Tabla de Marcas Programa Desarrollo de Atletas

NATACION

100 MTS MASCULINO

EDAD	AÑO	01:20,0	01:19,0	01:18,0	01:17,0	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

100 MTS FEMENINO

EDAD	AÑO	01:28,0	01:27,0	01:26,0	01:25,0	01:24,0	01:23,0	01:22,0	01:21,0	01:20,0	01:19,0	01:18,0	01:17,0	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

400 MTS MASCULINO

EDAD	AÑO	06:00,0	05:56,0	05:52,0	05:48,0	05:44,0	05:40,0	05:36,0	05:32,0	05:28,0	05:24,0	05:20,0	05:16,0	05:12,0	05:08,0	05:04,0	05:00,0	04:56,0	04:52,0	04:48,0	04:44,0	04:40,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

400 MTS FEMENINO

EDAD	AÑO	06:20,0	06:16,0	06:12,0	06:08,0	06:04,0	06:00,0	05:56,0	05:52,0	05:48,0	05:44,0	05:40,0	05:36,0	05:32,0	05:28,0	05:24,0	05:20,0	05:16,0	05:12,0	05:08,0	05:04,0	05:00,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

1000 MTS MASCULINO

EDAD	AÑO	15:20,0	15:10,0	15:00,0	14:50,0	14:40,0	14:30,0	14:20,0	14:10,0	14:00,0	13:50,0	13:40,0	13:30,0	13:20,0	13:10,0	13:00,0	12:50,0	12:40,0	12:30,0	12:20,0	12:10,0	12:00,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

1000 MTS FEMENINO

EDAD	AÑO	16:00,0	15:50,0	15:40,0	15:30,0	15:20,0	15:10,0	15:00,0	14:50,0	14:40,0	14:30,0	14:20,0	14:10,0	14:00,0	13:50,0	13:40,0	13:30,0	13:20,0	13:10,0	13:00,0	12:50,0	12:40,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

CARRERA

400 MTS MASCULINO

EDAD	AÑO	01:18,0	01:17,0	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

400 MTS FEMENINO

EDAD	AÑO	01:30,0	01:29,0	01:28,0	01:27,0	01:26,0	01:25,0	01:24,0	01:23,0	01:22,0	01:21,0	01:20,0	01:19,0	01:18,0	01:17,0	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

1000 MTS MASCULINO

EDAD	AÑO	03:58,0	03:54,0	03:50,0	03:46,0	03:42,0	03:38,0	03:34,0	03:30,0	03:26,0	03:22,0	03:18,0	03:14,0	03:10,0	03:06,0	03:02,0	02:58,0	02:54,0	02:50,0	02:46,0	02:43,0	02:40,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

1000 MTS FEMENINO

EDAD	AÑO	04:50,0	04:45,0	04:40,0	04:35,0	04:30,0	04:25,0	04:20,0	04:15,0	04:10,0	04:05,0	04:00,0	03:55,0	03:50,0	03:45,0	03:40,0	03:35,0	03:30,0	03:25,0	03:20,0	03:15,0	03:10,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

2000 MTS MASCULINO

EDAD	AÑO	08:21,0	08:13,0	08:05,0	07:57,0	07:49,0	07:41,0	07:33,0	07:25,0	07:17,0	07:09,0	07:01,0	06:53,0	06:45,0	06:37,0	06:29,0	06:21,0	06:13,0	06:05,0	05:57,0	05:51,0	05:45,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12

2000 MTS FEMENINO

EDAD	AÑO	10:46,0	10:34,0	10:22,0	10:10,0	09:58,0	09:46,0	09:34,0	09:22,0	09:10,0	08:58,0	08:46,0	08:34,0	08:22,0	08:10,0	07:58,0	07:46,0	07:34,0	07:22,0	07:10,0	07:00,0	06:50,0
19	1987	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
18	1988	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
17	1989	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
16	1990	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11
15	1991	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12
14	1992	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12