

Sumário de resultados

Piscina curta (25m),

Apelido, Nome	Ano Nasc.	Strecke	Pl.	Tempo	Sessão	Antigo PB.	Difer.	
Carvalho Eduardo Filipe	97 :	50m Livres		30.54		28.92	90%	Pt.
		100m Livres		1:04.32		1:00.04	87%	Pt.
		200m Livres		2:13.51		2:12.13	98%	Pt.
		400m Livres	15	4:30.57		4:29.27	99%	Pt.
		50m Bruços		35.14		36.59	108%	RP Pt.
		100m Bruços	8	1:15.50		1:17.93	107%	RP Pt.
		50m Mariposa		31.93		31.40	97%	Pt.
		50m Mariposa		31.45		31.40	100%	Pt.
		100m Mariposa	7	1:07.30		1:07.60	101%	RP Pt.
		200m Estilos	16	2:27.04		2:24.49	97%	Pt.
Costa Maria Malaguerra	98 :	50m Livres		31.27		28.73	84%	Pt.
		50m Livres		30.15		28.73	91%	Pt.
		100m Livres		1:05.83		1:01.20	86%	Pt.
		100m Livres	2	1:02.22		1:01.20	97%	Pt.
		200m Livres		2:16.99		2:12.07	93%	Pt.
		400m Livres	5	4:41.83		4:46.18	103%	RP Pt.
		50m Costas		33.86		32.08	90%	Pt.
		100m Costas	1	1:09.66		1:08.31	96%	Pt.
		50m Mariposa		33.44		32.11	92%	Pt.
		200m Estilos	8	2:36.27		2:32.61	95%	Pt.
Coutinho Alexandre Valdagua	97 :	50m Livres		29.89		29.00	94%	Pt.
		50m Livres		28.37		29.00	104%	RP Pt.
		100m Livres		1:03.57		1:00.59	91%	Pt.
		100m Livres	10	59.36		1:00.59	104%	RP Pt.
		200m Livres		2:12.45		2:16.02	105%	RP Pt.
		400m Livres	14	4:30.33		4:37.41	105%	RP Pt.
		50m Mariposa		30.09		30.87	105%	RP Pt.
		50m Mariposa		29.18		30.87	112%	RP Pt.
		100m Mariposa	4	1:04.08		1:06.25	107%	RP Pt.
		200m Estilos	19	2:27.91		2:31.31	105%	RP Pt.
Goncalves Diogo Mendes	97 :	50m Livres		32.04		32.58	103%	RP Pt.
		100m Livres		1:08.51		1:07.49	97%	Pt.
		200m Livres		2:22.52		2:26.05	105%	RP Pt.
		400m Livres	27	4:50.94		4:50.44	100%	Pt.
		50m Costas		37.78		37.29	97%	Pt.
		100m Costas	16	1:17.03		1:15.23	95%	Pt.
		50m Bruços		38.35		38.20	99%	Pt.
		100m Bruços	16	1:22.43		1:20.14	95%	Pt.
		50m Mariposa		36.56		38.48	111%	RP Pt.
		200m Estilos	30	2:38.15		2:39.65	102%	RP Pt.
Guerra Mariana Cunha	98 :	50m Livres		31.46		28.93	85%	Pt.
		50m Livres		29.50		28.93	96%	Pt.
		100m Livres		1:05.83		1:00.88	86%	Pt.
		100m Livres	1	1:00.66		1:00.88	101%	RCSCC Pt.
		200m Livres		2:15.18		2:12.87	97%	Pt.
		400m Livres	2	4:33.36		4:38.30	104%	RP Pt.
		50m Mariposa		32.57		31.60	94%	Pt.
		50m Mariposa		31.94		31.60	98%	Pt.
		100m Mariposa	1	1:08.19		1:07.53	98%	Pt.
		200m Estilos	2	2:30.57		2:29.55	99%	Pt.

Machado Florbela Cavaco	96 :	50m Livres		31.13	29.24	88%		Pt.		
		50m Livres		31.55	29.24	86%		Pt.		
		100m Livres	4	1:04.20	1:02.81	96%		Pt.		
		100m Livres		1:05.97	1:02.81	91%		Pt.		
		200m Livres		2:14.93	2:12.71	97%		Pt.		
		400m Livres	1	4:33.04	4:34.90	101%	RCSCC	Pt.		
		50m Mariposa		35.08	33.95	94%		Pt.		
		50m Mariposa		34.38	33.95	98%		Pt.		
		100m Mariposa	2	1:12.79	1:12.77	100%		Pt.		
		200m Estilos	12	2:42.91	2:38.40	95%		Pt.		
		Machado Vanessa Branco	98 :	50m Livres		33.07	30.72	86%		Pt.
				50m Livres		32.26	30.72	91%		Pt.
100m Livres				1:10.44	1:04.15	83%		Pt.		
100m Livres	7			1:07.81	1:04.15	89%		Pt.		
200m Livres				2:25.84	2:16.07	87%		Pt.		
400m Livres	12			4:54.07	4:52.89	99%		Pt.		
50m Mariposa				37.39	35.61	91%		Pt.		
100m Mariposa	5			1:20.55	1:17.96	94%		Pt.		
200m Estilos	23			2:50.61	2:44.28	93%		Pt.		
Neto Hugo Neves	94 :			50m Livres		30.68	26.35	74%		Pt.
		100m Livres		1:03.74	59.14	86%		Pt.		
		200m Livres		2:10.15	2:05.50	93%		Pt.		
		400m Livres	8	4:18.36	4:25.58	106%	RP	Pt.		
		50m Costas		35.24	34.08	94%		Pt.		
		100m Costas	10	1:10.27	1:09.55	98%		Pt.		
		50m Bruços		34.58	33.21	92%		Pt.		
		100m Bruços	7	1:12.88	1:11.69	97%		Pt.		
		200m Estilos	12	2:22.70	2:23.89	102%	RP	Pt.		
		Portasio Alexandro Malva	97 :	50m Livres		31.84	28.22	79%		Pt.
50m Livres				29.29	28.22	93%		Pt.		
100m Livres				1:07.26	58.57	76%		Pt.		
100m Livres	12			1:02.26	58.57	88%		Pt.		
200m Livres				2:20.55	2:05.06	79%		Pt.		
400m Livres	26			4:46.71	4:47.62	101%	RP	Pt.		
50m Costas				33.37	32.69	96%		Pt.		
100m Costas	8			1:09.50	1:07.14	93%		Pt.		
200m Estilos	27			2:33.62	2:27.93	93%		Pt.		
Samagaio Iolanda Santos	98 :			100m Livres		1:18.36	1:17.28	97%		Pt.
		200m Livres		2:39.75	2:46.20	108%	RP	Pt.		
		400m Livres	31	5:22.78	5:38.27	110%	RP	Pt.		
		50m Costas		44.60	54.37	149%	RP	Pt.		
		100m Costas	12	1:32.00	1:33.06	102%	RP	Pt.		
		50m Bruços		49.08	1:01.37	156%	RP	Pt.		
		100m Bruços	11	1:44.08	1:52.28	116%	RP	Pt.		
		50m Mariposa		44.41	1:10.95	255%	RP	Pt.		
		200m Estilos	31	3:10.31	3:25.43	117%	RP	Pt.		

Total 96 resultados individuais, desempenho médio: 99,1%

2 novos rec. Clube, 30 novos rec. pessoais

Maior melhoria: Samagaio Iolanda Santos, 50m Mariposa 44.41