

Sumário de resultados

Piscina 25m, FINA 2008

Alves Tiago Miguel	95 :	50m Livres	7	27.13	28.45	110%	RP	470 Pt.
		50m Livres		28.28	28.45	101%	RP	415 Pt.
		50m Livres		30.28	28.45	88%		338 Pt.
		100m Livres	7	59.49	59.59	100%	RP	476 Pt.
		100m Livres		1:04.12	59.59	86%		380 Pt.
		200m Livres		2:12.42	2:10.65	97%		463 Pt.
		400m Livres	5	4:29.80	4:42.06	109%	RP	526 Pt.
		50m Costas		35.90	33.91	89%		279 Pt.
		100m Costas		1:14.79	1:11.44	91%		307 Pt.
		200m Costas	6	2:32.02	2:36.92	107%	RP	381 Pt.
		Carvalho Eduardo Filipe	97 :	50m Livres		33.00	30.56	86%
100m Livres				1:09.63	1:05.06	87%		297 Pt.
200m Livres				2:23.05	2:20.77	97%		368 Pt.
400m Livres				4:52.55	4:45.18	95%		413 Pt.
800m Livres				9:52.02	9:45.71	98%		460 Pt.
1500m Livres	3			18:43.14	18:26.40	97%		460 Pt.
50m Mariposa				35.34	34.79	97%		268 Pt.
100m Mariposa				1:16.44	1:13.95	94%		283 Pt.
200m Mariposa	3			2:42.96	2:42.27	99%		319 Pt.
Coutinho Alexandre Valda	97 :			50m Livres		31.03	32.10	107%
		100m Livres	6	1:05.07	1:07.34	107%	RP	364 Pt.
		50m Mariposa		34.81	34.52	98%		281 Pt.
		100m Mariposa	4	1:15.19	1:15.26	100%	RP	298 Pt.
Dinis Andre Marques	93 :	50m Livres		31.19	26.85	74%		310 Pt.
		100m Livres		1:04.61	58.66	82%		372 Pt.
		200m Livres		2:12.66	2:08.43	94%		461 Pt.
		400m Livres	6	4:32.42	4:28.51	97%		511 Pt.
		50m Mariposa		31.05	29.94	93%		395 Pt.
		50m Mariposa		32.95	29.94	83%		331 Pt.
		50m Mariposa		30.71	29.94	95%		409 Pt.
		100m Mariposa		1:10.20	1:04.16	84%		366 Pt.
		100m Mariposa	6	1:06.25	1:04.16	94%		435 Pt.
		200m Mariposa	6	2:28.60	2:33.83	107%	RP	421 Pt.
		200m Estilos	7	2:29.89	2:27.64	97%		438 Pt.
		Goncalves Diogo Mendes	97 :	50m Bruços		41.40	39.67	92%
50m Bruços				40.35	39.67	97%		285 Pt.
100m Bruços	5			1:26.97	1:24.57	95%		294 Pt.
100m Bruços				1:25.87	1:24.57	97%		305 Pt.
200m Bruços	1			2:57.86	2:59.27	102%	RP	348 Pt.
Guerra Mariana Cunha	98 :	50m Livres		33.03	28.93	77%		375 Pt.
		100m Livres	Est	1:01.91	1:01.73	99%		607 Pt.
		100m Livres		1:08.98	1:01.73	80%		439 Pt.
		200m Livres		2:22.22	2:15.31	91%		516 Pt.
		400m Livres		4:49.83	4:54.94	104%	RP	567 Pt.
		800m Livres	1	9:42.07	10:36.29	119%	RP	602 Pt.
		50m Costas		36.17	35.26	95%		408 Pt.
		100m Costas		1:15.65	1:12.58	92%		439 Pt.
		200m Costas	2	2:35.01	2:37.95	104%	RP	507 Pt.
		50m Mariposa		34.96	34.04	95%		390 Pt.
		100m Mariposa		1:15.29	1:12.77	93%		421 Pt.
		200m Mariposa	2	2:40.24	3:00.48	127%	RCSC	465 Pt.

Lopes Cristiana Margarida 92 :	50m Livres		34.23	30.34	79%		337 Pt.	
	50m Livres	6	30.69	30.34	98%		467 Pt.	
	50m Livres		31.60	30.34	92%		428 Pt.	
	100m Livres		1:11.84	1:06.31	85%		389 Pt.	
	100m Livres	4	1:05.88	1:06.31	101%	RP	504 Pt.	
	200m Livres		2:30.77	2:29.93	99%		433 Pt.	
	400m Livres	6	5:08.26	5:43.62	124%	RP	471 Pt.	
	50m Costas		38.84	36.15	87%		329 Pt.	
	100m Costas		1:22.24	1:17.86	90%		342 Pt.	
	200m Costas	6	2:49.37	3:01.81	115%	RP	389 Pt.	
	50m Bruços		44.22	44.76	102%	RP	314 Pt.	
	100m Bruços	8	1:35.74	1:35.45	99%		312 Pt.	
	Lopes Pedro Fragoso 90 :	50m Mariposa		30.15	26.66	78%		432 Pt.
		50m Mariposa		28.91	26.66	85%		490 Pt.
50m Mariposa			28.54	26.66	87%		509 Pt.	
100m Mariposa			1:03.58	58.34	84%		492 Pt.	
100m Mariposa		3	1:00.50	58.34	93%		571 Pt.	
200m Mariposa		5	2:16.48	2:09.34	90%		544 Pt.	
200m Estilos		3	2:18.86	2:12.77	91%		551 Pt.	
Louro Margarida Santos 98 :	50m Livres		36.99	37.72	104%	RP	267 Pt.	
	50m Livres	6	35.19	37.72	115%	RP	310 Pt.	
	100m Livres	8	1:16.40	1:17.61	103%	RP	323 Pt.	
Machado Florbela Cavaco 96 :	50m Livres		33.11	30.15	83%		372 Pt.	
	100m Livres		1:08.59	1:03.11	85%		446 Pt.	
	200m Livres		2:20.38	2:15.87	94%		536 Pt.	
	400m Livres		4:44.56	4:37.60	95%		599 Pt.	
	800m Livres	2	9:28.40	9:24.23	99%		647 Pt.	
	50m Costas		40.00	37.98	90%		301 Pt.	
	100m Costas	6	1:21.35	1:18.46	93%		353 Pt.	
	50m Bruços		45.96	42.06	84%		280 Pt.	
	100m Bruços		1:38.36	1:28.12	80%		288 Pt.	
	200m Bruços	7	3:18.93	3:10.57	92%		345 Pt.	
	50m Mariposa		36.55	33.95	86%		342 Pt.	
	50m Mariposa		37.82	33.95	81%		308 Pt.	
	50m Mariposa		35.97	33.95	89%		358 Pt.	
	100m Mariposa		1:21.49	1:13.66	82%		332 Pt.	
	100m Mariposa	4	1:16.33	1:13.66	93%		404 Pt.	
	200m Mariposa	4	2:47.51	2:41.90	93%		407 Pt.	
	200m Estilos	5	2:46.10	2:40.80	94%		460 Pt.	
	Machado Vanessa Branco 98 :	50m Livres		33.89	33.06	95%		347 Pt.
100m Livres			1:12.64	1:09.21	91%		376 Pt.	
200m Livres			2:32.38	2:35.08	104%	RP	419 Pt.	
400m Livres		5	5:11.73	5:19.68	105%	RP	456 Pt.	
50m Mariposa			40.43	41.03	103%	RP	252 Pt.	
200m Estilos		5	2:56.68	2:58.68	102%	RP	382 Pt.	
Meneses Gustavo Alexandr 92 :	50m Livres		26.54	25.75	94%		503 Pt.	
	100m Livres	Est	55.97	54.65	95%		572 Pt.	
	100m Livres	2	54.92	54.65	99%		605 Pt.	
	50m Costas		33.75	28.36	71%		336 Pt.	
	50m Costas		30.48	28.36	87%		456 Pt.	
	100m Costas	Est	1:03.05	59.98	90%		513 Pt.	
	100m Costas		1:10.76	59.98	72%		363 Pt.	
	100m Costas	2	1:03.16	59.98	90%		510 Pt.	
	200m Costas	5	2:28.27	2:19.32	88%		410 Pt.	
	50m Bruços		34.28	31.73	86%		465 Pt.	
	100m Bruços	4	1:12.55	1:07.68	87%		506 Pt.	

Neto Hugo Neves	94 :	50m Livres	6	27.01	26.47	96%		477 Pt.		
		50m Livres		33.28	26.47	63%		255 Pt.		
		100m Livres		1:09.23	59.51	74%		302 Pt.		
		200m Livres		2:20.96	2:12.55	88%		384 Pt.		
		400m Livres		4:44.08	4:33.53	93%		451 Pt.		
		800m Livres		9:30.32	9:15.34	95%		514 Pt.		
		1500m Livres	6	17:48.92	18:00.35	102%	RP	534 Pt.		
		50m Bruços		36.40	34.51	90%		388 Pt.		
		100m Bruços		1:16.75	1:13.61	92%		428 Pt.		
		200m Bruços	4	2:40.95	2:40.25	99%		470 Pt.		
		Oliveira Francisco Miguel	97 :	50m Livres		33.24	32.66	97%		256 Pt.
				100m Livres		1:10.85	1:07.83	92%		282 Pt.
				200m Livres		2:27.05	2:28.59	102%	RP	338 Pt.
400m Livres	4			5:00.05	5:14.79	110%	RP	383 Pt.		
50m Bruços				42.76	41.50	94%		240 Pt.		
100m Bruços				1:33.46	1:29.87	92%		237 Pt.		
200m Bruços	5			3:18.41	--		RP	251 Pt.		
50m Mariposa				38.55	39.46	105%	RP	207 Pt.		
200m Estilos	5			2:49.89	2:54.42	105%	RP	301 Pt.		
Portasio Alexandro Malva	97 :			100m Livres	Est	1:01.73	1:01.91	101%	RP	426 Pt.
		50m Costas		35.56	35.40	99%		287 Pt.		
		50m Costas		35.82	35.40	98%		281 Pt.		
		100m Costas	Est	1:12.64	1:11.98	98%		335 Pt.		
		100m Costas	4	1:12.31	1:11.98	99%		340 Pt.		
		100m Costas		1:13.52	1:11.98	96%		324 Pt.		
		200m Costas	4	2:30.97	2:37.38	109%	RP	389 Pt.		
Samagaio Iolanda Santos	98 :	50m Costas		45.62	45.35	99%		203 Pt.		
		100m Costas	6	1:35.34	1:34.08	97%		219 Pt.		
		50m Bruços		54.15	53.51	98%		171 Pt.		
		100m Bruços		1:55.88	1:52.28	94%		176 Pt.		
		200m Bruços	6	3:55.57	--		RP	208 Pt.		
Santos Carlos Eduardo	96 :	50m Livres		32.96	33.17	101%	RP	262 Pt.		
		50m Livres		35.52	33.17	87%		210 Pt.		
		50m Livres	6	30.44	33.17	119%	RP	333 Pt.		
		100m Livres	9	1:08.95	1:08.93	100%		306 Pt.		
		100m Livres		1:15.56	1:08.93	83%		232 Pt.		
		200m Livres		2:34.01	2:33.34	99%		295 Pt.		
		400m Livres	6	5:06.80	5:11.84	103%	RP	358 Pt.		
		50m Mariposa		40.51	39.94	97%		178 Pt.		
		200m Estilos	9	2:52.22	2:53.76	102%	RP	289 Pt.		
4 x 100m Livres Masc.	:	Portasio Alexandro Malva	1:01.73	Coutinho Alexandre Valdagua	1:07.19	1	4:21.60			
		Oliveira Francisco Miguel	1:07.16	Carvalho Eduardo Filipe						
4 x 100m Livres Fem.	:	Meneses Gustavo Alexandre	55.97	Dinis Andre Marques	1:00.67	3	3:52.60			
		Lopes Pedro Fragoso	56.42	Alves Tiago Miguel						
4 x 100m Livres Fem.	:	Guerra Mariana Cunha	1:01.91	Louro Margarida Santos		2	4:49.05			
		Machado Vanessa Branco	1:09.30	Samagaio Iolanda Santos						
4 x 100m Estilos Masc.	:	Portasio Alexandro Malva	1:12.64	Coutinho Alexandre Valdagua	1:18.17	1	5:01.44			
		Goncalves Diogo Mendes	1:25.33	Carvalho Eduardo Filipe						
4 x 100m Estilos Masc.	:	Meneses Gustavo Alexandre	1:03.05	Lopes Pedro Fragoso	1:02.46	3	4:19.87			
		Neto Hugo Neves	1:14.66	Alves Tiago Miguel						

Total 147 resultados individuais, desempenho médio: 94,8%

1 novos rec. Clube, 38 novos rec. pessoais

Maior melhoria: Guerra Mariana Cunha, 200m Mariposa 2:40.24