

Sumário de resultados

Piscina 25m

Bernardino Catarina Alexandra	50m Livres		30.91	F	29.47	91%		
	50m Livres		32.51		29.47	82%		
	50m Livres		31.39		29.47	88%		
	100m Livres	2	1:03.77	F	1:03.20	98%		
	100m Livres		1:08.17		1:03.20	86%		
	100m Livres	4	1:06.45		1:03.20	90%		
	200m Livres		2:21.78		2:20.52	98%		
	400m Livres	2	4:52.63		4:47.49	97%		
	50m Costas	3	33.73	F	33.84	101%	RP	
	50m Costas	2	33.16		33.84	104%	RC	
Cravide Marco Andre	90 :	50m Livres		28.23	F	26.04	85%	
		50m Livres		28.97		26.04	81%	
		100m Livres	10	59.50	F	58.29	96%	
		100m Livres	12	1:00.04		58.29	94%	
		50m Costas		36.38	F	33.79	86%	
		50m Costas	12	33.71	F	33.79	100%	RP
		50m Costas		37.64		33.79	81%	
		50m Costas	11	33.53		33.79	102%	RP
		100m Costas		1:15.05	F	1:11.86	92%	
		100m Costas		1:16.79		1:11.86	88%	
		200m Costas	11	2:32.16	F	2:46.82	120%	RP
		200m Costas	10	2:34.10		2:46.82	117%	RP
	Ferreira Francisco Miguel	89 :	50m Livres	1	25.64	F	25.36	98%
		50m Livres	1	25.63		25.36	98%	
		50m Bruços		35.44	F	31.58	79%	
		50m Bruços		33.18	F	31.58	91%	
		50m Bruços		34.00		31.58	86%	
		50m Bruços		33.90		31.58	87%	
		100m Bruços		1:15.67	F	1:08.64	82%	
		100m Bruços	1	1:10.49	F	1:08.64	95%	
		100m Bruços		1:15.38		1:08.64	83%	
		100m Bruços	2	1:12.17		1:08.64	90%	
		200m Bruços	3	2:38.28	F	2:34.07	95%	
		200m Bruços	3	2:45.37		2:34.07	87%	
Freitas Francisco Maldonado		81 :	50m Livres		29.95		26.86	80%
		100m Livres		1:02.46		57.92	86%	
		200m Livres		2:08.81		2:03.90	93%	
		400m Livres	3	4:19.05		4:10.72	94%	
		50m Mariposa		30.61	F	29.12	91%	
		50m Mariposa		29.71	F	29.12	96%	
		50m Mariposa		30.82		29.12	89%	
		50m Mariposa		29.60		29.12	97%	
		100m Mariposa		1:04.00	F	1:02.18	94%	
		100m Mariposa	6	1:03.19	F	1:02.18	97%	
		100m Mariposa		1:06.95		1:02.18	86%	
		100m Mariposa	2	1:02.40		1:02.18	99%	
		200m Mariposa	3	2:14.64	F	2:10.15	93%	
		200m Mariposa	3	2:18.68		2:10.15	88%	

Grilo Telma Alexandra	92 :	50m Livres		33.08	F	29.98	82%	
		50m Livres	4	31.47	F	29.98	91%	
		50m Livres		32.31		29.98	86%	
		50m Livres	4	31.55		29.98	90%	
		100m Livres	6	1:07.67	F	1:05.58	94%	
		100m Livres	5	1:07.07		1:05.58	96%	
		50m Mariposa		35.16	F	33.87	93%	
		50m Mariposa		35.05		33.87	93%	
		100m Mariposa	5	1:14.62	F	1:15.74	103%	RP
		100m Mariposa	7	1:16.47		1:15.74	98%	
		Guimaraes Joana Margarida	95 :	50m Costas		35.78	F	34.60
50m Costas				34.71	F	34.60	99%	
50m Costas	2			33.31	F	34.60	108%	RP
50m Costas				35.22		34.60	97%	
50m Costas				34.68		34.60	100%	
50m Costas	3			33.48		34.60	107%	RP
100m Costas				1:14.62	F	1:11.07	91%	
100m Costas	2			1:10.65	F	1:11.07	101%	RP
100m Costas	Est			1:11.51		1:11.07	99%	
100m Costas				1:13.79		1:11.07	93%	
100m Costas	2			1:11.18		1:11.07	100%	
200m Costas	3			2:33.17	F	2:32.25	99%	
200m Costas	3			2:34.29		2:32.25	97%	
100m Mariposa				1:16.87		1:16.00	98%	
400m Estilos	6			5:51.66		5:44.52	96%	
Machado Tiago Geraldês	93 :	50m Costas		31.12	F	30.97	99%	
		50m Costas	2	29.90	F	30.97	107%	RP
		50m Costas		31.10		30.97	99%	
		50m Costas	2	30.15		30.97	106%	RP
		100m Costas	2	1:04.22	F	1:03.66	98%	
		100m Costas	Est	1:05.24		1:03.66	95%	
		100m Costas	2	1:03.64		1:03.66	100%	RP
		50m Mariposa		30.36	F	29.27	93%	
		50m Mariposa		30.71		29.27	91%	
		200m Estilos	5	2:20.84	F	2:16.78	94%	
		200m Estilos	5	2:23.55		2:16.78	91%	
Meca Filipe Miguel	91 :	100m Livres	Est	57.25		57.62	101%	RP
		50m Mariposa		30.87	F	29.48	91%	
		50m Mariposa		30.74		29.48	92%	
		200m Estilos	8	2:24.88	F	2:23.85	99%	
		200m Estilos	8	2:26.62		2:23.85	96%	

Mota Joana Rita	92 :	50m Costas		38.51	F	35.92	87%			
		50m Costas		38.11	F	35.92	89%			
		50m Costas		38.68		35.92	86%			
		50m Costas		40.28		35.92	80%			
		100m Costas	7	1:18.14	F	1:15.15	92%			
		100m Costas		1:19.41	F	1:15.15	90%			
		100m Costas		1:23.88		1:15.15	80%			
		100m Costas	7	1:19.00		1:15.15	90%			
		200m Costas	9	2:42.51	F	2:38.82	96%			
		200m Costas	10	2:51.40		2:38.82	86%			
		50m Bruços		44.89	F	40.94	83%			
		50m Bruços		44.02		40.94	86%			
		100m Bruços		1:33.68	F	1:29.08	90%			
		100m Bruços		1:35.09		1:29.08	88%			
		200m Bruços	9	3:10.27	F	3:05.46	95%			
		200m Bruços	11	3:18.23		3:05.46	88%			
		Oliveira Ana Rita	92 :	100m Livres	Est	1:06.12		1:05.81	99%	
				50m Bruços		39.37	F	38.28	95%	
50m Bruços				39.19	F	38.28	95%			
50m Bruços				39.47		38.28	94%			
50m Bruços				39.75		38.28	93%			
100m Bruços				1:24.50	F	1:21.37	93%			
100m Bruços	4			1:23.28	F	1:21.37	95%			
100m Bruços				1:24.75		1:21.37	92%			
100m Bruços	2			1:23.05		1:21.37	96%			
200m Bruços	2			2:55.06	F	2:50.43	95%			
200m Bruços	2			2:59.22		2:50.43	90%			
50m Mariposa				33.43	F	32.23	93%			
50m Mariposa				33.63		32.23	92%			
200m Estilos	2			2:34.02	F	2:30.43	95%			
200m Estilos	1			2:35.10		2:30.43	94%			
Ramos Miguel Marques	94 :			50m Mariposa		36.24	F	35.96	98%	
		50m Mariposa		35.95		35.96	100%	RP		
		100m Mariposa		1:19.25	F	1:19.41	100%	RP		
		100m Mariposa		1:19.33		1:19.41	100%	RP		
		200m Mariposa	14	2:56.88	F	3:23.32	132%	RP		
		200m Mariposa	14	2:57.17		3:23.32	132%	RP		
Santos Cristina Paris	94 :	50m Bruços		41.34	F	41.74	102%	RP		
		50m Bruços		41.79		41.74	100%			
		100m Bruços	11	1:28.06	F	1:28.44	101%	RP		
		100m Bruços	9	1:29.41		1:28.44	98%			
		50m Mariposa		36.55	F	33.11	82%			
		50m Mariposa		33.66	F	33.11	97%			
		50m Mariposa		34.72		33.11	91%			
		50m Mariposa		33.75		33.11	96%			
		100m Mariposa		1:17.27	F	1:11.13	85%			
		100m Mariposa	2	1:12.04	F	1:11.13	97%			
		100m Mariposa		1:14.87		1:11.13	90%			
		100m Mariposa	2	1:12.50		1:11.13	96%			
		200m Mariposa	3	2:41.67	F	2:38.04	96%			
		200m Mariposa	4	2:45.95		2:38.04	91%			

Silva Diogo Maia e	93 :	50m Costas	32.60	F	31.62	94%	
		50m Costas	32.25	F	31.62	96%	
		50m Costas	31.94		31.62	98%	
		50m Costas	33.42		31.62	90%	
		100m Costas	1:07.38	F	1:05.29	94%	
		100m Costas	4 1:04.78	F	1:05.29	102%	RP
		100m Costas	1:08.46		1:05.29	91%	
		100m Costas	3 1:05.48		1:05.29	99%	
		200m Costas	3 2:19.03	F	2:15.02	94%	
		200m Costas	1 2:20.86		2:15.02	92%	
		50m Bruços	36.59	F	36.00	97%	
		50m Bruços	36.76		36.00	96%	
		100m Bruços	8 1:17.80	F	1:17.27	99%	
		100m Bruços	7 1:16.99		1:17.27	101%	RP
		100m Mariposa	1:08.96		1:08.91	100%	
		400m Estilos	3 5:01.79		4:58.50	98%	
Silva Mariana Maia e	94 :	50m Mariposa	37.31	F	36.28	95%	
		50m Mariposa	38.61	F	36.28	88%	
		50m Mariposa	38.23		36.28	90%	
		50m Mariposa	36.74		36.28	98%	
		100m Mariposa	1:21.92	F	1:18.00	91%	
		100m Mariposa	1:21.09		1:18.00	93%	
		200m Mariposa	5 2:50.77	F	2:54.80	105%	RP
		200m Mariposa	8 2:56.09		2:54.80	99%	
		200m Estilos	8 2:49.01	F	2:45.76	96%	
		200m Estilos	7 2:47.06		2:45.76	98%	
Tomas Edgar Neves	94 :	50m Bruços	39.92	F	39.85	100%	
		50m Bruços	41.19		39.85	94%	
		100m Bruços	1:25.24	F	1:23.60	96%	
		100m Bruços	1:27.26		1:23.60	92%	
		200m Bruços	7 2:58.32	F	2:58.26	100%	
		200m Bruços	9 2:59.60		2:58.26	99%	
Vale Alexandre Galveias	93 :	50m Livres	27.60	F	26.41	92%	
		50m Livres	6 27.22	F	26.41	94%	
		50m Livres	27.78		26.41	90%	
		50m Livres	5 26.60		26.41	99%	
		100m Livres	5 57.35	F	55.93	95%	
		100m Livres	5 57.51		55.93	95%	
		50m Mariposa	30.50	F	30.05	97%	
		50m Mariposa	30.23		30.05	99%	
		100m Mariposa	7 1:04.28	F	1:05.24	103%	RP
		100m Mariposa	8 1:04.57		1:05.24	102%	RP
		4 x 100m Livres Masc.	:	Meca Filipe Miguel 57.25 Freitas Francisco Maldonado 56.91	Ferreira Francisco Miguel 56.85 Vale Alexandre Galveias 57.89	2	3:48.90
4 x 100m Livres Femin.	:	Oliveira Ana Rita 1:06.12 Grilo Telma Alexandra 1:04.55	Guimaraes Joana Margarida 1:07.91 Bernardino Catarina Alexandra 1:06.21	2	4:24.79		
4 x 100m Estilos Masc.	:	Machado Tiago Geraledes 1:05.24 Ferreira Francisco Miguel 1:11.53	Freitas Francisco Maldonado 1:02.46 Vale Alexandre Galveias 58.26	3	4:17.49		
4 x 100m Estilos Femin.	:	Guimaraes Joana Margarida 1:11.51 Oliveira Ana Rita 1:23.58	Santos Cristina Paris 1:13.30 Bernardino Catarina Alexandra 1:04.25	2	4:52.64		

Total 182 resultados individuais, desempenho médio: 94,7%

1 novos rec. Clube, 26 novos rec. pessoais

Maior melhoria: Ramos Miguel Marques, 200m Mariposa 2:56.88