

Sumário de resultados

Piscina 50m, FINA 2004

Fonseca David Jose	94 :	50m Livres		33.10	33.18	100%	RP	289 Pt.
		100m Livres	Est	1:04.67	1:05.32	102%	RP	417 Pt.
		100m Livres		1:09.73	1:05.32	88%		332 Pt.
		200m Livres	Est	2:20.39	2:21.54	102%	RP	430 Pt.
		200m Livres		2:25.25	2:21.54	95%		388 Pt.
		400m Livres	41	4:56.10	4:58.20	101%	RP	435 Pt.
Girao Diogo Cunha	94 :	50m Livres		32.15	32.31	101%	RP	315 Pt.
		50m Livres		30.39	32.31	113%	RP	373 Pt.
		50m Livres		31.13	32.31	108%	RP	347 Pt.
		50m Livres		33.34	32.31	94%		283 Pt.
		100m Livres	24	1:02.66	1:02.18	98%		458 Pt.
		100m Livres		1:06.25	1:02.18	88%		388 Pt.
		100m Livres		1:08.37	1:02.18	83%		353 Pt.
		100m Livres		1:04.14	1:02.18	94%		427 Pt.
		200m Livres		2:15.34	2:12.54	96%		480 Pt.
		200m Livres		2:19.64	2:12.54	90%		437 Pt.
		200m Livres	6	2:10.27	2:12.54	104%	RP	538 Pt.
		400m Livres	9	4:36.12	4:34.29	99%		536 Pt.
		400m Livres		4:43.12	4:34.29	94%		497 Pt.
		800m Livres		9:30.33	9:58.08	110%	RP	554 Pt.
		1500m Livres	3	17:52.44	17:57.62	101%	RCSC	669 Pt.
		50m Mariposa		34.09	33.82	98%		329 Pt.
		200m Estilos	17	2:33.82	2:33.91	100%	RP	460 Pt.
Machado Florbela Cavaco	96 :	50m Livres		35.87	36.84	105%	RP	323 Pt.
		50m Livres		35.56	36.84	107%	RP	331 Pt.
		50m Livres		35.05	36.84	110%	RP	346 Pt.
		50m Livres		35.15	36.84	110%	RP	343 Pt.
		100m Livres		1:16.32	1:15.13	97%		354 Pt.
		100m Livres		1:16.13	1:15.13	97%		357 Pt.
		100m Livres		1:13.51	1:15.13	104%	RP	397 Pt.
		100m Livres	13	1:11.65	1:15.13	110%	RP	428 Pt.
		200m Livres		2:35.62	2:33.79	98%		428 Pt.
		200m Livres		2:35.58	2:33.79	98%		429 Pt.
		200m Livres	10	2:30.89	2:33.79	104%	RP	470 Pt.
		400m Livres		5:14.81	5:20.39	104%	RP	475 Pt.
		400m Livres	8	5:12.84	5:20.39	105%	RP	484 Pt.
		800m Livres	5	10:33.86	10:55.43	107%	RCSC	696 Pt.

4 x 100m Livres Masc.	:	Fonseca David Jose	1:04.67	Silva Tiago Andre	1:05.78	12	4:17.21
	:	Girao Diogo Cunha	1:01.69	Hugo Neves Neto	1:05.07		
4 x 200m Livres Masc.	:	Fonseca David Jose	2:20.39	Silva Tiago Andre	2:20.98	11	9:24.21
	:	Girao Diogo Cunha	2:11.50	Hugo Neves Neto	2:31.34		

Total 37 resultados individuais, desempenho médio: 100,4%

2 novos rec. Clube, 21 novos rec. pessoais

Maior melhoria: Girao Diogo Cunha, 50m Livres 30.39