Sum§rio de resultados Piscina curta (25m),

Duque Debora Filipa	96 :	50m Livres		32.12	F	*31.81*	98%		Pt.
		50m Livres		31.92		*31.81*	99%		Pt.
		100m Livres	5	1:06.38	F	*1:06.74*	101%	RP	Pt.
		100m Livres	4	1:06.02		*1:06.74*	102%	RP	Pt.
		50m Costas		36.99	F	*36.16*	96%		Pt.
		50m Costas		37.65		*36.16*	92%		Pt.
		100m Costas		1:16.94	F	*1:15.82*	97%		Pt.
		100m Costas		1:17.95		*1:15.82*	95%		Pt.
		200m Costas	9	2:39.55	F	*2:45.14*	107%	RP	Pt.
		200m Costas	10	2:40.55		*2:45.14*	106%	RP	Pt.
		50m Mariposa		36.09	F	*34.56*	92%		Pt.
		50m Mariposa		36.05		*34.56*	92%		Pt.
		100m Mariposa		1:16.66	F	*1:12.75*	90%		Pt.
		100m Mariposa		1:16.41		*1:12.75*	91%		Pt.
		200m Mariposa	7	2:43.66	F	*2:39.49*	95%		Pt.
		200m Mariposa	6	2:42.88		*2:39.49*	96%		Pt.
Ferreira Ricardo Filipe	95 :	50m Bru- os		37.86	F	*35.32*	87%		Pt.
		50m Bru- os		38.44		*35.32*	84%		Pt.
		50m Bru- os		34.29		*35.32*	106%	RP	Pt.
		100m Bru- os		1:21.50	F	*1:16.32*	88%		Pt.
		100m Bru- os		1:21.76		*1:16.32*	87%		Pt.
		100m Bru- os	5	1:13.95		*1:16.32*	107%	RP	Pt.
		200m Bru- os	7	2:51.77	F	*2:52.84*	101%	RP	Pt.
		200m Bru- os	9	2:50.96		*2:52.84*	102%	RP	Pt.
Freitas Francisco Maldonado	91 :	50m Mariposa		30.69	F	*28.80*	88%		Pt.
		50m Mariposa		31.13		*28.80*	86%		Pt.
		100m Mariposa		1:05.95		*1:02.15*	89%		Pt.
		200m Estilos	7	2:26.00	F	*2:16.08*	87%		Pt.
		200m Estilos	8	2:27.67		*2:16.08*	85%		Pt.
		400m Estilos	4	4:58.61		*4:54.20*	97%		Pt.
Grilo Telma Alexandra	92 :	50m Costas		37.93	F	*37.44*	97%		Pt.
		50m Costas		37.49		*37.44*	100%		Pt.
		100m Costas	11	1:17.59	F	*1:16.43*	97%		Pt.
		100m Costas	11	1:16.71		*1:16.43*	99%		Pt.
		50m Mariposa		34.77	F	*33.87*	95%		Pt.
		50m Mariposa		35.15		*33.87*	93%		Pt.
		200m Estilos	10	2:42.40	F	*2:40.78*	98%		Pt.
		200m Estilos	9	2:44.62		*2:40.78*	95%		Pt.
Guimaraes Joana Margarida	95 :	50m Livres		32.64	F	*29.81*	83%		Pt.
		50m Livres	12	31.62	F	*29.81*	89%		Pt.
		50m Livres		31.83		*29.81*	88%		Pt.
		50m Livres	12	31.11		*29.81*	92%		Pt.
		100m Livres	8	1:08.08	F	*1:04.81*	91%		Pt.
		100m Livres	8	1:07.06		*1:04.81*	93%		Pt.
		50m Costas	7	34.13	F	*32.80*	92%		Pt.
		50m Costas		35.97		*32.80*	83%		Pt.
		50m Costas	7	33.73		*32.80*	95%		Pt.
		100m Costas	Est	1:14.16		*1:07.52*	83%		Pt.

Kaminskaya Victoriya	95 :	50m Livres	4	29.62	F	*28.40*	92%		Pt.
		50m Livres	3	29.13		*28.40*	95%		Pt.
		50m Costas		35.58	F	*35.47*	99%		Pt.
		50m Costas	6	33.87	F	*35.47*	110%	RP	Pt.
		50m Costas	5	33.52		*35.47*	112%	RP	Pt.
		50m Costas		36.63		*35.47*	94%		Pt.
		100m Costas		1:13.42	F	*1:14.06*	102%	RP	Pt.
		100m Costas		1:14.92		*1:14.06*	98%		Pt.
		200m Costas	4	2:32.01	F	*2:35.70*	105%	RP	Pt.
		200m Costas	2	2:32.14		*2:35.70*	105%	RP	Pt.
		50m Mariposa		34.04	F	*32.42*	91%		Pt.
		50m Mariposa		34.38		*32.42*	89%		Pt.
		100m Mariposa		1:12.04	F	*1:09.04*	92%		Pt.
		100m Mariposa		1:12.80		*1:09.04*	90%		Pt.
		200m Mariposa	1	2:31.91	F	*--.--*		RCAfem,RC	Pt.m,RCJfem
		200m Mariposa	1	2:32.86		*--.--*		RP	Pt.
Machado Tiago Geraldes	93 :	50m Livres		26.39	F	*24.92*	89%		Pt.
		50m Livres		27.20		*24.92*	84%		Pt.
		100m Livres	3	55.77	F	*56.32*	102%	RP	Pt.
		100m Livres	3	58.53		*56.32*	93%		Pt.
		50m Costas		32.44	F	*29.90*	85%		Pt.
		50m Costas		31.80		*29.90*	88%		Pt.
		100m Costas	7	1:07.36	F	*1:03.64*	89%		Pt.
		100m Costas	7	1:05.73		*1:03.64*	94%		Pt.
		50m Bru-os		32.97	F	*31.46*	91%		Pt.
		50m Bru-os		32.93		*31.46*	91%		Pt.
		100m Bru-os	1	1:09.72	F	*1:08.80*	97%		Pt.
		100m Bru-os	2	1:12.54		*1:08.80*	90%		Pt.
		50m Mariposa		29.78	F	*27.38*	85%		Pt.
		50m Mariposa		29.89		*27.38*	84%		Pt.
		100m Mariposa	8	1:06.83	F	*1:03.47*	90%		Pt.
		100m Mariposa	8	1:04.97		*1:03.47*	95%		Pt.
Meca Ricardo Alexandre	91 :	50m Livres	19	28.02		*27.61*	97%		Pt.
		50m Mariposa		31.86	F	*31.03*	95%		Pt.
		50m Mariposa		31.74		*31.03*	96%		Pt.
		100m Mariposa	12	1:08.41	F	*1:07.50*	97%		Pt.
		100m Mariposa	12	1:08.12		*1:07.50*	98%		Pt.
Monteiro Joana Margarida	91 :	50m Livres		32.16		*33.05*	106%	RP	Pt.
		100m Livres	Est	1:06.66		*1:09.43*	108%	RP	Pt.
		50m Bru-os		41.45	F	*38.89*	88%		Pt.
		50m Bru-os		41.11	F	*38.89*	89%		Pt.
		50m Bru-os		42.37		*38.89*	84%		Pt.
		50m Bru-os		40.67		*38.89*	91%		Pt.
		100m Bru-os		1:28.18	F	*1:24.99*	93%		Pt.
		100m Bru-os	6	1:26.75	F	*1:24.99*	96%		Pt.
		100m Bru-os		1:28.87		*1:24.99*	91%		Pt.
		100m Bru-os	8	1:25.49		*1:24.99*	99%		Pt.
		200m Bru-os	6	3:02.85	F	*3:01.96*	99%		Pt.
		200m Bru-os	4	3:03.32		*3:01.96*	99%		Pt.
Neves Ana Isabel	96 :	50m Costas		36.36	F	*35.53*	95%		Pt.
		50m Costas		36.01		*35.53*	97%		Pt.
		100m Costas	5	1:14.54	F	*1:12.80*	95%		Pt.
		100m Costas	7	1:14.06		*1:12.80*	97%		Pt.
		50m Mariposa		34.84	F	*34.03*	95%		Pt.
		50m Mariposa		34.79		*34.03*	96%		Pt.
		200m Estilos	8	2:42.23	F	*2:39.12*	96%		Pt.
		200m Estilos	8	2:41.61		*2:39.12*	97%		Pt.

Pinto Francisco Gouveia	95 :	50m Livres		30.34		*28.97*	91%		Pt.
		100m Livres	17	1:02.46		*1:00.82*	95%		Pt.
		50m Mariposa		35.49		*36.39*	105%	RP	Pt.
		200m Estilos	24	2:44.88		*2:41.52*	96%		Pt.
Santos Cristina Paris	94 :	50m Livres		34.24		*29.94*	76%		Pt.
		100m Livres		1:12.10		*1:05.73*	83%		Pt.
		200m Livres		2:28.80		*2:21.46*	90%		Pt.
		400m Livres	8	5:04.86		*5:02.64*	99%		Pt.
		50m Mariposa		33.72	F	*32.83*	95%		Pt.
		50m Mariposa		33.90		*32.83*	94%		Pt.
		100m Mariposa	3	1:12.12	F	*1:09.32*	92%		Pt.
		100m Mariposa		1:16.56		*1:09.32*	82%		Pt.
		100m Mariposa	3	1:12.54		*1:09.32*	91%		Pt.
		400m Estilos	6	5:38.93		*5:46.24*	104%	RP	Pt.
Silva Diogo Maia e	93 :	50m Livres		29.75		*26.27*	78%		Pt.
		100m Livres		1:02.33		*56.40*	82%		Pt.
		200m Livres		2:07.84		*2:06.25*	98%		Pt.
		400m Livres	3	4:21.72		*4:21.05*	99%		Pt.
		50m Costas	5	30.00	F	*29.66*	98%		Pt.
		50m Costas		31.49		*29.66*	89%		Pt.
		50m Costas	5	29.98		*29.66*	98%		Pt.
		100m Costas	Est	1:03.77		*1:00.70*	91%		Pt.
		50m Bru-os		36.81	F	*35.28*	92%		Pt.
		50m Bru-os		37.66		*35.28*	88%		Pt.
		100m Bru-os		1:17.66	F	*1:15.31*	94%		Pt.
		100m Bru-os		1:19.06		*1:15.31*	91%		Pt.
		200m Bru-os	4	2:42.70	F	*2:44.47*	102%	RP	Pt.
		200m Bru-os	5	2:45.57		*2:44.47*	99%		Pt.
Silva Mariana Maia e	94 :	50m Bru-os		43.56	F	*40.82*	88%		Pt.
		50m Bru-os		43.39	F	*40.82*	89%		Pt.
		50m Bru-os		43.98		*40.82*	86%		Pt.
		50m Bru-os		42.84		*40.82*	91%		Pt.
		100m Bru-os		1:32.20	F	*1:28.15*	91%		Pt.
		100m Bru-os	16	1:31.99	F	*1:28.15*	92%		Pt.
		100m Bru-os		1:31.60		*1:28.15*	93%		Pt.
		100m Bru-os	14	1:30.96		*1:28.15*	94%		Pt.
		200m Bru-os	12	3:13.28	F	*3:05.04*	92%		Pt.
		200m Bru-os	10	3:08.67		*3:05.04*	96%		Pt.
		50m Mariposa		36.92	F	*35.66*	93%		Pt.
		50m Mariposa		36.06		*35.66*	98%		Pt.
		100m Mariposa	16	1:19.43	F	*1:18.00*	96%		Pt.
		100m Mariposa	15	1:17.18		*1:18.00*	102%	RP	Pt.
Vale Alexandre Galveias	93 :	50m Livres	11	26.96	F	*26.32*	95%		Pt.
		50m Livres	1	26.60	D	*26.32*	98%		Pt.
		50m Livres	9	26.60		*26.32*	98%		Pt.
		50m Costas		35.29		*30.79*	76%		Pt.
		50m Costas	19	32.87		*30.79*	88%		Pt.
		100m Costas		1:13.11		*1:06.39*	82%		Pt.
		200m Costas	11	2:28.57		*2:25.94*	96%		Pt.
		50m Mariposa		32.36	F	*29.44*	83%		Pt.
		50m Mariposa		33.13		*29.44*	79%		Pt.
		100m Mariposa		1:09.78	F	*1:03.78*	84%		Pt.
		100m Mariposa		1:11.68		*1:03.78*	79%		Pt.
		200m Mariposa	9	2:27.12	F	*2:38.17*	116%	RP	Pt.
		200m Mariposa	10	2:31.00		*2:38.17*	110%	RP	Pt.

Vieira Joao Guilherme	93 :	50m Livres		29.31	*28.89*	97%		Pt.
		100m Livres	Est	1:02.36	*1:01.49*	97%		Pt.
		50m Costas		38.57	*37.44*	94%		Pt.
		50m Costas		36.19	*37.44*	107%	RP	Pt.
		100m Costas		1:20.09	*1:17.44*	93%		Pt.
		100m Costas	18	1:13.07	*1:17.44*	112%	RP	Pt.
		200m Costas	23	2:42.72	*2:39.81*	96%		Pt.

4 x 100m Livres Masc.	:	Vieira Joao Guilherme	1:02.36	Silva Diogo Maia e	56.81	6	3:58.72
		Machado Tiago Geraldes	58.78	Freitas Francisco Maldonado	1:00.77		
4 x 100m Livres Femin.	:	Monteiro Joana Margarida	1:06.66	Duque Debora Filipa	1:05.80	4	4:22.77
		Neves Ana Isabel	1:06.32	Kaminskaya Victoriya	1:03.99		
4 x 100m Estilos Masc.	:	Silva Diogo Maia e	1:03.77	Freitas Francisco Maldonado	1:03.69	5	4:17.97
		Vieira Joao Guilherme	1:13.25	Machado Tiago Geraldes	57.26		
4 x 100m Estilos Femin.	:	Guimaraes Joana Margarida	1:14.16	Santos Cristina Paris	1:12.44	3	4:52.65
		Kaminskaya Victoriya	1:20.45	Neves Ana Isabel	1:05.60		

Total 167 resultados individuais, desempenho m®dio: 94,0%
1 novos rec. Clube, 26 novos rec. pessoais
Maior melhoria: Vale Alexandre Galveias, 200m Mariposa 2:27.12