

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

1 - 1ª Jornada

02-02-2019 - 15:30

Prova 1	Masc., 1500m Livres				Infantis
02-02-2019					Resultados
Rec Nac 25m Absoluto	14:58.18	Jose Paulo, LOPES	SCB	Felgueiras	23-12-2018
Rec Nac 25m Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30-03-2014
Rec Nac 25m Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03-03-2013
RR ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
RR ANC Inf A	17:14.16	Diogo Matos, RIBEIRO	CUC		13-06-2018
RR ANC Inf B	18:13.19	João Carvalho, DIZ	CNAC		13-06-2014

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Tomas Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				18:19.02	459
	50m: 33.20	33.20	450m: 5:26.55	35.71	850m: 10:20.07	36.04	1250m: 15:14.08	36.77	
	100m: 1:09.06	35.86	500m: 6:03.18	36.63	900m: 10:56.54	36.47	1300m: 15:51.19	37.11	
	150m: 1:45.74	36.68	550m: 6:39.96	36.78	950m: 11:33.03	36.49	1350m: 16:28.57	37.38	
	200m: 2:22.78	37.04	600m: 7:16.44	36.48	1000m: 12:10.16	37.13	1400m: 17:05.63	37.06	
	250m: 2:59.52	36.74	650m: 7:53.69	37.25	1050m: 12:46.84	36.68	1450m: 17:42.55	36.92	
	300m: 3:36.69	37.17	700m: 8:30.04	36.35	1100m: 13:23.91	37.07	1500m: 18:19.02	36.47	
	350m: 4:13.59	36.90	750m: 9:07.26	37.22	1150m: 14:00.65	36.74			
	400m: 4:50.84	37.25	800m: 9:44.03	36.77	1200m: 14:37.31	36.66			
2.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense				18:47.95	425
	50m: 33.00	33.00	450m: 5:27.95	36.99	850m: 10:29.78	38.09	1250m: 15:37.75	38.78	
	100m: 1:09.42	36.42	500m: 6:05.15	37.20	900m: 11:08.10	38.32	1300m: 16:16.31	38.56	
	150m: 1:46.17	36.75	550m: 6:42.79	37.64	950m: 11:46.38	38.28	1350m: 16:54.68	38.37	
	200m: 2:23.04	36.87	600m: 7:20.18	37.39	1000m: 12:24.66	38.28	1400m: 17:33.48	38.80	
	250m: 3:00.57	37.53	650m: 7:57.91	37.73	1050m: 13:03.27	38.61	1450m: 18:12.33	38.85	
	300m: 3:36.90	36.33	700m: 8:35.70	37.79	1100m: 13:41.86	38.59	1500m: 18:47.95	35.62	
	350m: 4:13.54	36.64	750m: 9:13.49	37.79	1150m: 14:20.44	38.58			
	400m: 4:50.96	37.42	800m: 9:51.69	38.20	1200m: 14:58.97	38.53			
3.	Afonso Miguel, AMADO		05	Miranda do Corvo				18:54.86	417
	50m: 32.99	32.99	450m: 5:37.14	38.81	850m: 10:43.23	38.33	1250m: 15:48.50	38.36	
	100m: 1:09.67	36.68	500m: 6:15.44	38.30	900m: 11:21.72	38.49	1300m: 16:26.95	38.45	
	150m: 1:47.39	37.72	550m: 6:53.21	37.77	950m: 11:59.91	38.19	1350m: 17:04.80	37.85	
	200m: 2:25.51	38.12	600m: 7:31.87	38.66	1000m: 12:38.07	38.16	1400m: 17:42.67	37.87	
	250m: 3:03.86	38.35	650m: 8:10.77	38.90	1050m: 13:16.16	38.09	1450m: 18:19.15	36.48	
	300m: 3:41.95	38.09	700m: 8:48.62	37.85	1100m: 13:54.03	37.87	1500m: 18:54.86	35.71	
	350m: 4:19.93	37.98	750m: 9:26.67	38.05	1150m: 14:32.16	38.13			
	400m: 4:58.33	38.40	800m: 10:04.90	38.23	1200m: 15:10.14	37.98			
4.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				19:01.46	410
	50m: 33.43	33.43	450m: 5:32.00	37.66	850m: 10:39.84	38.90	1250m: 15:49.69	38.20	
	100m: 1:10.25	36.82	500m: 6:10.63	38.63	900m: 11:18.52	38.68	1300m: 16:28.44	38.75	
	150m: 1:47.06	36.81	550m: 6:48.65	38.02	950m: 11:57.02	38.50	1350m: 17:07.01	38.57	
	200m: 2:24.38	37.32	600m: 7:27.21	38.56	1000m: 12:35.92	38.90	1400m: 17:45.73	38.72	
	250m: 3:01.31	36.93	650m: 8:05.46	38.25	1050m: 13:14.86	38.94	1450m: 18:24.08	38.35	
	300m: 3:38.59	37.28	700m: 8:43.70	38.24	1100m: 13:53.78	38.92	1500m: 19:01.46	37.38	
	350m: 4:16.26	37.67	750m: 9:22.29	38.59	1150m: 14:32.93	39.15			
	400m: 4:54.34	38.08	800m: 10:00.94	38.65	1200m: 15:11.49	38.56			
5.	Samuel Baptista, FIGUEIRA		05	Fundacao Beatriz Santos				19:07.64	403
	50m: 33.45	33.45	450m: 5:39.50	38.85	850m: 10:49.23	39.20	1250m: 15:57.42	38.50	
	100m: 1:11.14	37.69	500m: 6:18.28	38.78	900m: 11:27.72	38.49	1300m: 16:35.91	38.49	
	150m: 1:49.27	38.13	550m: 6:56.80	38.52	950m: 12:06.71	38.99	1350m: 17:14.61	38.70	
	200m: 2:27.39	38.12	600m: 7:35.91	39.11	1000m: 12:46.06	39.35	1400m: 17:53.30	38.69	
	250m: 3:06.00	38.61	650m: 8:14.62	38.71	1050m: 13:25.02	38.96	1450m: 18:31.49	38.19	
	300m: 3:44.33	38.33	700m: 8:53.55	38.93	1100m: 14:01.70	36.68	1500m: 19:07.64	36.15	
	350m: 4:22.21	37.88	750m: 9:31.06	37.51	1150m: 14:40.19	38.49			
	400m: 5:00.65	38.44	800m: 10:10.03	38.97	1200m: 15:18.92	38.73			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 1, Masc., 1500m Livres, Infantis

Lugar			Ano					Tempo final	Pts
6.	Duarte José, FERNANDES		06	Fundacao Beatriz Santos				19:13.46	397
	50m:	35.46 35.46	450m:	5:41.81 38.61	850m:	10:51.62 38.82	1250m:	16:02.18 38.48	
	100m:	1:13.22 37.76	500m:	6:20.70 38.89	900m:	11:30.54 38.92	1300m:	16:40.68 38.50	
	150m:	1:51.17 37.95	550m:	6:59.58 38.88	950m:	12:09.62 39.08	1350m:	17:19.84 39.16	
	200m:	2:29.27 38.10	600m:	7:38.00 38.42	1000m:	12:48.55 38.93	1400m:	17:58.87 39.03	
	250m:	3:07.77 38.50	650m:	8:16.51 38.51	1050m:	13:27.35 38.80	1450m:	18:37.56 38.69	
	300m:	3:45.80 38.03	700m:	8:55.17 38.66	1100m:	14:05.80 38.45	1500m:	19:13.46 35.90	
	350m:	4:24.28 38.48	750m:	9:33.93 38.76	1150m:	14:44.52 38.72			
	400m:	5:03.20 38.92	800m:	10:12.80 38.87	1200m:	15:23.70 39.18			
7.	Miguel Bernardo, ARAUJO		06	Condeixa Clube				20:24.71	332
	50m:	35.63 35.63	450m:	6:01.11 40.79	850m:	11:31.43 42.23	1250m:	17:01.83 41.76	
	100m:	1:14.45 38.82	500m:	6:42.14 41.03	900m:	12:12.08 40.65	1300m:	17:42.52 40.69	
	150m:	1:54.92 40.47	550m:	7:23.64 41.50	950m:	12:53.74 41.66	1350m:	18:23.94 41.42	
	200m:	2:35.79 40.87	600m:	8:03.97 40.33	1000m:	13:35.00 41.26	1400m:	19:05.23 41.29	
	250m:	3:16.81 41.02	650m:	8:44.37 40.40	1050m:	14:16.33 41.33	1450m:	19:46.16 40.93	
	300m:	3:58.31 41.50	700m:	9:26.21 41.84	1100m:	14:57.69 41.36	1500m:	20:24.71 38.55	
	350m:	4:39.39 41.08	750m:	10:07.81 41.60	1150m:	15:38.80 41.11			
	400m:	5:20.32 40.93	800m:	10:49.20 41.39	1200m:	16:20.07 41.27			
8.	Joao Neves, LUCAS		06	Columbofila Cantanhedense				20:36.68	322
	50m:	36.79 36.79	450m:	6:06.78 41.29	850m:	11:38.79 41.73	1250m:	17:11.63 41.41	
	100m:	1:17.40 40.61	500m:	6:47.80 41.02	900m:	12:20.17 41.38	1300m:	17:53.10 41.47	
	150m:	1:58.08 40.68	550m:	7:29.32 41.52	950m:	13:01.95 41.78	1350m:	18:35.00 41.90	
	200m:	2:39.50 41.42	600m:	8:10.77 41.45	1000m:	13:43.83 41.88	1400m:	19:16.08 41.08	
	250m:	3:20.98 41.48	650m:	8:52.01 41.24	1050m:	14:25.42 41.59	1450m:	19:56.53 40.45	
	300m:	4:02.28 41.30	700m:	9:33.65 41.64	1100m:	15:07.17 41.75	1500m:	20:36.68 40.15	
	350m:	4:43.82 41.54	750m:	10:15.39 41.74	1150m:	15:48.68 41.51			
	400m:	5:25.49 41.67	800m:	10:57.06 41.67	1200m:	16:30.22 41.54			

Prova 1 Masc., 1500m Livres Absolutos
02-02-2019 Resultados

Rec Nac 25m Absoluto	14:58.18	Jose Paulo, LOPES	SCB	Felgueiras	23-12-2018
Rec Nac 25m Sen	14:58.18	Jose Paulo, LOPES	SCB	Felgueiras	23-12-2018
Rec Nac 25m Jun18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26-03-2018
Rec Nac 25m Jun17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009
Rec Nac 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Rec Nac 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
RR ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
RR ANC Sen	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2015
RR ANC Jun18	15:33.14	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2014
RR ANC Jun17	15:49.38	Alexandre Valdágua, COUTINHO	ASSSCC		20-06-2014
RR ANC Juv A	16:12.81	Diogo Matos, MARQUES	ASSSCC		13-06-2013
RR ANC Juv B	16:32.94	Pedro, MATOS	CNM		13-06-1997

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Lucas Pereira, BASTOS		00	Nautico Coimbra				16:19.83	648
	50m:	28.71 28.71	450m:	4:48.58 32.36	850m:	9:10.70 32.83	1250m:	13:35.43 32.93	
	100m:	1:00.71 32.00	500m:	5:21.11 32.53	900m:	9:44.04 33.34	1300m:	14:08.34 32.91	
	150m:	1:33.04 32.33	550m:	5:54.06 32.95	950m:	10:17.16 33.12	1350m:	14:41.46 33.12	
	200m:	2:05.49 32.45	600m:	6:26.52 32.46	1000m:	10:50.29 33.13	1400m:	15:14.22 32.76	
	250m:	2:38.31 32.82	650m:	6:59.48 32.96	1050m:	11:23.82 33.53	1450m:	15:47.27 33.05	
	300m:	3:11.12 32.81	700m:	7:32.47 32.99	1100m:	11:56.75 32.93	1500m:	16:19.83 32.56	
	350m:	3:43.69 32.57	750m:	8:05.07 32.60	1150m:	12:29.82 33.07			
	400m:	4:16.22 32.53	800m:	8:37.87 32.80	1200m:	13:02.50 32.68			
2.	Vitor Teixeira, OLIVEIRA		03	Columbofila Cantanhedense				16:25.57	637
	50m:	30.33 30.33	450m:	4:54.30 33.58	850m:	9:20.89 33.07	1250m:	13:42.61 32.80	
	100m:	1:03.16 32.83	500m:	5:27.66 33.36	900m:	9:53.85 32.96	1300m:	14:15.34 32.73	
	150m:	1:35.76 32.60	550m:	6:01.12 33.46	950m:	10:26.89 33.04	1350m:	14:48.21 32.87	
	200m:	2:08.55 32.79	600m:	6:34.66 33.54	1000m:	10:59.14 32.25	1400m:	15:21.28 33.07	
	250m:	2:41.28 32.73	650m:	7:07.94 33.28	1050m:	11:31.75 32.61	1450m:	15:54.56 33.28	
	300m:	3:14.13 32.85	700m:	7:41.41 33.47	1100m:	12:04.71 32.96	1500m:	16:25.57 31.01	
	350m:	3:47.36 33.23	750m:	8:14.58 33.17	1150m:	12:37.11 32.40			
	400m:	4:20.72 33.36	800m:	8:47.82 33.24	1200m:	13:09.81 32.70			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 1, Masc., 1500m Livres, Absolutos

Lugar					Ano					Tempo final	Pts	
3.	Martim Miranda, MACHADO				03	Uniao Coimbra				16:32.71	623	
	50m:	30.65	30.65	450m:	4:54.45	33.59	850m:	9:21.03	33.07	1250m:	13:46.86	33.86
	100m:	1:03.44	32.79	500m:	5:27.80	33.35	900m:	9:54.13	33.10	1300m:	14:20.42	33.56
	150m:	1:36.22	32.78	550m:	6:01.20	33.40	950m:	10:27.34	33.21	1350m:	14:53.58	33.16
	200m:	2:08.83	32.61	600m:	6:34.78	33.58	1000m:	10:59.63	32.29	1400m:	15:27.11	33.53
	250m:	2:41.81	32.98	650m:	7:08.09	33.31	1050m:	11:32.27	32.64	1450m:	16:01.19	34.08
	300m:	3:14.57	32.76	700m:	7:41.42	33.33	1100m:	12:05.80	33.53	1500m:	16:32.71	31.52
	350m:	3:47.49	32.92	750m:	8:14.56	33.14	1150m:	12:38.66	32.86			
	400m:	4:20.86	33.37	800m:	8:47.96	33.40	1200m:	13:13.00	34.34			
4.	Miguel Caridade, GASPAS				99	Academica de Coimbra				16:38.02	613	
	50m:	30.25	30.25	450m:	4:55.75	33.57	850m:	9:23.80	33.42	1250m:	13:52.73	33.40
	100m:	1:02.66	32.41	500m:	5:29.31	33.56	900m:	9:57.54	33.74	1300m:	14:26.09	33.36
	150m:	1:35.30	32.64	550m:	6:02.71	33.40	950m:	10:31.28	33.74	1350m:	14:59.30	33.21
	200m:	2:08.54	33.24	600m:	6:36.28	33.57	1000m:	11:04.76	33.48	1400m:	15:32.00	32.70
	250m:	2:41.90	33.36	650m:	7:09.74	33.46	1050m:	11:38.65	33.89	1450m:	16:04.90	32.90
	300m:	3:15.35	33.45	700m:	7:43.14	33.40	1100m:	12:12.36	33.71	1500m:	16:38.02	33.12
	350m:	3:48.92	33.57	750m:	8:16.85	33.71	1150m:	12:46.27	33.91			
	400m:	4:22.18	33.26	800m:	8:50.38	33.53	1200m:	13:19.33	33.06			
5.	Rodrigo Alexandre, TRAVASSOS				02	Condeixa Clube				16:41.84	606	
	50m:	29.77	29.77	450m:	4:52.12	32.72	850m:	9:20.03	33.52	1250m:	13:52.83	34.67
	100m:	1:02.26	32.49	500m:	5:25.04	32.92	900m:	9:53.72	33.69	1300m:	14:26.50	33.67
	150m:	1:34.99	32.73	550m:	5:58.51	33.47	950m:	10:27.32	33.60	1350m:	14:59.63	33.13
	200m:	2:07.82	32.83	600m:	6:31.92	33.41	1000m:	11:01.17	33.85	1400m:	15:33.15	33.52
	250m:	2:40.89	33.07	650m:	7:05.46	33.54	1050m:	11:34.49	33.32	1450m:	16:07.86	34.71
	300m:	3:13.72	32.83	700m:	7:38.96	33.50	1100m:	12:08.34	33.85	1500m:	16:41.84	33.98
	350m:	3:46.48	32.76	750m:	8:12.89	33.93	1150m:	12:43.20	34.86			
	400m:	4:19.40	32.92	800m:	8:46.51	33.62	1200m:	13:18.16	34.96			
6.	Gustavo Pires, MARQUES				04	Fundacao Beatriz Santos				16:53.49	585	
	50m:	29.72	29.72	450m:	4:59.73	33.98	850m:	9:31.76	34.12	1250m:	14:04.85	33.74
	100m:	1:03.37	33.65	500m:	5:33.89	34.16	900m:	10:06.04	34.28	1300m:	14:39.16	34.31
	150m:	1:37.02	33.65	550m:	6:07.53	33.64	950m:	10:40.54	34.50	1350m:	15:13.01	33.85
	200m:	2:10.11	33.09	600m:	6:41.74	34.21	1000m:	11:14.44	33.90	1400m:	15:47.14	34.13
	250m:	2:43.73	33.62	650m:	7:15.70	33.96	1050m:	11:48.42	33.98	1450m:	16:20.76	33.62
	300m:	3:17.66	33.93	700m:	7:49.56	33.86	1100m:	12:22.59	34.17	1500m:	16:53.49	32.73
	350m:	3:51.75	34.09	750m:	8:23.61	34.05	1150m:	12:57.01	34.42			
	400m:	4:25.75	34.00	800m:	8:57.64	34.03	1200m:	13:31.11	34.10			
7.	Bernardo Vinagre, ARZILEIRO				01	Uniao Coimbra				16:56.38	580	
	50m:	30.11	30.11	450m:	4:58.32	33.70	850m:	9:31.67	34.34	1250m:	14:07.21	34.78
	100m:	1:02.65	32.54	500m:	5:32.27	33.95	900m:	10:05.94	34.27	1300m:	14:41.80	34.59
	150m:	1:35.81	33.16	550m:	6:06.32	34.05	950m:	10:40.62	34.68	1350m:	15:15.75	33.95
	200m:	2:09.27	33.46	600m:	6:40.37	34.05	1000m:	11:14.95	34.33	1400m:	15:50.49	34.74
	250m:	2:42.81	33.54	650m:	7:14.72	34.35	1050m:	11:49.64	34.69	1450m:	16:24.50	34.01
	300m:	3:16.65	33.84	700m:	7:48.77	34.05	1100m:	12:24.15	34.51	1500m:	16:56.38	31.88
	350m:	3:50.61	33.96	750m:	8:23.37	34.60	1150m:	12:58.01	33.86			
	400m:	4:24.62	34.01	800m:	8:57.33	33.96	1200m:	13:32.43	34.42			
8.	Joao Neto, PEREIRA				02	Fundacao Beatriz Santos				17:05.49	565	
	50m:	29.44	29.44	450m:	4:59.00	34.39	850m:	9:36.72	35.55	1250m:	14:13.32	34.08
	100m:	1:01.57	32.13	500m:	5:33.66	34.66	900m:	10:11.50	34.78	1300m:	14:47.69	34.37
	150m:	1:34.70	33.13	550m:	6:07.54	33.88	950m:	10:46.60	35.10	1350m:	15:22.01	34.32
	200m:	2:08.51	33.81	600m:	6:41.57	34.03	1000m:	11:21.52	34.92	1400m:	15:56.81	34.80
	250m:	2:42.37	33.86	650m:	7:16.42	34.85	1050m:	11:55.61	34.09	1450m:	16:31.45	34.64
	300m:	3:16.24	33.87	700m:	7:51.14	34.72	1100m:	12:29.86	34.25	1500m:	17:05.49	34.04
	350m:	3:49.99	33.75	750m:	8:26.04	34.90	1150m:	13:04.55	34.69			
	400m:	4:24.61	34.62	800m:	9:01.17	35.13	1200m:	13:39.24	34.69			
9.	Francisco Miguel, CARVALHO				00	Academica de Coimbra				17:27.62	530	
	50m:	31.13	31.13	450m:	5:08.23	34.74	850m:	9:49.28	35.40	1250m:	14:32.59	35.41
	100m:	1:05.23	34.10	500m:	5:43.05	34.82	900m:	10:24.61	35.33	1300m:	15:08.00	35.41
	150m:	1:39.66	34.43	550m:	6:17.95	34.90	950m:	11:00.00	35.39	1350m:	15:43.78	35.78
	200m:	2:14.24	34.58	600m:	6:52.98	35.03	1000m:	11:35.45	35.45	1400m:	16:18.86	35.08
	250m:	2:48.92	34.68	650m:	7:28.23	35.25	1050m:	12:11.02	35.57	1450m:	16:54.03	35.17
	300m:	3:23.94	35.02	700m:	8:03.37	35.14	1100m:	12:46.34	35.32	1500m:	17:27.62	33.59
	350m:	3:58.63	34.69	750m:	8:38.52	35.15	1150m:	13:21.97	35.63			
	400m:	4:33.49	34.86	800m:	9:13.88	35.36	1200m:	13:57.18	35.21			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 1, Masc., 1500m Livres, Absolutos

Lugar			Ano					Tempo final	Pts
10.	Vasco Pereira, BASTOS		02	Nautico Coimbra				17:50.07	497
	50m:	31.47 31.47	450m:	5:15.22 35.82	850m:	10:03.68 36.37	1250m:	14:52.85 36.00	
	100m:	1:05.99 34.52	500m:	5:51.39 36.17	900m:	10:39.93 36.25	1300m:	15:28.49 35.64	
	150m:	1:41.07 35.08	550m:	6:26.77 35.38	950m:	11:16.61 36.68	1350m:	16:04.03 35.54	
	200m:	2:16.19 35.12	600m:	7:02.93 36.16	1000m:	11:53.04 36.43	1400m:	16:39.72 35.69	
	250m:	2:51.53 35.34	650m:	7:39.03 36.10	1050m:	12:28.99 35.95	1450m:	17:15.61 35.89	
	300m:	3:27.33 35.80	700m:	8:15.42 36.39	1100m:	13:05.05 36.06	1500m:	17:50.07 34.46	
	350m:	4:03.09 35.76	750m:	8:51.33 35.91	1150m:	13:41.13 36.08			
	400m:	4:39.40 36.31	800m:	9:27.31 35.98	1200m:	14:16.85 35.72			
11.	David Valdagua, COUTINHO		03	Columbofila Cantanhedense				18:07.49	474
	50m:	32.17 32.17	450m:	5:18.70 36.73	850m:	10:11.77 35.47	1250m:	15:05.96 37.14	
	100m:	1:06.51 34.34	500m:	5:55.83 37.13	900m:	10:47.96 36.19	1300m:	15:42.64 36.68	
	150m:	1:41.64 35.13	550m:	6:32.83 37.00	950m:	11:24.09 36.13	1350m:	16:19.28 36.64	
	200m:	2:17.44 35.80	600m:	7:09.81 36.98	1000m:	12:00.37 36.28	1400m:	16:56.11 36.83	
	250m:	2:53.20 35.76	650m:	7:46.47 36.66	1050m:	12:37.19 36.82	1450m:	17:32.45 36.34	
	300m:	3:29.34 36.14	700m:	8:23.15 36.68	1100m:	13:14.53 37.34	1500m:	18:07.49 35.04	
	350m:	4:05.69 36.35	750m:	9:00.40 37.25	1150m:	13:51.45 36.92			
	400m:	4:41.97 36.28	800m:	9:36.30 35.90	1200m:	14:28.82 37.37			
EXH	Goncalo Daniel, OLIVEIRA		04	Fundacao Beatriz Santos				17:33.47	521
	50m:	30.47 30.47	450m:	5:09.12 34.92	850m:	9:53.70 35.48	1250m:	14:38.78 35.57	
	100m:	1:04.34 33.87	500m:	5:44.23 35.11	900m:	10:29.39 35.69	1300m:	15:14.95 36.17	
	150m:	1:39.20 34.86	550m:	6:19.71 35.48	950m:	11:05.46 36.07	1350m:	15:49.25 34.30	
	200m:	2:14.58 35.38	600m:	6:55.12 35.41	1000m:	11:41.37 35.91	1400m:	16:24.97 35.72	
	250m:	2:49.23 34.65	650m:	7:30.60 35.48	1050m:	12:16.84 35.47	1450m:	16:59.95 34.98	
	300m:	3:24.30 35.07	700m:	8:06.04 35.44	1100m:	12:52.72 35.88	1500m:	17:33.47 33.52	
	350m:	3:59.22 34.92	750m:	8:42.04 36.00	1150m:	13:27.74 35.02			
	400m:	4:34.20 34.98	800m:	9:18.22 36.18	1200m:	14:03.21 35.47			
EXH	Ricardo Martins, CARVALHO		03	Fundacao Beatriz Santos				18:05.15	477
	50m:	32.60 32.60	450m:	5:22.90 36.27	850m:	10:15.66 36.69	1250m:	15:07.68 36.27	
	100m:	1:08.44 35.84	500m:	5:59.11 36.21	900m:	10:52.69 37.03	1300m:	15:43.96 36.28	
	150m:	1:45.09 36.65	550m:	6:35.72 36.61	950m:	11:29.45 36.76	1350m:	16:19.94 35.98	
	200m:	2:21.46 36.37	600m:	7:12.11 36.39	1000m:	12:06.01 36.56	1400m:	16:55.77 35.83	
	250m:	2:57.94 36.48	650m:	7:48.64 36.53	1050m:	12:42.50 36.49	1450m:	17:31.58 35.81	
	300m:	3:34.58 36.64	700m:	8:25.28 36.64	1100m:	13:19.27 36.77	1500m:	18:05.15 33.57	
	350m:	4:10.43 35.85	750m:	9:02.20 36.92	1150m:	13:55.16 35.89			
	400m:	4:46.63 36.20	800m:	9:38.97 36.77	1200m:	14:31.41 36.25			
EXH	Goncalo Pires, LOURENCO		03	Fundacao Beatriz Santos				18:05.40	476
	50m:	31.79 31.79	450m:	5:22.19 36.02	850m:	10:11.66 36.85	1250m:	15:08.48 36.74	
	100m:	1:06.28 34.49	500m:	5:57.39 35.20	900m:	10:48.36 36.70	1300m:	15:44.81 36.33	
	150m:	1:41.79 35.51	550m:	6:33.37 35.98	950m:	11:25.43 37.07	1350m:	16:20.19 35.38	
	200m:	2:17.94 36.15	600m:	7:09.57 36.20	1000m:	12:03.40 37.97	1400m:	16:56.35 36.16	
	250m:	2:54.29 36.35	650m:	7:45.31 35.74	1050m:	12:40.76 37.36	1450m:	17:32.63 36.28	
	300m:	3:31.58 37.29	700m:	8:21.90 36.59	1100m:	13:18.42 37.66	1500m:	18:05.40 32.77	
	350m:	4:08.89 37.31	750m:	8:57.88 35.98	1150m:	13:54.96 36.54			
	400m:	4:46.17 37.28	800m:	9:34.81 36.93	1200m:	14:31.74 36.78			
EXH	Rui Mamede, SANTOS		04	Uniao Coimbra				18:15.60	463
	50m:	30.63 30.63	450m:	5:18.70 35.76	850m:	10:14.42 36.98	1250m:	15:12.37 36.51	
	100m:	1:04.81 34.18	500m:	5:55.77 37.07	900m:	10:51.42 37.00	1300m:	15:48.86 36.49	
	150m:	1:41.08 36.27	550m:	6:33.00 37.23	950m:	11:28.94 37.52	1350m:	16:25.46 36.60	
	200m:	2:17.42 36.34	600m:	7:10.18 37.18	1000m:	12:06.38 37.44	1400m:	17:03.46 38.00	
	250m:	2:54.16 36.74	650m:	7:46.81 36.63	1050m:	12:43.48 37.10	1450m:	17:39.54 36.08	
	300m:	3:29.72 35.56	700m:	8:22.81 36.00	1100m:	13:22.01 38.53	1500m:	18:15.60 36.06	
	350m:	4:06.27 36.55	750m:	9:00.09 37.28	1150m:	13:59.11 37.10			
	400m:	4:42.94 36.67	800m:	9:37.44 37.35	1200m:	14:35.86 36.75			
EXH	Lucas Coelho, NORA		05	Columbofila Cantanhedense				19:49.07	362
	50m:	36.35 36.35	450m:	5:56.50 40.24	850m:	11:14.81 39.98	1250m:	16:34.59 40.41	
	100m:	1:15.39 39.04	500m:	6:36.84 40.34	900m:	11:54.58 39.77	1300m:	17:13.83 39.24	
	150m:	1:55.31 39.92	550m:	7:16.86 40.02	950m:	12:34.93 40.35	1350m:	17:53.01 39.18	
	200m:	2:35.17 39.86	600m:	7:56.56 39.70	1000m:	13:14.35 39.42	1400m:	18:32.64 39.63	
	250m:	3:15.25 40.08	650m:	8:36.20 39.64	1050m:	13:54.30 39.95	1450m:	19:11.89 39.25	
	300m:	3:54.81 39.56	700m:	9:15.24 39.04	1100m:	14:34.20 39.90	1500m:	19:49.07 37.18	
	350m:	4:36.43 41.62	750m:	9:54.92 39.68	1150m:	15:14.47 40.27			
	400m:	5:16.26 39.83	800m:	10:34.83 39.91	1200m:	15:54.18 39.71			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 2
02-02-2019

Femin., 100m Mariposa

Infantis
Resultados

Rec Nac 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac 25m Inf A	1:02.30	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018
Rec Nac 25m Inf B	1:05.51	Carolina Miranda, FERNANDES	CGA	Gafanha Nazaré	06-05-2017
RR ANC Absoluto	1:03.01	Inês Pereira, SILVA	CAQC		13-06-2018
RR ANC Inf A	1:06.56	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
RR ANC Inf B	1:09.47	Inês Pereira, SILVA	CAQC		11-06-2014

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts
1.	Diana Silva, TINOCO		06	Columbofila Cantanhedense		1:11.40	447
	50m:	34.07 34.07	100m:	1:11.40	37.33		
2.	Matilde Neves, CRAVEIRO		06	Academica de Coimbra		1:12.09	434
	50m:	34.06 34.06	100m:	1:12.09	38.03		
3.	Leonor Mil, MANO		07	Fundacao Beatriz Santos		1:15.17	383
	50m:	34.07 34.07	100m:	1:15.17	41.10		
4.	Angela Rodrigues, REBELO		07	Louzan Natacao/EFAPEL		1:16.88	358
	50m:	36.04 36.04	100m:	1:16.88	40.84		
5.	Beatriz Silva, NEVES		06	Fundacao Beatriz Santos		1:17.07	355
	50m:	35.74 35.74	100m:	1:17.07	41.33		
6.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo		1:20.24	315
	50m:	36.39 36.39	100m:	1:20.24	43.85		
7.	Cristiana Sofia, ESCADA		07	Academica de Coimbra		1:27.87	240
	50m:	40.92 40.92	100m:	1:27.87	46.95		
8.	Joana Filipa, VARELA		06	Nautico Coimbra		1:29.75	225
	50m:	38.30 38.30	100m:	1:29.75	51.45		
9.	Lara Carvalho, SANTOS		07	Nautico Coimbra		1:34.24	194
	50m:	42.64 42.64	100m:	1:34.24	51.60		

Prova 2
02-02-2019

Femin., 100m Mariposa

Absolutos
Resultados

Rec Nac 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac 25m Sen	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac 25m Jun17	59.65	Sara Francisco, CRUZ	ADBA	Leiria	05-12-2009
Rec Nac 25m Jun16	1:01.56	Filipa Vilas, TIAGO	SCP	S. António Cavaleiros	20-12-2009
Rec Nac 25m Juv A	1:02.31	Mariana Pacheco, CUNHA	CFP	Felgueiras	17-11-2018
Rec Nac 25m Juv B	1:02.36	Mariana Pacheco, CUNHA	CFP	Felgueiras	14-04-2018
RR ANC Absoluto	1:03.01	Inês Pereira, SILVA	CAQC		13-06-2018
RR ANC Sen	1:03.67	Beatriz Neves, CRAVEIRO	CNAC		12-06-2018
RR ANC Jun17	1:03.31	Beatriz Costa, TEJO	AAC	Rui Abreu	24-11-2018
RR ANC Jun16	1:03.01	Inês Pereira, SILVA	CAQC		12-06-2017
RR ANC Juv A	1:03.51	Inês Pereira, SILVA	CAQC		12-06-2017
RR ANC Juv B	1:04.12	Mariana Cunha, GUERRA	ASSSCC		12-06-2011

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts
1.	Ines Pereira, SILVA		02	Fundacao Beatriz Santos		1:03.97	622
	50m:	30.36 30.36	100m:	1:03.97	33.61		
2.	Beatriz Neves, CRAVEIRO		97	Academica de Coimbra		1:04.60	604
	50m:	30.44 30.44	100m:	1:04.60	34.16		
3.	Beatriz Costa, TEJO		02	Academica de Coimbra		1:04.81	598
	50m:	30.27 30.27	100m:	1:04.81	34.54		
4.	Maria Carlota, REBELO		03	Louzan Natacao/EFAPEL		1:05.64	575
	50m:	30.90 30.90	100m:	1:05.64	34.74		
5.	Ana Carolina, MONTEIRO		04	Uniao Coimbra		1:06.06	564
	50m:	31.11 31.11	100m:	1:06.06	34.95		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 2, Femin., 100m Mariposa, Absolutos

Lugar					Ano		Tempo final	Pts
6.	Eva Fernandes, CARDOSO	01	Fundacao Beatriz Santos			1:07.58	527	
	50m: 31.93 31.93	100m: 1:07.58	35.65					
7.	Joana Francisca, RODRIGUES	04	Uniao Coimbra			1:08.06	516	
	50m: 31.40 31.40	100m: 1:08.06	36.66					
8.	Sara Dias, NEVES	03	Miranda do Corvo			1:09.60	483	
	50m: 32.64 32.64	100m: 1:09.60	36.96					
9.	Matilde Domingues, GAMEIRO	97	Nautico Coimbra			1:10.40	466	
	50m: 32.52 32.52	100m: 1:10.40	37.88					
10.	Mariana Jacinto, SANTOS	03	Freguesia de Paiao			1:11.14	452	
	50m: 32.85 32.85	100m: 1:11.14	38.29					
11.	Ana Matos, CABRAL	05	Condeixa Clube			1:11.39	447	
	50m: 33.29 33.29	100m: 1:11.39	38.10					
12.	Leonor Correia, PAIVA	04	Louzan Natacao/EFAPEL			1:11.95	437	
	50m: 33.32 33.32	100m: 1:11.95	38.63					
13.	Beatriz Ferreira, LOISAS	05	Columbofila Cantanhedense			1:13.33	413	
	50m: 34.34 34.34	100m: 1:13.33	38.99					
14.	Maria Miguel, GAMEIRO	03	Nautico Coimbra			1:13.45	410	
	50m: 34.10 34.10	100m: 1:13.45	39.35					
15.	Maria Caetano, LAMAS	04	Miranda do Corvo			1:13.66	407	
	50m: 33.55 33.55	100m: 1:13.66	40.11					
16.	Ines Dias, CRUZ	04	Condeixa Clube			1:18.18	340	
	50m: 35.36 35.36	100m: 1:18.18	42.82					
17.	Carolina Carreira, DIAS	04	Columbofila Cantanhedense			1:22.49	290	
	50m: 37.15 37.15	100m: 1:22.49	45.34					
EXH	Daniela Portela, MENDES	04	Fundacao Beatriz Santos			1:08.81	499	
	50m: 31.90 31.90	100m: 1:08.81	36.91					
EXH	Ines Matos, SOUSA	03	Uniao Coimbra			1:11.46	446	
	50m: 33.54 33.54	100m: 1:11.46	37.92					
EXH	Emilia Matos, PEREIRA	99	Fundacao Beatriz Santos			1:12.36	429	
	50m: 33.83 33.83	100m: 1:12.36	38.53					
EXH	Mafalda Vestia, FIDALGO	04	Uniao Coimbra			1:15.43	379	
	50m: 34.45 34.45	100m: 1:15.43	40.98					
EXH	Joana Beatriz, RODRIGUES	04	Academica de Coimbra			1:24.15	273	
	50m: 39.00 39.00	100m: 1:24.15	45.15					

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 3 Masc., 200m Mariposa Infantis
02-02-2019 Resultados

Rec Nac 25m Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac 25m Inf A	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11-07-2004
Rec Nac 25m Inf B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01-06-2013
RR ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Inf A	2:15.42	Diogo José, RIBEIRO	CUC		13-06-2018
RR ANC Inf B	2:28.59	Tomás Miguel, VELOSO	CNAC		13-06-2009

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	2:37.92	324		
50m: 34.28 34.28	100m: 1:13.26	38.98	150m: 1:55.11	41.85	200m: 2:37.92	42.81
2. Carlos Eduardo, BENTO	05	Miranda do Corvo	2:43.87	290		
50m: 34.99 34.99	100m: 1:16.88	41.89	150m: 1:59.29	42.41	200m: 2:43.87	44.58
3. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	2:45.51	282		
50m: 36.55 36.55	100m: 1:18.78	42.23	150m: 2:02.34	43.56	200m: 2:45.51	43.17
4. Jose Miguel, MARQUES	06	Condeixa Clube	3:02.15	211		
50m: 39.92 39.92	100m: 1:28.49	48.57	150m: 2:15.07	46.58	200m: 3:02.15	47.08
5. Diogo Cura, NEVES	06	Condeixa Clube	3:03.85	205		
50m: 39.12 39.12	100m: 1:26.26	47.14	150m: 2:14.43	48.17	200m: 3:03.85	49.42
6. Simao Domingues, PAZ	06	Miranda do Corvo	3:04.36	204		
50m: 39.91 39.91	100m: 1:27.40	47.49	150m: 2:15.43	48.03	200m: 3:04.36	48.93
7. Simao Jesus, SILVA	06	Columbofila Cantanhedense	3:11.15	183		
50m: 40.63 40.63	100m: 1:29.24	48.61	150m: 2:20.75	51.51	200m: 3:11.15	50.40
8. Gustavo Silva, RODRIGUES	06	Louzan Natacao/EFAPEL	3:16.33	169		
50m: 41.01 41.01	100m: 1:30.50	49.49	150m: 2:23.50	53.00	200m: 3:16.33	52.83
9. Afonso Vidal, TOMAS	06	Louzan Natacao/EFAPEL	3:16.42	168		
50m: 41.21 41.21	100m: 1:31.66	50.45	150m: 2:24.58	52.92	200m: 3:16.42	51.84

Prova 3 Masc., 200m Mariposa Absolutos
02-02-2019 Resultados

Rec Nac 25m Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac 25m Sen	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac 25m Jun18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09-12-2005
Rec Nac 25m Jun17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05-03-2005
Rec Nac 25m Juv A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13-06-2009
Rec Nac 25m Juv B	2:07.06	Pedro Diogo, OLIVEIRA	CNRM	Entroncamento	24-05-2003
RR ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	1:58.90	Gabriel José, LOPES	ALN		13-06-2018
RR ANC Jun18	2:05.19	Miguel Silva, OLIVEIRA	CNAC		13-06-2009
RR ANC Jun17	2:06.44	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2013
RR ANC Juv A	2:05.81	André Gouveia, COSTA	CAQC		13-06-2016
RR ANC Juv B	2:08.20	Diogo Matos, RIBEIRO	CUC		13-06-2000

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Diogo Matos, RIBEIRO	04	Uniao Coimbra	2:07.97	610		
Rec Reg ANC						
50m: 28.64 28.64	100m: 1:01.62	32.98	150m: 1:34.50	32.88	200m: 2:07.97	33.47
2. Ricardo Jorge, DOMINGUES	02	Fundacao Beatriz Santos	2:08.33	605		
50m: 28.18 28.18	100m: 1:00.91	32.73	150m: 1:34.42	33.51	200m: 2:08.33	33.91
3. Gabriel Jose, FIGUEIRA	01	Academica de Coimbra	2:17.76	489		
50m: 30.90 30.90	100m: 1:05.47	34.57	150m: 1:41.32	35.85	200m: 2:17.76	36.44
4. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:18.25	484		
50m: 31.11 31.11	100m: 1:06.27	35.16	150m: 1:42.06	35.79	200m: 2:18.25	36.19
5. Paulo Andre, FROTA	02	Condeixa Clube	2:21.25	453		
50m: 32.66 32.66	100m: 1:08.56	35.90	150m: 1:44.77	36.21	200m: 2:21.25	36.48

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 3, Masc., 200m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
6. Manuel Baptista, SIMOES 50m: 29.98 29.98 100m: 1:05.39 35.41 150m: 1:42.88 37.49 200m: 2:22.21 39.33	03 Uniao Coimbra	2:22.21	444
7. Dinis Miranda, DIOGO 50m: 31.30 31.30 100m: 1:07.79 36.49 150m: 1:45.92 38.13 200m: 2:23.42 37.50	04 Fundacao Beatriz Santos	2:23.42	433
8. Rui Joao, MARQUES 50m: 32.07 32.07 100m: 1:07.37 35.30 150m: 1:44.56 37.19 200m: 2:23.66 39.10	02 Nautico Coimbra	2:23.66	431
9. Diogo Luis, CANCELA 50m: 34.37 34.37 100m: 1:13.41 39.04 150m: 1:52.78 39.37 200m: 2:31.69 38.91	02 Miranda do Corvo	2:31.69	366
10. Rafael Alves, CAMPOS 50m: 35.66 35.66 100m: 1:17.34 41.68 150m: 1:59.86 42.52 200m: 2:41.88 42.02	04 S. Pedro Alva	2:41.88	301
DNS Joao Carvalho, DIZ	01 Columbofila Cantanhedense		
EXH Alexandre Viegas, MARTINS 50m: 31.52 31.52 100m: 1:07.69 36.17 150m: 1:46.84 39.15 200m: 2:24.90 38.06	04 Uniao Coimbra	2:24.90	420
EXH Goncalo Brites, MOITA 50m: 31.10 31.10 100m: 1:08.10 37.00 150m: 1:46.91 38.81 200m: 2:26.32 39.41	04 Uniao Coimbra	2:26.32	408
EXH Pedro Miguel, FLORIDO 50m: 32.57 32.57 100m: 1:09.72 37.15 150m: 1:49.78 40.06 200m: 2:30.88 41.10	04 Fundacao Beatriz Santos	2:30.88	372
EXH Afonso Corte-Real, GRILO 50m: 37.47 37.47 100m: 1:20.30 42.83 150m: 2:04.00 43.70 200m: 2:46.31 42.31	04 Fundacao Beatriz Santos	2:46.31	278

Prova 4
02-02-2019

Femin., 100m Bruços

Infantis
Resultados

Rec Nac 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac 25m Inf A	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	13-04-2013
Rec Nac 25m Inf B	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	19-03-1995
RR ANC Absoluto	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Inf A	1:16.24	Ana Yuki, TSUKAGOSHI	CNAC		12-06-1995
RR ANC Inf B	1:17.79	Mariana Ferrinha, CUNHA	AAC		11-06-1995

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Batista, FERREIRA 50m: 42.26 42.26 100m: 1:27.20 44.94	06 Fundacao Beatriz Santos	1:27.20	365
2. Beatriz Silva, NEVES 50m: 43.38 43.38 100m: 1:29.33 45.95	06 Fundacao Beatriz Santos	1:29.33	340
3. Matilde Fonseca, OLIVEIRA 50m: 43.00 43.00 100m: 1:30.03 47.03	06 Miranda do Corvo	1:30.03	332
4. Anita Gouveia, COSTA 50m: 43.90 43.90 100m: 1:31.12 47.22	06 Uniao Coimbra	1:31.12	320
5. Francisca Carvalho, SOUSA 50m: 43.42 43.42 100m: 1:31.77 48.35	06 Miranda do Corvo	1:31.77	313
6. Dania Rodrigues, SIMOES 50m: 46.03 46.03 100m: 1:35.83 49.80	07 Louzan Natacao/EFAPEL	1:35.83	275
7. Mariana Vaz, ALVES 50m: 46.75 46.75 100m: 1:40.26 53.51	06 Academica de Coimbra	1:40.26	240
8. Matilde Rodrigues, COSTA 50m: 49.94 49.94 100m: 1:44.06 54.12	07 S. Pedro Alva	1:44.06	215
9. Cristiana Sofia, DUARTE 50m: 50.35 50.35 100m: 1:46.48 56.13	07 Vigor da Mocidade	1:46.48	200

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 4, Femin., 100m Bruços, Infantis

Lugar	Ano	Tempo final	Pts
10. Matilde Lopes, SANTOS 50m: 51.33 51.33 100m: 1:47.69 56.36	07 Louzan Natacao/EFAPEL	1:47.69	194
11. Rafaela Ferreira, MIGUEL 50m: 49.82 49.82 100m: 1:48.07 58.25	06 S. Pedro Alva	1:48.07	192
12. Luna Almeida, RODRIGUES 50m: 53.28 53.28 100m: 1:49.06 55.78	07 Columbofila Cantanhedense	1:49.06	186
13. Ema Cardoso, BAPTISTA 50m: 55.36 55.36 100m: 1:58.53 1:03.17	07 Uniao Coimbra	1:58.53	145

Prova 4 Femin., 100m Bruços Absolutos Resultados

Rec Nac 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac 25m Sen	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac 25m Jun17	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09-12-2016
Rec Nac 25m Jun16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009
Rec Nac 25m Juv A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13-03-2004
Rec Nac 25m Juv B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
RR ANC Absoluto	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Sen	1:13.64	Gabriela Oliveira, ANDRADE	CNAC		12-06-2011
RR ANC Jun17	1:13.72	Joana Victorino, HENRIQUES	CAQC		12-06-2018
RR ANC Jun16	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		12-06-2009
RR ANC Juv A	1:14.02	Mariana Ferrinha, CUNHA	AAC		12-06-1998
RR ANC Juv B	1:12.39	Mariana Ferrinha, CUNHA	AAC		12-06-1997

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 36.15 36.15 100m: 1:15.67 39.52	03 Louzan Natacao/EFAPEL	1:15.67	559
2. Beatriz Monteiro, TOMAS 50m: 36.40 36.40 100m: 1:16.22 39.82	03 Fundacao Beatriz Santos	1:16.22	547
3. Bruna Cruz, CARVALHO 50m: 36.33 36.33 100m: 1:17.57 41.24	03 S. Pedro Alva	1:17.57	519
4. Beatriz Castanheira, DIAS 50m: 37.71 37.71 100m: 1:18.94 41.23	99 Academica de Coimbra	1:18.94	492
5. Ana Carolina, NEVES 50m: 37.36 37.36 100m: 1:19.46 42.10	00 Academica de Coimbra	1:19.46	483
6. Sara Dias, NEVES 50m: 37.62 37.62 100m: 1:20.24 42.62	03 Miranda do Corvo	1:20.24	469
7. Ana Carolina, MONTEIRO 50m: 38.41 38.41 100m: 1:20.42 42.01	04 Uniao Coimbra	1:20.42	466
8. Ana Rita, QUEIROZ 50m: 37.43 37.43 100m: 1:20.70 43.27	02 Condeixa Clube	1:20.70	461
9. Ana Catarina, SILVA 50m: 39.21 39.21 100m: 1:22.29 43.08	04 Fundacao Beatriz Santos	1:22.29	435
10. Marta Domingues, GAMEIRO 50m: 39.32 39.32 100m: 1:23.03 43.71	04 Nautico Coimbra	1:23.03	423
11. Ana Luisa, RODRIGUES 50m: 39.82 39.82 100m: 1:24.62 44.80	03 Louzan Natacao/EFAPEL	1:24.62	400
12. Maria Caetano, LAMAS 50m: 40.41 40.41 100m: 1:24.67 44.26	04 Miranda do Corvo	1:24.67	399
13. Barbara Almeida, SIMOES 50m: 40.87 40.87 100m: 1:25.71 44.84	05 Uniao Coimbra	1:25.71	385

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 4, Femin., 100m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
14. Carolina Carreira, DIAS 50m: 41.80 41.80 100m: 1:28.27 46.47	04	1:28.27	352
15. Rita Lima, PIRES 50m: 42.67 42.67 100m: 1:29.08 46.41	05	1:29.08	343
16. Maria Lucas, SANTOS 50m: 42.97 42.97 100m: 1:30.63 47.66	05	1:30.63	325
17. Beatriz Pereira, MARQUES 50m: 44.66 44.66 100m: 1:33.30 48.64	05	1:33.30	298
DNS Camila Ferreira, MARQUES	03		
EXH Leonor Correia, CUNHA 50m: 38.58 38.58 100m: 1:20.45 41.87	04	1:20.45	465

Prova 5
02-02-2019

Masc., 200m Bruços

Infantis
Resultados

Rec Nac 25m Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Nac 25m Inf A	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01-08-2018
Rec Nac 25m Inf B	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13-07-2003
RR ANC Absoluto	2:09.73	Gabriel Jose, LOPES			13-11-2018
RR ANC Inf A	2:32.39	Duarte Anastasio, SOUSA	CAQC		13-06-2016
RR ANC Inf B	2:38.94	Duarte Anastasio, SOUSA	CAQC		13-06-2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Dinis Raimundo, SILVA 50m: 39.92 39.92 100m: 1:24.85 44.93 150m: 2:10.18 45.33 200m: 2:56.96 46.78	05	2:56.96	315
2. Duarte José, FERNANDES 50m: 39.67 39.67 100m: 1:25.52 45.85 150m: 2:11.70 46.18 200m: 2:57.93 46.23	06	2:57.93	310
3. Goncalo Carvalho, SANTOS 50m: 41.33 41.33 100m: 1:28.07 46.74 150m: 2:16.53 48.46 200m: 3:04.27 47.74	05	3:04.27	279
4. Antonio, GLAVATSKYY 50m: 41.87 41.87 100m: 1:27.93 46.06 150m: 2:16.85 48.92 200m: 3:05.95 49.10	05	3:05.95	271
5. Tomas Nolan, SANTOS 50m: 42.69 42.69 100m: 1:31.77 49.08 150m: 2:21.09 49.32 200m: 3:09.40 48.31	06	3:09.40	257
6. Francisco Cruz, CARVALHO 50m: 44.78 44.78 100m: 1:34.20 49.42 150m: 2:24.88 50.68 200m: 3:15.61 50.73	06	3:15.61	233
7. Miguel Cunha, GASPAS 50m: 46.66 46.66 100m: 1:37.40 50.74 150m: 2:27.59 50.19 200m: 3:17.49 49.90	06	3:17.49	226
8. Jose Miguel, MARQUES 50m: 46.13 46.13 100m: 1:37.65 51.52 150m: 2:27.97 50.32 200m: 3:19.24 51.27	06	3:19.24	220
9. Tome Santiago, MENDES 50m: 44.76 44.76 100m: 1:35.21 50.45 150m: 2:27.82 52.61 200m: 3:20.32 52.50	05	3:20.32	217
10. Gustavo Teixeira, PIRES 50m: 48.31 48.31 100m: 1:41.02 52.71 150m: 2:34.56 53.54 200m: 3:25.87 51.31	06	3:25.87	200
11. Rodrigo Neves, DUARTE 50m: 47.71 47.71 100m: 1:43.11 55.40 150m: 2:37.85 54.74 200m: 3:31.85 54.00	06	3:31.85	183
12. Bernardo Jose, SIMOES 50m: 52.15 52.15 100m: 1:52.31 1:00.16 150m: 2:51.62 59.31 200m: 3:50.37 58.75	06	3:50.37	142
DNS Pedro Fernandes, CARVALHO	06		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 5, Masc., 200m Bruços

Prova 5 02-02-2019	Masc., 200m Bruços				Absolutos Resultados
Rec Nac 25m Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Nac 25m Sen	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Nac 25m Jun18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto	19-12-2014
Rec Nac 25m Jun17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal	10-12-2016
Rec Nac 25m Juv A	2:18.22	Andre Goncalo, SANTOS	LSC	Felgueiras	08-03-2013
Rec Nac 25m Juv B	2:20.22	Andre Goncalo, SANTOS	LSC	Braga	03-03-2012
RR ANC Absoluto	2:09.73	Gabriel Jose, LOPES			13-11-2018
RR ANC Sen	2:09.73	Gabriel José, LOPES	ALN		13-06-2018
RR ANC Jun18	2:15.81	Helder José, LOPES	ACM		13-06-2000
RR ANC Jun17	2:21.28	João Pedro, NEVES	GCF		13-06-2001
RR ANC Juv A	2:24.15	Helder José, LOPES	ACM		13-06-1998
RR ANC Juv B	2:27.67	António, PEREIRA	CNAC		13-06-2002

Pontos: FINA 2018

Lugar	Ano		Tempo final				Pts
1. Miguel Caridade, GASPAR	99	Academica de Coimbra	2:23.31				593
50m: 33.26 33.26	100m: 1:09.94	36.68	150m: 1:46.43	36.49	200m: 2:23.31	36.88	
2. Joao Ventura, PAIS	02	Fundacao Beatriz Santos	2:27.80				541
50m: 32.82 32.82	100m: 1:09.81	36.99	150m: 1:48.08	38.27	200m: 2:27.80	39.72	
3. Tiago Moises, DINIS	98	Nautico Coimbra	2:29.03				527
50m: 32.95 32.95	100m: 1:10.22	37.27	150m: 1:48.94	38.72	200m: 2:29.03	40.09	
4. Pedro Simoes, RODRIGUES	01	Uniao Coimbra	2:29.89				518
50m: 34.01 34.01	100m: 1:12.08	38.07	150m: 1:50.27	38.19	200m: 2:29.89	39.62	
5. Goncalo Silva, MARQUES	01	Condeixa Clube	2:32.97				488
50m: 34.81 34.81	100m: 1:13.59	38.78	150m: 1:53.65	40.06	200m: 2:32.97	39.32	
6. Duarte Anastacio, SOUSA	02	Uniao Coimbra	2:33.49				483
50m: 34.60 34.60	100m: 1:13.42	38.82	150m: 1:52.78	39.36	200m: 2:33.49	40.71	
7. Tiago Andre, POIARES	04	Fundacao Beatriz Santos	2:38.48				438
50m: 35.69 35.69	100m: 1:15.36	39.67	150m: 1:56.52	41.16	200m: 2:38.48	41.96	
8. Rafael Alves, CAMPOS	04	S. Pedro Alva	2:38.72				436
50m: 36.25 36.25	100m: 1:16.75	40.50	150m: 1:57.76	41.01	200m: 2:38.72	40.96	
9. Diogo Luis, BRENDA	01	Academica de Coimbra	2:38.92				435
50m: 35.59 35.59	100m: 1:15.51	39.92	150m: 1:56.75	41.24	200m: 2:38.92	42.17	
10. Alexandre Miguel, BRAS	03	S. Pedro Alva	2:41.21				417
50m: 34.43 34.43	100m: 1:14.80	40.37	150m: 1:57.95	43.15	200m: 2:41.21	43.26	
11. Paulo Andre, FROTA	02	Condeixa Clube	2:45.08				388
50m: 36.44 36.44	100m: 1:17.19	40.75	150m: 2:00.95	43.76	200m: 2:45.08	44.13	
12. Jose Miguel, SILVA	02	Nautico Coimbra	2:53.02				337
50m: 39.13 39.13	100m: 1:22.97	43.84	150m: 2:08.36	45.39	200m: 2:53.02	44.66	
13. Cristiano Rodrigues, FERNANDES	04	Louzan Natacao/EFAPEL	3:03.51				282
50m: 41.88 41.88	100m: 1:30.63	48.75	150m: 2:17.80	47.17	200m: 3:03.51	45.71	
DNS Joao Carvalho, DIZ	01	Columbofila Cantanhedense					
EXH Martim Miranda, MACHADO	03	Uniao Coimbra	2:48.16				367
50m: 38.45 38.45	100m: 1:21.34	42.89	150m: 2:05.34	44.00	200m: 2:48.16	42.82	
EXH Carlos Martins, MARQUES	04	Uniao Coimbra	2:56.55				317
50m: 39.12 39.12	100m: 1:23.36	44.24	150m: 2:10.21	46.85	200m: 2:56.55	46.34	

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 6 02-02-2019	Femin., 50m Livres				Infantis Resultados
Rec Nac 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac 25m Inf A	27.56	Carolina Miranda, FERNANDES	CGA	Espinho	19-05-2018
Rec Nac 25m Inf B	28.82	Carolina Miranda, FERNANDES	SANCNP	Abrantes	04-03-2017
RR ANC Absoluto	26.69	Raquel Mourile, TAVEIRA	AAC		12-06-2014
RR ANC Inf A	28.55	Camila Rodrigues, REBELO	ALN		11-06-2016
RR ANC Inf B	28.93	Mariana Cunha, GUERRA	ASSSCC		01-05-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Neves, CRAVEIRO	06 Academica de Coimbra	30.85	410
2. Madalena Barra, MEDEIROS	06 Vigor da Mocidade	31.22	396
3. Maria Vitoria, GRILLO	06 Nautico Coimbra	31.26	394
4. Ines Alves, DIAS	06 Fundacao Beatriz Santos	32.77	342
5. Joana Calado, CRUZ	07 Fundacao Beatriz Santos	36.12	255
6. Lara Carvalho, SANTOS	07 Nautico Coimbra	37.29	232
7. Mariana Vaz, ALVES	06 Academica de Coimbra	39.29	198
8. Beatriz Pereira, ANDRADE	06 Condeixa Clube	39.44	196

Prova 6 02-02-2019	Femin., 50m Livres				Absolutos Resultados
Rec Nac 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac 25m Sen	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac 25m Jun17	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	12-11-2016
Rec Nac 25m Jun16	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	20-12-2009
Rec Nac 25m Juv A	26.60	Catarina Silva, SOARES	SANNP	Abrantes	27-01-2018
Rec Nac 25m Juv B	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05-07-2015
RR ANC Absoluto	26.69	Raquel Mourile, TAVEIRA	AAC		12-06-2014
RR ANC Sen	26.69	Raquel Mourile, TAVEIRA	AAC		13-06-2014
RR ANC Jun17	26.89	Matilde Freitas, MOREIRA	AAC		12-06-2018
RR ANC Jun16	27.42	Nádia Amado, LAEZZA	CNAC		12-06-2005
RR ANC Juv A	27.58	Nádia Amado, LAEZZA	CNAC		12-06-2004
RR ANC Juv B	27.85	Maria Malaguerra, COSTA	ASSSCC		06-06-2011

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO	03 Louzan Natacao/EFAPEL	27.43	584
2. Beatriz Costa, TEJO	02 Academica de Coimbra	27.86	557
3. Matilde Domingues, GAMEIRO	97 Nautico Coimbra	28.09	543
4. Ines Mariana, PINHEIRO	03 Academica de Coimbra	28.18	538
5. Joana Francisca, RODRIGUES	04 Uniao Coimbra	28.28	533
6. Sara Sofia, ALVES	01 Columbofila Cantanhedense	28.37	528
7. Mariana Carmo, ROSA	05 Louzan Natacao/EFAPEL	28.58	516
8. Sara Caseiro, PORTUGAL	02 Fundacao Beatriz Santos	29.07	490
9. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	29.17	485
10. Beatriz Almeida, PIRES	03 Uniao Coimbra	29.52	468
11. Mariana Jacinto, SANTOS	03 Freguesia de Paiao	29.54	467
12. Eva Fernandes, CARDOSO	01 Fundacao Beatriz Santos	29.65	462
13. Maria Beatriz, JORGE	00 Nautico Coimbra	29.95	448
14. Beatriz Sa, GAMA	05 Condeixa Clube	32.04	366
15. Maria Beatriz, RODRIGUES	04 Condeixa Clube	33.64	316
16. Patricia Caldeira, FERREIRA	02 Freguesia de Paiao	33.72	314
EXH Barbara Azambujo, MELO	02 Academica de Coimbra	29.88	451
EXH Maria Ines, DIONISIO	04 Fundacao Beatriz Santos	30.67	417
EXH Daniela Portela, MENDES	04 Fundacao Beatriz Santos	30.76	414
EXH Beatriz Lopes, PINTO	99 Academica de Coimbra	31.08	401
EXH Rita Santos, NOGUEIRA	03 Uniao Coimbra	31.28	393
EXH Diana Costa, OLIVEIRA	04 Uniao Coimbra	32.74	343
EXH Matilde Santos, CARDOSO	05 Fundacao Beatriz Santos	32.93	337

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 6, Femin., 50m Livres

Lugar	Ano	Tempo final	Pts
EXH Beatriz Beja, AFONSO	04 Academica de Coimbra	32.98	336

Prova 7
02-02-2019

Masc., 100m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	47.61	Miguel Duarte, NASCIMENTO		Hangzhou (CHN)	11-12-2018
Rec Nac 25m Inf A	54.35	Diogo Matos, RIBEIRO	CUC	S. António Cavaleiros	01-07-2018
Rec Nac 25m Inf B	57.40	Tiago Filipe, PEREIRA	DNMG	Caldas da Rainha	11-07-2004
RR ANC Absoluto	49.13	Mario Alexandre, PEREIRA			13-11-2015
RR ANC Inf A	54.35	Diogo Matos, RIBEIRO	CUC		13-06-2018
RR ANC Inf B	58.55	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Carvalho, SANTOS 50m: 28.93 28.93 100m: 1:00.31 31.38	05 Louzan Natacao/EFAPEL	1:00.31	413
2. Guilherme Maia, CARDOSO 50m: 30.22 30.22 100m: 1:01.76 31.54	05 Columbofila Cantanhedense	1:01.76	385
3. Afonso Miguel, AMADO 50m: 30.46 30.46 100m: 1:02.43 31.97	05 Miranda do Corvo	1:02.43	373
4. Carlos Eduardo, BENTO 50m: 30.83 30.83 100m: 1:03.74 32.91	05 Miranda do Corvo	1:03.74	350
5. Tomas Varanda, OLIVEIRA 50m: 31.99 31.99 100m: 1:04.34 32.35	06 Columbofila Cantanhedense	1:04.34	340
6. Diogo Afonso, CARREIRA 50m: 32.23 32.23 100m: 1:05.38 33.15	05 Academica de Coimbra	1:05.38	324
7. Guilherme Marques, PEREIRA 50m: 32.08 32.08 100m: 1:07.09 35.01	06 Condeixa Clube	1:07.09	300
8. Dinis Raimundo, SILVA 50m: 33.32 33.32 100m: 1:09.80 36.48	05 Academica de Coimbra	1:09.80	266
9. Tomas Veiga, PEREIRA 50m: 34.17 34.17 100m: 1:10.75 36.58	06 Fundacao Beatriz Santos	1:10.75	256
10. Tome Santiago, MENDES 50m: 35.78 35.78 100m: 1:15.23 39.45	05 Vigor da Mocidade	1:15.23	213
11. Gustavo Silva, RODRIGUES 50m: 35.33 35.33 100m: 1:15.26 39.93	06 Louzan Natacao/EFAPEL	1:15.26	212
12. Goncalo Apostolo, GASPAR 50m: 36.83 36.83 100m: 1:17.68 40.85	06 Freguesia de Paiao	1:17.68	193
13. Duarte Miguel, BENTO 50m: 36.78 36.78 100m: 1:22.46 45.68	05 Nautico Coimbra	1:22.46	161
14. Joao Afonso, MACHADO 50m: 38.06 38.06 100m: 1:24.90 46.84	06 Vigor da Mocidade	1:24.90	148
15. Simao Pimenta, CATARINO 50m: 43.32 43.32 100m: 1:31.47 48.15	06 Fundacao Beatriz Santos	1:31.47	118

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 7, Masc., 100m Livres

Prova 7 02-02-2019	Masc., 100m Livres				Absolutos Resultados
Rec Nac 25m Absoluto	47.61	Miguel Duarte, NASCIMENTO		Hangzhou (CHN)	11-12-2018
Rec Nac 25m Sen	47.61	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m Jun18	48.38	Tiago Andre, VENANCIO	CNS	Cantanhede	20-12-2004
Rec Nac 25m Jun17	49.87	Tiago Andre, VENANCIO	CNS	Estoril	14-02-2004
Rec Nac 25m Juv A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23-03-2003
Rec Nac 25m Juv B	52.59	Diogo Gomes, SOUSA	CNCVCG	Ponte de Sôr	13-12-2009
RR ANC Absoluto	49.13	Mario Alexandre, PEREIRA			13-11-2015
RR ANC Sen	49.13	Mário Alexandre, PEREIRA	CNAC		13-06-2015
RR ANC Jun18	51.21	Mário Alexandre, PEREIRA	CNAC		13-06-2009
RR ANC Jun17	51.92	Gabriel José, LOPES	CDL		13-06-2014
RR ANC Juv A	53.28	Gustavo Almeida, MADUREIRA	AAC		13-06-2009
RR ANC Juv B	52.99	Diogo Matos, RIBEIRO	CUC	Rui Abreu	24-11-2018

Pontos: FINA 2018

Lugar	Ano		Tempo final	Pts
1. Gustavo Almeida, MADUREIRA	94	Academica de Coimbra	51.90	649
50m: 25.10 25.10 100m: 51.90 26.80				
2. Diogo Matos, RIBEIRO	04	Uniao Coimbra	52.60	623
<i>Rec Reg ANC</i>				
50m: 25.66 25.66 100m: 52.60 26.94				
3. Francisco Xavier, GONCALVES	97	Nautico Coimbra	52.90	613
50m: 25.78 25.78 100m: 52.90 27.12				
4. Rodrigo Ribeiro, GOMES	00	Fundacao Beatriz Santos	53.36	597
50m: 25.64 25.64 100m: 53.36 27.72				
5. Illya, YELISTRATKIN	96	Academica de Coimbra	54.81	551
50m: 26.22 26.22 100m: 54.81 28.59				
6. Joao Neto, PEREIRA	02	Fundacao Beatriz Santos	55.33	535
50m: 26.54 26.54 100m: 55.33 28.79				
7. Rodrigo Alexandre, TRAVASSOS	02	Condeixa Clube	55.43	532
50m: 26.49 26.49 100m: 55.43 28.94				
8. Joao Francisco, MACHADO	99	Uniao Coimbra	56.75	496
50m: 27.28 27.28 100m: 56.75 29.47				
9. Ricardo Marques, PEREIRA	01	Condeixa Clube	56.97	490
50m: 27.96 27.96 100m: 56.97 29.01				
10. Diogo Miguel, PISCO	01	S. Pedro Alva	58.34	457
50m: 27.65 27.65 100m: 58.34 30.69				
11. Vitor Teixeira, OLIVEIRA	03	Columbofila Cantanhedense	58.42	455
50m: 28.06 28.06 100m: 58.42 30.36				
12. Alberto Antonio, SANTOS	01	S. Pedro Alva	58.67	449
50m: 27.67 27.67 100m: 58.67 31.00				
13. Marcelo Silva, CLEMENTE	00	Nautico Coimbra	1:00.30	413
50m: 28.65 28.65 100m: 1:00.30 31.65				
14. Diogo Luis, CANCELA	02	Miranda do Corvo	1:03.83	348
50m: 31.01 31.01 100m: 1:03.83 32.82				
15. Renato Maria, FERREIRA	04	Vigor da Mocidade	1:07.48	295
50m: 31.60 31.60 100m: 1:07.48 35.88				
DNS Joao Carvalho, DIZ	01	Columbofila Cantanhedense		
EXH Alexandre Viegas, MARTINS	04	Uniao Coimbra	59.50	430
50m: 28.37 28.37 100m: 59.50 31.13				

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 8 02-02-2019	Femin., 100m Costas				Infantis Resultados
Rec Nac 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015
Rec Nac 25m Inf A	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	18-03-2016
Rec Nac 25m Inf B	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	07-04-2017
RR ANC Absoluto	1:02.05	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Inf A	1:06.31	Camila Rodrigues, REBELO	ALN		12-06-2016
RR ANC Inf B	1:11.48	Camila Rodrigues, REBELO	ALN		11-06-2015

Pontos: FINA 2018

Lugar				Ano		Tempo final	Pts
1.	Catarina Cunha, BELO	06	Fundacao Beatriz Santos		1:17.12	363	
	50m: 37.77 37.77	100m: 1:17.12	39.35				
2.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade		1:18.21	348	
	50m: 38.41 38.41	100m: 1:18.21	39.80				
3.	Joana Ventura, PAIS	06	Fundacao Beatriz Santos		1:18.30	347	
	50m: 38.28 38.28	100m: 1:18.30	40.02				
4.	Anita Gouveia, COSTA	06	Uniao Coimbra		1:18.56	343	
	50m: 39.05 39.05	100m: 1:18.56	39.51				
5.	Mariana Marques, ALMEIDA	07	Miranda do Corvo		1:20.65	317	
	50m: 39.45 39.45	100m: 1:20.65	41.20				
6.	Joana Filipa, VARELA	06	Nautico Coimbra		1:21.68	305	
	50m: 39.92 39.92	100m: 1:21.68	41.76				
7.	Beatriz Andre, GASPAS	06	Nautico Coimbra		1:27.82	246	
	50m: 43.16 43.16	100m: 1:27.82	44.66				
8.	Cristiana Sofia, ESCADA	07	Academica de Coimbra		1:29.45	232	
	50m: 43.64 43.64	100m: 1:29.45	45.81				
9.	Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense		1:32.77	208	
	50m: 45.67 45.67	100m: 1:32.77	47.10				
10.	Cristiana Sofia, DUARTE	07	Vigor da Mocidade		1:33.35	204	
	50m: 45.14 45.14	100m: 1:33.35	48.21				
11.	Matilde Rodrigues, COSTA	07	S. Pedro Alva		1:37.30	180	
	50m: 48.71 48.71	100m: 1:37.30	48.59				
12.	Matilde Lopes, SANTOS	07	Louzan Natacao/EFAPEL		1:38.61	173	
	50m: 48.10 48.10	100m: 1:38.61	50.51				
13.	Rafaela Ferreira, MIGUEL	06	S. Pedro Alva		1:41.25	160	
	50m: 49.74 49.74	100m: 1:41.25	51.51				

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 8, Femin., 100m Costas

Prova 8 02-02-2019	Femin., 100m Costas				Absolutos Resultados
Rec Nac 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015
Rec Nac 25m Sen	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015
Rec Nac 25m Jun17	1:01.22	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	23-12-2018
Rec Nac 25m Jun16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08-12-2013
Rec Nac 25m Juv A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17-12-2011
Rec Nac 25m Juv B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12-02-2011
RR ANC Absoluto	1:02.05	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Sen	1:05.02	Ana Carolina, NEVES	AAC		12-06-2018
RR ANC Jun17	1:05.30	Adriana Correia, LOPES	CNAC		12-06-2011
RR ANC Jun16	1:02.05	Camila Rodrigues, REBELO	ASSSCC		12-06-2018
RR ANC Juv A	1:02.75	Camila Rodrigues, REBELO	ALN		12-06-2018
RR ANC Juv B	1:03.70	Camila Rodrigues, REBELO	ALN		12-06-2017

Pontos: FINA 2018

Lugar					Ano		Tempo final	Pts
1.	Camila Rodrigues, REBELO				03	Louzan Natacao/EFAPEL	1:02.20	692
	50m:	30.16	30.16	100m:	1:02.20	32.04		
2.	Tatiana Filipa, SANTOS				95	Academica de Coimbra	1:05.35	597
	50m:	32.22	32.22	100m:	1:05.35	33.13		
3.	Ana Carolina, NEVES				00	Academica de Coimbra	1:06.82	558
	50m:	32.43	32.43	100m:	1:06.82	34.39		
4.	Ines Pereira, SILVA				02	Fundacao Beatriz Santos	1:09.41	498
	50m:	33.77	33.77	100m:	1:09.41	35.64		
5.	Leonor Correia, PAIVA				04	Louzan Natacao/EFAPEL	1:09.69	492
	50m:	34.18	34.18	100m:	1:09.69	35.51		
6.	Joana Beatriz, BERNARDO				99	Fundacao Beatriz Santos	1:09.72	491
	50m:	34.29	34.29	100m:	1:09.72	35.43		
7.	Mariana Jacinto, SANTOS				03	Freguesia de Paiao	1:11.18	462
	50m:	35.24	35.24	100m:	1:11.18	35.94		
8.	Ana Carolina, MONTEIRO				04	Uniao Coimbra	1:11.26	460
	50m:	34.79	34.79	100m:	1:11.26	36.47		
9.	Marisa Isabel, NOBRE				05	Columbofila Cantanhedense	1:11.36	458
	50m:	34.99	34.99	100m:	1:11.36	36.37		
10.	Sara Dias, NEVES				03	Miranda do Corvo	1:12.24	442
	50m:	35.09	35.09	100m:	1:12.24	37.15		
11.	Sara Sofia, TEJO				03	Condeixa Clube	1:13.31	422
	50m:	35.02	35.02	100m:	1:13.31	38.29		
12.	Bruna Cruz, CARVALHO				03	S. Pedro Alva	1:13.88	413
	50m:	35.74	35.74	100m:	1:13.88	38.14		
13.	Ana Matos, CABRAL				05	Condeixa Clube	1:14.28	406
	50m:	36.30	36.30	100m:	1:14.28	37.98		
14.	Barbara Almeida, SIMOES				05	Uniao Coimbra	1:15.69	384
	50m:	37.15	37.15	100m:	1:15.69	38.54		
15.	Patricia Caldeira, FERREIRA				02	Freguesia de Paiao	1:18.47	344
	50m:	38.09	38.09	100m:	1:18.47	40.38		
16.	Camila Cavaleiro, SILVA				05	Columbofila Cantanhedense	1:22.02	302
	50m:	40.91	40.91	100m:	1:22.02	41.11		
17.	Laura Torrao, CARVALHO				05	Nautico Coimbra	1:32.21	212
	50m:	45.02	45.02	100m:	1:32.21	47.19		
18.	Maria Pedro, ASCENSO				04	Nautico Coimbra	1:35.51	191
	50m:	45.99	45.99	100m:	1:35.51	49.52		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 8, Femin., 100m Costas

Lugar	Ano	Tempo final	Pts
EXH Leonor Correia, CUNHA 50m: 34.85 34.85 100m: 1:10.82 35.97	04 Fundacao Beatriz Santos	1:10.82	469
EXH Ana Catarina, SANTOS 50m: 35.56 35.56 100m: 1:13.02 37.46	03 Fundacao Beatriz Santos	1:13.02	428
EXH Filipa Victor, VIEIRA 50m: 37.61 37.61 100m: 1:16.87 39.26	04 Academica de Coimbra	1:16.87	366
EXH Ana Filipa, SILVA 50m: 37.80 37.80 100m: 1:17.34 39.54	04 Academica de Coimbra	1:17.34	360
EXH Laura Rodrigues, MARGATO 50m: 38.20 38.20 100m: 1:18.60 40.40	04 Academica de Coimbra	1:18.60	343
EXH Diana Costa, OLIVEIRA 50m: 39.90 39.90 100m: 1:22.43 42.53	04 Uniao Coimbra	1:22.43	297
EXH Beatriz Beja, AFONSO 50m: 41.02 41.02 100m: 1:23.64 42.62	04 Academica de Coimbra	1:23.64	284
EXH Filipa Moniz, PISSARRO 50m: 43.56 43.56 100m: 1:28.22 44.66	05 Academica de Coimbra	1:28.22	242

Prova 9
02-02-2019

Masc., 200m Costas

Infantis
Resultados

Rec Nac 25m Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec Nac 25m Inf A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	29-06-2012
Rec Nac 25m Inf B	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16-03-2013
RR ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Inf A	2:14.94	José Diogo, DIAS	FBSC	(ROU)	13-06-2018
RR ANC Inf B	2:19.15	José Diogo, DIAS	FBSC		13-06-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Samuel Baptista, FIGUEIRA 50m: 36.66 36.66 100m: 1:15.11 38.45 150m: 1:54.18 39.07 200m: 2:32.90 38.72	05 Fundacao Beatriz Santos	2:32.90	329
2. Tomas Cardoso, GERALDO 50m: 37.18 37.18 100m: 1:17.87 40.69 150m: 1:59.88 42.01 200m: 2:40.57 40.69	05 Condeixa Clube	2:40.57	284
3. Joao Rafael, FERREIRA 50m: 39.17 39.17 100m: 1:21.58 42.41 150m: 2:04.09 42.51 200m: 2:44.79 40.70	06 Fundacao Beatriz Santos	2:44.79	263
4. Miguel Bernardo, ARAUJO 50m: 38.54 38.54 100m: 1:21.24 42.70 150m: 2:04.89 43.65 200m: 2:46.42 41.53	06 Condeixa Clube	2:46.42	255
5. Afonso Vidal, TOMAS 50m: 40.46 40.46 100m: 1:24.32 43.86 150m: 2:08.17 43.85 200m: 2:49.51 41.34	06 Louzan Natacao/EFAPEL	2:49.51	241
6. Antonio, GLAVATSKYY 50m: 40.33 40.33 100m: 1:24.13 43.80 150m: 2:07.98 43.85 200m: 2:49.74 41.76	05 Academica de Coimbra	2:49.74	240
7. Miguel Cunha, GASPAR 50m: 41.17 41.17 100m: 1:24.98 43.81 150m: 2:09.17 44.19 200m: 2:52.03 42.86	06 Columbofila Cantanhedense	2:52.03	231
8. Rodrigo Costa, CRUZ 50m: 40.75 40.75 100m: 1:24.33 43.58 150m: 2:09.63 45.30 200m: 2:53.26 43.63	06 Academica de Coimbra	2:53.26	226
9. Rodrigo Neves, DUARTE 50m: 42.92 42.92 100m: 1:28.74 45.82 150m: 2:12.87 44.13 200m: 2:55.79 42.92	06 Louzan Natacao/EFAPEL	2:55.79	216
10. Henrique Tavares, DIAS 50m: 42.32 42.32 100m: 1:27.70 45.38 150m: 2:15.09 47.39 200m: 3:01.19 46.10	06 Nautico Coimbra	3:01.19	198
11. Joao Neves, LUCAS 50m: 43.52 43.52 100m: 1:30.67 47.15 150m: 2:16.63 45.96 200m: 3:01.55 44.92	06 Columbofila Cantanhedense	3:01.55	196

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 9, Masc., 200m Costas, Infantis

Lugar	Ano	Tempo final	Pts
DNS Pedro Fernandes, CARVALHO	06 Miranda do Corvo		
DNS Filipe Cruz, SIMOES	06 Miranda do Corvo		

Prova 9 Masc., 200m Costas Absolutos Resultados

Rec Nac 25m Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec Nac 25m Sen	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	16-12-2018
Rec Nac 25m Jun18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Rec Nac 25m Jun17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	16-05-2003
Rec Nac 25m Juv A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	04-06-2011
Rec Nac 25m Juv B	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	09-03-2013
RR ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	1:52.66	Gabriel José, LOPES	ALN		13-06-2016
RR ANC Jun18	2:03.57	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	2:02.88	Gabriel José, LOPES	CDL		13-06-2014
RR ANC Juv A	2:09.95	Pedro, MATOS	CNM		13-06-1998
RR ANC Juv B	2:11.63	Gabriel José, LOPES	CDL		13-06-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Lucas Pereira, BASTOS	00 Nautico Coimbra	2:11.34	520
50m: 30.91 30.91 100m: 1:04.31 33.40 150m: 1:37.48 33.17 200m: 2:11.34 33.86			
2. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	2:13.89	491
50m: 31.76 31.76 100m: 1:06.07 34.31 150m: 1:39.96 33.89 200m: 2:13.89 33.93			
3. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	2:16.09	467
50m: 32.20 32.20 100m: 1:07.21 35.01 150m: 1:42.13 34.92 200m: 2:16.09 33.96			
4. Miguel Caridade, GASPAS	99 Academica de Coimbra	2:16.78	460
50m: 33.61 33.61 100m: 1:08.10 34.49 150m: 1:42.74 34.64 200m: 2:16.78 34.04			
5. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	2:16.96	458
50m: 32.57 32.57 100m: 1:07.28 34.71 150m: 1:42.47 35.19 200m: 2:16.96 34.49			
6. Pedro Simoes, RODRIGUES	01 Uniao Coimbra	2:17.10	457
50m: 32.74 32.74 100m: 1:08.13 35.39 150m: 1:43.38 35.25 200m: 2:17.10 33.72			
7. Tiago Moises, DINIS	98 Nautico Coimbra	2:19.74	431
50m: 32.64 32.64 100m: 1:07.66 35.02 150m: 1:43.73 36.07 200m: 2:19.74 36.01			
8. Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	2:19.91	430
50m: 33.60 33.60 100m: 1:09.56 35.96 150m: 1:45.62 36.06 200m: 2:19.91 34.29			
9. Alberto Antonio, SANTOS	01 S. Pedro Alva	2:22.36	408
50m: 33.71 33.71 100m: 1:09.49 35.78 150m: 1:46.37 36.88 200m: 2:22.36 35.99			
10. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	2:26.24	376
50m: 34.97 34.97 100m: 1:12.45 37.48 150m: 1:49.76 37.31 200m: 2:26.24 36.48			
11. Miguel Freitas, OVIEDO	02 Academica de Coimbra	2:26.68	373
50m: 35.36 35.36 100m: 1:13.00 37.64 150m: 1:51.26 38.26 200m: 2:26.68 35.42			
12. Cristiano Rodrigues, FERNANDES	04 Louzan Natacao/EFAPEL	2:40.62	284
50m: 39.33 39.33 100m: 1:20.14 40.81 150m: 2:01.02 40.88 200m: 2:40.62 39.60			
13. Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	2:42.50	274
50m: 38.23 38.23 100m: 1:19.65 41.42 150m: 2:01.72 42.07 200m: 2:42.50 40.78			
14. Renato Maria, FERREIRA	04 Vigor da Mocidade	2:46.02	257
50m: 39.44 39.44 100m: 1:21.65 42.21 150m: 2:04.96 43.31 200m: 2:46.02 41.06			
DSQ Afonso Corte-Real, GRILO	04 Fundacao Beatriz Santos		
<i>o atleta apos a viragem dos 150 m retomou o nado na posição de braços</i>			
EXH Tiago Andre, POIARES	04 Fundacao Beatriz Santos	2:32.39	333
50m: 36.68 36.68 100m: 1:14.44 37.76 150m: 1:53.88 39.44 200m: 2:32.39 38.51			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 9, Masc., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Carlos Martins, MARQUES	04 Uniao Coimbra	2:34.58	319
50m: 35.63 35.63 100m: 1:14.25 38.62 150m: 1:54.61 40.36 200m: 2:34.58			39.97
EXH Joao Ferreira, MARQUES	06 Academica de Coimbra	3:00.41	200
50m: 42.84 42.84 100m: 1:28.56 45.72 150m: 2:15.08 46.52 200m: 3:00.41			45.33

Prova 10
02-02-2019

Femin., 400m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
Rec Nac 25m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
RR ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC		13-06-2009
RR ANC Inf A	4:34.72	Sara Sofia, ALVES	ASSSCC		11-06-2014
RR ANC Inf B	4:45.02	Sara Sofia, ALVES	ASSSCC		11-06-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	4:51.53	520
50m: 32.22 32.22 150m: 1:45.86 37.54 250m: 3:01.16 37.95 350m: 4:16.34 37.47			35.19
100m: 1:08.32 36.10 200m: 2:23.21 37.35 300m: 3:38.87 37.71 400m: 4:51.53			
2. Diana Silva, TINOCO	06 Columbofila Cantanhedense	4:55.04	502
50m: 34.30 34.30 150m: 1:48.63 37.32 250m: 3:03.36 37.25 350m: 4:18.19 37.43			36.85
100m: 1:11.31 37.01 200m: 2:26.11 37.48 300m: 3:40.76 37.40 400m: 4:55.04			
3. Marta Andre, AGUILAR	07 Fundacao Beatriz Santos	4:56.86	493
50m: 34.64 34.64 150m: 1:49.50 37.70 250m: 3:04.48 37.25 350m: 4:20.67 37.93			36.19
100m: 1:11.80 37.16 200m: 2:27.23 37.73 300m: 3:42.74 38.26 400m: 4:56.86			
4. Angela Rodrigues, REBELO	07 Louzan Natacao/EFAPEL	5:13.14	420
50m: 35.74 35.74 150m: 1:55.70 39.83 250m: 3:13.64 38.72 350m: 4:33.77 40.17			39.37
100m: 1:15.87 40.13 200m: 2:34.92 39.22 300m: 3:53.60 39.96 400m: 5:13.14			
5. Mariana Marques, ALMEIDA	07 Miranda do Corvo	5:23.59	380
50m: 36.89 36.89 150m: 1:58.79 41.40 250m: 3:21.34 41.36 350m: 4:44.57 41.76			39.02
100m: 1:17.39 40.50 200m: 2:39.98 41.19 300m: 4:02.81 41.47 400m: 5:23.59			
6. Maria Vitoria, GRILO	06 Nautico Coimbra	5:24.77	376
50m: 35.54 35.54 150m: 1:57.55 41.45 250m: 3:21.25 41.16 350m: 4:43.94 41.46			40.83
100m: 1:16.10 40.56 200m: 2:40.09 42.54 300m: 4:02.48 41.23 400m: 5:24.77			
7. Mariana Fonseca, SILVA	06 Condeixa Clube	5:25.31	374
50m: 36.86 36.86 150m: 1:58.25 41.26 250m: 3:21.34 41.62 350m: 4:45.03 41.74			40.28
100m: 1:16.99 40.13 200m: 2:39.72 41.47 300m: 4:03.29 41.95 400m: 5:25.31			
8. Dania Rodrigues, SIMOES	07 Louzan Natacao/EFAPEL	5:25.53	373
50m: 37.81 37.81 150m: 2:01.61 42.10 250m: 3:24.59 40.97 350m: 4:46.93 40.92			38.60
100m: 1:19.51 41.70 200m: 2:43.62 42.01 300m: 4:06.01 41.42 400m: 5:25.53			
9. Beatriz Andre, GASPAR	06 Nautico Coimbra	5:29.64	360
50m: 38.14 38.14 150m: 2:02.28 42.39 250m: 3:25.66 41.77 350m: 4:49.15 41.59			40.49
100m: 1:19.89 41.75 200m: 2:43.89 41.61 300m: 4:07.56 41.90 400m: 5:29.64			
10. Francisca Carvalho, SOUSA	06 Miranda do Corvo	5:31.79	353
50m: 35.29 35.29 150m: 1:57.39 41.73 250m: 3:22.88 42.71 350m: 4:49.40 43.10			42.39
100m: 1:15.66 40.37 200m: 2:40.17 42.78 300m: 4:06.30 43.42 400m: 5:31.79			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 10, Femin., 400m Livres

Prova 10 02-02-2019	Femin., 400m Livres				Absolutos Resultados
Rec Nac 25m Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
Rec Nac 25m Jun16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017
Rec Nac 25m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004
Rec Nac 25m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004
RR ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC		13-06-2009
RR ANC Sen	4:20.62	Florbela Cavaco, MACHADO	CNAC		12-06-2013
RR ANC Jun17	4:18.48	Maria Miguel, VELOSO	CNAC		12-06-2009
RR ANC Jun16	4:22.18	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
RR ANC Juv A	4:25.67	Sara Sofia, ALVES	ASSSCC		12-06-2015
RR ANC Juv B	4:29.78	Marisa Isabel, NOBRE	ASSSCC		12-06-2018

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Mariana Carmo, ROSA		05	Louzan Natacao/EFAPEL				4:32.61	636
	50m:	32.26 32.26	150m:	1:39.31	33.48	250m:	2:48.50 34.75	350m:	3:58.46 34.84
	100m:	1:05.83 33.57	200m:	2:13.75	34.44	300m:	3:23.62 35.12	400m:	4:32.61 34.15
2.	Camila Alexandra, SILVA		03	Columbofila Cantanhedense				4:35.17	619
	50m:	32.88 32.88	150m:	1:42.04	34.24	250m:	2:51.36 34.69	350m:	4:00.95 34.93
	100m:	1:07.80 34.92	200m:	2:16.67	34.63	300m:	3:26.02 34.66	400m:	4:35.17 34.22
3.	Joana Beatriz, BERNARDO		99	Fundacao Beatriz Santos				4:36.29	611
	50m:	32.30 32.30	150m:	1:40.97	34.42	250m:	2:50.89 35.21	350m:	4:01.48 35.22
	100m:	1:06.55 34.25	200m:	2:15.68	34.71	300m:	3:26.26 35.37	400m:	4:36.29 34.81
4.	Joana Francisca, RODRIGUES		04	Uniao Coimbra				4:38.86	594
	50m:	32.23 32.23	150m:	1:42.82	35.33	250m:	2:53.90 35.53	350m:	4:04.51 35.15
	100m:	1:07.49 35.26	200m:	2:18.37	35.55	300m:	3:29.36 35.46	400m:	4:38.86 34.35
5.	Ines Mariana, PINHEIRO		03	Academica de Coimbra				4:38.95	594
	50m:	33.26 33.26	150m:	1:44.40	35.84	250m:	2:55.06 35.19	350m:	4:05.62 35.51
	100m:	1:08.56 35.30	200m:	2:19.87	35.47	300m:	3:30.11 35.05	400m:	4:38.95 33.33
6.	Mariana Pinto, ANGELO		99	Academica de Coimbra				4:41.37	579
	50m:	33.07 33.07	150m:	1:43.15	35.18	250m:	2:54.12 35.60	350m:	4:05.79 35.93
	100m:	1:07.97 34.90	200m:	2:18.52	35.37	300m:	3:29.86 35.74	400m:	4:41.37 35.58
7.	Beatriz Almeida, PIRES		03	Uniao Coimbra				4:43.60	565
	50m:	32.99 32.99	150m:	1:43.10	35.08	250m:	2:54.85 35.71	350m:	4:07.79 36.25
	100m:	1:08.02 35.03	200m:	2:19.14	36.04	300m:	3:31.54 36.69	400m:	4:43.60 35.81
8.	Matilde Alves, FLORENCIO		04	Condeixa Clube				4:45.28	555
	50m:	32.66 32.66	150m:	1:43.45	35.79	250m:	2:55.64 36.48	350m:	4:09.30 37.07
	100m:	1:07.66 35.00	200m:	2:19.16	35.71	300m:	3:32.23 36.59	400m:	4:45.28 35.98
9.	Ana Luisa, RODRIGUES		03	Louzan Natacao/EFAPEL				4:55.48	499
	50m:	33.73 33.73	150m:	1:46.13	36.55	250m:	3:00.67 37.45	350m:	4:17.78 38.63
	100m:	1:09.58 35.85	200m:	2:23.22	37.09	300m:	3:39.15 38.48	400m:	4:55.48 37.70
10.	Maria Caetano, LAMAS		04	Miranda do Corvo				5:03.86	459
	50m:	33.97 33.97	150m:	1:49.53	38.04	250m:	3:06.73 38.81	350m:	4:25.98 39.64
	100m:	1:11.49 37.52	200m:	2:27.92	38.39	300m:	3:46.34 39.61	400m:	5:03.86 37.88
11.	Rita Baptista, MARQUES		03	Nautico Coimbra				5:05.95	450
	50m:	34.15 34.15	150m:	1:50.16	38.58	250m:	3:08.18 39.22	350m:	4:27.52 39.62
	100m:	1:11.58 37.43	200m:	2:28.96	38.80	300m:	3:47.90 39.72	400m:	5:05.95 38.43
12.	Maria Fernandes, LOBO		05	Nautico Coimbra				5:23.86	379
	50m:	35.26 35.26	150m:	1:55.90	41.32	250m:	3:19.36 41.91	350m:	4:43.27 42.23
	100m:	1:14.58 39.32	200m:	2:37.45	41.55	300m:	4:01.04 41.68	400m:	5:23.86 40.59
13.	Ana Sofia, CASTANHEIRA		04	Condeixa Clube				5:27.31	367
	50m:	36.38 36.38	150m:	1:58.30	41.40	250m:	3:22.39 42.29	350m:	4:46.77 42.11
	100m:	1:16.90 40.52	200m:	2:40.10	41.80	300m:	4:04.66 42.27	400m:	5:27.31 40.54
DNS	Sara Sofia, ALVES		01	Columbofila Cantanhedense					
DNS	Camila Ferreira, MARQUES		03	Fundacao Beatriz Santos					

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 10, Femin., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
DNS Maria Ines, GASPAR	05 Miranda do Corvo		
EXH Ana Catarina, SILVA	04 Fundacao Beatriz Santos	4:50.64	525
50m: 33.20 33.20 150m: 1:45.78 36.89 250m: 3:00.27 37.28 350m: 4:14.73 37.16			
100m: 1:08.89 35.69 200m: 2:22.99 37.21 300m: 3:37.57 37.30 400m: 4:50.64 35.91			
EXH Ana Catarina, SANTOS	03 Fundacao Beatriz Santos	4:51.05	523
50m: 33.45 33.45 150m: 1:46.30 36.87 250m: 3:00.77 37.47 350m: 4:15.02 37.22			
100m: 1:09.43 35.98 200m: 2:23.30 37.00 300m: 3:37.80 37.03 400m: 4:51.05 36.03			
EXH Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	5:15.08	412
50m: 37.08 37.08 150m: 1:57.39 40.10 250m: 3:17.30 39.66 350m: 4:37.28 40.01			
100m: 1:17.29 40.21 200m: 2:37.64 40.25 300m: 3:57.27 39.97 400m: 5:15.08 37.80			
EXH Matilde Santos, CARDOSO	05 Fundacao Beatriz Santos	5:15.18	411
50m: 34.39 34.39 150m: 1:53.51 40.15 250m: 3:15.39 40.66 350m: 4:36.47 40.53			
100m: 1:13.36 38.97 200m: 2:34.73 41.22 300m: 3:55.94 40.55 400m: 5:15.18 38.71			
EXH Laura Rodrigues, MARGATO	04 Academica de Coimbra	5:26.63	370
50m: 36.76 36.76 150m: 1:59.83 42.44 250m: 3:24.11 42.00 350m: 4:47.09 41.48			
100m: 1:17.39 40.63 200m: 2:42.11 42.28 300m: 4:05.61 41.50 400m: 5:26.63 39.54			

Prova 11
02-02-2019

Masc., 100m Estilos

Infantis
Resultados

Rec Nac 25m	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13-12-2018
RR ANC Absoluto	53.28	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Inf A	1:02.84	Gabriel José, LOPES	CDL		13-06-2011
RR ANC Inf B	1:06.87	Gabriel José, LOPES	CDL		13-06-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Cardoso, GERALDO	05 Condeixa Clube	1:18.24	265
50m: 35.12 35.12 100m: 1:18.24 43.12			
2. Dinis Raimundo, SILVA	05 Academica de Coimbra	1:21.34	236
50m: 39.05 39.05 100m: 1:21.34 42.29			
3. Francisco Cruz, CARVALHO	06 S. Pedro Alva	1:22.50	226
50m: 39.73 39.73 100m: 1:22.50 42.77			
4. Simao Domingues, PAZ	06 Miranda do Corvo	1:23.18	221
50m: 38.29 38.29 100m: 1:23.18 44.89			
5. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	1:24.72	209
50m: 39.52 39.52 100m: 1:24.72 45.20			
6. Edgar Tavares, MENDES	06 Academica de Coimbra	1:26.70	195
50m: 39.71 39.71 100m: 1:26.70 46.99			
7. Bruno Costa, RODRIGUES	06 Columbofila Cantanhedense	1:28.07	186
50m: 39.99 39.99 100m: 1:28.07 48.08			
8. Henrique Tavares, DIAS	06 Nautico Coimbra	1:29.52	177
50m: 42.65 42.65 100m: 1:29.52 46.87			
9. Afonso Jose, FRANCISCO	06 Miranda do Corvo	1:32.82	159
50m: 43.22 43.22 100m: 1:32.82 49.60			
10. Duarte Miguel, BENTO	05 Nautico Coimbra	1:33.67	154
50m: 44.21 44.21 100m: 1:33.67 49.46			
11. Joao Afonso, MACHADO	06 Vigor da Mocidade	1:37.45	137
50m: 45.66 45.66 100m: 1:37.45 51.79			
12. Bernardo Jose, SIMOES	06 Vigor da Mocidade	1:38.69	132
50m: 47.49 47.49 100m: 1:38.69 51.20			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 11, Masc., 100m Estilos, Infantis

Lugar	Ano	Tempo final	Pts
DSQ Goncalo Apostolo, GASPAR	06 Freguesia de Paiao		
<i>só tocou com uma mão na chegada aos 75 m</i>			

Prova 11 Masc., 100m Estilos Absolutos
02-02-2019 Resultados

Rec Nac 25m Absoluto	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13-12-2018
Rec Nac 25m Sen	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13-12-2018
Rec Nac 25m Jun18	56.47	Alexis Manacas, SANTOS	SCP	Leiria	06-12-2009
Rec Nac 25m Jun17	57.40	Diogo Filipe, CARVALHO	CGA	Aveiro	14-05-2005
RR ANC Absoluto	53.28	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	53.28	Gabriel José, LOPES	ALN		13-06-2018
RR ANC Jun18	58.12	Tomás Miguel, VELOSO	CNAC		13-06-2013
RR ANC Jun17	57.55	Gabriel José, LOPES	CDL		13-06-2013
RR ANC Juv A	1:01.90	Diogo Coelho, JOSÉ	ASSSCC		13-06-2017
RR ANC Juv B	1:02.16	Gabriel José, LOPES	CDL		13-06-2011

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diogo Matos, RIBEIRO <i>Rec Reg ANC</i>	04 Uniao Coimbra	1:00.62	571
50m: 28.89 28.89 100m: 1:00.62 31.73			
2. Gustavo Almeida, MADUREIRA	94 Academica de Coimbra	1:01.25	553
50m: 27.89 27.89 100m: 1:01.25 33.36			
3. Joao Filipe, LUCAS	94 Academica de Coimbra	1:01.32	551
50m: 27.55 27.55 100m: 1:01.32 33.77			
4. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	1:02.41	523
50m: 28.21 28.21 100m: 1:02.41 34.20			
5. Goncalo Silva, MARQUES	01 Condeixa Clube	1:03.41	499
50m: 29.62 29.62 100m: 1:03.41 33.79			
6. Manuel Baptista, SIMOES	03 Uniao Coimbra	1:04.97	464
50m: 29.69 29.69 100m: 1:04.97 35.28			
7. Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	1:05.38	455
50m: 30.22 30.22 100m: 1:05.38 35.16			
8. Alexandre Miguel, BRAS	03 S. Pedro Alva	1:06.00	442
50m: 30.91 30.91 100m: 1:06.00 35.09			
9. Paulo Andre, FROTA	02 Condeixa Clube	1:07.00	423
50m: 31.75 31.75 100m: 1:07.00 35.25			
10. Rui Joao, MARQUES	02 Nautico Coimbra	1:09.00	387
50m: 32.18 32.18 100m: 1:09.00 36.82			
11. Joao Baptista, MARQUES	00 Nautico Coimbra	1:09.43	380
50m: 32.33 32.33 100m: 1:09.43 37.10			
12. Diogo Miguel, PISCO	01 S. Pedro Alva	1:10.07	369
50m: 32.73 32.73 100m: 1:10.07 37.34			
13. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	1:11.57	347
50m: 33.04 33.04 100m: 1:11.57 38.53			
14. Diogo Luis, CANCELA	02 Miranda do Corvo	1:12.72	330
50m: 33.81 33.81 100m: 1:12.72 38.91			
EXH Francisco Alberto, LUCAS	00 Academica de Coimbra	1:05.01	463
50m: 29.92 29.92 100m: 1:05.01 35.09			
EXH Goncalo Brites, MOITA	04 Uniao Coimbra	1:06.07	441
50m: 30.90 30.90 100m: 1:06.07 35.17			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 11, Masc., 100m Estilos

Lugar	Ano	Tempo final	Pts
EXH Goncalo Daniel, OLIVEIRA 50m: 33.83 33.83 100m: 1:11.51 37.68	04 Fundacao Beatriz Santos	1:11.51	348
EXH Miguel Joao, PINHEIRO 50m: 39.46 39.46 100m: 1:25.94 46.48	06 Academica de Coimbra	1:25.94	200

Prova 12
02-02-2019

Femin., 4 x 100m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec Nac 25m Inf A	4:13.11		CGA	Felgueiras	11-03-2018
Rec Nac 25m Inf	4:13.11				30-12-1899
Rec Nac 25m Inf B	4:23.50	Clube Galitos de Aveiro	CGA	Mealhada	21-05-2017
RR ANC Absoluto	3:58.08	Clube Náutico Académico de Coimb	CNAC		23-07-2009
RR ANC Inf A	4:17.66	Sociedade Columbófila Cantanhede	SCC		23-07-2011
RR ANC Inf	4:17.66	Soc. Columbofila Cantanhdense	SCC		20-11-2011
RR ANC Inf B	4:31.99	Clube Nautico Academico de Coimb	CNAC		20-11-2010

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Fundacao Beatriz Santos Inf Fundacao Beatriz Santos	4:29.53	449
Maria Neto, FERREIRA 06 32.01 1:06.60 Catarina Cunha, BELO 06 32.89 1:08.47		
Matilde Batista, FERREIRA 06 32.07 1:07.45 Marta Andre, AGUILAR 07 32.06 1:07.01		

Prova 12
02-02-2019

Femin., 4 x 100m Livres

Absolutos
Resultados

Rec Nac 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec Nac 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec Nac 25m Jun	3:54.55	Futebol Clube do Porto	FCP	Felgueiras	23-12-2018
Rec Nac 25m Juv A	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
Rec Nac 25m Juv	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
Rec Nac 25m Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
RR ANC Absoluto	3:58.08	Clube Náutico Académico de Coimb	CNAC		23-07-2009
RR ANC Sen	4:05.75	Associação Académica de Coimbra	AAC	Rui Abreu	25-11-2018
RR ANC Jun	4:05.89	Clube Náutico Académico de Coimb	CNAC		18-07-2012
RR ANC Juv A	3:56.86	Clube União 1919	CUC		18-07-2018
RR ANC Juv	4:09.11	Clube União 1919	CUC	Oeiras	27-07-2018
RR ANC Juv B	4:10.72	Clube Náutico Académico de Coimb	CNAC		19-07-2011

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Academica de Coimbra Abs Academica de Coimbra	4:03.94	606
Ana Carolina, NEVES 00 29.40 1:00.89 Ines Mariana, PINHEIRO 03 29.47 1:02.10		
Beatriz Costa, TEJO 02 29.39 1:01.05 Beatriz Neves, CRAVEIRO 97 28.62 59.90		
2. Louzan Natacao Abs Louzan Natacao/EFAPEL	4:04.86	600
Maria Carlota, REBELO 03 29.45 1:01.14 Mariana Carmo, ROSA 05 28.84 1:00.94		
Ana Luisa, RODRIGUES 03 31.71 1:05.53 Camila Rodrigues, REBELO 03 27.23 57.25		
3. Fundacao Beatriz Santos Abs Fundacao Beatriz Santos	4:15.25	529
Ines Pereira, SILVA 02 30.51 1:04.05 Eva Fernandes, CARDOSO 01 30.53 1:03.88		
Sara Caseiro, PORTUGAL 02 30.28 1:03.41 Joana Beatriz, BERNARDO 99 30.83 1:03.91		
4. Nautico Coimbra Abs Nautico Coimbra	4:21.17	494
Matilde Domingues, GAMEIRO 97 30.23 1:03.89 Maria Beatriz, JORGE 00 31.08 1:05.39		
Maria Miguel, GAMEIRO 03 31.29 1:05.13 Marta Domingues, GAMEIRO 04 31.68 1:06.76		
5. Uniao Coimbra Abs Uniao Coimbra	4:23.14	483
Beatriz Almeida, PIRES 03 30.69 1:04.46 Ines Matos, SOUSA 03 31.81 1:05.57		
Mafalda Vestia, FIDALGO 04 31.91 1:07.62 Barbara Almeida, SIMOES 05 31.24 1:05.49		
6. Condeixa Clube Abs Condeixa Clube	4:41.58	394
Ana Matos, CABRAL 05 32.32 1:06.12 Ines Dias, CRUZ 04 35.44 1:12.22		
Maria Beatriz, RODRIGUES 04 34.66 1:13.34 Beatriz Sa, GAMA 05 32.80 1:09.90		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 12, Femin., 4 x 100m Livres, Absolutos

Lugar	Tempo final	Pts
DNS Columbofila Cantanhedense Abs		
Columbofila Cantanhedense		

Prova 13
02-02-2019 Masc., 4 x 100m Estilos Infantis
Resultados

Rec Nac 25m Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Rec Nac 25m Inf A	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20-03-2016
Rec Nac 25m Inf					30-12-1899
Rec Nac 25m Inf B	4:35.54	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Porto	17-03-2013
RR ANC Absoluto	3:45.90	Clube Náutico Académico de Coimb	CNAC		19-07-2014
RR ANC Inf A	4:22.61	Clube União 1919	CUC		18-07-2018
RR ANC Inf	4:22.61	Clube União 1919	CUC		19-07-2018
RR ANC Inf B	4:42.81	Clube Náutico Académico de Coimb	CNAC		18-07-2017

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Columbofila Cantanhedense Inf	5:13.91	255
Miguel Cunha, GASPAR +0,67	39.51	1:21.03
Jose Miguel, ROCHA	41.83	1:30.51
2. Fundacao Beatriz Santos Inf	5:15.07	252
Joao Rafael, FERREIRA +0,57	37.93	1:18.02
Tomas Nolan, SANTOS	42.06	1:29.52
3. Academica de Coimbra Inf	5:41.68	198
Joao Ferreira, MARQUES +0,96	42.84	1:30.30
Denis Raimundo, SILVA	41.01	1:25.71

Prova 13
02-02-2019 Masc., 4 x 100m Estilos Absolutos
Resultados

Rec Nac 25m Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Rec Nac 25m Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Rec Nac 25m Jun	3:50.30	Sporting Clube de Braga	SCB	Porto	08-12-2017
Rec Nac 25m Juv A	4:00.34	Sporting Clube de Portugal	SCP	Albufeira	17-12-2017
Rec Nac 25m Juv					30-12-1899
Rec Nac 25m Juv B	4:04.46	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Estarreja	14-12-2014
RR ANC Absoluto	3:45.90	Clube Náutico Académico de Coimb	CNAC		19-07-2014
RR ANC Sen	3:45.90	Clube Náutico Académico de Coimb	CNAC		19-07-2014
RR ANC Jun	4:02.72	Clube Náutico Académico de Coimb	CNAC		19-07-2007
RR ANC Juv A	4:07.58	Clube Náutico Académico de Coimb	CNAC		19-07-2017
RR ANC Juv	4:04.29	Condeixa Aqua Clube	CAQC		13-11-2017
RR ANC Juv B	4:12.56	Clube União 1919	CUC		18-07-2018

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Academica de Coimbra Abs	3:58.86	579
Miguel Caridade, GASPAR +0,74	31.38	1:04.06
Ruben Paiva, CARVALHO	30.51	1:05.31
2. Uniao Coimbra Abs	4:06.46	527
Bernardo Vinagre, ARZILEIRO +0,57	29.11	59.69
Pedro Simoes, RODRIGUES	33.18	1:09.84
3. Fundacao Beatriz Santos Abs	4:06.63	526
Joao Neto, PEREIRA +0,79	30.97	1:03.42
Joao Ventura, PAIS	32.34	1:09.32
4. Nautico Coimbra Abs	4:08.42	515
Lucas Pereira, BASTOS +0,61	29.39	1:01.03
Tiago Moises, DINIS	31.59	1:08.58
5. Condeixa Clube Abs	4:20.34	447
Tomas Pedrosa, MIGUEL +0,63	30.71	1:03.36
Paulo Andre, FROTA	35.12	1:14.75

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 13, Masc., 4 x 100m Estilos, Absolutos

Lugar					Tempo final	Pts	
6.	S. Pedro Alva Abs			S. Pedro Alva	4:23.15	433	
	Alberto Antonio, SANTOS	+0,68	30.74	1:04.13	Diogo Miguel, PISCO	30.50	1:09.00
	Rafael Alves, CAMPOS		33.22	1:11.82	Alexandre Miguel, BRAS	27.10	58.20

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

2 - 2ª Jornada

03-02-2019 - 9:30

Prova 14	Femin., 800m Livres				Infantis
03-02-2019					Resultados
Rec Nac 25m Absoluto	8:23.23	Diana Margarida, DURAES	SLB	Felgueiras	23-12-2018
Rec Nac 25m Inf A	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13-07-1980
Rec Nac 25m Inf B	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16-05-2009
RR ANC Absoluto	8:45.84	Alexandra Couto, FRAZAO	CAQC		13-06-2018
RR ANC Inf A	9:26.38	Sara Sofia, ALVES	ASSSCC		11-06-2014
RR ANC Inf B	9:42.07	Mariana Cunha, GUERRA	ASSSCC		11-06-2003

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
1. Maria Neto, FERREIRA			06	Fundacao Beatriz Santos				10:12.55	479		
50m:	34.33	34.33	250m:	3:09.04	39.07	450m:	5:46.11	39.11	650m:	8:21.19	38.33
100m:	1:12.31	37.98	300m:	3:48.34	39.30	500m:	6:24.89	38.78	700m:	9:00.44	39.25
150m:	1:50.99	38.68	350m:	4:27.23	38.89	550m:	7:03.92	39.03	750m:	9:37.03	36.59
200m:	2:29.97	38.98	400m:	5:07.00	39.77	600m:	7:42.86	38.94	800m:	10:12.55	35.52
2. Marta Andre, AGUILAR			07	Fundacao Beatriz Santos				10:19.42	463		
50m:	35.88	35.88	250m:	3:12.27	39.10	450m:	5:46.96	38.49	650m:	8:23.96	39.22
100m:	1:14.88	39.00	300m:	3:51.06	38.79	500m:	6:26.22	39.26	700m:	9:03.75	39.79
150m:	1:54.61	39.73	350m:	4:29.88	38.82	550m:	7:05.44	39.22	750m:	9:43.26	39.51
200m:	2:33.17	38.56	400m:	5:08.47	38.59	600m:	7:44.74	39.30	800m:	10:19.42	36.16
3. Anita Gouveia, COSTA			06	Uniao Coimbra				10:32.31	435		
50m:	35.80	35.80	250m:	3:17.12	40.38	450m:	5:57.21	39.00	650m:	8:35.56	39.58
100m:	1:15.44	39.64	300m:	3:57.32	40.20	500m:	6:36.94	39.73	700m:	9:15.24	39.68
150m:	1:56.30	40.86	350m:	4:37.75	40.43	550m:	7:16.81	39.87	750m:	9:54.56	39.32
200m:	2:36.74	40.44	400m:	5:18.21	40.46	600m:	7:55.98	39.17	800m:	10:32.31	37.75
4. Matilde Fonseca, OLIVEIRA			06	Miranda do Corvo				10:51.35	398		
50m:	35.53	35.53	250m:	3:15.54	41.40	450m:	6:00.45	41.53	650m:	8:46.26	41.78
100m:	1:13.84	38.31	300m:	3:56.82	41.28	500m:	6:42.03	41.58	700m:	9:28.24	41.98
150m:	1:53.90	40.06	350m:	4:37.81	40.99	550m:	7:24.03	42.00	750m:	10:10.67	42.43
200m:	2:34.14	40.24	400m:	5:18.92	41.11	600m:	8:04.48	40.45	800m:	10:51.35	40.68
5. Angela Rodrigues, REBELO			07	Louzan Natacao/EFAPEL				11:04.66	375		
50m:	37.59	37.59	250m:	3:23.87	42.26	450m:	6:13.61	42.53	650m:	9:02.65	42.61
100m:	1:18.80	41.21	300m:	4:06.20	42.33	500m:	6:55.41	41.80	700m:	9:45.09	42.44
150m:	1:59.96	41.16	350m:	4:48.57	42.37	550m:	7:37.82	42.41	750m:	10:26.33	41.24
200m:	2:41.61	41.65	400m:	5:31.08	42.51	600m:	8:20.04	42.22	800m:	11:04.66	38.33
6. Beatriz Andre, GASPAR			06	Nautico Coimbra				11:14.96	358		
50m:	38.24	38.24	250m:	3:27.51	41.94	450m:	6:17.52	42.41	650m:	9:08.43	43.24
100m:	1:20.49	42.25	300m:	4:09.53	42.02	500m:	6:59.79	42.27	700m:	9:50.64	42.21
150m:	2:03.04	42.55	350m:	4:52.16	42.63	550m:	7:42.31	42.52	750m:	10:33.46	42.82
200m:	2:45.57	42.53	400m:	5:35.11	42.95	600m:	8:25.19	42.88	800m:	11:14.96	41.50
7. Mariana Fonseca, SILVA			06	Condeixa Clube				11:16.85	355		
50m:	37.20	37.20	250m:	3:25.41	42.35	450m:	6:16.27	41.79	650m:	9:08.52	43.14
100m:	1:18.06	40.86	300m:	4:08.54	43.13	500m:	6:59.26	42.99	700m:	9:52.52	44.00
150m:	2:00.22	42.16	350m:	4:51.80	43.26	550m:	7:42.19	42.93	750m:	10:35.64	43.12
200m:	2:43.06	42.84	400m:	5:34.48	42.68	600m:	8:25.38	43.19	800m:	11:16.85	41.21
8. Francisca Carvalho, SOUSA			06	Miranda do Corvo				11:17.07	354		
50m:	37.87	37.87	250m:	3:25.25	42.05	450m:	6:14.60	42.23	650m:	9:08.33	43.72
100m:	1:19.77	41.90	300m:	4:07.19	41.94	500m:	6:57.37	42.77	700m:	9:52.00	43.67
150m:	2:01.60	41.83	350m:	4:49.75	42.56	550m:	7:41.05	43.68	750m:	10:35.45	43.45
200m:	2:43.20	41.60	400m:	5:32.37	42.62	600m:	8:24.61	43.56	800m:	11:17.07	41.62
9. Dania Rodrigues, SIMOES			07	Louzan Natacao/EFAPEL				11:23.79	344		
50m:	39.68	39.68	250m:	3:34.98	44.05	450m:	6:30.27	43.07	650m:	9:20.63	42.40
100m:	1:22.83	43.15	300m:	4:20.23	45.25	500m:	7:13.30	43.03	700m:	10:03.54	42.91
150m:	2:06.91	44.08	350m:	5:03.69	43.46	550m:	7:55.78	42.48	750m:	10:44.76	41.22
200m:	2:50.93	44.02	400m:	5:47.20	43.51	600m:	8:38.23	42.45	800m:	11:23.79	39.03

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 14, Femin., 800m Livres

Prova 14 03-02-2019	Femin., 800m Livres				Absolutos Resultados
Rec Nac 25m Absoluto	8:23.23	Diana Margarida, DURAES	SLB	Felgueiras	23-12-2018
Rec Nac 25m Sen	8:23.23	Diana Margarida, DURAES	SLB	Felgueiras	23-12-2018
Rec Nac 25m Jun17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13-12-2015
Rec Nac 25m Jun16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21-12-2014
Rec Nac 25m Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19-12-2004
Rec Nac 25m Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibbes (FRA)	20-12-1980
RR ANC Absoluto	8:45.84	Alexandra Couto, FRAZAO	CAQC		13-06-2018
RR ANC Sen	8:51.95	Florbela Cavaco, MACHADO	CNAC		12-06-2013
RR ANC Jun17	8:45.84	Alexandra Couto, FRAZÃO	CAQC		12-06-2018
RR ANC Jun16	8:47.74	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
RR ANC Juv A	8:57.30	Maria Miguel, VELOSO	CNAC		12-06-2007
RR ANC Juv B	9:08.07	Maria Miguel, VELOSO	CNAC		12-06-2007

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Marisa Isabel, NOBRE		05	Columbofila Cantanhedense				9:17.47	635
	50m:	32.60 32.60	250m:	2:51.73	34.76	450m:	5:11.85 34.61	650m:	7:33.55 35.40
	100m:	1:07.69 35.09	300m:	3:26.87	35.14	500m:	5:47.36 35.51	700m:	8:08.92 35.37
	150m:	1:41.97 34.28	350m:	4:02.21	35.34	550m:	6:22.75 35.39	750m:	8:43.76 34.84
	200m:	2:16.97 35.00	400m:	4:37.24	35.03	600m:	6:58.15 35.40	800m:	9:17.47 33.71
2.	Joana Francisca, RODRIGUES		04	Uniao Coimbra				9:19.22	629
	50m:	32.52 32.52	250m:	2:53.18	35.16	450m:	5:13.79 35.09	650m:	7:34.98 35.24
	100m:	1:07.67 35.15	300m:	3:28.33	35.15	500m:	5:48.89 35.10	700m:	8:10.69 35.71
	150m:	1:42.86 35.19	350m:	4:03.48	35.15	550m:	6:24.18 35.29	750m:	8:45.75 35.06
	200m:	2:18.02 35.16	400m:	4:38.70	35.22	600m:	6:59.74 35.56	800m:	9:19.22 33.47
3.	Joana Beatriz, BERNARDO		99	Fundacao Beatriz Santos				9:27.03	604
	50m:	32.35 32.35	250m:	2:52.70	35.37	450m:	5:14.72 35.54	650m:	7:39.25 36.17
	100m:	1:07.01 34.66	300m:	3:28.13	35.43	500m:	5:50.86 36.14	700m:	8:15.37 36.12
	150m:	1:42.20 35.19	350m:	4:03.70	35.57	550m:	6:26.92 36.06	750m:	8:51.49 36.12
	200m:	2:17.33 35.13	400m:	4:39.18	35.48	600m:	7:03.08 36.16	800m:	9:27.03 35.54
4.	Mariana Carmo, ROSA		05	Louzan Natacao/EFAPEL				9:37.48	571
	50m:	33.08 33.08	250m:	2:53.81	35.77	450m:	5:19.40 36.57	650m:	7:47.79 36.99
	100m:	1:07.29 34.21	300m:	3:29.88	36.07	500m:	5:56.39 36.99	700m:	8:25.08 37.29
	150m:	1:42.60 35.31	350m:	4:06.19	36.31	550m:	6:33.50 37.11	750m:	9:01.80 36.72
	200m:	2:18.04 35.44	400m:	4:42.83	36.64	600m:	7:10.80 37.30	800m:	9:37.48 35.68
5.	Mariana Pinto, ANGELO		99	Academica de Coimbra				9:39.02	567
	50m:	33.59 33.59	250m:	2:57.94	36.31	450m:	5:24.31 36.53	650m:	7:51.20 36.52
	100m:	1:09.38 35.79	300m:	3:34.47	36.53	500m:	6:01.22 36.91	700m:	8:27.54 36.34
	150m:	1:45.28 35.90	350m:	4:11.05	36.58	550m:	6:37.91 36.69	750m:	9:04.15 36.61
	200m:	2:21.63 36.35	400m:	4:47.78	36.73	600m:	7:14.68 36.77	800m:	9:39.02 34.87
6.	Ines Mariana, PINHEIRO		03	Academica de Coimbra				9:39.23	566
	50m:	33.53 33.53	250m:	2:58.93	36.54	450m:	5:24.76 36.39	650m:	7:51.03 37.12
	100m:	1:09.63 36.10	300m:	3:35.12	36.19	500m:	6:01.44 36.68	700m:	8:27.85 36.82
	150m:	1:46.08 36.45	350m:	4:11.88	36.76	550m:	6:37.64 36.20	750m:	9:04.50 36.65
	200m:	2:22.39 36.31	400m:	4:48.37	36.49	600m:	7:13.91 36.27	800m:	9:39.23 34.73
7.	Sara Dias, NEVES		03	Miranda do Corvo				9:45.63	548
	50m:	32.78 32.78	250m:	2:58.44	36.71	450m:	5:26.51 36.90	650m:	7:55.49 37.26
	100m:	1:08.69 35.91	300m:	3:35.49	37.05	500m:	6:03.60 37.09	700m:	8:32.98 37.49
	150m:	1:45.13 36.44	350m:	4:12.46	36.97	550m:	6:40.82 37.22	750m:	9:10.18 37.20
	200m:	2:21.73 36.60	400m:	4:49.61	37.15	600m:	7:18.23 37.41	800m:	9:45.63 35.45
8.	Beatriz Almeida, PIRES		03	Uniao Coimbra				9:47.48	543
	50m:	33.99 33.99	250m:	2:59.37	36.61	450m:	5:27.37 37.16	650m:	7:56.74 37.46
	100m:	1:09.18 35.19	300m:	3:36.00	36.63	500m:	6:04.85 37.48	700m:	8:33.97 37.23
	150m:	1:45.54 36.36	350m:	4:13.07	37.07	550m:	6:42.01 37.16	750m:	9:11.58 37.61
	200m:	2:22.76 37.22	400m:	4:50.21	37.14	600m:	7:19.28 37.27	800m:	9:47.48 35.90
9.	Ana Catarina, SILVA		04	Fundacao Beatriz Santos				9:58.02	514
	50m:	33.71 33.71	250m:	3:03.49	37.64	450m:	5:34.42 37.63	650m:	8:05.65 37.76
	100m:	1:10.68 36.97	300m:	3:41.16	37.67	500m:	6:12.21 37.79	700m:	8:43.47 37.82
	150m:	1:48.31 37.63	350m:	4:18.92	37.76	550m:	6:49.91 37.70	750m:	9:21.24 37.77
	200m:	2:25.85 37.54	400m:	4:56.79	37.87	600m:	7:27.89 37.98	800m:	9:58.02 36.78

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2 - 3-2-2019

Prova 14, Femin., 800m Livres, Absolutos

Lugar			Ano					Tempo final	Pts
10.	Ana Matos, CABRAL		05	Condeixa Clube				9:59.74	510
	50m:	33.79 33.79	250m:	3:02.38	36.99	450m:	5:33.56 38.17	650m:	8:07.45 38.43
	100m:	1:11.17 37.38	300m:	3:39.59	37.21	500m:	6:11.75 38.19	700m:	8:45.71 38.26
	150m:	1:48.14 36.97	350m:	4:17.25	37.66	550m:	6:50.26 38.51	750m:	9:23.92 38.21
	200m:	2:25.39 37.25	400m:	4:55.39	38.14	600m:	7:29.02 38.76	800m:	9:59.74 35.82
11.	Ana Luisa, RODRIGUES		03	Louzan Natacao/EFAPEL				10:08.75	488
	50m:	33.97 33.97	250m:	3:04.24	37.64	450m:	5:37.50 38.20	650m:	8:13.27 38.96
	100m:	1:11.18 37.21	300m:	3:42.45	38.21	500m:	6:16.20 38.70	700m:	8:52.59 39.32
	150m:	1:48.79 37.61	350m:	4:20.93	38.48	550m:	6:54.99 38.79	750m:	9:32.20 39.61
	200m:	2:26.60 37.81	400m:	4:59.30	38.37	600m:	7:34.31 39.32	800m:	10:08.75 36.55
12.	Sara Sofia, TEJO		03	Condeixa Clube				10:20.33	461
	50m:	34.27 34.27	250m:	3:08.27	39.44	450m:	5:44.98 39.52	650m:	8:23.22 39.48
	100m:	1:11.47 37.20	300m:	3:47.16	38.89	500m:	6:24.64 39.66	700m:	9:03.03 39.81
	150m:	1:49.78 38.31	350m:	4:26.22	39.06	550m:	7:04.16 39.52	750m:	9:42.79 39.76
	200m:	2:28.83 39.05	400m:	5:05.46	39.24	600m:	7:43.74 39.58	800m:	10:20.33 37.54
13.	Beatriz Ferreira, LOISAS		05	Columbofila Cantanhedense				10:21.67	458
	50m:	34.65 34.65	250m:	3:08.54	39.30	450m:	5:46.27 39.55	650m:	8:24.77 39.49
	100m:	1:12.42 37.77	300m:	3:47.86	39.32	500m:	6:25.91 39.64	700m:	9:04.30 39.53
	150m:	1:50.74 38.32	350m:	4:27.15	39.29	550m:	7:05.41 39.50	750m:	9:43.44 39.14
	200m:	2:29.24 38.50	400m:	5:06.72	39.57	600m:	7:45.28 39.87	800m:	10:21.67 38.23
14.	Rita Baptista, MARQUES		03	Nautico Coimbra				10:25.24	450
	50m:	34.48 34.48	250m:	3:10.12	39.78	450m:	5:48.24 39.65	650m:	8:27.25 39.84
	100m:	1:12.39 37.91	300m:	3:49.06	38.94	500m:	6:27.67 39.43	700m:	9:07.12 39.87
	150m:	1:51.28 38.89	350m:	4:28.54	39.48	550m:	7:07.57 39.90	750m:	9:46.91 39.79
	200m:	2:30.34 39.06	400m:	5:08.59	40.05	600m:	7:47.41 39.84	800m:	10:25.24 38.33
15.	Maria Caetano, LAMAS		04	Miranda do Corvo				10:26.63	447
	50m:	33.63 33.63	250m:	3:09.17	39.39	450m:	5:47.11 39.45	650m:	8:29.20 40.60
	100m:	1:11.59 37.96	300m:	3:48.97	39.80	500m:	6:27.46 40.35	700m:	9:09.30 40.10
	150m:	1:50.86 39.27	350m:	4:28.39	39.42	550m:	7:08.01 40.55	750m:	9:48.64 39.34
	200m:	2:29.78 38.92	400m:	5:07.66	39.27	600m:	7:48.60 40.59	800m:	10:26.63 37.99
16.	Maria Fernandes, LOBO		05	Nautico Coimbra				11:09.35	367
	50m:	36.28 36.28	250m:	3:24.21	42.36	450m:	6:15.57 42.68	650m:	9:04.90 42.40
	100m:	1:17.44 41.16	300m:	4:05.87	41.66	500m:	6:57.77 42.20	700m:	9:47.16 42.26
	150m:	1:59.45 42.01	350m:	4:49.23	43.36	550m:	7:40.43 42.66	750m:	10:28.95 41.79
	200m:	2:41.85 42.40	400m:	5:32.89	43.66	600m:	8:22.50 42.07	800m:	11:09.35 40.40
EXH	Leonor Correia, CUNHA		04	Fundacao Beatriz Santos				9:47.92	541
	50m:	32.68 32.68	250m:	2:56.92	36.74	450m:	5:26.69 37.43	650m:	7:56.90 37.75
	100m:	1:07.74 35.06	300m:	3:34.24	37.32	500m:	6:04.25 37.56	700m:	8:34.46 37.56
	150m:	1:43.53 35.79	350m:	4:11.78	37.54	550m:	6:41.57 37.32	750m:	9:11.53 37.07
	200m:	2:20.18 36.65	400m:	4:49.26	37.48	600m:	7:19.15 37.58	800m:	9:47.92 36.39
EXH	Matilde Santos, CARDOSO		05	Fundacao Beatriz Santos				10:45.15	410
	50m:	35.07 35.07	250m:	3:17.96	41.81	450m:	6:02.25 40.66	650m:	8:44.64 40.56
	100m:	1:14.74 39.67	300m:	3:59.02	41.06	500m:	6:43.13 40.88	700m:	9:24.94 40.30
	150m:	1:55.42 40.68	350m:	4:40.43	41.41	550m:	7:23.73 40.60	750m:	10:05.34 40.40
	200m:	2:36.15 40.73	400m:	5:21.59	41.16	600m:	8:04.08 40.35	800m:	10:45.15 39.81
EXH	Camila Cavaleiro, SILVA		05	Columbofila Cantanhedense				10:53.60	394
	50m:	35.44 35.44	250m:	3:16.49	40.61	450m:	6:00.98 40.42	650m:	8:47.27 42.14
	100m:	1:14.97 39.53	300m:	3:57.41	40.92	500m:	6:42.60 41.62	700m:	9:29.56 42.29
	150m:	1:55.81 40.84	350m:	4:39.26	41.85	550m:	7:24.23 41.63	750m:	10:11.95 42.39
	200m:	2:35.88 40.07	400m:	5:20.56	41.30	600m:	8:05.13 40.90	800m:	10:53.60 41.65
EXH	Laura Rodrigues, MARGATO		04	Academica de Coimbra				11:06.25	372
	50m:	37.14 37.14	250m:	3:27.12	42.46	450m:	6:16.43 42.10	650m:	9:04.43 42.12
	100m:	1:18.79 41.65	300m:	4:09.98	42.86	500m:	6:58.33 41.90	700m:	9:46.09 41.66
	150m:	2:01.58 42.79	350m:	4:51.80	41.82	550m:	7:40.32 41.99	750m:	10:26.98 40.89
	200m:	2:44.66 43.08	400m:	5:34.33	42.53	600m:	8:22.31 41.99	800m:	11:06.25 39.27

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 14, Femin., 800m Livres

Lugar			Ano							Tempo final	Pts
EXH	Filipa Victor, VIEIRA		04	Academica de Coimbra						11:31.95	332
	50m:	36.12 36.12	250m:	3:26.52	44.19	450m:	6:22.47	44.49	650m:	9:20.83	44.61
	100m:	1:17.09 40.97	300m:	4:10.46	43.94	500m:	7:07.17	44.70	700m:	10:05.48	44.65
	150m:	1:58.99 41.90	350m:	4:54.43	43.97	550m:	7:52.05	44.88	750m:	10:49.47	43.99
	200m:	2:42.33 43.34	400m:	5:37.98	43.55	600m:	8:36.22	44.17	800m:	11:31.95	42.48
EXH	Beatriz Beja, AFONSO		04	Academica de Coimbra						11:35.18	327
	50m:	38.53 38.53	250m:	3:35.02	44.54	450m:	6:34.51	43.89	650m:	9:30.34	43.48
	100m:	1:21.40 42.87	300m:	4:20.27	45.25	500m:	7:18.61	44.10	700m:	10:13.23	42.89
	150m:	2:06.24 44.84	350m:	5:05.28	45.01	550m:	8:02.93	44.32	750m:	10:54.57	41.34
	200m:	2:50.48 44.24	400m:	5:50.62	45.34	600m:	8:46.86	43.93	800m:	11:35.18	40.61
EXH	Joana Beatriz, RODRIGUES		04	Academica de Coimbra						11:52.47	304
	50m:	40.15 40.15	250m:	3:36.20	44.65	450m:	6:35.42	45.35	650m:	9:39.42	46.02
	100m:	1:23.07 42.92	300m:	4:20.72	44.52	500m:	7:21.07	45.65	700m:	10:24.89	45.47
	150m:	2:07.18 44.11	350m:	5:05.40	44.68	550m:	8:06.68	45.61	750m:	11:10.38	45.49
	200m:	2:51.55 44.37	400m:	5:50.07	44.67	600m:	8:53.40	46.72	800m:	11:52.47	42.09

Prova 15
03-02-2019

Masc., 100m Mariposa

Infantis
Resultados

Rec Nac 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac 25m Inf A	59.56	Fabio Parrilha da, SILVA	CNAL	Leiria	07-04-2001
Rec Nac 25m Inf B	1:01.78	Fabio Parrilha da, SILVA	CNAL	Penafiel	01-04-2000
RR ANC Absoluto	54.16	Gabriel Jose, LOPES	ALN		14-06-2018
RR ANC Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21-07-2018
RR ANC Inf B	1:04.47	Manuel Baptista, SIMÕES	CNAC		13-06-2016

Pontos: FINA 2018

Lugar			Ano							Tempo final	Pts
1.	Carlos Eduardo, BENTO		05	Miranda do Corvo						1:12.59	290
	50m:	33.27 33.27	100m:	1:12.59	39.32						
2.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense						1:13.94	274
	50m:	34.76 34.76	100m:	1:13.94	39.18						
3.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos						1:15.93	253
	50m:	35.71 35.71	100m:	1:15.93	40.22						
4.	Guilherme Marques, PEREIRA		06	Condeixa Clube						1:16.61	247
	50m:	35.14 35.14	100m:	1:16.61	41.47						
5.	Jose Miguel, MARQUES		06	Condeixa Clube						1:18.58	229
	50m:	36.39 36.39	100m:	1:18.58	42.19						
6.	Gustavo Silva, RODRIGUES		06	Louzan Natacao/EFAPEL						1:21.97	201
	50m:	37.98 37.98	100m:	1:21.97	43.99						
7.	Afonso Vidal, TOMAS		06	Louzan Natacao/EFAPEL						1:22.33	199
	50m:	38.31 38.31	100m:	1:22.33	44.02						
8.	Simao Domingues, PAZ		06	Miranda do Corvo						1:23.26	192
	50m:	37.88 37.88	100m:	1:23.26	45.38						
9.	Simao Jesus, SILVA		06	Columbofila Cantanhedense						1:23.41	191
	50m:	38.39 38.39	100m:	1:23.41	45.02						
10.	Antonio, GLAVATSKYY		05	Academica de Coimbra						1:26.03	174
	50m:	36.57 36.57	100m:	1:26.03	49.46						
11.	Edgar Tavares, MENDES		06	Academica de Coimbra						1:29.23	156
	50m:	40.36 40.36	100m:	1:29.23	48.87						

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 15, Masc., 100m Mariposa

Prova 15 03-02-2019	Masc., 100m Mariposa				Absolutos Resultados
Rec Nac 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac 25m Sen	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac 25m Jun18	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	19-12-2004
Rec Nac 25m Jun17	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	15-02-2004
Rec Nac 25m Juv A	55.60	Diogo Gomes, SOUSA	CNCVCG	Porto	05-12-2010
Rec Nac 25m Juv B	57.32	Diogo Filipe, CARVALHO	CGA	Estarreja	10-06-2003
RR ANC Absoluto	54.16	Gabriel Jose, LOPES	ALN		14-06-2018
RR ANC Sen	54.16	Gabriel Jose, LOPES	ALN		13-06-2012
RR ANC Jun18	55.51	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	57.06	Gabriel José, LOPES	CDL		13-06-2014
RR ANC Juv A	57.36	André Gouveia, COSTA	CAQC		13-06-2016
RR ANC Juv B	58.41	André Gouveia, COSTA	CAQC		13-06-2016

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts
1.	Diogo Matos, RIBEIRO		04	Uniao Coimbra		57.94	571
	<i>Rec Reg ANC</i>						
	50m:	27.31 27.31	100m:	57.94	30.63		
2.	Ricardo Jorge, DOMINGUES		02	Fundacao Beatriz Santos		58.29	561
	50m:	27.41 27.41	100m:	58.29	30.88		
3.	Gustavo Almeida, MADUREIRA		94	Academica de Coimbra		58.53	554
	50m:	27.44 27.44	100m:	58.53	31.09		
4.	Lucas Pereira, BASTOS		00	Nautico Coimbra		58.88	544
	50m:	28.01 28.01	100m:	58.88	30.87		
5.	Illya, YELISTRATKIN		96	Academica de Coimbra		58.97	542
	50m:	27.54 27.54	100m:	58.97	31.43		
6.	Francisco Xavier, GONCALVES		97	Nautico Coimbra		59.20	535
	50m:	27.58 27.58	100m:	59.20	31.62		
7.	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos		1:01.98	466
	50m:	29.14 29.14	100m:	1:01.98	32.84		
8.	Rodrigo Alexandre, TRAVASSOS		02	Condeixa Clube		1:02.16	462
	50m:	28.78 28.78	100m:	1:02.16	33.38		
9.	Manuel Baptista, SIMOES		03	Uniao Coimbra		1:02.44	456
	50m:	28.22 28.22	100m:	1:02.44	34.22		
10.	Alexandre Miguel, BRAS		03	S. Pedro Alva		1:06.48	378
	50m:	30.40 30.40	100m:	1:06.48	36.08		
11.	Diogo Miguel, PISCO		01	S. Pedro Alva		1:07.07	368
	50m:	29.83 29.83	100m:	1:07.07	37.24		
12.	Vitor Teixeira, OLIVEIRA		03	Columbifila Cantanhedense		1:07.18	366
	50m:	31.16 31.16	100m:	1:07.18	36.02		
13.	Diogo Luis, CANCELA		02	Miranda do Corvo		1:11.82	300
	50m:	33.66 33.66	100m:	1:11.82	38.16		
DNS	Joao Carvalho, DIZ		01	Columbifila Cantanhedense			
EXH	Bernardo Santos, CLEMENTE		98	Academica de Coimbra		57.18	594
	50m:	26.56 26.56	100m:	57.18	30.62		
EXH	Rodrigo Alexandre, PATRICIO		98	Academica de Coimbra		1:00.19	509
	50m:	28.04 28.04	100m:	1:00.19	32.15		
EXH	Miguel Freitas, OVIEDO		02	Academica de Coimbra		1:00.90	492
	50m:	28.20 28.20	100m:	1:00.90	32.70		
EXH	Goncalo Brites, MOITA		04	Uniao Coimbra		1:03.96	424
	50m:	29.95 29.95	100m:	1:03.96	34.01		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 15, Masc., 100m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Alexandre Viegas, MARTINS 50m: 30.19 30.19 100m: 1:05.05 34.86	04 Uniao Coimbra	1:05.05	403
EXH Gustavo Pires, MARQUES 50m: 31.22 31.22 100m: 1:06.28 35.06	04 Fundacao Beatriz Santos	1:06.28	381
EXH Pedro Miguel, FLORIDO 50m: 31.88 31.88 100m: 1:08.91 37.03	04 Fundacao Beatriz Santos	1:08.91	339

Prova 16
03-02-2019

Femin., 200m Mariposa

Infantis
Resultados

Rec Nac 25m Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec Nac 25m Inf A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12-05-2018
Rec Nac 25m Inf B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09-05-1992
RR ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13-06-2002
RR ANC Inf A	2:26.78	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
RR ANC Inf B	2:36.49	Inês Pereira, SILVA	CAQC		11-06-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diana Silva, TINOCO 50m: 35.92 35.92 100m: 1:15.49 39.57 150m: 1:55.81 40.32 200m: 2:36.96 41.15	06 Columbofila Cantanhedense	2:36.96	442
2. Matilde Neves, CRAVEIRO 50m: 36.17 36.17 100m: 1:17.94 41.77 150m: 2:01.81 43.87 200m: 2:44.85 43.04	06 Academica de Coimbra	2:44.85	381
3. Beatriz Silva, NEVES 50m: 38.19 38.19 100m: 1:22.91 44.72 150m: 2:07.50 44.59 200m: 2:50.13 42.63	06 Fundacao Beatriz Santos	2:50.13	347
4. Leonor Mil, MANO 50m: 36.79 36.79 100m: 1:20.88 44.09 150m: 2:06.83 45.95 200m: 2:52.25 45.42	07 Fundacao Beatriz Santos	2:52.25	334

Prova 16
03-02-2019

Femin., 200m Mariposa

Absolutos
Resultados

Rec Nac 25m Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec Nac 25m Sen	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec Nac 25m Jun17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	04-12-2009
Rec Nac 25m Jun16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	11-02-1996
Rec Nac 25m Juv A	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05-03-1995
Rec Nac 25m Juv B	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	15-04-2018
RR ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13-06-2002
RR ANC Sen	2:22.58	Beatriz Neves, CRAVEIRO	CNAC		12-06-2016
RR ANC Jun17	2:18.79	Ana Rita, GONÇALVES	CNM		12-06-2002
RR ANC Jun16	2:20.32	Inês Pereira, SILVA	CAQC		12-06-2018
RR ANC Juv A	2:21.56	Maria Carlota, REBELO	CUC		12-06-2018
RR ANC Juv B	2:22.94	Mariana Cunha, GUERRA	ASSSCC		12-06-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO 50m: 31.97 31.97 100m: 1:08.61 36.64 150m: 1:45.51 36.90 200m: 2:22.22 36.71	03 Louzan Natacao/EFAPEL	2:22.22	594
2. Ines Pereira, SILVA 50m: 32.01 32.01 100m: 1:07.92 35.91 150m: 1:45.41 37.49 200m: 2:24.29 38.88	02 Fundacao Beatriz Santos	2:24.29	569
3. Beatriz Neves, CRAVEIRO 50m: 32.04 32.04 100m: 1:08.22 36.18 150m: 1:46.03 37.81 200m: 2:25.09 39.06	97 Academica de Coimbra	2:25.09	560
4. Ana Carolina, MONTEIRO 50m: 32.84 32.84 100m: 1:10.33 37.49 150m: 1:48.35 38.02 200m: 2:27.01 38.66	04 Uniao Coimbra	2:27.01	538
5. Beatriz Costa, TEJO 50m: 32.78 32.78 100m: 1:10.37 37.59 150m: 1:50.05 39.68 200m: 2:30.33 40.28	02 Academica de Coimbra	2:30.33	503

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 16, Femin., 200m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
6. Beatriz Monteiro, TOMAS 50m: 31.94 31.94 100m: 1:10.06	03 Fundacao Beatriz Santos	2:32.25	484
7. Matilde Alves, FLORENCIO 50m: 33.56 33.56 100m: 1:12.68	04 Condeixa Clube	2:34.43	464
8. Ines Matos, SOUSA 50m: 34.46 34.46 100m: 1:13.38	03 Uniao Coimbra	2:35.22	457
9. Beatriz Ferreira, LOISAS 50m: 35.50 35.50 100m: 1:15.66	05 Columbofila Cantanhedense	2:39.72	419
10. Leonor Correia, PAIVA 50m: 35.32 35.32 100m: 1:15.98	04 Louzan Natacao/EFAPEL	2:44.01	387
11. Maria Miguel, GAMEIRO 50m: 35.60 35.60 100m: 1:17.32	03 Nautico Coimbra	2:44.11	387
12. Ines Dias, CRUZ 50m: 37.77 37.77 100m: 1:23.70	04 Condeixa Clube	3:00.09	292
13. Carolina Carreira, DIAS 50m: 38.47 38.47 100m: 1:24.79	04 Columbofila Cantanhedense	3:02.24	282
14. Maria Pedro, ASCENSO 50m: 44.98 44.98 100m: 1:42.07	04 Nautico Coimbra	3:46.27	147
DNS Maria Ines, GASPAR	05 Miranda do Corvo		
EXH Daniela Portela, MENDES 50m: 34.41 34.41 100m: 1:15.03	04 Fundacao Beatriz Santos	2:40.37	414
EXH Mafalda Vestia, FIDALGO 50m: 35.43 35.43 100m: 1:17.77	04 Uniao Coimbra	2:48.81	355

Prova 17
03-02-2019

Masc., 100m Bruços

Infantis
Resultados

Rec Nac 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac 25m Inf A	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	12-03-2011
Rec Nac 25m Inf B	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	15-05-2010
RR ANC Absoluto	1:00.37	Gabriel José, LOPES			13-11-2017
RR ANC Inf A	1:09.36	António, PEREIRA	CNAC		13-06-2001
RR ANC Inf B	1:14.06	Gonçalo Brites, MOITA	CNAC		13-06-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Duarte José, FERNANDES 50m: 37.91 37.91 100m: 1:23.00	06 Fundacao Beatriz Santos	1:23.00	300
2. Goncalo Carvalho, SANTOS 50m: 4:00.01 4:00.01 100m: 1:23.99	05 Louzan Natacao/EFAPEL	1:23.99	290
3. Dinis Raimundo, SILVA 50m: 39.88 39.88 100m: 1:24.24	05 Academica de Coimbra	1:24.24	287
4. Tomas Nolan, SANTOS 50m: 42.91 42.91 100m: 1:28.76	06 Fundacao Beatriz Santos	1:28.76	245
5. Francisco Cruz, CARVALHO 50m: 43.34 43.34 100m: 1:30.63	06 S. Pedro Alva	1:30.63	231
6. Tomas Cardoso, GERALDO 50m: 43.45 43.45 100m: 1:32.17	05 Condeixa Clube	1:32.17	219
7. Tome Santiago, MENDES 50m: 43.83 43.83 100m: 1:32.97	05 Vigor da Mocidade	1:32.97	214

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 17, Masc., 100m Bruços, Infantis

Lugar	Ano	Tempo final	Pts
8. Rodrigo Costa, CRUZ 50m: 44.36 44.36 100m: 1:33.15 48.79	06 Academica de Coimbra	1:33.15	212
9. Diogo Simoes, DIAS 50m: 45.00 45.00 100m: 1:34.34 49.34	05 Louzan Natacao/EFAPEL	1:34.34	204
10. Diogo Cura, NEVES 50m: 45.97 45.97 100m: 1:36.26 50.29	06 Condeixa Clube	1:36.26	192
11. Gustavo Teixeira, PIRES 50m: 47.03 47.03 100m: 1:38.25 51.22	06 Columbofila Cantanhedense	1:38.25	181
12. Bruno Costa, RODRIGUES 50m: 47.45 47.45 100m: 1:41.05 53.60	06 Columbofila Cantanhedense	1:41.05	166
13. Goncalo Apostolo, GASPAR 50m: 48.95 48.95 100m: 1:46.00 57.05	06 Freguesia de Paiao	1:46.00	144
14. Duarte Miguel, BENTO 50m: 48.25 48.25 100m: 1:46.34 58.09	05 Nautico Coimbra	1:46.34	143
15. Joao Afonso, MACHADO 50m: 53.29 53.29 100m: 2:00.05 1:06.76	06 Vigor da Mocidade	2:00.05	99
DSQ Rodrigo Neves, DUARTE <i>o atleta não tocou com as 2 mãos em simultaneo na parede aos 75m</i>	06 Louzan Natacao/EFAPEL		
DNS Pedro Fernandes, CARVALHO	06 Miranda do Corvo		
DNS Filipe Cruz, SIMOES	06 Miranda do Corvo		

Prova 17
03-02-2019

Masc., 100m Bruços

Absolutos
Resultados

Rec Nac 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac 25m Sen	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac 25m Jun18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m Jun17	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	21-12-2013
Rec Nac 25m Juv A	1:03.39	Andre Goncalo, SANTOS	LSC	S. António Cavaleiros	21-12-2012
Rec Nac 25m Juv B	1:04.22	Andre Goncalo, SANTOS	LSC	Braga	04-03-2012
RR ANC Absoluto	1:00.37	Gabriel José, LOPES			13-11-2017
RR ANC Sen	1:00.37	Gabriel José, LOPES	ALN		13-06-2018
RR ANC Jun18	1:02.40	Tomás Miguel, VELOSO	CNAC		13-06-2014
RR ANC Jun17	1:03.11	Gabriel José, LOPES	CDL		13-06-2014
RR ANC Juv A	1:04.90	Gabriel José, LOPES	CDL		13-06-2013
RR ANC Juv B	1:07.45	Gabriel José, LOPES	CDL		13-06-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ruben Paiva, CARVALHO 50m: 32.04 32.04 100m: 1:06.97 34.93	94 Academica de Coimbra	1:06.97	572
2. Miguel Caridade, GASPAR 50m: 32.46 32.46 100m: 1:08.20 35.74	99 Academica de Coimbra	1:08.20	542
3. Tiago Moises, DINIS 50m: 31.92 31.92 100m: 1:08.34 36.42	98 Nautico Coimbra	1:08.34	538
4. Goncalo Silva, MARQUES 50m: 32.81 32.81 100m: 1:09.51 36.70	01 Condeixa Clube	1:09.51	512
5. Duarte Anastacio, SOUSA 50m: 33.07 33.07 100m: 1:10.34 37.27	02 Uniao Coimbra	1:10.34	494
6. Pedro Simoes, RODRIGUES 50m: 33.88 33.88 100m: 1:10.35 36.47	01 Uniao Coimbra	1:10.35	493
7. Joao Ventura, PAIS 50m: 33.01 33.01 100m: 1:10.45 37.44	02 Fundacao Beatriz Santos	1:10.45	491
8. Rafael Alves, CAMPOS 50m: 33.50 33.50 100m: 1:11.54 38.04	04 S. Pedro Alva	1:11.54	469

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 17, Masc., 100m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
9. Alexandre Miguel, BRAS 50m: 33.68 33.68 100m: 1:11.79 38.11	03 S. Pedro Alva	1:11.79	464
10. Ricardo Luis, AGOSTINHO 50m: 36.43 36.43 100m: 1:18.25 41.82	96 Fundacao Beatriz Santos	1:18.25	358
11. Vitor Teixeira, OLIVEIRA 50m: 39.56 39.56 100m: 1:23.41 43.85	03 Columbofila Cantanhedense	1:23.41	296
12. Cristiano Rodrigues, FERNANDES 50m: 41.22 41.22 100m: 1:26.18 44.96	04 Louzan Natacao/EFAPEL	1:26.18	268
13. Renato Maria, FERREIRA 50m: 41.36 41.36 100m: 1:28.27 46.91	04 Vigor da Mocidade	1:28.27	250
DSQ Jose Miguel, SILVA <i>não tocou com as 2 mãos em simultaneo aos 75 m</i>	02 Nautico Coimbra		
DNS Joao Carvalho, DIZ	01 Columbofila Cantanhedense		
EXH Tiago Andre, POIARES 50m: 36.24 36.24 100m: 1:16.79 40.55	04 Fundacao Beatriz Santos	1:16.79	379

Prova 18
03-02-2019

Femin., 200m Bruços

Infantis
Resultados

Rec Nac 25m Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac 25m Inf A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06-06-2015
Rec Nac 25m Inf B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14-06-2014
RR ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Inf A	2:43.17	AnaYuki, TSUKAGOSHI	CNAC		12-06-1995
RR ANC Inf B	2:46.41	Mariana Ferreinha, CUNHA	AAC		11-06-1995

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Angela Rodrigues, REBELO 50m: 41.89 41.89 100m: 1:29.01 47.12 150m: 2:16.74 47.73 200m: 3:03.95 47.21	07 Louzan Natacao/EFAPEL	3:03.95	391
2. Matilde Fonseca, OLIVEIRA 50m: 44.03 44.03 100m: 1:32.93 48.90 150m: 2:22.48 49.55 200m: 3:12.91 50.43	06 Miranda do Corvo	3:12.91	339
3. Maria Ines, FERNANDES 50m: 45.36 45.36 100m: 1:34.79 49.43 150m: 2:25.36 50.57 200m: 3:14.82 49.46	07 Fundacao Beatriz Santos	3:14.82	329
4. Beatriz Andre, GASPAR 50m: 46.98 46.98 100m: 1:39.07 52.09 150m: 2:33.16 54.09 200m: 3:26.71 53.55	06 Nautico Coimbra	3:26.71	275
5. Ines Miranda, DIOGO 50m: 48.10 48.10 100m: 1:40.79 52.69 150m: 2:34.70 53.91 200m: 3:28.40 53.70	07 Fundacao Beatriz Santos	3:28.40	269
6. Mariana Vaz, ALVES 50m: 48.26 48.26 100m: 1:42.73 54.47 150m: 2:38.52 55.79 200m: 3:32.90 54.38	06 Academica de Coimbra	3:32.90	252
7. Cristiana Sofia, DUARTE 50m: 50.71 50.71 100m: 1:49.86 59.15 150m: 2:49.42 59.56 200m: 3:48.32 58.90	07 Vigor da Mocidade	3:48.32	204
8. Luna Almeida, RODRIGUES 50m: 52.02 52.02 100m: 1:51.17 59.15 150m: 2:50.05 58.88 200m: 3:48.50 58.45	07 Columbofila Cantanhedense	3:48.50	204

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 18, Femin., 200m Bruços

Prova 18 03-02-2019	Femin., 200m Bruços				Absolutos Resultados
Rec Nac 25m Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac 25m Sen	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac 25m Jun17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10-12-2016
Rec Nac 25m Jun16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11-12-2015
Rec Nac 25m Juv A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07-02-2004
Rec Nac 25m Juv B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
RR ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Sen	2:38.84	Mariana Domingues, PAZ	CNMC		12-06-2016
RR ANC Jun17	2:39.09	Mariana Domingues, PAZ	CNMC		12-06-2014
RR ANC Jun16	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		12-06-2009
RR ANC Juv A	2:36.43	Mariana Ferrinha, CUNHA	AAC		12-06-1997
RR ANC Juv B	2:35.61	Mariana Ferreinha, CUNHA	AAC		12-06-1997

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Maria Carlota, REBELO		03	Louzan Natacao/EFAPEL				2:39.15	604
	50m:	36.73 36.73	100m:	1:17.66	40.93	150m:	1:58.21 40.55	200m:	2:39.15 40.94
2.	Beatriz Monteiro, TOMAS		03	Fundacao Beatriz Santos				2:44.09	551
	50m:	38.20 38.20	100m:	1:19.77	41.57	150m:	2:01.87 42.10	200m:	2:44.09 42.22
3.	Ana Carolina, MONTEIRO		04	Uniao Coimbra				2:50.82	488
	50m:	39.17 39.17	100m:	1:22.30	43.13	150m:	2:06.19 43.89	200m:	2:50.82 44.63
4.	Bruna Cruz, CARVALHO		03	S. Pedro Alva				2:53.11	469
	50m:	36.69 36.69	100m:	1:20.14	43.45	150m:	2:05.60 45.46	200m:	2:53.11 47.51
5.	Beatriz Castanheira, DIAS		99	Academica de Coimbra				2:53.12	469
	50m:	39.49 39.49	100m:	1:23.93	44.44	150m:	2:09.32 45.39	200m:	2:53.12 43.80
6.	Ana Catarina, SILVA		04	Fundacao Beatriz Santos				2:55.54	450
	50m:	40.29 40.29	100m:	1:25.15	44.86	150m:	2:10.60 45.45	200m:	2:55.54 44.94
7.	Ana Carolina, NEVES		00	Academica de Coimbra				2:56.56	442
	50m:	40.79 40.79	100m:	1:24.67	43.88	150m:	2:09.91 45.24	200m:	2:56.56 46.65
8.	Marisa Isabel, NOBRE		05	Columbifila Cantanhedense				2:58.18	430
	50m:	41.20 41.20	100m:	1:27.46	46.26	150m:	2:14.10 46.64	200m:	2:58.18 44.08
9.	Marta Domingues, GAMEIRO		04	Nautico Coimbra				2:58.33	429
	50m:	41.26 41.26	100m:	1:27.19	45.93	150m:	2:12.36 45.17	200m:	2:58.33 45.97
10.	Barbara Almeida, SIMOES		05	Uniao Coimbra				3:04.85	385
	50m:	42.01 42.01	100m:	1:27.42	45.41	150m:	2:15.05 47.63	200m:	3:04.85 49.80
11.	Ana Luisa, RODRIGUES		03	Louzan Natacao/EFAPEL				3:05.04	384
	50m:	41.60 41.60	100m:	1:28.28	46.68	150m:	2:16.77 48.49	200m:	3:05.04 48.27
12.	Carolina Carreira, DIAS		04	Columbifila Cantanhedense				3:09.87	356
	50m:	42.97 42.97	100m:	1:31.25	48.28	150m:	2:20.97 49.72	200m:	3:09.87 48.90
13.	Rita Lima, PIRES		05	Nautico Coimbra				3:11.11	349
	50m:	43.22 43.22	100m:	1:32.85	49.63	150m:	2:22.04 49.19	200m:	3:11.11 49.07
14.	Maria Lucas, SANTOS		05	Condeixa Clube				3:13.11	338
	50m:	45.23 45.23	100m:	1:33.56	48.33	150m:	2:23.13 49.57	200m:	3:13.11 49.98
DSQ	Ana Sofia, CASTANHEIRA		04	Condeixa Clube					
	<i>não tocou com as 2 mãos em simultaneo aos 75 m</i>								

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 19 Masc., 50m Livres Infantis
03-02-2019 Resultados

Rec Nac 25m Absoluto	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22-12-2018
Rec Nac 25m Inf A	25.30	Joao Cruz, CASTRO	CSM	Funchal	12-04-2014
Rec Nac 25m Inf B	26.65	Gabriel Jose, LOPES	CDL	Lousã	19-06-2010
RR ANC Absoluto	25.10	Gustavo Almeida, MADUREIRA	AAC	Coimbra	02-02-2019
RR ANC Inf A	26.00	Diogo Matos, RIBEIRO	CUC		13-06-2018
RR ANC Inf B	26.65	Gabriel José, LOPES	CDL		13-06-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	27.61 395
2. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	28.57 356
3. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	28.81 347
4. Samuel Baptista, FIGUEIRA	05	Fundacao Beatriz Santos	29.14 336
5. Diogo Afonso, CARREIRA	05	Academica de Coimbra	29.39 327
6. Diogo Simoes, DIAS	05	Louzan Natacao/EFAPEL	31.90 256
7. Diogo Cura, NEVES	06	Condeixa Clube	35.76 181
8. Duarte Miguel, BENTO	05	Nautico Coimbra	36.88 165
9. Joao Afonso, MACHADO	06	Vigor da Mocidade	37.06 163
10. Afonso Jose, FRANCISCO	06	Miranda do Corvo	37.74 154
11. Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos	39.71 132

Prova 19 Masc., 50m Livres Absolutos
03-02-2019 Resultados

Rec Nac 25m Absoluto	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22-12-2018
Rec Nac 25m Sen	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22-12-2018
Rec Nac 25m Jun18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	08-12-2012
Rec Nac 25m Jun17	23.12	Tiago Andrade, MACHADO	SCA	Felgueiras	22-12-2018
Rec Nac 25m Juv A	23.88	Tiago Moura, RODRIGUES	SANNP	Abrantes	26-01-2019
Rec Nac 25m Juv B	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13-12-2009
RR ANC Absoluto	25.10	Gustavo Almeida, MADUREIRA	AAC	Coimbra	02-02-2019
RR ANC Sen	22.47	Gustavo Almeida, MADUREIRA	AAC		13-06-2018
RR ANC Jun18	23.08	Gustavo Almeida, MADUREIRA	AAC		13-06-2011
RR ANC Jun17	23.93	Gustavo Almeida, MADUREIRA	AAC		13-06-2010
RR ANC Juv A	24.48	Gustavo Almeida, MADUREIRA	AAC		13-06-2009
RR ANC Juv B	25.35	Diogo Matos, RIBEIRO	CUC	Coimbra	20-10-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, MADUREIRA <i>Rec Reg ANC</i>	94	Academica de Coimbra	23.62 631
2. Francisco Xavier, GONCALVES	97	Nautico Coimbra	24.32 578
3. Rodrigo Ribeiro, GOMES	00	Fundacao Beatriz Santos	24.49 566
4. Tomas Pedrosa, MIGUEL	02	Condeixa Clube	25.13 524
5. Ricardo Jorge, DOMINGUES	02	Fundacao Beatriz Santos	25.38 508
6. Pedro Salzedas, ADAIXO	00	Academica de Coimbra	25.60 495
7. Joao Francisco, MACHADO	99	Uniao Coimbra	25.77 485
8. Manuel Baptista, SIMOES	03	Uniao Coimbra	25.78 485
9. Alberto Antonio, SANTOS	01	S. Pedro Alva	26.15 465
10. Ricardo Marques, PEREIRA	01	Condeixa Clube	26.16 464
11. Diogo Miguel, PISCO	01	S. Pedro Alva	26.49 447
12. David Valdagua, COUTINHO	03	Columbofila Cantanhedense	27.88 383
13. Joao Baptista, MARQUES	00	Nautico Coimbra	28.14 373
14. Diogo Luis, CANCELA	02	Miranda do Corvo	29.20 334
15. Renato Maria, FERREIRA	04	Vigor da Mocidade	30.51 292
EXH Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	25.94 476
EXH Goncalo Andre, GOMES	03	Fundacao Beatriz Santos	26.25 459
EXH Goncalo Brites, MOITA	04	Uniao Coimbra	26.72 435
EXH Francisco Alberto, LUCAS	00	Academica de Coimbra	26.87 428

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 19, Masc., 50m Livres

Lugar	Ano	Tempo final	Pts
EXH Fabio Mondego, CENTEIO	94 Academica de Coimbra	27.12	416
EXH Alexandre Viegas, MARTINS	04 Uniao Coimbra	27.25	410

Prova 20
03-02-2019

Femin., 100m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	55.12	Ana Pinho, RODRIGUES	ADS	Felgueiras	21-12-2018
Rec Nac 25m Inf A	58.55	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018
Rec Nac 25m Inf B	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	08-04-2017
RR ANC Absoluto	57.26	Matilde Freitas, MOREIRA	AAC		12-06-2018
RR ANC Inf A	1:00.68	Camila Rodrigues, REBELO	ALN		11-06-2016
RR ANC Inf B	1:01.73	Mariana Cunha, GUERRA	ASSSCC		01-05-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	1:06.97	422
50m: 32.01 32.01 100m: 1:06.97	34.96		
2. Matilde Neves, CRAVEIRO	06 Academica de Coimbra	1:07.47	413
50m: 32.74 32.74 100m: 1:07.47	34.73		
3. Madalena Barra, MEDEIROS	06 Vigor da Mocidade	1:08.54	394
50m: 32.70 32.70 100m: 1:08.54	35.84		
4. Anita Gouveia, COSTA	06 Uniao Coimbra	1:09.85	372
50m: 33.82 33.82 100m: 1:09.85	36.03		
5. Maria Vitoria, GRILO	06 Nautico Coimbra	1:10.81	357
50m: 31.85 31.85 100m: 1:10.81	38.96		
6. Ines Alves, DIAS	06 Fundacao Beatriz Santos	1:10.90	356
50m: 34.17 34.17 100m: 1:10.90	36.73		
7. Mariana Marques, ALMEIDA	07 Miranda do Corvo	1:10.93	355
50m: 34.41 34.41 100m: 1:10.93	36.52		
8. Francisca Carvalho, SOUSA	06 Miranda do Corvo	1:12.69	330
50m: 34.96 34.96 100m: 1:12.69	37.73		
9. Matilde Rodrigues, COSTA	07 S. Pedro Alva	1:21.29	236
50m: 38.14 38.14 100m: 1:21.29	43.15		
10. Lara Carvalho, SANTOS	07 Nautico Coimbra	1:22.54	225
50m: 38.75 38.75 100m: 1:22.54	43.79		
11. Matilde Lopes, SANTOS	07 Louzan Natacao/EFAPEL	1:25.99	199
50m: 41.21 41.21 100m: 1:25.99	44.78		
12. Mariana Vaz, ALVES	06 Academica de Coimbra	1:27.61	188
50m: 41.12 41.12 100m: 1:27.61	46.49		
13. Beatriz Pereira, ANDRADE	06 Condeixa Clube	1:28.88	180
50m: 40.43 40.43 100m: 1:28.88	48.45		
14. Rafaela Ferreira, MIGUEL	06 S. Pedro Alva	1:31.62	164
50m: 44.12 44.12 100m: 1:31.62	47.50		
15. Ema Cardoso, BAPTISTA	07 Uniao Coimbra	1:35.07	147
50m: 42.88 42.88 100m: 1:35.07	52.19		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 20, Femin., 100m Livres

Prova 20 03-02-2019	Femin., 100m Livres				Absolutos Resultados
Rec Nac 25m Absoluto	55.12	Ana Pinho, RODRIGUES	ADS	Felgueiras	21-12-2018
Rec Nac 25m Sen	55.12	Ana Pinho, RODRIGUES	ADS	Felgueiras	21-12-2018
Rec Nac 25m Jun17	56.07	Ana Reis, SOUSA	SAD	Felgueiras	21-12-2018
Rec Nac 25m Jun16	56.72	Ana Reis, SOUSA	CNLA	Porto	08-12-2017
Rec Nac 25m Juv A	57.52	Raquel Gomes, PEREIRA	SAD	Algés	10-05-2015
Rec Nac 25m Juv B	58.73	Carolina Miranda, FERNANDES	POR	Vila Real St. Antonio	04-11-2018
RR ANC Absoluto	57.26	Matilde Freitas, MOREIRA	AAC		12-06-2018
RR ANC Sen	57.26	Matilde Freitas, MOREIRA	AAC		13-06-2014
RR ANC Jun17	57.84	Alexandra Couto, FRAZÃO	CAQC		12-06-2018
RR ANC Jun16	58.46	Mariana Cunha, GUERRA	ASSSCC		12-06-2013
RR ANC Juv A	58.34	Alexandra Couto, FRAZÃO	FBSC		12-06-2017
RR ANC Juv B	59.09	Camila Rodrigues, REBELO	ALN		12-06-2016

Pontos: FINA 2018

Lugar					Ano		Tempo final	Pts
1.	Joana Francisca, RODRIGUES				04	Uniao Coimbra	1:00.79	564
	50m:	29.08	29.08	100m:	1:00.79	31.71		
2.	Beatriz Costa, TEJO				02	Academica de Coimbra	1:00.94	560
	50m:	29.73	29.73	100m:	1:00.94	31.21		
3.	Matilde Domingues, GAMEIRO				97	Nautico Coimbra	1:01.25	552
	50m:	29.27	29.27	100m:	1:01.25	31.98		
4.	Mariana Carmo, ROSA				05	Louzan Natacao/EFAPEL	1:02.15	528
	50m:	29.44	29.44	100m:	1:02.15	32.71		
5.	Ines Mariana, PINHEIRO				03	Academica de Coimbra	1:02.18	527
	50m:	29.85	29.85	100m:	1:02.18	32.33		
6.	Camila Alexandra, SILVA				03	Columbofila Cantanhedense	1:02.25	526
	50m:	29.94	29.94	100m:	1:02.25	32.31		
7.	Eva Fernandes, CARDOSO				01	Fundacao Beatriz Santos	1:03.63	492
	50m:	30.62	30.62	100m:	1:03.63	33.01		
8.	Mariana Jacinto, SANTOS				03	Freguesia de Paiao	1:04.18	479
	50m:	30.85	30.85	100m:	1:04.18	33.33		
9.	Sara Caseiro, PORTUGAL				02	Fundacao Beatriz Santos	1:04.25	478
	50m:	30.53	30.53	100m:	1:04.25	33.72		
10.	Beatriz Almeida, PIRES				03	Uniao Coimbra	1:04.77	466
	50m:	31.15	31.15	100m:	1:04.77	33.62		
11.	Sara Dias, NEVES				03	Miranda do Corvo	1:05.12	459
	50m:	31.21	31.21	100m:	1:05.12	33.91		
12.	Maria Beatriz, JORGE				00	Nautico Coimbra	1:05.51	451
	50m:	31.51	31.51	100m:	1:05.51	34.00		
13.	Leonor Correia, PAIVA				04	Louzan Natacao/EFAPEL	1:07.02	421
	50m:	32.18	32.18	100m:	1:07.02	34.84		
14.	Maria Caetano, LAMAS				04	Miranda do Corvo	1:07.81	406
	50m:	32.20	32.20	100m:	1:07.81	35.61		
15.	Beatriz Sa, GAMA				05	Condeixa Clube	1:10.74	358
	50m:	33.08	33.08	100m:	1:10.74	37.66		
16.	Maria Beatriz, RODRIGUES				04	Condeixa Clube	1:12.58	331
	50m:	35.17	35.17	100m:	1:12.58	37.41		
17.	Patricia Caldeira, FERREIRA				02	Freguesia de Paiao	1:13.11	324
	50m:	34.50	34.50	100m:	1:13.11	38.61		
DNS	Sara Sofia, ALVES				01	Columbofila Cantanhedense		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2 - 3-2-2019

Prova 20, Femin., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH Barbara Azambujo, MELO 50m: 30.64 30.64 100m: 1:04.44 33.80	02 Academica de Coimbra	1:04.44	474
EXH Beatriz Lopes, PINTO 50m: 32.45 32.45 100m: 1:06.11 33.66	99 Academica de Coimbra	1:06.11	439
EXH Maria Ines, DIONISIO 50m: 32.63 32.63 100m: 1:07.93 35.30	04 Fundacao Beatriz Santos	1:07.93	404
EXH Daniela Portela, MENDES 50m: 32.22 32.22 100m: 1:07.95 35.73	04 Fundacao Beatriz Santos	1:07.95	404
EXH Ana Filipa, SILVA 50m: 33.33 33.33 100m: 1:08.36 35.03	04 Academica de Coimbra	1:08.36	397
EXH Matilde Santos, CARDOSO 50m: 33.95 33.95 100m: 1:10.50 36.55	05 Fundacao Beatriz Santos	1:10.50	362
EXH Helena Carolina, DINIS 50m: 33.86 33.86 100m: 1:12.03 38.17	05 Academica de Coimbra	1:12.03	339

Prova 21
03-02-2019

Masc., 100m Costas

Infantis
Resultados

Rec Nac 25m Absoluto	51.48	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m Inf A	59.50	Ricardo Lopes, SILVA	DNMG	Caldas da Rainha	10-06-2017
Rec Nac 25m Inf B	1:04.62	Jose Diogo, DIAS	FBSC	Coimbra	07-05-2017
RR ANC Absoluto	51.48	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Inf A	1:01.91	Gabriel José, LOPES	CDL		13-06-2011
RR ANC Inf B	1:04.42	José Diogo, DIAS	FBSC		13-06-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Afonso Miguel, AMADO 50m: 35.11 35.11 100m: 1:13.32 38.21	05 Miranda do Corvo	1:13.32	296
2. Tomas Cardoso, GERALDO 50m: 36.66 36.66 100m: 1:16.60 39.94	05 Condeixa Clube	1:16.60	260
3. Afonso Vidal, TOMAS 50m: 37.75 37.75 100m: 1:17.89 40.14	06 Louzan Natacao/EFAPEL	1:17.89	247
4. Joao Rafael, FERREIRA 50m: 38.15 38.15 100m: 1:18.07 39.92	06 Fundacao Beatriz Santos	1:18.07	245
5. Antonio, GLAVATSKYY 50m: 38.29 38.29 100m: 1:18.62 40.33	05 Academica de Coimbra	1:18.62	240
6. Miguel Bernardo, ARAUJO 50m: 38.17 38.17 100m: 1:19.77 41.60	06 Condeixa Clube	1:19.77	230
7. Miguel Cunha, GASPAS 50m: 39.53 39.53 100m: 1:21.10 41.57	06 Columbofila Cantanhedense	1:21.10	219
8. Rodrigo Costa, CRUZ 50m: 39.43 39.43 100m: 1:21.18 41.75	06 Academica de Coimbra	1:21.18	218
9. Gustavo Teixeira, PIRES 50m: 40.76 40.76 100m: 1:21.97 41.21	06 Columbofila Cantanhedense	1:21.97	212
10. Gustavo Silva, RODRIGUES 50m: 39.61 39.61 100m: 1:22.05 42.44	06 Louzan Natacao/EFAPEL	1:22.05	211
11. Tomas Veiga, PEREIRA 50m: 40.44 40.44 100m: 1:22.29 41.85	06 Fundacao Beatriz Santos	1:22.29	209
12. Henrique Tavares, DIAS 50m: 41.06 41.06 100m: 1:24.56 43.50	06 Nautico Coimbra	1:24.56	193

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 21, Masc., 100m Costas, Infantis

Lugar	Ano	Tempo final	Pts
13. Francisco Cruz, CARVALHO 50m: 41.50 41.50 100m: 1:24.91 43.41	06 S. Pedro Alva	1:24.91	191
14. Goncalo Apostolo, GASPAR 50m: 44.98 44.98 100m: 1:30.93 45.95	06 Freguesia de Paiao	1:30.93	155
15. Bernardo Jose, SIMOES 50m: 45.78 45.78 100m: 1:33.79 48.01	06 Vigor da Mocidade	1:33.79	141
DNS Pedro Fernandes, CARVALHO	06 Miranda do Corvo		

Prova 21
03-02-2019

Masc., 100m Costas

Absolutos
Resultados

Rec Nac 25m Absoluto	51.48	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m Sen	51.48	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m Jun18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009
Rec Nac 25m Jun17	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11-05-2014
Rec Nac 25m Juv A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010
Rec Nac 25m Juv B	57.38	Gabriel Jose, LOPES	CDL	Coimbra	13-05-2012
RR ANC Absoluto	51.48	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	51.48	Gabriel José, LOPES	ALN		15-05-2018
RR ANC Jun18	54.02	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	54.97	Gabriel José, LOPES	CDL		13-06-2014
RR ANC Juv A	57.92	Gabriel José, LOPES	CDL		13-06-2003
RR ANC Juv B	57.38	Gabriel José, LOPES	CDL		13-06-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diogo Matos, RIBEIRO 50m: 28.38 28.38 100m: 58.74 30.36	04 Uniao Coimbra	58.74	576
2. Bernardo Vinagre, ARZILEIRO 50m: 28.74 28.74 100m: 59.33 30.59	01 Uniao Coimbra	59.33	559
3. Lucas Pereira, BASTOS 50m: 29.07 29.07 100m: 1:00.04 30.97	00 Nautico Coimbra	1:00.04	540
4. Joao Neto, PEREIRA 50m: 30.60 30.60 100m: 1:02.66 32.06	02 Fundacao Beatriz Santos	1:02.66	475
5. Tomas Pedrosa, MIGUEL 50m: 30.01 30.01 100m: 1:02.93 32.92	02 Condeixa Clube	1:02.93	469
6. Alberto Antonio, SANTOS 50m: 31.18 31.18 100m: 1:03.99 32.81	01 S. Pedro Alva	1:03.99	446
7. Miguel Caridade, GASPAR 50m: 31.63 31.63 100m: 1:04.30 32.67	99 Academica de Coimbra	1:04.30	439
8. Dinis Miranda, DIOGO 50m: 32.08 32.08 100m: 1:05.36 33.28	04 Fundacao Beatriz Santos	1:05.36	418
9. Diogo Luis, BREDA 50m: 31.61 31.61 100m: 1:05.51 33.90	01 Academica de Coimbra	1:05.51	415
10. David Valdagua, COUTINHO 50m: 33.38 33.38 100m: 1:07.68 34.30	03 Columbofila Cantanhedense	1:07.68	377
11. Vasco Pereira, BASTOS 50m: 34.23 34.23 100m: 1:10.17 35.94	02 Nautico Coimbra	1:10.17	338
12. Tomas Alexandre, LARANJEIRA 50m: 35.56 35.56 100m: 1:14.20 38.64	03 S. Pedro Alva	1:14.20	286
13. Cristiano Rodrigues, FERNANDES 50m: 37.17 37.17 100m: 1:15.56 38.39	04 Louzan Natacao/EFAPEL	1:15.56	271
EXH Carlos Martins, MARQUES 50m: 34.52 34.52 100m: 1:11.86 37.34	04 Uniao Coimbra	1:11.86	315

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 21, Masc., 100m Costas

Lugar	Ano	Tempo final	Pts
EXH Joao Ferreira, MARQUES 50m: 40.92 40.92 100m: 1:22.85 41.93	06 Academica de Coimbra	1:22.85	205
EXH Rodrigo Neves, DUARTE 50m: 41.69 41.69 100m: 1:26.48 44.79	06 Louzan Natacao/EFAPEL	1:26.48	180

Prova 22
03-02-2019

Femin., 200m Costas

Infantis
Resultados

Rec Nac 25m Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac 25m Inf A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06-06-2015
Rec Nac 25m Inf B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26-03-2017
RR ANC Absoluto	2:11.74	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Inf A	2:26.15	Camila Rodrigues, REBELO	ALN		12-06-2016
RR ANC Inf B	2:34.18	Tatiana Filipa, SANTOS	GCF		11-06-2007

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Joana Ventura, PAIS 50m: 39.05 39.05 100m: 1:20.83 41.78 150m: 2:02.75 41.92 200m: 2:43.12 40.37	06 Fundacao Beatriz Santos	2:43.12	390
2. Catarina Cunha, BELO 50m: 39.34 39.34 100m: 1:21.16 41.82 150m: 2:03.64 42.48 200m: 2:44.03 40.39	06 Fundacao Beatriz Santos	2:44.03	384
3. Joana Filipa, VARELA 50m: 40.69 40.69 100m: 1:23.91 43.22 150m: 2:08.52 44.61 200m: 2:52.17 43.65	06 Nautico Coimbra	2:52.17	332
Mariana Marques, ALMEIDA 50m: 41.03 41.03 100m: 1:24.91 43.88 150m: 2:08.97 44.06 200m: 2:52.17 43.20	07 Miranda do Corvo	2:52.17	332
5. Dania Rodrigues, SIMOES 50m: 42.40 42.40 100m: 1:27.20 44.80 150m: 2:12.54 45.34 200m: 2:54.67 42.13	07 Louzan Natacao/EFAPEL	2:54.67	318
6. Mariana Fonseca, SILVA 50m: 41.02 41.02 100m: 1:25.39 44.37 150m: 2:11.19 45.80 200m: 2:55.50 44.31	06 Condeixa Clube	2:55.50	313
7. Cristiana Sofia, ESCADA 50m: 43.11 43.11 100m: 1:30.70 47.59 150m: 2:19.00 48.30 200m: 3:06.47 47.47	07 Academica de Coimbra	3:06.47	261
8. Luna Almeida, RODRIGUES 50m: 46.08 46.08 100m: 1:35.54 49.46 150m: 2:25.04 49.50 200m: 3:13.31 48.27	07 Columbofila Cantanhedense	3:13.31	234
9. Cristiana Sofia, DUARTE 50m: 46.34 46.34 100m: 1:35.83 49.49 150m: 2:26.39 50.56 200m: 3:17.49 51.10	07 Vigor da Mocidade	3:17.49	220
10. Lara Carvalho, SANTOS 50m: 45.40 45.40 100m: 1:35.94 50.54 150m: 2:28.48 52.54 200m: 3:19.18 50.70	07 Nautico Coimbra	3:19.18	214

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 22, Femin., 200m Costas

Prova 22 03-02-2019	Femin., 200m Costas				Absolutos Resultados
Rec Nac 25m Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac 25m Sen	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac 25m Jun17	2:11.46	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	21-12-2018
Rec Nac 25m Jun16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21-12-2018
Rec Nac 25m Juv A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12-05-2018
Rec Nac 25m Juv B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21-12-2008
RR ANC Absoluto	2:11.74	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Sen	2:16.24	Ana Dantas, RUSSO	CNAC		12-06-1999
RR ANC Jun17	2:19.54	Ana Dantas, RUSSO	CNAC		12-06-1998
RR ANC Jun16	2:11.74	Camila Rodrigues, REBELO	ASSSCC		12-06-2018
RR ANC Juv A	2:14.11	Camila Rodrigues, REBELO	ALN		12-06-2018
RR ANC Juv B	2:19.06	Camila Rodrigues, REBELO			12-06-2016

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Camila Rodrigues, REBELO		03	Louzan Natacao/EFAPEL				2:14.95	689
	50m:	31.92 31.92	100m:	1:06.30	34.38	150m:	1:40.82 34.52	200m:	2:14.95 34.13
2.	Tatiana Filipa, SANTOS		95	Academica de Coimbra				2:19.82	620
	50m:	32.72 32.72	100m:	1:07.19	34.47	150m:	1:43.32 36.13	200m:	2:19.82 36.50
3.	Joana Beatriz, BERNARDO		99	Fundacao Beatriz Santos				2:25.05	555
	50m:	34.96 34.96	100m:	1:11.57	36.61	150m:	1:48.82 37.25	200m:	2:25.05 36.23
4.	Beatriz Neves, CRAVEIRO		97	Academica de Coimbra				2:26.50	539
	50m:	33.67 33.67	100m:	1:09.85	36.18	150m:	1:48.02 38.17	200m:	2:26.50 38.48
5.	Ana Carolina, MONTEIRO		04	Uniao Coimbra				2:32.56	477
	50m:	36.01 36.01	100m:	1:14.54	38.53	150m:	1:54.05 39.51	200m:	2:32.56 38.51
6.	Sara Dias, NEVES		03	Miranda do Corvo				2:32.78	475
	50m:	36.17 36.17	100m:	1:14.92	38.75	150m:	1:54.09 39.17	200m:	2:32.78 38.69
7.	Ana Luisa, RODRIGUES		03	Louzan Natacao/EFAPEL				2:33.22	471
	50m:	36.86 36.86	100m:	1:15.93	39.07	150m:	1:55.50 39.57	200m:	2:33.22 37.72
8.	Leonor Correia, CUNHA		04	Fundacao Beatriz Santos				2:34.17	462
	50m:	36.38 36.38	100m:	1:15.21	38.83	150m:	1:54.78 39.57	200m:	2:34.17 39.39
9.	Matilde Alves, FLORENCIO		04	Condeixa Clube				2:36.41	442
	50m:	36.51 36.51	100m:	1:16.00	39.49	150m:	1:56.55 40.55	200m:	2:36.41 39.86
10.	Mariana Jacinto, SANTOS		03	Freguesia de Paiao				2:37.39	434
	50m:	36.79 36.79	100m:	1:16.67	39.88	150m:	1:57.98 41.31	200m:	2:37.39 39.41
11.	Maria Beatriz, JORGE		00	Nautico Coimbra				2:39.26	419
	50m:	37.86 37.86	100m:	1:18.65	40.79	150m:	1:59.25 40.60	200m:	2:39.26 40.01
12.	Maria Caetano, LAMAS		04	Miranda do Corvo				2:41.27	404
	50m:	38.32 38.32	100m:	1:19.00	40.68	150m:	2:00.43 41.43	200m:	2:41.27 40.84
13.	Sara Sofia, TEJO		03	Condeixa Clube				2:42.41	395
	50m:	37.47 37.47	100m:	1:18.30	40.83	150m:	1:59.88 41.58	200m:	2:42.41 42.53
14.	Barbara Almeida, SIMOES		05	Uniao Coimbra				2:44.11	383
	50m:	39.07 39.07	100m:	1:21.02	41.95	150m:	2:03.14 42.12	200m:	2:44.11 40.97
15.	Camila Cavaleiro, SILVA		05	Columbofila Cantanhedense				2:46.61	366
	50m:	41.38 41.38	100m:	1:23.31	41.93	150m:	2:05.68 42.37	200m:	2:46.61 40.93
16.	Marta Domingues, GAMEIRO		04	Nautico Coimbra				2:49.67	347
	50m:	40.14 40.14	100m:	1:22.85	42.71	150m:	2:06.06 43.21	200m:	2:49.67 43.61
DNS	Sara Sofia, ALVES		01	Columbofila Cantanhedense					
DNS	Maria Ines, GASPAR		05	Miranda do Corvo					
EXH	Ana Catarina, SANTOS		03	Fundacao Beatriz Santos				2:34.99	455
	50m:	36.84 36.84	100m:	1:16.11	39.27	150m:	1:56.03 39.92	200m:	2:34.99 38.96

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 22, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Barbara Azambujo, MELO	02 Academica de Coimbra	2:35.73	448
50m: 35.48 35.48 100m: 1:13.94 38.46 150m: 1:55.11 41.17 200m: 2:35.73 40.62			
EXH Ana Filipa, SILVA	04 Academica de Coimbra	2:43.63	386
50m: 39.48 39.48 100m: 1:20.43 40.95 150m: 2:02.11 41.68 200m: 2:43.63 41.52			
EXH Laura Rodrigues, MARGATO	04 Academica de Coimbra	2:50.70	340
50m: 40.53 40.53 100m: 1:24.69 44.16 150m: 2:08.39 43.70 200m: 2:50.70 42.31			

Prova 23
03-02-2019

Masc., 400m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac 25m Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec Nac 25m Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
RR ANC Absoluto	3:46.45	Tomas Miguel, VELOSO			13-11-2018
RR ANC Inf A	4:20.77	Diogo Matos, RIBEIRO	CUC	S. Joao da Mdeira	20-07-2018
RR ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	4:40.01	435
50m: 31.98 31.98 150m: 1:42.84 35.96 250m: 2:54.50 35.85 350m: 4:05.55 35.36 100m: 1:06.88 34.90 200m: 2:18.65 35.81 300m: 3:30.19 35.69 400m: 4:40.01 34.46			
2. Afonso Miguel, AMADO	05 Miranda do Corvo	4:48.58	397
50m: 32.63 32.63 150m: 1:44.73 36.27 250m: 2:58.83 37.34 350m: 4:13.21 37.19 100m: 1:08.46 35.83 200m: 2:21.49 36.76 300m: 3:36.02 37.19 400m: 4:48.58 35.37			
3. Goncalo Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	4:50.79	388
50m: 32.66 32.66 150m: 1:45.17 36.73 250m: 2:59.62 37.44 350m: 4:14.57 37.47 100m: 1:08.44 35.78 200m: 2:22.18 37.01 300m: 3:37.10 37.48 400m: 4:50.79 36.22			
4. Duarte José, FERNANDES	06 Fundacao Beatriz Santos	4:56.17	368
50m: 34.57 34.57 150m: 1:49.69 37.61 250m: 3:04.22 37.61 350m: 4:19.38 37.66 100m: 1:12.08 37.51 200m: 2:26.61 36.92 300m: 3:41.72 37.50 400m: 4:56.17 36.79			
5. Samuel Baptista, FIGUEIRA	05 Fundacao Beatriz Santos	4:58.45	359
50m: 31.42 31.42 150m: 1:44.57 37.78 250m: 3:02.62 39.09 350m: 4:20.94 39.01 100m: 1:06.79 35.37 200m: 2:23.53 38.96 300m: 3:41.93 39.31 400m: 4:58.45 37.51			
6. Guilherme Marques, PEREIRA	06 Condeixa Clube	5:11.96	314
50m: 34.34 34.34 150m: 1:52.54 39.74 250m: 3:12.50 40.14 350m: 4:33.25 40.47 100m: 1:12.80 38.46 200m: 2:32.36 39.82 300m: 3:52.78 40.28 400m: 5:11.96 38.71			
7. Joao Neves, LUCAS	06 Columbofila Cantanhedense	5:20.14	291
50m: 36.57 36.57 150m: 1:57.16 41.19 250m: 3:19.79 40.69 350m: 4:41.53 40.86 100m: 1:15.97 39.40 200m: 2:39.10 41.94 300m: 4:00.67 40.88 400m: 5:20.14 38.61			
8. Simao Jesus, SILVA	06 Columbofila Cantanhedense	5:23.40	282
50m: 37.67 37.67 150m: 1:59.74 41.47 250m: 3:22.11 40.99 350m: 4:44.15 40.97 100m: 1:18.27 40.60 200m: 2:41.12 41.38 300m: 4:03.18 41.07 400m: 5:23.40 39.25			
9. Jose Miguel, MARQUES	06 Condeixa Clube	5:27.62	271
50m: 37.03 37.03 150m: 2:03.09 42.87 250m: 3:24.92 40.08 350m: 4:48.49 41.64 100m: 1:20.22 43.19 200m: 2:44.84 41.75 300m: 4:06.85 41.93 400m: 5:27.62 39.13			
10. Diogo Afonso, CARREIRA	05 Academica de Coimbra	5:32.96	259
50m: 37.11 37.11 150m: 1:59.49 41.94 250m: 3:24.88 42.66 350m: 4:51.10 42.95 100m: 1:17.55 40.44 200m: 2:42.22 42.73 300m: 4:08.15 43.27 400m: 5:32.96 41.86			
11. Tome Santiago, MENDES	05 Vigor da Mocidade	5:41.18	240
50m: 37.66 37.66 150m: 2:03.11 43.28 250m: 3:30.56 43.51 350m: 4:59.23 43.80 100m: 1:19.83 42.17 200m: 2:47.05 43.94 300m: 4:15.43 44.87 400m: 5:41.18 41.95			
12. Henrique Tavares, DIAS	06 Nautico Coimbra	5:59.98	204
50m: 38.61 38.61 150m: 2:07.57 44.98 250m: 3:38.93 45.74 350m: 5:14.08 48.13 100m: 1:22.59 43.98 200m: 2:53.19 45.62 300m: 4:25.95 47.02 400m: 5:59.98 45.90			

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 23, Masc., 400m Livres, Infantis

Lugar	Ano	Tempo final	Pts
13. Rodrigo Costa, CRUZ	06 Academica de Coimbra	6:02.48	200
50m: 39.56 39.56	150m: 2:09.51 45.41	250m: 3:42.19 46.81	350m: 5:17.62 47.61
100m: 1:24.10 44.54	200m: 2:55.38 45.87	300m: 4:30.01 47.82	400m: 6:02.48 44.86
14. Bernardo Jose, SIMOES	06 Vigor da Mocidade	6:37.03	152
50m: 41.43 41.43	150m: 2:23.71 51.73	250m: 4:06.35 50.81	350m: 5:48.42 51.08
100m: 1:31.98 50.55	200m: 3:15.54 51.83	300m: 4:57.34 50.99	400m: 6:37.03 48.61
DNS Filipe Cruz, SIMOES	06 Miranda do Corvo		

Prova 23 Masc., 400m Livres Absolutos
03-02-2019 Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac 25m Sen	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac 25m Jun18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Rec Nac 25m Jun17	3:56.54	Rui Filipe, COSTA	VSC	Feigueiras	24-11-2007
Rec Nac 25m Juv A	3:59.31	Joao Carlos, SANTOS	ANAM	Algés	08-07-2012
Rec Nac 25m Juv B	4:03.22	Joao Pedro, GIL	ANAM	Algés	08-07-2012
RR ANC Absoluto	3:46.45	Tomas Miguel, VELOSO			13-11-2018
RR ANC Sen	3:46.45	Tomás Miguel, VELOSO	CNAC		13-06-2018
RR ANC Jun18	3:56.55	Luís, SILVA	CNAC		13-06-2002
RR ANC Jun17	4:00.08	Luís, SILVA	CNAC		13-06-2002
RR ANC Juv A	4:07.72	João André, NEVES	AAC		13-06-2011
RR ANC Juv B	4:08.70	Diogo Matos, RIBEIRO	CUC		13-06-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Lucas Pereira, BASTOS	00 Nautico Coimbra	4:05.88	643
50m: 28.06 28.06	150m: 1:30.05 31.27	250m: 2:33.11 31.19	350m: 3:35.81 31.53
100m: 58.78 30.72	200m: 2:01.92 31.87	300m: 3:04.28 31.17	400m: 4:05.88 30.07
2. Rodrigo Ribeiro, GOMES	00 Fundacao Beatriz Santos	4:06.90	635
50m: 28.23 28.23	150m: 1:29.88 30.97	250m: 2:33.31 31.85	350m: 3:36.21 30.94
100m: 58.91 30.68	200m: 2:01.46 31.58	300m: 3:05.27 31.96	400m: 4:06.90 30.69
3. Tiago Moises, DINIS	98 Nautico Coimbra	4:09.72	614
50m: 28.28 28.28	150m: 1:30.71 31.57	250m: 2:34.10 31.60	350m: 3:38.29 32.17
100m: 59.14 30.86	200m: 2:02.50 31.79	300m: 3:06.12 32.02	400m: 4:09.72 31.43
4. Rodrigo Alexandre, TRAVASSOS	02 Condeixa Clube	4:10.96	604
50m: 29.76 29.76	150m: 1:34.25 32.38	250m: 2:37.64 31.68	350m: 3:41.05 31.53
100m: 1:01.87 32.11	200m: 2:05.96 31.71	300m: 3:09.52 31.88	400m: 4:10.96 29.91
5. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	4:11.96	597
50m: 28.99 28.99	150m: 1:33.57 32.55	250m: 2:38.27 32.02	350m: 3:42.08 31.22
100m: 1:01.02 32.03	200m: 2:06.25 32.68	300m: 3:10.86 32.59	400m: 4:11.96 29.88
6. Martim Miranda, MACHADO	03 Uniao Coimbra	4:20.78	539
50m: 29.80 29.80	150m: 1:34.88 32.80	250m: 2:40.66 32.62	350m: 3:47.24 33.87
100m: 1:02.08 32.28	200m: 2:08.04 33.16	300m: 3:13.37 32.71	400m: 4:20.78 33.54
7. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	4:21.45	535
50m: 29.61 29.61	150m: 1:34.81 33.28	250m: 2:42.81 33.89	350m: 3:50.71 33.79
100m: 1:01.53 31.92	200m: 2:08.92 34.11	300m: 3:16.92 34.11	400m: 4:21.45 30.74
8. Miguel Freitas, OVIEDO	02 Academica de Coimbra	4:21.90	532
50m: 31.52 31.52	150m: 1:38.42 33.59	250m: 2:45.93 33.73	350m: 3:51.59 32.86
100m: 1:04.83 33.31	200m: 2:12.20 33.78	300m: 3:18.73 32.80	400m: 4:21.90 30.31
9. Francisco Miguel, CARVALHO	00 Academica de Coimbra	4:22.00	531
50m: 30.40 30.40	150m: 1:36.15 33.11	250m: 2:42.68 33.30	350m: 3:49.75 33.59
100m: 1:03.04 32.64	200m: 2:09.38 33.23	300m: 3:16.16 33.48	400m: 4:22.00 32.25
10. Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	4:25.06	513
50m: 30.31 30.31	150m: 1:36.67 33.31	250m: 2:43.53 33.52	350m: 3:51.65 34.19
100m: 1:03.36 33.05	200m: 2:10.01 33.34	300m: 3:17.46 33.93	400m: 4:25.06 33.41

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 23, Masc., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
11. Diogo Luis, CANCELA	02 Miranda do Corvo	4:59.08	357
50m: 33.57 33.57	150m: 1:48.71 38.02	250m: 3:05.90 38.88	350m: 4:22.48 38.44
100m: 1:10.69 37.12	200m: 2:27.02 38.31	300m: 3:44.04 38.14	400m: 4:59.08 36.60
12. Renato Maria, FERREIRA	04 Vigor da Mocidade	5:07.21	329
50m: 33.84 33.84	150m: 1:50.30 38.61	250m: 3:09.15 40.42	350m: 4:28.72 39.22
100m: 1:11.69 37.85	200m: 2:28.73 38.43	300m: 3:49.50 40.35	400m: 5:07.21 38.49
13. Rafael Alves, CAMPOS	04 S. Pedro Alva	5:08.26	326
50m: 33.70 33.70	150m: 1:49.86 38.69	250m: 3:09.01 39.45	350m: 4:30.10 39.97
100m: 1:11.17 37.47	200m: 2:29.56 39.70	300m: 3:50.13 41.12	400m: 5:08.26 38.16
14. Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	5:54.70	214
50m: 36.43 36.43	150m: 2:00.30 43.05	250m: 3:32.23 46.48	350m: 5:08.82 48.66
100m: 1:17.25 40.82	200m: 2:45.75 45.45	300m: 4:20.16 47.93	400m: 5:54.70 45.88
DNS Joao Carvalho, DIZ	01 Columbofila Cantanhedense		
EXH Goncalo Daniel, OLIVEIRA	04 Fundacao Beatriz Santos	4:35.88	455
50m: 30.86 30.86	150m: 1:39.30 34.78	250m: 2:49.84 35.63	350m: 4:01.60 35.28
100m: 1:04.52 33.66	200m: 2:14.21 34.91	300m: 3:26.32 36.48	400m: 4:35.88 34.28
EXH Rui Mamede, SANTOS	04 Uniao Coimbra	4:40.90	431
50m: 29.70 29.70	150m: 1:39.22 35.68	250m: 2:52.54 36.83	350m: 4:05.87 36.84
100m: 1:03.54 33.84	200m: 2:15.71 36.49	300m: 3:29.03 36.49	400m: 4:40.90 35.03
EXH Tiago Andre, POIARES	04 Fundacao Beatriz Santos	4:42.92	422
50m: 31.78 31.78	150m: 1:43.19 36.08	250m: 2:55.62 35.56	350m: 4:08.18 36.62
100m: 1:07.11 35.33	200m: 2:20.06 36.87	300m: 3:31.56 35.94	400m: 4:42.92 34.74

Prova 24
03-02-2019

Femin., 100m Estilos

Infantis
Resultados

Rec Nac 25m	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23-12-2018
RR ANC Absoluto	1:05.53	Matilde Freitas, MOREIRA	AAC		13-06-2018
RR ANC Inf A	1:09.62	Joana Victorino, HENRIQUES	CAQC		12-06-2014
RR ANC Inf B	1:13.22	Joana Victorino, HENRIQUES	CAQC		11-06-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diana Silva, TINOCO	06 Columbofila Cantanhedense	1:15.82	414
50m: 36.26 36.26	100m: 1:15.82 39.56		
2. Marta Andre, AGUILAR	07 Fundacao Beatriz Santos	1:18.63	371
50m: 36.56 36.56	100m: 1:18.63 42.07		
3. Madalena Barra, MEDEIROS	06 Vigor da Mocidade	1:23.61	308
50m: 38.94 38.94	100m: 1:23.61 44.67		
4. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	1:24.18	302
50m: 38.68 38.68	100m: 1:24.18 45.50		
5. Joana Filipa, VARELA	06 Nautico Coimbra	1:24.31	301
50m: 38.93 38.93	100m: 1:24.31 45.38		
6. Maria Vitoria, GRILO	06 Nautico Coimbra	1:25.06	293
50m: 40.28 40.28	100m: 1:25.06 44.78		
7. Cristiana Sofia, ESCADA	07 Academica de Coimbra	1:26.09	282
50m: 39.83 39.83	100m: 1:26.09 46.26		
8. Matilde Rodrigues, COSTA	07 S. Pedro Alva	1:35.97	204
50m: 46.39 46.39	100m: 1:35.97 49.58		
9. Matilde Lopes, SANTOS	07 Louzan Natacao/EFAPEL	1:37.26	196
50m: 45.15 45.15	100m: 1:37.26 52.11		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 24, Femin., 100m Estilos, Infantis

Lugar	Ano	Tempo final	Pts
10. Rafaela Ferreira, MIGUEL	06 S. Pedro Alva	1:42.68	166
50m: 49.67 49.67	100m: 1:42.68 53.01		

Prova 24 Femin., 100m Estilos Absolutos
03-02-2019 Resultados

Rec Nac 25m Absoluto	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23-12-2018
Rec Nac 25m Sen	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23-12-2018
Rec Nac 25m Jun17	1:02.34	Raquel Gomes, PEREIRA	SAD	Funchal	11-12-2016
Rec Nac 25m Jun16	1:04.11	Maria Carolina, ROSA	SCP	Leiria	06-12-2009
RR ANC Absoluto	1:05.53	Matilde Freitas, MOREIRA	AAC		13-06-2018
RR ANC Sen	1:05.53	Matilde Freitas, MOREIRA	AAC		12-06-2018
RR ANC Jun17	1:05.82	Joana Victorino, HENRIQUES	CAQC		12-06-2018
RR ANC Jun16	1:05.61	Camila Robrigues, REBELO	ALN		12-06-2018
RR ANC Juv A	1:07.58	Joana Victorino, HENRIQUES	CAQC		12-06-2015
RR ANC Juv B	1:09.60	Joana Victorino, HENRIQUES	CAQC		12-06-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO	03 Louzan Natacao/EFAPEL	1:06.88	603
50m: 31.33 31.33	100m: 1:06.88 35.55		
2. Tatiana Filipa, SANTOS	95 Academica de Coimbra	1:09.70	532
50m: 32.25 32.25	100m: 1:09.70 37.45		
3. Ana Carolina, NEVES	00 Academica de Coimbra	1:10.05	524
50m: 31.14 31.14	100m: 1:10.05 38.91		
4. Ana Rita, QUEIROZ	02 Condeixa Clube	1:10.18	522
50m: 33.11 33.11	100m: 1:10.18 37.07		
5. Ines Pereira, SILVA	02 Fundacao Beatriz Santos	1:10.67	511
50m: 31.34 31.34	100m: 1:10.67 39.33		
6. Beatriz Monteiro, TOMAS	03 Fundacao Beatriz Santos	1:11.06	502
50m: 33.34 33.34	100m: 1:11.06 37.72		
7. Joana Francisca, RODRIGUES	04 Uniao Coimbra	1:11.09	502
50m: 33.04 33.04	100m: 1:11.09 38.05		
8. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	1:13.14	461
50m: 34.52 34.52	100m: 1:13.14 38.62		
9. Bruna Cruz, CARVALHO	03 S. Pedro Alva	1:13.45	455
50m: 35.12 35.12	100m: 1:13.45 38.33		
10. Leonor Correia, PAIVA	04 Louzan Natacao/EFAPEL	1:13.76	449
50m: 33.88 33.88	100m: 1:13.76 39.88		
11. Matilde Domingues, GAMEIRO	97 Nautico Coimbra	1:13.93	446
50m: 34.56 34.56	100m: 1:13.93 39.37		
12. Mariana Jacinto, SANTOS	03 Freguesia de Paiao	1:14.53	435
50m: 33.48 33.48	100m: 1:14.53 41.05		
13. Ines Matos, SOUSA	03 Uniao Coimbra	1:15.45	420
50m: 35.60 35.60	100m: 1:15.45 39.85		
14. Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense	1:19.47	359
50m: 37.63 37.63	100m: 1:19.47 41.84		
15. Maria Lucas, SANTOS	05 Condeixa Clube	1:22.50	321
50m: 38.54 38.54	100m: 1:22.50 43.96		
16. Patricia Caldeira, FERREIRA	02 Freguesia de Paiao	1:22.57	320
50m: 38.52 38.52	100m: 1:22.57 44.05		
17. Maria Fernandes, LOBO	05 Nautico Coimbra	1:25.08	293
50m: 40.80 40.80	100m: 1:25.08 44.28		

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 24, Femin., 100m Estilos, Absolutos

Lugar	Ano	Tempo final	Pts
DNS Maria Ines, GASPAR	05 Miranda do Corvo		
DNF Maria Costa, TEJO	05 Academica de Coimbra		
<i>a atelta não concluiu a pernada de costas na posição de costas</i>			
EXH Rita Santos, NOGUEIRA	03 Uniao Coimbra	1:20.92	340
50m: 38.25 38.25 100m: 1:20.92 42.67			
EXH Helena Carolina, DINIS	05 Academica de Coimbra	1:23.46	310
50m: 41.22 41.22 100m: 1:23.46 42.24			
EXH Diana Costa, OLIVEIRA	04 Uniao Coimbra	1:25.05	293
50m: 38.08 38.08 100m: 1:25.05 46.97			

Prova 25
03-02-2019

Masc., 4 x 100m Livres

Infantis
Resultados

Rec Nac 25m Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Inf A	3:48.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Cantanhede	29-03-2014
Rec Nac 25m Inf					30-12-1899
Rec Nac 25m Inf B	4:05.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Vila Praia Ancora	28-06-2013
RR ANC Absoluto	3:23.65	Clube Náutico Académico de Coimb	CNAC		18-07-2014
RR ANC Inf A	3:56.86	Clube Uniao 1919	CUC		27-10-2018
RR ANC Inf	3:56.86	Clube União 1919	CUC		20-11-2018
RR ANC Inf B	4:12.10	Clube Nautico Academico de Coimb	CNAC		20-11-2017

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Columbofila Cantanhedense Inf	4:14.35	374
Lucas Coelho, NORA 05 32.85 1:07.84	Jose Miguel, ROCHA 05 30.39 1:03.19	
Guilherme Maia, CARDOSO 05 29.62 1:01.23	Tomas Varanda, OLIVEIRA 06 29.59 1:02.09	
2. Fundacao Beatriz Santos Inf	4:36.06	292
Tomas Nolan, SANTOS 06 32.92 1:10.85	Tomas Veiga, PEREIRA 06 34.54 1:12.70	
Joao Rafael, FERREIRA 06 30.85 1:06.28	Joao Neves, ALMEIDA 05 31.64 1:06.23	

Prova 25
03-02-2019

Masc., 4 x 100m Livres

Absolutos
Resultados

Rec Nac 25m Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
Rec Nac 25m Juv A					30-12-1899
Rec Nac 25m Juv					30-12-1899
Rec Nac 25m Juv B	3:42.92	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Estarreja	13-12-2014
RR ANC Absoluto	3:23.65	Clube Náutico Académico de Coimb	CNAC		18-07-2014
RR ANC Sen	3:23.65	Clube Náutico Académico de Coimb	CNAC		18-07-2014
RR ANC Jun	3:36.94	Clube Nautico Academico de Coimb	CNAC		20-11-2007
RR ANC Juv A	3:43.55	Clube Nautico Academico de Coimb	CNAC		20-11-2017
RR ANC Juv	3:43.55	Clube Náutico Académico de Coimb	CNAC		18-07-2017
RR ANC Juv B	3:45.88	Clube União 1919	CUC		13-11-2018

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Academica de Coimbra Abs	3:36.97	602
Illya, YELISTRATKIN 96 26.52 55.02	Pedro Salzedas, ADAIXO 00 25.82 54.68	
Bernardo Santos, CLEMENTE 98 25.56 53.97	Gustavo Almeida, MADUREIRA 94 25.23 53.30	
2. Uniao Coimbra Abs	3:40.54	574
Diogo Matos, RIBEIRO 04 25.86 52.98	Bernardo Vinagre, ARZILEIRO 01 26.47 55.57	
Goncalo Brites, MOITA 04 26.77 56.24	Joao Francisco, MACHADO 99 25.99 55.75	

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 25, Masc., 4 x 100m Livres, Absolutos

Lugar						Tempo final	Pts
3.	Fundacao Beatriz Santos Abs			Fundacao Beatriz Santos		3:43.18	554
	Rodrigo Ribeiro, GOMES	00	26.47	54.06	Goncalo Andre, GOMES	03	26.81
	Ricardo Jorge, DOMINGUES	02	26.28	54.80	Gustavo Pires, MARQUES	04	27.57
4.	Condeixa Clube Abs			Condeixa Clube		3:47.87	520
	Tomas Pedrosa, MIGUEL	02	27.23	56.67	Ricardo Marques, PEREIRA	01	27.24
	Goncalo Silva, MARQUES	01	26.75	57.50	Rodrigo Alexandre, TRAVASSOS	02	27.01
5.	S. Pedro Alva Abs			S. Pedro Alva		3:55.90	469
	Diogo Miguel, PISCO	01	27.99	59.41	Alexandre Miguel, BRAS	03	26.91
	Alberto Antonio, SANTOS	01	27.48	59.24	Rafael Alves, CAMPOS	04	28.63
DSQ	Nautico Coimbra Abs			Nautico Coimbra			
	<i>o 3º atleta fez falsa rendição</i>						
	Marcelo Silva, CLEMENTE	00	28.69	1:00.14	Vasco Pereira, BASTOS	02	
	Rui Joao, MARQUES	02	27.94	58.80	Francisco Xavier, GONCALVES	97	
EXH	Miranda do Corvo Inf			Miranda do Corvo		4:50.91	250
	Carlos Eduardo, BENTO	05	31.17	1:05.34	Afonso Jose, FRANCISCO	06	39.53
	Simao Domingues, PAZ	06	37.98	1:19.20	Afonso Miguel, AMADO	05	30.21

Prova 26
03-02-2019

Femin., 4 x 100m Estilos

Infantis
Resultados

Rec Nac 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m Inf A	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac 25m Inf	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac 25m Inf B	4:57.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	06-03-2010
RR ANC Absoluto	4:19.93	Clube Náutico Académico de Coimb	CNAC		23-07-2009
RR ANC Inf A	4:50.83	Clube Náutico Académico de Coimb	CNAC		23-07-2010
RR ANC Inf	4:50.83	Clube Náutico Académico de Coimb	CNAC		23-07-2010
RR ANC Inf B	5:14.38	Clube Náutico Académico de Coimb	CNAC		23-07-2010

Pontos: FINA 2018

Lugar						Tempo final	Pts
1.	Fundacao Beatriz Santos Inf			Fundacao Beatriz Santos		5:13.65	370
	Joana Ventura, PAIS	+0,92	39.49	1:19.40	Maria Neto, FERREIRA	36.81	1:18.20
	Matilde Batista, FERREIRA		41.32	1:27.75	Catarina Cunha, BELO	32.62	1:08.30

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 2- - 3-2-2019

Prova 26, Femin., 4 x 100m Estilos

Prova 26 03-02-2019	Femin., 4 x 100m Estilos				Absolutos Resultados
Rec Nac 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018
Rec Nac 25m Juv A	4:31.07	Sporting Clube de Portugal	SCP	Tomar	15-12-2018
Rec Nac 25m Juv	4:31.07	Sporting Clube de Portugal	SCP	Tomar	15-12-2018
Rec Nac 25m Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
RR ANC Absoluto	4:19.93	Clube Náutico Académico de Coimbr	CNAC		23-07-2009
RR ANC Sen	4:23.68	Associação Académica de Coimbra	AAC		23-07-2018
RR ANC Jun	4:30.41	Associação Académica de Coimbra	AAC		23-07-2015
RR ANC Jun16	4:30.81	Clube Náutico Académico de Coimbr	CNAC		23-07-2010
RR ANC Juv A	4:39.23	Clube Náutico Académico de Coimbr	CNAC		23-07-2014
RR ANC Juv	4:39.23	Clube Náutico Académico de Coimbr	CNAC		23-07-2014
RR ANC Juv B	4:41.87	Clube Náutico Académico de Coimbr	CNAC		23-07-2011

Pontos: FINA 2018

Lugar					Tempo final	Pts
1.	Academica de Coimbra Abs	Academica de Coimbra			4:30.99	573
	Ana Carolina, NEVES +0,71	32.76	1:08.14	Beatriz Costa, TEJO	30.19	1:04.66
	Beatriz Castanheira, DIAS	37.10	1:18.63	Beatriz Neves, CRAVEIRO	28.73	59.56
2.	Louzan Natacao Abs	Louzan Natacao/EFAPEL			4:31.76	569
	Camila Rodrigues, REBELO +0,64	31.29	1:03.95	Leonor Correia, PAIVA	33.19	1:12.53
	Maria Carlota, REBELO	35.36	1:14.72	Mariana Carmo, ROSA	28.92	1:00.56
3.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos			4:35.31	547
	Joana Beatriz, BERNARDO +0,74	34.46	1:09.59	Ines Pereira, SILVA	30.15	1:04.43
	Beatriz Monteiro, TOMAS	36.87	1:17.59	Sara Caseiro, PORTUGAL	29.82	1:03.70
4.	Uniao Coimbra Abs	Uniao Coimbra			4:56.71	437
	Barbara Almeida, SIMOES +0,70	36.08	1:14.30	Ines Matos, SOUSA	33.33	1:11.28
	Beatriz Almeida, PIRES	39.03	1:24.65	Mafalda Vestia, FIDALGO	31.15	1:06.48
5.	Columbofila Cantanhedense Abs	Columbofila Cantanhedense			4:59.02	427
	Marisa Isabel, NOBRE +0,63	34.87	1:11.60	Beatriz Ferreira, LOISAS	34.82	1:15.07
	Camila Cavaleiro, SILVA	42.15	1:30.26	Camila Alexandra, SILVA	29.60	1:02.09
6.	Nautico Coimbra Abs	Nautico Coimbra			5:03.74	407
	Maria Miguel, GAMEIRO +0,71	37.79	1:18.89	Matilde Domingues, GAMEIRO	33.59	1:13.95
	Marta Domingues, GAMEIRO	39.77	1:25.61	Maria Beatriz, JORGE	31.10	1:05.29
7.	Condeixa Clube Abs	Condeixa Clube			5:19.84	349
	Ana Matos, CABRAL +0,71	35.91	1:13.21	Ines Dias, CRUZ	38.01	1:20.37
	Maria Lucas, SANTOS	44.70	1:34.65	Ana Sofia, CASTANHEIRA	34.21	1:11.61