

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

1 - 1ª Sessão

22-02-2020 - 9:30

Prova 1	Misto, 4 x 100m Estilos					Absoluto
22-02-2020 - 9:30						Resultados
Rec Nacional Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra		25-05-2019
Rec Nacional 18 +	4:05.38	Sporting Clube de Portugal	SCP	Coimbra		25-05-2019
Rec Nacional 16 - 18	4:34.09	Clube Uniao 1919	CUC	Coimbra		25-05-2019
Rec Nacional 15 - 16	59:00.00					
Rec Nacional 14 - 16	4:39.71	Clube Uniao 1919	CUC	Coimbra		25-05-2019
Rec Nacional 14 - 15	59:00.00					
Rec Nacional 13 - 14	4:33.31	Sporting Clube de Portugal	SCP	Famalicão		17-07-2016
Rec Nacional 12 - 14	4:33.31	Sporting Clube de Portugal	SCP	Famalicão		17-07-2016
Rec Nacional 12 - 13	4:48.64	Grupo Desportivo Natacao V. N. Fai	GDNVNF	Loulé		15-07-2017
Rec Reg ANC Absoluto	4:13.16	Tempo Limite				
Rec Reg ANC 18 +	4:13.16	Tempo Limite				
Rec Reg ANC 16 - 18	4:34.09	Clube União 1919	CUC	Coimbra		25-05-2019
Rec Reg ANC 14 - 16	4:39.71	Clube Uniao 1919	CUC			02-01-2019
Rec Reg ANC 13 - 14	4:40.07	Tempo Limite				
Rec Reg ANC 12 - 14	4:40.07	Tempo Limite				
Rec Reg ANC 12 - 13	4:56.06	Tempo Limite				

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. Ginasio de Vila Real Abs	Ginasio de Vila Real				4:22.84	574	
Maria Carolina, EIRA	05	33.66	1:09.25	Ana Margarida, GUEDES	01	30.47	1:04.80
Francisco Lopes, AFONSO	03	32.76	1:10.61	Fabio Joao, SOUSA	04	28.09	58.18
2. Bairro dos Anjos Juv	Bairro dos Anjos				4:23.18	572	
<i>Rec Nacional</i>							
Carlota Macedo, LAGOA	05	33.87	1:09.87	Rodrigo Miguel, REIS	04	26.59	58.00
Nuno Marques, SILVA	04	33.39	1:11.30	Maria Francisca, FROIS	06	30.75	1:04.01
3. Academica de Coimbra Abs	Academica de Coimbra				4:29.28	534	
Ana Carolina, NEVES	00	34.29	1:13.23	Beatriz Costa, TEJO	02	30.37	1:06.11
Miguel Caridade, GASPAR	99	33.10	1:11.03	Maxim, KULIK	99	28.28	58.91
4. Bairro dos Anjos Jun	Bairro dos Anjos				4:35.94	496	
Sara Santos, LOPES	03	34.97	1:13.41	Luana Pinto, DOMINGUES	03	31.29	1:08.18
Manuel Maria, FROIS	02	34.69	1:17.97	Joao Jose, SILVA	03		56.38
5. Academica de Coimbra Abs	Academica de Coimbra				4:39.36	478	
Barbara Azambujo, MELO	02	34.03	1:21.96	Miguel Freitas, OVIEDO	02	30.08	1:04.38
Goncalo Moreira, SANTOS	01	26.58	1:09.51	Ana Filipa, SILVA	04	30.61	1:03.51
6. Bairro dos Anjos Juv	Bairro dos Anjos				4:44.01	455	
<i>Rec Nacional</i>							
Filipa Paiva, DINIS	06	35.28	1:14.32	Filipa Mendes, SIMOES	06	33.93	1:12.19
Lucas Filipe, MOREIRA	05	33.84	1:14.26	Jose Francisco, OLIVEIRA	05	30.68	1:03.24
7. Academica de Coimbra Abs	Academica de Coimbra				4:53.81	411	
Filipa Victor, VIEIRA	04	39.91	1:21.39	Carlos Manuel, MARQUES	00	30.86	1:08.28
Joao Filipe, LUCAS	94	33.13	1:13.11	Beatriz Beja, AFONSO	04	33.35	1:11.03
8. Nageurs Bigoudens	Nageurs Bigoudens				5:03.58	373	
Evan, LE PRAT	04	32.54	1:06.31	Samuel, PERON	03	32.99	1:13.47
Annette, LAUREC	05	43.92	1:35.06	Caitlin, POCHIC	03	32.48	1:08.74
9. Academica de Coimbra	Academica de Coimbra				5:05.04	367	
Laura Rodrigues, MARGATO	04	38.98	1:20.22	Gabriel Jose, JULIO	01	31.62	1:13.81
Maria Ines, ALVES	05	40.72	1:28.34	Bernardo Jorge, VENTURA	03	29.63	1:02.67
10. Nautico Academico Inf	Nautico Academico				5:34.80	278	
Jose Miguel, SILVA	02	39.19	1:21.72	Lara Carvalho, SANTOS	07	37.71	1:21.01
Maria Manuel, CORTESAO	08	46.37	1:38.68	Henrique Tavares, DIAS	06	35.29	1:13.39

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 2	Masc., 400m Estilos				Absoluto
22-02-2020 - 9:35					Resultados
Rec Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacional Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacional Jun18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08-07-2018
Rec Nacional Jun17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29-08-2015
Rec Nacional Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
Rec Nacional Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
Rec Nacional Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23-07-2004
Rec Nacional Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12-07-2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Sen	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Jun18	4:27.18	Tomas Miguel, VELOSO	CNAC	Oeiras	25-07-2014
Rec Reg ANC Jun17	4:34.40	Tomas Miguel, VELOSO	CNAC	Coimbra	29-03-2013
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	23-03-2012
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	05-08-2011
Rec Reg ANC Inf A	4:54.04	Tomas Miguel, VELOSO	CNAC	Porto	23-07-2010
Rec Reg ANC Inf B	5:10.59	Diogo Matos, RIBEIRO	CNAC	Coimbra	01-05-2017

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Gabriel Jose, LOPES		97	Louzan Natacao				4:30.01	736
	50m:	28.56 28.56	150m:	1:37.30	35.64	250m:	2:50.08 37.46	350m:	3:59.47 32.07
	100m:	1:01.66 33.10	200m:	2:12.62	35.32	300m:	3:27.40 37.32	400m:	4:30.01 30.54
2.	Tiago Moises, DINIS		98	Nautico Academico				4:51.14	587
	50m:	30.47 30.47	150m:	1:44.31	39.00	250m:	3:03.51 41.73	350m:	4:19.57 34.39
	100m:	1:05.31 34.84	200m:	2:21.78	37.47	300m:	3:45.18 41.67	400m:	4:51.14 31.57
3.	Jose Diogo, DIAS		04	Fundacao Beatriz Santos				5:05.57	508
	50m:	31.81 31.81	150m:	1:47.08	38.81	250m:	3:10.55 45.46	350m:	4:31.65 34.63
	100m:	1:08.27 36.46	200m:	2:25.09	38.01	300m:	3:57.02 46.47	400m:	5:05.57 33.92
4.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos				5:08.03	496
	50m:	31.93 31.93	150m:	1:50.74	41.14	250m:	3:13.85 43.30	350m:	4:33.16 35.71
	100m:	1:09.60 37.67	200m:	2:30.55	39.81	300m:	3:57.45 43.60	400m:	5:08.03 34.87
5.	Joao Neto, PEREIRA		02	Fundacao Beatriz Santos				5:13.59	470
	50m:	30.43 30.43	150m:	1:44.30	37.92	250m:	3:12.12 49.92	350m:	4:38.45 36.38
	100m:	1:06.38 35.95	200m:	2:22.20	37.90	300m:	4:02.07 49.95	400m:	5:13.59 35.14
6.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense				5:22.47	432
	50m:	31.96 31.96	150m:	1:49.73	40.84	250m:	3:18.44 49.16	350m:	4:46.84 37.19
	100m:	1:08.89 36.93	200m:	2:29.28	39.55	300m:	4:09.65 51.21	400m:	5:22.47 35.63
7.	Duarte Jose, FERNANDES		06	Uniao Coimbra				5:25.37	420
	50m:	34.46 34.46	200m:	2:43.19	1:25.60	400m:	5:25.37 1:12.53		
	100m:	1:17.59 43.13	300m:	4:12.84	1:29.65				
8.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				5:25.80	419
	50m:	33.64 33.64	150m:	1:54.35	41.81	250m:	3:25.33 50.46	350m:	4:51.93 35.32
	100m:	1:12.54 38.90	200m:	2:34.87	40.52	300m:	4:16.61 51.28	400m:	5:25.80 33.87
9.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				5:29.95	403
	50m:	34.21 34.21	150m:	1:56.46	41.83	250m:	3:26.27 49.23	350m:	4:51.77 36.37
	100m:	1:14.63 40.42	200m:	2:37.04	40.58	300m:	4:15.40 49.13	400m:	5:29.95 38.18
10.	Antonio, GLAVATSKYY		05	Academica de Coimbra				5:32.59	394
	50m:	35.98 35.98	150m:	2:02.54	42.59	250m:	3:30.33 46.29	350m:	4:56.20 37.87
	100m:	1:19.95 43.97	200m:	2:44.04	41.50	300m:	4:18.33 48.00	400m:	5:32.59 36.39
11.	Samuel Baptista, FIGUEIRA		05	Miranda do Corvo				5:35.53	383
	50m:	33.16 33.16	150m:	1:57.19	44.65	250m:	3:28.32 48.56	350m:	4:58.01 39.89
	100m:	1:12.54 39.38	200m:	2:39.76	42.57	300m:	4:18.12 49.80	400m:	5:35.53 37.52
12.	Goncalo Moreira, SANTOS		01	Academica de Coimbra				5:36.21	381
	50m:	32.94 32.94	150m:	1:57.87	45.28	250m:	3:29.85 48.08	350m:	4:58.66 39.44
	100m:	1:12.59 39.65	200m:	2:41.77	43.90	300m:	4:19.22 49.37	400m:	5:36.21 37.55
13.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				5:48.30	343
	50m:	36.97 36.97	150m:	2:04.53	46.12	250m:	3:39.30 48.97	350m:	5:08.86 39.95
	100m:	1:18.41 41.44	200m:	2:50.33	45.80	300m:	4:28.91 49.61	400m:	5:48.30 39.44

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Prova 2, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
14. Tomas Nolan, SANTOS	06 Fundacao Beatriz Santos	5:54.79	324
50m: 35.51 35.51	150m: 2:04.25 47.28	250m: 3:40.38 50.57	350m: 5:12.95 41.60
100m: 1:16.97 41.46	200m: 2:49.81 45.56	300m: 4:31.35 50.97	400m: 5:54.79 41.84
15. Martim Alexandre, SILVA	07 Columbofila Cantanhedense	5:56.09	321
50m: 37.97 37.97	150m: 2:09.94 46.59	250m: 3:48.51 52.58	350m: 5:19.37 37.75
100m: 1:23.35 45.38	200m: 2:55.93 45.99	300m: 4:41.62 53.11	400m: 5:56.09 36.72
16. Afonso Vidal, TOMAS	06 Louzan Natacao	5:57.96	316
50m: 36.45 36.45	150m: 2:04.18 43.63	250m: 3:42.17 54.97	350m: 5:17.46 40.57
100m: 1:20.55 44.10	200m: 2:47.20 43.02	300m: 4:36.89 54.72	400m: 5:57.96 40.50
17. Alexandre, DZYAKANAU	07 Louzan Natacao	5:59.00	313
50m: 38.69 38.69	150m: 2:09.89 45.14	250m: 3:45.40 51.78	350m: 5:19.39 41.42
100m: 1:24.75 46.06	200m: 2:53.62 43.73	300m: 4:37.97 52.57	400m: 5:59.00 39.61
18. David Duarte, JESUS	07 Fundacao Beatriz Santos	6:00.49	309
50m: 38.34 38.34	150m: 2:13.01 44.84	250m: 3:48.68 51.36	350m: 5:21.75 39.61
100m: 1:28.17 49.83	200m: 2:57.32 44.31	300m: 4:42.14 53.46	400m: 6:00.49 38.74
DSQ Lucas Pereira, BASTOS	00 Nautico Academico		
<i>o atleta na viragem aos 200 m, não tocou na parede na posição dorsal</i>			
DSQ Joaquim Agra, MERUJE	01 Uniao Coimbra		
<i>toque alternado de mãos na viragem aos 300 m</i>			

Prova 3

Femin., 200m Bruços

Absoluto

22-02-2020 - 9:50

Resultados

Rec Nacional Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacional Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacional Jun17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02-04-2017
Rec Nacional Jun16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15-07-2005
Rec Nacional Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
Rec Nacional Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
Rec Nacional Inf A	2:42.69	Clara Gomes, PEREIRA	SAD	Oeiras	18-07-2015
Rec Nacional Inf B	2:49.82	Clara Gomes, PEREIRA	SAD	Loulé	19-07-2014
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Sen	2:40.29	Mariana Domingues, PAZ	CNMC	Oeiras	11-03-2016
Rec Reg ANC Jun17	2:39.87	Mariana Domingues, PAZ	CNMC	Coimbra	25-07-2015
Rec Reg ANC Jun16	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varim	06-02-2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		06-05-2018
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	17-01-1997
Rec Reg ANC Inf A	2:43.78	Ana Yuki, TSUKAGOSHI	CNAC	Coimbra	08-05-1995
Rec Reg ANC Inf B	2:53.19	Ana Yuki, TSUKAGOSHI	CNAC	S. Joao da Madeira	23-07-1994

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES	03 Bairro dos Anjos	2:55.55	497
50m: 39.91 39.91	100m: 1:23.72 43.81	150m: 2:10.15 46.43	200m: 2:55.55 45.40
2. Ana Catarina, SILVA	04 Fundacao Beatriz Santos	2:55.63	496
50m: 40.78 40.78	100m: 1:25.20 44.42	150m: 2:10.25 45.05	200m: 2:55.63 45.38
3. Maria Caetano, LAMAS	04 Miranda do Corvo	2:57.17	484
50m: 39.94 39.94	100m: 1:25.81 45.87	150m: 2:12.41 46.60	200m: 2:57.17 44.76
4. Filipa Roma, BRIZIDA	06 Bairro dos Anjos	2:59.52	465
50m: 40.58 40.58	100m: 1:26.23 45.65	150m: 2:13.36 47.13	200m: 2:59.52 46.16
5. Ana Carolina, MONTEIRO	04 Uniao Coimbra	3:00.02	461
50m: 40.55 40.55	100m: 1:25.90 45.35	150m: 2:12.22 46.32	200m: 3:00.02 47.80
6. Ines Mariana, PINHEIRO	03 Academica de Coimbra	3:02.57	442
50m: 43.28 43.28	100m: 1:30.43 47.15	150m: 2:16.66 46.23	200m: 3:02.57 45.91
7. Sara Dias, NEVES	03 Miranda do Corvo	3:04.07	431
50m: 42.66 42.66	100m: 1:29.31 46.65	150m: 2:17.07 47.76	200m: 3:04.07 47.00

Torneio de Preparação ANC - Piscina Longa II
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Prova 3, Femin., 200m Bruços, Absoluto

Lugar			Ano					Tempo final	Pts
8.	Ana Carolina, NEVES	00	Academica de Coimbra	3:04.33	429				
	50m: 42.65 42.65	100m: 1:28.88	46.23	150m: 2:16.59	47.71	200m: 3:04.33	47.74		
9.	Helena Nunes, RODRIGUES	03	Alges e Agueda XXI	3:05.32	422				
	50m: 42.00 42.00	100m: 1:29.57	47.57	150m: 2:16.90	47.33	200m: 3:05.32	48.42		
10.	Angela Rodrigues, REBELO	07	Louzan Natacao	3:05.73	420				
	50m: 41.45 41.45	100m: 1:29.40	47.95	150m: 2:17.66	48.26	200m: 3:05.73	48.07		
11.	Maria Francisca, ALVES	04	Bairro dos Anjos	3:08.55	401				
	50m: 41.18 41.18	100m: 1:27.77	46.59	150m: 2:17.25	49.48	200m: 3:08.55	51.30		
12.	Dania Rodrigues, SIMOES	07	Louzan Natacao	3:09.70	394				
	50m: 43.75 43.75	100m: 1:32.63	48.88	150m: 2:21.38	48.75	200m: 3:09.70	48.32		
13.	Leonor Mil, MANO	07	Fundacao Beatriz Santos	3:10.98	386				
	50m: 43.64 43.64	100m: 1:33.66	50.02	150m: 2:22.65	48.99	200m: 3:10.98	48.33		
14.	Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	3:11.22	385				
	50m: 43.45 43.45	100m: 1:32.74	49.29	150m: 2:22.51	49.77	200m: 3:11.22	48.71		
15.	Matilde Freitas, MOREIRA	01	Academica de Coimbra	3:11.32	384				
	50m: 42.22 42.22	100m: 1:30.56	48.34	150m: 2:20.57	50.01	200m: 3:11.32	50.75		
16.	Margarida Pinto, CUNHA	06	Sanjoanense/FEPSA	3:11.76	381				
	50m: 45.08 45.08	100m: 1:33.80	48.72	150m: 2:23.32	49.52	200m: 3:11.76	48.44		
17.	Mariana Cunha, REBELO	06	Natacao de Vagos	3:12.83	375				
	50m: 44.63 44.63	100m: 1:33.95	49.32	150m: 2:23.77	49.82	200m: 3:12.83	49.06		
18.	Marta Domingues, GAMEIRO	04	Nautico Academico	3:14.00	368				
	50m: 43.79 43.79	100m: 1:33.11	49.32	150m: 2:23.19	50.08	200m: 3:14.00	50.81		
19.	Laura Torrao, CARVALHO	05	Nautico Academico	3:14.37	366				
	50m: 44.65 44.65	100m: 1:34.18	49.53	150m: 2:24.58	50.40	200m: 3:14.37	49.79		
20.	Beatriz Carvalho, MARQUES	02	Academica de Coimbra	3:14.93	363				
	50m: 44.42 44.42	100m: 1:34.07	49.65	150m: 2:24.34	50.27	200m: 3:14.93	50.59		
21.	Leonor Horta, COSTA	04	Uniao Coimbra	3:18.18	345				
	50m: 44.51 44.51	100m: 1:33.90	49.39	150m: 2:25.09	51.19	200m: 3:18.18	53.09		
22.	Rita Santos, NOGUEIRA	03	Uniao Coimbra	3:18.81	342				
	50m: 45.05 45.05	100m: 1:36.57	51.52	150m: 2:28.41	51.84	200m: 3:18.81	50.40		
23.	Maria Beatriz, RODRIGUES	04	Condeixa Clube	3:19.29	340				
	50m: 46.65 46.65	100m: 1:37.52	50.87	150m: 2:29.68	52.16	200m: 3:19.29	49.61		
24.	Barbara Azambujo, MELO	02	Academica de Coimbra	3:20.09	336				
	50m: 46.62 46.62	100m: 1:36.31	49.69	150m: 2:28.54	52.23	200m: 3:20.09	51.55		
25.	Laura Rodrigues, MARGATO	04	Academica de Coimbra	3:21.66	328				
	50m: 45.57 45.57	100m: 1:37.15	51.58	150m: 2:29.93	52.78	200m: 3:21.66	51.73		
26.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	3:22.25	325				
	50m: 45.07 45.07	100m: 1:34.61	49.54	200m: 3:22.25	1:47.64				
27.	Ines Alves, DIAS	06	Fundacao Beatriz Santos	3:22.47	324				
	50m: 46.26 46.26	100m: 1:37.05	50.79	150m: 2:29.94	52.89	200m: 3:22.47	52.53		
28.	Filipa Moniz, PISSARRO	05	Academica de Coimbra	3:22.79	322				
	50m: 46.63 46.63	100m: 1:38.10	51.47	150m: 2:30.09	51.99	200m: 3:22.79	52.70		
29.	Daniela Filipa, ABREU	04	Individual ANCP	3:23.19	320				
	50m: 43.59 43.59	100m: 1:36.13	52.54	150m: 2:29.44	53.31	200m: 3:23.19	53.75		
30.	Diana Sofia, ABREU	04	Individual ANCP	3:25.07	312				
	50m: 46.79 46.79	100m: 1:39.42	52.63	150m: 2:32.83	53.41	200m: 3:25.07	52.24		
31.	Mariana Vaz, ALVES	06	Academica de Coimbra	3:25.63	309				
	50m: 47.14 47.14	100m: 1:40.59	53.45	150m: 2:34.78	54.19	200m: 3:25.63	50.85		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 3, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
32. Maria Manuel, CORTESAO 50m: 45.06 45.06 100m: 1:42.85 57.79 150m: 2:38.48 55.63 200m: 3:31.97 53.49	08 Nautico Academico	3:31.97	282
33. Leonor Duarte, VEIGA 50m: 45.24 45.24 100m: 1:35.78 50.54 150m: 2:39.25 1:03.47 200m: 3:34.18 54.93	07 Vigor da Mocidade	3:34.18	273
34. Laura Silva, FERNANDES 50m: 48.58 48.58 100m: 1:43.15 54.57 150m: 2:40.40 57.25 200m: 3:35.22 54.82	08 Miranda do Corvo	3:35.22	270
35. Margarida Porto, SOUSA 50m: 50.06 50.06 100m: 1:46.67 56.61 150m: 2:44.41 57.74 200m: 3:40.52 56.11	08 Columbofila Cantanhedense	3:40.52	251
36. Matilde Rodrigues, COSTA 50m: 49.00 49.00 100m: 1:45.22 56.22 150m: 2:43.60 58.38 200m: 3:41.00 57.40	07 S. Pedro Alva	3:41.00	249
37. Mariana Patricia, CUNHA 50m: 51.38 51.38 100m: 1:50.29 58.91 150m: 2:49.14 58.85 200m: 3:47.93 58.79	03 Bombeiros Mealhada/ CA	3:47.93	227
38. Madalena Gameiro, GONÇALVES 50m: 50.52 50.52 100m: 1:49.26 58.74 150m: 2:50.23 1:00.97 200m: 3:49.28 59.05	06 Alges e Agueda XXI	3:49.28	223
39. Sofia, TYUTYUNYK 50m: 53.87 53.87 100m: 1:54.58 1:00.71 150m: 2:54.78 1:00.20 200m: 3:54.07 59.29	08 Bombeiros Mealhada/ CA	3:54.07	209
40. Rafaela Ferreira, MIGUEL 50m: 53.15 53.15 100m: 1:54.40 1:01.25 150m: 2:56.73 1:02.33 200m: 3:57.64 1:00.91	06 S. Pedro Alva	3:57.64	200
41. Rita Isabel, NEVES 50m: 55.35 55.35 100m: 1:55.22 59.87 150m: 2:59.50 1:04.28 200m: 4:02.91 1:03.41	08 CASPAE	4:02.91	187
42. Maria Gabriela, RANGEL 50m: 56.27 56.27 100m: 2:00.53 1:04.26 150m: 3:05.84 1:05.31 200m: 4:10.44 1:04.60	08 Fundacao Beatriz Santos	4:10.44	171
43. Barbara Fernanda, MENDES 50m: 53.75 53.75 100m: 1:57.97 1:04.22 150m: 3:04.80 1:06.83 200m: 4:11.92 1:07.12	05 CASPAE	4:11.92	168
44. Lara Sofia, SANTOS 50m: 55.09 55.09 100m: 2:01.63 1:06.54 150m: 3:08.19 1:06.56 200m: 4:13.38 1:05.19	06 Vigor da Mocidade	4:13.38	165
DNS Maria Carlota, REBELO	03 Louzan Natacao		
DNS Joana Calado, CRUZ	07 Fundacao Beatriz Santos		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 4 22-02-2020 - 10:15	Masc., 200m Mariposa				Absoluto Resultados
Rec Nacional Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacional Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacional Jun18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nacional Jun17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16-07-2005
Rec Nacional Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Rec Nacional Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Nacional Inf A	2:14.50	Fabio Parrilha da, SILVA	CNAL	Campanhã	29-07-2001
Rec Nacional Inf B	2:21.67	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira	23-07-2000
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		31-05-2019
Rec Reg ANC Sen	2:02.80	Gabriel Jose, LOPES	ALN		06-04-2019
Rec Reg ANC Jun18	2:05.19	Miguel Silva, OLIVEIRA	CNAC	Coimbra	31-05-2009
Rec Reg ANC Jun17	2:10.33	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	05-04-2014
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	30-03-2017
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		24-07-2019
Rec Reg ANC Inf A	2:15.42	Diogo Matos, RIBEIRO	CUC	Coimbra	08-07-2018
Rec Reg ANC Inf B	2:29.08	Diogo Matos, RIBEIRO	CNAC	Loulé	01-05-2017

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Nuno Rafael, ALVES		90	Aquatico Pacense				2:11.31	612
	50m:	28.61 28.61	100m:	1:01.36	32.75	150m:	1:35.72 34.36	200m:	2:11.31 35.59
2.	Diogo Matos, RIBEIRO		04	Uniao Coimbra				2:15.72	554
	50m:	28.83 28.83	100m:	1:03.03	34.20	150m:	1:39.32 36.29	200m:	2:15.72 36.40
3.	Nuno Goncalo, SANTOS		96	Bairro dos Anjos				2:17.86	529
	50m:	29.74 29.74	100m:	1:03.85	34.11	150m:	1:40.41 36.56	200m:	2:17.86 37.45
4.	Ricardo Filipe, ROCHA		02	Aquatico Pacense				2:18.76	518
	50m:	30.44 30.44	100m:	1:05.86	35.42	150m:	1:42.02 36.16	200m:	2:18.76 36.74
5.	Joao Jose, SILVA		03	Bairro dos Anjos				2:21.48	489
	50m:	31.08 31.08	100m:	1:06.51	35.43	150m:	1:43.71 37.20	200m:	2:21.48 37.77
6.	Bernardo Vinagre, ARZILEIRO		01	Uniao Coimbra				2:24.48	459
	50m:	31.68 31.68	100m:	1:08.88	37.20	150m:	1:47.28 38.40	200m:	2:24.48 37.20
7.	Rui Mamede, SANTOS		04	Uniao Coimbra				2:25.11	453
	50m:	30.05 30.05	100m:	1:06.71	36.66	150m:	1:45.62 38.91	200m:	2:25.11 39.49
8.	Goncalo Pires, LOURENCO		03	Fundacao Beatriz Santos				2:28.77	421
	50m:	32.23 32.23	100m:	1:09.46	37.23	150m:	1:48.98 39.52	200m:	2:28.77 39.79
9.	Pedro Miguel, FLORIDO		04	Fundacao Beatriz Santos				2:32.30	392
	50m:	32.55 32.55	100m:	1:11.20	38.65	150m:	1:51.81 40.61	200m:	2:32.30 40.49
10.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos				2:32.77	388
	50m:	33.44 33.44	100m:	1:11.36	37.92	150m:	1:52.06 40.70	200m:	2:32.77 40.71
11.	Afonso Miguel, AMADO		05	Miranda do Corvo				2:34.02	379
	50m:	32.64 32.64	100m:	1:09.56	36.92	150m:	1:50.44 40.88	200m:	2:34.02 43.58
12.	Jose Francisco, OLIVEIRA		05	Bairro dos Anjos				2:34.21	378
	50m:	34.03 34.03	100m:	1:12.69	38.66	150m:	1:53.09 40.40	200m:	2:34.21 41.12
13.	Vasco Silva, SOUSA		04	Bairro dos Anjos				2:35.80	366
	50m:	32.11 32.11	100m:	1:11.20	39.09	150m:	1:51.82 40.62	200m:	2:35.80 43.98
14.	Rui Joao, MARQUES		02	Nautico Academico				2:36.28	363
	50m:	33.02 33.02	100m:	1:11.39	38.37	150m:	1:52.64 41.25	200m:	2:36.28 43.64
15.	Carlos Eduardo, BENTO		05	Miranda do Corvo				2:40.50	335
	50m:	34.75 34.75	100m:	1:14.30	39.55	150m:	1:56.61 42.31	200m:	2:40.50 43.89
16.	Jose Miguel, MARQUES		06	Condeixa Clube				2:43.68	316
	50m:	34.84 34.84	100m:	1:15.72	40.88	150m:	1:59.03 43.31	200m:	2:43.68 44.65
17.	Abel Renato, FERREIRA		05	Alges e Agueda XXI				2:47.98	292
	50m:	36.68 36.68	100m:	1:17.62	40.94	150m:	2:01.71 44.09	200m:	2:47.98 46.27

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 4, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
18. Diogo Cura, NEVES 50m: 36.51 36.51 100m: 1:21.69 45.18 150m: 2:05.68 43.99 200m: 2:52.10 46.42	06 Condeixa Clube	2:52.10	272
19. Gabriel Cunha, TEIXEIRA 50m: 38.52 38.52 100m: 1:22.40 43.88 150m: 2:08.13 45.73 200m: 2:54.69 46.56	06 Alges e Agueda XXI	2:54.69	260
20. Joao Neves, LUCAS 50m: 36.90 36.90 100m: 1:20.96 44.06 150m: 2:07.61 46.65 200m: 2:54.79 47.18	06 Columbofila Cantanhedense	2:54.79	259
Jose Miguel, SILVA 50m: 36.95 36.95 100m: 1:22.08 45.13 150m: 2:09.25 47.17 200m: 2:54.79 45.54	02 Nautico Academico	2:54.79	259
22. Henrique Ferreira, MARTINS 50m: 37.01 37.01 100m: 1:22.28 45.27 150m: 2:08.20 45.92 200m: 2:55.57 47.37	06 Alges e Agueda XXI	2:55.57	256

Prova 5

Femin., 100m Costas

Absoluto
Resultados

22-02-2020 - 10:30

Rec Nacional Absoluto	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20-08-2019
Rec Nacional Sen	1:01.50	Rafaela Gomes, AZEVEDO	SAD	Lisboa	08-02-2020
Rec Nacional Jun17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20-08-2019
Rec Nacional Jun16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	05-04-2019
Rec Nacional Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06-04-2012
Rec Nacional Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
Rec Nacional Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25-03-2011
Rec Nacional Inf A	1:06.78	Ines Camacho, FERNANDES	POR	Catania (ITA)	20-06-2010
Rec Nacional Inf B	1:08.97	Carolina Miranda, FERNANDES	CGA	Coimbra	01-07-2017
Rec Reg ANC Absoluto	1:03.21	Camila Rodrigues, REBELO	ALN		16-06-2019
Rec Reg ANC Sen	1:06.89	Ana Dantas, RUSSO	CNAC	Restelo	30-07-2000
Rec Reg ANC Jun17	1:07.45	Ana Raquel, FERREIRA	GCF	Coimbra	03-04-2015
Rec Reg ANC Jun16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	28-05-2019
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN		16-06-2018
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras	22-07-2017
Rec Reg ANC Inf A	1:08.43	Camila Rodrigues, REBELO	ALN	Famalicao	16-07-2016
Rec Reg ANC Inf B	1:11.48	Camila Rodrigues, REBELO	ALN	Oeiras	17-07-2015

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA 50m: 33.71 33.71 100m: 1:09.26 35.55	05 Bairro dos Anjos	1:09.26	587
2. Maria Vieira, MARQUES 50m: 33.41 33.41 100m: 1:10.16 36.75	04 Natacao de Vagos	1:10.16	564
3. Maria Carolina, EIRA 50m: 34.72 34.72 100m: 1:10.63 35.91	05 Ginasio de Vila Real	1:10.63	553
4. Maria Carlota, REBELO	03 Louzan Natacao	1:12.39	514
5. Mariana Jacinto, SANTOS 50m: 35.03 35.03 100m: 1:13.43 38.40	03 Freguesia de Paiao	1:13.43	492
6. Beatriz Monteiro, TOMAS 50m: 35.52 35.52 100m: 1:13.74 38.22	03 Fundacao Beatriz Santos	1:13.74	486
7. Maria Neto, FERREIRA 50m: 35.97 35.97 100m: 1:14.48 38.51	06 Fundacao Beatriz Santos	1:14.48	472
8. Barbara Almeida, SIMOES 50m: 35.32 35.32 100m: 1:14.62 39.30	05 Uniao Coimbra	1:14.62	469
9. Sara Santos, LOPES 50m: 36.27 36.27 100m: 1:15.31 39.04	03 Bairro dos Anjos	1:15.31	456
10. Ana Carolina, MONTEIRO 50m: 36.60 36.60 100m: 1:15.60 39.00	04 Uniao Coimbra	1:15.60	451
11. Kateryna, DZYKANAVA 50m: 35.98 35.98 100m: 1:15.81 39.83	05 Louzan Natacao	1:15.81	447

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 5, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
12. Ines Mariana, PINHEIRO 50m: 36.77 36.77 100m: 1:15.90 39.13	03 Academica de Coimbra	1:15.90	446
13. Filipa Paiva, DINIS 50m: 36.48 36.48 100m: 1:15.97 39.49	06 Bairro dos Anjos	1:15.97	444
14. Margarida Violante, VIANA 50m: 37.30 37.30 100m: 1:16.23 38.93	04 Bairro dos Anjos	1:16.23	440
15. Sara Dias, NEVES 50m: 36.99 36.99 100m: 1:16.41 39.42	03 Miranda do Corvo	1:16.41	437
16. Diana Silva, TINOCO 50m: 37.48 37.48 100m: 1:16.47 38.99	06 Columbofila Cantanhedense	1:16.47	436
17. Madalena Barra, MEDEIROS 50m: 36.40 36.40 100m: 1:16.56 40.16	06 Vigor da Mocidade	1:16.56	434
18. Maria Madalena, ALVES 50m: 37.11 37.11 100m: 1:17.30 40.19	06 Bairro dos Anjos	1:17.30	422
19. Anita Gouveia, COSTA 50m: 37.79 37.79 100m: 1:17.66 39.87	06 Condeixa Clube	1:17.66	416
20. Mariana Azevedo, SILVA 50m: 38.04 38.04 100m: 1:18.31 40.27	05 Sanjoanense/FEPSA	1:18.31	406
21. Laura Silva, PINHO 50m: 38.32 38.32 100m: 1:18.57 40.25	06 Sanjoanense/FEPSA	1:18.57	402
22. Mariana Carmo, ROSA 50m: 38.35 38.35 100m: 1:18.66 40.31	05 Louzan Natacao	1:18.66	400
23. Joana Filipa, VARELA 50m: 38.00 38.00 100m: 1:19.20 41.20	06 Nautico Academico	1:19.20	392
24. Maria Caetano, LAMAS 50m: 39.00 39.00 100m: 1:19.54 40.54	04 Miranda do Corvo	1:19.54	387
25. Susana Julia, FONTES 50m: 37.97 37.97 100m: 1:19.64 41.67	03 Alges e Agueda XXI	1:19.64	386
26. Matilde Fonseca, OLIVEIRA 50m: 38.67 38.67 100m: 1:19.81 41.14	06 Miranda do Corvo	1:19.81	383
27. Diana Costa, OLIVEIRA 50m: 39.08 39.08 100m: 1:19.95 40.87	04 Uniao Coimbra	1:19.95	381
28. Beatriz Sa, GAMA 50m: 38.97 38.97 100m: 1:20.38 41.41	05 Condeixa Clube	1:20.38	375
29. Catarina Cruz, STELMASHCHUK 50m: 39.98 39.98 100m: 1:21.46 41.48	05 Natacao de Vagos	1:21.46	360
30. Ines Miranda, DIOGO 50m: 39.84 39.84 100m: 1:21.89 42.05	07 Fundacao Beatriz Santos	1:21.89	355
31. Carolina Vizinho, CABRAL 50m: 39.94 39.94 100m: 1:22.48 42.54	07 Natacao de Vagos	1:22.48	347
32. Margarida Rodrigues, SANTOS 50m: 40.15 40.15 100m: 1:22.91 42.76	03 Alges e Agueda XXI	1:22.91	342
33. Ana Filipa, SILVA 50m: 40.58 40.58 100m: 1:23.12 42.54	04 Academica de Coimbra	1:23.12	339
34. Maria Ines, ALVES 50m: 40.65 40.65 100m: 1:23.35 42.70	05 Academica de Coimbra	1:23.35	336
35. Helena Carolina, DINIS 50m: 42.03 42.03 100m: 1:24.69 42.66	05 Academica de Coimbra	1:24.69	321

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 5, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
36. Cristiana Sofia, DUARTE 50m: 41.69 41.69 100m: 1:24.74	07	Vigor da Mocidade 43.05	1:24.74 320
37. Laura Torrao, CARVALHO 50m: 41.89 41.89 100m: 1:25.48	05	Nautico Academico 43.59	1:25.48 312
38. Lara Carvalho, SANTOS 50m: 42.31 42.31 100m: 1:25.57	07	Nautico Academico 43.26	1:25.57 311
39. Sara Cruz, URBANO 50m: 41.75 41.75 100m: 1:25.70	03	Bombeiros Mealhada/ CA 43.95	1:25.70 309
40. Beatriz Pereira, ANDRADE	06	Condeixa Clube	1:25.71 309
41. Beatriz Beja, AFONSO 50m: 43.44 43.44 100m: 1:26.67	04	Academica de Coimbra 43.23	1:26.67 299
42. Maria Ines, FERNANDES 50m: 44.35 44.35 100m: 1:28.20	07	Fundacao Beatriz Santos 43.85	1:28.20 284
43. Filipa Moniz, PISSARRO 50m: 43.77 43.77 100m: 1:28.64	05	Academica de Coimbra 44.87	1:28.64 280
44. Maria Fernandes, LOBO 50m: 43.02 43.02 100m: 1:29.15	05	Nautico Academico 46.13	1:29.15 275
45. Laura Silva, FERNANDES 50m: 44.50 44.50 100m: 1:29.55	08	Miranda do Corvo 45.05	1:29.55 271
46. Xenia Angelica, KOZIY 50m: 43.67 43.67 100m: 1:30.63	06	Condeixa Clube 46.96	1:30.63 262
47. Raquel Filipa, JESUS 50m: 45.17 45.17 100m: 1:31.88	08	Fundacao Beatriz Santos 46.71	1:31.88 251
48. Luna Almeida, RODRIGUES 50m: 44.74 44.74 100m: 1:31.96	07	Columbofila Cantanhedense 47.22	1:31.96 250
49. Sofia Neto, FERREIRA 50m: 44.24 44.24 100m: 1:32.26	08	Fundacao Beatriz Santos 48.02	1:32.26 248
50. Joana Beatriz, RODRIGUES 50m: 45.26 45.26 100m: 1:32.62	04	Academica de Coimbra 47.36	1:32.62 245
51. Maria Saraiva, SILVA 50m: 46.06 46.06 100m: 1:33.31	04	Alges e Agueda XXI 47.25	1:33.31 240
52. Ana Sofia, PARAISO 50m: 46.92 46.92 100m: 1:35.38	08	Fundacao Beatriz Santos 48.46	1:35.38 224
53. Maria Gabriela, RANGEL 50m: 47.09 47.09 100m: 1:35.42	08	Fundacao Beatriz Santos 48.33	1:35.42 224
54. Matilde Rodrigues, COSTA 50m: 46.46 46.46 100m: 1:35.66	07	S. Pedro Alva 49.20	1:35.66 222
55. Ines Serralheiro, SANTOS 50m: 47.11 47.11 100m: 1:36.52	08	Columbofila Cantanhedense 49.41	1:36.52 216
56. Catarina Sargaco, TEIXEIRA 50m: 47.60 47.60 100m: 1:36.57	08	Columbofila Cantanhedense 48.97	1:36.57 216
57. Catarina Almeida, OLIVEIRA 50m: 46.67 46.67 100m: 1:37.13	08	Fundacao Beatriz Santos 50.46	1:37.13 212
58. Beatriz Costa, MATOS 50m: 47.44 47.44 100m: 1:38.81	07	Fundacao Beatriz Santos 51.37	1:38.81 202
59. Sara, JACINTO SANTOS 50m: 47.76 47.76 100m: 1:39.16	08	Freguesia de Paiao 51.40	1:39.16 200
60. Rita Mendes, SANTOS	06	Vigor da Mocidade	1:39.35 198

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 5, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
61. Rafaela Ferreira, MIGUEL	06 S. Pedro Alva	1:43.26	177
62. Mariana Santos, ALMEIDA	08 Columbofila Cantanhedense	1:44.09	173
50m: 51.62 51.62 100m: 1:44.09 52.47			
63. Rita Isabel, NEVES	08 CASPAE	1:45.27	167
50m: 51.41 51.41 100m: 1:45.27 53.86			
64. Beatriz Melo, MARTINS	06 Bombeiros Mealhada/ CA	1:47.50	157
50m: 51.38 51.38 100m: 1:47.50 56.12			
65. Matilde Estima, RIBEIRO	08 Alges e Agueda XXI	1:47.76	155
50m: 51.94 51.94 100m: 1:47.76 55.82			
66. Francisca Dias, AGANTE	08 Vigor da Mocidade	1:57.26	121
50m: 55.43 55.43 100m: 1:57.26 1:01.83			
DSQ Ines Filipa, MONTEIRO	07 Alges e Agueda XXI		
<i>perdeu a posição dorsal antes da viragem dos 50m</i>			
DSQ Ana Luisa, RODRIGUES	03 Louzan Natacao		
<i>Falsa partida</i>			

Prova 6

Masc., 200m Livres

Absoluto
Resultados

22-02-2020 - 10:55

Rec Nacional Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06-04-2019
Rec Nacional Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06-04-2019
Rec Nacional Jun18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14-07-2005
Rec Nacional Jun17	1:52.84	Tomas Teixeira, LOPES	FOCA	Funchal	02-08-2019
Rec Nacional Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24-07-2009
Rec Nacional Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02-08-2019
Rec Nacional Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21-07-2018
Rec Nacional Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior	21-07-2012
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		03-09-2015
Rec Reg ANC Sen	1:49.62	Mario Alexandre, PEREIRA	CNAC	Coimbra	19-12-2015
Rec Reg ANC Jun18	1:54.69	Tomas Miguel, VELOSO	CNAC	Oeiras	24-07-2014
Rec Reg ANC Jun17	1:54.81	Luís, SILVA	CNAC	Linz (POL)	11-07-2002
Rec Reg ANC Juv A	1:57.74	Rui, ABREU	CAC	Jonkoping (SWE)	17-08-1977
Rec Reg ANC Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Coimbra	24-07-2019
Rec Reg ANC Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC		23-07-2018
Rec Reg ANC Inf B	2:09.74	Jose Diogo, DIAS	FBSC	Loulé	01-05-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO	96 Nautico Academico	1:54.65	704
50m: 27.20 27.20 100m: 56.00 28.80 150m: 1:25.20 29.20 200m: 1:54.65 29.45			
2. Gabriel Jose, LOPES	97 Louzan Natacao	1:56.12	677
50m: 27.41 27.41 100m: 56.59 29.18 150m: 1:26.06 29.47 200m: 1:56.12 30.06			
3. Rodrigo Miguel, REIS	04 Bairro dos Anjos	2:01.07	597
50m: 27.74 27.74 100m: 58.19 30.45 150m: 1:28.99 30.80 200m: 2:01.07 32.08			
4. Lucas Pereira, BASTOS	00 Nautico Academico	2:01.55	590
50m: 28.05 28.05 100m: 58.57 30.52 150m: 1:29.96 31.39 200m: 2:01.55 31.59			
5. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	2:03.87	558
50m: 28.87 28.87 100m: 1:00.40 31.53 150m: 1:32.73 32.33 200m: 2:03.87 31.14			
6. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	2:03.92	557
50m: 28.54 28.54 100m: 59.96 31.42 150m: 1:33.13 33.17 200m: 2:03.92 30.79			
7. Miguel Diogo, AGOSTINHO	00 Fundacao Beatriz Santos	2:04.49	550
50m: 27.93 27.93 100m: 59.35 31.42 150m: 1:31.52 32.17 200m: 2:04.49 32.97			
8. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	2:04.77	546
50m: 28.94 28.94 100m: 1:01.26 32.32 150m: 1:33.80 32.54 200m: 2:04.77 30.97			

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 6, Masc., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
9. Dinis Miranda, DIOGO 50m: 28.57 28.57 100m: 1:00.55	04 Fundacao Beatriz Santos	2:05.25 2:05.25 32.29	540
10. Ricardo Filipe, ROCHA 50m: 28.50 28.50 100m: 59.35	02 Aquatico Pacense	2:05.51 2:05.51 33.24	536
11. Ricardo Morais, FARIA 50m: 28.92 28.92 100m: 1:00.99	04 Bairro dos Anjos	2:07.71 2:07.71 33.92	509
12. Miguel Freitas, OVIEDO 50m: 30.49 30.49 100m: 1:03.00	02 Academica de Coimbra	2:07.72 2:07.72 32.13	509
13. Joao Ventura, PAIS 50m: 28.30 28.30 100m: 1:01.41	02 Fundacao Beatriz Santos	2:08.00 2:08.00 32.67	506
14. Lucas Filipe, MOREIRA 50m: 29.42 29.42 100m: 1:02.52	05 Bairro dos Anjos	2:08.03 2:08.03 32.23	505
15. Eduardo Gabriel, VIEIRA 50m: 30.33 30.33 100m: 1:03.09	05 Bombeiros Mealhada/ CA	2:08.66 2:08.66 31.49	498
16. Alexandre Miguel, BRAS 50m: 28.57 28.57 100m: 1:01.18	03 S. Pedro Alva	2:08.85 2:08.85 33.30	496
17. Joao Gabriel, ANICETO 50m: 29.25 29.25 100m: 1:02.81	04 Bairro dos Anjos	2:09.08 2:09.08 31.88	493
18. Francisco Lopes, AFONSO 50m: 29.21 29.21 100m: 1:01.82	03 Ginasio de Vila Real	2:09.55 2:09.55 34.27	488
19. Rodrigo Santos, LADEIRA 50m: 28.84 28.84 100m: 1:01.05	97 Fundacao Beatriz Santos	2:09.56 2:09.56 34.05	487
20. Afonso Miguel, AMADO 50m: 30.16 30.16 100m: 1:02.68	05 Miranda do Corvo	2:09.93 2:09.93 32.88	483
21. Miguel Caridade, GASPAS 50m: 30.33 30.33 100m: 1:03.50	99 Academica de Coimbra	2:10.03 33.17 200m: 2:10.03 1:06.53	482
22. Carlos Manuel, MARQUES 50m: 30.21 30.21 100m: 1:02.69	00 Academica de Coimbra	2:10.11 2:10.11 33.48	481
23. Goncalo Daniel, OLIVEIRA 50m: 30.46 30.46 100m: 1:03.31	04 Fundacao Beatriz Santos	2:10.13 2:10.13 32.59	481
24. Fabio Joao, SOUSA 50m: 30.75 30.75 100m: 1:04.19	04 Ginasio de Vila Real	2:10.25 2:10.25 32.29	480
25. Joaquim Agra, MERUJE 50m: 29.87 29.87 100m: 1:03.75	01 Uniao Coimbra	2:10.95 2:10.95 32.97	472
26. Tomas Carvalho, SANTOS 50m: 28.82 28.82 100m: 1:01.51	05 Louzan Natacao	2:11.59 2:11.59 35.44	465
27. Rui Joao, MARQUES 50m: 30.82 30.82 100m: 1:04.22	02 Nautico Academico	2:11.94 2:11.94 33.77	462
28. Jose Diogo, DIAS 50m: 30.06 30.06 100m: 1:03.95	04 Fundacao Beatriz Santos	2:12.26 2:12.26 34.49	458
29. Jose Miguel, ROCHA 50m: 30.26 30.26 100m: 1:03.98	05 Columbofila Cantanhedense	2:13.45 2:13.45 34.60	446
30. Francisco Xavier, AMARAL 50m: 29.42 29.42 100m: 1:02.89	05 Bombeiros Mealhada/ CA	2:13.50 2:13.50 35.03	446
31. Rafael Alves, CAMPOS 50m: 29.72 29.72 100m: 1:03.01	04 S. Pedro Alva	2:14.00 2:14.00 36.06	441
32. Artur, YURCHUK 50m: 30.11 30.11 100m: 1:04.77	03 Bombeiros Mealhada/ CA	2:14.50 2:14.50 34.48	436

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 6, Masc., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
33.	Micael Kovalchuk, SOLODYUK	03	Natacao de Vagos					2:14.60	435
	50m: 29.70 29.70	100m: 1:03.94	34.24	150m: 1:39.55	35.61	200m: 2:14.60	35.05		
34.	Andre Marques, ANTUNES	99	Fundacao Beatriz Santos					2:14.64	434
	100m: 1:02.87 1:02.87	200m: 2:14.64	1:11.77						
35.	Pedro Ribeiro, MOCO	02	Natacao de Vagos					2:15.00	431
	50m: 32.24 32.24	100m: 1:06.80	34.56	150m: 1:40.95	34.15	200m: 2:15.00	34.05		
36.	Daniel Batista, TAVARES	06	Bombeiros Mealhada/ CA					2:15.31	428
	50m: 30.59 30.59	100m: 1:04.97	34.38	150m: 1:40.67	35.70	200m: 2:15.31	34.64		
37.	Maxim, KULIK	99	Academica de Coimbra					2:15.66	425
	50m: 30.33 30.33	100m: 1:04.72	34.39	150m: 1:40.35	35.63	200m: 2:15.66	35.31		
38.	Andre Martins, CARNEIRO	03	Aquatico Pacense					2:15.96	422
	50m: 31.20 31.20	100m: 1:05.66	34.46	150m: 1:40.94	35.28	200m: 2:15.96	35.02		
39.	Gabriel Jose, JULIO	01	Academica de Coimbra					2:17.05	412
	50m: 31.41 31.41	100m: 1:05.25	33.84	150m: 1:40.73	35.48	200m: 2:17.05	36.32		
40.	Goncalo Carvalho, SANTOS	05	Louzan Natacao					2:17.13	411
	50m: 30.54 30.54	100m: 1:05.11	34.57	150m: 1:41.20	36.09	200m: 2:17.13	35.93		
41.	Duarte Jose, FERNANDES	06	Uniao Coimbra					2:17.21	410
	50m: 32.49 32.49	100m: 1:07.61	35.12	150m: 1:43.42	35.81	200m: 2:17.21	33.79		
42.	Bernardo Jorge, VENTURA	03	Academica de Coimbra					2:18.07	403
	50m: 31.67 31.67	100m: 1:05.61	33.94	150m: 1:41.60	35.99	200m: 2:18.07	36.47		
43.	Tomas Varanda, OLIVEIRA	06	Columbifila Cantanhedense					2:18.53	399
	50m: 30.88 30.88	100m: 1:05.92	35.04	150m: 1:42.04	36.12	200m: 2:18.53	36.49		
44.	Samuel Baptista, FIGUEIRA	05	Miranda do Corvo					2:18.91	395
	50m: 30.59 30.59	100m: 1:05.47	34.88	150m: 1:42.24	36.77	200m: 2:18.91	36.67		
45.	Diogo Alexandre, MENDES	05	Natacao de Vagos					2:18.96	395
	50m: 32.91 32.91	100m: 1:08.35	35.44	150m: 1:43.95	35.60	200m: 2:18.96	35.01		
46.	Jose Pedro, NUNES	05	Ginasio de Vila Real					2:19.50	390
	50m: 30.57 30.57	100m: 1:05.11	34.54	150m: 1:42.77	37.66	200m: 2:19.50	36.73		
47.	David Valdagua, COUTINHO	03	Uniao Coimbra					2:19.62	389
	50m: 31.50 31.50	100m: 1:07.17	35.67	150m: 1:43.21	36.04	200m: 2:19.62	36.41		
48.	Rafael Pereira, PESSOA	05	Bombeiros Mealhada/ CA					2:20.33	384
	50m: 32.13 32.13	100m: 1:07.31	35.18	150m: 1:43.59	36.28	200m: 2:20.33	36.74		
49.	Carlos Eduardo, BENTO	05	Miranda do Corvo					2:21.01	378
	50m: 31.33 31.33	100m: 1:07.06	35.73	150m: 1:43.97	36.91	200m: 2:21.01	37.04		
50.	Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos					2:21.79	372
	50m: 31.57 31.57	100m: 1:07.08	35.51	200m: 2:21.79	1:14.71				
51.	Cesar Rodrigues, ANDRADE	04	Bombeiros Mealhada/ CA					2:22.09	369
	50m: 31.35 31.35	100m: 1:06.68	35.33	150m: 1:44.28	37.60	200m: 2:22.09	37.81		
52.	Ricardo Luis, AGOSTINHO	96	Fundacao Beatriz Santos					2:22.19	369
	50m: 32.51 32.51	100m: 1:08.68	36.17	150m: 1:45.65	36.97	200m: 2:22.19	36.54		
53.	Francisco Couto, FRAZAO	06	Uniao Coimbra					2:22.84	364
	50m: 32.89 32.89	100m: 1:10.18	37.29	150m: 1:47.74	37.56	200m: 2:22.84	35.10		
54.	Tomas Cardoso, GERALDO	05	Condeixa Clube					2:24.14	354
	50m: 32.85 32.85	100m: 1:09.71	36.86	150m: 1:47.36	37.65	200m: 2:24.14	36.78		
55.	Samuel, PERON	03	Nageurs Bigoudens					2:24.69	350
	50m: 32.15 32.15	100m: 1:08.22	36.07	150m: 1:46.55	38.33	200m: 2:24.69	38.14		
56.	Claudio Rafael, CORDEIRO	02	Condeixa Clube					2:25.38	345
	50m: 33.72 33.72	100m: 1:10.89	37.17	150m: 1:48.15	37.26	200m: 2:25.38	37.23		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 6, Masc., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
57.	Antonio Migueis, TEIXEIRA	05	Ginasio de Vila Real	2:26.07	340				
	50m: 32.63 32.63	100m: 1:08.77	36.14	150m: 1:47.04	38.27	200m: 2:26.07	39.03		
58.	Miguel Bernardo, ARAUJO	06	Condeixa Clube	2:26.96	334				
	50m: 33.57 33.57	100m: 1:10.89	37.32	150m: 1:50.82	39.93	200m: 2:26.96	36.14		
59.	Alexandre, DZYAKANAU	07	Louzan Natacao	2:28.80	322				
	50m: 34.35 34.35	100m: 1:12.65	38.30	150m: 1:51.93	39.28	200m: 2:28.80	36.87		
60.	Afonso Vidal, TOMAS	06	Louzan Natacao	2:29.27	319				
	50m: 34.55 34.55	100m: 1:13.26	38.71	150m: 1:52.16	38.90	200m: 2:29.27	37.11		
61.	Bruno Costa, RODRIGUES	06	Columbofila Cantanhedense	2:29.48	317				
	50m: 34.76 34.76	100m: 1:12.84	38.08	150m: 1:51.86	39.02	200m: 2:29.48	37.62		
62.	Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	2:29.67	316				
	50m: 34.51 34.51	100m: 1:12.60	38.09	150m: 1:51.85	39.25	200m: 2:29.67	37.82		
63.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	2:30.30	312				
	50m: 34.14 34.14	100m: 1:13.36	39.22	150m: 1:50.79	37.43	200m: 2:30.30	39.51		
64.	Paulo Tomas, PEREIRA	05	Bombeiros Mealhada/ CA	2:30.96	308				
	50m: 32.73 32.73	100m: 1:10.22	37.49	150m: 1:49.83	39.61	200m: 2:30.96	41.13		
65.	David Duarte, JESUS	07	Fundacao Beatriz Santos	2:32.04	301				
	50m: 34.90 34.90	100m: 1:14.85	39.95	150m: 1:54.20	39.35	200m: 2:32.04	37.84		
66.	Dinis, YURCHUK	07	Bombeiros Mealhada/ CA	2:32.39	299				
	50m: 34.19 34.19	100m: 1:11.59	37.40	150m: 1:51.38	39.79	200m: 2:32.39	41.01		
67.	Goncalo, APOSTOLO GASPAS	06	Freguesia de Paiao	2:33.04	296				
	50m: 34.36 34.36	100m: 1:13.82	39.46	150m: 1:55.21	41.39	200m: 2:33.04	37.83		
68.	Jose Miguel, SILVA	02	Nautico Academico	2:33.98	290				
	50m: 34.72 34.72	100m: 1:13.04	38.32	150m: 1:53.92	40.88	200m: 2:33.98	40.06		
69.	Afonso Bicas, LIBERAL	05	Alges e Agueda XXI	2:34.87	285				
	50m: 33.67 33.67	100m: 1:11.63	37.96	150m: 1:54.10	42.47	200m: 2:34.87	40.77		
70.	Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	2:34.91	285				
	50m: 34.75 34.75	100m: 1:14.51	39.76	150m: 1:55.36	40.85	200m: 2:34.91	39.55		
71.	Pedro Ferreira, DUARTE	05	Bombeiros Mealhada/ CA	2:36.24	278				
	50m: 34.40 34.40	100m: 1:13.76	39.36	150m: 1:55.15	41.39	200m: 2:36.24	41.09		
72.	Pedro Lages, MARTINS	07	Alges e Agueda XXI	2:38.99	264				
	50m: 35.98 35.98	100m: 1:16.84	40.86	150m: 1:59.51	42.67	200m: 2:38.99	39.48		
73.	Rodrigo Neves, DUARTE	06	Louzan Natacao	2:39.02	263				
	50m: 36.25 36.25	100m: 1:17.19	40.94	150m: 1:59.69	42.50	200m: 2:39.02	39.33		
74.	Henrique Tavares, DIAS	06	Nautico Academico	2:39.71	260				
	50m: 36.70 36.70	100m: 1:17.87	41.17	150m: 1:59.97	42.10	200m: 2:39.71	39.74		
75.	Ricardo Paulo, SILVA	02	Bombeiros Mealhada/ CA	2:40.08	258				
	50m: 36.04 36.04	100m: 1:18.42	42.38	150m: 2:01.36	42.94	200m: 2:40.08	38.72		
76.	Duarte Cachulo, MARQUES	07	Condeixa Clube	2:40.31	257				
	50m: 36.92 36.92	100m: 1:18.49	41.57	150m: 2:01.11	42.62	200m: 2:40.31	39.20		
77.	Tomas Alexandre, LARANJEIRA	03	S. Pedro Alva	2:41.45	252				
	50m: 35.29 35.29	100m: 1:15.47	40.18	150m: 1:59.14	43.67	200m: 2:41.45	42.31		
78.	Tiago Neto, REIS	03	Alges e Agueda XXI	2:41.58	251				
	50m: 36.14 36.14	100m: 1:16.60	40.46	150m: 2:00.45	43.85	200m: 2:41.58	41.13		
79.	Goncalo Miranda, FERNANDES	07	Vigor da Mocidade	2:41.68	251				
	50m: 36.90 36.90	100m: 1:18.57	41.67	150m: 2:02.38	43.81	200m: 2:41.68	39.30		
80.	Rodrigo Estima, RIBEIRO	03	Alges e Agueda XXI	2:42.07	249				
	50m: 36.14 36.14	100m: 1:17.46	41.32	150m: 2:01.06	43.60	200m: 2:42.07	41.01		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 6, Masc., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
81.	Pedro Fernandes, CARVALHO		06	Miranda do Corvo				2:43.51	242
	50m:	36.92 36.92	100m:	1:18.39	41.47	150m:	2:01.21 42.82	200m:	2:43.51 42.30
82.	Carlos Miguel, OLIVEIRA		06	Fundacao Beatriz Santos				2:45.27	235
	50m:	31.93 31.93	100m:	1:10.43	38.50	150m:	1:58.90 48.47	200m:	2:45.27 46.37
83.	Joao Afonso, MACHADO		06	Vigor da Mocidade				2:49.12	219
	50m:	35.78 35.78	100m:	1:19.31	43.53	150m:	2:02.29 42.98	200m:	2:49.12 46.83
84.	Simao Domingues, PAZ		06	Miranda do Corvo				2:52.44	206
	50m:	39.98 39.98	100m:	1:24.03	44.05	150m:	2:09.94 45.91	200m:	2:52.44 42.50
85.	Daniel, KAMOLOV		07	Alges e Agueda XXI				2:52.95	205
	50m:	39.74 39.74	100m:	1:23.12	43.38	150m:	2:07.94 44.82	200m:	2:52.95 45.01
86.	Luis Agnelo, AMARO		05	Alges e Agueda XXI				2:59.32	184
	50m:	41.89 41.89	100m:	1:28.18	46.29	150m:	2:16.80 48.62	200m:	2:59.32 42.52
87.	Bernardo Almas, MALHAO		07	Vigor da Mocidade				2:59.85	182
	100m:	1:23.69 1:23.69	200m:	2:59.85	1:36.16				
88.	Simao Pimenta, CATARINO		06	Fundacao Beatriz Santos				3:01.78	176
	50m:	41.19 41.19	100m:	1:28.36	47.17	150m:	2:15.76 47.40	200m:	3:01.78 46.02
89.	Afonso Simoes, FERREIRA		07	Vigor da Mocidade				3:04.06	170
	50m:	40.76 40.76	100m:	1:28.20	47.44	150m:	2:17.57 49.37	200m:	3:04.06 46.49
90.	Francisco Jose, SIMOES		07	Vigor da Mocidade				3:06.71	163
	50m:	39.82 39.82	100m:	1:26.42	46.60	150m:	2:17.65 51.23	200m:	3:06.71 49.06
91.	Tiago Santos, CUNHA		05	Condeixa Clube				3:16.09	140
	50m:	41.38 41.38	100m:	1:29.41	48.03	150m:	2:22.92 53.51	200m:	3:16.09 53.17
DSQ	Marco Andre, ALMEIDA <i>Falsa partida</i>		02	Bombeiros Mealhada/ CA					
DNS	Manuel Maria, FROIS		02	Bairro dos Anjos					
DNS	Diogo Rodrigues, CARVALHO		05	Vigor da Mocidade					

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 7	Femin., 100m Mariposa				Absoluto
22-02-2020 - 11:30					Resultados
Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacional Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacional Jun17	1:00.95	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	01-08-2002
Rec Nacional Jun16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
Rec Nacional Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03-08-2019
Rec Nacional Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	24-07-2019
Rec Nacional Inf A	1:03.83	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira	21-07-2018
Rec Nacional Inf B	1:07.00	Carolina Miranda, FERNANDES	SCP	S. Joao da Madeira	15-06-2017
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	01-04-2019
Rec Reg ANC Sen	1:04.55	Beatriz Neves, CRAVEIRO	AAC		01-04-2019
Rec Reg ANC Jun17	1:04.30	Beatriz Costa, TEJO	AAC		10-03-2019
Rec Reg ANC Jun16	1:05.05	Mariana Cunha, GUERRA	ASSSCC	Coimbra	06-04-2014
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	22-07-2017
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras	28-07-2012
Rec Reg ANC Inf A	1:06.56	Mariana Cunha, GUERRA	ASSSCC	Lisboa	24-07-2011
Rec Reg ANC Inf B	1:09.89	Ines Pereira, SILVA	CAQC	Loulé	29-06-2014

Pontos: FINA 2019

Lugar				Ano	Tempo final	Pts
1.	Ana Margarida, GUEDES	01	Ginasio de Vila Real		1:04.87	625
	50m: 30.24 30.24	100m: 1:04.87	34.63			
2.	Luana Pinto, DOMINGUES	03	Bairro dos Anjos		1:08.50	531
	50m: 32.19 32.19	100m: 1:08.50	36.31			
3.	Helena Nunes, RODRIGUES	03	Alges e Agueda XXI		1:09.52	508
	50m: 32.57 32.57	100m: 1:09.52	36.95			
4.	Maria Carlota, REBELO	03	Louzan Natacao		1:09.79	502
	50m: 32.24 32.24	100m: 1:09.79	37.55			
5.	Inês Rosado, MONTEIRO	00	Natacao de Vagos		1:10.21	493
	50m: 32.22 32.22	100m: 1:10.21	37.99			
6.	Sara Santos, LOPES	03	Bairro dos Anjos		1:11.08	475
	50m: 32.54 32.54	100m: 1:11.08	38.54			
7.	Ines Filipa, JACINTO	03	Bairro dos Anjos		1:11.82	460
	50m: 33.06 33.06	100m: 1:11.82	38.76			
8.	Ines Mariana, PINHEIRO	03	Academica de Coimbra		1:11.90	459
	50m: 33.39 33.39	100m: 1:11.90	38.51			
9.	Maria Leitao, CARVALHO	02	Bairro dos Anjos		1:12.67	444
	50m: 33.95 33.95	100m: 1:12.67	38.72			
10.	Matilde Domingues, GAMEIRO	97	Nautico Academico		1:13.08	437
	50m: 33.93 33.93	100m: 1:13.08	39.15			
11.	Maria Caetano, LAMAS	04	Miranda do Corvo		1:13.94	422
	50m: 34.08 34.08	100m: 1:13.94	39.86			
12.	Sara Dias, NEVES	03	Miranda do Corvo		1:13.98	421
	50m: 34.34 34.34	100m: 1:13.98	39.64			
13.	Mariana Jacinto, SANTOS	03	Freguesia de Paiao		1:14.05	420
	50m: 33.01 33.01	100m: 1:14.05	41.04			
14.	Ana Luisa, RODRIGUES	03	Louzan Natacao		1:14.11	419
	50m: 34.92 34.92	100m: 1:14.11	39.19			
15.	Ines Filipa, MAGALHAES	02	Aquatico Pacense		1:14.32	415
	50m: 34.36 34.36	100m: 1:14.32	39.96			
16.	Rita Mendes, SIMOES	04	Bairro dos Anjos		1:14.56	411
	50m: 34.25 34.25	100m: 1:14.56	40.31			
17.	Carolina Rei, PEREIRA	05	Natacao de Vagos		1:14.58	411
	50m: 34.47 34.47	100m: 1:14.58	40.11			

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 7, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
18. Matilde Batista, FERREIRA 50m: 35.36 35.36 100m: 1:15.36 40.00	06 Fundacao Beatriz Santos	1:15.36	399
19. Sara Sofia, TEJO 50m: 34.19 34.19 100m: 1:15.79 41.60	03 Condeixa Clube	1:15.79	392
20. Maria Vitoria, GRILO 50m: 34.61 34.61 100m: 1:16.07 41.46	06 Fundacao Beatriz Santos	1:16.07	387
21. Angela Rodrigues, REBELO 50m: 34.57 34.57 100m: 1:16.23 41.66	07 Louzan Natacao	1:16.23	385
22. Matilde Freitas, MOREIRA 50m: 34.59 34.59 100m: 1:16.62 42.03	01 Academica de Coimbra	1:16.62	379
23. Maria Lucas, SANTOS 50m: 35.55 35.55 100m: 1:16.82 41.27	05 Condeixa Clube	1:16.82	376
24. Beatriz Margarido, SILVA 50m: 35.26 35.26 100m: 1:16.88 41.62	05 Natacao de Vagos	1:16.88	375
25. Jacinta Martins, VIANA 50m: 35.29 35.29 100m: 1:17.07 41.78	04 Natacao de Vagos	1:17.07	373
26. Daniela Filipa, ABREU 50m: 35.72 35.72 100m: 1:17.19 41.47	04 Individual ANCP	1:17.19	371
27. Susana Julia, FONTES 50m: 38.47 38.47 100m: 1:17.81 39.34	03 Alges e Agueda XXI	1:17.81	362
28. Bianca Filipa, ALMEIDA 50m: 36.68 36.68 100m: 1:18.44 41.76	07 Alges e Agueda XXI	1:18.44	353
29. Beatriz Sofia, PEREIRA 50m: 36.16 36.16 100m: 1:19.58 43.42	04 Bombeiros Mealhada/ CA	1:19.58	338
30. Marta Andre, AGUILAR 50m: 37.96 37.96 100m: 1:19.74 41.78	07 Fundacao Beatriz Santos	1:19.74	336
31. Beatriz Andre, GASPAS 50m: 37.99 37.99 100m: 1:19.92 41.93	06 Nautico Academico	1:19.92	334
32. Margarida Rodrigues, SANTOS 50m: 37.85 37.85 100m: 1:20.22 42.37	03 Alges e Agueda XXI	1:20.22	330
33. Lara Carvalho, SANTOS 50m: 38.10 38.10 100m: 1:20.39 42.29	07 Nautico Academico	1:20.39	328
34. Daniela Portela, MENDES 50m: 31.66 31.66 100m: 1:21.21 49.55	04 Fundacao Beatriz Santos	1:21.21	318
35. Matilde Fonseca, OLIVEIRA 50m: 36.78 36.78 100m: 1:22.25 45.47	06 Miranda do Corvo	1:22.25	306
36. Caitlin, POCHIC 50m: 38.36 38.36 100m: 1:22.79 44.43	03 Nageurs Bigoudens	1:22.79	300
37. Ines Miranda, DIOGO 50m: 35.93 35.93 100m: 1:23.58 47.65	07 Fundacao Beatriz Santos	1:23.58	292
38. Kateryna, DZYAKANAVA 50m: 38.43 38.43 100m: 1:24.87 46.44	05 Louzan Natacao	1:24.87	279
39. Filipa Victor, VIEIRA 50m: 38.07 38.07 100m: 1:25.70 47.63	04 Academica de Coimbra	1:25.70	271
40. Marta Domingues, GAMEIRO 50m: 40.10 40.10 100m: 1:26.17 46.07	04 Nautico Academico	1:26.17	266
41. Ana Sofia, CASTANHEIRA 50m: 40.21 40.21 100m: 1:27.16 46.95	04 Condeixa Clube	1:27.16	257

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 7, Femin., 100m Mariposa, Absoluto

Lugar				Ano		Tempo final	Pts
42.	Maria Ines, FERNANDES	07	Fundacao Beatriz Santos		1:28.66	245	
	50m: 41.58 41.58	100m: 1:28.66	47.08				
43.	Julia Maria, SOARES	08	Miranda do Corvo		1:31.00	226	
	50m: 41.43 41.43	100m: 1:31.00	49.57				
44.	Maria Saraiva, SILVA	04	Alges e Agueda XXI		1:34.55	202	
	50m: 42.59 42.59	100m: 1:34.55	51.96				
45.	Carolina, CHUVA MARQUES	03	Freguesia de Paiao		1:36.28	191	
	50m: 41.00 41.00	100m: 1:36.28	55.28				
46.	Sofia Neto, FERREIRA	08	Fundacao Beatriz Santos		1:37.28	185	
	50m: 44.05 44.05	100m: 1:37.28	53.23				
47.	Diana Sofia, ABREU	04	Individual ANCP		1:37.38	184	
	50m: 38.04 38.04	100m: 1:37.38	59.34				
48.	Margarida Porto, SOUSA	08	Columbofila Cantanhedense		1:37.94	181	
	50m: 45.12 45.12	100m: 1:37.94	52.82				
49.	Raquel Filipa, JESUS	08	Fundacao Beatriz Santos		1:42.04	160	
	50m: 45.35 45.35	100m: 1:42.04	56.69				
50.	Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense		1:47.06	139	
	50m: 48.92 48.92	100m: 1:47.06	58.14				
51.	Ana Sofia, PARAISO	08	Fundacao Beatriz Santos		1:47.20	138	
	50m: 48.29 48.29	100m: 1:47.20	58.91				
52.	Catarina Almeida, OLIVEIRA	08	Fundacao Beatriz Santos		1:48.28	134	
	50m: 46.61 46.61	100m: 1:48.28	1:01.67				
53.	Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense		1:49.98	128	
	50m: 50.83 50.83	100m: 1:49.98	59.15				
54.	Beatriz Costa, MATOS	07	Fundacao Beatriz Santos		1:52.13	121	
	50m: 53.12 53.12	100m: 1:52.13	59.01				
DSQ	Sofia Morais, FARIA <i>Falsa partida</i>	04	Bairro dos Anjos				
DNS	Mariana Carmo, ROSA	05	Louzan Natacao				
DNS	Filipa Mendes, SIMOES	06	Bairro dos Anjos				
DNS	Joana Calado, CRUZ	07	Fundacao Beatriz Santos				

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 8	Masc., 200m Costas				Absoluto
22-02-2020 - 11:45					Resultados
Rec Nacional Absoluto	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
Rec Nacional Sen	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
Rec Nacional Jun18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	25-08-2019
Rec Nacional Jun17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapest (HUN)	15-07-2005
Rec Nacional Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
Rec Nacional Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
Rec Nacional Inf A	2:14.56	Alexandre Lages, RIBAS	EDV	Lisboa	23-07-2011
Rec Nacional Inf B	2:20.07	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	13-07-2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Sen	2:00.35	Gabriel Jose, LOPES	ALN		02-04-2018
Rec Reg ANC Jun18	2:03.57	Gabriel Jose, LOPES	ALN	Singapura (SGP)	30-08-2015
Rec Reg ANC Jun17	2:10.32	Bernardo Vinagre, ARZILEIRO	CUC	Funchal	25-03-2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		08-06-1992
Rec Reg ANC Inf A	2:18.74	Gabriel Jose, LOPES	CDL	Lisboa	23-07-2011
Rec Reg ANC Inf B	2:25.05	Jose Diogo, DIAS	FBSC	Coimbra	01-05-2017

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	Diogo Matos, RIBEIRO		04	Uniao Coimbra				2:18.00	533
	50m:	32.45 32.45	100m:	1:07.72	35.27	150m:	1:43.28 35.56	200m:	2:18.00 34.72
2.	Tiago Moises, DINIS		98	Nautico Academico				2:21.39	495
	50m:	33.73 33.73	100m:	1:09.60	35.87	150m:	1:45.89 36.29	200m:	2:21.39 35.50
3.	Ricardo Jorge, DOMINGUES		02	Fundacao Beatriz Santos				2:22.67	482
	50m:	33.27 33.27	100m:	1:09.39	36.12	150m:	1:46.59 37.20	200m:	2:22.67 36.08
4.	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos				2:23.12	478
	50m:	34.07 34.07	100m:	1:11.51	37.44	150m:	1:48.01 36.50	200m:	2:23.12 35.11
5.	Rui Mamede, SANTOS		04	Uniao Coimbra				2:25.19	458
	50m:	33.55 33.55	100m:	1:10.28	36.73	150m:	1:48.70 38.42	200m:	2:25.19 36.49
6.	David Valdagua, COUTINHO		03	Uniao Coimbra				2:26.08	449
	50m:	33.90 33.90	100m:	1:11.29	37.39	150m:	1:48.98 37.69	200m:	2:26.08 37.10
7.	Alberto Antonio, SANTOS		01	S. Pedro Alva				2:26.87	442
	50m:	33.35 33.35	100m:	1:11.06	37.71	150m:	1:50.16 39.10	200m:	2:26.87 36.71
8.	Miguel Caridade, GASPAS		99	Academica de Coimbra				2:29.25	421
	50m:	35.70 35.70	100m:	1:12.73	37.03	150m:	1:51.89 39.16	200m:	2:29.25 37.36
9.	Tomas Carvalho, SANTOS		05	Louzan Natacao				2:30.31	412
	50m:	35.30 35.30	100m:	1:13.65	38.35	150m:	1:52.10 38.45	200m:	2:30.31 38.21
10.	Jose Miguel, VENTURA		97	Fundacao Beatriz Santos				2:30.95	407
	50m:	34.74 34.74	100m:	1:13.26	38.52	150m:	1:51.75 38.49	200m:	2:30.95 39.20
11.	Samuel Baptista, FIGUEIRA		05	Miranda do Corvo				2:32.45	395
	50m:	35.88 35.88	100m:	1:14.59	38.71	150m:	1:53.96 39.37	200m:	2:32.45 38.49
12.	Renato Maria, FERREIRA		04	Vigor da Mocidade				2:34.03	383
	50m:	35.16 35.16	100m:	1:14.45	39.29	150m:	1:54.43 39.98	200m:	2:34.03 39.60
13.	Ruben Ferreira, PAIVA		05	Sanjoanense/FEPSA				2:35.08	375
	50m:	36.38 36.38	100m:	1:16.22	39.84	150m:	1:56.60 40.38	200m:	2:35.08 38.48
14.	Tomas Varanda, OLIVEIRA		06	Columbifila Cantanhedense				2:35.63	371
	50m:	36.91 36.91	100m:	1:16.38	39.47	150m:	1:56.59 40.21	200m:	2:35.63 39.04
15.	Francisco Couto, FRAZAO		06	Uniao Coimbra				2:36.84	363
	50m:	36.79 36.79	100m:	1:16.80	40.01	150m:	1:57.51 40.71	200m:	2:36.84 39.33
16.	Goncalo Moreira, SANTOS		01	Academica de Coimbra				2:36.85	363
	50m:	36.30 36.30	100m:	1:16.04	39.74	150m:	1:57.41 41.37	200m:	2:36.85 39.44
17.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				2:40.70	337
	50m:	37.84 37.84	100m:	1:18.87	41.03	150m:	2:00.16 41.29	200m:	2:40.70 40.54

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 8, Masc., 200m Costas, Absoluto

Lugar			Ano					Tempo final	Pts
18.	Carlos Eduardo, BENTO	05	Miranda do Corvo				2:43.22	322	
	50m: 38.74 38.74	100m: 1:19.62	40.88	150m: 2:01.35	41.73	200m: 2:43.22	41.87		
19.	Pedro Fernandes, CARVALHO	06	Miranda do Corvo				2:44.42	315	
	50m: 38.18 38.18	100m: 1:20.01	41.83	150m: 2:02.44	42.43	200m: 2:44.42	41.98		
20.	Afonso Miguel, AMADO	05	Miranda do Corvo				2:45.80	307	
	50m: 39.64 39.64	100m: 1:21.75	42.11	150m: 2:04.54	42.79	200m: 2:45.80	41.26		
21.	Goncalo, APOSTOLO GASPAS	06	Freguesia de Paiao				2:45.83	307	
	50m: 38.96 38.96	100m: 1:21.53	42.57	150m: 2:04.60	43.07	200m: 2:45.83	41.23		
22.	Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos				2:46.61	303	
	50m: 40.19 40.19	100m: 1:22.30	42.11	150m: 2:05.67	43.37	200m: 2:46.61	40.94		
23.	Miguel Cunha, GASPAS	06	Columbofila Cantanhedense				2:52.28	274	
	50m: 41.09 41.09	100m: 1:25.18	44.09	150m: 2:09.55	44.37	200m: 2:52.28	42.73		
24.	Bruno Costa, RODRIGUES	06	Columbofila Cantanhedense				2:53.71	267	
	50m: 42.44 42.44	100m: 1:26.25	43.81	150m: 2:11.11	44.86	200m: 2:53.71	42.60		
25.	Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense				2:55.60	258	
	50m: 41.10 41.10	100m: 1:27.23	46.13	150m: 2:12.62	45.39	200m: 2:55.60	42.98		
26.	Martim Alexandre, SILVA	07	Columbofila Cantanhedense				2:56.91	253	
	50m: 41.63 41.63	100m: 1:26.57	44.94	150m: 2:11.28	44.71	200m: 2:56.91	45.63		
27.	Tome Santiago, MENDES	05	Vigor da Mocidade				2:57.22	251	
	50m: 41.85 41.85	100m: 1:26.28	44.43	150m: 2:12.19	45.91	200m: 2:57.22	45.03		
28.	Goncalo Miranda, FERNANDES	07	Vigor da Mocidade				2:59.16	243	
	50m: 42.83 42.83	100m: 1:29.38	46.55	150m: 2:15.33	45.95	200m: 2:59.16	43.83		
29.	Joao Neves, LUCAS	06	Columbofila Cantanhedense				3:00.11	239	
	50m: 43.24 43.24	100m: 1:29.01	45.77	150m: 2:14.09	45.08	200m: 3:00.11	46.02		
30.	Rodrigo Neves, DUARTE	06	Louzan Natacao				3:00.36	238	
	50m: 42.49 42.49	100m: 1:28.40	45.91	150m: 2:14.23	45.83	200m: 3:00.36	46.13		
31.	Joao Miguel, MARTINS	07	S. Pedro Alva				3:04.41	223	
	50m: 41.81 41.81	100m: 1:28.19	46.38	150m: 2:17.79	49.60	200m: 3:04.41	46.62		
32.	Henrique Tavares, DIAS	06	Nautico Academico				3:05.09	221	
	50m: 43.52 43.52	100m: 1:30.65	47.13	150m: 2:18.61	47.96	200m: 3:05.09	46.48		
33.	Daniel, KAMOLOV	07	Alges e Agueda XXI				3:05.14	220	
	50m: 44.39 44.39	100m: 1:30.54	46.15	150m: 2:18.74	48.20	200m: 3:05.14	46.40		
34.	Luis Agnelo, AMARO	05	Alges e Agueda XXI				3:10.29	203	
	50m: 46.50 46.50	100m: 1:35.25	48.75	150m: 2:24.10	48.85	200m: 3:10.29	46.19		
35.	Simao Domingues, PAZ	06	Miranda do Corvo				3:12.48	196	
	50m: 46.00 46.00	100m: 1:35.71	49.71	150m: 2:25.16	49.45	200m: 3:12.48	47.32		
36.	Pedro Lages, MARTINS	07	Alges e Agueda XXI				3:15.94	186	
	50m: 47.17 47.17	100m: 1:37.16	49.99	150m: 2:28.60	51.44	200m: 3:15.94	47.34		
37.	Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos				3:40.22	131	
	50m: 53.55 53.55	100m: 1:48.85	55.30	150m: 2:45.11	56.26	200m: 3:40.22	55.11		
DSQ	Afonso Simoes, FERREIRA	07	Vigor da Mocidade						
	<i>não terminou o percurso</i>								
DSQ	Nuno Rafael, ALVES	90	Aquatico Pacense						
	<i>apos a partida rompeu a superficie da água após os 15m</i>								
DNS	Bernardo Almas, MALHAO	07	Vigor da Mocidade						

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 9	Femin., 800m Livres				Absoluto
22-02-2020 - 12:10					Resultados
Rec Nacional Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacional Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacional Jun17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28-05-2016
Rec Nacional Jun16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30-05-2015
Rec Nacional Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27-07-2014
Rec Nacional Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10-09-1981
Rec Nacional Inf A	9:14.85	Alexandra Maria, SILVA	POR	Skovde (SWE)	10-08-1980
Rec Nacional Inf B	9:30.42	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	25-07-2009
Rec Reg ANC Absoluto	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Sen	8:54.50	Florbela Cavaco, MACHADO	ASSSCC	Nanjing (CHN)	19-08-2014
Rec Reg ANC Jun17	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Jun16	8:54.79	Alexandra Couto, FRAZÃO	CASPAE	Lisboa	10-02-2018
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	20-06-2017
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	19-05-2007
Rec Reg ANC Inf A	9:33.85	Sara Sofia, ALVES	ASSSCC	Loulé	19-07-2014
Rec Reg ANC Inf B	10:03.06	Sara Sofia, ALVES	ASSSCC	S. Joao Madeira	13-07-2013

Pontos: FINA 2019

Lugar			Ano			Tempo final	Pts
1.	Camila Alexandra, SILVA		03	Columbofila Cantanhedense		9:38.37	588
	50m: 32.89 32.89	250m: 2:56.84 36.04		450m: 5:21.86 36.28	650m: 7:49.57 37.13		
	100m: 1:09.21 36.32	300m: 3:32.84 36.00		500m: 5:58.46 36.60	700m: 8:26.29 36.72		
	150m: 1:44.91 35.70	350m: 4:09.12 36.28		550m: 6:35.67 37.21	750m: 9:03.00 36.71		
	200m: 2:20.80 35.89	400m: 4:45.58 36.46		600m: 7:12.44 36.77	800m: 9:38.37 35.37		
2.	Beatriz Costa, TEJO		02	Academica de Coimbra		9:45.59	567
	50m: 32.53 32.53	250m: 3:00.07 37.37		450m: 5:28.00 36.38	650m: 7:56.29 37.35		
	100m: 1:08.76 36.23	300m: 3:36.94 36.87		500m: 6:04.70 36.70	700m: 8:33.53 37.24		
	150m: 1:45.83 37.07	350m: 4:14.40 37.46		550m: 6:42.01 37.31	750m: 9:10.14 36.61		
	200m: 2:22.70 36.87	400m: 4:51.62 37.22		600m: 7:18.94 36.93	800m: 9:45.59 35.45		
3.	Beatriz Monteiro, TOMAS		03	Fundacao Beatriz Santos		10:00.76	525
	50m: 33.48 33.48	250m: 3:01.53 37.15		450m: 5:32.43 37.51	650m: 8:05.53 38.32		
	100m: 1:10.20 36.72	300m: 3:39.55 38.02		500m: 6:10.53 38.10	700m: 8:44.45 38.92		
	150m: 1:46.95 36.75	350m: 4:17.25 37.70		550m: 6:48.33 37.80	750m: 9:22.99 38.54		
	200m: 2:24.38 37.43	400m: 4:54.92 37.67		600m: 7:27.21 38.88	800m: 10:00.76 37.77		
4.	Anita Gouveia, COSTA		06	Condeixa Clube		10:05.46	513
	50m: 34.27 34.27	250m: 3:08.92 39.17		450m: 5:42.53 37.12	650m: 8:14.67 38.71		
	100m: 1:12.28 38.01	300m: 3:47.81 38.89		500m: 6:19.92 37.39	700m: 8:51.96 37.29		
	150m: 1:50.92 38.64	350m: 4:26.75 38.94		550m: 6:58.14 38.22	750m: 9:29.44 37.48		
	200m: 2:29.75 38.83	400m: 5:05.41 38.66		600m: 7:35.96 37.82	800m: 10:05.46 36.02		
5.	Ana Filipa, SILVA		04	Academica de Coimbra		10:07.31	508
	50m: 34.38 34.38	250m: 3:07.66 38.47		450m: 5:42.00 38.41	650m: 8:14.93 38.26		
	100m: 1:12.17 37.79	300m: 3:46.33 38.67		500m: 6:20.23 38.23	700m: 8:53.06 38.13		
	150m: 1:50.38 38.21	350m: 4:24.86 38.53		550m: 6:58.58 38.35	750m: 9:31.22 38.16		
	200m: 2:29.19 38.81	400m: 5:03.59 38.73		600m: 7:36.67 38.09	800m: 10:07.31 36.09		
6.	Leonor Correia, CUNHA		04	Fundacao Beatriz Santos		10:17.79	483
	50m: 33.66 33.66	250m: 3:05.46 38.87		450m: 5:40.86 39.02	650m: 8:18.83 40.05		
	100m: 1:10.44 36.78	300m: 3:43.69 38.23		500m: 6:19.87 39.01	700m: 8:58.16 39.33		
	150m: 1:48.64 38.20	350m: 4:22.84 39.15		550m: 6:59.50 39.63	750m: 9:38.37 40.21		
	200m: 2:26.59 37.95	400m: 5:01.84 39.00		600m: 7:38.78 39.28	800m: 10:17.79 39.42		
7.	Leonor Mil, MANO		07	Fundacao Beatriz Santos		10:21.34	474
	50m: 34.39 34.39	250m: 3:11.98 39.69		450m: 5:49.70 38.81	650m: 8:25.83 38.77		
	100m: 1:13.22 38.83	300m: 3:51.58 39.60		500m: 6:28.81 39.11	700m: 9:04.86 39.03		
	150m: 1:52.69 39.47	350m: 4:31.00 39.42		550m: 7:08.14 39.33	750m: 9:43.12 38.26		
	200m: 2:32.29 39.60	400m: 5:10.89 39.89		600m: 7:47.06 38.92	800m: 10:21.34 38.22		
8.	Beatriz Pereira, MARQUES		05	Columbofila Cantanhedense		10:23.88	469
	50m: 37.06 37.06	250m: 3:14.84 39.37		450m: 5:52.55 39.19	650m: 8:30.45 39.70		
	100m: 1:16.52 39.46	300m: 3:54.39 39.55		500m: 6:31.74 39.19	700m: 9:09.86 39.41		
	150m: 1:55.95 39.43	350m: 4:33.81 39.42		550m: 7:11.28 39.54	750m: 9:48.56 38.70		
	200m: 2:35.47 39.52	400m: 5:13.36 39.55		600m: 7:50.75 39.47	800m: 10:23.88 35.32		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 9, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
9.	Beatriz Andre, GASPAR		06	Nautico Academico				10:24.36	468
	50m:	36.18 36.18	250m:	3:15.12	40.13	450m:	5:52.64 39.23	650m:	8:30.58 39.18
	100m:	1:15.63 39.45	300m:	3:54.74	39.62	500m:	6:32.22 39.58	700m:	9:09.96 39.38
	150m:	1:55.19 39.56	350m:	4:34.05	39.31	550m:	7:11.90 39.68	750m:	9:48.03 38.07
	200m:	2:34.99 39.80	400m:	5:13.41	39.36	600m:	7:51.40 39.50	800m:	10:24.36 36.33
10.	Joana Ventura, PAIS		06	Fundacao Beatriz Santos				10:25.77	464
	50m:	34.76 34.76	250m:	3:12.61	39.43	450m:	5:51.06 38.37	650m:	8:29.76 39.07
	100m:	1:14.02 39.26	300m:	3:52.95	40.34	500m:	6:30.49 39.43	700m:	9:09.28 39.52
	150m:	1:53.79 39.77	350m:	4:33.16	40.21	550m:	7:10.45 39.96	750m:	9:48.53 39.25
	200m:	2:33.18 39.39	400m:	5:12.69	39.53	600m:	7:50.69 40.24	800m:	10:25.77 37.24
11.	Beatriz Silva, NEVES		06	Fundacao Beatriz Santos				10:29.93	455
	50m:	35.43 35.43	250m:	3:16.12	39.76	450m:	5:54.22 39.29	650m:	8:32.85 39.43
	100m:	1:15.75 40.32	300m:	3:55.93	39.81	500m:	6:33.50 39.28	700m:	9:13.43 40.58
	150m:	1:55.78 40.03	350m:	4:35.13	39.20	550m:	7:13.44 39.94	750m:	9:52.06 38.63
	200m:	2:36.36 40.58	400m:	5:14.93	39.80	600m:	7:53.42 39.98	800m:	10:29.93 37.87
12.	Catarina Cunha, BELO		06	Fundacao Beatriz Santos				10:31.29	452
	50m:	35.63 35.63	250m:	3:15.99	39.63	450m:	5:55.76 38.81	650m:	8:35.02 39.15
	100m:	1:15.90 40.27	300m:	3:57.09	41.10	500m:	6:36.00 40.24	700m:	9:15.21 40.19
	150m:	1:55.34 39.44	350m:	4:36.09	39.00	550m:	7:15.24 39.24	750m:	9:52.95 37.74
	200m:	2:36.36 41.02	400m:	5:16.95	40.86	600m:	7:55.87 40.63	800m:	10:31.29 38.34
13.	Dania Rodrigues, SIMOES		07	Louzan Natacao				10:41.77	431
	50m:	36.24 36.24	250m:	3:20.14	40.68	450m:	6:03.80 39.83	650m:	8:45.50 39.95
	100m:	1:17.23 40.99	300m:	4:01.75	41.61	500m:	6:44.76 40.96	700m:	9:26.09 40.59
	150m:	1:58.14 40.91	350m:	4:42.62	40.87	550m:	7:25.24 40.48	750m:	10:04.81 38.72
	200m:	2:39.46 41.32	400m:	5:23.97	41.35	600m:	8:05.55 40.31	800m:	10:41.77 36.96
14.	Laura Rodrigues, MARGATO		04	Academica de Coimbra				10:41.97	430
	50m:	36.90 36.90	250m:	3:19.50	40.68	450m:	6:01.70 40.84	650m:	8:43.82 40.79
	100m:	1:17.25 40.35	300m:	3:59.57	40.07	500m:	6:41.65 39.95	700m:	9:24.15 40.33
	150m:	1:58.53 41.28	350m:	4:40.29	40.72	550m:	7:22.71 41.06	750m:	10:04.33 40.18
	200m:	2:38.82 40.29	400m:	5:20.86	40.57	600m:	8:03.03 40.32	800m:	10:41.97 37.64
15.	Mariana Fonseca, SILVA		06	Condeixa Clube				10:53.38	408
	50m:	36.48 36.48	250m:	3:20.25	41.53	450m:	6:04.24 39.67	650m:	8:52.04 41.77
	100m:	1:16.65 40.17	300m:	4:01.72	41.47	500m:	6:46.20 41.96	700m:	9:33.12 41.08
	150m:	1:57.36 40.71	350m:	4:43.07	41.35	550m:	7:27.77 41.57	750m:	10:13.42 40.30
	200m:	2:38.72 41.36	400m:	5:24.57	41.50	600m:	8:10.27 42.50	800m:	10:53.38 39.96
16.	Joana Filipa, VARELA		06	Nautico Academico				10:54.65	406
	50m:	36.44 36.44	250m:	3:18.39	41.54	450m:	6:05.26 41.91	650m:	8:52.39 41.74
	100m:	1:15.36 38.92	300m:	4:00.10	41.71	500m:	6:47.06 41.80	700m:	9:33.53 41.14
	150m:	1:55.81 40.45	350m:	4:42.24	42.14	550m:	7:29.26 42.20	750m:	10:14.59 41.06
	200m:	2:36.85 41.04	400m:	5:23.35	41.11	600m:	8:10.65 41.39	800m:	10:54.65 40.06
17.	Camila Cavaleiro, SILVA		05	Columbofila Cantanhedense				10:57.27	401
	50m:	35.54 35.54	250m:	3:14.18	40.77	450m:	6:01.58 42.87	650m:	8:52.61 42.66
	100m:	1:13.90 38.36	300m:	3:55.09	40.91	500m:	6:43.81 42.23	700m:	9:34.65 42.04
	150m:	1:53.64 39.74	350m:	4:37.02	41.93	550m:	7:27.47 43.66	750m:	10:16.59 41.94
	200m:	2:33.41 39.77	400m:	5:18.71	41.69	600m:	8:09.95 42.48	800m:	10:57.27 40.68
18.	Ana Sofia, CASTANHEIRA		04	Condeixa Clube				10:58.43	399
	50m:	36.81 36.81	250m:	3:22.36	41.78	450m:	6:09.92 41.48	650m:	8:57.21 41.41
	100m:	1:17.56 40.75	300m:	4:04.33	41.97	500m:	6:51.93 42.01	700m:	9:38.82 41.61
	150m:	1:59.06 41.50	350m:	4:46.30	41.97	550m:	7:33.76 41.83	750m:	10:19.34 40.52
	200m:	2:40.58 41.52	400m:	5:28.44	42.14	600m:	8:15.80 42.04	800m:	10:58.43 39.09
19.	Luna Almeida, RODRIGUES		07	Columbofila Cantanhedense				11:59.19	306
	50m:	40.26 40.26	250m:	3:44.00	46.46	450m:	6:46.51 45.85	650m:	9:47.51 44.94
	100m:	1:25.72 45.46	300m:	4:29.82	45.82	500m:	7:31.90 45.39	700m:	10:33.35 45.84
	150m:	2:12.18 46.46	350m:	5:15.66	45.84	550m:	8:17.75 45.85	750m:	11:16.88 43.53
	200m:	2:57.54 45.36	400m:	6:00.66	45.00	600m:	9:02.57 44.82	800m:	11:59.19 42.31
20.	Maria Manuel, CORTESAO		08	Nautico Academico				12:04.05	300
	50m:	39.34 39.34	250m:	3:40.74	45.33	450m:	6:44.84 45.28	650m:	9:47.22 44.83
	100m:	1:24.25 44.91	300m:	4:26.68	45.94	500m:	7:30.96 46.12	700m:	10:33.43 46.21
	150m:	2:09.60 45.35	350m:	5:12.53	45.85	550m:	8:16.13 45.17	750m:	11:18.09 44.66
	200m:	2:55.41 45.81	400m:	5:59.56	47.03	600m:	9:02.39 46.26	800m:	12:04.05 45.96

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 10	Masc., 4 x 100m Livres				Absoluto
22-02-2020 - 12:50					Resultados
Rec Nacional Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonr	FCP	Faro	19-07-2009
Rec Nacional Sen	3:25.00	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacional Jun	3:34.25	Futebol Clube do Porto/Imperio Bonr	FCP	Lisboa	27-03-2009
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19-07-2013
Rec Nacional Juv	3:39.68	tempo limite	FCP	Famalicao	19-07-2013
Rec Nacional Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02-08-2019
Rec Nacional Inf A	3:52.27	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	19-07-2014
Rec Nacional Inf	3:52.27	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	19-07-2014
Rec Nacional Inf B	4:06.16	Associacao Naval Amorense	ANAM	Loulé	19-07-2014
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimb	CNAC		01-05-2012
Rec Reg ANC Sen	3:29.79	Clube Náutico Académico de Coimb	CNAC		01-05-2012
Rec Reg ANC Jun	3:39.23	Associação Académica de Coimbra	AAC		01-05-2012
Rec Reg ANC Juv A	3:43.55	Clube Náutico Académico de Coimb	CNAC		01-05-2017
Rec Reg ANC Juv	3:42.81	Clube União 1919	CUC		06-06-2019
Rec Reg ANC Juv B	3:47.57	Clube União 1919	CUC	Coimbra	13-07-2019
Rec Reg ANC Inf A	3:57.99	Clube União 1919	CUC	Coimbra	07-07-2018
Rec Reg ANC Inf	3:57.99	Clube União 1919	CUC		27-12-2018
Rec Reg ANC Inf B	4:15.78	Clube Náutico Académico de Coimb	CNAC		01-05-2011

Pontos: FINA 2019

Lugar					Tempo final	Pts		
1.	Bairro dos Anjos Juv A	Bairro dos Anjos				3:43.92	594	
	Ricardo Morais, FARIA	04	27.49	56.89	Vitor Belo, CLARA	04	27.12	55.63
	Nuno Marques, SILVA	04	27.67	57.79	Rodrigo Miguel, REIS	04	25.48	53.61
2.	Nautico Academico	Nautico Academico				3:47.95	563	
	Tomas Miguel, VELOSO	96	26.90	54.89	Tiago Moises, DINIS	98	27.32	57.30
	Rui Joao, MARQUES	02	28.52	59.95	Lucas Pereira, BASTOS	00	26.68	55.81
3.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos				3:50.37	545	
	Rodrigo Santos, LADEIRA	97	27.09	55.65	Andre Marques, ANTUNES	99	27.75	59.14
	Miguel Diogo, AGOSTINHO	00	26.11	54.69	Jose Miguel, VENTURA	97	28.80	1:00.89
4.	Academica de Coimbra Sen	Academica de Coimbra				3:58.38	492	
	Maxim, KULIK	99	28.49	58.88	Gabriel Jose, JULIO	01	29.32	1:01.28
	Miguel Freitas, OVIEDO	02	28.45	59.25	Miguel Caridade, GASPAR	99	28.55	58.97
5.	Natacao de Vagos Abs	Natacao de Vagos				4:01.88	471	
	Illya, YELISTRATKIN	96	27.37	57.97	Micael Kovalchuk, SOLODYUK	03	28.27	1:00.09
	Pedro Ribeiro, MOCO	02	29.55	1:01.64	Diogo Alexandre, MENDES	05	30.18	1:02.18
6.	Bombeiros Mealhada Abs	Bombeiros Mealhada/ CA				4:03.08	464	
	Artur, YURCHUK	03	29.09	1:00.21	Cesar Rodrigues, ANDRADE	04	29.15	1:01.65
	Daniel Batista, TAVARES	06	28.39	1:00.89	Marco Andre, ALMEIDA	02	28.72	1:00.33
7.	Academica de Coimbra Abs	Academica de Coimbra				4:06.22	446	
	Carlos Manuel, MARQUES	00	28.85	59.76	Bernardo Jorge, VENTURA	03	30.95	1:05.36
	Joao Filipe, LUCAS	94	27.23	59.84	Goncalo Moreira, SANTOS	01	29.51	1:01.26
8.	S. Pedro Alva Abs	S. Pedro Alva				4:07.22	441	
	Alberto Antonio, SANTOS	01	28.20	58.82	Rafael Alves, CAMPOS	04	31.16	1:02.86
	Alexandre Miguel, BRAS	03	26.81	57.94	Tomas Alexandre, LARANJEIRA	03	31.20	1:07.60
9.	Miranda do Corvo	Miranda do Corvo				4:18.13	387	
	Samuel Baptista, FIGUEIRA	05	29.70	1:01.21	Carlos Eduardo, BENTO	05	30.05	1:03.78
	Pedro Fernandes, CARVALHO	06	33.75	1:12.50	Afonso Miguel, AMADO	05	28.90	1:00.64
10.	Alges e Agueda XXI Abs	Alges e Agueda XXI				4:20.82	375	
	Gabriel Cunha, TEIXEIRA	06	31.97	1:06.42	Abel Renato, FERREIRA	05	30.29	1:04.58
	Henrique Ferreira, MARTINS	06	30.29	1:04.40	Afonso Bicas, LIBERAL	05	31.43	1:05.42
11.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos				4:41.18	300	
	Joao Rafael, FERREIRA	06	30.81	1:05.34	Carlos Miguel, OLIVEIRA	06	32.81	1:10.23
	David Duarte, JESUS	07	34.62	1:11.90	Tomas Nolan, SANTOS	06	34.74	1:13.71
12.	Vigor da Mocidade Inf B	Vigor da Mocidade				5:10.81	222	
	Goncalo Miranda, FERNANDES	07	35.26	1:14.71	Francisco Jose, SIMOES	07	39.81	1:25.29
	Joao Afonso, MACHADO	06	32.09	1:13.12	Bernardo Almas, MALHAO	07	35.36	1:17.69

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 10, Masc., 4 x 100m Livres, Absoluto

Lugar					Tempo final	Pts
13.	Alges e Agueda XXI Abs		Alges e Agueda XXI		5:17.75	207
	Luis Agnelo, AMARO	05 38.96	1:22.56	Daniel, KAMOLOV	07 37.58	1:21.72
	Rodrigo Estima, RIBEIRO	03 31.77	1:09.28	Pedro Lages, MARTINS	07 41.41	1:24.19
DSQ	Bombeiros Mealhada Juv B		Bombeiros Mealhada/ CA			
	<i>Falsa partida do 1º atleta</i>					
	Francisco Xavier, AMARAL, Rafael Pereira, PESSOA, Paulo Tomas, PEREIRA, Eduardo Gabriel, VIEIRA					
DNS	Vigor da Mocidade Abs		Vigor da Mocidade			

Prova 11
22-02-2020 - 13:00

Femin., 4 x 100m Estilos

Absoluto Resultados

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13-04-2019
Rec Nacional Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Rec Nacional Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04-04-2015
Rec Nacional Juv A	4:35.70	tempo limite	SLB	Oeiras	27-07-2008
Rec Nacional Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24-07-2016
Rec Nacional Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
Rec Nacional Inf A	4:45.41	Sport Lisboa e Benfica	SLB	Lisboa	30-06-2007
Rec Nacional Inf	4:45.41	tempo limite	SLB	Oeiras	30-06-2007
Rec Nacional Inf B	4:56.36	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Porto	24-07-2010
Rec Reg ANC Absoluto	4:29.58	Associação Académica de Coimbra	AAC		01-05-2019
Rec Reg ANC Sen	4:37.81	Clube Náutico Académico de Coim	CNAC		01-05-1999
Rec Reg ANC Jun17	4:34.64	Clube Náutico Académico de Coim	CNAC		01-05-2010
Rec Reg ANC Jun	4:34.64	Clube Nautico Academico de Coim	CNAC		03-09-2010
Rec Reg ANC Jun16	4:34.64	Clube Náutico Académico de Coim	CNAC		01-05-2010
Rec Reg ANC Juv A	4:41.87	Tempo limite			
Rec Reg ANC Juv	4:40.09	Clube União 1919	CUC		06-06-2018
Rec Reg ANC Juv B	4:41.87	Clube Náutico Académico de Coim	CNAC		01-05-2011
Rec Reg ANC Inf A	4:50.83	Clube Náutico Académico de Coim	CNAC		01-05-2010
Rec Reg ANC Inf	4:50.83	Clube Náutico Académico de Coim	CNAC		06-06-2010
Rec Reg ANC Inf B	5:14.38	Clube Náutico Académico de Coim	CNAC		27-12-2010

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Bairro dos Anjos Abs		Bairro dos Anjos		4:46.67	526
	Carlota Macedo, LAGOA	05 34.13	1:10.53	Sara Santos, LOPES	03 31.40	1:09.03
	Luana Pinto, DOMINGUES	03 37.55	1:20.24	Ines Filipa, JACINTO	03 31.54	1:06.87
2.	Natacao de Vagos Abs		Natacao de Vagos		4:49.96	509
	Maria Vieira, MARQUES	04 35.35	1:13.04	Inês Rosado, MONTEIRO	00 32.57	1:10.25
	Carolina Rei, PEREIRA	05 37.37	1:20.77	Catarina Cruz, STELMASHCHUK	05 31.42	1:05.90
3.	Academica de Coimbra Abs		Academica de Coimbra		4:53.85	489
	Barbara Azambujo, MELO	02 35.61	1:15.09	Beatriz Costa, TEJO	02 31.48	1:08.53
	Ana Carolina, NEVES	00 38.63	1:23.35	Ana Filipa, SILVA	04 31.99	1:06.88
4.	Fundacao Beatriz Santos Juv B		Fundacao Beatriz Santos		5:12.04	408
	Matilde Batista, FERREIRA	06 37.89	1:17.84	Ines Alves, DIAS	06 36.59	1:20.13
	Joana Ventura, PAIS	06 42.21	1:29.88	Maria Vitoria, GRILO	06 30.43	1:04.19
5.	Nautico Academico		Nautico Academico		5:13.60	402
	Joana Filipa, VARELA	06 39.12	1:19.55	Beatriz Andre, GASPAR	06 37.42	1:21.78
	Marta Domingues, GAMEIRO	04 42.26	1:29.93	Matilde Domingues, GAMEIRO	97 30.03	1:02.34
6.	Alges e Agueda XXI Abs		Alges e Agueda XXI		5:18.51	384
	Susana Julia, FONTES	03 38.38	1:20.72	Bianca Filipa, ALMEIDA	07 37.14	1:20.79
	Margarida Rodrigues, SANTOS	03 44.26	1:34.52	Helena Nunes, RODRIGUES	03 29.51	1:02.48
7.	Academica de Coimbra Abs		Academica de Coimbra		5:29.89	345
	Filipa Victor, VIEIRA	04 41.18	1:22.75	Joana Beatriz, RODRIGUES	04 40.61	1:27.60
	Maria Ines, ALVES	05 41.91	1:29.22	Beatriz Beja, AFONSO	04 33.95	1:10.32
8.	Fundacao Beatriz Santos Inf A		Fundacao Beatriz Santos		5:32.69	337
	Marta Andre, AGUILAR	07 40.01	1:22.27	Leonor Mil, MANO	07 36.10	1:20.79
	Maria Ines, FERNANDES	07 45.71	1:35.20	Sofia Neto, FERREIRA	08 34.58	1:14.43

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 11, Femin., 4 x 100m Estilos, Absoluto

Lugar						Tempo final	Pts
9.	Academica de Coimbra Abs			Academica de Coimbra		5:44.73	303
	Filipa Moniz, PISSARRO	05	42.80	1:28.95	Helena Carolina, DINIS	05	39.13 1:30.29
	Laura Rodrigues, MARGATO	04	45.70	1:37.87	Beatriz Carvalho, MARQUES	02	32.11 1:07.62
10.	Alges e Agueda XXI Abs			Alges e Agueda XXI		6:24.38	218
	Ines Filipa, MONTEIRO	07	48.22	1:37.80	Maria Saraiva, SILVA	04	42.38 1:34.22
	Madalena Gameiro, GONÇALVES	06	48.87	1:44.17	Matilde Estima, RIBEIRO	08	41.73 1:28.19
11.	Fundacao Beatriz Santos Inf B			Fundacao Beatriz Santos		6:36.64	198
	Raquel Filipa, JESUS	08	45.36	1:31.06	Catarina Almeida, OLIVEIRA	08	45.40 1:45.18
	Maria Gabriela, RANGEL	08	55.71	1:58.37	Sofia Neto, FERREIRA	08	39.38 1:22.03

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

2 - 2ª Sessão

22-02-2020 - 15:30

Prova 12 22-02-2020 - 15:30	Misto, 4 x 100m Livres				Absoluto Resultados
Rec Nacional Absoluto	3:43.48	Sport Lisboa e Benfica	SLB	Coimbra	20-05-2017
Rec Nacional 18 +	3:43.48	Sport Lisboa e Benfica	SLB	Coimbra	20-05-2017
Rec Nacional 16 - 18	4:03.04	Associação Académica de CoimbraAAC		Coimbra	24-05-2019
Rec Nacional 15 - 16	59:00.00				
Rec Nacional 14 - 16	4:07.25	Clube União 1919	CUC	Coimbra	24-05-2019
Rec Nacional 14 - 15	59:00.00				
Rec Nacional 13 - 14	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	21-07-2018
Rec Nacional 12 - 14	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	21-07-2018
Rec Nacional 12 - 13	4:15.46	Clube Galitos de Aveiro	CGA	Loulé	16-07-2017
Rec Reg ANC Absoluto	3:47.09	Tempo Limite			
Rec Reg ANC 18 +	3:50.39	Tempo limite			
Rec Reg ANC 16 - 18	4:03.04	Associação Académica de CoimbraAAC		Coimbra	25-05-2019
Rec Reg ANC 14 - 16	4:07.25	Clube União 1919	CUC	Coimbra	25-05-2019
Rec Reg ANC 13 - 14	4:09.31	Tempo Limite			
Rec Reg ANC 12 - 13	4:25.15	Tempo Limite			

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Ginasio de Vila Real Abs	Ginasio de Vila Real			3:59.25	580
	Fabio Joao, SOUSA	04	28.02	58.41	Francisco Lopes, AFONSO	03 27.66 57.82
	Maria Carolina, EIRA	05	29.41	1:02.29	Ana Margarida, GUEDES	01 28.73 1:00.73
2.	Bairro dos Anjos Juv	Bairro dos Anjos			4:04.13	546
	<i>Rec Nacional</i>					
	Rodrigo Miguel, REIS	04	26.04	54.19	Carlota Macedo, LAGOA	05 31.53 1:05.40
	Maria Francisca, FROIS	06	31.70	1:07.45	Ricardo Morais, FARIA	04 27.56 57.09
3.	Academica de Coimbra Abs	Academica de Coimbra			4:06.23	532
	Miguel Freitas, OVIEDO	02	28.41	58.83	Barbara Azambujo, MELO	02 30.59 1:04.38
	Joao Filipe, LUCAS	94	27.96	59.26	Ana Filipa, SILVA	04 30.93 1:03.76
4.	Academica de Coimbra Abs	Academica de Coimbra			4:07.03	527
	Gabriel Jose, JULIO	01	29.25	1:00.65	Ana Carolina, NEVES	00 29.80 1:03.67
	Maxim, KULIK	99	28.69	1:00.45	Beatriz Costa, TEJO	02 30.14 1:02.26
5.	Bairro dos Anjos Abs	Bairro dos Anjos			4:07.22	526
	Maria Francisca, ALVES	04	30.53	1:04.64	Joao Jose, SILVA	03 27.53 56.67
	Ines Filipa, JACINTO	03	30.97	1:05.09	Manuel Maria, FROIS	02 28.00 1:00.82
6.	Bairro dos Anjos Juv	Bairro dos Anjos			4:12.48	494
	<i>Rec Nacional</i>					
	Lucas Filipe, MOREIRA	05	28.60	59.47	Maria Madalena, ALVES	06 30.35 1:04.17
	Jose Francisco, OLIVEIRA	05	30.81	1:03.29	Filipa Roma, BRIZIDA	06 31.08 1:05.55
7.	Nageurs Bigoudens	Nageurs Bigoudens			4:26.92	418
	Tom, KAANDORP	04	28.75	59.77	Caitlin, POCHIC	03 32.62 1:09.34
	Annette, LAUREC	05	33.42	1:11.26	Samuel, PERON	03 31.46 1:06.55
8.	Academica de Coimbra Abs	Academica de Coimbra			4:36.29	377
	Carlos Manuel, MARQUES	00	29.89	1:01.89	Beatriz Beja, AFONSO	04 34.40 1:10.28
	Bernardo Jorge, VENTURA	03	32.31	1:08.24	Helena Carolina, DINIS	05 36.17 1:15.88
9.	Nautico Academico Inf	Nautico Academico			4:58.53	298
	Henrique Tavares, DIAS	06	35.52	1:14.48	Jose Miguel, SILVA	02 32.23 1:07.49
	Maria Manuel, CORTESAO	08	37.64	1:20.12	Lara Carvalho, SANTOS	07 36.49 1:16.44
DSQ	Natacao de Vagos Abs	Natacao de Vagos				
	<i>o atleta que nadou na 1ª posição, nadou com penso em 2 dedos do pé direito</i>					
	Maria Vieira, MARQUES, Micael Kovalchuk, SOLODYUK, Carolina Rei, PEREIRA, Ilyya, YELISTRATKIN					

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 13	Masc., 1500m Livres				Absoluto
22-02-2020 - 15:35					Resultados
Rec Nacional Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacional Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacional Jun18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nacional Jun17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30-08-2015
Rec Nacional Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Nacional Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
Rec Nacional Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19-06-2004
Rec Nacional Inf B	17:21.58	Pedro Fontoura, OLIVEIRA	CFB	Restelo	27-07-2003
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Sen	15:41.21	Alexandre Valdagua, COUTINHO	ASSSCC	Oeiras	20-07-2017
Rec Reg ANC Jun18	15:43.34	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	23-07-2015
Rec Reg ANC Jun17	16:01.38	Diogo Coelho, JOSE	ASSSCC		23-07-2018
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra	04-04-2014
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicao	24-07-1997
Rec Reg ANC Inf A	17:20.74	Pedro, MATOS	CNM	Coimbra	13-07-1996
Rec Reg ANC Inf B	18:19.17	Joao Carvalho, DIZ	CNAC	Loulé	01-05-2014

Pontos: FINA 2019

Lugar			Ano			Tempo final			Pts
1.	Tomas Miguel, VELOSO		96	Nautico Academico		16:12.58			718
	50m: 29.47	29.47	450m: 4:50.68	33.31	850m: 9:10.31	32.78	1250m: 13:30.14	33.08	
	100m: 1:01.15	31.68	500m: 5:23.40	32.72	900m: 9:42.48	32.17	1300m: 14:02.91	32.77	
	150m: 1:33.59	32.44	550m: 5:56.08	32.68	950m: 10:15.26	32.78	1350m: 14:36.18	33.27	
	200m: 2:06.16	32.57	600m: 6:28.06	31.98	1000m: 10:47.71	32.45	1400m: 15:08.52	32.34	
	250m: 2:39.06	32.90	650m: 7:00.79	32.73	1050m: 11:20.09	32.38	1450m: 15:41.15	32.63	
	300m: 3:11.64	32.58	700m: 7:32.95	32.16	1100m: 11:52.17	32.08	1500m: 16:12.58	31.43	
	350m: 3:44.57	32.93	750m: 8:05.64	32.69	1150m: 12:24.66	32.49			
	400m: 4:17.37	32.80	800m: 8:37.53	31.89	1200m: 12:57.06	32.40			
2.	Diogo Matos, RIBEIRO		04	Uniao Coimbra		16:59.19			624
	50m: 28.97	28.97	450m: 4:59.23	33.78	850m: 9:34.77	34.15	1250m: 14:08.99	34.69	
	100m: 1:00.62	31.65	500m: 5:34.04	34.81	900m: 10:08.82	34.05	1300m: 14:43.61	34.62	
	150m: 1:33.18	32.56	550m: 6:09.44	35.40	950m: 10:42.72	33.90	1350m: 15:18.35	34.74	
	200m: 2:06.06	32.88	600m: 6:44.04	34.60	1000m: 11:16.81	34.09	1400m: 15:52.93	34.58	
	250m: 2:39.81	33.75	650m: 7:18.25	34.21	1050m: 11:50.94	34.13	1450m: 16:27.06	34.13	
	300m: 3:15.07	35.26	700m: 7:52.25	34.00	1100m: 12:25.46	34.52	1500m: 16:59.19	32.13	
	350m: 3:50.53	35.46	750m: 8:26.46	34.21	1150m: 12:59.93	34.47			
	400m: 4:25.45	34.92	800m: 9:00.62	34.16	1200m: 13:34.30	34.37			
3.	Tiago Moises, DINIS		98	Nautico Academico		17:24.53			579
	50m: 31.46	31.46	450m: 5:11.49	35.34	850m: 9:51.23	35.48	1250m: 14:31.10	35.42	
	100m: 1:05.96	34.50	500m: 5:46.20	34.71	900m: 10:25.66	34.43	1300m: 15:06.03	34.93	
	150m: 1:41.41	35.45	550m: 6:21.32	35.12	950m: 11:01.01	35.35	1350m: 15:41.12	35.09	
	200m: 2:16.13	34.72	600m: 6:55.95	34.63	1000m: 11:35.84	34.83	1400m: 16:15.48	34.36	
	250m: 2:51.49	35.36	650m: 7:31.40	35.45	1050m: 12:10.87	35.03	1450m: 16:50.74	35.26	
	300m: 3:26.20	34.71	700m: 8:06.00	34.60	1100m: 12:45.56	34.69	1500m: 17:24.53	33.79	
	350m: 4:01.41	35.21	750m: 8:41.18	35.18	1150m: 13:20.80	35.24			
	400m: 4:36.15	34.74	800m: 9:15.75	34.57	1200m: 13:55.68	34.88			
4.	Bernardo Vinagre, ARZILEIRO		01	Uniao Coimbra		17:33.38			565
	50m: 32.35	32.35	450m: 5:12.65	35.39	850m: 9:56.76	35.69	1250m: 14:41.17	35.45	
	100m: 1:06.51	34.16	500m: 5:47.81	35.16	900m: 10:32.16	35.40	1300m: 15:16.22	35.05	
	150m: 1:41.76	35.25	550m: 6:23.32	35.51	950m: 11:07.58	35.42	1350m: 15:51.51	35.29	
	200m: 2:16.67	34.91	600m: 6:58.65	35.33	1000m: 11:43.02	35.44	1400m: 16:26.38	34.87	
	250m: 2:51.90	35.23	650m: 7:34.75	36.10	1050m: 12:18.47	35.45	1450m: 17:01.07	34.69	
	300m: 3:27.33	35.43	700m: 8:10.31	35.56	1100m: 12:54.36	35.89	1500m: 17:33.38	32.31	
	350m: 4:02.49	35.16	750m: 8:45.86	35.55	1150m: 13:29.80	35.44			
	400m: 4:37.26	34.77	800m: 9:21.07	35.21	1200m: 14:05.72	35.92			
5.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos		17:39.91			554
	50m: 32.79	32.79	450m: 5:19.53	35.48	850m: 10:02.40	35.27	1250m: 14:45.46	35.42	
	100m: 1:09.36	36.57	500m: 5:55.09	35.56	900m: 10:37.96	35.56	1300m: 15:21.18	35.72	
	150m: 1:44.84	35.48	550m: 6:30.46	35.37	950m: 11:13.37	35.41	1350m: 15:56.30	35.12	
	200m: 2:21.10	36.26	600m: 7:05.78	35.32	1000m: 11:48.56	35.19	1400m: 16:31.43	35.13	
	250m: 2:56.62	35.52	650m: 7:40.82	35.04	1050m: 12:23.77	35.21	1450m: 17:05.71	34.28	
	300m: 3:32.74	36.12	700m: 8:16.27	35.45	1100m: 12:59.08	35.31	1500m: 17:39.91	34.20	
	350m: 4:08.30	35.56	750m: 8:51.75	35.48	1150m: 13:34.16	35.08			
	400m: 4:44.05	35.75	800m: 9:27.13	35.38	1200m: 14:10.04	35.88			

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 13, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
6.	Goncalo Daniel, OLIVEIRA		04	Fundacao Beatriz Santos				18:01.70	522		
	50m:	31.99 31.99	450m:	5:20.58	36.33	850m:	10:12.10	35.66	1250m:	15:04.52	36.51
	100m:	1:07.02 35.03	500m:	5:56.65	36.07	900m:	10:47.68	35.58	1300m:	15:40.72	36.20
	150m:	1:42.65 35.63	550m:	6:33.03	36.38	950m:	11:24.36	36.68	1350m:	16:16.83	36.11
	200m:	2:18.28 35.63	600m:	7:09.50	36.47	1000m:	12:01.12	36.76	1400m:	16:52.76	35.93
	250m:	2:54.60 36.32	650m:	7:46.36	36.86	1050m:	12:37.77	36.65	1450m:	17:27.87	35.11
	300m:	3:31.21 36.61	700m:	8:23.14	36.78	1100m:	13:14.19	36.42	1500m:	18:01.70	33.83
	350m:	4:07.89 36.68	750m:	8:59.84	36.70	1150m:	13:51.00	36.81			
	400m:	4:44.25 36.36	800m:	9:36.44	36.60	1200m:	14:28.01	37.01			
7.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos				18:11.48	508		
	50m:	33.23 33.23	450m:	5:23.19	36.52	850m:	10:14.27	36.82	1250m:	15:09.60	37.40
	100m:	1:08.91 35.68	500m:	5:59.45	36.26	900m:	10:50.63	36.36	1300m:	15:46.15	36.55
	150m:	1:45.59 36.68	550m:	6:35.88	36.43	950m:	11:27.84	37.21	1350m:	16:23.20	37.05
	200m:	2:21.65 36.06	600m:	7:12.11	36.23	1000m:	12:04.65	36.81	1400m:	16:59.94	36.74
	250m:	2:57.81 36.16	650m:	7:48.57	36.46	1050m:	12:41.60	36.95	1450m:	17:36.19	36.25
	300m:	3:33.84 36.03	700m:	8:24.83	36.26	1100m:	13:18.55	36.95	1500m:	18:11.48	35.29
	350m:	4:10.34 36.50	750m:	9:01.58	36.75	1150m:	13:55.64	37.09			
	400m:	4:46.67 36.33	800m:	9:37.45	35.87	1200m:	14:32.20	36.56			
8.	Jose Miguel, VENTURA		97	Fundacao Beatriz Santos				18:11.70	507		
	50m:	33.73 33.73	450m:	5:21.30	35.98	850m:	10:14.07	36.41	1250m:	15:08.80	36.77
	100m:	1:10.31 36.58	500m:	5:57.47	36.17	900m:	10:51.26	37.19	1300m:	15:45.94	37.14
	150m:	1:46.20 35.89	550m:	6:33.66	36.19	950m:	11:27.68	36.42	1350m:	16:22.30	36.36
	200m:	2:22.10 35.90	600m:	7:10.45	36.79	1000m:	12:04.64	36.96	1400m:	16:59.14	36.84
	250m:	2:57.43 35.33	650m:	7:47.00	36.55	1050m:	12:41.15	36.51	1450m:	17:36.00	36.86
	300m:	3:33.01 35.58	700m:	8:23.86	36.86	1100m:	13:17.97	36.82	1500m:	18:11.70	35.70
	350m:	4:09.27 36.26	750m:	9:00.39	36.53	1150m:	13:54.99	37.02			
	400m:	4:45.32 36.05	800m:	9:37.66	37.27	1200m:	14:32.03	37.04			
9.	Joao Ventura, PAIS		02	Fundacao Beatriz Santos				18:11.85	507		
	50m:	32.35 32.35	450m:	5:25.69	36.90	850m:	10:19.81	34.18	1250m:	15:09.19	37.26
	100m:	1:08.80 36.45	500m:	6:02.73	37.04	900m:	10:55.09	35.28	1300m:	15:46.66	37.47
	150m:	1:45.19 36.39	550m:	6:39.60	36.87	950m:	11:30.23	35.14	1350m:	16:23.58	36.92
	200m:	2:21.76 36.57	600m:	7:16.55	36.95	1000m:	12:06.02	35.79	1400m:	17:01.54	37.96
	250m:	2:57.92 36.16	650m:	7:53.26	36.71	1050m:	12:41.30	35.28	1450m:	17:37.67	36.13
	300m:	3:34.94 37.02	700m:	8:30.74	37.48	1100m:	13:18.15	36.85	1500m:	18:11.85	34.18
	350m:	4:11.63 36.69	750m:	9:07.85	37.11	1150m:	13:54.90	36.75			
	400m:	4:48.79 37.16	800m:	9:45.63	37.78	1200m:	14:31.93	37.03			
10.	Ruben Ferreira, PAIVA		05	Sanjoanense/FEPSA				18:22.43	493		
	50m:	33.52 33.52	450m:	5:29.29	36.56	850m:	10:25.34	36.64	1250m:	15:23.68	36.87
	100m:	1:10.58 37.06	500m:	6:06.35	37.06	900m:	11:02.99	37.65	1300m:	15:59.92	36.24
	150m:	1:47.20 36.62	550m:	6:43.26	36.91	950m:	11:40.38	37.39	1350m:	16:36.15	36.23
	200m:	2:24.33 37.13	600m:	7:20.37	37.11	1000m:	12:18.08	37.70	1400m:	17:12.40	36.25
	250m:	3:01.31 36.98	650m:	7:57.18	36.81	1050m:	12:55.57	37.49	1450m:	17:48.25	35.85
	300m:	3:39.01 37.70	700m:	8:34.55	37.37	1100m:	13:32.55	36.98	1500m:	18:22.43	34.18
	350m:	4:15.70 36.69	750m:	9:11.51	36.96	1150m:	14:09.49	36.94			
	400m:	4:52.73 37.03	800m:	9:48.70	37.19	1200m:	14:46.81	37.32			
11.	Rui Joao, MARQUES		02	Nautico Academico				18:22.99	492		
	50m:	33.61 33.61	450m:	5:26.66	36.21	850m:	10:18.68	37.08	1250m:	15:15.84	37.55
	100m:	1:10.16 36.55	500m:	6:02.81	36.15	900m:	10:55.45	36.77	1300m:	15:53.59	37.75
	150m:	1:46.49 36.33	550m:	6:38.49	35.68	950m:	11:32.03	36.58	1350m:	16:31.23	37.64
	200m:	2:23.45 36.96	600m:	7:15.09	36.60	1000m:	12:09.06	37.03	1400m:	17:08.79	37.56
	250m:	2:59.71 36.26	650m:	7:51.34	36.25	1050m:	12:45.95	36.89	1450m:	17:46.11	37.32
	300m:	3:36.75 37.04	700m:	8:28.03	36.69	1100m:	13:22.89	36.94	1500m:	18:22.99	36.88
	350m:	4:13.97 37.22	750m:	9:04.60	36.57	1150m:	14:00.57	37.68			
	400m:	4:50.45 36.48	800m:	9:41.60	37.00	1200m:	14:38.29	37.72			
12.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				18:33.28	478		
	50m:	33.19 33.19	450m:	5:29.56	37.50	850m:	10:28.88	37.73	1250m:	15:28.90	37.31
	100m:	1:09.41 36.22	500m:	6:06.07	36.51	900m:	11:05.96	37.08	1300m:	16:06.18	37.28
	150m:	1:46.56 37.15	550m:	6:43.29	37.22	950m:	11:44.28	38.32	1350m:	16:44.02	37.84
	200m:	2:22.68 36.12	600m:	7:20.56	37.27	1000m:	12:22.56	38.28	1400m:	17:21.69	37.67
	250m:	3:00.11 37.43	650m:	7:58.35	37.79	1050m:	13:00.15	37.59	1450m:	17:58.06	36.37
	300m:	3:37.42 37.31	700m:	8:34.80	36.45	1100m:	13:36.77	36.62	1500m:	18:33.28	35.22
	350m:	4:16.08 38.66	750m:	9:12.83	38.03	1150m:	14:14.20	37.43			
	400m:	4:52.06 35.98	800m:	9:51.15	38.32	1200m:	14:51.59	37.39			

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 13, Masc., 1500m Livres, Absoluto

Lugar				Ano				Tempo final	Pts
13.	Antonio, GLAVATSKYY			05	Academica de Coimbra			19:26.61	416
	50m:	34.17	34.17	450m:	5:43.59	39.66	850m:	10:58.15	39.40
	100m:	1:11.15	36.98	500m:	6:22.26	38.67	900m:	11:36.77	38.62
	150m:	1:50.13	38.98	550m:	7:02.04	39.78	950m:	12:16.71	39.94
	200m:	2:28.40	38.27	600m:	7:40.62	38.58	1000m:	12:55.57	38.86
	250m:	3:07.23	38.83	650m:	8:20.74	40.12	1050m:	13:35.67	40.10
	300m:	3:45.70	38.47	700m:	9:00.10	39.36	1100m:	14:14.68	39.01
	350m:	4:24.96	39.26	750m:	9:40.01	39.91	1150m:	14:54.32	39.64
	400m:	5:03.93	38.97	800m:	10:18.75	38.74	1200m:	15:33.46	39.14
14.	Jose Miguel, MARQUES			06	Condeixa Clube			19:54.06	388
	50m:	34.29	34.29	450m:	5:54.57	39.52	850m:	11:15.94	40.23
	100m:	1:13.53	39.24	500m:	6:34.37	39.80	900m:	11:56.27	40.33
	150m:	1:53.75	40.22	550m:	7:14.30	39.93	950m:	12:36.70	40.43
	200m:	2:33.95	40.20	600m:	7:53.95	39.65	1000m:	13:16.66	39.96
	250m:	3:14.08	40.13	650m:	8:34.26	40.31	1050m:	13:56.83	40.17
	300m:	3:54.72	40.64	700m:	9:14.73	40.47	1100m:	14:37.12	40.29
	350m:	4:34.74	40.02	750m:	9:55.50	40.77	1150m:	15:17.53	40.41
	400m:	5:15.05	40.31	800m:	10:35.71	40.21	1200m:	15:58.20	40.67
15.	Joao Rafael, FERREIRA			06	Fundacao Beatriz Santos			19:59.88	382
	50m:	34.38	34.38	450m:	5:57.69	41.09	850m:	11:22.99	40.38
	100m:	1:13.08	38.70	500m:	6:38.17	40.48	900m:	12:03.69	40.70
	150m:	1:53.54	40.46	550m:	7:18.80	40.63	950m:	12:42.15	38.46
	200m:	2:33.93	40.39	600m:	7:59.66	40.86	1000m:	13:21.50	39.35
	250m:	3:14.71	40.78	650m:	8:40.62	40.96	1050m:	14:02.71	41.21
	300m:	3:55.06	40.35	700m:	9:21.34	40.72	1100m:	14:42.36	39.65
	350m:	4:35.95	40.89	750m:	10:02.46	41.12	1150m:	15:22.89	40.53
	400m:	5:16.60	40.65	800m:	10:42.61	40.15	1200m:	16:02.90	40.01
16.	Guilherme Marques, PEREIRA			06	Condeixa Clube			20:11.52	371
	50m:	33.10	33.10	450m:	5:55.76	40.68	850m:	11:21.90	40.75
	100m:	1:11.44	38.34	500m:	6:36.36	40.60	900m:	12:02.83	40.93
	150m:	1:51.44	40.00	550m:	7:17.70	41.34	950m:	12:43.61	40.78
	200m:	2:31.57	40.13	600m:	7:58.52	40.82	1000m:	13:24.60	40.99
	250m:	3:12.33	40.76	650m:	8:38.83	40.31	1050m:	14:04.98	40.38
	300m:	3:53.05	40.72	700m:	9:19.72	40.89	1100m:	14:45.71	40.73
	350m:	4:34.31	41.26	750m:	10:00.39	40.67	1150m:	15:26.66	40.95
	400m:	5:15.08	40.77	800m:	10:41.15	40.76	1200m:	16:07.70	41.04
17.	David Duarte, JESUS			07	Fundacao Beatriz Santos			20:27.81	357
	50m:	34.72	34.72	450m:	5:58.96	40.41	850m:	11:31.13	41.65
	100m:	1:14.14	39.42	500m:	6:41.09	42.13	900m:	12:14.00	42.87
	150m:	1:54.32	40.18	550m:	7:22.01	40.92	950m:	12:54.86	40.86
	200m:	2:35.18	40.86	600m:	8:04.26	42.25	1000m:	13:36.94	42.08
	250m:	3:14.75	39.57	650m:	8:44.38	40.12	1050m:	14:18.34	41.40
	300m:	3:55.69	40.94	700m:	9:27.28	42.90	1100m:	15:00.37	42.03
	350m:	4:36.70	41.01	750m:	10:07.97	40.69	1150m:	15:41.62	41.25
	400m:	5:18.55	41.85	800m:	10:49.48	41.51	1200m:	16:23.02	41.40
18.	Alexandre, DZYAKANAU			07	Louzan Natacao			20:50.35	338
	50m:	36.48	36.48	450m:	6:10.42	41.59	850m:	11:47.56	41.82
	100m:	1:17.27	40.79	500m:	6:52.99	42.57	900m:	12:29.98	42.42
	150m:	1:59.07	41.80	550m:	7:35.00	42.01	950m:	13:11.80	41.82
	200m:	2:40.52	41.45	600m:	8:17.43	42.43	1000m:	13:54.48	42.68
	250m:	3:22.17	41.65	650m:	8:59.15	41.72	1050m:	14:36.98	42.50
	300m:	4:04.54	42.37	700m:	9:40.96	41.81	1100m:	15:19.51	42.53
	350m:	4:46.53	41.99	750m:	10:23.18	42.22	1150m:	16:01.70	42.19
	400m:	5:28.83	42.30	800m:	11:05.74	42.56	1200m:	16:44.02	42.32
19.	Henrique Tavares, DIAS			06	Nautico Academico			22:03.23	285
	50m:	37.27	37.27	450m:	6:26.73	45.34	850m:	12:26.20	45.51
	100m:	1:18.43	41.16	500m:	7:11.19	44.46	900m:	13:10.62	44.42
	150m:	2:01.66	43.23	550m:	7:56.27	45.08	950m:	13:55.80	45.18
	200m:	2:45.09	43.43	600m:	8:40.45	44.18	1000m:	14:40.14	44.34
	250m:	3:28.93	43.84	650m:	9:25.35	44.90	1050m:	15:25.70	45.56
	300m:	4:13.57	44.64	700m:	10:10.05	44.70	1100m:	16:10.13	44.43
	350m:	4:58.01	44.44	750m:	10:55.95	45.90	1150m:	16:55.36	45.23
	400m:	5:41.39	43.38	800m:	11:40.69	44.74	1200m:	17:39.54	44.18

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 13, Masc., 1500m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
DNS Tomas Nolan, SANTOS	06 Fundacao Beatriz Santos		

Prova 14

22-02-2020 - 16:20

Femin., 200m Costas

Absoluto

					Resultados
Rec Nacional Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	09-02-2020
Rec Nacional Sen	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	09-02-2020
Rec Nacional Jun17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02-04-2015
Rec Nacional Jun16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07-04-2019
Rec Nacional Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Rec Nacional Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017
Rec Nacional Inf A	2:23.57	Rafaela Gomes, AZEVEDO	POR	Genova (ITA)	20-06-2015
Rec Nacional Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicão	27-07-1997
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		21-07-2019
Rec Reg ANC Sen	2:21.69	Joana Beatriz, BERNARDO	FBSC	Coimbra	20-05-2018
Rec Reg ANC Jun17	2:24.24	Ana Raquel, FERREIRA	GCF	Coimbra	02-04-2015
Rec Reg ANC Jun16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	04-07-2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia	16-06-2018
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017
Rec Reg ANC Inf A	2:30.49	Maria Malaguerra, COSTA	ASSSCC	Rio Maior	03-07-2011
Rec Reg ANC Inf B	2:35.38	Camila Rodrigues, REBELO	ALN	Oeiras	19-07-2015

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Ana Margarida, GUEDES	01 Ginasio de Vila Real	2:28.38	584
50m: 35.16 35.16	100m: 1:11.93 36.77	150m: 1:50.66 38.73	200m: 2:28.38 37.72
2. Maria Carolina, EIRA	05 Ginasio de Vila Real	2:31.50	549
50m: 36.11 36.11	100m: 1:14.72 38.61	150m: 1:54.10 39.38	200m: 2:31.50 37.40
3. Carlota Macedo, LAGOA	05 Bairro dos Anjos	2:31.68	547
50m: 35.50 35.50	100m: 1:14.28 38.78	150m: 1:53.62 39.34	200m: 2:31.68 38.06
4. Ana Luisa, RODRIGUES	03 Louzan Natacao	2:35.73	505
50m: 37.01 37.01	100m: 1:16.45 39.44	150m: 1:56.24 39.79	200m: 2:35.73 39.49
5. Beatriz Monteiro, TOMAS	03 Fundacao Beatriz Santos	2:36.95	493
50m: 37.24 37.24	100m: 1:16.69 39.45	150m: 1:57.30 40.61	200m: 2:36.95 39.65
6. Diana Silva, TINOCO	06 Columbofila Cantanhedense	2:39.47	470
50m: 37.50 37.50	100m: 1:17.81 40.31	150m: 1:59.32 41.51	200m: 2:39.47 40.15
7. Ana Carolina, MONTEIRO	04 Uniao Coimbra	2:40.58	461
50m: 37.83 37.83	100m: 1:18.65 40.82	150m: 1:59.36 40.71	200m: 2:40.58 41.22
8. Mariana Jacinto, SANTOS	03 Freguesia de Paiao	2:42.09	448
50m: 38.13 38.13	100m: 1:19.34 41.21	150m: 2:01.73 42.39	200m: 2:42.09 40.36
9. Anita Gouveia, COSTA	06 Condeixa Clube	2:42.26	446
50m: 39.03 39.03	100m: 1:20.94 41.91	150m: 2:02.22 41.28	200m: 2:42.26 40.04
10. Catarina Cunha, BELO	06 Fundacao Beatriz Santos	2:42.66	443
50m: 38.24 38.24	100m: 1:19.13 40.89	150m: 2:01.55 42.42	200m: 2:42.66 41.11
11. Mariana Azevedo, SILVA	05 Sanjoanense/FEPSA	2:42.70	443
50m: 40.10 40.10	100m: 1:21.20 41.10	150m: 2:03.36 42.16	200m: 2:42.70 39.34
12. Barbara Almeida, SIMOES	05 Uniao Coimbra	2:42.74	443
50m: 37.65 37.65	100m: 1:19.17 41.52	150m: 2:01.03 41.86	200m: 2:42.74 41.71
13. Matilde Domingues, GAMEIRO	97 Nautico Academico	2:42.90	441
50m: 37.99 37.99	100m: 1:19.56 41.57	150m: 2:01.37 41.81	200m: 2:42.90 41.53
14. Marta Andre, AGUILAR	07 Fundacao Beatriz Santos	2:44.74	427
50m: 38.65 38.65	100m: 1:20.03 41.38	150m: 2:03.22 43.19	200m: 2:44.74 41.52
15. Dania Rodrigues, SIMOES	07 Louzan Natacao	2:45.02	424
50m: 38.49 38.49	100m: 1:20.56 42.07	150m: 2:03.24 42.68	200m: 2:45.02 41.78

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 14, Femin., 200m Costas, Absoluto

Lugar			Ano					Tempo final	Pts
16.	Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos	2:45.37	422				
	50m: 39.22 39.22	100m: 1:22.08	42.86	150m: 2:04.51	42.43	200m: 2:45.37	40.86		
17.	Matilde Freitas, MOREIRA	01	Academica de Coimbra	2:45.98	417				
	50m: 38.83 38.83	100m: 1:20.73	41.90	150m: 2:03.97	43.24	200m: 2:45.98	42.01		
18.	Kateryna, DZYAKANAVA	05	Louzan Natacao	2:46.39	414				
	50m: 37.76 37.76	100m: 1:19.49	41.73	150m: 2:03.45	43.96	200m: 2:46.39	42.94		
19.	Sara Santos, LOPES	03	Bairro dos Anjos	2:46.92	410				
	50m: 38.34 38.34	100m: 1:19.99	41.65	150m: 2:02.94	42.95	200m: 2:46.92	43.98		
20.	Maria Madalena, ALVES	06	Bairro dos Anjos	2:47.64	405				
	50m: 39.37 39.37	100m: 1:23.51	44.14	150m: 2:06.13	42.62	200m: 2:47.64	41.51		
21.	Mariana Carmo, ROSA	05	Louzan Natacao	2:47.90	403				
	50m: 40.91 40.91	100m: 1:22.82	41.91	150m: 2:05.45	42.63	200m: 2:47.90	42.45		
22.	Maria Ines, ALVES	05	Academica de Coimbra	2:51.58	378				
	50m: 41.03 41.03	100m: 1:25.23	44.20	150m: 2:09.12	43.89	200m: 2:51.58	42.46		
23.	Leonor Mil, MANO	07	Fundacao Beatriz Santos	2:52.11	374				
	50m: 40.06 40.06	100m: 1:23.52	43.46	150m: 2:08.12	44.60	200m: 2:52.11	43.99		
24.	Mariana Fonseca, SILVA	06	Condeixa Clube	2:52.18	374				
	50m: 40.43 40.43	100m: 1:24.05	43.62	150m: 2:09.06	45.01	200m: 2:52.18	43.12		
25.	Filipa Victor, VIEIRA	04	Academica de Coimbra	2:52.97	368				
	50m: 40.74 40.74	100m: 1:24.79	44.05	150m: 2:09.23	44.44	200m: 2:52.97	43.74		
26.	Beatriz Andre, GASPAS	06	Nautico Academico	2:54.27	360				
	50m: 40.82 40.82	100m: 1:25.47	44.65	150m: 2:09.29	43.82	200m: 2:54.27	44.98		
27.	Beatriz Pereira, ANDRADE	06	Condeixa Clube	2:56.41	347				
	50m: 42.86 42.86	100m: 1:27.39	44.53	150m: 2:12.60	45.21	200m: 2:56.41	43.81		
28.	Ines Filipa, MAGALHAES	02	Aquatico Pacense	2:58.45	336				
	50m: 42.56 42.56	100m: 1:28.47	45.91	150m: 2:13.62	45.15	200m: 2:58.45	44.83		
29.	Filipa Moniz, PISSARRO	05	Academica de Coimbra	3:01.89	317				
	50m: 43.04 43.04	100m: 1:29.90	46.86	150m: 2:16.75	46.85	200m: 3:01.89	45.14		
30.	Leonor Duarte, VEIGA	07	Vigor da Mocidade	3:02.62	313				
	50m: 44.71 44.71	100m: 1:31.52	46.81	150m: 2:18.21	46.69	200m: 3:02.62	44.41		
31.	Bianca Filipa, ALMEIDA	07	Alges e Agueda XXI	3:04.34	304				
	50m: 44.16 44.16	100m: 1:30.71	46.55	150m: 2:18.77	48.06	200m: 3:04.34	45.57		
32.	Daniela Filipa, ABREU	04	Individual ANCNP	3:05.64	298				
	50m: 44.02 44.02	100m: 1:33.02	49.00	150m: 2:20.16	47.14	200m: 3:05.64	45.48		
33.	Diana Sofia, ABREU	04	Individual ANCNP	3:06.63	293				
	50m: 44.26 44.26	100m: 1:32.61	48.35	150m: 2:20.44	47.83	200m: 3:06.63	46.19		
34.	Luna Almeida, RODRIGUES	07	Columbifila Cantanhedense	3:10.32	276				
	50m: 45.45 45.45	100m: 1:34.21	48.76	150m: 2:23.00	48.79	200m: 3:10.32	47.32		
35.	Maria Manuel, CORTESAO	08	Nautico Academico	3:13.33	264				
	50m: 45.20 45.20	100m: 1:33.86	48.66	150m: 2:23.72	49.86	200m: 3:13.33	49.61		
36.	Sofia Neto, FERREIRA	08	Fundacao Beatriz Santos	3:14.38	259				
	50m: 45.52 45.52	100m: 1:36.40	50.88	150m: 2:26.14	49.74	200m: 3:14.38	48.24		
37.	Margarida Porto, SOUSA	08	Columbifila Cantanhedense	3:14.95	257				
	100m: 1:36.69 1:36.69	150m: 2:27.45	50.76	200m: 3:14.95	47.50				
38.	Catarina Sargaco, TEIXEIRA	08	Columbifila Cantanhedense	3:17.74	246				
	50m: 48.93 48.93	100m: 1:39.51	50.58	150m: 2:30.01	50.50	200m: 3:17.74	47.73		
39.	Catarina Almeida, OLIVEIRA	08	Fundacao Beatriz Santos	3:17.92	246				
	50m: 47.21 47.21	100m: 1:38.50	51.29	150m: 2:30.17	51.67	200m: 3:17.92	47.75		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 14, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
40. Maria Gabriela, RANGEL 50m: 46.94 46.94 100m: 1:38.93	08 Fundacao Beatriz Santos	3:20.24	237
41. Ana Sofia, PARAISO 50m: 47.53 47.53 100m: 1:39.81	08 Fundacao Beatriz Santos	3:20.27	237
42. Matilde Rodrigues, COSTA 50m: 48.53 48.53 100m: 1:39.71	07 S. Pedro Alva	3:21.90	231
43. Ines Serralheiro, SANTOS 50m: 48.32 48.32 100m: 1:40.86	08 Columbofila Cantanhedense	3:25.12	221
44. Sara, JACINTO SANTOS 50m: 48.12 48.12 100m: 1:41.92	08 Freguesia de Paiao	3:27.70	213
45. Beatriz Costa, MATOS 50m: 49.78 49.78 100m: 1:45.15	07 Fundacao Beatriz Santos	3:29.32	208
46. Rafaela Ferreira, MIGUEL 50m: 50.16 50.16 100m: 1:44.11	06 S. Pedro Alva	3:32.95	197
47. Mariana Santos, ALMEIDA 50m: 52.85 52.85 100m: 1:49.62	08 Columbofila Cantanhedense	3:39.33	180
DNS Joana Calado, CRUZ	07 Fundacao Beatriz Santos		
DNS Maria Carlota, REBELO	03 Louzan Natacao		

Prova 15

Masc., 100m Mariposa

Absoluto

22-02-2020 - 16:45

Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacional Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacional Jun18	54.16	Miguel Duarte, NASCIMENTO	POR	Kiev (UKR)	07-04-2013
Rec Nacional Jun17	54.77	Tiago Andre, VENANCIO	CNS	Oeiras	29-07-2004
Rec Nacional Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03-08-2019
Rec Nacional Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03-08-2019
Rec Nacional Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21-07-2018
Rec Nacional Inf B	1:03.64	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira	22-07-2000
Rec Reg ANC Absoluto	54.16	Gabriel Jose, LOPES	ALN		23-07-2018
Rec Reg ANC Sen	54.16	Gabriel Jose, LOPES	ALN		23-07-2018
Rec Reg ANC Jun18	55.86	Miguel Silva, OLIVEIRA	CNAC	Coimbra	30-05-2009
Rec Reg ANC Jun17	57.06	Gabriel Jose, LOPES	CDL	Coimbra	06-04-2014
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicão	20-06-2013
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		23-07-2019
Rec Reg ANC Inf A	59.19	Diogo Matos, RIBEIRO	CUC		16-06-2018
Rec Reg ANC Inf B	1:05.69	Manuel Baptista, SIMOES	CNAC	Famalicão	01-05-2016

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 26.14 26.14 100m: 55.78	97 Louzan Natacao	55.78	712
2. Andre Gouveia, COSTA 50m: 27.75 27.75 100m: 58.84	01 Condeixa Clube	58.84	607
3. Rodrigo Miguel, REIS 50m: 27.46 27.46 100m: 59.19	04 Bairro dos Anjos	59.19	596
4. Nuno Goncalo, SANTOS 50m: 27.51 27.51 100m: 59.64	96 Bairro dos Anjos	59.64	582
5. Nuno Rafael, ALVES 50m: 28.34 28.34 100m: 59.91	90 Aquatico Pacense	59.91	575
6. Ricardo Filipe, ROCHA 50m: 28.27 28.27 100m: 1:01.14	02 Aquatico Pacense	1:01.14	541
7. Lucas Pereira, BASTOS 50m: 28.87 28.87 100m: 1:01.67	00 Nautico Academico	1:01.67	527

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 15, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
8. Joao Jose, SILVA 50m: 28.87 28.87 100m: 1:01.80 32.93	03 Bairro dos Anjos	1:01.80	523
9. Tomas Miguel, VELOSO 50m: 28.87 28.87 100m: 1:02.18 33.31	96 Nautico Academico	1:02.18	514
10. Joao Filipe, LUCAS 50m: 28.34 28.34 100m: 1:02.72 34.38	94 Academica de Coimbra	1:02.72	501
11. Rui Mamede, SANTOS 50m: 29.58 29.58 100m: 1:02.97 33.39	04 Uniao Coimbra	1:02.97	495
12. Ilya, YELISTRATKIN 50m: 30.45 30.45 100m: 1:03.00 32.55	96 Natacao de Vagos	1:03.00	494
13. Joaquim Agra, MERUJE 50m: 28.79 28.79 100m: 1:03.11 34.32	01 Uniao Coimbra	1:03.11	491
14. Joao Neto, PEREIRA 50m: 29.19 29.19 100m: 1:03.14 33.95	02 Fundacao Beatriz Santos	1:03.14	491
15. Miguel Freitas, OVIEDO 50m: 30.38 30.38 100m: 1:03.30 32.92	02 Academica de Coimbra	1:03.30	487
16. Goncalo Brites, MOITA 50m: 29.30 29.30 100m: 1:03.43 34.13	04 Uniao Coimbra	1:03.43	484
17. Ricardo Morais, FARIA 50m: 29.84 29.84 100m: 1:03.47 33.63	04 Bairro dos Anjos	1:03.47	483
18. Francisco Lopes, AFONSO 50m: 29.81 29.81 100m: 1:03.60 33.79	03 Ginasio de Vila Real	1:03.60	480
19. Bernardo Vinagre, ARZILEIRO 50m: 31.15 31.15 100m: 1:04.14 32.99	01 Uniao Coimbra	1:04.14	468
20. Fabio Joao, SOUSA 50m: 30.00 30.00 100m: 1:04.29 34.29	04 Ginasio de Vila Real	1:04.29	465
21. Rodrigo Santos, LADEIRA 50m: 29.86 29.86 100m: 1:04.36 34.50	97 Fundacao Beatriz Santos	1:04.36	463
22. Alexandre Miguel, BRAS 50m: 28.95 28.95 100m: 1:05.04 36.09	03 S. Pedro Alva	1:05.04	449
23. Vasco Silva, SOUSA 50m: 30.40 30.40 100m: 1:05.30 34.90	04 Bairro dos Anjos	1:05.30	444
24. Rafael Alves, CAMPOS 50m: 30.24 30.24 100m: 1:05.41 35.17	04 S. Pedro Alva	1:05.41	441
25. Miguel Diogo, AGOSTINHO 50m: 29.73 29.73 100m: 1:05.52 35.79	00 Fundacao Beatriz Santos	1:05.52	439
26. Pedro Miguel, FLORIDO 50m: 30.56 30.56 100m: 1:05.66 35.10	04 Fundacao Beatriz Santos	1:05.66	436
27. Diogo Alexandre, MENDES 50m: 30.83 30.83 100m: 1:05.74 34.91	05 Natacao de Vagos	1:05.74	435
28. Jose Miguel, ROCHA 50m: 30.77 30.77 100m: 1:05.90 35.13	05 Columbofila Cantanhedense	1:05.90	432
29. Tomas Carvalho, SANTOS 50m: 30.47 30.47 100m: 1:06.08 35.61	05 Louzan Natacao	1:06.08	428
30. Eduardo Gabriel, VIEIRA 50m: 30.38 30.38 100m: 1:06.51 36.13	05 Bombeiros Mealhada/ CA	1:06.51	420
31. Miguel Caridade, GASPAR 50m: 30.53 30.53 100m: 1:06.56 36.03	99 Academica de Coimbra	1:06.56	419

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 15, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
32. Jose Pedro, NUNES 50m: 30.52 30.52 100m: 1:06.91 36.39	05	Ginasio de Vila Real 1:06.91	412
33. Goncalo Pires, LOURENCO 50m: 30.77 30.77 100m: 1:07.08 36.31	03	Fundacao Beatriz Santos 1:07.08	409
34. Rafael Pereira, PESSOA 50m: 32.16 32.16 100m: 1:08.57 36.41	05	Bombeiros Mealhada/ CA 1:08.57	383
35. Goncalo Carvalho, SANTOS 50m: 32.55 32.55 100m: 1:09.95 37.40	05	Louzan Natacao 1:09.95	361
36. Carlos Manuel, MARQUES 50m: 31.94 31.94 100m: 1:10.02 38.08	00	Academica de Coimbra 1:10.02	360
37. Jose Francisco, OLIVEIRA 50m: 33.16 33.16 100m: 1:10.21 37.05	05	Bairro dos Anjos 1:10.21	357
38. Antonio Migueis, TEIXEIRA 50m: 32.20 32.20 100m: 1:11.58 39.38	05	Ginasio de Vila Real 1:11.58	337
39. Paulo Tomas, PEREIRA 50m: 35.48 35.48 100m: 1:13.29 37.81	05	Bombeiros Mealhada/ CA 1:13.29	314
40. Abel Renato, FERREIRA 50m: 34.04 34.04 100m: 1:13.36 39.32	05	Alges e Agueda XXI 1:13.36	313
41. Maxim, KULIK 50m: 33.46 33.46 100m: 1:14.86 41.40	99	Academica de Coimbra 1:14.86	294
42. Duarte Jose, FERNANDES 50m: 34.55 34.55 100m: 1:15.23 40.68	06	Uniao Coimbra 1:15.23	290
43. Henrique Ferreira, MARTINS 50m: 35.01 35.01 100m: 1:15.31 40.30	06	Alges e Agueda XXI 1:15.31	289
44. Afonso Vidal, TOMAS 50m: 35.28 35.28 100m: 1:15.60 40.32	06	Louzan Natacao 1:15.60	286
45. Joao Neves, LUCAS 50m: 36.13 36.13 100m: 1:15.96 39.83	06	Columbifila Cantanhedense 1:15.96	282
46. Bernardo Jorge, VENTURA 50m: 34.50 34.50 100m: 1:16.12 41.62	03	Academica de Coimbra 1:16.12	280
47. Carlos Miguel, OLIVEIRA 50m: 33.75 33.75 100m: 1:16.52 42.77	06	Fundacao Beatriz Santos 1:16.52	275
48. Jose Miguel, SILVA 50m: 35.59 35.59 100m: 1:16.75 41.16	02	Nautico Academico 1:16.75	273
49. Goncalo Soares, RAMOS 50m: 34.77 34.77 100m: 1:16.82 42.05	02	Ginasio Figueirense 1:16.82	272
50. Dinis Raimundo, SILVA 50m: 35.14 35.14 100m: 1:17.01 41.87	05	Academica de Coimbra 1:17.01	270
51. Miguel Bernardo, ARAUJO 50m: 37.00 37.00 100m: 1:17.27 40.27	06	Condeixa Clube 1:17.27	268
52. Bruno Costa, RODRIGUES 50m: 35.92 35.92 100m: 1:17.89 41.97	06	Columbifila Cantanhedense 1:17.89	261
53. Gabriel Cunha, TEIXEIRA 50m: 37.20 37.20 100m: 1:18.35 41.15	06	Alges e Agueda XXI 1:18.35	257
54. Gustavo Teixeira, PIRES 50m: 36.36 36.36 100m: 1:18.88 42.52	06	Columbifila Cantanhedense 1:18.88	251
55. Ricardo Paulo, SILVA 50m: 35.50 35.50 100m: 1:19.03 43.53	02	Bombeiros Mealhada/ CA 1:19.03	250

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 15, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
56. Rodrigo Estima, RIBEIRO 50m: 34.15 34.15 100m: 1:19.95 45.80	03 Alges e Agueda XXI	1:19.95	241
57. Dinis, YURCHUK 50m: 37.64 37.64 100m: 1:26.70 49.06	07 Bombeiros Mealhada/ CA	1:26.70	189
58. Tiago Neto, REIS 50m: 38.85 38.85 100m: 1:29.13 50.28	03 Alges e Agueda XXI	1:29.13	174
59. Duarte Cachulo, MARQUES 50m: 43.45 43.45 100m: 1:31.96 48.51	07 Condeixa Clube	1:31.96	159
60. Joao Afonso, MACHADO 50m: 39.02 39.02 100m: 1:32.68 53.66	06 Vigor da Mocidade	1:32.68	155
61. Daniel, KAMOLOV 50m: 46.78 46.78 100m: 1:38.51 51.73	07 Alges e Agueda XXI	1:38.51	129
62. Simao Pimenta, CATARINO 50m: 51.07 51.07 100m: 1:51.08 1:00.01	06 Fundacao Beatriz Santos	1:51.08	90
DNS Afonso Bicas, LIBERAL	05 Alges e Agueda XXI		

Prova 16

Femin., 200m Livres

Absoluto
Resultados

22-02-2020 - 17:00

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacional Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacional Jun17	2:03.18	Ana Reis, SOUSA	SAD	Coimbra	07-04-2019
Rec Nacional Jun16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06-07-2018
Rec Nacional Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27-07-2018
Rec Nacional Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
Rec Nacional Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras	11-04-2015
Rec Nacional Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24-07-2009
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Sen	2:08.10	Patrícia, SILVA	CNAC	Loulé	05-08-2001
Rec Reg ANC Jun17	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Jun16	2:05.85	Camila Rodrigues, REBELO	ALN		25-03-2019
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	02-04-2017
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012
Rec Reg ANC Inf A	2:12.61	Marisa Isabel, NOBRE	ASSSCC		22-07-2018
Rec Reg ANC Inf B	2:17.92	Mariana Cunha, GUERRA	ASSSCC	Porto	23-07-2010

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO 50m: 29.90 29.90 100m: 1:01.85 31.95 150m: 1:34.59 32.74 200m: 2:06.90 32.31	03 Louzan Natacao	2:06.90	705
2. Helena Nunes, RODRIGUES 50m: 30.21 30.21 100m: 1:02.71 32.50 150m: 1:36.94 34.23 200m: 2:10.94 34.00	03 Alges e Agueda XXI	2:10.94	642
3. Carolina Rei, PEREIRA 50m: 31.53 31.53 100m: 1:05.24 33.71 150m: 1:39.69 34.45 200m: 2:13.19 33.50	05 Natacao de Vagos	2:13.19	610
4. Camila Alexandra, SILVA 50m: 31.61 31.61 100m: 1:04.77 33.16 150m: 1:39.20 34.43 200m: 2:13.83 34.63	03 Columbofila Cantanhedense	2:13.83	601
5. Beatriz Costa, TEJO 50m: 31.88 31.88 100m: 1:07.20 35.32 150m: 1:42.76 35.56 200m: 2:17.65 34.89	02 Academica de Coimbra	2:17.65	552
6. Ines Filipa, JACINTO 50m: 31.32 31.32 100m: 1:06.56 35.24 150m: 1:42.32 35.76 200m: 2:18.04 35.72	03 Bairro dos Anjos	2:18.04	548
7. Maria Francisca, ALVES 50m: 31.98 31.98 100m: 1:07.39 35.41 150m: 1:43.08 35.69 200m: 2:18.37 35.29	04 Bairro dos Anjos	2:18.37	544
8. Maria Carolina, EIRA 50m: 31.74 31.74 100m: 1:07.14 35.40 150m: 1:43.34 36.20 200m: 2:18.62 35.28	05 Ginasio de Vila Real	2:18.62	541

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 16, Femin., 200m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
9.	Maria Vitoria, GRILO				06	Fundacao Beatriz Santos				2:19.67	529
	50m: 33.84 33.84	100m: 1:09.86	150m: 1:45.32	35.46					200m: 2:19.67	34.35	
10.	Ana Filipa, SILVA				04	Academica de Coimbra				2:20.29	522
	50m: 33.12 33.12	100m: 1:08.78	150m: 1:45.38	36.60					200m: 2:20.29	34.91	
11.	Catarina Cruz, STELMASHCHUK				05	Natacao de Vagos				2:20.80	516
	50m: 32.39 32.39	100m: 1:07.88	150m: 1:44.91	37.03					200m: 2:20.80	35.89	
12.	Maria Joao, PELAIO				03	Ginasio Figueirense				2:20.93	515
	50m: 32.69 32.69	100m: 1:07.82	150m: 1:45.03	37.21					200m: 2:20.93	35.90	
	Rita Mendes, SIMOES				04	Bairro dos Anjos				2:20.93	515
	50m: 32.45 32.45	100m: 1:08.43	150m: 1:44.20	35.77					200m: 2:20.93	36.73	
14.	Ana Carolina, NEVES				00	Academica de Coimbra				2:21.14	512
	50m: 31.85 31.85	100m: 1:07.58	150m: 1:44.89	37.31					200m: 2:21.14	36.25	
15.	Ana Margarida, GUEDES				01	Ginasio de Vila Real				2:21.70	506
	50m: 31.31 31.31	100m: 1:06.91	150m: 1:44.10	37.19					200m: 2:21.70	37.60	
16.	Matilde Freitas, MOREIRA				01	Academica de Coimbra				2:21.91	504
	50m: 31.84 31.84	100m: 1:07.28	150m: 1:44.75	37.47					200m: 2:21.91	37.16	
17.	Filipa Roma, BRIZIDA				06	Bairro dos Anjos				2:22.43	499
	50m: 33.16 33.16	100m: 1:10.02	150m: 1:47.05	37.03					200m: 2:22.43	35.38	
18.	Leonor Correia, CUNHA				04	Fundacao Beatriz Santos				2:23.65	486
	50m: 31.91 31.91	100m: 1:08.26	150m: 1:45.57	37.31					200m: 2:23.65	38.08	
19.	Marta Domingues, GAMEIRO				04	Nautico Academico				2:25.20	471
	50m: 33.59 33.59	100m: 1:10.87	150m: 1:48.58	37.71					200m: 2:25.20	36.62	
20.	Jacinta Martins, VIANA				04	Natacao de Vagos				2:25.67	466
	50m: 34.25 34.25	100m: 1:11.26	150m: 1:49.58	38.32					200m: 2:25.67	36.09	
21.	Carolina Vizinho, CABRAL				07	Natacao de Vagos				2:25.95	463
	50m: 33.40 33.40	100m: 1:11.72	150m: 1:51.12	39.40					200m: 2:25.95	34.83	
22.	Filipa Mendes, SIMOES				06	Bairro dos Anjos				2:26.39	459
	50m: 34.62 34.62	100m: 1:12.42	150m: 1:49.58	37.16					200m: 2:26.39	36.81	
23.	Mariana Jacinto, SANTOS				03	Freguesia de Paiao				2:26.98	454
	50m: 33.03 33.03	100m: 1:09.65	150m: 1:49.12	39.47					200m: 2:26.98	37.86	
24.	Barbara Azambujo, MELO				02	Academica de Coimbra				2:27.28	451
	50m: 34.09 34.09	100m: 1:13.11	150m: 1:49.98	36.87					200m: 2:27.28	37.30	
25.	Beatriz Carvalho, MARQUES				02	Academica de Coimbra				2:27.31	451
	50m: 33.83 33.83	100m: 1:10.81	150m: 1:49.32	38.51					200m: 2:27.31	37.99	
26.	Camila Cavaleiro, SILVA				05	Columbifila Cantanhedense				2:27.98	445
	50m: 34.20 34.20	100m: 1:12.13	150m: 1:50.77	38.64					200m: 2:27.98	37.21	
27.	Beatriz Pereira, MARQUES				05	Columbifila Cantanhedense				2:28.57	439
	50m: 35.15 35.15	100m: 1:13.42	150m: 1:52.17	38.75					200m: 2:28.57	36.40	
28.	Joana Filipa, VARELA				06	Nautico Academico				2:29.33	433
	50m: 34.51 34.51	100m: 1:12.58	150m: 1:51.48	38.90					200m: 2:29.33	37.85	
29.	Maria Beatriz, RODRIGUES				04	Condeixa Clube				2:29.51	431
	50m: 35.68 35.68	100m: 1:13.92	150m: 1:53.13	39.21					200m: 2:29.51	36.38	
30.	Ines Alves, DIAS				06	Fundacao Beatriz Santos				2:29.83	428
	50m: 34.22 34.22	100m: 1:12.95	150m: 1:51.36	38.41					200m: 2:29.83	38.47	
31.	Diana Costa, OLIVEIRA				04	Uniao Coimbra				2:31.47	414
	50m: 35.43 35.43	100m: 1:14.36	150m: 1:53.20	38.84					200m: 2:31.47	38.27	
32.	Bianca Filipa, ALMEIDA				07	Alges e Agueda XXI				2:31.80	412
	50m: 34.57 34.57	100m: 1:13.11	150m: 1:52.27	39.16					200m: 2:31.80	39.53	

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 16, Femin., 200m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
33.	Angela Rodrigues, REBELO	07	Louzan Natacao						2:31.81	412	
	50m: 34.22 34.22	100m: 1:12.71	38.49	150m: 1:52.49	39.78	200m: 2:31.81	39.32				
34.	Kateryna, DZYAKANAVA	05	Louzan Natacao						2:32.11	409	
	50m: 34.55 34.55	100m: 1:13.40	38.85	150m: 1:53.40	40.00	200m: 2:32.11	38.71				
35.	Ana Sofia, CASTANHEIRA	04	Condeixa Clube						2:32.12	409	
	50m: 34.98 34.98	100m: 1:14.07	39.09	150m: 1:53.16	39.09	200m: 2:32.12	38.96				
36.	Laura Rodrigues, MARGATO	04	Academica de Coimbra						2:32.62	405	
	50m: 35.17 35.17	100m: 1:14.60	39.43	150m: 1:53.91	39.31	200m: 2:32.62	38.71				
37.	Laura Silva, PINHO	06	Sanjoanense/FEPSA						2:32.78	404	
	50m: 34.91 34.91	100m: 1:13.60	38.69	150m: 1:53.51	39.91	200m: 2:32.78	39.27				
38.	Sofia Morais, FARIA	04	Bairro dos Anjos						2:33.48	398	
	50m: 35.29 35.29	100m: 1:14.46	39.17	150m: 1:55.06	40.60	200m: 2:33.48	38.42				
39.	Beatriz Sa, GAMA	05	Condeixa Clube						2:33.73	396	
	50m: 35.39 35.39	100m: 1:14.46	39.07	150m: 1:53.90	39.44	200m: 2:33.73	39.83				
40.	Annette, LAUREC	05	Nageurs Bigoudens						2:34.58	390	
	50m: 35.94 35.94	100m: 1:16.03	40.09	150m: 1:57.48	41.45	200m: 2:34.58	37.10				
41.	Rita Santos, NOGUEIRA	03	Uniao Coimbra						2:34.98	387	
	100m: 1:16.12 1:16.12	200m: 2:34.98	1:18.86								
42.	Beatriz Beja, AFONSO	04	Academica de Coimbra						2:37.61	368	
	50m: 36.82 36.82	100m: 1:17.60	40.78	150m: 1:58.94	41.34	200m: 2:37.61	38.67				
43.	Laura Torrao, CARVALHO	05	Nautico Academico						2:38.02	365	
	50m: 37.51 37.51	100m: 1:18.43	40.92	150m: 1:58.91	40.48	200m: 2:38.02	39.11				
44.	Maria Fernandes, LOBO	05	Nautico Academico						2:38.99	358	
	50m: 35.95 35.95	100m: 1:16.32	40.37	150m: 1:58.38	42.06	200m: 2:38.99	40.61				
45.	Mariana Cunha, REBELO	06	Natacao de Vagos						2:39.12	357	
	50m: 36.13 36.13	100m: 1:17.14	41.01	150m: 1:59.88	42.74	200m: 2:39.12	39.24				
46.	Ines Miranda, DIOGO	07	Fundacao Beatriz Santos						2:39.53	355	
	50m: 35.43 35.43	100m: 1:17.76	42.33	150m: 1:58.77	41.01	200m: 2:39.53	40.76				
47.	Lara Carvalho, SANTOS	07	Nautico Academico						2:40.06	351	
	50m: 36.78 36.78	100m: 1:17.59	40.81	150m: 1:59.52	41.93	200m: 2:40.06	40.54				
48.	Margarida Rodrigues, SANTOS	03	Alges e Agueda XXI						2:40.35	349	
	50m: 35.61 35.61	100m: 1:16.32	40.71	150m: 1:59.06	42.74	200m: 2:40.35	41.29				
49.	Susana Julia, FONTES	03	Alges e Agueda XXI						2:43.22	331	
	50m: 35.91 35.91	100m: 1:16.73	40.82	150m: 2:00.10	43.37	200m: 2:43.22	43.12				
50.	Helena Carolina, DINIS	05	Academica de Coimbra						2:45.00	321	
	50m: 37.83 37.83	100m: 1:20.67	42.84	150m: 2:03.73	43.06	200m: 2:45.00	41.27				
51.	Maria Ines, FERNANDES	07	Fundacao Beatriz Santos						2:45.22	319	
	50m: 38.71 38.71	100m: 1:20.91	42.20	150m: 2:04.36	43.45	200m: 2:45.22	40.86				
52.	Sara Cruz, URBANO	03	Bombeiros Mealhada/ CA						2:48.20	303	
	50m: 36.93 36.93	100m: 1:20.13	43.20	150m: 2:05.47	45.34	200m: 2:48.20	42.73				
53.	Luna Almeida, RODRIGUES	07	Columbifila Cantanhedense						2:48.96	298	
	50m: 39.82 39.82	100m: 1:23.62	43.80	150m: 2:07.31	43.69	200m: 2:48.96	41.65				
54.	Maria Manuel, CORTESAO	08	Nautico Academico						2:50.40	291	
	50m: 39.33 39.33	100m: 1:23.08	43.75	150m: 2:07.97	44.89	200m: 2:50.40	42.43				
55.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade						2:50.44	291	
	50m: 31.95 31.95	100m: 1:07.61	35.66	150m: 2:02.73	55.12	200m: 2:50.44	47.71				
56.	Joana Beatriz, RODRIGUES	04	Academica de Coimbra						2:50.49	291	
	50m: 38.85 38.85	100m: 1:22.56	43.71	150m: 2:07.63	45.07	200m: 2:50.49	42.86				

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 16, Femin., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
57.	Mariana Vaz, ALVES	06	Academica de Coimbra	2:50.76	289				
	50m: 40.59 40.59	100m: 1:24.60	44.01	150m: 2:08.69	44.09	200m: 2:50.76	42.07		
58.	Raquel Filipa, JESUS	08	Fundacao Beatriz Santos	2:51.31	286				
	50m: 39.40 39.40	100m: 1:23.87	44.47	150m: 2:09.47	45.60	200m: 2:51.31	41.84		
59.	Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos	2:51.66	285				
	50m: 39.67 39.67	100m: 1:24.30	44.63	150m: 2:10.69	46.39	200m: 2:51.66	40.97		
60.	Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense	2:52.54	280				
	50m: 40.75 40.75	100m: 1:25.18	44.43	150m: 2:10.18	45.00	200m: 2:52.54	42.36		
61.	Maria Saraiva, SILVA	04	Alges e Agueda XXI	2:52.97	278				
	50m: 39.49 39.49	100m: 1:23.84	44.35	150m: 2:09.58	45.74	200m: 2:52.97	43.39		
62.	Rita Mendes, SANTOS	06	Vigor da Mocidade	2:58.33	254				
	50m: 40.77 40.77	100m: 1:27.59	46.82	150m: 2:12.60	45.01	200m: 2:58.33	45.73		
63.	Matilde Rodrigues, COSTA	07	S. Pedro Alva	2:59.16	250				
	50m: 40.39 40.39	100m: 1:26.95	46.56	150m: 2:14.21	47.26	200m: 2:59.16	44.95		
64.	Sofia Neto, FERREIRA	08	Fundacao Beatriz Santos	2:59.39	249				
	50m: 41.62 41.62	100m: 1:28.85	47.23	150m: 2:15.52	46.67	200m: 2:59.39	43.87		
65.	Joana Gomes, OLIVEIRA	07	Ginasio Figueirense	2:59.97	247				
	50m: 41.91 41.91	100m: 1:28.62	46.71	150m: 2:16.20	47.58	200m: 2:59.97	43.77		
66.	Sofia, TYUTYUNYK	08	Bombeiros Mealhada/ CA	3:00.09	246				
	50m: 39.88 39.88	100m: 1:26.49	46.61	150m: 2:13.85	47.36	200m: 3:00.09	46.24		
67.	Margarida Porto, SOUSA	08	Columbofila Cantanhedense	3:00.47	245				
	50m: 39.67 39.67	100m: 1:26.94	47.27	150m: 2:15.16	48.22	200m: 3:00.47	45.31		
68.	Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense	3:01.66	240				
	50m: 41.44 41.44	100m: 1:29.40	47.96	150m: 2:16.63	47.23	200m: 3:01.66	45.03		
69.	Ana Sofia, PARAISO	08	Fundacao Beatriz Santos	3:01.70	240				
	50m: 41.07 41.07	100m: 1:29.41	48.34	150m: 2:17.14	47.73	200m: 3:01.70	44.56		
70.	Ines Filipa, MONTEIRO	07	Alges e Agueda XXI	3:04.48	229				
	50m: 44.04 44.04	100m: 1:31.86	47.82	150m: 2:20.60	48.74	200m: 3:04.48	43.88		
71.	Carolina, CHUVA MARQUES	03	Freguesia de Paiao	3:05.10	227				
	50m: 41.39 41.39	100m: 1:28.68	47.29	150m: 2:18.04	49.36	200m: 3:05.10	47.06		
72.	Catarina Almeida, OLIVEIRA	08	Fundacao Beatriz Santos	3:05.43	226				
	50m: 42.44 42.44	100m: 1:28.45	46.01	150m: 2:17.50	49.05	200m: 3:05.43	47.93		
73.	Mariana Patricia, CUNHA	03	Bombeiros Mealhada/ CA	3:06.83	221				
	50m: 39.79 39.79	100m: 1:27.56	47.77	150m: 2:18.13	50.57	200m: 3:06.83	48.70		
74.	Sara, JACINTO SANTOS	08	Freguesia de Paiao	3:06.90	220				
	50m: 41.12 41.12	100m: 1:29.16	48.04	150m: 2:20.87	51.71	200m: 3:06.90	46.03		
75.	Madalena Gameiro, GONÇALVES	06	Alges e Agueda XXI	3:08.11	216				
	50m: 42.39 42.39	100m: 1:31.27	48.88	150m: 2:22.31	51.04	200m: 3:08.11	45.80		
76.	Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense	3:09.08	213				
	50m: 42.17 42.17	100m: 1:31.08	48.91	150m: 2:20.86	49.78	200m: 3:09.08	48.22		
77.	Matilde Estima, RIBEIRO	08	Alges e Agueda XXI	3:12.39	202				
	50m: 43.98 43.98	100m: 1:33.12	49.14	150m: 2:24.89	51.77	200m: 3:12.39	47.50		
78.	Rita Isabel, NEVES	08	CASPAE	3:14.61	195				
	50m: 42.36 42.36	100m: 1:32.85	50.49	150m: 2:23.57	50.72	200m: 3:14.61	51.04		
79.	Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	3:15.46	193				
	50m: 46.04 46.04	100m: 1:37.80	51.76	150m: 2:30.44	52.64	200m: 3:15.46	45.02		
80.	Rafaela Ferreira, MIGUEL	06	S. Pedro Alva	3:17.10	188				
	50m: 44.50 44.50	100m: 1:36.48	51.98	150m: 2:27.36	50.88	200m: 3:17.10	49.74		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 16, Femin., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
81. Barbara Fernanda, MENDES 50m: 40.07 40.07 100m: 1:31.52 51.45 150m: 2:25.95 54.43 200m: 3:17.87 51.92	05 CASPAE	3:17.87	186
82. Beatriz Melo, MARTINS 50m: 43.11 43.11 100m: 1:35.63 52.52 150m: 2:28.89 53.26 200m: 3:22.95 54.06	06 Bombeiros Mealhada/ CA	3:22.95	172
83. Francisca Dias, AGANTE 50m: 46.60 46.60 100m: 1:41.80 55.20 150m: 2:38.49 56.69 200m: 3:33.08 54.59	08 Vigor da Mocidade	3:33.08	149
84. Lara Sofia, SANTOS 50m: 47.79 47.79 100m: 1:44.77 56.98 150m: 2:44.39 59.62 200m: 3:37.50 53.11	06 Vigor da Mocidade	3:37.50	140
DSQ Cristiana Sofia, DUARTE <i>Falsa partida</i>	07 Vigor da Mocidade		
DSQ Xenia Angelica, KOZIY <i>Falsa partida</i>	06 Condeixa Clube		
DSQ Maria Vieira, MARQUES <i>a atleta nadou com umpenso no pé direito, apesar de ter sido avisada</i>	04 Natacao de Vagos		
DNS Maria Carlota, REBELO	03 Louzan Natacao		
DNS Beatriz Sofia, PEREIRA	04 Bombeiros Mealhada/ CA		
DNS Leonor Horta, COSTA	04 Uniao Coimbra		

Prova 17

Masc., 100m Costas

Absoluto

22-02-2020 - 17:40

Resultados

Rec Nacional Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacional Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacional Jun18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	20-08-2019
Rec Nacional Jun17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12-07-2009
Rec Nacional Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
Rec Nacional Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	22-07-2019
Rec Nacional Inf A	1:01.39	Alexandre Lages, RIBAS	EDV	Lisboa	22-07-2011
Rec Nacional Inf B	1:05.61	Goncalo Henriques, WANZELLER	CFB	Famalicão	16-07-2016
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		03-09-2017
Rec Reg ANC Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Reg ANC Jun18	55.79	Gabriel Jose, LOPES	ALN	Singapura (SGP)	25-08-2015
Rec Reg ANC Jun17	57.39	Gabriel Jose, LOPES	CDL	Tarragona	24-06-2018
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	23-07-2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC		23-07-2019
Rec Reg ANC Inf A	1:02.97	Gabriel Jose, LOPES	CDL	Lisboa	22-07-2011
Rec Reg ANC Inf B	1:06.75	Jose Diogo, DIAS	FBSC	Loulé	01-05-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Ricardo Filipe, ROCHA 50m: 29.96 29.96 100m: 1:00.72 30.76	02 Aquatico Pacense	1:00.72	622
2. Alberto Antonio, SANTOS 50m: 30.64 30.64 100m: 1:03.91 33.27	01 S. Pedro Alva	1:03.91	533
3. Andre Gouveia, COSTA 50m: 32.46 32.46 100m: 1:05.37 32.91	01 Condeixa Clube	1:05.37	499
4. Ricardo Jorge, DOMINGUES 50m: 32.66 32.66 100m: 1:05.43 32.77	02 Fundacao Beatriz Santos	1:05.43	497
5. Joaquim Agra, MERUJE 50m: 31.42 31.42 100m: 1:06.47 35.05	01 Uniao Coimbra	1:06.47	474
6. Tom, KAANDORP 50m: 32.81 32.81 100m: 1:06.51 33.70	04 Nageurs Bigoudens	1:06.51	473
7. Tiago Moises, DINIS 50m: 32.02 32.02 100m: 1:07.08 35.06	98 Nautico Academico	1:07.08	461

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 17, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
8. Rui Mamede, SANTOS 50m: 33.33 33.33 100m: 1:07.47	04 Uniao Coimbra	1:07.47 34.14	453
9. Tomas Carvalho, SANTOS 50m: 32.85 32.85 100m: 1:07.75	05 Louzan Natacao	1:07.75 34.90	448
10. David Valdagua, COUTINHO 50m: 33.50 33.50 100m: 1:08.54	03 Uniao Coimbra	1:08.54 35.04	432
11. Fabio Joao, SOUSA 50m: 33.82 33.82 100m: 1:08.57	04 Ginasio de Vila Real	1:08.57 34.75	432
12. Evan, LE PRAT 50m: 33.34 33.34 100m: 1:09.10	04 Nageurs Bigoudens	1:09.10 35.76	422
13. Miguel Caridade, GASPAS 50m: 34.29 34.29 100m: 1:09.72	99 Academica de Coimbra	1:09.72 35.43	411
14. Goncalo Brites, MOITA 50m: 34.29 34.29 100m: 1:10.29	04 Uniao Coimbra	1:10.29 36.00	401
15. Samuel, PERON 50m: 34.12 34.12 100m: 1:10.45	03 Nageurs Bigoudens	1:10.45 36.33	398
16. Tomas Varanda, OLIVEIRA 50m: 34.31 34.31 100m: 1:10.97	06 Columbofila Cantanhedense	1:10.97 36.66	389
17. Andre Marques, ANTUNES 50m: 33.84 33.84 100m: 1:11.41	99 Fundacao Beatriz Santos	1:11.41 37.57	382
18. Micael Kovalchuk, SOLODYUK 50m: 34.54 34.54 100m: 1:12.08	03 Natacao de Vagos	1:12.08 37.54	372
19. Francisco Xavier, AMARAL 50m: 35.74 35.74 100m: 1:12.79	05 Bombeiros Mealhada/ CA	1:12.79 37.05	361
20. Pedro Ribeiro, MOCO 50m: 36.05 36.05 100m: 1:13.46	02 Natacao de Vagos	1:13.46 37.41	351
21. Francisco Couto, FRAZAO 50m: 36.29 36.29 100m: 1:13.53	06 Uniao Coimbra	1:13.53 37.24	350
22. Artur, YURCHUK 50m: 36.36 36.36 100m: 1:14.13	03 Bombeiros Mealhada/ CA	1:14.13 37.77	342
23. Goncalo Carvalho, SANTOS 50m: 35.77 35.77 100m: 1:15.14	05 Louzan Natacao	1:15.14 39.37	328
24. Cesar Rodrigues, ANDRADE 50m: 36.62 36.62 100m: 1:15.30	04 Bombeiros Mealhada/ CA	1:15.30 38.68	326
25. Ricardo Luis, AGOSTINHO 50m: 36.50 36.50 100m: 1:16.28	96 Fundacao Beatriz Santos	1:16.28 39.78	314
26. Joao Rafael, FERREIRA 50m: 37.08 37.08 100m: 1:16.31	06 Fundacao Beatriz Santos	1:16.31 39.23	313
27. Goncalo, APOSTOLO GASPAS 50m: 37.51 37.51 100m: 1:17.51	06 Freguesia de Paiao	1:17.51 40.00	299
28. Tomas Nolan, SANTOS 50m: 38.96 38.96 100m: 1:20.53	06 Fundacao Beatriz Santos	1:20.53 41.57	266
29. Goncalo Soares, RAMOS 50m: 39.41 39.41 100m: 1:20.87	02 Ginasio Figueirense	1:20.87 41.46	263
30. Francisco Cruz, CARVALHO 50m: 39.42 39.42 100m: 1:20.90	06 S. Pedro Alva	1:20.90 41.48	263
31. Tomas Alexandre, LARANJEIRA 50m: 39.19 39.19 100m: 1:20.95	03 S. Pedro Alva	1:20.95 41.76	262

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 17, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
32. Carlos Miguel, OLIVEIRA 50m: 38.22 38.22 100m: 1:21.62 43.40	06 Fundacao Beatriz Santos	1:21.62	256
33. Martim Alexandre, SILVA 50m: 40.70 40.70 100m: 1:21.99 41.29	07 Columbofila Cantanhedense	1:21.99	252
34. Miguel Cunha, GASPAR 50m: 40.46 40.46 100m: 1:22.67 42.21	06 Columbofila Cantanhedense	1:22.67	246
35. Joao Miguel, MARTINS 50m: 40.32 40.32 100m: 1:22.97 42.65	07 S. Pedro Alva	1:22.97	244
36. Bruno Costa, RODRIGUES 50m: 41.65 41.65 100m: 1:23.31 41.66	06 Columbofila Cantanhedense	1:23.31	241
37. Jorge Miguel, GOMES 50m: 38.99 38.99 100m: 1:24.16 45.17	05 Ginasio Figueirense	1:24.16	233
38. Goncalo Miranda, FERNANDES 50m: 42.05 42.05 100m: 1:25.21 43.16	07 Vigor da Mocidade	1:25.21	225
39. Rodrigo Estima, RIBEIRO 50m: 42.94 42.94 100m: 1:25.52 42.58	03 Alges e Agueda XXI	1:25.52	222
40. Henrique Tavares, DIAS 50m: 42.58 42.58 100m: 1:26.50 43.92	06 Nautico Academico	1:26.50	215
41. Rodrigo Neves, DUARTE 50m: 42.55 42.55 100m: 1:27.86 45.31	06 Louzan Natacao	1:27.86	205
42. Pedro Lages, MARTINS 50m: 45.17 45.17 100m: 1:32.64 47.47	07 Alges e Agueda XXI	1:32.64	175
43. Francisco Jose, SIMOES 50m: 46.49 46.49 100m: 1:34.54 48.05	07 Vigor da Mocidade	1:34.54	164
44. Simao Pimenta, CATARINO 50m: 53.89 53.89 100m: 1:49.51 55.62	06 Fundacao Beatriz Santos	1:49.51	106
DSQ Tiago Santos, CUNHA <i>Falsa partida</i>	05 Condeixa Clube		
DNS Vitor Belo, CLARA	04 Bairro dos Anjos		
DNS Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade		
DNS Afonso Simoes, FERREIRA	07 Vigor da Mocidade		
DNS David Duarte, JESUS	07 Fundacao Beatriz Santos		

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 18	Femin., 200m Mariposa				Absoluto
22-02-2020 - 17:55					Resultados
Rec Nacional Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacional Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacional Jun17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04-08-2002
Rec Nacional Jun16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29-07-2018
Rec Nacional Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
Rec Nacional Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04-07-2004
Rec Nacional Inf A	2:25.32	Susana Patricia, MIGUEL	SFUAP	Restelo	05-07-2003
Rec Nacional Inf B	2:28.92	Carolina Miranda, FERNANDES	CGA	Coimbra	09-07-2017

Pontos: FINA 2019

Lugar	Ano		Tempo final				Pts
1. Luana Pinto, DOMINGUES	03	Bairro dos Anjos	2:29.05				545
100m: 1:10.47 1:10.47	200m: 2:29.05	1:18.58					
2. Inês Rosado, MONTEIRO	00	Natacao de Vagos	2:34.50				490
100m: 1:13.18 1:13.18	200m: 2:34.50	1:21.32					
3. Ana Catarina, SILVA	04	Fundacao Beatriz Santos	2:38.32				455
100m: 1:16.32 1:16.32	200m: 2:38.32	1:22.00					
4. Maria Leitao, CARVALHO	02	Bairro dos Anjos	2:40.16				439
100m: 1:16.41 1:16.41	200m: 2:40.16	1:23.75					
5. Ines Filipa, MAGALHAES	02	Aquatico Pacense	2:41.57				428
100m: 1:16.45 1:16.45	200m: 2:41.57	1:25.12					
6. Filipa Paiva, DINIS	06	Bairro dos Anjos	2:43.57				412
100m: 1:18.03 1:18.03	200m: 2:43.57	1:25.54					
7. Beatriz Margarido, SILVA	05	Natacao de Vagos	2:46.41				392
50m: 35.51 35.51	100m: 1:17.74	42.23	150m: 2:02.20	44.46	200m: 2:46.41	44.21	
8. Rita Mendes, SIMOES	04	Bairro dos Anjos	2:49.62				370
100m: 1:17.05 1:17.05	200m: 2:49.62	1:32.57					
9. Dania Rodrigues, SIMOES	07	Louzan Natacao	2:52.21				353
50m: 37.85 37.85	100m: 1:22.83	44.98	150m: 2:07.69	44.86	200m: 2:52.21	44.52	
10. Daniela Portela, MENDES	04	Fundacao Beatriz Santos	2:53.06				348
100m: 1:21.13 1:21.13	200m: 2:53.06	1:31.93					
11. Daniela Filipa, ABREU	04	Individual ANCNP	2:54.14				342
50m: 37.11 37.11	100m: 1:21.41	44.30	150m: 2:07.84	46.43	200m: 2:54.14	46.30	
12. Lara Carvalho, SANTOS	07	Nautico Academico	2:54.22				341
50m: 39.29 39.29	100m: 1:23.74	44.45	150m: 2:10.06	46.32	200m: 2:54.22	44.16	
13. Sara Sofia, TEJO	03	Condeixa Clube	2:56.60				328
50m: 36.07 36.07	100m: 1:20.47	44.40	150m: 2:07.99	47.52	200m: 2:56.60	48.61	
14. Margarida Pinto, CUNHA	06	Sanjoanense/FEPSA	2:59.29				313
50m: 39.57 39.57	100m: 1:25.28	45.71	150m: 2:12.80	47.52	200m: 2:59.29	46.49	
15. Diana Sofia, ABREU	04	Individual ANCNP	3:21.34				221
50m: 41.71 41.71	100m: 1:35.21	53.50	150m: 2:29.81	54.60	200m: 3:21.34	51.53	
DNS Mariana Carmo, ROSA	05	Louzan Natacao					

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 19	Masc., 200m Bruços				Absoluto
22-02-2020 - 18:05					Resultados
Rec Nacional Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacional Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacional Jun18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
Rec Nacional Jun17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
Rec Nacional Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
Rec Nacional Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Rec Nacional Inf A	2:32.07	Joao Soares, CARNEIRO	SLB	Loulé	15-07-2017
Rec Nacional Inf B	2:38.94	Duarte Anastacio, SOUSA	CAC	Oeiras	19-07-2015
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Sen	2:14.25	Gabriel Jose, LOPES	ALN		25-05-2019
Rec Reg ANC Jun18	2:18.79	Helder Jose, LOPES	ACM	Dunquerque (FRA)	30-07-2000
Rec Reg ANC Jun17	2:22.43	Tomas Miguel, VELOSO	CNAC	Famalicao	20-07-2013
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	18-07-1998
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	06-08-2011
Rec Reg ANC Inf A	2:35.25	António, PEREIRA	CNAC	Campanhã	29-07-2001
Rec Reg ANC Inf B	2:38.94	Duarte Anastacio, SOUSA	CAQC	Oeiras	01-05-2015

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao	2:20.66	730
100m: 1:07.81 1:07.81	200m: 2:20.66 1:12.85			
2. Nuno Rafael, ALVES	90	Aquatico Pacense	2:27.92	627
100m: 1:10.78 1:10.78	200m: 2:27.92 1:17.14			
3. Francisco Lopes, AFONSO	03	Ginasio de Vila Real	2:35.52	540
100m: 1:14.22 1:14.22	200m: 2:35.52 1:21.30			
4. Joao Gabriel, ANICETO	04	Bairro dos Anjos	2:38.59	509
5. Lucas Pereira, BASTOS	00	Nautico Academico	2:39.04	505
100m: 1:17.68 1:17.68	200m: 2:39.04 1:21.36			
6. Andre Gouveia, COSTA	01	Condeixa Clube	2:44.06	460
100m: 1:18.86 1:18.86	200m: 2:44.06 1:25.20			
7. Lucas Filipe, MOREIRA	05	Bairro dos Anjos	2:44.87	453
100m: 1:18.87 1:18.87	200m: 2:44.87 1:26.00			
8. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	2:47.46	432
100m: 1:20.84 1:20.84	200m: 2:47.46 1:26.62			
9. Diogo Matos, RIBEIRO	04	Uniao Coimbra	2:47.94	429
100m: 1:19.91 1:19.91	200m: 2:47.94 1:28.03			
10. Jose Diogo, DIAS	04	Fundacao Beatriz Santos	2:48.26	426
100m: 1:20.48 1:20.48	200m: 2:48.26 1:27.78			
11. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	2:50.13	412
100m: 1:23.20 1:23.20	200m: 2:50.13 1:26.93			
12. Goncalo Moreira, SANTOS	01	Academica de Coimbra	2:50.69	408
100m: 1:21.38 1:21.38	200m: 2:50.69 1:29.31			
13. Duarte Jose, FERNANDES	06	Uniao Coimbra	2:53.78	387
100m: 1:23.14 1:23.14	200m: 2:53.78 1:30.64			
14. Dinis Raimundo, SILVA	05	Academica de Coimbra	2:55.50	376
100m: 1:26.40 1:26.40	200m: 2:55.50 1:29.10			
15. Goncalo Daniel, OLIVEIRA	04	Fundacao Beatriz Santos	2:55.93	373
100m: 1:24.17 1:24.17	200m: 2:55.93 1:31.76			
16. Andre Martins, CARNEIRO	03	Aquatico Pacense	2:56.16	371
100m: 1:24.73 1:24.73	200m: 2:56.16 1:31.43			
17. Daniel Batista, TAVARES	06	Bombeiros Mealhada/ CA	2:58.02	360
100m: 1:24.19 1:24.19	200m: 2:58.02 1:33.83			
18. Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos	2:59.34	352
100m: 1:28.87 1:28.87	200m: 2:59.34 1:30.47			

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 19, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
19. Tom, KAANDORP 100m: 1:27.19 1:27.19 200m: 3:00.81 1:33.62	04 Nageurs Bigoudens	3:00.81	343
20. Jose Miguel, SILVA 100m: 1:27.12 1:27.12 200m: 3:02.75 1:35.63	02 Nautico Academico	3:02.75	333
21. Claudio Rafael, CORDEIRO 100m: 1:28.19 1:28.19 200m: 3:02.98 1:34.79	02 Condeixa Clube	3:02.98	331
22. Renato Maria, FERREIRA 100m: 1:26.95 1:26.95 200m: 3:04.59 1:37.64	04 Vigor da Mocidade	3:04.59	323
23. Diogo Cura, NEVES 100m: 1:30.28 1:30.28 200m: 3:06.34 1:36.06	06 Condeixa Clube	3:06.34	314
24. Afonso Corte-Real, GRILO 100m: 1:31.22 1:31.22 200m: 3:07.90 1:36.68	04 Fundacao Beatriz Santos	3:07.90	306
25. Henrique Ferreira, MARTINS 100m: 1:30.16 1:30.16 200m: 3:08.13 1:37.97	06 Alges e Agueda XXI	3:08.13	305
26. Tomas Cardoso, GERALDO 100m: 1:30.77 1:30.77 200m: 3:08.56 1:37.79	05 Condeixa Clube	3:08.56	303
27. Abel Renato, FERREIRA 100m: 1:31.59 1:31.59 200m: 3:09.41 1:37.82	05 Alges e Agueda XXI	3:09.41	299
28. Alexandre, DZYAKANAU 100m: 1:32.13 1:32.13 200m: 3:10.60 1:38.47	07 Louzan Natacao	3:10.60	293
29. Gustavo Teixeira, PIRES 100m: 1:33.96 1:33.96 200m: 3:10.96 1:37.00	06 Columbofila Cantanhedense	3:10.96	291
30. Martim Alexandre, SILVA 100m: 1:35.56 1:35.56 200m: 3:14.23 1:38.67	07 Columbofila Cantanhedense	3:14.23	277
31. Ricardo Martins, CARVALHO 100m: 1:34.61 1:34.61 200m: 3:14.73 1:40.12	03 Fundacao Beatriz Santos	3:14.73	275
32. Gabriel Cunha, TEIXEIRA 100m: 1:35.16 1:35.16 200m: 3:15.23 1:40.07	06 Alges e Agueda XXI	3:15.23	273
33. Pedro Ferreira, DUARTE 100m: 1:35.13 1:35.13 200m: 3:20.80 1:45.67	05 Bombeiros Mealhada/ CA	3:20.80	251
34. Afonso Vidal, TOMAS 100m: 1:38.47 1:38.47 200m: 3:24.30 1:45.83	06 Louzan Natacao	3:24.30	238
35. Joao Rafael, FERREIRA 100m: 1:36.97 1:36.97 200m: 3:24.37 1:47.40	06 Fundacao Beatriz Santos	3:24.37	238
36. Miguel Cunha, GASPAS 100m: 1:40.49 1:40.49 200m: 3:24.56 1:44.07	06 Columbofila Cantanhedense	3:24.56	237
37. Tome Santiago, MENDES 100m: 1:37.59 1:37.59 200m: 3:24.81 1:47.22	05 Vigor da Mocidade	3:24.81	236
38. Rodrigo Neves, DUARTE 100m: 1:40.38 1:40.38 200m: 3:25.10 1:44.72	06 Louzan Natacao	3:25.10	235
39. Joao Neves, LUCAS 100m: 1:39.94 1:39.94 200m: 3:25.19 1:45.25	06 Columbofila Cantanhedense	3:25.19	235
40. Luis Agnelo, AMARO 100m: 1:39.81 1:39.81 200m: 3:25.39 1:45.58	05 Alges e Agueda XXI	3:25.39	234
41. Joao Miguel, MARTINS 100m: 1:38.13 1:38.13 200m: 3:27.76 1:49.63	07 S. Pedro Alva	3:27.76	226
42. Daniel, KAMOLOV 100m: 1:44.21 1:44.21 200m: 3:29.75 1:45.54	07 Alges e Agueda XXI	3:29.75	220

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 19, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
43. Pedro Lages, MARTINS 100m: 1:46.66 1:46.66 200m: 3:38.37 1:51.71	07 Alges e Agueda XXI	3:38.37	195
44. Francisco Jose, SIMOES 100m: 1:48.24 1:48.24 200m: 3:46.00 1:57.76	07 Vigor da Mocidade	3:46.00	176
DSQ Francisco Cruz, CARVALHO <i>toque alternado de mãos na viragem aos 150m</i>	06 S. Pedro Alva		
DNS Alexandre Miguel, BRAS	03 S. Pedro Alva		
DNS Rafael Alves, CAMPOS	04 S. Pedro Alva		

Prova 20

22-02-2020 - 18:25

Femin., 400m Estilos

Absoluto
Resultados

Rec Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacional Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacional Jun17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27-07-2012
Rec Nacional Jun16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20-05-2017
Rec Nacional Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05-08-2011
Rec Nacional Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Rec Nacional Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20-07-2007
Rec Nacional Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24-07-2009
Rec Reg ANC Absoluto	5:00.55	Patrícia, SILVA	CNAC	Estadio Univ. Lisboa	20-05-2001
Rec Reg ANC Sen	5:00.55	Patrícia, SILVA	CNAC	Estadio Univ. Lisboa	20-05-2001
Rec Reg ANC Jun17	5:05.27	Ana Rita, GONÇALVES	CNM	Povoa do varzim	14-03-2002
Rec Reg ANC Jun16	5:01.62	Maria Miguel, VELOSO	CNAC	Faro	19-07-2009
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	17-06-2018
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012
Rec Reg ANC Inf A	5:14.11	Mariana Cunha, GUERRA	ASSSCC	Lisboa	22-07-2011
Rec Reg ANC Inf B	5:27.57	Mariana Cunha, GUERRA	ASSSCC	Porto	23-07-2010

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Helena Nunes, RODRIGUES 100m: 1:12.98 1:12.98 200m: 2:36.06 1:23.08 300m: 4:09.16 1:33.10 400m: 5:18.62 1:09.46	03 Alges e Agueda XXI	5:18.62	584
2. Beatriz Costa, TEJO 100m: 1:11.44 1:11.44 200m: 2:39.91 1:28.47 300m: 4:14.16 1:34.25 400m: 5:24.59 1:10.43	02 Academica de Coimbra	5:24.59	552
3. Diana Silva, TINOCO 100m: 1:12.90 1:12.90 200m: 2:39.96 1:27.06 300m: 4:16.14 1:36.18 400m: 5:28.56 1:12.42	06 Columbofila Cantanhedense	5:28.56	532
4. Ana Luisa, RODRIGUES 100m: 1:24.28 1:24.28 200m: 2:39.20 1:14.92 300m: 4:17.98 1:38.78 400m: 5:32.95 1:14.97	03 Louzan Natacao	5:32.95	512
5. Joana Ventura, PAIS 100m: 1:18.60 1:18.60 200m: 2:45.17 1:26.57 300m: 4:22.10 1:36.93 400m: 5:36.10 1:14.00	06 Fundacao Beatriz Santos	5:36.10	497
6. Ana Pereira, SOUSA 100m: 1:16.50 1:16.50 200m: 2:46.60 1:30.10 300m: 4:17.08 1:30.48 400m: 5:36.37 1:19.29	03 Ginasio Figueirense	5:36.37	496
7. Leonor Mil, MANO 100m: 1:18.18 1:18.18 200m: 2:51.25 1:33.07 300m: 4:29.32 1:38.07 400m: 5:44.36 1:15.04	07 Fundacao Beatriz Santos	5:44.36	462
8. Beatriz Silva, NEVES 100m: 1:38.80 1:38.80 200m: 2:49.62 1:10.82 300m: 4:29.58 1:39.96 400m: 5:46.58 1:17.00	06 Fundacao Beatriz Santos	5:46.58	453
9. Beatriz Andre, GASPAR 100m: 1:21.63 1:21.63 200m: 2:53.83 1:32.20 300m: 4:32.97 1:39.14 400m: 5:47.97 1:15.00	06 Nautico Academico	5:47.97	448
10. Angela Rodrigues, REBELO 100m: 1:19.22 1:19.22 200m: 2:52.53 1:33.31 300m: 4:31.29 1:38.76 400m: 5:49.59 1:18.30	07 Louzan Natacao	5:49.59	442
11. Maria Lucas, SANTOS 100m: 1:16.69 1:16.69 200m: 2:52.59 1:35.90 300m: 4:30.84 1:38.25 400m: 5:51.66 1:20.82	05 Condeixa Clube	5:51.66	434
12. Beatriz Pereira, MARQUES 100m: 1:23.06 1:23.06 200m: 2:59.96 1:36.90 300m: 4:41.52 1:41.56 400m: 5:58.62 1:17.10	05 Columbofila Cantanhedense	5:58.62	409

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 20, Femin., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
13. Marta Domingues, GAMEIRO 100m: 1:25.81 1:25.81 200m: 2:59.28 1:33.47 300m: 4:41.34 1:42.06 400m: 5:59.59 1:18.25	04 Nautico Academico	5:59.59	406
14. Camila Cavaleiro, SILVA 100m: 1:28.38 1:28.38 200m: 3:02.38 1:34.00 300m: 4:43.95 1:41.57 400m: 6:01.45 1:17.50	05 Columbofila Cantanhedense	6:01.45	400
15. Joana Filipa, VARELA 100m: 1:26.84 1:26.84 200m: 2:53.56 1:26.72 300m: 4:44.34 1:50.78 400m: 6:04.13 1:19.79	06 Nautico Academico	6:04.13	391
16. Ines Miranda, DIOGO 100m: 1:27.61 1:27.61 200m: 3:03.00 1:35.39 300m: 4:54.25 1:51.25 400m: 6:17.57 1:23.32	07 Fundacao Beatriz Santos	6:17.57	351
17. Kateryna, DZYAKANAVA 100m: 1:27.13 1:27.13 200m: 3:01.02 1:33.89 300m: 4:56.69 1:55.67 400m: 6:18.78 1:22.09	05 Louzan Natacao	6:18.78	347
18. Maria Ines, FERNANDES 100m: 1:28.04 1:28.04 200m: 3:04.76 1:36.72 300m: 4:51.19 1:46.43 400m: 6:20.36 1:29.17	07 Fundacao Beatriz Santos	6:20.36	343
19. Raquel Filipa, JESUS 100m: 1:44.49 1:44.49 200m: 3:24.81 1:40.32 300m: 5:23.56 1:58.75 400m: 6:54.46 1:30.90	08 Fundacao Beatriz Santos	6:54.46	265
DSQ Marta Andre, AGUILAR <i>batimento alternado de pernas durante o percurso de bruços</i>	07 Fundacao Beatriz Santos		
DNS Maria Carlota, REBELO	03 Louzan Natacao		
DNS Catarina Cunha, BELO	06 Fundacao Beatriz Santos		
DNS Leonor Correia, CUNHA	04 Fundacao Beatriz Santos		
DNS Joana Calado, CRUZ	07 Fundacao Beatriz Santos		

Prova 21

22-02-2020 - 18:50

Masc., 4 x 100m Estilos

Absoluto
Resultados

Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacional Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacional Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29-07-2018
Rec Nacional Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Rec Nacional Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Rec Nacional Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23-07-2017
Rec Nacional Inf A	4:18.17	Grupo Desp. Natacao V. N. FamalicGDNVNF		Loulé	29-06-2014
Rec Nacional Inf	4:18.17	Grupo Desp. Natacao V. N. FamalicGDNVNF		Loulé	20-07-2014
Rec Nacional Inf B	4:41.06	Grupo Desp. Natacao V. N. FamalicGDNVNF		S. Joao da Madeira	14-07-2013
Rec Reg ANC Absoluto	3:53.58	Clube Náutico Académico de CoimbcCNAC			18-05-2014
Rec Reg ANC Sen	3:54.04	Clube Náutico Académico de CoimbcCNAC			18-05-2012
Rec Reg ANC Jun	4:03.06	Associação Académica de CoimbraAAC			18-05-2012
Rec Reg ANC Juv A	4:07.58	Clube Náutico Académico de CoimbcCNAC			18-05-2017
Rec Reg ANC Juv	4:07.58	Clube Náutico Académico de CoimbcCNAC			27-12-2018
Rec Reg ANC Juv B	4:16.44	Clube Uniao 1919	CUC	Coimbra	13-07-2019
Rec Reg ANC Inf A	4:28.19	Clube Uniao 1919	CUC	Coimbra	07-07-2018
Rec Reg ANC Inf	4:28.19	Clube Uniao 1919	CUC	Coimbra	07-07-2018
Rec Reg ANC Inf B	4:47.50	Clube Náutico Académico de CoimbcCNAC			18-05-2011

Pontos: FINA 2019

Lugar	Tempo final	Pts
1. Bairro dos Anjos Juv A Ricardo Morais, FARIA 04 Nuno Marques, SILVA 04	4:10.79 1:05.25 Rodrigo Miguel, REIS 04 1:10.29 Vitor Belo, CLARA 04	564 58.78 56.47
2. Academica de Coimbra Sen Joao Filipe, LUCAS 94 Miguel Caridade, GASPAR 99	4:27.01 1:08.05 Gabriel Jose, JULIO 01 1:10.69 Maxim, KULIK 99	467 1:09.01 59.26
3. Nautico Academico Tiago Moises, DINIS 98 Jose Miguel, SILVA 02	4:29.21 1:04.96 Lucas Pereira, BASTOS 00 1:22.09 Rui Joao, MARQUES 02	456 1:01.76 1:00.40
4. S. Pedro Alva Abs Alberto Antonio, SANTOS 01 Alexandre Miguel, BRAS 03	4:35.11 1:05.39 Rafael Alves, CAMPOS 04 1:12.21 Tomas Alexandre, LARANJEIRA 03	427 1:08.82 1:08.69

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 21, Masc., 4 x 100m Estilos, Absoluto

Lugar				Tempo final	Pts
5.	Natacao de Vagos Abs	Natacao de Vagos		4:36.58	420
	Micael Kovalchuk, SOLODYUK 03	1:11.51	Diogo Alexandre, MENDES 05		1:06.75
	Pedro Ribeiro, MOCO 02	1:20.93	Illya, YELISTRATKIN 96		57.39
6.	Academica de Coimbra Abs	Academica de Coimbra		4:44.42	387
	Miguel Freitas, OVIEDO 02	1:10.03	Carlos Manuel, MARQUES 00		1:09.36
	Goncalo Moreira, SANTOS 01	1:20.33	Bernardo Jorge, VENTURA 03		1:04.70
7.	Bombeiros Mealhada Abs	Bombeiros Mealhada/ CA		4:45.31	383
	Cesar Rodrigues, ANDRADE 04	1:14.36	Artur, YURCHUK 03		1:09.68
	Marco Andre, ALMEIDA 02	1:20.92	Daniel Batista, TAVARES 06		1:00.35
8.	Bombeiros Mealhada Juv B	Bombeiros Mealhada/ CA		4:59.39	331
	Francisco Xavier, AMARAL 05	1:16.28	Paulo Tomas, PEREIRA 05		1:07.95
	Rafael Pereira, PESSOA 05	1:26.58	Eduardo Gabriel, VIEIRA 05		1:08.58
9.	Alges e Agueda XXI Abs	Alges e Agueda XXI		5:31.62	244
	Gabriel Cunha, TEIXEIRA 06	1:21.61	Abel Renato, FERREIRA 05		1:15.78
	Henrique Ferreira, MARTINS 06	1:31.87	Luis Agnelo, AMARO 05		1:22.36
10.	Fundacao Beatriz Santos Inf	Fundacao Beatriz Santos		5:36.41	233
	Joao Rafael, FERREIRA 06	1:17.34	Simao Pimenta, CATARINO 06		1:16.65
	Tomas Nolan, SANTOS 06	1:35.10	Carlos Miguel, OLIVEIRA 06		1:27.32
11.	Vigor da Mocidade Inf B	Vigor da Mocidade		6:05.39	182
	Goncalo Miranda, FERNANDES 07	1:25.13	Joao Afonso, MACHADO 06		1:32.07
	Francisco Jose, SIMOES 07	1:48.61	Bernardo Almas, MALHAO 07		1:19.58

Prova 22

22-02-2020 - 19:05

Femin., 4 x 100m Livres

Absoluto

Resultados

Rec Nacional Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nacional Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nacional Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
Rec Nacional Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02-04-2015
Rec Nacional Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24-07-2015
Rec Nacional Juv B	4:10.72	Clube Nautico Academico de Coimbr	CNAC	Povoa de Varzim	05-08-2011
Rec Nacional Inf A	4:17.13	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Lisboa	24-07-2011
Rec Nacional Inf	4:17.13	tempo limite	GDNVNF	Lisboa	24-07-2011
Rec Nacional Inf B	4:26.09	Grupo Desportivo Natacao V. N. Fai	GDNVNF	Porto	25-07-2010
Rec Reg ANC Absoluto	4:03.02	Associação Académica de Coimbra	AAC		01-05-2019
Rec Reg ANC Sen	4:10.30	Clube Náutico Académico de Coimbr	CNAC		01-05-2010
Rec Reg ANC Jun17	4:08.31	Clube Náutico Académico de Coimbr	CNAC		01-05-2012
Rec Reg ANC Jun	4:08.31	Clube Nautico Acaemico de Coimbr	CNAC		03-09-2012
Rec Reg ANC Jun16	4:08.31	Clube Náutico Académico de Coimbr	CNAC		01-05-2012
Rec Reg ANC Juv A	4:10.72	Tempo limite			
Rec Reg ANC Juv	4:09.11	Clube União 1919	CUC		06-06-2018
Rec Reg ANC Juv B	4:10.72	Clube Náutico Académico de Coimbr	CNAC		01-05-2011
Rec Reg ANC Inf A	4:17.71	Clube Náutico Académico de Coimbr	CNAC		01-05-2010
Rec Reg ANC Inf	4:17.21	Clube Náutico Académico de Coimbr	CNAC		06-06-2010
Rec Reg ANC Inf B	4:31.99	Clube Náutico Académico de Coimbr	CNAC		01-05-2010

Pontos: FINA 2019

Lugar				Tempo final	Pts
1.	Academica de Coimbra Abs	Academica de Coimbra		4:15.15	557
	Ana Filipa, SILVA 04	1:04.75	Barbara Azambujo, MELO 02		1:04.22
	Ana Carolina, NEVES 00	1:04.43	Beatriz Costa, TEJO 02		1:01.75
2.	Bairro dos Anjos Abs	Bairro dos Anjos		4:21.21	519
	Sara Santos, LOPES 03	1:05.25	Ines Filipa, JACINTO 03		1:05.65
	Luana Pinto, DOMINGUES 03	1:05.59	Maria Francisca, ALVES 04		1:04.72
3.	Fundacao Beatriz Santos Juv B	Fundacao Beatriz Santos		4:34.37	448
	Maria Vitoria, GRILO 06	1:05.63	Joana Ventura, PAIS 06		1:09.29
	Ines Alves, DIAS 06	1:09.18	Beatriz Silva, NEVES 06		1:10.27

Torneio de Preparação ANC - Piscina Longa II
Coimbra, 22-2-2020

Prova 22, Femin., 4 x 100m Livres, Absoluto

Lugar				Tempo final	Pts
4.	Alges e Agueda XXI Abs		Alges e Agueda XXI	4:40.41	420
	Bianca Filipa, ALMEIDA 07	1:09.95	Margarida Rodrigues, SANTOS 03		1:15.41
	Susana Julia, FONTES 03	1:13.09	Helena Nunes, RODRIGUES 03		1:01.96
5.	Academica de Coimbra Abs		Academica de Coimbra	4:41.92	413
	Laura Rodrigues, MARGATO 04	1:10.31	Beatriz Carvalho, MARQUES 02		1:08.00
	Beatriz Beja, AFONSO 04	1:13.65	Maria Ines, ALVES 05		1:09.96
6.	Nautico Academico		Nautico Academico	4:47.33	390
	Laura Torrao, CARVALHO 05	1:11.49	Joana Filipa, VARELA 06		1:11.34
	Maria Fernandes, LOBO 05	1:14.00	Beatriz Andre, GASPAR 06		1:10.50
7.	Fundacao Beatriz Santos Inf A		Fundacao Beatriz Santos	4:47.69	389
	Ines Miranda, DIOGO 07	1:14.65	Leonor Mil, MANO 07		1:09.25
	Maria Ines, FERNANDES 07	1:17.00	Marta Andre, AGUILAR 07		1:06.79
8.	Vigor da Mocidade Abs		Vigor da Mocidade	4:53.12	367
	Cristiana Sofia, DUARTE 07	1:13.41	Rita Mendes, SANTOS 06		1:17.10
	Leonor Duarte, VEIGA 07	1:15.43	Madalena Barra, MEDEIROS 06		1:07.18
9.	Academica de Coimbra Abs		Academica de Coimbra	5:06.97	320
	Filipa Moniz, PISSARRO 05	1:16.65	Joana Beatriz, RODRIGUES 04		1:20.50
	Filipa Victor, VIEIRA 04	1:13.32	Helena Carolina, DINIS 05		1:16.50
10.	Fundacao Beatriz Santos Inf B		Fundacao Beatriz Santos	5:30.89	255
	Sofia Neto, FERREIRA 08	1:22.56	Maria Gabriela, RANGEL 08		1:20.25
	Raquel Filipa, JESUS 08	1:24.55	Ana Sofia, PARAISO 08		1:23.53
11.	Alges e Agueda XXI Abs		Alges e Agueda XXI	5:35.03	246
	Maria Saraiva, SILVA 04	1:21.15	Ines Filipa, MONTEIRO 07		1:25.25
	Madalena Gameiro, GONÇALVES 06	1:21.32	Matilde Estima, RIBEIRO 08		1:27.31
DSQ	Natacao de Vagos Abs		Natacao de Vagos		
	<i>a 1ª atleta nadou com um penso a prender 2 dedos do pé direito</i>				
	Maria Vieira, MARQUES, Inês Rosado, MONTEIRO, Beatriz Margarido, SILVA, Carolina Rei, PEREIRA				