	1:22.98	1:13.27	1:19.70	1:10.39
200 PCH	3:17.64	3:15.31	3:03.32	2:52.02	3:00.72	2:46.87	2:58.63	2:42.45	2:51.39	2:34.97
50 MAR			32.47	29.43	31.10	28.09	31.86	27.92	30.63	26.64
100 MAR	1:18.22	1:16.76	1:12.17	1:05.75	1:10.75	1:01.99	1:10.52	1:01.53	1:06.99	:58.54
200 MAR			2:44.03	2:28.84	2:39.93	2:23.00	2:35.43	2:21.32	2:29.72	2:12.60
200 C.I.	2:48.53	2:44.44	2:39.51	2:28.17	2:37.72	2:22.20	2:36.22	2:20.71	2:30.93	2:15.39
400 C.I.			5:39.33	5:22.98	5:33.81	5:09.73	5:32.56	5:04.43	5:18.28	4:51.90
TIEMPOS EN YARDAS										
50 LBS			26.59	24.07	26.33	23.29	26.29	23.09	25.64	22.26
100 LBS	1:00.85	:59.28	:57.41	:52.84	:57.00	:50.81	:56.60	:50.27	:55.01	:48.48
200 LBS	2:12.12	2:10.18	2:05.04	1:56.27	2:03.31	1:52.15	2:02.51	1:51.50	1:58.07	1:46.83
400 LBS	5:54.92	5:47.21	5:36.21	5:14.85	5:30.30	5:04.40	5:25.25	5:01.25	5:16.65	4:48.20
800 LBS			10:03.37		9:54.43		9:51.65		9:29.07	
1500 LBS				18:34.31		17:46.40		17:46.31		16:55.22
50 DOR			32.32	29.31	31.62	27.99	31.34	27.82	30.11	26.59
100 DOR	1:12.26	1:10.66	1:08.34	1:02.93	1:07.39	1:00.43	1:06.84	:59.86	1:04.31	:56.86
200 DOR	2:34.08	2:31.30	2:27.16	2:16.59	2:24.27	2:10.62	2:22.13	2:08.34	2:16.29	2:03.28
50 PCH			35.15	31.90	35.09	30.24	34.47	29.85	33.35	28.70
100 PCH	1:23.03	1:20.93	1:16.75	1:10.21	1:15.99	1:07.19	1:14.75	1:06.00	1:11.80	1:03.41
200 PCH	2:58.05	2:55.95	2:45.15	2:34.97	2:42.81	2:30.33	2:40.92	2:26.35	2:34.40	2:19.61
50 MAR			29.25	26.51	28.82	25.30	28.70	25.15	27.59	23.99
100 MAR	1:10.46	1:09.15	1:05.01	:59.23	1:03.73	:55.84	1:03.53	:55.43	1:00.35	:52.73
200 MAR			2:27.77	2:14.09	2:24.08	2:08.82	2:20.02	2:07.31	2:14.88	1:59.45
200 C.I.	2:31.82	2:28.14	2:23.70	2:13.48	2:22.09	2:08.10	2:20.73	2:06.76	2:15.97	2:01.97
400 C.I.			5:05.70	4:50.97	5:00.72	4:39.03	4:59.60	4:34.26	4:46.73	4:22.97