



CLUB NATACIÓN

Santa Olaya

ANEXO IV

TABLA I - NIVEL DE PROGRESIÓN NACIONAL - PISCINA DE 50 M

MASCULINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	OPEN
50 libre	00:33,50	00:32,20	00:29,90	00:28,70	00:27,50	00:26,70	00:26,10	00:25,80	00:25,30	00:25,00
100 libre	01:14,30	01:10,90	01:05,50	01:01,60	00:59,60	00:58,00	00:56,80	00:56,00	00:55,40	00:53,90
200 libre	02:44,40	02:36,70	02:24,00	02:16,10	02:10,90	02:07,00	02:04,50	02:02,80	02:01,20	01:59,00
400 libre	05:42,60	05:25,10	05:01,50	04:47,20	04:36,20	04:30,50	04:24,50	04:19,90	04:16,60	04:10,70
800 libre	12:22,40	11:30,90	10:41,30	10:11,10	09:47,00	09:26,90	09:16,90	09:07,70	08:59,60	08:40,20
1500 libre	23:01,80	21:40,60	20:19,10	19:03,40	18:17,30	17:52,50	17:28,70	17:17,50	17:03,60	16:33,70
50 braza	00:44,00	00:42,00	00:37,80	00:35,50	00:34,50	00:33,40	00:33,00	00:32,10	00:31,80	00:30,70
100 braza	01:37,90	01:32,20	01:23,30	01:17,70	01:14,90	01:12,80	01:11,50	01:10,30	01:09,00	01:07,50
200 braza	03:30,90	03:19,50	03:00,90	02:50,20	02:41,20	02:38,20	02:34,00	02:31,80	02:30,40	02:27,70
50 mariposa	00:37,60	00:35,30	00:32,30	00:30,50	00:29,20	00:28,30	00:27,80	00:27,20	00:26,90	00:26,20
100 mariposa	01:26,80	01:20,70	01:12,80	01:08,10	01:04,60	01:03,30	01:01,40	01:00,40	00:59,80	00:58,10
200 mariposa	03:29,50	03:08,80	02:45,60	02:33,60	02:25,00	02:19,90	02:16,90	02:14,70	02:13,20	02:09,50
50 espalda	00:40,00	00:37,50	00:34,70	00:32,90	00:31,40	00:30,60	00:29,90	00:29,50	00:28,90	00:27,90
100 espalda	01:26,10	01:21,90	01:15,00	01:10,40	01:07,50	01:05,60	01:03,80	01:02,90	01:02,30	01:00,50
200 espalda	03:04,80	02:56,80	02:41,70	02:32,40	02:26,00	02:21,90	02:17,60	02:15,40	02:13,90	02:10,80
200 estilos	03:05,70	02:55,60	02:42,40	02:32,70	02:27,40	02:23,40	02:19,50	02:17,80	02:16,60	02:13,50
400 estilos	06:55,90	06:18,50	05:47,90	05:25,70	05:13,20	05:02,40	04:58,00	04:54,00	04:54,20	04:45,30
FEMENINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	OPEN
50 libre	00:34,10	00:32,20	00:30,70	00:29,60	00:29,40	00:28,80	00:28,50	00:28,40	00:27,90	00:27,50
100 libre	01:15,30	01:10,70	01:07,10	01:04,40	01:03,20	01:01,90	01:01,50	01:01,40	01:00,40	00:59,50
200 libre	02:48,10	02:36,00	02:26,40	02:18,80	02:15,90	02:13,80	02:13,20	02:12,00	02:11,60	02:09,00
400 libre	05:47,70	05:23,80	05:05,60	04:51,90	04:45,50	04:42,50	04:39,60	04:37,50	04:36,30	04:31,90
800 libre	12:01,80	11:11,60	10:35,60	10:03,90	09:46,60	09:42,50	09:36,80	09:31,80	09:29,40	09:19,00
1500 libre	23:04,30	21:53,50	20:55,80	19:55,20	19:09,60	18:50,60	18:47,40	18:38,40	18:26,30	18:10,60
50 braza	00:43,50	00:41,60	00:39,00	00:37,70	00:37,00	00:36,40	00:35,90	00:35,80	00:35,10	00:34,70
100 braza	01:35,50	01:29,00	01:24,60	01:21,70	01:19,90	01:18,60	01:17,10	01:16,90	01:16,30	01:15,10
200 braza	03:25,90	03:13,70	03:02,00	02:55,60	02:51,40	02:48,80	02:45,70	02:44,50	02:43,50	02:41,60
50 mariposa	00:37,10	00:35,00	00:32,80	00:31,70	00:31,20	00:30,70	00:30,50	00:30,40	00:30,30	00:29,60
100 mariposa	01:23,70	01:18,40	01:13,60	01:10,10	01:08,70	01:07,60	01:06,90	01:06,50	01:05,90	01:05,40
200 mariposa	03:11,90	02:59,70	02:46,50	02:35,60	02:31,00	02:28,90	02:27,40	02:26,80	02:26,10	02:23,70
50 espalda	00:39,60	00:37,40	00:35,40	00:34,20	00:33,60	00:33,20	00:32,60	00:32,50	00:32,40	00:31,70
100 espalda	01:26,10	01:21,40	01:15,40	01:13,10	01:11,40	01:10,10	01:09,50	01:09,30	01:09,00	01:07,70
200 espalda	03:05,70	02:34,50	02:44,40	02:36,60	02:32,40	02:30,00	02:28,10	02:27,70	02:26,70	02:24,00
200 estilos	03:05,20	02:52,90	02:43,30	02:38,50	02:34,70	02:32,80	02:31,30	02:30,70	02:29,30	02:27,00
400 estilos	06:34,50	06:10,00	05:47,20	05:35,80	05:28,50	05:21,80	05:20,00	05:18,40	05:16,60	05:11,00

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Orden de 12 de julio de 2004





CLUB NATACIÓN

Santa Olaya

TABLA II - NIVEL DE PROGRESIÓN NACIONAL - PISCINA DE 25 M

MASCULINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	OPEN
50 libre	00:32,80	00:31,50	00:29,20	00:28,00	00:26,80	00:26,00	00:25,40	00:25,10	00:24,60	00:24,30
100 libre	01:12,70	01:09,30	01:03,90	01:00,00	00:58,00	00:56,40	00:55,20	00:54,40	00:53,80	00:52,30
200 libre	02:41,00	02:33,30	02:20,60	02:12,70	02:07,50	02:03,60	02:01,10	01:59,40	01:57,80	01:55,60
400 libre	05:35,40	05:17,90	04:54,30	04:40,00	04:29,00	04:23,30	04:17,30	04:12,70	04:09,40	04:03,50
800 libre	12:06,70	11:15,20	10:25,60	09:55,40	09:31,30	09:11,20	09:01,20	08:52,00	08:43,90	08:24,50
1500 libre	22:32,30	21:11,10	19:49,60	18:33,90	17:47,80	17:23,00	16:59,20	16:48,00	16:34,10	16:04,20
50 braza	00:43,20	00:41,20	00:37,00	00:34,70	00:33,70	00:32,60	00:32,20	00:31,30	00:31,00	00:29,90
100 braza	01:35,60	01:29,90	01:21,00	01:15,40	01:12,60	01:10,50	01:09,20	01:08,00	01:06,70	01:05,20
200 braza	03:24,90	03:13,50	02:54,90	02:44,20	02:35,20	02:32,20	02:28,00	02:25,80	02:24,40	02:21,70
50 mariposa	00:37,30	00:35,00	00:32,00	00:30,20	00:28,90	00:28,00	00:27,50	00:26,90	00:26,60	00:25,90
100 mariposa	01:25,50	01:19,40	01:11,50	01:06,80	01:03,30	01:02,00	01:00,10	00:59,10	00:58,50	00:56,80
200 mariposa	03:26,40	03:05,70	02:42,50	02:30,50	02:21,90	02:16,80	02:13,80	02:11,60	02:10,10	02:06,40
50 espalda	00:38,90	00:36,40	00:33,60	00:31,80	00:30,30	00:29,50	00:28,80	00:28,40	00:27,80	00:26,80
100 espalda	01:23,60	01:19,40	01:12,50	01:07,90	01:05,00	01:03,10	01:01,30	01:00,40	00:59,80	00:58,00
200 espalda	02:59,10	02:51,10	02:36,00	02:26,70	02:20,30	02:16,20	02:11,90	02:09,70	02:08,20	02:05,10
100 estilos	01:22,96	01:18,32	01:12,26	01:07,83	01:05,39	01:03,53	01:01,77	01:00,97	01:00,46	00:59,00
200 estilos	03:00,80	02:50,70	02:37,50	02:27,80	02:22,50	02:18,50	02:14,60	02:12,90	02:11,70	02:08,60
400 estilos	06:45,90	06:08,50	05:37,90	05:15,70	05:03,20	04:52,40	04:48,00	04:44,00	04:44,20	04:35,30
FEMENINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	OPEN
50 libre	00:33,70	00:31,80	00:30,30	00:29,20	00:29,00	00:28,40	00:28,10	00:28,00	00:27,50	00:27,10
100 libre	01:14,30	01:09,70	01:06,10	01:03,40	01:02,20	01:00,90	01:00,50	01:00,40	00:59,40	00:58,50
200 libre	02:45,70	02:33,60	02:24,00	02:16,40	02:13,50	02:11,40	02:10,80	02:09,60	02:09,20	02:06,60
400 libre	05:42,50	05:18,60	05:00,40	04:46,70	04:40,30	04:37,30	04:34,40	04:32,30	04:31,10	04:26,70
800 libre	11:49,90	10:59,70	10:23,70	09:52,00	09:34,70	09:30,60	09:24,90	09:19,90	09:17,50	09:07,10
1500 libre	22:42,00	21:31,20	20:33,50	19:32,90	18:47,30	18:28,30	18:25,10	18:16,10	18:04,00	17:48,30
50 braza	00:42,90	00:41,00	00:38,40	00:37,10	00:36,40	00:35,80	00:35,30	00:35,20	00:34,50	00:34,10
100 braza	01:33,50	01:27,00	01:22,60	01:19,70	01:17,90	01:16,60	01:15,10	01:14,90	01:14,30	01:13,10
200 braza	03:21,40	03:09,20	02:57,50	02:51,10	02:46,90	02:44,30	02:41,20	02:40,00	02:39,00	02:37,10
50 mariposa	00:36,80	00:34,70	00:32,50	00:31,40	00:30,90	00:30,40	00:30,20	00:30,10	00:30,00	00:29,30
100 mariposa	01:22,90	01:17,60	01:12,80	01:09,30	01:07,90	01:06,80	01:06,10	01:05,70	01:05,10	01:04,60
200 mariposa	03:09,50	02:57,30	02:44,10	02:33,20	02:28,60	02:26,50	02:25,00	02:24,40	02:23,70	02:21,30
50 espalda	00:38,60	00:36,40	00:34,40	00:33,20	00:32,60	00:32,20	00:31,60	00:31,50	00:31,40	00:30,70
100 espalda	01:23,90	01:19,20	01:13,20	01:10,90	01:09,20	01:07,90	01:07,30	01:07,10	01:06,80	01:05,50
200 espalda	03:00,50	02:29,30	02:39,20	02:31,40	02:27,20	02:24,80	02:22,90	02:22,50	02:21,50	02:18,80
100 estilos	01:24,90	01:19,19	01:14,71	01:12,46	01:10,66	01:09,79	01:09,10	01:08,81	01:08,16	01:07,08
200 estilos	03:02,10	02:49,80	02:40,20	02:35,40	02:31,60	02:29,70	02:28,20	02:27,60	02:26,20	02:23,90
400 estilos	06:27,00	06:02,50	05:39,70	05:28,30	05:21,00	05:14,30	05:12,50	05:10,90	05:09,10	05:03,50

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CLUB NATACIÓN

Santa Olaya

TABLA III - NIVEL DE PROGRESIÓN INTERNACIONAL -PISCINA DE 50 M

MASCULINO											
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	open	olímpico
50 libre	00:31,70	00:30,40	00:28,30	00:27,10	00:26,00	00:25,20	00:24,70	00:24,30	00:23,90	00:23,20	00:22,30
100 libre	01:10,20	01:07,00	01:01,90	00:58,20	00:56,40	00:54,80	00:53,70	00:52,90	00:52,40	00:50,90	00:49,30
200 libre	02:35,30	02:28,10	02:16,10	02:09,10	02:03,70	02:00,00	01:57,60	01:56,10	01:54,60	01:52,30	01:48,80
400 libre	05:23,80	05:07,20	04:44,40	04:31,40	04:21,00	04:15,60	04:09,90	04:05,60	04:02,50	03:56,90	03:50,70
800 libre	11:41,60	10:52,90	10:06,00	09:37,50	09:14,70	08:55,70	08:46,20	08:37,50	08:29,90	08:11,50	
1500 libre	21:45,80	20:29,00	19:12,00	18:00,40	17:16,90	16:53,50	16:31,00	16:20,40	16:07,20	15:39,00	15:14,50
50 braza	00:41,50	00:39,70	00:35,70	00:33,50	00:32,60	00:31,60	00:31,20	00:30,40	00:30,10	00:29,00	
100 braza	01:32,50	01:27,10	01:18,80	01:13,40	01:10,80	01:08,80	01:07,50	01:06,40	01:05,20	01:03,80	01:01,70
200 braza	03:19,30	03:08,50	02:50,90	02:40,80	02:32,30	02:29,50	02:25,50	02:23,40	02:22,10	02:19,60	02:13,40
50 mariposa	00:35,60	00:33,40	00:30,50	00:28,80	00:27,60	00:26,80	00:26,30	00:25,70	00:25,50	00:24,70	
100 mariposa	01:22,00	01:16,30	01:08,80	01:04,30	01:01,00	00:59,80	00:58,00	00:57,10	00:56,50	00:54,90	00:52,90
200 mariposa	03:17,90	02:58,40	02:36,50	02:25,20	02:17,00	02:12,20	02:09,40	02:07,30	02:05,90	02:02,40	01:57,90
50 espalda	00:37,80	00:35,50	00:32,80	00:31,10	00:29,70	00:28,90	00:28,20	00:27,90	00:27,40	00:26,40	
100 espalda	01:21,40	01:17,40	01:10,80	01:06,60	01:03,80	01:02,00	01:00,30	00:59,40	00:58,90	00:57,20	00:54,90
200 espalda	02:54,60	02:47,10	02:32,80	02:24,00	02:18,00	02:14,10	02:10,10	02:08,00	02:06,60	02:03,60	01:59,40
200 estilos	02:55,50	02:46,00	02:33,50	02:24,20	02:19,30	02:15,60	02:11,80	02:10,30	02:09,00	02:06,10	02:01,40
400 estilos	06:33,00	05:57,70	05:28,80	05:07,80	04:56,00	04:45,80	04:41,60	04:37,80	04:36,00	04:29,60	04:18,20

FEMENINO											
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	open	olímpico
50 libre	00:32,30	00:30,40	00:29,00	00:28,00	00:27,80	00:27,20	00:26,90	00:26,80	00:26,40	00:26,00	00:25,10
100 libre	01:11,10	01:06,80	01:03,40	01:00,80	00:59,70	00:58,50	00:58,10	00:57,80	00:57,10	00:56,20	00:55,40
200 libre	02:38,80	02:27,40	02:18,40	02:11,20	02:08,40	02:06,40	02:05,90	02:04,70	02:04,30	02:01,90	01:59,90
400 libre	05:28,60	05:06,00	04:48,80	04:35,80	04:29,80	04:27,00	04:24,20	04:22,30	04:21,10	04:16,90	04:11,90
800 libre	11:22,00	10:34,60	10:00,60	09:30,70	09:14,30	09:10,40	09:05,00	09:00,40	08:58,10	08:48,20	08:29,20
1500 libre	21:48,10	20:41,20	19:46,60	18:49,40	18:06,30	17:48,30	17:45,30	17:36,80	17:25,40	17:10,60	
50 braza	00:41,10	00:39,30	00:36,90	00:35,60	00:34,90	00:34,40	00:33,90	00:33,80	00:33,20	00:32,70	
100 braza	01:30,20	01:24,10	01:19,90	01:17,20	01:15,50	01:14,30	01:12,90	01:12,70	01:12,10	01:11,00	01:08,80
200 braza	03:14,60	03:03,10	02:52,00	02:46,00	02:41,90	02:39,50	02:36,60	02:35,40	02:34,50	02:32,70	02:27,90
50 mariposa	00:35,10	00:33,00	00:31,00	00:30,00	00:29,50	00:29,00	00:28,80	00:28,70	00:28,60	00:28,00	
100 mariposa	01:19,10	01:14,10	01:09,50	01:06,20	01:04,90	01:03,90	01:03,20	01:02,80	01:02,30	01:01,80	00:59,30
200 mariposa	03:01,30	02:49,90	02:37,40	02:27,00	02:22,70	02:20,70	02:19,30	02:18,70	02:18,00	02:15,80	02:10,20
50 espalda	00:37,40	00:35,40	00:33,40	00:32,30	00:31,80	00:31,30	00:30,80	00:30,70	00:30,60	00:30,00	
100 espalda	01:21,40	01:16,90	01:11,30	01:09,10	01:07,50	01:06,30	01:05,60	01:05,50	01:05,20	01:03,90	01:01,30
200 espalda	02:55,40	02:26,00	02:35,40	02:28,00	02:24,00	02:21,80	02:20,00	01:19,50	02:18,60	02:16,10	02:11,50
200 estilos	02:55,00	02:43,40	02:34,40	00:29,80	02:26,50	02:24,40	02:23,00	02:22,40	02:21,10	02:18,90	02:14,60
400 estilos	06:12,80	05:49,60	05:28,10	05:17,30	05:10,40	05:04,10	05:02,40	05:00,90	04:59,20	04:53,60	04:42,80

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Nº 7000699



CLUB NATACIÓN

Santa Olaya

TABLA IV - NIVEL DE PROGRESIÓN INTERNACIONAL -PISCINA DE 25 M

MASCULINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	open
50 libre	00:31,00	00:29,70	00:27,60	00:26,40	00:25,30	00:24,50	00:24,00	00:23,60	00:23,20	00:22,50
100 libre	01:08,60	01:05,40	01:00,30	00:56,60	00:54,80	00:53,20	00:52,10	00:51,30	00:50,80	00:49,30
200 libre	02:31,90	02:24,70	02:12,70	02:05,70	02:00,30	01:56,60	01:54,20	01:52,70	01:51,20	01:48,90
400 libre	05:16,60	05:00,00	04:37,20	04:24,20	04:13,80	04:08,40	04:02,70	03:58,40	03:55,30	03:49,70
800 libre	11:25,90	10:37,20	09:50,30	09:21,80	08:59,00	08:40,00	08:30,50	08:21,80	08:14,20	07:55,80
1500 libre	21:16,30	19:59,50	18:42,50	17:30,90	16:47,40	16:24,00	16:01,50	15:50,90	15:37,70	15:09,50
50 braza	00:40,70	00:38,90	00:34,90	00:32,70	00:31,80	00:30,80	00:30,40	00:29,60	00:29,30	00:28,20
100 braza	01:30,20	01:24,80	01:16,50	01:11,10	01:08,50	01:06,50	01:05,20	01:04,10	01:02,90	01:01,50
200 braza	03:13,30	03:02,50	02:44,90	02:34,80	02:26,30	02:23,50	02:19,50	02:17,40	02:16,10	02:13,60
50 mariposa	00:35,30	00:33,10	00:30,20	00:28,50	00:27,30	00:26,50	00:26,00	00:25,40	00:25,20	00:24,40
100 mariposa	01:20,70	01:15,00	01:07,50	01:03,00	00:59,70	00:58,50	00:56,70	00:55,80	00:55,20	00:53,60
200 mariposa	03:14,80	02:55,30	02:33,40	02:22,10	02:13,90	02:09,10	02:06,30	02:04,20	02:02,80	01:59,30
50 espalda	00:36,70	00:34,40	00:31,70	00:30,00	00:28,60	00:27,80	00:27,10	00:26,80	00:26,30	00:25,30
100 espalda	01:18,90	01:14,90	01:08,30	01:04,10	01:01,30	00:59,50	00:57,80	00:56,90	00:56,40	00:54,70
200 espalda	02:48,90	02:41,40	02:27,10	02:18,30	02:12,30	02:08,40	02:04,40	02:02,30	02:00,90	01:57,90
100 estilos	01:15,03	01:13,86	01:07,93	01:03,80	01:01,50	00:59,67	00:57,86	00:57,52	00:56,94	00:55,61
200 estilos	02:50,60	02:41,10	02:28,60	02:19,30	02:14,40	02:10,70	02:06,90	02:05,40	02:04,10	02:01,20
400 estilos	06:23,00	05:47,70	05:18,80	04:57,80	04:46,00	04:35,80	04:31,60	04:27,80	04:26,00	04:19,60

FEMENINO										
PRUEBAS	10 años	11 años	12 años	13 años	14 años	15 años	16 años	17 años	18 años	open
50 libre	00:31,90	00:30,00	00:28,60	00:27,60	00:27,40	00:26,80	00:26,50	00:26,40	00:26,00	00:25,60
100 libre	01:10,10	01:05,80	01:02,40	00:59,80	00:58,70	00:57,50	00:57,10	00:56,80	00:56,10	00:55,20
200 libre	02:36,40	02:25,00	02:16,00	02:08,80	02:06,00	02:04,00	02:03,50	02:02,30	02:01,90	01:59,50
400 libre	05:23,40	05:00,80	04:43,60	04:30,60	04:24,60	04:21,80	04:19,00	04:17,10	04:15,90	04:11,70
800 libre	11:10,10	10:22,70	09:48,70	09:18,80	09:02,40	08:58,50	08:53,10	08:48,50	08:46,20	08:36,30
1500 libre	21:25,80	20:18,90	19:24,30	18:27,10	17:44,00	17:26,00	17:23,00	17:14,50	17:03,10	16:48,30
50 braza	00:40,50	00:38,70	00:36,30	00:35,00	00:34,30	00:33,80	00:33,30	00:33,20	00:32,60	00:32,10
100 braza	01:28,20	01:22,10	01:17,90	01:15,20	01:13,50	01:12,30	01:10,90	01:10,70	01:10,10	01:09,00
200 braza	03:10,10	02:58,60	02:47,50	02:41,50	02:37,40	02:35,00	02:32,10	02:30,90	02:30,00	02:28,20
50 mariposa	00:34,80	00:32,70	00:30,70	00:29,70	00:29,20	00:28,70	00:28,50	00:28,40	00:28,30	00:27,70
100 mariposa	01:18,30	01:13,30	01:08,70	01:05,40	01:04,10	01:03,10	01:02,40	01:02,00	01:01,50	01:01,00
200 mariposa	02:58,90	02:47,50	02:35,00	02:24,60	02:20,30	02:18,30	02:16,90	02:16,30	02:15,60	02:13,40
50 espalda	00:36,40	00:34,40	00:32,40	00:31,30	00:30,80	00:30,30	00:29,80	00:29,70	00:29,60	00:29,00
100 espalda	01:19,20	01:14,70	01:09,10	01:06,90	01:05,30	01:04,10	01:03,40	01:03,30	01:03,00	01:01,70
200 espalda	02:50,20	02:20,80	02:30,20	02:22,80	02:18,80	02:16,60	02:14,80	01:14,30	02:13,40	02:10,90
100 estilos	01:19,75	01:14,61	01:10,43	01:08,40	01:06,86	01:05,74	01:05,23	01:04,81	01:04,32	01:02,96
200 estilos	02:51,90	02:40,30	02:31,30	00:26,70	02:23,40	02:21,30	02:19,90	02:19,30	02:18,00	02:15,80
400 estilos	06:05,30	05:42,10	05:20,60	05:09,80	05:02,90	04:56,60	04:54,90	04:53,40	04:51,70	04:46,10

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Asociación Declarada de Utilidad Pública
Orden de 12 de julio de 2004

