

**NORMATIVA MINIMAS CAMPEONATOS DE ASTURIAS
Temporada 2025-26**

MINIMAS CAMPEONATOS DE ASTURIAS 25-26. MASCULINO 50						
Prueba	ABSOLUTA	2008	2009	2010	2011	2012
50 m. Libre	00:26,40	00:27,20	00:28,00	00:29,05	00:30,40	00:31,70
100 m. Libre	00:57,70	00:59,40	01:01,10	01:03,40	01:06,30	01:09,10
200 m. Libre	02:08,60	02:12,50	02:16,40	02:21,50	02:28,00	02:34,40
400 m. Libre	04:33,00	04:41,22	04:51,44	05:00,40	05:14,10	05:27,80
800 m. Libre	09:30,00	09:47,10	10:04,30	10:27,20	10:55,80	11:24,40
1.500 m. Libre	18:00,00	18:32,40	19:04,80	19:48,00	20:42,00	21:36,00
50 m. Mariposa	00:28,30	00:29,20	00:30,00	00:31,70	00:33,40	00:35,40
100 m. Mariposa	01:05,40	01:07,40	01:09,30	01:13,20	01:17,10	01:21,70
200 m. Mariposa	02:25,80	02:30,10	02:34,40	02:43,20	02:52,00	03:02,20
50 m. Espalda	00:30,80	00:31,75	00:32,65	00:33,90	00:35,45	00:37,00
100 m. Espalda	01:07,60	01:09,70	01:11,70	01:14,40	01:17,80	01:21,20
200 m. Espalda	02:27,10	02:31,60	02:36,00	02:41,90	02:49,30	02:56,70
50 m. Braza	00:34,30	00:35,30	00:36,40	00:37,70	00:39,40	00:41,20
100 m. Braza	01:15,10	01:17,40	01:19,70	01:22,70	01:26,40	01:30,00
200 m. Braza	02:43,60	02:48,50	02:53,40	03:00,00	03:08,20	03:16,40
200 m. Estilos	02:26,60	02:31,00	02:35,40	02:41,30	02:48,40	02:56,00
400 m. Estilos	05:11,40	05:21,00	05:30,20	05:48,80	06:04,60	06:23,20
4x50 m. Libre	01:53,00	02:02,00			02:15,00	
4x50 m. Libre Mixto	02:00,00	02:10,00			02:25,00	
4x100 m. Libre	04:06,00	04:25,70			04:50,50	
4x100 m. Libre Mixto	04:21,00	04:42,00			05:12,00	
4x200 m. Libre	08:50,00	09:32,40			10:25,40	
4x50 m. Estilos	02:08,00	02:20,00			02:35,00	
4x50 m. Estilos Mixto	02:17,00	02:29,00			02:44,00	
4x100 m. Estilos	04:37,00	04:59,50			05:26,50	
4x100 Estilos Mixto	04:55,00	05:21,50			05:51,00	

**NORMATIVA MINIMAS CAMPEONATOS DE ASTURIAS
Temporada 2025-26**

MINIMAS CAMPEONATOS DE ASTURIAS 25-26. MASCULINO 25						
Prueba	ABSOLUTA	2008	2009	2010	2011	2012
50 m. Libre	00:25,80	00:26,60	00:27,40	00:28,45	00:29,80	00:31,10
100 m. Libre	00:56,10	00:57,80	00:59,50	01:01,80	01:04,70	01:07,50
200 m. Libre	02:05,10	02:09,00	02:12,90	02:18,00	02:24,50	02:30,90
400 m. Libre	04:26,30	04:34,52	04:44,74	04:53,70	05:07,40	05:21,10
800 m. Libre	09:17,10	09:34,20	09:51,40	10:14,30	10:42,90	11:11,50
1.500 m. Libre	17:36,50	18:08,90	18:41,30	19:24,50	20:18,50	21:12,50
50 m. Mariposa	00:27,90	00:28,80	00:29,60	00:31,30	00:33,00	00:35,00
100 m. Mariposa	01:04,30	01:06,30	01:08,20	01:12,10	01:16,00	01:20,60
200 m. Mariposa	02:22,90	02:27,20	02:31,50	02:40,30	02:49,10	02:59,30
50 m. Espalda	00:29,30	00:30,25	00:31,15	00:32,40	00:33,95	00:35,50
100 m. Espalda	01:04,70	01:06,80	01:08,80	01:11,50	01:14,90	01:18,30
200 m. Espalda	02:21,70	02:26,20	02:30,60	02:36,50	02:43,90	02:51,30
50 m. Braza	00:33,60	00:34,60	00:35,70	00:37,00	00:38,70	00:40,50
100 m. Braza	01:12,70	01:15,00	01:17,30	01:20,30	01:24,00	01:27,60
200 m. Braza	02:38,20	02:43,10	02:48,00	02:54,60	03:02,80	03:11,00
200 m. Estilos	02:22,90	02:27,30	02:31,70	02:37,60	02:44,70	02:52,30
400 m. Estilos	05:02,60	05:12,20	05:21,40	05:40,00	05:55,80	06:14,40
4x50 m. Libre	01:50,60		01:59,60		02:12,60	
4x50 m. Libre Mixto	01:58,00		02:08,00		02:23,00	
4x100 m. Libre	03:59,60		04:19,30		04:44,10	
4x100 m. Libre Mixto	04:15,60		04:36,60		05:06,60	
4x200 m. Libre	08:36,00		09:18,40		10:11,40	
4x50 m. Estilos	02:04,80		02:16,80		02:31,80	
4x50 m. Estilos Mixto	02:14,30		02:26,30		02:41,30	
4x100 m. Estilos	04:29,00		04:51,50		05:18,50	
4x100 Estilos Mixto	04:48,30		05:14,80		05:44,30	

**NORMATIVA MINIMAS CAMPEONATOS DE ASTURIAS
Temporada 2025-26**

MINIMAS CAMPEONATOS DE ASTURIAS 25-26. FEMENINO 50						
Prueba	ABSOLUTA	2008	2009	2010	2011	2012
50 m. Libre	00:29,70	00:30,00	00:30,60	00:31,50	00:32,40	00:33,90
100 m. Libre	01:04,80	01:05,50	01:06,80	01:08,70	01:10,60	01:13,90
200 m. Libre	02:18,70	02:20,10	02:23,00	02:27,10	02:31,10	02:38,10
400 m. Libre	04:56,60	04:59,60	05:05,60	05:14,50	05:23,40	05:38,20
800 m. Libre	10:07,30	10:13,40	10:25,50	10:43,70	11:02,00	11:32,60
1.500 m. Libre	19:30,00	19:41,00	20:05,00	20:40,00	21:15,00	22:13,00
50 m. Mariposa	00:33,10	00:33,40	00:34,10	00:35,10	00:36,40	00:38,10
100 m. Mariposa	01:12,50	01:13,20	01:14,50	01:16,70	01:19,30	01:23,00
200 m. Mariposa	02:49,60	02:41,30	02:46,10	02:52,50	03:00,50	03:11,60
50 m. Espalda	00:35,20	00:35,50	00:36,20	00:37,30	00:38,40	00:40,20
100 m. Espalda	01:14,60	01:15,30	01:16,80	01:19,10	01:21,40	01:25,20
200 m. Espalda	02:41,30	02:43,00	02:46,20	02:51,00	02:55,80	03:03,80
50 m. Braza	00:39,30	00:39,60	00:40,40	00:41,60	00:42,80	00:44,70
100 m. Braza	01:25,70	01:26,60	01:28,40	01:31,00	01:33,50	01:37,80
200 m. Braza	03:04,40	03:06,00	03:09,80	03:15,80	03:20,90	03:29,90
200 m. Estilos	02:41,80	02:43,20	02:46,20	02:51,30	02:56,40	03:04,00
400 m. Estilos	05:43,20	05:44,50	05:51,20	06:01,50	06:12,00	06:29,00
4x50 m. Libre	02:07,00		02:02,00		02:15,00	
4x50 m. Libre Mixto	02:00,00		02:10,00		02:25,00	
4x100 m. Libre	04:06,00		04:25,70		04:50,50	
4x100 m. Libre Mixto	04:21,00		04:42,00		05:12,00	
4x200 m. Libre	08:50,00		09:32,40		10:25,40	
4x50 m. Estilos	02:08,00		02:20,00		02:35,00	
4x50 m. Estilos Mixto	02:17,00		02:29,00		02:44,00	
4x100 m. Estilos	04:37,00		04:59,50		05:26,50	
4x100 Estilos Mixto	04:55,00		05:21,50		05:51,00	

**NORMATIVA MINIMAS CAMPEONATOS DE ASTURIAS
Temporada 2025-26**

MINIMAS CAMPEONATOS DE ASTURIAS 25-26. FEMENINO 25						
Prueba	ABSOLUTA	2008	2009	2010	2011	2012
50 m. Libre	00:29,10	00:29,40	00:30,00	00:30,90	00:31,80	00:33,30
100 m. Libre	01:03,20	01:03,90	01:05,20	01:07,10	01:09,00	01:12,30
200 m. Libre	02:15,20	02:16,60	02:19,50	02:23,60	02:27,60	02:34,60
400 m. Libre	04:49,90	04:52,90	04:58,90	05:07,80	05:16,70	05:31,50
800 m. Libre	09:54,40	10:00,50	10:12,60	10:30,80	10:49,10	11:19,70
1.500 m. Libre	19:06,50	19:17,50	19:41,50	20:16,50	20:51,50	21:49,50
50 m. Mariposa	00:32,70	00:33,00	00:33,70	00:34,70	00:36,00	00:37,70
100 m. Mariposa	01:11,40	01:12,10	01:13,40	01:15,60	01:18,20	01:21,90
200 m. Mariposa	02:46,70	02:38,40	02:43,20	02:49,60	02:57,60	03:08,70
50 m. Espalda	00:33,70	00:34,00	00:34,70	00:35,80	00:36,90	00:38,70
100 m. Espalda	01:11,70	01:12,40	01:13,90	01:16,20	01:18,50	01:22,30
200 m. Espalda	02:35,90	02:37,60	02:40,80	02:45,60	02:50,40	02:58,40
50 m. Braza	00:38,60	00:38,90	00:39,70	00:40,90	00:42,10	00:44,00
100 m. Braza	01:23,30	01:24,20	01:26,00	01:28,60	01:31,10	01:35,40
200 m. Braza	02:59,00	03:00,60	03:04,40	03:10,40	03:15,50	03:24,50
200 m. Estilos	02:38,10	02:39,50	02:42,50	02:47,60	02:52,70	03:00,30
400 m. Estilos	05:34,40	05:35,70	05:42,40	05:52,70	06:03,20	06:20,20
4x50 m. Libre	02:05,40		02:00,40		02:13,40	
4x50 m. Libre Mixto	01:58,00		02:08,00		02:23,00	
4x100 m. Libre	04:01,60		04:21,30		04:46,10	
4x100 m. Libre Mixto	04:15,60		04:36,60		05:06,60	
4x200 m. Libre	08:40,00		09:22,40		10:15,40	
4x50 m. Estilos	02:05,90		02:17,90		02:32,90	
4x50 m. Estilos Mixto	02:14,30		02:26,30		02:41,30	
4x100 m. Estilos	04:31,70		04:54,20		05:21,20	
4x100 Estilos Mixto	04:48,30		05:14,80		05:44,30	

Gijón, septiembre 2025.