

**Sociedade Columbofila Cantanhedense**  
**Torneio "Dia Olimpico"**

**Coimbra (POR) 08-01-/09-01-2011**

Sumário de resultados

Piscina longa (50m),

Apelido, Nome	Ano Nasc.	Strecke	Pl.	Tempo	Sessão	Antigo PB.	Difer.	
Alves Tiago Miguel	95 :	50m Livres		32.05		29.55	85%	Pt.
		100m Livres		1:06.87		1:01.91	86%	Pt.
		200m Livres		2:16.26		2:13.31	96%	Pt.
		400m Livres	4	4:35.14		4:36.51	101%	RP Pt.
		50m Bruços		37.62		37.98	102%	RP Pt.
		100m Bruços	1	1:22.90		1:21.91	98%	Pt.
		50m Mariposa		32.52		34.19	111%	RP Pt.
		50m Mariposa		34.37		34.19	99%	Pt.
		100m Mariposa		1:14.54		1:15.12	102%	RP Pt.
		200m Mariposa	2	2:36.77		3:20.53	164%	RP Pt.
		200m Estilos	6	2:31.27		2:40.90	113%	RP Pt.
Carvalho Eduardo Filipe	97 :	100m Livres		1:06.69		1:06.87	101%	RP Pt.
		200m Livres		2:20.42		2:19.82	99%	Pt.
		400m Livres	5	4:49.07		4:47.92	99%	Pt.
		50m Costas		37.90		--:--		RP Pt.
		100m Costas	2	1:17.66		--:--		RP Pt.
		50m Bruços		40.32		43.83	118%	RP Pt.
		100m Bruços		1:26.97		1:32.00	112%	RP Pt.
		200m Bruços	2	3:01.91		--:--		RP Pt.
		50m Mariposa		33.71		34.79	107%	RP Pt.
		200m Estilos	4	2:34.47		2:46.42	116%	RP Pt.
Cavaleiro Leonardo Miguel	99 :	50m Bruços		50.81		--:--		RP Pt.
Costa Diogo Alexandre	99 :	50m Bruços		52.14		--:--		RP Pt.
Costa Maria Malaguerra	98 :	50m Livres		32.80		--:--		RP Pt.
		100m Livres		1:09.68		1:08.25	96%	Pt.
		200m Livres		2:23.84		2:31.64	111%	RP Pt.
		400m Livres	3	4:55.11		5:23.35	120%	RP Pt.
		50m Costas	Est	34.74		--:--		RCSCC Pt.
		50m Costas		36.14		--:--		RP Pt.
		100m Costas		1:17.34		1:19.67	106%	RP Pt.
		200m Costas	2	2:41.18		--:--		RCSCC Pt.
		50m Mariposa		32.50		--:--		RCSCC Pt.
		50m Mariposa		32.58		--:--		RP Pt.
		100m Mariposa	2	1:12.58		--:--		RP Pt.
		200m Estilos	3	2:44.50		2:56.49	115%	RP Pt.
Coutinho Alexandre Valdagua	97 :	50m Livres		32.57		30.74	89%	Pt.
		100m Livres		1:08.88		1:05.12	89%	Pt.
		200m Livres		2:23.77		2:20.42	95%	Pt.
		400m Livres	7	4:50.46		5:04.39	110%	RP Pt.
		50m Bruços		43.27		--:--		RP Pt.
		100m Bruços	2	1:33.45		--:--		RP Pt.
		50m Mariposa		33.44		35.23	111%	RP Pt.
		50m Mariposa		34.39		35.23	105%	RP Pt.
		100m Mariposa		1:15.69		1:13.77	95%	Pt.
		200m Mariposa	2	2:42.23		2:48.44	108%	RP Pt.
Dias Diogo Rodrigues	98 :	200m Estilos	7	2:41.65		2:55.11	117%	RP Pt.
		50m Livres		36.91		--:--		RP Pt.
		100m Livres		1:18.73		--:--		RP Pt.
		200m Livres		2:44.02		--:--		RP Pt.
		400m Livres	11	5:32.25		--:--		RP Pt.
		50m Costas		41.75		--:--		RP Pt.
		100m Costas		1:26.43		--:--		RP Pt.
		200m Costas	8	2:56.01		--:--		RP Pt.
		50m Bruços		46.98		--:--		RP Pt.
		100m Bruços	2	1:39.25		--:--		RP Pt.
		50m Mariposa		42.09		--:--		RP Pt.
		200m Estilos	12	2:59.99		--:--		RP Pt.

Duarte Ana Mafalda	99 :	50m Livres		37.10	--:--		RP	Pt.
		100m Livres		1:19.02	--:--		RP	Pt.
		200m Livres		2:44.88	--:--		RP	Pt.
		400m Livres	6	5:34.38	--:--		RP	Pt.
		100m Costas	2	1:27.33	--:--		RP	Pt.
		50m Bruços		46.71	--:--		RP	Pt.
		100m Bruços		1:40.86	--:--		RP	Pt.
		200m Bruços	4	3:27.42	--:--		RP	Pt.
		50m Mariposa		41.41	--:--		RP	Pt.
		200m Estilos	4	3:02.11	--:--		RP	Pt.
Duarte Ana Vanessa	99 :	50m Livres		39.48	--:--		RP	Pt.
		100m Livres		1:23.82	--:--		RP	Pt.
		200m Livres		2:58.34	--:--		RP	Pt.
		400m Livres	13	6:02.31	--:--		RP	Pt.
		50m Costas		46.77	--:--		RP	Pt.
		100m Costas		1:36.42	--:--		RP	Pt.
		200m Costas	10	3:13.84	--:--		RP	Pt.
		50m Mariposa		41.86	--:--		RP	Pt.
		50m Mariposa		40.48	--:--		RP	Pt.
		100m Mariposa	2	1:29.48	--:--		RP	Pt.
		200m Estilos	12	3:13.79	--:--		RP	Pt.
Gomes Gabriel Levi	99 :	50m Bruços		48.17	--:--		RP	Pt.
Goncalves Diogo Mendes	97 :	50m Livres		34.68	34.58	99%		Pt.
		100m Livres		1:14.55	1:11.59	92%		Pt.
		200m Livres		2:35.47	2:56.37	129%	RP	Pt.
		400m Livres	12	5:09.16	5:54.96	132%	RP	Pt.
		100m Costas	4	1:20.84	1:27.51	117%	RP	Pt.
		50m Bruços		40.00	41.16	106%	RP	Pt.
		100m Bruços		1:25.99	1:25.94	100%		Pt.
		200m Bruços	1	2:55.89	3:04.23	110%	RP	Pt.
		50m Mariposa		39.34	43.88	124%	RP	Pt.
		200m Estilos	9	2:44.43	2:59.19	119%	RP	Pt.
Guerra Mariana Cunha	98 :	50m Livres	Est	29.96	29.79	99%		Pt.
		50m Livres		33.56	29.79	79%		Pt.
		100m Livres		1:09.20	1:03.47	84%		Pt.
		200m Livres		2:22.58	2:17.92	94%		Pt.
		400m Livres	1	4:50.91	4:46.19	97%		Pt.
		50m Bruços		44.76	--:--		RP	Pt.
		100m Bruços		1:33.72	--:--		RP	Pt.
		200m Bruços	2	3:14.13	--:--		RP	Pt.
		50m Mariposa		33.29	32.82	97%		Pt.
		50m Mariposa		34.03	32.82	93%		Pt.
		100m Mariposa	1	1:10.52	1:10.57	100%	RCSCC	Pt.
Louro Margarida Santos	98 :	200m Estilos	1	2:39.29	2:36.34	96%		Pt.
		50m Livres		35.90	36.90	106%	RP	Pt.
		100m Livres		1:17.26	1:17.20	100%		Pt.
		200m Livres		2:42.60	2:47.04	106%	RP	Pt.
		400m Livres	14	5:27.41	5:39.97	108%	RP	Pt.
		50m Bruços		48.84	53.35	119%	RP	Pt.
		100m Bruços	5	1:41.08	1:53.61	126%	RP	Pt.
		50m Mariposa		43.03	50.03	135%	RP	Pt.
		200m Estilos		3:03.12	3:23.77	DSQ		Pt.

Machado Florbela Cavaco	96 :	50m Livres		33.37	31.26	88%		Pt.
		100m Livres		1:08.36	1:04.06	88%		Pt.
		200m Livres		2:19.25	2:14.89	94%		Pt.
		400m Livres	1	4:38.20	4:39.29	101%	RCSCC	Pt.
		50m Bruços		45.01	45.41	102%	RP	Pt.
		100m Bruços		1:35.11	1:35.01	100%		Pt.
		200m Bruços	5	3:16.09	3:24.34	109%	RP	Pt.
		50m Mariposa		36.27	36.26	100%		Pt.
		100m Mariposa		35.10	36.26	107%	RP	Pt.
		100m Mariposa	6	1:16.16	1:18.27	106%	RP	Pt.
		200m Estilos	11	2:46.63	2:49.14	103%	RP	Pt.
Machado Vanessa Branco	98 :	50m Livres		33.84	33.86	100%	RP	Pt.
		100m Livres		1:13.16	1:09.74	91%		Pt.
		200m Livres		2:35.12	2:28.92	92%		Pt.
		400m Livres	9	5:15.39	5:13.65	99%		Pt.
		50m Costas		43.81	47.25	116%	RP	Pt.
		100m Costas		1:31.30	1:37.10	113%	RP	Pt.
		200m Costas	7	3:03.67	3:14.02	112%	RP	Pt.
		50m Bruços		48.18	48.09	100%		Pt.
		100m Bruços	6	1:46.40	1:44.50	96%		Pt.
		50m Mariposa		38.46	41.54	117%	RP	Pt.
		200m Estilos	12	3:01.31	3:10.96	111%	RP	Pt.
Marques Diogo Manuel	98 :	50m Livres		37.01	--:--		RP	Pt.
		100m Livres		1:19.40	--:--		RP	Pt.
		200m Livres		2:44.68	--:--		RP	Pt.
		400m Livres	9	5:28.62	--:--		RP	Pt.
		50m Bruços		45.70	--:--		RP	Pt.
		100m Bruços	1	1:37.63	--:--		RP	Pt.
		50m Mariposa		37.92	--:--		RP	Pt.
		50m Mariposa		39.27	--:--		RP	Pt.
		100m Mariposa		1:25.73	--:--		RP	Pt.
		200m Mariposa	1	3:05.90	--:--		RP	Pt.
		200m Estilos	10	2:58.53	--:--		RP	Pt.
Mota Leandro Fernandes	98 :	50m Livres		34.31	--:--		RP	Pt.
		100m Livres		1:12.57	--:--		RP	Pt.
		200m Livres		2:33.13	--:--		RP	Pt.
		400m Livres	4	5:15.34	--:--		RP	Pt.
		50m Bruços		46.91	--:--		RP	Pt.
		100m Bruços		1:39.17	--:--		RP	Pt.
		200m Bruços	3	3:28.21	--:--		RP	Pt.
		50m Mariposa		35.56	--:--		RP	Pt.
		50m Mariposa		35.77	--:--		RP	Pt.
		100m Mariposa	2	1:20.61	--:--		RP	Pt.
		200m Estilos	3	2:48.08	--:--		RP	Pt.
Neto Hugo Neves	94 :	50m Livres		31.44	28.90	84%		Pt.
		100m Livres		1:05.96	1:00.36	84%		Pt.
		200m Livres		2:16.17	2:08.82	89%		Pt.
		400m Livres	5	4:33.80	4:35.67	101%	RP	Pt.
		50m Bruços		38.49	36.56	90%		Pt.
		100m Bruços		1:21.27	1:17.94	92%		Pt.
		200m Bruços	3	2:49.48	2:45.99	96%		Pt.
		50m Mariposa		32.70	31.08	90%		Pt.
		50m Mariposa		32.66	31.08	91%		Pt.
		100m Mariposa	3	1:08.78	1:15.19	120%	RP	Pt.
		200m Estilos	7	2:30.03	2:32.28	103%	RP	Pt.
Neto Jose Neves	99 :	50m Bruços		43.11	--:--		RP	Pt.

Oliveira Francisco Miguel	97 :	50m Livres		34.16	33.29	95%		Pt.
		100m Livres		1:10.65	1:08.20	93%		Pt.
		200m Livres		2:26.75	2:29.73	104%	RP	Pt.
		400m Livres	8	4:59.26	5:05.55	104%	RP	Pt.
		50m Costas		40.45	39.93	97%		Pt.
		100m Costas	5	1:23.11	1:23.38	101%	RP	Pt.
		50m Bruços		43.11	45.71	112%	RP	Pt.
		100m Bruços		1:35.06	1:36.38	103%	RP	Pt.
		200m Bruços		3:18.67	3:33.19	DSQ		Pt.
		50m Mariposa		37.79	41.76	122%	RP	Pt.
		200m Estilos	15	2:50.11	3:07.34	121%	RP	Pt.
Portasio Alexandro Malva	97 :	50m Livres	Est	28.29	30.38	115%	RP	Pt.
		50m Livres		32.03	30.38	90%		Pt.
		100m Livres		1:07.63	1:02.67	86%		Pt.
		200m Livres		2:19.40	2:15.07	94%		Pt.
		400m Livres	3	4:42.27	5:12.05	122%	RP	Pt.
		50m Costas	Est	34.67	36.25	109%	RP	Pt.
		50m Costas		36.99	36.25	96%		Pt.
		100m Costas		1:15.75	1:13.47	94%		Pt.
		200m Costas	3	2:34.55	2:36.57	103%	RP	Pt.
		50m Mariposa		33.66	35.15	109%	RP	Pt.
		50m Mariposa		33.43	35.15	111%	RP	Pt.
		100m Mariposa	3	1:12.96	--.--		RP	Pt.
		200m Estilos	3	2:33.95	2:39.40	107%	RP	Pt.
Reis Ana Miguel	00 :	50m Bruços		44.38	--.--		RP	Pt.
Samagaio Iolanda Santos	98 :	50m Livres		38.90	40.59	109%	RP	Pt.
		100m Livres		1:23.13	1:26.69	109%	RP	Pt.
		200m Livres		2:50.35	2:57.68	109%	RP	Pt.
		400m Livres	17	5:45.21	5:58.38	108%	RP	Pt.
		50m Costas		47.14	47.56	102%	RP	Pt.
		100m Costas		1:37.09	1:39.00	104%	RP	Pt.
		200m Costas	8	3:13.43	3:30.48	118%	RP	Pt.
		50m Bruços		51.85	58.58	128%	RP	Pt.
		100m Bruços	7	1:49.28	2:01.20	123%	RP	Pt.
		50m Mariposa		46.06	55.00	143%	RP	Pt.
		200m Estilos	16	3:20.61	3:32.49	112%	RP	Pt.
Santos Tiago Licinio	99 :	50m Bruços		44.40	--.--		RP	Pt.
Silva Joao Rafael	99 :	50m Bruços		45.48	--.--		RP	Pt.
Stefaniv Roman	98 :	50m Livres		34.67	--.--		RP	Pt.
		100m Livres		1:15.23	--.--		RP	Pt.
		200m Livres		2:40.08	--.--		RP	Pt.
		400m Livres	6	5:22.00	--.--		RP	Pt.
		50m Costas		41.74	--.--		RP	Pt.
		100m Costas		1:27.74	--.--		RP	Pt.
		200m Costas	7	2:55.40	--.--		RP	Pt.
		50m Mariposa		38.75	--.--		RP	Pt.
		50m Mariposa		38.21	--.--		RP	Pt.
		100m Mariposa	6	1:27.70	--.--		RP	Pt.
		200m Estilos	8	2:57.46	--.--		RP	Pt.
4 x 50m Livres Masc.	:	Portasio Alexandro Malva	28.29	Carvalho Eduardo Filipe	29.23	2	1:56.67	
		Oliveira Francisco Miguel	29.88	Coutinho Alexandre Valdagua				
4 x 50m Livres Femin.	:	Guerra Mariana Cunha	29.96	Machado Florbela Cavaco	29.18	1	2:00.08	RCSCC
		Costa Maria Malaguerra	29.02	Machado Vanessa Branco				
4 x 50m Estilos Masc.	:	Portasio Alexandro Malva	34.67	Coutinho Alexandre Valdagua	32.47	3	2:14.99	
		Goncalves Diogo Mendes	38.73	Carvalho Eduardo Filipe				
4 x 50m Estilos Femin.	:	Costa Maria Malaguerra	34.74	Guerra Mariana Cunha	32.17	1	2:19.95	
		Machado Florbela Cavaco	41.58	Machado Vanessa Branco				

Total 214 resultados individuais, desempenho médio: 102,9%

6 novos rec. Clube, 162 novos rec. pessoais

Maior melhoria: Alves Tiago Miguel, 200m Mariposa 2:36.77