

A.S.S. SOCIEDADE COLUMBÓFILA CANTANHEDE

Prova TOREGRI - Inverno

Provas Nadadas 66

Recordes Pessoais 56

% Recordes Pessoais 84

1º Lugar Obtidos: 5

2º Lugar Obtidos: 5

3º Lugar Obtidos: 9

Nome	Ano	Prova	Tempo Inscrição	Tempo Efectuado	Melhoria Verificada	Lugar
João Grilo	96	400 L	05:58,74	05:34,17	00:24,57	5
		100 M	01:34,14	01:30,36	00:03,78	4
		200 E	03:06,91	03:03,51	00:03,40	5
		100 B	01:43,94	01:41,41	00:02,53	5
Diogo Santos	96	400 L	06:06,58	05:38,42	00:28,16	7
		100 M	01:34,84	01:30,50	00:04,34	5
		200 E	03:01,00	02:58,43	00:02,57	3
		100 B	01:35,11	01:35,61	00:00,50	3
Carlos Santos	96	400 L	06:26,61	06:00,41	00:26,20	11
		100 C	01:28,64	01:28,00	00:00,64	4
		200 E	NT	03:12,55	- - -	9
		100 B	01:40,63	01:41,83	00:01,20	6
Diogo Costa	97	200 L	03:31,47	03:13,97	00:17,50	11
		100 C	01:37,82	01:34,54	00:03,28	3
		200 E	03:42,51	03:30,56	00:11,95	6
		100 L	01:27,98	01:28,75	00:00,77	9
Diogo Gonçalves	97	200 L	03:29,50	03:19,93	00:09,57	15

		100 C	01:39,55	01:38,34	00:01,21	6
		100 B	01:42,60	01:41,22	00:01,38	2
		100 L	01:32,12	01:35,55	00:03,43	14
Eduardo Carvalheiro	97	200 L	03:02,65	02:44,75	00:17,90	3
		50 M	00:42,71	00:42,40	00:00,31	3
		200 E	03:25,91	03:24,64	00:01,27	4
		100 L	01:17,45	01:16,12	00:01,33	3
Alexandre Coutinho	97	200 L	03:25,43	03:01,89	00:23,54	5
		50 M	00:43,66	00:47,08	00:03,42	4
		100 B	01:49,68	01:48,56	00:01,12	5
		100 L	01:23,56	01:23,01	00:00,55	6
Francisco Oliveira	97	200 L	NT	03:45,95	- - -	18
		100 C	01:52,50	01:49,15	00:03,35	13
		200 E	NT	03:56,09	- - -	8
		100 L	01:54,11	01:43,87	00:10,24	20
Diogo Dias	98	50 M	00:52,30	00:51,37	00:00,93	3
		50 L	00:41,10	00:43,04	00:01,94	12
		100 E	01:44,51		DSQ	
		50 B	00:56,28	00:53,40	00:02,88	2
Eduardo Galhano	98	50 L	NT	00:49,68	- - -	18
		50 C	NT	00:53,00	- - -	12
Tiago Santos	99	50 L	00:41,51	00:40,41	00:01,10	5
		50 C	00:52,97	00:51,94	00:01,03	10
Leonardo Cavaleiro	99	50 L	NT	00:53,08	- - -	20
		50 C	00:59,11	00:52,14	00:06,97	11
Ana Guina	97	400 L	07:43,30	07:24,34	00:18,96	13
		100 C	01:45,47	01:43,83	00:01,64	14
		100 B	01:49,60	01:49,07	00:00,53	4
		100 L	01:42,23	01:43,73	00:01,50	18
Mariana Pereirinha	98	200 L	NT	02:51,47	- - -	2

		100 C	01:35,14	01:32,78	00:02,36	3
		200 E	03:24,58	03:18,54	00:06,04	2
		100 B	01:53,22	01:47,94	00:05,28	1
Mariana Guerra	98	200 L	03:16,09	02:45,31	00:30,78	1
		100 C	01:28,52	01:25,74	00:02,78	1
		200 E	03:20,55	03:06,06	00:14,49	1
		100 L	01:17,66	01:16,46	00:01,20	1
Carolina Santos	98	200 L	NT	03:28,37	- - -	8
		100 C	01:45,18	01:47,07	00:01,89	8
		100 B	02:01,71	01:58,01	00:03,70	9
		100 L	01:38,40	01:37,98	00:00,42	11
Iolanda Samagaio	98	100 C	01:52,93	01:52,31	00:00,62	12
		100 L	01:47,69	01:48,31	00:00,62	18
Beatriz Catarino	98	100 C	NT	02:10,03	- - -	22
		100 L	NT	01:59,07	- - -	20
Ana Reis	2000	50 M	01:00,89	00:53,72	00:07,17	3
		50 L	00:45,73	00:47,20	00:01,47	7
		50 C	00:53,23	00:49,66	00:03,57	2
		50 B	01:01,91	00:58,18	00:03,73	5

							Número	Média
Classificação	Clube		Ouro	Prata	Bronze	Total	Atletas	Medalha/Atletas
1.	Lousanen	CDL	12	5	6	23	13	1,8
2.	Académica	AAC	11	14	2	27	32	0,8
3.	Nautico	CNAC	10	8	10	28	43	0,7

4.	Columbof ila	ASSSCC	6	6	9	21	19	1,1
5.	Miranda Corvo	CNMC	5	3	4	12	14	0,9
6.	Gouveia	ABPG	2	2	1	5	5	1,0
7.	Figueiren se	GCF	0	4	1	5	9	0,6
8.	Paiao	JFP	0	0	2	2	7	0,3
9.	Vigor	V	0	0	0	0	9	0,0
10.	Agueda	SCA	0	0	0	0	11	0,0

Lousanen
se