

# Federación Colombiana de Natación

## Evolución de la Natación Colombiana en el Periodo 2001-2006.

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Según datos tomados del Ranking de la FECNA.

Mayo de 2006



Patrocinador oficial



Copatrocinador

# Federación Colombiana de Natación

## SEGUNDA PARTE

**Progresión de las Marcas en la Natación Colombiana durante el Periodo 2001-2006.**

# Federación Colombiana de Natación

## 1. Introducción.

- A continuación se muestran varios cuadros que expresan el proceso cualitativo que se ha dado en la Natación Colombiana durante los últimos 6 años.
- El estudio estadístico se ha elaborado sobre la base del Ranking Nacional expuesto en la página WEB de la entidad.
- Para este análisis cualitativo se utilizaron los seis mejores tiempos registrados en el periodo 2001-06 en cada una de las pruebas individuales del programa competitivo.
- Los tiempos señalados en color verde son los mejores de la etapa, mientras los señalados en rojo no pudieron ser mejorados durante el año 2006.

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## 2. Conclusiones.

- Se mejoran en el año 2006 la inmensa mayoría de los tiempos comprendidos del 1ro al 6to lugar, como indica el color verde que se da a las marcas registradas ese año.
- Sin embargo, en cuanto a los primeros lugares se mejoran 17 de las 34 pruebas, mientras las 17 restantes no fueron mejoradas.
- Los hombres mejoran 10 de 17 y las mujeres mejoran 7 de las 17 pruebas del programa.
- Evidentemente se necesita entrenar más, tanto en la sistematicidad de los entrenos, como en la cantidad de frecuencias semanales, sin obviar la técnica y el aumento constante del trabajo aeróbico.
- El papel del entrenador como elemento motor de todo el sistema de rendimientos y las instituciones donde laboran, tienen ante sí un gran reto, alcanzar mejores resultados que los actuales.

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- La falsa teoría de nadar o entrenar poco, tanto en tiempo como en los kilómetros requeridos, ya no tiene sustento de ningún tipo.
- En Colombia hay ejemplos prácticos que indican que se debe hacer para lograr que las marcas se estanquen: Nadar poco, 3-4 km. por día. Hacer varios piques sobre distancias cortas. Renunciar a las distancias largas y al trabajo aeróbico. Entrenar 5-6 veces por semana como máximo. No hacer preparación física en el gimnasio.
- El entrenador que proyecte éxitos importantes debe suprimir de su equipo todos esos vicios.
- El caso Phelps es elocuente: Volúmenes aeróbicos semanales de hasta 90 kilómetros. Técnica excelente. Trabajo en el Gimnasio. Condición física excepcional. Dedicación total. Y los resultados son varios récords mundiales de extraordinaria calidad.



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## 3. Alternativas.

- Es fundamental la creación de un Centro de Alto Rendimiento para los mejores nadadores del país.
- Una institución donde se puedan concentrar los mejores 30 nadadores nacionales, de la más alta calidad y proyecciones, donde se les provean las facilidades que hacen falta para alcanzar mejores resultados:
  - . Alojamiento y alimentación.
  - . Becas para bachillerato y estudios superiores, con facilidades para entrenar.
  - . Buenas condiciones de entrenamiento (piscina, carriles, horarios, medios)
  - . Apoyo científico: Medicina Deportiva, Psicología, Fisioterapia, Bioquímica, Biomecánica, etc.
- El costo de semejante proyecto no está al alcance hoy de la FECNA, pero no es imposible de crear si se logra el apoyo de varias entidades con suficientes recursos para ello.

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La otra alternativa posible es dar mayor atención en las Ligas y Clubes a sus nadadores talentosos, en los aspectos siguientes:

- Crear las condiciones para que los planes de entrenamiento se puedan cumplir al menos en el 90% de lo previsto.
- Conseguir el apoyo médico deportivo necesario y establecer controles que permitan tanto una buena dosificación de las cargas como una buena salud del nadador.
- Lograr que los entrenadores trabajen en equipo, con Selecciones Departamentales, aportando cada uno sus experiencias, evitando conflictos que expresan ausencia de ética y, en consecuencia, de profesionalidad y verdadera sabiduría.
- Introducir apoyos logísticos y materiales que favorezcan y estimulen la permanencia en el deporte competitivo.

**VARONES**



## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 LIBRE	1	00:00:22.97	00:00:23.05	00:00:22.97	00:00:23.23	00:00:23.04	00:00:23.63
	2	00:00:25.52	00:00:25.45	00:00:25.06	00:00:24.81	00:00:24.60	00:00:24.20
	3	00:00:25.70	00:00:25.51	00:00:25.09	00:00:25.03	00:00:24.76	00:00:24.27
	4	00:00:25.71	00:00:25.59	00:00:25.27	00:00:25.04	00:00:25.01	00:00:24.28
	5	00:00:26.13	00:00:25.78	00:00:25.37	00:00:25.05	00:00:25.03	00:00:24.35
	6	00:00:26.35	00:00:25.78	00:00:25.48	00:00:25.09	00:00:25.09	00:00:24.71
100 LIBRE	1	00:00:52.41	00:00:52.20	00:00:51.68	00:00:52.57	00:00:51.51	00:00:52.74
	2	00:00:56.35	00:00:54.75	00:00:54.34	00:00:53.87	00:00:53.39	00:00:52.92
	3	00:00:57.14	00:00:54.97	00:00:54.52	00:00:53.91	00:00:54.02	00:00:53.22
	4	00:00:57.48	00:00:55.59	00:00:54.69	00:00:54.50	00:00:54.17	00:00:53.53
	5	00:00:58.13	00:00:55.89	00:00:55.25	00:00:54.56	00:00:54.78	00:00:53.95
	6	00:00:58.21	00:00:56.10	00:00:55.45	00:00:54.63	00:00:54.84	00:00:54.27
200 LIBRE	1	00:02:06.16	00:02:00.28	00:01:56.87	00:01:56.01	00:01:54.38	00:01:54.53
	2	00:02:06.66	00:02:02.21	00:01:59.74	00:01:56.84	00:01:56.24	00:01:54.66
	3	00:02:06.69	00:02:02.74	00:01:59.96	00:01:57.26	00:01:57.12	00:01:56.63
	4	00:02:07.28	00:02:02.75	00:02:00.28	00:01:59.26	00:01:58.54	00:01:56.71
	5	00:02:08.35	00:02:03.55	00:02:00.58	00:02:00.52	00:02:00.06	00:01:57.90
	6	00:02:08.45	00:02:03.93	00:02:01.62	00:02:02.19	00:02:00.21	00:01:58.74

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
400 LIBRE	1	00:04:22.51	00:04:12.43	00:04:09.77	00:04:02.28	00:04:02.45	00:04:05.41
	2	00:04:25.58	00:04:16.69	00:04:15.47	00:04:09.27	00:04:10.51	00:04:06.91
	3	00:04:27.26	00:04:20.94	00:04:17.86	00:04:10.80	00:04:12.04	00:04:08.59
	4	00:04:30.52	00:04:22.44	00:04:21.00	00:04:12.38	00:04:13.34	00:04:08.86
	5	00:04:30.84	00:04:23.91	00:04:21.10	00:04:19.18	00:04:13.60	00:04:09.03
	6	00:04:31.23	00:04:23.93	00:04:21.38	00:04:19.36	00:04:13.82	00:04:10.05
800 LIBRE	1	00:09:12.22	00:08:57.60	00:08:49.52	00:08:24.43	00:08:38.04	00:08:31.73
	2	00:09:13.48	00:09:03.04	00:08:51.35	00:08:42.85	00:08:42.10	00:08:36.73
	3	00:09:14.17	00:09:11.86	00:08:59.35	00:08:45.85	00:08:43.08	00:08:40.52
	4	00:09:27.32	00:09:17.49	00:09:06.32	00:08:52.64	00:08:56.67	00:08:42.45
	5	00:09:31.75	00:09:21.77	00:09:07.28	00:08:55.36	00:08:58.44	00:08:54.22
	6	00:09:33.21	00:09:22.30	00:09:07.53	00:08:57.17	00:08:59.42	00:08:55.44
1500 LIBRE	1	00:17:31.14	00:16:43.76	00:16:16.92	00:16:09.16	00:16:18.63	00:16:09.84
	2	00:17:36.02	00:17:11.38	00:16:59.32	00:16:24.22	00:16:35.06	00:16:38.51
	3	00:17:42.58	00:17:15.11	00:16:59.33	00:16:45.25	00:16:38.29	00:16:55.14
	4	00:17:46.94	00:17:26.67	00:17:12.94	00:16:49.68	00:16:41.17	00:16:57.75
	5	00:18:12.49	00:17:29.73	00:17:16.71	00:16:52.43	00:16:53.78	00:17:02.65
	6	00:18:18.63	00:17:33.74	00:17:23.48	00:16:55.23	00:17:06.78	00:17:04.33

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 ESPALDA	1	00:00:34.46	00:00:29.32	00:00:27.94	00:00:27.57	00:00:28.08	00:00:26.74
	2	00:00:35.01	00:00:30.22	00:00:28.90	00:00:27.92	00:00:28.60	00:00:28.53
	3	00:00:35.05	00:00:30.29	00:00:28.91	00:00:28.51	00:00:28.99	00:00:28.57
	4	00:00:36.59	00:00:30.30	00:00:29.08	00:00:28.86	00:00:29.14	00:00:28.73
	5	00:00:36.73	00:00:30.34	00:00:29.28	00:00:29.02	00:00:29.34	00:00:28.88
	6	00:00:37.27	00:00:30.39	00:00:29.96	00:00:29.07	00:00:29.36	00:00:28.89
100 ESPALDA	1	00:01:04.73	00:01:03.26	00:00:59.76	00:00:58.87	00:00:58.31	00:00:57.13
	2	00:01:04.85	00:01:03.68	00:01:02.19	00:01:01.92	00:01:01.06	00:01:00.93
	3	00:01:05.53	00:01:03.80	00:01:02.39	00:01:02.10	00:01:01.81	00:01:01.80
	4	00:01:05.82	00:01:04.05	00:01:03.35	00:01:02.62	00:01:02.37	00:01:01.88
	5	00:01:07.30	00:01:04.78	00:01:03.37	00:01:02.70	00:01:02.74	00:01:02.22
	6	00:01:07.42	00:01:05.18	00:01:03.87	00:01:03.07	00:01:02.83	00:01:02.23
200 ESPALDA	1	00:02:32.96	00:02:18.17	00:02:08.07	00:02:06.02	00:02:04.59	00:02:01.68
	2	00:02:35.62	00:02:18.18	00:02:15.68	00:02:15.68	00:02:15.11	00:02:12.63
	3	00:02:39.27	00:02:18.31	00:02:16.38	00:02:15.86	00:02:15.29	00:02:14.71
	4	00:02:39.40	00:02:18.83	00:02:16.70	00:02:17.26	00:02:16.10	00:02:14.86
	5	00:02:42.96	00:02:19.47	00:02:19.19	00:02:17.33	00:02:16.52	00:02:15.33
	6	00:02:43.67	00:02:20.49	00:02:20.36	00:02:17.74	00:02:17.80	00:02:15.73

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 PECHO	1	00:00:36.33	00:00:31.94	00:00:31.08	00:00:30.63	00:00:30.52	00:00:30.37
	2	00:00:38.45	00:00:32.52	00:00:31.38	00:00:31.41	00:00:30.94	00:00:30.44
	3	00:00:38.96	00:00:32.64	00:00:32.42	00:00:31.75	00:00:31.19	00:00:31.06
	4	00:00:40.19	00:00:33.08	00:00:32.81	00:00:32.22	00:00:31.79	00:00:31.09
	5	00:00:40.71	00:00:33.40	00:00:33.11	00:00:32.33	00:00:31.92	00:00:31.11
	6	00:00:40.96	00:00:33.43	00:00:33.14	00:00:32.33	00:00:32.56	00:00:31.56
100 PECHO	1	00:01:10.09	00:01:08.78	00:01:07.66	00:01:07.12	00:01:06.59	00:01:06.12
	2	00:01:11.96	00:01:11.66	00:01:08.74	00:01:09.04	00:01:07.43	00:01:07.15
	3	00:01:11.98	00:01:12.03	00:01:10.00	00:01:09.56	00:01:09.47	00:01:08.01
	4	00:01:12.64	00:01:13.33	00:01:10.74	00:01:09.79	00:01:09.60	00:01:08.68
	5	00:01:13.02	00:01:13.47	00:01:11.99	00:01:10.59	00:01:10.42	00:01:09.75
	6	00:01:13.95	00:01:13.60	00:01:12.02	00:01:11.18	00:01:11.53	00:01:09.95
200 PECHO	1	00:02:30.11	00:02:30.56	00:02:29.35	00:02:27.10	00:02:24.93	00:02:22.17
	2	00:02:33.09	00:02:32.78	00:02:31.96	00:02:28.44	00:02:28.39	00:02:27.00
	3	00:02:38.31	00:02:35.32	00:02:32.52	00:02:28.92	00:02:28.82	00:02:28.47
	4	00:02:41.55	00:02:36.90	00:02:34.01	00:02:30.04	00:02:31.91	00:02:31.54
	5	00:02:44.12	00:02:37.36	00:02:35.46	00:02:30.47	00:02:33.36	00:02:33.28
	6	00:02:44.27	00:02:38.95	00:02:39.70	00:02:35.60	00:02:37.54	00:02:33.68

# COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 MARIPOSA	1	00:00:24.58	00:00:24.66	00:00:24.86	00:00:24.95	00:00:25.58	00:00:24.82
	2	00:00:31.35	00:00:26.46	00:00:26.03	00:00:26.23	00:00:25.88	00:00:25.52
	3	00:00:32.66	00:00:27.43	00:00:26.42	00:00:26.25	00:00:26.26	00:00:25.61
	4	00:00:32.78	00:00:27.44	00:00:26.48	00:00:26.32	00:00:26.49	00:00:26.12
	5	00:00:33.29	00:00:27.54	00:00:26.85	00:00:26.76	00:00:26.74	00:00:26.13
	6	00:00:33.52	00:00:27.63	00:00:27.18	00:00:26.78	00:00:26.81	00:00:26.39
100 MARIPOSA	1	00:00:54.79	00:00:54.90	00:00:54.56	00:00:54.71	00:00:54.84	00:00:54.49
	2	00:00:59.94	00:00:58.47	00:00:56.75	00:00:56.55	00:00:55.80	00:00:54.98
	3	00:01:00.72	00:00:59.22	00:00:58.24	00:00:57.59	00:00:57.98	00:00:57.46
	4	00:01:00.96	00:00:59.32	00:00:58.61	00:00:58.30	00:00:58.38	00:00:57.80
	5	00:01:01.60	00:00:59.34	00:00:58.82	00:00:58.41	00:00:58.63	00:00:58.06
	6	00:01:01.95	00:01:00.84	00:00:59.28	00:00:58.93	00:00:58.81	00:00:58.19
200 MARIPOSA	1	00:02:15.20	00:02:13.07	00:02:09.25	00:02:05.46	00:02:04.56	00:02:02.13
	2	00:02:16.26	00:02:14.12	00:02:10.02	00:02:08.07	00:02:06.66	00:02:06.66
	3	00:02:17.51	00:02:14.44	00:02:12.54	00:02:08.15	00:02:08.74	00:02:09.43
	4	00:02:20.24	00:02:14.89	00:02:13.98	00:02:12.52	00:02:10.40	00:02:10.69
	5	00:02:22.16	00:02:15.08	00:02:14.53	00:02:14.69	00:02:10.83	00:02:11.23
	6	00:02:23.46	00:02:19.78	00:02:14.73	00:02:15.54	00:02:13.76	00:02:11.25

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
200 COMBINADO INDIVIDUAL	1	00:02:16.17	00:02:13.40	00:02:12.42	00:02:09.65	00:02:08.84	00:02:06.87
	2	00:02:19.50	00:02:18.13	00:02:13.32	00:02:11.89	00:02:09.31	00:02:07.39
	3	00:02:21.18	00:02:18.52	00:02:16.46	00:02:14.37	00:02:15.57	00:02:12.87
	4	00:02:25.08	00:02:21.17	00:02:18.65	00:02:16.84	00:02:16.74	00:02:12.95
	5	00:02:25.13	00:02:22.00	00:02:19.44	00:02:17.10	00:02:17.80	00:02:15.20
	6	00:02:26.40	00:02:22.07	00:02:19.67	00:02:20.29	00:02:19.03	00:02:15.28
400 COMBINADO INDIVIDUAL	1	00:04:45.44	00:04:42.17	00:04:41.91	00:04:38.21	00:04:37.90	00:04:33.12
	2	00:05:03.74	00:04:53.71	00:04:44.06	00:04:39.03	00:04:45.25	00:04:33.90
	3	00:05:04.79	00:04:54.56	00:04:48.53	00:04:43.34	00:04:47.11	00:04:45.82
	4	00:05:07.89	00:04:59.75	00:04:51.59	00:04:51.26	00:04:48.46	00:04:48.43
	5	00:05:10.80	00:05:02.88	00:04:57.92	00:04:53.34	00:04:52.95	00:04:51.80
	6	00:05:10.90	00:05:04.04	00:05:01.43	00:04:58.61	00:04:53.53	00:04:56.23

**DAMAS**

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## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 LIBRE	1	00:00:27.98	00:00:28.11	00:00:27.80	00:00:27.63	00:00:27.48	00:00:27.04
	2	00:00:28.42	00:00:28.16	00:00:27.93	00:00:27.66	00:00:27.81	00:00:27.29
	3	00:00:28.71	00:00:28.70	00:00:28.02	00:00:27.68	00:00:27.95	00:00:27.76
	4	00:00:28.88	00:00:28.75	00:00:28.48	00:00:27.78	00:00:28.00	00:00:27.77
	5	00:00:29.64	00:00:29.07	00:00:28.70	00:00:27.94	00:00:28.23	00:00:27.94
	6	00:00:29.83	00:00:29.32	00:00:28.83	00:00:28.41	00:00:28.30	00:00:28.01
100 LIBRE	1	00:01:00.18	00:00:59.80	00:01:00.18	00:00:59.84	00:00:59.49	00:00:59.08
	2	00:01:00.95	00:01:00.83	00:01:00.46	00:00:59.94	00:01:00.09	00:00:59.35
	3	00:01:01.39	00:01:01.83	00:01:00.99	00:01:00.17	00:01:00.20	00:00:59.68
	4	00:01:04.02	00:01:02.21	00:01:02.32	00:01:00.45	00:01:00.58	00:01:00.08
	5	00:01:04.20	00:01:02.48	00:01:02.46	00:01:00.89	00:01:00.71	00:01:00.86
	6	00:01:04.37	00:01:02.93	00:01:03.05	00:01:01.81	00:01:01.34	00:01:00.97
200 LIBRE	1	00:02:11.49	00:02:09.77	00:02:07.10	00:02:09.57	00:02:09.26	00:02:08.18
	2	00:02:12.53	00:02:12.22	00:02:11.27	00:02:11.66	00:02:10.33	00:02:09.29
	3	00:02:15.99	00:02:14.74	00:02:12.08	00:02:12.06	00:02:11.04	00:02:09.83
	4	00:02:17.34	00:02:15.34	00:02:13.57	00:02:12.14	00:02:12.48	00:02:09.83
	5	00:02:18.54	00:02:15.68	00:02:13.65	00:02:12.62	00:02:12.91	00:02:10.85
	6	00:02:19.79	00:02:17.02	00:02:15.49	00:02:14.10	00:02:13.14	00:02:10.96

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
400 LIBRE	1	00:04:39.87	00:04:31.25	00:04:34.16	00:04:20.69	00:04:31.73	00:04:28.92
	2	00:04:42.00	00:04:35.40	00:04:39.55	00:04:36.43	00:04:32.43	00:04:29.84
	3	00:04:45.71	00:04:42.08	00:04:41.39	00:04:36.79	00:04:35.51	00:04:29.94
	4	00:04:47.16	00:04:43.40	00:04:42.32	00:04:37.83	00:04:35.60	00:04:29.94
	5	00:04:59.73	00:04:43.49	00:04:43.88	00:04:38.21	00:04:35.93	00:04:32.53
	6	00:05:01.38	00:04:49.66	00:04:48.94	00:04:39.12	00:04:37.83	00:04:39.42
800 LIBRE	1	00:09:37.26	00:09:26.11	00:09:18.53	00:09:02.77	00:09:13.57	00:09:10.65
	2	00:09:49.34	00:09:28.10	00:09:37.88	00:09:20.93	00:09:21.17	00:09:15.99
	3	00:09:55.01	00:09:46.78	00:09:39.32	00:09:31.14	00:09:24.47	00:09:21.47
	4	00:10:06.37	00:09:50.70	00:09:51.67	00:09:31.88	00:09:26.60	00:09:25.79
	5	00:10:06.57	00:09:51.07	00:10:04.78	00:09:33.96	00:09:27.52	00:09:26.78
	6	00:10:21.64	00:10:06.20	00:10:06.01	00:09:37.34	00:09:34.23	00:09:37.99
1500 LIBRE	1	00:18:14.18	00:18:53.17	00:18:19.51	00:17:18.57	00:17:58.71	00:17:46.25
	2	00:19:18.07	00:18:56.93	00:18:49.14	00:18:15.00	00:18:11.92	00:18:05.59
	3	00:19:24.91	00:19:04.52	00:19:10.99	00:18:28.19	00:18:17.74	00:18:07.10
	4	00:24:10.17	00:19:19.61	00:19:25.02	00:19:00.30	00:18:19.80	00:18:14.07
	5	Desierto	00:19:27.80	00:19:49.24	00:19:29.86	00:18:41.89	00:18:21.05
	6	Desierto	00:20:06.36	00:19:54.05	00:19:31.39	00:19:21.46	00:19:01.77

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 ESPALDA	1	00:00:35.79	00:00:33.16	00:00:31.73	00:00:31.51	00:00:30.60	00:00:30.14
	2	00:00:37.02	00:00:33.83	00:00:32.21	00:00:31.60	00:00:31.73	00:00:31.02
	3	00:00:37.70	00:00:35.53	00:00:34.09	00:00:33.50	00:00:33.60	00:00:32.02
	4	00:00:37.71	00:00:36.08	00:00:34.81	00:00:33.79	00:00:33.75	00:00:33.16
	5	00:00:39.54	00:00:36.23	00:00:35.09	00:00:33.86	00:00:33.79	00:00:33.34
	6	00:00:39.81	00:00:36.39	00:00:35.23	00:00:34.11	00:00:33.86	00:00:33.40
100 ESPALDA	1	00:01:10.47	00:01:10.81	00:01:08.07	00:01:07.60	00:01:06.40	00:01:04.73
	2	00:01:13.92	00:01:11.12	00:01:08.38	00:01:08.38	00:01:07.54	00:01:06.14
	3	00:01:15.86	00:01:13.86	00:01:12.34	00:01:11.06	00:01:11.89	00:01:08.80
	4	00:01:18.12	00:01:15.35	00:01:15.98	00:01:13.33	00:01:12.59	00:01:09.38
	5	00:01:18.92	00:01:16.90	00:01:16.44	00:01:13.53	00:01:12.96	00:01:10.83
	6	00:01:19.48	00:01:17.83	00:01:16.97	00:01:13.63	00:01:13.38	00:01:12.32
200 ESPALDA	1	00:02:32.96	00:02:30.57	00:02:25.17	00:02:25.32	00:02:23.65	00:02:21.52
	2	00:02:35.62	00:02:35.16	00:02:30.78	00:02:30.52	00:02:25.95	00:02:23.55
	3	00:02:39.27	00:02:38.40	00:02:33.77	00:02:35.30	00:02:36.90	00:02:25.24
	4	00:02:39.40	00:02:42.32	00:02:37.82	00:02:36.93	00:02:38.06	00:02:26.26
	5	00:02:42.96	00:02:45.75	00:02:41.07	00:02:39.06	00:02:38.52	00:02:26.51
	6	00:02:43.67	00:02:49.16	00:02:44.28	00:02:39.49	00:02:40.04	00:02:34.78

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 PECHO	1	00:00:38.82	00:00:37.24	00:00:36.18	00:00:33.73	00:00:34.48	00:00:34.75
	2	00:00:41.75	00:00:37.99	00:00:37.08	00:00:36.48	00:00:36.36	00:00:35.73
	3	00:00:42.41	00:00:38.00	00:00:37.22	00:00:36.88	00:00:36.42	00:00:36.36
	4	00:00:42.80	00:00:38.00	00:00:37.78	00:00:37.48	00:00:36.44	00:00:36.38
	5	00:00:43.46	00:00:38.20	00:00:38.37	00:00:37.48	00:00:37.11	00:00:36.41
	6	00:00:44.00	00:00:38.99	00:00:38.40	00:00:37.87	00:00:37.22	00:00:36.73
100 PECHO	1	00:01:20.78	00:01:20.05	00:01:17.61	00:01:14.42	00:01:15.55	00:01:19.91
	2	00:01:21.26	00:01:21.89	00:01:20.84	00:01:20.38	00:01:21.36	00:01:19.92
	3	00:01:23.23	00:01:21.98	00:01:22.17	00:01:20.71	00:01:21.62	00:01:20.21
	4	00:01:23.42	00:01:22.69	00:01:23.87	00:01:20.80	00:01:21.63	00:01:20.52
	5	00:01:25.35	00:01:24.89	00:01:24.25	00:01:22.02	00:01:22.31	00:01:20.96
	6	00:01:26.46	00:01:25.10	00:01:24.49	00:01:22.48	00:01:22.87	00:01:22.03
200 PECHO	1	00:02:55.75	00:02:48.87	00:02:43.73	00:02:39.08	00:02:43.70	00:02:50.76
	2	00:02:57.49	00:02:55.93	00:02:56.07	00:02:54.91	00:02:55.26	00:02:52.54
	3	00:02:59.01	00:02:59.57	00:02:57.10	00:02:56.26	00:02:55.90	00:02:53.80
	4	00:03:02.90	00:02:59.90	00:02:57.96	00:02:57.34	00:02:56.55	00:02:54.28
	5	00:03:06.49	00:03:03.10	00:02:59.48	00:02:57.36	00:02:57.23	00:02:56.13
	6	00:03:07.87	00:03:05.06	00:03:02.93	00:02:58.36	00:02:57.88	00:02:57.25

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
50 MARIPOSA	1	00:00:32.03	00:00:29.91	00:00:28.95	00:00:29.09	00:00:29.16	00:00:28.50
	2	00:00:34.45	00:00:30.25	00:00:30.30	00:00:29.28	00:00:29.18	00:00:29.63
	3	00:00:35.13	00:00:31.59	00:00:30.68	00:00:30.05	00:00:30.03	00:00:29.72
	4	00:00:35.47	00:00:31.76	00:00:31.51	00:00:30.43	00:00:30.53	00:00:29.78
	5	00:00:35.56	00:00:32.13	00:00:31.61	00:00:30.86	00:00:30.94	00:00:29.87
	6	00:00:35.60	00:00:32.59	00:00:31.63	00:00:30.98	00:00:30.97	00:00:30.29
100 MARIPOSA	1	00:01:08.25	00:01:09.26	00:01:04.06	00:01:05.36	00:01:05.12	00:01:04.75
	2	00:01:10.35	00:01:09.51	00:01:05.76	00:01:07.37	00:01:07.42	00:01:06.37
	3	00:01:11.10	00:01:10.27	00:01:08.31	00:01:08.23	00:01:08.37	00:01:06.53
	4	00:01:11.15	00:01:10.73	00:01:08.54	00:01:08.57	00:01:08.42	00:01:06.75
	5	00:01:11.22	00:01:11.45	00:01:10.66	00:01:09.27	00:01:08.92	00:01:06.85
	6	00:01:12.16	00:01:11.87	00:01:10.89	00:01:09.91	00:01:09.54	00:01:07.62
200 MARIPOSA	1	00:02:31.66	00:02:32.18	00:02:18.56	00:02:30.22	00:02:27.44	00:02:25.82
	2	00:02:35.03	00:02:32.42	00:02:30.72	00:02:31.70	00:02:30.36	00:02:27.37
	3	00:02:36.31	00:02:33.72	00:02:31.76	00:02:32.71	00:02:31.41	00:02:28.07
	4	00:02:39.84	00:02:37.51	00:02:32.79	00:02:33.08	00:02:34.61	00:02:28.72
	5	00:02:40.62	00:02:39.01	00:02:33.21	00:02:34.60	00:02:35.04	00:02:29.40
	6	00:02:44.26	00:02:42.00	00:02:34.15	00:02:34.91	00:02:35.07	00:02:32.97

## COMPARACIÓN 6 MEJORES TIEMPOS ENTRE LOS AÑOS 2001 Y 2006

PRUEBAS	L	2001	2002	2003	2004	2005	2006
200 COMBINADO INDIVIDUAL	1	00:02:36.30	00:02:34.40	00:02:31.88	00:02:29.50	00:02:29.30	00:02:28.58
	2	00:02:38.47	00:02:35.03	00:02:36.56	00:02:30.32	00:02:34.91	00:02:28.82
	3	00:02:39.29	00:02:37.08	00:02:37.04	00:02:31.32	00:02:36.13	00:02:29.82
	4	00:02:40.08	00:02:37.78	00:02:37.08	00:02:31.45	00:02:36.43	00:02:30.33
	5	00:02:40.19	00:02:38.15	00:02:37.81	00:02:35.23	00:02:36.78	00:02:34.35
	6	00:02:40.64	00:02:40.79	00:02:39.86	00:02:35.51	00:02:37.31	00:02:36.12
400 COMBINADO INDIVIDUAL	1	00:05:31.98	00:05:04.91	00:05:25.79	00:05:15.84	00:05:15.91	00:05:10.61
	2	00:05:46.18	00:05:32.20	00:05:26.22	00:05:20.69	00:05:22.26	00:05:17.89
	3	00:05:47.32	00:05:36.45	00:05:27.49	00:05:24.38	00:05:27.73	00:05:24.77
	4	00:05:49.80	00:05:42.93	00:05:32.01	00:05:30.05	00:05:34.08	00:05:25.06
	5	00:05:54.52	00:05:44.26	00:05:33.05	00:05:31.02	00:05:35.04	00:05:27.97
	6	00:05:55.73	00:05:45.03	00:05:36.02	00:05:31.89	00:05:35.14	00:05:30.16