

Sumário de resultados

Piscina 25m, FINA 2008

Dinis Andre Marques	93 :	50m Livres		31.90	26.85	71%		289 Pt.
		100m Livres		1:04.10	58.66	84%		381 Pt.
		200m Livres		2:13.50	2:08.43	93%		452 Pt.
		400m Livres	2	4:34.97	4:28.51	95%		497 Pt.
		50m Mariposa		31.36	29.94	91%		384 Pt.
		100m Mariposa	2	1:06.35	1:07.44	103%	RP	433 Pt.
Guerra Mariana Cunha	98 :	50m Livres		30.42	30.41	100%		480 Pt.
		50m Livres	1	28.93	30.41	110%	RP	557 Pt.
		100m Livres	1	1:02.49	1:02.46	100%		590 Pt.
		50m Mariposa		34.10	34.56	103%	RP	421 Pt.
		100m Mariposa	1	1:13.43	1:15.63	106%	RCSC05	53 Pt.
Lopes Pedro Fragoso	90 :	50m Livres	1	25.88	25.60	98%		542 Pt.
		100m Livres	Est	56.72	54.95	94%		549 Pt.
		50m Mariposa		28.25	26.66	89%		525 Pt.
		50m Mariposa		30.24	26.66	78%		428 Pt.
		100m Mariposa		1:04.19	58.34	83%		478 Pt.
		200m Mariposa	1	2:13.38	2:09.34	94%		582 Pt.
		200m Estilos	1	2:16.64	2:12.77	94%		579 Pt.
Machado Florbela Cavaco	96 :	50m Livres		34.49	30.15	76%		329 Pt.
		100m Livres	Est	1:03.14	1:04.21	103%	RP	572 Pt.
		100m Livres		1:10.41	1:04.21	83%		413 Pt.
		200m Livres		2:20.97	2:15.87	93%		530 Pt.
		400m Livres		4:43.36	4:37.60	96%		607 Pt.
		800m Livres	1	9:24.23	9:31.33	103%	RCSC66	61 Pt.
		50m Costas		37.98	39.05	106%	RP	352 Pt.
		100m Costas	5	1:18.64	1:18.46	100%		391 Pt.
		50m Mariposa		36.34	33.95	87%		348 Pt.
		100m Mariposa		1:18.09	1:13.77	89%		377 Pt.
		200m Mariposa	2	2:41.98	2:41.90	100%		450 Pt.
Machado Vanessa Branco	98 :	50m Livres		35.07	34.48	97%		313 Pt.
		100m Livres		1:15.60	1:11.40	89%		333 Pt.
		200m Livres		2:38.30	2:35.08	96%		374 Pt.
		400m Livres	4	5:22.23	5:19.68	98%		413 Pt.
		50m Costas		43.67	44.20	102%	RP	232 Pt.
		100m Costas	Est	1:27.98	1:32.03	109%	RP	279 Pt.
		100m Costas		1:29.91	1:32.03	105%	RP	262 Pt.
		200m Costas	8	3:01.61	3:05.73	105%	RP	315 Pt.
Meneses Gustavo Alexandre	92 :	50m Livres		26.92	25.75	91%		482 Pt.
		100m Livres	1	55.44	54.65	97%		588 Pt.
		50m Costas		33.98	28.69	71%		329 Pt.
		50m Costas		29.74	28.69	93%		491 Pt.
		100m Costas	Est	1:03.12	59.98	90%		511 Pt.
		100m Costas		1:11.09	59.98	71%		358 Pt.
		100m Costas	2	1:01.98	59.98	94%		540 Pt.
		200m Costas	2	2:28.75	2:19.32	88%		406 Pt.
Neto Hugo Neves	94 :	50m Livres		31.12	28.08	81%		312 Pt.
		100m Livres		1:06.38	59.51	80%		343 Pt.
		200m Livres		2:17.62	2:12.55	93%		413 Pt.
		400m Livres		4:38.15	4:33.53	97%		480 Pt.
		800m Livres	1	9:15.34	9:23.98	103%	RP	557 Pt.
		50m Bruços		35.82	34.84	95%		408 Pt.
		50m Bruços		34.51	34.84	102%	RP	456 Pt.
		100m Bruços		1:16.47	1:16.22	99%		432 Pt.
		100m Bruços	2	1:14.55	1:16.22	105%	RP	467 Pt.
200m Bruços	1	2:40.38	2:40.25	100%		475 Pt.		

Santos Mariana Pereirinha 98 :	50m Bruços		47.05	46.17	96%		261 Pt.
	50m Bruços		45.09	46.17	105%	RP	297 Pt.
	100m Bruços		1:40.96	1:38.60	95%		266 Pt.
	100m Bruços	7	1:38.32	1:38.60	101%	RP	288 Pt.
	200m Bruços	7	3:29.86	3:26.58	97%		294 Pt.
	50m Mariposa		39.42	40.56	106%	RP	272 Pt.
	200m Estilos	5	2:53.73	2:54.65	101%	RP	402 Pt.
4 x 100m Livres Masc.	:	Lopes Pedro Fragoso	56.72	Neto Hugo Neves	58.66	1	3:50.07
		Meneses Gustavo Alexandre	54.74	Dinis Andre Marques	59.95		
4 x 100m Livres Femin.	:	Machado Florbela Cavaco	1:03.14	Guerra Mariana Cunha	1:03.02	1	4:26.38 RCSCC
		Santos Mariana Pereirinha	1:09.61	Machado Vanessa Branco	1:10.61		
4 x 100m Estilos Masc.	:	Meneses Gustavo Alexandre	1:03.12	Dinis Andre Marques	1:06.62	1	4:19.66
		Neto Hugo Neves	1:13.89	Lopes Pedro Fragoso	56.03		
4 x 100m Estilos Femin.	:	Machado Vanessa Branco	1:27.98	Guerra Mariana Cunha	1:13.67	6	5:22.69
		Santos Mariana Pereirinha	1:37.94	Machado Florbela Cavaco	1:03.10		

Total 62 resultados individuais, desempenho médio: 94,7%
3 novos rec. Clube, 18 novos rec. pessoais
Maior melhoria: Guerra Mariana Cunha, 50m Livres 28.93