

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

1 - 1ª Jornada - 1ª Sessão

07-12-2019 - 10:00

Prova 1 07-12-2019 - 10:00	Femin., 200m Livres				Inf A e B Resultados
Rec. Nacional Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
Rec. Nacional Inf A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	09-03-2018
Rec. Nacional Inf B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25-03-2017
Rec Reg ANC Absoluto	2:03.23	Alexandra Couto, FRAZÃO	CAQC		13-06-2018
Rec Reg ANC Inf A	2:12.07	Mariana Malaguerra, COSTA	ASSSCC		11-06-2011
Rec Reg ANC Inf B	2:15.31	Mariana, GUERRA	ASSSCC		11-06-2010

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				2:21.81	472
	50m:	32.37 32.37	100m:	1:07.83	35.46	150m:	1:45.34 37.51	200m:	2:21.81 36.47
2.	Angela Rodrigues, REBELO		07	Louzan Natacao				2:24.02	450
	50m:	33.35 33.35	100m:	1:09.87	36.52	150m:	1:47.27 37.40	200m:	2:24.02 36.75
3.	Leonor Mil, MANO		07	Fundacao Beatriz Santos				2:24.75	444
	50m:	32.51 32.51	100m:	1:09.79	37.28	150m:	1:47.97 38.18	200m:	2:24.75 36.78
4.	Dania Rodrigues, SIMOES		07	Louzan Natacao				2:26.60	427
	50m:	34.42 34.42	100m:	1:12.19	37.77	150m:	1:50.36 38.17	200m:	2:26.60 36.24
5.	Laura Almeida, PINA		07	O Crasto				2:26.73	426
	50m:	32.98 32.98	100m:	1:09.88	36.90	150m:	1:48.90 39.02	200m:	2:26.73 37.83
6.	Mariana Marques, ALMEIDA		07	Academica de Coimbra				2:28.34	412
	50m:	35.01 35.01	100m:	1:12.46	37.45	150m:	1:51.27 38.81	200m:	2:28.34 37.07
7.	Bianca Filipa, ALMEIDA		07	Alges e Agueda XXI				2:28.71	409
	50m:	32.99 32.99	100m:	1:10.24	37.25	150m:	1:49.61 39.37	200m:	2:28.71 39.10
8.	Nancy Almeida, RODRIGUES		07	O Crasto				2:35.26	359
	50m:	34.22 34.22	100m:	1:13.56	39.34	150m:	1:54.66 41.10	200m:	2:35.26 40.60
9.	Ana Beatriz, CAMPOS		08	Academica de Coimbra				2:45.18	298
	50m:	37.84 37.84	100m:	1:20.51	42.67	150m:	2:03.47 42.96	200m:	2:45.18 41.71
10.	Julia Maria, SOARES		08	Miranda do Corvo				2:46.94	289
	50m:	39.15 39.15	100m:	1:23.41	44.26	150m:	2:07.05 43.64	200m:	2:46.94 39.89
11.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade				2:48.35	282
	50m:	34.40 34.40	100m:	1:18.46	44.06	150m:	2:04.90 46.44	200m:	2:48.35 43.45
12.	Maria Manuel, CORTESAO		08	Nautico Coimbra				2:49.33	277
	50m:	38.93 38.93	100m:	1:22.60	43.67	150m:	2:06.15 43.55	200m:	2:49.33 43.18
13.	Francisca Santos, FERNANDES		08	Miranda do Corvo				2:49.79	275
	50m:	39.67 39.67	100m:	1:23.95	44.28	150m:	2:08.31 44.36	200m:	2:49.79 41.48
14.	Luna Almeida, RODRIGUES		07	Columbifila Cantanhedense				2:52.08	264
	50m:	39.41 39.41	100m:	1:24.21	44.80	150m:	2:08.93 44.72	200m:	2:52.08 43.15
15.	Leonor Duarte, VEIGA		07	Vigor da Mocidade				2:53.16	259
	50m:	40.91 40.91	100m:	1:26.28	45.37	150m:	2:11.28 45.00	200m:	2:53.16 41.88
16.	Catarina Sargaco, TEIXEIRA		08	Columbifila Cantanhedense				2:53.74	256
	50m:	41.00 41.00	100m:	1:25.46	44.46	150m:	2:11.06 45.60	200m:	2:53.74 42.68
17.	Sofia, TYUTYUNYK		08	Bombeiros Mealhada/ CA				2:56.81	243
	50m:	39.60 39.60	100m:	1:24.44	44.84	150m:	2:11.56 47.12	200m:	2:56.81 45.25
18.	Matilde Rodrigues, COSTA		07	S. Pedro Alva				2:58.08	238
	50m:	39.98 39.98	100m:	1:25.90	45.92	150m:	2:12.80 46.90	200m:	2:58.08 45.28
19.	Rita, ISABEL NEVES		08	CASPAE				3:42.06	122
	50m:	43.90 43.90	100m:	1:41.53	57.63	150m:	2:41.55 1:00.02	200m:	3:42.06 1:00.51

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 1, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Ines Mariana, PINHEIRO 50m: 30.58 30.58 100m: 1:03.64 33.06 150m: 1:37.87 34.23 200m: 2:10.18 32.31	03 Academica de Coimbra	2:10.18	610
EXH Beatriz Costa, TEJO 50m: 31.25 31.25 100m: 1:05.26 34.01 150m: 1:40.61 35.35 200m: 2:15.28 34.67	02 Academica de Coimbra	2:15.28	543
EXH Ana Filipa, SILVA 50m: 32.22 32.22 100m: 1:07.24 35.02 150m: 1:43.34 36.10 200m: 2:18.75 35.41	04 Academica de Coimbra	2:18.75	504
EXH Ana Carolina, NEVES 50m: 31.66 31.66 100m: 1:05.90 34.24 150m: 1:42.50 36.60 200m: 2:19.55 37.05	00 Academica de Coimbra	2:19.55	495
EXH Laura Rodrigues, MARGATO 50m: 33.85 33.85 100m: 1:10.24 36.39 150m: 1:48.65 38.41 200m: 2:25.59 36.94	04 Academica de Coimbra	2:25.59	436
EXH Beatriz Beja, AFONSO 50m: 34.10 34.10 100m: 1:13.04 38.94 150m: 1:54.38 41.34 200m: 2:33.97 39.59	04 Academica de Coimbra	2:33.97	368
EXH Lara Costa, PINTO 50m: 38.04 38.04 100m: 1:20.41 42.37 150m: 2:02.38 41.97 200m: 2:42.23 39.85	08 O Crasto	2:42.23	315
EXH Maria Ines, FERNANDES 50m: 39.42 39.42 100m: 1:20.94 41.52 150m: 2:04.28 43.34 200m: 2:46.38 42.10	07 Fundacao Beatriz Santos	2:46.38	292
EXH Raquel Filipa, JESUS 50m: 39.55 39.55 100m: 1:23.39 43.84 150m: 2:07.77 44.38 200m: 2:49.26 41.49	08 Fundacao Beatriz Santos	2:49.26	277
EXH Sofia Neto, FERREIRA 50m: 39.09 39.09 100m: 1:23.58 44.49 150m: 2:08.85 45.27 200m: 2:49.50 40.65	08 Fundacao Beatriz Santos	2:49.50	276
EXH Laura Silva, FERNANDES 50m: 43.13 43.13 100m: 1:29.36 46.23 150m: 2:15.60 46.24 200m: 2:57.88 42.28	08 Miranda do Corvo	2:57.88	239
EXH Ana Sofia, PARAISO 50m: 42.54 42.54 100m: 1:29.48 46.94 150m: 2:16.03 46.55 200m: 2:59.58 43.55	08 Fundacao Beatriz Santos	2:59.58	232
EXH Mariana Santos, ALMEIDA 50m: 40.74 40.74 100m: 1:27.97 47.23 150m: 2:16.24 48.27 200m: 3:02.60 46.36	08 Columbofila Cantanhedense	3:02.60	221
EXH Beatriz Costa, MATOS 50m: 41.59 41.59 100m: 1:30.14 48.55 150m: 2:20.00 49.86 200m: 3:05.58 45.58	07 Fundacao Beatriz Santos	3:05.58	210
EXH Laura Carvalho, FERNANDES 50m: 44.16 44.16 100m: 1:36.57 52.41 150m: 2:33.70 57.13 200m: 3:24.99 51.29	08 Fundacao Beatriz Santos	3:24.99	156
EXH Francisca Dias, AGANTE 50m: 50.06 50.06 100m: 1:51.88 1:01.82 150m: 2:55.79 1:03.91 200m: 3:56.08 1:00.29	08 Vigor da Mocidade	3:56.08	102

Prova 2
07-12-2019 - 10:20

Masc., 200m Livres

Inf A e B
Resultados

Rec. Nacional Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec. Nacional Inf A	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	10-06-2004
Rec. Nacional Inf B	2:04.75	Joao Magalhaes, NUNES	CNA	Algés	30-06-2012
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
Rec Reg ANC Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC		13-06-2018
Rec Reg ANC Inf B	2:08.92	José Diogo, DIAS	FBSC		13-06-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Daniel Batista, TAVARES 50m: 29.44 29.44 100m: 1:03.92 34.48 150m: 1:40.05 36.13 200m: 2:14.45 34.40	06 Bombeiros Mealhada/ CA	2:14.45	403
2. Duarte Jose, FERNANDES 50m: 31.67 31.67 100m: 1:06.59 34.92 150m: 1:42.22 35.63 200m: 2:17.66 35.44	06 Uniao Coimbra	2:17.66	376
3. Joao Rafael, FERREIRA 50m: 32.25 32.25 100m: 1:08.27 36.02 150m: 1:45.11 36.84 200m: 2:21.46 36.35	06 Fundacao Beatriz Santos	2:21.46	346

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 2, Masc., 200m Livres, Inf A e B

Lugar			Ano					Tempo final	Pts
4.	Joao Pinto, FIGUEIREDO	06	O Crasto				2:23.80	329	
	50m: 32.65 32.65	100m: 1:09.62	36.97	150m: 1:47.24	37.62	200m: 2:23.80	36.56		
5.	Rodrigo Costa, CRUZ	06	Academica de Coimbra				2:25.63	317	
	50m: 33.41 33.41	100m: 1:11.39	37.98	150m: 1:49.24	37.85	200m: 2:25.63	36.39		
6.	Guilherme Marques, PEREIRA	06	Condeixa Clube				2:26.79	310	
	50m: 32.56 32.56	100m: 1:09.56	37.00	150m: 1:48.83	39.27	200m: 2:26.79	37.96		
7.	Henrique Ferreira, MARTINS	06	Alges e Agueda XXI				2:26.90	309	
	50m: 33.68 33.68	100m: 1:11.87	38.19	150m: 1:50.64	38.77	200m: 2:26.90	36.26		
8.	Miguel Bernardo, ARAUJO	06	Condeixa Clube				2:27.00	308	
	50m: 33.93 33.93	100m: 1:12.30	38.37	150m: 1:51.04	38.74	200m: 2:27.00	35.96		
9.	Francisco Cruz, CARVALHO	06	S. Pedro Alva				2:27.75	304	
	50m: 33.55 33.55	100m: 1:10.98	37.43	150m: 1:49.34	38.36	200m: 2:27.75	38.41		
10.	Bruno Costa, RODRIGUES	06	Columbifila Cantanhedense				2:27.99	302	
	50m: 34.50 34.50	100m: 1:12.26	37.76	150m: 1:50.62	38.36	200m: 2:27.99	37.37		
11.	Miguel Cunha, GASPAS	06	Columbifila Cantanhedense				2:28.12	301	
	50m: 33.63 33.63	100m: 1:11.38	37.75	150m: 1:50.63	39.25	200m: 2:28.12	37.49		
12.	Afonso Vidal, TOMAS	06	Louzan Natacao				2:28.55	299	
	50m: 34.14 34.14	100m: 1:12.29	38.15	150m: 1:51.40	39.11	200m: 2:28.55	37.15		
13.	David Duarte, JESUS	07	Fundacao Beatriz Santos				2:30.02	290	
	50m: 32.96 32.96	100m: 1:12.07	39.11	150m: 1:51.60	39.53	200m: 2:30.02	38.42		
14.	Oleksandr, DZYAKANAV	07	Louzan Natacao				2:30.53	287	
	50m: 36.48 36.48	100m: 1:16.22	39.74	150m: 1:55.01	38.79	200m: 2:30.53	35.52		
15.	Dinis, YURCHUK	07	Bombeiros Mealhada/ CA				2:30.83	285	
	50m: 34.75 34.75	100m: 1:13.14	38.39	150m: 1:52.28	39.14	200m: 2:30.83	38.55		
16.	Martim Ribeiro, MENESES	06	O Crasto				2:32.82	274	
	50m: 34.29 34.29	100m: 1:12.86	38.57	150m: 1:53.66	40.80	200m: 2:32.82	39.16		
17.	Henrique Tavares, DIAS	06	Nautico Coimbra				2:34.32	266	
	50m: 37.00 37.00	100m: 1:17.60	40.60	150m: 1:57.29	39.69	200m: 2:34.32	37.03		
18.	Edgar Tavares, MENDES	06	Academica de Coimbra				2:37.04	253	
	50m: 35.94 35.94	100m: 1:16.53	40.59	150m: 1:57.99	41.46	200m: 2:37.04	39.05		
19.	Simao Domingues, PAZ	06	Miranda do Corvo				2:37.53	251	
	50m: 36.72 36.72	100m: 1:17.41	40.69	150m: 1:57.92	40.51	200m: 2:37.53	39.61		
20.	Joao Miguel, MARTINS	07	S. Pedro Alva				2:40.58	236	
	50m: 36.11 36.11	100m: 1:16.91	40.80	150m: 1:59.45	42.54	200m: 2:40.58	41.13		
21.	Goncalo Dinis, NEVES	07	Nautico Coimbra				2:42.22	229	
	50m: 36.87 36.87	100m: 1:18.13	41.26	150m: 2:01.51	43.38	200m: 2:42.22	40.71		
22.	Daniel, KAMOLOV	07	Alges e Agueda XXI				2:43.33	225	
	50m: 38.68 38.68	100m: 1:20.71	42.03	150m: 2:03.53	42.82	200m: 2:43.33	39.80		
23.	Goncalo Miranda, FERNANDES	07	Vigor da Mocidade				2:48.85	203	
	50m: 37.54 37.54	100m: 1:22.99	45.45	150m: 2:08.74	45.75	200m: 2:48.85	40.11		
24.	Bernardo Almas, MALHAO	07	Vigor da Mocidade				2:55.82	180	
	50m: 37.96 37.96	100m: 1:23.24	45.28	150m: 2:10.15	46.91	200m: 2:55.82	45.67		
DSQ	Marco Dimitar, OLIVEIRA	07	Fundacao Beatriz Santos						
	<i>Falsa partida</i>								
DSQ	Francisco Couto, FRAZAO	06	Uniao Coimbra						
	<i>Falsa partida</i>								

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 2, Masc., 200m Livres

Prova 2	Masc., 200m Livres				Jun
07-12-2019 - 10:20					Resultados
Rec. Nacional Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec. Nacional 18	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	12-12-2004
Rec. Nacional 17	1:50.28	Tomas Teixeira, LOPES	FOCA	Felgueiras	28-04-2019
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
Rec Reg ANC 18	1:52.42	Miguel Silva, OLIVEIRA	CNAC		13-06-2008
Rec Reg ANC 17	1:53.16	Luis, SILVA	CNAC		13-06-2001

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
DNS Tomas Pedrosa, MIGUEL	02 Condeixa Clube		

Prova 2	Masc., 200m Livres				Sen
07-12-2019 - 10:20					Resultados
Rec. Nacional Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec. Nacional Sen	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
Rec Reg ANC Sen	1:46.03	Mário Alexandre, PEREIRA	CNAC		13-06-2014

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
DSQ Rodrigo Ribeiro, GOMES <i>Falsa partida</i>	00 Condeixa Clube		
DSQ Francisco Miguel, CARVALHO <i>Falsa partida</i>	00 Academica de Coimbra		
EXH Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	1:58.42	590
50m: 27.54 27.54 100m: 57.98 30.44 150m: 1:27.94 29.96 200m: 1:58.42 30.48			
EXH Rodrigo Santos, LADEIRA	97 Fundacao Beatriz Santos	2:03.19	524
50m: 27.83 27.83 100m: 58.49 30.66 150m: 1:30.43 31.94 200m: 2:03.19 32.76			
EXH Carlos Manuel, MARQUES	00 Academica de Coimbra	2:05.83	492
50m: 28.98 28.98 100m: 1:00.48 31.50 150m: 1:33.16 32.68 200m: 2:05.83 32.67			
EXH Gabriel Jose, JULIO	01 Academica de Coimbra	2:11.41	432
50m: 29.56 29.56 100m: 1:01.85 32.29 150m: 1:36.12 34.27 200m: 2:11.41 35.29			
EXH Bernardo Jorge, VENTURA	03 Academica de Coimbra	2:18.52	369
50m: 31.05 31.05 100m: 1:05.22 34.17 150m: 1:41.66 36.44 200m: 2:18.52 36.86			
EXH Martim Alexandre, SILVA	07 Columbofila Cantanhedense	2:23.93	329
50m: 33.25 33.25 100m: 1:10.38 37.13 150m: 1:47.71 37.33 200m: 2:23.93 36.22			
EXH Guilherme Marques, ALMEIDA	07 Academica de Coimbra	2:35.86	259
50m: 36.69 36.69 100m: 1:16.83 40.14 150m: 1:57.52 40.69 200m: 2:35.86 38.34			
EXH Miguel Joao, PINHEIRO	06 Academica de Coimbra	2:38.11	248
50m: 38.20 38.20 100m: 1:18.78 40.58 150m: 2:00.12 41.34 200m: 2:38.11 37.99			
EXH Martim Pedro, DUARTE	07 Academica de Coimbra	2:43.24	225
50m: 37.94 37.94 100m: 1:20.83 42.89 150m: 2:03.60 42.77 200m: 2:43.24 39.64			
EXH David Ferreira, SILVA	07 Academica de Coimbra	2:44.25	221
50m: 39.17 39.17 100m: 1:20.22 41.05 150m: 2:02.09 41.87 200m: 2:44.25 42.16			
EXH Francisco Jose, SIMOES	07 Vigor da Mocidade	3:18.41	125
50m: 41.58 41.58 100m: 1:30.94 49.36 150m: 2:25.48 54.54 200m: 3:18.41 52.93			

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 3 Femin., 200m Mariposa Inf A e B
07-12-2019 - 10:40 Resultados

Rec. Nacional Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec. Nacional Inf A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12-05-2018
Rec. Nacional Inf B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09-05-1992
Rec Reg ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13-06-2002
Rec Reg ANC Inf A	2:26.78	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
Rec Reg ANC Inf B	2:36.49	Inês Pereira, SILVA	CAQC		11-06-2014

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Angela Rodrigues, REBELO	07	Louzan Natacao					2:45.87	374
	50m: 36.52 36.52	100m: 1:18.12	41.60	150m: 2:02.08	43.96	200m: 2:45.87	43.79		
2.	Leonor Mil, MANO	07	Fundacao Beatriz Santos					2:52.62	332
	50m: 36.17 36.17	100m: 1:19.27	43.10	150m: 2:05.36	46.09	200m: 2:52.62	47.26		
3.	Lara Carvalho, SANTOS	07	Nautico Coimbra					2:58.89	298
	50m: 38.02 38.02	100m: 1:23.60	45.58	150m: 2:11.53	47.93	200m: 2:58.89	47.36		
4.	Ines Miranda, DIOGO	07	Fundacao Beatriz Santos					3:07.06	261
	50m: 36.30 36.30	100m: 1:24.23	47.93	150m: 2:15.63	51.40	200m: 3:07.06	51.43		
5.	Margarida Gomes, OLIVEIRA	07	O Crasto					3:12.08	241
	50m: 42.47 42.47	100m: 1:31.80	49.33	150m: 2:23.12	51.32	200m: 3:12.08	48.96		
6.	Cristiana Sofia, ESCADA	07	Academica de Coimbra					3:12.70	239
	50m: 42.25 42.25	100m: 1:29.65	47.40	150m: 2:21.56	51.91	200m: 3:12.70	51.14		
7.	Carolina Vaz, ALVES	08	Academica de Coimbra					3:34.78	172
	50m: 46.58 46.58	100m: 1:40.50	53.92	150m: 2:37.30	56.80	200m: 3:34.78	57.48		
8.	Ines Serralheiro, SANTOS	08	Columbifila Cantanhedense					4:01.42	121
	50m: 53.81 53.81	100m: 1:57.36	1:03.55	150m: 3:00.02	1:02.66	200m: 4:01.42	1:01.40		
DSQ	Bruna Filipa, LOURENCO	08	O Crasto						
	<i>a atleta perdeu a posição de braços no percurso subaquatico</i>								
EXH	Ana Catarina, SILVA	04	Fundacao Beatriz Santos					2:36.42	447
	50m: 34.81 34.81	100m: 1:14.96	40.15	150m: 1:56.30	41.34	200m: 2:36.42	40.12		
EXH	Daniela Portela, MENDES	04	Fundacao Beatriz Santos					2:55.29	317
	50m: 31.44 31.44	100m: 1:08.93	37.49	150m: 2:01.83	52.90	200m: 2:55.29	53.46		

Prova 4 Masc., 200m Mariposa Inf A e B
07-12-2019 - 10:50 Resultados

Rec. Nacional Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec. Nacional Inf A	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11-07-2004
Rec. Nacional Inf B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01-06-2013
Rec Reg ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	2:15.42	Diogo Matos, RIBEIRO	CUC		13-06-2018
Rec Reg ANC Inf B	2:28.59	Tomás Miguel, VELOSO	CNAC		13-06-2009

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Jose Miguel, MARQUES	06	Condeixa Clube					2:45.21	281
	50m: 36.72 36.72	100m: 1:18.34	41.62	150m: 2:01.82	43.48	200m: 2:45.21	43.39		
2.	Diogo Cura, NEVES	06	Condeixa Clube					2:48.01	267
	50m: 36.79 36.79	100m: 1:21.15	44.36	150m: 2:05.02	43.87	200m: 2:48.01	42.99		
3.	Filipe Cruz, SIMOES	06	Miranda do Corvo					2:49.39	260
	50m: 38.15 38.15	100m: 1:21.02	42.87	150m: 2:05.33	44.31	200m: 2:49.39	44.06		
4.	Duarte Jose, FERNANDES	06	Uniao Coimbra					2:49.74	259
	50m: 35.92 35.92	100m: 1:18.73	42.81	150m: 2:05.57	46.84	200m: 2:49.74	44.17		

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 4, Masc., 200m Mariposa, Inf A e B

Lugar	Ano	Tempo final	Pts
5. Tomas Veiga, PEREIRA 50m: 37.63 37.63 100m: 1:21.54 43.91 150m: 2:06.82 45.28 200m: 2:50.27 43.45	06 Fundacao Beatriz Santos	2:50.27	256
6. Tomas Nolan, SANTOS 50m: 36.37 36.37 100m: 1:19.31 42.94 150m: 2:05.76 46.45 200m: 2:50.47 44.71	06 Fundacao Beatriz Santos	2:50.47	255
7. Joao Neves, LUCAS 50m: 38.15 38.15 100m: 1:22.24 44.09 150m: 2:07.14 44.90 200m: 2:52.16 45.02	06 Columbofila Cantanhedense	2:52.16	248
8. Gustavo Teixeira, PIRES 50m: 38.62 38.62 100m: 1:23.42 44.80 150m: 2:09.87 46.45 200m: 2:54.43 44.56	06 Columbofila Cantanhedense	2:54.43	238
9. Henrique Ferreira, MARTINS 50m: 38.19 38.19 100m: 1:23.90 45.71 150m: 2:12.49 48.59 200m: 2:59.01 46.52	06 Alges e Agueda XXI	2:59.01	221
10. Joao Pinto, FIGUEIREDO 50m: 38.02 38.02 100m: 1:23.27 45.25 150m: 2:10.87 47.60 200m: 2:59.05 48.18	06 O Crasto	2:59.05	220
11. Oleksandr, DZYAKANAV 50m: 41.24 41.24 100m: 1:28.94 47.70 150m: 2:19.04 50.10 200m: 3:08.75 49.71	07 Louzan Natacao	3:08.75	188
12. Pedro Fernandes, CARVALHO 50m: 39.50 39.50 100m: 1:28.10 48.60 150m: 2:18.04 49.94 200m: 3:08.97 50.93	06 Miranda do Corvo	3:08.97	187
EXH Miguel Freitas, OVIEDO 50m: 29.30 29.30 100m: 1:02.74 33.44 150m: 1:37.43 34.69 200m: 2:12.06 34.63	02 Academica de Coimbra	2:12.06	550

Prova 5

Femin., 200m Costas

Inf A e B

07-12-2019 - 11:00

Resultados

Rec. Nacional Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec. Nacional Inf A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06-06-2015
Rec. Nacional Inf B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26-03-2017
Rec Reg ANC Absoluto	2:11.74	Camila Rodrigues, REBELO	ALN		13-06-2018
Rec Reg ANC Inf A	2:26.15	Camila Rodrigues, REBELO	ALN		12-06-2016
Rec Reg ANC Inf B	2:34.18	Tatiana Filipa, SANTOS	GCF		11-06-2007

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Dania Rodrigues, SIMOES 50m: 37.99 37.99 100m: 1:19.08 41.09 150m: 2:00.38 41.30 200m: 2:39.82 39.44	07 Louzan Natacao	2:39.82	415
2. Leonor Garcia, FERNANDES 50m: 41.31 41.31 100m: 1:25.33 44.02 150m: 2:09.17 43.84 200m: 2:52.96 43.79	07 O Crasto	2:52.96	327
3. Joana Calado, CRUZ 50m: 40.38 40.38 100m: 1:25.88 45.50 150m: 2:11.75 45.87 200m: 2:55.55 43.80	07 Fundacao Beatriz Santos	2:55.55	313
4. Francisca Santos, FERNANDES 50m: 42.85 42.85 100m: 1:29.01 46.16 150m: 2:14.82 45.81 200m: 2:58.63 43.81	08 Miranda do Corvo	2:58.63	297
5. Leonor Duarte, VEIGA 50m: 45.66 45.66 100m: 1:33.32 47.66 150m: 2:20.90 47.58 200m: 3:06.25 45.35	07 Vigor da Mocidade	3:06.25	262
6. Luna Almeida, RODRIGUES 50m: 47.11 47.11 100m: 1:37.10 49.99 150m: 2:25.96 48.86 200m: 3:12.97 47.01	07 Columbofila Cantanhedense	3:12.97	235
7. Julia Maria, SOARES 50m: 47.06 47.06 100m: 1:37.91 50.85 150m: 2:27.12 49.21 200m: 3:15.40 48.28	08 Miranda do Corvo	3:15.40	227
DSQ Margarida Porto, SOUSA <i>a atleta quebrou a continuidade do movimento na viragem dos 25 e 125 m</i>	08 Columbofila Cantanhedense		
DSQ Maria Manuel, CORTESAO <i>a atleta não realizou movimento contínuo na viragem dos 50 m</i>	08 Nautico Coimbra		
DSQ Lara Carvalho, SANTOS <i>a atleta perdeu a continuidade do movimento aos 125 m</i>	07 Nautico Coimbra		

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 5, Femin., 200m Costas, Inf A e B

Lugar	Ano	Tempo final	Pts
DSQ Matilde Rodrigues, COSTA	07 S. Pedro Alva <i>não realizou movimento continuo na viragem aos 25 e 75 m</i>		
DSQ Marta Andre, AGUILAR	07 Fundacao Beatriz Santos <i>a atleta não realizou movimento continuo na viragem aos 175 m</i>		
DSQ Maria Gabriela, RANGEL	08 Fundacao Beatriz Santos <i>não realizou movimento continuo na viragem aos 25 e 75 m</i>		
DSQ Cristiana Sofia, DUARTE	07 Vigor da Mocidade <i>na viragem dos 150 m a atleta não realizou movimento continuo</i>		
DSQ Nancy Almeida, RODRIGUES	07 O Crasto <i>a atleta não efetuou movimento continuo nas viragens aos 125 e 175 m</i>		
DSQ Ana Beatriz, CAMPOS	08 Academica de Coimbra <i>a atleta não realizou movimento continuo na viragem aos 25 e 125m</i>		
DSQ Mariana Marques, ALMEIDA	07 Academica de Coimbra <i>a atleta não realizou movimento continuo na viragem aos 175 m</i>		
EXH Barbara Azambujo, MELO	02 Academica de Coimbra	2:32.59	477
50m: 35.72 35.72 100m: 1:14.06 38.34 150m: 1:53.45 39.39 200m: 2:32.59 39.14			
EXH Maria Caetano, LAMAS	04 Miranda do Corvo	2:41.43	402
50m: 37.07 37.07 100m: 1:18.11 41.04 150m: 2:00.40 42.29 200m: 2:41.43 41.03			
EXH Sara Sofia, TEJO	03 Condeixa Clube	2:42.29	396
50m: 33.18 33.18 100m: 1:18.41 45.23 150m: 2:00.30 41.89 200m: 2:42.29 41.99			
EXH Filipa Victor, VIEIRA	04 Academica de Coimbra	2:51.73	334
50m: 40.09 40.09 100m: 1:23.08 42.99 150m: 2:07.84 44.76 200m: 2:51.73 43.89			
EXH Lara Costa, PINTO	08 O Crasto	2:56.83	306
50m: 42.62 42.62 100m: 1:28.01 45.39 150m: 2:13.34 45.33 200m: 2:56.83 43.49			
EXH Catarina Almeida, OLIVEIRA	08 Fundacao Beatriz Santos	3:11.05	243
50m: 44.09 44.09 100m: 1:32.63 48.54 150m: 2:23.43 50.80 200m: 3:11.05 47.62			
EXH Laura Silva, FERNANDES	08 Miranda do Corvo	3:13.37	234
50m: 47.11 47.11 100m: 1:37.61 50.50 150m: 2:27.31 49.70 200m: 3:13.37 46.06			
EXH Constanca Carneiro, FERREIRA	08 O Crasto	3:59.78	122
50m: 55.90 55.90 100m: 1:56.56 1:00.66 150m: 2:59.15 1:02.59 200m: 3:59.78 1:00.63			

Prova 6

Masc., 200m Costas

Inf A e B

07-12-2019 - 11:20

Resultados

Rec. Nacional Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec. Nacional Inf A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	29-06-2012
Rec. Nacional Inf B	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16-03-2013
Rec Reg ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	2:14.94	José Diogo, DIAS	FBSC	(ROU)	13-06-2018
Rec Reg ANC Inf B	2:19.15	José Diogo, DIAS	FBSC		13-06-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	2:28.67	358
50m: 34.62 34.62 100m: 1:12.89 38.27 150m: 1:51.33 38.44 200m: 2:28.67 37.34			
2. Joao Rafael, FERREIRA	06 Fundacao Beatriz Santos	2:35.11	315
50m: 36.87 36.87 100m: 1:16.13 39.26 150m: 1:56.05 39.92 200m: 2:35.11 39.06			
3. Filipe Cruz, SIMOES	06 Miranda do Corvo	2:38.08	298
50m: 38.21 38.21 100m: 1:17.74 39.53 150m: 1:58.58 40.84 200m: 2:38.08 39.50			
4. Guilherme Marques, PEREIRA	06 Condeixa Clube	2:39.82	288
50m: 36.63 36.63 100m: 1:17.20 40.57 150m: 1:59.24 42.04 200m: 2:39.82 40.58			

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 6, Masc., 200m Costas, Inf A e B

Lugar							Ano					Tempo final	Pts
5.	Francisco Couto, FRAZAO	06	Uniao Coimbra								2:42.44	274	
	50m: 37.98 37.98	100m: 1:19.44	41.46	150m: 2:01.89	42.45	200m: 2:42.44	40.55						
6.	Gabriel Cunha, TEIXEIRA	06	Alges e Agueda XXI								2:47.57	250	
	50m: 39.61 39.61	100m: 1:21.56	41.95	150m: 2:04.96	43.40	200m: 2:47.57	42.61						
7.	Martim Ribeiro, MENESES	06	O Crasto								2:48.13	247	
	50m: 40.14 40.14	100m: 1:23.13	42.99	150m: 2:06.34	43.21	200m: 2:48.13	41.79						
8.	Guilherme Marques, ALMEIDA	07	Academica de Coimbra								2:50.20	239	
	50m: 40.29 40.29	100m: 1:24.02	43.73	150m: 2:08.10	44.08	200m: 2:50.20	42.10						
9.	Rodrigo Neves, DUARTE	06	Louzan Natacao								2:54.63	221	
	50m: 41.61 41.61	100m: 1:25.94	44.33	150m: 2:11.44	45.50	200m: 2:54.63	43.19						
10.	Afonso Simoes, FERREIRA	07	Vigor da Mocidade								3:04.57	187	
	50m: 43.40 43.40	100m: 1:30.44	47.04	150m: 2:18.08	47.64	200m: 3:04.57	46.49						
11.	Joao Miguel, MARTINS	07	S. Pedro Alva								3:05.92	183	
	50m: 41.89 41.89	100m: 1:28.81	46.92	150m: 2:17.78	48.97	200m: 3:05.92	48.14						
12.	Pedro Lages, MARTINS	07	Alges e Agueda XXI								3:06.71	181	
	50m: 44.40 44.40	100m: 1:32.43	48.03	150m: 2:20.30	47.87	200m: 3:06.71	46.41						
13.	Duarte Cachulo, MARQUES	07	Condeixa Clube								3:13.47	162	
	50m: 44.52 44.52	100m: 1:33.89	49.37	150m: 2:25.07	51.18	200m: 3:13.47	48.40						
DSQ	Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	<i>o atleta perdeu o movimento continuo aos 75 m</i>									
DSQ	Martim Alexandre, SILVA	07	Columbofila Cantanhedense	<i>o atleta perdeu o movimento continuo aos 25 e 75m</i>									
DSQ	Afonso Vidal, TOMAS	06	Louzan Natacao	<i>o atleta perdeu a continuidade do movimento na viragem aos 25 e 75 m</i>									
DSQ	Henrique Tavares, DIAS	06	Nautico Coimbra	<i>o atleta não fez movimento continuo aos 150m</i>									
DSQ	Francisco Cruz, CARVALHO	06	S. Pedro Alva	<i>o atleta não realizou movimento continuo na viragem aos 75m</i>									
DSQ	Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<i>quebrou o movimento continuo na viraegm aos 125 e 175m</i>									
DSQ	Simao Domingues, PAZ	06	Miranda do Corvo	<i>o atleta perdeu a continuidade na viragem aos 75 m</i>									
DSQ	Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos										
DSQ	Marco Dimitar, OLIVEIRA	07	Fundacao Beatriz Santos	<i>a atleta nas viragens aos 25, 75, 100 e 125 m não realizou movimento continuo</i>									
DSQ	Rodrigo Costa, CRUZ	06	Academica de Coimbra	<i>o atleta não realizou movimento continuo na viragem aos 175m</i>									

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 6, Masc., 200m Costas

Prova 6	Masc., 200m Costas				Jun
07-12-2019 - 11:20					Resultados
Rec. Nacional Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec. Nacional 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Rec. Nacional 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	16-05-2003
Rec Reg ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC 18	2:03.57	Gabriel José, LOPES	ALN		13-06-2015
Rec Reg ANC 17	2:02.88	Gabriel José, LOPES	CDL		13-06-2014

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
DNS Tomas Pedrosa, MIGUEL	02 Condeixa Clube		
EXH Joao Ferreira, MARQUES	06 Academica de Coimbra	2:50.89	236
50m: 38.99 38.99 100m: 1:22.40 43.41 150m: 2:07.23 44.83 200m: 2:50.89 43.66			
EXH David Ferreira, SILVA	07 Academica de Coimbra	3:03.44	190
50m: 44.77 44.77 100m: 1:31.68 46.91 150m: 2:19.33 47.65 200m: 3:03.44 44.11			
EXH Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	3:36.36	116
50m: 52.60 52.60 100m: 1:46.86 54.26 150m: 2:41.61 54.75 200m: 3:36.36 54.75			

Prova 7 Femin., 4 x 50m Livres Inf A e B Resultados

Prova 7	Femin., 4 x 50m Livres				Inf A e B
07-12-2019 - 11:50					Resultados
Rec. Nacional Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Rec. Nacional Inf A	59:00.00				
Rec. Nacional Inf A/B	59:00.00				
Rec. Nacional Inf B	59:00.00				
Rec Reg ANC Absoluto	1:48.52	Clube Náutico Académico de Coim	CNAC		19-07-2011
Rec Reg ANC Inf A	1:59.79	Clube Nautico Academico de Coim	CNAC		13-06-2010
Rec Reg ANC Inf A/B	1:59.79	Clube Náutico Académico de Coim	CNAC		19-07-2010
Rec Reg ANC Inf B	2:02.38	Clube Náutico Académico de Coim	CNAC		19-07-2010

Pontos: FINA 2019

Lugar	Tempo final	Pts
1. O Crasto	2:14.30	341
<i>Rec. Nacional</i>		
Laura Almeida, PINA 07 32.53 Leonor Garcia, FERNANDES 07 38.22		
Bruna Filipa, LOURENCO 08 34.44 Margarida Gomes, OLIVEIRA 07 29.11		
2. Fundacao Beatriz Santos	2:18.15	314
Maria Ines, FERNANDES 07 35.10 Joana Calado, CRUZ 07 34.45		
Ines Miranda, DIOGO 07 32.52 Raquel Filipa, JESUS 08 36.08		
3. Columbofila Cantanhedense	2:39.53	203
Catarina Sargaco, TEIXEIRA 08 38.88 Ines Serralheiro, SANTOS 08 40.45		
Margarida Porto, SOUSA 08 39.71 Mariana Santos, ALMEIDA 08 40.49		
EXH Academica de Coimbra	1:54.90	545
Ana Carolina, NEVES 00 28.72 Barbara Azambujo, MELO 02 29.75		
Beatriz Costa, TEJO 02 28.91 Ines Mariana, PINHEIRO 03 27.52		
EXH Academica de Coimbra	2:08.27	392
Ana Filipa, SILVA 04 29.33 Beatriz Beja, AFONSO 04 32.88		
Laura Rodrigues, MARGATO 04 32.51 Filipa Victor, VIEIRA 04 33.55		

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 8	Masc., 4 x 50m Livres				Inf A e B
07-12-2019 - 11:55					Resultados
Rec. Nacional Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
Rec. Nacional Inf A	59:00.00				
Rec. Nacional Inf A/B	59:00.00				
Rec. Nacional Inf B	59:00.00				
Rec Reg ANC Absoluto	1:33.70	Clube Nautico Academico de Coimb	CNAC		13-11-2011
Rec Reg ANC Inf A	1:47.89	Clube Uniao 1919	CUC		13-11-2018
Rec Reg ANC Inf A/B	1:47.89	Clube Uniao 1919	CUC		13-11-2018
Rec Reg ANC Inf B	1:57.13	Clube Nautico Academico de Coimb	CNAC		18-07-2017
Rec Reg ANC 12 - 13	22.47	Associação Academica de Coimbra	AAC		30-12-2017

Pontos: FINA 2019

Lugar			Tempo final	Pts
1.	Columbofila Cantanhedense	Columbofila Cantanhedense	2:01.62	304
	<i>Rec. Nacional</i>			
	Tomas Varanda, OLIVEIRA 06	28.06 Joao Neves, LUCAS 06		31.67
	Gustavo Teixeira, PIRES 06	30.76 Bruno Costa, RODRIGUES 06		31.13
2.	Fundacao Beatriz Santos	Fundacao Beatriz Santos	2:02.37	298
	Tomas Nolan, SANTOS 06	30.06 David Duarte, JESUS 07		31.83
	Tomas Veiga, PEREIRA 06	31.65 Carlos Miguel, OLIVEIRA 06		28.83
3.	Condeixa Clube	Condeixa Clube	2:09.88	249
	Miguel Bernardo, ARAUJO 06	30.84 Jose Miguel, MARQUES 06		32.27
	Diogo Cura, NEVES 06	32.34 Duarte Cachulo, MARQUES 07		34.43
4.	Academica de Coimbra	Academica de Coimbra	2:10.30	247
	Miguel Joao, PINHEIRO 06	30.77 Edgar Tavares, MENDES 06		32.65
	Martim Pedro, DUARTE 07	34.36 Joao Ferreira, MARQUES 06		32.52
5.	Vigor da Mocidade	Vigor da Mocidade	2:23.32	185
	Bernardo Almas, MALHAO 07	34.01 Francisco Jose, SIMOES 07		40.82
	Goncalo Miranda, FERNANDES 07	33.00 Afonso Simoes, FERREIRA 07		35.49
EXH	Academica de Coimbra	Academica de Coimbra	1:49.23	419
	Gabriel Jose, JULIO 01	27.08 Bernardo Jorge, VENTURA 03		28.76
	Carlos Manuel, MARQUES 00	26.37 Miguel Freitas, OVIEDO 02		27.02

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

2 - 1ª Jornada - 2ª Sessão

07-12-2019 - 15:30

Prova 9	Femin., 200m Bruços				Inf A e B
07-12-2019 - 15:30					Resultados
Rec. Nacional Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29-06-2019
Rec. Nacional Inf A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06-06-2015
Rec. Nacional Inf B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14-06-2014
Rec Reg ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
Rec Reg ANC Inf A	2:43.17	AnaYuki, TSUKAGOSHI	CNAC		12-06-1995
Rec Reg ANC Inf B	2:46.41	Mariana Ferreinha, CUNHA	AAC		11-06-1995

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. Angela Rodrigues, REBELO	07	Louzan Natacao	2:52.73	472		
50m: 39.81 39.81	100m: 1:24.17	44.36	150m: 2:08.92	44.75	200m: 2:52.73	43.81
2. Mariana Marques, ALMEIDA	07	Academica de Coimbra	3:06.31	376		
50m: 42.79 42.79	100m: 1:29.97	47.18	150m: 2:18.73	48.76	200m: 3:06.31	47.58
3. Dania Rodrigues, SIMOES	07	Louzan Natacao	3:07.43	370		
50m: 44.00 44.00	100m: 1:31.32	47.32	150m: 2:19.59	48.27	200m: 3:07.43	47.84
4. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	3:08.23	365		
50m: 43.16 43.16	100m: 1:31.64	48.48	150m: 2:19.78	48.14	200m: 3:08.23	48.45
5. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	3:15.00	328		
50m: 46.33 46.33	100m: 1:35.71	49.38	150m: 2:25.93	50.22	200m: 3:15.00	49.07
6. Cristiana Sofia, ESCADA	07	Academica de Coimbra	3:17.47	316		
50m: 47.20 47.20	100m: 1:37.34	50.14	150m: 2:28.18	50.84	200m: 3:17.47	49.29
7. Leonor Duarte, VEIGA	07	Vigor da Mocidade	3:25.37	281		
50m: 47.38 47.38	100m: 1:39.89	52.51	150m: 2:32.26	52.37	200m: 3:25.37	53.11
8. Maria Manuel, CORTESAO	08	Nautico Coimbra	3:27.41	273		
50m: 48.72 48.72	100m: 1:41.77	53.05	150m: 2:35.24	53.47	200m: 3:27.41	52.17
9. Laura Silva, FERNANDES	08	Miranda do Corvo	3:31.06	259		
50m: 49.10 49.10	100m: 1:43.49	54.39	150m: 2:37.93	54.44	200m: 3:31.06	53.13
10. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	3:31.63	257		
50m: 47.59 47.59	100m: 1:41.15	53.56	150m: 2:37.15	56.00	200m: 3:31.63	54.48
11. Francisca Santos, FERNANDES	08	Miranda do Corvo	3:39.13	231		
50m: 50.32 50.32	100m: 1:47.33	57.01	150m: 2:44.49	57.16	200m: 3:39.13	54.64
12. Margarida Porto, SOUSA	08	Columbifila Cantanhedense	3:40.65	226		
50m: 49.71 49.71	100m: 1:46.68	56.97	150m: 2:43.86	57.18	200m: 3:40.65	56.79
13. Matilde Rodrigues, COSTA	07	S. Pedro Alva	3:44.70	214		
50m: 51.25 51.25	100m: 1:48.76	57.51	150m: 2:47.78	59.02	200m: 3:44.70	56.92
14. Ines Serralheiro, SANTOS	08	Columbifila Cantanhedense	3:50.89	197		
50m: 52.44 52.44	100m: 1:51.25	58.81	150m: 2:51.22	59.97	200m: 3:50.89	59.67
15. Matilde Estima, RIBEIRO	08	Alges e Agueda XXI	3:52.53	193		
50m: 53.20 53.20	100m: 1:53.20	1:00.00	150m: 2:54.10	1:00.90	200m: 3:52.53	58.43
DSQ Joana Calado, CRUZ	07	Fundacao Beatriz Santos				
<i>toque alternado na viragem aos 100m</i>						
DSQ Leonor Garcia, FERNANDES	07	O Crasto				
<i>a atleta fez pernada de golfinho apos a pernada de bruços</i>						
DSQ Laura Almeida, PINA	07	O Crasto				
<i>a atleta efetuou mais do que uma pernada de golfinho, ap+os a viragem dos 25m</i>						
DNS Rita, ISABEL NEVES	08	CASPAE				
EXH Maria Caetano, LAMAS	04	Miranda do Corvo	2:49.80	497		
50m: 37.02 37.02	100m: 1:18.70	41.68	150m: 2:05.15	46.45	200m: 2:49.80	44.65

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 9, Femin., 200m Bruços

Lugar	Ano	Tempo final	Pts
EXH Ana Catarina, SILVA 50m: 40.00 40.00 100m: 1:24.43 44.43 150m: 2:08.65 44.22 200m: 2:51.99 43.34	04 Fundacao Beatriz Santos	2:51.99	478
EXH Leonor Correia, CUNHA 50m: 40.45 40.45 100m: 1:24.74 44.29 150m: 2:10.39 45.65 200m: 2:56.84 46.45	04 Fundacao Beatriz Santos	2:56.84	440
EXH Daniela Portela, MENDES 50m: 41.87 41.87 100m: 1:28.07 46.20 150m: 2:13.33 45.26 200m: 2:59.53 46.20	04 Fundacao Beatriz Santos	2:59.53	421
EXH Bruna Filipa, LOURENCO 50m: 47.91 47.91 100m: 1:39.86 51.95 150m: 2:31.25 51.39 200m: 3:21.73 50.48	08 O Crasto	3:21.73	296
EXH Julia Maria, SOARES 50m: 52.90 52.90 100m: 1:52.45 59.55 150m: 2:52.62 1:00.17 200m: 3:50.86 58.24	08 Miranda do Corvo	3:50.86	198

Prova 10

Masc., 200m Bruços

Inf A e B

07-12-2019 - 15:50

Resultados

Rec. Nacional Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec. Nacional Inf A	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01-08-2018
Rec. Nacional Inf B	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13-07-2003
Rec Reg ANC Absoluto	2:09.73	Gabriel Jose, LOPES			13-11-2018
Rec Reg ANC Inf A	2:32.39	Duarte Anastasio, SOUSA	CAQC		13-06-2016
Rec Reg ANC Inf B	2:38.94	Duarte Anastasio, SOUSA	CAQC		13-06-2015

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Tomas Varanda, OLIVEIRA 50m: 36.77 36.77 100m: 1:17.72 40.95 150m: 1:59.38 41.66 200m: 2:41.27 41.89	06 Columbofila Cantanhedense	2:41.27	413
2. Duarte Jose, FERNANDES 50m: 39.01 39.01 100m: 1:21.92 42.91 150m: 2:05.85 43.93 200m: 2:49.96 44.11	06 Uniao Coimbra	2:49.96	353
3. Daniel Batista, TAVARES 50m: 38.82 38.82 100m: 1:24.37 45.55 150m: 2:08.11 43.74 200m: 2:53.95 45.84	06 Bombeiros Mealhada/ CA	2:53.95	329
4. Tomas Nolan, SANTOS 50m: 40.54 40.54 100m: 1:26.60 46.06 150m: 2:13.53 46.93 200m: 2:58.48 44.95	06 Fundacao Beatriz Santos	2:58.48	305
5. Rodrigo Costa, CRUZ 50m: 41.59 41.59 100m: 1:28.23 46.64 150m: 2:15.74 47.51 200m: 3:01.45 45.71	06 Academica de Coimbra	3:01.45	290
6. Jose Miguel, MARQUES 50m: 42.06 42.06 100m: 1:29.17 47.11 150m: 2:16.49 47.32 200m: 3:03.11 46.62	06 Condeixa Clube	3:03.11	282
7. Pedro Fernandes, CARVALHO 50m: 42.95 42.95 100m: 1:31.37 48.42 150m: 2:19.31 47.94 200m: 3:04.71 45.40	06 Miranda do Corvo	3:04.71	275
8. Martim Alexandre, SILVA 50m: 42.70 42.70 100m: 1:31.83 49.13 150m: 2:21.79 49.96 200m: 3:09.29 47.50	07 Columbofila Cantanhedense	3:09.29	255
9. Francisco Cruz, CARVALHO 50m: 44.29 44.29 100m: 1:33.20 48.91 150m: 2:21.86 48.66 200m: 3:09.91 48.05	06 S. Pedro Alva	3:09.91	253
10. Oleksandr, DZYAKANAV 50m: 44.15 44.15 100m: 1:34.14 49.99 150m: 2:23.38 49.24 200m: 3:10.83 47.45	07 Louzan Natacao	3:10.83	249
11. Tomas Veiga, PEREIRA 50m: 45.28 45.28 100m: 1:35.54 50.26 150m: 2:27.53 51.99 200m: 3:17.74 50.21	06 Fundacao Beatriz Santos	3:17.74	224
12. Rodrigo Neves, DUARTE 50m: 47.97 47.97 100m: 1:40.19 52.22 150m: 2:31.82 51.63 200m: 3:22.94 51.12	06 Louzan Natacao	3:22.94	207
13. Joao Miguel, MARTINS 50m: 44.56 44.56 100m: 1:36.32 51.76 150m: 2:30.36 54.04 200m: 3:23.58 53.22	07 S. Pedro Alva	3:23.58	205
14. Martim Ribeiro, MENESES 50m: 47.03 47.03 100m: 1:39.14 52.11 150m: 2:32.02 52.88 200m: 3:24.33 52.31	06 O Crasto	3:24.33	203

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 10, Masc., 200m Bruços, Inf A e B

Lugar	Ano	Tempo final	Pts
15. Daniel, KAMOLOV 50m: 49.95 49.95 100m: 1:42.66 52.71 150m: 2:34.87 52.21 200m: 3:25.90 51.03	07 Alges e Agueda XXI	3:25.90	198
16. Simao Domingues, PAZ 50m: 48.87 48.87 100m: 1:42.29 53.42 150m: 2:35.45 53.16 200m: 3:27.41 51.96	06 Miranda do Corvo	3:27.41	194
17. Henrique Tavares, DIAS 50m: 48.26 48.26 100m: 1:43.92 55.66 150m: 2:37.97 54.05 200m: 3:30.07 52.10	06 Nautico Coimbra	3:30.07	187
DSQ Francisco Jose, SIMOES <i>Falsa partida</i>	07 Vigor da Mocidade		
EXH Joaquim Agra, MERUJE 50m: 32.68 32.68 100m: 1:09.17 36.49 150m: 1:46.78 37.61 200m: 2:24.73 37.95	01 Uniao Coimbra	2:24.73	572
EXH Alexandre Miguel, BRAS 50m: 32.93 32.93 100m: 1:11.10 38.17 150m: 1:52.27 41.17 200m: 2:34.57 42.30	03 S. Pedro Alva	2:34.57	469

Prova 11

Femin., 100m Estilos

Inf A e B

07-12-2019 - 16:05

Resultados

Rec. Nacional	1:01.83	Ana Pinho, RODRIGUES	ADS	Felgueiras	23-12-2018
Rec Reg ANC Absoluto	1:05.53	Matilde Freitas, MOREIRA	AAC		13-06-2018
Rec Reg ANC Inf A	1:09.62	Joana Victorino, HENRIQUES	CAQC		12-06-2014
Rec Reg ANC Inf B	1:13.22	Joana Victorino, HENRIQUES	CAQC		11-06-2013

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Angela Rodrigues, REBELO 50m: 34.10 34.10 100m: 1:13.05 38.95	07 Louzan Natacao	1:13.05	462
2. Leonor Mil, MANO 50m: 36.29 36.29 100m: 1:17.62 41.33	07 Fundacao Beatriz Santos	1:17.62	385
3. Laura Almeida, PINA 50m: 36.96 36.96 100m: 1:17.82 40.86	07 O Crasto	1:17.82	382
4. Mariana Marques, ALMEIDA 50m: 38.61 38.61 100m: 1:20.12 41.51	07 Academica de Coimbra	1:20.12	350
5. Ines Miranda, DIOGO 50m: 37.15 37.15 100m: 1:20.39 43.24	07 Fundacao Beatriz Santos	1:20.39	347
6. Ana Beatriz, CAMPOS 50m: 40.14 40.14 100m: 1:24.80 44.66	08 Academica de Coimbra	1:24.80	295
7. Bruna Filipa, LOURENCO 50m: 42.70 42.70 100m: 1:25.40 42.70	08 O Crasto	1:25.40	289
8. Lara Carvalho, SANTOS 50m: 39.40 39.40 100m: 1:26.70 47.30	07 Nautico Coimbra	1:26.70	276
9. Leonor Duarte, VEIGA 50m: 44.06 44.06 100m: 1:31.01 46.95	07 Vigor da Mocidade	1:31.01	239
10. Sofia, TYUTYUNYK 50m: 46.43 46.43 100m: 1:32.10 45.67	08 Bombeiros Mealhada/ CA	1:32.10	230
11. Catarina Sargaco, TEIXEIRA 50m: 46.25 46.25 100m: 1:35.38 49.13	08 Columbofila Cantanhedense	1:35.38	207
12. Matilde Rodrigues, COSTA 50m: 46.24 46.24 100m: 1:35.78 49.54	07 S. Pedro Alva	1:35.78	205
13. Mariana Santos, ALMEIDA 50m: 48.18 48.18 100m: 1:42.29 54.11	08 Columbofila Cantanhedense	1:42.29	168

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 11, Femin., 100m Estilos, Inf A e B

Lugar	Ano	Tempo final	Pts
14. Rita, ISABEL NEVES 50m: 51.66 51.66 100m: 1:47.40 55.74	08 CASPAE	1:47.40	145
15. Francisca Dias, AGANTE 50m: 1:00.49 1:00.49 100m: 2:08.05 1:07.56	08 Vigor da Mocidade	2:08.05	85
DSQ Beatriz Costa, MATOS <i>a atleta perdeu a posição de costas na chegada aos 50m</i>	07 Fundacao Beatriz Santos		
DSQ Ana Sofia, PARAISO <i>a atleta perdeu a posição de costas na chegada aos 50m</i>	08 Fundacao Beatriz Santos		
DNS Sofia Neto, FERREIRA	08 Fundacao Beatriz Santos		
EXH Catarina Almeida, OLIVEIRA 50m: 42.26 42.26 100m: 1:30.04 47.78	08 Fundacao Beatriz Santos	1:30.04	247
EXH Carolina Vaz, ALVES 50m: 45.31 45.31 100m: 1:32.04 46.73	08 Academica de Coimbra	1:32.04	231
EXH Raquel Filipa, JESUS 50m: 44.66 44.66 100m: 1:34.78 50.12	08 Fundacao Beatriz Santos	1:34.78	211
EXH Maria Gabriela, RANGEL 50m: 48.58 48.58 100m: 1:40.70 52.12	08 Fundacao Beatriz Santos	1:40.70	176
EXH Laura Carvalho, FERNANDES 50m: 53.71 53.71 100m: 1:54.92 1:01.21	08 Fundacao Beatriz Santos	1:54.92	118
EXH Constanca Carneiro, FERREIRA 50m: 56.49 56.49 100m: 1:57.94 1:01.45	08 O Crasto	1:57.94	109

Prova 12

Masc., 100m Estilos

Inf A e B

07-12-2019 - 16:15

Resultados

Rec. Nacional	52.91	Alexis Manacas, SANTOS	POR	Hangzhou (CHN)	13-12-2018
Rec Reg ANC Absoluto	53.28	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	1:02.84	Gabriel José, LOPES	CDL		13-06-2011
Rec Reg ANC Inf B	1:06.87	Gabriel José, LOPES	CDL		13-06-2010

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Tomas Varanda, OLIVEIRA 50m: 30.99 30.99 100m: 1:07.27 36.28	06 Columbofila Cantanhedense	1:07.27	417
2. Afonso Vidal, TOMAS 50m: 33.34 33.34 100m: 1:15.34 42.00	06 Louzan Natacao	1:15.34	296
Francisco Cruz, CARVALHO 50m: 35.91 35.91 100m: 1:15.34 39.43	06 S. Pedro Alva	1:15.34	296
4. Joao Rafael, FERREIRA 50m: 34.47 34.47 100m: 1:15.83 41.36	06 Fundacao Beatriz Santos	1:15.83	291
5. Diogo Cura, NEVES 50m: 35.51 35.51 100m: 1:16.11 40.60	06 Condeixa Clube	1:16.11	287
6. Miguel Bernardo, ARAUJO 50m: 36.18 36.18 100m: 1:17.64 41.46	06 Condeixa Clube	1:17.64	271
7. Joao Pinto, FIGUEIREDO 50m: 35.39 35.39 100m: 1:18.01 42.62	06 O Crasto	1:18.01	267
8. Carlos Miguel, OLIVEIRA 50m: 34.43 34.43 100m: 1:18.08 43.65	06 Fundacao Beatriz Santos	1:18.08	266
9. Francisco Couto, FRAZAO 50m: 36.15 36.15 100m: 1:18.37 42.22	06 Uniao Coimbra	1:18.37	263

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 12, Masc., 100m Estilos, Inf A e B

Lugar			Ano		Tempo final	Pts
10.	Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense	1:18.90	258	
	50m: 37.15 37.15	100m: 1:18.90	41.75			
11.	Miguel Joao, PINHEIRO	06	Academica de Coimbra	1:21.16	237	
	50m: 37.25 37.25	100m: 1:21.16	43.91			
12.	Martim Ribeiro, MENESES	06	O Crasto	1:23.38	219	
	50m: 39.90 39.90	100m: 1:23.38	43.48			
13.	Joao Miguel, MARTINS	07	S. Pedro Alva	1:23.48	218	
	50m: 39.97 39.97	100m: 1:23.48	43.51			
14.	Simao Domingues, PAZ	06	Miranda do Corvo	1:24.26	212	
	50m: 38.60 38.60	100m: 1:24.26	45.66			
15.	Rodrigo Neves, DUARTE	06	Louzan Natacao	1:25.14	205	
	50m: 41.00 41.00	100m: 1:25.14	44.14			
16.	Goncalo Dinis, NEVES	07	Nautico Coimbra	1:25.60	202	
	50m: 39.57 39.57	100m: 1:25.60	46.03			
17.	Guilherme Marques, ALMEIDA	07	Academica de Coimbra	1:25.88	200	
	50m: 40.42 40.42	100m: 1:25.88	45.46			
18.	Afonso Simoes, FERREIRA	07	Vigor da Mocidade	1:35.23	147	
	50m: 43.77 43.77	100m: 1:35.23	51.46			
19.	Bernardo Almas, MALHAO	07	Vigor da Mocidade	1:40.88	123	
	50m: 48.20 48.20	100m: 1:40.88	52.68			
DSQ	Filipe Cruz, SIMOES	06	Miranda do Corvo			
	<i>Falsa partida</i>					
EXH	Joao Ferreira, MARQUES	06	Academica de Coimbra	1:19.52	252	
	50m: 36.76 36.76	100m: 1:19.52	42.76			
EXH	Edgar Tavares, MENDES	06	Academica de Coimbra	1:21.30	236	
	50m: 37.53 37.53	100m: 1:21.30	43.77			
EXH	David Duarte, JESUS	07	Fundacao Beatriz Santos	1:23.21	220	
	50m: 38.60 38.60	100m: 1:23.21	44.61			
EXH	David Ferreira, SILVA	07	Academica de Coimbra	1:23.90	214	
	50m: 40.51 40.51	100m: 1:23.90	43.39			
EXH	Martim Pedro, DUARTE	07	Academica de Coimbra	1:29.59	176	
	50m: 43.00 43.00	100m: 1:29.59	46.59			
EXH	Marco Dimitar, OLIVEIRA	07	Fundacao Beatriz Santos	1:40.80	123	
	50m: 47.73 47.73	100m: 1:40.80	53.07			
EXH	Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos	1:41.32	122	
	50m: 50.55 50.55	100m: 1:41.32	50.77			

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 13 Femin., 400m Livres Inf A e B
07-12-2019 - 16:25 Resultados

Rec. Nacional Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec. Nacional Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
Rec. Nacional Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
Rec Reg ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC		13-06-2009
Rec Reg ANC Inf A	4:34.72	Sara Sofia, ALVES	ASSSCC		11-06-2014
Rec Reg ANC Inf B	4:45.02	Sara Sofia, ALVES	ASSSCC		11-06-2013

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				4:50.31	523
	50m:	34.38 34.38	150m:	1:48.40	36.83	250m:	3:01.75 36.61	350m:	4:14.98 36.84
	100m:	1:11.57 37.19	200m:	2:25.14	36.74	300m:	3:38.14 36.39	400m:	4:50.31 35.33
2.	Leonor Mil, MANO		07	Fundacao Beatriz Santos				5:03.39	458
	50m:	34.62 34.62	150m:	1:52.27	38.97	250m:	3:10.39 38.98	350m:	4:26.76 37.97
	100m:	1:13.30 38.68	200m:	2:31.41	39.14	300m:	3:48.79 38.40	400m:	5:03.39 36.63
3.	Bianca Filipa, ALMEIDA		07	Alges e Agueda XXI				5:06.18	445
	50m:	35.18 35.18	150m:	1:52.13	38.68	250m:	3:10.44 39.21	350m:	4:28.72 38.81
	100m:	1:13.45 38.27	200m:	2:31.23	39.10	300m:	3:49.91 39.47	400m:	5:06.18 37.46
4.	Dania Rodrigues, SIMOES		07	Louzan Natacao				5:06.25	445
	50m:	36.81 36.81	150m:	1:55.62	39.54	250m:	3:13.43 38.65	350m:	4:30.36 38.18
	100m:	1:16.08 39.27	200m:	2:34.78	39.16	300m:	3:52.18 38.75	400m:	5:06.25 35.89
5.	Margarida Gomes, OLIVEIRA		07	O Crasto				5:08.22	437
	50m:	34.51 34.51	150m:	1:52.50	39.19	250m:	3:11.57 39.40	350m:	4:30.72 39.86
	100m:	1:13.31 38.80	200m:	2:32.17	39.67	300m:	3:50.86 39.29	400m:	5:08.22 37.50
6.	Nancy Almeida, RODRIGUES		07	O Crasto				5:20.74	387
	50m:	34.82 34.82	150m:	1:55.58	40.92	250m:	3:17.85 41.34	350m:	4:39.75 40.67
	100m:	1:14.66 39.84	200m:	2:36.51	40.93	300m:	3:59.08 41.23	400m:	5:20.74 40.99
7.	Cristiana Sofia, ESCADA		07	Academica de Coimbra				5:27.00	366
	50m:	39.11 39.11	150m:	2:02.53	41.87	250m:	3:25.33 41.54	350m:	4:47.44 41.29
	100m:	1:20.66 41.55	200m:	2:43.79	41.26	300m:	4:06.15 40.82	400m:	5:27.00 39.56
8.	Lara Carvalho, SANTOS		07	Nautico Coimbra				5:35.44	339
	50m:	38.26 38.26	150m:	2:04.06	43.55	250m:	3:30.15 42.46	350m:	4:55.37 42.33
	100m:	1:20.51 42.25	200m:	2:47.69	43.63	300m:	4:13.04 42.89	400m:	5:35.44 40.07
9.	Ana Beatriz, CAMPOS		08	Academica de Coimbra				5:52.25	292
	50m:	39.18 39.18	150m:	2:07.73	44.93	250m:	3:38.29 45.75	350m:	5:08.93 45.10
	100m:	1:22.80 43.62	200m:	2:52.54	44.81	300m:	4:23.83 45.54	400m:	5:52.25 43.32
10.	Maria Manuel, CORTESAO		08	Nautico Coimbra				5:54.06	288
	50m:	40.44 40.44	150m:	2:11.15	45.55	250m:	3:41.69 45.37	350m:	5:11.24 44.47
	100m:	1:25.60 45.16	200m:	2:56.32	45.17	300m:	4:26.77 45.08	400m:	5:54.06 42.82
11.	Julia Maria, SOARES		08	Miranda do Corvo				5:55.88	283
	50m:	40.63 40.63	150m:	2:13.82	45.90	250m:	3:44.50 45.24	350m:	5:14.79 44.72
	100m:	1:27.92 47.29	200m:	2:59.26	45.44	300m:	4:30.07 45.57	400m:	5:55.88 41.09
12.	Francisca Santos, FERNANDES		08	Miranda do Corvo				5:58.91	276
	50m:	41.63 41.63	150m:	2:14.53	46.69	250m:	3:47.88 46.79	350m:	5:19.42 45.25
	100m:	1:27.84 46.21	200m:	3:01.09	46.56	300m:	4:34.17 46.29	400m:	5:58.91 39.49
13.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade				6:00.14	274
	50m:	39.60 39.60	150m:	2:11.50	45.62	250m:	3:44.23 45.72	350m:	5:15.89 45.79
	100m:	1:25.88 46.28	200m:	2:58.51	47.01	300m:	4:30.10 45.87	400m:	6:00.14 44.25
14.	Catarina Sargaco, TEIXEIRA		08	Columbifila Cantanhedense				6:04.64	264
	50m:	44.28 44.28	150m:	2:18.09	46.38	250m:	3:50.43 46.22	350m:	5:22.19 45.72
	100m:	1:31.71 47.43	200m:	3:04.21	46.12	300m:	4:36.47 46.04	400m:	6:04.64 42.45
15.	Luna Almeida, RODRIGUES		07	Columbifila Cantanhedense				6:04.65	263
	50m:	43.17 43.17	150m:	2:18.90	47.99	250m:	3:50.06 45.71	350m:	5:21.70 45.91
	100m:	1:30.91 47.74	200m:	3:04.35	45.45	300m:	4:35.79 45.73	400m:	6:04.65 42.95

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 13, Femin., 400m Livres, Inf A e B

Lugar			Ano					Tempo final	Pts		
16.	Matilde Estima, RIBEIRO		08	Alges e Agueda XXI				6:42.78	195		
	50m:	44.62 44.62	150m:	2:25.91	50.91	250m:	4:10.51	51.98	350m:	5:55.13	52.53
	100m:	1:35.00 50.38	200m:	3:18.53	52.62	300m:	5:02.60	52.09	400m:	6:42.78	47.65
EXH	Maria Caetano, LAMAS		04	Miranda do Corvo				5:05.62	448		
	50m:	34.49 34.49	150m:	1:51.44	38.90	250m:	3:09.60	39.34	350m:	4:27.06	38.70
	100m:	1:12.54 38.05	200m:	2:30.26	38.82	300m:	3:48.36	38.76	400m:	5:05.62	38.56
EXH	Lara Costa, PINTO		08	O Crasto				5:33.69	344		
	50m:	38.36 38.36	150m:	2:03.95	42.87	250m:	3:29.86	42.84	350m:	4:54.46	42.32
	100m:	1:21.08 42.72	200m:	2:47.02	43.07	300m:	4:12.14	42.28	400m:	5:33.69	39.23
EXH	Leonor Garcia, FERNANDES		07	O Crasto				5:35.41	339		
	50m:	38.86 38.86	150m:	2:06.42	43.71	250m:	3:32.19	42.14	350m:	4:55.31	41.01
	100m:	1:22.71 43.85	200m:	2:50.05	43.63	300m:	4:14.30	42.11	400m:	5:35.41	40.10
EXH	Laura Silva, FERNANDES		08	Miranda do Corvo				6:16.53	239		
	50m:	43.83 43.83	150m:	2:21.35	48.95	250m:	3:57.95	48.00	350m:	5:32.51	47.23
	100m:	1:32.40 48.57	200m:	3:09.95	48.60	300m:	4:45.28	47.33	400m:	6:16.53	44.02
EXH	Carolina Vaz, ALVES		08	Academica de Coimbra				6:23.92	226		
	50m:	44.31 44.31	150m:	2:23.67	49.39	250m:	4:02.87	48.68	350m:	5:38.31	47.54
	100m:	1:34.28 49.97	200m:	3:14.19	50.52	300m:	4:50.77	47.90	400m:	6:23.92	45.61

Prova 14

Masc., 400m Livres

Inf A e B

07-12-2019 - 16:50

Resultados

Rec. Nacional Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec. Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec. Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
Rec Reg ANC Absoluto	3:46.45	Tomas Miguel, VELOSO			13-11-2018
Rec Reg ANC Inf A	4:20.38	Guilherme Maia, CARDOSO	SCC		20-07-2019
Rec Reg ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts		
1.	Daniel Batista, TAVARES		06	Bombeiros Mealhada/ CA				4:44.71	414		
	50m:	31.93 31.93	150m:	1:44.87	36.69	250m:	2:56.94	35.15	350m:	4:09.02	36.44
	100m:	1:08.18 36.25	200m:	2:21.79	36.92	300m:	3:32.58	35.64	400m:	4:44.71	35.69
2.	Duarte Jose, FERNANDES		06	Uniao Coimbra				4:47.82	401		
	50m:	33.18 33.18	150m:	1:45.55	36.18	250m:	2:58.10	36.22	350m:	4:11.49	37.34
	100m:	1:09.37 36.19	200m:	2:21.88	36.33	300m:	3:34.15	36.05	400m:	4:47.82	36.33
3.	Joao Pinto, FIGUEIREDO		06	O Crasto				4:58.28	360		
	50m:	33.23 33.23	150m:	1:48.27	37.76	250m:	3:05.51	38.53	350m:	4:21.89	38.14
	100m:	1:10.51 37.28	200m:	2:26.98	38.71	300m:	3:43.75	38.24	400m:	4:58.28	36.39
4.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				4:59.20	356		
	50m:	33.72 33.72	150m:	1:49.80	38.27	250m:	3:06.78	38.02	350m:	4:23.31	37.84
	100m:	1:11.53 37.81	200m:	2:28.76	38.96	300m:	3:45.47	38.69	400m:	4:59.20	35.89
5.	Filipe Cruz, SIMOES		06	Miranda do Corvo				4:59.23	356		
	50m:	34.33 34.33	150m:	1:51.29	38.58	250m:	3:07.55	38.18	350m:	4:20.43	36.49
	100m:	1:12.71 38.38	200m:	2:29.37	38.08	300m:	3:43.94	36.39	400m:	4:59.23	38.80
6.	Gabriel Cunha, TEIXEIRA		06	Alges e Agueda XXI				5:00.94	350		
	50m:	34.66 34.66	150m:	1:50.58	38.35	250m:	3:07.20	38.32	350m:	4:24.44	38.58
	100m:	1:12.23 37.57	200m:	2:28.88	38.30	300m:	3:45.86	38.66	400m:	5:00.94	36.50
7.	Joao Neves, LUCAS		06	Columbifila Cantanhedense				5:02.34	345		
	50m:	35.74 35.74	150m:	1:50.92	37.74	250m:	3:07.07	37.71	350m:	4:24.71	38.79
	100m:	1:13.18 37.44	200m:	2:29.36	38.44	300m:	3:45.92	38.85	400m:	5:02.34	37.63
8.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos				5:05.46	335		
	50m:	34.72 34.72	150m:	1:51.38	38.42	250m:	3:08.51	38.51	350m:	4:26.81	39.41
	100m:	1:12.96 38.24	200m:	2:30.00	38.62	300m:	3:47.40	38.89	400m:	5:05.46	38.65

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 14, Masc., 400m Livres, Inf A e B

Lugar			Ano					Tempo final	Pts
9.	Miguel Cunha, GASPAR	06	Columbofila Cantanhedense	5:06.56	331				
	50m: 34.38 34.38	150m: 1:51.24	38.64	250m: 3:09.85	39.10	350m: 4:28.72	39.26		
	100m: 1:12.60 38.22	200m: 2:30.75	39.51	300m: 3:49.46	39.61	400m: 5:06.56	37.84		
10.	Afonso Vidal, TOMAS	06	Louzan Natacao	5:09.75	321				
	50m: 35.02 35.02	150m: 1:52.36	38.48	250m: 3:11.92	39.91	350m: 4:31.89	39.83		
	100m: 1:13.88 38.86	200m: 2:32.01	39.65	300m: 3:52.06	40.14	400m: 5:09.75	37.86		
11.	Rodrigo Costa, CRUZ	06	Academica de Coimbra	5:14.57	307				
	50m: 36.15 36.15	150m: 1:56.11	40.14	250m: 3:15.53	39.46	350m: 4:36.51	40.45		
	100m: 1:15.97 39.82	200m: 2:36.07	39.96	300m: 3:56.06	40.53	400m: 5:14.57	38.06		
12.	Oleksandr, DZYAKANAV	07	Louzan Natacao	5:19.57	292				
	50m: 37.43 37.43	150m: 1:59.10	40.70	250m: 3:19.56	40.54	350m: 4:40.29	40.51		
	100m: 1:18.40 40.97	200m: 2:39.02	39.92	300m: 3:59.78	40.22	400m: 5:19.57	39.28		
13.	Pedro Fernandes, CARVALHO	06	Miranda do Corvo	5:22.15	286				
	50m: 36.31 36.31	150m: 1:58.07	41.19	250m: 3:21.51	42.00	350m: 4:44.18	41.04		
	100m: 1:16.88 40.57	200m: 2:39.51	41.44	300m: 4:03.14	41.63	400m: 5:22.15	37.97		
14.	Henrique Tavares, DIAS	06	Nautico Coimbra	5:22.49	285				
	50m: 37.33 37.33	150m: 2:00.51	41.68	250m: 3:23.95	41.41	350m: 4:45.34	39.91		
	100m: 1:18.83 41.50	200m: 2:42.54	42.03	300m: 4:05.43	41.48	400m: 5:22.49	37.15		
15.	Dinis, YURCHUK	07	Bombeiros Mealhada/ CA	5:26.49	274				
	50m: 36.00 36.00	150m: 1:57.61	41.23	250m: 3:21.60	42.07	350m: 4:45.72	41.52		
	100m: 1:16.38 40.38	200m: 2:39.53	41.92	300m: 4:04.20	42.60	400m: 5:26.49	40.77		
16.	Edgar Tavares, MENDES	06	Academica de Coimbra	5:30.09	265				
	50m: 37.53 37.53	150m: 2:02.26	42.47	250m: 3:26.23	41.62	350m: 4:50.10	42.02		
	100m: 1:19.79 42.26	200m: 2:44.61	42.35	300m: 4:08.08	41.85	400m: 5:30.09	39.99		
17.	Pedro Lages, MARTINS	07	Alges e Agueda XXI	5:35.40	253				
	50m: 39.57 39.57	150m: 2:03.70	41.72	250m: 3:27.38	42.07	350m: 4:52.91	42.66		
	100m: 1:21.98 42.41	200m: 2:45.31	41.61	300m: 4:10.25	42.87	400m: 5:35.40	42.49		
18.	Duarte Cachulo, MARQUES	07	Condeixa Clube	6:11.64	186				
	50m: 40.72 40.72	150m: 2:16.09	49.08	250m: 3:52.64	48.07	350m: 5:27.88	47.12		
	100m: 1:27.01 46.29	200m: 3:04.57	48.48	300m: 4:40.76	48.12	400m: 6:11.64	43.76		
DSQ	Goncalo Miranda, FERNANDES	07	Vigor da Mocidade						
	<i>Falsa partida</i>								
DSQ	Francisco Couto, FRAZAO	06	Uniao Coimbra						
	<i>Falsa partida</i>								
DNS	Guilherme Marques, PEREIRA	06	Condeixa Clube						
EXH	Bruno Costa, RODRIGUES	06	Columbofila Cantanhedense	5:09.61	322				
	50m: 36.31 36.31	150m: 1:54.99	39.31	250m: 3:14.01	39.53	350m: 4:31.40	38.45		
	100m: 1:15.68 39.37	200m: 2:34.48	39.49	300m: 3:52.95	38.94	400m: 5:09.61	38.21		
EXH	Martim Alexandre, SILVA	07	Columbofila Cantanhedense	5:10.41	319				
	50m: 35.89 35.89	150m: 1:55.64	40.10	250m: 3:15.86	39.43	350m: 4:33.23	38.10		
	100m: 1:15.54 39.65	200m: 2:36.43	40.79	300m: 3:55.13	39.27	400m: 5:10.41	37.18		
EXH	Miguel Joao, PINHEIRO	06	Academica de Coimbra	5:32.11	261				
	50m: 39.35 39.35	150m: 2:04.74	43.14	250m: 3:29.65	41.45	350m: 4:54.64	42.95		
	100m: 1:21.60 42.25	200m: 2:48.20	43.46	300m: 4:11.69	42.04	400m: 5:32.11	37.47		
EXH	Guilherme Marques, ALMEIDA	07	Academica de Coimbra	5:32.52	260				
	50m: 38.69 38.69	150m: 2:04.33	43.01	250m: 3:28.88	42.11	350m: 4:53.89	42.61		
	100m: 1:21.32 42.63	200m: 2:46.77	42.44	300m: 4:11.28	42.40	400m: 5:32.52	38.63		
EXH	Joao Ferreira, MARQUES	06	Academica de Coimbra	5:37.63	248				
	50m: 37.78 37.78	150m: 2:04.22	43.63	250m: 3:29.93	43.29	350m: 4:55.81	43.07		
	100m: 1:20.59 42.81	200m: 2:46.64	42.42	300m: 4:12.74	42.81	400m: 5:37.63	41.82		
EXH	David Ferreira, SILVA	07	Academica de Coimbra	5:43.03	236				
	50m: 39.97 39.97	150m: 2:06.95	44.28	250m: 3:34.07	43.95	350m: 5:00.30	43.28		
	100m: 1:22.67 42.70	200m: 2:50.12	43.17	300m: 4:17.02	42.95	400m: 5:43.03	42.73		

XI Memorial Luiz Lopes da Conceição
Coimbra, 7-12-2019

Prova 14, Masc., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Martim Pedro, DUARTE	07 Academica de Coimbra	5:49.88	223
50m: 39.89 39.89	150m: 2:09.08 45.29	250m: 3:39.43 44.81	350m: 5:08.38 44.23
100m: 1:23.79 43.90	200m: 2:54.62 45.54	300m: 4:24.15 44.72	400m: 5:49.88 41.50

Prova 15

Femin., 4 x 50m Estilos

Inf A e B

07-12-2019 - 17:25

Resultados

Rec. Nacional Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
Rec. Nacional Inf A	59:00.00				
Rec. Nacional Inf A/B	59:00.00				
Rec. Nacional Inf B	59:00.00				
Rec Reg ANC Absoluto	2:00.08	Associação Académica de CoimbraAAC			23-07-2018
Rec Reg ANC Inf A	2:14.31	Clube Náutico Académico de CoimbCNAC			23-07-2010
Rec Reg ANC Inf A/B	2:14.31	Clube Nautico Academico de CoimbCNAC			13-11-2010
Rec Reg ANC Inf B	2:23.73	Clube Náutico Académico de CoimbCNAC			19-07-2009

Pontos: FINA 2019

Lugar	Tempo final	Pts	
1. Fundacao Beatriz Santos <i>Rec. Nacional</i>	2:33.12	298	
Joana Calado, CRUZ 07	39.56	Ines Miranda, DIOGO 07	34.58
Maria Ines, FERNANDES 07	44.32	Catarina Almeida, OLIVEIRA 08	34.66
2. Columbofila Cantanhedense	3:06.75	164	
Luna Almeida, RODRIGUES 07	44.48	Ines Serralheiro, SANTOS 08	49.83
Margarida Porto, SOUSA 08	51.89	Mariana Santos, ALMEIDA 08	40.55

DSQ O Crasto

O Crasto

o 1º atleta perdeu a posição de costas depois da viragem aos 25m

Constanca Carneiro, FERREIRA, Lara Costa, PINTO, Nancy Almeida, RODRIGUES, Margarida Gomes, OLIVEIRA

Prova 16

Masc., 4 x 50m Estilos

Inf A e B

07-12-2019 - 17:30

Resultados

Rec. Nacional Absoluto	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
Rec. Nacional Inf A	59:00.00				
Rec. Nacional Inf A/B	59:00.00				
Rec. Nacional Inf B	59:00.00				
Rec Reg ANC Absoluto	1:43.00	Clube Náutico Académico de CoimbCNAC			14-06-2011
Rec Reg ANC Inf A	2:04.21	Clube Nautico Academico de Coimbra			13-11-2012
Rec Reg ANC Inf A/B	2:04.21	Clube Náutico Académico de CoimbCNAC			19-07-2012
Rec Reg ANC Inf B	2:14.09	Coliumbofila Cantanhedense			13-11-2010

Pontos: FINA 2019

Lugar	Tempo final	Pts	
1. Condeixa Clube	2:26.21	236	
Miguel Bernardo, ARAUJO 06	37.37	Jose Miguel, MARQUES 06	33.61
Diogo Cura, NEVES 06	41.29	Duarte Cachulo, MARQUES 07	33.94
2. Fundacao Beatriz Santos	2:33.57	204	
Carlos Miguel, OLIVEIRA 06	34.88	David Duarte, JESUS 07	36.72
Tomas Veiga, PEREIRA 06	44.21	Marco Dimitar, OLIVEIRA 07	37.76
3. Vigor da Mocidade	2:51.65	146	
Goncalo Miranda, FERNANDES 07	39.44	Afonso Simoes, FERREIRA 07	45.89
Francisco Jose, SIMOES 07	52.81	Bernardo Almas, MALHAO 07	33.51
DSQ Columbofila Cantanhedense <i>Falsa rendição do 2º atleta</i>			
Miguel Cunha, GASPAR 06	37.99	Joao Neves, LUCAS 06	
Gustavo Teixeira, PIRES 06		Bruno Costa, RODRIGUES 06	