

## Recordes Nacionais ABS Vs TAC Roma'09

| FEMININOS                    |          |             | PROVAS               | MASCULINOS  |                      |                    |
|------------------------------|----------|-------------|----------------------|-------------|----------------------|--------------------|
| Recorde Nacional ABS         |          | TAC ROMA'09 |                      | TAC ROMA'09 | Recorde Nacional ABS |                    |
| Patrícia Conceição           | 00:26.29 | 00:25.77    | <b>50m LIVRES</b>    | 00:22.64    | 00:22.86             | P.Silva & P.Santos |
| Sara Madeira                 | 00:56.80 | 00:55.79    | <b>100m LIVRES</b>   | 00:49.64    | 00:49.59             | Tiago Venâncio     |
| Ana Alegria                  | 02:04.06 | 02:00.45    | <b>200m LIVRES</b>   | 01:49.23    | 01:49.02             | Tiago Venâncio     |
| Ana Alegria                  | 04:19.89 | 04:12.86    | <b>400m LIVRES</b>   | 03:52.51    | 03:55.30             | Fábio Pereira      |
| Marta Ferreira               | 08:57.14 | 08:41.24    | <b>800m LIVRES</b>   | 08:04.56    | 08:05.35             | Fernando Costa     |
| Teresa Ferreira              | 17:13.93 | 16:44.88    | <b>1500m LIVRES</b>  | 15:19.16    | 15:16.22             | Fernando Costa     |
| M <sup>a</sup> Carlos Santos | 00:29.85 | 00:29.53    | <b>50m COSTAS</b>    | 00:25.99    | 00:25.99             | Nuno Laurentino    |
| M <sup>a</sup> Carlos Santos | 01:04.01 | 01:02.45    | <b>100m COSTAS</b>   | 00:55.44    | 00:56.56             | Nuno Laurentino    |
| Ana Barros                   | 02:16.28 | 02:14.28    | <b>200m COSTAS</b>   | 02:00.86    | 02:00.62             | Pedro D. Oliveira  |
| Ana Marisa Brito             | 00:32.32 | 00:32.42    | <b>50m BRUÇOS</b>    | 00:28.41    | 00:28.51             | José Couto         |
| Diana Gomes                  | 01:09.89 | 01:09.55    | <b>100m BRUÇOS</b>   | 01:01.88    | 01:02.17             | José Couto         |
| Diana Gomes                  | 02:29.51 | 02:29.86    | <b>200m BRUÇOS</b>   | 02:14.23    | 02:13.34             | Carlos Almeida     |
| Sara Oliveira                | 00:27.63 | 00:27.33    | <b>50m MARIPOSA</b>  | 00:24.17    | 00:24.05             | Simão Morgado      |
| Sara Oliveira                | 00:59.48 | 00:59.79    | <b>100m MARIPOSA</b> | 00:52.65    | 00:52.80             | Simão Morgado      |
| Sara Oliveira                | 02:10.14 | 02:11.47    | <b>200m MARIPOSA</b> | 01:58.67    | 01:57.41             | Pedro D. Oliveira  |
| M <sup>a</sup> Carlos Santos | 02:19.95 | 02:16.32    | <b>200m ESTILOS</b>  | 02:02.51    | 02:00.40             | Diogo Carvalho     |
| Barbara Ferreira             | 04:55.58 | 04:47.27    | <b>400m ESTILOS</b>  | 04:22.37    | 04:23.89             | Carlos Almeida     |