

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 1
22-10-2022

Masc., 4 x 50m Livres

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | Tempo final | Pts |
|-----------------|-------------------------------|----|--------------------------|-------|
| Jun | | | | |
| 1. | Academica de Coimbra Jun | | 1:45.40 | 467 |
| | Samuel Baptista, FIGUEIRA | 05 | 26.06 | 27.23 |
| | Rodrigo Costa, CRUZ | 06 | 25.76 | 26.35 |
| | Academica de Coimbra | | | |
| | | | Joao Ferreira, MARQUES | 06 |
| | | | Antonio, GLAVATSKYY | 05 |
| Sen | | | | |
| 1. | Nautico Academico Sen | | 1:39.13 | 561 |
| | Rodrigo Miguel, REIS | 04 | 24.36 | 25.35 |
| | Lucas Pereira, BASTOS | 00 | 24.70 | 24.72 |
| | Nautico Academico | | | |
| | | | Tiago Andre, POIARES | 04 |
| | | | Vasco Pereira, BASTOS | 02 |
| Absoluto | | | | |
| 1. | Louzan Nataçao Abs | | 1:37.37 | 592 |
| | Gabriel Jose, LOPES | 97 | 23.07 | 23.90 |
| | Tomas Carvalho, SANTOS | 05 | 25.01 | 25.39 |
| | Louzan Nataçao | | | |
| | | | Afonso Filipe, COSTA | 03 |
| | | | Goncalo Carvalho, SANTOS | 05 |
| 2. | Columbofila Cantanhedense Abs | | 1:43.72 | 490 |
| | Jonas Emanuel, FERREIRA | 91 | 26.14 | 26.14 |
| | Martim Alexandre, SILVA | 07 | 26.01 | 25.43 |
| | Columbofila Cantanhedense | | | |
| | | | Joao Neves, LUCAS | 06 |
| | | | Guilherme Maia, CARDOSO | 05 |
| 3. | Academica de Coimbra Abs | | 1:44.64 | 477 |
| | Miguel Freitas, OVIEDO | 02 | 25.34 | 26.56 |
| | Rodrigo Alexandre, PATRICIO | 98 | 25.19 | 27.55 |
| | Academica de Coimbra | | | |
| | | | Fabio Mondego, CENTEIO | 94 |
| | | | Bernardo Almas, MALHAO | 07 |
| 4. | Miranda do Corvo Abs | | 2:10.40 | 246 |
| | Samuel Dinis, MAIA | 08 | 31.03 | 39.18 |
| | Lourenco Simao, PEREIRA | 10 | 32.94 | 27.25 |
| | Miranda do Corvo | | | |
| | | | Jorge Miguel, SANTOS | 10 |
| | | | Tomas Jose, FRANCISCO | 05 |

Prova 2
22-10-2022

Femin., 100m Bruços

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m | |
|--------------|-----------------------------|----|-------------------|----------------|-----|-------|---------|
| Inf B | | | | | | | |
| 1. | Camila Beatriz, CAMILO | 11 | Miranda do Corvo | 1:42.86 | 222 | 49.77 | 1:42.86 |
| 2. | Carlota Francisco, SANTOS | 11 | Nautico Academico | 1:50.62 | 179 | 52.37 | 1:50.62 |
| 3. | Matilde Conde, FIGUEIREDO | 11 | Condeixa Clube | 1:52.26 | 171 | 53.09 | 1:52.26 |
| 4. | Ana Leonor, CARRETO | 11 | Nautico Academico | 1:56.12 | 154 | 56.80 | 1:56.12 |
| 5. | Laura Pedrosa, MIGUEL | 11 | Condeixa Clube | 1:57.50 | 149 | 56.78 | 1:57.50 |
| 6. | Matilde Sofia, PEREIRA | 11 | Nautico Academico | 1:59.24 | 143 | 57.30 | 1:59.24 |
| DNS | Laura Duarte, NEVES | 11 | Louzan Nataçao | | | | |
| Inf A | | | | | | | |
| 1. | Maria Neto, SIMOES | 10 | Condeixa Clube | 1:22.15 | 437 | 38.25 | 1:22.15 |
| 2. | Leonor Sobreiro, ALMEIDA | 10 | CASPAE | 1:29.48 | 338 | 43.65 | 1:29.48 |
| 3. | Mariana Bernardo, SILVESTRE | 10 | Nautico Academico | 1:35.92 | 274 | 45.20 | 1:35.92 |
| 4. | Maria Ines, RODRIGUES | 10 | Nautico Academico | 1:36.02 | 273 | 45.27 | 1:36.02 |
| 5. | Maria Ines, GANTE | 10 | Nautico Academico | 1:37.65 | 260 | 46.61 | 1:37.65 |
| 6. | Isabella Scavone, LOPES | 10 | Miranda do Corvo | 1:39.79 | 244 | 48.01 | 1:39.79 |
| 7. | Sara Marques, LIMA | 10 | CASPAE | 1:42.29 | 226 | 48.95 | 1:42.29 |
| 8. | Leonor Antunes, PAIVA | 10 | Nautico Academico | 1:44.45 | 212 | 49.04 | 1:44.45 |
| 9. | Sofia Daniela, FERREIRA | 10 | União de Coimbra | 1:44.67 | 211 | 49.93 | 1:44.67 |
| 10. | Beatriz Ribeiro, VELOSO | 10 | Vigor da Mocidade | 1:46.43 | 201 | 50.22 | 1:46.43 |
| 11. | Mia Cardoso, BAPTISTA | 10 | Nautico Academico | 1:52.79 | 169 | 52.52 | 1:52.79 |
| 12. | Erica Maria, ALMEIDA | 10 | Vigor da Mocidade | 1:59.18 | 143 | 56.31 | 1:59.18 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 2, Femin., 100m Bruços

Juv B

| | | | | | | | |
|-----|---------------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Alana Costa, MATIAS | 09 | União de Coimbra | 1:25.11 | 393 | 40.44 | 1:25.11 |
| 2. | Raquel Alexandra, CANCELA | 09 | Louzan Nataçao | 1:26.78 | 371 | 40.55 | 1:26.78 |
| 3. | Rita Calado, CRUZ | 09 | Academica de Coimbra | 1:28.52 | 349 | 43.07 | 1:28.52 |
| 4. | Anastacia, PROTOLYUK | 09 | Columbofila Cantanhedense | 1:32.35 | 307 | 43.58 | 1:32.35 |
| 5. | Gabriela Leonardo, MEDINA | 09 | Condeixa Clube | 1:35.67 | 276 | 44.97 | 1:35.67 |
| 6. | Ana Laura, LUCAS | 09 | Columbofila Cantanhedense | 1:37.22 | 263 | 45.57 | 1:37.22 |
| 7. | Carolina Baptista, PEREIRINH/09 | | S. Pedro Alva | 1:42.90 | 222 | 47.68 | 1:42.90 |
| 8. | Luana Soares, BRAS | 09 | S. Pedro Alva | 1:52.67 | 169 | 50.13 | 1:52.67 |
| DNS | Ana Margarida, CRUZ | 09 | Nautico Academico | | | | |

Juv A

| | | | | | | | |
|----|------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Ana Beatriz, CAMPOS | 08 | Academica de Coimbra | 1:27.67 | 359 | 42.17 | 1:27.67 |
| 2. | Raquel Filipa, JESUS | 08 | União de Coimbra | 1:30.07 | 331 | 42.47 | 1:30.07 |
| 3. | Laura Silva, FERNANDES | 08 | Miranda do Corvo | 1:30.27 | 329 | 42.94 | 1:30.27 |
| 4. | Ana Sofia, PARAISO | 08 | Vigor da Mocidade | 1:32.06 | 310 | 43.31 | 1:32.06 |
| 5. | Francisca Dias, AGANTE | 08 | Vigor da Mocidade | 1:52.41 | 170 | 52.36 | 1:52.41 |

Jun

| | | | | | | | |
|-----|---------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | Angela Rodrigues, REBELO | 07 | Louzan Nataçao | 1:18.04 | 510 | 35.51 | 1:18.04 |
| 2. | Leonor Mil, MANO | 07 | Nautico Academico | 1:22.38 | 433 | 39.48 | 1:22.38 |
| | Dania Rodrigues, SIMOES | 07 | Louzan Nataçao | 1:22.38 | 433 | 38.48 | 1:22.38 |
| 4. | Matilde Fonseca, OLIVEIRA | 06 | Louzan Nataçao | 1:22.39 | 433 | 38.48 | 1:22.39 |
| 5. | Cristiana Sofia, DUARTE | 07 | Vigor da Mocidade | 1:29.15 | 342 | 42.10 | 1:29.15 |
| 6. | Rita Mendes, SANTOS | 06 | Vigor da Mocidade | 1:43.39 | 219 | 48.34 | 1:43.39 |
| DNS | Maria Neto, FERREIRA | 06 | Nautico Academico | | | | |
| DNS | Joana Ventura, PAIS | 06 | Nautico Academico | | | | |

Sen

| | | | | | | | |
|-----|----------------------------|----|----------------|----------------|-----|-------|---------|
| 1. | Maria Carlota, REBELO | 03 | Condeixa Clube | 1:13.03 | 622 | 34.62 | 1:13.03 |
| 2. | Matilde Alves, FLORENCIO | 04 | Condeixa Clube | 1:22.06 | 438 | 37.86 | 1:22.06 |
| 3. | Joana Francisca, RODRIGUES | 04 | Condeixa Clube | 1:23.05 | 423 | 38.98 | 1:23.05 |
| 4. | Mariana Carmo, ROSA | 05 | Condeixa Clube | 1:24.86 | 396 | 40.92 | 1:24.86 |
| DNS | Bruna Cruz, CARVALHO | 03 | Louzan Nataçao | | | | |

Prova 3
22-10-2022

Masc., 400m Livres

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | Tempo final | Pts | | |
|-----------|---|-------------|----------------------------------|----------------|------------|
| 1. | Santiago Marques, PEREIRA | 10 | Columbofila Cantanhedense | 5:25.37 | 277 |
| | 50m: 36.18 36.18 150m: 1:59.27 42.23 250m: 3:23.43 41.52 350m: 4:46.28 41.27 | | | | |
| | 100m: 1:17.04 40.86 200m: 2:41.91 42.64 300m: 4:05.01 41.58 400m: 5:25.37 39.09 | | | | |
| 2. | Lourenco Simao, PEREIRA | 10 | Miranda do Corvo | 5:30.06 | 265 |
| | 50m: 35.38 35.38 150m: 1:59.09 42.47 250m: 3:23.59 41.80 350m: 4:49.17 42.92 | | | | |
| | 100m: 1:16.62 41.24 200m: 2:41.79 42.70 300m: 4:06.25 42.66 400m: 5:30.06 40.89 | | | | |
| 3. | Francisco Martins, SIMOES | 10 | Nautico Academico | 5:38.33 | 246 |
| | 50m: 36.13 36.13 150m: 2:01.25 43.02 250m: 3:29.60 44.23 350m: 4:56.92 43.40 | | | | |
| | 100m: 1:18.23 42.10 200m: 2:45.37 44.12 300m: 4:13.52 43.92 400m: 5:38.33 41.41 | | | | |
| 4. | Daniel Figueiredo, CORREIA | 10 | Columbofila Cantanhedense | 5:38.88 | 245 |
| | 50m: 37.82 37.82 150m: 2:01.87 42.99 250m: 3:27.97 43.62 350m: 4:56.01 44.72 | | | | |
| | 100m: 1:18.88 41.06 200m: 2:44.35 42.48 300m: 4:11.29 43.32 400m: 5:38.88 42.87 | | | | |
| 5. | Afonso Brandao, OLIVEIRA | 10 | Columbofila Cantanhedense | 5:55.44 | 212 |
| | 50m: 38.79 38.79 150m: 2:08.61 45.79 250m: 3:41.39 47.32 350m: 5:13.13 45.81 | | | | |
| | 100m: 1:22.82 44.03 200m: 2:54.07 45.46 300m: 4:27.32 45.93 400m: 5:55.44 42.31 | | | | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 3, Masc., 400m Livres, Inf B

| Lugar | Ano | Tempo final | Pts |
|----------------------------|-------------------------|---------------------|---------------------|
| 6. Rodrigo Miguel, MATIAS | 10 Nautico Academico | 6:02.94 | 200 |
| 50m: 38.15 38.15 | 150m: 2:06.28 44.76 | 250m: 3:39.73 47.72 | 350m: 5:16.24 48.19 |
| 100m: 1:21.52 43.37 | 200m: 2:52.01 45.73 | 300m: 4:28.05 48.32 | 400m: 6:02.94 46.70 |
| 7. Nuno Rafael, PIMPAO | 10 Nautico Academico | 6:33.70 | 156 |
| 50m: 43.59 43.59 | 150m: 2:23.05 50.36 | 250m: 4:04.05 50.34 | 350m: 5:36.95 44.24 |
| 100m: 1:32.69 49.10 | 200m: 3:13.71 50.66 | 300m: 4:52.71 48.66 | 400m: 6:33.70 56.75 |
| 8. Jorge Miguel, SANTOS | 10 Miranda do Corvo | 6:34.28 | 156 |
| 50m: 41.70 41.70 | 150m: 2:21.00 51.33 | 250m: 4:02.73 51.55 | 350m: 5:40.06 48.38 |
| 100m: 1:29.67 47.97 | 200m: 3:11.18 50.18 | 300m: 4:51.68 48.95 | 400m: 6:34.28 54.22 |
| 9. Miguel Tomas, GOMES | 10 Nautico Academico | 6:58.41 | 130 |
| 50m: 46.14 46.14 | 150m: 2:32.04 53.17 | 250m: 4:16.18 53.31 | 350m: 6:06.50 54.69 |
| 100m: 1:38.87 52.73 | 200m: 3:22.87 50.83 | 300m: 5:11.81 55.63 | 400m: 6:58.41 51.91 |
| 10. Pedro Emanuel, PEREIRA | 10 Academica de Coimbra | 7:11.03 | 119 |
| 50m: 43.17 43.17 | 150m: 2:34.56 57.72 | 250m: 4:28.37 56.84 | 350m: 6:20.33 55.57 |
| 100m: 1:36.84 53.67 | 200m: 3:31.53 56.97 | 300m: 5:24.76 56.39 | 400m: 7:11.03 50.70 |
| DNS Rodrigo Sousa, BRAZ | 10 Nautico Academico | | |

Inf A

| | | | |
|-----------------------------|------------------------------|---------------------|---------------------|
| 1. Jose Pedro, COSTA | 09 Nautico Academico | 5:03.67 | 341 |
| 50m: 34.32 34.32 | 150m: 1:51.44 39.21 | 250m: 3:09.87 38.97 | 350m: 4:27.18 38.68 |
| 100m: 1:12.23 37.91 | 200m: 2:30.90 39.46 | 300m: 3:48.50 38.63 | 400m: 5:03.67 36.49 |
| 2. Tomas Rafael, PEREIRA | 09 Nautico Academico | 5:04.50 | 338 |
| 50m: 32.10 32.10 | 150m: 1:46.86 38.19 | 250m: 3:05.54 39.87 | 350m: 4:25.85 40.67 |
| 100m: 1:08.67 36.57 | 200m: 2:25.67 38.81 | 300m: 3:45.18 39.64 | 400m: 5:04.50 38.65 |
| 3. Joao Nuno, GASPAS | 09 Condeixa Clube | 5:07.77 | 327 |
| 50m: 33.61 33.61 | 150m: 1:51.17 39.50 | 250m: 3:10.50 39.62 | 350m: 4:29.91 39.72 |
| 100m: 1:11.67 38.06 | 200m: 2:30.88 39.71 | 300m: 3:50.19 39.69 | 400m: 5:07.77 37.86 |
| 4. Guilherme Andre, GASPAS | 09 Nautico Academico | 5:25.04 | 278 |
| 50m: 36.18 36.18 | 150m: 1:57.84 41.33 | 250m: 3:23.62 42.82 | 350m: 4:47.81 42.27 |
| 100m: 1:16.51 40.33 | 200m: 2:40.80 42.96 | 300m: 4:05.54 41.92 | 400m: 5:25.04 37.23 |
| 5. Tiago Janeiro, MOITA | 09 Nautico Academico | 5:35.97 | 252 |
| 50m: 37.68 37.68 | 150m: 2:01.85 42.40 | 250m: 3:28.30 43.31 | 350m: 4:54.71 43.13 |
| 100m: 1:19.45 41.77 | 200m: 2:44.99 43.14 | 300m: 4:11.58 43.28 | 400m: 5:35.97 41.26 |
| 6. Francisco Ribeiro, GOMES | 09 Condeixa Clube | 5:47.42 | 228 |
| 50m: 37.80 37.80 | 150m: 2:05.26 44.42 | 250m: 3:34.48 44.71 | 350m: 5:05.07 44.68 |
| 100m: 1:20.84 43.04 | 200m: 2:49.77 44.51 | 300m: 4:20.39 45.91 | 400m: 5:47.42 42.35 |
| 7. Francisco Antunes, SOUSA | 09 Columbofila Cantanhedense | 5:48.70 | 225 |
| 50m: 38.23 38.23 | 150m: 2:05.36 43.88 | 250m: 3:35.48 44.75 | 350m: 5:06.46 45.28 |
| 100m: 1:21.48 43.25 | 200m: 2:50.73 45.37 | 300m: 4:21.18 45.70 | 400m: 5:48.70 42.24 |
| 8. Ricardo Cesar, SILVA | 09 Academica de Coimbra | 6:50.29 | 138 |
| 50m: 41.86 41.86 | 150m: 2:23.90 52.31 | 250m: 4:10.31 53.82 | 350m: 5:54.69 51.21 |
| 100m: 1:31.59 49.73 | 200m: 3:16.49 52.59 | 300m: 5:03.48 53.17 | 400m: 6:50.29 55.60 |

Juv B

| | | | |
|------------------------------|----------------------|---------------------|---------------------|
| 1. Rafael Pereira, RODRIGUES | 08 Condeixa Clube | 4:35.19 | 458 |
| 50m: 31.52 31.52 | 150m: 1:39.79 34.65 | 250m: 2:49.94 35.14 | 350m: 4:00.69 35.20 |
| 100m: 1:05.14 33.62 | 200m: 2:14.80 35.01 | 300m: 3:25.49 35.55 | 400m: 4:35.19 34.50 |
| 2. Salvador Correia, PEREIRA | 08 Condeixa Clube | 4:39.17 | 439 |
| 50m: 31.29 31.29 | 150m: 1:40.62 34.69 | 250m: 2:52.08 36.12 | 350m: 4:04.23 36.16 |
| 100m: 1:05.93 34.64 | 200m: 2:15.96 35.34 | 300m: 3:28.07 35.99 | 400m: 4:39.17 34.94 |
| 3. Guilherme Simoes, SOUSA | 08 Nautico Academico | 4:42.07 | 426 |
| 50m: 31.59 31.59 | 150m: 1:44.56 37.00 | 250m: 2:57.89 36.69 | 350m: 4:07.32 33.85 |
| 100m: 1:07.56 35.97 | 200m: 2:21.20 36.64 | 300m: 3:33.47 35.58 | 400m: 4:42.07 34.75 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 3, Masc., 400m Livres, Juv B

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|------------------------------|---------------|-------|---------------------------|-------|-------|---------------|----------------|---------------|
| 4. | Martim Nobre, PASCOAL | | 08 | Columbofila Cantanhedense | | | | 4:45.49 | 410 |
| | 50m: | 33.08 33.08 | 150m: | 1:43.81 | 35.83 | 250m: | 2:56.63 36.33 | 350m: | 4:09.55 36.62 |
| | 100m: | 1:07.98 34.90 | 200m: | 2:20.30 | 36.49 | 300m: | 3:32.93 36.30 | 400m: | 4:45.49 35.94 |
| 5. | Miguel Tomas, CONCEICAO | | 08 | Nautico Academico | | | | 4:48.51 | 398 |
| | 50m: | 32.94 32.94 | 150m: | 1:46.19 | 36.92 | 250m: | 2:59.53 36.69 | 350m: | 4:12.32 36.28 |
| | 100m: | 1:09.27 36.33 | 200m: | 2:22.84 | 36.65 | 300m: | 3:36.04 36.51 | 400m: | 4:48.51 36.19 |
| 6. | Samuel Dinis, MAIA | | 08 | Miranda do Corvo | | | | 5:01.34 | 349 |
| | 50m: | 32.79 32.79 | 150m: | 1:47.88 | 38.06 | 250m: | 3:04.83 38.84 | 350m: | 4:23.11 39.21 |
| | 100m: | 1:09.82 37.03 | 200m: | 2:25.99 | 38.11 | 300m: | 3:43.90 39.07 | 400m: | 5:01.34 38.23 |
| 7. | Rodrigo Mosca, SILVA | | 08 | Columbofila Cantanhedense | | | | 5:04.32 | 339 |
| | 50m: | 33.95 33.95 | 150m: | 1:51.27 | 39.48 | 250m: | 3:11.16 39.98 | 350m: | 4:28.18 38.51 |
| | 100m: | 1:11.79 37.84 | 200m: | 2:31.18 | 39.91 | 300m: | 3:49.67 38.51 | 400m: | 5:04.32 36.14 |
| 8. | Joaquim Antonio, CUNHA | | 08 | Nautico Academico | | | | 5:08.19 | 326 |
| | 50m: | 35.91 35.91 | 150m: | 1:54.36 | 39.32 | 250m: | 3:12.68 39.10 | 350m: | 4:30.39 38.94 |
| | 100m: | 1:15.04 39.13 | 200m: | 2:33.58 | 39.22 | 300m: | 3:51.45 38.77 | 400m: | 5:08.19 37.80 |
| 9. | Francisco Fernandes, PEREIRA | | 08 | Academica de Coimbra | | | | 5:23.49 | 282 |
| | 50m: | 37.35 37.35 | 150m: | 2:00.45 | 41.36 | 250m: | 3:24.95 42.18 | 350m: | 4:45.27 40.61 |
| | 100m: | 1:19.09 41.74 | 200m: | 2:42.77 | 42.32 | 300m: | 4:04.66 39.71 | 400m: | 5:23.49 38.22 |

Juv A

| | | | | | | | | | |
|----|----------------------------|---------------|-------|---------------------------|-------|-------|---------------|----------------|---------------|
| 1. | Martim Alexandre, SILVA | | 07 | Columbofila Cantanhedense | | | | 4:22.90 | 526 |
| | 50m: | 29.41 29.41 | 150m: | 1:34.55 | 32.83 | 250m: | 2:42.20 33.39 | 350m: | 3:50.07 33.94 |
| | 100m: | 1:01.72 32.31 | 200m: | 2:08.81 | 34.26 | 300m: | 3:16.13 33.93 | 400m: | 4:22.90 32.83 |
| 2. | David Duarte, JESUS | | 07 | Nautico Academico | | | | 4:27.11 | 501 |
| | 50m: | 30.21 30.21 | 150m: | 1:37.09 | 33.67 | 250m: | 2:45.63 34.31 | 350m: | 3:53.41 33.38 |
| | 100m: | 1:03.42 33.21 | 200m: | 2:11.32 | 34.23 | 300m: | 3:20.03 34.40 | 400m: | 4:27.11 33.70 |
| 3. | Alexandre, DZYAKANAU | | 07 | Louzan Nataçao | | | | 4:34.83 | 460 |
| | 50m: | 30.55 30.55 | 150m: | 1:39.10 | 34.78 | 250m: | 2:49.13 35.20 | 350m: | 4:00.26 35.50 |
| | 100m: | 1:04.32 33.77 | 200m: | 2:13.93 | 34.83 | 300m: | 3:24.76 35.63 | 400m: | 4:34.83 34.57 |
| 4. | Marco Dimitar, OLIVEIRA | | 07 | Nautico Academico | | | | 4:36.74 | 451 |
| | 50m: | 30.93 30.93 | 150m: | 1:40.78 | 35.72 | 250m: | 2:51.71 35.58 | 350m: | 4:02.64 35.29 |
| | 100m: | 1:05.06 34.13 | 200m: | 2:16.13 | 35.35 | 300m: | 3:27.35 35.64 | 400m: | 4:36.74 34.10 |
| 5. | Duarte Cachulo, MARQUES | | 07 | Condeixa Clube | | | | 4:36.77 | 451 |
| | 50m: | 29.85 29.85 | 150m: | 1:38.40 | 34.92 | 250m: | 2:49.26 35.73 | 350m: | 4:01.19 36.25 |
| | 100m: | 1:03.48 33.63 | 200m: | 2:13.53 | 35.13 | 300m: | 3:24.94 35.68 | 400m: | 4:36.77 35.58 |
| 6. | David Ferreira, SILVA | | 07 | Academica de Coimbra | | | | 4:40.34 | 433 |
| | 50m: | 32.51 32.51 | 150m: | 1:42.56 | 35.62 | 250m: | 2:52.75 35.28 | 350m: | 4:05.17 36.34 |
| | 100m: | 1:06.94 34.43 | 200m: | 2:17.47 | 34.91 | 300m: | 3:28.83 36.08 | 400m: | 4:40.34 35.17 |
| 7. | Goncalo Miranda, FERNANDES | | 07 | Vigor da Mocidade | | | | 5:02.39 | 345 |
| | 50m: | 33.36 33.36 | 150m: | 1:51.24 | 39.24 | 250m: | 3:10.23 39.52 | 350m: | 4:26.65 38.02 |
| | 100m: | 1:12.00 38.64 | 200m: | 2:30.71 | 39.47 | 300m: | 3:48.63 38.40 | 400m: | 5:02.39 35.74 |
| 8. | Bernardo Almas, MALHAO | | 07 | Academica de Coimbra | | | | 5:06.67 | 331 |
| | 50m: | 34.47 34.47 | 150m: | 1:51.91 | 39.50 | 250m: | 3:10.91 39.30 | 350m: | 4:28.22 37.92 |
| | 100m: | 1:12.41 37.94 | 200m: | 2:31.61 | 39.70 | 300m: | 3:50.30 39.39 | 400m: | 5:06.67 38.45 |
| 9. | Rodrigo Marques, LIMA | | 07 | CASPAE | | | | 5:10.06 | 320 |
| | 50m: | 34.49 34.49 | 150m: | 1:52.02 | 39.42 | 250m: | 3:12.69 40.03 | 350m: | 4:33.26 39.94 |
| | 100m: | 1:12.60 38.11 | 200m: | 2:32.66 | 40.64 | 300m: | 3:53.32 40.63 | 400m: | 5:10.06 36.80 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 3, Masc., 400m Livres

Jun

| | | | | | |
|-----|---------------------------|---------------|----------------------|---------------------|-------|
| 1. | Francisco Couto, FRAZAO | 06 | União de Coimbra | 4:22.13 | 530 |
| | 50m: 29.52 29.52 | 150m: 1:34.65 | 32.57 250m: 2:41.87 | 33.17 350m: 3:49.32 | 33.65 |
| | 100m: 1:02.08 32.56 | 200m: 2:08.70 | 34.05 300m: 3:15.67 | 33.80 400m: 4:22.13 | 32.81 |
| 2. | Jose Miguel, MARQUES | 06 | Condeixa Clube | 4:26.02 | 507 |
| | 50m: 30.25 30.25 | 150m: 1:37.14 | 33.79 250m: 2:45.04 | 33.80 350m: 3:52.82 | 33.73 |
| | 100m: 1:03.35 33.10 | 200m: 2:11.24 | 34.10 300m: 3:19.09 | 34.05 400m: 4:26.02 | 33.20 |
| 3. | Goncalo Carvalho, SANTOS | 05 | Louzan Nataçao | 4:27.27 | 500 |
| | 50m: 30.06 30.06 | 150m: 1:37.26 | 34.24 250m: 2:44.72 | 34.01 350m: 3:53.35 | 34.71 |
| | 100m: 1:03.02 32.96 | 200m: 2:10.71 | 33.45 300m: 3:18.64 | 33.92 400m: 4:27.27 | 33.92 |
| 4. | Antonio, GLAVATSKYY | 05 | Academica de Coimbra | 4:29.69 | 487 |
| | 50m: 31.03 31.03 | 150m: 1:39.93 | 34.91 250m: 2:49.71 | 34.56 350m: 3:56.81 | 33.35 |
| | 100m: 1:05.02 33.99 | 200m: 2:15.15 | 35.22 300m: 3:23.46 | 33.75 400m: 4:29.69 | 32.88 |
| 5. | Rodrigo Costa, CRUZ | 06 | Academica de Coimbra | 4:30.72 | 481 |
| | 50m: 31.71 31.71 | 150m: 1:40.68 | 34.35 250m: 2:49.03 | 33.71 350m: 3:57.02 | 34.17 |
| | 100m: 1:06.33 34.62 | 200m: 2:15.32 | 34.64 300m: 3:22.85 | 33.82 400m: 4:30.72 | 33.70 |
| 6. | Samuel Baptista, FIGUEIRA | 05 | Academica de Coimbra | 4:31.81 | 476 |
| | 50m: 31.47 31.47 | 150m: 1:40.87 | 34.81 250m: 2:50.54 | 34.44 350m: 3:59.07 | 34.44 |
| | 100m: 1:06.06 34.59 | 200m: 2:16.10 | 35.23 300m: 3:24.63 | 34.09 400m: 4:31.81 | 32.74 |
| 7. | Joao Neves, ALMEIDA | 05 | Nautico Academico | 4:32.45 | 472 |
| | 50m: 29.91 29.91 | 150m: 1:37.65 | 34.59 250m: 2:47.65 | 34.73 350m: 3:57.88 | 35.09 |
| | 100m: 1:03.06 33.15 | 200m: 2:12.92 | 35.27 300m: 3:22.79 | 35.14 400m: 4:32.45 | 34.57 |
| 8. | Carlos Miguel, OLIVEIRA | 06 | Nautico Academico | 4:37.00 | 449 |
| | 50m: 29.78 29.78 | 150m: 1:39.23 | 35.20 250m: 2:51.09 | 35.59 350m: 4:02.58 | 35.62 |
| | 100m: 1:04.03 34.25 | 200m: 2:15.50 | 36.27 300m: 3:26.96 | 35.87 400m: 4:37.00 | 34.42 |
| 9. | Joao Rafael, FERREIRA | 06 | Nautico Academico | 4:37.21 | 448 |
| | 50m: 30.75 30.75 | 150m: 1:39.36 | 34.88 250m: 2:50.29 | 35.73 350m: 4:03.18 | 36.45 |
| | 100m: 1:04.48 33.73 | 200m: 2:14.56 | 35.20 300m: 3:26.73 | 36.44 400m: 4:37.21 | 34.03 |
| 10. | Tomas Jose, FRANCISCO | 05 | Miranda do Corvo | 4:41.49 | 428 |
| | 50m: 30.96 30.96 | 150m: 1:41.62 | 35.63 250m: 2:53.14 | 36.02 350m: 4:06.72 | 36.90 |
| | 100m: 1:05.99 35.03 | 200m: 2:17.12 | 35.50 300m: 3:29.82 | 36.68 400m: 4:41.49 | 34.77 |
| 11. | Joao Ferreira, MARQUES | 06 | Academica de Coimbra | 4:41.87 | 426 |
| | 50m: 31.79 31.79 | 150m: 1:42.49 | 35.73 250m: 2:55.24 | 36.10 350m: 4:06.91 | 36.03 |
| | 100m: 1:06.76 34.97 | 200m: 2:19.14 | 36.65 300m: 3:30.88 | 35.64 400m: 4:41.87 | 34.96 |
| 12. | Tomas Cardoso, GERALDO | 05 | Condeixa Clube | 4:42.51 | 424 |
| | 50m: 30.75 30.75 | 150m: 1:41.18 | 36.24 250m: 2:53.78 | 36.50 350m: 4:07.05 | 36.97 |
| | 100m: 1:04.94 34.19 | 200m: 2:17.28 | 36.10 300m: 3:30.08 | 36.30 400m: 4:42.51 | 35.46 |
| DNS | Tomas Veiga, PEREIRA | 06 | Nautico Academico | | |

Sen

| | | | | | |
|----|------------------------|---------------|---------------------|---------------------|-------|
| 1. | Gabriel Jose, LOPES | 97 | Louzan Nataçao | 3:55.10 | 735 |
| | 50m: 27.47 27.47 | 150m: 1:27.45 | 30.35 250m: 2:26.92 | 29.28 350m: 3:26.66 | 29.87 |
| | 100m: 57.10 29.63 | 200m: 1:57.64 | 30.19 300m: 2:56.79 | 29.87 400m: 3:55.10 | 28.44 |
| 2. | Gustavo Pires, MARQUES | 04 | União de Coimbra | 4:01.59 | 678 |
| | 50m: 27.26 27.26 | 150m: 1:27.94 | 30.48 250m: 2:28.89 | 30.15 350m: 3:30.95 | 31.16 |
| | 100m: 57.46 30.20 | 200m: 1:58.74 | 30.80 300m: 2:59.79 | 30.90 400m: 4:01.59 | 30.64 |
| 3. | Lucas Pereira, BASTOS | 00 | Nautico Academico | 4:07.21 | 632 |
| | 50m: 27.97 27.97 | 150m: 1:29.92 | 31.20 250m: 2:32.94 | 31.31 350m: 3:35.97 | 31.60 |
| | 100m: 58.72 30.75 | 200m: 2:01.63 | 31.71 300m: 3:04.37 | 31.43 400m: 4:07.21 | 31.24 |
| 4. | Afonso Filipe, COSTA | 03 | Louzan Nataçao | 4:13.51 | 586 |
| | 50m: 28.15 28.15 | 150m: 1:30.98 | 31.68 250m: 2:35.19 | 31.98 350m: 3:40.90 | 32.99 |
| | 100m: 59.30 31.15 | 200m: 2:03.21 | 32.23 300m: 3:07.91 | 32.72 400m: 4:13.51 | 32.61 |
| 5. | Rodrigo Miguel, REIS | 04 | Nautico Academico | 4:18.01 | 556 |
| | 50m: 27.42 27.42 | 150m: 1:29.52 | 31.54 250m: 2:35.27 | 33.10 350m: 3:43.75 | 34.78 |
| | 100m: 57.98 30.56 | 200m: 2:02.17 | 32.65 300m: 3:08.97 | 33.70 400m: 4:18.01 | 34.26 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 3, Masc., 400m Livres, Sen

| Lugar | Ano | Tempo final | Pts |
|----------------------------|-------------------------|---------------------|---------------------|
| 6. Dinis Miranda, DIOGO | 04 Nautico Academico | 4:20.37 | 541 |
| 50m: 29.28 29.28 | 150m: 1:34.54 32.92 | 250m: 2:41.36 33.17 | 350m: 3:47.72 33.15 |
| 100m: 1:01.62 32.34 | 200m: 2:08.19 33.65 | 300m: 3:14.57 33.21 | 400m: 4:20.37 32.65 |
| 7. Vasco Pereira, BASTOS | 02 Nautico Academico | 4:21.32 | 535 |
| 50m: 29.36 29.36 | 150m: 1:34.66 32.76 | 250m: 2:40.24 33.01 | 350m: 3:47.71 34.00 |
| 100m: 1:01.90 32.54 | 200m: 2:07.23 32.57 | 300m: 3:13.71 33.47 | 400m: 4:21.32 33.61 |
| 8. Jose Diogo, DIAS | 04 Nautico Academico | 4:23.34 | 523 |
| 50m: 29.68 29.68 | 150m: 1:34.89 32.66 | 250m: 2:42.36 33.69 | 350m: 3:49.88 33.56 |
| 100m: 1:02.23 32.55 | 200m: 2:08.67 33.78 | 300m: 3:16.32 33.96 | 400m: 4:23.34 33.46 |
| 9. Miguel Freitas, OVIEDO | 02 Academica de Coimbra | 4:28.88 | 491 |
| 50m: 30.09 30.09 | 150m: 1:37.93 34.36 | 250m: 2:47.68 34.90 | 350m: 3:56.08 33.83 |
| 100m: 1:03.57 33.48 | 200m: 2:12.78 34.85 | 300m: 3:22.25 34.57 | 400m: 4:28.88 32.80 |
| 10. Joaquim Agra, MERUJE | 01 União de Coimbra | 4:32.75 | 471 |
| 50m: 30.45 30.45 | 150m: 1:38.48 34.66 | 250m: 2:48.60 34.83 | 350m: 3:59.01 35.06 |
| 100m: 1:03.82 33.37 | 200m: 2:13.77 35.29 | 300m: 3:23.95 35.35 | 400m: 4:32.75 33.74 |
| 11. Diogo Luis, CANCELA | 02 Louzan Natação | 4:46.57 | 406 |
| 50m: 32.09 32.09 | 150m: 1:44.87 36.68 | 250m: 2:57.85 36.33 | 350m: 4:10.98 36.29 |
| 100m: 1:08.19 36.10 | 200m: 2:21.52 36.65 | 300m: 3:34.69 36.84 | 400m: 4:46.57 35.59 |
| 12. Renato Maria, FERREIRA | 04 União de Coimbra | 4:48.26 | 399 |
| 50m: 31.16 31.16 | 150m: 1:43.13 36.61 | 250m: 2:57.04 37.13 | 350m: 4:11.82 37.40 |
| 100m: 1:06.52 35.36 | 200m: 2:19.91 36.78 | 300m: 3:34.42 37.38 | 400m: 4:48.26 36.44 |

Prova 4
22-10-2022

Femin., 4 x 50m Estilos

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | Tempo final | Pts | |
|------------------------------------|----------------|-------------------------------|-------|
| Inf B | | | |
| 1. Columbofila Cantanhedense Inf B | 2:46.66 | 231 | |
| Filipa Ferreira, LOISAS 11 | 40.39 | Matilde Varanda, OLIVEIRA 11 | 38.47 |
| Eva Miranda, ALMEIDA 11 | 47.71 | Beatriz Oliveira, PORTULEZ 11 | 40.09 |
| Juv B | | | |
| 1. Columbofila Cantanhedense Juv B | 2:27.17 | 336 | |
| Leonor Mercedes, CAVALEIRO 09 | 35.95 | Margarida Pessoa, MONTEIRO 09 | 36.08 |
| Ana Laura, LUCAS 09 | 45.61 | Anastacia, PROTOLYUK 09 | 29.53 |
| Absoluto | | | |
| 1. Louzan Natação Abs | 2:01.54 | 597 | |
| Leonor Correia, PAIVA 04 | 31.28 | Ines Jacinto, HENRIQUES 00 | 28.70 |
| Angela Rodrigues, REBELO 07 | 35.02 | Camila Rodrigues, REBELO 03 | 26.54 |
| 2. Nautico Academico Abs | 2:09.21 | 497 | |
| Ines Pereira, SILVA 02 | 33.52 | Leonor Mil, MANO 07 | 30.29 |
| Beatriz Andre, GASPAR 06 | 36.64 | Matilde Domingues, GAMEIRO 97 | 28.76 |
| 3. Louzan Natação Abs | 2:13.09 | 455 | |
| Dania Rodrigues, SIMOES 07 | 33.42 | Matilde Fonseca, OLIVEIRA 06 | 31.20 |
| Raquel Alexandra, CANCELA 09 | 39.17 | Kateryna, DZYAKANAVA 05 | 29.30 |
| 4. Academica de Coimbra Abs | 2:15.34 | 432 | |
| Matilde Neves, CRAVEIRO 06 | 36.55 | Beatriz Costa, TEJO 02 | 28.88 |
| Kyara Dalsuco, LANGA 03 | 39.35 | Sofia Fonseca, PRIMO 09 | 30.56 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 4, Femin., 4 x 50m Estilos, Absoluto

| Lugar | | | | Tempo final | Pts |
|-------|-----------------------------|---------|---------------------------------|----------------|-------|
| 5. | Miranda do Corvo Abs | | Miranda do Corvo | 2:27.93 | 331 |
| | Francisca Santos, FERNANDES | 08 | 35.65 Mariana Bagagem, CARVALHO | 10 | 39.23 |
| | Laura Silva, FERNANDES | 08 | 41.56 Caetana Amado, SANTOS | 09 | 31.49 |
| 6. | Columbofila Cantanhedense | Inf A/B | Columbofila Cantanhedense | 2:40.06 | 261 |
| | Maria Miguel, FERNANDES | 10 | 38.96 Leonor Mosca, SILVA | 10 | 40.93 |
| | Laura Nobre, MONTEIRO | 10 | 43.62 Sara Ferreira, SANTOS | 11 | 36.55 |

Prova 5
22-10-2022

Masc., 100m Costas

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|---------------------------|----|-------------------|----------------|-----|---------------|
| Inf B | | | | | | |
| 1. | Francisco Martins, SIMOES | 10 | Nautico Academico | 1:20.25 | 218 | 32.72 1:20.25 |
| 2. | Andre Filipe, COSTA | 10 | Vigor da Mocidade | 1:27.17 | 170 | 41.85 1:27.17 |
| 3. | Simao Simoes, DIOGO | 10 | CASPAE | 1:33.01 | 140 | 44.72 1:33.01 |
| 4. | Rodrigo Miguel, MATIAS | 10 | Nautico Academico | 1:33.62 | 137 | 45.25 1:33.62 |
| 5. | Miguel Tomas, GOMES | 10 | Nautico Academico | 1:38.60 | 117 | 49.17 1:38.60 |
| 6. | Nuno Rafael, PIMPAO | 10 | Nautico Academico | 1:41.45 | 108 | 49.85 1:41.45 |
| DNS | Rodrigo Sousa, BRAZ | 10 | Nautico Academico | | | |

Inf A

| | | | | | | |
|----|-------------------------|----|-------------------|----------------|-----|---------------|
| 1. | Tomas Rafael, PEREIRA | 09 | Nautico Academico | 1:10.31 | 324 | 33.48 1:10.31 |
| 2. | Tiago Janeiro, MOITA | 09 | Nautico Academico | 1:19.92 | 221 | 39.25 1:19.92 |
| 3. | Guilherme Andre, GASPAR | 09 | Nautico Academico | 1:21.14 | 211 | 39.05 1:21.14 |
| 4. | Jose Pedro, COSTA | 09 | Nautico Academico | 1:21.93 | 205 | 40.00 1:21.93 |
| 5. | Joao Rodrigo, COELHO | 09 | CASPAE | 1:37.26 | 122 | 45.55 1:37.26 |
| 6. | Joao Miguel, ALVES | 09 | Vigor da Mocidade | 1:38.87 | 116 | 47.15 1:38.87 |

Juv B

| | | | | | | |
|----|------------------------------|----|-------------------|----------------|-----|---------------|
| 1. | Henrique Figueiredo, FIDALGO | 08 | Vigor da Mocidade | 1:20.20 | 218 | 38.13 1:20.20 |
| 2. | Mateus Henriques, LOPES | 08 | S. Pedro Alva | 1:43.58 | 101 | 48.14 1:43.58 |

Juv A

| | | | | | | |
|----|------------------------|----|-------------------|----------------|-----|---------------|
| 1. | Francisco Jose, SIMOES | 07 | Vigor da Mocidade | 1:16.34 | 253 | 36.16 1:16.34 |
|----|------------------------|----|-------------------|----------------|-----|---------------|

Jun

| | | | | | | |
|----|--------------------------|----|---------------------------|----------------|-----|---------------|
| 1. | Tomas Carvalho, SANTOS | 05 | Louzan Nataçao | 1:03.20 | 447 | 30.23 1:03.20 |
| 2. | Francisco Cruz, CARVALHO | 06 | S. Pedro Alva | 1:09.72 | 333 | 38.97 1:09.72 |
| 3. | Bogdan, ZAPOROZHETS | 05 | Columbofila Cantanhedense | 1:37.99 | 119 | 47.13 1:37.99 |

Prova 6
22-10-2022

Femin., 100m Mariposa

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|---------------------------|----|-------------------|----------------|-----|---------------|
| Inf B | | | | | | |
| 1. | Joana Cura, NEVES | 11 | Condeixa Clube | 1:25.81 | 257 | 38.44 1:25.81 |
| 2. | Carolina Damas, PITA | 11 | Nautico Academico | 1:35.58 | 186 | 40.52 1:35.58 |
| 3. | Carlota Francisco, SANTOS | 11 | Nautico Academico | 1:52.92 | 112 | 51.10 1:52.92 |
| 4. | Matilde Sofia, PEREIRA | 11 | Nautico Academico | 1:55.55 | 105 | 52.15 1:55.55 |
| 5. | Ana Leonor, CARRETO | 11 | Nautico Academico | 2:00.01 | 94 | 56.64 2:00.01 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 6, Femin., 100m Mariposa

Inf A

| | | | | | | | |
|----|-----------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | Camila Duarte, MARCELO | 10 | Condeixa Clube | 1:14.45 | 394 | 34.25 | 1:14.45 |
| 2. | Rita Lucas, SANTOS | 10 | Condeixa Clube | 1:17.62 | 347 | 36.17 | 1:17.62 |
| 3. | Maria Ines, GANTE | 10 | Nautico Academico | 1:27.58 | 242 | 40.41 | 1:27.58 |
| 4. | Leonor Antunes, PAIVA | 10 | Nautico Academico | 1:36.36 | 181 | 43.31 | 1:36.36 |
| 5. | Maria Ines, RODRIGUES | 10 | Nautico Academico | 1:36.88 | 178 | 43.51 | 1:36.88 |
| 6. | Mariana Bernardo, SILVESTRE | 10 | Nautico Academico | 1:38.48 | 170 | 45.75 | 1:38.48 |
| 7. | Mia Cardoso, BAPTISTA | 10 | Nautico Academico | 1:43.82 | 145 | 44.44 | 1:43.82 |

Juv B

| | | | | | | | |
|----|------------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Leonor Mercês, CAVALEIRO | 09 | Columbofila Cantanhedense | 1:20.78 | 308 | 36.33 | 1:20.78 |
| 2. | Raquel Alexandra, CANCELA | 09 | Louzan Nataçao | 1:23.06 | 283 | 38.25 | 1:23.06 |
| 3. | Margarida Pessoa, MONTEIRO | 09 | Columbofila Cantanhedense | 1:23.24 | 282 | 38.54 | 1:23.24 |
| 4. | Caetana Amado, SANTOS | 09 | Miranda do Corvo | 1:26.94 | 247 | 39.52 | 1:26.94 |
| 5. | Gabriela Leonardo, MEDINA | 09 | Condeixa Clube | 1:27.77 | 240 | 38.96 | 1:27.77 |
| 6. | Carolina Baptista, PEREIRINH | 09 | S. Pedro Alva | 1:39.13 | 167 | 42.55 | 1:39.13 |
| 7. | Luana Soares, BRAS | 09 | S. Pedro Alva | 1:50.98 | 119 | 50.06 | 1:50.98 |

Juv A

| | | | | | | | |
|----|----------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Julia Maria, SOARES | 08 | Miranda do Corvo | 1:15.75 | 374 | 34.47 | 1:15.75 |
| 2. | Laura Carvalho, FERNANDES | 08 | Nautico Academico | 1:18.19 | 340 | 35.61 | 1:18.19 |
| 3. | Francisca Santos, FERNANDE | 08 | Miranda do Corvo | 1:18.60 | 335 | 35.97 | 1:18.60 |
| 4. | Maria Manuel, CORTESAO | 08 | Nautico Academico | 1:21.47 | 300 | 37.65 | 1:21.47 |
| 5. | Rita Isabel, NEVES | 08 | Academica de Coimbra | 1:21.81 | 297 | 38.78 | 1:21.81 |
| 6. | Laura Silva, FERNANDES | 08 | Miranda do Corvo | 1:27.18 | 245 | 40.11 | 1:27.18 |
| 7. | Ana Sofia, PARAISO | 08 | Vigor da Mocidade | 1:28.28 | 236 | 40.32 | 1:28.28 |

Jun

| | | | | | | | |
|-----|---------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Angela Rodrigues, REBELO | 07 | Louzan Nataçao | 1:08.96 | 496 | 31.64 | 1:08.96 |
| 2. | Dania Rodrigues, SIMOES | 07 | Louzan Nataçao | 1:10.08 | 472 | 33.09 | 1:10.08 |
| 3. | Matilde Fonseca, OLIVEIRA | 06 | Louzan Nataçao | 1:10.94 | 455 | 32.46 | 1:10.94 |
| 4. | Ines Miranda, DIOGO | 07 | Nautico Academico | 1:11.94 | 436 | 33.65 | 1:11.94 |
| 5. | Beatriz Andre, GASPAS | 06 | Nautico Academico | 1:14.26 | 397 | 35.01 | 1:14.26 |
| 6. | Marta Andre, AGUILAR | 07 | Nautico Academico | 1:14.32 | 396 | 34.01 | 1:14.32 |
| 7. | Joana Filipa, VARELA | 06 | Nautico Academico | 1:14.68 | 390 | 33.32 | 1:14.68 |
| 8. | Matilde Neves, CRAVEIRO | 06 | Academica de Coimbra | 1:16.42 | 364 | 35.19 | 1:16.42 |
| 9. | Cristiana Sofia, DUARTE | 07 | Vigor da Mocidade | 1:24.05 | 273 | 36.66 | 1:24.05 |
| 10. | Carolina Soares, ARAUJO | 06 | Academica de Coimbra | 1:29.88 | 224 | 38.83 | 1:29.88 |

Sen

| | | | | | | | |
|-----|----------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Camila Rodrigues, REBELO | 03 | Louzan Nataçao | 1:02.56 | 664 | 29.90 | 1:02.56 |
| 2. | Ines Jacinto, HENRIQUES | 00 | Louzan Nataçao | 1:02.95 | 652 | 29.79 | 1:02.95 |
| 3. | Ana Carolina, MONTEIRO | 04 | União de Coimbra | 1:04.92 | 594 | 30.63 | 1:04.92 |
| 4. | Beatriz Costa, TEJO | 02 | Academica de Coimbra | 1:05.42 | 581 | 30.04 | 1:05.42 |
| 5. | Maria Carlota, REBELO | 03 | Condeixa Clube | 1:06.84 | 544 | 30.86 | 1:06.84 |
| 6. | Joana Francisca, RODRIGUES | 04 | Condeixa Clube | 1:08.96 | 496 | 30.58 | 1:08.96 |
| 7. | Helena Nunes, RODRIGUES | 03 | Condeixa Clube | 1:11.39 | 447 | 34.02 | 1:11.39 |
| 8. | Leonor Correia, PAIVA | 04 | Louzan Nataçao | 1:12.05 | 434 | 33.60 | 1:12.05 |
| 9. | Matilde Domingues, GAMEIRO | 97 | Nautico Academico | 1:13.39 | 411 | 33.41 | 1:13.39 |
| 10. | Kateryna, DZYAKANAVA | 05 | Louzan Nataçao | 1:14.94 | 386 | 34.11 | 1:14.94 |
| 11. | Diana Costa, OLIVEIRA | 04 | União de Coimbra | 1:20.90 | 307 | 36.16 | 1:20.90 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 7
22-10-2022

Masc., 4 x 100m Estilos

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | Tempo final | Pts |
|------------|---------------------------|----|-------|----------------------|------------------------|------------------|
| Jun | | | | | | |
| 1. | Academica de Coimbra Jun | | | Academica de Coimbra | 4:26.78 | 416 |
| | Samuel Baptista, FIGUEIRA | 05 | 33.22 | 1:07.30 | Joao Ferreira, MARQUES | 06 30.21 1:05.47 |
| | Antonio, GLAVATSKYY | 05 | 35.58 | 1:16.19 | Rodrigo Costa, CRUZ | 06 27.76 57.82 |
| 2. | Condeixa Clube Jun | | | Condeixa Clube | 4:29.89 | 401 |
| | Miguel Bernardo, ARAUJO | 06 | 34.46 | 1:12.86 | Jose Miguel, MARQUES | 06 28.90 1:02.88 |
| | Diogo Cura, NEVES | 06 | 35.33 | 1:17.01 | Tomas Cardoso, GERALDO | 05 26.60 57.14 |

Absoluto

| | | | | | | |
|-----|-----------------------------------|----|-------|---------------------------|---------------------------|------------------|
| 1. | União de Coimbra Abs | | | União de Coimbra | 4:14.81 | 477 |
| | Renato Maria, FERREIRA | 04 | 33.99 | 1:10.93 | Gustavo Pires, MARQUES | 04 27.17 59.36 |
| | Joaquim Agra, MERUJE | 01 | 31.09 | 1:06.74 | Francisco Couto, FRAZAO | 06 27.57 57.78 |
| 2. | Condeixa Clube Abs | | | Condeixa Clube | 4:32.08 | 392 |
| | Duarte Cachulo, MARQUES | 07 | 32.03 | 1:07.84 | Andre Gouveia, COSTA | 01 27.94 1:00.18 |
| | Rafael Pereira, RODRIGUES | 08 | 37.00 | 1:20.29 | Salvador Correia, PEREIRA | 08 29.93 1:03.77 |
| 3. | Columbofila Cantanhedense Abs | | | Columbofila Cantanhedense | 4:38.15 | 367 |
| | Rodrigo Mosca, SILVA | 08 | 36.78 | 1:15.14 | Martim Nobre, PASCOAL | 08 32.30 1:08.13 |
| | Martim Alexandre, SILVA | 07 | 35.48 | 1:15.57 | Jonas Emanuel, FERREIRA | 91 27.87 59.31 |
| DNS | Columbofila Cantanhedense Juv A/B | | | Columbofila Cantanhedense | | |

Prova 8
22-10-2022

Femin., 4 x 100m Livres

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | Tempo final | Pts |
|--------------|---------------------------------|----|-------|---------------------------|----------------------------|------------------|
| Inf B | | | | | | |
| 1. | Columbofila Cantanhedense Inf B | | | Columbofila Cantanhedense | 5:45.31 | 213 |
| | Matilde Varanda, OLIVEIRA | 11 | 40.61 | 1:26.65 | Sara Ferreira, SANTOS | 11 41.13 1:27.80 |
| | Beatriz Oliveira, PORTULEZ | 11 | 42.03 | 1:27.57 | Eva Miranda, ALMEIDA | 11 39.30 1:23.29 |
| Inf A | | | | | | |
| 1. | Condeixa Clube Inf A | | | Condeixa Clube | 4:57.93 | 333 |
| | Maria Neto, SIMOES | 10 | 32.69 | 1:08.56 | Rita Lucas, SANTOS | 10 32.10 1:08.30 |
| | Joana Silva, FERREIRA | 10 | 42.88 | 1:33.81 | Camila Duarte, MARCELO | 10 31.57 1:07.26 |
| Juv B | | | | | | |
| 1. | Columbofila Cantanhedense Juv B | | | Columbofila Cantanhedense | 4:52.00 | 353 |
| | Anastacia, PROTOLYUK | 09 | 30.59 | 1:03.80 | Margarida Pessoa, MONTEIRO | 09 34.44 1:12.68 |
| | Leonor Mercês, CAVALEIRO | 09 | 33.80 | 1:10.86 | Ana Laura, LUCAS | 09 40.96 1:24.66 |
| Sen | | | | | | |
| 1. | Condeixa Clube Sen | | | Condeixa Clube | 4:07.76 | 579 |
| | Maria Carlota, REBELO | 03 | 29.67 | 1:01.19 | Joana Francisca, RODRIGUES | 04 29.50 1:01.64 |
| | Mariana Carmo, ROSA | 05 | 30.32 | 1:03.44 | Helena Nunes, RODRIGUES | 03 29.17 1:01.49 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 8, Femin., 4 x 100m Livres

Absoluto

| | | | | | | | |
|--------------------------------------|---------------------------|-------|----------------|---------------------------|----|-------|---------|
| 1. União de Coimbra Abs | União de Coimbra | | 4:28.80 | 453 | | | |
| Maria Vitoria, GRILO | 06 | 30.66 | 1:06.93 | Alana Costa, MATIAS | 09 | 32.02 | 1:05.93 |
| Ana Carolina, MONTEIRO | 04 | 29.56 | 1:02.00 | Raquel Filipa, JESUS | 08 | 34.83 | 1:13.94 |
| 2. Academica de Coimbra Juv A/B | Academica de Coimbra | | 4:42.19 | 392 | | | |
| Ana Beatriz, CAMPOS | 08 | 33.89 | 1:09.63 | Sofia Fonseca, PRIMO | 09 | 32.83 | 1:07.77 |
| Rita Calado, CRUZ | 09 | 35.30 | 1:12.29 | Rita Isabel, NEVES | 08 | 35.55 | 1:12.50 |
| 3. Miranda do Corvo Abs | Miranda do Corvo | | 5:03.69 | 314 | | | |
| Caetana Amado, SANTOS | 09 | 35.56 | 1:11.88 | Mariana Bagagem, CARVALHO | 10 | 35.57 | 1:13.70 |
| Camila Beatriz, CAMILO | 11 | 39.57 | 1:22.98 | Isabella Scavone, LOPES | 10 | 37.48 | 1:15.13 |
| 4. Columbofila Cantanhedense Inf A/B | Columbofila Cantanhedense | | 5:03.72 | 314 | | | |
| Maria Miguel, FERNANDES | 10 | 34.25 | 1:10.60 | Leonor Mosca, SILVA | 10 | 37.92 | 1:17.56 |
| Laura Nobre, MONTEIRO | 10 | 36.77 | 1:17.70 | Filipa Ferreira, LOISAS | 11 | 38.15 | 1:17.86 |

DNS Louzan Nataçao Abs Louzan Nataçao

Prova 9
22-10-2022

Masc., 100m Estilos

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|---|----|---------------------------|----------------|-----|---------------|
| Inf B | | | | | | |
| 1. | Santiago Marques, PEREIRA | 10 | Columbofila Cantanhedense | 1:24.16 | 200 | 39.14 1:24.16 |
| 2. | Andre Filipe, COSTA | 10 | Vigor da Mocidade | 1:28.71 | 171 | 41.35 1:28.71 |
| 3. | Daniel Figueiredo, CORREIA | 10 | Columbofila Cantanhedense | 1:32.13 | 153 | 44.63 1:32.13 |
| 4. | Afonso Brandao, OLIVEIRA | 10 | Columbofila Cantanhedense | 1:34.54 | 141 | 45.28 1:34.54 |
| 5. | Pedro Emanuel, PEREIRA | 10 | Academica de Coimbra | 1:44.18 | 105 | 48.82 1:44.18 |
| Inf A | | | | | | |
| 1. | Joao Nuno, GASPAR | 09 | Condeixa Clube | 1:17.13 | 260 | 36.53 1:17.13 |
| 2. | Francisco Antunes, SOUSA | 09 | Columbofila Cantanhedense | 1:28.52 | 172 | 42.58 1:28.52 |
| DSQ | Ricardo Cesar, SILVA | 09 | Academica de Coimbra | | | |
| | <i>SW6.2 O atleta perdeu a posição de costas na viragem aos 50 metros</i> | | | | | |
| Juv B | | | | | | |
| 1. | Martim Nobre, PASCOAL | 08 | Columbofila Cantanhedense | 1:08.69 | 369 | 32.69 1:08.69 |
| 2. | Rafael Pereira, RODRIGUES | 08 | Condeixa Clube | 1:09.14 | 362 | 32.29 1:09.14 |
| 3. | Salvador Correia, PEREIRA | 08 | Condeixa Clube | 1:14.25 | 292 | 33.71 1:14.25 |
| 4. | Rodrigo Mosca, SILVA | 08 | Columbofila Cantanhedense | 1:16.07 | 271 | 35.48 1:16.07 |
| 5. | Samuel Dinis, MAIA | 08 | Miranda do Corvo | 1:16.98 | 262 | 35.35 1:16.98 |
| 6. | Francisco Fernandes, PEREIRA | 08 | Academica de Coimbra | 1:18.32 | 249 | 35.39 1:18.32 |
| 7. | Henrique Figueiredo, FIDALGO | 08 | Vigor da Mocidade | 1:20.77 | 227 | 38.32 1:20.77 |
| 8. | Tiago Cravino, RIBEIRO | 08 | Nautico Academico | 1:25.28 | 192 | 39.50 1:25.28 |
| 9. | Mateus Henriques, LOPES | 08 | S. Pedro Alva | 1:47.66 | 95 | 47.84 1:47.66 |
| Juv A | | | | | | |
| 1. | Alexandre, DZYAKANAU | 07 | Louzan Nataçao | 1:06.27 | 411 | 30.61 1:06.27 |
| 2. | Duarte Cachulo, MARQUES | 07 | Condeixa Clube | 1:06.62 | 404 | 30.70 1:06.62 |
| 3. | Martim Alexandre, SILVA | 07 | Columbofila Cantanhedense | 1:07.34 | 391 | 32.32 1:07.34 |
| 4. | Gonçalo Miranda, FERNANDES | 07 | Vigor da Mocidade | 1:14.64 | 287 | 34.53 1:14.64 |
| 5. | Francisco Jose, SIMOES | 07 | Vigor da Mocidade | 1:18.48 | 247 | 37.19 1:18.48 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 9, Masc., 100m Estilos

Jun

| | | | | | | | |
|-----|---------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Tomas Carvalho, SANTOS | 05 | Louzan Nataçao | 1:03.60 | 465 | 28.98 | 1:03.60 |
| 2. | Goncalo Carvalho, SANTOS | 05 | Louzan Nataçao | 1:05.89 | 418 | 31.32 | 1:05.89 |
| 3. | Samuel Baptista, FIGUEIRA | 05 | Academica de Coimbra | 1:05.90 | 418 | 31.14 | 1:05.90 |
| 4. | Miguel Bernardo, ARAUJO | 06 | Condeixa Clube | 1:06.47 | 407 | 30.42 | 1:06.47 |
| 5. | Diogo Cura, NEVES | 06 | Condeixa Clube | 1:07.35 | 391 | 30.44 | 1:07.35 |
| 6. | Francisco Cruz, CARVALHO | 06 | S. Pedro Alva | 1:07.51 | 388 | 30.75 | 1:07.51 |
| 7. | Antonio, GLAVATSKYY | 05 | Academica de Coimbra | 1:08.02 | 380 | 32.28 | 1:08.02 |
| 8. | Guilherme Maia, CARDOSO | 05 | Columbofila Cantanhedense | 1:08.07 | 379 | 31.53 | 1:08.07 |
| 9. | Joao Neves, LUCAS | 06 | Columbofila Cantanhedense | 1:08.58 | 371 | 31.71 | 1:08.58 |
| 10. | Jose Miguel, MARQUES | 06 | Condeixa Clube | 1:09.47 | 356 | 32.85 | 1:09.47 |
| 11. | Tomas Cardoso, GERALDO | 05 | Condeixa Clube | 1:12.56 | 313 | 32.54 | 1:12.56 |
| 12. | Bogdan, ZAPOROZHETS | 05 | Columbofila Cantanhedense | 1:32.77 | 149 | 44.57 | 1:32.77 |

Sen

| | | | | | | | |
|----|------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | Gabriel Jose, LOPES | 97 | Louzan Nataçao | 55.04 | 717 | 25.01 | 55.04 |
| 2. | Gustavo Pires, MARQUES | 04 | União de Coimbra | 1:01.08 | 525 | 28.16 | 1:01.08 |
| 3. | Joaquim Agra, MERUJE | 01 | União de Coimbra | 1:01.75 | 508 | 28.53 | 1:01.75 |
| 4. | Tiago Andre, POIARES | 04 | Nautico Academico | 1:06.14 | 413 | 30.78 | 1:06.14 |
| 5. | Diogo Luis, CANCELA | 02 | Louzan Nataçao | 1:12.09 | 319 | 33.00 | 1:12.09 |

Prova 10
22-10-2022

Misto, 4 x 100m Estilos

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | | Tempo final | Pts | |
|-------|---|----|----------------------|----------------|---------------------------|-------------|-------|---------|
| Juv A | | | | | | | | |
| 1. | Academica de Coimbra Juv A | | Academica de Coimbra | 5:06.57 | 324 | | | |
| | David Ferreira, SILVA | 07 | 38.25 | 1:16.91 | Ana Beatriz, CAMPOS | 08 | 35.93 | 1:16.45 |
| | Rita Isabel, NEVES | 08 | 43.23 | 1:31.68 | Bernardo Almas, MALHAO | 07 | 29.20 | 1:01.53 |
| Abs | | | | | | | | |
| 1. | Louzan Nataçao Abs | | Louzan Nataçao | 3:59.61 | 680 | | | |
| | Camila Rodrigues, REBELO | 03 | 29.81 | 1:01.47 | Ines Jacinto, HENRIQUES | 00 | 29.61 | 1:03.95 |
| | Gabriel Jose, LOPES | 97 | 29.14 | 1:01.58 | Afonso Filipe, COSTA | 03 | 25.02 | 52.61 |
| 2. | Louzan Nataçao Abs | | Louzan Nataçao | 4:29.45 | 478 | | | |
| | Dania Rodrigues, SIMOES | 07 | 35.25 | 1:12.62 | Tomas Carvalho, SANTOS | 05 | 27.77 | 1:01.33 |
| | Angela Rodrigues, REBELO | 07 | 36.92 | 1:19.56 | Goncalo Carvalho, SANTOS | 05 | 26.73 | 55.94 |
| 3. | Louzan Nataçao Abs | | Louzan Nataçao | 4:37.60 | 437 | | | |
| | Leonor Correia, PAIVA | 04 | 33.18 | 1:08.03 | Matilde Fonseca, OLIVEIRA | 06 | 31.82 | 1:09.85 |
| | Alexandre, DZYAKANAU | 07 | 36.24 | 1:17.14 | Diogo Luis, CANCELA | 02 | 29.82 | 1:02.58 |
| 4. | Academica de Coimbra Abs | | Academica de Coimbra | 4:37.80 | 436 | | | |
| | Matilde Neves, CRAVEIRO | 06 | 38.82 | 1:19.03 | Beatriz Costa, TEJO | 02 | 30.12 | 1:06.78 |
| | Rodrigo Costa, CRUZ | 06 | 35.18 | 1:15.78 | Miguel Freitas, OVIEDO | 02 | 27.20 | 56.21 |
| 5. | Miranda do Corvo Abs | | Miranda do Corvo | 4:56.16 | 360 | | | |
| | Francisca Santos, FERNANDES | 08 | 37.27 | 1:18.24 | Julia Maria, SOARES | 08 | 34.49 | 1:18.16 |
| | Tomas Jose, FRANCISCO | 05 | 33.55 | 1:11.68 | Samuel Dinis, MAIA | 08 | 31.94 | 1:08.08 |
| DSQ | S. Pedro Alva Abs | | S. Pedro Alva | | | | | |
| | <i>SW8.3 O 3º atleta executou pernas alternadas durante o percurso.</i> | | | | | | | |
| | Carolina Baptista, PEREIRINHA, Juliana Rodrigues, NOGUEIRA, Francisco Cruz, CARVALHO, Mateus Henriques, LOPES | | | | | | | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 11
23-10-2022

Femin., 4 x 50m Livres

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | Tempo final | Pts |
|-----------------|------------------------------|----|---------------------------------|----------------|-------|
| Absoluto | | | | | |
| 1. | Louzan Nataçao Abs | | Louzan Nataçao | 1:52.52 | 555 |
| | Ines Jacinto, HENRIQUES | 00 | 28.00 Matilde Fonseca, OLIVEIRA | 06 | 28.78 |
| | Leonor Correia, PAIVA | 04 | 29.24 Camila Rodrigues, REBELO | 03 | 26.50 |
| 2. | Nautico Academico Abs | | Nautico Academico | 1:55.67 | 511 |
| | Leonor Mil, MANO | 07 | 28.09 Marta Andre, AGUILAR | 07 | 29.52 |
| | Matilde Domingues, GAMEIRO | 97 | 28.70 Ines Pereira, SILVA | 02 | 29.36 |
| 3. | Academica de Coimbra Abs | | Academica de Coimbra | 2:04.76 | 407 |
| | Beatriz Costa, TEJO | 02 | 28.37 Kyara Dalsuco, LANGA | 03 | 31.70 |
| | Matilde Neves, CRAVEIRO | 06 | 31.47 Helena Carolina, DINIS | 05 | 33.22 |
| 4. | Academica de Coimbra Juv A/B | | Academica de Coimbra | 2:05.26 | 402 |
| | Sofia Fonseca, PRIMO | 09 | 30.88 Rita Calado, CRUZ | 09 | 31.60 |
| | Ana Beatriz, CAMPOS | 08 | 31.15 Rita Isabel, NEVES | 08 | 31.63 |

Prova 12
23-10-2022

Masc., 100m Bruços

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|---|----|---------------------------|----------------|-----|-----------------|
| Inf B | | | | | | |
| 1. | Francisco Martins, SIMOES | 10 | Nautico Academico | 1:30.29 | 229 | 43.88 1:30.29 |
| 2. | Andre Filipe, COSTA | 10 | Vigor da Mocidade | 1:39.11 | 173 | 46.27 1:39.11 |
| 3. | Rodrigo Miguel, MATIAS | 10 | Nautico Academico | 1:44.37 | 148 | 49.01 1:44.37 |
| 4. | Jorge Miguel, SANTOS | 10 | Miranda do Corvo | 1:48.76 | 131 | 51.10 1:48.76 |
| 5. | Simao Simoes, DIOGO | 10 | CASPAE | 1:49.65 | 128 | 50.85 1:49.65 |
| 6. | Miguel Tomas, GOMES | 10 | Nautico Academico | 1:52.40 | 118 | 53.53 1:52.40 |
| 7. | Duarte Alves, CARVALHO | 10 | S. Pedro Alva | 2:21.06 | 60 | 1:02.24 2:21.06 |
| DNS | Rodrigo Sousa, BRAZ | 10 | Nautico Academico | | | |
| DNS | Nuno Rafael, PIMPAO | 10 | Nautico Academico | | | |
| Inf A | | | | | | |
| 1. | Guilherme Andre, GASPAR | 09 | Nautico Academico | 1:22.39 | 302 | 38.95 1:22.39 |
| 2. | Tomas Rafael, PEREIRA | 09 | Nautico Academico | 1:22.73 | 298 | 39.43 1:22.73 |
| 3. | Tiago Janeiro, MOITA | 09 | Nautico Academico | 1:32.86 | 210 | 44.37 1:32.86 |
| 4. | Joao Nuno, GASPAR | 09 | Condeixa Clube | 1:33.50 | 206 | 44.31 1:33.50 |
| 5. | Francisco Ribeiro, GOMES | 09 | Condeixa Clube | 1:43.93 | 150 | 47.04 1:43.93 |
| 6. | Joao Rodrigo, COELHO | 09 | CASPAE | 1:51.97 | 120 | 51.82 1:51.97 |
| 7. | Antonio Samuel, PAIS | 09 | S. Pedro Alva | 3:27.71 | 18 | 1:32.19 3:27.71 |
| DSQ | Jose Pedro, COSTA | 09 | Nautico Academico | | | |
| | <i>SW 7.5 - O atleta executou pernadas golfinho durante o percurso.</i> | | | | | |
| Juv B | | | | | | |
| 1. | Rafael Pereira, RODRIGUES | 08 | Condeixa Clube | 1:17.88 | 357 | 37.04 1:17.88 |
| 2. | Guilherme Simoes, SOUSA | 08 | Nautico Academico | 1:19.68 | 333 | 37.63 1:19.68 |
| 3. | Martim Nobre, PASCOAL | 08 | Columbofila Cantanhedense | 1:20.10 | 328 | 39.04 1:20.10 |
| 4. | Jose Guardado, SILVA | 08 | Vigor da Mocidade | 1:29.47 | 235 | 42.47 1:29.47 |
| 5. | Francisco Fernandes, PEREIRA | 08 | Academica de Coimbra | 1:34.43 | 200 | 46.02 1:34.43 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 12, Masc., 100m Bruços

Juv A

| | | | | | | | |
|--|----------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | David Duarte, JESUS | 07 | Nautico Academico | 1:13.01 | 434 | 34.43 | 1:13.01 |
| 2. | Alexandre, DZYAKANAU | 07 | Louzan Nataçao | 1:15.12 | 398 | 35.90 | 1:15.12 |
| 3. | Marco Dimitar, OLIVEIRA | 07 | Nautico Academico | 1:25.05 | 274 | 40.25 | 1:25.05 |
| 4. | Goncalo Miranda, FERNANDES | 07 | Vigor da Mocidade | 1:26.90 | 257 | 41.20 | 1:26.90 |
| DSQ | Duarte Cachulo, MARQUES | 07 | Condeixa Clube | | | | |
| <i>SW 7.6 - O atleta tocou na parede com as mão alternadamente na viragem aos 75 metros.</i> | | | | | | | |
| DNS | Francisco Jose, SIMOES | 07 | Vigor da Mocidade | | | | |

Jun

| | | | | | | | |
|---|---------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Tomas Jose, FRANCISCO | 05 | Miranda do Corvo | 1:11.52 | 461 | 33.47 | 1:11.52 |
| 2. | Samuel Baptista, FIGUEIRA | 05 | Academica de Coimbra | 1:14.30 | 411 | 35.12 | 1:14.30 |
| 3. | Rodrigo Costa, CRUZ | 06 | Academica de Coimbra | 1:14.61 | 406 | 35.42 | 1:14.61 |
| 4. | Jose Miguel, MARQUES | 06 | Condeixa Clube | 1:15.47 | 392 | 35.50 | 1:15.47 |
| 5. | Antonio, GLAVATSKYY | 05 | Academica de Coimbra | 1:15.49 | 392 | 35.64 | 1:15.49 |
| 6. | Diogo Cura, NEVES | 06 | Condeixa Clube | 1:15.96 | 385 | 35.66 | 1:15.96 |
| 7. | Francisco Cruz, CARVALHO | 06 | S. Pedro Alva | 1:16.99 | 370 | 34.53 | 1:16.99 |
| 8. | Tomas Cardoso, GERALDO | 05 | Condeixa Clube | 1:21.01 | 317 | 37.56 | 1:21.01 |
| DSQ | Bogdan, ZAPOROZHETS | 05 | Columbofila Cantanhedense | | | | |
| <i>SW 7.6 - O atleta tocou na parede com as mãos alternadamente na viragem aos 75 metros.</i> | | | | | | | |

Sen

| | | | | | | | |
|----|------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | Gabriel Jose, LOPES | 97 | Louzan Nataçao | 1:02.86 | 680 | 29.79 | 1:02.86 |
| 2. | Joaquim Agra, MERUJE | 01 | União de Coimbra | 1:06.92 | 563 | 31.20 | 1:06.92 |
| 3. | Dinis Miranda, DIOGO | 04 | Nautico Academico | 1:10.74 | 477 | 33.09 | 1:10.74 |
| 4. | Gustavo Pires, MARQUES | 04 | União de Coimbra | 1:11.00 | 471 | 33.37 | 1:11.00 |
| 5. | Diogo Luis, CANCELA | 02 | Louzan Nataçao | 1:21.40 | 313 | 38.75 | 1:21.40 |

Prova 13
23-10-2022

Femin., 400m Livres

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | Tempo final | Pts | | |
|--------------|---------------------------|---------------------|---------------------------|---------------------|-----|
| Inf B | | | | | |
| 1. | Joana Cura, NEVES | 11 | Condeixa Clube | 5:50.14 | 298 |
| | 50m: 39.53 39.53 | 150m: 2:07.42 45.03 | 250m: 3:37.49 45.24 | 350m: 5:07.89 45.07 | |
| | 100m: 1:22.39 42.86 | 200m: 2:52.25 44.83 | 300m: 4:22.82 45.33 | 400m: 5:50.14 42.25 | |
| 2. | Carolina Damas, PITA | 11 | Nautico Academico | 6:03.04 | 267 |
| | 50m: 40.94 40.94 | 150m: 2:12.98 46.32 | 250m: 3:44.92 45.78 | 350m: 5:18.17 46.89 | |
| | 100m: 1:26.66 45.72 | 200m: 2:59.14 46.16 | 300m: 4:31.28 46.36 | 400m: 6:03.04 44.87 | |
| 3. | Filipa Ferreira, LOISAS | 11 | Columbofila Cantanhedense | 6:03.41 | 266 |
| | 50m: 41.38 41.38 | 150m: 2:13.34 45.70 | 250m: 3:47.35 47.39 | 350m: 5:20.88 46.60 | |
| | 100m: 1:27.64 46.26 | 200m: 2:59.96 46.62 | 300m: 4:34.28 46.93 | 400m: 6:03.41 42.53 | |
| 4. | Camila Beatriz, CAMILO | 11 | Miranda do Corvo | 6:08.94 | 254 |
| | 50m: 42.57 42.57 | 150m: 2:17.07 47.29 | 250m: 3:52.73 48.10 | 350m: 5:25.11 46.01 | |
| | 100m: 1:29.78 47.21 | 200m: 3:04.63 47.56 | 300m: 4:39.10 46.37 | 400m: 6:08.94 43.83 | |
| 5. | Matilde Conde, FIGUEIREDO | 11 | Condeixa Clube | 6:10.99 | 250 |
| | 50m: 44.30 44.30 | 150m: 2:17.54 45.91 | 250m: 3:51.74 46.50 | 350m: 5:26.94 46.89 | |
| | 100m: 1:31.63 47.33 | 200m: 3:05.24 47.70 | 300m: 4:40.05 48.31 | 400m: 6:10.99 44.05 | |
| 6. | Eva Miranda, ALMEIDA | 11 | Columbofila Cantanhedense | 6:11.23 | 250 |
| | 50m: 41.13 41.13 | 150m: 2:14.73 46.99 | 250m: 3:49.26 47.02 | 350m: 5:25.23 47.86 | |
| | 100m: 1:27.74 46.61 | 200m: 3:02.24 47.51 | 300m: 4:37.37 48.11 | 400m: 6:11.23 46.00 | |
| 7. | Sara Ferreira, SANTOS | 11 | Columbofila Cantanhedense | 6:26.91 | 220 |
| | 50m: 43.92 43.92 | 150m: 2:19.25 47.29 | 250m: 3:58.16 50.17 | 350m: 5:38.95 49.86 | |
| | 100m: 1:31.96 48.04 | 200m: 3:07.99 48.74 | 300m: 4:49.09 50.93 | 400m: 6:26.91 47.96 | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

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

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|----------------------------|---------------|-------|---------------------------|-------|-------|---------------|----------------|---------------|
| 8. | Beatriz Oliveira, PORTULEZ | | 11 | Columbofila Cantanhedense | | | | 6:28.20 | 218 |
| | 50m: | 45.69 45.69 | 150m: | 2:22.99 | 48.70 | 250m: | 4:01.69 49.48 | 350m: | 5:41.26 50.23 |
| | 100m: | 1:34.29 48.60 | 200m: | 3:12.21 | 49.22 | 300m: | 4:51.03 49.34 | 400m: | 6:28.20 46.94 |
| 9. | Matilde Sofia, PEREIRA | | 11 | Nautico Academico | | | | 6:34.36 | 208 |
| | 50m: | 44.76 44.76 | 150m: | 2:24.42 | 49.51 | 250m: | 4:05.02 49.84 | 350m: | 5:47.52 51.77 |
| | 100m: | 1:34.91 50.15 | 200m: | 3:15.18 | 50.76 | 300m: | 4:55.75 50.73 | 400m: | 6:34.36 46.84 |
| 10. | Matilde Varanda, OLIVEIRA | | 11 | Columbofila Cantanhedense | | | | 6:49.59 | 186 |
| | 50m: | 44.71 44.71 | 150m: | 2:28.59 | 53.22 | 250m: | 4:15.44 53.83 | 350m: | 6:00.70 51.88 |
| | 100m: | 1:35.37 50.66 | 200m: | 3:21.61 | 53.02 | 300m: | 5:08.82 53.38 | 400m: | 6:49.59 48.89 |
| 11. | Ana Leonor, CARRETO | | 11 | Nautico Academico | | | | 6:49.95 | 185 |
| | 50m: | 49.90 49.90 | 150m: | 2:32.63 | 51.70 | 250m: | 4:17.69 52.91 | 350m: | 6:00.68 52.26 |
| | 100m: | 1:40.93 51.03 | 200m: | 3:24.78 | 52.15 | 300m: | 5:08.42 50.73 | 400m: | 6:49.95 49.27 |
| 12. | Carlota Francisco, SANTOS | | 11 | Nautico Academico | | | | 6:53.41 | 181 |
| | 50m: | 46.21 46.21 | 150m: | 2:29.34 | 52.41 | 250m: | 4:15.20 53.29 | 350m: | 6:02.50 52.67 |
| | 100m: | 1:36.93 50.72 | 200m: | 3:21.91 | 52.57 | 300m: | 5:09.83 54.63 | 400m: | 6:53.41 50.91 |

Inf A

| | | | | | | | | | |
|-----|-----------------------------|---------------|-------|---------------------------|-------|-------|---------------|----------------|---------------|
| 1. | Camila Duarte, MARCELO | | 10 | Condeixa Clube | | | | 4:58.57 | 480 |
| | 50m: | 34.74 34.74 | 150m: | 1:49.39 | 37.64 | 250m: | 3:04.88 37.85 | 350m: | |
| | 100m: | 1:11.75 37.01 | 200m: | 2:27.03 | 37.64 | 300m: | 3:43.14 38.26 | 400m: | 4:58.57 |
| 2. | Rita Lucas, SANTOS | | 10 | Condeixa Clube | | | | 5:02.37 | 463 |
| | 50m: | 34.76 34.76 | 150m: | 1:53.09 | 39.01 | 250m: | 3:09.92 38.49 | 350m: | |
| | 100m: | 1:14.08 39.32 | 200m: | 2:31.43 | 38.34 | 300m: | | 400m: | 5:02.37 |
| 3. | Maria Neto, SIMOES | | 10 | Condeixa Clube | | | | 5:04.56 | 453 |
| | 50m: | 35.06 35.06 | 150m: | 1:51.94 | 38.61 | 250m: | 3:08.84 38.50 | 350m: | |
| | 100m: | 1:13.33 38.27 | 200m: | 2:30.34 | 38.40 | 300m: | | 400m: | 5:04.56 |
| 4. | Maria Miguel, FERNANDES | | 10 | Columbofila Cantanhedense | | | | 5:17.81 | 398 |
| | 50m: | 36.42 36.42 | 150m: | 1:56.91 | 40.08 | 250m: | 3:17.17 40.23 | 350m: | 4:35.84 38.60 |
| | 100m: | 1:16.83 40.41 | 200m: | 2:36.94 | 40.03 | 300m: | 3:57.24 40.07 | 400m: | 5:17.81 41.97 |
| 5. | Mariana Bagagem, CARVALHO | | 10 | Miranda do Corvo | | | | 5:31.17 | 352 |
| | 50m: | 37.49 37.49 | 150m: | 2:02.18 | 42.79 | 250m: | 3:27.78 42.87 | 350m: | 4:53.08 42.80 |
| | 100m: | 1:19.39 41.90 | 200m: | 2:44.91 | 42.73 | 300m: | 4:10.28 42.50 | 400m: | 5:31.17 38.09 |
| 6. | Leonor Mosca, SILVA | | 10 | Columbofila Cantanhedense | | | | 5:37.91 | 331 |
| | 50m: | 38.26 38.26 | 150m: | 2:02.62 | 42.78 | 250m: | 3:28.21 42.82 | 350m: | 4:54.56 43.38 |
| | 100m: | 1:19.84 41.58 | 200m: | 2:45.39 | 42.77 | 300m: | 4:11.18 42.97 | 400m: | 5:37.91 43.35 |
| 7. | Mariana Bernardo, SILVESTRE | | 10 | Nautico Academico | | | | 5:42.75 | 317 |
| | 50m: | 37.07 37.07 | 150m: | 2:04.10 | 43.93 | 250m: | 3:31.73 43.78 | 350m: | 5:01.07 45.28 |
| | 100m: | 1:20.17 43.10 | 200m: | 2:47.95 | 43.85 | 300m: | 4:15.79 44.06 | 400m: | 5:42.75 41.68 |
| 8. | Isabella Scavone, LOPES | | 10 | Miranda do Corvo | | | | 5:44.00 | 314 |
| | 50m: | 40.73 40.73 | 150m: | 2:08.84 | 43.78 | 250m: | 3:36.53 44.28 | 350m: | 5:03.57 42.62 |
| | 100m: | 1:25.06 44.33 | 200m: | 2:52.25 | 43.41 | 300m: | 4:20.95 44.42 | 400m: | 5:44.00 40.43 |
| 9. | Laura Nobre, MONTEIRO | | 10 | Columbofila Cantanhedense | | | | 5:45.84 | 309 |
| | 50m: | 38.54 38.54 | 150m: | 2:05.38 | 44.38 | 250m: | 3:33.97 44.64 | 350m: | 5:03.14 44.40 |
| | 100m: | 1:21.00 42.46 | 200m: | 2:49.33 | 43.95 | 300m: | 4:18.74 44.77 | 400m: | 5:45.84 42.70 |
| 10. | Leonor Antunes, PAIVA | | 10 | Nautico Academico | | | | 5:48.96 | 301 |
| | 50m: | 39.97 39.97 | 150m: | 2:07.20 | 44.14 | 250m: | 3:35.67 43.66 | 350m: | 5:04.83 44.24 |
| | 100m: | 1:23.06 43.09 | 200m: | 2:52.01 | 44.81 | 300m: | 4:20.59 44.92 | 400m: | 5:48.96 44.13 |
| 11. | Maria Ines, GANTE | | 10 | Nautico Academico | | | | 5:51.73 | 294 |
| | 50m: | 38.49 38.49 | 150m: | 2:07.08 | 45.23 | 250m: | 3:38.41 45.78 | 350m: | 5:09.16 45.58 |
| | 100m: | 1:21.85 43.36 | 200m: | 2:52.63 | 45.55 | 300m: | 4:23.58 45.17 | 400m: | 5:51.73 42.57 |
| 12. | Sara Marques, LIMA | | 10 | CASPAE | | | | 5:59.20 | 276 |
| | 50m: | 42.23 42.23 | 150m: | 2:12.69 | 45.66 | 250m: | 3:44.99 46.09 | 350m: | 5:17.64 46.74 |
| | 100m: | 1:27.03 44.80 | 200m: | 2:58.90 | 46.21 | 300m: | 4:30.90 45.91 | 400m: | 5:59.20 41.56 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

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

| Lugar | Ano | Tempo final | Pts |
|---|----------------------|----------------|-----|
| 13. Sofia Daniela, FERREIRA | 10 União de Coimbra | 6:02.86 | 267 |
| 50m: 38.33 38.33 150m: 2:09.44 46.32 250m: 3:43.59 47.19 350m: 5:17.85 47.18 | | | |
| 100m: 1:23.12 44.79 200m: 2:56.40 46.96 300m: 4:30.67 47.08 400m: 6:02.86 45.01 | | | |
| 14. Maria Ines, RODRIGUES | 10 Nautico Academico | 6:03.07 | 267 |
| 50m: 39.82 39.82 150m: 2:11.26 46.21 250m: 3:44.65 46.84 350m: 5:19.18 47.18 | | | |
| 100m: 1:25.05 45.23 200m: 2:57.81 46.55 300m: 4:32.00 47.35 400m: 6:03.07 43.89 | | | |
| 15. Mia Cardoso, BAPTISTA | 10 Nautico Academico | 6:10.54 | 251 |
| 50m: 40.31 40.31 150m: 2:12.32 46.43 250m: 3:47.02 47.06 350m: 5:24.78 48.89 | | | |
| 100m: 1:25.89 45.58 200m: 2:59.96 47.64 300m: 4:35.89 48.87 400m: 6:10.54 45.76 | | | |

Juv B

| | | | |
|---|------------------------------|----------------|-----|
| 1. Anastacia, PROTOLYUK | 09 Columbofila Cantanhedense | 4:56.17 | 492 |
| 50m: 32.67 32.67 150m: 1:42.81 35.46 250m: 2:58.32 38.30 350m: 4:17.43 39.83 | | | |
| 100m: 1:07.35 34.68 200m: 2:20.02 37.21 300m: 3:37.60 39.28 400m: 4:56.17 38.74 | | | |
| 2. Alana Costa, MATIAS | 09 União de Coimbra | 4:59.62 | 475 |
| 50m: 33.91 33.91 150m: 1:49.59 38.04 250m: 3:06.13 38.25 350m: | | | |
| 100m: 1:11.55 37.64 200m: 2:27.88 38.29 300m: 3:44.98 38.85 400m: 4:59.62 | | | |
| 3. Leonor Mercês, CAVALEIRO | 09 Columbofila Cantanhedense | 5:04.55 | 453 |
| 50m: 34.97 34.97 150m: 1:52.13 38.71 250m: 3:09.66 38.52 350m: | | | |
| 100m: 1:13.42 38.45 200m: 2:31.14 39.01 300m: 4:00m: 5:04.55 | | | |
| 4. Raquel Alexandra, CANCELA | 09 Louzan Nataçao | 5:14.21 | 412 |
| 50m: 36.19 36.19 150m: 1:54.61 39.29 250m: 3:13.69 39.33 350m: 4:35.41 40.82 | | | |
| 100m: 1:15.32 39.13 200m: 2:34.36 39.75 300m: 3:54.59 40.90 400m: 5:14.21 38.80 | | | |
| 5. Gabriela Leonardo, MEDINA | 09 Condeixa Clube | 5:32.39 | 348 |
| 50m: 38.54 38.54 150m: 2:03.34 42.61 250m: 3:28.02 42.18 350m: 4:53.48 42.58 | | | |
| 100m: 1:20.73 42.19 200m: 2:45.84 42.50 300m: 4:10.90 42.88 400m: 5:32.39 38.91 | | | |
| 6. Margarida Pessoa, MONTEIRO | 09 Columbofila Cantanhedense | 5:32.67 | 347 |
| 50m: 39.15 39.15 150m: 2:03.13 41.94 250m: 3:27.58 42.54 350m: 4:52.77 42.59 | | | |
| 100m: 1:21.19 42.04 200m: 2:45.04 41.91 300m: 4:10.18 42.60 400m: 5:32.67 39.90 | | | |
| 7. Ana Laura, LUCAS | 09 Columbofila Cantanhedense | 6:03.53 | 266 |
| 50m: 41.75 41.75 150m: 2:14.22 47.08 250m: 3:47.13 46.60 350m: 5:20.13 46.78 | | | |
| 100m: 1:27.14 45.39 200m: 3:00.53 46.31 300m: 4:33.35 46.22 400m: 6:03.53 43.40 | | | |

DNS Ana Margarida, CRUZ 09 Nautico Academico

Juv A

| | | | |
|---|----------------------|----------------|-----|
| 1. Maria Manuel, CORTESAO | 08 Nautico Academico | 5:00.66 | 470 |
| 50m: 35.02 35.02 150m: 1:50.79 38.11 250m: 3:07.47 38.26 350m: | | | |
| 100m: 1:12.68 37.66 200m: 2:29.21 38.42 300m: 3:45.66 38.19 400m: 5:00.66 | | | |
| 2. Julia Maria, SOARES | 08 Miranda do Corvo | 5:08.25 | 437 |
| 50m: 34.64 34.64 150m: 1:52.81 39.13 250m: 3:10.75 39.10 350m: | | | |
| 100m: 1:13.68 39.04 200m: 2:31.65 38.84 300m: 4:00m: 5:08.25 | | | |
| 3. Laura Carvalho, FERNANDES | 08 Nautico Academico | 5:16.74 | 402 |
| 50m: 36.93 36.93 150m: 1:56.39 39.72 250m: 3:17.07 40.29 350m: 4:38.38 40.40 | | | |
| 100m: 1:16.67 39.74 200m: 2:36.78 40.39 300m: 3:57.98 40.91 400m: 5:16.74 38.36 | | | |
| 4. Francisca Santos, FERNANDES | 08 Miranda do Corvo | 5:21.09 | 386 |
| 50m: 35.83 35.83 150m: 1:56.72 41.09 250m: 3:18.08 41.14 350m: | | | |
| 100m: 1:15.63 39.80 200m: 2:36.94 40.22 300m: 4:00m: 5:21.09 | | | |
| 5. Raquel Filipa, JESUS | 08 União de Coimbra | 5:42.67 | 318 |
| 50m: 38.02 38.02 150m: 2:04.17 44.14 250m: 3:31.46 43.76 350m: 5:00.80 44.75 | | | |
| 100m: 1:20.03 42.01 200m: 2:47.70 43.53 300m: 4:16.05 44.59 400m: 5:42.67 41.87 | | | |
| 6. Ana Sofia, PARAISO | 08 Vigor da Mocidade | 5:51.51 | 294 |
| 50m: 39.14 39.14 150m: 2:09.31 45.76 250m: 3:39.31 44.60 350m: 5:09.42 44.62 | | | |
| 100m: 1:23.55 44.41 200m: 2:54.71 45.40 300m: 4:24.80 45.49 400m: 5:51.51 42.09 | | | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 13, Femin., 400m Livres

Jun

| | | | | | |
|-----|---------------------------|---------------|---------------------|---------------------|-------|
| 1. | Leonor Mil, MANO | 07 | Nautico Academico | 4:41.80 | 571 |
| | 50m: 31.38 31.38 | 150m: | 250m: | 350m: | |
| | 100m: 1:05.88 34.50 | 200m: 2:17.66 | 300m: | 400m: 4:41.80 | |
| 2. | Marta Andre, AGUILAR | 07 | Nautico Academico | 4:45.95 | 547 |
| | 50m: 31.76 31.76 | 150m: | 250m: | 350m: | |
| | 100m: 1:07.58 35.82 | 200m: 2:19.73 | 300m: | 400m: 4:45.95 | |
| 3. | Ines Miranda, DIOGO | 07 | Nautico Academico | 4:48.10 | 535 |
| | 50m: 32.78 32.78 | 150m: 1:44.93 | 36.52 250m: 2:58.59 | 36.95 350m: 4:12.11 | 36.88 |
| | 100m: 1:08.41 35.63 | 200m: 2:21.64 | 36.71 300m: 3:35.23 | 36.64 400m: 4:48.10 | 35.99 |
| 4. | Dania Rodrigues, SIMOES | 07 | Louzan Nataçao | 4:51.36 | 517 |
| | 50m: 34.27 34.27 | 150m: 1:47.16 | 36.78 250m: 3:01.11 | 36.75 350m: 4:14.81 | 36.84 |
| | 100m: 1:10.38 36.11 | 200m: 2:24.36 | 37.20 300m: 3:37.97 | 36.86 400m: 4:51.36 | 36.55 |
| 5. | Matilde Fonseca, OLIVEIRA | 06 | Louzan Nataçao | 4:54.56 | 500 |
| | 50m: 33.35 33.35 | 150m: 1:45.11 | 36.30 250m: 3:00.83 | 38.06 350m: 4:17.29 | 38.33 |
| | 100m: 1:08.81 35.46 | 200m: 2:22.77 | 37.66 300m: 3:38.96 | 38.13 400m: 4:54.56 | 37.27 |
| 6. | Beatriz Andre, GASPAS | 06 | Nautico Academico | 4:55.40 | 496 |
| | 50m: 33.35 33.35 | 150m: 1:46.55 | 36.87 250m: 3:01.77 | 37.88 350m: 4:17.56 | 38.02 |
| | 100m: 1:09.68 36.33 | 200m: 2:23.89 | 37.34 300m: 3:39.54 | 37.77 400m: 4:55.40 | 37.84 |
| 7. | Maria Vitoria, GRILO | 06 | União de Coimbra | 5:18.97 | 394 |
| | 50m: 33.72 33.72 | 150m: 1:50.68 | 39.71 250m: 3:15.41 | 42.40 350m: 4:38.51 | 41.26 |
| | 100m: 1:10.97 37.25 | 200m: 2:33.01 | 42.33 300m: 3:57.25 | 41.84 400m: 5:18.97 | 40.46 |
| DNS | Maria Neto, FERREIRA | 06 | Nautico Academico | | |

Sen

| | | | | | |
|----|--------------------------|---------------|----------------------|---------------------|-------|
| 1. | Camila Rodrigues, REBELO | 03 | Louzan Nataçao | 4:19.69 | 730 |
| | 50m: 30.30 30.30 | 150m: | 250m: | 350m: | |
| | 100m: 1:02.69 32.39 | 200m: 2:08.19 | 300m: | 400m: 4:19.69 | |
| 2. | Ines Jacinto, HENRIQUES | 00 | Louzan Nataçao | 4:24.93 | 688 |
| | 50m: 30.40 30.40 | 150m: | 250m: | 350m: | |
| | 100m: 1:03.15 32.75 | 200m: 2:09.42 | 300m: | 400m: 4:24.93 | |
| 3. | Maria Carlota, REBELO | 03 | Condeixa Clube | 4:35.93 | 609 |
| | 50m: 31.25 31.25 | 150m: | 250m: | 350m: | |
| | 100m: 1:05.06 33.81 | 200m: 2:14.04 | 300m: | 400m: 4:35.93 | |
| 4. | Mariana Carmo, ROSA | 05 | Condeixa Clube | 4:42.62 | 567 |
| | 50m: 32.37 32.37 | 150m: | 250m: | 350m: | |
| | 100m: 1:07.44 35.07 | 200m: 2:19.65 | 300m: | 400m: 4:42.62 | |
| 5. | Beatriz Costa, TEJO | 02 | Academica de Coimbra | 4:44.53 | 555 |
| | 50m: 32.44 32.44 | 150m: 1:44.25 | 36.19 250m: 2:56.77 | 36.07 350m: 4:09.06 | 35.75 |
| | 100m: 1:08.06 35.62 | 200m: 2:20.70 | 36.45 300m: 3:33.31 | 36.54 400m: 4:44.53 | 35.47 |
| 6. | Ana Carolina, MONTEIRO | 04 | União de Coimbra | 4:45.38 | 550 |
| | 50m: 32.41 32.41 | 150m: 1:44.45 | 36.47 250m: 2:56.98 | 36.05 350m: 4:10.01 | 36.43 |
| | 100m: 1:07.98 35.57 | 200m: 2:20.93 | 36.48 300m: 3:33.58 | 36.60 400m: 4:45.38 | 35.37 |
| 7. | Helena Nunes, RODRIGUES | 03 | Condeixa Clube | 4:58.06 | 483 |
| | 50m: 34.09 34.09 | 150m: | 250m: | 350m: | |
| | 100m: 1:09.01 34.92 | 200m: 2:25.52 | 300m: | 400m: 4:58.06 | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 14
23-10-2022

Masc., 4 x 50m Estilos

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | Tempo final | Pts |
|-----------------|---|----|-----------------------------------|----------------|-------|
| Sen | | | | | |
| 1. | Nautico Academico Sen | | Nautico Academico | 1:50.17 | 547 |
| | Jose Diogo, DIAS | 04 | 28.31 Dinis Miranda, DIOGO | 04 | 26.51 |
| | Vasco Pereira, BASTOS | 02 | 31.54 Rodrigo Miguel, REIS | 04 | 23.81 |
| Absoluto | | | | | |
| 1. | Louzan Nataçao Abs | | Louzan Nataçao | 1:48.91 | 566 |
| | Tomas Carvalho, SANTOS | 05 | 28.84 Goncalo Carvalho, SANTOS | 05 | 27.77 |
| | Gabriel Jose, LOPES | 97 | 28.24 Afonso Filipe, COSTA | 03 | 24.06 |
| 2. | Academica de Coimbra Abs | | Academica de Coimbra | 1:59.31 | 431 |
| | Fabio Mondego, CENTEIO | 94 | 30.97 Rodrigo Alexandre, PATRICIO | 98 | 26.72 |
| | Antonio, GLAVATSKYY | 05 | 35.24 Miguel Freitas, OVIEDO | 02 | 26.38 |
| 3. | Academica de Coimbra Abs | | Academica de Coimbra | 2:02.30 | 400 |
| | Samuel Baptista, FIGUEIRA | 05 | 31.22 Joao Ferreira, MARQUES | 06 | 28.97 |
| | Rodrigo Costa, CRUZ | 06 | 33.78 David Ferreira, SILVA | 07 | 28.33 |
| 4. | Columbofila Cantanhedense Abs | | Columbofila Cantanhedense | 2:13.42 | 308 |
| | Rodrigo Mosca, SILVA | 08 | 34.57 Jonas Emanuel, FERREIRA | 91 | 27.31 |
| | Bogdan, ZAPOROZHETS | 05 | 43.66 Martim Nobre, PASCOAL | 08 | 27.88 |
| 5. | Miranda do Corvo Abs | | Miranda do Corvo | 2:28.13 | 225 |
| | Samuel Dinis, MAIA | 08 | 35.66 Tomas Jose, FRANCISCO | 05 | 28.56 |
| | Jorge Miguel, SANTOS | 10 | 50.97 Lourenco Simao, PEREIRA | 10 | 32.94 |
| DSQ | Columbofila Cantanhedense Inf A/B | | Columbofila Cantanhedense | | |
| | <i>SW 10.11 - Falsa rendição do/a 2 atleta.</i> | | | | |
| | Daniel Figueiredo, CORREIA | 10 | 43.12 Afonso Brandao, OLIVEIRA | 10 | |
| | Santiago Marques, PEREIRA | 10 | Francisco Antunes, SOUSA | 09 | |
| DNS | Columbofila Cantanhedense Abs | | Columbofila Cantanhedense | | |

Prova 15
23-10-2022

Femin., 100m Costas

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|-----------------------------|----|----------------------|----------------|-----|---------------|
| Inf B | | | | | | |
| 1. | Carolina Damas, PITA | 11 | Nautico Academico | 1:27.07 | 250 | 42.64 1:27.07 |
| 2. | Laura Duarte, NEVES | 11 | Louzan Nataçao | 1:28.70 | 236 | 42.62 1:28.70 |
| 3. | Mariana Andre, GOMES | 11 | Academica de Coimbra | 1:35.73 | 188 | 47.84 1:35.73 |
| 4. | Matilde Sofia, PEREIRA | 11 | Nautico Academico | 1:36.20 | 185 | 47.98 1:36.20 |
| 5. | Carlota Francisco, SANTOS | 11 | Nautico Academico | 1:38.42 | 173 | 48.53 1:38.42 |
| 6. | Ana Leonor, CARRETO | 11 | Nautico Academico | 1:40.00 | 165 | 48.53 1:40.00 |
| 7. | Laura Pedrosa, MIGUEL | 11 | Condeixa Clube | 1:49.15 | 127 | 51.32 1:49.15 |
| Inf A | | | | | | |
| 1. | Leonor Sobreiro, ALMEIDA | 10 | CASP AE | 1:21.48 | 305 | 41.25 1:21.48 |
| 2. | Mariana Bernardo, SILVESTRE | 10 | Nautico Academico | 1:22.77 | 291 | 40.69 1:22.77 |
| 3. | Maria Ines, GANTE | 10 | Nautico Academico | 1:25.42 | 265 | 42.15 1:25.42 |
| 4. | Maria Ines, RODRIGUES | 10 | Nautico Academico | 1:28.57 | 238 | 43.65 1:28.57 |
| 5. | Sara Marques, LIMA | 10 | CASP AE | 1:28.71 | 236 | 45.59 1:28.71 |
| 6. | Leonor Antunes, PAIVA | 10 | Nautico Academico | 1:29.43 | 231 | 43.60 1:29.43 |
| 7. | Mia Cardoso, BAPTISTA | 10 | Nautico Academico | 1:32.36 | 209 | 44.60 1:32.36 |
| 8. | Erica Maria, ALMEIDA | 10 | Vigor da Mocidade | 1:42.07 | 155 | 50.50 1:42.07 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 15, Femin., 100m Costas, Inf A

| Lugar | Ano | Tempo final | Pts | 50m | 100m |
|---|---------------------------------|----------------------|-----|-----|------|
| DSQ | Carlota Barreirinhas, AMARAL 10 | S. Pedro Alva | | | |
| <i>SW 6.4 - A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçado, na viragem aos 25, 50 e 75 metros.</i> | | | | | |
| DNS | Rita, KULIK 10 | Academica de Coimbra | | | |

Juv B

| | | | | | | |
|----|---------------------------------|------------------|----------------|-----|-------|---------|
| 1. | Caetana Amado, SANTOS 09 | Miranda do Corvo | 1:17.77 | 351 | 38.87 | 1:17.77 |
| 2. | Carolina Baptista, PEREIRINH/09 | S. Pedro Alva | 1:24.27 | 276 | 39.51 | 1:24.27 |
| 3. | Luana Soares, BRAS 09 | S. Pedro Alva | 1:46.29 | 137 | 49.69 | 1:46.29 |

Juv A

| | | | | | | |
|----|-------------------------------|-------------------|----------------|-----|-------|---------|
| 1. | Laura Silva, FERNANDES 08 | Miranda do Corvo | 1:22.64 | 293 | 39.64 | 1:22.64 |
| 2. | Juliana Rodrigues, NOGUEIRA08 | S. Pedro Alva | 1:30.38 | 224 | 41.66 | 1:30.38 |
| 3. | Francisca Dias, AGANTE 08 | Vigor da Mocidade | 1:45.95 | 139 | 52.37 | 1:45.95 |

Jun

| | | | | | | |
|----|-----------------------------|-------------------|----------------|-----|-------|---------|
| 1. | Angela Rodrigues, REBELO 07 | Louzan Natação | 1:11.32 | 455 | 34.24 | 1:11.32 |
| 2. | Cristiana Sofia, DUARTE 07 | Vigor da Mocidade | 1:17.37 | 357 | 36.02 | 1:17.37 |
| 3. | Rita Mendes, SANTOS 06 | Vigor da Mocidade | 1:35.66 | 188 | 46.65 | 1:35.66 |

Sen

| | | | | | | |
|-----|------------------------------|----------------------|----------------|-----|-------|---------|
| 1. | Joana Francisca, RODRIGUES04 | Condeixa Clube | 1:07.99 | 526 | 32.46 | 1:07.99 |
| 2. | Kateryna, DZYAKANAVA 05 | Louzan Natação | 1:13.58 | 415 | 35.09 | 1:13.58 |
| 3. | Matilde Domingues, GAMEIRO97 | Nautico Academico | 1:15.12 | 390 | 36.27 | 1:15.12 |
| 4. | Helena Carolina, DINIS 05 | Academica de Coimbra | 1:20.77 | 313 | 39.62 | 1:20.77 |
| 5. | Diana Costa, OLIVEIRA 04 | União de Coimbra | 1:22.43 | 295 | 39.51 | 1:22.43 |
| DNS | Bruna Cruz, CARVALHO 03 | Louzan Natação | | | | |

Prova 16
23-10-2022

Masc., 100m Mariposa

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | Tempo final | Pts | 50m | 100m | |
|--------------|------------------------------|-------------------|----------------|-----|-------|---------|
| Inf B | | | | | | |
| 1. | Francisco Martins, SIMOES 10 | Nautico Academico | 1:21.23 | 203 | 37.44 | 1:21.23 |
| 2. | Rodrigo Miguel, MATIAS 10 | Nautico Academico | 1:40.35 | 107 | 43.94 | 1:40.35 |
| 3. | Miguel Tomas, GOMES 10 | Nautico Academico | 1:55.77 | 70 | 55.37 | 1:55.77 |
| DNS | Rodrigo Sousa, BRAZ 10 | Nautico Academico | | | | |
| DNS | Nuno Rafael, PIMPAO 10 | Nautico Academico | | | | |

Inf A

| | | | | | | |
|---|----------------------------|-------------------|----------------|-----|-------|---------|
| 1. | Tomas Rafael, PEREIRA 09 | Nautico Academico | 1:15.59 | 252 | 34.87 | 1:15.59 |
| 2. | Guilherme Andre, GASPAR 09 | Nautico Academico | 1:23.27 | 188 | 38.62 | 1:23.27 |
| 3. | Tiago Janeiro, MOITA 09 | Nautico Academico | 1:24.91 | 178 | 39.31 | 1:24.91 |
| 4. | Jose Pedro, COSTA 09 | Nautico Academico | 1:28.10 | 159 | 40.23 | 1:28.10 |
| DSQ | Joao Nuno, GASPAR 09 | Condeixa Clube | | | | |
| <i>SW 8.3 - O atleta executou pernas alternadas durante o percurso.</i> | | | | | | |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 16, Masc., 100m Mariposa

Juv B

| | | | | | | | |
|-----|------------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Rafael Pereira, RODRIGUES | 08 | Condeixa Clube | 1:08.79 | 335 | 32.03 | 1:08.79 |
| 2. | Salvador Correia, PEREIRA | 08 | Condeixa Clube | 1:14.04 | 268 | 33.22 | 1:14.04 |
| 3. | Rodrigo Mosca, SILVA | 08 | Columbofila Cantanhedense | 1:17.29 | 236 | 36.63 | 1:17.29 |
| 4. | Miguel Tomas, CONCEICAO | 08 | Nautico Academico | 1:19.00 | 221 | 36.29 | 1:19.00 |
| 5. | Samuel Dinis, MAIA | 08 | Miranda do Corvo | 1:20.16 | 211 | 37.16 | 1:20.16 |
| 6. | Francisco Fernandes, PEREIRA | 08 | Academica de Coimbra | 1:21.75 | 199 | 39.36 | 1:21.75 |
| 7. | Henrique Figueiredo, FIDALGO | 08 | Vigor da Mocidade | 1:25.17 | 176 | 38.04 | 1:25.17 |
| 8. | Joaquim Antonio, CUNHA | 08 | Nautico Academico | 1:29.12 | 154 | 40.07 | 1:29.12 |
| 9. | Jose Guardado, SILVA | 08 | Vigor da Mocidade | 1:29.35 | 152 | 42.01 | 1:29.35 |
| 10. | Tiago Cravino, RIBEIRO | 08 | Nautico Academico | 1:32.98 | 135 | 40.31 | 1:32.98 |

Juv A

| | | | | | | | |
|-----|----------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Alexandre, DZYAKANAU | 07 | Louzan Nataçao | 1:04.47 | 407 | 30.13 | 1:04.47 |
| 2. | Martim Alexandre, SILVA | 07 | Columbofila Cantanhedense | 1:08.48 | 339 | 31.56 | 1:08.48 |
| 3. | Duarte Cachulo, MARQUES | 07 | Condeixa Clube | 1:08.88 | 333 | 31.89 | 1:08.88 |
| 4. | David Ferreira, SILVA | 07 | Academica de Coimbra | 1:13.23 | 277 | 34.04 | 1:13.23 |
| 5. | Goncalo Miranda, FERNANDES | 07 | Vigor da Mocidade | 1:16.59 | 242 | 35.00 | 1:16.59 |
| DNS | Francisco Jose, SIMOES | 07 | Vigor da Mocidade | | | | |

Jun

| | | | | | | | |
|-----|--------------------------|----|---------------------------|----------------|-----|-------|---------|
| 1. | Tomas Carvalho, SANTOS | 05 | Louzan Nataçao | 1:01.82 | 461 | 28.94 | 1:01.82 |
| 2. | Jose Miguel, MARQUES | 06 | Condeixa Clube | 1:02.53 | 446 | 29.25 | 1:02.53 |
| 3. | Goncalo Carvalho, SANTOS | 05 | Louzan Nataçao | 1:02.77 | 441 | 29.58 | 1:02.77 |
| 4. | Joao Neves, LUCAS | 06 | Columbofila Cantanhedense | 1:04.53 | 405 | 30.76 | 1:04.53 |
| 5. | Joao Ferreira, MARQUES | 06 | Academica de Coimbra | 1:05.08 | 395 | 30.19 | 1:05.08 |
| 6. | Joao Neves, ALMEIDA | 05 | Nautico Academico | 1:05.24 | 392 | 30.74 | 1:05.24 |
| 7. | Guilherme Maia, CARDOSO | 05 | Columbofila Cantanhedense | 1:05.33 | 391 | 30.42 | 1:05.33 |
| 8. | Tomas Jose, FRANCISCO | 05 | Miranda do Corvo | 1:05.59 | 386 | 30.14 | 1:05.59 |
| 9. | Miguel Bernardo, ARAUJO | 06 | Condeixa Clube | 1:06.48 | 371 | 29.53 | 1:06.48 |
| 10. | Francisco Couto, FRAZAO | 06 | União de Coimbra | 1:06.73 | 367 | 31.18 | 1:06.73 |
| 11. | Carlos Miguel, OLIVEIRA | 06 | Nautico Academico | 1:06.97 | 363 | 30.70 | 1:06.97 |
| 12. | Francisco Cruz, CARVALHO | 06 | S. Pedro Alva | 1:07.96 | 347 | 30.96 | 1:07.96 |
| 13. | Joao Rafael, FERREIRA | 06 | Nautico Academico | 1:11.19 | 302 | 31.95 | 1:11.19 |
| 14. | Tomas Cardoso, GERALDO | 05 | Condeixa Clube | 1:12.96 | 280 | 32.48 | 1:12.96 |
| DNS | Tomas Veiga, PEREIRA | 06 | Nautico Academico | | | | |

Sen

| | | | | | | | |
|-----|-------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Gabriel Jose, LOPES | 97 | Louzan Nataçao | 54.62 | 669 | 25.84 | 54.62 |
| 2. | Gustavo Pires, MARQUES | 04 | União de Coimbra | 57.26 | 581 | 27.15 | 57.26 |
| 3. | Rodrigo Miguel, REIS | 04 | Nautico Academico | 58.11 | 555 | 27.11 | 58.11 |
| 4. | Miguel Freitas, OVIEDO | 02 | Academica de Coimbra | 59.15 | 527 | 27.70 | 59.15 |
| 5. | Lucas Pereira, BASTOS | 00 | Nautico Academico | 1:00.70 | 487 | 28.29 | 1:00.70 |
| 6. | Afonso Filipe, COSTA | 03 | Louzan Nataçao | 1:02.97 | 436 | 29.35 | 1:02.97 |
| 7. | Tiago Andre, POIARES | 04 | Nautico Academico | 1:03.63 | 423 | 29.71 | 1:03.63 |
| 8. | Jose Diogo, DIAS | 04 | Nautico Academico | 1:04.32 | 409 | 29.78 | 1:04.32 |
| 9. | Vasco Pereira, BASTOS | 02 | Nautico Academico | 1:07.09 | 361 | 31.58 | 1:07.09 |
| 10. | Alberto Antonio, SANTOS | 01 | Nautico Academico | 1:07.54 | 354 | 30.29 | 1:07.54 |
| 11. | Diogo Luis, CANCELA | 02 | Louzan Nataçao | 1:11.56 | 297 | 33.74 | 1:11.56 |
| 12. | Renato Maria, FERREIRA | 04 | União de Coimbra | 1:20.20 | 211 | 36.24 | 1:20.20 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 17
23-10-2022

Femin., 4 x 100m Estilos

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | Tempo final | Pts | | |
|--------------|----------------------|----|----------------|---------|------------------------|-----|-------|---------|
| Inf A | | | | | | | | |
| 1. | Condeixa Clube Inf A | | Condeixa Clube | | 5:32.45 | 308 | | |
| | Rita Lucas, SANTOS | 10 | 37.57 | 1:17.78 | Camila Duarte, MARCELO | 10 | 34.94 | 1:16.68 |
| | Maria Neto, SIMOES | 10 | 39.49 | 1:24.25 | Joana Silva, FERREIRA | 10 | 45.29 | 1:33.74 |

Juv B

| | | | | | | | | |
|----|---------------------------------|----|---------------------------|---------|----------------------------|-----|-------|---------|
| 1. | Columbofila Cantanhedense Juv B | | Columbofila Cantanhedense | | 5:24.22 | 332 | | |
| | Leonor Mercês, CAVALEIRO | 09 | 38.35 | 1:18.00 | Margarida Pessoa, MONTEIRO | 09 | 39.05 | 1:23.57 |
| | Ana Laura, LUCAS | 09 | 46.80 | 1:39.58 | Anastacia, PROTOLYUK | 09 | 29.91 | 1:03.07 |

Sen

| | | | | | | | | |
|----|----------------------------|----|----------------|---------|-----------------------|-----|-------|---------|
| 1. | Condeixa Clube Sen | | Condeixa Clube | | 4:37.46 | 529 | | |
| | Joana Francisca, RODRIGUES | 04 | 32.67 | 1:07.45 | Maria Carlota, REBELO | 03 | 30.78 | 1:06.27 |
| | Matilde Alves, FLORENCIO | 04 | 38.44 | 1:23.00 | Mariana Carmo, ROSA | 05 | 28.91 | 1:00.74 |

Absoluto

| | | | | | | | | |
|----|------------------------------|----|----------------------|---------|------------------------|-----|-------|---------|
| 1. | União de Coimbra Abs | | União de Coimbra | | 5:00.60 | 416 | | |
| | Diana Costa, OLIVEIRA | 04 | 38.82 | 1:20.65 | Ana Carolina, MONTEIRO | 04 | 31.13 | 1:07.01 |
| | Alana Costa, MATIAS | 09 | 39.80 | 1:25.64 | Maria Vitoria, GRILO | 06 | 31.77 | 1:07.30 |
| 2. | Academica de Coimbra Juv A/B | | Academica de Coimbra | | 5:11.12 | 375 | | |
| | Ana Beatriz, CAMPOS | 08 | 38.78 | 1:18.87 | Rita Calado, CRUZ | 09 | 35.22 | 1:15.62 |
| | Sofia Fonseca, PRIMO | 09 | 40.23 | 1:25.03 | Rita Isabel, NEVES | 08 | 34.99 | 1:11.60 |
| 3. | Miranda do Corvo Abs | | Miranda do Corvo | | 5:38.48 | 291 | | |
| | Mariana Bagagem, CARVALHO | 10 | 39.93 | 1:21.89 | Julia Maria, SOARES | 08 | 37.63 | 1:21.87 |
| | Laura Silva, FERNANDES | 08 | 44.47 | 1:33.36 | Camila Beatriz, CAMILO | 11 | 38.07 | 1:21.36 |

DSQ Louzan Nataçao Abs
SW 7.5 - O atleta executou duas pernadas de golfinho após viragem dos 50 metros.
Leonor Correia, PAIVA, Angela Rodrigues, REBELO, Matilde Fonseca, OLIVEIRA, Dania Rodrigues, SIMOES

Prova 18
23-10-2022

Masc., 4 x 100m Livres

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | Tempo final | Pts | | |
|------------|-------------------------|----|----------------|---------|------------------------|-----|-------|---------|
| Jun | | | | | | | | |
| 1. | Condeixa Clube Jun | | Condeixa Clube | | 4:03.35 | 425 | | |
| | Miguel Bernardo, ARAUJO | 06 | 28.09 | 59.59 | Jose Miguel, MARQUES | 06 | 28.52 | 1:00.15 |
| | Diogo Cura, NEVES | 06 | 29.03 | 1:01.91 | Tomas Cardoso, GERALDO | 05 | 28.44 | 1:01.70 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 18, Masc., 4 x 100m Livres

Absoluto

| | | | | | | | |
|----|-----------------------------------|----|-------|---------------------------|---------------------------|----------------|---------------|
| 1. | Columbofila Cantanhedense Abs | | | Columbofila Cantanhedense | | 3:48.44 | 514 |
| | Guilherme Maia, CARDOSO | 05 | 27.78 | 56.81 | Joao Neves, LUCAS | 06 | 27.49 56.97 |
| | Martim Alexandre, SILVA | 07 | 26.86 | 56.03 | Jonas Emanuel, FERREIRA | 91 | 27.34 58.63 |
| 2. | União de Coimbra Abs | | | União de Coimbra | | 3:52.24 | 489 |
| | Gustavo Pires, MARQUES | 04 | 25.67 | 54.02 | Francisco Couto, FRAZAO | 06 | 27.38 57.06 |
| | Joaquim Agra, MERUJE | 01 | 26.39 | 55.94 | Renato Maria, FERREIRA | 04 | 30.61 1:05.22 |
| 3. | Academica de Coimbra Jun | | | Academica de Coimbra | | 3:58.05 | 454 |
| | Rodrigo Costa, CRUZ | 06 | 27.99 | 57.76 | Antonio, GLAVATSKYY | 05 | 28.24 59.07 |
| | Joao Ferreira, MARQUES | 06 | 29.35 | 59.56 | Bernardo Almas, MALHAO | 07 | 28.58 1:01.66 |
| 4. | Condeixa Clube Abs | | | Condeixa Clube | | 4:00.55 | 440 |
| | Duarte Cachulo, MARQUES | 07 | 28.18 | 58.48 | Andre Gouveia, COSTA | 01 | 27.16 57.87 |
| | Rafael Pereira, RODRIGUES | 08 | 29.04 | 1:01.27 | Salvador Correia, PEREIRA | 08 | 30.13 1:02.93 |
| 5. | Columbofila Cantanhedense Inf A/B | | | Columbofila Cantanhedense | | 5:10.53 | 204 |
| | Francisco Antunes, SOUSA | 09 | 37.15 | 1:17.55 | Afonso Brandao, OLIVEIRA | 10 | 40.42 1:21.21 |
| | Daniel Figueiredo, CORREIA | 10 | 37.33 | 1:18.66 | Santiago Marques, PEREIRA | 10 | 34.53 1:13.11 |

DNS Columbofila Cantanhedense Juv A/B Columbofila Cantanhedense

Prova 19
23-10-2022

Femin., 100m Estilos

Inf_Sen
Resultados

Pontos: FINA 2022

| Lugar | Ano | | Tempo final | Pts | 50m | 100m |
|--------------|------------------------------|----|---------------------------|----------------|-----|---------------|
| Inf B | | | | | | |
| 1. | Filipa Ferreira, LOISAS | 11 | Columbofila Cantanhedense | 1:28.16 | 263 | 40.92 1:28.16 |
| 2. | Eva Miranda, ALMEIDA | 11 | Columbofila Cantanhedense | 1:33.99 | 217 | 44.71 1:33.99 |
| 3. | Matilde Varanda, OLIVEIRA | 11 | Columbofila Cantanhedense | 1:34.69 | 212 | 43.28 1:34.69 |
| 4. | Sara Ferreira, SANTOS | 11 | Columbofila Cantanhedense | 1:35.01 | 210 | 44.28 1:35.01 |
| 5. | Matilde Conde, FIGUEIREDO | 11 | Condeixa Clube | 1:39.32 | 184 | 47.06 1:39.32 |
| 6. | Mariana Andre, GOMES | 11 | Academica de Coimbra | 1:40.00 | 180 | 47.18 1:40.00 |
| 7. | Beatriz Oliveira, PORTULEZ | 11 | Columbofila Cantanhedense | 1:41.36 | 173 | 49.55 1:41.36 |
| 8. | Laura Pedrosa, MIGUEL | 11 | Condeixa Clube | 1:48.96 | 139 | 51.00 1:48.96 |
| DNS | Laura Duarte, NEVES | 11 | Louzan Nataçao | | | |
| Inf A | | | | | | |
| 1. | Laura Nobre, MONTEIRO | 10 | Columbofila Cantanhedense | 1:26.95 | 274 | 41.83 1:26.95 |
| 2. | Maria Miguel, FERNANDES | 10 | Columbofila Cantanhedense | 1:27.46 | 269 | 41.21 1:27.46 |
| 3. | Isabella Scavone, LOPES | 10 | Miranda do Corvo | 1:27.89 | 265 | 41.73 1:27.89 |
| 4. | Leonor Mosca, SILVA | 10 | Columbofila Cantanhedense | 1:28.46 | 260 | 42.73 1:28.46 |
| 5. | Beatriz Ribeiro, VELOSO | 10 | Vigor da Mocidade | 1:36.36 | 201 | 45.00 1:36.36 |
| 6. | Erica Maria, ALMEIDA | 10 | Vigor da Mocidade | 1:42.99 | 165 | 48.48 1:42.99 |
| DNS | Rita, KULIK | 10 | Academica de Coimbra | | | |
| Juv B | | | | | | |
| 1. | Rita Calado, CRUZ | 09 | Academica de Coimbra | 1:16.91 | 396 | 36.80 1:16.91 |
| 2. | Sofia Fonseca, PRIMO | 09 | Academica de Coimbra | 1:18.01 | 380 | 38.42 1:18.01 |
| 3. | Anastacia, PROTOLYUK | 09 | Columbofila Cantanhedense | 1:18.44 | 373 | 37.30 1:18.44 |
| 4. | Leonor Mercedes, CAVALEIRO | 09 | Columbofila Cantanhedense | 1:18.96 | 366 | 36.93 1:18.96 |
| 5. | Raquel Alexandra, CANCELA | 09 | Louzan Nataçao | 1:21.03 | 339 | 37.97 1:21.03 |
| 6. | Gabriela Leonardo, MEDINA | 09 | Condeixa Clube | 1:23.08 | 314 | 38.03 1:23.08 |
| 7. | Margarida Pessoa, MONTEIRO | 09 | Columbofila Cantanhedense | 1:24.27 | 301 | 39.67 1:24.27 |
| 8. | Carolina Baptista, PEREIRINH | 09 | S. Pedro Alva | 1:28.22 | 262 | 40.51 1:28.22 |
| 9. | Ana Laura, LUCAS | 09 | Columbofila Cantanhedense | 1:33.66 | 219 | 46.43 1:33.66 |
| 10. | Luana Soares, BRAS | 09 | S. Pedro Alva | 1:38.91 | 186 | 46.99 1:38.91 |

Torneio de Abertura de Categorias
Coimbra, 22- - 23-10-2022

Prova 19, Femin., 100m Estilos

Juv A

| | | | | | | | |
|----|----------------------------|----|-------------------|----------------|-----|-------|---------|
| 1. | Francisca Santos, FERNANDE | 08 | Miranda do Corvo | 1:18.09 | 378 | 35.44 | 1:18.09 |
| 2. | Ana Sofia, PARAISO | 08 | Vigor da Mocidade | 1:21.22 | 336 | 37.46 | 1:21.22 |
| 3. | Francisca Dias, AGANTE | 08 | Vigor da Mocidade | 1:38.10 | 191 | 44.98 | 1:38.10 |

Jun

| | | | | | | | |
|-----|--------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Angela Rodrigues, REBELO | 07 | Louzan Nataçao | 1:11.40 | 495 | 34.32 | 1:11.40 |
| 2. | Dania Rodrigues, SIMOES | 07 | Louzan Nataçao | 1:12.28 | 477 | 33.20 | 1:12.28 |
| 3. | Joana Filipa, VARELA | 06 | Nautico Academico | 1:16.18 | 408 | 33.38 | 1:16.18 |
| 4. | Maria Vitoria, GRILO | 06 | União de Coimbra | 1:17.42 | 388 | 35.62 | 1:17.42 |
| 5. | Matilde Neves, CRAVEIRO | 06 | Academica de Coimbra | 1:18.25 | 376 | 35.80 | 1:18.25 |
| 6. | Cristiana Sofia, DUARTE | 07 | Vigor da Mocidade | 1:18.38 | 374 | 35.57 | 1:18.38 |
| 7. | Rita Mendes, SANTOS | 06 | Vigor da Mocidade | 1:29.07 | 255 | 41.85 | 1:29.07 |
| DNS | Joana Ventura, PAIS | 06 | Nautico Academico | | | | |

Sen

| | | | | | | | |
|-----|--------------------------|----|----------------------|----------------|-----|-------|---------|
| 1. | Camila Rodrigues, REBELO | 03 | Louzan Nataçao | 1:04.89 | 660 | 29.65 | 1:04.89 |
| 2. | Maria Carlota, REBELO | 03 | Condeixa Clube | 1:07.36 | 590 | 31.63 | 1:07.36 |
| 3. | Ines Jacinto, HENRIQUES | 00 | Louzan Nataçao | 1:07.42 | 588 | 30.69 | 1:07.42 |
| 4. | Beatriz Costa, TEJO | 02 | Academica de Coimbra | 1:12.73 | 469 | 33.55 | 1:12.73 |
| 5. | Helena Nunes, RODRIGUES | 03 | Condeixa Clube | 1:13.04 | 463 | 33.19 | 1:13.04 |
| 6. | Leonor Correia, PAIVA | 04 | Louzan Nataçao | 1:13.17 | 460 | 33.30 | 1:13.17 |
| 7. | Kateryna, DZYAKANAVA | 05 | Louzan Nataçao | 1:14.24 | 441 | 34.16 | 1:14.24 |
| 8. | Matilde Alves, FLORENCIO | 04 | Condeixa Clube | 1:15.94 | 412 | 36.23 | 1:15.94 |
| 9. | Kyara Dalsuco, LANGA | 03 | Academica de Coimbra | 1:26.58 | 278 | 41.64 | 1:26.58 |
| DNS | Bruna Cruz, CARVALHO | 03 | Louzan Nataçao | | | | |

Prova 20
23-10-2022

Misto, 4 x 100m Livres

Absoluto
Resultados

Pontos: FINA 2022

| Lugar | | | | | Tempo final | Pts |
|--------------|-----------------------------------|----|-----------------------------|---------|-------------------------------|------------------|
| Juv B | | | | | | |
| 1. | S. Pedro Alva Juv B | | S. Pedro Alva | | 6:59.85 | 98 |
| | Duarte Alves, CARVALHO | 10 | 53.63 | 1:57.33 | Antonio Samuel, PAIS | 09 57.62 2:20.59 |
| | Luana Soares, BRAS | 09 | 39.85 | 1:25.83 | Carolina Baptista, PEREIRINHA | 09 34.46 1:16.10 |
| Juv A | | | | | | |
| 1. | Academica de Coimbra Juv A | | Academica de Coimbra | | 4:28.34 | 379 |
| | David Ferreira, SILVA | 07 | 30.36 | 1:02.96 | Ana Beatriz, CAMPOS | 08 33.22 1:09.60 |
| | Rita Isabel, NEVES | 08 | 35.87 | 1:13.76 | Bernardo Almas, MALHAO | 07 29.55 1:02.02 |
| Abs | | | | | | |
| 1. | Louzan Nataçao Abs | | Louzan Nataçao | | 3:42.37 | 666 |
| | Afonso Filipe, COSTA | 03 | 26.18 | 54.25 | Camila Rodrigues, REBELO | 03 28.09 58.72 |
| | Ines Jacinto, HENRIQUES | 00 | 28.79 | 59.38 | Gabriel Jose, LOPES | 97 23.92 50.02 |
| 2. | Louzan Nataçao Abs | | Louzan Nataçao | | 4:03.83 | 505 |
| | Tomas Carvalho, SANTOS | 05 | 27.38 | 57.15 | Goncalo Carvalho, SANTOS | 05 27.64 57.36 |
| | Dania Rodrigues, SIMOES | 07 | 30.77 | 1:04.92 | Matilde Fonseca, OLIVEIRA | 06 30.83 1:04.40 |
| 3. | Academica de Coimbra Abs | | Academica de Coimbra | | 4:06.35 | 489 |
| | Miguel Freitas, OVIEDO | 02 | 26.98 | 57.29 | Beatriz Costa, TEJO | 02 19.89 1:02.15 |
| | Samuel Baptista, FIGUEIRA | 05 | 26.87 | 56.06 | Matilde Neves, CRAVEIRO | 06 33.75 1:10.85 |
| 4. | Louzan Nataçao Abs | | Louzan Nataçao | | 4:18.91 | 421 |
| | Diogo Luis, CANCELA | 02 | 30.43 | 1:04.02 | Alexandre, DZYAKANAU | 07 27.79 57.55 |
| | Raquel Alexandra, CANCELA | 09 | 33.96 | 1:12.25 | Kateryna, DZYAKANAVA | 05 30.73 1:05.09 |