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

Batista Bruno Miguel	97 :	50m Livres		38.98	*39.90*	105%	RP	Pt.
		100m Livres		1:24.45	*1:26.15*	104%	RP	Pt.
		50m Costas		42.63	*42.78*	101%	RP	Pt.
		100m Costas		1:30.34	*1:30.46*	100%	RP	Pt.
Duque Debora Filipa	96 :	50m Mariposa		34.60	*34.48*	99%		Pt.
		100m Mariposa		1:13.55	*1:12.75*	98%		Pt.
		100m Estilos		1:15.59	*1:17.50*	105%	RP	Pt.
Ferraz Francisco Maria	97 :	50m Livres		35.02	*36.08*	106%	RP	Pt.
		100m Livres		1:14.60	*1:16.32*	105%	RP	Pt.
		50m Costas		40.46	*39.43*	95%		Pt.
		100m Costas	Est	1:24.05	*1:21.66*	94%		Pt.
		50m Mariposa		41.67	*39.24*	89%		Pt.
		200m Estilos		2:56.79	*2:56.23*	99%		Pt.
Ferreira Francisco Miguel	89 :	100m Estilos		1:04.52	*1:04.57*	100%	RP	Pt.
Ferreira Liliana Sofia	97 :	50m Mariposa		35.85	*36.08*	101%	RP	Pt.
		100m Mariposa		1:17.48	*1:25.74*	122%	RP	Pt.
		100m Estilos		1:16.58	*1:20.10*	109%	RP	Pt.
Ferreira Ricardo Filipe	95 :	50m Bru- os		34.18	*34.27*	101%	RP	Pt.
		100m Bru- os	3	1:11.63	*1:13.20*	104%	RP	Pt.
		50m Mariposa		33.01	*31.98*	94%		Pt.
		200m Estilos	17	2:35.90	*2:40.41*	106%	RP	Pt.
Freitas Francisco Maldonado	91 :	50m Livres		28.32	*26.63*	88%		Pt.
		100m Livres		58.77	*57.84*	97%		Pt.
		50m Mariposa		31.25	*28.80*	85%		Pt.
		100m Mariposa		1:05.58	*1:02.15*	90%		Pt.
Grilo Telma Alexandra	92 :	50m Costas		39.43	*37.44*	90%		Pt.
		100m Costas		1:18.53	*1:16.43*	95%		Pt.
		100m Estilos		1:16.20	*--.--*		RP	Pt.
Guimaraes Joana Margarida	95 :	50m Costas	Est	33.27	*32.80*	97%		Pt.
		50m Costas		33.78	*32.80*	94%		Pt.
		100m Costas	2	1:09.35	*1:07.52*	95%		Pt.
		100m Estilos	1	1:11.51	*1:15.44*	111%	RCAfem,RC	Pt.em,RCJfer
Kaminskaya Victoriya	95 :	50m Bru- os		35.44	*35.64*	101%	RCAfem,RC	Pt.em,RCJfer
		100m Bru- os	1	1:14.79	*1:15.24*	101%	RCAfem,RC	Pt.em,RCJfer
		50m Mariposa		32.69	*30.75*	88%		Pt.
		200m Estilos	1	2:23.94	*2:24.89*	101%	RCAfem,RC	Pt.em,RCJfer
Luis Beatriz Oliveira	97 :	50m Livres		32.68	*34.02*	108%	RP	Pt.
		100m Livres		1:08.00	*1:12.29*	113%	RP	Pt.
		50m Mariposa		39.13	*38.27*	96%		Pt.
		100m Mariposa		1:20.57	*1:24.98*	111%	RP	Pt.
Luzio Mariana Sofia	98 :	50m Livres		37.25	*40.97*	121%	RP	Pt.
		100m Livres		1:17.10	*1:26.44*	126%	RP	Pt.
Machado Tiago Geraldes	93 :	50m Mariposa		29.76	*27.38*	85%		Pt.
		200m Estilos	3	2:15.92	*2:16.44*	101%	RP	Pt.
		100m Estilos	2	1:01.70	*1:02.65*	103%	RP	Pt.
Monteiro Joana Margarida	91 :	50m Bru- os		41.08	*38.89*	90%		Pt.
		100m Bru- os	5	1:24.00	*1:24.99*	102%	RP	Pt.
		50m Mariposa		34.95	*--.--*		RP	Pt.
		200m Estilos	7	2:38.70	*--.--*		RP	Pt.
Neves Ana Isabel	96 :	50m Livres		30.44	*30.95*	103%	RP	Pt.
		100m Livres	1	1:02.69	*1:03.97*	104%	RP	Pt.
		50m Costas		36.35	*35.53*	96%		Pt.
		100m Costas	6	1:13.73	*1:12.80*	97%		Pt.
Oliveira Ana Rita	92 :	50m Livres		32.03	*30.32*	90%		Pt.
		100m Livres		1:07.12	*1:04.63*	93%		Pt.
		50m Costas		38.99	*36.03*	85%		Pt.
		100m Costas		1:18.50	*1:13.25*	87%		Pt.

Pereira Bernardo Filipe	96 :	50m Bru-os		41.09	*44.91*	119%	RP	Pt.
		100m Bru-os		1:27.99	*1:35.69*	118%	RP	Pt.
		50m Mariposa		37.94	*38.50*	103%	RP	Pt.
		200m Estilos		2:49.91	*2:51.10*	101%	RP	Pt.
Pinto Francisco Gouveia	95 :	50m Livres		28.42	*28.97*	104%	RP	Pt.
		100m Livres	Est	59.35	*1:00.82*	105%	RP	Pt.
		100m Livres		1:00.39	*1:00.82*	DSQ		Pt.
		50m Costas		35.28	*37.62*	114%	RP	Pt.
		100m Costas	15	1:11.70	*1:16.66*	114%	RP	Pt.
Ramos Miguel Marques	94 :	50m Bru-os		37.34	*38.10*	104%	RP	Pt.
		100m Bru-os		1:19.07	*1:20.44*	103%	RP	Pt.
		100m Estilos		1:11.16	*1:23.25*	137%	RP	Pt.
Santos Cristina Paris	94 :	50m Mariposa		32.93	*32.45*	97%		Pt.
		100m Mariposa	2	1:09.61	*1:09.32*	99%		Pt.
		100m Estilos	2	1:13.21	*1:14.21*	103%	RP	Pt.
Santos Joao Paris	97 :	50m Livres		32.14	*33.20*	107%	RP	Pt.
		100m Livres		1:05.59	*1:09.95*	114%	RP	Pt.
		50m Costas		38.40	*38.33*	100%		Pt.
		100m Costas		1:17.93	*1:18.56*	102%	RP	Pt.
Santos Nuno Miguel	97 :	50m Livres		31.55	*32.50*	106%	RP	Pt.
		100m Livres		1:07.14	*1:13.50*	120%	RP	Pt.
		50m Mariposa		38.87	*39.85*	105%	RP	Pt.
		100m Mariposa		1:25.03	*1:34.68*	124%	RP	Pt.
Silva Diogo Maia e	93 :	50m Costas		29.87	*29.66*	99%		Pt.
		50m Costas		29.80	*29.66*	99%		Pt.
		100m Costas	Est	1:00.23	*1:00.70*	102%	RP	Pt.
		100m Costas	1	59.99	*1:00.70*	102%	RP	Pt.
		50m Mariposa		29.08	*30.00*	106%	RP	Pt.
		100m Mariposa	2	1:01.28	*1:03.99*	109%	RP	Pt.
Silva Mariana Maia e	94 :	50m Livres		32.57	*31.23*	92%		Pt.
		100m Livres	7	1:06.97	*1:08.30*	104%	RP	Pt.
		50m Mariposa		37.39	*35.66*	91%		Pt.
		100m Mariposa	14	1:17.49	*1:17.18*	99%		Pt.
Tomas Edgar Neves	94 :	50m Livres		30.42	*28.84*	90%		Pt.
		100m Livres		1:03.23	*1:01.34*	94%		Pt.
		50m Costas		37.40	*34.89*	87%		Pt.
		100m Costas		1:16.23	*1:13.08*	92%		Pt.
Vale Alexandre Galveias	93 :	50m Livres		26.71	*26.32*	97%		Pt.
		100m Livres	2	55.03	*54.63*	99%		Pt.
		50m Mariposa		30.18	*28.94*	92%		Pt.
		100m Mariposa	6	1:03.48	*1:03.78*	101%	RP	Pt.
Vieira Joao Guilherme	93 :	50m Bru-os		34.14	*32.98*	93%		Pt.
		100m Bru-os	2	1:11.36	*1:09.81*	96%		Pt.
		100m Estilos	9	1:07.83	*1:09.09*	104%	RP	Pt.

4 x 100m Livres Misto	:	Pinto Francisco Gouveia Monteiro Joana Margarida	59.35 1:03.92		Silva Mariana Maia e Vale Alexandre Galveias	1:06.56	1	4:04.84
4 x 50m Estilos Misto	:	Guimaraes Joana Margarida Vieira Joao Guilherme	33.27 32.89		Santos Cristina Paris Ferreira Ricardo Filipe	31.60	2	2:05.01
4 x 100m Estilos Masc.	:	Ferraz Francisco Maria Santos Nuno Miguel	1:24.05 1:21.76		Santos Joao Paris Batista Bruno Miguel	1:13.89		5:24.26
4 x 100m Estilos Misto	:	Silva Diogo Maia e Kaminskaya Victoriya	1:00.23 1:16.43		Machado Tiago Geraldes Neves Ana Isabel	1:04.49	1	4:24.34

Total 101 resultados individuais, desempenho m®dio: 101.3%
4 novos rec. Clube, 57 novos rec. pessoais
Maior melhoria: Ramos Miguel Marques, 100m Estilos 1:11.16