

| Prova | Torneio ASALeiria |
|-------|-------------------|
|-------|-------------------|

Provas Nadadas 20

Recordes Pessoais 17

% Recordes Pessoais 85

| Nome                | Ano  | Prova | Tempo Inscrição | Tempo Efectuado | Melhoria Verificada | Lugar |
|---------------------|------|-------|-----------------|-----------------|---------------------|-------|
| João Grilo          | 96   | 100 L | 01:17,29        | 01:17,22        | 00:00,07            | 4     |
|                     |      | 200 E | 03:08,48        | 03:06,91        | 00:01,57            | 8     |
| Diogo Santos        | 96   | 200 E | 03:09,96        | 03:01,00        | 00:08,96            | 4     |
| Carlos Santos       | 96   | 100 C | 01:33,28        | 01:29,18        | 00:04,10            | 5     |
| Diogo Costa         | 97   | 50 M  | 00:51,58        | 00:50,15        | 00:01,43            | 23    |
|                     |      | 50 C  | 00:46,44        | 00:46,17        | 00:00,27            | EST   |
| Diogo Gonçalves     | 97   | 100 B | 01:42,60        | 01:46,43        | 00:03,83            | 12    |
| Eduardo Carvalheiro | 97   | 100 B | NT              | 01:45,33        | ---                 | 10    |
| Alexandre Coutinho  | 97   | 50 M  | 00:49,35        | 00:47,29        | 00:02,06            | 17    |
| Diogo Dias          | 98   | 100 L | NT              | 01:39,94        | ---                 | 26    |
| Ana Guina           | 97   | 50 M  | 00:54,34        | 00:55,14        | 00:00,80            | 17    |
|                     |      | 100 B | 01:50,04        | 01:49,61        | 00:00,43            | 11    |
| Mariana Pereirinha  | 98   | 100 L | 01:27,06        | 01:26,88        | 00:00,18            | 10    |
|                     |      | 200 E | 03:38,17        | 03:24,58        | 00:13,59            | 8     |
| Mariana Guerra      | 98   | 100 L | 01:21,39        | 01:21,46        | 00:00,07            | 6     |
|                     |      | 200 E | 03:27,79        | 03:20,55        | 00:07,24            | 7     |
|                     |      | 50 C  | 00:42,64        | 00:42,55        | 00:00,09            | EST   |
| Carolina Santos     | 98   | 50 M  | NT              | ---             | ---                 | DSQ   |
| Iolanda Samagaio    | 98   | 100 C | 01:54,93        | 01:52,93        | 00:02,00            | 20    |
| Ana Reis            | 2000 | 100 B | NT              | 02:09,87        | ---                 | 26    |

|           |         |     |          |   |
|-----------|---------|-----|----------|---|
| Estafetas | 4x50 E  | Mas | 02:48,92 | 5 |
|           | 4x50L E | Fem | 03:07,18 | 8 |

