

## MINIMA DO KADRY NARODOWEJ 2020

SENIORKI			SENIORZY		
BASEN	50m	25m	BASEN	50m	25m
50 SF	00:19,52	00:19,02	50 SF	00:17,04	00:16,54
100 SF	00:43,34	00:42,34	100 SF	00:37,73	00:36,73
200 SF	01:37,46	01:35,46	200 SF	01:27,51	01:25,51
400 SF	03:30,76	03:26,76	400 SF	03:14,45	03:10,45
800 SF	07:30,44	07:22,44	800 SF	06:57,32	06:49,32
1500 SF	14:43,47	14:43,47	1500 SF	13:32,78	13:32,78
50 AP	00:17,75	00:17,75	50 AP	00:15,68	00:15,68
100 IM	00:40,74	00:40,74	100 IM	00:35,51	00:35,51
400 IM	03:21,08	03:21,08	400 IM	03:10,18	03:10,18
50 BF	00:23,54	00:23,04	50 BF	00:20,58	00:20,08
100 BF	00:51,43	00:50,43	100 BF	00:45,10	00:44,10
200 BF	01:55,65	01:53,65	200 BF	01:44,16	01:42,16
400 BF	04:10,92	04:06,92	400 BF	03:47,57	03:43,57
JUNIORKI			JUNIORZY		
BASEN	50m	25m	BASEN	50m	25m
50 SF	00:20,45	00:19,95	50 SF	00:18,22	00:17,72
100 SF	00:44,90	00:43,90	100 SF	00:39,82	00:38,82
200 SF	01:40,72	01:38,72	200 SF	01:32,96	01:30,96
400 SF	03:37,28	03:33,28	400 SF	03:25,26	03:21,26
800 SF	07:47,42	07:39,42	800 SF	07:13,79	07:05,79
1500 SF	14:57,09	14:57,09	1500 SF	14:03,75	14:03,75
50 AP	00:18,85	00:18,85	50 AP	00:16,67	00:16,67
100 IM	00:42,41	00:42,41	100 IM	00:38,35	00:38,35
400 IM	03:35,19	03:35,19	400 IM	03:15,99	03:15,99
50 BF	00:24,19	00:23,69	50 BF	00:21,49	00:20,99
100 BF	00:52,77	00:51,77	100 BF	00:47,60	00:46,60
200 BF	01:58,31	01:56,31	200 BF	01:47,57	01:45,57
400 BF	04:12,40	04:08,40	400 BF	03:56,77	03:52,77