

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

1 - 1ª Jornada - sessão única

09-07-2021 - 16:30

Prova 1	Masc., 4 x 200m Livres					Abs
09-07-2021 - 16:30						Resultados
Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras		2019
Rec Nacional Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras		2019
Rec Nacional Jun	7:44.42	Associação Naval Amorense	ANAM	Coimbra		2014
Rec Nacional Juv A	7:58.57	Associação Naval Amorense	ANAM	Jamor		2012
Rec Nacional Juv A/B	7:58.57	tempo limite				
Rec Nacional Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal		2019
Rec Reg ANC Absoluto	7:34.61	Clube Náutico Académico de Coimbo	CNAC			2015
Rec Reg ANC Sen	7:34.61	Clube Náutico Académico de Coimbo	CNAC			2015
Rec Reg ANC Jun	7:50.04	Clube Uniao 1919	CUC	Coimbra		2021
Rec Reg ANC Jun 17	7:55.32	Associação Académica de Coimbra	AAC			2012
Rec Reg ANC Juv A	8:15.75	Clube Náutico Académico de Coimbo	CNAC			2017
Rec Reg ANC Juv A/B	8:11.96	Clube Uniao 1919	CUC	Coimbra		2019
Rec Reg ANC Juv B	8:13.19	Clube União 1919	CUC			2019

Pontos: FINA 2021

Lugar								Tempo final	Pts
1.	Nautico Coimbra Abs							8:13.35	610
	Lucas Pereira, BASTOS	00	+0,88	28.09	58.26	1:29.53	2:00.78	2:00.78	
	Rui Joao, MARQUES	02	+0,44	28.31	1:01.13	1:35.80	2:11.46	2:11.46	
	Vasco Pereira, BASTOS	02	+0,53	28.04	59.67	1:32.33	2:04.86	2:04.86	
	Tomas Miguel, VELOSO	96	+0,08	26.70	55.72	1:25.77	1:56.25	1:56.25	
2.	Academica de Coimbra Abs							8:40.90	518
	Samuel Baptista, FIGUEIRA	05	+0,87	30.03	1:03.30	1:38.28	2:11.33	2:11.33	
	Goncalo Daniel, OLIVEIRA	04	+0,71	29.74	1:02.77	1:37.20	2:11.83	2:11.83	
	Miguel Freitas, OVIEDO	02	+0,36	29.36	1:02.15	1:35.35	2:07.76	2:07.76	
	Francisco Miguel, CARVALHO	00	+0,22	30.08	1:03.43	1:37.30	2:09.98	2:09.98	
DSQ	Fundacao Beatriz Santos Abs								
	<i>Falsa partida</i>								
	Ricardo Jorge, DOMINGUES, Goncalo Andre, GOMES, Joao Pedro, DIAS, Dinis Miranda, DIOGO								

Prova 1	Masc., 4 x 200m Livres					Juv A e B
09-07-2021 - 16:30						Resultados
Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras		2019
Rec Nacional Juv A	7:58.57	Associação Naval Amorense	ANAM	Jamor		2012
Rec Nacional Juv A/B	7:58.57	tempo limite				
Rec Nacional Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal		2019
Rec Reg ANC Absoluto	7:34.61	Clube Náutico Académico de Coimbo	CNAC			2015
Rec Reg ANC Juv A	8:15.75	Clube Náutico Académico de Coimbo	CNAC			2017
Rec Reg ANC Juv A/B	8:11.96	Clube Uniao 1919	CUC	Coimbra		2019
Rec Reg ANC Juv B	8:13.19	Clube União 1919	CUC			2019

Pontos: FINA 2021

Lugar								Tempo final	Pts
1.	Fundacao Beatriz Santos Juv							8:55.98	476
	Joao Neves, ALMEIDA	05	+0,71	29.54	1:02.21	1:35.91	2:10.42	2:10.42	
	Joao Rafael, FERREIRA	06	+0,16	28.66	1:01.91	1:35.66	2:10.05	2:10.05	
	Tomas Nolan, SANTOS	06	+0,37	29.68	1:04.37	1:39.88	2:15.34	2:15.34	
	Carlos Miguel, OLIVEIRA	06	+0,56	29.45	1:04.31	1:41.96	2:20.17	2:20.17	
2.	Louzan Natacao Juv							9:09.24	442
	Goncalo Carvalho, SANTOS	05	+0,80	28.77	1:00.09	1:34.13	2:08.57	2:08.57	
	Afonso Vidal, TOMAS	06	+0,39	30.20	1:04.71	1:40.64	2:15.33	2:15.33	
	Diogo Simoes, DIAS	05	+0,57	31.60	1:05.85	1:42.46	2:18.62	2:18.62	
	Rodrigo Neves, DUARTE	06	+0,05	33.33	1:10.84	1:50.02	2:26.72	2:26.72	

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 2 Femin., 1500m Livres Abs
09-07-2021 - 16:40 Resultados

Rec Nacional Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	2020
Rec Nacional Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	2020
Rec Nacional Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezzovasarhely (HUN)	2016
Rec Nacional Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	2015
Rec Nacional Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	2014
Rec Nacional Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	2007
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	2013
Rec Reg ANC Sen	17:02.64	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2015
Rec Reg ANC Jun 17	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	2013
Rec Reg ANC Jun 16	17:01.21	Alexandra Coutinho, FRAZAO	CASPAAE	Coimbra	2018
Rec Reg ANC Juv A	17:15.20	Maria Miguel, VELOSO	CNAC	Coimbra	2008
Rec Reg ANC Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	2007

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts	
1.	Ines Mariana, PINHEIRO		03	Academica de Coimbra		18:12.74	597	
	50m: 32.64	32.64	450m: 5:22.41	36.31	850m: 10:16.87	36.65	1250m: 15:09.13	37.17
	100m: 1:08.33	35.69	500m: 5:59.15	36.74	900m: 10:53.92	37.05	1300m: 15:46.36	37.23
	150m: 1:44.65	36.32	550m: 6:35.45	36.30	950m: 11:30.33	36.41	1350m: 16:23.48	37.12
	200m: 2:20.85	36.20	600m: 7:12.45	37.00	1000m: 12:06.94	36.61	1400m: 17:00.07	36.59
	250m: 2:57.12	36.27	650m: 7:49.06	36.61	1050m: 12:42.83	35.89	1450m: 17:37.44	37.37
	300m: 3:33.28	36.16	700m: 8:26.22	37.16	1100m: 13:18.71	35.88	1500m: 18:12.74	35.30
	350m: 4:09.61	36.33	750m: 9:03.48	37.26	1150m: 13:55.56	36.85		
	400m: 4:46.10	36.49	800m: 9:40.22	36.74	1200m: 14:31.96	36.40		
2.	Mariana Carmo, ROSA		05	Louzan Natacao		18:21.02	584	
	50m: 32.61	32.61	450m: 5:22.54	36.75	850m: 10:16.84	36.58	1250m: 15:15.67	37.55
	100m: 1:08.37	35.76	500m: 5:59.41	36.87	900m: 10:53.72	36.88	1300m: 15:53.51	37.84
	150m: 1:44.15	35.78	550m: 6:35.99	36.58	950m: 11:30.69	36.97	1350m: 16:30.40	36.89
	200m: 2:20.39	36.24	600m: 7:12.50	36.51	1000m: 12:07.86	37.17	1400m: 17:07.85	37.45
	250m: 2:56.47	36.08	650m: 7:49.33	36.83	1050m: 12:45.26	37.40	1450m: 17:45.03	37.18
	300m: 3:32.61	36.14	700m: 8:26.38	37.05	1100m: 13:22.87	37.61	1500m: 18:21.02	35.99
	350m: 4:09.00	36.39	750m: 9:03.45	37.07	1150m: 14:00.53	37.66		
	400m: 4:45.79	36.79	800m: 9:40.26	36.81	1200m: 14:38.12	37.59		
3.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos		18:23.66	580	
	50m: 34.00	34.00	450m: 5:28.71	36.92	850m: 10:23.69	37.15	1250m: 15:20.39	37.48
	100m: 1:10.76	36.76	500m: 6:05.22	36.51	900m: 11:00.55	36.86	1300m: 15:57.73	37.34
	150m: 1:47.60	36.84	550m: 6:42.24	37.02	950m: 11:37.88	37.33	1350m: 16:35.05	37.32
	200m: 2:24.05	36.45	600m: 7:19.04	36.80	1000m: 12:14.55	36.67	1400m: 17:12.50	37.45
	250m: 3:01.23	37.18	650m: 7:55.88	36.84	1050m: 12:51.49	36.94	1450m: 17:49.40	36.90
	300m: 3:37.90	36.67	700m: 8:32.35	36.47	1100m: 13:28.23	36.74	1500m: 18:23.66	34.26
	350m: 4:15.13	37.23	750m: 9:09.50	37.15	1150m: 14:05.56	37.33		
	400m: 4:51.79	36.66	800m: 9:46.54	37.04	1200m: 14:42.91	37.35		
4.	Beatriz Ferreira, GASPAR		04	Individual ANC		18:32.79	565	
	50m: 33.14	33.14	450m: 5:24.33	36.59	850m: 10:21.91	37.28	1250m: 15:24.50	38.17
	100m: 1:09.21	36.07	500m: 6:01.46	37.13	900m: 10:59.50	37.59	1300m: 16:03.04	38.54
	150m: 1:45.29	36.08	550m: 6:38.62	37.16	950m: 11:36.83	37.33	1350m: 16:41.39	38.35
	200m: 2:21.49	36.20	600m: 7:15.75	37.13	1000m: 12:14.60	37.77	1400m: 17:19.46	38.07
	250m: 2:57.81	36.32	650m: 7:52.79	37.04	1050m: 12:52.32	37.72	1450m: 17:56.57	37.11
	300m: 3:34.30	36.49	700m: 8:30.45	37.66	1100m: 13:30.39	38.07	1500m: 18:32.79	36.22
	350m: 4:11.17	36.87	750m: 9:07.56	37.11	1150m: 14:08.20	37.81		
	400m: 4:47.74	36.57	800m: 9:44.63	37.07	1200m: 14:46.33	38.13		
5.	Joana Francisca, RODRIGUES		04	Individual ANC		18:51.41	538	
	50m: 32.25	32.25	450m: 5:26.96	37.90	850m: 10:30.51	37.98	1250m: 15:38.88	38.78
	100m: 1:07.93	35.68	500m: 6:04.46	37.50	900m: 11:08.79	38.28	1300m: 16:17.51	38.63
	150m: 1:44.56	36.63	550m: 6:42.55	38.09	950m: 11:47.35	38.56	1350m: 16:56.33	38.82
	200m: 2:21.13	36.57	600m: 7:19.98	37.43	1000m: 12:25.82	38.47	1400m: 17:34.79	38.46
	250m: 2:57.80	36.67	650m: 7:58.12	38.14	1050m: 13:04.49	38.67	1450m: 18:13.41	38.62
	300m: 3:34.47	36.67	700m: 8:36.07	37.95	1100m: 13:43.05	38.56	1500m: 18:51.41	38.00
	350m: 4:11.89	37.42	750m: 9:14.40	38.33	1150m: 14:21.57	38.52		
	400m: 4:49.06	37.17	800m: 9:52.53	38.13	1200m: 15:00.10	38.53		

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 2, Femin., 1500m Livres, Abs

Lugar				Ano				Tempo final	Pts
6.	Beatriz Andre, GASPAR			06	Fundacao Beatriz Santos			19:01.00	525
	50m:	33.83	33.83	450m:	5:37.88	38.53	850m:	10:45.36	37.88
	100m:	1:11.36	37.53	500m:	6:16.42	38.54	900m:	11:23.88	38.52
	150m:	1:49.25	37.89	550m:	6:54.68	38.26	950m:	12:02.07	38.19
	200m:	2:27.29	38.04	600m:	7:33.05	38.37	1000m:	12:41.29	39.22
	250m:	3:04.56	37.27	650m:	8:12.34	39.29	1050m:	13:19.97	38.68
	300m:	3:43.16	38.60	700m:	8:50.35	38.01	1100m:	13:58.32	38.35
	350m:	4:21.58	38.42	750m:	9:28.66	38.31	1150m:	14:36.32	38.00
	400m:	4:59.35	37.77	800m:	10:07.48	38.82	1200m:	15:15.14	38.82
7.	Anita Gouveia, COSTA			06	Condeixa Clube			19:13.15	508
	50m:	33.26	33.26	450m:	5:37.76	38.94	850m:	10:47.80	38.62
	100m:	1:10.48	37.22	500m:	6:17.12	39.36	900m:	11:27.07	39.27
	150m:	1:47.92	37.44	550m:	6:56.16	39.04	950m:	12:06.33	39.26
	200m:	2:25.74	37.82	600m:	7:35.17	39.01	1000m:	12:45.42	39.09
	250m:	3:03.80	38.06	650m:	8:13.70	38.53	1050m:	13:23.49	38.07
	300m:	3:41.88	38.08	700m:	8:52.17	38.47	1100m:	14:02.06	38.57
	350m:	4:20.46	38.58	750m:	9:30.81	38.64	1150m:	14:40.69	38.63
	400m:	4:58.82	38.36	800m:	10:09.18	38.37	1200m:	15:20.23	39.54
8.	Marisa Isabel, NOBRE			05	Columbofila Cantanhedense			19:21.27	498
	50m:	34.04	34.04	450m:	5:33.42	39.20	850m:	10:48.79	39.34
	100m:	1:10.23	36.19	500m:	6:12.86	39.44	900m:	11:27.91	39.12
	150m:	1:47.19	36.96	550m:	6:52.02	39.16	950m:	12:07.56	39.65
	200m:	2:23.73	36.54	600m:	7:31.53	39.51	1000m:	12:46.63	39.07
	250m:	3:01.14	37.41	650m:	8:10.99	39.46	1050m:	13:25.72	39.09
	300m:	3:38.41	37.27	700m:	8:50.79	39.80	1100m:	14:05.64	39.92
	350m:	4:16.02	37.61	750m:	9:29.99	39.20	1150m:	14:45.92	40.28
	400m:	4:54.22	38.20	800m:	10:09.45	39.46	1200m:	15:25.71	39.79
9.	Matilde Fonseca, OLIVEIRA			06	Miranda do Corvo			19:47.91	465
	50m:	34.13	34.13	450m:	5:40.93	39.13	850m:	11:02.25	40.51
	100m:	1:11.43	37.30	500m:	6:20.63	39.70	900m:	11:42.81	40.56
	150m:	1:49.47	38.04	550m:	7:00.67	40.04	950m:	12:23.27	40.46
	200m:	2:27.19	37.72	600m:	7:41.16	40.49	1000m:	13:03.47	40.20
	250m:	3:05.62	38.43	650m:	8:21.82	40.66	1050m:	13:44.24	40.77
	300m:	3:43.99	38.37	700m:	9:01.35	39.53	1100m:	14:25.28	41.04
	350m:	4:22.88	38.89	750m:	9:41.65	40.30	1150m:	15:05.79	40.51
	400m:	5:01.80	38.92	800m:	10:21.74	40.09	1200m:	15:46.40	40.61
10.	Joana Filipa, VARELA			06	Fundacao Beatriz Santos			20:23.51	425
	50m:	35.61	35.61	450m:	5:56.65	40.75	850m:	11:26.76	41.91
	100m:	1:14.57	38.96	500m:	6:37.05	40.40	900m:	12:08.42	41.66
	150m:	1:54.57	40.00	550m:	7:18.00	40.95	950m:	12:50.16	41.74
	200m:	2:34.30	39.73	600m:	7:59.33	41.33	1000m:	13:31.06	40.90
	250m:	3:14.54	40.24	650m:	8:40.90	41.57	1050m:	14:12.55	41.49
	300m:	3:54.88	40.34	700m:	9:21.81	40.91	1100m:	14:53.96	41.41
	350m:	4:35.42	40.54	750m:	10:03.72	41.91	1150m:	15:35.94	41.98
	400m:	5:15.90	40.48	800m:	10:44.85	41.13	1200m:	16:16.93	40.99

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 2, Femin., 1500m Livres

Prova 2	Femin., 1500m Livres				Juv A e B
09-07-2021 - 16:40					Resultados
Rec Nacional Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	2020
Rec Nacional Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	2014
Rec Nacional Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	2007
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	2013
Rec Reg ANC Juv A	17:15.20	Maria Miguel, VELOSO	CNAC	Coimbra	2008
Rec Reg ANC Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	2007

Pontos: FINA 2021

Lugar			Ano			Tempo final			Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos		18:23.66			580
	50m: 34.00	34.00	450m: 5:28.71	36.92	850m: 10:23.69	37.15	1250m: 15:20.39	37.48	
	100m: 1:10.76	36.76	500m: 6:05.22	36.51	900m: 11:00.55	36.86	1300m: 15:57.73	37.34	
	150m: 1:47.60	36.84	550m: 6:42.24	37.02	950m: 11:37.88	37.33	1350m: 16:35.05	37.32	
	200m: 2:24.05	36.45	600m: 7:19.04	36.80	1000m: 12:14.55	36.67	1400m: 17:12.50	37.45	
	250m: 3:01.23	37.18	650m: 7:55.88	36.84	1050m: 12:51.49	36.94	1450m: 17:49.40	36.90	
	300m: 3:37.90	36.67	700m: 8:32.35	36.47	1100m: 13:28.23	36.74	1500m: 18:23.66	34.26	
	350m: 4:15.13	37.23	750m: 9:09.50	37.15	1150m: 14:05.56	37.33			
	400m: 4:51.79	36.66	800m: 9:46.54	37.04	1200m: 14:42.91	37.35			
2.	Beatriz Andre, GASPAR		06	Fundacao Beatriz Santos		19:01.00			525
	50m: 33.83	33.83	450m: 5:37.88	38.53	850m: 10:45.36	37.88	1250m: 15:53.09	37.95	
	100m: 1:11.36	37.53	500m: 6:16.42	38.54	900m: 11:23.88	38.52	1300m: 16:31.94	38.85	
	150m: 1:49.25	37.89	550m: 6:54.68	38.26	950m: 12:02.07	38.19	1350m: 17:10.71	38.77	
	200m: 2:27.29	38.04	600m: 7:33.05	38.37	1000m: 12:41.29	39.22	1400m: 17:47.90	37.19	
	250m: 3:04.56	37.27	650m: 8:12.34	39.29	1050m: 13:19.97	38.68	1450m: 18:25.60	37.70	
	300m: 3:43.16	38.60	700m: 8:50.35	38.01	1100m: 13:58.32	38.35	1500m: 19:01.00	35.40	
	350m: 4:21.58	38.42	750m: 9:28.66	38.31	1150m: 14:36.32	38.00			
	400m: 4:59.35	37.77	800m: 10:07.48	38.82	1200m: 15:15.14	38.82			
3.	Anita Gouveia, COSTA		06	Condeixa Clube		19:13.15			508
	50m: 33.26	33.26	450m: 5:37.76	38.94	850m: 10:47.80	38.62	1250m: 15:59.57	39.34	
	100m: 1:10.48	37.22	500m: 6:17.12	39.36	900m: 11:27.07	39.27	1300m: 16:38.49	38.92	
	150m: 1:47.92	37.44	550m: 6:56.16	39.04	950m: 12:06.33	39.26	1350m: 17:17.72	39.23	
	200m: 2:25.74	37.82	600m: 7:35.17	39.01	1000m: 12:45.42	39.09	1400m: 17:56.80	39.08	
	250m: 3:03.80	38.06	650m: 8:13.70	38.53	1050m: 13:23.49	38.07	1450m: 18:35.83	39.03	
	300m: 3:41.88	38.08	700m: 8:52.17	38.47	1100m: 14:02.06	38.57	1500m: 19:13.15	37.32	
	350m: 4:20.46	38.58	750m: 9:30.81	38.64	1150m: 14:40.69	38.63			
	400m: 4:58.82	38.36	800m: 10:09.18	38.37	1200m: 15:20.23	39.54			
4.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo		19:47.91			465
	50m: 34.13	34.13	450m: 5:40.93	39.13	850m: 11:02.25	40.51	1250m: 16:27.38	40.98	
	100m: 1:11.43	37.30	500m: 6:20.63	39.70	900m: 11:42.81	40.56	1300m: 17:07.90	40.52	
	150m: 1:49.47	38.04	550m: 7:00.67	40.04	950m: 12:23.27	40.46	1350m: 17:48.80	40.90	
	200m: 2:27.19	37.72	600m: 7:41.16	40.49	1000m: 13:03.47	40.20	1400m: 18:29.10	40.30	
	250m: 3:05.62	38.43	650m: 8:21.82	40.66	1050m: 13:44.24	40.77	1450m: 19:09.20	40.10	
	300m: 3:43.99	38.37	700m: 9:01.35	39.53	1100m: 14:25.28	41.04	1500m: 19:47.91	38.71	
	350m: 4:22.88	38.89	750m: 9:41.65	40.30	1150m: 15:05.79	40.51			
	400m: 5:01.80	38.92	800m: 10:21.74	40.09	1200m: 15:46.40	40.61			
5.	Joana Filipa, VARELA		06	Fundacao Beatriz Santos		20:23.51			425
	50m: 35.61	35.61	450m: 5:56.65	40.75	850m: 11:26.76	41.91	1250m: 16:58.48	41.55	
	100m: 1:14.57	38.96	500m: 6:37.05	40.40	900m: 12:08.42	41.66	1300m: 17:39.93	41.45	
	150m: 1:54.57	40.00	550m: 7:18.00	40.95	950m: 12:50.16	41.74	1350m: 18:21.69	41.76	
	200m: 2:34.30	39.73	600m: 7:59.33	41.33	1000m: 13:31.06	40.90	1400m: 19:02.80	41.11	
	250m: 3:14.54	40.24	650m: 8:40.90	41.57	1050m: 14:12.55	41.49	1450m: 19:44.43	41.63	
	300m: 3:54.88	40.34	700m: 9:21.81	40.91	1100m: 14:53.96	41.41	1500m: 20:23.51	39.08	
	350m: 4:35.42	40.54	750m: 10:03.72	41.91	1150m: 15:35.94	41.98			
	400m: 5:15.90	40.48	800m: 10:44.85	41.13	1200m: 16:16.93	40.99			

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Prova 3	Masc., 100m Bruços				Abs
09-07-2021 - 17:20					Resultados
Rec Nacional Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Sen	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro	2009
Rec Nacional Jun 17	1:04.54	Andre Miguel, SILVA	POR	Belgrado (SRB)	2008
Rec Nacional Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	2019
Rec Nacional Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	2018
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Sen	1:02.58	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Jun 18	1:04.30	Tomas Miguel, VELOSO	CNAC	Oeiras	2014
Rec Reg ANC Jun 17	1:04.77	Tomas Miguel, VELOSO	CNAC	Famalicao	2013
Rec Reg ANC Juv A	1:06.99	Tomas Miguel, VELOSO	CNAC	Oeiras	2012
Rec Reg ANC Juv B	1:09.17	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2011

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Tomas Miguel, VELOSO		96	Nautico Coimbra		1:06.53	624
	50m:	31.29 31.29	100m:	1:06.53	35.24		
2.	Joaquim Agra, MERUJE		01	Uniao Coimbra		1:07.34	602
	50m:	31.27 31.27	100m:	1:07.34	36.07		
3.	Duarte Jose, FERNANDES		06	Individual ANC		1:10.83	517
	50m:	33.07 33.07	100m:	1:10.83	37.76		
4.	Vasco Pereira, BASTOS		02	Nautico Coimbra		1:12.48	483
	50m:	33.44 33.44	100m:	1:12.48	39.04		
5.	Tomas Varanda, OLIVEIRA		06	Columbofila Cantanhedense		1:13.90	455
	50m:	34.32 34.32	100m:	1:13.90	39.58		
6.	Rafael Alves, CAMPOS		04	S. Pedro Alva		1:13.92	455
	50m:	33.84 33.84	100m:	1:13.92	40.08		
7.	Tomas Jose, FRANCISCO		05	Miranda do Corvo		1:15.15	433
	50m:	35.01 35.01	100m:	1:15.15	40.14		
8.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos		1:19.76	362
	50m:	36.92 36.92	100m:	1:19.76	42.84		
9.	Rodrigo Costa, CRUZ		06	Academica de Coimbra		1:20.06	358
	50m:	38.05 38.05	100m:	1:20.06	42.01		
10.	Francisco Cruz, CARVALHO		06	S. Pedro Alva		1:24.22	308
	50m:	37.20 37.20	100m:	1:24.22	47.02		
11.	Miguel Joao, PINHEIRO		06	Academica de Coimbra		1:27.51	274
	50m:	41.62 41.62	100m:	1:27.51	45.89		
12.	Afonso Jose, FRANCISCO		06	Miranda do Corvo		1:35.51	211
	50m:	45.17 45.17	100m:	1:35.51	50.34		

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Prova 3, Masc., 100m Bruços

Prova 3	Masc., 100m Bruços				Juv A e B
09-07-2021 - 17:20					Resultados
Rec Nacional Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	2019
Rec Nacional Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	2018
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Juv A	1:06.99	Tomas Miguel, VELOSO	CNAC	Oeiras	2012
Rec Reg ANC Juv B	1:09.17	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Duarte Jose, FERNANDES	06	Individual ANC	1:10.83	517
50m: 33.07 33.07	100m: 1:10.83	37.76		
2. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	1:13.90	455
50m: 34.32 34.32	100m: 1:13.90	39.58		
3. Tomas Jose, FRANCISCO	05	Miranda do Corvo	1:15.15	433
50m: 35.01 35.01	100m: 1:15.15	40.14		
4. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	1:19.76	362
50m: 36.92 36.92	100m: 1:19.76	42.84		
5. Rodrigo Costa, CRUZ	06	Academica de Coimbra	1:20.06	358
50m: 38.05 38.05	100m: 1:20.06	42.01		
6. Francisco Cruz, CARVALHO	06	S. Pedro Alva	1:24.22	308
50m: 37.20 37.20	100m: 1:24.22	47.02		
7. Miguel Joao, PINHEIRO	06	Academica de Coimbra	1:27.51	274
50m: 41.62 41.62	100m: 1:27.51	45.89		
8. Afonso Jose, FRANCISCO	06	Miranda do Corvo	1:35.51	211
50m: 45.17 45.17	100m: 1:35.51	50.34		

Prova 3	Masc., 100m Bruços				Inf A
09-07-2021 - 17:20					Resultados
Rec Nacional Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Inf A	1:09.82	Ricardo Samuel, PEREIRA	CCDPCMS	Vila Franca de Xira	2017
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf A	1:10.43	António, PEREIRA	CNAC	Campanhã	2001

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Martim Alexandre, SILVA	07	Columbofila Cantanhedense	1:22.94	322
50m: 39.05 39.05	100m: 1:22.94	43.89		
2. David Ferreira, SILVA	07	Academica de Coimbra	1:26.61	283
50m: 41.45 41.45	100m: 1:26.61	45.16		
3. Goncalo Miranda, FERNANDES	07	Vigor da Mocidade	1:32.69	231
50m: 42.80 42.80	100m: 1:32.69	49.89		
4. Francisco Jose, SIMOES	07	Vigor da Mocidade	1:34.15	220
50m: 43.83 43.83	100m: 1:34.15	50.32		

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Prova 3, Masc., 100m Bruços

Prova 3 Masc., 100m Bruços Inf B
09-07-2021 - 17:20 Resultados

Rec Nacional Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Inf B	1:11.95	Andre Goncalo, SANTOS	LSC	Porto	2010
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf B	1:15.85	Duarte Anastacio, SOUSA	CAQC	Oeiras	2015

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Samuel Dinis, MAIA 50m: 45.36 45.36 100m: 1:35.44 50.08	08	Miranda do Corvo	1:35.44 211
2. Joao Pedro, MONTEIRO 50m: 46.77 46.77 100m: 1:39.50 52.73	08	Vigor da Mocidade	1:39.50 186
3. Jose Guardado, SILVA 50m: 48.21 48.21 100m: 1:42.26 54.05	08	Vigor da Mocidade	1:42.26 172
4. David Miguel, ALVES 50m: 48.86 48.86 100m: 1:43.12 54.26	08	Fundacao Beatriz Santos	1:43.12 167
5. Henrique Figueiredo, FIDALGO 50m: 49.55 49.55 100m: 1:45.74 56.19	08	Vigor da Mocidade	1:45.74 155
6. Tiago Batista, BOAVIDA 50m: 52.29 52.29 100m: 1:49.75 57.46	08	CASP AE	1:49.75 139

Prova 4 Femin., 100m Bruços Abs
09-07-2021 - 17:30 Resultados

Rec Nacional Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	2015
Rec Nacional Sen	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	2015
Rec Nacional Jun 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	2017
Rec Nacional Jun 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	2009
Rec Nacional Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	2010
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Sen	1:15.37	Maria Carlota, REBELO	ALN	Coimbra	2020
Rec Reg ANC Jun 17	1:16.38	Mariana Domingues, PAZ	CNMC	Coimbra	2015
Rec Reg ANC Jun 16	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Juv A	1:15.26	Mariana, CUNHA	AAC	Estadio Univ. Lisboa	1998
Rec Reg ANC Juv B	1:15.51	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO Rec Reg ANC 50m: 35.37 35.37 100m: 1:14.53 39.16	03	Louzan Natacao	1:14.53 637
2. Angela Rodrigues, REBELO 50m: 38.06 38.06 100m: 1:20.55 42.49	07	Louzan Natacao	1:20.55 504
3. Leonor Correia, PAIVA 50m: 38.42 38.42 100m: 1:21.13 42.71	04	Louzan Natacao	1:21.13 493
4. Maria Caetano, LAMAS 50m: 38.75 38.75 100m: 1:21.38 42.63	04	Miranda do Corvo	1:21.38 489
5. Maria Ines, FERNANDES 50m: 41.55 41.55 100m: 1:24.81 43.26	07	Fundacao Beatriz Santos	1:24.81 432
6. Beatriz Andre, GASP AR 50m: 38.16 38.16 100m: 1:24.83 46.67	06	Fundacao Beatriz Santos	1:24.83 432
7. Matilde Batista, FERREIRA 50m: 40.41 40.41 100m: 1:25.73 45.32	06	Fundacao Beatriz Santos	1:25.73 418

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Prova 4, Femin., 100m Bruços, Abs

Lugar	Ano	Tempo final	Pts
8. Ana Sofia, CASTANHEIRA 50m: 40.51 40.51 100m: 1:26.14 45.63	04 Condeixa Clube	1:26.14	412
9. Laura Torrao, CARVALHO 50m: 39.72 39.72 100m: 1:26.50 46.78	05 Nautico Coimbra	1:26.50	407
10. Rita Lima, PIRES 50m: 40.97 40.97 100m: 1:27.96 46.99	05 Nautico Coimbra	1:27.96	387
11. Mariana Marques, ALMEIDA 50m: 43.03 43.03 100m: 1:28.10 45.07	07 Academica de Coimbra	1:28.10	385
12. Beatriz Pereira, MARQUES 50m: 42.63 42.63 100m: 1:30.32 47.69	05 Columbofila Cantanhedense	1:30.32	357
13. Mariana Vaz, ALVES 50m: 46.09 46.09 100m: 1:32.10 46.01	06 Academica de Coimbra	1:32.10	337
14. Cristiana Sofia, DUARTE 50m: 46.13 46.13 100m: 1:37.33 51.20	07 Vigor da Mocidade	1:37.33	286
15. Barbara Fernanda, MENDES 50m: 47.71 47.71 100m: 1:47.05 59.34	05 CASPAE	1:47.05	214
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

Prova 4
09-07-2021 - 17:30

Femin., 100m Bruços

Juv A e B
Resultados

Rec Nacional Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	2015
Rec Nacional Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	2009
Rec Nacional Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	2010
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Juv A	1:15.26	Mariana, CUNHA	AAC	Estadio Univ. Lisboa	1998
Rec Reg ANC Juv B	1:15.51	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Angela Rodrigues, REBELO 50m: 38.06 38.06 100m: 1:20.55 42.49	07 Louzan Natacao	1:20.55	504
2. Maria Ines, FERNANDES 50m: 41.55 41.55 100m: 1:24.81 43.26	07 Fundacao Beatriz Santos	1:24.81	432
3. Beatriz Andre, GASPAR 50m: 38.16 38.16 100m: 1:24.83 46.67	06 Fundacao Beatriz Santos	1:24.83	432
4. Matilde Batista, FERREIRA 50m: 40.41 40.41 100m: 1:25.73 45.32	06 Fundacao Beatriz Santos	1:25.73	418
5. Mariana Marques, ALMEIDA 50m: 43.03 43.03 100m: 1:28.10 45.07	07 Academica de Coimbra	1:28.10	385
6. Mariana Vaz, ALVES 50m: 46.09 46.09 100m: 1:32.10 46.01	06 Academica de Coimbra	1:32.10	337
7. Cristiana Sofia, DUARTE 50m: 46.13 46.13 100m: 1:37.33 51.20	07 Vigor da Mocidade	1:37.33	286
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

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Prova 4, Femin., 100m Bruços

Prova 4	Femin., 100m Bruços				Inf A
09-07-2021 - 17:30					Resultados
Rec Nacional Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	2015
Rec Nacional Inf A	1:15.49	Ana Pinho, RODRIGUES	AEJ	Coimbra	2007
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Inf A	1:17.55	Mariana Cunha, CUNHA	AAC	Coimbra	1996

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Laura Silva, FERNANDES	08	Miranda do Corvo	1:31.48	344
50m: 44.83 44.83	100m: 1:31.48	46.65		
2. Maria Manuel, CORTESAO	08	Nautico Coimbra	1:33.67	320
50m: 45.44 45.44	100m: 1:33.67	48.23		
3. Carolina Vaz, ALVES	08	Academica de Coimbra	1:36.87	290
50m: 46.33 46.33	100m: 1:36.87	50.54		
4. Francisca Santos, FERNANDES	08	Miranda do Corvo	1:36.92	289
50m: 46.39 46.39	100m: 1:36.92	50.53		
5. Rita, ISABEL NEVES	08	CASPAE	1:38.92	272
50m: 46.15 46.15	100m: 1:38.92	52.77		
6. Raquel Filipa, JESUS	08	Fundacao Beatriz Santos	1:42.65	243
50m: 45.95 45.95	100m: 1:42.65	56.70		
7. Francisca Dias, AGANTE	08	Vigor da Mocidade	1:59.88	153
50m: 56.43 56.43	100m: 1:59.88	1:03.45		

Prova 4	Femin., 100m Bruços				Inf B
09-07-2021 - 17:30					Resultados

Rec Nacional Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	2015
Rec Nacional Inf B	1:18.66	Clara Gomes, PEREIRA	SAD	Loulé	2014
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Inf B	1:20.76	Ana Yuki, TSUKAGOSHI	CNAC	S. Joao da Madeira	1994

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Alana Costa, MATIAS	09	Academica de Coimbra	1:34.16	315
50m: 45.45 45.45	100m: 1:34.16	48.71		
2. Rita Calado, CRUZ	09	Fundacao Beatriz Santos	1:38.28	277
50m: 46.08 46.08	100m: 1:38.28	52.20		
3. Raquel Alexandra, CANCELA	09	Miranda do Corvo	1:38.37	277
50m: 47.33 47.33	100m: 1:38.37	51.04		
4. Ana Margarida, CRUZ	09	Nautico Coimbra	1:41.24	254
50m: 47.06 47.06	100m: 1:41.24	54.18		
5. Maria Alexandra, MOREIRA	09	Condeixa Clube	1:45.74	223
50m: 50.68 50.68	100m: 1:45.74	55.06		
6. Caetana Amado, SANTOS	09	Miranda do Corvo	1:48.68	205
50m: 51.29 51.29	100m: 1:48.68	57.39		
7. Carolina Baptista, PEREIRINHA	09	S. Pedro Alva	1:57.49	162
50m: 52.97 52.97	100m: 1:57.49	1:04.52		
8. Francisca Rendilho, SOUSA	09	CASPAE	2:00.62	150
50m: 57.09 57.09	100m: 2:00.62	1:03.53		
DSQ Laura Isabel, RIBEIRO	09	CASPAE		
<i>a atleta à chegada tocou apenas com uma mão</i>				

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 5	Masc., 200m Mariposa				Abs
09-07-2021 - 17:45					Resultados
Rec Nacional Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	2009
Rec Nacional Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	2009
Rec Nacional Jun 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	2006
Rec Nacional Jun 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	2005
Rec Nacional Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	2004
Rec Nacional Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	2015
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Sen	2:02.80	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Jun 18	2:05.19	Miguel Silva, OLIVEIRA	CNAC	Coimbra	2009
Rec Reg ANC Jun 17	2:04.09	Diogo Matos, RIBEIRO	CUC	Coimbra	2021
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	2017
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao	2:07.29				658
50m: 27.91 27.91	100m: 1:00.46	32.55 150m: 1:33.02	32.56	200m: 2:07.29	34.27		
2. Gustavo Pires, MARQUES	04	Individual ANC	2:08.89				634
50m: 28.19 28.19	100m: 1:00.81	32.62 150m: 1:34.82	34.01	200m: 2:08.89	34.07		
3. Lucas Pereira, BASTOS	00	Nautico Coimbra	2:11.67				594
50m: 29.43 29.43	100m: 1:02.30	32.87 150m: 1:37.14	34.84	200m: 2:11.67	34.53		
4. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:16.16				537
50m: 30.64 30.64	100m: 1:04.25	33.61 150m: 1:40.18	35.93	200m: 2:16.16	35.98		
5. Martim Miranda, MACHADO	03	Individual ANC	2:19.20				503
50m: 29.50 29.50	100m: 1:04.05	34.55 150m: 1:40.87	36.82	200m: 2:19.20	38.33		
6. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	2:20.46				489
50m: 29.55 29.55	100m: 1:04.20	34.65 150m: 1:41.97	37.77	200m: 2:20.46	38.49		
7. Rodrigo Miguel, REIS	04	Individual ANC	2:20.99				484
50m: 29.30 29.30	100m: 1:04.30	35.00 150m: 1:41.16	36.86	200m: 2:20.99	39.83		
8. Jose Miguel, ROCHA	05	Columbifila Cantanhedense	2:23.36				460
50m: 31.31 31.31	100m: 1:07.20	35.89 150m: 1:44.43	37.23	200m: 2:23.36	38.93		
9. Tiago Andre, POIARES	04	Fundacao Beatriz Santos	2:24.75				447
50m: 30.79 30.79	100m: 1:07.55	36.76 150m: 1:45.68	38.13	200m: 2:24.75	39.07		
10. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	2:24.83				446
50m: 31.93 31.93	100m: 1:08.19	36.26 150m: 1:45.88	37.69	200m: 2:24.83	38.95		
11. Afonso Miguel, AMADO	05	Miranda do Corvo	2:25.75				438
50m: 31.61 31.61	100m: 1:07.39	35.78 150m: 1:46.00	38.61	200m: 2:25.75	39.75		
12. Jose Miguel, MARQUES	06	Condeixa Clube	2:26.69				430
50m: 32.74 32.74	100m: 1:09.75	37.01 150m: 1:47.83	38.08	200m: 2:26.69	38.86		
13. Tomas Carvalho, SANTOS	05	Louzan Natacao	2:29.02				410
50m: 31.29 31.29	100m: 1:08.51	37.22 150m: 1:48.24	39.73	200m: 2:29.02	40.78		
14. Diogo Luis, CANCELA	02	Miranda do Corvo	2:30.02				402
50m: 33.40 33.40	100m: 1:11.72	38.32 150m: 1:51.00	39.28	200m: 2:30.02	39.02		
15. Afonso Vidal, TOMAS	06	Louzan Natacao	2:30.04				401
50m: 33.41 33.41	100m: 1:10.04	36.63 150m: 1:50.79	40.75	200m: 2:30.04	39.25		
16. Filipe Cruz, SIMOES	06	Miranda do Corvo	2:31.80				388
50m: 33.06 33.06	100m: 1:10.80	37.74 150m: 1:51.15	40.35	200m: 2:31.80	40.65		
17. Rui Joao, MARQUES	02	Nautico Coimbra	2:36.03				357
50m: 33.31 33.31	100m: 1:11.55	38.24 150m: 1:52.02	40.47	200m: 2:36.03	44.01		

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Prova 5, Masc., 200m Mariposa

Prova 5	Masc., 200m Mariposa				Juv A e B
09-07-2021 - 17:45					Resultados
Rec Nacional Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	2009
Rec Nacional Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	2004
Rec Nacional Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	2015
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	2017
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Jose Miguel, ROCHA	05	Columbofila Cantanhedense			2:23.36	460
50m: 31.31 31.31	100m: 1:07.20	35.89	150m: 1:44.43	37.23	200m: 2:23.36	38.93
2. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos			2:24.83	446
50m: 31.93 31.93	100m: 1:08.19	36.26	150m: 1:45.88	37.69	200m: 2:24.83	38.95
3. Afonso Miguel, AMADO	05	Miranda do Corvo			2:25.75	438
50m: 31.61 31.61	100m: 1:07.39	35.78	150m: 1:46.00	38.61	200m: 2:25.75	39.75
4. Jose Miguel, MARQUES	06	Condeixa Clube			2:26.69	430
50m: 32.74 32.74	100m: 1:09.75	37.01	150m: 1:47.83	38.08	200m: 2:26.69	38.86
5. Tomas Carvalho, SANTOS	05	Louzan Natacao			2:29.02	410
50m: 31.29 31.29	100m: 1:08.51	37.22	150m: 1:48.24	39.73	200m: 2:29.02	40.78
6. Afonso Vidal, TOMAS	06	Louzan Natacao			2:30.04	401
50m: 33.41 33.41	100m: 1:10.04	36.63	150m: 1:50.79	40.75	200m: 2:30.04	39.25
7. Filipe Cruz, SIMOES	06	Miranda do Corvo			2:31.80	388
50m: 33.06 33.06	100m: 1:10.80	37.74	150m: 1:51.15	40.35	200m: 2:31.80	40.65

Prova 5	Masc., 200m Mariposa				Inf A
09-07-2021 - 17:45					Resultados

Rec Nacional Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	2009
Rec Nacional Inf A	2:14.50	Fabio Parrilha da, SILVA	CNAL	Campanhã	2001
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf A	2:15.42	Diogo Matos, RIBEIRO	CUC	Coimbra	2018

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Alexandre, DZYAKANAU	07	Louzan Natacao			2:46.81	292
50m: 35.93 35.93	100m: 1:17.37	41.44	150m: 2:01.62	44.25	200m: 2:46.81	45.19
2. Duarte Cachulo, MARQUES	07	Condeixa Clube			3:04.54	216
50m: 37.97 37.97	100m: 1:24.95	46.98	150m: 2:15.05	50.10	200m: 3:04.54	49.49

Prova 5	Masc., 200m Mariposa				Inf B
09-07-2021 - 17:45					Resultados

Rec Nacional Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	2009
Rec Nacional Inf B	2:21.67	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira	2000
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf B	2:29.08	Diogo Matos, RIBEIRO	CNAC	Loulé	2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube			2:51.29	270
50m: 36.50 36.50	100m: 1:20.27	43.77	150m: 2:06.36	46.09	200m: 2:51.29	44.93

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Prova 6
09-07-2021 - 17:55

Femin., 200m Mariposa

Abs
Resultados

Rec Nacional Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	2018
Rec Nacional Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	2018
Rec Nacional Jun 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	2002
Rec Nacional Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	2018
Rec Nacional Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	1995
Rec Nacional Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	2004
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	2009
Rec Reg ANC Sen	2:22.97	Patrícia, SILVA	CNAC	Coimbra	2001
Rec Reg ANC Jun 17	2:22.75	Ana Rita, GONÇALVES	CNM	Povoa do Varzim	2002
Rec Reg ANC Jun 16	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	2009
Rec Reg ANC Juv A	2:22.78	Ana Carolina, MONTEIRO	CUC	Coimbra	2019
Rec Reg ANC Juv B	2:24.79	Mariana Cunha, GUERRA	ASSSCC	Jamor	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO	02 Academica de Coimbra	2:26.60	573
50m: 31.27 31.27	100m: 1:07.85 36.58	150m: 1:47.28 39.43	200m: 2:26.60 39.32
2. Ana Rita, QUEIROZ	02 Individual ANC	2:28.45	552
50m: 33.17 33.17	100m: 1:10.62 37.45	150m: 1:50.59 39.97	200m: 2:28.45 37.86
3. Diana Silva, TINOCO	06 Columbofila Cantanhedense	2:29.62	539
50m: 33.54 33.54	100m: 1:12.52 38.98	150m: 1:50.94 38.42	200m: 2:29.62 38.68
4. Ana Carolina, MONTEIRO	04 Individual ANC	2:29.69	538
50m: 32.60 32.60	100m: 1:10.60 38.00	150m: 1:49.77 39.17	200m: 2:29.69 39.92
5. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	2:32.23	512
50m: 33.53 33.53	100m: 1:12.47 38.94	150m: 1:52.12 39.65	200m: 2:32.23 40.11
6. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	2:35.04	484
50m: 33.77 33.77	100m: 1:12.57 38.80	150m: 1:53.61 41.04	200m: 2:35.04 41.43
7. Dania Rodrigues, SIMOES	07 Louzan Natacao	2:36.20	474
50m: 35.43 35.43	100m: 1:15.94 40.51	150m: 1:56.52 40.58	200m: 2:36.20 39.68
8. Leonor Mil, MANO	07 Fundacao Beatriz Santos	2:43.78	411
50m: 34.23 34.23	100m: 1:15.27 41.04	150m: 1:58.77 43.50	200m: 2:43.78 45.01
9. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	2:55.87	332
50m: 35.36 35.36	100m: 1:18.73 43.37	150m: 2:07.10 48.37	200m: 2:55.87 48.77

Prova 6
09-07-2021 - 17:55

Femin., 200m Mariposa

Juv A e B
Resultados

Rec Nacional Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	2018
Rec Nacional Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	1995
Rec Nacional Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	2004
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	2009
Rec Reg ANC Juv A	2:22.78	Ana Carolina, MONTEIRO	CUC	Coimbra	2019
Rec Reg ANC Juv B	2:24.79	Mariana Cunha, GUERRA	ASSSCC	Jamor	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Diana Silva, TINOCO	06 Columbofila Cantanhedense	2:29.62	539
50m: 33.54 33.54	100m: 1:12.52 38.98	150m: 1:50.94 38.42	200m: 2:29.62 38.68
2. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	2:32.23	512
50m: 33.53 33.53	100m: 1:12.47 38.94	150m: 1:52.12 39.65	200m: 2:32.23 40.11
3. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	2:35.04	484
50m: 33.77 33.77	100m: 1:12.57 38.80	150m: 1:53.61 41.04	200m: 2:35.04 41.43
4. Dania Rodrigues, SIMOES	07 Louzan Natacao	2:36.20	474
50m: 35.43 35.43	100m: 1:15.94 40.51	150m: 1:56.52 40.58	200m: 2:36.20 39.68
5. Leonor Mil, MANO	07 Fundacao Beatriz Santos	2:43.78	411
50m: 34.23 34.23	100m: 1:15.27 41.04	150m: 1:58.77 43.50	200m: 2:43.78 45.01

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Prova 6, Femin., 200m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
6. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	2:55.87	332
50m: 35.36 35.36	100m: 1:18.73 43.37	150m: 2:07.10 48.37	200m: 2:55.87 48.77

Prova 6 Femin., 200m Mariposa Inf B
09-07-2021 - 17:55 Resultados

Rec Nacional Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	2018
Rec Nacional Inf B	2:28.92	Carolina Miranda, FERNANDES	CGA	Coimbra	2017
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	2009
Rec Reg ANC Inf B	2:38.34	Ines Pereira, SILVA	CAQC	Loulé	2014

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
DSQ Gabriela Leonardo, MEDINA	09 Condeixa Clube		
<i>a atleta não completou o percurso</i>			

Prova 7 Masc., 50m Costas Abs
09-07-2021 - 18:05 Resultados

Rec Nacional Absoluto	25.28	Alexis Manacas, SANTOS	POR	Budapest (HUN)	2021
Rec Nacional Sen	25.28	Alexis Manacas, SANTOS	POR	Budapest (HUN)	2021
Rec Nacional Jun 18	26.22	Joao Nogueira, COSTA	POR	Budapest (HUN)	2019
Rec Nacional Jun 17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	2019
Rec Nacional Juv A	27.65	tempo limite,			
Rec Nacional Juv B	28.21	tempo limite,			
Rec Reg ANC Absoluto	25.65	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Sen	25.65	Gabriel Jose, LOPES	ALN	Funchal	2019
Rec Reg ANC Jun 18	26.65	Gabriel Jose, LOPES	ALN	Singapura (SGP)	2015
Rec Reg ANC Jun 17	27.00	Diogo Matos, RIBEIRO	CUC		2021
Rec Reg ANC Juv A	28.82	Diogo Matos, RIBEIRO	CUC		2020
Rec Reg ANC Juv B	28.47	Diogo Matos, RIBEIRO	CUC	Coimbra	2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES	97 Louzan Natacao	27.26	682
2. Joao Pedro, DIAS	02 Fundacao Beatriz Santos	28.60	590
3. Alberto Antonio, SANTOS	01 S. Pedro Alva	29.09	561
4. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	29.11	560
5. Bernardo Vinagre, ARZILEIRO	01 Individual ANC	29.20	555
6. Manuel Baptista, SIMOES	03 Individual ANC	29.40	543
7. Rui Mamede, SANTOS	04 Individual ANC	30.13	505
8. Rodrigo Miguel, REIS	04 Individual ANC	30.29	497
9. David Valdagua, COUTINHO	03 Uniao Coimbra	30.35	494
10. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	32.04	420
11. Renato Maria, FERREIRA	04 Individual ANC	32.61	398
12. Rodrigo Costa, CRUZ	06 Academica de Coimbra	34.18	346
13. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	35.10	319
14. Diogo Simoes, DIAS	05 Louzan Natacao	35.15	318
15. Miguel Joao, PINHEIRO	06 Academica de Coimbra	35.97	297
16. Simao Domingues, PAZ	06 Miranda do Corvo	37.46	262

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Prova 8		Femin., 50m Costas				Abs
09-07-2021 - 18:10						Resultados
Rec Nacional Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Lisboa	2020	
Rec Nacional Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2021	
Rec Nacional Sen	28.43	Rafaela Gomes, AZEVEDO	SAD	Lisboa	2020	
Rec Nacional Sen	28.43	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2021	
Rec Nacional Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Kazan (RUS)	2019	
Rec Nacional Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	2019	
Rec Nacional Jun 16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2018	
Rec Nacional Juv A	29.42	tempo limite,				
Rec Nacional Juv B	30.52	tempo limite,				
Rec Reg ANC Absoluto	29.45	Camila Rodrigues, REBELO	ALN		2020	
Rec Reg ANC Sen	29.64	Camila Rorigues, REBELO	ALN	Coimbra	2021	
Rec Reg ANC Jun 17	29.45	Camila Rodrigues, REBELO	ALN		2020	
Rec Reg ANC Jun 16	29.74	Camila Rodrigues, REBELO	ALN		2019	
Rec Reg ANC Juv A	30.51	Camila Rodrigues, REBELO	ALN	Funchal	2018	
Rec Reg ANC Juv B	30.99	Camila Rodrigues, REBELO	ALN	Porto	2017	

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO	03 Louzan Natacao	30.13	718
2. Leonor Correia, PAIVA	04 Louzan Natacao	32.32	581
3. Joana Francisca, RODRIGUES	04 Individual ANC	33.26	533
4. Maria Carlota, REBELO	03 Louzan Natacao	33.53	520
5. Dania Rodrigues, SIMOES	07 Louzan Natacao	34.50	478
6. Ana Carolina, MONTEIRO	04 Individual ANC	34.54	476
7. Barbara Almeida, SIMOES	05 Uniao Coimbra	34.55	476
8. Kateryna, DZYAKANAVA	05 Louzan Natacao	35.09	454
9. Mariana Marques, ALMEIDA	07 Academica de Coimbra	36.78	394
10. Laura Torrao, CARVALHO	05 Nautico Coimbra	36.96	388
11. Diana Costa, OLIVEIRA	04 Uniao Coimbra	37.35	376
12. Rita Lima, PIRES	05 Nautico Coimbra	37.93	359
13. Rita Mendes, SANTOS	06 Vigor da Mocidade	42.37	258
DNS Matilde Domingues, GAMEIRO	97 Nautico Coimbra		

Prova 9		Masc., 800m Livres				Abs
09-07-2021 - 18:15						Resultados
Rec Nacional Absoluto	7:52.68	Jose Paulo, LOPES	POR	Budapest (HUN)	2021	
Rec Nacional Sen	7:52.68	Jose Paulo, LOPES	POR	Budapest (HUN)	2021	
Rec Nacional Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	2016	
Rec Nacional Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	2010	
Rec Nacional Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	2009	
Rec Nacional Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	2019	
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		2017	
Rec Reg ANC Sen	8:14.58	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	2017	
Rec Reg ANC Jun 18	8:15.65	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	2015	
Rec Reg ANC Jun 17	8:27.63	Diogo Coelho, JOSE	ASSSCC		2018	
Rec Reg ANC Juv A	8:34.84	Diogo Coelho, JOSE	ASSSCC	Coimbra	2017	
Rec Reg ANC Juv B	8:51.72	Paulo Andre, FROTA	FBSC	Oeiras	2017	

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gustavo Pires, MARQUES	04 Individual ANC	8:30.61	694
50m: 28.55 28.55	250m: 2:36.84 32.52	450m: 4:45.30 32.00	650m: 6:55.51 32.26
100m: 1:00.22 31.67	300m: 3:09.06 32.22	500m: 5:17.87 32.57	700m: 7:27.74 32.23
150m: 1:32.45 32.23	350m: 3:41.42 32.36	550m: 5:50.63 32.76	750m: 8:00.05 32.31
200m: 2:04.32 31.87	400m: 4:13.30 31.88	600m: 6:23.25 32.62	800m: 8:30.61 30.56
2. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	8:42.69	647
50m: 28.79 28.79	250m: 2:39.62 32.68	450m: 4:49.69 32.44	650m: 7:02.29 33.52
100m: 1:01.16 32.37	300m: 3:12.03 32.41	500m: 5:22.45 32.76	700m: 7:36.20 33.91
150m: 1:33.81 32.65	350m: 3:44.56 32.53	550m: 5:55.59 33.14	750m: 8:09.90 33.70
200m: 2:06.94 33.13	400m: 4:17.25 32.69	600m: 6:28.77 33.18	800m: 8:42.69 32.79

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Prova 9, Masc., 800m Livres, Abs

Lugar			Ano					Tempo final	Pts		
3.	Martim Miranda, MACHADO		03	Individual ANC				8:58.67	591		
	50m:	29.46 29.46	250m:	2:40.45	33.35	450m:	4:56.76	34.46	650m:	7:15.66	35.09
	100m:	1:01.42 31.96	300m:	3:13.91	33.46	500m:	5:31.19	34.43	700m:	7:50.26	34.60
	150m:	1:34.15 32.73	350m:	3:47.97	34.06	550m:	6:05.70	34.51	750m:	8:24.65	34.39
	200m:	2:07.10 32.95	400m:	4:22.30	34.33	600m:	6:40.57	34.87	800m:	8:58.67	34.02
4.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				9:13.81	544		
	50m:	30.13 30.13	250m:	2:48.07	35.37	450m:	5:08.55	34.24	650m:	7:29.38	35.01
	100m:	1:03.36 33.23	300m:	3:22.93	34.86	500m:	5:43.55	35.00	700m:	8:04.81	35.43
	150m:	1:37.74 34.38	350m:	3:58.51	35.58	550m:	6:18.48	34.93	750m:	8:39.33	34.52
	200m:	2:12.70 34.96	400m:	4:34.31	35.80	600m:	6:54.37	35.89	800m:	9:13.81	34.48
5.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				9:19.81	526		
	50m:	31.50 31.50	250m:	2:53.20	35.28	450m:	5:13.96	35.54	650m:	7:36.04	35.57
	100m:	1:06.95 35.45	300m:	3:28.17	34.97	500m:	5:49.62	35.66	700m:	8:10.92	34.88
	150m:	1:42.14 35.19	350m:	4:03.48	35.31	550m:	6:25.13	35.51	750m:	8:46.07	35.15
	200m:	2:17.92 35.78	400m:	4:38.42	34.94	600m:	7:00.47	35.34	800m:	9:19.81	33.74
6.	Tomas Jose, FRANCISCO		05	Miranda do Corvo				9:23.98	515		
	50m:	33.18 33.18	250m:	2:55.38	35.62	450m:	5:18.74	36.18	650m:	7:40.04	35.51
	100m:	1:08.92 35.74	300m:	3:30.98	35.60	500m:	5:53.65	34.91	700m:	8:15.44	35.40
	150m:	1:44.48 35.56	350m:	4:06.76	35.78	550m:	6:29.23	35.58	750m:	8:50.00	34.56
	200m:	2:19.76 35.28	400m:	4:42.56	35.80	600m:	7:04.53	35.30	800m:	9:23.98	33.98
7.	Ricardo Martins, CARVALHO		03	Fundacao Beatriz Santos				9:27.06	506		
	50m:	31.42 31.42	250m:	2:51.71	35.38	450m:	5:15.00	35.95	650m:	7:39.73	36.06
	100m:	1:05.66 34.24	300m:	3:27.07	35.36	500m:	5:51.06	36.06	700m:	8:15.93	36.20
	150m:	1:41.25 35.59	350m:	4:03.10	36.03	550m:	6:27.53	36.47	750m:	8:51.95	36.02
	200m:	2:16.33 35.08	400m:	4:39.05	35.95	600m:	7:03.67	36.14	800m:	9:27.06	35.11
8.	Francisco Couto, FRAZAO		06	Uniao Coimbra				9:28.46	503		
	50m:	32.29 32.29	250m:	2:56.22	36.03	450m:	5:21.25	35.56	650m:	7:45.17	35.71
	100m:	1:07.26 34.97	300m:	3:32.17	35.95	500m:	5:57.75	36.50	700m:	8:21.85	36.68
	150m:	1:43.84 36.58	350m:	4:09.27	37.10	550m:	6:33.48	35.73	750m:	8:56.65	34.80
	200m:	2:20.19 36.35	400m:	4:45.69	36.42	600m:	7:09.46	35.98	800m:	9:28.46	31.81
9.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos				9:32.58	492		
	50m:	31.30 31.30	250m:	2:54.98	36.07	450m:	5:20.21	36.40	650m:	7:46.44	36.71
	100m:	1:06.27 34.97	300m:	3:31.37	36.39	500m:	5:56.65	36.44	700m:	8:22.23	35.79
	150m:	1:42.33 36.06	350m:	4:07.45	36.08	550m:	6:33.24	36.59	750m:	8:58.08	35.85
	200m:	2:18.91 36.58	400m:	4:43.81	36.36	600m:	7:09.73	36.49	800m:	9:32.58	34.50
10.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos				9:33.45	490		
	50m:	32.13 32.13	250m:	2:56.06	36.26	450m:	5:21.88	36.39	650m:	7:47.42	36.46
	100m:	1:07.49 35.36	300m:	3:32.54	36.48	500m:	5:58.16	36.28	700m:	8:23.60	36.18
	150m:	1:43.27 35.78	350m:	4:09.18	36.64	550m:	6:34.47	36.31	750m:	8:58.95	35.35
	200m:	2:19.80 36.53	400m:	4:45.49	36.31	600m:	7:10.96	36.49	800m:	9:33.45	34.50
11.	Jose Miguel, MARQUES		06	Condeixa Clube				9:34.23	488		
	50m:	33.15 33.15	250m:	2:59.14	36.75	450m:	5:24.75	36.23	650m:	7:47.90	35.67
	100m:	1:09.52 36.37	300m:	3:36.22	37.08	500m:	6:01.42	36.67	700m:	8:23.90	36.00
	150m:	1:45.61 36.09	350m:	4:12.42	36.20	550m:	6:37.09	35.67	750m:	8:59.36	35.46
	200m:	2:22.39 36.78	400m:	4:48.52	36.10	600m:	7:12.23	35.14	800m:	9:34.23	34.87
12.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				9:38.83	476		
	50m:	32.77 32.77	250m:	2:56.61	36.52	450m:	5:23.86	36.76	650m:	7:50.99	36.66
	100m:	1:07.90 35.13	300m:	3:33.36	36.75	500m:	6:00.73	36.87	700m:	8:27.97	36.98
	150m:	1:43.65 35.75	350m:	4:10.00	36.64	550m:	6:37.47	36.74	750m:	9:03.96	35.99
	200m:	2:20.09 36.44	400m:	4:47.10	37.10	600m:	7:14.33	36.86	800m:	9:38.83	34.87
13.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				9:39.92	473		
	50m:	31.14 31.14	250m:	2:55.09	36.68	450m:	5:22.31	36.94	650m:	7:49.76	37.30
	100m:	1:05.88 34.74	300m:	3:31.82	36.73	500m:	5:59.36	37.05	700m:	8:27.33	37.57
	150m:	1:41.70 35.82	350m:	4:08.75	36.93	550m:	6:36.43	37.07	750m:	9:03.90	36.57
	200m:	2:18.41 36.71	400m:	4:45.37	36.62	600m:	7:12.46	36.03	800m:	9:39.92	36.02
14.	Joao Neves, LUCAS		06	Columbofila Cantanhedense				9:54.66	439		
	50m:	33.04 33.04	250m:	2:57.43	36.78	450m:	5:26.18	37.59	650m:	7:59.25	38.58
	100m:	1:08.39 35.35	300m:	3:34.33	36.90	500m:	6:04.11	37.93	700m:	8:38.63	39.38
	150m:	1:44.54 36.15	350m:	4:11.16	36.83	550m:	6:41.93	37.82	750m:	9:17.40	38.77
	200m:	2:20.65 36.11	400m:	4:48.59	37.43	600m:	7:20.67	38.74	800m:	9:54.66	37.26

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 9, Masc., 800m Livres, Abs

Lugar			Ano							Tempo final	Pts
15.	Renato Maria, FERREIRA		04	Individual ANC						9:58.19	431
	50m:	31.58 31.58	250m:	2:59.06	37.47	450m:	5:30.13	37.70	650m:	8:04.12	38.54
	100m:	1:07.33 35.75	300m:	3:37.03	37.97	500m:	6:09.12	38.99	700m:	8:42.74	38.62
	150m:	1:44.44 37.11	350m:	4:14.31	37.28	550m:	6:46.95	37.83	750m:	9:20.90	38.16
	200m:	2:21.59 37.15	400m:	4:52.43	38.12	600m:	7:25.58	38.63	800m:	9:58.19	37.29
16.	Afonso Corte-Real, GRILLO		04	Fundacao Beatriz Santos						10:00.59	426
	50m:	31.84 31.84	250m:	2:59.53	37.43	450m:	5:33.01	39.06	650m:	8:06.96	39.58
	100m:	1:07.46 35.62	300m:	3:38.33	38.80	500m:	6:11.32	38.31	700m:	8:45.12	38.16
	150m:	1:44.47 37.01	350m:	4:16.42	38.09	550m:	6:48.84	37.52	750m:	9:23.73	38.61
	200m:	2:22.10 37.63	400m:	4:53.95	37.53	600m:	7:27.38	38.54	800m:	10:00.59	36.86
17.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense						10:04.34	418
	50m:	32.68 32.68	250m:	3:00.25	37.66	450m:	5:33.69	38.60	650m:	8:09.53	38.67
	100m:	1:09.17 36.49	300m:	3:38.15	37.90	500m:	6:12.92	39.23	700m:	8:48.37	38.84
	150m:	1:45.60 36.43	350m:	4:16.18	38.03	550m:	6:51.70	38.78	750m:	9:27.16	38.79
	200m:	2:22.59 36.99	400m:	4:55.09	38.91	600m:	7:30.86	39.16	800m:	10:04.34	37.18
18.	Edgar Tavares, MENDES		06	Academica de Coimbra						10:20.77	386
	50m:	33.38 33.38	250m:	3:06.83	38.90	450m:	5:43.85	39.54	650m:	8:24.26	39.88
	100m:	1:10.24 36.86	300m:	3:45.98	39.15	500m:	6:24.00	40.15	700m:	9:03.82	39.56
	150m:	1:48.90 38.66	350m:	4:24.98	39.00	550m:	7:04.05	40.05	750m:	9:42.87	39.05
	200m:	2:27.93 39.03	400m:	5:04.31	39.33	600m:	7:44.38	40.33	800m:	10:20.77	37.90

Prova 9 Masc., 800m Livres Juv A e B
09-07-2021 - 18:15 Resultados

Rec Nacional Absoluto	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	2021
Rec Nacional Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	2009
Rec Nacional Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	2019
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Juv A	8:34.84	Diogo Coelho, JOSE	ASSSCC	Coimbra	2017
Rec Reg ANC Juv B	8:51.72	Paulo Andre, FROTA	FBSC	Oeiras	2017

Pontos: FINA 2021

Lugar			Ano							Tempo final	Pts
1.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense						9:13.81	544
	50m:	30.13 30.13	250m:	2:48.07	35.37	450m:	5:08.55	34.24	650m:	7:29.38	35.01
	100m:	1:03.36 33.23	300m:	3:22.93	34.86	500m:	5:43.55	35.00	700m:	8:04.81	35.43
	150m:	1:37.74 34.38	350m:	3:58.51	35.58	550m:	6:18.48	34.93	750m:	8:39.33	34.52
	200m:	2:12.70 34.96	400m:	4:34.31	35.80	600m:	6:54.37	35.89	800m:	9:13.81	34.48
2.	Goncalo Carvalho, SANTOS		05	Louzan Natacao						9:19.81	526
	50m:	31.50 31.50	250m:	2:53.20	35.28	450m:	5:13.96	35.54	650m:	7:36.04	35.57
	100m:	1:06.95 35.45	300m:	3:28.17	34.97	500m:	5:49.62	35.66	700m:	8:10.92	34.88
	150m:	1:42.14 35.19	350m:	4:03.48	35.31	550m:	6:25.13	35.51	750m:	8:46.07	35.15
	200m:	2:17.92 35.78	400m:	4:38.42	34.94	600m:	7:00.47	35.34	800m:	9:19.81	33.74
3.	Tomas Jose, FRANCISCO		05	Miranda do Corvo						9:23.98	515
	50m:	33.18 33.18	250m:	2:55.38	35.62	450m:	5:18.74	36.18	650m:	7:40.04	35.51
	100m:	1:08.92 35.74	300m:	3:30.98	35.60	500m:	5:53.65	34.91	700m:	8:15.44	35.40
	150m:	1:44.48 35.56	350m:	4:06.76	35.78	550m:	6:29.23	35.58	750m:	8:50.00	34.56
	200m:	2:19.76 35.28	400m:	4:42.56	35.80	600m:	7:04.53	35.30	800m:	9:23.98	33.98
4.	Francisco Couto, FRAZAO		06	Uniao Coimbra						9:28.46	503
	50m:	32.29 32.29	250m:	2:56.22	36.03	450m:	5:21.25	35.56	650m:	7:45.17	35.71
	100m:	1:07.26 34.97	300m:	3:32.17	35.95	500m:	5:57.75	36.50	700m:	8:21.85	36.68
	150m:	1:43.84 36.58	350m:	4:09.27	37.10	550m:	6:33.48	35.73	750m:	8:56.65	34.80
	200m:	2:20.19 36.35	400m:	4:45.69	36.42	600m:	7:09.46	35.98	800m:	9:28.46	31.81
5.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos						9:32.58	492
	50m:	31.30 31.30	250m:	2:54.98	36.07	450m:	5:20.21	36.40	650m:	7:46.44	36.71
	100m:	1:06.27 34.97	300m:	3:31.37	36.39	500m:	5:56.65	36.44	700m:	8:22.23	35.79
	150m:	1:42.33 36.06	350m:	4:07.45	36.08	550m:	6:33.24	36.59	750m:	8:58.08	35.85
	200m:	2:18.91 36.58	400m:	4:43.81	36.36	600m:	7:09.73	36.49	800m:	9:32.58	34.50

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 9, Masc., 800m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts		
6.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos				9:33.45	490		
	50m:	32.13 32.13	250m:	2:56.06	36.26	450m:	5:21.88	36.39	650m:	7:47.42	36.46
	100m:	1:07.49 35.36	300m:	3:32.54	36.48	500m:	5:58.16	36.28	700m:	8:23.60	36.18
	150m:	1:43.27 35.78	350m:	4:09.18	36.64	550m:	6:34.47	36.31	750m:	8:58.95	35.35
	200m:	2:19.80 36.53	400m:	4:45.49	36.31	600m:	7:10.96	36.49	800m:	9:33.45	34.50
7.	Jose Miguel, MARQUES		06	Condeixa Clube				9:34.23	488		
	50m:	33.15 33.15	250m:	2:59.14	36.75	450m:	5:24.75	36.23	650m:	7:47.90	35.67
	100m:	1:09.52 36.37	300m:	3:36.22	37.08	500m:	6:01.42	36.67	700m:	8:23.90	36.00
	150m:	1:45.61 36.09	350m:	4:12.42	36.20	550m:	6:37.09	35.67	750m:	8:59.36	35.46
	200m:	2:22.39 36.78	400m:	4:48.52	36.10	600m:	7:12.23	35.14	800m:	9:34.23	34.87
8.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				9:38.83	476		
	50m:	32.77 32.77	250m:	2:56.61	36.52	450m:	5:23.86	36.76	650m:	7:50.99	36.66
	100m:	1:07.90 35.13	300m:	3:33.36	36.75	500m:	6:00.73	36.87	700m:	8:27.97	36.98
	150m:	1:43.65 35.75	350m:	4:10.00	36.64	550m:	6:37.47	36.74	750m:	9:03.96	35.99
	200m:	2:20.09 36.44	400m:	4:47.10	37.10	600m:	7:14.33	36.86	800m:	9:38.83	34.87
9.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				9:39.92	473		
	50m:	31.14 31.14	250m:	2:55.09	36.68	450m:	5:22.31	36.94	650m:	7:49.76	37.30
	100m:	1:05.88 34.74	300m:	3:31.82	36.73	500m:	5:59.36	37.05	700m:	8:27.33	37.57
	150m:	1:41.70 35.82	350m:	4:08.75	36.93	550m:	6:36.43	37.07	750m:	9:03.90	36.57
	200m:	2:18.41 36.71	400m:	4:45.37	36.62	600m:	7:12.46	36.03	800m:	9:39.92	36.02
10.	Joao Neves, LUCAS		06	Columbofila Cantanhedense				9:54.66	439		
	50m:	33.04 33.04	250m:	2:57.43	36.78	450m:	5:26.18	37.59	650m:	7:59.25	38.58
	100m:	1:08.39 35.35	300m:	3:34.33	36.90	500m:	6:04.11	37.93	700m:	8:38.63	39.38
	150m:	1:44.54 36.15	350m:	4:11.16	36.83	550m:	6:41.93	37.82	750m:	9:17.40	38.77
	200m:	2:20.65 36.11	400m:	4:48.59	37.43	600m:	7:20.67	38.74	800m:	9:54.66	37.26
11.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense				10:04.34	418		
	50m:	32.68 32.68	250m:	3:00.25	37.66	450m:	5:33.69	38.60	650m:	8:09.53	38.67
	100m:	1:09.17 36.49	300m:	3:38.15	37.90	500m:	6:12.92	39.23	700m:	8:48.37	38.84
	150m:	1:45.60 36.43	350m:	4:16.18	38.03	550m:	6:51.70	38.78	750m:	9:27.16	38.79
	200m:	2:22.59 36.99	400m:	4:55.09	38.91	600m:	7:30.86	39.16	800m:	10:04.34	37.18
12.	Edgar Tavares, MENDES		06	Academica de Coimbra				10:20.77	386		
	50m:	33.38 33.38	250m:	3:06.83	38.90	450m:	5:43.85	39.54	650m:	8:24.26	39.88
	100m:	1:10.24 36.86	300m:	3:45.98	39.15	500m:	6:24.00	40.15	700m:	9:03.82	39.56
	150m:	1:48.90 38.66	350m:	4:24.98	39.00	550m:	7:04.05	40.05	750m:	9:42.87	39.05
	200m:	2:27.93 39.03	400m:	5:04.31	39.33	600m:	7:44.38	40.33	800m:	10:20.77	37.90

Prova 9 Masc., 800m Livres Inf A
09-07-2021 - 18:15 Resultados

Rec Nacional Absoluto	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	2021
Rec Nacional Inf A	8:54.25	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	2004
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Inf A	9:15.00	Pedro, MATOS	CNM	Coimbra	1996

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts		
1.	David Ferreira, SILVA		07	Academica de Coimbra				10:35.64	359		
	50m:	36.00 36.00	250m:	3:16.03	39.88	450m:	5:55.84	39.91	650m:	8:35.92	40.31
	100m:	1:15.59 39.59	300m:	3:56.04	40.01	500m:	6:35.45	39.61	700m:	9:16.08	40.16
	150m:	1:56.17 40.58	350m:	4:36.11	40.07	550m:	7:15.45	40.00	750m:	9:56.20	40.12
	200m:	2:36.15 39.98	400m:	5:15.93	39.82	600m:	7:55.61	40.16	800m:	10:35.64	39.44
2.	Marco Dimitar, OLIVEIRA		07	Fundacao Beatriz Santos				10:42.80	347		
	50m:	35.21 35.21	250m:	3:16.44	40.32	450m:	5:58.96	41.40	650m:	8:43.77	41.86
	100m:	1:14.47 39.26	300m:	3:57.21	40.77	500m:	6:40.28	41.32	700m:	9:24.63	40.86
	150m:	1:55.34 40.87	350m:	4:37.19	39.98	550m:	7:21.65	41.37	750m:	10:04.52	39.89
	200m:	2:36.12 40.78	400m:	5:17.56	40.37	600m:	8:01.91	40.26	800m:	10:42.80	38.28
3.	Guilherme Marques, ALMEIDA		07	Academica de Coimbra				10:46.31	342		
	50m:	35.97 35.97	250m:	3:20.31	41.39	450m:	6:05.35	40.25	650m:	8:48.07	40.36
	100m:	1:16.72 40.75	300m:	4:01.47	41.16	500m:	6:45.71	40.36	700m:	9:28.99	40.92
	150m:	1:57.46 40.74	350m:	4:43.31	41.84	550m:	7:26.52	40.81	750m:	10:08.27	39.28
	200m:	2:38.92 41.46	400m:	5:25.10	41.79	600m:	8:07.71	41.19	800m:	10:46.31	38.04

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Prova 9, Masc., 800m Livres

Prova 9 Masc., 800m Livres Inf B
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Rec Nacional Absoluto	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	2021
Rec Nacional Inf B	9:12.56	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	2003
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Inf B	9:43.70	Joao Carvalho, DIZ	CNAC	Loulé	2014

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Samuel Dinis, MAIA	08		Miranda do Corvo		10:48.94 338
50m:	36.76	36.76	250m:	3:19.09	40.40
100m:	1:16.94	40.18	300m:	4:00.42	41.33
150m:	1:57.70	40.76	350m:	4:41.27	40.85
200m:	2:38.69	40.99	400m:	5:23.09	41.82
			450m:	6:03.78	40.69
			500m:	6:44.95	41.17
			550m:	7:25.38	40.43
			600m:	8:07.23	41.85
			650m:	8:47.94	40.71
			700m:	9:28.97	41.03
			750m:	10:09.16	40.19
			800m:	10:48.94	39.78
2. Salvador Correia, PEREIRA	08		Condeixa Clube		12:01.43 246
50m:	40.07	40.07	250m:	3:41.43	45.66
100m:	1:25.37	45.30	300m:	4:27.59	46.16
150m:	2:10.20	44.83	350m:	5:13.81	46.22
200m:	2:55.77	45.57	400m:	5:57.76	43.95
			450m:	6:43.92	46.16
			500m:	7:30.43	46.51
			550m:	8:17.16	46.73
			600m:	9:03.52	46.36
			650m:	9:48.57	45.05
			700m:	10:35.25	46.68
			750m:	11:20.50	45.25
			800m:	12:01.43	40.93

Prova 10 Femin., 4 x 100m Livres Abs
09-07-2021 - 19:00 Resultados

Rec Nacional Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
Rec Nacional Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
Rec Nacional Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	2010
Rec Nacional Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	2015
Rec Nacional Juv A/B	4:03.10	Futebol Clube do Porto	FCP	Coimbra	2015
Rec Nacional Juv B	4:10.72	Clube Nautico Academico de Coimbr	CNAC	Povoa de Varzim	2011
Rec Reg ANC Absoluto	4:03.02	Associação Académica de Coimbra	AAC		2019
Rec Reg ANC Sen	4:10.30	Clube Náutico Académico de Coimbr	CNAC		2010
Rec Reg ANC Jun 17	4:08.31	Clube Náutico Académico de Coimbr	CNAC		2012
Rec Reg ANC Jun	4:08.31	Clube Nautico Acaemico de Coimbr	CNAC		2012
Rec Reg ANC Jun 16	4:08.31	Clube Náutico Académico de Coimbr	CNAC		2012
Rec Reg ANC Juv A	4:10.72	Tempo limite			
Rec Reg ANC Juv A/B	4:09.11	Clube União 1919	CUC		2018
Rec Reg ANC Juv B	4:10.72	Clube Náutico Académico de Coimbr	CNAC		2011

Pontos: FINA 2021

Lugar	Tempo final		Pts
1. Louzan Natacao Abs	4:07.48		611
Camila Rodrigues, REBELO	+0,76	29.06	59.58
Mariana Carmo, ROSA	+0,33	29.22	1:00.41
			Maria Carlota, REBELO
			Leonor Correia, PAIVA
			+0,46 29.75 1:02.69
			+0,17 30.65 1:04.80
2. Academica de Coimbra Abs	4:26.26		490
Ines Mariana, PINHEIRO	+0,73	30.43	1:03.31
Beatriz Costa, TEJO	+0,38	29.29	1:01.87
			Helena Carolina, DINIS
			Beatriz Carvalho, MARQUES
			+0,50 33.74 1:12.34
			+0,34 33.13 1:08.74

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 10, Femin., 4 x 100m Livres

Prova 10	Femin., 4 x 100m Livres				Juv A e B
09-07-2021 - 19:00					Resultados
Rec Nacional Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
Rec Nacional Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	2015
Rec Nacional Juv A/B	4:03.10	Futebol Clube do Porto	FCP	Coimbra	2015
Rec Nacional Juv B	4:10.72	Clube Nautico Academico de Coimb	CNAC	Povoa de Varzim	2011
Rec Reg ANC Absoluto	4:03.02	Associação Académica de Coimbra	AAC		2019
Rec Reg ANC Juv A	4:10.72	Tempo limite			
Rec Reg ANC Juv A/B	4:09.11	Clube União 1919	CUC		2018
Rec Reg ANC Juv B	4:10.72	Clube Náutico Académico de Coimb	CNAC		2011

Pontos: FINA 2021

Lugar			Tempo final	Pts
1.	Fundacao Beatriz Santos	Juv	4:14.73	560
	Leonor Mil, MANO	+0,77 28.96	1:00.51	Beatriz Silva, NEVES
	Maria Vitoria, GRILO	+0,63 29.69	1:03.21	Maria Neto, FERREIRA
			+0,46 30.97	1:06.32
			+0,31 30.20	1:04.69

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

2 - 2ª Jornada - 1ª Sessão

10-07-2021 - 10:00

Prova 11	Masc., 200m Livres					Abs
10-07-2021 - 10:00						Resultados
Rec Nacional Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	2019	
Rec Nacional Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	2019	
Rec Nacional Jun 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	2005	
Rec Nacional Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	2021	
Rec Nacional Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	2009	
Rec Nacional Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	2019	
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		2015	
Rec Reg ANC Sen	1:49.62	Mario Alexandre, PEREIRA	CNAC	Coimbra	2015	
Rec Reg ANC Jun 18	1:54.69	Tomas Miguel, VELOSO	CNAC	Oeiras	2014	
Rec Reg ANC Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC		2020	
Rec Reg ANC Juv A	1:57.38	Diogo Matos, RIBEIRO	CUC	Lisboa - Jamor	1977	
Rec Reg ANC Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Coimbra	2019	

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Tomas Miguel, VELOSO	96	Nautico Coimbra	1:54.13				713
50m: 27.14 27.14	100m: 56.16	29.02	150m: 1:25.37	29.21	200m: 1:54.13	28.76	
2. Gabriel Jose, LOPES	97	Louzan Natacao	1:55.59				687
50m: 26.98 26.98	100m: 56.16	29.18	150m: 1:25.42	29.26	200m: 1:55.59	30.17	
3. Gustavo Pires, MARQUES	04	Individual ANC	1:56.40				672
50m: 26.31 26.31	100m: 55.27	28.96	150m: 1:25.65	30.38	200m: 1:56.40	30.75	
4. Goncalo Andre, GOMES	03	Fundacao Beatriz Santos	1:57.53				653
50m: 27.62 27.62	100m: 57.56	29.94	150m: 1:27.65	30.09	200m: 1:57.53	29.88	
5. Lucas Pereira, BASTOS	00	Nautico Coimbra	1:58.22				642
50m: 27.62 27.62	100m: 57.26	29.64	150m: 1:27.42	30.16	200m: 1:58.22	30.80	
6. Rodrigo Miguel, REIS	04	Individual ANC	2:01.88				586
50m: 27.37 27.37	100m: 58.13	30.76	150m: 1:30.31	32.18	200m: 2:01.88	31.57	
7. Martim Miranda, MACHADO	03	Individual ANC	2:02.68				574
50m: 28.07 28.07	100m: 58.50	30.43	150m: 1:29.83	31.33	200m: 2:02.68	32.85	
8. Francisco Couto, FRAZAO	06	Uniao Coimbra	2:07.14				516
50m: 29.61 29.61	100m: 1:01.68	32.07	150m: 1:34.23	32.55	200m: 2:07.14	32.91	
9. Duarte Jose, FERNANDES	06	Individual ANC	2:07.39				513
50m: 28.70 28.70	100m: 1:01.08	32.38	150m: 1:34.27	33.19	200m: 2:07.39	33.12	
10. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	2:07.57				511
50m: 29.03 29.03	100m: 1:00.98	31.95	150m: 1:34.25	33.27	200m: 2:07.57	33.32	
11. Goncalo Carvalho, SANTOS	05	Louzan Natacao	2:07.83				508
50m: 29.39 29.39	100m: 1:01.60	32.21	150m: 1:35.01	33.41	200m: 2:07.83	32.82	
12. Afonso Miguel, AMADO	05	Miranda do Corvo	2:08.71				497
50m: 28.80 28.80	100m: 1:00.67	31.87	150m: 1:34.90	34.23	200m: 2:08.71	33.81	
13. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	2:08.90				495
50m: 29.85 29.85	100m: 1:02.70	32.85	150m: 1:35.83	33.13	200m: 2:08.90	33.07	
14. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra	2:10.13				481
50m: 29.75 29.75	100m: 1:02.43	32.68	150m: 1:36.69	34.26	200m: 2:10.13	33.44	
15. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	2:10.68				475
50m: 29.31 29.31	100m: 1:02.03	32.72	150m: 1:36.75	34.72	200m: 2:10.68	33.93	
16. Rui Joao, MARQUES	02	Nautico Coimbra	2:10.85				473
50m: 30.94 30.94	100m: 1:03.14	32.20	150m: 1:36.98	33.84	200m: 2:10.85	33.87	
17. Tomas Carvalho, SANTOS	05	Louzan Natacao	2:10.95				472
50m: 29.97 29.97	100m: 1:03.05	33.08	150m: 1:36.88	33.83	200m: 2:10.95	34.07	
18. Jose Miguel, MARQUES	06	Condeixa Clube	2:11.36				468
50m: 29.94 29.94	100m: 1:03.13	33.19	150m: 1:37.19	34.06	200m: 2:11.36	34.17	

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 11, Masc., 200m Livres, Abs

Lugar	Ano	Tempo final	Pts
19. Tomas Veiga, PEREIRA 50m: 30.63 30.63 100m: 1:03.65 33.02 150m: 1:38.12 34.47 200m: 2:12.62 34.50	06 Fundacao Beatriz Santos	2:12.62	454
20. Joao Neves, LUCAS 50m: 30.64 30.64 100m: 1:03.53 32.89 150m: 1:38.21 34.68 200m: 2:12.64 34.43	06 Columbofila Cantanhedense	2:12.64	454
21. Goncalo Daniel, OLIVEIRA 50m: 30.99 30.99 100m: 1:04.25 33.26 150m: 1:38.42 34.17 200m: 2:12.90 34.48	04 Academica de Coimbra	2:12.90	452
22. Filipe Cruz, SIMOES 50m: 29.98 29.98 100m: 1:03.46 33.48 150m: 1:38.85 35.39 200m: 2:14.19 35.34	06 Miranda do Corvo	2:14.19	439
23. Gustavo Teixeira, PIRES 50m: 30.36 30.36 100m: 1:04.01 33.65 150m: 1:40.02 36.01 200m: 2:15.73 35.71	06 Columbofila Cantanhedense	2:15.73	424
24. Diogo Simoes, DIAS 50m: 31.95 31.95 100m: 1:06.56 34.61 150m: 1:42.02 35.46 200m: 2:16.83 34.81	05 Louzan Natacao	2:16.83	414
25. Afonso Vidal, TOMAS 50m: 30.37 30.37 100m: 1:04.64 34.27 150m: 1:41.09 36.45 200m: 2:17.32 36.23	06 Louzan Natacao	2:17.32	409
26. Renato Maria, FERREIRA 50m: 30.60 30.60 100m: 1:06.37 35.77 150m: 1:43.30 36.93 200m: 2:18.85 35.55	04 Individual ANC	2:18.85	396
27. Miguel Cunha, GASPAS 50m: 31.71 31.71 100m: 1:07.38 35.67 150m: 1:43.91 36.53 200m: 2:19.08 35.17	06 Columbofila Cantanhedense	2:19.08	394
28. Rodrigo Neves, DUARTE 50m: 33.27 33.27 100m: 1:10.47 37.20 150m: 1:48.36 37.89 200m: 2:25.52 37.16	06 Louzan Natacao	2:25.52	344
29. Diogo Rodrigues, CARVALHO 50m: 32.00 32.00 100m: 1:08.61 36.61 150m: 1:46.71 38.10 200m: 2:25.88 39.17	05 Vigor da Mocidade	2:25.88	341
30. Simao Pimenta, CATARINO 50m: 34.75 34.75 100m: 1:13.77 39.02 150m: 1:54.05 40.28 200m: 2:32.17 38.12	06 Fundacao Beatriz Santos	2:32.17	301
31. Diogo Luis, CANCELA 50m: 34.22 34.22 100m: 1:13.29 39.07 150m: 1:53.84 40.55 200m: 2:32.49 38.65	02 Miranda do Corvo	2:32.49	299

Prova 11 10-07-2021 - 10:00	Masc., 200m Livres	Juv A e B Resultados
Rec Nacional Absoluto 1:47.97	Miguel Duarte, NASCIMENTO SLB Coimbra	2019
Rec Nacional Juv A 1:54.18	Gustavo Manuel, SANTA POR Tampere (FIN)	2009
Rec Nacional Juv B 1:53.96	Diogo Matos, RIBEIRO CUC Funchal	2019
Rec Reg ANC Absoluto 1:49.62	Mario Alexandre, PEREIRA CNAC	2015
Rec Reg ANC Juv A 1:57.38	Diogo Matos, RIBEIRO CUC Lisboa - Jamor	1977
Rec Reg ANC Juv B 1:53.96	Diogo Matos, RIBEIRO CUC Coimbra	2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Francisco Couto, FRAZAO 50m: 29.61 29.61 100m: 1:01.68 32.07 150m: 1:34.23 32.55 200m: 2:07.14 32.91	06 Uniao Coimbra	2:07.14	516
2. Duarte Jose, FERNANDES 50m: 28.70 28.70 100m: 1:01.08 32.38 150m: 1:34.27 33.19 200m: 2:07.39 33.12	06 Individual ANC	2:07.39	513
3. Guilherme Maia, CARDOSO 50m: 29.03 29.03 100m: 1:00.98 31.95 150m: 1:34.25 33.27 200m: 2:07.57 33.32	05 Columbofila Cantanhedense	2:07.57	511
4. Goncalo Carvalho, SANTOS 50m: 29.39 29.39 100m: 1:01.60 32.21 150m: 1:35.01 33.41 200m: 2:07.83 32.82	05 Louzan Natacao	2:07.83	508
5. Afonso Miguel, AMADO 50m: 28.80 28.80 100m: 1:00.67 31.87 150m: 1:34.90 34.23 200m: 2:08.71 33.81	05 Miranda do Corvo	2:08.71	497
6. Jose Miguel, ROCHA 50m: 29.85 29.85 100m: 1:02.70 32.85 150m: 1:35.83 33.13 200m: 2:08.90 33.07	05 Columbofila Cantanhedense	2:08.90	495

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 11, Masc., 200m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
7. Samuel Baptista, FIGUEIRA 50m: 29.75 29.75 100m: 1:02.43 32.68 150m: 1:36.69 34.26 200m: 2:10.13 33.44	05 Academica de Coimbra	2:10.13	481
8. Joao Rafael, FERREIRA 50m: 29.31 29.31 100m: 1:02.03 32.72 150m: 1:36.75 34.72 200m: 2:10.68 33.93	06 Fundacao Beatriz Santos	2:10.68	475
9. Tomas Carvalho, SANTOS 50m: 29.97 29.97 100m: 1:03.05 33.08 150m: 1:36.88 33.83 200m: 2:10.95 34.07	05 Louzan Natacao	2:10.95	472
10. Jose Miguel, MARQUES 50m: 29.94 29.94 100m: 1:03.13 33.19 150m: 1:37.19 34.06 200m: 2:11.36 34.17	06 Condeixa Clube	2:11.36	468
11. Tomas Veiga, PEREIRA 50m: 30.63 30.63 100m: 1:03.65 33.02 150m: 1:38.12 34.47 200m: 2:12.62 34.50	06 Fundacao Beatriz Santos	2:12.62	454
12. Joao Neves, LUCAS 50m: 30.64 30.64 100m: 1:03.53 32.89 150m: 1:38.21 34.68 200m: 2:12.64 34.43	06 Columbofila Cantanhedense	2:12.64	454
13. Filipe Cruz, SIMOES 50m: 29.98 29.98 100m: 1:03.46 33.48 150m: 1:38.85 35.39 200m: 2:14.19 35.34	06 Miranda do Corvo	2:14.19	439
14. Gustavo Teixeira, PIRES 50m: 30.36 30.36 100m: 1:04.01 33.65 150m: 1:40.02 36.01 200m: 2:15.73 35.71	06 Columbofila Cantanhedense	2:15.73	424
15. Diogo Simoes, DIAS 50m: 31.95 31.95 100m: 1:06.56 34.61 150m: 1:42.02 35.46 200m: 2:16.83 34.81	05 Louzan Natacao	2:16.83	414
16. Afonso Vidal, TOMAS 50m: 30.37 30.37 100m: 1:04.64 34.27 150m: 1:41.09 36.45 200m: 2:17.32 36.23	06 Louzan Natacao	2:17.32	409
17. Miguel Cunha, GASPAS 50m: 31.71 31.71 100m: 1:07.38 35.67 150m: 1:43.91 36.53 200m: 2:19.08 35.17	06 Columbofila Cantanhedense	2:19.08	394
18. Rodrigo Neves, DUARTE 50m: 33.27 33.27 100m: 1:10.47 37.20 150m: 1:48.36 37.89 200m: 2:25.52 37.16	06 Louzan Natacao	2:25.52	344
19. Diogo Rodrigues, CARVALHO 50m: 32.00 32.00 100m: 1:08.61 36.61 150m: 1:46.71 38.10 200m: 2:25.88 39.17	05 Vigor da Mocidade	2:25.88	341
20. Simao Pimenta, CATARINO 50m: 34.75 34.75 100m: 1:13.77 39.02 150m: 1:54.05 40.28 200m: 2:32.17 38.12	06 Fundacao Beatriz Santos	2:32.17	301

Prova 11
10-07-2021 - 10:00

Masc., 200m Livres

Inf A
Resultados

Rec Nacional Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	2019
Rec Nacional Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	2018
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		2015
Rec Reg ANC Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Alexandre, SILVA 50m: 30.51 30.51 100m: 1:04.43 33.92 150m: 1:39.73 35.30 200m: 2:13.95 34.22	07 Columbofila Cantanhedense	2:13.95	441
2. Duarte Cachulo, MARQUES 50m: 30.85 30.85 100m: 1:04.64 33.79 150m: 1:40.26 35.62 200m: 2:15.14 34.88	07 Condeixa Clube	2:15.14	429
3. Alexandre, DZYAKANAU 50m: 31.56 31.56 100m: 1:06.16 34.60 150m: 1:42.83 36.67 200m: 2:20.04 37.21	07 Louzan Natacao	2:20.04	386
4. David Ferreira, SILVA 50m: 32.84 32.84 100m: 1:09.13 36.29 150m: 1:47.33 38.20 200m: 2:25.65 38.32	07 Academica de Coimbra	2:25.65	343
5. Guilherme Marques, ALMEIDA 50m: 33.54 33.54 100m: 1:11.37 37.83 150m: 1:50.25 38.88 200m: 2:25.66 35.41	07 Academica de Coimbra	2:25.66	343
6. Marco Dimitar, OLIVEIRA 50m: 34.25 34.25 100m: 1:12.67 38.42 150m: 1:53.16 40.49 200m: 2:31.65 38.49	07 Fundacao Beatriz Santos	2:31.65	304

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 11, Masc., 200m Livres, Inf A

Lugar	Ano	Tempo final	Pts
7. Afonso Simoes, FERREIRA 50m: 34.17 34.17 100m: 1:13.91 39.74 150m: 1:55.66 41.75 200m: 2:36.48 40.82	07 Vigor da Mocidade	2:36.48	276
8. Bernardo Almas, MALHAO 50m: 38.11 38.11 100m: 1:20.98 42.87 150m: 2:04.75 43.77 200m: 2:46.77 42.02	07 Vigor da Mocidade	2:46.77	228
9. Rodrigo, MARQUES LIMA 50m: 39.05 39.05 100m: 1:25.43 46.38 150m: 2:17.11 51.68 200m: 3:04.04 46.93	07 CASPAE	3:04.04	170

Prova 11 Masc., 200m Livres Inf B
10-07-2021 - 10:00 Resultados

Rec Nacional Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	2019
Rec Nacional Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior	2012
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		2015
Rec Reg ANC Inf B	2:09.74	Jose Diogo, DIAS	FBSC	Loulé	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL 50m: 33.92 33.92 100m: 1:12.45 38.53 150m: 1:51.10 38.65 200m: 2:27.44 36.34	08 Columbofila Cantanhedense	2:27.44	331
2. Vicente Piacentini, CALDEIRA 50m: 34.01 34.01 100m: 1:12.42 38.41 150m: 1:51.68 39.26 200m: 2:28.94 37.26	08 Nautico Coimbra	2:28.94	321
3. Samuel Dinis, MAIA 50m: 34.70 34.70 100m: 1:13.57 38.87 150m: 1:55.10 41.53 200m: 2:35.29 40.19	08 Miranda do Corvo	2:35.29	283
4. Guilherme Simoes, SOUSA 50m: 34.13 34.13 100m: 1:15.01 40.88 150m: 1:57.56 42.55 200m: 2:35.36 37.80	08 Fundacao Beatriz Santos	2:35.36	282
5. Rafael Figueiredo, CORREIA 50m: 35.76 35.76 100m: 1:15.87 40.11 150m: 1:56.05 40.18 200m: 2:35.53 39.48	08 Columbofila Cantanhedense	2:35.53	282
6. Miguel Tomas, CONCEICAO 50m: 35.46 35.46 100m: 1:15.57 40.11 150m: 1:57.11 41.54 200m: 2:36.44 39.33	08 Nautico Coimbra	2:36.44	277
7. Santiago Jose, FONSECA 50m: 36.03 36.03 100m: 1:15.83 39.80 150m: 1:58.34 42.51 200m: 2:39.70 41.36	08 Columbofila Cantanhedense	2:39.70	260
8. Joaquim Antonio, CUNHA 50m: 37.53 37.53 100m: 1:19.42 41.89 150m: 2:01.19 41.77 200m: 2:42.00 40.81	08 Nautico Coimbra	2:42.00	249
9. Salvador Correia, PEREIRA 50m: 36.14 36.14 100m: 1:18.87 42.73 150m: 2:05.21 46.34 200m: 2:46.15 40.94	08 Condeixa Clube	2:46.15	231
10. Rodrigo Mosca, SILVA 50m: 35.71 35.71 100m: 1:18.72 43.01 150m: 2:04.94 46.22 200m: 2:46.50 41.56	08 Columbofila Cantanhedense	2:46.50	229
11. Henrique Figueiredo, FIDALGO 50m: 38.63 38.63 100m: 1:22.16 43.53 150m: 2:07.20 45.04 200m: 2:52.90 45.70	08 Vigor da Mocidade	2:52.90	205
12. Jose Guardado, SILVA 50m: 40.75 40.75 100m: 1:26.97 46.22 150m: 2:14.60 47.63 200m: 2:58.38 43.78	08 Vigor da Mocidade	2:58.38	186
13. Francisco Fernandes, PEREIRA 50m: 42.07 42.07 100m: 1:29.16 47.09 150m: 2:15.65 46.49 200m: 2:59.65 44.00	08 Academica de Coimbra	2:59.65	183
14. Manuel Meneses, GONCALVES 50m: 45.13 45.13 100m: 1:36.26 51.13 150m: 2:29.17 52.91 200m: 3:20.13 50.96	08 Nautico Coimbra	3:20.13	132
15. Diogo Garcia, FARIA 50m: 47.91 47.91 100m: 1:50.51 1:02.60 150m: 2:51.23 1:00.72 200m: 3:50.14 58.91	08 Nautico Coimbra	3:50.14	87

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Prova 12	Femin., 200m Livres				Abs
10-07-2021 - 10:30					Resultados
Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	2017
Rec Nacional Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	2017
Rec Nacional Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	2020
Rec Nacional Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	2018
Rec Nacional Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	2018
Rec Nacional Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	2014
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	2007
Rec Reg ANC Sen	2:08.10	Patrícia, SILVA	CNAC	Loulé	2001
Rec Reg ANC Jun 17	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	2007
Rec Reg ANC Jun 16	2:05.85	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	2017
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Camila Rodrigues, REBELO	03	Louzan Natacao		2:08.53	679	
50m: 30.21 30.21	100m: 1:02.74	32.53	150m: 1:35.78	33.04	200m: 2:08.53	32.75
2. Ana Rita, QUEIROZ	02	Individual ANC		2:10.98	641	
50m: 31.30 31.30	100m: 1:04.82	33.52	150m: 1:37.70	32.88	200m: 2:10.98	33.28
3. Mariana Carmo, ROSA	05	Louzan Natacao		2:10.99	641	
50m: 30.53 30.53	100m: 1:03.38	32.85	150m: 1:37.11	33.73	200m: 2:10.99	33.88
4. Leonor Mil, MANO	07	Fundacao Beatriz Santos		2:13.08	611	
50m: 31.62 31.62	100m: 1:06.24	34.62	150m: 1:39.59	33.35	200m: 2:13.08	33.49
5. Beatriz Costa, TEJO	02	Academica de Coimbra		2:14.86	587	
50m: 30.85 30.85	100m: 1:05.02	34.17	150m: 1:40.01	34.99	200m: 2:14.86	34.85
6. Ines Mariana, PINHEIRO	03	Academica de Coimbra		2:15.23	583	
50m: 31.34 31.34	100m: 1:05.50	34.16	150m: 1:40.30	34.80	200m: 2:15.23	34.93
7. Joana Francisca, RODRIGUES	04	Individual ANC		2:15.83	575	
50m: 30.68 30.68	100m: 1:05.02	34.34	150m: 1:40.38	35.36	200m: 2:15.83	35.45
8. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos		2:16.73	564	
50m: 31.66 31.66	100m: 1:06.80	35.14	150m: 1:42.02	35.22	200m: 2:16.73	34.71
9. Beatriz Ferreira, GASPAR	04	Individual ANC		2:18.18	546	
50m: 31.22 31.22	100m: 1:06.00	34.78	150m: 1:41.82	35.82	200m: 2:18.18	36.36
10. Anita Gouveia, COSTA	06	Condeixa Clube		2:18.55	542	
50m: 31.61 31.61	100m: 1:06.61	35.00	150m: 1:42.59	35.98	200m: 2:18.55	35.96
11. Maria Vitoria, GRILO	06	Fundacao Beatriz Santos		2:19.04	536	
50m: 31.53 31.53	100m: 1:06.55	35.02	150m: 1:42.90	36.35	200m: 2:19.04	36.14
12. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo		2:19.09	535	
50m: 32.40 32.40	100m: 1:06.61	34.21	150m: 1:42.58	35.97	200m: 2:19.09	36.51
13. Diana Silva, TINOCO	06	Columbifila Cantanhedense		2:19.20	534	
50m: 31.92 31.92	100m: 1:07.56	35.64	150m: 1:43.58	36.02	200m: 2:19.20	35.62
14. Marisa Isabel, NOBRE	05	Columbifila Cantanhedense		2:19.68	529	
50m: 31.73 31.73	100m: 1:06.31	34.58	150m: 1:43.10	36.79	200m: 2:19.68	36.58
15. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos		2:22.16	501	
50m: 31.76 31.76	100m: 1:07.22	35.46	150m: 1:44.91	37.69	200m: 2:22.16	37.25
16. Dania Rodrigues, SIMOES	07	Louzan Natacao		2:22.54	497	
50m: 33.69 33.69	100m: 1:08.60	34.91	150m: 1:45.05	36.45	200m: 2:22.54	37.49
17. Sara Dias, NEVES	03	Miranda do Corvo		2:23.72	485	
50m: 33.30 33.30	100m: 1:09.61	36.31	150m: 1:46.85	37.24	200m: 2:23.72	36.87
18. Beatriz Pereira, MARQUES	05	Columbifila Cantanhedense		2:26.63	457	
50m: 34.15 34.15	100m: 1:11.84	37.69	150m: 1:49.71	37.87	200m: 2:26.63	36.92
19. Xenia Angelica, KOZIY	06	Condeixa Clube		2:27.01	453	
50m: 33.01 33.01	100m: 1:10.52	37.51	150m: 1:49.11	38.59	200m: 2:27.01	37.90

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 12, Femin., 200m Livres, Abs

Lugar	Ano	Tempo final	Pts
20. Angela Rodrigues, REBELO 50m: 35.01 35.01 100m: 1:10.89 35.88 150m: 1:49.19 38.30 200m: 2:27.97 38.78	07 Louzan Natacao	2:27.97	445
21. Beatriz Carvalho, MARQUES 50m: 33.38 33.38 100m: 1:10.15 36.77 150m: 1:49.20 39.05 200m: 2:29.50 40.30	02 Academica de Coimbra	2:29.50	431
22. Joana Filipa, VARELA 50m: 33.08 33.08 100m: 1:11.12 38.04 150m: 1:51.01 39.89 200m: 2:29.93 38.92	06 Fundacao Beatriz Santos	2:29.93	427
23. Diana Costa, OLIVEIRA 50m: 32.23 32.23 100m: 1:10.39 38.16 150m: 1:50.13 39.74 200m: 2:32.03 41.90	04 Uniao Coimbra	2:32.03	410
24. Cristiana Sofia, DUARTE 50m: 33.94 33.94 100m: 1:14.98 41.04 150m: 1:56.54 41.56 200m: 2:37.47 40.93	07 Vigor da Mocidade	2:37.47	369
25. Helena Carolina, DINIS 50m: 35.84 35.84 100m: 1:15.61 39.77 150m: 1:57.14 41.53 200m: 2:38.72 41.58	05 Academica de Coimbra	2:38.72	360
26. Beatriz Costa, MATOS 50m: 37.29 37.29 100m: 1:21.23 43.94 150m: 2:05.86 44.63 200m: 2:46.85 40.99	07 Fundacao Beatriz Santos	2:46.85	310
27. Rita Mendes, SANTOS 50m: 38.76 38.76 100m: 1:24.43 45.67 150m: 2:08.85 44.42 200m: 2:51.27 42.42	06 Vigor da Mocidade	2:51.27	287
28. Lara Carvalho, SANTOS 50m: 37.56 37.56 100m: 1:20.89 43.33 150m: 2:07.76 46.87 200m: 2:53.02 45.26	07 Nautico Coimbra	2:53.02	278

Prova 12
10-07-2021 - 10:30

Femin., 200m Livres

Juv A e B
Resultados

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	2017
Rec Nacional Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	2018
Rec Nacional Juv B	2:07.40	Maria Francisca, CABRAL	FOP	Oeiras	2014
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	2007
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	2017
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mil, MANO 50m: 31.62 31.62 100m: 1:06.24 34.62 150m: 1:39.59 33.35 200m: 2:13.08 33.49	07 Fundacao Beatriz Santos	2:13.08	611
2. Maria Neto, FERREIRA 50m: 31.66 31.66 100m: 1:06.80 35.14 150m: 1:42.02 35.22 200m: 2:16.73 34.71	06 Fundacao Beatriz Santos	2:16.73	564
3. Anita Gouveia, COSTA 50m: 31.61 31.61 100m: 1:06.61 35.00 150m: 1:42.59 35.98 200m: 2:18.55 35.96	06 Condeixa Clube	2:18.55	542
4. Maria Vitoria, GRILO 50m: 31.53 31.53 100m: 1:06.55 35.02 150m: 1:42.90 36.35 200m: 2:19.04 36.14	06 Fundacao Beatriz Santos	2:19.04	536
5. Matilde Fonseca, OLIVEIRA 50m: 32.40 32.40 100m: 1:06.61 34.21 150m: 1:42.58 35.97 200m: 2:19.09 36.51	06 Miranda do Corvo	2:19.09	535
6. Diana Silva, TINOCO 50m: 31.92 31.92 100m: 1:07.56 35.64 150m: 1:43.58 36.02 200m: 2:19.20 35.62	06 Columbofila Cantanhedense	2:19.20	534
7. Marta Andre, AGUILAR 50m: 31.76 31.76 100m: 1:07.22 35.46 150m: 1:44.91 37.69 200m: 2:22.16 37.25	07 Fundacao Beatriz Santos	2:22.16	501
8. Dania Rodrigues, SIMOES 50m: 33.69 33.69 100m: 1:08.60 34.91 150m: 1:45.05 36.45 200m: 2:22.54 37.49	07 Louzan Natacao	2:22.54	497
9. Xenia Angelica, KOZIY 50m: 33.01 33.01 100m: 1:10.52 37.51 150m: 1:49.11 38.59 200m: 2:27.01 37.90	06 Condeixa Clube	2:27.01	453
10. Angela Rodrigues, REBELO 50m: 35.01 35.01 100m: 1:10.89 35.88 150m: 1:49.19 38.30 200m: 2:27.97 38.78	07 Louzan Natacao	2:27.97	445

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 12, Femin., 200m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
11. Joana Filipa, VARELA 50m: 33.08 33.08 100m: 1:11.12 38.04 150m: 1:51.01 39.89 200m: 2:29.93 38.92	06 Fundacao Beatriz Santos	2:29.93	427
12. Cristiana Sofia, DUARTE 50m: 33.94 33.94 100m: 1:14.98 41.04 150m: 1:56.54 41.56 200m: 2:37.47 40.93	07 Vigor da Mocidade	2:37.47	369
13. Beatriz Costa, MATOS 50m: 37.29 37.29 100m: 1:21.23 43.94 150m: 2:05.86 44.63 200m: 2:46.85 40.99	07 Fundacao Beatriz Santos	2:46.85	310
14. Rita Mendes, SANTOS 50m: 38.76 38.76 100m: 1:24.43 45.67 150m: 2:08.85 44.42 200m: 2:51.27 42.42	06 Vigor da Mocidade	2:51.27	287
15. Lara Carvalho, SANTOS 50m: 37.56 37.56 100m: 1:20.89 43.33 150m: 2:07.76 46.87 200m: 2:53.02 45.26	07 Nautico Coimbra	2:53.02	278

Prova 12
10-07-2021 - 10:30

Femin., 200m Livres

Inf A
Resultados

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	2017
Rec Nacional Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras	2015
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	2007
Rec Reg ANC Inf A	2:12.61	Marisa Isabel, NOBRE	ASSSCC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Julia Maria, SOARES 50m: 34.41 34.41 100m: 1:14.03 39.62 150m: 1:54.78 40.75 200m: 2:33.14 38.36	08 Miranda do Corvo	2:33.14	401
2. Francisca Santos, FERNANDES 50m: 36.38 36.38 100m: 1:16.91 40.53 150m: 1:58.47 41.56 200m: 2:37.99 39.52	08 Miranda do Corvo	2:37.99	365
3. Mariana Santos, ALMEIDA 50m: 36.29 36.29 100m: 1:17.16 40.87 150m: 1:58.42 41.26 200m: 2:39.39 40.97	08 Columbofila Cantanhedense	2:39.39	356
4. Maria Manuel, CORTESAO 50m: 36.90 36.90 100m: 1:17.43 40.53 150m: 1:59.74 42.31 200m: 2:41.98 42.24	08 Nautico Coimbra	2:41.98	339
5. Ana Sofia, PARAISO 50m: 37.83 37.83 100m: 1:20.07 42.24 150m: 2:05.01 44.94 200m: 2:46.91 41.90	08 Fundacao Beatriz Santos	2:46.91	310
6. Raquel Filipa, JESUS 50m: 37.95 37.95 100m: 1:21.90 43.95 150m: 2:06.41 44.51 200m: 2:47.23 40.82	08 Fundacao Beatriz Santos	2:47.23	308
7. Catarina Sargaco, TEIXEIRA 50m: 38.83 38.83 100m: 1:21.64 42.81 150m: 2:04.97 43.33 200m: 2:47.75 42.78	08 Columbofila Cantanhedense	2:47.75	305
8. Rita, ISABEL NEVES 50m: 36.36 36.36 100m: 1:19.03 42.67 150m: 2:06.41 47.38 200m: 2:51.09 44.68	08 CASPAE	2:51.09	287
9. Laura Carvalho, FERNANDES 50m: 39.67 39.67 100m: 1:24.28 44.61 150m: 2:10.39 46.11 200m: 2:55.61 45.22	08 Fundacao Beatriz Santos	2:55.61	266
10. Ines Serralheiro, SANTOS 50m: 39.65 39.65 100m: 1:25.71 46.06 150m: 2:14.45 48.74 200m: 3:03.95 49.50	08 Columbofila Cantanhedense	3:03.95	231
11. Francisca Dias, AGANTE 50m: 42.90 42.90 100m: 1:33.33 50.43 150m: 2:27.51 54.18 200m: 3:19.14 51.63	08 Vigor da Mocidade	3:19.14	182

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 12, Femin., 200m Livres

Prova 12
10-07-2021 - 10:30
Femin., 200m Livres
Inf B
Resultados

Rec Nacional Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	2017
Rec Nacional Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	2009
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	2007
Rec Reg ANC Inf B	2:17.92	Mariana Cunha, GUERRA	ASSSCC	Porto	2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Anastacia, PROTOLYUK	09	2:29.75	429
50m: 34.82 34.82 100m: 1:12.98 38.16 150m: 1:52.02 39.04 200m: 2:29.75 37.73			
2. Alana Costa, MATIAS	09	2:34.77	388
50m: 35.48 35.48 100m: 1:14.92 39.44 150m: 1:55.42 40.50 200m: 2:34.77 39.35			
3. Leonor Mercês, CAVALEIRO	09	2:38.87	359
50m: 36.49 36.49 100m: 1:17.16 40.67 150m: 1:59.30 42.14 200m: 2:38.87 39.57			
4. Margarida Pessoa, MONTEIRO	09	2:46.37	313
50m: 37.80 37.80 100m: 1:21.28 43.48 150m: 2:03.76 42.48 200m: 2:46.37 42.61			
5. Rita Calado, CRUZ	09	2:47.80	305
50m: 37.80 37.80 100m: 1:21.18 43.38 150m: 2:05.10 43.92 200m: 2:47.80 42.70			
6. Raquel Alexandra, CANCELA	09	2:47.82	305
50m: 37.68 37.68 100m: 1:21.09 43.41 150m: 2:05.30 44.21 200m: 2:47.82 42.52			
7. Caetana Amado, SANTOS	09	2:59.35	249
50m: 41.11 41.11 100m: 1:28.19 47.08 150m: 2:15.25 47.06 200m: 2:59.35 44.10			
8. Maria Alexandra, MOREIRA	09	3:01.31	241
50m: 41.75 41.75 100m: 1:28.32 46.57 150m: 2:15.37 47.05 200m: 3:01.31 45.94			
9. Gabriela Leonardo, MEDINA	09	3:02.49	237
50m: 41.88 41.88 100m: 1:29.05 47.17 150m: 2:17.64 48.59 200m: 3:02.49 44.85			
10. Ana Laura, LUCAS	09	3:26.91	162
50m: 45.70 45.70 100m: 1:39.75 54.05 150m: 2:34.64 54.89 200m: 3:26.91 52.27			
DNS Ana Margarida, CRUZ	09	Nautico Coimbra	

Prova 13
10-07-2021 - 11:00
Masc., 50m Mariposa
Abs
Resultados

Rec Nacional Absoluto	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	2009
Rec Nacional Sen	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	2009
Rec Nacional Jun 18	24.75	Rafael, LINO	FCP	Chalon-Sur-Saone (FRA)	2017
Rec Nacional Jun 17	24.40	Diogo Matos, RIBEIRO	POR	Porto	2021
Rec Nacional Juv A	25.63	tempo limite,			
Rec Nacional Juv B	26.18	tempo limite,			
Rec Reg ANC Absoluto	24.88	Gabriel Jose, LOPES	ALN		2020
Rec Reg ANC Sen	24.88	Gabriel Jose, LOPES	ALN		2020
Rec Reg ANC Jun 18	25.31	Gabriel Jose, LOPES	ALN	Coimbra	2015
Rec Reg ANC Jun 17	24.79	Diogo Matos, RIBEIRO	CUC	Ucrancia	2021
Rec Reg ANC Juv A	25.74	Diogo Matos, RIBEIRO	CUC	Lisboa	2020
Rec Reg ANC Juv B	26.18	Manuel Baptista, SIMOES	CUC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Ricardo Jorge, DOMINGUES	02	26.26	609
2. Manuel Baptista, SIMOES	03	26.36	603
3. Rodrigo Miguel, REIS	04	26.38	601
4. Gustavo Pires, MARQUES	04	26.45	596
5. Rodrigo Alexandre, PATRICIO	98	26.73	578
6. Rui Mamede, SANTOS	04	27.23	547
7. Miguel Freitas, OVIEDO	02	27.40	536

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 13, Masc., 50m Mariposa, Abs

Lugar	Ano	Tempo final	Pts
8. Bernardo Vinagre, ARZILEIRO	01 Individual ANC	27.95	505
9. Alberto Antonio, SANTOS	01 S. Pedro Alva	28.13	496
10. David Valdagua, COUTINHO	03 Uniao Coimbra	28.66	469
11. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	29.10	448
12. Rafael Alves, CAMPOS	04 S. Pedro Alva	29.31	438
13. Edgar Tavares, MENDES	06 Academica de Coimbra	30.28	397
14. Filipe Cruz, SIMOES	06 Miranda do Corvo	31.66	348
15. Francisco Cruz, CARVALHO	06 S. Pedro Alva	32.05	335
16. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	32.47	322
17. Diogo Simoes, DIAS	05 Louzan Natacao	33.17	302
18. Simao Domingues, PAZ	06 Miranda do Corvo	33.96	282

Prova 14

Femin., 50m Mariposa

Abs
Resultados

10-07-2021 - 11:05

Rec Nacional Absoluto	26.58	Ana Margarida, GUEDES	GCVR	Porto	2021
Rec Nacional Sen	26.58	Ana Margarida, GUEDES	GCVR	Porto	2021
Rec Nacional Jun 17	27.59	Mariana Pacheco, CUNHA	CNCE	Oeiras	2021
Rec Nacional Jun 16	28.00	Sara Francisco, CRUZ	ADBA	Faro	2009
Rec Nacional Juv A	27.98	tempo limite,			
Rec Nacional Juv B	28.51	tempo limite,			
Rec Reg ANC Absoluto	28.76	Beatriz Costa, TEJO	AAC	Coimbra	2021
Rec Reg ANC Sen	28.76	Beatriz Costa, TEJO	AAC	Coimbra	2021
Rec Reg ANC Jun 17	29.00	Beatriz Costa, TEJO	AAC		2019
Rec Reg ANC Jun 16	29.04	Beatriz Costa, TEJO	AAC		2018
Rec Reg ANC Juv A	29.50	Ines Pereira, SILVA	CAQC	Coimbra	2017
Rec Reg ANC Juv B	29.68	Ines Pereira, SILVA	CAQC	Coimbra	2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO	02 Academica de Coimbra	29.24	583
2. Leonor Mil, MANO	07 Fundacao Beatriz Santos	30.68	504
3. Sara Dias, NEVES	03 Miranda do Corvo	31.01	488
4. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	31.18	480
5. Ana Carolina, MONTEIRO	04 Individual ANC	31.19	480
6. Ana Rita, QUEIROZ	02 Individual ANC	31.53	465
7. Ines Mariana, PINHEIRO	03 Academica de Coimbra	31.56	463
8. Barbara Almeida, SIMOES	05 Uniao Coimbra	31.80	453
9. Matilde Domingues, GAMEIRO	97 Nautico Coimbra	32.01	444
10. Maria Lucas, SANTOS	05 Condeixa Clube	32.92	408
11. Kateryna, DZYAKANAVA	05 Louzan Natacao	33.25	396
12. Helena Carolina, DINIS	05 Academica de Coimbra	36.45	301
13. Barbara Fernanda, MENDES	05 CASPAE	48.13	130

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 15	Masc., 200m Bruços				Abs
10-07-2021 - 11:10					Resultados
Rec Nacional Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	2009
Rec Nacional Jun 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	2014
Rec Nacional Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	2016
Rec Nacional Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	2006
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Sen	2:14.25	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Jun 18	2:18.79	Helder Jose, LOPES	ACM	Dunquerque (FRA)	2000
Rec Reg ANC Jun 17	2:22.43	Tomas Miguel, VELOSO	CNAC	Famalicao	2013
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	1998
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2011

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Gabriel Jose, LOPES		97	Louzan Natacao		2:21.36	710
	50m:	32.07 32.07	100m:	1:08.24 36.17	150m: 1:44.64 36.40	200m: 2:21.36	36.72
2.	Tomas Miguel, VELOSO		96	Nautico Coimbra		2:27.02	631
	50m:	33.09 33.09	100m:	1:10.30 37.21	150m: 1:48.52 38.22	200m: 2:27.02	38.50
3.	Joaquim Agra, MERUJE		01	Uniao Coimbra		2:27.95	619
	50m:	32.50 32.50	100m:	1:09.42 36.92	150m: 1:47.59 38.17	200m: 2:27.95	40.36
4.	Duarte Jose, FERNANDES		06	Individual ANC		2:37.71	511
	50m:	34.78 34.78	100m:	1:14.36 39.58	150m: 1:55.70 41.34	200m: 2:37.71	42.01
5.	Vasco Pereira, BASTOS		02	Nautico Coimbra		2:38.99	499
	50m:	35.09 35.09	100m:	1:16.56 41.47	150m: 1:57.33 40.77	200m: 2:38.99	41.66
6.	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos		2:43.97	455
	50m:	36.14 36.14	100m:	1:17.44 41.30	150m: 2:00.87 43.43	200m: 2:43.97	43.10
7.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos		2:44.07	454
	50m:	36.75 36.75	100m:	1:18.20 41.45	150m: 2:01.31 43.11	200m: 2:44.07	42.76
8.	Tomas Jose, FRANCISCO		05	Miranda do Corvo		2:45.09	445
	50m:	36.48 36.48	100m:	1:18.60 42.12	150m: 2:01.97 43.37	200m: 2:45.09	43.12
9.	Tomas Varanda, OLIVEIRA		06	Columbofila Cantanhedense		2:45.85	439
	50m:	36.07 36.07	100m:	1:16.75 40.68	150m: 2:00.48 43.73	200m: 2:45.85	45.37
10.	Afonso Miguel, AMADO		05	Miranda do Corvo		2:52.51	390
	50m:	37.37 37.37	100m:	1:20.00 42.63	150m: 2:06.13 46.13	200m: 2:52.51	46.38
11.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos		2:53.77	382
	50m:	38.86 38.86	100m:	1:23.38 44.52	150m: 2:10.59 47.21	200m: 2:53.77	43.18
12.	Rodrigo Costa, CRUZ		06	Academica de Coimbra		3:01.51	335
	50m:	39.49 39.49	100m:	1:25.66 46.17	150m: 2:13.63 47.97	200m: 3:01.51	47.88
13.	Diogo Luis, CANCELA		02	Miranda do Corvo		3:03.49	324
	50m:	42.41 42.41	100m:	1:29.03 46.62	150m: 2:16.90 47.87	200m: 3:03.49	46.59
14.	Afonso Jose, FRANCISCO		06	Miranda do Corvo		3:21.56	244
	50m:	46.69 46.69	100m:	1:37.21 50.52	150m: 2:31.30 54.09	200m: 3:21.56	50.26

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Prova 15, Masc., 200m Bruços

Prova 15	Masc., 200m Bruços				Juv A e B
10-07-2021 - 11:10					Resultados
Rec Nacional Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	2016
Rec Nacional Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	2006
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	1998
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Duarte Jose, FERNANDES	06	Individual ANC	2:37.71				511
50m: 34.78 34.78	100m: 1:14.36	39.58	150m: 1:55.70	41.34	200m: 2:37.71	42.01	
2. Tomas Jose, FRANCISCO	05	Miranda do Corvo	2:45.09				445
50m: 36.48 36.48	100m: 1:18.60	42.12	150m: 2:01.97	43.37	200m: 2:45.09	43.12	
3. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	2:45.85				439
50m: 36.07 36.07	100m: 1:16.75	40.68	150m: 2:00.48	43.73	200m: 2:45.85	45.37	
4. Afonso Miguel, AMADO	05	Miranda do Corvo	2:52.51				390
50m: 37.37 37.37	100m: 1:20.00	42.63	150m: 2:06.13	46.13	200m: 2:52.51	46.38	
5. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	2:53.77				382
50m: 38.86 38.86	100m: 1:23.38	44.52	150m: 2:10.59	47.21	200m: 2:53.77	43.18	
6. Rodrigo Costa, CRUZ	06	Academica de Coimbra	3:01.51				335
50m: 39.49 39.49	100m: 1:25.66	46.17	150m: 2:13.63	47.97	200m: 3:01.51	47.88	
7. Afonso Jose, FRANCISCO	06	Miranda do Corvo	3:21.56				244
50m: 46.69 46.69	100m: 1:37.21	50.52	150m: 2:31.30	54.09	200m: 3:21.56	50.26	

Prova 15	Masc., 200m Bruços				Inf A
10-07-2021 - 11:10					Resultados

Rec Nacional Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Inf A	2:32.07	Joao Soares, CARNEIRO	SLB	Loulé	2017
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf A	2:35.25	António, PEREIRA	CNAC	Campanhã	2001

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. David Duarte, JESUS	07	Fundacao Beatriz Santos	3:06.32				310
50m: 40.19 40.19	100m: 1:27.60	47.41	150m: 2:16.73	49.13	200m: 3:06.32	49.59	
2. Francisco Jose, SIMOES	07	Vigor da Mocidade	3:25.51				231
50m: 44.46 44.46	100m: 1:36.28	51.82	150m: 2:31.69	55.41	200m: 3:25.51	53.82	
3. Goncalo Miranda, FERNANDES	07	Vigor da Mocidade	3:26.61				227
50m: 44.14 44.14	100m: 1:37.01	52.87	150m: 2:33.35	56.34	200m: 3:26.61	53.26	

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Prova 15, Masc., 200m Bruços

Prova 15	Masc., 200m Bruços				Inf B
10-07-2021 - 11:10					Resultados
Rec Nacional Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Inf B	2:38.94	Duarte Anastacio, SOUSA	CAC	Oeiras	2015
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf B	2:38.94	Duarte Anastacio, SOUSA	CAQC	Oeiras	2015

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube		3:11.49	285	
50m: 44.33 44.33	100m: 1:32.06	47.73	150m: 2:21.84	49.78	200m: 3:11.49	49.65
2. Santiago Jose, FONSECA	08	Columbofila Cantanhedense		3:33.80	205	
50m: 50.21 50.21	100m: 1:44.24	54.03	150m: 2:41.30	57.06	200m: 3:33.80	52.50
3. Joao Pedro, MONTEIRO	08	Vigor da Mocidade		3:39.25	190	
50m: 48.37 48.37	100m: 1:44.01	55.64	150m: 2:42.67	58.66	200m: 3:39.25	56.58
4. David Miguel, ALVES	08	Fundacao Beatriz Santos		3:44.47	177	
50m: 49.88 49.88	100m: 1:47.94	58.06	150m: 2:46.12	58.18	200m: 3:44.47	58.35

Prova 16	Femin., 200m Bruços				Abs
10-07-2021 - 11:25					Resultados

Rec Nacional Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	2019
Rec Nacional Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	2019
Rec Nacional Jun 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	2017
Rec Nacional Jun 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	2004
Rec Nacional Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	2003
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	2010
Rec Reg ANC Sen	2:38.77	Mariana Carlota, REBELO	ALN	Coimbra	2021
Rec Reg ANC Jun 17	2:39.87	Mariana Domingues, PAZ	CNMC	Coimbra	2015
Rec Reg ANC Jun 16	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varim	2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		2018
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	1997

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Maria Carlota, REBELO	03	Louzan Natacao		2:40.76	647	
50m: 36.58 36.58	100m: 1:17.06	40.48	150m: 1:58.58	41.52	200m: 2:40.76	42.18
2. Beatriz Andre, GASPAS	06	Fundacao Beatriz Santos		2:54.15	509	
50m: 40.76 40.76	100m: 1:24.17	43.41	150m: 2:10.01	45.84	200m: 2:54.15	44.14
3. Maria Caetano, LAMAS	04	Miranda do Corvo		2:54.97	502	
50m: 39.52 39.52	100m: 1:23.73	44.21	150m: 2:09.61	45.88	200m: 2:54.97	45.36
4. Leonor Correia, PAIVA	04	Louzan Natacao		2:56.42	490	
50m: 38.96 38.96	100m: 1:22.75	43.79	150m: 2:09.19	46.44	200m: 2:56.42	47.23
5. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos		3:01.05	453	
50m: 42.04 42.04	100m: 1:27.83	45.79	150m: 2:13.86	46.03	200m: 3:01.05	47.19
6. Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos		3:01.06	453	
50m: 40.83 40.83	100m: 1:26.12	45.29	150m: 2:13.11	46.99	200m: 3:01.06	47.95
7. Ana Sofia, CASTANHEIRA	04	Condeixa Clube		3:02.85	440	
50m: 41.41 41.41	100m: 1:27.45	46.04	150m: 2:14.44	46.99	200m: 3:02.85	48.41
8. Mariana Marques, ALMEIDA	07	Academica de Coimbra		3:10.42	389	
50m: 44.80 44.80	100m: 1:33.01	48.21	150m: 2:22.40	49.39	200m: 3:10.42	48.02
9. Rita Lima, PIRES	05	Nautico Coimbra		3:13.72	370	
50m: 41.53 41.53	100m: 1:30.85	49.32	150m: 2:22.03	51.18	200m: 3:13.72	51.69
10. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos		3:14.89	363	
50m: 44.61 44.61	100m: 1:34.43	49.82	150m: 2:24.20	49.77	200m: 3:14.89	50.69

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Prova 16, Femin., 200m Bruços, Abs

Lugar	Ano	Tempo final	Pts
11. Mariana Vaz, ALVES 50m: 47.75 47.75 100m: 1:39.79 52.04 150m: 2:33.37 53.58 200m: 3:25.02 51.65	06 Academica de Coimbra	3:25.02	312
12. Cristiana Sofia, DUARTE 50m: 47.72 47.72 100m: 1:42.94 55.22 150m: 2:38.81 55.87 200m: 3:35.08 56.27	07 Vigor da Mocidade	3:35.08	270
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

Prova 16 Femin., 200m Bruços Juv A e B
10-07-2021 - 11:25 Resultados

Rec Nacional Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	2019
Rec Nacional Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	2004
Rec Nacional Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	2003
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		2018
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Andre, GASPAR 50m: 40.76 40.76 100m: 1:24.17 43.41 150m: 2:10.01 45.84 200m: 2:54.15 44.14	06 Fundacao Beatriz Santos	2:54.15	509
2. Maria Ines, FERNANDES 50m: 42.04 42.04 100m: 1:27.83 45.79 150m: 2:13.86 46.03 200m: 3:01.05 47.19	07 Fundacao Beatriz Santos	3:01.05	453
3. Matilde Batista, FERREIRA 50m: 40.83 40.83 100m: 1:26.12 45.29 150m: 2:13.11 46.99 200m: 3:01.06 47.95	06 Fundacao Beatriz Santos	3:01.06	453
4. Mariana Marques, ALMEIDA 50m: 44.80 44.80 100m: 1:33.01 48.21 150m: 2:22.40 49.39 200m: 3:10.42 48.02	07 Academica de Coimbra	3:10.42	389
5. Ines Miranda, DIOGO 50m: 44.61 44.61 100m: 1:34.43 49.82 150m: 2:24.20 49.77 200m: 3:14.89 50.69	07 Fundacao Beatriz Santos	3:14.89	363
6. Mariana Vaz, ALVES 50m: 47.75 47.75 100m: 1:39.79 52.04 150m: 2:33.37 53.58 200m: 3:25.02 51.65	06 Academica de Coimbra	3:25.02	312
7. Cristiana Sofia, DUARTE 50m: 47.72 47.72 100m: 1:42.94 55.22 150m: 2:38.81 55.87 200m: 3:35.08 56.27	07 Vigor da Mocidade	3:35.08	270
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

Prova 16 Femin., 200m Bruços Inf A
10-07-2021 - 11:25 Resultados

Rec Nacional Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	2019
Rec Nacional Inf A	2:42.69	Clara Gomes, PEREIRA	SAD	Oeiras	2015
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	2010
Rec Reg ANC Inf A	2:43.78	Ana Yuki, TSUKAGOSHI	CNAC	Coimbra	1995

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Laura Silva, FERNANDES 50m: 45.52 45.52 100m: 1:35.07 49.55 150m: 2:26.46 51.39 200m: 3:16.25 49.79	08 Miranda do Corvo	3:16.25	356
2. Rita, ISABEL NEVES 50m: 47.61 47.61 100m: 1:41.42 53.81 150m: 2:35.48 54.06 200m: 3:32.12 56.64	08 CASPAE	3:32.12	282
3. Carolina Vaz, ALVES 50m: 53.13 53.13 100m: 1:49.32 56.19 150m: 2:43.64 54.32 200m: 3:35.95 52.31	08 Academica de Coimbra	3:35.95	267
4. Francisca Dias, AGANTE 50m: 57.62 57.62 100m: 2:02.86 1:05.24 150m: 3:11.13 1:08.27 200m: 4:18.53 1:07.40	08 Vigor da Mocidade	4:18.53	155

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Prova 16, Femin., 200m Bruços

Prova 16 Femin., 200m Bruços Inf B
10-07-2021 - 11:25 Resultados

Rec Nacional Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	2019
Rec Nacional Inf B	2:49.82	Clara Gomes, PEREIRA	SAD	Loulé	2014
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povia do Varzim	2010
Rec Reg ANC Inf B	2:53.19	Ana Yuki, TSUKAGOSHI	CNAC	S. Joao da Madeira	1994

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alana Costa, MATIAS	09	3:20.09	336
50m: 46.70 46.70 100m: 1:38.04 51.34 150m: 2:30.79 52.75 200m: 3:20.09 49.30			
2. Matilde Domingues, PIRES	09	3:29.92	291
50m: 48.10 48.10 100m: 1:42.07 53.97 150m: 2:36.17 54.10 200m: 3:29.92 53.75			
3. Raquel Alexandra, CANCELA	09	3:36.37	265
50m: 49.61 49.61 100m: 1:45.97 56.36 150m: 2:43.58 57.61 200m: 3:36.37 52.79			
DSQ Carolina Baptista, PEREIRINHA	09		
<i>Falsa partida</i>			

Prova 17 Masc., 4 x 50m Livres Abs
10-07-2021 - 11:50 Resultados

Rec Nacional Absoluto	1:32.36	Futebol Clube do Porto/Imperio BonçFCP	Faro	2009	
Rec Nacional Sen	1:32.94	Futebol Clube do Porto	FCP	Oeiras	2012
Rec Nacional Jun	1:36.69	Futebol Clube do Porto/Imperio BonçFCP	Lisboa	2009	
Rec Nacional Juv A	1:44.05				
Rec Nacional Juv A/B	1:44.05				
Rec Nacional Juv B	1:44.74				
Rec Reg ANC Absoluto	1:36.80	Clube Náutico Académico de CoimbrCNAC		2012	
Rec Reg ANC Sen	1:36.80	Clube Náutico Académico de CoimbrCNAC		2012	
Rec Reg ANC Jun	1:37.79	Clube União 1919	CUC	Coimbra	2021
Rec Reg ANC Jun 17	1:39.90	Associação Académica de CoimbrAAC		2012	
Rec Reg ANC Juv A	1:46.75	Associação Académica de CoimbrAAC		2011	
Rec Reg ANC Juv A/B	1:45.52	Clube Uniao 1919	CUC	Coimbra	2019
Rec Reg ANC Juv B	1:45.52	Clube Uniao 1919	CUC	Coimbra	2019

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Fundacao Beatriz Santos Abs	1:41.13	590
Ricardo Jorge, DOMINGUES 02 +0,69 25.46 Joao Pedro, DIAS 02 +0,35 25.23 Goncalo Andre, GOMES 03 +0,34 25.01 Dinis Miranda, DIOGO 04 +0,32 25.43		
2. Nautico Coimbra Abs	1:43.62	549
Lucas Pereira, BASTOS 00 +0,70 25.93 Vasco Pereira, BASTOS 02 +0,34 25.70 Rui Joao, MARQUES 02 +0,36 27.07 Tomas Miguel, VELOSO 96 +0,26 24.92		
3. Academica de Coimbra Abs	1:44.27	538
Goncalo Daniel, OLIVEIRA 04 +0,79 26.61 Miguel Freitas, OVIEDO 02 +0,38 26.36 Rodrigo Alexandre, PATRICIO 98 +0,47 25.26 Samuel Baptista, FIGUEIRA 05 +0,54 26.04		

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Prova 18	Femin., 4 x 50m Livres					Abs
10-07-2021 - 11:50						Resultados
Rec Nacional Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		2011
Rec Nacional Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		2011
Rec Nacional Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa		2009
Rec Nacional Juv A	1:52.98					
Rec Nacional Juv A/B	1:52.98					
Rec Nacional Juv B	1:54.01					
Rec Reg ANC Absoluto	1:50.92	Associação Académica Coimbra	AAC			2018
Rec Reg ANC Sen	1:55.30	Associação Académica de Coimbra	AAC			2009
Rec Reg ANC Jun 17	1:53.69	Clube Náutico Académico de Coimbr	CNAC			2012
Rec Reg ANC Jun	1:53.69	Clube Náutico Académico de Coimbr	CNAC			2012
Rec Reg ANC Juv A	1:56.20	tempo limite				
Rec Reg ANC Juv A/B	1:56.20	Clube Náutico Académico de Coimbr	CNAC			2011
Rec Reg ANC Juv B	1:56.20	Clube Náutico Académico de Coimbr	CNAC			2011

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Louzan Natacao Abs				1:54.70	593
	Camila Rodrigues, REBELO	03	+0,74	27.93	Maria Carlota, REBELO	03 +0,51 28.50
	Mariana Carmo, ROSA	05	+0,22	27.90	Angela Rodrigues, REBELO	07 +0,22 30.37
2.	Fundacao Beatriz Santos Abs				1:55.92	575
	<i>Rec Reg ANC</i>					
	Leonor Mil, MANO	07	+0,78	28.20	Maria Neto, FERREIRA	06 +0,52 29.74
	Maria Vitoria, GRILO	06	+0,50	28.21	Beatriz Silva, NEVES	06 +0,34 29.77
3.	Academica de Coimbra Abs				2:01.75	496
	Beatriz Costa, TEJO	02	+0,61	28.92	Helena Carolina, DINIS	05 +0,52 32.83
	Ines Mariana, PINHEIRO	03	+0,55	28.96	Beatriz Carvalho, MARQUES	02 +0,46 31.04

Prova 19	Misto, 4 x 100m Estilos					Inf A
10-07-2021 - 11:55						Resultados
Rec Nacional Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra		2019
Rec Nacional 14 - 16	4:23.18	Assoc Desp Cult Rec Bairro dos ArADBA		Coimbra		2020
Rec Nacional 14 - 15	4:44.01	Assoc Desp Cult Rec Bairro dos ArADBA		Coimbra		2020
Rec Nacional Inf A	4:33.31	Sporting Clube de Portugal	SCP	Famalicão		2016
Rec Nacional Inf Misto	4:33.31	Sporting Clube de Portugal	SCP	Famalicão		2016
Rec Nacional Inf B	4:48.64	Grupo Desportivo Natacao V. N. FaiGDNVNF		Loulé		2017
Rec Reg ANC Absoluto	4:13.16	Tempo Limite				
Rec Reg ANC 14 - 16	4:39.71	Clube Uniao 1919	CUC			2019
Rec Reg ANC Inf A	4:40.07	Tempo Limite				
Rec Reg ANC Inf Misto	4:40.07	Tempo Limite				
Rec Reg ANC Inf B	4:56.06	Tempo Limite				

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Fundacao Beatriz Santos Inf A				5:32.48	284
	Marco Dimitar, OLIVEIRA	+0,81	40.35	1:21.29	David Duarte, JESUS	+0,64 34.32 1:17.35
	Raquel Filipa, JESUS	+0,53	45.60	1:38.23	Maria Gabriela, RANGEL	+0,05 34.89 1:15.61

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3 - 2ª Jornada - 2ª Sessão

10-07-2021 - 16:00

Prova 20	Masc., 400m Livres					Abs
10-07-2021 - 16:00						Resultados
Rec Nacional Absoluto	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)		2021
Rec Nacional Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)		2021
Rec Nacional Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras		2018
Rec Nacional Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)		2010
Rec Nacional Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)		2009
Rec Nacional Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra		2006
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC			2019
Rec Reg ANC Sen	3:54.96	Tomas Miguel, VELOSO	CNAC			2019
Rec Reg ANC Jun 18	4:01.12	Alexandre Valdagua, COUTINHO	ASSSCC	Singapura (SGP)		2015
Rec Reg ANC Jun 17	4:02.54	Luís, SILVA	CNAC	Jamor		2002
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé		2001
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra		2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Gabriel Jose, LOPES	97	Louzan Natacao	4:04.23	731	
50m: 27.94 27.94	150m: 1:30.52 31.44	250m: 2:32.87 30.65	350m: 3:34.20 30.40		
100m: 59.08 31.14	200m: 2:02.22 31.70	300m: 3:03.80 30.93	400m: 4:04.23 30.03		
2. Goncalo Andre, GOMES	03	Fundacao Beatriz Santos	4:06.91	708	
50m: 27.95 27.95	150m: 1:30.96 31.55	250m: 2:33.47 31.18	350m: 3:36.43 31.57		
100m: 59.41 31.46	200m: 2:02.29 31.33	300m: 3:04.86 31.39	400m: 4:06.91 30.48		
3. Martim Miranda, MACHADO	03	Individual ANC	4:18.34	618	
50m: 28.77 28.77	150m: 1:32.64 32.51	250m: 2:38.42 33.03	350m: 3:45.44 33.46		
100m: 1:00.13 31.36	200m: 2:05.39 32.75	300m: 3:11.98 33.56	400m: 4:18.34 32.90		
4. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	4:26.34	564	
50m: 30.03 30.03	150m: 1:35.80 33.11	250m: 2:44.01 34.28	350m: 3:52.12 34.01		
100m: 1:02.69 32.66	200m: 2:09.73 33.93	300m: 3:18.11 34.10	400m: 4:26.34 34.22		
5. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	4:29.34	545	
50m: 30.32 30.32	150m: 1:36.72 33.67	250m: 2:46.31 35.00	350m: 3:55.81 34.53		
100m: 1:03.05 32.73	200m: 2:11.31 34.59	300m: 3:21.28 34.97	400m: 4:29.34 33.53		
6. Francisco Couto, FRAZAO	06	Uniao Coimbra	4:29.44	544	
50m: 30.75 30.75	150m: 1:38.91 34.30	250m: 2:48.68 34.32	350m: 3:57.62 33.93		
100m: 1:04.61 33.86	200m: 2:14.36 35.45	300m: 3:23.69 35.01	400m: 4:29.44 31.82		
7. Tiago Andre, POIARES	04	Fundacao Beatriz Santos	4:30.88	536	
50m: 30.97 30.97	150m: 1:38.79 34.33	250m: 2:48.20 34.55	350m: 3:57.50 34.61		
100m: 1:04.46 33.49	200m: 2:13.65 34.86	300m: 3:22.89 34.69	400m: 4:30.88 33.38		
8. Goncalo Carvalho, SANTOS	05	Louzan Natacao	4:31.39	533	
50m: 30.84 30.84	150m: 1:39.49 34.59	250m: 2:48.93 34.57	350m: 3:58.14 34.43		
100m: 1:04.90 34.06	200m: 2:14.36 34.87	300m: 3:23.71 34.78	400m: 4:31.39 33.25		
9. Tomas Jose, FRANCISCO	05	Miranda do Corvo	4:31.54	532	
50m: 31.03 31.03	150m: 1:40.03 34.81	250m: 2:49.26 35.02	350m: 3:58.54 34.56		
100m: 1:05.22 34.19	200m: 2:14.24 34.21	300m: 3:23.98 34.72	400m: 4:31.54 33.00		
10. Afonso Miguel, AMADO	05	Miranda do Corvo	4:33.37	521	
50m: 29.98 29.98	150m: 1:37.69 34.35	250m: 2:47.90 35.37	350m: 3:58.97 35.74		
100m: 1:03.34 33.36	200m: 2:12.53 34.84	300m: 3:23.23 35.33	400m: 4:33.37 34.40		
11. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	4:35.01	512	
50m: 31.09 31.09	150m: 1:40.88 34.98	250m: 2:50.52 34.74	350m: 4:00.71 35.08		
100m: 1:05.90 34.81	200m: 2:15.78 34.90	300m: 3:25.63 35.11	400m: 4:35.01 34.30		
12. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	4:35.35	510	
50m: 30.87 30.87	150m: 1:39.10 34.42	250m: 2:49.55 35.19	350m: 4:00.85 35.77		
100m: 1:04.68 33.81	200m: 2:14.36 35.26	300m: 3:25.08 35.53	400m: 4:35.35 34.50		
13. Jose Miguel, MARQUES	06	Condeixa Clube	4:38.46	493	
50m: 31.84 31.84	150m: 1:40.47 34.59	250m: 2:51.32 35.32	350m: 4:02.87 35.38		
100m: 1:05.88 34.04	200m: 2:16.00 35.53	300m: 3:27.49 36.17	400m: 4:38.46 35.59		

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 20, Masc., 400m Livres, Abs

Lugar	Ano	Tempo final	Pts
14. Joao Neves, LUCAS	06	4:40.89	480
50m: 32.58 32.58	150m: 1:42.24 34.75	250m: 2:53.75 35.45	350m: 4:06.08 35.90
100m: 1:07.49 34.91	200m: 2:18.30 36.06	300m: 3:30.18 36.43	400m: 4:40.89 34.81
15. Tomas Veiga, PEREIRA	06	4:41.24	479
50m: 32.36 32.36	150m: 1:42.39 35.14	250m: 2:53.90 35.78	350m: 4:06.14 36.12
100m: 1:07.25 34.89	200m: 2:18.12 35.73	300m: 3:30.02 36.12	400m: 4:41.24 35.10
16. Afonso Corte-Real, GRILLO	04	4:42.91	470
50m: 30.89 30.89	150m: 1:41.07 35.45	250m: 2:54.69 36.28	350m: 4:07.22 36.02
100m: 1:05.62 34.73	200m: 2:18.41 37.34	300m: 3:31.20 36.51	400m: 4:42.91 35.69
17. Gustavo Teixeira, PIRES	06	4:45.63	457
50m: 32.31 32.31	150m: 1:43.49 35.98	250m: 2:56.83 36.67	350m: 4:09.80 36.22
100m: 1:07.51 35.20	200m: 2:20.16 36.67	300m: 3:33.58 36.75	400m: 4:45.63 35.83
18. Renato Maria, FERREIRA	04	4:50.54	434
50m: 31.94 31.94	150m: 1:44.84 36.90	250m: 2:59.19 36.34	350m: 4:14.88 37.90
100m: 1:07.94 36.00	200m: 2:22.85 38.01	300m: 3:36.98 37.79	400m: 4:50.54 35.66
19. Miguel Cunha, GASPAS	06	4:52.58	425
50m: 32.54 32.54	150m: 1:45.34 37.14	250m: 3:00.36 37.52	350m: 4:16.24 37.90
100m: 1:08.20 35.66	200m: 2:22.84 37.50	300m: 3:38.34 37.98	400m: 4:52.58 36.34
20. Edgar Tavares, MENDES	06	5:00.59	392
50m: 33.04 33.04	150m: 1:47.40 36.98	250m: 3:03.78 38.36	350m: 4:22.89 39.40
100m: 1:10.42 37.38	200m: 2:25.42 38.02	300m: 3:43.49 39.71	400m: 5:00.59 37.70

Prova 20
10-07-2021 - 16:00

Masc., 400m Livres

Juv A e B
Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	2021
Rec Nacional Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	2009
Rec Nacional Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	2006
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		2019
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé	2001
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra	2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Guilherme Maia, CARDOSO	05	4:26.34	564
50m: 30.03 30.03	150m: 1:35.80 33.11	250m: 2:44.01 34.28	350m: 3:52.12 34.01
100m: 1:02.69 32.66	200m: 2:09.73 33.93	300m: 3:18.11 34.10	400m: 4:26.34 34.22
2. Joao Neves, ALMEIDA	05	4:29.34	545
50m: 30.32 30.32	150m: 1:36.72 33.67	250m: 2:46.31 35.00	350m: 3:55.81 34.53
100m: 1:03.05 32.73	200m: 2:11.31 34.59	300m: 3:21.28 34.97	400m: 4:29.34 33.53
3. Francisco Couto, FRAZAO	06	4:29.44	544
50m: 30.75 30.75	150m: 1:38.91 34.30	250m: 2:48.68 34.32	350m: 3:57.62 33.93
100m: 1:04.61 33.86	200m: 2:14.36 35.45	300m: 3:23.69 35.01	400m: 4:29.44 31.82
4. Goncalo Carvalho, SANTOS	05	4:31.39	533
50m: 30.84 30.84	150m: 1:39.49 34.59	250m: 2:48.93 34.57	350m: 3:58.14 34.43
100m: 1:04.90 34.06	200m: 2:14.36 34.87	300m: 3:23.71 34.78	400m: 4:31.39 33.25
5. Tomas Jose, FRANCISCO	05	4:31.54	532
50m: 31.03 31.03	150m: 1:40.03 34.81	250m: 2:49.26 35.02	350m: 3:58.54 34.56
100m: 1:05.22 34.19	200m: 2:14.24 34.21	300m: 3:23.98 34.72	400m: 4:31.54 33.00
6. Afonso Miguel, AMADO	05	4:33.37	521
50m: 29.98 29.98	150m: 1:37.69 34.35	250m: 2:47.90 35.37	350m: 3:58.97 35.74
100m: 1:03.34 33.36	200m: 2:12.53 34.84	300m: 3:23.23 35.33	400m: 4:33.37 34.40
7. Jose Miguel, ROCHA	05	4:35.01	512
50m: 31.09 31.09	150m: 1:40.88 34.98	250m: 2:50.52 34.74	350m: 4:00.71 35.08
100m: 1:05.90 34.81	200m: 2:15.78 34.90	300m: 3:25.63 35.11	400m: 4:35.01 34.30

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 20, Masc., 400m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
8. Joao Rafael, FERREIRA	06 Fundacao Beatriz Santos	4:35.35	510
50m: 30.87 30.87	150m: 1:39.10 34.42	250m: 2:49.55 35.19	350m: 4:00.85 35.77
100m: 1:04.68 33.81	200m: 2:14.36 35.26	300m: 3:25.08 35.53	400m: 4:35.35 34.50
9. Jose Miguel, MARQUES	06 Condeixa Clube	4:38.46	493
50m: 31.84 31.84	150m: 1:40.47 34.59	250m: 2:51.32 35.32	350m: 4:02.87 35.38
100m: 1:05.88 34.04	200m: 2:16.00 35.53	300m: 3:27.49 36.17	400m: 4:38.46 35.59
10. Joao Neves, LUCAS	06 Columbofila Cantanhedense	4:40.89	480
50m: 32.58 32.58	150m: 1:42.24 34.75	250m: 2:53.75 35.45	350m: 4:06.08 35.90
100m: 1:07.49 34.91	200m: 2:18.30 36.06	300m: 3:30.18 36.43	400m: 4:40.89 34.81
11. Tomas Veiga, PEREIRA	06 Fundacao Beatriz Santos	4:41.24	479
50m: 32.36 32.36	150m: 1:42.39 35.14	250m: 2:53.90 35.78	350m: 4:06.14 36.12
100m: 1:07.25 34.89	200m: 2:18.12 35.73	300m: 3:30.02 36.12	400m: 4:41.24 35.10
12. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	4:45.63	457
50m: 32.31 32.31	150m: 1:43.49 35.98	250m: 2:56.83 36.67	350m: 4:09.80 36.22
100m: 1:07.51 35.20	200m: 2:20.16 36.67	300m: 3:33.58 36.75	400m: 4:45.63 35.83
13. Miguel Cunha, GASPAS	06 Columbofila Cantanhedense	4:52.58	425
50m: 32.54 32.54	150m: 1:45.34 37.14	250m: 3:00.36 37.52	350m: 4:16.24 37.90
100m: 1:08.20 35.66	200m: 2:22.84 37.50	300m: 3:38.34 37.98	400m: 4:52.58 36.34
14. Edgar Tavares, MENDES	06 Academica de Coimbra	5:00.59	392
50m: 33.04 33.04	150m: 1:47.40 36.98	250m: 3:03.78 38.36	350m: 4:22.89 39.40
100m: 1:10.42 37.38	200m: 2:25.42 38.02	300m: 3:43.49 39.71	400m: 5:00.59 37.70

Prova 20
10-07-2021 - 16:00

Masc., 400m Livres

Inf A
Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	2021
Rec Nacional Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	2004
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		2019
Rec Reg ANC Inf A	4:20.77	Diogo Matos, RIBEIRO	CUC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Alexandre, SILVA	07 Columbofila Cantanhedense	4:40.88	480
50m: 31.64 31.64	150m: 1:41.95 35.58	250m: 2:53.98 35.90	350m: 4:06.16 35.75
100m: 1:06.37 34.73	200m: 2:18.08 36.13	300m: 3:30.41 36.43	400m: 4:40.88 34.72
2. Duarte Cachulo, MARQUES	07 Condeixa Clube	4:49.84	437
50m: 33.03 33.03	150m: 1:47.14 37.68	250m: 3:01.08 36.91	350m: 4:15.17 36.78
100m: 1:09.46 36.43	200m: 2:24.17 37.03	300m: 3:38.39 37.31	400m: 4:49.84 34.67
3. Alexandre, DZYAKANAU	07 Louzan Natacao	5:01.74	387
50m: 34.13 34.13	150m: 1:51.30 39.19	250m: 3:08.33 38.20	350m: 4:24.68 38.42
100m: 1:12.11 37.98	200m: 2:30.13 38.83	300m: 3:46.26 37.93	400m: 5:01.74 37.06
4. David Ferreira, SILVA	07 Academica de Coimbra	5:05.20	374
50m: 35.09 35.09	150m: 1:51.77 38.40	250m: 3:09.30 38.63	350m: 4:26.70 38.02
100m: 1:13.37 38.28	200m: 2:30.67 38.90	300m: 3:48.68 39.38	400m: 5:05.20 38.50
5. Rodrigo, MARQUES LIMA	07 CASPAE	6:14.79	202
50m: 38.71 38.71	150m: 2:11.15 48.23	250m: 3:50.59 50.44	350m: 5:29.98 50.51
100m: 1:22.92 44.21	200m: 3:00.15 49.00	300m: 4:39.47 48.88	400m: 6:14.79 44.81

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Prova 20, Masc., 400m Livres

Prova 20 Masc., 400m Livres Inf B
10-07-2021 - 16:00 Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	2021
Rec Nacional Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	2003
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		2019
Rec Reg ANC Inf B	4:38.08	Jose Diogo, DIAS	FBSC	Coimbra	2017

Pontos: FINA 2021

Lugar	Ano				Tempo final				Pts		
1. Miguel Tomas, CONCEICAO	08	Nautico Coimbra			5:12.25				350		
50m:	35.69	35.69	150m:	1:56.24	41.08	250m:	3:16.90	40.51	350m:	4:35.31	39.13
100m:	1:15.16	39.47	200m:	2:36.39	40.15	300m:	3:56.18	39.28	400m:	5:12.25	36.94
2. Vicente Piacentini, CALDEIRA	08	Nautico Coimbra			5:12.26				350		
50m:	35.58	35.58	150m:	1:56.29	41.25	250m:	3:16.47	39.93	350m:	4:34.55	38.74
100m:	1:15.04	39.46	200m:	2:36.54	40.25	300m:	3:55.81	39.34	400m:	5:12.26	37.71
3. Rafael Pereira, RODRIGUES	08	Condeixa Clube			5:12.88				347		
50m:	35.28	35.28	150m:	1:53.00	39.54	250m:	3:12.92	40.30	350m:	4:34.05	40.37
100m:	1:13.46	38.18	200m:	2:32.62	39.62	300m:	3:53.68	40.76	400m:	5:12.88	38.83
4. Samuel Dinis, MAIA	08	Miranda do Corvo			5:18.91				328		
50m:	35.17	35.17	150m:	1:55.90	41.21	250m:	3:17.82	40.89	350m:	4:39.56	40.51
100m:	1:14.69	39.52	200m:	2:36.93	41.03	300m:	3:59.05	41.23	400m:	5:18.91	39.35
5. Rafael Figueiredo, CORREIA	08	Columbifila Cantanhedense			5:34.71				284		
50m:	36.63	36.63	150m:	1:59.43	41.89	250m:	3:26.26	43.91	350m:	4:51.98	41.51
100m:	1:17.54	40.91	200m:	2:42.35	42.92	300m:	4:10.47	44.21	400m:	5:34.71	42.73
6. Salvador Correia, PEREIRA	08	Condeixa Clube			5:44.63				260		
50m:	38.73	38.73	150m:	2:04.60	44.14	250m:	3:34.78	45.60	350m:	5:04.06	43.76
100m:	1:20.46	41.73	200m:	2:49.18	44.58	300m:	4:20.30	45.52	400m:	5:44.63	40.57
7. Rodrigo Mosca, SILVA	08	Columbifila Cantanhedense			5:47.69				253		
50m:	37.08	37.08	150m:	2:05.55	44.26	250m:	3:37.23	45.40	350m:	5:06.53	43.92
100m:	1:21.29	44.21	200m:	2:51.83	46.28	300m:	4:22.61	45.38	400m:	5:47.69	41.16

Prova 21 Femin., 400m Livres Abs
10-07-2021 - 16:25 Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Sen	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	2016
Rec Nacional Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	2002
Rec Nacional Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	2014
Rec Nacional Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	2014
Rec Reg ANC Absoluto	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Sen	4:22.19	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2015
Rec Reg ANC Jun 17	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Jun 16	4:23.05	Maria Miguel, VELOSO	CNAC		2009
Rec Reg ANC Juv A	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	2017
Rec Reg ANC Juv B	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	2007

Pontos: FINA 2021

Lugar	Ano				Tempo final				Pts		
1. Ana Rita, QUEIROZ	02	Individual ANC			4:32.45				653		
50m:	31.82	31.82	150m:	1:39.61	34.05	250m:	2:48.68	34.33	350m:	3:58.18	34.57
100m:	1:05.56	33.74	200m:	2:14.35	34.74	300m:	3:23.61	34.93	400m:	4:32.45	34.27
2. Ines Mariana, PINHEIRO	03	Academica de Coimbra			4:37.40				619		
50m:	32.18	32.18	150m:	1:41.72	35.09	250m:	2:52.74	35.32	350m:	4:03.74	35.32
100m:	1:06.63	34.45	200m:	2:17.42	35.70	300m:	3:28.42	35.68	400m:	4:37.40	33.66
3. Mariana Carmo, ROSA	05	Louzan Natacao			4:37.66				617		
50m:	31.88	31.88	150m:	1:41.12	35.15	250m:	2:52.20	35.44	350m:	4:03.82	35.94
100m:	1:05.97	34.09	200m:	2:16.76	35.64	300m:	3:27.88	35.68	400m:	4:37.66	33.84

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 21, Femin., 400m Livres, Abs

Lugar			Ano					Tempo final	Pts
4.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				4:43.85	578
	50m:	32.79 32.79	150m:	1:44.39	36.04	250m:	2:56.03 35.32	350m:	4:08.29 35.73
	100m:	1:08.35 35.56	200m:	2:20.71	36.32	300m:	3:32.56 36.53	400m:	4:43.85 35.56
5.	Beatriz Ferreira, GASPAR		04	Individual ANC				4:44.09	576
	50m:	32.50 32.50	150m:	1:43.31	35.58	250m:	2:55.01 35.89	350m:	4:08.38 36.67
	100m:	1:07.73 35.23	200m:	2:19.12	35.81	300m:	3:31.71 36.70	400m:	4:44.09 35.71
6.	Maria Neto, FERREIRA		06	Fundacao Beatriz Santos				4:49.54	544
	50m:	32.58 32.58	150m:	1:45.97	37.04	250m:	2:59.39 36.76	350m:	4:13.31 36.94
	100m:	1:08.93 36.35	200m:	2:22.63	36.66	300m:	3:36.37 36.98	400m:	4:49.54 36.23
7.	Beatriz Andre, GASPAR		06	Fundacao Beatriz Santos				4:50.07	541
	50m:	32.86 32.86	150m:	1:46.25	37.16	250m:	2:59.97 37.03	350m:	4:14.74 37.10
	100m:	1:09.09 36.23	200m:	2:22.94	36.69	300m:	3:37.64 37.67	400m:	4:50.07 35.33
8.	Anita Gouveia, COSTA		06	Condeixa Clube				4:55.63	511
	50m:	33.11 33.11	150m:	1:47.66	37.64	250m:	3:02.41 37.64	350m:	4:18.30 37.78
	100m:	1:10.02 36.91	200m:	2:24.77	37.11	300m:	3:40.52 38.11	400m:	4:55.63 37.33
9.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo				4:57.01	504
	50m:	33.17 33.17	150m:	1:44.68	36.26	250m:	2:59.67 38.10	350m:	4:18.19 39.48
	100m:	1:08.42 35.25	200m:	2:21.57	36.89	300m:	3:38.71 39.04	400m:	4:57.01 38.82
10.	Xenia Angelica, KOZIY		06	Condeixa Clube				5:11.79	436
	50m:	34.67 34.67	150m:	1:52.68	39.35	250m:	3:11.87 39.45	350m:	4:32.93 40.94
	100m:	1:13.33 38.66	200m:	2:32.42	39.74	300m:	3:51.99 40.12	400m:	5:11.79 38.86
11.	Beatriz Carvalho, MARQUES		02	Academica de Coimbra				5:18.25	410
	50m:	35.86 35.86	150m:	1:56.22	40.89	250m:	3:17.93 40.92	350m:	4:38.96 40.14
	100m:	1:15.33 39.47	200m:	2:37.01	40.79	300m:	3:58.82 40.89	400m:	5:18.25 39.29
12.	Helena Carolina, DINIS		05	Academica de Coimbra				5:43.22	327
	50m:	37.78 37.78	150m:	2:03.70	43.22	250m:	3:32.29 44.51	350m:	5:01.00 44.12
	100m:	1:20.48 42.70	200m:	2:47.78	44.08	300m:	4:16.88 44.59	400m:	5:43.22 42.22

Prova 21

Femin., 400m Livres

Juv A e B

10-07-2021 - 16:25

Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	2014
Rec Nacional Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	2014
Rec Reg ANC Absoluto	4:19.98	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Juv A	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	2017
Rec Reg ANC Juv B	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	2007

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				4:43.85	578
	50m:	32.79 32.79	150m:	1:44.39	36.04	250m:	2:56.03 35.32	350m:	4:08.29 35.73
	100m:	1:08.35 35.56	200m:	2:20.71	36.32	300m:	3:32.56 36.53	400m:	4:43.85 35.56
2.	Maria Neto, FERREIRA		06	Fundacao Beatriz Santos				4:49.54	544
	50m:	32.58 32.58	150m:	1:45.97	37.04	250m:	2:59.39 36.76	350m:	4:13.31 36.94
	100m:	1:08.93 36.35	200m:	2:22.63	36.66	300m:	3:36.37 36.98	400m:	4:49.54 36.23
3.	Beatriz Andre, GASPAR		06	Fundacao Beatriz Santos				4:50.07	541
	50m:	32.86 32.86	150m:	1:46.25	37.16	250m:	2:59.97 37.03	350m:	4:14.74 37.10
	100m:	1:09.09 36.23	200m:	2:22.94	36.69	300m:	3:37.64 37.67	400m:	4:50.07 35.33
4.	Anita Gouveia, COSTA		06	Condeixa Clube				4:55.63	511
	50m:	33.11 33.11	150m:	1:47.66	37.64	250m:	3:02.41 37.64	350m:	4:18.30 37.78
	100m:	1:10.02 36.91	200m:	2:24.77	37.11	300m:	3:40.52 38.11	400m:	4:55.63 37.33
5.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo				4:57.01	504
	50m:	33.17 33.17	150m:	1:44.68	36.26	250m:	2:59.67 38.10	350m:	4:18.19 39.48
	100m:	1:08.42 35.25	200m:	2:21.57	36.89	300m:	3:38.71 39.04	400m:	4:57.01 38.82

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 21, Femin., 400m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
6. Xenia Angelica, KOZIY	06 Condeixa Clube	5:11.79	436
50m: 34.67 34.67	150m: 1:52.68 39.35	250m: 3:11.87 39.45	350m: 4:32.93 40.94
100m: 1:13.33 38.66	200m: 2:32.42 39.74	300m: 3:51.99 40.12	400m: 5:11.79 38.86

Prova 21 Femin., 400m Livres Inf A
10-07-2021 - 16:25 Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Inf A	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	1980
Rec Reg ANC Absoluto	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Inf A	4:36.99	Mariana Cunha, GUERRA	ASSSCC	Rio Maior	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Julia Maria, SOARES	08 Miranda do Corvo	5:24.24	387
50m: 36.48 36.48	150m: 1:59.03 41.52	250m: 3:21.07 40.83	350m: 4:43.37 41.87
100m: 1:17.51 41.03	200m: 2:40.24 41.21	300m: 4:01.50 40.43	400m: 5:24.24 40.87
2. Maria Manuel, CORTESAO	08 Nautico Coimbra	5:39.90	336
50m: 38.39 38.39	150m: 2:03.52 43.35	250m: 3:30.57 43.23	350m: 4:56.82 43.31
100m: 1:20.17 41.78	200m: 2:47.34 43.82	300m: 4:13.51 42.94	400m: 5:39.90 43.08
3. Catarina Sargaco, TEIXEIRA	08 Columbofila Cantanhedense	5:40.94	333
50m: 39.28 39.28	150m: 2:05.61 43.00	250m: 3:32.02 42.83	350m: 4:59.34 43.08
100m: 1:22.61 43.33	200m: 2:49.19 43.58	300m: 4:16.26 44.24	400m: 5:40.94 41.60
4. Mariana Santos, ALMEIDA	08 Columbofila Cantanhedense	5:41.12	333
50m: 39.57 39.57	150m: 2:06.27 43.47	250m: 3:32.61 43.00	350m: 4:59.77 43.03
100m: 1:22.80 43.23	200m: 2:49.61 43.34	300m: 4:16.74 44.13	400m: 5:41.12 41.35
5. Laura Silva, FERNANDES	08 Miranda do Corvo	5:43.66	325
50m: 38.78 38.78	150m: 2:04.12 43.58	250m: 3:31.85 43.92	350m: 5:00.62 44.44
100m: 1:20.54 41.76	200m: 2:47.93 43.81	300m: 4:16.18 44.33	400m: 5:43.66 43.04
6. Raquel Filipa, JESUS	08 Fundacao Beatriz Santos	5:52.39	302
50m: 40.15 40.15	150m: 2:10.80 45.23	250m: 3:40.75 44.12	350m: 5:10.70 44.50
100m: 1:25.57 45.42	200m: 2:56.63 45.83	300m: 4:26.20 45.45	400m: 5:52.39 41.69
7. Rita, ISABEL NEVES	08 CASPAE	6:08.76	263
50m: 42.28 42.28	150m: 2:15.37 46.64	250m: 3:50.04 48.13	350m: 5:25.73 47.09
100m: 1:28.73 46.45	200m: 3:01.91 46.54	300m: 4:38.64 48.60	400m: 6:08.76 43.03
8. Ines Serralheiro, SANTOS	08 Columbofila Cantanhedense	6:25.18	231
50m: 40.10 40.10	150m: 2:15.04 48.86	250m: 3:53.86 49.35	350m: 5:35.02 50.69
100m: 1:26.18 46.08	200m: 3:04.51 49.47	300m: 4:44.33 50.47	400m: 6:25.18 50.16
DSQ Maria Gabriela, RANGEL	08 Fundacao Beatriz Santos		
<i>Falsa partida</i>			

Prova 21 Femin., 400m Livres Inf B
10-07-2021 - 16:25 Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Inf B	4:43.70	Alexandra Maria, SILVA	FCP	Funchal	1979
Rec Reg ANC Absoluto	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Inf B	4:46.19	Mariana Cunha, GUERRA	ASSSCC	Porto	2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Anastacia, PROTOLYUK	09 Columbofila Cantanhedense	5:16.69	416
50m: 36.73 36.73	150m: 1:57.11 40.33	250m: 3:18.47 40.41	350m: 4:38.59 39.60
100m: 1:16.78 40.05	200m: 2:38.06 40.95	300m: 3:58.99 40.52	400m: 5:16.69 38.10
2. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	5:26.57	379
50m: 36.48 36.48	150m: 1:59.78 42.17	250m: 3:23.15 41.95	350m: 4:45.61 41.47
100m: 1:17.61 41.13	200m: 2:41.20 41.42	300m: 4:04.14 40.99	400m: 5:26.57 40.96

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Prova 21, Femin., 400m Livres, Inf B

Lugar	Ano	Tempo final	Pts
3. Matilde Domingues, PIRES	09 Columbofila Cantanhedense	5:37.43	344
50m: 38.83 38.83 150m: 2:04.58 42.78 250m: 3:31.81 42.72 350m: 4:56.31 40.91			
100m: 1:21.80 42.97 200m: 2:49.09 44.51 300m: 4:15.40 43.59 400m: 5:37.43 41.12			
4. Gabriela Leonardo, MEDINA	09 Condeixa Clube	6:09.88	261
50m: 42.00 42.00 150m: 2:15.16 47.78 250m: 3:49.61 47.91 350m: 5:24.46 47.26			
100m: 1:27.38 45.38 200m: 3:01.70 46.54 300m: 4:37.20 47.59 400m: 6:09.88 45.42			
5. Maria Alexandra, MOREIRA	09 Condeixa Clube	6:17.92	244
50m: 41.63 41.63 150m: 2:16.59 47.53 250m: 3:53.51 48.34 350m: 5:31.02 48.64			
100m: 1:29.06 47.43 200m: 3:05.17 48.58 300m: 4:42.38 48.87 400m: 6:17.92 46.90			
6. Ana Laura, LUCAS	09 Columbofila Cantanhedense	7:11.11	165
50m: 47.39 47.39 150m: 2:39.47 58.17 250m: 4:29.44 54.31 350m: 6:20.06 54.57			
100m: 1:41.30 53.91 200m: 3:35.13 55.66 300m: 5:25.49 56.05 400m: 7:11.11 51.05			

Prova 22

Masc., 100m Costas

Abs

10-07-2021 - 16:55

Resultados

Rec Nacional Absoluto	54.70	Joao Nogueira, COSTA	POR	Budapeste (HUN)	2021
Rec Nacional Sen	54.70	Joao Nogueira, COSTA	POR	Budapeste (HUN)	2021
Rec Nacional Jun 18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	2019
Rec Nacional Jun 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	2009
Rec Nacional Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	2011
Rec Nacional Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		2017
Rec Reg ANC Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	2017
Rec Reg ANC Jun 18	55.79	Gabriel Jose, LOPES	ALN	Singapura (SGP)	2015
Rec Reg ANC Jun 17	57.39	Gabriel Jose, LOPES	CDL	Tarragona	2018
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES	97 Louzan Natacao	57.50	733
50m: 28.18 28.18 100m: 57.50 29.32			
2. Joao Pedro, DIAS	02 Fundacao Beatriz Santos	1:00.56	627
50m: 29.36 29.36 100m: 1:00.56 31.20			
3. Gustavo Pires, MARQUES	04 Individual ANC	1:01.60	596
50m: 30.18 30.18 100m: 1:01.60 31.42			
4. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	1:02.42	573
50m: 30.26 30.26 100m: 1:02.42 32.16			
5. Bernardo Vinagre, ARZILEIRO	01 Individual ANC	1:03.51	544
50m: 30.75 30.75 100m: 1:03.51 32.76			
6. David Valdagua, COUTINHO	03 Uniao Coimbra	1:04.66	515
50m: 31.67 31.67 100m: 1:04.66 32.99			
7. Alberto Antonio, SANTOS	01 S. Pedro Alva	1:04.78	512
50m: 30.62 30.62 100m: 1:04.78 34.16			
8. Rui Mamede, SANTOS	04 Individual ANC	1:05.75	490
50m: 31.97 31.97 100m: 1:05.75 33.78			
9. Manuel Baptista, SIMOES	03 Individual ANC	1:05.92	486
50m: 31.25 31.25 100m: 1:05.92 34.67			
10. Guilherme Marques, PEREIRA	06 Condeixa Clube	1:07.63	450
50m: 32.37 32.37 100m: 1:07.63 35.26			
11. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	1:08.07	441
50m: 33.32 33.32 100m: 1:08.07 34.75			
12. Francisco Couto, FRAZAO	06 Uniao Coimbra	1:09.20	420
50m: 33.64 33.64 100m: 1:09.20 35.56			

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 22, Masc., 100m Costas, Abs

Lugar	Ano	Tempo final	Pts
13. Filipe Cruz, SIMOES 50m: 34.02 34.02 100m: 1:09.97 35.95	06 Miranda do Corvo	1:09.97	406
14. Renato Maria, FERREIRA 50m: 34.31 34.31 100m: 1:12.57 38.26	04 Individual ANC	1:12.57	364
15. Miguel Cunha, GASPAS 50m: 36.39 36.39 100m: 1:14.45 38.06	06 Columbofila Cantanhedense	1:14.45	337
16. Diogo Simoes, DIAS 50m: 37.25 37.25 100m: 1:14.65 37.40	05 Louzan Natacao	1:14.65	335
17. Miguel Joao, PINHEIRO 50m: 37.21 37.21 100m: 1:18.04 40.83	06 Academica de Coimbra	1:18.04	293
18. Simao Domingues, PAZ 50m: 39.32 39.32 100m: 1:20.57 41.25	06 Miranda do Corvo	1:20.57	266
19. Afonso Jose, FRANCISCO 50m: 39.29 39.29 100m: 1:21.43 42.14	06 Miranda do Corvo	1:21.43	258
20. Diogo Luis, CANCELA 50m: 39.78 39.78 100m: 1:22.22 42.44	02 Miranda do Corvo	1:22.22	250

Prova 22
10-07-2021 - 16:55

Masc., 100m Costas

Juv A e B
Resultados

Rec Nacional Absoluto	54.70	Joao Nogueira, COSTA	POR	Budapeste (HUN)	2021
Rec Nacional Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	2011
Rec Nacional Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		2017
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Guilherme Marques, PEREIRA 50m: 32.37 32.37 100m: 1:07.63 35.26	06 Condeixa Clube	1:07.63	450
2. Samuel Baptista, FIGUEIRA 50m: 33.32 33.32 100m: 1:08.07 34.75	05 Academica de Coimbra	1:08.07	441
3. Francisco Couto, FRAZAO 50m: 33.64 33.64 100m: 1:09.20 35.56	06 Uniao Coimbra	1:09.20	420
4. Filipe Cruz, SIMOES 50m: 34.02 34.02 100m: 1:09.97 35.95	06 Miranda do Corvo	1:09.97	406
5. Miguel Cunha, GASPAS 50m: 36.39 36.39 100m: 1:14.45 38.06	06 Columbofila Cantanhedense	1:14.45	337
6. Diogo Simoes, DIAS 50m: 37.25 37.25 100m: 1:14.65 37.40	05 Louzan Natacao	1:14.65	335
7. Miguel Joao, PINHEIRO 50m: 37.21 37.21 100m: 1:18.04 40.83	06 Academica de Coimbra	1:18.04	293
8. Simao Domingues, PAZ 50m: 39.32 39.32 100m: 1:20.57 41.25	06 Miranda do Corvo	1:20.57	266
9. Afonso Jose, FRANCISCO 50m: 39.29 39.29 100m: 1:21.43 42.14	06 Miranda do Corvo	1:21.43	258

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 22, Masc., 100m Costas

Prova 22 Masc., 100m Costas Inf A
10-07-2021 - 16:55 Resultados

Rec Nacional Absoluto	54.70	Joao Nogueira, COSTA	POR	Budapeste (HUN)	2021
Rec Nacional Inf A	1:01.39	Alexandre Lages, RIBAS	EDV	Lisboa	2011
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		2017
Rec Reg ANC Inf A	1:02.97	Gabriel Jose, LOPES	CDL	Lisboa	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Guilherme Marques, ALMEIDA	07	Academica de Coimbra	1:14.84	332
50m: 37.08 37.08	100m: 1:14.84	37.76		
2. Duarte Cachulo, MARQUES	07	Condeixa Clube	1:15.87	319
50m: 37.46 37.46	100m: 1:15.87	38.41		
3. David Duarte, JESUS	07	Fundacao Beatriz Santos	1:16.71	308
50m: 37.48 37.48	100m: 1:16.71	39.23		
4. Afonso Simoes, FERREIRA	07	Vigor da Mocidade	1:20.05	271
50m: 39.31 39.31	100m: 1:20.05	40.74		
5. Goncalo Miranda, FERNANDES	07	Vigor da Mocidade	1:21.00	262
50m: 38.87 38.87	100m: 1:21.00	42.13		

Prova 22 Masc., 100m Costas Inf B
10-07-2021 - 16:55 Resultados

Rec Nacional Absoluto	54.70	Joao Nogueira, COSTA	POR	Budapeste (HUN)	2021
Rec Nacional Inf B	1:05.61	Goncalo Henriques, WANZELLER	CFB	Famalicão	2016
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		2017
Rec Reg ANC Inf B	1:06.75	Jose Diogo, DIAS	FBSC	Loulé	2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Francisco Fernandes, PEREIRA	08	Academica de Coimbra	1:26.33	216
50m: 41.85 41.85	100m: 1:26.33	44.48		
2. Henrique Figueiredo, FIDALGO	08	Vigor da Mocidade	1:31.98	179
50m: 45.03 45.03	100m: 1:31.98	46.95		
3. David Miguel, ALVES	08	Fundacao Beatriz Santos	1:32.33	177
50m: 44.95 44.95	100m: 1:32.33	47.38		
4. Jose Guardado, SILVA	08	Vigor da Mocidade	1:39.08	143
50m: 48.21 48.21	100m: 1:39.08	50.87		
5. Manuel Meneses, GONCALVES	08	Nautico Coimbra	1:41.73	132
50m: 49.03 49.03	100m: 1:41.73	52.70		
6. Tiago Cravino, RIBEIRO	08	Nautico Coimbra	1:46.22	116
7. Diogo Garcia, FARIA	08	Nautico Coimbra	1:58.40	83
50m: 57.57 57.57	100m: 1:58.40	1:00.83		

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 23	Femin., 100m Costas				Abs
10-07-2021 - 17:15					Resultados
Rec Nacional Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2020
Rec Nacional Sen	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2020
Rec Nacional Jun 17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	2019
Rec Nacional Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	2019
Rec Nacional Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	2012
Rec Nacional Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	2012
Rec Nacional Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	2011
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Sen	1:02.76	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Jun 17	1:02.92	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	2019
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN		2018
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Camila Rodrigues, REBELO	03	Louzan Natacao	1:04.54	709
50m: 31.38 31.38	100m: 1:04.54	33.16		
2. Leonor Correia, PAIVA	04	Louzan Natacao	1:08.19	601
50m: 33.39 33.39	100m: 1:08.19	34.80		
3. Joana Francisca, RODRIGUES	04	Individual ANC	1:11.50	522
50m: 34.50 34.50	100m: 1:11.50	37.00		
4. Ana Carolina, MONTEIRO	04	Individual ANC	1:11.67	518
50m: 34.74 34.74	100m: 1:11.67	36.93		
5. Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos	1:14.48	461
50m: 35.28 35.28	100m: 1:14.48	39.20		
6. Sara Dias, NEVES	03	Miranda do Corvo	1:14.89	454
50m: 36.75 36.75	100m: 1:14.89	38.14		
7. Barbara Almeida, SIMOES	05	Uniao Coimbra	1:14.95	453
50m: 35.58 35.58	100m: 1:14.95	39.37		
8. Diana Silva, TINOCO	06	Columbofila Cantanhedense	1:16.09	433
50m: 37.13 37.13	100m: 1:16.09	38.96		
9. Kateryna, DZYAKANAVA	05	Louzan Natacao	1:17.12	415
50m: 37.04 37.04	100m: 1:17.12	40.08		
10. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	1:17.57	408
50m: 37.48 37.48	100m: 1:17.57	40.09		
11. Mariana Marques, ALMEIDA	07	Academica de Coimbra	1:17.85	404
50m: 38.60 38.60	100m: 1:17.85	39.25		
12. Xenia Angelica, KOZIY	06	Condeixa Clube	1:18.81	389
50m: 38.80 38.80	100m: 1:18.81	40.01		
13. Maria Vitoria, GRILO	06	Fundacao Beatriz Santos	1:20.10	371
50m: 38.73 38.73	100m: 1:20.10	41.37		
14. Diana Costa, OLIVEIRA	04	Uniao Coimbra	1:20.30	368
50m: 38.77 38.77	100m: 1:20.30	41.53		
15. Rita Lima, PIRES	05	Nautico Coimbra	1:21.55	351
50m: 39.37 39.37	100m: 1:21.55	42.18		
16. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	1:24.78	313
50m: 40.55 40.55	100m: 1:24.78	44.23		
17. Lara Carvalho, SANTOS	07	Nautico Coimbra	1:26.50	294
50m: 41.57 41.57	100m: 1:26.50	44.93		
18. Rita Mendes, SANTOS	06	Vigor da Mocidade	1:34.67	224
50m: 46.15 46.15	100m: 1:34.67	48.52		

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Prova 23, Femin., 100m Costas

Prova 23	Femin., 100m Costas				Juv A e B
10-07-2021 - 17:15					Resultados
Rec Nacional Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2020
Rec Nacional Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	2012
Rec Nacional Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	2012
Rec Nacional Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	2011
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN		2018
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Matilde Batista, FERREIRA		06	Fundacao Beatriz Santos		1:14.48	461
	50m:	35.28 35.28	100m:	1:14.48	39.20		
2.	Diana Silva, TINOCO		06	Columbofila Cantanhedense		1:16.09	433
	50m:	37.13 37.13	100m:	1:16.09	38.96		
3.	Joana Filipa, VARELA		06	Fundacao Beatriz Santos		1:17.57	408
	50m:	37.48 37.48	100m:	1:17.57	40.09		
4.	Mariana Marques, ALMEIDA		07	Academica de Coimbra		1:17.85	404
	50m:	38.60 38.60	100m:	1:17.85	39.25		
5.	Xenia Angelica, KOZIY		06	Condeixa Clube		1:18.81	389
	50m:	38.80 38.80	100m:	1:18.81	40.01		
6.	Maria Vitoria, GRILO		06	Fundacao Beatriz Santos		1:20.10	371
	50m:	38.73 38.73	100m:	1:20.10	41.37		
7.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade		1:24.78	313
	50m:	40.55 40.55	100m:	1:24.78	44.23		
8.	Lara Carvalho, SANTOS		07	Nautico Coimbra		1:26.50	294
	50m:	41.57 41.57	100m:	1:26.50	44.93		
9.	Rita Mendes, SANTOS		06	Vigor da Mocidade		1:34.67	224
	50m:	46.15 46.15	100m:	1:34.67	48.52		

Prova 23	Femin., 100m Costas				Inf A
10-07-2021 - 17:15					Resultados

Rec Nacional Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2020
Rec Nacional Inf A	1:06.78	Ines Camacho, FERNANDES	POR	Catania (ITA)	2010
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf A	1:08.43	Camila Rodrigues, REBELO	ALN	Famalicao	2016

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Francisca Santos, FERNANDES		08	Miranda do Corvo		1:20.07	371
	50m:	39.02 39.02	100m:	1:20.07	41.05		
2.	Laura Silva, FERNANDES		08	Miranda do Corvo		1:24.52	316
	50m:	41.34 41.34	100m:	1:24.52	43.18		
3.	Laura Carvalho, FERNANDES		08	Fundacao Beatriz Santos		1:34.38	226
	50m:	45.57 45.57	100m:	1:34.38	48.81		
4.	Francisca Dias, AGANTE		08	Vigor da Mocidade		1:50.49	141
	50m:	53.03 53.03	100m:	1:50.49	57.46		

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Prova 23, Femin., 100m Costas

Prova 23	Femin., 100m Costas				Inf B
10-07-2021 - 17:15					Resultados
Rec Nacional Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	2020
Rec Nacional Inf B	1:08.97	Carolina Miranda, FERNANDES	CGA	Coimbra	2017
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf B	1:11.48	Camila Rodrigues, REBELO	ALN	Oeiras	2015

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mercês, CAVALEIRO	09	1:20.35	367
50m: 39.10 39.10 100m: 1:20.35 41.25			
2. Anastacia, PROTOLYUK	09	1:27.10	288
50m: 42.62 42.62 100m: 1:27.10 44.48			
3. Margarida Pessoa, MONTEIRO	09	1:28.11	278
50m: 42.44 42.44 100m: 1:28.11 45.67			
4. Carolina Baptista, PEREIRINHA	09	1:29.27	268
5. Francisca Rendilho, SOUSA	09	2:00.86	108
50m: 59.54 59.54 100m: 2:00.86 1:01.32			

Prova 24	Masc., 200m Estilos				Abs
10-07-2021 - 17:30					Resultados

Rec Nacional Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	2019
Rec Nacional Sen	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	2019
Rec Nacional Jun 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	2018
Rec Nacional Jun 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	2004
Rec Nacional Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	2015
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Sen	1:58.59	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Jun 18	2:02.72	Gabriel Jose, LOPES	ALN	Baku (AZE)	2015
Rec Reg ANC Jun 17	2:04.64	Gabriel Jose, LOPES	CDL		2014
Rec Reg ANC Juv A	2:11.02	Tomas Miguel, VELOSO	CNAC	Oeiras	2012
Rec Reg ANC Juv B	2:14.57	Tomas Miguel, VELOSO	CNAC	Oeiras	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO	96	2:08.85	692
50m: 28.13 28.13 100m: 1:02.51 34.38 150m: 1:39.11 36.60 200m: 2:08.85 29.74			
2. Lucas Pereira, BASTOS	00	2:14.19	613
50m: 28.09 28.09 100m: 1:02.60 34.51 150m: 1:41.73 39.13 200m: 2:14.19 32.46			
3. Ricardo Jorge, DOMINGUES	02	2:16.39	583
50m: 27.00 27.00 100m: 1:03.64 36.64 150m: 1:45.64 42.00 200m: 2:16.39 30.75			
4. Joaquim Agra, MERUJE	01	2:16.68	580
50m: 28.32 28.32 100m: 1:05.12 36.80 150m: 1:43.61 38.49 200m: 2:16.68 33.07			
5. Dinis Miranda, DIOGO	04	2:17.61	568
50m: 27.83 27.83 100m: 1:04.08 36.25 150m: 1:45.91 41.83 200m: 2:17.61 31.70			
6. Rodrigo Miguel, REIS	04	2:20.23	537
50m: 28.02 28.02 100m: 1:04.52 36.50 150m: 1:49.23 44.71 200m: 2:20.23 31.00			
7. Vasco Pereira, BASTOS	02	2:22.04	516
50m: 30.00 30.00 100m: 1:08.54 38.54 150m: 1:48.55 40.01 200m: 2:22.04 33.49			
8. Martim Miranda, MACHADO	03	2:22.70	509
50m: 29.37 29.37 100m: 1:06.00 36.63 150m: 1:52.50 46.50 200m: 2:22.70 30.20			
9. Duarte Jose, FERNANDES	06	2:22.78	508
50m: 30.52 30.52 100m: 1:10.82 40.30 150m: 1:49.01 38.19 200m: 2:22.78 33.77			
10. Samuel Baptista, FIGUEIRA	05	2:25.01	485
50m: 30.42 30.42 100m: 1:09.36 38.94 150m: 1:53.27 43.91 200m: 2:25.01 31.74			

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Prova 24, Masc., 200m Estilos, Abs

Lugar	Ano	Tempo final	Pts
11. Tomas Carvalho, SANTOS 50m: 30.15 30.15 100m: 1:07.43 37.28 150m: 1:51.62 44.19 200m: 2:25.36 33.74	05 Louzan Natacao	2:25.36	482
12. Afonso Miguel, AMADO 50m: 30.03 30.03 100m: 1:10.19 40.16 150m: 1:53.74 43.55 200m: 2:25.95 32.21	05 Miranda do Corvo	2:25.95	476
13. Tomas Varanda, OLIVEIRA 50m: 30.00 30.00 100m: 1:10.13 40.13 150m: 1:51.43 41.30 200m: 2:28.99 37.56	06 Columbofila Cantanhedense	2:28.99	447
14. Filipe Cruz, SIMOES 50m: 32.81 32.81 100m: 1:10.38 37.57 150m: 1:55.82 45.44 200m: 2:29.26 33.44	06 Miranda do Corvo	2:29.26	445
15. Afonso Vidal, TOMAS 50m: 31.55 31.55 100m: 1:10.31 38.76 150m: 1:56.50 46.19 200m: 2:30.28 33.78	06 Louzan Natacao	2:30.28	436
16. Tomas Nolan, SANTOS 50m: 30.47 30.47 100m: 1:12.46 41.99 150m: 1:57.30 44.84 200m: 2:31.93 34.63	06 Fundacao Beatriz Santos	2:31.93	422
17. Gustavo Teixeira, PIRES 50m: 31.82 31.82 100m: 1:13.47 41.65 150m: 2:00.58 47.11 200m: 2:35.24 34.66	06 Columbofila Cantanhedense	2:35.24	396
18. Rodrigo Costa, CRUZ 50m: 34.71 34.71 100m: 1:16.95 42.24 150m: 2:05.29 48.34 200m: 2:41.22 35.93	06 Academica de Coimbra	2:41.22	353
19. Rodrigo Neves, DUARTE 50m: 36.93 36.93 100m: 1:20.61 43.68 150m: 2:10.34 49.73 200m: 2:46.66 36.32	06 Louzan Natacao	2:46.66	320
20. Simao Domingues, PAZ 50m: 35.30 35.30 100m: 1:19.46 44.16 150m: 2:09.65 50.19 200m: 2:49.58 39.93	06 Miranda do Corvo	2:49.58	303
DSQ Tomas Jose, FRANCISCO <i>Falsa partida</i>	05 Miranda do Corvo		

Prova 24
10-07-2021 - 17:30

Masc., 200m Estilos

Juv A e B
Resultados

Rec Nacional Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	2019
Rec Nacional Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	2004
Rec Nacional Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	2015
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Juv A	2:11.02	Tomas Miguel, VELOSO	CNAC	Oeiras	2012
Rec Reg ANC Juv B	2:14.57	Tomas Miguel, VELOSO	CNAC	Oeiras	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Duarte Jose, FERNANDES 50m: 30.52 30.52 100m: 1:10.82 40.30 150m: 1:49.01 38.19 200m: 2:22.78 33.77	06 Individual ANC	2:22.78	508
2. Samuel Baptista, FIGUEIRA 50m: 30.42 30.42 100m: 1:09.36 38.94 150m: 1:53.27 43.91 200m: 2:25.01 31.74	05 Academica de Coimbra	2:25.01	485
3. Tomas Carvalho, SANTOS 50m: 30.15 30.15 100m: 1:07.43 37.28 150m: 1:51.62 44.19 200m: 2:25.36 33.74	05 Louzan Natacao	2:25.36	482
4. Afonso Miguel, AMADO 50m: 30.03 30.03 100m: 1:10.19 40.16 150m: 1:53.74 43.55 200m: 2:25.95 32.21	05 Miranda do Corvo	2:25.95	476
5. Tomas Varanda, OLIVEIRA 50m: 30.00 30.00 100m: 1:10.13 40.13 150m: 1:51.43 41.30 200m: 2:28.99 37.56	06 Columbofila Cantanhedense	2:28.99	447
6. Filipe Cruz, SIMOES 50m: 32.81 32.81 100m: 1:10.38 37.57 150m: 1:55.82 45.44 200m: 2:29.26 33.44	06 Miranda do Corvo	2:29.26	445
7. Afonso Vidal, TOMAS 50m: 31.55 31.55 100m: 1:10.31 38.76 150m: 1:56.50 46.19 200m: 2:30.28 33.78	06 Louzan Natacao	2:30.28	436
8. Tomas Nolan, SANTOS 50m: 30.47 30.47 100m: 1:12.46 41.99 150m: 1:57.30 44.84 200m: 2:31.93 34.63	06 Fundacao Beatriz Santos	2:31.93	422

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Prova 24, Masc., 200m Estilos, Juv A e B

Lugar	Ano	Tempo final	Pts
9. Gustavo Teixeira, PIRES 50m: 31.82 31.82 100m: 1:13.47 41.65 150m: 2:00.58 47.11 200m: 2:35.24 34.66	06 Columbofila Cantanhedense	2:35.24	396
10. Rodrigo Costa, CRUZ 50m: 34.71 34.71 100m: 1:16.95 42.24 150m: 2:05.29 48.34 200m: 2:41.22 35.93	06 Academica de Coimbra	2:41.22	353
11. Rodrigo Neves, DUARTE 50m: 36.93 36.93 100m: 1:20.61 43.68 150m: 2:10.34 49.73 200m: 2:46.66 36.32	06 Louzan Natacao	2:46.66	320
12. Simao Domingues, PAZ 50m: 35.30 35.30 100m: 1:19.46 44.16 150m: 2:09.65 50.19 200m: 2:49.58 39.93	06 Miranda do Corvo	2:49.58	303
DSQ Tomas Jose, FRANCISCO <i>Falsa partida</i>	05 Miranda do Corvo		

Prova 24 Masc., 200m Estilos Inf A
10-07-2021 - 17:30 Resultados

Rec Nacional Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	2019
Rec Nacional Inf A	2:16.63	Alexandre Lages, RIBAS	EDV	Lisboa	2011
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf A	2:17.01	Diogo Matos, RIBEIRO	CUC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Marco Dimitar, OLIVEIRA 50m: 37.33 37.33 100m: 1:21.40 44.07 150m: 2:14.69 53.29 200m: 2:52.49 37.80	07 Fundacao Beatriz Santos	2:52.49	288
2. Bernardo Almas, MALHAO 50m: 43.22 43.22 100m: 1:34.20 50.98 150m: 2:41.64 1:07.44 200m: 3:28.48 46.84	07 Vigor da Mocidade	3:28.48	163

Prova 24 Masc., 200m Estilos Inf B
10-07-2021 - 17:30 Resultados

Rec Nacional Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	2019
Rec Nacional Inf B	2:22.36	Andre Vilas, RUIVO	DNMG	Coimbra	2013
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		2019
Rec Reg ANC Inf B	2:27.28	Diogo Matos, RIBEIRO	CNAC	Coimbra	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rafael Pereira, RODRIGUES 50m: 35.88 35.88 100m: 1:18.47 42.59 150m: 2:06.48 48.01 200m: 2:44.59 38.11	08 Condeixa Clube	2:44.59	332
2. Martim Nobre, PASCOAL 50m: 34.27 34.27 100m: 1:20.88 46.61 150m: 2:11.74 50.86 200m: 2:46.22 34.48	08 Columbofila Cantanhedense	2:46.22	322
3. Guilherme Simoes, SOUSA 50m: 38.30 38.30 100m: 1:22.88 44.58 150m: 2:17.36 54.48 200m: 2:54.78 37.42	08 Fundacao Beatriz Santos	2:54.78	277
4. Santiago Jose, FONSECA 50m: 42.58 42.58 100m: 1:30.43 47.85 150m: 2:22.71 52.28 200m: 3:00.21 37.50	08 Columbofila Cantanhedense	3:00.21	253
5. Joaquim Antonio, CUNHA 50m: 40.06 40.06 100m: 1:26.61 46.55 150m: 2:21.71 55.10 200m: 3:01.41 39.70	08 Nautico Coimbra	3:01.41	248
6. Rodrigo Mosca, SILVA 50m: 41.18 41.18 100m: 1:28.28 47.10 150m: 2:23.82 55.54 200m: 3:03.36 39.54	08 Columbofila Cantanhedense	3:03.36	240
7. Rafael Figueiredo, CORREIA 50m: 45.30 45.30 100m: 1:33.04 47.74 150m: 2:25.31 52.27 200m: 3:04.12 38.81	08 Columbofila Cantanhedense	3:04.12	237
8. Salvador Correia, PEREIRA 50m: 47.11 47.11 100m: 1:34.30 47.19 150m: 2:32.48 58.18 200m: 3:11.92 39.44	08 Condeixa Clube	3:11.92	209
DSQ Joao Pedro, MONTEIRO <i>Falsa partida</i>	08 Vigor da Mocidade		

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Prova 24, Masc., 200m Estilos, Inf B

Lugar	Ano	Tempo final	Pts
DSQ Jose Guardado, SILVA <i>Falsa partida</i>	08 Vigor da Mocidade		

Prova 25

Femin., 200m Estilos

Abs
Resultados

10-07-2021 - 17:50

Rec Nacional Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	2017
Rec Nacional Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	2012
Rec Nacional Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	2015
Rec Nacional Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	2010
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		2019
Rec Reg ANC Sen	2:24.26	Maria Carlota, REBELO	ALN		2020
Rec Reg ANC Jun 17	2:25.52	Joana Victorino, HENRIQUES	CAQC	Funchal	2018
Rec Reg ANC Jun 16	2:23.52	Camila Rodrigues, REBELO	ALN	Coimbra	2019
Rec Reg ANC Juv A	2:25.74	Maria Carlota, REBELO	CUC	Funchal	2018
Rec Reg ANC Juv B	2:28.27	Mariana Cunha, GUERRA	ASSSCC	Coufur (GRE)	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 30.91 30.91 100m: 1:08.41 37.50 150m: 1:51.12 42.71 200m: 2:26.03 34.91	03 Louzan Natacao	2:26.03	644
2. Beatriz Costa, TEJO 50m: 31.67 31.67 100m: 1:12.92 41.25 150m: 1:58.68 45.76 200m: 2:33.07 34.39	02 Academica de Coimbra	2:33.07	559
3. Marisa Isabel, NOBRE 50m: 32.77 32.77 100m: 1:13.79 41.02 150m: 2:01.79 48.00 200m: 2:35.25 33.46	05 Columbofila Cantanhedense	2:35.25	536
4. Leonor Mil, MANO 50m: 32.33 32.33 100m: 1:13.78 41.45 150m: 2:01.47 47.69 200m: 2:35.34 33.87	07 Fundacao Beatriz Santos	2:35.34	535
5. Dania Rodrigues, SIMOES 50m: 34.70 34.70 100m: 1:13.58 38.88 150m: 1:59.43 45.85 200m: 2:35.90 36.47	07 Louzan Natacao	2:35.90	529
6. Sara Dias, NEVES 50m: 32.92 32.92 100m: 1:12.76 39.84 150m: 2:00.12 47.36 200m: 2:36.13 36.01	03 Miranda do Corvo	2:36.13	527
7. Beatriz Ferreira, GASPAR 50m: 33.29 33.29 100m: 1:14.55 41.26 150m: 2:02.74 48.19 200m: 2:36.97 34.23	04 Individual ANC	2:36.97	518
8. Maria Caetano, LAMAS 50m: 32.32 32.32 100m: 1:15.82 43.50 150m: 2:01.06 45.24 200m: 2:38.57 37.51	04 Miranda do Corvo	2:38.57	503
9. Beatriz Silva, NEVES 50m: 32.07 32.07 100m: 1:13.59 41.52 150m: 2:01.98 48.39 200m: 2:38.94 36.96	06 Fundacao Beatriz Santos	2:38.94	499
10. Ines Miranda, DIOGO 50m: 34.64 34.64 100m: 1:16.73 42.09 150m: 2:06.62 49.89 200m: 2:43.40 36.78	07 Fundacao Beatriz Santos	2:43.40	459
11. Maria Ines, FERNANDES 50m: 36.90 36.90 100m: 1:20.32 43.42 150m: 2:06.73 46.41 200m: 2:43.98 37.25	07 Fundacao Beatriz Santos	2:43.98	454
12. Beatriz Pereira, MARQUES 50m: 36.55 36.55 100m: 1:23.28 46.73 150m: 2:11.57 48.29 200m: 2:50.50 38.93	05 Columbofila Cantanhedense	2:50.50	404
13. Laura Torrao, CARVALHO 50m: 35.96 35.96 100m: 1:22.37 46.41 150m: 2:12.47 50.10 200m: 2:53.94 41.47	05 Nautico Coimbra	2:53.94	381
14. Rita Mendes, SANTOS 50m: 40.42 40.42 100m: 1:38.43 58.01 150m: 2:42.18 1:03.75 200m: 3:24.88 42.70	06 Vigor da Mocidade	3:24.88	233
DSQ Angela Rodrigues, REBELO <i>a atleta na viragem aos 100 m, antes de tocar na parede perdeu a posição de costas</i>	07 Louzan Natacao		
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

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Prova 25, Femin., 200m Estilos

Prova 25	Femin., 200m Estilos				Juv A e B
10-07-2021 - 17:50					Resultados
Rec Nacional Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	2015
Rec Nacional Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	2010
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		2019
Rec Reg ANC Juv A	2:25.74	Maria Carlota, REBELO	CUC	Funchal	2018
Rec Reg ANC Juv B	2:28.27	Mariana Cunha, GUERRA	ASSSCC	Coufur (GRE)	2012

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Leonor Mil, MANO	07	Fundacao Beatriz Santos	2:35.34	535	
50m: 32.33 32.33	100m: 1:13.78	41.45	150m: 2:01.47	47.69	200m: 2:35.34 33.87
2. Dania Rodrigues, SIMOES	07	Louzan Natacao	2:35.90	529	
50m: 34.70 34.70	100m: 1:13.58	38.88	150m: 1:59.43	45.85	200m: 2:35.90 36.47
3. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	2:38.94	499	
50m: 32.07 32.07	100m: 1:13.59	41.52	150m: 2:01.98	48.39	200m: 2:38.94 36.96
4. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	2:43.40	459	
50m: 34.64 34.64	100m: 1:16.73	42.09	150m: 2:06.62	49.89	200m: 2:43.40 36.78
5. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	2:43.98	454	
50m: 36.90 36.90	100m: 1:20.32	43.42	150m: 2:06.73	46.41	200m: 2:43.98 37.25
6. Rita Mendes, SANTOS	06	Vigor da Mocidade	3:24.88	233	
50m: 40.42 40.42	100m: 1:38.43	58.01	150m: 2:42.18	1:03.75	200m: 3:24.88 42.70
DSQ Angela Rodrigues, REBELO	07	Louzan Natacao	<i>a atleta na viragem aos 100 m, antes de tocar na parede perdeu a posição de costas</i>		
DNS Lara Sofia, SANTOS	06	Vigor da Mocidade			

Prova 25	Femin., 200m Estilos				Inf A
10-07-2021 - 17:50					Resultados
Rec Nacional Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Inf A	2:27.21	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira	2018
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		2019
Rec Reg ANC Inf A	2:29.95	Mariana Cunha, GUERRA	ASSSCC	Lisboa	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Francisca Santos, FERNANDES	08	Miranda do Corvo	2:53.66	383	
50m: 37.51 37.51	100m: 1:21.80	44.29	150m: 2:13.62	51.82	200m: 2:53.66 40.04
2. Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense	3:11.37	286	
50m: 44.29 44.29	100m: 1:32.35	48.06	150m: 2:29.98	57.63	200m: 3:11.37 41.39
3. Ana Sofia, PARAISO	08	Fundacao Beatriz Santos	3:11.69	284	
50m: 43.72 43.72	100m: 1:32.34	48.62	150m: 2:31.00	58.66	200m: 3:11.69 40.69
4. Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense	3:14.19	273	
50m: 44.13 44.13	100m: 1:33.50	49.37	150m: 2:30.81	57.31	200m: 3:14.19 43.38
5. Carolina Vaz, ALVES	08	Academica de Coimbra	3:16.71	263	
50m: 43.61 43.61	100m: 1:34.55	50.94	150m: 2:32.85	58.30	200m: 3:16.71 43.86
6. Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos	3:19.39	253	
50m: 43.83 43.83	100m: 1:33.45	49.62	150m: 2:35.19	1:01.74	200m: 3:19.39 44.20
7. Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense	3:25.51	231	
50m: 46.14 46.14	100m: 1:39.38	53.24	150m: 2:44.85	1:05.47	200m: 3:25.51 40.66

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Prova 25, Femin., 200m Estilos

Prova 25 Femin., 200m Estilos Inf B
10-07-2021 - 17:50 Resultados

Rec Nacional Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Inf B	2:32.93	Carolina Miranda, FERNANDES	CGA	Loulé	2017
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		2019
Rec Reg ANC Inf B	2:36.34	Mariana Cunha, GUERRA	ASSSCC	Porto	2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alana Costa, MATIAS	09	2:53.33	385
50m: 37.67 37.67 100m: 1:24.44 46.77 150m: 2:14.12 49.68 200m: 2:53.33 39.21			
2. Rita Calado, CRUZ	09	3:04.13	321
50m: 39.16 39.16 100m: 1:25.69 46.53 150m: 2:21.44 55.75 200m: 3:04.13 42.69			
3. Margarida Pessoa, MONTEIRO	09	3:09.77	293
50m: 44.39 44.39 100m: 1:32.64 48.25 150m: 2:30.53 57.89 200m: 3:09.77 39.24			
4. Caetana Amado, SANTOS	09	3:11.64	285
50m: 45.23 45.23 100m: 1:31.64 46.41 150m: 2:28.41 56.77 200m: 3:11.64 43.23			
5. Gabriela Leonardo, MEDINA	09	3:18.19	257
50m: 43.33 43.33 100m: 1:34.06 50.73 150m: 2:32.55 58.49 200m: 3:18.19 45.64			
6. Maria Alexandra, MOREIRA	09	3:28.15	222
50m: 50.74 50.74 100m: 1:42.72 51.98 150m: 2:39.37 56.65 200m: 3:28.15 48.78			
7. Ana Laura, LUCAS	09	3:48.45	168
50m: 56.24 56.24 100m: 1:56.39 1:00.15 150m: 2:58.41 1:02.02 200m: 3:48.45 50.04			
DNS Ana Margarida, CRUZ	09	Nautico Coimbra	

Prova 26 Masc., 50m Livres Abs
10-07-2021 - 18:10 Resultados

Rec Nacional Absoluto	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Sen	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Jun 18	22.98	Paulo Jorge, SANTOS	POR	Antuerpia (BEL)	2007
Rec Nacional Jun 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	2004
Rec Nacional Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	2003
Rec Nacional Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	2017
Rec Reg ANC Absoluto	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Reg ANC Sen	23.07	Gustavo Almeida, MADUREIRA	AAC		2018
Rec Reg ANC Jun 18	23.64	Gustavo Almeida, MADUREIRA	AAC	Coimbra	2012
Rec Reg ANC Jun 17	23.44	Diogo Matos, RIBEIRO	CUC	Coimbra	2021
Rec Reg ANC Juv A	24.66	Gustavo Almeida, MADUREIRA	AAC	Coimbra	2010
Rec Reg ANC Juv B	24.67	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gustavo Pires, MARQUES	04	24.91	591
2. Tomas Miguel, VELOSO	96	25.13	576
3. Rui Mamede, SANTOS	04	25.28	565
4. Rodrigo Alexandre, PATRICIO	98	25.61	544
5. Manuel Baptista, SIMOES	03	25.75	535
6. Vasco Pereira, BASTOS	02	26.09	514
7. Miguel Freitas, OVIEDO	02	26.39	497
8. Alberto Antonio, SANTOS	01	26.50	491
9. Goncalo Daniel, OLIVEIRA	04	26.75	477
10. Francisco Cruz, CARVALHO	06	26.80	474
11. David Valdagua, COUTINHO	03	26.92	468
12. Bernardo Vinagre, ARZILEIRO	01	26.95	467
13. Rafael Alves, CAMPOS	04	27.39	444
14. Rodrigo Costa, CRUZ	06	27.42	443

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Prova 26, Masc., 50m Livres, Abs

Lugar	Ano	Tempo final	Pts
15. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	27.49	440
16. Rui Joao, MARQUES	02 Nautico Coimbra	27.69	430
17. Francisco Miguel, CARVALHO	00 Academica de Coimbra	27.74	428
18. Antonio, GLAVATSKYY	05 Academica de Coimbra	27.83	424
19. Edgar Tavares, MENDES	06 Academica de Coimbra	28.98	375
20. Diogo Simoes, DIAS	05 Louzan Natacao	29.51	355
21. Miguel Joao, PINHEIRO	06 Academica de Coimbra	29.88	342
22. Diogo Luis, CANCELA	02 Miranda do Corvo	30.10	335

Prova 27

Femin., 50m Livres

Abs

10-07-2021 - 18:15

Resultados

Rec Nacional Absoluto	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	2019
Rec Nacional Sen	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	2019
Rec Nacional Jun 17	26.25	Beatriz Mendes, VIEGAS	POR	Uster (SUI)	2017
Rec Nacional Jun 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	2010
Rec Nacional Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	2019
Rec Nacional Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	2015
Rec Reg ANC Absoluto	27.23	Raquel Maurile, TAVEIRA	AAC	Oeiras	2015
Rec Reg ANC Sen	27.23	Raquel Maurile, TAVEIRA	AAC	Oeiras	2015
Rec Reg ANC Jun 17	27.24	Matilde Freitas, MOREIRA	AAC	Funchal	2018
Rec Reg ANC Jun 16	27.50	Matilde Freitas, MOREIRA	AAC	Coimbra	2017
Rec Reg ANC Juv A	28.10	Nadia Amado, LAEZZA	CNAC	Lisboa	2005
Rec Reg ANC Juv B	28.12	Camila Rodrigues, REBELO	ALN	Coimbra	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Joana Francisca, RODRIGUES	04 Individual ANC	28.32	583
2. Mariana Carmo, ROSA	05 Louzan Natacao	28.51	572
3. Beatriz Costa, TEJO	02 Academica de Coimbra	28.70	560
4. Ana Rita, QUEIROZ	02 Individual ANC	28.93	547
5. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	29.03	542
6. Ines Mariana, PINHEIRO	03 Academica de Coimbra	29.21	532
7. Ana Carolina, MONTEIRO	04 Individual ANC	29.26	529
8. Maria Caetano, LAMAS	04 Miranda do Corvo	29.90	496
9. Barbara Almeida, SIMOES	05 Uniao Coimbra	30.30	476
10. Diana Costa, OLIVEIRA	04 Uniao Coimbra	31.08	441
11. Angela Rodrigues, REBELO	07 Louzan Natacao	31.22	435
12. Mariana Marques, ALMEIDA	07 Academica de Coimbra	31.48	425
13. Beatriz Carvalho, MARQUES	02 Academica de Coimbra	31.50	424
14. Maria Lucas, SANTOS	05 Condeixa Clube	32.42	389
15. Helena Carolina, DINIS	05 Academica de Coimbra	33.10	365
16. Barbara Fernanda, MENDES	05 CASPAE	33.83	342
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

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Prova 28	Masc., 4 x 100m Estilos				Abs
10-07-2021 - 18:30					Resultados
Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	2018
Rec Nacional Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	2018
Rec Nacional Juv A/B	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	2018
Rec Nacional Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	2017
Rec Reg ANC Absoluto	3:53.58	Clube Náutico Académico de Coimbc	CNAC		2014
Rec Reg ANC Sen	3:54.04	Clube Náutico Académico de Coimbc	CNAC		2012
Rec Reg ANC Jun	4:03.06	Associação Académica de Coimbra	AAC		2012
Rec Reg ANC Juv A	4:07.58	Clube Náutico Académico de Coimbc	CNAC		2017
Rec Reg ANC Juv A/B	4:07.58	Clube Náutico Académico de Coimbc	CNAC		2018
Rec Reg ANC Juv B	4:16.44	Clube Uniao 1919	CUC	Coimbra	2019

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos				4:09.92	570	
Joao Pedro, DIAS	+0,60	29.44	1:01.03	Dinis Miranda, DIOGO	+0,28	27.42	59.63
Tiago Andre, POIARES	+0,36	34.71	1:14.51	Ricardo Jorge, DOMINGUES	+0,39	26.13	54.75
2. Nautico Coimbra Abs	Nautico Coimbra				4:13.65	545	
Lucas Pereira, BASTOS	+0,59	30.97	1:03.63	Rui Joao, MARQUES	+0,41	30.74	1:07.17
Tomas Miguel, VELOSO	+0,41	31.13	1:06.65	Vasco Pereira, BASTOS	+0,41	26.76	56.20
3. Academica de Coimbra Abs	Academica de Coimbra				4:25.36	476	
Samuel Baptista, FIGUEIRA	+0,67	33.79	1:08.41	Miguel Freitas, OVIEDO	+0,37	28.60	1:01.18
Antonio, GLAVATSKYY	+0,45	36.67	1:17.96	Rodrigo Alexandre, PATRICIO	+0,11	26.70	57.81

Prova 28	Masc., 4 x 100m Estilos				Juv A e B
10-07-2021 - 18:30					Resultados
Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	2018
Rec Nacional Juv A/B	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	2018
Rec Nacional Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	2017
Rec Reg ANC Absoluto	3:53.58	Clube Náutico Académico de Coimbc	CNAC		2014
Rec Reg ANC Juv A	4:07.58	Clube Náutico Académico de Coimbc	CNAC		2017
Rec Reg ANC Juv A/B	4:07.58	Clube Náutico Académico de Coimbc	CNAC		2018
Rec Reg ANC Juv B	4:16.44	Clube Uniao 1919	CUC	Coimbra	2019

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Louzan Natacao Juv	Louzan Natacao				4:37.46	416	
Tomas Carvalho, SANTOS	+0,67	31.18	1:05.51	Afonso Vidal, TOMAS	+0,65	30.34	1:05.34
Rodrigo Neves, DUARTE	+0,31	42.08	1:28.57	Goncalo Carvalho, SANTOS	+0,30	27.86	58.04
2. Fundacao Beatriz Santos Juv	Fundacao Beatriz Santos				4:42.34	395	
Joao Rafael, FERREIRA	+0,57	34.61	1:11.82	Joao Neves, ALMEIDA	+0,43	30.91	1:06.77
Tomas Nolan, SANTOS	+0,41	39.17	1:22.36	Tomas Veiga, PEREIRA	+0,58	29.72	1:01.39

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Prova 29 Femin., 4 x 100m Estilos Abs
10-07-2021 - 18:40 Resultados

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	2019
Rec Nacional Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	2009
Rec Nacional Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	2015
Rec Nacional Juv A	4:35.70	tempo limite	SLB	Oeiras	2008
Rec Nacional Juv A/B	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	2016
Rec Nacional Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	2008
Rec Reg ANC Absoluto	4:29.58	Associação Académica de CoimbraAAC			2019
Rec Reg ANC Sen	4:37.81	Clube Náutico Académico de CoimbCNAC			1999
Rec Reg ANC Jun 17	4:34.64	Clube Náutico Académico de CoimbCNAC			2010
Rec Reg ANC Jun	4:34.64	Clube Nautico Academico de CoimbCNAC			2010
Rec Reg ANC Jun 16	4:34.64	Clube Náutico Académico de CoimbCNAC			2010
Rec Reg ANC Juv A	4:41.87	Tempo limite			
Rec Reg ANC Juv A/B	4:40.09	Clube União 1919	CUC		2018
Rec Reg ANC Juv B	4:41.87	Clube Náutico Académico de CoimbCNAC			2011

Pontos: FINA 2021

Lugar					Tempo final	Pts		
1.	Louzan Natacao Abs			Louzan Natacao	4:32.12	606		
	Camila Rodrigues, REBELO	+0,61	31.31	1:04.42	Leonor Correia, PAIVA	+0,36	32.49	1:10.66
	Maria Carlota, REBELO	+0,32	36.07	1:16.48	Mariana Carmo, ROSA	+0,27	29.10	1:00.56
2.	Academica de Coimbra Abs			Academica de Coimbra	5:04.80	431		
	Helena Carolina, DINIS	+0,80	40.54	1:22.49	Beatriz Costa, TEJO	+0,51	30.70	1:05.86
	Ines Mariana, PINHEIRO	+0,63	43.19	1:29.04	Beatriz Carvalho, MARQUES	+0,51	32.27	1:07.41

Prova 29 Femin., 4 x 100m Estilos Juv A e B
10-07-2021 - 18:40 Resultados

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	2019
Rec Nacional Juv A	4:35.70	tempo limite	SLB	Oeiras	2008
Rec Nacional Juv A/B	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	2016
Rec Nacional Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	2008
Rec Reg ANC Absoluto	4:29.58	Associação Académica de CoimbraAAC			2019
Rec Reg ANC Juv A	4:41.87	Tempo limite			
Rec Reg ANC Juv A/B	4:40.09	Clube União 1919	CUC		2018
Rec Reg ANC Juv B	4:41.87	Clube Náutico Académico de CoimbCNAC			2011

Pontos: FINA 2021

Lugar					Tempo final	Pts		
1.	Fundacao Beatriz Santos Juv			Fundacao Beatriz Santos	4:46.91	517		
	Matilde Batista, FERREIRA	+0,71	35.27	1:13.33	Beatriz Silva, NEVES	+0,38	31.43	1:09.19
	Beatriz Andre, GASPAR	+0,32	38.92	1:22.53	Maria Vitoria, GRILO	+0,39	29.50	1:01.86

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4 - 3ª Jornada - 1ª Sessão

11-07-2021 - 10:00

Prova 30	Masc., 400m Estilos				Abs
11-07-2021 - 10:00					Resultados
Rec Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	2018
Rec Nacional Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	2015
Rec Nacional Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	2014
Rec Nacional Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Sen	4:21.57	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Jun 18	4:27.18	Tomas Miguel, VELOSO	CNAC	Oeiras	2014
Rec Reg ANC Jun 17	4:34.40	Tomas Miguel, VELOSO	CNAC	Coimbra	2013
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2012
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Lucas Pereira, BASTOS	00	Nautico Coimbra	4:41.44	650	
50m: 28.97 28.97	150m: 1:38.37 36.61	250m: 2:54.80 39.58	350m: 4:08.81 33.05		
100m: 1:01.76 32.79	200m: 2:15.22 36.85	300m: 3:35.76 40.96	400m: 4:41.44 32.63		
2. Gustavo Pires, MARQUES	04	Individual ANC	4:46.16	618	
50m: 27.70 27.70	150m: 1:38.44 37.60	250m: 2:58.01 42.86	350m: 4:13.62 32.19		
100m: 1:00.84 33.14	200m: 2:15.15 36.71	300m: 3:41.43 43.42	400m: 4:46.16 32.54		
3. Martim Miranda, MACHADO	03	Individual ANC	5:02.04	526	
50m: 29.94 29.94	150m: 1:46.02 40.93	250m: 3:12.25 47.06	350m: 4:30.56 32.47		
100m: 1:05.09 35.15	200m: 2:25.19 39.17	300m: 3:58.09 45.84	400m: 5:02.04 31.48		
4. Duarte Jose, FERNANDES	06	Individual ANC	5:07.60	498	
50m: 30.92 30.92	150m: 1:51.59 43.52	250m: 3:13.90 39.72	350m: 4:32.39 36.70		
100m: 1:08.07 37.15	200m: 2:34.18 42.59	300m: 3:55.69 41.79	400m: 5:07.60 35.21		
5. Tomas Jose, FRANCISCO	05	Miranda do Corvo	5:07.68	497	
50m: 31.30 31.30	150m: 1:50.55 41.17	250m: 3:13.56 43.12	350m: 4:34.16 37.08		
100m: 1:09.38 38.08	200m: 2:30.44 39.89	300m: 3:57.08 43.52	400m: 5:07.68 33.52		
6. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	5:08.28	494	
50m: 31.40 31.40	150m: 1:48.45 40.35	250m: 3:13.76 44.97	350m: 4:34.36 34.75		
100m: 1:08.10 36.70	200m: 2:28.79 40.34	300m: 3:59.61 45.85	400m: 5:08.28 33.92		
7. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	5:16.78	456	
50m: 32.14 32.14	150m: 1:53.45 43.32	250m: 3:19.64 43.05	350m: 4:40.65 37.69		
100m: 1:10.13 37.99	200m: 2:36.59 43.14	300m: 4:02.96 43.32	400m: 5:16.78 36.13		
8. Goncalo Carvalho, SANTOS	05	Louzan Natacao	5:18.11	450	
50m: 31.92 31.92	150m: 1:50.66 42.28	250m: 3:20.41 48.79	350m: 4:44.30 36.15		
100m: 1:08.38 36.46	200m: 2:31.62 40.96	300m: 4:08.15 47.74	400m: 5:18.11 33.81		
9. Filipe Cruz, SIMOES	06	Miranda do Corvo	5:19.30	445	
50m: 33.22 33.22	150m: 1:52.72 41.60	250m: 3:20.56 47.37	350m: 4:45.08 35.49		
100m: 1:11.12 37.90	200m: 2:33.19 40.47	300m: 4:09.59 49.03	400m: 5:19.30 34.22		
10. Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense	5:20.67	439	
50m: 33.37 33.37	150m: 1:51.63 42.33	250m: 3:21.73 48.21	350m: 4:45.94 36.15		
100m: 1:09.30 35.93	200m: 2:33.52 41.89	300m: 4:09.79 48.06	400m: 5:20.67 34.73		
11. Afonso Vidal, TOMAS	06	Louzan Natacao	5:22.84	430	
50m: 32.54 32.54	150m: 1:51.08 41.90	250m: 3:20.60 48.82	350m: 4:46.74 37.00		
100m: 1:09.18 36.64	200m: 2:31.78 40.70	300m: 4:09.74 49.14	400m: 5:22.84 36.10		
12. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	5:23.47	428	
50m: 34.30 34.30	150m: 1:55.58 41.39	250m: 3:22.44 45.78	350m: 4:47.68 36.88		
100m: 1:14.19 39.89	200m: 2:36.66 41.08	300m: 4:10.80 48.36	400m: 5:23.47 35.79		
13. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	5:23.82	426	
50m: 33.46 33.46	150m: 1:55.35 43.45	250m: 3:25.35 47.81	350m: 4:49.59 36.62		
100m: 1:11.90 38.44	200m: 2:37.54 42.19	300m: 4:12.97 47.62	400m: 5:23.82 34.23		

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 30, Masc., 400m Estilos, Abs

Lugar	Ano	Tempo final	Pts
14. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	5:26.83	415
50m: 30.32 30.32 150m: 1:49.69 43.01 250m: 3:19.37 47.99 350m: 4:50.12 38.43	100m: 1:06.68 36.36 200m: 2:31.38 41.69 300m: 4:11.69 52.32 400m: 5:26.83 36.71		
15. Ricardo Martins, CARVALHO	03 Fundacao Beatriz Santos	5:31.12	399
50m: 32.55 32.55 150m: 1:53.62 44.17 250m: 3:27.48 50.38 350m: 4:55.49 36.25	100m: 1:09.45 36.90 200m: 2:37.10 43.48 300m: 4:19.24 51.76 400m: 5:31.12 35.63		
16. Diogo Luis, CANCELA	02 Miranda do Corvo	5:46.91	347
50m: 34.74 34.74 150m: 1:59.38 45.17 250m: 3:33.12 48.09 350m: 5:05.09 43.04	100m: 1:14.21 39.47 200m: 2:45.03 45.65 300m: 4:22.05 48.93 400m: 5:46.91 41.82		
DNS Tiago Andre, POIARES	04 Fundacao Beatriz Santos		

Prova 30 Masc., 400m Estilos Juv A e B
11-07-2021 - 10:00 Resultados

Rec Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	2014
Rec Nacional Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2012
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Duarte Jose, FERNANDES	06 Individual ANC	5:07.60	498
50m: 30.92 30.92 150m: 1:51.59 43.52 250m: 3:13.90 39.72 350m: 4:32.39 36.70	100m: 1:08.07 37.15 200m: 2:34.18 42.59 300m: 3:55.69 41.79 400m: 5:07.60 35.21		
2. Tomas Jose, FRANCISCO	05 Miranda do Corvo	5:07.68	497
50m: 31.30 31.30 150m: 1:50.55 41.17 250m: 3:13.56 43.12 350m: 4:34.16 37.08	100m: 1:09.38 38.08 200m: 2:30.44 39.89 300m: 3:57.08 43.52 400m: 5:07.68 33.52		
3. Joao Neves, ALMEIDA	05 Fundacao Beatriz Santos	5:08.28	494
50m: 31.40 31.40 150m: 1:48.45 40.35 250m: 3:13.76 44.97 350m: 4:34.36 34.75	100m: 1:08.10 36.70 200m: 2:28.79 40.34 300m: 3:59.61 45.85 400m: 5:08.28 33.92		
4. Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	5:16.78	456
50m: 32.14 32.14 150m: 1:53.45 43.32 250m: 3:19.64 43.05 350m: 4:40.65 37.69	100m: 1:10.13 37.99 200m: 2:36.59 43.14 300m: 4:02.96 43.32 400m: 5:16.78 36.13		
5. Goncalo Carvalho, SANTOS	05 Louzan Natacao	5:18.11	450
50m: 31.92 31.92 150m: 1:50.66 42.28 250m: 3:20.41 48.79 350m: 4:44.30 36.15	100m: 1:08.38 36.46 200m: 2:31.62 40.96 300m: 4:08.15 47.74 400m: 5:18.11 33.81		
6. Filipe Cruz, SIMOES	06 Miranda do Corvo	5:19.30	445
50m: 33.22 33.22 150m: 1:52.72 41.60 250m: 3:20.56 47.37 350m: 4:45.08 35.49	100m: 1:11.12 37.90 200m: 2:33.19 40.47 300m: 4:09.59 49.03 400m: 5:19.30 34.22		
7. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	5:20.67	439
50m: 33.37 33.37 150m: 1:51.63 42.33 250m: 3:21.73 48.21 350m: 4:45.94 36.15	100m: 1:09.30 35.93 200m: 2:33.52 41.89 300m: 4:09.79 48.06 400m: 5:20.67 34.73		
8. Afonso Vidal, TOMAS	06 Louzan Natacao	5:22.84	430
50m: 32.54 32.54 150m: 1:51.08 41.90 250m: 3:20.60 48.82 350m: 4:46.74 37.00	100m: 1:09.18 36.64 200m: 2:31.78 40.70 300m: 4:09.74 49.14 400m: 5:22.84 36.10		
9. Miguel Cunha, GASPAS	06 Columbofila Cantanhedense	5:23.47	428
50m: 34.30 34.30 150m: 1:55.58 41.39 250m: 3:22.44 45.78 350m: 4:47.68 36.88	100m: 1:14.19 39.89 200m: 2:36.66 41.08 300m: 4:10.80 48.36 400m: 5:23.47 35.79		
10. Tomas Veiga, PEREIRA	06 Fundacao Beatriz Santos	5:23.82	426
50m: 33.46 33.46 150m: 1:55.35 43.45 250m: 3:25.35 47.81 350m: 4:49.59 36.62	100m: 1:11.90 38.44 200m: 2:37.54 42.19 300m: 4:12.97 47.62 400m: 5:23.82 34.23		
11. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	5:26.83	415
50m: 30.32 30.32 150m: 1:49.69 43.01 250m: 3:19.37 47.99 350m: 4:50.12 38.43	100m: 1:06.68 36.36 200m: 2:31.38 41.69 300m: 4:11.69 52.32 400m: 5:26.83 36.71		

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 30, Masc., 400m Estilos

Prova 30 Masc., 400m Estilos Inf A
11-07-2021 - 10:00 Resultados

Rec Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	2004
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Inf A	4:54.04	Tomas Miguel, VELOSO	CNAC	Porto	2010

Pontos: FINA 2021

Lugar	Ano		Tempo final						Pts
1. Alexandre, DZYAKANAU	07	Louzan Natacao	5:40.46						367
50m: 34.91 34.91	150m: 1:59.21	42.72	250m: 3:31.84	50.73	350m: 5:01.64	39.32			
100m: 1:16.49 41.58	200m: 2:41.11	41.90	300m: 4:22.32	50.48	400m: 5:40.46	38.82			

Prova 30 Masc., 400m Estilos Inf B
11-07-2021 - 10:00 Resultados

Rec Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Inf B	5:10.59	Diogo Matos, RIBEIRO	CNAC	Coimbra	2017

Pontos: FINA 2021

Lugar	Ano		Tempo final						Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	5:44.31						355
50m: 36.10 36.10	150m: 2:03.42	45.26	250m: 3:34.11	48.22	400m: 5:44.31	1:19.86			
100m: 1:18.16 42.06	200m: 2:45.89	42.47	300m: 4:24.45	50.34					
2. Samuel Dinis, MAIA	08	Miranda do Corvo	6:17.30						269
50m: 41.52 41.52	150m: 2:17.94	48.03	250m: 4:01.17	56.42	350m: 5:37.04	40.69			
100m: 1:29.91 48.39	200m: 3:04.75	46.81	300m: 4:56.35	55.18	400m: 6:17.30	40.26			
EXH Tomas Miguel, VELOSO	96	Nautico Coimbra	4:38.92						668
50m: 29.74 29.74	150m: 1:41.03	37.56	250m: 2:56.51	39.17	350m: 4:08.57	32.49			
100m: 1:03.47 33.73	200m: 2:17.34	36.31	300m: 3:36.08	39.57	400m: 4:38.92	30.35			

Prova 31 Femin., 400m Estilos Abs
11-07-2021 - 10:20 Resultados

Rec Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	2012
Rec Nacional Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	2017
Rec Nacional Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	2011
Rec Nacional Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	2015
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Sen	4:59.23	Maria Carlota, REBELO	ALN		2020
Rec Reg ANC Jun 17	5:05.27	Ana Rita, GONÇALVES	CNM	Povoa do varzim	2002
Rec Reg ANC Jun 16	5:01.62	Maria Miguel, VELOSO	CNAC	Faro	2009
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	2018
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	2012

Pontos: FINA 2021

Lugar	Ano		Tempo final						Pts
1. Maria Carlota, REBELO	03	Louzan Natacao	5:10.68						630
50m: 32.23 32.23	150m: 1:50.73	40.86	250m: 3:14.31	43.80	350m: 4:34.94	36.92			
100m: 1:09.87 37.64	200m: 2:30.51	39.78	300m: 3:58.02	43.71	400m: 5:10.68	35.74			
2. Leonor Correia, PAIVA	04	Louzan Natacao	5:23.83						556
50m: 33.33 33.33	150m: 1:53.12	41.07	250m: 3:19.40	46.87	350m: 4:45.58	39.07			
100m: 1:12.05 38.72	200m: 2:32.53	39.41	300m: 4:06.51	47.11	400m: 5:23.83	38.25			
3. Mariana Carmo, ROSA	05	Louzan Natacao	5:27.77						536
50m: 34.48 34.48	150m: 1:58.67	44.20	250m: 3:29.98	50.69	350m: 4:52.55	35.71			
100m: 1:14.47 39.99	200m: 2:39.29	40.62	300m: 4:16.84	46.86	400m: 5:27.77	35.22			

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Prova 31, Femin., 400m Estilos, Abs

Lugar	Ano	Tempo final	Pts
4. Joana Francisca, RODRIGUES	04 Individual ANC	5:29.67	527
50m: 32.32 32.32 150m: 1:55.01 43.51 250m: 3:26.04 48.87 350m: 4:53.73 37.84			
100m: 1:11.50 39.18 200m: 2:37.17 42.16 300m: 4:15.89 49.85 400m: 5:29.67 35.94			
5. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	5:30.52	523
50m: 33.56 33.56 150m: 1:57.18 44.05 250m: 3:27.67 47.76 350m: 4:53.10 37.22			
100m: 1:13.13 39.57 200m: 2:39.91 42.73 300m: 4:15.88 48.21 400m: 5:30.52 37.42			
6. Beatriz Ferreira, GASPAR	04 Individual ANC	5:31.46	518
50m: 34.63 34.63 150m: 1:57.79 43.39 250m: 3:29.05 49.21 350m: 4:55.67 36.17			
100m: 1:14.40 39.77 200m: 2:39.84 42.05 300m: 4:19.50 50.45 400m: 5:31.46 35.79			
7. Dania Rodrigues, SIMOES	07 Louzan Natacao	5:31.88	516
50m: 35.74 35.74 150m: 1:57.53 42.09 250m: 3:27.60 48.53 350m: 4:53.87 38.66			
100m: 1:15.44 39.70 200m: 2:39.07 41.54 300m: 4:15.21 47.61 400m: 5:31.88 38.01			
8. Beatriz Andre, GASPAR	06 Fundacao Beatriz Santos	5:34.32	505
50m: 35.47 35.47 150m: 2:02.75 45.04 250m: 3:32.26 45.44 350m: 4:56.41 38.08			
100m: 1:17.71 42.24 200m: 2:46.82 44.07 300m: 4:18.33 46.07 400m: 5:34.32 37.91			
9. Angela Rodrigues, REBELO	07 Louzan Natacao	5:37.55	491
50m: 34.77 34.77 150m: 1:58.67 43.89 250m: 3:29.86 48.29 350m: 4:57.77 39.77			
100m: 1:14.78 40.01 200m: 2:41.57 42.90 300m: 4:18.00 48.14 400m: 5:37.55 39.78			
10. Anita Gouveia, COSTA	06 Condeixa Clube	5:41.05	476
50m: 34.60 34.60 150m: 2:01.38 45.11 250m: 3:33.86 49.97 350m: 5:03.53 37.75			
100m: 1:16.27 41.67 200m: 2:43.89 42.51 300m: 4:25.78 51.92 400m: 5:41.05 37.52			
11. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	5:46.89	452
50m: 36.05 36.05 150m: 2:02.10 44.49 250m: 3:37.23 51.96 350m: 5:08.02 39.58			
100m: 1:17.61 41.56 200m: 2:45.27 43.17 300m: 4:28.44 51.21 400m: 5:46.89 38.87			
12. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	5:52.81	430
50m: 37.00 37.00 150m: 2:08.54 46.83 250m: 3:42.19 48.48 350m: 5:13.21 41.63			
100m: 1:21.71 44.71 200m: 2:53.71 45.17 300m: 4:31.58 49.39 400m: 5:52.81 39.60			
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		
DNS Matilde Fonseca, OLIVEIRA	06 Miranda do Corvo		

Prova 31 Femin., 400m Estilos Juv A e B
11-07-2021 - 10:20 Resultados

Rec Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	2011
Rec Nacional Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	2015
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	2018
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	5:30.52	523
50m: 33.56 33.56 150m: 1:57.18 44.05 250m: 3:27.67 47.76 350m: 4:53.10 37.22			
100m: 1:13.13 39.57 200m: 2:39.91 42.73 300m: 4:15.88 48.21 400m: 5:30.52 37.42			
2. Dania Rodrigues, SIMOES	07 Louzan Natacao	5:31.88	516
50m: 35.74 35.74 150m: 1:57.53 42.09 250m: 3:27.60 48.53 350m: 4:53.87 38.66			
100m: 1:15.44 39.70 200m: 2:39.07 41.54 300m: 4:15.21 47.61 400m: 5:31.88 38.01			
3. Beatriz Andre, GASPAR	06 Fundacao Beatriz Santos	5:34.32	505
50m: 35.47 35.47 150m: 2:02.75 45.04 250m: 3:32.26 45.44 350m: 4:56.41 38.08			
100m: 1:17.71 42.24 200m: 2:46.82 44.07 300m: 4:18.33 46.07 400m: 5:34.32 37.91			
4. Angela Rodrigues, REBELO	07 Louzan Natacao	5:37.55	491
50m: 34.77 34.77 150m: 1:58.67 43.89 250m: 3:29.86 48.29 350m: 4:57.77 39.77			
100m: 1:14.78 40.01 200m: 2:41.57 42.90 300m: 4:18.00 48.14 400m: 5:37.55 39.78			
5. Anita Gouveia, COSTA	06 Condeixa Clube	5:41.05	476
50m: 34.60 34.60 150m: 2:01.38 45.11 250m: 3:33.86 49.97 350m: 5:03.53 37.75			
100m: 1:16.27 41.67 200m: 2:43.89 42.51 300m: 4:25.78 51.92 400m: 5:41.05 37.52			

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 31, Femin., 400m Estilos, Juv A e B

Lugar			Ano					Tempo final	Pts		
6.	Ines Miranda, DIOGO		07	Fundacao Beatriz Santos				5:46.89	452		
	50m:	36.05 36.05	150m:	2:02.10	44.49	250m:	3:37.23	51.96	350m:	5:08.02	39.58
	100m:	1:17.61 41.56	200m:	2:45.27	43.17	300m:	4:28.44	51.21	400m:	5:46.89	38.87
7.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos				5:52.81	430		
	50m:	37.00 37.00	150m:	2:08.54	46.83	250m:	3:42.19	48.48	350m:	5:13.21	41.63
	100m:	1:21.71 44.71	200m:	2:53.71	45.17	300m:	4:31.58	49.39	400m:	5:52.81	39.60
DNS	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo							

Prova 31
11-07-2021 - 10:20

Femin., 400m Estilos

Inf A
Resultados

Rec Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	2007
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf A	5:14.11	Mariana Cunha, GUERRA	ASSSCC	Lisboa	2011

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts		
1.	Julia Maria, SOARES		08	Miranda do Corvo				6:12.70	365		
	50m:	37.07 37.07	150m:	2:11.71	49.06	250m:	3:53.89	55.28	350m:	5:31.52	42.84
	100m:	1:22.65 45.58	200m:	2:58.61	46.90	300m:	4:48.68	54.79	400m:	6:12.70	41.18
2.	Rita, ISABEL NEVES		08	CASPAE				7:04.43	247		
	50m:	43.72 43.72	150m:	2:38.22	56.76	250m:	4:28.80	54.58	350m:	6:17.64	48.52
	100m:	1:41.46 57.74	200m:	3:34.22	56.00	300m:	5:29.12	1:00.32	400m:	7:04.43	46.79

Prova 31
11-07-2021 - 10:20

Femin., 400m Estilos

Inf B
Resultados

Rec Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	2017
Rec Nacional Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	2009
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf B	5:27.57	Mariana Cunha, GUERRA	ASSSCC	Porto	2010

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts		
1.	Raquel Alexandra, CANCELA		09	Miranda do Corvo				6:43.32	288		
	50m:	44.61 44.61	150m:	2:28.25	51.20	250m:	4:14.50	56.54	350m:	5:59.47	45.80
	100m:	1:37.05 52.44	200m:	3:17.96	49.71	300m:	5:13.67	59.17	400m:	6:43.32	43.85
2.	Gabriela Leonardo, MEDINA		09	Condeixa Clube				7:14.35	230		
	50m:	47.64 47.64	150m:	2:38.22	55.69	250m:	4:30.91	59.99	350m:	6:24.72	51.88
	100m:	1:42.53 54.89	200m:	3:30.92	52.70	300m:	5:32.84	1:01.93	400m:	7:14.35	49.63

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Prova 32	Masc., 50m Bruços				Abs
11-07-2021 - 10:45					Resultados
Rec Nacional Absoluto	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Sen	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	29.07	Bruno Miguel, RAMOS	POR	Linz (AUT)	2002
Rec Nacional Jun 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)	2009
Rec Nacional Juv A	29.75	tempo limite,			
Rec Nacional Juv B	30.57	tempo limite,			
Rec Reg ANC Absoluto	29.16	Tomas Miguel, VELOSO	CNAC		2018
Rec Reg ANC Sen	29.16	Tomas Miguel, VELOSO	CNAC	Coimbra	2018
Rec Reg ANC Jun 18	29.70	Helder Jose, LOPES	ACM	Dunquerque (FRA)	2000
Rec Reg ANC Jun 17	29.92	Tomas Miguel, VELOSO	CNAC		2013
Rec Reg ANC Juv A	31.51	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	2012
Rec Reg ANC Juv B	32.36	Rafael Alves, CAMPOS	CPSPA	Coimbra	2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO	96 Nautico Coimbra	30.64	607
2. Joaquim Agra, MERUJE	01 Uniao Coimbra	30.85	595
3. Duarte Jose, FERNANDES	06 Individual ANC	32.49	509
4. Vasco Pereira, BASTOS	02 Nautico Coimbra	32.75	497
5. Rafael Alves, CAMPOS	04 S. Pedro Alva	33.20	477
6. Tomas Jose, FRANCISCO	05 Miranda do Corvo	35.77	381
7. Francisco Cruz, CARVALHO	06 S. Pedro Alva	36.61	356
8. Bernardo Vinagre, ARZILEIRO	01 Individual ANC	37.22	338

Prova 33	Femin., 50m Bruços				Abs
11-07-2021 - 10:45					Resultados
Rec Nacional Absoluto	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	2017
Rec Nacional Sen	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	2017
Rec Nacional Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	2009
Rec Nacional Jun 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)	2010
Rec Nacional Juv A	32.04	tempo limite,			
Rec Nacional Juv B	34.12	tempo limite,			
Rec Reg ANC Absoluto	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Sen	35.04	Inês O., TEIXEIRA	CAQC	Coimbra	2021
Rec Reg ANC Jun 17	34.75	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2011
Rec Reg ANC Jun 16	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	2010
Rec Reg ANC Juv A	35.18	Gabriela Oliveira, ANDRADE	AAC	Povoa do Varzim	2009
Rec Reg ANC Juv B	35.65	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO	03 Louzan Natacao	35.07	589
2. Maria Caetano, LAMAS	04 Miranda do Corvo	36.82	509
3. Ana Carolina, MONTEIRO	04 Individual ANC	37.51	481
4. Laura Torrao, CARVALHO	05 Nautico Coimbra	38.33	451
5. Angela Rodrigues, REBELO	07 Louzan Natacao	38.37	449
6. Dania Rodrigues, SIMOES	07 Louzan Natacao	39.51	412
7. Rita Lima, PIRES	05 Nautico Coimbra	40.40	385
8. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	40.46	383
9. Barbara Almeida, SIMOES	05 Uniao Coimbra	41.14	364
10. Barbara Fernanda, MENDES	05 CASPAE	46.77	248
DNS Bruna Cruz, CARVALHO	03 S. Pedro Alva		

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Prova 34	Masc., 100m Livres				Abs
11-07-2021 - 10:50					Resultados
Rec Nacional Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Sen	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Jun 18	50.24	Tiago Andre, VENANCIO	CNS	Oeiras	2005
Rec Nacional Jun 17	49.59	Tiago Andre, VENANCIO	POR	Oeiras	2004
Rec Nacional Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	2003
Rec Nacional Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	2019
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	2021
Rec Reg ANC Sen	50.67	Mario Alexandre, PEREIRA	CNAC	Coimbra	2012
Rec Reg ANC Jun 18	52.32	Miguel Silva, OLIVEIRA	CNAC	Faro	2009
Rec Reg ANC Jun 17	50.37	Diogo Matos, RIBEIRO	CUC	Coimbra	2021
Rec Reg ANC Juv A	53.30	Diogo Matos, RIBEIRO	CUC	Jamor	2020
Rec Reg ANC Juv B	52.51	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar			Ano		Tempo final	Pts
1.	Gustavo Pires, MARQUES		04	Individual ANC	53.46	675
	50m:	25.99 25.99	100m:	53.46 27.47		
2.	Tomas Miguel, VELOSO		96	Nautico Coimbra	53.71	666
	50m:	26.39 26.39	100m:	53.71 27.32		
3.	Rodrigo Miguel, REIS		04	Individual ANC	54.33	643
	50m:	25.91 25.91	100m:	54.33 28.42		
4.	Goncalo Andre, GOMES		03	Fundacao Beatriz Santos	54.93	622
	50m:	26.17 26.17	100m:	54.93 28.76		
5.	Lucas Pereira, BASTOS		00	Nautico Coimbra	55.01	620
	50m:	26.69 26.69	100m:	55.01 28.32		
6.	Rui Mamede, SANTOS		04	Individual ANC	55.24	612
	50m:	26.64 26.64	100m:	55.24 28.60		
7.	Joaquim Agra, MERUJE		01	Uniao Coimbra	56.31	578
	50m:	26.80 26.80	100m:	56.31 29.51		
8.	Vasco Pereira, BASTOS		02	Nautico Coimbra	56.41	575
	50m:	27.26 27.26	100m:	56.41 29.15		
9.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos	56.48	572
	50m:	27.36 27.36	100m:	56.48 29.12		
10.	Miguel Freitas, OVIEDO		02	Academica de Coimbra	57.21	551
	50m:	27.93 27.93	100m:	57.21 29.28		
11.	Samuel Baptista, FIGUEIRA		05	Academica de Coimbra	57.51	542
	50m:	28.06 28.06	100m:	57.51 29.45		
12.	Martim Miranda, MACHADO		03	Individual ANC	57.54	541
	50m:	27.52 27.52	100m:	57.54 30.02		
13.	Jose Diogo, DIAS		04	Fundacao Beatriz Santos	57.67	538
	50m:	27.69 27.69	100m:	57.67 29.98		
14.	Afonso Miguel, AMADO		05	Miranda do Corvo	58.05	527
	50m:	27.99 27.99	100m:	58.05 30.06		
15.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense	58.15	524
	50m:	28.19 28.19	100m:	58.15 29.96		
16.	Goncalo Daniel, OLIVEIRA		04	Academica de Coimbra	58.18	524
	50m:	28.12 28.12	100m:	58.18 30.06		
17.	Francisco Couto, FRAZAO		06	Uniao Coimbra	59.05	501
	50m:	28.60 28.60	100m:	59.05 30.45		
18.	David Valdagua, COUTINHO		03	Uniao Coimbra	59.44	491
	50m:	28.14 28.14	100m:	59.44 31.30		
19.	Francisco Miguel, CARVALHO		00	Academica de Coimbra	59.71	484
	50m:	28.89 28.89	100m:	59.71 30.82		

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Prova 34, Masc., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
20. Alberto Antonio, SANTOS 50m: 28.29 28.29 100m: 59.72 31.43	01 S. Pedro Alva	59.72	484
21. Tomas Carvalho, SANTOS 50m: 28.14 28.14 100m: 59.84 31.70	05 Louzan Natacao	59.84	481
22. Antonio, GLAVATSKYY 50m: 28.78 28.78 100m: 59.87 31.09	05 Academica de Coimbra	59.87	481
23. Joao Rafael, FERREIRA 50m: 28.59 28.59 100m: 1:00.06 31.47	06 Fundacao Beatriz Santos	1:00.06	476
24. Rui Joao, MARQUES 50m: 28.53 28.53 100m: 1:00.13 31.60	02 Nautico Coimbra	1:00.13	474
25. Tomas Nolan, SANTOS 50m: 29.00 29.00 100m: 1:00.52 31.52	06 Fundacao Beatriz Santos	1:00.52	465
26. Rodrigo Costa, CRUZ 50m: 29.21 29.21 100m: 1:00.75 31.54	06 Academica de Coimbra	1:00.75	460
27. Jose Miguel, MARQUES 50m: 29.52 29.52 100m: 1:01.05 31.53	06 Condeixa Clube	1:01.05	453
28. Joao Neves, LUCAS 50m: 29.33 29.33 100m: 1:01.09 31.76	06 Columbofila Cantanhedense	1:01.09	452
29. Afonso Vidal, TOMAS 50m: 29.39 29.39 100m: 1:01.52 32.13	06 Louzan Natacao	1:01.52	443
30. Diogo Rodrigues, CARVALHO 50m: 29.39 29.39 100m: 1:02.30 32.91	05 Vigor da Mocidade	1:02.30	426
31. Diogo Simoes, DIAS 50m: 30.66 30.66 100m: 1:04.15 33.49	05 Louzan Natacao	1:04.15	391
32. Guilherme Marques, PEREIRA 50m: 29.13 29.13 100m: 1:04.46 35.33	06 Condeixa Clube	1:04.46	385
33. Edgar Tavares, MENDES 50m: 30.85 30.85 100m: 1:04.77 33.92	06 Academica de Coimbra	1:04.77	379
34. Renato Maria, FERREIRA 50m: 31.23 31.23 100m: 1:05.66 34.43	04 Individual ANC	1:05.66	364
35. Miguel Joao, PINHEIRO 50m: 32.29 32.29 100m: 1:05.81 33.52	06 Academica de Coimbra	1:05.81	362
36. Rodrigo Neves, DUARTE 50m: 32.72 32.72 100m: 1:07.80 35.08	06 Louzan Natacao	1:07.80	331
37. Simao Domingues, PAZ 50m: 33.56 33.56 100m: 1:10.06 36.50	06 Miranda do Corvo	1:10.06	300
38. Afonso Jose, FRANCISCO 50m: 33.68 33.68 100m: 1:10.20 36.52	06 Miranda do Corvo	1:10.20	298
39. Simao Pimenta, CATARINO 50m: 34.59 34.59 100m: 1:11.07 36.48	06 Fundacao Beatriz Santos	1:11.07	287

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Prova 34, Masc., 100m Livres

Prova 34 11-07-2021 - 10:50	Masc., 100m Livres				Juv A e B Resultados
Rec Nacional Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	2003
Rec Nacional Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	2019
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	2021
Rec Reg ANC Juv A	53.30	Diogo Matos, RIBEIRO	CUC	Jamor	2020
Rec Reg ANC Juv B	52.51	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar					Ano		Tempo final	Pts
1.	Samuel Baptista, FIGUEIRA	05	Academica de Coimbra			57.51	542	
	50m: 28.06 28.06	100m: 57.51	29.45					
2.	Afonso Miguel, AMADO	05	Miranda do Corvo			58.05	527	
	50m: 27.99 27.99	100m: 58.05	30.06					
3.	Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense			58.15	524	
	50m: 28.19 28.19	100m: 58.15	29.96					
4.	Francisco Couto, FRAZAO	06	Uniao Coimbra			59.05	501	
	50m: 28.60 28.60	100m: 59.05	30.45					
5.	Tomas Carvalho, SANTOS	05	Louzan Natacao			59.84	481	
	50m: 28.14 28.14	100m: 59.84	31.70					
6.	Antonio, GLAVATSKYY	05	Academica de Coimbra			59.87	481	
	50m: 28.78 28.78	100m: 59.87	31.09					
7.	Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos			1:00.06	476	
	50m: 28.59 28.59	100m: 1:00.06	31.47					
8.	Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos			1:00.52	465	
	50m: 29.00 29.00	100m: 1:00.52	31.52					
9.	Rodrigo Costa, CRUZ	06	Academica de Coimbra			1:00.75	460	
	50m: 29.21 29.21	100m: 1:00.75	31.54					
10.	Jose Miguel, MARQUES	06	Condeixa Clube			1:01.05	453	
	50m: 29.52 29.52	100m: 1:01.05	31.53					
11.	Joao Neves, LUCAS	06	Columbofila Cantanhedense			1:01.09	452	
	50m: 29.33 29.33	100m: 1:01.09	31.76					
12.	Afonso Vidal, TOMAS	06	Louzan Natacao			1:01.52	443	
	50m: 29.39 29.39	100m: 1:01.52	32.13					
13.	Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade			1:02.30	426	
	50m: 29.39 29.39	100m: 1:02.30	32.91					
14.	Diogo Simoes, DIAS	05	Louzan Natacao			1:04.15	391	
	50m: 30.66 30.66	100m: 1:04.15	33.49					
15.	Guilherme Marques, PEREIRA	06	Condeixa Clube			1:04.46	385	
	50m: 29.13 29.13	100m: 1:04.46	35.33					
16.	Edgar Tavares, MENDES	06	Academica de Coimbra			1:04.77	379	
	50m: 30.85 30.85	100m: 1:04.77	33.92					
17.	Miguel Joao, PINHEIRO	06	Academica de Coimbra			1:05.81	362	
	50m: 32.29 32.29	100m: 1:05.81	33.52					
18.	Rodrigo Neves, DUARTE	06	Louzan Natacao			1:07.80	331	
	50m: 32.72 32.72	100m: 1:07.80	35.08					
19.	Simao Domingues, PAZ	06	Miranda do Corvo			1:10.06	300	
	50m: 33.56 33.56	100m: 1:10.06	36.50					
20.	Afonso Jose, FRANCISCO	06	Miranda do Corvo			1:10.20	298	
	50m: 33.68 33.68	100m: 1:10.20	36.52					

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Prova 34, Masc., 100m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
21. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	1:11.07	287
50m: 34.59 34.59	100m: 1:11.07 36.48		

Prova 34 Masc., 100m Livres Inf A
11-07-2021 - 10:50 Resultados

Rec Nacional Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Inf A	55.53	David Miguel, FERRO	SFUAP	Campanhã	1998
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	2021
Rec Reg ANC Inf A	55.64	Gabriel Jose, LOPES	CDL	Geslourses	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Alexandre, SILVA	07 Columbofila Cantanhedense	1:01.04	453
50m: 29.50 29.50	100m: 1:01.04 31.54		
2. Alexandre, DZYAKANAU	07 Louzan Natacao	1:03.45	404
50m: 30.66 30.66	100m: 1:03.45 32.79		
3. David Ferreira, SILVA	07 Academica de Coimbra	1:05.50	367
50m: 32.37 32.37	100m: 1:05.50 33.13		
4. Afonso Simoes, FERREIRA	07 Vigor da Mocidade	1:09.85	302
50m: 33.15 33.15	100m: 1:09.85 36.70		
5. Goncalo Miranda, FERNANDES	07 Vigor da Mocidade	1:09.88	302
50m: 33.49 33.49	100m: 1:09.88 36.39		
6. Marco Dimitar, OLIVEIRA	07 Fundacao Beatriz Santos	1:10.10	299
50m: 33.53 33.53	100m: 1:10.10 36.57		
7. Bernardo Almas, MALHAO	07 Vigor da Mocidade	1:10.21	298
50m: 33.01 33.01	100m: 1:10.21 37.20		
8. Francisco Jose, SIMOES	07 Vigor da Mocidade	1:15.38	241
50m: 34.91 34.91	100m: 1:15.38 40.47		
9. Rodrigo, MARQUES LIMA	07 CASPAE	1:18.44	213
50m: 38.36 38.36	100m: 1:18.44 40.08		

Prova 34 Masc., 100m Livres Inf B
11-07-2021 - 10:50 Resultados

Rec Nacional Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	2020
Rec Nacional Inf B	58.47	Joao Magalhaes, NUNES	CNA	Rio Maior	2012
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	2021
Rec Reg ANC Inf B	58.97	Diogo Matos, RIBEIRO	CNAC	Loulé	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	1:05.55	366
50m: 30.99 30.99	100m: 1:05.55 34.56		
2. Guilherme Simoes, SOUSA	08 Fundacao Beatriz Santos	1:12.20	274
50m: 35.04 35.04	100m: 1:12.20 37.16		
3. Salvador Correia, PEREIRA	08 Condeixa Clube	1:12.28	273
50m: 34.27 34.27	100m: 1:12.28 38.01		
4. Miguel Tomas, CONCEICAO	08 Nautico Coimbra	1:13.14	263
50m: 34.41 34.41	100m: 1:13.14 38.73		
5. Santiago Jose, FONSECA	08 Columbofila Cantanhedense	1:13.78	257
50m: 34.63 34.63	100m: 1:13.78 39.15		
Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	1:13.78	257
50m: 35.37 35.37	100m: 1:13.78 38.41		

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Prova 34, Masc., 100m Livres, Inf B

Lugar	Ano	Tempo final	Pts
7. Joaquim Antonio, CUNHA 50m: 35.38 35.38 100m: 1:14.06 38.68	08 Nautico Coimbra	1:14.06	254
8. Rafael Figueiredo, CORREIA 50m: 35.71 35.71 100m: 1:14.52 38.81	08 Columbofila Cantanhedense	1:14.52	249
9. Henrique Figueiredo, FIDALGO 50m: 35.66 35.66 100m: 1:17.26 41.60	08 Vigor da Mocidade	1:17.26	223
10. David Miguel, ALVES 50m: 38.23 38.23 100m: 1:21.97 43.74	08 Fundacao Beatriz Santos	1:21.97	187
11. Jose Guardado, SILVA 50m: 38.99 38.99 100m: 1:22.11 43.12	08 Vigor da Mocidade	1:22.11	186
12. Francisco Fernandes, PEREIRA 50m: 41.37 41.37 100m: 1:23.93 42.56	08 Academica de Coimbra	1:23.93	174
13. Joao Pedro, MONTEIRO 50m: 39.50 39.50 100m: 1:25.20 45.70	08 Vigor da Mocidade	1:25.20	166
14. Tiago Batista, BOAVIDA 50m: 42.52 42.52 100m: 1:27.57 45.05	08 CASPAE	1:27.57	153
15. Manuel Meneses, GONCALVES 50m: 41.67 41.67 100m: 1:31.16 49.49	08 Nautico Coimbra	1:31.16	136
16. Diogo Garcia, FARIA 50m: 48.15 48.15 100m: 1:43.08 54.93	08 Nautico Coimbra	1:43.08	94
DSQ Vicente Piacentini, CALDEIRA <i>Falsa partida</i>	08 Nautico Coimbra		

Prova 35
11-07-2021 - 11:15

Femin., 100m Livres

Abs
Resultados

Rec Nacional Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	2019
Rec Nacional Sen	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	2019
Rec Nacional Jun 17	56.56	Ana Reis, SOUSA	SAD	Coimbra	2019
Rec Nacional Jun 16	57.11	Ana Reis, SOUSA	POR	Helsinki (FIN)	2018
Rec Nacional Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	2009
Rec Nacional Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Sen	58.84	Raquel Maurile, TAVEIRA	AAC	Oeiras	2015
Rec Reg ANC Jun 17	58.66	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Jun 16	59.11	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Juv A	59.44	Camila Rodrigues, REBELO	ALN		2018
Rec Reg ANC Juv B	59.91	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mil, MANO 50m: 29.26 29.26 100m: 1:00.78 31.52	07 Fundacao Beatriz Santos	1:00.78	615
2. Joana Francisca, RODRIGUES 50m: 29.31 29.31 100m: 1:00.87 31.56	04 Individual ANC	1:00.87	613
3. Ana Rita, QUEIROZ 50m: 30.19 30.19 100m: 1:01.45 31.26	02 Individual ANC	1:01.45	595
4. Beatriz Costa, TEJO 50m: 29.65 29.65 100m: 1:01.76 32.11	02 Academica de Coimbra	1:01.76	586
5. Mariana Carmo, ROSA 50m: 29.79 29.79 100m: 1:02.53 32.74	05 Louzan Natacao	1:02.53	565
6. Maria Vitoria, GRILO 50m: 29.83 29.83 100m: 1:02.64 32.81	06 Fundacao Beatriz Santos	1:02.64	562

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Prova 35, Femin., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
7. Ana Carolina, MONTEIRO 50m: 30.39 30.39 100m: 1:02.87	04 Individual ANC	1:02.87	556
8. Diana Silva, TINOCO 50m: 30.79 30.79 100m: 1:03.56	06 Columbofila Cantanhedense	1:03.56	538
9. Matilde Fonseca, OLIVEIRA 50m: 31.04 31.04 100m: 1:04.27	06 Miranda do Corvo	1:04.27	520
10. Marisa Isabel, NOBRE 50m: 30.42 30.42 100m: 1:04.48	05 Columbofila Cantanhedense	1:04.48	515
11. Maria Neto, FERREIRA 50m: 30.71 30.71 100m: 1:04.54	06 Fundacao Beatriz Santos	1:04.54	514
12. Beatriz Ferreira, GASPAR 50m: 31.30 31.30 100m: 1:04.71	04 Individual ANC	1:04.71	510
13. Marta Andre, AGUILAR 50m: 30.65 30.65 100m: 1:04.90	07 Fundacao Beatriz Santos	1:04.90	505
14. Maria Caetano, LAMAS 50m: 30.97 30.97 100m: 1:05.53	04 Miranda do Corvo	1:05.53	491
15. Xenia Angelica, KOZIY 50m: 31.74 31.74 100m: 1:07.09	06 Condeixa Clube	1:07.09	457
16. Kateryna, DZYAKANAVA 50m: 31.72 31.72 100m: 1:07.31	05 Louzan Natacao	1:07.31	453
17. Diana Costa, OLIVEIRA 50m: 32.26 32.26 100m: 1:08.62	04 Uniao Coimbra	1:08.62	427
18. Beatriz Carvalho, MARQUES 50m: 33.08 33.08 100m: 1:08.84	02 Academica de Coimbra	1:08.84	423
19. Beatriz Pereira, MARQUES 50m: 33.64 33.64 100m: 1:09.02	05 Columbofila Cantanhedense	1:09.02	420
20. Cristiana Sofia, DUARTE 50m: 32.87 32.87 100m: 1:11.32	07 Vigor da Mocidade	1:11.32	381
21. Helena Carolina, DINIS 50m: 34.29 34.29 100m: 1:12.27	05 Academica de Coimbra	1:12.27	366
22. Rita Mendes, SANTOS 50m: 36.45 36.45 100m: 1:15.56	06 Vigor da Mocidade	1:15.56	320
23. Beatriz Costa, MATOS 50m: 35.47 35.47 100m: 1:15.59	07 Fundacao Beatriz Santos	1:15.59	320
24. Lara Carvalho, SANTOS 50m: 36.75 36.75 100m: 1:17.98	07 Nautico Coimbra	1:17.98	291
DNS Lara Sofia, SANTOS	06 Vigor da Mocidade		

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Prova 35, Femin., 100m Livres

Prova 35	Femin., 100m Livres				Juv A e B
11-07-2021 - 11:15					Resultados
Rec Nacional Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	2019
Rec Nacional Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	2009
Rec Nacional Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Juv A	59.44	Camila Rodrigues, REBELO	ALN		2018
Rec Reg ANC Juv B	59.91	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Leonor Mil, MANO	07	Fundacao Beatriz Santos	1:00.78	615
50m: 29.26 29.26	100m: 1:00.78	31.52		
2. Maria Vitoria, GRILLO	06	Fundacao Beatriz Santos	1:02.64	562
50m: 29.83 29.83	100m: 1:02.64	32.81		
3. Diana Silva, TINOCO	06	Columbofila Cantanhedense	1:03.56	538
50m: 30.79 30.79	100m: 1:03.56	32.77		
4. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	1:04.27	520
50m: 31.04 31.04	100m: 1:04.27	33.23		
5. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	1:04.54	514
50m: 30.71 30.71	100m: 1:04.54	33.83		
6. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	1:04.90	505
50m: 30.65 30.65	100m: 1:04.90	34.25		
7. Xenia Angelica, KOZIY	06	Condeixa Clube	1:07.09	457
50m: 31.74 31.74	100m: 1:07.09	35.35		
8. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	1:11.32	381
50m: 32.87 32.87	100m: 1:11.32	38.45		
9. Rita Mendes, SANTOS	06	Vigor da Mocidade	1:15.56	320
50m: 36.45 36.45	100m: 1:15.56	39.11		
10. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	1:15.59	320
50m: 35.47 35.47	100m: 1:15.59	40.12		
11. Lara Carvalho, SANTOS	07	Nautico Coimbra	1:17.98	291
50m: 36.75 36.75	100m: 1:17.98	41.23		
DNS Lara Sofia, SANTOS	06	Vigor da Mocidade		

Prova 35	Femin., 100m Livres				Inf A
11-07-2021 - 11:15					Resultados
Rec Nacional Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	2019
Rec Nacional Inf A	59.73	Ines Camacho, FERNANDES	POR	Catania (ITA)	2010
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf A	1:02.36	Mariana Cunha, GUERRA	ASSSCC	Lisboa	2011

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Julia Maria, SOARES	08	Miranda do Corvo	1:12.14	368
50m: 33.89 33.89	100m: 1:12.14	38.25		
2. Maria Manuel, CORTESAO	08	Nautico Coimbra	1:12.88	357
50m: 35.19 35.19	100m: 1:12.88	37.69		
3. Laura Silva, FERNANDES	08	Miranda do Corvo	1:14.95	328
50m: 35.79 35.79	100m: 1:14.95	39.16		
4. Ana Sofia, PARAISO	08	Fundacao Beatriz Santos	1:17.04	302
50m: 36.98 36.98	100m: 1:17.04	40.06		
5. Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense	1:17.86	292
50m: 37.31 37.31	100m: 1:17.86	40.55		

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Prova 35, Femin., 100m Livres, Inf A

Lugar	Ano	Tempo final	Pts
6. Catarina Sargaco, TEIXEIRA 50m: 37.71 37.71 100m: 1:18.06 40.35	08	Columbofila Cantanhedense	1:18.06 290
7. Carolina Vaz, ALVES 50m: 38.87 38.87 100m: 1:19.01 40.14	08	Academica de Coimbra	1:19.01 280
8. Rita, ISABEL NEVES 50m: 37.51 37.51 100m: 1:19.36 41.85	08	CASPAE	1:19.36 276
9. Laura Carvalho, FERNANDES 50m: 37.70 37.70 100m: 1:19.72 42.02	08	Fundacao Beatriz Santos	1:19.72 272
10. Ines Serralheiro, SANTOS 50m: 38.02 38.02 100m: 1:22.36 44.34	08	Columbofila Cantanhedense	1:22.36 247
11. Francisca Dias, AGANTE 50m: 41.70 41.70 100m: 1:30.45 48.75	08	Vigor da Mocidade	1:30.45 186
DNS Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos	

Prova 35 Femin., 100m Livres Inf B
11-07-2021 - 11:15 Resultados

Rec Nacional Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	2019
Rec Nacional Inf B	1:01.46	Carolina Miranda, FERNANDES	CGA	Loulé	2017
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Inf B	1:03.47	Mariana Cunha, GUERRA	ASSSCC	Porto	2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alana Costa, MATIAS 50m: 33.91 33.91 100m: 1:10.49 36.58	09	Academica de Coimbra	1:10.49 394
2. Raquel Alexandra, CANCELA 50m: 35.76 35.76 100m: 1:16.01 40.25	09	Miranda do Corvo	1:16.01 314
3. Matilde Domingues, PIRES 50m: 36.45 36.45 100m: 1:16.54 40.09	09	Columbofila Cantanhedense	1:16.54 308
4. Carolina Baptista, PEREIRINHA 50m: 37.01 37.01 100m: 1:21.06 44.05	09	S. Pedro Alva	1:21.06 259
5. Caetana Amado, SANTOS 50m: 38.56 38.56 100m: 1:22.04 43.48	09	Miranda do Corvo	1:22.04 250
6. Maria Alexandra, MOREIRA 50m: 40.09 40.09 100m: 1:25.65 45.56	09	Condeixa Clube	1:25.65 220
7. Ana Laura, LUCAS 50m: 46.77 46.77 100m: 1:37.31 50.54	09	Columbofila Cantanhedense	1:37.31 150
8. Francisca Rendilho, SOUSA 50m: 52.23 52.23 100m: 1:52.07 59.84	09	CASPAE	1:52.07 98
9. Laura Isabel, RIBEIRO 50m: 55.35 55.35 100m: 2:00.13 1:04.78	09	CASPAE	2:00.13 79
DSQ Anastacia, PROTOLYUK <i>Falsa partida</i>	09	Columbofila Cantanhedense	

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Prova 36	Masc., 4 x 50m Estilos					Abs
11-07-2021 - 11:45						Resultados
Rec Nacional Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro		2009
Rec Nacional Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro		2009
Rec Nacional Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra		2010
Rec Nacional Juv A	1:54.16					
Rec Nacional Juv A/B	1:54.16					
Rec Nacional Juv B	1:56.81					
Rec Reg ANC Absoluto	1:46.69	Clube Náutico Académico de Coimbra				2012
Rec Reg ANC Sen	1:46.69	Clube Náutico Académico de Coimb	CNAC			2012
Rec Reg ANC Jun	1:50.17	Associação Académica de Coimbra	AAC			2012
Rec Reg ANC Jun 17	1:50.17	Associação Académica de Coimbra	AAC			2012
Rec Reg ANC Juv A	1:54.16	Associação Académica de Coimbra	AAC			
Rec Reg ANC Juv A/B	1:54.16	Associação Académica de Coimbra	AAC			2010
Rec Reg ANC Juv B	1:58.44	Clube Uniao 1919	CUC	Coimbra		2019

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos				1:52.87	567	
Joao Pedro, DIAS	02	+0,62	28.66	Ricardo Jorge, DOMINGUES	02	+0,38	26.11
Dinis Miranda, DIOGO	04	+0,20	32.96	Goncalo Andre, GOMES	03	+0,36	25.14
2. Nautico Coimbra Abs	Nautico Coimbra				1:56.30	518	
Lucas Pereira, BASTOS	00	+0,62	30.08	Rui Joao, MARQUES	02	+0,47	29.96
Tomas Miguel, VELOSO	96	+0,17	30.86	Vasco Pereira, BASTOS	02	+0,28	25.40
3. Academica de Coimbra Abs	Academica de Coimbra				2:01.40	455	
Samuel Baptista, FIGUEIRA	05	+0,69	31.95	Miguel Freitas, OVIEDO	02	+0,41	27.96
Antonio, GLAVATSKYY	05	+0,67	36.32	Rodrigo Alexandre, PATRICIO	98	+0,17	25.17

Prova 37	Femin., 4 x 50m Estilos					Abs
11-07-2021 - 11:45						Resultados
Rec Nacional Absoluto	1:56.39	Sport Alges e Dafundo	SAD	Funchal		2019
Rec Nacional Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra		2010
Rec Nacional Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra		2010
Rec Nacional Juv A	2:08.21					
Rec Nacional Juv A/B	2:02.78					
Rec Nacional Juv B	2:10.12					
Rec Reg ANC Absoluto	2:03.97	Associação Académica de Coimbra	AAC			2017
Rec Reg ANC Sen	2:07.74	Clube Náutico Académico de Coimb	CNAC			2012
Rec Reg ANC Jun 17	2:06.01	Associação Académica de Coimbra	AAC			2016
Rec Reg ANC Jun	2:06.01	Associação Académica de Coimbra	AAC			2016
Rec Reg ANC Jun 16	2:06.21	Clube Náutico Académico de Coimb	CNAC			2010
Rec Reg ANC Juv A	2:10.12	tempo limite				
Rec Reg ANC Juv A/B	2:10.12	Clube Náutico Académico de Coimb	CNAC			2011
Rec Reg ANC Juv B	2:10.12	Clube Náutico Académico de Coimb	CNAC			2011

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos				2:10.82	528	
Matilde Batista, FERREIRA	06	+0,68	34.87	Beatriz Silva, NEVES	06	+0,44	30.58
Beatriz Andre, GASPAR	06	+0,29	37.80	Leonor Mil, MANO	07	+0,32	27.57
2. Louzan Natacao Abs	Louzan Natacao				2:14.24	488	
Kateryna, DZYAKANAVA	05	+0,73	35.20	Leonor Correia, PAIVA	04	+0,35	31.36
Angela Rodrigues, REBELO	07	+0,39	37.65	Dania Rodrigues, SIMOES	07	+0,41	30.03

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Prova 38, Misto, 4 x 200m Livres

Prova 38
11-07-2021 - 11:50

Misto, 4 x 200m Livres

Inf Misto
Resultados

Rec Reg ANC Inf A	9:12.51	Tempo Limite	
Rec Reg ANC Inf Misto	9:12.51	Tempo Limite	Coimbra
Rec Reg ANC Inf B	9:37.61	Tempo Limite	Coimbra

Pontos: FINA 2021

Lugar			Tempo final	Pts
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Prova 39, Femin., 4 x 200m Livres

5 - 3ª Jornada - 2ª Sessão

11-07-2021 - 16:00

Prova 39	Femin., 4 x 200m Livres					Juv A e B
11-07-2021 - 16:00						Resultados
Rec Nacional Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras		2019
Rec Nacional Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra		2015
Rec Nacional Juv A/B	8:46.61	Futebol Clube do Porto	FCP	Coimbra		2015
Rec Nacional Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras		2012
Rec Reg ANC Absoluto	8:46.55	Clube Náutico Académico de Coim	CNAC			2010
Rec Reg ANC Juv A	9:04.30	tempo limite				
Rec Reg ANC Juv A/B	9:00.62	Clube União 1919	CUC			2018
Rec Reg ANC Juv B	9:04.30	Clube Náutico Académico de Coim	CNAC			2011

Pontos: FINA 2021

Lugar									Tempo final	Pts
1. Fundacao Beatriz Santos Juv	Fundacao Beatriz Santos								9:16.65	569
Marta Andre, AGUILAR	07	+0,69	31.84	1:07.44	1:44.54	2:20.89	2:20.89			
Leonor Mil, MANO	07	+0,35	31.37	1:06.83	1:41.03	2:14.51	2:14.51			
Maria Neto, FERREIRA	06	+0,26	31.92	1:08.47	1:44.87	2:21.06	2:21.06			
Maria Vitoria, GRILO	06	+0,28	30.65	1:05.83	1:43.34	2:20.19	2:20.19			

Prova 40	Masc., 1500m Livres					Abs
11-07-2021 - 16:10						Resultados
Rec Nacional Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra		2017
Rec Nacional Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra		2017
Rec Nacional Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)		2016
Rec Nacional Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)		2015
Rec Nacional Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)		2009
Rec Nacional Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras		2016
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC			2017
Rec Reg ANC Sen	15:41.21	Alexandre Valdagua, COUTINHO	ASSSCC	Oeiras		2017
Rec Reg ANC Jun 18	15:43.34	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra		2015
Rec Reg ANC Jun 17	16:01.38	Diogo Coelho, JOSE	ASSSCC			2018
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra		2014
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicão		1997

Pontos: FINA 2021

Lugar									Ano	Tempo final	Pts
1. Guilherme Maia, CARDOSO	05 Columbofila Cantanhedense								17:21.13	585	
50m: 30.61	30.61	450m: 5:07.03	34.82	850m: 9:47.94	34.76	1250m: 14:31.93	35.58				
100m: 1:04.70	34.09	500m: 5:42.04	35.01	900m: 10:23.00	35.06	1300m: 15:07.20	35.27				
150m: 1:38.06	33.36	550m: 6:16.80	34.76	950m: 10:58.15	35.15	1350m: 15:41.74	34.54				
200m: 2:12.79	34.73	600m: 6:52.33	35.53	1000m: 11:34.11	35.96	1400m: 16:16.60	34.86				
250m: 2:47.42	34.63	650m: 7:27.29	34.96	1050m: 12:09.86	35.75	1450m: 16:49.94	33.34				
300m: 3:22.40	34.98	700m: 8:02.58	35.29	1100m: 12:45.52	35.66	1500m: 17:21.13	31.19				
350m: 3:57.12	34.72	750m: 8:37.70	35.12	1150m: 13:20.98	35.46						
400m: 4:32.21	35.09	800m: 9:13.18	35.48	1200m: 13:56.35	35.37						
2. Tiago Andre, POIARES	04 Fundacao Beatriz Santos								17:21.14	585	
50m: 30.97	30.97	450m: 5:08.31	34.85	850m: 9:48.69	34.66	1250m: 14:30.94	35.17				
100m: 1:05.17	34.20	500m: 5:43.54	35.23	900m: 10:24.00	35.31	1300m: 15:06.20	35.26				
150m: 1:38.96	33.79	550m: 6:18.07	34.53	950m: 10:58.73	34.73	1350m: 15:40.94	34.74				
200m: 2:13.72	34.76	600m: 6:53.45	35.38	1000m: 11:34.43	35.70	1400m: 16:15.65	34.71				
250m: 2:48.45	34.73	650m: 7:28.56	35.11	1050m: 12:09.71	35.28	1450m: 16:49.44	33.79				
300m: 3:23.32	34.87	700m: 8:03.84	35.28	1100m: 12:45.22	35.51	1500m: 17:21.14	31.70				
350m: 3:58.31	34.99	750m: 8:38.78	34.94	1150m: 13:20.33	35.11						
400m: 4:33.46	35.15	800m: 9:14.03	35.25	1200m: 13:55.77	35.44						

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Prova 40, Masc., 1500m Livres, Abs

Lugar			Ano					Tempo final	Pts		
3.	Rodrigo Miguel, REIS		04	Individual ANC				17:48.68	541		
	50m:	29.58 29.58	450m:	5:08.34	35.47	850m:	9:54.69	34.94	1250m:	14:49.23	37.42
	100m:	1:03.85 34.27	500m:	5:44.08	35.74	900m:	10:31.56	36.87	1300m:	15:26.24	37.01
	150m:	1:38.53 34.68	550m:	6:19.52	35.44	950m:	11:08.74	37.18	1350m:	16:02.77	36.53
	200m:	2:13.51 34.98	600m:	6:55.68	36.16	1000m:	11:45.42	36.68	1400m:	16:39.49	36.72
	250m:	2:48.34 34.83	650m:	7:31.04	35.36	1050m:	12:20.88	35.46	1450m:	17:15.57	36.08
	300m:	3:23.09 34.75	700m:	8:07.65	36.61	1100m:	12:57.63	36.75	1500m:	17:48.68	33.11
	350m:	3:57.89 34.80	750m:	8:43.96	36.31	1150m:	13:34.49	36.86			
	400m:	4:32.87 34.98	800m:	9:19.75	35.79	1200m:	14:11.81	37.32			
4.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos				17:48.85	541		
	50m:	31.08 31.08	450m:	5:15.39	36.26	850m:	10:05.25	36.20	1250m:	14:54.29	36.40
	100m:	1:05.53 34.45	500m:	5:51.85	36.46	900m:	10:41.20	35.95	1300m:	15:30.21	35.92
	150m:	1:40.45 34.92	550m:	6:27.55	35.70	950m:	11:17.26	36.06	1350m:	16:06.19	35.98
	200m:	2:16.07 35.62	600m:	7:03.81	36.26	1000m:	11:53.46	36.20	1400m:	16:41.01	34.82
	250m:	2:51.76 35.69	650m:	7:40.16	36.35	1050m:	12:29.56	36.10	1450m:	17:16.02	35.01
	300m:	3:27.46 35.70	700m:	8:16.39	36.23	1100m:	13:05.56	36.00	1500m:	17:48.85	32.83
	350m:	4:03.28 35.82	750m:	8:52.90	36.51	1150m:	13:41.74	36.18			
	400m:	4:39.13 35.85	800m:	9:29.05	36.15	1200m:	14:17.89	36.15			
5.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				17:52.24	536		
	50m:	30.51 30.51	450m:	5:11.55	40.33	850m:	10:02.60	36.21	1250m:	14:53.38	36.58
	100m:	1:03.96 33.45	500m:	5:48.45	36.90	900m:	10:39.18	36.58	1300m:	15:29.73	36.35
	150m:	1:38.24 34.28	550m:	6:24.67	36.22	950m:	11:15.11	35.93	1350m:	16:05.59	35.86
	200m:	2:12.52 34.28	600m:	7:00.97	36.30	1000m:	11:51.26	36.15	1400m:	16:41.84	36.25
	250m:	2:47.24 34.72	650m:	7:37.77	36.80	1050m:	12:27.84	36.58	1450m:	17:17.94	36.10
	300m:	3:22.03 34.79	700m:	8:13.76	35.99	1100m:	13:03.97	36.13	1500m:	17:52.24	34.30
	350m:	3:57.24 35.21	750m:	8:50.44	36.68	1150m:	13:40.02	36.05			
	400m:	4:31.22 33.98	800m:	9:26.39	35.95	1200m:	14:16.80	36.78			
6.	Duarte Jose, FERNANDES		06	Individual ANC				18:06.63	515		
	50m:	30.94 30.94	450m:	5:19.58	35.97	850m:	10:14.52	37.06	1250m:	15:08.70	36.51
	100m:	1:06.20 35.26	500m:	5:56.34	36.76	900m:	10:51.33	36.81	1300m:	15:45.16	36.46
	150m:	1:42.48 36.28	550m:	6:32.60	36.26	950m:	11:27.69	36.36	1350m:	16:21.04	35.88
	200m:	2:18.86 36.38	600m:	7:09.30	36.70	1000m:	12:04.91	37.22	1400m:	16:56.98	35.94
	250m:	2:54.87 36.01	650m:	7:46.76	37.46	1050m:	12:41.51	36.60	1450m:	17:32.41	35.43
	300m:	3:31.17 36.30	700m:	8:23.54	36.78	1100m:	13:18.95	37.44	1500m:	18:06.63	34.22
	350m:	4:07.16 35.99	750m:	9:00.65	37.11	1150m:	13:56.12	37.17			
	400m:	4:43.61 36.45	800m:	9:37.46	36.81	1200m:	14:32.19	36.07			
7.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos				18:08.68	512		
	50m:	32.46 32.46	450m:	5:24.67	36.65	850m:	10:18.55	36.58	1250m:	15:10.48	36.12
	100m:	1:08.07 35.61	500m:	6:01.63	36.96	900m:	10:55.44	36.89	1300m:	15:46.78	36.30
	150m:	1:44.66 36.59	550m:	6:38.22	36.59	950m:	11:32.23	36.79	1350m:	16:22.42	35.64
	200m:	2:21.23 36.57	600m:	7:15.04	36.82	1000m:	12:09.10	36.87	1400m:	16:58.69	36.27
	250m:	2:58.12 36.89	650m:	7:51.75	36.71	1050m:	12:45.34	36.24	1450m:	17:34.00	35.31
	300m:	3:34.62 36.50	700m:	8:28.68	36.93	1100m:	13:21.90	36.56	1500m:	18:08.68	34.68
	350m:	4:11.38 36.76	750m:	9:05.34	36.66	1150m:	13:58.10	36.20			
	400m:	4:48.02 36.64	800m:	9:41.97	36.63	1200m:	14:34.36	36.26			
8.	Ricardo Martins, CARVALHO		03	Fundacao Beatriz Santos				18:15.42	502		
	50m:	32.15 32.15	450m:	5:18.80	36.49	850m:	10:13.37	36.90	1250m:	15:10.26	36.63
	100m:	1:06.73 34.58	500m:	5:55.58	36.78	900m:	10:51.06	37.69	1300m:	15:47.33	37.07
	150m:	1:42.16 35.43	550m:	6:32.04	36.46	950m:	11:27.93	36.87	1350m:	16:24.76	37.43
	200m:	2:18.01 35.85	600m:	7:08.64	36.60	1000m:	12:05.32	37.39	1400m:	17:02.19	37.43
	250m:	2:54.25 36.24	650m:	7:45.62	36.98	1050m:	12:42.08	36.76	1450m:	17:39.35	37.16
	300m:	3:30.10 35.85	700m:	8:22.73	37.11	1100m:	13:19.23	37.15	1500m:	18:15.42	36.07
	350m:	4:06.19 36.09	750m:	8:59.71	36.98	1150m:	13:56.27	37.04			
	400m:	4:42.31 36.12	800m:	9:36.47	36.76	1200m:	14:33.63	37.36			
9.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos				18:29.12	484		
	50m:	31.62 31.62	450m:	5:25.69	36.79	850m:	10:21.61	37.33	1250m:	15:21.33	37.95
	100m:	1:07.38 35.76	500m:	6:02.68	36.99	900m:	10:58.86	37.25	1300m:	15:59.26	37.93
	150m:	1:44.28 36.90	550m:	6:39.69	37.01	950m:	11:36.05	37.19	1350m:	16:36.80	37.54
	200m:	2:21.26 36.98	600m:	7:16.49	36.80	1000m:	12:13.49	37.44	1400m:	17:14.54	37.74
	250m:	2:58.40 37.14	650m:	7:53.25	36.76	1050m:	12:50.74	37.25	1450m:	17:52.21	37.67
	300m:	3:35.35 36.95	700m:	8:30.23	36.98	1100m:	13:28.06	37.32	1500m:	18:29.12	36.91
	350m:	4:12.16 36.81	750m:	9:07.14	36.91	1150m:	14:05.78	37.72			
	400m:	4:48.90 36.74	800m:	9:44.28	37.14	1200m:	14:43.38	37.60			

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 40, Masc., 1500m Livres, Abs

Lugar			Ano					Tempo final	Pts
10.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				18:31.59	481
	50m:	33.33 33.33	450m:	5:32.08 37.33	850m:	10:31.05 36.98	1250m:	15:28.93 37.40	
	100m:	1:09.68 36.35	500m:	6:09.36 37.28	900m:	11:07.84 36.79	1300m:	16:06.43 37.50	
	150m:	1:47.40 37.72	550m:	6:46.81 37.45	950m:	11:44.92 37.08	1350m:	16:43.55 37.12	
	200m:	2:24.88 37.48	600m:	7:23.98 37.17	1000m:	12:22.07 37.15	1400m:	17:20.56 37.01	
	250m:	3:02.05 37.17	650m:	8:01.39 37.41	1050m:	12:59.26 37.19	1450m:	17:56.84 36.28	
	300m:	3:39.33 37.28	700m:	8:38.74 37.35	1100m:	13:36.82 37.56	1500m:	18:31.59 34.75	
	350m:	4:17.01 37.68	750m:	9:16.65 37.91	1150m:	14:14.28 37.46			
	400m:	4:54.75 37.74	800m:	9:54.07 37.42	1200m:	14:51.53 37.25			
11.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				18:33.34	478
	50m:	30.54 30.54	450m:	5:24.68 37.72	850m:	10:23.95 38.15	1250m:	15:26.25 38.27	
	100m:	1:05.84 35.30	500m:	6:01.73 37.05	900m:	11:01.61 37.66	1300m:	16:03.62 37.37	
	150m:	1:42.65 36.81	550m:	6:39.43 37.70	950m:	11:39.58 37.97	1350m:	16:41.34 37.72	
	200m:	2:19.13 36.48	600m:	7:17.52 38.09	1000m:	12:17.32 37.74	1400m:	17:19.11 37.77	
	250m:	2:55.69 36.56	650m:	7:54.38 36.86	1050m:	12:55.16 37.84	1450m:	17:57.50 38.39	
	300m:	3:32.38 36.69	700m:	8:30.96 36.58	1100m:	13:33.01 37.85	1500m:	18:33.34 35.84	
	350m:	4:10.46 38.08	750m:	9:08.04 37.08	1150m:	14:10.64 37.63			
	400m:	4:46.96 36.50	800m:	9:45.80 37.76	1200m:	14:47.98 37.34			
12.	Joao Neves, LUCAS		06	Columbofila Cantanhedense				18:42.12	467
	50m:	33.10 33.10	450m:	5:28.83 38.36	850m:	10:31.31 38.76	1250m:	15:33.72 37.60	
	100m:	1:09.23 36.13	500m:	6:06.53 37.70	900m:	11:09.17 37.86	1300m:	16:12.02 38.30	
	150m:	1:46.10 36.87	550m:	6:43.98 37.45	950m:	11:47.23 38.06	1350m:	16:49.91 37.89	
	200m:	2:22.98 36.88	600m:	7:21.49 37.51	1000m:	12:25.14 37.91	1400m:	17:27.89 37.98	
	250m:	2:59.41 36.43	650m:	7:59.25 37.76	1050m:	13:02.79 37.65	1450m:	18:05.52 37.63	
	300m:	3:36.21 36.80	700m:	8:36.88 37.63	1100m:	13:40.00 37.21	1500m:	18:42.12 36.60	
	350m:	4:13.37 37.16	750m:	9:14.52 37.64	1150m:	14:17.92 37.92			
	400m:	4:50.47 37.10	800m:	9:52.55 38.03	1200m:	14:56.12 38.20			
13.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				18:51.20	456
	50m:	31.55 31.55	450m:	5:21.32 36.24	850m:	10:28.35 38.71	1250m:	15:41.80 38.92	
	100m:	1:07.12 35.57	500m:	5:58.70 37.38	900m:	11:07.82 39.47	1300m:	16:21.07 39.27	
	150m:	1:43.21 36.09	550m:	6:36.52 37.82	950m:	11:47.40 39.58	1350m:	17:00.01 38.94	
	200m:	2:19.53 36.32	600m:	7:14.68 38.16	1000m:	12:26.69 39.29	1400m:	17:38.38 38.37	
	250m:	2:55.72 36.19	650m:	7:52.84 38.16	1050m:	13:05.60 38.91	1450m:	18:14.93 36.55	
	300m:	3:32.12 36.40	700m:	8:31.70 38.86	1100m:	13:44.48 38.88	1500m:	18:51.20 36.27	
	350m:	4:08.41 36.29	750m:	9:10.79 39.09	1150m:	14:23.72 39.24			
	400m:	4:45.08 36.67	800m:	9:49.64 38.85	1200m:	15:02.88 39.16			
14.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense				18:55.28	451
	50m:	34.42 34.42	450m:	5:34.22 38.31	850m:	10:38.43 38.41	1250m:	15:45.56 38.41	
	100m:	1:10.93 36.51	500m:	6:11.99 37.77	900m:	11:16.42 37.99	1300m:	16:23.99 38.43	
	150m:	1:48.05 37.12	550m:	6:50.11 38.12	950m:	11:54.99 38.57	1350m:	17:02.35 38.36	
	200m:	2:25.52 37.47	600m:	7:27.69 37.58	1000m:	12:33.38 38.39	1400m:	17:40.72 38.37	
	250m:	3:02.64 37.12	650m:	8:05.86 38.17	1050m:	13:11.90 38.52	1450m:	18:19.07 38.35	
	300m:	3:40.46 37.82	700m:	8:43.70 37.84	1100m:	13:50.22 38.32	1500m:	18:55.28 36.21	
	350m:	4:18.14 37.68	750m:	9:22.11 38.41	1150m:	14:28.74 38.52			
	400m:	4:55.91 37.77	800m:	10:00.02 37.91	1200m:	15:07.15 38.41			

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 40, Masc., 1500m Livres

Prova 40	Masc., 1500m Livres				Juv A e B
11-07-2021 - 16:10					Resultados
Rec Nacional Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	2017
Rec Nacional Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	2009
Rec Nacional Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	2016
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra	2014
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicao	1997

Pontos: FINA 2021

Lugar			Ano			Tempo final			Pts
1.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense		17:21.13			585
	50m:	30.61 30.61	450m:	5:07.03 34.82	850m:	9:47.94 34.76	1250m:	14:31.93 35.58	
	100m:	1:04.70 34.09	500m:	5:42.04 35.01	900m:	10:23.00 35.06	1300m:	15:07.20 35.27	
	150m:	1:38.06 33.36	550m:	6:16.80 34.76	950m:	10:58.15 35.15	1350m:	15:41.74 34.54	
	200m:	2:12.79 34.73	600m:	6:52.33 35.53	1000m:	11:34.11 35.96	1400m:	16:16.60 34.86	
	250m:	2:47.42 34.63	650m:	7:27.29 34.96	1050m:	12:09.86 35.75	1450m:	16:49.94 33.34	
	300m:	3:22.40 34.98	700m:	8:02.58 35.29	1100m:	12:45.52 35.66	1500m:	17:21.13 31.19	
	350m:	3:57.12 34.72	750m:	8:37.70 35.12	1150m:	13:20.98 35.46			
	400m:	4:32.21 35.09	800m:	9:13.18 35.48	1200m:	13:56.35 35.37			
2.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos		17:48.85			541
	50m:	31.08 31.08	450m:	5:15.39 36.26	850m:	10:05.25 36.20	1250m:	14:54.29 36.40	
	100m:	1:05.53 34.45	500m:	5:51.85 36.46	900m:	10:41.20 35.95	1300m:	15:30.21 35.92	
	150m:	1:40.45 34.92	550m:	6:27.55 35.70	950m:	11:17.26 36.06	1350m:	16:06.19 35.98	
	200m:	2:16.07 35.62	600m:	7:03.81 36.26	1000m:	11:53.46 36.20	1400m:	16:41.01 34.82	
	250m:	2:51.76 35.69	650m:	7:40.16 36.35	1050m:	12:29.56 36.10	1450m:	17:16.02 35.01	
	300m:	3:27.46 35.70	700m:	8:16.39 36.23	1100m:	13:05.56 36.00	1500m:	17:48.85 32.83	
	350m:	4:03.28 35.82	750m:	8:52.90 36.51	1150m:	13:41.74 36.18			
	400m:	4:39.13 35.85	800m:	9:29.05 36.15	1200m:	14:17.89 36.15			
3.	Goncalo Carvalho, SANTOS		05	Louzan Natacao		17:52.24			536
	50m:	30.51 30.51	450m:	5:11.55 40.33	850m:	10:02.60 36.21	1250m:	14:53.38 36.58	
	100m:	1:03.96 33.45	500m:	5:48.45 36.90	900m:	10:39.18 36.58	1300m:	15:29.73 36.35	
	150m:	1:38.24 34.28	550m:	6:24.67 36.22	950m:	11:15.11 35.93	1350m:	16:05.59 35.86	
	200m:	2:12.52 34.28	600m:	7:00.97 36.30	1000m:	11:51.26 36.15	1400m:	16:41.84 36.25	
	250m:	2:47.24 34.72	650m:	7:37.77 36.80	1050m:	12:27.84 36.58	1450m:	17:17.94 36.10	
	300m:	3:22.03 34.79	700m:	8:13.76 35.99	1100m:	13:03.97 36.13	1500m:	17:52.24 34.30	
	350m:	3:57.24 35.21	750m:	8:50.44 36.68	1150m:	13:40.02 36.05			
	400m:	4:31.22 33.98	800m:	9:26.39 35.95	1200m:	14:16.80 36.78			
4.	Duarte Jose, FERNANDES		06	Individual ANC		18:06.63			515
	50m:	30.94 30.94	450m:	5:19.58 35.97	850m:	10:14.52 37.06	1250m:	15:08.70 36.51	
	100m:	1:06.20 35.26	500m:	5:56.34 36.76	900m:	10:51.33 36.81	1300m:	15:45.16 36.46	
	150m:	1:42.48 36.28	550m:	6:32.60 36.26	950m:	11:27.69 36.36	1350m:	16:21.04 35.88	
	200m:	2:18.86 36.38	600m:	7:09.30 36.70	1000m:	12:04.91 37.22	1400m:	16:56.98 35.94	
	250m:	2:54.87 36.01	650m:	7:46.76 37.46	1050m:	12:41.51 36.60	1450m:	17:32.41 35.43	
	300m:	3:31.17 36.30	700m:	8:23.54 36.78	1100m:	13:18.95 37.44	1500m:	18:06.63 34.22	
	350m:	4:07.16 35.99	750m:	9:00.65 37.11	1150m:	13:56.12 37.17			
	400m:	4:43.61 36.45	800m:	9:37.46 36.81	1200m:	14:32.19 36.07			
5.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos		18:08.68			512
	50m:	32.46 32.46	450m:	5:24.67 36.65	850m:	10:18.55 36.58	1250m:	15:10.48 36.12	
	100m:	1:08.07 35.61	500m:	6:01.63 36.96	900m:	10:55.44 36.89	1300m:	15:46.78 36.30	
	150m:	1:44.66 36.59	550m:	6:38.22 36.59	950m:	11:32.23 36.79	1350m:	16:22.42 35.64	
	200m:	2:21.23 36.57	600m:	7:15.04 36.82	1000m:	12:09.10 36.87	1400m:	16:58.69 36.27	
	250m:	2:58.12 36.89	650m:	7:51.75 36.71	1050m:	12:45.34 36.24	1450m:	17:34.00 35.31	
	300m:	3:34.62 36.50	700m:	8:28.68 36.93	1100m:	13:21.90 36.56	1500m:	18:08.68 34.68	
	350m:	4:11.38 36.76	750m:	9:05.34 36.66	1150m:	13:58.10 36.20			
	400m:	4:48.02 36.64	800m:	9:41.97 36.63	1200m:	14:34.36 36.26			
6.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos		18:29.12			484
	50m:	31.62 31.62	450m:	5:25.69 36.79	850m:	10:21.61 37.33	1250m:	15:21.33 37.95	
	100m:	1:07.38 35.76	500m:	6:02.68 36.99	900m:	10:58.86 37.25	1300m:	15:59.26 37.93	
	150m:	1:44.28 36.90	550m:	6:39.69 37.01	950m:	11:36.05 37.19	1350m:	16:36.80 37.54	
	200m:	2:21.26 36.98	600m:	7:16.49 36.80	1000m:	12:13.49 37.44	1400m:	17:14.54 37.74	
	250m:	2:58.40 37.14	650m:	7:53.25 36.76	1050m:	12:50.74 37.25	1450m:	17:52.21 37.67	
	300m:	3:35.35 36.95	700m:	8:30.23 36.98	1100m:	13:28.06 37.32	1500m:	18:29.12 36.91	
	350m:	4:12.16 36.81	750m:	9:07.14 36.91	1150m:	14:05.78 37.72			
	400m:	4:48.90 36.74	800m:	9:44.28 37.14	1200m:	14:43.38 37.60			

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 40, Masc., 1500m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts		
7.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				18:31.59	481		
	50m:	33.33 33.33	450m:	5:32.08	37.33	850m:	10:31.05	36.98	1250m:	15:28.93	37.40
	100m:	1:09.68 36.35	500m:	6:09.36	37.28	900m:	11:07.84	36.79	1300m:	16:06.43	37.50
	150m:	1:47.40 37.72	550m:	6:46.81	37.45	950m:	11:44.92	37.08	1350m:	16:43.55	37.12
	200m:	2:24.88 37.48	600m:	7:23.98	37.17	1000m:	12:22.07	37.15	1400m:	17:20.56	37.01
	250m:	3:02.05 37.17	650m:	8:01.39	37.41	1050m:	12:59.26	37.19	1450m:	17:56.84	36.28
	300m:	3:39.33 37.28	700m:	8:38.74	37.35	1100m:	13:36.82	37.56	1500m:	18:31.59	34.75
	350m:	4:17.01 37.68	750m:	9:16.65	37.91	1150m:	14:14.28	37.46			
	400m:	4:54.75 37.74	800m:	9:54.07	37.42	1200m:	14:51.53	37.25			
8.	Joao Neves, LUCAS		06	Columbofila Cantanhedense				18:42.12	467		
	50m:	33.10 33.10	450m:	5:28.83	38.36	850m:	10:31.31	38.76	1250m:	15:33.72	37.60
	100m:	1:09.23 36.13	500m:	6:06.53	37.70	900m:	11:09.17	37.86	1300m:	16:12.02	38.30
	150m:	1:46.10 36.87	550m:	6:43.98	37.45	950m:	11:47.23	38.06	1350m:	16:49.91	37.89
	200m:	2:22.98 36.88	600m:	7:21.49	37.51	1000m:	12:25.14	37.91	1400m:	17:27.89	37.98
	250m:	2:59.41 36.43	650m:	7:59.25	37.76	1050m:	13:02.79	37.65	1450m:	18:05.52	37.63
	300m:	3:36.21 36.80	700m:	8:36.88	37.63	1100m:	13:40.00	37.21	1500m:	18:42.12	36.60
	350m:	4:13.37 37.16	750m:	9:14.52	37.64	1150m:	14:17.92	37.92			
	400m:	4:50.47 37.10	800m:	9:52.55	38.03	1200m:	14:56.12	38.20			
9.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				18:51.20	456		
	50m:	31.55 31.55	450m:	5:21.32	36.24	850m:	10:28.35	38.71	1250m:	15:41.80	38.92
	100m:	1:07.12 35.57	500m:	5:58.70	37.38	900m:	11:07.82	39.47	1300m:	16:21.07	39.27
	150m:	1:43.21 36.09	550m:	6:36.52	37.82	950m:	11:47.40	39.58	1350m:	17:00.01	38.94
	200m:	2:19.53 36.32	600m:	7:14.68	38.16	1000m:	12:26.69	39.29	1400m:	17:38.38	38.37
	250m:	2:55.72 36.19	650m:	7:52.84	38.16	1050m:	13:05.60	38.91	1450m:	18:14.93	36.55
	300m:	3:32.12 36.40	700m:	8:31.70	38.86	1100m:	13:44.48	38.88	1500m:	18:51.20	36.27
	350m:	4:08.41 36.29	750m:	9:10.79	39.09	1150m:	14:23.72	39.24			
	400m:	4:45.08 36.67	800m:	9:49.64	38.85	1200m:	15:02.88	39.16			
10.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense				18:55.28	451		
	50m:	34.42 34.42	450m:	5:34.22	38.31	850m:	10:38.43	38.41	1250m:	15:45.56	38.41
	100m:	1:10.93 36.51	500m:	6:11.99	37.77	900m:	11:16.42	37.99	1300m:	16:23.99	38.43
	150m:	1:48.05 37.12	550m:	6:50.11	38.12	950m:	11:54.99	38.57	1350m:	17:02.35	38.36
	200m:	2:25.52 37.47	600m:	7:27.69	37.58	1000m:	12:33.38	38.39	1400m:	17:40.72	38.37
	250m:	3:02.64 37.12	650m:	8:05.86	38.17	1050m:	13:11.90	38.52	1450m:	18:19.07	38.35
	300m:	3:40.46 37.82	700m:	8:43.70	37.84	1100m:	13:50.22	38.32	1500m:	18:55.28	36.21
	350m:	4:18.14 37.68	750m:	9:22.11	38.41	1150m:	14:28.74	38.52			
	400m:	4:55.91 37.77	800m:	10:00.02	37.91	1200m:	15:07.15	38.41			

Prova 40 Masc., 1500m Livres Inf A
11-07-2021 - 16:10 Resultados

Rec Nacional Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	2017
Rec Nacional Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	2004
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Inf A	17:20.74	Pedro, MATOS	CNM	Coimbra	1996

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts		
1.	David Ferreira, SILVA		07	Academica de Coimbra				19:56.84	385		
	50m:	36.47 36.47	450m:	5:59.04	40.22	850m:	11:18.58	40.27	1250m:	16:38.77	40.15
	100m:	1:16.38 39.91	500m:	6:39.05	40.01	900m:	11:58.55	39.97	1300m:	17:18.72	39.95
	150m:	1:56.86 40.48	550m:	7:19.05	40.00	950m:	12:38.53	39.98	1350m:	17:58.75	40.03
	200m:	2:37.41 40.55	600m:	7:59.07	40.02	1000m:	13:18.51	39.98	1400m:	18:38.71	39.96
	250m:	3:18.00 40.59	650m:	8:38.92	39.85	1050m:	13:58.96	40.45	1450m:	19:18.26	39.55
	300m:	3:58.38 40.38	700m:	9:18.38	39.46	1100m:	14:38.72	39.76	1500m:	19:56.84	38.58
	350m:	4:38.76 40.38	750m:	9:58.43	40.05	1150m:	15:19.03	40.31			
	400m:	5:18.82 40.06	800m:	10:38.31	39.88	1200m:	15:58.62	39.59			
2.	Rodrigo, MARQUES LIMA		07	CASPAAE				25:57.04	175		
	50m:	41.70 41.70	450m:	7:35.28	53.44	850m:	14:34.78	52.41	1250m:	21:41.97	54.92
	100m:	1:30.30 48.60	500m:	8:26.92	51.64	900m:	15:28.93	54.15	1300m:	22:33.22	51.25
	150m:	2:21.67 51.37	550m:	9:19.07	52.15	950m:	16:21.32	52.39	1350m:	23:25.75	52.53
	200m:	3:13.30 51.63	600m:	10:10.08	51.01	1000m:	17:16.06	54.74	1400m:	24:18.30	52.55
	250m:	4:06.35 53.05	650m:	11:02.96	52.88	1050m:	18:09.25	53.19	1450m:	25:10.18	51.88
	300m:	4:56.90 50.55	700m:	11:55.36	52.40	1100m:	19:01.60	52.35	1500m:	25:57.04	46.86
	350m:	5:49.45 52.55	750m:	12:50.15	54.79	1150m:	19:54.68	53.08			
	400m:	6:41.84 52.39	800m:	13:42.37	52.22	1200m:	20:47.05	52.37			

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Prova 40, Masc., 1500m Livres

Prova 40 Masc., 1500m Livres Inf B
11-07-2021 - 16:10 Resultados

Rec Nacional Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	2017
Rec Nacional Inf B	17:21.58	Pedro Fontoura, OLIVEIRA	CFB	Restelo	2003
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		2017
Rec Reg ANC Inf B	18:19.17	Joao Carvalho, DIZ	CNAC	Loulé	2014

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	20:29.07	355	
50m:	35.00	35.00	450m:	5:59.58	40.89
100m:	1:13.85	38.85	500m:	6:40.68	41.10
150m:	1:53.80	39.95	550m:	7:21.82	41.14
200m:	2:34.33	40.53	600m:	8:03.63	41.81
250m:	3:15.76	41.43	650m:	8:45.53	41.90
300m:	3:56.67	40.91	700m:	9:27.44	41.91
350m:	4:37.82	41.15	750m:	10:09.10	41.66
400m:	5:18.69	40.87	800m:	10:50.27	41.17
			850m:	11:31.98	41.71
			900m:	12:13.25	41.27
			950m:	12:54.81	41.56
			1000m:	13:36.28	41.47
			1050m:	14:17.92	41.64
			1100m:	14:59.26	41.34
			1150m:	15:41.21	41.95
			1200m:	16:22.91	41.70
			1250m:	17:04.37	41.46
			1300m:	17:46.07	41.70
			1350m:	18:27.95	41.88
			1400m:	19:09.45	41.50
			1450m:	19:50.02	40.57
			1500m:	20:29.07	39.05
2. Samuel Dinis, MAIA	08	Miranda do Corvo	21:08.04	324	
50m:	36.47	36.47	450m:	6:17.74	44.67
100m:	1:17.35	40.88	500m:	6:59.60	41.86
150m:	1:59.85	42.50	550m:	7:42.55	42.95
200m:	2:41.72	41.87	600m:	8:24.57	42.02
250m:	3:24.44	42.72	650m:	9:07.45	42.88
300m:	4:07.32	42.88	700m:	9:50.69	43.24
350m:	4:49.89	42.57	750m:	10:34.99	44.30
400m:	5:33.07	43.18	800m:	11:17.77	42.78
			850m:	12:00.67	42.90
			900m:	12:43.85	43.18
			950m:	13:25.59	41.74
			1000m:	14:08.53	42.94
			1050m:	14:51.30	42.77
			1100m:	15:33.07	41.77
			1150m:	16:16.67	43.60
			1200m:	16:58.98	42.31
			1250m:	17:42.10	43.12
			1300m:	18:24.26	42.16
			1350m:	19:05.44	41.18
			1400m:	19:47.25	41.81
			1450m:	20:27.94	40.69
			1500m:	21:08.04	40.10

EXH Lugar	Ano		Tempo final		Pts
Marco Dimitar, OLIVEIRA	07	Fundacao Beatriz Santos	20:46.74	341	
50m:	33.99	33.99	450m:	6:13.88	42.42
100m:	1:12.88	38.89	500m:	6:56.00	42.12
150m:	1:53.25	40.37	550m:	7:37.52	41.52
200m:	2:31.98	38.73	600m:	8:19.77	42.25
250m:	3:21.02	49.04	650m:	9:00.91	41.14
300m:	4:06.21	45.19	700m:	9:43.44	42.53
350m:	4:48.01	41.80	750m:	10:24.64	41.20
400m:	5:31.46	43.45	800m:	11:06.65	42.01
			850m:	11:48.75	42.10
			900m:	12:31.09	42.34
			950m:	13:12.47	41.38
			1000m:	13:55.53	43.06
			1050m:	14:36.85	41.32
			1100m:	15:18.71	41.86
			1150m:	15:59.73	41.02
			1200m:	16:42.60	42.87
			1250m:	17:24.28	41.68
			1300m:	18:06.66	42.38
			1350m:	18:48.06	41.40
			1400m:	19:30.57	42.51
			1450m:	20:08.11	37.54
			1500m:	20:46.74	38.63

Prova 41 Femin., 200m Costas Abs
11-07-2021 - 17:15 Resultados

Rec Nacional Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	2020
Rec Nacional Sen	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	2020
Rec Nacional Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	2015
Rec Nacional Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	2019
Rec Nacional Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	2012
Rec Nacional Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	2017
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Sen	2:17.75	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Jun 17	2:18.29	Camila Rodrigues, REBELO	ALN		2020
Rec Reg ANC Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia	2018
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Camila Rodrigues, REBELO	03	Louzan Natacao	2:18.68	703	
50m:	33.58	33.58	100m:	1:08.27	34.69
			150m:	1:43.98	35.71
			200m:	2:18.68	34.70
2. Leonor Correia, PAIVA	04	Louzan Natacao	2:27.11	589	
50m:	34.81	34.81	100m:	1:11.93	37.12
			150m:	1:50.08	38.15
			200m:	2:27.11	37.03
3. Joana Francisca, RODRIGUES	04	Individual ANC	2:31.29	541	
50m:	35.46	35.46	100m:	1:14.08	38.62
			150m:	1:53.06	38.98
			200m:	2:31.29	38.23

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Prova 41, Femin., 200m Costas, Abs

Lugar	Ano	Tempo final	Pts
4. Marisa Isabel, NOBRE 50m: 36.97 36.97 100m: 1:17.13	05	Columbofila Cantanhedense 40.16 150m: 1:57.04 39.91 200m: 2:36.58	488 39.54
5. Maria Neto, FERREIRA 50m: 36.31 36.31 100m: 1:16.28	06	Fundacao Beatriz Santos 39.97 150m: 1:56.73 40.45 200m: 2:37.08	484 40.35
6. Dania Rodrigues, SIMOES 50m: 37.55 37.55 100m: 1:17.55	07	Louzan Natacao 40.00 150m: 1:58.37 40.82 200m: 2:37.68	478 39.31
7. Ines Miranda, DIOGO 50m: 37.86 37.86 100m: 1:17.17	07	Fundacao Beatriz Santos 39.31 150m: 1:57.86 40.69 200m: 2:38.25	473 40.39
8. Matilde Batista, FERREIRA 50m: 36.06 36.06 100m: 1:16.69	06	Fundacao Beatriz Santos 40.63 150m: 1:58.28 41.59 200m: 2:41.28	447 43.00
9. Matilde Fonseca, OLIVEIRA 50m: 38.79 38.79 100m: 1:19.81	06	Miranda do Corvo 41.02 150m: 2:02.10 42.29 200m: 2:44.32	423 42.22
10. Joana Filipa, VARELA 50m: 37.56 37.56 100m: 1:19.38	06	Fundacao Beatriz Santos 41.82 150m: 2:01.82 42.44 200m: 2:44.68	420 42.86
11. Kateryna, DZYAKANAVA 50m: 39.87 39.87 100m: 1:23.07	05	Louzan Natacao 43.20 150m: 2:07.04 43.97 200m: 2:47.71	397 40.67
12. Diana Costa, OLIVEIRA 50m: 40.57 40.57 100m: 1:24.86	04	Uniao Coimbra 44.29 150m: 2:09.18 44.32 200m: 2:51.77	370 42.59
13. Beatriz Pereira, MARQUES 50m: 43.56 43.56 100m: 1:28.07	05	Columbofila Cantanhedense 44.51 150m: 2:13.24 45.17 200m: 2:56.22	342 42.98
14. Cristiana Sofia, DUARTE 50m: 39.30 39.30 100m: 1:25.63	07	Vigor da Mocidade 46.33 150m: 2:12.63 47.00 200m: 2:58.16	331 45.53
15. Rita Mendes, SANTOS 50m: 47.77 47.77 100m: 1:41.28	06	Vigor da Mocidade 53.51 150m: 2:35.81 54.53 200m: 3:26.91	211 51.10

Prova 41
11-07-2021 - 17:15

Femin., 200m Costas

Juv A e B
Resultados

Rec Nacional Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	2020
Rec Nacional Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	2012
Rec Nacional Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	2017
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia	2018
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Neto, FERREIRA 50m: 36.31 36.31 100m: 1:16.28	06	Fundacao Beatriz Santos 39.97 150m: 1:56.73 40.45 200m: 2:37.08	484 40.35
2. Dania Rodrigues, SIMOES 50m: 37.55 37.55 100m: 1:17.55	07	Louzan Natacao 40.00 150m: 1:58.37 40.82 200m: 2:37.68	478 39.31
3. Ines Miranda, DIOGO 50m: 37.86 37.86 100m: 1:17.17	07	Fundacao Beatriz Santos 39.31 150m: 1:57.86 40.69 200m: 2:38.25	473 40.39
4. Matilde Batista, FERREIRA 50m: 36.06 36.06 100m: 1:16.69	06	Fundacao Beatriz Santos 40.63 150m: 1:58.28 41.59 200m: 2:41.28	447 43.00
5. Matilde Fonseca, OLIVEIRA 50m: 38.79 38.79 100m: 1:19.81	06	Miranda do Corvo 41.02 150m: 2:02.10 42.29 200m: 2:44.32	423 42.22
6. Joana Filipa, VARELA 50m: 37.56 37.56 100m: 1:19.38	06	Fundacao Beatriz Santos 41.82 150m: 2:01.82 42.44 200m: 2:44.68	420 42.86
7. Cristiana Sofia, DUARTE 50m: 39.30 39.30 100m: 1:25.63	07	Vigor da Mocidade 46.33 150m: 2:12.63 47.00 200m: 2:58.16	331 45.53

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Prova 41, Femin., 200m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
8. Rita Mendes, SANTOS	06 Vigor da Mocidade	3:26.91	211
50m: 47.77 47.77	100m: 1:41.28 53.51	150m: 2:35.81 54.53	200m: 3:26.91 51.10

Prova 41 Femin., 200m Costas Inf A
11-07-2021 - 17:15 Resultados

Rec Nacional Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	2020
Rec Nacional Inf A	2:23.57	Rafaela Gomes, AZEVEDO	POR	Genova (ITA)	2015
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Inf A	2:30.49	Maria Malaguerra, COSTA	ASSSCC	Rio Maior	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Francisca Santos, FERNANDES	08 Miranda do Corvo	2:48.72	390
50m: 39.54 39.54	100m: 1:22.66 43.12	150m: 2:07.15 44.49	200m: 2:48.72 41.57
2. Laura Silva, FERNANDES	08 Miranda do Corvo	3:00.45	319
50m: 42.32 42.32	100m: 1:27.18 44.86	150m: 2:14.38 47.20	200m: 3:00.45 46.07
3. Catarina Sargaco, TEIXEIRA	08 Columbofila Cantanhedense	3:02.42	309
50m: 44.33 44.33	100m: 1:30.43 46.10	150m: 2:16.76 46.33	200m: 3:02.42 45.66
4. Maria Manuel, CORTESAO	08 Nautico Coimbra	3:06.46	289
50m: 43.13 43.13	100m: 1:30.03 46.90	150m: 2:18.34 48.31	200m: 3:06.46 48.12
5. Ines Serralheiro, SANTOS	08 Columbofila Cantanhedense	3:15.72	250
50m: 45.71 45.71	100m: 1:35.07 49.36	150m: 2:26.26 51.19	200m: 3:15.72 49.46
6. Maria Gabriela, RANGEL	08 Fundacao Beatriz Santos	3:16.89	245
50m: 43.98 43.98	100m: 1:34.54 50.56	150m: 2:27.56 53.02	200m: 3:16.89 49.33
7. Mariana Santos, ALMEIDA	08 Columbofila Cantanhedense	3:23.75	221
50m: 46.60 46.60	100m: 1:38.52 51.92	150m: 2:31.40 52.88	200m: 3:23.75 52.35

Prova 41 Femin., 200m Costas Inf B
11-07-2021 - 17:15 Resultados

Rec Nacional Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	2020
Rec Nacional Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicão	1997
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		2019
Rec Reg ANC Inf B	2:35.38	Camila Rodrigues, REBELO	ALN	Oeiras	2015

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	2:52.10	368
50m: 39.98 39.98	100m: 1:24.01 44.03	150m: 2:09.40 45.39	200m: 2:52.10 42.70
2. Matilde Domingues, PIRES	09 Columbofila Cantanhedense	2:52.68	364
50m: 41.31 41.31	100m: 1:25.08 43.77	150m: 2:09.61 44.53	200m: 2:52.68 43.07
3. Caetana Amado, SANTOS	09 Miranda do Corvo	2:59.92	322
50m: 42.66 42.66	100m: 1:29.70 47.04	150m: 2:17.13 47.43	200m: 2:59.92 42.79
4. Margarida Pessoa, MONTEIRO	09 Columbofila Cantanhedense	3:00.59	318
50m: 42.63 42.63	100m: 1:29.04 46.41	150m: 2:14.64 45.60	200m: 3:00.59 45.95
5. Gabriela Leonardo, MEDINA	09 Condeixa Clube	3:14.27	255
50m: 45.97 45.97	100m: 1:37.26 51.29	150m: 2:27.22 49.96	200m: 3:14.27 47.05
6. Maria Alexandra, MOREIRA	09 Condeixa Clube	3:20.84	231
50m: 46.60 46.60	100m: 1:38.51 51.91	150m: 2:30.08 51.57	200m: 3:20.84 50.76
7. Ana Margarida, CRUZ	09 Nautico Coimbra	3:27.81	209
50m: 47.80 47.80	100m: 1:42.25 54.45	150m: 2:35.11 52.86	200m: 3:27.81 52.70
8. Ana Laura, LUCAS	09 Columbofila Cantanhedense	3:45.57	163
50m: 51.56 51.56	100m: 1:50.90 59.34	150m: 2:50.90 1:00.00	200m: 3:45.57 54.67

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Prova 42	Masc., 200m Costas				Abs
11-07-2021 - 17:40					Resultados
Rec Nacional Absoluto	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	2021
Rec Nacional Sen	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	2021
Rec Nacional Jun 18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	2019
Rec Nacional Jun 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapest (HUN)	2005
Rec Nacional Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	2014
Rec Nacional Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Sen	2:00.35	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Jun 18	2:03.57	Gabriel Jose, LOPES	ALN	Singapura (SGP)	2015
Rec Reg ANC Jun 17	2:10.32	Bernardo Vinagre, ARZILEIRO	CUC	Funchal	2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	1997
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		1992

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Individual ANC		2:11.76	612	
50m: 31.01 31.01	100m: 1:04.76	33.75	150m: 1:38.97 34.21	200m: 2:11.76	32.79	
2. Joao Pedro, DIAS	02	Fundacao Beatriz Santos		2:13.51	589	
50m: 30.38 30.38	100m: 1:04.09	33.71	150m: 1:38.75 34.66	200m: 2:13.51	34.76	
3. Jose Diogo, DIAS	04	Fundacao Beatriz Santos		2:16.76	548	
50m: 31.92 31.92	100m: 1:06.03	34.11	150m: 1:41.41 35.38	200m: 2:16.76	35.35	
4. David Valdagua, COUTINHO	03	Uniao Coimbra		2:21.16	498	
50m: 32.58 32.58	100m: 1:08.62	36.04	150m: 1:45.86 37.24	200m: 2:21.16	35.30	
5. Francisco Couto, FRAZAO	06	Uniao Coimbra		2:23.21	477	
50m: 33.92 33.92	100m: 1:10.46	36.54	150m: 1:47.11 36.65	200m: 2:23.21	36.10	
6. Martim Miranda, MACHADO	03	Individual ANC		2:24.40	465	
50m: 34.01 34.01	100m: 1:11.73	37.72	150m: 1:48.52 36.79	200m: 2:24.40	35.88	
7. Tomas Carvalho, SANTOS	05	Louzan Natacao		2:25.12	458	
50m: 33.82 33.82	100m: 1:10.76	36.94	150m: 1:48.34 37.58	200m: 2:25.12	36.78	
8. Guilherme Marques, PEREIRA	06	Condeixa Clube		2:25.23	457	
50m: 35.60 35.60	100m: 1:12.22	36.62	150m: 1:48.43 36.21	200m: 2:25.23	36.80	
9. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra		2:26.26	448	
50m: 34.28 34.28	100m: 1:10.92	36.64	150m: 1:48.72 37.80	200m: 2:26.26	37.54	
10. Filipe Cruz, SIMOES	06	Miranda do Corvo		2:27.85	433	
50m: 34.31 34.31	100m: 1:11.53	37.22	150m: 1:50.31 38.78	200m: 2:27.85	37.54	
11. Afonso Vidal, TOMAS	06	Louzan Natacao		2:31.92	399	
50m: 36.15 36.15	100m: 1:14.69	38.54	150m: 1:53.73 39.04	200m: 2:31.92	38.19	
12. Renato Maria, FERREIRA	04	Individual ANC		2:33.53	387	
50m: 35.34 35.34	100m: 1:14.36	39.02	150m: 1:54.44 40.08	200m: 2:33.53	39.09	
13. Rodrigo Costa, CRUZ	06	Academica de Coimbra		2:41.81	330	
50m: 36.99 36.99	100m: 1:19.26	42.27	150m: 2:01.36 42.10	200m: 2:41.81	40.45	
14. Rodrigo Neves, DUARTE	06	Louzan Natacao		2:49.09	289	
50m: 40.25 40.25	100m: 1:23.81	43.56	150m: 2:07.57 43.76	200m: 2:49.09	41.52	
15. Simao Domingues, PAZ	06	Miranda do Corvo		2:50.89	280	
50m: 39.66 39.66	100m: 1:22.90	43.24	150m: 2:07.51 44.61	200m: 2:50.89	43.38	
16. Diogo Luis, CANCELA	02	Miranda do Corvo		2:51.97	275	
50m: 41.41 41.41	100m: 1:25.94	44.53	150m: 2:12.41 46.47	200m: 2:51.97	39.56	

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Prova 42, Masc., 200m Costas

Prova 42	Masc., 200m Costas				Juv A e B
11-07-2021 - 17:40					Resultados
Rec Nacional Absoluto	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	2021
Rec Nacional Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	2014
Rec Nacional Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	1997
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		1992

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Francisco Couto, FRAZAO	06	Uniao Coimbra		2:23.21	477	
50m: 33.92 33.92	100m: 1:10.46	36.54	150m: 1:47.11	36.65	200m: 2:23.21	36.10
2. Tomas Carvalho, SANTOS	05	Louzan Natacao		2:25.12	458	
50m: 33.82 33.82	100m: 1:10.76	36.94	150m: 1:48.34	37.58	200m: 2:25.12	36.78
3. Guilherme Marques, PEREIRA	06	Condeixa Clube		2:25.23	457	
50m: 35.60 35.60	100m: 1:12.22	36.62	150m: 1:48.43	36.21	200m: 2:25.23	36.80
4. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra		2:26.26	448	
50m: 34.28 34.28	100m: 1:10.92	36.64	150m: 1:48.72	37.80	200m: 2:26.26	37.54
5. Filipe Cruz, SIMOES	06	Miranda do Corvo		2:27.85	433	
50m: 34.31 34.31	100m: 1:11.53	37.22	150m: 1:50.31	38.78	200m: 2:27.85	37.54
6. Afonso Vidal, TOMAS	06	Louzan Natacao		2:31.92	399	
50m: 36.15 36.15	100m: 1:14.69	38.54	150m: 1:53.73	39.04	200m: 2:31.92	38.19
7. Rodrigo Costa, CRUZ	06	Academica de Coimbra		2:41.81	330	
50m: 36.99 36.99	100m: 1:19.26	42.27	150m: 2:01.36	42.10	200m: 2:41.81	40.45
8. Rodrigo Neves, DUARTE	06	Louzan Natacao		2:49.09	289	
50m: 40.25 40.25	100m: 1:23.81	43.56	150m: 2:07.57	43.76	200m: 2:49.09	41.52
9. Simao Domingues, PAZ	06	Miranda do Corvo		2:50.89	280	
50m: 39.66 39.66	100m: 1:22.90	43.24	150m: 2:07.51	44.61	200m: 2:50.89	43.38

Prova 42 Masc., 200m Costas Inf A Resultados

Prova 42	Masc., 200m Costas				Inf A
11-07-2021 - 17:40					Resultados
Rec Nacional Absoluto	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	2021
Rec Nacional Inf A	2:14.56	Alexandre Lages, RIBAS	EDV	Lisboa	2011
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Inf A	2:18.74	Gabriel Jose, LOPES	CDL	Lisboa	2011

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Alexandre, DZYAKANAU	07	Louzan Natacao		2:34.90	377	
50m: 37.76 37.76	100m: 1:17.25	39.49	150m: 1:57.29	40.04	200m: 2:34.90	37.61
2. Duarte Cachulo, MARQUES	07	Condeixa Clube		2:35.85	370	
50m: 36.62 36.62	100m: 1:16.45	39.83	150m: 1:57.33	40.88	200m: 2:35.85	38.52
3. Goncalo Miranda, FERNANDES	07	Vigor da Mocidade		2:50.11	284	
50m: 40.34 40.34	100m: 1:24.00	43.66	150m: 2:09.43	45.43	200m: 2:50.11	40.68
4. Afonso Simoes, FERREIRA	07	Vigor da Mocidade		2:51.08	279	
50m: 40.01 40.01	100m: 1:24.06	44.05	150m: 2:09.23	45.17	200m: 2:51.08	41.85
5. Francisco Jose, SIMOES	07	Vigor da Mocidade		3:04.62	222	
50m: 41.50 41.50	100m: 1:28.29	46.79	150m: 2:16.78	48.49	200m: 3:04.62	47.84

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Prova 42, Masc., 200m Costas

Prova 42 Masc., 200m Costas Inf B
11-07-2021 - 17:40 Resultados

Rec Nacional Absoluto	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	2021
Rec Nacional Inf B	2:20.07	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Inf B	2:25.05	Jose Diogo, DIAS	FBSC	Coimbra	2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Vicente Piacentini, CALDEIRA	08	Nautico Coimbra			2:50.58	282
50m: 39.67 39.67	100m: 1:22.94	43.27	150m: 2:07.83	44.89	200m: 2:50.58	42.75
2. Miguel Tomas, CONCEICAO	08	Nautico Coimbra			2:54.61	263
50m: 40.12 40.12	100m: 1:25.32	45.20	150m: 2:11.82	46.50	200m: 2:54.61	42.79
3. Joaquim Antonio, CUNHA	08	Nautico Coimbra			2:57.31	251
50m: 41.95 41.95	100m: 1:27.30	45.35	150m: 2:13.29	45.99	200m: 2:57.31	44.02
4. Salvador Correia, PEREIRA	08	Condeixa Clube			3:01.13	235
50m: 43.08 43.08	100m: 1:29.79	46.71	150m: 2:16.14	46.35	200m: 3:01.13	44.99
5. Francisco Fernandes, PEREIRA	08	Academica de Coimbra			3:04.43	223
50m: 43.85 43.85	100m: 1:31.94	48.09	150m: 2:19.39	47.45	200m: 3:04.43	45.04
6. Santiago Jose, FONSECA	08	Columbifila Cantanhedense			3:04.64	222
50m: 44.07 44.07	100m: 1:33.03	48.96	150m: 2:19.76	46.73	200m: 3:04.64	44.88
7. Manuel Meneses, GONCALVES	08	Nautico Coimbra			3:25.68	161
50m: 50.71 50.71	100m: 1:43.23	52.52	150m: 2:35.20	51.97	200m: 3:25.68	50.48
8. Jose Guardado, SILVA	08	Vigor da Mocidade			3:28.63	154
50m: 49.70 49.70	100m: 1:43.69	53.99	150m: 2:37.73	54.04	200m: 3:28.63	50.90
DSQ Guilherme Simoes, SOUSA	08	Fundacao Beatriz Santos				
<i>o atleta nao realizou o movimento continuo de costas, na viragem aos 150 m</i>						

Prova 43 Femin., 100m Mariposa Abs
11-07-2021 - 18:00 Resultados

Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	2010
Rec Nacional Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	2010
Rec Nacional Jun 17	1:00.11	Mariana Pacheco, CUNHA	POR	Porto	2021
Rec Nacional Jun 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	2009
Rec Nacional Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	2019
Rec Nacional Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	2019
Rec Reg ANC Sen	1:04.55	Beatriz Neves, CRAVEIRO	AAC		2019
Rec Reg ANC Jun 17	1:04.30	Beatriz Costa, TEJO	AAC		2019
Rec Reg ANC Jun 16	1:05.05	Mariana Cunha, GUERRA	ASSSCC	Coimbra	2014
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	2017
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras	2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Beatriz Costa, TEJO <i>Rec Reg ANC</i>	02	Academica de Coimbra			1:03.55	665
50m: 29.74 29.74	100m: 1:03.55	33.81				
2. Maria Carlota, REBELO	03	Louzan Natacao			1:06.02	593
50m: 31.05 31.05	100m: 1:06.02	34.97				
3. Ana Carolina, MONTEIRO	04	Individual ANC			1:06.26	587
50m: 30.94 30.94	100m: 1:06.26	35.32				
4. Diana Silva, TINOCO	06	Columbifila Cantanhedense			1:08.14	539
50m: 32.06 32.06	100m: 1:08.14	36.08				

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Prova 43, Femin., 100m Mariposa, Abs

Lugar	Ano	Tempo final	Pts
5. Beatriz Silva, NEVES 50m: 31.90 31.90 100m: 1:08.17 36.27	06 Fundacao Beatriz Santos	1:08.17	539
6. Leonor Correia, PAIVA 50m: 33.16 33.16 100m: 1:09.82 36.66	04 Louzan Natacao	1:09.82	501
7. Angela Rodrigues, REBELO 50m: 33.09 33.09 100m: 1:10.07 36.98	07 Louzan Natacao	1:10.07	496
8. Ana Rita, QUEIROZ 50m: 32.17 32.17 100m: 1:10.22 38.05	02 Individual ANC	1:10.22	493
9. Maria Caetano, LAMAS 50m: 32.65 32.65 100m: 1:10.92 38.27	04 Miranda do Corvo	1:10.92	478
10. Leonor Mil, MANO 50m: 32.50 32.50 100m: 1:10.95 38.45	07 Fundacao Beatriz Santos	1:10.95	478
11. Barbara Almeida, SIMOES 50m: 33.69 33.69 100m: 1:14.17 40.48	05 Uniao Coimbra	1:14.17	418
12. Maria Vitoria, GRILO 50m: 35.55 35.55 100m: 1:17.03 41.48	06 Fundacao Beatriz Santos	1:17.03	373
13. Matilde Fonseca, OLIVEIRA 50m: 35.31 35.31 100m: 1:17.32 42.01	06 Miranda do Corvo	1:17.32	369
14. Helena Carolina, DINIS 50m: 37.14 37.14 100m: 1:24.22 47.08	05 Academica de Coimbra	1:24.22	285

Prova 43
11-07-2021 - 18:00

Femin., 100m Mariposa

Juv A e B
Resultados

Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	2010
Rec Nacional Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	2019
Rec Nacional Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	2019
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	2017
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras	2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Diana Silva, TINOCO 50m: 32.06 32.06 100m: 1:08.14 36.08	06 Columbofila Cantanhedense	1:08.14	539
2. Beatriz Silva, NEVES 50m: 31.90 31.90 100m: 1:08.17 36.27	06 Fundacao Beatriz Santos	1:08.17	539
3. Angela Rodrigues, REBELO 50m: 33.09 33.09 100m: 1:10.07 36.98	07 Louzan Natacao	1:10.07	496
4. Leonor Mil, MANO 50m: 32.50 32.50 100m: 1:10.95 38.45	07 Fundacao Beatriz Santos	1:10.95	478
5. Maria Vitoria, GRILO 50m: 35.55 35.55 100m: 1:17.03 41.48	06 Fundacao Beatriz Santos	1:17.03	373
6. Matilde Fonseca, OLIVEIRA 50m: 35.31 35.31 100m: 1:17.32 42.01	06 Miranda do Corvo	1:17.32	369

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Prova 43, Femin., 100m Mariposa

Prova 43 Femin., 100m Mariposa Inf A
11-07-2021 - 18:00 Resultados

Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	2010
Rec Nacional Inf A	1:03.83	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira	2018
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	2019
Rec Reg ANC Inf A	1:06.56	Mariana Cunha, GUERRA	ASSSCC	Lisboa	2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Julia Maria, SOARES	08 Miranda do Corvo	1:19.98	333
50m: 36.49 36.49	100m: 1:19.98 43.49		
2. Francisca Santos, FERNANDES	08 Miranda do Corvo	1:24.76	280
50m: 38.82 38.82	100m: 1:24.76 45.94		
3. Ana Sofia, PARAISO	08 Fundacao Beatriz Santos	1:41.63	162
50m: 43.59 43.59	100m: 1:41.63 58.04		

Prova 43 Femin., 100m Mariposa Inf B
11-07-2021 - 18:00 Resultados

Rec Nacional Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	2010
Rec Nacional Inf B	1:07.00	Carolina Miranda, FERNANDES	SCP	S. Joao da Madeira	2017
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	2019
Rec Reg ANC Inf B	1:09.89	Ines Pereira, SILVA	CAQC	Loulé	2014

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Raquel Alexandra, CANCELA	09 Miranda do Corvo	1:27.27	256
50m: 40.70 40.70	100m: 1:27.27 46.57		
DSQ Rita Calado, CRUZ	09 Fundacao Beatriz Santos		
<i>Falsa partida</i>			

Prova 44 Masc., 100m Mariposa Abs
11-07-2021 - 18:10 Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	2009
Rec Nacional Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	2009
Rec Nacional Jun 18	54.16	Miguel Duarte, NASCIMENTO	POR	Kiev (UKR)	2013
Rec Nacional Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	2021
Rec Nacional Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	2019
Rec Nacional Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		2021
Rec Reg ANC Sen	54.16	Gabriel Jose, LOPES	ALN		2018
Rec Reg ANC Jun 18	55.86	Miguel Silva, OLIVEIRA	CNAC	Coimbra	2009
Rec Reg ANC Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	2021
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicão	2013
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gustavo Pires, MARQUES	04 Individual ANC	57.60	634
50m: 26.84 26.84	100m: 57.60 30.76		
2. Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	59.21	584
50m: 27.54 27.54	100m: 59.21 31.67		
3. Lucas Pereira, BASTOS	00 Nautico Coimbra	59.72	569
50m: 27.81 27.81	100m: 59.72 31.91		
4. Manuel Baptista, SIMOES	03 Individual ANC	59.91	564
50m: 27.42 27.42	100m: 59.91 32.49		
5. Rui Mamede, SANTOS	04 Individual ANC	1:00.55	546
50m: 27.96 27.96	100m: 1:00.55 32.59		

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Prova 44, Masc., 100m Mariposa, Abs

Lugar	Ano	Tempo final	Pts
6. Rodrigo Miguel, REIS 50m: 27.91 27.91 100m: 1:00.90 32.99	04 Individual ANC	1:00.90	536
7. Miguel Freitas, OVIEDO 50m: 28.98 28.98 100m: 1:01.48 32.50	02 Academica de Coimbra	1:01.48	521
8. Rodrigo Alexandre, PATRICIO 50m: 27.48 27.48 100m: 1:02.55 35.07	98 Academica de Coimbra	1:02.55	495
9. Joaquim Agra, MERUJE 50m: 28.31 28.31 100m: 1:02.75 34.44	01 Uniao Coimbra	1:02.75	490
10. Afonso Miguel, AMADO 50m: 29.37 29.37 100m: 1:03.29 33.92	05 Miranda do Corvo	1:03.29	478
11. Jose Miguel, ROCHA 50m: 29.11 29.11 100m: 1:04.27 35.16	05 Columbofila Cantanhedense	1:04.27	456
12. Bernardo Vinagre, ARZILEIRO 50m: 29.15 29.15 100m: 1:05.08 35.93	01 Individual ANC	1:05.08	440
13. Jose Miguel, MARQUES 50m: 30.18 30.18 100m: 1:05.16 34.98	06 Condeixa Clube	1:05.16	438
14. Tomas Varanda, OLIVEIRA 50m: 29.67 29.67 100m: 1:05.25 35.58	06 Columbofila Cantanhedense	1:05.25	436
15. Rui Joao, MARQUES 50m: 30.63 30.63 100m: 1:07.26 36.63	02 Nautico Coimbra	1:07.26	398
Ricardo Jorge, DOMINGUES 50m: 25.90 25.90 100m: 1:07.26 41.36	02 Fundacao Beatriz Santos	1:07.26	398
17. Edgar Tavares, MENDES 50m: 31.45 31.45 100m: 1:07.81 36.36	06 Academica de Coimbra	1:07.81	388
18. Diogo Simoes, DIAS 50m: 33.49 33.49 100m: 1:12.91 39.42	05 Louzan Natacao	1:12.91	312
19. Diogo Rodrigues, CARVALHO 50m: 35.61 35.61 100m: 1:17.61 42.00	05 Vigor da Mocidade	1:17.61	259
20. Simao Domingues, PAZ 50m: 36.87 36.87 100m: 1:20.54 43.67	06 Miranda do Corvo	1:20.54	232

Prova 44

11-07-2021 - 18:10

Masc., 100m Mariposa

Juv A e B
Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	2009
Rec Nacional Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	2019
Rec Nacional Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		2021
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicão	2013
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Afonso Miguel, AMADO 50m: 29.37 29.37 100m: 1:03.29 33.92	05 Miranda do Corvo	1:03.29	478
2. Jose Miguel, ROCHA 50m: 29.11 29.11 100m: 1:04.27 35.16	05 Columbofila Cantanhedense	1:04.27	456
3. Jose Miguel, MARQUES 50m: 30.18 30.18 100m: 1:05.16 34.98	06 Condeixa Clube	1:05.16	438
4. Tomas Varanda, OLIVEIRA 50m: 29.67 29.67 100m: 1:05.25 35.58	06 Columbofila Cantanhedense	1:05.25	436

Campeonato Regional de Infantis Juvenis e Absoluto PL
Coimbra, 9 a 11 -07-2021

Prova 44, Masc., 100m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
5. Edgar Tavares, MENDES 50m: 31.45 31.45 100m: 1:07.81 36.36	06 Academica de Coimbra	1:07.81	388
6. Diogo Simoes, DIAS 50m: 33.49 33.49 100m: 1:12.91 39.42	05 Louzan Natacao	1:12.91	312
7. Diogo Rodrigues, CARVALHO 50m: 35.61 35.61 100m: 1:17.61 42.00	05 Vigor da Mocidade	1:17.61	259
8. Simao Domingues, PAZ 50m: 36.87 36.87 100m: 1:20.54 43.67	06 Miranda do Corvo	1:20.54	232

Prova 44 Masc., 100m Mariposa Inf A
11-07-2021 - 18:10 Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	2009
Rec Nacional Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	2018
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		2021
Rec Reg ANC Inf A	59.19	Diogo Matos, RIBEIRO	CUC		2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. David Duarte, JESUS 50m: 34.65 34.65 100m: 1:13.77 39.12	07 Fundacao Beatriz Santos	1:13.77	302
2. Bernardo Almas, MALHAO 50m: 43.85 43.85 100m: 1:44.58 1:00.73	07 Vigor da Mocidade	1:44.58	106

Prova 44 Masc., 100m Mariposa Inf B
11-07-2021 - 18:10 Resultados

Rec Nacional Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	2009
Rec Nacional Inf B	1:03.64	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira	2000
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		2021
Rec Reg ANC Inf B	1:05.69	Manuel Baptista, SIMOES	CNAC	Famalicão	2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL 50m: 33.42 33.42 100m: 1:14.84 41.42	08 Columbofila Cantanhedense	1:14.84	289
2. Henrique Figueiredo, FIDALGO 50m: 41.44 41.44 100m: 1:39.37 57.93	08 Vigor da Mocidade	1:39.37	123

Campeonato Regional de Infantis Juvenis e Absoluto PL
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Prova 45 Femin., 800m Livres Abs
11-07-2021 - 18:20 Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	2016
Rec Nacional Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	2015
Rec Nacional Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	2014
Rec Nacional Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	1981
Rec Reg ANC Absoluto	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Sen	8:54.50	Florbela Cavaco, MACHADO	ASSSCC	Nanjing (CHN)	2014
Rec Reg ANC Jun 17	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Jun 16	8:54.79	Alexandra Couto, FRAZÃO	CASPAAE	Lisboa	2018
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	2017
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	2007

Pontos: FINA 2021

Lugar			Ano							Tempo final	Pts
1. Ana Rita, QUEIROZ			02	Individual ANC						9:20.56	646
50m:	31.98	31.98	250m:	2:52.67	35.44	450m:	5:14.74	34.79	650m:	7:33.75	34.98
100m:	1:06.18	34.20	300m:	3:28.34	35.67	500m:	5:49.32	34.58	700m:	8:09.46	35.71
150m:	1:41.51	35.33	350m:	4:04.20	35.86	550m:	6:24.18	34.86	750m:	8:45.04	35.58
200m:	2:17.23	35.72	400m:	4:39.95	35.75	600m:	6:58.77	34.59	800m:	9:20.56	35.52
2. Mariana Carmo, ROSA			05	Louzan Natacao						9:24.52	633
50m:	31.87	31.87	250m:	2:51.55	35.17	450m:	5:13.69	35.45	650m:	7:37.80	36.50
100m:	1:06.34	34.47	300m:	3:27.01	35.46	500m:	5:49.49	35.80	700m:	8:14.11	36.31
150m:	1:41.20	34.86	350m:	4:02.58	35.57	550m:	6:25.40	35.91	750m:	8:49.95	35.84
200m:	2:16.38	35.18	400m:	4:38.24	35.66	600m:	7:01.30	35.90	800m:	9:24.52	34.57
3. Marta Andre, AGUILAR			07	Fundacao Beatriz Santos						9:41.11	580
50m:	33.45	33.45	250m:	2:58.77	36.21	450m:	5:25.24	36.82	650m:	7:53.76	37.02
100m:	1:09.65	36.20	300m:	3:35.25	36.48	500m:	6:02.22	36.98	700m:	8:30.75	36.99
150m:	1:46.08	36.43	350m:	4:11.53	36.28	550m:	6:39.18	36.96	750m:	9:06.49	35.74
200m:	2:22.56	36.48	400m:	4:48.42	36.89	600m:	7:16.74	37.56	800m:	9:41.11	34.62
4. Beatriz Ferreira, GASPAR			04	Individual ANC						9:41.25	580
50m:	32.74	32.74	250m:	2:58.01	36.75	450m:	5:25.85	37.16	650m:	7:54.47	37.19
100m:	1:08.27	35.53	300m:	3:34.68	36.67	500m:	6:03.16	37.31	700m:	8:31.70	37.23
150m:	1:44.75	36.48	350m:	4:11.66	36.98	550m:	6:40.59	37.43	750m:	9:08.02	36.32
200m:	2:21.26	36.51	400m:	4:48.69	37.03	600m:	7:17.28	36.69	800m:	9:41.25	33.23
5. Beatriz Andre, GASPAR			06	Fundacao Beatriz Santos						9:59.87	527
50m:	33.77	33.77	250m:	3:04.12	37.52	450m:	5:36.55	39.19	650m:	8:09.88	38.02
100m:	1:11.04	37.27	300m:	3:41.66	37.54	500m:	6:14.53	37.98	700m:	8:46.45	36.57
150m:	1:48.99	37.95	350m:	4:19.48	37.82	550m:	6:53.64	39.11	750m:	9:24.70	38.25
200m:	2:26.60	37.61	400m:	4:57.36	37.88	600m:	7:31.86	38.22	800m:	9:59.87	35.17
6. Anita Gouveia, COSTA			06	Condeixa Clube						10:10.44	500
50m:	33.63	33.63	250m:	3:04.23	37.66	450m:	5:37.93	39.52	650m:	8:11.48	37.98
100m:	1:10.97	37.34	300m:	3:41.80	37.57	500m:	6:17.09	39.16	700m:	8:51.15	39.67
150m:	1:48.91	37.94	350m:	4:19.70	37.90	550m:	6:55.26	38.17	750m:	9:31.32	40.17
200m:	2:26.57	37.66	400m:	4:58.41	38.71	600m:	7:33.50	38.24	800m:	10:10.44	39.12
7. Maria Ines, FERNANDES			07	Fundacao Beatriz Santos						10:53.83	407
50m:	37.33	37.33	250m:	3:19.13	40.70	450m:	6:03.50	41.42	650m:	8:50.89	42.48
100m:	1:17.12	39.79	300m:	4:00.10	40.97	500m:	6:45.25	41.75	700m:	9:33.04	42.15
150m:	1:58.22	41.10	350m:	4:40.95	40.85	550m:	7:27.07	41.82	750m:	10:13.25	40.21
200m:	2:38.43	40.21	400m:	5:22.08	41.13	600m:	8:08.41	41.34	800m:	10:53.83	40.58
8. Beatriz Carvalho, MARQUES			02	Academica de Coimbra						11:01.13	394
50m:	36.01	36.01	250m:	3:22.17	42.37	450m:	6:09.67	41.57	650m:	8:57.88	41.99
100m:	1:16.15	40.14	300m:	4:04.23	42.06	500m:	6:51.90	42.23	700m:	9:39.62	41.74
150m:	1:57.61	41.46	350m:	4:45.97	41.74	550m:	7:33.70	41.80	750m:	10:20.27	40.65
200m:	2:39.80	42.19	400m:	5:28.10	42.13	600m:	8:15.89	42.19	800m:	11:01.13	40.86

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Prova 45, Femin., 800m Livres

Prova 45
11-07-2021 - 18:20

Femin., 800m Livres

Juv A e B
Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	2014
Rec Nacional Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	1981
Rec Reg ANC Absoluto	8:49.86	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	2017
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	2007

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				9:41.11	580
	50m: 33.45	33.45	250m: 2:58.77	36.21	450m: 5:25.24	36.82	650m: 7:53.76	37.02	
	100m: 1:09.65	36.20	300m: 3:35.25	36.48	500m: 6:02.22	36.98	700m: 8:30.75	36.99	
	150m: 1:46.08	36.43	350m: 4:11.53	36.28	550m: 6:39.18	36.96	750m: 9:06.49	35.74	
	200m: 2:22.56	36.48	400m: 4:48.42	36.89	600m: 7:16.74	37.56	800m: 9:41.11	34.62	
2.	Beatriz Andre, GASPAS		06	Fundacao Beatriz Santos				9:59.87	527
	50m: 33.77	33.77	250m: 3:04.12	37.52	450m: 5:36.55	39.19	650m: 8:09.88	38.02	
	100m: 1:11.04	37.27	300m: 3:41.66	37.54	500m: 6:14.53	37.98	700m: 8:46.45	36.57	
	150m: 1:48.99	37.95	350m: 4:19.48	37.82	550m: 6:53.64	39.11	750m: 9:24.70	38.25	
	200m: 2:26.60	37.61	400m: 4:57.36	37.88	600m: 7:31.86	38.22	800m: 9:59.87	35.17	
3.	Anita Gouveia, COSTA		06	Condeixa Clube				10:10.44	500
	50m: 33.63	33.63	250m: 3:04.23	37.66	450m: 5:37.93	39.52	650m: 8:11.48	37.98	
	100m: 1:10.97	37.34	300m: 3:41.80	37.57	500m: 6:17.09	39.16	700m: 8:51.15	39.67	
	150m: 1:48.91	37.94	350m: 4:19.70	37.90	550m: 6:55.26	38.17	750m: 9:31.32	40.17	
	200m: 2:26.57	37.66	400m: 4:58.41	38.71	600m: 7:33.50	38.24	800m: 10:10.44	39.12	
4.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos				10:53.83	407
	50m: 37.33	37.33	250m: 3:19.13	40.70	450m: 6:03.50	41.42	650m: 8:50.89	42.48	
	100m: 1:17.12	39.79	300m: 4:00.10	40.97	500m: 6:45.25	41.75	700m: 9:33.04	42.15	
	150m: 1:58.22	41.10	350m: 4:40.95	40.85	550m: 7:27.07	41.82	750m: 10:13.25	40.21	
	200m: 2:38.43	40.21	400m: 5:22.08	41.13	600m: 8:08.41	41.34	800m: 10:53.83	40.58	

Prova 45
11-07-2021 - 18:20

Femin., 800m Livres

Inf A
Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Inf A	9:14.85	Alexandra Maria, SILVA	POR	Skovde (SWE)	1980
Rec Reg ANC Absoluto	8:49.86	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Inf A	9:33.85	Sara Sofia, ALVES	ASSSCC	Loulé	2014

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Julia Maria, SOARES		08	Miranda do Corvo				11:15.90	368
	50m: 38.06	38.06	250m: 3:30.16	43.79	450m: 6:23.16	43.26	650m: 9:14.14	42.27	
	100m: 1:20.29	42.23	300m: 4:13.48	43.32	500m: 7:05.94	42.78	700m: 9:55.08	40.94	
	150m: 2:03.59	43.30	350m: 4:56.63	43.15	550m: 7:49.34	43.40	750m: 10:36.11	41.03	
	200m: 2:46.37	42.78	400m: 5:39.90	43.27	600m: 8:31.87	42.53	800m: 11:15.90	39.79	

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Prova 45, Femin., 800m Livres

Prova 45 Femin., 800m Livres Inf B
11-07-2021 - 18:20 Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	2018
Rec Nacional Inf B	9:30.42	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	2009
Rec Reg ANC Absoluto	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	2013
Rec Reg ANC Inf B	10:03.06	Sara Sofia, ALVES	ASSSCC	S. Joao Madeira	2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alana Costa, MATIAS	09 Academica de Coimbra	11:21.50	359
50m: 38.27 38.27	250m: 3:31.42 43.63	450m: 6:25.19 43.71	650m: 9:17.22 43.65
100m: 1:21.37 43.10	300m: 4:14.75 43.33	500m: 7:07.66 42.47	700m: 9:59.26 42.04
150m: 2:05.11 43.74	350m: 4:58.40 43.65	550m: 7:51.24 43.58	750m: 10:41.62 42.36
200m: 2:47.79 42.68	400m: 5:41.48 43.08	600m: 8:33.57 42.33	800m: 11:21.50 39.88

Prova 46 Masc., 4 x 100m Livres Abs
11-07-2021 - 18:55 Resultados

Rec Nacional Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	2009
Rec Nacional Sen	3:25.00	Sporting Clube de Portugal	SCP Oeiras	2019
Rec Nacional Jun	3:32.70	Clube Uniao 1919	CUC Coimbra	2021
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP Famalicao	2013
Rec Nacional Juv A/B	3:39.68	tempo limite	FCP Famalicao	2013
Rec Nacional Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA Funchal	2019
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimbra	CNAC	2012
Rec Reg ANC Sen	3:29.79	Clube Náutico Académico de Coimbra	CNAC	2012
Rec Reg ANC Jun	3:32.70	Clube Uniao 1919	CUC Coimbra	2021
Rec Reg ANC Juv A	3:43.55	Clube Náutico Académico de Coimbra	CNAC	2017
Rec Reg ANC Juv A/B	3:42.81	Clube União 1919	CUC	2019
Rec Reg ANC Juv B	3:47.57	Clube Uniao 1919	CUC Coimbra	2019

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Fundacao Beatriz Santos Abs	3:44.62	588
Joao Pedro, DIAS +0,75 26.52	55.42	Ricardo Jorge, DOMINGUES +0,39 26.54 54.77
Denis Miranda, DIOGO +0,37 27.20	56.33	Jose Diogo, DIAS +0,31 27.85 58.10
2. Academica de Coimbra Abs	3:55.01	513
Goncalo Daniel, OLIVEIRA +0,74 27.87	58.18	Miguel Freitas, OVIEDO +0,52 28.33 58.70
Samuel Baptista, FIGUEIRA +0,54 27.62	57.46	Francisco Miguel, CARVALHO +0,05 28.71 1:00.67

Prova 46 Masc., 4 x 100m Livres Juv A e B
11-07-2021 - 18:55 Resultados

Rec Nacional Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	2009
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP Famalicao	2013
Rec Nacional Juv A/B	3:39.68	tempo limite	FCP Famalicao	2013
Rec Nacional Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA Funchal	2019
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimbra	CNAC	2012
Rec Reg ANC Juv A	3:43.55	Clube Náutico Académico de Coimbra	CNAC	2017
Rec Reg ANC Juv A/B	3:42.81	Clube União 1919	CUC	2019
Rec Reg ANC Juv B	3:47.57	Clube Uniao 1919	CUC Coimbra	2019

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Louzan Natacao Juv	4:01.57	473
Goncalo Carvalho, SANTOS +0,72 28.03	58.22	Afonso Vidal, TOMAS +0,53 28.17 59.42
Tomas Carvalho, SANTOS +0,43 28.00	59.58	Diogo Simoes, DIAS +0,51 30.50 1:04.35
2. Fundacao Beatriz Santos Juv	4:03.58	461
Tomas Nolan, SANTOS +0,75 29.14	1:01.26	Tomas Veiga, PEREIRA +0,53 29.49 1:01.51
Joao Neves, ALMEIDA +0,62 28.80	1:00.45	Joao Rafael, FERREIRA +0,40 28.28 1:00.36

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Prova 47, Misto, 4 x 100m Livres

Prova 47	Misto, 4 x 100m Livres				Inf A
11-07-2021 - 19:00					Resultados
Rec Nacional Absoluto	3:43.48	Sport Lisboa e Benfica	SLB	Coimbra	2017
Rec Nacional 14 - 16	4:04.13	Assoc Desp Cult Rec Bairro dos ArADBA		Coimbra	2020
Rec Nacional 14 - 15	4:12.48	Assoc Desp Cult Rec Bairro dos ArADBA		Coimbra	2020
Rec Nacional Inf A	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	2018
Rec Nacional Inf Misto	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	2018
Rec Nacional Inf B	4:15.46	Clube Galitos de Aveiro	CGA	Loulé	2017
Rec Reg ANC Absoluto	3:47.09	Tempo Limite			
Rec Reg ANC 14 - 16	4:07.25	Clube União 1919	CUC	Coimbra	2019
Rec Reg ANC Inf A	4:09.31	Tempo Limite			
Rec Reg ANC Inf B	4:25.15	Tempo Limite			

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Fundacao Beatriz Santos Inf A	Fundacao Beatriz Santos				4:55.56	307	
David Duarte, JESUS	+0,70	31.52	1:05.35	Guilherme Simoes, SOUSA	+0,35	33.30	1:11.27
Ana Sofia, PARAISO		37.84	1:17.91	Laura Carvalho, FERNANDES		37.60	1:21.03