

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

1 - 1ª Jornada - 1ª Sessão

12-07-2019 - 9:30

Prova 1	Femin., 4 x 200m Livres					Absoluto
12-07-2019 - 9:30						Resultados
Rec Nacional Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	2019	
Rec Nacional Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	2019	
Rec Nacional Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	2018	
Rec Nacional Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	2018	
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	

TA ABS-FEM : 10:19.85 / TA JUVA-FEM Juv A: 10:50.84 / TA JUVB-FEM Juv B: 11:09.44

Pontos: FINA 2019

Lugar						Tempo final	Pts
1. Galitos / Bresimar Abs	Galitos / Bresimar					8:48.65	667
RODRIGUES, Ana Margarida	96	30.78	1:03.87	1:37.28	2:10.92	2:10.92	
MONTEIRO, Margarida Cabral	02	31.46	1:04.94	1:39.45	2:13.92	2:13.92	
AMADOR, Joana Costa	01	30.11	1:02.56	1:36.37	2:09.45	2:09.45	
SANTOS, Ana Pedro	02	30.80	1:04.30	1:39.22	2:14.36	2:14.36	
2. Louzan Natacao Abs	Louzan Natacao/EFAPEL					9:02.11	619
REBELO, Camila Rodrigues	03	30.36	1:03.01	1:35.80	2:08.03	2:08.03	
REBELO, Maria Carlota	03	30.62	1:04.80	1:39.81	2:14.82	2:14.82	
PAIVA, Leonor Correia	04	32.80	1:09.03	1:47.27	2:25.90	2:25.90	
ROSA, Mariana Carmo	05	30.10	1:03.05	1:38.40	2:13.36	2:13.36	
3. Academica de Coimbra Abs	Academica de Coimbra					9:06.56	604
TEJO, Beatriz Costa	02	30.86	1:04.36	1:39.07	2:14.51	2:14.51	
PINHEIRO, Ines Mariana	03	31.12	1:05.25	1:41.54	2:17.57	2:17.57	
MOREIRA, Matilde Freitas	01	30.99	1:05.83	1:42.44	2:18.65	2:18.65	
CRAVEIRO, Beatriz Neves	97	29.73	1:03.68	1:39.72	2:15.83	2:15.83	
4. Condeixa Clube	Condeixa Clube					9:07.97	599
QUEIROZ, Ana Rita	02	31.14	1:04.81	1:39.90	2:14.67	2:14.67	
CABRAL, Ana Matos	05	31.99	1:07.61	1:44.12	2:20.12	2:20.12	
FLORENCIO, Matilde Alves	04	32.01	1:07.10	1:43.11	2:18.11	2:18.11	
FRAZAO, Alexandra Couto	02	31.24	1:05.69	1:40.99	2:15.07	2:15.07	
5. Bairro dos Anjos/Bomcar Jun	Bairro dos Anjos/Bomcar					9:11.54	588
JACINTO, Ines Filipa	03	31.52	1:05.68	1:41.22	2:16.11	2:16.11	
LOPES, Sara Santos	03	31.01	1:06.12	1:43.72	2:21.51	2:21.51	
DOMINGUES, Luana Pinto	03	32.18	1:06.99	1:42.35	2:16.10	2:16.10	
JUNQUEIRA, Sofia Ribeiro	02	32.17	1:07.79	1:44.70	2:17.82	2:17.82	
6. Academico Viseu Abs	Academico Viseu					9:13.08	583
CARDEAL, Joana Nunes	02	30.71	1:03.30	1:36.81	2:09.95	2:09.95	
GONCALVES, Ana Francisca	02	33.27	1:09.46	1:46.70	2:23.92	2:23.92	
CORREIA, Beatriz Santos	04	31.85	1:09.07	1:46.88	2:24.64	2:24.64	
CARDEAL, Beatriz Nunes	04	30.55	1:04.89	1:39.97	2:14.57	2:14.57	
7. Gafanha da Encarnação Abs	Gafanha da Encarnacao					9:49.43	481
VEIGA, Ana Filipa	01	31.65	1:06.33	1:40.86	2:16.23	2:16.23	
ESTEVES, Ana Jorge	01	33.61	1:11.19	1:49.49	2:27.95	2:27.95	
PEREIRA, Joana Santos	00	34.90	1:14.03	1:53.17	2:31.86	2:31.86	
PINTO, Susana Ferreira	01	35.59	1:15.16	1:53.96	2:33.39	2:33.39	
8. Uniao Coimbra Abs	Uniao Coimbra					9:55.14	468
PIRES, Beatriz Almeida	03	31.55	1:05.18	1:39.46	2:13.81	2:13.81	
SOUSA, Ines Matos	03	32.74	1:08.01	1:45.28	2:22.36	2:22.36	
OLIVEIRA, Diana Costa	04	35.27	1:16.11	1:57.75	2:38.25	2:38.25	
NOGUEIRA, Rita Santos	03	35.16	1:16.04	2:40.72	2:40.72	2:40.72	

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 1, Femin., 4 x 200m Livres

Prova 1	Femin., 4 x 200m Livres					Juv A e B
12-07-2019 - 9:30						Resultados
Rec Nacional Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	2019	
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	

TA ABS-FEM Absoluto: 10:19.85 / TA JUVA-FEM Juv A: 10:50.84 / TA JUVB-FEM Juv B: 11:09.44

Pontos: FINA 2019

Lugar						Tempo final	Pts
1. Bairro dos Anjos/Bomcar Juv	Bairro dos Anjos/Bomcar					9:11.33	588
VIANA, Margarida Violante	04	31.84	1:06.22	1:41.33	2:15.77	2:15.77	
LAGOA, Carlota Macedo	05	31.54	1:06.59	1:42.31	2:18.32	2:18.32	
SIMOES, Rita Mendes	04	32.05	1:07.84	1:44.20	2:19.58	2:19.58	
ALVES, Maria Francisca	04	31.45	1:06.94	1:43.00	2:17.66	2:17.66	
2. Galitos / Bresimar Juv	Galitos / Bresimar					9:15.34	576
ALMEIDA, Maria Carolina	05	31.64	1:07.41	1:44.06	2:19.82	2:19.82	
ALMEIDA, Catarina Nunes	04	33.29	1:10.61	1:48.76	2:25.95	2:25.95	
FERNANDES, Carolina Miranda	05	29.40	1:02.03	1:35.25	2:09.32	2:09.32	
VASCONCELOS, Lara Rodrigues	05	32.39	1:07.79	1:44.22	2:20.25	2:20.25	
3. Natacao de Vagos Juv	Natacao de Vagos					9:22.44	554
MARQUES, Maria Vieira	04	30.96	1:05.47	1:41.36	2:18.13	2:18.13	
PEREIRA, Carolina Rei	05	30.98	1:06.10	1:41.07	2:15.90	2:15.90	
STELMASHCHUK, Catarina Cruz	05	33.11	1:10.94	1:49.49	2:27.48	2:27.48	
VIANA, Jacinta Martins	04	31.55	1:08.27	1:45.65	2:20.93	2:20.93	
4. Uniao Coimbra Juv	Uniao Coimbra					9:31.16	529
RODRIGUES, Joana Francisca	04	30.76	1:04.51	1:39.01	2:14.04	2:14.04	
MONTEIRO, Ana Carolina	04	30.92	1:05.52	1:40.16	2:15.09	2:15.09	
FIDALGO, Mafalda Vestia	04	33.35	1:12.36	1:52.28	2:32.28	2:32.28	
SIMOES, Barbara Almeida	05	32.42	1:10.08	1:49.26	2:29.75	2:29.75	
5. Columbofila Cantanhedense Juv	Columbofila Cantanhedense					9:44.53	494
LOISAS, Beatriz Ferreira	05	32.92	1:09.18	1:47.17	2:24.36	2:24.36	
NOBRE, Marisa Isabel	05	30.25	1:04.10	1:39.75	2:15.12	2:15.12	
MARQUES, Beatriz Pereira	05	35.44	1:14.20	1:53.03	2:31.59	2:31.59	
SILVA, Camila Cavaleiro	05	34.94	1:13.88		2:33.46	2:33.46	
6. Naval de Peniche Juv	Naval de Peniche					9:46.15	489
ABREU, Sofia Viola	04	33.17	1:09.94	1:48.89	2:26.87	2:26.87	
FERREIRA, Joana Rosa	05	31.27	1:08.44	1:47.02	2:24.93	2:24.93	
DIAS, Iara Filipa	05	32.95	1:10.89	1:51.22	2:29.52	2:29.52	
JUNQUEIRA, Manuela Paccola	05	32.64	1:08.68	1:46.84	2:24.83	2:24.83	
7. Estarreja Juv A	Estarreja					9:49.59	481
RESENDE, Eva Pinho	04	32.94	1:09.17	1:46.93	2:24.26	2:24.26	
LOPES, Margarida Santos	04	32.27	1:09.72	1:49.49	2:28.69	2:28.69	
SIMAO, Renata Bandeira	04	34.51	1:13.26	1:53.38	2:32.51	2:32.51	
TAVARES, Mariana Silva	04	33.73	1:10.44		2:24.13	2:24.13	
8. Academica de Coimbra Juv A	Academica de Coimbra					10:26.60	401
<i>FTL</i>							
SILVA, Ana Filipa	04	32.08	1:06.77	1:42.06	2:17.62	2:17.62	
VIEIRA, Filipa Victor	04	35.65	1:15.76	1:59.07	2:41.85	2:41.85	
AFONSO, Beatriz Beja	04	35.11	1:16.06	1:57.81	2:38.66	2:38.66	
RODRIGUES, Joana Beatriz	04	38.75	1:22.03		2:48.47	2:48.47	
9. Campinho Juv	Campinho					10:41.68	373
<i>FTL</i>							
MALHEIRO, Maria Vieira	05	35.69	1:15.37	1:58.12	2:39.65	2:39.65	
ALMEIDA, Ana Rita	05	34.27	1:14.81	1:56.83	2:37.97	2:37.97	
FERNANDES, Ana Catarina	05	37.29	1:19.75	2:03.90	2:46.84	2:46.84	
ABREU, Daniela Filipa	04	34.81	1:15.02		2:37.22	2:37.22	

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 2 12-07-2019 - 9:55	Masc., 4 x 200m Livres entrega medalhas da prova nº2				Absoluto Resultados
Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	2019
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 Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Jun	7:44.42	Associacao Naval Amorense	ANAM	Coimbra	2014
Rec Nacional Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	2012
Rec Nacional Juv A/B	7:58.57	tempo limite			
Rec Nacional Juv B	8:15.48	Viana Natacao Clube	VNC	Povoa de Varzim	2011
Rec Nacional Inf A	8:31.60	Assoc Desp Cult Rec Bairro dos ArADBA\mcaiCoimbra			2018

TA ABS-MASC : 9:12.23 / TA JUVA-MASC Juv A: 9:56.41 / TA JUVB-MASC Juv B: 10:07.45

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Fundacao Beatriz Santos Abs		Fundacao Beatriz Santos		8:08.61	628
	AGOSTINHO, Miguel Diogo	00	27.09	56.70	1:28.04	2:00.36
	PEREIRA, Joao Neto	02	26.57	56.52	1:27.85	1:59.83
	DOMINGUES, Ricardo Jorge	02	28.45	1:00.41	1:33.42	2:06.85
	GOMES, Rodrigo Ribeiro	00	27.50	57.44	1:29.27	2:01.57
2.	Academico Viseu Abs		Academico Viseu		8:21.81	580
	SANTOS, Andre Cardoso	03	28.44	1:00.44	1:33.99	2:07.45
	SANTOS, Luis Filipe	01	28.17	59.35	1:31.75	2:05.08
	LOPES, Miguel Sanches	01	27.77	59.06	1:31.80	2:04.31
	MACHADO, Ricardo Marques	02	27.96	59.87	1:32.65	2:04.97
3.	Academica de Coimbra Abs		Academica de Coimbra		8:25.55	567
	OVIEDO, Miguel Freitas	02	28.89	1:00.03	1:32.15	2:03.31
	GASPAR, Miguel Caridade	99	28.44	1:00.33	1:32.83	2:04.90
	CARVALHO, Francisco Miguel	00	29.24	1:01.71	1:35.67	2:08.54
	JULIO, Gabriel Jose	01	28.35	1:00.57	1:34.79	2:08.80
4.	Condeixa Clube		Condeixa Clube		8:48.05	497
	FROTA, Paulo Andre	02	30.43	1:03.29	1:35.00	2:06.68
	PEREIRA, Ricardo Marques	01	28.43	1:00.27	1:33.68	2:10.28
	MARQUES, Goncalo Silva	01	28.38	1:01.95	1:37.22	2:12.25
	MIGUEL, Tomas Pedrosa	02	31.20	1:07.45	1:43.75	2:18.84

Prova 2 12-07-2019 - 9:55	Masc., 4 x 200m Livres entrega medalhas da prova nº2				Juv A e B Resultados
Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	2012
Rec Nacional Juv A/B	7:58.57	tempo limite			
Rec Nacional Juv B	8:15.48	Viana Natacao Clube	VNC	Povoa de Varzim	2011

TA ABS-MASC Absoluto: 9:12.23 / TA JUVA-MASC Juv A: 9:56.41 / TA JUVB-MASC Juv B: 10:07.45

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Uniao Coimbra Juv <i>Rec Reg ANC</i>		Uniao Coimbra		8:11.96	615
	RIBEIRO, Diogo Matos	04	27.29	56.66	1:26.24	1:56.68
	MACHADO, Martim Miranda	03	27.64	58.26	1:30.25	2:01.88
	MOITA, Goncalo Brites	04	29.04	1:00.68	1:33.10	2:05.37
	SANTOS, Rui Mamede	04	28.19	1:00.53	1:34.55	2:08.03
2.	Bairro dos Anjos/Bomcar Juv B		Bairro dos Anjos/Bomcar		8:19.49	588
	SILVA, Nuno Marques	04	28.82	1:00.40	1:33.23	2:04.72
	CLARA, Vitor Belo	04	28.32	59.35	1:31.23	2:02.31
	FARIA, Ricardo Morais	04	28.60	1:00.53	1:35.02	2:09.30
	REIS, Rodrigo Miguel	04	26.88	57.89	1:30.96	2:03.16
3.	Fundacao Beatriz Santos Juv		Fundacao Beatriz Santos		8:27.61	560
	MARQUES, Gustavo Pires	04	28.50	1:00.33	1:33.98	2:06.45
	DIAS, Jose Diogo	04	28.70	1:00.82	1:34.28	2:08.57
	GOMES, Goncalo Andre	03	28.24	1:00.77	1:33.67	2:05.87
	DIOGO, Dinis Miranda	04	28.23	1:00.66	1:33.86	2:06.72

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 2, Masc., 4 x 200m Livres, Juv A e B

Lugar									Tempo final	Pts
4. Galitos / Bresimar Juv	Galitos / Bresimar								8:37.49	529
JESUS, Pedro Duarte	04	30.01	1:02.69	1:36.45	2:09.19			2:09.19		
FARDILHA, Manuel Cruz	03	29.04	1:00.43	1:33.89	2:06.96			2:06.96		
ANTUNES, Joao Afonso	04	29.47	1:02.56	1:37.03	2:10.37			2:10.37		
LIMOES, Sergio Miguel	03	28.69	1:01.67	1:36.37	2:10.97			2:10.97		

Prova 3
12-07-2019 - 10:05

Femin., 800m Livres
Entrega de Medalhas da prova nº 2

Absoluto
Resultados

Rec Nacional Absoluto	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Sen	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Jun 17	8:36.21	HOLUB, Tamila Hryhorivna	SCB	Coimbra	2016
Rec Nacional Jun 16	8:45.53	HOLUB, Tamila Hryhorivna	SCB	Coimbra	2015
Rec Nacional Juv A	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	2014
Rec Nacional Juv B	9:07.70	SILVA, Alexandra Maria	POR	Split (CRO)	1981

TA ABS-FEM : 10:48.01 / TA JUVA-FEM Juv A: 11:20.41 / TA JUVB-FEM Juv B: 11:39.86

Pontos: FINA 2019

Lugar									Ano	Tempo final	Pts
1. QUEIROZ, Ana Rita	02 Condeixa Clube								9:15.60	664	
50m:	31.30	31.30	250m:	2:49.45	34.93	450m:	5:09.93	35.20	650m:	7:30.86	35.15
100m:	1:05.15	33.85	300m:	3:24.31	34.86	500m:	5:45.08	35.15	700m:	8:06.06	35.20
150m:	1:39.64	34.49	350m:	3:59.68	35.37	550m:	6:20.32	35.24	750m:	8:41.33	35.27
200m:	2:14.52	34.88	400m:	4:34.73	35.05	600m:	6:55.71	35.39	800m:	9:15.60	34.27
2. VARGAS, Giovanna Vaz	00 Nautico Marinha Grande								9:26.01	628	
50m:	32.94	32.94	250m:	2:55.47	35.70	450m:	5:18.72	35.98	650m:	7:41.72	35.69
100m:	1:08.31	35.37	300m:	3:31.12	35.65	500m:	5:54.70	35.98	700m:	8:17.26	35.54
150m:	1:44.40	36.09	350m:	4:07.00	35.88	550m:	6:30.30	35.60	750m:	8:52.21	34.95
200m:	2:19.77	35.37	400m:	4:42.74	35.74	600m:	7:06.03	35.73	800m:	9:26.01	33.80
3. RODRIGUES, Joana Francisca	04 Uniao Coimbra								9:27.66	622	
50m:	32.53	32.53	250m:	2:54.88	35.83	450m:	5:18.66	36.02	650m:	7:42.16	35.74
100m:	1:07.75	35.22	300m:	3:31.01	36.13	500m:	5:54.58	35.92	700m:	8:17.94	35.78
150m:	1:43.55	35.80	350m:	4:06.96	35.95	550m:	6:30.65	36.07	750m:	8:53.32	35.38
200m:	2:19.05	35.50	400m:	4:42.64	35.68	600m:	7:06.42	35.77	800m:	9:27.66	34.34
4. GASPAR, Beatriz Ferreira	04 Bombeiros Mealhada/ CA								9:29.73	616	
50m:	32.89	32.89	250m:	2:56.14	35.87	450m:	5:20.71	36.05	650m:	7:44.03	35.40
100m:	1:08.66	35.77	300m:	3:32.40	36.26	500m:	5:56.87	36.16	700m:	8:20.08	36.05
150m:	1:44.26	35.60	350m:	4:08.58	36.18	550m:	6:32.60	35.73	750m:	8:55.34	35.26
200m:	2:20.27	36.01	400m:	4:44.66	36.08	600m:	7:08.63	36.03	800m:	9:29.73	34.39
5. CARDEAL, Beatriz Nunes	04 Academico Viseu								9:33.02	605	
50m:	32.62	32.62	250m:	2:56.84	36.21	450m:	5:22.04	35.89	650m:	7:46.19	35.72
100m:	1:08.01	35.39	300m:	3:33.28	36.44	500m:	5:58.22	36.18	700m:	8:22.43	36.24
150m:	1:44.06	36.05	350m:	4:09.51	36.23	550m:	6:34.35	36.13	750m:	8:58.11	35.68
200m:	2:20.63	36.57	400m:	4:46.15	36.64	600m:	7:10.47	36.12	800m:	9:33.02	34.91
6. RODRIGUES, Helena Nunes	03 Alges e Agueda XXI								9:34.55	600	
50m:	32.28	32.28	250m:	2:55.13	36.43	450m:	5:20.83	36.29	650m:	7:46.90	36.63
100m:	1:06.69	34.41	300m:	3:31.51	36.38	500m:	5:57.27	36.44	700m:	8:23.34	36.44
150m:	1:42.53	35.84	350m:	4:08.03	36.52	550m:	6:33.63	36.36	750m:	8:59.81	36.47
200m:	2:18.70	36.17	400m:	4:44.54	36.51	600m:	7:10.27	36.64	800m:	9:34.55	34.74
7. BERNARDO, Joana Beatriz	99 Fundacao Beatriz Santos								9:36.29	595	
50m:	32.65	32.65	250m:	2:56.09	36.30	450m:	5:22.48	36.61	650m:	7:48.65	36.29
100m:	1:07.52	34.87	300m:	3:32.65	36.56	500m:	5:59.18	36.70	700m:	8:25.21	36.56
150m:	1:43.53	36.01	350m:	4:09.28	36.63	550m:	6:35.76	36.58	750m:	9:01.15	35.94
200m:	2:19.79	36.26	400m:	4:45.87	36.59	600m:	7:12.36	36.60	800m:	9:36.29	35.14
8. VEIGA, Ana Filipa	01 Gafanha da Encarnacao								9:38.74	587	
50m:	33.56	33.56	250m:	2:59.41	35.94	450m:	5:25.14	36.04	650m:	7:50.93	35.97
100m:	1:10.59	37.03	300m:	3:36.11	36.70	500m:	6:02.18	37.04	700m:	8:27.83	36.90
150m:	1:46.59	36.00	350m:	4:12.08	35.97	550m:	6:38.19	36.01	750m:	9:03.53	35.70
200m:	2:23.47	36.88	400m:	4:49.10	37.02	600m:	7:14.96	36.77	800m:	9:38.74	35.21

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 3, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
9.	FLORENCIO, Matilde Alves		04	Condeixa Clube				9:39.02	586		
	50m:	33.54 33.54	250m:	2:58.93	36.27	450m:	5:25.31	36.44	650m:	7:51.30	36.24
	100m:	1:09.49 35.95	300m:	3:35.53	36.60	500m:	6:01.78	36.47	700m:	8:27.65	36.35
	150m:	1:45.87 36.38	350m:	4:12.02	36.49	550m:	6:38.31	36.53	750m:	9:03.71	36.06
	200m:	2:22.66 36.79	400m:	4:48.87	36.85	600m:	7:15.06	36.75	800m:	9:39.02	35.31
10.	MONTEIRO, Ana Carolina		04	Uniao Coimbra				9:42.72	575		
	50m:	32.39 32.39	250m:	2:59.29	36.63	450m:	5:25.78	36.19	650m:	7:53.42	36.71
	100m:	1:09.01 36.62	300m:	3:36.21	36.92	500m:	6:03.21	37.43	700m:	8:30.27	36.85
	150m:	1:45.47 36.46	350m:	4:12.67	36.46	550m:	6:39.60	36.39	750m:	9:06.50	36.23
	200m:	2:22.66 37.19	400m:	4:49.59	36.92	600m:	7:16.71	37.11	800m:	9:42.72	36.22
11.	ROSA, Mariana Carmo		05	Louzan Natacao/EFAPEL				9:45.07	568		
	50m:	33.89 33.89	250m:	3:00.01	36.86	450m:	5:27.69	37.06	650m:	7:56.02	36.75
	100m:	1:09.97 36.08	300m:	3:36.73	36.72	500m:	6:05.21	37.52	700m:	8:32.73	36.71
	150m:	1:46.45 36.48	350m:	4:13.46	36.73	550m:	6:42.37	37.16	750m:	9:09.45	36.72
	200m:	2:23.15 36.70	400m:	4:50.63	37.17	600m:	7:19.27	36.90	800m:	9:45.07	35.62
12.	ALVES, Joana Silva		05	Benedita				9:46.29	565		
	50m:	32.82 32.82	250m:	3:00.58	37.18	450m:	5:30.76	37.35	650m:	7:59.14	37.03
	100m:	1:09.06 36.24	300m:	3:38.26	37.68	500m:	6:08.39	37.63	700m:	8:35.23	36.09
	150m:	1:46.16 37.10	350m:	4:16.03	37.77	550m:	6:45.16	36.77	750m:	9:10.88	35.65
	200m:	2:23.40 37.24	400m:	4:53.41	37.38	600m:	7:22.11	36.95	800m:	9:46.29	35.41
13.	SILVA, Camila Alexandra		03	Columbifila Cantanhedense				9:51.35	550		
	50m:	33.51 33.51	250m:	2:56.40	36.09	450m:	5:24.75	38.04	650m:	7:56.97	37.76
	100m:	1:09.40 35.89	300m:	3:32.77	36.37	500m:	6:02.76	38.01	700m:	8:35.94	38.97
	150m:	1:44.80 35.40	350m:	4:09.53	36.76	550m:	6:41.28	38.52	750m:	9:14.38	38.44
	200m:	2:20.31 35.51	400m:	4:46.71	37.18	600m:	7:19.21	37.93	800m:	9:51.35	36.97
14.	MONTEIRO, Ines Rosado		00	Natacao de Vagos				9:53.63	544		
	50m:	33.78 33.78	250m:	3:03.10	37.55	450m:	5:32.34	36.33	650m:	8:00.30	37.29
	100m:	1:10.79 37.01	300m:	3:40.90	37.80	500m:	6:09.12	36.78	700m:	8:38.45	38.15
	150m:	1:47.96 37.17	350m:	4:18.43	37.53	550m:	6:45.77	36.65	750m:	9:16.08	37.63
	200m:	2:25.55 37.59	400m:	4:56.01	37.58	600m:	7:23.01	37.24	800m:	9:53.63	37.55
15.	PIRES, Beatriz Almeida		03	Uniao Coimbra				9:56.24	537		
	50m:	34.04 34.04	250m:	3:01.57	36.83	450m:	5:31.84	37.54	650m:	8:03.70	37.97
	100m:	1:10.63 36.59	300m:	3:39.06	37.49	500m:	6:09.67	37.83	700m:	8:41.91	38.21
	150m:	1:47.48 36.85	350m:	4:16.76	37.70	550m:	6:47.30	37.63	750m:	9:19.53	37.62
	200m:	2:24.74 37.26	400m:	4:54.30	37.54	600m:	7:25.73	38.43	800m:	9:56.24	36.71
16.	PEREIRA, Carolina Rei		05	Natacao de Vagos				9:56.81	535		
	50m:	33.47 33.47	250m:	3:04.74	38.15	450m:	5:36.51	37.08	650m:	8:06.47	37.24
	100m:	1:10.69 37.22	300m:	3:42.86	38.12	500m:	6:14.05	37.54	700m:	8:43.60	37.13
	150m:	1:48.70 38.01	350m:	4:21.26	38.40	550m:	6:51.70	37.65	750m:	9:20.38	36.78
	200m:	2:26.59 37.89	400m:	4:59.43	38.17	600m:	7:29.23	37.53	800m:	9:56.81	36.43
17.	MOITEIRO, Bruna Silva		04	Nautico Marinha Grande				9:57.70	533		
	50m:	32.07 32.07	250m:	3:02.48	38.06	450m:	5:35.05	38.04	650m:	8:06.96	37.76
	100m:	1:08.88 36.81	300m:	3:40.75	38.27	500m:	6:13.26	38.21	700m:	8:44.98	38.02
	150m:	1:46.55 37.67	350m:	4:18.90	38.15	550m:	6:51.28	38.02	750m:	9:22.31	37.33
	200m:	2:24.42 37.87	400m:	4:57.01	38.11	600m:	7:29.20	37.92	800m:	9:57.70	35.39
18.	FRAZAO, Alexandra Couto		02	Condeixa Clube				9:59.26	529		
	50m:	33.27 33.27	250m:	3:02.00	37.70	450m:	5:33.74	38.05	650m:	8:06.06	38.12
	100m:	1:09.58 36.31	300m:	3:39.66	37.66	500m:	6:11.73	37.99	700m:	8:44.27	38.21
	150m:	1:46.85 37.27	350m:	4:17.65	37.99	550m:	6:49.85	38.12	750m:	9:21.97	37.70
	200m:	2:24.30 37.45	400m:	4:55.69	38.04	600m:	7:27.94	38.09	800m:	9:59.26	37.29
19.	MARQUES, Mariana Nunes		03	Estarreja				10:00.77	525		
	50m:	33.00 33.00	250m:	3:01.93	37.77	450m:	5:33.96	38.30	650m:	8:07.81	38.83
	100m:	1:09.43 36.43	300m:	3:39.72	37.79	500m:	6:12.00	38.04	700m:	8:46.56	38.75
	150m:	1:46.61 37.18	350m:	4:17.86	38.14	550m:	6:50.72	38.72	750m:	9:25.03	38.47
	200m:	2:24.16 37.55	400m:	4:55.66	37.80	600m:	7:28.98	38.26	800m:	10:00.77	35.74
20.	SOUSA, Ines Matos		03	Uniao Coimbra				10:05.33	513		
	50m:	34.10 34.10	250m:	3:05.38	38.20	450m:	5:37.70	38.06	650m:	8:10.86	38.44
	100m:	1:11.11 37.01	300m:	3:43.34	37.96	500m:	6:15.78	38.08	700m:	8:49.11	38.25
	150m:	1:49.43 38.32	350m:	4:21.57	38.23	550m:	6:54.16	38.38	750m:	9:27.48	38.37
	200m:	2:27.18 37.75	400m:	4:59.64	38.07	600m:	7:32.42	38.26	800m:	10:05.33	37.85

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 3, Femin., 800m Livres, Absoluto

Lugar			Ano							Tempo final	Pts
21.	ALMEIDA, Catarina Nunes		04	Galitos / Bresimar						10:09.14	504
	50m:	34.82 34.82	250m:	3:11.18	38.93	450m:	5:44.64	38.23	650m:	8:17.12	37.81
	100m:	1:13.65 38.83	300m:	3:49.63	38.45	500m:	6:22.89	38.25	700m:	8:55.96	38.84
	150m:	1:52.47 38.82	350m:	4:28.66	39.03	550m:	7:00.95	38.06	750m:	9:33.37	37.41
	200m:	2:32.25 39.78	400m:	5:06.41	37.75	600m:	7:39.31	38.36	800m:	10:09.14	35.77
22.	FERREIRA, Leonor Marques		03	Campinho						10:15.54	488
	50m:	32.17 32.17	250m:	3:05.80	39.44	450m:	5:42.57	39.18	650m:	8:20.18	39.47
	100m:	1:09.04 36.87	300m:	3:45.00	39.20	500m:	6:21.86	39.29	700m:	8:59.20	39.02
	150m:	1:47.83 38.79	350m:	4:24.25	39.25	550m:	7:00.85	38.99	750m:	9:38.18	38.98
	200m:	2:26.36 38.53	400m:	5:03.39	39.14	600m:	7:40.71	39.86	800m:	10:15.54	37.36
23.	FERREIRA, Joana Rosa		05	Naval de Peniche						10:19.07	480
	50m:	33.33 33.33	250m:	3:06.59	38.88	450m:	5:42.81	39.37	650m:	8:21.25	39.59
	100m:	1:10.31 36.98	300m:	3:45.15	38.56	500m:	6:22.37	39.56	700m:	9:00.78	39.53
	150m:	1:48.89 38.58	350m:	4:24.57	39.42	550m:	7:02.13	39.76	750m:	9:40.58	39.80
	200m:	2:27.71 38.82	400m:	5:03.44	38.87	600m:	7:41.66	39.53	800m:	10:19.07	38.49
24.	SIMOES, Rita Mendes		04	Bairro dos Anjos/Bomcar						10:20.90	475
	50m:	34.66 34.66	250m:	3:11.00	39.47	450m:	5:48.17	39.13	650m:	8:24.95	38.90
	100m:	1:13.23 38.57	300m:	3:50.59	39.59	500m:	6:27.58	39.41	700m:	9:04.46	39.51
	150m:	1:52.18 38.95	350m:	4:29.64	39.05	550m:	7:06.80	39.22	750m:	9:42.90	38.44
	200m:	2:31.53 39.35	400m:	5:09.04	39.40	600m:	7:46.05	39.25	800m:	10:20.90	38.00
25.	CABRAL, Ana Matos		05	Condeixa Clube						10:21.38	474
	50m:	35.40 35.40	250m:	3:13.65	39.73	450m:	5:50.33	38.56	650m:	8:26.99	38.72
	100m:	1:14.45 39.05	300m:	3:52.85	39.20	500m:	6:29.29	38.96	700m:	9:05.66	38.67
	150m:	1:54.67 40.22	350m:	4:32.69	39.84	550m:	7:09.02	39.73	750m:	9:44.52	38.86
	200m:	2:33.92 39.25	400m:	5:11.77	39.08	600m:	7:48.27	39.25	800m:	10:21.38	36.86
26.	JUNQUEIRA, Manuela Paccola		05	Naval de Peniche						10:23.71	469
	50m:	34.43 34.43	250m:	3:09.94	39.69	450m:	5:48.50	39.48	650m:	8:27.01	39.66
	100m:	1:12.20 37.77	300m:	3:49.51	39.57	500m:	6:27.92	39.42	700m:	9:06.69	39.68
	150m:	1:51.27 39.07	350m:	4:29.42	39.91	550m:	7:07.72	39.80	750m:	9:46.36	39.67
	200m:	2:30.25 38.98	400m:	5:09.02	39.60	600m:	7:47.35	39.63	800m:	10:23.71	37.35
27.	TAVARES, Mariana Silva		04	Estarreja						10:24.16	468
	50m:	35.10 35.10	250m:	3:10.44	39.46	450m:	5:49.21	39.98	650m:	8:29.53	40.49
	100m:	1:12.99 37.89	300m:	3:49.46	39.02	500m:	6:28.86	39.65	700m:	9:09.28	39.75
	150m:	1:51.86 38.87	350m:	4:29.60	40.14	550m:	7:09.08	40.22	750m:	9:48.60	39.32
	200m:	2:30.98 39.12	400m:	5:09.23	39.63	600m:	7:49.04	39.96	800m:	10:24.16	35.56
28.	RESENDE, Eva Pinho		04	Estarreja						10:25.71	465
	50m:	34.34 34.34	250m:	3:11.63	40.10	450m:	5:51.14	40.13	650m:	8:29.59	39.50
	100m:	1:12.65 38.31	300m:	3:51.27	39.64	500m:	6:30.65	39.51	700m:	9:09.15	39.56
	150m:	1:51.84 39.19	350m:	4:31.12	39.85	550m:	7:10.21	39.56	750m:	9:48.43	39.28
	200m:	2:31.53 39.69	400m:	5:11.01	39.89	600m:	7:50.09	39.88	800m:	10:25.71	37.28
29.	CRUZ, Cintia Cristina		02	Alcobaca						10:27.83	460
	50m:	35.55 35.55	250m:	3:12.38	39.44	450m:	5:49.41	38.71	650m:	8:28.96	39.69
	100m:	1:14.30 38.75	300m:	3:52.01	39.63	500m:	6:29.60	40.19	700m:	9:09.11	40.15
	150m:	1:53.41 39.11	350m:	4:31.16	39.15	550m:	7:09.23	39.63	750m:	9:48.58	39.47
	200m:	2:32.94 39.53	400m:	5:10.70	39.54	600m:	7:49.27	40.04	800m:	10:27.83	39.25
30.	SILVA, Maria Ines		04	Alcobaca						10:31.44	452
	50m:	35.08 35.08	250m:	3:13.62	39.43	450m:	5:53.52	39.82	650m:	8:31.72	38.70
	100m:	1:14.56 39.48	300m:	3:53.90	40.28	500m:	6:33.67	40.15	700m:	9:12.37	40.65
	150m:	1:53.75 39.19	350m:	4:33.12	39.22	550m:	7:12.99	39.32	750m:	8:38.83	
	200m:	2:34.19 40.44	400m:	5:13.70	40.58	600m:	7:53.02	40.03	800m:	10:31.44	1:52.61
31.	LOISAS, Beatriz Ferreira		05	Columbifila Cantanhedense						10:38.28	438
	50m:	35.80 35.80	250m:	3:14.69	39.73	450m:	5:54.81	39.93	650m:	8:36.61	41.07
	100m:	1:15.45 39.65	300m:	3:55.29	40.60	500m:	6:35.38	40.57	700m:	9:18.13	41.52
	150m:	1:54.96 39.51	350m:	4:34.80	39.51	550m:	7:15.36	39.98	750m:	9:58.06	39.93
	200m:	2:34.96 40.00	400m:	5:14.88	40.08	600m:	7:55.54	40.18	800m:	10:38.28	40.22
32.	MARQUES, Maria Ines		05	Alcobaca						10:42.71	429
	50m:	37.54 37.54	250m:	3:19.84	40.89	450m:	6:01.78	40.58	650m:	8:43.34	40.66
	100m:	1:17.32 39.78	300m:	4:00.38	40.54	500m:	6:42.08	40.30	700m:	9:23.26	39.92
	150m:	1:58.30 40.98	350m:	4:40.79	40.41	550m:	7:22.65	40.57	750m:	10:03.54	40.28
	200m:	2:38.95 40.65	400m:	5:21.20	40.41	600m:	8:02.68	40.03	800m:	10:42.71	39.17

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 3, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
33.	MARGATO, Laura Rodrigues		04	Academica de Coimbra				10:44.30	425
	50m:	35.72 35.72	250m:	3:20.45	39.98	450m:	6:03.84 40.02	650m:	8:45.13 39.42
	100m:	1:16.62 40.90	300m:	4:02.12	41.67	500m:	6:44.95 41.11	700m:	9:26.07 40.94
	150m:	1:58.03 41.41	350m:	4:42.55	40.43	550m:	7:24.43 39.48	750m:	10:05.49 39.42
	200m:	2:40.47 42.44	400m:	5:23.82	41.27	600m:	8:05.71 41.28	800m:	10:44.30 38.81
34.	MACHADO, Raquel Cruz		03	Estamos Juntos				10:45.00	424
	50m:	33.59 33.59	250m:	3:10.78	40.22	450m:	5:53.52 41.70	650m:	8:39.65 41.92
	100m:	1:11.11 37.52	300m:	3:50.95	40.17	500m:	6:34.45 40.93	700m:	9:21.34 41.69
	150m:	1:51.01 39.90	350m:	4:31.47	40.52	550m:	7:16.14 41.69	750m:	10:03.43 42.09
	200m:	2:30.56 39.55	400m:	5:11.82	40.35	600m:	7:57.73 41.59	800m:	10:45.00 41.57
35.	MARQUES, Beatriz Pereira		05	Cumbofilha Cantanhedense				10:47.01	420
	50m:	37.94 37.94	250m:	3:20.79	40.88	450m:	6:03.51 41.38	650m:	8:47.15 41.07
	100m:	1:18.33 40.39	300m:	4:01.15	40.36	500m:	6:44.22 40.71	700m:	9:27.46 40.31
	150m:	1:59.37 41.04	350m:	4:41.65	40.50	550m:	7:25.57 41.35	750m:	10:07.98 40.52
	200m:	2:39.91 40.54	400m:	5:22.13	40.48	600m:	8:06.08 40.51	800m:	10:47.01 39.03
36.	SILVA, Alexandra Cordeiro		04	Alcobaca				10:52.99	409
	<i>FTL</i>								
	50m:	34.61 34.61	250m:	3:17.17	41.31	450m:	6:02.55 41.75	650m:	8:50.33 42.14
	100m:	1:14.15 39.54	300m:	3:58.46	41.29	500m:	6:44.21 41.66	700m:	9:32.62 42.29
	150m:	1:54.57 40.42	350m:	4:39.65	41.19	550m:	7:25.99 41.78	750m:	10:13.44 40.82
	200m:	2:35.86 41.29	400m:	5:20.80	41.15	600m:	8:08.19 42.20	800m:	10:52.99 39.55
37.	DIAS, Ines Silva		05	Estarreja				10:53.61	408
	<i>FTL</i>								
	50m:	35.01 35.01	250m:	3:15.77	40.49	450m:	6:02.08 42.35	650m:	8:50.82 42.17
	100m:	1:14.70 39.69	300m:	3:56.26	40.49	500m:	6:44.01 41.93	700m:	9:33.05 42.23
	150m:	1:54.92 40.22	350m:	4:37.95	41.69	550m:	7:26.38 42.37	750m:	10:14.99 41.94
	200m:	2:35.28 40.36	400m:	5:19.73	41.78	600m:	8:08.65 42.27	800m:	10:53.61 38.62
38.	LOURA, Beatriz Borges		04	Campinho				10:53.91	407
	<i>FTL</i>								
	50m:	37.61 37.61	250m:	3:20.71	40.58	450m:	6:05.11 41.31	650m:	8:52.31 42.06
	100m:	1:18.42 40.81	300m:	4:01.17	40.46	500m:	6:46.55 41.44	700m:	9:34.14 41.83
	150m:	1:59.42 41.00	350m:	4:42.58	41.41	550m:	7:28.52 41.97	750m:	10:15.48 41.34
	200m:	2:40.13 40.71	400m:	5:23.80	41.22	600m:	8:10.25 41.73	800m:	10:53.91 38.43
39.	CASTANHEIRA, Ana Sofia		04	Condeixa Clube				11:01.22	394
	<i>FTL</i>								
	50m:	37.84 37.84	250m:	3:25.21	41.99	450m:	6:13.34 41.81	650m:	9:00.49 40.72
	100m:	1:19.19 41.35	300m:	4:07.33	42.12	500m:	6:55.15 41.81	700m:	9:41.69 41.20
	150m:	2:01.20 42.01	350m:	4:49.58	42.25	550m:	7:37.34 42.19	750m:	10:22.15 40.46
	200m:	2:43.22 42.02	400m:	5:31.53	41.95	600m:	8:19.77 42.43	800m:	11:01.22 39.07
40.	SILVA, Camila Cavaleiro		05	Cumbofilha Cantanhedense				11:02.70	391
	<i>FTL</i>								
	50m:	37.38 37.38	250m:	3:22.62	41.26	450m:	6:10.80 42.07	650m:	8:59.15 41.92
	100m:	1:18.54 41.16	300m:	4:04.54	41.92	500m:	6:53.21 42.41	700m:	9:41.20 42.05
	150m:	1:59.36 40.82	350m:	4:46.39	41.85	550m:	7:34.87 41.66	750m:	10:22.20 41.00
	200m:	2:41.36 42.00	400m:	5:28.73	42.34	600m:	8:17.23 42.36	800m:	11:02.70 40.50

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 3, Femin., 800m Livres

Prova 3
12-07-2019 - 10:05

Femin., 800m Livres
Entrega de Medalhas da prova nº 2

Juv A e B
Resultados

Rec Nacional Absoluto	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Juv A	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	2014
Rec Nacional Juv B	9:07.70	SILVA, Alexandra Maria	POR	Split (CRO)	1981

TA ABS-FEM Absoluto: 10:48.01 / TA JUVA-FEM Juv A: 11:20.41 / TA JUVB-FEM Juv B: 11:39.86

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	RODRIGUES, Joana Francisca		04	Uniao Coimbra				9:27.66	622
	50m:	32.53 32.53	250m:	2:54.88	35.83	450m:	5:18.66 36.02	650m:	7:42.16 35.74
	100m:	1:07.75 35.22	300m:	3:31.01	36.13	500m:	5:54.58 35.92	700m:	8:17.94 35.78
	150m:	1:43.55 35.80	350m:	4:06.96	35.95	550m:	6:30.65 36.07	750m:	8:53.32 35.38
	200m:	2:19.05 35.50	400m:	4:42.64	35.68	600m:	7:06.42 35.77	800m:	9:27.66 34.34
2.	GASPAR, Beatriz Ferreira		04	Bombeiros Mealhada/ CA				9:29.73	616
	50m:	32.89 32.89	250m:	2:56.14	35.87	450m:	5:20.71 36.05	650m:	7:44.03 35.40
	100m:	1:08.66 35.77	300m:	3:32.40	36.26	500m:	5:56.87 36.16	700m:	8:20.08 36.05
	150m:	1:44.26 35.60	350m:	4:08.58	36.18	550m:	6:32.60 35.73	750m:	8:55.34 35.26
	200m:	2:20.27 36.01	400m:	4:44.66	36.08	600m:	7:08.63 36.03	800m:	9:29.73 34.39
3.	CARDEAL, Beatriz Nunes		04	Academico Viseu				9:33.02	605
	50m:	32.62 32.62	250m:	2:56.84	36.21	450m:	5:22.04 35.89	650m:	7:46.19 35.72
	100m:	1:08.01 35.39	300m:	3:33.28	36.44	500m:	5:58.22 36.18	700m:	8:22.43 36.24
	150m:	1:44.06 36.05	350m:	4:09.51	36.23	550m:	6:34.35 36.13	750m:	8:58.11 35.68
	200m:	2:20.63 36.57	400m:	4:46.15	36.64	600m:	7:10.47 36.12	800m:	9:33.02 34.91
4.	FLORENCIO, Matilde Alves		04	Condeixa Clube				9:39.02	586
	50m:	33.54 33.54	250m:	2:58.93	36.27	450m:	5:25.31 36.44	650m:	7:51.30 36.24
	100m:	1:09.49 35.95	300m:	3:35.53	36.60	500m:	6:01.78 36.47	700m:	8:27.65 36.35
	150m:	1:45.87 36.38	350m:	4:12.02	36.49	550m:	6:38.31 36.53	750m:	9:03.71 36.06
	200m:	2:22.66 36.79	400m:	4:48.87	36.85	600m:	7:15.06 36.75	800m:	9:39.02 35.31
5.	MONTEIRO, Ana Carolina		04	Uniao Coimbra				9:42.72	575
	50m:	32.39 32.39	250m:	2:59.29	36.63	450m:	5:25.78 36.19	650m:	7:53.42 36.71
	100m:	1:09.01 36.62	300m:	3:36.21	36.92	500m:	6:03.21 37.43	700m:	8:30.27 36.85
	150m:	1:45.47 36.46	350m:	4:12.67	36.46	550m:	6:39.60 36.39	750m:	9:06.50 36.23
	200m:	2:22.66 37.19	400m:	4:49.59	36.92	600m:	7:16.71 37.11	800m:	9:42.72 36.22
6.	ROSA, Mariana Carmo		05	Louzan Natacao/EFAPEL				9:45.07	568
	50m:	33.89 33.89	250m:	3:00.01	36.86	450m:	5:27.69 37.06	650m:	7:56.02 36.75
	100m:	1:09.97 36.08	300m:	3:36.73	36.72	500m:	6:05.21 37.52	700m:	8:32.73 36.71
	150m:	1:46.45 36.48	350m:	4:13.46	36.73	550m:	6:42.37 37.16	750m:	9:09.45 36.72
	200m:	2:23.15 36.70	400m:	4:50.63	37.17	600m:	7:19.27 36.90	800m:	9:45.07 35.62
7.	ALVES, Joana Silva		05	Benedita				9:46.29	565
	50m:	32.82 32.82	250m:	3:00.58	37.18	450m:	5:30.76 37.35	650m:	7:59.14 37.03
	100m:	1:09.06 36.24	300m:	3:38.26	37.68	500m:	6:08.39 37.63	700m:	8:35.23 36.09
	150m:	1:46.16 37.10	350m:	4:16.03	37.77	550m:	6:45.16 36.77	750m:	9:10.88 35.65
	200m:	2:23.40 37.24	400m:	4:53.41	37.38	600m:	7:22.11 36.95	800m:	9:46.29 35.41
8.	PEREIRA, Carolina Rei		05	Natacao de Vagos				9:56.81	535
	50m:	33.47 33.47	250m:	3:04.74	38.15	450m:	5:36.51 37.08	650m:	8:06.47 37.24
	100m:	1:10.69 37.22	300m:	3:42.86	38.12	500m:	6:14.05 37.54	700m:	8:43.60 37.13
	150m:	1:48.70 38.01	350m:	4:21.26	38.40	550m:	6:51.70 37.65	750m:	9:20.38 36.78
	200m:	2:26.59 37.89	400m:	4:59.43	38.17	600m:	7:29.23 37.53	800m:	9:56.81 36.43
9.	MOITEIRO, Bruna Silva		04	Nautico Marinha Grande				9:57.70	533
	50m:	32.07 32.07	250m:	3:02.48	38.06	450m:	5:35.05 38.04	650m:	8:06.96 37.76
	100m:	1:08.88 36.81	300m:	3:40.75	38.27	500m:	6:13.26 38.21	700m:	8:44.98 38.02
	150m:	1:46.55 37.67	350m:	4:18.90	38.15	550m:	6:51.28 38.02	750m:	9:22.31 37.33
	200m:	2:24.42 37.87	400m:	4:57.01	38.11	600m:	7:29.20 37.92	800m:	9:57.70 35.39
10.	ALMEIDA, Catarina Nunes		04	Galitos / Bresimar				10:09.14	504
	50m:	34.82 34.82	250m:	3:11.18	38.93	450m:	5:44.64 38.23	650m:	8:17.12 37.81
	100m:	1:13.65 38.83	300m:	3:49.63	38.45	500m:	6:22.89 38.25	700m:	8:55.96 38.84
	150m:	1:52.47 38.82	350m:	4:28.66	39.03	550m:	7:00.95 38.06	750m:	9:33.37 37.41
	200m:	2:32.25 39.78	400m:	5:06.41	37.75	600m:	7:39.31 38.36	800m:	10:09.14 35.77

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 3, Femin., 800m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts		
11.	FERREIRA, Joana Rosa		05	Naval de Peniche				10:19.07	480		
	50m:	33.33 33.33	250m:	3:06.59	38.88	450m:	5:42.81	39.37	650m:	8:21.25	39.59
	100m:	1:10.31 36.98	300m:	3:45.15	38.56	500m:	6:22.37	39.56	700m:	9:00.78	39.53
	150m:	1:48.89 38.58	350m:	4:24.57	39.42	550m:	7:02.13	39.76	750m:	9:40.58	39.80
	200m:	2:27.71 38.82	400m:	5:03.44	38.87	600m:	7:41.66	39.53	800m:	10:19.07	38.49
12.	SIMOES, Rita Mendes		04	Bairro dos Anjos/Bomcar				10:20.90	475		
	50m:	34.66 34.66	250m:	3:11.00	39.47	450m:	5:48.17	39.13	650m:	8:24.95	38.90
	100m:	1:13.23 38.57	300m:	3:50.59	39.59	500m:	6:27.58	39.41	700m:	9:04.46	39.51
	150m:	1:52.18 38.95	350m:	4:29.64	39.05	550m:	7:06.80	39.22	750m:	9:42.90	38.44
	200m:	2:31.53 39.35	400m:	5:09.04	39.40	600m:	7:46.05	39.25	800m:	10:20.90	38.00
13.	CABRAL, Ana Matos		05	Condeixa Clube				10:21.38	474		
	50m:	35.40 35.40	250m:	3:13.65	39.73	450m:	5:50.33	38.56	650m:	8:26.99	38.72
	100m:	1:14.45 39.05	300m:	3:52.85	39.20	500m:	6:29.29	38.96	700m:	9:05.66	38.67
	150m:	1:54.67 40.22	350m:	4:32.69	39.84	550m:	7:09.02	39.73	750m:	9:44.52	38.86
	200m:	2:33.92 39.25	400m:	5:11.77	39.08	600m:	7:48.27	39.25	800m:	10:21.38	36.86
14.	JUNQUEIRA, Manuela Paccola		05	Naval de Peniche				10:23.71	469		
	50m:	34.43 34.43	250m:	3:09.94	39.69	450m:	5:48.50	39.48	650m:	8:27.01	39.66
	100m:	1:12.20 37.77	300m:	3:49.51	39.57	500m:	6:27.92	39.42	700m:	9:06.69	39.68
	150m:	1:51.27 39.07	350m:	4:29.42	39.91	550m:	7:07.72	39.80	750m:	9:46.36	39.67
	200m:	2:30.25 38.98	400m:	5:09.02	39.60	600m:	7:47.35	39.63	800m:	10:23.71	37.35
15.	TAVARES, Mariana Silva		04	Estarreja				10:24.16	468		
	50m:	35.10 35.10	250m:	3:10.44	39.46	450m:	5:49.21	39.98	650m:	8:29.53	40.49
	100m:	1:12.99 37.89	300m:	3:49.46	39.02	500m:	6:28.86	39.65	700m:	9:09.28	39.75
	150m:	1:51.86 38.87	350m:	4:29.60	40.14	550m:	7:09.08	40.22	750m:	9:48.60	39.32
	200m:	2:30.98 39.12	400m:	5:09.23	39.63	600m:	7:49.04	39.96	800m:	10:24.16	35.56
16.	RESENDE, Eva Pinho		04	Estarreja				10:25.71	465		
	50m:	34.34 34.34	250m:	3:11.63	40.10	450m:	5:51.14	40.13	650m:	8:29.59	39.50
	100m:	1:12.65 38.31	300m:	3:51.27	39.64	500m:	6:30.65	39.51	700m:	9:09.15	39.56
	150m:	1:51.84 39.19	350m:	4:31.12	39.85	550m:	7:10.21	39.56	750m:	9:48.43	39.28
	200m:	2:31.53 39.69	400m:	5:11.01	39.89	600m:	7:50.09	39.88	800m:	10:25.71	37.28
17.	SILVA, Maria Ines		04	Alcobaca				10:31.44	452		
	50m:	35.08 35.08	250m:	3:13.62	39.43	450m:	5:53.52	39.82	650m:	8:31.72	38.70
	100m:	1:14.56 39.48	300m:	3:53.90	40.28	500m:	6:33.67	40.15	700m:	9:12.37	40.65
	150m:	1:53.75 39.19	350m:	4:33.12	39.22	550m:	7:12.99	39.32	750m:	8:38.83	
	200m:	2:34.19 40.44	400m:	5:13.70	40.58	600m:	7:53.02	40.03	800m:	10:31.44	1:52.61
18.	LOISAS, Beatriz Ferreira		05	Columbifila Cantanhedense				10:38.28	438		
	50m:	35.80 35.80	250m:	3:14.69	39.73	450m:	5:54.81	39.93	650m:	8:36.61	41.07
	100m:	1:15.45 39.65	300m:	3:55.29	40.60	500m:	6:35.38	40.57	700m:	9:18.13	41.52
	150m:	1:54.96 39.51	350m:	4:34.80	39.51	550m:	7:15.36	39.98	750m:	9:58.06	39.93
	200m:	2:34.96 40.00	400m:	5:14.88	40.08	600m:	7:55.54	40.18	800m:	10:38.28	40.22
19.	MARQUES, Maria Ines		05	Alcobaca				10:42.71	429		
	50m:	37.54 37.54	250m:	3:19.84	40.89	450m:	6:01.78	40.58	650m:	8:43.34	40.66
	100m:	1:17.32 39.78	300m:	4:00.38	40.54	500m:	6:42.08	40.30	700m:	9:23.26	39.92
	150m:	1:58.30 40.98	350m:	4:40.79	40.41	550m:	7:22.65	40.57	750m:	10:03.54	40.28
	200m:	2:38.95 40.65	400m:	5:21.20	40.41	600m:	8:02.68	40.03	800m:	10:42.71	39.17
20.	MARGATO, Laura Rodrigues		04	Academica de Coimbra				10:44.30	425		
	50m:	35.72 35.72	250m:	3:20.45	39.98	450m:	6:03.84	40.02	650m:	8:45.13	39.42
	100m:	1:16.62 40.90	300m:	4:02.12	41.67	500m:	6:44.95	41.11	700m:	9:26.07	40.94
	150m:	1:58.03 41.41	350m:	4:42.55	40.43	550m:	7:24.43	39.48	750m:	10:05.49	39.42
	200m:	2:40.47 42.44	400m:	5:23.82	41.27	600m:	8:05.71	41.28	800m:	10:44.30	38.81
21.	MARQUES, Beatriz Pereira		05	Columbifila Cantanhedense				10:47.01	420		
	50m:	37.94 37.94	250m:	3:20.79	40.88	450m:	6:03.51	41.38	650m:	8:47.15	41.07
	100m:	1:18.33 40.39	300m:	4:01.15	40.36	500m:	6:44.22	40.71	700m:	9:27.46	40.31
	150m:	1:59.37 41.04	350m:	4:41.65	40.50	550m:	7:25.57	41.35	750m:	10:07.98	40.52
	200m:	2:39.91 40.54	400m:	5:22.13	40.48	600m:	8:06.08	40.51	800m:	10:47.01	39.03

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 3, Femin., 800m Livres, Juv A e B

Lugar			Ano			Tempo final			Pts
22.	SILVA, Alexandra Cordeiro		04	Alcobaca		10:52.99			409
	<i>FTL</i>								
	50m:	34.61 34.61	250m:	3:17.17 41.31	450m:	6:02.55 41.75	650m:	8:50.33 42.14	
	100m:	1:14.15 39.54	300m:	3:58.46 41.29	500m:	6:44.21 41.66	700m:	9:32.62 42.29	
	150m:	1:54.57 40.42	350m:	4:39.65 41.19	550m:	7:25.99 41.78	750m:	10:13.44 40.82	
	200m:	2:35.86 41.29	400m:	5:20.80 41.15	600m:	8:08.19 42.20	800m:	10:52.99 39.55	
23.	DIAS, Ines Silva		05	Estarreja		10:53.61			408
	<i>FTL</i>								
	50m:	35.01 35.01	250m:	3:15.77 40.49	450m:	6:02.08 42.35	650m:	8:50.82 42.17	
	100m:	1:14.70 39.69	300m:	3:56.26 40.49	500m:	6:44.01 41.93	700m:	9:33.05 42.23	
	150m:	1:54.92 40.22	350m:	4:37.95 41.69	550m:	7:26.38 42.37	750m:	10:14.99 41.94	
	200m:	2:35.28 40.36	400m:	5:19.73 41.78	600m:	8:08.65 42.27	800m:	10:53.61 38.62	
24.	LOURA, Beatriz Borges		04	Campinho		10:53.91			407
	<i>FTL</i>								
	50m:	37.61 37.61	250m:	3:20.71 40.58	450m:	6:05.11 41.31	650m:	8:52.31 42.06	
	100m:	1:18.42 40.81	300m:	4:01.17 40.46	500m:	6:46.55 41.44	700m:	9:34.14 41.83	
	150m:	1:59.42 41.00	350m:	4:42.58 41.41	550m:	7:28.52 41.97	750m:	10:15.48 41.34	
	200m:	2:40.13 40.71	400m:	5:23.80 41.22	600m:	8:10.25 41.73	800m:	10:53.91 38.43	
25.	CASTANHEIRA, Ana Sofia		04	Condeixa Clube		11:01.22			394
	<i>FTL</i>								
	50m:	37.84 37.84	250m:	3:25.21 41.99	450m:	6:13.34 41.81	650m:	9:00.49 40.72	
	100m:	1:19.19 41.35	300m:	4:07.33 42.12	500m:	6:55.15 41.81	700m:	9:41.69 41.20	
	150m:	2:01.20 42.01	350m:	4:49.58 42.25	550m:	7:37.34 42.19	750m:	10:22.15 40.46	
	200m:	2:43.22 42.02	400m:	5:31.53 41.95	600m:	8:19.77 42.43	800m:	11:01.22 39.07	
26.	SILVA, Camila Cavaleiro		05	Columbifila Cantanhedense		11:02.70			391
	<i>FTL</i>								
	50m:	37.38 37.38	250m:	3:22.62 41.26	450m:	6:10.80 42.07	650m:	8:59.15 41.92	
	100m:	1:18.54 41.16	300m:	4:04.54 41.92	500m:	6:53.21 42.41	700m:	9:41.20 42.05	
	150m:	1:59.36 40.82	350m:	4:46.39 41.85	550m:	7:34.87 41.66	750m:	10:22.20 41.00	
	200m:	2:41.36 42.00	400m:	5:28.73 42.34	600m:	8:17.23 42.36	800m:	11:02.70 40.50	

Prova 4	Masc., 1500m Livres				Absoluto
12-07-2019 - 10:50	Entrega Medalhas das provas nºs 1 e 3				Resultados
Rec Nacional Absoluto	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	2017
Rec Nacional Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	2017
Rec Nacional Jun 18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	2016
Rec Nacional Jun 17	15:43.45	PINA, Guilherme Filipe	POR	Singapore	2015
Rec Nacional Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	16:30.45	JORGE, Duarte Miguel	CGA	Oeiras	2016
Rec Nacional Inf A	16:43.48	OLIVEIRA, Pedro Fontoura	CFB	Rio Maior	2004

TA ABS-MASC : 19:00.37 / TA JUVA-MASC Juv A: 20:31.60 / TA JUVB-MASC Juv B: 20:54.02

Pontos: FINA 2019

Lugar			Ano			Tempo final			Pts
1.	JOSE, Diogo Coelho		01	Columbifila Cantanhedense		16:29.87			681
	50m:	30.90 30.90	450m:	4:59.65 33.57	850m:	9:24.66 34.02	1250m:	13:47.46 31.83	
	100m:	1:04.73 33.83	500m:	5:32.54 32.89	900m:	9:58.40 33.74	1300m:	14:20.14 32.68	
	150m:	1:38.37 33.64	550m:	6:05.47 32.93	950m:	10:31.91 33.51	1350m:	14:52.19 32.05	
	200m:	2:11.98 33.61	600m:	6:38.43 32.96	1000m:	11:05.14 33.23	1400m:	15:24.37 32.18	
	250m:	2:45.68 33.70	650m:	7:10.84 32.41	1050m:	11:38.04 32.90	1450m:	15:57.12 32.75	
	300m:	3:19.91 34.23	700m:	7:43.61 32.77	1100m:	12:11.74 33.70	1500m:	16:29.87 32.75	
	350m:	3:52.39 32.48	750m:	8:16.20 32.59	1150m:	12:42.76 31.02			
	400m:	4:26.08 33.69	800m:	8:50.64 34.44	1200m:	13:15.63 32.87			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
2.	AMARAL, Francisco Rodriguez		02	Campinho		16:42.54	655	
	50m:	30.47 30.47	450m:	4:59.56 33.75	850m:	9:24.38 33.77	1250m:	13:52.88 34.07
	100m:	1:03.78 33.31	500m:	5:32.65 33.09	900m:	9:58.05 33.67	1300m:	14:26.85 33.97
	150m:	1:37.27 33.49	550m:	6:05.77 33.12	950m:	10:31.81 33.76	1350m:	15:01.04 34.19
	200m:	2:11.25 33.98	600m:	6:38.63 32.86	1000m:	11:05.21 33.40	1400m:	15:35.11 34.07
	250m:	2:45.16 33.91	650m:	7:11.48 32.85	1050m:	11:38.32 33.11	1450m:	16:09.11 34.00
	300m:	3:18.45 33.29	700m:	7:44.24 32.76	1100m:	12:12.04 33.72	1500m:	16:42.54 33.43
	350m:	3:52.05 33.60	750m:	8:17.41 33.17	1150m:	12:45.18 33.14		
	400m:	4:25.81 33.76	800m:	8:50.61 33.20	1200m:	13:18.81 33.63		
3.	MACHADO, Martim Miranda		03	Uniao Coimbra		16:48.71	643	
	50m:	30.33 30.33	450m:	4:59.62 33.68	850m:	9:28.51 33.34	1250m:	14:00.87 33.97
	100m:	1:04.00 33.67	500m:	5:32.66 33.04	900m:	10:02.53 34.02	1300m:	14:34.41 33.54
	150m:	1:37.86 33.86	550m:	6:06.09 33.43	950m:	10:36.54 34.01	1350m:	15:08.60 34.19
	200m:	2:11.83 33.97	600m:	6:38.88 32.79	1000m:	11:10.88 34.34	1400m:	15:42.67 34.07
	250m:	2:45.82 33.99	650m:	7:12.54 33.66	1050m:	11:44.71 33.83	1450m:	16:16.83 34.16
	300m:	3:19.12 33.30	700m:	7:46.17 33.63	1100m:	12:18.63 33.92	1500m:	16:48.71 31.88
	350m:	3:52.63 33.51	750m:	8:20.75 34.58	1150m:	12:52.53 33.90		
	400m:	4:25.94 33.31	800m:	8:55.17 34.42	1200m:	13:26.90 34.37		
4.	CLARA, Vitor Belo		04	Bairro dos Anjos/Bomcar		16:50.37	640	
	50m:	30.56 30.56	450m:	5:05.52 34.21	850m:	9:36.09 33.09	1250m:	14:06.12 33.73
	100m:	1:04.64 34.08	500m:	5:39.59 34.07	900m:	10:09.95 33.86	1300m:	14:39.99 33.87
	150m:	1:39.73 35.09	550m:	6:13.57 33.98	950m:	10:43.57 33.62	1350m:	15:13.56 33.57
	200m:	2:14.49 34.76	600m:	6:48.02 34.45	1000m:	11:17.34 33.77	1400m:	15:47.00 33.44
	250m:	2:48.96 34.47	650m:	7:22.19 34.17	1050m:	11:51.19 33.85	1450m:	16:19.13 32.13
	300m:	3:23.42 34.46	700m:	7:56.08 33.89	1100m:	12:24.94 33.75	1500m:	16:50.37 31.24
	350m:	3:57.26 33.84	750m:	8:29.61 33.53	1150m:	12:58.76 33.82		
	400m:	4:31.31 34.05	800m:	9:03.00 33.39	1200m:	13:32.39 33.63		
5.	SILVA, Nuno Marques		04	Bairro dos Anjos/Bomcar		16:57.41	627	
	50m:	30.05 30.05	450m:	5:00.37 34.40	850m:	9:35.24 34.56	1250m:	14:09.61 34.46
	100m:	1:02.60 32.55	500m:	5:34.53 34.16	900m:	10:09.01 33.77	1300m:	14:43.72 34.11
	150m:	1:36.47 33.87	550m:	6:08.76 34.23	950m:	10:43.62 34.61	1350m:	15:18.22 34.50
	200m:	2:09.92 33.45	600m:	6:43.04 34.28	1000m:	11:17.65 34.03	1400m:	15:52.00 33.78
	250m:	2:43.90 33.98	650m:	7:17.93 34.89	1050m:	11:52.33 34.68	1450m:	16:25.68 33.68
	300m:	3:17.65 33.75	700m:	7:51.95 34.02	1100m:	12:26.49 34.16	1500m:	16:57.41 31.73
	350m:	3:52.04 34.39	750m:	8:26.44 34.49	1150m:	13:01.08 34.59		
	400m:	4:25.97 33.93	800m:	9:00.68 34.24	1200m:	13:35.15 34.07		
6.	MARQUES, Gustavo Pires		04	Fundacao Beatriz Santos		17:14.36	597	
	50m:	29.85 29.85	450m:	5:02.24 33.70	850m:	9:36.90 33.89	1250m:	14:19.10 35.23
	100m:	1:03.80 33.95	500m:	5:36.72 34.48	900m:	10:12.19 35.29	1300m:	14:54.52 35.42
	150m:	1:38.04 34.24	550m:	6:10.72 34.00	950m:	10:47.21 35.02	1350m:	15:29.44 34.92
	200m:	2:12.65 34.61	600m:	6:45.25 34.53	1000m:	11:22.87 35.66	1400m:	16:05.23 35.79
	250m:	2:45.98 33.33	650m:	7:19.27 34.02	1050m:	11:57.71 34.84	1450m:	16:40.14 34.91
	300m:	3:20.53 34.55	700m:	7:54.08 34.81	1100m:	12:33.54 35.83	1500m:	17:14.36 34.22
	350m:	3:54.11 33.58	750m:	8:28.16 34.08	1150m:	13:08.34 34.80		
	400m:	4:28.54 34.43	800m:	9:03.01 34.85	1200m:	13:43.87 35.53		
7.	LOPES, Miguel Sanches		01	Academico Viseu		17:18.05	590	
	50m:	30.56 30.56	450m:	5:06.27 34.56	850m:	9:45.06 35.33	1250m:	14:25.76 34.77
	100m:	1:03.87 33.31	500m:	5:40.68 34.41	900m:	10:20.31 35.25	1300m:	15:00.87 35.11
	150m:	1:38.43 34.56	550m:	6:15.25 34.57	950m:	10:55.38 35.07	1350m:	15:35.72 34.85
	200m:	2:13.08 34.65	600m:	6:49.86 34.61	1000m:	11:30.69 35.31	1400m:	16:10.65 34.93
	250m:	2:47.50 34.42	650m:	7:24.75 34.89	1050m:	12:05.71 35.02	1450m:	16:45.50 34.85
	300m:	3:22.21 34.71	700m:	7:59.61 34.86	1100m:	12:40.82 35.11	1500m:	17:18.05 32.55
	350m:	3:57.08 34.87	750m:	8:34.50 34.89	1150m:	13:15.85 35.03		
	400m:	4:31.71 34.63	800m:	9:09.73 35.23	1200m:	13:50.99 35.14		
8.	SANTOS, Andre Cardoso		03	Academico Viseu		17:18.86	589	
	50m:	31.20 31.20	450m:	5:10.41 38.70	850m:	9:49.20 34.96	1250m:	14:25.62 34.70
	100m:	1:05.00 33.80	500m:	5:45.38 34.97	900m:	10:23.85 34.65	1300m:	15:00.52 34.90
	150m:	1:39.87 34.87	550m:	6:20.35 34.97	950m:	10:58.38 34.53	1350m:	15:35.43 34.91
	200m:	2:14.74 34.87	600m:	6:55.32 34.97	1000m:	11:32.70 34.32	1400m:	16:10.45 35.02
	250m:	2:49.86 35.12	650m:	7:29.56 34.24	1050m:	12:07.35 34.65	1450m:	16:45.88 35.43
	300m:	3:29.81 39.95	700m:	8:04.25 34.69	1100m:	12:41.82 34.47	1500m:	17:18.86 32.98
	350m:	3:57.08 27.27	750m:	8:39.16 34.91	1150m:	13:16.37 34.55		
	400m:	4:31.71 34.63	800m:	9:14.24 35.08	1200m:	13:50.92 34.55		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
9.	CARDOSO, Filipe Santos		04	Gafanha da Encarnacao				17:18.92	589		
	50m:	31.54 31.54	450m:	5:08.68	34.93	850m:	9:47.20	34.98	1250m:	14:27.69	35.59
	100m:	1:05.48 33.94	500m:	5:43.21	34.53	900m:	10:21.99	34.79	1300m:	15:02.66	34.97
	150m:	1:40.10 34.62	550m:	6:18.31	35.10	950m:	10:57.39	35.40	1350m:	15:37.75	35.09
	200m:	2:14.65 34.55	600m:	6:52.96	34.65	1000m:	11:31.77	34.38	1400m:	16:12.24	34.49
	250m:	2:49.42 34.77	650m:	7:27.92	34.96	1050m:	12:06.94	35.17	1450m:	16:46.55	34.31
	300m:	3:24.15 34.73	700m:	8:02.65	34.73	1100m:	12:41.82	34.88	1500m:	17:18.92	32.37
	350m:	3:59.33 35.18	750m:	8:37.65	35.00	1150m:	13:17.13	35.31			
	400m:	4:33.75 34.42	800m:	9:12.22	34.57	1200m:	13:52.10	34.97			
10.	OLIVEIRA, Vitor Teixeira		03	Columbofila Cantanhedense				17:25.88	577		
	50m:	31.10 31.10	450m:	5:04.39	34.54	850m:	9:41.23	34.64	1250m:	14:26.61	36.20
	100m:	1:05.02 33.92	500m:	5:38.72	34.33	900m:	10:16.38	35.15	1300m:	15:03.20	36.59
	150m:	1:39.00 33.98	550m:	6:12.97	34.25	950m:	10:51.74	35.36	1350m:	15:39.17	35.97
	200m:	2:13.16 34.16	600m:	6:47.37	34.40	1000m:	11:27.06	35.32	1400m:	16:15.58	36.41
	250m:	2:47.31 34.15	650m:	7:22.17	34.80	1050m:	12:02.86	35.80	1450m:	16:51.08	35.50
	300m:	3:21.20 33.89	700m:	7:56.91	34.74	1100m:	12:38.56	35.70	1500m:	17:25.88	34.80
	350m:	3:55.45 34.25	750m:	8:31.62	34.71	1150m:	13:14.25	35.69			
	400m:	4:29.85 34.40	800m:	9:06.59	34.97	1200m:	13:50.41	36.16			
11.	MARQUES, Rui Joao		02	Nautico Academico				17:32.15	567		
	50m:	31.77 31.77	450m:	5:05.43	34.95	850m:	9:46.80	35.60	1250m:	14:34.18	35.99
	100m:	1:05.23 33.46	500m:	5:40.44	35.01	900m:	10:22.24	35.44	1300m:	15:10.60	36.42
	150m:	1:38.65 33.42	550m:	6:15.16	34.72	950m:	10:58.93	36.69	1350m:	15:46.67	36.07
	200m:	2:12.63 33.98	600m:	6:49.99	34.83	1000m:	11:34.13	35.20	1400m:	16:22.42	35.75
	250m:	2:46.62 33.99	650m:	7:25.31	35.32	1050m:	12:10.32	36.19	1450m:	16:58.70	36.28
	300m:	3:21.30 34.68	700m:	8:00.55	35.24	1100m:	12:46.05	35.73	1500m:	17:32.15	33.45
	350m:	3:56.00 34.70	750m:	8:35.82	35.27	1150m:	13:22.36	36.31			
	400m:	4:30.48 34.48	800m:	9:11.20	35.38	1200m:	13:58.19	35.83			
12.	FROTA, Paulo Andre		02	Condeixa Clube				17:39.78	555		
	50m:	30.37 30.37	450m:	5:02.29	34.76	850m:	9:41.91	34.00	1250m:	14:36.41	36.74
	100m:	1:03.97 33.60	500m:	5:37.60	35.31	900m:	10:18.11	36.20	1300m:	15:13.16	36.75
	150m:	1:37.61 33.64	550m:	6:12.30	34.70	950m:	10:54.95	36.84	1350m:	15:49.67	36.51
	200m:	2:11.80 34.19	600m:	6:47.64	35.34	1000m:	11:32.04	37.09	1400m:	16:26.76	37.09
	250m:	2:45.70 33.90	650m:	7:23.13	35.49	1050m:	12:08.33	36.29	1450m:	17:03.07	36.31
	300m:	3:19.86 34.16	700m:	7:58.79	35.66	1100m:	12:45.42	37.09	1500m:	17:39.78	36.71
	350m:	3:53.09 33.23	750m:	8:34.08	35.29	1150m:	13:22.10	36.68			
	400m:	4:27.53 34.44	800m:	9:07.91	33.83	1200m:	13:59.67	37.57			
13.	SANTOS, Rui Mamede		04	Uniao Coimbra				17:50.54	538		
	50m:	31.16 31.16	450m:	5:14.18	35.99	850m:	10:04.55	36.94	1250m:	14:53.80	36.50
	100m:	1:05.80 34.64	500m:	5:49.83	35.65	900m:	10:40.15	35.60	1300m:	15:30.49	36.69
	150m:	1:40.84 35.04	550m:	6:26.05	36.22	950m:	11:16.83	36.68	1350m:	16:06.94	36.45
	200m:	2:16.02 35.18	600m:	7:01.96	35.91	1000m:	11:54.04	37.21	1400m:	16:42.42	35.48
	250m:	2:51.72 35.70	650m:	7:38.52	36.56	1050m:	12:29.80	35.76	1450m:	17:18.24	35.82
	300m:	3:26.91 35.19	700m:	8:14.51	35.99	1100m:	13:05.70	35.90	1500m:	17:50.54	32.30
	350m:	4:02.75 35.84	750m:	8:51.08	36.57	1150m:	13:41.91	36.21			
	400m:	4:38.19 35.44	800m:	9:27.61	36.53	1200m:	14:17.30	35.39			
14.	SANTOS, Guilherme Clara		02	Estamos Juntos				18:04.50	518		
	50m:	30.80 30.80	450m:	5:15.00	36.09	850m:	10:06.98	36.49	1250m:	15:01.88	36.76
	100m:	1:04.91 34.11	500m:	5:50.99	35.99	900m:	10:44.04	37.06	1300m:	15:38.48	36.60
	150m:	1:39.72 34.81	550m:	6:27.39	36.40	950m:	11:20.53	36.49	1350m:	16:15.67	37.19
	200m:	2:14.75 35.03	600m:	7:03.65	36.26	1000m:	11:57.48	36.95	1400m:	16:52.44	36.77
	250m:	2:50.54 35.79	650m:	7:40.45	36.80	1050m:	12:34.22	36.74	1450m:	17:29.05	36.61
	300m:	3:26.98 36.44	700m:	8:17.00	36.55	1100m:	13:11.17	36.95	1500m:	18:04.50	35.45
	350m:	4:02.80 35.82	750m:	8:54.11	37.11	1150m:	13:48.20	37.03			
	400m:	4:38.91 36.11	800m:	9:30.49	36.38	1200m:	14:25.12	36.92			
15.	TSYKAL, Daniel		04	Alcobaca				18:04.91	517		
	50m:	31.82 31.82	450m:	5:23.71	36.91	850m:	10:18.13	36.69	1250m:	15:07.84	36.33
	100m:	1:08.29 36.47	500m:	6:00.65	36.94	900m:	10:55.19	37.06	1300m:	15:44.44	36.60
	150m:	1:44.26 35.97	550m:	6:37.05	36.40	950m:	11:31.71	36.52	1350m:	16:19.83	35.39
	200m:	2:20.55 36.29	600m:	7:13.69	36.64	1000m:	12:08.40	36.69	1400m:	16:56.30	36.47
	250m:	2:56.63 36.08	650m:	7:50.86	37.17	1050m:	12:43.22	34.82	1450m:	17:31.34	35.04
	300m:	3:33.65 37.02	700m:	8:27.56	36.70	1100m:	13:19.36	36.14	1500m:	18:04.91	33.57
	350m:	4:10.21 36.56	750m:	9:04.36	36.80	1150m:	13:55.56	36.20			
	400m:	4:46.80 36.59	800m:	9:41.44	37.08	1200m:	14:31.51	35.95			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
16.	CARVALHO, Ricardo Martins		03	Fundacao Beatriz Santos		18:16.34	501	
	50m:	32.32 32.32	450m:	5:24.10 36.48	850m:	10:18.27 36.71	1250m:	15:13.26 37.35
	100m:	1:08.40 36.08	500m:	6:00.99 36.89	900m:	10:55.20 36.93	1300m:	15:50.52 37.26
	150m:	1:44.85 36.45	550m:	6:37.53 36.54	950m:	11:31.78 36.58	1350m:	16:27.18 36.66
	200m:	2:21.21 36.36	600m:	7:14.25 36.72	1000m:	12:08.78 37.00	1400m:	17:04.42 37.24
	250m:	2:57.03 35.82	650m:	7:50.69 36.44	1050m:	12:44.91 36.13	1450m:	17:40.73 36.31
	300m:	3:34.12 37.09	700m:	8:27.89 37.20	1100m:	13:21.99 37.08	1500m:	18:16.34 35.61
	350m:	4:10.90 36.78	750m:	9:04.43 36.54	1150m:	13:58.70 36.71		
	400m:	4:47.62 36.72	800m:	9:41.56 37.13	1200m:	14:35.91 37.21		
17.	NEAGU, Tiberius Sebastian		04	Academico Viseu		18:26.06	488	
	50m:	32.95 32.95	450m:	5:26.79 37.71	850m:	10:25.83 37.22	1250m:	15:24.38 37.76
	100m:	1:08.58 35.63	500m:	6:04.13 37.34	900m:	11:02.40 36.57	1300m:	16:01.30 36.92
	150m:	1:44.66 36.08	550m:	6:41.53 37.40	950m:	11:39.96 37.56	1350m:	16:38.40 37.10
	200m:	2:21.26 36.60	600m:	7:18.74 37.21	1000m:	12:17.25 37.29	1400m:	17:14.66 36.26
	250m:	2:57.81 36.55	650m:	7:56.28 37.54	1050m:	12:54.78 37.53	1450m:	17:51.74 37.08
	300m:	3:34.91 37.10	700m:	8:33.22 36.94	1100m:	13:31.74 36.96	1500m:	18:26.06 34.32
	350m:	4:12.14 37.23	750m:	9:11.51 38.29	1150m:	14:08.97 37.23		
	400m:	4:49.08 36.94	800m:	9:48.61 37.10	1200m:	14:46.62 37.65		
18.	OLIVEIRA, Goncalo Daniel		04	Fundacao Beatriz Santos		18:33.93	478	
	50m:	32.02 32.02	450m:	5:26.57 37.69	850m:	10:24.59 37.73	1250m:	15:27.10 37.96
	100m:	1:07.29 35.27	500m:	6:03.42 36.85	900m:	11:02.30 37.71	1300m:	16:05.51 38.41
	150m:	1:43.76 36.47	550m:	6:40.82 37.40	950m:	11:39.91 37.61	1350m:	16:43.30 37.79
	200m:	2:20.54 36.78	600m:	7:18.65 37.83	1000m:	12:17.79 37.88	1400m:	17:20.74 37.44
	250m:	2:57.09 36.55	650m:	7:55.47 36.82	1050m:	12:55.81 38.02	1450m:	17:57.96 37.22
	300m:	3:33.37 36.28	700m:	8:32.57 37.10	1100m:	13:33.75 37.94	1500m:	18:33.93 35.97
	350m:	4:11.41 38.04	750m:	9:09.72 37.15	1150m:	14:11.93 38.18		
	400m:	4:48.88 37.47	800m:	9:46.86 37.14	1200m:	14:49.14 37.21		
19.	SOLODYUK, Micael Kovalchuk		03	Natacao de Vagos		18:40.42	469	
	50m:	32.66 32.66	450m:	5:26.04 37.03	850m:	10:27.18 37.59	1250m:	15:31.85 38.25
	100m:	1:08.76 36.10	500m:	6:03.62 37.58	900m:	11:05.04 37.86	1300m:	16:10.29 38.44
	150m:	1:45.31 36.55	550m:	6:40.92 37.30	950m:	11:43.16 38.12	1350m:	16:48.28 37.99
	200m:	2:21.67 36.36	600m:	7:18.44 37.52	1000m:	12:21.33 38.17	1400m:	17:26.61 38.33
	250m:	2:58.53 36.86	650m:	7:56.12 37.68	1050m:	12:59.23 37.90	1450m:	18:04.36 37.75
	300m:	3:35.37 36.84	700m:	8:33.64 37.52	1100m:	13:37.16 37.93	1500m:	18:40.42 36.06
	350m:	4:12.23 36.86	750m:	9:11.64 38.00	1150m:	14:15.22 38.06		
	400m:	4:49.01 36.78	800m:	9:49.59 37.95	1200m:	14:53.60 38.38		
20.	GOMES, Sebastiao Mendes		00	Pimpoes/Cimai		18:42.69	466	
	50m:	31.40 31.40	450m:	5:16.53 36.92	850m:	10:18.12 39.85	1250m:	15:33.08 40.58
	100m:	1:05.62 34.22	500m:	5:53.84 37.31	900m:	10:56.95 38.83	1300m:	16:11.14 38.06
	150m:	1:40.72 35.10	550m:	6:31.08 37.24	950m:	11:37.12 40.17	1350m:	16:48.80 37.66
	200m:	2:15.27 34.55	600m:	7:09.27 38.19	1000m:	12:14.28 37.16	1400m:	17:26.34 37.54
	250m:	2:50.96 35.69	650m:	7:45.28 36.01	1050m:	12:53.92 39.64	1450m:	18:05.71 39.37
	300m:	3:26.74 35.78	700m:	8:23.88 38.60	1100m:	13:33.85 39.93	1500m:	18:42.69 36.98
	350m:	4:03.09 36.35	750m:	9:01.68 37.80	1150m:	14:13.02 39.17		
	400m:	4:39.61 36.52	800m:	9:38.27 36.59	1200m:	14:52.50 39.48		
21.	TEIXEIRA, Joao Octavio		03	Galitos / Bresimar		18:46.84	461	
	50m:	31.81 31.81	450m:	5:28.29 38.02	850m:	10:34.05 38.50	1250m:	15:40.59 38.40
	100m:	1:07.00 35.19	500m:	6:05.94 37.65	900m:	11:12.35 38.30	1300m:	16:18.94 38.35
	150m:	1:43.50 36.50	550m:	6:43.99 38.05	950m:	11:51.33 38.98	1350m:	16:57.30 38.36
	200m:	2:20.49 36.99	600m:	7:21.83 37.84	1000m:	12:29.16 37.83	1400m:	17:34.95 37.65
	250m:	2:56.52 36.03	650m:	8:00.36 38.53	1050m:	13:07.29 38.13	1450m:	18:12.69 37.74
	300m:	3:34.32 37.80	700m:	8:38.96 38.60	1100m:	13:45.48 38.19	1500m:	18:46.84 34.15
	350m:	4:12.29 37.97	750m:	9:17.09 38.13	1150m:	14:23.85 38.37		
	400m:	4:50.27 37.98	800m:	9:55.55 38.46	1200m:	15:02.19 38.34		
22.	GRILLO, Afonso Corte-Real FTL		04	Fundacao Beatriz Santos		19:19.92	423	
	50m:	33.71 33.71	450m:	5:39.19 38.72	850m:	10:49.36 38.88	1250m:	16:03.30 39.55
	100m:	1:10.12 36.41	500m:	6:17.91 38.72	900m:	11:29.38 40.02	1300m:	16:43.36 40.06
	150m:	1:48.30 38.18	550m:	6:56.19 38.28	950m:	12:07.78 38.40	1350m:	17:24.15 40.79
	200m:	2:26.92 38.62	600m:	7:35.79 39.60	1000m:	12:46.88 39.10	1400m:	18:02.80 38.65
	250m:	3:05.41 38.49	650m:	8:15.10 39.31	1050m:	13:25.93 39.05	1450m:	18:41.81 39.01
	300m:	3:43.50 38.09	700m:	8:52.83 37.73	1100m:	14:05.32 39.39	1500m:	19:19.92 38.11
	350m:	4:21.59 38.09	750m:	9:31.58 38.75	1150m:	14:45.06 39.74		
	400m:	5:00.47 38.88	800m:	10:10.48 38.90	1200m:	15:23.75 38.69		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
23. FERREIRA, Renato Maria <i>FTL</i>	04 Vigor da Mocidade	20:05.02	377
50m: 33.21 33.21	450m: 5:52.63 40.65	850m: 11:18.79 41.08	1250m: 16:42.44 41.04
100m: 1:11.61 38.40	500m: 6:33.13 40.50	900m: 11:58.77 39.98	1300m: 17:23.78 41.34
150m: 1:51.22 39.61	550m: 7:13.64 40.51	950m: 12:38.57 39.80	1350m: 18:04.55 40.77
200m: 2:31.06 39.84	600m: 7:54.21 40.57	1000m: 13:19.02 40.45	1400m: 18:45.46 40.91
250m: 3:11.27 40.21	650m: 8:34.99 40.78	1050m: 13:59.01 39.99	1450m: 19:25.82 40.36
300m: 3:51.41 40.14	700m: 9:16.41 41.42	1100m: 14:39.52 40.51	1500m: 20:05.02 39.20
350m: 4:31.41 40.00	750m: 9:56.34 39.93	1150m: 15:20.25 40.73	
400m: 5:11.98 40.57	800m: 10:37.71 41.37	1200m: 16:01.40 41.15	

DNS TRAVASSOS, Rodrigo Alexandre 02 Individual ANC

Prova 4 Masc., 1500m Livres Juv A e B
12-07-2019 - 10:50 Entrega Medalhas das provas nºs 1 e 3 Resultados

Rec Nacional Absoluto	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	2017
Rec Nacional Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	16:30.45	JORGE, Duarte Miguel	CGA	Oeiras	2016

TA ABS-MASC Absoluto: 19:00.37 / TA JUVA-MASC Juv A: 20:31.60 / TA JUVB-MASC Juv B: 20:54.02

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MACHADO, Martim Miranda	03 Uniao Coimbra	16:48.71	643
50m: 30.33 30.33	450m: 4:59.62 33.68	850m: 9:28.51 33.34	1250m: 14:00.87 33.97
100m: 1:04.00 33.67	500m: 5:32.66 33.04	900m: 10:02.53 34.02	1300m: 14:34.41 33.54
150m: 1:37.86 33.86	550m: 6:06.09 33.43	950m: 10:36.54 34.01	1350m: 15:08.60 34.19
200m: 2:11.83 33.97	600m: 6:38.88 32.79	1000m: 11:10.88 34.34	1400m: 15:42.67 34.07
250m: 2:45.82 33.99	650m: 7:12.54 33.66	1050m: 11:44.71 33.83	1450m: 16:16.83 34.16
300m: 3:19.12 33.30	700m: 7:46.17 33.63	1100m: 12:18.63 33.92	1500m: 16:48.71 31.88
350m: 3:52.63 33.51	750m: 8:20.75 34.58	1150m: 12:52.53 33.90	
400m: 4:25.94 33.31	800m: 8:55.17 34.42	1200m: 13:26.90 34.37	
2. CLARA, Vitor Belo	04 Bairro dos Anjos/Bomcar	16:50.37	640
50m: 30.56 30.56	450m: 5:05.52 34.21	850m: 9:36.09 33.09	1250m: 14:06.12 33.73
100m: 1:04.64 34.08	500m: 5:39.59 34.07	900m: 10:09.95 33.86	1300m: 14:39.99 33.87
150m: 1:39.73 35.09	550m: 6:13.57 33.98	950m: 10:43.57 33.62	1350m: 15:13.56 33.57
200m: 2:14.49 34.76	600m: 6:48.02 34.45	1000m: 11:17.34 33.77	1400m: 15:47.00 33.44
250m: 2:48.96 34.47	650m: 7:22.19 34.17	1050m: 11:51.19 33.85	1450m: 16:19.13 32.13
300m: 3:23.42 34.46	700m: 7:56.08 33.89	1100m: 12:24.94 33.75	1500m: 16:50.37 31.24
350m: 3:57.26 33.84	750m: 8:29.61 33.53	1150m: 12:58.76 33.82	
400m: 4:31.31 34.05	800m: 9:03.00 33.39	1200m: 13:32.39 33.63	
3. SILVA, Nuno Marques	04 Bairro dos Anjos/Bomcar	16:57.41	627
50m: 30.05 30.05	450m: 5:00.37 34.40	850m: 9:35.24 34.56	1250m: 14:09.61 34.46
100m: 1:02.60 32.55	500m: 5:34.53 34.16	900m: 10:09.01 33.77	1300m: 14:43.72 34.11
150m: 1:36.47 33.87	550m: 6:08.76 34.23	950m: 10:43.62 34.61	1350m: 15:18.22 34.50
200m: 2:09.92 33.45	600m: 6:43.04 34.28	1000m: 11:17.65 34.03	1400m: 15:52.00 33.78
250m: 2:43.90 33.98	650m: 7:17.93 34.89	1050m: 11:52.33 34.68	1450m: 16:25.68 33.68
300m: 3:17.65 33.75	700m: 7:51.95 34.02	1100m: 12:26.49 34.16	1500m: 16:57.41 31.73
350m: 3:52.04 34.39	750m: 8:26.44 34.49	1150m: 13:01.08 34.59	
400m: 4:25.97 33.93	800m: 9:00.68 34.24	1200m: 13:35.15 34.07	
4. MARQUES, Gustavo Pires	04 Fundacao Beatriz Santos	17:14.36	597
50m: 29.85 29.85	450m: 5:02.24 33.70	850m: 9:36.90 33.89	1250m: 14:19.10 35.23
100m: 1:03.80 33.95	500m: 5:36.72 34.48	900m: 10:12.19 35.29	1300m: 14:54.52 35.42
150m: 1:38.04 34.24	550m: 6:10.72 34.00	950m: 10:47.21 35.02	1350m: 15:29.44 34.92
200m: 2:12.65 34.61	600m: 6:45.25 34.53	1000m: 11:22.87 35.66	1400m: 16:05.23 35.79
250m: 2:45.98 33.33	650m: 7:19.27 34.02	1050m: 11:57.71 34.84	1450m: 16:40.14 34.91
300m: 3:20.53 34.55	700m: 7:54.08 34.81	1100m: 12:33.54 35.83	1500m: 17:14.36 34.22
350m: 3:54.11 33.58	750m: 8:28.16 34.08	1150m: 13:08.34 34.80	
400m: 4:28.54 34.43	800m: 9:03.01 34.85	1200m: 13:43.87 35.53	

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts
5.	SANTOS, Andre Cardoso		03	Academico Viseu				17:18.86	589
	50m:	31.20 31.20	450m:	5:10.41 38.70	850m:	9:49.20 34.96	1250m:	14:25.62 34.70	
	100m:	1:05.00 33.80	500m:	5:45.38 34.97	900m:	10:23.85 34.65	1300m:	15:00.52 34.90	
	150m:	1:39.87 34.87	550m:	6:20.35 34.97	950m:	10:58.38 34.53	1350m:	15:35.43 34.91	
	200m:	2:14.74 34.87	600m:	6:55.32 34.97	1000m:	11:32.70 34.32	1400m:	16:10.45 35.02	
	250m:	2:49.86 35.12	650m:	7:29.56 34.24	1050m:	12:07.35 34.65	1450m:	16:45.88 35.43	
	300m:	3:29.81 39.95	700m:	8:04.25 34.69	1100m:	12:41.82 34.47	1500m:	17:18.86 32.98	
	350m:	3:57.08 27.27	750m:	8:39.16 34.91	1150m:	13:16.37 34.55			
	400m:	4:31.71 34.63	800m:	9:14.24 35.08	1200m:	13:50.92 34.55			
6.	CARDOSO, Filipe Santos		04	Gafanha da Encarnacao				17:18.92	589
	50m:	31.54 31.54	450m:	5:08.68 34.93	850m:	9:47.20 34.98	1250m:	14:27.69 35.59	
	100m:	1:05.48 33.94	500m:	5:43.21 34.53	900m:	10:21.99 34.79	1300m:	15:02.66 34.97	
	150m:	1:40.10 34.62	550m:	6:18.31 35.10	950m:	10:57.39 35.40	1350m:	15:37.75 35.09	
	200m:	2:14.65 34.55	600m:	6:52.96 34.65	1000m:	11:31.77 34.38	1400m:	16:12.24 34.49	
	250m:	2:49.42 34.77	650m:	7:27.92 34.96	1050m:	12:06.94 35.17	1450m:	16:46.55 34.31	
	300m:	3:24.15 34.73	700m:	8:02.65 34.73	1100m:	12:41.82 34.88	1500m:	17:18.92 32.37	
	350m:	3:59.33 35.18	750m:	8:37.65 35.00	1150m:	13:17.13 35.31			
	400m:	4:33.75 34.42	800m:	9:12.22 34.57	1200m:	13:52.10 34.97			
7.	OLIVEIRA, Vitor Teixeira		03	Columbofila Cantanhedense				17:25.88	577
	50m:	31.10 31.10	450m:	5:04.39 34.54	850m:	9:41.23 34.64	1250m:	14:26.61 36.20	
	100m:	1:05.02 33.92	500m:	5:38.72 34.33	900m:	10:16.38 35.15	1300m:	15:03.20 36.59	
	150m:	1:39.00 33.98	550m:	6:12.97 34.25	950m:	10:51.74 35.36	1350m:	15:39.17 35.97	
	200m:	2:13.16 34.16	600m:	6:47.37 34.40	1000m:	11:27.06 35.32	1400m:	16:15.58 36.41	
	250m:	2:47.31 34.15	650m:	7:22.17 34.80	1050m:	12:02.86 35.80	1450m:	16:51.08 35.50	
	300m:	3:21.20 33.89	700m:	7:56.91 34.74	1100m:	12:38.56 35.70	1500m:	17:25.88 34.80	
	350m:	3:55.45 34.25	750m:	8:31.62 34.71	1150m:	13:14.25 35.69			
	400m:	4:29.85 34.40	800m:	9:06.59 34.97	1200m:	13:50.41 36.16			
8.	SANTOS, Rui Mamede		04	Uniao Coimbra				17:50.54	538
	50m:	31.16 31.16	450m:	5:14.18 35.99	850m:	10:04.55 36.94	1250m:	14:53.80 36.50	
	100m:	1:05.80 34.64	500m:	5:49.83 35.65	900m:	10:40.15 35.60	1300m:	15:30.49 36.69	
	150m:	1:40.84 35.04	550m:	6:26.05 36.22	950m:	11:16.83 36.68	1350m:	16:06.94 36.45	
	200m:	2:16.02 35.18	600m:	7:01.96 35.91	1000m:	11:54.04 37.21	1400m:	16:42.42 35.48	
	250m:	2:51.72 35.70	650m:	7:38.52 36.56	1050m:	12:29.80 35.76	1450m:	17:18.24 35.82	
	300m:	3:26.91 35.19	700m:	8:14.51 35.99	1100m:	13:05.70 35.90	1500m:	17:50.54 32.30	
	350m:	4:02.75 35.84	750m:	8:51.08 36.57	1150m:	13:41.91 36.21			
	400m:	4:38.19 35.44	800m:	9:27.61 36.53	1200m:	14:17.30 35.39			
9.	TSYKAL, Daniel		04	Alcobaca				18:04.91	517
	50m:	31.82 31.82	450m:	5:23.71 36.91	850m:	10:18.13 36.69	1250m:	15:07.84 36.33	
	100m:	1:08.29 36.47	500m:	6:00.65 36.94	900m:	10:55.19 37.06	1300m:	15:44.44 36.60	
	150m:	1:44.26 35.97	550m:	6:37.05 36.40	950m:	11:31.71 36.52	1350m:	16:19.83 35.39	
	200m:	2:20.55 36.29	600m:	7:13.69 36.64	1000m:	12:08.40 36.69	1400m:	16:56.30 36.47	
	250m:	2:56.63 36.08	650m:	7:50.86 37.17	1050m:	12:43.22 34.82	1450m:	17:31.34 35.04	
	300m:	3:33.65 37.02	700m:	8:27.56 36.70	1100m:	13:19.36 36.14	1500m:	18:04.91 33.57	
	350m:	4:10.21 36.56	750m:	9:04.36 36.80	1150m:	13:55.56 36.20			
	400m:	4:46.80 36.59	800m:	9:41.44 37.08	1200m:	14:31.51 35.95			
10.	CARVALHO, Ricardo Martins		03	Fundacao Beatriz Santos				18:16.34	501
	50m:	32.32 32.32	450m:	5:24.10 36.48	850m:	10:18.27 36.71	1250m:	15:13.26 37.35	
	100m:	1:08.40 36.08	500m:	6:00.99 36.89	900m:	10:55.20 36.93	1300m:	15:50.52 37.26	
	150m:	1:44.85 36.45	550m:	6:37.53 36.54	950m:	11:31.78 36.58	1350m:	16:27.18 36.66	
	200m:	2:21.21 36.36	600m:	7:14.25 36.72	1000m:	12:08.78 37.00	1400m:	17:04.42 37.24	
	250m:	2:57.03 35.82	650m:	7:50.69 36.44	1050m:	12:44.91 36.13	1450m:	17:40.73 36.31	
	300m:	3:34.12 37.09	700m:	8:27.89 37.20	1100m:	13:21.99 37.08	1500m:	18:16.34 35.61	
	350m:	4:10.90 36.78	750m:	9:04.43 36.54	1150m:	13:58.70 36.71			
	400m:	4:47.62 36.72	800m:	9:41.56 37.13	1200m:	14:35.91 37.21			
11.	NEAGU, Tiberius Sebastian		04	Academico Viseu				18:26.06	488
	50m:	32.95 32.95	450m:	5:26.79 37.71	850m:	10:25.83 37.22	1250m:	15:24.38 37.76	
	100m:	1:08.58 35.63	500m:	6:04.13 37.34	900m:	11:02.40 36.57	1300m:	16:01.30 36.92	
	150m:	1:44.66 36.08	550m:	6:41.53 37.40	950m:	11:39.96 37.56	1350m:	16:38.40 37.10	
	200m:	2:21.26 36.60	600m:	7:18.74 37.21	1000m:	12:17.25 37.29	1400m:	17:14.66 36.26	
	250m:	2:57.81 36.55	650m:	7:56.28 37.54	1050m:	12:54.78 37.53	1450m:	17:51.74 37.08	
	300m:	3:34.91 37.10	700m:	8:33.22 36.94	1100m:	13:31.74 36.96	1500m:	18:26.06 34.32	
	350m:	4:12.14 37.23	750m:	9:11.51 38.29	1150m:	14:08.97 37.23			
	400m:	4:49.08 36.94	800m:	9:48.61 37.10	1200m:	14:46.62 37.65			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 4, Masc., 1500m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts
12.	OLIVEIRA, Goncalo Daniel		04	Fundacao Beatriz Santos				18:33.93	478
	50m:	32.02 32.02	450m:	5:26.57 37.69	850m:	10:24.59 37.73	1250m:	15:27.10 37.96	
	100m:	1:07.29 35.27	500m:	6:03.42 36.85	900m:	11:02.30 37.71	1300m:	16:05.51 38.41	
	150m:	1:43.76 36.47	550m:	6:40.82 37.40	950m:	11:39.91 37.61	1350m:	16:43.30 37.79	
	200m:	2:20.54 36.78	600m:	7:18.65 37.83	1000m:	12:17.79 37.88	1400m:	17:20.74 37.44	
	250m:	2:57.09 36.55	650m:	7:55.47 36.82	1050m:	12:55.81 38.02	1450m:	17:57.96 37.22	
	300m:	3:33.37 36.28	700m:	8:32.57 37.10	1100m:	13:33.75 37.94	1500m:	18:33.93 35.97	
	350m:	4:11.41 38.04	750m:	9:09.72 37.15	1150m:	14:11.93 38.18			
	400m:	4:48.88 37.47	800m:	9:46.86 37.14	1200m:	14:49.14 37.21			
13.	SOLODYUK, Micael Kovalchuk		03	Natacao de Vagos				18:40.42	469
	50m:	32.66 32.66	450m:	5:26.04 37.03	850m:	10:27.18 37.59	1250m:	15:31.85 38.25	
	100m:	1:08.76 36.10	500m:	6:03.62 37.58	900m:	11:05.04 37.86	1300m:	16:10.29 38.44	
	150m:	1:45.31 36.55	550m:	6:40.92 37.30	950m:	11:43.16 38.12	1350m:	16:48.28 37.99	
	200m:	2:21.67 36.36	600m:	7:18.44 37.52	1000m:	12:21.33 38.17	1400m:	17:26.61 38.33	
	250m:	2:58.53 36.86	650m:	7:56.12 37.68	1050m:	12:59.23 37.90	1450m:	18:04.36 37.75	
	300m:	3:35.37 36.84	700m:	8:33.64 37.52	1100m:	13:37.16 37.93	1500m:	18:40.42 36.06	
	350m:	4:12.23 36.86	750m:	9:11.64 38.00	1150m:	14:15.22 38.06			
	400m:	4:49.01 36.78	800m:	9:49.59 37.95	1200m:	14:53.60 38.38			
14.	TEIXEIRA, Joao Octavio		03	Galitos / Bresimar				18:46.84	461
	50m:	31.81 31.81	450m:	5:28.29 38.02	850m:	10:34.05 38.50	1250m:	15:40.59 38.40	
	100m:	1:07.00 35.19	500m:	6:05.94 37.65	900m:	11:12.35 38.30	1300m:	16:18.94 38.35	
	150m:	1:43.50 36.50	550m:	6:43.99 38.05	950m:	11:51.33 38.98	1350m:	16:57.30 38.36	
	200m:	2:20.49 36.99	600m:	7:21.83 37.84	1000m:	12:29.16 37.83	1400m:	17:34.95 37.65	
	250m:	2:56.52 36.03	650m:	8:00.36 38.53	1050m:	13:07.29 38.13	1450m:	18:12.69 37.74	
	300m:	3:34.32 37.80	700m:	8:38.96 38.60	1100m:	13:45.48 38.19	1500m:	18:46.84 34.15	
	350m:	4:12.29 37.97	750m:	9:17.09 38.13	1150m:	14:23.85 38.37			
	400m:	4:50.27 37.98	800m:	9:55.55 38.46	1200m:	15:02.19 38.34			
15.	GRILO, Afonso Corte-Real FTL		04	Fundacao Beatriz Santos				19:19.92	423
	50m:	33.71 33.71	450m:	5:39.19 38.72	850m:	10:49.36 38.88	1250m:	16:03.30 39.55	
	100m:	1:10.12 36.41	500m:	6:17.91 38.72	900m:	11:29.38 40.02	1300m:	16:43.36 40.06	
	150m:	1:48.30 38.18	550m:	6:56.19 38.28	950m:	12:07.78 38.40	1350m:	17:24.15 40.79	
	200m:	2:26.92 38.62	600m:	7:35.79 39.60	1000m:	12:46.88 39.10	1400m:	18:02.80 38.65	
	250m:	3:05.41 38.49	650m:	8:15.10 39.31	1050m:	13:25.93 39.05	1450m:	18:41.81 39.01	
	300m:	3:43.50 38.09	700m:	8:52.83 37.73	1100m:	14:05.32 39.39	1500m:	19:19.92 38.11	
	350m:	4:21.59 38.09	750m:	9:31.58 38.75	1150m:	14:45.06 39.74			
	400m:	5:00.47 38.88	800m:	10:10.48 38.90	1200m:	15:23.75 38.69			
16.	FERREIRA, Renato Maria FTL		04	Vigor da Mocidade				20:05.02	377
	50m:	33.21 33.21	450m:	5:52.63 40.65	850m:	11:18.79 41.08	1250m:	16:42.44 41.04	
	100m:	1:11.61 38.40	500m:	6:33.13 40.50	900m:	11:58.77 39.98	1300m:	17:23.78 41.34	
	150m:	1:51.22 39.61	550m:	7:13.64 40.51	950m:	12:38.57 39.80	1350m:	18:04.55 40.77	
	200m:	2:31.06 39.84	600m:	7:54.21 40.57	1000m:	13:19.02 40.45	1400m:	18:45.46 40.91	
	250m:	3:11.27 40.21	650m:	8:34.99 40.78	1050m:	13:59.01 39.99	1450m:	19:25.82 40.36	
	300m:	3:51.41 40.14	700m:	9:16.41 41.42	1100m:	14:39.52 40.51	1500m:	20:05.02 39.20	
	350m:	4:31.41 40.00	750m:	9:56.34 39.93	1150m:	15:20.25 40.73			
	400m:	5:11.98 40.57	800m:	10:37.71 41.37	1200m:	16:01.40 41.15			
EXH	TAVARES, Daniel Batista FTL		06	Alges e Agueda XXI				19:43.45	398
	50m:	32.93 32.93	450m:	5:41.86 44.58	850m:	11:15.17 40.98	1250m:	16:35.47 39.13	
	100m:	1:09.94 37.01	500m:	6:23.80 41.94	900m:	11:55.93 40.76	1300m:	17:13.87 38.40	
	150m:	1:48.33 38.39	550m:	7:05.13 41.33	950m:	12:37.02 41.09	1350m:	17:51.65 37.78	
	200m:	2:26.72 38.39	600m:	7:46.41 41.28	1000m:	13:17.76 40.74	1400m:	18:30.36 38.71	
	250m:	3:04.95 38.23	650m:	8:28.50 42.09	1050m:	13:57.09 39.33	1450m:	19:08.86 38.50	
	300m:	3:43.11 38.16	700m:	9:10.79 42.29	1100m:	14:36.94 39.85	1500m:	19:43.45 34.59	
	350m:	4:20.18 37.07	750m:	9:52.39 41.60	1150m:	15:16.53 39.59			
	400m:	4:57.28 37.10	800m:	10:34.19 41.80	1200m:	15:56.34 39.81			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

2 - 1ª Jornada - 2ª Sessão

12-07-2019 - 16:00

Prova 5	Masc., 4 x 50m Estilos				Absoluto
12-07-2019 - 16:00					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
TA ABS-MASC : 2:15.92					

Pontos: FINA 2019

Lugar			Tempo final	Pts
1.	Uniao Coimbra Abs	Uniao Coimbra	1:50.18	609
	ARZILEIRO, Bernardo Vinagre 01	28.44 SIMOES, Manuel Baptista 03		26.45
	MACHADO, Joao Francisco 99	30.86 RIBEIRO, Diogo Matos 04		24.43
2.	Academica de Coimbra Abs	Academica de Coimbra	1:52.08	579
	CENTEIO, Fabio Mondego 94	30.22 PATRICIO, Rodrigo Alexandre 98		26.77
	CARVALHO, Ruben Paiva 94	29.26 OVIEDO, Miguel Freitas 02		25.83
3.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos	1:52.16	578
	DIAS, Joao Pedro 02	29.49 DOMINGUES, Ricardo Jorge 02		27.10
	AGOSTINHO, Miguel Diogo 00	31.20 GOMES, Rodrigo Ribeiro 00		24.37
4.	Feirense Abs	Feirense	1:54.01	550
	SILVA, Job Santos 96	29.50 FERREIRA, Joao Vitor 96		27.36
	CORREIA, Andre Filipe 97	32.56 PINHO, Manuel Antonio 01		24.59
5.	Feirense Jun	Feirense	1:55.01	536
	COELHO, Rodrigo Manuel 01	30.13 ACIOLI, Victor Hugo 02		27.17
	CERDEIRINHA, Xavier Gomes 02	32.06 GOMES, Rodrigo Guedes 02		25.65
6.	Galitos / Bresimar Abs	Galitos / Bresimar	1:55.81	525
	ANTUNES, Jose Pedro 00	30.94 PELAIO, Jose Pedro 01		26.21
	KLIER, Afonso Miguel 01	32.11 JORGE, Duarte Miguel 01		26.55
7.	Academico Viseu Abs	Academico Viseu	1:57.33	504
	SANTOS, Fernando Miguel 01	30.33 LOPES, Miguel Sanches 01		28.51
	SANTOS, Andre Cardoso 03	33.19 MACHADO, Ricardo Marques 02		25.30
8.	Bairro dos Anjos/Bomcar Juv B	Bairro dos Anjos/Bomcar	1:58.05	495
	FARIA, Ricardo Morais 04	30.73 REIS, Rodrigo Miguel 04		27.64
	SILVA, Nuno Marques 04	33.85 CASTANHEIRA, Guilherme Silva 04		25.83
9.	Gafanha da Encarnação Abs	Gafanha da Encarnacao	1:58.33	492
	ZINCA, Andrei Iulian 00	29.78 CARDOSO, Filipe Santos 04		28.66
	MELO, Edgar Ribau 99	32.94 OLIVEIRA, Gil Diogo 01		26.95
10.	Estamos Juntos Abs	Estamos Juntos	2:00.08	471
	PINHO, Duarte Sa 02	31.37 SILVA, Henrique Gomes 02		27.05
	SANTOS, Roberto Pinho 03	34.52 MARTINS, David Almeida 01		27.14
11.	O Crasto Abs	O Crasto	2:01.97	449
	COELHO, Joao Salvador 03	31.32 RELVA, Tiago Alexandre 96		30.30
	MAXIMO, Joao Luis 98	33.32 FIGUEIREDO, Gustavo Pinto 02		27.03
12.	Bombeiros Mealhada/ CA Abs	Bombeiros Mealhada/ CA	2:09.11	378
	TOME, David Emanuel 03	32.96 YURCHUK, Artur 03		30.37
	ALMEIDA, Marco Andre 02	36.37 ANDRADE, Cesar Rodrigues 04		29.41
13.	Sporting de Espinho Abs	Sporting de Espinho	2:13.61	341
	ROCHA, Joao Filipe 04	36.85 MONTEIRO, Rodrigo Manuel 98		31.12
	VAZ, Miguel Marques 00	37.74 TAVARES, Vasco Capela 99		27.90

DSQ Estarreja Jun Estarreja
o atleta no primeiro percurso, não rompeu a superfície da água antes dos 15 m
FIDALGO, Mateus Valente, FERREIRA, Joao Renato, SILVA, Luis Afonso, OLIVEIRA, David Miguel

DSQ Condeixa Clube Condeixa Clube
o atleta no primeiro percurso, não rompeu a superfície da água antes dos 15 m
MIGUEL, Tomas Pedrosa, MARQUES, Goncalo Silva, PEREIRA, Ricardo Marques, FROTA, Paulo Andre

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 6 Femin., 4 x 50m Estilos Absoluto
12-07-2019 - 16:05 Resultados

Rec Nacional Absoluto	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
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

TA ABS-FEM : 2:33.66

Pontos: FINA 2019

Lugar				Tempo final	Pts
1.	Galitos / Bresimar Abs	Galitos / Bresimar		2:05.62	606
	FERNANDES, Carolina Miranda 05	32.15 RODRIGUES, Ana Margarida	96		28.72
	MONTEIRO, Margarida Cabral 02	37.09 AMADOR, Joana Costa	01		27.66
2.	Academica de Coimbra Abs	Academica de Coimbra		2:05.90	602
	NEVES, Ana Carolina 00	32.50 TEJO, Beatriz Costa	02		29.10
	DIAS, Beatriz Castanheira 99	36.33 CRAVEIRO, Beatriz Neves	97		27.97
3.	Bairro dos Anjos/Bomcar Jun	Bairro dos Anjos/Bomcar		2:06.69	591
	JUNQUEIRA, Sofia Ribeiro 02	33.41 LOPES, Sara Santos	03		29.79
	DOMINGUES, Luana Pinto 03	34.81 JACINTO, Ines Filipa	03		28.68
4.	Natacao de Vagos Abs	Natacao de Vagos		2:07.10	585
	MARQUES, Maria Vieira 04	32.10 MONTEIRO, Ines Rosado	00		30.64
	VALE, Joana Malta 02	35.85 PEREIRA, Carolina Rei	05		28.51
5.	Louzan Natacao Abs	Louzan Natacao/EFAPEL		2:08.00	573
	REBELO, Camila Rodrigues 03	30.26 PAIVA, Leonor Correia	04		32.48
	REBELO, Maria Carlota 03	36.71 ROSA, Mariana Carmo	05		28.55
6.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos		2:08.39	568
	BERNARDO, Joana Beatriz 99	34.19 SILVA, Ines Pereira	02		29.33
	TOMAS, Beatriz Monteiro 03	35.00 CUNHA, Leonor Correia	04		29.87
7.	Estarreja Abs	Estarreja		2:09.19	557
	MARQUES, Mariana Nunes 03	32.66 CASTRO, Andreia Rodrigues	01		31.40
	TEIXEIRA, Ines Oliveira 02	35.68 SANTOS, Diana Sofia	02		29.45
8.	Uniao Coimbra Abs	Uniao Coimbra		2:11.43	529
	SIMOES, Barbara Almeida 05	35.16 RODRIGUES, Joana Francisca	04		30.00
	MONTEIRO, Ana Carolina 04	37.27 PIRES, Beatriz Almeida	03		29.00
9.	Bairro dos Anjos/Bomcar Juv	Bairro dos Anjos/Bomcar		2:11.45	529
	LAGOA, Carlota Macedo 05	32.65 SIMOES, Rita Mendes	04		31.97
	ALVES, Maria Francisca 04	37.41 VIANA, Margarida Violante	04		29.42
10.	Academico Viseu Abs	Academico Viseu		2:12.56	516
	CORREIA, Beatriz Santos 04	35.40 CARDEAL, Beatriz Nunes	04		30.71
	CARDEAL, Joana Nunes 02	37.20 CUNHA, Beatriz Pereira	01		29.25
11.	Condeixa Clube	Condeixa Clube		2:13.72	502
	FRAZAO, Alexandra Couto 02	34.16 QUEIROZ, Ana Rita	02		30.71
	FLORENCIO, Matilde Alves 04	38.44 CABRAL, Ana Matos	05		30.41
12.	Estarreja Juv A	Estarreja		2:16.56	472
	SIMAO, Renata Bandeira 04	37.67 TAVARES, Mariana Silva	04		31.88
	LOPES, Margarida Santos 04	36.61 SANTOS, Marta Cecilia	04		30.40
13.	Estamos Juntos Jun	Estamos Juntos		2:19.07	447
	MACHADO, Raquel Cruz 03	35.78 MACEDO, Luisa Mendes	03		33.79
	FIAL, Sofia Nunes 03	34.88 COSTA, Erica Regina	02		34.62
14.	Gafanha da Encarnação Abs	Gafanha da Encarnacao		2:20.45	434
	PEREIRA, Joana Santos 00	36.09 PINTO, Susana Ferreira	01		37.13
	VEIGA, Ana Filipa 01	36.79 ESTEVES, Ana Jorge	01		30.44
15.	Feirense Abs	Feirense		2:21.41	425
	SILVA, Ema Santos 03	36.46 PINTO, Mara Ribeiro	01		34.32
	VIEIRA, Daniela Sofia 01	41.38 SOARES, Ana Beatriz	03		29.25
16.	Sporting de Espinho Abs	Sporting de Espinho		2:23.33	408
	LIMA, Ana Cristina 05	37.74 MELO, Ines Pinheiro	01		32.96
	POINHO, Maria Ines 01	40.37 MONTEIRO, Ana Rita	01		32.26

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 6, Femin., 4 x 50m Estilos, Absoluto

Lugar				Tempo final	Pts
17.	Bombeiros Mealhada/ CA Abs		Bombeiros Mealhada/ CA	2:25.70	388
	URBANO, Sara Cruz	03	42.58 MADEIRA, Maria Jose	02	33.47
	GASPAR, Beatriz Ferreira	04	39.13 PEREIRA, Beatriz Sofia	04	30.52
18.	Desporto de Tondela Abs		Desporto de Tondela	2:29.81	357
	MARQUES, Margarida Dinis	03	39.13 SANTOS, Ana Marta	02	36.09
	PACHECO, Mariana Martins	03	41.21 PACHECO, Lara Borges	02	33.38

Prova 7

12-07-2019 - 16:15

Masc., 100m Bruços
Entrega de Medalhas da prova nº 6

Absoluto
Resultados

Rec Nacional Absoluto	1:01.01	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Sen	1:01.01	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	1:02.87	SILVA, Andre Miguel	PDEM	Faro	2009
Rec Nacional Jun 17	1:04.54	SILVA, Andre Miguel	POR	Belgrado (SRB)	2008
Rec Nacional Juv A	1:05.33	PEREIRA, Ricardo Samuel	SLB	Coimbra	2019
Rec Nacional Juv B	1:06.16	PEREIRA, Ricardo Samuel	SLB	Oeiras	2018
Rec Nacional Inf A	1:09.82	PEREIRA, Ricardo Samuel	CCDPCMS	Vila Franca de Xira	2017

TA ABS-MASC : 1:20.80 / TA JUVA-MASC Juv A: 1:27.25 / TA JUVB-MASC Juv B: 1:28.87

Pontos: FINA 2019

Lugar		Ano		Tempo final	Pts
1.	GASPAR, Miguel Caridade	99	Academica de Coimbra	1:07.98	592
	50m: 32.35 32.35	100m: 1:07.98	35.63		
2.	CARVALHO, Ruben Paiva	94	Academica de Coimbra	1:09.44	556
	50m: 32.99 32.99	100m: 1:09.44	36.45		
3.	KLIER, Afonso Miguel	01	Galitos / Bresimar	1:09.84	546
	50m: 33.36 33.36	100m: 1:09.84	36.48		
4.	MACHADO, Joao Francisco	99	Uniao Coimbra	1:10.00	542
	50m: 33.03 33.03	100m: 1:10.00	36.97		
5.	AGOSTINHO, Miguel Diogo	00	Fundacao Beatriz Santos	1:10.29	536
	50m: 32.75 32.75	100m: 1:10.29	37.54		
6.	MIRKA, Artem Vos	00	Galitos / Bresimar	1:10.61	528
	50m: 32.23 32.23	100m: 1:10.61	38.38		
7.	DINIS, Tiago Moises	98	Nautico Academico	1:11.17	516
	50m: 33.32 33.32	100m: 1:11.17	37.85		
8.	RODRIGUES, Pedro Simoes	01	Uniao Coimbra	1:11.18	516
	50m: 33.25 33.25	100m: 1:11.18	37.93		
	RODRIGUES, Miguel Carvalho	02	Galitos / Bresimar	1:11.18	516
	50m: 33.48 33.48	100m: 1:11.18	37.70		
10.	MARQUES, Goncalo Silva	01	Condeixa Clube	1:11.68	505
	50m: 34.70 34.70	100m: 1:11.68	36.98		
11.	PEREIRA, Bernardo Sousa	01	Pimpoes/Cimai	1:11.79	503
	50m: 34.05 34.05	100m: 1:11.79	37.74		
12.	SOUSA, Duarte Anastacio	02	Uniao Coimbra	1:11.86	501
	50m: 33.34 33.34	100m: 1:11.86	38.52		
13.	SOARES, Afonso Almeida	01	Campinho	1:11.92	500
	50m: 33.74 33.74	100m: 1:11.92	38.18		
14.	BRAS, Alexandre Miguel	03	S. Pedro Alva	1:12.16	495
	50m: 33.16 33.16	100m: 1:12.16	39.00		
15.	ALMEIDA, Francisco Ferreira	04	Sporting de Espinho	1:12.21	494
	50m: 34.45 34.45	100m: 1:12.21	37.76		
16.	RIBEIRO, Diogo Matos	04	Uniao Coimbra	1:12.23	494
	50m: 34.04 34.04	100m: 1:12.23	38.19		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 7, Masc., 100m Bruços, Absoluto

Lugar			Ano			Tempo final	Pts
17.	CAMPOS, Rafael Alves	04	S. Pedro Alva	1:12.26	493		
	50m: 33.39 33.39	100m: 1:12.26	38.87				
18.	ANICETO, Joao Gabriel	04	Bairro dos Anjos/Bomcar	1:12.36	491		
	50m: 35.12 35.12	100m: 1:12.36	37.24				
19.	MELO, Edgar Ribau	99	Gafanha da Encarnacao	1:12.37	491		
	50m: 35.36 35.36	100m: 1:12.37	37.01				
20.	SILVA, Henrique Gomes	02	Estamos Juntos	1:12.71	484		
	50m: 34.81 34.81	100m: 1:12.71	37.90				
21.	CERDEIRINHA, Xavier Gomes	02	Feirense	1:13.11	476		
	50m: 34.67 34.67	100m: 1:13.11	38.44				
22.	PAIS, Joao Ventura	02	Fundacao Beatriz Santos	1:13.15	475		
	50m: 34.17 34.17	100m: 1:13.15	38.98				
23.	CARVALHO, Renato Miguel	03	Galitos / Bresimar	1:13.67	465		
	50m: 34.84 34.84	100m: 1:13.67	38.83				
24.	CORREIA, Andre Filipe	97	Feirense	1:13.79	463		
	50m: 34.80 34.80	100m: 1:13.79	38.99				
25.	MENDES, Francisco Miguel	01	Nautico Academico	1:14.05	458		
	50m: 34.49 34.49	100m: 1:14.05	39.56				
26.	PEREIRA, Tiago Maia	04	Galitos / Bresimar	1:14.72	446		
	50m: 35.59 35.59	100m: 1:14.72	39.13				
27.	SANTOS, Andre Cardoso	03	Academico Viseu	1:14.81	444		
	50m: 35.11 35.11	100m: 1:14.81	39.70				
28.	MOITA, Goncalo Brites	04	Uniao Coimbra	1:14.93	442		
	50m: 34.59 34.59	100m: 1:14.93	40.34				
29.	ANASTACIO, Alexandre Quiterio	01	Benedita	1:15.29	436		
	50m: 34.93 34.93	100m: 1:15.29	40.36				
30.	FERREIRA, Joao Renato	01	Estarreja	1:15.36	434		
	50m: 34.77 34.77	100m: 1:15.36	40.59				
31.	LIMÕES, Sergio Miguel	03	Galitos / Bresimar	1:15.92	425		
	50m: 36.03 36.03	100m: 1:15.92	39.89				
32.	SOARES, Duarte Almeida	01	Campinho	1:16.44	416		
	50m: 35.24 35.24	100m: 1:16.44	41.20				
33.	PINHO, Gabriel Alexandre	03	Feirense	1:16.81	410		
	50m: 35.25 35.25	100m: 1:16.81	41.56				
34.	AGOSTINHO, Ricardo Luis	96	Fundacao Beatriz Santos	1:16.88	409		
	50m: 36.01 36.01	100m: 1:16.88	40.87				
35.	SILVA, Afonso Varelãs	01	Nautico Marinha Grande	1:16.90	409		
	50m: 36.78 36.78	100m: 1:16.90	40.12				
36.	SANTOS, Roberto Pinho	03	Estamos Juntos	1:17.06	406		
	50m: 36.11 36.11	100m: 1:17.06	40.95				
37.	SILVA, Jose Miguel	02	Nautico Academico	1:17.63	397		
	50m: 36.72 36.72	100m: 1:17.63	40.91				
38.	POIARES, Tiago Andre	04	Fundacao Beatriz Santos	1:18.17	389		
	50m: 36.93 36.93	100m: 1:18.17	41.24				
39.	OLIVEIRA, Vasco Peixoto	04	Alcobaca	1:18.24	388		
	50m: 36.56 36.56	100m: 1:18.24	41.68				
40.	PAIVA, Andre Ferreira	03	Feirense	1:18.32	387		
	50m: 36.49 36.49	100m: 1:18.32	41.83				

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 7, Masc., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
41. CAROLA, Jose Pedro 50m: 38.01 38.01 100m: 1:19.15 41.14	04	Gafanha da Encarnacao 1:19.15	375
42. MARTINS, David Almeida 50m: 36.80 36.80 100m: 1:19.46 42.66	01	Estamos Juntos 1:19.46	371
43. BULHOSA, Silvio Miguel 50m: 37.02 37.02 100m: 1:19.85 42.83	03	Estamos Juntos 1:19.85	365
44. MOCO, Pedro Ribeiro 50m: 37.08 37.08 100m: 1:20.28 43.20	02	Natacao de Vagos 1:20.28	359
45. GONCALVES, Jorge Miguel 50m: 36.89 36.89 100m: 1:20.57 43.68	03	Galitos / Bresimar 1:20.57	355
46. CARVALHO, Gabriel Pereira 50m: 37.27 37.27 100m: 1:20.65 43.38	01	Feirense 1:20.65	354
47. LOMBA, Afonso Maia <i>FTL</i> 50m: 37.22 37.22 100m: 1:20.83 43.61	04	Feirense 1:20.83	352
48. SA, Rafael Domingues <i>FTL</i> 50m: 38.49 38.49 100m: 1:21.53 43.04	03	Natacao de Vagos 1:21.53	343
49. LOURENCO, Goncalo Pires <i>FTL</i> 50m: 37.69 37.69 100m: 1:22.29 44.60	03	Fundacao Beatriz Santos 1:22.29	334
50. PEREIRA, Igor Branco <i>FTL</i> 50m: 37.71 37.71 100m: 1:22.34 44.63	03	O Crasto 1:22.34	333
51. ALMEIDA, Marco Andre <i>FTL</i> 50m: 39.19 39.19 100m: 1:22.70 43.51	02	Bombeiros Mealhada/ CA 1:22.70	329
52. SOUSA, Vasco Silva <i>FTL</i> 50m: 38.43 38.43 100m: 1:23.39 44.96	04	Bairro dos Anjos/Bomcar 1:23.39	321
53. VAZ, Miguel Marques <i>FTL</i> 50m: 38.23 38.23 100m: 1:23.53 45.30	00	Sporting de Espinho 1:23.53	319
54. RODRIGUES, Henrique Rocha <i>FTL</i> 50m: 38.99 38.99 100m: 1:23.71 44.72	03	Sporting de Aveiro 1:23.71	317
55. VAZ, Luis Vicente <i>FTL</i> 50m: 38.82 38.82 100m: 1:23.72 44.90	03	Sporting de Espinho 1:23.72	317
56. CUNHA, Martim Abrantes <i>FTL</i> 50m: 40.42 40.42 100m: 1:24.27 43.85	03	Campinho 1:24.27	311
57. BRANDAO, Francisco Miguel <i>FTL</i> 50m: 49.59 49.59 100m: 1:42.72 53.13	04	Nautico Academico 1:42.72	171

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 7, Masc., 100m Bruços

Prova 7 Masc., 100m Bruços Juv A e B
12-07-2019 - 16:15 Entrega de Medalhas da prova nº 6 Resultados

Rec Nacional Absoluto	1:01.01	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Juv A	1:05.33	PEREIRA, Ricardo Samuel	SLB	Coimbra	2019
Rec Nacional Juv B	1:06.16	PEREIRA, Ricardo Samuel	SLB	Oeiras	2018

TA ABS-MASC Absoluto: 1:20.80 / TA JUVA-MASC Juv A: 1:27.25 / TA JUVB-MASC Juv B: 1:28.87

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. BRAS, Alexandre Miguel 50m: 33.16 33.16 100m: 1:12.16	03 S. Pedro Alva	1:12.16	495
2. ALMEIDA, Francisco Ferreira 50m: 34.45 34.45 100m: 1:12.21	04 Sporting de Espinho	1:12.21	494
3. RIBEIRO, Diogo Matos 50m: 34.04 34.04 100m: 1:12.23	04 Uniao Coimbra	1:12.23	494
4. CAMPOS, Rafael Alves 50m: 33.39 33.39 100m: 1:12.26	04 S. Pedro Alva	1:12.26	493
5. ANICETO, Joao Gabriel 50m: 35.12 35.12 100m: 1:12.36	04 Bairro dos Anjos/Bomcar	1:12.36	491
6. CARVALHO, Renato Miguel 50m: 34.84 34.84 100m: 1:13.67	03 Galitos / Bresimar	1:13.67	465
7. PEREIRA, Tiago Maia 50m: 35.59 35.59 100m: 1:14.72	04 Galitos / Bresimar	1:14.72	446
8. SANTOS, Andre Cardoso 50m: 35.11 35.11 100m: 1:14.81	03 Academico Viseu	1:14.81	444
9. MOITA, Goncalo Brites 50m: 34.59 34.59 100m: 1:14.93	04 Uniao Coimbra	1:14.93	442
10. LIMOES, Sergio Miguel 50m: 36.03 36.03 100m: 1:15.92	03 Galitos / Bresimar	1:15.92	425
11. PINHO, Gabriel Alexandre 50m: 35.25 35.25 100m: 1:16.81	03 Feirense	1:16.81	410
12. SANTOS, Roberto Pinho 50m: 36.11 36.11 100m: 1:17.06	03 Estamos Juntos	1:17.06	406
13. POIARES, Tiago Andre 50m: 36.93 36.93 100m: 1:18.17	04 Fundacao Beatriz Santos	1:18.17	389
14. OLIVEIRA, Vasco Peixoto 50m: 36.56 36.56 100m: 1:18.24	04 Alcobaca	1:18.24	388
15. PAIVA, Andre Ferreira 50m: 36.49 36.49 100m: 1:18.32	03 Feirense	1:18.32	387
16. CAROLA, Jose Pedro 50m: 38.01 38.01 100m: 1:19.15	04 Gafanha da Encarnacao	1:19.15	375
17. BULHOSA, Silvio Miguel 50m: 37.02 37.02 100m: 1:19.85	03 Estamos Juntos	1:19.85	365
18. GONCALVES, Jorge Miguel 50m: 36.89 36.89 100m: 1:20.57	03 Galitos / Bresimar	1:20.57	355
19. LOMBA, Afonso Maia FTL 50m: 37.22 37.22 100m: 1:20.83	04 Feirense	1:20.83	352
20. SA, Rafael Domingues FTL 50m: 38.49 38.49 100m: 1:21.53	03 Natacao de Vagos	1:21.53	343

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 7, Masc., 100m Bruços, Juv A e B

Lugar			Ano			Tempo final	Pts
21.	LOURENCO, Goncalo Pires		03	Fundacao Beatriz Santos		1:22.29	334
	<i>FTL</i>						
	50m:	37.69 37.69	100m:	1:22.29	44.60		
22.	PEREIRA, Igor Branco		03	O Crasto		1:22.34	333
	<i>FTL</i>						
	50m:	37.71 37.71	100m:	1:22.34	44.63		
23.	SOUSA, Vasco Silva		04	Bairro dos Anjos/Bomcar		1:23.39	321
	<i>FTL</i>						
	50m:	38.43 38.43	100m:	1:23.39	44.96		
24.	RODRIGUES, Henrique Rocha		03	Sporting de Aveiro		1:23.71	317
	<i>FTL</i>						
	50m:	38.99 38.99	100m:	1:23.71	44.72		
25.	VAZ, Luis Vicente		03	Sporting de Espinho		1:23.72	317
	<i>FTL</i>						
	50m:	38.82 38.82	100m:	1:23.72	44.90		
26.	CUNHA, Martim Abrantes		03	Campinho		1:24.27	311
	<i>FTL</i>						
	50m:	40.42 40.42	100m:	1:24.27	43.85		
27.	BRANDAO, Francisco Miguel		04	Nautico Academico		1:42.72	171
	<i>FTL</i>						
	50m:	49.59 49.59	100m:	1:42.72	53.13		
EXH	FERNANDES, Eduardo Gomes		02	Sporting		1:10.88	522
	50m:	32.96 32.96	100m:	1:10.88	37.92		
EXH	SILVA, Nuno Gabriel		05	Campinho		1:25.84	294
	<i>FTL</i>						
	50m:	41.09 41.09	100m:	1:25.84	44.75		
EXH	MENDES, Tome Santiago		05	Vigor da Mocidade		1:35.76	212
	<i>FTL</i>						
	50m:	44.26 44.26	100m:	1:35.76	51.50		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 8 12-07-2019 - 16:30	Femin., 100m Bruços				Absoluto
Entrega de Medalhas das provas nºs 4 e 5					Resultados
Rec Nacional Absoluto	1:08.82	RODRIGUES, Ana Pinho	AEJ	Coimbra	2015
Rec Nacional Sen	1:08.82	RODRIGUES, Ana Pinho	AEJ	Coimbra	2015
Rec Nacional Jun 17	1:10.00	PEREIRA, Raquel Gomes	SAD	Coimbra	2017
Rec Nacional Jun 16	1:10.09	GOMES, Diana Duarte	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	1:10.73	RODRIGUES, Ana Pinho	AEJ	Coimbra	2009
Rec Nacional Juv B	1:12.89	OLIVEIRA, Paula Alexandra	FCP	Coimbra	2010
TA ABS-FEM : 1:32.12 / TA JUVA-FEM Juv A: 1:37.66 / TA JUVB-FEM Juv B: 1:40.42					

Pontos: FINA 2019

Lugar			Ano	Tempo final	Pts
1.	VEIGA, Ana Filipa	01	Gafanha da Encarnacao	1:16.48	589
	50m: 36.77 36.77	100m: 1:16.48	39.71		
2.	DOMINGUES, Luana Pinto	03	Bairro dos Anjos/Bomcar	1:17.07	576
	50m: 36.80 36.80	100m: 1:17.07	40.27		
3.	FIAL, Sofia Nunes	03	Estamos Juntos	1:17.47	567
	50m: 36.32 36.32	100m: 1:17.47	41.15		
4.	TOMAS, Beatriz Monteiro	03	Fundacao Beatriz Santos	1:17.86	558
	50m: 36.86 36.86	100m: 1:17.86	41.00		
5.	TEIXEIRA, Ines Oliveira	02	Estarreja	1:18.11	553
	50m: 36.44 36.44	100m: 1:18.11	41.67		
6.	DIAS, Beatriz Castanheira	99	Academica de Coimbra	1:19.21	530
	50m: 38.28 38.28	100m: 1:19.21	40.93		
7.	PEREIRA, Carolina Rei	05	Natacao de Vagos	1:19.58	523
	50m: 37.10 37.10	100m: 1:19.58	42.48		
8.	FERREIRA, Joana Rosa	05	Naval de Peniche	1:19.89	517
	50m: 38.16 38.16	100m: 1:19.89	41.73		
9.	VALE, Joana Malta	02	Natacao de Vagos	1:21.18	492
	50m: 37.70 37.70	100m: 1:21.18	43.48		
10.	SANTOS, Diana Sofia	02	Estarreja	1:22.01	478
	50m: 39.79 39.79	100m: 1:22.01	42.22		
11.	ALMEIDA, Ana Rita	05	Campinho	1:22.12	476
	50m: 39.01 39.01	100m: 1:22.12	43.11		
12.	SILVA, Ana Catarina	04	Fundacao Beatriz Santos	1:22.23	474
	50m: 39.32 39.32	100m: 1:22.23	42.91		
13.	SOUSA, Ana Pereira	03	Ginasio Figueirense	1:22.24	474
	50m: 38.88 38.88	100m: 1:22.24	43.36		
14.	LAMAS, Maria Caetano	04	Miranda do Corvo	1:22.65	467
	50m: 40.88 40.88	100m: 1:22.65	41.77		
15.	MELO, Maria Miguel	02	Galitos / Bresimar	1:22.68	466
	50m: 37.92 37.92	100m: 1:22.68	44.76		
16.	SOARES, Ines Apolinario	03	Pimpoes/Cimai	1:22.69	466
	50m: 39.50 39.50	100m: 1:22.69	43.19		
17.	MONTEIRO, Margarida Cabral	02	Galitos / Bresimar	1:22.78	464
	50m: 39.28 39.28	100m: 1:22.78	43.50		
18.	LOPES, Margarida Santos	04	Estarreja	1:23.03	460
	50m: 39.08 39.08	100m: 1:23.03	43.95		
19.	FLORENCIO, Matilde Alves	04	Condeixa Clube	1:23.11	459
	50m: 39.32 39.32	100m: 1:23.11	43.79		
20.	NEVES, Sara Dias	03	Miranda do Corvo	1:23.31	456
	50m: 39.68 39.68	100m: 1:23.31	43.63		
21.	CUNHA, Leonor Correia	04	Fundacao Beatriz Santos	1:23.71	449
	50m: 39.82 39.82	100m: 1:23.71	43.89		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 8, Femin., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
22. ALVES, Maria Francisca 50m: 39.50 39.50 100m: 1:23.77	04 Bairro dos Anjos/Bomcar	1:23.77 44.27	448
23. MENDES, Daniela Portela 50m: 39.37 39.37 100m: 1:23.95	04 Fundacao Beatriz Santos	1:23.95 44.58	445
24. CASTRO, Andreia Rodrigues 50m: 40.77 40.77 100m: 1:24.40	01 Estarreja	1:24.40 43.63	438
25. NOBRE, Marisa Isabel 50m: 39.96 39.96 100m: 1:24.50	05 Columbofila Cantanhedense	1:24.50 44.54	437
26. ROSARIO, Ema Filipa 50m: 40.17 40.17 100m: 1:25.12	00 Academica de Coimbra	1:25.12 44.95	427
27. ALVES, Maria Ines 50m: 40.83 40.83 100m: 1:26.12	05 Academica de Coimbra	1:26.12 45.29	412
28. ABREU, Sofia Viola 50m: 41.78 41.78 100m: 1:26.53	04 Naval de Peniche	1:26.53 44.75	407
29. SOUSA, Ana Correia 50m: 41.03 41.03 100m: 1:26.55	04 Pimpoes/Cimai	1:26.55 45.52	406
30. RIBEIRO, Maria Joao 50m: 40.91 40.91 100m: 1:26.57	05 Feirense	1:26.57 45.66	406
31. PEDROSA, Carolina Pereira 50m: 40.86 40.86 100m: 1:26.69	02 Viegrense	1:26.69 45.83	404
32. GAMEIRO, Marta Domingues 50m: 41.77 41.77 100m: 1:27.15	04 Nautico Academico	1:27.15 45.38	398
33. MELO, Beatriz Coelho 50m: 40.74 40.74 100m: 1:27.49	05 Feirense	1:27.49 46.75	393
34. SIMAO, Renata Bandeira 50m: 41.34 41.34 100m: 1:29.38	04 Estarreja	1:29.38 48.04	369
35. RODRIGUES, Constanca Filipa 50m: 42.21 42.21 100m: 1:29.62	02 Pimpoes/Cimai	1:29.62 47.41	366
36. POINHO, Maria Ines 50m: 41.56 41.56 100m: 1:29.63	01 Sporting de Espinho	1:29.63 48.07	366
37. MARQUES, Maria Ines 50m: 42.31 42.31 100m: 1:29.93	05 Alcobaca	1:29.93 47.62	362
38. CASTANHEIRA, Ana Sofia 50m: 42.71 42.71 100m: 1:30.14	04 Condeixa Clube	1:30.14 47.43	360
39. FELIX, Ines Silva 50m: 42.83 42.83 100m: 1:30.30	04 Sporting de Aveiro	1:30.30 47.47	358
40. VIEIRA, Daniela Sofia 50m: 41.93 41.93 100m: 1:30.38	01 Feirense	1:30.38 48.45	357
41. MACHADO, Raquel Cruz 50m: 42.35 42.35 100m: 1:30.41	03 Estamos Juntos	1:30.41 48.06	356
42. NOGUEIRA, Rita Santos 50m: 43.45 43.45 100m: 1:30.65	03 Uniao Coimbra	1:30.65 47.20	354
43. PIRES, Rita Lima 50m: 43.84 43.84 100m: 1:31.42	05 Nautico Academico	1:31.42 47.58	345
44. ABREU, Daniela Filipa 50m: 43.59 43.59 100m: 1:32.06	04 Campinho	1:32.06 48.47	338
45. DIAS, Maria Beatriz FTL 50m: 43.50 43.50 100m: 1:33.59	05 Sporting de Aveiro	1:33.59 50.09	321

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 8, Femin., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
46. CONCEICAO, Beatriz Silva <i>FTL</i>	05 Uniao Juncalense	1:34.91	308
50m: 44.05 44.05 100m: 1:34.91 50.86			
47. TEJO, Maria Costa <i>FTL</i>	05 Academica de Coimbra	1:36.05	297
50m: 44.81 44.81 100m: 1:36.05 51.24			
48. PACHECO, Mariana Martins <i>FTL</i>	03 Desporto de Tondela	1:36.89	289
50m: 47.06 47.06 100m: 1:36.89 49.83			
49. LOBO, Maria Fernandes <i>FTL</i>	05 Nautico Academico	1:37.70	282
50m: 46.47 46.47 100m: 1:37.70 51.23			
MALHEIRO, Maria Vieira <i>FTL</i>	05 Campinho	1:37.70	282
50m: 46.90 46.90 100m: 1:37.70 50.80			
51. AFONSO, Beatriz Beja <i>FTL</i>	04 Academica de Coimbra	1:37.94	280
50m: 47.04 47.04 100m: 1:37.94 50.90			
52. CRESPO, Beatriz Santos <i>FTL</i>	05 Viegense	1:39.75	265
50m: 46.83 46.83 100m: 1:39.75 52.92			
53. ASCENSO, Maria Pedro <i>FTL</i>	04 Nautico Academico	1:41.22	254
50m: 48.11 48.11 100m: 1:41.22 53.11			
54. ALMEIDA, Bruna Alexandra <i>FTL</i>	05 Desporto de Tondela	1:49.22	202
50m: 51.34 51.34 100m: 1:49.22 57.88			
55. ESTEVES, Diana Morgado <i>FTL</i>	04 Desporto de Tondela	1:49.59	200
50m: 48.65 48.65 100m: 1:49.59 1:00.94			
DSQ LIMA, Ana Cristina <i>Falsa partida</i>	05 Sporting de Espinho		
DNS PAIVA, Leonor Correia	04 Louzan Natacao/EFAPEL		
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		
DNS FIDALGO, Mafalda Vestia	04 Uniao Coimbra		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 8, Femin., 100m Bruços

Prova 8
12-07-2019 - 16:30

Femin., 100m Bruços
Entrega de Medalhas das provas nºs 4 e 5

Juv A e B
Resultados

Rec Nacional Absoluto	1:08.82	RODRIGUES, Ana Pinho	AEJ	Coimbra	2015
Rec Nacional Juv A	1:10.73	RODRIGUES, Ana Pinho	AEJ	Coimbra	2009
Rec Nacional Juv B	1:12.89	OLIVEIRA, Paula Alexandra	FCP	Coimbra	2010

TA ABS-FEM Absoluto: 1:32.12 / TA JUVA-FEM Juv A: 1:37.66 / TA JUVB-FEM Juv B: 1:40.42

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. PEREIRA, Carolina Rei 50m: 37.10 37.10 100m: 1:19.58	05 Natacao de Vagos	1:19.58	523
2. FERREIRA, Joana Rosa 50m: 38.16 38.16 100m: 1:19.89	05 Naval de Peniche	1:19.89	517
3. ALMEIDA, Ana Rita 50m: 39.01 39.01 100m: 1:22.12	05 Campinho	1:22.12	476
4. SILVA, Ana Catarina 50m: 39.32 39.32 100m: 1:22.23	04 Fundacao Beatriz Santos	1:22.23	474
5. LAMAS, Maria Caetano 50m: 40.88 40.88 100m: 1:22.65	04 Miranda do Corvo	1:22.65	467
6. LOPES, Margarida Santos 50m: 39.08 39.08 100m: 1:23.03	04 Estarreja	1:23.03	460
7. FLORENCIO, Matilde Alves 50m: 39.32 39.32 100m: 1:23.11	04 Condeixa Clube	1:23.11	459
8. CUNHA, Leonor Correia 50m: 39.82 39.82 100m: 1:23.71	04 Fundacao Beatriz Santos	1:23.71	449
9. ALVES, Maria Francisca 50m: 39.50 39.50 100m: 1:23.77	04 Bairro dos Anjos/Bomcar	1:23.77	448
10. MENDES, Daniela Portela 50m: 39.37 39.37 100m: 1:23.95	04 Fundacao Beatriz Santos	1:23.95	445
11. NOBRE, Marisa Isabel 50m: 39.96 39.96 100m: 1:24.50	05 Columbofila Cantanhedense	1:24.50	437
12. ALVES, Maria Ines 50m: 40.83 40.83 100m: 1:26.12	05 Academica de Coimbra	1:26.12	412
13. ABREU, Sofia Viola 50m: 41.78 41.78 100m: 1:26.53	04 Naval de Peniche	1:26.53	407
14. SOUSA, Ana Correia 50m: 41.03 41.03 100m: 1:26.55	04 Pimpoes/Cimai	1:26.55	406
15. RIBEIRO, Maria Joao 50m: 40.91 40.91 100m: 1:26.57	05 Feirense	1:26.57	406
16. GAMEIRO, Marta Domingues 50m: 41.77 41.77 100m: 1:27.15	04 Nautico Academico	1:27.15	398
17. MELO, Beatriz Coelho 50m: 40.74 40.74 100m: 1:27.49	05 Feirense	1:27.49	393
18. SIMAO, Renata Bandeira 50m: 41.34 41.34 100m: 1:29.38	04 Estarreja	1:29.38	369
19. MARQUES, Maria Ines 50m: 42.31 42.31 100m: 1:29.93	05 Alcobaca	1:29.93	362
20. CASTANHEIRA, Ana Sofia 50m: 42.71 42.71 100m: 1:30.14	04 Condeixa Clube	1:30.14	360
21. FELIX, Ines Silva 50m: 42.83 42.83 100m: 1:30.30	04 Sporting de Aveiro	1:30.30	358

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 8, Femin., 100m Bruços, Juv A e B

Lugar	Ano	Tempo final	Pts
22. PIRES, Rita Lima 50m: 43.84 43.84 100m: 1:31.42 47.58	05 Nautico Academico	1:31.42	345
23. ABREU, Daniela Filipa 50m: 43.59 43.59 100m: 1:32.06 48.47	04 Campinho	1:32.06	338
24. DIAS, Maria Beatriz <i>FTL</i> 50m: 43.50 43.50 100m: 1:33.59 50.09	05 Sporting de Aveiro	1:33.59	321
25. CONCEICAO, Beatriz Silva <i>FTL</i> 50m: 44.05 44.05 100m: 1:34.91 50.86	05 Uniao Juncalense	1:34.91	308
26. TEJO, Maria Costa <i>FTL</i> 50m: 44.81 44.81 100m: 1:36.05 51.24	05 Academica de Coimbra	1:36.05	297
27. LOBO, Maria Fernandes <i>FTL</i> 50m: 46.47 46.47 100m: 1:37.70 51.23	05 Nautico Academico	1:37.70	282
MALHEIRO, Maria Vieira <i>FTL</i> 50m: 46.90 46.90 100m: 1:37.70 50.80	05 Campinho	1:37.70	282
29. AFONSO, Beatriz Beja <i>FTL</i> 50m: 47.04 47.04 100m: 1:37.94 50.90	04 Academica de Coimbra	1:37.94	280
30. CRESPO, Beatriz Santos <i>FTL</i> 50m: 46.83 46.83 100m: 1:39.75 52.92	05 Vieiraense	1:39.75	265
31. ASCENSO, Maria Pedro <i>FTL</i> 50m: 48.11 48.11 100m: 1:41.22 53.11	04 Nautico Academico	1:41.22	254
32. ALMEIDA, Bruna Alexandra <i>FTL</i> 50m: 51.34 51.34 100m: 1:49.22 57.88	05 Desporto de Tondela	1:49.22	202
33. ESTEVES, Diana Morgado <i>FTL</i> 50m: 48.65 48.65 100m: 1:49.59 1:00.94	04 Desporto de Tondela	1:49.59	200
DSQ LIMA, Ana Cristina <i>Falsa partida</i>	05 Sporting de Espinho		
DNS PAIVA, Leonor Correia	04 Louzan Natacao/EFAPEL		
DNS FIDALGO, Mafalda Vestia	04 Uniao Coimbra		
EXH VEIGA, Leonor Duarte <i>FTL</i> 50m: 45.37 45.37 100m: 1:36.07 50.70	07 Vigor da Mocidade	1:36.07	297

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Prova 9 12-07-2019 - 16:55	Masc., 50m Livres				Absoluto Resultados
Rec Nacional Absoluto	22.17	NASCIMENTO, Miguel Duarte	SLB	Coimbra	2019
Rec Nacional Sen	22.17	NASCIMENTO, Miguel Duarte	SLB	Coimbra	2019
Rec Nacional Jun 18	22.98	SANTOS, Paulo Jorge	POR	Antuerpia (BEL)	2007
Rec Nacional Jun 17	22.95	VENANCIO, Tiago Andre	POR	Oeiras	2004
Rec Nacional Juv A	23.78	VENANCIO, Tiago Andre	POR	Paris (FRA)	2003
Rec Nacional Juv B	24.61	MACHADO, Tiago Andrade	SCA	Oeiras	2017
Rec Nacional Inf A	26.00	RIBEIRO, Diogo Matos	CUC	Coimbra	2018

TA ABS-MASC : 29.33

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. KOT, Viktor	98	24.44	626
2. CARVALHO, Ruben Paiva	94	24.72	605
3. MACHADO, Tiago Andrade	02	24.90	592
4. AGOSTINHO, Miguel Diogo	00	24.93	590
5. SANTOS, Nuno Goncalo	96	24.94	589
6. GOMES, Rodrigo Ribeiro	00	25.22	569
7. PINHO, Manuel Antonio	01	25.27	566
8. MACHADO, Ricardo Marques	02	25.37	559
9. PELAIO, Jose Pedro	01	25.46	553
10. FIDALGO, Mateus Valente	01	25.52	550
11. PEREIRA, Joao Neto	02	25.61	544
CAROLA, Hugo Filipe	01	25.61	544
13. BASTOS, Lucas Pereira	00	25.64	542
14. GOMES, Sebastiao Mendes	00	25.65	541
15. COSTA, Afonso Filipe	03	25.71	537
16. MACHADO, Joao Francisco	99	25.79	532
17. REIS, Rodrigo Miguel	04	25.87	528
18. JORGE, Duarte Miguel	01	26.02	518
19. AMARAL, Francisco Rodriguez	02	26.10	514
20. DOMINGUES, Ricardo Jorge	02	26.16	510
21. ALVES, Joao Brandao	03	26.24	506
22. OLIVEIRA, David Miguel	01	26.28	503
23. SILVA, Luis Afonso	02	26.29	503
PEREIRA, Ricardo Marques	01	26.29	503
25. FERREIRA, Joao Miguel	97	26.34	500
26. BRAS, Alexandre Miguel	03	26.41	496
27. SANTOS, Alberto Antonio	01	26.42	495
28. PATRICIO, Rodrigo Alexandre	98	26.43	495
SILVA, Joao Jose	03	26.43	495
30. SILVA, Miguel Vicente	02	26.44	494
31. JULIO, Gabriel Jose	01	26.49	491
32. SOUSA, Guilherme Mendes	03	26.55	488
ARZILEIRO, Bernardo Vinagre	01	26.55	488
34. SIMOES, Manuel Baptista	03	26.69	480
35. OVIEDO, Miguel Freitas	02	26.80	474
36. GOMES, Rodrigo Guedes	02	26.84	472
37. CENTEIO, Fabio Mondego	94	26.85	472
38. FERREIRA, Joao Vitor	96	26.87	471
39. MAXIMO, Joao Luis	98	26.89	470
40. MARQUES, Vicente Cruzeiro	04	26.94	467
41. MACHADO, Martim Miranda	03	27.00	464
42. VIDAL, Joao Pedro	03	27.04	462
43. COELHO, Joao Reis	03	27.07	460
SANTOS, Guilherme Clara	02	27.07	460
45. SOUSA, Duarte Anastacio	02	27.09	459
46. SANTOS, Luis Filipe	01	27.11	458

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Prova 9, Masc., 50m Livres, Absoluto

Lugar	Ano		Tempo final	Pts
47.	01	OLIVEIRA, Gil Diogo	27.23	452
48.	02	CORDEIRO, Claudio Rafael	27.27	450
49.	04	CAMPOS, Rafael Alves	27.44	442
50.	02	FIGUEIREDO, Gustavo Pinto	27.55	437
51.	94	CAETANO, Gino Santos	27.58	435
52.	00	CORREIA, Goncalo Pereira	27.59	435
53.	99	ANTUNES, Andre Marques	27.62	433
54.	01	BREDA, Diogo Luis	27.71	429
55.	03	TOME, David Emanuel	27.82	424
56.	02	ALMEIDA, Marco Andre	27.91	420
57.	02	MARQUES, Rui Joao	27.93	419
58.	01	TAVARES, Licinio Silva	27.94	419
59.	99	TAVARES, Vasco Capela	27.96	418
60.	03	SOLODYUK, Micael Kovalchuk	27.99	416
61.	00	VAZ, Miguel Marques	28.05	414
62.	01	MARTINS, David Almeida	28.17	408
63.	04	FLORIDO, Pedro Miguel	28.19	408
64.	01	FIGUEIRA, Gabriel Jose	28.24	405
65.	01	RODRIGUES, Filipe Almeida	28.26	405
66.	03	VENTURA, Bernardo Jorge	28.47	396
67.	02	FROIS, Manuel Maria	28.79	383
68.	02	RAMOS, Goncalo Soares	28.98	375
69.	04	ROCHA, Joao Filipe	29.04	373
70.	01	ANASTACIO, Alexandre Quiterio	29.12	370
71.	02	MOREIRA, Vitor Hugo	29.20	367
72.	01	DUARTE, Pedro Filipe	29.31	363
73.	04	DUARTE, Joao Diogo	29.42	359
		<i>FTL</i>		
74.	98	MONTEIRO, Rodrigo Manuel	29.50	356
		<i>FTL</i>		
75.	01	MENESES, Marco Ribeiro	30.39	325
		<i>FTL</i>		
DNS	01	RAINHO, David Andrade		
DNS	04	PINTO, Luis Pedro		
DNS	95	ALMEIDA, Ruben Manuel		
EXH	05	GOMES, Jorge Miguel	32.24	272
		<i>FTL</i>		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 10	Femin., 50m Livres				Absoluto
12-07-2019 - 17:10					Resultados
Rec Nacional Absoluto	25.66	RODRIGUES, Ana Pinho	ADS	Oeiras	2018
Rec Nacional Sen	25.66	RODRIGUES, Ana Pinho	ADS	Oeiras	2018
Rec Nacional Jun 17	26.25	VIEGAS, Beatriz Mendes	POR	Uster (SUI)	2017
Rec Nacional Jun 16	26.21	RODRIGUES, Ana Pinho	AEJ	Coimbra	2010
Rec Nacional Juv A	26.78	PEREIRA, Maria Gomes	SAD	Coimbra	2019
Rec Nacional Juv B	27.17	GUEDES, Ana Margarida	GCVR	Coimbra	2015

TA ABS-FEM : 33.79

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. FERNANDES, Carolina Miranda	05	Galitos / Bresimar	27.37 646
2. MOREIRA, Matilde Freitas	01	Academica de Coimbra	28.00 604
3. AMADOR, Joana Costa	01	Galitos / Bresimar	28.01 603
4. MARQUES, Maria Vieira	04	Natacao de Vagos	28.07 599
5. RODRIGUES, Ana Margarida	96	Galitos / Bresimar	28.08 598
6. RODRIGUES, Helena Nunes	03	Alges e Agueda XXI	28.10 597
7. REBELO, Camila Rodrigues	03	Louzan Natacao/EFAPEL	28.20 591
8. TEJO, Beatriz Costa	02	Academica de Coimbra	28.34 582
9. ALVES, Sara Sofia	01	Columbofila Cantanhedense	28.46 575
10. RODRIGUES, Joana Francisca	04	Uniao Coimbra	28.57 568
11. VARGAS, Giovanna Vaz	00	Nautico Marinha Grande	28.76 557
12. NEVES, Ana Carolina	00	Academica de Coimbra	29.00 543
13. OLIVEIRA, Claudia Sofia	02	Sanjoanense/FEPSA	29.09 538
14. REBELO, Maria Carlota	03	Louzan Natacao/EFAPEL	29.16 534
15. SILVA, Camila Alexandra	03	Columbofila Cantanhedense	29.23 531
16. JUNQUEIRA, Sofia Ribeiro	02	Bairro dos Anjos/Bomcar	29.25 529
17. MOITEIRO, Bruna Silva	04	Nautico Marinha Grande	29.32 526
18. SOARES, Ana Beatriz	03	Feirense	29.35 524
19. BELO, Rita Afonso	02	Benedita	29.41 521
20. GAMEIRO, Matilde Domingues	97	Nautico Academico	29.49 517
21. JACINTO, Ines Filipa	03	Bairro dos Anjos/Bomcar	29.54 514
22. PEREIRA, Ines Eira	99	Estarreja	29.56 513
CORREIA, Rute Ferreira	03	Clube de Vouzela	29.56 513
24. SANTOS, Mariana Jacinto	03	Freguesia de Paiao	29.59 511
PINHEIRO, Ines Mariana	03	Academica de Coimbra	29.59 511
26. PIRES, Beatriz Almeida	03	Uniao Coimbra	29.80 501
FRAZAO, Alexandra Couto	02	Condeixa Clube	29.80 501
28. SILVA, Ana Filipa	04	Academica de Coimbra	29.86 498
29. CUNHA, Beatriz Pereira	01	Academico Viseu	30.08 487
30. PELAIO, Maria Joao	03	Ginasio Figueirense	30.11 485
31. ROSARIO, Ema Filipa	00	Academica de Coimbra	30.13 484
32. MONTEIRO, Ines Rosado	00	Natacao de Vagos	30.15 483
33. ALMEIDA, Ana Beatriz	01	Clube de Vouzela	30.31 476
34. MELO, Ines Pinheiro	01	Sporting de Espinho	30.34 474
35. SANTOS, Diana Sofia	02	Estarreja	30.41 471
36. SANTOS, Marta Cecilia	04	Estarreja	30.42 471
37. SANTOS, Beatriz Rocha	02	Campinho	30.44 470
38. CASTRO, Maria Joao	04	Sporting de Aveiro	30.54 465
39. ESTEVES, Ana Jorge	01	Gafanha da Encarnacao	30.64 461
40. VIANA, Jacinta Martins	04	Natacao de Vagos	30.67 459
41. ALVES, Joana Silva	05	Benedita	30.71 457
42. GONCALVES, Ana Francisca	02	Academico Viseu	30.79 454
43. PEREIRA, Beatriz Sofia	04	Bombeiros Mealhada/ CA	31.00 445
44. DIONISIO, Maria Ines	04	Fundacao Beatriz Santos	31.05 443
45. BARBOSA, Telma Eduarda	03	Galitos / Bresimar	31.06 442
46. PEDROSA, Carolina Pereira	02	Vieirense	31.12 440
47. CASTRO, Andreia Rodrigues	01	Estarreja	31.13 439

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Prova 10, Femin., 50m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
48. SILVA, Beatriz Margarido	05 Natacao de Vagos	31.31	432
49. PEREIRA, Marta Monteiro	04 O Crasto	31.44	426
50. PINTO, Susana Ferreira	01 Gafanha da Encarnacao	31.74	414
51. SOUSA, Ines Matos	03 Uniao Coimbra	31.83	411
52. COELHO, Maria Ines	98 Feirense	31.84	410
53. NOIVO, Adriana Martins	03 Naval de Peniche	31.98	405
54. SOUSA, Ana Pereira	03 Ginasio Figueirense	32.50	386
55. LOBO, Maria Fernandes	05 Nautico Academico	32.52	385
56. MONTEIRO, Ana Rita	01 Sporting de Espinho	32.55	384
57. FERREIRA, Carla Sandrina	04 O Crasto	32.57	383
58. PACHECO, Mariana Martins	03 Desporto de Tondela	32.93	371
59. CRUZ, Cintia Cristina	02 Alcobaca	33.09	366
60. PACHECO, Lara Borges	02 Desporto de Tondela	33.53	351
61. CONCEICAO, Beatriz Silva	05 Uniao Juncalense	33.54	351
62. AFONSO, Beatriz Beja	04 Academica de Coimbra	33.74	345
63. LOURA, Beatriz Borges <i>FTL</i>	04 Campinho	33.98	338
64. URBANO, Sara Cruz <i>FTL</i>	03 Bombeiros Mealhada/ CA	34.02	336
65. HENRIQUES, Sara Miguel <i>FTL</i>	04 Desporto de Tondela	34.09	334
66. COSTA, Erica Regina <i>FTL</i>	02 Estamos Juntos	35.18	304
67. SANTOS, Ana Marta <i>FTL</i>	02 Desporto de Tondela	35.52	295
68. RODRIGUES, Joana Beatriz <i>FTL</i>	04 Academica de Coimbra	36.12	281
DSQ SANTOS, Ana Pedro <i>Falsa partida</i>	02 Galitos / Bresimar		
DNS FERREIRA, Ana Claudia	90 Alcobaca		
DNS DINIS, Helena Carolina	05 Academica de Coimbra		
DNS MARQUES, Margarida Dinis	03 Desporto de Tondela		

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Prova 11 12-07-2019 - 17:25	Masc., 100m Costas Entrega de Medalhas da prova nº 10				Absoluto Resultados
Rec Nacional Absoluto	55.01	LOPES, Gabriel Jose	ALN	Coimbra	2017
Rec Nacional Sen	55.01	LOPES, Gabriel Jose	ALN	Coimbra	2017
Rec Nacional Jun 18	55.79	LOPES, Gabriel Jose	POR	Singapore	2015
Rec Nacional Jun 17	57.17	SANTOS, Alexis Manacas	POR	Praga (CZE)	2009
Rec Nacional Juv A	58.61	SOUSA, Diogo Gomes	CNCVG	Coimbra	2011
Rec Nacional Juv B	59.97	SOUSA, Diogo Gomes	CNCVG	Coimbra	2010
Rec Nacional Inf A	1:01.39	RIBAS, Alexandre Lages	EDV	Lisboa	2011
TA ABS-MASC : 1:12.50 / TA JUVA-MASC Juv A: 1:18.30 / TA JUVB-MASC Juv B: 1:19.75					

Pontos: FINA 2019

Lugar			Ano			Tempo final	Pts
1.	SILVA, Ricardo Lopes		03	Nautico Marinha Grande		1:01.05	612
	50m: 29.63 29.63	100m: 1:01.05		31.42			
2.	SILVA, Job Santos		96	Feirense		1:02.17	580
	50m: 30.58 30.58	100m: 1:02.17		31.59			
3.	FIDALGO, Mateus Valente		01	Estarreja		1:02.20	579
	50m: 30.03 30.03	100m: 1:02.20		32.17			
4.	ARZILEIRO, Bernardo Vinagre		01	Uniao Coimbra		1:02.41	573
	50m: 30.91 30.91	100m: 1:02.41		31.50			
5.	SOUSA, Nuno Alexandre		02	Clube de Vouzela		1:02.77	563
	50m: 30.43 30.43	100m: 1:02.77		32.34			
6.	ZINCA, Andrei Iulian		00	Gafanha da Encarnacao		1:02.97	558
	50m: 30.88 30.88	100m: 1:02.97		32.09			
7.	DIAS, Joao Pedro		02	Fundacao Beatriz Santos		1:03.25	550
	50m: 31.16 31.16	100m: 1:03.25		32.09			
8.	PEREIRA, Joao Neto		02	Fundacao Beatriz Santos		1:03.47	545
	50m: 30.71 30.71	100m: 1:03.47		32.76			
9.	DOMINGUES, Ricardo Jorge		02	Fundacao Beatriz Santos		1:04.11	529
	50m: 31.48 31.48	100m: 1:04.11		32.63			
10.	SILVA, Henrique Gomes		02	Estamos Juntos		1:04.23	526
	50m: 32.09 32.09	100m: 1:04.23		32.14			
11.	FARIA, Ricardo Morais		04	Bairro dos Anjos/Bomcar		1:04.78	512
	50m: 31.60 31.60	100m: 1:04.78		33.18			
12.	MATOS, Diogo Ribas		02	Alges e Agueda XXI		1:04.96	508
	50m: 31.94 31.94	100m: 1:04.96		33.02			
13.	CARDOSO, Joao Francisco		03	Individual ANCNP		1:05.13	504
	50m: 31.50 31.50	100m: 1:05.13		33.63			
14.	OLIVEIRA, Gil Diogo		01	Gafanha da Encarnacao		1:05.21	502
	50m: 31.85 31.85	100m: 1:05.21		33.36			
15.	COELHO, Rodrigo Manuel		01	Feirense		1:05.36	499
	50m: 31.33 31.33	100m: 1:05.36		34.03			
16.	RELVAS, David Ferreira		03	Nautico Marinha Grande		1:05.75	490
	50m: 32.63 32.63	100m: 1:05.75		33.12			
17.	CLARA, Vitor Belo		04	Bairro dos Anjos/Bomcar		1:05.84	488
	50m: 31.89 31.89	100m: 1:05.84		33.95			
18.	RODRIGUES, Pedro Simoes		01	Uniao Coimbra		1:05.97	485
	50m: 32.43 32.43	100m: 1:05.97		33.54			
19.	SANTOS, Alberto Antonio		01	S. Pedro Alva		1:06.02	484
	50m: 31.88 31.88	100m: 1:06.02		34.14			
	OLIVEIRA, Daniel Valente		03	Sporting de Aveiro		1:06.02	484
	50m: 32.20 32.20	100m: 1:06.02		33.82			

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Prova 11, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
21. COSTA, Andre Gouveia 50m: 31.62 31.62 100m: 1:06.20 34.58	01 Fundacao Beatriz Santos	1:06.20	480
22. RODRIGUES, Miguel Carvalho 50m: 31.99 31.99 100m: 1:06.22 34.23	02 Galitos / Bresimar	1:06.22	480
23. SILVA, Miguel Vicente 50m: 31.73 31.73 100m: 1:06.27 34.54	02 Nautico Marinha Grande	1:06.27	478
DIOGO, Dinis Miranda 50m: 32.59 32.59 100m: 1:06.27 33.68	04 Fundacao Beatriz Santos	1:06.27	478
25. SANTOS, Fernando Miguel 50m: 32.08 32.08 100m: 1:06.82 34.74	01 Academico Viseu	1:06.82	467
26. FERREIRA, Tomas Soares 50m: 32.23 32.23 100m: 1:06.84 34.61	03 Estarreja	1:06.84	466
27. ANTUNES, Jose Pedro 50m: 32.28 32.28 100m: 1:06.86 34.58	00 Galitos / Bresimar	1:06.86	466
28. DIAS, Jose Diogo 50m: 32.77 32.77 100m: 1:06.90 34.13	04 Fundacao Beatriz Santos	1:06.90	465
29. MARQUES, Gustavo Pires 50m: 33.61 33.61 100m: 1:07.19 33.58	04 Fundacao Beatriz Santos	1:07.19	459
SILVA, Nuno Marques 50m: 32.82 32.82 100m: 1:07.19 34.37	04 Bairro dos Anjos/Bomcar	1:07.19	459
31. SANTOS, Andre Cardoso 50m: 33.17 33.17 100m: 1:07.99 34.82	03 Academico Viseu	1:07.99	443
32. ANTUNES, Joao Afonso 50m: 32.84 32.84 100m: 1:08.01 35.17	04 Galitos / Bresimar	1:08.01	443
33. TAVARES, Bernardo Rodrigues 50m: 32.92 32.92 100m: 1:08.04 35.12	04 Galitos / Bresimar	1:08.04	442
34. SANTOS, Rafael Pinto 50m: 32.94 32.94 100m: 1:08.06 35.12	03 Feirense	1:08.06	442
35. FERREIRA, Paulo Sergio 50m: 33.68 33.68 100m: 1:08.24 34.56	03 Naval da Nazare	1:08.24	438
36. CARDOSO, Lucas Pipiraite 50m: 32.65 32.65 100m: 1:08.31 35.66	04 Naval da Nazare	1:08.31	437
37. SILVA, Afonso Varelas 50m: 33.42 33.42 100m: 1:08.32 34.90	01 Nautico Marinha Grande	1:08.32	437
38. PINHO, Duarte Sa 50m: 33.45 33.45 100m: 1:08.44 34.99	02 Estamos Juntos	1:08.44	434
39. SILVA, Guilherme Tomas 50m: 33.33 33.33 100m: 1:08.53 35.20	03 Campinho	1:08.53	433
40. COELHO, Joao Salvador 50m: 33.33 33.33 100m: 1:08.68 35.35	03 O Crasto	1:08.68	430
41. COUTINHO, David Valdagua 50m: 33.55 33.55 100m: 1:08.86 35.31	03 Columbofila Cantanhedense	1:08.86	426
42. MIGUEL, Tomas Pedrosa 50m: 33.17 33.17 100m: 1:09.02 35.85	02 Condeixa Clube	1:09.02	423
43. SANTOS, Guilherme Clara 50m: 34.45 34.45 100m: 1:09.66 35.21	02 Estamos Juntos	1:09.66	412
44. GOMES, Rodrigo Ribeiro 50m: 33.98 33.98 100m: 1:09.69 35.71	00 Fundacao Beatriz Santos	1:09.69	411

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Prova 11, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
45. JESUS, Pedro Duarte 50m: 33.70 33.70 100m: 1:10.17 36.47	04 Galitos / Bresimar	1:10.17	403
46. GOMES, Goncalo Andre 50m: 34.44 34.44 100m: 1:10.20 35.76	03 Fundacao Beatriz Santos	1:10.20	402
47. SANTOS, Rui Mamede 50m: 34.68 34.68 100m: 1:10.35 35.67	04 Uniao Coimbra	1:10.35	400
48. LEAO, Goncalo Graca 50m: 33.80 33.80 100m: 1:10.59 36.79	02 Estamos Juntos	1:10.59	396
49. MARTINS, Alexandre Viegas 50m: 34.07 34.07 100m: 1:10.72 36.65	04 Uniao Coimbra	1:10.72	394
50. CASTANHEIRA, Guilherme Silva 50m: 34.64 34.64 100m: 1:10.87 36.23	04 Bairro dos Anjos/Bomcar	1:10.87	391
51. VIDAL, Joao Pedro 50m: 34.06 34.06 100m: 1:11.05 36.99	03 Vieiraense	1:11.05	388
52. TOME, David Emanuel 50m: 34.51 34.51 100m: 1:11.57 37.06	03 Bombeiros Mealhada/ CA	1:11.57	380
53. TSYKAL, Daniel 50m: 35.36 35.36 100m: 1:11.77 36.41	04 Alcobaca	1:11.77	377
54. COSTA, Goncalo Filipe 50m: 34.45 34.45 100m: 1:12.09 37.64	04 Gafanha da Encarnacao	1:12.09	372
55. BULHOSA, Silvio Miguel 50m: 35.55 35.55 100m: 1:12.48 36.93	03 Estamos Juntos	1:12.48	366
56. MENESES, Marco Ribeiro <i>FTL</i> 50m: 35.26 35.26 100m: 1:12.69 37.43	01 O Crasto	1:12.69	362
57. SOARES, Ricardo Pedrosa <i>FTL</i> 50m: 34.55 34.55 100m: 1:12.70 38.15	04 Vieiraense	1:12.70	362
58. CABRAL, Rui Tomas <i>FTL</i> 50m: 35.00 35.00 100m: 1:12.84 37.84	04 Academico Viseu	1:12.84	360
59. RAMOS, Miguel Pedro <i>FTL</i> 50m: 35.53 35.53 100m: 1:12.87 37.34	01 O Crasto	1:12.87	360
60. GRABOVSKI, Jorge <i>FTL</i> 50m: 35.29 35.29 100m: 1:12.90 37.61	04 Nautico Marinha Grande	1:12.90	359
61. YURCHUK, Artur <i>FTL</i> 50m: 35.72 35.72 100m: 1:12.94 37.22	03 Bombeiros Mealhada/ CA	1:12.94	359
62. BRANCO, Rodrigo Figueiredo <i>FTL</i> 50m: 34.95 34.95 100m: 1:13.57 38.62	04 Galitos / Bresimar	1:13.57	350
63. GAMEIRO, David Almeida <i>FTL</i> 50m: 36.33 36.33 100m: 1:13.58 37.25	03 Nucleo de Pombal	1:13.58	349

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 11, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
64. POIARES, Tiago Andre <i>FTL</i> 50m: 36.79 36.79 100m: 1:14.18 37.39	04 Fundacao Beatriz Santos	1:14.18	341
65. GRILO, Afonso Corte-Real <i>FTL</i> 50m: 35.81 35.81 100m: 1:14.29 38.48	04 Fundacao Beatriz Santos	1:14.29	339
66. GOMES, Bruno Ferreira <i>FTL</i> 50m: 36.17 36.17 100m: 1:14.55 38.38	03 Feirense	1:14.55	336
67. LIMA, Tiago Diniz <i>FTL</i> 50m: 36.46 36.46 100m: 1:14.76 38.30	04 Estarreja	1:14.76	333
68. FERREIRA, Renato Maria <i>FTL</i> 50m: 36.22 36.22 100m: 1:15.08 38.86	04 Vigor da Mocidade	1:15.08	329
69. ANDRADE, Cesar Rodrigues <i>FTL</i> 50m: 36.67 36.67 100m: 1:15.83 39.16	04 Bombeiros Mealhada/ CA	1:15.83	319
70. FERNANDES, Daniel Jose <i>FTL</i> 50m: 37.24 37.24 100m: 1:16.18 38.94	04 Alcobaca	1:16.18	315
71. SILVA, Goncalo Antonio <i>FTL</i> 50m: 37.54 37.54 100m: 1:17.83 40.29	04 Feirense	1:17.83	295
72. OLIVEIRA, Goncalo Daniel <i>FTL</i> 50m: 38.46 38.46 100m: 1:17.91 39.45	04 Fundacao Beatriz Santos	1:17.91	294
73. OLIVEIRA, Ricardo Gabriel <i>FTL</i> 50m: 38.10 38.10 100m: 1:17.94 39.84	04 Estarreja	1:17.94	294
74. RAMOS, Goncalo Soares <i>FTL</i> 50m: 38.79 38.79 100m: 1:20.01 41.22	02 Ginasio Figueirense	1:20.01	272
75. LOPES, Goncalo Carneiro <i>FTL</i> 50m: 37.98 37.98 100m: 1:20.22 42.24	04 Feirense	1:20.22	270
76. ROCHA, Joao Filipe <i>FTL</i> 50m: 38.25 38.25 100m: 1:20.24 41.99	04 Sporting de Espinho	1:20.24	269
77. TOMAS, Rui Moreira <i>FTL</i> 50m: 40.91 40.91 100m: 1:25.40 44.49	03 Bombeiros Mealhada/ CA	1:25.40	223
DNS MARQUES, Gustavo Oliveira	03 Sporting de Espinho		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 11, Masc., 100m Costas

Prova 11 Masc., 100m Costas Juv A e B
12-07-2019 - 17:25 Entrega de Medalhas da prova nº 10 Resultados

Rec Nacional Absoluto	55.01	LOPES, Gabriel Jose	ALN	Coimbra	2017
Rec Nacional Juv A	58.61	SOUZA, Diogo Gomes	CNCVG	Coimbra	2011
Rec Nacional Juv B	59.97	SOUZA, Diogo Gomes	CNCVG	Coimbra	2010

TA ABS-MASC Absoluto: 1:12.50 / TA JUVA-MASC Juv A: 1:18.30 / TA JUVB-MASC Juv B: 1:19.75

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. SILVA, Ricardo Lopes 50m: 29.63 29.63 100m: 1:01.05	03 Nautico Marinha Grande	1:01.05	612
2. FARIA, Ricardo Morais 50m: 31.60 31.60 100m: 1:04.78	04 Bairro dos Anjos/Bomcar	1:04.78	512
3. CARDOSO, Joao Francisco 50m: 31.50 31.50 100m: 1:05.13	03 Individual ANCNP	1:05.13	504
4. RELVAS, David Ferreira 50m: 32.63 32.63 100m: 1:05.75	03 Nautico Marinha Grande	1:05.75	490
5. CLARA, Vitor Belo 50m: 31.89 31.89 100m: 1:05.84	04 Bairro dos Anjos/Bomcar	1:05.84	488
6. OLIVEIRA, Daniel Valente 50m: 32.20 32.20 100m: 1:06.02	03 Sporting de Aveiro	1:06.02	484
7. DIOGO, Dinis Miranda 50m: 32.59 32.59 100m: 1:06.27	04 Fundacao Beatriz Santos	1:06.27	478
8. FERREIRA, Tomas Soares 50m: 32.23 32.23 100m: 1:06.84	03 Estarreja	1:06.84	466
9. DIAS, Jose Diogo 50m: 32.77 32.77 100m: 1:06.90	04 Fundacao Beatriz Santos	1:06.90	465
10. MARQUES, Gustavo Pires 50m: 33.61 33.61 100m: 1:07.19	04 Fundacao Beatriz Santos	1:07.19	459
SILVA, Nuno Marques 50m: 32.82 32.82 100m: 1:07.19	04 Bairro dos Anjos/Bomcar	1:07.19	459
12. SANTOS, Andre Cardoso 50m: 33.17 33.17 100m: 1:07.99	03 Academico Viseu	1:07.99	443
13. ANTUNES, Joao Afonso 50m: 32.84 32.84 100m: 1:08.01	04 Galitos / Bresimar	1:08.01	443
14. TAVARES, Bernardo Rodrigues 50m: 32.92 32.92 100m: 1:08.04	04 Galitos / Bresimar	1:08.04	442
15. SANTOS, Rafael Pinto 50m: 32.94 32.94 100m: 1:08.06	03 Feirense	1:08.06	442
16. FERREIRA, Paulo Sergio 50m: 33.68 33.68 100m: 1:08.24	03 Naval da Nazare	1:08.24	438
17. CARDOSO, Lucas Pipiraite 50m: 32.65 32.65 100m: 1:08.31	04 Naval da Nazare	1:08.31	437
18. SILVA, Guilherme Tomas 50m: 33.33 33.33 100m: 1:08.53	03 Campinho	1:08.53	433
19. COELHO, Joao Salvador 50m: 33.33 33.33 100m: 1:08.68	03 O Crasto	1:08.68	430
20. COUTINHO, David Valdagua 50m: 33.55 33.55 100m: 1:08.86	03 Columbofila Cantanhedense	1:08.86	426
21. JESUS, Pedro Duarte 50m: 33.70 33.70 100m: 1:10.17	04 Galitos / Bresimar	1:10.17	403

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Prova 11, Masc., 100m Costas, Juv A e B

Lugar					Ano		Tempo final	Pts
22.	GOMES, Goncalo Andre			03	Fundacao Beatriz Santos	1:10.20	402	
	50m:	34.44	34.44	100m:	1:10.20	35.76		
23.	SANTOS, Rui Mamede			04	Uniao Coimbra	1:10.35	400	
	50m:	34.68	34.68	100m:	1:10.35	35.67		
24.	MARTINS, Alexandre Viegas			04	Uniao Coimbra	1:10.72	394	
	50m:	34.07	34.07	100m:	1:10.72	36.65		
25.	CASTANHEIRA, Guilherme Silva			04	Bairro dos Anjos/Bomcar	1:10.87	391	
	50m:	34.64	34.64	100m:	1:10.87	36.23		
26.	VIDAL, Joao Pedro			03	Vieirense	1:11.05	388	
	50m:	34.06	34.06	100m:	1:11.05	36.99		
27.	TOME, David Emanuel			03	Bombeiros Mealhada/ CA	1:11.57	380	
	50m:	34.51	34.51	100m:	1:11.57	37.06		
28.	TSYKAL, Daniel			04	Alcobaca	1:11.77	377	
	50m:	35.36	35.36	100m:	1:11.77	36.41		
29.	COSTA, Goncalo Filipe			04	Gafanha da Encarnacao	1:12.09	372	
	50m:	34.45	34.45	100m:	1:12.09	37.64		
30.	BULHOSA, Silvio Miguel			03	Estamos Juntos	1:12.48	366	
	50m:	35.55	35.55	100m:	1:12.48	36.93		
31.	SOARES, Ricardo Pedrosa			04	Vieirense	1:12.70	362	
	<i>FTL</i>							
	50m:	34.55	34.55	100m:	1:12.70	38.15		
32.	CABRAL, Rui Tomas			04	Academico Viseu	1:12.84	360	
	<i>FTL</i>							
	50m:	35.00	35.00	100m:	1:12.84	37.84		
33.	GRABOVSKI, Jorge			04	Nautico Marinha Grande	1:12.90	359	
	<i>FTL</i>							
	50m:	35.29	35.29	100m:	1:12.90	37.61		
34.	YURCHUK, Artur			03	Bombeiros Mealhada/ CA	1:12.94	359	
	<i>FTL</i>							
	50m:	35.72	35.72	100m:	1:12.94	37.22		
35.	BRANCO, Rodrigo Figueiredo			04	Galitos / Bresimar	1:13.57	350	
	<i>FTL</i>							
	50m:	34.95	34.95	100m:	1:13.57	38.62		
36.	GAMEIRO, David Almeida			03	Nucleo de Pombal	1:13.58	349	
	<i>FTL</i>							
	50m:	36.33	36.33	100m:	1:13.58	37.25		
37.	POIARES, Tiago Andre			04	Fundacao Beatriz Santos	1:14.18	341	
	<i>FTL</i>							
	50m:	36.79	36.79	100m:	1:14.18	37.39		
38.	GRILO, Afonso Corte-Real			04	Fundacao Beatriz Santos	1:14.29	339	
	<i>FTL</i>							
	50m:	35.81	35.81	100m:	1:14.29	38.48		
39.	GOMES, Bruno Ferreira			03	Feirense	1:14.55	336	
	<i>FTL</i>							
	50m:	36.17	36.17	100m:	1:14.55	38.38		
40.	LIMA, Tiago Diniz			04	Estarreja	1:14.76	333	
	<i>FTL</i>							

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Prova 11, Masc., 100m Costas, Juv A e B

Lugar					Ano		Tempo final	Pts
	50m:	36.46	36.46	100m:	1:14.76	38.30		
41.	FERREIRA, Renato Maria			04	Vigor da Mocidade		1:15.08	329
	<i>FTL</i>							
	50m:	36.22	36.22	100m:	1:15.08	38.86		
42.	ANDRADE, Cesar Rodrigues			04	Bombeiros Mealhada/ CA		1:15.83	319
	<i>FTL</i>							
	50m:	36.67	36.67	100m:	1:15.83	39.16		
43.	FERNANDES, Daniel Jose			04	Alcobaca		1:16.18	315
	<i>FTL</i>							
	50m:	37.24	37.24	100m:	1:16.18	38.94		
44.	SILVA, Goncalo Antonio			04	Feirense		1:17.83	295
	<i>FTL</i>							
	50m:	37.54	37.54	100m:	1:17.83	40.29		
45.	OLIVEIRA, Goncalo Daniel			04	Fundacao Beatriz Santos		1:17.91	294
	<i>FTL</i>							
	50m:	38.46	38.46	100m:	1:17.91	39.45		
46.	OLIVEIRA, Ricardo Gabriel			04	Estarreja		1:17.94	294
	<i>FTL</i>							
	50m:	38.10	38.10	100m:	1:17.94	39.84		
47.	LOPES, Goncalo Carneiro			04	Feirense		1:20.22	270
	<i>FTL</i>							
	50m:	37.98	37.98	100m:	1:20.22	42.24		
48.	ROCHA, Joao Filipe			04	Sporting de Espinho		1:20.24	269
	<i>FTL</i>							
	50m:	38.25	38.25	100m:	1:20.24	41.99		
49.	TOMAS, Rui Moreira			03	Bombeiros Mealhada/ CA		1:25.40	223
	<i>FTL</i>							
	50m:	40.91	40.91	100m:	1:25.40	44.49		
DNS	MARQUES, Gustavo Oliveira			03	Sporting de Espinho			
EXH	CRUZ, Rodrigo Costa			06	Academica de Coimbra		1:19.27	279
	<i>FTL</i>							
	50m:	38.42	38.42	100m:	1:19.27	40.85		
EXH	GOMES, Jorge Miguel			05	Ginasio Figueirense		1:26.49	215
	<i>FTL</i>							
	50m:	40.80	40.80	100m:	1:26.49	45.69		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 12 12-07-2019 - 17:45	Femin., 100m Costas					Absoluto
Entrega de Medalhas das provas nºs 9 e 11						Resultados
Rec Nacional Absoluto	1:01.97	AZEVEDO, Rafaela Gomes	SAD	Coimbra		2019
Rec Nacional Sen	1:03.42	LEITE, Ana Sofia	GCVR	Coimbra		2015
Rec Nacional Jun 17	1:01.97	AZEVEDO, Rafaela Gomes	SAD	Coimbra		2019
Rec Nacional Jun 16	1:03.21	REBELO, Camila Rodrigues	ALN	Coimbra		2019
Rec Nacional Juv A	1:03.92	FERNANDES, Ines Camacho	SCP	Coimbra		2012
Rec Nacional Juv A	1:03.92	SILVA, Joana Carina	LSXXI	Coimbra		2012
Rec Nacional Juv B	1:04.90	SILVA, Joana Carina	LSXXI	Oeiras		2011
TA ABS-FEM : 1:21.89 / TA JUVA-FEM Juv A: 1:25.98 / TA JUVB-FEM Juv B: 1:28.44						

Pontos: FINA 2019

Lugar				Ano		Tempo final	Pts
1.	REBELO, Camila Rodrigues	03	Louzan Natacao/EFAPEL		1:05.66	689	
	50m: 32.34 32.34	100m: 1:05.66	33.32				
2.	CARDEAL, Joana Nunes	02	Academico Viseu		1:08.77	599	
	50m: 33.96 33.96	100m: 1:08.77	34.81				
3.	RODRIGUES, Helena Nunes	03	Alges e Agueda XXI		1:08.93	595	
	50m: 33.95 33.95	100m: 1:08.93	34.98				
4.	CRAVEIRO, Beatriz Neves	97	Academica de Coimbra		1:09.12	590	
	50m: 34.00 34.00	100m: 1:09.12	35.12				
5.	MARQUES, Maria Vieira	04	Natacao de Vagos		1:09.61	578	
	50m: 34.15 34.15	100m: 1:09.61	35.46				
6.	COSTA, Joana Santos	04	Galitos / Bresimar		1:09.95	570	
	50m: 34.62 34.62	100m: 1:09.95	35.33				
7.	BERNARDO, Joana Beatriz	99	Fundacao Beatriz Santos		1:10.13	565	
	50m: 34.72 34.72	100m: 1:10.13	35.41				
8.	NEVES, Ana Carolina	00	Academica de Coimbra		1:10.14	565	
	50m: 34.09 34.09	100m: 1:10.14	36.05				
9.	LAGOA, Carlota Macedo	05	Bairro dos Anjos/Bomcar		1:10.31	561	
	50m: 34.25 34.25	100m: 1:10.31	36.06				
10.	MELO, Barbara Azambujo	02	Academica de Coimbra		1:10.69	552	
	50m: 33.85 33.85	100m: 1:10.69	36.84				
11.	REBELO, Maria Carlota	03	Louzan Natacao/EFAPEL		1:10.95	546	
	50m: 34.24 34.24	100m: 1:10.95	36.71				
12.	MARTINS, Maria Esteves	01	Galitos / Bresimar		1:11.10	542	
	50m: 34.13 34.13	100m: 1:11.10	36.97				
13.	SILVA, Constanca Alexandra	04	Pimpoes/Cimai		1:11.17	541	
	50m: 34.27 34.27	100m: 1:11.17	36.90				
14.	MOREIRA, Matilde Freitas	01	Academica de Coimbra		1:11.45	534	
	50m: 34.75 34.75	100m: 1:11.45	36.70				
15.	SOARES, Ines Apolinario	03	Pimpoes/Cimai		1:12.22	517	
	50m: 35.49 35.49	100m: 1:12.22	36.73				
16.	SOARES, Ana Beatriz	03	Feirense		1:12.45	513	
	50m: 34.92 34.92	100m: 1:12.45	37.53				
17.	NEVES, Sara Dias	03	Miranda do Corvo		1:12.46	512	
	50m: 35.54 35.54	100m: 1:12.46	36.92				
18.	LOPES, Sara Santos	03	Bairro dos Anjos/Bomcar		1:12.93	502	
	50m: 35.82 35.82	100m: 1:12.93	37.11				
19.	COSTA, Joana Ferreira	05	Feirense		1:13.04	500	
	50m: 35.13 35.13	100m: 1:13.04	37.91				
20.	FERREIRA, Leonor Marques	03	Campinho		1:13.17	498	
	50m: 34.68 34.68	100m: 1:13.17	38.49				

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 12, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
21. TEIXEIRA, Ines Oliveira 50m: 35.12 35.12 100m: 1:13.59 38.47	02 Estarreja	1:13.59	489
22. ALMEIDA, Maria Carolina 50m: 36.29 36.29 100m: 1:13.90 37.61	05 Galitos / Bresimar	1:13.90	483
23. COUTINHO, Maria Martim 50m: 35.75 35.75 100m: 1:14.17 38.42	04 Bairro dos Anjos/Bomcar	1:14.17	478
24. CORREIA, Beatriz Santos 50m: 36.22 36.22 100m: 1:15.12 38.90	04 Academico Viseu	1:15.12	460
25. VIANA, Margarida Violante 50m: 36.95 36.95 100m: 1:15.30 38.35	04 Bairro dos Anjos/Bomcar	1:15.30	456
26. ROSA, Mariana Carmo 50m: 36.63 36.63 100m: 1:15.37 38.74	05 Louzan Natacao/EFAPEL	1:15.37	455
27. SEQUEIRA, Leonor Ferreira 50m: 36.86 36.86 100m: 1:15.40 38.54	05 Galitos / Bresimar	1:15.40	455
28. ABREU, Sofia Viola 50m: 36.81 36.81 100m: 1:15.61 38.80	04 Naval de Peniche	1:15.61	451
29. LAGOA, Laura Macedo 50m: 36.92 36.92 100m: 1:15.66 38.74	04 Bairro dos Anjos/Bomcar	1:15.66	450
30. RODRIGUES, Ana Luisa 50m: 36.77 36.77 100m: 1:15.71 38.94	03 Louzan Natacao/EFAPEL	1:15.71	449
31. CUNHA, Leonor Correia 50m: 36.98 36.98 100m: 1:15.89 38.91	04 Fundacao Beatriz Santos	1:15.89	446
32. MELO, Maria Miguel 50m: 36.68 36.68 100m: 1:15.98 39.30	02 Galitos / Bresimar	1:15.98	444
33. VASCONCELOS, Lara Rodrigues 50m: 36.58 36.58 100m: 1:16.25 39.67	05 Galitos / Bresimar	1:16.25	440
34. SIMOES, Barbara Almeida 50m: 36.95 36.95 100m: 1:16.40 39.45	05 Uniao Coimbra	1:16.40	437
35. SILVA, Ana Catarina 50m: 37.94 37.94 100m: 1:16.59 38.65	04 Fundacao Beatriz Santos	1:16.59	434
RIBEIRO, Carolina Goncalves 50m: 37.34 37.34 100m: 1:16.59 39.25	04 O Crasto	1:16.59	434
37. PELAIO, Maria Joao 50m: 37.28 37.28 100m: 1:16.82 39.54	03 Ginasio Figueirense	1:16.82	430
38. AMARO, Beatriz Sofia 50m: 37.47 37.47 100m: 1:16.85 39.38	04 Nautico Marinha Grande	1:16.85	429
39. SILVA, Mariana Azevedo 50m: 38.39 38.39 100m: 1:16.91 38.52	05 Sanjoanense/FEPSA	1:16.91	428
40. SOUSA, Ana Correia 50m: 37.74 37.74 100m: 1:17.04 39.30	04 Pimpoes/Cimai	1:17.04	426
41. SANTOS, Mariana Jacinto 50m: 38.15 38.15 100m: 1:17.10 38.95	03 Freguesia de Paiao	1:17.10	425
42. MACHADO, Raquel Cruz 50m: 36.77 36.77 100m: 1:17.17 40.40	03 Estamos Juntos	1:17.17	424
43. GONCALVES, Ana Francisca 50m: 38.00 38.00 100m: 1:17.27 39.27	02 Academico Viseu	1:17.27	422
44. PEREIRA, Joana Santos 50m: 36.86 36.86 100m: 1:17.34 40.48	00 Gafanha da Encarnacao	1:17.34	421

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Prova 12, Femin., 100m Costas, Absoluto

Lugar					Ano	Tempo final	Pts
45.	DIAS, Iara Filipa			05	Naval de Peniche	1:17.53	418
	50m: 38.22 38.22	100m: 1:17.53			39.31		
46.	JUNQUEIRA, Manuela Paccola			05	Naval de Peniche	1:17.96	411
	50m: 38.13 38.13	100m: 1:17.96			39.83		
47.	LAMAS, Maria Caetano			04	Miranda do Corvo	1:18.00	411
	50m: 37.82 37.82	100m: 1:18.00			40.18		
48.	FELIX, Ines Silva			04	Sporting de Aveiro	1:18.02	410
	50m: 37.49 37.49	100m: 1:18.02			40.53		
49.	CARDOSO, Ana Luisa			05	Estarreja	1:18.07	410
	50m: 36.94 36.94	100m: 1:18.07			41.13		
50.	SILVA, Alexandra Cordeiro			04	Alcobaca	1:18.41	404
	50m: 38.01 38.01	100m: 1:18.41			40.40		
51.	TRINDADE, Maria Eduarda			04	Estamos Juntos	1:18.57	402
	50m: 37.94 37.94	100m: 1:18.57			40.63		
52.	SILVA, Ema Santos			03	Feirense	1:18.75	399
	50m: 38.10 38.10	100m: 1:18.75			40.65		
53.	MESQUITA, Catarina lourtaeva			05	Natacao de Vagos	1:19.01	395
	50m: 38.01 38.01	100m: 1:19.01			41.00		
54.	MARGATO, Laura Rodrigues			04	Academica de Coimbra	1:19.14	393
	50m: 38.63 38.63	100m: 1:19.14			40.51		
55.	SILVA, Ana Filipa			04	Academica de Coimbra	1:19.26	391
	50m: 38.64 38.64	100m: 1:19.26			40.62		
56.	FERREIRA, Marta Carolina			05	Academico Viseu	1:19.46	388
	50m: 38.38 38.38	100m: 1:19.46			41.08		
57.	MACEDO, Luisa Mendes			03	Estamos Juntos	1:19.50	388
	50m: 38.25 38.25	100m: 1:19.50			41.25		
58.	SILVA, Maria Joao			00	Estarreja	1:19.58	387
	50m: 38.43 38.43	100m: 1:19.58			41.15		
59.	CRUZ, Ines Dias			04	Condeixa Clube	1:19.71	385
	50m: 38.94 38.94	100m: 1:19.71			40.77		
60.	MADEIRA, Maria Jose			02	Bombeiros Mealhada/ CA	1:20.00	381
	50m: 38.09 38.09	100m: 1:20.00			41.91		
61.	COSTA, Leonor Horta			04	Individual ANC	1:20.10	379
	50m: 37.48 37.48	100m: 1:20.10			42.62		
62.	SANTOS, Marta Cecilia			04	Estarreja	1:20.43	374
	50m: 39.63 39.63	100m: 1:20.43			40.80		
63.	NOGUEIRA, Rita Santos			03	Uniao Coimbra	1:20.49	374
	50m: 39.79 39.79	100m: 1:20.49			40.70		
64.	FERREIRA, Patricia Caldeira			02	Freguesia de Paiao	1:20.60	372
	50m: 39.58 39.58	100m: 1:20.60			41.02		
65.	GAMA, Beatriz Sa			05	Condeixa Clube	1:20.69	371
	50m: 38.84 38.84	100m: 1:20.69			41.85		
66.	VIEIRA, Filipa Victor			04	Academica de Coimbra	1:20.79	370
	50m: 39.76 39.76	100m: 1:20.79			41.03		
67.	SILVA, Ana Pinho			01	Estamos Juntos	1:20.90	368
	50m: 40.22 40.22	100m: 1:20.90			40.68		
68.	SILVA, Catarina Rodrigues			04	Naval de Peniche	1:21.01	367
	50m: 38.78 38.78	100m: 1:21.01			42.23		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 12, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
69. SIMAO, Renata Bandeira 50m: 39.72 39.72 100m: 1:21.39 41.67	04 Estarreja	1:21.39	361
70. OLIVEIRA, Vanessa Sofia <i>FTL</i> 50m: 39.33 39.33 100m: 1:21.90 42.57	05 Galitos / Bresimar	1:21.90	355
71. PLAZA, Rita Azevedo <i>FTL</i> 50m: 40.39 40.39 100m: 1:22.05 41.66	02 Sanjoanense/FEPSA	1:22.05	353
72. STELMASHCHUK, Catarina Cruz <i>FTL</i> 50m: 40.55 40.55 100m: 1:22.61 42.06	05 Natacao de Vagos	1:22.61	346
73. OLIVEIRA, Diana Costa <i>FTL</i> 50m: 40.49 40.49 100m: 1:22.81 42.32	04 Uniao Coimbra	1:22.81	343
74. COSTA, Mariana Pinto <i>FTL</i> 50m: 41.19 41.19 100m: 1:23.72 42.53	05 Sanjoanense/FEPSA	1:23.72	332
75. CARVALHO, Maria Silva <i>FTL</i> 50m: 41.11 41.11 100m: 1:23.81 42.70	05 Pimpoes/Cimai	1:23.81	331
76. RODRIGUES, Maria Beatriz <i>FTL</i> 50m: 41.69 41.69 100m: 1:24.09 42.40	04 Condeixa Clube	1:24.09	328
77. LEAL, Mariana Dias <i>FTL</i> 50m: 41.04 41.04 100m: 1:24.67 43.63	04 Gafanha da Encarnacao	1:24.67	321
78. ABREU, Diana Sofia <i>FTL</i> 50m: 41.09 41.09 100m: 1:24.71 43.62	04 Campinho	1:24.71	320
79. SERRAO, Sara Andreia <i>FTL</i> 50m: 41.57 41.57 100m: 1:24.73 43.16	05 Naval de Peniche	1:24.73	320
80. GASPAR, Maria Ines <i>FTL</i> 50m: 41.46 41.46 100m: 1:25.10 43.64	05 Miranda do Corvo	1:25.10	316
81. MARQUES, Margarida Dinis <i>FTL</i> 50m: 42.45 42.45 100m: 1:25.36 42.91	03 Desporto de Tondela	1:25.36	313
82. CARVALHO, Laura Torrao <i>FTL</i> 50m: 41.31 41.31 100m: 1:25.62 44.31	05 Nautico Academico	1:25.62	310
83. CRESPO, Beatriz Santos <i>FTL</i> 50m: 42.98 42.98 100m: 1:26.52 43.54	05 Viegense	1:26.52	301
84. FERNANDES, Ana Catarina <i>FTL</i> 50m: 42.20 42.20 100m: 1:26.55 44.35	05 Campinho	1:26.55	300

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 12, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
85. PISSARRO, Filipa Moniz <i>FTL</i>	05 Academica de Coimbra	1:27.07	295
50m: 42.58 42.58 100m: 1:27.07 44.49			
86. TAVARES, Salome Simoes <i>FTL</i>	04 Gafanha da Encarnacao	1:27.84	287
50m: 43.19 43.19 100m: 1:27.84 44.65			
87. HENRIQUES, Sara Miguel <i>FTL</i>	04 Desporto de Tondela	1:29.03	276
50m: 42.97 42.97 100m: 1:29.03 46.06			
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		
DNS SANTOS, Tatiana Filipa	95 Academica de Coimbra		

Prova 12	Femin., 100m Costas	Juv A e B
12-07-2019 - 17:45	Entrega de Medalhas das provas nºs 9 e 11	Resultados
Rec Nacional Absoluto	1:01.97 AZEVEDO, Rafaela Gomes SAD Coimbra	2019
Rec Nacional Juv A	1:03.92 FERNANDES, Ines Camacho SCP Coimbra	2012
Rec Nacional Juv A	1:03.92 SILVA, Joana Carina LSXXI Coimbra	2012
Rec Nacional Juv B	1:04.90 SILVA, Joana Carina LSXXI Oeiras	2011

TA ABS-FEM Absoluto: 1:21.89 / TA JUVA-FEM Juv A: 1:25.98 / TA JUVB-FEM Juv B: 1:28.44

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MARQUES, Maria Vieira	04 Natacao de Vagos	1:09.61	578
50m: 34.15 34.15 100m: 1:09.61 35.46			
2. COSTA, Joana Santos	04 Galitos / Bresimar	1:09.95	570
50m: 34.62 34.62 100m: 1:09.95 35.33			
3. LAGOA, Carlota Macedo	05 Bairro dos Anjos/Bomcar	1:10.31	561
50m: 34.25 34.25 100m: 1:10.31 36.06			
4. SILVA, Constanca Alexandra	04 Pimpoes/Cimai	1:11.17	541
50m: 34.27 34.27 100m: 1:11.17 36.90			
5. COSTA, Joana Ferreira	05 Feirense	1:13.04	500
50m: 35.13 35.13 100m: 1:13.04 37.91			
6. ALMEIDA, Maria Carolina	05 Galitos / Bresimar	1:13.90	483
50m: 36.29 36.29 100m: 1:13.90 37.61			
7. COUTINHO, Maria Martim	04 Bairro dos Anjos/Bomcar	1:14.17	478
50m: 35.75 35.75 100m: 1:14.17 38.42			
8. CORREIA, Beatriz Santos	04 Academico Viseu	1:15.12	460
50m: 36.22 36.22 100m: 1:15.12 38.90			
9. VIANA, Margarida Violante	04 Bairro dos Anjos/Bomcar	1:15.30	456
50m: 36.95 36.95 100m: 1:15.30 38.35			
10. ROSA, Mariana Carmo	05 Louzan Natacao/EFAPEL	1:15.37	455
50m: 36.63 36.63 100m: 1:15.37 38.74			
11. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	1:15.40	455
50m: 36.86 36.86 100m: 1:15.40 38.54			
12. ABREU, Sofia Viola	04 Naval de Peniche	1:15.61	451
50m: 36.81 36.81 100m: 1:15.61 38.80			
13. LAGOA, Laura Macedo	04 Bairro dos Anjos/Bomcar	1:15.66	450
50m: 36.92 36.92 100m: 1:15.66 38.74			
14. CUNHA, Leonor Correia	04 Fundacao Beatriz Santos	1:15.89	446
50m: 36.98 36.98 100m: 1:15.89 38.91			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 12, Femin., 100m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
15. VASCONCELOS, Lara Rodrigues 50m: 36.58 36.58 100m: 1:16.25	05 Galitos / Bresimar	1:16.25	440
16. SIMOES, Barbara Almeida 50m: 36.95 36.95 100m: 1:16.40	05 Uniao Coimbra	1:16.40	437
17. SILVA, Ana Catarina 50m: 37.94 37.94 100m: 1:16.59	04 Fundacao Beatriz Santos	1:16.59	434
RIBEIRO, Carolina Goncalves 50m: 37.34 37.34 100m: 1:16.59	04 O Crasto	1:16.59	434
19. AMARO, Beatriz Sofia 50m: 37.47 37.47 100m: 1:16.85	04 Nautico Marinha Grande	1:16.85	429
20. SILVA, Mariana Azevedo 50m: 38.39 38.39 100m: 1:16.91	05 Sanjoanense/FEPSA	1:16.91	428
21. SOUSA, Ana Correia 50m: 37.74 37.74 100m: 1:17.04	04 Pimpoes/Cimai	1:17.04	426
22. DIAS, Iara Filipa 50m: 38.22 38.22 100m: 1:17.53	05 Naval de Peniche	1:17.53	418
23. JUNQUEIRA, Manuela Paccola 50m: 38.13 38.13 100m: 1:17.96	05 Naval de Peniche	1:17.96	411
24. LAMAS, Maria Caetano 50m: 37.82 37.82 100m: 1:18.00	04 Miranda do Corvo	1:18.00	411
25. FELIX, Ines Silva 50m: 37.49 37.49 100m: 1:18.02	04 Sporting de Aveiro	1:18.02	410
26. CARDOSO, Ana Luisa 50m: 36.94 36.94 100m: 1:18.07	05 Estarreja	1:18.07	410
27. SILVA, Alexandra Cordeiro 50m: 38.01 38.01 100m: 1:18.41	04 Alcobaca	1:18.41	404
28. TRINDADE, Maria Eduarda 50m: 37.94 37.94 100m: 1:18.57	04 Estamos Juntos	1:18.57	402
29. MESQUITA, Catarina lourtaeva 50m: 38.01 38.01 100m: 1:19.01	05 Natacao de Vagos	1:19.01	395
30. MARGATO, Laura Rodrigues 50m: 38.63 38.63 100m: 1:19.14	04 Academica de Coimbra	1:19.14	393
31. SILVA, Ana Filipa 50m: 38.64 38.64 100m: 1:19.26	04 Academica de Coimbra	1:19.26	391
32. FERREIRA, Marta Carolina 50m: 38.38 38.38 100m: 1:19.46	05 Academico Viseu	1:19.46	388
33. CRUZ, Ines Dias 50m: 38.94 38.94 100m: 1:19.71	04 Condeixa Clube	1:19.71	385
34. COSTA, Leonor Horta 50m: 37.48 37.48 100m: 1:20.10	04 Individual ANC	1:20.10	379
35. SANTOS, Marta Cecilia 50m: 39.63 39.63 100m: 1:20.43	04 Estarreja	1:20.43	374
36. GAMA, Beatriz Sa 50m: 38.84 38.84 100m: 1:20.69	05 Condeixa Clube	1:20.69	371
37. VIEIRA, Filipa Victor 50m: 39.76 39.76 100m: 1:20.79	04 Academica de Coimbra	1:20.79	370
38. SILVA, Catarina Rodrigues 50m: 38.78 38.78 100m: 1:21.01	04 Naval de Peniche	1:21.01	367

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 12, Femin., 100m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
39. SIMAO, Renata Bandeira 50m: 39.72 39.72 100m: 1:21.39 41.67	04	Estarreja 1:21.39	361
40. OLIVEIRA, Vanessa Sofia <i>FTL</i> 50m: 39.33 39.33 100m: 1:21.90 42.57	05	Galitos / Bresimar 1:21.90	355
41. STELMASHCHUK, Catarina Cruz <i>FTL</i> 50m: 40.55 40.55 100m: 1:22.61 42.06	05	Natacao de Vagos 1:22.61	346
42. OLIVEIRA, Diana Costa <i>FTL</i> 50m: 40.49 40.49 100m: 1:22.81 42.32	04	Uniao Coimbra 1:22.81	343
43. COSTA, Mariana Pinto <i>FTL</i> 50m: 41.19 41.19 100m: 1:23.72 42.53	05	Sanjoanense/FEPSA 1:23.72	332
44. CARVALHO, Maria Silva <i>FTL</i> 50m: 41.11 41.11 100m: 1:23.81 42.70	05	Pimpoes/Cimai 1:23.81	331
45. RODRIGUES, Maria Beatriz <i>FTL</i> 50m: 41.69 41.69 100m: 1:24.09 42.40	04	Condeixa Clube 1:24.09	328
46. LEAL, Mariana Dias <i>FTL</i> 50m: 41.04 41.04 100m: 1:24.67 43.63	04	Gafanha da Encarnacao 1:24.67	321
47. ABREU, Diana Sofia <i>FTL</i> 50m: 41.09 41.09 100m: 1:24.71 43.62	04	Campinho 1:24.71	320
48. SERRAO, Sara Andreia <i>FTL</i> 50m: 41.57 41.57 100m: 1:24.73 43.16	05	Naval de Peniche 1:24.73	320
49. GASPAR, Maria Ines <i>FTL</i> 50m: 41.46 41.46 100m: 1:25.10 43.64	05	Miranda do Corvo 1:25.10	316
50. CARVALHO, Laura Torrao <i>FTL</i> 50m: 41.31 41.31 100m: 1:25.62 44.31	05	Nautico Academico 1:25.62	310
51. CRESPO, Beatriz Santos <i>FTL</i> 50m: 42.98 42.98 100m: 1:26.52 43.54	05	Vieirense 1:26.52	301
52. FERNANDES, Ana Catarina <i>FTL</i> 50m: 42.20 42.20 100m: 1:26.55 44.35	05	Campinho 1:26.55	300
53. PISSARRO, Filipa Moniz <i>FTL</i> 50m: 42.58 42.58 100m: 1:27.07 44.49	05	Academica de Coimbra 1:27.07	295
54. TAVARES, Salome Simoes <i>FTL</i> 50m: 43.19 43.19 100m: 1:27.84 44.65	04	Gafanha da Encarnacao 1:27.84	287

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 12, Femin., 100m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
55. HENRIQUES, Sara Miguel <i>FTL</i>	04 Desporto de Tondela	1:29.03	276
50m: 42.97 42.97	100m: 1:29.03 46.06		
EXH SILVA, Lara Pinho <i>FTL</i>	07 Feirense	1:26.17	304
50m: 42.10 42.10	100m: 1:26.17 44.07		

Campeonato Inter Distrital Juvenis e Absoluto PL
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3 - 2ª Jornada - 1ª Sessão

13-07-2019 - 9:30

Prova 13 13-07-2019 - 9:30	Masc., 400m Estilos entrega de medalhas da prova 8, 10 e 12				Absoluto Resultados
Rec Nacional Absoluto	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	2018
Rec Nacional Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore	2015
Rec Nacional Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	2014
Rec Nacional Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	2013
Rec Nacional Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Póvoa Varzim	2004

TA ABS-MASC : 5:23.56 / TA JUVA-MASC Juv A: 5:49.45 / TA JUVB-MASC Juv B: 5:55.91

Pontos: FINA 2019

Lugar	Ano		Tempo final							Pts
1. SILVA, Henrique Gomes	02	Estamos Juntos	4:41.53							649
50m: 29.51 29.51	150m: 1:41.10	37.18	250m: 2:57.73	40.40	350m: 4:11.19	32.96	400m: 4:41.53	30.34		
100m: 1:03.92 34.41	200m: 2:17.33	36.23	300m: 3:38.23	40.50						
2. BASTOS, Lucas Pereira	00	Nautico Academico	4:47.32							611
50m: 29.68 29.68	150m: 1:41.92	37.75	250m: 3:00.34	40.73	350m: 4:14.54	32.48	400m: 4:47.32	32.78		
100m: 1:04.17 34.49	200m: 2:19.61	37.69	300m: 3:42.06	41.72						
3. RODRIGUES, Pedro Simoes	01	Uniao Coimbra	4:55.92							559
50m: 30.35 30.35	150m: 1:44.37	39.00	250m: 3:01.98	38.67	350m: 4:20.70	37.60	400m: 4:55.92	35.22		
100m: 1:05.37 35.02	200m: 2:23.31	38.94	300m: 3:43.10	41.12						
4. FARDILHA, Manuel Cruz	03	Galitos / Bresimar	4:58.41							545
50m: 30.33 30.33	150m: 1:44.60	39.29	250m: 3:08.03	44.11	350m: 4:26.46	34.64	400m: 4:58.41	31.95		
100m: 1:05.31 34.98	200m: 2:23.92	39.32	300m: 3:51.82	43.79						
5. PEREIRA, Tiago Maia	04	Galitos / Bresimar	5:02.69							522
50m: 30.84 30.84	150m: 1:47.49	40.81	250m: 3:09.25	42.72	350m: 4:28.63	36.36	400m: 5:02.69	34.06		
100m: 1:06.68 35.84	200m: 2:26.53	39.04	300m: 3:52.27	43.02						
6. DIOGO, Dinis Miranda	04	Fundacao Beatriz Santos	5:03.98							516
50m: 30.84 30.84	150m: 1:48.50	40.56	250m: 3:11.93	44.34	350m: 4:31.79	34.42	400m: 5:03.98	32.19		
100m: 1:07.94 37.10	200m: 2:27.59	39.09	300m: 3:57.37	45.44						
7. SILVA, Ricardo Lopes	03	Nautico Marinha Grande	5:04.44							513
50m: 30.85 30.85	150m: 1:45.55	38.11	250m: 3:11.38	47.98	350m: 4:32.77	33.70	400m: 5:04.44	31.67		
100m: 1:07.44 36.59	200m: 2:23.40	37.85	300m: 3:59.07	47.69						
8. CARDOSO, Filipe Santos	04	Gafanha da Encarnacao	5:07.72							497
50m: 30.44 30.44	150m: 1:45.53	39.29	250m: 3:11.45	47.71	350m: 4:33.81	35.11	400m: 5:07.72	33.91		
100m: 1:06.24 35.80	200m: 2:23.74	38.21	300m: 3:58.70	47.25						
9. NEAGU, Tiberius Sebastian	04	Academico Viseu	5:09.78							487
50m: 32.08 32.08	150m: 1:52.10	43.01	250m: 3:16.23	44.60	350m: 4:36.65	35.84	400m: 5:09.78	33.13		
100m: 1:09.09 37.01	200m: 2:31.63	39.53	300m: 4:00.81	44.58						
10. BASTOS, Vasco Pereira	02	Nautico Academico	5:10.56							484
50m: 31.93 31.93	150m: 1:52.17	41.84	250m: 3:16.73	43.40	350m: 4:35.53	35.08	400m: 5:10.56	35.03		
100m: 1:10.33 38.40	200m: 2:33.33	41.16	300m: 4:00.45	43.72						
11. GOMES, Sebastiao Mendes	00	Pimpoes/Cimai	5:10.68							483
50m: 30.17 30.17	150m: 1:46.57	41.53	250m: 3:14.08	46.74	350m: 4:34.90	35.16	400m: 5:10.68	35.78		
100m: 1:05.04 34.87	200m: 2:27.34	40.77	300m: 3:59.74	45.66						
12. SANTOS, Roberto Pinho	03	Estamos Juntos	5:11.52							479
50m: 31.08 31.08	150m: 1:48.76	40.92	250m: 3:13.17	43.76	350m: 4:35.67	37.09	400m: 5:11.52	35.85		
100m: 1:07.84 36.76	200m: 2:29.41	40.65	300m: 3:58.58	45.41						
13. MOITA, Goncalo Brites	04	Uniao Coimbra	5:17.47							453
50m: 31.53 31.53	150m: 1:49.44	43.42	250m: 3:17.17	45.71	350m: 4:42.40	37.66	400m: 5:17.47	35.07		
100m: 1:06.02 34.49	200m: 2:31.46	42.02	300m: 4:04.74	47.57						
14. COUTINHO, David Valdagua	03	Columbifila Cantanhedense	5:17.50							452
50m: 32.52 32.52	150m: 1:51.74	41.07	250m: 3:18.54	48.34	350m: 4:42.89	36.19	400m: 5:17.50	34.61		
100m: 1:10.67 38.15	200m: 2:30.20	38.46	300m: 4:06.70	48.16						

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 13, Masc., 400m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts		
15.	PINHO, Duarte Sa		02	Estamos Juntos				5:19.69	443		
	50m:	32.51 32.51	150m:	1:52.99	40.81	250m:	3:18.45	44.63	350m:	4:43.29	37.87
	100m:	1:12.18 39.67	200m:	2:33.82	40.83	300m:	4:05.42	46.97	400m:	5:19.69	36.40
16.	POIARES, Tiago Andre		04	Fundacao Beatriz Santos				5:20.39	440		
	50m:	34.90 34.90	150m:	1:57.76	43.57	250m:	3:22.46	43.54	350m:	4:44.21	38.02
	100m:	1:14.19 39.29	200m:	2:38.92	41.16	300m:	4:06.19	43.73	400m:	5:20.39	36.18
17.	ANTUNES, Joao Afonso		04	Galitos / Bresimar				5:21.21	437		
	50m:	31.34 31.34	150m:	1:52.88	42.38	250m:	3:20.34	46.49	350m:	4:44.04	36.90
	100m:	1:10.50 39.16	200m:	2:33.85	40.97	300m:	4:07.14	46.80	400m:	5:21.21	37.17
18.	OLIVEIRA, Vasco Peixoto		04	Alcobaca				5:22.66	431		
	50m:	32.52 32.52	150m:	1:56.30	43.24	250m:	3:24.00	45.16	350m:	4:47.12	37.03
	100m:	1:13.06 40.54	200m:	2:38.84	42.54	300m:	4:10.09	46.09	400m:	5:22.66	35.54
19.	LOURENCO, Goncalo Pires		03	Fundacao Beatriz Santos				5:22.68	431		
	50m:	31.70 31.70	150m:	1:53.48	44.69	250m:	3:21.96	45.17	350m:	4:46.74	36.09
	100m:	1:08.79 37.09	200m:	2:36.79	43.31	300m:	4:10.65	48.69	400m:	5:22.68	35.94
20.	TEIXEIRA, Joao Octavio		03	Galitos / Bresimar				5:23.40	428		
	50m:	31.10 31.10	150m:	1:53.27	43.54	250m:	3:21.99	45.88	350m:	4:47.26	38.05
	100m:	1:09.73 38.63	200m:	2:36.11	42.84	300m:	4:09.21	47.22	400m:	5:23.40	36.14
21.	SA, Rafael Domingues		03	Natacao de Vagos				5:24.42	424		
	<i>FTL</i>										
	50m:	32.57 32.57	150m:	1:54.10	42.75	250m:	3:22.10	47.09	350m:	4:48.09	38.49
	100m:	1:11.35 38.78	200m:	2:35.01	40.91	300m:	4:09.60	47.50	400m:	5:24.42	36.33
22.	FERNANDES, Daniel Jose		04	Alcobaca				5:33.42	391		
	<i>FTL</i>										
	50m:	33.78 33.78	150m:	1:57.87	43.06	250m:	3:29.59	49.47	350m:	4:57.23	37.86
	100m:	1:14.81 41.03	200m:	2:40.12	42.25	300m:	4:19.37	49.78	400m:	5:33.42	36.19
23.	COELHO, Joao Reis		03	Desporto de Tondela				5:34.43	387		
	<i>FTL</i>										
	50m:	31.32 31.32	150m:	1:54.10	46.28	250m:	3:28.35	49.62	350m:	4:58.18	37.80
	100m:	1:07.82 36.50	200m:	2:38.73	44.63	300m:	4:20.38	52.03	400m:	5:34.43	36.25
24.	LIMA, Tiago Diniz		04	Estarreja				5:37.19	378		
	<i>FTL</i>										
	50m:	36.01 36.01	150m:	2:00.33	41.03	250m:	3:30.61	49.56	350m:	4:59.55	39.49
	100m:	1:19.30 43.29	200m:	2:41.05	40.72	300m:	4:20.06	49.45	400m:	5:37.19	37.64
25.	OLIVEIRA, Ricardo Gabriel		04	Estarreja				5:59.38	312		
	<i>FTL</i>										
	50m:	34.81 34.81	150m:	2:02.52	46.24	250m:	3:41.01	53.32	350m:	5:18.31	43.08
	100m:	1:16.28 41.47	200m:	2:47.69	45.17	300m:	4:35.23	54.22	400m:	5:59.38	41.07
DSQ	PAIS, Joao Ventura		02	Fundacao Beatriz Santos							
	<i>aos 250 m bateu com as mãos sobrepostas</i>										

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 13, Masc., 400m Estilos

Prova 13 Masc., 400m Estilos Juv A e B
13-07-2019 - 9:30 entrega de medalhas da prova 8, 10 e 12 Resultados

Rec Nacional Absoluto	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	2016
Rec Nacional Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	2014
Rec Nacional Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	2013

TA ABS-MASC Absoluto: 5:23.56 / TA JUVA-MASC Juv A: 5:49.45 / TA JUVB-MASC Juv B: 5:55.91

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	FARDILHA, Manuel Cruz		03	Galitos / Bresimar				4:58.41	545
	50m:	30.33 30.33	150m:	1:44.60	39.29	250m:	3:08.03 44.11	350m:	4:26.46 34.64
	100m:	1:05.31 34.98	200m:	2:23.92	39.32	300m:	3:51.82 43.79	400m:	4:58.41 31.95
2.	PEREIRA, Tiago Maia		04	Galitos / Bresimar				5:02.69	522
	50m:	30.84 30.84	150m:	1:47.49	40.81	250m:	3:09.25 42.72	350m:	4:28.63 36.36
	100m:	1:06.68 35.84	200m:	2:26.53	39.04	300m:	3:52.27 43.02	400m:	5:02.69 34.06
3.	DIOGO, Dinis Miranda		04	Fundacao Beatriz Santos				5:03.98	516
	50m:	30.84 30.84	150m:	1:48.50	40.56	250m:	3:11.93 44.34	350m:	4:31.79 34.42
	100m:	1:07.94 37.10	200m:	2:27.59	39.09	300m:	3:57.37 45.44	400m:	5:03.98 32.19
4.	SILVA, Ricardo Lopes		03	Nautico Marinha Grande				5:04.44	513
	50m:	30.85 30.85	150m:	1:45.55	38.11	250m:	3:11.38 47.98	350m:	4:32.77 33.70
	100m:	1:07.44 36.59	200m:	2:23.40	37.85	300m:	3:59.07 47.69	400m:	5:04.44 31.67
5.	CARDOSO, Filipe Santos		04	Gafanha da Encarnacao				5:07.72	497
	50m:	30.44 30.44	150m:	1:45.53	39.29	250m:	3:11.45 47.71	350m:	4:33.81 35.11
	100m:	1:06.24 35.80	200m:	2:23.74	38.21	300m:	3:58.70 47.25	400m:	5:07.72 33.91
6.	NEAGU, Tiberius Sebastian		04	Academico Viseu				5:09.78	487
	50m:	32.08 32.08	150m:	1:52.10	43.01	250m:	3:16.23 44.60	350m:	4:36.65 35.84
	100m:	1:09.09 37.01	200m:	2:31.63	39.53	300m:	4:00.81 44.58	400m:	5:09.78 33.13
7.	SANTOS, Roberto Pinho		03	Estamos Juntos				5:11.52	479
	50m:	31.08 31.08	150m:	1:48.76	40.92	250m:	3:13.17 43.76	350m:	4:35.67 37.09
	100m:	1:07.84 36.76	200m:	2:29.41	40.65	300m:	3:58.58 45.41	400m:	5:11.52 35.85
8.	MOITA, Goncalo Brites		04	Uniao Coimbra				5:17.47	453
	50m:	31.53 31.53	150m:	1:49.44	43.42	250m:	3:17.17 45.71	350m:	4:42.40 37.66
	100m:	1:06.02 34.49	200m:	2:31.46	42.02	300m:	4:04.74 47.57	400m:	5:17.47 35.07
9.	COUTINHO, David Valdagua		03	Columbifila Cantanhedense				5:17.50	452
	50m:	32.52 32.52	150m:	1:51.74	41.07	250m:	3:18.54 48.34	350m:	4:42.89 36.19
	100m:	1:10.67 38.15	200m:	2:30.20	38.46	300m:	4:06.70 48.16	400m:	5:17.50 34.61
10.	POIARES, Tiago Andre		04	Fundacao Beatriz Santos				5:20.39	440
	50m:	34.90 34.90	150m:	1:57.76	43.57	250m:	3:22.46 43.54	350m:	4:44.21 38.02
	100m:	1:14.19 39.29	200m:	2:38.92	41.16	300m:	4:06.19 43.73	400m:	5:20.39 36.18
11.	ANTUNES, Joao Afonso		04	Galitos / Bresimar				5:21.21	437
	50m:	31.34 31.34	150m:	1:52.88	42.38	250m:	3:20.34 46.49	350m:	4:44.04 36.90
	100m:	1:10.50 39.16	200m:	2:33.85	40.97	300m:	4:07.14 46.80	400m:	5:21.21 37.17
12.	OLIVEIRA, Vasco Peixoto		04	Alcobaca				5:22.66	431
	50m:	32.52 32.52	150m:	1:56.30	43.24	250m:	3:24.00 45.16	350m:	4:47.12 37.03
	100m:	1:13.06 40.54	200m:	2:38.84	42.54	300m:	4:10.09 46.09	400m:	5:22.66 35.54
13.	LOURENCO, Goncalo Pires		03	Fundacao Beatriz Santos				5:22.68	431
	50m:	31.70 31.70	150m:	1:53.48	44.69	250m:	3:21.96 45.17	350m:	4:46.74 36.09
	100m:	1:08.79 37.09	200m:	2:36.79	43.31	300m:	4:10.65 48.69	400m:	5:22.68 35.94
14.	TEIXEIRA, Joao Octavio		03	Galitos / Bresimar				5:23.40	428
	50m:	31.10 31.10	150m:	1:53.27	43.54	250m:	3:21.99 45.88	350m:	4:47.26 38.05
	100m:	1:09.73 38.63	200m:	2:36.11	42.84	300m:	4:09.21 47.22	400m:	5:23.40 36.14
15.	SA, Rafael Domingues FTL		03	Natacao de Vagos				5:24.42	424
	50m:	32.57 32.57	150m:	1:54.10	42.75	250m:	3:22.10 47.09	350m:	4:48.09 38.49
	100m:	1:11.35 38.78	200m:	2:35.01	40.91	300m:	4:09.60 47.50	400m:	5:24.42 36.33

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 13, Masc., 400m Estilos, Juv A e B

Lugar	Ano	Tempo final	Pts
16. FERNANDES, Daniel Jose <i>FTL</i>	04 Alcobaca	5:33.42	391
50m: 33.78 33.78 150m: 1:57.87 43.06 250m: 3:29.59 49.47 350m: 4:57.23 37.86 100m: 1:14.81 41.03 200m: 2:40.12 42.25 300m: 4:19.37 49.78 400m: 5:33.42 36.19			
17. COELHO, Joao Reis <i>FTL</i>	03 Desporto de Tondela	5:34.43	387
50m: 31.32 31.32 150m: 1:54.10 46.28 250m: 3:28.35 49.62 350m: 4:58.18 37.80 100m: 1:07.82 36.50 200m: 2:38.73 44.63 300m: 4:20.38 52.03 400m: 5:34.43 36.25			
18. LIMA, Tiago Diniz <i>FTL</i>	04 Estarreja	5:37.19	378
50m: 36.01 36.01 150m: 2:00.33 41.03 250m: 3:30.61 49.56 350m: 4:59.55 39.49 100m: 1:19.30 43.29 200m: 2:41.05 40.72 300m: 4:20.06 49.45 400m: 5:37.19 37.64			
19. OLIVEIRA, Ricardo Gabriel <i>FTL</i>	04 Estarreja	5:59.38	312
50m: 34.81 34.81 150m: 2:02.52 46.24 250m: 3:41.01 53.32 350m: 5:18.31 43.08 100m: 1:16.28 41.47 200m: 2:47.69 45.17 300m: 4:35.23 54.22 400m: 5:59.38 41.07			
EXH PAIVA, Ruben Ferreira <i>FTL</i>	05 Sanjoanense/FEPSA	5:30.86	400
50m: 33.99 33.99 150m: 1:58.15 45.02 250m: 3:28.77 48.55 350m: 4:55.00 37.86 100m: 1:13.13 39.14 200m: 2:40.22 42.07 300m: 4:17.14 48.37 400m: 5:30.86 35.86			

Prova 14

13-07-2019 - 9:50

Femin., 400m Estilos
entrega medalhas provas 9 e 11

Absoluto
Resultados

Rec Nacional Absoluto	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	2012
Rec Nacional Jun 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	2017
Rec Nacional Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Póvoa de Varzim	2011
Rec Nacional Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	2015
Rec Nacional Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	2015

TA ABS-FEM : 5:58.74 / TA JUVA-FEM Juv A: 6:16.68 / TA JUVB-FEM Juv B: 6:27.45

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. CARDEAL, Joana Nunes	02 Academico Viseu	5:04.77	667
50m: 32.09 32.09 150m: 1:48.19 40.66 250m: 3:11.59 44.94 350m: 4:32.10 35.25 100m: 1:07.53 35.44 200m: 2:26.65 38.46 300m: 3:56.85 45.26 400m: 5:04.77 32.67			
2. VARGAS, Giovanna Vaz	00 Nautico Marinha Grande	5:05.17	664
50m: 31.19 31.19 150m: 1:47.01 41.03 250m: 3:11.75 45.33 350m: 4:31.45 34.99 100m: 1:05.98 34.79 200m: 2:26.42 39.41 300m: 3:56.46 44.71 400m: 5:05.17 33.72			
3. REBELO, Maria Carlota	03 Louzan Natacao/EFAPEL	5:08.36	644
50m: 32.49 32.49 150m: 1:49.42 40.45 250m: 3:12.62 43.59 350m: 4:32.59 36.44 100m: 1:08.97 36.48 200m: 2:29.03 39.61 300m: 3:56.15 43.53 400m: 5:08.36 35.77			
4. FIAL, Sofia Nunes	03 Estamos Juntos	5:15.36	602
50m: 33.47 33.47 150m: 1:53.16 41.19 250m: 3:17.32 43.97 350m: 4:40.39 37.64 100m: 1:11.97 38.50 200m: 2:33.35 40.19 300m: 4:02.75 45.43 400m: 5:15.36 34.97			
5. CARDEAL, Beatriz Nunes	04 Academico Viseu	5:18.01	587
50m: 32.70 32.70 150m: 1:53.55 42.91 250m: 3:19.69 44.80 350m: 4:42.86 36.77 100m: 1:10.64 37.94 200m: 2:34.89 41.34 300m: 4:06.09 46.40 400m: 5:18.01 35.15			
6. MONTEIRO, Ana Carolina	04 Uniao Coimbra	5:21.72	567
50m: 32.86 32.86 150m: 1:54.01 43.62 250m: 3:22.77 45.76 350m: 4:46.08 36.57 100m: 1:10.39 37.53 200m: 2:37.01 43.00 300m: 4:09.51 46.74 400m: 5:21.72 35.64			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 14, Femin., 400m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
7.	NEVES, Sara Dias		03	Miranda do Corvo				5:22.64	562
	50m:	33.76 33.76	150m:	1:54.70	41.94	250m:	3:22.87 47.43	350m:	4:46.86 36.92
	100m:	1:12.76 39.00	200m:	2:35.44	40.74	300m:	4:09.94 47.07	400m:	5:22.64 35.78
8.	ROSA, Mariana Carmo		05	Louzan Natacao/EFAPEL				5:23.90	556
	50m:	34.60 34.60	150m:	1:57.05	43.43	250m:	3:26.92 48.49	350m:	4:49.88 35.43
	100m:	1:13.62 39.02	200m:	2:38.43	41.38	300m:	4:14.45 47.53	400m:	5:23.90 34.02
9.	MONTEIRO, Margarida Cabral		02	Galitos / Bresimar				5:25.56	547
	50m:	33.94 33.94	150m:	1:56.26	42.87	250m:	3:24.01 45.44	350m:	4:49.16 38.30
	100m:	1:13.39 39.45	200m:	2:38.57	42.31	300m:	4:10.86 46.85	400m:	5:25.56 36.40
10.	NOBRE, Marisa Isabel		05	Cumbofila Cantanhedense				5:27.08	540
	50m:	34.40 34.40	150m:	1:56.34	42.05	250m:	3:27.12 50.48	350m:	4:52.86 36.02
	100m:	1:14.29 39.89	200m:	2:36.64	40.30	300m:	4:16.84 49.72	400m:	5:27.08 34.22
11.	ALVES, Sara Sofia		01	Cumbofila Cantanhedense				5:30.40	523
	50m:	34.84 34.84	150m:	1:57.86	45.47	250m:	3:29.53 47.67	350m:	4:54.80 36.80
	100m:	1:12.39 37.55	200m:	2:41.86	44.00	300m:	4:18.00 48.47	400m:	5:30.40 35.60
12.	LAMAS, Maria Caetano		04	Miranda do Corvo				5:34.06	506
	50m:	34.03 34.03	150m:	2:01.08	45.66	250m:	3:31.95 46.66	350m:	4:57.84 38.14
	100m:	1:15.42 41.39	200m:	2:45.29	44.21	300m:	4:19.70 47.75	400m:	5:34.06 36.22
13.	SOARES, Ines Apolinario		03	Pimpoes/Cimai				5:34.35	505
	50m:	34.98 34.98	150m:	1:59.13	44.31	250m:	3:32.40 49.85	350m:	5:00.51 39.58
	100m:	1:14.82 39.84	200m:	2:42.55	43.42	300m:	4:20.93 48.53	400m:	5:34.35 33.84
14.	FERREIRA, Joana Rosa		05	Naval de Peniche				5:34.36	505
	50m:	34.60 34.60	150m:	2:02.63	46.43	250m:	3:32.09 45.24	350m:	4:57.23 39.02
	100m:	1:16.20 41.60	200m:	2:46.85	44.22	300m:	4:18.21 46.12	400m:	5:34.36 37.13
15.	SOUSA, Ines Matos		03	Uniao Coimbra				5:37.83	490
	50m:	34.45 34.45	150m:	1:59.17	45.25	250m:	3:33.01 49.16	350m:	5:00.29 38.29
	100m:	1:13.92 39.47	200m:	2:43.85	44.68	300m:	4:22.00 48.99	400m:	5:37.83 37.54
16.	TEIXEIRA, Ines Oliveira		02	Estarreja				5:38.42	487
	50m:	33.02 33.02	150m:	1:58.47	44.00	250m:	3:26.96 45.23	350m:	4:58.18 43.22
	100m:	1:14.47 41.45	200m:	2:41.73	43.26	300m:	4:14.96 48.00	400m:	5:38.42 40.24
17.	TAVARES, Mariana Silva		04	Estarreja				5:38.84	485
	50m:	33.98 33.98	150m:	1:59.58	44.88	250m:	3:32.98 50.31	350m:	5:02.93 39.38
	100m:	1:14.70 40.72	200m:	2:42.67	43.09	300m:	4:23.55 50.57	400m:	5:38.84 35.91
18.	SIMOES, Rita Mendes		04	Bairro dos Anjos/Bomcar				5:41.18	475
	50m:	35.07 35.07	150m:	2:01.04	45.53	250m:	3:36.12 50.45	350m:	5:04.64 38.51
	100m:	1:15.51 40.44	200m:	2:45.67	44.63	300m:	4:26.13 50.01	400m:	5:41.18 36.54
19.	RODRIGUES, Constanca Filipa		02	Pimpoes/Cimai				5:44.28	463
	50m:	34.60 34.60	150m:	2:01.56	45.07	250m:	3:34.13 48.14	350m:	5:03.55 39.77
	100m:	1:16.49 41.89	200m:	2:45.99	44.43	300m:	4:23.78 49.65	400m:	5:44.28 40.73
20.	PIMENTEL, Sara Calisto		05	Galitos / Bresimar				5:44.61	461
	50m:	35.12 35.12	150m:	2:02.96	46.59	250m:	3:37.75 48.77	350m:	5:05.95 38.03
	100m:	1:16.37 41.25	200m:	2:48.98	46.02	300m:	4:27.92 50.17	400m:	5:44.61 38.66
21.	SOUSA, Ana Correia		04	Pimpoes/Cimai				5:45.04	460
	50m:	34.35 34.35	150m:	2:02.54	45.32	250m:	3:34.60 49.62	350m:	5:04.40 40.43
	100m:	1:17.22 42.87	200m:	2:44.98	42.44	300m:	4:23.97 49.37	400m:	5:45.04 40.64
22.	CRUZ, Cintia Cristina		02	Alcobaca				5:46.20	455
	50m:	36.79 36.79	150m:	2:00.94	39.91	250m:	3:40.95 49.47	350m:	5:08.62 39.12
	100m:	1:21.03 44.24	200m:	2:51.48	50.54	300m:	4:29.50 48.55	400m:	5:46.20 37.58
23.	SILVA, Maria Ines		04	Alcobaca				5:47.71	449
	50m:	35.55 35.55	150m:	2:02.28	46.08	250m:	3:40.25 53.45	350m:	5:10.11 39.35
	100m:	1:16.20 40.65	200m:	2:46.80	44.52	300m:	4:30.76 50.51	400m:	5:47.71 37.60
24.	LOISAS, Beatriz Ferreira		05	Cumbofila Cantanhedense				5:48.60	446
	50m:	35.11 35.11	150m:	1:59.53	43.92	250m:	3:37.92 52.96	350m:	5:10.52 37.99
	100m:	1:15.61 40.50	200m:	2:44.96	45.43	300m:	4:32.53 54.61	400m:	5:48.60 38.08

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 14, Femin., 400m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts		
25.	COSTA, Leonor Horta		04	Individual ANC				5:49.34	443		
	50m:	36.90 36.90	150m:	2:04.95	44.25	250m:	3:38.31	48.29	350m:	5:08.37	40.47
	100m:	1:20.70 43.80	200m:	2:50.02	45.07	300m:	4:27.90	49.59	400m:	5:49.34	40.97
26.	FIDALGO, Mafalda Vestia		04	Uniao Coimbra				5:51.46	435		
	50m:	37.14 37.14	150m:	2:06.38	45.92	250m:	3:42.91	52.04	350m:	5:12.92	39.48
	100m:	1:20.46 43.32	200m:	2:50.87	44.49	300m:	4:33.44	50.53	400m:	5:51.46	38.54
27.	CARDOSO, Ana Luisa		05	Estarreja				5:51.58	434		
	50m:	36.13 36.13	150m:	2:06.31	45.38	250m:	3:41.30	49.69	350m:	5:13.10	40.58
	100m:	1:20.93 44.80	200m:	2:51.61	45.30	300m:	4:32.52	51.22	400m:	5:51.58	38.48
28.	GAMEIRO, Marta Domingues		04	Nautico Academico				5:51.82	433		
	50m:	39.55 39.55	150m:	2:10.92	45.57	250m:	3:45.27	48.50	350m:	5:13.26	39.46
	100m:	1:25.35 45.80	200m:	2:56.77	45.85	300m:	4:33.80	48.53	400m:	5:51.82	38.56
29.	SIMOES, Barbara Almeida		05	Uniao Coimbra				5:57.72	412		
	50m:	36.28 36.28	150m:	2:05.34	45.03	250m:	3:43.73	53.02	350m:	5:17.20	40.65
	100m:	1:20.31 44.03	200m:	2:50.71	45.37	300m:	4:36.55	52.82	400m:	5:57.72	40.52
30.	MARQUES, Beatriz Pereira		05	Columbifila Cantanhedense				5:58.82	409		
	<i>FTL</i>										
	50m:	39.81 39.81	150m:	2:13.36	48.19	250m:	3:48.90	50.41	350m:	5:20.85	40.31
	100m:	1:25.17 45.36	200m:	2:58.49	45.13	300m:	4:40.54	51.64	400m:	5:58.82	37.97
31.	MARQUES, Maria Ines		05	Alcobaca				5:59.94	405		
	<i>FTL</i>										
	50m:	37.13 37.13	150m:	2:10.75	47.82	250m:	3:46.47	50.23	350m:	5:19.91	42.00
	100m:	1:22.93 45.80	200m:	2:56.24	45.49	300m:	4:37.91	51.44	400m:	5:59.94	40.03
32.	MALHEIRO, Maria Vieira		05	Campinho				6:01.28	400		
	<i>FTL</i>										
	50m:	38.07 38.07	150m:	2:08.69	46.97	250m:	3:48.71	52.78	350m:	5:21.46	40.49
	100m:	1:21.72 43.65	200m:	2:55.93	47.24	300m:	4:40.97	52.26	400m:	6:01.28	39.82
33.	SILVA, Camila Cavaleiro		05	Columbifila Cantanhedense				6:03.68	392		
	<i>FTL</i>										
	50m:	39.22 39.22	150m:	2:15.06	46.48	250m:	3:52.06	51.54	350m:	5:24.87	40.26
	100m:	1:28.58 49.36	200m:	3:00.52	45.46	300m:	4:44.61	52.55	400m:	6:03.68	38.81
34.	ALMEIDA, Ana Rita		05	Campinho				6:03.97	391		
	<i>FTL</i>										
	50m:	36.81 36.81	150m:	2:10.70	49.54	250m:	3:48.88	51.56	350m:	5:23.29	42.89
	100m:	1:21.16 44.35	200m:	2:57.32	46.62	300m:	4:40.40	51.52	400m:	6:03.97	40.68
35.	PACHECO, Mariana Martins		03	Desporto de Tondela				6:25.54	329		
	<i>FTL</i>										
	50m:	40.29 40.29	150m:	2:18.26	50.14	250m:	3:58.86	53.77	350m:	5:40.93	46.09
	100m:	1:28.12 47.83	200m:	3:05.09	46.83	300m:	4:54.84	55.98	400m:	6:25.54	44.61
DSQ	GASPAR, Beatriz Ferreira		04	Bombeiros Mealhada/ CA							
				<i>batimentos alternados de pernas no percurso de mariposa</i>							
DNS	PAIVA, Leonor Correia		04	Louzan Natacao/EFAPEL							
DNS	PEREIRA, Carolina Rei		05	Natacao de Vagos							

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 14, Femin., 400m Estilos

Prova 14
13-07-2019 - 9:50

Femin., 400m Estilos
entrega medalhas provas 9 e 11

Juv A e B
Resultados

Rec Nacional Absoluto	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Póvoa de Varzim	2011
Rec Nacional Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	2015
Rec Nacional Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	2015

TA ABS-FEM Absoluto: 5:58.74 / TA JUVA-FEM Juv A: 6:16.68 / TA JUVB-FEM Juv B: 6:27.45

Pontos: FINA 2019

Lugar			Ano							Tempo final	Pts
1.	CARDEAL, Beatriz Nunes		04	Academico Viseu						5:18.01	587
	50m:	32.70 32.70	150m:	1:53.55	42.91	250m:	3:19.69	44.80	350m:	4:42.86	36.77
	100m:	1:10.64 37.94	200m:	2:34.89	41.34	300m:	4:06.09	46.40	400m:	5:18.01	35.15
2.	MONTEIRO, Ana Carolina		04	Uniao Coimbra						5:21.72	567
	50m:	32.86 32.86	150m:	1:54.01	43.62	250m:	3:22.77	45.76	350m:	4:46.08	36.57
	100m:	1:10.39 37.53	200m:	2:37.01	43.00	300m:	4:09.51	46.74	400m:	5:21.72	35.64
3.	ROSA, Mariana Carmo		05	Louzan Natacao/EFAPEL						5:23.90	556
	50m:	34.60 34.60	150m:	1:57.05	43.43	250m:	3:26.92	48.49	350m:	4:49.88	35.43
	100m:	1:13.62 39.02	200m:	2:38.43	41.38	300m:	4:14.45	47.53	400m:	5:23.90	34.02
4.	NOBRE, Marisa Isabel		05	Columbofila Cantanhedense						5:27.08	540
	50m:	34.40 34.40	150m:	1:56.34	42.05	250m:	3:27.12	50.48	350m:	4:52.86	36.02
	100m:	1:14.29 39.89	200m:	2:36.64	40.30	300m:	4:16.84	49.72	400m:	5:27.08	34.22
5.	LAMAS, Maria Caetano		04	Miranda do Corvo						5:34.06	506
	50m:	34.03 34.03	150m:	2:01.08	45.66	250m:	3:31.95	46.66	350m:	4:57.84	38.14
	100m:	1:15.42 41.39	200m:	2:45.29	44.21	300m:	4:19.70	47.75	400m:	5:34.06	36.22
6.	FERREIRA, Joana Rosa		05	Naval de Peniche						5:34.36	505
	50m:	34.60 34.60	150m:	2:02.63	46.43	250m:	3:32.09	45.24	350m:	4:57.23	39.02
	100m:	1:16.20 41.60	200m:	2:46.85	44.22	300m:	4:18.21	46.12	400m:	5:34.36	37.13
7.	TAVARES, Mariana Silva		04	Estarreja						5:38.84	485
	50m:	33.98 33.98	150m:	1:59.58	44.88	250m:	3:32.98	50.31	350m:	5:02.93	39.38
	100m:	1:14.70 40.72	200m:	2:42.67	43.09	300m:	4:23.55	50.57	400m:	5:38.84	35.91
8.	SIMOES, Rita Mendes		04	Bairro dos Anjos/Bomcar						5:41.18	475
	50m:	35.07 35.07	150m:	2:01.04	45.53	250m:	3:36.12	50.45	350m:	5:04.64	38.51
	100m:	1:15.51 40.44	200m:	2:45.67	44.63	300m:	4:26.13	50.01	400m:	5:41.18	36.54
9.	PIMENTEL, Sara Calisto		05	Galitos / Bresimar						5:44.61	461
	50m:	35.12 35.12	150m:	2:02.96	46.59	250m:	3:37.75	48.77	350m:	5:05.95	38.03
	100m:	1:16.37 41.25	200m:	2:48.98	46.02	300m:	4:27.92	50.17	400m:	5:44.61	38.66
10.	SOUSA, Ana Correia		04	Pimpoes/Cimai						5:45.04	460
	50m:	34.35 34.35	150m:	2:02.54	45.32	250m:	3:34.60	49.62	350m:	5:04.40	40.43
	100m:	1:17.22 42.87	200m:	2:44.98	42.44	300m:	4:23.97	49.37	400m:	5:45.04	40.64
11.	SILVA, Maria Ines		04	Alcobaca						5:47.71	449
	50m:	35.55 35.55	150m:	2:02.28	46.08	250m:	3:40.25	53.45	350m:	5:10.11	39.35
	100m:	1:16.20 40.65	200m:	2:46.80	44.52	300m:	4:30.76	50.51	400m:	5:47.71	37.60
12.	LOISAS, Beatriz Ferreira		05	Columbofila Cantanhedense						5:48.60	446
	50m:	35.11 35.11	150m:	1:59.53	43.92	250m:	3:37.92	52.96	350m:	5:10.52	37.99
	100m:	1:15.61 40.50	200m:	2:44.96	45.43	300m:	4:32.53	54.61	400m:	5:48.60	38.08
13.	COSTA, Leonor Horta		04	Individual ANC						5:49.34	443
	50m:	36.90 36.90	150m:	2:04.95	44.25	250m:	3:38.31	48.29	350m:	5:08.37	40.47
	100m:	1:20.70 43.80	200m:	2:50.02	45.07	300m:	4:27.90	49.59	400m:	5:49.34	40.97
14.	FIDALGO, Mafalda Vestia		04	Uniao Coimbra						5:51.46	435
	50m:	37.14 37.14	150m:	2:06.38	45.92	250m:	3:42.91	52.04	350m:	5:12.92	39.48
	100m:	1:20.46 43.32	200m:	2:50.87	44.49	300m:	4:33.44	50.53	400m:	5:51.46	38.54
15.	CARDOSO, Ana Luisa		05	Estarreja						5:51.58	434
	50m:	36.13 36.13	150m:	2:06.31	45.38	250m:	3:41.30	49.69	350m:	5:13.10	40.58
	100m:	1:20.93 44.80	200m:	2:51.61	45.30	300m:	4:32.52	51.22	400m:	5:51.58	38.48

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 14, Femin., 400m Estilos, Juv A e B

Lugar									Ano									Tempo final	Pts
16.	GAMEIRO, Marta Domingues								04	Nautico Academico								5:51.82	433
	50m:	39.55	39.55	150m:	2:10.92	45.57	250m:	3:45.27	48.50	350m:	5:13.26	39.46							
	100m:	1:25.35	45.80	200m:	2:56.77	45.85	300m:	4:33.80	48.53	400m:	5:51.82	38.56							
17.	SIMOES, Barbara Almeida								05	Uniao Coimbra								5:57.72	412
	50m:	36.28	36.28	150m:	2:05.34	45.03	250m:	3:43.73	53.02	350m:	5:17.20	40.65							
	100m:	1:20.31	44.03	200m:	2:50.71	45.37	300m:	4:36.55	52.82	400m:	5:57.72	40.52							
18.	MARQUES, Beatriz Pereira								05	Columbifila Cantanhedense								5:58.82	409
	<i>FTL</i>																		
	50m:	39.81	39.81	150m:	2:13.36	48.19	250m:	3:48.90	50.41	350m:	5:20.85	40.31							
	100m:	1:25.17	45.36	200m:	2:58.49	45.13	300m:	4:40.54	51.64	400m:	5:58.82	37.97							
19.	MARQUES, Maria Ines								05	Alcobaca								5:59.94	405
	<i>FTL</i>																		
	50m:	37.13	37.13	150m:	2:10.75	47.82	250m:	3:46.47	50.23	350m:	5:19.91	42.00							
	100m:	1:22.93	45.80	200m:	2:56.24	45.49	300m:	4:37.91	51.44	400m:	5:59.94	40.03							
20.	MALHEIRO, Maria Vieira								05	Campinho								6:01.28	400
	<i>FTL</i>																		
	50m:	38.07	38.07	150m:	2:08.69	46.97	250m:	3:48.71	52.78	350m:	5:21.46	40.49							
	100m:	1:21.72	43.65	200m:	2:55.93	47.24	300m:	4:40.97	52.26	400m:	6:01.28	39.82							
21.	SILVA, Camila Cavaleiro								05	Columbifila Cantanhedense								6:03.68	392
	<i>FTL</i>																		
	50m:	39.22	39.22	150m:	2:15.06	46.48	250m:	3:52.06	51.54	350m:	5:24.87	40.26							
	100m:	1:28.58	49.36	200m:	3:00.52	45.46	300m:	4:44.61	52.55	400m:	6:03.68	38.81							
22.	ALMEIDA, Ana Rita								05	Campinho								6:03.97	391
	<i>FTL</i>																		
	50m:	36.81	36.81	150m:	2:10.70	49.54	250m:	3:48.88	51.56	350m:	5:23.29	42.89							
	100m:	1:21.16	44.35	200m:	2:57.32	46.62	300m:	4:40.40	51.52	400m:	6:03.97	40.68							
DSQ	GASPAR, Beatriz Ferreira								04	Bombeiros Mealhada/ CA									
	<i>batimentos alternados de pernas no percurso de mariposa</i>																		
DNS	PAIVA, Leonor Correia								04	Louzan Natacao/EFAPEL									
DNS	PEREIRA, Carolina Rei								05	Natacao de Vagos									
EXH	GASPAR, Beatriz Andre								06	Nautico Academico								6:05.03	388
	<i>FTL</i>																		
	50m:	40.20	40.20	150m:	2:12.18	47.91	250m:	3:52.40	53.36	350m:	5:26.16	41.26							
	100m:	1:24.27	44.07	200m:	2:59.04	46.86	300m:	4:44.90	52.50	400m:	6:05.03	38.87							

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 15 Masc., 50m Mariposa Absoluto
13-07-2019 - 10:20 Resultados

Rec Nacional Absoluto	23.72	MORGADO, Simao Gomes	POR	Málaga (ESP)	2009
Rec Nacional Sen	23.72	MORGADO, Simao Gomes	POR	Málaga (ESP)	2009
Rec Nacional Jun 18	24.75	LINO, Rafael	FCP	Chalon-Sur-Saone (FRA)	2017
Rec Nacional Jun 17	24.89	VENANCIO, Tiago Andre	CNS	Oeiras	2004

TA ABS-MASC : 31.18

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MADUREIRA, Gustavo Almeida	94	Academica de Coimbra	25.96 631
2. KOT, Viktor	98	Nautico Marinha Grande	26.10 621
3. FIDALGO, Mateus Valente	01	Estarreja	26.33 605
4. PINHO, Manuel Antonio	01	Feirense	26.53 591
5. PELAIO, Jose Pedro	01	Galitos / Bresimar	26.67 582
6. DOMINGUES, Ricardo Jorge	02	Fundacao Beatriz Santos	26.75 577
7. COSTA, Andre Gouveia	01	Fundacao Beatriz Santos	27.13 553
8. CAROLA, Hugo Filipe	01	Galitos / Bresimar	27.14 552
9. SANTOS, Nuno Goncalo	96	Bairro dos Anjos/Bomcar	27.24 546
10. SIMOES, Manuel Baptista	03	Uniao Coimbra	27.31 542
11. AMARAL, Francisco Rodriguez	02	Campinho	27.47 532
12. REIS, Rodrigo Miguel	04	Bairro dos Anjos/Bomcar	27.53 529
13. SILVA, Miguel Vicente	02	Nautico Marinha Grande	27.55 528
14. SILVA, Luis Afonso	02	Estarreja	27.56 527
PATRICIO, Rodrigo Alexandre	98	Academica de Coimbra	27.56 527
16. ARZILEIRO, Bernardo Vinagre	01	Uniao Coimbra	27.65 522
17. MACHADO, Tiago Andrade	02	Sporting de Aveiro	27.74 517
18. OVIEDO, Miguel Freitas	02	Academica de Coimbra	27.77 515
19. ACIOLI, Victor Hugo	02	Feirense	27.84 511
20. ZINCA, Andrei Iulian	00	Gafanha da Encarnacao	27.85 511
21. SANTOS, Alberto Antonio	01	S. Pedro Alva	27.97 504
COSTA, Afonso Filipe	03	Naval da Nazare	27.97 504
23. GOMES, Rodrigo Ribeiro	00	Fundacao Beatriz Santos	28.05 500
24. MATOS, Diogo Ribas	02	Alges e Agueda XXI	28.10 497
25. CERDEIRINHA, Xavier Gomes	02	Feirense	28.14 495
26. DINIS, Tiago Moises	98	Nautico Academico	28.19 493
27. FERREIRA, Joao Miguel	97	Sporting de Aveiro	28.20 492
28. FERREIRA, Joao Vitor	96	Feirense	28.25 489
29. GOMES, Rodrigo Guedes	02	Feirense	28.41 481
30. FERREIRA, Tomas Soares	03	Estarreja	28.45 479
31. ANTUNES, Jose Pedro	00	Galitos / Bresimar	28.50 477
32. BRAS, Alexandre Miguel	03	S. Pedro Alva	28.58 473
33. SOUSA, Duarte Anastacio	02	Uniao Coimbra	28.63 470
34. MAXIMO, Joao Luis	98	O Crasto	28.64 470
35. LOPES, Miguel Sanches	01	Academico Viseu	28.81 461
36. FERREIRA, Joao Renato	01	Estarreja	28.83 460
37. MENDES, Francisco Miguel	01	Nautico Academico	29.00 452
38. SOUSA, Guilherme Mendes	03	Nautico Marinha Grande	29.02 451
39. MACHADO, Joao Francisco	99	Uniao Coimbra	29.24 441
40. PEREIRA, Bernardo Sousa	01	Pimpoes/Cimai	29.29 439
41. SANTOS, Rafael Pinto	03	Feirense	29.30 439
42. CORREIA, Andre Filipe	97	Feirense	29.43 433
43. MOCO, Pedro Ribeiro	02	Natacao de Vagos	29.55 428
44. CAMPOS, Rafael Alves	04	S. Pedro Alva	29.63 424
45. COELHO, Rodrigo Manuel	01	Feirense	29.67 422
46. PEDROSA, Francisco Pereira	99	Vieirense	29.70 421
47. COELHO, Joao Reis	03	Desporto de Tondela	29.78 418
48. YURCHUK, Artur	03	Bombeiros Mealhada/ CA	29.93 411

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 15, Masc., 50m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
49. MARTINS, David Almeida	01 Estamos Juntos	29.97	410
50. ALVES, Joao Brandao	03 Salesiano de Arouca	30.03	407
51. CORDEIRO, Claudio Rafael	02 Individual ANC	30.05	407
52. MARQUES, Rui Joao	02 Nautico Academico	30.09	405
53. JULIO, Gabriel Jose	01 Academica de Coimbra	30.11	404
54. ANTUNES, Andre Marques	99 Fundacao Beatriz Santos	30.13	403
55. OLIVEIRA, David Miguel	01 Estarreja	30.16	402
56. FIGUEIRA, Gabriel Jose	01 Academica de Coimbra	30.18	401
57. FLORIDO, Pedro Miguel	04 Fundacao Beatriz Santos	30.21	400
58. TOME, David Emanuel	03 Bombeiros Mealhada/ CA	30.38	393
59. CORREIA, Goncalo Pereira	00 Academica de Coimbra	30.67	382
60. TAVARES, Licinio Silva	01 Estarreja	30.76	379
61. MONTEIRO, Rodrigo Manuel	98 Sporting de Espinho	31.06	368
62. VENTURA, Bernardo Jorge FTL	03 Academica de Coimbra	31.23	362
63. SA, Rafael Domingues FTL	03 Natacao de Vagos	31.28	360
64. AGOSTINHO, Ricardo Luis FTL	96 Fundacao Beatriz Santos	31.38	357
65. ALMEIDA, Marco Andre FTL	02 Bombeiros Mealhada/ CA	31.71	346
66. DUARTE, Pedro Filipe FTL	01 Sanjoanense/FEPSA	31.74	345
67. NUNES, Bruno Miguel FTL	99 Nautico Academico	32.32	327
68. ANASTACIO, Alexandre Quiterio FTL	01 Benedita	33.28	299
DNS ALMEIDA, Ruben Manuel	95 Feirense		
EXH FERNANDES, Eduardo Gomes	02 Sporting	27.03	559

Prova 16 Femin., 50m Mariposa Absoluto
13-07-2019 - 10:30 Resultados

Rec Nacional Absoluto	27.27	OLIVEIRA, Sara Freitas	POR	Eindhoven (NED)	2011
Rec Nacional Sen	27.27	OLIVEIRA, Sara Freitas	POR	Eindhoven (NED)	2011
Rec Nacional Jun 17	27.63	GUEDES, Ana Margarida	GCVR	Funchal	2018
Rec Nacional Jun 16	28.00	CRUZ, Sara Francisco	ADBA	Faro	2009

TA ABS-FEM : 36.38

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RODRIGUES, Ana Margarida	96 Galitos / Bresimar	28.91	603
2. ALMEIDA, Maria Carolina	05 Galitos / Bresimar	29.59	562
3. SILVA, Ines Pereira	02 Fundacao Beatriz Santos	29.79	551
4. MARQUES, Maria Vieira	04 Natacao de Vagos	29.92	544
5. SANTOS, Beatriz Rocha	02 Campinho	30.38	520
6. VEIGA, Ana Filipa	01 Gafanha da Encarnacao	30.67	505
7. TOMAS, Beatriz Monteiro	03 Fundacao Beatriz Santos	30.76	500
8. BELO, Rita Afonso	02 Benedita	30.88	495
9. SANTOS, Mariana Jacinto	03 Freguesia de Paiao	30.89	494
10. RODRIGUES, Helena Nunes	03 Alges e Agueda XXI	30.90	494
11. DOMINGUES, Luana Pinto	03 Bairro dos Anjos/Bomcar	30.95	491
12. CRAVEIRO, Beatriz Neves	97 Academica de Coimbra	30.97	490

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 16, Femin., 50m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
13. MARQUES, Mariana Nunes	03 Estarreja	31.03	488
14. CORREIA, Rute Ferreira	03 Clube de Vouzela	31.09	485
15. MONTEIRO, Ines Rosado	00 Natacao de Vagos	31.12	483
16. FERREIRA, Ana Claudia	90 Alcobaca	31.13	483
17. ALMEIDA, Ana Beatriz	01 Clube de Vouzela	31.36	472
18. PINHEIRO, Ines Mariana	03 Academica de Coimbra	31.53	465
19. PEREIRA, Ines Eira	99 Estarreja	32.14	439
20. TEIXEIRA, Ines Oliveira	02 Estarreja	32.29	433
21. MENDES, Daniela Portela	04 Fundacao Beatriz Santos	32.90	409
22. SANTOS, Diana Sofia	02 Estarreja	33.07	403
23. MELO, Ines Pinheiro	01 Sporting de Espinho	33.21	398
24. ROCHA, Maria Joao	00 Sanjoanense/FEPSA	33.25	396
MADEIRA, Maria Jose	02 Bombeiros Mealhada/ CA	33.25	396
26. SILVA, Maria Ines	04 Alcobaca	33.31	394
27. VIANA, Jacinta Martins	04 Natacao de Vagos	33.37	392
28. LOPES, Margarida Santos	04 Estarreja	33.42	390
29. ABREU, Daniela Filipa	04 Campinho	33.83	376
30. CASTRO, Andreia Rodrigues	01 Estarreja	33.85	375
31. PIRES, Beatriz Almeida	03 Uniao Coimbra	33.95	372
32. MACEDO, Luisa Mendes	03 Estamos Juntos	33.97	371
33. JORGE, Maria Beatriz	00 Nautico Academico	33.99	371
34. DIONISIO, Maria Ines	04 Fundacao Beatriz Santos	34.07	368
35. PEREIRA, Beatriz Sofia	04 Bombeiros Mealhada/ CA	34.53	354
36. SILVA, Ema Santos	03 Feirense	34.64	350
37. PINTO, Mara Ribeiro	01 Feirense	34.98	340
38. SILVA, Maria Joao	00 Estarreja	35.35	330
39. FERREIRA, Carla Sandrina	04 O Crasto	35.54	324
40. SILVA, Beatriz Margarido	05 Natacao de Vagos	35.91	314
41. LIMA, Ana Cristina	05 Sporting de Espinho	36.05	311
42. PACHECO, Mariana Martins FTL	03 Desporto de Tondela	36.62	296
43. CASTELO, Sara Ramos FTL	99 Sporting de Espinho	36.84	291
44. NOIVO, Adriana Martins FTL	03 Naval de Peniche	37.05	286
45. SILVA, Catarina Rodrigues FTL	04 Naval de Peniche	37.13	284
46. SANTOS, Ana Marta FTL	02 Desporto de Tondela	37.20	283
47. AFONSO, Beatriz Beja FTL	04 Academica de Coimbra	37.24	282
48. RODRIGUES, Joana Beatriz FTL	04 Academica de Coimbra	38.00	265
DNS TEJO, Beatriz Costa	02 Academica de Coimbra		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 17 13-07-2019 - 10:40	Masc., 200m Costas				Absoluto
Entrega de Medalhas das provas nºs 14					Resultados
Rec Nacional Absoluto	1:58.83	OLIVEIRA, Pedro Diogo	POR	Londres (GBR)	2012
Rec Nacional Sen	1:58.83	OLIVEIRA, Pedro Diogo	POR	Londres (GBR)	2012
Rec Nacional Jun 18	2:02.21	OLIVEIRA, Pedro Diogo	CNRM	Coimbra	2006
Rec Nacional Jun 17	2:03.06	OLIVEIRA, Pedro Diogo	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	2:06.59	VITAL, Joao Alexandre	POR	Netanya (ISR)	2014
Rec Nacional Juv B	2:06.44	VITAL, Joao Alexandre	POR	Utrecht (NED)	2013
Rec Nacional Inf A	2:14.56	RIBAS, Alexandre Lages	EDV	Lisboa	2011
TA ABS-MASC : 2:36.66 / TA JUVA-MASC Juv A: 2:49.19 / TA JUVB-MASC Juv B: 2:52.32					

Pontos: FINA 2019

Lugar	Ano		Tempo final				Pts
1. SOUSA, Nuno Alexandre	02	Clube de Vouzela	2:14.32				578
50m: 30.55 30.55	100m: 1:04.47	33.92	150m: 1:39.78	35.31	200m: 2:14.32	34.54	
2. SILVA, Job Santos	96	Feirense	2:14.59				575
50m: 31.18 31.18	100m: 1:05.56	34.38	150m: 1:40.66	35.10	200m: 2:14.59	33.93	
3. ZINCA, Andrei Iulian	00	Gafanha da Encarnacao	2:15.46				564
50m: 32.49 32.49	100m: 1:07.03	34.54	150m: 1:41.92	34.89	200m: 2:15.46	33.54	
4. RIBEIRO, Diogo Matos	04	Uniao Coimbra	2:17.65				537
50m: 31.33 31.33	100m: 1:07.05	35.72	150m: 1:42.66	35.61	200m: 2:17.65	34.99	
5. SILVA, Henrique Gomes	02	Estamos Juntos	2:17.99				533
50m: 33.54 33.54	100m: 1:08.98	35.44	150m: 1:43.92	34.94	200m: 2:17.99	34.07	
6. DIAS, Joao Pedro	02	Fundacao Beatriz Santos	2:18.24				530
50m: 31.71 31.71	100m: 1:06.58	34.87	150m: 1:42.97	36.39	200m: 2:18.24	35.27	
7. SANTOS, Andre Cardoso	03	Academico Viseu	2:19.76				513
50m: 32.92 32.92	100m: 1:08.76	35.84	150m: 1:44.48	35.72	200m: 2:19.76	35.28	
8. OLIVEIRA, Gil Diogo	01	Gafanha da Encarnacao	2:20.73				502
50m: 31.91 31.91	100m: 1:06.90	34.99	150m: 1:44.12	37.22	200m: 2:20.73	36.61	
9. RODRIGUES, Pedro Simoes	01	Uniao Coimbra	2:21.24				497
50m: 33.63 33.63	100m: 1:10.05	36.42	150m: 1:46.38	36.33	200m: 2:21.24	34.86	
10. SANTOS, Fernando Miguel	01	Academico Viseu	2:21.45				495
50m: 33.08 33.08	100m: 1:09.21	36.13	150m: 1:46.29	37.08	200m: 2:21.45	35.16	
11. GASPARG, Miguel Caridade	99	Academica de Coimbra	2:22.23				487
50m: 33.91 33.91	100m: 1:09.99	36.08	150m: 1:46.52	36.53	200m: 2:22.23	35.71	
12. RELVAS, David Ferreira	03	Nautico Marinha Grande	2:22.33				486
50m: 33.77 33.77	100m: 1:09.68	35.91	150m: 1:46.38	36.70	200m: 2:22.33	35.95	
13. SILVA, Afonso Varelhas	01	Nautico Marinha Grande	2:22.37				485
50m: 33.34 33.34	100m: 1:09.15	35.81	150m: 1:46.28	37.13	200m: 2:22.37	36.09	
14. JORGE, Duarte Miguel	01	Galitos / Bresimar	2:22.55				483
50m: 33.00 33.00	100m: 1:09.58	36.58	150m: 1:46.81	37.23	200m: 2:22.55	35.74	
15. OLIVEIRA, Daniel Valente	03	Sporting de Aveiro	2:22.76				481
50m: 32.68 32.68	100m: 1:08.70	36.02	150m: 1:46.52	37.82	200m: 2:22.76	36.24	
16. MARQUES, Gustavo Pires	04	Fundacao Beatriz Santos	2:23.25				476
50m: 34.12 34.12	100m: 1:10.68	36.56	150m: 1:48.46	37.78	200m: 2:23.25	34.79	
17. SILVA, Miguel Vicente	02	Nautico Marinha Grande	2:23.51				474
50m: 32.43 32.43	100m: 1:07.75	35.32	150m: 1:45.72	37.97	200m: 2:23.51	37.79	
18. CARDOSO, Joao Francisco	03	Individual ANCP	2:24.16				467
50m: 32.74 32.74	100m: 1:08.53	35.79	150m: 1:45.56	37.03	200m: 2:24.16	38.60	
19. CLARA, Vitor Belo	04	Bairro dos Anjos/Bomcar	2:24.48				464
50m: 33.19 33.19	100m: 1:10.01	36.82	150m: 1:48.10	38.09	200m: 2:24.48	36.38	
20. CARDOSO, Filipe Santos	04	Gafanha da Encarnacao	2:24.82				461
50m: 34.74 34.74	100m: 1:12.03	37.29	150m: 1:49.89	37.86	200m: 2:24.82	34.93	

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Prova 17, Masc., 200m Costas, Absoluto

Lugar			Ano				Tempo final	Pts
21.	DIAS, Jose Diogo	04	Fundacao Beatriz Santos	2:24.91	460			
	50m: 33.51 33.51	100m: 1:09.50	35.99	150m: 1:47.05	37.55	200m: 2:24.91	37.86	
22.	SANTOS, Guilherme Clara	02	Estamos Juntos	2:25.56	454			
	50m: 34.43 34.43	100m: 1:10.88	36.45	150m: 1:48.64	37.76	200m: 2:25.56	36.92	
23.	ANTUNES, Jose Pedro	00	Galitos / Bresimar	2:26.98	441			
	50m: 34.64 34.64	100m: 1:11.98	37.34	150m: 1:49.99	38.01	200m: 2:26.98	36.99	
24.	SILVA, Guilherme Tomas	03	Campinho	2:27.07	440			
	50m: 34.07 34.07	100m: 1:12.09	38.02	150m: 1:50.19	38.10	200m: 2:27.07	36.88	
25.	RODRIGUES, Miguel Carvalho	02	Galitos / Bresimar	2:27.17	439			
	50m: 33.61 33.61	100m: 1:09.96	36.35	150m: 1:47.99	38.03	200m: 2:27.17	39.18	
26.	SANTOS, Alberto Antonio	01	S. Pedro Alva	2:27.85	433			
	50m: 33.86 33.86	100m: 1:10.63	36.77	150m: 1:49.43	38.80	200m: 2:27.85	38.42	
27.	TSYKAL, Daniel	04	Alcobaca	2:28.74	426			
	50m: 35.73 35.73	100m: 1:14.08	38.35	150m: 1:52.26	38.18	200m: 2:28.74	36.48	
28.	SANTOS, Roberto Pinho	03	Estamos Juntos	2:29.48	419			
	50m: 34.96 34.96	100m: 1:12.97	38.01	150m: 1:52.75	39.78	200m: 2:29.48	36.73	
29.	SANTOS, Rafael Pinto	03	Feirense	2:29.57	418			
	50m: 34.82 34.82	100m: 1:12.56	37.74	150m: 1:51.28	38.72	200m: 2:29.57	38.29	
30.	COUTINHO, David Valdagua	03	Columbofila Cantanhedense	2:29.64	418			
	50m: 35.70 35.70	100m: 1:12.95	37.25	150m: 1:52.58	39.63	200m: 2:29.64	37.06	
31.	TAVARES, Bernardo Rodrigues	04	Galitos / Bresimar	2:29.91	416			
	50m: 34.10 34.10	100m: 1:11.70	37.60	150m: 1:50.68	38.98	200m: 2:29.91	39.23	
32.	COELHO, Joao Salvador	03	O Crasto	2:30.30	412			
	50m: 34.96 34.96	100m: 1:12.68	37.72	150m: 1:52.06	39.38	200m: 2:30.30	38.24	
33.	CARDOSO, Lucas Pipiraite	04	Naval da Nazare	2:31.57	402			
	50m: 34.41 34.41	100m: 1:12.69	38.28	150m: 1:52.61	39.92	200m: 2:31.57	38.96	
34.	CARVALHO, Francisco Miguel	00	Academica de Coimbra	2:32.36	396			
	50m: 35.95 35.95	100m: 1:14.47	38.52	150m: 1:54.06	39.59	200m: 2:32.36	38.30	
35.	SOLODYUK, Micael Kovalchuk	03	Natacao de Vagos	2:32.66	394			
	50m: 35.69 35.69	100m: 1:14.61	38.92	150m: 1:53.73	39.12	200m: 2:32.66	38.93	
36.	COSTA, Goncalo Filipe	04	Gafanha da Encarnacao	2:33.31	389			
	50m: 35.47 35.47	100m: 1:14.85	39.38	150m: 1:55.41	40.56	200m: 2:33.31	37.90	
37.	BULHOSA, Silvio Miguel	03	Estamos Juntos	2:33.85	384			
	50m: 35.60 35.60	100m: 1:14.85	39.25	150m: 1:54.55	39.70	200m: 2:33.85	39.30	
38.	FIGUEIREDO, Gustavo Pinto	02	O Crasto	2:34.09	383			
	50m: 35.63 35.63	100m: 1:14.99	39.36	150m: 1:55.04	40.05	200m: 2:34.09	39.05	
39.	MIGUEL, Tomas Pedrosa	02	Condeixa Clube	2:34.31	381			
	50m: 35.91 35.91	100m: 1:15.93	40.02	150m: 1:54.92	38.99	200m: 2:34.31	39.39	
40.	MENESES, Marco Ribeiro	01	O Crasto	2:35.07	375			
	50m: 36.42 36.42	100m: 1:14.53	38.11	150m: 1:55.34	40.81	200m: 2:35.07	39.73	
41.	BRANCO, Rodrigo Figueiredo	04	Galitos / Bresimar	2:35.64	371			
	50m: 36.46 36.46	100m: 1:15.65	39.19	150m: 1:55.61	39.96	200m: 2:35.64	40.03	
42.	MARTINS, Alexandre Viegas	04	Uniao Coimbra	2:35.77	370			
	50m: 36.35 36.35	100m: 1:16.34	39.99	150m: 1:55.79	39.45	200m: 2:35.77	39.98	
43.	FREIRE, Rui Miguel	03	Nucleo Ansiao	2:35.78	370			
	50m: 35.01 35.01	100m: 1:14.79	39.78	150m: 1:55.73	40.94	200m: 2:35.78	40.05	
44.	SOARES, Ricardo Pedrosa	04	Vieirense	2:36.22	367			
	50m: 35.55 35.55	100m: 1:15.56	40.01	150m: 1:56.54	40.98	200m: 2:36.22	39.68	

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 17, Masc., 200m Costas, Absoluto

Lugar			Ano					Tempo final	Pts
45.	LIMA, Tiago Diniz		04	Estarreja				2:36.25	367
	50m: 37.22 37.22	100m: 1:17.39		40.17	150m: 1:57.24	39.85	200m: 2:36.25	39.01	
46.	CABRAL, Rui Tomas		04	Academico Viseu				2:36.60	365
	50m: 36.27 36.27	100m: 1:16.37		40.10	150m: 1:56.54	40.17	200m: 2:36.60	40.06	
47.	GAMEIRO, David Almeida		03	Nucleo de Pombal				2:37.53	358
	<i>FTL</i>								
	50m: 37.05 37.05	100m: 1:17.33		40.28	150m: 1:58.17	40.84	200m: 2:37.53	39.36	
48.	JESUS, Pedro Duarte		04	Galitos / Bresimar				2:37.86	356
	<i>FTL</i>								
	50m: 36.78 36.78	100m: 1:17.19		40.41	150m: 1:57.68	40.49	200m: 2:37.86	40.18	
49.	FERREIRA, Renato Maria		04	Vigor da Mocidade				2:38.23	353
	<i>FTL</i>								
	50m: 36.58 36.58	100m: 1:16.96		40.38	150m: 1:58.48	41.52	200m: 2:38.23	39.75	
50.	GRILO, Afonso Corte-Real		04	Fundacao Beatriz Santos				2:38.53	351
	<i>FTL</i>								
	50m: 36.88 36.88	100m: 1:17.58		40.70	150m: 1:59.46	41.88	200m: 2:38.53	39.07	
51.	OLIVEIRA, Vasco Peixoto		04	Alcobaca				2:41.37	333
	<i>FTL</i>								
	50m: 38.45 38.45	100m: 1:19.14		40.69	150m: 2:00.67	41.53	200m: 2:41.37	40.70	
52.	FERNANDES, Daniel Jose		04	Alcobaca				2:42.94	324
	<i>FTL</i>								
	50m: 38.26 38.26	100m: 1:18.67		40.41	150m: 2:02.01	43.34	200m: 2:42.94	40.93	
53.	OLIVEIRA, Goncalo Daniel		04	Fundacao Beatriz Santos				2:45.07	311
	<i>FTL</i>								
	50m: 38.78 38.78	100m: 1:20.67		41.89	150m: 2:03.21	42.54	200m: 2:45.07	41.86	
54.	VAZ, Luis Vicente		03	Sporting de Espinho				2:48.08	295
	<i>FTL</i>								
	50m: 39.04 39.04	100m: 1:21.07		42.03	150m: 2:04.12	43.05	200m: 2:48.08	43.96	
55.	SILVA, Goncalo Antonio		04	Feirense				2:50.96	280
	<i>FTL</i>								
	50m: 39.34 39.34	100m: 1:22.81		43.47	150m: 2:07.07	44.26	200m: 2:50.96	43.89	
56.	LOPES, Goncalo Carneiro		04	Feirense				2:51.01	280
	<i>FTL</i>								
	50m: 39.23 39.23	100m: 1:22.44		43.21	150m: 2:07.18	44.74	200m: 2:51.01	43.83	
DNS	MARQUES, Gustavo Oliveira		03	Sporting de Espinho					

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Prova 17, Masc., 200m Costas

Prova 17 Masc., 200m Costas Juv A e B
13-07-2019 - 10:40 Entrega de Medalhas das provas nºs 14 Resultados

Rec Nacional Absoluto	1:58.83	OLIVEIRA, Pedro Diogo	POR	Londres (GBR)	2012
Rec Nacional Juv A	2:06.59	VITAL, Joao Alexandre	POR	Netanya (ISR)	2014
Rec Nacional Juv B	2:06.44	VITAL, Joao Alexandre	POR	Utrecht (NED)	2013

TA ABS-MASC Absoluto: 2:36.66 / TA JUVA-MASC Juv A: 2:49.19 / TA JUVB-MASC Juv B: 2:52.32

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Diogo Matos	04 Uniao Coimbra	2:17.65	537
50m: 31.33 31.33 100m: 1:07.05 35.72 150m: 1:42.66 35.61 200m: 2:17.65 34.99			
2. SANTOS, Andre Cardoso	03 Academico Viseu	2:19.76	513
50m: 32.92 32.92 100m: 1:08.76 35.84 150m: 1:44.48 35.72 200m: 2:19.76 35.28			
3. RELVAS, David Ferreira	03 Nautico Marinha Grande	2:22.33	486
50m: 33.77 33.77 100m: 1:09.68 35.91 150m: 1:46.38 36.70 200m: 2:22.33 35.95			
4. OLIVEIRA, Daniel Valente	03 Sporting de Aveiro	2:22.76	481
50m: 32.68 32.68 100m: 1:08.70 36.02 150m: 1:46.52 37.82 200m: 2:22.76 36.24			
5. MARQUES, Gustavo Pires	04 Fundacao Beatriz Santos	2:23.25	476
50m: 34.12 34.12 100m: 1:10.68 36.56 150m: 1:48.46 37.78 200m: 2:23.25 34.79			
6. CARDOSO, Joao Francisco	03 Individual ANCP	2:24.16	467
50m: 32.74 32.74 100m: 1:08.53 35.79 150m: 1:45.56 37.03 200m: 2:24.16 38.60			
7. CLARA, Vitor Belo	04 Bairro dos Anjos/Bomcar	2:24.48	464
50m: 33.19 33.19 100m: 1:10.01 36.82 150m: 1:48.10 38.09 200m: 2:24.48 36.38			
8. CARDOSO, Filipe Santos	04 Gafanha da Encarnacao	2:24.82	461
50m: 34.74 34.74 100m: 1:12.03 37.29 150m: 1:49.89 37.86 200m: 2:24.82 34.93			
9. DIAS, Jose Diogo	04 Fundacao Beatriz Santos	2:24.91	460
50m: 33.51 33.51 100m: 1:09.50 35.99 150m: 1:47.05 37.55 200m: 2:24.91 37.86			
10. SILVA, Guilherme Tomas	03 Campinho	2:27.07	440
50m: 34.07 34.07 100m: 1:12.09 38.02 150m: 1:50.19 38.10 200m: 2:27.07 36.88			
11. TSYKAL, Daniel	04 Alcobaca	2:28.74	426
50m: 35.73 35.73 100m: 1:14.08 38.35 150m: 1:52.26 38.18 200m: 2:28.74 36.48			
12. SANTOS, Roberto Pinho	03 Estamos Juntos	2:29.48	419
50m: 34.96 34.96 100m: 1:12.97 38.01 150m: 1:52.75 39.78 200m: 2:29.48 36.73			
13. SANTOS, Rafael Pinto	03 Feirense	2:29.57	418
50m: 34.82 34.82 100m: 1:12.56 37.74 150m: 1:51.28 38.72 200m: 2:29.57 38.29			
14. COUTINHO, David Valdagua	03 Columbofila Cantanhedense	2:29.64	418
50m: 35.70 35.70 100m: 1:12.95 37.25 150m: 1:52.58 39.63 200m: 2:29.64 37.06			
15. TAVARES, Bernardo Rodrigues	04 Galitos / Bresimar	2:29.91	416
50m: 34.10 34.10 100m: 1:11.70 37.60 150m: 1:50.68 38.98 200m: 2:29.91 39.23			
16. COELHO, Joao Salvador	03 O Crasto	2:30.30	412
50m: 34.96 34.96 100m: 1:12.68 37.72 150m: 1:52.06 39.38 200m: 2:30.30 38.24			
17. CARDOSO, Lucas Pipiraite	04 Naval da Nazare	2:31.57	402
50m: 34.41 34.41 100m: 1:12.69 38.28 150m: 1:52.61 39.92 200m: 2:31.57 38.96			
18. SOLODYUK, Micael Kovalchuk	03 Natacao de Vagos	2:32.66	394
50m: 35.69 35.69 100m: 1:14.61 38.92 150m: 1:53.73 39.12 200m: 2:32.66 38.93			
19. COSTA, Goncalo Filipe	04 Gafanha da Encarnacao	2:33.31	389
50m: 35.47 35.47 100m: 1:14.85 39.38 150m: 1:55.41 40.56 200m: 2:33.31 37.90			
20. BULHOSA, Silvio Miguel	03 Estamos Juntos	2:33.85	384
50m: 35.60 35.60 100m: 1:14.85 39.25 150m: 1:54.55 39.70 200m: 2:33.85 39.30			
21. BRANCO, Rodrigo Figueiredo	04 Galitos / Bresimar	2:35.64	371
50m: 36.46 36.46 100m: 1:15.65 39.19 150m: 1:55.61 39.96 200m: 2:35.64 40.03			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 17, Masc., 200m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
22. MARTINS, Alexandre Viegas 50m: 36.35 36.35 100m: 1:16.34 39.99 150m: 1:55.79 39.45 200m: 2:35.77 39.98	04 Uniao Coimbra	2:35.77	370
23. FREIRE, Rui Miguel 50m: 35.01 35.01 100m: 1:14.79 39.78 150m: 1:55.73 40.94 200m: 2:35.78 40.05	03 Nucleo Ansiao	2:35.78	370
24. SOARES, Ricardo Pedrosa 50m: 35.55 35.55 100m: 1:15.56 40.01 150m: 1:56.54 40.98 200m: 2:36.22 39.68	04 Vieirense	2:36.22	367
25. LIMA, Tiago Diniz 50m: 37.22 37.22 100m: 1:17.39 40.17 150m: 1:57.24 39.85 200m: 2:36.25 39.01	04 Estarreja	2:36.25	367
26. CABRAL, Rui Tomas 50m: 36.27 36.27 100m: 1:16.37 40.10 150m: 1:56.54 40.17 200m: 2:36.60 40.06	04 Academico Viseu	2:36.60	365
27. GAMEIRO, David Almeida <i>FTL</i> 50m: 37.05 37.05 100m: 1:17.33 40.28 150m: 1:58.17 40.84 200m: 2:37.53 39.36	03 Nucleo de Pombal	2:37.53	358
28. JESUS, Pedro Duarte <i>FTL</i> 50m: 36.78 36.78 100m: 1:17.19 40.41 150m: 1:57.68 40.49 200m: 2:37.86 40.18	04 Galitos / Bresimar	2:37.86	356
29. FERREIRA, Renato Maria <i>FTL</i> 50m: 36.58 36.58 100m: 1:16.96 40.38 150m: 1:58.48 41.52 200m: 2:38.23 39.75	04 Vigor da Mocidade	2:38.23	353
30. GRILO, Afonso Corte-Real <i>FTL</i> 50m: 36.88 36.88 100m: 1:17.58 40.70 150m: 1:59.46 41.88 200m: 2:38.53 39.07	04 Fundacao Beatriz Santos	2:38.53	351
31. OLIVEIRA, Vasco Peixoto <i>FTL</i> 50m: 38.45 38.45 100m: 1:19.14 40.69 150m: 2:00.67 41.53 200m: 2:41.37 40.70	04 Alcobaca	2:41.37	333
32. FERNANDES, Daniel Jose <i>FTL</i> 50m: 38.26 38.26 100m: 1:18.67 40.41 150m: 2:02.01 43.34 200m: 2:42.94 40.93	04 Alcobaca	2:42.94	324
33. OLIVEIRA, Goncalo Daniel <i>FTL</i> 50m: 38.78 38.78 100m: 1:20.67 41.89 150m: 2:03.21 42.54 200m: 2:45.07 41.86	04 Fundacao Beatriz Santos	2:45.07	311
34. VAZ, Luis Vicente <i>FTL</i> 50m: 39.04 39.04 100m: 1:21.07 42.03 150m: 2:04.12 43.05 200m: 2:48.08 43.96	03 Sporting de Espinho	2:48.08	295
35. SILVA, Goncalo Antonio <i>FTL</i> 50m: 39.34 39.34 100m: 1:22.81 43.47 150m: 2:07.07 44.26 200m: 2:50.96 43.89	04 Feirense	2:50.96	280
36. LOPES, Goncalo Carneiro <i>FTL</i> 50m: 39.23 39.23 100m: 1:22.44 43.21 150m: 2:07.18 44.74 200m: 2:51.01 43.83	04 Feirense	2:51.01	280
DNS MARQUES, Gustavo Oliveira	03 Sporting de Espinho		
EXH LADYKA, Antonio Iuri <i>FTL</i> 50m: 36.98 36.98 100m: 1:17.28 40.30 150m: 1:58.52 41.24 200m: 2:37.25 38.73	05 Alcobaca	2:37.25	360

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 18	Femin., 200m Costas				Absoluto
13-07-2019 - 11:00	Entrega de Medalhas das provas nºs 13 e 15				Resultados
Rec Nacional Absoluto	2:15.03	FRISCHKNECHT, Rita Barros	SAD	Oeiras	2019
Rec Nacional Sen	2:15.03	FRISCHKNECHT, Rita Barros	SAD	Oeiras	2019
Rec Nacional Jun 17	2:15.53	FRISCHKNECHT, Rita Barros	SAD	Coimbra	2015
Rec Nacional Jun 16	2:15.72	REBELO, Camila Rodrigues	ALN	Coimbra	2019
Rec Nacional Juv A	2:17.38	SILVA, Joana Carina	LSXXI	Coimbra	2012
Rec Nacional Juv B	2:20.53	REBELO, Camila Rodrigues	ALN	Oeiras	2017

TA ABS-FEM : 2:55.93 / TA JUVA-FEM Juv A: 3:04.73 / TA JUVB-FEM Juv B: 3:10.01

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. REBELO, Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:21.51	673		
50m: 32.93 32.93	100m: 1:08.15	35.22 150m: 1:45.08 36.93	200m: 2:21.51	36.43		
2. CARDEAL, Joana Nunes	02	Academico Viseu	2:25.63	618		
50m: 34.50 34.50	100m: 1:11.23	36.73 150m: 1:49.16 37.93	200m: 2:25.63	36.47		
3. BERNARDO, Joana Beatriz	99	Fundacao Beatriz Santos	2:26.10	612		
50m: 34.62 34.62	100m: 1:11.66	37.04 150m: 1:49.36 37.70	200m: 2:26.10	36.74		
4. RODRIGUES, Joana Francisca	04	Uniao Coimbra	2:30.72	557		
50m: 35.42 35.42	100m: 1:13.95	38.53 150m: 1:52.36 38.41	200m: 2:30.72	38.36		
5. REBELO, Maria Carlota	03	Louzan Natacao/EFAPEL	2:31.24	551		
50m: 35.15 35.15	100m: 1:13.46	38.31 150m: 1:52.53 39.07	200m: 2:31.24	38.71		
6. VARGAS, Giovanna Vaz	00	Nautico Marinha Grande	2:31.43	549		
50m: 36.40 36.40	100m: 1:14.76	38.36 150m: 1:53.57 38.81	200m: 2:31.43	37.86		
7. MARQUES, Mariana Nunes	03	Estarreja	2:31.49	549		
50m: 34.64 34.64	100m: 1:13.08	38.44 150m: 1:53.03 39.95	200m: 2:31.49	38.46		
8. MARTINS, Maria Esteves	01	Galitos / Bresimar	2:32.81	535		
50m: 34.57 34.57	100m: 1:12.36	37.79 150m: 1:52.40 40.04	200m: 2:32.81	40.41		
9. CUNHA, Leonor Correia	04	Fundacao Beatriz Santos	2:34.84	514		
50m: 36.67 36.67	100m: 1:15.63	38.96 150m: 1:55.51 39.88	200m: 2:34.84	39.33		
10. COSTA, Joana Santos	04	Galitos / Bresimar	2:36.14	501		
50m: 36.68 36.68	100m: 1:15.92	39.24 150m: 1:55.89 39.97	200m: 2:36.14	40.25		
11. MELO, Barbara Azambujo	02	Academica de Coimbra	2:36.28	500		
50m: 37.20 37.20	100m: 1:16.80	39.60 150m: 1:57.38 40.58	200m: 2:36.28	38.90		
12. LOPES, Sara Santos	03	Bairro dos Anjos/Bomcar	2:36.47	498		
50m: 36.68 36.68	100m: 1:16.54	39.86 150m: 1:56.60 40.06	200m: 2:36.47	39.87		
13. SOARES, Ines Apolinario	03	Pimpoes/Cimai	2:37.04	493		
50m: 38.57 38.57	100m: 1:18.20	39.63 150m: 1:58.26 40.06	200m: 2:37.04	38.78		
14. NEVES, Sara Dias	03	Miranda do Corvo	2:37.11	492		
50m: 36.83 36.83	100m: 1:17.00	40.17 150m: 1:57.40 40.40	200m: 2:37.11	39.71		
15. LAGOA, Laura Macedo	04	Bairro dos Anjos/Bomcar	2:39.07	474		
50m: 38.29 38.29	100m: 1:18.72	40.43 150m: 1:59.64 40.92	200m: 2:39.07	39.43		
16. VIANA, Margarida Violante	04	Bairro dos Anjos/Bomcar	2:39.18	473		
50m: 36.96 36.96	100m: 1:17.36	40.40 150m: 1:58.29 40.93	200m: 2:39.18	40.89		
17. RODRIGUES, Ana Luisa	03	Louzan Natacao/EFAPEL	2:39.47	470		
50m: 37.98 37.98	100m: 1:18.54	40.56 150m: 1:59.65 41.11	200m: 2:39.47	39.82		
18. SILVA, Constanca Alexandra	04	Pimpoes/Cimai	2:40.48	461		
50m: 37.50 37.50	100m: 1:18.49	40.99 150m: 1:59.25 40.76	200m: 2:40.48	41.23		
19. CORREIA, Beatriz Santos	04	Academico Viseu	2:40.63	460		
50m: 37.64 37.64	100m: 1:18.46	40.82 150m: 2:00.43 41.97	200m: 2:40.63	40.20		
20. FERREIRA, Leonor Marques	03	Campinho	2:40.96	457		
50m: 37.50 37.50	100m: 1:17.61	40.11 150m: 1:59.74 42.13	200m: 2:40.96	41.22		
21. VASCONCELOS, Lara Rodrigues	05	Galitos / Bresimar	2:41.09	456		
50m: 36.79 36.79	100m: 1:17.54	40.75 150m: 1:59.78 42.24	200m: 2:41.09	41.31		

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Prova 18, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
22. ALMEIDA, Catarina Nunes	04 Galitos / Bresimar	2:41.36	454
50m: 38.90 38.90 100m: 1:19.87 40.97 150m: 2:01.11 41.24 200m: 2:41.36 40.25			
23. COSTA, Joana Ferreira	05 Feirense	2:41.63	452
50m: 35.51 35.51 100m: 1:16.42 40.91 150m: 2:00.42 44.00 200m: 2:41.63 41.21			
24. MARQUES, Maria Vieira	04 Natacao de Vagos	2:41.90	449
50m: 34.94 34.94 100m: 1:15.17 40.23 150m: 1:58.19 43.02 200m: 2:41.90 43.71			
25. SOUSA, Ana Correia	04 Pimpoes/Cimai	2:42.11	448
50m: 39.12 39.12 100m: 1:20.79 41.67 150m: 2:02.49 41.70 200m: 2:42.11 39.62			
26. MACHADO, Raquel Cruz	03 Estamos Juntos	2:42.25	447
50m: 37.72 37.72 100m: 1:19.02 41.30 150m: 2:01.25 42.23 200m: 2:42.25 41.00			
27. SILVA, Mariana Azevedo	05 Sanjoanense/FEPSA	2:42.68	443
50m: 39.07 39.07 100m: 1:20.61 41.54 150m: 2:02.39 41.78 200m: 2:42.68 40.29			
28. ABREU, Sofia Viola	04 Naval de Peniche	2:42.81	442
50m: 39.05 39.05 100m: 1:20.65 41.60 150m: 2:03.48 42.83 200m: 2:42.81 39.33			
29. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	2:43.64	435
50m: 38.38 38.38 100m: 1:20.54 42.16 150m: 2:02.69 42.15 200m: 2:43.64 40.95			
30. SILVA, Ana Catarina	04 Fundacao Beatriz Santos	2:43.72	435
50m: 40.71 40.71 100m: 1:22.21 41.50 150m: 2:04.11 41.90 200m: 2:43.72 39.61			
31. GONCALVES, Ana Francisca	02 Academico Viseu	2:44.04	432
50m: 39.43 39.43 100m: 1:20.66 41.23 150m: 2:02.57 41.91 200m: 2:44.04 41.47			
32. JUNQUEIRA, Manuela Paccola	05 Naval de Peniche	2:44.22	431
50m: 39.12 39.12 100m: 1:21.13 42.01 150m: 2:03.86 42.73 200m: 2:44.22 40.36			
33. VIANA, Jacinta Martins	04 Natacao de Vagos	2:44.49	429
50m: 39.34 39.34 100m: 1:21.50 42.16 150m: 2:04.04 42.54 200m: 2:44.49 40.45			
34. REIS, Maria Joao	04 Nautico Marinha Grande	2:44.50	428
50m: 36.95 36.95 100m: 1:17.98 41.03 150m: 2:01.53 43.55 200m: 2:44.50 42.97			
35. SILVA, Alexandra Cordeiro	04 Alcobaca	2:44.89	425
50m: 38.22 38.22 100m: 1:20.23 42.01 150m: 2:03.35 43.12 200m: 2:44.89 41.54			
36. DIAS, Iara Filipa	05 Naval de Peniche	2:45.63	420
50m: 38.89 38.89 100m: 1:21.46 42.57 150m: 2:04.55 43.09 200m: 2:45.63 41.08			
37. AMARO, Beatriz Sofia	04 Nautico Marinha Grande	2:46.26	415
50m: 39.25 39.25 100m: 1:20.61 41.36 150m: 2:03.92 43.31 200m: 2:46.26 42.34			
38. RIBEIRO, Carolina Goncalves	04 O Crasto	2:46.35	414
50m: 38.88 38.88 100m: 1:20.68 41.80 150m: 2:03.96 43.28 200m: 2:46.35 42.39			
39. MARGATO, Laura Rodrigues	04 Academica de Coimbra	2:47.55	405
50m: 39.77 39.77 100m: 1:21.99 42.22 150m: 2:05.31 43.32 200m: 2:47.55 42.24			
40. SIMAO, Renata Bandeira	04 Estarreja	2:47.70	404
50m: 39.94 39.94 100m: 1:22.12 42.18 150m: 2:05.67 43.55 200m: 2:47.70 42.03			
41. PINTO, Susana Ferreira	01 Gafanha da Encarnacao	2:48.22	401
50m: 40.44 40.44 100m: 1:23.26 42.82 150m: 2:06.38 43.12 200m: 2:48.22 41.84			
42. OLIVEIRA, Claudia Sofia	02 Sanjoanense/FEPSA	2:48.30	400
50m: 38.47 38.47 100m: 1:21.19 42.72 150m: 2:04.88 43.69 200m: 2:48.30 43.42			
ESTEVES, Ana Jorge	01 Gafanha da Encarnacao	2:48.30	400
50m: 39.26 39.26 100m: 1:21.91 42.65 150m: 2:05.41 43.50 200m: 2:48.30 42.89			
44. MESQUITA, Catarina lourtaeva	05 Natacao de Vagos	2:48.71	397
50m: 38.61 38.61 100m: 1:21.38 42.77 150m: 2:05.13 43.75 200m: 2:48.71 43.58			
45. FELIX, Ines Silva	04 Sporting de Aveiro	2:48.93	396
50m: 38.64 38.64 100m: 1:21.00 42.36 150m: 2:05.62 44.62 200m: 2:48.93 43.31			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 18, Femin., 200m Costas, Absoluto

Lugar				Ano					Tempo final	Pts
46.	TRINDADE, Maria Eduarda	04	Estamos Juntos					2:49.55	391	
	50m: 40.46 40.46	100m: 1:23.56	43.10	150m: 2:07.20	43.64	200m: 2:49.55	42.35			
47.	SIMOES, Barbara Almeida	05	Uniao Coimbra					2:49.57	391	
	50m: 38.38 38.38	100m: 1:20.98	42.60	150m: 2:04.74	43.76	200m: 2:49.57	44.83			
48.	FERREIRA, Marta Carolina	05	Academico Viseu					2:50.15	387	
	50m: 39.01 39.01	100m: 1:22.15	43.14	150m: 2:07.42	45.27	200m: 2:50.15	42.73			
49.	CRUZ, Ines Dias	04	Condeixa Clube					2:51.08	381	
	50m: 40.45 40.45	100m: 1:24.07	43.62	150m: 2:08.07	44.00	200m: 2:51.08	43.01			
50.	CARDOSO, Ana Luisa	05	Estarreja					2:51.44	378	
	50m: 38.90 38.90	100m: 1:22.44	43.54	150m: 2:07.17	44.73	200m: 2:51.44	44.27			
51.	COSTA, Leonor Horta	04	Individual ANC					2:51.54	378	
	50m: 39.29 39.29	100m: 1:23.34	44.05	150m: 2:07.22	43.88	200m: 2:51.54	44.32			
	GAMA, Beatriz Sa	05	Condeixa Clube					2:51.54	378	
	50m: 40.13 40.13	100m: 1:23.62	43.49	150m: 2:07.99	44.37	200m: 2:51.54	43.55			
53.	FERREIRA, Patricia Caldeira	02	Freguesia de Paiao					2:53.00	368	
	50m: 41.49 41.49	100m: 1:25.13	43.64	150m: 2:10.13	45.00	200m: 2:53.00	42.87			
54.	SANTOS, Marta Cecilia	04	Estarreja					2:53.20	367	
	50m: 40.77 40.77	100m: 1:23.86	43.09	150m: 2:08.50	44.64	200m: 2:53.20	44.70			
55.	VIEIRA, Filipa Victor	04	Academica de Coimbra					2:53.40	366	
	50m: 41.68 41.68	100m: 1:26.58	44.90	150m: 2:10.51	43.93	200m: 2:53.40	42.89			
56.	PLAZA, Rita Azevedo	02	Sanjoanense/FEPSA					2:53.55	365	
	50m: 41.57 41.57	100m: 1:25.35	43.78	150m: 2:10.23	44.88	200m: 2:53.55	43.32			
57.	SILVA, Camila Cavaleiro	05	Columbifila Cantanhedense					2:54.13	361	
	50m: 41.69 41.69	100m: 1:25.64	43.95	150m: 2:10.31	44.67	200m: 2:54.13	43.82			
58.	STELMASHCHUK, Catarina Cruz	05	Natacao de Vagos					2:54.72	357	
	50m: 41.25 41.25	100m: 1:25.85	44.60	150m: 2:11.53	45.68	200m: 2:54.72	43.19			
59.	NOGUEIRA, Rita Santos	03	Uniao Coimbra					2:55.28	354	
	50m: 42.18 42.18	100m: 1:26.54	44.36	150m: 2:11.58	45.04	200m: 2:55.28	43.70			
60.	OLIVEIRA, Diana Costa	04	Uniao Coimbra					2:57.17	343	
	<i>FTL</i>									
	50m: 41.56 41.56	100m: 1:26.90	45.34	150m: 2:12.76	45.86	200m: 2:57.17	44.41			
61.	LEAL, Mariana Dias	04	Gafanha da Encarnacao					2:57.43	341	
	<i>FTL</i>									
	50m: 42.01 42.01	100m: 1:26.88	44.87	150m: 2:12.81	45.93	200m: 2:57.43	44.62			
62.	COSTA, Mariana Pinto	05	Sanjoanense/FEPSA					2:57.50	341	
	<i>FTL</i>									
	50m: 42.63 42.63	100m: 1:28.67	46.04	150m: 2:14.34	45.67	200m: 2:57.50	43.16			
63.	PIRES, Rita Lima	05	Nautico Academico					2:57.56	341	
	<i>FTL</i>									
	50m: 42.31 42.31	100m: 1:27.42	45.11	150m: 2:13.23	45.81	200m: 2:57.56	44.33			
64.	MARQUES, Beatriz Pereira	05	Columbifila Cantanhedense					2:57.93	338	
	<i>FTL</i>									
	50m: 42.93 42.93	100m: 1:28.35	45.42	150m: 2:13.48	45.13	200m: 2:57.93	44.45			
65.	OLIVEIRA, Vanessa Sofia	05	Galitos / Bresimar					2:58.12	337	
	<i>FTL</i>									
	50m: 40.87 40.87	100m: 1:25.96	45.09	150m: 2:12.29	46.33	200m: 2:58.12	45.83			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 18, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
66. CARVALHO, Maria Silva <i>FTL</i>	05 Pimpoes/Cimai	2:59.55	329
50m: 42.62 42.62 100m: 1:28.04 45.42 150m: 2:14.42 46.38 200m: 2:59.55 45.13			
67. RODRIGUES, Maria Beatriz <i>FTL</i>	04 Condeixa Clube	3:00.28	325
50m: 42.65 42.65 100m: 1:28.41 45.76 150m: 2:14.66 46.25 200m: 3:00.28 45.62			
68. SERRAO, Sara Andreia <i>FTL</i>	05 Naval de Peniche	3:01.66	318
50m: 43.42 43.42 100m: 1:29.19 45.77 150m: 2:16.74 47.55 200m: 3:01.66 44.92			
69. ABREU, Diana Sofia <i>FTL</i>	04 Campinho	3:02.62	313
50m: 42.85 42.85 100m: 1:28.95 46.10 150m: 2:16.59 47.64 200m: 3:02.62 46.03			
70. FERNANDES, Ana Catarina <i>FTL</i>	05 Campinho	3:03.95	306
50m: 42.98 42.98 100m: 1:29.72 46.74 150m: 2:17.38 47.66 200m: 3:03.95 46.57			
71. CARVALHO, Laura Torrao <i>FTL</i>	05 Nautico Academico	3:04.94	301
50m: 42.85 42.85 100m: 1:29.94 47.09 150m: 2:18.32 48.38 200m: 3:04.94 46.62			
72. HENRIQUES, Sara Miguel <i>FTL</i>	04 Desporto de Tondela	3:10.68	275
50m: 44.38 44.38 100m: 1:31.76 47.38 150m: 2:21.94 50.18 200m: 3:10.68 48.74			
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		
DNS SANTOS, Tatiana Filipa	95 Academica de Coimbra		
DNS SILVA, Ana Filipa	04 Academica de Coimbra		

Prova 18 Femin., 200m Costas Juv A e B
13-07-2019 - 11:00 Entrega de Medalhas das provas nºs 13 e 15 Resultados

Rec Nacional Absoluto	2:15.03	FRISCHKNECHT, Rita Barros	SAD	Oeiras	2019
Rec Nacional Juv A	2:17.38	SILVA, Joana Carina	LSXXI	Coimbra	2012
Rec Nacional Juv B	2:20.53	REBELO, Camila Rodrigues	ALN	Oeiras	2017

TA ABS-FEM Absoluto: 2:55.93 / TA JUVA-FEM Juv A: 3:04.73 / TA JUVB-FEM Juv B: 3:10.01

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RODRIGUES, Joana Francisca	04 Uniao Coimbra	2:30.72	557
50m: 35.42 35.42 100m: 1:13.95 38.53 150m: 1:52.36 38.41 200m: 2:30.72 38.36			
2. CUNHA, Leonor Correia	04 Fundacao Beatriz Santos	2:34.84	514
50m: 36.67 36.67 100m: 1:15.63 38.96 150m: 1:55.51 39.88 200m: 2:34.84 39.33			
3. COSTA, Joana Santos	04 Galitos / Bresimar	2:36.14	501
50m: 36.68 36.68 100m: 1:15.92 39.24 150m: 1:55.89 39.97 200m: 2:36.14 40.25			
4. LAGOA, Laura Macedo	04 Bairro dos Anjos/Bomcar	2:39.07	474
50m: 38.29 38.29 100m: 1:18.72 40.43 150m: 1:59.64 40.92 200m: 2:39.07 39.43			
5. VIANA, Margarida Violante	04 Bairro dos Anjos/Bomcar	2:39.18	473
50m: 36.96 36.96 100m: 1:17.36 40.40 150m: 1:58.29 40.93 200m: 2:39.18 40.89			
6. SILVA, Constanca Alexandra	04 Pimpoes/Cimai	2:40.48	461
50m: 37.50 37.50 100m: 1:18.49 40.99 150m: 1:59.25 40.76 200m: 2:40.48 41.23			
7. CORREIA, Beatriz Santos	04 Academico Viseu	2:40.63	460
50m: 37.64 37.64 100m: 1:18.46 40.82 150m: 2:00.43 41.97 200m: 2:40.63 40.20			
8. VASCONCELOS, Lara Rodrigues	05 Galitos / Bresimar	2:41.09	456
50m: 36.79 36.79 100m: 1:17.54 40.75 150m: 1:59.78 42.24 200m: 2:41.09 41.31			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 18, Femin., 200m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
9. ALMEIDA, Catarina Nunes	04 Galitos / Bresimar	2:41.36	454
50m: 38.90 38.90 100m: 1:19.87 40.97 150m: 2:01.11 41.24 200m: 2:41.36 40.25			
10. COSTA, Joana Ferreira	05 Feirense	2:41.63	452
50m: 35.51 35.51 100m: 1:16.42 40.91 150m: 2:00.42 44.00 200m: 2:41.63 41.21			
11. MARQUES, Maria Vieira	04 Natacao de Vagos	2:41.90	449
50m: 34.94 34.94 100m: 1:15.17 40.23 150m: 1:58.19 43.02 200m: 2:41.90 43.71			
12. SOUSA, Ana Correia	04 Pimpoes/Cimai	2:42.11	448
50m: 39.12 39.12 100m: 1:20.79 41.67 150m: 2:02.49 41.70 200m: 2:42.11 39.62			
13. SILVA, Mariana Azevedo	05 Sanjoanense/FEPSA	2:42.68	443
50m: 39.07 39.07 100m: 1:20.61 41.54 150m: 2:02.39 41.78 200m: 2:42.68 40.29			
14. ABREU, Sofia Viola	04 Naval de Peniche	2:42.81	442
50m: 39.05 39.05 100m: 1:20.65 41.60 150m: 2:03.48 42.83 200m: 2:42.81 39.33			
15. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	2:43.64	435
50m: 38.38 38.38 100m: 1:20.54 42.16 150m: 2:02.69 42.15 200m: 2:43.64 40.95			
16. SILVA, Ana Catarina	04 Fundacao Beatriz Santos	2:43.72	435
50m: 40.71 40.71 100m: 1:22.21 41.50 150m: 2:04.11 41.90 200m: 2:43.72 39.61			
17. JUNQUEIRA, Manuela Paccola	05 Naval de Peniche	2:44.22	431
50m: 39.12 39.12 100m: 1:21.13 42.01 150m: 2:03.86 42.73 200m: 2:44.22 40.36			
18. VIANA, Jacinta Martins	04 Natacao de Vagos	2:44.49	429
50m: 39.34 39.34 100m: 1:21.50 42.16 150m: 2:04.04 42.54 200m: 2:44.49 40.45			
19. REIS, Maria Joao	04 Nautico Marinha Grande	2:44.50	428
50m: 36.95 36.95 100m: 1:17.98 41.03 150m: 2:01.53 43.55 200m: 2:44.50 42.97			
20. SILVA, Alexandra Cordeiro	04 Alcobaca	2:44.89	425
50m: 38.22 38.22 100m: 1:20.23 42.01 150m: 2:03.35 43.12 200m: 2:44.89 41.54			
21. DIAS, Iara Filipa	05 Naval de Peniche	2:45.63	420
50m: 38.89 38.89 100m: 1:21.46 42.57 150m: 2:04.55 43.09 200m: 2:45.63 41.08			
22. AMARO, Beatriz Sofia	04 Nautico Marinha Grande	2:46.26	415
50m: 39.25 39.25 100m: 1:20.61 41.36 150m: 2:03.92 43.31 200m: 2:46.26 42.34			
23. RIBEIRO, Carolina Goncalves	04 O Crasto	2:46.35	414
50m: 38.88 38.88 100m: 1:20.68 41.80 150m: 2:03.96 43.28 200m: 2:46.35 42.39			
24. MARGATO, Laura Rodrigues	04 Academica de Coimbra	2:47.55	405
50m: 39.77 39.77 100m: 1:21.99 42.22 150m: 2:05.31 43.32 200m: 2:47.55 42.24			
25. SIMAO, Renata Bandeira	04 Estarreja	2:47.70	404
50m: 39.94 39.94 100m: 1:22.12 42.18 150m: 2:05.67 43.55 200m: 2:47.70 42.03			
26. MESQUITA, Catarina lourtaeva	05 Natacao de Vagos	2:48.71	397
50m: 38.61 38.61 100m: 1:21.38 42.77 150m: 2:05.13 43.75 200m: 2:48.71 43.58			
27. FELIX, Ines Silva	04 Sporting de Aveiro	2:48.93	396
50m: 38.64 38.64 100m: 1:21.00 42.36 150m: 2:05.62 44.62 200m: 2:48.93 43.31			
28. TRINDADE, Maria Eduarda	04 Estamos Juntos	2:49.55	391
50m: 40.46 40.46 100m: 1:23.56 43.10 150m: 2:07.20 43.64 200m: 2:49.55 42.35			
29. SIMOES, Barbara Almeida	05 Uniao Coimbra	2:49.57	391
50m: 38.38 38.38 100m: 1:20.98 42.60 150m: 2:04.74 43.76 200m: 2:49.57 44.83			
30. FERREIRA, Marta Carolina	05 Academico Viseu	2:50.15	387
50m: 39.01 39.01 100m: 1:22.15 43.14 150m: 2:07.42 45.27 200m: 2:50.15 42.73			
31. CRUZ, Ines Dias	04 Condeixa Clube	2:51.08	381
50m: 40.45 40.45 100m: 1:24.07 43.62 150m: 2:08.07 44.00 200m: 2:51.08 43.01			
32. CARDOSO, Ana Luisa	05 Estarreja	2:51.44	378
50m: 38.90 38.90 100m: 1:22.44 43.54 150m: 2:07.17 44.73 200m: 2:51.44 44.27			

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Prova 18, Femin., 200m Costas, Juv A e B

Lugar			Ano					Tempo final	Pts
33.	COSTA, Leonor Horta		04	Individual ANC				2:51.54	378
	50m:	39.29 39.29	100m:	1:23.34	44.05	150m:	2:07.22 43.88	200m:	2:51.54 44.32
	GAMA, Beatriz Sa		05	Condeixa Clube				2:51.54	378
	50m:	40.13 40.13	100m:	1:23.62	43.49	150m:	2:07.99 44.37	200m:	2:51.54 43.55
35.	SANTOS, Marta Cecilia		04	Estarreja				2:53.20	367
	50m:	40.77 40.77	100m:	1:23.86	43.09	150m:	2:08.50 44.64	200m:	2:53.20 44.70
36.	VIEIRA, Filipa Victor		04	Academica de Coimbra				2:53.40	366
	50m:	41.68 41.68	100m:	1:26.58	44.90	150m:	2:10.51 43.93	200m:	2:53.40 42.89
37.	SILVA, Camila Cavaleiro		05	Columbofila Cantanhedense				2:54.13	361
	50m:	41.69 41.69	100m:	1:25.64	43.95	150m:	2:10.31 44.67	200m:	2:54.13 43.82
38.	STELMASHCHUK, Catarina Cruz		05	Natacao de Vagos				2:54.72	357
	50m:	41.25 41.25	100m:	1:25.85	44.60	150m:	2:11.53 45.68	200m:	2:54.72 43.19
39.	OLIVEIRA, Diana Costa		04	Uniao Coimbra				2:57.17	343
	<i>FTL</i>								
	50m:	41.56 41.56	100m:	1:26.90	45.34	150m:	2:12.76 45.86	200m:	2:57.17 44.41
40.	LEAL, Mariana Dias		04	Gafanha da Encarnacao				2:57.43	341
	<i>FTL</i>								
	50m:	42.01 42.01	100m:	1:26.88	44.87	150m:	2:12.81 45.93	200m:	2:57.43 44.62
41.	COSTA, Mariana Pinto		05	Sanjoanense/FEPSA				2:57.50	341
	<i>FTL</i>								
	50m:	42.63 42.63	100m:	1:28.67	46.04	150m:	2:14.34 45.67	200m:	2:57.50 43.16
42.	PIRES, Rita Lima		05	Nautico Academico				2:57.56	341
	<i>FTL</i>								
	50m:	42.31 42.31	100m:	1:27.42	45.11	150m:	2:13.23 45.81	200m:	2:57.56 44.33
43.	MARQUES, Beatriz Pereira		05	Columbofila Cantanhedense				2:57.93	338
	<i>FTL</i>								
	50m:	42.93 42.93	100m:	1:28.35	45.42	150m:	2:13.48 45.13	200m:	2:57.93 44.45
44.	OLIVEIRA, Vanessa Sofia		05	Galitos / Bresimar				2:58.12	337
	<i>FTL</i>								
	50m:	40.87 40.87	100m:	1:25.96	45.09	150m:	2:12.29 46.33	200m:	2:58.12 45.83
45.	CARVALHO, Maria Silva		05	Pimpoes/Cimai				2:59.55	329
	<i>FTL</i>								
	50m:	42.62 42.62	100m:	1:28.04	45.42	150m:	2:14.42 46.38	200m:	2:59.55 45.13
46.	RODRIGUES, Maria Beatriz		04	Condeixa Clube				3:00.28	325
	<i>FTL</i>								
	50m:	42.65 42.65	100m:	1:28.41	45.76	150m:	2:14.66 46.25	200m:	3:00.28 45.62
47.	SERRAO, Sara Andreia		05	Naval de Peniche				3:01.66	318
	<i>FTL</i>								
	50m:	43.42 43.42	100m:	1:29.19	45.77	150m:	2:16.74 47.55	200m:	3:01.66 44.92
48.	ABREU, Diana Sofia		04	Campinho				3:02.62	313
	<i>FTL</i>								
	50m:	42.85 42.85	100m:	1:28.95	46.10	150m:	2:16.59 47.64	200m:	3:02.62 46.03
49.	FERNANDES, Ana Catarina		05	Campinho				3:03.95	306
	<i>FTL</i>								
	50m:	42.98 42.98	100m:	1:29.72	46.74	150m:	2:17.38 47.66	200m:	3:03.95 46.57

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 18, Femin., 200m Costas, Juv A e B

Lugar	Ano	Tempo final	Pts
50. CARVALHO, Laura Torrao <i>FTL</i>	05 Nautico Academico	3:04.94	301
50m: 42.85 42.85 100m: 1:29.94 47.09 150m: 2:18.32 48.38 200m: 3:04.94 46.62			
51. HENRIQUES, Sara Miguel <i>FTL</i>	04 Desporto de Tondela	3:10.68	275
50m: 44.38 44.38 100m: 1:31.76 47.38 150m: 2:21.94 50.18 200m: 3:10.68 48.74			
DNS SILVA, Ana Filipa	04 Academica de Coimbra		
EXH CARDOSO, Eduarda Oliveira	06 Estamos Juntos	2:46.50	413
50m: 38.12 38.12 100m: 1:20.72 42.60 150m: 2:03.87 43.15 200m: 2:46.50 42.63			
EXH MEDEIROS, Madalena Barra	06 Vigor da Mocidade	2:51.76	376
50m: 39.83 39.83 100m: 1:23.13 43.30 150m: 2:08.21 45.08 200m: 2:51.76 43.55			
EXH SANTOS, Lara Carvalho <i>FTL</i>	07 Nautico Academico	3:00.54	324
50m: 42.58 42.58 100m: 1:28.94 46.36 150m: 2:16.48 47.54 200m: 3:00.54 44.06			

Prova 19
13-07-2019 - 11:45

Masc., 4 x 100m Livres

Absoluto
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	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	2009
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP Famalicão	2013
Rec Nacional Juv A/B	3:39.68	tempo limite	FCP Famalicão	2013
Rec Nacional Juv B	3:45.99	Futebol Clube do Porto	FCP Jamor	2012
Rec Nacional Inf A	3:52.27	Grupo Desp. Natacao V. N. Famalicão	GDNVNF Loulé	2014

TA ABS-MASC : 4:11.32 / TA JUVA-MASC Juv A: 4:31.42 / TA JUVB-MASC Juv B: 4:36.45

Pontos: FINA 2019

Lugar	Tempo final	Pts
1. Fundacao Beatriz Santos Abs Fundacao Beatriz Santos	3:39.54	630
AGOSTINHO, Miguel Diogo 00 26.17 53.66 PEREIRA, Joao Neto 02 25.78 54.77		
GOMES, Rodrigo Ribeiro 00 25.71 54.80 DOMINGUES, Ricardo Jorge 02 27.51 56.31		
2. Galitos / Bresimar Abs Galitos / Bresimar	3:42.97	601
CAROLA, Hugo Filipe 01 26.59 55.27 ANTUNES, Jose Pedro 00 27.11 57.33		
PELAIO, Jose Pedro 01 26.42 55.44 JORGE, Duarte Miguel 01 26.46 54.93		
3. Academica de Coimbra Abs Academica de Coimbra	3:43.08	600
OVIEDO, Miguel Freitas 02 27.73 57.17 JULIO, Gabriel Jose 01 26.94 56.75		
CARVALHO, Ruben Paiva 94 26.01 56.13 MADUREIRA, Gustavo Almeida 94 25.73 53.03		
4. Academico Viseu Abs Academico Viseu	3:48.46	559
MACHADO, Ricardo Marques 02 26.27 55.54 SANTOS, Luis Filipe 01 27.64 58.23		
SANTOS, Andre Cardoso 03 27.08 57.40 LOPES, Miguel Sanches 01 26.93 57.29		
5. Uniao Coimbra Abs Uniao Coimbra	3:49.16	554
MACHADO, Martim Miranda 03 27.95 57.48 ARZILEIRO, Bernardo Vinagre 01 26.55 56.63		
RODRIGUES, Pedro Simoes 01 27.75 58.85 MACHADO, Joao Francisco 99 26.24 56.20		
6. Condeixa Clube Condeixa Clube	3:54.26	518
PEREIRA, Ricardo Marques 01 27.13 57.29 MIGUEL, Tomas Pedrosa 02 27.91 1:00.35		
MARQUES, Goncalo Silva 01 27.17 57.41 FROTA, Paulo Andre 02 28.25 59.21		
7. Estamos Juntos Jun Estamos Juntos	3:56.81	502
MARTINS, David Almeida 01 28.16 1:01.17 SANTOS, Guilherme Clara 02 27.67 1:00.46		
PINHO, Duarte Sa 02 28.49 1:00.02 SILVA, Henrique Gomes 02 26.68 55.16		
8. Gafanha da Encarnação Abs Gafanha da Encarnacao	3:57.44	498
CARDOSO, Filipe Santos 04 29.13 59.47 COSTA, Goncalo Filipe 04 30.88 1:04.10		
OLIVEIRA, Gil Diogo 01 27.69 57.64 ZINCA, Andrei Iulian 00 27.19 56.23		

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Prova 19, Masc., 4 x 100m Livres, Absoluto

Lugar					Tempo final	Pts
9.	O Crasto Abs		O Crasto		4:02.37	468
	FIGUEIREDO, Gustavo Pinto	02	29.47	1:00.36	COELHO, Joao Salvador	03 28.52 1:00.14
	MAXIMO, Joao Luis	98	27.86	58.12	RODRIGUES, Filipe Almeida	01 29.47 1:03.75
10.	Bombeiros Mealhada/ CA Abs		Bombeiros Mealhada/ CA		4:09.13	431
	ALMEIDA, Marco Andre	02	29.55	1:01.60	ANDRADE, Cesar Rodrigues	04 30.18 1:03.93
	YURCHUK, Artur	03	29.29	1:01.26	TOME, David Emanuel	03 29.59 1:02.34
11.	Estarreja Abs		Estarreja		4:10.13	426
	SILVA, Luis Afonso	02	27.68	58.00	LIMA, Tiago Diniz	04 31.25 1:05.33
	FERREIRA, Tomas Soares	03	28.38	59.15	OLIVEIRA, Ricardo Gabriel	04 32.26 1:07.65

Prova 19 Masc., 4 x 100m Livres Juv A e B
13-07-2019 - 11:45 Resultados

Rec Nacional Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	2009
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicão	2013
Rec Nacional Juv A/B	3:39.68	tempo limite	FCP	Famalicão	2013
Rec Nacional Juv B	3:45.99	Futebol Clube do Porto	FCP	Jamor	2012

TA ABS-MASC Absoluto: 4:11.32 / TA JUVA-MASC Juv A: 4:31.42 / TA JUVB-MASC Juv B: 4:36.45

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Bairro dos Anjos/Bomcar Juv B		Bairro dos Anjos/Bomcar		3:46.93	570
	FARIA, Ricardo Morais	04	27.44	58.67	CLARA, Vitor Belo	04 27.40 57.08
	CASTANHEIRA, Guilherme Silva	04	26.27	56.62	REIS, Rodrigo Miguel	04 26.02 54.56
2.	Uniao Coimbra Juv B		Uniao Coimbra		3:47.57	565
	<i>Rec Nacional</i>					
	RIBEIRO, Diogo Matos	04	25.50	53.08	MARTINS, Alexandre Viegas	04 27.82 59.06
	MOITA, Goncalo Brites	04	27.41	57.48	SANTOS, Rui Mamede	04 27.81 57.95
3.	Galitos / Bresimar Juv		Galitos / Bresimar		3:51.08	540
	JESUS, Pedro Duarte	04	28.45	58.09	LIMOES, Sergio Miguel	03 27.28 57.61
	FARDILHA, Manuel Cruz	03	27.56	57.46	ANTUNES, Joao Afonso	04 26.86 57.92
4.	Fundacao Beatriz Santos Juv		Fundacao Beatriz Santos		3:54.15	519
	GOMES, Goncalo Andre	03	28.46	58.31	MARQUES, Gustavo Pires	04 28.02 57.97
	DIOGO, Dinis Miranda	04	27.99	58.48	DIAS, Jose Diogo	04 28.24 59.39
5.	Feirense Juv A		Feirense		4:06.03	447
	PINHO, Gabriel Alexandre	03	28.31	58.76	PAIVA, Andre Ferreira	03 28.69 1:02.82
	GOMES, Bruno Ferreira	03	29.31	1:03.03	SANTOS, Rafael Pinto	03 28.65 1:01.42

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 20	Femin., 4 x 100m Livres					Absoluto
13-07-2019 - 11:55						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 Coim	CNAC	Povoa de Varzim	2011	
TA ABS-FEM : 4:46.26 / TA JUVA-FEM Juv A: 5:00.58 / TA JUVB-FEM Juv B: 5:09.15						

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. Galitos / Bresimar Abs	Galitos / Bresimar				4:03.89	638	
SANTOS, Ana Pedro	02	29.80	1:01.91	RODRIGUES, Ana Margarida	96	29.05	1:00.26
AMADOR, Joana Costa	01	29.01	59.72	MONTEIRO, Margarida Cabral	02	30.01	1:02.00
2. Academica de Coimbra Abs	Academica de Coimbra				4:10.15	592	
MOREIRA, Matilde Freitas	01	30.09	1:02.52	NEVES, Ana Carolina	00	29.18	1:02.76
PINHEIRO, Ines Mariana	03	30.26	1:02.94	CRAVEIRO, Beatriz Neves	97	29.85	1:01.93
3. Louzan Natacao Abs	Louzan Natacao/EFAPEL				4:11.64	581	
REBELO, Camila Rodrigues	03	29.85	1:01.00	PAIVA, Leonor Correia	04	32.26	1:06.57
REBELO, Maria Carlota	03	29.97	1:02.29	ROSA, Mariana Carmo	05	29.04	1:01.78
4. Academico Viseu Abs	Academico Viseu				4:11.92	579	
CARDEAL, Joana Nunes	02	30.23	1:01.63	CARDEAL, Beatriz Nunes	04	29.95	1:03.00
CORREIA, Beatriz Santos	04	30.29	1:04.39	MACHADO, Madalena Amaro	98	29.80	1:02.90
5. Bairro dos Anjos/Bomcar Jun	Bairro dos Anjos/Bomcar				4:13.94	565	
JACINTO, Ines Filipa	03	30.28	1:03.16	JUNQUEIRA, Sofia Ribeiro	02	30.03	1:03.48
LOPES, Sara Santos	03	30.23	1:03.85	DOMINGUES, Luana Pinto	03	29.75	1:03.45
6. Condeixa Clube	Condeixa Clube				4:16.23	550	
FRAZAO, Alexandra Couto	02	30.59	1:02.42	CABRAL, Ana Matos	05	31.28	1:05.69
FLORENCIO, Matilde Alves	04	31.50	1:04.95	QUEIROZ, Ana Rita	02	29.92	1:03.17
7. Estarreja Abs	Estarreja				4:20.99	521	
MARQUES, Mariana Nunes	03	31.25	1:04.27	CASTRO, Andreia Rodrigues	01	31.90	1:08.07
SANTOS, Diana Sofia	02	30.93	1:05.29	PEREIRA, Ines Eira	99	30.93	1:03.36
8. Gafanha da Encarnação Abs	Gafanha da Encarnacao				4:31.71	462	
VEIGA, Ana Filipa	01	30.10	1:01.56	TAVARES, Salome Simoes	04	35.76	1:16.49
PINTO, Susana Ferreira	01	32.44	1:07.69	ESTEVES, Ana Jorge	01	31.59	1:05.97
9. Uniao Coimbra Abs	Uniao Coimbra				4:33.95	450	
PIRES, Beatriz Almeida	03	30.57	1:03.40	OLIVEIRA, Diana Costa	04	34.38	1:12.27
SOUZA, Ines Matos	03	32.84	1:07.84	NOGUEIRA, Rita Santos	03	33.22	1:10.44
10. Bombeiros Mealhada/ CA Abs	Bombeiros Mealhada/ CA				4:37.35	434	
PEREIRA, Beatriz Sofia	04	31.96	1:08.33	URBANO, Sara Cruz	03	36.56	1:17.23
MADEIRA, Maria Jose	02	32.32	1:08.91	GASPAR, Beatriz Ferreira	04	30.30	1:02.88
11. Academica de Coimbra Juv A	Academica de Coimbra				4:38.64	428	
SILVA, Ana Filipa	04	30.72	1:03.49	AFONSO, Beatriz Beja	04	34.37	1:13.31
MARGATO, Laura Rodrigues	04	33.51	1:10.36	VIEIRA, Filipa Victor	04	34.76	1:11.48
12. Estamos Juntos Abs	Estamos Juntos				4:38.71	428	
FIAL, Sofia Nunes	03	31.05	1:04.19	MACEDO, Luisa Mendes	03	34.82	1:12.41
MACHADO, Raquel Cruz	03	31.64	1:08.22	COSTA, Erica Regina	02	35.76	1:13.89
13. Desporto de Tondela Abs	Desporto de Tondela				5:04.91	326	
<i>FTL</i>							
PACHECO, Lara Borges	02	35.46	1:16.11	MARQUES, Margarida Dinis	03	36.17	1:16.90
SANTOS, Ana Marta	02	35.77	1:18.19	PACHECO, Mariana Martins	03	34.19	1:13.71

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Prova 20, Femin., 4 x 100m Livres

Prova 20
13-07-2019 - 11:55

Femin., 4 x 100m Livres

Juv A e B
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 Coim	CNAC	Povoa de Varzim	2011

TA ABS-FEM Absoluto: 4:46.26 / TA JUVA-FEM Juv A: 5:00.58 / TA JUVB-FEM Juv B: 5:09.15

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1.	Galitos / Bresimar Juv				4:10.51	589	
	VASCONCELOS, Lara Rodrigues	05	30.62	1:03.69	05	30.74	1:03.96
	FERNANDES, Carolina Miranda	05	28.75	59.26	04	30.87	1:03.60
2.	Natacao de Vagos Juv				4:15.77	553	
	MARQUES, Maria Vieira	04	29.24	1:01.72	04	30.20	1:04.75
	PEREIRA, Carolina Rei	05	29.53	1:02.47	05	31.43	1:06.83
3.	Bairro dos Anjos/Bomcar Juv				4:17.20	544	
	ALVES, Maria Francisca	04	30.82	1:03.68	04	30.82	1:04.81
	LAGOA, Carlota Macedo	05	30.63	1:04.41	04	30.84	1:04.30
4.	Uniao Coimbra Juv				4:20.58	523	
	SIMOES, Barbara Almeida	05	31.91	1:07.30	04	32.17	1:09.06
	MONTEIRO, Ana Carolina	04	29.86	1:03.14	04	29.02	1:01.08
5.	Naval de Peniche Juv				4:29.09	475	
	ABREU, Sofia Viola	04	31.96	1:06.49	05	32.66	1:08.92
	FERREIRA, Joana Rosa	05	31.72	1:06.45	05	32.29	1:07.23
6.	Estarreja Juv A				4:30.21	469	
	TAVARES, Mariana Silva	04	32.66	1:07.16	04	32.98	1:08.66
	LOPES, Margarida Santos	04	31.24	1:07.04	04	32.35	1:07.35
7.	Columbofila Cantanhedense Juv				4:31.02	465	
	LOISAS, Beatriz Ferreira	05	31.70	1:06.82	05	34.39	1:10.80
	NOBRE, Marisa Isabel	05	29.77	1:02.46	05	33.92	1:10.94
8.	Campinho Juv				4:51.27	375	
	<i>FTL</i>						
	MALHEIRO, Maria Vieira	05	34.59	1:12.71	05	33.99	1:13.00
	ABREU, Daniela Filipa	04	33.32	1:11.74	04	34.60	1:13.82
9.	Desporto de Tondela Juv A				5:23.09	274	
	<i>FTL</i>						
	HENRIQUES, Carlota Sousa	04	37.14	1:19.51	04	37.40	1:21.32
	FERREIRA, Ines Sofia	04	39.67	1:27.38	04	34.86	1:14.88

Campeonato Inter Distrital Juvenis e Absoluto PL
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4 - 2ª Jornada - 2ª Sessão

13-07-2019 - 16:00

Prova 21 13-07-2019 - 16:00	Masc., 200m Livres Entrega de Medalhas da prova nº 18 e 20				Absoluto Resultados
Rec Nacional Absoluto	1:48.39	SANTOS, Alexis Manacas	SCP	Coimbra	2017
Rec Nacional Sen	1:48.39	SANTOS, Alexis Manacas	SCP	Coimbra	2017
Rec Nacional Jun 18	1:49.98	VENANCIO, Tiago Andre	POR	Budapeste (HUN)	2005
Rec Nacional Jun 17	1:53.32	SANTA, Gustavo Manuel	CNLA	Coimbra	2010
Rec Nacional Juv A	1:54.18	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	1:56.35	RIBEIRO, Diogo Matos	CUC	Coimbra	2019
Rec Nacional Inf A	2:00.20	RIBEIRO, Diogo Matos	CUC	S. João da Madeira	2018
TA ABS-MASC : 2:18.42 / TA JUVA-MASC Juv A: 2:29.48 / TA JUVB-MASC Juv B: 2:32.26					

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. KOT, Viktor	98	Nautico Marinha Grande		1:57.56	653	
50m: 27.64 27.64	100m: 57.91	30.27	150m: 1:28.38 30.47	200m: 1:57.56	29.18	
2. MADUREIRA, Gustavo Almeida	94	Academica de Coimbra		1:57.99	646	
50m: 26.97 26.97	100m: 57.08	30.11	150m: 1:27.67 30.59	200m: 1:57.99	30.32	
3. BASTOS, Lucas Pereira	00	Nautico Academico		1:58.92	631	
50m: 27.78 27.78	100m: 57.56	29.78	150m: 1:27.93 30.37	200m: 1:58.92	30.99	
4. GOMES, Rodrigo Ribeiro	00	Fundacao Beatriz Santos		1:59.22	626	
50m: 28.80 28.80	100m: 59.30	30.50	150m: 1:29.01 29.71	200m: 1:59.22	30.21	
5. JORGE, Duarte Miguel	01	Galitos / Bresimar		1:59.57	620	
50m: 28.51 28.51	100m: 58.92	30.41	150m: 1:29.52 30.60	200m: 1:59.57	30.05	
6. AMARAL, Francisco Rodriguez	02	Campinho		1:59.58	620	
50m: 28.09 28.09	100m: 58.18	30.09	150m: 1:29.51 31.33	200m: 1:59.58	30.07	
7. AGOSTINHO, Miguel Diogo	00	Fundacao Beatriz Santos		1:59.62	619	
50m: 28.06 28.06	100m: 59.20	31.14	150m: 1:30.15 30.95	200m: 1:59.62	29.47	
8. PINHO, Manuel Antonio	01	Feirense		2:00.06	613	
50m: 28.26 28.26	100m: 58.33	30.07	150m: 1:29.44 31.11	200m: 2:00.06	30.62	
9. PEREIRA, Joao Neto	02	Fundacao Beatriz Santos		2:00.47	606	
50m: 27.79 27.79	100m: 58.53	30.74	150m: 1:28.94 30.41	200m: 2:00.47	31.53	
10. COSTA, Afonso Filipe	03	Naval da Nazare		2:01.13	597	
50m: 27.43 27.43	100m: 58.28	30.85	150m: 1:29.99 31.71	200m: 2:01.13	31.14	
11. SILVA, Ricardo Lopes	03	Nautico Marinha Grande		2:01.24	595	
50m: 27.78 27.78	100m: 59.44	31.66	150m: 1:30.43 30.99	200m: 2:01.24	30.81	
12. MACHADO, Tiago Andrade	02	Sporting de Aveiro		2:02.32	579	
50m: 28.55 28.55	100m: 59.35	30.80	150m: 1:30.60 31.25	200m: 2:02.32	31.72	
13. SOUSA, Nuno Alexandre	02	Clube de Vouzela		2:03.49	563	
50m: 27.48 27.48	100m: 58.76	31.28	150m: 1:31.57 32.81	200m: 2:03.49	31.92	
14. BASTOS, Vasco Pereira	02	Nautico Academico		2:03.91	557	
50m: 28.80 28.80	100m: 1:00.83	32.03	150m: 1:32.65 31.82	200m: 2:03.91	31.26	
15. ANTUNES, Jose Pedro	00	Galitos / Bresimar		2:03.93	557	
50m: 29.49 29.49	100m: 1:01.43	31.94	150m: 1:33.09 31.66	200m: 2:03.93	30.84	
16. FARDILHA, Manuel Cruz	03	Galitos / Bresimar		2:04.15	554	
50m: 29.69 29.69	100m: 1:02.30	32.61	150m: 1:33.89 31.59	200m: 2:04.15	30.26	
17. ACIOLI, Victor Hugo	02	Feirense		2:04.40	551	
50m: 28.71 28.71	100m: 1:00.52	31.81	150m: 1:33.11 32.59	200m: 2:04.40	31.29	
18. SILVA, Joao Jose	03	Bairro dos Anjos/Bomcar		2:04.41	551	
50m: 28.28 28.28	100m: 59.15	30.87	150m: 1:31.46 32.31	200m: 2:04.41	32.95	
19. GOMES, Goncalo Andre	03	Fundacao Beatriz Santos		2:04.48	550	
50m: 28.94 28.94	100m: 1:01.04	32.10	150m: 1:33.05 32.01	200m: 2:04.48	31.43	

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 21, Masc., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
19. OVIEDO, Miguel Freitas 50m: 28.95 28.95 100m: 1:00.81	02 Academica de Coimbra	2:04.48 2:04.48	550 31.57
21. CAROLA, Hugo Filipe 50m: 28.19 28.19 100m: 1:00.23	01 Galitos / Bresimar	2:04.73 2:04.73	546 31.35
22. ARZILEIRO, Bernardo Vinagre 50m: 29.09 29.09 100m: 1:00.99	01 Uniao Coimbra	2:04.79 2:04.79	546 31.42
23. MARQUES, Gustavo Pires 50m: 29.03 29.03 100m: 1:01.34	04 Fundacao Beatriz Santos	2:04.80 2:04.80	545 30.84
24. FROTA, Paulo Andre 50m: 29.97 29.97 100m: 1:02.39	02 Condeixa Clube	2:05.01 2:05.01	543 30.23
25. OLIVEIRA, Gil Diogo 50m: 28.70 28.70 100m: 1:00.68	01 Gafanha da Encarnacao	2:05.12 2:05.12	541 31.50
26. MOITA, Goncalo Brites 50m: 29.94 29.94 100m: 1:01.65	04 Uniao Coimbra	2:05.61 2:05.61	535 31.82
27. RELVAS, David Ferreira 50m: 29.18 29.18 100m: 1:01.07	03 Nautico Marinha Grande	2:05.81 2:05.81	532 31.76
28. LOPES, Miguel Sanches 50m: 28.67 28.67 100m: 1:00.06	01 Academico Viseu	2:05.87 2:05.87	532 32.89
29. PELAIO, Jose Pedro 50m: 28.83 28.83 100m: 1:00.16	01 Galitos / Bresimar	2:05.88 2:05.88	532 33.04
30. GOMES, Sebastiao Mendes 50m: 28.27 28.27 100m: 59.21	00 Pimpoes/Cimai	2:05.97 2:05.97	530 33.59
31. DOMINGUES, Ricardo Jorge 50m: 29.71 29.71 100m: 1:03.17	02 Fundacao Beatriz Santos	2:06.03 2:06.03	530 30.75
32. SANTOS, Rui Mamede 50m: 29.42 29.42 100m: 1:01.61	04 Uniao Coimbra	2:06.10 2:06.10	529 31.84
33. RODRIGUES, Pedro Simoes 50m: 29.32 29.32 100m: 1:01.66	01 Uniao Coimbra	2:06.92 2:06.92	519 32.33
34. GONCALVES, Jorge Miguel 50m: 28.54 28.54 100m: 1:00.97	03 Galitos / Bresimar	2:07.23 2:07.23	515 33.06
35. CARVALHO, Francisco Miguel 50m: 29.45 29.45 100m: 1:01.72	00 Academica de Coimbra	2:07.24 2:07.24	515 32.51
36. JESUS, Pedro Duarte 50m: 29.63 29.63 100m: 1:01.91	04 Galitos / Bresimar	2:07.43 2:07.43	512 31.91
37. SOUSA, Guilherme Mendes 50m: 28.91 28.91 100m: 1:01.58	03 Nautico Marinha Grande	2:07.51 2:07.51	511 33.02
GASPAR, Miguel Caridade 50m: 29.24 29.24 100m: 1:01.65	99 Academica de Coimbra	2:07.51 2:07.51	511 32.70
39. CASTANHEIRA, Guilherme Silva 50m: 29.16 29.16 100m: 1:01.30	04 Bairro dos Anjos/Bomcar	2:07.52 2:07.52	511 32.59
40. PEREIRA, Tiago Maia 50m: 30.01 30.01 100m: 1:02.55	04 Galitos / Bresimar	2:07.64 2:07.64	510 32.36
41. SANTOS, Luis Filipe 50m: 29.12 29.12 100m: 1:01.20	01 Academico Viseu	2:08.23 2:08.23	503 33.57
42. KLIER, Afonso Miguel 50m: 29.04 29.04 100m: 1:01.29	01 Galitos / Bresimar	2:08.24 2:08.24	503 33.60
43. DIAS, Jose Diogo 50m: 30.08 30.08 100m: 1:02.39	04 Fundacao Beatriz Santos	2:08.41 2:08.41	501 33.39

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Prova 21, Masc., 200m Livres, Absoluto

Lugar					Ano					Tempo final	Pts	
44.	SOUSA, Duarte Anastacio				02	Uniao Coimbra				2:08.67	498	
	50m:	29.11	29.11	100m:	1:01.07	31.96	150m:	1:34.90	33.83	200m:	2:08.67	33.77
45.	MACHADO, Martim Miranda				03	Uniao Coimbra				2:09.09	493	
	50m:	28.41	28.41	100m:	1:00.51	32.10	150m:	1:34.46	33.95	200m:	2:09.09	34.63
46.	OLIVEIRA, David Miguel				01	Estarreja				2:09.21	491	
	50m:	29.23	29.23	100m:	1:02.05	32.82	150m:	1:36.02	33.97	200m:	2:09.21	33.19
47.	FARIA, Ricardo Morais				04	Bairro dos Anjos/Bomcar				2:09.28	491	
	50m:	29.40	29.40	100m:	1:01.95	32.55	150m:	1:35.43	33.48	200m:	2:09.28	33.85
48.	MARQUES, Rui Joao				02	Nautico Academico				2:09.40	489	
	50m:	30.79	30.79	100m:	1:03.35	32.56	150m:	1:36.52	33.17	200m:	2:09.40	32.88
49.	OLIVEIRA, Goncalo Daniel				04	Fundacao Beatriz Santos				2:09.42	489	
	50m:	30.54	30.54	100m:	1:03.30	32.76	150m:	1:37.15	33.85	200m:	2:09.42	32.27
50.	TAVARES, Bernardo Rodrigues				04	Galitos / Bresimar				2:09.58	487	
	50m:	29.45	29.45	100m:	1:01.67	32.22	150m:	1:35.47	33.80	200m:	2:09.58	34.11
51.	FERREIRA, Tomas Soares				03	Estarreja				2:09.76	485	
	50m:	29.82	29.82	100m:	1:03.25	33.43	150m:	1:36.91	33.66	200m:	2:09.76	32.85
52.	TEIXEIRA, Joao Octavio				03	Galitos / Bresimar				2:09.99	483	
	50m:	28.86	28.86	100m:	1:01.42	32.56	150m:	1:35.93	34.51	200m:	2:09.99	34.06
53.	PINHO, Gabriel Alexandre				03	Feirense				2:10.66	475	
	50m:	28.46	28.46	100m:	1:01.30	32.84	150m:	1:35.74	34.44	200m:	2:10.66	34.92
54.	CARVALHO, Renato Miguel				03	Galitos / Bresimar				2:10.71	475	
	50m:	30.23	30.23	100m:	1:03.26	33.03	150m:	1:36.91	33.65	200m:	2:10.71	33.80
55.	COELHO, Joao Reis				03	Desporto de Tondela				2:11.16	470	
	50m:	29.76	29.76	100m:	1:03.96	34.20	150m:	1:38.74	34.78	200m:	2:11.16	32.42
56.	MARTINS, Alexandre Viegas				04	Uniao Coimbra				2:11.32	468	
	50m:	30.57	30.57	100m:	1:04.77	34.20	150m:	1:37.72	32.95	200m:	2:11.32	33.60
57.	LOURENCO, Goncalo Pires				03	Fundacao Beatriz Santos				2:11.55	466	
	50m:	31.34	31.34	100m:	1:04.85	33.51	150m:	1:39.38	34.53	200m:	2:11.55	32.17
58.	SOLODYUK, Micael Kovalchuk				03	Natacao de Vagos				2:11.95	461	
	50m:	30.45	30.45	100m:	1:04.04	33.59	150m:	1:38.32	34.28	200m:	2:11.95	33.63
59.	TSYKAL, Daniel				04	Alcobaca				2:12.86	452	
	50m:	30.80	30.80	100m:	1:05.18	34.38	150m:	1:39.80	34.62	200m:	2:12.86	33.06
60.	MOCO, Pedro Ribeiro				02	Natacao de Vagos				2:13.37	447	
	50m:	31.04	31.04	100m:	1:04.55	33.51	150m:	1:38.39	33.84	200m:	2:13.37	34.98
61.	FERREIRA, Joao Pedro				03	Academico Viseu				2:13.38	447	
	50m:	30.48	30.48	100m:	1:03.53	33.05	150m:	1:38.00	34.47	200m:	2:13.38	35.38
62.	VIDAL, Joao Pedro				03	Vieirense				2:13.40	447	
	50m:	29.78	29.78	100m:	1:03.85	34.07	150m:	1:39.25	35.40	200m:	2:13.40	34.15
63.	VENTURA, Bernardo Jorge				03	Academica de Coimbra				2:13.85	442	
	50m:	30.87	30.87	100m:	1:04.45	33.58	150m:	1:39.21	34.76	200m:	2:13.85	34.64
64.	MARQUES, Vicente Cruzeiro				04	Sporting de Aveiro				2:13.87	442	
	50m:	29.00	29.00	100m:	1:03.11	34.11	150m:	1:39.52	36.41	200m:	2:13.87	34.35
65.	OLIVEIRA, Vasco Peixoto				04	Alcobaca				2:13.94	441	
	50m:	30.01	30.01	100m:	1:04.00	33.99	150m:	1:39.12	35.12	200m:	2:13.94	34.82
66.	ANTUNES, Joao Afonso				04	Galitos / Bresimar				2:14.95	431	
	50m:	29.52	29.52	100m:	1:03.35	33.83	150m:	1:39.23	35.88	200m:	2:14.95	35.72
67.	FERREIRA, Paulo Sergio				03	Naval da Nazare				2:14.97	431	
	50m:	30.92	30.92	100m:	1:04.24	33.32	150m:	1:38.52	34.28	200m:	2:14.97	36.45

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Lugar					Ano					Tempo final	Pts	
68.	SOUSA, Vasco Silva				04	Bairro dos Anjos/Bomcar				2:14.99	431	
	50m:	30.04	30.04	100m:	1:04.02	33.98	150m:	1:40.46	36.44	200m:	2:14.99	34.53
69.	CARDOSO, Lucas Pipiraite				04	Naval da Nazare				2:15.17	429	
	50m:	29.99	29.99	100m:	1:03.73	33.74	150m:	1:39.93	36.20	200m:	2:15.17	35.24
70.	FIGUEIREDO, Gustavo Pinto				02	O Crasto				2:15.30	428	
	50m:	30.94	30.94	100m:	1:05.76	34.82	150m:	1:41.12	35.36	200m:	2:15.30	34.18
71.	COUTINHO, David Valdagua				03	Columbofila Cantanhedense				2:15.34	428	
	50m:	31.18	31.18	100m:	1:04.55	33.37	150m:	1:40.99	36.44	200m:	2:15.34	34.35
72.	YURCHUK, Artur				03	Bombeiros Mealhada/ CA				2:15.53	426	
	50m:	30.02	30.02	100m:	1:03.37	33.35	150m:	1:39.56	36.19	200m:	2:15.53	35.97
73.	GAMEIRO, David Almeida				03	Nucleo de Pombal				2:15.65	425	
	50m:	30.78	30.78	100m:	1:04.85	34.07	150m:	1:40.35	35.50	200m:	2:15.65	35.30
74.	TAVARES, Licinio Silva				01	Estarreja				2:16.82	414	
	50m:	31.35	31.35	100m:	1:06.02	34.67	150m:	1:40.77	34.75	200m:	2:16.82	36.05
75.	COSTA, Goncalo Filipe				04	Gafanha da Encarnacao				2:17.01	412	
	50m:	31.29	31.29	100m:	1:07.17	35.88	150m:	1:43.05	35.88	200m:	2:17.01	33.96
76.	PEREIRA, Igor Branco				03	O Crasto				2:17.07	412	
	50m:	30.63	30.63	100m:	1:05.34	34.71	150m:	1:40.92	35.58	200m:	2:17.07	36.15
77.	CARVALHO, Ricardo Martins				03	Fundacao Beatriz Santos				2:17.17	411	
	50m:	31.88	31.88	100m:	1:06.79	34.91	150m:	1:42.76	35.97	200m:	2:17.17	34.41
78.	BRANCO, Rodrigo Figueiredo				04	Galitos / Bresimar				2:17.36	409	
	50m:	30.78	30.78	100m:	1:05.83	35.05	150m:	1:42.81	36.98	200m:	2:17.36	34.55
79.	FLORIDO, Pedro Miguel				04	Fundacao Beatriz Santos				2:17.93	404	
	50m:	31.26	31.26	100m:	1:06.62	35.36	150m:	1:43.13	36.51	200m:	2:17.93	34.80
80.	CABRAL, Rui Tomas				04	Academico Viseu				2:18.91	395	
	<i>FTL</i>											
	50m:	30.22	30.22	100m:	1:05.82	35.60	150m:	1:42.21	36.39	200m:	2:18.91	36.70
81.	RAMOS, Goncalo Soares				02	Ginasio Figueirense				2:18.92	395	
	<i>FTL</i>											
	50m:	30.90	30.90	100m:	1:06.31	35.41	150m:	1:42.35	36.04	200m:	2:18.92	36.57
82.	FROIS, Manuel Maria				02	Bairro dos Anjos/Bomcar				2:19.52	390	
	<i>FTL</i>											
	50m:	32.40	32.40	100m:	1:08.20	35.80	150m:	1:44.09	35.89	200m:	2:19.52	35.43
83.	GRILLO, Afonso Corte-Real				04	Fundacao Beatriz Santos				2:19.97	386	
	<i>FTL</i>											
	50m:	32.56	32.56	100m:	1:07.87	35.31	150m:	1:43.87	36.00	200m:	2:19.97	36.10
84.	ANTUNES, Andre Marques				99	Fundacao Beatriz Santos				2:20.37	383	
	<i>FTL</i>											
	50m:	30.07	30.07	100m:	1:05.47	35.40	150m:	1:43.64	38.17	200m:	2:20.37	36.73
85.	TAVARES, Vasco Capela				99	Sporting de Espinho				2:20.78	380	
	<i>FTL</i>											
	50m:	29.54	29.54	100m:	1:04.06	34.52	150m:	1:41.79	37.73	200m:	2:20.78	38.99
86.	TOME, David Emanuel				03	Bombeiros Mealhada/ CA				2:21.45	374	
	<i>FTL</i>											
	50m:	31.78	31.78	100m:	1:07.58	35.80	150m:	1:44.96	37.38	200m:	2:21.45	36.49
87.	RODRIGUES, Henrique Rocha				03	Sporting de Aveiro				2:23.38	360	
	<i>FTL</i>											
	50m:	32.40	32.40	100m:	1:08.47	36.07	150m:	1:45.95	37.48	200m:	2:23.38	37.43

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 21, Masc., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
88. LIMA, Tiago Diniz <i>FTL</i>	04 Estarreja	2:23.42	359
50m: 33.13 33.13 100m: 1:10.33 37.20 150m: 1:47.31 36.98 200m: 2:23.42 36.11			
89. FIGUEIRA, Gabriel Jose <i>FTL</i>	01 Academica de Coimbra	2:23.69	357
50m: 32.41 32.41 100m: 1:09.48 37.07 150m: 1:46.81 37.33 200m: 2:23.69 36.88			
90. GOMES, Bruno Ferreira <i>FTL</i>	03 Feirense	2:23.81	356
50m: 31.25 31.25 100m: 1:07.43 36.18 150m: 1:45.56 38.13 200m: 2:23.81 38.25			
91. SOARES, Ricardo Pedrosa <i>FTL</i>	04 Vieiraense	2:24.52	351
50m: 32.46 32.46 100m: 1:08.90 36.44 150m: 1:47.43 38.53 200m: 2:24.52 37.09			
92. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	2:24.96	348
50m: 33.15 33.15 100m: 1:09.61 36.46 150m: 1:48.41 38.80 200m: 2:24.96 36.55			
93. GRABOVSKI, Jorge <i>FTL</i>	04 Nautico Marinha Grande	2:26.63	336
50m: 31.89 31.89 100m: 1:09.42 37.53 150m: 1:49.35 39.93 200m: 2:26.63 37.28			
94. MENESES, Marco Ribeiro <i>FTL</i>	01 O Crasto	2:26.71	336
50m: 33.87 33.87 100m: 1:10.99 37.12 150m: 1:49.32 38.33 200m: 2:26.71 37.39			
95. FERREIRA, Renato Maria <i>FTL</i>	04 Vigor da Mocidade	2:26.83	335
50m: 32.37 32.37 100m: 1:10.11 37.74 150m: 1:49.22 39.11 200m: 2:26.83 37.61			
96. LOMBA, Afonso Maia <i>FTL</i>	04 Feirense	2:27.35	331
50m: 32.73 32.73 100m: 1:10.25 37.52 150m: 1:50.05 39.80 200m: 2:27.35 37.30			
97. OLIVEIRA, Ricardo Gabriel <i>FTL</i>	04 Estarreja	2:28.55	323
50m: 34.16 34.16 100m: 1:11.86 37.70 150m: 1:50.44 38.58 200m: 2:28.55 38.11			
98. ANDRADE, Cesar Rodrigues <i>FTL</i>	04 Bombeiros Mealhada/ CA	2:28.84	321
50m: 33.05 33.05 100m: 1:10.04 36.99 150m: 1:49.98 39.94 200m: 2:28.84 38.86			
99. MACHADO, Ricardo Marques <i>FTL</i>	02 Academico Viseu	2:29.98	314
50m: 25.49 25.49 100m: 1:08.85 43.36 150m: 1:50.39 41.54 200m: 2:29.98 39.59			
100. BRAS, Tomas Marques <i>FTL</i>	04 Bombeiros Mealhada/ CA	2:33.97	290
50m: 33.48 33.48 100m: 1:12.64 39.16 150m: 1:54.98 42.34 200m: 2:33.97 38.99			
101. TOMAS, Rui Moreira <i>FTL</i>	03 Bombeiros Mealhada/ CA	2:34.55	287
50m: 34.05 34.05 100m: 1:12.68 38.63 150m: 1:55.12 42.44 200m: 2:34.55 39.43			
DNS TRAVASSOS, Rodrigo Alexandre	02 Individual ANC		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 21, Masc., 200m Livres

Prova 21 Masc., 200m Livres Juv A e B
13-07-2019 - 16:00 Entrega de Medalhas da prova nº 18 e 20 Resultados

Rec Nacional Absoluto	1:48.39	SANTOS, Alexis Manacas	SCP	Coimbra	2017
Rec Nacional Juv A	1:54.18	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	1:56.35	RIBEIRO, Diogo Matos	CUC	Coimbra	2019

TA ABS-MASC Absoluto: 2:18.42 / TA JUVA-MASC Juv A: 2:29.48 / TA JUVB-MASC Juv B: 2:32.26

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	COSTA, Afonso Filipe	03	Naval da Nazare				2:01.13	597	
	50m: 27.43 27.43	100m: 58.28	30.85	150m: 1:29.99	31.71	200m: 2:01.13	31.14		
2.	SILVA, Ricardo Lopes	03	Nautico Marinha Grande				2:01.24	595	
	50m: 27.78 27.78	100m: 59.44	31.66	150m: 1:30.43	30.99	200m: 2:01.24	30.81		
3.	FARDILHA, Manuel Cruz	03	Galitos / Bresimar				2:04.15	554	
	50m: 29.69 29.69	100m: 1:02.30	32.61	150m: 1:33.89	31.59	200m: 2:04.15	30.26		
4.	SILVA, Joao Jose	03	Bairro dos Anjos/Bomcar				2:04.41	551	
	50m: 28.28 28.28	100m: 59.15	30.87	150m: 1:31.46	32.31	200m: 2:04.41	32.95		
5.	GOMES, Goncalo Andre	03	Fundacao Beatriz Santos				2:04.48	550	
	50m: 28.94 28.94	100m: 1:01.04	32.10	150m: 1:33.05	32.01	200m: 2:04.48	31.43		
6.	MARQUES, Gustavo Pires	04	Fundacao Beatriz Santos				2:04.80	545	
	50m: 29.03 29.03	100m: 1:01.34	32.31	150m: 1:33.96	32.62	200m: 2:04.80	30.84		
7.	MOITA, Goncalo Brites	04	Uniao Coimbra				2:05.61	535	
	50m: 29.94 29.94	100m: 1:01.65	31.71	150m: 1:33.79	32.14	200m: 2:05.61	31.82		
8.	RELVAS, David Ferreira	03	Nautico Marinha Grande				2:05.81	532	
	50m: 29.18 29.18	100m: 1:01.07	31.89	150m: 1:34.05	32.98	200m: 2:05.81	31.76		
9.	SANTOS, Rui Mamede	04	Uniao Coimbra				2:06.10	529	
	50m: 29.42 29.42	100m: 1:01.61	32.19	150m: 1:34.26	32.65	200m: 2:06.10	31.84		
10.	GONCALVES, Jorge Miguel	03	Galitos / Bresimar				2:07.23	515	
	50m: 28.54 28.54	100m: 1:00.97	32.43	150m: 1:34.17	33.20	200m: 2:07.23	33.06		
11.	JESUS, Pedro Duarte	04	Galitos / Bresimar				2:07.43	512	
	50m: 29.63 29.63	100m: 1:01.91	32.28	150m: 1:35.52	33.61	200m: 2:07.43	31.91		
12.	SOUSA, Guilherme Mendes	03	Nautico Marinha Grande				2:07.51	511	
	50m: 28.91 28.91	100m: 1:01.58	32.67	150m: 1:34.49	32.91	200m: 2:07.51	33.02		
13.	CASTANHEIRA, Guilherme Silva	04	Bairro dos Anjos/Bomcar				2:07.52	511	
	50m: 29.16 29.16	100m: 1:01.30	32.14	150m: 1:34.93	33.63	200m: 2:07.52	32.59		
14.	PEREIRA, Tiago Maia	04	Galitos / Bresimar				2:07.64	510	
	50m: 30.01 30.01	100m: 1:02.55	32.54	150m: 1:35.28	32.73	200m: 2:07.64	32.36		
15.	DIAS, Jose Diogo	04	Fundacao Beatriz Santos				2:08.41	501	
	50m: 30.08 30.08	100m: 1:02.39	32.31	150m: 1:35.02	32.63	200m: 2:08.41	33.39		
16.	MACHADO, Martim Miranda	03	Uniao Coimbra				2:09.09	493	
	50m: 28.41 28.41	100m: 1:00.51	32.10	150m: 1:34.46	33.95	200m: 2:09.09	34.63		
17.	FARIA, Ricardo Morais	04	Bairro dos Anjos/Bomcar				2:09.28	491	
	50m: 29.40 29.40	100m: 1:01.95	32.55	150m: 1:35.43	33.48	200m: 2:09.28	33.85		
18.	OLIVEIRA, Goncalo Daniel	04	Fundacao Beatriz Santos				2:09.42	489	
	50m: 30.54 30.54	100m: 1:03.30	32.76	150m: 1:37.15	33.85	200m: 2:09.42	32.27		
19.	TAVARES, Bernardo Rodrigues	04	Galitos / Bresimar				2:09.58	487	
	50m: 29.45 29.45	100m: 1:01.67	32.22	150m: 1:35.47	33.80	200m: 2:09.58	34.11		
20.	FERREIRA, Tomas Soares	03	Estarreja				2:09.76	485	
	50m: 29.82 29.82	100m: 1:03.25	33.43	150m: 1:36.91	33.66	200m: 2:09.76	32.85		
21.	TEIXEIRA, Joao Octavio	03	Galitos / Bresimar				2:09.99	483	
	50m: 28.86 28.86	100m: 1:01.42	32.56	150m: 1:35.93	34.51	200m: 2:09.99	34.06		

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Prova 21, Masc., 200m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts
22.	PINHO, Gabriel Alexandre	03	Feirense				2:10.66	475	
	50m: 28.46 28.46	100m: 1:01.30	32.84	150m: 1:35.74	34.44	200m: 2:10.66	34.92		
23.	CARVALHO, Renato Miguel	03	Galitos / Bresimar				2:10.71	475	
	50m: 30.23 30.23	100m: 1:03.26	33.03	150m: 1:36.91	33.65	200m: 2:10.71	33.80		
24.	COELHO, Joao Reis	03	Desporto de Tondela				2:11.16	470	
	50m: 29.76 29.76	100m: 1:03.96	34.20	150m: 1:38.74	34.78	200m: 2:11.16	32.42		
25.	MARTINS, Alexandre Viegas	04	Uniao Coimbra				2:11.32	468	
	50m: 30.57 30.57	100m: 1:04.77	34.20	150m: 1:37.72	32.95	200m: 2:11.32	33.60		
26.	LOURENCO, Goncalo Pires	03	Fundacao Beatriz Santos				2:11.55	466	
	50m: 31.34 31.34	100m: 1:04.85	33.51	150m: 1:39.38	34.53	200m: 2:11.55	32.17		
27.	SOLODYUK, Micael Kovalchuk	03	Natacao de Vagos				2:11.95	461	
	50m: 30.45 30.45	100m: 1:04.04	33.59	150m: 1:38.32	34.28	200m: 2:11.95	33.63		
28.	TSYKAL, Daniel	04	Alcobaca				2:12.86	452	
	50m: 30.80 30.80	100m: 1:05.18	34.38	150m: 1:39.80	34.62	200m: 2:12.86	33.06		
29.	FERREIRA, Joao Pedro	03	Academico Viseu				2:13.38	447	
	50m: 30.48 30.48	100m: 1:03.53	33.05	150m: 1:38.00	34.47	200m: 2:13.38	35.38		
30.	VIDAL, Joao Pedro	03	Vieirense				2:13.40	447	
	50m: 29.78 29.78	100m: 1:03.85	34.07	150m: 1:39.25	35.40	200m: 2:13.40	34.15		
31.	VENTURA, Bernardo Jorge	03	Academica de Coimbra				2:13.85	442	
	50m: 30.87 30.87	100m: 1:04.45	33.58	150m: 1:39.21	34.76	200m: 2:13.85	34.64		
32.	MARQUES, Vicente Cruzeiro	04	Sporting de Aveiro				2:13.87	442	
	50m: 29.00 29.00	100m: 1:03.11	34.11	150m: 1:39.52	36.41	200m: 2:13.87	34.35		
33.	OLIVEIRA, Vasco Peixoto	04	Alcobaca				2:13.94	441	
	50m: 30.01 30.01	100m: 1:04.00	33.99	150m: 1:39.12	35.12	200m: 2:13.94	34.82		
34.	ANTUNES, Joao Afonso	04	Galitos / Bresimar				2:14.95	431	
	50m: 29.52 29.52	100m: 1:03.35	33.83	150m: 1:39.23	35.88	200m: 2:14.95	35.72		
35.	FERREIRA, Paulo Sergio	03	Naval da Nazare				2:14.97	431	
	50m: 30.92 30.92	100m: 1:04.24	33.32	150m: 1:38.52	34.28	200m: 2:14.97	36.45		
36.	SOUSA, Vasco Silva	04	Bairro dos Anjos/Bomcar				2:14.99	431	
	50m: 30.04 30.04	100m: 1:04.02	33.98	150m: 1:40.46	36.44	200m: 2:14.99	34.53		
37.	CARDOSO, Lucas Pipiraité	04	Naval da Nazare				2:15.17	429	
	50m: 29.99 29.99	100m: 1:03.73	33.74	150m: 1:39.93	36.20	200m: 2:15.17	35.24		
38.	COUTINHO, David Valdagua	03	Columbifila Cantanhedense				2:15.34	428	
	50m: 31.18 31.18	100m: 1:04.55	33.37	150m: 1:40.99	36.44	200m: 2:15.34	34.35		
39.	YURCHUK, Artur	03	Bombeiros Mealhada/ CA				2:15.53	426	
	50m: 30.02 30.02	100m: 1:03.37	33.35	150m: 1:39.56	36.19	200m: 2:15.53	35.97		
40.	GAMEIRO, David Almeida	03	Nucleo de Pombal				2:15.65	425	
	50m: 30.78 30.78	100m: 1:04.85	34.07	150m: 1:40.35	35.50	200m: 2:15.65	35.30		
41.	COSTA, Goncalo Filipe	04	Gafanha da Encarnacao				2:17.01	412	
	50m: 31.29 31.29	100m: 1:07.17	35.88	150m: 1:43.05	35.88	200m: 2:17.01	33.96		
42.	PEREIRA, Igor Branco	03	O Crasto				2:17.07	412	
	50m: 30.63 30.63	100m: 1:05.34	34.71	150m: 1:40.92	35.58	200m: 2:17.07	36.15		
43.	CARVALHO, Ricardo Martins	03	Fundacao Beatriz Santos				2:17.17	411	
	50m: 31.88 31.88	100m: 1:06.79	34.91	150m: 1:42.76	35.97	200m: 2:17.17	34.41		
44.	BRANCO, Rodrigo Figueiredo	04	Galitos / Bresimar				2:17.36	409	
	50m: 30.78 30.78	100m: 1:05.83	35.05	150m: 1:42.81	36.98	200m: 2:17.36	34.55		
45.	FLORIDO, Pedro Miguel	04	Fundacao Beatriz Santos				2:17.93	404	
	50m: 31.26 31.26	100m: 1:06.62	35.36	150m: 1:43.13	36.51	200m: 2:17.93	34.80		

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 21, Masc., 200m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
46. CABRAL, Rui Tomas <i>FTL</i>	04 Academico Viseu	2:18.91	395
50m: 30.22 30.22 100m: 1:05.82 35.60 150m: 1:42.21 36.39 200m: 2:18.91 36.70			
47. GRILO, Afonso Corte-Real <i>FTL</i>	04 Fundacao Beatriz Santos	2:19.97	386
50m: 32.56 32.56 100m: 1:07.87 35.31 150m: 1:43.87 36.00 200m: 2:19.97 36.10			
48. TOME, David Emanuel <i>FTL</i>	03 Bombeiros Mealhada/ CA	2:21.45	374
50m: 31.78 31.78 100m: 1:07.58 35.80 150m: 1:44.96 37.38 200m: 2:21.45 36.49			
49. RODRIGUES, Henrique Rocha <i>FTL</i>	03 Sporting de Aveiro	2:23.38	360
50m: 32.40 32.40 100m: 1:08.47 36.07 150m: 1:45.95 37.48 200m: 2:23.38 37.43			
50. LIMA, Tiago Diniz <i>FTL</i>	04 Estarreja	2:23.42	359
50m: 33.13 33.13 100m: 1:10.33 37.20 150m: 1:47.31 36.98 200m: 2:23.42 36.11			
51. GOMES, Bruno Ferreira <i>FTL</i>	03 Feirense	2:23.81	356
50m: 31.25 31.25 100m: 1:07.43 36.18 150m: 1:45.56 38.13 200m: 2:23.81 38.25			
52. SOARES, Ricardo Pedrosa <i>FTL</i>	04 Viegense	2:24.52	351
50m: 32.46 32.46 100m: 1:08.90 36.44 150m: 1:47.43 38.53 200m: 2:24.52 37.09			
53. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	2:24.96	348
50m: 33.15 33.15 100m: 1:09.61 36.46 150m: 1:48.41 38.80 200m: 2:24.96 36.55			
54. GRABOVSKI, Jorge <i>FTL</i>	04 Nautico Marinha Grande	2:26.63	336
50m: 31.89 31.89 100m: 1:09.42 37.53 150m: 1:49.35 39.93 200m: 2:26.63 37.28			
55. FERREIRA, Renato Maria <i>FTL</i>	04 Vigor da Mocidade	2:26.83	335
50m: 32.37 32.37 100m: 1:10.11 37.74 150m: 1:49.22 39.11 200m: 2:26.83 37.61			
56. LOMBA, Afonso Maia <i>FTL</i>	04 Feirense	2:27.35	331
50m: 32.73 32.73 100m: 1:10.25 37.52 150m: 1:50.05 39.80 200m: 2:27.35 37.30			
57. OLIVEIRA, Ricardo Gabriel <i>FTL</i>	04 Estarreja	2:28.55	323
50m: 34.16 34.16 100m: 1:11.86 37.70 150m: 1:50.44 38.58 200m: 2:28.55 38.11			
58. ANDRADE, Cesar Rodrigues <i>FTL</i>	04 Bombeiros Mealhada/ CA	2:28.84	321
50m: 33.05 33.05 100m: 1:10.04 36.99 150m: 1:49.98 39.94 200m: 2:28.84 38.86			
59. BRAS, Tomas Marques <i>FTL</i>	04 Bombeiros Mealhada/ CA	2:33.97	290
50m: 33.48 33.48 100m: 1:12.64 39.16 150m: 1:54.98 42.34 200m: 2:33.97 38.99			
60. TOMAS, Rui Moreira <i>FTL</i>	03 Bombeiros Mealhada/ CA	2:34.55	287
50m: 34.05 34.05 100m: 1:12.68 38.63 150m: 1:55.12 42.44 200m: 2:34.55 39.43			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 21, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH SILVA, Guilherme Gomes	05 Estamos Juntos	2:16.06	421
50m: 31.13 31.13 100m: 1:06.24 35.11 150m: 1:42.30 36.06 200m: 2:16.06 33.76			
EXH AMARAL, Francisco Xavier	05 Bombeiros Mealhada/ CA	2:17.37	409
50m: 29.72 29.72 100m: 1:04.13 34.41 150m: 1:40.81 36.68 200m: 2:17.37 36.56			
EXH GOMES, Jorge Miguel	05 Ginasio Figueirense	2:39.40	262
FTL 50m: 34.93 34.93 100m: 1:15.06 40.13 150m: 1:58.65 43.59 200m: 2:39.40 40.75			
EXH CARVALHO, Diogo Rodrigues	05 Vigor da Mocidade	2:59.36	183
FTL 50m: 30.49 30.49 100m: 1:05.89 35.40 150m: 2:08.25 1:02.36 200m: 2:59.36 51.11			

Prova 22

Femin., 200m Livres

Absoluto

13-07-2019 - 16:40

Entrega de Medalhas da prova nº 19

Resultados

Rec Nacional Absoluto	2:01.48	DURAES, Diana Margarida	POR	Budapeste (HUN)	2017
Rec Nacional Sen	2:01.48	DURAES, Diana Margarida	POR	Budapeste (HUN)	2017
Rec Nacional Jun 17	2:03.18	SOUSA, Ana Reis	SAD	Coimbra	2019
Rec Nacional Jun 16	2:02.89	SOUSA, Ana Reis	POR	Helsinki (FIN)	2018
Rec Nacional Juv A	2:05.85	MARTINS, Francisca Soares	FOCA	Oeiras	2018
Rec Nacional Juv B	2:07.40	CABRAL, Maria Francisca	FCP	Oeiras	2014

TA ABS-FEM : 2:36.61 / TA JUVA-FEM Juv A: 2:44.44 / TA JUVB-FEM Juv B: 2:49.14

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. REBELO, Camila Rodrigues	03 Louzan Natacao/EFAPEL	2:07.73	692
50m: 30.13 30.13 100m: 1:02.56 32.43 150m: 1:35.91 33.35 200m: 2:07.73 31.82			
2. AMADOR, Joana Costa	01 Galitos / Bresimar	2:07.96	688
50m: 30.53 30.53 100m: 1:03.18 32.65 150m: 1:35.80 32.62 200m: 2:07.96 32.16			
3. FERNANDES, Carolina Miranda	05 Galitos / Bresimar	2:10.42	650
50m: 30.33 30.33 100m: 1:03.82 33.49 150m: 1:37.70 33.88 200m: 2:10.42 32.72			
4. RODRIGUES, Helena Nunes	03 Alges e Agueda XXI	2:10.67	646
50m: 30.64 30.64 100m: 1:03.67 33.03 150m: 1:37.20 33.53 200m: 2:10.67 33.47			
5. VARGAS, Giovanna Vaz	00 Nautico Marinha Grande	2:10.95	642
50m: 30.84 30.84 100m: 1:03.91 33.07 150m: 1:37.78 33.87 200m: 2:10.95 33.17			
6. FRAZAO, Alexandra Couto	02 Condeixa Clube	2:11.04	640
50m: 31.68 31.68 100m: 1:04.65 32.97 150m: 1:38.17 33.52 200m: 2:11.04 32.87			
7. RODRIGUES, Ana Margarida	96 Galitos / Bresimar	2:11.34	636
50m: 30.33 30.33 100m: 1:03.37 33.04 150m: 1:37.46 34.09 200m: 2:11.34 33.88			
8. RODRIGUES, Joana Francisca	04 Uniao Coimbra	2:11.60	632
50m: 31.17 31.17 100m: 1:04.35 33.18 150m: 1:38.30 33.95 200m: 2:11.60 33.30			
9. ROSA, Mariana Carmo	05 Louzan Natacao/EFAPEL	2:11.79	630
50m: 31.04 31.04 100m: 1:03.93 32.89 150m: 1:38.14 34.21 200m: 2:11.79 33.65			
10. ALVES, Sara Sofia	01 Columbofila Cantanhedense	2:12.68	617
50m: 31.26 31.26 100m: 1:04.39 33.13 150m: 1:38.69 34.30 200m: 2:12.68 33.99			
11. SILVA, Camila Alexandra	03 Columbofila Cantanhedense	2:12.88	614
50m: 31.15 31.15 100m: 1:04.12 32.97 150m: 1:38.38 34.26 200m: 2:12.88 34.50			
12. GASPARG, Beatriz Ferreira	04 Bombeiros Mealhada/ CA	2:13.29	608
50m: 31.45 31.45 100m: 1:05.12 33.67 150m: 1:39.23 34.11 200m: 2:13.29 34.06			
13. PIRES, Beatriz Almeida	03 Uniao Coimbra	2:14.05	598
50m: 30.53 30.53 100m: 1:04.05 33.52 150m: 1:38.81 34.76 200m: 2:14.05 35.24			

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Lugar			Ano					Tempo final	Pts
14.	QUEIROZ, Ana Rita		02	Condeixa Clube				2:14.37	594
	50m:	31.37 31.37	100m:	1:05.45	34.08	150m:	1:38.48 33.03	200m:	2:14.37 35.89
15.	REBELO, Maria Carlota		03	Louzan Natacao/EFAPEL				2:15.10	584
	50m:	31.35 31.35	100m:	1:05.07	33.72	150m:	1:40.26 35.19	200m:	2:15.10 34.84
16.	PINHEIRO, Ines Mariana		03	Academica de Coimbra				2:15.39	581
	50m:	32.47 32.47	100m:	1:07.21	34.74	150m:	1:42.10 34.89	200m:	2:15.39 33.29
17.	SANTOS, Ana Pedro		02	Galitos / Bresimar				2:15.66	577
	50m:	31.27 31.27	100m:	1:05.23	33.96	150m:	1:40.14 34.91	200m:	2:15.66 35.52
18.	PEREIRA, Carolina Rei		05	Natacao de Vagos				2:16.53	566
	50m:	31.61 31.61	100m:	1:06.51	34.90	150m:	1:42.07 35.56	200m:	2:16.53 34.46
19.	VIANA, Margarida Violante		04	Bairro dos Anjos/Bomcar				2:16.64	565
	50m:	32.14 32.14	100m:	1:06.67	34.53	150m:	1:41.93 35.26	200m:	2:16.64 34.71
20.	ALMEIDA, Maria Carolina		05	Galitos / Bresimar				2:17.30	557
	50m:	32.13 32.13	100m:	1:07.56	35.43	150m:	1:43.24 35.68	200m:	2:17.30 34.06
21.	MOITEIRO, Bruna Silva		04	Nautico Marinha Grande				2:17.72	552
	50m:	30.92 30.92	100m:	1:05.56	34.64	150m:	1:41.39 35.83	200m:	2:17.72 36.33
22.	MOREIRA, Matilde Freitas		01	Academica de Coimbra				2:17.75	551
	50m:	31.08 31.08	100m:	1:06.21	35.13	150m:	1:41.60 35.39	200m:	2:17.75 36.15
23.	COSTA, Joana Santos		04	Galitos / Bresimar				2:18.15	546
	50m:	32.00 32.00	100m:	1:07.69	35.69	150m:	1:42.96 35.27	200m:	2:18.15 35.19
24.	OLIVEIRA, Claudia Sofia		02	Sanjoanense/FEPSA				2:18.19	546
	50m:	31.29 31.29	100m:	1:06.00	34.71	150m:	1:42.58 36.58	200m:	2:18.19 35.61
25.	MONTEIRO, Margarida Cabral		02	Galitos / Bresimar				2:18.46	543
	50m:	32.07 32.07	100m:	1:06.41	34.34	150m:	1:42.36 35.95	200m:	2:18.46 36.10
26.	ALVES, Joana Silva		05	Benedita				2:18.50	542
	50m:	32.07 32.07	100m:	1:07.59	35.52	150m:	1:43.46 35.87	200m:	2:18.50 35.04
27.	SILVA, Ana Filipa		04	Academica de Coimbra				2:18.53	542
	50m:	32.72 32.72	100m:	1:08.33	35.61	150m:	1:44.52 36.19	200m:	2:18.53 34.01
28.	CORREIA, Rute Ferreira		03	Clube de Vouzela				2:18.54	542
	50m:	30.79 30.79	100m:	1:04.94	34.15	150m:	1:41.97 37.03	200m:	2:18.54 36.57
29.	LAGOA, Carlota Macedo		05	Bairro dos Anjos/Bomcar				2:18.56	542
	50m:	31.70 31.70	100m:	1:06.29	34.59	150m:	1:42.32 36.03	200m:	2:18.56 36.24
30.	PELAIO, Maria Joao		03	Ginasio Figueirense				2:18.91	538
	50m:	32.55 32.55	100m:	1:07.89	35.34	150m:	1:43.96 36.07	200m:	2:18.91 34.95
31.	JACINTO, Ines Filipa		03	Bairro dos Anjos/Bomcar				2:18.94	537
	50m:	31.53 31.53	100m:	1:06.46	34.93	150m:	1:42.73 36.27	200m:	2:18.94 36.21
32.	ALMEIDA, Catarina Nunes		04	Galitos / Bresimar				2:19.48	531
	50m:	32.01 32.01	100m:	1:07.65	35.64	150m:	1:43.79 36.14	200m:	2:19.48 35.69
33.	PEREIRA, Ines Eira		99	Estarreja				2:19.56	530
	50m:	33.34 33.34	100m:	1:09.56	36.22	150m:	1:45.59 36.03	200m:	2:19.56 33.97
34.	NEVES, Sara Dias		03	Miranda do Corvo				2:19.60	530
	50m:	31.99 31.99	100m:	1:07.26	35.27	150m:	1:43.46 36.20	200m:	2:19.60 36.14
35.	FLORENCIO, Matilde Alves		04	Condeixa Clube				2:20.12	524
	50m:	32.21 32.21	100m:	1:07.79	35.58	150m:	1:44.06 36.27	200m:	2:20.12 36.06
36.	FERREIRA, Ana Claudia		90	Alcobaca				2:21.28	511
	50m:	32.78 32.78	100m:	1:08.42	35.64	150m:	1:45.19 36.77	200m:	2:21.28 36.09
37.	LOISAS, Beatriz Ferreira		05	Columbofila Cantanhedense				2:21.31	511
	50m:	33.55 33.55	100m:	1:09.20	35.65	150m:	1:45.86 36.66	200m:	2:21.31 35.45

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Lugar				Ano				Tempo final	Pts
38.	TAVARES, Mariana Silva	04	Estarreja				2:21.60	507	
	50m: 32.63 32.63	100m: 1:08.89	36.26	150m: 1:46.16	37.27	200m: 2:21.60	35.44		
39.	CABRAL, Ana Matos	05	Condeixa Clube				2:21.77	506	
	50m: 33.36 33.36	100m: 1:09.32	35.96	150m: 1:46.20	36.88	200m: 2:21.77	35.57		
40.	CORREIA, Beatriz Santos	04	Academico Viseu				2:21.87	505	
	50m: 31.80 31.80	100m: 1:08.26	36.46	150m: 1:44.92	36.66	200m: 2:21.87	36.95		
41.	SEQUEIRA, Leonor Ferreira	05	Galitos / Bresimar				2:22.23	501	
	50m: 32.91 32.91	100m: 1:09.95	37.04	150m: 1:46.90	36.95	200m: 2:22.23	35.33		
42.	JUNQUEIRA, Manuela Paccola	05	Naval de Peniche				2:22.30	500	
	50m: 33.40 33.40	100m: 1:09.26	35.86	150m: 1:46.04	36.78	200m: 2:22.30	36.26		
43.	COUTINHO, Maria Martim	04	Bairro dos Anjos/Bomcar				2:23.18	491	
	50m: 32.36 32.36	100m: 1:08.79	36.43	150m: 1:46.54	37.75	200m: 2:23.18	36.64		
44.	CARRILHO, Lara Alexandra	01	Academico Viseu				2:23.62	486	
	50m: 33.44 33.44	100m: 1:09.71	36.27	150m: 1:47.26	37.55	200m: 2:23.62	36.36		
45.	LAGOA, Laura Macedo	04	Bairro dos Anjos/Bomcar				2:24.15	481	
	50m: 34.26 34.26	100m: 1:10.29	36.03	150m: 1:47.72	37.43	200m: 2:24.15	36.43		
46.	VASCONCELOS, Lara Rodrigues	05	Galitos / Bresimar				2:24.20	480	
	50m: 32.53 32.53	100m: 1:09.45	36.92	150m: 1:47.64	38.19	200m: 2:24.20	36.56		
47.	GONCALVES, Ana Francisca	02	Academico Viseu				2:24.31	479	
	50m: 33.83 33.83	100m: 1:11.05	37.22	150m: 1:48.25	37.20	200m: 2:24.31	36.06		
48.	RESENDE, Eva Pinho	04	Estarreja				2:24.47	478	
	50m: 33.29 33.29	100m: 1:10.54	37.25	150m: 1:47.79	37.25	200m: 2:24.47	36.68		
49.	VIANA, Jacinta Martins	04	Natacao de Vagos				2:24.55	477	
	50m: 32.65 32.65	100m: 1:09.16	36.51	150m: 1:47.56	38.40	200m: 2:24.55	36.99		
50.	MACHADO, Raquel Cruz	03	Estamos Juntos				2:25.04	472	
	50m: 33.55 33.55	100m: 1:11.38	37.83	150m: 1:49.17	37.79	200m: 2:25.04	35.87		
51.	SANTOS, Beatriz Rocha	02	Campinho				2:25.19	471	
	50m: 33.41 33.41	100m: 1:10.29	36.88	150m: 1:48.47	38.18	200m: 2:25.19	36.72		
52.	SOUSA, Ines Matos	03	Uniao Coimbra				2:25.25	470	
	50m: 33.68 33.68	100m: 1:10.39	36.71	150m: 1:48.02	37.63	200m: 2:25.25	37.23		
53.	SILVA, Mariana Azevedo	05	Sanjoanense/FEPSA				2:25.26	470	
	50m: 33.15 33.15	100m: 1:10.50	37.35	150m: 1:48.92	38.42	200m: 2:25.26	36.34		
54.	MELO, Ines Pinheiro	01	Sporting de Espinho				2:25.30	470	
	50m: 33.29 33.29	100m: 1:09.45	36.16	150m: 1:47.35	37.90	200m: 2:25.30	37.95		
55.	PAIVA, Leonor Correia	04	Louzan Natacao/EFAPEL				2:25.46	468	
	50m: 33.69 33.69	100m: 1:10.97	37.28	150m: 1:48.84	37.87	200m: 2:25.46	36.62		
56.	SILVA, Beatriz Margarido	05	Natacao de Vagos				2:25.75	465	
	50m: 33.37 33.37	100m: 1:09.59	36.22	150m: 1:48.07	38.48	200m: 2:25.75	37.68		
57.	CUNHA, Beatriz Pereira	01	Academico Viseu				2:25.89	464	
	50m: 31.95 31.95	100m: 1:09.63	37.68	150m: 1:47.27	37.64	200m: 2:25.89	38.62		
58.	SIMOES, Barbara Almeida	05	Uniao Coimbra				2:26.01	463	
	50m: 32.97 32.97	100m: 1:09.86	36.89	150m: 1:47.90	38.04	200m: 2:26.01	38.11		
59.	PIMENTEL, Sara Calisto	05	Galitos / Bresimar				2:26.02	463	
	50m: 34.49 34.49	100m: 1:11.47	36.98	150m: 1:49.91	38.44	200m: 2:26.02	36.11		
60.	COSTA, Joana Ferreira	05	Feirense				2:26.17	461	
	50m: 33.39 33.39	100m: 1:11.13	37.74	150m: 1:49.78	38.65	200m: 2:26.17	36.39		
61.	STELMASHCHUK, Catarina Cruz	05	Natacao de Vagos				2:26.19	461	
	50m: 33.31 33.31	100m: 1:10.11	36.80	150m: 1:48.78	38.67	200m: 2:26.19	37.41		

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Lugar			Ano					Tempo final	Pts
62.	ESTEVEES, Ana Jorge		01	Gafanha da Encarnacao				2:26.45	459
	50m: 34.16	34.16	100m: 1:11.29	37.13	150m: 1:49.64	38.35	200m: 2:26.45	36.81	
63.	SILVA, Maria Ines		04	Alcobaca				2:26.52	458
	50m: 34.61	34.61	100m: 1:11.94	37.33	150m: 1:50.26	38.32	200m: 2:26.52	36.26	
64.	PEREIRA, Marta Monteiro		04	O Crasto				2:26.97	454
	50m: 33.66	33.66	100m: 1:11.09	37.43	150m: 1:50.30	39.21	200m: 2:26.97	36.67	
65.	MELO, Beatriz Coelho		05	Feirense				2:27.74	447
	50m: 32.67	32.67	100m: 1:08.99	36.32	150m: 1:48.94	39.95	200m: 2:27.74	38.80	
66.	FERREIRA, Carla Sandrina		04	O Crasto				2:28.19	443
	50m: 33.59	33.59	100m: 1:11.25	37.66	150m: 1:50.03	38.78	200m: 2:28.19	38.16	
67.	DIAS, Ines Silva		05	Estarreja				2:28.80	437
	50m: 33.92	33.92	100m: 1:12.66	38.74	150m: 1:50.61	37.95	200m: 2:28.80	38.19	
68.	CASTANHEIRA, Ana Sofia		04	Condeixa Clube				2:29.04	435
	50m: 34.41	34.41	100m: 1:11.84	37.43	150m: 1:50.58	38.74	200m: 2:29.04	38.46	
69.	BARBOSA, Telma Eduarda		03	Galitos / Bresimar				2:29.10	435
	50m: 33.33	33.33	100m: 1:10.60	37.27	150m: 1:49.59	38.99	200m: 2:29.10	39.51	
70.	DIONISIO, Maria Ines		04	Fundacao Beatriz Santos				2:29.19	434
	50m: 33.42	33.42	100m: 1:12.07	38.65	150m: 1:51.67	39.60	200m: 2:29.19	37.52	
71.	CARVALHO, Maria Silva		05	Pimpoes/Cimai				2:29.52	431
	50m: 34.06	34.06	100m: 1:12.31	38.25	150m: 1:51.99	39.68	200m: 2:29.52	37.53	
72.	REIS, Maria Joao		04	Nautico Marinha Grande				2:29.53	431
	50m: 34.02	34.02	100m: 1:12.62	38.60	150m: 1:51.68	39.06	200m: 2:29.53	37.85	
73.	CASTRO, Maria Joao		04	Sporting de Aveiro				2:29.57	430
	50m: 34.38	34.38	100m: 1:12.17	37.79	150m: 1:51.46	39.29	200m: 2:29.57	38.11	
74.	LOURA, Beatriz Borges		04	Campinho				2:29.68	430
	50m: 35.03	35.03	100m: 1:13.23	38.20	150m: 1:52.21	38.98	200m: 2:29.68	37.47	
75.	CRUZ, Cintia Cristina		02	Alcobaca				2:29.80	429
	50m: 34.45	34.45	100m: 1:12.53	38.08	150m: 1:51.79	39.26	200m: 2:29.80	38.01	
76.	PINTO, Susana Ferreira		01	Gafanha da Encarnacao				2:30.19	425
	50m: 34.60	34.60	100m: 1:12.23	37.63	150m: 1:51.68	39.45	200m: 2:30.19	38.51	
77.	OLIVEIRA, Vanessa Sofia		05	Galitos / Bresimar				2:30.31	424
	50m: 35.12	35.12	100m: 1:13.64	38.52	150m: 1:52.59	38.95	200m: 2:30.31	37.72	
78.	AMARO, Beatriz Sofia		04	Nautico Marinha Grande				2:30.32	424
	50m: 35.10	35.10	100m: 1:13.63	38.53	150m: 1:53.15	39.52	200m: 2:30.32	37.17	
79.	DIAS, Iara Filipa		05	Naval de Peniche				2:30.60	422
	50m: 34.72	34.72	100m: 1:13.16	38.44	150m: 1:53.74	40.58	200m: 2:30.60	36.86	
80.	MARGATO, Laura Rodrigues		04	Academica de Coimbra				2:30.73	421
	50m: 35.33	35.33	100m: 1:14.16	38.83	150m: 1:52.83	38.67	200m: 2:30.73	37.90	
81.	MONTEIRO, Ana Rita		01	Sporting de Espinho				2:31.15	417
	50m: 33.81	33.81	100m: 1:12.10	38.29	150m: 1:52.01	39.91	200m: 2:31.15	39.14	
82.	VIEIRA, Daniela Sofia		01	Feirense				2:31.25	416
	50m: 34.11	34.11	100m: 1:11.92	37.81	150m: 1:52.19	40.27	200m: 2:31.25	39.06	
83.	ABREU, Sofia Viola		04	Naval de Peniche				2:31.86	411
	50m: 33.70	33.70	100m: 1:12.22	38.52	150m: 1:51.79	39.57	200m: 2:31.86	40.07	
84.	LIMA, Ana Cristina		05	Sporting de Espinho				2:32.48	406
	50m: 33.22	33.22	100m: 1:11.04	37.82	150m: 1:51.96	40.92	200m: 2:32.48	40.52	
85.	SILVA, Camila Cavaleiro		05	Columbofila Cantanhedense				2:32.92	403
	50m: 36.14	36.14	100m: 1:14.89	38.75	150m: 1:54.89	40.00	200m: 2:32.92	38.03	

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Lugar				Ano				Tempo final	Pts
86.	SIMAO, Renata Bandeira	04	Estarreja				2:33.69	397	
	50m: 34.15 34.15	100m: 1:12.99	38.84	150m: 1:53.42	40.43	200m: 2:33.69	40.27		
87.	PLAZA, Rita Azevedo	02	Sanjoanense/FEPSA				2:33.84	396	
	50m: 36.78 36.78	100m: 1:15.86	39.08	150m: 1:55.76	39.90	200m: 2:33.84	38.08		
88.	PEREIRA, Beatriz Sofia	04	Bombeiros Mealhada/ CA				2:33.85	396	
	50m: 33.80 33.80	100m: 1:11.32	37.52	150m: 1:52.44	41.12	200m: 2:33.85	41.41		
89.	CRUZ, Ines Dias	04	Condeixa Clube				2:33.93	395	
	50m: 36.13 36.13	100m: 1:15.22	39.09	150m: 1:55.20	39.98	200m: 2:33.93	38.73		
90.	LOBO, Maria Fernandes	05	Nautico Academico				2:33.96	395	
	50m: 35.04 35.04	100m: 1:13.94	38.90	150m: 1:54.39	40.45	200m: 2:33.96	39.57		
91.	GAMA, Beatriz Sa	05	Condeixa Clube				2:34.38	391	
	50m: 35.61 35.61	100m: 1:14.95	39.34	150m: 1:55.45	40.50	200m: 2:34.38	38.93		
92.	SANTOS, Marta Cecilia	04	Estarreja				2:35.26	385	
	50m: 34.02 34.02	100m: 1:13.45	39.43	150m: 1:54.40	40.95	200m: 2:35.26	40.86		
93.	OLIVEIRA, Diana Costa <i>FTL</i>	04	Uniao Coimbra				2:36.76	374	
	50m: 35.56 35.56	100m: 1:14.80	39.24	150m: 1:55.85	41.05	200m: 2:36.76	40.91		
94.	COSTA, Erica Regina <i>FTL</i>	02	Estamos Juntos				2:37.18	371	
	50m: 35.92 35.92	100m: 1:16.10	40.18	150m: 1:56.34	40.24	200m: 2:37.18	40.84		
95.	VIEIRA, Filipa Victor <i>FTL</i>	04	Academica de Coimbra				2:38.31	363	
	50m: 35.85 35.85	100m: 1:17.09	41.24	150m: 1:59.24	42.15	200m: 2:38.31	39.07		
96.	AFONSO, Beatriz Beja <i>FTL</i>	04	Academica de Coimbra				2:39.31	356	
	50m: 37.05 37.05	100m: 1:18.93	41.88	150m: 2:00.12	41.19	200m: 2:39.31	39.19		
97.	SERRAO, Sara Andreia <i>FTL</i>	05	Naval de Peniche				2:40.16	351	
	50m: 36.27 36.27	100m: 1:17.55	41.28	150m: 2:00.14	42.59	200m: 2:40.16	40.02		
98.	TEJO, Maria Costa <i>FTL</i>	05	Academica de Coimbra				2:40.24	350	
	50m: 36.06 36.06	100m: 1:17.27	41.21	150m: 1:59.47	42.20	200m: 2:40.24	40.77		
99.	FERNANDES, Ana Catarina <i>FTL</i>	05	Campinho				2:40.74	347	
	50m: 36.46 36.46	100m: 1:18.46	42.00	150m: 2:00.38	41.92	200m: 2:40.74	40.36		
100.	LEAL, Mariana Dias <i>FTL</i>	04	Gafanha da Encarnacao				2:41.05	345	
	50m: 36.87 36.87	100m: 1:17.81	40.94	150m: 2:00.20	42.39	200m: 2:41.05	40.85		
101.	DIAS, Maria Beatriz <i>FTL</i>	05	Sporting de Aveiro				2:41.67	341	
	50m: 35.38 35.38	100m: 1:15.33	39.95	150m: 1:58.24	42.91	200m: 2:41.67	43.43		
102.	RODRIGUES, Maria Beatriz <i>FTL</i>	04	Condeixa Clube				2:44.12	326	
	50m: 37.11 37.11	100m: 1:18.45	41.34	150m: 2:01.88	43.43	200m: 2:44.12	42.24		
103.	RODRIGUES, Joana Beatriz <i>FTL</i>	04	Academica de Coimbra				2:46.79	310	
	50m: 38.57 38.57	100m: 1:20.79	42.22	150m: 2:04.63	43.84	200m: 2:46.79	42.16		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 22, Femin., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
DNS FIDALGO, Mafalda Vestia	04 Uniao Coimbra		
DNS TEJO, Beatriz Costa	02 Academica de Coimbra		

Prova 22 Femin., 200m Livres Juv A e B
13-07-2019 - 16:40 Entrega de Medalhas da prova nº 19 Resultados

Rec Nacional Absoluto	2:01.48	DURAES, Diana Margarida	POR	Budapeste (HUN)	2017
Rec Nacional Juv A	2:05.85	MARTINS, Francisca Soares	FOCA	Oeiras	2018
Rec Nacional Juv B	2:07.40	CABRAL, Maria Francisca	FCP	Oeiras	2014

TA ABS-FEM Absoluto: 2:36.61 / TA JUVA-FEM Juv A: 2:44.44 / TA JUVB-FEM Juv B: 2:49.14

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. FERNANDES, Carolina Miranda	05 Galitos / Bresimar	2:10.42	650
50m: 30.33 30.33 100m: 1:03.82 33.49 150m: 1:37.70 33.88 200m: 2:10.42 32.72			
2. RODRIGUES, Joana Francisca	04 Uniao Coimbra	2:11.60	632
50m: 31.17 31.17 100m: 1:04.35 33.18 150m: 1:38.30 33.95 200m: 2:11.60 33.30			
3. ROSA, Mariana Carmo	05 Louzan Natacao/EFAPEL	2:11.79	630
50m: 31.04 31.04 100m: 1:03.93 32.89 150m: 1:38.14 34.21 200m: 2:11.79 33.65			
4. GASPAR, Beatriz Ferreira	04 Bombeiros Mealhada/ CA	2:13.29	608
50m: 31.45 31.45 100m: 1:05.12 33.67 150m: 1:39.23 34.11 200m: 2:13.29 34.06			
5. PEREIRA, Carolina Rei	05 Natacao de Vagos	2:16.53	566
50m: 31.61 31.61 100m: 1:06.51 34.90 150m: 1:42.07 35.56 200m: 2:16.53 34.46			
6. VIANA, Margarida Violante	04 Bairro dos Anjos/Bomcar	2:16.64	565
50m: 32.14 32.14 100m: 1:06.67 34.53 150m: 1:41.93 35.26 200m: 2:16.64 34.71			
7. ALMEIDA, Maria Carolina	05 Galitos / Bresimar	2:17.30	557
50m: 32.13 32.13 100m: 1:07.56 35.43 150m: 1:43.24 35.68 200m: 2:17.30 34.06			
8. MOITEIRO, Bruna Silva	04 Nautico Marinha Grande	2:17.72	552
50m: 30.92 30.92 100m: 1:05.56 34.64 150m: 1:41.39 35.83 200m: 2:17.72 36.33			
9. COSTA, Joana Santos	04 Galitos / Bresimar	2:18.15	546
50m: 32.00 32.00 100m: 1:07.69 35.69 150m: 1:42.96 35.27 200m: 2:18.15 35.19			
10. ALVES, Joana Silva	05 Benedita	2:18.50	542
50m: 32.07 32.07 100m: 1:07.59 35.52 150m: 1:43.46 35.87 200m: 2:18.50 35.04			
11. SILVA, Ana Filipa	04 Academica de Coimbra	2:18.53	542
50m: 32.72 32.72 100m: 1:08.33 35.61 150m: 1:44.52 36.19 200m: 2:18.53 34.01			
12. LAGOA, Carlota Macedo	05 Bairro dos Anjos/Bomcar	2:18.56	542
50m: 31.70 31.70 100m: 1:06.29 34.59 150m: 1:42.32 36.03 200m: 2:18.56 36.24			
13. ALMEIDA, Catarina Nunes	04 Galitos / Bresimar	2:19.48	531
50m: 32.01 32.01 100m: 1:07.65 35.64 150m: 1:43.79 36.14 200m: 2:19.48 35.69			
14. FLORENCIO, Matilde Alves	04 Condeixa Clube	2:20.12	524
50m: 32.21 32.21 100m: 1:07.79 35.58 150m: 1:44.06 36.27 200m: 2:20.12 36.06			
15. LOISAS, Beatriz Ferreira	05 Columbofila Cantanhedense	2:21.31	511
50m: 33.55 33.55 100m: 1:09.20 35.65 150m: 1:45.86 36.66 200m: 2:21.31 35.45			
16. TAVARES, Mariana Silva	04 Estarreja	2:21.60	507
50m: 32.63 32.63 100m: 1:08.89 36.26 150m: 1:46.16 37.27 200m: 2:21.60 35.44			
17. CABRAL, Ana Matos	05 Condeixa Clube	2:21.77	506
50m: 33.36 33.36 100m: 1:09.32 35.96 150m: 1:46.20 36.88 200m: 2:21.77 35.57			
18. CORREIA, Beatriz Santos	04 Academico Viseu	2:21.87	505
50m: 31.80 31.80 100m: 1:08.26 36.46 150m: 1:44.92 36.66 200m: 2:21.87 36.95			
19. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	2:22.23	501
50m: 32.91 32.91 100m: 1:09.95 37.04 150m: 1:46.90 36.95 200m: 2:22.23 35.33			

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Lugar			Ano					Tempo final	Pts
20.	JUNQUEIRA, Manuela Paccola	05	Naval de Peniche				2:22.30	500	
	50m: 33.40 33.40	100m: 1:09.26	35.86	150m: 1:46.04	36.78	200m: 2:22.30	36.26		
21.	COUTINHO, Maria Martim	04	Bairro dos Anjos/Bomcar				2:23.18	491	
	50m: 32.36 32.36	100m: 1:08.79	36.43	150m: 1:46.54	37.75	200m: 2:23.18	36.64		
22.	LAGOA, Laura Macedo	04	Bairro dos Anjos/Bomcar				2:24.15	481	
	50m: 34.26 34.26	100m: 1:10.29	36.03	150m: 1:47.72	37.43	200m: 2:24.15	36.43		
23.	VASCONCELOS, Lara Rodrigues	05	Galitos / Bresimar				2:24.20	480	
	50m: 32.53 32.53	100m: 1:09.45	36.92	150m: 1:47.64	38.19	200m: 2:24.20	36.56		
24.	RESENDE, Eva Pinho	04	Estarreja				2:24.47	478	
	50m: 33.29 33.29	100m: 1:10.54	37.25	150m: 1:47.79	37.25	200m: 2:24.47	36.68		
25.	VIANA, Jacinta Martins	04	Natacao de Vagos				2:24.55	477	
	50m: 32.65 32.65	100m: 1:09.16	36.51	150m: 1:47.56	38.40	200m: 2:24.55	36.99		
26.	SILVA, Mariana Azevedo	05	Sanjoanense/FEPSA				2:25.26	470	
	50m: 33.15 33.15	100m: 1:10.50	37.35	150m: 1:48.92	38.42	200m: 2:25.26	36.34		
27.	PAIVA, Leonor Correia	04	Louzan Natacao/EFAPEL				2:25.46	468	
	50m: 33.69 33.69	100m: 1:10.97	37.28	150m: 1:48.84	37.87	200m: 2:25.46	36.62		
28.	SILVA, Beatriz Margarido	05	Natacao de Vagos				2:25.75	465	
	50m: 33.37 33.37	100m: 1:09.59	36.22	150m: 1:48.07	38.48	200m: 2:25.75	37.68		
29.	SIMOES, Barbara Almeida	05	Uniao Coimbra				2:26.01	463	
	50m: 32.97 32.97	100m: 1:09.86	36.89	150m: 1:47.90	38.04	200m: 2:26.01	38.11		
30.	PIMENTEL, Sara Calisto	05	Galitos / Bresimar				2:26.02	463	
	50m: 34.49 34.49	100m: 1:11.47	36.98	150m: 1:49.91	38.44	200m: 2:26.02	36.11		
31.	COSTA, Joana Ferreira	05	Feirense				2:26.17	461	
	50m: 33.39 33.39	100m: 1:11.13	37.74	150m: 1:49.78	38.65	200m: 2:26.17	36.39		
32.	STELMASHCHUK, Catarina Cruz	05	Natacao de Vagos				2:26.19	461	
	50m: 33.31 33.31	100m: 1:10.11	36.80	150m: 1:48.78	38.67	200m: 2:26.19	37.41		
33.	SILVA, Maria Ines	04	Alcobaca				2:26.52	458	
	50m: 34.61 34.61	100m: 1:11.94	37.33	150m: 1:50.26	38.32	200m: 2:26.52	36.26		
34.	PEREIRA, Marta Monteiro	04	O Crasto				2:26.97	454	
	50m: 33.66 33.66	100m: 1:11.09	37.43	150m: 1:50.30	39.21	200m: 2:26.97	36.67		
35.	MELO, Beatriz Coelho	05	Feirense				2:27.74	447	
	50m: 32.67 32.67	100m: 1:08.99	36.32	150m: 1:48.94	39.95	200m: 2:27.74	38.80		
36.	FERREIRA, Carla Sandrina	04	O Crasto				2:28.19	443	
	50m: 33.59 33.59	100m: 1:11.25	37.66	150m: 1:50.03	38.78	200m: 2:28.19	38.16		
37.	DIAS, Ines Silva	05	Estarreja				2:28.80	437	
	50m: 33.92 33.92	100m: 1:12.66	38.74	150m: 1:50.61	37.95	200m: 2:28.80	38.19		
38.	CASTANHEIRA, Ana Sofia	04	Condeixa Clube				2:29.04	435	
	50m: 34.41 34.41	100m: 1:11.84	37.43	150m: 1:50.58	38.74	200m: 2:29.04	38.46		
39.	DIONISIO, Maria Ines	04	Fundacao Beatriz Santos				2:29.19	434	
	50m: 33.42 33.42	100m: 1:12.07	38.65	150m: 1:51.67	39.60	200m: 2:29.19	37.52		
40.	CARVALHO, Maria Silva	05	Pimpoes/Cimai				2:29.52	431	
	50m: 34.06 34.06	100m: 1:12.31	38.25	150m: 1:51.99	39.68	200m: 2:29.52	37.53		
41.	REIS, Maria Joao	04	Nautico Marinha Grande				2:29.53	431	
	50m: 34.02 34.02	100m: 1:12.62	38.60	150m: 1:51.68	39.06	200m: 2:29.53	37.85		
42.	CASTRO, Maria Joao	04	Sporting de Aveiro				2:29.57	430	
	50m: 34.38 34.38	100m: 1:12.17	37.79	150m: 1:51.46	39.29	200m: 2:29.57	38.11		
43.	LOURA, Beatriz Borges	04	Campinho				2:29.68	430	
	50m: 35.03 35.03	100m: 1:13.23	38.20	150m: 1:52.21	38.98	200m: 2:29.68	37.47		

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Lugar			Ano					Tempo final	Pts
44.	OLIVEIRA, Vanessa Sofia	05	Galitos / Bresimar				2:30.31	424	
	50m: 35.12 35.12	100m: 1:13.64	38.52	150m: 1:52.59	38.95	200m: 2:30.31	37.72		
45.	AMARO, Beatriz Sofia	04	Nautico Marinha Grande				2:30.32	424	
	50m: 35.10 35.10	100m: 1:13.63	38.53	150m: 1:53.15	39.52	200m: 2:30.32	37.17		
46.	DIAS, Iara Filipa	05	Naval de Peniche				2:30.60	422	
	50m: 34.72 34.72	100m: 1:13.16	38.44	150m: 1:53.74	40.58	200m: 2:30.60	36.86		
47.	MARGATO, Laura Rodrigues	04	Academica de Coimbra				2:30.73	421	
	50m: 35.33 35.33	100m: 1:14.16	38.83	150m: 1:52.83	38.67	200m: 2:30.73	37.90		
48.	ABREU, Sofia Viola	04	Naval de Peniche				2:31.86	411	
	50m: 33.70 33.70	100m: 1:12.22	38.52	150m: 1:51.79	39.57	200m: 2:31.86	40.07		
49.	LIMA, Ana Cristina	05	Sporting de Espinho				2:32.48	406	
	50m: 33.22 33.22	100m: 1:11.04	37.82	150m: 1:51.96	40.92	200m: 2:32.48	40.52		
50.	SILVA, Camila Cavaleiro	05	Columbofila Cantanhedense				2:32.92	403	
	50m: 36.14 36.14	100m: 1:14.89	38.75	150m: 1:54.89	40.00	200m: 2:32.92	38.03		
51.	SIMAO, Renata Bandeira	04	Estarreja				2:33.69	397	
	50m: 34.15 34.15	100m: 1:12.99	38.84	150m: 1:53.42	40.43	200m: 2:33.69	40.27		
52.	PEREIRA, Beatriz Sofia	04	Bombeiros Mealhada/ CA				2:33.85	396	
	50m: 33.80 33.80	100m: 1:11.32	37.52	150m: 1:52.44	41.12	200m: 2:33.85	41.41		
53.	CRUZ, Ines Dias	04	Condeixa Clube				2:33.93	395	
	50m: 36.13 36.13	100m: 1:15.22	39.09	150m: 1:55.20	39.98	200m: 2:33.93	38.73		
54.	LOBO, Maria Fernandes	05	Nautico Academico				2:33.96	395	
	50m: 35.04 35.04	100m: 1:13.94	38.90	150m: 1:54.39	40.45	200m: 2:33.96	39.57		
55.	GAMA, Beatriz Sa	05	Condeixa Clube				2:34.38	391	
	50m: 35.61 35.61	100m: 1:14.95	39.34	150m: 1:55.45	40.50	200m: 2:34.38	38.93		
56.	SANTOS, Marta Cecilia	04	Estarreja				2:35.26	385	
	50m: 34.02 34.02	100m: 1:13.45	39.43	150m: 1:54.40	40.95	200m: 2:35.26	40.86		
57.	OLIVEIRA, Diana Costa <i>FTL</i>	04	Uniao Coimbra				2:36.76	374	
	50m: 35.56 35.56	100m: 1:14.80	39.24	150m: 1:55.85	41.05	200m: 2:36.76	40.91		
58.	VIEIRA, Filipa Victor <i>FTL</i>	04	Academica de Coimbra				2:38.31	363	
	50m: 35.85 35.85	100m: 1:17.09	41.24	150m: 1:59.24	42.15	200m: 2:38.31	39.07		
59.	AFONSO, Beatriz Beja <i>FTL</i>	04	Academica de Coimbra				2:39.31	356	
	50m: 37.05 37.05	100m: 1:18.93	41.88	150m: 2:00.12	41.19	200m: 2:39.31	39.19		
60.	SERRAO, Sara Andreia <i>FTL</i>	05	Naval de Peniche				2:40.16	351	
	50m: 36.27 36.27	100m: 1:17.55	41.28	150m: 2:00.14	42.59	200m: 2:40.16	40.02		
61.	TEJO, Maria Costa <i>FTL</i>	05	Academica de Coimbra				2:40.24	350	
	50m: 36.06 36.06	100m: 1:17.27	41.21	150m: 1:59.47	42.20	200m: 2:40.24	40.77		
62.	FERNANDES, Ana Catarina <i>FTL</i>	05	Campinho				2:40.74	347	
	50m: 36.46 36.46	100m: 1:18.46	42.00	150m: 2:00.38	41.92	200m: 2:40.74	40.36		
63.	LEAL, Mariana Dias <i>FTL</i>	04	Gafanha da Encarnacao				2:41.05	345	
	50m: 36.87 36.87	100m: 1:17.81	40.94	150m: 2:00.20	42.39	200m: 2:41.05	40.85		

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Prova 22, Femin., 200m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
64. DIAS, Maria Beatriz <i>FTL</i>	05 Sporting de Aveiro	2:41.67	341
50m: 35.38 35.38 100m: 1:15.33 39.95 150m: 1:58.24 42.91 200m: 2:41.67 43.43			
65. RODRIGUES, Maria Beatriz <i>FTL</i>	04 Condeixa Clube	2:44.12	326
50m: 37.11 37.11 100m: 1:18.45 41.34 150m: 2:01.88 43.43 200m: 2:44.12 42.24			
66. RODRIGUES, Joana Beatriz <i>FTL</i>	04 Academica de Coimbra	2:46.79	310
50m: 38.57 38.57 100m: 1:20.79 42.22 150m: 2:04.63 43.84 200m: 2:46.79 42.16			
DNS FIDALGO, Mafalda Vestia	04 Uniao Coimbra		
EXH SIMOES, Filipa Mendes	06 Bairro dos Anjos/Bomcar	2:22.27	500
50m: 32.98 32.98 100m: 1:08.92 35.94 150m: 1:45.77 36.85 200m: 2:22.27 36.50			
EXH CUNHA, Ines Santos	06 Gafanha da Encarnacao	2:27.68	447
50m: 33.63 33.63 100m: 1:11.20 37.57 150m: 1:50.13 38.93 200m: 2:27.68 37.55			
EXH SILVA, Mariana Fonseca	06 Condeixa Clube	2:35.15	386
50m: 34.84 34.84 100m: 1:13.11 38.27 150m: 1:56.33 43.22 200m: 2:35.15 38.82			
EXH MEDEIROS, Madalena Barra	06 Vigor da Mocidade	2:35.46	383
50m: 35.73 35.73 100m: 1:15.27 39.54 150m: 1:56.58 41.31 200m: 2:35.46 38.88			
EXH DUARTE, Cristiana Sofia <i>FTL</i>	07 Vigor da Mocidade	2:48.73	300
50m: 33.48 33.48 100m: 1:12.62 39.14 150m: 2:01.57 48.95 200m: 2:48.73 47.16			

Prova 23
13-07-2019 - 17:20

Masc., 50m Costas

Absoluto
Resultados

Rec Nacional Absoluto	25.44	SANTOS, Alexis Manacas	SCP	Oeiras	2019
Rec Nacional Sen	25.44	SANTOS, Alexis Manacas	SCP	Oeiras	2019
Rec Nacional Jun 18	26.49	NASCIMENTO, Miguel Duarte	POR	Kiev (UKR)	2013
Rec Nacional Jun 17	26.67	COSTA, Diogo Santos	ADRCIMM	Oeiras	2019

TA ABS-MASC : 34.03

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. KOT, Viktor	98 Nautico Marinha Grande	27.66	653
2. FIDALGO, Mateus Valente	01 Estarreja	28.10	623
3. ARZILEIRO, Bernardo Vinagre	01 Uniao Coimbra	29.06	563
4. SOUSA, Nuno Alexandre	02 Clube de Vouzela	29.18	556
5. SILVA, Job Santos	96 Feirense	29.43	542
6. AGOSTINHO, Miguel Diogo	00 Fundacao Beatriz Santos	29.64	530
7. DIAS, Joao Pedro	02 Fundacao Beatriz Santos	29.66	529
8. SANTOS, Alberto Antonio	01 S. Pedro Alva	29.68	528
9. CENTEIO, Fabio Mondego	94 Academica de Coimbra	29.91	516
10. COELHO, Rodrigo Manuel	01 Feirense	30.14	504
11. MACHADO, Ricardo Marques	02 Academico Viseu	30.21	501
12. SANTOS, Fernando Miguel	01 Academico Viseu	30.23	500
13. ZINCA, Andrei Iulian	00 Gafanha da Encarnacao	30.29	497
14. COSTA, Andre Gouveia	01 Fundacao Beatriz Santos	30.37	493
15. CARDOSO, Joao Francisco	03 Individual ANCP	30.51	486
16. MATOS, Diogo Ribas	02 Alges e Agueda XXI	30.61	481
17. SILVA, Miguel Vicente	02 Nautico Marinha Grande	30.63	481
18. PEDROSA, Francisco Pereira	99 Viegrense	30.75	475

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Prova 23, Masc., 50m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
19. OLIVEIRA, Daniel Valente	03 Sporting de Aveiro	30.80	473
20. MIGUEL, Tomas Pedrosa	02 Condeixa Clube	30.81	472
21. OLIVEIRA, Gil Diogo	01 Gafanha da Encarnacao	30.99	464
22. SILVA, Luis Afonso	02 Estarreja	31.00	464
23. GOMES, Rodrigo Guedes	02 Feirense	31.45	444
24. ALVES, Joao Brandao	03 Salesiano de Arouca	31.46	443
25. SILVA, Afonso Varelas	01 Nautico Marinha Grande	31.58	438
26. SILVA, Guilherme Tomas	03 Campinho	31.66	435
27. COELHO, Joao Salvador	03 O Crasto	31.67	435
28. PINHO, Duarte Sa	02 Estamos Juntos	31.92	425
29. LEAO, Goncalo Graca	02 Estamos Juntos	32.10	417
30. BRENDA, Diogo Luis	01 Academica de Coimbra	32.18	414
31. RAMOS, Miguel Pedro	01 O Crasto	32.71	394
32. SANTOS, Guilherme Clara	02 Estamos Juntos	32.84	390
33. CORDEIRO, Claudio Rafael	02 Individual ANC	33.06	382
34. SOUSA, Duarte Anastacio	02 Uniao Coimbra	33.13	380
35. FIGUEIREDO, Gustavo Pinto	02 O Crasto	33.31	374
36. CAETANO, Gino Santos	94 Galitos / Bresimar	33.40	371
37. MARTINS, David Almeida	01 Estamos Juntos	33.67	362
38. MONTEIRO, Rodrigo Manuel	98 Sporting de Espinho	33.69	361
39. MENESES, Marco Ribeiro	01 O Crasto	33.70	361
40. SOARES, Duarte Almeida	01 Campinho	34.00	351
41. ALMEIDA, Marco Andre	02 Bombeiros Mealhada/ CA	34.65	332
<i>FTL</i>			
DNS MARQUES, Gustavo Oliveira	03 Sporting de Espinho		

Prova 24

Femin., 50m Costas

Absoluto

13-07-2019 - 17:30

Resultados

Rec Nacional Absoluto	29.02	AZEVEDO, Rafaela Gomes	SAD	Coimbra	2019
Rec Nacional Sen	29.40	MARINHO, Marta Vieira	FCP	Coimbra	2010
Rec Nacional Sen	29.40	LEITE, Ana Sofia	POR	Malaga (ESP)	2015
Rec Nacional Jun 17	29.02	AZEVEDO, Rafaela Gomes	SAD	Coimbra	2019
Rec Nacional Jun 16	29.33	AZEVEDO, Rafaela Gomes	SAD	Oeiras	2018

TA ABS-FEM : 38.52

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. REBELO, Camila Rodrigues	03 Louzan Natacao/EFAPEL	31.38	641
2. MARQUES, Maria Vieira	04 Natacao de Vagos	31.70	622
3. MELO, Barbara Azambujo	02 Academica de Coimbra	32.49	577
4. NEVES, Ana Carolina	00 Academica de Coimbra	32.55	574
5. CRAVEIRO, Beatriz Neves	97 Academica de Coimbra	32.61	571
6. MOREIRA, Matilde Freitas	01 Academica de Coimbra	32.65	569
7. MARQUES, Mariana Nunes	03 Estarreja	32.68	567
8. MONTEIRO, Margarida Cabral	02 Galitos / Bresimar	33.19	541
9. MARTINS, Maria Esteves	01 Galitos / Bresimar	33.21	540
10. FERREIRA, Leonor Marques	03 Campinho	33.22	540
11. SILVA, Constanca Alexandra	04 Pimpoes/Cimai	33.23	539
12. JUNQUEIRA, Sofia Ribeiro	02 Bairro dos Anjos/Bomcar	33.28	537
13. BELO, Rita Afonso	02 Benedita	33.49	527
14. SANTOS, Mariana Jacinto	03 Freguesia de Paiao	33.75	515
15. BERNARDO, Joana Beatriz	99 Fundacao Beatriz Santos	34.10	499
16. SILVA, Ines Pereira	02 Fundacao Beatriz Santos	34.54	480
17. SOARES, Ana Beatriz	03 Feirense	34.58	479
18. TEIXEIRA, Ines Oliveira	02 Estarreja	34.67	475

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 24, Femin., 50m Costas, Absoluto

Lugar	Ano		Tempo final	Pts
19.	99	PEREIRA, Ines Eira	34.96	463
20.	03	MACHADO, Raquel Cruz	35.34	448
21.	97	GAMEIRO, Matilde Domingues	35.58	439
22.	04	FELIX, Ines Silva	35.61	438
23.	03	RODRIGUES, Ana Luisa	35.63	438
24.	00	JORGE, Maria Beatriz	35.91	427
25.	04	TRINDADE, Maria Eduarda	36.08	421
26.	03	MACEDO, Luisa Mendes	36.19	418
27.	04	RIBEIRO, Carolina Goncalves	36.27	415
28.	01	ALMEIDA, Ana Beatriz	36.49	407
29.	03	SILVA, Ema Santos	36.56	405
30.	00	SILVA, Maria Joao	36.71	400
31.	03	NOGUEIRA, Rita Santos	36.74	399
32.	05	MESQUITA, Catarina lourtaeva	37.01	390
33.	02	FERREIRA, Patricia Caldeira	37.34	380
34.	03	NOIVO, Adriana Martins	37.47	376
35.	01	SILVA, Ana Pinho	37.72	369
36.	01	ESTEVEES, Ana Jorge	37.85	365
37.	04	SILVA, Catarina Rodrigues	38.45	348
38.	00	ROCHA, Maria Joao	38.58	345
		<i>FTL</i>		
39.	04	ABREU, Diana Sofia	39.40	323
		<i>FTL</i>		
40.	03	MARQUES, Margarida Dinis	39.86	312
		<i>FTL</i>		
41.	99	CASTELO, Sara Ramos	40.09	307
		<i>FTL</i>		
42.	04	HENRIQUES, Sara Miguel	40.91	289
		<i>FTL</i>		
DNS	03	CARVALHO, Bruna Cruz		
DNS	95	SANTOS, Tatiana Filipa		
DNS	02	MADEIRA, Maria Jose		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 25 13-07-2019 - 17:50	Masc., 200m Bruços Entrega de Medalhas das prova nº 24				Absoluto Resultados
Rec Nacional Absoluto	2:13.21	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Sen	2:13.21	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	2:15.99	SILVA, Andre Miguel	PDEM	Faro	2009
Rec Nacional Jun 17	2:19.00	SANTOS, Andre Goncalo	LSC	Oeiras	2014
Rec Nacional Juv A	2:22.25	SILVA, Jorge Jesus	SCB	Oeiras	2016
Rec Nacional Juv B	2:24.15	SILVA, Andre Miguel	PDEM	Loulé	2006
Rec Nacional Inf A	2:32.07	CARNEIRO, Joao Soares	SLB	Loulé	2017
TA ABS-MASC : 2:55.68 / TA JUVA-MASC Juv A: 3:09.73 / TA JUVB-MASC Juv B: 3:13.25					

Pontos: FINA 2019

Lugar	Ano		Tempo final				Pts
1. GASPAR, Miguel Caridade	99	Academica de Coimbra	2:25.29				662
50m: 33.16 33.16	100m: 1:09.93	36.77	150m: 1:47.51	37.58	200m: 2:25.29	37.78	
2. RODRIGUES, Pedro Simoes	01	Uniao Coimbra	2:32.18				576
50m: 34.58 34.58	100m: 1:13.33	38.75	150m: 1:52.61	39.28	200m: 2:32.18	39.57	
3. SILVA, Nuno Marques	04	Bairro dos Anjos/Bomcar	2:35.67				538
50m: 36.33 36.33	100m: 1:15.85	39.52	150m: 1:56.17	40.32	200m: 2:35.67	39.50	
4. MACHADO, Joao Francisco	99	Uniao Coimbra	2:35.96				535
50m: 34.95 34.95	100m: 1:14.49	39.54	150m: 1:55.62	41.13	200m: 2:35.96	40.34	
5. SILVA, Henrique Gomes	02	Estamos Juntos	2:36.61				529
50m: 35.82 35.82	100m: 1:16.99	41.17	150m: 1:57.64	40.65	200m: 2:36.61	38.97	
6. KLIER, Afonso Miguel	01	Galitos / Bresimar	2:36.84				526
50m: 35.07 35.07	100m: 1:14.56	39.49	150m: 1:56.78	42.22	200m: 2:36.84	40.06	
7. RIBEIRO, Diogo Matos	04	Uniao Coimbra	2:37.94				515
50m: 35.67 35.67	100m: 1:16.94	41.27	150m: 1:57.26	40.32	200m: 2:37.94	40.68	
8. ANICETO, Joao Gabriel	04	Bairro dos Anjos/Bomcar	2:39.09				504
50m: 36.07 36.07	100m: 1:17.65	41.58	150m: 1:59.26	41.61	200m: 2:39.09	39.83	
9. MIRKA, Artem Vos	00	Galitos / Bresimar	2:39.20				503
50m: 33.72 33.72	100m: 1:13.63	39.91	150m: 1:56.10	42.47	200m: 2:39.20	43.10	
10. PEREIRA, Bernardo Sousa	01	Pimpoes/Cimai	2:39.79				498
50m: 35.01 35.01	100m: 1:15.65	40.64	150m: 1:56.33	40.68	200m: 2:39.79	43.46	
11. BRAS, Alexandre Miguel	03	S. Pedro Alva	2:40.03				495
50m: 35.10 35.10	100m: 1:15.62	40.52	150m: 1:57.51	41.89	200m: 2:40.03	42.52	
12. BASTOS, Vasco Pereira	02	Nautico Academico	2:40.57				490
50m: 36.99 36.99	100m: 1:18.63	41.64	150m: 1:59.81	41.18	200m: 2:40.57	40.76	
13. ALMEIDA, Francisco Ferreira	04	Sporting de Espinho	2:40.88				488
50m: 35.34 35.34	100m: 1:15.71	40.37	150m: 1:57.67	41.96	200m: 2:40.88	43.21	
14. LIMOES, Sergio Miguel	03	Galitos / Bresimar	2:41.31				484
50m: 36.90 36.90	100m: 1:17.59	40.69	150m: 1:59.77	42.18	200m: 2:41.31	41.54	
15. PAIS, Joao Ventura	02	Fundacao Beatriz Santos	2:43.19				467
50m: 35.68 35.68	100m: 1:17.27	41.59	150m: 1:59.73	42.46	200m: 2:43.19	43.46	
16. MARQUES, Goncalo Silva	01	Condeixa Clube	2:44.34				457
50m: 35.95 35.95	100m: 1:16.15	40.20	150m: 2:00.07	43.92	200m: 2:44.34	44.27	
17. SANTOS, Andre Cardoso	03	Academico Viseu	2:44.94				452
50m: 37.35 37.35	100m: 1:18.82	41.47	150m: 2:01.79	42.97	200m: 2:44.94	43.15	
18. ANASTACIO, Alexandre Quiterio	01	Benedita	2:45.72				446
50m: 35.82 35.82	100m: 1:18.39	42.57	150m: 2:02.10	43.71	200m: 2:45.72	43.62	
19. TEIXEIRA, Joao Octavio	03	Galitos / Bresimar	2:46.84				437
50m: 37.27 37.27	100m: 1:19.46	42.19	150m: 2:03.69	44.23	200m: 2:46.84	43.15	
20. POIARES, Tiago Andre	04	Fundacao Beatriz Santos	2:47.55				432
50m: 37.47 37.47	100m: 1:20.68	43.21	150m: 2:04.14	43.46	200m: 2:47.55	43.41	

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 25, Masc., 200m Bruços, Absoluto

Lugar					Ano					Tempo final	Pts	
21.	CERDEIRINHA, Xavier Gomes				02	Feirense				2:47.65	431	
	50m:	36.32	36.32	100m:	1:19.65	43.33	150m:	2:03.28	43.63	200m:	2:47.65	44.37
22.	RELVAS, David Ferreira				03	Nautico Marinha Grande				2:47.83	429	
	50m:	36.89	36.89	100m:	1:19.47	42.58	150m:	2:03.46	43.99	200m:	2:47.83	44.37
	SILVA, Afonso Varelas				01	Nautico Marinha Grande				2:47.83	429	
	50m:	37.67	37.67	100m:	1:19.84	42.17	150m:	2:04.03	44.19	200m:	2:47.83	43.80
24.	DIOGO, Dinis Miranda				04	Fundacao Beatriz Santos				2:50.22	412	
	50m:	37.81	37.81	100m:	1:21.77	43.96	150m:	2:05.69	43.92	200m:	2:50.22	44.53
25.	RODRIGUES, Miguel Carvalho				02	Galitos / Bresimar				2:50.38	410	
	50m:	33.03	33.03	100m:	1:10.97	37.94	150m:	2:03.29	52.32	200m:	2:50.38	47.09
26.	SILVA, Jose Miguel				02	Nautico Academico				2:51.20	405	
	50m:	38.29	38.29	100m:	1:21.18	42.89	150m:	2:06.75	45.57	200m:	2:51.20	44.45
27.	PAIVA, Andre Ferreira				03	Feirense				2:53.93	386	
	50m:	39.88	39.88	100m:	1:24.44	44.56	150m:	2:09.89	45.45	200m:	2:53.93	44.04
28.	CAROLA, Jose Pedro				04	Gafanha da Encarnacao				2:56.44	370	
	<i>FTL</i>											
	50m:	41.03	41.03	100m:	1:27.60	46.57	150m:	2:14.13	46.53	200m:	2:56.44	42.31
29.	SA, Rafael Domingues				03	Natacao de Vagos				2:56.67	368	
	<i>FTL</i>											
	50m:	39.52	39.52	100m:	1:24.54	45.02	150m:	2:10.67	46.13	200m:	2:56.67	46.00
30.	BULHOSA, Silvio Miguel				03	Estamos Juntos				2:56.86	367	
	<i>FTL</i>											
	50m:	37.61	37.61	100m:	1:22.61	45.00	150m:	2:08.57	45.96	200m:	2:56.86	48.29
31.	CUNHA, Martim Abrantes				03	Campinho				2:58.21	359	
	<i>FTL</i>											
	50m:	41.25	41.25	100m:	1:27.25	46.00	150m:	2:13.88	46.63	200m:	2:58.21	44.33
32.	PINHO, Gabriel Alexandre				03	Feirense				2:58.40	357	
	<i>FTL</i>											
	50m:	37.90	37.90	100m:	1:23.49	45.59	150m:	2:11.01	47.52	200m:	2:58.40	47.39
33.	FREIRE, Rui Miguel				03	Nucleo Ansiao				2:59.37	352	
	<i>FTL</i>											
	50m:	38.71	38.71	100m:	1:23.67	44.96	150m:	2:11.48	47.81	200m:	2:59.37	47.89
34.	VAZ, Luis Vicente				03	Sporting de Espinho				2:59.84	349	
	<i>FTL</i>											
	50m:	40.82	40.82	100m:	1:26.15	45.33	150m:	2:12.90	46.75	200m:	2:59.84	46.94
35.	RODRIGUES, Henrique Rocha				03	Sporting de Aveiro				3:01.81	338	
	<i>FTL</i>											
	50m:	39.86	39.86	100m:	1:26.31	46.45	150m:	2:14.10	47.79	200m:	3:01.81	47.71
36.	FERREIRA, Joao Renato				01	Estarreja				3:02.38	335	
	<i>FTL</i>											
	50m:	32.85	32.85	100m:	1:24.74	51.89	150m:	2:15.14	50.40	200m:	3:02.38	47.24
37.	PEREIRA, Igor Branco				03	O Crasto				3:03.09	331	
	<i>FTL</i>											
	50m:	39.67	39.67	100m:	1:26.53	46.86	150m:	2:14.73	48.20	200m:	3:03.09	48.36
38.	LOMBA, Afonso Maia				04	Feirense				3:05.78	316	
	<i>FTL</i>											
	50m:	40.21	40.21	100m:	1:28.65	48.44	150m:	2:18.89	50.24	200m:	3:05.78	46.89

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 25, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
39. SOARES, Afonso Almeida <i>FTL</i>	01 Campinho	3:09.37	299
50m: 32.83 32.83 100m: 1:28.29 55.46 150m: 2:20.37 52.08 200m: 3:09.37			49.00
DSQ DINIS, Tiago Moises	98 Nautico Academico		
<i>o atleta efetuou 2 batimentos de golfinho no percurso subaquatico após a viragem aos 150 m</i>			
DSQ CAMPOS, Rafael Alves	04 S. Pedro Alva		
<i>efetuou árias pernadas de mariposa, após a partida</i>			
DNS TRAVASSOS, Rodrigo Alexandre	02 Individual ANC		

Prova 25 Masc., 200m Bruços Juv A e B
13-07-2019 - 17:50 Entrega de Medalhas das prova nº 24 Resultados

Rec Nacional Absoluto	2:13.21	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Juv A	2:22.25	SILVA, Jorge Jesus	SCB	Oeiras	2016
Rec Nacional Juv B	2:24.15	SILVA, Andre Miguel	PDEM	Loulé	2006

TA ABS-MASC Absoluto: 2:55.68 / TA JUVA-MASC Juv A: 3:09.73 / TA JUVB-MASC Juv B: 3:13.25

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. SILVA, Nuno Marques	04 Bairro dos Anjos/Bomcar	2:35.67	538
50m: 36.33 36.33 100m: 1:15.85 39.52 150m: 1:56.17 40.32 200m: 2:35.67			39.50
2. RIBEIRO, Diogo Matos	04 Uniao Coimbra	2:37.94	515
50m: 35.67 35.67 100m: 1:16.94 41.27 150m: 1:57.26 40.32 200m: 2:37.94			40.68
3. ANICETO, Joao Gabriel	04 Bairro dos Anjos/Bomcar	2:39.09	504
50m: 36.07 36.07 100m: 1:17.65 41.58 150m: 1:59.26 41.61 200m: 2:39.09			39.83
4. BRAS, Alexandre Miguel	03 S. Pedro Alva	2:40.03	495
50m: 35.10 35.10 100m: 1:15.62 40.52 150m: 1:57.51 41.89 200m: 2:40.03			42.52
5. ALMEIDA, Francisco Ferreira	04 Sporting de Espinho	2:40.88	488
50m: 35.34 35.34 100m: 1:15.71 40.37 150m: 1:57.67 41.96 200m: 2:40.88			43.21
6. LIMOES, Sergio Miguel	03 Galitos / Bresimar	2:41.31	484
50m: 36.90 36.90 100m: 1:17.59 40.69 150m: 1:59.77 42.18 200m: 2:41.31			41.54
7. SANTOS, Andre Cardoso	03 Academico Viseu	2:44.94	452
50m: 37.35 37.35 100m: 1:18.82 41.47 150m: 2:01.79 42.97 200m: 2:44.94			43.15
8. TEIXEIRA, Joao Octavio	03 Galitos / Bresimar	2:46.84	437
50m: 37.27 37.27 100m: 1:19.46 42.19 150m: 2:03.69 44.23 200m: 2:46.84			43.15
9. POIARES, Tiago Andre	04 Fundacao Beatriz Santos	2:47.55	432
50m: 37.47 37.47 100m: 1:20.68 43.21 150m: 2:04.14 43.46 200m: 2:47.55			43.41
10. RELVAS, David Ferreira	03 Nautico Marinha Grande	2:47.83	429
50m: 36.89 36.89 100m: 1:19.47 42.58 150m: 2:03.46 43.99 200m: 2:47.83			44.37
11. DIOGO, Dinis Miranda	04 Fundacao Beatriz Santos	2:50.22	412
50m: 37.81 37.81 100m: 1:21.77 43.96 150m: 2:05.69 43.92 200m: 2:50.22			44.53
12. PAIVA, Andre Ferreira	03 Feirense	2:53.93	386
50m: 39.88 39.88 100m: 1:24.44 44.56 150m: 2:09.89 45.45 200m: 2:53.93			44.04
13. CAROLA, Jose Pedro <i>FTL</i>	04 Gafanha da Encarnacao	2:56.44	370
50m: 41.03 41.03 100m: 1:27.60 46.57 150m: 2:14.13 46.53 200m: 2:56.44			42.31
14. SA, Rafael Domingues <i>FTL</i>	03 Natacao de Vagos	2:56.67	368
50m: 39.52 39.52 100m: 1:24.54 45.02 150m: 2:10.67 46.13 200m: 2:56.67			46.00
15. BULHOSA, Silvio Miguel <i>FTL</i>	03 Estamos Juntos	2:56.86	367

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 25, Masc., 200m Bruços, Juv A e B

Lugar			Ano			Tempo final	Pts	
	50m:	37.61 37.61	100m:	1:22.61 45.00	150m:	2:08.57 45.96	200m:	2:56.86 48.29
16.	CUNHA, Martim Abrantes		03	Campinho		2:58.21	359	
	FTL							
	50m:	41.25 41.25	100m:	1:27.25 46.00	150m:	2:13.88 46.63	200m:	2:58.21 44.33
17.	PINHO, Gabriel Alexandre		03	Feirense		2:58.40	357	
	FTL							
	50m:	37.90 37.90	100m:	1:23.49 45.59	150m:	2:11.01 47.52	200m:	2:58.40 47.39
18.	FREIRE, Rui Miguel		03	Nucleo Ansiao		2:59.37	352	
	FTL							
	50m:	38.71 38.71	100m:	1:23.67 44.96	150m:	2:11.48 47.81	200m:	2:59.37 47.89
19.	VAZ, Luis Vicente		03	Sporting de Espinho		2:59.84	349	
	FTL							
	50m:	40.82 40.82	100m:	1:26.15 45.33	150m:	2:12.90 46.75	200m:	2:59.84 46.94
20.	RODRIGUES, Henrique Rocha		03	Sporting de Aveiro		3:01.81	338	
	FTL							
	50m:	39.86 39.86	100m:	1:26.31 46.45	150m:	2:14.10 47.79	200m:	3:01.81 47.71
21.	PEREIRA, Igor Branco		03	O Crasto		3:03.09	331	
	FTL							
	50m:	39.67 39.67	100m:	1:26.53 46.86	150m:	2:14.73 48.20	200m:	3:03.09 48.36
22.	LOMBA, Afonso Maia		04	Feirense		3:05.78	316	
	FTL							
	50m:	40.21 40.21	100m:	1:28.65 48.44	150m:	2:18.89 50.24	200m:	3:05.78 46.89
DSQ	CAMPOS, Rafael Alves		04	S. Pedro Alva				
	<i>efetuou árias pernadas de mariposa, após a partida</i>							
EXH	FERNANDES, Eduardo Gomes		02	Sporting		2:34.57	550	
	50m:	35.50 35.50	100m:	1:15.46 39.96	150m:	1:55.55 40.09	200m:	2:34.57 39.02

Prova 26
13-07-2019 - 18:10

		Femin., 200m Bruços				Absoluto
		Entrega de Medalhas das provas nºs 25 e 26				Resultados
Rec Nacional Absoluto	2:27.19	KAMINSKAYA, Victoria	POR	Glasgow (GBR)	2018	
Rec Nacional Sen	2:27.19	KAMINSKAYA, Victoria	POR	Glasgow (GBR)	2018	
Rec Nacional Jun 17	2:29.23	PEREIRA, Raquel Gomes	SAD	Coimbra	2017	
Rec Nacional Jun 16	2:29.51	GOMES, Diana Duarte	POR	Budapeste (HUN)	2005	
Rec Nacional Juv A	2:31.32	GOMES, Diana Duarte	POR	Mulhouse (FRA)	2004	
Rec Nacional Juv B	2:36.99	GOMES, Diana Duarte	POR	Paris (FRA)	2003	

TA ABS-FEM : 3:18.89 / TA JUVA-FEM Juv A: 3:30.82 / TA JUVB-FEM Juv B: 3:36.78

Pontos: FINA 2019

Lugar			Ano			Tempo final	Pts	
1.	VEIGA, Ana Filipa		01	Gafanha da Encarnacao		2:40.76	647	
	50m:	37.25 37.25	100m:	1:17.92 40.67	150m:	1:59.36 41.44	200m:	2:40.76 41.40
2.	TOMAS, Beatriz Monteiro		03	Fundacao Beatriz Santos		2:42.89	622	
	50m:	36.81 36.81	100m:	1:18.31 41.50	150m:	2:00.74 42.43	200m:	2:42.89 42.15
3.	FIAL, Sofia Nunes		03	Estamos Juntos		2:45.96	588	
	50m:	37.46 37.46	100m:	1:19.96 42.50	150m:	2:03.46 43.50	200m:	2:45.96 42.50
4.	DIAS, Beatriz Castanheira		99	Academica de Coimbra		2:46.32	585	
	50m:	38.30 38.30	100m:	1:21.27 42.97	150m:	2:04.72 43.45	200m:	2:46.32 41.60
5.	CARDEAL, Joana Nunes		02	Academico Viseu		2:52.14	527	
	50m:	39.95 39.95	100m:	1:23.67 43.72	150m:	2:09.04 45.37	200m:	2:52.14 43.10

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 26, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
6. FERREIRA, Joana Rosa 50m: 40.11 40.11 100m: 1:24.54	05 Naval de Peniche	2:52.83 2:52.83	521 43.00
7. SOUSA, Ana Pereira 50m: 39.43 39.43 100m: 1:23.86	03 Ginasio Figueirense	2:55.35 2:55.35	499 46.37
8. MONTEIRO, Ana Carolina 50m: 39.47 39.47 100m: 1:24.22	04 Uniao Coimbra	2:55.96 2:55.96	494 46.90
9. MELO, Maria Miguel 50m: 39.58 39.58 100m: 1:25.56	02 Galitos / Bresimar	2:57.54 2:57.54	481 45.99
10. LAMAS, Maria Caetano 50m: 41.33 41.33 100m: 1:27.05	04 Miranda do Corvo	2:57.97 2:57.97	477 44.40
11. ALVES, Maria Francisca 50m: 39.90 39.90 100m: 1:25.59	04 Bairro dos Anjos/Bomcar	2:58.49 2:58.49	473 46.34
12. GASPAR, Beatriz Ferreira 50m: 40.80 40.80 100m: 1:27.04	04 Bombeiros Mealhada/ CA	2:59.01 2:59.01	469 46.56
13. LOPES, Margarida Santos 50m: 40.21 40.21 100m: 1:24.98	04 Estarreja	2:59.04 2:59.04	469 47.40
14. CUNHA, Leonor Correia 50m: 40.76 40.76 100m: 1:26.92	04 Fundacao Beatriz Santos	3:00.82 3:00.82	455 47.27
15. NOBRE, Marisa Isabel 50m: 40.82 40.82 100m: 1:27.27	05 Columbofila Cantanhedense	3:01.32 3:01.32	451 47.05
16. ALMEIDA, Ana Rita 50m: 43.00 43.00 100m: 1:30.29	05 Campinho	3:01.96 3:01.96	446 44.10
17. SILVA, Alexandra Cordeiro 50m: 40.90 40.90 100m: 1:27.42	04 Alcobaca	3:02.24 3:02.24	444 47.54
18. SOUSA, Ana Correia 50m: 41.85 41.85 100m: 1:28.60	04 Pimpoes/Cimai	3:02.68 3:02.68	441 46.59
19. VALE, Joana Malta 50m: 39.41 39.41 100m: 1:25.13	02 Natacao de Vagos	3:02.88 3:02.88	440 49.73
20. GAMEIRO, Marta Domingues 50m: 42.25 42.25 100m: 1:29.90	04 Nautico Academico	3:03.49 3:03.49	435 47.30
21. ALVES, Maria Ines 50m: 40.32 40.32 100m: 1:27.85	05 Academica de Coimbra	3:03.59 3:03.59	435 48.00
RODRIGUES, Constanca Filipa 50m: 42.26 42.26 100m: 1:29.12	02 Pimpoes/Cimai	3:03.59 3:03.59	435 46.58
23. SILVA, Camila Alexandra 50m: 43.09 43.09 100m: 1:29.78	03 Columbofila Cantanhedense	3:04.79 3:04.79	426 47.19
24. RIBEIRO, Maria Joao 50m: 41.12 41.12 100m: 1:27.53	05 Feirense	3:05.08 3:05.08	424 48.88
25. SANTOS, Diana Sofia 50m: 37.14 37.14 100m: 1:28.31	02 Estarreja	3:05.33 3:05.33	422 48.73
26. SOARES, Ines Apolinario 50m: 42.26 42.26 100m: 1:29.17	03 Pimpoes/Cimai	3:05.35 3:05.35	422 47.96
27. PEDROSA, Carolina Pereira 50m: 43.07 43.07 100m: 1:30.30	02 Vieirense	3:06.84 3:06.84	412 47.69
28. COSTA, Leonor Horta 50m: 43.28 43.28 100m: 1:30.16	04 Individual ANC	3:07.36 3:07.36	409 48.92
29. MENDES, Daniela Portela 50m: 39.10 39.10 100m: 1:25.10	04 Fundacao Beatriz Santos	3:09.60 3:09.60	394 52.21

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 26, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
30. CASTANHEIRA, Ana Sofia 50m: 44.41 44.41 100m: 1:33.17 48.76 150m: 2:21.71 48.54 200m: 3:10.21 48.50	04 Condeixa Clube	3:10.21	391
31. POINHO, Maria Ines 50m: 42.68 42.68 100m: 1:30.56 47.88 150m: 2:20.36 49.80 200m: 3:11.77 51.41	01 Sporting de Espinho	3:11.77	381
32. MELO, Beatriz Coelho 50m: 43.24 43.24 100m: 1:31.40 48.16 150m: 2:22.00 50.60 200m: 3:12.30 50.30	05 Feirense	3:12.30	378
33. MARQUES, Maria Ines 50m: 43.92 43.92 100m: 1:33.48 49.56 150m: 2:23.53 50.05 200m: 3:12.89 49.36	05 Alcobaca	3:12.89	375
ABREU, Daniela Filipa 50m: 44.53 44.53 100m: 1:33.60 49.07 150m: 2:23.25 49.65 200m: 3:12.89 49.64	04 Campinho	3:12.89	375
35. LAGOA, Laura Macedo 50m: 45.59 45.59 100m: 1:35.45 49.86 150m: 2:24.48 49.03 200m: 3:14.01 49.53	04 Bairro dos Anjos/Bomcar	3:14.01	368
36. PIRES, Rita Lima 50m: 43.92 43.92 100m: 1:33.95 50.03 150m: 2:24.55 50.60 200m: 3:14.73 50.18	05 Nautico Academico	3:14.73	364
37. RIBEIRO, Carolina Goncalves 50m: 43.77 43.77 100m: 1:33.74 49.97 150m: 2:24.71 50.97 200m: 3:15.15 50.44	04 O Crasto	3:15.15	362
38. MARGATO, Laura Rodrigues 50m: 45.94 45.94 100m: 1:36.11 50.17 150m: 2:28.95 52.84 200m: 3:18.81 49.86	04 Academica de Coimbra	3:18.81	342
39. DIAS, Maria Beatriz <i>FTL</i> 50m: 44.20 44.20 100m: 1:35.56 51.36 150m: 2:28.03 52.47 200m: 3:22.41 54.38	05 Sporting de Aveiro	3:22.41	324
40. PISSARRO, Filipa Moniz <i>FTL</i> 50m: 47.29 47.29 100m: 1:39.25 51.96 150m: 2:32.19 52.94 200m: 3:23.84 51.65	05 Academica de Coimbra	3:23.84	317
41. CONCEICAO, Beatriz Silva <i>FTL</i> 50m: 45.06 45.06 100m: 1:38.48 53.42 150m: 2:34.45 55.97 200m: 3:26.39 51.94	05 Uniao Juncalense	3:26.39	306
42. OLIVEIRA, Maria Joao <i>FTL</i> 50m: 46.75 46.75 100m: 1:39.51 52.76 150m: 2:34.08 54.57 200m: 3:27.99 53.91	04 Estamos Juntos	3:27.99	299
43. COSTA, Mariana Pinto <i>FTL</i> 50m: 47.83 47.83 100m: 1:42.22 54.39 150m: 2:36.08 53.86 200m: 3:29.69 53.61	05 Sanjoanense/FEPSA	3:29.69	291
DSQ CARVALHO, Laura Torrao <i>toque alternado na viragem aos 100 m</i>	05 Nautico Academico		
DSQ SILVA, Ana Catarina <i>realizou movimentos verticais após pernada de bruços durante o percurso</i>	04 Fundacao Beatriz Santos		
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 26, Femin., 200m Bruços

Prova 26
13-07-2019 - 18:10

Femin., 200m Bruços
Entrega de Medalhas das provas nºs 25 e 26

Juv A e B
Resultados

Rec Nacional Absoluto	2:27.19	KAMINSKAYA, Victoria	POR	Glasgow (GBR)	2018
Rec Nacional Juv A	2:31.32	GOMES, Diana Duarte	POR	Mulhouse (FRA)	2004
Rec Nacional Juv B	2:36.99	GOMES, Diana Duarte	POR	Paris (FRA)	2003

TA ABS-FEM Absoluto: 3:18.89 / TA JUVA-FEM Juv A: 3:30.82 / TA JUVB-FEM Juv B: 3:36.78

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. FERREIRA, Joana Rosa 50m: 40.11 40.11	05 Naval de Peniche 100m: 1:24.54 44.43 150m: 2:09.83 45.29	2:52.83	521 43.00
2. MONTEIRO, Ana Carolina 50m: 39.47 39.47	04 Uniao Coimbra 100m: 1:24.22 44.75 150m: 2:09.06 44.84	2:55.96	494 46.90
3. LAMAS, Maria Caetano 50m: 41.33 41.33	04 Miranda do Corvo 100m: 1:27.05 45.72 150m: 2:13.57 46.52	2:57.97	477 44.40
4. ALVES, Maria Francisca 50m: 39.90 39.90	04 Bairro dos Anjos/Bomcar 100m: 1:25.59 45.69 150m: 2:12.15 46.56	2:58.49	473 46.34
5. GASPAR, Beatriz Ferreira 50m: 40.80 40.80	04 Bombeiros Mealhada/ CA 100m: 1:27.04 46.24 150m: 2:12.45 45.41	2:59.01	469 46.56
6. LOPES, Margarida Santos 50m: 40.21 40.21	04 Estarreja 100m: 1:24.98 44.77 150m: 2:11.64 46.66	2:59.04	469 47.40
7. CUNHA, Leonor Correia 50m: 40.76 40.76	04 Fundacao Beatriz Santos 100m: 1:26.92 46.16 150m: 2:13.55 46.63	3:00.82	455 47.27
8. NOBRE, Marisa Isabel 50m: 40.82 40.82	05 Columbofila Cantanhedense 100m: 1:27.27 46.45 150m: 2:14.27 47.00	3:01.32	451 47.05
9. ALMEIDA, Ana Rita 50m: 43.00 43.00	05 Campinho 100m: 1:30.29 47.29 150m: 2:17.86 47.57	3:01.96	446 44.10
10. SILVA, Alexandra Cordeiro 50m: 40.90 40.90	04 Alcobaca 100m: 1:27.42 46.52 150m: 2:14.70 47.28	3:02.24	444 47.54
11. SOUSA, Ana Correia 50m: 41.85 41.85	04 Pimpoes/Cimai 100m: 1:28.60 46.75 150m: 2:16.09 47.49	3:02.68	441 46.59
12. GAMEIRO, Marta Domingues 50m: 42.25 42.25	04 Nautico Academico 100m: 1:29.90 47.65 150m: 2:16.19 46.29	3:03.49	435 47.30
13. ALVES, Maria Ines 50m: 40.32 40.32	05 Academica de Coimbra 100m: 1:27.85 47.53 150m: 2:15.59 47.74	3:03.59	435 48.00
14. RIBEIRO, Maria Joao 50m: 41.12 41.12	05 Feirense 100m: 1:27.53 46.41 150m: 2:16.20 48.67	3:05.08	424 48.88
15. COSTA, Leonor Horta 50m: 43.28 43.28	04 Individual ANC 100m: 1:30.16 46.88 150m: 2:18.44 48.28	3:07.36	409 48.92
16. MENDES, Daniela Portela 50m: 39.10 39.10	04 Fundacao Beatriz Santos 100m: 1:25.10 46.00 150m: 2:17.39 52.29	3:09.60	394 52.21
17. CASTANHEIRA, Ana Sofia 50m: 44.41 44.41	04 Condeixa Clube 100m: 1:33.17 48.76 150m: 2:21.71 48.54	3:10.21	391 48.50
18. MELO, Beatriz Coelho 50m: 43.24 43.24	05 Feirense 100m: 1:31.40 48.16 150m: 2:22.00 50.60	3:12.30	378 50.30
19. MARQUES, Maria Ines 50m: 43.92 43.92	05 Alcobaca 100m: 1:33.48 49.56 150m: 2:23.53 50.05	3:12.89	375 49.36
ABREU, Daniela Filipa 50m: 44.53 44.53	04 Campinho 100m: 1:33.60 49.07 150m: 2:23.25 49.65	3:12.89	375 49.64
21. LAGOA, Laura Macedo 50m: 45.59 45.59	04 Bairro dos Anjos/Bomcar 100m: 1:35.45 49.86 150m: 2:24.48 49.03	3:14.01	368 49.53

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 26, Femin., 200m Bruços, Juv A e B

Lugar	Ano	Tempo final	Pts
22. PIRES, Rita Lima 50m: 43.92 43.92 100m: 1:33.95 50.03 150m: 2:24.55 50.60 200m: 3:14.73 50.18	05 Nautico Academico	3:14.73	364
23. RIBEIRO, Carolina Goncalves 50m: 43.77 43.77 100m: 1:33.74 49.97 150m: 2:24.71 50.97 200m: 3:15.15 50.44	04 O Crasto	3:15.15	362
24. MARGATO, Laura Rodrigues 50m: 45.94 45.94 100m: 1:36.11 50.17 150m: 2:28.95 52.84 200m: 3:18.81 49.86	04 Academica de Coimbra	3:18.81	342
25. DIAS, Maria Beatriz <i>FTL</i> 50m: 44.20 44.20 100m: 1:35.56 51.36 150m: 2:28.03 52.47 200m: 3:22.41 54.38	05 Sporting de Aveiro	3:22.41	324
26. PISSARRO, Filipa Moniz <i>FTL</i> 50m: 47.29 47.29 100m: 1:39.25 51.96 150m: 2:32.19 52.94 200m: 3:23.84 51.65	05 Academica de Coimbra	3:23.84	317
27. CONCEICAO, Beatriz Silva <i>FTL</i> 50m: 45.06 45.06 100m: 1:38.48 53.42 150m: 2:34.45 55.97 200m: 3:26.39 51.94	05 Uniao Juncalense	3:26.39	306
28. OLIVEIRA, Maria Joao <i>FTL</i> 50m: 46.75 46.75 100m: 1:39.51 52.76 150m: 2:34.08 54.57 200m: 3:27.99 53.91	04 Estamos Juntos	3:27.99	299
29. COSTA, Mariana Pinto <i>FTL</i> 50m: 47.83 47.83 100m: 1:42.22 54.39 150m: 2:36.08 53.86 200m: 3:29.69 53.61	05 Sanjoanense/FEPSA	3:29.69	291
DSQ CARVALHO, Laura Torrao <i>toque alternado na viragem aos 100 m</i>	05 Nautico Academico		
DSQ SILVA, Ana Catarina <i>realizou movimentos verticais após pernada de bruços durante o percurso</i>	04 Fundacao Beatriz Santos		
EXH ALVES, Maria Madalena 50m: 41.20 41.20 100m: 1:28.43 47.23 150m: 2:15.85 47.42 200m: 3:03.48 47.63	06 Bairro dos Anjos/Bomcar	3:03.48	435
EXH VEIGA, Leonor Duarte <i>FTL</i> 50m: 48.59 48.59 100m: 1:44.58 55.99 150m: 2:38.15 53.57 200m: 3:32.15 54.00	07 Vigor da Mocidade	3:32.15	281
EXH DUARTE, Cristiana Sofia <i>FTL</i> 50m: 49.08 49.08 100m: 1:44.27 55.19 150m: 2:40.09 55.82 200m: 3:35.14 55.05	07 Vigor da Mocidade	3:35.14	270

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 27	Masc., 4 x 100m Estilos				Absoluto
13-07-2019 - 18:30					Resultados
Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
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 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 Nacional Inf A	4:18.17	Grupo Desp. Natacao V. N. FamalicGDVNF		Loulé	2014

TA ABS-MASC : 4:45.13 / TA JUVA-MASC Juv A: 5:07.95 / TA JUVB-MASC Juv B: 5:13.64

Pontos: FINA 2019

Lugar					Tempo final	Pts		
1.	Academica de Coimbra Abs	Academica de Coimbra		4:06.55	594			
	GASPAR, Miguel Caridade	99	32.64	1:06.53	PATRICIO, Rodrigo Alexandre	98	27.04	1:00.86
	CARVALHO, Ruben Paiva	94	30.89	1:06.90	MADUREIRA, Gustavo Almeida	94	25.21	52.26
2.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos		4:07.11	590			
	DIAS, Joao Pedro	02	31.40	1:04.21	COSTA, Andre Gouveia	01	27.51	58.88
	AGOSTINHO, Miguel Diogo	00	32.13	1:10.13	GOMES, Rodrigo Ribeiro	00	25.17	53.89
3.	Uniao Coimbra Abs	Uniao Coimbra		4:09.19	575			
	ARZILEIRO, Bernardo Vinagre	01	30.00	1:01.28	RODRIGUES, Pedro Simoes	01	28.00	1:01.76
	MACHADO, Joao Francisco	99	32.89	1:10.00	MACHADO, Martim Miranda	03	26.56	56.15
4.	Feirense Abs	Feirense		4:11.30	561			
	SILVA, Job Santos	96	30.02	1:01.20	PINHO, Manuel Antonio	01	26.22	57.43
	CORREIA, Andre Filipe	97	33.48	1:13.27	FERREIRA, Joao Vitor	96	28.30	59.40
5.	Feirense Jun	Feirense		4:13.89	544			
	COELHO, Rodrigo Manuel	01	30.90	1:04.08	ACIOLI, Victor Hugo	02	28.06	1:01.32
	CERDEIRINHA, Xavier Gomes	02	32.83	1:11.72	GOMES, Rodrigo Guedes	02	26.90	56.77
6.	Galitos / Bresimar Jun	Galitos / Bresimar		4:18.71	514			
	RODRIGUES, Miguel Carvalho	02	32.52	1:08.06	PELAILO, Jose Pedro	01	27.77	1:01.20
	KLIER, Afonso Miguel	01	33.49	1:12.15	JORGE, Duarte Miguel	01	27.74	57.30
7.	Academico Viseu Abs	Academico Viseu		4:21.61	497			
	SANTOS, Fernando Miguel	01	32.43	1:05.98	LOPES, Miguel Sanches	01	28.59	1:01.88
	SANTOS, Andre Cardoso	03	35.54	1:16.04	MACHADO, Ricardo Marques	02	27.78	57.71
8.	Condeixa Clube	Condeixa Clube		4:26.17	472			
	MIGUEL, Tomas Pedrosa	02	32.66	1:07.31	FROTA, Paulo Andre	02	33.07	1:08.59
	MARQUES, Goncalo Silva	01	33.93	1:13.38	PEREIRA, Ricardo Marques	01	27.36	56.89
9.	Estamos Juntos Abs	Estamos Juntos		4:26.36	471			
	PINHO, Duarte Sa	02	33.49	1:09.38	SILVA, Henrique Gomes	02	28.32	1:00.07
	SANTOS, Roberto Pinho	03	35.48	1:17.18	SANTOS, Guilherme Clara	02	28.87	59.73
10.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos		4:27.87	463			
	DIAS, Jose Diogo	04	32.77	1:07.95	DIOGO, Dinis Miranda	04	28.62	1:03.17
	POIARES, Tiago Andre	04	37.12	1:18.57	MARQUES, Gustavo Pires	04	27.95	58.18
11.	Gafanha da Encarnação Abs	Gafanha da Encarnacao		4:34.41	430			
	ZINCA, Andrei Iulian	00	31.09	1:02.80	CARDOSO, Filipe Santos	04	29.39	1:04.50
	CAROLA, Jose Pedro	04	39.55	1:21.94	COSTA, Goncalo Filipe	04	30.90	1:05.17
12.	O Crasto Abs	O Crasto		4:39.84	406			
	RAMOS, Miguel Pedro	01	34.61	1:12.43	COELHO, Joao Salvador	03	30.32	1:05.27
	PEREIRA, Igor Branco	03	39.07	1:23.95	MAXIMO, Joao Luis	98	27.69	58.19
13.	Bombeiros Mealhada/ CA Abs	Bombeiros Mealhada/ CA		4:50.71	362			
	<i>FTL</i>							
	TOME, David Emanuel	03	36.33	1:15.77	YURCHUK, Artur	03	31.42	1:09.57
	ALMEIDA, Marco Andre	02	37.46	1:21.02	ANDRADE, Cesar Rodrigues	04	30.46	1:04.35
DSQ	Estarreja Jun	Estarreja						
	<i>rendição antecipada do 4º atleta</i>							
	FIDALGO, Mateus Valente	01	30.21	1:01.49	SILVA, Luis Afonso	02		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 27, Masc., 4 x 100m Estilos, Absoluto

Lugar					Tempo final	Pts
	FERREIRA, Joao Renato	01	34.40	1:14.39	OLIVEIRA, David Miguel	01

Prova 27 Masc., 4 x 100m Estilos Juv A e B
13-07-2019 - 18:30 Resultados

Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
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

TA ABS-MASC Absoluto: 4:45.13 / TA JUVA-MASC Juv A: 5:07.95 / TA JUVB-MASC Juv B: 5:13.64

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Bairro dos Anjos/Bomcar Juv B			Bairro dos Anjos/Bomcar	4:15.95	531
	FARIA, Ricardo Morais	04	31.70	1:05.51	REIS, Rodrigo Miguel	04 27.96 1:00.17
	SILVA, Nuno Marques	04	34.96	1:13.78	CLARA, Vitor Belo	04 26.91 56.49
2.	Uniao Coimbra Juv B			Uniao Coimbra	4:16.44	528
	<i>Rec Reg ANC</i>					
	RIBEIRO, Diogo Matos	04	29.24	1:01.47	MARTINS, Alexandre Viegas	04 29.08 1:03.52
	MOITA, Goncalo Brites	04	34.51	1:14.29	SANTOS, Rui Mamede	04 27.52 57.16
3.	Galitos / Bresimar Juv			Galitos / Bresimar	4:21.43	498
	TAVARES, Bernardo Rodrigues	04	31.95	1:07.36	LIMONES, Sergio Miguel	03 28.70 1:03.43
	CARVALHO, Renato Miguel	03	32.98	1:12.58	FARDILHA, Manuel Cruz	03 27.93 58.06
4.	Feirense Juv A			Feirense	4:39.30	408
	SANTOS, Rafael Pinto	03	33.59	1:08.44	GOMES, Bruno Ferreira	03 31.52 1:11.25
	PAIVA, Andre Ferreira	03	37.60	1:19.78	PINHO, Gabriel Alexandre	03 28.22 59.83

Prova 28 Femin., 4 x 100m Estilos Absoluto
13-07-2019 - 18:40 Resultados

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	2019
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

TA ABS-FEM : 5:23.45 / TA JUVA-FEM Juv A: 5:39.62 / TA JUVB-FEM Juv B: 5:49.32

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Galitos / Bresimar Abs			Galitos / Bresimar	4:33.40	607
	MARTINS, Maria Esteves	01	34.70	1:11.81	RODRIGUES, Ana Margarida	96 29.02 1:02.79
	MONTEIRO, Margarida Cabral	02	37.95	1:20.10	AMADOR, Joana Costa	01 28.41 58.70
2.	Louzan Natacao Abs			Louzan Natacao/EFAPEL	4:33.46	607
	REBELO, Camila Rodrigues	03	31.96	1:05.12	PAIVA, Leonor Correia	04 32.56 1:11.30
	REBELO, Maria Carlota	03	36.66	1:16.84	ROSA, Mariana Carmo	05 29.05 1:00.20
3.	Fundacao Beatriz Santos Abs			Fundacao Beatriz Santos	4:37.44	581
	BERNARDO, Joana Beatriz	99	34.56	1:10.07	SILVA, Ines Pereira	02 31.36 1:06.12
	TOMAS, Beatriz Monteiro	03	36.59	1:17.56	SILVA, Ana Catarina	04 30.64 1:03.69
4.	Academica de Coimbra Abs			Academica de Coimbra	4:37.93	578
	NEVES, Ana Carolina	00	33.74	1:10.13	CRAVEIRO, Beatriz Neves	97 31.01 1:06.82
	DIAS, Beatriz Castanheira	99	38.16	1:20.28	MOREIRA, Matilde Freitas	01 28.59 1:00.70
5.	Academico Viseu Abs			Academico Viseu	4:40.91	560
	CARDEAL, Joana Nunes	02	33.55	1:08.39	MACHADO, Madalena Amaro	98 30.08 1:06.64
	CARDEAL, Beatriz Nunes	04	38.65	1:22.56	CORREIA, Beatriz Santos	04 29.80 1:03.32

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 28, Femin., 4 x 100m Estilos, Absoluto

Lugar					Tempo final	Pts
6.	Bairro dos Anjos/Bomcar Jun		Bairro dos Anjos/Bomcar		4:42.20	552
	LOPES, Sara Santos	03	35.71	1:14.04	JUNQUEIRA, Sofia Ribeiro	02 31.32 1:07.77
	DOMINGUES, Luana Pinto	03	35.62	1:16.54	JACINTO, Ines Filipa	03 30.02 1:03.85
7.	Estarreja Abs		Estarreja		4:49.81	510
	MARQUES, Mariana Nunes	03	34.60	1:11.11	CASTRO, Andreia Rodrigues	01 34.10 1:13.46
	TEIXEIRA, Ines Oliveira	02	37.10	1:21.18	PEREIRA, Ines Eira	99 30.83 1:04.06
8.	Campinho Abs		Campinho		4:57.09	473
	FERREIRA, Leonor Marques	03	34.23	1:12.09	SANTOS, Beatriz Rocha	02 31.78 1:09.26
	ALMEIDA, Ana Rita	05	38.30	1:23.86	MALHEIRO, Maria Vieira	05 33.96 1:11.88
9.	Estamos Juntos Jun		Estamos Juntos		5:06.68	430
	MACHADO, Raquel Cruz	03	36.56	1:17.57	MACEDO, Luisa Mendes	03 34.10 1:15.86
	FIAL, Sofia Nunes	03	36.38	1:18.37	COSTA, Erica Regina	02 36.21 1:14.88
10.	Feirense Abs		Feirense		5:13.03	404
	SILVA, Ema Santos	03	38.31	1:19.58	PINTO, Mara Ribeiro	01 35.43 1:18.45
	VIEIRA, Daniela Sofia	01	41.99	1:31.36	SOARES, Ana Beatriz	03 30.42 1:03.64
11.	Bombeiros Mealhada/ CA Abs		Bombeiros Mealhada/ CA		5:20.96	375
	URBANO, Sara Cruz	03	43.22	1:30.32	MADEIRA, Maria Jose	02 34.95 1:20.82
	GASPAR, Beatriz Ferreira	04	38.28	1:22.21	PEREIRA, Beatriz Sofia	04 31.74 1:07.61
12.	Gafanha da Encarnação Abs <i>FTL</i>		Gafanha da Encarnação		5:40.10	315
	VEIGA, Ana Filipa	01	37.91	1:18.00	LEAL, Mariana Dias	04 45.23 1:40.76
	PINTO, Susana Ferreira	01	44.05	1:35.73	ESTEVES, Ana Jorge	01 30.64 1:05.61
13.	Desporto de Tondela Abs <i>FTL</i>		Desporto de Tondela		5:52.05	284
	MARQUES, Margarida Dinis	03	42.71	1:26.33	PACHECO, Mariana Martins	03 37.33 1:22.53
	SANTOS, Ana Marta	02	48.85	1:45.65	PACHECO, Lara Borges	02 35.98 1:17.54

Prova 28 Femin., 4 x 100m Estilos Juv A e B
13-07-2019 - 18:40 Resultados

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	2019
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

TA ABS-FEM Absoluto: 5:23.45 / TA JUVA-FEM Juv A: 5:39.62 / TA JUVB-FEM Juv B: 5:49.32

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Galitos / Bresimar Juv		Galitos / Bresimar		4:43.80	543
	COSTA, Joana Santos	04	34.60	1:10.66	ALMEIDA, Maria Carolina	05 31.57 1:06.78
	VASCONCELOS, Lara Rodrigues	05	40.00	1:26.49	FERNANDES, Carolina Miranda	05 28.87 59.87
2.	Bairro dos Anjos/Bomcar Juv		Bairro dos Anjos/Bomcar		4:50.02	508
	LAGOA, Carlota Macedo	05	33.81	1:10.69	SIMOES, Rita Mendes	04 33.31 1:12.61
	ALVES, Maria Francisca	04	37.96	1:22.66	VIANA, Margarida Violante	04 30.66 1:04.06
3.	Natacao de Vagos Juv		Natacao de Vagos		4:51.28	502
	MARQUES, Maria Vieira	04	34.69	1:10.76	VIANA, Jacinta Martins	04 33.09 1:13.61
	PEREIRA, Carolina Rei	05	37.36	1:20.56	STELMASHCHUK, Catarina Cruz	05 31.82 1:06.35
4.	Uniao Coimbra Juv		Uniao Coimbra		4:54.43	486
	SIMOES, Barbara Almeida	05	36.19	1:16.45	FIDALGO, Mafalda Vestia	04 33.94 1:15.28
	MONTEIRO, Ana Carolina	04	37.80	1:22.31	RODRIGUES, Joana Francisca	04 28.30 1:00.39
5.	Naval de Peniche Juv		Naval de Peniche		4:58.87	465
	DIAS, Iara Filipa	05	37.82	1:17.44	ABREU, Sofia Viola	04 33.22 1:12.73
	FERREIRA, Joana Rosa	05	38.48	1:22.53	JUNQUEIRA, Manuela Paccola	05 31.26 1:06.17

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Coimbra, 12, 13 e 14 Julho 2019

Prova 28, Femin., 4 x 100m Estilos, Juv A e B

Lugar						Tempo final	Pts
6.	Condeixa Clube			Condeixa Clube		5:05.57	435
	CABRAL, Ana Matos	05	36.74	1:14.56	CRUZ, Ines Dias	04	36.97 1:16.62
	FLORENCIO, Matilde Alves	04	39.20	1:22.84	GAMA, Beatriz Sa	05	33.11 1:11.55
7.	Estarreja Juv A			Estarreja		5:06.80	429
	SIMAO, Renata Bandeira	04	39.01	1:19.81	TAVARES, Mariana Silva	04	33.44 1:13.53
	LOPES, Margarida Santos	04	38.60	1:23.48	SANTOS, Marta Cecilia	04	33.17 1:09.98
8.	Columbofila Cantanhedense Juv			Columbofila Cantanhedense		5:14.59	398
	SILVA, Camila Cavaleiro	05	42.31	1:25.73	LOISAS, Beatriz Ferreira	05	34.62 1:14.56
	NOBRE, Marisa Isabel	05	39.92	1:24.82	MARQUES, Beatriz Pereira	05	33.91 1:09.48
9.	Academica de Coimbra Juv			Academica de Coimbra		5:17.85	386
	VIEIRA, Filipa Victor	04	40.58	1:22.09	RODRIGUES, Joana Beatriz	04	40.15 1:25.86
	ALVES, Maria Ines	05	40.94	1:26.12	SILVA, Ana Filipa	04	30.91 1:03.78
DNS	Fundacao Beatriz Santos Juv A			Fundacao Beatriz Santos			
DNS	Academica de Coimbra Juv B			Academica de Coimbra			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

5 - 3ª Jornada - 1ª Sessão

14-07-2019 - 9:30

Prova 29	Femin., 4 x 50m Livres					Absoluto
14-07-2019 - 9:30						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

TA ABS-FEM : 2:17.11

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Galitos / Bresimar Abs	Galitos / Bresimar		1:52.66	627	
	SANTOS, Ana Pedro 02	28.96	RODRIGUES, Ana Margarida 96		27.60	
	AMADOR, Joana Costa 01	27.71	MONTEIRO, Margarida Cabral 02		28.39	
2.	Academica de Coimbra Abs	Academica de Coimbra		1:53.50	614	
	TEJO, Beatriz Costa 02	28.30	PINHEIRO, Ines Mariana 03		28.89	
	NEVES, Ana Carolina 00	28.20	CRAVEIRO, Beatriz Neves 97		28.11	
3.	Academico Viseu Abs	Academico Viseu		1:55.25	586	
	CARDEAL, Joana Nunes 02	28.64	CARDEAL, Beatriz Nunes 04		29.17	
	CORREIA, Beatriz Santos 04	28.56	MACHADO, Madalena Amaro 98		28.88	
4.	Bairro dos Anjos/Bomcar Jun	Bairro dos Anjos/Bomcar		1:55.30	585	
	JACINTO, Ines Filipa 03	29.48	DOMINGUES, Luana Pinto 03		29.03	
	LOPES, Sara Santos 03	28.46	JUNQUEIRA, Sofia Ribeiro 02		28.33	
5.	Natacao de Vagos Abs	Natacao de Vagos		1:55.31	585	
	MARQUES, Maria Vieira 04	27.53	PEREIRA, Carolina Rei 05		28.61	
	MONTEIRO, Ines Rosado 00	29.33	VIANA, Jacinta Martins 04		29.84	
6.	Uniao Coimbra Abs	Uniao Coimbra		1:56.37	569	
	RODRIGUES, Joana Francisca 04	28.28	SIMOES, Barbara Almeida 05		30.18	
	MONTEIRO, Ana Carolina 04	29.28	PIRES, Beatriz Almeida 03		28.63	
7.	Louzan Natacao Abs	Louzan Natacao/EFAPEL		1:56.63	565	
	REBELO, Camila Rodrigues 03	28.57	PAIVA, Leonor Correia 04		30.56	
	REBELO, Maria Carlota 03	29.04	ROSA, Mariana Carmo 05		28.46	
8.	Estarreja Abs	Estarreja		1:58.44	540	
	MARQUES, Mariana Nunes 03	29.30	LOPES, Margarida Santos 04		30.47	
	SANTOS, Diana Sofia 02	29.54	PEREIRA, Ines Eira 99		29.13	
9.	Condeixa Clube	Condeixa Clube		1:59.11	531	
	FRAZAO, Alexandra Couto 02	29.64	QUEIROZ, Ana Rita 02		28.99	
	FLORENCIO, Matilde Alves 04	30.07	CABRAL, Ana Matos 05		30.41	
10.	Feirense Abs	Feirense		2:03.43	477	
	VIEIRA, Daniela Sofia 01	32.86	COSTA, Joana Ferreira 05		31.20	
	MELO, Beatriz Coelho 05	30.00	SOARES, Ana Beatriz 03		29.37	
11.	Bombeiros Mealhada/ CA Abs	Bombeiros Mealhada/ CA		2:04.37	466	
	PEREIRA, Beatriz Sofia 04	30.74	URBANO, Sara Cruz 03		33.46	
	MADEIRA, Maria Jose 02	30.75	GASPAR, Beatriz Ferreira 04		29.42	
12.	Gafanha da Encarnação Abs	Gafanha da Encarnacao		2:06.14	447	
	VEIGA, Ana Filipa 01	29.24	TAVARES, Salome Simoes 04		34.60	
	PINTO, Susana Ferreira 01	31.86	ESTEVES, Ana Jorge 01		30.44	
13.	Estamos Juntos Abs	Estamos Juntos		2:08.18	426	
	COSTA, Erica Regina 02	34.43	MACHADO, Raquel Cruz 03		30.20	
	MACEDO, Luisa Mendes 03	34.40	FIAL, Sofia Nunes 03		29.15	
14.	Desporto de Tondela Abs	Desporto de Tondela		2:18.04	341	
	FTL					
	PACHECO, Mariana Martins 03	33.12	MARQUES, Margarida Dinis 03		35.71	
	SANTOS, Ana Marta 02	35.31	PACHECO, Lara Borges 02		33.90	

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 30 Masc., 4 x 50m Livres Absoluto
14-07-2019 - 9:35 Resultados

Rec Nacional Absoluto	1:32.36	Futebol Clube do Porto/Imperio BonrFCP	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 BonrFCP	Lisboa	2009

TA ABS-MASC : 2:01.15

Pontos: FINA 2019

Lugar			Tempo final	Pts
1.	Academica de Coimbra Abs	Academica de Coimbra	1:40.00	610
	JULIO, Gabriel Jose 01	26.82 PATRICIO, Rodrigo Alexandre 98		25.46
	CARVALHO, Ruben Paiva 94	24.14 MADUREIRA, Gustavo Almeida 94		23.58
2.	Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos	1:40.57	600
	PEREIRA, Joao Neto 02	25.92 AGOSTINHO, Miguel Diogo 00		24.42
	GOMES, Rodrigo Ribeiro 00	24.42 DOMINGUES, Ricardo Jorge 02		25.81
3.	Uniao Coimbra Abs	Uniao Coimbra	1:41.78	579
	<i>Rec Reg ANC</i>			
	RIBEIRO, Diogo Matos 04	24.77 ARZILEIRO, Bernardo Vinagre 01		25.96
	SIMOES, Manuel Baptista 03	26.00 MACHADO, Joao Francisco 99		25.05
4.	Feirense Abs	Feirense	1:42.42	568
	PINHO, Manuel Antonio 01	24.87 FERREIRA, Joao Vitor 96		26.25
	CORREIA, Andre Filipe 97	26.23 SILVA, Job Santos 96		25.07
5.	Galitos / Bresimar Abs	Galitos / Bresimar	1:43.20	555
	PELAIO, Jose Pedro 01	25.57 JORGE, Duarte Miguel 01		25.58
	CAROLA, Hugo Filipe 01	25.64 ANTUNES, Jose Pedro 00		26.41
6.	Estarreja Jun	Estarreja	1:43.21	555
	OLIVEIRA, David Miguel 01	26.27 SILVA, Luis Afonso 02		26.40
	FIDALGO, Mateus Valente 01	24.26 FERREIRA, Tomas Soares 03		26.28
7.	Vieirense Abs	Vieirense	1:43.93	544
	PEDROSA, Francisco Pereira 99	26.35 LAMANDE, Jose Antonio 96		25.96
	VIDAL, Joao Pedro 03	26.10 FRANCISCO, Sandro Emanuel 99		25.52
8.	Academico Viseu Abs	Academico Viseu	1:44.07	541
	MACHADO, Ricardo Marques 02	25.47 LOPES, Miguel Sanches 01		26.33
	SANTOS, Luis Filipe 01	27.06 SANTOS, Andre Cardoso 03		25.21
9.	Feirense Abs	Feirense	1:44.60	533
	ACIOLI, Victor Hugo 02	26.69 CERDEIRINHA, Xavier Gomes 02		25.52
	COELHO, Rodrigo Manuel 01	26.58 GOMES, Rodrigo Guedes 02		25.81
10.	Bairro dos Anjos/Bomcar Juv B	Bairro dos Anjos/Bomcar	1:44.61	533
	REIS, Rodrigo Miguel 04	25.67 FARIA, Ricardo Morais 04		26.64
	CASTANHEIRA, Guilherme Silva 04	26.14 CLARA, Vitor Belo 04		26.16
11.	Condeixa Clube	Condeixa Clube	1:45.21	524
	PEREIRA, Ricardo Marques 01	26.48 MIGUEL, Tomas Pedrosa 02		26.41
	FROTA, Paulo Andre 02	27.22 MARQUES, Goncalo Silva 01		25.10
12.	O Crasto Abs	O Crasto	1:49.80	461
	MAXIMO, Joao Luis 98	26.60 COELHO, Joao Salvador 03		27.85
	FIGUEIREDO, Gustavo Pinto 02	26.77 RODRIGUES, Filipe Almeida 01		28.58
13.	Estamos Juntos Abs	Estamos Juntos	1:50.03	458
	SANTOS, Roberto Pinho 03	27.86 BULHOSA, Silvio Miguel 03		28.24
	PINHO, Duarte Sa 02	27.75 SILVA, Henrique Gomes 02		26.18
14.	Bombeiros Mealhada/ CA Abs	Bombeiros Mealhada/ CA	1:53.45	418
	TOME, David Emanuel 03	28.86 ANDRADE, Cesar Rodrigues 04		29.34
	YURCHUK, Artur 03	28.04 ALMEIDA, Marco Andre 02		27.21

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Prova 31 14-07-2019 - 9:45	Femin., 100m Mariposa Entrega de Medalhas da prova nº 30				Absoluto Resultados
Rec Nacional Absoluto	58.76	OLIVEIRA, Sara Freitas	POR	Budapeste (HUN)	2010
Rec Nacional Sen	58.76	OLIVEIRA, Sara Freitas	POR	Budapeste (HUN)	2010
Rec Nacional Jun 17	1:00.95	OLIVEIRA, Sara Freitas	POR	Berlim (GER)	2002
Rec Nacional Jun 16	1:01.48	CRUZ, Sara Francisco	ADBA	Faro	2009
Rec Nacional Juv A	1:02.02	CUNHA, Mariana Pacheco	CFP	Oeiras	2019
Rec Nacional Juv B	1:03.66	FERNANDES, Carolina Miranda	CGA	Coimbra	2019
TA ABS-FEM : 1:19.20 / TA JUVA-FEM Juv A: 1:23.95 / TA JUVB-FEM Juv B: 1:26.33					

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. RODRIGUES, Ana Margarida	96	Galitos / Bresimar		1:04.83	626	
50m: 30.91 30.91	100m: 1:04.83	33.92				
2. TEJO, Beatriz Costa	02	Academica de Coimbra		1:06.30	585	
50m: 31.24 31.24	100m: 1:06.30	35.06				
3. CARDEAL, Joana Nunes	02	Academico Viseu		1:06.77	573	
50m: 31.58 31.58	100m: 1:06.77	35.19				
4. ALMEIDA, Maria Carolina	05	Galitos / Bresimar		1:06.89	570	
50m: 31.95 31.95	100m: 1:06.89	34.94				
5. DOMINGUES, Luana Pinto	03	Bairro dos Anjos/Bomcar		1:07.10	565	
50m: 31.08 31.08	100m: 1:07.10	36.02				
6. SILVA, Ines Pereira	02	Fundacao Beatriz Santos		1:07.29	560	
50m: 32.50 32.50	100m: 1:07.29	34.79				
7. BELO, Rita Afonso	02	Benedita		1:07.46	556	
50m: 31.66 31.66	100m: 1:07.46	35.80				
8. CRAVEIRO, Beatriz Neves	97	Academica de Coimbra		1:08.00	543	
50m: 32.44 32.44	100m: 1:08.00	35.56				
9. FERREIRA, Ana Claudia	90	Alcobaca		1:08.14	539	
50m: 31.93 31.93	100m: 1:08.14	36.21				
10. MONTEIRO, Ines Rosado	00	Natacao de Vagos		1:08.23	537	
50m: 31.53 31.53	100m: 1:08.23	36.70				
11. MONTEIRO, Ana Carolina	04	Uniao Coimbra		1:08.30	535	
50m: 32.11 32.11	100m: 1:08.30	36.19				
12. RODRIGUES, Helena Nunes	03	Alges e Agueda XXI		1:08.44	532	
50m: 32.09 32.09	100m: 1:08.44	36.35				
13. CORREIA, Rute Ferreira	03	Clube de Vouzela		1:08.68	527	
50m: 31.59 31.59	100m: 1:08.68	37.09				
14. REBELO, Maria Carlota	03	Louzan Natacao/EFAPEL		1:08.72	526	
50m: 32.11 32.11	100m: 1:08.72	36.61				
15. ALMEIDA, Ana Beatriz	01	Clube de Vouzela		1:09.05	518	
50m: 31.80 31.80	100m: 1:09.05	37.25				
16. JUNQUEIRA, Sofia Ribeiro	02	Bairro dos Anjos/Bomcar		1:09.29	513	
50m: 32.36 32.36	100m: 1:09.29	36.93				
17. CARDEAL, Beatriz Nunes	04	Academico Viseu		1:09.47	509	
50m: 32.81 32.81	100m: 1:09.47	36.66				
18. LOPES, Sara Santos	03	Bairro dos Anjos/Bomcar		1:09.67	504	
50m: 32.27 32.27	100m: 1:09.67	37.40				
19. QUEIROZ, Ana Rita	02	Condeixa Clube		1:10.00	497	
50m: 32.44 32.44	100m: 1:10.00	37.56				
20. ALVES, Sara Sofia	01	Columbifila Cantanhedense		1:10.35	490	
50m: 33.02 33.02	100m: 1:10.35	37.33				
21. ROSA, Mariana Carmo	05	Louzan Natacao/EFAPEL		1:10.55	486	
50m: 33.00 33.00	100m: 1:10.55	37.55				

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
22. PINHEIRO, Ines Mariana 50m: 33.20 33.20 100m: 1:10.71 37.51	03 Academica de Coimbra	1:10.71	483
23. SOARES, Ines Apolinario 50m: 33.62 33.62 100m: 1:10.77 37.15	03 Pimpoes/Cimai	1:10.77	481
24. LAGOA, Carlota Macedo 50m: 32.79 32.79 100m: 1:11.10 38.31	05 Bairro dos Anjos/Bomcar	1:11.10	475
25. COSTA, Joana Santos 50m: 32.44 32.44 100m: 1:11.21 38.77	04 Galitos / Bresimar	1:11.21	472
26. LAMAS, Maria Caetano 50m: 33.09 33.09 100m: 1:11.37 38.28	04 Miranda do Corvo	1:11.37	469
27. SANTOS, Mariana Jacinto 50m: 31.72 31.72 100m: 1:12.00 40.28	03 Freguesia de Paiao	1:12.00	457
28. NEVES, Sara Dias 50m: 33.41 33.41 100m: 1:12.03 38.62	03 Miranda do Corvo	1:12.03	456
29. SILVA, Maria Ines 50m: 33.74 33.74 100m: 1:12.63 38.89	04 Alcobaca	1:12.63	445
30. MENDES, Daniela Portela 50m: 33.90 33.90 100m: 1:12.65 38.75	04 Fundacao Beatriz Santos	1:12.65	445
31. SOUSA, Ines Matos 50m: 34.28 34.28 100m: 1:12.85 38.57	03 Uniao Coimbra	1:12.85	441
32. PAIVA, Leonor Correia 50m: 34.26 34.26 100m: 1:13.04 38.78	04 Louzan Natacao/EFAPEL	1:13.04	438
33. NOBRE, Marisa Isabel 50m: 34.03 34.03 100m: 1:13.11 39.08	05 Columbofila Cantanhedense	1:13.11	436
34. RODRIGUES, Constanca Filipa 50m: 34.01 34.01 100m: 1:13.27 39.26	02 Pimpoes/Cimai	1:13.27	434
35. PIMENTEL, Sara Calisto 50m: 34.94 34.94 100m: 1:13.36 38.42	05 Galitos / Bresimar	1:13.36	432
36. FERREIRA, Joana Rosa 50m: 34.29 34.29 100m: 1:13.37 39.08	05 Naval de Peniche	1:13.37	432
37. VIANA, Jacinta Martins 50m: 33.33 33.33 100m: 1:13.63 40.30	04 Natacao de Vagos	1:13.63	427
38. TAVARES, Mariana Silva 50m: 33.91 33.91 100m: 1:13.68 39.77	04 Estarreja	1:13.68	426
39. ABREU, Sofia Viola 50m: 34.20 34.20 100m: 1:13.79 39.59	04 Naval de Peniche	1:13.79	425
40. CASTRO, Andreia Rodrigues 50m: 33.96 33.96 100m: 1:13.87 39.91	01 Estarreja	1:13.87	423
41. CABRAL, Ana Matos 50m: 35.33 35.33 100m: 1:13.99 38.66	05 Condeixa Clube	1:13.99	421
42. SIMOES, Rita Mendes 50m: 34.27 34.27 100m: 1:14.00 39.73	04 Bairro dos Anjos/Bomcar	1:14.00	421
43. LOISAS, Beatriz Ferreira 50m: 35.15 35.15 100m: 1:14.30 39.15	05 Columbofila Cantanhedense	1:14.30	416
44. SILVA, Constanca Alexandra 50m: 34.83 34.83 100m: 1:14.74 39.91	04 Pimpoes/Cimai	1:14.74	409
45. MOITEIRO, Bruna Silva 50m: 34.03 34.03 100m: 1:14.92 40.89	04 Nautico Marinha Grande	1:14.92	406

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
46. SOUSA, Ana Pereira 50m: 34.13 34.13 100m: 1:15.98 41.85	03	Ginasio Figueirense 1:15.98	389
47. MELO, Ines Pinheiro 50m: 35.84 35.84 100m: 1:16.05 40.21	01	Sporting de Espinho 1:16.05	388
48. SIMOES, Barbara Almeida 50m: 33.92 33.92 100m: 1:16.27 42.35	05	Uniao Coimbra 1:16.27	384
49. MELO, Beatriz Coelho 50m: 35.01 35.01 100m: 1:16.35 41.34	05	Feirense 1:16.35	383
50. FIDALGO, Mafalda Vestia 50m: 35.46 35.46 100m: 1:16.55 41.09	04	Uniao Coimbra 1:16.55	380
51. ABREU, Daniela Filipa 50m: 35.82 35.82 100m: 1:17.11 41.29	04	Campinho 1:17.11	372
52. TOMAS, Beatriz Monteiro 50m: 35.05 35.05 100m: 1:17.59 42.54	03	Fundacao Beatriz Santos 1:17.59	365
53. DIAS, Iara Filipa 50m: 36.09 36.09 100m: 1:17.86 41.77	05	Naval de Peniche 1:17.86	361
54. FERREIRA, Carla Sandrina 50m: 36.18 36.18 100m: 1:18.15 41.97	04	O Crasto 1:18.15	357
55. CARDOSO, Ana Luisa 50m: 35.52 35.52 100m: 1:18.25 42.73	05	Estarreja 1:18.25	356
56. JORGE, Maria Beatriz 50m: 35.30 35.30 100m: 1:18.51 43.21	00	Nautico Academico 1:18.51	352
57. RESENDE, Eva Pinho 50m: 35.47 35.47 100m: 1:18.61 43.14	04	Estarreja 1:18.61	351
58. COSTA, Leonor Horta 50m: 35.76 35.76 100m: 1:18.63 42.87	04	Individual ANC 1:18.63	351
59. RODRIGUES, Ana Luisa 50m: 35.48 35.48 100m: 1:18.77 43.29	03	Louzan Natacao/EFAPEL 1:18.77	349
60. COSTA, Joana Ferreira <i>FTL</i> 50m: 35.89 35.89 100m: 1:19.32 43.43	05	Feirense 1:19.32	342
61. MACEDO, Luisa Mendes <i>FTL</i> 50m: 36.44 36.44 100m: 1:19.54 43.10	03	Estamos Juntos 1:19.54	339
62. DIAS, Ines Silva <i>FTL</i> 50m: 37.30 37.30 100m: 1:19.90 42.60	05	Estarreja 1:19.90	334
63. MARQUES, Beatriz Pereira <i>FTL</i> 50m: 36.91 36.91 100m: 1:20.22 43.31	05	Columbofila Cantanhedense 1:20.22	330
64. REIS, Maria Joao <i>FTL</i> 50m: 36.46 36.46 100m: 1:20.24 43.78	04	Nautico Marinha Grande 1:20.24	330
65. CARVALHO, Maria Silva <i>FTL</i> 50m: 36.55 36.55 100m: 1:20.54 43.99	05	Pimpoes/Cimai 1:20.54	326

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
66. CRUZ, Ines Dias <i>FTL</i>	04 Condeixa Clube	1:21.02	321
50m: 37.44 37.44 100m: 1:21.02 43.58			
67. MALHEIRO, Maria Vieira <i>FTL</i>	05 Campinho	1:21.07	320
50m: 37.86 37.86 100m: 1:21.07 43.21			
68. PEREIRA, Beatriz Sofia <i>FTL</i>	04 Bombeiros Mealhada/ CA	1:23.86	289
50m: 37.63 37.63 100m: 1:23.86 46.23			
69. DIONISIO, Maria Ines <i>FTL</i>	04 Fundacao Beatriz Santos	1:23.88	289
50m: 35.66 35.66 100m: 1:23.88 48.22			
GASPAR, Maria Ines <i>FTL</i>	05 Miranda do Corvo	1:23.88	289
50m: 40.38 40.38 100m: 1:23.88 43.50			
71. RIBEIRO, Maria Joao <i>FTL</i>	05 Feirense	1:24.30	285
50m: 36.97 36.97 100m: 1:24.30 47.33			
72. VIEIRA, Filipa Victor <i>FTL</i>	04 Academica de Coimbra	1:24.55	282
50m: 38.35 38.35 100m: 1:24.55 46.20			
73. RODRIGUES, Joana Beatriz <i>FTL</i>	04 Academica de Coimbra	1:24.58	282
50m: 39.44 39.44 100m: 1:24.58 45.14			
74. COSTA, Mariana Pinto <i>FTL</i>	05 Sanjoanense/FEPSA	1:26.88	260
50m: 39.47 39.47 100m: 1:26.88 47.41			
75. AMARO, Beatriz Sofia <i>FTL</i>	04 Nautico Marinha Grande	1:27.42	255
50m: 38.93 38.93 100m: 1:27.42 48.49			
76. PACHECO, Mariana Martins <i>FTL</i>	03 Desporto de Tondela	1:27.65	253
50m: 40.44 40.44 100m: 1:27.65 47.21			
77. SILVA, Catarina Rodrigues <i>FTL</i>	04 Naval de Peniche	1:28.81	243
50m: 39.33 39.33 100m: 1:28.81 49.48			
78. MATOS, Ines Ferreira <i>FTL</i>	05 Gafanha da Encarnacao	1:34.92	199
50m: 42.92 42.92 100m: 1:34.92 52.00			
DSQ SANTOS, Beatriz Rocha	02 Campinho		
<i>perdeu a posição ventral, após a viragem dos 50 m</i>			
DNS DINIS, Helena Carolina	05 Academica de Coimbra		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa

Prova 31
14-07-2019 - 9:45

Femin., 100m Mariposa
Entrega de Medalhas da prova nº 30

Juv A e B
Resultados

Rec Nacional Absoluto	58.76	OLIVEIRA, Sara Freitas	POR	Budapeste (HUN)	2010
Rec Nacional Juv A	1:02.02	CUNHA, Mariana Pacheco	CFP	Oeiras	2019
Rec Nacional Juv B	1:03.66	FERNANDES, Carolina Miranda	CGA	Coimbra	2019

TA ABS-FEM Absoluto: 1:19.20 / TA JUVA-FEM Juv A: 1:23.95 / TA JUVB-FEM Juv B: 1:26.33

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. ALMEIDA, Maria Carolina 50m: 31.95 31.95 100m: 1:06.89	05 Galitos / Bresimar	1:06.89	570
2. MONTEIRO, Ana Carolina 50m: 32.11 32.11 100m: 1:08.30	04 Uniao Coimbra	1:08.30	535
3. CARDEAL, Beatriz Nunes 50m: 32.81 32.81 100m: 1:09.47	04 Academico Viseu	1:09.47	509
4. ROSA, Mariana Carmo 50m: 33.00 33.00 100m: 1:10.55	05 Louzan Natacao/EFAPEL	1:10.55	486
5. LAGOA, Carlota Macedo 50m: 32.79 32.79 100m: 1:11.10	05 Bairro dos Anjos/Bomcar	1:11.10	475
6. COSTA, Joana Santos 50m: 32.44 32.44 100m: 1:11.21	04 Galitos / Bresimar	1:11.21	472
7. LAMAS, Maria Caetano 50m: 33.09 33.09 100m: 1:11.37	04 Miranda do Corvo	1:11.37	469
8. SILVA, Maria Ines 50m: 33.74 33.74 100m: 1:12.63	04 Alcobaca	1:12.63	445
9. MENDES, Daniela Portela 50m: 33.90 33.90 100m: 1:12.65	04 Fundacao Beatriz Santos	1:12.65	445
10. PAIVA, Leonor Correia 50m: 34.26 34.26 100m: 1:13.04	04 Louzan Natacao/EFAPEL	1:13.04	438
11. NOBRE, Marisa Isabel 50m: 34.03 34.03 100m: 1:13.11	05 Columbofila Cantanhedense	1:13.11	436
12. PIMENTEL, Sara Calisto 50m: 34.94 34.94 100m: 1:13.36	05 Galitos / Bresimar	1:13.36	432
13. FERREIRA, Joana Rosa 50m: 34.29 34.29 100m: 1:13.37	05 Naval de Peniche	1:13.37	432
14. VIANA, Jacinta Martins 50m: 33.33 33.33 100m: 1:13.63	04 Natacao de Vagos	1:13.63	427
15. TAVARES, Mariana Silva 50m: 33.91 33.91 100m: 1:13.68	04 Estarreja	1:13.68	426
16. ABREU, Sofia Viola 50m: 34.20 34.20 100m: 1:13.79	04 Naval de Peniche	1:13.79	425
17. CABRAL, Ana Matos 50m: 35.33 35.33 100m: 1:13.99	05 Condeixa Clube	1:13.99	421
18. SIMOES, Rita Mendes 50m: 34.27 34.27 100m: 1:14.00	04 Bairro dos Anjos/Bomcar	1:14.00	421
19. LOISAS, Beatriz Ferreira 50m: 35.15 35.15 100m: 1:14.30	05 Columbofila Cantanhedense	1:14.30	416
20. SILVA, Constanca Alexandra 50m: 34.83 34.83 100m: 1:14.74	04 Pimpoes/Cimai	1:14.74	409
21. MOITEIRO, Bruna Silva 50m: 34.03 34.03 100m: 1:14.92	04 Nautico Marinha Grande	1:14.92	406

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
22. SIMOES, Barbara Almeida 50m: 33.92 33.92 100m: 1:16.27 42.35	05 Uniao Coimbra	1:16.27	384
23. MELO, Beatriz Coelho 50m: 35.01 35.01 100m: 1:16.35 41.34	05 Feirense	1:16.35	383
24. FIDALGO, Mafalda Vestia 50m: 35.46 35.46 100m: 1:16.55 41.09	04 Uniao Coimbra	1:16.55	380
25. ABREU, Daniela Filipa 50m: 35.82 35.82 100m: 1:17.11 41.29	04 Campinho	1:17.11	372
26. DIAS, Iara Filipa 50m: 36.09 36.09 100m: 1:17.86 41.77	05 Naval de Peniche	1:17.86	361
27. FERREIRA, Carla Sandrina 50m: 36.18 36.18 100m: 1:18.15 41.97	04 O Crasto	1:18.15	357
28. CARDOSO, Ana Luisa 50m: 35.52 35.52 100m: 1:18.25 42.73	05 Estarreja	1:18.25	356
29. RESENDE, Eva Pinho 50m: 35.47 35.47 100m: 1:18.61 43.14	04 Estarreja	1:18.61	351
30. COSTA, Leonor Horta 50m: 35.76 35.76 100m: 1:18.63 42.87	04 Individual ANC	1:18.63	351
31. COSTA, Joana Ferreira <i>FTL</i> 50m: 35.89 35.89 100m: 1:19.32 43.43	05 Feirense	1:19.32	342
32. DIAS, Ines Silva <i>FTL</i> 50m: 37.30 37.30 100m: 1:19.90 42.60	05 Estarreja	1:19.90	334
33. MARQUES, Beatriz Pereira <i>FTL</i> 50m: 36.91 36.91 100m: 1:20.22 43.31	05 Columbofila Cantanhedense	1:20.22	330
34. REIS, Maria Joao <i>FTL</i> 50m: 36.46 36.46 100m: 1:20.24 43.78	04 Nautico Marinha Grande	1:20.24	330
35. CARVALHO, Maria Silva <i>FTL</i> 50m: 36.55 36.55 100m: 1:20.54 43.99	05 Pimpoes/Cimai	1:20.54	326
36. CRUZ, Ines Dias <i>FTL</i> 50m: 37.44 37.44 100m: 1:21.02 43.58	04 Condeixa Clube	1:21.02	321
37. MALHEIRO, Maria Vieira <i>FTL</i> 50m: 37.86 37.86 100m: 1:21.07 43.21	05 Campinho	1:21.07	320
38. PEREIRA, Beatriz Sofia <i>FTL</i> 50m: 37.63 37.63 100m: 1:23.86 46.23	04 Bombeiros Mealhada/ CA	1:23.86	289
39. DIONISIO, Maria Ines <i>FTL</i> 50m: 35.66 35.66 100m: 1:23.88 48.22	04 Fundacao Beatriz Santos	1:23.88	289
GASPAR, Maria Ines <i>FTL</i>	05 Miranda do Corvo	1:23.88	289

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 31, Femin., 100m Mariposa, Juv A e B

Lugar	50m:		100m:		Ano		Tempo final	Pts
	40.38	40.38	1:23.88	43.50				
41. RIBEIRO, Maria Joao <i>FTL</i>			05	Feirense			1:24.30	285
	36.97	36.97	1:24.30	47.33				
42. VIEIRA, Filipa Victor <i>FTL</i>			04	Academica de Coimbra			1:24.55	282
	38.35	38.35	1:24.55	46.20				
43. RODRIGUES, Joana Beatriz <i>FTL</i>			04	Academica de Coimbra			1:24.58	282
	39.44	39.44	1:24.58	45.14				
44. COSTA, Mariana Pinto <i>FTL</i>			05	Sanjoanense/FEPSA			1:26.88	260
	39.47	39.47	1:26.88	47.41				
45. AMARO, Beatriz Sofia <i>FTL</i>			04	Nautico Marinha Grande			1:27.42	255
	38.93	38.93	1:27.42	48.49				
46. SILVA, Catarina Rodrigues <i>FTL</i>			04	Naval de Peniche			1:28.81	243
	39.33	39.33	1:28.81	49.48				
47. MATOS, Ines Ferreira <i>FTL</i>			05	Gafanha da Encarnacao			1:34.92	199
	42.92	42.92	1:34.92	52.00				
DNS DINIS, Helena Carolina			05	Academica de Coimbra				

Prova 32 14-07-2019 - 10:05	Masc., 100m Mariposa Entrega de Medalhas da prova nº 29				Absoluto Resultados
Rec Nacional Absoluto	52.42	CARVALHO, Diogo Filipe	CGA	Lisboa	2009
Rec Nacional Sen	52.42	CARVALHO, Diogo Filipe	CGA	Lisboa	2009
Rec Nacional Jun 18	54.66	CARVALHO, Diogo Filipe	CGA	Lisboa	2006
Rec Nacional Jun 17	54.77	VENANCIO, Tiago Andre	CNS	Oeiras	2004
Rec Nacional Juv A	56.11	OLVEIRA, Pedro Diogo	CNRM	Lisboa	2004
Rec Nacional Juv B	57.23	RIBEIRO, Diogo Matos	CUC	Coimbra	2019
Rec Nacional Inf A	59.19	RIBEIRO, Diogo Matos	CUC	S. João da Madeira	2018
TA ABS-MASC : 1:08.98 / TA JUVA-MASC Juv A: 1:15.86 / TA JUVB-MASC Juv B: 1:17.94					

Pontos: FINA 2019

Lugar	50m:		100m:		Ano		Tempo final	Pts
1. KOT, Viktor	26.94	26.94	57.44	30.50	98	Nautico Marinha Grande	57.44	652
2. PINHO, Manuel Antonio	27.79	27.79	58.92	31.13	01	Feirense	58.92	604
3. SANTOS, Nuno Goncalo	27.52	27.52	59.74	32.22	96	Bairro dos Anjos/Bomcar	59.74	579
4. COSTA, Andre Gouveia	28.70	28.70	59.90	31.20	01	Fundacao Beatriz Santos	59.90	575
5. REIS, Rodrigo Miguel	28.34	28.34	1:00.23	31.89	04	Bairro dos Anjos/Bomcar	1:00.23	565
6. AMARAL, Francisco Rodriguez	29.47	29.47	1:00.31	30.84	02	Campinho	1:00.31	563

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
7. SILVA, Joao Jose 50m: 28.56 28.56 100m: 1:00.34	03 Bairro dos Anjos/Bomcar	1:00.34 31.78	562
8. MADUREIRA, Gustavo Almeida 50m: 27.82 27.82 100m: 1:00.49	94 Academica de Coimbra	1:00.49 32.67	558
9. PELAIO, Jose Pedro 50m: 29.54 29.54 100m: 1:00.51	01 Galitos / Bresimar	1:00.51 30.97	558
10. MATOS, Diogo Ribas 50m: 28.66 28.66 100m: 1:00.59	02 Alges e Agueda XXI	1:00.59 31.93	555
11. PATRICIO, Rodrigo Alexandre 50m: 28.43 28.43 100m: 1:00.92	98 Academica de Coimbra	1:00.92 32.49	546
12. OVIEDO, Miguel Freitas 50m: 28.59 28.59 100m: 1:01.04	02 Academica de Coimbra	1:01.04 32.45	543
13. SILVA, Luis Afonso 50m: 28.72 28.72 100m: 1:01.09	02 Estarreja	1:01.09 32.37	542
14. DOMINGUES, Ricardo Jorge 50m: 28.31 28.31 100m: 1:01.11	02 Fundacao Beatriz Santos	1:01.11 32.80	541
15. CAROLA, Hugo Filipe 50m: 28.70 28.70 100m: 1:01.20	01 Galitos / Bresimar	1:01.20 32.50	539
TAVARES, Bernardo Rodrigues 50m: 29.22 29.22 100m: 1:01.20	04 Galitos / Bresimar	1:01.20 31.98	539
17. MOITA, Goncalo Brites 50m: 28.95 28.95 100m: 1:01.90	04 Uniao Coimbra	1:01.90 32.95	521
18. ACIOLI, Victor Hugo 50m: 28.40 28.40 100m: 1:02.04	02 Feirense	1:02.04 33.64	517
19. ANTUNES, Jose Pedro 50m: 29.81 29.81 100m: 1:02.46	00 Galitos / Bresimar	1:02.46 32.65	507
20. LOPES, Miguel Sanches 50m: 29.04 29.04 100m: 1:02.50	01 Academico Viseu	1:02.50 33.46	506
21. ARZILEIRO, Bernardo Vinagre 50m: 29.23 29.23 100m: 1:02.52	01 Uniao Coimbra	1:02.52 33.29	506
22. SOUSA, Nuno Alexandre 50m: 28.74 28.74 100m: 1:02.56	02 Clube de Vouzela	1:02.56 33.82	505
23. MACHADO, Tiago Andrade 50m: 28.93 28.93 100m: 1:02.67	02 Sporting de Aveiro	1:02.67 33.74	502
24. FIDALGO, Mateus Valente 50m: 28.46 28.46 100m: 1:02.94	01 Estarreja	1:02.94 34.48	495
25. SILVA, Miguel Vicente 50m: 28.55 28.55 100m: 1:03.17	02 Nautico Marinha Grande	1:03.17 34.62	490
26. DIOGO, Dinis Miranda 50m: 29.32 29.32 100m: 1:03.70	04 Fundacao Beatriz Santos	1:03.70 34.38	478
27. CARDOSO, Filipe Santos 50m: 29.54 29.54 100m: 1:03.80	04 Gafanha da Encarnacao	1:03.80 34.26	476
28. SANTOS, Rafael Pinto 50m: 29.79 29.79 100m: 1:04.18	03 Feirense	1:04.18 34.39	467
29. COELHO, Rodrigo Manuel 50m: 30.13 30.13 100m: 1:04.31	01 Feirense	1:04.31 34.18	464
30. SOUSA, Guilherme Mendes 50m: 29.17 29.17 100m: 1:04.53	03 Nautico Marinha Grande	1:04.53 35.36	460

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
31. FARIA, Ricardo Morais 50m: 29.71 29.71 100m: 1:04.64 34.93	04 Bairro dos Anjos/Bomcar	1:04.64	457
32. ALMEIDA, Francisco Ferreira 50m: 30.34 30.34 100m: 1:04.76 34.42	04 Sporting de Espinho	1:04.76	455
33. GOMES, Rodrigo Guedes 50m: 30.07 30.07 100m: 1:04.88 34.81	02 Feirense	1:04.88	452
34. FERREIRA, Tomas Soares 50m: 30.12 30.12 100m: 1:04.90 34.78	03 Estarreja	1:04.90	452
35. SANTOS, Rui Mamede 50m: 30.21 30.21 100m: 1:05.14 34.93	04 Uniao Coimbra	1:05.14	447
36. LIMOES, Sergio Miguel 50m: 30.53 30.53 100m: 1:05.49 34.96	03 Galitos / Bresimar	1:05.49	440
37. COELHO, Joao Reis 50m: 30.51 30.51 100m: 1:05.51 35.00	03 Desporto de Tondela	1:05.51	439
38. MARTINS, Alexandre Viegas 50m: 29.91 29.91 100m: 1:05.67 35.76	04 Uniao Coimbra	1:05.67	436
39. SANTOS, Roberto Pinho 50m: 30.10 30.10 100m: 1:05.84 35.74	03 Estamos Juntos	1:05.84	433
40. GASPAR, Miguel Caridade 50m: 30.64 30.64 100m: 1:06.02 35.38	99 Academica de Coimbra	1:06.02	429
41. SANTOS, Alberto Antonio 50m: 30.18 30.18 100m: 1:06.14 35.96	01 S. Pedro Alva	1:06.14	427
42. FERREIRA, Paulo Sergio 50m: 30.67 30.67 100m: 1:06.15 35.48	03 Naval da Nazare	1:06.15	427
43. NEAGU, Tiberius Sebastian 50m: 31.36 31.36 100m: 1:06.31 34.95	04 Academico Viseu	1:06.31	424
44. FERREIRA, Joao Vitor 50m: 29.74 29.74 100m: 1:06.39 36.65	96 Feirense	1:06.39	422
45. GONCALVES, Jorge Miguel 50m: 30.68 30.68 100m: 1:06.43 35.75	03 Galitos / Bresimar	1:06.43	421
46. FIGUEIRA, Gabriel Jose 50m: 31.46 31.46 100m: 1:06.57 35.11	01 Academica de Coimbra	1:06.57	419
47. MARQUES, Vicente Cruzeiro 50m: 30.35 30.35 100m: 1:06.79 36.44	04 Sporting de Aveiro	1:06.79	415
48. OLIVEIRA, Daniel Valente 50m: 31.09 31.09 100m: 1:07.15 36.06	03 Sporting de Aveiro	1:07.15	408
49. PINHO, Duarte Sa 50m: 30.88 30.88 100m: 1:07.16 36.28	02 Estamos Juntos	1:07.16	408
50. SOUSA, Vasco Silva 50m: 31.07 31.07 100m: 1:07.62 36.55	04 Bairro dos Anjos/Bomcar	1:07.62	399
51. FLORIDO, Pedro Miguel 50m: 30.52 30.52 100m: 1:07.80 37.28	04 Fundacao Beatriz Santos	1:07.80	396
52. ANTUNES, Joao Afonso 50m: 30.74 30.74 100m: 1:08.13 37.39	04 Galitos / Bresimar	1:08.13	391
53. ANTUNES, Andre Marques 50m: 30.74 30.74 100m: 1:08.69 37.95	99 Fundacao Beatriz Santos	1:08.69	381
54. COSTA, Goncalo Filipe FTL 50m: 31.76 31.76 100m: 1:09.27 37.51	04 Gafanha da Encarnacao	1:09.27	372

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
55. JULIO, Gabriel Jose <i>FTL</i>	01 Academica de Coimbra	1:09.79	363
50m: 31.50 31.50 100m: 1:09.79 38.29			
56. VIDAL, Joao Pedro <i>FTL</i>	03 Vieirense	1:09.98	360
50m: 32.09 32.09 100m: 1:09.98 37.89			
57. CARVALHO, Ricardo Martins <i>FTL</i>	03 Fundacao Beatriz Santos	1:10.39	354
50m: 32.99 32.99 100m: 1:10.39 37.40			
58. YURCHUK, Artur <i>FTL</i>	03 Bombeiros Mealhada/ CA	1:10.85	347
50m: 33.16 33.16 100m: 1:10.85 37.69			
SA, Rafael Domingues <i>FTL</i>	03 Natacao de Vagos	1:10.85	347
50m: 32.04 32.04 100m: 1:10.85 38.81			
60. GOMES, Bruno Ferreira <i>FTL</i>	03 Feirense	1:11.09	344
50m: 31.57 31.57 100m: 1:11.09 39.52			
61. CAROLA, Jose Pedro <i>FTL</i>	04 Gafanha da Encarnacao	1:11.48	338
50m: 33.76 33.76 100m: 1:11.48 37.72			
62. OLIVEIRA, Vasco Peixoto <i>FTL</i>	04 Alcobaca	1:11.85	333
50m: 33.01 33.01 100m: 1:11.85 38.84			
63. OLIVEIRA, Ricardo Gabriel <i>FTL</i>	04 Estarreja	1:11.93	332
50m: 32.93 32.93 100m: 1:11.93 39.00			
64. TOME, David Emanuel <i>FTL</i>	03 Bombeiros Mealhada/ CA	1:11.94	332
50m: 31.87 31.87 100m: 1:11.94 40.07			
65. FERNANDES, Daniel Jose <i>FTL</i>	04 Alcobaca	1:12.59	323
50m: 34.07 34.07 100m: 1:12.59 38.52			
66. BULHOSA, Silvio Miguel <i>FTL</i>	03 Estamos Juntos	1:13.42	312
50m: 33.42 33.42 100m: 1:13.42 40.00			
67. VENTURA, Bernardo Jorge <i>FTL</i>	03 Academica de Coimbra	1:13.43	312
50m: 32.43 32.43 100m: 1:13.43 41.00			
68. SOARES, Ricardo Pedrosa <i>FTL</i>	04 Vieirense	1:14.14	303
50m: 33.80 33.80 100m: 1:14.14 40.34			
69. GRILO, Afonso Corte-Real <i>FTL</i>	04 Fundacao Beatriz Santos	1:14.26	301
50m: 34.18 34.18 100m: 1:14.26 40.08			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
70. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	1:14.84	294
50m: 33.41 33.41 100m: 1:14.84 41.43			
DSQ COELHO, Joao Salvador	03 O Crasto		
<i>perdeu a posição ventral, após a viragem dos 50 m</i>			
DNS MARQUES, Gustavo Oliveira	03 Sporting de Espinho		

Prova 32 Masc., 100m Mariposa Juv A e B
14-07-2019 - 10:05 Entrega de Medalhas da prova nº 29 Resultados

Rec Nacional Absoluto	52.42	CARVALHO, Diogo Filipe	CGA	Lisboa	2009
Rec Nacional Juv A	56.11	OLVEIRA, Pedro Diogo	CNRM	Lisboa	2004
Rec Nacional Juv B	57.23	RIBEIRO, Diogo Matos	CUC	Coimbra	2019

TA ABS-MASC Absoluto: 1:08.98 / TA JUVA-MASC Juv A: 1:15.86 / TA JUVB-MASC Juv B: 1:17.94

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. REIS, Rodrigo Miguel	04 Bairro dos Anjos/Bomcar	1:00.23	565
50m: 28.34 28.34 100m: 1:00.23 31.89			
2. SILVA, Joao Jose	03 Bairro dos Anjos/Bomcar	1:00.34	562
50m: 28.56 28.56 100m: 1:00.34 31.78			
3. TAVARES, Bernardo Rodrigues	04 Galitos / Bresimar	1:01.20	539
50m: 29.22 29.22 100m: 1:01.20 31.98			
4. MOITA, Goncalo Brites	04 Uniao Coimbra	1:01.90	521
50m: 28.95 28.95 100m: 1:01.90 32.95			
5. DIOGO, Dinis Miranda	04 Fundacao Beatriz Santos	1:03.70	478
50m: 29.32 29.32 100m: 1:03.70 34.38			
6. CARDOSO, Filipe Santos	04 Gafanha da Encarnacao	1:03.80	476
50m: 29.54 29.54 100m: 1:03.80 34.26			
7. SANTOS, Rafael Pinto	03 Feirense	1:04.18	467
50m: 29.79 29.79 100m: 1:04.18 34.39			
8. SOUSA, Guilherme Mendes	03 Nautico Marinha Grande	1:04.53	460
50m: 29.17 29.17 100m: 1:04.53 35.36			
9. FARIA, Ricardo Morais	04 Bairro dos Anjos/Bomcar	1:04.64	457
50m: 29.71 29.71 100m: 1:04.64 34.93			
10. ALMEIDA, Francisco Ferreira	04 Sporting de Espinho	1:04.76	455
50m: 30.34 30.34 100m: 1:04.76 34.42			
11. FERREIRA, Tomas Soares	03 Estarreja	1:04.90	452
50m: 30.12 30.12 100m: 1:04.90 34.78			
12. SANTOS, Rui Mamede	04 Uniao Coimbra	1:05.14	447
50m: 30.21 30.21 100m: 1:05.14 34.93			
13. LIMOES, Sergio Miguel	03 Galitos / Bresimar	1:05.49	440
50m: 30.53 30.53 100m: 1:05.49 34.96			
14. COELHO, Joao Reis	03 Desporto de Tondela	1:05.51	439
50m: 30.51 30.51 100m: 1:05.51 35.00			
15. MARTINS, Alexandre Viegas	04 Uniao Coimbra	1:05.67	436
50m: 29.91 29.91 100m: 1:05.67 35.76			
16. SANTOS, Roberto Pinho	03 Estamos Juntos	1:05.84	433
50m: 30.10 30.10 100m: 1:05.84 35.74			
17. FERREIRA, Paulo Sergio	03 Naval da Nazare	1:06.15	427
50m: 30.67 30.67 100m: 1:06.15 35.48			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
18. NEAGU, Tiberius Sebastian 50m: 31.36 31.36 100m: 1:06.31 34.95	04 Academico Viseu	1:06.31	424
19. GONCALVES, Jorge Miguel 50m: 30.68 30.68 100m: 1:06.43 35.75	03 Galitos / Bresimar	1:06.43	421
20. MARQUES, Vicente Cruzeiro 50m: 30.35 30.35 100m: 1:06.79 36.44	04 Sporting de Aveiro	1:06.79	415
21. OLIVEIRA, Daniel Valente 50m: 31.09 31.09 100m: 1:07.15 36.06	03 Sporting de Aveiro	1:07.15	408
22. SOUSA, Vasco Silva 50m: 31.07 31.07 100m: 1:07.62 36.55	04 Bairro dos Anjos/Bomcar	1:07.62	399
23. FLORIDO, Pedro Miguel 50m: 30.52 30.52 100m: 1:07.80 37.28	04 Fundacao Beatriz Santos	1:07.80	396
24. ANTUNES, Joao Afonso 50m: 30.74 30.74 100m: 1:08.13 37.39	04 Galitos / Bresimar	1:08.13	391
25. COSTA, Goncalo Filipe <i>FTL</i> 50m: 31.76 31.76 100m: 1:09.27 37.51	04 Gafanha da Encarnacao	1:09.27	372
26. VIDAL, Joao Pedro <i>FTL</i> 50m: 32.09 32.09 100m: 1:09.98 37.89	03 Viegense	1:09.98	360
27. CARVALHO, Ricardo Martins <i>FTL</i> 50m: 32.99 32.99 100m: 1:10.39 37.40	03 Fundacao Beatriz Santos	1:10.39	354
28. YURCHUK, Artur <i>FTL</i> 50m: 33.16 33.16 100m: 1:10.85 37.69	03 Bombeiros Mealhada/ CA	1:10.85	347
SA, Rafael Domingues <i>FTL</i> 50m: 32.04 32.04 100m: 1:10.85 38.81	03 Natacao de Vagos	1:10.85	347
30. GOMES, Bruno Ferreira <i>FTL</i> 50m: 31.57 31.57 100m: 1:11.09 39.52	03 Feirense	1:11.09	344
31. CAROLA, Jose Pedro <i>FTL</i> 50m: 33.76 33.76 100m: 1:11.48 37.72	04 Gafanha da Encarnacao	1:11.48	338
32. OLIVEIRA, Vasco Peixoto <i>FTL</i> 50m: 33.01 33.01 100m: 1:11.85 38.84	04 Alcobaca	1:11.85	333
33. OLIVEIRA, Ricardo Gabriel <i>FTL</i> 50m: 32.93 32.93 100m: 1:11.93 39.00	04 Estarreja	1:11.93	332
34. TOME, David Emanuel <i>FTL</i> 50m: 31.87 31.87 100m: 1:11.94 40.07	03 Bombeiros Mealhada/ CA	1:11.94	332
35. FERNANDES, Daniel Jose <i>FTL</i> 50m: 34.07 34.07 100m: 1:12.59 38.52	04 Alcobaca	1:12.59	323

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 32, Masc., 100m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
36. BULHOSA, Silvio Miguel <i>FTL</i>	03 Estamos Juntos	1:13.42	312
50m: 33.42 33.42 100m: 1:13.42 40.00			
37. VENTURA, Bernardo Jorge <i>FTL</i>	03 Academica de Coimbra	1:13.43	312
50m: 32.43 32.43 100m: 1:13.43 41.00			
38. SOARES, Ricardo Pedrosa <i>FTL</i>	04 Vieiraense	1:14.14	303
50m: 33.80 33.80 100m: 1:14.14 40.34			
39. GRILLO, Afonso Corte-Real <i>FTL</i>	04 Fundacao Beatriz Santos	1:14.26	301
50m: 34.18 34.18 100m: 1:14.26 40.08			
40. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	1:14.84	294
50m: 33.41 33.41 100m: 1:14.84 41.43			
DSQ COELHO, Joao Salvador	03 O Crasto <i>perdeu a posição ventral, após a viragem dos 50 m</i>		
DNS MARQUES, Gustavo Oliveira	03 Sporting de Espinho		
EXH FERNANDES, Eduardo Gomes	02 Sporting	59.26	594
50m: 27.99 27.99 100m: 59.26 31.27			
EXH ALMEIDA, Afonso Miguel <i>FTL</i>	06 Sporting de Aveiro	1:25.99	194
50m: 38.76 38.76 100m: 1:25.99 47.23			

Prova 33

Femin., 50m Bruços

Absoluto

14-07-2019 - 10:20

Resultados

Rec Nacional Absoluto	31.35	RODRIGUES, Ana Pinho	AEJ	Coimbra	2017
Rec Nacional Sen	31.35	RODRIGUES, Ana Pinho	AEJ	Coimbra	2017
Rec Nacional Jun 17	31.60	CARVALHO, Joana Catarina	FCP	Coimbra	2009
Rec Nacional Jun 16	31.92	RODRIGUES, Ana Pinho	POR	Gorzow Wlwp (POL)	2010

TA ABS-FEM : 42.60

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. VEIGA, Ana Filipa	01 Gafanha da Encarnacao	35.69	558
2. TOMAS, Beatriz Monteiro	03 Fundacao Beatriz Santos	35.85	551
3. TEIXEIRA, Ines Oliveira	02 Estarreja	36.40	526
4. DIAS, Beatriz Castanheira	99 Academica de Coimbra	37.44	484
5. LOPES, Margarida Santos	04 Estarreja	37.49	482
6. ROSARIO, Ema Filipa	00 Academica de Coimbra	37.50	481
7. SANTOS, Diana Sofia	02 Estarreja	37.86	468
8. MELO, Maria Miguel	02 Galitos / Bresimar	37.97	464
9. ALMEIDA, Ana Rita	05 Campinho	38.26	453
10. NEVES, Ana Carolina	00 Academica de Coimbra	38.29	452
VALE, Joana Malta	02 Natacao de Vagos	38.29	452
12. PEDROSA, Carolina Pereira	02 Vieiraense	39.22	421
13. MENDES, Daniela Portela	04 Fundacao Beatriz Santos	39.51	412
14. ALVES, Maria Ines	05 Academica de Coimbra	39.85	401
15. MELO, Barbara Azambujo	02 Academica de Coimbra	40.13	393
16. CASTRO, Maria Joao	04 Sporting de Aveiro	40.61	379

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 33, Femin., 50m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
17. POINHO, Maria Ines	01 Sporting de Espinho	40.87	372
18. NOGUEIRA, Rita Santos	03 Uniao Coimbra	41.00	368
19. VIEIRA, Daniela Sofia	01 Feirense	41.33	359
20. PIRES, Rita Lima	05 Nautico Academico	41.62	352
21. PACHECO, Mariana Martins <i>FTL</i>	03 Desporto de Tondela	42.66	327
22. CASTELO, Sara Ramos <i>FTL</i>	99 Sporting de Espinho	42.98	320
23. NOIVO, Adriana Martins <i>FTL</i>	03 Naval de Peniche	43.81	302
24. TEJO, Maria Costa <i>FTL</i>	05 Academica de Coimbra	44.09	296
25. LOBO, Maria Fernandes <i>FTL</i>	05 Nautico Academico	45.85	263
26. PISSARRO, Filipa Moniz <i>FTL</i>	05 Academica de Coimbra	46.67	249
27. AFONSO, Beatriz Beja <i>FTL</i>	04 Academica de Coimbra	46.74	248
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		

Prova 34

Masc., 50m Bruços

Absoluto

14-07-2019 - 10:30

Resultados

Rec Nacional Absoluto	28.16	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Sen	28.16	ALMEIDA, Carlos Esteves	POR	Barcelona (ESP)	2013
Rec Nacional Jun 18	29.07	RAMOS, Bruno Miguel	POR	Linz (AUT)	2002
Rec Nacional Jun 17	29.10	AGOSTINHO, Pedro Miguel	POR	Praga (CZE)	2009

TA ABS-MASC : 36.65

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. CARVALHO, Ruben Paiva	94 Academica de Coimbra	29.85	657
2. KLIER, Afonso Miguel	01 Galitos / Bresimar	31.27	571
3. MARQUES, Tiago Andre	93 Sporting de Espinho	31.39	564
4. MIRKA, Artem Vos	00 Galitos / Bresimar	31.77	544
5. MACHADO, Joao Francisco	99 Uniao Coimbra	31.96	535
6. CAMPOS, Rafael Alves <i>Rec Reg ANC</i>	04 S. Pedro Alva	32.36	515
7. AGOSTINHO, Miguel Diogo	00 Fundacao Beatriz Santos	32.41	513
8. MARQUES, Goncalo Silva	01 Condeixa Clube	32.42	512
9. CERDEIRINHA, Xavier Gomes	02 Feirense	32.61	503
10. BRAS, Alexandre Miguel	03 S. Pedro Alva	32.63	502
11. SOUSA, Duarte Anastacio	02 Uniao Coimbra	32.73	498
12. RODRIGUES, Miguel Carvalho	02 Galitos / Bresimar	32.78	496
13. MAXIMO, Joao Luis	98 O Crasto	32.81	494
14. SOARES, Afonso Almeida	01 Campinho	32.84	493
15. GASPAS, Miguel Caridade	99 Academica de Coimbra	32.88	491
16. MACHADO, Tiago Andrade	02 Sporting de Aveiro	33.11	481
17. PEREIRA, Bernardo Sousa	01 Pimpoes/Cimai	33.20	477
18. MELO, Edgar Ribau	99 Gafanha da Encarnacao	33.26	474
19. FERREIRA, Joao Renato	01 Estarreja	33.30	473
20. PAIS, Joao Ventura	02 Fundacao Beatriz Santos	33.52	463
21. CORREIA, Andre Filipe	97 Feirense	33.55	462

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 34, Masc., 50m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
22. RODRIGUES, Pedro Simoes	01 Uniao Coimbra	33.67	457
23. MENDES, Francisco Miguel	01 Nautico Academico	33.89	448
24. ANASTACIO, Alexandre Quiterio	01 Benedita	33.90	448
ZINCA, Andrei Iulian	00 Gafanha da Encarnacao	33.90	448
26. SOARES, Duarte Almeida	01 Campinho	34.02	443
27. ANICETO, Joao Gabriel	04 Bairro dos Anjos/Bomcar	34.09	441
28. PEDROSA, Francisco Pereira	99 Vieirense	34.41	428
29. CORDEIRO, Claudio Rafael	02 Individual ANC	34.48	426
30. FREIRE, Rui Miguel	03 Nucleo Ansiao	34.52	424
31. BRENDA, Diogo Luis	01 Academica de Coimbra	35.06	405
32. MARTINS, David Almeida	01 Estamos Juntos	35.16	402
33. MOCO, Pedro Ribeiro	02 Natacao de Vagos	35.18	401
34. AGOSTINHO, Ricardo Luis	96 Fundacao Beatriz Santos	35.48	391
35. CARVALHO, Gabriel Pereira	01 Feirense	35.73	383
36. SILVA, Afonso Varelas	01 Nautico Marinha Grande	35.76	382
37. PAIVA, Andre Ferreira	03 Feirense	35.82	380
38. SILVA, Jose Miguel	02 Nautico Academico	35.89	377
39. ALMEIDA, Marco Andre	02 Bombeiros Mealhada/ CA	36.80	350
<i>FTL</i>			
40. PEREIRA, Igor Branco	03 O Crasto	37.58	329
<i>FTL</i>			
41. MONTEIRO, Rodrigo Manuel	98 Sporting de Espinho	38.02	317
<i>FTL</i>			
42. NUNES, Bruno Miguel	99 Nautico Academico	39.62	280
<i>FTL</i>			
43. DUARTE, Pedro Filipe	01 Sanjoanense/FEPSA	40.18	269
<i>FTL</i>			
DSQ FROIS, Manuel Maria	02 Bairro dos Anjos/Bomcar		
<i>Falsa partida</i>			
DNS ALMEIDA, Ruben Manuel	95 Feirense		

Prova 35

14-07-2019 - 10:45

Femin., 400m Livres

Entrega de Medalhas das provas nºs 32 e 34

Absoluto

Resultados

Rec Nacional Absoluto	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Sen	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	2016
Rec Nacional Jun 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	2002
Rec Nacional Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	2014
Rec Nacional Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	2014

TA ABS-FEM : 5:16.16 / TA JUVA-FEM Juv A: 5:31.97 / TA JUVB-FEM Juv B: 5:41.45

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. CARDEAL, Joana Nunes	02 Academico Viseu	4:29.48	675
50m: 31.73 31.73	150m: 1:39.71 34.28	250m: 2:48.28 34.23	350m: 3:56.91 34.19
100m: 1:05.43 33.70	200m: 2:14.05 34.34	300m: 3:22.72 34.44	400m: 4:29.48 32.57
2. QUEIROZ, Ana Rita	02 Condeixa Clube	4:30.22	670
50m: 31.42 31.42	150m: 1:39.74 34.63	250m: 2:48.89 34.03	350m: 3:57.92 33.95
100m: 1:05.11 33.69	200m: 2:14.86 35.12	300m: 3:23.97 35.08	400m: 4:30.22 32.30
3. REBELO, Camila Rodrigues	03 Louzan Natacao/EFAPEL	4:33.40	646
50m: 31.69 31.69	150m: 1:40.94 34.91	250m: 2:51.03 35.01	350m: 4:00.53 34.53
100m: 1:06.03 34.34	200m: 2:16.02 35.08	300m: 3:26.00 34.97	400m: 4:33.40 32.87

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 35, Femin., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
4.	AMADOR, Joana Costa		01	Galitos / Bresimar				4:35.17	634
	50m:	31.90 31.90	150m:	1:40.84	34.73	250m:	2:50.94 35.11	350m:	4:01.22 35.06
	100m:	1:06.11 34.21	200m:	2:15.83	34.99	300m:	3:26.16 35.22	400m:	4:35.17 33.95
5.	VARGAS, Giovanna Vaz		00	Nautico Marinha Grande				4:35.79	630
	50m:	31.66 31.66	150m:	1:41.15	34.80	250m:	2:51.34 34.92	350m:	4:01.56 34.94
	100m:	1:06.35 34.69	200m:	2:16.42	35.27	300m:	3:26.62 35.28	400m:	4:35.79 34.23
6.	ALVES, Sara Sofia		01	Columbofila Cantanhedense				4:35.82	630
	50m:	31.99 31.99	150m:	1:41.01	34.92	250m:	2:51.12 35.30	350m:	4:01.93 35.45
	100m:	1:06.09 34.10	200m:	2:15.82	34.81	300m:	3:26.48 35.36	400m:	4:35.82 33.89
7.	GASPAR, Beatriz Ferreira		04	Bombeiros Mealhada/ CA				4:36.75	623
	50m:	32.00 32.00	150m:	1:42.08	35.27	250m:	2:52.41 35.09	350m:	4:02.77 35.22
	100m:	1:06.81 34.81	200m:	2:17.32	35.24	300m:	3:27.55 35.14	400m:	4:36.75 33.98
8.	RODRIGUES, Joana Francisca		04	Uniao Coimbra				4:37.02	621
	50m:	31.46 31.46	150m:	1:41.46	35.22	250m:	2:52.43 35.32	350m:	4:03.15 35.33
	100m:	1:06.24 34.78	200m:	2:17.11	35.65	300m:	3:27.82 35.39	400m:	4:37.02 33.87
9.	RODRIGUES, Helena Nunes		03	Alges e Agueda XXI				4:40.06	601
	50m:	31.94 31.94	150m:	1:41.85	35.37	250m:	2:53.05 35.35	350m:	4:05.64 36.31
	100m:	1:06.48 34.54	200m:	2:17.70	35.85	300m:	3:29.33 36.28	400m:	4:40.06 34.42
10.	FRAZAO, Alexandra Couto		02	Condeixa Clube				4:40.07	601
	50m:	32.62 32.62	150m:	1:43.76	36.05	250m:	2:55.11 35.43	350m:	4:06.28 35.13
	100m:	1:07.71 35.09	200m:	2:19.68	35.92	300m:	3:31.15 36.04	400m:	4:40.07 33.79
11.	NOBRE, Marisa Isabel		05	Columbofila Cantanhedense				4:40.46	599
	50m:	32.30 32.30	150m:	1:43.18	36.01	250m:	2:54.66 35.59	350m:	4:06.32 35.71
	100m:	1:07.17 34.87	200m:	2:19.07	35.89	300m:	3:30.61 35.95	400m:	4:40.46 34.14
12.	FIAL, Sofia Nunes		03	Estamos Juntos				4:40.54	598
	50m:	31.40 31.40	150m:	1:42.27	35.68	250m:	2:54.12 35.95	350m:	4:06.38 35.86
	100m:	1:06.59 35.19	200m:	2:18.17	35.90	300m:	3:30.52 36.40	400m:	4:40.54 34.16
13.	RODRIGUES, Ana Margarida		96	Galitos / Bresimar				4:42.05	589
	50m:	32.30 32.30	150m:	1:44.35	36.40	250m:	2:56.70 36.05	350m:	4:08.82 35.66
	100m:	1:07.95 35.65	200m:	2:20.65	36.30	300m:	3:33.16 36.46	400m:	4:42.05 33.23
14.	REBELO, Maria Carlota		03	Louzan Natacao/EFAPEL				4:42.07	589
	50m:	31.82 31.82	150m:	1:42.07	35.46	250m:	2:54.06 36.22	350m:	4:07.06 36.73
	100m:	1:06.61 34.79	200m:	2:17.84	35.77	300m:	3:30.33 36.27	400m:	4:42.07 35.01
15.	SILVA, Camila Alexandra		03	Columbofila Cantanhedense				4:42.13	588
	50m:	32.48 32.48	150m:	1:41.86	35.48	250m:	2:53.53 36.11	350m:	4:07.13 37.08
	100m:	1:06.38 33.90	200m:	2:17.42	35.56	300m:	3:30.05 36.52	400m:	4:42.13 35.00
16.	TEJO, Beatriz Costa		02	Academica de Coimbra				4:43.17	582
	50m:	32.73 32.73	150m:	1:45.23	36.62	250m:	2:57.78 36.34	350m:	4:09.02 35.19
	100m:	1:08.61 35.88	200m:	2:21.44	36.21	300m:	3:33.83 36.05	400m:	4:43.17 34.15
17.	VEIGA, Ana Filipa		01	Gafanha da Encarnacao				4:43.57	579
	50m:	32.37 32.37	150m:	1:42.46	35.18	250m:	2:54.60 36.08	350m:	4:07.67 36.22
	100m:	1:07.28 34.91	200m:	2:18.52	36.06	300m:	3:31.45 36.85	400m:	4:43.57 35.90
18.	PINHEIRO, Ines Mariana		03	Academica de Coimbra				4:43.85	578
	50m:	33.30 33.30	150m:	1:45.68	36.78	250m:	2:58.55 36.45	350m:	4:10.83 36.18
	100m:	1:08.90 35.60	200m:	2:22.10	36.42	300m:	3:34.65 36.10	400m:	4:43.85 33.02
19.	PIRES, Beatriz Almeida		03	Uniao Coimbra				4:46.08	564
	50m:	33.62 33.62	150m:	1:45.94	36.27	250m:	2:58.21 36.50	350m:	4:11.14 36.45
	100m:	1:09.67 36.05	200m:	2:21.71	35.77	300m:	3:34.69 36.48	400m:	4:46.08 34.94
20.	CARDEAL, Beatriz Nunes		04	Academico Viseu				4:47.95	553
	50m:	32.39 32.39	150m:	1:44.44	36.65	250m:	2:58.57 37.09	350m:	4:12.50 36.96
	100m:	1:07.79 35.40	200m:	2:21.48	37.04	300m:	3:35.54 36.97	400m:	4:47.95 35.45
21.	ALMEIDA, Catarina Nunes		04	Galitos / Bresimar				4:48.26	551
	50m:	33.12 33.12	150m:	1:45.83	36.40	250m:	2:59.19 36.39	350m:	4:12.48 36.96
	100m:	1:09.43 36.31	200m:	2:22.80	36.97	300m:	3:35.52 36.33	400m:	4:48.26 35.78

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 35, Femin., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts	
22.	MOITEIRO, Bruna Silva				04	Nautico Marinha Grande				4:48.52	550	
	50m:	32.90	32.90	150m:	1:46.03	36.58	250m:	2:59.97	37.09	350m:	4:13.40	36.58
	100m:	1:09.45	36.55	200m:	2:22.88	36.85	300m:	3:36.82	36.85	400m:	4:48.52	35.12
23.	SOUSA, Ines Matos				03	Uniao Coimbra				4:50.60	538	
	50m:	33.17	33.17	150m:	1:46.25	37.00	250m:	3:00.28	36.95	350m:	4:14.12	36.66
	100m:	1:09.25	36.08	200m:	2:23.33	37.08	300m:	3:37.46	37.18	400m:	4:50.60	36.48
24.	FLORENCIO, Matilde Alves				04	Condeixa Clube				4:50.71	538	
	50m:	33.20	33.20	150m:	1:46.31	36.93	250m:	3:00.50	36.87	350m:	4:14.60	37.02
	100m:	1:09.38	36.18	200m:	2:23.63	37.32	300m:	3:37.58	37.08	400m:	4:50.71	36.11
25.	PELAIO, Maria Joao				03	Ginasio Figueirense				4:51.63	533	
	50m:	33.37	33.37	150m:	1:46.61	36.67	250m:	3:01.16	37.45	350m:	4:15.89	37.23
	100m:	1:09.94	36.57	200m:	2:23.71	37.10	300m:	3:38.66	37.50	400m:	4:51.63	35.74
26.	MARTINS, Maria Esteves				01	Galitos / Bresimar				4:51.65	532	
	50m:	31.74	31.74	150m:	1:43.61	36.20	250m:	2:57.09	37.21	350m:	4:13.89	38.44
	100m:	1:07.41	35.67	200m:	2:19.88	36.27	300m:	3:35.45	38.36	400m:	4:51.65	37.76
27.	MONTEIRO, Margarida Cabral				02	Galitos / Bresimar				4:52.24	529	
	50m:	33.11	33.11	150m:	1:45.06	36.38	250m:	2:59.78	37.41	350m:	4:15.00	37.58
	100m:	1:08.68	35.57	200m:	2:22.37	37.31	300m:	3:37.42	37.64	400m:	4:52.24	37.24
28.	SANTOS, Ana Pedro				02	Galitos / Bresimar				4:52.97	525	
	50m:	32.17	32.17	150m:	1:43.15	35.95	250m:	2:57.61	37.62	350m:	4:15.01	38.68
	100m:	1:07.20	35.03	200m:	2:19.99	36.84	300m:	3:36.33	38.72	400m:	4:52.97	37.96
29.	PEREIRA, Carolina Rei				05	Natacao de Vagos				4:53.31	523	
	50m:	33.22	33.22	150m:	1:47.87	37.89	250m:	3:02.61	37.31	350m:	4:17.31	37.02
	100m:	1:09.98	36.76	200m:	2:25.30	37.43	300m:	3:40.29	37.68	400m:	4:53.31	36.00
30.	ALVES, Joana Silva				05	Benedita				4:53.38	523	
	50m:	33.39	33.39	150m:	1:48.11	37.93	250m:	3:02.18	36.85	350m:	4:17.79	37.75
	100m:	1:10.18	36.79	200m:	2:25.33	37.22	300m:	3:40.04	37.86	400m:	4:53.38	35.59
31.	SILVA, Ana Filipa				04	Academica de Coimbra				4:53.80	521	
	50m:	33.52	33.52	150m:	1:47.99	37.17	250m:	3:02.68	37.18	350m:	4:17.14	37.31
	100m:	1:10.82	37.30	200m:	2:25.50	37.51	300m:	3:39.83	37.15	400m:	4:53.80	36.66
32.	MONTEIRO, Ines Rosado				00	Natacao de Vagos				4:53.95	520	
	50m:	33.67	33.67	150m:	1:47.37	37.19	250m:	3:02.52	37.44	350m:	4:17.29	37.23
	100m:	1:10.18	36.51	200m:	2:25.08	37.71	300m:	3:40.06	37.54	400m:	4:53.95	36.66
33.	SILVA, Ana Catarina				04	Fundacao Beatriz Santos				4:54.92	515	
	50m:	33.32	33.32	150m:	1:47.99	37.68	250m:	3:03.98	37.85	350m:	4:19.26	37.07
	100m:	1:10.31	36.99	200m:	2:26.13	38.14	300m:	3:42.19	38.21	400m:	4:54.92	35.66
34.	CORREIA, Beatriz Santos				04	Academico Viseu				4:55.50	512	
	50m:	32.92	32.92	150m:	1:47.40	37.97	250m:	3:03.60	38.18	350m:	4:19.04	37.32
	100m:	1:09.43	36.51	200m:	2:25.42	38.02	300m:	3:41.72	38.12	400m:	4:55.50	36.46
35.	CABRAL, Ana Matos				05	Condeixa Clube				4:58.59	496	
	50m:	33.98	33.98	150m:	1:49.56	37.90	250m:	3:06.20	38.66	350m:	4:22.02	37.51
	100m:	1:11.66	37.68	200m:	2:27.54	37.98	300m:	3:44.51	38.31	400m:	4:58.59	36.57
36.	FERREIRA, Leonor Marques				03	Campinho				4:58.70	496	
	50m:	32.49	32.49	150m:	1:47.50	38.18	250m:	3:04.62	38.75	350m:	4:22.13	38.54
	100m:	1:09.32	36.83	200m:	2:25.87	38.37	300m:	3:43.59	38.97	400m:	4:58.70	36.57
37.	VASCONCELOS, Lara Rodrigues				05	Galitos / Bresimar				5:01.02	484	
	50m:	33.28	33.28	150m:	1:49.02	38.49	250m:	3:06.46	38.56	350m:	4:24.07	38.51
	100m:	1:10.53	37.25	200m:	2:27.90	38.88	300m:	3:45.56	39.10	400m:	5:01.02	36.95
38.	CUNHA, Leonor Correia				04	Fundacao Beatriz Santos				5:02.22	478	
	50m:	34.55	34.55	150m:	1:51.07	38.44	250m:	3:07.96	37.93	350m:	4:24.53	37.88
	100m:	1:12.63	38.08	200m:	2:30.03	38.96	300m:	3:46.65	38.69	400m:	5:02.22	37.69
39.	OLIVEIRA, Claudia Sofia				02	Sanjoanense/FEPSA				5:02.91	475	
	50m:	33.23	33.23	150m:	1:48.62	38.14	250m:	3:07.28	39.34	350m:	4:25.62	38.76
	100m:	1:10.48	37.25	200m:	2:27.94	39.32	300m:	3:46.86	39.58	400m:	5:02.91	37.29

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Prova 35, Femin., 400m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
40. RESENDE, Eva Pinho	04 Estarreja	5:03.48	473
50m: 34.36 34.36 150m: 1:50.93 38.81 250m: 3:09.00 38.92 350m: 4:26.61 38.45			
100m: 1:12.12 37.76 200m: 2:30.08 39.15 300m: 3:48.16 39.16 400m: 5:03.48 36.87			
41. LOISAS, Beatriz Ferreira	05 Columbofila Cantanhedense	5:03.68	472
50m: 34.48 34.48 150m: 1:50.68 38.83 250m: 3:08.90 39.38 350m: 4:26.74 39.00			
100m: 1:11.85 37.37 200m: 2:29.52 38.84 300m: 3:47.74 38.84 400m: 5:03.68 36.94			
42. JUNQUEIRA, Manuela Paccola	05 Naval de Peniche	5:03.91	471
50m: 34.28 34.28 150m: 1:50.69 38.53 250m: 3:09.24 39.11 350m: 4:27.67 38.80			
100m: 1:12.16 37.88 200m: 2:30.13 39.44 300m: 3:48.87 39.63 400m: 5:03.91 36.24			
43. BERNARDO, Joana Beatriz	99 Fundacao Beatriz Santos	5:04.81	466
50m: 34.74 34.74 150m: 1:50.75 38.58 250m: 3:08.56 38.89 350m: 4:26.87 39.24			
100m: 1:12.17 37.43 200m: 2:29.67 38.92 300m: 3:47.63 39.07 400m: 5:04.81 37.94			
44. GONCALVES, Ana Francisca	02 Academico Viseu	5:06.40	459
50m: 35.00 35.00 150m: 1:51.85 38.87 250m: 3:10.28 39.21 350m: 4:28.42 39.19			
100m: 1:12.98 37.98 200m: 2:31.07 39.22 300m: 3:49.23 38.95 400m: 5:06.40 37.98			
45. CRUZ, Cintia Cristina	02 Alcobaca	5:07.84	453
50m: 35.05 35.05 150m: 1:52.39 39.21 250m: 3:10.91 39.34 350m: 4:29.37 39.41			
100m: 1:13.18 38.13 200m: 2:31.57 39.18 300m: 3:49.96 39.05 400m: 5:07.84 38.47			
46. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	5:08.44	450
50m: 34.46 34.46 150m: 1:52.19 38.68 250m: 3:10.27 39.42 350m: 4:30.21 39.78			
100m: 1:13.51 39.05 200m: 2:30.85 38.66 300m: 3:50.43 40.16 400m: 5:08.44 38.23			
47. SILVA, Mariana Azevedo	05 Sanjoanense/FEPSA	5:10.80	440
50m: 34.49 34.49 150m: 1:53.42 40.45 250m: 3:13.69 40.11 350m: 4:33.32 39.30			
100m: 1:12.97 38.48 200m: 2:33.58 40.16 300m: 3:54.02 40.33 400m: 5:10.80 37.48			
48. MARQUES, Maria Ines	05 Alcobaca	5:11.09	439
50m: 35.97 35.97 150m: 1:54.20 39.34 250m: 3:13.32 39.36 350m: 4:32.27 39.03			
100m: 1:14.86 38.89 200m: 2:33.96 39.76 300m: 3:53.24 39.92 400m: 5:11.09 38.82			
49. MACHADO, Raquel Cruz	03 Estamos Juntos	5:14.05	426
50m: 33.56 33.56 150m: 1:52.10 40.13 250m: 3:12.42 39.90 350m: 4:33.81 40.71			
100m: 1:11.97 38.41 200m: 2:32.52 40.42 300m: 3:53.10 40.68 400m: 5:14.05 40.24			
50. SILVA, Alexandra Cordeiro	04 Alcobaca	5:17.59	412
<i>FTL</i>			
50m: 34.36 34.36 150m: 1:54.33 40.99 250m: 3:16.41 41.43 350m: 4:38.80 41.26			
100m: 1:13.34 38.98 200m: 2:34.98 40.65 300m: 3:57.54 41.13 400m: 5:17.59 38.79			

Prova 35 Femin., 400m Livres Juv A e B
14-07-2019 - 10:45 Entrega de Medalhas das provas nºs 32 e 34 Resultados

Rec Nacional Absoluto	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	2018
Rec Nacional Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	2014
Rec Nacional Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	2014

TA ABS-FEM Absoluto: 5:16.16 / TA JUVA-FEM Juv A: 5:31.97 / TA JUVB-FEM Juv B: 5:41.45

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. GASPAR, Beatriz Ferreira	04 Bombeiros Mealhada/ CA	4:36.75	623
50m: 32.00 32.00 150m: 1:42.08 35.27 250m: 2:52.41 35.09 350m: 4:02.77 35.22			
100m: 1:06.81 34.81 200m: 2:17.32 35.24 300m: 3:27.55 35.14 400m: 4:36.75 33.98			
2. RODRIGUES, Joana Francisca	04 Uniao Coimbra	4:37.02	621
50m: 31.46 31.46 150m: 1:41.46 35.22 250m: 2:52.43 35.32 350m: 4:03.15 35.33			
100m: 1:06.24 34.78 200m: 2:17.11 35.65 300m: 3:27.82 35.39 400m: 4:37.02 33.87			
3. NOBRE, Marisa Isabel	05 Columbofila Cantanhedense	4:40.46	599
50m: 32.30 32.30 150m: 1:43.18 36.01 250m: 2:54.66 35.59 350m: 4:06.32 35.71			
100m: 1:07.17 34.87 200m: 2:19.07 35.89 300m: 3:30.61 35.95 400m: 4:40.46 34.14			

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Lugar			Ano					Tempo final	Pts
4.	CARDEAL, Beatriz Nunes		04	Academico Viseu				4:47.95	553
	50m:	32.39 32.39	150m:	1:44.44	36.65	250m:	2:58.57 37.09	350m:	4:12.50 36.96
	100m:	1:07.79 35.40	200m:	2:21.48	37.04	300m:	3:35.54 36.97	400m:	4:47.95 35.45
5.	ALMEIDA, Catarina Nunes		04	Galitos / Bresimar				4:48.26	551
	50m:	33.12 33.12	150m:	1:45.83	36.40	250m:	2:59.19 36.39	350m:	4:12.48 36.96
	100m:	1:09.43 36.31	200m:	2:22.80	36.97	300m:	3:35.52 36.33	400m:	4:48.26 35.78
6.	MOITEIRO, Bruna Silva		04	Nautico Marinha Grande				4:48.52	550
	50m:	32.90 32.90	150m:	1:46.03	36.58	250m:	2:59.97 37.09	350m:	4:13.40 36.58
	100m:	1:09.45 36.55	200m:	2:22.88	36.85	300m:	3:36.82 36.85	400m:	4:48.52 35.12
7.	FLORENCIO, Matilde Alves		04	Condeixa Clube				4:50.71	538
	50m:	33.20 33.20	150m:	1:46.31	36.93	250m:	3:00.50 36.87	350m:	4:14.60 37.02
	100m:	1:09.38 36.18	200m:	2:23.63	37.32	300m:	3:37.58 37.08	400m:	4:50.71 36.11
8.	PEREIRA, Carolina Rei		05	Natacao de Vagos				4:53.31	523
	50m:	33.22 33.22	150m:	1:47.87	37.89	250m:	3:02.61 37.31	350m:	4:17.31 37.02
	100m:	1:09.98 36.76	200m:	2:25.30	37.43	300m:	3:40.29 37.68	400m:	4:53.31 36.00
9.	ALVES, Joana Silva		05	Benedita				4:53.38	523
	50m:	33.39 33.39	150m:	1:48.11	37.93	250m:	3:02.18 36.85	350m:	4:17.79 37.75
	100m:	1:10.18 36.79	200m:	2:25.33	37.22	300m:	3:40.04 37.86	400m:	4:53.38 35.59
10.	SILVA, Ana Filipa		04	Academica de Coimbra				4:53.80	521
	50m:	33.52 33.52	150m:	1:47.99	37.17	250m:	3:02.68 37.18	350m:	4:17.14 37.31
	100m:	1:10.82 37.30	200m:	2:25.50	37.51	300m:	3:39.83 37.15	400m:	4:53.80 36.66
11.	SILVA, Ana Catarina		04	Fundacao Beatriz Santos				4:54.92	515
	50m:	33.32 33.32	150m:	1:47.99	37.68	250m:	3:03.98 37.85	350m:	4:19.26 37.07
	100m:	1:10.31 36.99	200m:	2:26.13	38.14	300m:	3:42.19 38.21	400m:	4:54.92 35.66
12.	CORREIA, Beatriz Santos		04	Academico Viseu				4:55.50	512
	50m:	32.92 32.92	150m:	1:47.40	37.97	250m:	3:03.60 38.18	350m:	4:19.04 37.32
	100m:	1:09.43 36.51	200m:	2:25.42	38.02	300m:	3:41.72 38.12	400m:	4:55.50 36.46
13.	CABRAL, Ana Matos		05	Condeixa Clube				4:58.59	496
	50m:	33.98 33.98	150m:	1:49.56	37.90	250m:	3:06.20 38.66	350m:	4:22.02 37.51
	100m:	1:11.66 37.68	200m:	2:27.54	37.98	300m:	3:44.51 38.31	400m:	4:58.59 36.57
14.	VASCONCELOS, Lara Rodrigues		05	Galitos / Bresimar				5:01.02	484
	50m:	33.28 33.28	150m:	1:49.02	38.49	250m:	3:06.46 38.56	350m:	4:24.07 38.51
	100m:	1:10.53 37.25	200m:	2:27.90	38.88	300m:	3:45.56 39.10	400m:	5:01.02 36.95
15.	CUNHA, Leonor Correia		04	Fundacao Beatriz Santos				5:02.22	478
	50m:	34.55 34.55	150m:	1:51.07	38.44	250m:	3:07.96 37.93	350m:	4:24.53 37.88
	100m:	1:12.63 38.08	200m:	2:30.03	38.96	300m:	3:46.65 38.69	400m:	5:02.22 37.69
16.	RESENDE, Eva Pinho		04	Estarreja				5:03.48	473
	50m:	34.36 34.36	150m:	1:50.93	38.81	250m:	3:09.00 38.92	350m:	4:26.61 38.45
	100m:	1:12.12 37.76	200m:	2:30.08	39.15	300m:	3:48.16 39.16	400m:	5:03.48 36.87
17.	LOISAS, Beatriz Ferreira		05	Columbifila Cantanhedense				5:03.68	472
	50m:	34.48 34.48	150m:	1:50.68	38.83	250m:	3:08.90 39.38	350m:	4:26.74 39.00
	100m:	1:11.85 37.37	200m:	2:29.52	38.84	300m:	3:47.74 38.84	400m:	5:03.68 36.94
18.	JUNQUEIRA, Manuela Paccola		05	Naval de Peniche				5:03.91	471
	50m:	34.28 34.28	150m:	1:50.69	38.53	250m:	3:09.24 39.11	350m:	4:27.67 38.80
	100m:	1:12.16 37.88	200m:	2:30.13	39.44	300m:	3:48.87 39.63	400m:	5:03.91 36.24
19.	SEQUEIRA, Leonor Ferreira		05	Galitos / Bresimar				5:08.44	450
	50m:	34.46 34.46	150m:	1:52.19	38.68	250m:	3:10.27 39.42	350m:	4:30.21 39.78
	100m:	1:13.51 39.05	200m:	2:30.85	38.66	300m:	3:50.43 40.16	400m:	5:08.44 38.23
20.	SILVA, Mariana Azevedo		05	Sanjoanense/FEPSA				5:10.80	440
	50m:	34.49 34.49	150m:	1:53.42	40.45	250m:	3:13.69 40.11	350m:	4:33.32 39.30
	100m:	1:12.97 38.48	200m:	2:33.58	40.16	300m:	3:54.02 40.33	400m:	5:10.80 37.48
21.	MARQUES, Maria Ines		05	Alcobaca				5:11.09	439
	50m:	35.97 35.97	150m:	1:54.20	39.34	250m:	3:13.32 39.36	350m:	4:32.27 39.03
	100m:	1:14.86 38.89	200m:	2:33.96	39.76	300m:	3:53.24 39.92	400m:	5:11.09 38.82

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 35, Femin., 400m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
22. SILVA, Alexandra Cordeiro <i>FTL</i>	04 Alcobaca	5:17.59	412
50m: 34.36 34.36 150m: 1:54.33 40.99 250m: 3:16.41 41.43 350m: 4:38.80 41.26	100m: 1:13.34 38.98 200m: 2:34.98 40.65 300m: 3:57.54 41.13 400m: 5:17.59 38.79		

Prova 36

Masc., 400m Livres

Absoluto

14-07-2019 - 11:15

Entrega de Medalhas das provas nºs 31 e 33

Resultados

Rec Nacional Absoluto	3:51.89	NASCIMENTO, Miguel Duarte	POR	Glasgow (GBR)	2018
Rec Nacional Sen	3:51.89	NASCIMENTO, Miguel Duarte	POR	Glasgow (GBR)	2018
Rec Nacional Jun 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	2018
Rec Nacional Jun 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	2010
Rec Nacional Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	2006
Rec Nacional Inf A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	2004

TA ABS-MASC : 4:42.59 / TA JUVA-MASC Juv A: 5:05.19 / TA JUVB-MASC Juv B: 5:10.84

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. JORGE, Duarte Miguel	01 Galitos / Bresimar	4:09.29	687
50m: 29.29 29.29 150m: 1:31.78 31.43 250m: 2:35.23 31.46 350m: 3:39.46 31.82	100m: 1:00.35 31.06 200m: 2:03.77 31.99 300m: 3:07.64 32.41 400m: 4:09.29 29.83		
2. BASTOS, Lucas Pereira	00 Nautico Academico	4:12.59	661
50m: 28.94 28.94 150m: 1:32.80 32.38 250m: 2:37.30 31.76 350m: 3:41.00 32.00	100m: 1:00.42 31.48 200m: 2:05.54 32.74 300m: 3:09.00 31.70 400m: 4:12.59 31.59		
3. RIBEIRO, Diogo Matos <i>Rec Reg ANC</i>	04 Uniao Coimbra	4:13.69	652
50m: 29.32 29.32 150m: 1:32.32 31.92 250m: 2:37.30 32.20 350m: 3:42.68 32.50	100m: 1:00.40 31.08 200m: 2:05.10 32.78 300m: 3:10.18 32.88 400m: 4:13.69 31.01		
4. AMARAL, Francisco Rodriguez	02 Campinho	4:13.75	652
50m: 29.66 29.66 150m: 1:33.65 32.17 250m: 2:38.21 31.99 350m: 3:42.80 32.17	100m: 1:01.48 31.82 200m: 2:06.22 32.57 300m: 3:10.63 32.42 400m: 4:13.75 30.95		
5. KOT, Viktor	98 Nautico Marinha Grande	4:14.52	646
50m: 29.54 29.54 150m: 1:33.60 32.55 250m: 2:37.69 31.97 350m: 3:43.21 32.91	100m: 1:01.05 31.51 200m: 2:05.72 32.12 300m: 3:10.30 32.61 400m: 4:14.52 31.31		
6. DINIS, Tiago Moises	98 Nautico Academico	4:16.36	632
50m: 28.85 28.85 150m: 1:32.64 32.09 250m: 2:38.21 32.70 350m: 3:44.25 32.72	100m: 1:00.55 31.70 200m: 2:05.51 32.87 300m: 3:11.53 33.32 400m: 4:16.36 32.11		
7. CLARA, Vitor Belo	04 Bairro dos Anjos/Bomcar	4:16.66	630
50m: 29.98 29.98 150m: 1:35.81 33.26 250m: 2:40.85 32.36 350m: 3:45.74 32.21	100m: 1:02.55 32.57 200m: 2:08.49 32.68 300m: 3:13.53 32.68 400m: 4:16.66 30.92		
8. MACHADO, Martim Miranda	03 Uniao Coimbra	4:18.78	615
50m: 29.63 29.63 150m: 1:35.32 33.06 250m: 2:41.32 32.67 350m: 3:47.09 32.98	100m: 1:02.26 32.63 200m: 2:08.65 33.33 300m: 3:14.11 32.79 400m: 4:18.78 31.69		
9. SILVA, Henrique Gomes	02 Estamos Juntos	4:19.66	608
50m: 30.30 30.30 150m: 1:36.16 33.37 250m: 2:42.62 33.10 350m: 3:48.20 32.59	100m: 1:02.79 32.49 200m: 2:09.52 33.36 300m: 3:15.61 32.99 400m: 4:19.66 31.46		
10. SILVA, Ricardo Lopes	03 Nautico Marinha Grande	4:20.40	603
50m: 28.67 28.67 150m: 1:33.57 32.99 250m: 2:40.44 33.69 350m: 3:47.46 33.41	100m: 1:00.58 31.91 200m: 2:06.75 33.18 300m: 3:14.05 33.61 400m: 4:20.40 32.94		
11. MARQUES, Gustavo Pires	04 Fundacao Beatriz Santos	4:20.69	601
50m: 30.20 30.20 150m: 1:36.62 33.76 250m: 2:42.95 33.02 350m: 3:49.11 33.26	100m: 1:02.86 32.66 200m: 2:09.93 33.31 300m: 3:15.85 32.90 400m: 4:20.69 31.58		
12. ACIOLI, Victor Hugo	02 Feirense	4:22.72	587
50m: 29.24 29.24 150m: 1:35.69 33.52 250m: 2:43.08 33.57 350m: 3:50.38 33.44	100m: 1:02.17 32.93 200m: 2:09.51 33.82 300m: 3:16.94 33.86 400m: 4:22.72 32.34		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 36, Masc., 400m Livres, Absoluto

Lugar	Nome		Ano	Clube		Tempo final	Pts	
13.	LOPES, Miguel Sanches		01	Academico Viseu		4:23.71	581	
	50m: 29.74	29.74	150m: 1:36.49	33.78	250m: 2:44.36	33.84	350m: 3:52.06	34.09
	100m: 1:02.71	32.97	200m: 2:10.52	34.03	300m: 3:17.97	33.61	400m: 4:23.71	31.65
14.	FARDILHA, Manuel Cruz		03	Galitos / Bresimar		4:24.09	578	
	50m: 30.10	30.10	150m: 1:35.95	33.48	250m: 2:44.25	33.91	350m: 3:52.77	34.13
	100m: 1:02.47	32.37	200m: 2:10.34	34.39	300m: 3:18.64	34.39	400m: 4:24.09	31.32
15.	GOMES, Goncalo Andre		03	Fundacao Beatriz Santos		4:24.22	577	
	50m: 30.41	30.41	150m: 1:38.67	34.64	250m: 2:44.72	33.02	350m: 3:51.49	33.14
	100m: 1:04.03	33.62	200m: 2:11.70	33.03	300m: 3:18.35	33.63	400m: 4:24.22	32.73
16.	MARQUES, Rui Joao		02	Nautico Academico		4:24.67	574	
	50m: 30.42	30.42	150m: 1:36.77	33.68	250m: 2:43.67	33.13	350m: 3:52.44	34.20
	100m: 1:03.09	32.67	200m: 2:10.54	33.77	300m: 3:18.24	34.57	400m: 4:24.67	32.23
17.	FROTA, Paulo Andre		02	Condeixa Clube		4:24.94	573	
	50m: 30.74	30.74	150m: 1:37.39	33.49	250m: 2:44.44	33.00	350m: 3:51.64	34.05
	100m: 1:03.90	33.16	200m: 2:11.44	34.05	300m: 3:17.59	33.15	400m: 4:24.94	33.30
18.	DOMINGUES, Ricardo Jorge		02	Fundacao Beatriz Santos		4:25.43	569	
	50m: 30.92	30.92	150m: 1:39.97	34.13	250m: 2:47.31	32.89	350m: 3:53.53	33.25
	100m: 1:05.84	34.92	200m: 2:14.42	34.45	300m: 3:20.28	32.97	400m: 4:25.43	31.90
19.	PEREIRA, Joao Neto		02	Fundacao Beatriz Santos		4:25.56	569	
	50m: 28.45	28.45	150m: 1:33.53	33.02	250m: 2:41.06	33.81	350m: 3:50.97	35.06
	100m: 1:00.51	32.06	200m: 2:07.25	33.72	300m: 3:15.91	34.85	400m: 4:25.56	34.59
20.	BASTOS, Vasco Pereira		02	Nautico Academico		4:25.69	568	
	50m: 29.63	29.63	150m: 1:35.98	33.38	250m: 2:43.51	33.61	350m: 3:52.25	34.34
	100m: 1:02.60	32.97	200m: 2:09.90	33.92	300m: 3:17.91	34.40	400m: 4:25.69	33.44
21.	CARDOSO, Filipe Santos		04	Gafanha da Encarnacao		4:27.99	553	
	50m: 31.12	31.12	150m: 1:38.36	33.87	250m: 2:47.55	34.40	350m: 3:55.43	33.21
	100m: 1:04.49	33.37	200m: 2:13.15	34.79	300m: 3:22.22	34.67	400m: 4:27.99	32.56
22.	SANTOS, Rui Mamede		04	Uniao Coimbra		4:28.63	549	
	50m: 29.96	29.96	150m: 1:38.60	34.98	250m: 2:47.95	34.66	350m: 3:57.33	34.31
	100m: 1:03.62	33.66	200m: 2:13.29	34.69	300m: 3:23.02	35.07	400m: 4:28.63	31.30
23.	PEREIRA, Tiago Maia		04	Galitos / Bresimar		4:28.95	547	
	50m: 29.83	29.83	150m: 1:38.00	34.76	250m: 2:47.46	34.39	350m: 3:56.53	34.11
	100m: 1:03.24	33.41	200m: 2:13.07	35.07	300m: 3:22.42	34.96	400m: 4:28.95	32.42
24.	DIAS, Jose Diogo		04	Fundacao Beatriz Santos		4:29.68	543	
	50m: 30.01	30.01	150m: 1:36.62	33.61	250m: 2:45.64	34.28	350m: 3:55.44	34.87
	100m: 1:03.01	33.00	200m: 2:11.36	34.74	300m: 3:20.57	34.93	400m: 4:29.68	34.24
25.	GOMES, Sebastiao Mendes		00	Pimpoes/Cimai		4:30.72	537	
	50m: 30.17	30.17	150m: 1:36.74	33.81	250m: 2:46.18	34.92	350m: 3:56.83	34.64
	100m: 1:02.93	32.76	200m: 2:11.26	34.52	300m: 3:22.19	36.01	400m: 4:30.72	33.89
26.	SANTOS, Andre Cardoso		03	Academico Viseu		4:31.22	534	
	50m: 29.76	29.76	150m: 1:37.07	34.14	250m: 2:46.33	34.65	350m: 3:56.86	35.35
	100m: 1:02.93	33.17	200m: 2:11.68	34.61	300m: 3:21.51	35.18	400m: 4:31.22	34.36
27.	SOUSA, Guilherme Mendes		03	Nautico Marinha Grande		4:31.60	531	
	50m: 30.45	30.45	150m: 1:40.05	35.57	250m: 2:49.65	34.01	350m: 3:58.18	33.81
	100m: 1:04.48	34.03	200m: 2:15.64	35.59	300m: 3:24.37	34.72	400m: 4:31.60	33.42
28.	CASTANHEIRA, Guilherme Silva		04	Bairro dos Anjos/Bomcar		4:31.94	529	
	50m: 30.33	30.33	150m: 1:36.99	34.17	250m: 2:47.01	35.49	350m: 3:58.95	36.23
	100m: 1:02.82	32.49	200m: 2:11.52	34.53	300m: 3:22.72	35.71	400m: 4:31.94	32.99
29.	MOITA, Goncalo Brites		04	Uniao Coimbra		4:32.20	528	
	50m: 30.88	30.88	150m: 1:39.32	34.56	250m: 2:49.57	34.30	350m: 3:59.04	33.96
	100m: 1:04.76	33.88	200m: 2:15.27	35.95	300m: 3:25.08	35.51	400m: 4:32.20	33.16
30.	RELVAS, David Ferreira		03	Nautico Marinha Grande		4:32.28	528	
	50m: 29.49	29.49	150m: 1:36.46	33.71	250m: 2:45.94	34.45	350m: 3:57.07	35.16
	100m: 1:02.75	33.26	200m: 2:11.49	35.03	300m: 3:21.91	35.97	400m: 4:32.28	35.21

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 36, Masc., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts	
31.	COSTA, Afonso Filipe				03	Naval da Nazare				4:33.07	523	
	50m:	30.07	30.07	150m:	1:38.99	34.95	250m:	2:46.99	33.18	350m:	3:56.06	35.24
	100m:	1:04.04	33.97	200m:	2:13.81	34.82	300m:	3:20.82	33.83	400m:	4:33.07	37.01
32.	TSYKAL, Daniel				04	Alcobaca				4:33.21	522	
	50m:	31.33	31.33	150m:	1:40.68	35.08	250m:	2:50.49	34.67	350m:	4:00.63	34.91
	100m:	1:05.60	34.27	200m:	2:15.82	35.14	300m:	3:25.72	35.23	400m:	4:33.21	32.58
	ARZILEIRO, Bernardo Vinagre				01	Uniao Coimbra				4:33.21	522	
	50m:	30.88	30.88	150m:	1:39.83	35.17	250m:	2:49.32	34.50	350m:	3:59.00	35.35
	100m:	1:04.66	33.78	200m:	2:14.82	34.99	300m:	3:23.65	34.33	400m:	4:33.21	34.21
34.	DIOGO, Dinis Miranda				04	Fundacao Beatriz Santos				4:34.84	513	
	50m:	30.43	30.43	150m:	1:40.18	35.57	250m:	2:50.44	35.29	350m:	4:01.66	35.56
	100m:	1:04.61	34.18	200m:	2:15.15	34.97	300m:	3:26.10	35.66	400m:	4:34.84	33.18
35.	CARVALHO, Renato Miguel				03	Galitos / Bresimar				4:36.31	505	
	50m:	31.02	31.02	150m:	1:40.12	34.94	250m:	2:51.07	35.54	350m:	4:01.76	35.37
	100m:	1:05.18	34.16	200m:	2:15.53	35.41	300m:	3:26.39	35.32	400m:	4:36.31	34.55
36.	CAETANO, Gino Santos				94	Galitos / Bresimar				4:36.51	504	
	50m:	32.15	32.15	150m:	1:41.29	35.10	250m:	2:51.22	34.97	350m:	4:01.63	34.78
	100m:	1:06.19	34.04	200m:	2:16.25	34.96	300m:	3:26.85	35.63	400m:	4:36.51	34.88
37.	NEAGU, Tiberius Sebastian				04	Academico Viseu				4:39.62	487	
	50m:	31.94	31.94	150m:	1:41.85	35.10	250m:	2:53.78	35.92	350m:	4:06.57	36.33
	100m:	1:06.75	34.81	200m:	2:17.86	36.01	300m:	3:30.24	36.46	400m:	4:39.62	33.05
38.	SANTOS, Guilherme Clara				02	Estamos Juntos				4:39.66	487	
	50m:	31.01	31.01	150m:	1:40.36	34.73	250m:	2:51.89	35.67	350m:	4:03.61	35.56
	100m:	1:05.63	34.62	200m:	2:16.22	35.86	300m:	3:28.05	36.16	400m:	4:39.66	36.05
39.	LOURENCO, Goncalo Pires				03	Fundacao Beatriz Santos				4:40.57	482	
	50m:	31.65	31.65	150m:	1:41.80	35.01	250m:	2:54.70	35.89	350m:	4:07.19	36.09
	100m:	1:06.79	35.14	200m:	2:18.81	37.01	300m:	3:31.10	36.40	400m:	4:40.57	33.38
40.	FERREIRA, Joao Pedro				03	Academico Viseu				4:40.87	481	
	50m:	31.74	31.74	150m:	1:41.19	34.90	250m:	2:52.85	35.82	350m:	4:06.04	36.76
	100m:	1:06.29	34.55	200m:	2:17.03	35.84	300m:	3:29.28	36.43	400m:	4:40.87	34.83
41.	JESUS, Pedro Duarte				04	Galitos / Bresimar				4:43.88	465	
	<i>FTL</i>											
	50m:	31.57	31.57	150m:	1:42.02	35.77	250m:	2:54.69	36.62	350m:	4:08.40	36.89
	100m:	1:06.25	34.68	200m:	2:18.07	36.05	300m:	3:31.51	36.82	400m:	4:43.88	35.48
42.	POIARES, Tiago Andre				04	Fundacao Beatriz Santos				4:45.68	457	
	<i>FTL</i>											
	50m:	32.27	32.27	150m:	1:45.44	36.85	250m:	2:58.41	36.30	350m:	4:11.19	35.72
	100m:	1:08.59	36.32	200m:	2:22.11	36.67	300m:	3:35.47	37.06	400m:	4:45.68	34.49
43.	OLIVEIRA, David Miguel				01	Estarreja				4:46.47	453	
	<i>FTL</i>											
	50m:	31.76	31.76	150m:	1:43.33	35.84	250m:	2:56.88	36.90	350m:	4:10.13	36.09
	100m:	1:07.49	35.73	200m:	2:19.98	36.65	300m:	3:34.04	37.16	400m:	4:46.47	36.34
44.	COUTINHO, David Valdagua				03	Columbifila Cantanhedense				4:48.39	444	
	<i>FTL</i>											
	50m:	32.09	32.09	150m:	1:44.31	36.78	250m:	2:58.01	36.51	350m:	4:12.27	36.79
	100m:	1:07.53	35.44	200m:	2:21.50	37.19	300m:	3:35.48	37.47	400m:	4:48.39	36.12
45.	AGOSTINHO, Miguel Diogo				00	Fundacao Beatriz Santos				4:56.12	410	
	<i>FTL</i>											
	50m:	26.26	26.26	150m:	1:42.40	47.80	250m:	3:01.77	39.63	350m:	4:18.81	36.08
	100m:	54.60	28.34	200m:	2:22.14	39.74	300m:	3:42.73	40.96	400m:	4:56.12	37.31

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Prova 36, Masc., 400m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
46. CABRAL, Rui Tomas <i>FTL</i>	04 Academico Viseu	4:57.05	406
50m: 31.88 31.88 150m: 1:46.39 38.26 250m: 3:02.82 38.75 350m: 4:20.25 38.85			
100m: 1:08.13 36.25 200m: 2:24.07 37.68 300m: 3:41.40 38.58 400m: 4:57.05 36.80			
47. OLIVEIRA, Goncalo Daniel <i>FTL</i>	04 Fundacao Beatriz Santos	5:00.16	394
50m: 30.01 30.01 150m: 1:36.99 34.54 250m: 2:57.76 46.49 350m: 4:20.99 41.06			
100m: 1:02.45 32.44 200m: 2:11.27 34.28 300m: 3:39.93 42.17 400m: 5:00.16 39.17			
48. GOMES, Rodrigo Ribeiro <i>FTL</i>	00 Fundacao Beatriz Santos	5:08.01	364
50m: 25.84 25.84 150m: 1:49.09 54.26 250m: 3:09.33 40.75 350m: 4:27.76 39.84			
100m: 54.83 28.99 200m: 2:28.58 39.49 300m: 3:47.92 38.59 400m: 5:08.01 40.25			
49. MENESES, Marco Ribeiro <i>FTL</i>	01 O Crasto	5:13.27	346
50m: 34.35 34.35 150m: 1:51.45 38.38 250m: 3:11.98 40.14 350m: 4:32.92 40.05			
100m: 1:13.07 38.72 200m: 2:31.84 40.39 300m: 3:52.87 40.89 400m: 5:13.27 40.35			
DSQ SILVA, Joao Jose <i>Falsa partida</i>	03 Bairro dos Anjos/Bomcar		

Prova 36 14-07-2019 - 11:15	Masc., 400m Livres Entrega de Medalhas das provas nºs 31 e 33	Juv A e B Resultados
Rec Nacional Absoluto	3:51.89 NASCIMENTO, Miguel Duarte POR Glasgow (GBR)	2018
Rec Nacional Juv A	3:59.38 SANTA, Gustavo Manuel POR Tampere (FIN)	2009
Rec Nacional Juv B	4:06.22 COSTA, Rui Filipe VSC Coimbra	2006
TA ABS-MASC Absoluto: 4:42.59 / TA JUVA-MASC Juv A: 5:05.19 / TA JUVB-MASC Juv B: 5:10.84		

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Diogo Matos <i>Rec Reg ANC</i>	04 Uniao Coimbra	4:13.69	652
50m: 29.32 29.32 150m: 1:32.32 31.92 250m: 2:37.30 32.20 350m: 3:42.68 32.50			
100m: 1:00.40 31.08 200m: 2:05.10 32.78 300m: 3:10.18 32.88 400m: 4:13.69 31.01			
2. CLARA, Vitor Belo	04 Bairro dos Anjos/Bomcar	4:16.66	630
50m: 29.98 29.98 150m: 1:35.81 33.26 250m: 2:40.85 32.36 350m: 3:45.74 32.21			
100m: 1:02.55 32.57 200m: 2:08.49 32.68 300m: 3:13.53 32.68 400m: 4:16.66 30.92			
3. MACHADO, Martim Miranda	03 Uniao Coimbra	4:18.78	615
50m: 29.63 29.63 150m: 1:35.32 33.06 250m: 2:41.32 32.67 350m: 3:47.09 32.98			
100m: 1:02.26 32.63 200m: 2:08.65 33.33 300m: 3:14.11 32.79 400m: 4:18.78 31.69			
4. SILVA, Ricardo Lopes	03 Nautico Marinha Grande	4:20.40	603
50m: 28.67 28.67 150m: 1:33.57 32.99 250m: 2:40.44 33.69 350m: 3:47.46 33.41			
100m: 1:00.58 31.91 200m: 2:06.75 33.18 300m: 3:14.05 33.61 400m: 4:20.40 32.94			
5. MARQUES, Gustavo Pires	04 Fundacao Beatriz Santos	4:20.69	601
50m: 30.20 30.20 150m: 1:36.62 33.76 250m: 2:42.95 33.02 350m: 3:49.11 33.26			
100m: 1:02.86 32.66 200m: 2:09.93 33.31 300m: 3:15.85 32.90 400m: 4:20.69 31.58			
6. FARDILHA, Manuel Cruz	03 Galitos / Bresimar	4:24.09	578
50m: 30.10 30.10 150m: 1:35.95 33.48 250m: 2:44.25 33.91 350m: 3:52.77 34.13			
100m: 1:02.47 32.37 200m: 2:10.34 34.39 300m: 3:18.64 34.39 400m: 4:24.09 31.32			
7. GOMES, Goncalo Andre	03 Fundacao Beatriz Santos	4:24.22	577
50m: 30.41 30.41 150m: 1:38.67 34.64 250m: 2:44.72 33.02 350m: 3:51.49 33.14			
100m: 1:04.03 33.62 200m: 2:11.70 33.03 300m: 3:18.35 33.63 400m: 4:24.22 32.73			
8. CARDOSO, Filipe Santos	04 Gafanha da Encarnacao	4:27.99	553
50m: 31.12 31.12 150m: 1:38.36 33.87 250m: 2:47.55 34.40 350m: 3:55.43 33.21			
100m: 1:04.49 33.37 200m: 2:13.15 34.79 300m: 3:22.22 34.67 400m: 4:27.99 32.56			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 36, Masc., 400m Livres, Juv A e B

Lugar			Ano					Tempo final	Pts
9.	SANTOS, Rui Mamede		04	Uniao Coimbra				4:28.63	549
	50m:	29.96 29.96	150m:	1:38.60	34.98	250m:	2:47.95 34.66	350m:	3:57.33 34.31
	100m:	1:03.62 33.66	200m:	2:13.29	34.69	300m:	3:23.02 35.07	400m:	4:28.63 31.30
10.	PEREIRA, Tiago Maia		04	Galitos / Bresimar				4:28.95	547
	50m:	29.83 29.83	150m:	1:38.00	34.76	250m:	2:47.46 34.39	350m:	3:56.53 34.11
	100m:	1:03.24 33.41	200m:	2:13.07	35.07	300m:	3:22.42 34.96	400m:	4:28.95 32.42
11.	DIAS, Jose Diogo		04	Fundacao Beatriz Santos				4:29.68	543
	50m:	30.01 30.01	150m:	1:36.62	33.61	250m:	2:45.64 34.28	350m:	3:55.44 34.87
	100m:	1:03.01 33.00	200m:	2:11.36	34.74	300m:	3:20.57 34.93	400m:	4:29.68 34.24
12.	SANTOS, Andre Cardoso		03	Academico Viseu				4:31.22	534
	50m:	29.76 29.76	150m:	1:37.07	34.14	250m:	2:46.33 34.65	350m:	3:56.86 35.35
	100m:	1:02.93 33.17	200m:	2:11.68	34.61	300m:	3:21.51 35.18	400m:	4:31.22 34.36
13.	SOUSA, Guilherme Mendes		03	Nautico Marinha Grande				4:31.60	531
	50m:	30.45 30.45	150m:	1:40.05	35.57	250m:	2:49.65 34.01	350m:	3:58.18 33.81
	100m:	1:04.48 34.03	200m:	2:15.64	35.59	300m:	3:24.37 34.72	400m:	4:31.60 33.42
14.	CASTANHEIRA, Guilherme Silva		04	Bairro dos Anjos/Bomcar				4:31.94	529
	50m:	30.33 30.33	150m:	1:36.99	34.17	250m:	2:47.01 35.49	350m:	3:58.95 36.23
	100m:	1:02.82 32.49	200m:	2:11.52	34.53	300m:	3:22.72 35.71	400m:	4:31.94 32.99
15.	MOITA, Goncalo Brites		04	Uniao Coimbra				4:32.20	528
	50m:	30.88 30.88	150m:	1:39.32	34.56	250m:	2:49.57 34.30	350m:	3:59.04 33.96
	100m:	1:04.76 33.88	200m:	2:15.27	35.95	300m:	3:25.08 35.51	400m:	4:32.20 33.16
16.	RELVAS, David Ferreira		03	Nautico Marinha Grande				4:32.28	528
	50m:	29.49 29.49	150m:	1:36.46	33.71	250m:	2:45.94 34.45	350m:	3:57.07 35.16
	100m:	1:02.75 33.26	200m:	2:11.49	35.03	300m:	3:21.91 35.97	400m:	4:32.28 35.21
17.	COSTA, Afonso Filipe		03	Naval da Nazare				4:33.07	523
	50m:	30.07 30.07	150m:	1:38.99	34.95	250m:	2:46.99 33.18	350m:	3:56.06 35.24
	100m:	1:04.04 33.97	200m:	2:13.81	34.82	300m:	3:20.82 33.83	400m:	4:33.07 37.01
18.	TSYKAL, Daniel		04	Alcobaca				4:33.21	522
	50m:	31.33 31.33	150m:	1:40.68	35.08	250m:	2:50.49 34.67	350m:	4:00.63 34.91
	100m:	1:05.60 34.27	200m:	2:15.82	35.14	300m:	3:25.72 35.23	400m:	4:33.21 32.58
19.	DIOGO, Dinis Miranda		04	Fundacao Beatriz Santos				4:34.84	513
	50m:	30.43 30.43	150m:	1:40.18	35.57	250m:	2:50.44 35.29	350m:	4:01.66 35.56
	100m:	1:04.61 34.18	200m:	2:15.15	34.97	300m:	3:26.10 35.66	400m:	4:34.84 33.18
20.	CARVALHO, Renato Miguel		03	Galitos / Bresimar				4:36.31	505
	50m:	31.02 31.02	150m:	1:40.12	34.94	250m:	2:51.07 35.54	350m:	4:01.76 35.37
	100m:	1:05.18 34.16	200m:	2:15.53	35.41	300m:	3:26.39 35.32	400m:	4:36.31 34.55
21.	NEAGU, Tiberius Sebastian		04	Academico Viseu				4:39.62	487
	50m:	31.94 31.94	150m:	1:41.85	35.10	250m:	2:53.78 35.92	350m:	4:06.57 36.33
	100m:	1:06.75 34.81	200m:	2:17.86	36.01	300m:	3:30.24 36.46	400m:	4:39.62 33.05
22.	LOURENCO, Goncalo Pires		03	Fundacao Beatriz Santos				4:40.57	482
	50m:	31.65 31.65	150m:	1:41.80	35.01	250m:	2:54.70 35.89	350m:	4:07.19 36.09
	100m:	1:06.79 35.14	200m:	2:18.81	37.01	300m:	3:31.10 36.40	400m:	4:40.57 33.38
23.	FERREIRA, Joao Pedro		03	Academico Viseu				4:40.87	481
	50m:	31.74 31.74	150m:	1:41.19	34.90	250m:	2:52.85 35.82	350m:	4:06.04 36.76
	100m:	1:06.29 34.55	200m:	2:17.03	35.84	300m:	3:29.28 36.43	400m:	4:40.87 34.83
24.	JESUS, Pedro Duarte FTL		04	Galitos / Bresimar				4:43.88	465
	50m:	31.57 31.57	150m:	1:42.02	35.77	250m:	2:54.69 36.62	350m:	4:08.40 36.89
	100m:	1:06.25 34.68	200m:	2:18.07	36.05	300m:	3:31.51 36.82	400m:	4:43.88 35.48
25.	POIARES, Tiago Andre FTL		04	Fundacao Beatriz Santos				4:45.68	457
	50m:	32.27 32.27	150m:	1:45.44	36.85	250m:	2:58.41 36.30	350m:	4:11.19 35.72
	100m:	1:08.59 36.32	200m:	2:22.11	36.67	300m:	3:35.47 37.06	400m:	4:45.68 34.49

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 36, Masc., 400m Livres, Juv A e B

Lugar									Ano		Tempo final	Pts
26.	COUTINHO, David Valdagua								03	Columbofila Cantanhedense	4:48.39	444
	<i>FTL</i>											
	50m:	32.09	32.09	150m:	1:44.31	36.78	250m:	2:58.01	36.51	350m:	4:12.27	36.79
	100m:	1:07.53	35.44	200m:	2:21.50	37.19	300m:	3:35.48	37.47	400m:	4:48.39	36.12
27.	CABRAL, Rui Tomas								04	Academico Viseu	4:57.05	406
	<i>FTL</i>											
	50m:	31.88	31.88	150m:	1:46.39	38.26	250m:	3:02.82	38.75	350m:	4:20.25	38.85
	100m:	1:08.13	36.25	200m:	2:24.07	37.68	300m:	3:41.40	38.58	400m:	4:57.05	36.80
28.	OLIVEIRA, Goncalo Daniel								04	Fundacao Beatriz Santos	5:00.16	394
	<i>FTL</i>											
	50m:	30.01	30.01	150m:	1:36.99	34.54	250m:	2:57.76	46.49	350m:	4:20.99	41.06
	100m:	1:02.45	32.44	200m:	2:11.27	34.28	300m:	3:39.93	42.17	400m:	5:00.16	39.17
DSQ	SILVA, Joao Jose								03	Bairro dos Anjos/Bomcar		
	<i>Falsa partida</i>											

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

6 - 3ª Jornada - 2ª Sessão

14-07-2019 - 16:00

Prova 37 14-07-2019 - 16:00	Femin., 1500m Livres Entrega de Medalhas da prova nº 36				Absoluto Resultados
Rec Nacional Absoluto	16:15.60	DURAES, Diana Margarida	POR	Canet-en-Roussillon (FRA)	2018
Rec Nacional Sen	16:15.60	DURAES, Diana Margarida	POR	Canet-en-Roussillon (FRA)	2018
Rec Nacional Jun 17	16:20.80	HOLUB, Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	2016
Rec Nacional Jun 16	16:43.22	HOLUB, Tamila Hryhorivna	SCB	Singapore	2015
Rec Nacional Juv A	16:54.60	HOLUB, Tamila Hryhorivna	POR	Dordrecht (NED)	2014
Rec Nacional Juv B	17:34.28	VELOSO, Maria Miguel	CNAC	Coimbra	2007

TA ABS-FEM : 20:57.25

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts
1. QUEIROZ, Ana Rita	02	Condeixa Clube	17:57.17	624	
50m: 31.85 31.85	450m: 5:17.41 36.21	850m: 10:07.91 36.45	1250m: 14:57.94 36.10		
100m: 1:06.05 34.20	500m: 5:53.49 36.08	900m: 10:44.37 36.46	1300m: 15:33.80 35.86		
150m: 1:41.91 35.86	550m: 6:29.87 36.38	950m: 11:20.71 36.34	1350m: 16:10.16 36.36		
200m: 2:17.26 35.35	600m: 7:06.12 36.25	1000m: 11:57.42 36.71	1400m: 16:46.36 36.20		
250m: 2:53.33 36.07	650m: 7:42.52 36.40	1050m: 12:33.66 36.24	1450m: 17:22.54 36.18		
300m: 3:29.19 35.86	700m: 8:18.72 36.20	1100m: 13:10.08 36.42	1500m: 17:57.17 34.63		
350m: 4:05.31 36.12	750m: 8:55.03 36.31	1150m: 13:46.00 35.92			
400m: 4:41.20 35.89	800m: 9:31.46 36.43	1200m: 14:21.84 35.84			
2. ROSA, Mariana Carmo	05	Louzan Natacao/EFAPEL	18:15.26	593	
50m: 34.16 34.16	450m: 5:25.04 36.99	850m: 10:20.67 36.78	1250m: 15:15.27 36.87		
100m: 1:09.74 35.58	500m: 6:01.95 36.91	900m: 10:57.53 36.86	1300m: 15:52.12 36.85		
150m: 1:46.20 36.46	550m: 6:38.71 36.76	950m: 11:34.62 37.09	1350m: 16:28.65 36.53		
200m: 2:21.91 35.71	600m: 7:16.03 37.32	1000m: 12:11.78 37.16	1400m: 17:05.14 36.49		
250m: 2:58.30 36.39	650m: 7:52.96 36.93	1050m: 12:48.39 36.61	1450m: 17:41.08 35.94		
300m: 3:34.89 36.59	700m: 8:29.89 36.93	1100m: 13:25.13 36.74	1500m: 18:15.26 34.18		
350m: 4:11.51 36.62	750m: 9:06.81 36.92	1150m: 14:01.79 36.66			
400m: 4:48.05 36.54	800m: 9:43.89 37.08	1200m: 14:38.40 36.61			
3. FLORENCIO, Matilde Alves	04	Condeixa Clube	18:27.81	573	
50m: 33.00 33.00	450m: 5:26.69 37.26	850m: 10:24.63 36.92	1250m: 15:23.50 37.44		
100m: 1:08.38 35.38	500m: 6:03.73 37.04	900m: 11:01.73 37.10	1300m: 16:00.93 37.43		
150m: 1:44.82 36.44	550m: 6:41.11 37.38	950m: 11:39.22 37.49	1350m: 16:38.04 37.11		
200m: 2:21.39 36.57	600m: 7:18.44 37.33	1000m: 12:16.68 37.46	1400m: 17:14.99 36.95		
250m: 2:58.44 37.05	650m: 7:55.69 37.25	1050m: 12:53.96 37.28	1450m: 17:51.98 36.99		
300m: 3:35.39 36.95	700m: 8:33.04 37.35	1100m: 13:31.41 37.45	1500m: 18:27.81 35.83		
350m: 4:12.50 37.11	750m: 9:10.37 37.33	1150m: 14:08.76 37.35			
400m: 4:49.43 36.93	800m: 9:47.71 37.34	1200m: 14:46.06 37.30			
4. SOUSA, Ines Matos	03	Uniao Coimbra	18:38.36	557	
50m: 33.74 33.74	450m: 5:31.79 37.35	850m: 10:33.69 38.16	1250m: 15:33.41 37.03		
100m: 1:10.07 36.33	500m: 6:09.30 37.51	900m: 11:11.55 37.86	1300m: 16:11.02 37.61		
150m: 1:47.35 37.28	550m: 6:46.84 37.54	950m: 11:48.74 37.19	1350m: 16:48.19 37.17		
200m: 2:24.91 37.56	600m: 7:24.53 37.69	1000m: 12:26.28 37.54	1400m: 17:25.61 37.42		
250m: 3:02.11 37.20	650m: 8:01.94 37.41	1050m: 13:03.93 37.65	1450m: 18:02.04 36.43		
300m: 3:39.67 37.56	700m: 8:39.71 37.77	1100m: 13:41.62 37.69	1500m: 18:38.36 36.32		
350m: 4:16.83 37.16	750m: 9:17.47 37.76	1150m: 14:18.90 37.28			
400m: 4:54.44 37.61	800m: 9:55.53 38.06	1200m: 14:56.38 37.48			
5. VIANA, Margarida Violante	04	Bairro dos Anjos/Bomcar	18:40.32	554	
50m: 33.29 33.29	450m: 5:29.21 37.68	850m: 10:29.78 37.94	1250m: 15:32.94 38.40		
100m: 1:09.71 36.42	500m: 6:06.19 36.98	900m: 11:07.24 37.46	1300m: 16:11.00 38.06		
150m: 1:46.58 36.87	550m: 6:44.04 37.85	950m: 11:45.21 37.97	1350m: 16:49.09 38.09		
200m: 2:23.36 36.78	600m: 7:21.38 37.34	1000m: 12:22.73 37.52	1400m: 17:26.73 37.64		
250m: 3:00.46 37.10	650m: 7:59.05 37.67	1050m: 13:00.62 37.89	1450m: 18:04.18 37.45		
300m: 3:37.32 36.86	700m: 8:36.71 37.66	1100m: 13:38.34 37.72	1500m: 18:40.32 36.14		
350m: 4:14.53 37.21	750m: 9:14.52 37.81	1150m: 14:16.62 38.28			
400m: 4:51.53 37.00	800m: 9:51.84 37.32	1200m: 14:54.54 37.92			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 37, Femin., 1500m Livres, Absoluto

Lugar				Ano				Tempo final	Pts
6.	MARQUES, Mariana Nunes			03	Estarreja			18:53.65	535
	50m:	32.65	32.65	450m:	5:30.36	37.60	850m:	10:33.07	38.15
	100m:	1:09.07	36.42	500m:	6:08.44	38.08	900m:	11:11.38	38.31
	150m:	1:46.09	37.02	550m:	6:45.72	37.28	950m:	11:49.61	38.23
	200m:	2:22.92	36.83	600m:	7:23.45	37.73	1000m:	12:28.33	38.72
	250m:	3:00.32	37.40	650m:	8:01.23	37.78	1050m:	13:06.63	38.30
	300m:	3:37.48	37.16	700m:	8:39.20	37.97	1100m:	13:45.34	38.71
	350m:	4:15.15	37.67	750m:	9:16.97	37.77	1150m:	14:24.29	38.95
	400m:	4:52.76	37.61	800m:	9:54.92	37.95	1200m:	15:03.26	38.97
7.	NEVES, Sara Dias			03	Miranda do Corvo			19:23.79	494
	50m:	35.15	35.15	450m:	5:43.73	39.24	850m:	10:57.34	39.34
	100m:	1:12.44	37.29	500m:	6:22.80	39.07	900m:	11:36.48	39.14
	150m:	1:50.67	38.23	550m:	7:02.08	39.28	950m:	12:15.49	39.01
	200m:	2:29.06	38.39	600m:	7:41.13	39.05	1000m:	12:54.72	39.23
	250m:	3:07.92	38.86	650m:	8:20.35	39.22	1050m:	13:33.94	39.22
	300m:	3:46.55	38.63	700m:	8:59.53	39.18	1100m:	14:13.11	39.17
	350m:	4:25.46	38.91	750m:	9:39.02	39.49	1150m:	14:52.17	39.06
	400m:	5:04.49	39.03	800m:	10:18.00	38.98	1200m:	15:31.47	39.30
8.	FERREIRA, Leonor Marques			03	Campinho			20:03.01	447
	50m:	35.16	35.16	450m:	5:49.84	38.94	850m:	11:10.43	40.39
	100m:	1:14.18	39.02	500m:	6:29.85	40.01	900m:	11:50.93	40.50
	150m:	1:53.23	39.05	550m:	7:09.07	39.22	950m:	12:31.74	40.81
	200m:	2:33.06	39.83	600m:	7:49.23	40.16	1000m:	13:13.18	41.44
	250m:	3:12.33	39.27	650m:	8:29.05	39.82	1050m:	13:54.08	40.90
	300m:	3:51.88	39.55	700m:	9:09.60	40.55	1100m:	14:35.49	41.41
	350m:	4:31.12	39.24	750m:	9:49.47	39.87	1150m:	15:16.48	40.99
	400m:	5:10.90	39.78	800m:	10:30.04	40.57	1200m:	15:57.94	41.46
9.	CASTANHEIRA, Ana Sofia			04	Condeixa Clube			20:44.17	404
	50m:	36.46	36.46	450m:	6:09.20	41.53	850m:	11:45.08	41.66
	100m:	1:17.78	41.32	500m:	6:51.50	42.30	900m:	12:27.75	42.67
	150m:	1:58.62	40.84	550m:	7:33.39	41.89	950m:	13:09.50	41.75
	200m:	2:40.80	42.18	600m:	8:15.70	42.31	1000m:	13:51.90	42.40
	250m:	3:22.10	41.30	650m:	8:57.57	41.87	1050m:	14:33.84	41.94
	300m:	4:04.00	41.90	700m:	9:39.77	42.20	1100m:	15:16.11	42.27
	350m:	4:45.30	41.30	750m:	10:21.35	41.58	1150m:	15:58.21	42.10
	400m:	5:27.67	42.37	800m:	11:03.42	42.07	1200m:	16:40.83	42.62
EXH	CRAVEIRO, Matilde Neves			06	Academica de Coimbra			22:05.13	335
	<i>FTL</i>								
	50m:	32.93	32.93	450m:	5:57.18	56.38	850m:	12:18.01	46.82
	100m:	1:09.40	36.47	500m:	6:47.65	50.47	900m:	13:03.95	45.94
	150m:	1:46.05	36.65	550m:	7:35.20	47.55	950m:	13:51.09	47.14
	200m:	2:24.36	38.31	600m:	8:23.18	47.98	1000m:	14:37.50	46.41
	250m:	3:02.93	38.57	650m:	9:09.98	46.80	1050m:	15:23.71	46.21
	300m:	3:42.95	40.02	700m:	9:57.14	47.16	1100m:	16:09.81	46.10
	350m:	4:21.91	38.96	750m:	10:43.50	46.36	1150m:	16:55.56	45.75
	400m:	5:00.80	38.89	800m:	11:31.19	47.69	1200m:	17:41.45	45.89

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Prova 38 14-07-2019 - 16:20	Masc., 800m Livres Entrega de Medalhas da prova nº 35				Absoluto Resultados
Rec Nacional Absoluto	8:05.35	COSTA, Fernando Eurico	LSC	Aveiro	2007
Rec Nacional Sen	8:05.35	COSTA, Fernando Eurico	LSC	Aveiro	2007
Rec Nacional Jun 18	8:06.97	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	2016
Rec Nacional Jun 17	8:13.49	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	2010
Rec Nacional Juv A	8:23.54	SANTA, Gustavo Manuel	POR	Tampere (FIN)	2009
Rec Nacional Juv B	8:43.31	JORGE, Duarte Miguel	CGA	Oeiras	2016
Rec Nacional Inf A	8:54.25	OLIVEIRA, Pedro Fontoura	CFB	Lisboa	2004

TA ABS-MASC : 9:57.17

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts
1. AMARAL, Francisco Rodriguez	02	Campinho	8:36.66	670	
50m: 30.23 30.23	250m: 2:42.35 33.11	450m: 4:53.20 32.27	650m: 7:03.11 32.01		
100m: 1:02.99 32.76	300m: 3:15.35 33.00	500m: 5:25.73 32.53	700m: 7:35.32 32.21		
150m: 1:36.07 33.08	350m: 3:48.09 32.74	550m: 5:58.49 32.76	750m: 8:07.39 32.07		
200m: 2:09.24 33.17	400m: 4:20.93 32.84	600m: 6:31.10 32.61	800m: 8:36.66 29.27		
2. JORGE, Duarte Miguel	01	Galitos / Bresimar	8:37.59	666	
50m: 30.65 30.65	250m: 2:41.95 33.03	450m: 4:52.38 32.02	650m: 7:02.14 32.41		
100m: 1:03.42 32.77	300m: 3:14.69 32.74	500m: 5:24.56 32.18	700m: 7:34.75 32.61		
150m: 1:35.86 32.44	350m: 3:47.65 32.96	550m: 5:57.22 32.66	750m: 8:07.57 32.82		
200m: 2:08.92 33.06	400m: 4:20.36 32.71	600m: 6:29.73 32.51	800m: 8:37.59 30.02		
3. CLARA, Vitor Belo <i>Rec Nacional</i>	04	Bairro dos Anjos/Bomcar	8:37.90	665	
50m: 30.05 30.05	250m: 2:40.92 32.57	450m: 4:52.36 32.84	650m: 7:03.23 32.10		
100m: 1:02.85 32.80	300m: 3:13.78 32.86	500m: 5:25.49 33.13	700m: 7:35.94 32.71		
150m: 1:35.67 32.82	350m: 3:46.47 32.69	550m: 5:58.34 32.85	750m: 8:07.52 31.58		
200m: 2:08.35 32.68	400m: 4:19.52 33.05	600m: 6:31.13 32.79	800m: 8:37.90 30.38		
4. MACHADO, Martim Miranda	03	Uniao Coimbra	8:58.97	590	
50m: 30.34 30.34	250m: 2:44.33 33.99	450m: 5:02.16 35.24	650m: 7:20.05 34.73		
100m: 1:03.29 32.95	300m: 3:18.04 33.71	500m: 5:36.56 34.40	700m: 7:52.99 32.94		
150m: 1:37.06 33.77	350m: 3:52.03 33.99	550m: 6:11.30 34.74	750m: 8:26.29 33.30		
200m: 2:10.34 33.28	400m: 4:26.92 34.89	600m: 6:45.32 34.02	800m: 8:58.97 32.68		
5. FROTA, Paulo Andre	02	Condeixa Clube	8:59.79	587	
50m: 31.77 31.77	250m: 2:50.41 35.31	450m: 5:08.17 33.34	650m: 7:22.14 33.92		
100m: 1:05.84 34.07	300m: 3:24.86 34.45	500m: 5:41.48 33.31	700m: 7:55.96 33.82		
150m: 1:40.51 34.67	350m: 3:59.96 35.10	550m: 6:14.97 33.49	750m: 8:29.47 33.51		
200m: 2:15.10 34.59	400m: 4:34.83 34.87	600m: 6:48.22 33.25	800m: 8:59.79 30.32		
6. LOPES, Miguel Sanches	01	Academico Viseu	9:10.47	554	
50m: 30.49 30.49	250m: 2:46.67 34.88	450m: 5:08.02 35.22	650m: 7:29.89 35.18		
100m: 1:03.67 33.18	300m: 3:21.75 35.08	500m: 5:43.57 35.55	700m: 8:04.79 34.90		
150m: 1:37.70 34.03	350m: 3:57.13 35.38	550m: 6:19.24 35.67	750m: 8:38.69 33.90		
200m: 2:11.79 34.09	400m: 4:32.80 35.67	600m: 6:54.71 35.47	800m: 9:10.47 31.78		
7. SANTOS, Rui Mamede	04	Uniao Coimbra	9:10.80	553	
50m: 30.98 30.98	250m: 2:50.47 35.16	450m: 5:10.38 34.90	650m: 7:30.85 35.02		
100m: 1:05.20 34.22	300m: 3:25.77 35.30	500m: 5:45.77 35.39	700m: 8:05.75 34.90		
150m: 1:40.41 35.21	350m: 4:00.69 34.92	550m: 6:20.95 35.18	750m: 8:40.72 34.97		
200m: 2:15.31 34.90	400m: 4:35.48 34.79	600m: 6:55.83 34.88	800m: 9:10.80 30.08		
8. SANTOS, Guilherme Clara	02	Estamos Juntos	9:24.95	512	
50m: 31.74 31.74	250m: 2:52.42 34.84	450m: 5:14.67 35.51	650m: 7:39.17 36.13		
100m: 1:06.95 35.21	300m: 3:27.88 35.46	500m: 5:50.86 36.19	700m: 8:15.08 35.91		
150m: 1:42.07 35.12	350m: 4:03.30 35.42	550m: 6:27.08 36.22	750m: 8:50.60 35.52		
200m: 2:17.58 35.51	400m: 4:39.16 35.86	600m: 7:03.04 35.96	800m: 9:24.95 34.35		
9. SOUSA, Duarte Anastacio	02	Uniao Coimbra	9:32.57	492	
50m: 30.49 30.49	250m: 2:51.77 36.26	450m: 5:16.37 35.93	650m: 7:42.76 36.88		
100m: 1:04.53 34.04	300m: 3:27.66 35.89	500m: 5:53.12 36.75	700m: 8:19.76 37.00		
150m: 1:39.80 35.27	350m: 4:03.76 36.10	550m: 6:29.41 36.29	750m: 8:56.33 36.57		
200m: 2:15.51 35.71	400m: 4:40.44 36.68	600m: 7:05.88 36.47	800m: 9:32.57 36.24		

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Prova 38, Masc., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
10. SOLODYUK, Micael Kovalchuk	03 Natacao de Vagos	9:43.35	465
50m: 32.13 32.13	250m: 2:58.17 37.12	450m: 5:26.56 37.28	650m: 7:54.74 36.98
100m: 1:07.49 35.36	300m: 3:35.15 36.98	500m: 6:03.95 37.39	700m: 8:31.87 37.13
150m: 1:44.14 36.65	350m: 4:12.19 37.04	550m: 6:41.03 37.08	750m: 9:08.06 36.19
200m: 2:21.05 36.91	400m: 4:49.28 37.09	600m: 7:17.76 36.73	800m: 9:43.35 35.29
DNS TRAVASSOS, Rodrigo Alexandre	02 Individual ANC		
EXH VIEIRA, Eduardo Gabriel	05 Bombeiros Mealhada/ CA	10:34.87	361
FTL			
50m: 29.97 29.97	250m: 2:54.63 38.20	450m: 5:35.38 47.80	650m: 8:29.20 42.91
100m: 1:03.30 33.33	300m: 3:32.95 38.32	500m: 6:19.05 43.67	700m: 9:12.45 43.25
150m: 1:39.94 36.64	350m: 4:10.59 37.64	550m: 7:02.44 43.39	750m: 9:54.57 42.12
200m: 2:16.43 36.49	400m: 4:47.58 36.99	600m: 7:46.29 43.85	800m: 10:34.87 40.30

Prova 39 Femin., 100m Livres Absoluto Resultados

Rec Nacional Absoluto	56.39	RODRIGUES, Ana Pinho	ADS	Coimbra	2019
Rec Nacional Sen	56.39	RODRIGUES, Ana Pinho	ADS	Coimbra	2019
Rec Nacional Jun 17	56.56	SOUZA, Ana Reis	SAD	Coimbra	2019
Rec Nacional Jun 16	57.11	SOUZA, Ana Reis	POR	Helsinki (FIN)	2018
Rec Nacional Juv A	57.75	ROSA, Maria Carolina	POR	Prague (CZE)	2009
Rec Nacional Juv B	59.10	FERNANDES, Carolina Miranda	CGA	Coimbra	2019

TA ABS-FEM : 1:12.22 / TA JUVA-FEM Juv A: 1:15.83 / TA JUVB-FEM Juv B: 1:18.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RODRIGUES, Ana Margarida	96 Galitos / Bresimar	59.57	654
50m: 29.36 29.36	100m: 59.57 30.21		
2. MARQUES, Maria Vieira	04 Natacao de Vagos	59.87	644
50m: 28.91 28.91	100m: 59.87 30.96		
3. AMADOR, Joana Costa	01 Galitos / Bresimar	59.90	643
50m: 29.59 29.59	100m: 59.90 30.31		
4. REBELO, Camila Rodrigues	03 Louzan Natacao/EFAPEL	1:00.26	631
50m: 29.53 29.53	100m: 1:00.26 30.73		
5. RODRIGUES, Joana Francisca	04 Uniao Coimbra	1:00.58	621
50m: 29.09 29.09	100m: 1:00.58 31.49		
6. RODRIGUES, Helena Nunes	03 Alges e Agueda XXI	1:00.78	615
50m: 29.91 29.91	100m: 1:00.78 30.87		
7. VARGAS, Giovanna Vaz	00 Nautico Marinha Grande	1:01.20	603
50m: 29.57 29.57	100m: 1:01.20 31.63		
8. CRAVEIRO, Beatriz Neves	97 Academica de Coimbra	1:01.23	602
50m: 29.85 29.85	100m: 1:01.23 31.38		
9. ALVES, Sara Sofia	01 Columbofila Cantanhedense	1:01.50	594
50m: 29.99 29.99	100m: 1:01.50 31.51		
10. VEIGA, Ana Filipa	01 Gafanha da Encarnacao	1:01.61	591
50m: 30.00 30.00	100m: 1:01.61 31.61		
11. PEREIRA, Carolina Rei	05 Natacao de Vagos	1:01.70	588
50m: 29.83 29.83	100m: 1:01.70 31.87		
12. TEJO, Beatriz Costa	02 Academica de Coimbra	1:01.77	586
50m: 29.77 29.77	100m: 1:01.77 32.00		
13. MOITEIRO, Bruna Silva	04 Nautico Marinha Grande	1:01.81	585
50m: 29.66 29.66	100m: 1:01.81 32.15		

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Prova 39, Femin., 100m Livres, Absoluto

Lugar				Ano		Tempo final	Pts
14.	FRAZAO, Alexandra Couto	02	Condeixa Clube		1:01.86	584	
	50m: 30.24 30.24	100m: 1:01.86	31.62				
15.	MOREIRA, Matilde Freitas	01	Academica de Coimbra		1:01.91	582	
	50m: 29.51 29.51	100m: 1:01.91	32.40				
16.	SANTOS, Ana Pedro	02	Galitos / Bresimar		1:02.20	574	
	50m: 30.05 30.05	100m: 1:02.20	32.15				
17.	SILVA, Camila Alexandra	03	Columbofila Cantanhedense		1:02.49	566	
	50m: 30.36 30.36	100m: 1:02.49	32.13				
18.	PEREIRA, Ines Eira	99	Estarreja		1:02.80	558	
	50m: 30.91 30.91	100m: 1:02.80	31.89				
19.	COSTA, Joana Santos	04	Galitos / Bresimar		1:02.83	557	
	50m: 30.77 30.77	100m: 1:02.83	32.06				
20.	GAMEIRO, Matilde Domingues	97	Nautico Academico		1:03.02	552	
	50m: 30.28 30.28	100m: 1:03.02	32.74				
21.	SILVA, Ana Filipa	04	Academica de Coimbra		1:03.09	550	
	50m: 30.71 30.71	100m: 1:03.09	32.38				
22.	NEVES, Ana Carolina	00	Academica de Coimbra		1:03.18	548	
	50m: 29.97 29.97	100m: 1:03.18	33.21				
23.	MONTEIRO, Margarida Cabral	02	Galitos / Bresimar		1:03.33	544	
	50m: 30.57 30.57	100m: 1:03.33	32.76				
24.	JACINTO, Ines Filipa	03	Bairro dos Anjos/Bomcar		1:03.54	538	
	50m: 30.43 30.43	100m: 1:03.54	33.11				
25.	MONTEIRO, Ana Carolina	04	Uniao Coimbra		1:03.65	536	
	50m: 30.64 30.64	100m: 1:03.65	33.01				
26.	OLIVEIRA, Claudia Sofia	02	Sanjoanense/FEPSA		1:03.89	530	
	50m: 30.28 30.28	100m: 1:03.89	33.61				
27.	BELO, Rita Afonso	02	Benedita		1:03.90	529	
	50m: 30.34 30.34	100m: 1:03.90	33.56				
28.	CORREIA, Beatriz Santos	04	Academico Viseu		1:03.95	528	
	50m: 30.94 30.94	100m: 1:03.95	33.01				
29.	PINHEIRO, Ines Mariana	03	Academica de Coimbra		1:04.20	522	
	50m: 30.73 30.73	100m: 1:04.20	33.47				
30.	PIRES, Beatriz Almeida	03	Uniao Coimbra		1:04.39	517	
	50m: 30.88 30.88	100m: 1:04.39	33.51				
31.	SOARES, Ana Beatriz	03	Feirense		1:04.50	515	
	50m: 30.86 30.86	100m: 1:04.50	33.64				
32.	LOPES, Sara Santos	03	Bairro dos Anjos/Bomcar		1:04.69	510	
	50m: 30.87 30.87	100m: 1:04.69	33.82				
33.	ALVES, Maria Francisca	04	Bairro dos Anjos/Bomcar		1:04.71	510	
	50m: 30.92 30.92	100m: 1:04.71	33.79				
34.	SEQUEIRA, Leonor Ferreira	05	Galitos / Bresimar		1:04.77	508	
	50m: 31.77 31.77	100m: 1:04.77	33.00				
35.	VIANA, Jacinta Martins	04	Natacao de Vagos		1:04.87	506	
	50m: 31.18 31.18	100m: 1:04.87	33.69				
36.	VASCONCELOS, Lara Rodrigues	05	Galitos / Bresimar		1:04.97	504	
	50m: 30.33 30.33	100m: 1:04.97	34.64				
37.	MELO, Maria Miguel	02	Galitos / Bresimar		1:05.26	497	
	50m: 31.12 31.12	100m: 1:05.26	34.14				

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Prova 39, Femin., 100m Livres, Absoluto

Lugar					Ano		Tempo final	Pts
38.	SIMOES, Rita Mendes			04	Bairro dos Anjos/Bomcar	1:05.31	496	
	50m: 31.29 31.29	100m: 1:05.31			34.02			
39.	CASTRO, Andreia Rodrigues			01	Estarreja	1:05.37	494	
	50m: 31.59 31.59	100m: 1:05.37			33.78			
40.	ALMEIDA, Catarina Nunes			04	Galitos / Bresimar	1:05.38	494	
	50m: 31.66 31.66	100m: 1:05.38			33.72			
41.	ALVES, Joana Silva			05	Benedita	1:05.52	491	
	50m: 31.70 31.70	100m: 1:05.52			33.82			
42.	MELO, Barbara Azambujo			02	Academica de Coimbra	1:05.60	489	
	50m: 30.95 30.95	100m: 1:05.60			34.65			
43.	CUNHA, Beatriz Pereira			01	Academico Viseu	1:05.61	489	
	50m: 31.53 31.53	100m: 1:05.61			34.08			
44.	GONCALVES, Ana Francisca			02	Academico Viseu	1:05.65	488	
	50m: 32.09 32.09	100m: 1:05.65			33.56			
45.	COUTINHO, Maria Martim			04	Bairro dos Anjos/Bomcar	1:05.88	483	
	50m: 31.58 31.58	100m: 1:05.88			34.30			
46.	TOMAS, Beatriz Monteiro			03	Fundacao Beatriz Santos	1:05.95	482	
	50m: 31.24 31.24	100m: 1:05.95			34.71			
47.	SANTOS, Diana Sofia			02	Estarreja	1:05.96	481	
	50m: 31.60 31.60	100m: 1:05.96			34.36			
48.	DIAS, Beatriz Castanheira			99	Academica de Coimbra	1:06.01	480	
	50m: 31.88 31.88	100m: 1:06.01			34.13			
49.	MELO, Beatriz Coelho			05	Feirense	1:06.22	476	
	50m: 31.83 31.83	100m: 1:06.22			34.39			
50.	MELO, Ines Pinheiro			01	Sporting de Espinho	1:06.34	473	
	50m: 32.17 32.17	100m: 1:06.34			34.17			
51.	ESTEVES, Ana Jorge			01	Gafanha da Encarnacao	1:06.39	472	
	50m: 31.78 31.78	100m: 1:06.39			34.61			
52.	JORGE, Maria Beatriz			00	Nautico Academico	1:06.64	467	
	50m: 32.58 32.58	100m: 1:06.64			34.06			
53.	COSTA, Joana Ferreira			05	Feirense	1:06.73	465	
	50m: 31.94 31.94	100m: 1:06.73			34.79			
54.	ABREU, Sofia Viola			04	Naval de Peniche	1:06.79	464	
	50m: 32.15 32.15	100m: 1:06.79			34.64			
55.	SIMOES, Barbara Almeida			05	Uniao Coimbra	1:06.82	463	
	50m: 31.62 31.62	100m: 1:06.82			35.20			
56.	CARRILHO, Lara Alexandra			01	Academico Viseu	1:06.85	462	
	50m: 32.33 32.33	100m: 1:06.85			34.52			
57.	MACHADO, Raquel Cruz			03	Estamos Juntos	1:06.86	462	
	50m: 31.61 31.61	100m: 1:06.86			35.25			
58.	SILVA, Constanca Alexandra			04	Pimpoes/Cimai	1:06.92	461	
	50m: 31.90 31.90	100m: 1:06.92			35.02			
59.	LAGOA, Laura Macedo			04	Bairro dos Anjos/Bomcar	1:06.97	460	
	50m: 32.80 32.80	100m: 1:06.97			34.17			
60.	MARTINS, Maria Esteves			01	Galitos / Bresimar	1:07.07	458	
	50m: 31.44 31.44	100m: 1:07.07			35.63			
61.	PEDROSA, Carolina Pereira			02	Vieirense	1:07.10	457	
	50m: 32.16 32.16	100m: 1:07.10			34.94			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 39, Femin., 100m Livres, Absoluto

Lugar				Ano		Tempo final	Pts
62.	CASTRO, Maria Joao			04	Sporting de Aveiro	1:07.43	450
	50m: 32.21 32.21	100m: 1:07.43			35.22		
63.	RESENDE, Eva Pinho			04	Estarreja	1:07.44	450
	50m: 32.55 32.55	100m: 1:07.44			34.89		
64.	RODRIGUES, Ana Luisa			03	Louzan Natacao/EFAPEL	1:07.50	449
	50m: 32.84 32.84	100m: 1:07.50			34.66		
65.	SILVA, Beatriz Margarido			05	Natacao de Vagos	1:07.55	448
	50m: 32.30 32.30	100m: 1:07.55			35.25		
66.	JUNQUEIRA, Manuela Paccola			05	Naval de Peniche	1:07.57	448
	50m: 32.02 32.02	100m: 1:07.57			35.55		
67.	SANTOS, Marta Cecilia			04	Estarreja	1:07.61	447
	50m: 32.50 32.50	100m: 1:07.61			35.11		
68.	LOPES, Margarida Santos			04	Estarreja	1:07.62	447
	50m: 32.69 32.69	100m: 1:07.62			34.93		
69.	STELMASHCHUK, Catarina Cruz			05	Natacao de Vagos	1:07.76	444
	50m: 32.50 32.50	100m: 1:07.76			35.26		
70.	PEREIRA, Marta Monteiro			04	O Crasto	1:07.91	441
	50m: 32.44 32.44	100m: 1:07.91			35.47		
71.	PEREIRA, Beatriz Sofia			04	Bombeiros Mealhada/ CA	1:07.92	441
	50m: 32.83 32.83	100m: 1:07.92			35.09		
72.	DIAS, Iara Filipa			05	Naval de Peniche	1:08.07	438
	50m: 31.82 31.82	100m: 1:08.07			36.25		
73.	RIBEIRO, Carolina Goncalves			04	O Crasto	1:08.15	436
	50m: 32.44 32.44	100m: 1:08.15			35.71		
74.	DIAS, Ines Silva			05	Estarreja	1:08.45	431
	50m: 33.07 33.07	100m: 1:08.45			35.38		
75.	DIONISIO, Maria Ines			04	Fundacao Beatriz Santos	1:08.71	426
	50m: 32.66 32.66	100m: 1:08.71			36.05		
76.	PINTO, Susana Ferreira			01	Gafanha da Encarnacao	1:08.74	425
	50m: 33.01 33.01	100m: 1:08.74			35.73		
77.	CARVALHO, Maria Silva			05	Pimpoes/Cimai	1:08.84	423
	50m: 32.74 32.74	100m: 1:08.84			36.10		
78.	TRINDADE, Maria Eduarda			04	Estamos Juntos	1:08.95	421
	50m: 33.32 33.32	100m: 1:08.95			35.63		
79.	BARBOSA, Telma Eduarda			03	Galitos / Bresimar	1:08.97	421
	50m: 32.26 32.26	100m: 1:08.97			36.71		
80.	SIMAO, Renata Bandeira			04	Estarreja	1:09.21	417
	50m: 33.29 33.29	100m: 1:09.21			35.92		
81.	MONTEIRO, Ana Rita			01	Sporting de Espinho	1:09.43	413
	50m: 33.37 33.37	100m: 1:09.43			36.06		
82.	ROCHA, Maria Joao			00	Sanjoanense/FEPSA	1:09.48	412
	50m: 33.26 33.26	100m: 1:09.48			36.22		
83.	SILVA, Maria Joao			00	Estarreja	1:09.83	406
	50m: 33.47 33.47	100m: 1:09.83			36.36		
84.	FERREIRA, Marta Carolina			05	Academico Viseu	1:09.87	405
	50m: 33.80 33.80	100m: 1:09.87			36.07		
85.	MADEIRA, Maria Jose			02	Bombeiros Mealhada/ CA	1:09.92	404
	50m: 33.31 33.31	100m: 1:09.92			36.61		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 39, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
86. MARGATO, Laura Rodrigues 50m: 33.90 33.90 100m: 1:10.12 36.22	04 Academica de Coimbra	1:10.12	401
87. REIS, Maria Joao 50m: 34.08 34.08 100m: 1:10.18 36.10	04 Nautico Marinha Grande	1:10.18	400
88. LOURA, Beatriz Borges 50m: 33.77 33.77 100m: 1:10.43 36.66	04 Campinho	1:10.43	395
89. GAMA, Beatriz Sa 50m: 33.49 33.49 100m: 1:10.57 37.08	05 Condeixa Clube	1:10.57	393
90. LIMA, Ana Cristina 50m: 32.81 32.81 100m: 1:10.79 37.98	05 Sporting de Espinho	1:10.79	389
91. LOBO, Maria Fernandes 50m: 33.87 33.87 100m: 1:10.98 37.11	05 Nautico Academico	1:10.98	386
92. VIEIRA, Daniela Sofia 50m: 33.97 33.97 100m: 1:11.06 37.09	01 Feirense	1:11.06	385
93. NOGUEIRA, Rita Santos 50m: 32.89 32.89 100m: 1:11.27 38.38	03 Uniao Coimbra	1:11.27	381
94. OLIVEIRA, Vanessa Sofia 50m: 34.21 34.21 100m: 1:11.36 37.15	05 Galitos / Bresimar	1:11.36	380
95. FELIX, Ines Silva 50m: 33.54 33.54 100m: 1:11.41 37.87	04 Sporting de Aveiro	1:11.41	379
96. MESQUITA, Catarina lourtaeva 50m: 33.85 33.85 100m: 1:11.65 37.80	05 Natacao de Vagos	1:11.65	375
97. RIBEIRO, Maria Joao 50m: 34.33 34.33 100m: 1:11.67 37.34	05 Feirense	1:11.67	375
98. NOIVO, Adriana Martins 50m: 34.55 34.55 100m: 1:11.76 37.21	03 Naval de Peniche	1:11.76	374
OLIVEIRA, Diana Costa 50m: 34.51 34.51 100m: 1:11.76 37.25	04 Uniao Coimbra	1:11.76	374
100. RODRIGUES, Maria Beatriz 50m: 34.56 34.56 100m: 1:11.96 37.40	04 Condeixa Clube	1:11.96	371
101. AFONSO, Beatriz Beja <i>FTL</i> 50m: 34.93 34.93 100m: 1:12.28 37.35	04 Academica de Coimbra	1:12.28	366
102. DIAS, Maria Beatriz <i>FTL</i> 50m: 34.10 34.10 100m: 1:12.38 38.28	05 Sporting de Aveiro	1:12.38	364
103. VIEIRA, Filipa Victor <i>FTL</i> 50m: 34.44 34.44 100m: 1:12.51 38.07	04 Academica de Coimbra	1:12.51	362
104. SILVA, Ema Santos <i>FTL</i> 50m: 34.50 34.50 100m: 1:12.71 38.21	03 Feirense	1:12.71	359
105. PACHECO, Mariana Martins <i>FTL</i> 50m: 34.70 34.70 100m: 1:12.73 38.03	03 Desporto de Tondela	1:12.73	359
106. GASPAR, Maria Ines <i>FTL</i> 50m: 35.44 35.44 100m: 1:12.77 37.33	05 Miranda do Corvo	1:12.77	358

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Coimbra, 12, 13 e 14 Julho 2019

Prova 39, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
107. PLAZA, Rita Azevedo <i>FTL</i> 50m: 35.66 35.66 100m: 1:13.40 37.74	02 Sanjoanense/FEPSA	1:13.40	349
108. HENRIQUES, Sara Miguel <i>FTL</i> 50m: 34.91 34.91 100m: 1:14.01 39.10	04 Desporto de Tondela	1:14.01	341
109. COSTA, Erica Regina <i>FTL</i> 50m: 35.66 35.66 100m: 1:14.38 38.72	02 Estamos Juntos	1:14.38	336
110. LEAL, Mariana Dias <i>FTL</i> 50m: 35.96 35.96 100m: 1:14.69 38.73	04 Gafanha da Encarnacao	1:14.69	331
111. TEJO, Maria Costa <i>FTL</i> 50m: 35.77 35.77 100m: 1:15.00 39.23	05 Academica de Coimbra	1:15.00	327
112. SERRAO, Sara Andreia <i>FTL</i> 50m: 36.60 36.60 100m: 1:15.47 38.87	05 Naval de Peniche	1:15.47	321
113. FERNANDES, Ana Catarina <i>FTL</i> 50m: 35.35 35.35 100m: 1:15.74 40.39	05 Campinho	1:15.74	318
114. SILVA, Catarina Rodrigues <i>FTL</i> 50m: 36.10 36.10 100m: 1:15.84 39.74	04 Naval de Peniche	1:15.84	316
115. CARVALHO, Laura Torrao <i>FTL</i> 50m: 36.22 36.22 100m: 1:16.07 39.85	05 Nautico Academico	1:16.07	314
116. PACHECO, Lara Borges <i>FTL</i> 50m: 35.85 35.85 100m: 1:16.33 40.48	02 Desporto de Tondela	1:16.33	310
117. ABREU, Diana Sofia <i>FTL</i> 50m: 37.25 37.25 100m: 1:16.52 39.27	04 Campinho	1:16.52	308
118. TAVARES, Salome Simoes <i>FTL</i> 50m: 36.06 36.06 100m: 1:16.77 40.71	04 Gafanha da Encarnacao	1:16.77	305
119. URBANO, Sara Cruz <i>FTL</i> 50m: 37.22 37.22 100m: 1:16.98 39.76	03 Bombeiros Mealhada/ CA	1:16.98	303
120. HENRIQUES, Carlota Sousa <i>FTL</i> 50m: 36.68 36.68 100m: 1:17.08 40.40	04 Desporto de Tondela	1:17.08	301
121. PISSARRO, Filipa Moniz <i>FTL</i> 50m: 36.91 36.91 100m: 1:18.23 41.32	05 Academica de Coimbra	1:18.23	288

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Prova 39, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
122. ESTEVES, Diana Morgado <i>FTL</i>	04 Desporto de Tondela	1:18.46	286
50m: 36.77 36.77 100m: 1:18.46 41.69			
123. MARQUES, Margarida Dinis <i>FTL</i>	03 Desporto de Tondela	1:18.55	285
50m: 36.89 36.89 100m: 1:18.55 41.66			
124. ASCENSO, Maria Pedro <i>FTL</i>	04 Nautico Academico	1:19.82	271
50m: 38.11 38.11 100m: 1:19.82 41.71			
125. ALMEIDA, Bruna Alexandra <i>FTL</i>	05 Desporto de Tondela	1:22.16	249
50m: 38.52 38.52 100m: 1:22.16 43.64			
126. FERREIRA, Ines Sofia <i>FTL</i>	04 Desporto de Tondela	1:26.67	212
50m: 40.24 40.24 100m: 1:26.67 46.43			
DNS CARVALHO, Bruna Cruz	03 S. Pedro Alva		
DNS DINIS, Helena Carolina	05 Academica de Coimbra		

Prova 39

Femin., 100m Livres

Juv A e B

14-07-2019 - 16:45

Resultados

Rec Nacional Absoluto	56.39	RODRIGUES, Ana Pinho	ADS	Coimbra	2019
Rec Nacional Juv A	57.75	ROSA, Maria Carolina	POR	Prague (CZE)	2009
Rec Nacional Juv B	59.10	FERNANDES, Carolina Miranda	CGA	Coimbra	2019

TA ABS-FEM Absoluto: 1:12.22 / TA JUVA-FEM Juv A: 1:15.83 / TA JUVB-FEM Juv B: 1:18.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MARQUES, Maria Vieira	04 Natacao de Vagos	59.87	644
50m: 28.91 28.91 100m: 59.87 30.96			
2. RODRIGUES, Joana Francisca	04 Uniao Coimbra	1:00.58	621
50m: 29.09 29.09 100m: 1:00.58 31.49			
3. PEREIRA, Carolina Rei	05 Natacao de Vagos	1:01.70	588
50m: 29.83 29.83 100m: 1:01.70 31.87			
4. MOITEIRO, Bruna Silva	04 Nautico Marinha Grande	1:01.81	585
50m: 29.66 29.66 100m: 1:01.81 32.15			
5. COSTA, Joana Santos	04 Galitos / Bresimar	1:02.83	557
50m: 30.77 30.77 100m: 1:02.83 32.06			
6. SILVA, Ana Filipa	04 Academica de Coimbra	1:03.09	550
50m: 30.71 30.71 100m: 1:03.09 32.38			
7. MONTEIRO, Ana Carolina	04 Uniao Coimbra	1:03.65	536
50m: 30.64 30.64 100m: 1:03.65 33.01			
8. CORREIA, Beatriz Santos	04 Academico Viseu	1:03.95	528
50m: 30.94 30.94 100m: 1:03.95 33.01			
9. ALVES, Maria Francisca	04 Bairro dos Anjos/Bomcar	1:04.71	510
50m: 30.92 30.92 100m: 1:04.71 33.79			
10. SEQUEIRA, Leonor Ferreira	05 Galitos / Bresimar	1:04.77	508
50m: 31.77 31.77 100m: 1:04.77 33.00			
11. VIANA, Jacinta Martins	04 Natacao de Vagos	1:04.87	506
50m: 31.18 31.18 100m: 1:04.87 33.69			

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Prova 39, Femin., 100m Livres, Juv A e B

Lugar					Ano		Tempo final	Pts
12.	VASCONCELOS, Lara Rodrigues	05	Galitos / Bresimar			1:04.97	504	
	50m: 30.33 30.33	100m: 1:04.97	34.64					
13.	SIMOES, Rita Mendes	04	Bairro dos Anjos/Bomcar			1:05.31	496	
	50m: 31.29 31.29	100m: 1:05.31	34.02					
14.	ALMEIDA, Catarina Nunes	04	Galitos / Bresimar			1:05.38	494	
	50m: 31.66 31.66	100m: 1:05.38	33.72					
15.	ALVES, Joana Silva	05	Benedita			1:05.52	491	
	50m: 31.70 31.70	100m: 1:05.52	33.82					
16.	COUTINHO, Maria Martim	04	Bairro dos Anjos/Bomcar			1:05.88	483	
	50m: 31.58 31.58	100m: 1:05.88	34.30					
17.	MELO, Beatriz Coelho	05	Feirense			1:06.22	476	
	50m: 31.83 31.83	100m: 1:06.22	34.39					
18.	COSTA, Joana Ferreira	05	Feirense			1:06.73	465	
	50m: 31.94 31.94	100m: 1:06.73	34.79					
19.	ABREU, Sofia Viola	04	Naval de Peniche			1:06.79	464	
	50m: 32.15 32.15	100m: 1:06.79	34.64					
20.	SIMOES, Barbara Almeida	05	Uniao Coimbra			1:06.82	463	
	50m: 31.62 31.62	100m: 1:06.82	35.20					
21.	SILVA, Constanca Alexandra	04	Pimpoes/Cimai			1:06.92	461	
	50m: 31.90 31.90	100m: 1:06.92	35.02					
22.	LAGOA, Laura Macedo	04	Bairro dos Anjos/Bomcar			1:06.97	460	
	50m: 32.80 32.80	100m: 1:06.97	34.17					
23.	CASTRO, Maria Joao	04	Sporting de Aveiro			1:07.43	450	
	50m: 32.21 32.21	100m: 1:07.43	35.22					
24.	RESENDE, Eva Pinho	04	Estarreja			1:07.44	450	
	50m: 32.55 32.55	100m: 1:07.44	34.89					
25.	SILVA, Beatriz Margarido	05	Natacao de Vagos			1:07.55	448	
	50m: 32.30 32.30	100m: 1:07.55	35.25					
26.	JUNQUEIRA, Manuela Paccola	05	Naval de Peniche			1:07.57	448	
	50m: 32.02 32.02	100m: 1:07.57	35.55					
27.	SANTOS, Marta Cecilia	04	Estarreja			1:07.61	447	
	50m: 32.50 32.50	100m: 1:07.61	35.11					
28.	LOPES, Margarida Santos	04	Estarreja			1:07.62	447	
	50m: 32.69 32.69	100m: 1:07.62	34.93					
29.	STELMASHCHUK, Catarina Cruz	05	Natacao de Vagos			1:07.76	444	
	50m: 32.50 32.50	100m: 1:07.76	35.26					
30.	PEREIRA, Marta Monteiro	04	O Crasto			1:07.91	441	
	50m: 32.44 32.44	100m: 1:07.91	35.47					
31.	PEREIRA, Beatriz Sofia	04	Bombeiros Mealhada/ CA			1:07.92	441	
	50m: 32.83 32.83	100m: 1:07.92	35.09					
32.	DIAS, Iara Filipa	05	Naval de Peniche			1:08.07	438	
	50m: 31.82 31.82	100m: 1:08.07	36.25					
33.	RIBEIRO, Carolina Goncalves	04	O Crasto			1:08.15	436	
	50m: 32.44 32.44	100m: 1:08.15	35.71					
34.	DIAS, Ines Silva	05	Estarreja			1:08.45	431	
	50m: 33.07 33.07	100m: 1:08.45	35.38					
35.	DIONISIO, Maria Ines	04	Fundacao Beatriz Santos			1:08.71	426	
	50m: 32.66 32.66	100m: 1:08.71	36.05					

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Lugar					Ano		Tempo final	Pts
36.	CARVALHO, Maria Silva			05	Pimpoes/Cimai	1:08.84	423	
	50m: 32.74 32.74	100m: 1:08.84	36.10					
37.	TRINDADE, Maria Eduarda			04	Estamos Juntos	1:08.95	421	
	50m: 33.32 33.32	100m: 1:08.95	35.63					
38.	SIMAO, Renata Bandeira			04	Estarreja	1:09.21	417	
	50m: 33.29 33.29	100m: 1:09.21	35.92					
39.	FERREIRA, Marta Carolina			05	Academico Viseu	1:09.87	405	
	50m: 33.80 33.80	100m: 1:09.87	36.07					
40.	MARGATO, Laura Rodrigues			04	Academica de Coimbra	1:10.12	401	
	50m: 33.90 33.90	100m: 1:10.12	36.22					
41.	REIS, Maria Joao			04	Nautico Marinha Grande	1:10.18	400	
	50m: 34.08 34.08	100m: 1:10.18	36.10					
42.	LOURA, Beatriz Borges			04	Campinho	1:10.43	395	
	50m: 33.77 33.77	100m: 1:10.43	36.66					
43.	GAMA, Beatriz Sa			05	Condeixa Clube	1:10.57	393	
	50m: 33.49 33.49	100m: 1:10.57	37.08					
44.	LIMA, Ana Cristina			05	Sporting de Espinho	1:10.79	389	
	50m: 32.81 32.81	100m: 1:10.79	37.98					
45.	LOBO, Maria Fernandes			05	Nautico Academico	1:10.98	386	
	50m: 33.87 33.87	100m: 1:10.98	37.11					
46.	OLIVEIRA, Vanessa Sofia			05	Galitos / Bresimar	1:11.36	380	
	50m: 34.21 34.21	100m: 1:11.36	37.15					
47.	FELIX, Ines Silva			04	Sporting de Aveiro	1:11.41	379	
	50m: 33.54 33.54	100m: 1:11.41	37.87					
48.	MESQUITA, Catarina lourtaeva			05	Natacao de Vagos	1:11.65	375	
	50m: 33.85 33.85	100m: 1:11.65	37.80					
49.	RIBEIRO, Maria Joao			05	Feirense	1:11.67	375	
	50m: 34.33 34.33	100m: 1:11.67	37.34					
50.	OLIVEIRA, Diana Costa			04	Uniao Coimbra	1:11.76	374	
	50m: 34.51 34.51	100m: 1:11.76	37.25					
51.	RODRIGUES, Maria Beatriz			04	Condeixa Clube	1:11.96	371	
	50m: 34.56 34.56	100m: 1:11.96	37.40					
52.	AFONSO, Beatriz Beja			04	Academica de Coimbra	1:12.28	366	
	<i>FTL</i>							
	50m: 34.93 34.93	100m: 1:12.28	37.35					
53.	DIAS, Maria Beatriz			05	Sporting de Aveiro	1:12.38	364	
	<i>FTL</i>							
	50m: 34.10 34.10	100m: 1:12.38	38.28					
54.	VIEIRA, Filipa Victor			04	Academica de Coimbra	1:12.51	362	
	<i>FTL</i>							
	50m: 34.44 34.44	100m: 1:12.51	38.07					
55.	GASPAR, Maria Ines			05	Miranda do Corvo	1:12.77	358	
	<i>FTL</i>							
	50m: 35.44 35.44	100m: 1:12.77	37.33					
56.	HENRIQUES, Sara Miguel			04	Desporto de Tondela	1:14.01	341	
	<i>FTL</i>							
	50m: 34.91 34.91	100m: 1:14.01	39.10					

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Lugar	Ano	Tempo final	Pts
57. LEAL, Mariana Dias <i>FTL</i>	04 Gafanha da Encarnacao	1:14.69	331
50m: 35.96 35.96 100m: 1:14.69 38.73			
58. TEJO, Maria Costa <i>FTL</i>	05 Academica de Coimbra	1:15.00	327
50m: 35.77 35.77 100m: 1:15.00 39.23			
59. SERRAO, Sara Andreia <i>FTL</i>	05 Naval de Peniche	1:15.47	321
50m: 36.60 36.60 100m: 1:15.47 38.87			
60. FERNANDES, Ana Catarina <i>FTL</i>	05 Campinho	1:15.74	318
50m: 35.35 35.35 100m: 1:15.74 40.39			
61. SILVA, Catarina Rodrigues <i>FTL</i>	04 Naval de Peniche	1:15.84	316
50m: 36.10 36.10 100m: 1:15.84 39.74			
62. CARVALHO, Laura Torrao <i>FTL</i>	05 Nautico Academico	1:16.07	314
50m: 36.22 36.22 100m: 1:16.07 39.85			
63. ABREU, Diana Sofia <i>FTL</i>	04 Campinho	1:16.52	308
50m: 37.25 37.25 100m: 1:16.52 39.27			
64. TAVARES, Salome Simoes <i>FTL</i>	04 Gafanha da Encarnacao	1:16.77	305
50m: 36.06 36.06 100m: 1:16.77 40.71			
65. HENRIQUES, Carlota Sousa <i>FTL</i>	04 Desporto de Tondela	1:17.08	301
50m: 36.68 36.68 100m: 1:17.08 40.40			
66. PISSARRO, Filipa Moniz <i>FTL</i>	05 Academica de Coimbra	1:18.23	288
50m: 36.91 36.91 100m: 1:18.23 41.32			
67. ESTEVES, Diana Morgado <i>FTL</i>	04 Desporto de Tondela	1:18.46	286
50m: 36.77 36.77 100m: 1:18.46 41.69			
68. ASCENSO, Maria Pedro <i>FTL</i>	04 Nautico Academico	1:19.82	271
50m: 38.11 38.11 100m: 1:19.82 41.71			
69. ALMEIDA, Bruna Alexandra <i>FTL</i>	05 Desporto de Tondela	1:22.16	249
50m: 38.52 38.52 100m: 1:22.16 43.64			
70. FERREIRA, Ines Sofia <i>FTL</i>	04 Desporto de Tondela	1:26.67	212
50m: 40.24 40.24 100m: 1:26.67 46.43			
DNS DINIS, Helena Carolina	05 Academica de Coimbra		
EXH AMARAL, Maria Teresa	06 Campinho	1:10.46	395
50m: 34.13 34.13 100m: 1:10.46 36.33			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 39, Femin., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH DUARTE, Cristiana Sofia <i>FTL</i>	07 Vigor da Mocidade	1:15.29	323
50m: 35.38 35.38	100m: 1:15.29 39.91		

Prova 40

Masc., 100m Livres

Absoluto

14-07-2019 - 17:15

Entrega de Medalhas da prova nº 37

Resultados

Rec Nacional Absoluto	49.50	AGOSTINHO, Alexandre Escudier	POR	Roma (ITA)	2009
Rec Nacional Sen	49.50	AGOSTINHO, Alexandre Escudier	POR	Roma (ITA)	2009
Rec Nacional Jun 18	50.24	VENANCIO, Tiago Andre	CNS	Oeiras	2005
Rec Nacional Jun 17	49.59	VENANCIO, Tiago Andre	POR	Oeiras	2004
Rec Nacional Juv A	52.10	VENANCIO, Tiago Andre	POR	Paris (FRA)	2003
Rec Nacional Juv B	53.08	RIBEIRO, Diogo Matos	CUC	Coimbra	2019
Rec Nacional Juv B	53.51	VENANCIO, Tiago Andre	CNS	Lisboa	2002
Rec Nacional Inf A	55.53	FERRO, David Miguel	SFUAP	Campanhã	1998

TA ABS-MASC : 1:03.59 / TA JUVA-MASC Juv A: 1:08.68 / TA JUVB-MASC Juv B: 1:09.95

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MADUREIRA, Gustavo Almeida	94 Academica de Coimbra	52.11	729
50m: 24.87 24.87	100m: 52.11 27.24		
2. RIBEIRO, Diogo Matos	04 Uniao Coimbra	52.60	709
<i>Rec Nacional</i>			
50m: 25.42 25.42	100m: 52.60 27.18		
3. KOT, Viktor	98 Nautico Marinha Grande	53.01	692
50m: 25.82 25.82	100m: 53.01 27.19		
4. AGOSTINHO, Miguel Diogo	00 Fundacao Beatriz Santos	53.66	668
50m: 26.14 26.14	100m: 53.66 27.52		
5. GOMES, Rodrigo Ribeiro	00 Fundacao Beatriz Santos	54.60	634
50m: 26.38 26.38	100m: 54.60 28.22		
6. PEREIRA, Joao Neto	02 Fundacao Beatriz Santos	55.01	620
50m: 27.07 27.07	100m: 55.01 27.94		
7. PINHO, Manuel Antonio	01 Feirense	55.05	618
50m: 26.60 26.60	100m: 55.05 28.45		
8. REIS, Rodrigo Miguel	04 Bairro dos Anjos/Bomcar	55.15	615
50m: 26.54 26.54	100m: 55.15 28.61		
9. COSTA, Afonso Filipe	03 Naval da Nazare	55.30	610
50m: 26.28 26.28	100m: 55.30 29.02		
10. CAROLA, Hugo Filipe	01 Galitos / Bresimar	55.93	590
50m: 27.13 27.13	100m: 55.93 28.80		
11. SANTOS, Nuno Goncalo	96 Bairro dos Anjos/Bomcar	56.02	587
50m: 27.23 27.23	100m: 56.02 28.79		
12. PELAIO, Jose Pedro	01 Galitos / Bresimar	56.15	583
50m: 27.02 27.02	100m: 56.15 29.13		
13. BASTOS, Vasco Pereira	02 Nautico Academico	56.42	574
50m: 27.70 27.70	100m: 56.42 28.72		
14. ZINCA, Andrei Iulian	00 Gafanha da Encarnacao	56.43	574
50m: 27.32 27.32	100m: 56.43 29.11		
15. SILVA, Henrique Gomes	02 Estamos Juntos	56.61	569
50m: 27.78 27.78	100m: 56.61 28.83		
16. SILVA, Ricardo Lopes	03 Nautico Marinha Grande	56.98	557
50m: 26.93 26.93	100m: 56.98 30.05		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Absoluto

Lugar					Ano		Tempo final	Pts
17.	FIDALGO, Mateus Valente				01	Estarreja	57.04	556
	50m:	27.48	27.48	100m:	57.04	29.56		
18.	SOUSA, Nuno Alexandre				02	Clube de Vouzela	57.06	555
	50m:	27.44	27.44	100m:	57.06	29.62		
19.	SILVA, Joao Jose				03	Bairro dos Anjos/Bomcar	57.08	555
	50m:	27.52	27.52	100m:	57.08	29.56		
20.	FARDILHA, Manuel Cruz				03	Galitos / Bresimar	57.13	553
	50m:	28.01	28.01	100m:	57.13	29.12		
21.	MACHADO, Tiago Andrade				02	Sporting de Aveiro	57.23	550
	50m:	27.50	27.50	100m:	57.23	29.73		
22.	PEREIRA, Ricardo Marques				01	Condeixa Clube	57.27	549
	50m:	27.74	27.74	100m:	57.27	29.53		
23.	GOMES, Sebastiao Mendes				00	Pimpoes/Cimai	57.37	546
	50m:	27.64	27.64	100m:	57.37	29.73		
24.	FRANCISCO, Sandro Emanuel				99	Vieirense	57.42	545
	50m:	27.59	27.59	100m:	57.42	29.83		
25.	PATRICIO, Rodrigo Alexandre				98	Academica de Coimbra	57.47	543
	50m:	27.81	27.81	100m:	57.47	29.66		
	SILVA, Job Santos				96	Feirense	57.47	543
	50m:	27.18	27.18	100m:	57.47	30.29		
27.	FERREIRA, Joao Miguel				97	Sporting de Aveiro	57.53	542
	50m:	28.22	28.22	100m:	57.53	29.31		
28.	CENTEIO, Fabio Mondego				94	Academica de Coimbra	57.70	537
	50m:	28.35	28.35	100m:	57.70	29.35		
29.	BRAS, Alexandre Miguel				03	S. Pedro Alva	57.73	536
	50m:	27.74	27.74	100m:	57.73	29.99		
	OLIVEIRA, Gil Diogo				01	Gafanha da Encarnacao	57.73	536
	50m:	27.57	27.57	100m:	57.73	30.16		
31.	MENDES, Francisco Miguel				01	Nautico Academico	57.78	535
	50m:	27.69	27.69	100m:	57.78	30.09		
32.	CASTANHEIRA, Guilherme Silva				04	Bairro dos Anjos/Bomcar	57.86	532
	50m:	27.43	27.43	100m:	57.86	30.43		
33.	GOMES, Rodrigo Guedes				02	Feirense	57.95	530
	50m:	28.31	28.31	100m:	57.95	29.64		
34.	GASPAR, Miguel Caridade				99	Academica de Coimbra	58.03	528
	50m:	28.25	28.25	100m:	58.03	29.78		
35.	GONCALVES, Jorge Miguel				03	Galitos / Bresimar	58.07	527
	50m:	27.72	27.72	100m:	58.07	30.35		
36.	CORREIA, Andre Filipe				97	Feirense	58.20	523
	50m:	28.43	28.43	100m:	58.20	29.77		
37.	CARDOSO, Joao Francisco				03	Individual ANCP	58.21	523
	50m:	27.73	27.73	100m:	58.21	30.48		
38.	SOUSA, Guilherme Mendes				03	Nautico Marinha Grande	58.22	523
	50m:	27.73	27.73	100m:	58.22	30.49		
39.	ALMEIDA, Francisco Ferreira				04	Sporting de Espinho	58.23	522
	50m:	28.18	28.18	100m:	58.23	30.05		
40.	MIRKA, Artem Vos				00	Galitos / Bresimar	58.29	521
	50m:	26.96	26.96	100m:	58.29	31.33		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Absoluto

Lugar					Ano		Tempo final	Pts
41.	MAXIMO, Joao Luis				98	O Crasto	58.44	517
	50m: 28.18	28.18	100m:	58.44	30.26			
42.	MACHADO, Joao Francisco				99	Uniao Coimbra	58.45	516
	50m: 27.61	27.61	100m:	58.45	30.84			
	ANTUNES, Joao Afonso				04	Galitos / Bresimar	58.45	516
	50m: 27.58	27.58	100m:	58.45	30.87			
	JESUS, Pedro Duarte				04	Galitos / Bresimar	58.45	516
	50m: 28.37	28.37	100m:	58.45	30.08			
45.	OLIVEIRA, David Miguel				01	Estarreja	58.48	516
	50m: 27.90	27.90	100m:	58.48	30.58			
46.	CERDEIRINHA, Xavier Gomes				02	Feirense	58.51	515
	50m: 27.63	27.63	100m:	58.51	30.88			
47.	MARQUES, Vicente Cruzeiro				04	Sporting de Aveiro	58.53	514
	50m: 28.12	28.12	100m:	58.53	30.41			
48.	PINHO, Gabriel Alexandre				03	Feirense	58.56	514
	50m: 28.34	28.34	100m:	58.56	30.22			
49.	FREIRE, Rui Miguel				03	Nucleo Ansiao	58.61	512
	50m: 28.52	28.52	100m:	58.61	30.09			
50.	FERREIRA, Paulo Sergio				03	Naval da Nazare	58.64	511
	50m: 28.39	28.39	100m:	58.64	30.25			
51.	JULIO, Gabriel Jose				01	Academica de Coimbra	58.67	511
	50m: 28.30	28.30	100m:	58.67	30.37			
52.	SILVA, Nuno Marques				04	Bairro dos Anjos/Bomcar	58.71	510
	50m: 27.96	27.96	100m:	58.71	30.75			
53.	SANTOS, Luis Filipe				01	Academico Viseu	58.87	505
	50m: 28.31	28.31	100m:	58.87	30.56			
54.	COELHO, Joao Reis				03	Desporto de Tondela	58.88	505
	50m: 28.70	28.70	100m:	58.88	30.18			
55.	DIAS, Jose Diogo				04	Fundacao Beatriz Santos	59.00	502
	50m: 28.48	28.48	100m:	59.00	30.52			
56.	VIDAL, Joao Pedro				03	Vieirense	59.03	501
	50m: 27.60	27.60	100m:	59.03	31.43			
57.	SANTOS, Alberto Antonio				01	S. Pedro Alva	59.19	497
	50m: 28.08	28.08	100m:	59.19	31.11			
58.	GOMES, Goncalo Andre				03	Fundacao Beatriz Santos	59.24	496
	50m: 28.46	28.46	100m:	59.24	30.78			
59.	LIMOEES, Sergio Miguel				03	Galitos / Bresimar	59.26	496
	50m: 28.56	28.56	100m:	59.26	30.70			
60.	TEIXEIRA, Joao Octavio				03	Galitos / Bresimar	59.29	495
	50m: 28.49	28.49	100m:	59.29	30.80			
61.	CAMPOS, Rafael Alves				04	S. Pedro Alva	59.31	494
	50m: 28.29	28.29	100m:	59.31	31.02			
62.	TAVARES, Licinio Silva				01	Estarreja	59.38	493
	50m: 28.73	28.73	100m:	59.38	30.65			
63.	ALVES, Joao Brandao				03	Salesiano de Arouca	59.43	491
	50m: 27.32	27.32	100m:	59.43	32.11			
64.	CARVALHO, Renato Miguel				03	Galitos / Bresimar	59.51	489
	50m: 29.02	29.02	100m:	59.51	30.49			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Absoluto

Lugar			Ano			Tempo final	Pts
65.	CARVALHO, Francisco Miguel	00	Academica de Coimbra	59.73	484		
	50m: 28.79 28.79	100m: 59.73	30.94				
66.	FERREIRA, Joao Vitor	96	Feirense	59.85	481		
	50m: 28.70 28.70	100m: 59.85	31.15				
67.	CORDEIRO, Claudio Rafael	02	Individual ANC	59.96	478		
	50m: 29.03 29.03	100m: 59.96	30.93				
68.	PINHO, Duarte Sa	02	Estamos Juntos	1:00.06	476		
	50m: 28.47 28.47	100m: 1:00.06	31.59				
69.	FERREIRA, Joao Renato	01	Estarreja	1:00.18	473		
	50m: 28.74 28.74	100m: 1:00.18	31.44				
70.	MARTINS, Alexandre Viegas	04	Uniao Coimbra	1:00.23	472		
	50m: 28.87 28.87	100m: 1:00.23	31.36				
71.	RODRIGUES, Miguel Carvalho	02	Galitos / Bresimar	1:00.33	470		
	50m: 28.45 28.45	100m: 1:00.33	31.88				
72.	MARTINS, David Almeida	01	Estamos Juntos	1:00.51	465		
	50m: 28.82 28.82	100m: 1:00.51	31.69				
73.	CORREIA, Goncalo Pereira	00	Academica de Coimbra	1:00.52	465		
	50m: 28.55 28.55	100m: 1:00.52	31.97				
74.	ANICETO, Joao Gabriel	04	Bairro dos Anjos/Bomcar	1:00.53	465		
	50m: 28.94 28.94	100m: 1:00.53	31.59				
75.	YURCHUK, Artur	03	Bombeiros Mealhada/ CA	1:00.63	463		
	50m: 29.53 29.53	100m: 1:00.63	31.10				
76.	FIGUEIREDO, Gustavo Pinto	02	O Crasto	1:00.76	460		
	50m: 29.05 29.05	100m: 1:00.76	31.71				
77.	VENTURA, Bernardo Jorge	03	Academica de Coimbra	1:00.96	455		
	50m: 29.61 29.61	100m: 1:00.96	31.35				
78.	ALMEIDA, Marco Andre	02	Bombeiros Mealhada/ CA	1:01.01	454		
	50m: 29.51 29.51	100m: 1:01.01	31.50				
79.	MIGUEL, Tomas Pedrosa	02	Condeixa Clube	1:01.18	450		
	50m: 29.29 29.29	100m: 1:01.18	31.89				
80.	GAMEIRO, David Almeida	03	Nucleo de Pombal	1:01.23	449		
	50m: 29.66 29.66	100m: 1:01.23	31.57				
81.	CARDOSO, Lucas Pipiraite	04	Naval da Nazare	1:01.30	448		
	50m: 29.28 29.28	100m: 1:01.30	32.02				
82.	OLIVEIRA, Goncalo Daniel	04	Fundacao Beatriz Santos	1:01.35	447		
	50m: 29.94 29.94	100m: 1:01.35	31.41				
83.	SOLODYUK, Micael Kovalchuk	03	Natacao de Vagos	1:01.40	445		
	50m: 29.29 29.29	100m: 1:01.40	32.11				
84.	CABRAL, Rui Tomas	04	Academico Viseu	1:01.66	440		
	50m: 29.19 29.19	100m: 1:01.66	32.47				
85.	COELHO, Joao Salvador	03	O Crasto	1:01.91	435		
	50m: 29.39 29.39	100m: 1:01.91	32.52				
86.	BRANCO, Rodrigo Figueiredo	04	Galitos / Bresimar	1:01.99	433		
	50m: 30.12 30.12	100m: 1:01.99	31.87				
87.	PEREIRA, Igor Branco	03	O Crasto	1:02.04	432		
	50m: 30.31 30.31	100m: 1:02.04	31.73				
88.	TAVARES, Vasco Capela	99	Sporting de Espinho	1:02.26	427		
	50m: 28.97 28.97	100m: 1:02.26	33.29				

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
89. FERREIRA, Joao Pedro 50m: 30.21 30.21 100m: 1:02.52 32.31	03 Academico Viseu	1:02.52	422
90. RODRIGUES, Alexandre Rocha 50m: 30.21 30.21 100m: 1:02.84 32.63	00 Sporting de Aveiro	1:02.84	415
91. SILVA, Guilherme Tomas 50m: 30.29 30.29 100m: 1:02.99 32.70	03 Campinho	1:02.99	413
92. ANTUNES, Andre Marques 50m: 29.89 29.89 100m: 1:03.00 33.11	99 Fundacao Beatriz Santos	1:03.00	412
93. SILVA, Jose Miguel 50m: 31.12 31.12 100m: 1:03.11 31.99	02 Nautico Academico	1:03.11	410
94. GOMES, Bruno Ferreira 50m: 30.09 30.09 100m: 1:03.25 33.16	03 Feirense	1:03.25	407
95. TOME, David Emanuel 50m: 29.76 29.76 100m: 1:03.27 33.51	03 Bombeiros Mealhada/ CA	1:03.27	407
96. RODRIGUES, Filipe Almeida 50m: 30.19 30.19 100m: 1:03.37 33.18	01 O Crasto	1:03.37	405
97. FIGUEIRA, Gabriel Jose 50m: 30.87 30.87 100m: 1:03.51 32.64	01 Academica de Coimbra	1:03.51	402
98. MACHADO, Ricardo Marques 50m: 25.40 25.40 100m: 1:03.55 38.15	02 Academico Viseu	1:03.55	402
99. ANDRADE, Cesar Rodrigues <i>FTL</i> 50m: 30.50 30.50 100m: 1:03.62 33.12	04 Bombeiros Mealhada/ CA	1:03.62	400
100. ANASTACIO, Alexandre Quiterio <i>FTL</i> 50m: 29.68 29.68 100m: 1:03.71 34.03	01 Benedita	1:03.71	399
101. FROIS, Manuel Maria <i>FTL</i> 50m: 30.27 30.27 100m: 1:03.77 33.50	02 Bairro dos Anjos/Bomcar	1:03.77	398
102. MOCO, Pedro Ribeiro <i>FTL</i> 50m: 30.26 30.26 100m: 1:03.95 33.69	02 Natacao de Vagos	1:03.95	394
103. COSTA, Goncalo Filipe <i>FTL</i> 50m: 30.70 30.70 100m: 1:04.18 33.48	04 Gafanha da Encarnacao	1:04.18	390
104. PAIVA, Andre Ferreira <i>FTL</i> 50m: 30.67 30.67 100m: 1:04.53 33.86	03 Feirense	1:04.53	384
SOARES, Ricardo Pedrosa <i>FTL</i> 50m: 30.93 30.93 100m: 1:04.53 33.60	04 Viegrense	1:04.53	384
106. LEAO, Goncalo Graca <i>FTL</i> 50m: 30.34 30.34 100m: 1:04.58 34.24	02 Estamos Juntos	1:04.58	383
107. RODRIGUES, Henrique Rocha <i>FTL</i> 50m: 30.74 30.74 100m: 1:05.33 34.59	03 Sporting de Aveiro	1:05.33	370

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
108. ROCHA, Joao Filipe <i>FTL</i> 50m: 30.68 30.68 100m: 1:05.70 35.02	04 Sporting de Espinho	1:05.70	363
109. ZEMLIANKO, Arsenio <i>FTL</i> 50m: 32.01 32.01 100m: 1:05.77 33.76	03 Nucleo de Pombal	1:05.77	362
110. CAROLA, Jose Pedro <i>FTL</i> 50m: 31.81 31.81 100m: 1:05.95 34.14	04 Gafanha da Encarnacao	1:05.95	359
111. NUNES, Bruno Miguel <i>FTL</i> 50m: 31.32 31.32 100m: 1:06.09 34.77	99 Nautico Academico	1:06.09	357
112. LOMBA, Afonso Maia <i>FTL</i> 50m: 31.22 31.22 100m: 1:06.10 34.88	04 Feirense	1:06.10	357
113. GRABOVSKI, Jorge <i>FTL</i> 50m: 31.25 31.25 100m: 1:06.40 35.15	04 Nautico Marinha Grande	1:06.40	352
114. TOMAS, Rui Moreira <i>FTL</i> 50m: 31.84 31.84 100m: 1:06.47 34.63	03 Bombeiros Mealhada/ CA	1:06.47	351
115. DUARTE, Joao Diogo <i>FTL</i> 50m: 31.61 31.61 100m: 1:06.51 34.90	04 Salesiano de Arouca	1:06.51	350
116. SILVA, Goncalo Antonio <i>FTL</i> 50m: 31.64 31.64 100m: 1:06.98 35.34	04 Feirense	1:06.98	343
117. BRAS, Tomas Marques <i>FTL</i> 50m: 31.74 31.74 100m: 1:07.26 35.52	04 Bombeiros Mealhada/ CA	1:07.26	339
118. MENESES, Marco Ribeiro <i>FTL</i> 50m: 32.74 32.74 100m: 1:07.30 34.56	01 O Crasto	1:07.30	338
119. GONCALVES, Leonardo Martins <i>FTL</i> 50m: 32.42 32.42 100m: 1:07.59 35.17	04 Pimpoes/Cimai	1:07.59	334
120. FERREIRA, Renato Maria <i>FTL</i> 50m: 31.90 31.90 100m: 1:09.08 37.18	04 Vigor da Mocidade	1:09.08	313
121. QUINTEIRO, David Breda <i>FTL</i> 50m: 34.01 34.01 100m: 1:11.12 37.11	04 Bombeiros Mealhada/ CA	1:11.12	286
DNS PINTO, Luis Pedro	04 Sporting de Aveiro		
DNS ALMEIDA, Ruben Manuel	95 Feirense		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres

Prova 40 14-07-2019 - 17:15	Masc., 100m Livres Entrega de Medalhas da prova nº 37				Juv A e B Resultados
Rec Nacional Absoluto	49.50	AGOSTINHO, Alexandre Escudier	POR	Roma (ITA)	2009
Rec Nacional Juv A	52.10	VENANCIO, Tiago Andre	POR	Paris (FRA)	2003
Rec Nacional Juv B	53.08	RIBEIRO, Diogo Matos	CUC	Coimbra	2019
Rec Nacional Juv B	53.51	VENANCIO, Tiago Andre	CNS	Lisboa	2002

TA ABS-MASC Absoluto: 1:03.59 / TA JUVA-MASC Juv A: 1:08.68 / TA JUVB-MASC Juv B: 1:09.95

Pontos: FINA 2019

Lugar			Ano			Tempo final	Pts
1.	RIBEIRO, Diogo Matos		04	Uniao Coimbra		52.60	709
	<i>Rec Nacional</i>						
	50m:	25.42 25.42	100m:	52.60	27.18		
2.	REIS, Rodrigo Miguel		04	Bairro dos Anjos/Bomcar		55.15	615
	50m:	26.54 26.54	100m:	55.15	28.61		
3.	COSTA, Afonso Filipe		03	Naval da Nazare		55.30	610
	50m:	26.28 26.28	100m:	55.30	29.02		
4.	SILVA, Ricardo Lopes		03	Nautico Marinha Grande		56.98	557
	50m:	26.93 26.93	100m:	56.98	30.05		
5.	SILVA, Joao Jose		03	Bairro dos Anjos/Bomcar		57.08	555
	50m:	27.52 27.52	100m:	57.08	29.56		
6.	FARDILHA, Manuel Cruz		03	Galitos / Bresimar		57.13	553
	50m:	28.01 28.01	100m:	57.13	29.12		
7.	BRAS, Alexandre Miguel		03	S. Pedro Alva		57.73	536
	50m:	27.74 27.74	100m:	57.73	29.99		
8.	CASTANHEIRA, Guilherme Silva		04	Bairro dos Anjos/Bomcar		57.86	532
	50m:	27.43 27.43	100m:	57.86	30.43		
9.	GONCALVES, Jorge Miguel		03	Galitos / Bresimar		58.07	527
	50m:	27.72 27.72	100m:	58.07	30.35		
10.	CARDOSO, Joao Francisco		03	Individual ANCNP		58.21	523
	50m:	27.73 27.73	100m:	58.21	30.48		
11.	SOUSA, Guilherme Mendes		03	Nautico Marinha Grande		58.22	523
	50m:	27.73 27.73	100m:	58.22	30.49		
12.	ALMEIDA, Francisco Ferreira		04	Sporting de Espinho		58.23	522
	50m:	28.18 28.18	100m:	58.23	30.05		
13.	ANTUNES, Joao Afonso		04	Galitos / Bresimar		58.45	516
	50m:	27.58 27.58	100m:	58.45	30.87		
	JESUS, Pedro Duarte		04	Galitos / Bresimar		58.45	516
	50m:	28.37 28.37	100m:	58.45	30.08		
15.	MARQUES, Vicente Cruzeiro		04	Sporting de Aveiro		58.53	514
	50m:	28.12 28.12	100m:	58.53	30.41		
16.	PINHO, Gabriel Alexandre		03	Feirense		58.56	514
	50m:	28.34 28.34	100m:	58.56	30.22		
17.	FREIRE, Rui Miguel		03	Nucleo Ansiao		58.61	512
	50m:	28.52 28.52	100m:	58.61	30.09		
18.	FERREIRA, Paulo Sergio		03	Naval da Nazare		58.64	511
	50m:	28.39 28.39	100m:	58.64	30.25		
19.	SILVA, Nuno Marques		04	Bairro dos Anjos/Bomcar		58.71	510
	50m:	27.96 27.96	100m:	58.71	30.75		
20.	COELHO, Joao Reis		03	Desporto de Tondela		58.88	505
	50m:	28.70 28.70	100m:	58.88	30.18		

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
21. DIAS, Jose Diogo 50m: 28.48 28.48 100m: 59.00 30.52	04 Fundacao Beatriz Santos	59.00	502
22. VIDAL, Joao Pedro 50m: 27.60 27.60 100m: 59.03 31.43	03 Vieirense	59.03	501
23. GOMES, Goncalo Andre 50m: 28.46 28.46 100m: 59.24 30.78	03 Fundacao Beatriz Santos	59.24	496
24. LIMOES, Sergio Miguel 50m: 28.56 28.56 100m: 59.26 30.70	03 Galitos / Bresimar	59.26	496
25. TEIXEIRA, Joao Octavio 50m: 28.49 28.49 100m: 59.29 30.80	03 Galitos / Bresimar	59.29	495
26. CAMPOS, Rafael Alves 50m: 28.29 28.29 100m: 59.31 31.02	04 S. Pedro Alva	59.31	494
27. ALVES, Joao Brandao 50m: 27.32 27.32 100m: 59.43 32.11	03 Salesiano de Arouca	59.43	491
28. CARVALHO, Renato Miguel 50m: 29.02 29.02 100m: 59.51 30.49	03 Galitos / Bresimar	59.51	489
29. MARTINS, Alexandre Viegas 50m: 28.87 28.87 100m: 1:00.23 31.36	04 Uniao Coimbra	1:00.23	472
30. ANICETO, Joao Gabriel 50m: 28.94 28.94 100m: 1:00.53 31.59	04 Bairro dos Anjos/Bomcar	1:00.53	465
31. YURCHUK, Artur 50m: 29.53 29.53 100m: 1:00.63 31.10	03 Bombeiros Mealhada/ CA	1:00.63	463
32. VENTURA, Bernardo Jorge 50m: 29.61 29.61 100m: 1:00.96 31.35	03 Academica de Coimbra	1:00.96	455
33. GAMEIRO, David Almeida 50m: 29.66 29.66 100m: 1:01.23 31.57	03 Nucleo de Pombal	1:01.23	449
34. CARDOSO, Lucas Pipiraite 50m: 29.28 29.28 100m: 1:01.30 32.02	04 Naval da Nazare	1:01.30	448
35. OLIVEIRA, Goncalo Daniel 50m: 29.94 29.94 100m: 1:01.35 31.41	04 Fundacao Beatriz Santos	1:01.35	447
36. SOLODYUK, Micael Kovalchuk 50m: 29.29 29.29 100m: 1:01.40 32.11	03 Natacao de Vagos	1:01.40	445
37. CABRAL, Rui Tomas 50m: 29.19 29.19 100m: 1:01.66 32.47	04 Academico Viseu	1:01.66	440
38. COELHO, Joao Salvador 50m: 29.39 29.39 100m: 1:01.91 32.52	03 O Crasto	1:01.91	435
39. BRANCO, Rodrigo Figueiredo 50m: 30.12 30.12 100m: 1:01.99 31.87	04 Galitos / Bresimar	1:01.99	433
40. PEREIRA, Igor Branco 50m: 30.31 30.31 100m: 1:02.04 31.73	03 O Crasto	1:02.04	432
41. FERREIRA, Joao Pedro 50m: 30.21 30.21 100m: 1:02.52 32.31	03 Academico Viseu	1:02.52	422
42. SILVA, Guilherme Tomas 50m: 30.29 30.29 100m: 1:02.99 32.70	03 Campinho	1:02.99	413
43. GOMES, Bruno Ferreira 50m: 30.09 30.09 100m: 1:03.25 33.16	03 Feirense	1:03.25	407
44. TOME, David Emanuel 50m: 29.76 29.76 100m: 1:03.27 33.51	03 Bombeiros Mealhada/ CA	1:03.27	407

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 40, Masc., 100m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
45. ANDRADE, Cesar Rodrigues <i>FTL</i>	04 Bombeiros Mealhada/ CA	1:03.62	400
50m: 30.50 30.50 100m: 1:03.62 33.12			
46. COSTA, Goncalo Filipe <i>FTL</i>	04 Gafanha da Encarnacao	1:04.18	390
50m: 30.70 30.70 100m: 1:04.18 33.48			
47. PAIVA, Andre Ferreira <i>FTL</i>	03 Feirense	1:04.53	384
50m: 30.67 30.67 100m: 1:04.53 33.86			
SOARES, Ricardo Pedrosa <i>FTL</i>	04 Vieiraense	1:04.53	384
50m: 30.93 30.93 100m: 1:04.53 33.60			
49. RODRIGUES, Henrique Rocha <i>FTL</i>	03 Sporting de Aveiro	1:05.33	370
50m: 30.74 30.74 100m: 1:05.33 34.59			
50. ROCHA, Joao Filipe <i>FTL</i>	04 Sporting de Espinho	1:05.70	363
50m: 30.68 30.68 100m: 1:05.70 35.02			
51. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	1:05.77	362
50m: 32.01 32.01 100m: 1:05.77 33.76			
52. CAROLA, Jose Pedro <i>FTL</i>	04 Gafanha da Encarnacao	1:05.95	359
50m: 31.81 31.81 100m: 1:05.95 34.14			
53. LOMBA, Afonso Maia <i>FTL</i>	04 Feirense	1:06.10	357
50m: 31.22 31.22 100m: 1:06.10 34.88			
54. GRABOVSKI, Jorge <i>FTL</i>	04 Nautico Marinha Grande	1:06.40	352
50m: 31.25 31.25 100m: 1:06.40 35.15			
55. TOMAS, Rui Moreira <i>FTL</i>	03 Bombeiros Mealhada/ CA	1:06.47	351
50m: 31.84 31.84 100m: 1:06.47 34.63			
56. DUARTE, Joao Diogo <i>FTL</i>	04 Salesiano de Arouca	1:06.51	350
50m: 31.61 31.61 100m: 1:06.51 34.90			
57. SILVA, Goncalo Antonio <i>FTL</i>	04 Feirense	1:06.98	343
50m: 31.64 31.64 100m: 1:06.98 35.34			
58. BRAS, Tomas Marques <i>FTL</i>	04 Bombeiros Mealhada/ CA	1:07.26	339
50m: 31.74 31.74 100m: 1:07.26 35.52			
59. GONCALVES, Leonardo Martins <i>FTL</i>	04 Pimpoes/Cimai	1:07.59	334
50m: 32.42 32.42 100m: 1:07.59 35.17			

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 40, Masc., 100m Livres, Juv A e B

Lugar	Ano	Tempo final	Pts
60. FERREIRA, Renato Maria <i>FTL</i>	04 Vigor da Mocidade	1:09.08	313
50m: 31.90 31.90 100m: 1:09.08 37.18			
61. QUINTEIRO, David Breda <i>FTL</i>	04 Bombeiros Mealhada/ CA	1:11.12	286
50m: 34.01 34.01 100m: 1:11.12 37.11			
DNS PINTO, Luis Pedro	04 Sporting de Aveiro		
EXH SILVA, Nuno Gabriel <i>FTL</i>	05 Campinho	1:04.75	380
50m: 30.40 30.40 100m: 1:04.75 34.35			
EXH CARVALHO, Diogo Rodrigues <i>FTL</i>	05 Vigor da Mocidade	1:04.92	377
50m: 30.20 30.20 100m: 1:04.92 34.72			
EXH CAMPOS, Diogo Marques <i>FTL</i>	05 Estarreja	1:05.68	364
50m: 30.87 30.87 100m: 1:05.68 34.81			
EXH ALMEIDA, Afonso Miguel <i>FTL</i>	06 Sporting de Aveiro	1:09.31	310
50m: 32.73 32.73 100m: 1:09.31 36.58			

Prova 41

14-07-2019 - 17:45

Femin., 200m Mariposa
Entrega de Medalhas da prova nº 38

Absoluto
Resultados

Rec Nacional Absoluto	2:08.03	MONTEIRO, Ana Catarina	POR	Glasgow (GBR)	2018
Rec Nacional Sen	2:08.03	MONTEIRO, Ana Catarina	POR	Glasgow (GBR)	2018
Rec Nacional Jun 17	2:12.56	OLIVEIRA, Sara Freitas	POR	Berlim (GER)	2002
Rec Nacional Jun 16	2:17.09	BARBOSA, Mariana Fernandes	FCP	Oeiras	2018
Rec Nacional Juv A	2:15.56	FRANCISCO, Ana Rita	POR	Genebra (SUI)	1995
Rec Nacional Juv B	2:20.75	MIGUEL, Susana Patricia	POR	Génova (ITA)	2004

TA ABS-FEM : 2:53.89 / TA JUVA-FEM Juv A: 3:04.33 / TA JUVB-FEM Juv B: 3:09.54

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. VARGAS, Giovanna Vaz	00 Nautico Marinha Grande	2:17.26	698
50m: 30.50 30.50 100m: 1:05.72 35.22 150m: 1:42.05 36.33 200m: 2:17.26 35.21			
2. REBELO, Maria Carlota	03 Louzan Natacao/EFAPEL	2:26.13	579
50m: 32.91 32.91 100m: 1:09.59 36.68 150m: 1:47.65 38.06 200m: 2:26.13 38.48			
3. ALMEIDA, Maria Carolina	05 Galitos / Bresimar	2:27.70	560
50m: 33.05 33.05 100m: 1:11.05 38.00 150m: 1:49.25 38.20 200m: 2:27.70 38.45			
4. SILVA, Ines Pereira	02 Fundacao Beatriz Santos	2:28.96	546
50m: 32.56 32.56 100m: 1:10.06 37.50 150m: 1:48.52 38.46 200m: 2:28.96 40.44			
5. CARDEAL, Joana Nunes	02 Academico Viseu	2:29.20	544
50m: 32.53 32.53 100m: 1:09.37 36.84 150m: 1:49.60 40.23 200m: 2:29.20 39.60			
6. MONTEIRO, Ines Rosado	00 Natacao de Vagos	2:30.14	534
50m: 33.52 33.52 100m: 1:10.83 37.31 150m: 1:50.26 39.43 200m: 2:30.14 39.88			
7. MONTEIRO, Ana Carolina	04 Uniao Coimbra	2:30.17	533
50m: 33.30 33.30 100m: 1:11.51 38.21 150m: 1:50.07 38.56 200m: 2:30.17 40.10			
8. FERREIRA, Ana Claudia	90 Alcobaca	2:31.41	520
50m: 32.75 32.75 100m: 1:11.33 38.58 150m: 1:50.87 39.54 200m: 2:31.41 40.54			

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 41, Femin., 200m Mariposa, Absoluto

Lugar					Ano					Tempo final	Pts	
9.	CARDEAL, Beatriz Nunes				04	Academico Viseu				2:32.03	514	
	50m:	33.15	33.15	100m:	1:11.25	38.10	150m:	1:51.65	40.40	200m:	2:32.03	40.38
10.	JUNQUEIRA, Sofia Ribeiro				02	Bairro dos Anjos/Bomcar				2:32.54	509	
	50m:	33.64	33.64	100m:	1:13.23	39.59	150m:	1:53.86	40.63	200m:	2:32.54	38.68
11.	ALMEIDA, Ana Beatriz				01	Clube de Vouzela				2:36.40	472	
	50m:	33.36	33.36	100m:	1:11.37	38.01	150m:	1:51.63	40.26	200m:	2:36.40	44.77
12.	CORREIA, Rute Ferreira				03	Clube de Vouzela				2:37.03	466	
	50m:	32.68	32.68	100m:	1:11.89	39.21	150m:	1:52.87	40.98	200m:	2:37.03	44.16
13.	SOUSA, Ines Matos				03	Uniao Coimbra				2:37.95	458	
	50m:	35.14	35.14	100m:	1:15.34	40.20	150m:	1:57.03	41.69	200m:	2:37.95	40.92
14.	CABRAL, Ana Matos				05	Condeixa Clube				2:38.90	450	
	50m:	35.44	35.44	100m:	1:15.82	40.38	150m:	1:57.30	41.48	200m:	2:38.90	41.60
15.	TAVARES, Mariana Silva				04	Estarreja				2:39.65	444	
	50m:	34.67	34.67	100m:	1:16.10	41.43	150m:	1:59.10	43.00	200m:	2:39.65	40.55
16.	SILVA, Ana Catarina				04	Fundacao Beatriz Santos				2:40.68	435	
	50m:	35.69	35.69	100m:	1:17.33	41.64	150m:	1:59.45	42.12	200m:	2:40.68	41.23
17.	PIMENTEL, Sara Calisto				05	Galitos / Bresimar				2:41.05	432	
	50m:	35.78	35.78	100m:	1:16.72	40.94	150m:	1:58.89	42.17	200m:	2:41.05	42.16
18.	RODRIGUES, Constanca Filipa				02	Pimpoes/Cimai				2:41.08	432	
	50m:	34.81	34.81	100m:	1:15.63	40.82	150m:	1:58.33	42.70	200m:	2:41.08	42.75
19.	SANTOS, Beatriz Rocha				02	Campinho				2:42.14	424	
	50m:	35.17	35.17	100m:	1:15.78	40.61	150m:	1:58.79	43.01	200m:	2:42.14	43.35
20.	PAIVA, Leonor Correia				04	Louzan Natacao/EFAPEL				2:42.76	419	
	50m:	34.72	34.72	100m:	1:15.15	40.43	150m:	1:57.97	42.82	200m:	2:42.76	44.79
21.	LAMAS, Maria Caetano				04	Miranda do Corvo				2:44.67	404	
	50m:	34.76	34.76	100m:	1:16.65	41.89	150m:	2:00.62	43.97	200m:	2:44.67	44.05
22.	SILVA, Maria Ines				04	Alcobaca				2:45.31	400	
	50m:	35.98	35.98	100m:	1:18.60	42.62	150m:	2:01.62	43.02	200m:	2:45.31	43.69
23.	TEIXEIRA, Ines Oliveira				02	Estarreja				2:47.43	385	
	50m:	34.06	34.06	100m:	1:16.68	42.62	150m:	2:02.04	45.36	200m:	2:47.43	45.39
24.	FIDALGO, Mafalda Vestia				04	Uniao Coimbra				2:49.99	367	
	50m:	36.30	36.30	100m:	1:18.52	42.22	150m:	2:03.86	45.34	200m:	2:49.99	46.13
25.	MARQUES, Beatriz Pereira				05	Columbofila Cantanhedense				2:50.29	366	
	50m:	37.42	37.42	100m:	1:20.94	43.52	150m:	2:05.99	45.05	200m:	2:50.29	44.30
26.	FERREIRA, Carla Sandrina <i>FTL</i>				04	O Crasto				2:54.62	339	
	50m:	37.36	37.36	100m:	1:21.52	44.16	150m:	2:08.85	47.33	200m:	2:54.62	45.77
27.	RODRIGUES, Joana Beatriz <i>FTL</i>				04	Academica de Coimbra				3:06.41	279	
	50m:	40.24	40.24	100m:	1:28.23	47.99	150m:	2:18.49	50.26	200m:	3:06.41	47.92
DNS	MALHEIRO, Maria Vieira				05	Campinho						

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 41, Femin., 200m Mariposa

Prova 41
14-07-2019 - 17:45

Femin., 200m Mariposa
Entrega de Medalhas da prova nº 38

Juv A e B
Resultados

Rec Nacional Absoluto	2:08.03	MONTEIRO, Ana Catarina	POR	Glasgow (GBR)	2018
Rec Nacional Juv A	2:15.56	FRANCISCO, Ana Rita	POR	Genebra (SUI)	1995
Rec Nacional Juv B	2:20.75	MIGUEL, Susana Patricia	POR	Génova (ITA)	2004

TA ABS-FEM Absoluto: 2:53.89 / TA JUVA-FEM Juv A: 3:04.33 / TA JUVB-FEM Juv B: 3:09.54

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. ALMEIDA, Maria Carolina 50m: 33.05 33.05 100m: 1:11.05 38.00 150m: 1:49.25 38.20 200m: 2:27.70 38.45	05 Galitos / Bresimar	2:27.70	560
2. MONTEIRO, Ana Carolina 50m: 33.30 33.30 100m: 1:11.51 38.21 150m: 1:50.07 38.56 200m: 2:30.17 40.10	04 Uniao Coimbra	2:30.17	533
3. CARDEAL, Beatriz Nunes 50m: 33.15 33.15 100m: 1:11.25 38.10 150m: 1:51.65 40.40 200m: 2:32.03 40.38	04 Academico Viseu	2:32.03	514
4. CABRAL, Ana Matos 50m: 35.44 35.44 100m: 1:15.82 40.38 150m: 1:57.30 41.48 200m: 2:38.90 41.60	05 Condeixa Clube	2:38.90	450
5. TAVARES, Mariana Silva 50m: 34.67 34.67 100m: 1:16.10 41.43 150m: 1:59.10 43.00 200m: 2:39.65 40.55	04 Estarreja	2:39.65	444
6. SILVA, Ana Catarina 50m: 35.69 35.69 100m: 1:17.33 41.64 150m: 1:59.45 42.12 200m: 2:40.68 41.23	04 Fundacao Beatriz Santos	2:40.68	435
7. PIMENTEL, Sara Calisto 50m: 35.78 35.78 100m: 1:16.72 40.94 150m: 1:58.89 42.17 200m: 2:41.05 42.16	05 Galitos / Bresimar	2:41.05	432
8. PAIVA, Leonor Correia 50m: 34.72 34.72 100m: 1:15.15 40.43 150m: 1:57.97 42.82 200m: 2:42.76 44.79	04 Louzan Natacao/EFAPEL	2:42.76	419
9. LAMAS, Maria Caetano 50m: 34.76 34.76 100m: 1:16.65 41.89 150m: 2:00.62 43.97 200m: 2:44.67 44.05	04 Miranda do Corvo	2:44.67	404
10. SILVA, Maria Ines 50m: 35.98 35.98 100m: 1:18.60 42.62 150m: 2:01.62 43.02 200m: 2:45.31 43.69	04 Alcobaca	2:45.31	400
11. FIDALGO, Mafalda Vestia 50m: 36.30 36.30 100m: 1:18.52 42.22 150m: 2:03.86 45.34 200m: 2:49.99 46.13	04 Uniao Coimbra	2:49.99	367
12. MARQUES, Beatriz Pereira 50m: 37.42 37.42 100m: 1:20.94 43.52 150m: 2:05.99 45.05 200m: 2:50.29 44.30	05 Columbofila Cantanhedense	2:50.29	366
13. FERREIRA, Carla Sandrina FTL 50m: 37.36 37.36 100m: 1:21.52 44.16 150m: 2:08.85 47.33 200m: 2:54.62 45.77	04 O Crasto	2:54.62	339
14. RODRIGUES, Joana Beatriz FTL 50m: 40.24 40.24 100m: 1:28.23 47.99 150m: 2:18.49 50.26 200m: 3:06.41 47.92	04 Academica de Coimbra	3:06.41	279
DNS MALHEIRO, Maria Vieira	05 Campinho		
EXH GASPAR, Beatriz Andre FTL 50m: 38.22 38.22 100m: 1:21.24 43.02 150m: 2:07.81 46.57 200m: 2:53.91 46.10	06 Nautico Academico	2:53.91	343

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 42 14-07-2019 - 17:55	Masc., 200m Mariposa				Absoluto Resultados
Rec Nacional Absoluto	1:56.17	OLIVEIRA, Pedro Diogo	POR	Roma (ITA)	2009
Rec Nacional Sen	1:56.17	OLIVEIRA, Pedro Diogo	POR	Roma (ITA)	2009
Rec Nacional Jun 18	2:01.46	OLIVEIRA, Pedro Diogo	POR	Palma de Mallorca (ESP)	2006
Rec Nacional Jun 17	2:02.12	OLIVEIRA, Pedro Diogo	POR	Belgrado (HUN)	2005
Rec Nacional Juv A	2:03.76	OLIVEIRA, Pedro Diogo	CNRM	Lisboa	2004
Rec Nacional Juv B	2:08.12	SILVA, Jorge Jesus	SCB	Coimbra	2015
Rec Nacional Inf A	2:14.50	SILVA, Fabio Parrilha da	CNAL	Campanhã	2001
TA ABS-MASC : 2:35.10 / TA JUVA-MASC Juv A: 2:50.62 / TA JUVB-MASC Juv B: 2:55.26					

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. AMARAL, Francisco Rodriguez	02	Campinho		2:14.77	566	
50m: 30.22 30.22	100m: 1:03.74	33.52	150m: 1:39.51 35.77	200m: 2:14.77	35.26	
2. COSTA, Andre Gouveia	01	Fundacao Beatriz Santos		2:14.78	566	
50m: 30.49 30.49	100m: 1:04.97	34.48	150m: 1:40.22 35.25	200m: 2:14.78	34.56	
3. MATOS, Diogo Ribas	02	Alges e Agueda XXI		2:15.72	554	
50m: 30.27 30.27	100m: 1:04.50	34.23	150m: 1:40.12 35.62	200m: 2:15.72	35.60	
4. MACHADO, Martim Miranda	03	Uniao Coimbra		2:16.03	550	
50m: 29.73 29.73	100m: 1:04.50	34.77	150m: 1:40.28 35.78	200m: 2:16.03	35.75	
5. OVIEDO, Miguel Freitas	02	Academica de Coimbra		2:16.38	546	
50m: 30.64 30.64	100m: 1:05.94	35.30	150m: 1:40.84 34.90	200m: 2:16.38	35.54	
6. ARZILEIRO, Bernardo Vinagre	01	Uniao Coimbra		2:17.73	530	
50m: 30.81 30.81	100m: 1:06.49	35.68	150m: 1:42.75 36.26	200m: 2:17.73	34.98	
7. LOPES, Miguel Sanches	01	Academico Viseu		2:18.33	523	
50m: 29.71 29.71	100m: 1:04.91	35.20	150m: 1:41.15 36.24	200m: 2:18.33	37.18	
8. MARQUES, Gustavo Pires	04	Fundacao Beatriz Santos		2:18.47	522	
50m: 31.28 31.28	100m: 1:07.42	36.14	150m: 1:43.58 36.16	200m: 2:18.47	34.89	
9. SILVA, Luis Afonso	02	Estarreja		2:19.26	513	
50m: 29.82 29.82	100m: 1:05.12	35.30	150m: 1:42.34 37.22	200m: 2:19.26	36.92	
10. TAVARES, Bernardo Rodrigues	04	Galitos / Bresimar		2:21.18	492	
50m: 30.02 30.02	100m: 1:06.53	36.51	150m: 1:43.34 36.81	200m: 2:21.18	37.84	
11. COELHO, Rodrigo Manuel	01	Feirense		2:23.12	472	
50m: 30.41 30.41	100m: 1:05.90	35.49	150m: 1:43.64 37.74	200m: 2:23.12	39.48	
12. DOMINGUES, Ricardo Jorge	02	Fundacao Beatriz Santos		2:24.09	463	
50m: 30.11 30.11	100m: 1:04.93	34.82	150m: 1:42.49 37.56	200m: 2:24.09	41.60	
13. MOITA, Goncalo Brites	04	Uniao Coimbra		2:26.37	442	
50m: 30.69 30.69	100m: 1:07.44	36.75	150m: 1:45.80 38.36	200m: 2:26.37	40.57	
14. SANTOS, Rafael Pinto	03	Feirense		2:26.97	436	
50m: 32.09 32.09	100m: 1:09.32	37.23	150m: 1:47.98 38.66	200m: 2:26.97	38.99	
15. LOURENCO, Goncalo Pires	03	Fundacao Beatriz Santos		2:27.63	430	
50m: 31.36 31.36	100m: 1:08.20	36.84	150m: 1:48.01 39.81	200m: 2:27.63	39.62	
16. CARDOSO, Filipe Santos	04	Gafanha da Encarnacao		2:27.79	429	
50m: 31.72 31.72	100m: 1:09.88	38.16	150m: 1:48.95 39.07	200m: 2:27.79	38.84	
17. MARQUES, Rui Joao	02	Nautico Academico		2:28.25	425	
50m: 32.41 32.41	100m: 1:10.30	37.89	150m: 1:48.18 37.88	200m: 2:28.25	40.07	
18. NEAGU, Tiberius Sebastian	04	Academico Viseu		2:30.05	410	
50m: 32.62 32.62	100m: 1:10.10	37.48	150m: 1:50.35 40.25	200m: 2:30.05	39.70	
19. PAIS, Joao Ventura	02	Fundacao Beatriz Santos		2:30.25	408	
50m: 30.53 30.53	100m: 1:08.03	37.50	150m: 1:48.62 40.59	200m: 2:30.25	41.63	
20. FERREIRA, Tomas Soares	03	Estarreja		2:30.86	403	
50m: 31.01 31.01	100m: 1:07.95	36.94	150m: 1:48.11 40.16	200m: 2:30.86	42.75	

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Prova 42, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
21. SA, Rafael Domingues 50m: 32.25 32.25 100m: 1:10.77 38.52 150m: 1:50.94 40.17 200m: 2:32.25 41.31	03 Natacao de Vagos	2:32.25	392
22. TSYKAL, Daniel 50m: 33.38 33.38 100m: 1:12.75 39.37 150m: 1:54.03 41.28 200m: 2:33.58 39.55	04 Alcobaca	2:33.58	382
23. FLORIDO, Pedro Miguel <i>FTL</i> 50m: 32.36 32.36 100m: 1:12.14 39.78 150m: 1:54.27 42.13 200m: 2:35.90 41.63	04 Fundacao Beatriz Santos	2:35.90	365
24. MARTINS, Alexandre Viegas <i>FTL</i> 50m: 32.60 32.60 100m: 1:12.32 39.72 150m: 1:56.52 44.20 200m: 2:39.28 42.76	04 Uniao Coimbra	2:39.28	343
25. FERNANDES, Daniel Jose <i>FTL</i> 50m: 34.83 34.83 100m: 1:16.31 41.48 150m: 1:58.34 42.03 200m: 2:39.35 41.01	04 Alcobaca	2:39.35	342
26. OLIVEIRA, Daniel Valente <i>FTL</i> 50m: 33.00 33.00 100m: 1:13.53 40.53 150m: 1:59.47 45.94 200m: 2:45.34 45.87	03 Sporting de Aveiro	2:45.34	306
27. OLIVEIRA, Vasco Peixoto <i>FTL</i> 50m: 33.46 33.46 100m: 1:15.14 41.68 150m: 2:01.11 45.97 200m: 2:47.23 46.12	04 Alcobaca	2:47.23	296
28. OLIVEIRA, Ricardo Gabriel <i>FTL</i> 50m: 35.61 35.61 100m: 1:16.55 40.94 150m: 2:02.70 46.15 200m: 2:50.43 47.73	04 Estarreja	2:50.43	280
29. GRILO, Afonso Corte-Real <i>FTL</i> 50m: 35.58 35.58 100m: 1:18.00 42.42 150m: 2:05.06 47.06 200m: 2:53.15 48.09	04 Fundacao Beatriz Santos	2:53.15	267
DSQ CARVALHO, Ricardo Martins <i>fez movimento alternado de pernas após na viragem dos 100 m e 150 m</i>	03 Fundacao Beatriz Santos		
DNS COELHO, Joao Reis	03 Desporto de Tondela		

Prova 42 Masc., 200m Mariposa Juv A e B
14-07-2019 - 17:55 Resultados

Rec Nacional Absoluto	1:56.17	OLIVEIRA, Pedro Diogo	POR	Roma (ITA)	2009
Rec Nacional Juv A	2:03.76	OLIVEIRA, Pedro Diogo	CNRM	Lisboa	2004
Rec Nacional Juv B	2:08.12	SILVA, Jorge Jesus	SCB	Coimbra	2015

TA ABS-MASC Absoluto: 2:35.10 / TA JUVA-MASC Juv A: 2:50.62 / TA JUVB-MASC Juv B: 2:55.26

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. MACHADO, Martim Miranda 50m: 29.73 29.73 100m: 1:04.50 34.77 150m: 1:40.28 35.78 200m: 2:16.03 35.75	03 Uniao Coimbra	2:16.03	550
2. MARQUES, Gustavo Pires 50m: 31.28 31.28 100m: 1:07.42 36.14 150m: 1:43.58 36.16 200m: 2:18.47 34.89	04 Fundacao Beatriz Santos	2:18.47	522
3. TAVARES, Bernardo Rodrigues 50m: 30.02 30.02 100m: 1:06.53 36.51 150m: 1:43.34 36.81 200m: 2:21.18 37.84	04 Galitos / Bresimar	2:21.18	492
4. MOITA, Goncalo Brites 50m: 30.69 30.69 100m: 1:07.44 36.75 150m: 1:45.80 38.36 200m: 2:26.37 40.57	04 Uniao Coimbra	2:26.37	442
5. SANTOS, Rafael Pinto 50m: 32.09 32.09 100m: 1:09.32 37.23 150m: 1:47.98 38.66 200m: 2:26.97 38.99	03 Feirense	2:26.97	436
6. LOURENCO, Goncalo Pires 50m: 31.36 31.36 100m: 1:08.20 36.84 150m: 1:48.01 39.81 200m: 2:27.63 39.62	03 Fundacao Beatriz Santos	2:27.63	430

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Prova 42, Masc., 200m Mariposa, Juv A e B

Lugar	Ano	Tempo final	Pts
7. CARDOSO, Filipe Santos 50m: 31.72 31.72 100m: 1:09.88 38.16 150m: 1:48.95 39.07 200m: 2:27.79 38.84	04 Gafanha da Encarnacao	2:27.79	429
8. NEAGU, Tiberius Sebastian 50m: 32.62 32.62 100m: 1:10.10 37.48 150m: 1:50.35 40.25 200m: 2:30.05 39.70	04 Academico Viseu	2:30.05	410
9. FERREIRA, Tomas Soares 50m: 31.01 31.01 100m: 1:07.95 36.94 150m: 1:48.11 40.16 200m: 2:30.86 42.75	03 Estarreja	2:30.86	403
10. SA, Rafael Domingues 50m: 32.25 32.25 100m: 1:10.77 38.52 150m: 1:50.94 40.17 200m: 2:32.25 41.31	03 Natacao de Vagos	2:32.25	392
11. TSYKAL, Daniel 50m: 33.38 33.38 100m: 1:12.75 39.37 150m: 1:54.03 41.28 200m: 2:33.58 39.55	04 Alcobaca	2:33.58	382
12. FLORIDO, Pedro Miguel <i>FTL</i> 50m: 32.36 32.36 100m: 1:12.14 39.78 150m: 1:54.27 42.13 200m: 2:35.90 41.63	04 Fundacao Beatriz Santos	2:35.90	365
13. MARTINS, Alexandre Viegas <i>FTL</i> 50m: 32.60 32.60 100m: 1:12.32 39.72 150m: 1:56.52 44.20 200m: 2:39.28 42.76	04 Uniao Coimbra	2:39.28	343
14. FERNANDES, Daniel Jose <i>FTL</i> 50m: 34.83 34.83 100m: 1:16.31 41.48 150m: 1:58.34 42.03 200m: 2:39.35 41.01	04 Alcobaca	2:39.35	342
15. OLIVEIRA, Daniel Valente <i>FTL</i> 50m: 33.00 33.00 100m: 1:13.53 40.53 150m: 1:59.47 45.94 200m: 2:45.34 45.87	03 Sporting de Aveiro	2:45.34	306
16. OLIVEIRA, Vasco Peixoto <i>FTL</i> 50m: 33.46 33.46 100m: 1:15.14 41.68 150m: 2:01.11 45.97 200m: 2:47.23 46.12	04 Alcobaca	2:47.23	296
17. OLIVEIRA, Ricardo Gabriel <i>FTL</i> 50m: 35.61 35.61 100m: 1:16.55 40.94 150m: 2:02.70 46.15 200m: 2:50.43 47.73	04 Estarreja	2:50.43	280
18. GRILO, Afonso Corte-Real <i>FTL</i> 50m: 35.58 35.58 100m: 1:18.00 42.42 150m: 2:05.06 47.06 200m: 2:53.15 48.09	04 Fundacao Beatriz Santos	2:53.15	267
DSQ CARVALHO, Ricardo Martins <i>fez movimento alternado de pernas após na viragem dos 100 m e 150 m</i>	03 Fundacao Beatriz Santos		
DNS COELHO, Joao Reis	03 Desporto de Tondela		
EXH MARTINS, Henrique Ferreira <i>FTL</i> 50m: 37.95 37.95 100m: 1:21.78 43.83 150m: 2:07.69 45.91 200m: 2:53.60 45.91	06 Alges e Agueda XXI	2:53.60	265

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 43 14-07-2019 - 18:15	Femin., 200m Estilos				Absoluto
Entrega de Medalhas das provas nºs 40 e 42					Resultados
Rec Nacional Absoluto	2:13.87	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Sen	2:13.87	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 17	2:17.22	PEREIRA, Raquel Gomes	SAD	Coimbra	2017
Rec Nacional Jun 16	2:20.61	DURAES, Diana Margarida	FOCA	Porto	2012
Rec Nacional Juv A	2:21.01	PEREIRA, Raquel Gomes	SAD	Coimbra	2015
Rec Nacional Juv B	2:23.60	DURAES, Diana Margarida	FOCA	Coimbra	2010
TA ABS-FEM : 2:56.53 / TA JUVA-FEM Juv A: 3:05.35 / TA JUVB-FEM Juv B: 3:10.66					

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts
1.	VEIGA, Ana Filipa	01	Gafanha da Encarnacao					2:26.32	640
	50m: 31.71 31.71	100m: 1:12.50	40.79	150m: 1:53.10	40.60	200m: 2:26.32	33.22		
2.	CARDEAL, Joana Nunes	02	Academico Viseu					2:26.57	637
	50m: 31.74 31.74	100m: 1:09.50	37.76	150m: 1:54.18	44.68	200m: 2:26.57	32.39		
3.	RODRIGUES, Ana Margarida	96	Galitos / Bresimar					2:29.16	604
	50m: 30.80 30.80	100m: 1:10.61	39.81	150m: 1:55.26	44.65	200m: 2:29.16	33.90		
4.	FIAL, Sofia Nunes	03	Estamos Juntos					2:29.46	600
	50m: 32.45 32.45	100m: 1:12.16	39.71	150m: 1:53.99	41.83	200m: 2:29.46	35.47		
5.	REBELO, Camila Rodrigues	03	Louzan Natacao/EFAPEL					2:30.07	593
	50m: 32.08 32.08	100m: 1:08.44	36.36	150m: 1:56.25	47.81	200m: 2:30.07	33.82		
6.	AMADOR, Joana Costa	01	Galitos / Bresimar					2:31.96	571
	50m: 31.75 31.75	100m: 1:11.64	39.89	150m: 1:55.72	44.08	200m: 2:31.96	36.24		
7.	MARQUES, Mariana Nunes	03	Estarreja					2:32.15	569
	50m: 32.31 32.31	100m: 1:10.75	38.44	150m: 1:57.17	46.42	200m: 2:32.15	34.98		
8.	TEJO, Beatriz Costa	02	Academica de Coimbra					2:32.53	565
	50m: 32.06 32.06	100m: 1:14.35	42.29	150m: 1:58.89	44.54	200m: 2:32.53	33.64		
9.	NOBRE, Marisa Isabel	05	Columbofila Cantanhedense					2:33.12	558
	50m: 33.15 33.15	100m: 1:12.39	39.24	150m: 1:59.44	47.05	200m: 2:33.12	33.68		
10.	BELO, Rita Afonso	02	Benedita					2:33.69	552
	50m: 32.06 32.06	100m: 1:12.04	39.98	150m: 1:57.57	45.53	200m: 2:33.69	36.12		
11.	GASPAR, Beatriz Ferreira	04	Bombeiros Mealhada/ CA					2:33.79	551
	50m: 32.66 32.66	100m: 1:13.19	40.53	150m: 1:59.02	45.83	200m: 2:33.79	34.77		
12.	SILVA, Camila Alexandra	03	Columbofila Cantanhedense					2:35.55	533
	50m: 33.43 33.43	100m: 1:15.95	42.52	150m: 2:01.70	45.75	200m: 2:35.55	33.85		
13.	NEVES, Sara Dias	03	Miranda do Corvo					2:35.82	530
	50m: 33.03 33.03	100m: 1:13.32	40.29	150m: 2:00.43	47.11	200m: 2:35.82	35.39		
14.	CARDEAL, Beatriz Nunes	04	Academico Viseu					2:35.95	528
	50m: 32.96 32.96	100m: 1:14.45	41.49	150m: 2:00.29	45.84	200m: 2:35.95	35.66		
15.	ALVES, Maria Francisca	04	Bairro dos Anjos/Bomcar					2:36.21	526
	50m: 34.24 34.24	100m: 1:16.92	42.68	150m: 2:00.31	43.39	200m: 2:36.21	35.90		
16.	MOREIRA, Matilde Freitas	01	Academica de Coimbra					2:37.21	516
	50m: 32.93 32.93	100m: 1:13.45	40.52	150m: 2:01.67	48.22	200m: 2:37.21	35.54		
17.	SOARES, Ines Apolinario	03	Pimpoes/Cimai					2:37.30	515
	50m: 33.76 33.76	100m: 1:14.33	40.57	150m: 2:02.45	48.12	200m: 2:37.30	34.85		
18.	FERREIRA, Joana Rosa	05	Naval de Peniche					2:39.36	495
	50m: 33.67 33.67	100m: 1:17.83	44.16	150m: 2:03.03	45.20	200m: 2:39.36	36.33		
19.	SOUSA, Ana Correia	04	Pimpoes/Cimai					2:39.54	494
	50m: 33.61 33.61	100m: 1:13.73	40.12	150m: 2:02.15	48.42	200m: 2:39.54	37.39		
20.	CUNHA, Leonor Correia	04	Fundacao Beatriz Santos					2:40.35	486
	50m: 35.36 35.36	100m: 1:16.31	40.95	150m: 2:02.06	45.75	200m: 2:40.35	38.29		
21.	ALVES, Sara Sofia	01	Columbofila Cantanhedense					2:40.39	486
	50m: 32.91 32.91	100m: 1:16.56	43.65	150m: 2:05.16	48.60	200m: 2:40.39	35.23		

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Prova 43, Femin., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
22. FERREIRA, Leonor Marques	03 Campinho	2:41.19	479
50m: 33.37 33.37 100m: 1:14.29 40.92 150m: 2:02.90 48.61 200m: 2:41.19 38.29			
23. CORREIA, Beatriz Santos	04 Academico Viseu	2:41.98	472
50m: 35.72 35.72 100m: 1:18.10 42.38 150m: 2:07.22 49.12 200m: 2:41.98 34.76			
24. SIMOES, Rita Mendes	04 Bairro dos Anjos/Bomcar	2:41.99	471
50m: 34.17 34.17 100m: 1:16.95 42.78 150m: 2:05.56 48.61 200m: 2:41.99 36.43			
25. COSTA, Joana Ferreira	05 Feirense	2:43.00	463
50m: 34.33 34.33 100m: 1:16.63 42.30 150m: 2:05.10 48.47 200m: 2:43.00 37.90			
26. MENDES, Daniela Portela	04 Fundacao Beatriz Santos	2:43.28	460
50m: 32.69 32.69 100m: 1:17.42 44.73 150m: 2:03.85 46.43 200m: 2:43.28 39.43			
27. RODRIGUES, Ana Luisa	03 Louzan Natacao/EFAPEL	2:43.82	456
50m: 34.65 34.65 100m: 1:16.17 41.52 150m: 2:04.81 48.64 200m: 2:43.82 39.01			
28. SILVA, Mariana Azevedo	05 Sanjoanense/FEPSA	2:44.66	449
50m: 35.96 35.96 100m: 1:18.24 42.28 150m: 2:07.83 49.59 200m: 2:44.66 36.83			
29. CRUZ, Cintia Cristina	02 Alcobaca	2:44.89	447
50m: 35.41 35.41 100m: 1:18.87 43.46 150m: 2:06.62 47.75 200m: 2:44.89 38.27			
30. COSTA, Leonor Horta	04 Individual ANC	2:45.64	441
50m: 35.55 35.55 100m: 1:18.08 42.53 150m: 2:07.06 48.98 200m: 2:45.64 38.58			
31. SILVA, Alexandra Cordeiro	04 Alcobaca	2:46.11	437
50m: 36.34 36.34 100m: 1:21.06 44.72 150m: 2:08.50 47.44 200m: 2:46.11 37.61			
32. GAMEIRO, Marta Domingues	04 Nautico Academico	2:46.63	433
50m: 36.67 36.67 100m: 1:20.56 43.89 150m: 2:08.76 48.20 200m: 2:46.63 37.87			
33. FIDALGO, Mafalda Vestia	04 Uniao Coimbra	2:47.30	428
50m: 34.84 34.84 100m: 1:18.96 44.12 150m: 2:09.93 50.97 200m: 2:47.30 37.37			
34. CARDOSO, Ana Luisa	05 Estarreja	2:47.40	427
50m: 35.18 35.18 100m: 1:18.42 43.24 150m: 2:08.20 49.78 200m: 2:47.40 39.20			
35. MARQUES, Maria Ines	05 Alcobaca	2:47.51	426
50m: 35.97 35.97 100m: 1:20.60 44.63 150m: 2:08.96 48.36 200m: 2:47.51 38.55			
36. LOISAS, Beatriz Ferreira	05 Columbofila Cantanhedense	2:47.97	423
50m: 34.81 34.81 100m: 1:18.11 43.30 150m: 2:11.89 53.78 200m: 2:47.97 36.08			
37. RIBEIRO, Carolina Goncalves	04 O Crasto	2:48.60	418
50m: 37.25 37.25 100m: 1:19.37 42.12 150m: 2:11.50 52.13 200m: 2:48.60 37.10			
38. MELO, Beatriz Coelho	05 Feirense	2:48.61	418
50m: 34.45 34.45 100m: 1:20.74 46.29 150m: 2:10.08 49.34 200m: 2:48.61 38.53			
39. AMARO, Beatriz Sofia	04 Nautico Marinha Grande	2:49.09	414
50m: 37.87 37.87 100m: 1:21.50 43.63 150m: 2:09.63 48.13 200m: 2:49.09 39.46			
40. ALVES, Maria Ines	05 Academica de Coimbra	2:49.79	409
50m: 36.38 36.38 100m: 1:22.95 46.57 150m: 2:10.25 47.30 200m: 2:49.79 39.54			
41. MACEDO, Luisa Mendes	03 Estamos Juntos	2:49.83	409
50m: 34.28 34.28 100m: 1:16.96 42.68 150m: 2:08.19 51.23 200m: 2:49.83 41.64			
42. MALHEIRO, Maria Vieira	05 Campinho	2:49.93	408
50m: 36.50 36.50 100m: 1:22.36 45.86 150m: 2:12.35 49.99 200m: 2:49.93 37.58			
43. ALMEIDA, Ana Rita	05 Campinho	2:50.01	408
50m: 34.85 34.85 100m: 1:21.96 47.11 150m: 2:09.50 47.54 200m: 2:50.01 40.51			
44. PEREIRA, Marta Monteiro	04 O Crasto	2:50.46	405
50m: 36.60 36.60 100m: 1:20.53 43.93 150m: 2:14.18 53.65 200m: 2:50.46 36.28			
45. REIS, Maria Joao	04 Nautico Marinha Grande	2:50.85	402
50m: 35.95 35.95 100m: 1:19.21 43.26 150m: 2:12.01 52.80 200m: 2:50.85 38.84			

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Prova 43, Femin., 200m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
46.	RIBEIRO, Maria Joao		05	Feirense				2:53.66	383
	50m:	37.08 37.08	100m:	1:25.59 48.51	150m:	2:12.74 47.15	200m:	2:53.66	40.92
47.	PACHECO, Mariana Martins		03	Desporto de Tondela				2:56.30	366
	50m:	36.26 36.26	100m:	1:25.44 49.18	150m:	2:16.71 51.27	200m:	2:56.30	39.59
48.	GASPAR, Maria Ines		05	Miranda do Corvo				2:57.34	359
	<i>FTL</i>								
	50m:	40.15 40.15	100m:	1:25.34 45.19	150m:	2:17.91 52.57	200m:	2:57.34	39.43
49.	ABREU, Daniela Filipa		04	Campinho				2:57.87	356
	<i>FTL</i>								
	50m:	36.02 36.02	100m:	1:29.23 53.21	150m:	2:17.78 48.55	200m:	2:57.87	40.09
50.	PIRES, Rita Lima		05	Nautico Academico				2:58.52	352
	<i>FTL</i>								
	50m:	40.52 40.52	100m:	1:27.86 47.34	150m:	2:17.35 49.49	200m:	2:58.52	41.17
51.	OLIVEIRA, Vanessa Sofia		05	Galitos / Bresimar				2:58.72	351
	<i>FTL</i>								
	50m:	38.03 38.03	100m:	1:25.27 47.24	150m:	2:19.51 54.24	200m:	2:58.72	39.21
52.	DIAS, Maria Beatriz		05	Sporting de Aveiro				2:59.50	346
	<i>FTL</i>								
	50m:	38.24 38.24	100m:	1:25.36 47.12	150m:	2:17.42 52.06	200m:	2:59.50	42.08
53.	COSTA, Mariana Pinto		05	Sanjoanense/FEPSA				2:59.82	345
	<i>FTL</i>								
	50m:	38.56 38.56	100m:	1:25.90 47.34	150m:	2:18.84 52.94	200m:	2:59.82	40.98
54.	OLIVEIRA, Maria Joao		04	Estamos Juntos				3:00.30	342
	<i>FTL</i>								
	50m:	38.13 38.13	100m:	1:23.07 44.94	150m:	2:16.47 53.40	200m:	3:00.30	43.83
55.	CRUZ, Ines Dias		04	Condeixa Clube				3:01.86	333
	<i>FTL</i>								
	50m:	37.35 37.35	100m:	1:26.50 49.15	150m:	2:21.52 55.02	200m:	3:01.86	40.34
56.	LEAL, Mariana Dias		04	Gafanha da Encarnacao				3:04.85	317
	<i>FTL</i>								
	50m:	45.43 45.43	100m:	1:29.30 43.87	150m:	2:23.54 54.24	200m:	3:04.85	41.31
DSQ	SILVA, Camila Cavaleiro		05	Columbofila Cantanhedense					
	<i>toque alternado de mãos na parede aos 150 m na viragem de braços para crol</i>								
DNS	SANTOS, Tatiana Filipa		95	Academica de Coimbra					
DNS	FERNANDES, Carolina Miranda		05	Galitos / Bresimar					

Campeonato Inter Distrital Juvenis e Absoluto PL
Coimbra, 12, 13 e 14 Julho 2019

Prova 43, Femin., 200m Estilos

Prova 43
14-07-2019 - 18:15

Femin., 200m Estilos
Entrega de Medalhas das provas nºs 40 e 42

Juv A e B
Resultados

Rec Nacional Absoluto	2:13.87	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	2017
Rec Nacional Juv A	2:21.01	PEREIRA, Raquel Gomes	SAD	Coimbra	2015
Rec Nacional Juv B	2:23.60	DURAES, Diana Margarida	FOCA	Coimbra	2010

TA ABS-FEM Absoluto: 2:56.53 / TA JUVA-FEM Juv A: 3:05.35 / TA JUVB-FEM Juv B: 3:10.66

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. NOBRE, Marisa Isabel 50m: 33.15 33.15 100m: 1:12.39	05	Columbofila Cantanhedense 39.24 150m: 1:59.44 47.05 200m: 2:33.12	558 33.68
2. GASPAR, Beatriz Ferreira 50m: 32.66 32.66 100m: 1:13.19	04	Bombeiros Mealhada/ CA 40.53 150m: 1:59.02 45.83 200m: 2:33.79	551 34.77
3. CARDEAL, Beatriz Nunes 50m: 32.96 32.96 100m: 1:14.45	04	Academico Viseu 41.49 150m: 2:00.29 45.84 200m: 2:35.95	528 35.66
4. ALVES, Maria Francisca 50m: 34.24 34.24 100m: 1:16.92	04	Bairro dos Anjos/Bomcar 42.68 150m: 2:00.31 43.39 200m: 2:36.21	526 35.90
5. FERREIRA, Joana Rosa 50m: 33.67 33.67 100m: 1:17.83	05	Naval de Peniche 44.16 150m: 2:03.03 45.20 200m: 2:39.36	495 36.33
6. SOUSA, Ana Correia 50m: 33.61 33.61 100m: 1:13.73	04	Pimpoes/Cimai 40.12 150m: 2:02.15 48.42 200m: 2:39.54	494 37.39
7. CUNHA, Leonor Correia 50m: 35.36 35.36 100m: 1:16.31	04	Fundacao Beatriz Santos 40.95 150m: 2:02.06 45.75 200m: 2:40.35	486 38.29
8. CORREIA, Beatriz Santos 50m: 35.72 35.72 100m: 1:18.10	04	Academico Viseu 42.38 150m: 2:07.22 49.12 200m: 2:41.98	472 34.76
9. SIMOES, Rita Mendes 50m: 34.17 34.17 100m: 1:16.95	04	Bairro dos Anjos/Bomcar 42.78 150m: 2:05.56 48.61 200m: 2:41.99	471 36.43
10. COSTA, Joana Ferreira 50m: 34.33 34.33 100m: 1:16.63	05	Feirense 42.30 150m: 2:05.10 48.47 200m: 2:43.00	463 37.90
11. MENDES, Daniela Portela 50m: 32.69 32.69 100m: 1:17.42	04	Fundacao Beatriz Santos 44.73 150m: 2:03.85 46.43 200m: 2:43.28	460 39.43
12. SILVA, Mariana Azevedo 50m: 35.96 35.96 100m: 1:18.24	05	Sanjoanense/FEPSA 42.28 150m: 2:07.83 49.59 200m: 2:44.66	449 36.83
13. COSTA, Leonor Horta 50m: 35.55 35.55 100m: 1:18.08	04	Individual ANC 42.53 150m: 2:07.06 48.98 200m: 2:45.64	441 38.58
14. SILVA, Alexandra Cordeiro 50m: 36.34 36.34 100m: 1:21.06	04	Alcobaca 44.72 150m: 2:08.50 47.44 200m: 2:46.11	437 37.61
15. GAMEIRO, Marta Domingues 50m: 36.67 36.67 100m: 1:20.56	04	Nautico Academico 43.89 150m: 2:08.76 48.20 200m: 2:46.63	433 37.87
16. FIDALGO, Mafalda Vestia 50m: 34.84 34.84 100m: 1:18.96	04	Uniao Coimbra 44.12 150m: 2:09.93 50.97 200m: 2:47.30	428 37.37
17. CARDOSO, Ana Luisa 50m: 35.18 35.18 100m: 1:18.42	05	Estarreja 43.24 150m: 2:08.20 49.78 200m: 2:47.40	427 39.20
18. MARQUES, Maria Ines 50m: 35.97 35.97 100m: 1:20.60	05	Alcobaca 44.63 150m: 2:08.96 48.36 200m: 2:47.51	426 38.55
19. LOISAS, Beatriz Ferreira 50m: 34.81 34.81 100m: 1:18.11	05	Columbofila Cantanhedense 43.30 150m: 2:11.89 53.78 200m: 2:47.97	423 36.08
20. RIBEIRO, Carolina Goncalves 50m: 37.25 37.25 100m: 1:19.37	04	O Crasto 42.12 150m: 2:11.50 52.13 200m: 2:48.60	418 37.10
21. MELO, Beatriz Coelho 50m: 34.45 34.45 100m: 1:20.74	05	Feirense 46.29 150m: 2:10.08 49.34 200m: 2:48.61	418 38.53

Campeonato Inter Distrital Juvenis e Absoluto PL
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Prova 43, Femin., 200m Estilos, Juv A e B

Lugar	Ano	Tempo final	Pts
22. AMARO, Beatriz Sofia 50m: 37.87 37.87 100m: 1:21.50 43.63 150m: 2:09.63 48.13 200m: 2:49.09 39.46	04 Nautico Marinha Grande	2:49.09	414
23. ALVES, Maria Ines 50m: 36.38 36.38 100m: 1:22.95 46.57 150m: 2:10.25 47.30 200m: 2:49.79 39.54	05 Academica de Coimbra	2:49.79	409
24. MALHEIRO, Maria Vieira 50m: 36.50 36.50 100m: 1:22.36 45.86 150m: 2:12.35 49.99 200m: 2:49.93 37.58	05 Campinho	2:49.93	408
25. ALMEIDA, Ana Rita 50m: 34.85 34.85 100m: 1:21.96 47.11 150m: 2:09.50 47.54 200m: 2:50.01 40.51	05 Campinho	2:50.01	408
26. PEREIRA, Marta Monteiro 50m: 36.60 36.60 100m: 1:20.53 43.93 150m: 2:14.18 53.65 200m: 2:50.46 36.28	04 O Crasto	2:50.46	405
27. REIS, Maria Joao 50m: 35.95 35.95 100m: 1:19.21 43.26 150m: 2:12.01 52.80 200m: 2:50.85 38.84	04 Nautico Marinha Grande	2:50.85	402
28. RIBEIRO, Maria Joao 50m: 37.08 37.08 100m: 1:25.59 48.51 150m: 2:12.74 47.15 200m: 2:53.66 40.92	05 Feirense	2:53.66	383
29. GASPAR, Maria Ines <i>FTL</i> 50m: 40.15 40.15 100m: 1:25.34 45.19 150m: 2:17.91 52.57 200m: 2:57.34 39.43	05 Miranda do Corvo	2:57.34	359
30. ABREU, Daniela Filipa <i>FTL</i> 50m: 36.02 36.02 100m: 1:29.23 53.21 150m: 2:17.78 48.55 200m: 2:57.87 40.09	04 Campinho	2:57.87	356
31. PIRES, Rita Lima <i>FTL</i> 50m: 40.52 40.52 100m: 1:27.86 47.34 150m: 2:17.35 49.49 200m: 2:58.52 41.17	05 Nautico Academico	2:58.52	352
32. OLIVEIRA, Vanessa Sofia <i>FTL</i> 50m: 38.03 38.03 100m: 1:25.27 47.24 150m: 2:19.51 54.24 200m: 2:58.72 39.21	05 Galitos / Bresimar	2:58.72	351
33. DIAS, Maria Beatriz <i>FTL</i> 50m: 38.24 38.24 100m: 1:25.36 47.12 150m: 2:17.42 52.06 200m: 2:59.50 42.08	05 Sporting de Aveiro	2:59.50	346
34. COSTA, Mariana Pinto <i>FTL</i> 50m: 38.56 38.56 100m: 1:25.90 47.34 150m: 2:18.84 52.94 200m: 2:59.82 40.98	05 Sanjoanense/FEPSA	2:59.82	345
35. OLIVEIRA, Maria Joao <i>FTL</i> 50m: 38.13 38.13 100m: 1:23.07 44.94 150m: 2:16.47 53.40 200m: 3:00.30 43.83	04 Estamos Juntos	3:00.30	342
36. CRUZ, Ines Dias <i>FTL</i> 50m: 37.35 37.35 100m: 1:26.50 49.15 150m: 2:21.52 55.02 200m: 3:01.86 40.34	04 Condeixa Clube	3:01.86	333
37. LEAL, Mariana Dias <i>FTL</i> 50m: 45.43 45.43 100m: 1:29.30 43.87 150m: 2:23.54 54.24 200m: 3:04.85 41.31	04 Gafanha da Encarnacao	3:04.85	317
DSQ SILVA, Camila Cavaleiro <i>toque alternado de mãos na parede aos 150 m na viragem de bruços para crol</i>	05 Columbofila Cantanhedense		
DNS FERNANDES, Carolina Miranda	05 Galitos / Bresimar		
EXH CARDOSO, Eduarda Oliveira 50m: 34.96 34.96 100m: 1:17.01 42.05 150m: 2:06.24 49.23 200m: 2:46.61 40.37	06 Estamos Juntos	2:46.61	433

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Prova 43, Femin., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH ALMEIDA, Bianca Filipa FTL	07 Alges e Agueda XXI	2:56.89	362
50m: 38.23 38.23	100m: 1:26.47 48.24	150m: 2:20.29 53.82	200m: 2:56.89 36.60

Prova 44

Masc., 200m Estilos

Absoluto

14-07-2019 - 18:40

Entrega de Medalhas das provas nºs 39 e 41

Resultados

Rec Nacional Absoluto	1:58.19	SANTOS, Alexis Manacas	SCP	Coimbra	2019
Rec Nacional Sen	1:58.19	SANTOS, Alexis Manacas	SCP	Coimbra	2019
Rec Nacional Jun 18	2:02.55	LOPES, Jose Paulo	POR	Helsinki (FIN)	2018
Rec Nacional Jun 17	2:04.32	ALMEIDA, Carlos Esteves	POR	Budapeste (HUN)	2005
Rec Nacional Juv A	2:08.11	ALMEIDA, Carlos Esteves	CNA	Lisboa	2004
Rec Nacional Juv B	2:10.83	SILVA, Jorge Jesus	SCB	Coimbra	2015
Rec Nacional Inf A	2:16.63	RIBAS, Alexandre Lages	EDV	Lisboa	2011

TA ABS-MASC : 2:39.66 / TA JUVA-MASC Juv A: 2:52.44 / TA JUVB-MASC Juv B: 2:55.63

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. SILVA, Henrique Gomes	02 Estamos Juntos	2:10.10	672
50m: 28.43 28.43	100m: 1:02.22 33.79	150m: 1:40.49 38.27	200m: 2:10.10 29.61
2. BASTOS, Lucas Pereira	00 Nautico Academico	2:13.71	619
50m: 28.56 28.56	100m: 1:02.97 34.41	150m: 1:41.48 38.51	200m: 2:13.71 32.23
3. RIBEIRO, Diogo Matos	04 Uniao Coimbra	2:14.89	603
50m: 28.27 28.27	100m: 1:03.81 35.54	150m: 1:45.04 41.23	200m: 2:14.89 29.85
4. GASPAS, Miguel Caridade	99 Academica de Coimbra	2:15.30	598
50m: 30.44 30.44	100m: 1:06.97 36.53	150m: 1:43.42 36.45	200m: 2:15.30 31.88
5. DINIS, Tiago Moises	98 Nautico Academico	2:17.09	575
50m: 29.08 29.08	100m: 1:04.13 35.05	150m: 1:44.50 40.37	200m: 2:17.09 32.59
6. MACHADO, Tiago Andrade	02 Sporting de Aveiro	2:17.96	564
50m: 29.54 29.54	100m: 1:05.40 35.86	150m: 1:45.40 40.00	200m: 2:17.96 32.56
7. RODRIGUES, Pedro Simoes	01 Uniao Coimbra	2:18.48	557
50m: 29.30 29.30	100m: 1:04.30 35.00	150m: 1:43.55 39.25	200m: 2:18.48 34.93
8. KOT, Viktor	98 Nautico Marinha Grande	2:18.65	555
50m: 27.58 27.58	100m: 1:04.13 36.55	150m: 1:46.58 42.45	200m: 2:18.65 32.07
9. KLIER, Afonso Miguel	01 Galitos / Bresimar	2:19.43	546
50m: 29.84 29.84	100m: 1:07.71 37.87	150m: 1:46.15 38.44	200m: 2:19.43 33.28
10. SILVA, Nuno Marques	04 Bairro dos Anjos/Bomcar	2:19.51	545
50m: 29.57 29.57	100m: 1:06.09 36.52	150m: 1:46.97 40.88	200m: 2:19.51 32.54
11. RELVAS, David Ferreira	03 Nautico Marinha Grande	2:20.26	536
50m: 28.94 28.94	100m: 1:05.71 36.77	150m: 1:46.62 40.91	200m: 2:20.26 33.64
12. FARDILHA, Manuel Cruz	03 Galitos / Bresimar	2:20.40	535
50m: 28.96 28.96	100m: 1:04.83 35.87	150m: 1:47.82 42.99	200m: 2:20.40 32.58
13. SILVA, Miguel Vicente	02 Nautico Marinha Grande	2:21.67	521
50m: 29.16 29.16	100m: 1:05.53 36.37	150m: 1:48.12 42.59	200m: 2:21.67 33.55
14. DIOGO, Dinis Miranda	04 Fundacao Beatriz Santos	2:21.87	518
50m: 29.68 29.68	100m: 1:05.53 35.85	150m: 1:49.26 43.73	200m: 2:21.87 32.61
15. ANTUNES, Jose Pedro	00 Galitos / Bresimar	2:22.17	515
50m: 29.25 29.25	100m: 1:05.90 36.65	150m: 1:48.41 42.51	200m: 2:22.17 33.76
16. RODRIGUES, Miguel Carvalho	02 Galitos / Bresimar	2:23.40	502
50m: 31.07 31.07	100m: 1:08.36 37.29	150m: 1:48.97 40.61	200m: 2:23.40 34.43
17. MATOS, Diogo Ribas	02 Alges e Agueda XXI	2:23.46	501
50m: 29.41 29.41	100m: 1:05.72 36.31	150m: 1:48.34 42.62	200m: 2:23.46 35.12

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Prova 44, Masc., 200m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
18.	PEREIRA, Bernardo Sousa	01	Pimpoes/Cimai				2:23.88	497	
	50m: 29.73 29.73	100m: 1:06.46	36.73	150m: 1:48.50	42.04	200m: 2:23.88	35.38		
19.	FARIA, Ricardo Morais	04	Bairro dos Anjos/Bomcar				2:23.99	496	
	50m: 29.83 29.83	100m: 1:06.30	36.47	150m: 1:50.80	44.50	200m: 2:23.99	33.19		
20.	CARVALHO, Renato Miguel	03	Galitos / Bresimar				2:24.54	490	
	50m: 31.30 31.30	100m: 1:11.26	39.96	150m: 1:50.16	38.90	200m: 2:24.54	34.38		
	SANTOS, Roberto Pinho	03	Estamos Juntos				2:24.54	490	
	50m: 29.63 29.63	100m: 1:08.00	38.37	150m: 1:50.18	42.18	200m: 2:24.54	34.36		
22.	SOUSA, Duarte Anastacio	02	Uniao Coimbra				2:26.14	474	
	50m: 29.89 29.89	100m: 1:10.19	40.30	150m: 1:50.66	40.47	200m: 2:26.14	35.48		
23.	MARQUES, Goncalo Silva	01	Condeixa Clube				2:26.24	473	
	50m: 29.53 29.53	100m: 1:06.92	37.39	150m: 1:50.05	43.13	200m: 2:26.24	36.19		
24.	POIARES, Tiago Andre	04	Fundacao Beatriz Santos				2:26.63	469	
	50m: 31.83 31.83	100m: 1:11.98	40.15	150m: 1:53.03	41.05	200m: 2:26.63	33.60		
25.	SILVA, Afonso Varelas	01	Nautico Marinha Grande				2:26.94	466	
	50m: 30.45 30.45	100m: 1:08.91	38.46	150m: 1:52.26	43.35	200m: 2:26.94	34.68		
26.	TEIXEIRA, Joao Octavio	03	Galitos / Bresimar				2:27.49	461	
	50m: 30.93 30.93	100m: 1:10.95	40.02	150m: 1:54.63	43.68	200m: 2:27.49	32.86		
27.	PINHO, Duarte Sa	02	Estamos Juntos				2:28.05	456	
	50m: 30.97 30.97	100m: 1:10.36	39.39	150m: 1:52.80	42.44	200m: 2:28.05	35.25		
28.	LIMOES, Sergio Miguel	03	Galitos / Bresimar				2:28.48	452	
	50m: 30.24 30.24	100m: 1:10.35	40.11	150m: 1:52.80	42.45	200m: 2:28.48	35.68		
29.	LOURENCO, Goncalo Pires	03	Fundacao Beatriz Santos				2:28.69	450	
	50m: 31.28 31.28	100m: 1:12.39	41.11	150m: 1:54.74	42.35	200m: 2:28.69	33.95		
30.	ANICETO, Joao Gabriel	04	Bairro dos Anjos/Bomcar				2:28.88	448	
	50m: 34.34 34.34	100m: 1:16.45	42.11	150m: 1:55.58	39.13	200m: 2:28.88	33.30		
31.	SILVA, Ricardo Lopes	03	Nautico Marinha Grande				2:29.45	443	
	50m: 30.53 30.53	100m: 1:08.80	38.27	150m: 1:54.90	46.10	200m: 2:29.45	34.55		
32.	DIAS, Jose Diogo	04	Fundacao Beatriz Santos				2:29.96	439	
	50m: 30.81 30.81	100m: 1:08.37	37.56	150m: 1:55.35	46.98	200m: 2:29.96	34.61		
33.	CARDOSO, Joao Francisco	03	Individual ANCP				2:30.04	438	
	50m: 31.29 31.29	100m: 1:08.55	37.26	150m: 1:55.66	47.11	200m: 2:30.04	34.38		
34.	GONCALVES, Jorge Miguel	03	Galitos / Bresimar				2:30.11	438	
	50m: 30.85 30.85	100m: 1:10.93	40.08	150m: 1:57.05	46.12	200m: 2:30.11	33.06		
35.	NEAGU, Tiberius Sebastian	04	Academico Viseu				2:30.63	433	
	50m: 32.01 32.01	100m: 1:11.95	39.94	150m: 1:56.93	44.98	200m: 2:30.63	33.70		
36.	ANASTACIO, Alexandre Quiterio	01	Benedita				2:30.85	431	
	50m: 32.33 32.33	100m: 1:13.79	41.46	150m: 1:54.73	40.94	200m: 2:30.85	36.12		
37.	MOCO, Pedro Ribeiro	02	Natacao de Vagos				2:30.87	431	
	50m: 31.13 31.13	100m: 1:11.80	40.67	150m: 1:56.20	44.40	200m: 2:30.87	34.67		
38.	SOUSA, Vasco Silva	04	Bairro dos Anjos/Bomcar				2:31.25	428	
	50m: 30.51 30.51	100m: 1:09.62	39.11	150m: 1:55.99	46.37	200m: 2:31.25	35.26		
39.	COUTINHO, David Valdagua	03	Columbofila Cantanhedense				2:32.09	421	
	50m: 32.14 32.14	100m: 1:09.99	37.85	150m: 1:57.70	47.71	200m: 2:32.09	34.39		
40.	SOARES, Duarte Almeida	01	Campinho				2:33.66	408	
	50m: 33.50 33.50	100m: 1:14.92	41.42	150m: 1:58.71	43.79	200m: 2:33.66	34.95		
41.	CAETANO, Gino Santos	94	Galitos / Bresimar				2:33.85	406	
	50m: 30.99 30.99	100m: 1:09.30	38.31	150m: 1:57.97	48.67	200m: 2:33.85	35.88		

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Prova 44, Masc., 200m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
42.	SANTOS, Rafael Pinto		03	Feirense				2:33.90	406
	50m:	31.41 31.41	100m:	1:10.32	38.91	150m:	1:56.77 46.45	200m:	2:33.90 37.13
43.	SILVA, Guilherme Tomas		03	Campinho				2:33.99	405
	50m:	32.63 32.63	100m:	1:10.70	38.07	150m:	1:58.03 47.33	200m:	2:33.99 35.96
44.	COSTA, Goncalo Filipe		04	Gafanha da Encarnacao				2:34.05	405
	50m:	31.76 31.76	100m:	1:12.28	40.52	150m:	1:59.68 47.40	200m:	2:34.05 34.37
45.	OLIVEIRA, Daniel Valente		03	Sporting de Aveiro				2:34.09	404
	50m:	31.32 31.32	100m:	1:10.51	39.19	150m:	1:57.78 47.27	200m:	2:34.09 36.31
46.	BRANCO, Rodrigo Figueiredo		04	Galitos / Bresimar				2:34.46	402
	50m:	32.68 32.68	100m:	1:12.67	39.99	150m:	1:59.47 46.80	200m:	2:34.46 34.99
47.	BULHOSA, Silvio Miguel		03	Estamos Juntos				2:34.57	401
	50m:	32.37 32.37	100m:	1:11.24	38.87	150m:	1:57.10 45.86	200m:	2:34.57 37.47
48.	PEREIRA, Igor Branco		03	O Crasto				2:34.59	401
	50m:	31.37 31.37	100m:	1:14.11	42.74	150m:	2:00.77 46.66	200m:	2:34.59 33.82
49.	FIGUEIREDO, Gustavo Pinto		02	O Crasto				2:34.68	400
	50m:	33.50 33.50	100m:	1:15.84	42.34	150m:	2:01.38 45.54	200m:	2:34.68 33.30
50.	ALMEIDA, Marco Andre		02	Bombeiros Mealhada/ CA				2:36.99	382
	50m:	32.35 32.35	100m:	1:15.32	42.97	150m:	2:00.18 44.86	200m:	2:36.99 36.81
51.	GAMEIRO, David Almeida		03	Nucleo de Pombal				2:37.35	380
	50m:	34.24 34.24	100m:	1:15.67	41.43	150m:	2:02.56 46.89	200m:	2:37.35 34.79
52.	VENTURA, Bernardo Jorge		03	Academica de Coimbra				2:39.09	367
	50m:	33.63 33.63	100m:	1:17.48	43.85	150m:	2:04.77 47.29	200m:	2:39.09 34.32
53.	CARDOSO, Lucas Pipiraite <i>FTL</i>		04	Naval da Nazare				2:39.81	362
	50m:	32.41 32.41	100m:	1:11.76	39.35	150m:	2:02.96 51.20	200m:	2:39.81 36.85
54.	CAROLA, Jose Pedro <i>FTL</i>		04	Gafanha da Encarnacao				2:40.34	359
	50m:	34.75 34.75	100m:	1:19.47	44.72	150m:	2:03.27 43.80	200m:	2:40.34 37.07
55.	CARVALHO, Ricardo Martins <i>FTL</i>		03	Fundacao Beatriz Santos				2:41.82	349
	50m:	33.40 33.40	100m:	1:17.21	43.81	150m:	2:07.63 50.42	200m:	2:41.82 34.19
56.	FERNANDES, Daniel Jose <i>FTL</i>		04	Alcobaca				2:43.15	341
	50m:	34.55 34.55	100m:	1:16.06	41.51	150m:	2:06.69 50.63	200m:	2:43.15 36.46
57.	GRABOVSKI, Jorge <i>FTL</i>		04	Nautico Marinha Grande				2:44.40	333
	50m:	34.16 34.16	100m:	1:16.62	42.46	150m:	2:06.81 50.19	200m:	2:44.40 37.59
58.	MARQUES, Vicente Cruzeiro <i>FTL</i>		04	Sporting de Aveiro				2:44.89	330
	50m:	30.33 30.33	100m:	1:17.98	47.65	150m:	2:08.13 50.15	200m:	2:44.89 36.76
59.	LOMBA, Afonso Maia <i>FTL</i>		04	Feirense				2:45.84	324
	50m:	34.09 34.09	100m:	1:07.53	33.44	150m:	2:08.29 1:00.76	200m:	2:45.84 37.55
60.	FERREIRA, Renato Maria <i>FTL</i>		04	Vigor da Mocidade				2:48.98	307
	50m:	35.85 35.85	100m:	1:18.19	42.34	150m:	2:08.96 50.77	200m:	2:48.98 40.02

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Prova 44, Masc., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
61. MENESES, Marco Ribeiro <i>FTL</i>	01 O Crasto	2:49.06	306
50m: 39.95 39.95 100m: 1:17.35 37.40 150m: 2:11.33 53.98 200m: 2:49.06 37.73			
62. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	2:51.34	294
50m: 34.10 34.10 100m: 1:19.45 45.35 150m: 2:13.63 54.18 200m: 2:51.34 37.71			

Prova 44 Masc., 200m Estilos Juv A e B
14-07-2019 - 18:40 Entrega de Medalhas das provas nºs 39 e 41 Resultados

Rec Nacional Absoluto	1:58.19	SANTOS, Alexis Manacas	SCP	Coimbra	2019
Rec Nacional Juv A	2:08.11	ALMEIDA, Carlos Esteves	CNA	Lisboa	2004
Rec Nacional Juv B	2:10.83	SILVA, Jorge Jesus	SCB	Coimbra	2015

TA ABS-MASC Absoluto: 2:39.66 / TA JUVA-MASC Juv A: 2:52.44 / TA JUVB-MASC Juv B: 2:55.63

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Diogo Matos	04 Uniao Coimbra	2:14.89	603
50m: 28.27 28.27 100m: 1:03.81 35.54 150m: 1:45.04 41.23 200m: 2:14.89 29.85			
2. SILVA, Nuno Marques	04 Bairro dos Anjos/Bomcar	2:19.51	545
50m: 29.57 29.57 100m: 1:06.09 36.52 150m: 1:46.97 40.88 200m: 2:19.51 32.54			
3. RELVAS, David Ferreira	03 Nautico Marinha Grande	2:20.26	536
50m: 28.94 28.94 100m: 1:05.71 36.77 150m: 1:46.62 40.91 200m: 2:20.26 33.64			
4. FARDILHA, Manuel Cruz	03 Galitos / Bresimar	2:20.40	535
50m: 28.96 28.96 100m: 1:04.83 35.87 150m: 1:47.82 42.99 200m: 2:20.40 32.58			
5. DIOGO, Dinis Miranda	04 Fundacao Beatriz Santos	2:21.87	518
50m: 29.68 29.68 100m: 1:05.53 35.85 150m: 1:49.26 43.73 200m: 2:21.87 32.61			
6. FARIA, Ricardo Morais	04 Bairro dos Anjos/Bomcar	2:23.99	496
50m: 29.83 29.83 100m: 1:06.30 36.47 150m: 1:50.80 44.50 200m: 2:23.99 33.19			
7. CARVALHO, Renato Miguel	03 Galitos / Bresimar	2:24.54	490
50m: 31.30 31.30 100m: 1:11.26 39.96 150m: 1:50.16 38.90 200m: 2:24.54 34.38			
SANTOS, Roberto Pinho	03 Estamos Juntos	2:24.54	490
50m: 29.63 29.63 100m: 1:08.00 38.37 150m: 1:50.18 42.18 200m: 2:24.54 34.36			
9. POIARES, Tiago Andre	04 Fundacao Beatriz Santos	2:26.63	469
50m: 31.83 31.83 100m: 1:11.98 40.15 150m: 1:53.03 41.05 200m: 2:26.63 33.60			
10. TEIXEIRA, Joao Octavio	03 Galitos / Bresimar	2:27.49	461
50m: 30.93 30.93 100m: 1:10.95 40.02 150m: 1:54.63 43.68 200m: 2:27.49 32.86			
11. LIMOES, Sergio Miguel	03 Galitos / Bresimar	2:28.48	452
50m: 30.24 30.24 100m: 1:10.35 40.11 150m: 1:52.80 42.45 200m: 2:28.48 35.68			
12. LOURENCO, Goncalo Pires	03 Fundacao Beatriz Santos	2:28.69	450
50m: 31.28 31.28 100m: 1:12.39 41.11 150m: 1:54.74 42.35 200m: 2:28.69 33.95			
13. ANICETO, Joao Gabriel	04 Bairro dos Anjos/Bomcar	2:28.88	448
50m: 34.34 34.34 100m: 1:16.45 42.11 150m: 1:55.58 39.13 200m: 2:28.88 33.30			
14. SILVA, Ricardo Lopes	03 Nautico Marinha Grande	2:29.45	443
50m: 30.53 30.53 100m: 1:08.80 38.27 150m: 1:54.90 46.10 200m: 2:29.45 34.55			
15. DIAS, Jose Diogo	04 Fundacao Beatriz Santos	2:29.96	439
50m: 30.81 30.81 100m: 1:08.37 37.56 150m: 1:55.35 46.98 200m: 2:29.96 34.61			
16. CARDOSO, Joao Francisco	03 Individual ANCP	2:30.04	438
50m: 31.29 31.29 100m: 1:08.55 37.26 150m: 1:55.66 47.11 200m: 2:30.04 34.38			
17. GONCALVES, Jorge Miguel	03 Galitos / Bresimar	2:30.11	438
50m: 30.85 30.85 100m: 1:10.93 40.08 150m: 1:57.05 46.12 200m: 2:30.11 33.06			

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Prova 44, Masc., 200m Estilos, Juv A e B

Lugar			Ano					Tempo final	Pts
18.	NEAGU, Tiberius Sebastian	04	Academico Viseu					2:30.63	433
	50m: 32.01 32.01	100m: 1:11.95	39.94	150m: 1:56.93	44.98	200m: 2:30.63	33.70		
19.	SOUSA, Vasco Silva	04	Bairro dos Anjos/Bomcar					2:31.25	428
	50m: 30.51 30.51	100m: 1:09.62	39.11	150m: 1:55.99	46.37	200m: 2:31.25	35.26		
20.	COUTINHO, David Valdagua	03	Columbofila Cantanhedense					2:32.09	421
	50m: 32.14 32.14	100m: 1:09.99	37.85	150m: 1:57.70	47.71	200m: 2:32.09	34.39		
21.	SANTOS, Rafael Pinto	03	Feirense					2:33.90	406
	50m: 31.41 31.41	100m: 1:10.32	38.91	150m: 1:56.77	46.45	200m: 2:33.90	37.13		
22.	SILVA, Guilherme Tomas	03	Campinho					2:33.99	405
	50m: 32.63 32.63	100m: 1:10.70	38.07	150m: 1:58.03	47.33	200m: 2:33.99	35.96		
23.	COSTA, Goncalo Filipe	04	Gafanha da Encarnacao					2:34.05	405
	50m: 31.76 31.76	100m: 1:12.28	40.52	150m: 1:59.68	47.40	200m: 2:34.05	34.37		
24.	OLIVEIRA, Daniel Valente	03	Sporting de Aveiro					2:34.09	404
	50m: 31.32 31.32	100m: 1:10.51	39.19	150m: 1:57.78	47.27	200m: 2:34.09	36.31		
25.	BRANCO, Rodrigo Figueiredo	04	Galitos / Bresimar					2:34.46	402
	50m: 32.68 32.68	100m: 1:12.67	39.99	150m: 1:59.47	46.80	200m: 2:34.46	34.99		
26.	BULHOSA, Silvio Miguel	03	Estamos Juntos					2:34.57	401
	50m: 32.37 32.37	100m: 1:11.24	38.87	150m: 1:57.10	45.86	200m: 2:34.57	37.47		
27.	PEREIRA, Igor Branco	03	O Crasto					2:34.59	401
	50m: 31.37 31.37	100m: 1:14.11	42.74	150m: 2:00.77	46.66	200m: 2:34.59	33.82		
28.	GAMEIRO, David Almeida	03	Nucleo de Pombal					2:37.35	380
	50m: 34.24 34.24	100m: 1:15.67	41.43	150m: 2:02.56	46.89	200m: 2:37.35	34.79		
29.	VENTURA, Bernardo Jorge	03	Academica de Coimbra					2:39.09	367
	50m: 33.63 33.63	100m: 1:17.48	43.85	150m: 2:04.77	47.29	200m: 2:39.09	34.32		
30.	CARDOSO, Lucas Pipiraite	04	Naval da Nazare					2:39.81	362
	<i>FTL</i>								
	50m: 32.41 32.41	100m: 1:11.76	39.35	150m: 2:02.96	51.20	200m: 2:39.81	36.85		
31.	CAROLA, Jose Pedro	04	Gafanha da Encarnacao					2:40.34	359
	<i>FTL</i>								
	50m: 34.75 34.75	100m: 1:19.47	44.72	150m: 2:03.27	43.80	200m: 2:40.34	37.07		
32.	CARVALHO, Ricardo Martins	03	Fundacao Beatriz Santos					2:41.82	349
	<i>FTL</i>								
	50m: 33.40 33.40	100m: 1:17.21	43.81	150m: 2:07.63	50.42	200m: 2:41.82	34.19		
33.	FERNANDES, Daniel Jose	04	Alcobaca					2:43.15	341
	<i>FTL</i>								
	50m: 34.55 34.55	100m: 1:16.06	41.51	150m: 2:06.69	50.63	200m: 2:43.15	36.46		
34.	GRABOVSKI, Jorge	04	Nautico Marinha Grande					2:44.40	333
	<i>FTL</i>								
	50m: 34.16 34.16	100m: 1:16.62	42.46	150m: 2:06.81	50.19	200m: 2:44.40	37.59		
35.	MARQUES, Vicente Cruzeiro	04	Sporting de Aveiro					2:44.89	330
	<i>FTL</i>								
	50m: 30.33 30.33	100m: 1:17.98	47.65	150m: 2:08.13	50.15	200m: 2:44.89	36.76		
36.	LOMBA, Afonso Maia	04	Feirense					2:45.84	324
	<i>FTL</i>								
	50m: 34.09 34.09	100m: 1:07.53	33.44	150m: 2:08.29	1:00.76	200m: 2:45.84	37.55		
37.	FERREIRA, Renato Maria	04	Vigor da Mocidade					2:48.98	307
	<i>FTL</i>								
	50m: 35.85 35.85	100m: 1:18.19	42.34	150m: 2:08.96	50.77	200m: 2:48.98	40.02		

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Lugar	Ano	Tempo final	Pts
38. ZEMLIANKO, Arsenio <i>FTL</i>	03 Nucleo de Pombal	2:51.34	294
50m: 34.10 34.10 100m: 1:19.45 45.35 150m: 2:13.63 54.18 200m: 2:51.34			37.71
EXH FERNANDES, Eduardo Gomes 50m: 28.81 28.81 100m: 1:03.27 34.46 150m: 1:41.29 38.02 200m: 2:11.02	02 Sporting	2:11.02	658
EXH PESSOA, Rafael Pereira <i>FTL</i>	05 Bombeiros Mealhada/ CA	2:44.13	335
50m: 32.67 32.67 100m: 1:16.97 44.30 150m: 2:06.41 49.44 200m: 2:44.13			37.72
EXH CAMPOS, Ricardo Lima <i>FTL</i>	06 Sanjoanense/FEPSA	2:44.92	330
50m: 35.40 35.40 100m: 1:18.97 43.57 150m: 2:07.67 48.70 200m: 2:44.92			37.25
EXH TEIXEIRA, Gabriel Cunha <i>FTL</i>	06 Alges e Agueda XXI	2:46.34	321
50m: 39.38 39.38 100m: 1:22.21 42.83 150m: 2:09.91 47.70 200m: 2:46.34			36.43