

Sumário de resultados

Piscina longa (50m),

Apelido, Nome	Ano Nasc.	Strecke	Pl.	Tempo	Sessão	Antigo PB.	Difer.		
Carvalho Eduardo Filipe	97 :	50m Mariposa		30.69	F	31.40	105%	RP	Pt.
		50m Mariposa		31.29		31.40	101%	RP	Pt.
		100m Mariposa		1:06.21	F	1:08.00	105%	RP	Pt.
		100m Mariposa		1:07.70		1:08.00	101%	RP	Pt.
		100m Mariposa		1:07.90		1:08.00	100%	RP	Pt.
		200m Mariposa	13	2:21.59	F	2:25.57	106%	RP	Pt.
		200m Mariposa	16	2:24.66		2:25.57	101%	RP	Pt.
		400m Estilos	12	5:01.47		5:05.01	102%	RP	Pt.
Costa Maria Malaguerra	98 :	50m Livres		30.86	F	29.31	90%		Pt.
		50m Livres		30.64		29.31	92%		Pt.
		100m Livres		1:04.36	F	1:02.53	94%		Pt.
		100m Livres		1:03.66		1:02.53	96%		Pt.
		200m Livres	5	2:13.44	F	2:13.66	100%	RP	Pt.
		200m Livres	5	2:12.80		2:13.66	101%	RP	Pt.
		50m Costas	5	32.64	F	33.64	106%	RCSCC	Pt.
		50m Costas		35.00	F	33.64	92%		Pt.
		50m Costas		33.51	F	33.64	101%	RP	Pt.
		50m Costas	6	32.73		33.64	106%	RP	Pt.
		50m Costas		33.11		33.64	103%	RP	Pt.
		50m Costas		34.86		33.64	93%		Pt.
		100m Costas		1:13.13	F	1:10.03	92%		Pt.
		100m Costas	5	1:09.71	F	1:10.03	101%	RP	Pt.
		100m Costas		1:12.69		1:10.03	93%		Pt.
		100m Costas	4	1:09.07		1:10.03	103%	RCSCC	Pt.
		200m Costas	7	2:31.06	F	2:30.49	99%		Pt.
		200m Costas	3	2:30.19		2:30.49	100%	RCSCC	Pt.
Coutinho Alexandre Valdagua	97 :	50m Mariposa		30.48	F	29.67	95%		Pt.
		50m Mariposa		29.47		29.67	101%	RP	Pt.
		50m Mariposa		30.49		29.67	95%		Pt.
		100m Mariposa		1:05.49	F	1:04.44	97%		Pt.
		100m Mariposa	23	1:02.84		1:04.44	105%	RP	Pt.
		100m Mariposa		1:04.48		1:04.44	100%		Pt.
		200m Mariposa	11	2:18.83	F	2:21.29	104%	RP	Pt.
		200m Mariposa	12	2:18.74		2:21.29	104%	RP	Pt.
Guerra Mariana Cunha	98 :	50m Mariposa		31.32	F	31.31	100%		Pt.
		50m Mariposa	4	30.13	F	31.31	108%	RCSCC	Pt.
		50m Mariposa		31.16	F	31.31	101%	RP	Pt.
		50m Mariposa		30.87		31.31	103%	RP	Pt.
		50m Mariposa		33.09		31.31	90%		Pt.
		50m Mariposa	2	30.30		31.31	107%	RP	Pt.
		100m Mariposa		1:07.40	F	1:06.56	98%		Pt.
		100m Mariposa	2	1:05.77	F	1:06.56	102%	RCSCC	Pt.
		100m Mariposa		1:08.16		1:06.56	95%		Pt.
		100m Mariposa	3	1:06.03		1:06.56	102%	RP	Pt.
		100m Mariposa		1:10.32		1:06.56	90%		Pt.
		200m Mariposa	4	2:24.79	F	2:26.45	102%	RCSCC	Pt.
		200m Mariposa	3	2:26.72		2:26.45	100%		Pt.
		400m Estilos	6	5:13.70		5:14.11	100%	RCSCC	Pt.

Machado Florbela Cavaco	96 :	50m Livres		31.23	F	29.91	92%		Pt.
		50m Livres		31.51	F	29.91	90%		Pt.
		50m Livres		30.79		29.91	94%		Pt.
		50m Livres		31.49		29.91	90%		Pt.
		50m Livres		31.91		29.91	88%		Pt.
		100m Livres		1:04.44	F	1:04.06	99%		Pt.
		100m Livres		1:04.87	F	1:04.06	98%		Pt.
		100m Livres		1:03.72		1:04.06	101%	RP	Pt.
		100m Livres		1:05.71		1:04.06	95%		Pt.
		100m Livres		1:04.94		1:04.06	97%		Pt.
		200m Livres	3	2:11.50	F	2:13.16	103%	RCSCC	Pt.
		200m Livres		2:12.96	F	2:13.16	100%	RP	Pt.
		200m Livres	3	2:11.69		2:13.16	102%	RP	Pt.
		200m Livres		2:12.78		2:13.16	101%	RP	Pt.
		200m Livres		2:13.87		2:13.16	99%		Pt.
		400m Livres	1	4:27.83	F	4:31.47	103%	RP	Pt.
		400m Livres	1	4:27.72		4:31.47	103%	RCSCC	Pt.
		400m Livres		4:31.28		4:31.47	100%	RP	Pt.
		800m Livres	1	9:03.45		9:19.38	106%	RCSCC	Pt.
Machado Vanessa Branco	98 :	50m Livres		32.34		31.35	94%		Pt.
		50m Livres		33.70		31.35	87%		Pt.
		50m Livres		32.03		31.35	96%		Pt.
		100m Livres		1:08.77		1:04.71	89%		Pt.
		100m Livres		1:11.56		1:04.71	82%		Pt.
		100m Livres	20	1:05.99		1:04.71	96%		Pt.
		200m Livres	26	2:24.50		2:19.52	93%		Pt.
		200m Livres		2:27.94		2:19.52	89%		Pt.
Marques Diogo Manuel	98 :	400m Livres	23	4:59.93		4:53.53	96%		Pt.
		50m Livres		29.97		30.88	106%	RP	Pt.
		50m Livres		30.64		30.88	102%	RP	Pt.
		100m Livres		1:03.65		1:06.77	110%	RP	Pt.
		100m Livres		1:05.79		1:06.77	103%	RP	Pt.
		200m Livres	27	2:13.05		2:21.42	113%	RP	Pt.
		200m Livres		2:18.00		2:21.42	105%	RP	Pt.
Neto Hugo Neves	94 :	400m Livres	20	4:43.94		4:47.94	103%	RP	Pt.
		50m Livres		30.11	F	28.90	92%		Pt.
		50m Livres		31.28		28.90	85%		Pt.
		50m Livres		30.38		28.90	90%		Pt.
		100m Livres		1:03.34	F	1:00.28	91%		Pt.
		100m Livres		1:03.98		1:00.28	89%		Pt.
		100m Livres		1:05.48		1:00.28	85%		Pt.
		200m Livres		2:10.52	F	2:08.82	97%		Pt.
		200m Livres		2:11.79		2:08.82	96%		Pt.
		200m Livres		2:13.43		2:08.82	93%		Pt.
		400m Livres	11	4:21.19	F	4:22.40	101%	RCSCC	Pt.
		400m Livres	11	4:25.22		4:22.40	98%		Pt.
		400m Livres		4:31.31		4:22.40	94%		Pt.
		800m Livres		9:06.92		8:56.85	96%		Pt.
		1500m Livres	7	17:13.72		17:10.56	99%		Pt.
		50m Bruços		36.54		34.34	88%		Pt.
		100m Bruços		1:18.04		1:15.70	94%		Pt.
		200m Bruços	19	2:42.00		2:45.99	105%	RP	Pt.

Total 100 resultados individuais, desempenho médio: 98,0%
11 novos rec. Clube, 47 novos rec. pessoais
Maior melhoria: Marques Diogo Manuel, 200m Livres 2:13.05