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

Carrico Antonio Fernandes	98 :	50m Livres		34.29	*32.81*	92%		Pt.
		100m Livres	5	1:12.10	*1:12.34*	101%	RP	Pt.
		50m Bru- os		42.81	*42.55*	99%		Pt.
		100m Bru- os	4	1:31.68	*1:34.03*	105%	RP	Pt.
Carrico Pedro Fernandes	00 :	50m Livres	64	48.54	*47.31*	95%		Pt.
		50m Costas	Est	54.30	*53.06*	95%		Pt.
		50m Bru- os	24	53.20	*52.71*	98%		Pt.
Fernandes Tiago Santos	98 :	50m Livres		35.29	*33.54*	90%		Pt.
		100m Livres	8	1:13.82	*1:18.04*	112%	RP	Pt.
		50m Costas		41.86	*42.53*	103%	RP	Pt.
		100m Costas	8	1:25.80	*1:27.02*	103%	RP	Pt.
Ferreira Ana Sofia	99 :	50m Livres		35.35	*35.34*	100%		Pt.
		100m Livres	2	1:14.37	*1:17.06*	107%	RP	Pt.
		50m Costas		41.98	*41.21*	96%		Pt.
		100m Costas	1	1:25.80	*1:31.94*	115%	RP	Pt.
Luis Ines Oliveira	01 :	50m Livres	25	48.99	*50.88*	108%	RP	Pt.
		50m Bru- os	21	1:02.16	*1:05.16*	110%	RP	Pt.
Pedras Leonor Castanheira	99 :	50m Costas		49.20	*51.40*	109%	RP	Pt.
		100m Costas	16	1:42.57	*1:52.61*	121%	RP	Pt.
		50m Bru- os		57.23	*57.45*	101%	RP	Pt.
		100m Bru- os	30	2:03.06	*2:11.96*	115%	RP	Pt.
Pereira Antonio Maria	99 :	50m Livres	46	43.06	*42.12*	96%		Pt.
		50m Mariposa	19	50.42	*47.18*	88%		Pt.
Raposo Mariana Luis	99 :	50m Livres		45.98	*41.30*	81%		Pt.
		100m Livres	24	1:33.76	*1:40.62*	115%	RP	Pt.
		50m Costas	Est	50.13	*53.86*	115%	RP	Pt.
		50m Bru- os		57.54	*55.82*	94%		Pt.
		100m Bru- os	27	2:00.30	*2:04.22*	107%	RP	Pt.

4 x 50m Estilos Masc.	:	Carrico Pedro Fernandes Fernandes Tiago Santos	54.30	Carrico Antonio Fernandes Pereira Antonio Maria	12	2:58.76
4 x 50m Estilos Femin.	:	Raposo Mariana Luis Pedras Leonor Castanheira	50.13	Ferreira Ana Sofia Luis Ines Oliveira	11	3:20.25

Total 28 resultados individuais, desempenho m®dio: 102,5%
0 novos rec. Clube, 16 novos rec. pessoais
Maior melhoria: Pedras Leonor Castanheira, 100m Costas 1:42.57