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

Ferreira Liliana Sofia	97 :	50m Livres		33.05	*31.78*	92%		Pt.
		100m Livres	19	1:09.09	*1:08.80*	99%		Pt.
		50m Costas		37.25	*37.43*	101%	RP	Pt.
		100m Costas	21	1:17.00	*1:16.91*	100%		Pt.
		50m Bru- os		42.67	*40.87*	92%		Pt.
		50m Bru- os		40.63	*40.87*	101%	RP	Pt.
		100m Bru- os		1:30.68	*1:28.00*	94%		Pt.
		100m Bru- os	9	1:26.55	*1:28.00*	103%	RP	Pt.
		200m Bru- os	14	3:09.80	*3:09.94*	100%	RP	Pt.
		50m Mariposa		36.18	*36.08*	99%		Pt.
		200m Estilos	33	2:56.76	*2:51.04*	94%		Pt.
Figueiredo David Filipe	97 :	50m Livres		36.23	*35.23*	95%		Pt.
		100m Livres		1:17.50	*1:13.59*	90%		Pt.
		200m Livres	Est	2:40.36	*2:40.05*	100%		Pt.
Luis Beatriz Oliveira	97 :	50m Livres		35.65	*34.02*	91%		Pt.
		50m Livres		34.49	*34.02*	97%		Pt.
		100m Livres		1:14.88	*1:12.29*	93%		Pt.
		100m Livres		1:12.62	*1:12.29*	99%		Pt.
		200m Livres		2:33.23	*2:32.18*	99%		Pt.
		200m Livres		2:30.23	*2:32.18*	103%	RP	Pt.
		400m Livres		5:14.59	*5:14.67*	100%	RP	Pt.
		400m Livres	10	5:04.47	*5:14.67*	107%	RP	Pt.
		800m Livres	13	10:38.91	*10:39.17*	100%	RP	Pt.
		50m Costas		38.96	*39.43*	102%	RP	Pt.
		100m Costas		1:20.46	*1:22.49*	105%	RP	Pt.
		200m Costas	15	2:43.05	*2:47.60*	106%	RP	Pt.
		100m Mariposa		1:28.26	*1:24.98*	93%		Pt.
		400m Estilos	18	6:00.25	*5:54.82*	97%		Pt.
Santos Joao Paris	97 :	50m Livres		34.08	*33.20*	95%		Pt.
		100m Livres		1:12.10	*1:09.95*	94%		Pt.
		200m Livres		2:29.23	*2:24.70*	94%		Pt.
		400m Livres	16	5:09.57	*5:03.49*	96%		Pt.
		50m Mariposa		35.42	*34.16*	93%		Pt.
		50m Mariposa		36.58	*34.16*	87%		Pt.
		50m Mariposa		35.17	*34.16*	94%		Pt.
		100m Mariposa		1:15.95	*1:13.80*	94%		Pt.
		100m Mariposa		1:19.44	*1:13.80*	86%		Pt.
		100m Mariposa	6	1:15.07	*1:13.80*	97%		Pt.
		200m Mariposa	7	2:50.08	*2:45.79*	95%		Pt.
		200m Estilos	10	2:47.00	*2:43.48*	96%		Pt.
		400m Estilos	9	5:35.67	*5:35.91*	100%	RP	Pt.
Santos Nuno Miguel	97 :	50m Bru- os		39.25	*38.28*	95%		Pt.
		50m Bru- os		39.74	*38.28*	93%		Pt.
		100m Bru- os	7	1:23.74	*1:22.42*	97%		Pt.
		100m Bru- os		1:25.67	*1:22.42*	93%		Pt.
		200m Bru- os	6	2:59.21	*2:59.43*	100%	RP	Pt.

4 x 200m Livres Masc.	:	Figueiredo David Filipe Santos Nuno Miguel	2:40.36 2:31.76	Ferraz Francisco Maria Santos Joao Paris	2:41.54	7	10:24.16
4 x 100m Estilos Masc.	:	Ferraz Francisco Maria Santos Nuno Miguel	1:22.07 1:21.28	Santos Joao Paris Figueiredo David Filipe	1:20.26	5	5:16.27

Total 46 resultados individuais, desempenho m®dio: 96.8%
0 novos rec. Clube, 13 novos rec. pessoais
Maior melhoria: Luis Beatriz Oliveira, 400m Livres 5:04.47