

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	67	61	69	74	55	53	70	79	62	68	64	65	72	66	63	76	77	78	59	57
	Luis Sil	Joao Ra	Augusto	Dario G	Jose Mo	Pedro R	Mario	Joao Go	Telmo	Jose Fo	Raul Gi	Miguel	Carlos	Francis	Joao Te	Rui Car	Augusto	Luis So	Jose Oli	Antonio
1	0:59.106	1:00.124	0:59.638	0:59.665	1:01.293	1:00.815	1:00.539	1:00.581	1:01.012	1:00.659	1:04.173	1:00.683	1:00.917	1:01.226	1:00.913	1:01.479	1:01.179	1:01.875	1:05.165	1:04.846
2	0:55.570	0:55.050	0:55.567	0:56.462	0:56.728	0:57.045	0:57.172	0:57.085	0:56.799	0:57.117	0:57.733	0:57.354	0:57.636	0:57.514	0:58.220	0:59.086	0:56.981	0:57.287	0:56.932	0:57.043
3	<b>0:54.746</b>	0:55.399	0:55.386	0:55.838	0:56.073	<b>0:55.772</b>	0:56.354	0:56.138	0:56.060	0:56.220	0:56.664	0:56.061	0:57.684	0:56.871	0:56.958	0:56.801	1:04.226	0:58.131	0:57.247	0:58.180
4	0:54.905	0:55.214	0:55.171	0:55.853	0:55.784	0:56.059	0:55.852	0:55.976	0:56.018	0:55.675	0:56.105	0:55.736	0:56.719	0:56.743	0:56.754	0:56.721	0:56.232	0:57.406	0:56.917	<b>0:56.093</b>
5	0:54.916	0:54.854	0:55.104	0:55.641	0:56.048	0:56.514	0:56.651	0:56.010	0:56.019	0:56.033	0:56.200	0:55.801	0:56.698	0:56.211	0:56.135	0:56.759	0:56.224	<b>0:56.238</b>	0:57.456	0:56.832
6	0:54.955	0:54.921	<b>0:54.885</b>	0:56.049	0:55.747	0:56.378	0:56.152	0:56.110	0:56.070	0:55.995	0:55.712	0:56.014	0:56.061	0:56.741	<b>0:55.916</b>	0:56.180	0:57.076	0:56.365	0:57.263	0:56.950
7	0:54.832	0:55.631	0:54.990	0:55.658	<b>0:55.735</b>	0:56.504	0:57.071	0:56.060	0:56.325	0:56.253	0:55.744	0:56.696	0:56.528	0:56.544	0:56.076	0:55.970	0:56.626	0:56.380	0:57.271	0:56.723
8	0:54.869	0:55.653	0:55.577	0:55.591	0:56.081	0:55.959	0:56.152	0:56.362	0:56.098	0:56.193	0:56.796	0:56.073	0:57.558	0:58.133	0:56.052	0:57.692	0:56.928	0:57.080	0:57.074	0:57.613
9	0:55.507	0:55.425	0:55.429	0:55.520	0:55.870	0:56.398	0:56.485	0:56.384	0:56.620	0:56.307	0:55.998	0:56.374	0:55.979	0:55.946	0:56.741	0:55.816	0:56.748	0:56.611	0:56.558	0:56.489
10	0:55.153	0:55.433	0:55.444	0:55.812	0:56.157	0:56.467	0:56.425	0:56.341	0:56.320	0:56.355	0:56.349	0:56.464	0:56.301	0:56.582	0:56.072	0:56.511	0:56.942	0:56.588	0:56.382	0:57.594
11	0:55.279	0:55.336	0:55.380	<b>0:55.483</b>	0:55.981	0:56.421	0:56.445	0:56.406	0:56.219	0:56.561	0:56.038	0:56.534	0:56.038	0:56.465	0:56.218	0:55.868	0:56.264	0:56.911	0:56.181	0:56.312
12	0:55.441	0:55.096	0:55.069	0:55.623	0:55.893	0:56.831	0:56.764	0:56.909	0:57.095	0:57.649	0:56.146	0:56.689	0:56.466	0:56.004	0:56.431	0:57.009	0:56.574	0:57.465	0:56.527	0:57.365
13	0:55.095	0:55.272	0:55.336	0:55.542	0:56.083	0:56.369	0:56.310	0:56.403	0:56.631	0:56.531	0:56.049	0:57.412	0:56.161	0:56.070	0:56.034	0:55.928	0:57.172	0:56.594	0:56.868	0:56.854
14	0:55.299	0:54.828	0:55.039	0:55.611	0:56.247	0:55.846	0:56.125	0:56.098	0:56.802	0:56.776	<b>0:55.552</b>	0:56.640	0:56.101	0:56.138	0:57.432	<b>0:55.422</b>	0:56.491	0:57.148	<b>0:55.936</b>	0:57.401
15	0:55.476	<b>0:54.713</b>	0:55.199	0:55.801	0:55.918	0:55.804	0:55.815	<b>0:55.754</b>	<b>0:55.792</b>	0:55.928	0:56.024	0:55.815	0:56.304	0:55.984	0:57.379	0:57.010	0:56.469	0:56.749	0:57.311	0:56.414
16	0:55.321	0:55.510	0:55.276	0:55.942	0:56.526	0:55.853	0:55.743	0:55.787	0:55.820	<b>0:55.662</b>	0:56.330	0:56.056	0:56.178	0:56.381	0:56.413	0:56.721	0:56.654	0:57.111	0:56.592	0:56.508
17	0:55.288	0:55.459	0:55.330	0:55.773	0:56.205	0:56.196	0:55.795	0:55.944	0:55.976	0:56.084	0:55.788	0:55.959	0:56.623	0:56.483	0:56.579	0:56.802	<b>0:55.925</b>	0:56.846	0:56.424	0:56.350
18	0:55.099	0:55.119	0:54.996	0:57.542	0:56.531	0:55.802	<b>0:55.723</b>	0:55.981	0:56.428	0:56.536	0:56.122	<b>0:55.644</b>	<b>0:55.839</b>	<b>0:55.896</b>	0:56.175	0:55.934	0:56.364	0:57.423	0:56.860	0:56.461
19	0:55.010	0:55.443	0:55.523	0:56.250	0:55.833	0:55.953	0:56.310	0:56.313	0:56.544	0:56.284	0:55.859	0:56.318	0:56.284	0:56.805	0:56.576	0:56.977	0:57.145	0:57.041	0:57.067	0:57.063
20	0:55.028	0:55.387	0:55.364	0:56.068	0:56.147	0:56.027	0:56.091	0:56.426	0:56.044	0:55.946	0:56.085	0:56.332	0:56.648	0:56.525	0:57.096	0:56.388	0:56.682	0:57.245	0:57.755	0:57.155
21	0:55.111	0:55.367	0:55.077	0:56.359	0:55.924	0:55.991	0:56.292	0:56.398	0:55.920	0:56.212	0:56.118	0:56.154	0:56.179	0:56.452	0:57.163	0:57.170	0:56.736	0:57.295	0:57.100	0:56.449
22	0:55.403	0:55.299	0:55.443	0:56.419	0:56.244	0:56.149	0:56.873	0:56.728	0:57.144	0:57.764	0:56.548	0:57.785	0:56.586	0:56.447	0:56.367	0:57.462	0:56.586	0:56.706	0:56.547	0:57.545
av	<b>0:55.336</b>	0:55.478	0:55.464	0:56.113	0:56.320	0:56.416	0:56.506	0:56.463	0:56.534	0:56.579	0:56.551	0:56.572	0:56.704	0:56.734	0:56.804	0:56.895	0:57.192	0:57.204	0:57.246	0:57.283
History	0:54.638	0:54.492	0:54.685	0:54.611	0:54.646	0:55.154	0:55.588	0:55.027	0:55.038	0:55.394	0:54.442	0:55.625	0:54.700	0:54.814	0:54.743	0:54.909	0:55.291	0:54.512	0:55.171	0:54.669
	0:54.746	0:54.713	0:54.830	0:54.651	0:54.963	0:55.277	0:55.663	0:55.038	0:55.303	0:55.662	0:54.999	0:55.644	0:54.745	0:55.235	0:54.818	0:54.917	0:55.295	0:55.049	0:55.531	0:54.944
	0:54.871	0:54.761	0:54.885	0:54.733	0:54.980	0:55.296	0:55.723	0:55.295	0:55.712	0:55.886	0:55.056	0:55.673	0:55.348	0:55.419	0:55.334	0:55.003	0:55.361	0:55.389	0:55.564	0:55.124
	0:54.881	0:54.902	0:55.046	0:54.742	0:54.989	0:55.326	0:55.741	0:55.303	0:55.723	0:56.199	0:55.109	0:55.680	0:55.585	0:55.438	0:55.388	0:55.032	0:55.582	0:55.422	0:55.738	0:55.566
	0:54.916	0:55.015	0:55.060	0:54.808	0:55.080	0:55.376		0:55.396	0:55.740		0:55.120	0:55.707	0:55.761	0:55.659	0:55.404	0:55.134	0:55.616	0:55.474	0:55.771	0:56.093

Resultados do Heat			
Pos	#Nome	laps	Melhor
1	67 Luis Sil	22	54.746
2	61 Joao Rai	22	54.713
3	69 Augusto	22	54.885
4	74 Dario G	22	55.483
5	55 Jose Mo	22	55.735
6	53 Pedro R	22	55.772
7	70 Mario	22	55.723
8	79 Joao Go	22	55.754
9	62 Telmo	22	55.792
10	68 Jose For	22	55.662
11	64 Raul Gir	22	55.552
12	65 Miguel	22	55.644
13	72 Carlos	22	55.839
14	66 Francisc	22	55.896
15	63 Joao Tei	22	55.916
16	76 Rui Car	22	55.422
17	77 Augusto	22	55.925
18	78 Luis Soa	22	56.238
19	59 Jose Oli	22	55.936
20	57 Antonio	22	56.093
21	51 Sergio	22	56.074
22	60 Miguel	22	56.593
23	80 Joao Se	22	56.429
24	56 Duarte	21	56.613
25	73 Vitor C	20	58.053

Melhores tempos de hoje		
1	13:11 Luis Soar	0:59.928
2	12:59 humberto	2:52.248

Record da semana		
21-11-09	Raul Girã	0:54.442
Record do mês		
04-11-09	Alvaro Pin	0:53.551
Record do ano		
04-11-09	Alvaro Pin	0:53.551
Record de sempre		
04-11-09	Alvaro Pin	0:53.551

	21	22	23	24	25
	51	60	80	56	73
	Sergio	Miguel	Joao Se	Duarte	Vitor C
1	1:01.650	1:03.341	1:01.258	1:01.973	1:02.196
2	0:57.593	0:57.827	0:58.931	0:57.738	0:58.882
3	0:58.239	0:57.591	0:57.726	1:07.193	1:06.493
4	0:56.517	0:57.040	0:57.203	0:57.237	0:59.404
5	0:56.731	0:57.126	0:57.039	<b>0:56.613</b>	0:58.429
6	0:56.546	0:56.836	0:57.943	0:58.003	1:08.239
7	0:57.317	0:57.362	0:57.246	0:58.101	0:59.380
8	0:57.179	0:58.297	0:58.303	0:57.578	1:14.383
9	<b>0:56.074</b>	<b>0:56.593</b>	0:56.759	0:58.100	1:18.666
10	0:56.836	0:56.837	0:57.058	0:58.542	0:59.823
11	0:59.304	0:56.969	0:56.567	0:57.214	<b>0:58.053</b>
12	0:56.351	0:56.715	0:56.955	1:04.927	1:04.353
13	0:57.619	0:57.055	<b>0:56.429</b>	0:57.784	0:59.797
14	0:56.206	0:57.313	0:57.199	0:57.178	1:00.194
15	0:57.047	0:57.499	0:57.172	1:02.013	0:58.148
16	0:56.744	0:57.360	0:57.095	0:57.348	1:06.624
17	0:56.646	0:57.050	0:56.874	0:59.976	1:00.793
18	0:56.353	0:56.595	0:56.980	0:57.645	1:02.373
19	0:58.653	0:57.030	0:57.036	0:59.301	1:00.805
20	0:57.284	0:56.853	0:56.659	0:59.320	1:14.244
21	0:56.465	0:56.897	0:57.157	1:00.238	<b>1:03.563</b>
22	0:57.415	0:57.243	0:57.636	<b>0:59.239</b>	0:55.546
av	<b>0:57.307</b>	<b>0:57.428</b>	<b>0:57.419</b>	0:55.809	0:55.571
History	0:55.174	0:54.948	0:54.978	0:56.388	0:56.088
	0:55.275	0:55.044	0:55.217	0:56.613	0:56.150
	0:56.074	0:55.300	0:56.429	0:57.392	0:56.466
	0:56.395	0:55.323	0:56.668		
		0:55.350			

Resultados do Heat			
Pos	#Nome	laps	Melhor
1	67 Luis Sil	22	54.746
2	61 Joao Rai	22	54.713
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8	79 Joao Go	22	55.754
9	62 Telmo	22	55.792
10	68 Jose For	22	55.662
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12	65 Miguel	22	55.644
13	72 Carlos	22	55.839
14	66 Francisc	22	55.896
15	63 Joao Tei	22	55.916
16	76 Rui Car	22	55.422
17	77 Augusto	22	55.925
18	78 Luis Soa	22	56.238
19	59 Jose Oli	22	55.936
20	57 Antonio	22	56.093
21	51 Sergio	22	56.074
22	60 Miguel	22	56.593
23	80 Joao Se	22	56.429
24	56 Duarte	21	56.613
25	73 Vitor C	20	58.053

Melhores tempos de hoje		
1	13:11 Luis Soar	0:59.928
2	12:59 humberto	2:52.248

Record da semana		
21-11-09	Raul Girã	0:54.442
Record do mês		
04-11-09	Alvaro Pin	0:53.551
Record do ano		
04-11-09	Alvaro Pin	0:53.551
Record de sempre		
04-11-09	Alvaro Pin	0:53.551