

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

1 - Jornada Única

11-01-2020 - 15:30

Prova 1 Misto, 4 x 50m Estilos Absoluto  
11-01-2020 Resultados

Pontos: FINA 2019

Lugar				Tempo final	Pts
1.	Academica de Coimbra Sen <i>Rec Reg</i>	Academica de Coimbra		<b>1:59.95</b>	562
	Ana Carolina, NEVES 00	32.44	Beatriz Costa, TEJO 02		29.15
	Miguel Caridade, GASPAS 99	32.42	Gabriel Jose, JULIO 01		25.94
2.	Louzan Natacao Abs	Louzan Natacao		<b>2:01.52</b>	540
	Tomas Carvalho, SANTOS 05	31.93	Gabriel Jose, LOPES 97		24.60
	Maria Carlota, REBELO 03	36.08	Mariana Carmo, ROSA 05		28.91
3.	Fundacao Beatriz Santos Jun	Fundacao Beatriz Santos		<b>2:02.15</b>	532
	Joao Pedro, DIAS 02	29.34	Ricardo Jorge, DOMINGUES 02		26.29
	Beatriz Monteiro, TOMAS 03	36.36	Ana Catarina, SILVA 04		30.16
4.	Academica de Coimbra Sen	Academica de Coimbra		<b>2:05.49</b>	490
	Barbara Azambujo, MELO 02	33.21	Francisco Alberto, LUCAS 00		27.74
	Matilde Freitas, MOREIRA 01	38.33	Maxim, KULIK 99		26.21
5.	Fundacao Beatriz Santos Juv	Fundacao Beatriz Santos		<b>2:06.23</b>	482
	Maria Neto, FERREIRA 06	34.67	Dinis Miranda, DIOGO 04		26.85
	Matilde Batista, FERREIRA 06	38.60	Gustavo Pires, MARQUES 04		26.11
6.	Fundacao Beatriz Santos Juv	Fundacao Beatriz Santos		<b>2:11.25</b>	429
	Jose Diogo, DIAS 04	30.86	Beatriz Silva, NEVES 06		33.39
	Joana Ventura, PAIS 06	39.75	Goncalo Daniel, OLIVEIRA 04		27.25
7.	Academica de Coimbra Jun	Academica de Coimbra		<b>2:15.26</b>	392
	Ana Filipa, SILVA 04	36.70	Miguel Freitas, OVIEDO 02		28.43
	Bernardo Jorge, VENTURA 03	41.73	Ines Mariana, PINHEIRO 03		28.40
8.	O Crasto Abs	O Crasto		<b>2:16.69</b>	379
	Carolina Goncalves, RIBEIRO 04	36.20	Igor Branco, PEREIRA 03		31.15
	Gustavo Pinto, FIGUEIREDO 02	36.14	Nancy Almeida, RODRIGUES 07		33.20
9.	Louzan Natacao Inf <i>Rec Reg</i>	Louzan Natacao		<b>2:19.31</b>	358
	Afonso Vidal, TOMAS 06	34.45	Gustavo Silva, RODRIGUES 06		34.12
	Angela Rodrigues, REBELO 07	39.15	Dania Rodrigues, SIMOES 07		31.59
10.	Academica de Coimbra Abs	Academica de Coimbra		<b>2:19.85</b>	354
	Fabio Mondego, CENTEIO 94		Joana Beatriz, RODRIGUES 04		
	Laura Rodrigues, MARGATO 04		Francisco Miguel, CARVALHO 00		
11.	Academica de Coimbra Abs	Academica de Coimbra		<b>2:21.35</b>	343
	Jose Pedro, ANTUNES 00	31.97	Filipa Victor, VIEIRA 04		36.54
	Beatriz Beja, AFONSO 04	44.52	Carlos Manuel, MARQUES 00		28.32
12.	O Crasto Inf	O Crasto		<b>2:28.34</b>	297
	Leonor Garcia, FERNANDES 07	39.74	Joao Pinto, FIGUEIREDO 06		35.08
	Laura Almeida, PINA 07	40.34	Martim Ribeiro, MENESES 06		33.18

Torneio de Preparação ANC - Piscina Longa I  
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Prova 2 Masc., 50m Mariposa Absoluto  
11-01-2020 Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1.	92	Nautico Coimbra	<b>26.12</b>	619
2.	96	Nautico Coimbra	<b>26.93</b>	565
3.	04	Fundacao Beatriz Santos	<b>27.70</b>	519
4.	00	Academica de Coimbra	<b>27.91</b>	508
5.	02	Academica de Coimbra	<b>28.08</b>	498
6.	97	Fundacao Beatriz Santos	<b>28.10</b>	497
7.	01	S. Pedro Alva	<b>28.19</b>	493
8.	02	Fundacao Beatriz Santos	<b>28.46</b>	479
9.	04	Fundacao Beatriz Santos	<b>28.71</b>	466
10.	02	Fundacao Beatriz Santos	<b>28.87</b>	459
11.	99	Fundacao Beatriz Santos	<b>28.90</b>	457
12.	02	Fundacao Beatriz Santos	<b>29.16</b>	445
13.	00	Academica de Coimbra	<b>29.31</b>	438
14.	97	Fundacao Beatriz Santos	<b>29.48</b>	431
15.	06	Columbofila Cantanhedense	<b>29.63</b>	424
16.	01	Academica de Coimbra	<b>29.75</b>	419
17.	99	Academica de Coimbra	<b>29.79</b>	417
18.	04	Fundacao Beatriz Santos	<b>29.84</b>	415
19.	00	Academica de Coimbra	<b>30.53</b>	388
20.	05	Columbofila Cantanhedense	<b>30.71</b>	381
	99	Academica de Coimbra	<b>30.71</b>	381
22.	94	Academica de Coimbra	<b>30.75</b>	379
23.	05	Louzan Natacao	<b>30.90</b>	374
24.	03	Fundacao Beatriz Santos	<b>31.26</b>	361
25.	05	Louzan Natacao	<b>31.31</b>	359
26.	03	Academica de Coimbra	<b>31.34</b>	358
27.	96	Fundacao Beatriz Santos	<b>31.69</b>	347
28.	03	Freguesia de Paiao	<b>32.28</b>	328
29.	05	Columbofila Cantanhedense	<b>32.31</b>	327
30.	01	O Crasto	<b>32.46</b>	322
31.	04	Fundacao Beatriz Santos	<b>32.52</b>	321
32.	06	Louzan Natacao	<b>32.60</b>	318
33.	03	Fundacao Beatriz Santos	<b>33.37</b>	297
34.	05	Alges e Agueda XXI	<b>33.48</b>	294
35.	05	Vigor da Mocidade	<b>33.60</b>	291
36.	06	Academica de Coimbra	<b>34.12</b>	278
37.	06	Academica de Coimbra	<b>34.15</b>	277
38.	06	Louzan Natacao	<b>34.50</b>	268
39.	05	Louzan Natacao	<b>35.48</b>	247
40.	06	Academica de Coimbra	<b>36.15</b>	233
41.	06	Vigor da Mocidade	<b>36.60</b>	225
42.	07	Alges e Agueda XXI	<b>43.13</b>	137
DSQ	06	Alges e Agueda XXI		
		<i>Falsa partida</i>		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 3  
11-01-2020

Femin., 50m Mariposa

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1. Beatriz Costa, TEJO	02	Academica de Coimbra	<b>29.98</b>	541
2. Mariana Jacinto, SANTOS	03	Freguesia de Paiao	<b>30.90</b>	494
3. Helena Nunes, RODRIGUES	03	Alges e Agueda XXI	<b>31.23</b>	478
4. Daniela Portela, MENDES	04	Fundacao Beatriz Santos	<b>31.35</b>	473
5. Beatriz Monteiro, TOMAS	03	Fundacao Beatriz Santos	<b>31.41</b>	470
6. Diana Silva, TINOCO	06	Columbofila Cantanhedense	<b>31.74</b>	455
7. Camila Alexandra, SILVA	03	Columbofila Cantanhedense	<b>31.81</b>	452
8. Ana Filipa, SILVA	04	Academica de Coimbra	<b>33.14</b>	400
9. Catarina Cunha, BELO	06	Fundacao Beatriz Santos	<b>33.92</b>	373
10. Maria Miguel, GAMEIRO	03	Nautico Coimbra	<b>33.94</b>	372
11. Leonor Correia, PAIVA	04	Louzan Natacao	<b>34.01</b>	370
12. Mariana Carmo, ROSA	05	Louzan Natacao	<b>34.28</b>	361
13. Joana Ventura, PAIS	06	Fundacao Beatriz Santos	<b>34.56</b>	353
14. Beatriz Andre, GASPAR	06	Nautico Coimbra	<b>34.62</b>	351
15. Marta Domingues, GAMEIRO	04	Nautico Coimbra	<b>35.55</b>	324
16. Ana Luisa, RODRIGUES	03	Louzan Natacao	<b>36.18</b>	307
17. Bianca Filipa, ALMEIDA	07	Alges e Agueda XXI	<b>36.26</b>	305
18. Beatriz Pereira, MARQUES	05	Columbofila Cantanhedense	<b>36.36</b>	303
19. Filipa Victor, VIEIRA	04	Academica de Coimbra	<b>37.51</b>	276
20. Beatriz Carvalho, MARQUES	02	Academica de Coimbra	<b>37.62</b>	273
21. Rita Lima, PIRES	05	Nautico Coimbra	<b>38.46</b>	256
22. Helena Carolina, DINIS	05	Academica de Coimbra	<b>38.67</b>	252
23. Laura Rodrigues, MARGATO	04	Academica de Coimbra	<b>38.83</b>	249
24. Carolina, CHUVA MARQUES	03	Freguesia de Paiao	<b>39.64</b>	234
25. Maria, COSTEIRA RASCAO	07	Freguesia de Paiao	<b>41.54</b>	203
26. Maria Saraiva, SILVA	04	Alges e Agueda XXI	<b>42.97</b>	183
27. Ines Henriques, SOUSA	04	S. Pedro Alva	<b>46.09</b>	148
28. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	<b>46.90</b>	141
29. Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense	<b>48.41</b>	128
30. Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense	<b>50.39</b>	113
DNS Camila Rodrigues, REBELO	03	Louzan Natacao		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 4  
11-01-2020

Masc., 50m Bruços

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao	<b>30.71</b>	603
2. Alexandre Miguel, BRAS	03	S. Pedro Alva	<b>32.23</b>	521
3. Rafael Alves, CAMPOS	04	S. Pedro Alva	<b>32.60</b>	504
4. Vasco Pereira, BASTOS	02	Nautico Coimbra	<b>34.48</b>	426
5. Ricardo Jorge, DOMINGUES	02	Fundacao Beatriz Santos	<b>34.74</b>	416
6. Gustavo Pinto, FIGUEIREDO	02	O Crasto	<b>35.94</b>	376
7. Igor Branco, PEREIRA	03	O Crasto	<b>36.95</b>	346
8. Nuno Henrique, VIEIRA	01	Nautico Coimbra	<b>38.07</b>	316
9. Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos	<b>39.10</b>	292
10. Tomas Alexandre, LARANJEIRA	03	S. Pedro Alva	<b>41.20</b>	249
11. Afonso Bicas, LIBERAL	05	Alges e Agueda XXI	<b>42.74</b>	223
12. Tome Santiago, MENDES	05	Vigor da Mocidade	<b>44.01</b>	205
13. Rodrigo Neves, DUARTE	06	Louzan Natacao	<b>44.53</b>	197
14. David Costa, FIGUEIRA	07	Nautico Coimbra	<b>46.83</b>	170
15. Diogo, MATIAS BANDARRA	07	Freguesia de Paiao	<b>46.94</b>	168
16. Francisco Jose, SIMOES	07	Vigor da Mocidade	<b>50.89</b>	132
DNS Rodrigo Estima, RIBEIRO	03	Alges e Agueda XXI		

Torneio de Preparação ANC - Piscina Longa I  
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Prova 5  
11-01-2020

Femin., 50m Bruços

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1.	03	Bruna Cruz, CARVALHO S. Pedro Alva	<b>36.61</b>	517
2.	03	Maria Carlota, REBELO Louzan Natacao	<b>36.80</b>	509
3.	00	Ana Carolina, NEVES Academica de Coimbra	<b>38.39</b>	449
4.	04	Leonor Correia, CUNHA Fundacao Beatriz Santos	<b>38.79</b>	435
5.	07	Angela Rodrigues, REBELO Louzan Natacao	<b>39.39</b>	415
6.	04	Carolina Goncalves, RIBEIRO O Crasto	<b>39.76</b>	404
7.	07	Laura Almeida, PINA O Crasto	<b>40.48</b>	383
8.	07	Cristiana Sofia, ESCADA Academica de Coimbra	<b>43.74</b>	303
9.	04	Beatriz Beja, AFONSO Academica de Coimbra	<b>44.74</b>	283
10.	02	Barbara Azambujo, MELO Academica de Coimbra	<b>45.18</b>	275
11.	06	Joana Filipa, VARELA Nautico Coimbra	<b>46.19</b>	257
12.	07	Leonor Duarte, VEIGA Vigor da Mocidade	<b>46.41</b>	254
13.	04	Filipa Pereira, SILVA S. Pedro Alva	<b>47.01</b>	244
14.	06	Madalena Gameiro, GONÇALVES Alges e Agueda XXI	<b>47.36</b>	239
15.	06	Rafaela Ferreira, MIGUEL S. Pedro Alva	<b>50.42</b>	198
16.	06	Rita Mendes, SANTOS Vigor da Mocidade	<b>52.18</b>	178
17.	06	Lara Sofia, SANTOS Vigor da Mocidade	<b>54.24</b>	159
18.	94	Carolina Caetano, LOURENCO APC Coimbra	<b>1:05.77</b>	89
19.	08	Francisca Dias, AGANTE Vigor da Mocidade	<b>1:06.23</b>	87
20.	91	Barbara Ines, GOMES APC Coimbra	<b>1:07.63</b>	82
21.	06	Matilde Lucia, GASPAR APC Coimbra	<b>1:08.90</b>	77
DSQ	05	Barbara, FERNANDA MENDES CASPAE <i>o atleta não tinha pelo menos um pé na frente do bloco</i>		
DSQ	07	Joana Gomes, OLIVEIRA Ginasio Figueirense <i>a atleta fez várias pernadas de bruços, durante o percurso subaquatico após a partida</i>		
DNS	08	Matilde Estima, RIBEIRO Alges e Agueda XXI		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 6 11-01-2020		Masc., 200m Estilos						Absoluto Resultados	
Pontos: FINA 2019									
Lugar				Ano				Tempo final	Pts
1.	Francisco Xavier, GONCALVES	97	Nautico Coimbra				<b>2:20.23</b>	537	
	50m: 29.27 29.27	100m: 1:06.89	37.62	150m: 1:49.31	42.42	200m: 2:20.23	30.92		
2.	Miguel Caridade, GASPAS	99	Academica de Coimbra				<b>2:20.65</b>	532	
	50m: 31.04 31.04	100m: 1:09.41	38.37	150m: 1:47.11	37.70	200m: 2:20.65	33.54		
3.	Goncalo Daniel, OLIVEIRA	04	Fundacao Beatriz Santos				<b>2:28.71</b>	450	
	50m: 31.82 31.82	100m: 1:12.71	40.89	150m: 1:55.66	42.95	200m: 2:28.71	33.05		
4.	Miguel Freitas, OVIEDO	02	Academica de Coimbra				<b>2:30.78</b>	432	
	50m: 30.06 30.06	100m: 1:09.31	39.25	150m: 1:56.32	47.01	200m: 2:30.78	34.46		
5.	Rui Joao, MARQUES	02	Nautico Coimbra				<b>2:33.13</b>	412	
	50m: 31.64 31.64	100m: 1:12.59	40.95	150m: 1:59.00	46.41	200m: 2:33.13	34.13		
6.	Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos				<b>2:33.39</b>	410	
	50m: 33.39 33.39	100m: 1:14.95	41.56	150m: 1:59.14	44.19	200m: 2:33.39	34.25		
7.	Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos				<b>2:38.05</b>	375	
	50m: 33.39 33.39	100m: 1:13.43	40.04	150m: 2:01.54	48.11	200m: 2:38.05	36.51		
8.	Antonio, GLAVATSKY	05	Academica de Coimbra				<b>2:39.03</b>	368	
	50m: 34.51 34.51	100m: 1:15.60	41.09	150m: 2:03.09	47.49	200m: 2:39.03	35.94		
9.	Renato Maria, FERREIRA	04	Vigor da Mocidade				<b>2:40.62</b>	357	
	50m: 35.12 35.12	100m: 1:14.52	39.40	150m: 2:02.45	47.93	200m: 2:40.62	38.17		
10.	Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos				<b>2:43.92</b>	336	
	50m: 35.23 35.23	100m: 1:16.10	40.87	150m: 2:07.33	51.23	200m: 2:43.92	36.59		
11.	Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos				<b>2:44.97</b>	329	
	50m: 33.12 33.12	100m: 1:16.23	43.11	150m: 2:05.70	49.47	200m: 2:44.97	39.27		
12.	Miguel Bernardo, ARAUJO	06	Condeixa Clube				<b>2:47.51</b>	315	
	50m: 37.23 37.23	100m: 1:21.76	44.53	150m: 2:11.76	50.00	200m: 2:47.51	35.75		
13.	Francisco Cruz, CARVALHO	06	S. Pedro Alva				<b>2:47.52</b>	315	
	50m: 38.20 38.20	100m: 1:22.53	44.33	150m: 2:12.56	50.03	200m: 2:47.52	34.96		
14.	Gustavo Teixeira, PIRES	06	Columbifila Cantanhedense				<b>2:48.15</b>	311	
	50m: 36.28 36.28	100m: 1:20.24	43.96	150m: 2:10.14	49.90	200m: 2:48.15	38.01		
15.	Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos				<b>2:49.60</b>	303	
	50m: 36.31 36.31	100m: 1:20.27	43.96	150m: 2:12.34	52.07	200m: 2:49.60	37.26		
16.	Miguel Cunha, GASPAS	06	Columbifila Cantanhedense				<b>2:52.35</b>	289	
	50m: 38.96 38.96	100m: 1:23.64	44.68	150m: 2:14.62	50.98	200m: 2:52.35	37.73		
17.	David Duarte, JESUS	07	Fundacao Beatriz Santos				<b>2:53.07</b>	285	
	50m: 37.78 37.78	100m: 1:24.28	46.50	150m: 2:14.88	50.60	200m: 2:53.07	38.19		
18.	Bruno Costa, RODRIGUES	06	Columbifila Cantanhedense				<b>2:53.76</b>	282	
	50m: 35.92 35.92	100m: 1:23.27	47.35	150m: 2:14.89	51.62	200m: 2:53.76	38.87		
19.	Martim Ribeiro, MENESES	06	O Crasto				<b>2:59.22</b>	257	
	50m: 42.05 42.05	100m: 1:26.23	44.18	150m: 2:19.97	53.74	200m: 2:59.22	39.25		
20.	David Ferreira, SILVA	07	Academica de Coimbra				<b>3:02.33</b>	244	
	50m: 43.41 43.41	100m: 1:29.98	46.57	150m: 2:21.00	51.02	200m: 3:02.33	41.33		
21.	Duarte Cachulo, MARQUES	07	Condeixa Clube				<b>3:03.98</b>	237	
	50m: 38.67 38.67	100m: 1:28.30	49.63	150m: 2:22.71	54.41	200m: 3:03.98	41.27		
22.	Daniel, KAMOLOV	07	Alges e Agueda XXI				<b>3:07.07</b>	226	
	50m: 45.31 45.31	100m: 1:32.96	47.65	150m: 2:28.92	55.96	200m: 3:07.07	38.15		
23.	Henrique Tavares, DIAS	06	Nautico Coimbra				<b>3:07.68</b>	224	
	50m: 47.67 47.67	100m: 1:32.11	44.44	150m: 2:29.14	57.03	200m: 3:07.68	38.54		

Torneio de Preparação ANC - Piscina Longa I  
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Prova 6, Masc., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
24. Joao Miguel, MARTINS 50m: 43.82 43.82 100m: 1:32.65 48.83 150m: 2:27.39 54.74 200m: 3:08.52 41.13	07 S. Pedro Alva	<b>3:08.52</b>	221
25. Afonso Simoes, FERREIRA 50m: 50.06 50.06 100m: 1:41.15 51.09 150m: 2:48.04 1:06.89 200m: 3:33.67 45.63	07 Vigor da Mocidade	<b>3:33.67</b>	151
26. Simao Pimenta, CATARINO 50m: 52.14 52.14 100m: 1:51.00 58.86 150m: 2:52.52 1:01.52 200m: 3:39.26 46.74	06 Fundacao Beatriz Santos	<b>3:39.26</b>	140
27. Marco Dimitar, OLIVEIRA 50m: 53.49 53.49 100m: 1:49.19 55.70 150m: 2:56.81 1:07.62 200m: 3:42.52 45.71	07 Fundacao Beatriz Santos	<b>3:42.52</b>	134
28. Bernardo Almas, MALHAO 50m: 51.97 51.97 100m: 1:43.85 51.88 150m: 2:55.86 1:12.01 200m: 3:43.69 47.83	07 Vigor da Mocidade	<b>3:43.69</b>	132
DSQ Carlos Miguel, OLIVEIRA <i>toque alternado de maos na viragem aos 150 m</i>	06 Fundacao Beatriz Santos		
DSQ Guilherme Marques, PEREIRA <i>toque alternado de mãos na parede na viragem aos 150 m</i>	06 Condeixa Clube		

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Prova 7  
11-01-2020

Femin., 200m Estilos

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Ines Mariana, PINHEIRO 50m: 33.07 33.07	03 Academica de Coimbra 100m: 1:15.11 42.04 150m: 2:01.84 46.73	<b>2:35.07</b> 200m: 2:35.07	537 33.23
2. Ana Catarina, SILVA 50m: 34.18 34.18	04 Fundacao Beatriz Santos 100m: 1:17.50 43.32 150m: 2:02.53 45.03	<b>2:37.34</b> 200m: 2:37.34	515 34.81
3. Joana Ventura, PAIS 50m: 35.23 35.23	06 Fundacao Beatriz Santos 100m: 1:15.67 40.44 150m: 2:02.79 47.12	<b>2:38.78</b> 200m: 2:38.78	501 35.99
4. Maria Neto, FERREIRA 50m: 34.19 34.19	06 Fundacao Beatriz Santos 100m: 1:14.77 40.58 150m: 2:05.48 50.71	<b>2:38.93</b> 200m: 2:38.93	499 33.45
5. Ana Pereira, SOUSA 50m: 34.12 34.12	03 Ginasio Figueirense 100m: 1:17.03 42.91 150m: 2:01.36 44.33	<b>2:40.53</b> 200m: 2:40.53	484 39.17
6. Dania Rodrigues, SIMOES 50m: 36.54 36.54	07 Louzan Natacao 100m: 1:18.21 41.67 150m: 2:06.92 48.71	<b>2:44.45</b> 200m: 2:44.45	451 37.53
7. Catarina Cunha, BELO 50m: 34.56 34.56	06 Fundacao Beatriz Santos 100m: 1:17.25 42.69 150m: 2:06.08 48.83	<b>2:44.52</b> 200m: 2:44.52	450 38.44
8. Marta Andre, AGUILAR 50m: 36.23 36.23	07 Fundacao Beatriz Santos 100m: 1:19.50 43.27 150m: 2:09.10 49.60	<b>2:44.77</b> 200m: 2:44.77	448 35.67
9. Beatriz Silva, NEVES 50m: 35.29 35.29	06 Fundacao Beatriz Santos 100m: 1:19.49 44.20 150m: 2:08.95 49.46	<b>2:46.01</b> 200m: 2:46.01	438 37.06
10. Matilde Batista, FERREIRA 50m: 33.78 33.78	06 Fundacao Beatriz Santos 100m: 1:18.45 44.67 150m: 2:08.17 49.72	<b>2:46.68</b> 200m: 2:46.68	433 38.51
11. Leonor Mil, MANO 50m: 34.00 34.00	07 Fundacao Beatriz Santos 100m: 1:18.41 44.41 150m: 2:08.51 50.10	<b>2:46.82</b> 200m: 2:46.82	432 38.31
12. Maria Lucas, SANTOS 50m: 34.37 34.37	05 Condeixa Clube 100m: 1:20.23 45.86 150m: 2:08.23 48.00	<b>2:49.78</b> 200m: 2:49.78	409 41.55
13. Nancy Almeida, RODRIGUES 50m: 37.87 37.87	07 O Crasto 100m: 1:21.97 44.10 150m: 2:13.59 51.62	<b>2:53.17</b> 200m: 2:53.17	386 39.58
14. Maria Vitoria, GRILO 50m: 34.88 34.88	06 Nautico Coimbra 100m: 1:21.44 46.56 150m: 2:15.81 54.37	<b>2:53.52</b> 200m: 2:53.52	383 37.71
15. Laura Rodrigues, MARGATO 50m: 40.51 40.51	04 Academica de Coimbra 100m: 1:24.12 43.61 150m: 2:15.33 51.21	<b>2:54.11</b> 200m: 2:54.11	380 38.78
16. Ines Miranda, DIOGO 50m: 35.62 35.62	07 Fundacao Beatriz Santos 100m: 1:20.93 45.31 150m: 2:13.74 52.81	<b>2:54.86</b> 200m: 2:54.86	375 41.12
17. Ana Luisa, RODRIGUES 50m: 36.97 36.97	03 Louzan Natacao 100m: 1:20.64 43.67 150m: 2:14.87 54.23	<b>2:55.27</b> 200m: 2:55.27	372 40.40
18. Maria Ines, ALVES 50m: 38.58 38.58	05 Academica de Coimbra 100m: 1:25.09 46.51 150m: 2:14.43 49.34	<b>2:55.39</b> 200m: 2:55.39	371 40.96
19. Joana Calado, CRUZ 50m: 37.24 37.24	07 Fundacao Beatriz Santos 100m: 1:23.05 45.81 150m: 2:16.21 53.16	<b>2:56.49</b> 200m: 2:56.49	364 40.28
20. Leonor Garcia, FERNANDES 50m: 39.82 39.82	07 O Crasto 100m: 1:24.79 44.97 150m: 2:15.98 51.19	<b>2:56.55</b> 200m: 2:56.55	364 40.57
21. Rita Lima, PIRES 50m: 40.84 40.84	05 Nautico Coimbra 100m: 1:26.52 45.68 150m: 2:17.15 50.63	<b>2:57.05</b> 200m: 2:57.05	361 39.90
22. Lara Carvalho, SANTOS 50m: 36.87 36.87	07 Nautico Coimbra 100m: 1:22.20 45.33 150m: 2:19.49 57.29	<b>3:00.04</b> 200m: 3:00.04	343 40.55
23. Kateryna, DZYAKANAVA 50m: 38.11 38.11	05 Louzan Natacao 100m: 1:22.82 44.71 150m: 2:19.29 56.47	<b>3:00.22</b> 200m: 3:00.22	342 40.93



Torneio de Preparação ANC - Piscina Longa I  
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Prova 7, Femin., 200m Estilos, Absoluto

Lugar					Ano					Tempo final	Pts
24.	Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>3:03.80</b>	323						
	50m: 40.41 40.41	100m: 1:29.50	49.09	150m: 2:21.77	52.27	200m: 3:03.80	42.03				
25.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	<b>3:04.50</b>	319						
	50m: 39.54 39.54	100m: 1:28.89	49.35	150m: 2:24.05	55.16	200m: 3:04.50	40.45				
26.	Laura Torrao, CARVALHO	05	Nautico Coimbra	<b>3:05.59</b>	313						
	50m: 41.91 41.91	100m: 1:31.81	49.90	150m: 2:23.14	51.33	200m: 3:05.59	42.45				
27.	Bruna Filipa, LOURENCO	08	O Crasto	<b>3:06.36</b>	309						
	50m: 42.61 42.61	100m: 1:31.08	48.47	150m: 2:25.20	54.12	200m: 3:06.36	41.16				
28.	Maria Manuel, CORTESAO	08	Nautico Coimbra	<b>3:06.98</b>	306						
	50m: 43.76 43.76	100m: 1:31.71	47.95	150m: 2:26.28	54.57	200m: 3:06.98	40.70				
29.	Lara Costa, PINTO	08	O Crasto	<b>3:07.77</b>	303						
	50m: 43.45 43.45	100m: 1:30.35	46.90	150m: 2:27.59	57.24	200m: 3:07.77	40.18				
30.	Joana Beatriz, RODRIGUES	04	Academica de Coimbra	<b>3:10.93</b>	288						
	50m: 39.41 39.41	100m: 1:30.94	51.53	150m: 2:29.17	58.23	200m: 3:10.93	41.76				
31.	Margarida Porto, SOUSA	08	Columbofila Cantanhedense	<b>3:14.55</b>	272						
	50m: 44.55 44.55	100m: 1:33.76	49.21	150m: 2:30.61	56.85	200m: 3:14.55	43.94				
32.	Carolina Vaz, ALVES	08	Academica de Coimbra	<b>3:16.95</b>	262						
	50m: 44.37 44.37	100m: 1:37.11	52.74	150m: 2:31.44	54.33	200m: 3:16.95	45.51				
33.	Sofia Neto, FERREIRA	08	Fundacao Beatriz Santos	<b>3:20.41</b>	249						
	50m: 44.27 44.27	100m: 1:34.71	50.44	150m: 2:36.13	1:01.42	200m: 3:20.41	44.28				
34.	Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense	<b>3:20.71</b>	248						
	50m: 48.52 48.52	100m: 1:40.08	51.56	150m: 2:37.94	57.86	200m: 3:20.71	42.77				
35.	Raquel Filipa, JESUS	08	Fundacao Beatriz Santos	<b>3:20.81</b>	247						
	50m: 47.73 47.73	100m: 1:37.31	49.58	150m: 2:37.59	1:00.28	200m: 3:20.81	43.22				
36.	Matilde Rodrigues, COSTA	07	S. Pedro Alva	<b>3:23.97</b>	236						
	50m: 48.43 48.43	100m: 1:40.09	51.66	150m: 2:38.60	58.51	200m: 3:23.97	45.37				
37.	Ana Sofia, PARAISO	08	Fundacao Beatriz Santos	<b>3:27.50</b>	224						
	50m: 48.73 48.73	100m: 1:38.92	50.19	150m: 2:42.38	1:03.46	200m: 3:27.50	45.12				
38.	Catarina Almeida, OLIVEIRA	08	Fundacao Beatriz Santos	<b>3:29.28</b>	218						
	50m: 47.01 47.01	100m: 1:39.88	52.87	150m: 2:40.23	1:00.35	200m: 3:29.28	49.05				
39.	Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos	<b>3:37.01</b>	196						
	50m: 52.15 52.15	100m: 1:48.34	56.19	150m: 2:52.31	1:03.97	200m: 3:37.01	44.70				
40.	Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>3:37.45</b>	195						
	50m: 45.58 45.58	100m: 1:42.37	56.79	150m: 2:49.12	1:06.75	200m: 3:37.45	48.33				
41.	Laura Carvalho, FERNANDES	08	Fundacao Beatriz Santos	<b>4:07.95</b>	131						
	50m: 1:00.01 1:00.01	100m: 2:00.97	1:00.96	150m: 3:14.99	1:14.02	200m: 4:07.95	52.96				
DNS	Camila Rodrigues, REBELO	03	Louzan Natacao								

Torneio de Preparação ANC - Piscina Longa I  
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Prova 8 11-01-2020	Masc., 50m Livres		Absoluto Resultados
Pontos: FINA 2019			
Lugar	Ano		Tempo final Pts
1.	Mario Alexandre, PEREIRA	92 Nautico Coimbra	<b>25.04</b> 582
2.	Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	<b>25.69</b> 539
3.	Rodrigo Santos, LADEIRA	97 Fundacao Beatriz Santos	<b>25.94</b> 523
4.	Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	<b>26.01</b> 519
5.	Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	<b>26.02</b> 518
6.	Joao Ventura, PAIS	02 Fundacao Beatriz Santos	<b>26.14</b> 511
7.	Gustavo Pires, MARQUES	04 Fundacao Beatriz Santos	<b>26.33</b> 500
8.	Joao Pedro, DIAS	02 Fundacao Beatriz Santos	<b>26.57</b> 487
9.	Maxim, KULIK	99 Academica de Coimbra	<b>26.63</b> 484
10.	Alexande Miguel, BRAS	03 S. Pedro Alva	<b>26.84</b> 472
11.	Gabriel Jose, JULIO	01 Academica de Coimbra	<b>26.93</b> 468
12.	Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	<b>26.99</b> 465
13.	Alberto Antonio, SANTOS	01 S. Pedro Alva	<b>27.01</b> 463
14.	Vasco Pereira, BASTOS	02 Nautico Coimbra	<b>27.36</b> 446
15.	Jose Miguel, VENTURA	97 Fundacao Beatriz Santos	<b>27.41</b> 443
16.	Jose Diogo, DIAS	04 Fundacao Beatriz Santos	<b>27.62</b> 433
17.	Andre Marques, ANTUNES	99 Fundacao Beatriz Santos	<b>27.64</b> 432
18.	Fabio Mondego, CENTEIO	94 Academica de Coimbra	<b>27.71</b> 429
19.	Jose Pedro, ANTUNES	00 Academica de Coimbra	<b>27.77</b> 426
20.	Gustavo Pinto, FIGUEIREDO	02 O Crasto	<b>27.78</b> 426
21.	Rafael Alves, CAMPOS	04 S. Pedro Alva	<b>27.85</b> 423
	Carlos Manuel, MARQUES	00 Academica de Coimbra	<b>27.85</b> 423
23.	Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>27.96</b> 418
24.	Goncalo Daniel, OLIVEIRA	04 Fundacao Beatriz Santos	<b>27.99</b> 416
25.	Francisco Alberto, LUCAS	00 Academica de Coimbra	<b>28.09</b> 412
26.	Filipe Almeida, RODRIGUES	01 O Crasto	<b>28.28</b> 404
27.	Guilherme Maia, CARDOSO	05 Columbofila Cantanhedense	<b>28.37</b> 400
28.	Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>28.46</b> 396
29.	Jose Miguel, ROCHA	05 Columbofila Cantanhedense	<b>28.80</b> 382
30.	Goncalo Soares, RAMOS	02 Ginasio Figueirense	<b>28.94</b> 377
31.	Goncalo Pires, LOURENCO	03 Fundacao Beatriz Santos	<b>28.99</b> 375
32.	Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>29.01</b> 374
	Ricardo Luis, AGOSTINHO	96 Fundacao Beatriz Santos	<b>29.01</b> 374
34.	Filipe Apostolo, GASPAS	03 Freguesia de Paiao	<b>29.04</b> 373
35.	Pedro Miguel, FLORIDO	04 Fundacao Beatriz Santos	<b>29.19</b> 367
36.	Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	<b>29.20</b> 367
37.	Bernardo Jorge, VENTURA	03 Academica de Coimbra	<b>29.44</b> 358
38.	Tomas Alexandre, LARANJEIRA	03 S. Pedro Alva	<b>30.76</b> 314
39.	Rodrigo Costa, CRUZ	06 Academica de Coimbra	<b>30.82</b> 312
40.	Afonso Bicas, LIBERAL	05 Alges e Agueda XXI	<b>30.87</b> 310
41.	Joao Ferreira, MARQUES	06 Academica de Coimbra	<b>30.88</b> 310
42.	Goncalo, APOSTOLO GASPAS	06 Freguesia de Paiao	<b>31.23</b> 300
43.	Gabriel Cunha, TEIXEIRA	06 Alges e Agueda XXI	<b>31.24</b> 299
44.	Jorge Miguel, GOMES	05 Ginasio Figueirense	<b>31.46</b> 293
45.	Goncalo Dinis, NEVES	07 Nautico Coimbra	<b>31.55</b> 291
46.	Martim Alexandre, SILVA	07 Columbofila Cantanhedense	<b>31.78</b> 284
47.	Diogo Simoes, DIAS	05 Louzan Natacao	<b>31.98</b> 279
48.	Tome Santiago, MENDES	05 Vigor da Mocidade	<b>32.06</b> 277
49.	Joao Afonso, MACHADO	06 Vigor da Mocidade	<b>32.15</b> 275
50.	Goncalo Miranda, FERNANDES	07 Vigor da Mocidade	<b>32.69</b> 261
51.	Bernardo Almas, MALHAO	07 Vigor da Mocidade	<b>34.64</b> 219
52.	Tiago Santos, CUNHA	05 Condeixa Clube	<b>35.74</b> 200
53.	Diogo Fonseca, NEVES	06 Alges e Agueda XXI	<b>36.42</b> 189

Torneio de Preparação ANC - Piscina Longa I  
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Prova 8, Masc., 50m Livres, Absoluto

Lugar	Ano		Tempo final	Pts
54. Afonso Simoes, FERREIRA	07	Vigor da Mocidade	<b>36.47</b>	188
55. Martim, COSTEIRA RASCAO	05	Freguesia de Paiao	<b>37.41</b>	174
56. Joel Alexandre, PEREIRA	92	APC Coimbra	<b>45.97</b>	94
DSQ David Costa, FIGUEIRA	07	Nautico Coimbra		
<i>Falsa partida</i>				
DNS Jose Antonio, COSTA	85	APC Coimbra		
DNS Miguel Diogo, AGOSTINHO	00	Fundacao Beatriz Santos		
EXH Ruben Jose, SANTOS	80	APC Coimbra	<b>48.30</b>	81

Torneio de Preparação ANC - Piscina Longa I  
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Prova 9 11-01-2020	Femin., 50m Livres		Absoluto Resultados
Pontos: FINA 2019			
Lugar	Ano		Tempo final Pts
1.	02	Academica de Coimbra	<b>29.07</b> 539
2.	01	Academica de Coimbra	<b>29.31</b> 526
3.	00	Academica de Coimbra	<b>29.56</b> 513
4.	03	Columbofila Cantanhedense	<b>29.83</b> 499
5.	06	Fundacao Beatriz Santos	<b>29.94</b> 494
6.	03	Freguesia de Paiao	<b>30.11</b> 485
7.	02	Fundacao Beatriz Santos	<b>30.22</b> 480
8.	03	Fundacao Beatriz Santos	<b>30.48</b> 468
9.	06	Academica de Coimbra	<b>30.76</b> 455
10.	03	Nautico Coimbra	<b>30.79</b> 454
11.	06	Columbofila Cantanhedense	<b>30.88</b> 450
12.	06	Vigor da Mocidade	<b>30.90</b> 449
13.	02	Academica de Coimbra	<b>30.95</b> 447
14.	03	Ginasio Figueirense	<b>31.02</b> 444
15.	03	S. Pedro Alva	<b>31.05</b> 443
16.	04	Nautico Coimbra	<b>31.50</b> 424
17.	05	Louzan Natacao	<b>32.05</b> 402
18.	06	Fundacao Beatriz Santos	<b>32.13</b> 399
19.	02	Academica de Coimbra	<b>32.16</b> 398
20.	04	Condeixa Clube	<b>32.23</b> 396
21.	04	Louzan Natacao	<b>32.26</b> 395
22.	04	Academica de Coimbra	<b>32.32</b> 392
23.	05	Columbofila Cantanhedense	<b>32.71</b> 378
24.	07	Vigor da Mocidade	<b>33.20</b> 362
25.	06	Condeixa Clube	<b>33.35</b> 357
26.	06	Nautico Coimbra	<b>33.98</b> 338
27.	04	Academica de Coimbra	<b>34.01</b> 337
28.	05	Academica de Coimbra	<b>34.95</b> 310
29.	04	Alges e Agueda XXI	<b>35.38</b> 299
30.	06	Vigor da Mocidade	<b>35.42</b> 298
31.	06	Academica de Coimbra	<b>36.08</b> 282
32.	07	Freguesia de Paiao	<b>36.72</b> 267
33.	08	Freguesia de Paiao	<b>37.01</b> 261
34.	07	Ginasio Figueirense	<b>37.04</b> 260
35.	05	CASP AE	<b>37.51</b> 251
36.	03	Freguesia de Paiao	<b>37.63</b> 248
37.	07	Columbofila Cantanhedense	<b>37.68</b> 247
38.	08	Freguesia de Paiao	<b>38.07</b> 240
39.	08	Columbofila Cantanhedense	<b>39.32</b> 218
40.	04	S. Pedro Alva	<b>39.40</b> 216
41.	08	Columbofila Cantanhedense	<b>39.85</b> 209
42.	04	S. Pedro Alva	<b>41.62</b> 183
43.	06	S. Pedro Alva	<b>42.00</b> 178
44.	06	Vigor da Mocidade	<b>42.40</b> 173
45.	08	Vigor da Mocidade	<b>46.65</b> 130
46.	08	O Crasto	<b>48.54</b> 115
47.	06	APC Coimbra	<b>54.57</b> 81
48.	91	APC Coimbra	<b>58.84</b> 65
49.	94	APC Coimbra	<b>1:03.50</b> 51
DNS	02	Nautico Coimbra	
DNS	06	Condeixa Clube	
DNS	08	Alges e Agueda XXI	
DNS	05	Alges e Agueda XXI	

Torneio de Preparação ANC - Piscina Longa I  
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Prova 9, Femin., 50m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
DNS Margarida Gomes, OLIVEIRA	07 O Crasto		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 10 Masc., 100m Mariposa Absoluto  
11-01-2020 Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Francisco Xavier, GONCALVES 50m: 28.88 28.88 100m: 1:02.13	97 Nautico Coimbra	<b>1:02.13</b>	515
2. Goncalo Andre, GOMES 50m: 30.14 30.14 100m: 1:04.93	03 Fundacao Beatriz Santos	<b>1:04.93</b>	451
3. Rui Joao, MARQUES 50m: 32.19 32.19 100m: 1:09.12	02 Nautico Coimbra	<b>1:09.12</b>	374
4. Igor Branco, PEREIRA 50m: 31.94 31.94 100m: 1:10.19	03 O Crasto	<b>1:10.19</b>	357
5. Joao Neves, ALMEIDA 50m: 33.71 33.71 100m: 1:11.98	05 Fundacao Beatriz Santos	<b>1:11.98</b>	331
6. Ricardo Martins, CARVALHO 50m: 33.62 33.62 100m: 1:12.09	03 Fundacao Beatriz Santos	<b>1:12.09</b>	330
7. Abel Renato, FERREIRA 50m: 34.64 34.64 100m: 1:14.51	05 Alges e Agueda XXI	<b>1:14.51</b>	298
8. Diogo Cura, NEVES 50m: 34.20 34.20 100m: 1:14.95	06 Condeixa Clube	<b>1:14.95</b>	293
9. Jose Miguel, MARQUES 50m: 35.59 35.59 100m: 1:15.83	06 Condeixa Clube	<b>1:15.83</b>	283
10. Afonso Vidal, TOMAS 50m: 35.25 35.25 100m: 1:15.84	06 Louzan Natacao	<b>1:15.84</b>	283
11. Joao Pinto, FIGUEIREDO 50m: 35.00 35.00 100m: 1:15.94	06 O Crasto	<b>1:15.94</b>	282
12. Joao Neves, LUCAS 50m: 36.60 36.60 100m: 1:17.04	06 Columbofila Cantanhedense	<b>1:17.04</b>	270
13. Gustavo Silva, RODRIGUES 50m: 36.62 36.62 100m: 1:18.57	06 Louzan Natacao	<b>1:18.57</b>	254
14. Goncalo, APOSTOLO GASPAR 50m: 39.47 39.47 100m: 1:28.00	06 Freguesia de Paiao	<b>1:28.00</b>	181

Torneio de Preparação ANC - Piscina Longa I  
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Prova 11  
11-01-2020

Femin., 100m Mariposa

Absoluto  
Resultados

Pontos: FINA 2019

Lugar					Ano		Tempo final	Pts
1.	Ines Mariana, PINHEIRO				03	Academica de Coimbra	<b>1:10.31</b>	491
	50m: 32.71 32.71	100m:	1:10.31			37.60		
2.	Ana Catarina, SILVA				04	Fundacao Beatriz Santos	<b>1:15.42</b>	398
	50m: 34.98 34.98	100m:	1:15.42			40.44		
3.	Mariana Carmo, ROSA				05	Louzan Natacao	<b>1:15.87</b>	391
	50m: 34.62 34.62	100m:	1:15.87			41.25		
4.	Ana Filipa, SILVA				04	Academica de Coimbra	<b>1:19.45</b>	340
	50m: 34.59 34.59	100m:	1:19.45			44.86		
5.	Beatriz Pereira, MARQUES				05	Columbofila Cantanhedense	<b>1:22.33</b>	306
	50m: 37.75 37.75	100m:	1:22.33			44.58		
6.	Nancy Almeida, RODRIGUES				07	O Crasto	<b>1:22.73</b>	301
	50m: 38.74 38.74	100m:	1:22.73			43.99		
7.	Cristiana Sofia, ESCADA				07	Academica de Coimbra	<b>1:24.08</b>	287
	50m: 40.21 40.21	100m:	1:24.08			43.87		
8.	Joana Beatriz, RODRIGUES				04	Academica de Coimbra	<b>1:26.09</b>	267
	50m: 40.38 40.38	100m:	1:26.09			45.71		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 12 Masc., 50m Costas Absoluto  
11-01-2020 Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1.	92	Mario Alexandre, PEREIRA Nautico Coimbra	<b>28.83</b>	576
2.	01	Alberto Antonio, SANTOS S. Pedro Alva	<b>30.01</b>	511
3.	00	Lucas Pereira, BASTOS Nautico Coimbra	<b>30.08</b>	507
4.	02	Joao Neto, PEREIRA Fundacao Beatriz Santos	<b>30.24</b>	499
5.	02	Ricardo Jorge, DOMINGUES Fundacao Beatriz Santos	<b>30.47</b>	488
6.	04	Dinis Miranda, DIOGO Fundacao Beatriz Santos	<b>30.71</b>	477
7.	97	Jose Miguel, VENTURA Fundacao Beatriz Santos	<b>31.68</b>	434
8.	00	Jose Pedro, ANTUNES Academica de Coimbra	<b>32.70</b>	395
9.	94	Fabio Mondego, CENTEIO Academica de Coimbra	<b>32.80</b>	391
10.	99	Andre Marques, ANTUNES Fundacao Beatriz Santos	<b>33.11</b>	380
11.	01	Nuno Henrique, VIEIRA Nautico Coimbra	<b>33.17</b>	378
12.	00	Francisco Alberto, LUCAS Academica de Coimbra	<b>33.62</b>	363
13.	04	Renato Maria, FERREIRA Vigor da Mocidade	<b>34.34</b>	341
14.	07	Oleksandr, DZYAKANAV Louzan Natacao	<b>35.43</b>	310
15.	05	Goncalo Carvalho, SANTOS Louzan Natacao	<b>35.62</b>	305
16.	03	Tomas Alexandre, LARANJEIRA S. Pedro Alva	<b>36.69</b>	279
17.	02	Goncalo Soares, RAMOS Ginasio Figueirense	<b>37.10</b>	270
18.	03	Goncalo Pires, LOURENCO Fundacao Beatriz Santos	<b>37.52</b>	261
19.	05	Jorge Miguel, GOMES Ginasio Figueirense	<b>37.92</b>	253
20.	05	Diogo Simoes, DIAS Louzan Natacao	<b>38.43</b>	243
21.	07	Goncalo Dinis, NEVES Nautico Coimbra	<b>39.90</b>	217
22.	06	Rodrigo Neves, DUARTE Louzan Natacao	<b>40.78</b>	203
23.	07	Diogo, MATIAS BANDARRA Freguesia de Paiao	<b>41.58</b>	192
24.	06	Diogo Fonseca, NEVES Alges e Agueda XXI	<b>43.47</b>	168
25.	05	Tiago Santos, CUNHA Condeixa Clube	<b>48.95</b>	117
26.	07	Rodrigo, MARQUES LIMA CASPAE	<b>51.23</b>	102
27.	92	Joel Alexandre, PEREIRA APC Coimbra	<b>56.56</b>	76
DNS	85	Jose Antonio, COSTA APC Coimbra		
DNS	00	Miguel Diogo, AGOSTINHO Fundacao Beatriz Santos		
EXH	80	Ruben Jose, SANTOS APC Coimbra	<b>1:01.58</b>	59



Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 13  
11-01-2020

Femin., 50m Costas

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1. Ana Carolina, NEVES	00	Academica de Coimbra	<b>32.52</b>	571
2. Barbara Azambujo, MELO	02	Academica de Coimbra	<b>34.10</b>	495
3. Mariana Jacinto, SANTOS	03	Freguesia de Paiao	<b>34.33</b>	485
4. Leonor Correia, PAIVA	04	Louzan Natacao	<b>35.08</b>	454
5. Ines Pereira, SILVA	02	Fundacao Beatriz Santos	<b>35.31</b>	446
6. Leonor Correia, CUNHA	04	Fundacao Beatriz Santos	<b>35.92</b>	423
7. Maria Joao, PELAIO	03	Ginasio Figueirense	<b>36.16</b>	415
8. Daniela Portela, MENDES	04	Fundacao Beatriz Santos	<b>36.34</b>	409
9. Madalena Barra, MEDEIROS	06	Vigor da Mocidade	<b>36.52</b>	403
10. Carolina Goncalves, RIBEIRO	04	O Crasto	<b>36.53</b>	402
11. Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos	<b>36.54</b>	402
12. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>38.14</b>	353
13. Kateryna, DZYAKANAVA	05	Louzan Natacao	<b>38.20</b>	352
14. Ana Luisa, RODRIGUES	03	Louzan Natacao	<b>38.34</b>	348
15. Filipa Victor, VIEIRA	04	Academica de Coimbra	<b>38.72</b>	338
16. Maria Vitoria, GRILO	06	Nautico Coimbra	<b>38.90</b>	333
17. Laura Torrao, CARVALHO	05	Nautico Coimbra	<b>39.07</b>	329
18. Rita Lima, PIRES	05	Nautico Coimbra	<b>39.33</b>	322
19. Beatriz Andre, GASPAR	06	Nautico Coimbra	<b>40.10</b>	304
20. Helena Carolina, DINIS	05	Academica de Coimbra	<b>40.13</b>	303
21. Maria Beatriz, RODRIGUES	04	Condeixa Clube	<b>40.17</b>	302
22. Beatriz Beja, AFONSO	04	Academica de Coimbra	<b>40.30</b>	300
23. Xenia Angelica, KOZIY	06	Condeixa Clube	<b>42.93</b>	248
24. Maria Saraiva, SILVA	04	Alges e Agueda XXI	<b>45.18</b>	212
25. Leonor, LOPES PRUDENCIO	08	Freguesia de Paiao	<b>45.79</b>	204
26. Sara, JACINTO SANTOS	08	Freguesia de Paiao	<b>46.17</b>	199
27. Ines Henriques, SOUSA	04	S. Pedro Alva	<b>48.93</b>	167
28. Rafaela Ferreira, MIGUEL	06	S. Pedro Alva	<b>49.50</b>	161
29. Filipa Pereira, SILVA	04	S. Pedro Alva	<b>49.75</b>	159
30. Constanca Carneiro, FERREIRA	08	O Crasto	<b>51.58</b>	143
DNS Ana Sequeira, FLORINDO	02	Nautico Coimbra		
DNS Beatriz Pereira, ANDRADE	06	Condeixa Clube		
DNS Daniela Fatima, SILVA	05	Alges e Agueda XXI		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 14 Masc., 100m Bruços Absoluto  
11-01-2020 Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 31.22 31.22 100m: 1:05.05	97 Louzan Natacao	<b>1:05.05</b>	676
2. Tomas Miguel, VELOSO 50m: 31.67 31.67 100m: 1:06.32	96 Nautico Coimbra	<b>1:06.32</b>	638
3. Lucas Pereira, BASTOS 50m: 34.39 34.39 100m: 1:12.13	00 Nautico Coimbra	<b>1:12.13</b>	496
4. Rafael Alves, CAMPOS 50m: 33.26 33.26 100m: 1:13.23	04 S. Pedro Alva	<b>1:13.23</b>	474
5. Alexandre Miguel, BRAS 50m: 34.06 34.06 100m: 1:14.46	03 S. Pedro Alva	<b>1:14.46</b>	450
6. Joao Pedro, DIAS 50m: 35.88 35.88 100m: 1:17.08	02 Fundacao Beatriz Santos	<b>1:17.08</b>	406
7. Jose Diogo, DIAS 50m: 36.85 36.85 100m: 1:19.32	04 Fundacao Beatriz Santos	<b>1:19.32</b>	373
8. Gustavo Pires, MARQUES	04 Fundacao Beatriz Santos	<b>1:21.62</b>	342
9. Goncalo Daniel, OLIVEIRA 50m: 39.53 39.53 100m: 1:23.19	04 Fundacao Beatriz Santos	<b>1:23.19</b>	323
10. Francisco Cruz, CARVALHO 50m: 39.57 39.57 100m: 1:26.12	06 S. Pedro Alva	<b>1:26.12</b>	291
11. Filipe Apostolo, GASPAR 50m: 42.49 42.49 100m: 1:28.87	03 Freguesia de Paiao	<b>1:28.87</b>	265
12. Henrique Ferreira, MARTINS 50m: 41.91 41.91 100m: 1:28.92	06 Alges e Agueda XXI	<b>1:28.92</b>	264
13. Gustavo Teixeira, PIRES 50m: 43.97 43.97 100m: 1:32.34	06 Columbofila Cantanhedense	<b>1:32.34</b>	236
14. Joao Miguel, MARTINS 50m: 43.56 43.56 100m: 1:34.62	07 S. Pedro Alva	<b>1:34.62</b>	219
15. Tome Santiago, MENDES 50m: 44.97 44.97 100m: 1:35.29	05 Vigor da Mocidade	<b>1:35.29</b>	215
16. Bruno Costa, RODRIGUES 50m: 45.91 45.91 100m: 1:37.21	06 Columbofila Cantanhedense	<b>1:37.21</b>	202
17. Martim Ribeiro, MENESES 50m: 48.36 48.36 100m: 1:39.67	06 O Crasto	<b>1:39.67</b>	188
18. Francisco Jose, SIMOES	07 Vigor da Mocidade	<b>1:49.51</b>	141
DNS Rodrigo Estima, RIBEIRO	03 Alges e Agueda XXI		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 15  
11-01-2020

Femin., 100m Bruços

Absoluto  
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 37.48 37.48 100m: 1:19.59	03 Louzan Natacao	<b>1:19.59</b>	523
2. Ana Pereira, SOUSA 50m: 38.96 38.96 100m: 1:22.40	03 Ginasio Figueirense	<b>1:22.40</b>	471
3. Bruna Cruz, CARVALHO 50m: 39.11 39.11 100m: 1:22.44	03 S. Pedro Alva	<b>1:22.44</b>	470
4. Matilde Neves, CRAVEIRO 50m: 41.64 41.64 100m: 1:27.04	06 Academica de Coimbra	<b>1:27.04</b>	399
5. Maria Ines, ALVES 50m: 42.64 42.64 100m: 1:30.00	05 Academica de Coimbra	<b>1:30.00</b>	361
6. Diana Silva, TINOCO 50m: 42.15 42.15 100m: 1:30.03	06 Columbofila Cantanhedense	<b>1:30.03</b>	361
7. Maria Lucas, SANTOS 50m: 44.01 44.01 100m: 1:31.60	05 Condeixa Clube	<b>1:31.60</b>	343
8. Leonor Garcia, FERNANDES 50m: 45.65 45.65 100m: 1:36.32	07 O Crasto	<b>1:36.32</b>	295
9. Ines Alves, DIAS 50m: 47.24 47.24 100m: 1:36.86	06 Fundacao Beatriz Santos	<b>1:36.86</b>	290
10. Leonor Duarte, VEIGA	07 Vigor da Mocidade	<b>1:39.60</b>	266
11. Bruna Filipa, LOURENCO 50m: 48.78 48.78 100m: 1:40.77	08 O Crasto	<b>1:40.77</b>	257
12. Joana Filipa, VARELA 50m: 48.85 48.85 100m: 1:41.23	06 Nautico Coimbra	<b>1:41.23</b>	254
13. Matilde Rodrigues, COSTA 50m: 49.45 49.45 100m: 1:43.31	07 S. Pedro Alva	<b>1:43.31</b>	239
14. Margarida Porto, SOUSA 50m: 50.88 50.88 100m: 1:48.30	08 Columbofila Cantanhedense	<b>1:48.30</b>	207
15. Lara Sofia, SANTOS 50m: 58.69 58.69 100m: 2:01.62	06 Vigor da Mocidade	<b>2:01.62</b>	146
16. Barbara Ines, GOMES 50m: 1:09.98 1:09.98 100m: 2:23.08	91 APC Coimbra	<b>2:23.08</b>	90
17. Carolina Caetano, LOURENCO 50m: 1:10.31 1:10.31 100m: 2:23.25	94 APC Coimbra	<b>2:23.25</b>	89
18. Matilde Lucia, GASPAS 50m: 1:09.38 1:09.38 100m: 2:26.44	06 APC Coimbra	<b>2:26.44</b>	83
DSQ Madalena Gameiro, GONÇALVES	06 Alges e Agueda XXI <i>a atleta tocou apenas com uma mão na parede na viragem aos 50 m</i>		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 16  
11-01-2020

Masc., 400m Livres

Absoluto  
Resultados

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Tomas Miguel, VELOSO		96	Nautico Coimbra				<b>4:05.18</b>	723
	50m:	28.57 28.57	150m:	1:31.35	31.42	250m:	2:33.28 30.77	350m:	3:35.19 30.91
	100m:	59.93 31.36	200m:	2:02.51	31.16	300m:	3:04.28 31.00	400m:	4:05.18 29.99
2.	Goncalo Andre, GOMES		03	Fundacao Beatriz Santos				<b>4:10.57</b>	677
	50m:	29.10 29.10	150m:	1:33.83	32.77	250m:	2:37.39 31.97	350m:	3:41.07 31.68
	100m:	1:01.06 31.96	200m:	2:05.42	31.59	300m:	3:09.39 32.00	400m:	4:10.57 29.50
3.	Gabriel Jose, LOPES		97	Louzan Natacao				<b>4:11.70</b>	668
	50m:	29.10 29.10	150m:	1:32.89	32.30	250m:	2:37.19 32.09	350m:	3:41.49 32.38
	100m:	1:00.59 31.49	200m:	2:05.10	32.21	300m:	3:09.11 31.92	400m:	4:11.70 30.21
4.	Lucas Pereira, BASTOS		00	Nautico Coimbra				<b>4:17.14</b>	626
	50m:	29.17 29.17	150m:	1:33.04	32.50	250m:	2:38.50 32.65	350m:	3:44.50 32.97
	100m:	1:00.54 31.37	200m:	2:05.85	32.81	300m:	3:11.53 33.03	400m:	4:17.14 32.64
5.	Miguel Freitas, OVIEDO		02	Academica de Coimbra				<b>4:32.96</b>	524
	50m:	31.48 31.48	150m:	1:42.26	35.64	250m:	2:51.66 33.95	350m:	3:59.21 33.02
	100m:	1:06.62 35.14	200m:	2:17.71	35.45	300m:	3:26.19 34.53	400m:	4:32.96 33.75
6.	Joao Ventura, PAIS		02	Fundacao Beatriz Santos				<b>4:33.01</b>	523
	50m:	29.78 29.78	150m:	1:40.88	36.22	250m:	2:49.32 33.99	350m:	3:58.74 34.85
	100m:	1:04.66 34.88	200m:	2:15.33	34.45	300m:	3:23.89 34.57	400m:	4:33.01 34.27
	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				<b>4:33.01</b>	523
	50m:	32.00 32.00	150m:	1:41.12	34.87	250m:	2:50.78 34.79	350m:	3:59.92 34.64
	100m:	1:06.25 34.25	200m:	2:15.99	34.87	300m:	3:25.28 34.50	400m:	4:33.01 33.09
8.	Rui Joao, MARQUES		02	Nautico Coimbra				<b>4:37.52</b>	498
	50m:	31.05 31.05	150m:	1:40.34	35.25	250m:	2:51.46 35.49	350m:	4:03.32 35.07
	100m:	1:05.09 34.04	200m:	2:15.97	35.63	300m:	3:28.25 36.79	400m:	4:37.52 34.20
9.	Francisco Xavier, GONCALVES		97	Nautico Coimbra				<b>4:39.37</b>	488
	50m:	30.31 30.31	150m:	1:38.58	34.89	250m:	2:49.37 35.31	350m:	4:02.08 36.58
	100m:	1:03.69 33.38	200m:	2:14.06	35.48	300m:	3:25.50 36.13	400m:	4:39.37 37.29
10.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense				<b>4:39.45</b>	488
	50m:	31.23 31.23	150m:	1:41.44	35.38	250m:	2:52.16 35.21	350m:	4:04.43 36.14
	100m:	1:06.06 34.83	200m:	2:16.95	35.51	300m:	3:28.29 36.13	400m:	4:39.45 35.02
11.	Maxim, KULIK		99	Academica de Coimbra				<b>4:45.78</b>	456
	50m:	32.36 32.36	150m:	1:43.86	36.61	250m:	2:57.51 37.20	350m:	4:10.81 36.82
	100m:	1:07.25 34.89	200m:	2:20.31	36.45	300m:	3:33.99 36.48	400m:	4:45.78 34.97
12.	Gabriel Jose, JULIO		01	Academica de Coimbra				<b>4:49.10</b>	441
	50m:	31.55 31.55	150m:	1:43.08	36.71	250m:	2:57.81 37.36	350m:	4:12.29 36.94
	100m:	1:06.37 34.82	200m:	2:20.45	37.37	300m:	3:35.35 37.54	400m:	4:49.10 36.81
13.	Vasco Pereira, BASTOS		02	Nautico Coimbra				<b>4:50.00</b>	437
	50m:	32.05 32.05	150m:	1:43.35	36.07	250m:	2:57.41 37.14	350m:	4:12.71 37.53
	100m:	1:07.28 35.23	200m:	2:20.27	36.92	300m:	3:35.18 37.77	400m:	4:50.00 37.29
14.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				<b>4:50.77</b>	433
	50m:	32.17 32.17	150m:	1:46.76	38.43	250m:	3:00.51 37.16	350m:	4:14.90 36.83
	100m:	1:08.33 36.16	200m:	2:23.35	36.59	300m:	3:38.07 37.56	400m:	4:50.77 35.87
15.	Tomas Carvalho, SANTOS		05	Louzan Natacao				<b>4:52.56</b>	425
	50m:	33.62 33.62	150m:	1:46.63	37.19	250m:	3:01.00 37.49	350m:	4:16.31 37.80
	100m:	1:09.44 35.82	200m:	2:23.51	36.88	300m:	3:38.51 37.51	400m:	4:52.56 36.25
16.	Bernardo Jorge, VENTURA		03	Academica de Coimbra				<b>4:56.63</b>	408
	50m:	33.95 33.95	150m:	1:49.16	38.00	250m:	3:04.63 37.68	350m:	4:20.33 38.30
	100m:	1:11.16 37.21	200m:	2:26.95	37.79	300m:	3:42.03 37.40	400m:	4:56.63 36.30
17.	Joao Pinto, FIGUEIREDO		06	O Crasto				<b>4:57.30</b>	405
	50m:	33.60 33.60	150m:	1:49.18	38.32	250m:	3:05.22 38.02	350m:	4:21.55 38.12
	100m:	1:10.86 37.26	200m:	2:27.20	38.02	300m:	3:43.43 38.21	400m:	4:57.30 35.75

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 16, Masc., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
18.	Antonio, GLAVATSKY	05	Academica de Coimbra					<b>4:57.60</b>	404
	50m: 33.26 33.26	150m: 1:49.05	38.46	250m: 3:05.33	37.95	350m: 4:22.03	37.71		
	100m: 1:10.59 37.33	200m: 2:27.38	38.33	300m: 3:44.32	38.99	400m: 4:57.60	35.57		
19.	Renato Maria, FERREIRA	04	Vigor da Mocidade					<b>4:58.82</b>	399
	50m: 32.51 32.51	150m: 1:48.08	38.50	250m: 3:05.11	38.39	350m: 4:22.07	38.05		
	100m: 1:09.58 37.07	200m: 2:26.72	38.64	300m: 3:44.02	38.91	400m: 4:58.82	36.75		
20.	Guilherme Marques, PEREIRA	06	Condeixa Clube					<b>4:59.68</b>	396
	50m: 32.85 32.85	150m: 1:48.79	38.46	250m: 3:05.57	38.23	350m: 4:22.36	38.04		
	100m: 1:10.33 37.48	200m: 2:27.34	38.55	300m: 3:44.32	38.75	400m: 4:59.68	37.32		
21.	Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos					<b>5:05.48</b>	373
	50m: 33.09 33.09	150m: 1:49.25	38.39	250m: 3:06.93	38.51	350m: 4:26.73	39.35		
	100m: 1:10.86 37.77	200m: 2:28.42	39.17	300m: 3:47.38	40.45	400m: 5:05.48	38.75		
22.	Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos					<b>5:07.60</b>	366
	50m: 35.22 35.22	150m: 1:53.24	39.89	250m: 3:11.83	39.41	350m: 4:30.20	39.10		
	100m: 1:13.35 38.13	200m: 2:32.42	39.18	300m: 3:51.10	39.27	400m: 5:07.60	37.40		
23.	Miguel Bernardo, ARAUJO	06	Condeixa Clube					<b>5:09.54</b>	359
	50m: 34.50 34.50	150m: 1:53.43	40.32	250m: 3:13.80	39.37	350m: 4:33.62	39.88		
	100m: 1:13.11 38.61	200m: 2:34.43	41.00	300m: 3:53.74	39.94	400m: 5:09.54	35.92		
24.	Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade					<b>5:11.55</b>	352
	50m: 34.26 34.26	150m: 1:55.13	40.92	250m: 3:13.03	37.02	350m: 4:33.66	40.45		
	100m: 1:14.21 39.95	200m: 2:36.01	40.88	300m: 3:53.21	40.18	400m: 5:11.55	37.89		
25.	Gabriel Cunha, TEIXEIRA	06	Alges e Agueda XXI					<b>5:11.92</b>	351
	50m: 33.96 33.96	150m: 1:52.23	39.68	250m: 3:12.39	40.13	350m: 4:33.32	40.05		
	100m: 1:12.55 38.59	200m: 2:32.26	40.03	300m: 3:53.27	40.88	400m: 5:11.92	38.60		
26.	Jose Miguel, MARQUES	06	Condeixa Clube					<b>5:12.94</b>	347
	50m: 35.65 35.65	150m: 1:55.74	39.53	250m: 3:15.79	38.85	350m: 4:34.61	38.44		
	100m: 1:16.21 40.56	200m: 2:36.94	41.20	300m: 3:56.17	40.38	400m: 5:12.94	38.33		
27.	Joao Neves, LUCAS	06	Columbifila Cantanhedense					<b>5:13.80</b>	344
	50m: 35.80 35.80	150m: 1:54.34	39.91	250m: 3:13.83	39.55	350m: 4:34.30	40.09		
	100m: 1:14.43 38.63	200m: 2:34.28	39.94	300m: 3:54.21	40.38	400m: 5:13.80	39.50		
28.	Martim Alexandre, SILVA	07	Columbifila Cantanhedense					<b>5:14.00</b>	344
	50m: 35.84 35.84	150m: 1:54.35	39.66	250m: 3:14.96	40.70	350m: 4:35.28	39.96		
	100m: 1:14.69 38.85	200m: 2:34.26	39.91	300m: 3:55.32	40.36	400m: 5:14.00	38.72		
29.	Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos					<b>5:14.78</b>	341
	50m: 34.47 34.47	150m: 1:53.88	40.38	250m: 3:14.60	40.60	350m: 4:35.86	40.61		
	100m: 1:13.50 39.03	200m: 2:34.00	40.12	300m: 3:55.25	40.65	400m: 5:14.78	38.92		
30.	Miguel Cunha, GASPAS	06	Columbifila Cantanhedense					<b>5:17.63</b>	332
	50m: 35.63 35.63	150m: 1:55.98	40.39	250m: 3:16.96	40.26	350m: 4:38.46	40.34		
	100m: 1:15.59 39.96	200m: 2:36.70	40.72	300m: 3:58.12	41.16	400m: 5:17.63	39.17		
31.	David Duarte, JESUS	07	Fundacao Beatriz Santos					<b>5:20.23</b>	324
	50m: 34.75 34.75	150m: 1:55.49	40.38	250m: 3:17.60	40.12	350m: 4:40.23	40.40		
	100m: 1:15.11 40.36	200m: 2:37.48	41.99	300m: 3:59.83	42.23	400m: 5:20.23	40.00		
32.	Oleksandr, DZYAKANAV	07	Louzan Natacao					<b>5:21.96</b>	319
	50m: 36.25 36.25	150m: 1:58.10	41.84	250m: 3:20.92	40.73	350m: 4:43.50	41.01		
	100m: 1:16.26 40.01	200m: 2:40.19	42.09	300m: 4:02.49	41.57	400m: 5:21.96	38.46		
33.	Diogo Cura, NEVES	06	Condeixa Clube					<b>5:23.50</b>	314
	50m: 37.19 37.19	150m: 2:00.63	42.41	250m: 3:23.97	40.59	350m: 4:45.56	39.73		
	100m: 1:18.22 41.03	200m: 2:43.38	42.75	300m: 4:05.83	41.86	400m: 5:23.50	37.94		
34.	Henrique Tavares, DIAS	06	Nautico Coimbra					<b>5:23.75</b>	314
	50m: 36.89 36.89	150m: 1:58.75	41.60	250m: 3:22.14	41.97	350m: 4:45.66	41.72		
	100m: 1:17.15 40.26	200m: 2:40.17	41.42	300m: 4:03.94	41.80	400m: 5:23.75	38.09		
35.	Miguel Joao, PINHEIRO	06	Academica de Coimbra					<b>5:25.97</b>	307
	50m: 36.48 36.48	150m: 1:59.77	42.38	250m: 3:24.17	42.40	350m: 4:48.20	41.05		
	100m: 1:17.39 40.91	200m: 2:41.77	42.00	300m: 4:07.15	42.98	400m: 5:25.97	37.77		

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 16, Masc., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
36.	Edgar Tavares, MENDES		06	Academica de Coimbra				<b>5:28.66</b>	300
	50m: 36.12	36.12	150m: 1:59.47	42.34	250m: 3:24.20	41.92	350m: 4:48.56	41.78	
	100m: 1:17.13	41.01	200m: 2:42.28	42.81	300m: 4:06.78	42.58	400m: 5:28.66	40.10	
37.	Carlos Miguel, OLIVEIRA		06	Fundacao Beatriz Santos				<b>5:30.93</b>	294
	50m: 33.59	33.59	150m: 1:55.45	42.06	250m: 3:21.53	43.85	350m: 4:49.33	43.54	
	100m: 1:13.39	39.80	200m: 2:37.68	42.23	300m: 4:05.79	44.26	400m: 5:30.93	41.60	
38.	Joao Ferreira, MARQUES		06	Academica de Coimbra				<b>5:32.11</b>	290
	50m: 36.21	36.21	150m: 1:59.42	42.11	250m: 3:24.34	41.22	350m: 4:50.41	42.40	
	100m: 1:17.31	41.10	200m: 2:43.12	43.70	300m: 4:08.01	43.67	400m: 5:32.11	41.70	
39.	Pedro Lages, MARTINS		07	Alges e Agueda XXI				<b>5:33.53</b>	287
	50m: 38.40	38.40	150m: 2:01.65	40.95	250m: 3:25.54	41.34	350m: 4:52.49	43.50	
	100m: 1:20.70	42.30	200m: 2:44.20	42.55	300m: 4:08.99	43.45	400m: 5:33.53	41.04	
40.	David Ferreira, SILVA		07	Academica de Coimbra				<b>5:35.29</b>	282
	50m: 37.62	37.62	150m: 2:00.52	42.47	250m: 3:26.64	43.80	350m: 4:52.88	42.34	
	100m: 1:18.05	40.43	200m: 2:42.84	42.32	300m: 4:10.54	43.90	400m: 5:35.29	42.41	
41.	Goncalo Miranda, FERNANDES		07	Vigor da Mocidade				<b>5:49.28</b>	250
	50m: 40.39	40.39	150m: 2:10.40	45.42	250m: 3:39.65	44.32	350m: 5:08.53	44.05	
	100m: 1:24.98	44.59	200m: 2:55.33	44.93	300m: 4:24.48	44.83	400m: 5:49.28	40.75	
42.	Duarte Cachulo, MARQUES		07	Condeixa Clube				<b>6:00.73</b>	227
	50m: 39.84	39.84	150m: 2:10.84	46.20	250m: 3:43.25	46.29	350m: 5:16.57	46.94	
	100m: 1:24.64	44.80	200m: 2:56.96	46.12	300m: 4:29.63	46.38	400m: 6:00.73	44.16	
43.	Simao Pimenta, CATARINO		06	Fundacao Beatriz Santos				<b>6:22.11</b>	191
	50m: 43.70	43.70	150m: 2:22.98	50.46	250m: 4:01.04	48.74	350m: 5:38.17	46.92	
	100m: 1:32.52	48.82	200m: 3:12.30	49.32	300m: 4:51.25	50.21	400m: 6:22.11	43.94	
44.	Marco Dimitar, OLIVEIRA		07	Fundacao Beatriz Santos				<b>6:22.89</b>	189
	50m: 42.26	42.26	150m: 2:19.58	49.50	250m: 4:00.34	50.34	350m: 5:39.56	49.06	
	100m: 1:30.08	47.82	200m: 3:10.00	50.42	300m: 4:50.50	50.16	400m: 6:22.89	43.33	
DNS	Miguel Diogo, AGOSTINHO		00	Fundacao Beatriz Santos					

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 17  
11-01-2020

Femin., 400m Livres

Absoluto  
Resultados

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Helena Nunes, RODRIGUES		03	Alges e Agueda XXI				<b>4:39.86</b>	603
	50m:	32.98 32.98	150m:	1:42.29	35.28	250m:	2:53.61 35.72	350m:	4:04.92 35.81
	100m:	1:07.01 34.03	200m:	2:17.89	35.60	300m:	3:29.11 35.50	400m:	4:39.86 34.94
2.	Camila Alexandra, SILVA		03	Columbofila Cantanhedense				<b>4:41.33</b>	593
	50m:	33.31 33.31	150m:	1:43.95	35.02	250m:	2:54.73 35.57	350m:	4:06.43 35.97
	100m:	1:08.93 35.62	200m:	2:19.16	35.21	300m:	3:30.46 35.73	400m:	4:41.33 34.90
3.	Ines Mariana, PINHEIRO		03	Academica de Coimbra				<b>4:41.69</b>	591
	50m:	32.78 32.78	150m:	1:44.57	36.22	250m:	2:56.97 36.12	350m:	4:08.72 35.28
	100m:	1:08.35 35.57	200m:	2:20.85	36.28	300m:	3:33.44 36.47	400m:	4:41.69 32.97
4.	Maria Carlota, REBELO		03	Louzan Natacao				<b>4:42.59</b>	585
	50m:	32.71 32.71	150m:	1:43.86	35.57	250m:	2:55.74 35.73	350m:	4:07.92 36.20
	100m:	1:08.29 35.58	200m:	2:20.01	36.15	300m:	3:31.72 35.98	400m:	4:42.59 34.67
5.	Beatriz Costa, TEJO		02	Academica de Coimbra				<b>4:50.57</b>	538
	50m:	33.44 33.44	150m:	1:46.23	36.69	250m:	2:59.93 36.66	350m:	4:14.50 36.83
	100m:	1:09.54 36.10	200m:	2:23.27	37.04	300m:	3:37.67 37.74	400m:	4:50.57 36.07
6.	Beatriz Monteiro, TOMAS		03	Fundacao Beatriz Santos				<b>4:51.73</b>	532
	50m:	33.42 33.42	150m:	1:46.84	37.27	250m:	3:00.67 37.01	350m:	4:15.58 37.23
	100m:	1:09.57 36.15	200m:	2:23.66	36.82	300m:	3:38.35 37.68	400m:	4:51.73 36.15
7.	Matilde Freitas, MOREIRA		01	Academica de Coimbra				<b>4:57.24</b>	503
	50m:	33.45 33.45	150m:	1:47.79	37.56	250m:	3:04.00 37.94	350m:	4:20.06 37.49
	100m:	1:10.23 36.78	200m:	2:26.06	38.27	300m:	3:42.57 38.57	400m:	4:57.24 37.18
8.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				<b>4:57.65</b>	501
	50m:	33.96 33.96	150m:	1:49.32	37.17	250m:	3:04.90 37.29	350m:	4:21.16 37.44
	100m:	1:12.15 38.19	200m:	2:27.61	38.29	300m:	3:43.72 38.82	400m:	4:57.65 36.49
9.	Mariana Carmo, ROSA		05	Louzan Natacao				<b>5:01.20</b>	483
	50m:	33.58 33.58	150m:	1:47.36	37.50	250m:	3:05.07 38.73	350m:	4:23.00 38.80
	100m:	1:09.86 36.28	200m:	2:26.34	38.98	300m:	3:44.20 39.13	400m:	5:01.20 38.20
10.	Ana Filipa, SILVA		04	Academica de Coimbra				<b>5:03.80</b>	471
	50m:	34.35 34.35	150m:	1:51.60	38.98	250m:	3:09.00 38.51	350m:	4:26.46 38.56
	100m:	1:12.62 38.27	200m:	2:30.49	38.89	300m:	3:47.90 38.90	400m:	5:03.80 37.34
11.	Leonor Mil, MANO		07	Fundacao Beatriz Santos				<b>5:03.87</b>	471
	50m:	34.17 34.17	150m:	1:51.22	39.01	250m:	3:09.96 39.40	350m:	4:27.70 38.57
	100m:	1:12.21 38.04	200m:	2:30.56	39.34	300m:	3:49.13 39.17	400m:	5:03.87 36.17
12.	Laura Almeida, PINA		07	O Crasto				<b>5:05.45</b>	463
	50m:	33.97 33.97	150m:	1:50.46	38.99	250m:	3:09.61 39.67	350m:	4:27.93 39.03
	100m:	1:11.47 37.50	200m:	2:29.94	39.48	300m:	3:48.90 39.29	400m:	5:05.45 37.52
13.	Marta Domingues, GAMEIRO		04	Nautico Coimbra				<b>5:08.77</b>	449
	50m:	35.31 35.31	150m:	1:53.42	37.34	250m:	3:10.98 37.60	350m:	4:29.98 39.02
	100m:	1:16.08 40.77	200m:	2:33.38	39.96	300m:	3:50.96 39.98	400m:	5:08.77 38.79
14.	Beatriz Andre, GASPAS		06	Nautico Coimbra				<b>5:09.87</b>	444
	50m:	35.01 35.01	150m:	1:53.33	39.74	250m:	3:12.85 39.95	350m:	4:32.20 39.26
	100m:	1:13.59 38.58	200m:	2:32.90	39.57	300m:	3:52.94 40.09	400m:	5:09.87 37.67
15.	Maria Vitoria, GRILO		06	Nautico Coimbra				<b>5:11.47</b>	437
	50m:	33.83 33.83	150m:	1:51.47	39.10	250m:	3:11.48 39.13	350m:	4:31.95 39.90
	100m:	1:12.37 38.54	200m:	2:32.35	40.88	300m:	3:52.05 40.57	400m:	5:11.47 39.52
16.	Dania Rodrigues, SIMOES		07	Louzan Natacao				<b>5:13.21</b>	430
	50m:	35.70 35.70	150m:	1:55.96	40.70	250m:	3:16.79 39.83	350m:	4:36.52 39.70
	100m:	1:15.26 39.56	200m:	2:36.96	41.00	300m:	3:56.82 40.03	400m:	5:13.21 36.69
17.	Bianca Filipa, ALMEIDA		07	Alges e Agueda XXI				<b>5:13.57</b>	428
	50m:	34.46 34.46	150m:	1:52.73	40.31	250m:	3:13.82 40.76	350m:	4:34.62 40.71
	100m:	1:12.42 37.96	200m:	2:33.06	40.33	300m:	3:53.91 40.09	400m:	5:13.57 38.95

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 17, Femin., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
18.	Laura Rodrigues, MARGATO		04	Academica de Coimbra				<b>5:14.79</b>	423		
	50m:	34.39 34.39	150m:	1:53.33	40.28	250m:	3:14.78	40.73	350m:	4:35.46	40.21
	100m:	1:13.05 38.66	200m:	2:34.05	40.72	300m:	3:55.25	40.47	400m:	5:14.79	39.33
19.	Mariana Fonseca, SILVA		06	Condeixa Clube				<b>5:16.45</b>	417		
	50m:	35.79 35.79	150m:	1:55.38	40.33	250m:	3:16.64	40.54	350m:	4:37.36	39.40
	100m:	1:15.05 39.26	200m:	2:36.10	40.72	300m:	3:57.96	41.32	400m:	5:16.45	39.09
20.	Beatriz Pereira, MARQUES		05	Columbifila Cantanhedense				<b>5:20.14</b>	402		
	50m:	37.39 37.39	150m:	1:58.31	40.90	250m:	3:19.90	40.43	350m:	4:40.75	40.03
	100m:	1:17.41 40.02	200m:	2:39.47	41.16	300m:	4:00.72	40.82	400m:	5:20.14	39.39
21.	Angela Rodrigues, REBELO		07	Louzan Natacao				<b>5:25.44</b>	383		
	50m:	35.99 35.99	150m:	1:56.97	41.30	250m:	3:21.14	42.24	350m:	4:44.84	41.73
	100m:	1:15.67 39.68	200m:	2:38.90	41.93	300m:	4:03.11	41.97	400m:	5:25.44	40.60
22.	Beatriz Carvalho, MARQUES		02	Academica de Coimbra				<b>5:26.14</b>	381		
	50m:	36.30 36.30	150m:	1:58.85	42.13	250m:	3:22.93	41.82	350m:	4:46.35	41.79
	100m:	1:16.72 40.42	200m:	2:41.11	42.26	300m:	4:04.56	41.63	400m:	5:26.14	39.79
23.	Madalena Barra, MEDEIROS		06	Vigor da Mocidade				<b>5:26.97</b>	378		
	50m:	34.60 34.60	150m:	1:56.72	42.17	250m:	3:21.90	42.64	350m:	4:46.58	41.58
	100m:	1:14.55 39.95	200m:	2:39.26	42.54	300m:	4:05.00	43.10	400m:	5:26.97	40.39
24.	Camila Cavaleiro, SILVA		05	Columbifila Cantanhedense				<b>5:32.73</b>	358		
	50m:	36.78 36.78	150m:	2:00.44	42.59	250m:	3:25.86	42.76	350m:	4:51.01	42.58
	100m:	1:17.85 41.07	200m:	2:43.10	42.66	300m:	4:08.43	42.57	400m:	5:32.73	41.72
25.	Ines Miranda, DIOGO		07	Fundacao Beatriz Santos				<b>5:35.15</b>	351		
	50m:	36.14 36.14	150m:	2:01.01	43.37	250m:	3:27.50	43.34	350m:	4:54.41	42.74
	100m:	1:17.64 41.50	200m:	2:44.16	43.15	300m:	4:11.67	44.17	400m:	5:35.15	40.74
26.	Joana Calado, CRUZ		07	Fundacao Beatriz Santos				<b>5:38.67</b>	340		
	50m:	37.40 37.40	150m:	2:02.79	43.61	250m:	3:30.88	44.38	350m:	4:57.35	42.77
	100m:	1:19.18 41.78	200m:	2:46.50	43.71	300m:	4:14.58	43.70	400m:	5:38.67	41.32
27.	Lara Carvalho, SANTOS		07	Nautico Coimbra				<b>5:41.75</b>	331		
	50m:	38.26 38.26	150m:	2:04.08	43.24	250m:	3:31.72	43.61	350m:	4:59.61	43.18
	100m:	1:20.84 42.58	200m:	2:48.11	44.03	300m:	4:16.43	44.71	400m:	5:41.75	42.14
28.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos				<b>5:42.24</b>	329		
	50m:	38.83 38.83	150m:	2:04.30	42.67	250m:	3:31.41	42.92	350m:	4:59.15	42.84
	100m:	1:21.63 42.80	200m:	2:48.49	44.19	300m:	4:16.31	44.90	400m:	5:42.24	43.09
29.	Laura Torrao, CARVALHO		05	Nautico Coimbra				<b>5:44.44</b>	323		
	50m:	38.40 38.40	150m:	2:05.60	44.84	250m:	3:33.61	44.41	350m:	5:01.92	44.37
	100m:	1:20.76 42.36	200m:	2:49.20	43.60	300m:	4:17.55	43.94	400m:	5:44.44	42.52
30.	Lara Costa, PINTO		08	O Crasto				<b>5:45.75</b>	319		
	50m:	37.81 37.81	150m:	2:05.69	44.26	250m:	3:35.42	44.62	350m:	5:05.14	44.46
	100m:	1:21.43 43.62	200m:	2:50.80	45.11	300m:	4:20.68	45.26	400m:	5:45.75	40.61
31.	Maria Manuel, CORTESAO		08	Nautico Coimbra				<b>5:48.17</b>	313		
	50m:	38.47 38.47	150m:	2:06.12	44.34	250m:	3:34.78	44.51	350m:	5:04.42	44.64
	100m:	1:21.78 43.31	200m:	2:50.27	44.15	300m:	4:19.78	45.00	400m:	5:48.17	43.75
32.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade				<b>5:52.38</b>	302		
	50m:	38.53 38.53	150m:	2:09.38	46.22	250m:	3:36.58	42.33	350m:	5:09.89	46.82
	100m:	1:23.16 44.63	200m:	2:54.25	44.87	300m:	4:23.07	46.49	400m:	5:52.38	42.49
33.	Mariana Vaz, ALVES		06	Academica de Coimbra				<b>5:59.95</b>	283		
	50m:	40.50 40.50	150m:	2:11.51	45.47	250m:	3:43.92	46.23	350m:	5:16.05	46.01
	100m:	1:26.04 45.54	200m:	2:57.69	46.18	300m:	4:30.04	46.12	400m:	5:59.95	43.90
34.	Ana Beatriz, CAMPOS		08	Academica de Coimbra				<b>6:00.59</b>	281		
	50m:	38.78 38.78	150m:	2:10.33	46.91	250m:	3:44.30	47.21	350m:	5:17.42	45.93
	100m:	1:23.42 44.64	200m:	2:57.09	46.76	300m:	4:31.49	47.19	400m:	6:00.59	43.17
35.	Raquel Filipa, JESUS		08	Fundacao Beatriz Santos				<b>6:02.28</b>	278		
	50m:	40.45 40.45	150m:	2:12.59	45.54	250m:	3:44.99	45.95	350m:	5:17.96	45.98
	100m:	1:27.05 46.60	200m:	2:59.04	46.45	300m:	4:31.98	46.99	400m:	6:02.28	44.32



Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 17, Femin., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts	
36.	Catarina Sargaco, TEIXEIRA				08	Columbofila Cantanhedense				<b>6:08.36</b>	264	
	50m:	41.40	41.40	150m:	2:14.41	47.09	250m:	3:48.32	48.15	350m:	5:23.15	46.68
	100m:	1:27.32	45.92	200m:	3:00.17	45.76	300m:	4:36.47	48.15	400m:	6:08.36	45.21
37.	Sofia Neto, FERREIRA				08	Fundacao Beatriz Santos				<b>6:15.04</b>	250	
	50m:	39.93	39.93	150m:	2:16.62	49.18	250m:	3:53.65	48.22	350m:	5:30.80	47.94
	100m:	1:27.44	47.51	200m:	3:05.43	48.81	300m:	4:42.86	49.21	400m:	6:15.04	44.24
38.	Ana Sofia, PARAISO				08	Fundacao Beatriz Santos				<b>6:18.28</b>	244	
	50m:	42.19	42.19	150m:	2:19.52	48.18	250m:	3:58.05	49.89	350m:	5:34.46	48.70
	100m:	1:31.34	49.15	200m:	3:08.16	48.64	300m:	4:45.76	47.71	400m:	6:18.28	43.82
39.	Rita Mendes, SANTOS				06	Vigor da Mocidade				<b>6:28.68</b>	225	
	50m:	42.03	42.03	150m:	2:23.04	51.38	250m:	4:02.98	51.02	350m:	5:44.07	50.90
	100m:	1:31.66	49.63	200m:	3:11.96	48.92	300m:	4:53.17	50.19	400m:	6:28.68	44.61
40.	Maria Gabriela, RANGEL				08	Fundacao Beatriz Santos				<b>6:28.83</b>	224	
	50m:	42.02	42.02	150m:	2:21.04	49.86	250m:	4:02.60	50.74	350m:	5:43.34	50.02
	100m:	1:31.18	49.16	200m:	3:11.86	50.82	300m:	4:53.32	50.72	400m:	6:28.83	45.49
41.	Catarina Almeida, OLIVEIRA				08	Fundacao Beatriz Santos				<b>6:32.63</b>	218	
	50m:	42.02	42.02	150m:	2:19.76	49.96	250m:	4:01.52	51.28	350m:	5:44.95	51.03
	100m:	1:29.80	47.78	200m:	3:10.24	50.48	300m:	4:53.92	52.40	400m:	6:32.63	47.68
42.	Beatriz Costa, MATOS				07	Fundacao Beatriz Santos				<b>6:34.15</b>	215	
	50m:	42.90	42.90	150m:	2:25.14	52.10	250m:	4:07.45	51.63	350m:	5:47.20	49.10
	100m:	1:33.04	50.14	200m:	3:15.82	50.68	300m:	4:58.10	50.65	400m:	6:34.15	46.95
43.	Rita, ISABEL NEVES				08	CASPAE				<b>7:02.49</b>	175	
	50m:	42.36	42.36	150m:	2:26.03	54.80	250m:	4:17.31	59.30	350m:	6:08.76	57.19
	100m:	1:31.23	48.87	200m:	3:18.01	51.98	300m:	5:11.57	54.26	400m:	7:02.49	53.73
44.	Laura Carvalho, FERNANDES				08	Fundacao Beatriz Santos				<b>7:17.80</b>	157	
	50m:	46.76	46.76	150m:	2:38.50	56.89	250m:	4:31.52	56.91	350m:	6:25.12	56.28
	100m:	1:41.61	54.85	200m:	3:34.61	56.11	300m:	5:28.84	57.32	400m:	7:17.80	52.68
DNS	Camila Rodrigues, REBELO				03	Louzan Natacao						
DNS	Margarida Gomes, OLIVEIRA				07	O Crasto						

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 18  
11-01-2020

Masc., 4 x 50m Estilos

Absoluto  
Resultados

Pontos: FINA 2019

Lugar				Tempo final	Pts
1.	Academica de Coimbra Abs	Academica de Coimbra		<b>2:02.70</b>	441
	Miguel Freitas, OVIEDO 02	33.85 Gabriel Jose, JULIO		01	29.36
	Francisco Alberto, LUCAS 00	33.06 Maxim, KULIK		99	26.43
2.	Academica de Coimbra Abs	Academica de Coimbra		<b>2:10.84</b>	364
	Fabio Mondego, CENTEIO 94	31.63 Jose Pedro, ANTUNES		00	29.20
	Bernardo Jorge, VENTURA 03	43.12 Carlos Manuel, MARQUES		00	26.89
3.	Condeixa Clube Inf	Condeixa Clube		<b>2:21.45</b>	288
	Guilherme Marques, PEREIRA 06	35.43 Jose Miguel, MARQUES		06	33.26
	Diogo Cura, NEVES 06	41.65 Miguel Bernardo, ARAUJO		06	31.11
4.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos		<b>2:23.63</b>	275
	Tomas Nolan, SANTOS 06	35.72 Joao Rafael, FERREIRA		06	32.79
	Tomas Veiga, PEREIRA 06	44.03 David Duarte, JESUS		07	31.09
5.	Academica de Coimbra Inf	Academica de Coimbra		<b>2:26.39</b>	259
	Rodrigo Costa, CRUZ 06	37.33 Joao Ferreira, MARQUES		06	32.75
	Miguel Joao, PINHEIRO 06	43.16 Edgar Tavares, MENDES		06	33.15
DSQ	Louzan Natacao Abs	Louzan Natacao			
	<i>Falsa rendição do 3º atleta</i>				
	Oleksandr, DZYAKANAV 07	36.46 Goncalo Carvalho, SANTOS		05	
	Rodrigo Neves, DUARTE 06	44.72 Diogo Simoes, DIAS		05	

Torneio de Preparação ANC - Piscina Longa I  
Coimbra, 11-1-2020

Prova 19 11-01-2020		Femin., 4 x 50m Estilos				Absoluto Resultados
Pontos: FINA 2019						
Lugar				Tempo final	Pts	
1.	Academica de Coimbra Sen	Academica de Coimbra		<b>2:11.57</b>	527	
	Barbara Azambujo, MELO 02	33.59	Beatriz Costa, TEJO 02		29.84	
	Matilde Freitas, MOREIRA 01	39.75	Ana Carolina, NEVES 00		28.39	
2.	Louzan Natacao Abs	Louzan Natacao		<b>2:18.09</b>	456	
	Leonor Correia, PAIVA 04	35.63	Ana Luisa, RODRIGUES 03		35.54	
	Maria Carlota, REBELO 03	36.72	Mariana Carmo, ROSA 05		30.20	
3.	Academica de Coimbra Jun	Academica de Coimbra		<b>2:25.58</b>	389	
	Filipa Victor, VIEIRA 04	38.43	Ines Mariana, PINHEIRO 03		32.35	
	Beatriz Beja, AFONSO 04	44.23	Ana Filipa, SILVA 04		30.57	
4.	Academica de Coimbra Abs	Academica de Coimbra		<b>2:30.55</b>	352	
	Laura Rodrigues, MARGATO 04	38.05	Helena Carolina, DINIS 05		38.24	
	Maria Ines, ALVES 05	42.02	Beatriz Carvalho, MARQUES 02		32.24	
5.	Academica de Coimbra Inf	Academica de Coimbra		<b>2:31.50</b>	345	
	Cristiana Sofia, ESCADA 07	39.49	Matilde Neves, CRAVEIRO 06		33.28	
	Carolina Vaz, ALVES 08	43.99	Ana Beatriz, CAMPOS 08		34.74	
6.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos		<b>2:45.65</b>	264	
	Raquel Filipa, JESUS 08	44.80	Marta Andre, AGUILAR 07		36.47	
	Catarina Almeida, OLIVEIRA 08	50.60	Ines Miranda, DIOGO 07		33.78	
7.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos		<b>2:46.18</b>	262	
	Beatriz Costa, MATOS 07	48.47	Joana Calado, CRUZ 07		38.00	
	Leonor Mil, MANO 07	42.85	Maria Ines, FERNANDES 07		36.86	
8.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos		<b>3:17.49</b>	156	
	Sofia Neto, FERREIRA 08	46.09	Ana Sofia, PARAISO 08		48.88	
	Maria Gabriela, RANGEL 08	57.51	Laura Carvalho, FERNANDES 08		45.01	
DNS	Louzan Natacao Abs	Louzan Natacao				