

Recordes Nacionais ABS Vs TAC Roma'09

FEMININOS			PROVAS	MASCULINOS		
Recorde Nacional ABS	TAC ROMA'09	TAC ROMA'09		Recorde Nacional ABS		
Patrícia Conceição 00:26.00	00:25.77	00:22.64	50m LIVRES	00:22.44	Alexandre Agostinho	Alex. Agostinho
Sara Madeira 00:56.80	00:55.79	00:49.64	100m LIVRES	00:49.59	Tiago Venâncio	00:49.66
Ana Alegria 02:04.06	02:00.45	01:49.23	200m LIVRES	01:49.02	Tiago Venâncio	
Ana Alegria 04:19.89	04:12.86	03:52.51	400m LIVRES	03:52.29	Jorge Maia	
Marta Ferreira 08:57.14	08:41.24	08:04.56	800m LIVRES	08:05.35	Fernando Costa	
Teresa Ferreira 17:13.93	16:44.88	15:19.16	1500m LIVRES	15:16.22	Fernando Costa	
Mª Carlos Santos 00:29.85	00:29.53	00:25.99	50m COSTAS	00:25.99	Nuno Laurentino	
Mª Carlos Santos 01:04.01	01:02.45	00:55.44	100m COSTAS	00:56.56	Nuno Laurentino	
Ana Barros 02:16.28	02:14.28	02:00.86	200m COSTAS	02:00.62	Pedro D. Oliveira	
Ana Marisa Brito 00:32.07	00:32.07	00:28.41	50m BRUÇOS	00:28.51	José Couto	
Diana Gomes 01:09.89	01:09.55	01:01.88	100m BRUÇOS	01:02.17	José Couto	
Diana Gomes 02:29.51	02:29.86	02:14.23	200m BRUÇOS	02:13.34	Carlos Almeida	Diogo Carvalho
Sara Oliveira 00:27.63	00:27.33	00:24.17	50m MARIPOSA	00:23.72	Simão Morgado	00:24.13
Sara Oliveira 00:59.48	00:59.79	00:52.65	100m MARIPOSA	00:52.42	Diogo Carvalho	Pedro D. Oliveira
Sara Oliveira 02:10.14	02:11.47	01:58.67	200m MARIPOSA	01:56.71	Diogo Carvalho	01:58.32
Mª Carlos Santos 02:19.95	02:16.32	02:02.51	200m ESTILOS	01:59.96	Diogo Carvalho	
Barbara Ferreira 04:55.58	04:47.27	04:22.37	400m ESTILOS	04:19.54	Diogo Carvalho	