

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

1 - 1ª Sessão

16-02-2019 - 9:30

Prova 1 16-02-2019	Misto, 4 x 100m Estilos					Absoluto Resultados
Recordes Nacionais 50m Absoluto	59:00.00					30-12-1899
Recordes Nacionais 50m 18 +	59:00.00					30-12-1899
Recordes Nacionais 50m 16 - 18	59:00.00					30-12-1899
Recordes Nacionais 50m 15 - 16	59:00.00					30-12-1899
Recordes Nacionais 50m 14 - 16	59:00.00					30-12-1899
Recordes Nacionais 50m 14 - 15	59:00.00					30-12-1899
Recordes Nacionais 50m 13 - 14	4:33.31	Sporting Clube de Portugal	SCP	Famalicao		17-07-2016
Recordes Nacionais 50m 12 - 14	59:00.00					30-12-1899
Recordes Nacionais 50m 12 - 13	4:48.64	Grupo Desportivo Natacao V. N. FaiGDNVNF	Loulé			15-07-2017

Pontos: FINA 2018

Lugar						Tempo final	Pts
1. Academica de Coimbra Abs	Academica de Coimbra					4:19.73	595
<i>Recorde Nacional</i>							
Tatiana Filipa, SANTOS	+0,64	33.73	1:08.86	Beatriz Neves, CRAVEIRO	-0,06	30.83	1:07.08
Miguel Caridade, GASPAS	-0,01	33.75	1:11.09	Gustavo Almeida, MADUREIRA	+0,29	25.10	52.70
2. Louzan Natacao Abs	Louzan Natacao					4:20.94	587
Camila Rodrigues, REBELO	+0,62	31.55	1:05.46	Gabriel Jose, LOPES		24.88	54.12
Maria Carlota, REBELO		35.96	1:17.10	Goncalo Carvalho, SANTOS		30.95	1:04.26
3. Academica de Coimbra Abs	Academica de Coimbra					4:33.34	511
Ana Carolina, NEVES	+0,69	33.51	1:10.23	Bernardo Santos, CLEMENTE		27.88	1:01.58
Matilde Freitas, MOREIRA	-0,05	39.54	1:24.91	Pedro Salzedas, ADAIXO	+0,22	27.26	56.62
4. Academica de Coimbra Abs	Academica de Coimbra					4:42.40	463
Barbara Azambujo, MELO	+0,82	35.02	1:14.00	Miguel Freitas, OVIEDO		29.48	1:04.48
Diogo Luis, BREDA		36.37	1:18.47	Ines Mariana, PINHEIRO		30.51	1:05.45
5. Academica de Coimbra Abs	Academica de Coimbra					4:43.56	457
Francisco Miguel, CARVALHO	+0,72	34.60	1:10.16	Beatriz Costa, TEJO		30.82	1:07.62
Ema Filipa, ROSARIO		39.35	1:24.88	Goncalo Pereira, CORREIA		28.40	1:00.90
6. Natacao de Vagos Abs	Natacao de Vagos					4:49.43	430
Pedro Ribeiro, MOCO	+0,70	34.76	1:12.27	Ines Rosado, MONTEIRO	-0,11	31.09	1:09.16
Rafael Domingues, SA		37.83	1:23.12	Maria Vieira, MARQUES	+0,08	30.04	1:04.88
7. Academica de Coimbra Abs	Academica de Coimbra					4:56.50	400
Mariana Pinto, ANGELO	+0,80	37.26	1:17.17	Gabriel Jose, FIGUEIRA		30.00	1:04.44
Dinis Raimundo, SILVA		41.63	1:27.67	Beatriz Lopes, PINTO		32.09	1:07.22
8. O Crasto Abs	O Crasto					4:56.92	398
Carolina Goncalves, RIBEIRO	+0,54	36.25	1:14.06	Gustavo Pinto, FIGUEIREDO		34.06	1:13.15
Igor Branco, PEREIRA		37.14	1:20.27	Marta Monteiro, PEREIRA		33.18	1:09.44
9. Uniao Coimbra Juv	Uniao Coimbra					4:59.41	388
<i>Recorde Nacional</i>							
Carlos Martins, MARQUES	+0,69	35.91	1:14.62	Rui Mamede, SANTOS		29.90	1:07.33
Barbara Almeida, SIMOES	+0,23	41.34	1:29.58	Mafalda Vestia, FIDALGO		31.57	1:07.88
10. O Crasto Abs	O Crasto					5:04.49	369
Joao Salvador, COELHO	+0,72	32.73	1:07.25	Carla Sandrina, FERREIRA	+0,44	36.03	1:19.68
Tiago Alexandre, RELVA	+0,43	39.83	1:24.51	Matilde Monteiro, PEREIRA		34.23	1:13.05
11. Bombeiros Mealhada Abs	Bombeiros Mealhada					5:12.10	343
Artur, YURCHUK	+0,68	37.06	1:16.57	Beatriz Ferreira, GASPAS		32.62	1:11.40
Marco André, ALMEIDA		39.77	1:27.56	Beatriz Sofia, PEREIRA		37.05	1:16.57
12. Academica de Coimbra Inf	Academica de Coimbra					5:35.55	276
Antonio, GLAVATSKYY	+0,83	39.41	1:20.89	Helena Carolina, DINIS		37.96	1:28.93
Mariana Vaz, ALVES		46.64	1:39.73	Diogo Afonso, CARREIRA		32.19	1:06.00
DSQ O Crasto Abs	O Crasto						
<i>deu mais do que 1 pernada de golfinho no percurso subaquatico no estilo de bruços</i>							
Nancy Almeida, RODRIGUES	+0,83	42.22	1:27.11	Claudio Rodrigues, CARDOSO			
Filipe Almeida, RODRIGUES				Margarida Gomes, OLIVEIRA			

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 1, Misto, 4 x 100m Estilos, Absoluto

Lugar		Tempo final	Pts
DNS	S. Pedro Alva Abs		
	S. Pedro Alva		

Prova 2
16-02-2019

Masc., 400m Estilos

Absoluto Resultados

Recordes Nacionais 50m Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Recordes Nacionais 50m Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Recordes Nacionais 50m Jun18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08-07-2018
Recordes Nacionais 50m Jun17	4:25.23	Joao Alexandre, VITAL	POR	Singapore	29-08-2015
Recordes Nacionais 50m Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
Recordes Nacionais 50m Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23-07-2004
Recordes Nacionais 50m Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12-07-2013
Recordes Regionais ANC 50m Absoluto	4:21.57	Gabriel Jose, LOPES	POR		23-03-2018
Recordes Regionais ANC 50m Sen	4:21.57	Gabriel Jose, LOPES	POR		23-03-2018
Recordes Regionais ANC 50m Jun18	4:27.18	Tomas Miguel, VELOSO	POR	Oeiras	25-07-2014
Recordes Regionais ANC 50m Jun17	4:34.40	Tomas Miguel, VELOSO	POR	Coimbra	29-03-2013
Recordes Regionais ANC 50m Juv A	4:38.96	Tomas Miguel, VELOSO	POR	Povoa Varzim	23-03-2012
Recordes Regionais ANC 50m Juv B	4:43.28	Tomas Miguel, VELOSO	POR	Póvoa Varzim	05-08-2011
Recordes Regionais ANC 50m Inf A	4:54.04	Tomas Miguel, VELOSO	POR	Porto	23-07-2010
Recordes Regionais ANC 50m Inf B	5:10.59	Diogo Matos, RIBEIRO	POR	Coimbra	01-05-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1. Duarte José, FERNANDES	06	Fundacao Beatriz Santos	5:51.97	332
50m: 39.77 39.77	150m: 2:15.82 45.45	250m: 3:46.80 47.30	350m: 5:13.92 38.40	
100m: 1:30.37 50.60	200m: 2:59.50 43.68	300m: 4:35.52 48.72	400m: 5:51.97 38.05	
2. Miguel Bernardo, ARAUJO	06	Condeixa Clube	6:01.93	305
50m: 38.23 38.23	150m: 2:12.62 47.37	250m: 3:50.68 52.43	350m: 5:24.58 40.01	
100m: 1:25.25 47.02	200m: 2:58.25 45.63	300m: 4:44.57 53.89	400m: 6:01.93 37.35	
3. Guilherme Marques, PEREIRA	06	Condeixa Clube	6:13.52	278
50m: 36.94 36.94	150m: 2:12.47 48.25	250m: 3:56.47 58.57	350m: 5:34.61 40.35	
100m: 1:24.22 47.28	200m: 2:57.90 45.43	300m: 4:54.26 57.79	400m: 6:13.52 38.91	
4. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	6:18.93	266
50m: 40.45 40.45	150m: 2:17.55 49.12	250m: 3:59.56 55.55	350m: 5:37.80 43.09	
100m: 1:28.43 47.98	200m: 3:04.01 46.46	300m: 4:54.71 55.15	400m: 6:18.93 41.13	
5. Jose Miguel, MARQUES	06	Condeixa Clube	6:21.02	262
50m: 41.15 41.15	150m: 2:21.33 51.75	250m: 4:02.33 53.76	350m: 5:39.05 42.32	
100m: 1:29.58 48.43	200m: 3:08.57 47.24	300m: 4:56.73 54.40	400m: 6:21.02 41.97	
6. Rodrigo Costa, CRUZ	06	Academica de Coimbra	6:21.45	261
50m: 41.79 41.79	150m: 2:21.52 47.27	250m: 4:00.28 53.28	350m: 5:39.14 42.73	
100m: 1:34.25 52.46	200m: 3:07.00 45.48	300m: 4:56.41 56.13	400m: 6:21.45 42.31	

DSQ Simao Jesus, SILVA 06 Columbofila Cantanhedense
o atleta na viragem aos 150 m nºao realizou movimento continuo

Infantis A

1. Dinis Raimundo, SILVA	05	Academica de Coimbra	6:18.19	268
50m: 40.11 40.11	150m: 2:22.30 51.13	250m: 3:59.79 49.62	350m: 5:35.29 44.10	
100m: 1:31.17 51.06	200m: 3:10.17 47.87	300m: 4:51.19 51.40	400m: 6:18.19 42.90	

Juvenis B

1. Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos	5:56.95	318
50m: 36.56 36.56	150m: 2:08.36 46.77	250m: 3:45.80 53.64	350m: 5:18.41 38.18	
100m: 1:21.59 45.03	200m: 2:52.16 43.80	300m: 4:40.23 54.43	400m: 5:56.95 38.54	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 2, Masc., 400m Estilos

Juvenis A

1. David Valdagua, COUTINHO	03	Columbofila Cantanhedense	5:14.36	466
50m: 32.43 32.43	150m: 1:54.06	41.57 250m: 3:19.45	46.13 350m: 4:40.62	34.45
100m: 1:12.49 40.06	200m: 2:33.32	39.26 300m: 4:06.17	46.72 400m: 5:14.36	33.74
2. Goncalo Pires, LOURENCO	03	Fundacao Beatriz Santos	5:25.89	418
50m: 32.79 32.79	150m: 1:56.63	46.16 250m: 3:25.87	45.67 350m: 4:50.41	36.98
100m: 1:10.47 37.68	200m: 2:40.20	43.57 300m: 4:13.43	47.56 400m: 5:25.89	35.48

Juniores

1. Joao Neto, PEREIRA	02	Fundacao Beatriz Santos	5:09.03	491
50m: 31.34 31.34	150m: 1:46.24	38.24 250m: 3:15.45	51.47 350m: 4:37.25	31.93
100m: 1:08.00 36.66	200m: 2:23.98	37.74 300m: 4:05.32	49.87 400m: 5:09.03	31.78

DNS Goncalo Silva, MARQUES 01 Condeixa Clube

Prova 3

Femin., 200m Bruços

Absoluto

16-02-2019

Resultados

Recordes Nacionais 50m Absoluto	2:27.19	Victoria, KAMINSKAYA	POR	Glasgow (GBR)	06-08-2018
Recordes Nacionais 50m Sen	2:27.19	Victoria, KAMINSKAYA	POR	Glasgow (GBR)	06-08-2018
Recordes Nacionais 50m Jun17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02-04-2017
Recordes Nacionais 50m Jun16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
Recordes Nacionais 50m Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Inf A	2:42.69	Clara Gomes, PEREIRA	SAD	Oeiras	18-07-2015
Recordes Nacionais 50m Inf B	2:49.82	Clara Gomes, PEREIRA	SAD	Loulé	19-07-2014
Recordes Regionais ANC 50m Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	POR	Povoa do Varzim	06-02-2010
Recordes Regionais ANC 50m Sen	2:40.29	Mariana Domingues, PAZ	POR	Oeiras	11-03-2016
Recordes Regionais ANC 50m Jun17	2:39.87	Mariana Domingues, PAZ	POR	Coimbra	25-07-2015
Recordes Regionais ANC 50m Jun16	2:39.55	Gabriela Oliveira, ANDRADE	POR	Povoa do Varim	06-02-2010
Recordes Regionais ANC 50m Juv A	2:40.66	Maria Carlota, REBELO	POR		06-05-2018
Recordes Regionais ANC 50m Juv B	2:42.02	Mariana Ferreirinha, CUNHA	POR	Geneve (SUI)	17-01-1997
Recordes Regionais ANC 50m Inf A	2:43.78	Ana Yuki, TSUKAGOSHI	POR	Coimbra	08-05-1995
Recordes Regionais ANC 50m Inf B	2:53.19	Ana Yuki, TSUKAGOSHI	POR	S. Joao da Madeira	23-07-1994

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1. Laura Almeida, PINA	07	O Crasto	3:12.37	378
50m: 43.02 43.02	100m: 1:33.77	50.75 150m: 2:22.94	49.17 200m: 3:12.37	49.43
2. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	3:29.11	294
50m: 46.29 46.29	100m: 1:38.87	52.58 150m: 2:31.83	52.96 200m: 3:29.11	57.28
3. Leonor Garcia, FERNANDES	07	O Crasto	3:31.80	283
50m: 47.95 47.95	100m: 1:43.18	55.23 150m: 2:36.62	53.44 200m: 3:31.80	55.18
4. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	3:45.55	234
50m: 51.37 51.37	100m: 1:48.69	57.32 150m: 2:46.98	58.29 200m: 3:45.55	58.57
5. Carolina Vizinho, CABRAL	07	Natacao de Vagos	3:53.32	211
50m: 52.37 52.37	100m: 1:54.47	1:02.10 150m: 2:53.84	59.37 200m: 3:53.32	59.48

Infantis A

1. Vitoria Cruz, DOMINGUES	06	Natacao de Vagos	3:13.16	373
50m: 43.94 43.94	100m: 1:32.92	48.98 150m: 2:22.71	49.79 200m: 3:13.16	50.45
2. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	3:25.70	309
50m: 46.10 46.10	100m: 1:37.99	51.89 150m: 2:31.28	53.29 200m: 3:25.70	54.42
3. Francisca Carvalho, SOUSA	06	Miranda do Corvo	3:32.90	278
50m: 48.42 48.42	100m: 1:43.11	54.69 150m: 2:38.42	55.31 200m: 3:32.90	54.48

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 3, Femin., 200m Bruços, Infantis A

Lugar	Ano	Tempo final	Pts
4. Mariana Vaz, ALVES 50m: 50.16 50.16 100m: 1:46.66 56.50 150m: 2:42.46 55.80 200m: 3:36.38	06 Academica de Coimbra	3:36.38	265 53.92
DNS Rafaela Ferreira, MIGUEL	06 S. Pedro Alva		
DNS Ines Rodrigues, ALMEIDA	06 O Crasto		

Juvenis B

1. Carolina Rei, PEREIRA 50m: 41.09 41.09 100m: 1:28.07 46.98 150m: 2:15.45 47.38 200m: 3:01.35 45.90	05 Natacao de Vagos	3:01.35	451 45.90
2. Maria Ines, ALVES 50m: 39.96 39.96 100m: 1:28.27 48.31 150m: 2:17.89 49.62 200m: 3:07.85 49.96	05 Academica de Coimbra	3:07.85	406 49.96
3. Maria Costa, TEJO 50m: 45.33 45.33 100m: 1:35.57 50.24 150m: 2:26.21 50.64 200m: 3:17.45 51.24	05 Academica de Coimbra	3:17.45	349 51.24
4. Rita Lima, PIRES 50m: 44.76 44.76 100m: 1:35.96 51.20 150m: 2:28.08 52.12 200m: 3:18.14 50.06	05 Nautico Academico	3:18.14	346 50.06
5. Beatriz Pereira, MARQUES 50m: 47.19 47.19 100m: 1:39.22 52.03 150m: 2:31.36 52.14 200m: 3:23.25 51.89	05 Columbofila Cantanhedense	3:23.25	320 51.89
6. Maria Lucas, SANTOS 50m: 46.24 46.24 100m: 1:37.40 51.16 150m: 2:30.41 53.01 200m: 3:23.57 53.16	05 Condeixa Clube	3:23.57	319 53.16
7. Beatriz Ferreira, LOISAS 50m: 46.76 46.76 100m: 1:39.29 52.53 150m: 2:33.06 53.77 200m: 3:25.83 52.77	05 Columbofila Cantanhedense	3:25.83	308 52.77
8. Catarina Iourtaeva, MESQUITA 50m: 45.93 45.93 100m: 1:39.89 53.96 150m: 2:33.33 53.44 200m: 3:27.20 53.87	05 Natacao de Vagos	3:27.20	302 53.87
9. Filipa Moniz, PISSARRO 50m: 48.53 48.53 100m: 1:41.28 52.75 150m: 2:35.03 53.75 200m: 3:27.55 52.52	05 Academica de Coimbra	3:27.55	301 52.52
10. Beatriz Margarido, SILVA 50m: 48.76 48.76 100m: 1:41.06 52.30 150m: 2:35.32 54.26 200m: 3:28.41 53.09	05 Natacao de Vagos	3:28.41	297 53.09
11. Maria Fernandes, LOBO 50m: 47.74 47.74 100m: 1:41.66 53.92 150m: 2:35.89 54.23 200m: 3:30.45 54.56	05 Nautico Academico	3:30.45	288 54.56
12. Laura Torrao, CARVALHO 50m: 47.10 47.10 100m: 1:40.40 53.30 150m: 2:36.52 56.12 200m: 3:30.97 54.45	05 Nautico Academico	3:30.97	286 54.45
13. Catarina Cruz, STELMASHCHUK 50m: 48.15 48.15 100m: 1:42.13 53.98 150m: 2:37.50 55.37 200m: 3:33.90 56.40	05 Natacao de Vagos	3:33.90	275 56.40
DNS Matilde Abreu, SILVA	05 Natacao de Vagos		

Juvenis A

1. Maria Caetano, LAMAS 50m: 41.23 41.23 100m: 1:27.48 46.25 150m: 2:15.00 47.52 200m: 3:00.40 45.40	04 Miranda do Corvo	3:00.40	458 45.40
2. Beatriz Ferreira, GASPAR 50m: 41.82 41.82 100m: 1:28.80 46.98 150m: 2:15.55 46.75 200m: 3:03.42 47.87	04 Bombeiros Mealhada	3:03.42	436 47.87
3. Marta Domingues, GAMEIRO 50m: 42.50 42.50 100m: 1:30.41 47.91 150m: 2:18.22 47.81 200m: 3:05.80 47.58	04 Nautico Academico	3:05.80	419 47.58
4. Ana Sofia, CASTANHEIRA 50m: 45.30 45.30 100m: 1:35.77 50.47 150m: 2:26.31 50.54 200m: 3:17.92 51.61	04 Condeixa Clube	3:17.92	347 51.61
5. Marta Monteiro, PEREIRA 50m: 47.68 47.68 100m: 1:42.03 54.35 150m: 2:37.29 55.26 200m: 3:32.52 55.23	04 O Crasto	3:32.52	280 55.23
6. Beatriz Beja, AFONSO 50m: 48.52 48.52 100m: 1:44.44 55.92 150m: 2:39.14 54.70 200m: 3:33.04 53.90	04 Academica de Coimbra	3:33.04	278 53.90

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 3, Femin., 200m Bruços

Juniores

1.	Beatriz Monteiro, TOMAS	03	Fundacao Beatriz Santos	2:47.46	573
	50m: 38.42 38.42	100m: 1:20.33	41.91 150m: 2:03.69 43.36	200m: 2:47.46	43.77
2.	Maria Joao, PELAIO	03	Ginasio Figueirense	2:54.36	507
	50m: 40.29 40.29	100m: 1:24.69	44.40 150m: 2:10.24 45.55	200m: 2:54.36	44.12
3.	Ana Pereira, SOUSA	03	Ginasio Figueirense	2:54.62	505
	50m: 40.06 40.06	100m: 1:24.50	44.44 150m: 2:09.41 44.91	200m: 2:54.62	45.21
4.	Joana Malta, VALE	02	Natacao de Vagos	3:01.15	452
	50m: 39.96 39.96	100m: 1:24.91	44.95 150m: 2:13.26 48.35	200m: 3:01.15	47.89
5.	Camila Ferreira, MARQUES	03	Fundacao Beatriz Santos	3:04.81	426
	50m: 40.68 40.68	100m: 1:27.07	46.39 150m: 2:16.13 49.06	200m: 3:04.81	48.68
6.	Ana Luisa, RODRIGUES	03	Louzan Natacao	3:08.71	400
	50m: 42.62 42.62	100m: 1:31.38	48.76 150m: 2:20.15 48.77	200m: 3:08.71	48.56
7.	Margarida Rodrigues, SANTOS	03	Alges e Agueda XXI	3:11.52	383
	50m: 41.81 41.81	100m: 1:31.91	50.10 150m: 2:22.40 50.49	200m: 3:11.52	49.12
8.	Camila Alexandra, SILVA	03	Columbofila Cantanhedense	3:12.02	380
	50m: 42.54 42.54	100m: 1:31.57	49.03 150m: 2:21.91 50.34	200m: 3:12.02	50.11
9.	Bruna Cruz, CARVALHO	03	S. Pedro Alva	3:12.83	375
	50m: 41.70 41.70	100m: 1:31.20	49.50 150m: 2:21.72 50.52	200m: 3:12.83	51.11
10.	Rita Santos, NOGUEIRA	03	Uniao Coimbra	3:21.48	329
	50m: 43.79 43.79	100m: 1:34.81	51.02 150m: 2:27.10 52.29	200m: 3:21.48	54.38
11.	Rita Baptista, MARQUES	03	Nautico Academico	3:24.19	316
	50m: 46.06 46.06	100m: 1:38.18	52.12 150m: 2:30.95 52.77	200m: 3:24.19	53.24

Seniores

1.	Ema Filipa, ROSARIO	00	Academica de Coimbra	3:04.06	431
	50m: 42.23 42.23	100m: 1:29.55	47.32 150m: 2:16.74 47.19	200m: 3:04.06	47.32

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 4 Masc., 200m Mariposa Absoluto
16-02-2019 Resultados

Recordes Nacionais 50m Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Jun18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08-07-2006
Recordes Nacionais 50m Jun17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16-07-2005
Recordes Nacionais 50m Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Recordes Nacionais 50m Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Recordes Nacionais 50m Inf A	2:14.50	Fabio Parrilha da, SILVA	CNAL	Campanhã	29-07-2001
Recordes Nacionais 50m Inf B	2:21.67	Fabio Parrilha da, SILVA	CNAL	S. João da Madeira	23-07-2000
Recordes Regionais ANC 50m Absoluto	2:05.19	Miguel Silva, OLIVEIRA	POR	Coimbra	31-05-2009
Recordes Regionais ANC 50m Sen	2:05.33	Miguel Monteiro, DIOGO	POR	Coimbra	06-04-2012
Recordes Regionais ANC 50m Jun18	2:05.19	Miguel Silva, OLIVEIRA	POR	Coimbra	31-05-2009
Recordes Regionais ANC 50m Jun17	2:10.33	Alexandre Valdagua, COUTINHO	POR	Coimbra	05-04-2014
Recordes Regionais ANC 50m Juv A	2:07.69	Andre Gouveia, COSTA	POR	Coimbra	30-03-2017
Recordes Regionais ANC 50m Juv B	2:10.78	Andre Gouveia, COSTA	POR	Oeiras	24-07-2016
Recordes Regionais ANC 50m Inf A	2:15.42	Diogo Matos, RIBEIRO	POR	Coimbra	08-07-2018
Recordes Regionais ANC 50m Inf B	2:29.08	Diogo Matos, RIBEIRO	POR	Loulé	01-05-2017

Pontos: FINA 2018

Lugar Ano Tempo final Pts

Infantis B

1. Jose Miguel, MARQUES	06	Condeixa Clube	3:05.31	217
50m: 40.87 40.87	100m: 1:29.01	48.14 150m: 2:18.32	49.31	200m: 3:05.31 46.99
2. Diogo Cura, NEVES	06	Condeixa Clube	3:06.23	214
50m: 39.58 39.58	100m: 1:26.57	46.99 150m: 2:16.81	50.24	200m: 3:06.23 49.42

Infantis A

1. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	2:43.26	318
50m: 35.40 35.40	100m: 1:16.86	41.46 150m: 2:00.09	43.23	200m: 2:43.26 43.17
2. Jose Pedro, JORGE	05	Natacao de Vagos	3:09.67	203
50m: 40.27 40.27	100m: 1:28.42	48.15 150m: 2:18.99	50.57	200m: 3:09.67 50.68

Juvenis B

1. Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos	2:35.60	368
50m: 33.14 33.14	100m: 1:13.03	39.89 150m: 1:53.41	40.38	200m: 2:35.60 42.19
2. Rui Mamede, SANTOS	04	Uniao Coimbra	2:39.13	344
50m: 31.63 31.63	100m: 1:12.08	40.45 150m: 1:55.07	42.99	200m: 2:39.13 44.06

Juvenis A

1. Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos	2:34.39	376
50m: 34.59 34.59	100m: 1:13.81	39.22 150m: 1:54.83	41.02	200m: 2:34.39 39.56
2. Vitor Teixeira, OLIVEIRA	03	Columbofila Cantanhedense	2:35.64	367
50m: 33.68 33.68	100m: 1:13.76	40.08 150m: 1:54.78	41.02	200m: 2:35.64 40.86
3. Rafael Domingues, SA	03	Natacao de Vagos	2:39.01	344
50m: 33.02 33.02	100m: 1:13.70	40.68 150m: 1:56.75	43.05	200m: 2:39.01 42.26

Juniores

1. Diogo Coelho, JOSE	01	Columbofila Cantanhedense	2:12.18	600
50m: 31.00 31.00	100m: 1:04.17	33.17 150m: 1:37.94	33.77	200m: 2:12.18 34.24
2. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:21.32	491
50m: 31.60 31.60	100m: 1:08.44	36.84 150m: 1:45.09	36.65	200m: 2:21.32 36.23
3. Gabriel Jose, FIGUEIRA	01	Academica de Coimbra	2:21.91	485
50m: 31.91 31.91	100m: 1:07.85	35.94 150m: 1:44.73	36.88	200m: 2:21.91 37.18

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 4, Masc., 200m Mariposa, Juniores

Lugar	Ano	Tempo final	Pts
4. Diogo Ribas, MATOS	02 Alges e Agueda XXI	2:23.31	471
50m: 31.75 31.75	100m: 1:07.80 36.05	150m: 1:46.19 38.39	200m: 2:23.31 37.12

Seniores

DNS Jose Miguel, VENTURA 97 Fundacao Beatriz Santos

Prova 5

Femin., 100m Costas

Absoluto

16-02-2019

Resultados

Recordes Nacionais 50m Absoluto	1:03.39	Rafaela Gomes, AZEVEDO	SAD	Oeiras	09-02-2019
Recordes Nacionais 50m Sen	1:03.42	Ana Sofia, LEITE	GCVR	Coimbra	03-04-2015
Recordes Nacionais 50m Jun17	1:03.39	Rafaela Gomes, AZEVEDO	SAD	Oeiras	09-02-2019
Recordes Nacionais 50m Jun16	1:03.57	Rafaela Gomes, AZEVEDO	SAD	Coimbra	17-03-2018
Recordes Nacionais 50m Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06-04-2012
Recordes Nacionais 50m Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
Recordes Nacionais 50m Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25-03-2011
Recordes Nacionais 50m Inf A	1:06.78	Ines Camacho, FERNANDES	POR	Catania (ITA)	20-06-2010
Recordes Nacionais 50m Inf B	1:08.97	Carolina Miranda, FERNANDES	CGA	Coimbra	01-07-2017
Recordes Regionais ANC 50m Absoluto	1:04.72	Camila Rodrigues, REBELO	POR	Jamor	09-02-2019
Recordes Regionais ANC 50m Sen	1:06.89	Ana Dantas, RUSSO	POR	Restelo	30-07-2000
Recordes Regionais ANC 50m Jun17	1:07.45	Ana Raquel, FERREIRA	POR	Coimbra	03-04-2015
Recordes Regionais ANC 50m Jun16	1:04.72	Camila Rodrigues, REBELO	POR	Jamor	09-02-2019
Recordes Regionais ANC 50m Juv A	1:04.80	Camila Rodrigues, REBELO	POR		16-06-2018
Recordes Regionais ANC 50m Juv B	1:05.37	Camila Rodrigues, REBELO	POR	Oeiras	22-07-2017
Recordes Regionais ANC 50m Inf A	1:08.43	Camila Rodrigues, REBELO	POR	Famalicão	16-07-2016
Recordes Regionais ANC 50m Inf B	1:11.48	Camila Rodrigues, REBELO	POR	Oeiras	17-07-2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	1:24.47	325
50m: 41.58 41.58	100m: 1:24.47 42.89		
2. Margarida Gomes, OLIVEIRA	07 O Crasto	1:27.37	294
50m: 44.00 44.00	100m: 1:27.37 43.37		
3. Nancy Almeida, RODRIGUES	07 O Crasto	1:27.95	288
50m: 44.11 44.11	100m: 1:27.95 43.84		
4. Leonor Garcia, FERNANDES	07 O Crasto	1:29.11	277
50m: 44.21 44.21	100m: 1:29.11 44.90		
5. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	1:31.25	258
50m: 44.57 44.57	100m: 1:31.25 46.68		
6. Lara Carvalho, SANTOS	07 Nautico Academico	1:32.56	247
50m: 45.43 45.43	100m: 1:32.56 47.13		
7. Luna Almeida, RODRIGUES	07 Columbofila Cantanhedense	1:33.64	238
50m: 46.38 46.38	100m: 1:33.64 47.26		
8. Matilde Rodrigues, COSTA	07 S. Pedro Alva	1:34.42	232
50m: 45.02 45.02	100m: 1:34.42 49.40		
9. Matilde Lopes, SANTOS	07 Louzan Natacao	1:40.11	195
50m: 48.57 48.57	100m: 1:40.11 51.54		
10. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	1:46.69	161
50m: 52.48 52.48	100m: 1:46.69 54.21		
11. Ema Cardoso, BAPTISTA	07 Uniao Coimbra	2:00.61	111
50m: 57.46 57.46	100m: 2:00.61 1:03.15		
DNS Maria Teresa, TABANEZ	07 Uniao Coimbra		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 5, Femin., 100m Costas

Infantis A

1.	Anita Gouveia, COSTA	06	Uniao Coimbra	1:19.51	390
2.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade	1:23.19	340
	50m: 40.53 40.53	100m: 1:23.19	42.66		
3.	Joana Filipa, VARELA	06	Nautico Academico	1:23.74	333
	50m: 41.09 41.09	100m: 1:23.74	42.65		
4.	Mariana Fonseca, SILVA	06	Condeixa Clube	1:24.27	327
	50m: 40.66 40.66	100m: 1:24.27	43.61		
5.	Ines Alves, DIAS	06	Fundacao Beatriz Santos	1:25.92	309
	50m: 42.73 42.73	100m: 1:25.92	43.19		
6.	Matilde Monteiro, PEREIRA	06	O Crasto	1:28.91	279
	50m: 43.38 43.38	100m: 1:28.91	45.53		
7.	Maria Vitoria, GRILO	06	Nautico Academico	1:30.84	261
	50m: 43.97 43.97	100m: 1:30.84	46.87		
8.	Beatriz Pereira, ANDRADE	06	Condeixa Clube	1:34.11	235
	50m: 45.25 45.25	100m: 1:34.11	48.86		
9.	Beatriz Melo, MARTINS	06	Bombeiros Mealhada	1:40.00	196
	50m: 48.28 48.28	100m: 1:40.00	51.72		
10.	Rita Mendes, SANTOS	06	Individual ANC	1:54.56	130
	50m: 52.52 52.52	100m: 1:54.56	1:02.04		
DNS	Rafaela Ferreira, MIGUEL	06	S. Pedro Alva		

Juvenis B

1.	Mariana Carmo, ROSA	05	Louzan Natacao	1:17.76	417
2.	Beatriz Sa, GAMA	05	Condeixa Clube	1:21.25	365
	50m: 38.65 38.65	100m: 1:21.25	42.60		
3.	Camila Cavaleiro, SILVA	05	Columbofila Cantanhedense	1:25.56	313
	50m: 43.62 43.62	100m: 1:25.56	41.94		
4.	Maria Ines, GASPAR	05	Miranda do Corvo	1:25.68	311
	50m: 41.68 41.68	100m: 1:25.68	44.00		
5.	Catarina Cruz, STELMASHCHUK	05	Natacao de Vagos	1:26.15	306
	50m: 42.10 42.10	100m: 1:26.15	44.05		
6.	Matilde Santos, CARDOSO	05	Fundacao Beatriz Santos	1:26.43	303
	50m: 40.80 40.80	100m: 1:26.43	45.63		
7.	Maria Fernandes, LOBO	05	Nautico Academico	1:27.78	289
	50m: 41.90 41.90	100m: 1:27.78	45.88		
8.	Rita Lima, PIRES	05	Nautico Academico	1:28.00	287
	50m: 42.27 42.27	100m: 1:28.00	45.73		
9.	Laura Torrao, CARVALHO	05	Nautico Academico	1:34.61	231
	50m: 47.01 47.01	100m: 1:34.61	47.60		
DNS	Matilde Abreu, SILVA	05	Natacao de Vagos		

Juvenis A

1.	Maria Vieira, MARQUES	04	Natacao de Vagos	1:11.94	526
	50m: 34.74 34.74	100m: 1:11.94	37.20		
2.	Leonor Correia, PAIVA	04	Louzan Natacao	1:13.39	496
	50m: 35.31 35.31	100m: 1:13.39	38.08		
3.	Carolina Goncalves, RIBEIRO	04	O Crasto	1:14.69	470
	50m: 36.61 36.61	100m: 1:14.69	38.08		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 5, Femin., 100m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
4. Maria Caetano, LAMAS 50m: 37.76 37.76 100m: 1:15.98 38.22	04	Miranda do Corvo	1:15.98 447
5. Ana Filipa, SILVA	04	Academica de Coimbra	1:17.74 417
6. Ines Dias, CRUZ 50m: 38.14 38.14 100m: 1:18.90 40.76	04	Condeixa Clube	1:18.90 399
7. Filipa Victor, VIEIRA 50m: 39.13 39.13 100m: 1:19.32 40.19	04	Academica de Coimbra	1:19.32 392
8. Leonor Horta, COSTA	04	Individual ANC	1:20.19 380
9. Laura Rodrigues, MARGATO 50m: 39.49 39.49 100m: 1:20.55 41.06	04	Academica de Coimbra	1:20.55 375
10. Jacinta Martins, VIANA	04	Natacao de Vagos	1:22.71 346
11. Maria Beatriz, RODRIGUES 50m: 41.35 41.35 100m: 1:25.70 44.35	04	Condeixa Clube	1:25.70 311
12. Diana Costa, OLIVEIRA 50m: 41.62 41.62 100m: 1:26.30 44.68	04	Uniao Coimbra	1:26.30 305
13. Ana Sofia, CASTANHEIRA	04	Condeixa Clube	1:35.05 228
14. Maria Pedro, ASCENSO 50m: 47.16 47.16 100m: 1:38.28 51.12	04	Nautico Academico	1:38.28 206

Juniores

1. Maria Carlota, REBELO	03	Louzan Natacao	1:12.40 516
2. Mariana Jacinto, SANTOS 50m: 35.60 35.60 100m: 1:13.46 37.86	03	Freguesia de Paiao	1:13.46 494
3. Maria Joao, PELAIO 50m: 36.59 36.59 100m: 1:14.91 38.32	03	Ginasio Figueirense	1:14.91 466
4. Sara Dias, NEVES	03	Miranda do Corvo	1:15.21 461
5. Barbara Azambujo, MELO 50m: 35.71 35.71 100m: 1:15.72 40.01	02	Academica de Coimbra	1:15.72 451
6. Ana Catarina, SANTOS 50m: 37.00 37.00 100m: 1:15.99 38.99	03	Fundacao Beatriz Santos	1:15.99 446
7. Beatriz Costa, TEJO	02	Academica de Coimbra	1:16.87 431
8. Susana Julia, FONTES	03	Alges e Agueda XXI	1:17.50 421
9. Patricia Caldeira, FERREIRA 50m: 38.78 38.78 100m: 1:21.93 43.15	02	Freguesia de Paiao	1:21.93 356
10. Sofia Tavares, JACINTO	03	Nautico Academico	1:22.90 344
11. Sara Cruz, URBANO 50m: 42.73 42.73 100m: 1:31.67 48.94	03	Bombeiros Mealhada	1:31.67 254
12. Mariana Patricia, CUNHA 50m: 48.67 48.67 100m: 1:43.38 54.71	03	Bombeiros Mealhada	1:43.38 177
DSQ Ana Miguel, MIRANDA	03	Bombeiros Mealhada	<i>a atleta efetuou uma braçada a mais, após ter virado de barriga para baixo (50m)</i>

Seniores

1. Beatriz Neves, CRAVEIRO 50m: 34.93 34.93 100m: 1:11.10 36.17	97	Academica de Coimbra	1:11.10 545
2. Joana Beatriz, BERNARDO 50m: 35.28 35.28 100m: 1:11.50 36.22	99	Fundacao Beatriz Santos	1:11.50 536
3. Matilde Freitas, MOREIRA	01	Academica de Coimbra	1:13.89 486
4. Matilde Domingues, GAMEIRO	97	Nautico Academico	1:17.30 424

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 5, Femin., 100m Costas, Seniores

Lugar	Ano	Tempo final	Pts
5. Maria Beatriz, JORGE	00 Nautico Academico	1:19.82	385
50m: 38.73 38.73	100m: 1:19.82 41.09		
6. Beatriz Lopes, PINTO	99 Academica de Coimbra	1:20.47	376
50m: 39.12 39.12	100m: 1:20.47 41.35		

Prova 6
16-02-2019

Masc., 200m Livres

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31-03-2017
Recordes Nacionais 50m Sen	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31-03-2017
Recordes Nacionais 50m Jun18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14-07-2005
Recordes Nacionais 50m Jun17	1:53.32	Gustavo Manuel, SANTA	CNLA	Coimbra	30-07-2010
Recordes Nacionais 50m Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24-07-2009
Recordes Nacionais 50m Juv B	1:57.11	Miguel Diogo, AGOSTINHO	FBSC	Coimbra	24-07-2015
Recordes Nacionais 50m Juv B	1:57.11	Miguel Diogo, AGOSTINHO	FBSC	Coimbra	24-07-2015
Recordes Nacionais 50m Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. João da Madeira	21-07-2018
Recordes Nacionais 50m Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior	21-07-2012
Recordes Regionais ANC 50m Absoluto	1:49.62	Mario Alexandre, PEREIRA	POR	Coimbra	19-12-2015
Recordes Regionais ANC 50m Sen	1:49.62	Mario Alexandre, PEREIRA	POR	Coimbra	19-12-2015
Recordes Regionais ANC 50m Jun18	1:54.69	Tomas Miguel, VELOSO	POR	Oeiras	24-07-2014
Recordes Regionais ANC 50m Jun17	1:54.81	Luís, SILVA	POR	Linz (POL)	11-07-2002
Recordes Regionais ANC 50m Juv A	1:57.74	Rui, ABREU	POR	Jonkoping (SWE)	17-08-1977
Recordes Regionais ANC 50m Juv B	1:57.11	Miguel Diogo, AGOSTINHO	POR	Coimbra	24-07-2015
Recordes Regionais ANC 50m Inf A	2:00.20	Diogo Matos, RIBEIRO	POR		23-07-2018
Recordes Regionais ANC 50m Inf B	2:09.74	Jose Diogo, DIAS	POR	Loulé	01-05-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Joao Pinto, FIGUEIREDO	06 O Crasto	2:25.09	347
50m: 33.29 33.29	100m: 1:10.47 37.18	150m: 1:49.19 38.72	200m: 2:25.09 35.90
2. Daniel Batista, TAVARES	06 Alges e Agueda XXI	2:25.76	342
100m: 1:11.60 1:11.60	200m: 2:25.76 1:14.16		
3. Guilherme Marques, PEREIRA	06 Condeixa Clube	2:33.00	296
50m: 34.76 34.76	100m: 1:14.72 39.96	150m: 1:53.32 38.60	200m: 2:33.00 39.68
4. Gabriel Cunha, TEIXEIRA	06 Alges e Agueda XXI	2:35.73	280
50m: 36.58 36.58	100m: 1:17.54 40.96	150m: 1:59.52 41.98	200m: 2:35.73 36.21
5. Filipe Cruz, SIMOES	06 Miranda do Corvo	2:37.71	270
50m: 36.79 36.79	100m: 1:17.45 40.66	150m: 1:58.28 40.83	200m: 2:37.71 39.43
6. Francisco Cruz, CARVALHO	06 S. Pedro Alva	2:38.42	266
50m: 36.41 36.41	100m: 1:16.10 39.69	150m: 1:57.02 40.92	200m: 2:38.42 41.40
7. Simao Jesus, SILVA	06 Columbofila Cantanhedense	2:38.93	264
50m: 37.22 37.22	100m: 1:17.41 40.19	150m: 1:59.14 41.73	200m: 2:38.93 39.79
8. Henrique Ferreira, MARTINS	06 Alges e Agueda XXI	2:44.14	239
50m: 37.72 37.72	100m: 1:20.01 42.29	150m: 2:03.35 43.34	200m: 2:44.14 40.79
9. Edgar Tavares, MENDES	06 Academica de Coimbra	2:45.67	233
50m: 37.91 37.91	100m: 1:20.89 42.98	150m: 2:04.28 43.39	200m: 2:45.67 41.39
10. Henrique Tavares, DIAS	06 Nautico Academico	2:47.17	227
50m: 37.83 37.83	100m: 1:20.37 42.54	150m: 2:04.74 44.37	200m: 2:47.17 42.43
11. Miguel Joao, PINHEIRO	06 Academica de Coimbra	2:48.45	222
50m: 37.11 37.11	100m: 1:21.31 44.20	150m: 2:05.98 44.67	200m: 2:48.45 42.47
12. Simao Domingues, PAZ	06 Miranda do Corvo	2:48.74	220
50m: 39.83 39.83	100m: 1:24.30 44.47	150m: 2:08.12 43.82	200m: 2:48.74 40.62
13. Goncalo, APOSTOLO GASPAS	06 Freguesia de Paiao	2:51.18	211
50m: 37.75 37.75	100m: 1:21.48 43.73	150m: 2:09.45 47.97	200m: 2:51.18 41.73

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 6, Masc., 200m Livres, Infantis B

Lugar	Ano	Tempo final	Pts
14. Diogo Cura, NEVES 50m: 39.35 39.35 100m: 1:25.02 45.67 150m: 2:11.53 46.51 200m: 2:55.35 43.82	06 Condeixa Clube	2:55.35	196
15. Joao Ferreira, MARQUES 50m: 39.71 39.71 100m: 1:26.90 47.19 150m: 2:12.83 45.93 200m: 2:56.44 43.61	06 Academica de Coimbra	2:56.44	193
16. Bernardo Jose, SIMOES 50m: 40.04 40.04 100m: 1:31.78 51.74 150m: 2:24.29 52.51 200m: 3:12.94 48.65	06 Vigor da Mocidade	3:12.94	147
17. Dinis Lopes, ABRANTES 50m: 42.07 42.07 100m: 1:32.68 50.61 150m: 2:27.80 55.12 200m: 3:16.28 48.48	06 Bombeiros Mealhada	3:16.28	140
18. Joao Afonso, MACHADO 50m: 40.64 40.64 100m: 1:31.03 50.39 150m: 2:23.35 52.32 200m: 3:16.75 53.40	06 Vigor da Mocidade	3:16.75	139
19. Simao Pimenta, CATARINO 50m: 44.40 44.40 100m: 1:36.79 52.39 150m: 2:29.23 52.44 200m: 3:18.46 49.23	06 Fundacao Beatriz Santos	3:18.46	135
DSQ Pedro Fernandes, CARVALHO <i>Falsa partida</i>	06 Miranda do Corvo		
DNS Guilherme Jose, BASTOS	06 Miranda do Corvo		

Infantis A

1. Eduardo Gabriel, VIEIRA 100m: 1:03.41 1:03.41 200m: 2:13.88 1:10.47	05 Bombeiros Mealhada	2:13.88	442
2. Goncalo Carvalho, SANTOS 50m: 32.91 32.91 100m: 1:08.50 35.59 150m: 1:45.16 36.66 200m: 2:20.75 35.59	05 Louzan Natacao	2:20.75	380
3. Carlos Eduardo, BENTO 100m: 1:10.12 1:10.12 200m: 2:23.91 1:13.79	05 Miranda do Corvo	2:23.91	356
4. Abel Renato, FERREIRA 50m: 33.20 33.20 100m: 1:09.97 36.77 150m: 1:48.69 38.72 200m: 2:24.92 36.23	05 Alges e Agueda XXI	2:24.92	348
5. Antonio, GLAVATSKYY 50m: 33.32 33.32 100m: 1:11.29 37.97 150m: 1:49.77 38.48 200m: 2:26.11 36.34	05 Academica de Coimbra	2:26.11	340
6. Rafael Pereira, PESSOA 50m: 33.64 33.64 100m: 1:11.25 37.61 150m: 1:50.73 39.48 200m: 2:28.67 37.94	05 Bombeiros Mealhada	2:28.67	322
7. Diogo Rodrigues, CARVALHO 50m: 31.91 31.91 100m: 1:09.32 37.41 150m: 1:50.60 41.28 200m: 2:31.77 41.17	05 Vigor da Mocidade	2:31.77	303
8. Diogo Afonso, CARREIRA 50m: 36.06 36.06 100m: 1:17.23 41.17 150m: 1:57.75 40.52 200m: 2:32.28 34.53	05 Academica de Coimbra	2:32.28	300
9. Francisco Xavier, AMARAL 50m: 35.96 35.96 100m: 1:16.06 40.10 150m: 1:56.92 40.86 200m: 2:32.37 35.45	05 Bombeiros Mealhada	2:32.37	299
10. Diogo Simoes, DIAS 50m: 35.46 35.46 100m: 1:14.98 39.52 150m: 1:54.76 39.78 200m: 2:32.66 37.90	05 Louzan Natacao	2:32.66	298
11. Tiago Alexandre, SIMOES 50m: 33.01 33.01 100m: 1:12.17 39.16 150m: 1:55.72 43.55 200m: 2:35.03 39.31	05 Fundacao Beatriz Santos	2:35.03	284
12. Jose Pedro, JORGE 50m: 35.75 35.75 100m: 1:16.66 40.91 150m: 1:57.55 40.89 200m: 2:36.17 38.62	05 Natacao de Vagos	2:36.17	278
13. Rodrigo Ferreira, RODRIGUES 50m: 34.05 34.05 100m: 1:14.55 40.50 150m: 1:56.88 42.33 200m: 2:36.85 39.97	05 O Crasto	2:36.85	275
14. Tomas Cardoso, GERALDO 100m: 1:15.70 1:15.70 200m: 2:38.98 1:23.28	05 Condeixa Clube	2:38.98	264
15. Paulo Tomas, PEREIRA 50m: 36.40 36.40 100m: 1:17.75 41.35 150m: 2:01.23 43.48 200m: 2:43.48 42.25	05 Bombeiros Mealhada	2:43.48	242
16. Tome Santiago, MENDES 100m: 1:19.22 1:19.22 150m: 2:04.17 44.95 200m: 2:44.70 40.53	05 Vigor da Mocidade	2:44.70	237

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 6, Masc., 200m Livres, Infantis A

Lugar	Ano	Tempo final	Pts
17. Pedro Ferreira, DUARTE	05 Bombeiros Mealhada	2:48.68	221
50m: 36.99 36.99	100m: 1:19.76 42.77	150m: 2:05.37 45.61	200m: 2:48.68 43.31
DNS Jorge Miguel, GOMES	05 Ginasio Figueirense		

Juvenis B

1. Rafael Alves, CAMPOS	04 S. Pedro Alva	2:12.58	455
100m: 1:03.64 1:03.64	200m: 2:12.58 1:08.94		
2. Cristiano Rodrigues, FERNANDES	04 Louzan Natacao	2:24.32	353
50m: 34.13 34.13	100m: 1:11.99 37.86	150m: 1:49.55 37.56	200m: 2:24.32 34.77
3. Renato Maria, FERREIRA	04 Vigor da Mocidade	2:29.65	316
50m: 32.98 32.98	100m: 1:10.96 37.98	150m: 1:51.55 40.59	200m: 2:29.65 38.10
4. Cesar Rodrigues, ANDRADE	04 Bombeiros Mealhada	2:35.30	283
50m: 33.88 33.88	100m: 1:12.42 38.54	150m: 1:54.80 42.38	200m: 2:35.30 40.50
5. Ricardo Pereira, PIRES	04 Bombeiros Mealhada	2:41.53	251
50m: 35.78 35.78	100m: 1:16.31 40.53	150m: 1:59.50 43.19	200m: 2:41.53 42.03
6. Henrique Rodrigues, ANDRADE	04 Bombeiros Mealhada	2:47.89	224
50m: 37.32 37.32	100m: 1:20.76 43.44	150m: 2:06.53 45.77	200m: 2:47.89 41.36
7. Joaquim Pedro, VERDADE	04 Bombeiros Mealhada	2:48.37	222
50m: 35.52 35.52	100m: 1:16.98 41.46	150m: 2:03.18 46.20	200m: 2:48.37 45.19
8. Pedro Miguel, BARBOSA	04 Bombeiros Mealhada	2:53.56	202
50m: 37.13 37.13	100m: 1:20.19 43.06	150m: 2:09.28 49.09	200m: 2:53.56 44.28
DNS Rodrigo Paulo, SILVA	04 Bombeiros Mealhada		

Juvenis A

1. Rui Miguel, FREIRE	03 Nucleo Ansiao	2:12.34	457
100m: 1:02.71 1:02.71	200m: 2:12.34 1:09.63		
2. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	2:13.03	450
100m: 1:03.46 1:03.46	200m: 2:13.03 1:09.57		
3. Alexandre Miguel, BRAS	03 S. Pedro Alva	2:13.72	443
100m: 1:02.19 1:02.19	200m: 2:13.72 1:11.53		
4. Micael Kovalchuk, SOLODYUK	03 Natacao de Vagos	2:16.68	415
100m: 1:04.77 1:04.77	200m: 2:16.68 1:11.91		
5. Bernardo Jorge, VENTURA	03 Academica de Coimbra	2:16.92	413
50m: 32.11 32.11	100m: 1:06.10 33.99	150m: 1:42.23 36.13	200m: 2:16.92 34.69
6. Igor Branco, PEREIRA	03 O Crasto	2:17.03	412
100m: 1:05.77 1:05.77	200m: 2:17.03 1:11.26		
7. Artur, YURCHUK	03 Bombeiros Mealhada	2:27.03	333
100m: 1:08.90 1:08.90	200m: 2:27.03 1:18.13		
8. Rui Moreira, TOMÁS	03 Bombeiros Mealhada	2:32.86	297
50m: 35.70 35.70	100m: 1:15.10 39.40	150m: 1:55.40 40.30	200m: 2:32.86 37.46
9. Claudio Rodrigues, CARDOSO	03 O Crasto	2:36.96	274
50m: 34.28 34.28	100m: 1:15.66 41.38	150m: 1:58.17 42.51	200m: 2:36.96 38.79
10. Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	2:38.58	266
50m: 35.16 35.16	100m: 1:15.01 39.85	150m: 1:57.69 42.68	200m: 2:38.58 40.89

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 6, Masc., 200m Livres

Juniores

1.	Joao Neto, PEREIRA	02	Fundacao Beatriz Santos	2:04.34	552
	100m: 58.85 58.85	200m: 2:04.34	1:05.49		
2.	Rui Joao, MARQUES	02	Nautico Academico	2:08.70	497
	100m: 1:01.72 1:01.72	200m: 2:08.70	1:06.98		
3.	Vasco Pereira, BASTOS	02	Nautico Academico	2:09.45	489
	100m: 1:02.75 1:02.75	200m: 2:09.45	1:06.70		
4.	Tomas Pedrosa, MIGUEL	02	Condeixa Clube	2:09.81	485
	100m: 1:01.73 1:01.73	200m: 2:09.81	1:08.08		
5.	Goncalo Silva, MARQUES	01	Condeixa Clube	2:12.68	454
	100m: 1:03.17 1:03.17	200m: 2:12.68	1:09.51		
6.	Pedro Ribeiro, MOCO	02	Natacao de Vagos	2:16.90	413
	50m: 31.57 31.57	100m: 1:05.96	34.39 150m: 1:41.98	36.02	200m: 2:16.90 34.92
	Gustavo Pinto, FIGUEIREDO	02	O Crasto	2:16.90	413
	100m: 1:06.55 1:06.55	200m: 2:16.90	1:10.35		
8.	Diogo Miguel, PISCO	01	S. Pedro Alva	2:21.07	378
	100m: 1:04.28 1:04.28	200m: 2:21.07	1:16.79		
9.	Goncalo Soares, RAMOS	02	Ginasio Figueirense	2:23.49	359
	100m: 1:06.64 1:06.64	200m: 2:23.49	1:16.85		
10.	Filipe Almeida, RODRIGUES	01	O Crasto	2:24.03	355
	100m: 1:05.81 1:05.81	200m: 2:24.03	1:18.22		
11.	Jose Miguel, SILVA	02	Nautico Academico	2:25.83	342
	100m: 1:11.02 1:11.02	200m: 2:25.83	1:14.81		
12.	Marco André, ALMEIDA	02	Bombeiros Mealhada	2:32.08	301
	100m: 1:11.46 1:11.46	200m: 2:32.08	1:20.62		
13.	Ricardo Paulo, SILVA	02	Bombeiros Mealhada	2:51.10	211
	50m: 37.73 37.73	100m: 1:22.85	45.12 150m: 2:07.76	44.91	200m: 2:51.10 43.34
DNS	Ricardo Marques, PEREIRA	01	Condeixa Clube		

Seniores

1.	Gabriel Jose, LOPES	97	Louzan Natacao	1:53.55	724
	100m: 55.62 55.62	200m: 1:53.55	57.93		
2.	Tomas Miguel, VELOSO	96	Nautico Academico	1:54.82	701
	100m: 55.22 55.22	200m: 1:54.82	59.60		
3.	Gustavo Almeida, MADUREIRA	94	Academica de Coimbra	2:01.35	593
	100m: 58.83 58.83	200m: 2:01.35	1:02.52		
4.	Miguel Diogo, AGOSTINHO	00	Fundacao Beatriz Santos	2:02.15	582
	100m: 59.26 59.26	200m: 2:02.15	1:02.89		
5.	Pedro Salzedas, ADAIXO	00	Academica de Coimbra	2:08.30	502
	100m: 1:01.86 1:01.86	200m: 2:08.30	1:06.44		
6.	Francisco Miguel, CARVALHO	00	Academica de Coimbra	2:09.03	494
	100m: 1:02.51 1:02.51	200m: 2:09.03	1:06.52		
7.	Miguel Caridade, GASPAS	99	Academica de Coimbra	2:09.35	490
	100m: 1:02.40 1:02.40	200m: 2:09.35	1:06.95		
8.	Tiago Alexandre, RELVA	96	O Crasto	2:19.14	393
	50m: 33.50 33.50	100m: 1:09.00	35.50 150m: 1:46.38	37.38	200m: 2:19.14 32.76
9.	Tiago Almeida, NUNES	00	Fundacao Beatriz Santos	2:24.81	349
	100m: 1:06.92 1:06.92	200m: 2:24.81	1:17.89		
DNS	Marcelo Silva, CLEMENTE	00	Nautico Academico		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 7 16-02-2019	Femin., 100m Mariposa				Absoluto Resultados
Recordes Nacionais 50m Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Recordes Nacionais 50m Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Recordes Nacionais 50m Jun17	1:00.95	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	01-08-2002
Recordes Nacionais 50m Jun16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
Recordes Nacionais 50m Juv A	1:03.14	Ana Rita, FRANCISCO	SFUAP	Coimbra	05-08-1995
Recordes Nacionais 50m Juv B	1:03.73	Mariana Pacheco, CUNHA	POR	Coimbra	19-05-2018
Recordes Nacionais 50m Inf A	1:03.83	Carolina Miranda, FERNANDES	CGA	S. João da Madeira	21-07-2018
Recordes Nacionais 50m Inf B	1:08.02	Ines Camacho, FERNANDES	SCP	S. João da Madeira	26-07-2009
Recordes Regionais ANC 50m Absoluto	1:04.76	Beatriz Neves, CRAVEIRO	POR	Coimbra	01-04-2017
Recordes Regionais ANC 50m Sen	1:04.76	Beatriz Neves, CRAVEIRO	POR	Coimbra	01-04-2017
Recordes Regionais ANC 50m Jun17	1:05.33	Beatriz Costa, TEJO	POR	Coimbra	09-02-2019
Recordes Regionais ANC 50m Jun16	1:05.05	Mariana Cunha, GUERRA	POR	Coimbra	06-04-2014
Recordes Regionais ANC 50m Juv A	1:05.31	Ines Pereira, SILVA	POR	Oeiras	22-07-2017
Recordes Regionais ANC 50m Juv B	1:05.59	Mariana Cunha, GUERRA	POR	Oeiras	28-07-2012
Recordes Regionais ANC 50m Inf A	1:06.56	Mariana Cunha, GUERRA	POR	Lisboa	24-07-2011
Recordes Regionais ANC 50m Inf B	1:09.89	Ines Pereira, SILVA	POR	Loulé	29-06-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1. Joana Calado, CRUZ	07	Fundacao Beatriz Santos	1:30.56	229
2. Nancy Almeida, RODRIGUES	07	O Crasto	1:33.46	209
3. Carolina Vizinho, CABRAL	07	Natacao de Vagos	1:36.63	189
4. Lara Carvalho, SANTOS	07	Nautico Academico	1:37.57	183

Infantis A

1. Vitoria Cruz, DOMINGUES	06	Natacao de Vagos	1:19.86	335
2. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	1:25.91	269
3. Joana Filipa, VARELA	06	Nautico Academico	1:29.33	239
4. Francisca Carvalho, SOUSA	06	Miranda do Corvo	1:32.83	213

Juvenis B

1. Carolina Rei, PEREIRA	05	Natacao de Vagos	1:15.86	391
2. Beatriz Margarido, SILVA	05	Natacao de Vagos	1:21.97	310
3. Maria Lucas, SANTOS	05	Condeixa Clube	1:23.46	293
4. Beatriz Sa, GAMA	05	Condeixa Clube	1:24.46	283
5. Catarina lourtaeva, MESQUITA	05	Natacao de Vagos	1:24.64	281
6. Helena Carolina, DINIS	05	Academica de Coimbra	1:27.63	253
7. Maria Ines, GASPAR	05	Miranda do Corvo	1:27.84	251
DNS Ana Matos, CABRAL	05	Condeixa Clube		

Juvenis A

1. Leonor Correia, PAIVA	04	Louzan Natacao	1:16.22	385
2. Carla Sandrina, FERREIRA	04	O Crasto	1:18.40	354
3. Maria Ines, DIONISIO	04	Fundacao Beatriz Santos	1:20.29	329
4. Ines Dias, CRUZ	04	Condeixa Clube	1:20.80	323
5. Jacinta Martins, VIANA	04	Natacao de Vagos	1:21.49	315
6. Joana Beatriz, RODRIGUES	04	Academica de Coimbra	1:26.93	259
7. Beatriz Sofia, PEREIRA	04	Bombeiros Mealhada	1:27.23	257
8. Marta Domingues, GAMEIRO	04	Nautico Academico	1:30.05	233
9. Marta Monteiro, PEREIRA	04	O Crasto	1:31.30	224
DSQ Maria Pedro, ASCENSO	04	Nautico Academico		
<i>efetuou pernada de bruços na viragem aos 50 m</i>				
DNS Filipa Victor, VIEIRA	04	Academica de Coimbra		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 7, Femin., 100m Mariposa

Juniores

1.	Ines Mariana, PINHEIRO	03	Academica de Coimbra	1:09.37	511
2.	Beatriz Monteiro, TOMAS	03	Fundacao Beatriz Santos	1:12.20	453
3.	Sara Dias, NEVES	03	Miranda do Corvo	1:13.53	429
4.	Camila Ferreira, MARQUES	03	Fundacao Beatriz Santos	1:13.99	421
5.	Joana Malta, VALE	02	Natacao de Vagos	1:16.39	383
6.	Maria Miguel, GAMEIRO	03	Nautico Academico	1:17.01	373
7.	Ana Luisa, RODRIGUES	03	Louzan Natacao	1:17.71	363
8.	Ana Pereira, SOUSA	03	Ginasio Figueirense	1:18.41	354
9.	Camila Alexandra, SILVA	03	Columbofila Cantanhedense	1:18.88	347
10.	Margarida Rodrigues, SANTOS	03	Alges e Agueda XXI	1:19.11	344

Seniores

1.	Ines Rosado, MONTEIRO	00	Natacao de Vagos	1:07.72	549
2.	Eva Fernandes, CARDOSO	01	Fundacao Beatriz Santos	1:08.41	533

Prova 8

Masc., 200m Costas

Absoluto

16-02-2019

Resultados

Recordes Nacionais 50m Absoluto	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
Recordes Nacionais 50m Sen	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
Recordes Nacionais 50m Jun18	2:02.21	Pedro Diogo, OLIVEIRA	CNRM	Coimbra	28-07-2006
Recordes Nacionais 50m Jun17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
Recordes Nacionais 50m Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
Recordes Nacionais 50m Inf A	2:14.56	Alexandre Lages, RIBAS	EDV	Lisboa	23-07-2011
Recordes Nacionais 50m Inf B	2:20.07	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	13-07-2013
Recordes Regionais ANC 50m Absoluto	2:00.35	Gabriel Jose, LOPES	POR		02-04-2018
Recordes Regionais ANC 50m Sen	2:00.35	Gabriel Jose, LOPES	POR		02-04-2018
Recordes Regionais ANC 50m Jun18	2:03.57	Gabriel Jose, LOPES	POR	Singapura (SGP)	30-08-2015
Recordes Regionais ANC 50m Jun17	2:10.32	Bernardo Vinagre, ARZILEIRO	POR	Funchal	25-03-2018
Recordes Regionais ANC 50m Juv A	2:12.56	José Frederico, CAVALHEIRO	POR	Estadio Univ. Lisboa	31-07-1997
Recordes Regionais ANC 50m Juv B	2:16.49	Antonio Jose, ROLO	POR		08-06-1992
Recordes Regionais ANC 50m Inf A	2:18.74	Gabriel Jose, LOPES	POR	Lisboa	23-07-2011
Recordes Regionais ANC 50m Inf B	2:25.05	Jose Diogo, DIAS	POR	Coimbra	01-05-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Infantis B			
1.	Afonso Vidal, TOMAS	06 Louzan Natacao	2:51.69 277
	50m: 39.90 39.90 100m: 1:24.82 44.92 150m: 2:09.48 44.66 200m: 2:51.69 42.21		
2.	Filipe Cruz, SIMOES	06 Miranda do Corvo	2:51.84 276
	50m: 42.64 42.64 100m: 1:26.62 43.98 150m: 2:10.86 44.24 200m: 2:51.84 40.98		
3.	Joao Pinto, FIGUEIREDO	06 O Crasto	2:53.41 268
	100m: 1:25.44 1:25.44 200m: 2:53.41 1:27.97		
4.	Miguel Bernardo, ARAUJO	06 Condeixa Clube	2:55.52 259
	50m: 41.97 41.97 100m: 1:27.11 45.14 150m: 2:12.50 45.39 200m: 2:55.52 43.02		
5.	Tomas Veiga, PEREIRA	06 Fundacao Beatriz Santos	2:57.68 249
	100m: 1:27.60 1:27.60 200m: 2:57.68 1:30.08		
6.	Pedro Fernandes, CARVALHO	06 Miranda do Corvo	3:00.90 236
	100m: 1:27.46 1:27.46 200m: 3:00.90 1:33.44		
7.	Martim Ribeiro, MENESES	06 O Crasto	3:01.56 234
	100m: 1:28.68 1:28.68 200m: 3:01.56 1:32.88		
8.	Henrique Tavares, DIAS	06 Nautico Academico	3:03.18 228
	100m: 1:27.90 1:27.90 200m: 3:03.18 1:35.28		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 8, Masc., 200m Costas, Infantis B

Lugar	Ano	Tempo final	Pts
9. Rodrigo Neves, DUARTE 50m: 43.13 43.13 100m: 1:31.75 48.62 150m: 2:19.28 47.53 200m: 3:04.19 44.91	06 Louzan Natacao	3:04.19	224
DSQ Simao Domingues, PAZ <i>perdeu a posição de costas aos 145 m</i>	06 Miranda do Corvo		
DNS Guilherme Jose, BASTOS	06 Miranda do Corvo		

Infantis A

1. Carlos Eduardo, BENTO 50m: 39.04 39.04 100m: 1:21.99 42.95 150m: 2:04.74 42.75 200m: 2:46.29 41.55	05 Miranda do Corvo	2:46.29	304
2. Tomas Cardoso, GERALDO 100m: 1:24.85 1:24.85 200m: 2:53.60 1:28.75	05 Condeixa Clube	2:53.60	267
3. Rodrigo Ferreira, RODRIGUES 50m: 42.11 42.11 100m: 1:26.88 44.77 150m: 2:12.32 45.44 200m: 2:55.66 43.34	05 O Crasto	2:55.66	258
DNS Jorge Miguel, GOMES	05 Ginasio Figueirense		

Juvenis B

1. Carlos Martins, MARQUES 50m: 36.73 36.73 100m: 1:18.05 41.32 150m: 2:00.38 42.33 200m: 2:39.19 38.81	04 Uniao Coimbra	2:39.19	347
2. Cristiano Rodrigues, FERNANDES 50m: 39.04 39.04 100m: 1:21.56 42.52 150m: 2:04.49 42.93 200m: 2:44.31 39.82	04 Louzan Natacao	2:44.31	316
3. Diogo Alves, ARCANJO 50m: 36.93 36.93 150m: 2:03.35 1:26.42 200m: 2:45.35 42.00	04 Uniao Coimbra	2:45.35	310
4. Renato Maria, FERREIRA 100m: 1:20.98 1:20.98 200m: 2:46.70 1:25.72	04 Vigor da Mocidade	2:46.70	302
5. Afonso Corte-Real, GRILO 100m: 1:24.11 1:24.11 200m: 2:50.23 1:26.12	04 Fundacao Beatriz Santos	2:50.23	284

Juvenis A

1. Joao Salvador, COELHO 50m: 34.28 34.28 100m: 1:11.80 37.52 150m: 1:51.34 39.54 200m: 2:29.64 38.30	03 O Crasto	2:29.64	418
2. Rui Miguel, FREIRE 50m: 36.76 36.76 100m: 1:15.85 39.09 150m: 1:55.93 40.08 200m: 2:34.11 38.18	03 Nucleo Ansiao	2:34.11	383
3. Vitor Teixeira, OLIVEIRA 50m: 37.65 37.65 100m: 1:16.75 39.10 150m: 1:56.18 39.43 200m: 2:34.24 38.06	03 Columbofila Cantanhedense	2:34.24	382
4. Micael Kovalchuk, SOLODYUK 50m: 37.38 37.38 100m: 1:17.88 40.50 150m: 1:59.98 42.10 200m: 2:39.30 39.32	03 Natacao de Vagos	2:39.30	346
5. Rafael Domingues, SA 50m: 37.54 37.54 100m: 1:18.03 40.49 150m: 1:59.74 41.71 200m: 2:39.76 40.02	03 Natacao de Vagos	2:39.76	343
6. Igor Branco, PEREIRA 100m: 1:20.39 1:20.39 200m: 2:44.69 1:24.30	03 O Crasto	2:44.69	313
7. Bernardo Jorge, VENTURA 100m: 1:21.40 1:21.40 200m: 2:48.27 1:26.87	03 Academica de Coimbra	2:48.27	294

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 8, Masc., 200m Costas

Juniores

1.	Diogo Coelho, JOSE	01	Columbifila Cantanhedense	2:16.37	552
	50m: 33.47 33.47	100m: 1:08.08	34.61 150m: 1:42.73 34.65	200m: 2:16.37	33.64
2.	Tomas Pedrosa, MIGUEL	02	Condeixa Clube	2:25.80	452
	50m: 34.20 34.20	100m: 1:11.46	37.26 150m: 1:48.96 37.50	200m: 2:25.80	36.84
3.	Diogo Luis, BREDÁ	01	Academica de Coimbra	2:28.73	426
	100m: 1:12.32 1:12.32	200m: 2:28.73	1:16.41		
4.	Alberto Antonio, SANTOS	01	S. Pedro Alva	2:33.29	389
	50m: 34.42 34.42	100m: 1:13.18	38.76 150m: 1:53.60 40.42	200m: 2:33.29	39.69
5.	Gustavo Pinto, FIGUEIREDO	02	O Crasto	2:40.14	341
	50m: 37.43 37.43	100m: 1:19.13	41.70 150m: 2:00.94 41.81	200m: 2:40.14	39.20
6.	Pedro Ribeiro, MOCO	02	Natacao de Vagos	2:40.21	340
	100m: 1:18.59 1:18.59	200m: 2:40.21	1:21.62		
7.	Goncalo Soares, RAMOS	02	Ginasio Figueirense	2:52.47	273
	50m: 40.51 40.51	100m: 1:24.06	43.55 150m: 2:09.08 45.02	200m: 2:52.47	43.39
DNS	Miguel Pedro, RAMOS	01	O Crasto		
DNS	Goncalo Silva, MARQUES	01	Condeixa Clube		

Seniores

1.	Miguel Diogo, AGOSTINHO	00	Fundacao Beatriz Santos	2:30.76	409
	50m: 34.47 34.47	100m: 1:12.80	38.33 150m: 1:52.39 39.59	200m: 2:30.76	38.37

Prova 9

Femin., 800m Livres

Absoluto

16-02-2019

Resultados

Recordes Nacionais 50m Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Recordes Nacionais 50m Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Recordes Nacionais 50m Jun17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28-05-2016
Recordes Nacionais 50m Jun16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30-05-2015
Recordes Nacionais 50m Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27-07-2014
Recordes Nacionais 50m Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10-09-1981
Recordes Nacionais 50m Inf A	9:14.85	Alexandra Maria, SILVA	POR	Skovde (SWE)	10-08-1980
Recordes Nacionais 50m Inf B	9:30.42	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	25-07-2009
Recordes Regionais ANC 50m Absoluto	8:49.86	Florabela Cavaco, MACHADO	POR	Coimbra	25-05-2013
Recordes Regionais ANC 50m Sen	8:54.50	Florabela Cavaco, MACHADO	POR	Nanjing (CHN)	19-08-2014
Recordes Regionais ANC 50m Jun17	8:49.86	Florabela Cavaco, MACHADO	POR	Coimbra	25-05-2013
Recordes Regionais ANC 50m Jun16	8:54.79	Alexandra Couto, FRAZÃO	POR	Lisboa	10-02-2018
Recordes Regionais ANC 50m Juv A	8:59.54	Alexandra Couto, FRAZÃO	POR	Oeiras	20-06-2017
Recordes Regionais ANC 50m Juv B	9:16.02	Maria Miguel, VELOSO	POR	Coimbra	19-05-2007
Recordes Regionais ANC 50m Inf A	9:33.85	Sara Sofia, ALVES	POR	Loulé	19-07-2014
Recordes Regionais ANC 50m Inf B	10:03.06	Sara Sofia, ALVES	POR	S. Joao Madeira	13-07-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1.	Laura Almeida, PINA	07	O Crasto	10:53.93	407
	50m: 35.55 35.55	250m: 3:21.41	42.34 450m: 6:07.11 41.59	650m: 8:53.82	41.32
	100m: 1:16.14 40.59	300m: 4:02.35	40.94 500m: 6:49.36 42.25	700m: 9:33.35	39.53
	150m: 1:58.02 41.88	350m: 4:44.16	41.81 550m: 7:31.54 42.18	750m: 10:15.39	42.04
	200m: 2:39.07 41.05	400m: 5:25.52	41.36 600m: 8:12.50 40.96	800m: 10:53.93	38.54
2.	Margarida Gomes, OLIVEIRA	07	O Crasto	11:11.35	376
	50m: 38.07 38.07	250m: 3:27.15	41.86 450m: 6:17.05 42.61	650m: 9:07.74	42.72
	100m: 1:20.14 42.07	300m: 4:09.62	42.47 500m: 6:59.64 42.59	700m: 9:50.49	42.75
	150m: 2:02.42 42.28	350m: 4:52.70	43.08 550m: 7:42.07 42.43	750m: 10:32.47	41.98
	200m: 2:45.29 42.87	400m: 5:34.44	41.74 600m: 8:25.02 42.95	800m: 11:11.35	38.88

Torneio de Preparação ANC - Categorias
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Prova 9, Femin., 800m Livres, Infantis B

Lugar	Ano	Tempo final	Pts
3. Bianca Filipa, ALMEIDA	07 Alges e Agueda XXI	11:40.84	330
50m: 38.47 38.47	250m: 3:36.48 45.04	450m: 6:36.93 45.74	650m: 9:34.93 43.80
100m: 1:21.77 43.30	300m: 4:21.29 44.81	500m: 7:22.19 45.26	700m: 10:18.83 43.90
150m: 2:06.67 44.90	350m: 5:06.31 45.02	550m: 8:06.43 44.24	750m: 11:01.64 42.81
200m: 2:51.44 44.77	400m: 5:51.19 44.88	600m: 8:51.13 44.70	800m: 11:40.84 39.20
4. Luna Almeida, RODRIGUES	07 Columbofila Cantanhedense	13:10.12	230
50m: 42.61 42.61	250m: 4:03.37 51.62	450m: 7:25.31 50.31	650m: 10:47.76 49.87
100m: 1:31.69 49.08	300m: 4:54.20 50.83	500m: 8:16.58 51.27	700m: 11:37.05 49.29
150m: 2:21.56 49.87	350m: 5:44.48 50.28	550m: 9:07.47 50.89	750m: 12:25.65 48.60
200m: 3:11.75 50.19	400m: 6:35.00 50.52	600m: 9:57.89 50.42	800m: 13:10.12 44.47

Infantis A

1. Catarina Cunha, BELO	06 Fundacao Beatriz Santos	10:37.42	439
50m: 35.69 35.69	250m: 3:16.22 40.54	450m: 5:57.81 40.27	650m: 8:40.17 41.17
100m: 1:14.84 39.15	300m: 3:56.28 40.06	500m: 6:38.30 40.49	700m: 9:20.82 40.65
150m: 1:55.30 40.46	350m: 4:37.01 40.73	550m: 7:18.52 40.22	750m: 9:59.39 38.57
200m: 2:35.68 40.38	400m: 5:17.54 40.53	600m: 7:59.00 40.48	800m: 10:37.42 38.03
2. Mariana Fonseca, SILVA	06 Condeixa Clube	11:04.00	389
50m: 37.89 37.89	250m: 3:24.64 41.76	450m: 6:12.94 40.95	650m: 9:00.83 41.29
100m: 1:19.22 41.33	300m: 4:07.48 42.84	500m: 6:55.41 42.47	700m: 9:43.60 42.77
150m: 2:00.59 41.37	350m: 4:49.63 42.15	550m: 7:37.24 41.83	750m: 10:23.94 40.34
200m: 2:42.88 42.29	400m: 5:31.99 42.36	600m: 8:19.54 42.30	800m: 11:04.00 40.06
3. Beatriz Andre, GASPAR	06 Nautico Academico	11:04.99	387
50m: 37.99 37.99	250m: 3:26.61 41.94	450m: 6:14.29 41.81	650m: 9:01.07 41.93
100m: 1:19.96 41.97	300m: 4:08.50 41.89	500m: 6:55.61 41.32	700m: 9:42.34 41.27
150m: 2:02.14 42.18	350m: 4:50.49 41.99	550m: 7:37.67 42.06	750m: 10:24.51 42.17
200m: 2:44.67 42.53	400m: 5:32.48 41.99	600m: 8:19.14 41.47	800m: 11:04.99 40.48
4. Madalena Barra, MEDEIROS	06 Vigor da Mocidade	12:14.38	287
50m: 38.54 38.54	250m: 3:40.29 46.67	450m: 6:49.94 47.31	650m: 9:59.01 45.34
100m: 1:21.92 43.38	300m: 4:27.56 47.27	500m: 7:38.26 48.32	700m: 10:45.14 46.13
150m: 2:07.34 45.42	350m: 5:14.82 47.26	550m: 8:25.74 47.48	750m: 11:30.29 45.15
200m: 2:53.62 46.28	400m: 6:02.63 47.81	600m: 9:13.67 47.93	800m: 12:14.38 44.09

Juvenis B

1. Mariana Carmo, ROSA	05 Louzan Natacao	9:47.60	561
50m: 33.46 33.46	250m: 2:58.92 37.07	450m: 5:28.17 37.34	650m: 7:58.01 37.17
100m: 1:08.80 35.34	300m: 3:36.06 37.14	500m: 6:05.69 37.52	700m: 8:34.96 36.95
150m: 1:45.09 36.29	350m: 4:13.45 37.39	550m: 6:43.53 37.84	750m: 9:11.90 36.94
200m: 2:21.85 36.76	400m: 4:50.83 37.38	600m: 7:20.84 37.31	800m: 9:47.60 35.70
2. Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense	10:26.26	463
50m: 36.38 36.38	250m: 3:14.84 40.39	450m: 5:54.43 40.09	650m: 8:32.15 39.44
100m: 1:15.45 39.07	300m: 3:54.34 39.50	500m: 6:33.74 39.31	700m: 9:11.38 39.23
150m: 1:55.32 39.87	350m: 4:34.58 40.24	550m: 7:13.79 40.05	750m: 9:49.66 38.28
200m: 2:34.45 39.13	400m: 5:14.34 39.76	600m: 7:52.71 38.92	800m: 10:26.26 36.60
3. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	10:44.92	424
50m: 37.20 37.20	250m: 3:18.97 40.50	450m: 6:01.99 40.97	650m: 8:45.12 40.28
100m: 1:17.40 40.20	300m: 3:59.76 40.79	500m: 6:42.95 40.96	700m: 9:26.19 41.07
150m: 1:57.43 40.03	350m: 4:40.42 40.66	550m: 7:23.72 40.77	750m: 10:05.68 39.49
200m: 2:38.47 41.04	400m: 5:21.02 40.60	600m: 8:04.84 41.12	800m: 10:44.92 39.24
4. Barbara Almeida, SIMOES	05 Uniao Coimbra	10:49.43	415
50m: 37.03 37.03	250m: 3:17.42 40.21	450m: 6:00.66 40.44	650m: 8:45.85 41.30
100m: 1:16.65 39.62	300m: 3:58.55 41.13	500m: 6:42.08 41.42	700m: 9:27.77 41.92
150m: 1:56.53 39.88	350m: 4:39.22 40.67	550m: 7:22.67 40.59	750m: 10:08.51 40.74
200m: 2:37.21 40.68	400m: 5:20.22 41.00	600m: 8:04.55 41.88	800m: 10:49.43 40.92

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 9, Femin., 800m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
5.	Matilde Santos, CARDOSO		05	Fundacao Beatriz Santos				11:02.36	392
	50m:	36.50 36.50	250m:	3:23.91 42.23	450m:	6:11.75 41.66	650m:	9:01.41 42.50	
	100m:	1:17.10 40.60	300m:	4:06.03 42.12	500m:	6:53.99 42.24	700m:	9:43.47 42.06	
	150m:	1:59.58 42.48	350m:	4:48.11 42.08	550m:	7:36.89 42.90	750m:	10:24.36 40.89	
	200m:	2:41.68 42.10	400m:	5:30.09 41.98	600m:	8:18.91 42.02	800m:	11:02.36 38.00	
6.	Camila Cavaleiro, SILVA		05	Columbofila Cantanhedense				11:02.53	391
	50m:	37.86 37.86	250m:	3:24.48 42.14	450m:	6:12.33 42.11	650m:	9:02.26 42.65	
	100m:	1:19.07 41.21	300m:	4:06.23 41.75	500m:	6:54.77 42.44	700m:	9:44.21 41.95	
	150m:	2:00.36 41.29	350m:	4:48.19 41.96	550m:	7:36.97 42.20	750m:	10:24.96 40.75	
	200m:	2:42.34 41.98	400m:	5:30.22 42.03	600m:	8:19.61 42.64	800m:	11:02.53 37.57	
DNS	Ana Matos, CABRAL		05	Condeixa Clube					

Juvenis A

1.	Beatriz Ferreira, GASPAR		04	Bombeiros Mealhada				9:35.16	598
	50m:	33.50 33.50	250m:	2:56.79 35.97	450m:	5:21.34 36.56	650m:	7:48.18 36.77	
	100m:	1:08.76 35.26	300m:	3:32.69 35.90	500m:	5:58.01 36.67	700m:	8:25.03 36.85	
	150m:	1:45.03 36.27	350m:	4:08.60 35.91	550m:	6:34.69 36.68	750m:	9:00.90 35.87	
	200m:	2:20.82 35.79	400m:	4:44.78 36.18	600m:	7:11.41 36.72	800m:	9:35.16 34.26	
2.	Mafalda Vestia, FIDALGO		04	Uniao Coimbra				10:39.61	435
	50m:	36.00 36.00	250m:	3:16.91 40.71	450m:	5:57.84 40.36	650m:	8:39.23 40.09	
	100m:	1:15.39 39.39	300m:	3:57.00 40.09	500m:	6:37.79 39.95	700m:	9:20.08 40.85	
	150m:	1:55.65 40.26	350m:	4:37.45 40.45	550m:	7:18.41 40.62	750m:	10:00.68 40.60	
	200m:	2:36.20 40.55	400m:	5:17.48 40.03	600m:	7:59.14 40.73	800m:	10:39.61 38.93	

Juniores

1.	Camila Rodrigues, REBELO		03	Louzan Natacao				9:29.88	615
	50m:	32.59 32.59	250m:	2:53.47 35.60	450m:	5:16.21 35.75	650m:	7:41.20 36.14	
	100m:	1:07.48 34.89	300m:	3:28.97 35.50	500m:	5:52.33 36.12	700m:	8:18.13 36.93	
	150m:	1:42.56 35.08	350m:	4:04.67 35.70	550m:	6:28.42 36.09	750m:	8:54.43 36.30	
	200m:	2:17.87 35.31	400m:	4:40.46 35.79	600m:	7:05.06 36.64	800m:	9:29.88 35.45	
2.	Maria Carlota, REBELO		03	Louzan Natacao				9:37.57	591
	50m:	32.82 32.82	250m:	2:55.48 36.03	450m:	5:21.22 36.40	650m:	7:48.77 36.93	
	100m:	1:07.86 35.04	300m:	3:31.81 36.33	500m:	5:57.98 36.76	700m:	8:25.76 36.99	
	150m:	1:43.81 35.95	350m:	4:08.51 36.70	550m:	6:35.20 37.22	750m:	9:02.43 36.67	
	200m:	2:19.45 35.64	400m:	4:44.82 36.31	600m:	7:11.84 36.64	800m:	9:37.57 35.14	
3.	Helena Nunes, RODRIGUES		03	Alges e Agueda XXI				9:47.65	561
	50m:	31.94 31.94	250m:	2:55.15 36.22	450m:	5:23.78 37.34	650m:	7:55.21 38.13	
	100m:	1:06.94 35.00	300m:	3:32.14 36.99	500m:	6:01.66 37.88	700m:	8:33.07 37.86	
	150m:	1:42.56 35.62	350m:	4:09.17 37.03	550m:	6:39.34 37.68	750m:	9:11.07 38.00	
	200m:	2:18.93 36.37	400m:	4:46.44 37.27	600m:	7:17.08 37.74	800m:	9:47.65 36.58	
4.	Beatriz Almeida, PIRES		03	Uniao Coimbra				10:14.70	490
	50m:	34.24 34.24	250m:	3:04.02 37.43	450m:	5:38.81 38.38	650m:	8:16.74 39.32	
	100m:	1:10.94 36.70	300m:	3:42.64 38.62	500m:	6:17.71 38.90	700m:	8:56.65 39.91	
	150m:	1:48.47 37.53	350m:	4:21.03 38.39	550m:	6:57.51 39.80	750m:	9:36.17 39.52	
	200m:	2:26.59 38.12	400m:	5:00.43 39.40	600m:	7:37.42 39.91	800m:	10:14.70 38.53	
5.	Ana Catarina, SANTOS		03	Fundacao Beatriz Santos				10:27.35	461
	50m:	35.12 35.12	250m:	3:12.61 40.01	450m:	5:52.55 40.09	650m:	8:32.07 39.56	
	100m:	1:13.50 38.38	300m:	3:52.56 39.95	500m:	6:32.63 40.08	700m:	9:11.98 39.91	
	150m:	1:52.90 39.40	350m:	4:32.63 40.07	550m:	7:12.66 40.03	750m:	9:50.66 38.68	
	200m:	2:32.60 39.70	400m:	5:12.46 39.83	600m:	7:52.51 39.85	800m:	10:27.35 36.69	
6.	Rita Baptista, MARQUES		03	Nautico Academico				10:38.69	437
	50m:	35.55 35.55	250m:	3:15.21 40.26	450m:	5:56.30 40.71	650m:	8:39.02 40.70	
	100m:	1:15.02 39.47	300m:	3:55.17 39.96	500m:	6:36.85 40.55	700m:	9:19.85 40.83	
	150m:	1:54.99 39.97	350m:	4:35.37 40.20	550m:	7:17.35 40.50	750m:	10:00.17 40.32	
	200m:	2:34.95 39.96	400m:	5:15.59 40.22	600m:	7:58.32 40.97	800m:	10:38.69 38.52	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 9, Femin., 800m Livres, Juniores

Lugar			Ano					Tempo final	Pts		
7.	Beatriz Carvalho, MARQUES		02	Academica de Coimbra				11:03.46	390		
	50m:	34.40 34.40	250m:	3:17.04	42.18	450m:	6:06.20	41.88	650m:	8:56.40	42.72
	100m:	1:12.72 38.32	300m:	3:59.18	42.14	500m:	6:48.45	42.25	700m:	9:39.30	42.90
	150m:	1:53.30 40.58	350m:	4:41.74	42.56	550m:	7:31.06	42.61	750m:	10:22.40	43.10
	200m:	2:34.86 41.56	400m:	5:24.32	42.58	600m:	8:13.68	42.62	800m:	11:03.46	41.06

Seniores

1.	Joana Beatriz, BERNARDO		99	Fundacao Beatriz Santos				9:35.16	598		
	50m:	33.41 33.41	250m:	2:57.99	36.54	450m:	5:23.83	36.46	650m:	7:49.27	36.31
	100m:	1:08.76 35.35	300m:	3:34.69	36.70	500m:	6:00.34	36.51	700m:	8:25.29	36.02
	150m:	1:44.93 36.17	350m:	4:11.22	36.53	550m:	6:36.63	36.29	750m:	9:01.40	36.11
	200m:	2:21.45 36.52	400m:	4:47.37	36.15	600m:	7:12.96	36.33	800m:	9:35.16	33.76
2.	Mariana Pinto, ANGELO		99	Academica de Coimbra				9:47.50	561		
	50m:	33.71 33.71	250m:	2:59.30	36.82	450m:	5:27.72	37.26	650m:	7:57.29	37.11
	100m:	1:09.81 36.10	300m:	3:36.30	37.00	500m:	6:05.54	37.82	700m:	8:34.78	37.49
	150m:	1:46.00 36.19	350m:	4:12.99	36.69	550m:	6:42.71	37.17	750m:	9:11.52	36.74
	200m:	2:22.48 36.48	400m:	4:50.46	37.47	600m:	7:20.18	37.47	800m:	9:47.50	35.98
3.	Ines Rosado, MONTEIRO		00	Natacao de Vagos				9:52.98	546		
	50m:	33.72 33.72	250m:	3:01.85	37.40	450m:	5:31.52	37.56	650m:	8:01.94	37.40
	100m:	1:09.89 36.17	300m:	3:39.00	37.15	500m:	6:09.55	38.03	700m:	8:39.67	37.73
	150m:	1:46.97 37.08	350m:	4:16.19	37.19	550m:	6:46.87	37.32	750m:	9:16.85	37.18
	200m:	2:24.45 37.48	400m:	4:53.96	37.77	600m:	7:24.54	37.67	800m:	9:52.98	36.13

Prova 10
16-02-2019

Femin., 4 x 100m Estilos

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04-04-2015
Recordes Nacionais 50m Juv A	4:35.70	tempo limite	SLB	Oeiras	27-07-2008
Recordes Nacionais 50m Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24-07-2016
Recordes Nacionais 50m Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
Recordes Nacionais 50m Inf A	4:45.41	Sport Lisboa e Benfica	SLB	Lisboa	30-06-2007
Recordes Nacionais 50m Inf	4:45.41	tempo limite	SLB	Oeiras	30-06-2007
Recordes Nacionais 50m Inf B	4:56.36	Grupo Desp. Natacao V. N. FamalicGDNVNF		Porto	24-07-2010
Recordes Regionais ANC 50m Absoluto	4:32.22	Associação Académica de Coimbra	POR		01-05-2015
Recordes Regionais ANC 50m Sen	4:37.81	Clube Náutico Académico de Coimb	POR		01-05-1999
Recordes Regionais ANC 50m Jun	4:34.64	Clube Náutico Académico de Coimb	POR		01-05-2010
Recordes Regionais ANC 50m Juv A	4:41.87	tempo limite	POR		
Recordes Regionais ANC 50m Juv	4:40.09	Clube União 1919	POR		06-06-2018
Recordes Regionais ANC 50m Juv B	4:41.87	Clube Náutico Académico de Coimb	POR		01-05-2011
Recordes Regionais ANC 50m Inf A	4:50.83	Clube Náutico Académico de Coimb	POR		01-05-2010
Recordes Regionais ANC 50m Inf	4:50.83	Clube Náutico Académico de Coimb	POR		06-06-2010
Recordes Regionais ANC 50m Inf B	5:14.38	Clube Náutico Académico de Coimb	POR		27-12-2010

Pontos: FINA 2018

Lugar					Tempo final	Pts
1.	O Crasto Inf		O Crasto		5:57.93	270
	Laura Almeida, PINA	+0,81	42.94	1:28.40	Nancy Almeida, RODRIGUES	42.27 1:31.47
	Leonor Garcia, FERNANDES		47.74	1:40.85	Margarida Gomes, OLIVEIRA	36.84 1:17.21

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 10, Femin., 4 x 100m Estilos

Juvenis

1. Natacao de Vagos Juv				Natacao de Vagos	5:04.80	438
Catarina lourtaeva, MESQUITA	+0,72	37.65	1:17.54	Jacinta Martins, VIANA	36.97	1:20.66
Carolina Rei, PEREIRA		39.22	1:22.36	Maria Vieira, MARQUES	30.46	1:04.24
2. Academica de Coimbra Juv				Academica de Coimbra	5:35.96	327
Laura Rodrigues, MARGATO	+0,74	39.34	1:20.14	Joana Beatriz, RODRIGUES	40.34	1:27.05
Beatriz Beja, AFONSO		48.04	1:40.27	Ana Filipa, SILVA	33.12	1:08.50
3. Nautico Academico Juv				Nautico Academico	6:00.01	266
Laura Torrao, CARVALHO	+1,03	44.30	1:31.77	Maria Pedro, ASCENSO	+0,56	47.61
Rita Lima, PIRES		42.00	1:31.84	Maria Fernandes, LOBO		33.09

Absoluto

1. Academica de Coimbra Abs				Academica de Coimbra	4:53.16	492
Barbara Azambujo, MELO	+0,88	35.63	1:15.28	Ines Mariana, PINHEIRO	32.43	1:10.25
Ema Filipa, ROSARIO		37.93	1:23.55	Ana Carolina, NEVES	30.01	1:04.08
2. Nautico Academico Abs				Nautico Academico	5:20.46	377
Sofia Tavares, JACINTO	+0,65	39.52	1:23.40	Maria Miguel, GAMEIRO	34.50	1:16.14
Marta Domingues, GAMEIRO		41.54	1:28.84	Rita Baptista, MARQUES	34.22	1:12.08
3. Academica de Coimbra Abs				Academica de Coimbra	5:30.91	342
Beatriz Carvalho, MARQUES	+0,78	41.19	1:24.37	Filipa Victor, VIEIRA	37.97	1:25.41
Mariana Pinto, ANGELO		44.72	1:33.48	Beatriz Lopes, PINTO	32.61	1:07.65
4. O Crasto Abs				O Crasto	5:33.41	334
Carolina Goncalves, RIBEIRO	+0,56	36.32	1:14.16	Carla Sandrina, FERREIRA	+0,64	36.00
Marta Monteiro, PEREIRA	+0,85	48.17	1:42.53	Matilde Monteiro, PEREIRA		37.01

DSQ Academica de Coimbra Abs
rendição antecipada do 4º atleta

				Academica de Coimbra		
Tatiana Filipa, SANTOS	+0,66	33.93	1:09.12	Beatriz Costa, TEJO		
Matilde Freitas, MOREIRA		39.17	1:24.68	Beatriz Neves, CRAVEIRO	-0,10	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 11 Masc., 4 x 100m Livres Absoluto
16-02-2019 Resultados

Recordes Nacionais 50m Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	19-07-2009
Recordes Nacionais 50m Sen	3:25.77	Sporting Clube de Portugal	SCP	Coimbra	17-03-2018
Recordes Nacionais 50m Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	FCP	Lisboa	27-03-2009
Recordes Nacionais 50m Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicão	19-07-2013
Recordes Nacionais 50m Juv	3:39.68	tempo limite	FCP	Famalicão	19-07-2013
Recordes Nacionais 50m Juv B	3:45.99	Futebol Clube do Porto	FCP	Jamor	27-07-2012
Recordes Nacionais 50m Inf A	3:52.27	Grupo Desp. Natacao V. N. Famalicão	GDNVNF	Loulé	19-07-2014
Recordes Nacionais 50m Inf	3:52.27	Grupo Desp. Natacao V. N. Famalicão	GDNVNF	Loulé	19-07-2014
Recordes Nacionais 50m Inf B	4:06.16	Associacao Naval Amorense	ANAM	Loulé	19-07-2014
Recordes Regionais ANC 50m Absoluto	3:29.79	Clube Náutico Académico de Coimbra	POR		01-05-2012
Recordes Regionais ANC 50m Sen	3:29.79	Clube Náutico Académico de Coimbra	POR		01-05-2012
Recordes Regionais ANC 50m Jun	3:39.23	Associação Académica de Coimbra	POR		01-05-2012
Recordes Regionais ANC 50m Juv A	3:43.55	Clube Náutico Académico de Coimbra	POR		01-05-2017
Recordes Regionais ANC 50m Juv	3:43.55	Clube Náutico Académico de Coimbra	POR		06-06-2017
Recordes Regionais ANC 50m Juv B	3:49.42	Fundação Beatriz Santos Clube	POR		01-05-2017
Recordes Regionais ANC 50m Inf A	3:57.99	Clube Uniao 1919	POR	Coimbra	07-07-2018
Recordes Regionais ANC 50m Inf	3:57.99	Clube União 1919	POR		27-12-2018
Recordes Regionais ANC 50m Inf B	4:15.78	Clube Náutico Académico de Coimbra	POR		01-05-2011

Pontos: FINA 2018

Lugar					Tempo final	Pts
Infantis						
1.	Bombeiros Mealhada Inf			Bombeiros Mealhada	4:32.42	329
	Rafael Pereira, PESSOA	05	33.03	1:07.15	Pedro Ferreira, DUARTE	05 36.66 1:16.89
	Francisco Xavier, AMARAL	05	32.55	1:07.51	Eduardo Gabriel, VIEIRA	05 29.12 1:00.87
2.	Alges e Agueda XXI Inf			Alges e Agueda XXI	4:38.13	310
	Daniel Batista, TAVARES	+0,79	31.87	1:06.15	Abel Renato, FERREIRA	+0,26 32.03 1:07.88
	Henrique Ferreira, MARTINS	+0,66	33.29	1:12.98	Gabriel Cunha, TEIXEIRA	+0,54 33.82 1:11.12
3.	Condeixa Clube Inf			Condeixa Clube	5:01.77	242
	Tomas Cardoso, GERALDO	05	34.71	1:14.20	Jose Miguel, MARQUES	06 36.99 1:16.41
	Diogo Cura, NEVES	06	38.83	1:20.58	Miguel Bernardo, ARAUJO	06 34.39 1:10.58
4.	Academica de Coimbra Inf			Academica de Coimbra	5:11.88	219
	Dinis Raimundo, SILVA	+0,65	34.53	1:12.78	Edgar Tavares, MENDES	+0,46 37.54 1:19.85
	Joao Ferreira, MARQUES	+0,52	40.06	1:21.96	Miguel Joao, PINHEIRO	+0,50 34.53 1:17.29

Juvenis

1.	Bombeiros Mealhada Juv			Bombeiros Mealhada	4:44.04	291
	Cesar Rodrigues, ANDRADE	04	32.26	1:06.54	Henrique Rodrigues, ANDRADE	04 34.71 1:13.14
	Ricardo Pereira, PIRES	04	33.72	1:12.44	Joaquim Pedro, VERDADE	04 32.59 1:11.92

Absoluto

1.	Academica de Coimbra Abs			Academica de Coimbra	3:52.82	528	
	Pedro Salzedas, ADAIXO	+0,64	27.50	56.33	Miguel Caridade, GASPAR	+0,05 28.46 59.16	
	Bernardo Santos, CLEMENTE	+0,29	27.21	58.27	Miguel Freitas, OVIEDO	+0,22 28.34 59.06	
2.	S. Pedro Alva Abs			S. Pedro Alva	4:01.18	475	
	Diogo Miguel, PISCO	01	29.02	1:01.27	Alexandre Miguel, BRAS	03 27.05 57.87	
	Alberto Antonio, SANTOS	01	28.95	1:01.97	Rafael Alves, CAMPOS	04 29.31 1:00.07	
3.	Academica de Coimbra Abs			Academica de Coimbra	4:08.31	435	
	Goncalo Pereira, CORREIA	+0,56	28.31	1:00.30	Francisco Miguel, CARVALHO	+0,24 28.83 59.58	
	Diogo Luis, BREDA		28.37	59.21	Antonio, GLAVATSKYY	+0,36 32.41 1:09.22	
4.	Nautico Academico Abs			Nautico Academico	4:08.60	434	
	Vasco Pereira, BASTOS	+0,41	28.67	58.89	Jose Miguel, SILVA	+0,06 31.62 1:05.94	
	Rui Joao, MARQUES	+0,55	28.78	59.87	Joao Baptista, MARQUES		30.93 1:03.90
5.	Academica de Coimbra Abs			Academica de Coimbra	4:13.01	411	
	Bernardo Jorge, VENTURA	03	30.41	1:03.41	Gabriel Jose, FIGUEIRA	01 29.75 1:03.21	
	Gabriel Jose, JULIO	01	27.38	58.65	Diogo Afonso, CARREIRA	05 33.21 1:07.74	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 11, Masc., 4 x 100m Livres, Absoluto

Lugar						Tempo final	Pts
6.	O Crasto Abs			O Crasto		4:18.96	384
	+	0,43		1:02.78	Rodrigo Ferreira, RODRIGUES	+0,29 34.00	1:11.73
			29.45	1:01.40	Filipe Almeida, RODRIGUES	29.59	1:03.05
7.	Natacao de Vagos Abs			Natacao de Vagos		4:20.62	376
			03 29.79	1:02.64	Rafael Domingues, SA	03 29.83	1:02.29
			05 33.87	1:11.19	Pedro Ribeiro, MOCO	02 30.51	1:04.50
8.	O Crasto Abs			O Crasto		4:21.16	374
			06 31.93	1:07.02	Claudio Rodrigues, CARDOSO	03 33.05	1:10.12
			03 30.25	1:03.72	Gustavo Pinto, FIGUEIREDO	02 28.62	1:00.30

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

2 - 2ª Sessão

16-02-2019 - 16:00

Prova 12	Misto, 4 x 100m Livres					Absoluto
16-02-2019						Resultados
Recordes Nacionais 50m Absoluto	59:00.00					30-12-1899
Recordes Nacionais 50m 18 +	59:00.00					30-12-1899
Recordes Nacionais 50m 16 - 18	59:00.00					30-12-1899
Recordes Nacionais 50m 15 - 16	59:00.00					30-12-1899
Recordes Nacionais 50m 14 - 16	59:00.00					30-12-1899
Recordes Nacionais 50m 14 - 15	59:00.00					30-12-1899
Recordes Nacionais 50m 13 - 14	4:01.87	Clube dos Galitos / Bresimar	CGA	S. João da Madeira		21-07-2018
Recordes Nacionais 50m 12 - 14	4:01.87	Clube dos Galitos / Bresimar	CGA	S. João da Madeira		21-07-2018
Recordes Nacionais 50m 12 - 13	4:15.46	Clube Galitos de Aveiro	CGA	Loulé		16-07-2017

Pontos: FINA 2018

Lugar					Tempo final	Pts	
1. Louzan Natacao Abs	Louzan Natacao				3:57.21	595	
Gabriel Jose, LOPES	25.35	51.60	Goncalo Carvalho, SANTOS	+0,27	30.60	1:03.10	
Maria Carlota, REBELO	+0,31	29.49	1:02.38	Camila Rodrigues, REBELO	+0,33	28.97	1:00.13
2. Academica de Coimbra Abs	Academica de Coimbra				3:59.30	580	
Pedro Salzedas, ADAIXO	00	27.03	55.88	Ana Carolina, NEVES	00	29.18	1:02.32
Bernardo Santos, CLEMENTE	98	27.26	58.30	Beatriz Neves, CRAVEIRO	97	29.82	1:02.80
3. Academica de Coimbra Abs	Academica de Coimbra				4:05.21	539	
<i>Recorde Nacional</i>							
Diogo Luis, BREDA	01	28.86	59.63	Ines Mariana, PINHEIRO	03	31.23	1:04.64
Miguel Freitas, OVIEDO	02	28.30	59.22	Beatriz Costa, TEJO	02	30.22	1:01.72
4. NSG	NSG				4:05.28	538	
Ticia, KLEIN	04	30.15	1:03.51	Saya, CLAUS	02	30.50	1:03.92
Dali, YANIS	03	27.00	55.78	Noam, GOLOMBEK	01	29.32	1:02.07
5. Academica de Coimbra Abs	Academica de Coimbra				4:07.08	527	
Francisco Alberto, LUCAS		28.47	1:00.33	Mariana Pinto, ANGELO		31.37	1:05.30
Rodrigo Alexandre, PATRICIO	0.00	26.74	57.73	Tatiana Filipa, SANTOS	+0,31	30.49	1:03.72
6. Academica de Coimbra	Academica de Coimbra				4:19.01	457	
Miguel Caridade, GASPAR	99	29.10	59.98	Erna Filipa, ROSARIO	00	31.22	1:06.21
Francisco Miguel, CARVALHO	00	29.31	1:00.42	Filipa Victor, VIEIRA	04	35.17	1:12.40
7. Academica de Coimbra Abs	Academica de Coimbra				4:19.48	455	
Gabriel Jose, JULIO	01	28.04	59.88	Matilde Freitas, MOREIRA	01	30.14	1:03.64
Diogo Afonso, CARREIRA	05	33.20	1:08.26	Beatriz Lopes, PINTO	99	32.55	1:07.70
8. O Crasto Abs	O Crasto				4:27.73	414	
Marta Monteiro, PEREIRA	04	33.64	1:10.73	Carla Sandrina, FERREIRA	04	33.46	
Tiago Alexandre, RELVA	96	32.29	1:04.60	Gustavo Pinto, FIGUEIREDO	02		
9. Academica de Coimbra Abs	Academica de Coimbra				4:28.01	413	
Bernardo Jorge, VENTURA	03	30.86	1:04.94	Gabriel Jose, FIGUEIRA	01	30.55	1:04.67
Barbara Azambujo, MELO	02	31.57	1:08.06	Beatriz Carvalho, MARQUES	02	32.98	1:10.34
10. Bombeiros Mealhada Abs	Bombeiros Mealhada				4:31.74	396	
Beatriz Ferreira, GASPAR	04	31.28	1:04.87	Beatriz Sofia, PEREIRA	04	36.79	1:17.73
Marco André, ALMEIDA	02	30.81	1:05.99	Artur, YURCHUK	03	29.52	1:03.15
11. Uniao Coimbra Juv	Uniao Coimbra				4:34.92	382	
<i>Recorde Nacional</i>							
Carlos Martins, MARQUES		30.76	1:04.97	Mafalda Vestia, FIDALGO	+0,07	32.08	1:07.88
Diogo Alves, ARCANJO	+0,47	32.16	1:09.26	Diana Costa, OLIVEIRA	+0,50	34.41	1:12.81
12. O Crasto Abs	O Crasto				4:38.62	367	
Matilde Monteiro, PEREIRA	06	35.62	1:15.66	Carolina Goncalves, RIBEIRO	04	32.75	1:08.97
Igor Branco, PEREIRA	03	30.62	1:04.08	Claudio Rodrigues, CARDOSO	03	33.27	1:09.91
13. Academica de Coimbra Juv	Academica de Coimbra				4:58.55	298	
Helena Carolina, DINIS		37.28	1:16.86	Antonio, GLAVATSKYY		34.09	1:11.38
Maria Ines, ALVES	+0,57	35.54	1:16.04	Rodrigo Costa, CRUZ	+0,49	34.67	1:14.27

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 12, Misto, 4 x 100m Livres, Absoluto

Lugar					Tempo final	Pts
14.	Nautico Academico		Nautico Academico		5:14.01	256
	Maria Vitoria, GRILO		1:11.51 Duarte Miguel, BENTO		36.78	1:22.72
	Henrique Tavares, DIAS	35.91	1:15.59 Lara Carvalho, SANTOS	-0,27		1:24.19
DSQ	O Crasto Abs		O Crasto			
	<i>rendição antecipada do 2º atleta</i>					
	Nancy Almeida, RODRIGUES	07	37.25	1:16.86	Laura Almeida, PINA	07
	Joao Salvador, COELHO	03			Filipe Almeida, RODRIGUES	01
DNS	S. Pedro Alva Abs		S. Pedro Alva			

Prova 13 Masc., 1500m Livres Absoluto Resultados

Recordes Nacionais 50m Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Recordes Nacionais 50m Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Recordes Nacionais 50m Jun18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07-07-2016
Recordes Nacionais 50m Jun17	15:43.45	Guilherme Filipe, PINA	POR	Singapore	30-08-2015
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Recordes Nacionais 50m Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
Recordes Nacionais 50m Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19-06-2004
Recordes Nacionais 50m Inf B	17:21.58	Pedro Fontoura, OLIVEIRA	CFB	Restelo	27-07-2003
Recordes Regionais ANC 50m Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	POR	Oeiras	20-07-2017
Recordes Regionais ANC 50m Sen	15:41.21	Alexandre Valdagua, COUTINHO	POR	Oeiras	20-07-2017
Recordes Regionais ANC 50m Jun18	15:43.34	Alexandre Valdagua, COUTINHO	POR	Coimbra	23-07-2015
Recordes Regionais ANC 50m Jun17	16:01.38	Diogo Coelho, JOSE	POR		23-07-2018
Recordes Regionais ANC 50m Juv A	16:32.15	Diogo Manuel, MARQUES	POR	Coimbra	04-04-2014
Recordes Regionais ANC 50m Juv B	16:45.13	Pedro, MATOS	POR	Famalicão	24-07-1997
Recordes Regionais ANC 50m Inf A	17:20.74	Pedro, MATOS	POR	Coimbra	13-07-1996
Recordes Regionais ANC 50m Inf B	18:19.27	Joao Carvalho, DIZ	POR	Loulé	01-05-2014

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts	
Infantis B								
1.	Joao Pinto, FIGUEIREDO		06	O Crasto		19:55.77	386	
	50m: 33.60	33.60	450m: 5:49.86	38.81	850m: 11:13.96	40.51	1250m: 16:36.39	38.75
	100m: 1:12.35	38.75	500m: 6:31.26	41.40	900m: 11:54.37	40.41	1300m: 17:18.57	42.18
	150m: 1:51.18	38.83	550m: 7:11.40	40.14	950m: 12:34.05	39.68	1350m: 17:58.65	40.08
	200m: 2:30.92	39.74	600m: 7:51.93	40.53	1000m: 13:13.69	39.64	1400m: 18:39.59	40.94
	250m: 3:10.55	39.63	650m: 8:32.17	40.24	1050m: 13:54.46	40.77	1450m: 19:18.18	38.59
	300m: 3:51.07	40.52	700m: 9:13.13	40.96	1100m: 14:35.60	41.14	1500m: 19:55.77	37.59
	350m: 4:30.60	39.53	750m: 9:52.40	39.27	1150m: 15:15.91	40.31		
	400m: 5:11.05	40.45	800m: 10:33.45	41.05	1200m: 15:57.64	41.73		
2.	Jose Miguel, MARQUES		06	Condeixa Clube		21:37.71	302	
	50m: 38.78	38.78	450m: 6:29.32	42.57	850m: 12:14.45	42.54	1250m: 18:02.61	43.71
	100m: 1:22.38	43.60	500m: 7:12.62	43.30	900m: 12:57.71	43.26	1300m: 18:47.06	44.45
	150m: 2:06.40	44.02	550m: 7:55.63	43.01	950m: 13:41.09	43.38	1350m: 19:29.92	42.86
	200m: 2:51.24	44.84	600m: 8:38.87	43.24	1000m: 14:25.20	44.11	1400m: 20:13.80	43.88
	250m: 3:34.94	43.70	650m: 9:21.34	42.47	1050m: 15:08.83	43.63	1450m: 20:56.56	42.76
	300m: 4:19.25	44.31	700m: 10:04.46	43.12	1100m: 15:52.21	43.38	1500m: 21:37.71	41.15
	350m: 5:03.04	43.79	750m: 10:47.47	43.01	1150m: 16:35.42	43.21		
	400m: 5:46.75	43.71	800m: 11:31.91	44.44	1200m: 17:18.90	43.48		
3.	Miguel Bernardo, ARAUJO		06	Condeixa Clube		21:41.97	299	
	50m: 36.80	36.80	450m: 6:16.78	42.60	850m: 11:59.71	44.03	1250m: 17:55.23	46.43
	100m: 1:18.27	41.47	500m: 6:59.44	42.66	900m: 12:42.57	42.86	1300m: 18:40.35	45.12
	150m: 2:01.17	42.90	550m: 7:42.90	43.46	950m: 13:27.21	44.64	1350m: 19:26.73	46.38
	200m: 2:43.20	42.03	600m: 8:24.92	42.02	1000m: 14:10.44	43.23	1400m: 20:13.15	46.42
	250m: 3:26.62	43.42	650m: 9:07.71	42.79	1050m: 14:55.43	44.99	1450m: 20:59.10	45.95
	300m: 4:08.73	42.11	700m: 9:49.72	42.01	1100m: 15:39.13	43.70	1500m: 21:41.97	42.87
	350m: 4:52.03	43.30	750m: 10:33.19	43.47	1150m: 16:24.44	45.31		
	400m: 5:34.18	42.15	800m: 11:15.68	42.49	1200m: 17:08.80	44.36		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 13, Masc., 1500m Livres, Infantis B

Lugar			Ano					Tempo final	Pts
4.	Simao Jesus, SILVA		06	Columbofila Cantanhedense				22:02.08	285
	50m:	39.23 39.23	450m:	6:31.61 44.18	850m:	12:26.29 44.53	1250m:	18:22.25 44.54	
	100m:	1:21.82 42.59	500m:	7:16.20 44.59	900m:	13:10.80 44.51	1300m:	19:06.71 44.46	
	150m:	2:06.03 44.21	550m:	8:00.60 44.40	950m:	13:55.47 44.67	1350m:	19:50.92 44.21	
	200m:	2:50.25 44.22	600m:	8:44.84 44.24	1000m:	14:39.81 44.34	1400m:	20:35.10 44.18	
	250m:	3:34.83 44.58	650m:	9:29.29 44.45	1050m:	15:24.23 44.42	1450m:	21:18.44 43.34	
	300m:	4:18.85 44.02	700m:	10:13.18 43.89	1100m:	16:08.77 44.54	1500m:	22:02.08 43.64	
	350m:	5:03.01 44.16	750m:	10:57.53 44.35	1150m:	16:52.74 43.97			
	400m:	5:47.43 44.42	800m:	11:41.76 44.23	1200m:	17:37.71 44.97			

DNS Guilherme Marques, PEREIRA 06 Condeixa Clube

Juvenis B

1.	Rui Mamede, SANTOS		04	Uniao Coimbra				18:13.12	505
	50m:	31.26 31.26	450m:	5:25.91 36.73	850m:	10:19.30 36.89	1250m:	15:11.61 35.77	
	100m:	1:07.14 35.88	500m:	6:02.09 36.18	900m:	10:56.33 37.03	1300m:	15:48.62 37.01	
	150m:	1:44.03 36.89	550m:	6:39.23 37.14	950m:	11:32.45 36.12	1350m:	16:25.60 36.98	
	200m:	2:21.17 37.14	600m:	7:16.17 36.94	1000m:	12:08.59 36.14	1400m:	17:02.60 37.00	
	250m:	2:58.40 37.23	650m:	7:52.91 36.74	1050m:	12:45.78 37.19	1450m:	17:39.17 36.57	
	300m:	3:35.06 36.66	700m:	8:28.75 35.84	1100m:	13:22.70 36.92	1500m:	18:13.12 33.95	
	350m:	4:12.16 37.10	750m:	9:05.45 36.70	1150m:	13:58.69 35.99			
	400m:	4:49.18 37.02	800m:	9:42.41 36.96	1200m:	14:35.84 37.15			

2.	Pedro Miguel, FLORIDO		04	Fundacao Beatriz Santos				19:11.20	433
	50m:	34.12 34.12	450m:	5:36.89 37.89	850m:	10:43.93 38.55	1250m:	15:56.69 38.99	
	100m:	1:11.70 37.58	500m:	6:15.46 38.57	900m:	11:22.95 39.02	1300m:	16:35.77 39.08	
	150m:	1:49.77 38.07	550m:	6:53.39 37.93	950m:	12:02.12 39.17	1350m:	17:14.87 39.10	
	200m:	2:27.61 37.84	600m:	7:31.51 38.12	1000m:	12:41.09 38.97	1400m:	17:54.03 39.16	
	250m:	3:05.55 37.94	650m:	8:09.55 38.04	1050m:	13:19.96 38.87	1450m:	18:32.92 38.89	
	300m:	3:43.80 38.25	700m:	8:47.92 38.37	1100m:	13:59.06 39.10	1500m:	19:11.20 38.28	
	350m:	4:21.33 37.53	750m:	9:26.22 38.30	1150m:	14:38.36 39.30			
	400m:	4:59.00 37.67	800m:	10:05.38 39.16	1200m:	15:17.70 39.34			

3.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				19:48.58	393
	50m:	35.39 35.39	450m:	5:49.23 39.39	850m:	11:07.96 40.79	1250m:	16:30.02 41.17	
	100m:	1:13.67 38.28	500m:	6:28.40 39.17	900m:	11:47.57 39.61	1300m:	17:09.90 39.88	
	150m:	1:52.58 38.91	550m:	7:08.62 40.22	950m:	12:27.70 40.13	1350m:	17:49.74 39.84	
	200m:	2:32.28 39.70	600m:	7:48.08 39.46	1000m:	13:07.44 39.74	1400m:	18:30.57 40.83	
	250m:	3:11.41 39.13	650m:	8:28.28 40.20	1050m:	13:47.99 40.55	1450m:	19:09.28 38.71	
	300m:	3:50.83 39.42	700m:	9:08.06 39.78	1100m:	14:28.54 40.55	1500m:	19:48.58 39.30	
	350m:	4:29.67 38.84	750m:	9:47.01 38.95	1150m:	15:08.20 39.66			
	400m:	5:09.84 40.17	800m:	10:27.17 40.16	1200m:	15:48.85 40.65			

DNS Tiago Andre, POIARES 04 Fundacao Beatriz Santos

Juvenis A

1.	Ilias, EBERHARD		03	NSG				17:08.41	607
	50m:	30.37 30.37	450m:	5:01.41 34.56	850m:	9:38.20 34.84	1250m:	14:17.45 35.19	
	100m:	1:03.57 33.20	500m:	5:35.56 34.15	900m:	10:12.76 34.56	1300m:	14:52.37 34.92	
	150m:	1:37.32 33.75	550m:	6:09.97 34.41	950m:	10:47.89 35.13	1350m:	15:27.79 35.42	
	200m:	2:11.28 33.96	600m:	6:44.50 34.53	1000m:	11:23.11 35.22	1400m:	16:03.12 35.33	
	250m:	2:45.18 33.90	650m:	7:19.17 34.67	1050m:	11:57.65 34.54	1450m:	16:37.91 34.79	
	300m:	3:18.64 33.46	700m:	7:53.99 34.82	1100m:	12:32.69 35.04	1500m:	17:08.41 30.50	
	350m:	3:52.57 33.93	750m:	8:28.81 34.82	1150m:	13:07.64 34.95			
	400m:	4:26.85 34.28	800m:	9:03.36 34.55	1200m:	13:42.26 34.62			

2.	David Valdagua, COUTINHO		03	Columbofila Cantanhedense				18:10.11	510
	50m:	32.64 32.64	450m:	5:21.85 36.53	850m:	10:15.98 37.14	1250m:	15:09.15 36.82	
	100m:	1:08.05 35.41	500m:	5:58.64 36.79	900m:	10:52.59 36.61	1300m:	15:45.52 36.37	
	150m:	1:43.40 35.35	550m:	6:35.29 36.65	950m:	11:29.68 37.09	1350m:	16:22.11 36.59	
	200m:	2:19.32 35.92	600m:	7:12.10 36.81	1000m:	12:06.14 36.46	1400m:	16:58.58 36.47	
	250m:	2:55.62 36.30	650m:	7:48.94 36.84	1050m:	12:42.62 36.48	1450m:	17:34.99 36.41	
	300m:	3:32.13 36.51	700m:	8:25.73 36.79	1100m:	13:19.34 36.72	1500m:	18:10.11 35.12	
	350m:	4:08.48 36.35	750m:	9:02.24 36.51	1150m:	13:55.35 36.01			
	400m:	4:45.32 36.84	800m:	9:38.84 36.60	1200m:	14:32.33 36.98			

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 13, Masc., 1500m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts	
3.	Goncalo Pires, LOURENCO		03	Fundacao Beatriz Santos		18:25.05	489	
	50m:	31.52 31.52	450m:	5:25.24 37.44	850m:	10:26.23 37.86	1250m:	15:24.03 37.47
	100m:	1:06.70 35.18	500m:	6:02.98 37.74	900m:	11:03.48 37.25	1300m:	16:01.01 36.98
	150m:	1:42.90 36.20	550m:	6:40.73 37.75	950m:	11:41.27 37.79	1350m:	16:37.64 36.63
	200m:	2:19.72 36.82	600m:	7:18.08 37.35	1000m:	12:17.68 36.41	1400m:	17:14.30 36.66
	250m:	2:56.82 37.10	650m:	7:55.69 37.61	1050m:	12:54.78 37.10	1450m:	17:51.27 36.97
	300m:	3:33.26 36.44	700m:	8:33.13 37.44	1100m:	13:32.25 37.47	1500m:	18:25.05 33.78
	350m:	4:10.88 37.62	750m:	9:10.88 37.75	1150m:	14:09.54 37.29		
	400m:	4:47.80 36.92	800m:	9:48.37 37.49	1200m:	14:46.56 37.02		
4.	Ricardo Martins, CARVALHO		03	Fundacao Beatriz Santos		18:26.97	487	
	50m:	34.04 34.04	450m:	5:34.16 37.58	850m:	10:29.36 37.21	1250m:	15:25.15 36.99
	100m:	1:11.30 37.26	500m:	6:10.88 36.72	900m:	11:06.08 36.72	1300m:	16:02.17 37.02
	150m:	1:49.36 38.06	550m:	6:47.81 36.93	950m:	11:43.08 37.00	1350m:	16:38.79 36.62
	200m:	2:27.15 37.79	600m:	7:24.73 36.92	1000m:	12:20.16 37.08	1400m:	17:15.27 36.48
	250m:	3:05.64 38.49	650m:	8:02.38 37.65	1050m:	12:57.59 37.43	1450m:	17:51.91 36.64
	300m:	3:42.97 37.33	700m:	8:38.62 36.24	1100m:	13:34.45 36.86	1500m:	18:26.97 35.06
	350m:	4:19.78 36.81	750m:	9:15.51 36.89	1150m:	14:11.44 36.99		
	400m:	4:56.58 36.80	800m:	9:52.15 36.64	1200m:	14:48.16 36.72		
5.	Micael Kovalchuk, SOLODYUK		03	Natacao de Vagos		19:03.38	442	
	50m:	32.08 32.08	450m:	5:41.58 38.53	850m:	10:50.66 38.18	1250m:	15:57.60 37.74
	100m:	1:09.41 37.33	500m:	6:20.44 38.86	900m:	11:29.60 38.94	1300m:	16:35.82 38.22
	150m:	1:47.61 38.20	550m:	6:59.03 38.59	950m:	12:07.28 37.68	1350m:	17:13.09 37.27
	200m:	2:27.09 39.48	600m:	7:38.42 39.39	1000m:	12:46.44 39.16	1400m:	17:50.74 37.65
	250m:	3:05.91 38.82	650m:	8:16.85 38.43	1050m:	13:24.73 38.29	1450m:	18:27.26 36.52
	300m:	3:45.22 39.31	700m:	8:55.57 38.72	1100m:	14:03.37 38.64	1500m:	19:03.38 36.12
	350m:	4:23.81 38.59	750m:	9:33.68 38.11	1150m:	14:40.98 37.61		
	400m:	5:03.05 39.24	800m:	10:12.48 38.80	1200m:	15:19.86 38.88		
6.	Rafael Domingues, SA		03	Natacao de Vagos		19:40.07	402	
	50m:	33.78 33.78	450m:	5:50.02 39.88	850m:	11:08.83 37.67	1250m:	16:28.90 39.54
	100m:	1:11.84 38.06	500m:	6:29.76 39.74	900m:	11:49.26 40.43	1300m:	17:07.91 39.01
	150m:	1:50.95 39.11	550m:	7:09.94 40.18	950m:	12:29.83 40.57	1350m:	17:46.07 38.16
	200m:	2:31.64 40.69	600m:	7:50.16 40.22	1000m:	13:09.76 39.93	1400m:	18:25.22 39.15
	250m:	3:11.04 39.40	650m:	8:30.71 40.55	1050m:	13:49.94 40.18	1450m:	19:03.74 38.52
	300m:	3:51.84 40.80	700m:	9:10.69 39.98	1100m:	14:29.65 39.71	1500m:	19:40.07 36.33
	350m:	4:30.71 38.87	750m:	9:50.99 40.30	1150m:	15:09.80 40.15		
	400m:	5:10.14 39.43	800m:	10:31.16 40.17	1200m:	15:49.36 39.56		

Juniores

1.	Rui Joao, MARQUES		02	Nautico Academico		18:02.79	520	
	50m:	31.27 31.27	450m:	5:11.69 36.44	850m:	10:03.32 36.42	1250m:	14:58.75 37.35
	100m:	1:04.14 32.87	500m:	5:47.64 35.95	900m:	10:39.99 36.67	1300m:	15:35.61 36.86
	150m:	1:38.67 34.53	550m:	6:24.31 36.67	950m:	11:16.96 36.97	1350m:	16:12.95 37.34
	200m:	2:13.00 34.33	600m:	7:00.87 36.56	1000m:	11:53.35 36.39	1400m:	16:49.58 36.63
	250m:	2:48.33 35.33	650m:	7:38.48 37.61	1050m:	12:29.99 36.64	1450m:	17:26.73 37.15
	300m:	3:23.75 35.42	700m:	8:14.22 35.74	1100m:	13:07.02 37.03	1500m:	18:02.79 36.06
	350m:	3:59.80 36.05	750m:	8:51.30 37.08	1150m:	13:44.01 36.99		
	400m:	4:35.25 35.45	800m:	9:26.90 35.60	1200m:	14:21.40 37.39		
2.	Vasco Pereira, BASTOS		02	Nautico Academico		18:37.25	473	
	50m:	31.89 31.89	450m:	5:21.28 37.23	850m:	10:22.39 37.92	1250m:	15:29.32 37.99
	100m:	1:06.73 34.84	500m:	5:58.67 37.39	900m:	11:01.07 38.68	1300m:	16:07.16 37.84
	150m:	1:42.67 35.94	550m:	6:36.25 37.58	950m:	11:39.33 38.26	1350m:	16:44.84 37.68
	200m:	2:18.47 35.80	600m:	7:13.22 36.97	1000m:	12:17.73 38.40	1400m:	17:22.46 37.62
	250m:	2:54.57 36.10	650m:	7:50.56 37.34	1050m:	12:55.84 38.11	1450m:	18:00.00 37.54
	300m:	3:30.57 36.00	700m:	8:28.28 37.72	1100m:	13:34.21 38.37	1500m:	18:37.25 37.25
	350m:	4:06.32 35.75	750m:	9:05.80 37.52	1150m:	14:12.32 38.11		
	400m:	4:44.05 37.73	800m:	9:44.47 38.67	1200m:	14:51.33 39.01		

Seniores

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 13, Masc., 1500m Livres, Seniores

Lugar			Ano					Tempo final	Pts		
1.	Miguel Caridade, GASPAR		99	Academica de Coimbra				17:26.48	576		
	50m:	31.22 31.22	450m:	5:09.43	35.60	850m:	9:53.16	35.66	1250m:	14:34.45	34.84
	100m:	1:04.48 33.26	500m:	5:45.41	35.98	900m:	10:28.59	35.43	1300m:	15:09.31	34.86
	150m:	1:38.75 34.27	550m:	6:20.64	35.23	950m:	11:04.22	35.63	1350m:	15:43.74	34.43
	200m:	2:13.25 34.50	600m:	6:55.93	35.29	1000m:	11:39.86	35.64	1400m:	16:18.43	34.69
	250m:	2:48.11 34.86	650m:	7:31.41	35.48	1050m:	12:15.43	35.57	1450m:	16:52.96	34.53
	300m:	3:22.97 34.86	700m:	8:06.62	35.21	1100m:	12:50.68	35.25	1500m:	17:26.48	33.52
	350m:	3:58.32 35.35	750m:	8:41.87	35.25	1150m:	13:25.02	34.34			
	400m:	4:33.83 35.51	800m:	9:17.50	35.63	1200m:	13:59.61	34.59			
2.	Francisco Miguel, CARVALHO		00	Academica de Coimbra				17:54.58	532		
	50m:	31.38 31.38	450m:	5:16.06	35.54	850m:	10:03.35	35.60	1250m:	14:53.94	36.42
	100m:	1:06.48 35.10	500m:	5:52.30	36.24	900m:	10:39.82	36.47	1300m:	15:30.53	36.59
	150m:	1:41.98 35.50	550m:	6:27.96	35.66	950m:	11:16.08	36.26	1350m:	16:06.68	36.15
	200m:	2:17.70 35.72	600m:	7:03.98	36.02	1000m:	11:52.64	36.56	1400m:	16:42.89	36.21
	250m:	2:53.29 35.59	650m:	7:39.74	35.76	1050m:	12:28.76	36.12	1450m:	17:18.87	35.98
	300m:	3:29.06 35.77	700m:	8:16.15	36.41	1100m:	13:05.49	36.73	1500m:	17:54.58	35.71
	350m:	4:04.75 35.69	750m:	8:51.68	35.53	1150m:	13:41.05	35.56			
	400m:	4:40.52 35.77	800m:	9:27.75	36.07	1200m:	14:17.52	36.47			
3.	Rodrigo Ribeiro, GOMES		00	Fundacao Beatriz Santos				18:49.64	458		
	50m:	32.47 32.47	450m:	5:23.44	36.44	850m:	10:24.28	38.69	1250m:	15:32.94	39.94
	100m:	1:09.04 36.57	500m:	6:01.00	37.56	900m:	11:01.57	37.29	1300m:	16:14.43	41.49
	150m:	1:44.31 35.27	550m:	6:37.42	36.42	950m:	11:38.34	36.77	1350m:	16:54.04	39.61
	200m:	2:20.99 36.68	600m:	7:14.08	36.66	1000m:	12:17.32	38.98	1400m:	17:33.29	39.25
	250m:	2:57.11 36.12	650m:	7:51.05	36.97	1050m:	12:56.91	39.59	1450m:	18:12.59	39.30
	300m:	3:33.84 36.73	700m:	8:29.53	38.48	1100m:	13:37.19	40.28	1500m:	18:49.64	37.05
	350m:	4:09.82 35.98	750m:	9:07.68	38.15	1150m:	14:17.00	39.81			
	400m:	4:47.00 37.18	800m:	9:45.59	37.91	1200m:	14:53.00	36.00			

Prova 14
16-02-2019

Femin., 200m Costas

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	2:15.27	Francisca Gomes, AZEVEDO	SAD	Coimbra	20-06-2015
Recordes Nacionais 50m Sen	2:15.27	Francisca Gomes, AZEVEDO	SAD	Coimbra	02-04-2015
Recordes Nacionais 50m Jun17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02-04-2015
Recordes Nacionais 50m Jun16	2:17.98	Catia Raquel, MARTINHEIRA	POR	Lima (PER)	18-08-2011
Recordes Nacionais 50m Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Recordes Nacionais 50m Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017
Recordes Nacionais 50m Inf A	2:23.57	Rafaela Gomes, AZEVEDO	POR	Genova (ITA)	20-06-2015
Recordes Nacionais 50m Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicao	27-07-1997
Recordes Regionais ANC 50m Absoluto	2:20.34	Camila Rodrigues, REBELO	POR		21-07-2018
Recordes Regionais ANC 50m Sen	2:21.69	Joana Beatriz, BERNARDO	POR	Coimbra	20-05-2018
Recordes Regionais ANC 50m Jun17	2:24.24	Ana Raquel, FERREIRA	POR	Coimbra	02-04-2015
Recordes Regionais ANC 50m Jun16	2:21.88	Camila Rodrigues, REBELO	POR	Coimbra	20-01-2019
Recordes Regionais ANC 50m Juv A	2:20.34	Camila Rodrigues, REBELO	POR	Italia	16-06-2018
Recordes Regionais ANC 50m Juv B	2:20.53	Camila Rodrigues, REBELO	POR	Oeiras	21-07-2017
Recordes Regionais ANC 50m Inf A	2:30.49	Maria Malaguerra, COSTA	POR	Rio Maior	03-07-2011
Recordes Regionais ANC 50m Inf B	2:35.38	Camila Rodrigues, REBELO	POR	Oeiras	19-07-2015

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
Infantis B											
1.	Laura Almeida, PINA		07	O Crasto				2:57.16	343		
	50m:	42.93 42.93	100m:	1:28.34	45.41	150m:	2:13.99	45.65	200m:	2:57.16	43.17
2.	Ines Miranda, DIOGO		07	Fundacao Beatriz Santos				3:00.27	325		
	50m:	42.78 42.78	100m:	1:28.34	45.56	150m:	2:14.73	46.39	200m:	3:00.27	45.54
3.	Leonor Garcia, FERNANDES		07	O Crasto				3:01.19	320		
	50m:	43.77 43.77	100m:	1:30.19	46.42	150m:	2:17.00	46.81	200m:	3:01.19	44.19
4.	Carolina Vizinho, CABRAL		07	Natacao de Vagos				3:02.06	316		
	50m:	44.08 44.08	100m:	1:32.03	47.95	150m:	2:19.65	47.62	200m:	3:02.06	42.41
5.	Joana Calado, CRUZ		07	Fundacao Beatriz Santos				3:04.80	302		
	50m:	42.82 42.82	100m:	1:30.35	47.53	150m:	2:18.11	47.76	200m:	3:04.80	46.69

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 14, Femin., 200m Costas, Infantis B

Lugar	Ano	Tempo final	Pts
6. Cristiana Sofia, DUARTE 50m: 45.42 45.42 100m: 1:35.84 50.42 150m: 2:26.46 50.62 200m: 3:15.92 49.46	07 Vigor da Mocidade	3:15.92	253
7. Matilde Rodrigues, COSTA 50m: 49.11 49.11 100m: 1:42.07 52.96 150m: 2:34.55 52.48 200m: 3:22.76 48.21	07 S. Pedro Alva	3:22.76	229

Infantis A

1. Catarina Cunha, BELO 50m: 40.16 40.16 100m: 1:23.20 43.04 150m: 2:06.62 43.42 200m: 2:49.96 43.34	06 Fundacao Beatriz Santos	2:49.96	388
2. Joana Filipa, VARELA 100m: 1:24.33 1:24.33 200m: 2:50.96 1:26.63	06 Nautico Academico	2:50.96	382
3. Vitoria Cruz, DOMINGUES 50m: 40.47 40.47 100m: 1:23.97 43.50 150m: 2:09.56 45.59 200m: 2:53.46 43.90	06 Natacao de Vagos	2:53.46	365
4. Madalena Barra, MEDEIROS 50m: 42.25 42.25 100m: 1:26.82 44.57 150m: 2:12.18 45.36 200m: 2:55.76 43.58	06 Vigor da Mocidade	2:55.76	351
5. Mariana Fonseca, SILVA 50m: 42.32 42.32 100m: 1:26.94 44.62 150m: 2:13.06 46.12 200m: 2:56.58 43.52	06 Condeixa Clube	2:56.58	346
6. Ines Alves, DIAS 100m: 1:29.58 1:29.58 200m: 3:01.72 1:32.14	06 Fundacao Beatriz Santos	3:01.72	318
7. Francisca Carvalho, SOUSA 50m: 44.43 44.43 100m: 1:30.73 46.30 150m: 2:17.58 46.85 200m: 3:04.83 47.25	06 Miranda do Corvo	3:04.83	302
8. Beatriz Andre, GASPAR 50m: 44.10 44.10 100m: 1:31.62 47.52 150m: 2:19.07 47.45 200m: 3:05.78 46.71	06 Nautico Academico	3:05.78	297
DSQ Anita Gouveia, COSTA <i>Falsa partida</i>	06 Uniao Coimbra		

Juvenis B

1. Ana Matos, CABRAL 100m: 1:22.28 1:22.28 150m: 2:04.36 42.08 200m: 2:45.01 40.65	05 Condeixa Clube	2:45.01	424
2. Catarina Iourtaeva, MESQUITA 50m: 38.59 38.59 100m: 1:22.03 43.44 150m: 2:06.06 44.03 200m: 2:47.36 41.30	05 Natacao de Vagos	2:47.36	407
3. Barbara Almeida, SIMOES 50m: 39.90 39.90 100m: 1:23.40 43.50 150m: 2:06.34 42.94 200m: 2:48.45 42.11	05 Uniao Coimbra	2:48.45	399
4. Carolina Rei, PEREIRA 50m: 40.45 40.45 100m: 1:24.17 43.72 150m: 2:08.04 43.87 200m: 2:49.19 41.15	05 Natacao de Vagos	2:49.19	394
5. Beatriz Ferreira, LOISAS 50m: 42.59 42.59 100m: 1:26.66 44.07 150m: 2:10.08 43.42 200m: 2:52.79 42.71	05 Columbofila Cantanhedense	2:52.79	370
6. Beatriz Sa, GAMA 50m: 41.72 41.72 100m: 1:26.52 44.80 150m: 2:11.99 45.47 200m: 2:54.58 42.59	05 Condeixa Clube	2:54.58	358
7. Catarina Cruz, STELMASHCHUK 50m: 42.09 42.09 100m: 1:26.75 44.66 150m: 2:11.54 44.79 200m: 2:55.39 43.85	05 Natacao de Vagos	2:55.39	353
8. Camila Cavaleiro, SILVA 50m: 43.65 43.65 100m: 1:28.80 45.15 150m: 2:13.26 44.46 200m: 2:57.98 44.72	05 Columbofila Cantanhedense	2:57.98	338
9. Maria Ines, GASPAR 50m: 42.80 42.80 100m: 1:27.89 45.09 150m: 2:13.78 45.89 200m: 2:58.43 44.65	05 Miranda do Corvo	2:58.43	336
10. Rita Lima, PIRES 50m: 42.47 42.47 100m: 1:28.72 46.25 150m: 2:15.82 47.10 200m: 3:00.62 44.80	05 Nautico Academico	3:00.62	324
11. Filipa Moniz, PISSARRO 50m: 43.48 43.48 100m: 1:29.65 46.17 150m: 2:17.32 47.67 200m: 3:02.46 45.14	05 Academica de Coimbra	3:02.46	314

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 14, Femin., 200m Costas, Juvenis B

Lugar	Ano	Tempo final	Pts
12. Beatriz Margarido, SILVA	05 Natacao de Vagos	3:05.43	299
50m: 44.28 44.28 100m: 1:31.94 47.66 150m: 2:19.73 47.79 200m: 3:05.43 45.70			
DNS Matilde Abreu, SILVA	05 Natacao de Vagos		

Juvenis A

1. Leonor Correia, PAIVA	04 Louzan Natacao	2:38.40	480
50m: 37.46 37.46 100m: 1:17.68 40.22 150m: 1:58.93 41.25 200m: 2:38.40 39.47			
2. Carolina Goncalves, RIBEIRO	04 O Crasto	2:42.42	445
50m: 37.50 37.50 100m: 1:18.84 41.34 150m: 2:01.61 42.77 200m: 2:42.42 40.81			
3. Maria Vieira, MARQUES	04 Natacao de Vagos	2:43.98	433
50m: 36.08 36.08 100m: 1:17.72 41.64 150m: 2:01.12 43.40 200m: 2:43.98 42.86			
4. Ana Filipa, SILVA	04 Academica de Coimbra	2:47.12	409
50m: 40.41 40.41 100m: 1:23.06 42.65 150m: 2:05.72 42.66 200m: 2:47.12 41.40			
5. Ines Dias, CRUZ	04 Condeixa Clube	2:48.13	401
50m: 40.18 40.18 100m: 1:23.23 43.05 150m: 2:06.72 43.49 200m: 2:48.13 41.41			
6. Leonor Horta, COSTA	04 Individual ANC	2:48.19	401
50m: 38.88 38.88 100m: 1:21.56 42.68 150m: 2:05.44 43.88 200m: 2:48.19 42.75			
7. Maria Caetano, LAMAS	04 Miranda do Corvo	2:49.79	390
50m: 40.66 40.66 100m: 1:24.13 43.47 150m: 2:07.47 43.34 200m: 2:49.79 42.32			
8. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	2:51.88	376
50m: 40.05 40.05 100m: 1:24.16 44.11 150m: 2:08.42 44.26 200m: 2:51.88 43.46			
9. Laura Rodrigues, MARGATO	04 Academica de Coimbra	2:52.54	371
50m: 41.00 41.00 100m: 1:25.24 44.24 150m: 2:10.24 45.00 200m: 2:52.54 42.30			
10. Jacinta Martins, VIANA	04 Natacao de Vagos	2:55.18	355
50m: 40.99 40.99 100m: 1:26.02 45.03 150m: 2:11.02 45.00 200m: 2:55.18 44.16			
11. Filipa Victor, VIEIRA	04 Academica de Coimbra	2:55.96	350
50m: 41.97 41.97 100m: 1:26.77 44.80 150m: 2:13.15 46.38 200m: 2:55.96 42.81			
12. Diana Costa, OLIVEIRA	04 Uniao Coimbra	3:05.72	298
50m: 43.38 43.38 100m: 1:32.21 48.83 150m: 2:19.63 47.42 200m: 3:05.72 46.09			
13. Maria Beatriz, RODRIGUES	04 Condeixa Clube	3:08.41	285
50m: 45.44 45.44 100m: 1:33.04 47.60 150m: 2:22.51 49.47 200m: 3:08.41 45.90			

Juniores

1. Daeva, PUGLISI	03 NSG	2:31.83	545
50m: 34.68 34.68 100m: 1:12.84 38.16 150m: 1:52.94 40.10 200m: 2:31.83 38.89			
2. Ines Pereira, SILVA	02 Fundacao Beatriz Santos	2:38.23	481
50m: 37.18 37.18 100m: 1:17.27 40.09 150m: 1:57.97 40.70 200m: 2:38.23 40.26			
3. Barbara Azambujo, MELO	02 Academica de Coimbra	2:40.06	465
50m: 38.34 38.34 100m: 1:18.58 40.24 150m: 2:00.03 41.45 200m: 2:40.06 40.03			
4. Ana Luisa, RODRIGUES	03 Louzan Natacao	2:40.14	464
50m: 37.35 37.35 100m: 1:18.50 41.15 150m: 2:00.07 41.57 200m: 2:40.14 40.07			
5. Mariana Jacinto, SANTOS	03 Freguesia de Paiao	2:40.71	460
50m: 37.24 37.24 100m: 1:18.47 41.23 200m: 2:40.71 1:22.24			
6. Sara Dias, NEVES	03 Miranda do Corvo	2:41.03	457
50m: 38.58 38.58 100m: 1:19.03 40.45 150m: 2:00.56 41.53 200m: 2:41.03 40.47			
7. Beatriz Costa, TEJO	02 Academica de Coimbra	2:42.69	443
50m: 39.88 39.88 100m: 1:21.15 41.27 150m: 2:02.31 41.16 200m: 2:42.69 40.38			
8. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	2:50.45	385
50m: 41.38 41.38 100m: 1:24.55 43.17 150m: 2:07.89 43.34 200m: 2:50.45 42.56			

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 14, Femin., 200m Costas, Juniores

Lugar	Ano	Tempo final	Pts
9. Rita Santos, NOGUEIRA 50m: 40.77 40.77 100m: 1:25.12 44.35 150m: 2:09.84 44.72 200m: 2:51.77 41.93	03 Uniao Coimbra	2:51.77	376
10. Bruna Cruz, CARVALHO 50m: 39.85 39.85 100m: 1:23.44 43.59 150m: 2:08.60 45.16 200m: 2:53.72 45.12	03 S. Pedro Alva	2:53.72	364
11. Patricia Caldeira, FERREIRA 50m: 41.20 41.20 100m: 1:25.90 44.70 150m: 2:10.62 44.72 200m: 2:54.98 44.36	02 Freguesia de Paiao	2:54.98	356

Seniores

1. Matilde Freitas, MOREIRA 50m: 36.56 36.56 100m: 1:15.60 39.04 150m: 1:55.21 39.61 200m: 2:34.26 39.05	01 Academica de Coimbra	2:34.26	520
2. Mariana Pinto, ANGELO 50m: 38.40 38.40 100m: 1:19.33 40.93 150m: 2:00.74 41.41 200m: 2:42.77 42.03	99 Academica de Coimbra	2:42.77	442

Prova 15
16-02-2019

Masc., 100m Mariposa

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Jun18	54.66	Diogo Filipe, CARVALHO	CGA	Lisboa	25-03-2006
Recordes Nacionais 50m Jun17	54.77	Tiago Andre, VENANCIO	CNS	Oeiras	29-07-2004
Recordes Nacionais 50m Juv A	56.11	Pedro Diogo, OLVEIRA	CNRM	Lisboa	29-07-2004
Recordes Nacionais 50m Juv B	57.39	Paulo, VAKULYUK	CNTN	Oeiras	28-07-2018
Recordes Nacionais 50m Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. João da Madeira	21-07-2018
Recordes Nacionais 50m Inf B	1:03.64	Fabio Parrilha da, SILVA	CNAL	S. João da Madeira	22-07-2000
Recordes Regionais ANC 50m Absoluto	54.16	Gabriel Jose, LOPES	POR		23-07-2018
Recordes Regionais ANC 50m Sen	54.16	Gabriel Jose, LOPES	POR		23-07-2018
Recordes Regionais ANC 50m Jun18	55.86	Miguel Silva, OLIVEIRA	POR	Coimbra	30-05-2009
Recordes Regionais ANC 50m Jun17	57.06	Gabriel Jose, LOPES	POR	Coimbra	06-04-2014
Recordes Regionais ANC 50m Juv A	58.62	Alexandre Valdagua, COUTINHO	POR	Famalicão	20-06-2013
Recordes Regionais ANC 50m Juv B	58.41	Andre Gouveia, COSTA	POR	Oeiras	23-07-2016
Recordes Regionais ANC 50m Inf A	59.19	Diogo Matos, RIBEIRO	POR		16-06-2018
Recordes Regionais ANC 50m Inf B	1:05.69	Manuel Baptista, SIMOES	POR	Famalicão	01-05-2016

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Jose Miguel, MARQUES 50m: 38.24 38.24 100m: 1:21.66 43.42	06 Condeixa Clube	1:21.66	227
2. Filipe Cruz, SIMOES 50m: 40.29 40.29 100m: 1:23.55 43.26	06 Miranda do Corvo	1:23.55	212
3. Diogo Cura, NEVES 50m: 38.94 38.94 100m: 1:24.22 45.28	06 Condeixa Clube	1:24.22	206
4. Simao Domingues, PAZ 50m: 40.12 40.12 100m: 1:28.06 47.94	06 Miranda do Corvo	1:28.06	181
5. Afonso Vidal, TOMAS 50m: 41.55 41.55 100m: 1:28.41 46.86	06 Louzan Natacao	1:28.41	178
6. Joao Ferreira, MARQUES 50m: 41.48 41.48 100m: 1:30.06 48.58	06 Academica de Coimbra	1:30.06	169
7. Edgar Tavares, MENDES 50m: 39.29 39.29 100m: 1:31.49 52.20	06 Academica de Coimbra	1:31.49	161
8. Guilherme Jose, BASTOS 50m: 44.96 44.96 100m: 1:36.82 51.86	06 Miranda do Corvo	1:36.82	136
DNS Guilherme Marques, PEREIRA	06 Condeixa Clube		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 15, Masc., 100m Mariposa

Infantis A

1.	Eduardo Gabriel, VIEIRA	05	Bombeiros Mealhada	1:07.66	399
	50m: 31.62 31.62	100m: 1:07.66	36.04		
2.	Diogo Alexandre, MENDES	05	Natacao de Vagos	1:13.63	309
	50m: 33.62 33.62	100m: 1:13.63	40.01		
3.	Rafael Pereira, PESSOA	05	Bombeiros Mealhada	1:16.48	276
	50m: 34.76 34.76	100m: 1:16.48	41.72		
4.	Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	1:16.52	275
	50m: 35.52 35.52	100m: 1:16.52	41.00		
5.	Goncalo Carvalho, SANTOS	05	Louzan Natacao	1:17.20	268
	50m: 35.03 35.03	100m: 1:17.20	42.17		
6.	Jose Pedro, JORGE	05	Natacao de Vagos	1:22.57	219
	50m: 37.48 37.48	100m: 1:22.57	45.09		
7.	Paulo Tomas, PEREIRA	05	Bombeiros Mealhada	1:22.79	217
	50m: 38.19 38.19	100m: 1:22.79	44.60		
8.	Diogo Simoes, DIAS	05	Louzan Natacao	1:24.73	203
	50m: 38.40 38.40	100m: 1:24.73	46.33		
9.	Francisco Xavier, AMARAL	05	Bombeiros Mealhada	1:27.67	183
	50m: 39.67 39.67	100m: 1:27.67	48.00		
10.	Pedro Ferreira, DUARTE	05	Bombeiros Mealhada	1:36.89	135
	50m: 42.56 42.56	100m: 1:36.89	54.33		

Juvenis B

1.	Cesar Rodrigues, ANDRADE	04	Bombeiros Mealhada	1:24.32	206
	50m: 38.55 38.55	100m: 1:24.32	45.77		
2.	Joaquim Pedro, VERDADE	04	Bombeiros Mealhada	1:26.40	191
	50m: 39.60 39.60	100m: 1:26.40	46.80		
3.	Pedro Miguel, BARBOSA	04	Bombeiros Mealhada	1:39.44	125
	50m: 44.09 44.09	100m: 1:39.44	55.35		

Juvenis A

1.	Dali, YANIS	03	NSG	1:04.71	456
	50m: 30.34 30.34	100m: 1:04.71	34.37		
2.	Golombek, LIAM	03	NSG	1:05.58	438
	50m: 30.38 30.38	100m: 1:05.58	35.20		
3.	Alexandre Miguel, BRAS	03	S. Pedro Alva	1:07.85	395
	50m: 30.89 30.89	100m: 1:07.85	36.96		
4.	Rui Miguel, FREIRE	03	Nucleo Ansiao	1:08.90	378
	50m: 31.84 31.84	100m: 1:08.90	37.06		
5.	Vitor Teixeira, OLIVEIRA	03	Columbofila Cantanhedense	1:10.68	350
	50m: 32.43 32.43	100m: 1:10.68	38.25		
6.	Igor Branco, PEREIRA	03	O Crasto	1:10.78	348
	50m: 32.58 32.58	100m: 1:10.78	38.20		
7.	Bernardo Jorge, VENTURA	03	Academica de Coimbra	1:16.38	277
	50m: 34.03 34.03	100m: 1:16.38	42.35		
8.	Tomas Alexandre, LARANJEIRA	03	S. Pedro Alva	1:19.44	246
	50m: 34.36 34.36	100m: 1:19.44	45.08		
9.	Rui Moreira, TOMÁS	03	Bombeiros Mealhada	1:20.72	235
	50m: 36.50 36.50	100m: 1:20.72	44.22		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 15, Masc., 100m Mariposa, Juvenis A

Lugar	Ano	Tempo final	Pts
10. Claudio Rodrigues, CARDOSO	03 O Crasto	1:23.65	211
50m: 36.77 36.77 100m: 1:23.65 46.88			
DNS Joao Salvador, COELHO	03 O Crasto		

Juniores

1. Diogo Coelho, JOSE	01 Columbofila Cantanhedense	59.26	594
50m: 28.37 28.37 100m: 59.26 30.89			
2. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	59.86	576
50m: 27.95 27.95 100m: 59.86 31.91			
3. Diogo Ribas, MATOS	02 Alges e Agueda XXI	1:02.54	505
50m: 29.59 29.59 100m: 1:02.54 32.95			
4. Miguel Freitas, OVIEDO	02 Academica de Coimbra	1:03.99	471
50m: 29.97 29.97 100m: 1:03.99 34.02			
5. Gabriel Jose, FIGUEIRA	01 Academica de Coimbra	1:05.22	445
50m: 31.45 31.45 100m: 1:05.22 33.77			
6. Pedro Ribeiro, MOCO	02 Natacao de Vagos	1:09.66	365
50m: 31.74 31.74 100m: 1:09.66 37.92			
7. Diogo Miguel, PISCO	01 S. Pedro Alva	1:10.79	348
50m: 31.07 31.07 100m: 1:10.79 39.72			
8. Gustavo Pinto, FIGUEIREDO	02 O Crasto	1:11.90	332
50m: 33.79 33.79 100m: 1:11.90 38.11			
9. Marco André, ALMEIDA	02 Bombeiros Mealhada	1:16.50	276
50m: 34.83 34.83 100m: 1:16.50 41.67			
10. Joao Ventura, PAIS	02 Fundacao Beatriz Santos	1:16.96	271
50m: 34.64 34.64 100m: 1:16.96 42.32			
11. Filipe Almeida, RODRIGUES	01 O Crasto	1:21.63	227
50m: 36.16 36.16 100m: 1:21.63 45.47			
12. Ricardo Paulo, SILVA	02 Bombeiros Mealhada	1:23.45	212
50m: 38.13 38.13 100m: 1:23.45 45.32			
DNS Ricardo Marques, PEREIRA	01 Condeixa Clube		

Seniores

1. Tomas Miguel, VELOSO	96 Nautico Academico	58.85	606
50m: 27.81 27.81 100m: 58.85 31.04			
2. Bernardo Santos, CLEMENTE	98 Academica de Coimbra	1:00.63	554
50m: 28.09 28.09 100m: 1:00.63 32.54			
3. Rodrigo Alexandre, PATRICIO	98 Academica de Coimbra	1:01.53	530
50m: 28.49 28.49 100m: 1:01.53 33.04			
4. Francisco Alberto, LUCAS	00 Academica de Coimbra	1:03.56	481
50m: 29.33 29.33 100m: 1:03.56 34.23			
5. Pedro Salzedas, ADAIXO	00 Academica de Coimbra	1:04.15	468
50m: 29.95 29.95 100m: 1:04.15 34.20			
6. Joao Baptista, MARQUES	00 Nautico Academico	1:07.33	405
50m: 30.97 30.97 100m: 1:07.33 36.36			
7. Tiago Alexandre, RELVA	96 O Crasto	1:09.69	365
50m: 32.79 32.79 100m: 1:09.69 36.90			
8. Andre Marques, ANTUNES	99 Fundacao Beatriz Santos	1:11.65	336
50m: 30.27 30.27 100m: 1:11.65 41.38			

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 15, Masc., 100m Mariposa, Seniores

Lugar	Ano	Tempo final	Pts
DNS Gabriel Jose, LOPES	97 Louzan Natacao		

Prova 16
16-02-2019

Femin., 200m Livres

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Recordes Nacionais 50m Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Recordes Nacionais 50m Jun17	2:03.65	Ana Reis, SOUSA	SAD	Oeiras	09-02-2019
Recordes Nacionais 50m Jun16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06-07-2018
Recordes Nacionais 50m Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27-07-2018
Recordes Nacionais 50m Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
Recordes Nacionais 50m Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras	11-04-2015
Recordes Nacionais 50m Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	24-07-2009
Recordes Regionais ANC 50m Absoluto	2:05.56	Nadia Amado, LAEZZA	POR	Coimbra	21-04-2007
Recordes Regionais ANC 50m Sen	2:08.10	Patrícia, SILVA	POR	Loulé	05-08-2001
Recordes Regionais ANC 50m Jun17	2:05.56	Nadia Amado, LAEZZA	POR	Coimbra	21-04-2007
Recordes Regionais ANC 50m Jun16	2:06.33	Alexandra Couto, FRAZÃO	POR	Funchal	25-03-2018
Recordes Regionais ANC 50m Juv A	2:05.94	Alexandra Couto, FRAZÃO	POR	Coimbra	02-04-2017
Recordes Regionais ANC 50m Juv B	2:09.28	Mariana Cunha, GUERRA	POR	Coimbra	07-07-2012
Recordes Regionais ANC 50m Inf A	2:12.61	Marisa Isabel, NOBRE	POR		22-07-2018
Recordes Regionais ANC 50m Inf B	2:17.92	Mariana Cunha, GUERRA	POR	Porto	23-07-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1. Laura Almeida, PINA	07	O Crasto	2:37.32	370
50m: 36.02 36.02 100m: 1:16.72 40.70 150m: 1:58.06 41.34 200m: 2:37.32 39.26				
2. Margarida Gomes, OLIVEIRA	07	O Crasto	2:39.71	354
50m: 37.19 37.19 100m: 1:18.24 41.05 150m: 2:00.78 42.54 200m: 2:39.71 38.93				
3. Bianca Filipa, ALMEIDA	07	Alges e Agueda XXI	2:42.10	338
50m: 37.95 37.95 100m: 1:19.70 41.75 150m: 2:01.83 42.13 200m: 2:42.10 40.27				
4. Nancy Almeida, RODRIGUES	07	O Crasto	2:47.40	307
50m: 38.46 38.46 100m: 1:21.97 43.51 150m: 2:06.04 44.07 200m: 2:47.40 41.36				
5. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	2:47.59	306
50m: 39.13 39.13 100m: 1:21.38 42.25 150m: 2:05.45 44.07 200m: 2:47.59 42.14				
6. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	2:54.78	270
50m: 38.49 38.49 100m: 1:23.40 44.91 150m: 2:10.37 46.97 200m: 2:54.78 44.41				
7. Leonor Garcia, FERNANDES	07	O Crasto	3:00.16	246
50m: 40.58 40.58 100m: 1:27.01 46.43 150m: 2:14.47 47.46 200m: 3:00.16 45.69				
8. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	3:02.68	236
50m: 40.30 40.30 100m: 1:28.56 48.26 150m: 2:16.77 48.21 200m: 3:02.68 45.91				
9. Lara Carvalho, SANTOS	07	Nautico Academico	3:08.38	215
50m: 40.66 40.66 100m: 1:29.88 49.22 150m: 2:19.88 50.00 200m: 3:08.38 48.50				
10. Matilde Rodrigues, COSTA	07	S. Pedro Alva	3:09.30	212
50m: 42.96 42.96 100m: 1:31.93 48.97 150m: 2:20.62 48.69 200m: 3:09.30 48.68				
11. Matilde Lopes, SANTOS	07	Louzan Natacao	3:15.36	193
50m: 44.02 44.02 100m: 1:34.68 50.66 150m: 2:24.99 50.31 200m: 3:15.36 50.37				
12. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	3:36.50	142
50m: 46.54 46.54 100m: 1:44.66 58.12 150m: 2:42.59 57.93 200m: 3:36.50 53.91				
13. Ema Cardoso, BAPTISTA	07	Uniao Coimbra	3:44.43	127
50m: 47.45 47.45 100m: 1:46.94 59.49 150m: 2:47.61 1:00.67 200m: 3:44.43 56.82				
DNS Maria Teresa, TABANEZ	07	Uniao Coimbra		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 16, Femin., 200m Livres

Infantis A

1.	Vitoria Cruz, DOMINGUES	06	Natacao de Vagos	2:28.64	439
	50m: 34.03 34.03 100m: 1:11.16		37.13 150m: 1:50.32 39.16 200m: 2:28.64	38.32	
2.	Maria Vitoria, GRILO	06	Nautico Academico	2:34.87	388
	50m: 34.22 34.22 100m: 1:14.72		40.50 150m: 1:55.59 40.87 200m: 2:34.87	39.28	
3.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	2:35.21	385
	50m: 36.86 36.86 100m: 1:15.75		38.89 150m: 1:55.55 39.80 200m: 2:35.21	39.66	
4.	Mariana Fonseca, SILVA	06	Condeixa Clube	2:39.86	353
	50m: 35.60 35.60 100m: 1:16.66		41.06 150m: 1:58.48 41.82 200m: 2:39.86	41.38	
5.	Matilde Monteiro, PEREIRA	06	O Crasto	2:40.36	349
	50m: 37.32 37.32 100m: 1:18.48		41.16 150m: 1:59.91 41.43 200m: 2:40.36	40.45	
6.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade	2:40.97	345
	50m: 36.73 36.73 100m: 1:17.91		41.18 150m: 2:00.68 42.77 200m: 2:40.97	40.29	
7.	Francisca Carvalho, SOUSA	06	Miranda do Corvo	2:41.71	341
	50m: 38.11 38.11 100m: 1:20.17		42.06 150m: 2:01.56 41.39 200m: 2:41.71	40.15	
8.	Joana Filipa, VARELA	06	Nautico Academico	2:44.57	323
	50m: 36.79 36.79 100m: 1:18.91		42.12 150m: 2:02.40 43.49 200m: 2:44.57	42.17	
9.	Beatriz Pereira, ANDRADE	06	Condeixa Clube	3:06.53	222
	50m: 40.17 40.17 100m: 1:28.06		47.89 150m: 2:17.84 49.78 200m: 3:06.53	48.69	
10.	Beatriz Melo, MARTINS	06	Bombeiros Mealhada	3:21.52	176
	50m: 43.53 43.53 100m: 1:35.53		52.00 150m: 2:30.04 54.51 200m: 3:21.52	51.48	
11.	Leonor Mourao, ANAHORY	06	Nautico Academico	3:28.02	160
	50m: 42.84 42.84 100m: 1:36.97		54.13 150m: 2:33.23 56.26 200m: 3:28.02	54.79	
12.	Matilde Mourao, ANAHORY	06	Nautico Academico	3:30.47	154
	50m: 42.95 42.95 100m: 1:40.50		57.55 150m: 2:35.37 54.87 200m: 3:30.47	55.10	
DNS	Rafaela Ferreira, MIGUEL	06	S. Pedro Alva		
DNS	Ines Rodrigues, ALMEIDA	06	O Crasto		

Juvenis B

1.	Mariana Carmo, ROSA	05	Louzan Natacao	2:18.78	539
	50m: 32.30 32.30 100m: 1:07.23		34.93 150m: 1:43.37 36.14 200m: 2:18.78	35.41	
2.	Carolina Rei, PEREIRA	05	Natacao de Vagos	2:19.34	533
	50m: 32.33 32.33 100m: 1:07.98		35.65 150m: 1:43.57 35.59 200m: 2:19.34	35.77	
3.	Beatriz Margarido, SILVA	05	Natacao de Vagos	2:32.73	404
	50m: 35.36 35.36 100m: 1:15.07		39.71 150m: 1:55.09 40.02 200m: 2:32.73	37.64	
4.	Catarina Cruz, STELMASHCHUK	05	Natacao de Vagos	2:33.08	402
	50m: 34.88 34.88 100m: 1:14.56		39.68 150m: 1:54.61 40.05 200m: 2:33.08	38.47	
5.	Matilde Santos, CARDOSO	05	Fundacao Beatriz Santos	2:33.13	401
	50m: 35.27 35.27 100m: 1:14.16		38.89 150m: 1:54.94 40.78 200m: 2:33.13	38.19	
6.	Camila Cavaleiro, SILVA	05	Columbifila Cantanhedense	2:33.48	398
	50m: 36.27 36.27 100m: 1:16.07		39.80 150m: 1:55.01 38.94 200m: 2:33.48	38.47	
7.	Maria Fernandes, LOBO	05	Nautico Academico	2:34.92	387
	50m: 35.56 35.56 100m: 1:15.08		39.52 150m: 1:55.89 40.81 200m: 2:34.92	39.03	
8.	Beatriz Pereira, MARQUES	05	Columbifila Cantanhedense	2:35.47	383
	50m: 36.53 36.53 100m: 1:16.51		39.98 150m: 1:57.07 40.56 200m: 2:35.47	38.40	
9.	Catarina Iourtaeva, MESQUITA	05	Natacao de Vagos	2:36.45	376
	50m: 34.90 34.90 100m: 1:15.32		40.42 150m: 1:56.46 41.14 200m: 2:36.45	39.99	
10.	Beatriz Sa, GAMA	05	Condeixa Clube	2:38.57	361
	50m: 35.17 35.17 100m: 1:15.25		40.08 150m: 1:57.47 42.22 200m: 2:38.57	41.10	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 16, Femin., 200m Livres, Juvenis B

Lugar	Ano	Tempo final	Pts
11. Maria Ines, GASPAR 50m: 36.80 36.80 100m: 1:16.92	05	Miranda do Corvo 40.12 150m: 1:58.19 41.27 200m: 2:38.77	360 40.58
12. Maria Costa, TEJO 50m: 37.16 37.16 100m: 1:17.67	05	Academica de Coimbra 40.51 150m: 1:59.74 42.07 200m: 2:40.69	347 40.95
13. Helena Carolina, DINIS 50m: 37.62 37.62 100m: 1:19.92	05	Academica de Coimbra 42.30 150m: 2:01.73 41.81 200m: 2:41.14	344 39.41
14. Maria Lucas, SANTOS 50m: 37.62 37.62 100m: 1:19.69	05	Condeixa Clube 42.07 150m: 2:03.77 44.08 200m: 2:44.42	324 40.65
15. Maria Ines, ALVES 50m: 36.46 36.46 100m: 1:19.40	05	Academica de Coimbra 42.94 150m: 2:03.06 43.66 200m: 2:46.92	310 43.86
16. Laura Torrao, CARVALHO 50m: 39.53 39.53 100m: 1:25.37	05	Nautico Academico 45.84 150m: 2:13.10 47.73 200m: 2:58.92	251 45.82
DNS Matilde Abreu, SILVA	05	Natacao de Vagos	

Juvenis A

1. Beatriz Ferreira, GASPAR 50m: 31.58 31.58 100m: 1:05.27	04	Bombeiros Mealhada 33.69 150m: 1:39.81 34.54 200m: 2:13.41	607 33.60
2. Maria Vieira, MARQUES 50m: 31.97 31.97 100m: 1:08.39	04	Natacao de Vagos 36.42 150m: 1:46.12 37.73 200m: 2:24.17	481 38.05
3. Maria Ines, DIONISIO 50m: 34.57 34.57 100m: 1:13.72	04	Fundacao Beatriz Santos 39.15 150m: 1:53.06 39.34 200m: 2:30.30	424 37.24
4. Marta Monteiro, PEREIRA 50m: 34.56 34.56 100m: 1:13.01	04	O Crasto 38.45 150m: 1:53.08 40.07 200m: 2:31.14	417 38.06
5. Marta Domingues, GAMEIRO 50m: 34.55 34.55 100m: 1:13.43	04	Nautico Academico 38.88 150m: 1:52.78 39.35 200m: 2:31.68	413 38.90
6. Carolina Goncalves, RIBEIRO 50m: 34.53 34.53 100m: 1:13.96	04	O Crasto 39.43 150m: 1:53.80 39.84 200m: 2:32.48	406 38.68
7. Leonor Correia, PAIVA 50m: 36.10 36.10 100m: 1:15.12	04	Louzan Natacao 39.02 150m: 1:55.24 40.12 200m: 2:32.69	405 37.45
8. Jacinta Martins, VIANA 50m: 35.49 35.49 100m: 1:14.94	04	Natacao de Vagos 39.45 150m: 1:54.67 39.73 200m: 2:33.19	401 38.52
9. Carla Sandrina, FERREIRA 50m: 33.94 33.94 100m: 1:14.42	04	O Crasto 40.48 150m: 1:55.62 41.20 200m: 2:35.90	380 40.28
10. Ana Sofia, CASTANHEIRA 50m: 36.41 36.41 100m: 1:16.19	04	Condeixa Clube 39.78 150m: 1:57.83 41.64 200m: 2:38.62	361 40.79
11. Beatriz Beja, AFONSO 50m: 38.04 38.04 100m: 1:20.12	04	Academica de Coimbra 42.08 150m: 2:01.62 41.50 200m: 2:40.58	348 38.96
12. Maria Beatriz, RODRIGUES 50m: 37.15 37.15 100m: 1:18.32	04	Condeixa Clube 41.17 150m: 2:02.10 43.78 200m: 2:42.41	336 40.31
13. Joana Beatriz, RODRIGUES 50m: 39.83 39.83 100m: 1:23.27	04	Academica de Coimbra 43.44 150m: 2:08.29 45.02 200m: 2:51.46	286 43.17
14. Beatriz Sofia, PEREIRA 50m: 37.35 37.35 100m: 1:22.03	04	Bombeiros Mealhada 44.68 150m: 2:09.77 47.74 200m: 2:52.08	283 42.31
15. Maria Pedro, ASCENSO 50m: 39.89 39.89 100m: 1:24.83	04	Nautico Academico 44.94 150m: 2:12.59 47.76 200m: 2:58.86	252 46.27

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 16, Femin., 200m Livres

Juniores

1.	Camila Rodrigues, REBELO	03	Louzan Natacao	2:12.86	614
	50m: 30.65 30.65	100m: 1:04.52	33.87 150m: 1:38.87 34.35	200m: 2:12.86	33.99
2.	Maria Carlota, REBELO	03	Louzan Natacao	2:13.11	611
	50m: 31.51 31.51	100m: 1:05.35	33.84 150m: 1:39.62 34.27	200m: 2:13.11	33.49
3.	Saya, CLAUS	02	NSG	2:19.19	534
	50m: 32.08 32.08	100m: 1:07.50	35.42 150m: 1:44.02 36.52	200m: 2:19.19	35.17
4.	Ines Mariana, PINHEIRO	03	Academica de Coimbra	2:22.63	497
	50m: 32.45 32.45	100m: 1:08.91	36.46 150m: 1:44.94 36.03	200m: 2:22.63	37.69
5.	Sara Dias, NEVES	03	Miranda do Corvo	2:24.41	478
	50m: 33.79 33.79	100m: 1:10.69	36.90 150m: 1:48.15 37.46	200m: 2:24.41	36.26
6.	Ines Pereira, SILVA	02	Fundacao Beatriz Santos	2:25.64	466
	50m: 34.06 34.06	100m: 1:10.71	36.65 150m: 1:48.45 37.74	200m: 2:25.64	37.19
7.	Mariana Jacinto, SANTOS	03	Freguesia de Paiao	2:25.65	466
	50m: 33.20 33.20	100m: 1:09.69	36.49 150m: 1:48.30 38.61	200m: 2:25.65	37.35
8.	Ana Luisa, RODRIGUES	03	Louzan Natacao	2:28.14	443
	50m: 35.25 35.25	100m: 1:13.34	38.09 150m: 1:51.35 38.01	200m: 2:28.14	36.79
9.	Maria Miguel, GAMEIRO	03	Nautico Academico	2:29.80	429
	50m: 34.02 34.02	100m: 1:11.92	37.90 150m: 1:50.38 38.46	200m: 2:29.80	39.42
10.	Susana Julia, FONTES	03	Alges e Agueda XXI	2:30.17	425
	50m: 34.32 34.32	100m: 1:13.11	38.79 150m: 1:52.60 39.49	200m: 2:30.17	37.57
11.	Beatriz Carvalho, MARQUES	02	Academica de Coimbra	2:30.86	420
	50m: 34.28 34.28	100m: 1:12.24	37.96 150m: 1:52.19 39.95	200m: 2:30.86	38.67
12.	Joana Malta, VALE	02	Natacao de Vagos	2:35.23	385
	50m: 35.64 35.64	100m: 1:14.31	38.67 150m: 1:55.23 40.92	200m: 2:35.23	40.00
13.	Margarida Rodrigues, SANTOS	03	Alges e Agueda XXI	2:36.78	374
	50m: 34.89 34.89	100m: 1:14.51	39.62 150m: 1:55.78 41.27	200m: 2:36.78	41.00
14.	Patricia Caldeira, FERREIRA	02	Freguesia de Paiao	2:42.55	335
	50m: 38.11 38.11	100m: 1:19.15	41.04 150m: 2:02.30 43.15	200m: 2:42.55	40.25
15.	Sara Cruz, URBANO	03	Bombeiros Mealhada	2:56.19	263
	50m: 39.55 39.55	100m: 1:24.63	45.08 150m: 2:11.18 46.55	200m: 2:56.19	45.01
16.	Ana Miguel, MIRANDA	03	Bombeiros Mealhada	3:06.86	221
	50m: 40.47 40.47	100m: 1:28.39	47.92 150m: 2:17.49 49.10	200m: 3:06.86	49.37
17.	Mariana Patricia, CUNHA	03	Bombeiros Mealhada	3:13.87	197
	50m: 40.38 40.38	100m: 1:30.94	50.56 150m: 2:21.88 50.94	200m: 3:13.87	51.99

Seniores

1.	Ana Carolina, NEVES	00	Academica de Coimbra	2:15.87	574
	50m: 31.26 31.26	100m: 1:06.24	34.98 150m: 1:40.62 34.38	200m: 2:15.87	35.25
2.	Ines Rosado, MONTEIRO	00	Natacao de Vagos	2:16.12	571
	50m: 31.90 31.90	100m: 1:06.55	34.65 150m: 1:41.63 35.08	200m: 2:16.12	34.49
3.	Beatriz Neves, CRAVEIRO	97	Academica de Coimbra	2:17.37	556
	50m: 31.62 31.62	100m: 1:06.78	35.16 150m: 1:42.36 35.58	200m: 2:17.37	35.01
4.	Tatiana Filipa, SANTOS	95	Academica de Coimbra	2:17.82	550
	50m: 31.96 31.96	100m: 1:06.63	34.67 150m: 1:42.54 35.91	200m: 2:17.82	35.28
5.	Emilia Matos, PEREIRA	99	Fundacao Beatriz Santos	2:22.08	502
	50m: 33.15 33.15	100m: 1:09.35	36.20 150m: 1:45.63 36.28	200m: 2:22.08	36.45
6.	Beatriz Lopes, PINTO	99	Academica de Coimbra	2:24.62	476
	50m: 34.52 34.52	100m: 1:11.14	36.62 150m: 1:48.46 37.32	200m: 2:24.62	36.16

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 17 16-02-2019	Masc., 100m Costas				Absoluto Resultados
Recordes Nacionais 50m Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Recordes Nacionais 50m Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Recordes Nacionais 50m Jun18	55.79	Gabriel Jose, LOPES	POR	Singapore	25-08-2015
Recordes Nacionais 50m Jun17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12-07-2009
Recordes Nacionais 50m Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
Recordes Nacionais 50m Juv B	59.97	Diogo Gomes, SOUSA	CNCVG	Coimbra	31-07-2010
Recordes Nacionais 50m Inf A	1:01.39	Alexandre Lages, RIBAS	EDV	Lisboa	22-07-2011
Recordes Nacionais 50m Inf B	1:05.61	Goncalo Henriques, WANZELLER	CFB	Famalicão	16-07-2016
Recordes Regionais ANC 50m Absoluto	55.01	Gabriel Jose, LOPES	POR	Coimbra	31-03-2017
Recordes Regionais ANC 50m Sen	55.01	Gabriel Jose, LOPES	POR	Coimbra	31-03-2017
Recordes Regionais ANC 50m Jun18	55.79	Gabriel Jose, LOPES	POR	Singapura (SGP)	25-08-2015
Recordes Regionais ANC 50m Jun17	57.39	Gabriel Jose, LOPES	POR	Tarragona	24-06-2018
Recordes Regionais ANC 50m Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	POR	Oiras	23-07-2017
Recordes Regionais ANC 50m Juv B	1:00.81	Gabriel Jose, LOPES	POR	Povoa Varzim	23-03-2012
Recordes Regionais ANC 50m Inf A	1:02.97	Gabriel Jose, LOPES	POR	Lisboa	22-07-2011
Recordes Regionais ANC 50m Inf B	1:06.75	Jose Diogo, DIAS	POR	Loulé	01-05-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Joao Pinto, FIGUEIREDO	06	O Crasto	255
50m: 40.77 40.77	100m: 1:21.67	40.90	
2. Miguel Bernardo, ARAUJO	06	Condeixa Clube	245
50m: 41.08 41.08	100m: 1:22.77	41.69	
3. Filipe Cruz, SIMOES	06	Miranda do Corvo	238
50m: 42.11 42.11	100m: 1:23.56	41.45	
4. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	230
50m: 40.98 40.98	100m: 1:24.55	43.57	
5. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	224
50m: 41.49 41.49	100m: 1:25.34	43.85	
6. Henrique Tavares, DIAS	06	Nautico Academico	222
50m: 41.26 41.26	100m: 1:25.56	44.30	
7. Martim Ribeiro, MENESES	06	O Crasto	202
50m: 42.91 42.91	100m: 1:28.26	45.35	
8. Simao Jesus, SILVA	06	Columbifila Cantanhedense	198
50m: 43.49 43.49	100m: 1:28.91	45.42	
9. Simao Domingues, PAZ	06	Miranda do Corvo	197
50m: 43.85 43.85	100m: 1:29.04	45.19	
10. Goncalo, APOSTOLO GASPAS	06	Freguesia de Paiao	196
50m: 44.37 44.37	100m: 1:29.22	44.85	
11. Rodrigo Neves, DUARTE	06	Louzan Natacao	192
50m: 43.97 43.97	100m: 1:29.79	45.82	
12. Miguel Joao, PINHEIRO	06	Academica de Coimbra	191
50m: 43.71 43.71	100m: 1:29.92	46.21	
13. Guilherme Jose, BASTOS	06	Miranda do Corvo	170
50m: 47.13 47.13	100m: 1:33.49	46.36	
14. Joao Afonso, MACHADO	06	Vigor da Mocidade	144
50m: 47.69 47.69	100m: 1:38.76	51.07	
15. Bernardo Jose, SIMOES	06	Vigor da Mocidade	144
50m: 49.79 49.79	100m: 1:38.85	49.06	
16. Dinis Lopes, ABRANTES	06	Bombeiros Mealhada	118
50m: 48.51 48.51	100m: 1:45.64	57.13	
17. Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos	87
50m: 57.32 57.32	100m: 1:56.64	59.32	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 17, Masc., 100m Costas

Infantis A

1.	Tomas Cardoso, GERALDO	05	Condeixa Clube	1:19.37	278
	50m: 37.89 37.89	100m: 1:19.37	41.48		
2.	Carlos Eduardo, BENTO	05	Miranda do Corvo	1:20.15	270
	50m: 38.83 38.83	100m: 1:20.15	41.32		
3.	Diogo Alexandre, MENDES	05	Natacao de Vagos	1:20.34	268
	50m: 38.91 38.91	100m: 1:20.34	41.43		
4.	Rodrigo Ferreira, RODRIGUES	05	O Crasto	1:22.42	248
	50m: 40.41 40.41	100m: 1:22.42	42.01		
5.	Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade	1:22.96	244
	50m: 40.38 40.38	100m: 1:22.96	42.58		
6.	Diogo Simoes, DIAS	05	Louzan Natacao	1:23.93	235
	50m: 41.11 41.11	100m: 1:23.93	42.82		
7.	Duarte Miguel, BENTO	05	Nautico Academico	1:37.19	151
	50m: 47.13 47.13	100m: 1:37.19	50.06		

Juvenis B

1.	Diogo Alves, ARCANJO	04	Uniao Coimbra	1:15.94	318
	50m: 36.59 36.59	100m: 1:15.94	39.35		
2.	Cristiano Rodrigues, FERNANDES	04	Louzan Natacao	1:17.67	297
	50m: 38.28 38.28	100m: 1:17.67	39.39		
3.	Renato Maria, FERREIRA	04	Vigor da Mocidade	1:19.76	274
	50m: 39.25 39.25	100m: 1:19.76	40.51		
4.	Henrique Rodrigues, ANDRADE	04	Bombeiros Mealhada	1:29.77	192
	50m: 43.12 43.12	100m: 1:29.77	46.65		
5.	Ricardo Pereira, PIRES	04	Bombeiros Mealhada	1:30.59	187
	50m: 44.15 44.15	100m: 1:30.59	46.44		
DSQ	Carlos Martins, MARQUES	04	Uniao Coimbra		
	<i>não efetuou movimento contínuo na viragem aos 50m</i>				
DNS	Tiago Andre, POIARES	04	Fundacao Beatriz Santos		
DNS	Rodrigo Paulo, SILVA	04	Bombeiros Mealhada		

Juvenis A

1.	Ilias, EBERHARD	03	NSG	1:04.02	531
	50m: 31.24 31.24	100m: 1:04.02	32.78		
2.	Joao Salvador, COELHO	03	O Crasto	1:07.55	452
	50m: 32.90 32.90	100m: 1:07.55	34.65		
3.	Golombek, LIAM	03	NSG	1:09.21	420
	50m: 33.88 33.88	100m: 1:09.21	35.33		
4.	David Valdagua, COUTINHO	03	Columbifila Cantanhedense	1:09.34	418
	50m: 33.61 33.61	100m: 1:09.34	35.73		
5.	Micael Kovalchuk, SOLODYUK	03	Natacao de Vagos	1:14.25	340
	50m: 36.14 36.14	100m: 1:14.25	38.11		
6.	Artur, YURCHUK	03	Bombeiros Mealhada	1:16.73	308
	50m: 37.37 37.37	100m: 1:16.73	39.36		
7.	Bernardo Jorge, VENTURA	03	Academica de Coimbra	1:20.81	264
	50m: 38.81 38.81	100m: 1:20.81	42.00		

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 17, Masc., 100m Costas

Juniores

1.	Tomas Pedrosa, MIGUEL	02	Condeixa Clube	1:05.06	506
	50m: 30.48 30.48	100m: 1:05.06	34.58		
2.	Ricardo Jorge, DOMINGUES	02	Fundacao Beatriz Santos	1:06.10	482
	50m: 32.43 32.43	100m: 1:06.10	33.67		
3.	Alberto Antonio, SANTOS	01	S. Pedro Alva	1:07.41	455
	50m: 32.09 32.09	100m: 1:07.41	35.32		
4.	Diogo Luis, BRENDA	01	Academica de Coimbra	1:09.11	422
	50m: 33.65 33.65	100m: 1:09.11	35.46		
5.	Leandro Caleiro, MARTINS	02	Alges e Agueda XXI	1:10.50	397
	50m: 34.53 34.53	100m: 1:10.50	35.97		
6.	Pedro Ribeiro, MOCO	02	Natacao de Vagos	1:20.29	269
	50m: 39.78 39.78	100m: 1:20.29	40.51		
DNS	Miguel Pedro, RAMOS	01	O Crasto		
DNS	Ricardo Marques, PEREIRA	01	Condeixa Clube		

Prova 18
16-02-2019

Femin., 200m Mariposa

Absoluto
Resultados

Recordes Nacionais 50m Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Recordes Nacionais 50m Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Recordes Nacionais 50m Jun17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Jun16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29-07-2018
Recordes Nacionais 50m Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
Recordes Nacionais 50m Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04-07-2004
Recordes Nacionais 50m Inf A	2:25.32	Susana Patricia, MIGUEL	SFUAP	Restelo	05-07-2003
Recordes Nacionais 50m Inf B	2:28.92	Carolina Miranda, FERNANDES	CGA	Coimbra	09-07-2017
Recordes Regionais ANC 50m Absoluto	2:20.69	Maria Miguel, VELOSO	POR	Coimbra	31-05-2009
Recordes Regionais ANC 50m Sen	2:22.97	Patrícia, SILVA	POR	Coimbra	15-07-2001
Recordes Regionais ANC 50m Jun17	2:22.75	Ana, GONÇALVES	POR	Povoa do Varzim	14-03-2002
Recordes Regionais ANC 50m Jun16	2:20.69	Maria Miguel, VELOSO	POR	Coimbra	31-05-2009
Recordes Regionais ANC 50m Juv A	2:24.04	Maria Miguel, VELOSO	POR	Coimbra	01-03-2008
Recordes Regionais ANC 50m Juv B	2:24.79	Mariana Cunha, GUERRA	POR	Jamor	26-02-2012
Recordes Regionais ANC 50m Inf A	2:26.78	Mariana Cunha, GUERRA	POR	Coimbra	04-06-2011
Recordes Regionais ANC 50m Inf B	2:38.34	Ines Pereira, SILVA	POR	Loulé	19-07-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Juvenis A

1.	Daniela Portela, MENDES	04	Fundacao Beatriz Santos	2:49.16	373
	50m: 36.04 36.04	100m: 1:19.24	43.20 150m: 2:05.09 45.85	200m: 2:49.16	44.07

Juniores

1.	Camila Alexandra, SILVA	03	Columbofila Cantanhedense	3:03.03	294
	50m: 36.71 36.71	100m: 1:22.72	46.01 150m: 2:13.19 50.47	200m: 3:03.03	49.84

Seniores

1.	Ines Rosado, MONTEIRO	00	Natacao de Vagos	2:29.31	542
	50m: 33.39 33.39	100m: 1:10.99	37.60 150m: 1:50.23 39.24	200m: 2:29.31	39.08

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 19 Masc., 200m Bruços Absoluto
16-02-2019 Resultados

Recordes Nacionais 50m Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Recordes Nacionais 50m Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Recordes Nacionais 50m Jun18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
Recordes Nacionais 50m Jun17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
Recordes Nacionais 50m Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
Recordes Nacionais 50m Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Recordes Nacionais 50m Inf A	2:32.07	Joao Soares, CARNEIRO	SLB	Loulé	15-07-2017
Recordes Nacionais 50m Inf B	2:38.94	Duarte Anastacio, SOUSA	CAC	Oeiras	19-07-2015
Recordes Regionais ANC 50m Absoluto	2:15.95	Tomas Miguel, VELOSO	POR		22-07-2018
Recordes Regionais ANC 50m Sen	2:15.95	Tomas Miguel, VELOSO	POR		22-07-2018
Recordes Regionais ANC 50m Jun18	2:18.79	Helder Jose, LOPES	POR	Dunquerque (FRA)	30-07-2000
Recordes Regionais ANC 50m Jun17	2:22.43	Tomas Miguel, VELOSO	POR	Famalicao	20-07-2013
Recordes Regionais ANC 50m Juv A	2:25.56	Helder Jose, LOPES	POR	Moscovo (RUS)	18-07-1998
Recordes Regionais ANC 50m Juv B	2:29.15	Tomas Miguel, VELOSO	POR	Povoa Varzim	06-08-2011
Recordes Regionais ANC 50m Inf A	2:35.25	António, PEREIRA	POR	Campanhã	29-07-2001
Recordes Regionais ANC 50m Inf B	2:38.94	Duarte Anastacio, SOUSA	POR	Oeiras	01-05-2015

Pontos: FINA 2018

Lugar Ano Tempo final Pts
Infantis B

1. Duarte José, FERNANDES	06	Fundacao Beatriz Santos	3:00.80	343
50m: 40.90 40.90 100m: 1:28.03 47.13 150m: 2:14.89 46.86 200m: 3:00.80 45.91				
2. Francisco Cruz, CARVALHO	06	S. Pedro Alva	3:20.52	252
50m: 46.59 46.59 100m: 1:38.76 52.17 150m: 2:29.71 50.95 200m: 3:20.52 50.81				
3. Rodrigo Costa, CRUZ	06	Academica de Coimbra	3:21.92	246
50m: 45.70 45.70 100m: 1:39.01 53.31 150m: 2:30.00 50.99 200m: 3:21.92 51.92				
4. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	3:26.55	230
50m: 49.43 49.43 100m: 1:40.72 51.29 150m: 2:33.93 53.21 200m: 3:26.55 52.62				
5. Diogo Cura, NEVES	06	Condeixa Clube	3:29.11	222
50m: 48.57 48.57 100m: 1:42.46 53.89 150m: 2:36.45 53.99 200m: 3:29.11 52.66				
6. Edgar Tavares, MENDES	06	Academica de Coimbra	3:32.58	211
50m: 49.64 49.64 100m: 1:45.27 55.63 150m: 2:38.45 53.18 200m: 3:32.58 54.13				
7. Rodrigo Neves, DUARTE	06	Louzan Natacao	3:36.99	198
50m: 50.61 50.61 100m: 1:46.40 55.79 150m: 2:41.96 55.56 200m: 3:36.99 55.03				
8. Afonso Vidal, TOMAS	06	Louzan Natacao	3:41.97	185
50m: 50.72 50.72 100m: 1:47.79 57.07 150m: 2:44.87 57.08 200m: 3:41.97 57.10				
9. Martim Ribeiro, MENESES	06	O Crasto	3:44.31	180
50m: 52.10 52.10 100m: 1:49.39 57.29 150m: 2:47.59 58.20 200m: 3:44.31 56.72				
10. Bernardo Jose, SIMOES	06	Vigor da Mocidade	3:59.06	148
50m: 55.22 55.22 100m: 1:56.73 1:01.51 150m: 2:57.75 1:01.02 200m: 3:59.06 1:01.31				

Infantis A

1. Dinis Raimundo, SILVA	05	Academica de Coimbra	3:07.09	310
50m: 44.71 44.71 100m: 1:32.65 47.94 150m: 2:20.69 48.04 200m: 3:07.09 46.40				
2. Antonio, GLAVATSKYY	05	Academica de Coimbra	3:07.38	308
50m: 44.15 44.15 100m: 1:33.20 49.05 150m: 2:20.34 47.14 200m: 3:07.38 47.04				
3. Tome Santiago, MENDES	05	Vigor da Mocidade	3:18.61	259
50m: 45.64 45.64 100m: 1:37.53 51.89 150m: 2:28.00 50.47 200m: 3:18.61 50.61				
4. Diogo Afonso, CARREIRA	05	Academica de Coimbra	3:20.30	252
50m: 45.87 45.87 100m: 1:38.87 53.00 150m: 2:31.11 52.24 200m: 3:20.30 49.19				
5. Carlos Eduardo, BENTO	05	Miranda do Corvo	3:21.17	249
50m: 45.47 45.47 100m: 1:37.25 51.78 150m: 2:29.87 52.62 200m: 3:21.17 51.30				
6. Tomas Cardoso, GERALDO	05	Condeixa Clube	3:22.66	244
50m: 45.97 45.97 100m: 1:37.26 51.29 150m: 2:31.24 53.98 200m: 3:22.66 51.42				

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 19, Masc., 200m Bruços, Infantis A

Lugar	Ano	Tempo final	Pts
7. Tiago Alexandre, SIMOES	05 Fundacao Beatriz Santos	3:27.14	228
50m: 46.31 46.31 100m: 1:38.93 52.62 150m: 2:33.05 54.12 200m: 3:27.14 54.09			
8. Jose Pedro, JORGE	05 Natacao de Vagos	3:40.80	188
50m: 50.37 50.37 100m: 1:46.77 56.40 150m: 2:45.10 58.33 200m: 3:40.80 55.70			
9. Duarte Miguel, BENTO	05 Nautico Academico	3:54.81	156
50m: 49.94 49.94 100m: 1:50.37 1:00.43 150m: 2:51.93 1:01.56 200m: 3:54.81 1:02.88			

Juvenis B

1. Rafael Alves, CAMPOS	04 S. Pedro Alva	2:46.54	440
50m: 38.64 38.64 100m: 1:23.32 44.68 150m: 2:05.97 42.65 200m: 2:46.54 40.57			
2. Cristiano Rodrigues, FERNANDES	04 Louzan Natacao	3:15.71	271
50m: 44.31 44.31 100m: 1:33.88 49.57 150m: 2:23.55 49.67 200m: 3:15.71 52.16			
3. Renato Maria, FERREIRA	04 Vigor da Mocidade	3:15.73	271
50m: 42.84 42.84 100m: 1:33.24 50.40 150m: 2:24.20 50.96 200m: 3:15.73 51.53			

Juvenis A

1. Rui Miguel, FREIRE	03 Nucleo Ansiao	2:50.27	411
50m: 37.37 37.37 100m: 1:21.17 43.80 150m: 2:06.71 45.54 200m: 2:50.27 43.56			
2. Igor Branco, PEREIRA	03 O Crasto	2:56.08	372
50m: 38.19 38.19 100m: 1:23.62 45.43 150m: 2:10.91 47.29 200m: 2:56.08 45.17			
3. Rafael Domingues, SA	03 Natacao de Vagos	2:57.25	364
50m: 39.87 39.87 100m: 1:25.58 45.71 150m: 2:11.63 46.05 200m: 2:57.25 45.62			
4. Goncalo Pires, LOURENCO	03 Fundacao Beatriz Santos	2:59.95	348
50m: 39.37 39.37 100m: 1:26.11 46.74 150m: 2:13.79 47.68 200m: 2:59.95 46.16			
5. Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	3:11.19	290
50m: 42.79 42.79 100m: 1:32.00 49.21 150m: 2:20.75 48.75 200m: 3:11.19 50.44			

Juniores

1. Noam, GOLOMBEK	01 NSG	2:44.81	454
50m: 37.37 37.37 100m: 1:20.34 42.97 150m: 2:04.02 43.68 200m: 2:44.81 40.79			
2. Joao Ventura, PAIS	02 Fundacao Beatriz Santos	2:47.84	429
50m: 38.05 38.05 100m: 1:21.57 43.52 150m: 2:05.98 44.41 200m: 2:47.84 41.86			
3. Diogo Coelho, JOSE	01 Columbofila Cantanhedense	2:53.79	387
50m: 39.83 39.83 100m: 1:25.41 45.58 150m: 2:08.60 43.19 200m: 2:53.79 45.19			
4. Jose Miguel, SILVA	02 Nautico Academico	2:57.05	366
50m: 39.68 39.68 100m: 1:24.85 45.17 150m: 2:10.77 45.92 200m: 2:57.05 46.28			
5. Gustavo Pinto, FIGUEIREDO	02 O Crasto	3:03.83	327
50m: 42.54 42.54 100m: 1:30.53 47.99 150m: 2:18.51 47.98 200m: 3:03.83 45.32			

DNS Miguel Pedro, RAMOS 01 O Crasto

Seniores

DSQ Ricardo Luis, AGOSTINHO 96 Fundacao Beatriz Santos
o atleta na partida realizou 2 pernadas de mariposa

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 20 16-02-2019	Femin., 400m Estilos				Absoluto Resultados
Recordes Nacionais 50m Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Recordes Nacionais 50m Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Recordes Nacionais 50m Jun17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27-07-2012
Recordes Nacionais 50m Jun16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20-05-2017
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20-07-2007
Recordes Nacionais 50m Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	24-07-2009
Recordes Regionais ANC 50m Absoluto	5:00.55	Patrícia, SILVA	POR	Estadio Univ. Lisboa	20-05-2001
Recordes Regionais ANC 50m Sen	5:00.55	Patrícia, SILVA	POR	Estadio Univ. Lisboa	20-05-2001
Recordes Regionais ANC 50m Jun17	5:05.27	Ana Rita, GONÇALVES	POR	Povoa do varzim	14-03-2002
Recordes Regionais ANC 50m Jun16	5:01.62	Maria Miguel, VELOSO	POR	Faro	19-07-2009
Recordes Regionais ANC 50m Juv A	5:07.83	Camila Rodrigues, REBELO	POR	Italia	17-06-2018
Recordes Regionais ANC 50m Juv B	5:09.21	Mariana Cunha, GUERRA	POR	Coimbra	07-07-2012
Recordes Regionais ANC 50m Inf A	5:14.11	Mariana Cunha, GUERRA	POR	Lisboa	22-07-2011
Recordes Regionais ANC 50m Inf B	5:27.57	Mariana Cunha, GUERRA	POR	Porto	23-07-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Infantis B

1. Joana Calado, CRUZ	07	Fundacao Beatriz Santos	6:21.95	339
50m: 39.70 39.70	150m: 2:19.85 51.04	250m: 4:01.97 53.22	350m: 5:39.16 44.03	
100m: 1:28.81 49.11	200m: 3:08.75 48.90	300m: 4:55.13 53.16	400m: 6:21.95 42.79	
2. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	6:27.69	324
50m: 42.10 42.10	150m: 2:24.39 50.53	250m: 4:07.97 54.33	350m: 5:45.54 43.55	
100m: 1:33.86 51.76	200m: 3:13.64 49.25	300m: 5:01.99 54.02	400m: 6:27.69 42.15	
3. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	6:28.74	321
50m: 41.57 41.57	150m: 2:21.49 49.11	250m: 4:06.01 56.26	350m: 5:46.19 43.73	
100m: 1:32.38 50.81	200m: 3:09.75 48.26	300m: 5:02.46 56.45	400m: 6:28.74 42.55	
4. Carolina Vizinho, CABRAL	07	Natacao de Vagos	6:32.79	311
50m: 43.09 43.09	150m: 2:28.15 51.32	250m: 4:15.71 59.02	350m: 5:56.82 40.90	
100m: 1:36.83 53.74	200m: 3:16.69 48.54	300m: 5:15.92 1:00.21	400m: 6:32.79 35.97	

Infantis A

1. Anita Gouveia, COSTA	06	Uniao Coimbra	5:46.86	452
50m: 35.80 35.80	150m: 2:02.86 44.51	250m: 3:37.41 51.85	350m: 5:09.69 39.69	
100m: 1:18.35 42.55	200m: 2:45.56 42.70	300m: 4:30.00 52.59	400m: 5:46.86 37.17	
2. Catarina Cunha, BELO	06	Fundacao Beatriz Santos	5:52.37	431
50m: 37.87 37.87	150m: 2:07.38 46.55	250m: 3:42.86 49.72	350m: 5:13.09 40.41	
100m: 1:20.83 42.96	200m: 2:53.14 45.76	300m: 4:32.68 49.82	400m: 5:52.37 39.28	
3. Beatriz Andre, GASPAS	06	Nautico Academico	6:04.15	391
50m: 40.94 40.94	150m: 2:15.45 47.88	250m: 3:52.44 50.16	350m: 5:25.05 40.71	
100m: 1:27.57 46.63	200m: 3:02.28 46.83	300m: 4:44.34 51.90	400m: 6:04.15 39.10	
4. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	6:07.19	381
50m: 40.48 40.48	150m: 2:14.17 46.41	250m: 3:51.66 51.90	350m: 5:26.69 41.50	
100m: 1:27.76 47.28	200m: 2:59.76 45.59	300m: 4:45.19 53.53	400m: 6:07.19 40.50	
5. Ines Alves, DIAS	06	Fundacao Beatriz Santos	6:20.52	342
50m: 40.07 40.07	150m: 2:18.96 48.79	250m: 4:02.28 55.52	350m: 5:39.44 40.88	
100m: 1:30.17 50.10	200m: 3:06.76 47.80	300m: 4:58.56 56.28	400m: 6:20.52 41.08	

Juvenis B

1. Mariana Carmo, ROSA	05	Louzan Natacao	5:28.41	533
50m: 35.97 35.97	150m: 1:59.29 43.81	250m: 3:30.46 48.79	350m: 4:54.53 36.15	
100m: 1:15.48 39.51	200m: 2:41.67 42.38	300m: 4:18.38 47.92	400m: 5:28.41 33.88	

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 20, Femin., 400m Estilos, Juvenis B

Lugar			Ano					Tempo final	Pts
2.	Beatriz Ferreira, LOISAS		05	Columbofila Cantanhedense				5:48.81	445
	50m:	35.04 35.04	150m:	2:03.16	46.19	250m:	3:39.25 52.23	350m:	5:11.41 37.69
	100m:	1:16.97 41.93	200m:	2:47.02	43.86	300m:	4:33.72 54.47	400m:	5:48.81 37.40
3.	Barbara Almeida, SIMOES		05	Uniao Coimbra				6:00.54	403
	50m:	37.90 37.90	150m:	2:09.83	46.62	250m:	3:47.66 53.06	350m:	5:21.06 40.47
	100m:	1:23.21 45.31	200m:	2:54.60	44.77	300m:	4:40.59 52.93	400m:	6:00.54 39.48
4.	Beatriz Pereira, MARQUES		05	Columbofila Cantanhedense				6:02.00	398
	50m:	40.18 40.18	150m:	2:16.17	48.99	250m:	3:53.00 50.69	350m:	5:25.09 40.88
	100m:	1:27.18 47.00	200m:	3:02.31	46.14	300m:	4:44.21 51.21	400m:	6:02.00 36.91

Juvenis A

1.	Ticia, KLEIN		04	NSG				5:22.82	561
	50m:	32.95 32.95	150m:	1:52.83	41.39	250m:	3:23.10 49.25	350m:	4:49.05 35.18
	100m:	1:11.44 38.49	200m:	2:33.85	41.02	300m:	4:13.87 50.77	400m:	5:22.82 33.77
2.	Beatriz Ferreira, GASPAR		04	Bombeiros Mealhada				5:23.22	559
	50m:	33.85 33.85	150m:	1:54.89	42.40	250m:	3:23.48 47.55	350m:	4:48.02 36.45
	100m:	1:12.49 38.64	200m:	2:35.93	41.04	300m:	4:11.57 48.09	400m:	5:23.22 35.20
3.	Maria Caetano, LAMAS		04	Miranda do Corvo				5:35.29	501
	50m:	34.46 34.46	150m:	2:02.33	45.83	250m:	3:32.73 45.70	350m:	4:58.85 38.60
	100m:	1:16.50 42.04	200m:	2:47.03	44.70	300m:	4:20.25 47.52	400m:	5:35.29 36.44
4.	Mafalda Vestia, FIDALGO		04	Uniao Coimbra				5:46.50	454
	50m:	34.91 34.91	150m:	2:02.46	45.93	250m:	3:36.58 49.88	350m:	5:07.42 39.75
	100m:	1:16.53 41.62	200m:	2:46.70	44.24	300m:	4:27.67 51.09	400m:	5:46.50 39.08
5.	Leonor Horta, COSTA		04	Individual ANC				6:11.59	368
	50m:	39.52 39.52	150m:	2:17.62	45.21	250m:	3:56.92 54.12	350m:	5:30.48 41.87
	100m:	1:32.41 52.89	200m:	3:02.80	45.18	300m:	4:48.61 51.69	400m:	6:11.59 41.11

Juniores

1.	Helena Nunes, RODRIGUES		03	Alges e Agueda XXI				5:18.85	582
	50m:	32.46 32.46	150m:	1:53.24	41.66	250m:	3:21.56 48.47	350m:	4:44.77 34.79
	100m:	1:11.58 39.12	200m:	2:33.09	39.85	300m:	4:09.98 48.42	400m:	5:18.85 34.08
2.	Yelein, CHERIFF		03	NSG				5:39.14	484
	50m:	34.06 34.06	150m:	1:59.82	43.56	250m:	3:29.65 47.86	350m:	4:58.95 40.24
	100m:	1:16.26 42.20	200m:	2:41.79	41.97	300m:	4:18.71 49.06	400m:	5:39.14 40.19

DNS Camila Rodrigues, REBELO 03 Louzan Natacao

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 21 Masc., 4 x 100m Estilos Absoluto
16-02-2019 Resultados

Recordes Nacionais 50m Absoluto	3:46.10	Sporting Clube de Portugal	SCP	Coimbra	17-03-2018
Recordes Nacionais 50m Sen	3:46.10	Sporting Clube de Portugal	SCP	Coimbra	17-03-2018
Recordes Nacionais 50m Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29-07-2018
Recordes Nacionais 50m Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Recordes Nacionais 50m Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Recordes Nacionais 50m Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23-07-2017
Recordes Nacionais 50m Inf A	4:18.17	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	29-06-2014
Recordes Nacionais 50m Inf	4:18.17	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	20-07-2014
Recordes Nacionais 50m Inf B	4:41.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	S. Joao da Madeira	14-07-2013
Recordes Regionais ANC 50m Absoluto	3:53.58	Clube Náutico Académico de Coim	POR		18-05-2014
Recordes Regionais ANC 50m Sen	3:54.04	Clube Náutico Académico de Coim	POR		18-05-2012
Recordes Regionais ANC 50m Jun	4:03.06	Associação Académica de Coimbr	POR		18-05-2012
Recordes Regionais ANC 50m Juv A	4:07.58	Clube Náutico Académico de Coim	POR		18-05-2017
Recordes Regionais ANC 50m Juv	4:07.58	Clube Náutico Académico de Coim	POR		27-12-2018
Recordes Regionais ANC 50m Juv B	4:20.25	Fundação Beatriz Santos Clube	POR		18-05-2017
Recordes Regionais ANC 50m Inf A	4:28.19	Clube Uniao 1919	POR	Coimbra	07-07-2018
Recordes Regionais ANC 50m Inf	4:28.19	Clube Uniao 1919	POR	Coimbra	07-07-2018
Recordes Regionais ANC 50m Inf B	4:47.50	Clube Náutico Académico de Coim	POR		18-05-2011

Pontos: FINA 2018

Lugar					Tempo final	Pts
Infantis						
1.	Bombeiros Mealhada Inf			Bombeiros Mealhada	5:28.15	252
	Rafael Pereira, PESSOA	05	39.53	Paulo Tomas, PEREIRA	+0,68	37.99
	Pedro Ferreira, DUARTE	+0,64	46.52	Francisco Xavier, AMARAL	+0,45	31.35
						1:21.01
						1:07.06
2.	Condeixa Clube Inf			Condeixa Clube	5:39.06	228
	Tomas Cardoso, GERALDO	05	39.39	Diogo Cura, NEVES	06	38.53
	Jose Miguel, MARQUES	06	47.83	Miguel Bernardo, ARAUJO	06	33.93
						1:24.57
						1:10.34
3.	Academica de Coimbra Inf			Academica de Coimbra	5:56.25	196
	Joao Ferreira, MARQUES	06	42.99	Edgar Tavares, MENDES	06	40.50
	Rodrigo Costa, CRUZ	06	44.50	Miguel Joao, PINHEIRO	06	35.37
						1:34.15
						1:16.86
Juvenis						
1.	Fundacao Beatriz Santos Juv			Fundacao Beatriz Santos	5:01.17	326
	Afonso Corte-Real, GRILO	04	39.11	Ricardo Martins, CARVALHO	03	33.01
	Goncalo Pires, LOURENCO	03	38.98	Pedro Miguel, FLORIDO	04	30.46
						1:11.59
						1:04.13
Absoluto						
1.	NSG Abs			NSG	4:25.84	474
	Golombek, LIAM	03	33.17	Dali, YANIS	03	29.70
	Noam, GOLOMBEK	01	35.94	Ilias, EBERHARD	03	28.16
						1:03.34
						58.29
2.	S. Pedro Alva Abs			S. Pedro Alva	4:30.44	450
	Alberto Antonio, SANTOS		33.10	Diogo Miguel, PISCO	+0,34	30.44
	Rafael Alves, CAMPOS	+0,41	33.84	Alexandre Miguel, BRAS	+0,22	27.51
						1:09.84
						58.61
3.	Nautico Academico Abs			Nautico Academico	4:46.82	377
	Vasco Pereira, BASTOS	02	36.13	Joao Baptista, MARQUES	00	31.17
	Jose Miguel, SILVA	02	38.77	Rui Joao, MARQUES	02	32.34
						1:08.26
						1:01.95
4.	Natacao de Vagos Abs			Natacao de Vagos	4:55.56	344
	Pedro Ribeiro, MOCO		35.62	Diogo Alexandre, MENDES	+0,34	34.56
	Rafael Domingues, SA	+0,36	39.11	Micael Kovalchuk, SOLODYUK	+0,68	29.57
						1:15.52
						1:01.94

Torneio de Preparação ANC - Categorias
Coimbra, 16-2-2019

Prova 22 Femin., 4 x 100m Livres Absoluto
16-02-2019 Resultados

Recordes Nacionais 50m Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02-04-2015
Recordes Nacionais 50m Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv B	4:10.72	Clube Nautico Academico de Coimb	CNAC	Povoia de Varzim	05-08-2011
Recordes Nacionais 50m Inf A	4:17.13	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Lisboa	24-07-2011
Recordes Nacionais 50m Inf	4:17.13	tempo limite	GDNVNF	Lisboa	24-07-2011
Recordes Nacionais 50m Inf B	4:26.09	Grupo Desportivo Natacao V. N. Fai	GDNVNF	Porto	25-07-2010
Recordes Regionais ANC 50m Absoluto	4:03.39	Associação Académica de Coimbra	POR		01-05-2017
Recordes Regionais ANC 50m Sen	4:10.30	Clube Náutico Académico de Coimb	POR		01-05-2010
Recordes Regionais ANC 50m Jun	4:08.31	Clube Náutico Académico de Coimb	POR		01-05-2012
Recordes Regionais ANC 50m Juv A	4:10.72	tempo limite	POR		
Recordes Regionais ANC 50m Juv B	4:09.11	Clube União 1919	POR		06-06-2018
Recordes Regionais ANC 50m Juv A	4:10.72	Clube Náutico Académico de Coimb	POR		01-05-2011
Recordes Regionais ANC 50m Inf A	4:17.71	Clube Náutico Académico de Coimb	POR		01-05-2010
Recordes Regionais ANC 50m Inf	4:17.21	Clube Náutico Académico de Coimb	POR		06-06-2010
Recordes Regionais ANC 50m Inf B	4:31.99	Clube Náutico Académico de Coimb	POR		01-05-2010

Pontos: FINA 2018

Lugar					Tempo final	Pts
Juvenis						
1.	Natacao de Vagos Juv		Natacao de Vagos		4:25.66	498
	Carolina Rei, PEREIRA	30.77	1:03.62	Beatriz Margarido, SILVA	+0,48 32.57	1:09.23
	Jacinta Martins, VIANA	+0,39 33.17	1:09.17	Maria Vieira, MARQUES	+0,58 29.43	1:03.64
2.	Nautico Academico Juv		Nautico Academico		5:12.60	305
	Maria Fernandes, LOBO	05 34.20	1:13.00	Maria Pedro, ASCENSO	04 38.55	1:22.45
	Laura Torrao, CARVALHO	05 37.58	1:20.52	Rita Lima, PIRES	05 35.53	1:16.63

Absoluto

1.	NSG Abs		NSG		4:16.13	556
	Saya, CLAUS	02 29.94	1:02.12	Ticia, KLEIN	04 31.20	1:04.25
	Daeva, PUGLISI	03 30.37	1:04.47	Yelein, CHERIFF	03 31.28	1:05.29
2.	Bombeiros Mealhada Abs		Bombeiros Mealhada		4:57.44	355
	Beatriz Ferreira, GASPAR	04 31.25	1:03.99	Ana Miguel, MIRANDA	03 40.10	1:24.13
	Sara Cruz, URBANO	03 35.70	1:16.04	Beatriz Sofia, PEREIRA	04 34.80	1:13.28
3.	Academica de Coimbra Abs		Academica de Coimbra		5:05.63	327
	Helena Carolina, DINIS	36.55	1:17.43	Maria Ines, ALVES	+0,57 35.78	1:15.69
	Filipa Moniz, PISSARRO	+0,51 37.20	1:18.54	Maria Costa, TEJO	34.78	1:13.97