

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

1 - 1ª Jornada - 1ª Sessão

16/06/2019 - 10:00

Prova 1	Femin., 800m Livres					Absoluto
16/06/2019 - 10:00						Resultados
Rec Nac Absoluto	8:23.23	Diana Margarida, DURAES	SLB	Felgueiras	23/12/2018	
Rec Nac 18 +	8:23.23	Diana Margarida, DURAES	SLB	Felgueiras	23/12/2018	
Rec Nac 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015	
Rec Nac 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014	
Rec Nac 15	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004	
Rec Nac 14	9:00.27	Alexandra Maria, SILVA	FCP	Antibbes (FRA)	20/12/1980	
Rec Nac 13	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980	
Rec Nac 12	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16/05/2009	
Rec Reg ANC Absoluto	8:45.84	Alexandra Couto, FRAZAO	CAQC		13/06/2018	
Rec Reg ANC 18 +	8:51.95	Florbela Cavaco, MACHADO	CNAC		12/06/2013	
Rec Reg ANC 17	8:45.84	Alexandra Couto, FRAZÃO	CAQC		12/06/2018	
Rec Reg ANC 16	8:47.74	Alexandra Couto, FRAZÃO	FBSC		12/06/2018	
Rec Reg ANC 15	8:57.30	Maria Miguel, VELOSO	CNAC		12/06/2007	
Rec Reg ANC 14	9:08.07	Maria Miguel, VELOSO	CNAC		12/06/2007	
Rec Reg ANC 13	9:26.38	Sara Sofia, ALVES	ASSSCC		11/06/2014	
Rec Reg ANC 12	9:42.07	Mariana Cunha, GUERRA	ASSSCC		11/06/2003	

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
1. Sara Sofia, ALVES			01	Columbofila Cantanhedense				9:24.07	613	-	
50m:	32.03	32.03	250m:	2:52.43	35.21	450m:	5:14.15	35.42	650m:	7:37.78	36.20
100m:	1:06.50	34.47	300m:	3:27.89	35.46	500m:	5:50.07	35.92	700m:	8:13.45	35.67
150m:	1:41.80	35.30	350m:	4:03.44	35.55	550m:	6:25.81	35.74	750m:	8:48.99	35.54
200m:	2:17.22	35.42	400m:	4:38.73	35.29	600m:	7:01.58	35.77	800m:	9:24.07	35.08
2. Ines Mariana, PINHEIRO			03	Academica de Coimbra				9:28.41	599	-	
50m:	33.22	33.22	250m:	2:55.83	36.12	450m:	5:20.34	36.01	650m:	7:43.29	35.41
100m:	1:08.18	34.96	300m:	3:31.82	35.99	500m:	5:56.70	36.36	700m:	8:19.49	36.20
150m:	1:43.78	35.60	350m:	4:08.14	36.32	550m:	6:32.28	35.58	750m:	8:54.98	35.49
200m:	2:19.71	35.93	400m:	4:44.33	36.19	600m:	7:07.88	35.60	800m:	9:28.41	33.43
3. Beatriz Quintao, AMANTES			03	União Piedense				9:45.31	549	-	
50m:	33.08	33.08	250m:	2:59.22	36.96	450m:	5:27.25	36.79	650m:	7:55.84	37.53
100m:	1:08.91	35.83	300m:	3:36.45	37.23	500m:	6:04.15	36.90	700m:	8:33.44	37.60
150m:	1:45.53	36.62	350m:	4:13.68	37.23	550m:	6:41.03	36.88	750m:	9:10.26	36.82
200m:	2:22.26	36.73	400m:	4:50.46	36.78	600m:	7:18.31	37.28	800m:	9:45.31	35.05
4. Mariana Carmo, ROSA			05	Louzan Natacao				9:49.75	536	-	
50m:	32.50	32.50	250m:	2:56.90	36.88	450m:	5:26.24	37.49	650m:	7:57.73	37.52
100m:	1:07.64	35.14	300m:	3:33.89	36.99	500m:	6:04.19	37.95	700m:	8:35.53	37.80
150m:	1:43.37	35.73	350m:	4:11.36	37.47	550m:	6:42.06	37.87	750m:	9:13.13	37.60
200m:	2:20.02	36.65	400m:	4:48.75	37.39	600m:	7:20.21	38.15	800m:	9:49.75	36.62
5. Margarida Claudino, NICOLAU			05	Torres Novas				9:58.06	514	-	
50m:	33.07	33.07	250m:	3:04.24	38.04	450m:	5:37.02	37.76	650m:	8:04.73	37.49
100m:	1:10.66	37.59	300m:	3:42.31	38.07	500m:	6:14.45	37.43	700m:	8:42.55	37.82
150m:	1:48.53	37.87	350m:	4:20.62	38.31	550m:	6:51.39	36.94	750m:	9:20.89	38.34
200m:	2:26.20	37.67	400m:	4:59.26	38.64	600m:	7:27.24	35.85	800m:	9:58.06	37.17
6. Ines Matos, SOUSA			03	Uniao Coimbra				10:00.09	509	-	
50m:	33.83	33.83	250m:	3:02.00	37.56	450m:	5:32.83	37.83	650m:	8:05.93	38.59
100m:	1:10.15	36.32	300m:	3:39.58	37.58	500m:	6:10.88	38.05	700m:	8:44.82	38.89
150m:	1:47.27	37.12	350m:	4:17.16	37.58	550m:	6:48.93	38.05	750m:	9:23.30	38.48
200m:	2:24.44	37.17	400m:	4:55.00	37.84	600m:	7:27.34	38.41	800m:	10:00.09	36.79
7. Matilde Fonseca, OLIVEIRA			06	Miranda do Corvo				10:46.18	408	-	
50m:	35.98	35.98	250m:	3:13.63	40.40	450m:	5:56.79	41.06	650m:	8:42.36	42.06
100m:	1:14.44	38.46	300m:	3:54.56	40.93	500m:	6:37.52	40.73	700m:	9:24.18	41.82
150m:	1:53.34	38.90	350m:	4:35.30	40.74	550m:	7:19.35	41.83	750m:	10:05.10	40.92
200m:	2:33.23	39.89	400m:	5:15.73	40.43	600m:	8:00.30	40.95	800m:	10:46.18	41.08
8. Ana Sofia, CASTANHEIRA			04	Condeixa Clube				10:51.44	398	-	
50m:	36.59	36.59	250m:	3:19.70	41.27	450m:	6:05.35	41.46	650m:	8:50.80	40.90
100m:	1:16.46	39.87	300m:	4:01.09	41.39	500m:	6:46.86	41.51	700m:	9:31.86	41.06
150m:	1:57.19	40.73	350m:	4:42.49	41.40	550m:	7:28.50	41.64	750m:	10:12.32	40.46
200m:	2:38.43	41.24	400m:	5:23.89	41.40	600m:	8:09.90	41.40	800m:	10:51.44	39.12

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Prova 1, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
9.	Matilde Basilio, GIL		03	CLAC-Entroncamento				11:06.81	371	-	
	50m:	36.67 36.67	250m:	3:19.81	41.25	450m:	6:09.38	43.00	650m:	9:01.23	42.98
	100m:	1:16.68 40.01	300m:	4:01.49	41.68	500m:	6:51.65	42.27	700m:	9:44.06	42.83
	150m:	1:57.49 40.81	350m:	4:43.99	42.50	550m:	7:34.66	43.01	750m:	10:26.36	42.30
	200m:	2:38.56 41.07	400m:	5:26.38	42.39	600m:	8:18.25	43.59	800m:	11:06.81	40.45
EXH	Anita Gouveia, COSTA		06	Uniao Coimbra				10:39.96	420	-	
	50m:	33.59 33.59	250m:	3:04.15	38.22	450m:	5:43.69	45.63	650m:	8:34.57	42.95
	100m:	1:10.37 36.78	300m:	3:42.79	38.64	500m:	6:26.27	42.58	700m:	9:17.32	42.75
	150m:	1:47.80 37.43	350m:	4:20.48	37.69	550m:	7:09.39	43.12	750m:	9:59.49	42.17
	200m:	2:25.93 38.13	400m:	4:58.06	37.58	600m:	7:51.62	42.23	800m:	10:39.96	40.47
EXH	Matilde Neves, CRAVEIRO		06	Academica de Coimbra				10:40.03	420	-	
	50m:	36.07 36.07	250m:	3:10.57	38.88	450m:	5:56.01	47.34	650m:	8:42.26	40.85
	100m:	1:14.38 38.31	300m:	3:50.35	39.78	500m:	6:38.22	42.21	700m:	9:22.74	40.48
	150m:	1:52.89 38.51	350m:	4:29.53	39.18	550m:	7:19.83	41.61	750m:	10:02.28	39.54
	200m:	2:31.69 38.80	400m:	5:08.67	39.14	600m:	8:01.41	41.58	800m:	10:40.03	37.75

Prova 2
16/06/2019 - 10:25

Masc., 800m Livres

Absoluto
Resultados

Rec Nac Absoluto	7:46.18	Miguel Duarte, NASCIMENTO	SLB	Porto	08/12/2017
Rec Nac 19 +	7:46.18	Miguel Duarte, NASCIMENTO	SLB	Porto	08/12/2017
Rec Nac 18	7:56.76	Guilherme Filipe, PINA	BSCN	Porto	11/12/2015
Rec Nac 17	8:00.80	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Rec Nac 16	8:09.43	Rui Filipe, COSTA	VSC	Senhora da Hora	12/05/2007
Rec Nac 15	8:27.18	Rui Filipe, COSTA	VSC	Senhora da Hora	13/05/2006
Rec Nac 14	8:36.36	Andre Vilas, RUIVO	DNMG	Nazaré	25/05/2014
Rec Nac 13	9:07.20	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013
Rec Reg ANC Absoluto	8:02.49	Alexandre Valdagua, COUTINHO			13/11/2015
Rec Reg ANC 19 +	8:02.49	Alexandre Valdágua, COUTINHO	ASSSCC		13/06/2015
Rec Reg ANC 18	8:05.36	Alexandre Valdágua, COUTINHO	ASSSCC		13/06/2014
Rec Reg ANC 17	8:16.45	Diogo Matos, MARQUES	ASSSCC		13/06/2018
Rec Reg ANC 16	8:29.11	Diogo Matos, MARQUES	ASSSCC		13/06/2013
Rec Reg ANC 15	8:44.45	Diogo Manuel, MARQUES	ASSSCC		13/06/2012
Rec Reg ANC 14	9:03.08	Jose Diogo, DIAS	FBSC	Leiria	24/06/2018
Rec Reg ANC 13	9:37.73	João Carvalho, DIZ	CNAC		13/06/2014

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
1.	David Matias, CRISTINO		01	União Piedense				8:28.70	662	-	
	50m:	28.14 28.14	250m:	2:33.90	31.80	450m:	4:42.47	32.21	650m:	6:52.50	32.31
	100m:	59.04 30.90	300m:	3:05.92	32.02	500m:	5:15.23	32.76	700m:	7:25.06	32.56
	150m:	1:30.42 31.38	350m:	3:38.02	32.10	550m:	5:47.53	32.30	750m:	7:56.86	31.80
	200m:	2:02.10 31.68	400m:	4:10.26	32.24	600m:	6:20.19	32.66	800m:	8:28.70	31.84
2.	Diogo Matos, RIBEIRO Rec Reg ANC		04	Uniao Coimbra				8:36.01	634	-	
	50m:	28.39 28.39	250m:	2:33.26	31.85	450m:	4:45.55	33.68	650m:	6:59.53	33.57
	100m:	58.65 30.26	300m:	3:05.65	32.39	500m:	5:19.03	33.48	700m:	7:32.47	32.94
	150m:	1:29.79 31.14	350m:	3:38.64	32.99	550m:	5:52.53	33.50	750m:	8:04.94	32.47
	200m:	2:01.41 31.62	400m:	4:11.87	33.23	600m:	6:25.96	33.43	800m:	8:36.01	31.07
3.	Guilherme Maia, CARDOSO Rec Reg ANC		05	Columbofila Cantanhedense				9:01.50	549	-	
	50m:	30.60 30.60	250m:	2:45.57	34.24	450m:	5:03.54	34.47	650m:	7:21.32	34.30
	100m:	1:03.71 33.11	300m:	3:19.90	34.33	500m:	5:38.16	34.62	700m:	7:55.64	34.32
	150m:	1:37.26 33.55	350m:	3:54.59	34.69	550m:	6:12.63	34.47	750m:	8:29.06	33.42
	200m:	2:11.33 34.07	400m:	4:29.07	34.48	600m:	6:47.02	34.39	800m:	9:01.50	32.44
4.	Francisco Miguel, CARVALHO		00	Academica de Coimbra				9:11.74	519	-	
	50m:	31.03 31.03	250m:	2:47.94	34.21	450m:	5:06.55	34.90	650m:	7:27.33	35.35
	100m:	1:04.80 33.77	300m:	3:22.47	34.53	500m:	5:41.68	35.13	700m:	8:02.59	35.26
	150m:	1:39.46 34.66	350m:	3:57.18	34.71	550m:	6:16.71	35.03	750m:	8:37.44	34.85
	200m:	2:13.73 34.27	400m:	4:31.65	34.47	600m:	6:51.98	35.27	800m:	9:11.74	34.30

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Prova 2, Masc., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
5. Diogo Miguel, MATRENO	03 Torres Novas	9:14.60	511
50m: 31.41 31.41	250m: 2:51.24 35.17	450m: 5:11.86 34.82	650m: 7:31.71 35.52
100m: 1:05.22 33.81	300m: 3:26.68 35.44	500m: 5:47.07 35.21	700m: 8:07.12 35.41
150m: 1:40.71 35.49	350m: 4:02.10 35.42	550m: 6:21.10 34.03	750m: 8:41.88 34.76
200m: 2:16.07 35.36	400m: 4:37.04 34.94	600m: 6:56.19 35.09	800m: 9:14.60 32.72
6. Goncalo Silva, MARQUES	01 Condeixa Clube	9:23.81	486
50m: 30.20 30.20	250m: 2:46.75 35.42	450m: 5:10.31 35.99	650m: 7:35.59 36.42
100m: 1:02.86 32.66	300m: 3:22.67 35.92	500m: 5:46.36 36.05	700m: 8:11.88 36.29
150m: 1:36.74 33.88	350m: 3:58.55 35.88	550m: 6:23.00 36.64	750m: 8:48.14 36.26
200m: 2:11.33 34.59	400m: 4:34.32 35.77	600m: 6:59.17 36.17	800m: 9:23.81 35.67
7. Ivo Rafael, SERRA	04 CLAC-Entroncamento	11:07.11	293
50m: 35.15 35.15	250m: 3:22.95 42.89	450m: 6:17.10 43.30	650m: 9:08.28 40.78
100m: 1:15.44 40.29	300m: 4:07.07 44.12	500m: 7:00.80 43.70	700m: 9:51.33 43.05
150m: 1:57.27 41.83	350m: 4:50.02 42.95	550m: 7:45.19 44.39	750m: 10:30.98 39.65
200m: 2:40.06 42.79	400m: 5:33.80 43.78	600m: 8:27.50 42.31	800m: 11:07.11 36.13
8. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	11:20.79	276
50m: 36.86 36.86	250m: 3:28.67 43.51	450m: 6:22.98 43.33	650m: 9:15.06 42.96
100m: 1:18.83 41.97	300m: 4:11.94 43.27	500m: 7:06.45 43.47	700m: 9:58.11 43.05
150m: 2:02.22 43.39	350m: 4:55.91 43.97	550m: 7:49.14 42.69	750m: 10:40.47 42.36
200m: 2:45.16 42.94	400m: 5:39.65 43.74	600m: 8:32.10 42.96	800m: 11:20.79 40.32
DNS Tomas Carvalho, SANTOS	05 Louzan Natacao		
EXH Rui Mamede, SANTOS	04 Uniao Coimbra	9:43.39	439
50m: 28.44 28.44	250m: 2:45.74 35.64	450m: 5:12.94 41.75	650m: 7:48.18 38.31
100m: 1:01.21 32.77	300m: 3:21.50 35.76	500m: 5:52.54 39.60	700m: 8:27.09 38.91
150m: 1:34.96 33.75	350m: 3:56.83 35.33	550m: 6:31.49 38.95	750m: 9:05.72 38.63
200m: 2:10.10 35.14	400m: 4:31.19 34.36	600m: 7:09.87 38.38	800m: 9:43.39 37.67

Prova 3 Femin., 50m Bruços Absoluto
16/06/2019 - 10:50 Resultados

Rec Nac Absoluto	30.80	Ana Pinho, RODRIGUES	ADS	Porto	10/12/2017
Rec Nac 18 +	30.80	Ana Pinho, RODRIGUES	ADS	Porto	10/12/2017
Rec Nac 17	32.09	Raquel Gomes, PEREIRA	SAD	Funchal	11/12/2016
Rec Nac 16	31.46	Ana Pinho, RODRIGUES	AEJ	Leiria	06/12/2009
Rec Reg ANC Absoluto	32.88	Gabriela Oliveira, ANDRADE	CNAC		13/06/2009
Rec Reg ANC 18 +	34.16	Gabriela Oliveira, ANDRADE	CNAC		12/06/2011
Rec Reg ANC 17	34.24	Joana Victorino, HENRIQUES	CAQC		12/06/2018
Rec Reg ANC 16	32.88	Gabriela Oliveira, ANDRADE	CNAC		12/06/2009
Rec Reg ANC 15	34.63	Mariana Ferrinha, CUNHA	AAC		12/06/1998
Rec Reg ANC 14	34.33	Mariana Ferrinha, CUNHA	AAC		12/06/1997
Rec Reg ANC 13	35.28	Joana Victorino, HENRIQUES			11/06/2014
Rec Reg ANC 12	36.81	Mariana Ferrinha, CUNHA	AAC		11/06/1994

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Margarida Mateus, MORAIS	04 Torres Novas	34.96	549
2. Maria Caetano, LAMAS	04 Miranda do Corvo	36.98	464
3. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	37.53	444
4. Angela Rodrigues, REBELO	07 Louzan Natacao	38.26	419
5. Beatriz Almeida, PIRES	03 Uniao Coimbra	39.13	392
6. Joana Isabel, PULQUERIO	03 União Piedense	40.25	360
7. Rita Santos, NOGUEIRA	03 Uniao Coimbra	40.81	345
8. Joana Patricia, ANTUNES	06 CLAC-Entroncamento	42.86	298
9. Maria Lucas, SANTOS	05 Condeixa Clube	42.89	297
10. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	43.91	277
11. Filipa Victor, VIEIRA	04 Academica de Coimbra	44.28	270
12. Maria Ines, GASPAS	05 Miranda do Corvo	45.92	242
13. Beatriz Beja, AFONSO	04 Academica de Coimbra	45.96	241

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Prova 3, Femin., 50m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts	
14. Leonor Duarte, VEIGA	07 Vigor da Mocidade	46.87	228	-
15. Ines Fernandes, MOUTINHO	99 CLAC-Entroncamento	47.15	224	-
DNS Ana Rita, MORAIS	02 Torres Novas			-
DNS Sofia Simoes, FERREIRA	04 Vigor da Mocidade			-
EXH Camilla, PARIOTA	04 Uniao Coimbra	47.74	215	-
EXH Carolina Caetano, LOURENCO	94 APC Coimbra	1:04.73	86	-
EXH Matilde Lucia, GASPAR	06 APC Coimbra	1:05.06	85	-

Prova 4

Masc., 50m Bruços

Absoluto

16/06/2019 - 10:55

Resultados

Rec Nac Absoluto	27.16	Carlos Esteves, ALMEIDA	ESJB	Porto	21/12/2014
Rec Nac 19 +	27.16	Carlos Esteves, ALMEIDA	ESJB	Porto	21/12/2014
Rec Nac 18	28.55	Simao Miguel, CAPITAO	CLAMAS	Senhora da Hora	24/05/2015
Rec Nac 17	28.56	Pedro Miguel, AGOSTINHO	SLB	S. António Cavaleiros	03/05/2009
Rec Reg ANC Absoluto	28.19	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	28.19	Gabriele José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	29.66	Tomás Miguel, VELOSO	CNAC		13/06/2014
Rec Reg ANC 17	29.76	Gabriel José, LOPES	CDL		13/06/2014
Rec Reg ANC 16	30.71	Gabriel José, LOPES	CDL		13/06/2013
Rec Reg ANC 15	32.06	Gabriel José, LOPES	CDL		13/06/2012
Rec Reg ANC 14	32.29	Rafael Alves, CAMPOS	CPSPA		13/06/2018
Rec Reg ANC 13	34.85	Duarte Anastásio, SOUSA	CAQC		13/06/2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	
1. Joao Francisco, MACHADO	99 Uniao Coimbra	31.33	523	-
2. Bernardo Geada, BRITO	02 União Piedense	31.51	514	-
3. Goncalo Silva, MARQUES	01 Condeixa Clube	32.45	471	-
4. Duarte Anastacio, SOUSA	02 Uniao Coimbra	32.68	461	-
5. Pedro Nuno, OLIVEIRA	04 Torres Novas	34.53	391	-
6. Rodrigo Ponte, JORGE	01 União Piedense	34.78	382	-
7. Afonso Miguel, AMADO	05 Miranda do Corvo	36.22	338	-
8. Dinis Raimundo, SILVA	05 Academica de Coimbra	37.37	308	-
9. Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	37.50	305	-
10. Tiago Miguel, MOURATO	04 Torres Novas	37.86	296	-
11. Tomas Jose, FRANCISCO	05 Miranda do Corvo	39.88	253	-
12. Diogo Rafael, ANTUNES	04 CLAC-Entroncamento	41.21	230	-
13. Rodrigo Costa, CRUZ	06 Academica de Coimbra	41.92	218	-
14. Tome Santiago, MENDES	05 Vigor da Mocidade	42.85	204	-
15. Bruno Costa, RODRIGUES	06 Columbofila Cantanhedense	45.38	172	-
DNS Joao Afonso, GONCALVES	00 CLAC-Entroncamento			-

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 5 16/06/2019 - 11:00	Femin., 200m Costas				Absoluto Resultados
Rec Nac Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08/12/2017
Rec Nac 18 +	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08/12/2017
Rec Nac 17	2:11.46	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	21/12/2018
Rec Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2018
Rec Nac 15	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018
Rec Nac 14	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Rec Nac 13	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06/06/2015
Rec Nac 12	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26/03/2017
Rec Reg ANC Absoluto	2:11.74	Camila Rodrigues, REBELO	ALN		13/06/2018
Rec Reg ANC 18 +	2:16.24	Ana Dantas, RUSSO	CNAC		12/06/1999
Rec Reg ANC 17	2:19.54	Ana Dantas, RUSSO	CNAC		12/06/1998
Rec Reg ANC 16	2:11.74	Camila Rodrigues, REBELO	ASSSCC		12/06/2018
Rec Reg ANC 15	2:14.11	Camila Rodrigues, REBELO	ALN		12/06/2018
Rec Reg ANC 14	2:19.06	Camila Rodrigues, REBELO			12/06/2016
Rec Reg ANC 13	2:26.15	Camila Rodrigues, REBELO	ALN		12/06/2016
Rec Reg ANC 12	2:34.18	Tatiana Filipa, SANTOS	GCF		11/06/2007

Pontos: FINA 2018

Lugar	Ano		Tempo final				Pts	
1. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	2:27.73				525	-
50m: 35.01 35.01	100m: 1:12.75	37.74	150m: 1:50.80	38.05	200m: 2:27.73	36.93		
2. Sara Dias, NEVES	03	Miranda do Corvo	2:31.37				488	-
50m: 35.75 35.75	100m: 1:13.84	38.09	150m: 1:53.08	39.24	200m: 2:31.37	38.29		
3. Ines Figueira, SANTOS	00	União Piedense	2:33.00				473	-
50m: 35.92 35.92	100m: 1:14.54	38.62	150m: 1:53.75	39.21	200m: 2:33.00	39.25		
4. Celeste Santos, RICARDO	01	União Piedense	2:37.01				437	-
50m: 36.72 36.72	100m: 1:16.50	39.78	150m: 1:56.81	40.31	200m: 2:37.01	40.20		
5. Anita Gouveia, COSTA	06	Uniao Coimbra	2:40.02				413	-
50m: 37.77 37.77	100m: 1:18.42	40.65	150m: 1:59.85	41.43	200m: 2:40.02	40.17		
6. Barbara Almeida, SIMOES	05	Uniao Coimbra	2:41.70				400	-
50m: 36.40 36.40	100m: 1:16.61	40.21	150m: 1:59.19	42.58	200m: 2:41.70	42.51		
7. Ana Filipa, SILVA	04	Academica de Coimbra	2:43.64				386	-
50m: 38.67 38.67	100m: 1:19.94	41.27	150m: 2:02.11	42.17	200m: 2:43.64	41.53		
8. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	2:46.76				365	-
50m: 39.26 39.26	100m: 1:21.00	41.74	150m: 2:03.88	42.88	200m: 2:46.76	42.88		
9. Beatriz Sa, GAMA	05	Condeixa Clube	2:46.81				365	-
50m: 38.67 38.67	100m: 1:21.56	42.89	150m: 2:04.42	42.86	200m: 2:46.81	42.39		
10. Laura Rodrigues, MARGATO	04	Academica de Coimbra	2:47.01				363	-
50m: 40.38 40.38	100m: 1:22.21	41.83	150m: 2:05.16	42.95	200m: 2:47.01	41.85		
11. Madalena Barra, MEDEIROS	06	Vigor da Mocidade	2:49.26				349	-
50m: 39.70 39.70	100m: 1:23.75	44.05	150m: 2:06.62	42.87	200m: 2:49.26	42.64		
12. Beatriz Pereira, MARQUES	05	Columbofila Cantanhedense	2:50.05				344	-
50m: 42.61 42.61	100m: 1:25.61	43.00	150m: 2:08.53	42.92	200m: 2:50.05	41.52		
13. Dania Rodrigues, SIMOES	07	Louzan Natacao	2:51.64				335	-
50m: 41.80 41.80	100m: 1:24.95	43.15	150m: 2:09.05	44.10	200m: 2:51.64	42.59		
14. Mariana Fonseca, SILVA	06	Condeixa Clube	2:55.87				311	-
50m: 39.88 39.88	100m: 1:24.59	44.71	150m: 2:11.07	46.48	200m: 2:55.87	44.80		
15. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	3:08.93				251	-
50m: 42.56 42.56	100m: 1:31.60	49.04	150m: 2:19.65	48.05	200m: 3:08.93	49.28		
DSQ Matilde Nabeiro, MONRAIA	06	CLAC-Entroncamento						-
<i>a atleta não fez movimento contínuo na viragem aos 75 m</i>								
DSQ Joana Silva, ANTUNES	05	CLAC-Entroncamento						-
<i>a atleta não realizou movimento contínuo na viragem aos 125 m</i>								
DNS Ines Asseiceira, RAMOS	03	Torres Novas						-

I Torneio de Natação Cruz de Santiago
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Prova 5, Femin., 200m Costas

EXH	Leonor Horta, COSTA	04	Individual Coimbra	2:47.31	361	-
	50m: 38.06 38.06	100m: 1:20.05	41.99	150m: 2:03.41	43.36	200m: 2:47.31 43.90
EXH	Diana Costa, OLIVEIRA	04	Uniao Coimbra	2:53.90	322	-
	50m: 40.36 40.36	100m: 1:24.00	43.64	150m: 2:08.63	44.63	200m: 2:53.90 45.27

Prova 6

Masc., 200m Costas

Absoluto

16/06/2019 - 11:10

Resultados

Rec Nac Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec Nac 19 +	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	16/12/2018
Rec Nac 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03/07/2004
Rec Nac 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	16/05/2003
Rec Nac 16	2:01.43	Diogo Gomes, SOUSA	CNCVG	Alges	04/06/2011
Rec Nac 15	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	09/03/2013
Rec Nac 14	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Alges	29/06/2012
Rec Nac 13	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16/03/2013
Rec Reg ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	1:52.66	Gabriel José, LOPES	ALN		13/06/2016
Rec Reg ANC 18	2:03.57	Gabriel José, LOPES	ALN		13/06/2015
Rec Reg ANC 17	2:02.88	Gabriel José, LOPES	CDL		13/06/2014
Rec Reg ANC 16	2:09.95	Pedro, MATOS	CNM		13/06/1998
Rec Reg ANC 15	2:10.76	Diogo Matos, RIBEIRO	CUC		21/05/2019
Rec Reg ANC 14	2:14.94	José Diogo, DIAS	FBSC	(ROU)	13/06/2018
Rec Reg ANC 13	2:19.15	José Diogo, DIAS	FBSC		13/06/2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	
1. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	2:11.80	514	
50m: 29.67 29.67	100m: 1:02.69	33.02	150m: 1:37.11 34.42	200m: 2:11.80 34.69
2. Tiago Maria, CAMOES	01 União Piedense	2:21.14	419	
50m: 32.35 32.35	100m: 1:07.76	35.41	150m: 1:44.36 36.60	200m: 2:21.14 36.78
3. Edgar Filipe, SANTOS	01 União Piedense	2:23.00	403	
50m: 32.56 32.56	100m: 1:08.21	35.65	150m: 1:45.46 37.25	200m: 2:23.00 37.54
4. Diogo Miguel, MATRENO	03 Torres Novas	2:24.36	391	
50m: 34.60 34.60	100m: 1:11.68	37.08	150m: 1:48.53 36.85	200m: 2:24.36 35.83
5. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	2:27.39	368	
50m: 35.14 35.14	100m: 1:13.13	37.99	150m: 1:49.73 36.60	200m: 2:27.39 37.66
6. Goncalo Brites, MOITA	04 Uniao Coimbra	2:27.83	364	
50m: 34.37 34.37	100m: 1:11.92	37.55	150m: 1:49.87 37.95	200m: 2:27.83 37.96
7. Samuel Baptista, FIGUEIRA	05 Miranda do Corvo	2:30.72	344	
50m: 35.97 35.97	100m: 1:13.88	37.91	150m: 1:52.90 39.02	200m: 2:30.72 37.82
8. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	2:32.03	335	
50m: 33.84 33.84	100m: 1:11.96	38.12	150m: 1:50.94 38.98	200m: 2:32.03 41.09
9. Jose Nuno, SOUSA	99 CLAC-Entroncamento	2:37.21	303	
50m: 37.18 37.18	100m: 1:17.44	40.26	150m: 1:57.77 40.33	200m: 2:37.21 39.44
10. Tomas Cardoso, GERALDO	05 Condeixa Clube	2:38.39	296	
50m: 37.86 37.86	100m: 1:18.73	40.87	150m: 1:59.56 40.83	200m: 2:38.39 38.83
11. Filipe Cruz, SIMOES	06 Miranda do Corvo	2:38.48	296	
50m: 37.51 37.51	100m: 1:16.73	39.22	150m: 1:58.21 41.48	200m: 2:38.48 40.27
12. Antonio, GLAVATSKYY	05 Academica de Coimbra	2:41.17	281	
50m: 36.95 36.95	100m: 1:17.33	40.38	150m: 1:59.32 41.99	200m: 2:41.17 41.85
13. Goncalo Carvalho, SANTOS	05 Louzan Natacao	2:41.49	279	
50m: 37.28 37.28	100m: 1:17.99	40.71	150m: 1:59.88 41.89	200m: 2:41.49 41.61
14. Tiago Miguel, MOURATO	04 Torres Novas	2:42.45	274	
50m: 37.30 37.30	100m: 1:19.39	42.09	150m: 2:01.12 41.73	200m: 2:42.45 41.33

I Torneio de Natação Cruz de Santiago
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Prova 6, Masc., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
15. Miguel Cunha, GASPAR 50m: 39.62 39.62 100m: 1:21.67 42.05 150m: 2:04.58 42.91 200m: 2:46.16 41.58	06 Columbofila Cantanhedense	2:46.16	256 -
16. Rafael Rodrigues, GOMES 50m: 40.83 40.83 100m: 1:24.00 43.17 150m: 2:06.83 42.83 200m: 2:49.74 42.91	06 CLAC-Entroncamento	2:49.74	240 -
DSQ Rodrigo Costa, CRUZ <i>na viragem aos 100m e 150 m não fez movimento continuo</i>	06 Academica de Coimbra		-
EXH Carlos Martins, MARQUES 50m: 36.24 36.24 100m: 1:15.83 39.59 150m: 1:56.10 40.27 200m: 2:33.36 37.26	04 Uniao Coimbra	2:33.36	326 -

Prova 7
16/06/2019 - 11:25

Femin., 50m Livres

Absoluto
Resultados

Rec Nac Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nac 18 +	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nac 17	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	12/11/2016
Rec Nac 16	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	20/12/2009
Rec Nac 15	26.60	Catarina Silva, SOARES	SANNP	Abrantes	27/01/2018
Rec Nac 14	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05/07/2015
Rec Nac 13	27.56	Carolina Miranda, FERNANDES	CGA	Espinho	19/05/2018
Rec Nac 12	28.82	Carolina Miranda, FERNANDES	SANCNP	Abrantes	04/03/2017
Rec Reg ANC Absoluto	26.69	Raquel Mourile, TAVEIRA	AAC		12/06/2014
Rec Reg ANC 18 +	26.69	Raquel Mourile, TAVEIRA	AAC		13/06/2014
Rec Reg ANC 17	26.89	Matilde Freitas, MOREIRA	AAC		12/06/2018
Rec Reg ANC 16	27.42	Nádia Amado, LAEZZA	CNAC		12/06/2005
Rec Reg ANC 15	27.52	Joana Francisca, RODRIGUES	CUC		12/06/2019
Rec Reg ANC 14	27.85	Maria Malaguerra, COSTA	ASSSCC		06/06/2011
Rec Reg ANC 13	28.55	Camila Rodrigues, REBELO	ALN		11/06/2016
Rec Reg ANC 12	28.93	Mariana Cunha, GUERRA	ASSSCC		01/05/2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Beatriz Goncalves, CASAL	03 Torres Novas	28.18	538 -
2. Ines Mariana, PINHEIRO	03 Academica de Coimbra	28.66	512 -
3. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	28.70	509 -
4. Sara Dias, NEVES	03 Miranda do Corvo	29.47	471 -
5. Beatriz Almeida, PIRES	03 Uniao Coimbra	29.66	462 -
6. Celeste Santos, RICARDO	01 União Piedense	29.90	451 -
7. Margarida Mateus, MORAIS	04 Torres Novas	30.42	428 -
8. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	31.70	378 -
Rita Santos, NOGUEIRA	03 Uniao Coimbra	31.70	378 -
10. Beatriz Sa, GAMA	05 Condeixa Clube	31.84	373 -
11. Mariana Marques, ALMEIDA	07 Miranda do Corvo	32.26	359 -
12. Barbara Maia, FREITAS	06 CLAC-Entroncamento	32.38	355 -
13. Dania Rodrigues, SIMOES	07 Louzan Natacao	33.11	332 -
14. Beatriz Beja, AFONSO	04 Academica de Coimbra	33.46	321 -
15. Maria Beatriz, RODRIGUES	04 Condeixa Clube	33.56	318 -
16. Ines Fernandes, MOUTINHO	99 CLAC-Entroncamento	35.44	270 -
DNS Sofia Simoes, FERREIRA	04 Vigor da Mocidade		-
EXH Diana Costa, OLIVEIRA	04 Uniao Coimbra	32.84	340 -
EXH Camilla, PARIOTA	04 Uniao Coimbra	37.38	230 -
EXH Ema Cardoso, BAPTISTA	07 Uniao Coimbra	42.85	153 -
EXH Carolina Caetano, LOURENCO	94 APC Coimbra	55.89	69 -
EXH Barbara Ines, GOMES	91 APC Coimbra	56.44	67 -
EXH Matilde Lucia, GASPAS	06 APC Coimbra	1:00.77	53 -

I Torneio de Natação Cruz de Santiago
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Prova 8 16/06/2019 - 11:30	Masc., 50m Livres				Absoluto Resultados
Rec Nac Absoluto	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22/12/2018
Rec Nac 19 +	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22/12/2018
Rec Nac 18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	08/12/2012
Rec Nac 17	23.12	Tiago Andrade, MACHADO	SCA	Felgueiras	22/12/2018
Rec Nac 16	23.88	Tiago Moura, RODRIGUES	SANNP	Abrantes	26/01/2019
Rec Nac 15	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13/12/2009
Rec Nac 14	25.30	Joao Cruz, CASTRO	CSM	Funchal	12/04/2014
Rec Nac 13	26.65	Gabriel Jose, LOPES	CDL	Lousã	19/06/2010
Rec Reg ANC 19 +	22.47	Gustavo Almeida, MADUREIRA	AAC		13/06/2017
Rec Reg ANC 18	23.08	Gustavo Almeida, MADUREIRA	AAC		13/06/2011
Rec Reg ANC 17	23.93	Gustavo Almeida, MADUREIRA	AAC		13/06/2010
Rec Reg ANC 16	24.48	Gustavo Almeida, MADUREIRA	AAC		13/06/2009
Rec Reg ANC 15	24.16	Diogo Matos, RIBEIRO	CUC	Cantanhede	01/06/2019
Rec Reg ANC 14	26.00	Diogo Matos, RIBEIRO	CUC		13/06/2018
Rec Reg ANC 13	26.65	Gabriel José, LOPES	CDL		13/06/2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Fernando Souza, SILVA	86	23.13	672
2. Paulo, VAKULYUK	03	24.60	558
3. Manuel Baptista, SIMOES	03	25.63	493
4. Joao Francisco, MACHADO	99	25.71	489
5. Goncalo Silva, MARQUES	01	25.72	488
6. Rodrigo Ponte, JORGE	01	26.27	458
7. Tomas Pedrosa, MIGUEL	02	26.35	454
8. Fabio Mondego, CENTEIO	94	26.41	451
9. Joao Pedro, ROSA	90	27.03	421
10. Guilherme Maia, CARDOSO	05	28.13	373
11. Bernardo Jorge, VENTURA	03	28.49	359
12. Carlos Eduardo, BENTO	05	28.54	357
13. Diogo Rodrigues, CARVALHO	05	29.98	308
14. Joao Neves, LUCAS	06	32.28	247
15. Simao Domingues, PAZ	06	34.15	208
16. Joao Afonso, MACHADO	06	34.28	206
DNS Joao Afonso, GONCALVES	00		
DNS Pedro Nuno, OLIVEIRA	04		
DNS Afonso Folgado, FIGUEIREDO	01		
EXH Duarte Anastacio, SOUSA	02	27.29	409
EXH Diogo Alves, ARCANJO	04	29.84	312
EXH Duarte Alves, ARCANJO	05	34.83	196
EXH Ruben Jose, SANTOS	80	49.67	67
EXH Jose Antonio, COSTA	85	1:03.70	32

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 9 16/06/2019 - 11:35	Femin., 200m Mariposa				Absoluto Resultados
Rec Nac Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec Nac 18 +	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec Nac 17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	04/12/2009
Rec Nac 16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	11/02/1996
Rec Nac 15	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05/03/1995
Rec Nac 14	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	15/04/2018
Rec Nac 13	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Rec Nac 12	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09/05/1992
Rec Reg ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13/06/2002
Rec Reg ANC 18 +	2:22.58	Beatriz Neves, CRAVEIRO	CNAC		12/06/2016
Rec Reg ANC 17	2:18.79	Ana Rita, GONÇALVES	CNM		12/06/2002
Rec Reg ANC 16	2:20.32	Inês Pereira, SILVA	CAQC		12/06/2018
Rec Reg ANC 15	2:21.56	Maria Carlota, REBELO	CUC		12/06/2018
Rec Reg ANC 14	2:22.94	Mariana Cunha, GUERRA	ASSSCC		12/06/2012
Rec Reg ANC 13	2:26.78	Mariana Cunha, GUERRA	ASSSCC		12/06/2011
Rec Reg ANC 12	2:36.49	Inês Pereira, SILVA	CAQC		11/06/2014

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts	
1.	Beatriz Costa, TEJO		02	Academica de Coimbra				2:26.00	549	-
	50m:	31.84 31.84	100m:	1:09.03	37.19	150m:	1:47.80 38.77	200m:	2:26.00	38.20
2.	Ana Carolina, MONTEIRO		04	Uniao Coimbra				2:26.55	543	-
	50m:	32.86 32.86	100m:	1:10.83	37.97	150m:	1:48.61 37.78	200m:	2:26.55	37.94
3.	Diana Silva, TINOCO		06	Columbifila Cantanhedense				2:34.21	466	-
	50m:	35.16 35.16	100m:	1:14.35	39.19	150m:	1:54.09 39.74	200m:	2:34.21	40.12
4.	Margarida Cunha, BARROS		02	União Piedense				2:35.73	453	-
	50m:	35.05 35.05	100m:	1:15.09	40.04	150m:	1:56.98 41.89	200m:	2:35.73	38.75
5.	Beatriz Ferreira, LOISAS		05	Columbifila Cantanhedense				2:37.23	440	-
	50m:	35.91 35.91	100m:	1:16.32	40.41	150m:	1:56.37 40.05	200m:	2:37.23	40.86
6.	Maria Caetano, LAMAS		04	Miranda do Corvo				2:40.88	410	-
	50m:	34.29 34.29	100m:	1:15.01	40.72	150m:	1:58.17 43.16	200m:	2:40.88	42.71
7.	Leonor Correia, PAIVA		04	Louzan Natacao				2:42.84	396	-
	50m:	36.17 36.17	100m:	1:16.93	40.76	150m:	1:59.56 42.63	200m:	2:42.84	43.28
8.	Beatriz Goncalves, CASAL		03	Torres Novas				2:43.23	393	-
	50m:	36.01 36.01	100m:	1:17.22	41.21	150m:	2:00.75 43.53	200m:	2:43.23	42.48
9.	Joana Isabel, PULQUERIO		03	União Piedense				2:46.59	370	-
	50m:	34.95 34.95	100m:	1:14.31	39.36	150m:	1:59.87 45.56	200m:	2:46.59	46.72
10.	Mafalda Vestia, FIDALGO		04	Uniao Coimbra				2:46.87	368	-
	50m:	36.45 36.45	100m:	1:18.78	42.33	150m:	2:02.25 43.47	200m:	2:46.87	44.62
11.	Matilde Basilio, GIL		03	CLAC-Entroncamento				2:58.53	300	-
	50m:	38.51 38.51	100m:	1:23.63	45.12	150m:	2:11.66 48.03	200m:	2:58.53	46.87
12.	Joana Beatriz, RODRIGUES		04	Academica de Coimbra				3:03.05	278	-
	50m:	40.53 40.53	100m:	1:27.78	47.25	150m:	2:17.04 49.26	200m:	3:03.05	46.01
DNS	Joana Silva, ANTUNES		05	CLAC-Entroncamento						-

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Prova 10 16/06/2019 - 11:45	Masc., 200m Mariposa				Absoluto Resultados
Rec Nac Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec Nac 19 +	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec Nac 18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09/12/2005
Rec Nac 17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05/03/2005
Rec Nac 16	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13/06/2009
Rec Nac 15	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	27/04/2019
Rec Nac 14	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11/07/2004
Rec Nac 13	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01/06/2013
Rec Reg ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	1:58.90	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	2:05.19	Miguel Silva, OLIVEIRA	CNAC		13/06/2009
Rec Reg ANC 17	2:06.44	Alexandre Valdágua, COUTINHO	ASSSCC		13/06/2013
Rec Reg ANC 16	2:05.81	André Gouveia, COSTA	CAQC		13/06/2016
Rec Reg ANC 15	2:06.17	Diogo Matos, RIBEIRO	CUC		02/02/2019
Rec Reg ANC 14	2:15.42	Diogo José, RIBEIRO	CUC		13/06/2018
Rec Reg ANC 13	2:28.59	Tomás Miguel, VELOSO	CNAC		13/06/2009

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Carlos Filipe, LOPES	01	União Piedense	2:12.86	545	-	
50m: 27.74 27.74	100m: 1:00.79	33.05 150m: 1:36.26	35.47	200m: 2:12.86	36.60	
2. Pedro Simoes, RODRIGUES	01	Uniao Coimbra	2:13.55	537	-	
50m: 29.39 29.39	100m: 1:02.81	33.42 150m: 1:37.39	34.58	200m: 2:13.55	36.16	
3. Guilherme Marques, MENDES	03	Torres Novas	2:26.12	410	-	
50m: 33.08 33.08	100m: 1:10.46	37.38 150m: 1:48.50	38.04	200m: 2:26.12	37.62	
4. Alexandre Viegas, MARTINS	04	Uniao Coimbra	2:26.35	408	-	
50m: 31.01 31.01	100m: 1:07.71	36.70 150m: 1:46.86	39.15	200m: 2:26.35	39.49	
5. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	2:31.70	366	-	
50m: 33.71 33.71	100m: 1:12.95	39.24 150m: 1:52.87	39.92	200m: 2:31.70	38.83	
6. Francisco Miguel, CARVALHO	00	Academica de Coimbra	2:32.05	363	-	
50m: 33.40 33.40	100m: 1:12.18	38.78 150m: 1:52.12	39.94	200m: 2:32.05	39.93	
7. Afonso Miguel, AMADO	05	Miranda do Corvo	2:33.35	354	-	
50m: 34.67 34.67	100m: 1:12.83	38.16 150m: 1:53.32	40.49	200m: 2:33.35	40.03	
8. Joao Pedro, ROSA	90	CLAC-Entroncamento	2:34.01	350	-	
50m: 34.13 34.13	100m: 1:12.68	38.55 150m: 1:52.62	39.94	200m: 2:34.01	41.39	
9. Pedro Maria, SANTANA	03	Torres Novas	2:35.92	337	-	
50m: 33.67 33.67	100m: 1:15.03	41.36 150m: 1:56.05	41.02	200m: 2:35.92	39.87	
10. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	2:38.50	321	-	
50m: 34.26 34.26	100m: 1:14.81	40.55 150m: 1:56.29	41.48	200m: 2:38.50	42.21	
11. Renato Maria, FERREIRA	04	Vigor da Mocidade	2:57.39	229	-	
50m: 35.67 35.67	100m: 1:20.30	44.63 150m: 2:08.02	47.72	200m: 2:57.39	49.37	
12. Diogo Cura, NEVES	06	Condeixa Clube	2:59.36	221	-	
50m: 38.36 38.36	100m: 1:26.54	48.18 150m: 2:13.07	46.53	200m: 2:59.36	46.29	
13. Jose Nuno, SOUSA	99	CLAC-Entroncamento	3:00.44	217	-	
50m: 37.82 37.82	100m: 1:22.70	44.88 150m: 2:10.96	48.26	200m: 3:00.44	49.48	
14. Jose Miguel, MARQUES	06	Condeixa Clube	3:01.11	215	-	
50m: 39.73 39.73	100m: 1:26.36	46.63 150m: 2:15.78	49.42	200m: 3:01.11	45.33	
DNS Tomas Carvalho, SANTOS	05	Louzan Natacao			-	
EXH Rui Mamede, SANTOS	04	Uniao Coimbra	2:25.11	418	-	
50m: 31.62 31.62	100m: 1:08.69	37.07 150m: 1:48.37	39.68	200m: 2:25.11	36.74	

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Prova 11 16/06/2019 - 12:05	Misto, 4 x 100m Estilos				Absoluto Resultados
Rec Nac Absoluto	4:11.86	Clube Nautico Academico	CNAC	Coimbra	20/10/2018
Rec Nac 18 +	4:11.86	Clube Nautico Academico	CNAC	Coimbra	20/10/2018
Rec Nac 16 - 18	4:27.83	Estamos Juntos	AEJ	Gafanha da Encarnação	04/05/2019
Rec Nac 15 - 16	4:32.04	Clube Uniao 1919	CUC	Coimbra	20/10/2018
Rec Nac 14 - 16	4:32.04	Clube Uniao 1919	CUC	Coimbra	20/10/2018
Rec Nac 14 - 15	59:00.00	start			
Rec Nac 13 - 14	4:46.76	Clube Desportivo Estarreja	CDE	Gafanha da Encarnação	04/05/2019
Rec Nac 12 - 14	4:46.76	Clube Desportivo Estarreja	CDE	Gafanha da Encarnação	04/05/2019
Rec Nac 12 - 13	5:38.40	Associacao Louzan Natacao	ALN	Coimbra	20/10/2018
Rec Reg ANC Absoluto	4:11.86	Clube Nautico	CNAC		13/06/2018
Rec Reg ANC 18 +	4:11.86	Clube Nautico	CNAC		13/06/2018
Rec Reg ANC 16 - 18	4:30.17	CUC 1919	CUC		13/06/2018
Rec Reg ANC 15 - 16	4:32.04	CUC 1919	CUC		13/06/2018
Rec Reg ANC 14 - 16	4:32.04	CUC 1919	CUC		13/06/2018
Rec Reg ANC 12 - 14	4:40.07	Tempo limite			
Rec Reg ANC 12 - 13	4:56.06	Tempo limite			

Pontos: FINA 2018

Lugar					Tempo final	Pts	
1. Uniao Coimbra	Uniao Coimbra				4:17.25	557	-
Bernardo Vinagre, ARZILEIRO	01	29.28	1:00.12	Diogo Matos, RIBEIRO	04	26.23	57.35
Ana Carolina, MONTEIRO	04	36.27	1:17.82	Beatriz Almeida, PIRES	03	29.77	1:01.96
2. União Piedense	União Piedense				4:20.75	535	-
Ines Figueira, SANTOS	00	35.07	1:12.01	Beatriz Quintao, AMANTES	03	32.00	1:10.20
Fernando Souza, SILVA	86	30.74	1:05.42	Bernardo Geadá, BRITO	02	25.14	53.12
3. Torres Novas	Torres Novas				4:22.05	527	-
<i>Recorde Nacional</i>							
Diogo Miguel, MATRENO	03	32.09	1:06.39	Paulo, VAKULYUK	03	26.24	57.37
Margarida Mateus, MORAIS	04	35.78	1:16.64	Margarida Claudino, NICOLAU	05	29.05	1:01.65
4. Academica de Coimbra	Academica de Coimbra				4:36.89	446	-
Fabio Mondego, CENTEIO	94	32.21	1:06.45	Beatriz Costa, TEJO	02	30.62	1:06.08
Ines Mariana, PINHEIRO	03	39.74	1:24.30	Bernardo Jorge, VENTURA	03	28.51	1:00.06
5. Miranda do Corvo	Miranda do Corvo				4:41.55	425	-
Samuel Baptista, FIGUEIRA	05	35.20	1:11.31	Sara Dias, NEVES	03	31.55	1:09.03
Afonso Miguel, AMADO	05	36.40	1:17.74	Maria Caetano, LAMAS	04	30.27	1:03.47
6. Condeixa Clube	Condeixa Clube				5:18.38	294	-
Mariana Fonseca, SILVA	06	38.90	1:21.43	Guilherme Marques, PEREIRA	06	35.09	1:19.90
Ana Sofia, CASTANHEIRA	04	43.29	1:30.92	Tomas Cardoso, GERALDO	05	30.96	1:06.13
7. CLAC-Entroncamento	CLAC-Entroncamento				5:19.98	289	-
Barbara Maia, FREITAS	06	38.97	1:20.36	Francisco Polonio, ALEXANDRE	04	35.46	1:18.09
Joana Patricia, ANTUNES	06	43.20	1:34.06	Rafael Rodrigues, GOMES	06	32.53	1:07.47
8. Vigor da Mocidade	Vigor da Mocidade				5:33.42	256	-
Madalena Barra, MEDEIROS	06	38.48	1:20.49	Diogo Rodrigues, CARVALHO	05	37.13	1:27.11
Tome Santiago, MENDES	05	42.55	1:31.51	Cristiana Sofia, DUARTE	07	34.96	1:14.31
DNS Louzan Natacao	Louzan Natacao						-
EXH Uniao Coimbra	Uniao Coimbra				4:38.12	441	-
Rita Santos, NOGUEIRA	03	40.47	1:21.77	Ines Matos, SOUSA	03	33.83	1:12.27
Pedro Simoes, RODRIGUES	01	31.34	1:07.21	Manuel Baptista, SIMOES	03	27.18	56.87
EXH Uniao Coimbra	Uniao Coimbra				4:43.44	416	-
Barbara Almeida, SIMOES	05	36.16	1:15.41	Mafalda Vestia, FIDALGO	04	33.88	1:13.00
Goncalo Brites, MOITA	04	34.70	1:14.34	Alexandre Viegas, MARTINS	04	28.34	1:00.69

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2 - 1ª Jornada - 2ª Sessão

16/06/2019 - 16:00

Prova 12 16/06/2019 - 16:00	Femin., 400m Estilos				Absoluto Resultados
Rec Nac Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Rec Nac 15	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac 14	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Rec Nac 13	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Rec Nac 12	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06/07/2002
Rec Reg ANC Absoluto	4:52.71	Maria Miguel, VELOSO	CNAC		13/06/2009
Rec Reg ANC 18 +	5:00.10	Patricia, SILVA	CNAC		12/06/2000
Rec Reg ANC 17	4:52.71	Maria Miguel, VELOSO	CNAC		12/06/2009
Rec Reg ANC 16	4:54.82	Maria Carlota, REBELO	ALN		12/06/2018
Rec Reg ANC 15	4:58.18	Camila Rodrigues, REBELO	ALN		12/06/2018
Rec Reg ANC 14	5:04.01	Mariana Cunha, GUERRA	ASSSCC		12/06/2011
Rec Reg ANC 13	5:14.11	Mariana Cunha, GUERRA	ASSSCC		12/06/2011
Rec Reg ANC 12	5:25.15	Ana Miguel, REIS	ASSSCC		11/06/2012

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts	
1. Beatriz Costa, TEJO	02	Academica de Coimbra			5:08.35	592	-
50m: 32.08 32.08	150m: 1:51.71	41.74	250m: 3:15.80	44.35	350m: 4:34.67	34.31	
100m: 1:09.97 37.89	200m: 2:31.45	39.74	300m: 4:00.36	44.56	400m: 5:08.35	33.68	
2. Ines Asseiceira, RAMOS	03	Torres Novas			5:18.35	538	-
50m: 34.43 34.43	150m: 1:54.43	38.80	250m: 3:19.81	46.59	350m: 4:43.72	36.73	
100m: 1:15.63 41.20	200m: 2:33.22	38.79	300m: 4:06.99	47.18	400m: 5:18.35	34.63	
3. Mariana Carmo, ROSA	05	Louzan Natacao			5:18.40	537	-
50m: 34.26 34.26	150m: 1:54.64	41.38	250m: 3:22.99	47.29	350m: 4:45.31	35.11	
100m: 1:13.26 39.00	200m: 2:35.70	41.06	300m: 4:10.20	47.21	400m: 5:18.40	33.09	
4. Beatriz Quintao, AMANTES	03	União Piedense			5:19.88	530	-
50m: 33.34 33.34	150m: 1:54.05	41.90	250m: 3:21.47	46.89	350m: 4:44.78	37.09	
100m: 1:12.15 38.81	200m: 2:34.58	40.53	300m: 4:07.69	46.22	400m: 5:19.88	35.10	
5. Ines Matos, SOUSA	03	Uniao Coimbra			5:28.53	489	-
50m: 34.88 34.88	150m: 1:57.96	43.59	250m: 3:28.15	47.51	350m: 4:52.44	36.12	
100m: 1:14.37 39.49	200m: 2:40.64	42.68	300m: 4:16.32	48.17	400m: 5:28.53	36.09	
6. Maria Lucas, SANTOS	05	Condeixa Clube			5:51.38	400	-
50m: 37.22 37.22	150m: 2:06.24	46.18	250m: 3:39.69	48.23	350m: 5:11.21	41.96	
100m: 1:20.06 42.84	200m: 2:51.46	45.22	300m: 4:29.25	49.56	400m: 5:51.38	40.17	
7. Mariana Marques, ALMEIDA	07	Miranda do Corvo			6:05.22	356	-
50m: 41.27 41.27	150m: 2:17.30	46.36	250m: 3:52.02	49.55	350m: 5:24.60	41.84	
100m: 1:30.94 49.67	200m: 3:02.47	45.17	300m: 4:42.76	50.74	400m: 6:05.22	40.62	
8. Dania Rodrigues, SIMOES	07	Louzan Natacao			6:05.41	355	-
50m: 43.33 43.33	150m: 2:16.82	45.23	250m: 3:52.81	51.90	350m: 5:27.14	41.96	
100m: 1:31.59 48.26	200m: 3:00.91	44.09	300m: 4:45.18	52.37	400m: 6:05.41	38.27	
DNS Joana Patricia, ANTUNES	06	CLAC-Entroncamento					-
EXH Mafalda Vestia, FIDALGO	04	Uniao Coimbra			5:33.08	469	-
50m: 34.57 34.57	150m: 1:58.81	44.08	250m: 3:30.19	48.75	350m: 4:55.39	37.33	
100m: 1:14.73 40.16	200m: 2:41.44	42.63	300m: 4:18.06	47.87	400m: 5:33.08	37.69	
EXH Leonor Horta, COSTA	04	Individual Coimbra			5:44.42	424	-
50m: 37.23 37.23	150m: 2:03.95	43.24	250m: 3:34.34	47.33	350m: 5:04.37	40.34	
100m: 1:20.71 43.48	200m: 2:47.01	43.06	300m: 4:24.03	49.69	400m: 5:44.42	40.05	

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Prova 13	Masc., 400m Estilos				Absoluto
16/06/2019 - 16:15					Resultados
Rec Nac Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11/12/2009
Rec Nac 19 +	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11/12/2009
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Rec Nac 16	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac 15	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Rec Nac 14	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Rec Nac 13	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Rec Reg ANC Absoluto	4:08.36	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	4:08.36	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	4:26.81	Miguel Silva, OLIVEIRA	CNAC		13/06/2008
Rec Reg ANC 17	4:23.90	Tomás Miguel, VELOSO	CNAC		13/06/2012
Rec Reg ANC 16	4:35.63	Diogo Coelho, JOSÉ	ASSSCC		13/06/2016
Rec Reg ANC 15	4:36.34	Diogo Matos, RIBEIRO	CUC		13/06/2018
Rec Reg ANC 14	4:53.35	Diogo Matos, RIBEIRO	CUC		13/06/2018
Rec Reg ANC 13	5:08.56	Diogo Matos, RIBEIRO	CNAC		13/06/2017

Pontos: FINA 2018

Lugar			Ano			Tempo final			Pts
1.	David Matias, CRISTINO		01	União Piedense		4:34.28		632	-
	50m: 29.60 29.60	150m: 1:37.16 34.37		250m: 2:52.62 41.05		350m: 4:04.73 31.11			
	100m: 1:02.79 33.19	200m: 2:11.57 34.41		300m: 3:33.62 41.00		400m: 4:34.28 29.55			
2.	Diogo Matos, RIBEIRO		04	Uniao Coimbra		4:35.32		625	-
	<i>Rec Reg ANC</i>								
	50m: 29.28 29.28	150m: 1:38.72 35.68		250m: 2:54.43 40.23		350m: 4:05.70 30.86			
	100m: 1:03.04 33.76	200m: 2:14.20 35.48		300m: 3:34.84 40.41		400m: 4:35.32 29.62			
3.	Pedro Nuno, OLIVEIRA		04	Torres Novas		5:05.20		459	-
	50m: 31.67 31.67	150m: 1:49.87 38.68		250m: 3:11.98 43.88		350m: 4:32.33 34.91			
	100m: 1:11.19 39.52	200m: 2:28.10 38.23		300m: 3:57.42 45.44		400m: 5:05.20 32.87			
4.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense		5:23.42		386	-
	50m: 36.24 36.24	150m: 1:57.88 41.47		250m: 3:27.09 49.64		350m: 4:50.40 33.52			
	100m: 1:16.41 40.17	200m: 2:37.45 39.57		300m: 4:16.88 49.79		400m: 5:23.42 33.02			
5.	Goncalo Carvalho, SANTOS		05	Louzan Natacao		5:28.76		367	-
	50m: 34.48 34.48	150m: 1:57.36 43.08		250m: 3:27.68 48.37		350m: 4:53.53 37.09			
	100m: 1:14.28 39.80	200m: 2:39.31 41.95		300m: 4:16.44 48.76		400m: 5:28.76 35.23			
6.	Tomas Jose, FRANCISCO		05	Miranda do Corvo		5:29.29		365	-
	50m: 37.16 37.16	150m: 2:03.57 43.85		250m: 3:31.31 44.11		350m: 4:53.36 37.48			
	100m: 1:19.72 42.56	200m: 2:47.20 43.63		300m: 4:15.88 44.57		400m: 5:29.29 35.93			
7.	Antonio, GLAVATSKYY		05	Academica de Coimbra		5:33.44		352	-
	50m: 35.87 35.87	150m: 2:03.91 43.56		250m: 3:32.10 46.57		350m: 4:57.39 37.34			
	100m: 1:20.35 44.48	200m: 2:45.53 41.62		300m: 4:20.05 47.95		400m: 5:33.44 36.05			
8.	Guilherme Marques, PEREIRA		06	Condeixa Clube		5:44.81		318	-
	50m: 37.71 37.71	150m: 2:04.61 42.57		250m: 3:38.28 52.05		350m: 5:08.89 36.71			
	100m: 1:22.04 44.33	200m: 2:46.23 41.62		300m: 4:32.18 53.90		400m: 5:44.81 35.92			
9.	Francisco Polonio, ALEXANDRE		04	CLAC-Entroncamento		6:09.93		257	-
	50m: 39.00 39.00	150m: 2:11.16 44.44		250m: 3:51.58 56.41		350m: 5:28.54 41.15			
	100m: 1:26.72 47.72	200m: 2:55.17 44.01		300m: 4:47.39 55.81		400m: 6:09.93 41.39			
EXH	Goncalo Brites, MOITA		04	Uniao Coimbra		5:04.81		461	-
	50m: 30.57 30.57	150m: 1:48.04 40.93		250m: 3:11.96 43.83		350m: 4:31.13 34.00			
	100m: 1:07.11 36.54	200m: 2:28.13 40.09		300m: 3:57.13 45.17		400m: 5:04.81 33.68			

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Prova 14 Femin., 50m Costas Absoluto
16/06/2019 - 16:30 Resultados

Rec Nac Absoluto	28.07	Ana Sofia, LEITE	GCVR	Algés	06/06/2015
Rec Nac 18 +	28.07	Ana Sofia, LEITE	GCVR	Algés	06/06/2015
Rec Nac 17	28.50	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	22/12/2018
Rec Nac 17	28.50	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	22/12/2018
Rec Nac 16	28.42	Ines Camacho, FERNANDES	SCP	Porto	08/12/2012
Rec Reg ANC Absoluto	28.87	Camila Rodrigues, REBELO	ALN	Coimbra	20/10/2018
Rec Reg ANC 18 +	30.15	Ana Carolina, NEVES	AAC		13/06/2018
Rec Reg ANC 17	30.45	Ana Carolina, NEVES	AAC		12/06/2016
Rec Reg ANC 16	28.87	Camila Rodrigues, REBELO	ALN		20/10/2018
Rec Reg ANC 15	30.14	Camila Rodrigues, REBELO	ALN		12/06/2018
Rec Reg ANC 14	30.92	Maria Malaguerra, COSTA	ASSSCC		12/06/2012
Rec Reg ANC 13	32.08	Maria Malaguerra, COSTA	ASSSCC		12/06/2011
Rec Reg ANC 12	34.67	Camila Rodrigues, REBELO	ALN		11/06/2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	
1. Ines Asseiceira, RAMOS	03 Torres Novas	31.69	531	-
2. Sara Dias, NEVES	03 Miranda do Corvo	33.25	460	-
3. Celeste Santos, RICARDO	01 União Piedense	33.43	452	-
4. Leonor Correia, PAIVA	04 Louzan Natacao	33.45	451	-
5. Barbara Almeida, SIMOES	05 Uniao Coimbra	34.66	406	-
6. Ana Filipa, SILVA	04 Academica de Coimbra	35.86	366	-
7. Filipa Victor, VIEIRA	04 Academica de Coimbra	36.13	358	-
8. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	36.25	355	-
9. Diana Silva, TINOCO	06 Columbofila Cantanhedense	36.57	345	-
10. Barbara Maia, FREITAS	06 CLAC-Entroncamento	36.62	344	-
11. Rita Santos, NOGUEIRA	03 Uniao Coimbra	36.76	340	-
12. Maria Beatriz, RODRIGUES	04 Condeixa Clube	38.64	293	-
13. Leonor Duarte, VEIGA	07 Vigor da Mocidade	41.46	237	-
14. Joana Silva, ANTUNES	05 CLAC-Entroncamento	42.58	219	-
DNS Ema Cardoso, BAPTISTA	07 Uniao Coimbra			-
EXH Camilla, PARIOTA	04 Uniao Coimbra	47.67	156	-

Prova 15 Masc., 50m Costas Absoluto
16/06/2019 - 16:35 Resultados

Rec Nac Absoluto	23.75	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	13/12/2018
Rec Nac 19 +	23.75	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	13/12/2018
Rec Nac 18	25.01	Alexis Manacas, SANTOS	SCP	Leiria	04/12/2009
Rec Nac 17	25.37	Gabriel Jose, LOPES	CDL	Coimbra	11/05/2014
Rec Reg ANC Absoluto	23.69	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	23.69	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	25.99	Gabriel José, LOPES	ALN		13/06/2015
Rec Reg ANC 17	25.37	Gabriel José, LOPES	CDL		13/06/2014
Rec Reg ANC 16	27.54	Gabriel José, LOPES	CDL		13/06/2013
Rec Reg ANC 15	27.08	Diogo Matos, RIBEIRO	CUC		13/06/2019
Rec Reg ANC 14	29.69	Gabriel José, LOPES	CDL		13/06/2011
Rec Reg ANC 13	30.56	Diogo José, LOPES	CDL		13/06/2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	
1. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	27.60	521	-
2. Edgar Filipe, SANTOS	01 União Piedense	29.45	429	-
3. Fabio Mondego, CENTEIO	94 Academica de Coimbra	29.99	406	-
4. Joao Francisco, MACHADO	99 Uniao Coimbra	30.30	394	-
5. Diogo Miguel, MATRENO	03 Torres Novas	30.65	381	-
6. Rodrigo Ponte, JORGE	01 União Piedense	31.32	357	-
7. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	32.57	317	-
8. Jose Nuno, SOUSA	99 CLAC-Entroncamento	32.66	314	-

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 15, Masc., 50m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
9. Samuel Baptista, FIGUEIRA	05 Miranda do Corvo	34.17	274
10. Renato Maria, FERREIRA	04 Vigor da Mocidade	34.30	271
11. Tomas Cardoso, GERALDO	05 Condeixa Clube	34.89	258
12. Tiago Miguel, MOURATO	04 Torres Novas	34.98	256
13. Bernardo Jorge, VENTURA	03 Academica de Coimbra	35.06	254
14. Francisco Polonio, ALEXANDRE	04 CLAC-Entroncamento	35.49	245
15. Guilherme Marques, PEREIRA	06 Condeixa Clube	36.25	230
16. Filipe Cruz, SIMOES	06 Miranda do Corvo	36.69	222
17. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	39.36	179
EXH Carlos Martins, MARQUES	04 Uniao Coimbra	31.60	347
EXH Alexandre Viegas, MARTINS	04 Uniao Coimbra	32.06	332
EXH Diogo Alves, ARCANJO	04 Uniao Coimbra	33.95	280
EXH Duarte Alves, ARCANJO	05 Uniao Coimbra	42.12	146
EXH Joel Alexandre, PEREIRA	92 APC Coimbra	54.38	68
EXH Ruben Jose, SANTOS	80 APC Coimbra	1:02.56	44
EXH Jose Antonio, COSTA	85 APC Coimbra	1:03.16	43

Prova 16

Femin., 200m Bruços

Absoluto
Resultados

16/06/2019 - 16:40

Rec Nac Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09/12/2017
Rec Nac 18 +	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09/12/2017
Rec Nac 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Rec Nac 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015
Rec Nac 15	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07/02/2004
Rec Nac 14	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003
Rec Nac 13	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015
Rec Nac 12	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14/06/2014
Rec Reg ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13/06/2009
Rec Reg ANC 18 +	2:38.84	Mariana Domingues, PAZ	CNMC		12/06/2016
Rec Reg ANC 17	2:39.09	Mariana Domingues, PAZ	CNMC		12/06/2014
Rec Reg ANC 16	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		12/06/2009
Rec Reg ANC 15	2:36.43	Mariana Ferrinha, CUNHA	AAC		12/06/1997
Rec Reg ANC 14	2:35.61	Mariana Ferreinha, CUNHA	AAC		12/06/1997
Rec Reg ANC 13	2:43.17	AnaYuki, TSUKAGOSHI	CNAC		12/06/1995
Rec Reg ANC 12	2:46.41	Mariana Ferreinha, CUNHA	AAC		11/06/1995

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Margarida Mateus, MORAIS	04 Torres Novas	2:46.54	527
50m: 38.46 38.46 100m: 1:20.90 42.44 150m: 2:03.35 42.45 200m: 2:46.54 43.19			
2. Ana Carolina, MONTEIRO	04 Uniao Coimbra	2:50.47	491
50m: 38.85 38.85 100m: 1:22.25 43.40 150m: 2:06.53 44.28 200m: 2:50.47 43.94			
3. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	2:50.50	491
50m: 39.54 39.54 100m: 1:23.60 44.06 150m: 2:07.18 43.58 200m: 2:50.50 43.32			
4. Margarida Cunha, BARROS	02 União Piedense	3:00.78	412
50m: 42.92 42.92 100m: 1:29.47 46.55 150m: 2:15.38 45.91 200m: 3:00.78 45.40			
5. Joana Isabel, PULQUERIO	03 União Piedense	3:01.90	404
50m: 41.97 41.97 100m: 1:27.51 45.54 150m: 2:14.51 47.00 200m: 3:01.90 47.39			
6. Angela Rodrigues, REBELO	07 Louzan Natacao	3:03.91	391
50m: 42.96 42.96 100m: 1:30.92 47.96 150m: 2:17.62 46.70 200m: 3:03.91 46.29			
7. Barbara Almeida, SIMOES	05 Uniao Coimbra	3:09.65	357
50m: 42.14 42.14 100m: 1:29.67 47.53 150m: 2:19.44 49.77 200m: 3:09.65 50.21			
8. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	3:11.09	349
50m: 45.74 45.74 100m: 1:34.98 49.24 150m: 2:23.25 48.27 200m: 3:11.09 47.84			

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 16, Femin., 200m Bruços, Absoluto

Lugar			Ano					Tempo final	Pts	
9.	Camila Cavaleiro, SILVA	05	Columbofila Cantanhedense					3:12.36	342	-
	50m: 45.72 45.72	100m: 1:34.83	49.11	150m: 2:24.13	49.30	200m: 3:12.36	48.23			
10.	Joana Patricia, ANTUNES	06	CLAC-Entroncamento					3:13.98	333	-
	50m: 43.67 43.67	100m: 1:33.67	50.00	150m: 2:24.02	50.35	200m: 3:13.98	49.96			
11.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo					3:15.02	328	-
	50m: 43.89 43.89	100m: 1:32.37	48.48	150m: 2:23.05	50.68	200m: 3:15.02	51.97			
12.	Laura Rodrigues, MARGATO	04	Academica de Coimbra					3:18.69	310	-
	50m: 45.33 45.33	100m: 1:36.20	50.87	150m: 2:27.75	51.55	200m: 3:18.69	50.94			
13.	Beatriz Beja, AFONSO	04	Academica de Coimbra					3:27.01	274	-
	50m: 47.63 47.63	100m: 1:40.76	53.13	150m: 2:34.66	53.90	200m: 3:27.01	52.35			
14.	Leonor Duarte, VEIGA	07	Vigor da Mocidade					3:31.17	258	-
	50m: 48.34 48.34	100m: 1:43.46	55.12	150m: 2:38.06	54.60	200m: 3:31.17	53.11			
15.	Matilde Nabeiro, MONRAIA	06	CLAC-Entroncamento					3:41.78	223	-
	50m: 47.48 47.48	100m: 1:43.28	55.80	150m: 2:42.33	59.05	200m: 3:41.78	59.45			
16.	Cristiana Sofia, DUARTE	07	Vigor da Mocidade					3:48.07	205	-
	50m: 49.98 49.98	100m: 1:48.74	58.76	150m: 2:50.12	1:01.38	200m: 3:48.07	57.95			

Prova 17

16/06/2019 - 16:50

Masc., 200m Bruços

Absoluto
Resultados

Rec Nac Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec Nac 19 +	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec Nac 18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto	19/12/2014
Rec Nac 17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal	10/12/2016
Rec Nac 16	2:18.22	Andre Goncalo, SANTOS	LSC	Felgueiras	08/03/2013
Rec Nac 15	2:20.22	Andre Goncalo, SANTOS	LSC	Braga	03/03/2012
Rec Nac 14	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01/08/2018
Rec Nac 13	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13/07/2003
Rec Reg ANC Absoluto	2:09.73	Gabriel Jose, LOPES			13/11/2018
Rec Reg ANC 19 +	2:09.73	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	2:15.81	Helder José, LOPES	ACM		13/06/2000
Rec Reg ANC 17	2:21.28	João Pedro, NEVES	GCF		13/06/2001
Rec Reg ANC 16	2:24.15	Helder José, LOPES	ACM		13/06/1998
Rec Reg ANC 15	2:27.67	António, PEREIRA	CNAC		13/06/2002
Rec Reg ANC 14	2:32.39	Duarte Anastasio, SOUSA	CAQC		13/06/2016
Rec Reg ANC 13	2:38.94	Duarte Anastasio, SOUSA	CAQC		13/06/2015

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts	
1.	Pedro Simoes, RODRIGUES	01	Uniao Coimbra					2:25.54	566	-
	50m: 32.79 32.79	100m: 1:09.56	36.77	150m: 1:46.79	37.23	200m: 2:25.54	38.75			
2.	Bernardo Geada, BRITO	02	União Piedense					2:31.92	498	-
	50m: 33.66 33.66	100m: 1:12.86	39.20	150m: 1:52.12	39.26	200m: 2:31.92	39.80			
3.	Pedro Maria, SANTANA	03	Torres Novas					2:35.45	465	-
	50m: 35.43 35.43	100m: 1:15.54	40.11	150m: 1:56.36	40.82	200m: 2:35.45	39.09			
4.	Duarte Anastacio, SOUSA	02	Uniao Coimbra					2:35.70	462	-
	50m: 34.03 34.03	100m: 1:12.87	38.84	150m: 1:53.99	41.12	200m: 2:35.70	41.71			
5.	Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense					2:49.05	361	-
	50m: 38.49 38.49	100m: 1:21.38	42.89	150m: 2:04.93	43.55	200m: 2:49.05	44.12			
6.	Tomas Jose, FRANCISCO	05	Miranda do Corvo					2:55.49	323	-
	50m: 40.52 40.52	100m: 1:25.11	44.59	150m: 2:10.18	45.07	200m: 2:55.49	45.31			
7.	Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense					3:06.30	270	-
	50m: 44.39 44.39	100m: 1:32.44	48.05	150m: 2:19.86	47.42	200m: 3:06.30	46.44			
8.	Diogo Rafael, ANTUNES	04	CLAC-Entroncamento					3:07.91	263	-
	50m: 44.41 44.41	100m: 1:32.93	48.52	150m: 2:21.63	48.70	200m: 3:07.91	46.28			

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 17, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
9. Pedro Fernandes, CARVALHO 50m: 43.55 43.55 100m: 1:31.88 48.33 150m: 2:20.57 48.69 200m: 3:08.19 47.62	06 Miranda do Corvo	3:08.19	262 -
10. Jose Miguel, MARQUES 50m: 45.31 45.31 100m: 1:34.68 49.37 150m: 2:24.14 49.46 200m: 3:13.00 48.86	06 Condeixa Clube	3:13.00	243 -
11. Tome Santiago, MENDES 50m: 45.26 45.26 100m: 1:35.69 50.43 150m: 2:25.84 50.15 200m: 3:16.47 50.63	05 Vigor da Mocidade	3:16.47	230 -
12. Diogo Cura, NEVES 50m: 44.64 44.64 100m: 1:34.93 50.29 150m: 2:25.94 51.01 200m: 3:16.72 50.78	06 Condeixa Clube	3:16.72	229 -
DNS Joao Afonso, GONCALVES	00 CLAC-Entroncamento		-
DNS Goncalo Faria, SALDIDA	99 Torres Novas		-

Prova 18

Femin., 50m Mariposa

Absoluto

16/06/2019 - 16:55

Resultados

Rec Nac Absoluto	26.78	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	16/12/2010
Rec Nac 18 +	26.78	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	16/12/2010
Rec Nac 17	27.32	Sara Francisco, CRUZ	ADBA	Leiria	06/12/2009
Rec Nac 16	27.57	Filipa Vilas, TIAGO	SCP	Leiria	06/12/2009
Rec Reg ANC Absoluto	28.28	Beatriz Costa, TEJO			26/07/2018
Rec Reg ANC 18 +	29.50	Raquel Mouril, TAVEIRA	AAC		26/07/2015
Rec Reg ANC 17	28.28	Beatriz Costa, TEJO	AAC		25/11/2018
Rec Reg ANC 16	28.55	Inês Pereira, SILVA	CAQC		12/06/2018
Rec Reg ANC 15	29.50	Raquel Mouril, TAVEIRA	AAC		01/10/2015
Rec Reg ANC 14	29.68	Inês Pereira, SILVA			12/06/2016
Rec Reg ANC 13	30.49	Inês Pereira, SILVA	CAQC		12/06/2015
Rec Reg ANC 12	31.21	Inês Pereira, SILVA	CAQC		11/06/2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO	02 Academica de Coimbra	29.17	583 -
2. Ana Carolina, MONTEIRO	04 Uniao Coimbra	30.29	521 -
3. Marta Filipa, MATIAS	03 CCDSerta	30.53	509 -
4. Margarida Claudino, NICOLAU	05 Torres Novas	30.73	499 -
5. Beatriz Quintao, AMANTES	03 União Piedense	31.25	474 -
6. Diana Silva, TINOCO	06 Columbofila Cantanhedense	33.27	393 -
7. Mafalda Vestia, FIDALGO	04 Uniao Coimbra	33.68	379 -
8. Leonor Correia, PAIVA	04 Louzan Natacao	33.85	373 -
9. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	35.35	328 -
10. Beatriz Sa, GAMA	05 Condeixa Clube	35.76	316 -
11. Barbara Maia, FREITAS	06 CLAC-Entroncamento	36.03	309 -
12. Joana Beatriz, RODRIGUES	04 Academica de Coimbra	37.57	273 -
13. Mariana Marques, ALMEIDA	07 Miranda do Corvo	38.94	245 -
14. Maria Ines, GASPAS	05 Miranda do Corvo	39.25	239 -
15. Joana Silva, ANTUNES	05 CLAC-Entroncamento	40.60	216 -
16. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	41.74	199 -
EXH Barbara Ines, GOMES	91 APC Coimbra	1:07.70	46 -

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 19 16/06/2019 - 17:05	Masc., 50m Mariposa				Absoluto Resultados
Rec Nac Absoluto	23.48	Luiz Pedro, PEREIRA	POR	Budapeste (HUN)	06/10/2018
Rec Nac 19 +	23.48	Luiz Pedro, PEREIRA	POR	Budapeste (HUN)	06/10/2018
Rec Nac 18	24.68	Joao Miguel, ASCENSAO	FCP	Porto	21/12/2014
Rec Nac 17	25.29	Koen, WEUSTINK	GCVR	Mirandela	19/03/2017
Rec Reg ANC Absoluto	24.12	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	24.12	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	24.83	Miguel Silva, OLIVEIRA	CNAC		13/06/2009
Rec Reg ANC 17	26.01	Alexandre Valdágua, COUTINHO	ASSSCC		13/06/2013
Rec Reg ANC 16	26.44	Manuel Baptista, SIMOES	CUC		13/06/2019
Rec Reg ANC 15	26.18	Manuel Baptista, SIMÕES	CUC	Oeiras	26/07/2018
Rec Reg ANC 14	27.35	Diogo Matos, RIBEIRO	CUC		13/06/2018
Rec Reg ANC 13	28.50	Manuel Baptista, SIMÕES	CNAC		13/06/2016

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	
1. Fernando Souza, SILVA	86 União Piedense	24.61	695	-
2. Paulo, VAKULYUK	03 Torres Novas	25.92	594	-
3. Manuel Baptista, SIMOES	03 Uniao Coimbra	26.36	565	-
<i>Rec Reg ANC</i>				
4. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	27.05	523	-
5. Edgar Filipe, SANTOS	01 União Piedense	28.24	460	-
6. Guilherme Marques, MENDES	03 Torres Novas	28.53	446	-
7. Joao Pedro, ROSA	90 CLAC-Entroncamento	29.23	414	-
8. Afonso Miguel, AMADO	05 Miranda do Corvo	30.15	378	-
9. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	31.04	346	-
10. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	34.12	260	-
11. Jose Miguel, MARQUES	06 Condeixa Clube	34.98	242	-
12. Francisco Polonio, ALEXANDRE	04 CLAC-Entroncamento	35.89	224	-
13. Miguel Cunha, GASPAS	06 Columbofila Cantanhedense	37.67	193	-
14. Joao Afonso, MACHADO	06 Vigor da Mocidade	39.61	166	-
DNS Afonso Folgado, FIGUEIREDO	01 Uniao Coimbra			-
EXH Diogo Alves, ARCANJO	04 Uniao Coimbra	32.38	305	-

I Torneio de Natação Cruz de Santiago
Coimbra, 16/6/2019

Prova 20	Femin., 200m Livres				Absoluto
16/06/2019 - 17:05					Resultados
Rec Nac Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec Nac 18 +	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec Nac 17	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	23/12/2018
Rec Nac 16	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	27/04/2019
Rec Nac 15	2:04.01	Alexandra Couto, FRAZAO	SANC	Coimbra	25/06/2017
Rec Nac 14	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	25/06/2017
Rec Nac 13	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	09/03/2018
Rec Nac 12	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25/03/2017
Rec Reg ANC Absoluto	2:03.23	Alexandra Couto, FRAZÃO	CAQC		13/06/2018
Rec Reg ANC 18 +	2:06.65	Florabela Cavaco, MACHADO	CNAC		12/06/2013
Rec Reg ANC 17	2:03.23	Alexandra Couto, FRAZAO	CAQC		12/06/2018
Rec Reg ANC 16	2:04.95	Alexandra Couto, FRAZÃO	FBSC		12/06/2018
Rec Reg ANC 15	2:04.01	Alexandra Couto, FRAZÃO	INDANC		12/06/2017
Rec Reg ANC 14	2:04.38	camila Rodrigues, REBELO	ALN		12/06/2017
Rec Reg ANC 13	2:12.07	Mariana Malaguerra, COSTA	ASSSCC		11/06/2011
Rec Reg ANC 12	2:15.31	Mariana, GUERRA	ASSSCC		11/06/2010

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts	
1.	Sara Sofia, ALVES		01	Columbofila Cantanhedense				2:08.58	633	-
	50m:	31.14 31.14	100m:	1:03.26	32.12	150m:	1:35.89 32.63	200m:	2:08.58	32.69
2.	Camila Alexandra, SILVA		03	Columbofila Cantanhedense				2:09.68	617	-
	50m:	31.80 31.80	100m:	1:04.32	32.52	150m:	1:37.16 32.84	200m:	2:09.68	32.52
3.	Ines Mariana, PINHEIRO		03	Academica de Coimbra				2:12.77	575	-
	50m:	31.90 31.90	100m:	1:05.33	33.43	150m:	1:39.47 34.14	200m:	2:12.77	33.30
4.	Ines Figueira, SANTOS		00	União Piedense				2:14.79	549	-
	50m:	31.43 31.43	100m:	1:05.23	33.80	150m:	1:39.89 34.66	200m:	2:14.79	34.90
5.	Beatriz Almeida, PIRES		03	Uniao Coimbra				2:15.73	538	-
	50m:	32.02 32.02	100m:	1:06.32	34.30	150m:	1:41.12 34.80	200m:	2:15.73	34.61
6.	Ines Asseiceira, RAMOS		03	Torres Novas				2:16.63	527	-
	50m:	32.73 32.73	100m:	1:07.79	35.06	150m:	1:42.74 34.95	200m:	2:16.63	33.89
7.	Ana Filipa, SILVA		04	Academica de Coimbra				2:18.08	511	-
	50m:	33.28 33.28	100m:	1:08.63	35.35	150m:	1:43.97 35.34	200m:	2:18.08	34.11
8.	Matilde Basilio, GIL		03	CLAC-Entroncamento				2:27.03	423	-
	50m:	34.48 34.48	100m:	1:11.80	37.32	150m:	1:50.19 38.39	200m:	2:27.03	36.84
9.	Beatriz Goncalves, CASAL		03	Torres Novas				2:27.17	422	-
	50m:	29.72 29.72	100m:	1:02.90	33.18	150m:	1:48.40 45.50	200m:	2:27.17	38.77
10.	Angela Rodrigues, REBELO		07	Louzan Natacao				2:27.36	420	-
	50m:	35.45 35.45	100m:	1:13.41	37.96	150m:	1:52.04 38.63	200m:	2:27.36	35.32
11.	Anita Gouveia, COSTA		06	Uniao Coimbra				2:27.56	419	-
	50m:	33.51 33.51	100m:	1:10.88	37.37	150m:	1:49.80 38.92	200m:	2:27.56	37.76
12.	Maria Ines, GASPAS		05	Miranda do Corvo				2:31.65	386	-
	50m:	36.09 36.09	100m:	1:14.58	38.49	150m:	1:53.10 38.52	200m:	2:31.65	38.55
13.	Madalena Barra, MEDEIROS		06	Vigor da Mocidade				2:32.46	380	-
	50m:	35.22 35.22	100m:	1:14.18	38.96	150m:	1:53.45 39.27	200m:	2:32.46	39.01
14.	Maria Beatriz, RODRIGUES		04	Condeixa Clube				2:33.30	373	-
	50m:	36.17 36.17	100m:	1:15.52	39.35	150m:	1:55.49 39.97	200m:	2:33.30	37.81
15.	Mariana Fonseca, SILVA		06	Condeixa Clube				2:33.73	370	-
	50m:	35.42 35.42	100m:	1:14.64	39.22	150m:	1:54.74 40.10	200m:	2:33.73	38.99
16.	Matilde Nabeiro, MONRAIA		06	CLAC-Entroncamento				2:59.19	234	-
	50m:	38.66 38.66	100m:	1:24.40	45.74	150m:	2:12.09 47.69	200m:	2:59.19	47.10

I Torneio de Natação Cruz de Santiago
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Prova 21	Masc., 200m Livres					Absoluto
16/06/2019 - 17:15						Resultados
Rec Nac Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018	
Rec Nac 19 +	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018	
Rec Nac 18	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	12/12/2004	
Rec Nac 17	1:50.28	Tomas Teixeira, LOPES	FOCA	Felgueiras	28/04/2019	
Rec Nac 16	1:51.06	Tiago Andre, VENANCIO	CNS	Braga	22/03/2003	
Rec Nac 15	1:53.81	Diogo Matos, RIBEIRO	CUC	Braga	15/12/2018	
Rec Nac 14	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	10/06/2004	
Rec Nac 13	2:04.75	Joao Magalhaes, NUNES	CNA	Algés	30/06/2012	
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13/11/2014	
Rec Reg ANC 19 +	1:46.03	Mário Alexandre, PEREIRA	CNAC		13/06/2014	
Rec Reg ANC 18	1:52.42	Miguel Silva, OLIVEIRA	CNAC		13/06/2008	
Rec Reg ANC 17	1:53.16	Luis, SILVA	CNAC		13/06/2001	
Rec Reg ANC 16	1:56.93	José, CUNHA	CNAC		13/06/2001	
Rec Reg ANC 15	1:53.81	Diogo Matos, RIBEIRO	CUC		13/06/2018	
Rec Reg ANC 14	2:00.20	Diogo Matos, RIBEIRO	CUC		13/06/2018	
Rec Reg ANC 13	2:08.92	José Diogo, DIAS	FBSC		13/06/2017	

Pontos: FINA 2018

Lugar				Ano				Tempo final	Pts	
1.	Paulo, VAKULYUK	03	Torres Novas				1:53.75	666	-	
	50m: 27.00 27.00	100m: 56.21 29.21	150m: 1:25.25 29.04	200m: 1:53.75	28.50					
2.	Diogo Matos, RIBEIRO	04	Uniao Coimbra				1:53.76	666	-	
	<i>Recorde Nacional</i>									
	50m: 26.98 26.98	100m: 55.90 28.92	150m: 1:25.28 29.38	200m: 1:53.76	28.48					
3.	Tiago Maria, CAMOES	01	União Piedense				2:03.19	524	-	
	50m: 27.42 27.42	100m: 57.87 30.45	150m: 1:29.96 32.09	200m: 2:03.19	33.23					
4.	Carlos Filipe, LOPES	01	União Piedense				2:03.73	518	-	
	50m: 27.85 27.85	100m: 59.46 31.61	150m: 1:31.88 32.42	200m: 2:03.73	31.85					
5.	Goncalo Brites, MOITA	04	Uniao Coimbra				2:04.30	510	-	
	50m: 27.86 27.86	100m: 59.06 31.20	150m: 1:32.09 33.03	200m: 2:04.30	32.21					
6.	Pedro Nuno, OLIVEIRA	04	Torres Novas				2:05.90	491	-	
	50m: 28.69 28.69	100m: 1:00.73 32.04	150m: 1:33.92 33.19	200m: 2:05.90	31.98					
7.	Fabio Mondego, CENTEIO	94	Academica de Coimbra				2:08.66	460	-	
	50m: 31.21 31.21	100m: 1:03.67 32.46	150m: 1:37.25 33.58	200m: 2:08.66	31.41					
8.	Jose Miguel, ROCHA	05	Columbofila Cantanhedense				2:12.09	425	-	
	50m: 31.44 31.44	100m: 1:05.64 34.20	150m: 1:39.25 33.61	200m: 2:12.09	32.84					
9.	Bernardo Jorge, VENTURA	03	Academica de Coimbra				2:13.71	410	-	
	50m: 30.42 30.42	100m: 1:03.83 33.41	150m: 1:38.87 35.04	200m: 2:13.71	34.84					
10.	Samuel Baptista, FIGUEIRA	05	Miranda do Corvo				2:15.57	393	-	
	50m: 32.17 32.17	100m: 1:06.76 34.59	150m: 1:41.55 34.79	200m: 2:15.57	34.02					
11.	Carlos Eduardo, BENTO	05	Miranda do Corvo				2:16.18	388	-	
	50m: 31.27 31.27	100m: 1:05.72 34.45	150m: 1:41.45 35.73	200m: 2:16.18	34.73					
12.	Goncalo Carvalho, SANTOS	05	Louzan Natacao				2:18.01	373	-	
	50m: 31.80 31.80	100m: 1:06.75 34.95	150m: 1:42.69 35.94	200m: 2:18.01	35.32					
13.	Guilherme Marques, PEREIRA	06	Condeixa Clube				2:22.62	338	-	
	50m: 32.46 32.46	100m: 1:08.59 36.13	150m: 1:46.06 37.47	200m: 2:22.62	36.56					
14.	Joao Neves, LUCAS	06	Columbofila Cantanhedense				2:27.17	307	-	
	50m: 34.22 34.22	100m: 1:11.48 37.26	150m: 1:49.52 38.04	200m: 2:27.17	37.65					
15.	Ivo Rafael, SERRA	04	CLAC-Entroncamento				2:30.72	286	-	
	50m: 34.13 34.13	100m: 1:13.23 39.10	150m: 1:52.10 38.87	200m: 2:30.72	38.62					
16.	Diogo Cura, NEVES	06	Condeixa Clube				2:40.34	238	-	
	50m: 35.92 35.92	100m: 1:17.94 42.02	150m: 2:00.15 42.21	200m: 2:40.34	40.19					
17.	Rafael Rodrigues, GOMES	06	CLAC-Entroncamento				2:41.47	233	-	
	50m: 32.80 32.80	100m: 1:07.97 35.17	150m: 1:56.36 48.39	200m: 2:41.47	45.11					

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Prova 21, Masc., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
18. Diogo Rodrigues, CARVALHO 50m: 32.30 32.30 100m: 1:08.81 36.51 150m: 1:56.62 47.81 200m: 2:41.63 45.01	05 Vigor da Mocidade	2:41.63	232 -
19. Joao Afonso, MACHADO 50m: 39.08 39.08 100m: 1:27.17 48.09 150m: 2:17.76 50.59 200m: 3:05.95 48.19	06 Vigor da Mocidade	3:05.95	152 -
EXH Rui Mamede, SANTOS 50m: 28.35 28.35 100m: 59.49 31.14 150m: 1:32.18 32.69 200m: 2:04.05 31.87	04 Uniao Coimbra	2:04.05	514 -
EXH Alexandre Viegas, MARTINS 50m: 28.74 28.74 100m: 1:01.32 32.58 150m: 1:35.24 33.92 200m: 2:09.37 34.13	04 Uniao Coimbra	2:09.37	453 -
EXH Carlos Martins, MARQUES 50m: 32.86 32.86 100m: 1:05.97 33.11 150m: 1:40.81 34.84 200m: 2:15.00 34.19	04 Uniao Coimbra	2:15.00	398 -
EXH Joel Alexandre, PEREIRA 50m: 49.13 49.13 100m: 1:45.74 56.61 150m: 2:44.01 58.27 200m: 3:38.02 54.01	92 APC Coimbra	3:38.02	94 -

Prova 22
16/06/2019 - 17:25

Femin., 100m Estilos

Absoluto
Resultados

Rec Nac Absoluto	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23/12/2018
Rec Nac 18 +	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23/12/2018
Rec Nac 17	1:02.34	Raquel Gomes, PEREIRA	SAD	Funchal	11/12/2016
Rec Nac 16	1:04.11	Maria Carolina, ROSA	SCP	Leiria	06/12/2009
Rec Reg ANC Absoluto	1:05.53	Matilde Freitas, MOREIRA	AAC		13/06/2018
Rec Reg ANC 18 +	1:05.53	Matilde Freitas, MOREIRA	AAC		12/06/2018
Rec Reg ANC 17	1:05.82	Joana Victorino, HENRIQUES	CAQC		12/06/2018
Rec Reg ANC 16	1:05.61	Camila Robrigues, REBELO	ALN		12/06/2018
Rec Reg ANC 15	1:07.58	Joana Victorino, HENRIQUES	CAQC		12/06/2015
Rec Reg ANC 14	1:09.60	Joana Victorino, HENRIQUES	CAQC		12/06/2014
Rec Reg ANC 13	1:09.62	Joana Victorino, HENRIQUES	CAQC		12/06/2014
Rec Reg ANC 12	1:13.22	Joana Victorino, HENRIQUES	CAQC		11/06/2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Margarida Claudino, NICOLAU 50m: 32.28 32.28 100m: 1:08.82 36.54	05 Torres Novas	1:08.82	553 -
2. Marta Filipa, MATIAS 50m: 32.36 32.36 100m: 1:11.65 39.29	03 CCDSerta	1:11.65	490 -
3. Sara Sofia, ALVES 50m: 34.96 34.96 100m: 1:12.86 37.90	01 Columbofila Cantanhedense	1:12.86	466 -
4. Maria Caetano, LAMAS 50m: 34.78 34.78 100m: 1:13.56 38.78	04 Miranda do Corvo	1:13.56	453 -
5. Mariana Carmo, ROSA 50m: 34.31 34.31 100m: 1:14.81 40.50	05 Louzan Natacao	1:14.81	431 -
6. Beatriz Ferreira, LOISAS 50m: 36.06 36.06 100m: 1:17.70 41.64	05 Columbofila Cantanhedense	1:17.70	384 -
Ines Matos, SOUSA 50m: 37.32 37.32 100m: 1:17.70 40.38	03 Uniao Coimbra	1:17.70	384 -
8. Margarida Cunha, BARROS 50m: 37.21 37.21 100m: 1:18.00 40.79	02 União Piedense	1:18.00	380 -
9. Maria Lucas, SANTOS 50m: 37.73 37.73 100m: 1:20.36 42.63	05 Condeixa Clube	1:20.36	347 -
10. Diana Costa, OLIVEIRA 50m: 37.82 37.82 100m: 1:21.35 43.53	04 Uniao Coimbra	1:21.35	335 -
11. Madalena Barra, MEDEIROS 50m: 39.41 39.41 100m: 1:24.42 45.01	06 Vigor da Mocidade	1:24.42	299 -

I Torneio de Natação Cruz de Santiago
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Prova 22, Femin., 100m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
12. Joana Patricia, ANTUNES 50m: 39.87 39.87 100m: 1:25.04 45.17	06 CLAC-Entroncamento	1:25.04	293 -
DSQ Barbara Ines, GOMES <i>a atleta fez mariposa no percurso de costas</i>	91 APC Coimbra		-
DSQ Carolina Caetano, LOURENCO <i>Falsa partida</i>	94 APC Coimbra		-
DNS Matilde Nabeiro, MONRAIA	06 CLAC-Entroncamento		-
DNS Ana Rita, MORAIS	02 Torres Novas		-
EXH Leonor Horta, COSTA 50m: 36.92 36.92 100m: 1:19.82 42.90	04 Individual Coimbra	1:19.82	354 -
EXH Matilde Lucia, GASPAR 50m: 1:12.74 1:12.74 100m: 2:21.97 1:09.23	06 APC Coimbra	2:21.97	63 -

Prova 23

Masc., 100m Estilos

Absoluto

16/06/2019 - 17:35

Resultados

Rec Nac Absoluto	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13/12/2018
Rec Nac 19 +	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13/12/2018
Rec Nac 18	56.47	Alexis Manacas, SANTOS	SCP	Leiria	06/12/2009
Rec Nac 17	57.40	Diogo Filipe, CARVALHO	CGA	Aveiro	14/05/2005
Rec Reg ANC Absoluto	53.28	Gabriel José, LOPES	ALN		14/06/2018
Rec Reg ANC 19 +	53.28	Gabriel José, LOPES	ALN		13/06/2018
Rec Reg ANC 18	58.12	Tomás Miguel, VELOSO	CNAC		13/06/2013
Rec Reg ANC 17	57.55	Gabriel José, LOPES	CDL		13/06/2013
Rec Reg ANC 16	1:01.90	Diogo Coelho, JOSÉ	ASSSCC		13/06/2017
Rec Reg ANC 15	1:00.62	Diogo Matos, RIBEIRO	CUC	Coimbra	02/02/2019
Rec Reg ANC 14	1:02.84	Gabriel José, LOPES	CDL		13/06/2011
Rec Reg ANC 13	1:06.87	Gabriel José, LOPES	CDL		13/06/2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Fernando Souza, SILVA 50m: 26.43 26.43 100m: 57.40 30.97	86 União Piedense	57.40	672 -
2. David Matias, CRISTINO 50m: 28.09 28.09 100m: 1:01.41 33.32	01 União Piedense	1:01.41	549 -
3. Pedro Simoes, RODRIGUES 50m: 29.01 29.01 100m: 1:02.98 33.97	01 Uniao Coimbra	1:02.98	509 -
4. Manuel Baptista, SIMOES 50m: 29.54 29.54 100m: 1:04.98 35.44	03 Uniao Coimbra	1:04.98	463 -
5. Pedro Maria, SANTANA 50m: 31.56 31.56 100m: 1:07.25 35.69	03 Torres Novas	1:07.25	418 -
6. Guilherme Marques, MENDES 50m: 30.64 30.64 100m: 1:07.44 36.80	03 Torres Novas	1:07.44	414 -
7. David Valdagua, COUTINHO 50m: 31.83 31.83 100m: 1:09.68 37.85	03 Columbofila Cantanhedense	1:09.68	376 -
8. Renato Maria, FERREIRA 50m: 35.01 35.01 100m: 1:14.94 39.93	04 Vigor da Mocidade	1:14.94	302 -
9. Carlos Eduardo, BENTO 50m: 36.06 36.06 100m: 1:15.55 39.49	05 Miranda do Corvo	1:15.55	295 -
10. Tomas Cardoso, GERALDO 50m: 34.03 34.03 100m: 1:17.07 43.04	05 Condeixa Clube	1:17.07	278 -
11. Tome Santiago, MENDES 50m: 39.58 39.58 100m: 1:21.50 41.92	05 Vigor da Mocidade	1:21.50	235 -

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Prova 23, Masc., 100m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
12. Diogo Rafael, ANTUNES 50m: 42.33 42.33 100m: 1:23.41 41.08	04 CLAC-Entroncamento	1:23.41	219 -
13. Bruno Costa, RODRIGUES 50m: 39.37 39.37 100m: 1:23.48 44.11	06 Columbofila Cantanhedense	1:23.48	218 -
14. Rafael Rodrigues, GOMES 50m: 37.74 37.74 100m: 1:23.65 45.91	06 CLAC-Entroncamento	1:23.65	217 -
15. Simao Domingues, PAZ 50m: 37.94 37.94 100m: 1:24.13 46.19	06 Miranda do Corvo	1:24.13	213 -

Prova 24

Misto, 4 x 100m Livres

Absoluto

16/06/2019 - 17:55

Resultados

Rec Nac Absoluto	3:46.91	Clube dos Galitos / Bresimar	CGA	Gafanha da Encarnação	05/05/2019
Rec Nac 18 +	3:46.91	Clube dos Galitos / Bresimar	AAC	Gafanha da Encarnação	05/05/2019
Rec Nac 16 - 18	4:01.05	Associação Académica de Coimbra	AAC	Coimbra	21/10/2018
Rec Nac 15 - 16	4:01.76	Clube Uniao 1919	CUC	Coimbra	21/10/2018
Rec Nac 14 - 16	4:01.76	Clube Uniao 1919	CUC	Coimbra	21/10/2018
Rec Nac 14 - 15	59:00.00	start			
Rec Nac 13 - 14	4:09.31	Tempo limite			
Rec Nac 12 - 14	4:20.09	Clube Desportivo Estarreja	CDE	Gafanha da Encarnação	05/05/2019
Rec Nac 12 - 13	5:14.65	Associação Louzan Natacao	ALN	Coimbra	21/10/2018
Rec Nac Absoluto	3:47.09	Tempo limite			
Rec Reg ANC 18 +	3:50.39	Tempo limite			
Rec Reg ANC 16 - 18	4:01.05	Academica Coimbra	AAC		13/06/2018
Rec Reg ANC 15 - 16	4:01.76	CUC 1919	CUC		13/06/2018
Rec Reg ANC 14 - 16	4:01.76	CUC 1919	CUC		13/06/2018
Rec Reg ANC 13 - 14	4:09.31	Tempo limite			
Rec Reg ANC 12 - 14	4:09.31	Tempo limite			
Rec Reg ANC 12 - 13	4:25.15	Tempo limite			

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. União Piedense Bernardo Geada, BRITO 02 25.56 53.57 Beatriz Quintao, AMANTES 03 29.57 1:02.69 Fernando Souza, SILVA 86 23.98 50.65 Ines Figueira, SANTOS 00 29.61 1:01.91	3:48.82	613 -
2. Uniao Coimbra Bernardo Vinagre, ARZILEIRO 01 26.78 55.56 Ana Carolina, MONTEIRO 04 29.17 1:02.20 Diogo Matos, RIBEIRO 04 24.58 51.16 Beatriz Almeida, PIRES 03 29.82 1:02.03	3:50.95	596 -
3. Torres Novas <i>Recorde Nacional</i> Diogo Miguel, MATRENO 03 28.52 58.94 Margarida Mateus, MORAIS 04 31.17 1:04.79 Margarida Claudino, NICOLAU 05 29.63 1:01.00 Paulo, VAKULYUK 03 25.12 52.73	3:57.46	548 -
4. Academica de Coimbra Ana Filipa, SILVA 04 30.76 1:03.56 Fabio Mondego, CENTEIO 94 27.77 56.99 Bernardo Jorge, VENTURA 03 29.06 1:00.74 Ines Mariana, PINHEIRO 03 29.99 1:01.50	4:02.79	513 -
5. Miranda do Corvo Afonso Miguel, AMADO 05 28.66 59.79 Maria Caetano, LAMAS 04 31.42 1:06.00 Sara Dias, NEVES 03 30.25 1:02.48 Carlos Eduardo, BENTO 05 29.33 1:02.08	4:10.35	468 -
6. CLAC-Entroncamento Matilde Basilio, GIL 03 33.83 1:10.62 Joao Pedro, ROSA 90 27.24 58.24 Ivo Rafael, SERRA 04 32.13 1:06.87 Barbara Maia, FREITAS 06 33.88 1:11.07	4:26.80	386 -
7. Vigor da Mocidade Diogo Rodrigues, CARVALHO 05 31.74 1:05.64 Renato Maria, FERREIRA 04 31.59 1:05.79 Madalena Barra, MEDEIROS 06 34.11 1:10.78 Cristiana Sofia, DUARTE 07 36.62 1:17.66	4:39.87	335 -

I Torneio de Natação Cruz de Santiago
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Prova 24, Misto, 4 x 100m Livres, Absoluto

Lugar						Tempo final	Pts	
DSQ	Condeixa Clube				Condeixa Clube			-
	<i>Falsa partida</i>							
	Maria Beatriz, RODRIGUES, Jose Miguel, MARQUES, Maria Lucas, SANTOS, Guilherme Marques, PEREIRA							
DNS	Louzan Natacao				Louzan Natacao			-
EXH	Uniao Coimbra				Uniao Coimbra	4:06.12	492	-
	Rui Mamede, SANTOS	04	28.47	57.40	Mafalda Vestia, FIDALGO	04	31.79	1:06.04
	Goncalo Brites, MOITA	04	27.40	56.72	Barbara Almeida, SIMOES	05	31.00	1:05.96
EXH	Uniao Coimbra				Uniao Coimbra	4:07.28	485	-
	Joao Francisco, MACHADO	99	26.94	56.26	Ines Matos, SOUSA	03	32.24	1:06.40
	Pedro Simoes, RODRIGUES	01	27.14	56.92	Anita Gouveia, COSTA	06	32.15	1:07.70