

Sumário de resultados

Piscina 50m, FINA 2004

Alves Ana Pinto	96 :	50m Livres		38.27	--:--		RP	266 Pt.		
		100m Livres		1:19.01	--:--		RP	319 Pt.		
		200m Livres		2:42.64	2:48.37	107%	RP	375 Pt.		
		400m Livres	8	5:33.60	5:32.06	99%		399 Pt.		
		50m Costas		43.66	--:--		RP	278 Pt.		
		100m Costas		1:30.86	--:--		RP	292 Pt.		
		200m Costas	8	3:02.32	3:11.24	110%	RP	349 Pt.		
		50m Bruços		47.96	--:--		RP	272 Pt.		
		100m Bruços		1:38.35	1:41.44	DC		316 Pt.		
		50m Mariposa		40.56	--:--		RP	270 Pt.		
		200m Estilos	9	3:02.10	3:07.69	106%	RP	376 Pt.		
		Alves Tiago Miguel	95 :	50m Livres		34.09	--:--		RP	264 Pt.
				100m Livres		1:12.24	--:--		RP	299 Pt.
200m Livres				2:30.01	2:32.46	103%	RP	352 Pt.		
400m Livres	7			5:04.38	5:19.41	110%	RP	400 Pt.		
50m Bruços				43.48	--:--		RP	253 Pt.		
100m Bruços				1:32.27	1:32.20	100%		277 Pt.		
200m Bruços	4			3:06.95	3:16.84	111%	RP	338 Pt.		
50m Mariposa				35.49	--:--		RP	292 Pt.		
50m Mariposa				36.70	--:--		RP	264 Pt.		
100m Mariposa	7			1:21.12	1:24.93	110%	RP	259 Pt.		
200m Estilos	7			2:44.80	2:53.30	111%	RP	374 Pt.		
Dinis Andre Marques	93 :			50m Livres		31.75	28.96	83%		327 Pt.
				100m Livres		1:06.59	1:01.90	86%		382 Pt.
		200m Livres		2:16.90	2:11.16	92%		463 Pt.		
		400m Livres	1	4:37.75	4:37.32	100%		527 Pt.		
		50m Costas		39.69	--:--		RP	254 Pt.		
		100m Costas	1	1:21.05	1:17.98	93%		295 Pt.		
		50m Mariposa		33.12	33.81	104%	RP	359 Pt.		
		50m Mariposa		35.01	33.81	93%		304 Pt.		
		100m Mariposa		1:16.53	1:17.17	102%	RP	309 Pt.		
		200m Mariposa	1	2:45.04	2:46.40	102%	RP	340 Pt.		
		200m Estilos	5	2:35.73	2:38.20	103%	RP	443 Pt.		
		Figueira Miguel Angelo	95 :	50m Livres		35.56	--:--		RP	233 Pt.
				100m Livres		1:16.05	1:09.32	83%		256 Pt.
200m Livres				2:37.56	--:--		RP	304 Pt.		
400m Livres	9			5:12.52	5:17.16	103%	RP	370 Pt.		
50m Costas				39.60	--:--		RP	256 Pt.		
100m Costas				1:21.91	1:21.11	98%		285 Pt.		
200m Costas	3			2:46.73	2:52.05	106%	RP	343 Pt.		
50m Mariposa				36.37	--:--		RP	271 Pt.		
50m Mariposa				33.77	--:--		RP	339 Pt.		
100m Mariposa	3			1:16.65	1:18.43	105%	RP	307 Pt.		
200m Estilos	8			2:46.58	2:51.14	106%	RP	362 Pt.		
Fonseca David Jose	94 :			50m Livres		32.90	--:--		RP	294 Pt.
				100m Livres		1:10.17	1:04.67	85%		326 Pt.
		200m Livres		2:24.39	2:20.39	95%		395 Pt.		
		400m Livres	7	4:50.75	4:56.10	104%	RP	459 Pt.		
		50m Costas		38.34	39.79	108%	RP	282 Pt.		
		100m Costas		1:20.69	1:19.06	96%		299 Pt.		
		200m Costas	8	2:44.06	2:45.59	102%	RP	360 Pt.		
		50m Mariposa		35.41	40.09	128%	RP	294 Pt.		
		50m Mariposa		33.87	40.09	140%	RP	336 Pt.		
		100m Mariposa	6	1:12.98	--:--		RP	356 Pt.		
		200m Estilos	12	2:42.46	2:43.53	101%	RP	391 Pt.		

Girao Diogo Cunha	94 :	50m Livres		30.61	33.05	117%	RP	365 Pt.		
		100m Livres		1:04.58	1:02.18	93%		418 Pt.		
		200m Livres		2:13.15	2:10.27	96%		504 Pt.		
		400m Livres	1	4:29.88	4:34.29	103%	RP	574 Pt.		
		50m Costas		37.06	35.22	90%		312 Pt.		
		50m Costas	Est	34.34	35.22	105%	RP	392 Pt.		
		100m Costas		1:14.65	1:12.89	95%		377 Pt.		
		200m Costas	4	2:29.83	2:43.80	120%	RP	472 Pt.		
		50m Mariposa		32.34	--:--		RP	386 Pt.		
		50m Mariposa		31.32	--:--		RP	425 Pt.		
		100m Mariposa	1	1:07.15	--:--		RP	457 Pt.		
		200m Estilos	1	2:29.50	2:33.82	106%	RP	501 Pt.		
		Grilo Joao Marques	96 :	50m Livres		37.14	--:--		RP	204 Pt.
				100m Livres		1:18.76	--:--		RP	231 Pt.
200m Livres				2:43.80	--:--		RP	271 Pt.		
400m Livres	7			5:29.05	--:--		RP	317 Pt.		
50m Costas				42.89	--:--		RP	201 Pt.		
100m Costas				1:29.90	--:--		RP	216 Pt.		
200m Costas	8			3:05.08	--:--		RP	251 Pt.		
50m Mariposa				38.50	--:--		RP	229 Pt.		
50m Mariposa				40.06	--:--		RP	203 Pt.		
100m Mariposa				1:26.34	--:--	DC		215 Pt.		
200m Estilos	5			2:58.14	--:--		RP	296 Pt.		
Lopes Filipa Goncalves	94 :			50m Livres		35.70	--:--		RP	328 Pt.
		100m Livres		1:16.54	1:10.92	86%		351 Pt.		
		200m Livres		2:41.65	2:31.90	88%		382 Pt.		
		400m Livres	9	5:35.10	5:19.99	91%		394 Pt.		
		50m Costas		41.83	38.49	85%		316 Pt.		
		100m Costas		1:27.26	1:22.01	88%		330 Pt.		
		200m Costas	3	2:57.44	2:57.55	100%	RP	379 Pt.		
		50m Bruços		50.32	--:--		RP	235 Pt.		
		100m Bruços	5	1:45.78	--:--		RP	254 Pt.		
		50m Mariposa		43.23	--:--		RP	223 Pt.		
		200m Estilos	10	3:12.44	3:09.95	97%		319 Pt.		
Machado Florbela Cavaco	96 :	50m Livres		33.90	--:--		RP	383 Pt.		
		100m Livres		1:11.58	1:11.65	100%	RP	430 Pt.		
		200m Livres		2:27.63	2:30.89	104%	ASSS60	502 Pt.		
		400m Livres	1	4:57.66	5:12.84	110%	ASSS66	562 Pt.		
		50m Bruços		47.68	--:--		RP	276 Pt.		
		100m Bruços		1:40.71	--:--		RP	295 Pt.		
		200m Bruços	1	3:24.34	3:34.88	111%	RP	349 Pt.		
		50m Mariposa		36.43	--:--		RP	373 Pt.		
		50m Mariposa		37.88	--:--		RP	332 Pt.		
		100m Mariposa	1	1:19.68	1:40.32	159%	RP	379 Pt.		
		200m Estilos	3	2:52.60	3:06.82	117%	RP	442 Pt.		
Meneses Gustavo Alexand	92 :	50m Livres		30.86	27.67	80%		356 Pt.		
		100m Livres		1:05.44	1:00.47	85%		402 Pt.		
		200m Livres		2:15.13	2:13.16	97%		482 Pt.		
		400m Livres	6	4:36.27	4:59.21	117%	RP	535 Pt.		
		50m Costas		34.26	30.50	79%		395 Pt.		
		100m Costas		1:13.27	1:07.15	84%		399 Pt.		
		200m Costas	4	2:34.12	2:27.80	92%		434 Pt.		
		50m Bruços		36.71	34.51	88%		421 Pt.		
		100m Bruços	2	1:15.09	1:13.19	95%		514 Pt.		
		50m Mariposa		32.01	33.13	107%	RP	398 Pt.		
		200m Estilos	7	2:30.47	2:26.14	94%		492 Pt.		

Neto Hugo Neves	94 :	50m Livres		32.84	--		RP	296 Pt.		
		50m Livres	Est	28.97	--		RP	431 Pt.		
		100m Livres		1:10.45	1:08.14	94%		322 Pt.		
		200m Livres		2:24.73	--		RP	392 Pt.		
		400m Livres	9	4:50.84	--		RP	459 Pt.		
		50m Bruços		43.17	--		RP	259 Pt.		
		100m Bruços		1:30.84	1:27.60	93%		290 Pt.		
		200m Bruços	4	3:05.10	--		RP	348 Pt.		
		50m Mariposa		34.15	--		RP	328 Pt.		
		50m Mariposa		34.29	--		RP	324 Pt.		
		100m Mariposa	8	1:15.19	--		RP	326 Pt.		
		200m Estilos	11	2:41.63	--		RP	397 Pt.		
		Ramos Bruno Filipe	96 :	50m Livres		43.45	--		RP	128 Pt.
				100m Livres		1:34.19	--		RP	135 Pt.
200m Livres				3:17.70	--		RP	154 Pt.		
400m Livres	18			6:39.41	--		RP	177 Pt.		
50m Costas				51.37	--		RP	117 Pt.		
100m Costas	8			1:47.29	--		RP	127 Pt.		
50m Bruços				56.21	--		RP	117 Pt.		
100m Bruços				1:58.43	--		RP	131 Pt.		
200m Bruços	8			4:01.40	--		RP	157 Pt.		
50m Mariposa				51.65	--		RP	95 Pt.		
200m Estilos	17			3:38.85	--		RP	160 Pt.		
Santos Carlos Eduardo	96 :			50m Livres		37.23	--		RP	203 Pt.
		100m Livres		1:21.34	--		RP	209 Pt.		
		200m Livres		2:50.89	--		RP	238 Pt.		
		400m Livres	10	5:43.70	--		RP	278 Pt.		
		50m Costas		43.46	--		RP	194 Pt.		
		100m Costas		1:30.10	--		RP	214 Pt.		
		200m Costas	7	3:03.20	--		RP	258 Pt.		
		50m Bruços		48.06	--		RP	188 Pt.		
		100m Bruços	3	1:41.72	--		RP	207 Pt.		
		50m Mariposa		44.51	--		RP	148 Pt.		
		200m Estilos	10	3:04.99	--		RP	265 Pt.		
		Santos Diogo Andre	96 :	50m Livres		34.12	--		RP	264 Pt.
100m Livres				1:13.43	--		RP	285 Pt.		
200m Livres				2:34.16	--		RP	325 Pt.		
400m Livres	4			5:16.14	--		RP	357 Pt.		
50m Costas				39.98	--		RP	249 Pt.		
100m Costas				1:24.12	--		RP	264 Pt.		
200m Costas	3			2:51.11	--		RP	317 Pt.		
50m Bruços				44.70	--		RP	233 Pt.		
100m Bruços	2			1:34.34	--		RP	259 Pt.		
50m Mariposa				37.79	--		RP	242 Pt.		
200m Estilos				2:51.31	--	DC		333 Pt.		
Silva Tiago Andre	94 :			50m Livres		32.98	--		RP	292 Pt.
		100m Livres		1:09.09	--		RP	342 Pt.		
		200m Livres		2:24.69	--		RP	393 Pt.		
		400m Livres	8	4:50.83	4:56.84	104%	RP	459 Pt.		
		50m Bruços		42.87	44.20	106%	RP	264 Pt.		
		100m Bruços		1:29.97	1:26.85	93%		299 Pt.		
		200m Bruços		3:07.05	3:20.80	DC		338 Pt.		
		50m Mariposa		33.65	38.24	129%	RP	342 Pt.		
		50m Mariposa		34.11	38.24	126%	RP	329 Pt.		
		100m Mariposa	7	1:14.78	1:13.51	97%		331 Pt.		
		200m Estilos	14	2:44.08	2:45.08	101%	RP	379 Pt.		

4 x 50m Livres Masc.	:	Neto Hugo Neves	94	Silva Tiago Andre	94	7	1:54.69
		Fonseca David Jose	94	Girao Diogo Cunha	94		
4 x 50m Estilos Masc.	:	Girao Diogo Cunha	94	Silva Tiago Andre	94	7	2:13.82
		Neto Hugo Neves	94	Fonseca David Jose	94		

Total 167 resultados individuais, desempenho médio: 100,8%

2 novos rec. Clube, 127 novos rec. pessoais

Maior melhoria: Machado Florbela Cavaco, 100m Mariposa 1:19.68