

Sumário de resultados		Piscina 25m				
Batista Bruno Miguel	97 :	50m Livres	40.71	<i>41.10</i>	102%	RP
		100m Livres	1:32.11	<i>1:31.56</i>	99%	
		200m Livres	13 3:18.84	--		RP
		50m Costas	Est 44.92	<i>44.88</i>	100%	
Borga David Miguel	96 :	50m Livres	40.23	<i>39.71</i>	97%	
		100m Livres	1:25.68	<i>1:25.41</i>	99%	
		200m Livres	2:57.62	<i>2:56.44</i>	99%	
		400m Livres	5:59.14	<i>5:56.08</i>	98%	
		100m Mariposa	1:39.01	<i>1:33.05</i>	88%	
		400m Estilos	6:46.72	<i>7:21.30</i>	118%	RP
Ferreira Francisco Miguel	89 :	50m Livres	29.98	<i>25.36</i>	72%	
		100m Livres	1:03.59	<i>56.74</i>	80%	
		200m Livres	1 2:12.10	<i>2:08.10</i>	94%	
Ferreira Liliana Sofia	97 :	50m Livres	37.56	<i>34.11</i>	82%	
		100m Livres	1:20.90	<i>1:11.61</i>	78%	
		200m Livres	2:50.12	<i>2:44.94</i>	94%	
		400m Livres	5:44.90	<i>5:38.90</i>	97%	
		100m Mariposa	1:32.49	<i>1:26.19</i>	87%	
		400m Estilos	6:15.44	<i>6:52.50</i>	121%	RP
Ferreira Ricardo Filipe	95 :	50m Livres	37.61	<i>32.78</i>	76%	
		100m Livres	1:18.90	<i>1:08.58</i>	76%	
		200m Livres	2:45.26	<i>2:40.07</i>	94%	
		400m Livres	5:43.09	<i>5:50.62</i>	104%	RP
		800m Livres	11:37.70	<i>12:38.99</i>	118%	RP
		100m Mariposa	1:22.89	<i>1:13.10</i>	78%	
		400m Estilos	6:04.14	<i>6:45.07</i>	124%	RP
Figueiredo David Filipe	97 :	50m Livres	41.83	<i>36.15</i>	75%	
		100m Livres	1:28.72	<i>1:17.77</i>	77%	
		200m Livres	3:04.05	<i>2:59.46</i>	95%	
		400m Livres	6:07.92	<i>6:09.39</i>	101%	RP
Grilo Telma Alexandra	92 :	50m Livres	34.83	<i>29.25</i>	71%	
		100m Livres	1:12.41	<i>1:04.32</i>	79%	
		200m Livres	2:30.69	<i>2:17.78</i>	84%	
		400m Livres	5:10.42	<i>4:51.51</i>	88%	
		800m Livres	10:27.49	<i>11:40.79</i>	125%	RP
		100m Mariposa	1:17.31	<i>1:14.62</i>	93%	
		400m Estilos	5:45.55	--		RP
Guimaraes Joana Margarida	95 :	50m Livres	38.92	<i>29.81</i>	59%	
		100m Livres	1:19.22	<i>1:04.81</i>	67%	
		200m Livres	2:42.03	<i>2:22.28</i>	77%	
		400m Livres	5:30.94	<i>5:01.28</i>	83%	
		800m Livres	11:08.17	<i>10:17.37</i>	85%	
		1500m Livres	2 20:39.75	--		RP
		50m Costas	Est 33.17	<i>33.31</i>	101%	RP
		50m Mariposa	38.27	<i>34.54</i>	81%	
		100m Mariposa	1:24.56	<i>1:16.00</i>	81%	
		200m Mariposa	3:05.84	<i>3:07.07</i>	101%	RP

Kaminskaya Victoria	95 :	50m Livres	Est	29.74	--:--		RP
		50m Livres		35.33	--:--		RP
		100m Livres		1:13.51	--:--		RP
		200m Livres		2:31.81	--:--		RP
		400m Livres		5:07.93	--:--		RP
		800m Livres		10:16.06	--:--		RP
		50m Costas		35.47	--:--		RP
		100m Costas		1:14.06	--:--		RP
		200m Costas		1	2:35.70	--:--	
Luis Beatriz Oliveira	97 :	50m Livres		38.77	37.19	92%	
		100m Livres		1:21.76	1:15.52	85%	
		200m Livres		2:47.49	2:45.06	97%	
		400m Livres		5:40.14	5:53.46	108%	RP
		100m Mariposa		1:36.67	1:31.69	90%	
		400m Estilos		6:26.64	6:48.16	111%	RP
Machado Tiago Geraldes	93 :	50m Livres	Est	24.92	25.51	105%	RP
		50m Costas	Est	30.35	29.90	97%	
		50m Costas		34.61	29.90	75%	
		100m Costas		1:11.76	1:03.64	79%	
		200m Costas	6	2:24.72	2:20.43	94%	
		50m Bruços		36.31	34.62	91%	
		100m Bruços		1:20.03	1:15.60	89%	
		200m Bruços		2:46.36	2:55.31	111%	RP
Meca Filipe Miguel	91 :	50m Mariposa		29.94	29.48	97%	
		100m Mariposa		1:09.41	1:03.40	83%	
		200m Estilos		2:21.95	2:23.53	102%	RP
		400m Estilos		5:06.04	5:19.14	109%	RP
Neves Ana Isabel	96 :	50m Livres		34.16	32.34	90%	
		100m Livres		1:11.33	1:06.38	87%	
		200m Livres		2:26.49	2:23.91	97%	
		400m Livres		4:58.09	4:48.29	94%	
		800m Livres		10:02.03	10:18.91	106%	RP
		1500m Livres	1	18:50.82	20:24.63	117%	RCAfem
		50m Bruços		43.11	44.08	105%	RP
		100m Bruços		1:30.72	1:32.35	104%	RP
200m Bruços		3:10.58	3:14.81	104%	RP		
Oliveira Ana Rita	92 :	50m Costas		38.63	36.03	87%	
		100m Costas		1:19.01	1:13.25	86%	
		200m Costas	2	2:39.34	2:42.26	104%	RP
		50m Mariposa		36.21	32.23	79%	
		100m Mariposa		1:17.97	1:11.89	85%	
		200m Mariposa		2:47.00	2:33.94	85%	
Pereira Bernardo Filipe	96 :	50m Livres		38.86	35.19	82%	
		100m Livres		1:21.11	1:13.08	81%	
		200m Livres		2:46.60	2:52.75	108%	RP
		400m Livres		5:37.49	5:51.52	108%	RP
		100m Mariposa		1:36.70	--:--		RP
		400m Estilos		6:37.66	--:--		RP
Pinto Francisco Gouveia	95 :	50m Mariposa		41.89	36.39	75%	
		100m Mariposa		1:27.96	1:22.93	89%	
		100m Mariposa		1:30.34	1:22.93	84%	
		200m Mariposa		3:11.87	--:--		RP
		400m Estilos		5:56.43	6:16.95	112%	RP

Santos Cristina Paris	94 :	50m Livres		35.94	29.94	69%	
		100m Livres		1:14.67	1:06.06	78%	
		200m Livres		2:34.09	2:21.46	84%	
		400m Livres		5:16.27	5:02.64	92%	
		800m Livres		10:42.05	10:32.13	97%	
		100m Mariposa		1:15.69	1:10.81	88%	
		400m Estilos		5:46.24	5:49.30	102%	RP
Santos Joao Paris	97 :	50m Livres		38.48	34.05	78%	
		100m Livres		1:21.28	1:14.38	84%	
		200m Livres		2:47.51	2:51.74	105%	RP
		400m Livres		5:36.35	6:03.78	117%	RP
		100m Mariposa		1:26.96	1:25.94	98%	
		400m Estilos		6:10.41	--:--		RP
Santos Nuno Miguel	97 :	50m Livres		38.59	35.79	86%	
		100m Livres		1:22.67	1:16.91	87%	
		200m Livres		2:52.31	2:41.27	88%	
		400m Livres		5:47.66	5:43.05	97%	
		100m Mariposa		1:43.05	1:39.39	93%	
		400m Estilos		6:25.91	--:--		RP
Silva Mariana Maia e	94 :	50m Costas		40.70	38.57	90%	
		100m Costas		1:24.47	1:19.87	89%	
		200m Costas	6	2:51.94	2:47.57	95%	
		50m Bruços		45.36	41.95	86%	
		100m Bruços		1:35.29	1:29.19	88%	
		200m Bruços		3:14.56	3:05.04	90%	
Tomas Edgar Neves	94 :	50m Livres		35.41	28.84	66%	
		100m Livres		1:13.47	1:01.83	71%	
		200m Livres		2:32.41	2:15.36	79%	
		400m Livres		5:13.95	4:53.16	87%	
		800m Livres		10:38.67	10:43.68	102%	RP
		1500m Livres	1	19:53.53	20:21.30	105%	RP
		50m Mariposa		38.53	34.14	79%	
		100m Mariposa		1:23.57	1:15.69	82%	
200m Mariposa	2	2:56.47	--:--		RP		
Vale Alexandre Galveias	93 :	50m Bruços		41.15	38.59	88%	
		100m Bruços		1:27.88	1:22.44	88%	
		200m Bruços		2:59.83	3:02.32	103%	RP
		100m Mariposa		1:11.99	1:04.28	80%	
		400m Estilos		5:17.82	5:22.78	103%	RP
Vieira Joao Guilherme	93 :	50m Livres		35.94	28.89	65%	
		100m Livres		1:13.57	1:03.22	74%	
		200m Livres		2:31.47	2:17.47	82%	
		400m Livres		5:09.45	4:46.65	86%	
		800m Livres		10:37.91	10:16.66	93%	
		100m Mariposa		1:15.69	1:09.54	84%	
		400m Estilos		5:29.40	5:33.85	103%	RP

4 x 50m Livres Masc.	:	Machado Tiago Geraledes	24.92	Vale Alexandre Galveias	25.98	1:43.98
		Meca Filipe Miguel	25.87	Vieira Joao Guilherme	27.21	
4 x 50m Livres Femin.	:	Kaminskaya Victoria	29.74	Guimaraes Joana Margarida		2:02.52
		Santos Cristina Paris	30.11	Silva Mariana Maia e		
4 x 50m Estilos Masc.	:	Batista Bruno Miguel	44.92	Santos Joao Paris	36.50	2:37.21
		Santos Nuno Miguel	41.25	Figueiredo David Filipe	34.54	
4 x 50m Estilos Masc.	:	Machado Tiago Geraledes	30.35	Vale Alexandre Galveias	28.99	1:57.29
		Vieira Joao Guilherme	32.21	Silva Diogo Maia e	25.74	
4 x 50m Estilos Femin.	:	Guimaraes Joana Margarida	33.17	Santos Cristina Paris	32.45	2:15.57
		Kaminskaya Victoria	38.09	Silva Mariana Maia e	31.86	RCAfem,RCSfem,RC



Maior melhoria: Grilo Telma Alexandra, 800m Livres 10:27.49