

Sociedade Columbófila Cantanhedense
Torneio Regional de Fundo de Infantis e Juvenis

6. Dezembro 2009
Cantanhede (POR) 5./6.12.09

Sumário de resultados

Piscina 25m, FINA 2008

Alves Tiago Miguel	95 :	50m Livres	32.25	30.19	88%		280 Pt.
		100m Livres	1:07.60	1:02.42	85%		324 Pt.
		200m Livres	2:21.23	2:10.65	86%		382 Pt.
		400m Livres	4:52.70	4:42.06	93%		412 Pt.
		800m Livres	9:55.43	9:59.95	102%	RP	452 Pt.
		1500m Livres	18:36.52	19:02.91	105%	RP	468 Pt.
		100m Mariposa	1:15.42	1:13.48	95%		295 Pt.
		400m Estilos	5:31.73	5:36.63	103%	RP	392 Pt.
Carvalho Eduardo Filipe 97 :		50m Livres	34.91	31.95	84%		221 Pt.
		100m Livres	1:14.25	1:10.08	89%		245 Pt.
		200m Livres	2:29.63	2:30.87	102%	RP	321 Pt.
		400m Livres	5:02.00	5:13.02	107%	RP	375 Pt.
		800m Livres	10:17.99	10:39.71	107%	RP	404 Pt.
		1500m Livres	19:33.51	--:--		RP	403 Pt.
		100m Mariposa	1:19.70	1:18.81	98%		250 Pt.
		400m Estilos	5:46.28	--:--	DC		345 Pt.
Coutinho Alexandre Valda 97 :		50m Livres	34.18	32.54	91%		235 Pt.
		100m Livres	1:14.49	1:12.71	95%		242 Pt.
		200m Livres	2:34.71	2:36.68	103%	RP	291 Pt.
		400m Livres	5:18.68	5:24.39	104%	RP	319 Pt.
		800m Livres	10:44.73	11:12.54	109%	RP	356 Pt.
		1500m Livres	20:09.09	--:--		RP	369 Pt.
		100m Mariposa	1:30.01	1:23.94	87%		173 Pt.
		400m Estilos	6:17.12	--:--		RP	267 Pt.
Fonseca David Jose	94 :	50m Livres	31.89	27.50	74%		290 Pt.
		100m Livres	1:06.54	59.44	80%		340 Pt.
		200m Livres	2:15.92	2:08.11	89%		428 Pt.
		400m Livres	4:39.31	4:30.62	94%		474 Pt.
		800m Livres	9:29.05	9:56.97	110%	RP	517 Pt.
		1500m Livres	17:59.81	18:45.27	109%	RP	518 Pt.
		100m Mariposa	1:12.24	1:08.08	89%		336 Pt.
		400m Estilos	5:12.36	5:26.64	109%	RP	470 Pt.
Goncalves Diogo Mendes 97 :		50m Livres	36.53	35.35	94%		193 Pt.
		100m Livres	1:19.54	1:16.63	93%		199 Pt.
		200m Livres	2:48.64	2:46.23	97%		224 Pt.
		400m Livres	5:48.08	5:46.14	99%		245 Pt.
		1500m Livres	22:31.99	--:--		RP	264 Pt.
		100m Mariposa	1:39.98	1:35.01	90%		127 Pt.
		400m Estilos	6:10.26	--:--	DC		282 Pt.
Guerra Mariana Cunha	98 :	50m Livres	33.73	31.54	87%		352 Pt.
		100m Livres	1:11.35	1:08.22	91%		397 Pt.
		200m Livres	2:29.70	2:32.54	104%	RP	442 Pt.
		400m Livres	5:13.41	5:11.05	98%		448 Pt.
		800m Livres	10:36.29	10:54.32	106%	RP	461 Pt.
		100m Mariposa	1:18.52	1:19.28	102%	RP	371 Pt.
		400m Estilos	5:44.89	--:--		RP	475 Pt.
Louro Margarida Santos	98 :	50m Livres	44.05	44.02	100%		158 Pt.
		100m Livres	1:31.81	1:34.09	105%	RP	186 Pt.
		200m Livres	3:10.09	3:17.83	108%	RP	216 Pt.
		400m Livres	6:24.05	6:45.99	112%	RP	244 Pt.
		800m Livres	12:58.06	--:--		RP	252 Pt.
		100m Mariposa	1:55.14	--:--		RP	118 Pt.
		400m Estilos	7:13.24	--:--	DC		239 Pt.

Machado Florbela Cavaco 96 :	50m Livres	31.89	31.45	97%		416 Pt.
	100m Livres	1:07.30	1:04.21	91%		473 Pt.
	200m Livres	2:19.59	2:15.87	95%		545 Pt.
	400m Livres	4:44.56	4:37.60	95%		599 Pt.
	800m Livres	9:31.33	9:35.70	102%	RCSC	637 Pt.
	100m Mariposa	1:16.62	1:13.77	93%		399 Pt.
	400m Estilos	5:34.65	5:34.31	100%		520 Pt.
Machado Vanessa Branco 98 :	50m Livres	37.80	37.54	99%		250 Pt.
	100m Livres	1:23.06	1:19.16	91%		251 Pt.
	200m Livres	2:52.56	2:52.97	100%	RP	289 Pt.
	400m Livres	5:56.33	5:56.07	100%		305 Pt.
	800m Livres	12:02.83	12:26.48	107%	RP	314 Pt.
	100m Mariposa	1:41.88	1:41.76	100%		170 Pt.
	400m Estilos	6:47.23	--.--		RP	288 Pt.
Neto Hugo Neves 94 :	50m Livres	31.87	28.08	78%		290 Pt.
	100m Livres	1:06.32	1:01.38	86%		344 Pt.
	200m Livres	2:16.98	2:12.55	94%		419 Pt.
	400m Livres	4:38.42	4:33.53	97%		479 Pt.
	800m Livres	9:23.98	9:37.40	105%	RP	532 Pt.
	1500m Livres	18:00.35	18:15.35	103%	RP	517 Pt.
	100m Mariposa	1:16.93	1:13.21	91%		278 Pt.
	400m Estilos	5:20.97	5:43.79	115%	RP	433 Pt.
Oliveira Francisco Miguel 97 :	50m Livres	34.69	34.39	98%		225 Pt.
	100m Livres	1:14.59	1:12.97	96%		241 Pt.
	200m Livres	2:38.32	2:36.80	98%		271 Pt.
	400m Livres	5:26.97	5:34.51	105%	RP	296 Pt.
	800m Livres	11:07.10	11:50.94	114%	RP	321 Pt.
	1500m Livres	21:01.52	--.--		RP	325 Pt.
	100m Mariposa	1:39.45	1:39.06	99%		129 Pt.
	400m Estilos	6:33.49	--.--		RP	235 Pt.
Portasio Alexandro Malva 97 :	50m Livres	33.41	31.83	91%		252 Pt.
	100m Livres	1:09.73	1:08.67	97%		296 Pt.
	200m Livres	2:27.32	2:35.65	112%	RP	337 Pt.
	400m Livres	5:11.80	5:21.76	106%	RP	341 Pt.
	800m Livres	10:42.12	12:07.43	128%	RP	360 Pt.
	1500m Livres	20:30.34	--.--		RP	350 Pt.
	100m Mariposa	1:32.60	1:32.19	99%		159 Pt.
	400m Estilos	6:03.70	--.--		RP	298 Pt.
Samagaio Iolanda Santos 98 :	50m Livres	44.07	43.94	99%		158 Pt.
	100m Livres	1:35.70	1:34.22	97%		164 Pt.
	200m Livres	3:18.51	3:26.48	108%	RP	190 Pt.
	400m Livres	6:44.59	6:57.82	107%	RP	208 Pt.
	800m Livres	13:26.22	13:53.64	107%	RP	227 Pt.
	100m Mariposa	2:04.98	2:06.31	102%	RP	92 Pt.
	400m Estilos	7:47.23	--.--	DC		191 Pt.
Santos Carlos Eduardo 96 :	50m Livres	35.70	33.73	89%		206 Pt.
	100m Livres	1:16.12	1:13.01	92%		227 Pt.
	200m Livres	2:37.55	2:36.32	98%		275 Pt.
	400m Livres	5:20.26	5:16.60	98%		315 Pt.
	800m Livres	10:47.94	10:57.48	103%	RP	351 Pt.
	1500m Livres	20:27.12	20:37.87	102%	RP	353 Pt.
	100m Mariposa	1:39.97	1:35.47	91%		127 Pt.
	400m Estilos	6:19.37	6:20.43	101%	RP	262 Pt.

Santos Mariana Pereirinha 98 :	50m Livres	34.76	35.17	102%	RP	321 Pt.
	100m Livres	1:15.16	1:13.91	97%		339 Pt.
	200m Livres	2:37.20	2:43.00	108%	RP	382 Pt.
	400m Livres	5:27.12	5:32.57	103%	RP	394 Pt.
	800m Livres	11:02.40	11:41.14	112%	RP	409 Pt.
	100m Mariposa	1:27.75	1:30.16	106%	RP	266 Pt.
	400m Estilos	6:02.09	--.--		RP	410 Pt.

Total 113 resultados individuais, desempenho médio: 98,9%

1 novos rec. Clube, 54 novos rec. pessoais

Maior melhoria: Portasio Alexandro Malva, 800m Livres 10:42.12