

Sumário de resultados

Piscina 25m

| | | | | | | | |
|-------------------------|------|---------------|---------|----------|----------|------|----|
| Duque Debora Filipa | 96 : | 50m Livres | | 34.35 | 32.80 | 91% | |
| | | 50m Livres | | 33.48 | 32.80 | 96% | |
| | | 50m Livres | | 32.33 | 32.80 | 103% | RP |
| | | 100m Livres | | 1:11.50 | 1:07.88 | 90% | |
| | | 100m Livres | | 1:09.79 | 1:07.88 | 95% | |
| | | 100m Livres | 13 | 1:07.67 | 1:07.88 | 101% | RP |
| | | 200m Livres | | 2:28.15 | 2:29.09 | 101% | RP |
| | | 200m Livres | | 2:27.38 | 2:29.09 | 102% | RP |
| | | 400m Livres | | 5:06.20 | 5:05.60 | 100% | |
| | | 400m Livres | 8 | 5:02.10 | 5:05.60 | 102% | RP |
| | | 800m Livres | 8 | 10:26.55 | 10:18.49 | 97% | |
| | | 50m Mariposa | | 34.82 | 34.99 | 101% | RP |
| | | 100m Mariposa | | 1:20.43 | 1:18.82 | 96% | |
| | | 100m Mariposa | 11 | 1:16.56 | 1:18.82 | 106% | RP |
| | | 400m Estilos | 12 | 5:42.76 | 5:50.56 | 105% | RP |
| Ferreira Liliana Sofia | 97 : | 50m Livres | | 34.11 | 34.70 | 103% | RP |
| | | 100m Livres | 15 | 1:11.61 | 1:12.76 | 103% | RP |
| | | 50m Costas | | 40.41 | 38.88 | 93% | |
| | | 50m Costas | | 38.02 | 38.88 | 105% | RP |
| | | 100m Costas | | 1:23.88 | 1:20.23 | 91% | |
| | | 100m Costas | 7 | 1:17.64 | 1:20.23 | 107% | RP |
| | | 200m Costas | 18 | 2:52.33 | 2:55.43 | 104% | RP |
| | | 50m Bruços | | 43.24 | 43.15 | 100% | |
| | | 50m Bruços | | 42.71 | 43.15 | 102% | RP |
| | | 100m Bruços | | 1:32.03 | 1:30.78 | 97% | |
| | | 100m Bruços | 5 | 1:28.35 | 1:30.78 | 106% | RP |
| | | 200m Bruços | 6 | 3:10.67 | 3:21.87 | 112% | RP |
| Ferreira Ricardo Filipe | 95 : | 50m Bruços | | 39.22 | 36.42 | 86% | |
| | | 50m Bruços | | 37.00 | 36.42 | 97% | |
| | | 100m Bruços | | 1:23.28 | 1:18.38 | 89% | |
| | | 100m Bruços | 11 | 1:17.73 | 1:18.38 | 102% | RP |
| | | 200m Bruços | 13 | 2:54.33 | 2:57.79 | 104% | RP |
| Neves Ana Isabel | 96 : | 50m Livres | | 33.69 | 32.81 | 95% | |
| | | 50m Livres | | 34.45 | 32.81 | 91% | |
| | | 100m Livres | | 1:12.32 | 1:11.41 | 97% | |
| | | 100m Livres | | 1:10.57 | 1:11.41 | 102% | RP |
| | | 200m Livres | | 2:28.18 | 2:27.73 | 99% | |
| | | 200m Livres | | 2:30.38 | 2:27.73 | 97% | |
| | | 400m Livres | | 5:06.60 | 5:01.84 | 97% | |
| | | 400m Livres | 11 | 5:07.90 | 5:01.84 | 96% | |
| | | 800m Livres | 7 | 10:23.22 | 10:18.91 | 99% | |
| | | 50m Mariposa | | 36.52 | 36.10 | 98% | |
| | | 50m Mariposa | | 36.54 | 36.10 | 98% | |
| | | 100m Mariposa | | 1:19.36 | 1:18.44 | 98% | |
| | | 100m Mariposa | | 1:19.30 | 1:18.44 | 98% | |
| | | 200m Mariposa | 10 | 2:53.44 | 2:54.04 | 101% | RP |
| | | 200m Estilos | 12 | 2:47.10 | 2:45.19 | 98% | |
| 400m Estilos | 15 | 5:48.05 | 5:47.40 | 100% | | | |
| Pereira Leonor Martins | 97 : | 50m Costas | | 40.56 | 40.69 | 101% | RP |
| | | 50m Costas | | 39.49 | 40.69 | 106% | RP |
| | | 100m Costas | | 1:23.97 | 1:22.52 | 97% | |
| | | 100m Costas | 14 | 1:20.59 | 1:22.52 | 105% | RP |
| | | 200m Costas | 14 | 2:50.65 | 2:50.64 | 100% | |

| | | | | | | | |
|-------------------------|------|-------------|----|---------|---------|------|----|
| Pinto Francisco Gouveia | 95 : | 50m Livres | | 31.93 | 31.14 | 95% | |
| | | 50m Livres | | 31.11 | 31.14 | 100% | RP |
| | | 100m Livres | | 1:07.05 | 1:04.17 | 92% | |
| | | 100m Livres | 29 | 1:04.66 | 1:04.17 | 98% | |
| | | 200m Livres | 25 | 2:19.62 | 2:20.18 | 101% | RP |

Total 58 resultados individuais, desempenho médio: 99,1%
0 novos rec. Clube, 25 novos rec. pessoais
Maior melhoria: Ferreira Liliana Sofia, 200m Bruços 3:10.67