

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

1 - 1ª Jornada

24-11-2018 - 9:30

Prova 1	Femin., 4 x 50m Livres				Juniores
24-11-2018 - 9:30					Resultados
RR ANC Absoluto	1:48.52	Clube Náutico Académico de Coim	CNAC		19-07-2011
RR ANC Jun	1:53.69	Clube Nautico Academico	CNAC		19-07-2012
Rec Nac Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Rec Nac Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Condeixa Clube Jun</b>	<b>Condeixa Clube</b>				<b>1:58.06</b>	<b>503</b>
Ana Rita, QUEIROZ	02	28.53	Sara Sofia, TEJO	03	30.31	
Rita Dias, RIBEIRO	02	31.86	Alexandra Couto, FRAZAO	02	27.36	
<b>2. Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>1:58.20</b>	<b>501</b>
Ines Pereira, SILVA	02	29.60	Camila Ferreira, MARQUES	03	30.16	
Sara Caseiro, PORTUGAL	02	28.95	Ana Catarina, SANTOS	03	29.49	
<b>3. Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>				<b>2:02.18</b>	<b>454</b>
Beatriz Almeida, PIRES	03	29.49	Ines Matos, SOUSA	03	30.70	
Filipa Almeida, PIRES	03	29.93	Rita Santos, NOGUEIRA	03	32.06	
<b>4. Nautico Academico Jun</b>	<b>Nautico Academico</b>				<b>2:06.28</b>	<b>411</b>
Maria Miguel, GAMEIRO	03	29.83	Rita Baptista, MARQUES	03	31.36	
Sofia Tavares, JACINTO	03	32.11	Carolina Ferreira, REIS	02	32.98	

Prova 1	Femin., 4 x 50m Livres				Seniores
24-11-2018 - 9:30					Resultados
RR ANC Absoluto	1:48.52	Clube Náutico Académico de Coim	CNAC		19-07-2011
RR ANC Sen	1:53.82	Associação Académica de Coimbra	AAC		19-07-2018
Rec Nac Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Rec Nac Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Academica de Coimbra Sen</b>	<b>Academica de Coimbra</b>				<b>1:53.69</b>	<b>563</b>
<i>Rec Reg ANC</i>						
Matilde Freitas, MOREIRA	01	27.75	Mariana Pinto, ANGELO	99	29.92	
Ana Carolina, NEVES	00	27.88	Beatriz Neves, CRAVEIRO	97	28.14	
<b>2. Nautico Academico Sen</b>	<b>Nautico Academico</b>				<b>1:56.30</b>	<b>526</b>
Matilde Domingues, GAMEIRO	97	28.38	Teresa Miguel, VELOSO	00	29.26	
Maria Beatriz, JORGE	00	29.46	Ana Miguel, REIS	00	29.20	

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Prova 2	Masc., 4 x 50m Livres					Juniores
24-11-2018 - 9:35						Resultados
RR ANC Absoluto	1:33.70	Clube Nautico Academico de Coimb	CNAC			13-11-2011
RR ANC Jun	1:39.89	Associação Academica de Coimbra	AAC			13-11-2011
RR ANC 16 - 17	3:36.94	Clube Nautico Academico de Coimbra				13-11-2007
Rec Nac Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria		04-12-2009
Rec Nac Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto		08-12-2017

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Condeixa Clube Jun</b>	<b>Condeixa Clube</b>				<b>1:41.97</b>	<b>531</b>
Tomas Pedrosa, MIGUEL	02	25.43	Paulo Andre, FROTA	02		25.95
Goncalo Silva, MARQUES	01	25.61	Rodrigo Alexandre, TRAVASSOS	02		24.98
<b>2. Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>1:42.82</b>	<b>518</b>
Jose Miguel, CUNHA	01	25.18	Joao Pedro, DIAS	02		25.91
Ricardo Jorge, DOMINGUES	02	25.81	Joao Neto, PEREIRA	02		25.92
<b>3. Academica de Coimbra Jun</b>	<b>Academica de Coimbra</b>				<b>1:46.44</b>	<b>467</b>
Gabriel Jose, JULIO	01	25.96	Gabriel Jose, FIGUEIRA	01		27.28
Diogo Luis, BREDA	01	26.87	Miguel Freitas, OVIEDO	02		26.33
<b>4. Nautico Academico Jun</b>	<b>Nautico Academico</b>				<b>1:49.64</b>	<b>427</b>
Francisco Miguel, MENDES	01	26.17	Rui Joao, MARQUES	02		27.80
Vasco Pereira, BASTOS	02	26.53	Jose Miguel, SILVA	02		29.14

Prova 2	Masc., 4 x 50m Livres					Seniores
24-11-2018 - 9:35						Resultados
RR ANC Absoluto	1:33.70	Clube Nautico Academico de Coimb	CNAC			13-11-2011
RR ANC Sen	1:33.70	Clube Nautico Academico de Coimb	CNAC			13-11-2011
Rec Nac Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria		04-12-2009
Rec Nac Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria		04-12-2009

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Academica de Coimbra Sen</b>	<b>Academica de Coimbra</b>				<b>1:39.53</b>	<b>571</b>
Ruben Paiva, CARVALHO	94	24.67	Pedro Salzedas, ADAIXO	00		25.05
Bernardo Santos, CLEMENTE	98	24.54	Pedro Maria, BESSA	95		25.27
<b>2. Fundacao Beatriz Santos Sen</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>1:46.07</b>	<b>472</b>
Miguel Diogo, AGOSTINHO	00	25.35	Andre Marques, ANTUNES	99		28.34
Rodrigo Ribeiro, GOMES	00	24.50	Tiago Almeida, NUNES	00		27.88
<b>3. Nautico Academico Sen</b>	<b>Nautico Academico</b>				<b>1:46.39</b>	<b>467</b>
Pedro Miguel, LEANDRO	73	27.39	Mario Alexandre, PEREIRA	92		24.30
Miguel Esteves, FERRO	84	27.91	Marcelo Silva, CLEMENTE	00		26.79

Campeonato Regional de Juniores e Seniores PC  
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Prova 3 24-11-2018 - 9:35	Femin., 400m Estilos				Juniores Resultados
RR ANC Absoluto	4:52.71	Maria Miguel, VELOSO	CNAC		13-06-2009
RR ANC Jun17	4:52.71	Maria Miguel, VELOSO	CNAC		12-06-2009
RR ANC Jun16	4:59.28	Joana Victorino, HENRIQUES	CAQC		12-06-2017
Rec Nac Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15-04-2018
Rec Nac Jun16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02-12-2011

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
1.	Maria Carlota, REBELO		03	Louzan Natacao				<b>5:01.93</b>	630		
	50m:	32.10 32.10	150m:	1:47.42	39.24	250m:	3:08.77	43.03	350m:	4:27.84	35.90
	100m:	1:08.18 36.08	200m:	2:25.74	38.32	300m:	3:51.94	43.17	400m:	5:01.93	34.09
2.	Ana Rita, QUEIROZ		02	Condeixa Clube				<b>5:08.96</b>	588		
	50m:	31.80 31.80	150m:	1:47.83	40.00	250m:	3:11.09	43.78	350m:	4:33.17	36.02
	100m:	1:07.83 36.03	200m:	2:27.31	39.48	300m:	3:57.15	46.06	400m:	5:08.96	35.79
3.	Beatriz Monteiro, TOMAS		03	Fundacao Beatriz Santos-Clube				<b>5:14.57</b>	557		
	50m:	33.31 33.31	150m:	1:52.33	40.36	250m:	3:15.50	43.25	350m:	4:37.32	38.17
	100m:	1:11.97 38.66	200m:	2:32.25	39.92	300m:	3:59.15	43.65	400m:	5:14.57	37.25
4.	Sara Dias, NEVES		03	Miranda do Corvo				<b>5:19.35</b>	533		
	50m:	33.65 33.65	150m:	1:53.69	40.81	250m:	3:18.88	45.05	350m:	4:42.84	37.96
	100m:	1:12.88 39.23	200m:	2:33.83	40.14	300m:	4:04.88	46.00	400m:	5:19.35	36.51
EXH	Matilde Alves, FLORENCIO		04	Condeixa Clube				<b>5:17.65</b>	541		
	50m:	34.01 34.01	150m:	1:54.80	42.89	250m:	3:20.59	44.92	350m:	4:42.54	37.10
	100m:	1:11.91 37.90	200m:	2:35.67	40.87	300m:	4:05.44	44.85	400m:	5:17.65	35.11
EXH	Mariana Carmo, ROSA		05	Louzan Natacao				<b>5:22.09</b>	519		
	50m:	34.27 34.27	150m:	1:55.33	41.46	250m:	3:25.25	49.08	350m:	4:48.61	34.50
	100m:	1:13.87 39.60	200m:	2:36.17	40.84	300m:	4:14.11	48.86	400m:	5:22.09	33.48
EXH	Mafalda Vestia, FIDALGO		04	Uniao Coimbra				<b>5:42.65</b>	431		
	50m:	35.70 35.70	150m:	2:03.14	45.09	250m:	3:35.19	49.07	350m:	5:04.12	39.04
	100m:	1:18.05 42.35	200m:	2:46.12	42.98	300m:	4:25.08	49.89	400m:	5:42.65	38.53
EXH	Beatriz Ferreira, LOISAS		05	Columbofila Cantanhedense				<b>5:45.09</b>	422		
	50m:	36.36 36.36	150m:	2:02.92	44.97	250m:	3:37.07	51.07	350m:	5:07.50	38.34
	100m:	1:17.95 41.59	200m:	2:46.00	43.08	300m:	4:29.16	52.09	400m:	5:45.09	37.59
EXH	Marta Domingues, GAMEIRO		04	Nautico Academico				<b>5:49.46</b>	406		
	50m:	37.40 37.40	150m:	2:09.27	46.07	250m:	3:42.02	47.92	350m:	5:10.60	39.79
	100m:	1:23.20 45.80	200m:	2:54.10	44.83	300m:	4:30.81	48.79	400m:	5:49.46	38.86
EXH	Beatriz Pereira, MARQUES		05	Columbofila Cantanhedense				<b>5:55.21</b>	387		
	50m:	38.75 38.75	150m:	2:11.82	47.40	250m:	3:47.13	50.22	350m:	5:16.45	39.21
	100m:	1:24.42 45.67	200m:	2:56.91	45.09	300m:	4:37.24	50.11	400m:	5:55.21	38.76

Campeonato Regional de Juniores e Seniores PC  
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Prova 4 24-11-2018 - 9:50	Masc., 400m Estilos			Juniores Resultados
RR ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
RR ANC Jun18	4:26.81	Miguel Silva, OLIVEIRA	CNAC	13-06-2008
RR ANC Jun17	4:23.90	Tomás Miguel, VELOSO	CNAC	13-06-2012
RR ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
RR ANC Jun18	4:26.81	Miguel Silva, OLIVEIRA	CNAC	13-06-2008
RR ANC Jun17	4:23.90	Tomás Miguel, VELOSO	CNAC	13-06-2012

Pontos: FINA 2018

Lugar	Ano		Tempo final				Pts
<b>1. Paulo Andre, FROTA</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>4:52.59</b>				<b>521</b>
50m: 30.94 30.94	150m: 1:45.41	38.78	250m: 3:04.70	41.31	350m: 4:20.63	33.38	
100m: 1:06.63 35.69	200m: 2:23.39	37.98	300m: 3:47.25	42.55	400m: 4:52.59	31.96	
<b>2. Pedro Simoes, RODRIGUES</b>	<b>01</b>	<b>Uniao Coimbra</b>	<b>5:00.73</b>				<b>480</b>
50m: 31.13 31.13	150m: 1:46.33	38.67	250m: 3:05.60	40.47	350m: 4:24.67	36.84	
100m: 1:07.66 36.53	200m: 2:25.13	38.80	300m: 3:47.83	42.23	400m: 5:00.73	36.06	
<b>3. Rui Joao, MARQUES</b>	<b>02</b>	<b>Nautico Academico</b>	<b>5:16.07</b>				<b>413</b>
50m: 32.66 32.66	150m: 1:51.25	41.48	250m: 3:18.32	46.32	350m: 4:40.39	34.17	
100m: 1:09.77 37.11	200m: 2:32.00	40.75	300m: 4:06.22	47.90	400m: 5:16.07	35.68	

Prova 4 24-11-2018 - 9:50	Masc., 400m Estilos			Seniores Resultados
RR ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
RR ANC Sen	4:13.49	Tomás Miguel, VELOSO	CNAC	13-06-2018
RR ANC Absoluto	4:13.49	Tomás Miguel, VELOSO	CNAC	14-06-2018
RR ANC Sen	4:13.49	Tomás Miguel, VELOSO	CNAC	13-06-2018

Pontos: FINA 2018

Lugar	Ano		Tempo final				Pts
<b>1. Gabriel Jose, LOPES</b>	<b>97</b>	<b>Louzan Natacao</b>	<b>4:18.88</b>				<b>752</b>
50m: 27.93 27.93	150m: 1:33.58	33.40	250m: 2:43.00	36.32	350m: 3:49.69	30.51	
100m: 1:00.18 32.25	200m: 2:06.68	33.10	300m: 3:19.18	36.18	400m: 4:18.88	29.19	
<b>2. Tomas Miguel, VELOSO</b>	<b>96</b>	<b>Nautico Academico</b>	<b>4:33.35</b>				<b>639</b>
50m: 29.07 29.07	150m: 1:37.47	35.78	250m: 2:50.35	38.28	350m: 4:01.65	32.94	
100m: 1:01.69 32.62	200m: 2:12.07	34.60	300m: 3:28.71	38.36	400m: 4:33.35	31.70	
<b>3. Miguel Caridade, GASPAR</b>	<b>99</b>	<b>Academica de Coimbra</b>	<b>4:37.13</b>				<b>613</b>
50m: 30.91 30.91	150m: 1:42.33	36.28	250m: 2:55.36	37.19	350m: 4:05.62	32.90	
100m: 1:06.05 35.14	200m: 2:18.17	35.84	300m: 3:32.72	37.36	400m: 4:37.13	31.51	
<b>4. Lucas Pereira, BASTOS</b>	<b>00</b>	<b>Nautico Academico</b>	<b>4:42.38</b>				<b>580</b>
50m: 28.74 28.74	150m: 1:38.56	36.67	250m: 2:55.14	40.34	350m: 4:10.00	33.32	
100m: 1:01.89 33.15	200m: 2:14.80	36.24	300m: 3:36.68	41.54	400m: 4:42.38	32.38	
<b>EXH David Valdagua, COUTINHO</b>	<b>03</b>	<b>Columbofila Cantanhedense</b>	<b>5:16.44</b>				<b>412</b>
50m: 32.61 32.61	150m: 1:51.75	39.47	250m: 3:17.79	47.94	350m: 4:41.81	35.54	
100m: 1:12.28 39.67	200m: 2:29.85	38.10	300m: 4:06.27	48.48	400m: 5:16.44	34.63	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 5  
24-11-2018 - 9:55

Femin., 100m Livres

Juniores  
Resultados

RR ANC Absoluto	57.81	Raquel Mourile, TAVEIRA	AAC	12-06-2014
RR ANC Jun17	57.93	Nádia Amado, LAEZZA	CNAC	12-06-2006
RR ANC Jun16	58.46	Mariana Cunha, GUERRA	ASSSCC	12-06-2013
Rec Nac Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros 20-12-2009
Rec Nac Jun17	56.54	Diana Margarida, DURAES	FCP	Porto 07-12-2012
Rec Nac Jun16	56.72	Ana Reis, SOUSA	CNLA	Porto 08-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Alexandra Couto, FRAZAO</b>	<b>02 Condeixa Clube</b>	<b>59.75</b>	<b>594</b>
50m: 29.67 29.67	100m: 59.75 30.08		
2. Ines Mariana, PINHEIRO	03 Academica de Coimbra	1:00.58	570
50m: 29.90 29.90	100m: 1:00.58 30.68		
3. Beatriz Costa, TEJO	02 Academica de Coimbra	1:02.04	531
50m: 29.69 29.69	100m: 1:02.04 32.35		
4. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	1:02.45	520
50m: 30.33 30.33	100m: 1:02.45 32.12		
5. Beatriz Almeida, PIRES	03 Uniao Coimbra	1:03.71	490
50m: 30.63 30.63	100m: 1:03.71 33.08		
6. Sara Caseiro, PORTUGAL	02 Fundacao Beatriz Santos-Clube	1:03.94	485
50m: 30.72 30.72	100m: 1:03.94 33.22		
7. Barbara Azambujo, MELO	02 Academica de Coimbra	1:04.22	479
50m: 30.72 30.72	100m: 1:04.22 33.50		
8. Filipa Almeida, PIRES	03 Uniao Coimbra	1:04.43	474
50m: 31.48 31.48	100m: 1:04.43 32.95		
9. Maria Miguel, GAMEIRO	03 Nautico Academico	1:05.03	461
50m: 31.01 31.01	100m: 1:05.03 34.02		
10. Sofia Tavares, JACINTO	03 Nautico Academico	1:09.91	371
50m: 33.98 33.98	100m: 1:09.91 35.93		
11. Rita Baptista, MARQUES	03 Nautico Academico	1:10.45	362
50m: 34.21 34.21	100m: 1:10.45 36.24		
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 5  
24-11-2018 - 9:55

Femin., 100m Livres

Seniores  
Resultados

RR ANC Absoluto	57.81	Raquel Mourile, TAVEIRA	AAC	12-06-2014
RR ANC Sen	57.81	Raquel Mourile, TAVEIRA	AAC	13-06-2014
Rec Nac Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros 20-12-2009
Rec Nac Sen	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros 20-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Freitas, MOREIRA	01 Academica de Coimbra	1:00.84	563
50m: 29.83 29.83	100m: 1:00.84 31.01		
2. Ana Carolina, NEVES	00 Academica de Coimbra	1:01.53	544
50m: 29.78 29.78	100m: 1:01.53 31.75		
3. Matilde Domingues, GAMEIRO	97 Nautico Academico	1:01.77	538
50m: 29.87 29.87	100m: 1:01.77 31.90		
4. Sara Sofia, ALVES	01 Columbofila Cantanhedense	1:02.68	515
50m: 30.56 30.56	100m: 1:02.68 32.12		
5. Ema Filipa, ROSARIO	00 Academica de Coimbra	1:04.24	478
50m: 30.91 30.91	100m: 1:04.24 33.33		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 5, Femin., 100m Livres, Seniores

Lugar	Ano	Tempo final	Pts
6. Beatriz Lopes, PINTO 50m: 32.02 32.02 100m: 1:05.78 33.76	99 Academica de Coimbra	<b>1:05.78</b>	445
7. Maria Beatriz, JORGE 50m: 31.58 31.58 100m: 1:06.93 35.35	00 Nautico Academico	<b>1:06.93</b>	423
8. Carolina Caetano, LOURENCO 50m: 1:06.36 1:06.36 100m: 2:19.12 1:12.76	94 Assoc Paralisia Cerebral Coimb	<b>2:19.12</b>	47
DSQ Barbara Ines, GOMES <i>Falsa partida</i>	91 Assoc Paralisia Cerebral Coimb		

Prova 5 Femin., 100m Livres Juvenis  
24-11-2018 - 9:55 Resultados

RR ANC Absoluto	57.81	Raquel Mourile, TAVEIRA	AAC	12-06-2014
RR ANC Juv A	58.34	Alexandra Couto, FRAZÃO	FBSC	12-06-2017
RR ANC Juv B	59.09	Camila Rodrigues, REBELO	ALN	12-06-2016
Rec Nac Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA S. António Cavaleiros	20-12-2009
Rec Nac Juv A	57.52	Raquel Gomes, PEREIRA	SAD Algés	10-05-2015
Rec Nac Juv B	58.73	Carolina Miranda, FERNANDES	POR Vila Real St. Antonio	04-11-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DSQ Beatriz Sa, GAMA <i>Falsa Partida</i>	05 Condeixa Clube		
DSQ Sara Meireles, TEIXEIRA <i>a atleta na viragem dos 25 m não tocou na parede</i>	04 Nautico Academico		
DNS Leonor Correia, CUNHA	04 Fundacao Beatriz Santos-Clube		
EXH Ana Matos, CABRAL 50m: 31.00 31.00 100m: 1:03.84 32.84	05 Condeixa Clube	<b>1:03.84</b>	487
EXH Marisa Isabel, NOBRE 50m: 31.21 31.21 100m: 1:04.58 33.37	05 Columbofila Cantanhedense	<b>1:04.58</b>	471
EXH Carolina Carreira, DIAS 50m: 31.49 31.49 100m: 1:04.78 33.29	04 Columbofila Cantanhedense	<b>1:04.78</b>	466
EXH Maria Caetano, LAMAS 50m: 32.06 32.06 100m: 1:06.47 34.41	04 Miranda do Corvo	<b>1:06.47</b>	432
EXH Barbara Almeida, SIMOES 50m: 32.54 32.54 100m: 1:07.70 35.16	05 Uniao Coimbra	<b>1:07.70</b>	408
EXH Ana Filipa, SILVA 50m: 33.29 33.29 100m: 1:08.34 35.05	04 Academica de Coimbra	<b>1:08.34</b>	397
EXH Maria Ines, DIONISIO 50m: 32.86 32.86 100m: 1:09.59 36.73	04 Fundacao Beatriz Santos-Clube	<b>1:09.59</b>	376
EXH Susana Julia, FONTES 50m: 33.13 33.13 100m: 1:09.65 36.52	03 Alges e Agueda XXI	<b>1:09.65</b>	375
EXH Maria Fernandes, LOBO 50m: 33.88 33.88 100m: 1:11.60 37.72	05 Nautico Academico	<b>1:11.60</b>	345
EXH Filipa Victor, VIEIRA 50m: 34.66 34.66 100m: 1:11.86 37.20	04 Academica de Coimbra	<b>1:11.86</b>	341
EXH Camila Cavaleiro, SILVA 50m: 35.36 35.36 100m: 1:12.15 36.79	05 Columbofila Cantanhedense	<b>1:12.15</b>	337
EXH Matilde Santos, CARDOSO 50m: 34.47 34.47 100m: 1:12.67 38.20	05 Fundacao Beatriz Santos-Clube	<b>1:12.67</b>	330

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 5, Femin., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH Maria Ines, GASPAR 50m: 34.80 34.80 100m: 1:12.72	05 Miranda do Corvo	<b>1:12.72</b>	329
EXH Laura Rodrigues, MARGATO 50m: 35.40 35.40 100m: 1:13.26	04 Academica de Coimbra	<b>1:13.26</b>	322
<b>EXH Maria Beatriz, RODRIGUES</b> 50m: <b>35.07</b> <b>35.07</b> 100m: <b>1:13.37</b>	<b>04 Condeixa Clube</b>	<b>1:13.37</b>	<b>321</b>
EXH Beatriz Beja, AFONSO 50m: 36.05 36.05 100m: 1:14.53	04 Academica de Coimbra	<b>1:14.53</b>	306
EXH Joana Beatriz, RODRIGUES 50m: 36.97 36.97 100m: 1:16.29	04 Academica de Coimbra	<b>1:16.29</b>	285
EXH Diana Costa, OLIVEIRA 50m: 35.49 35.49 100m: 1:16.75	04 Uniao Coimbra	<b>1:16.75</b>	280

Prova 6

Masc., 100m Livres

Juniores

24-11-2018 - 10:10

Resultados

RR ANC Absoluto	49.13	Mario Alexandre, PEREIRA			13-11-2015
RR ANC Jun18	51.21	Mário Alexandre, PEREIRA	CNAC		13-06-2009
RR ANC Jun17	51.92	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	47.64	Alexandre Escudier, AGOSTINHO	POR	Istambul (TUR)	11-12-2009
Rec Nac Jun18	48.38	Tiago Andre, VENANCIO	CNS	Cantanhede	20-12-2004
Rec Nac Jun17	49.87	Tiago Andre, VENANCIO	CNS	Alapraia	14-02-2004

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Diogo Coelho, JOSE 50m: 26.56 26.56 100m: 54.37	01 Columbofila Cantanhedense	<b>54.37</b>	564
2. Joao Neto, PEREIRA 50m: 26.56 26.56 100m: 54.79	02 Fundacao Beatriz Santos-Clube	<b>54.79</b>	551
<b>3. Rodrigo Alexandre, TRAVASSOS</b> 50m: <b>27.16</b> <b>27.16</b> 100m: <b>54.84</b>	<b>02 Condeixa Clube</b>	<b>54.84</b>	<b>550</b>
4. Jose Miguel, CUNHA 50m: 26.66 26.66 100m: 54.93	01 Fundacao Beatriz Santos-Clube	<b>54.93</b>	547
<b>5. Tomas Pedrosa, MIGUEL</b> 50m: <b>26.77</b> <b>26.77</b> 100m: <b>55.61</b>	<b>02 Condeixa Clube</b>	<b>55.61</b>	<b>527</b>
6. Bernardo Vinagre, ARZILEIRO 50m: 27.30 27.30 100m: 56.30	01 Uniao Coimbra	<b>56.30</b>	508
7. Francisco Miguel, MENDES 50m: 27.20 27.20 100m: 57.05	01 Nautico Academico	<b>57.05</b>	488
8. Vasco Pereira, BASTOS 50m: 28.23 28.23 100m: 58.00	02 Nautico Academico	<b>58.00</b>	465
9. Diogo Miguel, PISCO 50m: 27.99 27.99 100m: 58.30	01 S. Pedro Alva	<b>58.30</b>	458
10. Alberto Antonio, SANTOS 50m: 27.41 27.41 100m: 58.74	01 S. Pedro Alva	<b>58.74</b>	447
11. Claudio Rafael, CORDEIRO 50m: 28.23 28.23 100m: 59.68	02 Individual ANC	<b>59.68</b>	426
12. Duarte Anastacio, SOUSA 50m: 28.57 28.57 100m: 59.71	02 Uniao Coimbra	<b>59.71</b>	426

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 6, Masc., 100m Livres, Juniores

Lugar	Ano	Tempo final	Pts
DSQ Gabriel Jose, JULIO <i>Falsa partida</i>	01 Academica de Coimbra		

Prova 6 Masc., 100m Livres Seniores Resultados  
24-11-2018 - 10:10

RR ANC Absoluto	49.13	Mario Alexandre, PEREIRA			13-11-2015
RR ANC Sen	49.13	Mário Alexandre, PEREIRA	CNAC		13-06-2015
Rec Nac Absoluto	47.64	Alexandre Escudier, AGOSTINHO	POR	Istambul (TUR)	11-12-2009
Rec Nac Sen	47.64	Alexandre Escudier, AGOSTINHO	POR	Istambul (TUR)	11-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Rodrigo Ribeiro, GOMES 50m: 25.98 25.98 100m: 53.07 27.09	00 Fundacao Beatriz Santos-Clube	<b>53.07</b>	607
2. Miguel Diogo, AGOSTINHO 50m: 26.27 26.27 100m: 54.72 28.45	00 Fundacao Beatriz Santos-Clube	<b>54.72</b>	553
3. Pedro Salzedas, ADAIXO 50m: 27.12 27.12 100m: 56.05 28.93	00 Academica de Coimbra	<b>56.05</b>	515
4. Bernardo Santos, CLEMENTE 50m: 27.31 27.31 100m: 56.18 28.87	98 Academica de Coimbra	<b>56.18</b>	511
5. Joao Francisco, MACHADO 50m: 27.35 27.35 100m: 57.43 30.08	99 Uniao Coimbra	<b>57.43</b>	479
6. Francisco Alberto, LUCAS 50m: 27.81 27.81 100m: 57.71 29.90	00 Academica de Coimbra	<b>57.71</b>	472
7. Jose Antonio, FORTE 50m: 27.70 27.70 100m: 58.06 30.36	95 Academica de Coimbra	<b>58.06</b>	463
8. Ilya, YELISTRATKIN 50m: 28.04 28.04 100m: 58.10 30.06	96 Academica de Coimbra	<b>58.10</b>	462
9. Fabio Mondego, CENTEIO 50m: 28.60 28.60 100m: 58.47 29.87	94 Academica de Coimbra	<b>58.47</b>	454
10. Francisco Miguel, CARVALHO 50m: 28.33 28.33 100m: 59.18 30.85	00 Academica de Coimbra	<b>59.18</b>	437
11. Marcelo Silva, CLEMENTE 50m: 28.70 28.70 100m: 1:00.14 31.44	00 Nautico Academico	<b>1:00.14</b>	417
12. Tiago Almeida, NUNES 50m: 29.47 29.47 100m: 1:01.21 31.74	00 Fundacao Beatriz Santos-Clube	<b>1:01.21</b>	395
13. Bruno Miguel, NUNES 50m: 30.46 30.46 100m: 1:04.54 34.08	99 Nautico Academico	<b>1:04.54</b>	337
14. Ruben Jose, SANTOS 50m: 52.07 52.07 100m: 1:52.26 1:00.19	80 Assoc Paralisia Cerebral Coimb	<b>1:52.26</b>	64
15. Joel Alexandre, PEREIRA 50m: 51.50 51.50 100m: 1:53.49 1:01.99	92 Assoc Paralisia Cerebral Coimb	<b>1:53.49</b>	62
16. Jose Antonio, COSTA 50m: 1:08.79 1:08.79 100m: 2:22.80 1:14.01	85 Assoc Paralisia Cerebral Coimb	<b>2:22.80</b>	31
DNS Tiago Moises, DINIS	98 Nautico Academico		



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 6, Masc., 100m Livres

Prova 6 24-11-2018 - 10:10	Masc., 100m Livres				Juvenis Resultados
RR ANC Absoluto	49.13	Mario Alexandre, PEREIRA			13-11-2015
RR ANC Juv A	53.28	Gustavo Almeida, MADUREIRA	AAC		13-06-2009
RR ANC Juv B	54.32	Gabriel José, LOPES	CDL		13-06-2012
Rec Nac Absoluto	47.64	Alexandre Escudier, AGOSTINHO	POR	Istambul (TUR)	11-12-2009
Rec Nac Juv A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23-03-2003
Rec Nac Juv B	52.59	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DNS Mark Daniel, SINCARI	04 Nautico Academico		
EXH Diogo Matos, RIBEIRO <i>Rec Reg ANC</i>	04 Uniao Coimbra	<b>54.18</b>	570
50m: 26.23 26.23 100m: 54.18 27.95			
EXH Jose Diogo, DIAS	04 Fundacao Beatriz Santos-Clube	<b>56.91</b>	492
50m: 27.86 27.86 100m: 56.91 29.05			
EXH Alexandre Miguel, BRAS	03 S. Pedro Alva	<b>57.43</b>	479
50m: 26.84 26.84 100m: 57.43 30.59			
EXH Martim Miranda, MACHADO	03 Uniao Coimbra	<b>57.69</b>	472
50m: 27.95 27.95 100m: 57.69 29.74			
EXH Goncalo Brites, MOITA	04 Uniao Coimbra	<b>58.38</b>	456
50m: 28.85 28.85 100m: 58.38 29.53			
EXH Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>58.64</b>	450
50m: 27.04 27.04 100m: 58.64 31.60			
EXH Gustavo Pires, MARQUES	04 Fundacao Beatriz Santos-Clube	<b>59.59</b>	428
50m: 29.20 29.20 100m: 59.59 30.39			
EXH Rafael Alves, CAMPOS	04 S. Pedro Alva	<b>1:00.07</b>	418
50m: 29.06 29.06 100m: 1:00.07 31.01			
EXH Goncalo Daniel, OLIVEIRA	04 Fundacao Beatriz Santos-Clube	<b>1:00.55</b>	408
50m: 29.67 29.67 100m: 1:00.55 30.88			
EXH Rui Mamede, SANTOS	04 Uniao Coimbra	<b>1:01.15</b>	396
50m: 28.77 28.77 100m: 1:01.15 32.38			
EXH Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	<b>1:01.39</b>	392
50m: 29.16 29.16 100m: 1:01.39 32.23			
EXH Bernardo Jorge, VENTURA	03 Academica de Coimbra	<b>1:01.46</b>	390
50m: 29.96 29.96 100m: 1:01.46 31.50			
EXH Alexandre Viegas, MARTINS	04 Uniao Coimbra	<b>1:01.51</b>	389
50m: 28.91 28.91 100m: 1:01.51 32.60			
EXH Pedro Miguel, FLORIDO	04 Fundacao Beatriz Santos-Clube	<b>1:03.31</b>	357
50m: 30.59 30.59 100m: 1:03.31 32.72			
EXH Carlos Martins, MARQUES	04 Uniao Coimbra	<b>1:05.40</b>	324
50m: 31.36 31.36 100m: 1:05.40 34.04			
EXH Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	<b>1:08.11</b>	287
50m: 32.16 32.16 100m: 1:08.11 35.95			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 7  
24-11-2018 - 10:35

Femin., 50m Costas

Juniores  
Resultados

RR ANC Absoluto	30.08	Camila Rodrigues, REBELO	ALN	Coimbra	20-10-2018
RR ANC Jun17	30.45	Ana Carolina, NEVES	AAC		12-06-2016
RR ANC Jun16	30.08	Camila Rodrigues, REBELO	ALN	Coimbra	20-10-2018
Rec Nac Absoluto	28.07	Ana Sofia, LEITE	GCVR	Algés	06-06-2015
Rec Nac Jun17	28.53	Ines Camacho, FERNANDES	SCP	Felgueiras	21-12-2013
Rec Nac Jun16	28.42	Ines Camacho, FERNANDES	SCP	Porto	08-12-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Barbara Azambujo, MELO	02 Academica de Coimbra	<b>32.00</b>	516
2. Bruna Cruz, CARVALHO	03 S. Pedro Alva	<b>33.17</b>	463
3. Sara Caseiro, PORTUGAL	02 Fundacao Beatriz Santos-Clube	<b>34.09</b>	426
4. Sara Sofia, TEJO	03 Condeixa Clube	<b>34.56</b>	409
5. Ana Catarina, SANTOS	03 Fundacao Beatriz Santos-Clube	<b>34.64</b>	406
6. Sofia Tavares, JACINTO	03 Nautico Academico	<b>35.95</b>	364
7. Rita Santos, NOGUEIRA	03 Uniao Coimbra	<b>37.68</b>	316
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 7  
24-11-2018 - 10:35

Femin., 50m Costas

Seniores  
Resultados

RR ANC Absoluto	30.08	Camila Rodrigues, REBELO	ALN	Coimbra	20-10-2018
RR ANC Sen	30.40	Ana Carolina, NEVES	AAC		13-06-2018
Rec Nac Absoluto	28.07	Ana Sofia, LEITE	GCVR	Algés	06-06-2015
Rec Nac Sen	28.07	Ana Sofia, LEITE	GCVR	Algés	06-06-2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ana Carolina, NEVES	00 Academica de Coimbra	<b>31.02</b>	566
2. Ana Miguel, REIS	00 Nautico Academico	<b>31.49</b>	541
3. Tatiana Filipa, SANTOS	95 Academica de Coimbra	<b>31.54</b>	539
4. Joana Beatriz, BERNARDO	99 Fundacao Beatriz Santos-Clube	<b>33.82</b>	437

Prova 8  
24-11-2018 - 10:40

Masc., 50m Costas

Juniores  
Resultados

RR ANC Absoluto	24.14	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	25.99	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	25.37	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	23.86	Alexis Manacas, SANTOS	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Jun18	25.01	Alexis Manacas, SANTOS	SCP	Leiria	04-12-2009
Rec Nac Jun17	25.37	Gabriel Jose, LOPES	CDL	Coimbra	11-05-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	<b>27.65</b>	518
2. Alberto Antonio, SANTOS	01 S. Pedro Alva	<b>28.56</b>	470
3. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	<b>28.76</b>	461
4. Joao Pedro, DIAS	02 Fundacao Beatriz Santos-Clube	<b>28.83</b>	457
5. Diogo Luis, BREDA	01 Academica de Coimbra	<b>31.95</b>	336
6. Vasco Castro, CORTE-REAL	01 Academica de Coimbra	<b>37.54</b>	207

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 8, Masc., 50m Costas

Prova 8 24-11-2018 - 10:40	Masc., 50m Costas				Seniores Resultados
RR ANC Absoluto	24.14	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	24.14	Gabriel José, LOPES	ALN		13-06-2018
Rec Nac Absoluto	23.86	Alexis Manacas, SANTOS	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Sen	23.86	Alexis Manacas, SANTOS	POR	Copenhagen (DEN)	17-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Joao Filipe, LUCAS	94 Academica de Coimbra	<b>27.94</b>	502
2. Fabio Mondego, CENTEIO	94 Academica de Coimbra	<b>31.11</b>	364
3. Joel Alexandre, PEREIRA	92 Assoc Paralisia Cerebral Coimb	<b>54.89</b>	66
4. Ruben Jose, SANTOS	80 Assoc Paralisia Cerebral Coimb	<b>1:04.97</b>	40
5. Jose Antonio, COSTA	85 Assoc Paralisia Cerebral Coimb	<b>1:09.27</b>	33
EXH Leandro Caleiro, MARTINS	02 Alges e Agueda XXI	<b>30.79</b>	375

Prova 9  
24-11-2018 - 10:45

Femin., 200m Mariposa				Juniores Resultados
RR ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM	13-06-2002
RR ANC Jun17	2:18.79	Ana Rita, GONÇALVES	CNM	12-06-2002
RR ANC Jun16	2:20.32	Inês Pereira, SILVA	CAQC	12-06-2018
Rec Nac Absoluto	2:07.62	Ana Catarina, MONTEIRO	CFV Felgueiras	15-04-2018
Rec Nac Jun17	2:10.12	Sara Francisco, CRUZ	ADBA Leiria	04-12-2009
Rec Nac Jun16	2:13.60	Ana Rita, FRANCISCO	POR Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO	03 Louzan Natacao	<b>2:23.43</b>	579
50m: 32.86 32.86	100m: 1:09.45 36.59 150m: 1:46.49 37.04	200m: 2:23.43	36.94
2. Ines Pereira, SILVA	02 Fundacao Beatriz Santos-Clube	<b>2:23.79</b>	575
50m: 32.55 32.55	100m: 1:08.42 35.87 150m: 1:45.31 36.89	200m: 2:23.79	38.48
3. Ana Rita, QUEIROZ	02 Condeixa Clube	<b>2:23.93</b>	573
50m: 33.01 33.01	100m: 1:09.72 36.71 150m: 1:46.62 36.90	200m: 2:23.93	37.31
4. Beatriz Costa, TEJO	02 Academica de Coimbra	<b>2:31.80</b>	489
50m: 33.08 33.08	100m: 1:11.15 38.07 150m: 1:50.96 39.81	200m: 2:31.80	40.84
5. Ines Matos, SOUSA	03 Uniao Coimbra	<b>2:35.71</b>	453
50m: 34.77 34.77	100m: 1:13.54 38.77 150m: 1:53.94 40.40	200m: 2:35.71	41.77
6. Ana Catarina, SANTOS	03 Fundacao Beatriz Santos-Clube	<b>2:45.38</b>	378
50m: 35.92 35.92	100m: 1:16.95 41.03 150m: 2:01.10 44.15	200m: 2:45.38	44.28
7. Maria Miguel, GAMEIRO	03 Nautico Academico	<b>2:48.13</b>	360
50m: 35.52 35.52	100m: 1:18.21 42.69 150m: 2:03.82 45.61	200m: 2:48.13	44.31
8. Carolina Ferreira, REIS	02 Nautico Academico	<b>3:02.74</b>	280
50m: 38.61 38.61	100m: 1:24.42 45.81 150m: 2:12.67 48.25	200m: 3:02.74	50.07

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 9, Femin., 200m Mariposa

Prova 9  
24-11-2018 - 10:45

Femin., 200m Mariposa

Seniores  
Resultados

RR ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13-06-2002
RR ANC Sen	2:22.58	Beatriz Neves, CRAVEIRO	CNAC		12-06-2016
Rec Nac Absoluto	2:07.62	Ana Catarina, MONTEIRO	CFV	Felgueiras	15-04-2018
Rec Nac Sen	2:07.62	Ana Catarina, MONTEIRO	CFV	Felgueiras	15-04-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Beatriz Neves, CRAVEIRO	97	<b>2:23.64</b>	577
50m: 32.21 32.21 100m: 1:08.36 36.15 150m: 1:46.02 37.66 200m: 2:23.64 37.62	Academica de Coimbra		
2. Teresa Miguel, VELOSO	00	<b>2:34.21</b>	466
50m: 33.59 33.59 100m: 1:12.27 38.68 150m: 1:52.21 39.94 200m: 2:34.21 42.00	Nautico Academico		
EXH Helena Nunes, RODRIGUES	03	<b>2:28.51</b>	522
50m: 32.63 32.63 100m: 1:10.23 37.60 150m: 1:48.59 38.36 200m: 2:28.51 39.92	Alges e Agueda XXI		
EXH Ana Carolina, MONTEIRO	04	<b>2:28.67</b>	520
50m: 33.04 33.04 100m: 1:10.59 37.55 150m: 1:48.75 38.16 200m: 2:28.67 39.92	Uniao Coimbra		
EXH Joana Francisca, RODRIGUES	04	<b>2:40.60</b>	413
50m: 33.52 33.52 100m: 1:14.00 40.48 150m: 1:57.11 43.11 200m: 2:40.60 43.49	Uniao Coimbra		
EXH Daniela Portela, MENDES	04	<b>2:40.69</b>	412
50m: 34.38 34.38 100m: 1:14.34 39.96 150m: 1:55.76 41.42 200m: 2:40.69 44.93	Fundacao Beatriz Santos-Clube		
EXH Leonor Correia, PAIVA	04	<b>2:42.85</b>	396
50m: 34.87 34.87 100m: 1:15.15 40.28 150m: 1:57.81 42.66 200m: 2:42.85 45.04	Louzan Natacao		
EXH Beatriz Ferreira, LOISAS	05	<b>2:43.79</b>	389
50m: 37.75 37.75 100m: 1:19.42 41.67 150m: 2:01.59 42.17 200m: 2:43.79 42.20	Columbofila Cantanhedense		
EXH Ines Dias, CRUZ	04	<b>2:45.66</b>	376
50m: 35.81 35.81 100m: 1:17.84 42.03 150m: 2:02.06 44.22 200m: 2:45.66 43.60	Condeixa Clube		
EXH Beatriz Pereira, MARQUES	05	<b>3:02.13</b>	283
50m: 40.12 40.12 100m: 1:26.90 46.78 150m: 2:15.11 48.21 200m: 3:02.13 47.02	Columbofila Cantanhedense		
EXH Maria Ines, GASPAS	05	<b>3:10.89</b>	246
50m: 40.65 40.65 100m: 1:29.05 48.40 150m: 2:19.30 50.25 200m: 3:10.89 51.59	Miranda do Corvo		

Prova 10  
24-11-2018 - 10:55

Masc., 200m Mariposa

Juniores  
Resultados

RR ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	2:05.19	Miguel Silva, OLIVEIRA	CNAC		13-06-2009
RR ANC Jun17	2:06.44	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2013
Rec Nac Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac Jun18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09-12-2005
Rec Nac Jun17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05-03-2005

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, FIGUEIRA	01	<b>2:19.06</b>	475
50m: 30.52 30.52 100m: 1:05.28 34.76 150m: 1:41.65 36.37 200m: 2:19.06 37.41	Academica de Coimbra		
2. Miguel Freitas, OVIEDO	02	<b>2:20.39</b>	462
50m: 30.98 30.98 100m: 1:07.82 36.84 150m: 1:45.09 37.27 200m: 2:20.39 35.30	Academica de Coimbra		
3. Rui Joao, MARQUES	02	<b>2:31.16</b>	370
50m: 32.95 32.95 100m: 1:10.62 37.67 150m: 1:50.68 40.06 200m: 2:31.16 40.48	Nautico Academico		
DSQ Ricardo Jorge, DOMINGUES	02		
<i>Falsa partida</i>	Fundacao Beatriz Santos-Clube		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 10, Masc., 200m Mariposa

Prova 10 24-11-2018 - 10:55	Masc., 200m Mariposa				Seniores Resultados
RR ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	1:58.90	Gabriel José, LOPES	ALN		13-06-2018
Rec Nac Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac Sen	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao		<b>2:02.55</b>	695	
50m: 28.88 28.88	100m: 59.67	30.79	150m: 1:30.92	31.25	200m: 2:02.55	31.63
2. Tomas Miguel, VELOSO	96	Nautico Academico		<b>2:09.00</b>	595	
50m: 29.42 29.42	100m: 1:02.35	32.93	150m: 1:35.57	33.22	200m: 2:09.00	33.43
3. Lucas Pereira, BASTOS	00	Nautico Academico		<b>2:15.61</b>	513	
50m: 29.53 29.53	100m: 1:03.60	34.07	150m: 1:38.87	35.27	200m: 2:15.61	36.74
4. Jose Miguel, VENTURA	97	Fundacao Beatriz Santos-Clube		<b>2:26.37</b>	407	
50m: 31.90 31.90	100m: 1:08.47	36.57	150m: 1:46.63	38.16	200m: 2:26.37	39.74
EXH Diogo Ribas, MATOS	02	Alges e Agueda XXI		<b>2:18.77</b>	478	
50m: 30.44 30.44	100m: 1:06.00	35.56	150m: 1:43.02	37.02	200m: 2:18.77	35.75
EXH Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos-Clube		<b>2:20.54</b>	460	
50m: 31.51 31.51	100m: 1:07.25	35.74	150m: 1:44.10	36.85	200m: 2:20.54	36.44
EXH Martim Miranda, MACHADO	03	Uniao Coimbra		<b>2:22.11</b>	445	
50m: 30.87 30.87	100m: 1:07.08	36.21	150m: 1:44.43	37.35	200m: 2:22.11	37.68
EXH Goncalo Pires, LOURENCO	03	Fundacao Beatriz Santos-Clube		<b>2:27.82</b>	396	
50m: 31.86 31.86	100m: 1:08.69	36.83	150m: 1:47.80	39.11	200m: 2:27.82	40.02
EXH Manuel Baptista, SIMOES	03	Uniao Coimbra		<b>2:28.25</b>	392	
50m: 30.20 30.20	100m: 1:06.17	35.97	150m: 1:46.95	40.78	200m: 2:28.25	41.30
EXH Goncalo Brites, MOITA	04	Uniao Coimbra		<b>2:31.24</b>	369	
50m: 32.49 32.49	100m: 1:11.64	39.15	150m: 1:52.46	40.82	200m: 2:31.24	38.78
EXH Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos-Clube		<b>2:34.16</b>	349	
50m: 34.68 34.68	100m: 1:13.85	39.17	150m: 1:55.06	41.21	200m: 2:34.16	39.10
EXH Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos-Clube		<b>2:35.72</b>	338	
50m: 32.83 32.83	100m: 1:12.94	40.11	150m: 1:53.70	40.76	200m: 2:35.72	42.02
EXH Rui Mamede, SANTOS	04	Uniao Coimbra		<b>2:37.57</b>	327	
50m: 30.76 30.76	100m: 1:08.05	37.29	150m: 1:51.58	43.53	200m: 2:37.57	45.99
EXH Vitor Teixeira, OLIVEIRA	03	Columbofila Cantanhedense		<b>2:43.65</b>	291	
50m: 34.32 34.32	100m: 1:16.59	42.27	150m: 2:00.22	43.63	200m: 2:43.65	43.43
EXH David Valdagua, COUTINHO	03	Columbofila Cantanhedense		<b>2:44.33</b>	288	
50m: 34.52 34.52	100m: 1:14.93	40.41	150m: 1:59.67	44.74	200m: 2:44.33	44.66
EXH Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos-Clube		<b>2:53.96</b>	243	
50m: 37.77 37.77	100m: 1:22.04	44.27	150m: 2:07.87	45.83	200m: 2:53.96	46.09

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 11  
24-11-2018 - 11:10

Femin., 200m Bruços

Juniores  
Resultados

RR ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Jun17	2:39.09	Mariana Domingues, PAZ	CNMC		12-06-2014
RR ANC Jun16	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		12-06-2009
Rec Nac Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac Jun17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10-12-2016
Rec Nac Jun16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11-12-2015

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Beatriz Monteiro, TOMAS		03	Fundacao Beatriz Santos-Clube				<b>2:42.67</b>	566
	50m:	37.47 37.47	100m:	1:18.73	41.26	150m:	2:00.79 42.06	200m:	2:42.67 41.88
2.	Sara Dias, NEVES		03	Miranda do Corvo				<b>2:49.11</b>	503
	50m:	38.02 38.02	100m:	1:21.50	43.48	150m:	2:05.47 43.97	200m:	2:49.11 43.64
3.	Camila Ferreira, MARQUES		03	Fundacao Beatriz Santos-Clube				<b>2:54.63</b>	457
	50m:	39.07 39.07	100m:	1:22.90	43.83	150m:	2:09.02 46.12	200m:	2:54.63 45.61

Prova 11  
24-11-2018 - 11:10

Femin., 200m Bruços

Seniores  
Resultados

RR ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Sen	2:38.84	Mariana Domingues, PAZ	CNMC		12-06-2016
Rec Nac Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac Sen	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Beatriz Castanheira, DIAS		99	Academica de Coimbra				<b>2:48.29</b>	511
	50m:	38.03 38.03	100m:	1:21.06	43.03	150m:	2:04.90 43.84	200m:	2:48.29 43.39
2.	Barbara Ines, GOMES		91	Assoc Paralisia Cerebral Coimb				<b>4:52.90</b>	96
	50m:	1:09.84 1:09.84	100m:	2:24.50	1:14.66	150m:	3:38.56 1:14.06	200m:	4:52.90 1:14.34
3.	Carolina Caetano, LOURENCO		94	Assoc Paralisia Cerebral Coimb				<b>5:05.78</b>	85
	50m:	1:12.98 1:12.98	100m:	2:31.90	1:18.92	150m:	3:48.91 1:17.01	200m:	5:05.78 1:16.87

Prova 11  
24-11-2018 - 11:10

Femin., 200m Bruços

Juvénis  
Resultados

RR ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Juv A	2:36.43	Mariana Ferrinha, CUNHA	AAC		12-06-1997
RR ANC Juv B	2:35.61	Mariana Ferreinha, CUNHA	AAC		12-06-1997
Rec Nac Absoluto	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09-12-2017
Rec Nac Juv A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07-02-2004
Rec Nac Juv B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
DSQ	Barbara Almeida, SIMOES		05	Uniao Coimbra					
	<i>na viragem aos 50 e 150 m a atleta tocou alternadamente com as mãos na parede</i>								
DNS	Rita Lima, PIRES		05	Nautico Academico					
EXH	Matilde Alves, FLORENCIO		04	Condeixa Clube				<b>2:49.88</b>	497
	50m:	38.46 38.46	100m:	1:21.67	43.21	150m:	2:05.73 44.06	200m:	2:49.88 44.15
EXH	Ana Catarina, SILVA		04	Fundacao Beatriz Santos-Clube				<b>2:53.77</b>	464
	50m:	40.33 40.33	100m:	1:24.90	44.57	150m:	2:09.40 44.50	200m:	2:53.77 44.37
EXH	Marisa Isabel, NOBRE		05	Columbofila Cantanhedense				<b>2:58.18</b>	430
	50m:	39.57 39.57	100m:	1:24.91	45.34	150m:	2:12.16 47.25	200m:	2:58.18 46.02

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 11, Femin., 200m Bruços

Lugar	Ano	Tempo final	Pts
EXH Marta Domingues, GAMEIRO	04 Nautico Academico	<b>3:00.84</b>	412
50m: 41.14 41.14 100m: 1:26.89 45.75 150m: 2:13.49 46.60 200m: 3:00.84 47.35			
EXH Maria Caetano, LAMAS	04 Miranda do Corvo	<b>3:01.27</b>	409
50m: 40.99 40.99 100m: 1:26.87 45.88 150m: 2:13.79 46.92 200m: 3:01.27 47.48			
EXH Laura Rodrigues, MARGATO	04 Academica de Coimbra	<b>3:22.33</b>	294
50m: 46.45 46.45 100m: 1:39.23 52.78 150m: 2:30.77 51.54 200m: 3:22.33 51.56			
EXH Maria Lucas, SANTOS	05 Condeixa Clube	<b>3:23.53</b>	289
50m: 44.86 44.86 100m: 1:36.05 51.19 150m: 2:29.28 53.23 200m: 3:23.53 54.25			
EXH Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>3:25.41</b>	281
50m: 46.23 46.23 100m: 1:38.69 52.46 150m: 2:32.18 53.49 200m: 3:25.41 53.23			
EXH Ana Sofia, CASTANHEIRA	04 Condeixa Clube	<b>3:27.37</b>	273
50m: 48.66 48.66 100m: 1:41.54 52.88 150m: 2:35.04 53.50 200m: 3:27.37 52.33			

Prova 12  
24-11-2018 - 11:20

Masc., 200m Bruços

Juniores  
Resultados

RR ANC Absoluto	2:12.80	Tomas Miguel, VELOSO				13-11-2016
RR ANC Jun18	2:15.81	Helder José, LOPES	ACM			13-06-2000
RR ANC Jun17	2:21.28	João Pedro, NEVES	GCF			13-06-2001
Rec Nac Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)		25-11-2012
Rec Nac Jun18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto		19-12-2014
Rec Nac Jun17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal		10-12-2016

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Pedro Simoes, RODRIGUES	01 Uniao Coimbra	<b>2:30.61</b>	511
50m: 34.00 34.00 100m: 1:12.45 38.45 150m: 1:51.21 38.76 200m: 2:30.61 39.40			
2. Goncalo Silva, MARQUES	01 Condeixa Clube	<b>2:32.85</b>	489
50m: 34.14 34.14 100m: 1:12.23 38.09 150m: 1:51.77 39.54 200m: 2:32.85 41.08			
3. Duarte Anastacio, SOUSA	02 Uniao Coimbra	<b>2:36.57</b>	455
50m: 34.96 34.96 100m: 1:14.01 39.05 150m: 1:54.89 40.88 200m: 2:36.57 41.68			
4. Francisco Miguel, MENDES	01 Nautico Academico	<b>2:41.56</b>	414
50m: 35.90 35.90 100m: 1:16.59 40.69 150m: 1:59.08 42.49 200m: 2:41.56 42.48			
5. Claudio Rafael, CORDEIRO	02 Individual ANC	<b>2:50.46</b>	352
50m: 36.68 36.68 100m: 1:19.13 42.45 150m: 2:05.44 46.31 200m: 2:50.46 45.02			
6. Jose Miguel, SILVA	02 Nautico Academico	<b>2:52.39</b>	341
50m: 38.79 38.79 100m: 1:22.43 43.64 150m: 2:07.21 44.78 200m: 2:52.39 45.18			
7. Vasco Castro, CORTE-REAL	01 Academica de Coimbra	<b>3:11.75</b>	247
50m: 41.96 41.96 100m: 1:31.29 49.33 150m: 2:22.40 51.11 200m: 3:11.75 49.35			
DSQ Joao Ventura, PAIS	02 Fundacao Beatriz Santos-Clube		
<i>toque alternado de mãos na parede na viragem aos 50 e 100 m</i>			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 12, Masc., 200m Bruços

Prova 12 24-11-2018 - 11:20	Masc., 200m Bruços				Seniores Resultados	
RR ANC Absoluto	2:12.80	Tomas Miguel, VELOSO			13-11-2016	
RR ANC Sen	2:12.80	Tomás Miguel, VELOSO			13-06-2016	
Rec Nac Absoluto	2:05.59	Carlos Esteves, ALMEIDA	CNAC	POR	Chartres (FRA)	25-11-2012
Rec Nac Sen	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012	

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Miguel Caridade, GASPAR	99	<b>2:23.78</b>	587
50m: 33.28 33.28 100m: 1:10.13 36.85 150m: 1:46.94 36.81 200m: 2:23.78 36.84			
2. Pedro Maria, BESSA	95	<b>2:32.09</b>	496
50m: 34.11 34.11 100m: 1:12.09 37.98 150m: 1:51.89 39.80 200m: 2:32.09 40.20			
3. Joao Andre, NEVES	95	<b>2:33.67</b>	481
50m: 33.61 33.61 100m: 1:11.17 37.56 150m: 1:51.42 40.25 200m: 2:33.67 42.25			
4. Joao Francisco, MACHADO	99	<b>2:39.09</b>	433
50m: 35.83 35.83 100m: 1:15.61 39.78 150m: 1:56.54 40.93 200m: 2:39.09 42.55			
5. Ricardo Luis, AGOSTINHO	96	<b>2:49.80</b>	356
50m: 38.06 38.06 100m: 1:21.29 43.23 150m: 2:05.30 44.01 200m: 2:49.80 44.50			
DNS Tiago Moises, DINIS	98		
EXH Diogo Matos, RIBEIRO	04	<b>2:32.15</b>	496
50m: 35.27 35.27 100m: 1:14.09 38.82 150m: 1:53.71 39.62 200m: 2:32.15 38.44			
EXH Rafael Alves, CAMPOS	04	<b>2:42.96</b>	403
50m: 37.59 37.59 100m: 1:17.88 40.29 150m: 1:59.94 42.06 200m: 2:42.96 43.02			
EXH Alexandre Miguel, BRAS	03	<b>2:43.81</b>	397
50m: 36.02 36.02 100m: 1:15.82 39.80 150m: 1:59.21 43.39 200m: 2:43.81 44.60			
EXH Tiago Andre, POIARES	04	<b>2:46.03</b>	381
50m: 38.36 38.36 100m: 1:20.64 42.28 150m: 2:04.40 43.76 200m: 2:46.03 41.63			
EXH Goncalo Pires, LOURENCO	03	<b>2:49.80</b>	356
50m: 37.96 37.96 100m: 1:20.39 42.43 150m: 2:04.82 44.43 200m: 2:49.80 44.98			
EXH Carlos Martins, MARQUES	04	<b>3:05.81</b>	272
50m: 40.14 40.14 100m: 1:26.77 46.63 150m: 2:16.37 49.60 200m: 3:05.81 49.44			
EXH Tomas Alexandre, LARANJEIRA	03	<b>3:18.80</b>	222
50m: 41.69 41.69 100m: 1:32.32 50.63 150m: 2:25.77 53.45 200m: 3:18.80 53.03			



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 13	Femin., 4 x 100m Estilos					Juniores
24-11-2018 - 11:45						Resultados
RR ANC Absoluto	4:19.93	Clube Náutico Académico de Coim	CNAC			23-07-2009
RR ANC Jun	4:30.41	Associação Académica de Coimbra	AAC			23-07-2015
RR ANC Jun16	4:30.81	Clube Náutico Académico de Coim	CNAC			23-07-2010
Rec Nac Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros		19-12-2009
Rec Nac Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria		04-12-2009

Pontos: FINA 2018

Lugar						Tempo final	Pts
<b>1. Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos-Clube</b>					<b>4:40.13</b>	<b>519</b>
Ana Catarina, SANTOS	03	36.19	1:14.71	Ines Pereira, SILVA	02	30.07	1:04.78
Beatriz Monteiro, TOMAS	03	36.94	1:17.31	Sara Caseiro, PORTUGAL	02	30.04	1:03.33
<b>2. Condeixa Clube Jun</b>	<b>Condeixa Clube</b>					<b>4:47.90</b>	<b>478</b>
Sara Sofia, TEJO	03	34.50	1:12.97	Rita Dias, RIBEIRO	02	33.30	1:17.43
Ana Rita, QUEIROZ	02	36.93	1:18.56	Alexandra Couto, FRAZAO	02	28.38	58.94
<b>3. Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>					<b>5:05.82</b>	<b>399</b>
Beatriz Almeida, PIRES	03	37.44	1:15.37	Ines Matos, SOUSA	03	33.90	1:13.24
Rita Santos, NOGUEIRA	03	42.71	1:32.81	Filipa Almeida, PIRES	03	30.83	1:04.40
<b>4. Nautico Academico Jun</b>	<b>Nautico Academico</b>					<b>5:25.15</b>	<b>332</b>
Maria Miguel, GAMEIRO	03	36.28	1:15.94	Carolina Ferreira, REIS	02	38.73	1:24.12
Sofia Tavares, JACINTO	03	45.44	1:35.94	Rita Baptista, MARQUES	03	32.99	1:09.15

Prova 13	Femin., 4 x 100m Estilos					Seniores
24-11-2018 - 11:45						Resultados
RR ANC Absoluto	4:19.93	Clube Náutico Académico de Coim	CNAC			23-07-2009
RR ANC Sen	4:25.39	Clube Náutico Académico de Coim	CNAC			23-07-2015
Rec Nac Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros		19-12-2009
Rec Nac Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros		19-12-2009

Pontos: FINA 2018

Lugar						Tempo final	Pts
<b>1. Academica de Coimbra Sen</b>	<b>Academica de Coimbra</b>					<b>4:32.10</b>	<b>566</b>
Ana Carolina, NEVES	00	33.24	1:07.39	Beatriz Neves, CRAVEIRO	97	30.85	1:06.10
Beatriz Castanheira, DIAS	99	37.14	1:18.33	Matilde Freitas, MOREIRA	01	28.67	1:00.28
<b>2. Nautico Academico Sen</b>	<b>Nautico Academico</b>					<b>4:47.32</b>	<b>481</b>
Ana Miguel, REIS	00	33.93	1:08.98	Matilde Domingues, GAMEIRO	97	33.10	1:12.77
Teresa Miguel, VELOSO	00	37.58	1:20.54	Maria Beatriz, JORGE	00	30.94	1:05.03
<b>EXH Uniao Coimbra Juv A</b>	<b>Uniao Coimbra</b>					<b>5:02.60</b>	<b>412</b>
Joana Francisca, RODRIGUES	04	34.51	1:11.99	Mafalda Vestia, FIDALGO	04	34.03	1:14.04
Ana Carolina, MONTEIRO	04	38.02	1:20.80	Diana Costa, OLIVEIRA	04	35.86	1:15.77
<b>EXH Fundacao Beatriz Santos Juv</b>	<b>Fundacao Beatriz Santos-Clube</b>					<b>5:14.87</b>	<b>365</b>
Ana Catarina, SILVA	04	38.07	1:17.14	Maria Ines, DIONISIO	04	36.08	1:19.37
Daniela Portela, MENDES	04	40.36	1:25.48	Matilde Santos, CARDOSO	05	34.70	1:12.88
<b>EXH Condeixa Clube Juv</b>	<b>Condeixa Clube</b>					<b>5:24.03</b>	<b>335</b>
Beatriz Sa, GAMA	05	38.55	1:20.58	Ines Dias, CRUZ	04		
Maria Lucas, SANTOS	05	46.81		Ana Matos, CABRAL	05		
<b>EXH Academica de Coimbra Juv A</b>	<b>Academica de Coimbra</b>					<b>5:28.61</b>	<b>321</b>
Ana Filipa, SILVA	04	37.09	1:15.95	Joana Beatriz, RODRIGUES	04	39.35	1:25.45
Beatriz Beja, AFONSO	04	46.59	1:37.24	Filipa Victor, VIEIRA	04	33.40	1:09.97

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 14	Masc., 4 x 100m Estilos					Juniores
24-11-2018 - 12:00						Resultados
RR ANC Absoluto	3:45.90	Clube Náutico Académico de CoimbCNAC				19-07-2014
RR ANC Jun	4:02.72	Clube Náutico Académico de CoimbCNAC				19-07-2007
Rec Nac Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto		19-12-2014
Rec Nac Jun	3:50.30	Sporting Clube de Braga	SCB	Porto		08-12-2017

Pontos: FINA 2018

Lugar						Tempo final	Pts
1. Fundacao Beatriz Santos Jun	Fundacao Beatriz Santos-Clube					<b>4:04.85</b>	538
Joao Pedro, DIAS	02	29.45	1:01.06	Jose Miguel, CUNHA	01	27.29	59.42
Joao Ventura, PAIS	02	33.07	1:09.69	Joao Neto, PEREIRA	02	25.94	54.68
2. Condeixa Clube Jun	Condeixa Clube					<b>4:11.15</b>	498
Tomas Pedrosa, MIGUEL	02	30.18	1:03.72	Rodrigo Alexandre, TRAVASSOS	02	27.46	59.47
Goncalo Silva, MARQUES	01	31.42	1:10.51	Paulo Andre, FROTA	02	27.68	57.45
3. Academica de Coimbra Jun	Academica de Coimbra					<b>4:24.08</b>	428
Miguel Freitas, OVIEDO	02	33.44	1:09.06	Gabriel Jose, FIGUEIRA	01	28.73	1:02.64
Diogo Luis, BREDÁ	01	35.39	1:15.60	Gabriel Jose, JULIO	01	26.74	56.78
4. Nautico Academico Jun	Nautico Academico					<b>4:39.75</b>	360
Vasco Pereira, BASTOS	02	34.79	1:10.78	Rui Joao, MARQUES	02	30.79	1:10.04
Jose Miguel, SILVA	02	38.24	1:20.98	Francisco Miguel, MENDES	01	27.01	57.95

Prova 14	Masc., 4 x 100m Estilos					Seniores
24-11-2018 - 12:00						Resultados
RR ANC Absoluto	3:45.90	Clube Náutico Académico de CoimbCNAC				19-07-2014
RR ANC Sen	3:45.90	Clube Náutico Académico de CoimbCNAC				19-07-2014
Rec Nac Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto		19-12-2014
Rec Nac Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto		19-12-2014

Pontos: FINA 2018

Lugar						Tempo final	Pts
1. Nautico Academico Sen	Nautico Academico					<b>4:03.32</b>	548
Lucas Pereira, BASTOS	00	30.26	1:03.08	Mario Alexandre, PEREIRA	92	26.23	56.50
Tomas Miguel, VELOSO	96	30.45	1:04.26	Marcelo Silva, CLEMENTE	00	28.36	59.48
2. Academica de Coimbra Sen	Academica de Coimbra					<b>4:04.36</b>	541
Miguel Caridade, GASPÁR	99	31.95	1:04.62	Bernardo Santos, CLEMENTE	98	26.73	59.40
Ruben Paiva, CARVALHO	94	30.04	1:04.80	Pedro Salzedas, ADAIXO	00	26.38	55.54
3. Fundacao Beatriz Santos Sen	Fundacao Beatriz Santos-Clube					<b>4:21.90</b>	439
Miguel Diogo, AGOSTINHO	00	31.42	1:04.78	Jose Miguel, VENTURA	97	30.19	1:06.95
Ricardo Luis, AGOSTINHO	96	35.69	1:16.55	Rodrigo Ribeiro, GOMES	00	25.48	53.62
EXH Fundacao Beatriz Santos Juv B	Fundacao Beatriz Santos-Clube					<b>4:34.19</b>	383
Jose Diogo, DIAS	04	31.14	1:04.11	Gustavo Pires, MARQUES	04		1:07.60
Dinis Miranda, DIOGO	04	34.56	1:13.57	Afonso Corte-Real, GRILO	04		1:08.91

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 15 24-11-2018 - 12:05	Femin., 1500m Livres entrega medalhas (12 - 14)				Juniores Resultados
RR ANC Absoluto	16:46.35	Florebela Cavaco, MACHADO	ASSSCC		13-06-2013
RR ANC Jun17	16:46.35	Florabela Cavaco, MACHADO	ASSSCC		12-06-2013
RR ANC Jun16	16:50.34	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
Rec Nac Absoluto	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11-12-2015
Rec Nac Jun17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11-12-2015
Rec Nac Jun16	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19-12-2014

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts	
<b>1. Alexandra Couto, FRAZAO</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>17:50.61</b>	<b>633</b>		
50m: 32.82 32.82	450m: 5:07.55	34.78	850m: 9:54.96	36.34	1250m: 14:47.60	36.40
100m: 1:07.15 34.33	500m: 5:42.64	35.09	900m: 10:31.44	36.48	1300m: 15:23.77	36.17
150m: 1:41.24 34.09	550m: 6:17.79	35.15	950m: 11:08.01	36.57	1350m: 16:00.26	36.49
200m: 2:15.59 34.35	600m: 6:53.52	35.73	1000m: 11:44.59	36.58	1400m: 16:37.08	36.82
250m: 2:49.93 34.34	650m: 7:29.59	36.07	1050m: 12:21.37	36.78	1450m: 17:14.09	37.01
300m: 3:24.23 34.30	700m: 8:06.15	36.56	1100m: 12:57.95	36.58	1500m: 17:50.61	36.52
350m: 3:58.32 34.09	750m: 8:42.24	36.09	1150m: 13:34.54	36.59		
400m: 4:32.77 34.45	800m: 9:18.62	36.38	1200m: 14:11.20	36.66		
<b>2. Camila Alexandra, SILVA</b>	<b>03</b>	<b>Columbifila Cantanhedense</b>	<b>18:22.27</b>	<b>580</b>		
50m: 34.13 34.13	450m: 5:23.55	36.18	850m: 10:16.07	36.66	1250m: 15:15.59	38.12
100m: 1:10.16 36.03	500m: 5:59.48	35.93	900m: 10:53.37	37.30	1300m: 15:53.18	37.59
150m: 1:46.24 36.08	550m: 6:35.45	35.97	950m: 11:30.26	36.89	1350m: 16:30.93	37.75
200m: 2:22.39 36.15	600m: 7:11.76	36.31	1000m: 12:07.84	37.58	1400m: 17:08.72	37.79
250m: 2:58.70 36.31	650m: 7:48.64	36.88	1050m: 12:44.92	37.08	1450m: 17:46.61	37.89
300m: 3:34.95 36.25	700m: 8:25.99	37.35	1100m: 13:21.95	37.03	1500m: 18:22.27	35.66
350m: 4:11.04 36.09	750m: 9:02.93	36.94	1150m: 13:59.59	37.64		
400m: 4:47.37 36.33	800m: 9:39.41	36.48	1200m: 14:37.47	37.88		
<b>3. Ines Matos, SOUSA</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>18:37.23</b>	<b>557</b>		
50m: 33.09 33.09	450m: 5:26.71	36.76	850m: 10:24.56	37.47	1250m: 15:28.29	37.86
100m: 1:09.02 35.93	500m: 6:03.65	36.94	900m: 11:01.82	37.26	1300m: 16:06.34	38.05
150m: 1:45.32 36.30	550m: 6:40.69	37.04	950m: 11:39.25	37.43	1350m: 16:44.50	38.16
200m: 2:22.20 36.88	600m: 7:17.79	37.10	1000m: 12:17.06	37.81	1400m: 17:22.47	37.97
250m: 2:59.14 36.94	650m: 7:54.73	36.94	1050m: 12:55.30	38.24	1450m: 18:00.31	37.84
300m: 3:36.12 36.98	700m: 8:31.88	37.15	1100m: 13:33.71	38.41	1500m: 18:37.23	36.92
350m: 4:13.22 37.10	750m: 9:09.43	37.55	1150m: 14:12.29	38.58		
400m: 4:49.95 36.73	800m: 9:47.09	37.66	1200m: 14:50.43	38.14		
<b>4. Beatriz Almeida, PIRES</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>19:21.95</b>	<b>495</b>		
50m: 34.18 34.18	450m: 5:25.40	37.06	850m: 10:33.63	44.10	1250m: 16:00.79	41.59
100m: 1:10.27 36.09	500m: 6:02.43	37.03	900m: 11:15.01	41.38	1300m: 16:41.29	40.50
150m: 1:46.42 36.15	550m: 6:39.67	37.24	950m: 11:55.43	40.42	1350m: 17:22.31	41.02
200m: 2:22.32 35.90	600m: 7:17.59	37.92	1000m: 12:36.63	41.20	1400m: 18:02.79	40.48
250m: 2:58.56 36.24	650m: 7:55.87	38.28	1050m: 13:17.55	40.92	1450m: 18:42.93	40.14
300m: 3:35.33 36.77	700m: 8:33.99	38.12	1100m: 13:57.89	40.34	1500m: 19:21.95	39.02
350m: 4:11.64 36.31	750m: 9:11.98	37.99	1150m: 14:38.03	40.14		
400m: 4:48.34 36.70	800m: 9:49.53	37.55	1200m: 15:19.20	41.17		
<b>5. Filipa Almeida, PIRES</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>19:31.31</b>	<b>484</b>		
50m: 32.89 32.89	450m: 5:24.64	36.68	850m: 10:29.03	48.42	1250m: 16:08.90	41.21
100m: 1:08.47 35.58	500m: 6:01.29	36.65	900m: 11:12.72	43.69	1300m: 16:50.14	41.24
150m: 1:44.95 36.48	550m: 6:38.14	36.85	950m: 11:56.45	43.73	1350m: 17:31.25	41.11
200m: 2:21.68 36.73	600m: 7:15.42	37.28	1000m: 12:39.46	43.01	1400m: 18:11.89	40.64
250m: 2:58.16 36.48	650m: 7:52.41	36.99	1050m: 13:22.69	43.23	1450m: 18:51.99	40.10
300m: 3:34.64 36.48	700m: 8:29.36	36.95	1100m: 14:05.10	42.41	1500m: 19:31.31	39.32
350m: 4:11.38 36.74	750m: 9:05.98	36.62	1150m: 14:46.05	40.95		
400m: 4:47.96 36.58	800m: 9:40.61	34.63	1200m: 15:27.69	41.64		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 15, Femin., 1500m Livres, Juniores

Lugar			Ano					Tempo final	Pts
<b>6.</b>	<b>Sara Sofia, TEJO</b>		<b>03</b>	<b>Condeixa Clube</b>				<b>20:06.68</b>	<b>442</b>
	50m:	35.31 35.31	450m:	5:52.93 40.51	850m:	11:18.59 40.83	1250m:	16:45.98 41.42	
	100m:	1:13.69 38.38	500m:	6:33.20 40.27	900m:	11:59.43 40.84	1300m:	17:27.03 41.05	
	150m:	1:52.60 38.91	550m:	7:13.85 40.65	950m:	12:40.22 40.79	1350m:	18:07.74 40.71	
	200m:	2:32.12 39.52	600m:	7:54.91 41.06	1000m:	13:21.18 40.96	1400m:	18:48.38 40.64	
	250m:	3:12.03 39.91	650m:	8:35.55 40.64	1050m:	14:01.90 40.72	1450m:	19:28.34 39.96	
	300m:	3:51.83 39.80	700m:	9:16.18 40.63	1100m:	14:42.75 40.85	1500m:	20:06.68 38.34	
	350m:	4:31.91 40.08	750m:	9:56.89 40.71	1150m:	15:23.20 40.45			
	400m:	5:12.42 40.51	800m:	10:37.76 40.87	1200m:	16:04.56 41.36			

Prova 15  
24-11-2018 - 12:05  
Femin., 1500m Livres  
entrega medalhas (12 - 14)  
Seniores  
Resultados

RR ANC Absoluto	16:46.35	Florebela Cavaco, MACHADO	ASSSCC		13-06-2013
RR ANC Sen	16:50.98	Florabela Cavaco, MACHADO	CNAC		12-06-2013
Rec Nac Absoluto	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11-12-2015
Rec Nac Sen	16:18.04	Angelica Maria, ANDRE	CFP	Porto	08-12-2017

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Sara Sofia, ALVES</b>		<b>01</b>	<b>Cumbofila Cantanhedense</b>				<b>17:21.31</b>	<b>688</b>
	50m:	33.00 33.00	450m:	5:06.27 34.25	850m:	9:43.91 34.71	1250m:	14:25.55 35.51	
	100m:	1:06.80 33.80	500m:	5:40.71 34.44	900m:	10:19.19 35.28	1300m:	15:00.98 35.43	
	150m:	1:40.93 34.13	550m:	6:15.03 34.32	950m:	10:54.16 34.97	1350m:	15:36.47 35.49	
	200m:	2:14.92 33.99	600m:	6:49.64 34.61	1000m:	11:29.36 35.20	1400m:	16:12.11 35.64	
	250m:	2:49.17 34.25	650m:	7:24.44 34.80	1050m:	12:04.45 35.09	1450m:	16:47.60 35.49	
	300m:	3:23.44 34.27	700m:	7:59.45 35.01	1100m:	12:39.54 35.09	1500m:	17:21.31 33.71	
	350m:	3:57.66 34.22	750m:	8:34.46 35.01	1150m:	13:14.71 35.17			
	400m:	4:32.02 34.36	800m:	9:09.20 34.74	1200m:	13:50.04 35.33			
<b>2.</b>	<b>Mariana Pinto, ANGELO</b>		<b>99</b>	<b>Academica de Coimbra</b>				<b>18:19.54</b>	<b>585</b>
	50m:	33.64 33.64	450m:	5:24.25 36.43	850m:	10:18.93 36.82	1250m:	15:15.67 37.23	
	100m:	1:09.46 35.82	500m:	6:01.08 36.83	900m:	10:55.96 37.03	1300m:	15:52.95 37.28	
	150m:	1:45.54 36.08	550m:	6:37.71 36.63	950m:	11:32.73 36.77	1350m:	16:29.80 36.85	
	200m:	2:21.84 36.30	600m:	7:14.39 36.68	1000m:	12:09.94 37.21	1400m:	17:06.64 36.84	
	250m:	2:58.22 36.38	650m:	7:51.45 37.06	1050m:	12:46.96 37.02	1450m:	17:43.78 37.14	
	300m:	3:34.71 36.49	700m:	8:28.19 36.74	1100m:	13:24.07 37.11	1500m:	18:19.54 35.76	
	350m:	4:11.21 36.50	750m:	9:05.22 37.03	1150m:	14:01.51 37.44			
	400m:	4:47.82 36.61	800m:	9:42.11 36.89	1200m:	14:38.44 36.93			

Prova 16  
24-11-2018 - 12:25  
Masc., 800m Livres  
entrega medalhas (15)  
Juniores  
Resultados

RR ANC Absoluto	8:02.49	Alexandre Valdagua, COUTINHO			13-11-2015
RR ANC Jun18	8:05.36	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2014
RR ANC Jun17	8:16.45	Diogo Matos, MARQUES	ASSSCC		13-06-2018
Rec Nac Absoluto	7:46.18	Miguel Duarte, NASCIMENTO	SLB	Porto	08-12-2017
Rec Nac Jun18	7:56.76	Guilherme Filipe, PINA	BSCN	Porto	11-12-2015
Rec Nac Jun17	8:00.80	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Diogo Coelho, JOSE</b>		<b>01</b>	<b>Cumbofila Cantanhedense</b>				<b>8:31.29</b>	<b>652</b>
	50m:	30.48 30.48	250m:	2:38.95 31.69	450m:	4:47.49 32.44	650m:	6:55.55 32.19	
	100m:	1:02.97 32.49	300m:	3:10.85 31.90	500m:	5:19.57 32.08	700m:	7:27.91 32.36	
	150m:	1:35.27 32.30	350m:	3:43.00 32.15	550m:	5:51.52 31.95	750m:	7:59.55 31.64	
	200m:	2:07.26 31.99	400m:	4:15.05 32.05	600m:	6:23.36 31.84	800m:	8:31.29 31.74	
<b>2.</b>	<b>Rodrigo Alexandre, TRAVASSOS</b>		<b>02</b>	<b>Condeixa Clube</b>				<b>8:48.07</b>	<b>592</b>
	50m:	30.38 30.38	250m:	2:41.85 33.22	450m:	4:53.64 33.13	650m:	7:08.00 33.84	
	100m:	1:03.32 32.94	300m:	3:15.31 33.46	500m:	5:27.11 33.47	700m:	7:41.78 33.78	
	150m:	1:35.80 32.48	350m:	3:47.88 32.57	550m:	6:00.73 33.62	750m:	8:14.94 33.16	
	200m:	2:08.63 32.83	400m:	4:20.51 32.63	600m:	6:34.16 33.43	800m:	8:48.07 33.13	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 16, Masc., 800m Livres, Juniores

Lugar			Ano					Tempo final	Pts
3.	Vasco Pereira, BASTOS		02	Nautico Academico				<b>9:33.17</b>	463
	50m:	31.85 31.85	250m:	2:54.37	35.69	450m:	5:20.56 36.32	650m:	7:46.78 36.70
	100m:	1:06.82 34.97	300m:	3:31.04	36.67	500m:	5:57.04 36.48	700m:	8:22.95 36.17
	150m:	1:42.63 35.81	350m:	4:07.35	36.31	550m:	6:33.18 36.14	750m:	8:59.02 36.07
	200m:	2:18.68 36.05	400m:	4:44.24	36.89	600m:	7:10.08 36.90	800m:	9:33.17 34.15

Prova 16  
24-11-2018 - 12:25

Masc., 800m Livres  
entrega medalhas (15)

Seniores  
Resultados

RR ANC Absoluto	8:02.49	Alexandre Valdagua, COUTINHO							13-11-2015
RR ANC Sen	8:02.49	Alexandre Valdágua, COUTINHO	ASSSCC						13-06-2015
Rec Nac Absoluto	7:46.18	Miguel Duarte, NASCIMENTO	SLB	Porto					08-12-2017
Rec Nac Sen	7:46.18	Miguel Duarte, NASCIMENTO	SLB	Porto					08-12-2017

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	Francisco Miguel, CARVALHO		00	Academica de Coimbra				<b>9:10.53</b>	522
	50m:	31.41 31.41	250m:	2:48.92	34.33	450m:	5:07.94 34.65	650m:	7:26.57 34.61
	100m:	1:05.70 34.29	300m:	3:23.62	34.70	500m:	5:42.59 34.65	700m:	8:00.81 34.24
	150m:	1:40.07 34.37	350m:	3:58.50	34.88	550m:	6:17.42 34.83	750m:	8:35.47 34.66
	200m:	2:14.59 34.52	400m:	4:33.29	34.79	600m:	6:51.96 34.54	800m:	9:10.53 35.06

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

2 - 2ª Jornada

24-11-2018 - 16:00

Prova 17	Masc., 4 x 50m Estilos				Juniores
24-11-2018 - 16:00					Resultados
RR ANC Absoluto	1:43.00	Clube Náutico Académico de Coimbr	CNAC		14-06-2011
RR ANC Jun	1:51.16	Associação de Nataçã	de Coimbr	AAC	19-07-2012
Rec Nac Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014
Rec Nac Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar					Tempo final	Pts
1. Fundacao Beatriz Santos Jun	Fundacao Beatriz Santos-Clube				<b>1:52.23</b>	523
Joao Pedro, DIAS	02	28.15	Ricardo Jorge, DOMINGUES	02	26.73	
Joao Ventura, PAIS	02	32.18	Joao Neto, PEREIRA	02	25.17	
2. Condeixa Clube Jun	Condeixa Clube				<b>1:54.45</b>	493
Tomas Pedrosa, MIGUEL	02	29.61	Rodrigo Alexandre, TRAVASSOS	02	27.70	
Goncalo Silva, MARQUES	01	30.95	Paulo Andre, FROTA	02	26.19	
3. Academica de Coimbra Jun	Academica de Coimbra				<b>2:02.30</b>	404
Miguel Freitas, OVIEDO	02	31.56	Gabriel Jose, FIGUEIRA	01	28.53	
Diogo Luis, BREDAS	01	35.87	Gabriel Jose, JULIO	01	26.34	
4. Nautico Academico Jun	Nautico Academico				<b>2:08.52</b>	348
Vasco Pereira, BASTOS	02	34.13	Francisco Miguel, MENDES	01	29.40	
Jose Miguel, SILVA	02	36.70	Rui Joao, MARQUES	02	28.29	

Prova 17	Masc., 4 x 50m Estilos				Seniores
24-11-2018 - 16:00					Resultados
RR ANC Absoluto	1:43.00	Clube Náutico Académico de Coimbr	CNAC		14-06-2011
RR ANC Sen	1:43.00	Clube Náutico Académico de Coimbr	CNAC		19-07-2011
Rec Nac Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014
Rec Nac Sen	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014

Pontos: FINA 2018

Lugar					Tempo final	Pts
1. Academica de Coimbra Sen	Academica de Coimbra				<b>1:45.86</b>	623
Joao Filipe, LUCAS	94	27.92	Bernardo Santos, CLEMENTE	98	25.66	
Ruben Paiva, CARVALHO	94	28.59	Gustavo Almeida, MADUREIRA	94	23.69	
2. Fundacao Beatriz Santos Sen	Fundacao Beatriz Santos-Clube				<b>2:01.93</b>	408
Miguel Diogo, AGOSTINHO	00	29.65	Andre Marques, ANTUNES	99	29.63	
Ricardo Luis, AGOSTINHO	96	35.31	Jose Miguel, VENTURA	97	27.34	
3. Nautico Academico Sen	Nautico Academico				<b>2:02.77</b>	399
Pedro Miguel, LEANDRO	73	32.82	Miguel Esteves, FERRO	84	30.47	
Joao Madeira, SOUSA	84	34.76	Mario Alexandre, PEREIRA	92	24.72	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 18	Femin., 4 x 50m Estilos				Juniores
24-11-2018 - 16:05					Resultados
RR ANC Absoluto	2:01.04	Clube Náutico Académico de CoimbrCNAC		23-07-2009	
RR ANC Jun	2:03.22	Associação Académica de CoimbraAAC		23-07-2015	
Rec Nac Absoluto	1:53.38	Futebol Clube do Porto	FCP Porto	08-12-2012	
Rec Nac Jun	1:58.01	Sport Alges e Dafundo	SAD Felgueiras	21-12-2013	

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Condeixa Clube Jun</b>	<b>Condeixa Clube</b>				<b>2:12.28</b>	<b>475</b>
Sara Sofia, TEJO	03	35.62	Rita Dias, RIBEIRO	02	33.15	
Ana Rita, QUEIROZ	02	36.36	Alexandra Couto, FRAZAO	02	27.15	
<b>2. Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>2:12.29</b>	<b>475</b>
Ana Catarina, SANTOS	03	36.05	Ines Pereira, SILVA	02	29.60	
Beatriz Monteiro, TOMAS	03	36.62	Camila Ferreira, MARQUES	03	30.02	
<b>3. Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>				<b>2:21.09</b>	<b>392</b>
Beatriz Almeida, PIRES	03	36.34	Ines Matos, SOUSA	03	33.25	
Rita Santos, NOGUEIRA	03	41.78	Filipa Almeida, PIRES	03	29.72	
<b>4. Nautico Academico Jun</b>	<b>Nautico Academico</b>				<b>2:29.41</b>	<b>330</b>
Maria Miguel, GAMEIRO	03	35.06	Carolina Ferreira, REIS	02	37.05	
Sofia Tavares, JACINTO	03	45.31	Rita Baptista, MARQUES	03	31.99	

Prova 18	Femin., 4 x 50m Estilos				Seniores
24-11-2018 - 16:05					Resultados
RR ANC Absoluto	2:01.04	Clube Náutico Académico de CoimbrCNAC		23-07-2009	
RR ANC Sen	2:02.63	Associação Académica de CoimbraAAC		13-11-2017	
Rec Nac Absoluto	1:53.38	Futebol Clube do Porto	FCP Porto	08-12-2012	
Rec Nac Sen	1:53.38	Futebol Clube do Porto	FCP Porto	08-12-2012	

Pontos: FINA 2018

Lugar					Tempo final	Pts
<b>1. Academica de Coimbra Sen</b>	<b>Academica de Coimbra</b>				<b>2:03.25</b>	<b>588</b>
Ana Carolina, NEVES	00	31.12	Beatriz Neves, CRAVEIRO	97	29.08	
Ema Filipa, ROSARIO	00	35.59	Matilde Freitas, MOREIRA	01	27.46	
<b>2. Nautico Academico Sen</b>	<b>Nautico Academico</b>				<b>2:08.36</b>	<b>520</b>
Ana Miguel, REIS	00	31.51	Matilde Domingues, GAMEIRO	97	31.36	
Teresa Miguel, VELOSO	00	35.91	Maria Beatriz, JORGE	00	29.58	

Prova 19	Masc., 400m Livres entrega medalhas (16)				Juniores
24-11-2018 - 16:05					Resultados
RR ANC Absoluto	3:50.02	Tomas Miguel, VELOSO		13-11-2017	
RR ANC Jun18	3:56.55	Luís, SILVA	CNAC	13-06-2002	
RR ANC Jun17	4:00.08	Luís, SILVA	CNAC	13-06-2002	
Rec Nac Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB Porto	09-12-2017	
Rec Nac Jun18	3:50.52	Adriano Miguel, NIZ	CFV Fafe	26-06-2004	
Rec Nac Jun17	3:56.54	Rui Filipe, COSTA	VSC Felgueiras	24-11-2007	

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts					
<b>1. Paulo Andre, FROTA</b>	<b>02 Condeixa Clube</b>				<b>4:15.77</b>	<b>571</b>					
50m:	30.17	30.17	150m:	1:34.63	31.96	250m:	2:39.02	31.76	350m:	3:44.75	33.63
100m:	1:02.67	32.50	200m:	2:07.26	32.63	300m:	3:11.12	32.10	400m:	4:15.77	31.02
<b>2. Bernardo Vinagre, ARZILEIRO</b>	<b>01 Uniao Coimbra</b>				<b>4:20.55</b>	<b>540</b>					
50m:	29.75	29.75	150m:	1:36.43	33.78	250m:	2:42.93	32.46	350m:	3:49.95	33.99
100m:	1:02.65	32.90	200m:	2:10.47	34.04	300m:	3:15.96	33.03	400m:	4:20.55	30.60

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 19, Masc., 400m Livres, Juniores

Lugar	Ano	Tempo final	Pts
3. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos-Clube	<b>4:21.89</b>	532
50m: 29.08 29.08	150m: 1:33.83 33.10	250m: 2:41.37 33.73	350m: 3:48.71 33.32
100m: 1:00.73 31.65	200m: 2:07.64 33.81	300m: 3:15.39 34.02	400m: 4:21.89 33.18
4. Rui Joao, MARQUES	02 Nautico Academico	<b>4:28.93</b>	491
50m: 30.88 30.88	150m: 1:37.18 33.61	250m: 2:46.16 34.08	350m: 3:55.23 34.24
100m: 1:03.57 32.69	200m: 2:12.08 34.90	300m: 3:20.99 34.83	400m: 4:28.93 33.70
5. Joao Ventura, PAIS	02 Fundacao Beatriz Santos-Clube	<b>4:34.47</b>	462
50m: 31.15 31.15	150m: 1:41.43 35.65	250m: 2:50.27 33.20	350m: 3:59.34 35.00
100m: 1:05.78 34.63	200m: 2:17.07 35.64	300m: 3:24.34 34.07	400m: 4:34.47 35.13
6. Vasco Pereira, BASTOS	02 Nautico Academico	<b>4:34.59</b>	461
50m: 31.07 31.07	150m: 1:40.68 34.90	250m: 2:50.83 35.10	350m: 4:01.25 35.12
100m: 1:05.78 34.71	200m: 2:15.73 35.05	300m: 3:26.13 35.30	400m: 4:34.59 33.34
7. Goncalo Soares, RAMOS	02 Ginasio Clube Figueirense	<b>4:52.43</b>	382
50m: 31.86 31.86	150m: 1:43.17 36.19	250m: 2:58.62 38.03	350m: 4:15.58 38.67
100m: 1:06.98 35.12	200m: 2:20.59 37.42	300m: 3:36.91 38.29	400m: 4:52.43 36.85

Prova 19 Masc., 400m Livres Seniores  
24-11-2018 - 16:05 entrega medalhas (16) Resultados

RR ANC Absoluto	3:50.02	Tomas Miguel, VELOSO			13-11-2017
RR ANC Sen	3:50.02	Tomás Miguel, VELOSO	CNAC		13-06-2018
Rec Nac Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac Sen	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO	96 Nautico Academico	<b>3:57.32</b>	715
50m: 28.78 28.78	150m: 1:29.88 30.62	250m: 2:30.52 30.07	350m: 3:29.32 29.29
100m: 59.26 30.48	200m: 2:00.45 30.57	300m: 3:00.03 29.51	400m: 3:57.32 28.00
2. Gabriel Jose, LOPES	97 Louzan Natacao	<b>3:57.96</b>	709
50m: 28.50 28.50	150m: 1:30.16 30.67	250m: 2:30.67 29.75	350m: 3:29.79 28.87
100m: 59.49 30.99	200m: 2:00.92 30.76	300m: 3:00.92 30.25	400m: 3:57.96 28.17
3. Rodrigo Ribeiro, GOMES	00 Fundacao Beatriz Santos-Clube	<b>4:10.44</b>	608
50m: 28.57 28.57	150m: 1:30.68 30.81	250m: 2:34.00 31.83	350m: 3:39.17 32.37
100m: 59.87 31.30	200m: 2:02.17 31.49	300m: 3:06.80 32.80	400m: 4:10.44 31.27
4. Francisco Miguel, CARVALHO	00 Academica de Coimbra	<b>4:23.31</b>	523
50m: 30.44 30.44	150m: 1:37.44 33.68	250m: 2:43.86 33.08	350m: 3:51.12 33.98
100m: 1:03.76 33.32	200m: 2:10.78 33.34	300m: 3:17.14 33.28	400m: 4:23.31 32.19
5. Marcelo Silva, CLEMENTE	00 Nautico Academico	<b>4:37.90</b>	445
50m: 31.53 31.53	150m: 1:43.59 36.23	250m: 2:54.21 34.61	350m: 4:05.47 35.52
100m: 1:07.36 35.83	200m: 2:19.60 36.01	300m: 3:29.95 35.74	400m: 4:37.90 32.43
EXH Diogo Matos, RIBEIRO	04 Uniao Coimbra	<b>4:16.47</b>	566
50m: 29.22 29.22	150m: 1:34.70 32.69	250m: 2:40.71 33.10	350m: 3:45.69 31.93
100m: 1:02.01 32.79	200m: 2:07.61 32.91	300m: 3:13.76 33.05	400m: 4:16.47 30.78
EXH Martim Miranda, MACHADO	03 Uniao Coimbra	<b>4:18.96</b>	550
50m: 29.90 29.90	150m: 1:35.11 32.96	250m: 2:41.13 32.99	350m: 3:47.37 33.09
100m: 1:02.15 32.25	200m: 2:08.14 33.03	300m: 3:14.28 33.15	400m: 4:18.96 31.59
EXH Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	<b>4:20.63</b>	540
50m: 31.18 31.18	150m: 1:37.82 33.45	250m: 2:43.77 32.42	350m: 3:49.51 33.01
100m: 1:04.37 33.19	200m: 2:11.35 33.53	300m: 3:16.50 32.73	400m: 4:20.63 31.12
EXH Alessandro Diogo, CARVALHO	96 Desportivo ABPG	<b>4:33.66</b>	466
50m: 29.70 29.70	150m: 1:35.68 33.61	250m: 2:44.59 34.99	350m: 3:56.55 36.61
100m: 1:02.07 32.37	200m: 2:09.60 33.92	300m: 3:19.94 35.35	400m: 4:33.66 37.11



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 19, Masc., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Goncalo Daniel, OLIVEIRA	04 Fundacao Beatriz Santos-Clube	<b>4:33.94</b>	465
50m: 30.91 30.91	150m: 1:40.02 34.88	250m: 2:50.49 35.08	350m: 4:01.07 35.43
100m: 1:05.14 34.23	200m: 2:15.41 35.39	300m: 3:25.64 35.15	400m: 4:33.94 32.87
EXH Tiago Andre, POIARES	04 Fundacao Beatriz Santos-Clube	<b>4:38.19</b>	444
50m: 31.36 31.36	150m: 1:42.22 35.93	250m: 2:54.01 35.52	350m: 4:05.34 35.73
100m: 1:06.29 34.93	200m: 2:18.49 36.27	300m: 3:29.61 35.60	400m: 4:38.19 32.85
EXH David Valdagua, COUTINHO	03 Columbofila Cantanhedense	<b>4:39.28</b>	438
50m: 32.04 32.04	150m: 1:42.56 36.01	250m: 2:53.93 35.33	350m: 4:05.31 35.12
100m: 1:06.55 34.51	200m: 2:18.60 36.04	300m: 3:30.19 36.26	400m: 4:39.28 33.97
EXH Rui Mamede, SANTOS	04 Uniao Coimbra	<b>4:42.02</b>	426
50m: 29.87 29.87	150m: 1:40.84 36.05	250m: 2:53.38 36.38	350m: 4:06.48 36.22
100m: 1:04.79 34.92	200m: 2:17.00 36.16	300m: 3:30.26 36.88	400m: 4:42.02 35.54

Prova 20  
24-11-2018 - 16:25

Femin., 400m Livres  
entrega medalhas (17)

Juniores  
Resultados

RR ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC	13-06-2009
RR ANC Jun17	4:18.48	Maria Miguel, VELOSO	CNAC	12-06-2009
RR ANC Jun16	4:22.18	Alexandra Couto, FRAZÃO	FBSC	12-06-2018
Rec Nac Absoluto	4:04.61	Diana Margarida, DURAES	POR Copenhagen (DEN)	17-12-2017
Rec Nac Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB Porto	12-12-2015
Rec Nac Jun16	4:13.53	Ana Reis, SOUSA	CNLA Porto	09-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Alexandra Couto, FRAZAO</b>	<b>02 Condeixa Clube</b>	<b>4:23.99</b>	<b>701</b>
50m: 32.00 32.00	150m: 1:38.61 32.72	250m: 2:44.16 32.73	350m: 3:50.89 33.55
100m: 1:05.89 33.89	200m: 2:11.43 32.82	300m: 3:17.34 33.18	400m: 4:23.99 33.10
<b>2. Ana Rita, QUEIROZ</b>	<b>02 Condeixa Clube</b>	<b>4:29.94</b>	<b>655</b>
50m: 31.80 31.80	150m: 1:39.85 33.97	250m: 2:47.66 33.56	350m: 3:55.75 33.89
100m: 1:05.88 34.08	200m: 2:14.10 34.25	300m: 3:21.86 34.20	400m: 4:29.94 34.19
<b>3. Maria Carlota, REBELO</b>	<b>03 Louzan Natacao</b>	<b>4:34.02</b>	<b>626</b>
50m: 32.48 32.48	150m: 1:40.83 34.20	250m: 2:49.89 34.67	350m: 3:59.98 35.05
100m: 1:06.63 34.15	200m: 2:15.22 34.39	300m: 3:24.93 35.04	400m: 4:34.02 34.04
<b>4. Beatriz Costa, TEJO</b>	<b>02 Academica de Coimbra</b>	<b>4:39.99</b>	<b>587</b>
50m: 32.82 32.82	150m: 1:44.29 35.74	250m: 2:55.39 35.30	350m: 4:06.01 35.02
100m: 1:08.55 35.73	200m: 2:20.09 35.80	300m: 3:30.99 35.60	400m: 4:39.99 33.98
<b>5. Maria Joao, PELAIO</b>	<b>03 Ginasio Clube Figueirense</b>	<b>4:42.51</b>	<b>572</b>
50m: 32.45 32.45	150m: 1:42.99 35.39	250m: 2:54.69 35.88	350m: 4:07.22 36.13
100m: 1:07.60 35.15	200m: 2:18.81 35.82	300m: 3:31.09 36.40	400m: 4:42.51 35.29
<b>6. Ines Matos, SOUSA</b>	<b>03 Uniao Coimbra</b>	<b>4:43.82</b>	<b>564</b>
50m: 32.87 32.87	150m: 1:44.87 36.25	250m: 2:56.78 35.86	350m: 4:08.92 36.01
100m: 1:08.62 35.75	200m: 2:20.92 36.05	300m: 3:32.91 36.13	400m: 4:43.82 34.90
<b>7. Filipa Almeida, PIRES</b>	<b>03 Uniao Coimbra</b>	<b>4:45.35</b>	<b>555</b>
50m: 32.17 32.17	150m: 1:44.15 36.76	250m: 2:57.87 36.99	350m: 4:11.34 36.53
100m: 1:07.39 35.22	200m: 2:20.88 36.73	300m: 3:34.81 36.94	400m: 4:45.35 34.01
<b>8. Beatriz Almeida, PIRES</b>	<b>03 Uniao Coimbra</b>	<b>4:45.78</b>	<b>552</b>
50m: 33.17 33.17	150m: 1:45.80 36.52	250m: 2:58.90 36.68	350m: 4:11.39 36.16
100m: 1:09.28 36.11	200m: 2:22.22 36.42	300m: 3:35.23 36.33	400m: 4:45.78 34.39
<b>9. Ines Mariana, PINHEIRO</b>	<b>03 Academica de Coimbra</b>	<b>4:46.11</b>	<b>550</b>
50m: 33.03 33.03	150m: 1:43.75 35.25	250m: 2:55.72 35.61	350m: 4:10.13 37.43
100m: 1:08.50 35.47	200m: 2:20.11 36.36	300m: 3:32.70 36.98	400m: 4:46.11 35.98

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 20, Femin., 400m Livres, Juniores

Lugar	Ano	Tempo final	Pts
10. Ana Catarina, SANTOS	03 Fundacao Beatriz Santos-Clube	<b>4:57.52</b>	489
50m: 33.48 33.48	150m: 1:47.70 37.61	250m: 3:03.87 38.31	350m: 4:20.98 38.79
100m: 1:10.09 36.61	200m: 2:25.56 37.86	300m: 3:42.19 38.32	400m: 4:57.52 36.54
11. Rita Baptista, MARQUES	03 Nautico Academico	<b>5:08.09</b>	441
50m: 35.17 35.17	150m: 1:51.17 38.51	250m: 3:09.25 39.04	350m: 4:28.78 39.95
100m: 1:12.66 37.49	200m: 2:30.21 39.04	300m: 3:48.83 39.58	400m: 5:08.09 39.31
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 20  
24-11-2018 - 16:25

Femin., 400m Livres  
entrega medalhas (17)

Seniores  
Resultados

RR ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC	13-06-2009
RR ANC Sen	4:20.62	Florbela Cavaco, MACHADO	CNAC	12-06-2013
Rec Nac Absoluto	4:04.61	Diana Margarida, DURAES	POR Copenhagen (DEN)	17-12-2017
Rec Nac Sen	4:04.61	Diana Margarida, DURAES	POR Copenhagen (DEN)	17-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Sara Sofia, ALVES	01 Columbofila Cantanhedense	<b>4:27.86</b>	671
50m: 32.07 32.07	150m: 1:39.44 33.76	250m: 2:46.56 33.65	350m: 3:54.84 34.26
100m: 1:05.68 33.61	200m: 2:12.91 33.47	300m: 3:20.58 34.02	400m: 4:27.86 33.02
2. Matilde Freitas, MOREIRA	01 Academica de Coimbra	<b>4:35.63</b>	615
50m: 32.60 32.60	150m: 1:42.06 34.78	250m: 2:51.90 34.93	350m: 4:01.37 34.84
100m: 1:07.28 34.68	200m: 2:16.97 34.91	300m: 3:26.53 34.63	400m: 4:35.63 34.26
3. Mariana Pinto, ANGELO	99 Academica de Coimbra	<b>4:42.05</b>	574
50m: 33.18 33.18	150m: 1:43.93 35.54	250m: 2:55.27 35.64	350m: 4:07.03 35.95
100m: 1:08.39 35.21	200m: 2:19.63 35.70	300m: 3:31.08 35.81	400m: 4:42.05 35.02
4. Maria Beatriz, JORGE	00 Nautico Academico	<b>4:57.46</b>	490
50m: 33.20 33.20	150m: 1:48.36 37.58	250m: 3:04.27 37.90	350m: 4:20.21 38.26
100m: 1:10.78 37.58	200m: 2:26.37 38.01	300m: 3:41.95 37.68	400m: 4:57.46 37.25
EXH Mariana Carmo, ROSA	05 Louzan Natacao	<b>4:34.64</b>	622
50m: 32.85 32.85	150m: 1:41.08 34.28	250m: 2:50.49 34.60	350m: 4:00.83 35.19
100m: 1:06.80 33.95	200m: 2:15.89 34.81	300m: 3:25.64 35.15	400m: 4:34.64 33.81
EXH Ana Matos, CABRAL	05 Condeixa Clube	<b>4:46.40</b>	549
50m: 31.94 31.94	150m: 1:43.97 36.36	250m: 2:58.10 37.13	350m: 4:11.37 36.45
100m: 1:07.61 35.67	200m: 2:20.97 37.00	300m: 3:34.92 36.82	400m: 4:46.40 35.03
EXH Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense	<b>5:00.34</b>	476
50m: 35.09 35.09	150m: 1:51.38 38.30	250m: 3:08.43 38.04	350m: 4:24.74 37.91
100m: 1:13.08 37.99	200m: 2:30.39 39.01	300m: 3:46.83 38.40	400m: 5:00.34 35.60
EXH Mafalda Vestia, FIDALGO	04 Uniao Coimbra	<b>5:00.81</b>	473
50m: 34.81 34.81	150m: 1:51.49 38.94	250m: 3:07.31 37.85	350m: 4:23.77 38.33
100m: 1:12.55 37.74	200m: 2:29.46 37.97	300m: 3:45.44 38.13	400m: 5:00.81 37.04
EXH Beatriz Sa, GAMA	05 Condeixa Clube	<b>5:09.68</b>	434
50m: 35.39 35.39	150m: 1:52.46 38.89	250m: 3:12.04 39.81	350m: 4:31.56 39.61
100m: 1:13.57 38.18	200m: 2:32.23 39.77	300m: 3:51.95 39.91	400m: 5:09.68 38.12
EXH Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>5:12.42</b>	422
50m: 36.81 36.81	150m: 1:56.37 40.09	250m: 3:16.10 39.51	350m: 4:34.64 39.34
100m: 1:16.28 39.47	200m: 2:36.59 40.22	300m: 3:55.30 39.20	400m: 5:12.42 37.78
EXH Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>5:13.29</b>	419
50m: 36.81 36.81	150m: 1:57.22 40.32	250m: 3:18.08 40.58	350m: 4:35.16 37.72
100m: 1:16.90 40.09	200m: 2:37.50 40.28	300m: 3:57.44 39.36	400m: 5:13.29 38.13

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 20, Femin., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Matilde Santos, CARDOSO	05 Fundacao Beatriz Santos-Clube	<b>5:14.22</b>	415
50m: 34.58 34.58 150m: 1:54.71 40.78 250m: 3:16.03 40.38 350m: 4:36.31 39.29			
100m: 1:13.93 39.35 200m: 2:35.65 40.94 300m: 3:57.02 40.99 400m: 5:14.22 37.91			
EXH Maria Fernandes, LOBO	05 Nautico Academico	<b>5:18.54</b>	399
50m: 35.42 35.42 150m: 1:55.96 40.93 250m: 3:16.54 40.37 350m: 4:39.19 41.46			
100m: 1:15.03 39.61 200m: 2:36.17 40.21 300m: 3:57.73 41.19 400m: 5:18.54 39.35			
EXH Laura Rodrigues, MARGATO	04 Academica de Coimbra	<b>5:25.94</b>	372
50m: 37.27 37.27 150m: 1:59.63 41.97 250m: 3:23.87 42.05 350m: 4:46.75 41.08			
100m: 1:17.66 40.39 200m: 2:41.82 42.19 300m: 4:05.67 41.80 400m: 5:25.94 39.19			
EXH Joana Beatriz, RODRIGUES	04 Academica de Coimbra	<b>5:47.52</b>	307
50m: 39.46 39.46 150m: 2:09.08 45.00 250m: 3:38.37 44.56 350m: 5:06.38 43.85			
100m: 1:24.08 44.62 200m: 2:53.81 44.73 300m: 4:22.53 44.16 400m: 5:47.52 41.14			

Prova 21

24-11-2018 - 16:50

Masc., 100m Bruços

Juniores

Resultados

RR ANC Absoluto	1:01.09	Tomas Miguel, VELOSO			13-11-2017
RR ANC Jun18	1:02.40	Tomás Miguel, VELOSO	CNAC		13-06-2014
RR ANC Jun17	1:03.11	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac Jun18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009
Rec Nac Jun17	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Pedro Simoes, RODRIGUES	01 Uniao Coimbra	<b>1:10.04</b>	500
50m: 33.05 33.05 100m: 1:10.04 36.99			
2. Joao Ventura, PAIS	02 Fundacao Beatriz Santos-Clube	<b>1:11.04</b>	479
50m: 33.95 33.95 100m: 1:11.04 37.09			
3. Duarte Anastacio, SOUSA	02 Uniao Coimbra	<b>1:11.92</b>	462
50m: 33.71 33.71 100m: 1:11.92 38.21			
4. Goncalo Silva, MARQUES	01 Condeixa Clube	<b>1:12.72</b>	447
50m: 33.53 33.53 100m: 1:12.72 39.19			
5. Francisco Miguel, MENDES	01 Nautico Academico	<b>1:12.98</b>	442
50m: 34.30 34.30 100m: 1:12.98 38.68			
6. Diogo Luis, BREDÁ	01 Academica de Coimbra	<b>1:13.94</b>	425
50m: 35.12 35.12 100m: 1:13.94 38.82			
7. Claudio Rafael, CORDEIRO	02 Individual ANC	<b>1:16.65</b>	381
50m: 35.53 35.53 100m: 1:16.65 41.12			
8. Jose Miguel, SILVA	02 Nautico Academico	<b>1:20.82</b>	325
50m: 38.74 38.74 100m: 1:20.82 42.08			
DSQ Vasco Castro, CORTE-REAL	01 Academica de Coimbra		
<i>Falsa partida</i>			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 21, Masc., 100m Bruços

Prova 21 24-11-2018 - 16:50	Masc., 100m Bruços				Seniores Resultados
RR ANC Absoluto	1:01.09	Tomas Miguel, VELOSO			13-11-2017
RR ANC Sen	1:01.09	Tomás Miguel, VELOSO	CNAC		13-06-2018
Rec Nac Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac Sen	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ruben Paiva, CARVALHO 50m: 30.79 30.79 100m: 1:05.72 34.93	94 Academica de Coimbra	<b>1:05.72</b>	605
2. Miguel Caridade, GASPAR 50m: 32.23 32.23 100m: 1:07.62 35.39	99 Academica de Coimbra	<b>1:07.62</b>	556
3. Pedro Maria, BESSA 50m: 32.60 32.60 100m: 1:08.85 36.25	95 Academica de Coimbra	<b>1:08.85</b>	526
Joao Andre, NEVES 50m: 32.28 32.28 100m: 1:08.85 36.57	95 Academica de Coimbra	<b>1:08.85</b>	526
5. Joao Francisco, MACHADO 50m: 33.38 33.38 100m: 1:10.04 36.66	99 Uniao Coimbra	<b>1:10.04</b>	500
6. Lucas Pereira, BASTOS 50m: 32.92 32.92 100m: 1:10.06 37.14	00 Nautico Academico	<b>1:10.06</b>	500
7. Francisco Alberto, LUCAS 50m: 33.89 33.89 100m: 1:12.10 38.21	00 Academica de Coimbra	<b>1:12.10</b>	458
8. Ricardo Luis, AGOSTINHO 50m: 36.49 36.49 100m: 1:18.91 42.42	96 Fundacao Beatriz Santos-Clube	<b>1:18.91</b>	349
9. Bruno Miguel, NUNES 50m: 38.59 38.59 100m: 1:22.92 44.33	99 Nautico Academico	<b>1:22.92</b>	301
DNS Tiago Moises, DINIS	98 Nautico Academico		

Prova 21 24-11-2018 - 16:50	Masc., 100m Bruços				Juvenis Resultados
RR ANC Absoluto	1:01.09	Tomas Miguel, VELOSO			13-11-2017
RR ANC Juv A	1:04.90	Gabriel José, LOPES	CDL		13-06-2013
RR ANC Juv B	1:07.45	Gabriel José, LOPES	CDL		13-06-2012
Rec Nac Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac Juv A	1:03.39	Andre Goncalo, SANTOS	LSC	S. António Cavaleiros	21-12-2012
Rec Nac Juv B	1:04.22	Andre Goncalo, SANTOS	LSC	Braga	04-03-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DNS Carlos Martins, MARQUES	04 Uniao Coimbra		
EXH Rafael Alves, CAMPOS 50m: 33.42 33.42 100m: 1:10.88 37.46	04 S. Pedro Alva	<b>1:10.88</b>	482
EXH Alexandre Miguel, BRAS 50m: 34.24 34.24 100m: 1:13.14 38.90	03 S. Pedro Alva	<b>1:13.14</b>	439
EXH Manuel Baptista, SIMOES 50m: 34.22 34.22 100m: 1:13.88 39.66	03 Uniao Coimbra	<b>1:13.88</b>	426
EXH Leandro Caleiro, MARTINS 50m: 36.40 36.40 100m: 1:16.96 40.56	02 Alges e Agueda XXI	<b>1:16.96</b>	377
EXH Gustavo Pires, MARQUES 50m: 38.01 38.01 100m: 1:19.86 41.85	04 Fundacao Beatriz Santos-Clube	<b>1:19.86</b>	337

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 21, Masc., 100m Bruços

Lugar	Ano	Tempo final	Pts
EXH Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	<b>1:27.56</b>	256
50m: 41.40 41.40	100m: 1:27.56 46.16		

Prova 22  
24-11-2018 - 17:00

Femin., 100m Bruços

Juniores  
Resultados

RR ANC Absoluto	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Jun17	1:13.72	Joana Victorino, HENRIQUES	CAQC		12-06-2018
RR ANC Jun16	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		12-06-2009
Rec Nac Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Jun17	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09-12-2016
Rec Nac Jun16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Beatriz Monteiro, TOMAS	03 Fundacao Beatriz Santos-Clube	<b>1:17.70</b>	516
50m: 37.38 37.38	100m: 1:17.70 40.32		
2. Bruna Cruz, CARVALHO	03 S. Pedro Alva	<b>1:19.29</b>	486
50m: 37.80 37.80	100m: 1:19.29 41.49		
3. Maria Joao, PELAIO	03 Ginasio Clube Figueirense	<b>1:19.64</b>	480
50m: 37.92 37.92	100m: 1:19.64 41.72		
4. Sara Dias, NEVES	03 Miranda do Corvo	<b>1:19.94</b>	474
50m: 37.60 37.60	100m: 1:19.94 42.34		
5. Camila Ferreira, MARQUES	03 Fundacao Beatriz Santos-Clube	<b>1:22.31</b>	434
50m: 39.08 39.08	100m: 1:22.31 43.23		
6. Rita Santos, NOGUEIRA	03 Uniao Coimbra	<b>1:32.94</b>	302
50m: 43.00 43.00	100m: 1:32.94 49.94		

Prova 22  
24-11-2018 - 17:00

Femin., 100m Bruços

Seniores  
Resultados

RR ANC Absoluto	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Sen	1:13.64	Gabriela Oliveira, ANDRADE	CNAC		12-06-2011
Rec Nac Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Sen	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Beatriz Castanheira, DIAS	99 Academica de Coimbra	<b>1:18.77</b>	496
50m: 37.90 37.90	100m: 1:18.77 40.87		
2. Ema Filipa, ROSARIO	00 Academica de Coimbra	<b>1:19.90</b>	475
50m: 37.68 37.68	100m: 1:19.90 42.22		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 22, Femin., 100m Bruços

Prova 22 24-11-2018 - 17:00	Femin., 100m Bruços				Juvenis Resultados
RR ANC Absoluto	1:11.26	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Juv A	1:14.02	Mariana Ferrinha, CUNHA	AAC		12-06-1998
RR ANC Juv B	1:12.39	Mariana Ferrinha, CUNHA	AAC		12-06-1997
Rec Nac Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Juv A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13-03-2004
Rec Nac Juv B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DNS Rita Lima, PIRES	05 Nautico Academico		
DNS Leonor Correia, CUNHA	04 Fundacao Beatriz Santos-Clube		
<b>EXH Matilde Alves, FLORENCIO</b>	<b>04 Condeixa Clube</b>	<b>1:18.59</b>	<b>499</b>
50m: 37.34 37.34	100m: 1:18.59	41.25	
EXH Ana Catarina, SILVA	04 Fundacao Beatriz Santos-Clube	1:21.24	452
50m: 38.89 38.89	100m: 1:21.24	42.35	
EXH Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	1:21.68	445
50m: 39.10 39.10	100m: 1:21.68	42.58	
EXH Marta Domingues, GAMEIRO	04 Nautico Academico	1:22.92	425
50m: 39.54 39.54	100m: 1:22.92	43.38	
EXH Maria Caetano, LAMAS	04 Miranda do Corvo	1:24.97	395
50m: 40.29 40.29	100m: 1:24.97	44.68	
EXH Leonor Correia, PAIVA	04 Louzan Natacao	1:25.93	382
50m: 41.37 41.37	100m: 1:25.93	44.56	
EXH Barbara Almeida, SIMOES	05 Uniao Coimbra	1:26.16	379
50m: 40.38 40.38	100m: 1:26.16	45.78	
EXH Beatriz Beja, AFONSO	04 Academica de Coimbra	1:35.94	274
50m: 46.18 46.18	100m: 1:35.94	49.76	
<b>EXH Ana Sofia, CASTANHEIRA</b>	<b>04 Condeixa Clube</b>	<b>1:37.38</b>	<b>262</b>
50m: 46.38 46.38	100m: 1:37.38	51.00	
<b>EXH Maria Lucas, SANTOS</b>	<b>05 Condeixa Clube</b>	<b>1:37.89</b>	<b>258</b>
50m: 46.21 46.21	100m: 1:37.89	51.68	
EXH Sara Meireles, TEIXEIRA	04 Nautico Academico	2:14.17	100
50m: 1:02.97 1:02.97	100m: 2:14.17	1:11.20	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 23 Masc., 50m Livres Juniores Resultados  
24-11-2018 - 17:10

RR ANC Absoluto	22.47	Gustavo Almeida, MADUREIRA				13-11-2017
RR ANC Jun18	23.08	Gustavo Almeida, MADUREIRA	AAC			13-06-2011
RR ANC Jun17	23.93	Gustavo Almeida, MADUREIRA	AAC			13-06-2010
Rec Nac Absoluto	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros		20-12-2009
Rec Nac Jun18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto		08-12-2012
Rec Nac Jun17	23.14	Tiago Andre, VENANCIO	CNS	Reboleira		26-06-2004

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Jose Miguel, CUNHA	01 Fundacao Beatriz Santos-Clube	<b>25.09</b>	526
2. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	<b>25.55</b>	498
3. Ricardo Marques, PEREIRA	01 Condeixa Clube	<b>25.63</b>	493
4. Rodrigo Alexandre, TRAVASSOS	02 Condeixa Clube	<b>25.82</b>	483
5. Diogo Coelho, JOSE	01 Columbofila Cantanhedense	<b>25.84</b>	481
6. Alberto Antonio, SANTOS	01 S. Pedro Alva	<b>25.88</b>	479
7. Diogo Miguel, PISCO	01 S. Pedro Alva	<b>26.37</b>	453
8. Gabriel Jose, JULIO	01 Academica de Coimbra	<b>26.62</b>	440
9. Claudio Rafael, CORDEIRO	02 Individual ANC	<b>27.17</b>	414
10. Goncalo Soares, RAMOS	02 Ginasio Clube Figueirense	<b>28.89</b>	344

Prova 23 Masc., 50m Livres Seniores Resultados  
24-11-2018 - 17:10

RR ANC Absoluto	22.47	Gustavo Almeida, MADUREIRA				13-11-2017
RR ANC Sen	22.47	Gustavo Almeida, MADUREIRA	AAC			13-06-2018
Rec Nac Absoluto	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros		20-12-2009
Rec Nac Sen	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros		20-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, MADUREIRA	94 Academica de Coimbra	<b>23.68</b>	626
2. Rodrigo Ribeiro, GOMES	00 Fundacao Beatriz Santos-Clube	<b>24.55</b>	562
3. Bernardo Santos, CLEMENTE	98 Academica de Coimbra	<b>25.14</b>	523
4. Illya, YELISTRATKIN	96 Academica de Coimbra	<b>25.42</b>	506
5. Miguel Diogo, AGOSTINHO	00 Fundacao Beatriz Santos-Clube	<b>25.63</b>	493
6. Joao Francisco, MACHADO	99 Uniao Coimbra	<b>25.73</b>	488
7. Ruben Paiva, CARVALHO	94 Academica de Coimbra	<b>25.80</b>	484
8. Pedro Salzedas, ADAIXO	00 Academica de Coimbra	<b>25.87</b>	480
9. Rodrigo Alexandre, PATRICIO	98 Academica de Coimbra	<b>26.11</b>	467
10. Fabio Mondego, CENTEIO	94 Academica de Coimbra	<b>27.23</b>	411
11. Marcelo Silva, CLEMENTE	00 Nautico Academico	<b>27.67</b>	392
12. Tiago Almeida, NUNES	00 Fundacao Beatriz Santos-Clube	<b>28.19</b>	371
13. Andre Marques, ANTUNES	99 Fundacao Beatriz Santos-Clube	<b>28.21</b>	370
14. Bruno Miguel, NUNES	99 Nautico Academico	<b>30.15</b>	303

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 24  
24-11-2018 - 17:15

Femin., 50m Livres

Juniores  
Resultados

RR ANC Absoluto	26.69	Raquel Mourile, TAVEIRA	AAC		12-06-2014
RR ANC Jun17	26.89	Matilde Freitas, MOREIRA	AAC		12-06-2018
RR ANC Jun16	27.42	Nádia Amado, LAEZZA	CNAC		12-06-2005
Rec Nac Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Jun17	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	12-11-2016
Rec Nac Jun16	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Alexandra Couto, FRAZAO	02 Condeixa Clube	27.97	550
2. Ines Mariana, PINHEIRO	03 Academica de Coimbra	28.77	506
3. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	29.17	485
4. Maria Miguel, GAMEIRO	03 Nautico Academico	30.18	438
5. Beatriz Almeida, PIRES	03 Uniao Coimbra	30.34	431
6. Filipa Almeida, PIRES	03 Uniao Coimbra	30.66	418
7. Bruna Cruz, CARVALHO	03 S. Pedro Alva	30.67	417
8. Carolina Ferreira, REIS	02 Nautico Academico	34.11	303
DNS Barbara Azambujo, MELO	02 Academica de Coimbra		
DNS Sara Caseiro, PORTUGAL	02 Fundacao Beatriz Santos-Clube		

Prova 24  
24-11-2018 - 17:15

Femin., 50m Livres

Seniores  
Resultados

RR ANC Absoluto	26.69	Raquel Mourile, TAVEIRA	AAC		12-06-2014
RR ANC Sen	26.69	Raquel Mourile, TAVEIRA	AAC		13-06-2014
Rec Nac Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Sen	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Domingues, GAMEIRO	97 Nautico Academico	28.14	541
2. Ana Carolina, NEVES	00 Academica de Coimbra	28.26	534
3. Ema Filipa, ROSARIO	00 Academica de Coimbra	29.55	467
4. Eva Fernandes, CARDOSO	01 Fundacao Beatriz Santos-Clube	29.87	452
5. Beatriz Lopes, PINTO	99 Academica de Coimbra	30.32	432

Prova 25  
24-11-2018 - 17:30

Masc., 100m Costas

Juniores  
Resultados

RR ANC Absoluto	51.68	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	54.02	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	54.97	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	51.68	Gabriel Jose, LOPES	POR	Copenhagen (DEN)	14-12-2017
Rec Nac Jun18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009
Rec Nac Jun17	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11-05-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	1:00.09	538
50m: 29.77 29.77 100m: 1:00.09 30.32			
2. Joao Pedro, DIAS	02 Fundacao Beatriz Santos-Clube	1:00.93	516
50m: 29.47 29.47 100m: 1:00.93 31.46			
3. Diogo Coelho, JOSE	01 Columbofila Cantanhedense	1:01.36	506
50m: 29.65 29.65 100m: 1:01.36 31.71			
4. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	1:01.93	492
50m: 30.07 30.07 100m: 1:01.93 31.86			



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 25, Masc., 100m Costas, Juniores

Lugar	Ano	Tempo final	Pts
5. Alberto Antonio, SANTOS 50m: 30.46 30.46 100m: 1:03.91 33.45	01 S. Pedro Alva	<b>1:03.91</b>	447
6. Vasco Castro, CORTE-REAL 50m: 39.61 39.61 100m: 1:23.63 44.02	01 Academica de Coimbra	<b>1:23.63</b>	199
DSQ Diogo Luis, BREDA <i>quebra de movimento continuo na viragem aos 50 m</i>	01 Academica de Coimbra		

Prova 25 Masc., 100m Costas Seniores Resultados  
24-11-2018 - 17:30

RR ANC Absoluto	51.68	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	51.68	Gabriel José, LOPES	ALN		15-05-2018
Rec Nac Absoluto	51.68	Gabriel Jose, LOPES	POR	Copenhagen (DEN)	14-12-2017
Rec Nac Sen	51.68	Gabriel Jose, LOPES	POR	Copenhagen (DEN)	14-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO 50m: 30.51 30.51 100m: 1:01.12 30.61	96 Nautico Academico	<b>1:01.12</b>	512
2. Lucas Pereira, BASTOS 50m: 30.38 30.38 100m: 1:03.02 32.64	00 Nautico Academico	<b>1:03.02</b>	467
3. Jose Antonio, FORTE 50m: 33.65 33.65 100m: 1:08.94 35.29	95 Academica de Coimbra	<b>1:08.94</b>	356

Prova 25 Masc., 100m Costas Juvenis Resultados  
24-11-2018 - 17:30

RR ANC Absoluto	51.68	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Juv A	57.92	Gabriel José, LOPES	CDL		13-06-2003
RR ANC Juv B	57.38	Gabriel José, LOPES	CDL		13-06-2012
Rec Nac Absoluto	51.68	Gabriel Jose, LOPES	POR	Copenhagen (DEN)	14-12-2017
Rec Nac Juv A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010
Rec Nac Juv B	57.38	Gabriel Jose, LOPES	CDL	Coimbra	13-05-2012

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DNS Mark Daniel, SINCARI	04 Nautico Academico		
EXH Jose Diogo, DIAS 50m: 30.68 30.68 100m: 1:03.92 33.24	04 Fundacao Beatriz Santos-Clube	<b>1:03.92</b>	447
EXH Gustavo Pires, MARQUES 50m: 33.33 33.33 100m: 1:07.66 34.33	04 Fundacao Beatriz Santos-Clube	<b>1:07.66</b>	377
EXH David Valdagua, COUTINHO 50m: 33.54 33.54 100m: 1:09.54 36.00	03 Columbofila Cantanhedense	<b>1:09.54</b>	347
EXH Alexandre Viegas, MARTINS 50m: 34.16 34.16 100m: 1:11.89 37.73	04 Uniao Coimbra	<b>1:11.89</b>	314
EXH Carlos Martins, MARQUES 50m: 35.87 35.87 100m: 1:13.56 37.69	04 Uniao Coimbra	<b>1:13.56</b>	293
EXH Bernardo Jorge, VENTURA 50m: 35.47 35.47 100m: 1:13.65 38.18	03 Academica de Coimbra	<b>1:13.65</b>	292
EXH Tomas Alexandre, LARANJEIRA 50m: 37.58 37.58 100m: 1:17.20 39.62	03 S. Pedro Alva	<b>1:17.20</b>	254

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 26  
24-11-2018 - 17:35

Femin., 100m Costas

Juniiores  
Resultados

RR ANC Absoluto	1:02.75	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Jun17	1:05.30	Adriana Correia, LOPES	CNAC		12-06-2011
RR ANC Jun16	1:04.17	Camila Rodrigues, REBELO	ASSSCC		12-06-2018
Rec Nac Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015
Rec Nac Jun17	1:01.56	Ines Camacho, FERNANDES	SCP	Felgueiras	22-12-2013
Rec Nac Jun16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08-12-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Sara Sofia, TEJO</b>	<b>03 Condeixa Clube</b>	<b>1:13.49</b>	<b>419</b>
50m: 35.30 35.30	100m: 1:13.49 38.19		
2. Ana Catarina, SANTOS	03 Fundacao Beatriz Santos-Clube	1:15.07	393
50m: 36.44 36.44	100m: 1:15.07 38.63		
3. Sofia Tavares, JACINTO	03 Nautico Academico	1:19.36	333
50m: 37.78 37.78	100m: 1:19.36 41.58		
DSQ Bruna Cruz, CARVALHO	03 S. Pedro Alva		
<i>a atleta na viragem aos 75 m não fez o movimento continuo</i>			
DNS Barbara Azambujo, MELO	02 Academica de Coimbra		
DNS Sara Caseiro, PORTUGAL	02 Fundacao Beatriz Santos-Clube		

Prova 26  
24-11-2018 - 17:35

Femin., 100m Costas

Seniores  
Resultados

RR ANC Absoluto	1:02.75	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Sen	1:05.51	Ana Carolina, NEVES	AAC		12-06-2018
Rec Nac Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015
Rec Nac Sen	1:00.64	Ana Sofia, LEITE	GCVR	Porto	12-12-2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, SANTOS	95 Academica de Coimbra	1:05.56	591
50m: 32.46 32.46	100m: 1:05.56 33.10		
2. Ana Carolina, NEVES	00 Academica de Coimbra	1:06.55	565
50m: 32.86 32.86	100m: 1:06.55 33.69		
3. Matilde Freitas, MOREIRA	01 Academica de Coimbra	1:08.79	511
50m: 33.67 33.67	100m: 1:08.79 35.12		
4. Ana Miguel, REIS	00 Nautico Academico	1:10.19	481
50m: 33.65 33.65	100m: 1:10.19 36.54		
5. Joana Beatriz, BERNARDO	99 Fundacao Beatriz Santos-Clube	1:10.75	470
50m: 34.78 34.78	100m: 1:10.75 35.97		
EXH Carolina Carreira, DIAS	04 Columbofila Cantanhedense	1:11.22	461
50m: 34.46 34.46	100m: 1:11.22 36.76		
EXH Ana Filipa, SILVA	04 Academica de Coimbra	1:15.66	384
50m: 37.08 37.08	100m: 1:15.66 38.58		
EXH Maria Caetano, LAMAS	04 Miranda do Corvo	1:16.70	369
50m: 37.33 37.33	100m: 1:16.70 39.37		
EXH Susana Julia, FONTES	03 Alges e Agueda XXI	1:17.01	364
50m: 36.87 36.87	100m: 1:17.01 40.14		
EXH Barbara Almeida, SIMOES	05 Uniao Coimbra	1:17.59	356
50m: 37.28 37.28	100m: 1:17.59 40.31		
EXH Maria Ines, GASPAR	05 Miranda do Corvo	1:22.86	292
50m: 40.65 40.65	100m: 1:22.86 42.21		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 26, Femin., 100m Costas

Lugar	Ano	Tempo final	Pts
EXH Maria Ines, DIONISIO	04 Fundacao Beatriz Santos-Clube	<b>1:23.17</b>	289
50m: 40.23 40.23 100m: 1:23.17 42.94			
<b>EXH Maria Beatriz, RODRIGUES</b>	<b>04 Condeixa Clube</b>	<b>1:25.56</b>	<b>266</b>
50m: 42.16 42.16 100m: 1:25.56 43.40			
EXH Diana Costa, OLIVEIRA	04 Uniao Coimbra	<b>1:29.07</b>	235
50m: 41.93 41.93 100m: 1:29.07 47.14			

Prova 27

Masc., 100m Mariposa

Juniores

24-11-2018 - 17:45

Resultados

RR ANC Absoluto	54.16	Gabriel Jose, LOPES	ALN		14-06-2018
RR ANC Jun18	55.51	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	57.06	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac Jun18	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	19-12-2004
Rec Nac Jun17	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	15-02-2004

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos-Clube	<b>59.20</b>	535
50m: 27.63 27.63 100m: 59.20 31.57			
2. Miguel Freitas, OVIEDO	02 Academica de Coimbra	<b>1:01.19</b>	485
50m: 28.51 28.51 100m: 1:01.19 32.68			
<b>3. Rodrigo Alexandre, TRAVASSOS</b>	<b>02 Condeixa Clube</b>	<b>1:02.29</b>	<b>459</b>
50m: 29.24 29.24 100m: 1:02.29 33.05			
4. Jose Miguel, CUNHA	01 Fundacao Beatriz Santos-Clube	<b>1:03.28</b>	438
50m: 29.36 29.36 100m: 1:03.28 33.92			
5. Gabriel Jose, FIGUEIRA	01 Academica de Coimbra	<b>1:04.27</b>	418
50m: 30.25 30.25 100m: 1:04.27 34.02			
6. Francisco Miguel, MENDES	01 Nautico Academico	<b>1:05.71</b>	391
50m: 30.18 30.18 100m: 1:05.71 35.53			
7. Gabriel Jose, JULIO	01 Academica de Coimbra	<b>1:06.01</b>	386
50m: 30.42 30.42 100m: 1:06.01 35.59			
8. Rui Joao, MARQUES	02 Nautico Academico	<b>1:06.02</b>	386
50m: 30.86 30.86 100m: 1:06.02 35.16			
9. Diogo Miguel, PISCO	01 S. Pedro Alva	<b>1:08.14</b>	351
50m: 30.84 30.84 100m: 1:08.14 37.30			
10. Alberto Antonio, SANTOS	01 S. Pedro Alva	<b>1:10.76</b>	313
50m: 30.76 30.76 100m: 1:10.76 40.00			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 27, Masc., 100m Mariposa

Prova 27 24-11-2018 - 17:45	Masc., 100m Mariposa				Seniores Resultados
RR ANC Absoluto	54.16	Gabriel Jose, LOPES	ALN		14-06-2018
RR ANC Sen	54.16	Gabriel Jose, LOPES	ALN		13-06-2012
Rec Nac Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac Sen	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Bernardo Santos, CLEMENTE	98	Academica de Coimbra		<b>58.40</b>	558	
50m: 27.09 27.09	100m: 58.40	31.31				
2. Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra		<b>1:00.28</b>	507	
50m: 27.94 27.94	100m: 1:00.28	32.34				
3. Francisco Alberto, LUCAS	00	Academica de Coimbra		<b>1:02.27</b>	460	
50m: 29.42 29.42	100m: 1:02.27	32.85				
4. Pedro Salzedas, ADAIXO	00	Academica de Coimbra		<b>1:05.61</b>	393	
50m: 30.27 30.27	100m: 1:05.61	35.34				
5. Jose Miguel, VENTURA	97	Fundacao Beatriz Santos-Clube		<b>1:06.89</b>	371	
50m: 30.42 30.42	100m: 1:06.89	36.47				
EXH Diogo Ribas, MATOS	02	Alges e Agueda XXI		<b>1:00.92</b>	491	
50m: 28.09 28.09	100m: 1:00.92	32.83				
EXH Manuel Baptista, SIMOES	03	Uniao Coimbra		<b>1:01.11</b>	487	
50m: 28.09 28.09	100m: 1:01.11	33.02				
EXH Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos-Clube		<b>1:03.85</b>	426	
50m: 29.99 29.99	100m: 1:03.85	33.86				
EXH Goncalo Pires, LOURENCO	03	Fundacao Beatriz Santos-Clube		<b>1:07.61</b>	359	
50m: 31.55 31.55	100m: 1:07.61	36.06				
EXH Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos-Clube		<b>1:07.91</b>	354	
50m: 31.40 31.40	100m: 1:07.91	36.51				
EXH Alexandre Miguel, BRAS	03	S. Pedro Alva		<b>1:08.28</b>	349	
50m: 30.96 30.96	100m: 1:08.28	37.32				
EXH Rafael Alves, CAMPOS	04	S. Pedro Alva		<b>1:09.91</b>	325	
50m: 31.85 31.85	100m: 1:09.91	38.06				
EXH Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos-Clube		<b>1:11.26</b>	307	
50m: 33.61 33.61	100m: 1:11.26	37.65				
EXH Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos-Clube		<b>1:20.22</b>	215	
50m: 37.13 37.13	100m: 1:20.22	43.09				

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 28 Femin., 100m Mariposa Juniores Resultados  
24-11-2018 - 17:50

RR ANC Absoluto	1:03.01	Inês Pereira, SILVA	CAQC		13-06-2018
RR ANC Jun17	1:05.80	Ana Rita, GONÇAVES	CNM		12-06-2002
RR ANC Jun16	1:03.01	Inês Pereira, SILVA	CAQC		12-06-2017
Rec Nac Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac Jun17	59.65	Sara Francisco, CRUZ	ADBA	Leiria	05-12-2009
Rec Nac Jun16	1:01.56	Filipa Vilas, TIAGO	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts
1.	Ines Pereira, SILVA <i>Rec Reg ANC</i>		02	Fundacao Beatriz Santos-Clube		<b>1:05.57</b>	577
	50m:	31.15 31.15	100m:	1:05.57	34.42		
2.	Beatriz Costa, TEJO		02	Academica de Coimbra		<b>1:06.59</b>	551
	50m:	31.24 31.24	100m:	1:06.59	35.35		
3.	Ines Mariana, PINHEIRO		03	Academica de Coimbra		<b>1:08.58</b>	504
	50m:	32.04 32.04	100m:	1:08.58	36.54		
4.	Carolina Ferreira, REIS		02	Nautico Academico		<b>1:23.37</b>	281
	50m:	37.98 37.98	100m:	1:23.37	45.39		
DNS	Camila Rodrigues, REBELO		03	Louzan Natacao			

Prova 28 Femin., 100m Mariposa Seniores Resultados  
24-11-2018 - 17:50

RR ANC Absoluto	1:03.01	Inês Pereira, SILVA	CAQC		13-06-2018
RR ANC Sen	1:04.39	Beatriz Neves, CRAVEIRO	CNAC		12-06-2016
Rec Nac Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac Sen	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010

Pontos: FINA 2018

Lugar			Ano			Tempo final	Pts
1.	Beatriz Neves, CRAVEIRO		97	Academica de Coimbra		<b>1:05.19</b>	587
	50m:	31.06 31.06	100m:	1:05.19	34.13		
2.	Teresa Miguel, VELOSO		00	Nautico Academico		<b>1:07.80</b>	522
	50m:	31.79 31.79	100m:	1:07.80	36.01		
3.	Eva Fernandes, CARDOSO		01	Fundacao Beatriz Santos-Clube		<b>1:08.55</b>	505
	50m:	32.34 32.34	100m:	1:08.55	36.21		
4.	Matilde Domingues, GAMEIRO		97	Nautico Academico		<b>1:11.82</b>	439
	50m:	34.01 34.01	100m:	1:11.82	37.81		
EXH	Ana Carolina, MONTEIRO		04	Uniao Coimbra		<b>1:06.82</b>	545
	50m:	31.38 31.38	100m:	1:06.82	35.44		
EXH	Joana Francisca, RODRIGUES		04	Uniao Coimbra		<b>1:09.14</b>	492
	50m:	32.10 32.10	100m:	1:09.14	37.04		
EXH	Daniela Portela, MENDES		04	Fundacao Beatriz Santos-Clube		<b>1:10.05</b>	473
	50m:	32.26 32.26	100m:	1:10.05	37.79		
EXH	Mafalda Vestia, FIDALGO		04	Uniao Coimbra		<b>1:14.37</b>	395
	50m:	34.46 34.46	100m:	1:14.37	39.91		
EXH	Beatriz Ferreira, LOISAS		05	Columbofila Cantanhedense		<b>1:15.98</b>	371
	50m:	35.42 35.42	100m:	1:15.98	40.56		
EXH	Ines Dias, CRUZ		04	Condeixa Clube		<b>1:16.47</b>	364
	50m:	35.05 35.05	100m:	1:16.47	41.42		
EXH	Margarida Rodrigues, SANTOS		03	Alges e Agueda XXI		<b>1:18.66</b>	334
	50m:	37.31 37.31	100m:	1:18.66	41.35		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 28, Femin., 100m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Filipa Victor, VIEIRA 50m: 38.11 38.11 100m: 1:20.79 42.68	04 Academica de Coimbra	<b>1:20.79</b>	308
EXH Maria Ines, GASPAS 50m: 39.58 39.58 100m: 1:25.68 46.10	05 Miranda do Corvo	<b>1:25.68</b>	258
EXH Joana Beatriz, RODRIGUES 50m: 39.55 39.55 100m: 1:25.94 46.39	04 Academica de Coimbra	<b>1:25.94</b>	256

Prova 29

Masc., 200m Estilos

Juniores

24-11-2018 - 17:55

Resultados

RR ANC Absoluto	1:55.79	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	2:00.59	Gabriel José, LOPES	ALN		13-06-2015
RR ANC Jun17	2:03.28	Tomás Miguel, VELOSO	CNAC		13-06-2012
Rec Nac Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015
Rec Nac Jun18	2:00.59	Gabriel Jose, LOPES	ALN	Coimbra	10-05-2015
Rec Nac Jun17	2:02.96	Diogo Filipe, CARVALHO	CGA	Mealhada	06-03-2005

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Pedro Simoes, RODRIGUES 50m: 29.78 29.78 100m: 1:04.71 34.93 150m: 1:44.00 39.29 200m: 2:18.05 34.05	01 Uniao Coimbra	<b>2:18.05</b>	500
2. Goncalo Silva, MARQUES 50m: 29.81 29.81 100m: 1:06.43 36.62 150m: 1:47.07 40.64 200m: 2:20.18 33.11	01 Condeixa Clube	<b>2:20.18</b>	478
3. Paulo Andre, FROTA 50m: 30.79 30.79 100m: 1:08.08 37.29 150m: 1:50.35 42.27 200m: 2:21.43 31.08	02 Condeixa Clube	<b>2:21.43</b>	465
4. Duarte Anastacio, SOUSA 50m: 31.77 31.77 100m: 1:11.30 39.53 150m: 1:52.47 41.17 200m: 2:28.66 36.19	02 Uniao Coimbra	<b>2:28.66</b>	401
5. Jose Miguel, SILVA 50m: 34.87 34.87 100m: 1:17.70 42.83 150m: 2:01.44 43.74 200m: 2:36.46 35.02	02 Nautico Academico	<b>2:36.46</b>	344

Prova 29

Masc., 200m Estilos

Seniores

24-11-2018 - 17:55

Resultados

RR ANC Absoluto	1:55.79	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	1:55.79	Gabriel José, LOPES	ALN		13-06-2018
Rec Nac Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015
Rec Nac Sen	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 26.50 26.50 100m: 56.21 29.71 150m: 1:31.54 35.33 200m: 2:00.73 29.19	97 Louzan Natacao	<b>2:00.73</b>	748
2. Miguel Caridade, GASPAS 50m: 30.31 30.31 100m: 1:05.34 35.03 150m: 1:41.85 36.51 200m: 2:13.29 31.44	99 Academica de Coimbra	<b>2:13.29</b>	556
3. Pedro Maria, BESSA 50m: 28.43 28.43 100m: 1:05.31 36.88 150m: 1:44.70 39.39 200m: 2:19.26 34.56	95 Academica de Coimbra	<b>2:19.26</b>	487

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 29, Masc., 200m Estilos

Prova 29 24-11-2018 - 17:55	Masc., 200m Estilos				Juvenis Resultados
RR ANC Absoluto	1:55.79	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Juv A	2:10.12	Gabriel José, LOPES	CDL		13-06-2003
RR ANC Juv B	2:11.17	Gabriel José, LOPES	CDL		13-06-2012
Rec Nac Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015
Rec Nac Juv A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15-05-2004
Rec Nac Juv B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10-05-2003

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DNS Goncalo Daniel, OLIVEIRA	04 Fundacao Beatriz Santos-Clube		
DNS Goncalo Brites, MOITA	04 Uniao Coimbra		
EXH Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos-Clube	<b>2:20.26</b>	477
50m: 29.97 29.97 100m: 1:06.17 36.20 150m: 1:48.18 42.01 200m: 2:20.26 32.08			
EXH Jose Diogo, DIAS	04 Fundacao Beatriz Santos-Clube	<b>2:21.29</b>	467
50m: 31.27 31.27 100m: 1:06.44 35.17 150m: 1:50.10 43.66 200m: 2:21.29 31.19			
EXH Alessandro Diogo, CARVALHO	96 Desportivo ABPG	<b>2:22.98</b>	450
50m: 28.80 28.80 100m: 1:05.61 36.81 150m: 1:48.44 42.83 200m: 2:22.98 34.54			
EXH Vitor Teixeira, OLIVEIRA	03 Columbofila Cantanhedense	<b>2:26.94</b>	415
50m: 31.31 31.31 100m: 1:10.17 38.86 150m: 1:55.55 45.38 200m: 2:26.94 31.39			
EXH Martim Miranda, MACHADO	03 Uniao Coimbra	<b>2:27.08</b>	414
50m: 30.03 30.03 100m: 1:08.16 38.13 150m: 1:53.51 45.35 200m: 2:27.08 33.57			
EXH Goncalo Pires, LOURENCO	03 Fundacao Beatriz Santos-Clube	<b>2:27.19</b>	413
50m: 31.98 31.98 100m: 1:11.67 39.69 150m: 1:53.65 41.98 200m: 2:27.19 33.54			
EXH Tiago Andre, POIARES	04 Fundacao Beatriz Santos-Clube	<b>2:30.61</b>	385
50m: 33.49 33.49 100m: 1:14.75 41.26 150m: 1:57.66 42.91 200m: 2:30.61 32.95			
EXH Bernardo Jorge, VENTURA	03 Academica de Coimbra	<b>2:35.33</b>	351
50m: 33.81 33.81 100m: 1:14.31 40.50 150m: 2:01.36 47.05 200m: 2:35.33 33.97			

Prova 30  
24-11-2018 - 18:10

Femin., 200m Estilos				Juniores Resultados
RR ANC Absoluto	2:21.14	Joana Victorino, HENRIQUES	CAQC	13-06-2017
RR ANC Jun17	2:22.08	Joana Victorino, HENRIQUES	CAQC	12-06-2018
RR ANC Jun16	2:21.14	Joana Victorino, HENRIQUES	CAQC	12-06-2017
Rec Nac Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)
Rec Nac Jun17	2:16.22	Raquel Gomes, PEREIRA	SAD	Algés
Rec Nac Jun16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ana Rita, QUEIROZ	02 Condeixa Clube	<b>2:24.38</b>	601
50m: 32.09 32.09 100m: 1:10.68 38.59 150m: 1:52.66 41.98 200m: 2:24.38 31.72			
2. Maria Carlota, REBELO	03 Louzan Natacao	<b>2:24.71</b>	597
50m: 31.85 31.85 100m: 1:09.53 37.68 150m: 1:51.52 41.99 200m: 2:24.71 33.19			
3. Beatriz Monteiro, TOMAS	03 Fundacao Beatriz Santos-Clube	<b>2:30.78</b>	527
50m: 33.18 33.18 100m: 1:12.78 39.60 150m: 1:54.98 42.20 200m: 2:30.78 35.80			
4. Sara Dias, NEVES	03 Miranda do Corvo	<b>2:35.30</b>	483
50m: 33.80 33.80 100m: 1:13.61 39.81 150m: 1:58.66 45.05 200m: 2:35.30 36.64			
5. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	<b>2:36.25</b>	474
50m: 34.21 34.21 100m: 1:17.16 42.95 150m: 2:02.70 45.54 200m: 2:36.25 33.55			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 30, Femin., 200m Estilos, Juniores

Lugar	Ano	Tempo final	Pts
6. Ines Matos, SOUSA	03 Uniao Coimbra	<b>2:39.47</b>	446
50m: 34.87 34.87 100m: 1:16.88 42.01 150m: 2:03.97 47.09 200m: 2:39.47 35.50			
7. Camila Ferreira, MARQUES	03 Fundacao Beatriz Santos-Clube	<b>2:39.56</b>	445
50m: 33.92 33.92 100m: 1:16.28 42.36 150m: 2:02.11 45.83 200m: 2:39.56 37.45			
8. Sofia Tavares, JACINTO	03 Nautico Academico	<b>2:55.70</b>	333
50m: 39.51 39.51 100m: 1:22.51 43.00 150m: 2:16.97 54.46 200m: 2:55.70 38.73			

Prova 30 Femin., 200m Estilos Seniores Resultados  
24-11-2018 - 18:10

RR ANC Absoluto	2:21.14	Joana Victorino, HENRIQUES	CAQC		13-06-2017
RR ANC Sen	2:21.75	Teresa Miguel, VELOSO	CNAC		12-06-2018
Rec Nac Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16-12-2017
Rec Nac Sen	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, SANTOS	95 Academica de Coimbra	<b>2:27.34</b>	565
50m: 32.81 32.81 100m: 1:08.82 36.01 150m: 1:52.87 44.05 200m: 2:27.34 34.47			
2. Teresa Miguel, VELOSO	00 Nautico Academico	<b>2:27.84</b>	560
50m: 32.52 32.52 100m: 1:11.34 38.82 150m: 1:53.69 42.35 200m: 2:27.84 34.15			
3. Sara Sofia, ALVES	01 Columbofila Cantanhedense	<b>2:33.74</b>	497
50m: 32.79 32.79 100m: 1:13.38 40.59 150m: 2:00.80 47.42 200m: 2:33.74 32.94			

Prova 30 Femin., 200m Estilos Juvenis Resultados  
24-11-2018 - 18:10

RR ANC Absoluto	2:21.14	Joana Victorino, HENRIQUES	CAQC		13-06-2017
RR ANC Juv A	2:21.52	Camila Rodrigues, REBELO	ALN		12-06-2018
RR ANC Juv B	2:23.40	Camila Rodrigues, REBELO	ALN		12-06-2017
Rec Nac Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16-12-2017
Rec Nac Juv A	2:18.48	Ana Sofia, PINA	CACRCCD	Mealhada	20-05-2017
Rec Nac Juv B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14-04-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
DSQ Ana Carolina, MONTEIRO	04 Uniao Coimbra		
<i>a atleta na viragem aos 100 m Costas não bateu com a mão na parede</i>			
EXH Helena Nunes, RODRIGUES	03 Alges e Agueda XXI	<b>2:27.39</b>	565
50m: 31.83 31.83 100m: 1:09.07 37.24 150m: 1:54.50 45.43 200m: 2:27.39 32.89			
EXH Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>2:31.17</b>	523
50m: 34.22 34.22 100m: 1:12.43 38.21 150m: 1:57.74 45.31 200m: 2:31.17 33.43			
EXH Mariana Carmo, ROSA	05 Louzan Natacao	<b>2:31.28</b>	522
50m: 32.81 32.81 100m: 1:11.33 38.52 150m: 1:58.00 46.67 200m: 2:31.28 33.28			
EXH Joana Francisca, RODRIGUES	04 Uniao Coimbra	<b>2:32.83</b>	506
50m: 32.36 32.36 100m: 1:12.20 39.84 150m: 1:58.77 46.57 200m: 2:32.83 34.06			
EXH Matilde Alves, FLORENCIO	04 Condeixa Clube	<b>2:32.91</b>	506
50m: 32.94 32.94 100m: 1:13.58 40.64 150m: 1:57.36 43.78 200m: 2:32.91 35.55			
EXH Leonor Correia, PAIVA	04 Louzan Natacao	<b>2:36.98</b>	467
50m: 33.64 33.64 100m: 1:12.02 38.38 150m: 1:59.64 47.62 200m: 2:36.98 37.34			
EXH Marta Domingues, GAMEIRO	04 Nautico Academico	<b>2:42.88</b>	418
50m: 36.92 36.92 100m: 1:19.66 42.74 150m: 2:05.71 46.05 200m: 2:42.88 37.17			



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 30, Femin., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Carolina Carreira, DIAS	04 Columbofila Cantanhedense	<b>2:43.08</b>	417
50m: 37.68 37.68 100m: 1:17.81 40.13 150m: 2:07.81 50.00 200m: 2:43.08			35.27
EXH Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>2:54.40</b>	341
50m: 38.95 38.95 100m: 1:25.61 46.66 150m: 2:16.44 50.83 200m: 2:54.40			37.96
EXH Maria Fernandes, LOBO	05 Nautico Academico	<b>2:58.67</b>	317
50m: 40.06 40.06 100m: 1:27.45 47.39 150m: 2:20.71 53.26 200m: 2:58.67			37.96
EXH Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>3:01.70</b>	301
50m: 44.16 44.16 100m: 1:30.91 46.75 150m: 2:24.95 54.04 200m: 3:01.70			36.75
EXH Maria Lucas, SANTOS	05 Condeixa Clube	<b>3:03.34</b>	293
50m: 38.83 38.83 100m: 1:26.50 47.67 150m: 2:21.88 55.38 200m: 3:03.34			41.46

Prova 31  
24-11-2018 - 18:35

Masc., 4 x 200m Livres

Juniores  
Resultados

RR ANC Jun	7:52.54	Clube Nautico Academico de coimb	CNAC			20-11-2007
RR ANC Absoluto	7:20.33	Clube Nautico Academico de Coimb	CNAC			20-11-2014
Rec Nac Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros		20-12-2009
Rec Nac Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras		22-12-2013

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Fundacao Beatriz Santos Jun	<b>8:10.53</b>	579
Joao Neto, PEREIRA	02 27.88 58.51 1:30.33 2:02.14 2:02.14	
Ricardo Jorge, DOMINGUES	02 27.62 58.51 1:30.03 2:01.72 2:01.72	
Joao Pedro, DIAS	02 28.81 1:00.92 1:33.03 2:04.23 2:04.23	
Jose Miguel, CUNHA	01 27.88 59.14 1:30.82 2:02.44 2:02.44	
2. Condeixa Clube Jun	<b>8:13.84</b>	568
Rodrigo Alexandre, TRAVASSOS	02 28.30 59.39 1:31.17 2:02.72 2:02.72	
Tomas Pedrosa, MIGUEL	02 26.71 57.55 1:30.51 2:02.84 2:02.84	
Goncalo Silva, MARQUES	01 1:00.63 1:33.40 2:05.99 2:05.99	
Paulo Andre, FROTA	02 28.14 59.38 1:30.95 2:02.29 2:02.29	
3. Academica de Coimbra Jun	<b>8:44.21</b>	475
Miguel Freitas, OVIEDO	02 29.68 1:03.22 1:35.78 2:08.97 2:08.97	
Diogo Luis, BREDA	01 27.98 59.55 1:33.00 2:06.37 2:06.37	
Gabriel Jose, FIGUEIRA	01 30.99 1:05.99 1:41.42 2:16.67 2:16.67	
Gabriel Jose, JULIO	01 28.96 1:02.70 1:37.23 2:12.20 2:12.20	

Prova 31  
24-11-2018 - 18:35

Masc., 4 x 200m Livres

Seniores  
Resultados

RR ANC Sen	7:20.33	Clube Náutico Académico de Coimb	CNAC			18-07-2014
RR ANC Absoluto	7:20.33	Clube Nautico Academico de Coimb	CNAC			20-11-2014
Rec Nac Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros		20-12-2009
Rec Nac Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros		20-12-2009

Pontos: FINA 2018

Lugar	Tempo final	Pts
1. Nautico Academico Sen	<b>8:02.25</b>	610
Tomas Miguel, VELOSO	96 27.60 56.29 1:24.44 1:52.75 1:52.75	
Lucas Pereira, BASTOS	00 27.10 57.49 1:28.49 1:59.96 1:59.96	
Marcelo Silva, CLEMENTE	00 29.46 1:03.26 1:38.20 2:12.90 2:12.90	
Mario Alexandre, PEREIRA	92 26.53 55.81 1:25.51 1:56.64 1:56.64	
2. Academica de Coimbra Sen	<b>8:23.17</b>	537
Miguel Caridade, GASPAR	99 28.57 59.43 1:30.73 2:01.59 2:01.59	
Francisco Miguel, CARVALHO	00 29.25 1:01.84 1:35.19 2:08.40 2:08.40	
Pedro Salzedas, ADAIXO	00 28.18 59.90 1:32.85 2:05.95 2:05.95	
Francisco Alberto, LUCAS	00 28.62 1:00.96 1:33.81 2:07.23 2:07.23	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 31, Masc., 4 x 200m Livres

Lugar						Tempo final	Pts
EXH	Uniao Coimbra Juv B		Uniao Coimbra			<b>8:57.78</b>	440
	Diogo Matos, RIBEIRO	04	27.07	56.91	1:27.45	1:58.08	1:58.08
	Alexandre Viegas, MARTINS	04	30.35	1:04.52	1:39.87	2:16.15	2:16.15
	Rui Mamede, SANTOS	04	29.34	1:04.14	1:41.33	2:17.30	2:17.30
	Carlos Martins, MARQUES	04	32.69	1:10.81	1:49.05	2:26.25	2:26.25

Prova 32  
24-11-2018 - 18:45

Femin., 4 x 200m Livres

Juniores  
Resultados

RR ANC Jun	8:53.19	Associação Academica Coimbra	AAC				13-11-2015
RR ANC Jun16	8:59.48	Clube Náutico Académico de Coimb	CNAC				18-07-2012
RR ANC Absoluto	8:35.39	Clube Náutico Académico de Coimb	CNAC				23-07-2009
Rec Nac Absoluto	8:09.45	Sport Alges e Dafundo	SAD	Porto			09-12-2017
Rec Nac Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria			05-12-2009

Pontos: FINA 2018

Lugar						Tempo final	Pts
1.	Condeixa Clube Jun		Condeixa Clube			<b>9:25.46</b>	513
	Ana Rita, QUEIROZ	02	31.06	1:03.35	2:08.52	2:08.52	
	Sara Sofia, TEJO	03		1:09.54	2:25.11	2:25.11	
	Rita Dias, RIBEIRO	02		1:14.38	2:35.07	2:35.07	
	Alexandra Couto, FRAZAO	02		1:04.33	2:16.76	2:16.76	
2.	Fundacao Beatriz Santos Jun		Fundacao Beatriz Santos-Clube			<b>9:31.66</b>	497
	Camila Ferreira, MARQUES	03	32.29	1:07.80	1:44.69	2:20.89	2:20.89
	Ines Pereira, SILVA	02	32.12	1:08.13	1:45.72	2:23.43	2:23.43
	Beatriz Monteiro, TOMAS	03	32.45	1:09.52	1:47.35	2:22.84	2:22.84
	Ana Catarina, SANTOS	03	32.83	1:09.19	1:47.17	2:24.50	2:24.50
3.	Uniao Coimbra Jun		Uniao Coimbra			<b>9:46.85</b>	459
	Beatriz Almeida, PIRES	03	32.11	1:07.87	1:43.92	2:19.12	2:19.12
	Filipa Almeida, PIRES	03	32.31	1:07.76	1:44.09	2:19.57	2:19.57
	Ines Matos, SOUSA	03	31.96	1:07.35	1:43.08	2:18.42	2:18.42
	Rita Santos, NOGUEIRA	03	35.92	1:18.32	2:04.47	2:49.74	2:49.74

Prova 32  
24-11-2018 - 18:45

Femin., 4 x 200m Livres

Seniores  
Resultados

RR ANC Sen	8:42.47	Clube Náutico Académico de Coimb	CNAC				18-07-2013
RR ANC Absoluto	8:35.39	Clube Náutico Académico de Coimb	CNAC				23-07-2009
Rec Nac Absoluto	8:09.45	Sport Alges e Dafundo	SAD	Porto			09-12-2017
Rec Nac Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto			09-12-2017

Pontos: FINA 2018

Lugar						Tempo final	Pts
1.	Academica de Coimbra Sen		Academica de Coimbra			<b>8:52.48</b>	615
	Matilde Freitas, MOREIRA	01	31.44	1:04.89	1:38.29	2:10.91	2:10.91
	Ana Carolina, NEVES	00	29.93	1:03.75	1:37.67	2:11.97	2:11.97
	Mariana Pinto, ANGELO	99	31.07	1:05.87	1:42.42	2:19.16	2:19.16
	Beatriz Neves, CRAVEIRO	97	31.12	1:04.09	1:37.27	2:10.44	2:10.44
EXH	Fundacao Beatriz Santos Juv		Fundacao Beatriz Santos-Clube			<b>9:58.68</b>	432
	Ana Catarina, SILVA	04	32.74	1:08.39	1:44.59	2:19.81	2:19.81
	Maria Ines, DIONISIO	04	34.26	1:14.83	1:56.68	2:35.35	2:35.35
	Matilde Santos, CARDOSO	05	35.05	1:15.46	1:56.45	2:36.66	2:36.66
	Daniela Portela, MENDES	04	33.13	1:10.84	1:48.45	2:26.86	2:26.86
EXH	Condeixa Clube Juv		Condeixa Clube			<b>10:08.18</b>	412
	Beatriz Sa, GAMA	05	33.76	1:12.73	1:53.32	2:32.97	2:32.97
	Ana Matos, CABRAL	05	31.75	1:07.59	1:44.06	2:19.13	2:19.13
	Ines Dias, CRUZ	04	36.07	1:15.91	1:56.24	2:35.63	2:35.63
	Ana Sofia, CASTANHEIRA	04	35.86	1:16.22	1:58.50	2:40.45	2:40.45

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

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Prova 32, Femin., 4 x 200m Livres

Lugar						Tempo final	Pts
EXH	Academica de Coimbra Juv A		Academica de Coimbra			<b>10:32.82</b>	<b>366</b>
	Ana Filipa, SILVA	04	35.29	1:15.01	1:54.68	2:32.05	2:32.05
	Laura Rodrigues, MARGATO	04	36.94	1:17.48	1:59.92	2:40.31	2:40.31
	Beatriz Beja, AFONSO	04	38.41	1:21.51	2:04.77	2:45.71	2:45.71
	Filipa Victor, VIEIRA	04	35.69	1:15.61	1:56.57	2:34.75	2:34.75

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

3 - 3ª Jornada

25-11-2018 - 9:30

Prova 33 25-11-2018 - 9:30	Femin., 800m Livres entrega medalhas (31)				Juniores Resultados
RR ANC Absoluto	8:46.72	Maria Miguel, VELOSO	CNAC		13-06-2009
RR ANC Jun17	8:46.72	Maria Miguel, VELOSO	CNAC		12-06-2009
RR ANC Jun16	8:47.74	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
Rec Nac Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac Jun17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13-12-2015
Rec Nac Jun16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21-12-2014

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
<b>1. Ana Rita, QUEIROZ</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>9:03.79</b>	<b>684</b>	
50m: 31.74 31.74	250m: 2:46.87	33.66	450m: 5:03.08	34.30	650m: 7:20.66 34.46
100m: 1:05.52 33.78	300m: 3:20.84	33.97	500m: 5:37.39	34.31	700m: 7:55.67 35.01
150m: 1:39.23 33.71	350m: 3:54.83	33.99	550m: 6:11.66	34.27	750m: 8:30.19 34.52
200m: 2:13.21 33.98	400m: 4:28.78	33.95	600m: 6:46.20	34.54	800m: 9:03.79 33.60
<b>2. Maria Joao, PELAIO</b>	<b>03</b>	<b>Ginasio Clube Figueirense</b>	<b>9:36.20</b>	<b>575</b>	
50m: 32.90 32.90	250m: 2:57.55	35.99	450m: 5:23.47	36.82	650m: 7:49.17 36.59
100m: 1:08.75 35.85	300m: 3:33.71	36.16	500m: 6:00.03	36.56	700m: 8:25.27 36.10
150m: 1:45.03 36.28	350m: 4:10.06	36.35	550m: 6:36.24	36.21	750m: 9:00.96 35.69
200m: 2:21.56 36.53	400m: 4:46.65	36.59	600m: 7:12.58	36.34	800m: 9:36.20 35.24
<b>3. Ines Matos, SOUSA</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>9:39.71</b>	<b>565</b>	
50m: 33.05 33.05	250m: 2:58.16	36.44	450m: 5:23.75	36.08	650m: 7:49.68 36.59
100m: 1:08.77 35.72	300m: 3:34.81	36.65	500m: 6:00.01	36.26	700m: 8:26.53 36.85
150m: 1:45.20 36.43	350m: 4:11.30	36.49	550m: 6:36.61	36.60	750m: 9:03.42 36.89
200m: 2:21.72 36.52	400m: 4:47.67	36.37	600m: 7:13.09	36.48	800m: 9:39.71 36.29
<b>4. Beatriz Almeida, PIRES</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>9:42.25</b>	<b>557</b>	
50m: 33.77 33.77	250m: 2:59.04	36.10	450m: 5:25.12	36.41	650m: 7:53.23 37.32
100m: 1:10.08 36.31	300m: 3:35.40	36.36	500m: 6:01.82	36.70	700m: 8:30.47 37.24
150m: 1:46.45 36.37	350m: 4:12.00	36.60	550m: 6:38.82	37.00	750m: 9:07.48 37.01
200m: 2:22.94 36.49	400m: 4:48.71	36.71	600m: 7:15.91	37.09	800m: 9:42.25 34.77
<b>5. Filipa Almeida, PIRES</b>	<b>03</b>	<b>Uniao Coimbra</b>	<b>9:42.79</b>	<b>556</b>	
50m: 33.41 33.41	250m: 3:00.19	36.89	450m: 5:26.00	36.14	650m: 7:53.02 36.54
100m: 1:09.47 36.06	300m: 3:36.83	36.64	500m: 6:02.60	36.60	700m: 8:30.25 37.23
150m: 1:46.46 36.99	350m: 4:13.55	36.72	550m: 6:39.64	37.04	750m: 9:06.40 36.15
200m: 2:23.30 36.84	400m: 4:49.86	36.31	600m: 7:16.48	36.84	800m: 9:42.79 36.39
<b>6. Ines Mariana, PINHEIRO</b>	<b>03</b>	<b>Academica de Coimbra</b>	<b>9:49.51</b>	<b>537</b>	
50m: 33.25 33.25	250m: 3:01.43	37.42	450m: 5:32.02	37.42	650m: 8:01.09 36.93
100m: 1:09.33 36.08	300m: 3:39.02	37.59	500m: 6:09.16	37.14	700m: 8:38.69 37.60
150m: 1:46.83 37.50	350m: 4:17.00	37.98	550m: 6:46.46	37.30	750m: 9:15.47 36.78
200m: 2:24.01 37.18	400m: 4:54.60	37.60	600m: 7:24.16	37.70	800m: 9:49.51 34.04
<b>7. Camila Ferreira, MARQUES</b>	<b>03</b>	<b>Fundacao Beatriz Santos-Clube</b>	<b>9:58.09</b>	<b>514</b>	
50m: 32.86 32.86	250m: 3:00.99	37.36	450m: 5:32.01	37.59	650m: 8:05.61 38.27
100m: 1:09.31 36.45	300m: 3:39.10	38.11	500m: 6:09.63	37.62	700m: 8:44.16 38.55
150m: 1:46.51 37.20	350m: 4:16.77	37.67	550m: 6:48.34	38.71	750m: 9:22.38 38.22
200m: 2:23.63 37.12	400m: 4:54.42	37.65	600m: 7:27.34	39.00	800m: 9:58.09 35.71
<b>8. Sara Sofia, TEJO</b>	<b>03</b>	<b>Condeixa Clube</b>	<b>10:05.41</b>	<b>496</b>	
50m: 33.71 33.71	250m: 3:03.38	38.20	450m: 5:38.16	38.70	650m: 8:12.88 38.56
100m: 1:10.25 36.54	300m: 3:41.87	38.49	500m: 6:16.75	38.59	700m: 8:51.47 38.59
150m: 1:47.42 37.17	350m: 4:20.88	39.01	550m: 6:55.51	38.76	750m: 9:29.04 37.57
200m: 2:25.18 37.76	400m: 4:59.46	38.58	600m: 7:34.32	38.81	800m: 10:05.41 36.37
<b>9. Rita Baptista, MARQUES</b>	<b>03</b>	<b>Nautico Academico</b>	<b>10:23.71</b>	<b>453</b>	
50m: 34.95 34.95	250m: 3:10.30	39.45	450m: 5:47.02	39.19	650m: 8:25.57 40.10
100m: 1:12.81 37.86	300m: 3:49.42	39.12	500m: 6:26.44	39.42	700m: 9:05.59 40.02
150m: 1:51.66 38.85	350m: 4:28.71	39.29	550m: 7:05.89	39.45	750m: 9:45.16 39.57
200m: 2:30.85 39.19	400m: 5:07.83	39.12	600m: 7:45.47	39.58	800m: 10:23.71 38.55

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 33, Femin., 800m Livres

Prova 33 25-11-2018 - 9:30	Femin., 800m Livres entrega medalhas (31)				Seniores Resultados
RR ANC Absoluto	8:46.72	Maria Miguel, VELOSO	CNAC		13-06-2009
RR ANC Sen	8:51.95	Florbela Cavaco, MACHADO	CNAC		12-06-2013
Rec Nac Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac Sen	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
<b>1.</b>	<b>Sara Sofia, ALVES</b>		<b>01</b>	<b>Cumbobifila Cantanhedense</b>				<b>9:17.55</b>	<b>635</b>		
	<i>entrega (31)</i>										
	50m:	32.25 32.25	250m:	2:48.23	34.35	450m:	5:08.73	35.36	650m:	7:31.49	35.69
	100m:	1:05.96 33.71	300m:	3:22.87	34.64	500m:	5:44.48	35.75	700m:	8:07.36	35.87
	150m:	1:39.88 33.92	350m:	3:58.05	35.18	550m:	6:20.09	35.61	750m:	8:42.94	35.58
	200m:	2:13.88 34.00	400m:	4:33.37	35.32	600m:	6:55.80	35.71	800m:	9:17.55	34.61
<b>2.</b>	<b>Mariana Pinto, ANGELO</b>		<b>99</b>	<b>Academica de Coimbra</b>				<b>9:40.30</b>	<b>563</b>		
	50m:	33.46 33.46	250m:	2:58.05	36.56	450m:	5:24.71	36.57	650m:	7:51.66	36.45
	100m:	1:09.07 35.61	300m:	3:34.55	36.50	500m:	6:01.61	36.90	700m:	8:28.40	36.74
	150m:	1:45.19 36.12	350m:	4:11.38	36.83	550m:	6:38.49	36.88	750m:	9:04.91	36.51
	200m:	2:21.49 36.30	400m:	4:48.14	36.76	600m:	7:15.21	36.72	800m:	9:40.30	35.39
<b>3.</b>	<b>Maria Beatriz, JORGE</b>		<b>00</b>	<b>Nautico Academico</b>				<b>10:07.83</b>	<b>490</b>		
	50m:	33.55 33.55	250m:	3:05.23	38.24	450m:	5:39.16	38.31	650m:	8:13.47	38.46
	100m:	1:10.61 37.06	300m:	3:43.84	38.61	500m:	6:17.51	38.35	700m:	8:51.98	38.51
	150m:	1:48.69 38.08	350m:	4:22.43	38.59	550m:	6:56.03	38.52	750m:	9:30.10	38.12
	200m:	2:26.99 38.30	400m:	5:00.85	38.42	600m:	7:35.01	38.98	800m:	10:07.83	37.73
<b>EXH</b>	<b>Ana Matos, CABRAL</b>		<b>05</b>	<b>Condeixa Clube</b>				<b>9:58.93</b>	<b>512</b>		
	50m:	34.18 34.18	250m:	3:04.44	37.74	450m:	5:35.81	37.95	650m:	8:08.60	37.89
	100m:	1:11.38 37.20	300m:	3:42.53	38.09	500m:	6:14.11	38.30	700m:	8:46.06	37.46
	150m:	1:48.85 37.47	350m:	4:20.18	37.65	550m:	6:52.25	38.14	750m:	9:23.67	37.61
	200m:	2:26.70 37.85	400m:	4:57.86	37.68	600m:	7:30.71	38.46	800m:	9:58.93	35.26
<b>EXH</b>	<b>Mafalda Vestia, FIDALGO</b>		<b>04</b>	<b>Uniao Coimbra</b>				<b>10:27.76</b>	<b>445</b>		
	50m:	35.43 35.43	250m:	3:09.92	38.77	450m:	5:48.31	39.91	650m:	8:28.28	40.22
	100m:	1:13.47 38.04	300m:	3:49.43	39.51	500m:	6:27.95	39.64	700m:	9:08.55	40.27
	150m:	1:52.25 38.78	350m:	4:29.03	39.60	550m:	7:07.65	39.70	750m:	9:48.94	40.39
	200m:	2:31.15 38.90	400m:	5:08.40	39.37	600m:	7:48.06	40.41	800m:	10:27.76	38.82
<b>EXH</b>	<b>Beatriz Pereira, MARQUES</b>		<b>05</b>	<b>Cumbobifila Cantanhedense</b>				<b>10:32.24</b>	<b>435</b>		
	50m:	35.91 35.91	250m:	3:13.65	39.74	450m:	5:53.08	39.89	650m:	8:33.53	40.42
	100m:	1:15.11 39.20	300m:	3:53.47	39.82	500m:	6:33.16	40.08	700m:	9:13.41	39.88
	150m:	1:54.48 39.37	350m:	4:33.19	39.72	550m:	7:13.00	39.84	750m:	9:53.34	39.93
	200m:	2:33.91 39.43	400m:	5:13.19	40.00	600m:	7:53.11	40.11	800m:	10:32.24	38.90
<b>EXH</b>	<b>Camila Cavaleiro, SILVA</b>		<b>05</b>	<b>Cumbobifila Cantanhedense</b>				<b>10:58.87</b>	<b>385</b>		
	50m:	37.90 37.90	250m:	3:22.26	41.64	450m:	6:09.00	41.09	650m:	8:55.82	41.80
	100m:	1:18.45 40.55	300m:	4:04.08	41.82	500m:	6:50.16	41.16	700m:	9:38.02	42.20
	150m:	1:59.26 40.81	350m:	4:45.96	41.88	550m:	7:31.94	41.78	750m:	10:19.09	41.07
	200m:	2:40.62 41.36	400m:	5:27.91	41.95	600m:	8:14.02	42.08	800m:	10:58.87	39.78

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 34 25-11-2018 - 9:55	Masc., 1500m Livres entrega medalhas (30 - 32)				Juniores Resultados
RR ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
RR ANC Jun18	15:33.14	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2014
RR ANC Jun17	15:49.38	Alexandre Valdágua, COUTINHO	ASSSCC		20-06-2014
Rec Nac Absoluto	15:00.65	Rafael Lourenco, GIL	SFUAP	Porto	13-12-2015
Rec Nac Jun18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26-03-2018
Rec Nac Jun17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Diogo Coelho, JOSE</b>		<b>01</b>	<b>Columbofila Cantanhedense</b>				<b>16:18.41</b>	<b>651</b>
	50m:	29.58 29.58	450m:	4:50.57	32.96	850m:	9:12.79 32.04	1250m:	13:32.13 31.60
	100m:	1:02.18 32.60	500m:	5:23.42	32.85	900m:	9:44.34 31.55	1300m:	14:04.71 32.58
	150m:	1:35.01 32.83	550m:	5:56.25	32.83	950m:	10:16.34 32.00	1350m:	14:38.09 33.38
	200m:	2:08.04 33.03	600m:	6:29.05	32.80	1000m:	10:49.18 32.84	1400m:	15:11.47 33.38
	250m:	2:40.63 32.59	650m:	7:02.33	33.28	1050m:	11:21.69 32.51	1450m:	15:45.18 33.71
	300m:	3:13.05 32.42	700m:	7:35.37	33.04	1100m:	11:55.09 33.40	1500m:	16:18.41 33.23
	350m:	3:45.07 32.02	750m:	8:08.41	33.04	1150m:	12:28.17 33.08		
	400m:	4:17.61 32.54	800m:	8:40.75	32.34	1200m:	13:00.53 32.36		
<b>2.</b>	<b>Rodrigo Alexandre, TRAVASSOS</b>		<b>02</b>	<b>Condeixa Clube</b>				<b>16:31.95</b>	<b>624</b>
	50m:	30.96 30.96	450m:	4:55.15	33.13	850m:	9:19.94 33.37	1250m:	13:46.57 32.91
	100m:	1:03.96 33.00	500m:	5:28.48	33.33	900m:	9:53.24 33.30	1300m:	14:19.41 32.84
	150m:	1:36.33 32.37	550m:	6:01.74	33.26	950m:	10:26.66 33.42	1350m:	14:53.20 33.79
	200m:	2:09.55 33.22	600m:	6:34.99	33.25	1000m:	10:59.89 33.23	1400m:	15:26.57 33.37
	250m:	2:42.97 33.42	650m:	7:07.97	32.98	1050m:	11:33.36 33.47	1450m:	15:59.88 33.31
	300m:	3:16.08 33.11	700m:	7:40.94	32.97	1100m:	12:06.79 33.43	1500m:	16:31.95 32.07
	350m:	3:48.85 32.77	750m:	8:13.62	32.68	1150m:	12:40.48 33.69		
	400m:	4:22.02 33.17	800m:	8:46.57	32.95	1200m:	13:13.66 33.18		
<b>3.</b>	<b>Ricardo Jorge, DOMINGUES</b>		<b>02</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>16:37.62</b>	<b>614</b>
	50m:	28.81 28.81	450m:	4:51.05	33.09	850m:	9:19.23 33.37	1250m:	13:47.53 33.67
	100m:	1:01.62 32.81	500m:	5:24.28	33.23	900m:	9:52.57 33.34	1300m:	14:22.55 35.02
	150m:	1:34.41 32.79	550m:	5:57.68	33.40	950m:	10:26.07 33.50	1350m:	14:56.66 34.11
	200m:	2:07.48 33.07	600m:	6:31.12	33.44	1000m:	10:59.91 33.84	1400m:	15:30.70 34.04
	250m:	2:40.14 32.66	650m:	7:04.53	33.41	1050m:	11:33.61 33.70	1450m:	16:04.69 33.99
	300m:	3:12.87 32.73	700m:	7:38.08	33.55	1100m:	12:07.20 33.59	1500m:	16:37.62 32.93
	350m:	3:45.20 32.33	750m:	8:12.14	34.06	1150m:	12:40.36 33.16		
	400m:	4:17.96 32.76	800m:	8:45.86	33.72	1200m:	13:13.86 33.50		
<b>4.</b>	<b>Joao Neto, PEREIRA</b>		<b>02</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>17:21.39</b>	<b>540</b>
	50m:	29.23 29.23	450m:	5:04.57	34.99	850m:	9:46.54 35.56	1250m:	14:29.47 35.51
	100m:	1:02.40 33.17	500m:	5:39.86	35.29	900m:	10:21.92 35.38	1300m:	15:04.69 35.22
	150m:	1:36.02 33.62	550m:	6:14.92	35.06	950m:	10:57.37 35.45	1350m:	15:39.38 34.69
	200m:	2:10.45 34.43	600m:	6:50.14	35.22	1000m:	11:32.81 35.44	1400m:	16:14.54 35.16
	250m:	2:44.86 34.41	650m:	7:25.53	35.39	1050m:	12:07.43 34.62	1450m:	16:48.88 34.34
	300m:	3:19.61 34.75	700m:	8:01.01	35.48	1100m:	12:42.83 35.40	1500m:	17:21.39 32.51
	350m:	3:54.68 35.07	750m:	8:35.95	34.94	1150m:	13:18.56 35.73		
	400m:	4:29.58 34.90	800m:	9:10.98	35.03	1200m:	13:53.96 35.40		
<b>5.</b>	<b>Joao Ventura, PAIS</b>		<b>02</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>17:38.15</b>	<b>514</b>
	50m:	31.87 31.87	450m:	5:23.69	36.71	850m:	10:09.17 36.27	1250m:	14:45.03 34.13
	100m:	1:07.26 35.39	500m:	6:00.19	36.50	900m:	10:43.52 34.35	1300m:	15:19.52 34.49
	150m:	1:43.76 36.50	550m:	6:35.94	35.75	950m:	11:18.23 34.71	1350m:	15:54.36 34.84
	200m:	2:20.45 36.69	600m:	7:09.97	34.03	1000m:	11:53.03 34.80	1400m:	16:29.45 35.09
	250m:	2:57.22 36.77	650m:	7:44.85	34.88	1050m:	12:27.67 34.64	1450m:	17:04.49 35.04
	300m:	3:33.82 36.60	700m:	8:20.74	35.89	1100m:	13:01.86 34.19	1500m:	17:38.15 33.66
	350m:	4:10.50 36.68	750m:	8:56.91	36.17	1150m:	13:36.29 34.43		
	400m:	4:46.98 36.48	800m:	9:32.90	35.99	1200m:	14:10.90 34.61		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 34, Masc., 1500m Livres, Juniores

Lugar			Ano					Tempo final	Pts		
<b>6.</b>	<b>Rui Joao, MARQUES</b>		<b>02</b>	<b>Nautico Academico</b>				<b>17:49.84</b>	<b>498</b>		
	50m:	31.07 31.07	450m:	5:14.34	38.08	850m:	10:02.07	35.31	1250m:	14:49.66	36.27
	100m:	1:04.30 33.23	500m:	5:49.33	34.99	900m:	10:38.00	35.93	1300m:	15:25.43	35.77
	150m:	1:38.70 34.40	550m:	6:25.22	35.89	950m:	11:14.22	36.22	1350m:	16:01.88	36.45
	200m:	2:14.66 35.96	600m:	7:02.25	37.03	1000m:	11:50.05	35.83	1400m:	16:37.57	35.69
	250m:	2:50.07 35.41	650m:	7:37.72	35.47	1050m:	12:27.11	37.06	1450m:	17:12.68	35.11
	300m:	3:24.86 34.79	700m:	8:14.93	37.21	1100m:	13:01.96	34.85	1500m:	17:49.84	37.16
	350m:	4:01.02 36.16	750m:	8:50.56	35.63	1150m:	13:37.41	35.45			
	400m:	4:36.26 35.24	800m:	9:26.76	36.20	1200m:	14:13.39	35.98			

DNS Vasco Pereira, BASTOS 02 Nautico Academico

Prova 34 Masc., 1500m Livres Seniores  
25-11-2018 - 9:55 entrega medalhas (30 - 32) Resultados

RR ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
RR ANC Sen	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2015
Rec Nac Absoluto	15:00.65	Rafael Lourenco, GIL	SFUAP	Porto	13-12-2015
Rec Nac Sen	15:00.65	Rafael Lourenco, GIL	SFUAP	Porto	13-12-2015

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts		
<b>1.</b>	<b>Tomas Miguel, VELOSO</b>		<b>96</b>	<b>Nautico Academico</b>				<b>16:07.30</b>	<b>673</b>		
	50m:	29.56 29.56	450m:	4:51.09	33.04	850m:	9:12.47	31.60	1250m:	13:28.20	32.34
	100m:	1:02.29 32.73	500m:	5:23.86	32.77	900m:	9:43.83	31.36	1300m:	14:00.26	32.06
	150m:	1:35.22 32.93	550m:	5:56.55	32.69	950m:	10:15.63	31.80	1350m:	14:31.86	31.60
	200m:	2:08.06 32.84	600m:	6:29.60	33.05	1000m:	10:47.42	31.79	1400m:	15:03.52	31.66
	250m:	2:40.88 32.82	650m:	7:02.65	33.05	1050m:	11:19.14	31.72	1450m:	15:35.62	32.10
	300m:	3:13.64 32.76	700m:	7:35.56	32.91	1100m:	11:51.41	32.27	1500m:	16:07.30	31.68
	350m:	3:45.80 32.16	750m:	8:08.59	33.03	1150m:	12:23.85	32.44			
	400m:	4:18.05 32.25	800m:	8:40.87	32.28	1200m:	12:55.86	32.01			
<b>2.</b>	<b>Rodrigo Ribeiro, GOMES</b>		<b>00</b>	<b>Fundacao Beatriz Santos-Clube</b>				<b>16:40.72</b>	<b>608</b>		
	50m:	30.10 30.10	450m:	4:57.77	33.54	850m:	9:23.56	33.69	1250m:	13:53.22	34.02
	100m:	1:03.21 33.11	500m:	5:30.25	32.48	900m:	9:57.40	33.84	1300m:	14:27.83	34.61
	150m:	1:36.89 33.68	550m:	6:03.37	33.12	950m:	10:31.09	33.69	1350m:	15:01.91	34.08
	200m:	2:10.25 33.36	600m:	6:35.80	32.43	1000m:	11:05.25	34.16	1400m:	15:35.88	33.97
	250m:	2:43.46 33.21	650m:	7:09.16	33.36	1050m:	11:38.26	33.01	1450m:	16:09.71	33.83
	300m:	3:17.48 34.02	700m:	7:42.73	33.57	1100m:	12:11.79	33.53	1500m:	16:40.72	31.01
	350m:	3:50.71 33.23	750m:	8:16.23	33.50	1150m:	12:45.36	33.57			
	400m:	4:24.23 33.52	800m:	8:49.87	33.64	1200m:	13:19.20	33.84			
<b>3.</b>	<b>Miguel Caridade, GASPAR</b>		<b>99</b>	<b>Academica de Coimbra</b>				<b>16:55.55</b>	<b>582</b>		
	50m:	30.32 30.32	450m:	4:58.86	33.95	850m:	9:32.50	34.21	1250m:	14:06.18	34.07
	100m:	1:03.17 32.85	500m:	5:33.04	34.18	900m:	10:06.88	34.38	1300m:	14:40.74	34.56
	150m:	1:36.83 33.66	550m:	6:06.99	33.95	950m:	10:41.06	34.18	1350m:	15:14.97	34.23
	200m:	2:10.28 33.45	600m:	6:41.16	34.17	1000m:	11:15.31	34.25	1400m:	15:49.17	34.20
	250m:	2:43.85 33.57	650m:	7:15.33	34.17	1050m:	11:49.52	34.21	1450m:	16:22.62	33.45
	300m:	3:17.50 33.65	700m:	7:49.77	34.44	1100m:	12:23.94	34.42	1500m:	16:55.55	32.93
	350m:	3:50.97 33.47	750m:	8:24.09	34.32	1150m:	12:58.06	34.12			
	400m:	4:24.91 33.94	800m:	8:58.29	34.20	1200m:	13:32.11	34.05			
<b>4.</b>	<b>Francisco Miguel, CARVALHO</b>		<b>00</b>	<b>Academica de Coimbra</b>				<b>17:44.54</b>	<b>505</b>		
	50m:	31.67 31.67	450m:	5:14.43	35.32	850m:	9:59.46	35.46	1250m:	14:46.97	36.24
	100m:	1:06.40 34.73	500m:	5:49.85	35.42	900m:	10:35.20	35.74	1300m:	15:22.83	35.86
	150m:	1:41.78 35.38	550m:	6:25.61	35.76	950m:	11:10.97	35.77	1350m:	15:58.89	36.06
	200m:	2:17.00 35.22	600m:	7:01.33	35.72	1000m:	11:46.69	35.72	1400m:	16:34.66	35.77
	250m:	2:52.31 35.31	650m:	7:37.05	35.72	1050m:	12:22.38	35.69	1450m:	17:10.05	35.39
	300m:	3:27.90 35.59	700m:	8:12.81	35.76	1100m:	12:58.40	36.02	1500m:	17:44.54	34.49
	350m:	4:03.61 35.71	750m:	8:48.29	35.48	1150m:	13:34.52	36.12			
	400m:	4:39.11 35.50	800m:	9:24.00	35.71	1200m:	14:10.73	36.21			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 34, Masc., 1500m Livres

Lugar	Ano	Tempo final	Pts
<b>EXH Martim Miranda, MACHADO</b>	<b>03 Uniao Coimbra</b>	<b>17:22.35</b>	<b>538</b>
50m: 30.85 30.85	450m: 5:02.80 34.79	850m: 9:44.84 35.04	1250m: 14:27.62 35.68
100m: 1:04.42 33.57	500m: 5:37.99 35.19	900m: 10:20.15 35.31	1300m: 15:02.85 35.23
150m: 1:37.18 32.76	550m: 6:13.22 35.23	950m: 10:55.72 35.57	1350m: 15:38.31 35.46
200m: 2:10.98 33.80	600m: 6:48.46 35.24	1000m: 11:30.81 35.09	1400m: 16:14.15 35.84
250m: 2:44.83 33.85	650m: 7:23.76 35.30	1050m: 12:06.30 35.49	1450m: 16:49.11 34.96
300m: 3:18.82 33.99	700m: 7:58.89 35.13	1100m: 12:40.88 34.58	1500m: 17:22.35 33.24
350m: 3:53.42 34.60	750m: 8:34.52 35.63	1150m: 13:16.34 35.46	
400m: 4:28.01 34.59	800m: 9:09.80 35.28	1200m: 13:51.94 35.60	
<b>EXH Ricardo Martins, CARVALHO</b>	<b>03 Fundacao Beatriz Santos-Clube</b>	<b>18:26.29</b>	<b>450</b>
50m: 32.26 32.26	450m: 5:26.81 37.22	850m: 10:24.02 37.10	1250m: 15:22.08 37.19
100m: 1:08.08 35.82	500m: 6:03.92 37.11	900m: 11:01.48 37.46	1300m: 15:59.49 37.41
150m: 1:44.55 36.47	550m: 6:40.92 37.00	950m: 11:38.84 37.36	1350m: 16:37.06 37.57
200m: 2:21.39 36.84	600m: 7:17.96 37.04	1000m: 12:16.37 37.53	1400m: 17:14.14 37.08
250m: 2:57.95 36.56	650m: 7:55.39 37.43	1050m: 12:52.86 36.49	1450m: 17:50.84 36.70
300m: 3:35.12 37.17	700m: 8:32.52 37.13	1100m: 13:30.42 37.56	1500m: 18:26.29 35.45
350m: 4:12.29 37.17	750m: 9:09.90 37.38	1150m: 14:07.31 36.89	
400m: 4:49.59 37.30	800m: 9:46.92 37.02	1200m: 14:44.89 37.58	

Prova 35

Femin., 50m Mariposa

Juniores

25-11-2018 - 10:30

Resultados

RR ANC Absoluto	28.55	Ines Pereira, SILVA			26-07-2018
RR ANC Jun17	29.72	Beatriz Neves, CRAVEIRO	CNAC		12-06-2014
RR ANC Jun16	28.55	Inês Pereira, SILVA	CAQC		12-06-2018
Rec Nac Absoluto	26.78	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	16-12-2010
Rec Nac Jun17	27.32	Sara Francisco, CRUZ	ADBA	Leiria	06-12-2009
Rec Nac Jun16	27.57	Filipa Vilas, TIAGO	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Ines Pereira, SILVA</b> <i>Rec Reg ANC</i>	<b>02 Fundacao Beatriz Santos-Clube</b>	<b>29.48</b>	<b>565</b>
<b>2. Beatriz Costa, TEJO</b>	<b>02 Academica de Coimbra</b>	<b>29.53</b>	<b>562</b>
<b>3. Sara Dias, NEVES</b>	<b>03 Miranda do Corvo</b>	<b>31.48</b>	<b>464</b>
<b>4. Rita Dias, RIBEIRO</b>	<b>02 Condeixa Clube</b>	<b>32.28</b>	<b>430</b>
<b>5. Camila Alexandra, SILVA</b>	<b>03 Columbofila Cantanhedense</b>	<b>33.65</b>	<b>380</b>

Prova 35

Femin., 50m Mariposa

Seniores

25-11-2018 - 10:30

Resultados

RR ANC Absoluto	28.55	Ines Pereira, SILVA			26-07-2018
RR ANC Sen	29.50	Raquel Mouril, TAVEIRA	AAC		26-07-2015
Rec Nac Absoluto	26.78	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	16-12-2010
Rec Nac Sen	26.78	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	16-12-2010

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Beatriz Neves, CRAVEIRO</b>	<b>97 Academica de Coimbra</b>	<b>29.74</b>	<b>550</b>
<b>2. Ana Miguel, REIS</b>	<b>00 Nautico Academico</b>	<b>30.86</b>	<b>493</b>
<b>3. Eva Fernandes, CARDOSO</b>	<b>01 Fundacao Beatriz Santos-Clube</b>	<b>31.32</b>	<b>471</b>
<b>4. Matilde Domingues, GAMEIRO</b>	<b>97 Nautico Academico</b>	<b>32.08</b>	<b>438</b>
<b>5. Beatriz Lopes, PINTO</b>	<b>99 Academica de Coimbra</b>	<b>33.08</b>	<b>400</b>
<b>6. Carolina Caetano, LOURENCO</b>	<b>94 Assoc Paralisia Cerebral Coimb</b>	<b>1:15.65</b>	<b>33</b>



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 36 Masc., 50m Mariposa Juniores  
25-11-2018 - 10:35 Resultados

RR ANC Absoluto	24.12	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	24.83	Miguel Silva, OLIVEIRA	CNAC		13-06-2009
RR ANC Jun17	26.01	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2013
Rec Nac Absoluto	23.48	Luiz Pedro, PEREIRA	POR	Budapeste (HUN)	06-10-2018
Rec Nac Jun18	24.68	Joao Miguel, ASCENSAO	FCP	Porto	21-12-2014
Rec Nac Jun17	25.29	Koen, WEUSTINK	GCVR	Mirandela	19-03-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos-Clube	<b>26.52</b>	555
2. Jose Miguel, CUNHA	01 Fundacao Beatriz Santos-Clube	<b>27.07</b>	522
3. Miguel Freitas, OVIEDO	02 Academica de Coimbra	<b>27.58</b>	493
4. Alberto Antonio, SANTOS	01 S. Pedro Alva	<b>27.87</b>	478
5. Diogo Miguel, PISCO	01 S. Pedro Alva	<b>29.23</b>	414
6. Gabriel Jose, JULIO	01 Academica de Coimbra	<b>29.28</b>	412
7. Gabriel Jose, FIGUEIRA	01 Academica de Coimbra	<b>29.47</b>	404

Prova 36 Masc., 50m Mariposa Seniores  
25-11-2018 - 10:35 Resultados

RR ANC Absoluto	24.12	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	24.12	Gabriel José, LOPES	ALN		13-06-2018
Rec Nac Absoluto	23.48	Luiz Pedro, PEREIRA	POR	Budapeste (HUN)	06-10-2018
Rec Nac Sen	23.48	Luiz Pedro, PEREIRA	POR	Budapeste (HUN)	06-10-2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, MADUREIRA	94 Academica de Coimbra	<b>25.69</b>	611
2. Joao Filipe, LUCAS	94 Academica de Coimbra	<b>26.14</b>	580
3. Bernardo Santos, CLEMENTE	98 Academica de Coimbra	<b>26.23</b>	574
4. Illya, YELISTRATKIN	96 Academica de Coimbra	<b>26.56</b>	552
5. Rodrigo Alexandre, PATRICIO	98 Academica de Coimbra	<b>27.13</b>	518
6. Francisco Xavier, GONCALVES	97 Nautico Academico	<b>27.33</b>	507
7. Francisco Alberto, LUCAS	00 Academica de Coimbra	<b>27.65</b>	490
8. Pedro Salzedas, ADAIXO	00 Academica de Coimbra	<b>27.88</b>	478
9. Fabio Mondego, CENTEIO	94 Academica de Coimbra	<b>29.29</b>	412
10. Jose Antonio, FORTE	95 Academica de Coimbra	<b>29.43</b>	406
11. Andre Marques, ANTUNES	99 Fundacao Beatriz Santos-Clube	<b>30.61</b>	361
12. Bruno Miguel, NUNES	99 Nautico Academico	<b>33.11</b>	285
EXH Diogo Luis, CANCELA	02 Miranda do Corvo	<b>32.23</b>	309

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 37 Femin., 200m Costas Juniores Resultados  
25-11-2018 - 10:40

RR ANC Absoluto	2:14.11	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Jun17	2:19.54	Ana Dantas, RUSSO	CNAC		12-06-1998
RR ANC Jun16	2:18.21	Camila Rodrigues, REBELO	ASSSCC		12-06-2018
Rec Nac Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac Jun17	2:12.52	Rita Barros, FRISCHKNECHT	SAD	Porto	21-12-2014
Rec Nac Jun16	2:12.80	Petra Quintela, CHAVES	SAD	Algés	31-05-1994

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
<b>1. Alexandra Couto, FRAZAO</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>2:27.46</b>	<b>528</b>	
50m: 34.48 34.48	100m: 1:11.37	36.89	150m: 1:48.92	37.55	200m: 2:27.46 38.54
<b>2. Maria Carlota, REBELO</b>	<b>03</b>	<b>Louzan Natacao</b>	<b>2:27.66</b>	<b>526</b>	
50m: 34.19 34.19	100m: 1:11.27	37.08	150m: 1:49.63	38.36	200m: 2:27.66 38.03
<b>3. Beatriz Monteiro, TOMAS</b>	<b>03</b>	<b>Fundacao Beatriz Santos-Clube</b>	<b>2:33.25</b>	<b>470</b>	
50m: 35.03 35.03	100m: 1:13.58	38.55	150m: 1:53.93	40.35	200m: 2:33.25 39.32
<b>4. Ana Catarina, SANTOS</b>	<b>03</b>	<b>Fundacao Beatriz Santos-Clube</b>	<b>2:35.51</b>	<b>450</b>	
50m: 36.16 36.16	100m: 1:15.21	39.05	150m: 1:55.47	40.26	200m: 2:35.51 40.04
<b>5. Sara Sofia, TEJO</b>	<b>03</b>	<b>Condeixa Clube</b>	<b>2:40.21</b>	<b>412</b>	
50m: 36.72 36.72	100m: 1:17.72	41.00	150m: 1:59.09	41.37	200m: 2:40.21 41.12
<b>DNS Camila Rodrigues, REBELO</b>	<b>03</b>	<b>Louzan Natacao</b>			

Prova 37 Femin., 200m Costas Seniores Resultados  
25-11-2018 - 10:40

RR ANC Absoluto	2:14.11	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Sen	2:16.24	Ana Dantas, RUSSO	CNAC		12-06-1999
Rec Nac Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac Sen	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
<b>1. Tatiana Filipa, SANTOS</b>	<b>95</b>	<b>Academica de Coimbra</b>	<b>2:19.41</b>	<b>625</b>	
50m: 32.39 32.39	100m: 1:07.15	34.76	150m: 1:43.39	36.24	200m: 2:19.41 36.02
<b>2. Matilde Freitas, MOREIRA</b>	<b>01</b>	<b>Academica de Coimbra</b>	<b>2:24.61</b>	<b>560</b>	
50m: 34.36 34.36	100m: 1:11.00	36.64	150m: 1:48.22	37.22	200m: 2:24.61 36.39
<b>3. Joana Beatriz, BERNARDO</b>	<b>99</b>	<b>Fundacao Beatriz Santos-Clube</b>	<b>2:30.00</b>	<b>502</b>	
50m: 35.26 35.26	100m: 1:12.92	37.66	150m: 1:51.30	38.38	200m: 2:30.00 38.70

Prova 37 Femin., 200m Costas Juvénis Resultados  
25-11-2018 - 10:40

RR ANC Absoluto	2:14.11	Camila Rodrigues, REBELO	ALN		13-06-2018
RR ANC Juv A	2:14.11	Camila Rodrigues, REBELO	ALN		12-06-2018
RR ANC Juv B	2:19.06	Camila Rodrigues, REBELO			12-06-2016
Rec Nac Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac Juv A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12-05-2018
Rec Nac Juv B	2:17.86	Catía Raquel, MARTINHEIRA	LDC	Sines	21-12-2008

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
<b>DNS Rita Lima, PIRES</b>	<b>05</b>	<b>Nautico Academico</b>			
<b>DNS Leonor Correia, CUNHA</b>	<b>04</b>	<b>Fundacao Beatriz Santos-Clube</b>			
<b>EXH Ana Carolina, MONTEIRO</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>2:29.94</b>	<b>502</b>	
50m: 34.98 34.98	100m: 1:12.98	38.00	150m: 1:51.41	38.43	200m: 2:29.94 38.53
<b>EXH Joana Francisca, RODRIGUES</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>2:31.43</b>	<b>488</b>	
50m: 35.27 35.27	100m: 1:14.06	38.79	150m: 1:53.08	39.02	200m: 2:31.43 38.35

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 37, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Marisa Isabel, NOBRE 50m: 36.31 36.31 100m: 1:14.45 38.14 150m: 1:53.85 39.40 200m: 2:31.47 37.62	05 Columbofila Cantanhedense	<b>2:31.47</b>	487
EXH Carolina Carreira, DIAS 50m: 35.75 35.75 100m: 1:13.88 38.13 150m: 1:53.32 39.44 200m: 2:31.53 38.21	04 Columbofila Cantanhedense	<b>2:31.53</b>	487
EXH Leonor Correia, PAIVA 50m: 35.89 35.89 100m: 1:13.60 37.71 150m: 1:53.62 40.02 200m: 2:32.34 38.72	04 Louzan Natacao	<b>2:32.34</b>	479
EXH Matilde Alves, FLORENCIO 50m: 36.33 36.33 100m: 1:14.94 38.61 150m: 1:54.49 39.55 200m: 2:33.15 38.66	04 Condeixa Clube	<b>2:33.15</b>	471
EXH Ana Catarina, SILVA 50m: 38.58 38.58 100m: 1:18.74 40.16 150m: 1:59.75 41.01 200m: 2:39.13 39.38	04 Fundacao Beatriz Santos-Clube	<b>2:39.13</b>	420
EXH Ines Dias, CRUZ 50m: 38.80 38.80 100m: 1:20.04 41.24 150m: 2:00.86 40.82 200m: 2:39.98 39.12	04 Condeixa Clube	<b>2:39.98</b>	413
EXH Ana Filipa, SILVA 50m: 39.58 39.58 100m: 1:21.16 41.58 150m: 2:02.37 41.21 200m: 2:42.81 40.44	04 Academica de Coimbra	<b>2:42.81</b>	392
EXH Beatriz Ferreira, LOISAS 50m: 40.13 40.13 100m: 1:21.32 41.19 150m: 2:03.57 42.25 200m: 2:44.84 41.27	05 Columbofila Cantanhedense	<b>2:44.84</b>	378
EXH Maria Caetano, LAMAS 50m: 38.62 38.62 100m: 1:21.02 42.40 150m: 2:03.57 42.55 200m: 2:45.64 42.07	04 Miranda do Corvo	<b>2:45.64</b>	372
EXH Barbara Almeida, SIMOES 50m: 38.46 38.46 100m: 1:20.12 41.66 150m: 2:03.59 43.47 200m: 2:46.32 42.73	05 Uniao Coimbra	<b>2:46.32</b>	368
EXH Filipa Victor, VIEIRA 50m: 40.47 40.47 100m: 1:24.12 43.65 150m: 2:07.01 42.89 200m: 2:47.14 40.13	04 Academica de Coimbra	<b>2:47.14</b>	363
EXH Laura Rodrigues, MARGATO 50m: 40.86 40.86 100m: 1:24.50 43.64 150m: 2:08.32 43.82 200m: 2:50.15 41.83	04 Academica de Coimbra	<b>2:50.15</b>	344
EXH Maria Ines, GASPAR 50m: 41.31 41.31 100m: 1:24.83 43.52 150m: 2:09.64 44.81 200m: 2:54.16 44.52	05 Miranda do Corvo	<b>2:54.16</b>	320

Prova 38

Masc., 200m Costas

Juniores

25-11-2018 - 10:55

Resultados

RR ANC Absoluto	1:55.63	Gabriel José, LOPES	ALN	14-06-2016
RR ANC Jun18	2:03.57	Gabriel José, LOPES	ALN	13-06-2015
RR ANC Jun17	2:02.88	Gabriel José, LOPES	CDL	13-06-2014
Rec Nac Absoluto	1:53.06	Pedro Diogo, OLIVEIRA	POR Chartres (FRA)	22-11-2012
Rec Nac Jun18	1:58.37	Adriano Miguel, NIZ	CFV Figueira da Foz	03-07-2004
Rec Nac Jun17	1:59.34	Adriano Miguel, NIZ	CFV Alges	16-05-2003

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, DIAS 50m: 30.55 30.55 100m: 1:03.70 33.15 150m: 1:37.73 34.03 200m: 2:11.90 34.17	02 Fundacao Beatriz Santos-Clube	<b>2:11.90</b>	513
2. Bernardo Vinagre, ARZILEIRO 50m: 31.02 31.02 100m: 1:04.95 33.93 150m: 1:38.63 33.68 200m: 2:12.22 33.59	01 Uniao Coimbra	<b>2:12.22</b>	509
3. Pedro Simoes, RODRIGUES 50m: 31.35 31.35 100m: 1:06.47 35.12 150m: 1:42.96 36.49 200m: 2:19.80 36.84	01 Uniao Coimbra	<b>2:19.80</b>	431

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 38, Masc., 200m Costas

Prova 38 25-11-2018 - 10:55	Masc., 200m Costas				Seniores Resultados
RR ANC Absoluto	1:55.63	Gabriel José, LOPES	ALN		14-06-2016
RR ANC Sen	1:55.63	Gabriel José, LOPES	ALN		13-06-2016
Rec Nac Absoluto	1:53.06	Pedro Diogo, OLIVEIRA	POR	Chartres (FRA)	22-11-2012
Rec Nac Sen	1:53.06	Pedro Diogo, OLIVEIRA	POR	Chartres (FRA)	22-11-2012

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao			<b>1:57.66</b>	723
50m: 28.09 28.09	100m: 58.50	30.41	150m: 1:28.00	29.50	200m: 1:57.66	29.66
2. Lucas Pereira, BASTOS	00	Nautico Academico			<b>2:16.83</b>	460
50m: 31.58 31.58	100m: 1:05.99	34.41	150m: 1:41.12	35.13	200m: 2:16.83	35.71
3. Joel Alexandre, PEREIRA	92	Assoc Paralisia Cerebral Coimb			<b>4:06.71</b>	78
50m: 58.76 58.76	100m: 2:02.04	1:03.28	150m: 3:06.31	1:04.27	200m: 4:06.71	1:00.40

Prova 38  
25-11-2018 - 10:55

Masc., 200m Costas

Juvenis  
Resultados

RR ANC Absoluto	1:55.63	Gabriel José, LOPES	ALN		14-06-2016
RR ANC Juv A	2:09.95	Pedro, MATOS	CNM		13-06-1998
RR ANC Juv B	2:11.63	Gabriel José, LOPES	CDL		13-06-2012
Rec Nac Absoluto	1:53.06	Pedro Diogo, OLIVEIRA	POR	Chartres (FRA)	22-11-2012
Rec Nac Juv A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	04-06-2011
Rec Nac Juv B	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	09-03-2013

Pontos: FINA 2018

Lugar	Ano				Tempo final	Pts
DSQ Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos-Clube				
<i>o atleta não efetuou movimento continuo na viragem aos 75 m</i>						
DNS Francisco Vital, MARQUES	04	Nautico Academico				
DNS Goncalo Brites, MOITA	04	Uniao Coimbra				
EXH Diogo Matos, RIBEIRO	04	Uniao Coimbra			<b>2:14.36</b>	485
50m: 30.78 30.78	100m: 1:04.51	33.73	150m: 1:39.23	34.72	200m: 2:14.36	35.13
EXH Jose Diogo, DIAS	04	Fundacao Beatriz Santos-Clube			<b>2:16.23</b>	466
50m: 31.63 31.63	100m: 1:05.92	34.29	150m: 1:41.00	35.08	200m: 2:16.23	35.23
EXH Manuel Baptista, SIMOES	03	Uniao Coimbra			<b>2:22.38</b>	408
50m: 32.74 32.74	100m: 1:08.94	36.20	150m: 1:46.25	37.31	200m: 2:22.38	36.13
EXH Gustavo Pires, MARQUES	04	Fundacao Beatriz Santos-Clube			<b>2:22.71</b>	405
50m: 33.61 33.61	100m: 1:09.90	36.29	150m: 1:46.80	36.90	200m: 2:22.71	35.91
EXH David Valdagua, COUTINHO	03	Columbofila Cantanhedense			<b>2:26.53</b>	374
50m: 33.69 33.69	100m: 1:11.12	37.43	150m: 1:49.52	38.40	200m: 2:26.53	37.01
EXH Vitor Teixeira, OLIVEIRA	03	Columbofila Cantanhedense			<b>2:28.65</b>	358
50m: 36.21 36.21	100m: 1:13.56	37.35	150m: 1:51.01	37.45	200m: 2:28.65	37.64
EXH Alexandre Viegas, MARTINS	04	Uniao Coimbra			<b>2:31.03</b>	342
50m: 34.28 34.28	100m: 1:12.55	38.27	150m: 1:52.60	40.05	200m: 2:31.03	38.43
EXH Rui Mamede, SANTOS	04	Uniao Coimbra			<b>2:34.19</b>	321
50m: 35.49 35.49	100m: 1:13.76	38.27	150m: 1:54.29	40.53	200m: 2:34.19	39.90
EXH Carlos Martins, MARQUES	04	Uniao Coimbra			<b>2:36.59</b>	306
50m: 35.37 35.37	100m: 1:14.57	39.20	150m: 1:56.31	41.74	200m: 2:36.59	40.28
EXH Bernardo Jorge, VENTURA	03	Academica de Coimbra			<b>2:38.01</b>	298
50m: 36.11 36.11	100m: 1:15.93	39.82	150m: 1:56.51	40.58	200m: 2:38.01	41.50

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 39		Femin., 50m Bruços			Juniores
25-11-2018 - 11:20					Resultados
RR ANC Absoluto	32.88	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Jun17	34.24	Joana Victorino, HENRIQUES	CAQC		12-06-2018
RR ANC Jun16	32.88	Gabriela Oliveira, ANDRADE	CNAC		12-06-2009
Rec Nac Absoluto	30.80	Ana Pinho, RODRIGUES	ADS	Porto	10-12-2017
Rec Nac Jun17	32.09	Raquel Gomes, PEREIRA	SAD	Funchal	11-12-2016
Rec Nac Jun16	31.46	Ana Pinho, RODRIGUES	AEJ	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Bruna Cruz, CARVALHO	03 S. Pedro Alva	<b>35.73</b>	515
2. Beatriz Monteiro, TOMAS	03 Fundacao Beatriz Santos-Clube	<b>36.18</b>	496
3. Sara Dias, NEVES	03 Miranda do Corvo	<b>37.26</b>	454
4. Rita Santos, NOGUEIRA	03 Uniao Coimbra	<b>41.98</b>	317

Prova 39		Femin., 50m Bruços			Seniores
25-11-2018 - 11:20					Resultados
RR ANC Absoluto	32.88	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
RR ANC Sen	34.16	Gabriela Oliveira, ANDRADE	CNAC		12-06-2011
Rec Nac Absoluto	30.80	Ana Pinho, RODRIGUES	ADS	Porto	10-12-2017
Rec Nac Sen	30.80	Ana Pinho, RODRIGUES	ADS	Porto	10-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ema Filipa, ROSARIO	00 Academica de Coimbra	<b>35.57</b>	521
2. Ana Carolina, NEVES	00 Academica de Coimbra	<b>36.05</b>	501
3. Beatriz Castanheira, DIAS	99 Academica de Coimbra	<b>36.61</b>	478
4. Ana Miguel, REIS	00 Nautico Academico	<b>39.92</b>	369

Prova 40		Masc., 50m Bruços			Juniores
25-11-2018 - 11:20					Resultados
RR ANC Absoluto	28.39	Tomás Miguel, VELOSO	CNAC		14-06-2016
RR ANC Jun18	29.66	Tomás Miguel, VELOSO	CNAC		13-06-2014
RR ANC Jun17	29.76	Gabriel José, LOPES	CDL		13-06-2014
Rec Nac Absoluto	27.16	Carlos Esteves, ALMEIDA	ESJB	Porto	21-12-2014
Rec Nac Jun18	28.55	Simao Miguel, CAPITAO	CLAMAS	Senhora da Hora	24-05-2015
Rec Nac Jun17	28.56	Pedro Miguel, AGOSTINHO	SLB	S. António Cavaleiros	03-05-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Joao Ventura, PAIS	02 Fundacao Beatriz Santos-Clube	<b>32.01</b>	490
2. Goncalo Silva, MARQUES	01 Condeixa Clube	<b>32.16</b>	483
3. Duarte Anastacio, SOUSA	02 Uniao Coimbra	<b>32.39</b>	473
4. Pedro Simoes, RODRIGUES	01 Uniao Coimbra	<b>32.52</b>	468
5. Diogo Miguel, PISCO	01 S. Pedro Alva	<b>34.12</b>	405
6. Diogo Luis, BREDAS	01 Academica de Coimbra	<b>34.24</b>	401
7. Claudio Rafael, CORDEIRO	02 Individual ANC	<b>34.67</b>	386
8. Jose Miguel, SILVA	02 Nautico Academico	<b>36.15</b>	340
9. Vasco Castro, CORTE-REAL	01 Academica de Coimbra	<b>40.33</b>	245

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 40, Masc., 50m Bruços

Prova 40 25-11-2018 - 11:20	Masc., 50m Bruços				Seniores Resultados
RR ANC Absoluto	28.39	Tomás Miguel, VELOSO	CNAC		14-06-2016
RR ANC Sen	28.39	Tomás Miguel, VELOSO	CNAC		13-06-2016
Rec Nac Absoluto	27.16	Carlos Esteves, ALMEIDA	ESJB	Porto	21-12-2014
Rec Nac Sen	27.16	Carlos Esteves, ALMEIDA	ESJB	Porto	21-12-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ruben Paiva, CARVALHO	94 Academica de Coimbra	<b>29.22</b>	645
2. Miguel Caridade, GASPAS	99 Academica de Coimbra	<b>31.50</b>	515
3. Joao Andre, NEVES	95 Academica de Coimbra	<b>31.84</b>	498
4. Joao Francisco, MACHADO	99 Uniao Coimbra	<b>32.68</b>	461
5. Pedro Salzedas, ADAIXO	00 Academica de Coimbra	<b>33.37</b>	433
6. Ricardo Luis, AGOSTINHO	96 Fundacao Beatriz Santos-Clube	<b>36.00</b>	345
7. Bruno Miguel, NUNES	99 Nautico Academico	<b>37.29</b>	310
DNS Miguel Diogo, AGOSTINHO	00 Fundacao Beatriz Santos-Clube		

Prova 41  
25-11-2018 - 11:25

Femin., 200m Livres				Juniores Resultados
RR ANC Absoluto	2:03.70	Alexandra Couto, FRAZÃO	CAQC	13-06-2018
RR ANC Jun17	2:03.70	Alexandra Couto, FRAZAO	CAQC	12-06-2018
RR ANC Jun16	2:04.95	Alexandra Couto, FRAZÃO	FBSC	12-06-2018
Rec Nac Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN) 16-12-2017
Rec Nac Jun17	2:00.35	Ana Reis, SOUSA	SAD	Vila Real St. Antonio 03-11-2018
Rec Nac Jun16	2:01.17	Ana Reis, SOUSA	CNLA	Leiria 03-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>1. Alexandra Couto, FRAZAO</b>	<b>02 Condeixa Clube</b>	<b>2:05.91</b>	<b>674</b>
50m: 30.70 30.70 100m: 1:02.08 31.38 150m: 1:34.02 31.94 200m: 2:05.91 31.89			
2. Maria Carlota, REBELO	03 Louzan Natacao	<b>2:10.81</b>	601
50m: 30.87 30.87 100m: 1:03.81 32.94 150m: 1:37.23 33.42 200m: 2:10.81 33.58			
3. Camila Alexandra, SILVA	03 Columbofila Cantanhedense	<b>2:13.33</b>	568
50m: 33.62 33.62 100m: 1:05.31 31.69 150m: 1:39.88 34.57 200m: 2:13.33 33.45			
4. Beatriz Costa, TEJO	02 Academica de Coimbra	<b>2:13.76</b>	562
50m: 31.15 31.15 100m: 1:05.50 34.35 150m: 1:39.96 34.46 200m: 2:13.76 33.80			
5. Ines Mariana, PINHEIRO	03 Academica de Coimbra	<b>2:13.77</b>	562
50m: 31.51 31.51 100m: 1:05.27 33.76 150m: 1:40.60 35.33 200m: 2:13.77 33.17			
6. Beatriz Almeida, PIRES	03 Uniao Coimbra	<b>2:16.86</b>	525
50m: 31.93 31.93 100m: 1:06.82 34.89 150m: 1:41.96 35.14 200m: 2:16.86 34.90			
7. Maria Miguel, GAMEIRO	03 Nautico Academico	<b>2:19.12</b>	500
50m: 32.30 32.30 100m: 1:08.17 35.87 150m: 1:43.78 35.61 200m: 2:19.12 35.34			
8. Filipa Almeida, PIRES	03 Uniao Coimbra	<b>2:20.24</b>	488
50m: 32.99 32.99 100m: 1:08.73 35.74 150m: 1:45.37 36.64 200m: 2:20.24 34.87			
9. Ines Matos, SOUSA	03 Uniao Coimbra	<b>2:20.78</b>	482
50m: 32.69 32.69 100m: 1:08.24 35.55 150m: 1:44.94 36.70 200m: 2:20.78 35.84			
10. Rita Baptista, MARQUES	03 Nautico Academico	<b>2:29.78</b>	400
50m: 34.45 34.45 100m: 1:12.54 38.09 150m: 1:51.26 38.72 200m: 2:29.78 38.52			
11. Carolina Ferreira, REIS	02 Nautico Academico	<b>2:34.62</b>	364
50m: 35.13 35.13 100m: 1:14.13 39.00 150m: 1:54.54 40.41 200m: 2:34.62 40.08			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 41, Femin., 200m Livres

Prova 41  
25-11-2018 - 11:25

Femin., 200m Livres

Seniores  
Resultados

RR ANC Absoluto	2:03.70	Alexandra Couto, FRAZÃO	CAQC		13-06-2018
RR ANC Sen	2:06.65	Florbela Cavaco, MACHADO	CNAC		12-06-2013
Rec Nac Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
Rec Nac Sen	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Sara Sofia, ALVES	01 Columbofila Cantanhedense	<b>2:12.21</b>	582
50m: 32.34 32.34	100m: 1:04.67 32.33	150m: 1:38.99 34.32	200m: 2:12.21 33.22
2. Beatriz Neves, CRAVEIRO	97 Academica de Coimbra	<b>2:12.91</b>	573
50m: 31.70 31.70	100m: 1:05.62 33.92	150m: 1:39.18 33.56	200m: 2:12.91 33.73
3. Beatriz Lopes, PINTO	99 Academica de Coimbra	<b>2:20.64</b>	484
50m: 33.22 33.22	100m: 1:09.14 35.92	150m: 1:45.18 36.04	200m: 2:20.64 35.46
4. Mariana Pinto, ANGELO	99 Academica de Coimbra	<b>2:22.09</b>	469
50m: 32.81 32.81	100m: 1:08.47 35.66	150m: 1:45.24 36.77	200m: 2:22.09 36.85
5. Maria Beatriz, JORGE	00 Nautico Academico	<b>2:24.84</b>	443
50m: 33.55 33.55	100m: 1:09.65 36.10	150m: 1:47.48 37.83	200m: 2:24.84 37.36
6. Barbara Ines, GOMES	91 Assoc Paralisia Cerebral Coimb	<b>4:20.06</b>	76
50m: 1:03.05 1:03.05	100m: 2:09.96 1:06.91	150m: 3:16.67 1:06.71	200m: 4:20.06 1:03.39
EXH Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>2:12.08</b>	584
50m: 32.44 32.44	100m: 1:05.25 32.81	150m: 1:39.30 34.05	200m: 2:12.08 32.78
EXH Ana Carolina, MONTEIRO	04 Uniao Coimbra	<b>2:13.44</b>	566
50m: 31.30 31.30	100m: 1:05.39 34.09	150m: 1:39.84 34.45	200m: 2:13.44 33.60
EXH Joana Francisca, RODRIGUES	04 Uniao Coimbra	<b>2:13.87</b>	561
50m: 30.74 30.74	100m: 1:05.00 34.26	150m: 1:40.12 35.12	200m: 2:13.87 33.75
EXH Carolina Carreira, DIAS	04 Columbofila Cantanhedense	<b>2:19.61</b>	494
50m: 32.61 32.61	100m: 1:08.11 35.50	150m: 1:45.06 36.95	200m: 2:19.61 34.55
EXH Mafalda Vestia, FIDALGO	04 Uniao Coimbra	<b>2:23.71</b>	453
50m: 33.54 33.54	100m: 1:09.91 36.37	150m: 1:47.54 37.63	200m: 2:23.71 36.17
EXH Daniela Portela, MENDES	04 Fundacao Beatriz Santos-Clube	<b>2:24.29</b>	448
50m: 34.29 34.29	100m: 1:11.18 36.89	150m: 1:47.59 36.41	200m: 2:24.29 36.70
EXH Leonor Correia, PAIVA	04 Louzan Natacao	<b>2:24.44</b>	446
50m: 33.42 33.42	100m: 1:10.62 37.20	150m: 1:48.21 37.59	200m: 2:24.44 36.23
EXH Marta Domingues, GAMEIRO	04 Nautico Academico	<b>2:24.65</b>	444
50m: 34.39 34.39	100m: 1:10.52 36.13	150m: 1:47.87 37.35	200m: 2:24.65 36.78
EXH Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense	<b>2:25.46</b>	437
50m: 33.67 33.67	100m: 1:10.55 36.88	150m: 1:48.41 37.86	200m: 2:25.46 37.05
EXH Maria Caetano, LAMAS	04 Miranda do Corvo	<b>2:29.32</b>	404
50m: 34.18 34.18	100m: 1:12.22 38.04	150m: 1:51.20 38.98	200m: 2:29.32 38.12
EXH Beatriz Sa, GAMA	05 Condeixa Clube	<b>2:29.85</b>	400
50m: 34.88 34.88	100m: 1:12.78 37.90	150m: 1:51.46 38.68	200m: 2:29.85 38.39
EXH Maria Ines, DIONISIO	04 Fundacao Beatriz Santos-Clube	<b>2:29.94</b>	399
50m: 34.59 34.59	100m: 1:12.23 37.64	150m: 1:51.80 39.57	200m: 2:29.94 38.14
EXH Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>2:30.80</b>	392
50m: 34.36 34.36	100m: 1:12.73 38.37	150m: 1:52.37 39.64	200m: 2:30.80 38.43
EXH Matilde Santos, CARDOSO	05 Fundacao Beatriz Santos-Clube	<b>2:31.83</b>	384
50m: 34.44 34.44	100m: 1:13.22 38.78	150m: 1:53.35 40.13	200m: 2:31.83 38.48



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 41, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Maria Fernandes, LOBO	05 Nautico Academico	<b>2:32.28</b>	381
50m: 35.37 35.37 100m: 1:14.67 39.30 150m: 1:54.04 39.37 200m: 2:32.28 38.24			
EXH Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>2:32.30</b>	381
50m: 36.05 36.05 100m: 1:15.46 39.41 150m: 1:55.47 40.01 200m: 2:32.30 36.83			
EXH Barbara Almeida, SIMOES	05 Uniao Coimbra	<b>2:32.81</b>	377
50m: 34.44 34.44 100m: 1:12.99 38.55 150m: 1:52.89 39.90 200m: 2:32.81 39.92			
EXH Filipa Victor, VIEIRA	04 Academica de Coimbra	<b>2:34.83</b>	362
50m: 35.84 35.84 100m: 1:15.39 39.55 150m: 1:56.54 41.15 200m: 2:34.83 38.29			
EXH Ana Sofia, CASTANHEIRA	04 Condeixa Clube	<b>2:39.31</b>	333
50m: 36.47 36.47 100m: 1:16.99 40.52 150m: 1:58.43 41.44 200m: 2:39.31 40.88			
EXH Maria Ines, GASPAR	05 Miranda do Corvo	<b>2:40.37</b>	326
50m: 35.91 35.91 100m: 1:16.28 40.37 150m: 1:58.62 42.34 200m: 2:40.37 41.75			
EXH Maria Beatriz, RODRIGUES	04 Condeixa Clube	<b>2:41.17</b>	321
50m: 37.71 37.71 100m: 1:20.01 42.30 150m: 2:02.67 42.66 200m: 2:41.17 38.50			
EXH Beatriz Beja, AFONSO	04 Academica de Coimbra	<b>2:42.34</b>	314
50m: 37.30 37.30 100m: 1:19.26 41.96 150m: 2:02.10 42.84 200m: 2:42.34 40.24			
EXH Joana Beatriz, RODRIGUES	04 Academica de Coimbra	<b>2:42.44</b>	314
50m: 37.88 37.88 100m: 1:18.97 41.09 150m: 2:01.60 42.63 200m: 2:42.44 40.84			
EXH Maria Lucas, SANTOS	05 Condeixa Clube	<b>2:45.69</b>	296
50m: 36.86 36.86 100m: 1:19.47 42.61 150m: 2:03.18 43.71 200m: 2:45.69 42.51			
EXH Diana Costa, OLIVEIRA	04 Uniao Coimbra	<b>2:48.54</b>	281
50m: 37.10 37.10 100m: 1:19.78 42.68 150m: 2:04.57 44.79 200m: 2:48.54 43.97			

Prova 42  
25-11-2018 - 11:50

Masc., 200m Livres

Juniores  
Resultados

RR ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
RR ANC Jun18	1:52.42	Miguel Silva, OLIVEIRA	CNAC		13-06-2008
RR ANC Jun17	1:53.16	Luis, SILVA	CNAC		13-06-2001
Rec Nac Absoluto	1:45.25	Luis Emanuel, VAZ	GDNVNF	Felgueiras	21-12-2013
Rec Nac Jun18	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	12-12-2004
Rec Nac Jun17	1:50.67	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Rodrigo Alexandre, TRAVASSOS	02 Condeixa Clube	<b>1:59.16</b>	579
50m: 27.60 27.60 100m: 57.84 30.24 150m: 1:28.78 30.94 200m: 1:59.16 30.38			
2. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos-Clube	<b>2:00.40</b>	562
50m: 27.49 27.49 100m: 57.89 30.40 150m: 1:29.22 31.33 200m: 2:00.40 31.18			
3. Paulo Andre, FROTA	02 Condeixa Clube	<b>2:02.29</b>	536
50m: 28.93 28.93 100m: 59.05 30.12 150m: 1:30.80 31.75 200m: 2:02.29 31.49			
4. Tomas Pedrosa, MIGUEL	02 Condeixa Clube	<b>2:03.54</b>	520
50m: 28.21 28.21 100m: 59.63 31.42 150m: 1:31.20 31.57 200m: 2:03.54 32.34			
5. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	<b>2:03.81</b>	517
50m: 29.34 29.34 100m: 1:01.05 31.71 150m: 1:32.94 31.89 200m: 2:03.81 30.87			
6. Miguel Freitas, OVIEDO	02 Academica de Coimbra	<b>2:09.37</b>	453
50m: 30.36 30.36 100m: 1:04.25 33.89 150m: 1:38.22 33.97 200m: 2:09.37 31.15			
7. Rui Joao, MARQUES	02 Nautico Academico	<b>2:09.84</b>	448
50m: 31.64 31.64 100m: 1:04.58 32.94 150m: 1:37.65 33.07 200m: 2:09.84 32.19			



Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 42, Masc., 200m Livres, Juniores

Lugar	Ano	Tempo final	Pts
8. Gabriel Jose, FIGUEIRA	01 Academica de Coimbra	<b>2:19.39</b>	362
50m: 31.45 31.45 100m: 1:06.77 35.32 150m: 1:43.24 36.47 200m: 2:19.39 36.15			
9. Jose Miguel, SILVA	02 Nautico Academico	<b>2:25.77</b>	316
50m: 32.98 32.98 100m: 1:10.15 37.17 150m: 1:48.24 38.09 200m: 2:25.77 37.53			
DNS Vasco Pereira, BASTOS	02 Nautico Academico		

Prova 42 Masc., 200m Livres Seniores Resultados  
25-11-2018 - 11:50

RR ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
RR ANC Sen	1:46.03	Mário Alexandre, PEREIRA	CNAC		13-06-2014
Rec Nac Absoluto	1:45.25	Luis Emanuel, VAZ	GDNVNF	Felgueiras	21-12-2013
Rec Nac Sen	1:45.25	Luis Emanuel, VAZ	GDNVNF	Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES	97 Louzan Natacao	<b>1:51.69</b>	704
50m: 26.54 26.54 100m: 54.66 28.12 150m: 1:23.11 28.45 200m: 1:51.69 28.58			
2. Rodrigo Ribeiro, GOMES	00 Fundacao Beatriz Santos-Clube	<b>1:56.46</b>	621
50m: 27.97 27.97 100m: 56.31 28.34 150m: 1:26.29 29.98 200m: 1:56.46 30.17			
3. Lucas Pereira, BASTOS	00 Nautico Academico	<b>1:58.96</b>	582
50m: 27.61 27.61 100m: 57.61 30.00 150m: 1:27.66 30.05 200m: 1:58.96 31.30			
4. Francisco Xavier, GONCALVES	97 Nautico Academico	<b>1:59.05</b>	581
50m: 27.41 27.41 100m: 57.38 29.97 150m: 1:28.27 30.89 200m: 1:59.05 30.78			
5. Francisco Miguel, CARVALHO	00 Academica de Coimbra	<b>2:08.22</b>	465
50m: 29.68 29.68 100m: 1:02.57 32.89 150m: 1:35.78 33.21 200m: 2:08.22 32.44			
6. Jose Miguel, VENTURA	97 Fundacao Beatriz Santos-Clube	<b>2:10.55</b>	440
50m: 29.14 29.14 100m: 1:02.04 32.90 150m: 1:35.97 33.93 200m: 2:10.55 34.58			
7. Joao Francisco, MACHADO	99 Uniao Coimbra	<b>2:12.28</b>	423
50m: 29.97 29.97 100m: 1:02.24 32.27 150m: 1:36.28 34.04 200m: 2:12.28 36.00			
8. Marcelo Silva, CLEMENTE	00 Nautico Academico	<b>2:12.84</b>	418
50m: 29.87 29.87 100m: 1:04.02 34.15 150m: 1:39.10 35.08 200m: 2:12.84 33.74			
9. Tiago Almeida, NUNES	00 Fundacao Beatriz Santos-Clube	<b>2:18.56</b>	368
50m: 31.66 31.66 100m: 1:07.01 35.35 150m: 1:42.74 35.73 200m: 2:18.56 35.82			
10. Joel Alexandre, PEREIRA	92 Assoc Paralisia Cerebral Coimb	<b>3:51.88</b>	78
50m: 52.82 52.82 100m: 1:54.02 1:01.20 150m: 2:55.00 1:00.98 200m: 3:51.88 56.88			
11. Jose Antonio, COSTA	85 Assoc Paralisia Cerebral Coimb	<b>4:57.96</b>	37
50m: 1:09.14 1:09.14 100m: 2:23.94 1:14.80 150m: 3:41.48 1:17.54 200m: 4:57.96 1:16.48			
DSQ Ruben Jose, SANTOS	80 Assoc Paralisia Cerebral Coimb		
<i>o atleta não terminou o percurso</i>			
DNS Tiago Moises, DINIS	98 Nautico Academico		
DNS Miguel Diogo, AGOSTINHO	00 Fundacao Beatriz Santos-Clube		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 42, Masc., 200m Livres

Prova 42 25-11-2018 - 11:50	Masc., 200m Livres				Juvenis Resultados
RR ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
RR ANC Juv A	1:56.93	José, CUNHA	CNAC		13-06-2001
RR ANC Juv B	1:57.11	Miguel Diogo, AGOSTINHO	FBSC		13-06-2015
Rec Nac Absoluto	1:45.25	Luis Emanuel, VAZ	GDNVNF	Felgueiras	21-12-2013
Rec Nac Juv A	1:51.06	Tiago Andre, VENANCIO	CNS	Braga	22-03-2003
Rec Nac Juv B	1:55.53	Diogo Filipe, CARVALHO	CGA	Ilhavo	01-03-2003

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
1.	David Valdagua, COUTINHO		03	Columbofila Cantanhedense			<b>2:15.40</b>	395	
	50m: 30.57 30.57	100m: 1:03.10		32.53	150m: 1:39.50	36.40	200m: 2:15.40	35.90	
DNS	Francisco Vital, MARQUES		04	Nautico Academico					
DNS	Mark Daniel, SINCARI		04	Nautico Academico					
DNS	Goncalo Brites, MOITA		04	Uniao Coimbra					
EXH	Diogo Matos, RIBEIRO		04	Uniao Coimbra			<b>1:58.97</b>	582	
	50m: 27.83 27.83	100m: 57.86		30.03	150m: 1:28.56	30.70	200m: 1:58.97	30.41	
EXH	Jose Diogo, DIAS		04	Fundacao Beatriz Santos-Clube			<b>2:03.31</b>	523	
	50m: 29.42 29.42	100m: 1:00.96		31.54	150m: 1:32.71	31.75	200m: 2:03.31	30.60	
EXH	Gustavo Pires, MARQUES		04	Fundacao Beatriz Santos-Clube			<b>2:06.77</b>	481	
	50m: 29.15 29.15	100m: 1:01.90		32.75	150m: 1:35.27	33.37	200m: 2:06.77	31.50	
EXH	Alexandre Miguel, BRAS		03	S. Pedro Alva			<b>2:06.83</b>	480	
	50m: 28.10 28.10	100m: 59.78		31.68	150m: 1:33.17	33.39	200m: 2:06.83	33.66	
EXH	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos-Clube			<b>2:07.09</b>	478	
	50m: 29.76 29.76	100m: 1:01.97		32.21	150m: 1:34.59	32.62	200m: 2:07.09	32.50	
EXH	Vitor Teixeira, OLIVEIRA		03	Columbofila Cantanhedense			<b>2:08.08</b>	467	
	50m: 30.46 30.46	100m: 1:02.91		32.45	150m: 1:35.82	32.91	200m: 2:08.08	32.26	
EXH	Manuel Baptista, SIMOES		03	Uniao Coimbra			<b>2:10.72</b>	439	
	50m: 28.62 28.62	100m: 1:02.39		33.77	150m: 1:38.44	36.05	200m: 2:10.72	32.28	
EXH	Martim Miranda, MACHADO		03	Uniao Coimbra			<b>2:11.88</b>	427	
	50m: 29.90 29.90	100m: 1:03.34		33.44	150m: 1:37.90	34.56	200m: 2:11.88	33.98	
EXH	Rafael Alves, CAMPOS		04	S. Pedro Alva			<b>2:12.25</b>	424	
	50m: 29.69 29.69	100m: 1:02.53		32.84	150m: 1:37.16	34.63	200m: 2:12.25	35.09	
EXH	Goncalo Daniel, OLIVEIRA		04	Fundacao Beatriz Santos-Clube			<b>2:12.31</b>	423	
	50m: 29.97 29.97	100m: 1:03.26		33.29	150m: 1:38.05	34.79	200m: 2:12.31	34.26	
EXH	Goncalo Pires, LOURENCO		03	Fundacao Beatriz Santos-Clube			<b>2:12.94</b>	417	
	50m: 30.42 30.42	100m: 1:04.32		33.90	150m: 1:39.03	34.71	200m: 2:12.94	33.91	
EXH	Tiago Andre, POIARES		04	Fundacao Beatriz Santos-Clube			<b>2:13.52</b>	412	
	50m: 31.05 31.05	100m: 1:04.80		33.75	150m: 1:38.99	34.19	200m: 2:13.52	34.53	
EXH	Rui Mamede, SANTOS		04	Uniao Coimbra			<b>2:13.91</b>	408	
	50m: 29.80 29.80	100m: 1:03.42		33.62	150m: 1:39.29	35.87	200m: 2:13.91	34.62	
EXH	Bernardo Jorge, VENTURA		03	Academica de Coimbra			<b>2:14.50</b>	403	
	50m: 30.77 30.77	100m: 1:04.93		34.16	150m: 1:40.03	35.10	200m: 2:14.50	34.47	
EXH	Pedro Miguel, FLORIDO		04	Fundacao Beatriz Santos-Clube			<b>2:17.01</b>	381	
	50m: 30.87 30.87	100m: 1:06.12		35.25	150m: 1:41.59	35.47	200m: 2:17.01	35.42	
EXH	Ricardo Martins, CARVALHO		03	Fundacao Beatriz Santos-Clube			<b>2:18.78</b>	367	
	50m: 32.03 32.03	100m: 1:07.36		35.33	150m: 1:43.51	36.15	200m: 2:18.78	35.27	
EXH	Alexandre Viegas, MARTINS		04	Uniao Coimbra			<b>2:23.53</b>	331	
	50m: 32.42 32.42	100m: 1:09.10		36.68	150m: 1:46.16	37.06	200m: 2:23.53	37.37	

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 42, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Carlos Martins, MARQUES	04 Uniao Coimbra	<b>2:24.91</b>	322
50m: 31.87 31.87 100m: 1:09.15 37.28 150m: 1:47.47 38.32 200m: 2:24.91 37.44			
EXH Alessandro Diogo, CARVALHO	96 Desportivo ABPG	<b>2:25.03</b>	321
50m: 30.25 30.25 100m: 1:04.23 33.98 150m: 1:40.73 36.50 200m: 2:25.03 44.30			
EXH Afonso Corte-Real, GRILO	04 Fundacao Beatriz Santos-Clube	<b>2:30.02</b>	290
50m: 34.29 34.29 100m: 1:12.87 38.58 150m: 1:52.29 39.42 200m: 2:30.02 37.73			

Prova 43

Femin., 100m Estilos

Juniores

25-11-2018 - 12:15

Resultados

RR ANC Absoluto	1:05.82	Joana Victorino, HENRIQUES	CAQC		13-06-2018
RR ANC Jun17	1:05.82	Joana Victorino, HENRIQUES	CAQC		12-06-2018
RR ANC Jun16	1:07.24	Camila Robjrigues, REBELO	ALN		12-06-2018
Rec Nac Absoluto	1:02.09	Victoria, KAMINSKAYA	PIMP	Porto	21-12-2014
Rec Nac Jun17	1:02.34	Raquel Gomes, PEREIRA	SAD	Funchal	11-12-2016
Rec Nac Jun16	1:04.11	Maria Carolina, ROSA	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Ana Rita, QUEIROZ	02 Condeixa Clube	<b>1:08.89</b>	551
50m: 32.35 32.35 100m: 1:08.89 36.54			
DNS Camila Robjrigues, REBELO	03 Louzan Natacao		

Prova 43

Femin., 100m Estilos

Seniores

25-11-2018 - 12:15

Resultados

RR ANC Absoluto	1:05.82	Joana Victorino, HENRIQUES	CAQC		13-06-2018
RR ANC Sen	1:07.27	Maria Inês, RIBEIRO	CNAC		12-06-2009
Rec Nac Absoluto	1:02.09	Victoria, KAMINSKAYA	PIMP	Porto	21-12-2014
Rec Nac Sen	1:02.09	Victoria, KAMINSKAYA	PIMP	Porto	21-12-2014

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
1. Matilde Freitas, MOREIRA	01 Academica de Coimbra	<b>1:07.61</b>	583
50m: 31.39 31.39 100m: 1:07.61 36.22			
2. Ana Carolina, NEVES	00 Academica de Coimbra	<b>1:09.06</b>	547
50m: 30.84 30.84 100m: 1:09.06 38.22			
3. Barbara Ines, GOMES	91 Assoc Paralisia Cerebral Coimb	<b>2:22.62</b>	62
50m: 1:13.45 1:13.45 100m: 2:22.62 1:09.17			
4. Carolina Caetano, LOURENCO	94 Assoc Paralisia Cerebral Coimb	<b>2:26.12</b>	57
50m: 1:12.34 1:12.34 100m: 2:26.12 1:13.78			

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 44 25-11-2018 - 12:20	Masc., 100m Estilos				Juniores Resultados
RR ANC Absoluto	53.87	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Jun18	58.12	Tomás Miguel, VELOSO	CNAC		13-06-2013
RR ANC Jun17	57.55	Gabriel José, LOPES	CDL		13-06-2013
Rec Nac Absoluto	53.06	Alexis Manacas, SANTOS	POR	Windsor (CAN)	08-12-2016
Rec Nac Jun18	56.47	Alexis Manacas, SANTOS	SCP	Leiria	06-12-2009
Rec Nac Jun17	57.40	Diogo Filipe, CARVALHO	CGA	Aveiro	14-05-2005

Pontos: FINA 2018

Lugar	Ano		Tempo final	Pts
1. Diogo Coelho, JOSE	01	Columbofila Cantanhedense	<b>1:03.06</b>	507
50m: 28.44 28.44	100m: 1:03.06	34.62		
2. Diogo Luis, BREDÁ	01	Academica de Coimbra	<b>1:04.77</b>	468
50m: 30.27 30.27	100m: 1:04.77	34.50		
3. Goncalo Silva, MARQUES	01	Condeixa Clube	<b>1:04.79</b>	467
50m: 29.79 29.79	100m: 1:04.79	35.00		
4. Jose Miguel, CUNHA	01	Fundacao Beatriz Santos-Clube	<b>1:05.06</b>	462
50m: 30.18 30.18	100m: 1:05.06	34.88		
5. Duarte Anastacio, SOUSA	02	Uniao Coimbra	<b>1:09.27</b>	382
50m: 32.29 32.29	100m: 1:09.27	36.98		
6. Joao Pedro, DIAS	02	Fundacao Beatriz Santos-Clube	<b>1:09.54</b>	378
50m: 31.60 31.60	100m: 1:09.54	37.94		
7. Claudio Rafael, CORDEIRO	02	Individual ANC	<b>1:09.95</b>	371
50m: 33.30 33.30	100m: 1:09.95	36.65		
8. Diogo Miguel, PISCO	01	S. Pedro Alva	<b>1:10.12</b>	369
50m: 31.61 31.61	100m: 1:10.12	38.51		
9. Vasco Castro, CORTE-REAL	01	Academica de Coimbra	<b>1:23.14</b>	221
50m: 38.40 38.40	100m: 1:23.14	44.74		

Prova 44 25-11-2018 - 12:20	Masc., 100m Estilos				Seniores Resultados
RR ANC Absoluto	53.87	Gabriel José, LOPES	ALN		14-06-2018
RR ANC Sen	53.87	Gabriel José, LOPES	ALN		13-06-2018
Rec Nac Absoluto	53.06	Alexis Manacas, SANTOS	POR	Windsor (CAN)	08-12-2016
Rec Nac Sen	53.06	Alexis Manacas, SANTOS	POR	Windsor (CAN)	08-12-2016

Pontos: FINA 2018

Lugar	Ano		Tempo final	Pts
1. Tomas Miguel, VELOSO	96	Nautico Academico	<b>59.76</b>	596
50m: 28.89 28.89	100m: 59.76	30.87		
2. Pedro Maria, BESSA	95	Academica de Coimbra	<b>1:02.69</b>	516
50m: 29.66 29.66	100m: 1:02.69	33.03		
3. Francisco Alberto, LUCAS	00	Academica de Coimbra	<b>1:05.76</b>	447
50m: 30.35 30.35	100m: 1:05.76	35.41		
EXH Diogo Luis, CANCELA	02	Miranda do Corvo	<b>1:15.84</b>	291
50m: 35.57 35.57	100m: 1:15.84	40.27		

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 45	Femin., 4 x 100m Livres					Juniores
25-11-2018 - 12:35						Resultados
RR ANC Absoluto	3:58.08	Clube Náutico Académico de CoimbCNAC				23-07-2009
RR ANC Jun	4:05.89	Clube Náutico Académico de CoimbCNAC				18-07-2012
Rec Nac Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
Rec Nac Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria		06-12-2009

Pontos: FINA 2018

Lugar						Tempo final	Pts
<b>1. Condeixa Clube Jun</b>	<b>Condeixa Clube</b>					<b>4:15.01</b>	<b>531</b>
Ana Rita, QUEIROZ	02	29.69	1:01.37	Rita Dias, RIBEIRO	02	32.30	1:08.25
Sara Sofia, TEJO	03	31.56	1:06.36	Alexandra Couto, FRAZAO	02	28.46	59.03
<b>2. Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos-Clube</b>					<b>4:19.93</b>	<b>501</b>
Beatriz Monteiro, TOMAS	03	31.48	1:05.81	Camila Ferreira, MARQUES	03	31.84	1:06.61
Ines Pereira, SILVA	02	29.66	1:02.08	Ana Catarina, SANTOS	03	31.19	1:05.43
<b>3. Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>					<b>4:29.99</b>	<b>447</b>
Beatriz Almeida, PIRES	03	30.75	1:04.65	Ines Matos, SOUSA	03	32.04	1:06.51
Filipa Almeida, PIRES	03	31.25	1:05.40	Rita Santos, NOGUEIRA	03	34.12	1:13.43

Prova 45	Femin., 4 x 100m Livres					Seniores
25-11-2018 - 12:35						Resultados
RR ANC Absoluto	3:58.08	Clube Náutico Académico de CoimbCNAC				23-07-2009
RR ANC Sen	4:06.26	Clube Náutico Académico de CoimbCNAC				18-07-2013
Rec Nac Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
Rec Nac Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010

Pontos: FINA 2018

Lugar						Tempo final	Pts
<b>1. Academica de Coimbra Sen</b>	<b>Academica de Coimbra</b>					<b>4:05.75</b>	<b>593</b>
<i>Rec Reg ANC</i>							
Matilde Freitas, MOREIRA	01	28.94	59.24	Mariana Pinto, ANGELO	99	31.17	1:05.09
Ana Carolina, NEVES	00	28.95	1:00.77	Beatriz Neves, CRAVEIRO	97	29.24	1:00.65
<b>EXH Condeixa Clube Juv</b>	<b>Condeixa Clube</b>					<b>4:33.65</b>	<b>429</b>
Beatriz Sa, GAMA	05	32.79	1:09.20	Ana Matos, CABRAL	05	31.46	1:05.13
Matilde Alves, FLORENCIO	04	30.43	1:03.19	Maria Beatriz, RODRIGUES	04	36.18	1:16.13
<b>EXH Fundacao Beatriz Santos Juv A</b>	<b>Fundacao Beatriz Santos-Clube</b>					<b>4:33.85</b>	<b>428</b>
Ana Catarina, SILVA	04	32.34	1:07.09	Maria Ines, DIONISIO	04	32.76	1:09.02
Daniela Portela, MENDES	04	31.19	1:05.49	Matilde Santos, CARDOSO	05	34.29	1:12.25
<b>EXH Academica de Coimbra Juv A</b>	<b>Academica de Coimbra</b>					<b>4:54.88</b>	<b>343</b>
Ana Filipa, SILVA	04	32.83	1:08.00	Joana Beatriz, RODRIGUES	04	37.58	1:18.06
Beatriz Beja, AFONSO	04	35.29	1:13.99	Laura Rodrigues, MARGATO	04	36.10	1:14.83

Campeonato Regional de Juniores e Seniores PC  
Rui Abreu, 24- - 25-11-2018

Prova 46	Masc., 4 x 100m Livres					Juniores Resultados
25-11-2018 - 12:40						
RR ANC Absoluto	3:23.65	Clube Náutico Académico de CoimboCNAC				18-07-2014
RR ANC Jun	3:36.94	Clube Nautico Academico de CoimboCNAC				20-11-2007
Rec Nac Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros		19-12-2009
Rec Nac Jun	3:29.40	Sport Lisboa e Benfica	SLB	Porto		10-12-2017

Pontos: FINA 2018

Lugar					Tempo final	Pts
1.	Fundacao Beatriz Santos Jun		Fundacao Beatriz Santos-Clube		<b>3:43.11</b>	554
	Joao Neto, PEREIRA	02 26.72	55.28	Joao Pedro, DIAS	02 27.70	57.68
	Ricardo Jorge, DOMINGUES	02 26.88	56.23	Jose Miguel, CUNHA	01 25.87	53.92
2.	Academica de Coimbra Jun		Academica de Coimbra		<b>3:57.07</b>	462
	Gabriel Jose, JULIO	01 27.24	57.54	Gabriel Jose, FIGUEIRA	01 29.12	1:01.25
	Diogo Luis, BREDÁ	01 28.98	1:00.61	Miguel Freitas, OVIEDO	02 27.47	57.67
<b>DSQ</b>	<b>Condeixa Clube Jun</b>		<b>Condeixa Clube</b>			
	<i>Falsa rendição do 3º atleta</i>					
	Tomas Pedrosa, MIGUEL	02 26.50	56.39	Goncalo Silva, MARQUES	01	
	Rodrigo Alexandre, TRAVASSOS	02 26.46	54.85	Paulo Andre, FROTA	02	

DNS Nautico Academico Jun Nautico Academico

Prova 46	Masc., 4 x 100m Livres					Seniores Resultados
25-11-2018 - 12:40						
RR ANC Absoluto	3:23.65	Clube Náutico Académico de CoimboCNAC				18-07-2014
RR ANC Sen	3:23.65	Clube Náutico Académico de CoimboCNAC				18-07-2014
Rec Nac Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros		19-12-2009
Rec Nac Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros		19-12-2009

Pontos: FINA 2018

Lugar					Tempo final	Pts
1.	Nautico Academico Sen		Nautico Academico		<b>3:31.78</b>	648
	Tomas Miguel, VELOSO	96 26.07	52.84	Francisco Xavier, GONCALVES	97 24.63	52.85
	Lucas Pereira, BASTOS	00 25.66	54.34	Mario Alexandre, PEREIRA	92 25.01	51.75
2.	Academica de Coimbra Sen		Academica de Coimbra		<b>3:36.23</b>	609
	Gustavo Almeida, MADUREIRA	94 24.78	51.64	Pedro Salzedas, ADAIXO	00 26.18	55.48
	Bernardo Santos, CLEMENTE	98 25.80	54.82	Ruben Paiva, CARVALHO	94 25.16	54.29
3.	Fundacao Beatriz Santos Sen		Fundacao Beatriz Santos-Clube		<b>4:02.09</b>	434
	Rodrigo Ribeiro, GOMES	00 26.06	53.28	Andre Marques, ANTUNES	99 30.18	1:07.10
	Tiago Almeida, NUNES	00 29.06	1:00.62	Jose Miguel, VENTURA	97 28.54	1:01.09
EXH	Fundacao Beatriz Santos Juv B		Fundacao Beatriz Santos-Clube		<b>4:05.43</b>	416
	Goncalo Daniel, OLIVEIRA	04 29.71	1:01.72	Tiago Andre, POIARES	04 29.81	1:01.84
	Dinis Miranda, DIOGO	04 28.17	58.91	Pedro Miguel, FLORIDO	04 29.86	1:02.96