Soc. Instru- «o e Recreio Os Pimp»es/Cimai
Campeonato Nacional de Juniores e Seniores PL **Coimbra (POR) 4/9/-4/11/2010**

Sum§rio de resultados Piscina longa (50m),

Guimaraes Joana Margarida	95 :	50m Costas	Est	34.74	*33.19*	91%		Pt.
		50m Costas		36.00	*33.19*	85%		Pt.
		50m Costas		35.61	*33.19*	87%		Pt.
		50m Costas	15	33.33	*33.19*	99%		Pt.
		100m Costas	Est	1:14.76	*1:11.27*	91%		Pt.
		100m Costas	21	1:14.03	*1:11.27*	93%		Pt.
Kaminskaya Victoriya	95 :	50m Bru- os		37.17	*36.62*	97%		Pt.
		50m Bru- os		36.08	*36.62*	103%	RCAfem,RC	Pt.em,RCJfem
		100m Bru- os		1:17.80	*1:17.14*	98%		Pt.
		100m Bru- os		1:15.93	*1:17.14*	103%	RCAfem,RC	Pt.em,RCJfem
		200m Bru- os		2:48.15	*2:45.10*	96%		Pt.
		50m Mariposa		31.21	*29.51*	89%		Pt.
		50m Mariposa		31.45	*29.51*	88%		Pt.
		100m Mariposa		1:09.11	*1:10.00*	103%	RP	Pt.
		100m Mariposa		1:08.59	*1:10.00*	104%	RCAfem,RC	Pt.em,RCJfem
		200m Estilos		2:29.40	*2:26.62*	96%		Pt.
		400m Estilos		5:14.77	*5:11.80*	98%		Pt.
Machado Tiago Geraldes	93 :	50m Livres	Est	25.58	*25.69*	101%	RP	Pt.
		50m Bru- os		32.43	*30.85*	90%		Pt.
		50m Bru- os	4	31.30	*30.85*	97%		Pt.
		100m Bru- os	7	1:09.08	*1:11.53*	107%	RP	Pt.
Silva Diogo Maia e	93 :	50m Costas	Est	29.49	*30.00*	103%	RP	Pt.
		50m Costas		31.44	*30.00*	91%		Pt.
		50m Costas	11	29.76	*30.00*	102%	RP	Pt.
		50m Costas		30.72	*30.00*	95%		Pt.
		50m Costas		31.43	*30.00*	91%		Pt.
		100m Costas	Est	1:03.37	*1:04.34*	103%	RP	Pt.
		100m Costas	7	1:02.78	*1:04.34*	105%	RP	Pt.
		100m Costas		1:05.50	*1:04.34*	96%		Pt.
		200m Costas	7	2:13.92	*2:19.27*	108%	RP	Pt.
		50m Mariposa		29.62	*29.80*	101%	RP	Pt.
		100m Mariposa		1:05.33	*1:05.27*	100%		Pt.
		200m Estilos	6	2:15.73	*2:16.48*	101%	RP	Pt.
		400m Estilos	7	4:47.98	*4:57.74*	107%	RP	Pt.

4 x 50m Livres Masc.	:	Machado Tiago Geraldes	25.58	Vieira Joao Guilherme	27.64	7	1:43.91	
		Silva Diogo Maia e	25.24	Vale Alexandre Galveias				
4 x 50m Estilos Masc.	:	Silva Diogo Maia e	29.49	Vale Alexandre Galveias	28.32	6	1:55.79	
		Vieira Joao Guilherme	33.15	Machado Tiago Geraldes				
4 x 50m Estilos Femin.	:	Guimaraes Joana Margarida	34.74	Santos Cristina Paris	32.40		2:15.52	
		Kaminskaya Victoriya	37.66	Silva Mariana Maia e				
4 x 100m Estilos Masc.	:	Silva Diogo Maia e	1:03.37	Vale Alexandre Galveias	1:03.55	7	4:17.34	
		Vieira Joao Guilherme	1:13.70	Machado Tiago Geraldes				
4 x 100m Estilos Femin.	:	Guimaraes Joana Margarida	1:14.76	Santos Cristina Paris	1:11.51		4:49.09	RCAfem,RCSfem,R
		Kaminskaya Victoriya	1:16.01	Silva Mariana Maia e				

Total 34 resultados individuais, desempenho m®dio: 97.6%
4 novos rec. Clube, 14 novos rec. pessoais
Maior melhoria: Silva Diogo Maia e, 200m Costas 2:13.92