

**Sociedade Columbofila Cantanhedense**  
**Campeonato Regional Absoluto de Piscina Curta**

**Coimbra (POR) 20-11-/21-11-2010**

Sumário de resultados

Piscina curta (25m),

Apelido, Nome	Ano Nasc.	Strecke	Pl.	Tempo	Sessão	Antigo PB.	Difer.	
Alves Tiago Miguel	95 :	50m Livres		29.36		27.13	85%	Pt.
		50m Livres		30.54		27.13	79%	Pt.
		50m Livres		28.48		27.13	91%	Pt.
		100m Livres		1:01.44		57.72	88%	Pt.
		100m Livres		1:04.16		57.72	81%	Pt.
		100m Livres		58.02		57.72	99%	Pt.
		200m Livres		2:05.11		2:09.85	108%	RP Pt.
		200m Livres		2:11.85		2:09.85	97%	Pt.
		400m Livres		4:29.72		4:26.81	98%	Pt.
		50m Mariposa		30.97		31.21	102%	RP Pt.
		100m Mariposa		1:08.03		1:07.21	98%	Pt.
		200m Estilos		2:24.69		2:23.01	98%	Pt.
		400m Estilos		5:02.76		5:31.73	120%	RP Pt.
		100m Estilos		1:10.14		1:40.41	205%	RP Pt.
Carvalho Eduardo Filipe	97 :	50m Livres		31.26		30.56	96%	Pt.
		100m Livres		1:05.81		1:05.06	98%	Pt.
		200m Livres		2:14.10		2:19.39	108%	RP Pt.
		50m Costas		34.56		34.97	102%	RP Pt.
		100m Costas		1:12.72		1:14.05	104%	RP Pt.
		200m Costas		2:30.86		--.--		RP Pt.
		50m Bruços		39.88		38.36	93%	Pt.
		100m Bruços		1:26.47		1:21.47	89%	Pt.
		200m Bruços		2:57.93		--.--		RP Pt.
Costa Diogo Silva	97 :	50m Costas		41.42		40.43	95%	Pt.
		100m Costas		1:28.18		1:23.76	90%	Pt.
		200m Costas		3:06.31		2:58.79	92%	Pt.
Costa Maria Malaguerra	98 :	50m Livres		32.85		30.47	86%	Pt.
		100m Livres		1:08.98		1:06.87	94%	Pt.
		200m Livres		2:24.09		2:25.52	102%	RP Pt.
		50m Costas		36.73		35.31	92%	Pt.
		100m Costas		1:16.62		1:13.92	93%	Pt.
		200m Costas		2:37.87		2:41.17	104%	RP Pt.
		50m Mariposa		36.64		35.72	95%	Pt.
		100m Mariposa		1:22.97		1:20.84	95%	Pt.
		200m Mariposa		2:59.94		--.--		RP Pt.
Coutinho Alexandre Valdagua	97 :	50m Livres		31.61		31.03	96%	Pt.
		100m Livres		1:06.38		1:04.70	95%	Pt.
		200m Livres		2:16.93		2:24.27	111%	RP Pt.
		50m Mariposa		35.42		33.22	88%	Pt.
		100m Mariposa		1:16.97		1:12.54	89%	Pt.
		200m Mariposa		2:42.92		2:55.22	116%	RP Pt.
Duarte Ana Mafalda	99 :	50m Livres		36.90		35.10	90%	Pt.
		100m Livres		1:20.40		1:19.33	97%	Pt.
		200m Livres		2:46.48		2:53.32	108%	RP Pt.
		50m Costas		43.06		42.38	97%	Pt.
		100m Costas		1:28.48		1:26.43	95%	Pt.
		200m Costas		2:58.38		--.--		RP Pt.
		50m Bruços		45.16		45.09	100%	Pt.
		100m Bruços		1:37.36		1:36.28	98%	Pt.
		200m Bruços		3:23.74		--.--		RP Pt.
Duarte Ana Vanessa	99 :	50m Livres		38.44		36.97	92%	Pt.
		100m Livres		1:21.30		1:21.09	99%	Pt.
		200m Livres		2:49.54		2:59.16	112%	RP Pt.
		50m Costas		43.60		42.54	95%	Pt.
		100m Costas		1:31.34		1:30.26	98%	Pt.
		200m Costas		3:04.97		--.--		RP Pt.
		50m Bruços		47.87		48.39	102%	RP Pt.
		100m Bruços		1:42.09		1:42.42	101%	RP Pt.
		200m Bruços		3:33.65		--.--		RP Pt.

Guerra Mariana Cunha	98 :	50m Livres	31.15	28.93	86%		Pt.
		100m Livres	1:05.10	1:01.73	90%		Pt.
		200m Livres	2:13.42	2:15.31	103%	RP	Pt.
		50m Costas	35.49	35.26	99%		Pt.
		100m Costas	1:13.42	1:12.58	98%		Pt.
		200m Costas	2:31.73	2:35.01	104%	RCSCC	Pt.
		50m Mariposa	34.46	32.93	91%		Pt.
		100m Mariposa	1:13.77	1:11.15	93%		Pt.
		200m Mariposa	2:35.06	2:40.24	107%	RCSCC	Pt.
Louro Margarida Santos	98 :	50m Livres	36.42	35.19	93%		Pt.
		100m Livres	1:17.22	1:16.40	98%		Pt.
		200m Livres	2:39.12	2:40.85	102%	RP	Pt.
		50m Costas	41.76	41.63	99%		Pt.
		100m Costas	1:26.91	1:26.20	98%		Pt.
		200m Costas	2:56.98	3:09.72	115%	RP	Pt.
		50m Bruços	47.51	47.98	102%	RP	Pt.
		100m Bruços	1:39.65	1:41.47	104%	RP	Pt.
		200m Bruços	3:22.86	--:--		RP	Pt.
Machado Florbela Cavaco	96 :	50m Livres	5 30.19	30.15	100%		Pt.
		50m Livres	31.11	30.15	94%		Pt.
		50m Livres	32.51	30.15	86%		Pt.
		50m Livres	31.59	30.15	91%		Pt.
		50m Livres	32.20	30.15	88%		Pt.
		100m Livres	4 1:03.96	1:03.11	97%		Pt.
		100m Livres	1:07.37	1:03.11	88%		Pt.
		100m Livres	1:05.26	1:03.11	94%		Pt.
		100m Livres	1:07.51	1:03.11	87%		Pt.
		200m Livres	2:17.28	2:15.87	98%		Pt.
		200m Livres	2 2:12.71	2:15.87	105%	RCSCC	Pt.
		200m Livres	2:17.33	2:15.87	98%		Pt.
		400m Livres	3 4:36.14	4:37.60	101%	RCSCC	Pt.
		400m Livres	4:37.86	4:37.60	100%		Pt.
		800m Livres	2 9:18.20	9:24.23	102%	RCSCC	Pt.
Machado Vanessa Branco	98 :	50m Livres	33.39	33.06	98%		Pt.
		100m Livres	1:10.39	1:09.21	97%		Pt.
		200m Livres	2:25.94	2:32.07	109%	RP	Pt.
		50m Costas	40.86	40.80	100%		Pt.
		100m Costas	1:25.06	1:25.59	101%	RP	Pt.
		200m Costas	2:52.95	3:01.61	110%	RP	Pt.
		50m Bruços	46.47	46.04	98%		Pt.
		100m Bruços	1:40.68	1:39.22	97%		Pt.
		200m Bruços	3:29.74	3:38.66	109%	RP	Pt.
Marques Diogo Manuel	98 :	50m Livres	36.16	35.39	96%		Pt.
		100m Livres	1:18.00	1:15.22	93%		Pt.
		200m Livres	2:38.42	2:52.44	118%	RP	Pt.
		50m Mariposa	40.30	39.17	94%		Pt.
		100m Mariposa	1:27.40	1:27.08	99%		Pt.
		200m Mariposa	3:06.60	--:--		RP	Pt.
Mota Leandro Fernandes	98 :	50m Livres	33.96	32.21	90%		Pt.
		100m Livres	1:14.80	1:08.76	85%		Pt.
		200m Livres	2:35.40	2:42.83	110%	RP	Pt.
		50m Costas	38.07	46.16	147%	RP	Pt.
		100m Costas	1:20.20	1:19.68	99%		Pt.
		200m Costas	2:44.77	--:--		RP	Pt.
		50m Bruços	45.35	--:--		RP	Pt.
		100m Bruços	1:37.44	--:--		RP	Pt.
		200m Bruços	3:23.89	--:--		RP	Pt.

Neto Hugo Neves	94 :	50m Livres	29.95	26.47	78%		Pt.
		50m Livres	30.95	26.47	73%		Pt.
		50m Livres	31.13	26.47	72%		Pt.
		100m Livres	1:05.45	59.51	83%		Pt.
		100m Livres	1:01.91	59.51	92%		Pt.
		100m Livres	1:05.59	59.51	82%		Pt.
		200m Livres	10 2:05.50	2:12.55	112%	RP	Pt.
		200m Livres	2:14.35	2:12.55	97%		Pt.
		200m Livres	2:14.93	2:12.55	97%		Pt.
		400m Livres	6 4:27.62	4:32.63	104%	RP	Pt.
		400m Livres	4:34.27	4:32.63	99%		Pt.
		800m Livres	9:12.61	9:15.34	101%	RP	Pt.
		1500m Livres	4 17:21.65	17:48.92	105%	RCSCC	Pt.
		50m Bruços	36.60	34.51	89%		Pt.
		50m Bruços	34.57	34.51	100%		Pt.
		100m Bruços	1:18.00	1:13.61	89%		Pt.
		100m Bruços	5 1:12.24	1:13.61	104%	RP	Pt.
		200m Bruços	5 2:39.06	2:40.25	102%	RP	Pt.
Oliveira Francisco Miguel	97 :	50m Livres	32.10	42.62	176%	RP	Pt.
		100m Livres	1:07.95	1:30.66	178%	RP	Pt.
		200m Livres	2:23.26	3:11.49	179%	RP	Pt.
		50m Bruços	42.35	53.01	157%	RP	Pt.
		100m Bruços	1:32.86	1:52.15	146%	RP	Pt.
		200m Bruços	3:16.60	--:--		RP	Pt.
Ramos Bruno Filipe	96 :	50m Livres	36.30	36.80	103%	RP	Pt.
		100m Livres	1:19.70	1:21.08	103%	RP	Pt.
		200m Livres	2:47.76	3:00.87	116%	RP	Pt.
		100m Estilos	1:28.62	--:--		RP	Pt.
Santos Carolina Rua	98 :	50m Livres	38.84	43.06	123%	RP	Pt.
		100m Livres	1:22.54	1:30.18	119%	RP	Pt.
		200m Livres	2:59.58	3:14.06	117%	RP	Pt.
Santos Diogo Andre	96 :	50m Mariposa	33.73	--:--		RP	Pt.
		100m Estilos	1:15.88	--:--		RP	Pt.
Stefaniv Roman	98 :	50m Livres	35.09	31.54	81%		Pt.
		100m Livres	1:14.06	1:06.91	82%		Pt.
		200m Livres	2:30.27	2:38.44	111%	RP	Pt.
		50m Costas	38.03	39.06	105%	RP	Pt.
		100m Costas	1:21.37	1:21.53	100%	RP	Pt.
		200m Costas	2:47.83	--:--		RP	Pt.
		50m Bruços	46.20	46.41	101%	RP	Pt.
		100m Bruços	1:41.01	1:39.11	96%		Pt.
		200m Bruços	3:29.55	--:--	DSQ		Pt.

Total 158 resultados individuais, desempenho médio: 101,2%  
6 novos rec. Clube, 71 novos rec. pessoais  
Maior melhoria: Alves Tiago Miguel, 100m Estilos 1:10.14