



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

1 - 1ª Jornada

27/04/2019 - 15:30

Prova 1	Femin., 200m Livres				Infantis
27/04/2019					Resultados
Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Rec Nacional Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras	11/04/2015
Rec Nacional Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	24/07/2009
Rec Torneio	2:14.51	Maria Malaguerra, COSTA	POR	Coimbra	16/04/2011

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	FINA
1.	Diana Silva, TINOCO	06				Columbofila Cantanhedens	2:23.35	489
	50m: 32.71 32.71	100m: 1:08.88	36.17	150m: 1:45.95	37.07	200m: 2:23.35	37.40	
2.	Vitoria Cruz, DOMINGUES	06				Natacao de Vagos	2:23.87	484
	50m: 32.50 32.50	100m: 1:09.20	36.70	150m: 1:47.16	37.96	200m: 2:23.87	36.71	
3.	Marta Andre, AGUILAR	07				Fundacao Beatriz Santos	2:24.44	478
	50m: 33.68 33.68	100m: 1:10.05	36.37	150m: 1:47.72	37.67	200m: 2:24.44	36.72	
4.	Leonor Tavares, CATALAO	06				Sporting	2:25.28	470
	50m: 34.45 34.45	100m: 1:12.20	37.75	150m: 1:49.41	37.21	200m: 2:25.28	35.87	
5.	Miriam Mortagua, SOARES	06				Galitos/ Bresimar	2:25.45	468
	50m: 32.79 32.79	100m: 1:09.16	36.37	150m: 1:47.51	38.35	200m: 2:25.45	37.94	
6.	Ana Francisca, SILVA	06				Alcobaca	2:26.73	456
	50m: 34.57 34.57	100m: 1:12.10	37.53	150m: 1:49.93	37.83	200m: 2:26.73	36.80	
7.	Filipa Paiva, DINIS	06				Bairro dos Anjos	2:26.75	456
	50m: 33.39 33.39	100m: 1:10.33	36.94	150m: 1:48.75	38.42	200m: 2:26.75	38.00	
8.	Maria Vitoria, GRILO	06				Nautico Coimbra	2:30.55	422
	50m: 32.98 32.98	100m: 1:11.47	38.49	150m: 1:51.54	40.07	200m: 2:30.55	39.01	
9.	Madalena Barra, MEDEIROS	06				Vigor da Mocidade	2:31.12	417
	100m: 1:12.31 1:12.31	200m: 2:31.12	1:18.81					
10.	Matilde Neves, CRAVEIRO	06				Academica de Coimbra	2:31.55	414
	50m: 33.26 33.26	100m: 1:10.38	37.12	150m: 1:50.27	39.89	200m: 2:31.55	41.28	
11.	Carolina Martins, SILVA	07				Estarreja	2:31.67	413
	50m: 33.65 33.65	100m: 1:12.07	38.42	150m: 1:52.28	40.21	200m: 2:31.67	39.39	
12.	Bianca Filipa, ALMEIDA	07				Alges e Agueda XXI	2:32.54	406
	100m: 1:16.85 1:16.85	200m: 2:32.54	1:15.69					
13.	Margarida Gomes, OLIVEIRA	07				O Crasto	2:35.12	386
	100m: 1:16.33 1:16.33	200m: 2:35.12	1:18.79					
14.	Maria Teresa, AMARAL	06				Campinho	2:45.18	319
	100m: 1:18.13 1:18.13	200m: 2:45.18	1:27.05					
DSQ	Beatriz Pereira, ANDRADE	06				Condeixa Clube		
	<i>Falsa partida</i>							
DNS	Madalena Fragoso, GUTERRES	06				Benfica		
EXH	Beatriz Andre, GASPAS	06				Nautico Coimbra	2:35.53	383
	100m: 1:15.91 1:15.91	200m: 2:35.53	1:19.62					
EXH	Joana Filipa, VARELA	06				Nautico Coimbra	2:39.39	356
	100m: 1:16.06 1:16.06	200m: 2:39.39	1:23.33					
EXH	Lara Carvalho, SANTOS	07				Nautico Coimbra	2:58.97	251
	100m: 1:25.34 1:25.34	200m: 2:58.97	1:33.63					



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 2
27/04/2019

Masc., 200m Livres

Infantis
Resultados

Rec Nacional Absoluto	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31/03/2017
Rec Nacional Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. João da Madeira	21/07/2018
Rec Nacional Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior	21/07/2012
Rec Torneio	2:03.62	Fabio Parrilha da, SILVA	POR	Coimbra	16/04/2011

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Guilherme Maia, CARDOSO	05			Columbofila Cantanhedens	2:10.83	473
	50m: 30.72 30.72	100m: 1:04.02	33.30	150m: 1:37.95	33.93	200m: 2:10.83	32.88
2.	Diogo Miguel, SILVA	05			Galitos/ Bresimar	2:13.64	444
	50m: 29.50 29.50	100m: 1:02.62	33.12	150m: 1:37.77	35.15	200m: 2:13.64	35.87
3.	Micael Dmitrievich, DENISOV	06			Bairro dos Anjos	2:18.62	398
	50m: 30.01 30.01	100m: 1:04.74	34.73	150m: 1:42.30	37.56	200m: 2:18.62	36.32
4.	Diogo Alexandre, MENDES	05			Natacao de Vagos	2:18.63	398
	50m: 31.94 31.94	100m: 1:06.79	34.85	150m: 1:43.32	36.53	200m: 2:18.63	35.31
5.	Tomas Caineta, SILVA	05			Estarreja	2:18.91	395
	50m: 30.95 30.95	100m: 1:06.23	35.28	150m: 1:42.97	36.74	200m: 2:18.91	35.94
6.	Miguel Correia, ANACLETO	05			Sporting	2:19.19	393
	50m: 31.09 31.09	100m: 1:06.24	35.15	150m: 1:42.70	36.46	200m: 2:19.19	36.49
7.	Duarte Jose, FERNANDES	06			Fundacao Beatriz Santos	2:21.32	376
	50m: 31.48 31.48	100m: 1:07.57	36.09	150m: 1:44.40	36.83	200m: 2:21.32	36.92
8.	Joao Pinto, FIGUEIREDO	06			O Crasto	2:25.79	342
	50m: 32.41 32.41	100m: 1:10.15	37.74	150m: 1:49.28	39.13	200m: 2:25.79	36.51
9.	Gabriel Cunha, TEIXEIRA	06			Alges e Agueda XXI	2:28.47	324
	50m: 35.25 35.25	100m: 1:13.62	38.37	150m: 1:51.84	38.22	200m: 2:28.47	36.63
10.	Diogo Afonso, CARREIRA	05			Academica de Coimbra	2:30.33	312
	50m: 35.69 35.69	100m: 1:15.14	39.45	150m: 1:55.22	40.08	200m: 2:30.33	35.11
11.	Tomas Cardoso, GERALDO	05			Condeixa Clube	2:32.96	296
	50m: 33.64 33.64	100m: 1:12.67	39.03	150m: 1:54.25	41.58	200m: 2:32.96	38.71
12.	Rodrigo Miguel, PEREIRA	05			Campinho	2:32.97	296
	50m: 33.19 33.19	100m: 1:12.50	39.31	150m: 1:55.22	42.72	200m: 2:32.97	37.75
13.	Tomas Portugal, SILVEIRA	05			Alcobaca	2:38.44	266
	50m: 35.82 35.82	100m: 1:16.19	40.37	150m: 1:58.09	41.90	200m: 2:38.44	40.35
14.	Tome Santiago, MENDES	05			Vigor da Mocidade	2:39.54	261
	50m: 35.79 35.79	100m: 1:16.41	40.62	150m: 1:59.50	43.09	200m: 2:39.54	40.04
15.	Henrique Tavares, DIAS	06			Nautico Coimbra	2:43.59	242
	50m: 36.97 36.97	100m: 1:18.23	41.26	150m: 2:01.62	43.39	200m: 2:43.59	41.97
DNS	Guilherme Fernandes, BAPTISTA	06			Benfica		
EXH	Duarte Miguel, BENTO	05			Nautico Coimbra	2:57.33	190
	50m: 36.87 36.87	100m: 1:20.47	43.60	150m: 2:08.90	48.43	200m: 2:57.33	48.43



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 3
27/04/2019

Femin., 200m Livres

Juvenis
Resultados

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Rec Nacional Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27/07/2018
Rec Nacional Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25/07/2014
Rec Torneio 15 +	2:05.22	Ana Feio, ALEGRIA	POR	Coimbra	
Rec Torneio Juv B	2:09.12	Ana Claudia, SANTOS	POR	Coimbra	

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Carolina Miranda, FERNANDES	05			Galitos/ Bresimar	2:11.51	634
	50m: 30.86 30.86	100m: 1:04.51	33.65	150m: 1:38.88	34.37	200m: 2:11.51	32.63
2.	Maria Ferreira, MOURA	04			Sporting	2:12.25	623
	50m: 31.62 31.62	100m: 1:05.61	33.99	150m: 1:39.53	33.92	200m: 2:12.25	32.72
3.	Marisa Isabel, NOBRE	05			Columbofila Cantanhedens	2:12.58	618
	50m: 31.79 31.79	100m: 1:05.55	33.76	150m: 1:39.83	34.28	200m: 2:12.58	32.75
4.	Carolina Rei, PEREIRA	05			Natacao de Vagos	2:16.48	567
	50m: 30.95 30.95	100m: 1:05.28	34.33	150m: 1:40.73	35.45	200m: 2:16.48	35.75
5.	Rita Mendes, SIMOES	04			Bairro dos Anjos	2:18.52	542
	50m: 31.89 31.89	100m: 1:06.79	34.90	150m: 1:42.95	36.16	200m: 2:18.52	35.57
6.	Ana Catarina, SILVA	04			Fundacao Beatriz Santos	2:23.33	489
	50m: 33.71 33.71	100m: 1:10.18	36.47	150m: 1:47.32	37.14	200m: 2:23.33	36.01
7.	Ana Filipa, SILVA	04			Academica de Coimbra	2:23.47	488
	50m: 33.58 33.58	100m: 1:10.17	36.59	150m: 1:47.61	37.44	200m: 2:23.47	35.86
8.	Marta Monteiro, PEREIRA	04			O Crasto	2:27.82	446
	50m: 32.77 32.77	100m: 1:10.73	37.96	150m: 1:49.98	39.25	200m: 2:27.82	37.84
9.	Maria Ines, SILVA	04			Alcobaca	2:27.93	445
	50m: 33.16 33.16	100m: 1:10.77	37.61	150m: 1:49.57	38.80	200m: 2:27.93	38.36
10.	Marta Domingues, GAMEIRO	04			Nautico Coimbra	2:28.83	437
	50m: 34.77 34.77	100m: 1:12.76	37.99	150m: 1:51.40	38.64	200m: 2:28.83	37.43
11.	Ines Silva, DIAS	05			Estarreja	2:32.56	406
	50m: 35.26 35.26	100m: 1:14.42	39.16	150m: 1:53.98	39.56	200m: 2:32.56	38.58
12.	Ines Dias, CRUZ	04			Condeixa Clube	2:34.74	389
	50m: 36.88 36.88	100m: 1:16.23	39.35	150m: 1:56.05	39.82	200m: 2:34.74	38.69
13.	Ana Rita, ALMEIDA	05			Campinho	2:38.20	364
	50m: 35.26 35.26	100m: 1:15.58	40.32	150m: 1:57.02	41.44	200m: 2:38.20	41.18
14.	Daniela Fatima, SILVA	05			Alges e Agueda XXI	2:52.00	283
	50m: 38.66 38.66	100m: 1:21.52	42.86	150m: 2:06.56	45.04	200m: 2:52.00	45.44
DNS	Joana Rocha, FERREIRA	05			Benfica		
DNS	Maria Pedro, ASCENSO	04			Nautico Coimbra		
EXH	Maria Fernandes, LOBO	05			Nautico Coimbra	2:34.46	391
	50m: 35.70 35.70	100m: 1:15.23	39.53	150m: 1:55.46	40.23	200m: 2:34.46	39.00
EXH	Rita Lima, PIRES	05			Nautico Coimbra	2:46.40	313
	50m: 37.05 37.05	100m: 1:19.72	42.67	150m: 2:04.75	45.03	200m: 2:46.40	41.65
EXH	Laura Torrao, CARVALHO	05			Nautico Coimbra	2:56.83	260
	50m: 38.46 38.46	100m: 1:24.36	45.90	150m: 2:11.23	46.87	200m: 2:56.83	45.60



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 4
27/04/2019

Masc., 200m Livres

Juvenis
Resultados

Rec Nacional Absoluto	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31/03/2017
Rec Nacional Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24/07/2009
Rec Nacional Juv B	1:56.35	Diogo Matos, RIBEIRO	CUC	Coimbra	06/04/2019
Rec Torneio	1:59.32	Miguel Silva, OLIVEIRA	POR	Coimbra	21/04/2007

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Goncalo Andre, GOMES	03			Fundacao Beatriz Santos	2:02.78	573
	50m: 29.02 29.02	100m: 1:01.08	32.06	150m: 1:32.16	31.08	200m: 2:02.78	30.62
2.	Bernardo Victorino, ALMEIDA	04			Sporting	2:03.50	563
	50m: 29.65 29.65	100m: 1:01.28	31.63	150m: 1:33.40	32.12	200m: 2:03.50	30.10
3.	Vitor Teixeira, OLIVEIRA	03			Columbofila Cantanhedens	2:04.05	555
	50m: 30.20 30.20	100m: 1:02.00	31.80	150m: 1:33.85	31.85	200m: 2:04.05	30.20
4.	Vitor Belo, CLARA	04			Bairro dos Anjos	2:05.11	541
	50m: 29.01 29.01	100m: 1:00.63	31.62	150m: 1:33.04	32.41	200m: 2:05.11	32.07
5.	Manuel Cruz, FARDILHA	03			Galitos/ Bresimar	2:10.55	476
	50m: 30.08 30.08	100m: 1:02.45	32.37	150m: 1:36.72	34.27	200m: 2:10.55	33.83
6.	Vasco Peixoto, OLIVEIRA	04			Alcobaca	2:12.35	457
	50m: 29.64 29.64	100m: 1:03.02	33.38	150m: 1:37.82	34.80	200m: 2:12.35	34.53
7.	Igor Branco, PEREIRA	03			O Crasto	2:12.63	454
	50m: 29.93 29.93	100m: 1:03.52	33.59	150m: 1:38.32	34.80	200m: 2:12.63	34.31
8.	Micael Kovalchuk, SOLODYUK	03			Natacao de Vagos	2:14.62	434
	50m: 30.27 30.27	100m: 1:04.57	34.30	150m: 1:39.64	35.07	200m: 2:14.62	34.98
9.	Bernardo Jorge, VENTURA	03			Academica de Coimbra	2:15.66	425
	50m: 29.95 29.95	100m: 1:03.44	33.49	150m: 1:39.44	36.00	200m: 2:15.66	36.22
10.	Guilherme Tomas, SILVA	03			Campinho	2:19.86	387
	50m: 32.35 32.35	100m: 1:07.87	35.52	150m: 1:44.55	36.68	200m: 2:19.86	35.31
11.	Renato Maria, FERREIRA	04			Vigor da Mocidade	2:22.35	367
	50m: 31.47 31.47	100m: 1:07.76	36.29	150m: 1:45.50	37.74	200m: 2:22.35	36.85
12.	Ricardo Gabriel, OLIVEIRA	04			Estarreja	2:26.78	335
	50m: 32.25 32.25	100m: 1:09.12	36.87	150m: 1:48.05	38.93	200m: 2:26.78	38.73
13.	Tiago Neto, REIS	03			Alges e Agueda XXI	2:46.54	229
	50m: 36.06 36.06	100m: 1:16.42	40.36	150m: 2:01.70	45.28	200m: 2:46.54	44.84
14.	Francisco Vital, MARQUES	04			Nautico Coimbra	3:05.73	165
	50m: 41.00 41.00	100m: 1:28.00	47.00	150m: 2:17.33	49.33	200m: 3:05.73	48.40
DNS	Daniel Shumeika, ZAYIKA	03			Benfica		



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 5
27/04/2019

Femin., 200m Livres

Jun e Sen
Resultados

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Rec Nacional Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Rec Nacional Jun17	2:03.18	Ana Reis, SOUSA	SAD	Coimbra	07/04/2019
Rec Nacional Jun16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06/07/2018
Rec Torneio	2:05.22	Ana Feio, ALEGRIA	POR	Coimbra	

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Ines Jacinto, HENRIQUES	00			Sporting	2:08.61	677
	50m: 30.62 30.62	100m: 1:03.22	32.60	150m: 1:36.38	33.16	200m: 2:08.61	32.23
2.	Sara Sofia, ALVES	01			Columbofila Cantanhedens	2:11.83	629
	50m: 31.42 31.42	100m: 1:04.73	33.31	150m: 1:38.67	33.94	200m: 2:11.83	33.16
3.	Joana Costa, AMADOR	01			Galitos/ Bresimar	2:12.61	618
	50m: 31.72 31.72	100m: 1:05.52	33.80	150m: 1:39.10	33.58	200m: 2:12.61	33.51
4.	Helena Nunes, RODRIGUES	03			Alges e Agueda XXI	2:13.04	612
	50m: 31.43 31.43	100m: 1:04.68	33.25	150m: 1:39.12	34.44	200m: 2:13.04	33.92
5.	Ana Rita, QUEIROZ	02			Condeixa Clube	2:15.98	573
	50m: 31.12 31.12	100m: 1:05.13	34.01	150m: 1:39.62	34.49	200m: 2:15.98	36.36
6.	Ines Rosado, MONTEIRO	00			Natacao de Vagos	2:17.22	558
	50m: 31.92 31.92	100m: 1:07.05	35.13	150m: 1:42.26	35.21	200m: 2:17.22	34.96
7.	Luana Pinto, DOMINGUES	03			Bairro dos Anjos	2:17.44	555
	50m: 31.48 31.48	100m: 1:06.52	35.04	150m: 1:41.83	35.31	200m: 2:17.44	35.61
8.	Ines Mariana, PINHEIRO	03			Academica de Coimbra	2:18.36	544
	50m: 30.78 30.78	100m: 1:05.57	34.79	200m: 2:18.36	1:12.79		
9.	Beatriz Monteiro, TOMAS	03			Fundacao Beatriz Santos	2:19.03	536
	50m: 32.38 32.38	100m: 1:07.91	35.53	200m: 2:19.03	1:11.12		
10.	Matilde Domingues, GAMEIRO	97			Nautico Coimbra	2:22.24	501
	50m: 31.73 31.73	100m: 1:06.74	35.01	150m: 1:44.83	38.09	200m: 2:22.24	37.41
11.	Leonor Marques, FERREIRA	03			Campinho	2:24.55	477
	50m: 31.40 31.40	100m: 1:08.05	36.65	200m: 2:24.55	1:16.50		
12.	Ana Claudia, FERREIRA	90			Alcobaca	2:25.45	468
	50m: 33.37 33.37	100m: 1:09.84	36.47	200m: 2:25.45	1:15.61		
13.	Maria Joao, SILVA	00			Estarreja	2:30.25	425
	50m: 34.15 34.15	100m: 1:12.55	38.40	200m: 2:30.25	1:17.70		
14.	Ana Margarida, MONTEIRO	96			O Crasto	2:51.90	283
	50m: 36.56 36.56	100m: 1:18.03	41.47	150m: 2:04.59	46.56	200m: 2:51.90	47.31
DNS	Filipa Serrano, RODRIGUES	01			Benfica		
EXH	Maria Beatriz, JORGE	00			Nautico Coimbra	2:28.45	440
	50m: 34.20 34.20	100m: 1:12.34	38.14	200m: 2:28.45	1:16.11		
EXH	Maria Miguel, GAMEIRO	03			Nautico Coimbra	2:29.03	435
	50m: 33.92 33.92	100m: 1:11.91	37.99	200m: 2:29.03	1:17.12		
EXH	Rita Baptista, MARQUES	03			Nautico Coimbra	2:32.93	403
	50m: 34.52 34.52	100m: 1:13.45	38.93	200m: 2:32.93	1:19.48		



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Coimbra, 27/4/2019

Prova 6
27/04/2019

Masc., 200m Livres

Jun e Sen
Resultados

Rec Nacional Absoluto	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31/03/2017
Rec Nacional Sen	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31/03/2017
Rec Nacional Jun18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14/07/2005
Rec Nacional Jun17	1:53.32	Gustavo Manuel, SANTA	CNLA	Coimbra	30/07/2010
Rec Torneio	1:52.71	Adriano Miguel, NIZ	POR	Coimbra	22/04/2006

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	FINA
1.	Diogo Coelho, JOSE	01				Columbofila Cantanhedens	1:56.80	665
	50m: 28.20 28.20	100m: 57.92 29.72	150m: 1:27.86 29.94	200m: 1:56.80				28.94
	Francisco Rogerio, SANTOS	98				Sporting	1:56.80	665
	50m: 27.65 27.65	100m: 57.58 29.93	150m: 1:27.79 30.21	200m: 1:56.80				29.01
3.	Filipe Miguel, GOMES	97				Bairro dos Anjos	1:59.28	625
	50m: 27.48 27.48	100m: 57.86 30.38	150m: 1:28.58 30.72	200m: 1:59.28				30.70
4.	Tiago Moises, DINIS	98				Nautico Coimbra	1:59.78	617
	50m: 27.79 27.79	100m: 58.45 30.66	150m: 1:29.45 31.00	200m: 1:59.78				30.33
5.	Duarte Miguel, JORGE	01				Galitos/ Bresimar	2:01.00	599
	50m: 28.19 28.19	100m: 58.59 30.40	150m: 1:29.54 30.95	200m: 2:01.00				31.46
6.	Miguel Diogo, AGOSTINHO	00				Fundacao Beatriz Santos	2:03.92	557
	50m: 28.34 28.34	100m: 59.78 31.44	150m: 1:32.26 32.48	200m: 2:03.92				31.66
7.	Francisco Rodriguez, AMARAL	02				Campinho	2:04.08	555
	50m: 28.35 28.35	100m: 59.99 31.64	150m: 1:31.85 31.86	200m: 2:04.08				32.23
8.	Miguel Freitas, OVIEDO	02				Academica de Coimbra	2:05.86	532
	50m: 29.64 29.64	100m: 1:02.04 32.40	150m: 1:33.68 31.64	200m: 2:05.86				32.18
9.	Diogo Gomes, FONSECA	90				Alcobaca	2:12.42	457
	50m: 30.68 30.68	100m: 1:03.81 33.13	150m: 1:37.89 34.08	200m: 2:12.42				34.53
10.	Diogo Ribas, MATOS	02				Alges e Agueda XXI	2:13.59	445
	50m: 31.75 31.75	100m: 1:06.28 34.53	150m: 1:40.10 33.82	200m: 2:13.59				33.49
11.	Pedro Ribeiro, MOÇO	02				Natacao de Vagos	2:15.94	422
	50m: 30.50 30.50	100m: 1:04.64 34.14	150m: 1:40.22 35.58	200m: 2:15.94				35.72
12.	Gustavo Pinto, FIGUEIREDO	02				O Crasto	2:15.95	422
	50m: 31.82 31.82	100m: 1:06.69 34.87	150m: 1:42.40 35.71	200m: 2:15.95				33.55
13.	Licinio Silva, TAVARES	01				Estarreja	2:16.61	416
	50m: 29.08 29.08	100m: 1:02.87 33.79	150m: 1:39.62 36.75	200m: 2:16.61				36.99
14.	Tomas Pedrosa, MIGUEL	02				Condeixa Clube	2:17.37	409
	50m: 30.81 30.81	100m: 1:04.64 33.83	150m: 1:40.84 36.20	200m: 2:17.37				36.53
DNS	Tiago Roberto, CORDEIRO	00				Benfica		
EXH	Lucas Pereira, BASTOS	00				Nautico Coimbra	1:57.47	654
	50m: 27.61 27.61	100m: 57.98 30.37	150m: 1:27.93 29.95	200m: 1:57.47				29.54
EXH	Francisco Xavier, GONCALVES	97				Nautico Coimbra	2:05.65	534
	50m: 28.60 28.60	100m: 1:00.04 31.44	150m: 1:32.50 32.46	200m: 2:05.65				33.15
EXH	Vasco Pereira, BASTOS	02				Nautico Coimbra	2:11.26	469
	50m: 30.24 30.24	100m: 1:03.97 33.73	150m: 1:38.59 34.62	200m: 2:11.26				32.67
EXH	Marcelo Silva, CLEMENTE	00				Nautico Coimbra	2:21.90	371
	50m: 32.01 32.01	100m: 1:08.69 36.68	150m: 1:45.79 37.10	200m: 2:21.90				36.11



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 7
27/04/2019

Femin., 100m Bruços

Infantis
Resultados

Rec Nacional Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31/05/2015
Rec Nacional Inf A	1:15.49	Ana Pinho, RODRIGUES	AEJ	Coimbra	08/07/2007
Rec Nacional Inf B	1:18.66	Clara Gomes, PEREIRA	SAD	Loulé	20/07/2014
Rec Torneio	1:19.03	Rita Fernandes, LEITAO	POR	Coimbra	18/04/2009

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Matilde Batista, FERREIRA	06			Fundacao Beatriz Santos	1:24.45	437
	50m: 38.98 38.98	100m: 1:24.45	45.47				
2.	Maria Francisca, FROIS	06			Bairro dos Anjos	1:27.04	399
	50m: 41.04 41.04	100m: 1:27.04	46.00				
3.	Leonor Tavares, CATALAO	06			Sporting	1:28.55	379
	50m: 42.46 42.46	100m: 1:28.55	46.09				
4.	Vitoria Cruz, DOMINGUES	06			Natacao de Vagos	1:29.15	372
	50m: 41.43 41.43	100m: 1:29.15	47.72				
5.	Laura Almeida, PINA	07			O Crasto	1:30.44	356
	50m: 42.86 42.86	100m: 1:30.44	47.58				
6.	Diana, TASHKULOVA	06			Galitos/ Bresimar	1:31.01	349
	50m: 43.69 43.69	100m: 1:31.01	47.32				
7.	Matilde Neves, CRAVEIRO	06			Academica de Coimbra	1:31.07	349
	50m: 43.86 43.86	100m: 1:31.07	47.21				
8.	Diana Silva, TINOCO	06			Columbofila Cantanhedens	1:31.91	339
	50m: 43.84 43.84	100m: 1:31.91	48.07				
9.	Beatriz Andre, GASPAS	06			Nautico Coimbra	1:37.06	288
	50m: 46.00 46.00	100m: 1:37.06	51.06				
10.	Constanca Arinto, TRINDADE	06			Alcobaca	1:37.35	285
	50m: 46.21 46.21	100m: 1:37.35	51.14				
11.	Anita Soares, SIMAO	07			Estarreja	1:39.13	270
	50m: 47.51 47.51	100m: 1:39.13	51.62				
12.	Maria Teresa, AMARAL	06			Campinho	1:45.65	223
	50m: 49.52 49.52	100m: 1:45.65	56.13				
13.	Cristiana Sofia, DUARTE	07			Vigor da Mocidade	1:45.88	222
	50m: 50.05 50.05	100m: 1:45.88	55.83				
14.	Bianca Filipa, ALMEIDA	07			Alges e Agueda XXI	1:47.81	210
	50m: 50.33 50.33	100m: 1:47.81	57.48				
DSQ	Mariana Fonseca, SILVA <i>Falsa Partida</i>	06			Condeixa Clube		
DNS	Maria Ribeiro, TOMAS	07			CASPAE		
DNS	Leonor Carreiro, RODRIGUES	07			Benfica		
EXH	Joana Filipa, VARELA	06			Nautico Coimbra	1:41.73	250
	50m: 47.60 47.60	100m: 1:41.73	54.13				
EXH	Maria Vitoria, GRILO	06			Nautico Coimbra	1:43.72	236
	50m: 50.02 50.02	100m: 1:43.72	53.70				
EXH	Lara Carvalho, SANTOS	07			Nautico Coimbra	1:57.46	162
	50m: 55.40 55.40	100m: 1:57.46	1:02.06				



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 8 Masc., 100m Bruços Infantilis
27/04/2019 Resultados

Rec Nacional Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nacional Inf A	1:09.82	Ricardo Samuel, PEREIRA	CCDPCMS	Vila Franca de Xira	20/05/2017
Rec Nacional Inf B	1:11.95	Andre Goncalo, SANTOS	LSC	Porto	24/07/2010
Rec Torneio	1:11.17	Andre Goncalo, SANTOS	POR	Coimbra	16/04/2011

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Miguel Correia, ANACLETO	05			Sporting	1:16.45	416
2.	Lucas Filipe, MOREIRA	05			Bairro dos Anjos	1:16.81	410
3.	Duarte Jose, FERNANDES	06			Fundacao Beatriz Santos	1:22.52	331
4.	Joao Carvalho, RODRIGUES	06			Galitos/ Bresimar	1:23.39	321
5.	Dinis Amorim, MOUTELA	05			Estarreja	1:23.44	320
6.	Tomas Varanda, OLIVEIRA	06			Columbofila Cantanhedens	1:23.92	315
7.	Dinis Raimundo, SILVA	05			Academica de Coimbra	1:24.11	312
8.	Nuno Gabriel, SILVA	05			Campinho	1:26.35	289
	50m: 40.91 40.91	100m: 1:26.35	45.44				
9.	Diogo Alexandre, MENDES	05			Natacao de Vagos	1:28.84	265
10.	Tome Santiago, MENDES	05			Vigor da Mocidade	1:32.09	238
	50m: 43.27 43.27	100m: 1:32.09	48.82				
11.	Henrique Ferreira, MARTINS	06			Alges e Agueda XXI	1:32.96	231
12.	Diogo Cura, NEVES	06			Condeixa Clube	1:35.55	213
13.	Tomas Portugal, SILVEIRA	05			Alcobaca	1:42.22	174
14.	Martim Ribeiro, MENESES	06			O Crasto	1:42.49	172
15.	Duarte Miguel, BENTO	05			Nautico Coimbra	1:49.79	140
DSQ	Henrique Tavares, DIAS	06			Nautico Coimbra		
DNS	Guilherme Santos, GAVEA	06			Benfica		
EXH	Antonio, GLAVATSKYY	05			Academica de Coimbra	1:28.75	266
	50m: 42.31 42.31	100m: 1:28.75	46.44				

Prova 9 Femin., 100m Costas Juvenis
27/04/2019 Resultados

Rec Nacional Absoluto	1:01.97	Rafaela Gomes, AZEVEDO	SAD	Coimbra	05/04/2019
Rec Nacional Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06/04/2012
Rec Nacional Juv B	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06/04/2012
Rec Nacional Juv C	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25/03/2011
Rec Torneio	1:07.56	Susana Patricia, MIGUEL	POR	Coimbra	

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Carolina Miranda, FERNANDES	05			Galitos/ Bresimar	1:08.97	594
	50m: 33.65 33.65	100m: 1:08.97	35.32				
2.	Maria Ferreira, MOURA	04			Sporting	1:10.74	551
	50m: 34.17 34.17	100m: 1:10.74	36.57				
3.	Maria Vieira, MARQUES	04			Natacao de Vagos	1:10.97	545
	50m: 34.14 34.14	100m: 1:10.97	36.83				
4.	Marisa Isabel, NOBRE	05			Columbofila Cantanhedens	1:12.87	504
	50m: 35.82 35.82	100m: 1:12.87	37.05				
5.	Carlota Macedo, LAGOA	05			Bairro dos Anjos	1:13.95	482
	50m: 35.75 35.75	100m: 1:13.95	38.20				
6.	Leonor Correia, CUNHA	04			Fundacao Beatriz Santos	1:15.32	456
	50m: 36.45 36.45	100m: 1:15.32	38.87				



XXXV Torneio de Nataç o de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 9, Femin., 100m Costas, Juvenis

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
7.	Carolina Goncalves, RIBEIRO	04			O Crasto	1:15.80	447
	50m: 37.11 37.11	100m: 1:15.80	38.69				
8.	Renata Bandeira, SIMAO	04			Estarreja	1:18.69	400
	50m: 37.64 37.64	100m: 1:18.69	41.05				
9.	Beatriz Sa, GAMA	05			Condeixa Clube	1:20.69	371
	50m: 39.34 39.34	100m: 1:20.69	41.35				
10.	Laura Rodrigues, MARGATO	04			Academica de Coimbra	1:21.27	363
	50m: 39.24 39.24	100m: 1:21.27	42.03				
11.	Maria Ines, SILVA	04			Alcobaca	1:23.55	334
	50m: 40.72 40.72	100m: 1:23.55	42.83				
12.	Marta Domingues, GAMEIRO	04			Nautico Coimbra	1:24.48	323
	50m: 40.40 40.40	100m: 1:24.48	44.08				
13.	Diana Sofia, ABREU	04			Campinho	1:24.82	319
	50m: 40.74 40.74	100m: 1:24.82	44.08				
14.	Daniela Fatima, SILVA	05			Alges e Agueda XXI	1:31.38	255
	50m: 44.07 44.07	100m: 1:31.38	47.31				
DNS	Joana Rocha, FERREIRA	05			Benfica		
EXH	Rita Lima, PIRES	05			Nautico Coimbra	1:25.51	312
	50m: 41.78 41.78	100m: 1:25.51	43.73				
EXH	Maria Fernandes, LOBO	05			Nautico Coimbra	1:27.79	288
	50m: 43.32 43.32	100m: 1:27.79	44.47				
EXH	Laura Torrao, CARVALHO	05			Nautico Coimbra	1:30.72	261
	50m: 43.12 43.12	100m: 1:30.72	47.60				
EXH	Maria Pedro, ASCENSO	04			Nautico Coimbra	2:19.02	72

Prova 10
27/04/2019

Masc., 100m Costas

Juvenis
Resultados

Rec Nacional Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31/03/2017
Rec Nacional Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29/05/2011
Rec Nacional Juv B	59.97	Diogo Gomes, SOUSA	CNCVG	Coimbra	31/07/2010
Rec Torneio	59.97	Goncalo Filipe, GREGORIO	POR	Coimbra	18/04/2009

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Jose Diogo, DIAS	04			Fundacao Beatriz Santos	1:04.39	522
	50m: 31.43 31.43	100m: 1:04.39	32.96				
2.	Ricardo Morais, FARIA	04			Bairro dos Anjos	1:04.82	511
	50m: 31.69 31.69	100m: 1:04.82	33.13				
3.	Guilherme Tomas, SILVA	03			Campinho	1:06.34	477
	50m: 33.69 33.69	100m: 1:06.34	32.65				
4.	Bernardo Victorino, ALMEIDA	04			Sporting	1:06.39	476
	50m: 32.50 32.50	100m: 1:06.39	33.89				
5.	Daniel, TSYKAL	04			Alcobaca	1:10.79	392
	50m: 34.86 34.86	100m: 1:10.79	35.93				
6.	Manuel Cruz, FARDILHA	03			Galitos/ Bresimar	1:11.11	387
	50m: 34.32 34.32	100m: 1:11.11	36.79				



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 10, Masc., 100m Costas, Juvenis

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
7.	Vitor Teixeira, OLIVEIRA	03			Columbofila Cantanhedens	1:12.84	360
	50m: 34.75 34.75	100m: 1:12.84	38.09				
8.	Rafael Domingues, SÁ	03			Natacao de Vagos	1:13.08	357
	50m: 35.36 35.36	100m: 1:13.08	37.72				
9.	Renato Maria, FERREIRA	04			Vigor da Mocidade	1:15.41	325
	50m: 36.74 36.74	100m: 1:15.41	38.67				
10.	Igor Branco, PEREIRA	03			O Crasto	1:16.83	307
	50m: 37.32 37.32	100m: 1:16.83	39.51				
11.	Tiago Diniz, LIMA	04			Estarreja	1:17.57	298
	50m: 37.23 37.23	100m: 1:17.57	40.34				
12.	Bernardo Jorge, VENTURA	03			Academica de Coimbra	1:20.64	265
	50m: 38.62 38.62	100m: 1:20.64	42.02				
13.	Rodrigo Estima, RIBEIRO	03			Alges e Agueda XXI	1:22.81	245
	50m: 40.96 40.96	100m: 1:22.81	41.85				
14.	Francisco Vital, MARQUES	04			Nautico Coimbra	1:46.59	115
	50m: 52.62 52.62	100m: 1:46.59	53.97				
DNS	Daniel Shumeika, ZAYIKA	03			Benfica		

Prova 11
27/04/2019

Femin., 100m Mariposa

Jun e Sen
Resultados

Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nacional Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nacional Jun17	1:00.95	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	01/08/2002
Rec Nacional Jun16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20/07/2009
Rec Torneio	1:01.27	Sara Freitas, OLIVEIRA	POR	Coimbra	16/04/2011

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Ines Jacinto, HENRIQUES	00			Sporting	1:04.28	642
	50m: 30.52 30.52	100m: 1:04.28	33.76				
2.	Ana Margarida, RODRIGUES	96			Galitos/ Bresimar	1:04.90	624
	50m: 30.76 30.76	100m: 1:04.90	34.14				
3.	Beatriz Costa, TEJO	02			Academica de Coimbra	1:07.03	567
	50m: 30.75 30.75	100m: 1:07.03	36.28				
4.	Ines Pereira, SILVA	02			Fundacao Beatriz Santos	1:07.17	563
	50m: 30.90 30.90	100m: 1:07.17	36.27				
5.	Beatriz Rocha, SANTOS	02			Campinho	1:07.85	546
	50m: 31.54 31.54	100m: 1:07.85	36.31				
6.	Ines Rosado, MONTEIRO	00			Natacao de Vagos	1:09.06	518
	50m: 31.99 31.99	100m: 1:09.06	37.07				
7.	Ana Rita, QUEIROZ	02			Condeixa Clube	1:10.27	492
	50m: 33.16 33.16	100m: 1:10.27	37.11				
8.	Sara Sofia, ALVES	01			Columbofila Cantanhedens	1:10.36	490
	50m: 33.28 33.28	100m: 1:10.36	37.08				
9.	Ana Claudia, FERREIRA	90			Alcobaca	1:10.55	486
	50m: 33.09 33.09	100m: 1:10.55	37.46				
10.	Sofia Ribeiro, JUNQUEIRA	02			Bairro dos Anjos	1:10.83	480
	50m: 32.60 32.60	100m: 1:10.83	38.23				



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 11, Femin., 100m Mariposa, Jun e Sen

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
11.	Matilde Domingues, GAMEIRO	97			Nautico Coimbra	1:15.09	403
	50m: 35.02 35.02	100m: 1:15.09	40.07				
12.	Margarida Rodrigues, SANTOS	03			Alges e Agueda XXI	1:18.02	359
	50m: 35.86 35.86	100m: 1:18.02	42.16				
13.	Maria Joao, SILVA	00			Estarreja	1:25.06	277
	50m: 39.63 39.63	100m: 1:25.06	45.43				
DNS	Filipa Serrano, RODRIGUES	01			Benfica		
DNS	Ana Margarida, MONTEIRO	96			O Crasto		
EXH	Maria Miguel, GAMEIRO	03			Nautico Coimbra	1:20.02	333
	50m: 36.33 36.33	100m: 1:20.02	43.69				

Prova 12
27/04/2019

Masc., 100m Mariposa

Jun e Sen
Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29/03/2009
Rec Nacional Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29/03/2009
Rec Nacional Jun18	54.66	Diogo Filipe, CARVALHO	CGA	Lisboa	25/03/2006
Rec Nacional Jun17	54.77	Tiago Andre, VENANCIO	CNS	Oeiras	29/07/2004
Rec Torneio	54.41	Adriano Miguel, NIZ	POR	Coimbra	21/04/2007

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
1.	Diogo Leal, DANTAS	00			Sporting	58.28	624
	50m: 27.07 27.07	100m: 58.28	31.21				
2.	Lucas Pereira, BASTOS	00			Nautico Coimbra	59.55	585
	50m: 27.87 27.87	100m: 59.55	31.68				
3.	Diogo Coelho, JOSE	01			Columbofila Cantanhedense	59.69	581
	50m: 28.49 28.49	100m: 59.69	31.20				
4.	Nuno Goncalo, SANTOS	96			Bairro dos Anjos	59.77	579
	50m: 27.35 27.35	100m: 59.77	32.42				
5.	Ricardo Jorge, DOMINGUES	02			Fundacao Beatriz Santos	1:00.07	570
	50m: 28.77 28.77	100m: 1:00.07	31.30				
6.	Jose Pedro, PELAIO	01			Galitos/ Bresimar	1:00.89	547
	50m: 28.17 28.17	100m: 1:00.89	32.72				
7.	Francisco Rodriguez, AMARAL	02			Campinho	1:02.19	514
	50m: 28.77 28.77	100m: 1:02.19	33.42				
8.	Diogo Gomes, FONSECA	90			Alcobaca	1:04.13	468
	50m: 30.56 30.56	100m: 1:04.13	33.57				
9.	Diogo Ribas, MATOS	02			Alges e Agueda XXI	1:04.21	467
	50m: 30.74 30.74	100m: 1:04.21	33.47				
10.	Tiago Alexandre, RELVA	96			O Crasto	1:06.41	422
	50m: 31.86 31.86	100m: 1:06.41	34.55				
11.	Gabriel Jose, FIGUEIRA	01			Academica de Coimbra	1:06.46	421
	50m: 30.75 30.75	100m: 1:06.46	35.71				
12.	Ricardo Marques, PEREIRA	01			Condeixa Clube	1:09.33	371
	50m: 31.49 31.49	100m: 1:09.33	37.84				
13.	Pedro Ribeiro, MOÇO	02			Natacao de Vagos	1:09.64	366
	50m: 32.30 32.30	100m: 1:09.64	37.34				



XXXV Torneio de Nataç o de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 12, Masc., 100m Mariposa, Jun e Sen

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
14.	Licinio Silva, TAVARES	01			Estarreja	1:15.56	286
	50m: 32.39 32.39	100m: 1:15.56	43.17				
DNS	Tiago Roberto, CORDEIRO	00			Benfica		
EXH	Tiago Moises, DINIS	98			Nautico Coimbra	1:05.10	448
	50m: 30.24 30.24	100m: 1:05.10	34.86				
EXH	Rui Joao, MARQUES	02			Nautico Coimbra	1:08.16	390
	50m: 31.80 31.80	100m: 1:08.16	36.36				
EXH	Francisco Miguel, MENDES	01			Nautico Coimbra	1:08.88	378
	50m: 31.03 31.03	100m: 1:08.88	37.85				

Prova 13
27/04/2019

Femin., 4 x 50m Estilos

Inf/Juv/jun/Sen
Resultados

Rec Nacional Absoluto	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10/04/2010
Rec Nacional Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10/04/2010
Rec Nacional Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra	31/07/2010
Rec Torneio	2:09.05	Sporting Clube de Portugal	POR	Coimbra	21/04/2018

Pontos: FINA 2019

Lugar	Classes	Cod Exc	Clube	Tempo final	FINA
1. Sporting <i>Rec Torneio</i>			Sporting	2:08.40	568
Leonor Tavares, CATALAO	06	35.13	Ines Jacinto, HENRIQUES	00	29.94
Madalena Reis, CERDEIRA	03	35.56	Maria Ferreira, MOURA	04	27.77
2. Natacao de Vagos			Natacao de Vagos	2:09.55	553
Maria Vieira, MARQUES	04	32.60	Ines Rosado, MONTEIRO	00	31.13
Joana Malta, VALE	02	37.19	Carolina Rei, PEREIRA	05	28.63
3. Galitos/ Bresimar			Galitos/ Bresimar	2:11.09	533
Carolina Miranda, FERNANDES	05	32.38	Ana Margarida, RODRIGUES	96	28.83
Diana, TASHKULOVA	06	41.81	Joana Costa, AMADOR	01	28.07
4. Bairro dos Anjos			Bairro dos Anjos	2:12.79	513
Filipa Paiva, DINIS	06	35.31	Carlota Macedo, LAGOA	05	32.51
Luana Pinto, DOMINGUES	03	36.23	Sofia Ribeiro, JUNQUEIRA	02	28.74
5. Fundacao Beatriz Santos			Fundacao Beatriz Santos	2:15.00	488
Ines Pereira, SILVA	02	35.08	Daniela Portela, MENDES	04	31.82
Beatriz Monteiro, TOMAS	03	37.14	Marta Andre, AGUILAR	07	30.96
6. Columbofila Cantanhedense			Columbofila Cantanhedense	2:15.65	481
Marisa Isabel, NOBRE	05	34.46	Diana Silva, TINOCO	06	33.02
Sara Sofia, ALVES	01	39.23	Camila Alexandra, SILVA	03	28.94
7. Campinho			Campinho	2:15.87	479
Leonor Marques, FERREIRA	03	34.21	Beatriz Rocha, SANTOS	02	30.50
Ana Rita, ALMEIDA	05	37.59	Maria Teresa, AMARAL	06	33.57
8. Academica de Coimbra			Academica de Coimbra	2:18.86	449
Ana Filipa, SILVA	04	37.03	Beatriz Costa, TEJO	02	29.99
Matilde Neves, CRAVEIRO	06	42.60	Ines Mariana, PINHEIRO	03	29.24
9. Alcobaca			Alcobaca	2:22.77	413
Ana Francisca, SILVA	06	34.96	Ana Claudia, FERREIRA	90	32.07
Constanca Arinto, TRINDADE	06	44.89	Maria Ines, SILVA	04	30.85
10. Estarreja			Estarreja	2:23.50	406
Maria Joao, SILVA	00	37.13	Ines Silva, DIAS	05	34.26
Renata Bandeira, SIMAO	04	39.79	Carolina Martins, SILVA	07	32.32



XXXV Torneio de Nataçao de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 13, Femin., 4 x 50m Estilos, Inf/Juv/jun/Sen

Lugar	Classes	Cod Exc	Clube	Tempo final	FINA
11. Nautico Coimbra			Nautico Coimbra	2:27.82	372
Marta Domingues, GAMEIRO	04	38.80	Matilde Domingues, GAMEIRO	97	32.28
Beatriz Andre, GASPAR	06	45.58	Maria Vitoria, GRILO	06	31.16
12. O Crasto			O Crasto	2:30.93	349
Carolina Goncalves, RIBEIRO	04	35.92	Marta Monteiro, PEREIRA	04	36.33
Laura Almeida, PINA	07	43.78	Ana Margarida, MONTEIRO	96	34.90
13. Condeixa Clube			Condeixa Clube	2:30.99	349
Mariana Fonseca, SILVA	06	40.43	Ana Rita, QUEIROZ	02	32.66
Ines Dias, CRUZ	04	45.98	Beatriz Sa, GAMA	05	31.92
14. Alges e Agueda XXI			Alges e Agueda XXI	2:34.80	324
Daniela Fatima, SILVA	05	43.07	Susana Julia, FONTES	03	35.65
Margarida Rodrigues, SANTOS	03	42.48	Bianca Filipa, ALMEIDA	07	33.60
DNS Benfica			Benfica		

Prova 14 Masc., 4 x 50m Estilos Inf/Juv/jun/Sen
27/04/2019 Resultados

Rec Nacional Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20/07/2009
Rec Nacional Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20/07/2009
Rec Nacional Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10/04/2010
Rec Torneio	1:50.67	Clube Nautico Academico de CoimbPOR		Coimbra	16/04/2011

Pontos: FINA 2019

Lugar	Classes	Cod Exc	Clube	Tempo final	FINA
1. Sporting			Sporting	1:54.23	547
Francisco Rogerio, SANTOS	98	27.24	Bernardo Victorino, ALMEIDA	04	28.12
Diogo Leal, DANTAS	00	30.45	Miguel Correia, ANACLETO	05	28.42
2. Bairro dos Anjos			Bairro dos Anjos	1:54.54	542
Ricardo Morais, FARIA	04	30.23	Nuno Goncalo, SANTOS	96	26.79
Lucas Filipe, MOREIRA	05	34.19	Filipe Miguel, GOMES	97	23.33
3. Fundacao Beatriz Santos			Fundacao Beatriz Santos	2:00.33	468
Joao Pedro, DIAS	02	29.15	Dinis Miranda, DIOGO	04	27.23
Duarte Jose, FERNANDES	06	37.14	Gustavo Pires, MARQUES	04	26.81
4. Galitos/ Bresimar			Galitos/ Bresimar	2:00.64	464
Manuel Cruz, FARDILHA	03	31.63	Jose Pedro, PELAIO	01	26.21
Joao Carvalho, RODRIGUES	06	36.90	Duarte Miguel, JORGE	01	25.90
5. Campinho			Campinho	2:03.23	435
Guilherme Tomas, SILVA	03	32.73	Francisco, RODRIGUEZ AMARAL	02	27.33
Afonso Almeida, SOARES	01	32.48	Rodrigo Miguel, PEREIRA	05	30.69
6. Columbofila Cantanhedense			Columbofila Cantanhedens	2:04.85	419
Diogo Coelho, JOSE	01	29.32	Vitor Teixeira, OLIVEIRA	03	29.59
Tomas Varanda, OLIVEIRA	06	37.78	Guilherme Maia, CARDOSO	05	28.16
7. Natacao de Vagos			Natacao de Vagos	2:08.80	381
Micael Kovalchuk, SOLODYUK	03	33.51	Rafael Domingues, SÁ	03	30.26
Pedro Ribeiro, MOÇO	02	36.02	Diogo Alexandre, MENDES	05	29.01
8. Academica de Coimbra			Academica de Coimbra	2:09.25	377
Miguel Freitas, OVIEDO	02	32.72	Gabriel Jose, FIGUEIRA	01	29.38
Dinis Raimundo, SILVA	05	38.83	Bernardo Jorge, VENTURA	03	28.32
9. O Crasto			O Crasto	2:11.68	357
Gustavo Pinto, FIGUEIREDO	02	33.79	Tiago Alexandre, RELVA	96	30.47
Igor Branco, PEREIRA	03	37.33	Joao Pinto, FIGUEIREDO	06	30.09



XXXV Torneio de Nataç o de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 14, Masc., 4 x 50m Estilos, Inf/Juv/jun/Sen

Lugar	Classes	Cod Exc	Clube	Tempo final	FINA
10. Estarreja			Estarreja	2:12.31	352
Tiago Diniz, LIMA	04	36.47	Tomas Caineta, SILVA	05	30.64
Dinis Amorim, MOUTELA	05	38.40	Licinio Silva, TAVARES	01	26.80
11. Alcobaca			Alcobaca	2:13.09	345
Daniel, TSYKAL	04	33.66	Tomas Portugal, SILVEIRA	05	38.42
Vasco Peixoto, OLIVEIRA	04	34.74	Diogo Gomes, FONSECA	90	26.27
12. Nautico Coimbra			Nautico Coimbra	2:25.15	266
Tiago Moises, DINIS	98	30.72	Lucas Pereira, BASTOS	00	26.91
Francisco Vital, MARQUES	04	52.83	Henrique Tavares, DIAS	06	34.69
13. Alges e Agueda XXI			Alges e Agueda XXI	2:25.72	263
Diogo Fonseca, NEVES	06	46.57	Henrique Ferreira, MARTINS	06	35.43
Rodrigo Estima, RIBEIRO	03	35.98	Leandro Caleiro, MARTINS	02	27.74
DNS Benfica			Benfica		

Prova 15

Femin., 50m Costas

Absoluto

27/04/2019

Resultados

Rec Nacional Absoluto	29.02	Rafaela Gomes, AZEVEDO	SAD	Coimbra	04/04/2019
Rec Nacional Sen	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10/04/2010
Rec Nacional Sen	29.40	Ana Sofia, LEITE	POR	Malaga (ESP)	29/03/2015
Rec Nacional Jun17	29.02	Rafaela Gomes, AZEVEDO	SAD	Coimbra	04/04/2019
Rec Nacional Jun16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	26/07/2018

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
DSQ	Laura Isabel, RIBEIRO	09			CASPAE		
	<i>perdeu posiç�o costas durante o percurso</i>						
DNS	Maria Pedro, ASCENSO	04			Nautico Coimbra		
EXH	Maria Beatriz, JORGE	00			Nautico Coimbra	36.74	399
EXH	Sofia Tavares, JACINTO	03			Nautico Coimbra	38.35	351
EXH	Rita Lima, PIRES	05			Nautico Coimbra	39.15	330
EXH	Ines Barbosa, MOREIRA	92			Nautico Coimbra	39.80	314
EXH	Laura Torrao, CARVALHO	05			Nautico Coimbra	40.08	307
EXH	Joana Filipa, VARELA	06			Nautico Coimbra	40.47	298
EXH	Beatriz Andre, GASPAS	06			Nautico Coimbra	41.01	287
EXH	Filipa Damas, PINTO	77			Nautico Coimbra	41.47	277
EXH	Maria Vitoria, GRILO	06			Nautico Coimbra	41.76	272
EXH	Lara Carvalho, SANTOS	07			Nautico Coimbra	43.45	241
EXH	Maria Manuel, CORTESAO	08			Nautico Coimbra	44.17	229
EXH	Rita Baptista, MARQUES	03			Nautico Coimbra	44.95	218
EXH	Leonor Mourao, ANAHORY	06			Nautico Coimbra	48.26	176
EXH	Diana, VASILKOVA	08			Nautico Coimbra	49.20	166
EXH	Matilde Mourao, ANAHORY	06			Nautico Coimbra	49.27	165
EXH	Ana Laura, CARDOSO	09			Nautico Coimbra	51.48	145
EXH	Ana Margarida, CRUZ	09			Nautico Coimbra	52.00	140
EXH	Carolina Damas, PITA	11			Nautico Coimbra	52.65	135
EXH	Rita Isabel, NEVES	08			CASPAE	53.91	126
EXH	Constanca Maria, NEVES	11			Nautico Coimbra	55.76	114
EXH	Mafalda Mendes, CARVALHO	10			Nautico Coimbra	1:02.67	80
EXH	Constanca Libreiro, FERREIRA	10			Nautico Coimbra	1:03.43	77
EXH	Maria Leonor, TAVARES	10			Nautico Coimbra	1:05.05	71
EXH	Barbara Ines, GOMES	91	S21		APC Coimbra	1:08.35	62



XXXV Torneio de Nataç o de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 15, Femin., 50m Costas

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
EXH	Carolina Caetano, LOURENCO	94	S21		APC Coimbra	1:15.36	46

Prova 16
27/04/2019

Masc., 50m Costas

Absoluto
Resultados

Rec Nacional Absoluto	25.44	Alexis Manacas, SANTOS	SCP	Oeiras	14/04/2019
Rec Nacional Sen	25.44	Alexis Manacas, SANTOS	SCP	Oeiras	14/04/2019
Rec Nacional Jun18	26.49	Miguel Duarte, NASCIMENTO	POR	Kiev (UKR)	07/04/2013
Rec Nacional Jun17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	14/04/2019

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
DSQ	Ruben Jose, SANTOS <i>Falsa partida</i>	80	S21		APC Coimbra		
DNS	Tomas Oliveira, BASTIAO	05			Nautico Coimbra		
DNS	Joao Madeira, SOUSA	84			Nautico Coimbra		
EXH	Mario Alexandre, PEREIRA	92			Nautico Coimbra	28.86	575
EXH	Francisco Xavier, GONCALVES	97			Nautico Coimbra	29.85	519
EXH	Tiago Moises, DINIS	98			Nautico Coimbra	32.50	402
EXH	Francisco Miguel, MENDES	01			Nautico Coimbra	34.03	350
EXH	Rui Joao, MARQUES	02			Nautico Coimbra	34.51	336
EXH	Marcelo Silva, CLEMENTE	00			Nautico Coimbra	34.97	323
EXH	Vasco Pereira, BASTOS	02			Nautico Coimbra	36.05	295
EXH	Miguel Alberto, FARIA	74			Nautico Coimbra	37.07	271
EXH	Ricardo Nuno, SEREM	93			Nautico Coimbra	37.46	262
EXH	Bruno Miguel, NUNES	99			Nautico Coimbra	37.59	260
EXH	Jose Miguel, SILVA	02			Nautico Coimbra	38.10	249
EXH	Henrique Tavares, DIAS	06			Nautico Coimbra	40.29	211
EXH	Goncalo Dinis, NEVES	07			Nautico Coimbra	41.17	198
EXH	Duarte Miguel, BENTO	05			Nautico Coimbra	44.37	158
EXH	Vicente Piacentini, CALDEIRA	08			Nautico Coimbra	45.03	151
EXH	Bernardo Damas, PITA	09			Nautico Coimbra	45.12	150
EXH	Joaquim Antonio, CUNHA	08			Nautico Coimbra	45.71	144
EXH	Miguel Tomas, CONCEICAO	08			Nautico Coimbra	45.83	143
EXH	Manuel Meneses, GONCALVES	08			Nautico Coimbra	48.25	123
EXH	Guilherme Andre, GASPAS	09			Nautico Coimbra	48.65	120
EXH	Francisco Vital, MARQUES	04			Nautico Coimbra	49.04	117
EXH	Francisco Franco, GASPAS	08			Nautico Coimbra	50.88	104
EXH	Francisco Miguel, BRANDAO	04			Nautico Coimbra	53.35	91
EXH	Joao Ribeiro, TOMAS	09			CASPAS	54.73	84
EXH	Joel Alexandre, PEREIRA	92	S21		APC Coimbra	54.84	83
EXH	Tiago Batista, BOAVIDA	08			CASPAS	55.13	82
EXH	Diogo Garcia, FARIA	08			Nautico Coimbra	58.04	70
EXH	Manuel Albuquerque, FURTADO	09			Nautico Coimbra	58.35	69
EXH	Jose Antonio, COSTA	85	S5	A E Y 12+	APC Coimbra	1:08.70	42



XXXV Torneio de Natação de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 17 27/04/2019	Femin., 50m Livres				Absoluto Resultados
Rec Nacional Absoluto	25.66	Ana Pinho, RODRIGUES	ADS	Oeiras	28/07/2018
Rec Nacional Sen	25.66	Ana Pinho, RODRIGUES	ADS	Oeiras	28/07/2018
Rec Nacional Jun17	26.25	Beatriz Mendes, VIEGAS	POR	Uster (SUI)	05/02/2017
Rec Nacional Jun16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10/04/2010
Rec Nacional Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	05/04/2019
Rec Nacional Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31/05/2015
Rec Nacional Inf A	27.86	Carolina Miranda, FERNANDES	CGA	Lisboa	10/02/2018
Rec Nacional Inf B	29.30	Isabel Pinto, ABREU	CFB	Restelo	31/05/2008

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
DNS	Maria Pedro, ASCENSO	04			Nautico Coimbra		
EXH	Rita Verissimo, DAMASCENO	98			Nautico Coimbra	30.68	459
EXH	Maria Beatriz, JORGE	00			Nautico Coimbra	31.51	423
EXH	Maria Miguel, GAMEIRO	03			Nautico Coimbra	31.90	408
EXH	Filipa Damas, PINTO	77			Nautico Coimbra	32.17	398
EXH	Maria Vitoria, GRILO	06			Nautico Coimbra	32.33	392
EXH	Maria Fernandes, LOBO	05			Nautico Coimbra	32.94	371
EXH	Carolina Figueiredo, BRINCA	81			Nautico Coimbra	33.10	365
EXH	Tatiana Cruz, COSTA	94			Nautico Coimbra	33.10	365
EXH	Rita Baptista, MARQUES	03			Nautico Coimbra	33.31	358
EXH	Ines Barbosa, MOREIRA	92			Nautico Coimbra	34.18	332
EXH	Sofia Tavares, JACINTO	03			Nautico Coimbra	34.54	321
EXH	Beatriz Andre, GASPAS	06			Nautico Coimbra	34.70	317
EXH	Joana Filipa, VARELA	06			Nautico Coimbra	35.25	302
EXH	Ana Teresa, NUNES	88			Nautico Coimbra	36.52	272
EXH	Maria Manuel, CORTESAO	08			Nautico Coimbra	37.40	253
EXH	Lara Carvalho, SANTOS	07			Nautico Coimbra	38.34	235
EXH	Ana Margarida, CRUZ	09			Nautico Coimbra	40.73	196
EXH	Matilde Mourao, ANAHORY	06			Nautico Coimbra	41.15	190
EXH	Leonor Mourao, ANAHORY	06			Nautico Coimbra	42.47	173
EXH	Diana, VASILKOVA	08			Nautico Coimbra	45.55	140
EXH	Carolina Damas, PITA	11			Nautico Coimbra	46.62	130
EXH	Rita Isabel, NEVES	08			CASPAE	46.68	130
EXH	Constanca Maria, NEVES	11			Nautico Coimbra	52.07	93
EXH	Constanca Libreiro, FERREIRA	10			Nautico Coimbra	54.52	81
EXH	Mafalda Mendes, CARVALHO	10			Nautico Coimbra	55.93	75
EXH	Ana Laura, CARDOSO	09			Nautico Coimbra	56.29	74
EXH	Barbara Ines, GOMES	91	S21		APC Coimbra	59.42	63
EXH	Maria Leonor, TAVARES	10			Nautico Coimbra	59.74	62
EXH	Carolina Caetano, LOURENCO	94	S21		APC Coimbra	1:01.65	56
EXH	Laura Isabel, RIBEIRO	09			CASPAE	1:03.39	52



XXXV Torneio de Nataç o de CNAC - Shigeo Tsukagoshi
Coimbra, 27/4/2019

Prova 18 27/04/2019	Masc., 50m Livres				Absoluto Resultados
Rec Nacional Absoluto	22.17	Miguel Duarte, NASCIMENTO	SLB	Coimbra	05/04/2019
Rec Nacional Sen	22.17	Miguel Duarte, NASCIMENTO	SLB	Coimbra	05/04/2019
Rec Nacional Jun18	22.98	Paulo Jorge, SANTOS	POR	Antuerpia (BEL)	22/07/2007
Rec Nacional Jun17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16/07/2004
Rec Nacional Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31/07/2003
Rec Nacional Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	20/07/2017
Rec Nacional Inf A	26.00	Diogo Matos, RIBEIRO	CUC	Coimbra	19/05/2018
Rec Nacional Inf B	27.00	Jose Miguel, MIRANDA	CFP	Coimbra	11/08/1986

Pontos: FINA 2019

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA
DSQ	Francisco Miguel, BRANDAO <i>Falsa partida</i>	04			Nautico Coimbra		
DNS	Tomas Oliveira, BASTIAO	05			Nautico Coimbra		
EXH	Mario Alexandre, PEREIRA	92			Nautico Coimbra	24.68	608
EXH	Francisco Xavier, GONCALVES	97			Nautico Coimbra	24.76	602
EXH	Tiago Moises, DINIS	98			Nautico Coimbra	26.74	478
EXH	Francisco Miguel, MENDES	01			Nautico Coimbra	26.77	476
EXH	Vasco Pereira, BASTOS	02			Nautico Coimbra	27.06	461
EXH	Miguel Esteves, FERRO	84			Nautico Coimbra	27.40	444
EXH	Rui Joao, MARQUES	02			Nautico Coimbra	28.12	411
EXH	Carlos Filipe, MELO	75			Nautico Coimbra	28.21	407
EXH	Joao Madeira, SOUSA	84			Nautico Coimbra	28.82	381
EXH	Marcelo Silva, CLEMENTE	00			Nautico Coimbra	28.83	381
EXH	Miguel Alberto, FARIA	74			Nautico Coimbra	30.36	326
EXH	Jose Miguel, SILVA	02			Nautico Coimbra	30.40	325
EXH	Ricardo Nuno, SEREM	93			Nautico Coimbra	30.53	321
EXH	Bruno Miguel, NUNES	99			Nautico Coimbra	30.77	313
EXH	Goncalo Dinis, NEVES	07			Nautico Coimbra	33.38	245
EXH	Henrique Tavares, DIAS	06			Nautico Coimbra	34.19	228
EXH	Duarte Miguel, BENTO	05			Nautico Coimbra	34.39	224
EXH	Miguel Tomas, CONCEICAO	08			Nautico Coimbra	37.66	171
EXH	Bernardo Damas, PITA	09			Nautico Coimbra	38.22	163
EXH	Vicente Piacentini, CALDEIRA	08			Nautico Coimbra	38.55	159
EXH	Joaquim Antonio, CUNHA	08			Nautico Coimbra	38.77	156
EXH	Francisco Vital, MARQUES	04			Nautico Coimbra	41.07	131
EXH	Francisco Franco, GASPAS	08			Nautico Coimbra	42.91	115
EXH	Guilherme Andre, GASPAS	09			Nautico Coimbra	43.89	108
EXH	Joao Ribeiro, TOMAS	09			CASPAS	46.56	90
EXH	Ruben Jose, SANTOS	80	S21		APC Coimbra	47.67	84
EXH	Joel Alexandre, PEREIRA	92	S21		APC Coimbra	47.93	83
EXH	Tiago Batista, BOAVIDA	08			CASPAS	49.07	77
EXH	Manuel Meneses, GONCALVES	08			Nautico Coimbra	49.45	75
EXH	Manuel Albuquerque, FURTADO	09			Nautico Coimbra	50.31	71
EXH	Diogo Garcia, FARIA	08			Nautico Coimbra	51.86	65
EXH	Jose Antonio, COSTA	85	S5	A E Y 12+	APC Coimbra	1:10.79	25