

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

1 - 1ª Jornada

10-11-2018 - 15:30

Prova 1 Femin., 400m Estilos Juv B
10-11-2018 - 15:30 Resultados

Rec Reg ANC Absoluto	4:52.71	Maria Miguel, VELOSO	CNAC	13-06-2009
Rec Reg ANC Juv B	5:04.01	Mariana Cunha, GUERRA	ASSSCC	12-06-2011

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	5:16.88	545
50m: 34.81 34.81	100m: 1:15.80 40.99	200m: 2:35.04 1:19.24	400m: 5:16.88 2:41.84
2. Mariana Carmo, ROSA	05 Louzan Natacao/EFAPEL	5:17.16	544
50m: 34.84 34.84	100m: 1:14.58 39.74	200m: 2:35.78 1:21.20	400m: 5:17.16 2:41.38
3. Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense	5:38.81	446
50m: 35.68 35.68	100m: 1:16.30 40.62	200m: 2:42.87 1:26.57	400m: 5:38.81 2:55.94
4. Ana Matos, CABRAL	05 Condeixa Clube	5:41.52	435
50m: 34.95 34.95	100m: 1:15.83 40.88	200m: 2:42.94 1:27.11	400m: 5:41.52 2:58.58
5. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	5:58.78	375
50m: 38.87 38.87	100m: 1:25.90 47.03	200m: 3:01.19 1:35.29	400m: 5:58.78 2:57.59
6. Barbara Almeida, SIMOES	05 União Coimbra	6:02.30	365
50m: 35.45 35.45	100m: 1:22.36 46.91	200m: 2:54.93 1:32.57	400m: 6:02.30 3:07.37
7. Maria Ines, GASPAS	05 Miranda do Corvo	6:04.18	359
50m: 39.43 39.43	100m: 1:25.18 45.75	200m: 2:55.18 1:30.00	400m: 6:04.18 3:09.00
8. Maria Lucas, SANTOS	05 Condeixa Clube	6:04.57	358
50m: 37.25 37.25	100m: 1:21.71 44.46	200m: 2:57.30 1:35.59	400m: 6:04.57 3:07.27
9. Maria Ines, ALVES	05 Academica de Coimbra	6:04.78	357
50m: 37.94 37.94	100m: 1:25.86 47.92	200m: 2:59.94 1:34.08	400m: 6:04.78 3:04.84
10. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	6:04.86	357
50m: 42.36 42.36	100m: 1:33.84 51.48	200m: 3:04.60 1:30.76	400m: 6:04.86 3:00.26
11. Beatriz Sa, GAMA	05 Condeixa Clube	6:17.62	322
50m: 41.84 41.84	100m: 1:30.46 48.62	200m: 3:02.44 1:31.98	400m: 6:17.62 3:15.18
12. Maria Fernandes, LOBO	05 Nautico Coimbra	6:27.73	297
50m: 41.89 41.89	100m: 1:35.39 53.50	200m: 3:12.79 1:37.40	400m: 6:27.73 3:14.94
13. Helena Carolina, DINIS	05 Academica de Coimbra	6:28.35	296
50m: 39.84 39.84	100m: 1:29.56 49.72	200m: 3:08.20 1:38.64	400m: 6:28.35 3:20.15
DSQ Filipa Moniz, PISSARRO	05 Academica de Coimbra		
<i>na viragem aos 150 m a atleta não fez movimento continuo</i>			
50m: 45.96 45.96	100m: 1:39.40 53.44		

Prova 1 Femin., 400m Estilos Juv A
10-11-2018 - 15:30 Resultados

Rec Reg ANC Absoluto	4:52.71	Maria Miguel, VELOSO	CNAC	13-06-2009
Rec Reg ANC Juv A	4:45.18	Camila Rodrigues, REBELO	CAQC	12-06-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ana Carolina, MONTEIRO	04 União Coimbra	5:12.87	566
50m: 32.22 32.22	100m: 1:08.90 36.68	200m: 2:30.66 1:21.76	400m: 5:12.87 2:42.21
2. Matilde Alves, FLORENCIO	04 Condeixa Clube	5:16.10	549
50m: 33.85 33.85	100m: 1:13.03 39.18	200m: 2:35.84 1:22.81	400m: 5:16.10 2:40.26
3. Joana Francisca, RODRIGUES	04 União Coimbra	5:20.12	529
50m: 32.47 32.47	100m: 1:11.20 38.73	200m: 2:34.04 1:22.84	400m: 5:20.12 2:46.08

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 1, Femin., 400m Estilos, Juv A

Lugar	Ano	Tempo final	Pts
4. Ana Catarina, SILVA 50m: 35.22 35.22 100m: 1:17.47	04 Fundacao Beatriz Santos	5:26.65	498
5. Carolina Carreira, DIAS 50m: 36.78 36.78 100m: 1:21.68	04 Columbofila Cantanhedense	5:33.95	466
6. Leonor Correia, CUNHA 50m: 37.18 37.18 100m: 1:22.97	04 Fundacao Beatriz Santos	5:36.63	455
7. Leonor Horta, COSTA 50m: 35.37 35.37 100m: 1:17.49	04 Nautico Coimbra	5:40.72	438
8. Marta Domingues, GAMEIRO 50m: 37.59 37.59 100m: 1:21.92	04 Nautico Coimbra	5:40.88	438
9. Mafalda Vestia, FIDALGO 50m: 35.62 35.62 100m: 1:16.87	04 União Coimbra	5:42.15	433
10. Ines Dias, CRUZ 50m: 36.58 36.58 100m: 1:19.33	04 Condeixa Clube	6:02.79	363
11. Ana Filipa, SILVA 50m: 39.23 39.23 100m: 1:29.13	04 Academica de Coimbra	6:04.09	359
12. Maria Ines, DIONISIO 50m: 35.48 35.48 100m: 1:20.60	04 Fundacao Beatriz Santos	6:10.37	341
13. Filipa Victor, VIEIRA 50m: 39.30 39.30 100m: 1:27.39	04 Academica de Coimbra	6:19.34	318
14. Joana Beatriz, RODRIGUES 50m: 40.68 40.68 100m: 1:27.76	04 Academica de Coimbra	6:19.54	317
15. Laura Rodrigues, MARGATO 50m: 43.46 43.46 100m: 1:42.14	04 Academica de Coimbra	6:22.86	309
16. Beatriz Beja, AFONSO 50m: 44.31 44.31 100m: 1:37.78	04 Academica de Coimbra	6:23.48	307
17. Ana Sofia, CASTANHEIRA 50m: 45.89 45.89 100m: 1:40.63	04 Condeixa Clube	6:40.15	270
DSQ Daniela Portela, MENDES <i>a atleta não realizou o movimento continuo na viragem aos 150 m</i> 50m: 33.11 33.11 100m: 1:12.93	04 Fundacao Beatriz Santos		
EXH Ana Rita, QUEIROZ 50m: 32.60 32.60 100m: 1:10.51	02 Condeixa Clube	5:08.93	588
EXH Sara Sofia, ALVES 50m: 33.29 33.29 100m: 1:10.76	01 Columbofila Cantanhedense	5:14.99	555
EXH Beatriz Costa, TEJO 50m: 32.81 32.81 100m: 1:10.86	02 Academica de Coimbra	5:18.18	538
EXH Camila Alexandra, SILVA 50m: 35.62 35.62 100m: 1:18.26	03 Columbofila Cantanhedense	5:29.31	486
EXH Ines Mariana, PINHEIRO 100m: 1:10.26 1:10.26 200m: 2:37.73	03 Academica de Coimbra	5:37.20	452

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 2 Masc., 1500m Livres Juv B
10-11-2018 - 16:05 Resultados

Rec Reg ANC Absoluto 15:28.85 Alexandre Valdágua, COUTINHO ASSSCC 14-06-2015
Rec Reg ANC Juv B 16:32.94 Pedro, MATOS CNM 13-06-1997

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diogo Matos, RIBEIRO 50m: 32.32 32.32 200m: 2:14.36 1:08.37 800m: 9:12.66 4:41.47 100m: 1:05.99 33.67 400m: 4:31.19 2:16.83 1500m: 17:19.76 8:07.10	04 União Coimbra	17:19.76	542
2. Jose Diogo, DIAS 50m: 31.93 31.93 200m: 2:14.70 1:08.59 800m: 9:11.44 4:37.61 100m: 1:06.11 34.18 400m: 4:33.83 2:19.13 1500m: 17:20.34 8:08.90	04 Fundacao Beatriz Santos	17:20.34	541
3. Gustavo Pires, MARQUES 50m: 31.36 31.36 200m: 2:14.67 1:08.94 800m: 9:13.14 4:38.23 100m: 1:05.73 34.37 400m: 4:34.91 2:20.24 1500m: 17:29.40 8:16.26	04 Fundacao Beatriz Santos	17:29.40	527
4. Dinis Miranda, DIOGO 50m: 31.93 31.93 200m: 2:14.17 1:08.33 800m: 9:18.20 4:43.24 100m: 1:05.84 33.91 400m: 4:34.96 2:20.79 1500m: 17:42.68 8:24.48	04 Fundacao Beatriz Santos	17:42.68	508
5. Goncalo Daniel, OLIVEIRA 50m: 33.06 33.06 200m: 2:20.21 1:11.98 800m: 9:37.23 4:53.25 100m: 1:08.23 35.17 400m: 4:43.98 2:23.77 1500m: 18:06.62 8:29.39	04 Fundacao Beatriz Santos	18:06.62	475
6. Tiago Andre, POIARES 50m: 33.60 33.60 200m: 2:21.18 1:11.66 800m: 9:35.89 4:51.22 100m: 1:09.52 35.92 400m: 4:44.67 2:23.49 1500m: 18:06.77 8:30.88	04 Fundacao Beatriz Santos	18:06.77	475
7. Goncalo Brites, MOITA 50m: 32.74 32.74 200m: 2:20.10 1:12.01 800m: 9:43.41 4:57.12 100m: 1:08.09 35.35 400m: 4:46.29 2:26.19 1500m: 18:27.18 8:43.77	04 União Coimbra	18:27.18	449
8. Rui Mamede, SANTOS 50m: 33.18 33.18 200m: 2:21.81 1:13.86 800m: 9:52.31 5:02.15 100m: 1:07.95 34.77 400m: 4:50.16 2:28.35 1500m: 18:36.94 8:44.63	04 União Coimbra	18:36.94	437
9. Alexandre Viegas, MARTINS 50m: 33.22 33.22 200m: 2:21.56 1:12.27 800m: 10:05.97 5:13.59 100m: 1:09.29 36.07 400m: 4:52.38 2:30.82 1500m: 19:16.84 9:10.87	04 União Coimbra	19:16.84	393
10. Pedro Miguel, FLORIDO 50m: 34.53 34.53 200m: 2:24.57 1:14.29 800m: 10:09.18 5:12.10 100m: 1:10.28 35.75 400m: 4:57.08 2:32.51 1500m: 19:22.65 9:13.47	04 Fundacao Beatriz Santos	19:22.65	388
11. Rafael Alves, CAMPOS 50m: 36.05 36.05 200m: 2:31.21 1:17.30 800m: 10:37.43 5:26.25 100m: 1:13.91 37.86 400m: 5:11.18 2:39.97 1500m: 20:07.62 9:30.19	04 S. Pedro Alva	20:07.62	346
12. Afonso Corte-Real, GRILO 50m: 35.47 35.47 200m: 2:34.94 1:19.90 800m: 10:45.90 5:29.80 100m: 1:15.04 39.57 400m: 5:16.10 2:41.16 1500m: 20:19.85 9:33.95	04 Fundacao Beatriz Santos	20:19.85	336
13. Carlos Martins, MARQUES 50m: 36.55 36.55 200m: 2:37.74 1:21.73 800m: 10:50.36 5:30.52 100m: 1:16.01 39.46 400m: 5:19.84 2:42.10 1500m: 20:37.93 9:47.57	04 União Coimbra	20:37.93	321
14. Renato Maria, FERREIRA 50m: 35.64 35.64 200m: 2:35.20 1:19.78 800m: 10:56.26 5:36.60 100m: 1:15.42 39.78 400m: 5:19.66 2:44.46 1500m: 20:49.57 9:53.31	04 Vigor da Mocidade	20:49.57	312
15. Mark Daniel, SINCARI 50m: 37.88 37.88 200m: 2:47.84 1:27.84 800m: 11:57.06 6:08.17 100m: 1:20.00 42.12 400m: 5:48.89 3:01.05 1500m: 22:29.81 10:32.75	04 Nautico Coimbra	22:29.81	248

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Juv A
10-11-2018 - 16:05 Resultados

Rec Reg ANC Absoluto 15:28.85 Alexandre Valdágua, COUTINHO ASSSCC 14-06-2015
Rec Reg ANC Juv A 16:12.81 Diogo Matos, MARQUES ASSSCC 13-06-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	17:04.43	567
50m: 31.31 31.31 200m: 2:13.26 1:08.21 800m: 9:03.24 4:33.87			
100m: 1:05.05 33.74 400m: 4:29.37 2:16.11 1500m: 17:04.43 8:01.19			
2. Martim Miranda, MACHADO	03 União Coimbra	17:04.90	566
50m: 32.39 32.39 200m: 2:12.70 1:06.72 800m: 9:00.89 4:33.71			
100m: 1:05.98 33.59 400m: 4:27.18 2:14.48 1500m: 17:04.90 8:04.01			
3. Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	17:18.84	544
50m: 32.43 32.43 200m: 2:13.15 1:07.53 800m: 9:05.31 4:35.91			
100m: 1:05.62 33.19 400m: 4:29.40 2:16.25 1500m: 17:18.84 8:13.53			
4. Manuel Baptista, SIMOES	03 União Coimbra	17:50.45	497
50m: 33.21 33.21 200m: 2:18.98 1:11.01 800m: 9:29.02 4:46.97			
100m: 1:07.97 34.76 400m: 4:42.05 2:23.07 1500m: 17:50.45 8:21.43			
5. David Valdagua, COUTINHO	03 Columbofila Cantanhedense	17:57.13	488
50m: 32.29 32.29 200m: 2:16.70 1:09.84 800m: 9:30.11 4:50.34			
100m: 1:06.86 34.57 400m: 4:39.77 2:23.07 1500m: 17:57.13 8:27.02			
6. Goncalo Pires, LOURENCO	03 Fundacao Beatriz Santos	18:25.76	451
50m: 31.74 31.74 200m: 2:18.94 1:12.78 800m: 9:45.37 4:58.33			
100m: 1:06.16 34.42 400m: 4:47.04 2:28.10 1500m: 18:25.76 8:40.39			
7. Ricardo Martins, CARVALHO	03 Fundacao Beatriz Santos	18:34.61	440
50m: 33.56 33.56 200m: 2:24.39 1:14.74 800m: 9:54.73 5:00.53			
100m: 1:09.65 36.09 400m: 4:54.20 2:29.81 1500m: 18:34.61 8:39.88			
8. Bernardo Jorge, VENTURA	03 Academica de Coimbra	19:31.29	379
50m: 33.88 33.88 200m: 2:26.59 1:16.07 800m: 10:19.19 5:16.48			
100m: 1:10.52 36.64 400m: 5:02.71 2:36.12 1500m: 19:31.29 9:12.10			
DNS Alexandre Miguel, BRAS	03 S. Pedro Alva		
DNS Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva		
EXH Diogo Coelho, JOSE	01 Columbofila Cantanhedense	16:00.19	688
50m: 31.87 31.87 200m: 2:07.98 1:03.72 800m: 8:29.04 4:13.94			
100m: 1:04.26 32.39 400m: 4:15.10 2:07.12 1500m: 16:00.19 7:31.15			
EXH Miguel Caridade, GASPAS	99 Academica de Coimbra	16:39.09	611
50m: 32.21 32.21 200m: 2:11.10 1:06.09 800m: 8:53.73 4:28.89			
100m: 1:05.01 32.80 400m: 4:24.84 2:13.74 1500m: 16:39.09 7:45.36			
EXH Lucas Pereira, BASTOS	00 Nautico Coimbra	16:45.55	599
50m: 32.37 32.37 200m: 2:10.95 1:05.75 800m: 8:54.37 4:28.99			
100m: 1:05.20 32.83 400m: 4:25.38 2:14.43 1500m: 16:45.55 7:51.18			
EXH Rodrigo Alexandre, TRAVASSOS	02 Condeixa Clube	16:50.47	591
50m: 32.91 32.91 200m: 2:12.31 1:06.00 800m: 8:55.88 4:30.16			
100m: 1:06.31 33.40 400m: 4:25.72 2:13.41 1500m: 16:50.47 7:54.59			
EXH Francisco Miguel, CARVALHO	00 Academica de Coimbra	17:41.44	510
50m: 33.11 33.11 200m: 2:17.45 1:10.07 800m: 9:23.17 4:43.97			
100m: 1:07.38 34.27 400m: 4:39.20 2:21.75 1500m: 17:41.44 8:18.27			
EXH Rui Joao, MARQUES	02 Nautico Coimbra	17:47.87	500
50m: 32.55 32.55 200m: 2:15.36 1:08.99 800m: 9:20.87 4:47.11			
100m: 1:06.37 33.82 400m: 4:33.76 2:18.40 1500m: 17:47.87 8:27.00			
EXH Miguel Freitas, OVIEDO	02 Academica de Coimbra	17:49.46	498
50m: 32.93 32.93 200m: 2:20.40 1:11.97 800m: 9:28.17 4:46.42			
100m: 1:08.43 35.50 400m: 4:41.75 2:21.35 1500m: 17:49.46 8:21.29			

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 2, Masc., 1500m Livres

Lugar	Ano	Tempo final	Pts
EXH Paulo Andre, FROTA	02 Condeixa Clube	17:55.20	490
50m: 32.88 32.88	200m: 2:14.77 1:09.07	800m: 9:22.31 4:46.91	
100m: 1:05.70 32.82	400m: 4:35.40 2:20.63	1500m: 17:55.20 8:32.89	
EXH Vasco Pereira, BASTOS	02 Nautico Coimbra	17:58.72	485
50m: 33.48 33.48	200m: 2:19.50 1:11.11	800m: 9:31.88 4:47.69	
100m: 1:08.39 34.91	400m: 4:44.19 2:24.69	1500m: 17:58.72 8:26.84	
EXH Goncalo Silva, MARQUES	01 Condeixa Clube	17:59.12	485
50m: 33.74 33.74	200m: 2:18.56 1:10.25	800m: 9:24.71 4:45.37	
100m: 1:08.31 34.57	400m: 4:39.34 2:20.78	1500m: 17:59.12 8:34.41	
EXH Tomas Pedrosa, MIGUEL	02 Condeixa Clube	18:17.26	461
50m: 33.27 33.27	200m: 2:17.28 1:09.79	800m: 9:38.34 4:55.38	
100m: 1:07.49 34.22	400m: 4:42.96 2:25.68	1500m: 18:17.26 8:38.92	
EXH Alberto Antonio, SANTOS	01 S. Pedro Alva	19:39.04	372
50m: 34.20 34.20	200m: 2:25.18 1:15.36	800m: 10:22.83 5:22.63	
100m: 1:09.82 35.62	400m: 5:00.20 2:35.02	1500m: 19:39.04 9:16.21	

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

2 - 2ª Jornada

11-11-2018 - 9:30

Prova 3 Masc., 400m Estilos Juv B
11-11-2018 - 9:30 Resultados

Rec Reg ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
Rec Reg ANC Juv B	4:38.66	Luís, SILVA	CNAC	13-06-2000

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diogo Matos, RIBEIRO 50m: 29.62 29.62 100m: 1:04.75 35.13 200m: 2:18.43 1:13.68 400m: 4:46.63 2:28.20	04 União Coimbra	4:46.63	554
2. Jose Diogo, DIAS 50m: 31.41 31.41 100m: 1:08.40 36.99 200m: 2:22.03 1:13.63 400m: 4:56.91 2:34.88	04 Fundacao Beatriz Santos	4:56.91	498
3. Dinis Miranda, DIOGO 50m: 30.93 30.93 100m: 1:07.30 36.37 200m: 2:24.76 1:17.46 400m: 4:59.71 2:34.95	04 Fundacao Beatriz Santos	4:59.71	485
4. Gustavo Pires, MARQUES 100m: 1:11.45 1:11.45 200m: 2:29.24 1:17.79 400m: 5:05.42 2:36.18	04 Fundacao Beatriz Santos	5:05.42	458
5. Tiago Andre, POIARES 50m: 33.76 33.76 100m: 1:13.93 40.17 200m: 2:37.90 1:23.97 400m: 5:18.30 2:40.40	04 Fundacao Beatriz Santos	5:18.30	405
6. Rafael Alves, CAMPOS 50m: 33.56 33.56 100m: 1:13.53 39.97 200m: 2:41.84 1:28.31 400m: 5:24.78 2:42.94	04 S. Pedro Alva	5:24.78	381
7. Pedro Miguel, FLORIDO 50m: 32.31 32.31 100m: 1:10.16 37.85 200m: 2:37.60 1:27.44 400m: 5:29.27 2:51.67	04 Fundacao Beatriz Santos	5:29.27	365
8. Goncalo Daniel, OLIVEIRA 50m: 34.89 34.89 100m: 1:14.21 39.32 200m: 2:44.24 1:30.03 400m: 5:30.87 2:46.63	04 Fundacao Beatriz Santos	5:30.87	360
9. Rui Mamede, SANTOS 50m: 32.11 32.11 100m: 1:11.26 39.15 200m: 2:37.06 1:25.80 400m: 5:38.10 3:01.04	04 União Coimbra	5:38.10	337
10. Afonso Corte-Real, GRILO 50m: 38.84 38.84 100m: 1:24.74 45.90 200m: 2:52.84 1:28.10 400m: 5:54.42 3:01.58	04 Fundacao Beatriz Santos	5:54.42	293
11. Renato Maria, FERREIRA 50m: 38.62 38.62 100m: 1:25.91 47.29 200m: 2:54.08 1:28.17 400m: 5:57.20 3:03.12	04 Vigor da Mocidade	5:57.20	286
12. Mark Daniel, SINCARI 50m: 38.56 38.56 100m: 1:29.14 50.58 200m: 3:10.99 1:41.85 400m: 6:29.41 3:18.42	04 Nautico Coimbra	6:29.41	221
DSQ Carlos Martins, MARQUES <i>o atleta não efetuou movimento continuo na viragem aos 125 m</i>	04 União Coimbra		
DSQ Alexandre Viegas, MARTINS <i>o atleta na viragem aos 300 m tocou alternadamente com as mãos na parede</i>	04 União Coimbra		
DSQ Goncalo Brites, MOITA <i>o atleta não efetuou movimento continuo na viragem aos 175 m</i>	04 União Coimbra		

Prova 3 Masc., 400m Estilos Juv A
11-11-2018 - 9:30 Resultados

Rec Reg ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
Rec Reg ANC Juv A	4:35.63	Diogo Coelho, JOSÉ	ASSSCC	13-06-2016

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Martim Miranda, MACHADO 50m: 30.75 30.75 100m: 1:06.39 35.64 200m: 2:24.44 1:18.05 400m: 5:01.96 2:37.52	03 União Coimbra	5:01.96	474
2. Manuel Baptista, SIMOES 50m: 30.47 30.47 100m: 1:06.04 35.57 200m: 2:26.38 1:20.34 400m: 5:05.38 2:39.00	03 União Coimbra	5:05.38	458
3. Goncalo Andre, GOMES 50m: 31.93 31.93 100m: 1:10.04 38.11 200m: 2:26.55 1:16.51 400m: 5:05.93 2:39.38	03 Fundacao Beatriz Santos	5:05.93	456

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 3, Masc., 400m Estilos, Juv A

Lugar	Ano	Tempo final	Pts
4. David Valdagua, COUTINHO 50m: 33.00 33.00 100m: 1:12.88 39.88 200m: 2:31.98 1:19.10 400m: 5:14.50 2:42.52	03 Columbofila Cantanhedense	5:14.50	419
5. Vitor Teixeira, OLIVEIRA 50m: 32.85 32.85 100m: 1:11.68 38.83 200m: 2:31.54 1:19.86 400m: 5:18.12 2:46.58	03 Columbofila Cantanhedense	5:18.12	405
6. Goncalo Pires, LOURENCO 50m: 31.92 31.92 100m: 1:09.42 37.50 200m: 2:34.09 1:24.67 400m: 5:20.96 2:46.87	03 Fundacao Beatriz Santos	5:20.96	395
7. Ricardo Martins, CARVALHO 50m: 34.35 34.35 100m: 1:13.97 39.62 200m: 2:40.97 1:27.00 400m: 5:32.58 2:51.61	03 Fundacao Beatriz Santos	5:32.58	355
8. Bernardo Jorge, VENTURA 50m: 34.37 34.37 100m: 1:15.00 40.63 200m: 2:41.05 1:26.05 400m: 5:43.50 3:02.45	03 Academica de Coimbra	5:43.50	322
9. Tomas Alexandre, LARANJEIRA 50m: 38.61 38.61 100m: 1:26.44 47.83 200m: 2:58.54 1:32.10 400m: 6:15.17 3:16.63	03 S. Pedro Alva	6:15.17	247
DNS Alexandre Miguel, BRAS	03 S. Pedro Alva		

Prova 3 Masc., 400m Estilos Jun/Sen
11-11-2018 - 9:30 Resultados

Rec Reg ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
Rec Reg ANC 8	4:13.49	Tomás Miguel, VELOSO	CNAC	13-06-2018
Rec Reg ANC 18	4:26.81	Miguel Silva, OLIVEIRA	CNAC	13-06-2008
Rec Reg ANC 17	4:23.90	Tomás Miguel, VELOSO	CNAC	13-06-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DSQ Miguel Caridade, GASPAR <i>o atleta executou 2 pernadas de mariposa após a viragem dos 250 m</i>	99 Academica de Coimbra		
EXH Diogo Coelho, JOSE 50m: 29.87 29.87 100m: 1:03.72 33.85 200m: 2:15.09 1:11.37 400m: 4:38.09 2:23.00	01 Columbofila Cantanhedense	4:38.09	607
EXH Paulo Andre, FROTA 50m: 31.82 31.82 100m: 1:07.00 35.18 200m: 2:21.68 1:14.68 400m: 4:53.69 2:32.01	02 Condeixa Clube	4:53.69	515
EXH Bernardo Vinagre, ARZILEIRO 50m: 31.37 31.37 100m: 1:08.26 36.89 200m: 2:22.18 1:13.92 400m: 4:59.27 2:37.09	01 União Coimbra	4:59.27	487
EXH Pedro Simoes, RODRIGUES 50m: 30.55 30.55 100m: 1:07.08 36.53 200m: 2:25.97 1:18.89 400m: 4:59.99 2:34.02	01 União Coimbra	4:59.99	483
EXH Francisco Miguel, CARVALHO 50m: 32.26 32.26 100m: 1:10.36 38.10 200m: 2:27.46 1:17.10 400m: 5:06.10 2:38.64	00 Academica de Coimbra	5:06.10	455
EXH Goncalo Silva, MARQUES 50m: 31.45 31.45 100m: 1:08.32 36.87 200m: 2:25.95 1:17.63 400m: 5:06.48 2:40.53	01 Condeixa Clube	5:06.48	453
EXH Miguel Freitas, OVIEDO 50m: 30.74 30.74 100m: 1:07.58 36.84 200m: 2:27.07 1:19.49 400m: 5:08.59 2:41.52	02 Academica de Coimbra	5:08.59	444
EXH Duarte Anastacio, SOUSA 50m: 31.75 31.75 100m: 1:10.40 38.65 200m: 2:33.15 1:22.75 400m: 5:12.59 2:39.44	02 União Coimbra	5:12.59	427
EXH Diogo Luis, CANCELA 50m: 35.20 35.20 100m: 1:14.79 39.59 200m: 2:41.04 1:26.25 400m: 5:31.29 2:50.25	02 Miranda do Corvo	5:31.29	359
EXH Diogo Miguel, PISCO 50m: 32.33 32.33 100m: 1:11.62 39.29 200m: 2:40.62 1:29.00 400m: 5:36.99 2:56.37	01 S. Pedro Alva	5:36.99	341
EXH Alberto Antonio, SANTOS 50m: 32.05 32.05 100m: 1:14.05 42.00 200m: 2:36.64 1:22.59 400m: 5:37.11 3:00.47	01 S. Pedro Alva	5:37.11	340

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 4 Femin., 800m Livres Juv B
11-11-2018 - 10:05 Resultados

Rec Reg ANC Absoluto	8:46.72	Maria Miguel, VELOSO	CNAC	13-06-2009
Rec Reg ANC Juv B	9:08.07	Maria Miguel, VELOSO	CNAC	12-06-2007

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Marisa Isabel, NOBRE 50m: 34.34 34.34 100m: 1:08.96 34.62	05 Columbofila Cantanhedense	9:39.69	565
2. Mariana Carmo, ROSA 50m: 35.91 35.91 100m: 1:09.91 34.00	05 Louzan Natacao/EFAPEL	9:47.83	542
3. Ana Matos, CABRAL 50m: 34.39 34.39 100m: 1:10.87 36.48	05 Condeixa Clube	10:05.81	495
4. Beatriz Ferreira, LOISAS 50m: 36.49 36.49 100m: 1:14.85 38.36	05 Columbofila Cantanhedense	10:22.31	456
5. Beatriz Pereira, MARQUES 50m: 38.35 38.35 100m: 1:17.48 39.13	05 Columbofila Cantanhedense	10:41.63	416
6. Beatriz Sa, GAMA 50m: 38.05 38.05 100m: 1:18.88 40.83	05 Condeixa Clube	10:51.98	397
7. Camila Cavaleiro, SILVA 50m: 39.21 39.21 100m: 1:19.79 40.58	05 Columbofila Cantanhedense	10:57.97	386
8. Matilde Santos, CARDOSO 50m: 35.89 35.89 100m: 1:15.57 39.68	05 Fundacao Beatriz Santos	11:01.37	380
9. Barbara Almeida, SIMOES 50m: 37.92 37.92 100m: 1:17.44 39.52	05 União Coimbra	11:02.62	378
10. Maria Fernandes, LOBO 50m: 37.88 37.88 100m: 1:19.72 41.84	05 Nautico Coimbra	11:17.42	354
11. Maria Lucas, SANTOS 50m: 38.72 38.72 100m: 1:19.55 40.83	05 Condeixa Clube	11:20.37	349
12. Maria Ines, GASPAR 50m: 39.23 39.23 100m: 1:21.71 42.48	05 Miranda do Corvo	11:33.32	330
13. Helena Carolina, DINIS 50m: 42.13 42.13 100m: 1:24.96 42.83	05 Academica de Coimbra	11:35.97	326
14. Rita Lima, PIRES 50m: 41.94 41.94 100m: 1:26.77 44.83	05 Nautico Coimbra	12:16.85	275

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 4, Femin., 800m Livres

Prova 4 Femin., 800m Livres Juv A
11-11-2018 - 10:05 Resultados

Rec Reg ANC Absoluto	8:46.72	Maria Miguel, VELOSO	CNAC	13-06-2009
Rec Reg ANC Juv A	8:57.30	Maria Miguel, VELOSO	CNAC	12-06-2007

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Alves, FLORENCIO	04 Condeixa Clube	9:25.55	608
50m: 33.68 33.68	200m: 2:19.44 1:10.96	800m: 9:25.55	4:43.15
100m: 1:08.48 34.80	400m: 4:42.40 2:22.96		
2. Ana Carolina, MONTEIRO	04 União Coimbra	9:27.74	601
50m: 33.59 33.59	200m: 2:19.96 1:11.15	800m: 9:27.74	4:45.25
100m: 1:08.81 35.22	400m: 4:42.49 2:22.53		
3. Joana Francisca, RODRIGUES	04 União Coimbra	9:28.08	600
50m: 33.95 33.95	200m: 2:20.90 1:11.45	800m: 9:28.08	4:43.01
100m: 1:09.45 35.50	400m: 4:45.07 2:24.17		
4. Leonor Correia, CUNHA	04 Fundacao Beatriz Santos	9:58.09	514
50m: 34.79 34.79	200m: 2:26.06 1:14.59	800m: 9:58.09	5:01.06
100m: 1:11.47 36.68	400m: 4:57.03 2:30.97		
5. Ana Catarina, SILVA	04 Fundacao Beatriz Santos	9:59.15	512
50m: 35.09 35.09	200m: 2:27.07 1:14.92	800m: 9:59.15	5:01.67
100m: 1:12.15 37.06	400m: 4:57.48 2:30.41		
6. Carolina Carreira, DIAS	04 Columbofila Cantanhedense	10:10.46	484
50m: 34.42 34.42	200m: 2:26.94 1:15.97	800m: 10:10.46	5:07.99
100m: 1:10.97 36.55	400m: 5:02.47 2:35.53		
7. Leonor Horta, COSTA	04 Nautico Coimbra	10:23.03	455
50m: 35.57 35.57	200m: 2:30.19 1:17.91	800m: 10:23.03	5:13.85
100m: 1:12.28 36.71	400m: 5:09.18 2:38.99		
8. Mafalda Vestia, FIDALGO	04 União Coimbra	10:32.63	434
50m: 37.14 37.14	200m: 2:35.63 1:19.27	800m: 10:32.63	5:18.06
100m: 1:16.36 39.22	400m: 5:14.57 2:38.94		
9. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	10:41.43	417
50m: 36.54 36.54	200m: 2:36.18 1:20.58	800m: 10:41.43	5:22.60
100m: 1:15.60 39.06	400m: 5:18.83 2:42.65		
10. Marta Domingues, GAMEIRO	04 Nautico Coimbra	10:42.04	416
50m: 37.62 37.62	200m: 2:36.71 1:19.98	800m: 10:42.04	5:24.64
100m: 1:16.73 39.11	400m: 5:17.40 2:40.69		
11. Ana Filipa, SILVA	04 Academica de Coimbra	10:54.45	392
50m: 37.80 37.80	200m: 2:41.28 1:22.54	800m: 10:54.45	5:28.19
100m: 1:18.74 40.94	400m: 5:26.26 2:44.98		
12. Maria Ines, DIONISIO	04 Fundacao Beatriz Santos	11:11.39	363
50m: 36.86 36.86	200m: 2:39.49 1:22.83	800m: 11:11.39	5:43.10
100m: 1:16.66 39.80	400m: 5:28.29 2:48.80		
13. Ines Dias, CRUZ	04 Condeixa Clube	11:19.34	351
50m: 41.35 41.35	200m: 2:49.89 1:25.91	800m: 11:19.34	5:37.26
100m: 1:23.98 42.63	400m: 5:42.08 2:52.19		
14. Laura Rodrigues, MARGATO	04 Academica de Coimbra	11:20.60	349
50m: 39.61 39.61	200m: 2:49.45 1:27.03	800m: 11:20.60	5:38.46
100m: 1:22.42 42.81	400m: 5:42.14 2:52.69		
15. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	11:45.69	313
50m: 40.57 40.57	200m: 2:51.00 1:27.68	800m: 11:45.69	5:56.07
100m: 1:23.32 42.75	400m: 5:49.62 2:58.62		
16. Joana Beatriz, RODRIGUES	04 Academica de Coimbra	11:45.75	313
50m: 42.10 42.10	200m: 2:54.68 1:29.14	800m: 11:45.75	5:52.27
100m: 1:25.54 43.44	400m: 5:53.48 2:58.80		

Torneio Regional de Fundo de Juvenis
Cantanhede, 10- - 11-11-2018

Prova 4, Femin., 800m Livres, Juv A

Lugar	Ano	Tempo final	Pts
17. Beatriz Beja, AFONSO 50m: 40.06 40.06 200m: 2:54.18 1:30.10 800m: 11:48.29 5:52.18 100m: 1:24.08 44.02 400m: 5:56.11 3:01.93	04 Academica de Coimbra	11:48.29	309
18. Filipa Victor, VIEIRA 50m: 39.09 39.09 200m: 2:48.71 1:27.59 800m: 11:49.43 6:00.25 100m: 1:21.12 42.03 400m: 5:49.18 3:00.47	04 Academica de Coimbra	11:49.43	308
EXH Ana Rita, QUEIROZ 50m: 33.96 33.96 200m: 2:15.38 1:07.48 800m: 9:06.96 4:34.62 100m: 1:07.90 33.94 400m: 4:32.34 2:16.96	02 Condeixa Clube	9:06.96	673
EXH Sara Sofia, ALVES 50m: 34.03 34.03 200m: 2:15.92 1:08.12 800m: 9:08.53 4:35.45 100m: 1:07.80 33.77 400m: 4:33.08 2:17.16	01 Columbofila Cantanhedense	9:08.53	667
EXH Alexandra Couto, FRAZAO 50m: 34.40 34.40 200m: 2:18.80 1:10.18 800m: 9:22.88 4:41.29 100m: 1:08.62 34.22 400m: 4:41.59 2:22.79	02 Condeixa Clube	9:22.88	617
EXH Ines Matos, SOUSA 50m: 33.82 33.82 200m: 2:21.04 1:12.04 800m: 9:37.81 4:52.13 100m: 1:09.00 35.18 400m: 4:45.68 2:24.64	03 União Coimbra	9:37.81	570
EXH Camila Alexandra, SILVA 50m: 36.58 36.58 200m: 2:22.08 1:10.55 800m: 9:43.87 3:56.13 100m: 1:11.53 34.95 400m: 5:47.74 3:25.66	03 Columbofila Cantanhedense	9:43.87	553
EXH Mariana Pinto, ANGELO 50m: 35.21 35.21 200m: 2:24.15 1:12.87 800m: 9:44.65 4:54.22 100m: 1:11.28 36.07 400m: 4:50.43 2:26.28	99 Academica de Coimbra	9:44.65	551
EXH Beatriz Costa, TEJO 50m: 34.97 34.97 200m: 2:24.81 1:13.45 800m: 9:50.08 4:56.29 100m: 1:11.36 36.39 400m: 4:53.79 2:28.98	02 Academica de Coimbra	9:50.08	536
EXH Filipa Almeida, PIRES 50m: 34.73 34.73 200m: 2:24.29 1:13.53 800m: 9:52.00 4:58.26 100m: 1:10.76 36.03 400m: 4:53.74 2:29.45	03 União Coimbra	9:52.00	530
EXH Sara Sofia, TEJO 50m: 35.51 35.51 200m: 2:27.26 1:14.82 800m: 9:53.26 4:57.73 100m: 1:12.44 36.93 400m: 4:55.53 2:28.27	03 Condeixa Clube	9:53.26	527
EXH Ines Mariana, PINHEIRO 50m: 35.25 35.25 200m: 2:27.38 1:15.10 800m: 9:54.44 4:57.09 100m: 1:12.28 37.03 400m: 4:57.35 2:29.97	03 Academica de Coimbra	9:54.44	524
EXH Beatriz Almeida, PIRES 50m: 35.55 35.55 200m: 2:23.87 1:12.44 800m: 9:55.46 5:03.39 100m: 1:11.43 35.88 400m: 4:52.07 2:28.20	03 União Coimbra	9:55.46	521
EXH Sara Dias, NEVES 50m: 35.48 35.48 200m: 2:27.47 1:15.00 800m: 9:57.23 4:59.22 100m: 1:12.47 36.99 400m: 4:58.01 2:30.54	03 Miranda do Corvo	9:57.23	517
EXH Rita Baptista, MARQUES 50m: 36.41 36.41 200m: 2:33.37 1:18.58 800m: 10:38.98 5:25.05 100m: 1:14.79 38.38 400m: 5:13.93 2:40.56	03 Nautico Coimbra	10:38.98	422
EXH Ana Teresa, NUNES 50m: 37.43 37.43 200m: 2:38.67 1:22.16 800m: 11:09.55 5:43.62 100m: 1:16.51 39.08 400m: 5:25.93 2:47.26	88 Nautico Coimbra	11:09.55	366