

Sumário de resultados

Piscina curta (25m), FINA 2009

Apelido, Nome	Ano Nasc.	Strecke	Pl.	Tempo	Sessão	Antigo PB.	Difer.		
Alves Tiago Miguel	95 :	100m Livres	2	57.72		59.49	106%	RP	507 Pt.
		400m Livres	3	4:26.81		4:29.80	102%	RP	531 Pt.
		100m Mariposa	3	1:07.21		1:11.64	114%	RP	407 Pt.
		200m Estilos	2	2:23.01		2:28.30	108%	RP	495 Pt.
Carvalho Eduardo Filipe	97 :	400m Livres	2	4:42.79		4:45.18	102%	RP	446 Pt.
		100m Costas	Est	1:18.97		1:14.05	88%		253 Pt.
		100m Bruços	4	1:21.47		1:23.68	105%	RP	353 Pt.
		100m Mariposa	5	1:13.36		1:13.95	102%	RP	313 Pt.
		200m Estilos	5	2:37.90		2:35.62	97%		368 Pt.
Costa Maria Malaguerra	98 :	100m Livres	3	1:06.87		1:07.67	102%	RP	476 Pt.
		400m Livres	2	4:59.66		5:25.48	118%	RP	503 Pt.
		100m Mariposa	5	1:20.84		1:26.96	116%	RP	338 Pt.
		200m Estilos	4	2:47.13		2:51.05	105%	RP	443 Pt.
Coutinho Alexandre Valdagua	97 :	100m Livres	4	1:04.70		1:05.07	101%	RP	360 Pt.
		400m Livres	7	5:01.85		5:18.68	111%	RP	367 Pt.
		100m Mariposa	4	1:12.54		1:15.19	107%	RP	324 Pt.
		200m Estilos	6	2:43.53		2:44.14	101%	RP	331 Pt.
Dias Diogo Rodrigues	98 :	400m Livres	5	5:28.19		5:37.40	106%	RP	286 Pt.
		100m Costas	5	1:24.57		1:25.13	101%	RP	206 Pt.
		100m Bruços	3	1:33.00		1:36.09	107%	RP	237 Pt.
		200m Estilos	7	3:00.56		3:00.03	99%		246 Pt.
Duarte Ana Mafalda	99 :	400m Livres	4	5:44.95		6:02.30	110%	RP	330 Pt.
		100m Costas	2	1:26.43		1:26.76	101%	RP	286 Pt.
		100m Bruços	2	1:37.28		1:36.28	98%		294 Pt.
		200m Estilos	2	3:06.36		3:07.07	101%	RP	319 Pt.
Duarte Ana Vanessa	99 :	100m Livres	9	1:21.87		1:21.09	98%		259 Pt.
		400m Livres	6	6:02.32		6:15.82	108%	RP	284 Pt.
		100m Mariposa	1	1:32.23		1:36.26	109%	RP	228 Pt.
		200m Estilos	5	3:14.73		3:18.92	104%	RP	280 Pt.
Galhano Eduardo Reis	98 :	400m Livres	13	5:56.11		5:54.00	99%		223 Pt.
		100m Bruços	5	1:42.03		1:43.71	103%	RP	180 Pt.
		100m Mariposa	5	1:39.83		1:34.42	89%		124 Pt.
		200m Estilos	14	3:18.47		3:12.23	94%		185 Pt.
Goncalves Diogo Mendes	97 :	400m Livres	8	5:02.82		5:46.14	131%	RP	363 Pt.
		100m Costas	3	1:19.94		1:20.71	102%	RP	244 Pt.
		100m Bruços	3	1:21.38		1:24.57	108%	RP	354 Pt.
		200m Estilos	7	2:45.23		2:50.31	106%	RP	321 Pt.
Guerra Mariana Cunha	98 :	100m Livres	Est	1:03.66		1:01.73	94%		551 Pt.
		400m Livres	1	4:47.60		4:49.83	102%	RP	569 Pt.
		100m Bruços	2	1:26.81		1:29.20	106%	RP	414 Pt.
		100m Mariposa	1	1:11.68		1:12.77	103%	RCSCC	485 Pt.
		200m Estilos	1	2:34.55		2:36.93	103%	RCSCC	560 Pt.
Louro Margarida Santos	98 :	400m Livres	11	5:29.30		5:48.48	112%	RP	379 Pt.
		100m Costas	7	1:26.20		1:26.36	100%	RP	289 Pt.
		100m Bruços	6	1:49.65		1:41.47	86%		206 Pt.
		200m Estilos	14	3:06.93		3:14.12	108%	RP	316 Pt.
Machado Florbela Cavaco	96 :	400m Livres	3	4:44.82		4:37.60	95%		585 Pt.
		100m Bruços	9	1:31.60		1:28.12	93%		353 Pt.
		100m Mariposa	4	1:16.59		1:13.66	92%		398 Pt.
		200m Estilos	13	2:44.71		2:40.80	95%		463 Pt.
Machado Vanessa Branco	98 :	400m Livres	8	5:10.68		5:11.73	101%	RP	451 Pt.
		100m Costas	9	1:29.28		1:25.59	92%		260 Pt.
		100m Bruços	4	1:42.07		1:40.50	97%		255 Pt.
		200m Estilos	11	2:57.63		2:56.68	99%		369 Pt.

Marques Diogo Manuel	98 :	100m Livres	6	1:15.22	1:15.24	100%	RP	229 Pt.
		400m Livres	11	5:48.18	5:56.14	105%	RP	239 Pt.
		100m Mariposa	2	1:27.08	1:29.48	106%	RP	187 Pt.
		200m Estilos	9	3:04.04	3:07.95	104%	RP	232 Pt.
Mota Leandro Fernandes	98 :	100m Livres	5	1:08.76	1:29.73	170%	RP	300 Pt.
		400m Livres	8	5:36.18	--		RP	266 Pt.
		100m Costas	Est	1:19.68	1:40.57	159%	RP	246 Pt.
		100m Costas	2	1:20.06	1:40.57	158%	RP	243 Pt.
		200m Estilos	6	2:56.93	--		RP	261 Pt.
Neto Hugo Neves	94 :	100m Livres	7	59.75	59.51	99%		458 Pt.
		400m Livres	7	4:32.63	4:33.53	101%	RP	498 Pt.
		100m Costas	6	1:11.91	1:16.53	113%	RP	335 Pt.
		100m Bruços	5	1:18.45	1:13.61	88%		395 Pt.
Oliveira Francisco Miguel	97 :	100m Livres	Est	1:07.77	1:07.83	100%	RP	314 Pt.
		400m Livres	9	5:06.73	5:00.05	96%		350 Pt.
		100m Costas	5	1:21.07	1:21.18	100%	RP	234 Pt.
		100m Bruços	8	1:30.69	1:29.87	98%		256 Pt.
		200m Estilos	8	2:49.15	2:49.89	101%	RP	299 Pt.
Portasio Alexandro Malva	97 :	100m Livres	2	1:00.66	1:01.73	104%	RP	437 Pt.
		400m Livres	4	4:47.62	5:11.80	118%	RP	424 Pt.
		100m Mariposa	6	1:14.80	1:16.07	103%	RP	295 Pt.
		200m Estilos	2	2:33.86	2:40.73	109%	RP	398 Pt.
Samagaio Iolanda Santos	98 :	100m Livres	12	1:20.94	1:27.01	116%	RP	268 Pt.
		400m Livres	16	6:05.08	6:44.59	123%	RP	278 Pt.
		100m Costas	12	1:42.50	1:34.08	84%		172 Pt.
		200m Estilos	17	3:27.10	3:25.43	98%		233 Pt.
Stefaniv Roman	98 :	100m Livres	3	1:06.91	1:12.36	117%	RP	326 Pt.
		400m Livres	3	5:20.49	5:59.31	126%	RP	307 Pt.
		100m Costas	3	1:21.53	1:21.66	100%	RP	230 Pt.
		200m Estilos	2	2:50.68	2:58.64	110%	RP	291 Pt.
4 x 100m Livres Masc.	:	Oliveira Francisco Miguel Carvalho Eduardo Filipe	1:07.77	Coutinho Alexandre Valdagua Portasio Alexandro Malva	1	4:23.42		
4 x 100m Livres Masc.	:	Mota Leandro Fernandes Marques Diogo Manuel	1:09.33	Dias Diogo Rodrigues Stefaniv Roman	1	4:50.41		
4 x 100m Livres Femin.	:	Guerra Mariana Cunha Costa Maria Malaguerra	1:03.66	Machado Vanessa Branco Louro Margarida Santos	1	4:39.62		
4 x 100m Estilos Masc.	:	Carvalho Eduardo Filipe Goncalves Diogo Mendes	1:18.97	Coutinho Alexandre Valdagua Portasio Alexandro Malva	1	5:01.75		
4 x 100m Estilos Masc.	:	Mota Leandro Fernandes Dias Diogo Rodrigues	1:19.68	Marques Diogo Manuel Stefaniv Roman	1	5:35.10		
4 x 100m Estilos Femin.	:	Costa Maria Malaguerra Louro Margarida Santos	1:16.00	Guerra Mariana Cunha Machado Vanessa Branco	1	5:21.83		

Total 84 resultados individuais, desempenho médio: 105,3%

2 novos rec. Clube, 61 novos rec. pessoais

Maior melhoria: Mota Leandro Fernandes, 100m Livres 1:08.76