

A.S.S. SOCIEDADE COLUMBÓFILA CANTANHEDE

PROVA TOREGRI VERÃO

Provas Nadadas 76

Recordes Pessoais 67

% Rec. Pessoais 88

1º Lugar Obtidos:

2º Lugar Obtidos:

3º Lugar Obtidos:

Nome	Ano	Prova	Tempo Inscrição	Tempo Efectuado	Melhoria Verificada	Lugar
João Grilo	96	400 L	05:34,17	05:26,97	00:07,20	
		100 M	01:30,36	01:29,67	00:00,69	
		200 E	03:03,51	02:58,30	00:05,21	
		100 L	01:16,68	01:11,91	00:04,77	
Diogo Santos	96	400 L	05:38,42	05:21,21	00:17,21	
		100 M	01:30,50	01:24,58	00:05,92	
		100 B	01:35,11	01:32,55	00:02,56	
		100 L	01:14,15	01:10,79	00:03,36	
Carlos Santos	96	400 L	05:50,08	05:49,37	00:00,35	
		100 C	01:28,00	01:24,46	00:03,54	
		100 B	01:40,63	01:37,44	00:03,19	
		100 L	01:22,10	01:15,10	00:07,00	
Bruno Ramos	96	100 C	NT	01:59,25		
		100 B	NT	02:00,00		
		100 L	NT	01:39,29		
Diogo Costa	97	200 L	03:00,47	03:03,03	00:02,56	
		50 M	00:47,53	00:44,85	00:02,68	
		100 B	01:54,54	01:46,55	00:07,99	
		100 L	01:25,11	01:20,87	00:04,24	
Diogo Gonçalves	97	200 L	03:14,64	03:06,39	00:08,25	
		100 C	01:38,34	01:34,91	00:03,43	
		100 B	01:41,22	01:39,97	00:01,25	
		100 L	01:31,57	01:28,91	00:02,66	
Eduardo Carvalheiro	97	200 L	02:44,75	02:38,59	00:06,16	
		50 M	00:40,21	00:38,98	00:01,23	
		100 B	01:43,52	01:36,60	00:06,92	
		100 L	01:16,12	01:14,98	00:01,14	
Alexandre Coutinho	97	200 L	02:57,50	02:46,19	00:11,31	
		50 M	00:42,67	00:41,04	00:01,63	
		100 B	01:48,56	01:45,26	00:03,30	
		100 L	01:23,01	01:17,47	00:05,54	
Francisco Oliveira	97	200 L	03:31,26	03:11,49	00:00,35	
		50 M	00:47,66	00:45,70	00:01,96	
		100 B	02:02,47	01:52,15	00:10,32	
		100 L	01:38,11	01:30,66	00:00,35	

Alexandro Portásio	97	200 L	NT	03:12,06		
		100 C	NT	01:40,58		
		200 E	NT	03:34,15		
		100 B	NT	01:57,15		
Diogo Dias	98	50 B	00:53,40	DSQ		
		50 L	00:41,40	00:39,93	00:01,47	
		50 C	00:51,02	00:46,81	00:04,21	
		50 M	00:51,37	00:51,55	00:00,18	
Eduardo Galhano	98	50 B	NT	00:56,97		
		50 L	00:49,68	00:49,07	00:00,61	
		100 E	NT	01:54,35		
		50 C	00:53,00	00:54,19	00:01,19	
Leonardo Cavaleiro	99	50 B	NT	01:03,71		
		50 L	00:50,78	00:45,79	00:04,99	
		100 E	NT	01:55,78		
		50 C	00:52,14	00:51,45	00:00,69	
Tiago Santos	99	50 B	00:52,39	00:52,86	00:00,47	
		50 L	00:40,41	00:40,47	00:00,06	
		50 C	00:51,94	00:49,15	00:02,79	
		50 M	NT	00:59,37		
Ana Guina	97	400 L	07:18,99	07:13,86	00:05,13	
		100 C	01:43,83	01:44,64	00:00,81	
		100 B	01:44,24	01:45,08	00:00,84	
		100 L	01:42,23	01:41,81	00:00,42	
Beatriz Catarino	98	200 L	NT	03:38,59		
		100 C	NT	01:58,03		
		100 L	NT	01:40,47		
Mariana Guerra	98	200 L	02:44,98	02:34,72	00:10,26	
		50 M	00:39,75	00:37,68	00:02,07	
		100 B	01:43,76	01:38,65	00:05,11	
		100 L	01:16,46	01:10,32	00:06,14	
Carolina Santos	98	200 L	03:28,37	03:14,06	00:14,31	
		50 M	00:54,75	00:53,04	00:01,71	
		100 B	01:58,01	01:50,21	00:07,80	
		100 L	01:35,22	01:30,18	00:05,04	
Ana Reis	2000	50 B	00:58,18	00:54,91	00:00,35	
		50 L	00:44,05	00:44,96	00:00,91	
		50 C	00:49,66	00:50,10	00:00,44	
		50 M	00:53,72	00:50,93	00:02,79	

Estafetas	Prova	Equipa	Constituição	T. Inscrição	T. Efectuado	
	4x100 L	Masc	DS;CS;JG;FO	NT	05:10,65	
	4x50 E	Fem	AR;AG;CS;MG	NT	03:05,00	
	4x50 E	Masc	DC;DG;EC;AV	NT	02:44,60	
	4x50 L	Masc	EG;TS;DD;LC	NT	03:01,25	
	4x50 L	Fem	BC;AR;CS;MG	NT	02:45,00	
	4x100 E	Masc	CS;DS;JG;BR	NT	06:10,90	

Classificação	Clube	Ouro	Prata	Bronze
1.	AAC	Académica		
2.	CDL	Lousanense		
3.	ASSSCC	Columbofila		
4.	CNAC	Nautico		
5.	ABPG	Gouveia		
6.	JFP	Paiao		
7.	CNMC	Miranda Corvo		
8.	GCF	Figueirense		