

Sumário de resultados

Piscina 25m, FINA 2008

Carvalho Eduardo Filipe 97 :	50m Livres		32.78	31.95	95%		267 Pt.	
	50m Livres		32.17	31.95	99%		282 Pt.	
	100m Livres		1:08.59	1:08.54	100%		311 Pt.	
	100m Livres		1:08.08	1:08.54	101%	RP	318 Pt.	
	200m Livres		2:21.28	2:23.23	103%	RP	382 Pt.	
	200m Livres		2:20.77	2:23.23	104%	RP	386 Pt.	
	400m Livres		4:48.94	4:53.71	103%	RP	429 Pt.	
	400m Livres		4:45.18	4:53.71	106%	RP	446 Pt.	
	800m Livres		9:45.71	9:58.70	104%	RP	475 Pt.	
	1500m Livres		18:26.40	18:58.31	106%	RP	481 Pt.	
	50m Mariposa		35.32	34.79	97%		269 Pt.	
	50m Mariposa		36.57	34.79	91%		242 Pt.	
	100m Mariposa		1:18.93	1:13.95	88%		257 Pt.	
	100m Mariposa		1:14.48	1:13.95	99%		306 Pt.	
	100m Mariposa		1:15.27	1:13.95	97%		297 Pt.	
	200m Mariposa		2:46.92	2:42.27	95%		297 Pt.	
	400m Estilos		5:26.97	5:42.54	110%	RP	410 Pt.	
	Coutinho Alexandre Valdaçã : 97 :	50m Livres		32.10	32.54	103%	RP	284 Pt.
		50m Livres		32.41	32.54	101%	RP	276 Pt.
		100m Livres		1:07.34	1:11.83	114%	RP	328 Pt.
100m Livres			1:09.48	1:11.83	107%	RP	299 Pt.	
200m Livres			2:24.27	2:26.49	103%	RP	358 Pt.	
Goncalves Diogo Mendes 97 :	50m Bruços		41.24	41.01	99%		267 Pt.	
	50m Bruços		39.67	41.01	107%	RP	300 Pt.	
	100m Bruços		1:27.74	1:27.37	99%		286 Pt.	
	100m Bruços		1:24.57	1:27.37	107%	RP	320 Pt.	
	200m Bruços		3:00.84	2:59.27	98%		331 Pt.	
Guerra Mariana Cunha 98 :	50m Livres		30.41	31.46	107%	RP	480 Pt.	
	50m Livres		31.24	31.46	101%	RP	443 Pt.	
	50m Livres		32.42	31.46	94%		396 Pt.	
	100m Livres		1:02.46	1:05.02	108%	RCSC691	691 Pt.	
	100m Livres		1:05.28	1:05.02	99%		518 Pt.	
	100m Livres		1:07.76	1:05.02	92%		463 Pt.	
	200m Livres		2:15.31	2:22.48	111%	RCSC699	699 Pt.	
	200m Livres		2:22.55	2:22.48	100%		512 Pt.	
	400m Livres		4:54.94	4:58.78	103%	RP	538 Pt.	
	50m Mariposa		34.56	34.82	102%	RP	404 Pt.	
	100m Mariposa		1:16.71	1:15.63	97%		398 Pt.	
	200m Estilos		2:38.10	2:40.37	103%	RP	533 Pt.	
400m Estilos		5:38.78	5:44.89	104%	RP	501 Pt.		
Louro Margarida Santos 98 :	100m Costas	Est	1:29.21	1:29.64	101%	RP	268 Pt.	
Machado Vanessa Branco 98 :	50m Livres		34.48	35.48	106%	RP	329 Pt.	
	50m Livres		36.97	35.48	92%		267 Pt.	
	50m Livres		35.88	35.48	98%		292 Pt.	
	100m Livres	Est	1:11.40	1:12.91	104%	RP	396 Pt.	
	100m Livres		1:12.11	1:12.91	102%	RP	384 Pt.	
	100m Livres		1:18.40	1:12.91	86%		299 Pt.	
	100m Livres		1:16.45	1:12.91	91%		322 Pt.	
	200m Livres	Est	2:35.08	2:40.07	107%	RP	398 Pt.	
	200m Livres		2:41.55	2:40.07	98%		352 Pt.	
	200m Livres		2:38.43	2:40.07	102%	RP	373 Pt.	
	400m Livres		5:31.23	5:27.12	98%		380 Pt.	
	400m Livres		5:19.68	5:27.12	105%	RP	422 Pt.	
800m Livres		11:04.76	11:22.69	105%	RP	404 Pt.		

Oliveira Francisco Miguel 97 :	100m Livres	Est	1:09.07	<i>1:10.72</i>	105%	RP	304 Pt.
	200m Livres	Est	2:32.17	<i>2:28.59</i>	95%		305 Pt.
Portasio Alexandro Malva 97 :	50m Livres		32.29	<i>30.48</i>	89%		279 Pt.
	50m Livres		31.05	<i>30.48</i>	96%		314 Pt.
	100m Livres		1:08.32	<i>1:03.68</i>	87%		314 Pt.
	100m Livres		1:04.43	<i>1:03.68</i>	98%		375 Pt.
	200m Livres		2:19.73	<i>2:17.60</i>	97%		394 Pt.
	50m Costas		36.40	<i>37.52</i>	106%	RP	268 Pt.
	50m Costas		37.03	<i>37.52</i>	103%	RP	254 Pt.
	100m Costas	Est	1:18.01	<i>1:15.83</i>	94%		271 Pt.
	100m Costas		1:14.62	<i>1:15.83</i>	103%	RP	309 Pt.
	100m Costas		1:17.51	<i>1:15.83</i>	96%		276 Pt.
	200m Costas		2:38.54	<i>2:37.38</i>	99%		336 Pt.
	50m Mariposa		35.21	<i>37.07</i>	111%	RP	271 Pt.
	200m Estilos		2:47.80	<i>2:43.93</i>	95%		312 Pt.
Santos Mariana Pereirinha 98 :	50m Livres		33.77	<i>34.34</i>	103%	RP	350 Pt.
	50m Livres		33.15	<i>34.34</i>	107%	RP	371 Pt.
	50m Livres		34.27	<i>34.34</i>	100%	RP	335 Pt.
	100m Livres		1:12.63	<i>1:13.31</i>	102%	RP	376 Pt.
	100m Livres		1:11.29	<i>1:13.31</i>	106%	RP	398 Pt.
	100m Livres		1:12.39	<i>1:13.31</i>	103%	RP	380 Pt.
	200m Livres		2:31.96	<i>2:30.42</i>	98%		423 Pt.
	200m Livres		2:28.21	<i>2:30.42</i>	103%	RP	456 Pt.
	200m Livres		2:31.30	<i>2:30.42</i>	99%		428 Pt.
	400m Livres		5:12.76	<i>5:15.79</i>	102%	RP	451 Pt.
	400m Livres		5:09.06	<i>5:15.79</i>	104%	RP	468 Pt.
	800m Livres		10:31.50	<i>10:50.53</i>	106%	RP	472 Pt.
	100m Mariposa		1:25.57	<i>1:27.75</i>	105%	RP	286 Pt.
400m Estilos		5:54.26	<i>6:01.84</i>	104%	RP	438 Pt.	
4 x 100m Livres Masc.	: Oliveira Francisco Miguel	1:09.07	Coutinho Alexandre Valdagua	1:08.63		4:28.53	
	: Carvalheiro Eduardo Filipe	1:05.45	Portasio Alexandro Malva				
4 x 100m Livres Femin.	: Machado Vanessa Branco	1:11.40	Guerra Mariana Cunha	1:02.61		4:41.20	
	: Louro Margarida Santos	1:18.66	Santos Mariana Pereirinha				
4 x 200m Livres Masc.	: Oliveira Francisco Miguel	2:32.17	Coutinho Alexandre Valdagua	2:28.70		9:42.66	
	: Carvalheiro Eduardo Filipe	2:21.99	Portasio Alexandro Malva				
4 x 200m Livres Femin.	: Machado Vanessa Branco	2:35.08	Guerra Mariana Cunha	2:17.17		10:04.54	
	: Louro Margarida Santos	2:48.29	Santos Mariana Pereirinha				
4 x 100m Estilos Masc.	: Portasio Alexandro Malva	1:18.01	Coutinho Alexandre Valdagua	1:16.46		5:04.43	
	: Goncalves Diogo Mendes	1:25.30	Carvalheiro Eduardo Filipe				
4 x 100m Estilos Femin.	: Louro Margarida Santos	1:29.21	Guerra Mariana Cunha	1:13.65		5:33.99	
	: Machado Vanessa Branco	1:43.35	Santos Mariana Pereirinha				

Total 83 resultados individuais, desempenho médio: 100,8%

2 novos rec. Clube, 48 novos rec. pessoais

Maior melhoria: Coutinho Alexandre Valdagua, 100m Livres 1:07.34