

Prova 43 03/07/2016 - 18:35	Femin., 4 x 100m Estilos Grafiporto				Absolutos Startlist
RN Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21/07/2009
RN Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008
RN Juv	4:34.41	Sport Alges e Dafundo	SAD	Oeiras	27/07/2014
RN Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
RN Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04/04/2015
RN Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21/07/2009
Recorde Regional 50m Absoluto	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			11/04/2010
Recorde Regional 50m Juv B	4:42.26	Catarina Jardim, Barbara Goncalve GDNVNF\lvJamora Costa			29/07/2012
Recorde Regional 50m Juv	4:38.17	Isabel Pego, Beatriz Silva, Maria CaFCP Ana F:Famalicao			05/07/2015
Recorde Regional 50m Juv A	4:40.48	Graca Araujo, Barbara Goncalves, GDNVNF\auCoimbraCosta			30/03/2013
Recorde Regional 50m Jun	4:26.70	Maria Amorim, Paula Oliveira, Silvia FCPires, AnPovoa de Varzim			07/08/2011
Recorde Regional 50m Sen	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			11/04/2010

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 18:35</u>						
2	F	Vit�ria de Guimaraes/Olicargo 2	Juv		Vit�ria de Guimaraes/Olicargo	5:06.91 <u>EXH</u>
3	F	Natacao de Valongo 2	Juv		Natacao de Valongo	5:00.82 _____
4	F	Colegio SMLamas 1	Abs		Colegio SMLamas	4:59.05 _____
5	F	Colegio SMLamas 2	Juv		Colegio SMLamas	5:00.12 _____
6	F	Vilacondense 2	Juv		Vilacondense	5:03.28 _____
7	F	Vit�ria de Guimaraes/Olicargo 1	Abs		Vit�ria de Guimaraes/Olicargo	5:10.77 _____
<u>S�rie 2 de 2, 18:40</u>						
1	F	Fluvial Portuense 1	Abs		Fluvial Portuense	4:52.12 _____
2	F	Leixoes Sport Club 1	Abs		Leixoes Sport Club	4:49.66 _____
3	F	Aquatico Pacense 2	Juv		Aquatico Pacense	4:42.33 _____
4	F	Famali�o 1	Abs		Famali�o	4:35.91 _____
5	F	Porto 2	Juv		Porto	4:38.17 _____
6	F	Aquatico Pacense 1	Abs		Aquatico Pacense	4:44.24 _____
7	F	Foca 1	Abs		Foca	4:51.80 _____
8	F	Famali�o 2	Juv		Famali�o	4:55.66 _____