

## Recordes Absolutos de Todas as Piscinas da SCC

Provas	Masculinos			Femininos		
	Nome	Tempo	Data	Nome	Tempo	Data
50 L	Pedro Lopes	25.60	13-06-2009	Ana Nora	28.61	25-11-2005
100 L	Gustavo Meneses	54,65	13-12-2009	Mariana Guerra	1:01.73	15-05-2010
200 L	Pedro Lopes	2:00.13	22-11-2009	Mariana Guerra	2:15.31	07-03-2010
400 L	Pedro Lopes	4.14.22	17-02-2007	Florbela Machado	4.37.60	14-06-2009
800 L	Pedro Lopes	8.53.28	02-12-2006	Florbela Machado	9.24.23	27-03-2010
1500 L	Pedro Lopes	17.24.23	19-11-2006	Florbela Machado	18:29.04	03-07-2009
50 M	Pedro Lopes	26.66	06-12-2009	Marta Ferraz	33.29	17-03-2007
100 M	Pedro Lopes	58,34	12-12-2009	Mariana Guerra	1:12.77	15-05-2010
200 M	Pedro Lopes	2.09.34	13-12-2009	Florbela Machado	2.41.90	07-03-2009
50 B	Gustavo Meneses	31,73	14-06-2009	Diana Ramos	36.23	07-05-2005
100 B	Gustavo Meneses	1:07,68	12-12-2009	Adriana Santos	1.20.28	01-12-2005
200 B	Nuno Cruz	2.32.27	1996	Adriana Santos	2.55.04	04-06-2005
50 C	Gustavo Meneses	28.36	15-05-2010	Ana Nora	33.20	27-11-2005
100 C	Gustavo Meneses	59,98	12-12-2009	Ana Nora	1.11.66	01-12-2005
200 C	Nuno Cruz	2.18.80	1996	Ana Nora	2.34.00	01-12-2005
100 E	Nuno Cruz	1.04.54	1996	Ana Nora	1.15.73	2002
200 E	Pedro Lopes	2:12,77	13-12-2009	Mariana Guerra	2:36.93	09-05-2010
400 E	Pedro Lopes	4.51.81	14-06-2008	Florbela Machado	5:34.31	20-11-2009
4X50 L	GM+PL+AD+DF	1:46.33	20-11-2009	AN+MF+SO+TP	1.59.16	26-11-2005
4X50 E	GM+HN+PL+AD	1:56.84	31-01-2010	AN+DR+MF+SO	2.13.75	27-11-2005
4X100 L	PL+AD+GM+DF	3:44,72	12-12-2009	FM+MP+MG+VM	4:26.38	27-03-2010
4X200 L	AD+GM+PL+RP	8:35.35	15-06-2008	SO+MF+TP+NA	9.53.42	27-11-2005
4X100 E	GM+RP+PL+DF	4:08,69	13-12-2009	AN+AS+MF+SO	4.56.08	01-12-2005