

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

1 - 1ª Jornada - 1ª Sessão

08-05-2021 - 9:30

Prova 1	Femin., 1500m Livres				Inf A
08-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09-02-2020
Rec Nacionais Inf A	18:05.56	Mafalda Sofia, ROSA	CNRM	Rio Maior	24-06-2016
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Inf A	18:29.04	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	05-07-2009

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts	
<b>1.</b>	<b>Rita Isabel, NEVES</b>		<b>08</b>	<b>CASPAE</b>		<b>26:28.37</b>	<b>194</b>	
	50m: 42.20	42.20	450m: 7:31.05	51.65	850m: 14:42.84	54.51	1250m: 22:11.41	56.89
	100m: 1:30.88	48.68	500m: 8:24.06	53.01	900m: 15:39.23	56.39	1300m: 23:08.52	57.11
	150m: 2:21.21	50.33	550m: 9:17.77	53.71	950m: 16:34.14	54.91	1350m: 24:01.97	53.45
	200m: 3:11.65	50.44	600m: 10:10.81	53.04	1000m: 17:30.62	56.48	1400m: 24:53.00	51.03
	250m: 4:01.67	50.02	650m: 11:05.79	54.98	1050m: 18:27.33	56.71	1450m: 25:41.49	48.49
	300m: 4:54.20	52.53	700m: 12:02.41	56.62	1100m: 19:21.68	54.35	1500m: 26:28.37	46.88
	350m: 5:47.68	53.48	750m: 12:56.76	54.35	1150m: 20:18.80	57.12		
	400m: 6:39.40	51.72	800m: 13:48.33	51.57	1200m: 21:14.52	55.72		

Prova 1	Femin., 1500m Livres				Juv B
08-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09-02-2020
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts	
<b>1.</b>	<b>Marta Andre, AGUILAR</b>		<b>07</b>	<b>Fundacao Beatriz Santos</b>		<b>19:03.07</b>	<b>522</b>	
	50m: 36.24	36.24	450m: 5:42.93	37.65	850m: 10:46.21	37.90	1250m: 15:51.47	38.64
	100m: 1:14.91	38.67	500m: 6:21.24	38.31	900m: 11:23.84	37.63	1300m: 16:30.19	38.72
	150m: 1:53.32	38.41	550m: 6:58.99	37.75	950m: 12:01.73	37.89	1350m: 17:09.36	39.17
	200m: 2:31.69	38.37	600m: 7:36.94	37.95	1000m: 12:39.90	38.17	1400m: 17:47.75	38.39
	250m: 3:10.05	38.36	650m: 8:14.82	37.88	1050m: 13:17.90	38.00	1450m: 18:25.52	37.77
	300m: 3:48.62	38.57	700m: 8:52.90	38.08	1100m: 13:56.23	38.33	1500m: 19:03.07	37.55
	350m: 4:26.82	38.20	750m: 9:30.58	37.68	1150m: 14:34.28	38.05		
	400m: 5:05.28	38.46	800m: 10:08.31	37.73	1200m: 15:12.83	38.55		
<b>2.</b>	<b>Dania Rodrigues, SIMOES</b>		<b>07</b>	<b>Louzan Natacao</b>		<b>19:37.20</b>	<b>478</b>	
	50m: 36.34	36.34	450m: 5:49.61	39.65	850m: 11:06.67	39.65	1250m: 16:24.65	39.23
	100m: 1:15.20	38.86	500m: 6:29.58	39.97	900m: 11:46.44	39.77	1300m: 17:03.90	39.25
	150m: 1:53.80	38.60	550m: 7:09.35	39.77	950m: 12:26.40	39.96	1350m: 17:42.46	38.56
	200m: 2:32.93	39.13	600m: 7:49.22	39.87	1000m: 13:06.53	40.13	1400m: 18:20.99	38.53
	250m: 3:11.71	38.78	650m: 8:28.67	39.45	1050m: 13:46.50	39.97	1450m: 18:59.49	38.50
	300m: 3:50.81	39.10	700m: 9:08.26	39.59	1100m: 14:26.13	39.63	1500m: 19:37.20	37.71
	350m: 4:30.16	39.35	750m: 9:47.87	39.61	1150m: 15:05.90	39.77		
	400m: 5:09.96	39.80	800m: 10:27.02	39.15	1200m: 15:45.42	39.52		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 1, Femin., 1500m Livres

Prova 1	Femin., 1500m Livres				Juv /Jun
08-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09-02-2020
Rec Nacionais Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nacionais Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29-08-2015
Rec Nacionais Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11-07-2014
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Jun 17	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Jun 16	17:01.21	Alexandra Coutinho, FRAZAO	CASPAAE	Coimbra	07-04-2018
Rec Reg ANC Juv A	17:15.20	Maria Miguel, VELOSO	CNAC	Coimbra	30-03-2008
Rec Reg ANC Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007

Pontos: FINA 2021

Lugar			Ano							Tempo final	Pts
<b>1. Mariana Carmo, ROSA</b>			<b>05</b>	<b>Louzan Natacao</b>						<b>18:39.81</b>	<b>555</b>
50m:	33.94	33.94	450m:	5:25.22	37.65	850m:	10:27.80	37.97	1250m:	15:31.91	38.62
100m:	1:09.16	35.22	500m:	6:02.47	37.25	900m:	11:04.99	37.19	1300m:	16:10.32	38.41
150m:	1:45.65	36.49	550m:	6:40.22	37.75	950m:	11:42.66	37.67	1350m:	16:48.41	38.09
200m:	2:21.59	35.94	600m:	7:17.72	37.50	1000m:	12:20.86	38.20	1400m:	17:26.42	38.01
250m:	2:58.21	36.62	650m:	7:55.88	38.16	1050m:	12:59.13	38.27	1450m:	18:03.96	37.54
300m:	3:34.25	36.04	700m:	8:33.81	37.93	1100m:	13:36.97	37.84	1500m:	18:39.81	35.85
350m:	4:10.92	36.67	750m:	9:12.09	38.28	1150m:	14:15.15	38.18			
400m:	4:47.57	36.65	800m:	9:49.83	37.74	1200m:	14:53.29	38.14			
<b>2. Marta Andre, AGUILAR</b>			<b>07</b>	<b>Fundacao Beatriz Santos</b>						<b>19:03.07</b>	<b>522</b>
50m:	36.24	36.24	450m:	5:42.93	37.65	850m:	10:46.21	37.90	1250m:	15:51.47	38.64
100m:	1:14.91	38.67	500m:	6:21.24	38.31	900m:	11:23.84	37.63	1300m:	16:30.19	38.72
150m:	1:53.32	38.41	550m:	6:58.99	37.75	950m:	12:01.73	37.89	1350m:	17:09.36	39.17
200m:	2:31.69	38.37	600m:	7:36.94	37.95	1000m:	12:39.90	38.17	1400m:	17:47.75	38.39
250m:	3:10.05	38.36	650m:	8:14.82	37.88	1050m:	13:17.90	38.00	1450m:	18:25.52	37.77
300m:	3:48.62	38.57	700m:	8:52.90	38.08	1100m:	13:56.23	38.33	1500m:	19:03.07	37.55
350m:	4:26.82	38.20	750m:	9:30.58	37.68	1150m:	14:34.28	38.05			
400m:	5:05.28	38.46	800m:	10:08.31	37.73	1200m:	15:12.83	38.55			
<b>3. Dania Rodrigues, SIMOES</b>			<b>07</b>	<b>Louzan Natacao</b>						<b>19:37.20</b>	<b>478</b>
50m:	36.34	36.34	450m:	5:49.61	39.65	850m:	11:06.67	39.65	1250m:	16:24.65	39.23
100m:	1:15.20	38.86	500m:	6:29.58	39.97	900m:	11:46.44	39.77	1300m:	17:03.90	39.25
150m:	1:53.80	38.60	550m:	7:09.35	39.77	950m:	12:26.40	39.96	1350m:	17:42.46	38.56
200m:	2:32.93	39.13	600m:	7:49.22	39.87	1000m:	13:06.53	40.13	1400m:	18:20.99	38.53
250m:	3:11.71	38.78	650m:	8:28.67	39.45	1050m:	13:46.50	39.97	1450m:	18:59.49	38.50
300m:	3:50.81	39.10	700m:	9:08.26	39.59	1100m:	14:26.13	39.63	1500m:	19:37.20	37.71
350m:	4:30.16	39.35	750m:	9:47.87	39.61	1150m:	15:05.90	39.77			
400m:	5:09.96	39.80	800m:	10:27.02	39.15	1200m:	15:45.42	39.52			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 1, Femin., 1500m Livres

Prova 1	Femin., 1500m Livres				Abs
08-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09-02-2020
Rec Nacionais Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09-02-2020
Rec Nacionais Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nacionais Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29-08-2015
Rec Nacionais Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11-07-2014
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007
Rec Reg ANC Absoluto	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Sen	17:02.64	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26-07-2015
Rec Reg ANC Jun 17	16:46.35	Florbela Cavaco, MACHADO	ASSSCC	Dubai (UAE)	30-08-2013
Rec Reg ANC Jun 16	17:01.21	Alexandra Coutinho, FRAZAO	CASPAAE	Coimbra	07-04-2018
Rec Reg ANC Juv A	17:15.20	Maria Miguel, VELOSO	CNAC	Coimbra	30-03-2008
Rec Reg ANC Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007

Pontos: FINA 2021

Lugar			Ano			Tempo final			Pts
<b>1.</b>	<b>Camila Rodrigues, REBELO</b>		<b>03</b>	<b>Louzan Natacao</b>		<b>18:13.06</b>			<b>597</b>
	50m: 33.71	33.71	450m: 5:23.47	36.63	850m: 10:17.96	36.65	1250m: 15:11.79	36.72	
	100m: 1:09.15	35.44	500m: 6:00.03	36.56	900m: 10:54.56	36.60	1300m: 15:48.62	36.83	
	150m: 1:45.23	36.08	550m: 6:37.25	37.22	950m: 11:31.12	36.56	1350m: 16:25.31	36.69	
	200m: 2:21.63	36.40	600m: 7:14.04	36.79	1000m: 12:07.75	36.63	1400m: 17:01.77	36.46	
	250m: 2:57.91	36.28	650m: 7:50.95	36.91	1050m: 12:44.61	36.86	1450m: 17:37.93	36.16	
	300m: 3:33.97	36.06	700m: 8:27.84	36.89	1100m: 13:21.44	36.83	1500m: 18:13.06	35.13	
	350m: 4:10.30	36.33	750m: 9:04.63	36.79	1150m: 13:58.37	36.93			
	400m: 4:46.84	36.54	800m: 9:41.31	36.68	1200m: 14:35.07	36.70			
<b>2.</b>	<b>Mariana Carmo, ROSA</b>		<b>05</b>	<b>Louzan Natacao</b>		<b>18:39.81</b>			<b>555</b>
	50m: 33.94	33.94	450m: 5:25.22	37.65	850m: 10:27.80	37.97	1250m: 15:31.91	38.62	
	100m: 1:09.16	35.22	500m: 6:02.47	37.25	900m: 11:04.99	37.19	1300m: 16:10.32	38.41	
	150m: 1:45.65	36.49	550m: 6:40.22	37.75	950m: 11:42.66	37.67	1350m: 16:48.41	38.09	
	200m: 2:21.59	35.94	600m: 7:17.72	37.50	1000m: 12:20.86	38.20	1400m: 17:26.42	38.01	
	250m: 2:58.21	36.62	650m: 7:55.88	38.16	1050m: 12:59.13	38.27	1450m: 18:03.96	37.54	
	300m: 3:34.25	36.04	700m: 8:33.81	37.93	1100m: 13:36.97	37.84	1500m: 18:39.81	35.85	
	350m: 4:10.92	36.67	750m: 9:12.09	38.28	1150m: 14:15.15	38.18			
	400m: 4:47.57	36.65	800m: 9:49.83	37.74	1200m: 14:53.29	38.14			
<b>3.</b>	<b>Marta Andre, AGUILAR</b>		<b>07</b>	<b>Fundacao Beatriz Santos</b>		<b>19:03.07</b>			<b>522</b>
	50m: 36.24	36.24	450m: 5:42.93	37.65	850m: 10:46.21	37.90	1250m: 15:51.47	38.64	
	100m: 1:14.91	38.67	500m: 6:21.24	38.31	900m: 11:23.84	37.63	1300m: 16:30.19	38.72	
	150m: 1:53.32	38.41	550m: 6:58.99	37.75	950m: 12:01.73	37.89	1350m: 17:09.36	39.17	
	200m: 2:31.69	38.37	600m: 7:36.94	37.95	1000m: 12:39.90	38.17	1400m: 17:47.75	38.39	
	250m: 3:10.05	38.36	650m: 8:14.82	37.88	1050m: 13:17.90	38.00	1450m: 18:25.52	37.77	
	300m: 3:48.62	38.57	700m: 8:52.90	38.08	1100m: 13:56.23	38.33	1500m: 19:03.07	37.55	
	350m: 4:26.82	38.20	750m: 9:30.58	37.68	1150m: 14:34.28	38.05			
	400m: 5:05.28	38.46	800m: 10:08.31	37.73	1200m: 15:12.83	38.55			
<b>4.</b>	<b>Dania Rodrigues, SIMOES</b>		<b>07</b>	<b>Louzan Natacao</b>		<b>19:37.20</b>			<b>478</b>
	50m: 36.34	36.34	450m: 5:49.61	39.65	850m: 11:06.67	39.65	1250m: 16:24.65	39.23	
	100m: 1:15.20	38.86	500m: 6:29.58	39.97	900m: 11:46.44	39.77	1300m: 17:03.90	39.25	
	150m: 1:53.80	38.60	550m: 7:09.35	39.77	950m: 12:26.40	39.96	1350m: 17:42.46	38.56	
	200m: 2:32.93	39.13	600m: 7:49.22	39.87	1000m: 13:06.53	40.13	1400m: 18:20.99	38.53	
	250m: 3:11.71	38.78	650m: 8:28.67	39.45	1050m: 13:46.50	39.97	1450m: 18:59.49	38.50	
	300m: 3:50.81	39.10	700m: 9:08.26	39.59	1100m: 14:26.13	39.63	1500m: 19:37.20	37.71	
	350m: 4:30.16	39.35	750m: 9:47.87	39.61	1150m: 15:05.90	39.77			
	400m: 5:09.96	39.80	800m: 10:27.02	39.15	1200m: 15:45.42	39.52			
<b>DNS</b>	<b>Ana Rita, QUEIROZ</b>		<b>02</b>	<b>Condeixa Clube</b>					

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Inf A  
08-05-2021 - 9:50 Resultados

Rec Nacionais Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19-06-2004
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Inf A	17:20.74	Pedro, MATOS	CNM	Coimbra	13-07-1996

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>1. Marco Dimitar, OLIVEIRA</b>	<b>07</b>	<b>Fundacao Beatriz Santos</b>	<b>21:20.43</b>	<b>314</b>	
50m: 36.39 36.39	450m: 6:18.44 43.28	850m: 12:00.34 43.03	1250m: 17:47.95 43.86		
100m: 1:17.29 40.90	500m: 7:01.25 42.81	900m: 12:43.05 42.71	1300m: 18:31.31 43.36		
150m: 1:59.17 41.88	550m: 7:44.30 43.05	950m: 13:26.18 43.13	1350m: 19:14.87 43.56		
200m: 2:42.08 42.91	600m: 8:26.53 42.23	1000m: 14:09.60 43.42	1400m: 19:58.03 43.16		
250m: 3:25.70 43.62	650m: 9:10.03 43.50	1050m: 14:53.45 43.85	1450m: 20:39.59 41.56		
300m: 4:08.62 42.92	700m: 9:52.80 42.77	1100m: 15:36.84 43.39	1500m: 21:20.43 40.84		
350m: 4:52.00 43.38	750m: 10:35.52 42.72	1150m: 16:20.54 43.70			
400m: 5:35.16 43.16	800m: 11:17.31 41.79	1200m: 17:04.09 43.55			

Prova 2 Masc., 1500m Livres Juv B  
08-05-2021 - 9:50 Resultados

Rec Nacionais Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicão	24-07-1997

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>1. Jose Miguel, MARQUES</b>	<b>06</b>	<b>Condeixa Clube</b>	<b>18:37.36</b>	<b>473</b>	
50m: 32.33 32.33	450m: 5:27.79 37.22	850m: 10:31.27 38.23	1250m: 15:31.46 36.65		
100m: 1:07.94 35.61	500m: 6:05.14 37.35	900m: 11:09.43 38.16	1300m: 16:08.99 37.53		
150m: 1:44.64 36.70	550m: 6:43.17 38.03	950m: 11:47.85 38.42	1350m: 16:46.60 37.61		
200m: 2:21.52 36.88	600m: 7:20.65 37.48	1000m: 12:25.75 37.90	1400m: 17:24.73 38.13		
250m: 2:58.33 36.81	650m: 7:58.85 38.20	1050m: 13:02.56 36.81	1450m: 18:02.67 37.94		
300m: 3:35.33 37.00	700m: 8:36.93 38.08	1100m: 13:39.90 37.34	1500m: 18:37.36 34.69		
350m: 4:12.60 37.27	750m: 9:15.16 38.23	1150m: 14:17.33 37.43			
400m: 4:50.57 37.97	800m: 9:53.04 37.88	1200m: 14:54.81 37.48			
<b>2. Gustavo Teixeira, PIRES</b>	<b>06</b>	<b>Columbofila Cantanhedense</b>	<b>18:56.14</b>	<b>450</b>	
50m: 34.21 34.21	450m: 5:37.48 38.61	850m: 10:43.06 38.21	1250m: 15:48.28 38.36		
100m: 1:11.47 37.26	500m: 6:15.70 38.22	900m: 11:21.09 38.03	1300m: 16:26.92 38.64		
150m: 1:49.16 37.69	550m: 6:54.40 38.70	950m: 11:59.52 38.43	1350m: 17:05.22 38.30		
200m: 2:26.63 37.47	600m: 7:32.61 38.21	1000m: 12:37.28 37.76	1400m: 17:43.44 38.22		
250m: 3:04.44 37.81	650m: 8:10.60 37.99	1050m: 13:15.57 38.29	1450m: 18:21.20 37.76		
300m: 3:42.17 37.73	700m: 8:48.60 38.00	1100m: 13:53.63 38.06	1500m: 18:56.14 34.94		
350m: 4:20.81 38.64	750m: 9:26.78 38.18	1150m: 14:31.85 38.22			
400m: 4:58.87 38.06	800m: 10:04.85 38.07	1200m: 15:09.92 38.07			
<b>3. Tomas Veiga, PEREIRA</b>	<b>06</b>	<b>Fundacao Beatriz Santos</b>	<b>19:02.48</b>	<b>443</b>	
50m: 34.36 34.36	450m: 5:40.58 38.16	850m: 10:46.21 38.25	1250m: 15:54.01 38.78		
100m: 1:12.22 37.86	500m: 6:18.68 38.10	900m: 11:24.86 38.65	1300m: 16:32.69 38.68		
150m: 1:50.83 38.61	550m: 6:57.20 38.52	950m: 12:03.14 38.28	1350m: 17:10.99 38.30		
200m: 2:29.05 38.22	600m: 7:35.62 38.42	1000m: 12:41.66 38.52	1400m: 17:48.87 37.88		
250m: 3:07.71 38.66	650m: 8:13.82 38.20	1050m: 13:20.30 38.64	1450m: 18:26.15 37.28		
300m: 3:46.05 38.34	700m: 8:51.55 37.73	1100m: 13:58.61 38.31	1500m: 19:02.48 36.33		
350m: 4:24.31 38.26	750m: 9:29.82 38.27	1150m: 14:36.81 38.20			
400m: 5:02.42 38.11	800m: 10:07.96 38.14	1200m: 15:15.23 38.42			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres, Juv B

Lugar			Ano					Tempo final	Pts
<b>4.</b>	<b>Joao Rafael, FERREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>19:12.93</b>	<b>431</b>
	50m:	31.69 31.69	450m:	5:31.30	38.75	850m:	10:46.21 39.89	1250m:	16:00.56 39.18
	100m:	1:07.43 35.74	500m:	6:10.42	39.12	900m:	11:26.05 39.84	1300m:	16:40.52 39.96
	150m:	1:44.12 36.69	550m:	6:49.23	38.81	950m:	12:05.39 39.34	1350m:	17:20.32 39.80
	200m:	2:21.37 37.25	600m:	7:28.84	39.61	1000m:	12:44.98 39.59	1400m:	17:59.57 39.25
	250m:	2:58.71 37.34	650m:	8:08.17	39.33	1050m:	13:23.77 38.79	1450m:	18:36.49 36.92
	300m:	3:36.65 37.94	700m:	8:47.65	39.48	1100m:	14:03.48 39.71	1500m:	19:12.93 36.44
	350m:	4:13.93 37.28	750m:	9:26.92	39.27	1150m:	14:42.77 39.29		
	400m:	4:52.55 38.62	800m:	10:06.32	39.40	1200m:	15:21.38 38.61		
<b>5.</b>	<b>Miguel Cunha, GASPAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:16.30</b>	<b>427</b>
	50m:	32.71 32.71	450m:	5:36.74	38.83	850m:	10:49.60 38.79	1250m:	16:03.20 38.81
	100m:	1:08.72 36.01	500m:	6:16.00	39.26	900m:	11:28.99 39.39	1300m:	16:42.81 39.61
	150m:	1:46.09 37.37	550m:	6:54.97	38.97	950m:	12:08.16 39.17	1350m:	17:21.78 38.97
	200m:	2:23.94 37.85	600m:	7:34.17	39.20	1000m:	12:47.59 39.43	1400m:	18:00.97 39.19
	250m:	3:02.07 38.13	650m:	8:13.35	39.18	1050m:	13:26.82 39.23	1450m:	18:39.67 38.70
	300m:	3:40.48 38.41	700m:	8:52.48	39.13	1100m:	14:05.84 39.02	1500m:	19:16.30 36.63
	350m:	4:18.80 38.32	750m:	9:31.49	39.01	1150m:	14:45.19 39.35		
	400m:	4:57.91 39.11	800m:	10:10.81	39.32	1200m:	15:24.39 39.20		
<b>6.</b>	<b>Joao Guilherme, LUCAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:22.63</b>	<b>420</b>
	50m:	32.27 32.27	450m:	5:36.12	39.00	850m:	10:49.31 38.65	1250m:	16:04.63 39.42
	100m:	1:07.99 35.72	500m:	6:15.20	39.08	900m:	11:28.70 39.39	1300m:	16:44.39 39.76
	150m:	1:45.25 37.26	550m:	6:53.85	38.65	950m:	12:08.09 39.39	1350m:	17:24.54 40.15
	200m:	2:22.98 37.73	600m:	7:33.42	39.57	1000m:	12:47.55 39.46	1400m:	18:04.31 39.77
	250m:	3:00.81 37.83	650m:	8:12.92	39.50	1050m:	13:26.83 39.28	1450m:	18:44.08 39.77
	300m:	3:39.37 38.56	700m:	8:52.18	39.26	1100m:	14:06.12 39.29	1500m:	19:22.63 38.55
	350m:	4:17.94 38.57	750m:	9:31.24	39.06	1150m:	14:45.58 39.46		
	400m:	4:57.12 39.18	800m:	10:10.66	39.42	1200m:	15:25.21 39.63		

Prova 2 Masc., 1500m Livres Juv A Resultados

Rec Nacionais Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra	04-04-2014

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Guilherme Maia, CARDOSO</b>		<b>05</b>	<b>Columbofila Cantanhedense</b>				<b>17:40.47</b>	<b>554</b>
	50m:	30.45 30.45	450m:	5:11.61	35.82	850m:	9:56.43 35.93	1250m:	14:43.44 35.97
	100m:	1:03.90 33.45	500m:	5:46.95	35.34	900m:	10:32.42 35.99	1300m:	15:19.27 35.83
	150m:	1:38.45 34.55	550m:	6:21.72	34.77	950m:	11:08.18 35.76	1350m:	15:55.00 35.73
	200m:	2:14.02 35.57	600m:	6:57.42	35.70	1000m:	11:44.23 36.05	1400m:	16:31.11 36.11
	250m:	2:49.00 34.98	650m:	7:32.79	35.37	1050m:	12:19.59 35.36	1450m:	17:06.53 35.42
	300m:	3:24.50 35.50	700m:	8:08.88	36.09	1100m:	12:55.80 36.21	1500m:	17:40.47 33.94
	350m:	4:00.21 35.71	750m:	8:45.33	36.45	1150m:	13:31.40 35.60		
	400m:	4:35.79 35.58	800m:	9:20.50	35.17	1200m:	14:07.47 36.07		
<b>2.</b>	<b>Joao Neves, ALMEIDA</b>		<b>05</b>	<b>Fundacao Beatriz Santos</b>				<b>18:31.66</b>	<b>481</b>
	50m:	32.31 32.31	450m:	5:26.65	36.85	850m:	10:25.79 37.60	1250m:	15:26.55 37.72
	100m:	1:07.85 35.54	500m:	6:03.73	37.08	900m:	11:03.14 37.35	1300m:	16:03.64 37.09
	150m:	1:44.86 37.01	550m:	6:40.91	37.18	950m:	11:40.54 37.40	1350m:	16:41.28 37.64
	200m:	2:21.98 37.12	600m:	7:18.08	37.17	1000m:	12:18.04 37.50	1400m:	17:18.77 37.49
	250m:	2:59.57 37.59	650m:	7:55.36	37.28	1050m:	12:55.44 37.40	1450m:	17:55.56 36.79
	300m:	3:36.86 37.29	700m:	8:32.63	37.27	1100m:	13:33.19 37.75	1500m:	18:31.66 36.10
	350m:	4:13.34 36.48	750m:	9:10.28	37.65	1150m:	14:11.01 37.82		
	400m:	4:49.80 36.46	800m:	9:48.19	37.91	1200m:	14:48.83 37.82		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Juv /Jun  
08-05-2021 - 9:50 Resultados

Rec Nacionais Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nacionais Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30-08-2015
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Nacionais Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Jun 18	15:43.34	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	23-07-2015
Rec Reg ANC Jun 17	16:01.38	Diogo Coelho, JOSE	ASSSCC		23-07-2018
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra	04-04-2014
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicão	24-07-1997

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts	
<b>1.</b>	<b>Guilherme Maia, CARDOSO</b>		<b>05</b>	<b>Columbofila Cantanhedense</b>		<b>17:40.47</b>	<b>554</b>	
	50m: 30.45	30.45	450m: 5:11.61	35.82	850m: 9:56.43	35.93	1250m: 14:43.44	35.97
	100m: 1:03.90	33.45	500m: 5:46.95	35.34	900m: 10:32.42	35.99	1300m: 15:19.27	35.83
	150m: 1:38.45	34.55	550m: 6:21.72	34.77	950m: 11:08.18	35.76	1350m: 15:55.00	35.73
	200m: 2:14.02	35.57	600m: 6:57.42	35.70	1000m: 11:44.23	36.05	1400m: 16:31.11	36.11
	250m: 2:49.00	34.98	650m: 7:32.79	35.37	1050m: 12:19.59	35.36	1450m: 17:06.53	35.42
	300m: 3:24.50	35.50	700m: 8:08.88	36.09	1100m: 12:55.80	36.21	1500m: 17:40.47	33.94
	350m: 4:00.21	35.71	750m: 8:45.33	36.45	1150m: 13:31.40	35.60		
	400m: 4:35.79	35.58	800m: 9:20.50	35.17	1200m: 14:07.47	36.07		
<b>2.</b>	<b>Tiago Andre, POIARES</b>		<b>04</b>	<b>Fundacao Beatriz Santos</b>		<b>17:51.38</b>	<b>537</b>	
	50m: 31.14	31.14	450m: 5:12.22	35.82	850m: 10:01.37	36.33	1250m: 14:53.94	36.24
	100m: 1:05.10	33.96	500m: 5:48.11	35.89	900m: 10:37.81	36.44	1300m: 15:30.78	36.84
	150m: 1:39.68	34.58	550m: 6:23.61	35.50	950m: 11:14.65	36.84	1350m: 16:06.24	35.46
	200m: 2:14.59	34.91	600m: 6:59.75	36.14	1000m: 11:51.50	36.85	1400m: 16:42.33	36.09
	250m: 2:49.61	35.02	650m: 7:36.03	36.28	1050m: 12:27.80	36.30	1450m: 17:17.51	35.18
	300m: 3:25.12	35.51	700m: 8:12.36	36.33	1100m: 13:04.25	36.45	1500m: 17:51.38	33.87
	350m: 4:00.76	35.64	750m: 8:49.12	36.76	1150m: 13:41.11	36.86		
	400m: 4:36.40	35.64	800m: 9:25.04	35.92	1200m: 14:17.70	36.59		
<b>3.</b>	<b>Joao Neves, ALMEIDA</b>		<b>05</b>	<b>Fundacao Beatriz Santos</b>		<b>18:31.66</b>	<b>481</b>	
	50m: 32.31	32.31	450m: 5:26.65	36.85	850m: 10:25.79	37.60	1250m: 15:26.55	37.72
	100m: 1:07.85	35.54	500m: 6:03.73	37.08	900m: 11:03.14	37.35	1300m: 16:03.64	37.09
	150m: 1:44.86	37.01	550m: 6:40.91	37.18	950m: 11:40.54	37.40	1350m: 16:41.28	37.64
	200m: 2:21.98	37.12	600m: 7:18.08	37.17	1000m: 12:18.04	37.50	1400m: 17:18.77	37.49
	250m: 2:59.57	37.59	650m: 7:55.36	37.28	1050m: 12:55.44	37.40	1450m: 17:55.56	36.79
	300m: 3:36.86	37.29	700m: 8:32.63	37.27	1100m: 13:33.19	37.75	1500m: 18:31.66	36.10
	350m: 4:13.34	36.48	750m: 9:10.28	37.65	1150m: 14:11.01	37.82		
	400m: 4:49.80	36.46	800m: 9:48.19	37.91	1200m: 14:48.83	37.82		
<b>4.</b>	<b>Jose Miguel, MARQUES</b>		<b>06</b>	<b>Condeixa Clube</b>		<b>18:37.36</b>	<b>473</b>	
	50m: 32.33	32.33	450m: 5:27.79	37.22	850m: 10:31.27	38.23	1250m: 15:31.46	36.65
	100m: 1:07.94	35.61	500m: 6:05.14	37.35	900m: 11:09.43	38.16	1300m: 16:08.99	37.53
	150m: 1:44.64	36.70	550m: 6:43.17	38.03	950m: 11:47.85	38.42	1350m: 16:46.60	37.61
	200m: 2:21.52	36.88	600m: 7:20.65	37.48	1000m: 12:25.75	37.90	1400m: 17:24.73	38.13
	250m: 2:58.33	36.81	650m: 7:58.85	38.20	1050m: 13:02.56	36.81	1450m: 18:02.67	37.94
	300m: 3:35.33	37.00	700m: 8:36.93	38.08	1100m: 13:39.90	37.34	1500m: 18:37.36	34.69
	350m: 4:12.60	37.27	750m: 9:15.16	38.23	1150m: 14:17.33	37.43		
	400m: 4:50.57	37.97	800m: 9:53.04	37.88	1200m: 14:54.81	37.48		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres, Juv /Jun

Lugar			Ano					Tempo final	Pts		
<b>5.</b>	<b>Gustavo Teixeira, PIRES</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>18:56.14</b>	<b>450</b>		
	50m:	34.21 34.21	450m:	5:37.48	38.61	850m:	10:43.06	38.21	1250m:	15:48.28	38.36
	100m:	1:11.47 37.26	500m:	6:15.70	38.22	900m:	11:21.09	38.03	1300m:	16:26.92	38.64
	150m:	1:49.16 37.69	550m:	6:54.40	38.70	950m:	11:59.52	38.43	1350m:	17:05.22	38.30
	200m:	2:26.63 37.47	600m:	7:32.61	38.21	1000m:	12:37.28	37.76	1400m:	17:43.44	38.22
	250m:	3:04.44 37.81	650m:	8:10.60	37.99	1050m:	13:15.57	38.29	1450m:	18:21.20	37.76
	300m:	3:42.17 37.73	700m:	8:48.60	38.00	1100m:	13:53.63	38.06	1500m:	18:56.14	34.94
	350m:	4:20.81 38.64	750m:	9:26.78	38.18	1150m:	14:31.85	38.22			
	400m:	4:58.87 38.06	800m:	10:04.85	38.07	1200m:	15:09.92	38.07			
<b>6.</b>	<b>Tomas Veiga, PEREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>19:02.48</b>	<b>443</b>		
	50m:	34.36 34.36	450m:	5:40.58	38.16	850m:	10:46.21	38.25	1250m:	15:54.01	38.78
	100m:	1:12.22 37.86	500m:	6:18.68	38.10	900m:	11:24.86	38.65	1300m:	16:32.69	38.68
	150m:	1:50.83 38.61	550m:	6:57.20	38.52	950m:	12:03.14	38.28	1350m:	17:10.99	38.30
	200m:	2:29.05 38.22	600m:	7:35.62	38.42	1000m:	12:41.66	38.52	1400m:	17:48.87	37.88
	250m:	3:07.71 38.66	650m:	8:13.82	38.20	1050m:	13:20.30	38.64	1450m:	18:26.15	37.28
	300m:	3:46.05 38.34	700m:	8:51.55	37.73	1100m:	13:58.61	38.31	1500m:	19:02.48	36.33
	350m:	4:24.31 38.26	750m:	9:29.82	38.27	1150m:	14:36.81	38.20			
	400m:	5:02.42 38.11	800m:	10:07.96	38.14	1200m:	15:15.23	38.42			
<b>7.</b>	<b>Joao Rafael, FERREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>19:12.93</b>	<b>431</b>		
	50m:	31.69 31.69	450m:	5:31.30	38.75	850m:	10:46.21	39.89	1250m:	16:00.56	39.18
	100m:	1:07.43 35.74	500m:	6:10.42	39.12	900m:	11:26.05	39.84	1300m:	16:40.52	39.96
	150m:	1:44.12 36.69	550m:	6:49.23	38.81	950m:	12:05.39	39.34	1350m:	17:20.32	39.80
	200m:	2:21.37 37.25	600m:	7:28.84	39.61	1000m:	12:44.98	39.59	1400m:	17:59.57	39.25
	250m:	2:58.71 37.34	650m:	8:08.17	39.33	1050m:	13:23.77	38.79	1450m:	18:36.49	36.92
	300m:	3:36.65 37.94	700m:	8:47.65	39.48	1100m:	14:03.48	39.71	1500m:	19:12.93	36.44
	350m:	4:13.93 37.28	750m:	9:26.92	39.27	1150m:	14:42.77	39.29			
	400m:	4:52.55 38.62	800m:	10:06.32	39.40	1200m:	15:21.38	38.61			
<b>8.</b>	<b>Miguel Cunha, GASPAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:16.30</b>	<b>427</b>		
	50m:	32.71 32.71	450m:	5:36.74	38.83	850m:	10:49.60	38.79	1250m:	16:03.20	38.81
	100m:	1:08.72 36.01	500m:	6:16.00	39.26	900m:	11:28.99	39.39	1300m:	16:42.81	39.61
	150m:	1:46.09 37.37	550m:	6:54.97	38.97	950m:	12:08.16	39.17	1350m:	17:21.78	38.97
	200m:	2:23.94 37.85	600m:	7:34.17	39.20	1000m:	12:47.59	39.43	1400m:	18:00.97	39.19
	250m:	3:02.07 38.13	650m:	8:13.35	39.18	1050m:	13:26.82	39.23	1450m:	18:39.67	38.70
	300m:	3:40.48 38.41	700m:	8:52.48	39.13	1100m:	14:05.84	39.02	1500m:	19:16.30	36.63
	350m:	4:18.80 38.32	750m:	9:31.49	39.01	1150m:	14:45.19	39.35			
	400m:	4:57.91 39.11	800m:	10:10.81	39.32	1200m:	15:24.39	39.20			
<b>9.</b>	<b>Joao Guilherme, LUCAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:22.63</b>	<b>420</b>		
	50m:	32.27 32.27	450m:	5:36.12	39.00	850m:	10:49.31	38.65	1250m:	16:04.63	39.42
	100m:	1:07.99 35.72	500m:	6:15.20	39.08	900m:	11:28.70	39.39	1300m:	16:44.39	39.76
	150m:	1:45.25 37.26	550m:	6:53.85	38.65	950m:	12:08.09	39.39	1350m:	17:24.54	40.15
	200m:	2:22.98 37.73	600m:	7:33.42	39.57	1000m:	12:47.55	39.46	1400m:	18:04.31	39.77
	250m:	3:00.81 37.83	650m:	8:12.92	39.50	1050m:	13:26.83	39.28	1450m:	18:44.08	39.77
	300m:	3:39.37 38.56	700m:	8:52.18	39.26	1100m:	14:06.12	39.29	1500m:	19:22.63	38.55
	350m:	4:17.94 38.57	750m:	9:31.24	39.06	1150m:	14:45.58	39.46			
	400m:	4:57.12 39.18	800m:	10:10.66	39.42	1200m:	15:25.21	39.63			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres

Prova 2	Masc., 1500m Livres				Abs
08-05-2021 - 9:50					Resultados
Rec Nacionais Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Rec Nacionais Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nacionais Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30-08-2015
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Nacionais Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
Rec Reg ANC Absoluto	15:41.21	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Sen	15:41.21	Alexandre Valdagua, COUTINHO	ASSSCC	Oeiras	20-07-2017
Rec Reg ANC Jun 18	15:43.34	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	23-07-2015
Rec Reg ANC Jun 17	16:01.38	Diogo Coelho, JOSE	ASSSCC		23-07-2018
Rec Reg ANC Juv A	16:32.15	Diogo Manuel, MARQUES	ASSSCC	Coimbra	04-04-2014
Rec Reg ANC Juv B	16:45.13	Pedro, MATOS	CNM	Famalicao	24-07-1997

Pontos: FINA 2021

Lugar			Ano			Tempo final			Pts
<b>1.</b>	<b>Guilherme Maia, CARDOSO</b>		<b>05</b>	<b>Columbofila Cantanhedense</b>		<b>17:40.47</b>			<b>554</b>
	50m:	30.45 30.45	450m:	5:11.61 35.82	850m:	9:56.43 35.93	1250m:	14:43.44 35.97	
	100m:	1:03.90 33.45	500m:	5:46.95 35.34	900m:	10:32.42 35.99	1300m:	15:19.27 35.83	
	150m:	1:38.45 34.55	550m:	6:21.72 34.77	950m:	11:08.18 35.76	1350m:	15:55.00 35.73	
	200m:	2:14.02 35.57	600m:	6:57.42 35.70	1000m:	11:44.23 36.05	1400m:	16:31.11 36.11	
	250m:	2:49.00 34.98	650m:	7:32.79 35.37	1050m:	12:19.59 35.36	1450m:	17:06.53 35.42	
	300m:	3:24.50 35.50	700m:	8:08.88 36.09	1100m:	12:55.80 36.21	1500m:	17:40.47 33.94	
	350m:	4:00.21 35.71	750m:	8:45.33 36.45	1150m:	13:31.40 35.60			
	400m:	4:35.79 35.58	800m:	9:20.50 35.17	1200m:	14:07.47 36.07			
<b>2.</b>	<b>Tiago Andre, POIARES</b>		<b>04</b>	<b>Fundacao Beatriz Santos</b>		<b>17:51.38</b>			<b>537</b>
	50m:	31.14 31.14	450m:	5:12.22 35.82	850m:	10:01.37 36.33	1250m:	14:53.94 36.24	
	100m:	1:05.10 33.96	500m:	5:48.11 35.89	900m:	10:37.81 36.44	1300m:	15:30.78 36.84	
	150m:	1:39.68 34.58	550m:	6:23.61 35.50	950m:	11:14.65 36.84	1350m:	16:06.24 35.46	
	200m:	2:14.59 34.91	600m:	6:59.75 36.14	1000m:	11:51.50 36.85	1400m:	16:42.33 36.09	
	250m:	2:49.61 35.02	650m:	7:36.03 36.28	1050m:	12:27.80 36.30	1450m:	17:17.51 35.18	
	300m:	3:25.12 35.51	700m:	8:12.36 36.33	1100m:	13:04.25 36.45	1500m:	17:51.38 33.87	
	350m:	4:00.76 35.64	750m:	8:49.12 36.76	1150m:	13:41.11 36.86			
	400m:	4:36.40 35.64	800m:	9:25.04 35.92	1200m:	14:17.70 36.59			
<b>3.</b>	<b>Joao Neves, ALMEIDA</b>		<b>05</b>	<b>Fundacao Beatriz Santos</b>		<b>18:31.66</b>			<b>481</b>
	50m:	32.31 32.31	450m:	5:26.65 36.85	850m:	10:25.79 37.60	1250m:	15:26.55 37.72	
	100m:	1:07.85 35.54	500m:	6:03.73 37.08	900m:	11:03.14 37.35	1300m:	16:03.64 37.09	
	150m:	1:44.86 37.01	550m:	6:40.91 37.18	950m:	11:40.54 37.40	1350m:	16:41.28 37.64	
	200m:	2:21.98 37.12	600m:	7:18.08 37.17	1000m:	12:18.04 37.50	1400m:	17:18.77 37.49	
	250m:	2:59.57 37.59	650m:	7:55.36 37.28	1050m:	12:55.44 37.40	1450m:	17:55.56 36.79	
	300m:	3:36.86 37.29	700m:	8:32.63 37.27	1100m:	13:33.19 37.75	1500m:	18:31.66 36.10	
	350m:	4:13.34 36.48	750m:	9:10.28 37.65	1150m:	14:11.01 37.82			
	400m:	4:49.80 36.46	800m:	9:48.19 37.91	1200m:	14:48.83 37.82			
<b>4.</b>	<b>Jose Miguel, MARQUES</b>		<b>06</b>	<b>Condeixa Clube</b>		<b>18:37.36</b>			<b>473</b>
	50m:	32.33 32.33	450m:	5:27.79 37.22	850m:	10:31.27 38.23	1250m:	15:31.46 36.65	
	100m:	1:07.94 35.61	500m:	6:05.14 37.35	900m:	11:09.43 38.16	1300m:	16:08.99 37.53	
	150m:	1:44.64 36.70	550m:	6:43.17 38.03	950m:	11:47.85 38.42	1350m:	16:46.60 37.61	
	200m:	2:21.52 36.88	600m:	7:20.65 37.48	1000m:	12:25.75 37.90	1400m:	17:24.73 38.13	
	250m:	2:58.33 36.81	650m:	7:58.85 38.20	1050m:	13:02.56 36.81	1450m:	18:02.67 37.94	
	300m:	3:35.33 37.00	700m:	8:36.93 38.08	1100m:	13:39.90 37.34	1500m:	18:37.36 34.69	
	350m:	4:12.60 37.27	750m:	9:15.16 38.23	1150m:	14:17.33 37.43			
	400m:	4:50.57 37.97	800m:	9:53.04 37.88	1200m:	14:54.81 37.48			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 2, Masc., 1500m Livres, Abs

Lugar			Ano					Tempo final	Pts		
<b>5.</b>	<b>Gustavo Teixeira, PIRES</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>18:56.14</b>	<b>450</b>		
	50m:	34.21 34.21	450m:	5:37.48	38.61	850m:	10:43.06	38.21	1250m:	15:48.28	38.36
	100m:	1:11.47 37.26	500m:	6:15.70	38.22	900m:	11:21.09	38.03	1300m:	16:26.92	38.64
	150m:	1:49.16 37.69	550m:	6:54.40	38.70	950m:	11:59.52	38.43	1350m:	17:05.22	38.30
	200m:	2:26.63 37.47	600m:	7:32.61	38.21	1000m:	12:37.28	37.76	1400m:	17:43.44	38.22
	250m:	3:04.44 37.81	650m:	8:10.60	37.99	1050m:	13:15.57	38.29	1450m:	18:21.20	37.76
	300m:	3:42.17 37.73	700m:	8:48.60	38.00	1100m:	13:53.63	38.06	1500m:	18:56.14	34.94
	350m:	4:20.81 38.64	750m:	9:26.78	38.18	1150m:	14:31.85	38.22			
	400m:	4:58.87 38.06	800m:	10:04.85	38.07	1200m:	15:09.92	38.07			
<b>6.</b>	<b>Tomas Veiga, PEREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>19:02.48</b>	<b>443</b>		
	50m:	34.36 34.36	450m:	5:40.58	38.16	850m:	10:46.21	38.25	1250m:	15:54.01	38.78
	100m:	1:12.22 37.86	500m:	6:18.68	38.10	900m:	11:24.86	38.65	1300m:	16:32.69	38.68
	150m:	1:50.83 38.61	550m:	6:57.20	38.52	950m:	12:03.14	38.28	1350m:	17:10.99	38.30
	200m:	2:29.05 38.22	600m:	7:35.62	38.42	1000m:	12:41.66	38.52	1400m:	17:48.87	37.88
	250m:	3:07.71 38.66	650m:	8:13.82	38.20	1050m:	13:20.30	38.64	1450m:	18:26.15	37.28
	300m:	3:46.05 38.34	700m:	8:51.55	37.73	1100m:	13:58.61	38.31	1500m:	19:02.48	36.33
	350m:	4:24.31 38.26	750m:	9:29.82	38.27	1150m:	14:36.81	38.20			
	400m:	5:02.42 38.11	800m:	10:07.96	38.14	1200m:	15:15.23	38.42			
<b>7.</b>	<b>Joao Rafael, FERREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>19:12.93</b>	<b>431</b>		
	50m:	31.69 31.69	450m:	5:31.30	38.75	850m:	10:46.21	39.89	1250m:	16:00.56	39.18
	100m:	1:07.43 35.74	500m:	6:10.42	39.12	900m:	11:26.05	39.84	1300m:	16:40.52	39.96
	150m:	1:44.12 36.69	550m:	6:49.23	38.81	950m:	12:05.39	39.34	1350m:	17:20.32	39.80
	200m:	2:21.37 37.25	600m:	7:28.84	39.61	1000m:	12:44.98	39.59	1400m:	17:59.57	39.25
	250m:	2:58.71 37.34	650m:	8:08.17	39.33	1050m:	13:23.77	38.79	1450m:	18:36.49	36.92
	300m:	3:36.65 37.94	700m:	8:47.65	39.48	1100m:	14:03.48	39.71	1500m:	19:12.93	36.44
	350m:	4:13.93 37.28	750m:	9:26.92	39.27	1150m:	14:42.77	39.29			
	400m:	4:52.55 38.62	800m:	10:06.32	39.40	1200m:	15:21.38	38.61			
<b>8.</b>	<b>Miguel Cunha, GASPAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:16.30</b>	<b>427</b>		
	50m:	32.71 32.71	450m:	5:36.74	38.83	850m:	10:49.60	38.79	1250m:	16:03.20	38.81
	100m:	1:08.72 36.01	500m:	6:16.00	39.26	900m:	11:28.99	39.39	1300m:	16:42.81	39.61
	150m:	1:46.09 37.37	550m:	6:54.97	38.97	950m:	12:08.16	39.17	1350m:	17:21.78	38.97
	200m:	2:23.94 37.85	600m:	7:34.17	39.20	1000m:	12:47.59	39.43	1400m:	18:00.97	39.19
	250m:	3:02.07 38.13	650m:	8:13.35	39.18	1050m:	13:26.82	39.23	1450m:	18:39.67	38.70
	300m:	3:40.48 38.41	700m:	8:52.48	39.13	1100m:	14:05.84	39.02	1500m:	19:16.30	36.63
	350m:	4:18.80 38.32	750m:	9:31.49	39.01	1150m:	14:45.19	39.35			
	400m:	4:57.91 39.11	800m:	10:10.81	39.32	1200m:	15:24.39	39.20			
<b>9.</b>	<b>Joao Guilherme, LUCAS</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>19:22.63</b>	<b>420</b>		
	50m:	32.27 32.27	450m:	5:36.12	39.00	850m:	10:49.31	38.65	1250m:	16:04.63	39.42
	100m:	1:07.99 35.72	500m:	6:15.20	39.08	900m:	11:28.70	39.39	1300m:	16:44.39	39.76
	150m:	1:45.25 37.26	550m:	6:53.85	38.65	950m:	12:08.09	39.39	1350m:	17:24.54	40.15
	200m:	2:22.98 37.73	600m:	7:33.42	39.57	1000m:	12:47.55	39.46	1400m:	18:04.31	39.77
	250m:	3:00.81 37.83	650m:	8:12.92	39.50	1050m:	13:26.83	39.28	1450m:	18:44.08	39.77
	300m:	3:39.37 38.56	700m:	8:52.18	39.26	1100m:	14:06.12	39.29	1500m:	19:22.63	38.55
	350m:	4:17.94 38.57	750m:	9:31.24	39.06	1150m:	14:45.58	39.46			
	400m:	4:57.12 39.18	800m:	10:10.66	39.42	1200m:	15:25.21	39.63			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 3 08-05-2021 - 10:35	Femin., 50m Costas				Juv / Jun Resultados
Rec Nacionais Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Lisboa	09-02-2020
Rec Nacionais Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Oeiras	13-02-2021
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Kazan (RUS)	05-07-2019
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	23-08-2019
Rec Nacionais Jun 16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	26-07-2018
Rec Nacionais Juv A	29.42	tempo limite,			
Rec Nacionais Juv B	30.52	tempo limite,			
Rec Reg ANC Absoluto	29.45	Camila Rodrigues, REBELO	ALN		22-03-2020
Rec Reg ANC Jun 17	29.45	Camila Rodrigues, REBELO	ALN		18-12-2020
Rec Reg ANC Jun 16	29.74	Camila Rodrigues, REBELO	ALN		11-03-2019
Rec Reg ANC Juv A	30.51	Camila Rodrigues, REBELO	ALN	Funchal	22-03-2018
Rec Reg ANC Juv B	30.99	Camila Rodrigues, REBELO	ALN	Porto	03-06-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Correia, PAIVA	04 Louzan Natacao	<b>32.46</b>	574
2. Barbara Almeida, SIMOES	05 Uniao Coimbra	<b>34.42</b>	481
3. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	<b>34.43</b>	481
4. Kateryna, DZYAKANAVA	05 Louzan Natacao	<b>35.63</b>	434
5. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	<b>35.83</b>	426
6. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	<b>36.25</b>	412
7. Joana Filipa, VARELA	06 Fundacao Beatriz Santos	<b>36.31</b>	410
8. Rita Lima, PIRES	05 Nautico Academico	<b>37.03</b>	386
9. Mariana Marques, ALMEIDA	07 Academica de Coimbra	<b>37.22</b>	380
10. Marta Domingues, GAMEIRO	04 Nautico Academico	<b>38.21</b>	352
11. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	<b>38.25</b>	350
12. Beatriz Beja, AFONSO	04 Academica de Coimbra	<b>40.56</b>	294
13. Rita Mendes, SANTOS	06 Vigor da Mocidade	<b>43.49</b>	238
DSQ Laura Torrao, CARVALHO	05 Nautico Academico		

*a atleta chegou completamente submersa*

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 3, Femin., 50m Costas

Prova 3	Femin., 50m Costas				Abs
08-05-2021 - 10:35					Resultados
Rec Nacionais Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Lisboa	09-02-2020
Rec Nacionais Absoluto	28.43	Rafaela Gomes, AZEVEDO	SAD	Oeiras	13-02-2021
Rec Nacionais Sen	28.43	Rafaela Gomes, AZEVEDO	SAD	Lisboa	09-02-2020
Rec Nacionais Sen	28.43	Rafaela Gomes, AZEVEDO	SAD	Oeiras	13-02-2021
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Kazan (RUS)	05-07-2019
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	23-08-2019
Rec Nacionais Jun 16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	26-07-2018
Rec Nacionais Juv A	29.42	tempo limite,			
Rec Nacionais Juv B	30.52	tempo limite,			
Rec Reg ANC Absoluto	29.45	Camila Rodrigues, REBELO	ALN		22-03-2020
Rec Reg ANC Sen	29.64	Camila Rorigues, REBELO	ALN	Coimbra	25-04-2021
Rec Reg ANC Jun 17	29.45	Camila Rodrigues, REBELO	ALN		18-12-2020
Rec Reg ANC Jun 16	29.74	Camila Rodrigues, REBELO	ALN		11-03-2019
Rec Reg ANC Juv A	30.51	Camila Rodrigues, REBELO	ALN	Funchal	22-03-2018
Rec Reg ANC Juv B	30.99	Camila Rodrigues, REBELO	ALN	Porto	03-06-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Correia, PAIVA	04 Louzan Natacao	<b>32.46</b>	574
2. Ana Carolina, NEVES	00 Academica de Coimbra	<b>32.90</b>	551
3. Ines Oliveira, TEIXEIRA	02 Condeixa Clube	<b>32.91</b>	550
4. Barbara Almeida, SIMOES	05 Uniao Coimbra	<b>34.42</b>	481
5. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	<b>34.43</b>	481
6. Sara Dias, NEVES	03 Miranda do Corvo	<b>35.25</b>	448
7. Kateryna, DZYAKANAVA	05 Louzan Natacao	<b>35.63</b>	434
8. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	<b>35.83</b>	426
9. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	<b>36.25</b>	412
10. Joana Filipa, VARELA	06 Fundacao Beatriz Santos	<b>36.31</b>	410
11. Rita Lima, PIRES	05 Nautico Academico	<b>37.03</b>	386
12. Mariana Marques, ALMEIDA	07 Academica de Coimbra	<b>37.22</b>	380
13. Marta Domingues, GAMEIRO	04 Nautico Academico	<b>38.21</b>	352
14. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	<b>38.25</b>	350
15. Beatriz Beja, AFONSO	04 Academica de Coimbra	<b>40.56</b>	294
16. Rita Mendes, SANTOS	06 Vigor da Mocidade	<b>43.49</b>	238
DSQ Laura Torrao, CARVALHO	05 Nautico Academico		

*a atleta chegou completamente submersa*

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 4	Masc., 50m Costas				Juv / Jun
08-05-2021 - 10:40					Resultados
Rec Nacionais Absoluto	25.42	Alexis Manacas, SANTOS	SCP	Funchal	01-08-2019
Rec Nacionais Jun 18	26.22	Joao Nogueira, COSTA	POR	Budapest (HUN)	22-08-2019
Rec Nacionais Jun 17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	14-04-2019
Rec Nacionais Juv A	27.65	tempo limite,			
Rec Nacionais Juv B	28.21	tempo limite,			
Rec Reg ANC Absoluto	25.65	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Jun 18	26.65	Gabriel Jose, LOPES	ALN	Singapura (SGP)	27-08-2015
Rec Reg ANC Jun 17	27.00	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Juv A	28.82	Diogo Matos, RIBEIRO	CUC		30-03-2020
Rec Reg ANC Juv B	28.47	Diogo Matos, RIBEIRO	CUC	Coimbra	08-06-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rodrigo Miguel, REIS	04 Uniao Coimbra	<b>29.51</b>	537
2. David Valdagua, COUTINHO	03 Uniao Coimbra	<b>30.47</b>	488
3. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>30.53</b>	485
4. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>30.64</b>	480
5. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	<b>30.67</b>	479
6. Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>30.69</b>	478
7. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>32.87</b>	389
8. Rodrigo Costa, CRUZ	06 Academica de Coimbra	<b>33.35</b>	372
9. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>33.49</b>	368
10. Diogo Simoes, DIAS	05 Louzan Natacao	<b>34.57</b>	334
11. Joao Ferreira, MARQUES	06 Academica de Coimbra	<b>34.68</b>	331
12. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>35.31</b>	314
13. Miguel Joao, PINHEIRO	06 Academica de Coimbra	<b>35.71</b>	303
14. Rodrigo Neves, DUARTE	06 Louzan Natacao	<b>37.62</b>	259

Prova 4	Masc., 50m Costas				Abs
08-05-2021 - 10:40					Resultados
Rec Nacionais Absoluto	25.42	Alexis Manacas, SANTOS	SCP	Funchal	01-08-2019
Rec Nacionais Sen	25.42	Alexis Manacas, SANTOS	SCP	Funchal	01-08-2019
Rec Nacionais Jun 18	26.22	Joao Nogueira, COSTA	POR	Budapest (HUN)	22-08-2019
Rec Nacionais Jun 17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	14-04-2019
Rec Nacionais Juv A	27.65	tempo limite,			
Rec Nacionais Juv B	28.21	tempo limite,			
Rec Reg ANC Absoluto	25.65	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Sen	25.65	Gabriel Jose, LOPES	ALN	Funchal	22-03-2019
Rec Reg ANC Jun 18	26.65	Gabriel Jose, LOPES	ALN	Singapura (SGP)	27-08-2015
Rec Reg ANC Jun 17	27.00	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Juv A	28.82	Diogo Matos, RIBEIRO	CUC		30-03-2020
Rec Reg ANC Juv B	28.47	Diogo Matos, RIBEIRO	CUC	Coimbra	08-06-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES	97 Louzan Natacao	<b>26.91</b>	709
2. Bernardo Vinagre, ARZILEIRO	01 Uniao Coimbra	<b>29.25</b>	552
3. Rodrigo Miguel, REIS	04 Uniao Coimbra	<b>29.51</b>	537
4. Joao Pedro, DIAS	02 Fundacao Beatriz Santos	<b>30.15</b>	504
5. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	<b>30.21</b>	501
6. David Valdagua, COUTINHO	03 Uniao Coimbra	<b>30.47</b>	488
7. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>30.53</b>	485
8. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>30.64</b>	480

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 4, Masc., 50m Costas, Abs

Lugar	Ano	Tempo final	Pts
9. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	<b>30.67</b>	479
10. Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>30.69</b>	478
11. Diogo Ribas, MATOS	02 Condeixa Clube	<b>31.61</b>	437
12. Joao Ventura, PAIS	02 Fundacao Beatriz Santos	<b>31.91</b>	425
13. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>32.87</b>	389
14. Francisco Miguel, CARVALHO	00 Academica de Coimbra	<b>33.22</b>	377
15. Rodrigo Costa, CRUZ	06 Academica de Coimbra	<b>33.35</b>	372
16. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>33.49</b>	368
17. Diogo Simoes, DIAS	05 Louzan Natacao	<b>34.57</b>	334
18. Joao Ferreira, MARQUES	06 Academica de Coimbra	<b>34.68</b>	331
19. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>35.31</b>	314
20. Miguel Joao, PINHEIRO	06 Academica de Coimbra	<b>35.71</b>	303
21. Rodrigo Neves, DUARTE	06 Louzan Natacao	<b>37.62</b>	259

Prova 5 Femin., 200m Mariposa Juv B  
08-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacionais Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04-07-2004
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Juv B	2:24.79	Mariana Cunha, GUERRA	ASSSCC	Jamor	26-02-2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Angela Rodrigues, REBELO	07 Louzan Natacao	<b>2:41.99</b>	425
50m: 36.23 36.23 100m: 1:17.02 40.79 150m: 1:59.58 42.56 200m: 2:41.99 42.41			
2. Leonor Mil, MANO	07 Fundacao Beatriz Santos	<b>2:43.50</b>	413
50m: 35.71 35.71 100m: 1:15.94 40.23 150m: 2:00.73 44.79 200m: 2:43.50 42.77			
3. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	<b>3:01.23</b>	303
50m: 38.76 38.76 100m: 1:24.20 45.44 150m: 2:12.45 48.25 200m: 3:01.23 48.78			
4. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	<b>3:06.98</b>	276
50m: 36.03 36.03 100m: 1:22.35 46.32 150m: 2:14.43 52.08 200m: 3:06.98 52.55			

Prova 5 Femin., 200m Mariposa Juv A  
08-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacionais Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Juv A	2:22.78	Ana Carolina, MONTEIRO	CUC	Coimbra	01-03-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	<b>2:35.85</b>	477
50m: 33.52 33.52 100m: 1:12.85 39.33 150m: 1:53.93 41.08 200m: 2:35.85 41.92			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 5, Femin., 200m Mariposa

Prova 5 08-05-2021 - 10:50	Femin., 200m Mariposa				Juv /Jun Resultados
Rec Nacionais Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacionais Jun 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04-08-2002
Rec Nacionais Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29-07-2018
Rec Nacionais Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
Rec Nacionais Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04-07-2004
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Jun 17	2:22.75	Ana Rita, GONÇALVES	CNM	Povoa do Varzim	14-03-2002
Rec Reg ANC Jun 16	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Juv A	2:22.78	Ana Carolina, MONTEIRO	CUC	Coimbra	01-03-2019
Rec Reg ANC Juv B	2:24.79	Mariana Cunha, GUERRA	ASSSCC	Jamor	26-02-2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Ana Carolina, MONTEIRO	04	Uniao Coimbra		<b>2:31.96</b>	515	
50m: 33.24 33.24	100m: 1:11.43	38.19	150m: 1:50.92	39.49	200m: 2:31.96	41.04
2. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos		<b>2:35.85</b>	477	
50m: 33.52 33.52	100m: 1:12.85	39.33	150m: 1:53.93	41.08	200m: 2:35.85	41.92
3. Joana Francisca, RODRIGUES	04	Uniao Coimbra		<b>2:41.66</b>	427	
50m: 32.03 32.03	100m: 1:11.49	39.46	150m: 1:55.88	44.39	200m: 2:41.66	45.78
4. Leonor Correia, PAIVA	04	Louzan Natacao		<b>2:41.97</b>	425	
50m: 35.57 35.57	100m: 1:16.68	41.11	150m: 1:59.32	42.64	200m: 2:41.97	42.65
5. Angela Rodrigues, REBELO	07	Louzan Natacao		<b>2:41.99</b>	425	
50m: 36.23 36.23	100m: 1:17.02	40.79	150m: 1:59.58	42.56	200m: 2:41.99	42.41
6. Leonor Mil, MANO	07	Fundacao Beatriz Santos		<b>2:43.50</b>	413	
50m: 35.71 35.71	100m: 1:15.94	40.23	150m: 2:00.73	44.79	200m: 2:43.50	42.77
7. Beatriz Ferreira, GASPAR	04	Uniao Coimbra		<b>2:43.72</b>	411	
50m: 34.88 34.88	100m: 1:15.32	40.44	150m: 1:58.06	42.74	200m: 2:43.72	45.66
8. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos		<b>3:01.23</b>	303	
50m: 38.76 38.76	100m: 1:24.20	45.44	150m: 2:12.45	48.25	200m: 3:01.23	48.78
9. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos		<b>3:06.98</b>	276	
50m: 36.03 36.03	100m: 1:22.35	46.32	150m: 2:14.43	52.08	200m: 3:06.98	52.55
DNS Matilde Alves, FLORENCIO	04	Condeixa Clube				

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 5, Femin., 200m Mariposa

Prova 5	Femin., 200m Mariposa				Abs
08-05-2021 - 10:50					Resultados
Rec Nacionais Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacionais Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06-08-2018
Rec Nacionais Jun 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04-08-2002
Rec Nacionais Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29-07-2018
Rec Nacionais Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
Rec Nacionais Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04-07-2004
Rec Reg ANC Absoluto	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Sen	2:22.97	Patrícia, SILVA	CNAC	Coimbra	15-07-2001
Rec Reg ANC Jun 17	2:22.75	Ana Rita, GONÇALVES	CNM	Povoa do Varzim	14-03-2002
Rec Reg ANC Jun 16	2:20.69	Maria Miguel, VELOSO	CNAC	Coimbra	31-05-2009
Rec Reg ANC Juv A	2:22.78	Ana Carolina, MONTEIRO	CUC	Coimbra	01-03-2019
Rec Reg ANC Juv B	2:24.79	Mariana Cunha, GUERRA	ASSSCC	Jamor	26-02-2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Maria Carlota, REBELO	03	Louzan Natacao		<b>2:27.41</b>	564	
50m: 32.98 32.98	100m: 1:09.48	36.50	150m: 1:49.16	39.68	200m: 2:27.41	38.25
2. Ana Carolina, MONTEIRO	04	Uniao Coimbra		<b>2:31.96</b>	515	
50m: 33.24 33.24	100m: 1:11.43	38.19	150m: 1:50.92	39.49	200m: 2:31.96	41.04
3. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos		<b>2:35.85</b>	477	
50m: 33.52 33.52	100m: 1:12.85	39.33	150m: 1:53.93	41.08	200m: 2:35.85	41.92
4. Joana Francisca, RODRIGUES	04	Uniao Coimbra		<b>2:41.66</b>	427	
50m: 32.03 32.03	100m: 1:11.49	39.46	150m: 1:55.88	44.39	200m: 2:41.66	45.78
5. Leonor Correia, PAIVA	04	Louzan Natacao		<b>2:41.97</b>	425	
50m: 35.57 35.57	100m: 1:16.68	41.11	150m: 1:59.32	42.64	200m: 2:41.97	42.65
6. Angela Rodrigues, REBELO	07	Louzan Natacao		<b>2:41.99</b>	425	
50m: 36.23 36.23	100m: 1:17.02	40.79	150m: 1:59.58	42.56	200m: 2:41.99	42.41
7. Leonor Mil, MANO	07	Fundacao Beatriz Santos		<b>2:43.50</b>	413	
50m: 35.71 35.71	100m: 1:15.94	40.23	150m: 2:00.73	44.79	200m: 2:43.50	42.77
8. Beatriz Ferreira, GASPAR	04	Uniao Coimbra		<b>2:43.72</b>	411	
50m: 34.88 34.88	100m: 1:15.32	40.44	150m: 1:58.06	42.74	200m: 2:43.72	45.66
9. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos		<b>3:01.23</b>	303	
50m: 38.76 38.76	100m: 1:24.20	45.44	150m: 2:12.45	48.25	200m: 3:01.23	48.78
10. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos		<b>3:06.98</b>	276	
50m: 36.03 36.03	100m: 1:22.35	46.32	150m: 2:14.43	52.08	200m: 3:06.98	52.55
DNS Matilde Alves, FLORENCIO	04	Condeixa Clube				

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
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Prova 6, Masc., 200m Mariposa

Prova 6 Masc., 200m Mariposa Juv B  
08-05-2021 - 11:00 Resultados

Rec Nacionais Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacionais Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		31-05-2019
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		24-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Jose Miguel, MARQUES	06	Condeixa Clube	<b>2:31.25</b>	392	
50m: 33.58 33.58	100m: 1:12.41	38.83	150m: 1:51.87	39.46	200m: 2:31.25 39.38
2. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>2:33.27</b>	377	
50m: 33.57 33.57	100m: 1:11.41	37.84	150m: 1:52.31	40.90	200m: 2:33.27 40.96
3. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>2:40.93</b>	325	
50m: 31.42 31.42	100m: 1:09.56	38.14	150m: 1:51.81	42.25	200m: 2:40.93 49.12
4. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	<b>2:44.30</b>	306	
50m: 35.43 35.43	100m: 1:16.03	40.60	150m: 1:59.72	43.69	200m: 2:44.30 44.58
5. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>2:45.19</b>	301	
50m: 35.86 35.86	100m: 1:17.47	41.61	150m: 2:02.00	44.53	200m: 2:45.19 43.19

Prova 6 Masc., 200m Mariposa Juv A  
08-05-2021 - 11:00 Resultados

Rec Nacionais Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacionais Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		31-05-2019
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	30-03-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>2:28.75</b>	412	
50m: 31.37 31.37	100m: 1:08.16	36.79	150m: 1:47.99	39.83	200m: 2:28.75 40.76
2. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>2:34.77</b>	366	
50m: 33.37 33.37	100m: 1:11.77	38.40	150m: 1:53.39	41.62	200m: 2:34.77 41.38

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 6, Masc., 200m Mariposa

Prova 6 08-05-2021 - 11:00	Masc., 200m Mariposa				Juv /Jun Resultados
Rec Nacionais Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacionais Jun 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nacionais Jun 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16-07-2005
Rec Nacionais Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Rec Nacionais Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		31-05-2019
Rec Reg ANC Jun 18	2:05.19	Miguel Silva, OLIVEIRA	CNAC	Coimbra	31-05-2009
Rec Reg ANC Jun 17	2:10.33	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	05-04-2014
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	30-03-2017
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		24-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Diogo Matos, RIBEIRO <i>Reg Reg ANC</i>	04	Uniao Coimbra	<b>2:04.09</b>	710	
50m: 28.57 28.57	100m: 1:01.39	32.82	150m: 1:32.44	31.05	200m: 2:04.09 31.65
2. Martim Miranda, MACHADO	03	Uniao Coimbra	<b>2:18.12</b>	515	
50m: 30.24 30.24	100m: 1:04.48	34.24	150m: 1:41.12	36.64	200m: 2:18.12 37.00
3. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	<b>2:22.70</b>	467	
50m: 29.56 29.56	100m: 1:05.41	35.85	150m: 1:43.15	37.74	200m: 2:22.70 39.55
4. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>2:28.75</b>	412	
50m: 31.37 31.37	100m: 1:08.16	36.79	150m: 1:47.99	39.83	200m: 2:28.75 40.76
5. Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos	<b>2:28.90</b>	411	
50m: 33.29 33.29	100m: 1:10.09	36.80	150m: 1:49.76	39.67	200m: 2:28.90 39.14
6. Jose Miguel, MARQUES	06	Condeixa Clube	<b>2:31.25</b>	392	
50m: 33.58 33.58	100m: 1:12.41	38.83	150m: 1:51.87	39.46	200m: 2:31.25 39.38
7. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>2:33.27</b>	377	
50m: 33.57 33.57	100m: 1:11.41	37.84	150m: 1:52.31	40.90	200m: 2:33.27 40.96
8. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>2:34.77</b>	366	
50m: 33.37 33.37	100m: 1:11.77	38.40	150m: 1:53.39	41.62	200m: 2:34.77 41.38
9. Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos	<b>2:36.77</b>	352	
50m: 33.07 33.07	100m: 1:12.53	39.46	150m: 1:53.92	41.39	200m: 2:36.77 42.85
10. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>2:40.93</b>	325	
50m: 31.42 31.42	100m: 1:09.56	38.14	150m: 1:51.81	42.25	200m: 2:40.93 49.12
11. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	<b>2:44.30</b>	306	
50m: 35.43 35.43	100m: 1:16.03	40.60	150m: 1:59.72	43.69	200m: 2:44.30 44.58
12. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>2:45.19</b>	301	
50m: 35.86 35.86	100m: 1:17.47	41.61	150m: 2:02.00	44.53	200m: 2:45.19 43.19

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 6, Masc., 200m Mariposa

Prova 6 08-05-2021 - 11:00	Masc., 200m Mariposa				Abs Resultados
Rec Nacionais Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacionais Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Rec Nacionais Jun 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nacionais Jun 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16-07-2005
Rec Nacionais Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Rec Nacionais Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	2:02.80	Gabriel Jose, LOPES	ALN		31-05-2019
Rec Reg ANC Sen	2:02.80	Gabriel Jose, LOPES	ALN		06-04-2019
Rec Reg ANC Jun 18	2:05.19	Miguel Silva, OLIVEIRA	CNAC	Coimbra	31-05-2009
Rec Reg ANC Jun 17	2:10.33	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	05-04-2014
Rec Reg ANC Juv A	2:07.69	Andre Gouveia, COSTA	CAQC	Coimbra	30-03-2017
Rec Reg ANC Juv B	2:08.38	Diogo Matos, RIBEIRO	CUC		24-07-2019

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Diogo Matos, RIBEIRO <i>Reg Reg ANC</i>	04	Uniao Coimbra		<b>2:04.09</b>	710	
50m: 28.57 28.57	100m: 1:01.39	32.82	150m: 1:32.44	31.05	200m: 2:04.09	31.65
2. Gabriel Jose, LOPES	97	Louzan Natacao		<b>2:08.00</b>	647	
50m: 30.12 30.12	100m: 1:02.36	32.24	150m: 1:34.87	32.51	200m: 2:08.00	33.13
3. Lucas Pereira, BASTOS	00	Nautico Academico		<b>2:12.32</b>	586	
50m: 29.19 29.19	100m: 1:02.61	33.42	150m: 1:36.88	34.27	200m: 2:12.32	35.44
4. Martim Miranda, MACHADO	03	Uniao Coimbra		<b>2:18.12</b>	515	
50m: 30.24 30.24	100m: 1:04.48	34.24	150m: 1:41.12	36.64	200m: 2:18.12	37.00
5. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos		<b>2:22.70</b>	467	
50m: 29.56 29.56	100m: 1:05.41	35.85	150m: 1:43.15	37.74	200m: 2:22.70	39.55
6. Jose Miguel, ROCHA	05	Columbifila Cantanhedense		<b>2:28.75</b>	412	
50m: 31.37 31.37	100m: 1:08.16	36.79	150m: 1:47.99	39.83	200m: 2:28.75	40.76
7. Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos		<b>2:28.90</b>	411	
50m: 33.29 33.29	100m: 1:10.09	36.80	150m: 1:49.76	39.67	200m: 2:28.90	39.14
8. Jose Miguel, MARQUES	06	Condeixa Clube		<b>2:31.25</b>	392	
50m: 33.58 33.58	100m: 1:12.41	38.83	150m: 1:51.87	39.46	200m: 2:31.25	39.38
9. Afonso Vidal, TOMAS	06	Louzan Natacao		<b>2:33.27</b>	377	
50m: 33.57 33.57	100m: 1:11.41	37.84	150m: 1:52.31	40.90	200m: 2:33.27	40.96
10. Gabriel Jose, FIGUEIRA	01	Academica de Coimbra		<b>2:34.72</b>	366	
50m: 31.02 31.02	100m: 1:09.02	38.00	150m: 1:51.18	42.16	200m: 2:34.72	43.54
11. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos		<b>2:34.77</b>	366	
50m: 33.37 33.37	100m: 1:11.77	38.40	150m: 1:53.39	41.62	200m: 2:34.77	41.38
12. Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos		<b>2:36.77</b>	352	
50m: 33.07 33.07	100m: 1:12.53	39.46	150m: 1:53.92	41.39	200m: 2:36.77	42.85
13. Tomas Varanda, OLIVEIRA	06	Columbifila Cantanhedense		<b>2:40.93</b>	325	
50m: 31.42 31.42	100m: 1:09.56	38.14	150m: 1:51.81	42.25	200m: 2:40.93	49.12
14. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos		<b>2:44.30</b>	306	
50m: 35.43 35.43	100m: 1:16.03	40.60	150m: 1:59.72	43.69	200m: 2:44.30	44.58
15. Joao Guilherme, LUCAS	06	Columbifila Cantanhedense		<b>2:45.19</b>	301	
50m: 35.86 35.86	100m: 1:17.47	41.61	150m: 2:02.00	44.53	200m: 2:45.19	43.19

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7	Femin., 100m Livres				Inf B
08-05-2021 - 11:05					Resultados
Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Inf B	1:01.46	Carolina Miranda, FERNANDES	CGA	Loulé	15-07-2017
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Inf B	1:03.47	Mariana Cunha, GUERRA	ASSSCC	Porto	24-07-2010

Pontos: FINA 2021

Lugar				Ano		Tempo final	Pts
1.	Sofia Fonseca, PRIMO			09	Miranda do Corvo	<b>1:12.44</b>	363
2.	Leonor Mercês, CAVALEIRO			09	Columbofila Cantanhedense	<b>1:13.20</b>	352
	50m:	34.41	34.41	100m:	1:13.20	38.79	
3.	Rita Calado, CRUZ			09	Fundacao Beatriz Santos	<b>1:18.99</b>	280
	50m:	35.83	35.83	100m:	1:18.99	43.16	
4.	Maria Miranda, MACEDO			09	Columbofila Cantanhedense	<b>1:20.31</b>	266
	50m:	37.40	37.40	100m:	1:20.31	42.91	
5.	Caetana Amado, SANTOS			09	Miranda do Corvo	<b>1:21.21</b>	258
	50m:	38.01	38.01	100m:	1:21.21	43.20	
6.	Emilia Pereira, MARQUES			09	Miranda do Corvo	<b>1:22.97</b>	242
	50m:	38.85	38.85	100m:	1:22.97	44.12	
7.	Joana Maria, MARTINS			09	Vigor da Mocidade	<b>1:42.37</b>	128
	50m:	47.04	47.04	100m:	1:42.37	55.33	
DSQ	Francisca Rendilho, SOUSA			09	CASPAE		
	<i>Falsa partida</i>						

Prova 7	Femin., 100m Livres				Inf A
08-05-2021 - 11:05					Resultados
Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Inf A	59.73	Ines Camacho, FERNANDES	POR	Catania (ITA)	20-06-2010
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Inf A	1:02.36	Mariana Cunha, GUERRA	ASSSCC	Lisboa	24-07-2011

Pontos: FINA 2021

Lugar				Ano		Tempo final	Pts
1.	Raquel Filipa, JESUS			08	Fundacao Beatriz Santos	<b>1:16.34</b>	310
	50m:	35.09	35.09	100m:	1:16.34	41.25	
2.	Ana Sofia, PARAISO			08	Fundacao Beatriz Santos	<b>1:16.67</b>	306
	50m:	37.17	37.17	100m:	1:16.67	39.50	
3.	Maria Gabriela, RANGEL			08	Fundacao Beatriz Santos	<b>1:17.16</b>	300
	50m:	36.06	36.06	100m:	1:17.16	41.10	
4.	Catarina Sargaco, TEIXEIRA			08	Columbofila Cantanhedense	<b>1:18.34</b>	287
	50m:	37.66	37.66	100m:	1:18.34	40.68	
5.	Mariana Santos, ALMEIDA			08	Columbofila Cantanhedense	<b>1:19.13</b>	279
	50m:	37.25	37.25	100m:	1:19.13	41.88	
6.	Ines Serralheiro, SANTOS			08	Columbofila Cantanhedense	<b>1:25.54</b>	220
	50m:	39.57	39.57	100m:	1:25.54	45.97	
DNS	Francisca Dias, AGANTE			08	Vigor da Mocidade		
DNS	Carolina Vaz, ALVES			08	Academica de Coimbra		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7, Femin., 100m Livres

Prova 7  
08-05-2021 - 11:05

Femin., 100m Livres

Juv B  
Resultados

Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	22-07-2019
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Juv B	59.91	Camila Rodrigues, REBELO	ALN	Oeiras	03-07-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mil, MANO 50m: 30.58 30.58 100m: 1:03.51 32.93	07 Fundacao Beatriz Santos	<b>1:03.51</b>	539
2. Mariana Marques, ALMEIDA 50m: 33.92 33.92 100m: 1:09.55 35.63	07 Academica de Coimbra	<b>1:09.55</b>	410
3. Cristiana Sofia, DUARTE 50m: 32.92 32.92 100m: 1:12.27 39.35	07 Vigor da Mocidade	<b>1:12.27</b>	366
4. Luna Almeida, RODRIGUES 50m: 34.22 34.22 100m: 1:13.55 39.33	07 Columbofila Cantanhedense	<b>1:13.55</b>	347
5. Beatriz Costa, MATOS 50m: 35.32 35.32 100m: 1:15.00 39.68	07 Fundacao Beatriz Santos	<b>1:15.00</b>	327
6. Lara Carvalho, SANTOS 50m: 36.31 36.31 100m: 1:18.29 41.98	07 Nautico Academico	<b>1:18.29</b>	288

Prova 7  
08-05-2021 - 11:05

Femin., 100m Livres

Juv A  
Resultados

Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08-07-2009
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Juv A	59.44	Camila Rodrigues, REBELO	ALN		21-05-2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Vitoria, GRILO 50m: 30.29 30.29 100m: 1:02.81 32.52	06 Fundacao Beatriz Santos	<b>1:02.81</b>	558
2. Anita Gouveia, COSTA 50m: 30.35 30.35 100m: 1:02.89 32.54	06 Condeixa Clube	<b>1:02.89</b>	555
3. Matilde Fonseca, OLIVEIRA 50m: 31.00 31.00 100m: 1:04.54 33.54	06 Miranda do Corvo	<b>1:04.54</b>	514
4. Diana Silva, TINOCO 50m: 30.66 30.66 100m: 1:04.80 34.14	06 Columbofila Cantanhedense	<b>1:04.80</b>	508
5. Maria Neto, FERREIRA 50m: 31.09 31.09 100m: 1:04.81 33.72	06 Fundacao Beatriz Santos	<b>1:04.81</b>	507
6. Matilde Batista, FERREIRA 50m: 32.23 32.23 100m: 1:07.17 34.94	06 Fundacao Beatriz Santos	<b>1:07.17</b>	456
7. Rita Mendes, SANTOS 50m: 35.28 35.28 100m: 1:15.17 39.89	06 Vigor da Mocidade	<b>1:15.17</b>	325
8. Lara Sofia, SANTOS 50m: 42.03 42.03 100m: 1:30.84 48.81	06 Vigor da Mocidade	<b>1:30.84</b>	184
DNS Mariana Vaz, ALVES	06 Academica de Coimbra		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7, Femin., 100m Livres

Prova 7	Femin., 100m Livres				Juv /Jun
08-05-2021 - 11:05					Resultados
Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Jun 17	56.56	Ana Reis, SOUSA	SAD	Coimbra	04-04-2019
Rec Nacionais Jun 16	57.11	Ana Reis, SOUSA	POR	Helsinki (FIN)	04-07-2018
Rec Nacionais Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08-07-2009
Rec Nacionais Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	22-07-2019
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Jun 17	58.66	Camila Rodrigues, REBELO	ALN		27-01-2020
Rec Reg ANC Jun 16	59.11	Camila Rodrigues, REBELO	ALN		24-03-2019
Rec Reg ANC Juv A	59.44	Camila Rodrigues, REBELO	ALN		21-05-2018
Rec Reg ANC Juv B	59.91	Camila Rodrigues, REBELO	ALN	Oeiras	03-07-2017

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Maria Vitoria, GRILO		06	Fundacao Beatriz Santos		<b>1:02.81</b>	558
	50m:	30.29 30.29	100m:	1:02.81	32.52		
2.	Anita Gouveia, COSTA		06	Condeixa Clube		<b>1:02.89</b>	555
	50m:	30.35 30.35	100m:	1:02.89	32.54		
3.	Leonor Mil, MANO		07	Fundacao Beatriz Santos		<b>1:03.51</b>	539
	50m:	30.58 30.58	100m:	1:03.51	32.93		
4.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo		<b>1:04.54</b>	514
	50m:	31.00 31.00	100m:	1:04.54	33.54		
5.	Ana Filipa, SILVA		04	Academica de Coimbra		<b>1:04.59</b>	513
	50m:	30.74 30.74	100m:	1:04.59	33.85		
6.	Diana Silva, TINOCO		06	Columbofila Cantanhedense		<b>1:04.80</b>	508
	50m:	30.66 30.66	100m:	1:04.80	34.14		
7.	Maria Neto, FERREIRA		06	Fundacao Beatriz Santos		<b>1:04.81</b>	507
	50m:	31.09 31.09	100m:	1:04.81	33.72		
8.	Matilde Batista, FERREIRA		06	Fundacao Beatriz Santos		<b>1:07.17</b>	456
	50m:	32.23 32.23	100m:	1:07.17	34.94		
9.	Kateryna, DZYKANAVA		05	Louzan Natacao		<b>1:08.73</b>	425
	50m:	32.74 32.74	100m:	1:08.73	35.99		
10.	Laura Rodrigues, MARGATO		04	Academica de Coimbra		<b>1:09.16</b>	417
	50m:	33.53 33.53	100m:	1:09.16	35.63		
11.	Laura Torrao, CARVALHO		05	Nautico Academico		<b>1:09.31</b>	415
	50m:	32.94 32.94	100m:	1:09.31	36.37		
12.	Marta Domingues, GAMEIRO		04	Nautico Academico		<b>1:09.48</b>	412
	50m:	33.57 33.57	100m:	1:09.48	35.91		
13.	Mariana Marques, ALMEIDA		07	Academica de Coimbra		<b>1:09.55</b>	410
	50m:	33.92 33.92	100m:	1:09.55	35.63		
14.	Rita Lima, PIRES		05	Nautico Academico		<b>1:10.07</b>	401
	50m:	33.20 33.20	100m:	1:10.07	36.87		
15.	Camila Cavaleiro, SILVA		05	Columbofila Cantanhedense		<b>1:10.51</b>	394
	50m:	33.71 33.71	100m:	1:10.51	36.80		
16.	Beatriz Pereira, MARQUES		05	Columbofila Cantanhedense		<b>1:11.83</b>	373
	50m:	34.74 34.74	100m:	1:11.83	37.09		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7, Femin., 100m Livres, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Cristiana Sofia, DUARTE 50m: 32.92 32.92 100m: 1:12.27 39.35	07 Vigor da Mocidade	<b>1:12.27</b>	366
18. Luna Almeida, RODRIGUES 50m: 34.22 34.22 100m: 1:13.55 39.33	07 Columbofila Cantanhedense	<b>1:13.55</b>	347
19. Beatriz Costa, MATOS 50m: 35.32 35.32 100m: 1:15.00 39.68	07 Fundacao Beatriz Santos	<b>1:15.00</b>	327
20. Rita Mendes, SANTOS 50m: 35.28 35.28 100m: 1:15.17 39.89	06 Vigor da Mocidade	<b>1:15.17</b>	325
21. Helena Carolina, DINIS 50m: 35.54 35.54 100m: 1:15.96 40.42	05 Academica de Coimbra	<b>1:15.96</b>	315
22. Lara Carvalho, SANTOS 50m: 36.31 36.31 100m: 1:18.29 41.98	07 Nautico Academico	<b>1:18.29</b>	288
23. Barbara Fernanda, MENDES 50m: 35.90 35.90 100m: 1:23.05 47.15	05 CASPAE	<b>1:23.05</b>	241
24. Lara Sofia, SANTOS 50m: 42.03 42.03 100m: 1:30.84 48.81	06 Vigor da Mocidade	<b>1:30.84</b>	184
DNS Mariana Vaz, ALVES	06 Academica de Coimbra		

Prova 7

Femin., 100m Livres

Abs

08-05-2021 - 11:05

Resultados

Rec Nacionais Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Sen	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04-04-2019
Rec Nacionais Jun 17	56.56	Ana Reis, SOUSA	SAD	Coimbra	04-04-2019
Rec Nacionais Jun 16	57.11	Ana Reis, SOUSA	POR	Helsinki (FIN)	04-07-2018
Rec Nacionais Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08-07-2009
Rec Nacionais Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	22-07-2019
Rec Reg ANC Absoluto	58.66	Camila Rodrigues, REBELO	ALN		12-04-2020
Rec Reg ANC Sen	58.84	Raquel Maurile, TAVEIRA	AAC	Oeiras	11-04-2015
Rec Reg ANC Jun 17	58.66	Camila Rodrigues, REBELO	ALN		27-01-2020
Rec Reg ANC Jun 16	59.11	Camila Rodrigues, REBELO	ALN		24-03-2019
Rec Reg ANC Juv A	59.44	Camila Rodrigues, REBELO	ALN		21-05-2018
Rec Reg ANC Juv B	59.91	Camila Rodrigues, REBELO	ALN	Oeiras	03-07-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO 50m: 29.47 29.47 100m: 1:02.08 32.61	02 Academica de Coimbra	<b>1:02.08</b>	577
2. Maria Carlota, REBELO 50m: 30.08 30.08 100m: 1:02.12 32.04	03 Louzan Natacao	<b>1:02.12</b>	576
3. Maria Vitoria, GRILO 50m: 30.29 30.29 100m: 1:02.81 32.52	06 Fundacao Beatriz Santos	<b>1:02.81</b>	558
4. Anita Gouveia, COSTA 50m: 30.35 30.35 100m: 1:02.89 32.54	06 Condeixa Clube	<b>1:02.89</b>	555
5. Leonor Mil, MANO 50m: 30.58 30.58 100m: 1:03.51 32.93	07 Fundacao Beatriz Santos	<b>1:03.51</b>	539
6. Ines Mariana, PINHEIRO 50m: 30.35 30.35 100m: 1:04.09 33.74	03 Academica de Coimbra	<b>1:04.09</b>	525

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7, Femin., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
7. Matilde Fonseca, OLIVEIRA 50m: 31.00 31.00 100m: 1:04.54	06 Miranda do Corvo	<b>1:04.54</b>	514
8. Ana Filipa, SILVA 50m: 30.74 30.74 100m: 1:04.59	04 Academica de Coimbra	<b>1:04.59</b>	513
9. Diana Silva, TINOCO 50m: 30.66 30.66 100m: 1:04.80	06 Columbofila Cantanhedense	<b>1:04.80</b>	508
10. Maria Neto, FERREIRA 50m: 31.09 31.09 100m: 1:04.81	06 Fundacao Beatriz Santos	<b>1:04.81</b>	507
11. Matilde Batista, FERREIRA 50m: 32.23 32.23 100m: 1:07.17	06 Fundacao Beatriz Santos	<b>1:07.17</b>	456
12. Kateryna, DZYAKANAVA 50m: 32.74 32.74 100m: 1:08.73	05 Louzan Natacao	<b>1:08.73</b>	425
13. Beatriz Carvalho, MARQUES 50m: 32.63 32.63 100m: 1:09.08	02 Academica de Coimbra	<b>1:09.08</b>	419
14. Laura Rodrigues, MARGATO 50m: 33.53 33.53 100m: 1:09.16	04 Academica de Coimbra	<b>1:09.16</b>	417
15. Laura Torrao, CARVALHO 50m: 32.94 32.94 100m: 1:09.31	05 Nautico Academico	<b>1:09.31</b>	415
16. Marta Domingues, GAMEIRO 50m: 33.57 33.57 100m: 1:09.48	04 Nautico Academico	<b>1:09.48</b>	412
17. Mariana Marques, ALMEIDA 50m: 33.92 33.92 100m: 1:09.55	07 Academica de Coimbra	<b>1:09.55</b>	410
18. Rita Lima, PIRES 50m: 33.20 33.20 100m: 1:10.07	05 Nautico Academico	<b>1:10.07</b>	401
19. Camila Cavaleiro, SILVA 50m: 33.71 33.71 100m: 1:10.51	05 Columbofila Cantanhedense	<b>1:10.51</b>	394
20. Beatriz Pereira, MARQUES 50m: 34.74 34.74 100m: 1:11.83	05 Columbofila Cantanhedense	<b>1:11.83</b>	373
21. Cristiana Sofia, DUARTE 50m: 32.92 32.92 100m: 1:12.27	07 Vigor da Mocidade	<b>1:12.27</b>	366
22. Luna Almeida, RODRIGUES 50m: 34.22 34.22 100m: 1:13.55	07 Columbofila Cantanhedense	<b>1:13.55</b>	347
23. Beatriz Costa, MATOS 50m: 35.32 35.32 100m: 1:15.00	07 Fundacao Beatriz Santos	<b>1:15.00</b>	327
24. Rita Mendes, SANTOS 50m: 35.28 35.28 100m: 1:15.17	06 Vigor da Mocidade	<b>1:15.17</b>	325
25. Helena Carolina, DINIS 50m: 35.54 35.54 100m: 1:15.96	05 Academica de Coimbra	<b>1:15.96</b>	315
26. Lara Carvalho, SANTOS 50m: 36.31 36.31 100m: 1:18.29	07 Nautico Academico	<b>1:18.29</b>	288
27. Barbara Fernanda, MENDES 50m: 35.90 35.90 100m: 1:23.05	05 CASPAE	<b>1:23.05</b>	241

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 7, Femin., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
28. Lara Sofia, SANTOS	06 Vigor da Mocidade	<b>1:30.84</b>	184
50m: 42.03 42.03 100m: 1:30.84 48.81			
DNS Mariana Vaz, ALVES	06 Academica de Coimbra		

Prova 8

Masc., 100m Livres

Inf B

08-05-2021 - 11:25

Resultados

Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Inf B	58.47	Joao Magalhaes, NUNES	CNA	Rio Maior	22-07-2012
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Inf B	58.97	Diogo Matos, RIBEIRO	CNAC	Loulé	01-05-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	<b>1:08.30</b>	323
50m: 32.80 32.80 100m: 1:08.30 35.50			
2. Vicente Piacentini, CALDEIRA	08 Nautico Academico	<b>1:10.39</b>	295
50m: 33.47 33.47 100m: 1:10.39 36.92			
3. Rafael Pereira, RODRIGUES	08 Condeixa Clube	<b>1:11.10</b>	287
50m: 34.92 34.92 100m: 1:11.10 36.18			
4. Guilherme Simoes, SOUSA	08 Fundacao Beatriz Santos	<b>1:13.33</b>	261
50m: 35.15 35.15 100m: 1:13.33 38.18			
5. Miguel Tomas, CONCEICAO	08 Nautico Academico	<b>1:13.49</b>	260
50m: 34.36 34.36 100m: 1:13.49 39.13			
6. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>1:13.68</b>	258
50m: 35.66 35.66 100m: 1:13.68 38.02			
7. Salvador Correia, PEREIRA	08 Condeixa Clube	<b>1:14.09</b>	253
50m: 34.72 34.72 100m: 1:14.09 39.37			
8. Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	<b>1:16.25</b>	232
50m: 35.63 35.63 100m: 1:16.25 40.62			
9. Rafael Figueiredo, CORREIA	08 Columbofila Cantanhedense	<b>1:16.49</b>	230
50m: 36.74 36.74 100m: 1:16.49 39.75			
10. Santiago Jose, FONSECA	08 Columbofila Cantanhedense	<b>1:16.82</b>	227
50m: 36.18 36.18 100m: 1:16.82 40.64			
11. Joaquim Antonio, CUNHA	08 Nautico Academico	<b>1:18.57</b>	212
50m: 36.32 36.32 100m: 1:18.57 42.25			
12. Jose Guardado, SILVA	08 Vigor da Mocidade	<b>1:22.37</b>	184
50m: 39.22 39.22 100m: 1:22.37 43.15			
13. Francisco Joao, FERNANDO	08 Fundacao Beatriz Santos	<b>1:23.70</b>	176
14. David Miguel, ALVES	08 Fundacao Beatriz Santos	<b>1:24.92</b>	168
50m: 39.33 39.33 100m: 1:24.92 45.59			
15. Henrique Figueiredo, FIDALGO	08 Vigor da Mocidade	<b>1:25.17</b>	167
50m: 38.87 38.87 100m: 1:25.17 46.30			
16. Henrique Melo, SANTIAGO	08 Vigor da Mocidade	<b>1:26.33</b>	160
50m: 38.44 38.44 100m: 1:26.33 47.89			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres, Inf B

Lugar	Ano	Tempo final	Pts
17. Tiago Batista, BOAVIDA 50m: 40.44 40.44 100m: 1:27.28 46.84	08 CASPAE	<b>1:27.28</b>	155
18. Diogo Garcia, FARIA 50m: 42.54 42.54 100m: 1:40.83 58.29	08 Nautico Academico	<b>1:40.83</b>	100
DNS Manuel Meneses, GONCALVES	08 Nautico Academico		

Prova 8 Masc., 100m Livres Inf A  
08-05-2021 - 11:25 Resultados

Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Inf A	55.53	David Miguel, FERRO	SFUAP	Campanhã	26-07-1998
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Inf A	55.64	Gabriel Jose, LOPES	CDL	Geslourses	01-07-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. David Duarte, JESUS 50m: 31.10 31.10 100m: 1:03.76 32.66	07 Fundacao Beatriz Santos	<b>1:03.76</b>	398
2. Martim Alexandre, SILVA 50m: 30.04 30.04 100m: 1:03.79 33.75	07 Columbofila Cantanhedense	<b>1:03.79</b>	397
3. Alexandre, DZYAKANAU 50m: 31.25 31.25 100m: 1:04.63 33.38	07 Louzan Natacao	<b>1:04.63</b>	382
4. Duarte Cachulo, MARQUES 50m: 31.66 31.66 100m: 1:05.54 33.88	07 Condeixa Clube	<b>1:05.54</b>	366
5. Guilherme Marques, ALMEIDA 50m: 32.16 32.16 100m: 1:06.75 34.59	07 Academica de Coimbra	<b>1:06.75</b>	347
6. David Ferreira, SILVA 50m: 32.54 32.54 100m: 1:08.41 35.87	07 Academica de Coimbra	<b>1:08.41</b>	322
7. Goncalo Miranda, FERNANDES 50m: 33.52 33.52 100m: 1:10.71 37.19	07 Vigor da Mocidade	<b>1:10.71</b>	291
8. Marco Dimitar, OLIVEIRA 50m: 34.87 34.87 100m: 1:12.27 37.40	07 Fundacao Beatriz Santos	<b>1:12.27</b>	273
9. Bernardo Almas, MALHAO 50m: 34.08 34.08 100m: 1:14.52 40.44	07 Vigor da Mocidade	<b>1:14.52</b>	249
10. Francisco Jose, SIMOES 50m: 35.66 35.66 100m: 1:16.56 40.90	07 Vigor da Mocidade	<b>1:16.56</b>	230
11. Rodrigo Marques, LIMA 50m: 38.67 38.67 100m: 1:23.14 44.47	07 CASPAE	<b>1:23.14</b>	179
DSQ Afonso Simoes, FERREIRA <i>Falsa partida</i>	07 Vigor da Mocidade		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres

Prova 8	Masc., 100m Livres				Juv B
08-05-2021 - 11:25					Resultados
Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	04-08-2019
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Juv B	52.51	Diogo Matos, RIBEIRO	CUC		29-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Duarte Jose, FERNANDES	06	Uniao Coimbra	<b>59.00</b>	502
50m: 28.00 28.00	100m: 59.00	31.00		
2. Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>1:00.92</b>	456
50m: 29.20 29.20	100m: 1:00.92	31.72		
3. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>1:01.25</b>	449
50m: 29.37 29.37	100m: 1:01.25	31.88		
4. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>1:01.48</b>	444
50m: 29.69 29.69	100m: 1:01.48	31.79		
5. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>1:01.70</b>	439
50m: 29.59 29.59	100m: 1:01.70	32.11		
6. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	<b>1:02.28</b>	427
50m: 29.81 29.81	100m: 1:02.28	32.47		
7. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>1:02.44</b>	424
50m: 29.70 29.70	100m: 1:02.44	32.74		
8. Rodrigo Costa, CRUZ	06	Academica de Coimbra	<b>1:02.83</b>	416
50m: 30.06 30.06	100m: 1:02.83	32.77		
9. Diogo Cura, NEVES	06	Condeixa Clube	<b>1:03.51</b>	402
50m: 30.14 30.14	100m: 1:03.51	33.37		
10. Guilherme Marques, PEREIRA	06	Condeixa Clube	<b>1:03.77</b>	398
50m: 29.57 29.57	100m: 1:03.77	34.20		
11. Edgar Tavares, MENDES	06	Academica de Coimbra	<b>1:04.55</b>	383
50m: 30.64 30.64	100m: 1:04.55	33.91		
12. Joao Ferreira, MARQUES	06	Academica de Coimbra	<b>1:05.51</b>	367
50m: 31.00 31.00	100m: 1:05.51	34.51		
13. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<b>1:05.86</b>	361
50m: 31.96 31.96	100m: 1:05.86	33.90		
14. Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos	<b>1:05.88</b>	361
50m: 29.81 29.81	100m: 1:05.88	36.07		
15. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	<b>1:06.93</b>	344
50m: 32.16 32.16	100m: 1:06.93	34.77		
16. Miguel Joao, PINHEIRO	06	Academica de Coimbra	<b>1:07.69</b>	332
50m: 30.84 30.84	100m: 1:07.69	36.85		
17. Simao Domingues, PAZ	06	Miranda do Corvo	<b>1:11.08</b>	287
50m: 34.31 34.31	100m: 1:11.08	36.77		
18. Rodrigo Neves, DUARTE	06	Louzan Natacao	<b>1:11.38</b>	283
50m: 34.45 34.45	100m: 1:11.38	36.93		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres, Juv B

Lugar	Ano	Tempo final	Pts
19. Afonso Jose, FRANCISCO	06 Miranda do Corvo	<b>1:11.92</b>	277
50m: 33.72 33.72 100m: 1:11.92 38.20			
20. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	<b>1:13.06</b>	264
50m: 34.73 34.73 100m: 1:13.06 38.33			

Prova 8

Masc., 100m Livres

Juv A

08-05-2021 - 11:25

Resultados

Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28-07-2003
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Juv A	53.30	Diogo Matos, RIBEIRO	CUC	Jamor	08-02-2020

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Afonso Miguel, AMADO	05 Miranda do Corvo	<b>57.78</b>	535
50m: 27.75 27.75 100m: 57.78 30.03			
2. Guilherme Maia, CARDOSO	05 Columbofila Cantanhedense	<b>59.01</b>	502
50m: 28.74 28.74 100m: 59.01 30.27			
3. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>59.55</b>	488
50m: 29.01 29.01 100m: 59.55 30.54			
Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>59.55</b>	488
50m: 28.91 28.91 100m: 59.55 30.64			
5. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	<b>59.63</b>	486
50m: 29.17 29.17 100m: 59.63 30.46			
6. Antonio, GLAVATSKY	05 Academica de Coimbra	<b>1:00.75</b>	460
50m: 28.85 28.85 100m: 1:00.75 31.90			
7. Tomas Jose, FRANCISCO	05 Miranda do Corvo	<b>1:01.13</b>	451
50m: 28.88 28.88 100m: 1:01.13 32.25			
8. Tomas Cardoso, GERALDO	05 Condeixa Clube	<b>1:01.66</b>	440
50m: 29.58 29.58 100m: 1:01.66 32.08			
9. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>1:01.83</b>	436
50m: 29.82 29.82 100m: 1:01.83 32.01			
10. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>1:03.75</b>	398
50m: 29.35 29.35 100m: 1:03.75 34.40			
11. Diogo Simoes, DIAS	05 Louzan Natacao	<b>1:03.87</b>	396
50m: 30.83 30.83 100m: 1:03.87 33.04			

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Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres

Prova 8	Masc., 100m Livres				Juv /Jun
08-05-2021 - 11:25					Resultados
Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Jun 18	50.24	Tiago Andre, VENANCIO	CNS	Oeiras	19-03-2005
Rec Nacionais Jun 17	49.59	Tiago Andre, VENANCIO	POR	Oeiras	15-07-2004
Rec Nacionais Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28-07-2003
Rec Nacionais Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	04-08-2019
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Jun 18	52.32	Miguel Silva, OLIVEIRA	CNAC	Faro	19-07-2009
Rec Reg ANC Jun 17	50.37	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	53.30	Diogo Matos, RIBEIRO	CUC	Jamor	08-02-2020
Rec Reg ANC Juv B	52.51	Diogo Matos, RIBEIRO	CUC		29-07-2019

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Gustavo Pires, MARQUES		04	Uniao Coimbra		<b>54.19</b>	648
	50m:	26.23 26.23	100m:	54.19	27.96		
2.	Goncalo Andre, GOMES		03	Fundacao Beatriz Santos		<b>55.09</b>	617
	50m:	26.67 26.67	100m:	55.09	28.42		
3.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos		<b>57.45</b>	544
	50m:	27.81 27.81	100m:	57.45	29.64		
4.	Afonso Miguel, AMADO		05	Miranda do Corvo		<b>57.78</b>	535
	50m:	27.75 27.75	100m:	57.78	30.03		
5.	Duarte Jose, FERNANDES		06	Uniao Coimbra		<b>59.00</b>	502
	50m:	28.00 28.00	100m:	59.00	31.00		
6.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense		<b>59.01</b>	502
	50m:	28.74 28.74	100m:	59.01	30.27		
7.	Goncalo Carvalho, SANTOS		05	Louzan Natacao		<b>59.55</b>	488
	50m:	29.01 29.01	100m:	59.55	30.54		
	Tomas Carvalho, SANTOS		05	Louzan Natacao		<b>59.55</b>	488
	50m:	28.91 28.91	100m:	59.55	30.64		
9.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense		<b>59.63</b>	486
	50m:	29.17 29.17	100m:	59.63	30.46		
10.	Antonio, GLAVATSKY		05	Academica de Coimbra		<b>1:00.75</b>	460
	50m:	28.85 28.85	100m:	1:00.75	31.90		
11.	Francisco Couto, FRAZAO		06	Uniao Coimbra		<b>1:00.92</b>	456
	50m:	29.20 29.20	100m:	1:00.92	31.72		
12.	Tomas Jose, FRANCISCO		05	Miranda do Corvo		<b>1:01.13</b>	451
	50m:	28.88 28.88	100m:	1:01.13	32.25		
13.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos		<b>1:01.25</b>	449
	50m:	29.37 29.37	100m:	1:01.25	31.88		
14.	Afonso Vidal, TOMAS		06	Louzan Natacao		<b>1:01.48</b>	444
	50m:	29.69 29.69	100m:	1:01.48	31.79		
15.	Tomas Cardoso, GERALDO		05	Condeixa Clube		<b>1:01.66</b>	440
	50m:	29.58 29.58	100m:	1:01.66	32.08		
16.	Filipe Cruz, SIMOES		06	Miranda do Corvo		<b>1:01.70</b>	439
	50m:	29.59 29.59	100m:	1:01.70	32.11		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Samuel Baptista, FIGUEIRA 50m: 29.82 29.82 100m: 1:01.83	05 Academica de Coimbra	<b>1:01.83</b> 32.01	436
18. Joao Rafael, FERREIRA 50m: 29.81 29.81 100m: 1:02.28	06 Fundacao Beatriz Santos	<b>1:02.28</b> 32.47	427
19. Tomas Varanda, OLIVEIRA 50m: 29.70 29.70 100m: 1:02.44	06 Columbofila Cantanhedense	<b>1:02.44</b> 32.74	424
20. Rodrigo Costa, CRUZ 50m: 30.06 30.06 100m: 1:02.83	06 Academica de Coimbra	<b>1:02.83</b> 32.77	416
21. Bernardo Jorge, VENTURA 50m: 29.85 29.85 100m: 1:02.88	03 Academica de Coimbra	<b>1:02.88</b> 33.03	415
22. Diogo Cura, NEVES 50m: 30.14 30.14 100m: 1:03.51	06 Condeixa Clube	<b>1:03.51</b> 33.37	402
23. Diogo Rodrigues, CARVALHO 50m: 29.35 29.35 100m: 1:03.75	05 Vigor da Mocidade	<b>1:03.75</b> 34.40	398
24. Guilherme Marques, PEREIRA 50m: 29.57 29.57 100m: 1:03.77	06 Condeixa Clube	<b>1:03.77</b> 34.20	398
25. Diogo Simoes, DIAS 50m: 30.83 30.83 100m: 1:03.87	05 Louzan Natacao	<b>1:03.87</b> 33.04	396
26. Ricardo Martins, CARVALHO 50m: 31.36 31.36 100m: 1:04.17	03 Fundacao Beatriz Santos	<b>1:04.17</b> 32.81	390
27. Edgar Tavares, MENDES 50m: 30.64 30.64 100m: 1:04.55	06 Academica de Coimbra	<b>1:04.55</b> 33.91	383
28. Joao Ferreira, MARQUES 50m: 31.00 31.00 100m: 1:05.51	06 Academica de Coimbra	<b>1:05.51</b> 34.51	367
29. Pedro Fernandes, CARVALHO 50m: 31.96 31.96 100m: 1:05.86	06 Miranda do Corvo	<b>1:05.86</b> 33.90	361
30. Carlos Miguel, OLIVEIRA 50m: 29.81 29.81 100m: 1:05.88	06 Fundacao Beatriz Santos	<b>1:05.88</b> 36.07	361
31. Renato Maria, FERREIRA 50m: 31.24 31.24 100m: 1:06.57	04 Uniao Coimbra	<b>1:06.57</b> 35.33	349
32. Miguel Cunha, GASPAS 50m: 32.16 32.16 100m: 1:06.93	06 Columbofila Cantanhedense	<b>1:06.93</b> 34.77	344
33. Miguel Joao, PINHEIRO 50m: 30.84 30.84 100m: 1:07.69	06 Academica de Coimbra	<b>1:07.69</b> 36.85	332
34. Simao Domingues, PAZ 50m: 34.31 34.31 100m: 1:11.08	06 Miranda do Corvo	<b>1:11.08</b> 36.77	287
35. Rodrigo Neves, DUARTE 50m: 34.45 34.45 100m: 1:11.38	06 Louzan Natacao	<b>1:11.38</b> 36.93	283
36. Afonso Jose, FRANCISCO 50m: 33.72 33.72 100m: 1:11.92	06 Miranda do Corvo	<b>1:11.92</b> 38.20	277
37. Simao Pimenta, CATARINO 50m: 34.73 34.73 100m: 1:13.06	06 Fundacao Beatriz Santos	<b>1:13.06</b> 38.33	264

Secretariado:

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Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
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Prova 8, Masc., 100m Livres

Prova 8	Masc., 100m Livres				Abs
08-05-2021 - 11:25					Resultados
Rec Nacionais Absoluto	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Sen	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20-12-2020
Rec Nacionais Jun 18	50.24	Tiago Andre, VENANCIO	CNS	Oeiras	19-03-2005
Rec Nacionais Jun 17	49.59	Tiago Andre, VENANCIO	POR	Oeiras	15-07-2004
Rec Nacionais Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28-07-2003
Rec Nacionais Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	04-08-2019
Rec Reg ANC Absoluto	50.37	Diogo Matos, RIBEIRO	CUC	coimbra	27-03-2021
Rec Reg ANC Sen	50.67	Mario Alexandre, PEREIRA	CNAC	Coimbra	05-04-2012
Rec Reg ANC Jun 18	52.32	Miguel Silva, OLIVEIRA	CNAC	Faro	19-07-2009
Rec Reg ANC Jun 17	50.37	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	53.30	Diogo Matos, RIBEIRO	CUC	Jamor	08-02-2020
Rec Reg ANC Juv B	52.51	Diogo Matos, RIBEIRO	CUC		29-07-2019

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Rodrigo Ribeiro, GOMES		00	Condeixa Clube		<b>53.76</b>	664
	50m: 25.43 25.43	100m: 53.76		28.33			
2.	Gustavo Pires, MARQUES		04	Uniao Coimbra		<b>54.19</b>	648
	50m: 26.23 26.23	100m: 54.19		27.96			
3.	Goncalo Andre, GOMES		03	Fundacao Beatriz Santos		<b>55.09</b>	617
	50m: 26.67 26.67	100m: 55.09		28.42			
4.	Ricardo Jorge, DOMINGUES		02	Fundacao Beatriz Santos		<b>55.75</b>	595
	50m: 26.69 26.69	100m: 55.75		29.06			
5.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos		<b>57.45</b>	544
	50m: 27.81 27.81	100m: 57.45		29.64			
6.	Afonso Miguel, AMADO		05	Miranda do Corvo		<b>57.78</b>	535
	50m: 27.75 27.75	100m: 57.78		30.03			
7.	Vasco Pereira, BASTOS		02	Nautico Academico		<b>57.95</b>	530
	50m: 27.52 27.52	100m: 57.95		30.43			
8.	Joao Pedro, DIAS		02	Fundacao Beatriz Santos		<b>58.17</b>	524
	50m: 27.49 27.49	100m: 58.17		30.68			
9.	Miguel Freitas, OVIEDO		02	Academica de Coimbra		<b>58.90</b>	505
	50m: 28.83 28.83	100m: 58.90		30.07			
10.	Duarte Jose, FERNANDES		06	Uniao Coimbra		<b>59.00</b>	502
	50m: 28.00 28.00	100m: 59.00		31.00			
11.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense		<b>59.01</b>	502
	50m: 28.74 28.74	100m: 59.01		30.27			
12.	Joaquim Agra, MERUJE		01	Uniao Coimbra		<b>59.03</b>	501
	50m: 27.75 27.75	100m: 59.03		31.28			
13.	Goncalo Carvalho, SANTOS		05	Louzan Natacao		<b>59.55</b>	488
	50m: 29.01 29.01	100m: 59.55		30.54			
	Tomas Carvalho, SANTOS		05	Louzan Natacao		<b>59.55</b>	488
	50m: 28.91 28.91	100m: 59.55		30.64			
15.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense		<b>59.63</b>	486
	50m: 29.17 29.17	100m: 59.63		30.46			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
16. Rui Joao, MARQUES 50m: 28.49 28.49 100m: 1:00.45	02 Nautico Academico	<b>1:00.45</b> 31.96	467
17. Antonio, GLAVATSKY 50m: 28.85 28.85 100m: 1:00.75	05 Academica de Coimbra	<b>1:00.75</b> 31.90	460
18. Francisco Miguel, CARVALHO 50m: 28.99 28.99 100m: 1:00.80	00 Academica de Coimbra	<b>1:00.80</b> 31.81	459
19. Francisco Couto, FRAZAO 50m: 29.20 29.20 100m: 1:00.92	06 Uniao Coimbra	<b>1:00.92</b> 31.72	456
20. Tomas Jose, FRANCISCO 50m: 28.88 28.88 100m: 1:01.13	05 Miranda do Corvo	<b>1:01.13</b> 32.25	451
21. Tomas Nolan, SANTOS 50m: 29.37 29.37 100m: 1:01.25	06 Fundacao Beatriz Santos	<b>1:01.25</b> 31.88	449
22. Afonso Vidal, TOMAS 50m: 29.69 29.69 100m: 1:01.48	06 Louzan Natacao	<b>1:01.48</b> 31.79	444
23. Tomas Cardoso, GERALDO 50m: 29.58 29.58 100m: 1:01.66	05 Condeixa Clube	<b>1:01.66</b> 32.08	440
24. Filipe Cruz, SIMOES 50m: 29.59 29.59 100m: 1:01.70	06 Miranda do Corvo	<b>1:01.70</b> 32.11	439
25. Samuel Baptista, FIGUEIRA 50m: 29.82 29.82 100m: 1:01.83	05 Academica de Coimbra	<b>1:01.83</b> 32.01	436
26. Joao Rafael, FERREIRA 50m: 29.81 29.81 100m: 1:02.28	06 Fundacao Beatriz Santos	<b>1:02.28</b> 32.47	427
27. Tomas Varanda, OLIVEIRA 50m: 29.70 29.70 100m: 1:02.44	06 Columbofila Cantanhedense	<b>1:02.44</b> 32.74	424
28. Rodrigo Costa, CRUZ 50m: 30.06 30.06 100m: 1:02.83	06 Academica de Coimbra	<b>1:02.83</b> 32.77	416
29. Bernardo Jorge, VENTURA 50m: 29.85 29.85 100m: 1:02.88	03 Academica de Coimbra	<b>1:02.88</b> 33.03	415
30. Diogo Cura, NEVES 50m: 30.14 30.14 100m: 1:03.51	06 Condeixa Clube	<b>1:03.51</b> 33.37	402
31. Diogo Rodrigues, CARVALHO 50m: 29.35 29.35 100m: 1:03.75	05 Vigor da Mocidade	<b>1:03.75</b> 34.40	398
32. Guilherme Marques, PEREIRA 50m: 29.57 29.57 100m: 1:03.77	06 Condeixa Clube	<b>1:03.77</b> 34.20	398
33. Diogo Simoes, DIAS 50m: 30.83 30.83 100m: 1:03.87	05 Louzan Natacao	<b>1:03.87</b> 33.04	396
34. Ricardo Martins, CARVALHO 50m: 31.36 31.36 100m: 1:04.17	03 Fundacao Beatriz Santos	<b>1:04.17</b> 32.81	390
35. Edgar Tavares, MENDES 50m: 30.64 30.64 100m: 1:04.55	06 Academica de Coimbra	<b>1:04.55</b> 33.91	383
36. Joao Ferreira, MARQUES 50m: 31.00 31.00 100m: 1:05.51	06 Academica de Coimbra	<b>1:05.51</b> 34.51	367

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 8, Masc., 100m Livres, Abs

Lugar	Ano	Tempo final	Pts
37. Pedro Fernandes, CARVALHO 50m: 31.96 31.96 100m: 1:05.86	06 Miranda do Corvo	<b>1:05.86</b>	361
38. Carlos Miguel, OLIVEIRA 50m: 29.81 29.81 100m: 1:05.88	06 Fundacao Beatriz Santos	<b>1:05.88</b>	361
39. Renato Maria, FERREIRA 50m: 31.24 31.24 100m: 1:06.57	04 Uniao Coimbra	<b>1:06.57</b>	349
40. Miguel Cunha, GASPAS 50m: 32.16 32.16 100m: 1:06.93	06 Columbofila Cantanhedense	<b>1:06.93</b>	344
41. Miguel Joao, PINHEIRO 50m: 30.84 30.84 100m: 1:07.69	06 Academica de Coimbra	<b>1:07.69</b>	332
42. Simao Domingues, PAZ 50m: 34.31 34.31 100m: 1:11.08	06 Miranda do Corvo	<b>1:11.08</b>	287
43. Rodrigo Neves, DUARTE 50m: 34.45 34.45 100m: 1:11.38	06 Louzan Natacao	<b>1:11.38</b>	283
44. Afonso Jose, FRANCISCO 50m: 33.72 33.72 100m: 1:11.92	06 Miranda do Corvo	<b>1:11.92</b>	277
45. Simao Pimenta, CATARINO 50m: 34.73 34.73 100m: 1:13.06	06 Fundacao Beatriz Santos	<b>1:13.06</b>	264
EXH Martim Pedro, DUARTE	07 Academica de Coimbra		
EXH Afonso Benjamim, MELO	08 Academica de Coimbra		

Prova 9

Femin., 200m Estilos

Inf B

08-05-2021 - 11:50

Resultados

Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Inf B	2:32.93	Carolina Miranda, FERNANDES	CGA	Loulé	16-07-2017
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Inf B	2:36.34	Mariana Cunha, GUERRA	ASSSCC	Porto	24-07-2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Anastacia, PROTOLYUK 50m: 40.92 40.92 100m: 1:29.85 48.93 150m: 2:24.13 54.28 200m: 3:04.10	09 Columbofila Cantanhedense	<b>3:04.10</b>	321
2. Sofia Fonseca, PRIMO 50m: 38.67 38.67 100m: 1:27.62 48.95 150m: 2:24.02 56.40 200m: 3:05.33	09 Miranda do Corvo	<b>3:05.33</b>	315
3. Margarida Pessoa, MONTEIRO 50m: 43.15 43.15 100m: 1:31.72 48.57 150m: 2:28.05 56.33 200m: 3:09.32	09 Columbofila Cantanhedense	<b>3:09.32</b>	295
4. Raquel Alexandra, CANCELA 50m: 39.92 39.92 100m: 1:30.79 50.87 150m: 2:28.49 57.70 200m: 3:10.38	09 Miranda do Corvo	<b>3:10.38</b>	290
5. Rita Calado, CRUZ 50m: 41.25 41.25 100m: 1:31.57 50.32 150m: 2:26.82 55.25 200m: 3:11.36	09 Fundacao Beatriz Santos	<b>3:11.36</b>	286
6. Matilde Domingues, PIRES 50m: 44.78 44.78 100m: 1:33.12 48.34 150m: 2:29.15 56.03 200m: 3:11.70	09 Columbofila Cantanhedense	<b>3:11.70</b>	284

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 9, Femin., 200m Estilos, Inf B

Lugar	Ano	Tempo final	Pts
7. Ana Rita, CARVALHO	09 Condeixa Clube	<b>3:25.03</b>	232
50m: 49.28 49.28 100m: 1:38.53 49.25 150m: 2:37.64 59.11 200m: 3:25.03 47.39			
8. Gabriela Leonardo, MEDINA	09 Condeixa Clube	<b>3:28.17</b>	222
50m: 46.50 46.50 100m: 1:36.28 49.78 150m: 2:41.13 1:04.85 200m: 3:28.17 47.04			
9. Ana Laura, LUCAS	09 Columbofila Cantanhedense	<b>3:41.85</b>	183
50m: 55.49 55.49 100m: 1:51.59 56.10 150m: 2:48.98 57.39 200m: 3:41.85 52.87			
DSQ Maria Alexandra, MOREIRA	09 Condeixa Clube		
<i>a atleta realizou batimentos alternados de pernas no percurso de mariposa</i>			

Prova 9 Femin., 200m Estilos Inf A  
08-05-2021 - 11:50 Resultados

Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Inf A	2:27.21	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira	22-07-2018
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Inf A	2:29.95	Mariana Cunha, GUERRA	ASSSCC	Lisboa	23-07-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Julia Maria, SOARES	08 Miranda do Corvo	<b>2:54.50</b>	377
50m: 35.89 35.89 100m: 1:22.39 46.50 150m: 2:16.50 54.11 200m: 2:54.50 38.00			
2. Francisca Santos, FERNANDES	08 Miranda do Corvo	<b>2:54.78</b>	375
50m: 38.55 38.55 100m: 1:21.36 42.81 150m: 2:15.32 53.96 200m: 2:54.78 39.46			
3. Laura Silva, FERNANDES	08 Miranda do Corvo	<b>3:02.68</b>	329
50m: 40.74 40.74 100m: 1:25.21 44.47 150m: 2:17.71 52.50 200m: 3:02.68 44.97			
4. Maria Manuel, CORTESAO	08 Nautico Academico	<b>3:04.19</b>	321
50m: 39.36 39.36 100m: 1:29.94 50.58 150m: 2:22.85 52.91 200m: 3:04.19 41.34			
5. Raquel Filipa, JESUS	08 Fundacao Beatriz Santos	<b>3:13.41</b>	277
50m: 43.47 43.47 100m: 1:35.28 51.81 150m: 2:30.81 55.53 200m: 3:13.41 42.60			
6. Ana Sofia, PARAISO	08 Fundacao Beatriz Santos	<b>3:13.94</b>	275
50m: 44.76 44.76 100m: 1:33.02 48.26 150m: 2:32.75 59.73 200m: 3:13.94 41.19			
7. Maria Gabriela, RANGEL	08 Fundacao Beatriz Santos	<b>3:21.15</b>	246
50m: 46.52 46.52 100m: 1:35.51 48.99 150m: 2:38.29 1:02.78 200m: 3:21.15 42.86			
8. Rita Isabel, NEVES	08 CASPAE	<b>3:23.21</b>	239
50m: 44.03 44.03 100m: 1:41.29 57.26 150m: 2:36.45 55.16 200m: 3:23.21 46.76			
DNS Francisca Dias, AGANTE	08 Vigor da Mocidade		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 9, Femin., 200m Estilos

Prova 9  
08-05-2021 - 11:50

Femin., 200m Estilos

Juv B  
Resultados

Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Juv B	2:28.27	Mariana Cunha, GUERRA	ASSSCC	Coufur (GRE)	01-04-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	<b>2:45.27</b>				444
50m: 36.11 36.11	100m: 1:19.45	43.34	150m: 2:09.04	49.59	200m: 2:45.27	36.23	
2. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>2:51.07</b>				400
50m: 35.91 35.91	100m: 1:20.35	44.44	150m: 2:12.08	51.73	200m: 2:51.07	38.99	
3. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>2:54.31</b>				378
50m: 37.97 37.97	100m: 1:24.97	47.00	150m: 2:13.21	48.24	200m: 2:54.31	41.10	
4. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>3:19.61</b>				252
50m: 44.73 44.73	100m: 1:35.12	50.39	150m: 2:38.00	1:02.88	200m: 3:19.61	41.61	

Prova 9  
08-05-2021 - 11:50

Femin., 200m Estilos

Juv A  
Resultados

Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04-04-2015
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Juv A	2:25.74	Maria Carlota, REBELO	CUC	Funchal	22-03-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Anita Gouveia, COSTA	06	Condeixa Clube	<b>2:35.55</b>				533
50m: 33.09 33.09	100m: 1:14.19	41.10	150m: 2:01.30	47.11	200m: 2:35.55	34.25	
2. Beatriz Andre, GASPAS	06	Fundacao Beatriz Santos	<b>2:38.90</b>				500
50m: 34.07 34.07	100m: 1:18.79	44.72	150m: 2:03.77	44.98	200m: 2:38.90	35.13	
3. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>2:40.35</b>				486
50m: 33.48 33.48	100m: 1:16.48	43.00	150m: 2:04.00	47.52	200m: 2:40.35	36.35	
4. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>2:40.82</b>				482
50m: 34.78 34.78	100m: 1:15.88	41.10	150m: 2:02.60	46.72	200m: 2:40.82	38.22	
5. Diana Silva, TINOCO	06	Columbifila Cantanhedense	<b>2:41.13</b>				479
50m: 33.14 33.14	100m: 1:15.41	42.27	150m: 2:03.37	47.96	200m: 2:41.13	37.76	
6. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>2:49.27</b>				413
50m: 34.92 34.92	100m: 1:17.22	42.30	150m: 2:12.11	54.89	200m: 2:49.27	37.16	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 9, Femin., 200m Estilos

Prova 9 08-05-2021 - 11:50	Femin., 200m Estilos				Juv /Jun Resultados
Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Jun 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30-03-2017
Rec Nacionais Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03-06-2012
Rec Nacionais Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04-04-2015
Rec Nacionais Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Jun 17	2:25.52	Joana Victorino, HENRIQUES	CAQC	Funchal	22-03-2018
Rec Reg ANC Jun 16	2:23.52	Camila Rodrigues, REBELO	ALN	Coimbra	30-03-2019
Rec Reg ANC Juv A	2:25.74	Maria Carlota, REBELO	CUC	Funchal	22-03-2018
Rec Reg ANC Juv B	2:28.27	Mariana Cunha, GUERRA	ASSSCC	Coufur (GRE)	01-04-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Mariana Carmo, ROSA	05	Louzan Natacao	<b>2:32.51</b>				565
50m: 31.94 31.94	100m: 1:12.53	40.59	150m: 1:59.53	47.00	200m: 2:32.51	32.98	
2. Anita Gouveia, COSTA	06	Condeixa Clube	<b>2:35.55</b>				533
50m: 33.09 33.09	100m: 1:14.19	41.10	150m: 2:01.30	47.11	200m: 2:35.55	34.25	
3. Maria Caetano, LAMAS	04	Miranda do Corvo	<b>2:37.13</b>				517
50m: 31.60 31.60	100m: 1:14.80	43.20	150m: 1:59.04	44.24	200m: 2:37.13	38.09	
4. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	<b>2:38.77</b>				501
50m: 32.79 32.79	100m: 1:14.75	41.96	150m: 2:01.56	46.81	200m: 2:38.77	37.21	
5. Beatriz Andre, GASPAS	06	Fundacao Beatriz Santos	<b>2:38.90</b>				500
50m: 34.07 34.07	100m: 1:18.79	44.72	150m: 2:03.77	44.98	200m: 2:38.90	35.13	
6. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>2:40.35</b>				486
50m: 33.48 33.48	100m: 1:16.48	43.00	150m: 2:04.00	47.52	200m: 2:40.35	36.35	
7. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>2:40.82</b>				482
50m: 34.78 34.78	100m: 1:15.88	41.10	150m: 2:02.60	46.72	200m: 2:40.82	38.22	
8. Diana Silva, TINOCO	06	Columbofila Cantanhedense	<b>2:41.13</b>				479
50m: 33.14 33.14	100m: 1:15.41	42.27	150m: 2:03.37	47.96	200m: 2:41.13	37.76	
9. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	<b>2:45.27</b>				444
50m: 36.11 36.11	100m: 1:19.45	43.34	150m: 2:09.04	49.59	200m: 2:45.27	36.23	
10. Maria Alexandra, MARQUES	04	Academica de Coimbra	<b>2:49.09</b>				414
50m: 34.21 34.21	100m: 1:18.52	44.31	150m: 2:09.73	51.21	200m: 2:49.09	39.36	
11. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>2:49.27</b>				413
50m: 34.92 34.92	100m: 1:17.22	42.30	150m: 2:12.11	54.89	200m: 2:49.27	37.16	
12. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>2:51.07</b>				400
50m: 35.91 35.91	100m: 1:20.35	44.44	150m: 2:12.08	51.73	200m: 2:51.07	38.99	
13. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>2:54.31</b>				378
50m: 37.97 37.97	100m: 1:24.97	47.00	150m: 2:13.21	48.24	200m: 2:54.31	41.10	
14. Camila Cavaleiro, SILVA	05	Columbofila Cantanhedense	<b>2:58.57</b>				352
50m: 39.70 39.70	100m: 1:26.00	46.30	150m: 2:17.93	51.93	200m: 2:58.57	40.64	
15. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>3:19.61</b>				252
50m: 44.73 44.73	100m: 1:35.12	50.39	150m: 2:38.00	1:02.88	200m: 3:19.61	41.61	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 9, Femin., 200m Estilos

Prova 9	Femin., 200m Estilos				Abs
08-05-2021 - 11:50					Resultados
Rec Nacionais Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Rec Nacionais Jun 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30-03-2017
Rec Nacionais Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03-06-2012
Rec Nacionais Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04-04-2015
Rec Nacionais Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
Rec Reg ANC Absoluto	2:23.52	Maria Carlota, REBELO	ALN		13-05-2019
Rec Reg ANC Sen	2:24.26	Maria Carlota, REBELO	ALN		13-05-2020
Rec Reg ANC Jun 17	2:25.52	Joana Victorino, HENRIQUES	CAQC	Funchal	22-03-2018
Rec Reg ANC Jun 16	2:23.52	Camila Rodrigues, REBELO	ALN	Coimbra	30-03-2019
Rec Reg ANC Juv A	2:25.74	Maria Carlota, REBELO	CUC	Funchal	22-03-2018
Rec Reg ANC Juv B	2:28.27	Mariana Cunha, GUERRA	ASSSCC	Coufur (GRE)	01-04-2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Camila Rodrigues, REBELO	03	Louzan Natacao		<b>2:29.03</b>	606	
50m: 31.75 31.75	100m: 1:09.08	37.33	150m: 1:55.87	46.79	200m: 2:29.03	33.16
2. Mariana Carmo, ROSA	05	Louzan Natacao		<b>2:32.51</b>	565	
50m: 31.94 31.94	100m: 1:12.53	40.59	150m: 1:59.53	47.00	200m: 2:32.51	32.98
3. Ines Oliveira, TEIXEIRA	02	Condeixa Clube		<b>2:32.96</b>	560	
50m: 32.15 32.15	100m: 1:11.63	39.48	150m: 1:55.02	43.39	200m: 2:32.96	37.94
4. Sara Dias, NEVES	03	Miranda do Corvo		<b>2:35.03</b>	538	
50m: 32.80 32.80	100m: 1:11.70	38.90	150m: 1:58.67	46.97	200m: 2:35.03	36.36
5. Anita Gouveia, COSTA	06	Condeixa Clube		<b>2:35.55</b>	533	
50m: 33.09 33.09	100m: 1:14.19	41.10	150m: 2:01.30	47.11	200m: 2:35.55	34.25
6. Maria Caetano, LAMAS	04	Miranda do Corvo		<b>2:37.13</b>	517	
50m: 31.60 31.60	100m: 1:14.80	43.20	150m: 1:59.04	44.24	200m: 2:37.13	38.09
7. Marisa Isabel, NOBRE	05	Columbifila Cantanhedense		<b>2:38.77</b>	501	
50m: 32.79 32.79	100m: 1:14.75	41.96	150m: 2:01.56	46.81	200m: 2:38.77	37.21
8. Beatriz Andre, GASPAR	06	Fundacao Beatriz Santos		<b>2:38.90</b>	500	
50m: 34.07 34.07	100m: 1:18.79	44.72	150m: 2:03.77	44.98	200m: 2:38.90	35.13
9. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos		<b>2:40.35</b>	486	
50m: 33.48 33.48	100m: 1:16.48	43.00	150m: 2:04.00	47.52	200m: 2:40.35	36.35
10. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo		<b>2:40.82</b>	482	
50m: 34.78 34.78	100m: 1:15.88	41.10	150m: 2:02.60	46.72	200m: 2:40.82	38.22
11. Diana Silva, TINOCO	06	Columbifila Cantanhedense		<b>2:41.13</b>	479	
50m: 33.14 33.14	100m: 1:15.41	42.27	150m: 2:03.37	47.96	200m: 2:41.13	37.76
12. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos		<b>2:45.27</b>	444	
50m: 36.11 36.11	100m: 1:19.45	43.34	150m: 2:09.04	49.59	200m: 2:45.27	36.23
13. Maria Alexandra, MARQUES	04	Academica de Coimbra		<b>2:49.09</b>	414	
50m: 34.21 34.21	100m: 1:18.52	44.31	150m: 2:09.73	51.21	200m: 2:49.09	39.36
14. Joana Filipa, VARELA	06	Fundacao Beatriz Santos		<b>2:49.27</b>	413	
50m: 34.92 34.92	100m: 1:17.22	42.30	150m: 2:12.11	54.89	200m: 2:49.27	37.16
15. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos		<b>2:51.07</b>	400	
50m: 35.91 35.91	100m: 1:20.35	44.44	150m: 2:12.08	51.73	200m: 2:51.07	38.99

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 9, Femin., 200m Estilos, Abs

Lugar	Ano	Tempo final	Pts
16. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	<b>2:54.31</b>	378
50m: 37.97 37.97 100m: 1:24.97 47.00 150m: 2:13.21 48.24 200m: 2:54.31 41.10			
17. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>2:58.57</b>	352
50m: 39.70 39.70 100m: 1:26.00 46.30 150m: 2:17.93 51.93 200m: 2:58.57 40.64			
18. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>3:19.61</b>	252
50m: 44.73 44.73 100m: 1:35.12 50.39 150m: 2:38.00 1:02.88 200m: 3:19.61 41.61			

Prova 10

Masc., 4 x 200m Livres

Abs

08-05-2021 - 12:25

Abs Resultados

Rec Nacionais Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nacionais Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nacionais Jun	7:44.42	Associacao Naval Amorense	ANAM	Coimbra	05-04-2014
Rec Nacionais Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26-07-2012
Rec Nacionais Juv A/B	7:58.57	tempo limite			
Rec Nacionais Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01-08-2019
Rec Reg ANC Absoluto	7:34.61	Clube Náutico Académico de Coimbr	CNAC		01-05-2015
Rec Reg ANC Sen	7:34.61	Clube Náutico Académico de Coimbr	CNAC		01-05-2015
Rec Reg ANC Jun	7:55.32	Associação Académica de Coimbra	AAC		01-05-2012
Rec Reg ANC Jun 17	7:55.32	Associação Académica de Coimbra	AAC		01-05-2012
Rec Reg ANC Juv A	8:15.75	Clube Náutico Académico de Coimbr	CNAC		01-05-2017
Rec Reg ANC Juv A/B	8:11.96	Clube Uniao 1919	CUC	Coimbra	12-07-2019
Rec Reg ANC Juv B	8:13.19	Clube União 1919	CUC		01-05-2019

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Uniao Coimbra Jun <i>Rec Reg ANC</i>	<b>7:50.04</b>	706
Diogo Matos, RIBEIRO	04 +0,70 26.86 55.98 1:23.91 1:52.72 1:52.72	
Gustavo Pires, MARQUES	04 +0,18 27.09 57.75 1:28.84 1:59.53 1:59.53	
Martim Miranda, MACHADO	03 +0,30 27.28 57.42 1:28.59 1:59.28 1:59.28	
Rodrigo Miguel, REIS	04 +0,08 26.09 56.74 1:27.42 1:58.51 1:58.51	
2. Fundacao Beatriz Santos Jun	<b>8:30.15</b>	552
Dinis Miranda, DIOGO	04 +0,67 28.75 1:00.15 1:32.62 2:04.98 2:04.98	
Goncalo Andre, GOMES	03 +0,47 27.86 59.08 1:31.26 2:02.96 2:02.96	
Jose Diogo, DIAS	04 +0,30 29.32 1:01.83 1:36.89 2:12.51 2:12.51	
Tiago Andre, POIARES	04 +0,29 29.91 1:02.43 1:36.15 2:09.70 2:09.70	
3. Condeixa Clube Abs	<b>9:17.61</b>	422
Tomas Cardoso, GERALDO	05 +0,76 31.12 1:07.03 1:44.76 2:20.75 2:20.75	
Rodrigo Ribeiro, GOMES	00 +0,54 27.37 59.08 1:33.10 2:07.15 2:07.15	
Guilherme Marques, PEREIRA	06 +0,55 32.67 1:10.19 1:49.23 2:27.61 2:27.61	
Diogo Ribas, MATOS	02 +0,31 31.55 1:08.63 1:45.47 2:22.10 2:22.10	
4. Fundacao Beatriz Santos Juv B	<b>9:38.46</b>	378
Tomas Nolan, SANTOS	06 +0,72 31.10 1:06.79 1:44.40 2:20.47 2:20.47	
Joao Rafael, FERREIRA	06 +0,48 30.73 1:05.50 1:42.57 2:17.96 2:17.96	
Carlos Miguel, OLIVEIRA	06 +0,48 31.24 1:08.56 1:49.42 2:30.28 2:30.28	
Tomas Veiga, PEREIRA	06 +0,24 34.24 1:12.28 1:51.92 2:29.75 2:29.75	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 11	Femin., 4 x 200m Livres				Abs
08-05-2021 - 12:35					Resultados
Rec Nacionais Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14-04-2019
Rec Nacionais Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	18-03-2018
Rec Nacionais Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	26-07-2018
Rec Nacionais Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01-04-2015
Rec Nacionais Juv A/B	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23-07-2015
Rec Nacionais Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26-07-2012
Rec Reg ANC Absoluto	8:46.55	Clube Náutico Académico de CoimbcNAC			01-05-2010
Rec Reg ANC Sen	8:56.06	Clube Náutico Académico de CoimbcNAC			18-05-2010
Rec Reg ANC Jun 17	8:59.48	Clube Náutico Académico de CoimbcNAC			01-05-2012
Rec Reg ANC Jun	8:59.48	Clube Náutico Académico de CoimbcNAC			03-09-2012
Rec Reg ANC Jun 16	8:59.48	Clube Náutico Académico de CoimbcNAC			01-05-2012
Rec Reg ANC Juv A	9:04.30	tempo limite			
Rec Reg ANC Juv A/B	9:00.62	Clube União 1919	CUC		01-05-2018
Rec Reg ANC Juv B	9:04.30	Clube Náutico Académico de CoimbcNAC			01-05-2011

Pontos: FINA 2021

Lugar								Tempo final	Pts	
<b>1.</b>	<b>Louzan Natacao Abs</b>	<b>Louzan Natacao</b>							<b>9:02.20</b>	<b>616</b>
	Dania Rodrigues, SIMOES	07	+0,90	32.16	1:07.89	1:45.14	2:21.87	2:21.87		
	Maria Carlota, REBELO	03	+0,44	31.12	1:05.18	1:40.06	2:14.48	2:14.48		
	Mariana Carmo, ROSA	05	-0,01	29.34	1:02.53	1:37.87	2:12.03	2:12.03		
	Camila Rodrigues, REBELO	03	+0,14	29.84	1:03.85	1:39.16	2:13.82	2:13.82		
<b>2.</b>	<b>Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>							<b>9:21.94</b>	<b>553</b>
	Joana Francisca, RODRIGUES	04	+0,70	30.67	1:04.32	1:38.62	2:12.36	2:12.36		
	Ana Carolina, MONTEIRO	04	+0,31	32.36	1:07.96	1:44.06	2:19.90	2:19.90		
	Beatriz Ferreira, GASPAS	04	+0,49	31.99	1:07.36	1:44.61	2:21.88	2:21.88		
	Barbara Almeida, SIMOES	05	+0,54	33.22	1:10.47	1:48.71	2:27.80	2:27.80		
<b>3.</b>	<b>Fundacao Beatriz Santos Juv A</b>	<b>Fundacao Beatriz Santos</b>							<b>9:30.36</b>	<b>529</b>
	Beatriz Andre, GASPAS	06	+0,59	33.44	1:10.41	1:48.59	2:24.61	2:24.61		
	Maria Neto, FERREIRA	06	+0,34	31.54	1:07.88	1:45.21	2:22.12	2:22.12		
	Beatriz Silva, NEVES	06	+0,25	33.04	1:09.42	1:47.05	2:23.98	2:23.98		
	Maria Vitoria, GRILO	06	+0,56	31.01	1:06.20	1:42.53	2:19.65	2:19.65		
<b>4.</b>	<b>Academica de Coimbra Abs</b>	<b>Academica de Coimbra</b>							<b>9:34.68</b>	<b>517</b>
	Beatriz Costa, TEJO	02	+0,69	31.69	1:06.48	1:42.29	2:17.18	2:17.18		
	Ines Mariana, PINHEIRO	03	+0,16	31.42	1:06.43	1:42.60	2:17.85	2:17.85		
	Ana Filipa, SILVA	04	+0,51	33.64	1:11.76	1:50.49	2:27.85	2:27.85		
	Laura Rodrigues, MARGATO	04	+0,70	34.79	1:13.25	1:52.72	2:31.80	2:31.80		
<b>5.</b>	<b>Fundacao Beatriz Santos Juv B</b>	<b>Fundacao Beatriz Santos</b>							<b>9:53.65</b>	<b>469</b>
	Leonor Mil, MANO	07	+0,78	33.10	1:09.14	1:45.81	2:20.01	2:20.01		
	Ines Miranda, DIOGO	07	+0,41	34.75	1:13.14	1:52.83	2:32.76	2:32.76		
	Marta Andre, AGUILAR	07	+0,40	33.54	1:10.31	1:47.83	2:23.46	2:23.46		
	Maria Ines, FERNANDES	07	+0,22	36.65	1:16.08	1:56.93	2:37.42	2:37.42		
<b>DNS</b>	<b>Condeixa Clube Abs</b>	<b>Condeixa Clube</b>								

Secretariado:

Juíz Arbitro:

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Coimbra, 8 e 9 de Maio de 2021

2 - 1ª Jornada - 2ª Sessão

08-05-2021 - 16:30

Prova 12	Masc., 4 x 50m Livres				Abs
08-05-2021 - 16:30					Resultados
Rec Nacionais Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bonifacio	Faro		18-07-2009
Rec Nacionais Sen	1:32.94	Futebol Clube do Porto	Oeiras		26-07-2012
Rec Nacionais Jun	1:36.69	Futebol Clube do Porto/Imperio Bonifacio	Lisboa		27-03-2009
Rec Nacionais Juv A	1:44.05				
Rec Nacionais Juv A/B	1:44.05				
Rec Nacionais Juv B	1:44.74				
Rec Reg ANC Absoluto	1:36.80	Clube Náutico Académico de Coimbra			01-05-2012
Rec Reg ANC Sen	1:36.80	Clube Náutico Académico de Coimbra			01-05-2012
Rec Reg ANC Jun	1:37.79	Clube União 1919	Coimbra		25-04-2021
Rec Reg ANC Jun 17	1:39.90	Associação Académica de Coimbra			01-05-2012
Rec Reg ANC Juv A	1:46.75	Associação Académica de Coimbra			01-05-2011
Rec Reg ANC Juv A/B	1:45.52	Clube Uniao 1919	Coimbra		08-06-2019
Rec Reg ANC Juv B	1:45.52	Clube Uniao 1919	Coimbra		08-06-2019

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Uniao Coimbra Jun	Uniao Coimbra				<b>1:38.81</b>	633	
Diogo Matos, RIBEIRO	04	+0,70	23.66	Gustavo Pires, MARQUES	04	+0,14	25.17
Rodrigo Miguel, REIS	04		24.32	Martim Miranda, MACHADO	03	+0,23	25.66
2. Uniao Coimbra Abs	Uniao Coimbra				<b>1:44.62</b>	533	
Joaquim Agra, MERUJE	01	+0,76	26.02	David Valdagua, COUTINHO	03	+0,20	26.49
Bernardo Vinagre, ARZILEIRO	01	+0,32	26.75	Rui Mamede, SANTOS	04	+0,28	25.36
3. Fundacao Beatriz Santos Jun	Fundacao Beatriz Santos				<b>1:44.83</b>	530	
Dinis Miranda, DIOGO	04	+0,67	26.45	Tiago Andre, POIARES	04	+0,28	26.55
Goncalo Andre, GOMES	03	+0,30	25.13	Jose Diogo, DIAS	04	+0,14	26.70
4. Condeixa Clube Abs	Condeixa Clube				<b>1:46.13</b>	511	
Guilherme Marques, PEREIRA	06	+0,61	27.69	Diogo Ribas, MATOS	02	+0,40	26.26
Rodrigo Ribeiro, GOMES	00	+0,57	24.26	Jose Miguel, MARQUES	06	+0,17	27.92
5. Académica de Coimbra Abs	Academica de Coimbra				<b>1:56.35</b>	387	
Joao Ferreira, MARQUES	06	+0,70	29.96	Miguel Joao, PINHEIRO	06	+0,48	29.86
Rodrigo Costa, CRUZ	06		27.79	Edgar Tavares, MENDES	06		28.74

Secretariado:

Juíz Arbitro:

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Prova 13	Femin., 4 x 50m Livres					Abs
08-05-2021 - 16:35						Resultados
Rec Nacionais Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		01-04-2011
Rec Nacionais Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		01-04-2011
Rec Nacionais Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa		27-03-2009
Rec Nacionais Juv A	1:52.98					
Rec Nacionais Juv A/B	1:52.98					
Rec Nacionais Juv B	1:54.01					
Rec Reg ANC Absoluto	1:50.92	Associação Académica Coimbra	AAC			02-01-2018
Rec Reg ANC Sen	1:55.30	Associação Académica de Coimbra	AAC			01-05-2009
Rec Reg ANC Jun 17	1:53.69	Clube Náutico Académico de Coimbra	CNAC			01-05-2012
Rec Reg ANC Jun	1:53.69	Clube Náutico Académico de Coimbra	CNAC			01-05-2012
Rec Reg ANC Juv A	1:56.20	tempo limite				
Rec Reg ANC Juv A/B	1:56.20	Clube Náutico Académico de Coimbra	CNAC			05-06-2011
Rec Reg ANC Juv B	1:56.20	Clube Náutico Académico de Coimbra	CNAC			01-05-2011

Pontos: FINA 2021

Lugar					Tempo final	Pts	
1. Louzan Natacao Abs	Louzan Natacao				<b>1:54.77</b>	592	
Angela Rodrigues, REBELO	07	+0,77	30.73	Mariana Carmo, ROSA	05	+0,04	27.91
Maria Carlota, REBELO	03	+0,34	28.41	Camila Rodrigues, REBELO	03	+0,43	27.72
2. Academica de Coimbra Abs	Academica de Coimbra				<b>1:57.07</b>	558	
Beatriz Costa, TEJO	02	+0,63	28.41	Mariana Marques, ALMEIDA	07	+0,43	31.01
Ana Carolina, NEVES	00	+0,33	28.81	Ines Mariana, PINHEIRO	03	+0,31	28.84
3. Uniao Coimbra Jun	Uniao Coimbra				<b>1:57.73</b>	549	
Joana Francisca, RODRIGUES	04	+0,65	28.09	Beatriz Ferreira, GASPAR	04	+0,56	30.76
Ana Carolina, MONTEIRO	04	+0,22	28.75	Barbara Almeida, SIMOES	05	+0,27	30.13
4. Fundacao Beatriz Santos Abs	Fundacao Beatriz Santos				<b>1:58.55</b>	537	
Leonor Mil, MANO	07	+0,74	29.40	Maria Neto, FERREIRA	06	+0,38	29.84
Maria Vitoria, GRILO	06	+0,69	29.00	Marta Andre, AGUILAR	07		30.31
5. Condeixa Clube Abs	Condeixa Clube				<b>2:00.86</b>	507	
Ines Oliveira, TEIXEIRA	02	+0,57	29.24	Matilde Alves, FLORENCIO	04	+0,32	30.44
Ana Sofia, CASTANHEIRA	04		31.68	Anita Gouveia, COSTA	06		29.50

Prova 14	Masc., 100m Mariposa					Inf B
08-05-2021 - 16:35						Resultados
Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa		29-03-2009
Rec Nacionais Inf B	1:03.64	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira		22-07-2000
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC			27-03-2021
Rec Reg ANC Inf B	1:05.69	Manuel Baptista, SIMOES	CNAC	Famalicão		01-05-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Martim Nobre, PASCOAL	08				<b>1:18.06</b>	254
50m: 34.86 34.86	100m: 1:18.06	Columbofila Cantanhedense				
2. Rafael Pereira, RODRIGUES	08				<b>1:19.78</b>	238
50m: 35.85 35.85	100m: 1:19.78	Condeixa Clube				
3. Vicente Piacentini, CALDEIRA	08				<b>1:28.47</b>	175
50m: 40.40 40.40	100m: 1:28.47	Nautico Academico				
DSQ Rodrigo Mosca, SILVA	08					
<i>o atleta efetuou varias pernadas alternadas durante o percurso</i>						

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa

Prova 14	Masc., 100m Mariposa				Inf A
08-05-2021 - 16:35					Resultados
Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21-07-2018
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Inf A	59.19	Diogo Matos, RIBEIRO	CUC		16-06-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. David Duarte, JESUS	07	Fundacao Beatriz Santos	<b>1:15.34</b>		283
50m: 34.09 34.09	100m: 1:15.34	41.25			
2. Duarte Cachulo, MARQUES	07	Condeixa Clube	<b>1:19.30</b>		243
50m: 36.18 36.18	100m: 1:19.30	43.12			

Prova 14	Masc., 100m Mariposa				Juv B
08-05-2021 - 16:35					Resultados
Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03-08-2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		23-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Jose Miguel, MARQUES	06	Condeixa Clube	<b>1:04.23</b>		457
50m: 30.57 30.57	100m: 1:04.23	33.66			
2. Tomas Varanda, OLIVEIRA	06	Columbifila Cantanhedense	<b>1:04.93</b>		443
50m: 30.14 30.14	100m: 1:04.93	34.79			
3. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>1:06.28</b>		416
50m: 31.08 31.08	100m: 1:06.28	35.20			
4. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>1:07.40</b>		396
50m: 31.15 31.15	100m: 1:07.40	36.25			
5. Joao Guilherme, LUCAS	06	Columbifila Cantanhedense	<b>1:08.72</b>		373
50m: 31.93 31.93	100m: 1:08.72	36.79			
6. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>1:09.04</b>		368
50m: 32.46 32.46	100m: 1:09.04	36.58			
7. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	<b>1:12.29</b>		321
50m: 33.50 33.50	100m: 1:12.29	38.79			
8. Guilherme Marques, PEREIRA	06	Condeixa Clube	<b>1:13.54</b>		304
50m: 32.07 32.07	100m: 1:13.54	41.47			
9. Joao Ferreira, MARQUES	06	Academica de Coimbra	<b>1:14.37</b>		294
50m: 33.31 33.31	100m: 1:14.37	41.06			
10. Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos	<b>1:14.98</b>		287
50m: 32.69 32.69	100m: 1:14.98	42.29			
11. Simao Domingues, PAZ	06	Miranda do Corvo	<b>1:17.79</b>		257
50m: 36.22 36.22	100m: 1:17.79	41.57			
12. Afonso Jose, FRANCISCO	06	Miranda do Corvo	<b>1:20.27</b>		234
50m: 37.04 37.04	100m: 1:20.27	43.23			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa, Juv B

Lugar	Ano	Tempo final	Pts
13. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	<b>1:34.49</b>	143
50m: 43.23 43.23	100m: 1:34.49 51.26		

Prova 14 Masc., 100m Mariposa Juv A  
08-05-2021 - 16:35 Resultados

Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03-08-2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicão	20-06-2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Afonso Miguel, AMADO	05 Miranda do Corvo	<b>1:03.31</b>	477
50m: 29.81 29.81	100m: 1:03.31 33.50		
2. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	<b>1:04.22</b>	457
50m: 29.46 29.46	100m: 1:04.22 34.76		
3. Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>1:06.93</b>	404
50m: 31.04 31.04	100m: 1:06.93 35.89		
Tomas Jose, FRANCISCO	05 Miranda do Corvo	<b>1:06.93</b>	404
50m: 30.25 30.25	100m: 1:06.93 36.68		
5. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>1:07.65</b>	391
50m: 31.57 31.57	100m: 1:07.65 36.08		
6. Guilherme Maia, CARDOSO	05 Columbofila Cantanhedense	<b>1:08.98</b>	369
50m: 31.40 31.40	100m: 1:08.98 37.58		
7. Joao Neves, ALMEIDA	05 Fundacao Beatriz Santos	<b>1:09.11</b>	367
50m: 32.22 32.22	100m: 1:09.11 36.89		
8. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>1:09.68</b>	358
50m: 32.15 32.15	100m: 1:09.68 37.53		
9. Diogo Simoes, DIAS	05 Louzan Natacao	<b>1:12.01</b>	324
50m: 33.44 33.44	100m: 1:12.01 38.57		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa

Prova 14 08-05-2021 - 16:35	Masc., 100m Mariposa				Juv /Jun Resultados
Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Jun 18	54.16	Miguel Duarte, NASCIMENTO	POR	Kiev (UKR)	07-04-2013
Rec Nacionais Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Nacionais Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03-08-2019
Rec Nacionais Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03-08-2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Jun 18	55.86	Miguel Silva, OLIVEIRA	CNAC	Coimbra	30-05-2009
Rec Reg ANC Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicão	20-06-2013
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		23-07-2019

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Rodrigo Miguel, REIS		04	Uniao Coimbra		<b>59.72</b>	569
	50m: 27.07 27.07	100m: 59.72		32.65			
2.	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos		<b>1:00.88</b>	537
	50m: 28.15 28.15	100m: 1:00.88		32.73			
3.	Afonso Miguel, AMADO		05	Miranda do Corvo		<b>1:03.31</b>	477
	50m: 29.81 29.81	100m: 1:03.31		33.50			
4.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense		<b>1:04.22</b>	457
	50m: 29.46 29.46	100m: 1:04.22		34.76			
5.	Jose Miguel, MARQUES		06	Condeixa Clube		<b>1:04.23</b>	457
	50m: 30.57 30.57	100m: 1:04.23		33.66			
6.	Tomas Varanda, OLIVEIRA		06	Columbofila Cantanhedense		<b>1:04.93</b>	443
	50m: 30.14 30.14	100m: 1:04.93		34.79			
7.	Afonso Vidal, TOMAS		06	Louzan Natacao		<b>1:06.28</b>	416
	50m: 31.08 31.08	100m: 1:06.28		35.20			
8.	Tomas Carvalho, SANTOS		05	Louzan Natacao		<b>1:06.93</b>	404
	50m: 31.04 31.04	100m: 1:06.93		35.89			
	Tomas Jose, FRANCISCO		05	Miranda do Corvo		<b>1:06.93</b>	404
	50m: 30.25 30.25	100m: 1:06.93		36.68			
10.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos		<b>1:07.40</b>	396
	50m: 31.15 31.15	100m: 1:07.40		36.25			
11.	Goncalo Carvalho, SANTOS		05	Louzan Natacao		<b>1:07.65</b>	391
	50m: 31.57 31.57	100m: 1:07.65		36.08			
12.	Joao Guilherme, LUCAS		06	Columbofila Cantanhedense		<b>1:08.72</b>	373
	50m: 31.93 31.93	100m: 1:08.72		36.79			
13.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense		<b>1:08.98</b>	369
	50m: 31.40 31.40	100m: 1:08.98		37.58			
14.	Filipe Cruz, SIMOES		06	Miranda do Corvo		<b>1:09.04</b>	368
	50m: 32.46 32.46	100m: 1:09.04		36.58			
15.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos		<b>1:09.11</b>	367
	50m: 32.22 32.22	100m: 1:09.11		36.89			
16.	Samuel Baptista, FIGUEIRA		05	Academica de Coimbra		<b>1:09.68</b>	358
	50m: 32.15 32.15	100m: 1:09.68		37.53			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Ricardo Martins, CARVALHO 50m: 33.06 33.06 100m: 1:09.69 36.63	03 Fundacao Beatriz Santos	<b>1:09.69</b>	358
18. Bernardo Jorge, VENTURA 50m: 32.38 32.38 100m: 1:09.78 37.40	03 Academica de Coimbra	<b>1:09.78</b>	356
19. Diogo Simoes, DIAS 50m: 33.44 33.44 100m: 1:12.01 38.57	05 Louzan Natacao	<b>1:12.01</b>	324
20. Tomas Veiga, PEREIRA 50m: 33.50 33.50 100m: 1:12.29 38.79	06 Fundacao Beatriz Santos	<b>1:12.29</b>	321
21. Guilherme Marques, PEREIRA 50m: 32.07 32.07 100m: 1:13.54 41.47	06 Condeixa Clube	<b>1:13.54</b>	304
22. Joao Ferreira, MARQUES 50m: 33.31 33.31 100m: 1:14.37 41.06	06 Academica de Coimbra	<b>1:14.37</b>	294
23. Carlos Miguel, OLIVEIRA 50m: 32.69 32.69 100m: 1:14.98 42.29	06 Fundacao Beatriz Santos	<b>1:14.98</b>	287
24. Simao Domingues, PAZ 50m: 36.22 36.22 100m: 1:17.79 41.57	06 Miranda do Corvo	<b>1:17.79</b>	257
25. Afonso Jose, FRANCISCO 50m: 37.04 37.04 100m: 1:20.27 43.23	06 Miranda do Corvo	<b>1:20.27</b>	234
26. Simao Pimenta, CATARINO 50m: 43.23 43.23 100m: 1:34.49 51.26	06 Fundacao Beatriz Santos	<b>1:34.49</b>	143

Prova 14

Masc., 100m Mariposa

Abs

08-05-2021 - 16:35

Resultados

Rec Nacionais Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Rec Nacionais Jun 18	54.16	Miguel Duarte, NASCIMENTO	POR	Kiev (UKR)	07-04-2013
Rec Nacionais Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Nacionais Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03-08-2019
Rec Nacionais Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03-08-2019
Rec Reg ANC Absoluto	54.04	Diogo Matos, RIBEIRO	CUC		27-03-2021
Rec Reg ANC Sen	54.16	Gabriel Jose, LOPES	ALN		23-07-2018
Rec Reg ANC Jun 18	55.86	Miguel Silva, OLIVEIRA	CNAC	Coimbra	30-05-2009
Rec Reg ANC Jun 17	54.04	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	58.62	Alexandre Valdagua, COUTINHO	ASSSCC	Famalicao	20-06-2013
Rec Reg ANC Juv B	56.61	Diogo Matos, RIBEIRO	CUC		23-07-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 25.85 25.85 100m: 55.75 29.90	97 Louzan Natacao	<b>55.75</b>	699
2. Ricardo Jorge, DOMINGUES 50m: 27.09 27.09 100m: 59.69 32.60	02 Fundacao Beatriz Santos	<b>59.69</b>	570
3. Rodrigo Miguel, REIS 50m: 27.07 27.07 100m: 59.72 32.65	04 Uniao Coimbra	<b>59.72</b>	569
4. Dinis Miranda, DIOGO 50m: 28.15 28.15 100m: 1:00.88 32.73	04 Fundacao Beatriz Santos	<b>1:00.88</b>	537

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa, Abs

Lugar			Ano			Tempo final	Pts
5.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	<b>1:01.98</b>	509		
	50m: 29.08 29.08	100m: 1:01.98	32.90				
6.	Afonso Miguel, AMADO	05	Miranda do Corvo	<b>1:03.31</b>	477		
	50m: 29.81 29.81	100m: 1:03.31	33.50				
7.	Diogo Ribas, MATOS	02	Condeixa Clube	<b>1:03.47</b>	474		
	50m: 30.18 30.18	100m: 1:03.47	33.29				
8.	Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>1:04.22</b>	457		
	50m: 29.46 29.46	100m: 1:04.22	34.76				
9.	Jose Miguel, MARQUES	06	Condeixa Clube	<b>1:04.23</b>	457		
	50m: 30.57 30.57	100m: 1:04.23	33.66				
10.	Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>1:04.93</b>	443		
	50m: 30.14 30.14	100m: 1:04.93	34.79				
11.	Joao Pedro, DIAS	02	Fundacao Beatriz Santos	<b>1:05.10</b>	439		
	50m: 29.98 29.98	100m: 1:05.10	35.12				
12.	Bernardo Vinagre, ARZILEIRO	01	Uniao Coimbra	<b>1:05.58</b>	430		
	50m: 30.12 30.12	100m: 1:05.58	35.46				
13.	Afonso Vidal, TOMAS	06	Louzan Natacao	<b>1:06.28</b>	416		
	50m: 31.08 31.08	100m: 1:06.28	35.20				
14.	Gabriel Jose, FIGUEIRA	01	Academica de Coimbra	<b>1:06.61</b>	410		
	50m: 31.00 31.00	100m: 1:06.61	35.61				
15.	Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>1:06.93</b>	404		
	50m: 31.04 31.04	100m: 1:06.93	35.89				
	Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>1:06.93</b>	404		
	50m: 30.25 30.25	100m: 1:06.93	36.68				
17.	Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>1:07.40</b>	396		
	50m: 31.15 31.15	100m: 1:07.40	36.25				
18.	Goncalo Carvalho, SANTOS	05	Louzan Natacao	<b>1:07.65</b>	391		
	50m: 31.57 31.57	100m: 1:07.65	36.08				
19.	Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>1:08.72</b>	373		
	50m: 31.93 31.93	100m: 1:08.72	36.79				
20.	Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	<b>1:08.98</b>	369		
	50m: 31.40 31.40	100m: 1:08.98	37.58				
21.	Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>1:09.04</b>	368		
	50m: 32.46 32.46	100m: 1:09.04	36.58				
22.	Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>1:09.11</b>	367		
	50m: 32.22 32.22	100m: 1:09.11	36.89				
23.	Samuel Baptista, FIGUEIRA	05	Academica de Coimbra	<b>1:09.68</b>	358		
	50m: 32.15 32.15	100m: 1:09.68	37.53				
24.	Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos	<b>1:09.69</b>	358		
	50m: 33.06 33.06	100m: 1:09.69	36.63				
25.	Bernardo Jorge, VENTURA	03	Academica de Coimbra	<b>1:09.78</b>	356		
	50m: 32.38 32.38	100m: 1:09.78	37.40				

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 14, Masc., 100m Mariposa, Abs

Lugar	Ano	Tempo final	Pts
26. Rui Joao, MARQUES 50m: 32.15 32.15 100m: 1:10.15 38.00	02 Nautico Academico	<b>1:10.15</b>	351
27. Diogo Simoes, DIAS 50m: 33.44 33.44 100m: 1:12.01 38.57	05 Louzan Natacao	<b>1:12.01</b>	324
28. Tomas Veiga, PEREIRA 50m: 33.50 33.50 100m: 1:12.29 38.79	06 Fundacao Beatriz Santos	<b>1:12.29</b>	321
29. Guilherme Marques, PEREIRA 50m: 32.07 32.07 100m: 1:13.54 41.47	06 Condeixa Clube	<b>1:13.54</b>	304
30. Joao Ferreira, MARQUES 50m: 33.31 33.31 100m: 1:14.37 41.06	06 Academica de Coimbra	<b>1:14.37</b>	294
31. Carlos Miguel, OLIVEIRA 50m: 32.69 32.69 100m: 1:14.98 42.29	06 Fundacao Beatriz Santos	<b>1:14.98</b>	287
32. Simao Domingues, PAZ 50m: 36.22 36.22 100m: 1:17.79 41.57	06 Miranda do Corvo	<b>1:17.79</b>	257
33. Afonso Jose, FRANCISCO 50m: 37.04 37.04 100m: 1:20.27 43.23	06 Miranda do Corvo	<b>1:20.27</b>	234
34. Simao Pimenta, CATARINO 50m: 43.23 43.23 100m: 1:34.49 51.26	06 Fundacao Beatriz Santos	<b>1:34.49</b>	143

Prova 15

Femin., 100m Mariposa

Inf B

08-05-2021 - 16:50

Resultados

Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacionais Inf B	1:07.00	Carolina Miranda, FERNANDES	SCP	S. Joao da Madeira	15-06-2017
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	01-04-2019
Rec Reg ANC Inf B	1:09.89	Ines Pereira, SILVA	CAQC	Loulé	29-06-2014

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Raquel Alexandra, CANCELA 50m: 43.92 43.92 100m: 1:30.21 46.29	09 Miranda do Corvo	<b>1:30.21</b>	232
2. Rita Calado, CRUZ 50m: 40.34 40.34 100m: 1:30.99 50.65	09 Fundacao Beatriz Santos	<b>1:30.99</b>	226
3. Anastacia, PROTOLYUK 50m: 41.41 41.41 100m: 1:32.61 51.20	09 Columbofila Cantanhedense	<b>1:32.61</b>	214
4. Gabriela Leonardo, MEDINA 50m: 44.60 44.60 100m: 1:39.33 54.73	09 Condeixa Clube	<b>1:39.33</b>	174

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 15, Femin., 100m Mariposa

Prova 15	Femin., 100m Mariposa					Inf A
08-05-2021 - 16:50						Resultados
Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)		12-08-2010
Rec Nacionais Inf A	1:03.83	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira		21-07-2018
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra		01-04-2019
Rec Reg ANC Inf A	1:06.56	Mariana Cunha, GUERRA	ASSSCC	Lisboa		24-07-2011

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Julia Maria, SOARES		08	Miranda do Corvo		<b>1:21.38</b>	316
	50m: 37.38 37.38	100m: 1:21.38		44.00			
2.	Francisca Santos, FERNANDES		08	Miranda do Corvo		<b>1:23.06</b>	298
	50m: 38.21 38.21	100m: 1:23.06		44.85			
3.	Ana Sofia, PARAISO		08	Fundacao Beatriz Santos		<b>1:40.43</b>	168
	50m: 42.83 42.83	100m: 1:40.43		57.60			
DNS	Carolina Vaz, ALVES		08	Academica de Coimbra			

Prova 15	Femin., 100m Mariposa					Juv B
08-05-2021 - 16:50						Resultados

Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)		12-08-2010
Rec Nacionais Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)		24-07-2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra		01-04-2019
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras		28-07-2012

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Leonor Mil, MANO		07	Fundacao Beatriz Santos		<b>1:10.80</b>	481
	50m: 33.07 33.07	100m: 1:10.80		37.73			
2.	Angela Rodrigues, REBELO		07	Louzan Natacao		<b>1:11.21</b>	472
	50m: 33.83 33.83	100m: 1:11.21		37.38			
3.	Dania Rodrigues, SIMOES		07	Louzan Natacao		<b>1:12.59</b>	446
	50m: 33.92 33.92	100m: 1:12.59		38.67			
4.	Ines Miranda, DIOGO		07	Fundacao Beatriz Santos		<b>1:22.13</b>	308
	50m: 36.47 36.47	100m: 1:22.13		45.66			
5.	Lara Carvalho, SANTOS		07	Nautico Academico		<b>1:23.42</b>	294
	50m: 38.25 38.25	100m: 1:23.42		45.17			
6.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos		<b>1:23.61</b>	292
	50m: 39.24 39.24	100m: 1:23.61		44.37			
7.	Beatriz Costa, MATOS		07	Fundacao Beatriz Santos		<b>1:39.57</b>	172
	50m: 43.83 43.83	100m: 1:39.57		55.74			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 15, Femin., 100m Mariposa

Prova 15	Femin., 100m Mariposa				Juv A
08-05-2021 - 16:50					Resultados
Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacionais Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03-08-2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	01-04-2019
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	22-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Diana Silva, TINOCO	06	Columbofila Cantanhedense	<b>1:09.85</b>	501
50m: 32.77 32.77	100m: 1:09.85	37.08		
2. Anita Gouveia, COSTA	06	Condeixa Clube	<b>1:13.05</b>	438
50m: 33.77 33.77	100m: 1:13.05	39.28		
3. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>1:13.31</b>	433
50m: 33.62 33.62	100m: 1:13.31	39.69		

Prova 15 Femin., 100m Mariposa Juv /Jun Resultados

Prova 15	Femin., 100m Mariposa				Juv /Jun
08-05-2021 - 16:50					Resultados
Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacionais Jun 17	1:00.84	Mariana Pacheco, CUNHA	CNCE	Oeiras	19-12-2020
Rec Nacionais Jun 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
Rec Nacionais Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03-08-2019
Rec Nacionais Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	24-07-2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	01-04-2019
Rec Reg ANC Jun 17	1:04.30	Beatriz Costa, TEJO	AAC		10-03-2019
Rec Reg ANC Jun 16	1:05.05	Mariana Cunha, GUERRA	ASSSCC	Coimbra	06-04-2014
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	22-07-2017
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras	28-07-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Ana Carolina, MONTEIRO	04	Uniao Coimbra	<b>1:07.62</b>	552
50m: 31.78 31.78	100m: 1:07.62	35.84		
2. Joana Francisca, RODRIGUES	04	Uniao Coimbra	<b>1:08.04</b>	542
50m: 31.52 31.52	100m: 1:08.04	36.52		
3. Maria Caetano, LAMAS	04	Miranda do Corvo	<b>1:09.12</b>	517
50m: 31.92 31.92	100m: 1:09.12	37.20		
4. Diana Silva, TINOCO	06	Columbofila Cantanhedense	<b>1:09.85</b>	501
50m: 32.77 32.77	100m: 1:09.85	37.08		
5. Mariana Carmo, ROSA	05	Louzan Natacao	<b>1:10.00</b>	497
50m: 32.95 32.95	100m: 1:10.00	37.05		
6. Leonor Mil, MANO	07	Fundacao Beatriz Santos	<b>1:10.80</b>	481
50m: 33.07 33.07	100m: 1:10.80	37.73		
7. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>1:11.21</b>	472
50m: 33.83 33.83	100m: 1:11.21	37.38		
8. Matilde Alves, FLORENCIO	04	Condeixa Clube	<b>1:11.46</b>	467
50m: 33.62 33.62	100m: 1:11.46	37.84		
9. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>1:12.59</b>	446
50m: 33.92 33.92	100m: 1:12.59	38.67		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 15, Femin., 100m Mariposa, Juv /Jun

Lugar	Ano	Tempo final	Pts
10. Anita Gouveia, COSTA 50m: 33.77 33.77 100m: 1:13.05 39.28	06 Condeixa Clube	<b>1:13.05</b>	438
11. Beatriz Silva, NEVES 50m: 33.62 33.62 100m: 1:13.31 39.69	06 Fundacao Beatriz Santos	<b>1:13.31</b>	433
12. Daniela Portela, MENDES 50m: 33.60 33.60 100m: 1:14.83 41.23	04 Fundacao Beatriz Santos	<b>1:14.83</b>	407
13. Barbara Almeida, SIMOES 50m: 33.44 33.44 100m: 1:15.36 41.92	05 Uniao Coimbra	<b>1:15.36</b>	399
14. Ines Miranda, DIOGO 50m: 36.47 36.47 100m: 1:22.13 45.66	07 Fundacao Beatriz Santos	<b>1:22.13</b>	308
15. Lara Carvalho, SANTOS 50m: 38.25 38.25 100m: 1:23.42 45.17	07 Nautico Academico	<b>1:23.42</b>	294
16. Maria Ines, FERNANDES 50m: 39.24 39.24 100m: 1:23.61 44.37	07 Fundacao Beatriz Santos	<b>1:23.61</b>	292
17. Beatriz Pereira, MARQUES 50m: 38.02 38.02 100m: 1:24.24 46.22	05 Columbofila Cantanhedense	<b>1:24.24</b>	285
18. Beatriz Costa, MATOS 50m: 43.83 43.83 100m: 1:39.57 55.74	07 Fundacao Beatriz Santos	<b>1:39.57</b>	172
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Prova 15

Femin., 100m Mariposa

Abs

08-05-2021 - 16:50

Resultados

Rec Nacionais Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacionais Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Rec Nacionais Jun 17	1:00.84	Mariana Pacheco, CUNHA	CNCE	Oeiras	19-12-2020
Rec Nacionais Jun 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
Rec Nacionais Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03-08-2019
Rec Nacionais Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	24-07-2019
Rec Reg ANC Absoluto	1:04.30	Beatriz Costa, TEJO	AAC	Coimbra	01-04-2019
Rec Reg ANC Sen	1:04.55	Beatriz Neves, CRAVEIRO	AAC		01-04-2019
Rec Reg ANC Jun 17	1:04.30	Beatriz Costa, TEJO	AAC		10-03-2019
Rec Reg ANC Jun 16	1:05.05	Mariana Cunha, GUERRA	ASSSCC	Coimbra	06-04-2014
Rec Reg ANC Juv A	1:05.31	Ines Pereira, SILVA	CAQC	Oeiras	22-07-2017
Rec Reg ANC Juv B	1:05.59	Mariana Cunha, GUERRA	ASSSCC	Oeiras	28-07-2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO 50m: 31.01 31.01 100m: 1:05.66 34.65	02 Academica de Coimbra	<b>1:05.66</b>	603
2. Camila Rodrigues, REBELO 50m: 31.25 31.25 100m: 1:06.09 34.84	03 Louzan Natacao	<b>1:06.09</b>	591
3. Ana Carolina, MONTEIRO 50m: 31.78 31.78 100m: 1:07.62 35.84	04 Uniao Coimbra	<b>1:07.62</b>	552
4. Maria Carlota, REBELO 50m: 31.60 31.60 100m: 1:07.89 36.29	03 Louzan Natacao	<b>1:07.89</b>	545
5. Joana Francisca, RODRIGUES 50m: 31.52 31.52 100m: 1:08.04 36.52	04 Uniao Coimbra	<b>1:08.04</b>	542

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 15, Femin., 100m Mariposa, Abs

Lugar	Ano	Tempo final	Pts
6. Maria Caetano, LAMAS 50m: 31.92 31.92 100m: 1:09.12	04 Miranda do Corvo	<b>1:09.12</b>	517
7. Diana Silva, TINOCO 50m: 32.77 32.77 100m: 1:09.85	06 Columbofila Cantanhedense	<b>1:09.85</b>	501
8. Mariana Carmo, ROSA 50m: 32.95 32.95 100m: 1:10.00	05 Louzan Natacao	<b>1:10.00</b>	497
9. Sara Dias, NEVES 50m: 32.65 32.65 100m: 1:10.46	03 Miranda do Corvo	<b>1:10.46</b>	488
10. Leonor Mil, MANO 50m: 33.07 33.07 100m: 1:10.80	07 Fundacao Beatriz Santos	<b>1:10.80</b>	481
11. Angela Rodrigues, REBELO 50m: 33.83 33.83 100m: 1:11.21	07 Louzan Natacao	<b>1:11.21</b>	472
12. Matilde Alves, FLORENCIO 50m: 33.62 33.62 100m: 1:11.46	04 Condeixa Clube	<b>1:11.46</b>	467
13. Dania Rodrigues, SIMOES 50m: 33.92 33.92 100m: 1:12.59	07 Louzan Natacao	<b>1:12.59</b>	446
14. Anita Gouveia, COSTA 50m: 33.77 33.77 100m: 1:13.05	06 Condeixa Clube	<b>1:13.05</b>	438
15. Beatriz Silva, NEVES 50m: 33.62 33.62 100m: 1:13.31	06 Fundacao Beatriz Santos	<b>1:13.31</b>	433
16. Daniela Portela, MENDES 50m: 33.60 33.60 100m: 1:14.83	04 Fundacao Beatriz Santos	<b>1:14.83</b>	407
17. Barbara Almeida, SIMOES 50m: 33.44 33.44 100m: 1:15.36	05 Uniao Coimbra	<b>1:15.36</b>	399
18. Ines Miranda, DIOGO 50m: 36.47 36.47 100m: 1:22.13	07 Fundacao Beatriz Santos	<b>1:22.13</b>	308
19. Lara Carvalho, SANTOS 50m: 38.25 38.25 100m: 1:23.42	07 Nautico Academico	<b>1:23.42</b>	294
20. Maria Ines, FERNANDES 50m: 39.24 39.24 100m: 1:23.61	07 Fundacao Beatriz Santos	<b>1:23.61</b>	292
21. Beatriz Pereira, MARQUES 50m: 38.02 38.02 100m: 1:24.24	05 Columbofila Cantanhedense	<b>1:24.24</b>	285
22. Beatriz Costa, MATOS 50m: 43.83 43.83 100m: 1:39.57	07 Fundacao Beatriz Santos	<b>1:39.57</b>	172
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 16	Masc., 50m Bruços				Juv / Jun
08-05-2021 - 17:00					Resultados
Rec Nacionais Absoluto	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30-07-2013
Rec Nacionais Jun 18	29.07	Bruno Miguel, RAMOS	POR	Linz (AUT)	13-07-2002
Rec Nacionais Jun 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)	10-07-2009
Rec Nacionais Juv A	29.75	tempo limite,			
Rec Nacionais Juv B	30.57	tempo limite,			
Rec Reg ANC Absoluto	29.16	Tomas Miguel, VELOSO	CNAC		03-09-2018
Rec Reg ANC Jun 18	29.70	Helder Jose, LOPES	ACM	Dunquerque (FRA)	29-07-2000
Rec Reg ANC Jun 17	29.92	Tomas Miguel, VELOSO	CNAC		25-06-2013
Rec Reg ANC Juv A	31.51	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	24-03-2012
Rec Reg ANC Juv B	32.36	Rafael Alves, CAMPOS	CPSPA	Coimbra	14-07-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>34.27</b>	434
2. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>35.12</b>	403
3. Rodrigo Costa, CRUZ	06 Academica de Coimbra	<b>37.61</b>	328
4. Rodrigo Neves, DUARTE	06 Louzan Natacao	<b>42.96</b>	220
DSQ Antonio, GLAVATSKY	05 Academica de Coimbra		

*Falsa partida*

Prova 16	Masc., 50m Bruços				Abs
08-05-2021 - 17:00					Resultados
Rec Nacionais Absoluto	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30-07-2013
Rec Nacionais Sen	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30-07-2013
Rec Nacionais Jun 18	29.07	Bruno Miguel, RAMOS	POR	Linz (AUT)	13-07-2002
Rec Nacionais Jun 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)	10-07-2009
Rec Nacionais Juv A	29.75	tempo limite,			
Rec Nacionais Juv B	30.57	tempo limite,			
Rec Reg ANC Absoluto	29.16	Tomas Miguel, VELOSO	CNAC		03-09-2018
Rec Reg ANC Sen	29.16	Tomas Miguel, VELOSO	CNAC	Coimbra	18-03-2018
Rec Reg ANC Jun 18	29.70	Helder Jose, LOPES	ACM	Dunquerque (FRA)	29-07-2000
Rec Reg ANC Jun 17	29.92	Tomas Miguel, VELOSO	CNAC		25-06-2013
Rec Reg ANC Juv A	31.51	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	24-03-2012
Rec Reg ANC Juv B	32.36	Rafael Alves, CAMPOS	CPSPA	Coimbra	14-07-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Joao Ventura, PAIS	02 Fundacao Beatriz Santos	<b>31.18</b>	576
2. Joaquim Agra, MERUJE	01 Uniao Coimbra	<b>32.51</b>	508
3. Miguel Caridade, GASPAR	99 Academica de Coimbra	<b>32.92</b>	489
4. Vasco Pereira, BASTOS	02 Nautico Academico	<b>33.67</b>	457
5. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>34.27</b>	434
6. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>35.12</b>	403
7. Rodrigo Ribeiro, GOMES	00 Condeixa Clube	<b>35.24</b>	399
8. Rodrigo Costa, CRUZ	06 Academica de Coimbra	<b>37.61</b>	328
9. Rodrigo Neves, DUARTE	06 Louzan Natacao	<b>42.96</b>	220
DSQ Antonio, GLAVATSKY	05 Academica de Coimbra		

*Falsa partida*

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 17 08-05-2021 - 17:05	Femin., 50m Bruços				Juv / Jun Resultados
Rec Nacionais Absoluto	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	01-04-2017
Rec Nacionais Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Rec Nacionais Jun 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)	28-03-2010
Rec Nacionais Juv A	32.04	tempo limite,			
Rec Nacionais Juv B	34.12	tempo limite,			
Rec Reg ANC Absoluto	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-04-2010
Rec Reg ANC Jun 17	34.75	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-03-2011
Rec Reg ANC Jun 16	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-10-2010
Rec Reg ANC Juv A	35.18	Gabriela Oliveira, ANDRADE	AAC	Povoa do Varzim	07-02-2009
Rec Reg ANC Juv B	35.65	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	31-07-1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Correia, PAIVA	04 Louzan Natacao	<b>37.16</b>	495
2. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>37.23</b>	492
3. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>38.22</b>	455
4. Laura Torrao, CARVALHO	05 Nautico Academico	<b>39.09</b>	425
5. Rita Lima, PIRES	05 Nautico Academico	<b>40.28</b>	388
6. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	<b>40.78</b>	374
7. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	<b>41.01</b>	368
8. Mariana Marques, ALMEIDA	07 Academica de Coimbra	<b>42.64</b>	327
9. Barbara Fernanda, MENDES	05 CASPAE	<b>45.30</b>	273
10. Lara Sofia, SANTOS	06 Vigor da Mocidade	<b>55.29</b>	150
DNS Kateryna, DZYAKANAVA	05 Louzan Natacao		
DNS Mariana Vaz, ALVES	06 Academica de Coimbra		

Prova 17 08-05-2021 - 17:05	Femin., 50m Bruços				Abs Resultados
Rec Nacionais Absoluto	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	01-04-2017
Rec Nacionais Sen	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	01-04-2017
Rec Nacionais Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Rec Nacionais Jun 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)	28-03-2010
Rec Nacionais Juv A	32.04	tempo limite,			
Rec Nacionais Juv B	34.12	tempo limite,			
Rec Reg ANC Absoluto	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-04-2010
Rec Reg ANC Sen	35.28	Inês O., TEIXEIRA	CAQC	Coimbra	27-03-2021
Rec Reg ANC Jun 17	34.75	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-03-2011
Rec Reg ANC Jun 16	34.46	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	11-10-2010
Rec Reg ANC Juv A	35.18	Gabriela Oliveira, ANDRADE	AAC	Povoa do Varzim	07-02-2009
Rec Reg ANC Juv B	35.65	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	31-07-1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Ines Oliveira, TEIXEIRA	02 Condeixa Clube	<b>35.98</b>	545
2. Leonor Correia, PAIVA	04 Louzan Natacao	<b>37.16</b>	495
3. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>37.23</b>	492
4. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>38.22</b>	455
5. Laura Torrao, CARVALHO	05 Nautico Academico	<b>39.09</b>	425
6. Ana Carolina, NEVES	00 Academica de Coimbra	<b>39.43</b>	414
7. Rita Lima, PIRES	05 Nautico Academico	<b>40.28</b>	388
8. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	<b>40.78</b>	374
9. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	<b>41.01</b>	368
10. Mariana Marques, ALMEIDA	07 Academica de Coimbra	<b>42.64</b>	327

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 17, Femin., 50m Bruços, Abs

Lugar	Ano	Tempo final	Pts
11. Barbara Fernanda, MENDES	05 CASPAE	<b>45.30</b>	273
12. Lara Sofia, SANTOS	06 Vigor da Mocidade	<b>55.29</b>	150
DNS Kateryna, DZYAKANAVA	05 Louzan Natacao		
DNS Mariana Vaz, ALVES	06 Academica de Coimbra		

Prova 18

Masc., 200m Estilos

Inf B

08-05-2021 - 17:10

Resultados

Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Inf B	2:22.36	Andre Vilas, RUIVO	DNMG	Coimbra	23-06-2013
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Inf B	2:27.28	Diogo Matos, RIBEIRO	CNAC	Coimbra	01-05-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rafael Pereira, RODRIGUES	08 Condeixa Clube	<b>2:51.55</b>	293
50m: 35.73 35.73 100m: 1:21.23	45.50 150m: 2:12.08 50.85	200m: 2:51.55	39.47
2. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	<b>2:52.39</b>	289
50m: 35.33 35.33 100m: 1:21.23	45.90 150m: 2:15.85 54.62	200m: 2:52.39	36.54
3. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>2:56.42</b>	269
50m: 38.17 38.17 100m: 1:23.64	45.47 150m: 2:17.59 53.95	200m: 2:56.42	38.83
4. Miguel Tomas, CONCEICAO	08 Nautico Academico	<b>2:58.80</b>	259
50m: 41.46 41.46 100m: 1:25.51	44.05 150m: 2:18.37 52.86	200m: 2:58.80	40.43
5. Vicente Piacentini, CALDEIRA	08 Nautico Academico	<b>3:01.23</b>	248
50m: 40.22 40.22 100m: 1:25.37	45.15 150m: 2:23.22 57.85	200m: 3:01.23	38.01
6. Guilherme Simoes, SOUSA	08 Fundacao Beatriz Santos	<b>3:05.12</b>	233
50m: 39.25 39.25 100m: 1:26.06	46.81 150m: 2:23.36 57.30	200m: 3:05.12	41.76
7. Joaquim Antonio, CUNHA	08 Nautico Academico	<b>3:09.38</b>	218
50m: 42.23 42.23 100m: 1:29.53	47.30 150m: 2:27.33 57.80	200m: 3:09.38	42.05
8. Salvador Correia, PEREIRA	08 Condeixa Clube	<b>3:10.21</b>	215
50m: 44.23 44.23 100m: 1:31.49	47.26 150m: 2:28.50 57.01	200m: 3:10.21	41.71
9. Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	<b>3:10.79</b>	213
50m: 42.02 42.02 100m: 1:31.94	49.92 150m: 2:30.20 58.26	200m: 3:10.79	40.59
10. Henrique Melo, SANTIAGO	08 Vigor da Mocidade	<b>3:21.09</b>	182
50m: 45.17 45.17 100m: 1:37.00	51.83 150m: 2:35.32 58.32	200m: 3:21.09	45.77
11. Jose Guardado, SILVA	08 Vigor da Mocidade	<b>3:21.73</b>	180
50m: 47.09 47.09 100m: 1:38.31	51.22 150m: 2:38.07 59.76	200m: 3:21.73	43.66
12. David Miguel, ALVES	08 Fundacao Beatriz Santos	<b>3:29.17</b>	161
50m: 48.99 48.99 100m: 1:42.10	53.11 150m: 2:43.73 1:01.63	200m: 3:29.17	45.44
13. Henrique Figueiredo, FIDALGO	08 Vigor da Mocidade	<b>3:32.88</b>	153
50m: 46.32 46.32 100m: 1:38.23	51.91 150m: 2:41.50 1:03.27	200m: 3:32.88	51.38
14. Francisco Joao, FERNANDO	08 Fundacao Beatriz Santos	<b>3:47.55</b>	125
50m: 54.92 54.92 100m: 1:52.21	57.29 150m: 3:00.38 1:08.17	200m: 3:47.55	47.17
DNS Afonso Benjamim, MELO	08 Academica de Coimbra		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 18, Masc., 200m Estilos

Prova 18 Masc., 200m Estilos Inf A  
08-05-2021 - 17:10 Resultados

Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Inf A	2:16.63	Alexandre Lages, RIBAS	EDV	Lisboa	24-07-2011
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Inf A	2:17.01	Diogo Matos, RIBEIRO	CUC		24-07-2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alexandre, DZYAKANAU 50m: 33.84 33.84 100m: 1:14.04 40.20 150m: 2:02.31 48.27 200m: 2:37.06 34.75	07 Louzan Natacao	<b>2:37.06</b>	382
2. Martim Alexandre, SILVA 50m: 34.25 34.25 100m: 1:16.29 42.04 150m: 2:03.35 47.06 200m: 2:38.03 34.68	07 Columbofila Cantanhedense	<b>2:38.03</b>	375
3. David Duarte, JESUS 50m: 33.89 33.89 100m: 1:17.98 44.09 150m: 2:06.15 48.17 200m: 2:41.35 35.20	07 Fundacao Beatriz Santos	<b>2:41.35</b>	352
4. Duarte Cachulo, MARQUES 50m: 36.51 36.51 100m: 1:20.19 43.68 150m: 2:09.78 49.59 200m: 2:44.60 34.82	07 Condeixa Clube	<b>2:44.60</b>	332
5. Guilherme Marques, ALMEIDA 50m: 37.99 37.99 100m: 1:19.27 41.28 150m: 2:13.66 54.39 200m: 2:54.05 40.39	07 Academica de Coimbra	<b>2:54.05</b>	280
6. Marco Dimitar, OLIVEIRA 50m: 39.64 39.64 100m: 1:26.29 46.65 150m: 2:23.21 56.92 200m: 3:02.10 38.89	07 Fundacao Beatriz Santos	<b>3:02.10</b>	245
7. Goncalo Miranda, FERNANDES 50m: 42.02 42.02 100m: 1:28.48 46.46 150m: 2:23.41 54.93 200m: 3:04.06 40.65	07 Vigor da Mocidade	<b>3:04.06</b>	237
8. Bernardo Almas, MALHAO 50m: 45.54 45.54 100m: 1:38.66 53.12 150m: 2:46.37 1:07.71 200m: 3:32.82 46.45	07 Vigor da Mocidade	<b>3:32.82</b>	153
DSQ Francisco Jose, SIMOES <i>Falsa Partida</i>	07 Vigor da Mocidade		
DSQ David Ferreira, SILVA <i>o atleta perdeu a posição de costas antes do toque na parede na viragem aos 100m</i>	07 Academica de Coimbra		

Prova 18 Masc., 200m Estilos Juv B  
08-05-2021 - 17:10 Resultados

Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Juv B	2:14.57	Tomas Miguel, VELOSO	CNAC	Oeiras	27-03-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Duarte Jose, FERNANDES 50m: 30.50 30.50 100m: 1:10.98 40.48 150m: 1:51.32 40.34 200m: 2:24.50 33.18	06 Uniao Coimbra	<b>2:24.50</b>	491
2. Filipe Cruz, SIMOES 50m: 32.58 32.58 100m: 1:11.00 38.42 150m: 1:56.96 45.96 200m: 2:30.91 33.95	06 Miranda do Corvo	<b>2:30.91</b>	431
3. Afonso Vidal, TOMAS 50m: 32.60 32.60 100m: 1:11.99 39.39 150m: 1:58.85 46.86 200m: 2:34.77 35.92	06 Louzan Natacao	<b>2:34.77</b>	399
4. Tomas Nolan, SANTOS 50m: 30.82 30.82 100m: 1:14.14 43.32 150m: 2:00.70 46.56 200m: 2:36.15 35.45	06 Fundacao Beatriz Santos	<b>2:36.15</b>	389

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 18, Masc., 200m Estilos, Juv B

Lugar	Ano	Tempo final	Pts
5. Gustavo Teixeira, PIRES 50m: 32.86 32.86 100m: 1:16.61 43.75 150m: 2:03.87 47.26 200m: 2:40.60 36.73	06 Columbofila Cantanhedense	<b>2:40.60</b>	357
6. Pedro Fernandes, CARVALHO 50m: 35.20 35.20 100m: 1:18.35 43.15 150m: 2:09.48 51.13 200m: 2:49.90 40.42	06 Miranda do Corvo	<b>2:49.90</b>	302
7. Simao Domingues, PAZ 50m: 35.44 35.44 100m: 1:22.14 46.70 150m: 2:13.80 51.66 200m: 2:52.91 39.11	06 Miranda do Corvo	<b>2:52.91</b>	286
8. Miguel Joao, PINHEIRO 50m: 36.04 36.04 100m: 1:22.82 46.78 150m: 2:17.93 55.11 200m: 2:58.73 40.80	06 Academica de Coimbra	<b>2:58.73</b>	259
DSQ Diogo Cura, NEVES <i>o atleta perdeu a posição de costas antes do toque na parede na viragem aos 100m</i>	06 Condeixa Clube		

Prova 18 Masc., 200m Estilos Juv A  
08-05-2021 - 17:10 Resultados

Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31-07-2004
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Juv A	2:11.02	Tomas Miguel, VELOSO	CNAC	Oeiras	29-07-2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Jose, FRANCISCO 50m: 30.86 30.86 100m: 1:12.28 41.42 150m: 1:54.11 41.83 200m: 2:29.61 35.50	05 Miranda do Corvo	<b>2:29.61</b>	442
2. Tomas Carvalho, SANTOS 50m: 31.05 31.05 100m: 1:09.64 38.59 150m: 1:56.05 46.41 200m: 2:31.47 35.42	05 Louzan Natacao	<b>2:31.47</b>	426
3. Goncalo Carvalho, SANTOS 50m: 31.19 31.19 100m: 1:12.08 40.89 150m: 1:59.19 47.11 200m: 2:32.40 33.21	05 Louzan Natacao	<b>2:32.40</b>	418
4. Joao Neves, ALMEIDA 50m: 32.56 32.56 100m: 1:13.16 40.60 150m: 1:59.47 46.31 200m: 2:33.77 34.30	05 Fundacao Beatriz Santos	<b>2:33.77</b>	407
5. Diogo Rodrigues, CARVALHO 50m: 35.29 35.29 100m: 1:19.01 43.72 150m: 2:16.89 57.88 200m: 2:53.92 37.03	05 Vigor da Mocidade	<b>2:53.92</b>	281
DSQ Diogo Simoes, DIAS <i>o atleta perdeu a posição de costas durante o percurso, antes do toque na parede dos 100m</i>	05 Louzan Natacao		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 18, Masc., 200m Estilos

Prova 18 08-05-2021 - 17:10	Masc., 200m Estilos				Juv /Jun Resultados
Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Jun 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	06-07-2018
Rec Nacionais Jun 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17-07-2005
Rec Nacionais Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31-07-2004
Rec Nacionais Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Jun 18	2:02.72	Gabriel Jose, LOPES	ALN	Baku (AZE)	24-06-2015
Rec Reg ANC Jun 17	2:04.64	Gabriel Jose, LOPES	CDL		23-06-2014
Rec Reg ANC Juv A	2:11.02	Tomas Miguel, VELOSO	CNAC	Oeiras	29-07-2012
Rec Reg ANC Juv B	2:14.57	Tomas Miguel, VELOSO	CNAC	Oeiras	27-03-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	<b>2:20.27</b>				536
50m: 28.51 28.51	100m: 1:05.51	37.00	150m: 1:48.22	42.71	200m: 2:20.27	32.05	
2. Duarte Jose, FERNANDES	06	Uniao Coimbra	<b>2:24.50</b>				491
50m: 30.50 30.50	100m: 1:10.98	40.48	150m: 1:51.32	40.34	200m: 2:24.50	33.18	
3. David Valdagua, COUTINHO	03	Uniao Coimbra	<b>2:26.05</b>				475
50m: 29.67 29.67	100m: 1:06.42	36.75	150m: 1:52.00	45.58	200m: 2:26.05	34.05	
4. Jose Diogo, DIAS	04	Fundacao Beatriz Santos	<b>2:28.40</b>				453
50m: 30.20 30.20	100m: 1:07.18	36.98	150m: 1:52.13	44.95	200m: 2:28.40	36.27	
5. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>2:29.61</b>				442
50m: 30.86 30.86	100m: 1:12.28	41.42	150m: 1:54.11	41.83	200m: 2:29.61	35.50	
6. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>2:30.91</b>				431
50m: 32.58 32.58	100m: 1:11.00	38.42	150m: 1:56.96	45.96	200m: 2:30.91	33.95	
7. Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>2:31.47</b>				426
50m: 31.05 31.05	100m: 1:09.64	38.59	150m: 1:56.05	46.41	200m: 2:31.47	35.42	
8. Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos	<b>2:32.01</b>				421
50m: 31.23 31.23	100m: 1:10.60	39.37	150m: 1:57.16	46.56	200m: 2:32.01	34.85	
9. Goncalo Carvalho, SANTOS	05	Louzan Natacao	<b>2:32.40</b>				418
50m: 31.19 31.19	100m: 1:12.08	40.89	150m: 1:59.19	47.11	200m: 2:32.40	33.21	
10. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>2:33.77</b>				407
50m: 32.56 32.56	100m: 1:13.16	40.60	150m: 1:59.47	46.31	200m: 2:33.77	34.30	
11. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>2:34.77</b>				399
50m: 32.60 32.60	100m: 1:11.99	39.39	150m: 1:58.85	46.86	200m: 2:34.77	35.92	
12. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>2:36.15</b>				389
50m: 30.82 30.82	100m: 1:14.14	43.32	150m: 2:00.70	46.56	200m: 2:36.15	35.45	
13. Gustavo Teixeira, PIRES	06	Columbifila Cantanhedense	<b>2:40.60</b>				357
50m: 32.86 32.86	100m: 1:16.61	43.75	150m: 2:03.87	47.26	200m: 2:40.60	36.73	
14. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<b>2:49.90</b>				302
50m: 35.20 35.20	100m: 1:18.35	43.15	150m: 2:09.48	51.13	200m: 2:49.90	40.42	
15. Simao Domingues, PAZ	06	Miranda do Corvo	<b>2:52.91</b>				286
50m: 35.44 35.44	100m: 1:22.14	46.70	150m: 2:13.80	51.66	200m: 2:52.91	39.11	
16. Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade	<b>2:53.92</b>				281
50m: 35.29 35.29	100m: 1:19.01	43.72	150m: 2:16.89	57.88	200m: 2:53.92	37.03	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 18, Masc., 200m Estilos, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Miguel Joao, PINHEIRO	06 Academica de Coimbra	<b>2:58.73</b>	259
50m: 36.04 36.04 100m: 1:22.82 46.78 150m: 2:17.93 55.11 200m: 2:58.73 40.80			
DSQ Diogo Simoes, DIAS	05 Louzan Natacao		
<i>o atleta perdeu a posição de costas durante o percurso, antes do toque na parede dos 100m</i>			
DSQ Diogo Cura, NEVES	06 Condeixa Clube		
<i>o atleta perdeu a posição de costas antes do toque na parede na viragem aos 100m</i>			

Prova 18 Masc., 200m Estilos Abs Resultados

Rec	Tempo	Nome	Clube	Local	Data
Rec Nacionais Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Sen	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06-04-2019
Rec Nacionais Jun 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	06-07-2018
Rec Nacionais Jun 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17-07-2005
Rec Nacionais Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31-07-2004
Rec Nacionais Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
Rec Reg ANC Absoluto	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Sen	1:58.59	Gabriel Jose, LOPES	ALN		24-03-2019
Rec Reg ANC Jun 18	2:02.72	Gabriel Jose, LOPES	ALN	Baku (AZE)	24-06-2015
Rec Reg ANC Jun 17	2:04.64	Gabriel Jose, LOPES	CDL		23-06-2014
Rec Reg ANC Juv A	2:11.02	Tomas Miguel, VELOSO	CNAC	Oeiras	29-07-2012
Rec Reg ANC Juv B	2:14.57	Tomas Miguel, VELOSO	CNAC	Oeiras	27-03-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES	97 Louzan Natacao	<b>2:02.80</b>	800
50m: 27.59 27.59 100m: 58.32 30.73 150m: 1:33.00 34.68 200m: 2:02.80 29.80			
2. Lucas Pereira, BASTOS	00 Nautico Academico	<b>2:12.51</b>	636
50m: 28.04 28.04 100m: 1:03.46 35.42 150m: 1:41.52 38.06 200m: 2:12.51 30.99			
3. Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	<b>2:20.27</b>	536
50m: 28.51 28.51 100m: 1:05.51 37.00 150m: 1:48.22 42.71 200m: 2:20.27 32.05			
4. Duarte Jose, FERNANDES	06 Uniao Coimbra	<b>2:24.50</b>	491
50m: 30.50 30.50 100m: 1:10.98 40.48 150m: 1:51.32 40.34 200m: 2:24.50 33.18			
5. David Valdagua, COUTINHO	03 Uniao Coimbra	<b>2:26.05</b>	475
50m: 29.67 29.67 100m: 1:06.42 36.75 150m: 1:52.00 45.58 200m: 2:26.05 34.05			
6. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	<b>2:28.40</b>	453
50m: 30.20 30.20 100m: 1:07.18 36.98 150m: 1:52.13 44.95 200m: 2:28.40 36.27			
7. Tomas Jose, FRANCISCO	05 Miranda do Corvo	<b>2:29.61</b>	442
50m: 30.86 30.86 100m: 1:12.28 41.42 150m: 1:54.11 41.83 200m: 2:29.61 35.50			
8. Filipe Cruz, SIMOES	06 Miranda do Corvo	<b>2:30.91</b>	431
50m: 32.58 32.58 100m: 1:11.00 38.42 150m: 1:56.96 45.96 200m: 2:30.91 33.95			
9. Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>2:31.47</b>	426
50m: 31.05 31.05 100m: 1:09.64 38.59 150m: 1:56.05 46.41 200m: 2:31.47 35.42			
10. Vasco Pereira, BASTOS	02 Nautico Academico	<b>2:31.95</b>	422
50m: 31.78 31.78 100m: 1:13.14 41.36 150m: 1:55.94 42.80 200m: 2:31.95 36.01			
11. Afonso Corte-Real, GRILLO	04 Fundacao Beatriz Santos	<b>2:32.01</b>	421
50m: 31.23 31.23 100m: 1:10.60 39.37 150m: 1:57.16 46.56 200m: 2:32.01 34.85			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 18, Masc., 200m Estilos, Abs

Lugar	Ano	Tempo final	Pts
12. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>2:32.40</b>	418
50m: 31.19 31.19 100m: 1:12.08 40.89 150m: 1:59.19 47.11 200m: 2:32.40 33.21			
13. Joao Neves, ALMEIDA	05 Fundacao Beatriz Santos	<b>2:33.77</b>	407
50m: 32.56 32.56 100m: 1:13.16 40.60 150m: 1:59.47 46.31 200m: 2:33.77 34.30			
14. Afonso Vidal, TOMAS	06 Louzan Natacao	<b>2:34.77</b>	399
50m: 32.60 32.60 100m: 1:11.99 39.39 150m: 1:58.85 46.86 200m: 2:34.77 35.92			
15. Tomas Nolan, SANTOS	06 Fundacao Beatriz Santos	<b>2:36.15</b>	389
50m: 30.82 30.82 100m: 1:14.14 43.32 150m: 2:00.70 46.56 200m: 2:36.15 35.45			
16. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	<b>2:40.60</b>	357
50m: 32.86 32.86 100m: 1:16.61 43.75 150m: 2:03.87 47.26 200m: 2:40.60 36.73			
17. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>2:49.90</b>	302
50m: 35.20 35.20 100m: 1:18.35 43.15 150m: 2:09.48 51.13 200m: 2:49.90 40.42			
18. Simao Domingues, PAZ	06 Miranda do Corvo	<b>2:52.91</b>	286
50m: 35.44 35.44 100m: 1:22.14 46.70 150m: 2:13.80 51.66 200m: 2:52.91 39.11			
19. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>2:53.92</b>	281
50m: 35.29 35.29 100m: 1:19.01 43.72 150m: 2:16.89 57.88 200m: 2:53.92 37.03			
20. Miguel Joao, PINHEIRO	06 Academica de Coimbra	<b>2:58.73</b>	259
50m: 36.04 36.04 100m: 1:22.82 46.78 150m: 2:17.93 55.11 200m: 2:58.73 40.80			
DSQ Diogo Simoes, DIAS	05 Louzan Natacao		
<i>o atleta perdeu a posição de costas durante o percurso, antes do toque na parede dos 100m</i>			
DSQ Diogo Cura, NEVES	06 Condeixa Clube		
<i>o atleta perdeu a posição de costas antes do toque na parede na viragem aos 100m</i>			

Prova 19

Femin., 400m Estilos

Inf B

08-05-2021 - 17:35

Resultados

Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24-07-2009
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Inf B	5:27.57	Mariana Cunha, GUERRA	ASSSCC	Porto	23-07-2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	<b>6:07.57</b>	380
50m: 37.11 37.11 150m: 2:14.78 47.88 250m: 3:52.75 50.96 350m: 5:27.38 40.90 100m: 1:26.90 49.79 200m: 3:01.79 47.01 300m: 4:46.48 53.73 400m: 6:07.57 40.19			
2. Anastacia, PROTOLYUK	09 Columbofila Cantanhedense	<b>6:40.51</b>	294
50m: 44.35 44.35 150m: 2:30.12 51.54 250m: 4:16.72 56.73 350m: 5:58.69 44.64 100m: 1:38.58 54.23 200m: 3:19.99 49.87 300m: 5:14.05 57.33 400m: 6:40.51 41.82			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 19, Femin., 400m Estilos

Prova 19 Femin., 400m Estilos Inf A  
08-05-2021 - 17:35 Resultados

Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20-07-2007
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Inf A	5:14.11	Mariana Cunha, GUERRA	ASSSCC	Lisboa	22-07-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Rita Isabel, NEVES	08	CASPAE	<b>7:29.05</b>		208
50m: 45.41 45.41	150m: 2:47.52 1:01.46	250m: 4:43.17 59.10	350m: 6:41.47		56.36
100m: 1:46.06 1:00.65	200m: 3:44.07 56.55	300m: 5:45.11 1:01.94	400m: 7:29.05		47.58

Prova 19 Femin., 400m Estilos Juv B  
08-05-2021 - 17:35 Resultados

Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>6:03.56</b>		393
50m: 37.10 37.10	150m: 2:10.85 47.38	250m: 3:48.64 52.73	350m: 5:23.60		41.78
100m: 1:23.47 46.37	200m: 2:55.91 45.06	300m: 4:41.82 53.18	400m: 6:03.56		39.96
2. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>6:06.03</b>		385
50m: 38.06 38.06	150m: 2:12.63 48.85	250m: 3:49.95 50.32	350m: 5:24.30		41.53
100m: 1:23.78 45.72	200m: 2:59.63 47.00	300m: 4:42.77 52.82	400m: 6:06.03		41.73

Prova 19 Femin., 400m Estilos Juv A  
08-05-2021 - 17:35 Resultados

Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05-08-2011
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	17-06-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Anita Gouveia, COSTA	06	Condeixa Clube	<b>5:30.62</b>		522
50m: 34.91 34.91	150m: 1:59.07 44.03	250m: 3:29.28 47.94	350m: 4:55.43		36.66
100m: 1:15.04 40.13	200m: 2:41.34 42.27	300m: 4:18.77 49.49	400m: 5:30.62		35.19
2. Beatriz Andre, GASPAS	06	Fundacao Beatriz Santos	<b>5:31.38</b>		519
50m: 35.16 35.16	150m: 2:02.41 46.78	250m: 3:32.42 46.09	350m: 4:56.29		37.11
100m: 1:15.63 40.47	200m: 2:46.33 43.92	300m: 4:19.18 46.76	400m: 5:31.38		35.09
3. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>5:46.41</b>		454
50m: 35.31 35.31	150m: 2:04.79 47.39	250m: 3:38.40 49.64	350m: 5:08.27		39.29
100m: 1:17.40 42.09	200m: 2:48.76 43.97	300m: 4:28.98 50.58	400m: 5:46.41		38.14

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 19, Femin., 400m Estilos

Prova 19 08-05-2021 - 17:35	Femin., 400m Estilos				Juv /Jun Resultados
Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27-07-2012
Rec Nacionais Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20-05-2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05-08-2011
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Jun 17	5:05.27	Ana Rita, GONÇALVES	CNM	Povoa do varzim	14-03-2002
Rec Reg ANC Jun 16	5:01.62	Maria Miguel, VELOSO	CNAC	Faro	19-07-2009
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	17-06-2018
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final						Pts
1. Mariana Carmo, ROSA	05	Louzan Natacao	<b>5:19.08</b>						581
50m: 33.73 33.73	150m: 1:54.90	41.70	250m: 3:24.13	49.47	350m: 4:45.69	35.40			
100m: 1:13.20 39.47	200m: 2:34.66	39.76	300m: 4:10.29	46.16	400m: 5:19.08	33.39			
2. Leonor Correia, PAIVA	04	Louzan Natacao	<b>5:24.50</b>						553
50m: 33.97 33.97	150m: 1:55.12	41.48	250m: 3:19.84	45.70	350m: 4:47.08	40.23			
100m: 1:13.64 39.67	200m: 2:34.14	39.02	300m: 4:06.85	47.01	400m: 5:24.50	37.42			
3. Anita Gouveia, COSTA	06	Condeixa Clube	<b>5:30.62</b>						522
50m: 34.91 34.91	150m: 1:59.07	44.03	250m: 3:29.28	47.94	350m: 4:55.43	36.66			
100m: 1:15.04 40.13	200m: 2:41.34	42.27	300m: 4:18.77	49.49	400m: 5:30.62	35.19			
4. Beatriz Andre, GASPAR	06	Fundacao Beatriz Santos	<b>5:31.38</b>						519
50m: 35.16 35.16	150m: 2:02.41	46.78	250m: 3:32.42	46.09	350m: 4:56.29	37.11			
100m: 1:15.63 40.47	200m: 2:46.33	43.92	300m: 4:19.18	46.76	400m: 5:31.38	35.09			
5. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>5:46.41</b>						454
50m: 35.31 35.31	150m: 2:04.79	47.39	250m: 3:38.40	49.64	350m: 5:08.27	39.29			
100m: 1:17.40 42.09	200m: 2:48.76	43.97	300m: 4:28.98	50.58	400m: 5:46.41	38.14			
6. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>6:03.56</b>						393
50m: 37.10 37.10	150m: 2:10.85	47.38	250m: 3:48.64	52.73	350m: 5:23.60	41.78			
100m: 1:23.47 46.37	200m: 2:55.91	45.06	300m: 4:41.82	53.18	400m: 6:03.56	39.96			
7. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>6:06.03</b>						385
50m: 38.06 38.06	150m: 2:12.63	48.85	250m: 3:49.95	50.32	350m: 5:24.30	41.53			
100m: 1:23.78 45.72	200m: 2:59.63	47.00	300m: 4:42.77	52.82	400m: 6:06.03	41.73			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 19, Femin., 400m Estilos

Prova 19	Femin., 400m Estilos				Abs
08-05-2021 - 17:35					Resultados
Rec Nacionais Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Rec Nacionais Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27-07-2012
Rec Nacionais Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20-05-2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05-08-2011
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Rec Reg ANC Absoluto	4:59.23	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Sen	4:59.23	Maria Carlota, REBELO	ALN		20-05-2020
Rec Reg ANC Jun 17	5:05.27	Ana Rita, GONÇALVES	CNM	Povoa do varzim	14-03-2002
Rec Reg ANC Jun 16	5:01.62	Maria Miguel, VELOSO	CNAC	Faro	19-07-2009
Rec Reg ANC Juv A	5:07.83	Camila Rodrigues, REBELO	ALN	Italia	17-06-2018
Rec Reg ANC Juv B	5:09.21	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Mariana Carmo, ROSA		05	Louzan Natacao				<b>5:19.08</b>	581
	50m:	33.73 33.73	150m:	1:54.90	41.70	250m:	3:24.13 49.47	350m:	4:45.69 35.40
	100m:	1:13.20 39.47	200m:	2:34.66	39.76	300m:	4:10.29 46.16	400m:	5:19.08 33.39
2.	Leonor Correia, PAIVA		04	Louzan Natacao				<b>5:24.50</b>	553
	50m:	33.97 33.97	150m:	1:55.12	41.48	250m:	3:19.84 45.70	350m:	4:47.08 40.23
	100m:	1:13.64 39.67	200m:	2:34.14	39.02	300m:	4:06.85 47.01	400m:	5:24.50 37.42
3.	Anita Gouveia, COSTA		06	Condeixa Clube				<b>5:30.62</b>	522
	50m:	34.91 34.91	150m:	1:59.07	44.03	250m:	3:29.28 47.94	350m:	4:55.43 36.66
	100m:	1:15.04 40.13	200m:	2:41.34	42.27	300m:	4:18.77 49.49	400m:	5:30.62 35.19
4.	Beatriz Andre, GASPAS		06	Fundacao Beatriz Santos				<b>5:31.38</b>	519
	50m:	35.16 35.16	150m:	2:02.41	46.78	250m:	3:32.42 46.09	350m:	4:56.29 37.11
	100m:	1:15.63 40.47	200m:	2:46.33	43.92	300m:	4:19.18 46.76	400m:	5:31.38 35.09
5.	Beatriz Silva, NEVES		06	Fundacao Beatriz Santos				<b>5:46.41</b>	454
	50m:	35.31 35.31	150m:	2:04.79	47.39	250m:	3:38.40 49.64	350m:	5:08.27 39.29
	100m:	1:17.40 42.09	200m:	2:48.76	43.97	300m:	4:28.98 50.58	400m:	5:46.41 38.14
6.	Ines Miranda, DIOGO		07	Fundacao Beatriz Santos				<b>6:03.56</b>	393
	50m:	37.10 37.10	150m:	2:10.85	47.38	250m:	3:48.64 52.73	350m:	5:23.60 41.78
	100m:	1:23.47 46.37	200m:	2:55.91	45.06	300m:	4:41.82 53.18	400m:	6:03.56 39.96
7.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos				<b>6:06.03</b>	385
	50m:	38.06 38.06	150m:	2:12.63	48.85	250m:	3:49.95 50.32	350m:	5:24.30 41.53
	100m:	1:23.78 45.72	200m:	2:59.63	47.00	300m:	4:42.77 52.82	400m:	6:06.03 41.73

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20	Masc., 200m Livres					Inf B
08-05-2021 - 17:55						Resultados
Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra		06-04-2019
Rec Nacionais Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior		21-07-2012
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC			03-09-2015
Rec Reg ANC Inf B	2:09.74	Jose Diogo, DIAS	FBSC	Loulé		01-05-2017

Pontos: FINA 2021

Lugar					Ano					Tempo final	Pts	
1.	Santiago Jose, FONSECA				08	Columbofila Cantanhedense				<b>2:43.86</b>	241	
	50m:	36.49	36.49	100m:	1:18.15	41.66	150m:	2:01.88	43.73	200m:	2:43.86	41.98
2.	Rafael Figueiredo, CORREIA				08	Columbofila Cantanhedense				<b>2:45.51</b>	234	
	50m:	37.27	37.27	100m:	1:19.46	42.19	150m:	2:03.18	43.72	200m:	2:45.51	42.33
3.	Salvador Correia, PEREIRA				08	Condeixa Clube				<b>2:54.35</b>	200	
	50m:	39.66	39.66	100m:	1:25.97	46.31	150m:	2:12.82	46.85	200m:	2:54.35	41.53
4.	Jose Guardado, SILVA				08	Vigor da Mocidade				<b>3:00.48</b>	180	
	50m:	41.25	41.25	100m:	1:28.45	47.20	150m:	2:16.07	47.62	200m:	3:00.48	44.41
5.	Diogo Garcia, FARIA				08	Nautico Academico				<b>3:49.19</b>	88	
	50m:	45.62	45.62	100m:	1:46.11	1:00.49	150m:	2:49.57	1:03.46	200m:	3:49.19	59.62
DSQ	Manuel Meneses, GONCALVES				08	Nautico Academico						
	<i>Falsa partida</i>											

Prova 20	Masc., 200m Livres					Inf A
08-05-2021 - 17:55						Resultados
Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra		06-04-2019
Rec Nacionais Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira		21-07-2018
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC			03-09-2015
Rec Reg ANC Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC			23-07-2018

Pontos: FINA 2021

Lugar					Ano					Tempo final	Pts	
1.	Martim Alexandre, SILVA				07	Columbofila Cantanhedense				<b>2:21.27</b>	376	
	50m:	31.81	31.81	100m:	1:07.35	35.54	150m:	1:44.40	37.05	200m:	2:21.27	36.87
2.	Afonso Simoes, FERREIRA				07	Vigor da Mocidade				<b>2:54.90</b>	198	
	50m:	38.88	38.88	100m:	1:23.78	44.90	150m:	2:11.28	47.50	200m:	2:54.90	43.62
3.	Bernardo Almas, MALHAO				07	Vigor da Mocidade				<b>2:55.42</b>	196	
	50m:	40.05	40.05	100m:	1:24.89	44.84	150m:	2:12.02	47.13	200m:	2:55.42	43.40
DNS	Martim Pedro, DUARTE				07	Academica de Coimbra						

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20, Masc., 200m Livres

Prova 20	Masc., 200m Livres					Juv B
08-05-2021 - 17:55						Resultados
Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra		06-04-2019
Rec Nacionais Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal		02-08-2019
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC			03-09-2015
Rec Reg ANC Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Coimbra		24-07-2019

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Francisco Couto, FRAZAO	06	Uniao Coimbra		<b>2:12.06</b>	460	
50m: 31.00 31.00	100m: 1:06.25	35.25	150m: 1:40.11	33.86	200m: 2:12.06	31.95
2. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos		<b>2:12.99</b>	451	
50m: 30.27 30.27	100m: 1:04.17	33.90	150m: 1:39.19	35.02	200m: 2:12.99	33.80
3. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense		<b>2:15.27</b>	428	
50m: 31.37 31.37	100m: 1:06.08	34.71	150m: 1:40.79	34.71	200m: 2:15.27	34.48
4. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos		<b>2:20.91</b>	379	
50m: 32.79 32.79	100m: 1:09.11	36.32	150m: 1:45.62	36.51	200m: 2:20.91	35.29
5. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense		<b>2:20.96</b>	378	
50m: 32.42 32.42	100m: 1:08.49	36.07	150m: 1:45.73	37.24	200m: 2:20.96	35.23
6. Edgar Tavares, MENDES	06	Academica de Coimbra		<b>2:22.00</b>	370	
50m: 31.72 31.72	100m: 1:07.45	35.73	150m: 1:44.93	37.48	200m: 2:22.00	37.07
7. Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos		<b>2:24.37</b>	352	
50m: 32.28 32.28	100m: 1:09.36	37.08	150m: 1:48.65	39.29	200m: 2:24.37	35.72
8. Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense		<b>2:25.40</b>	345	
50m: 32.44 32.44	100m: 1:09.42	36.98	150m: 1:48.43	39.01	200m: 2:25.40	36.97
9. Rodrigo Neves, DUARTE	06	Louzan Natacao		<b>2:33.09</b>	295	
50m: 35.51 35.51	100m: 1:14.54	39.03	150m: 1:54.98	40.44	200m: 2:33.09	38.11
10. Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos		<b>2:45.34</b>	234	
50m: 36.83 36.83	100m: 1:20.48	43.65	150m: 2:04.02	43.54	200m: 2:45.34	41.32

Prova 20	Masc., 200m Livres					Juv A
08-05-2021 - 17:55						Resultados

Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra		06-04-2019
Rec Nacionais Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)		24-07-2009
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC			03-09-2015
Rec Reg ANC Juv A	1:57.38	Diogo Matos, RIBEIRO	CUC	Lisboa - Jamor		17-08-1977

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense		<b>2:06.20</b>	527	
50m: 29.63 29.63	100m: 1:01.58	31.95	150m: 1:33.98	32.40	200m: 2:06.20	32.22
2. Afonso Miguel, AMADO	05	Miranda do Corvo		<b>2:08.81</b>	496	
50m: 28.72 28.72	100m: 1:00.94	32.22	150m: 1:35.39	34.45	200m: 2:08.81	33.42
3. Jose Miguel, ROCHA	05	Columbofila Cantanhedense		<b>2:11.79</b>	463	
50m: 30.00 30.00	100m: 1:03.39	33.39	150m: 1:38.43	35.04	200m: 2:11.79	33.36
4. Antonio, GLAVATSKY	05	Academica de Coimbra		<b>2:14.33</b>	437	
50m: 30.10 30.10	100m: 1:03.70	33.60	150m: 1:39.70	36.00	200m: 2:14.33	34.63

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20, Masc., 200m Livres, Juv A

Lugar	Ano	Tempo final	Pts
5. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>2:14.69</b>	434
50m: 30.57 30.57 100m: 1:04.25 33.68 150m: 1:39.71 35.46 200m: 2:14.69 34.98			
6. Tomas Cardoso, GERALDO	05 Condeixa Clube	<b>2:15.10</b>	430
50m: 31.23 31.23 100m: 1:05.78 34.55 150m: 1:41.31 35.53 200m: 2:15.10 33.79			
7. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>2:16.82</b>	414
50m: 31.46 31.46 100m: 1:06.96 35.50 150m: 1:43.65 36.69 200m: 2:16.82 33.17			
8. Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>2:25.76</b>	342
50m: 32.64 32.64 100m: 1:09.04 36.40 150m: 1:47.05 38.01 200m: 2:25.76 38.71			

Prova 20 Masc., 200m Livres Juv /Jun Resultados  
08-05-2021 - 17:55

Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06-04-2019
Rec Nacionais Jun 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14-07-2005
Rec Nacionais Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Nacionais Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24-07-2009
Rec Nacionais Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02-08-2019
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		03-09-2015
Rec Reg ANC Jun 18	1:54.69	Tomas Miguel, VELOSO	CNAC	Oeiras	24-07-2014
Rec Reg ANC Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC		11-07-2020
Rec Reg ANC Juv A	1:57.38	Diogo Matos, RIBEIRO	CUC	Lisboa - Jamor	17-08-1977
Rec Reg ANC Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Coimbra	24-07-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gustavo Pires, MARQUES	04 Uniao Coimbra	<b>1:56.61</b>	669
50m: 27.57 27.57 100m: 57.67 30.10 150m: 1:27.98 30.31 200m: 1:56.61 28.63			
2. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	<b>1:57.71</b>	650
50m: 27.70 27.70 100m: 57.60 29.90 150m: 1:27.71 30.11 200m: 1:57.71 30.00			
3. Martim Miranda, MACHADO	03 Uniao Coimbra	<b>2:01.43</b>	592
50m: 28.50 28.50 100m: 59.11 30.61 150m: 1:30.27 31.16 200m: 2:01.43 31.16			
4. Guilherme Maia, CARDOSO	05 Columbofila Cantanhedense	<b>2:06.20</b>	527
50m: 29.63 29.63 100m: 1:01.58 31.95 150m: 1:33.98 32.40 200m: 2:06.20 32.22			
5. Tiago Andre, POIARES	04 Fundacao Beatriz Santos	<b>2:07.27</b>	514
50m: 29.72 29.72 100m: 1:01.90 32.18 150m: 1:35.31 33.41 200m: 2:07.27 31.96			
6. Afonso Miguel, AMADO	05 Miranda do Corvo	<b>2:08.81</b>	496
50m: 28.72 28.72 100m: 1:00.94 32.22 150m: 1:35.39 34.45 200m: 2:08.81 33.42			
7. Jose Miguel, ROCHA	05 Columbofila Cantanhedense	<b>2:11.79</b>	463
50m: 30.00 30.00 100m: 1:03.39 33.39 150m: 1:38.43 35.04 200m: 2:11.79 33.36			
8. Francisco Couto, FRAZAO	06 Uniao Coimbra	<b>2:12.06</b>	460
50m: 31.00 31.00 100m: 1:06.25 35.25 150m: 1:40.11 33.86 200m: 2:12.06 31.95			
9. Joao Rafael, FERREIRA	06 Fundacao Beatriz Santos	<b>2:12.99</b>	451
50m: 30.27 30.27 100m: 1:04.17 33.90 150m: 1:39.19 35.02 200m: 2:12.99 33.80			
10. Antonio, GLAVATSKY	05 Academica de Coimbra	<b>2:14.33</b>	437
50m: 30.10 30.10 100m: 1:03.70 33.60 150m: 1:39.70 36.00 200m: 2:14.33 34.63			
11. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>2:14.69</b>	434
50m: 30.57 30.57 100m: 1:04.25 33.68 150m: 1:39.71 35.46 200m: 2:14.69 34.98			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20, Masc., 200m Livres, Juv /Jun

Lugar					Ano					Tempo final	Pts	
12.	Tomas Cardoso, GERALDO				05	Condeixa Clube				<b>2:15.10</b>	430	
	50m:	31.23	31.23	100m:	1:05.78	34.55	150m:	1:41.31	35.53	200m:	2:15.10	33.79
13.	Joao Guilherme, LUCAS				06	Columbofila Cantanhedense				<b>2:15.27</b>	428	
	50m:	31.37	31.37	100m:	1:06.08	34.71	150m:	1:40.79	34.71	200m:	2:15.27	34.48
14.	Samuel Baptista, FIGUEIRA				05	Academica de Coimbra				<b>2:16.82</b>	414	
	50m:	31.46	31.46	100m:	1:06.96	35.50	150m:	1:43.65	36.69	200m:	2:16.82	33.17
15.	Tomas Veiga, PEREIRA				06	Fundacao Beatriz Santos				<b>2:20.91</b>	379	
	50m:	32.79	32.79	100m:	1:09.11	36.32	150m:	1:45.62	36.51	200m:	2:20.91	35.29
16.	Miguel Cunha, GASPAS				06	Columbofila Cantanhedense				<b>2:20.96</b>	378	
	50m:	32.42	32.42	100m:	1:08.49	36.07	150m:	1:45.73	37.24	200m:	2:20.96	35.23
17.	Edgar Tavares, MENDES				06	Academica de Coimbra				<b>2:22.00</b>	370	
	50m:	31.72	31.72	100m:	1:07.45	35.73	150m:	1:44.93	37.48	200m:	2:22.00	37.07
18.	Carlos Miguel, OLIVEIRA				06	Fundacao Beatriz Santos				<b>2:24.37</b>	352	
	50m:	32.28	32.28	100m:	1:09.36	37.08	150m:	1:48.65	39.29	200m:	2:24.37	35.72
19.	Gustavo Teixeira, PIRES				06	Columbofila Cantanhedense				<b>2:25.40</b>	345	
	50m:	32.44	32.44	100m:	1:09.42	36.98	150m:	1:48.43	39.01	200m:	2:25.40	36.97
20.	Renato Maria, FERREIRA				04	Uniao Coimbra				<b>2:25.65</b>	343	
	50m:	32.08	32.08	100m:	1:10.07	37.99	150m:	1:48.29	38.22	200m:	2:25.65	37.36
21.	Diogo Rodrigues, CARVALHO				05	Vigor da Mocidade				<b>2:25.76</b>	342	
	50m:	32.64	32.64	100m:	1:09.04	36.40	150m:	1:47.05	38.01	200m:	2:25.76	38.71
22.	Rodrigo Neves, DUARTE				06	Louzan Natacao				<b>2:33.09</b>	295	
	50m:	35.51	35.51	100m:	1:14.54	39.03	150m:	1:54.98	40.44	200m:	2:33.09	38.11
23.	Simao Pimenta, CATARINO				06	Fundacao Beatriz Santos				<b>2:45.34</b>	234	
	50m:	36.83	36.83	100m:	1:20.48	43.65	150m:	2:04.02	43.54	200m:	2:45.34	41.32

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20, Masc., 200m Livres

Prova 20	Masc., 200m Livres				Abs
08-05-2021 - 17:55					Resultados
Rec Nacionais Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06-04-2019
Rec Nacionais Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06-04-2019
Rec Nacionais Jun 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14-07-2005
Rec Nacionais Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Nacionais Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24-07-2009
Rec Nacionais Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02-08-2019
Rec Reg ANC Absoluto	1:49.62	Mario Alexandre, PEREIRA	CNAC		03-09-2015
Rec Reg ANC Sen	1:49.62	Mario Alexandre, PEREIRA	CNAC	Coimbra	19-12-2015
Rec Reg ANC Jun 18	1:54.69	Tomas Miguel, VELOSO	CNAC	Oeiras	24-07-2014
Rec Reg ANC Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC		11-07-2020
Rec Reg ANC Juv A	1:57.38	Diogo Matos, RIBEIRO	CUC	Lisboa - Jamor	17-08-1977
Rec Reg ANC Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Coimbra	24-07-2019

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Gustavo Pires, MARQUES		04	Uniao Coimbra				<b>1:56.61</b>	669
	50m:	27.57 27.57	100m:	57.67	30.10	150m:	1:27.98 30.31	200m:	1:56.61 28.63
2.	Goncalo Andre, GOMES		03	Fundacao Beatriz Santos				<b>1:57.71</b>	650
	50m:	27.70 27.70	100m:	57.60	29.90	150m:	1:27.71 30.11	200m:	1:57.71 30.00
3.	Lucas Pereira, BASTOS		00	Nautico Academico				<b>1:57.77</b>	649
	50m:	27.72 27.72	100m:	57.14	29.42	150m:	1:27.56 30.42	200m:	1:57.77 30.21
4.	Martim Miranda, MACHADO		03	Uniao Coimbra				<b>2:01.43</b>	592
	50m:	28.50 28.50	100m:	59.11	30.61	150m:	1:30.27 31.16	200m:	2:01.43 31.16
5.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				<b>2:06.20</b>	527
	50m:	29.63 29.63	100m:	1:01.58	31.95	150m:	1:33.98 32.40	200m:	2:06.20 32.22
6.	Tiago Andre, POIARES		04	Fundacao Beatriz Santos				<b>2:07.27</b>	514
	50m:	29.72 29.72	100m:	1:01.90	32.18	150m:	1:35.31 33.41	200m:	2:07.27 31.96
7.	Afonso Miguel, AMADO		05	Miranda do Corvo				<b>2:08.81</b>	496
	50m:	28.72 28.72	100m:	1:00.94	32.22	150m:	1:35.39 34.45	200m:	2:08.81 33.42
8.	Miguel Freitas, OVIEDO		02	Academica de Coimbra				<b>2:11.75</b>	464
	50m:	30.45 30.45	100m:	1:04.58	34.13	150m:	1:38.21 33.63	200m:	2:11.75 33.54
9.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense				<b>2:11.79</b>	463
	50m:	30.00 30.00	100m:	1:03.39	33.39	150m:	1:38.43 35.04	200m:	2:11.79 33.36
10.	Rui Joao, MARQUES		02	Nautico Academico				<b>2:11.94</b>	462
	50m:	30.03 30.03	100m:	1:02.36	32.33	150m:	1:36.63 34.27	200m:	2:11.94 35.31
11.	Francisco Couto, FRAZAO		06	Uniao Coimbra				<b>2:12.06</b>	460
	50m:	31.00 31.00	100m:	1:06.25	35.25	150m:	1:40.11 33.86	200m:	2:12.06 31.95
12.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				<b>2:12.99</b>	451
	50m:	30.27 30.27	100m:	1:04.17	33.90	150m:	1:39.19 35.02	200m:	2:12.99 33.80
13.	Antonio, GLAVATSKY		05	Academica de Coimbra				<b>2:14.33</b>	437
	50m:	30.10 30.10	100m:	1:03.70	33.60	150m:	1:39.70 36.00	200m:	2:14.33 34.63
14.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				<b>2:14.69</b>	434
	50m:	30.57 30.57	100m:	1:04.25	33.68	150m:	1:39.71 35.46	200m:	2:14.69 34.98
15.	Tomas Cardoso, GERALDO		05	Condeixa Clube				<b>2:15.10</b>	430
	50m:	31.23 31.23	100m:	1:05.78	34.55	150m:	1:41.31 35.53	200m:	2:15.10 33.79

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 20, Masc., 200m Livres, Abs

Lugar	Nome		Ano	Clube		Tempo final				Pts
16.	Joao Guilherme, LUCAS		06	Columbofila Cantanhedense		<b>2:15.27</b>				428
	50m:	31.37 31.37	100m:	1:06.08	34.71	150m:	1:40.79	34.71	200m:	2:15.27 34.48
17.	Samuel Baptista, FIGUEIRA		05	Academica de Coimbra		<b>2:16.82</b>				414
	50m:	31.46 31.46	100m:	1:06.96	35.50	150m:	1:43.65	36.69	200m:	2:16.82 33.17
18.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos		<b>2:20.91</b>				379
	50m:	32.79 32.79	100m:	1:09.11	36.32	150m:	1:45.62	36.51	200m:	2:20.91 35.29
19.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense		<b>2:20.96</b>				378
	50m:	32.42 32.42	100m:	1:08.49	36.07	150m:	1:45.73	37.24	200m:	2:20.96 35.23
20.	Edgar Tavares, MENDES		06	Academica de Coimbra		<b>2:22.00</b>				370
	50m:	31.72 31.72	100m:	1:07.45	35.73	150m:	1:44.93	37.48	200m:	2:22.00 37.07
21.	Carlos Miguel, OLIVEIRA		06	Fundacao Beatriz Santos		<b>2:24.37</b>				352
	50m:	32.28 32.28	100m:	1:09.36	37.08	150m:	1:48.65	39.29	200m:	2:24.37 35.72
22.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense		<b>2:25.40</b>				345
	50m:	32.44 32.44	100m:	1:09.42	36.98	150m:	1:48.43	39.01	200m:	2:25.40 36.97
23.	Renato Maria, FERREIRA		04	Uniao Coimbra		<b>2:25.65</b>				343
	50m:	32.08 32.08	100m:	1:10.07	37.99	150m:	1:48.29	38.22	200m:	2:25.65 37.36
24.	Diogo Rodrigues, CARVALHO		05	Vigor da Mocidade		<b>2:25.76</b>				342
	50m:	32.64 32.64	100m:	1:09.04	36.40	150m:	1:47.05	38.01	200m:	2:25.76 38.71
25.	Rodrigo Neves, DUARTE		06	Louzan Natacao		<b>2:33.09</b>				295
	50m:	35.51 35.51	100m:	1:14.54	39.03	150m:	1:54.98	40.44	200m:	2:33.09 38.11
26.	Simao Pimenta, CATARINO		06	Fundacao Beatriz Santos		<b>2:45.34</b>				234
	50m:	36.83 36.83	100m:	1:20.48	43.65	150m:	2:04.02	43.54	200m:	2:45.34 41.32

Prova 21

08-05-2021 - 18:15

Femin., 400m Livres

Inf B

Resultados

Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Inf B	4:43.70	Alexandra Maria, SILVA	FCP	Funchal	27-07-1979
Rec Reg ANC Absoluto	4:19.98	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Inf B	4:46.19	Mariana Cunha, GUERRA	ASSSCC	Porto	25-07-2010

Pontos: FINA 2021

Lugar	Nome		Ano	Clube		Tempo final				Pts
1.	Margarida Pessoa, MONTEIRO		09	Columbofila Cantanhedense		<b>5:52.39</b>				302
	50m:	41.93 41.93	150m:	2:11.17	44.63	250m:	3:40.48	44.31	350m:	5:08.47 43.75
	100m:	1:26.54 44.61	200m:	2:56.17	45.00	300m:	4:24.72	44.24	400m:	5:52.39 43.92
2.	Sofia Fonseca, PRIMO		09	Miranda do Corvo		<b>5:56.46</b>				291
	50m:	39.62 39.62	150m:	2:09.75	45.09	250m:	3:42.43	45.83	350m:	5:13.10 45.24
	100m:	1:24.66 45.04	200m:	2:56.60	46.85	300m:	4:27.86	45.43	400m:	5:56.46 43.36
3.	Matilde Domingues, PIRES		09	Columbofila Cantanhedense		<b>5:59.50</b>				284
	50m:	39.41 39.41	150m:	2:11.00	46.99	250m:	3:44.10	47.55	350m:	5:16.09 45.25
	100m:	1:24.01 44.60	200m:	2:56.55	45.55	300m:	4:30.84	46.74	400m:	5:59.50 43.41
4.	Raquel Alexandra, CANCELA		09	Miranda do Corvo		<b>6:00.04</b>				283
	50m:	40.26 40.26	150m:	2:12.18	46.71	250m:	3:46.02	47.01	350m:	5:19.50 46.34
	100m:	1:25.47 45.21	200m:	2:59.01	46.83	300m:	4:33.16	47.14	400m:	6:00.04 40.54

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

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

Lugar			Ano					Tempo final	Pts
5.	Maria Miranda, MACEDO		09	Columbofila Cantanhedense				<b>6:14.15</b>	252
	50m:	41.93 41.93	150m:	2:16.44 48.36	250m:	3:51.21 47.65	350m:	5:28.62 49.30	
	100m:	1:28.08 46.15	200m:	3:03.56 47.12	300m:	4:39.32 48.11	400m:	6:14.15 45.53	
6.	Maria Alexandra, MOREIRA		09	Condeixa Clube				<b>6:16.94</b>	246
	50m:	41.25 41.25	150m:	2:15.52 48.44	250m:	3:53.89 50.16	350m:	5:31.74 48.63	
	100m:	1:27.08 45.83	200m:	3:03.73 48.21	300m:	4:43.11 49.22	400m:	6:16.94 45.20	
7.	Ana Rita, CARVALHO		09	Condeixa Clube				<b>6:22.20</b>	236
	50m:	41.82 41.82	150m:	2:17.15 48.40	250m:	3:56.34 50.20	350m:	5:36.00 49.09	
	100m:	1:28.75 46.93	200m:	3:06.14 48.99	300m:	4:46.91 50.57	400m:	6:22.20 46.20	
8.	Gabriela Leonardo, MEDINA		09	Condeixa Clube				<b>6:23.62</b>	234
	50m:	43.39 43.39	150m:	2:19.85 48.45	250m:	3:59.32 48.57	350m:	5:38.68 49.07	
	100m:	1:31.40 48.01	200m:	3:10.75 50.90	300m:	4:49.61 50.29	400m:	6:23.62 44.94	
9.	Ana Laura, LUCAS		09	Columbofila Cantanhedense				<b>7:05.99</b>	171
	50m:	46.52 46.52	150m:	2:35.20 55.56	250m:	4:25.72 55.16	350m:	6:14.22 53.19	
	100m:	1:39.64 53.12	200m:	3:30.56 55.36	300m:	5:21.03 55.31	400m:	7:05.99 51.77	

Prova 21  
08-05-2021 - 18:15

Femin., 400m Livres

Inf A  
Resultados

Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Inf A	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	08-08-1980
Rec Reg ANC Absoluto	4:19.98	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Inf A	4:36.99	Mariana Cunha, GUERRA	ASSSCC	Rio Maior	03-07-2011

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Julia Maria, SOARES		08	Miranda do Corvo				<b>5:26.74</b>	379
	50m:	36.66 36.66	150m:	2:00.64 42.66	250m:	3:25.18 42.49	350m:	4:48.52 41.55	
	100m:	1:17.98 41.32	200m:	2:42.69 42.05	300m:	4:06.97 41.79	400m:	5:26.74 38.22	
2.	Francisca Santos, FERNANDES		08	Miranda do Corvo				<b>5:35.58</b>	349
	50m:	37.77 37.77	150m:	2:02.64 43.47	250m:	3:29.66 43.94	350m:	4:56.12 43.12	
	100m:	1:19.17 41.40	200m:	2:45.72 43.08	300m:	4:13.00 43.34	400m:	5:35.58 39.46	
3.	Maria Manuel, CORTESAO		08	Nautico Academico				<b>5:41.23</b>	332
	50m:	36.66 36.66	150m:	2:01.43 43.34	250m:	3:29.51 44.19	350m:	4:58.28 44.30	
	100m:	1:18.09 41.43	200m:	2:45.32 43.89	300m:	4:13.98 44.47	400m:	5:41.23 42.95	
4.	Laura Silva, FERNANDES		08	Miranda do Corvo				<b>5:43.94</b>	324
	50m:	38.09 38.09	150m:	2:04.24 44.02	250m:	3:32.60 44.08	350m:	5:01.87 44.29	
	100m:	1:20.22 42.13	200m:	2:48.52 44.28	300m:	4:17.58 44.98	400m:	5:43.94 42.07	
5.	Mariana Santos, ALMEIDA		08	Columbofila Cantanhedense				<b>5:44.02</b>	324
	50m:	38.23 38.23	150m:	2:05.43 44.21	250m:	3:34.21 44.01	350m:	5:01.94 43.41	
	100m:	1:21.22 42.99	200m:	2:50.20 44.77	300m:	4:18.53 44.32	400m:	5:44.02 42.08	
6.	Catarina Sargaco, TEIXEIRA		08	Columbofila Cantanhedense				<b>5:49.15</b>	310
	50m:	40.79 40.79	150m:	2:10.69 45.28	250m:	3:38.00 43.12	350m:	5:07.03 44.20	
	100m:	1:25.41 44.62	200m:	2:54.88 44.19	300m:	4:22.83 44.83	400m:	5:49.15 42.12	
7.	Raquel Filipa, JESUS		08	Fundacao Beatriz Santos				<b>5:49.80</b>	308
	50m:	38.15 38.15	150m:	2:08.73 45.53	250m:	3:39.92 45.77	350m:	5:09.45 44.39	
	100m:	1:23.20 45.05	200m:	2:54.15 45.42	300m:	4:25.06 45.14	400m:	5:49.80 40.35	
8.	Ana Sofia, PARAISO		08	Fundacao Beatriz Santos				<b>5:56.80</b>	291
	50m:	39.38 39.38	150m:	2:11.63 46.56	250m:	3:45.45 46.73	350m:	5:17.13 45.76	
	100m:	1:25.07 45.69	200m:	2:58.72 47.09	300m:	4:31.37 45.92	400m:	5:56.80 39.67	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

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

Lugar			Ano					Tempo final	Pts
9.	Maria Gabriela, RANGEL		08	Fundacao Beatriz Santos				<b>6:08.04</b>	265
	50m:	40.16 40.16	150m:	2:13.43	47.78	250m:	3:47.53 47.41	350m:	5:22.62 46.84
	100m:	1:25.65 45.49	200m:	3:00.12	46.69	300m:	4:35.78 48.25	400m:	6:08.04 45.42
10.	Ines Serralheiro, SANTOS		08	Columbofila Cantanhedense				<b>6:34.43</b>	215
	50m:	41.07 41.07	150m:	2:17.14	49.26	250m:	3:57.96 51.10	350m:	5:42.81 51.66
	100m:	1:27.88 46.81	200m:	3:06.86	49.72	300m:	4:51.15 53.19	400m:	6:34.43 51.62

Prova 21 Femin., 400m Livres Juv B  
08-05-2021 - 18:15 Resultados

Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
Rec Reg ANC Absoluto	4:19.98	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Juv B	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	23-07-2007

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				<b>4:47.02</b>	559
	50m:	34.26 34.26	150m:	1:47.45	36.65	250m:	3:00.05 36.12	350m:	4:11.75 35.14
	100m:	1:10.80 36.54	200m:	2:23.93	36.48	300m:	3:36.61 36.56	400m:	4:47.02 35.27
2.	Dania Rodrigues, SIMOES		07	Louzan Natacao				<b>4:59.35</b>	492
	50m:	34.45 34.45	150m:	1:50.42	38.35	250m:	3:07.58 38.37	350m:	4:23.59 37.59
	100m:	1:12.07 37.62	200m:	2:29.21	38.79	300m:	3:46.00 38.42	400m:	4:59.35 35.76
3.	Luna Almeida, RODRIGUES		07	Columbofila Cantanhedense				<b>5:28.05</b>	374
	50m:	36.54 36.54	150m:	2:00.64	42.00	250m:	3:24.27 41.76	350m:	4:47.68 41.45
	100m:	1:18.64 42.10	200m:	2:42.51	41.87	300m:	4:06.23 41.96	400m:	5:28.05 40.37

Prova 21 Femin., 400m Livres Juv A  
08-05-2021 - 18:15 Resultados

Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07-06-2014
Rec Reg ANC Absoluto	4:19.98	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Juv A	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	01-04-2017

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Maria Neto, FERREIRA		06	Fundacao Beatriz Santos				<b>4:47.72</b>	555
	50m:	32.10 32.10	150m:	1:44.88	36.94	250m:	2:58.77 36.87	350m:	4:11.93 36.56
	100m:	1:07.94 35.84	200m:	2:21.90	37.02	300m:	3:35.37 36.60	400m:	4:47.72 35.79
2.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo				<b>4:57.17</b>	503
	50m:	33.85 33.85	150m:	1:46.96	36.95	250m:	3:02.07 37.53	350m:	4:19.02 38.72
	100m:	1:10.01 36.16	200m:	2:24.54	37.58	300m:	3:40.30 38.23	400m:	4:57.17 38.15
3.	Joana Filipa, VARELA		06	Fundacao Beatriz Santos				<b>5:09.12</b>	447
	50m:	34.45 34.45	150m:	1:51.56	38.53	250m:	3:09.44 38.46	350m:	4:30.70 40.80
	100m:	1:13.03 38.58	200m:	2:30.98	39.42	300m:	3:49.90 40.46	400m:	5:09.12 38.42

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 21, Femin., 400m Livres

Prova 21 08-05-2021 - 18:15	Femin., 400m Livres				Juv /Jun Resultados
Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23-07-2016
Rec Nacionais Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04-08-2002
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07-06-2014
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
Rec Reg ANC Absoluto	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Jun 17	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Jun 16	4:23.05	Maria Miguel, VELOSO	CNAC		15-04-2009
Rec Reg ANC Juv A	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	01-04-2017
Rec Reg ANC Juv B	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	23-07-2007

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	<b>4:47.02</b>				559
50m: 34.26 34.26	150m: 1:47.45	36.65	250m: 3:00.05	36.12	350m: 4:11.75	35.14	
100m: 1:10.80 36.54	200m: 2:23.93	36.48	300m: 3:36.61	36.56	400m: 4:47.02	35.27	
2. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>4:47.72</b>				555
50m: 32.10 32.10	150m: 1:44.88	36.94	250m: 2:58.77	36.87	350m: 4:11.93	36.56	
100m: 1:07.94 35.84	200m: 2:21.90	37.02	300m: 3:35.37	36.60	400m: 4:47.72	35.79	
3. Beatriz Ferreira, GASPAR	04	Uniao Coimbra	<b>4:49.06</b>				547
50m: 33.86 33.86	150m: 1:47.81	36.93	250m: 3:01.64	36.70	350m: 4:14.69	36.28	
100m: 1:10.88 37.02	200m: 2:24.94	37.13	300m: 3:38.41	36.77	400m: 4:49.06	34.37	
4. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	<b>4:49.95</b>				542
50m: 32.23 32.23	150m: 1:44.72	36.54	250m: 2:59.19	37.38	350m: 4:13.92	37.33	
100m: 1:08.18 35.95	200m: 2:21.81	37.09	300m: 3:36.59	37.40	400m: 4:49.95	36.03	
5. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>4:57.17</b>				503
50m: 33.85 33.85	150m: 1:46.96	36.95	250m: 3:02.07	37.53	350m: 4:19.02	38.72	
100m: 1:10.01 36.16	200m: 2:24.54	37.58	300m: 3:40.30	38.23	400m: 4:57.17	38.15	
6. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>4:59.35</b>				492
50m: 34.45 34.45	150m: 1:50.42	38.35	250m: 3:07.58	38.37	350m: 4:23.59	37.59	
100m: 1:12.07 37.62	200m: 2:29.21	38.79	300m: 3:46.00	38.42	400m: 4:59.35	35.76	
7. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>5:09.12</b>				447
50m: 34.45 34.45	150m: 1:51.56	38.53	250m: 3:09.44	38.46	350m: 4:30.70	40.80	
100m: 1:13.03 38.58	200m: 2:30.98	39.42	300m: 3:49.90	40.46	400m: 5:09.12	38.42	
8. Beatriz Pereira, MARQUES	05	Columbofila Cantanhedense	<b>5:16.84</b>				415
50m: 36.23 36.23	150m: 1:56.61	40.26	250m: 3:17.59	40.46	350m: 4:38.44	40.69	
100m: 1:16.35 40.12	200m: 2:37.13	40.52	300m: 3:57.75	40.16	400m: 5:16.84	38.40	
9. Camila Cavaleiro, SILVA	05	Columbofila Cantanhedense	<b>5:18.41</b>				409
50m: 35.79 35.79	150m: 1:56.60	40.83	250m: 3:19.97	41.63	350m: 4:41.22	38.76	
100m: 1:15.77 39.98	200m: 2:38.34	41.74	300m: 4:02.46	42.49	400m: 5:18.41	37.19	
10. Ana Sofia, CASTANHEIRA	04	Condeixa Clube	<b>5:19.26</b>				406
50m: 35.09 35.09	150m: 1:54.45	40.49	250m: 3:16.45	40.92	350m: 4:38.83	41.25	
100m: 1:13.96 38.87	200m: 2:35.53	41.08	300m: 3:57.58	41.13	400m: 5:19.26	40.43	
11. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	<b>5:28.05</b>				374
50m: 36.54 36.54	150m: 2:00.64	42.00	250m: 3:24.27	41.76	350m: 4:47.68	41.45	
100m: 1:18.64 42.10	200m: 2:42.51	41.87	300m: 4:06.23	41.96	400m: 5:28.05	40.37	
DNS Maria Alexandra, MARQUES	04	Academica de Coimbra					

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 21, Femin., 400m Livres

Prova 21	Femin., 400m Livres				Abs
08-05-2021 - 18:15					Resultados
Rec Nacionais Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Sen	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25-06-2018
Rec Nacionais Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23-07-2016
Rec Nacionais Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04-08-2002
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07-06-2014
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
Rec Reg ANC Absoluto	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Sen	4:22.19	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	03-04-2015
Rec Reg ANC Jun 17	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26-05-2013
Rec Reg ANC Jun 16	4:23.05	Maria Miguel, VELOSO	CNAC		15-04-2009
Rec Reg ANC Juv A	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	01-04-2017
Rec Reg ANC Juv B	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	23-07-2007

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
<b>1. Camila Rodrigues, REBELO</b>	<b>03</b>	<b>Louzan Natacao</b>	<b>4:35.46</b>	<b>632</b>		
50m: 31.22 31.22	150m: 1:40.86	35.12	250m: 2:51.19	35.35	350m: 4:01.07	34.88
100m: 1:05.74 34.52	200m: 2:15.84	34.98	300m: 3:26.19	35.00	400m: 4:35.46	34.39
<b>2. Maria Carlota, REBELO</b>	<b>03</b>	<b>Louzan Natacao</b>	<b>4:42.19</b>	<b>588</b>		
50m: 31.93 31.93	150m: 1:42.36	35.64	250m: 2:54.57	36.19	350m: 4:07.17	36.40
100m: 1:06.72 34.79	200m: 2:18.38	36.02	300m: 3:30.77	36.20	400m: 4:42.19	35.02
<b>3. Marta Andre, AGUILAR</b>	<b>07</b>	<b>Fundacao Beatriz Santos</b>	<b>4:47.02</b>	<b>559</b>		
50m: 34.26 34.26	150m: 1:47.45	36.65	250m: 3:00.05	36.12	350m: 4:11.75	35.14
100m: 1:10.80 36.54	200m: 2:23.93	36.48	300m: 3:36.61	36.56	400m: 4:47.02	35.27
<b>4. Maria Neto, FERREIRA</b>	<b>06</b>	<b>Fundacao Beatriz Santos</b>	<b>4:47.72</b>	<b>555</b>		
50m: 32.10 32.10	150m: 1:44.88	36.94	250m: 2:58.77	36.87	350m: 4:11.93	36.56
100m: 1:07.94 35.84	200m: 2:21.90	37.02	300m: 3:35.37	36.60	400m: 4:47.72	35.79
<b>5. Ines Mariana, PINHEIRO</b>	<b>03</b>	<b>Academica de Coimbra</b>	<b>4:48.52</b>	<b>550</b>		
50m: 32.86 32.86	150m: 1:45.18	36.79	250m: 2:59.56	37.16	350m: 4:13.01	36.60
100m: 1:08.39 35.53	200m: 2:22.40	37.22	300m: 3:36.41	36.85	400m: 4:48.52	35.51
<b>6. Beatriz Ferreira, GASPAR</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>4:49.06</b>	<b>547</b>		
50m: 33.86 33.86	150m: 1:47.81	36.93	250m: 3:01.64	36.70	350m: 4:14.69	36.28
100m: 1:10.88 37.02	200m: 2:24.94	37.13	300m: 3:38.41	36.77	400m: 4:49.06	34.37
<b>7. Marisa Isabel, NOBRE</b>	<b>05</b>	<b>Columbofila Cantanhedense</b>	<b>4:49.95</b>	<b>542</b>		
50m: 32.23 32.23	150m: 1:44.72	36.54	250m: 2:59.19	37.38	350m: 4:13.92	37.33
100m: 1:08.18 35.95	200m: 2:21.81	37.09	300m: 3:36.59	37.40	400m: 4:49.95	36.03
<b>8. Matilde Fonseca, OLIVEIRA</b>	<b>06</b>	<b>Miranda do Corvo</b>	<b>4:57.17</b>	<b>503</b>		
50m: 33.85 33.85	150m: 1:46.96	36.95	250m: 3:02.07	37.53	350m: 4:19.02	38.72
100m: 1:10.01 36.16	200m: 2:24.54	37.58	300m: 3:40.30	38.23	400m: 4:57.17	38.15
<b>9. Dania Rodrigues, SIMOES</b>	<b>07</b>	<b>Louzan Natacao</b>	<b>4:59.35</b>	<b>492</b>		
50m: 34.45 34.45	150m: 1:50.42	38.35	250m: 3:07.58	38.37	350m: 4:23.59	37.59
100m: 1:12.07 37.62	200m: 2:29.21	38.79	300m: 3:46.00	38.42	400m: 4:59.35	35.76
<b>10. Sara Dias, NEVES</b>	<b>03</b>	<b>Miranda do Corvo</b>	<b>5:04.11</b>	<b>470</b>		
50m: 34.80 34.80	150m: 1:51.30	38.44	250m: 3:08.78	38.67	350m: 4:26.12	38.58
100m: 1:12.86 38.06	200m: 2:30.11	38.81	300m: 3:47.54	38.76	400m: 5:04.11	37.99
<b>11. Joana Filipa, VARELA</b>	<b>06</b>	<b>Fundacao Beatriz Santos</b>	<b>5:09.12</b>	<b>447</b>		
50m: 34.45 34.45	150m: 1:51.56	38.53	250m: 3:09.44	38.46	350m: 4:30.70	40.80
100m: 1:13.03 38.58	200m: 2:30.98	39.42	300m: 3:49.90	40.46	400m: 5:09.12	38.42

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 21, Femin., 400m Livres, Abs

Lugar	Ano	Tempo final	Pts
12. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>5:16.84</b>	415
50m: 36.23 36.23 150m: 1:56.61 40.26 250m: 3:17.59 40.46 350m: 4:38.44 40.69			
100m: 1:16.35 40.12 200m: 2:37.13 40.52 300m: 3:57.75 40.16 400m: 5:16.84 38.40			
13. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>5:18.41</b>	409
50m: 35.79 35.79 150m: 1:56.60 40.83 250m: 3:19.97 41.63 350m: 4:41.22 38.76			
100m: 1:15.77 39.98 200m: 2:38.34 41.74 300m: 4:02.46 42.49 400m: 5:18.41 37.19			
14. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	<b>5:19.26</b>	406
50m: 35.09 35.09 150m: 1:54.45 40.49 250m: 3:16.45 40.92 350m: 4:38.83 41.25			
100m: 1:13.96 38.87 200m: 2:35.53 41.08 300m: 3:57.58 41.13 400m: 5:19.26 40.43			
15. Luna Almeida, RODRIGUES	07 Columbofila Cantanhedense	<b>5:28.05</b>	374
50m: 36.54 36.54 150m: 2:00.64 42.00 250m: 3:24.27 41.76 350m: 4:47.68 41.45			
100m: 1:18.64 42.10 200m: 2:42.51 41.87 300m: 4:06.23 41.96 400m: 5:28.05 40.37			
DNS Ana Rita, QUEIROZ	02 Condeixa Clube		
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Prova 22 Masc., 4 x 50m Estilos Abs  
08-05-2021 - 19:05 Resultados

Rec Nacionais Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Rec Nacionais Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Rec Nacionais Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10-04-2010
Rec Nacionais Juv A	1:54.16				
Rec Nacionais Juv A/B	1:54.16				
Rec Nacionais Juv B	1:56.81				
Rec Reg ANC Absoluto	1:46.69	Clube Náutico Académico de Coimbra			18-05-2012
Rec Reg ANC Sen	1:46.69	Clube Náutico Académico de Coimbra	CNAC		18-05-2012
Rec Reg ANC Jun	1:50.17	Associação Académica de Coimbra	AAC		18-05-2012
Rec Reg ANC Jun 17	1:50.17	Associação Académica de Coimbra	AAC		18-05-2012
Rec Reg ANC Juv A	1:54.16	Associação Académica de Coimbra	AAC		
Rec Reg ANC Juv A/B	1:54.16	Associação Académica de Coimbra	AAC		06-06-2010
Rec Reg ANC Juv B	1:58.44	Clube Uniao 1919	CUC	Coimbra	08-06-2019

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Uniao Coimbra Jun	<b>1:51.32</b>	591
Diogo Matos, RIBEIRO 04 +0,57 27.28	Rodrigo Miguel, REIS 04 +0,31 25.98	
Gustavo Pires, MARQUES 04 +0,09 33.05	Martim Miranda, MACHADO 03 +0,22 25.01	
2. Fundacao Beatriz Santos Abs	<b>1:51.54</b>	587
Joao Pedro, DIAS 02 +0,68 29.96	Ricardo Jorge, DOMINGUES 02 +0,46 26.21	
Joao Ventura, PAIS 02 +0,23 30.71	Goncalo Andre, GOMES 03 +0,26 24.66	
3. Uniao Coimbra Abs	<b>1:56.15</b>	520
David Valdagua, COUTINHO 03 +0,63 30.42	Bernardo Vinagre, ARZILEIRO 01 +0,26 27.92	
Joaquim Agra, MERUJE 01 +0,23 32.28	Rui Mamede, SANTOS 04 +0,36 25.53	
4. Condeixa Clube Abs	<b>2:02.74</b>	441
Diogo Ribas, MATOS 02 +0,75 32.60	Jose Miguel, MARQUES 06 +0,25 29.29	
Diogo Cura, NEVES 06 +0,33 36.59	Rodrigo Ribeiro, GOMES 00 +0,34 24.26	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 23	Femin., 4 x 50m Estilos					Abs
08-05-2021 - 19:05						Resultados
Rec Nacionais Absoluto	1:56.39	Sport Alges e Dafundo	SAD	Funchal		03-08-2019
Rec Nacionais Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra		10-04-2010
Rec Nacionais Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra		31-07-2010
Rec Nacionais Juv A	2:08.21					
Rec Nacionais Juv A/B	2:02.78					
Rec Nacionais Juv B	2:10.12					
Rec Reg ANC Absoluto	2:03.97	Associação Académica de CoimbraAAC				01-05-2017
Rec Reg ANC Sen	2:07.74	Clube Náutico Académico de CoimbcNAC				01-05-2012
Rec Reg ANC Jun 17	2:06.01	Associação Académica de CoimbraAAC				01-05-2016
Rec Reg ANC Jun	2:06.01	Associação Académica de CoimbraAAC				03-09-2016
Rec Reg ANC Jun 16	2:06.21	Clube Náutico Académico de CoimbcNAC				01-05-2010
Rec Reg ANC Juv A	2:10.12	tempo limite				
Rec Reg ANC Juv A/B	2:10.12	Clube Náutico Académico de CoimbcNAC				06-06-2011
Rec Reg ANC Juv B	2:10.12	Clube Náutico Académico de CoimbcNAC				01-05-2011

Pontos: FINA 2021

Lugar					Tempo final	Pts
<b>1. Louzan Natacao Abs</b>	<b>Louzan Natacao</b>				<b>2:06.40</b>	<b>585</b>
Leonor Correia, PAIVA	04	+0,65	32.45	Camila Rodrigues, REBELO	03 +0,43	29.99
Maria Carlota, REBELO	03		35.37	Mariana Carmo, ROSA	05	28.59
<b>2. Academica de Coimbra Abs</b>	<b>Academica de Coimbra</b>				<b>2:13.14</b>	<b>501</b>
Ana Carolina, NEVES	00	+0,62	32.55	Beatriz Costa, TEJO	02 +0,35	28.73
Mariana Marques, ALMEIDA	07	+0,32	42.92	Ines Mariana, PINHEIRO	03 +0,49	28.94
<b>3. Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>				<b>2:13.42</b>	<b>497</b>
Barbara Almeida, SIMOES	05	+0,63	34.39	Ana Carolina, MONTEIRO	04 +0,45	31.24
Beatriz Ferreira, GASPAR	04	+0,50	40.30	Joana Francisca, RODRIGUES	04 +0,43	27.49
<b>4. Fundacao Beatriz Santos Abs</b>	<b>Fundacao Beatriz Santos</b>				<b>2:14.21</b>	<b>489</b>
Maria Neto, FERREIRA	06	+0,86	35.24	Leonor Mil, MANO	07 +0,31	30.31
Beatriz Andre, GASPAR	06	+0,47	39.57	Maria Vitoria, GRILO	06 +0,51	29.09
<b>5. Condeixa Clube Abs</b>	<b>Condeixa Clube</b>				<b>2:16.23</b>	<b>467</b>
Ines Oliveira, TEIXEIRA	02	+0,66	33.29	Matilde Alves, FLORENCIO	04 +0,22	31.38
Ana Sofia, CASTANHEIRA	04		41.39	Anita Gouveia, COSTA	06	30.17

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

3 - 2ª Jornada - 1ª Sessão

09-05-2021 - 9:30

Prova 24	Femin., 200m Livres				Inf B
09-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24-07-2009
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Inf B	2:17.92	Mariana Cunha, GUERRA	ASSSCC	Porto	23-07-2010
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Anastacia, PROTOLYUK	09	Columbofila Cantanhedense		<b>2:42.41</b>	336	
50m: 37.89 37.89	100m: 1:19.59	41.70	150m: 2:01.34	41.75	200m: 2:42.41	41.07
2. Margarida Pessoa, MONTEIRO	09	Columbofila Cantanhedense		<b>2:48.91</b>	299	
50m: 37.95 37.95	100m: 1:21.16	43.21	150m: 2:04.39	43.23	200m: 2:48.91	44.52
3. Matilde Domingues, PIRES	09	Columbofila Cantanhedense		<b>2:52.99</b>	278	
50m: 39.17 39.17	100m: 1:23.06	43.89	150m: 2:08.40	45.34	200m: 2:52.99	44.59
4. Gabriela Leonardo, MEDINA	09	Condeixa Clube		<b>3:04.21</b>	230	
50m: 40.26 40.26	100m: 1:28.13	47.87	150m: 2:17.34	49.21	200m: 3:04.21	46.87
5. Maria Alexandra, MOREIRA	09	Condeixa Clube		<b>3:04.70</b>	228	
50m: 41.59 41.59	100m: 1:28.23	46.64	150m: 2:18.51	50.28	200m: 3:04.70	46.19
6. Ana Laura, LUCAS	09	Columbofila Cantanhedense		<b>3:24.20</b>	169	
50m: 46.43 46.43	100m: 1:39.29	52.86	150m: 2:32.86	53.57	200m: 3:24.20	51.34
DSQ Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense				
<i>Falsa partida</i>						

Prova 24	Femin., 200m Livres				Inf A
09-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras	11-04-2015
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Inf A	2:12.61	Marisa Isabel, NOBRE	ASSSCC		22-07-2018
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense		<b>2:48.87</b>	299	
50m: 39.57 39.57	100m: 1:22.93	43.36	150m: 2:07.63	44.70	200m: 2:48.87	41.24
2. Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense		<b>2:48.90</b>	299	
50m: 38.92 38.92	100m: 1:22.66	43.74	150m: 2:06.78	44.12	200m: 2:48.90	42.12
3. Raquel Filipa, JESUS	08	Fundacao Beatriz Santos		<b>2:50.77</b>	289	
50m: 37.52 37.52	100m: 1:22.70	45.18	150m: 2:07.65	44.95	200m: 2:50.77	43.12
4. Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos		<b>2:54.87</b>	269	
50m: 37.84 37.84	100m: 1:23.27	45.43	150m: 2:10.21	46.94	200m: 2:54.87	44.66
5. Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense		<b>3:07.75</b>	217	
50m: 40.06 40.06	100m: 1:28.02	47.96	150m: 2:17.98	49.96	200m: 3:07.75	49.77

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 24, Femin., 200m Livres

Prova 24	Femin., 200m Livres				Juv B
09-05-2021 - 9:30					Resultados
Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Leonor Mil, MANO	07	Fundacao Beatriz Santos			<b>2:17.73</b>	551
50m: 32.01 32.01	100m: 1:07.09	35.08	150m: 1:42.71	35.62	200m: 2:17.73	35.02
2. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos			<b>2:21.34</b>	510
50m: 32.83 32.83	100m: 1:09.20	36.37	150m: 1:45.95	36.75	200m: 2:21.34	35.39
3. Angela Rodrigues, REBELO	07	Louzan Natacao			<b>2:32.01</b>	410
50m: 34.72 34.72	100m: 1:12.96	38.24	150m: 1:52.65	39.69	200m: 2:32.01	39.36
4. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense			<b>2:39.12</b>	357
50m: 35.68 35.68	100m: 1:16.42	40.74	150m: 1:58.29	41.87	200m: 2:39.12	40.83
5. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos			<b>2:44.72</b>	322
50m: 37.72 37.72	100m: 1:19.69	41.97	150m: 2:03.13	43.44	200m: 2:44.72	41.59
6. Lara Carvalho, SANTOS	07	Nautico Academico			<b>2:50.95</b>	288
50m: 37.78 37.78	100m: 1:20.46	42.68	150m: 2:06.10	45.64	200m: 2:50.95	44.85

Prova 24	Femin., 200m Livres				Juv A
09-05-2021 - 9:30					Resultados

Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27-07-2018
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	02-04-2017
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Anita Gouveia, COSTA	06	Condeixa Clube			<b>2:16.37</b>	568
50m: 31.46 31.46	100m: 1:06.41	34.95	150m: 1:41.50	35.09	200m: 2:16.37	34.87
2. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos			<b>2:19.64</b>	529
50m: 31.47 31.47	100m: 1:07.06	35.59	150m: 1:43.63	36.57	200m: 2:19.64	36.01
3. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo			<b>2:21.52</b>	508
50m: 32.39 32.39	100m: 1:06.96	34.57	150m: 1:43.75	36.79	200m: 2:21.52	37.77
4. Diana Silva, TINOCO	06	Columbofila Cantanhedense			<b>2:26.61</b>	457
50m: 33.02 33.02	100m: 1:10.35	37.33	150m: 1:48.60	38.25	200m: 2:26.61	38.01
5. Rita Mendes, SANTOS	06	Vigor da Mocidade			<b>2:58.34</b>	254
50m: 39.34 39.34	100m: 1:26.99	47.65	150m: 2:12.66	45.67	200m: 2:58.34	45.68
6. Matilde Lucia, GASPAS	06	APC Coimbra			<b>4:00.98</b>	103
50m: 54.75 54.75	100m: 1:56.20	1:01.45	150m: 2:59.63	1:03.43	200m: 4:00.98	1:01.35

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 24, Femin., 200m Livres

Prova 24 09-05-2021 - 9:30	Femin., 200m Livres				Juv /Jun Resultados
Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	16-08-2020
Rec Nacionais Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06-07-2018
Rec Nacionais Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27-07-2018
Rec Nacionais Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Jun 17	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Jun 16	2:05.85	Camila Rodrigues, REBELO	ALN		25-03-2019
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	02-04-2017
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Mariana Carmo, ROSA	05	Louzan Natacao	<b>2:11.71</b>				631
50m: 29.66 29.66	100m: 1:02.12	32.46	150m: 1:37.16	35.04	200m: 2:11.71	34.55	
2. Anita Gouveia, COSTA	06	Condeixa Clube	<b>2:16.37</b>				568
50m: 31.46 31.46	100m: 1:06.41	34.95	150m: 1:41.50	35.09	200m: 2:16.37	34.87	
3. Leonor Mil, MANO	07	Fundacao Beatriz Santos	<b>2:17.73</b>				551
50m: 32.01 32.01	100m: 1:07.09	35.08	150m: 1:42.71	35.62	200m: 2:17.73	35.02	
4. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>2:19.64</b>				529
50m: 31.47 31.47	100m: 1:07.06	35.59	150m: 1:43.63	36.57	200m: 2:19.64	36.01	
5. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	<b>2:21.34</b>				510
50m: 32.83 32.83	100m: 1:09.20	36.37	150m: 1:45.95	36.75	200m: 2:21.34	35.39	
6. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>2:21.52</b>				508
50m: 32.39 32.39	100m: 1:06.96	34.57	150m: 1:43.75	36.79	200m: 2:21.52	37.77	
7. Marisa Isabel, NOBRE	05	Cumbofila Cantanhedense	<b>2:22.72</b>				496
50m: 31.66 31.66	100m: 1:07.06	35.40	150m: 1:45.25	38.19	200m: 2:22.72	37.47	
8. Diana Silva, TINOCO	06	Cumbofila Cantanhedense	<b>2:26.61</b>				457
50m: 33.02 33.02	100m: 1:10.35	37.33	150m: 1:48.60	38.25	200m: 2:26.61	38.01	
9. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>2:32.01</b>				410
50m: 34.72 34.72	100m: 1:12.96	38.24	150m: 1:52.65	39.69	200m: 2:32.01	39.36	
10. Laura Rodrigues, MARGATO	04	Academica de Coimbra	<b>2:32.49</b>				406
50m: 34.63 34.63	100m: 1:13.26	38.63	150m: 1:53.59	40.33	200m: 2:32.49	38.90	
11. Camila Cavaleiro, SILVA	05	Cumbofila Cantanhedense	<b>2:35.73</b>				381
50m: 35.15 35.15	100m: 1:14.75	39.60	150m: 1:56.12	41.37	200m: 2:35.73	39.61	
12. Luna Almeida, RODRIGUES	07	Cumbofila Cantanhedense	<b>2:39.12</b>				357
50m: 35.68 35.68	100m: 1:16.42	40.74	150m: 1:58.29	41.87	200m: 2:39.12	40.83	
13. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>2:44.72</b>				322
50m: 37.72 37.72	100m: 1:19.69	41.97	150m: 2:03.13	43.44	200m: 2:44.72	41.59	
14. Lara Carvalho, SANTOS	07	Nautico Academico	<b>2:50.95</b>				288
50m: 37.78 37.78	100m: 1:20.46	42.68	150m: 2:06.10	45.64	200m: 2:50.95	44.85	
15. Rita Mendes, SANTOS	06	Vigor da Mocidade	<b>2:58.34</b>				254
50m: 39.34 39.34	100m: 1:26.99	47.65	150m: 2:12.66	45.67	200m: 2:58.34	45.68	
16. Matilde Lucia, GASPAS	06	APC Coimbra	<b>4:00.98</b>				103
50m: 54.75 54.75	100m: 1:56.20	1:01.45	150m: 2:59.63	1:03.43	200m: 4:00.98	1:01.35	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 24, Femin., 200m Livres, Juv /Jun

Lugar	Ano	Tempo final	Pts
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Prova 24 Femin., 200m Livres Abs Resultados

Rec	Tempo	Nome	País	Local	Data
Rec Nacionais Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25-07-2017
Rec Nacionais Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	16-08-2020
Rec Nacionais Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06-07-2018
Rec Nacionais Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27-07-2018
Rec Nacionais Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
Rec Reg ANC Absoluto	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Sen	2:08.10	Patrícia, SILVA	CNAC	Loulé	05-08-2001
Rec Reg ANC Jun 17	2:05.56	Nadia Amado, LAEZZA	CNAC	Coimbra	21-04-2007
Rec Reg ANC Jun 16	2:05.85	Camila Rodrigues, REBELO	ALN		25-03-2019
Rec Reg ANC Juv A	2:05.94	Alexandra Couto, FRAZÃO	INDANC	Coimbra	02-04-2017
Rec Reg ANC Juv B	2:09.28	Mariana Cunha, GUERRA	ASSSCC	Coimbra	07-07-2012
Rec Nacional	3:34.41	Diana Ines, TORRES	ADADA	Vila Franca de Xira	05-03-2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO	03 Louzan Natacao	<b>2:09.84</b>	658
50m: 29.67 29.67 100m: 1:02.11 32.44 150m: 1:36.07 33.96 200m: 2:09.84 33.77			
2. Mariana Carmo, ROSA	05 Louzan Natacao	<b>2:11.71</b>	631
50m: 29.66 29.66 100m: 1:02.12 32.46 150m: 1:37.16 35.04 200m: 2:11.71 34.55			
3. Anita Gouveia, COSTA	06 Condeixa Clube	<b>2:16.37</b>	568
50m: 31.46 31.46 100m: 1:06.41 34.95 150m: 1:41.50 35.09 200m: 2:16.37 34.87			
4. Beatriz Costa, TEJO	02 Academica de Coimbra	<b>2:17.04</b>	560
50m: 31.32 31.32 100m: 1:06.43 35.11 150m: 1:41.70 35.27 200m: 2:17.04 35.34			
5. Maria Carlota, REBELO	03 Louzan Natacao	<b>2:17.34</b>	556
50m: 31.30 31.30 100m: 1:05.71 34.41 150m: 1:41.58 35.87 200m: 2:17.34 35.76			
6. Leonor Mil, MANO	07 Fundacao Beatriz Santos	<b>2:17.73</b>	551
50m: 32.01 32.01 100m: 1:07.09 35.08 150m: 1:42.71 35.62 200m: 2:17.73 35.02			
7. Ines Mariana, PINHEIRO	03 Academica de Coimbra	<b>2:19.38</b>	532
50m: 31.67 31.67 100m: 1:06.63 34.96 150m: 1:43.38 36.75 200m: 2:19.38 36.00			
8. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	<b>2:19.64</b>	529
50m: 31.47 31.47 100m: 1:07.06 35.59 150m: 1:43.63 36.57 200m: 2:19.64 36.01			
9. Marta Andre, AGUILAR	07 Fundacao Beatriz Santos	<b>2:21.34</b>	510
50m: 32.83 32.83 100m: 1:09.20 36.37 150m: 1:45.95 36.75 200m: 2:21.34 35.39			
10. Matilde Fonseca, OLIVEIRA	06 Miranda do Corvo	<b>2:21.52</b>	508
50m: 32.39 32.39 100m: 1:06.96 34.57 150m: 1:43.75 36.79 200m: 2:21.52 37.77			
11. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>2:22.72</b>	496
50m: 31.66 31.66 100m: 1:07.06 35.40 150m: 1:45.25 38.19 200m: 2:22.72 37.47			
12. Diana Silva, TINOCO	06 Columbofila Cantanhedense	<b>2:26.61</b>	457
50m: 33.02 33.02 100m: 1:10.35 37.33 150m: 1:48.60 38.25 200m: 2:26.61 38.01			
13. Angela Rodrigues, REBELO	07 Louzan Natacao	<b>2:32.01</b>	410
50m: 34.72 34.72 100m: 1:12.96 38.24 150m: 1:52.65 39.69 200m: 2:32.01 39.36			
14. Laura Rodrigues, MARGATO	04 Academica de Coimbra	<b>2:32.49</b>	406
50m: 34.63 34.63 100m: 1:13.26 38.63 150m: 1:53.59 40.33 200m: 2:32.49 38.90			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 24, Femin., 200m Livres, Abs

Lugar	Ano	Tempo final	Pts
15. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>2:35.73</b>	381
50m: 35.15 35.15 100m: 1:14.75 39.60 150m: 1:56.12 41.37 200m: 2:35.73 39.61			
16. Luna Almeida, RODRIGUES	07 Columbofila Cantanhedense	<b>2:39.12</b>	357
50m: 35.68 35.68 100m: 1:16.42 40.74 150m: 1:58.29 41.87 200m: 2:39.12 40.83			
17. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>2:44.72</b>	322
50m: 37.72 37.72 100m: 1:19.69 41.97 150m: 2:03.13 43.44 200m: 2:44.72 41.59			
18. Lara Carvalho, SANTOS	07 Nautico Academico	<b>2:50.95</b>	288
50m: 37.78 37.78 100m: 1:20.46 42.68 150m: 2:06.10 45.64 200m: 2:50.95 44.85			
19. Rita Mendes, SANTOS	06 Vigor da Mocidade	<b>2:58.34</b>	254
50m: 39.34 39.34 100m: 1:26.99 47.65 150m: 2:12.66 45.67 200m: 2:58.34 45.68			
20. Matilde Lucia, GASPAS	06 APC Coimbra	<b>4:00.98</b>	103
50m: 54.75 54.75 100m: 1:56.20 1:01.45 150m: 2:59.63 1:03.43 200m: 4:00.98 1:01.35			
21. Barbara Ines, GOMES	91 APC Coimbra	<b>4:26.85</b>	75
50m: 1:00.73 1:00.73 100m: 2:09.01 1:08.28 150m: 3:19.55 1:10.54 200m: 4:26.85 1:07.30			
22. Carolina Caetano, LOURENCO	94 APC Coimbra	<b>4:42.15</b>	64
50m: 1:03.97 1:03.97 100m: 2:15.93 1:11.96 150m: 3:30.26 1:14.33 200m: 4:42.15 1:11.89			
DNS Ana Rita, QUEIROZ	02 Condeixa Clube		
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Prova 25

Masc., 400m Livres

Inf B

09-05-2021 - 9:55

Resultados

Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26-07-2003
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Inf B	4:38.08	Jose Diogo, DIAS	FBSC	Coimbra	01-05-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>5:24.19</b>	312
50m: 35.83 35.83 150m: 1:56.13 40.98 250m: 3:20.42 42.20 350m: 4:44.42 42.06 100m: 1:15.15 39.32 200m: 2:38.22 42.09 300m: 4:02.36 41.94 400m: 5:24.19 39.77			
2. Vicente Piacentini, CALDEIRA	08 Nautico Academico	<b>5:25.37</b>	309
50m: 36.60 36.60 150m: 2:00.61 42.56 250m: 3:24.48 42.28 350m: 4:46.19 39.74 100m: 1:18.05 41.45 200m: 2:42.20 41.59 300m: 4:06.45 41.97 400m: 5:25.37 39.18			
3. Rafael Pereira, RODRIGUES	08 Condeixa Clube	<b>5:25.67</b>	308
50m: 35.97 35.97 150m: 1:57.97 42.34 250m: 3:22.58 42.00 350m: 4:45.93 40.83 100m: 1:15.63 39.66 200m: 2:40.58 42.61 300m: 4:05.10 42.52 400m: 5:25.67 39.74			
4. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	<b>5:37.69</b>	276
50m: 37.20 37.20 150m: 2:05.07 44.43 250m: 3:32.15 43.81 350m: 4:58.96 42.62 100m: 1:20.64 43.44 200m: 2:48.34 43.27 300m: 4:16.34 44.19 400m: 5:37.69 38.73			
5. Guilherme Simoes, SOUSA	08 Fundacao Beatriz Santos	<b>5:40.18</b>	270
50m: 37.11 37.11 150m: 2:06.08 45.70 250m: 3:34.85 44.74 350m: 5:01.38 43.78 100m: 1:20.38 43.27 200m: 2:50.11 44.03 300m: 4:17.60 42.75 400m: 5:40.18 38.80			
6. Miguel Tomas, CONCEICAO	08 Nautico Academico	<b>5:43.23</b>	263
50m: 36.17 36.17 150m: 2:04.62 45.24 250m: 3:33.65 44.53 350m: 5:01.40 43.75 100m: 1:19.38 43.21 200m: 2:49.12 44.50 300m: 4:17.65 44.00 400m: 5:43.23 41.83			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres, Inf B

Lugar			Ano					Tempo final	Pts			
7.	Santiago Jose, FONSECA		08	Columbofila Cantanhedense				<b>5:47.33</b>	254			
	50m:	37.73	37.73	150m:	2:04.29	44.10	250m:	3:33.03	44.14	350m:	5:03.88	45.38
	100m:	1:20.19	42.46	200m:	2:48.89	44.60	300m:	4:18.50	45.47	400m:	5:47.33	43.45
8.	Rafael Figueiredo, CORREIA		08	Columbofila Cantanhedense				<b>5:51.82</b>	244			
	50m:	38.08	38.08	150m:	2:05.56	44.63	250m:	3:35.26	45.17	350m:	5:06.11	48.52
	100m:	1:20.93	42.85	200m:	2:50.09	44.53	300m:	4:17.59	42.33	400m:	5:51.82	45.71
9.	Joaquim Antonio, CUNHA		08	Nautico Academico				<b>6:00.79</b>	226			
	50m:	40.16	40.16	150m:	2:11.72	45.93	250m:	3:43.82	46.10	350m:	5:16.19	45.93
	100m:	1:25.79	45.63	200m:	2:57.72	46.00	300m:	4:30.26	46.44	400m:	6:00.79	44.60
10.	Salvador Correia, PEREIRA		08	Condeixa Clube				<b>6:11.94</b>	207			
	50m:	39.02	39.02	150m:	2:11.70	48.09	250m:	3:49.14	48.73	350m:	5:25.81	48.13
	100m:	1:23.61	44.59	200m:	3:00.41	48.71	300m:	4:37.68	48.54	400m:	6:11.94	46.13

Prova 25 Masc., 400m Livres Inf A  
09-05-2021 - 9:55 Resultados

Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11-07-2004
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Inf A	4:20.77	Diogo Matos, RIBEIRO	CUC		31-07-2018

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts			
1.	Duarte Cachulo, MARQUES		07	Condeixa Clube				<b>5:06.08</b>	371			
	50m:	33.98	33.98	150m:	1:50.97	39.36	250m:	3:09.12	39.34	350m:	4:28.47	39.71
	100m:	1:11.61	37.63	200m:	2:29.78	38.81	300m:	3:48.76	39.64	400m:	5:06.08	37.61
2.	David Duarte, JESUS		07	Fundacao Beatriz Santos				<b>5:08.82</b>	361			
	50m:	32.40	32.40	150m:	1:48.73	38.87	250m:	3:08.99	41.14	350m:	4:30.27	40.57
	100m:	1:09.86	37.46	200m:	2:27.85	39.12	300m:	3:49.70	40.71	400m:	5:08.82	38.55
3.	Alexandre, DZYAKANAU		07	Louzan Natacao				<b>5:12.85</b>	348			
	50m:	34.52	34.52	150m:	1:51.65	39.80	250m:	3:12.89	41.00	350m:	4:33.93	40.49
	100m:	1:11.85	37.33	200m:	2:31.89	40.24	300m:	3:53.44	40.55	400m:	5:12.85	38.92
4.	Marco Dimitar, OLIVEIRA		07	Fundacao Beatriz Santos				<b>5:24.39</b>	312			
	50m:	35.75	35.75	150m:	1:57.72	42.13	250m:	3:22.48	42.13	350m:	4:45.81	41.45
	100m:	1:15.59	39.84	200m:	2:40.35	42.63	300m:	4:04.36	41.88	400m:	5:24.39	38.58

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres

Prova 25	Masc., 400m Livres				Juv B
09-05-2021 - 9:55					Resultados
Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra	14-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Jose Miguel, MARQUES	06	Condeixa Clube	<b>4:37.53</b>	498	
50m: 31.12 31.12	150m: 1:41.36 35.58	250m: 2:52.05 34.54	350m: 4:03.50 35.64		
100m: 1:05.78 34.66	200m: 2:17.51 36.15	300m: 3:27.86 35.81	400m: 4:37.53 34.03		
2. Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>4:39.82</b>	486	
50m: 30.78 30.78	150m: 1:41.72 35.69	250m: 2:52.15 34.38	350m: 4:04.79 36.50		
100m: 1:06.03 35.25	200m: 2:17.77 36.05	300m: 3:28.29 36.14	400m: 4:39.82 35.03		
3. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>4:45.12</b>	459	
50m: 30.77 30.77	150m: 1:42.50 36.58	250m: 2:55.49 36.97	350m: 4:09.59 37.26		
100m: 1:05.92 35.15	200m: 2:18.52 36.02	300m: 3:32.33 36.84	400m: 4:45.12 35.53		
4. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	<b>4:46.54</b>	453	
50m: 32.18 32.18	150m: 1:44.26 36.65	250m: 2:58.08 37.17	350m: 4:11.91 36.54		
100m: 1:07.61 35.43	200m: 2:20.91 36.65	300m: 3:35.37 37.29	400m: 4:46.54 34.63		
5. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>4:47.59</b>	448	
50m: 32.17 32.17	150m: 1:43.82 36.38	250m: 2:57.69 37.09	350m: 4:12.34 37.30		
100m: 1:07.44 35.27	200m: 2:20.60 36.78	300m: 3:35.04 37.35	400m: 4:47.59 35.25		
6. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	<b>4:52.32</b>	426	
50m: 33.10 33.10	150m: 1:47.66 37.80	250m: 3:02.52 37.50	350m: 4:16.78 37.05		
100m: 1:09.86 36.76	200m: 2:25.02 37.36	300m: 3:39.73 37.21	400m: 4:52.32 35.54		
7. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>4:53.81</b>	420	
50m: 32.28 32.28	150m: 1:46.08 37.51	250m: 3:02.01 37.86	350m: 4:17.34 37.49		
100m: 1:08.57 36.29	200m: 2:24.15 38.07	300m: 3:39.85 37.84	400m: 4:53.81 36.47		
8. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	<b>4:55.64</b>	412	
50m: 33.07 33.07	150m: 1:46.70 36.98	250m: 3:03.05 38.39	350m: 4:19.46 38.03		
100m: 1:09.72 36.65	200m: 2:24.66 37.96	300m: 3:41.43 38.38	400m: 4:55.64 36.18		
9. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>4:58.65</b>	400	
50m: 31.49 31.49	150m: 1:45.86 38.23	250m: 3:02.80 38.87	350m: 4:20.58 39.28		
100m: 1:07.63 36.14	200m: 2:23.93 38.07	300m: 3:41.30 38.50	400m: 4:58.65 38.07		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres

Prova 25 Masc., 400m Livres Juv A  
09-05-2021 - 9:55 Resultados

Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21-07-2009
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé	03-08-2001

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	<b>4:29.38</b>		545
50m: 30.01 30.01	150m: 1:36.54 33.51	250m: 2:46.01 34.97	350m: 3:55.78		35.33
100m: 1:03.03 33.02	200m: 2:11.04 34.50	300m: 3:20.45 34.44	400m: 4:29.38		33.60
2. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>4:36.70</b>		503
50m: 30.54 30.54	150m: 1:38.81 34.63	250m: 2:50.14 35.70	350m: 4:01.82		35.79
100m: 1:04.18 33.64	200m: 2:14.44 35.63	300m: 3:26.03 35.89	400m: 4:36.70		34.88
3. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>4:38.43</b>		493
50m: 30.95 30.95	150m: 1:39.84 35.26	250m: 2:51.15 36.27	350m: 4:03.92		36.16
100m: 1:04.58 33.63	200m: 2:14.88 35.04	300m: 3:27.76 36.61	400m: 4:38.43		34.51
4. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>4:41.85</b>		476
50m: 31.10 31.10	150m: 1:41.51 35.85	250m: 2:54.40 36.62	350m: 4:07.48		36.65
100m: 1:05.66 34.56	200m: 2:17.78 36.27	300m: 3:30.83 36.43	400m: 4:41.85		34.37
5. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>4:42.42</b>		473
50m: 32.29 32.29	150m: 1:45.14 36.96	250m: 2:56.85 35.90	350m: 4:08.27		35.48
100m: 1:08.18 35.89	200m: 2:20.95 35.81	300m: 3:32.79 35.94	400m: 4:42.42		34.15
6. Tomas Cardoso, GERALDO	05	Condeixa Clube	<b>4:48.89</b>		442
50m: 31.79 31.79	150m: 1:43.37 36.43	250m: 2:56.80 36.79	350m: 4:12.58		38.03
100m: 1:06.94 35.15	200m: 2:20.01 36.64	300m: 3:34.55 37.75	400m: 4:48.89		36.31

Prova 25 Masc., 400m Livres Juv /Jun Resultados  
09-05-2021 - 9:55

Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28-07-2018
Rec Nacionais Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14-07-2010
Rec Nacionais Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21-07-2009
Rec Nacionais Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Jun 18	4:01.12	Alexandre Valdagua, COUTINHO	ASSSCC	Singapura (SGP)	25-08-2015
Rec Reg ANC Jun 17	4:02.54	Luís, SILVA	CNAC	Jamor	11-05-2002
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé	03-08-2001
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra	14-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Goncalo Andre, GOMES	03	Fundacao Beatriz Santos	<b>4:08.88</b>		691
50m: 28.36 28.36	150m: 1:31.64 31.95	250m: 2:35.42 32.00	350m: 3:38.94		31.53
100m: 59.69 31.33	200m: 2:03.42 31.78	300m: 3:07.41 31.99	400m: 4:08.88		29.94
2. Martim Miranda, MACHADO	03	Uniao Coimbra	<b>4:18.07</b>		620
50m: 28.66 28.66	150m: 1:31.96 32.03	250m: 2:38.68 33.50	350m: 3:45.52		33.44
100m: 59.93 31.27	200m: 2:05.18 33.22	300m: 3:12.08 33.40	400m: 4:18.07		32.55
3. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	<b>4:29.38</b>		545
50m: 30.01 30.01	150m: 1:36.54 33.51	250m: 2:46.01 34.97	350m: 3:55.78		35.33
100m: 1:03.03 33.02	200m: 2:11.04 34.50	300m: 3:20.45 34.44	400m: 4:29.38		33.60

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres, Juv /Jun

Lugar	Ano		Tempo final		Pts
4. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>4:36.70</b>	503	
50m: 30.54 30.54	150m: 1:38.81	34.63	250m: 2:50.14	35.70	350m: 4:01.82 35.79
100m: 1:04.18 33.64	200m: 2:14.44	35.63	300m: 3:26.03	35.89	400m: 4:36.70 34.88
5. Jose Miguel, MARQUES	06	Condeixa Clube	<b>4:37.53</b>	498	
50m: 31.12 31.12	150m: 1:41.36	35.58	250m: 2:52.05	34.54	350m: 4:03.50 35.64
100m: 1:05.78 34.66	200m: 2:17.51	36.15	300m: 3:27.86	35.81	400m: 4:37.53 34.03
6. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>4:38.43</b>	493	
50m: 30.95 30.95	150m: 1:39.84	35.26	250m: 2:51.15	36.27	350m: 4:03.92 36.16
100m: 1:04.58 33.63	200m: 2:14.88	35.04	300m: 3:27.76	36.61	400m: 4:38.43 34.51
7. Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>4:39.82</b>	486	
50m: 30.78 30.78	150m: 1:41.72	35.69	250m: 2:52.15	34.38	350m: 4:04.79 36.50
100m: 1:06.03 35.25	200m: 2:17.77	36.05	300m: 3:28.29	36.14	400m: 4:39.82 35.03
8. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>4:41.85</b>	476	
50m: 31.10 31.10	150m: 1:41.51	35.85	250m: 2:54.40	36.62	350m: 4:07.48 36.65
100m: 1:05.66 34.56	200m: 2:17.78	36.27	300m: 3:30.83	36.43	400m: 4:41.85 34.37
9. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>4:42.42</b>	473	
50m: 32.29 32.29	150m: 1:45.14	36.96	250m: 2:56.85	35.90	350m: 4:08.27 35.48
100m: 1:08.18 35.89	200m: 2:20.95	35.81	300m: 3:32.79	35.94	400m: 4:42.42 34.15
10. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>4:45.12</b>	459	
50m: 30.77 30.77	150m: 1:42.50	36.58	250m: 2:55.49	36.97	350m: 4:09.59 37.26
100m: 1:05.92 35.15	200m: 2:18.52	36.02	300m: 3:32.33	36.84	400m: 4:45.12 35.53
11. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	<b>4:46.54</b>	453	
50m: 32.18 32.18	150m: 1:44.26	36.65	250m: 2:58.08	37.17	350m: 4:11.91 36.54
100m: 1:07.61 35.43	200m: 2:20.91	36.65	300m: 3:35.37	37.29	400m: 4:46.54 34.63
12. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>4:47.59</b>	448	
50m: 32.17 32.17	150m: 1:43.82	36.38	250m: 2:57.69	37.09	350m: 4:12.34 37.30
100m: 1:07.44 35.27	200m: 2:20.60	36.78	300m: 3:35.04	37.35	400m: 4:47.59 35.25
13. Tomas Cardoso, GERALDO	05	Condeixa Clube	<b>4:48.89</b>	442	
50m: 31.79 31.79	150m: 1:43.37	36.43	250m: 2:56.80	36.79	350m: 4:12.58 38.03
100m: 1:06.94 35.15	200m: 2:20.01	36.64	300m: 3:34.55	37.75	400m: 4:48.89 36.31
14. Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos	<b>4:52.32</b>	426	
50m: 33.10 33.10	150m: 1:47.66	37.80	250m: 3:02.52	37.50	350m: 4:16.78 37.05
100m: 1:09.86 36.76	200m: 2:25.02	37.36	300m: 3:39.73	37.21	400m: 4:52.32 35.54
15. Afonso Vidal, TOMAS	06	Louzan Natacao	<b>4:53.81</b>	420	
50m: 32.28 32.28	150m: 1:46.08	37.51	250m: 3:02.01	37.86	350m: 4:17.34 37.49
100m: 1:08.57 36.29	200m: 2:24.15	38.07	300m: 3:39.85	37.84	400m: 4:53.81 36.47
16. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	<b>4:55.64</b>	412	
50m: 33.07 33.07	150m: 1:46.70	36.98	250m: 3:03.05	38.39	350m: 4:19.46 38.03
100m: 1:09.72 36.65	200m: 2:24.66	37.96	300m: 3:41.43	38.38	400m: 4:55.64 36.18
17. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>4:58.65</b>	400	
50m: 31.49 31.49	150m: 1:45.86	38.23	250m: 3:02.80	38.87	350m: 4:20.58 39.28
100m: 1:07.63 36.14	200m: 2:23.93	38.07	300m: 3:41.30	38.50	400m: 4:58.65 38.07

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres

Prova 25	Masc., 400m Livres				Abs
09-05-2021 - 9:55					Resultados
Rec Nacionais Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Sen	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
Rec Nacionais Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28-07-2018
Rec Nacionais Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14-07-2010
Rec Nacionais Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21-07-2009
Rec Nacionais Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Rec Reg ANC Absoluto	3:54.96	Tomas Miguel, VELOSO	CNAC		03-09-2019
Rec Reg ANC Sen	3:54.96	Tomas Miguel, VELOSO	CNAC		12-03-2019
Rec Reg ANC Jun 18	4:01.12	Alexandre Valdagua, COUTINHO	ASSSCC	Singapura (SGP)	25-08-2015
Rec Reg ANC Jun 17	4:02.54	Luís, SILVA	CNAC	Jamor	11-05-2002
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé	03-08-2001
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra	14-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Tomas Miguel, VELOSO	96	Nautico Academico	<b>4:02.70</b>	745	
50m: 28.15 28.15	150m: 1:29.48 30.82	250m: 2:31.75 31.15	350m: 3:32.99 30.51		
100m: 58.66 30.51	200m: 2:00.60 31.12	300m: 3:02.48 30.73	400m: 4:02.70 29.71		
2. Goncalo Andre, GOMES	03	Fundacao Beatriz Santos	<b>4:08.88</b>	691	
50m: 28.36 28.36	150m: 1:31.64 31.95	250m: 2:35.42 32.00	350m: 3:38.94 31.53		
100m: 59.69 31.33	200m: 2:03.42 31.78	300m: 3:07.41 31.99	400m: 4:08.88 29.94		
3. Lucas Pereira, BASTOS	00	Nautico Academico	<b>4:12.63</b>	661	
50m: 28.55 28.55	150m: 1:31.47 31.80	250m: 2:35.42 32.09	350m: 3:40.75 32.54		
100m: 59.67 31.12	200m: 2:03.33 31.86	300m: 3:08.21 32.79	400m: 4:12.63 31.88		
4. Martim Miranda, MACHADO	03	Uniao Coimbra	<b>4:18.07</b>	620	
50m: 28.66 28.66	150m: 1:31.96 32.03	250m: 2:38.68 33.50	350m: 3:45.52 33.44		
100m: 59.93 31.27	200m: 2:05.18 33.22	300m: 3:12.08 33.40	400m: 4:18.07 32.55		
5. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	<b>4:29.38</b>	545	
50m: 30.01 30.01	150m: 1:36.54 33.51	250m: 2:46.01 34.97	350m: 3:55.78 35.33		
100m: 1:03.03 33.02	200m: 2:11.04 34.50	300m: 3:20.45 34.44	400m: 4:29.38 33.60		
6. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>4:36.70</b>	503	
50m: 30.54 30.54	150m: 1:38.81 34.63	250m: 2:50.14 35.70	350m: 4:01.82 35.79		
100m: 1:04.18 33.64	200m: 2:14.44 35.63	300m: 3:26.03 35.89	400m: 4:36.70 34.88		
7. Jose Miguel, MARQUES	06	Condeixa Clube	<b>4:37.53</b>	498	
50m: 31.12 31.12	150m: 1:41.36 35.58	250m: 2:52.05 34.54	350m: 4:03.50 35.64		
100m: 1:05.78 34.66	200m: 2:17.51 36.15	300m: 3:27.86 35.81	400m: 4:37.53 34.03		
8. Jose Miguel, ROCHA	05	Columbofila Cantanhedense	<b>4:38.43</b>	493	
50m: 30.95 30.95	150m: 1:39.84 35.26	250m: 2:51.15 36.27	350m: 4:03.92 36.16		
100m: 1:04.58 33.63	200m: 2:14.88 35.04	300m: 3:27.76 36.61	400m: 4:38.43 34.51		
9. Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>4:39.82</b>	486	
50m: 30.78 30.78	150m: 1:41.72 35.69	250m: 2:52.15 34.38	350m: 4:04.79 36.50		
100m: 1:06.03 35.25	200m: 2:17.77 36.05	300m: 3:28.29 36.14	400m: 4:39.82 35.03		
10. Rui Joao, MARQUES	02	Nautico Academico	<b>4:41.49</b>	477	
50m: 31.33 31.33	150m: 1:40.24 34.57	250m: 2:51.18 35.40	350m: 4:04.58 36.99		
100m: 1:05.67 34.34	200m: 2:15.78 35.54	300m: 3:27.59 36.41	400m: 4:41.49 36.91		
11. Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos	<b>4:41.85</b>	476	
50m: 31.10 31.10	150m: 1:41.51 35.85	250m: 2:54.40 36.62	350m: 4:07.48 36.65		
100m: 1:05.66 34.56	200m: 2:17.78 36.27	300m: 3:30.83 36.43	400m: 4:41.85 34.37		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 25, Masc., 400m Livres, Abs

Lugar			Ano					Tempo final	Pts
12.	Tomas Jose, FRANCISCO		05	Miranda do Corvo				<b>4:42.42</b>	473
	50m:	32.29 32.29	150m:	1:45.14	36.96	250m:	2:56.85 35.90	350m:	4:08.27 35.48
	100m:	1:08.18 35.89	200m:	2:20.95	35.81	300m:	3:32.79 35.94	400m:	4:42.42 34.15
13.	Filipe Cruz, SIMOES		06	Miranda do Corvo				<b>4:45.12</b>	459
	50m:	30.77 30.77	150m:	1:42.50	36.58	250m:	2:55.49 36.97	350m:	4:09.59 37.26
	100m:	1:05.92 35.15	200m:	2:18.52	36.02	300m:	3:32.33 36.84	400m:	4:45.12 35.53
14.	Joao Rafael, FERREIRA		06	Fundacao Beatriz Santos				<b>4:46.54</b>	453
	50m:	32.18 32.18	150m:	1:44.26	36.65	250m:	2:58.08 37.17	350m:	4:11.91 36.54
	100m:	1:07.61 35.43	200m:	2:20.91	36.65	300m:	3:35.37 37.29	400m:	4:46.54 34.63
15.	Joao Guilherme, LUCAS		06	Columbofila Cantanhedense				<b>4:47.59</b>	448
	50m:	32.17 32.17	150m:	1:43.82	36.38	250m:	2:57.69 37.09	350m:	4:12.34 37.30
	100m:	1:07.44 35.27	200m:	2:20.60	36.78	300m:	3:35.04 37.35	400m:	4:47.59 35.25
16.	Tomas Cardoso, GERALDO		05	Condeixa Clube				<b>4:48.89</b>	442
	50m:	31.79 31.79	150m:	1:43.37	36.43	250m:	2:56.80 36.79	350m:	4:12.58 38.03
	100m:	1:06.94 35.15	200m:	2:20.01	36.64	300m:	3:34.55 37.75	400m:	4:48.89 36.31
17.	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos				<b>4:52.32</b>	426
	50m:	33.10 33.10	150m:	1:47.66	37.80	250m:	3:02.52 37.50	350m:	4:16.78 37.05
	100m:	1:09.86 36.76	200m:	2:25.02	37.36	300m:	3:39.73 37.21	400m:	4:52.32 35.54
18.	Afonso Vidal, TOMAS		06	Louzan Natacao				<b>4:53.81</b>	420
	50m:	32.28 32.28	150m:	1:46.08	37.51	250m:	3:02.01 37.86	350m:	4:17.34 37.49
	100m:	1:08.57 36.29	200m:	2:24.15	38.07	300m:	3:39.85 37.84	400m:	4:53.81 36.47
19.	Miguel Cunha, GASPAR		06	Columbofila Cantanhedense				<b>4:55.64</b>	412
	50m:	33.07 33.07	150m:	1:46.70	36.98	250m:	3:03.05 38.39	350m:	4:19.46 38.03
	100m:	1:09.72 36.65	200m:	2:24.66	37.96	300m:	3:41.43 38.38	400m:	4:55.64 36.18
20.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos				<b>4:58.65</b>	400
	50m:	31.49 31.49	150m:	1:45.86	38.23	250m:	3:02.80 38.87	350m:	4:20.58 39.28
	100m:	1:07.63 36.14	200m:	2:23.93	38.07	300m:	3:41.30 38.50	400m:	4:58.65 38.07

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 26	Femin., 50m Mariposa				Juv / Jun
09-05-2021 - 10:25					Resultados
Rec Nacionais Absoluto	27.00	Ana Margarida, GUEDES	GCVR	Funchal	01-08-2019
Rec Nacionais Jun 17	27.59	Mariana Pacheco, CUNHA	CNCE	Oeiras	14-02-2021
Rec Nacionais Jun 16	28.00	Sara Francisco, CRUZ	ADBA	Faro	18-07-2009
Rec Nacionais Juv A	27.98	tempo limite,			
Rec Nacionais Juv B	28.51	tempo limite,			
Rec Reg ANC Absoluto	28.76	Beatriz Costa, TEJO	AAC	Coimbra	25-04-2021
Rec Reg ANC Jun 17	29.00	Beatriz Costa, TEJO	AAC		03-09-2019
Rec Reg ANC Jun 16	29.04	Beatriz Costa, TEJO	AAC		25-03-2018
Rec Reg ANC Juv A	29.50	Ines Pereira, SILVA	CAQC	Coimbra	18-03-2017
Rec Reg ANC Juv B	29.68	Ines Pereira, SILVA	CAQC	Coimbra	02-07-2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mil, MANO	07 Fundacao Beatriz Santos	<b>30.61</b>	508
2. Ana Carolina, MONTEIRO	04 Uniao Coimbra	<b>31.33</b>	474
3. Leonor Correia, PAIVA	04 Louzan Natacao	<b>31.78</b>	454
4. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>31.79</b>	453
5. Barbara Almeida, SIMOES	05 Uniao Coimbra	<b>31.86</b>	450
6. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	<b>31.88</b>	450
7. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	<b>32.35</b>	430
8. Angela Rodrigues, REBELO	07 Louzan Natacao	<b>33.10</b>	402
9. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>34.69</b>	349
10. Helena Carolina, DINIS	05 Academica de Coimbra	<b>37.01</b>	287
11. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>38.69</b>	251
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

Prova 26	Femin., 50m Mariposa				Abs
09-05-2021 - 10:25					Resultados
Rec Nacionais Absoluto	27.00	Ana Margarida, GUEDES	GCVR	Funchal	01-08-2019
Rec Nacionais Sen	27.00	Ana Margarida, GUEDES	GCVR	Funchal	01-08-2019
Rec Nacionais Jun 17	27.59	Mariana Pacheco, CUNHA	CNCE	Oeiras	14-02-2021
Rec Nacionais Jun 16	28.00	Sara Francisco, CRUZ	ADBA	Faro	18-07-2009
Rec Nacionais Juv A	27.98	tempo limite,			
Rec Nacionais Juv B	28.51	tempo limite,			
Rec Reg ANC Absoluto	28.76	Beatriz Costa, TEJO	AAC	Coimbra	25-04-2021
Rec Reg ANC Sen	28.76	Beatriz Costa, TEJO	AAC	Coimbra	25-04-2021
Rec Reg ANC Jun 17	29.00	Beatriz Costa, TEJO	AAC		03-09-2019
Rec Reg ANC Jun 16	29.04	Beatriz Costa, TEJO	AAC		25-03-2018
Rec Reg ANC Juv A	29.50	Ines Pereira, SILVA	CAQC	Coimbra	18-03-2017
Rec Reg ANC Juv B	29.68	Ines Pereira, SILVA	CAQC	Coimbra	02-07-2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Costa, TEJO	02 Academica de Coimbra	<b>29.23</b>	583
2. Camila Rodrigues, REBELO	03 Louzan Natacao	<b>29.98</b>	541
3. Leonor Mil, MANO	07 Fundacao Beatriz Santos	<b>30.61</b>	508
4. Ana Carolina, MONTEIRO	04 Uniao Coimbra	<b>31.33</b>	474
5. Sara Dias, NEVES	03 Miranda do Corvo	<b>31.36</b>	472
6. Leonor Correia, PAIVA	04 Louzan Natacao	<b>31.78</b>	454
7. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>31.79</b>	453
8. Barbara Almeida, SIMOES	05 Uniao Coimbra	<b>31.86</b>	450
9. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	<b>31.88</b>	450
10. Daniela Portela, MENDES	04 Fundacao Beatriz Santos	<b>32.35</b>	430

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 26, Femin., 50m Mariposa, Abs

Lugar	Ano		Tempo final	Pts
11. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>33.10</b>	402
12. Camila Cavaleiro, SILVA	05	Columbofila Cantanhedense	<b>34.69</b>	349
13. Helena Carolina, DINIS	05	Academica de Coimbra	<b>37.01</b>	287
14. Beatriz Pereira, MARQUES	05	Columbofila Cantanhedense	<b>38.69</b>	251
DNS Maria Alexandra, MARQUES	04	Academica de Coimbra		

Prova 27

Masc., 50m Mariposa

Juv / Jun

09-05-2021 - 10:30

Resultados

Rec Nacionais Absoluto	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	05-04-2009
Rec Nacionais Jun 18	24.75	Rafael, LINO	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nacionais Jun 17	24.89	Tiago Andre, VENANCIO	CNS	Oeiras	30-07-2004
Rec Nacionais Jun 17	24.89	Diogo Matos, RIBEIRO	CUC	Coimbra	28-03-2021
Rec Nacionais Juv A	25.63	tempo limite,			
Rec Nacionais Juv B	26.18	tempo limite,			
Rec Reg ANC Absoluto	24.88	Gabriel Jose, LOPES	ALN		03-09-2020
Rec Reg ANC Jun 18	25.31	Gabriel Jose, LOPES	ALN	Coimbra	23-07-2015
Rec Reg ANC Jun 17	24.79	Diogo Matos, RIBEIRO	CUC	Ucrancia	17-04-2021
Rec Reg ANC Juv A	25.74	Diogo Matos, RIBEIRO	CUC	Lisboa	08-02-2020
Rec Reg ANC Juv B	26.18	Manuel Baptista, SIMOES	CUC		20-05-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Rodrigo Miguel, REIS	04	Uniao Coimbra	<b>26.69</b>	580
2. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	<b>27.04</b>	558
3. Rui Mamede, SANTOS	04	Uniao Coimbra	<b>27.79</b>	514
4. Manuel Baptista, SIMOES	03	Uniao Coimbra	<b>28.15</b>	495
5. Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos	<b>30.90</b>	374
6. Bernardo Jorge, VENTURA	03	Academica de Coimbra	<b>30.97</b>	371
7. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra	<b>31.16</b>	365
8. Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos	<b>31.76</b>	344
9. Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade	<b>32.28</b>	328
10. Simao Domingues, PAZ	06	Miranda do Corvo	<b>33.48</b>	294
11. Afonso Jose, FRANCISCO	06	Miranda do Corvo	<b>35.52</b>	246

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 27, Masc., 50m Mariposa

Prova 27	Masc., 50m Mariposa				Abs
09-05-2021 - 10:30					Resultados
Rec Nacionais Absoluto	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	05-04-2009
Rec Nacionais Sen	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	05-04-2009
Rec Nacionais Jun 18	24.75	Rafael, LINO	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nacionais Jun 17	24.89	Tiago Andre, VENANCIO	CNS	Oeiras	30-07-2004
Rec Nacionais Jun 17	24.89	Diogo Matos, RIBEIRO	CUC	Coimbra	28-03-2021
Rec Nacionais Juv A	25.63	tempo limite,			
Rec Nacionais Juv B	26.18	tempo limite,			
Rec Reg ANC Absoluto	24.88	Gabriel Jose, LOPES	ALN		03-09-2020
Rec Reg ANC Sen	24.88	Gabriel Jose, LOPES	ALN		25-03-2020
Rec Reg ANC Jun 18	25.31	Gabriel Jose, LOPES	ALN	Coimbra	23-07-2015
Rec Reg ANC Jun 17	24.79	Diogo Matos, RIBEIRO	CUC	Ucrancia	17-04-2021
Rec Reg ANC Juv A	25.74	Diogo Matos, RIBEIRO	CUC	Lisboa	08-02-2020
Rec Reg ANC Juv B	26.18	Manuel Baptisa, SIMOES	CUC		20-05-2018

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Ricardo Jorge, DOMINGUES	02	Fundacao Beatriz Santos	<b>26.25</b> 610
2. Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	<b>26.61</b> 586
3. Rodrigo Miguel, REIS	04	Uniao Coimbra	<b>26.69</b> 580
4. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	<b>27.04</b> 558
5. Joao Ventura, PAIS	02	Fundacao Beatriz Santos	<b>27.46</b> 533
6. Rodrigo Ribeiro, GOMES	00	Condeixa Clube	<b>27.67</b> 521
7. Rui Mamede, SANTOS	04	Uniao Coimbra	<b>27.79</b> 514
8. Diogo Ribas, MATOS	02	Condeixa Clube	<b>27.98</b> 504
9. Manuel Baptista, SIMOES	03	Uniao Coimbra	<b>28.15</b> 495
10. Miguel Freitas, OVIEDO	02	Academica de Coimbra	<b>28.22</b> 491
11. Bernardo Vinagre, ARZILEIRO	01	Uniao Coimbra	<b>28.35</b> 484
12. Gabriel Jose, JULIO	01	Academica de Coimbra	<b>28.64</b> 470
13. Joao Pedro, DIAS	02	Fundacao Beatriz Santos	<b>29.28</b> 439
14. Gabriel Jose, FIGUEIRA	01	Academica de Coimbra	<b>29.55</b> 428
15. Vasco Pereira, BASTOS	02	Nautico Academico	<b>30.39</b> 393
16. Carlos Miguel, OLIVEIRA	06	Fundacao Beatriz Santos	<b>30.90</b> 374
17. Bernardo Jorge, VENTURA	03	Academica de Coimbra	<b>30.97</b> 371
18. Rui Joao, MARQUES	02	Nautico Academico	<b>31.01</b> 370
19. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra	<b>31.16</b> 365
20. Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos	<b>31.76</b> 344
21. Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade	<b>32.28</b> 328
22. Simao Domingues, PAZ	06	Miranda do Corvo	<b>33.48</b> 294
23. Afonso Jose, FRANCISCO	06	Miranda do Corvo	<b>35.52</b> 246
DNS Gabriel Jose, LOPES	97	Louzan Natacao	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 28	Femin., 200m Bruços				Inf B
09-05-2021 - 10:35					Resultados
Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Inf B	2:49.82	Clara Gomes, PEREIRA	SAD	Loulé	19-07-2014
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Inf B	2:53.19	Ana Yuki, TSUKAGOSHI	CNAC	S. Joao da Madeira	23-07-1994
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Matilde Domingues, PIRES	09	Columbofila Cantanhedense			<b>3:43.85</b>	239
50m: 50.82 50.82	100m: 1:46.58	55.76	150m: 2:45.13	58.55	200m: 3:43.85	58.72
2. Ana Rita, CARVALHO	09	Condeixa Clube			<b>3:46.84</b>	230
50m: 49.57 49.57	100m: 1:47.19	57.62	150m: 2:46.74	59.55	200m: 3:46.84	1:00.10
DSQ Ana Laura, LUCAS	09	Columbofila Cantanhedense				
<i>a atleta na viragem aos 150 m efetuou toque alternado na parede</i>						

Prova 28	Femin., 200m Bruços				Inf A
09-05-2021 - 10:35					Resultados
Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Inf A	2:42.69	Clara Gomes, PEREIRA	SAD	Oeiras	18-07-2015
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Inf A	2:43.78	Ana Yuki, TSUKAGOSHI	CNAC	Coimbra	08-05-1995
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Laura Silva, FERNANDES	08	Miranda do Corvo			<b>3:19.22</b>	340
50m: 45.30 45.30	100m: 1:35.64	50.34	150m: 2:27.55	51.91	200m: 3:19.22	51.67
2. Maria Manuel, CORTESAO	08	Nautico Academico			<b>3:21.63</b>	328
50m: 46.61 46.61	100m: 1:37.46	50.85	150m: 2:28.94	51.48	200m: 3:21.63	52.69
3. Rita Isabel, NEVES	08	CASPAE			<b>3:52.67</b>	213
50m: 50.50 50.50	100m: 1:47.90	57.40	150m: 2:52.15	1:04.25	200m: 3:52.67	1:00.52

Prova 28	Femin., 200m Bruços				Juv B
09-05-2021 - 10:35					Resultados
Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	17-01-1997
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Dania Rodrigues, SIMOES	07	Louzan Natacao			<b>3:02.73</b>	441
50m: 42.05 42.05	100m: 1:29.31	47.26	150m: 2:16.48	47.17	200m: 3:02.73	46.25
2. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos			<b>3:09.56</b>	395
50m: 44.33 44.33	100m: 1:33.07	48.74	150m: 2:21.66	48.59	200m: 3:09.56	47.90

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 28, Femin., 200m Bruços

Prova 28  
09-05-2021 - 10:35

Femin., 200m Bruços

Juv A  
Resultados

Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		06-05-2018
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Beatriz Andre, GASPAR	06	Fundacao Beatriz Santos	<b>2:57.83</b>				478
50m: 40.97 40.97	100m: 1:26.59	45.62	150m: 2:13.49	46.90	200m: 2:57.83	44.34	
2. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	<b>3:06.45</b>				415
50m: 42.16 42.16	100m: 1:29.75	47.59	150m: 2:18.18	48.43	200m: 3:06.45	48.27	
3. Matilde Lucia, GASPAR	06	APC Coimbra	<b>4:35.12</b>				129
<i>Rec Nac NA</i>							
50m: 1:04.23 1:04.23	100m: 2:15.03	1:10.80	150m: 3:25.01	1:09.98	200m: 4:35.12	1:10.11	
DNF Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos					
50m: 39.40 39.40	100m: 1:28.84	49.44					

Prova 28  
09-05-2021 - 10:35

Femin., 200m Bruços

Juv /Jun  
Resultados

Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Jun 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02-04-2017
Rec Nacionais Jun 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15-07-2005
Rec Nacionais Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
Rec Nacionais Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Jun 17	2:39.87	Mariana Domingues, PAZ	CNMC	Coimbra	25-07-2015
Rec Reg ANC Jun 16	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varim	06-02-2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		06-05-2018
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	17-01-1997
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Maria Caetano, LAMAS	04	Miranda do Corvo	<b>2:55.66</b>				496
50m: 38.95 38.95	100m: 1:23.29	44.34	150m: 2:09.68	46.39	200m: 2:55.66	45.98	
2. Beatriz Andre, GASPAR	06	Fundacao Beatriz Santos	<b>2:57.83</b>				478
50m: 40.97 40.97	100m: 1:26.59	45.62	150m: 2:13.49	46.90	200m: 2:57.83	44.34	
3. Matilde Alves, FLORENCIO	04	Condeixa Clube	<b>3:01.38</b>				451
50m: 40.78 40.78	100m: 1:26.73	45.95	150m: 2:15.27	48.54	200m: 3:01.38	46.11	
4. Ana Catarina, SILVA	04	Fundacao Beatriz Santos	<b>3:01.55</b>				449
50m: 41.23 41.23	100m: 1:27.20	45.97	150m: 2:14.79	47.59	200m: 3:01.55	46.76	
5. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>3:02.73</b>				441
50m: 42.05 42.05	100m: 1:29.31	47.26	150m: 2:16.48	47.17	200m: 3:02.73	46.25	
6. Ana Sofia, CASTANHEIRA	04	Condeixa Clube	<b>3:04.90</b>				425
50m: 43.26 43.26	100m: 1:29.88	46.62	150m: 2:17.53	47.65	200m: 3:04.90	47.37	
7. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	<b>3:06.39</b>				415
50m: 41.08 41.08	100m: 1:28.27	47.19	150m: 2:17.41	49.14	200m: 3:06.39	48.98	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 28, Femin., 200m Braços, Juv /Jun

Lugar	Ano	Tempo final	Pts
8. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	<b>3:06.45</b>	415
50m: 42.16 42.16 100m: 1:29.75 47.59 150m: 2:18.18 48.43 200m: 3:06.45 48.27			
9. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	<b>3:09.56</b>	395
50m: 44.33 44.33 100m: 1:33.07 48.74 150m: 2:21.66 48.59 200m: 3:09.56 47.90			
10. Laura Torrao, CARVALHO	05 Nautico Academico	<b>3:13.25</b>	373
50m: 41.99 41.99 100m: 1:31.40 49.41 150m: 2:22.15 50.75 200m: 3:13.25 51.10			
11. Matilde Lucia, GASPAR <i>Rec Nac NA</i>	06 APC Coimbra	<b>4:35.12</b>	129
50m: 1:04.23 1:04.23 100m: 2:15.03 1:10.80 150m: 3:25.01 1:09.98 200m: 4:35.12 1:10.11			
DSQ Leonor Correia, PAIVA	04 Louzan Natacao		
<i>a atleta efetuou duas pernadas de golfinho, após a viragem aos 100 m</i>			
DNF Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos		
50m: 39.40 39.40 100m: 1:28.84 49.44			

Prova 28  
09-05-2021 - 10:35

Femin., 200m Braços

Abs  
Resultados

Rec Nacionais Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25-07-2019
Rec Nacionais Jun 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02-04-2017
Rec Nacionais Jun 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15-07-2005
Rec Nacionais Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
Rec Nacionais Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
Rec Reg ANC Absoluto	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varzim	06-02-2010
Rec Reg ANC Sen	2:38.77	Mariana Carlota, REBELO	ALN	Coimbra	24-04-2021
Rec Reg ANC Jun 17	2:39.87	Mariana Domingues, PAZ	CNMC	Coimbra	25-07-2015
Rec Reg ANC Jun 16	2:39.55	Gabriela Oliveira, ANDRADE	CNAC	Povoa do Varim	06-02-2010
Rec Reg ANC Juv A	2:40.66	Maria Carlota, REBELO	CUC		06-05-2018
Rec Reg ANC Juv B	2:42.02	Mariana Ferreirinha, CUNHA	AAC	Geneve (SUI)	17-01-1997
Rec Nacional	4:40.84	Filipa Sa, REIS	POR	Florence (ITA)	17-07-2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Ines Oliveira, TEIXEIRA	02 Condeixa Clube	<b>2:51.16</b>	536
50m: 36.86 36.86 100m: 1:20.08 43.22 150m: 2:05.22 45.14 200m: 2:51.16 45.94			
2. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>2:55.66</b>	496
50m: 38.95 38.95 100m: 1:23.29 44.34 150m: 2:09.68 46.39 200m: 2:55.66 45.98			
3. Beatriz Andre, GASPAR	06 Fundacao Beatriz Santos	<b>2:57.83</b>	478
50m: 40.97 40.97 100m: 1:26.59 45.62 150m: 2:13.49 46.90 200m: 2:57.83 44.34			
4. Matilde Alves, FLORENCIO	04 Condeixa Clube	<b>3:01.38</b>	451
50m: 40.78 40.78 100m: 1:26.73 45.95 150m: 2:15.27 48.54 200m: 3:01.38 46.11			
5. Ana Catarina, SILVA	04 Fundacao Beatriz Santos	<b>3:01.55</b>	449
50m: 41.23 41.23 100m: 1:27.20 45.97 150m: 2:14.79 47.59 200m: 3:01.55 46.76			
6. Dania Rodrigues, SIMOES	07 Louzan Natacao	<b>3:02.73</b>	441
50m: 42.05 42.05 100m: 1:29.31 47.26 150m: 2:16.48 47.17 200m: 3:02.73 46.25			
7. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	<b>3:04.90</b>	425
50m: 43.26 43.26 100m: 1:29.88 46.62 150m: 2:17.53 47.65 200m: 3:04.90 47.37			
8. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>3:06.39</b>	415
50m: 41.08 41.08 100m: 1:28.27 47.19 150m: 2:17.41 49.14 200m: 3:06.39 48.98			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 28, Femin., 200m Bruços, Abs

Lugar	Ano	Tempo final	Pts
9. Beatriz Silva, NEVES	06 Fundacao Beatriz Santos	<b>3:06.45</b>	415
50m: 42.16 42.16 100m: 1:29.75 47.59 150m: 2:18.18 48.43 200m: 3:06.45 48.27			
10. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	<b>3:09.56</b>	395
50m: 44.33 44.33 100m: 1:33.07 48.74 150m: 2:21.66 48.59 200m: 3:09.56 47.90			
11. Laura Torrao, CARVALHO	05 Nautico Academico	<b>3:13.25</b>	373
50m: 41.99 41.99 100m: 1:31.40 49.41 150m: 2:22.15 50.75 200m: 3:13.25 51.10			
12. Matilde Lucia, GASPAR <i>Rec Nac NA</i>	06 APC Coimbra	<b>4:35.12</b>	129
50m: 1:04.23 1:04.23 100m: 2:15.03 1:10.80 150m: 3:25.01 1:09.98 200m: 4:35.12 1:10.11			
13. Barbara Ines, GOMES	91 APC Coimbra	<b>4:46.52</b>	114
50m: 1:07.83 1:07.83 100m: 2:19.19 1:11.36 150m: 3:33.73 1:14.54 200m: 4:46.52 1:12.79			
14. Carolina Caetano, LOURENCO	94 APC Coimbra	<b>5:08.58</b>	91
50m: 1:12.96 1:12.96 100m: 2:33.66 1:20.70 150m: 3:52.22 1:18.56 200m: 5:08.58 1:16.36			
DSQ Leonor Correia, PAIVA	04 Louzan Natacao		
<i>a atleta efetuou duas pernadas de golfinho, após a viragem aos 100 m</i>			
DNF Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos		
50m: 39.40 39.40 100m: 1:28.84 49.44			

Prova 29

Masc., 200m Bruços

Inf B

09-05-2021 - 10:50

Resultados

Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Inf B	2:38.94	Duarte Anastacio, SOUSA	CAC	Oeiras	19-07-2015
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Inf B	2:38.94	Duarte Anastacio, SOUSA	CAQC	Oeiras	01-05-2015

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Miguel Tomas, CONCEICAO	08 Nautico Academico	<b>3:29.52</b>	218
50m: 48.53 48.53 100m: 1:42.04 53.51 150m: 2:35.71 53.67 200m: 3:29.52 53.81			
2. Santiago Jose, FONSECA	08 Columbofila Cantanhedense	<b>3:37.48</b>	195
50m: 49.09 49.09 100m: 1:45.26 56.17 150m: 2:42.74 57.48 200m: 3:37.48 54.74			
3. Rafael Figueiredo, CORREIA	08 Columbofila Cantanhedense	<b>3:38.61</b>	192
50m: 49.78 49.78 100m: 1:46.14 56.36 150m: 2:41.83 55.69 200m: 3:38.61 56.78			
4. David Miguel, ALVES	08 Fundacao Beatriz Santos	<b>3:50.90</b>	162
50m: 51.19 51.19 100m: 1:50.17 58.98 150m: 2:50.58 1:00.41 200m: 3:50.90 1:00.32			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 29, Masc., 200m Bruços

Prova 29 Masc., 200m Bruços Inf A  
09-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Inf A	2:32.07	Joao Soares, CARNEIRO	SLB	Loulé	15-07-2017
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Inf A	2:35.25	António, PEREIRA	CNAC	Campanhã	29-07-2001

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Alexandre, SILVA	07 Columbofila Cantanhedense	<b>3:05.21</b>	315
50m: 40.65 40.65 100m: 1:27.26 46.61 150m: 2:16.36 49.10 200m: 3:05.21 48.85			
2. David Duarte, JESUS	07 Fundacao Beatriz Santos	<b>3:10.39</b>	290
50m: 42.29 42.29 100m: 1:31.24 48.95 150m: 2:20.77 49.53 200m: 3:10.39 49.62			

Prova 29 Masc., 200m Bruços Juv B  
09-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	06-08-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Duarte Jose, FERNANDES	06 Uniao Coimbra	<b>2:40.63</b>	484
50m: 34.55 34.55 100m: 1:14.54 39.99 150m: 1:56.93 42.39 200m: 2:40.63 43.70			
2. Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	<b>2:43.04</b>	462
50m: 36.75 36.75 100m: 1:18.37 41.62 150m: 2:00.40 42.03 200m: 2:43.04 42.64			
3. Tomas Nolan, SANTOS	06 Fundacao Beatriz Santos	<b>3:01.60</b>	334
50m: 39.99 39.99 100m: 1:26.47 46.48 150m: 2:15.32 48.85 200m: 3:01.60 46.28			
4. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	<b>3:04.00</b>	322
50m: 41.52 41.52 100m: 1:28.26 46.74 150m: 2:16.70 48.44 200m: 3:04.00 47.30			
5. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>3:15.17</b>	269
50m: 43.25 43.25 100m: 1:32.49 49.24 150m: 2:23.77 51.28 200m: 3:15.17 51.40			
DSQ Diogo Cura, NEVES	06 Condeixa Clube	<b>2:54.50</b>	
<i>o atleta efetuou duas pernadas de golfinho, após a viragem aos 100 m</i>			
50m: 38.31 38.31 100m: 1:21.57 43.26 150m: 2:07.61 46.04 200m: 2:54.50 46.89			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 29, Masc., 200m Bruços

Prova 29 Masc., 200m Bruços Juv A  
09-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	18-07-1998

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Jose, FRANCISCO	05 Miranda do Corvo	<b>2:48.59</b>	418
50m: 37.20 37.20	100m: 1:19.67 42.47	150m: 2:04.12 44.45	200m: 2:48.59 44.47
2. Afonso Miguel, AMADO	05 Miranda do Corvo	<b>2:58.79</b>	351
50m: 40.04 40.04	100m: 1:25.27 45.23	150m: 2:11.80 46.53	200m: 2:58.79 46.99

Prova 29 Masc., 200m Bruços Juv /Jun  
09-05-2021 - 10:50 Resultados

Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Jun 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
Rec Nacionais Jun 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
Rec Nacionais Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
Rec Nacionais Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Jun 18	2:18.79	Helder Jose, LOPES	ACM	Dunquerque (FRA)	30-07-2000
Rec Reg ANC Jun 17	2:22.43	Tomas Miguel, VELOSO	CNAC	Famalicao	20-07-2013
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	18-07-1998
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	06-08-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Gustavo Pires, MARQUES	04 Uniao Coimbra	<b>2:37.92</b>	509
50m: 35.79 35.79	100m: 1:16.05 40.26	150m: 1:57.33 41.28	200m: 2:37.92 40.59
2. Duarte Jose, FERNANDES	06 Uniao Coimbra	<b>2:40.63</b>	484
50m: 34.55 34.55	100m: 1:14.54 39.99	150m: 1:56.93 42.39	200m: 2:40.63 43.70
3. Tomas Varanda, OLIVEIRA	06 Columbofila Cantanhedense	<b>2:43.04</b>	462
50m: 36.75 36.75	100m: 1:18.37 41.62	150m: 2:00.40 42.03	200m: 2:43.04 42.64
4. Tiago Andre, POIARES	04 Fundacao Beatriz Santos	<b>2:43.99</b>	454
50m: 36.48 36.48	100m: 1:17.97 41.49	150m: 2:01.02 43.05	200m: 2:43.99 42.97
5. Tomas Jose, FRANCISCO	05 Miranda do Corvo	<b>2:48.59</b>	418
50m: 37.20 37.20	100m: 1:19.67 42.47	150m: 2:04.12 44.45	200m: 2:48.59 44.47
6. Afonso Miguel, AMADO	05 Miranda do Corvo	<b>2:58.79</b>	351
50m: 40.04 40.04	100m: 1:25.27 45.23	150m: 2:11.80 46.53	200m: 2:58.79 46.99
7. Tomas Nolan, SANTOS	06 Fundacao Beatriz Santos	<b>3:01.60</b>	334
50m: 39.99 39.99	100m: 1:26.47 46.48	150m: 2:15.32 48.85	200m: 3:01.60 46.28
8. Gustavo Teixeira, PIRES	06 Columbofila Cantanhedense	<b>3:04.00</b>	322
50m: 41.52 41.52	100m: 1:28.26 46.74	150m: 2:16.70 48.44	200m: 3:04.00 47.30
9. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>3:15.17</b>	269
50m: 43.25 43.25	100m: 1:32.49 49.24	150m: 2:23.77 51.28	200m: 3:15.17 51.40
DSQ Diogo Cura, NEVES	06 Condeixa Clube	<b>2:54.50</b>	
<i>o atleta efetuou duas pernadas de golfinho, após a viragem aos 100 m</i>			
50m: 38.31 38.31	100m: 1:21.57 43.26	150m: 2:07.61 46.04	200m: 2:54.50 46.89

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 29, Masc., 200m Bruços

Prova 29 09-05-2021 - 10:50	Masc., 200m Bruços				Abs Resultados
Rec Nacionais Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Rec Nacionais Jun 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
Rec Nacionais Jun 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
Rec Nacionais Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
Rec Nacionais Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Rec Reg ANC Absoluto	2:14.25	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Sen	2:14.25	Gabriel Jose, LOPES	ALN		25-05-2019
Rec Reg ANC Jun 18	2:18.79	Helder Jose, LOPES	ACM	Dunquerque (FRA)	30-07-2000
Rec Reg ANC Jun 17	2:22.43	Tomas Miguel, VELOSO	CNAC	Famalicao	20-07-2013
Rec Reg ANC Juv A	2:25.56	Helder Jose, LOPES	ACM	Moscovo (RUS)	18-07-1998
Rec Reg ANC Juv B	2:29.15	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	06-08-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Miguel Caridade, GASPAR	99	Academica de Coimbra	<b>2:32.40</b>				566
50m: 35.01 35.01	100m: 1:13.93	38.92	150m: 1:53.33	39.40	200m: 2:32.40	39.07	
2. Lucas Pereira, BASTOS	00	Nautico Academico	<b>2:35.18</b>				536
50m: 35.32 35.32	100m: 1:14.37	39.05	150m: 1:54.40	40.03	200m: 2:35.18	40.78	
3. Gustavo Pires, MARQUES	04	Uniao Coimbra	<b>2:37.92</b>				509
50m: 35.79 35.79	100m: 1:16.05	40.26	150m: 1:57.33	41.28	200m: 2:37.92	40.59	
4. Joaquim Agra, MERUJE	01	Uniao Coimbra	<b>2:39.80</b>				491
50m: 36.45 36.45	100m: 1:16.30	39.85	150m: 1:57.80	41.50	200m: 2:39.80	42.00	
5. Duarte Jose, FERNANDES	06	Uniao Coimbra	<b>2:40.63</b>				484
50m: 34.55 34.55	100m: 1:14.54	39.99	150m: 1:56.93	42.39	200m: 2:40.63	43.70	
6. Tomas Varanda, OLIVEIRA	06	Cumbofilha Cantanhedense	<b>2:43.04</b>				462
50m: 36.75 36.75	100m: 1:18.37	41.62	150m: 2:00.40	42.03	200m: 2:43.04	42.64	
7. Tiago Andre, POIARES	04	Fundacao Beatriz Santos	<b>2:43.99</b>				454
50m: 36.48 36.48	100m: 1:17.97	41.49	150m: 2:01.02	43.05	200m: 2:43.99	42.97	
8. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>2:48.59</b>				418
50m: 37.20 37.20	100m: 1:19.67	42.47	150m: 2:04.12	44.45	200m: 2:48.59	44.47	
9. Vasco Pereira, BASTOS	02	Nautico Academico	<b>2:49.17</b>				414
50m: 38.07 38.07	100m: 1:20.98	42.91	150m: 2:04.45	43.47	200m: 2:49.17	44.72	
10. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>2:58.79</b>				351
50m: 40.04 40.04	100m: 1:25.27	45.23	150m: 2:11.80	46.53	200m: 2:58.79	46.99	
11. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>3:01.60</b>				334
50m: 39.99 39.99	100m: 1:26.47	46.48	150m: 2:15.32	48.85	200m: 3:01.60	46.28	
12. Gustavo Teixeira, PIRES	06	Cumbofilha Cantanhedense	<b>3:04.00</b>				322
50m: 41.52 41.52	100m: 1:28.26	46.74	150m: 2:16.70	48.44	200m: 3:04.00	47.30	
13. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<b>3:15.17</b>				269
50m: 43.25 43.25	100m: 1:32.49	49.24	150m: 2:23.77	51.28	200m: 3:15.17	51.40	
DSQ Diogo Cura, NEVES	06	Condeixa Clube	<b>2:54.50</b>				
<i>o atleta efetuou duas pernadas de golfinho, após a viragem aos 100 m</i>							
50m: 38.31 38.31	100m: 1:21.57	43.26	150m: 2:07.61	46.04	200m: 2:54.50	46.89	
DNS Gabriel Jose, LOPES	97	Louzan Natacao					

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 30	Femin., 200m Costas					Inf B
09-05-2021 - 11:05						Resultados
Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa		09-02-2020
Rec Nacionais Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicão		27-07-1997
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN			21-07-2019
Rec Reg ANC Inf B	2:35.38	Camila Rodrigues, REBELO	ALN	Oeiras		19-07-2015

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Leonor Mercês, CAVALEIRO	09	Cumbófila Cantanhedense	<b>2:56.02</b>				344
50m: 40.65 40.65	100m: 1:25.70	45.05	150m: 2:12.91	47.21	200m: 2:56.02	43.11	
2. Sofia Fonseca, PRIMO	09	Miranda do Corvo	<b>3:04.08</b>				300
50m: 42.35 42.35	100m: 1:28.45	46.10	150m: 2:17.23	48.78	200m: 3:04.08	46.85	
3. Raquel Alexandra, CANCELA	09	Miranda do Corvo	<b>3:05.63</b>				293
50m: 43.89 43.89	100m: 1:31.00	47.11	150m: 2:19.94	48.94	200m: 3:05.63	45.69	
4. Margarida Pessoa, MONTEIRO	09	Cumbófila Cantanhedense	<b>3:13.87</b>				257
50m: 45.95 45.95	100m: 1:34.75	48.80	150m: 2:25.33	50.58	200m: 3:13.87	48.54	
5. Maria Miranda, MACEDO	09	Cumbófila Cantanhedense	<b>3:33.34</b>				193
50m: 50.19 50.19	100m: 1:43.17	52.98	150m: 2:41.21	58.04	200m: 3:33.34	52.13	
DSQ Caetana Amado, SANTOS	09	Miranda do Corvo					
<i>quebra do movimento continuo aos 50 m</i>							

Prova 30	Femin., 200m Costas					Inf A
09-05-2021 - 11:05						Resultados
Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa		09-02-2020
Rec Nacionais Inf A	2:23.57	Rafaela Gomes, AZEVEDO	POR	Genova (ITA)		20-06-2015
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN			21-07-2019
Rec Reg ANC Inf A	2:30.49	Maria Malaguerra, COSTA	ASSSCC	Rio Maior		03-07-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Francisca Santos, FERNANDES	08	Miranda do Corvo	<b>2:53.17</b>				361
50m: 40.15 40.15	100m: 1:24.10	43.95	150m: 2:09.83	45.73	200m: 2:53.17	43.34	
2. Julia Maria, SOARES	08	Miranda do Corvo	<b>3:01.47</b>				314
50m: 41.26 41.26	100m: 1:27.62	46.36	150m: 2:15.22	47.60	200m: 3:01.47	46.25	
3. Catarina Sargaco, TEIXEIRA	08	Cumbófila Cantanhedense	<b>3:11.07</b>				269
50m: 46.76 46.76	100m: 1:35.63	48.87	150m: 2:23.81	48.18	200m: 3:11.07	47.26	
4. Ines Serralheiro, SANTOS	08	Cumbófila Cantanhedense	<b>3:21.08</b>				230
50m: 46.14 46.14	100m: 1:36.90	50.76	150m: 2:29.06	52.16	200m: 3:21.08	52.02	
5. Mariana Santos, ALMEIDA	08	Cumbófila Cantanhedense	<b>3:30.89</b>				200
50m: 49.48 49.48	100m: 1:42.22	52.74	150m: 2:37.48	55.26	200m: 3:30.89	53.41	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 30, Femin., 200m Costas

Prova 30 09-05-2021 - 11:05	Femin., 200m Costas					Juv B Resultados
Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa		09-02-2020
Rec Nacionais Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras		21-07-2017
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN			21-07-2019
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras		21-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>2:41.08</b>				449
50m: 38.52 38.52	100m: 1:19.88	41.36	150m: 2:01.44	41.56	200m: 2:41.08	39.64	
2. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>2:43.00</b>				433
50m: 39.07 39.07	100m: 1:20.75	41.68	150m: 2:03.09	42.34	200m: 2:43.00	39.91	
3. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>2:46.96</b>				403
50m: 38.95 38.95	100m: 1:20.66	41.71	150m: 2:04.19	43.53	200m: 2:46.96	42.77	
4. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos	<b>2:49.42</b>				385
50m: 39.21 39.21	100m: 1:22.68	43.47	150m: 2:06.80	44.12	200m: 2:49.42	42.62	
5. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	<b>3:01.18</b>				315
50m: 43.37 43.37	100m: 1:29.12	45.75	150m: 2:15.88	46.76	200m: 3:01.18	45.30	
6. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>3:14.36</b>				255
50m: 45.48 45.48	100m: 1:35.45	49.97	200m: 3:14.36	1:38.91			

Prova 30 09-05-2021 - 11:05	Femin., 200m Costas					Juv A Resultados
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Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa		09-02-2020
Rec Nacionais Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra		05-04-2012
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN			21-07-2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia		16-06-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Diana Silva, TINOCO	06	Columbofila Cantanhedense	<b>2:42.09</b>				440
50m: 38.67 38.67	100m: 1:19.89	41.22	150m: 2:01.56	41.67	200m: 2:42.09	40.53	
2. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>2:43.85</b>				426
50m: 38.80 38.80	100m: 1:19.64	40.84	150m: 2:01.90	42.26	200m: 2:43.85	41.95	
3. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>2:44.22</b>				423
50m: 38.41 38.41	100m: 1:20.60	42.19	150m: 2:03.59	42.99	200m: 2:44.22	40.63	
4. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>2:44.24</b>				423
50m: 37.08 37.08	100m: 1:18.77	41.69	150m: 2:02.15	43.38	200m: 2:44.24	42.09	
DSQ Anita Gouveia, COSTA	06	Condeixa Clube					
<i>o corpo da atleta ficou totalmente submerso antes do toque na parede aos 200 m</i>							

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 30, Femin., 200m Costas

Prova 30 09-05-2021 - 11:05	Femin., 200m Costas				Juv /Jun Resultados
Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	09-02-2020
Rec Nacionais Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02-04-2015
Rec Nacionais Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07-04-2019
Rec Nacionais Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Rec Nacionais Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		21-07-2019
Rec Reg ANC Jun 17	2:18.29	Camila Rodrigues, REBELO	ALN		09-02-2020
Rec Reg ANC Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	04-07-2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia	16-06-2018
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Joana Francisca, RODRIGUES	04	Uniao Coimbra		<b>2:34.28</b>	511	
50m: 35.53 35.53 100m: 1:14.52 38.99 150m: 1:54.96 40.44 200m: 2:34.28 39.32						
2. Mariana Carmo, ROSA	05	Louzan Natacao		<b>2:35.74</b>	496	
50m: 37.28 37.28 100m: 1:16.70 39.42 150m: 1:56.80 40.10 200m: 2:35.74 38.94						
3. Dania Rodrigues, SIMOES	07	Louzan Natacao		<b>2:41.08</b>	449	
50m: 38.52 38.52 100m: 1:19.88 41.36 150m: 2:01.44 41.56 200m: 2:41.08 39.64						
4. Diana Silva, TINOCO	06	Columbifila Cantanhedense		<b>2:42.09</b>	440	
50m: 38.67 38.67 100m: 1:19.89 41.22 150m: 2:01.56 41.67 200m: 2:42.09 40.53						
5. Beatriz Ferreira, GASPAR	04	Uniao Coimbra		<b>2:42.35</b>	438	
50m: 38.05 38.05 100m: 1:18.78 40.73 150m: 2:00.70 41.92 200m: 2:42.35 41.65						
6. Angela Rodrigues, REBELO	07	Louzan Natacao		<b>2:43.00</b>	433	
50m: 39.07 39.07 100m: 1:20.75 41.68 150m: 2:03.09 42.34 200m: 2:43.00 39.91						
7. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo		<b>2:43.85</b>	426	
50m: 38.80 38.80 100m: 1:19.64 40.84 150m: 2:01.90 42.26 200m: 2:43.85 41.95						
8. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos		<b>2:44.22</b>	423	
50m: 38.41 38.41 100m: 1:20.60 42.19 150m: 2:03.59 42.99 200m: 2:44.22 40.63						
9. Joana Filipa, VARELA	06	Fundacao Beatriz Santos		<b>2:44.24</b>	423	
50m: 37.08 37.08 100m: 1:18.77 41.69 150m: 2:02.15 43.38 200m: 2:44.24 42.09						
10. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos		<b>2:46.96</b>	403	
50m: 38.95 38.95 100m: 1:20.66 41.71 150m: 2:04.19 43.53 200m: 2:46.96 42.77						
11. Rita Lima, PIRES	05	Nautico Academico		<b>2:48.70</b>	390	
50m: 38.30 38.30 100m: 1:21.26 42.96 150m: 2:04.99 43.73 200m: 2:48.70 43.71						
12. Marta Andre, AGUILAR	07	Fundacao Beatriz Santos		<b>2:49.42</b>	385	
50m: 39.21 39.21 100m: 1:22.68 43.47 150m: 2:06.80 44.12 200m: 2:49.42 42.62						
13. Kateryna, DZYAKANAVA	05	Louzan Natacao		<b>2:49.97</b>	382	
50m: 37.60 37.60 100m: 1:21.05 43.45 150m: 2:06.12 45.07 200m: 2:49.97 43.85						
14. Laura Rodrigues, MARGATO	04	Academica de Coimbra		<b>2:53.35</b>	360	
50m: 40.17 40.17 100m: 1:24.41 44.24 150m: 2:09.55 45.14 200m: 2:53.35 43.80						
15. Laura Torrao, CARVALHO	05	Nautico Academico		<b>3:00.60</b>	318	
50m: 40.61 40.61 100m: 1:27.22 46.61 150m: 2:15.18 47.96 200m: 3:00.60 45.42						
16. Luna Almeida, RODRIGUES	07	Columbifila Cantanhedense		<b>3:01.18</b>	315	
50m: 43.37 43.37 100m: 1:29.12 45.75 150m: 2:15.88 46.76 200m: 3:01.18 45.30						

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 30, Femin., 200m Costas, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>3:14.36</b>	255
50m: 45.48 45.48 100m: 1:35.45 49.97 200m: 3:14.36 1:38.91			
DSQ Anita Gouveia, COSTA	06 Condeixa Clube		
<i>o corpo da atleta ficou totalmente submerso antes do toque na parede aos 200 m</i>			

Prova 30 Femin., 200m Costas Abs  
09-05-2021 - 11:05 Resultados

Rec Nacionais Absoluto	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	09-02-2020
Rec Nacionais Sen	2:15.02	Rita Barros, FRISCHKNECHT	SAD	Lisboa	09-02-2020
Rec Nacionais Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02-04-2015
Rec Nacionais Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07-04-2019
Rec Nacionais Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Rec Nacionais Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017
Rec Reg ANC Absoluto	2:15.72	Camila Rodrigues, REBELO	ALN		21-07-2019
Rec Reg ANC Sen	2:17.75	Camila Rodrigues, REBELO	ALN		20-05-2020
Rec Reg ANC Jun 17	2:18.29	Camila Rodrigues, REBELO	ALN		09-02-2020
Rec Reg ANC Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	04-07-2019
Rec Reg ANC Juv A	2:20.34	Camila Rodrigues, REBELO	ALN	Italia	16-06-2018
Rec Reg ANC Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21-07-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO	03 Louzan Natacao	<b>2:32.08</b>	533
50m: 35.11 35.11 100m: 1:13.35 38.24 150m: 1:52.83 39.48 200m: 2:32.08 39.25			
2. Joana Francisca, RODRIGUES	04 Uniao Coimbra	<b>2:34.28</b>	511
50m: 35.53 35.53 100m: 1:14.52 38.99 150m: 1:54.96 40.44 200m: 2:34.28 39.32			
3. Mariana Carmo, ROSA	05 Louzan Natacao	<b>2:35.74</b>	496
50m: 37.28 37.28 100m: 1:16.70 39.42 150m: 1:56.80 40.10 200m: 2:35.74 38.94			
4. Sara Dias, NEVES	03 Miranda do Corvo	<b>2:36.44</b>	490
50m: 36.75 36.75 100m: 1:15.44 38.69 150m: 1:56.41 40.97 200m: 2:36.44 40.03			
5. Dania Rodrigues, SIMOES	07 Louzan Natacao	<b>2:41.08</b>	449
50m: 38.52 38.52 100m: 1:19.88 41.36 150m: 2:01.44 41.56 200m: 2:41.08 39.64			
6. Diana Silva, TINOCO	06 Columbofila Cantanhedense	<b>2:42.09</b>	440
50m: 38.67 38.67 100m: 1:19.89 41.22 150m: 2:01.56 41.67 200m: 2:42.09 40.53			
7. Beatriz Ferreira, GASPAR	04 Uniao Coimbra	<b>2:42.35</b>	438
50m: 38.05 38.05 100m: 1:18.78 40.73 150m: 2:00.70 41.92 200m: 2:42.35 41.65			
8. Angela Rodrigues, REBELO	07 Louzan Natacao	<b>2:43.00</b>	433
50m: 39.07 39.07 100m: 1:20.75 41.68 150m: 2:03.09 42.34 200m: 2:43.00 39.91			
9. Matilde Fonseca, OLIVEIRA	06 Miranda do Corvo	<b>2:43.85</b>	426
50m: 38.80 38.80 100m: 1:19.64 40.84 150m: 2:01.90 42.26 200m: 2:43.85 41.95			
10. Maria Neto, FERREIRA	06 Fundacao Beatriz Santos	<b>2:44.22</b>	423
50m: 38.41 38.41 100m: 1:20.60 42.19 150m: 2:03.59 42.99 200m: 2:44.22 40.63			
11. Joana Filipa, VARELA	06 Fundacao Beatriz Santos	<b>2:44.24</b>	423
50m: 37.08 37.08 100m: 1:18.77 41.69 150m: 2:02.15 43.38 200m: 2:44.24 42.09			
12. Ines Miranda, DIOGO	07 Fundacao Beatriz Santos	<b>2:46.96</b>	403
50m: 38.95 38.95 100m: 1:20.66 41.71 150m: 2:04.19 43.53 200m: 2:46.96 42.77			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 30, Femin., 200m Costas, Abs

Lugar	Ano	Tempo final	Pts
13. Rita Lima, PIRES	05 Nautico Academico	<b>2:48.70</b>	390
50m: 38.30 38.30 100m: 1:21.26 42.96 150m: 2:04.99 43.73 200m: 2:48.70 43.71			
14. Marta Andre, AGUILAR	07 Fundacao Beatriz Santos	<b>2:49.42</b>	385
50m: 39.21 39.21 100m: 1:22.68 43.47 150m: 2:06.80 44.12 200m: 2:49.42 42.62			
15. Kateryna, DZYAKANAVA	05 Louzan Natacao	<b>2:49.97</b>	382
50m: 37.60 37.60 100m: 1:21.05 43.45 150m: 2:06.12 45.07 200m: 2:49.97 43.85			
16. Laura Rodrigues, MARGATO	04 Academica de Coimbra	<b>2:53.35</b>	360
50m: 40.17 40.17 100m: 1:24.41 44.24 150m: 2:09.55 45.14 200m: 2:53.35 43.80			
17. Laura Torrao, CARVALHO	05 Nautico Academico	<b>3:00.60</b>	318
50m: 40.61 40.61 100m: 1:27.22 46.61 150m: 2:15.18 47.96 200m: 3:00.60 45.42			
18. Luna Almeida, RODRIGUES	07 Columbofila Cantanhedense	<b>3:01.18</b>	315
50m: 43.37 43.37 100m: 1:29.12 45.75 150m: 2:15.88 46.76 200m: 3:01.18 45.30			
19. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>3:14.36</b>	255
50m: 45.48 45.48 100m: 1:35.45 49.97 200m: 3:14.36 1:38.91			
DSQ Anita Gouveia, COSTA	06 Condeixa Clube		
<i>o corpo da atleta ficou totalmente submerso antes do toque na parede aos 200 m</i>			

Prova 31

Masc., 200m Costas

Inf B

09-05-2021 - 11:25

Resultados

Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Inf B	2:20.07	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	13-07-2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Inf B	2:25.05	Jose Diogo, DIAS	FBSC	Coimbra	01-05-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>3:02.42</b>	230
50m: 43.11 43.11 100m: 1:29.52 46.41 150m: 2:17.07 47.55 200m: 3:02.42 45.35			
2. Joaquim Antonio, CUNHA	08 Nautico Academico	<b>3:03.47</b>	227
50m: 43.20 43.20 100m: 1:30.48 47.28 150m: 2:17.95 47.47 200m: 3:03.47 45.52			
DSQ Diogo Garcia, FARIA	08 Nautico Academico		
<i>Falsa partida</i>			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 31, Masc., 200m Costas

Prova 31 Masc., 200m Costas Inf A  
09-05-2021 - 11:25 Resultados

Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Inf A	2:14.56	Alexandre Lages, RIBAS	EDV	Lisboa	23-07-2011
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Inf A	2:18.74	Gabriel Jose, LOPES	CDL	Lisboa	23-07-2011

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Alexandre, DZYAKANAU	07 Louzan Natacao	<b>2:38.61</b>	351
50m: 37.55 37.55	100m: 1:17.90 40.35	150m: 1:58.87 40.97	200m: 2:38.61 39.74

Prova 31 Masc., 200m Costas Juv B  
09-05-2021 - 11:25 Resultados

Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		08-06-1992

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Filipe Cruz, SIMOES	06 Miranda do Corvo	<b>2:31.11</b>	406
50m: 35.81 35.81	100m: 1:13.67 37.86	150m: 1:53.74 40.07	200m: 2:31.11 37.37
2. Guilherme Marques, PEREIRA	06 Condeixa Clube	<b>2:31.27</b>	405
50m: 35.24 35.24	100m: 1:14.68 39.44	150m: 1:52.85 38.17	200m: 2:31.27 38.42
3. Francisco Couto, FRAZAO	06 Uniao Coimbra	<b>2:32.05</b>	398
50m: 35.43 35.43	100m: 1:14.27 38.84	150m: 1:53.83 39.56	200m: 2:32.05 38.22
4. Afonso Vidal, TOMAS	06 Louzan Natacao	<b>2:35.94</b>	369
50m: 35.62 35.62	100m: 1:14.69 39.07	150m: 1:55.62 40.93	200m: 2:35.94 40.32
5. Joao Rafael, FERREIRA	06 Fundacao Beatriz Santos	<b>2:36.64</b>	364
50m: 36.26 36.26	100m: 1:15.80 39.54	150m: 1:57.14 41.34	200m: 2:36.64 39.50
6. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>2:46.83</b>	301
50m: 38.00 38.00	100m: 1:20.18 42.18	150m: 2:03.74 43.56	200m: 2:46.83 43.09
7. Simao Domingues, PAZ	06 Miranda do Corvo	<b>2:55.27</b>	260
50m: 41.22 41.22	100m: 1:26.79 45.57	150m: 2:13.06 46.27	200m: 2:55.27 42.21
8. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	<b>3:01.63</b>	233
50m: 44.31 44.31	100m: 1:30.88 46.57	150m: 2:17.12 46.24	200m: 3:01.63 44.51

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 31, Masc., 200m Costas

Prova 31 09-05-2021 - 11:25	Masc., 200m Costas				Juv A Resultados
Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	31-07-1997

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Tomas Carvalho, SANTOS	05	Louzan Natacao			<b>2:30.29</b>	412
50m: 33.28 33.28	100m: 1:11.28	38.00	150m: 1:50.74	39.46	200m: 2:30.29	39.55
2. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra			<b>2:35.51</b>	372
50m: 36.32 36.32	100m: 1:15.69	39.37	150m: 1:56.11	40.42	200m: 2:35.51	39.40
3. Diogo Simoes, DIAS	05	Louzan Natacao			<b>2:42.20</b>	328
50m: 37.78 37.78	100m: 1:18.09	40.31	150m: 2:00.17	42.08	200m: 2:42.20	42.03

Prova 31  
09-05-2021 - 11:25

Masc., 200m Costas				Juv /Jun Resultados	
Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Jun 18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	25-08-2019
Rec Nacionais Jun 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapeste (HUN)	15-07-2005
Rec Nacionais Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
Rec Nacionais Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Jun 18	2:03.57	Gabriel Jose, LOPES	ALN	Singapura (SGP)	30-08-2015
Rec Reg ANC Jun 17	2:10.32	Bernardo Vinagre, ARZILEIRO	CUC	Funchal	25-03-2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		08-06-1992

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Diogo Matos, RIBEIRO	04	Uniao Coimbra			<b>2:12.11</b>	608
50m: 30.41 30.41	100m: 1:04.89	34.48	150m: 1:38.63	33.74	200m: 2:12.11	33.48
2. David Valdagua, COUTINHO	03	Uniao Coimbra			<b>2:18.51</b>	527
50m: 32.18 32.18	100m: 1:06.80	34.62	150m: 1:43.41	36.61	200m: 2:18.51	35.10
3. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos			<b>2:19.72</b>	513
50m: 32.72 32.72	100m: 1:08.76	36.04	150m: 1:44.58	35.82	200m: 2:19.72	35.14
4. Jose Diogo, DIAS	04	Fundacao Beatriz Santos			<b>2:20.08</b>	510
50m: 32.88 32.88	100m: 1:08.10	35.22	150m: 1:44.25	36.15	200m: 2:20.08	35.83
5. Tomas Carvalho, SANTOS	05	Louzan Natacao			<b>2:30.29</b>	412
50m: 33.28 33.28	100m: 1:11.28	38.00	150m: 1:50.74	39.46	200m: 2:30.29	39.55
6. Filipe Cruz, SIMOES	06	Miranda do Corvo			<b>2:31.11</b>	406
50m: 35.81 35.81	100m: 1:13.67	37.86	150m: 1:53.74	40.07	200m: 2:31.11	37.37
7. Guilherme Marques, PEREIRA	06	Condeixa Clube			<b>2:31.27</b>	405
50m: 35.24 35.24	100m: 1:14.68	39.44	150m: 1:52.85	38.17	200m: 2:31.27	38.42
8. Francisco Couto, FRAZAO	06	Uniao Coimbra			<b>2:32.05</b>	398
50m: 35.43 35.43	100m: 1:14.27	38.84	150m: 1:53.83	39.56	200m: 2:32.05	38.22
9. Renato Maria, FERREIRA	04	Uniao Coimbra			<b>2:32.85</b>	392
50m: 34.40 34.40	100m: 1:13.17	38.77	150m: 1:53.80	40.63	200m: 2:32.85	39.05

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 31, Masc., 200m Costas, Juv /Jun

Lugar	Ano	Tempo final	Pts
10. Afonso Corte-Real, GRILO	04 Fundacao Beatriz Santos	<b>2:33.28</b>	389
50m: 35.71 35.71 100m: 1:14.43 38.72 150m: 1:54.27 39.84 200m: 2:33.28 39.01			
11. Samuel Baptista, FIGUEIRA	05 Academica de Coimbra	<b>2:35.51</b>	372
50m: 36.32 36.32 100m: 1:15.69 39.37 150m: 1:56.11 40.42 200m: 2:35.51 39.40			
12. Afonso Vidal, TOMAS	06 Louzan Natacao	<b>2:35.94</b>	369
50m: 35.62 35.62 100m: 1:14.69 39.07 150m: 1:55.62 40.93 200m: 2:35.94 40.32			
13. Joao Rafael, FERREIRA	06 Fundacao Beatriz Santos	<b>2:36.64</b>	364
50m: 36.26 36.26 100m: 1:15.80 39.54 150m: 1:57.14 41.34 200m: 2:36.64 39.50			
14. Diogo Simoes, DIAS	05 Louzan Natacao	<b>2:42.20</b>	328
50m: 37.78 37.78 100m: 1:18.09 40.31 150m: 2:00.17 42.08 200m: 2:42.20 42.03			
15. Pedro Fernandes, CARVALHO	06 Miranda do Corvo	<b>2:46.83</b>	301
50m: 38.00 38.00 100m: 1:20.18 42.18 150m: 2:03.74 43.56 200m: 2:46.83 43.09			
16. Simao Domingues, PAZ	06 Miranda do Corvo	<b>2:55.27</b>	260
50m: 41.22 41.22 100m: 1:26.79 45.57 150m: 2:13.06 46.27 200m: 2:55.27 42.21			
17. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	<b>3:01.63</b>	233
50m: 44.31 44.31 100m: 1:30.88 46.57 150m: 2:17.12 46.24 200m: 3:01.63 44.51			

Prova 31

Masc., 200m Costas

Abs

09-05-2021 - 11:25

Abs Resultados

Rec Nacionais Absoluto	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Sen	1:58.22	Francisco Rogerio, SANTOS	SCP	Coimbra	28-03-2021
Rec Nacionais Jun 18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	25-08-2019
Rec Nacionais Jun 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapest (HUN)	15-07-2005
Rec Nacionais Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
Rec Nacionais Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
Rec Reg ANC Absoluto	2:00.35	Gabriel Jose, LOPES	ALN		03-09-2018
Rec Reg ANC Sen	2:00.35	Gabriel Jose, LOPES	ALN		02-04-2018
Rec Reg ANC Jun 18	2:03.57	Gabriel Jose, LOPES	ALN	Singapura (SGP)	30-08-2015
Rec Reg ANC Jun 17	2:10.32	Bernardo Vinagre, ARZILEIRO	CUC	Funchal	25-03-2018
Rec Reg ANC Juv A	2:12.56	José Frederico, CAVALHEIRO	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Reg ANC Juv B	2:16.49	Antonio Jose, ROLO	GCF		08-06-1992

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Diogo Matos, RIBEIRO	04 Uniao Coimbra	<b>2:12.11</b>	608
50m: 30.41 30.41 100m: 1:04.89 34.48 150m: 1:38.63 33.74 200m: 2:12.11 33.48			
2. David Valdagua, COUTINHO	03 Uniao Coimbra	<b>2:18.51</b>	527
50m: 32.18 32.18 100m: 1:06.80 34.62 150m: 1:43.41 36.61 200m: 2:18.51 35.10			
3. Dinis Miranda, DIOGO	04 Fundacao Beatriz Santos	<b>2:19.72</b>	513
50m: 32.72 32.72 100m: 1:08.76 36.04 150m: 1:44.58 35.82 200m: 2:19.72 35.14			
4. Jose Diogo, DIAS	04 Fundacao Beatriz Santos	<b>2:20.08</b>	510
50m: 32.88 32.88 100m: 1:08.10 35.22 150m: 1:44.25 36.15 200m: 2:20.08 35.83			
5. Joao Pedro, DIAS	02 Fundacao Beatriz Santos	<b>2:20.72</b>	503
50m: 31.67 31.67 100m: 1:06.82 35.15 150m: 1:43.60 36.78 200m: 2:20.72 37.12			
6. Tomas Carvalho, SANTOS	05 Louzan Natacao	<b>2:30.29</b>	412
50m: 33.28 33.28 100m: 1:11.28 38.00 150m: 1:50.74 39.46 200m: 2:30.29 39.55			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 31, Masc., 200m Costas, Abs

Lugar					Ano					Tempo final	Pts	
7.	Filipe Cruz, SIMOES				06	Miranda do Corvo				<b>2:31.11</b>	406	
	50m:	35.81	35.81	100m:	1:13.67	37.86	150m:	1:53.74	40.07	200m:	2:31.11	37.37
8.	Guilherme Marques, PEREIRA				06	Condeixa Clube				<b>2:31.27</b>	405	
	50m:	35.24	35.24	100m:	1:14.68	39.44	150m:	1:52.85	38.17	200m:	2:31.27	38.42
9.	Francisco Couto, FRAZAO				06	Uniao Coimbra				<b>2:32.05</b>	398	
	50m:	35.43	35.43	100m:	1:14.27	38.84	150m:	1:53.83	39.56	200m:	2:32.05	38.22
10.	Renato Maria, FERREIRA				04	Uniao Coimbra				<b>2:32.85</b>	392	
	50m:	34.40	34.40	100m:	1:13.17	38.77	150m:	1:53.80	40.63	200m:	2:32.85	39.05
11.	Afonso Corte-Real, GRILO				04	Fundacao Beatriz Santos				<b>2:33.28</b>	389	
	50m:	35.71	35.71	100m:	1:14.43	38.72	150m:	1:54.27	39.84	200m:	2:33.28	39.01
12.	Samuel Baptista, FIGUEIRA				05	Academica de Coimbra				<b>2:35.51</b>	372	
	50m:	36.32	36.32	100m:	1:15.69	39.37	150m:	1:56.11	40.42	200m:	2:35.51	39.40
13.	Afonso Vidal, TOMAS				06	Louzan Natacao				<b>2:35.94</b>	369	
	50m:	35.62	35.62	100m:	1:14.69	39.07	150m:	1:55.62	40.93	200m:	2:35.94	40.32
14.	Joao Rafael, FERREIRA				06	Fundacao Beatriz Santos				<b>2:36.64</b>	364	
	50m:	36.26	36.26	100m:	1:15.80	39.54	150m:	1:57.14	41.34	200m:	2:36.64	39.50
15.	Diogo Simoes, DIAS				05	Louzan Natacao				<b>2:42.20</b>	328	
	50m:	37.78	37.78	100m:	1:18.09	40.31	150m:	2:00.17	42.08	200m:	2:42.20	42.03
16.	Pedro Fernandes, CARVALHO				06	Miranda do Corvo				<b>2:46.83</b>	301	
	50m:	38.00	38.00	100m:	1:20.18	42.18	150m:	2:03.74	43.56	200m:	2:46.83	43.09
17.	Simao Domingues, PAZ				06	Miranda do Corvo				<b>2:55.27</b>	260	
	50m:	41.22	41.22	100m:	1:26.79	45.57	150m:	2:13.06	46.27	200m:	2:55.27	42.21
18.	Simao Pimenta, CATARINO				06	Fundacao Beatriz Santos				<b>3:01.63</b>	233	
	50m:	44.31	44.31	100m:	1:30.88	46.57	150m:	2:17.12	46.24	200m:	3:01.63	44.51

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 32	Femin., 4 x 100m Estilos					Abs
09-05-2021 - 11:55						Resultados
Rec Nacionais Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras		13-04-2019
Rec Nacionais Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro		21-07-2009
Rec Nacionais Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra		04-04-2015
Rec Nacionais Juv A	4:35.70	tempo limite	SLB	Oeiras		27-07-2008
Rec Nacionais Juv A/B	4:30.40	Sport Alges e Dafundo	SAD	Oeiras		24-07-2016
Rec Nacionais Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa		27-07-2008
Rec Reg ANC Absoluto	4:29.58	Associação Académica de Coimbra	AAC			01-05-2019
Rec Reg ANC Sen	4:37.81	Clube Náutico Académico de Coim	CNAC			01-05-1999
Rec Reg ANC Jun 17	4:34.64	Clube Náutico Académico de Coim	CNAC			01-05-2010
Rec Reg ANC Jun	4:34.64	Clube Nautico Academico de Coim	CNAC			03-09-2010
Rec Reg ANC Jun 16	4:34.64	Clube Náutico Académico de Coim	CNAC			01-05-2010
Rec Reg ANC Juv A	4:41.87	Tempo limite				
Rec Reg ANC Juv A/B	4:40.09	Clube União 1919	CUC			06-06-2018
Rec Reg ANC Juv B	4:41.87	Clube Náutico Académico de Coim	CNAC			01-05-2011

Pontos: FINA 2021

Lugar					Tempo final	Pts		
<b>1.</b>	<b>Louzan Natacao Abs</b>	<b>Louzan Natacao</b>				<b>4:41.27</b>	<b>549</b>	
	Camila Rodrigues, REBELO	+0,80	32.38	1:07.36	Maria Carlota, REBELO	+0,56	31.60	1:08.50
	Leonor Correia, PAIVA	+0,13	38.62	1:24.84	Mariana Carmo, ROSA	+0,15	28.61	1:00.57
<b>2.</b>	<b>Fundacao Beatriz Santos Juv A</b>	<b>Fundacao Beatriz Santos</b>				<b>4:52.74</b>	<b>487</b>	
	Maria Neto, FERREIRA	+0,78	36.87	1:15.93	Beatriz Silva, NEVES	+0,30	32.27	1:10.41
	Beatriz Andre, GASPAR	+0,22	39.96	1:23.26	Maria Vitoria, GRILO	+0,60	29.75	1:03.14
<b>3.</b>	<b>Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>				<b>4:53.88</b>	<b>481</b>	
	Barbara Almeida, SIMOES	+0,63	35.88	1:16.51	Ana Carolina, MONTEIRO	+0,45	31.96	1:09.18
	Beatriz Ferreira, GASPAR		41.19	1:27.99	Joana Francisca, RODRIGUES	+0,40	28.62	1:00.20
<b>4.</b>	<b>Academica de Coimbra Abs</b>	<b>Academica de Coimbra</b>				<b>4:55.63</b>	<b>473</b>	
	Ana Carolina, NEVES	+0,63	34.10	1:12.25	Beatriz Costa, TEJO	+0,71	30.59	1:06.61
	Ines Mariana, PINHEIRO	+0,28	41.22	1:27.59	Laura Rodrigues, MARGATO	+0,61	33.09	1:09.18
<b>5.</b>	<b>Fundacao Beatriz Santos Juv B</b>	<b>Fundacao Beatriz Santos</b>				<b>5:12.74</b>	<b>399</b>	
	Ines Miranda, DIOGO	+0,72	39.04	1:20.46	Leonor Mil, MANO	+0,46	32.38	1:13.26
	Maria Ines, FERNANDES	+0,27	42.70	1:30.78	Marta Andre, AGUILAR	+0,14	31.87	1:08.24
<b>DSQ</b>	<b>Condeixa Clube Abs</b>	<b>Condeixa Clube</b>						
	<i>rendição anetcpada do 4º atleta</i>							
	Ines Oliveira, TEIXEIRA	+0,66	34.49	1:12.12	Matilde Alves, FLORENCIO	+0,20	33.25	1:12.64
	Ana Sofia, CASTANHEIRA	+0,27	41.52	1:27.99	Anita Gouveia, COSTA	-0,25		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 33	Masc., 4 x 100m Estilos				Abs
09-05-2021 - 12:00					Resultados
Rec Nacionais Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacionais Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacionais Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29-07-2018
Rec Nacionais Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Rec Nacionais Juv A/B	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29-07-2018
Rec Nacionais Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23-07-2017
Rec Reg ANC Absoluto	3:53.58	Clube Náutico Académico de Coimbr	CNAC		18-05-2014
Rec Reg ANC Sen	3:54.04	Clube Náutico Académico de Coimbr	CNAC		18-05-2012
Rec Reg ANC Jun	4:03.06	Associação Académica de Coimbra	AAC		18-05-2012
Rec Reg ANC Juv A	4:07.58	Clube Náutico Académico de Coimbr	CNAC		18-05-2017
Rec Reg ANC Juv A/B	4:07.58	Clube Náutico Académico de Coimbr	CNAC		27-12-2018
Rec Reg ANC Juv B	4:16.44	Clube Uniao 1919	CUC	Coimbra	13-07-2019

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Uniao Coimbra Jun		Uniao Coimbra		<b>4:12.08</b>	555
	Diogo Matos, RIBEIRO	+0,57 28.71	1:01.34	Rodrigo Miguel, REIS	+0,23 27.11	59.76
	Gustavo Pires, MARQUES	+0,28 34.92	1:14.83	Martim Miranda, MACHADO	+0,17 26.41	56.15
2.	Fundacao Beatriz Santos Jun		Fundacao Beatriz Santos		<b>4:15.08</b>	536
	Jose Diogo, DIAS	+0,66 31.90	1:05.32	Dinis Miranda, DIOGO	+0,23 27.11	59.86
	Tiago Andre, POIARES	+0,38 35.32	1:14.92	Goncalo Andre, GOMES	+0,33 26.03	54.98
3.	Uniao Coimbra Abs		Uniao Coimbra		<b>4:21.15</b>	500
	David Valdagua, COUTINHO	+0,58 31.90	1:06.73	Bernardo Vinagre, ARZILEIRO	29.73	1:06.21
	Joaquim Agra, MERUJE	+0,39 33.53	1:12.70	Rui Mamede, SANTOS	+0,01 26.14	55.51
4.	Condeixa Clube Abs		Condeixa Clube		<b>4:42.94</b>	393
	Guilherme Marques, PEREIRA	+0,62 34.05	1:10.74	Jose Miguel, MARQUES	-0,01 29.97	1:06.86
	Diogo Cura, NEVES	+0,29 38.73	1:22.58	Tomas Cardoso, GERALDO	+0,34 29.42	1:02.76
5.	Fundacao Beatriz Santos Juv B		Fundacao Beatriz Santos		<b>4:57.26</b>	339
	Joao Rafael, FERREIRA	+0,58 36.06	1:13.80	Carlos Miguel, OLIVEIRA	+0,58 32.20	1:15.94
	Tomas Nolan, SANTOS	+0,23 39.08	1:23.29	Tomas Veiga, PEREIRA	+0,45 30.66	1:04.23

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 34, Masc., 800m Livres

4 - 2ª Jornada - 2ª Sessão

09-05-2021 - 16:30

Prova 34	Masc., 800m Livres				Juv B
09-05-2021 - 16:30					Resultados
Rec Nacionais Absoluto	8:02.16	Jose Paulo, LOPES	SCB	Funchal	04-08-2019
Rec Nacionais Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	14-07-2019
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Juv B	8:51.72	Paulo Andre, FROTA	FBSC	Oeiras	20-07-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
<b>1. Duarte Jose, FERNANDES</b>	<b>06</b>	<b>Uniao Coimbra</b>		<b>9:29.37</b>	<b>500</b>	
50m: 31.36 31.36	250m: 2:53.03 35.61	450m: 5:17.82 35.90	650m: 7:42.80 36.19			
100m: 1:05.92 34.56	300m: 3:29.63 36.60	500m: 5:54.09 36.27	700m: 8:19.19 36.39			
150m: 1:41.41 35.49	350m: 4:05.69 36.06	550m: 6:30.10 36.01	750m: 8:55.22 36.03			
200m: 2:17.42 36.01	400m: 4:41.92 36.23	600m: 7:06.61 36.51	800m: 9:29.37 34.15			
<b>2. Jose Miguel, MARQUES</b>	<b>06</b>	<b>Condeixa Clube</b>		<b>9:31.41</b>	<b>495</b>	
50m: 31.54 31.54	250m: 2:54.87 36.03	450m: 5:21.09 35.91	650m: 7:46.25 35.55			
100m: 1:06.61 35.07	300m: 3:31.53 36.66	500m: 5:57.36 36.27	700m: 8:22.34 36.09			
150m: 1:42.32 35.71	350m: 4:07.94 36.41	550m: 6:33.91 36.55	750m: 8:57.70 35.36			
200m: 2:18.84 36.52	400m: 4:45.18 37.24	600m: 7:10.70 36.79	800m: 9:31.41 33.71			

Prova 34	Masc., 800m Livres				Juv A
09-05-2021 - 16:30					Resultados
Rec Nacionais Absoluto	8:02.16	Jose Paulo, LOPES	SCB	Funchal	04-08-2019
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Juv A	8:34.84	Diogo Coelho, JOSE	ASSSCC	Coimbra	09-07-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
<b>1. Joao Neves, ALMEIDA</b>	<b>05</b>	<b>Fundacao Beatriz Santos</b>		<b>9:41.60</b>	<b>469</b>	
50m: 31.70 31.70	250m: 2:55.77 36.69	450m: 5:22.43 36.97	650m: 7:50.98 37.31			
100m: 1:06.59 34.89	300m: 3:32.28 36.51	500m: 5:59.38 36.95	700m: 8:28.15 37.17			
150m: 1:42.93 36.34	350m: 4:09.07 36.79	550m: 6:36.65 37.27	750m: 9:05.64 37.49			
200m: 2:19.08 36.15	400m: 4:45.46 36.39	600m: 7:13.67 37.02	800m: 9:41.60 35.96			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 34, Masc., 800m Livres

Prova 34 09-05-2021 - 16:30	Masc., 800m Livres				Juv /Jun Resultados
Rec Nacionais Absoluto	8:02.16	Jose Paulo, LOPES	SCB	Funchal	04-08-2019
Rec Nacionais Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nacionais Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17-07-2010
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Nacionais Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	14-07-2019
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Jun 18	8:15.65	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	26-07-2015
Rec Reg ANC Jun 17	8:27.63	Diogo Coelho, JOSE	ASSSCC		23-03-2018
Rec Reg ANC Juv A	8:34.84	Diogo Coelho, JOSE	ASSSCC	Coimbra	09-07-2017
Rec Reg ANC Juv B	8:51.72	Paulo Andre, FROTA	FBSC	Oeiras	20-07-2017

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	<b>Goncalo Andre, GOMES</b>		<b>03</b>	<b>Fundacao Beatriz Santos</b>				<b>8:45.87</b>	<b>635</b>
	50m: 29.11	29.11	250m: 2:42.52	33.40	450m: 4:55.84	32.69	650m: 7:08.57	33.35	
	100m: 1:02.03	32.92	300m: 3:15.67	33.15	500m: 5:29.08	33.24	700m: 7:41.29	32.72	
	150m: 1:35.53	33.50	350m: 3:49.20	33.53	550m: 6:01.97	32.89	750m: 8:14.14	32.85	
	200m: 2:09.12	33.59	400m: 4:23.15	33.95	600m: 6:35.22	33.25	800m: 8:45.87	31.73	
2.	<b>Rodrigo Miguel, REIS</b>		<b>04</b>	<b>Uniao Coimbra</b>				<b>9:05.40</b>	<b>569</b>
	50m: 29.40	29.40	250m: 2:46.32	34.18	450m: 5:03.85	33.70	650m: 7:23.35	33.73	
	100m: 1:03.26	33.86	300m: 3:20.92	34.60	500m: 5:39.07	35.22	700m: 7:58.30	34.95	
	150m: 1:37.38	34.12	350m: 3:55.20	34.28	550m: 6:14.13	35.06	750m: 8:32.13	33.83	
	200m: 2:12.14	34.76	400m: 4:30.15	34.95	600m: 6:49.62	35.49	800m: 9:05.40	33.27	
3.	<b>Tiago Andre, POIARES</b>		<b>04</b>	<b>Fundacao Beatriz Santos</b>				<b>9:15.43</b>	<b>539</b>
	50m: 30.02	30.02	250m: 2:49.22	35.20	450m: 5:11.11	35.53	650m: 7:32.57	35.17	
	100m: 1:03.73	33.71	300m: 3:24.47	35.25	500m: 5:46.32	35.21	700m: 8:07.71	35.14	
	150m: 1:38.76	35.03	350m: 4:00.22	35.75	550m: 6:21.78	35.46	750m: 8:42.06	34.35	
	200m: 2:14.02	35.26	400m: 4:35.58	35.36	600m: 6:57.40	35.62	800m: 9:15.43	33.37	
4.	<b>Duarte Jose, FERNANDES</b>		<b>06</b>	<b>Uniao Coimbra</b>				<b>9:29.37</b>	<b>500</b>
	50m: 31.36	31.36	250m: 2:53.03	35.61	450m: 5:17.82	35.90	650m: 7:42.80	36.19	
	100m: 1:05.92	34.56	300m: 3:29.63	36.60	500m: 5:54.09	36.27	700m: 8:19.19	36.39	
	150m: 1:41.41	35.49	350m: 4:05.69	36.06	550m: 6:30.10	36.01	750m: 8:55.22	36.03	
	200m: 2:17.42	36.01	400m: 4:41.92	36.23	600m: 7:06.61	36.51	800m: 9:29.37	34.15	
5.	<b>Jose Miguel, MARQUES</b>		<b>06</b>	<b>Condeixa Clube</b>				<b>9:31.41</b>	<b>495</b>
	50m: 31.54	31.54	250m: 2:54.87	36.03	450m: 5:21.09	35.91	650m: 7:46.25	35.55	
	100m: 1:06.61	35.07	300m: 3:31.53	36.66	500m: 5:57.36	36.27	700m: 8:22.34	36.09	
	150m: 1:42.32	35.71	350m: 4:07.94	36.41	550m: 6:33.91	36.55	750m: 8:57.70	35.36	
	200m: 2:18.84	36.52	400m: 4:45.18	37.24	600m: 7:10.70	36.79	800m: 9:31.41	33.71	
6.	<b>Joao Neves, ALMEIDA</b>		<b>05</b>	<b>Fundacao Beatriz Santos</b>				<b>9:41.60</b>	<b>469</b>
	50m: 31.70	31.70	250m: 2:55.77	36.69	450m: 5:22.43	36.97	650m: 7:50.98	37.31	
	100m: 1:06.59	34.89	300m: 3:32.28	36.51	500m: 5:59.38	36.95	700m: 8:28.15	37.17	
	150m: 1:42.93	36.34	350m: 4:09.07	36.79	550m: 6:36.65	37.27	750m: 9:05.64	37.49	
	200m: 2:19.08	36.15	400m: 4:45.46	36.39	600m: 7:13.67	37.02	800m: 9:41.60	35.96	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 34, Masc., 800m Livres

Prova 34	Masc., 800m Livres				Abs
09-05-2021 - 16:30					Resultados
Rec Nacionais Absoluto	8:02.16	Jose Paulo, LOPES	SCB	Funchal	04-08-2019
Rec Nacionais Sen	8:02.16	Jose Paulo, LOPES	SCB	Funchal	04-08-2019
Rec Nacionais Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nacionais Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17-07-2010
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
Rec Nacionais Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	14-07-2019
Rec Reg ANC Absoluto	8:14.58	Alexandre Valdagua, COUTINHO	SCC		03-09-2017
Rec Reg ANC Sen	8:14.58	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	31-03-2017
Rec Reg ANC Jun 18	8:15.65	Alexandre Valdagua, COUTINHO	ASSSCC	Coimbra	26-07-2015
Rec Reg ANC Jun 17	8:27.63	Diogo Coelho, JOSE	ASSSCC		23-03-2018
Rec Reg ANC Juv A	8:34.84	Diogo Coelho, JOSE	ASSSCC	Coimbra	09-07-2017
Rec Reg ANC Juv B	8:51.72	Paulo Andre, FROTA	FBSC	Oeiras	20-07-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
<b>1. Goncalo Andre, GOMES</b>	<b>03</b>	<b>Fundacao Beatriz Santos</b>	<b>8:45.87</b>	<b>635</b>		
50m: 29.11 29.11	250m: 2:42.52 33.40	450m: 4:55.84 32.69	650m: 7:08.57 33.35			
100m: 1:02.03 32.92	300m: 3:15.67 33.15	500m: 5:29.08 33.24	700m: 7:41.29 32.72			
150m: 1:35.53 33.50	350m: 3:49.20 33.53	550m: 6:01.97 32.89	750m: 8:14.14 32.85			
200m: 2:09.12 33.59	400m: 4:23.15 33.95	600m: 6:35.22 33.25	800m: 8:45.87 31.73			
<b>2. Rodrigo Miguel, REIS</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>9:05.40</b>	<b>569</b>		
50m: 29.40 29.40	250m: 2:46.32 34.18	450m: 5:03.85 33.70	650m: 7:23.35 33.73			
100m: 1:03.26 33.86	300m: 3:20.92 34.60	500m: 5:39.07 35.22	700m: 7:58.30 34.95			
150m: 1:37.38 34.12	350m: 3:55.20 34.28	550m: 6:14.13 35.06	750m: 8:32.13 33.83			
200m: 2:12.14 34.76	400m: 4:30.15 34.95	600m: 6:49.62 35.49	800m: 9:05.40 33.27			
<b>3. Tiago Andre, POIARES</b>	<b>04</b>	<b>Fundacao Beatriz Santos</b>	<b>9:15.43</b>	<b>539</b>		
50m: 30.02 30.02	250m: 2:49.22 35.20	450m: 5:11.11 35.53	650m: 7:32.57 35.17			
100m: 1:03.73 33.71	300m: 3:24.47 35.25	500m: 5:46.32 35.21	700m: 8:07.71 35.14			
150m: 1:38.76 35.03	350m: 4:00.22 35.75	550m: 6:21.78 35.46	750m: 8:42.06 34.35			
200m: 2:14.02 35.26	400m: 4:35.58 35.36	600m: 6:57.40 35.62	800m: 9:15.43 33.37			
<b>4. Duarte Jose, FERNANDES</b>	<b>06</b>	<b>Uniao Coimbra</b>	<b>9:29.37</b>	<b>500</b>		
50m: 31.36 31.36	250m: 2:53.03 35.61	450m: 5:17.82 35.90	650m: 7:42.80 36.19			
100m: 1:05.92 34.56	300m: 3:29.63 36.60	500m: 5:54.09 36.27	700m: 8:19.19 36.39			
150m: 1:41.41 35.49	350m: 4:05.69 36.06	550m: 6:30.10 36.01	750m: 8:55.22 36.03			
200m: 2:17.42 36.01	400m: 4:41.92 36.23	600m: 7:06.61 36.51	800m: 9:29.37 34.15			
<b>5. Jose Miguel, MARQUES</b>	<b>06</b>	<b>Condeixa Clube</b>	<b>9:31.41</b>	<b>495</b>		
50m: 31.54 31.54	250m: 2:54.87 36.03	450m: 5:21.09 35.91	650m: 7:46.25 35.55			
100m: 1:06.61 35.07	300m: 3:31.53 36.66	500m: 5:57.36 36.27	700m: 8:22.34 36.09			
150m: 1:42.32 35.71	350m: 4:07.94 36.41	550m: 6:33.91 36.55	750m: 8:57.70 35.36			
200m: 2:18.84 36.52	400m: 4:45.18 37.24	600m: 7:10.70 36.79	800m: 9:31.41 33.71			
<b>6. Joao Neves, ALMEIDA</b>	<b>05</b>	<b>Fundacao Beatriz Santos</b>	<b>9:41.60</b>	<b>469</b>		
50m: 31.70 31.70	250m: 2:55.77 36.69	450m: 5:22.43 36.97	650m: 7:50.98 37.31			
100m: 1:06.59 34.89	300m: 3:32.28 36.51	500m: 5:59.38 36.95	700m: 8:28.15 37.17			
150m: 1:42.93 36.34	350m: 4:09.07 36.79	550m: 6:36.65 37.27	750m: 9:05.64 37.49			
200m: 2:19.08 36.15	400m: 4:45.46 36.39	600m: 7:13.67 37.02	800m: 9:41.60 35.96			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres

Prova 35	Femin., 800m Livres				Inf A
09-05-2021 - 16:40					Resultados
Rec Nacionais Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Inf A	9:14.85	Alexandra Maria, SILVA	POR	Skovde (SWE)	10-08-1980
Rec Reg ANC Absoluto	8:49.86	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Inf A	9:33.85	Sara Sofia, ALVES	ASSSCC	Loulé	19-07-2014

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>1. Mariana Santos, ALMEIDA</b>	<b>08</b>	<b>Columbofila Cantanhedense</b>	<b>11:47.59</b>		<b>321</b>
50m: 39.51 39.51	250m: 3:38.68	45.13	450m: 6:37.99	44.45	650m: 9:38.05
100m: 1:24.44 44.93	300m: 4:24.04	45.36	500m: 7:22.54	44.55	700m: 10:23.43
150m: 2:08.86 44.42	350m: 5:08.31	44.27	550m: 8:07.41	44.87	750m: 11:05.38
200m: 2:53.55 44.69	400m: 5:53.54	45.23	600m: 8:52.47	45.06	800m: 11:47.59
<b>2. Catarina Sargaco, TEIXEIRA</b>	<b>08</b>	<b>Columbofila Cantanhedense</b>	<b>12:25.01</b>		<b>275</b>
50m: 41.28 41.28	250m: 3:45.79	46.58	450m: 6:50.70	47.54	650m: 9:57.94
100m: 1:26.95 45.67	300m: 4:31.30	45.51	500m: 7:36.36	45.66	700m: 10:46.65
150m: 2:12.80 45.85	350m: 5:17.53	46.23	550m: 8:23.46	47.10	750m: 11:36.18
200m: 2:59.21 46.41	400m: 6:03.16	45.63	600m: 9:11.73	48.27	800m: 12:25.01
<b>3. Ines Serralheiro, SANTOS</b>	<b>08</b>	<b>Columbofila Cantanhedense</b>	<b>13:35.74</b>		<b>209</b>
50m: 42.14 42.14	250m: 3:58.63	50.25	450m: 7:26.43	52.96	650m: 11:00.08
100m: 1:28.94 46.80	300m: 4:50.48	51.85	500m: 8:19.61	53.18	700m: 11:52.32
150m: 2:17.92 48.98	350m: 5:41.12	50.64	550m: 9:13.22	53.61	750m: 12:43.65
200m: 3:08.38 50.46	400m: 6:33.47	52.35	600m: 10:06.86	53.64	800m: 13:35.74

Prova 35	Femin., 800m Livres				Juv B
09-05-2021 - 16:40					Resultados

Rec Nacionais Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10-09-1981
Rec Reg ANC Absoluto	8:49.86	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	19-05-2007

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>1. Marta Andre, AGUILAR</b>	<b>07</b>	<b>Fundacao Beatriz Santos</b>	<b>9:49.73</b>		<b>555</b>
50m: 34.68 34.68	250m: 3:04.17	37.27	450m: 5:33.19	37.09	650m: 8:01.24
100m: 1:11.84 37.16	300m: 3:41.62	37.45	500m: 6:10.03	36.84	700m: 8:38.24
150m: 1:49.49 37.65	350m: 4:19.05	37.43	550m: 6:47.14	37.11	750m: 9:15.04
200m: 2:26.90 37.41	400m: 4:56.10	37.05	600m: 7:24.09	36.95	800m: 9:49.73
<b>2. Luna Almeida, RODRIGUES</b>	<b>07</b>	<b>Columbofila Cantanhedense</b>	<b>11:18.97</b>		<b>364</b>
50m: 37.30 37.30	250m: 3:27.97	43.19	450m: 6:21.46	43.31	650m: 9:14.21
100m: 1:18.46 41.16	300m: 4:11.11	43.14	500m: 7:05.17	43.71	700m: 9:57.38
150m: 2:01.26 42.80	350m: 4:54.43	43.32	550m: 7:48.24	43.07	750m: 10:39.45
200m: 2:44.78 43.52	400m: 5:38.15	43.72	600m: 8:31.56	43.32	800m: 11:18.97

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres

Prova 35	Femin., 800m Livres				Juv A
09-05-2021 - 16:40					Resultados
Rec Nacionais Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27-07-2014
Rec Reg ANC Absoluto	8:49.86	Florabela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	20-06-2017

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Anita Gouveia, COSTA</b>		<b>06</b>	<b>Condeixa Clube</b>				<b>9:42.92</b>	<b>575</b>
	50m: 32.57	32.57	250m: 3:00.16	37.16	450m: 5:27.38	36.47	650m: 7:54.49	36.55	
	100m: 1:09.03	36.46	300m: 3:36.99	36.83	500m: 6:03.88	36.50	700m: 8:31.33	36.84	
	150m: 1:45.96	36.93	350m: 4:13.81	36.82	550m: 6:40.98	37.10	750m: 9:07.91	36.58	
	200m: 2:23.00	37.04	400m: 4:50.91	37.10	600m: 7:17.94	36.96	800m: 9:42.92	35.01	
<b>2.</b>	<b>Beatriz Andre, GASPAS</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>9:58.09</b>	<b>532</b>
	50m: 34.78	34.78	250m: 3:04.73	37.47	450m: 5:34.28	37.58	650m: 8:05.88	38.28	
	100m: 1:12.14	37.36	300m: 3:41.73	37.00	500m: 6:11.50	37.22	700m: 8:44.15	38.27	
	150m: 1:49.60	37.46	350m: 4:19.51	37.78	550m: 6:50.00	38.50	750m: 9:21.48	37.33	
	200m: 2:27.26	37.66	400m: 4:56.70	37.19	600m: 7:27.60	37.60	800m: 9:58.09	36.61	
<b>3.</b>	<b>Maria Neto, FERREIRA</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>10:02.48</b>	<b>520</b>
	50m: 32.61	32.61	250m: 3:04.79	38.38	450m: 5:38.06	38.20	650m: 8:11.94	38.67	
	100m: 1:10.08	37.47	300m: 3:43.19	38.40	500m: 6:16.20	38.14	700m: 8:49.26	37.32	
	150m: 1:47.85	37.77	350m: 4:21.21	38.02	550m: 6:54.98	38.78	750m: 9:26.54	37.28	
	200m: 2:26.41	38.56	400m: 4:59.86	38.65	600m: 7:33.27	38.29	800m: 10:02.48	35.94	
<b>4.</b>	<b>Matilde Fonseca, OLIVEIRA</b>		<b>06</b>	<b>Miranda do Corvo</b>				<b>10:11.35</b>	<b>498</b>
	50m: 34.27	34.27	250m: 3:04.73	37.68	450m: 5:39.20	38.74	650m: 8:15.22	38.92	
	100m: 1:11.28	37.01	300m: 3:42.79	38.06	500m: 6:18.30	39.10	700m: 8:54.05	38.83	
	150m: 1:49.39	38.11	350m: 4:21.73	38.94	550m: 6:57.24	38.94	750m: 9:33.23	39.18	
	200m: 2:27.05	37.66	400m: 5:00.46	38.73	600m: 7:36.30	39.06	800m: 10:11.35	38.12	
<b>5.</b>	<b>Diana Silva, TINOCO</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>10:16.12</b>	<b>487</b>
	50m: 34.77	34.77	250m: 3:09.97	39.00	450m: 5:45.64	38.78	650m: 8:20.68	39.02	
	100m: 1:13.34	38.57	300m: 3:49.06	39.09	500m: 6:24.26	38.62	700m: 8:59.34	38.66	
	150m: 1:52.21	38.87	350m: 4:28.04	38.98	550m: 7:03.02	38.76	750m: 9:37.97	38.63	
	200m: 2:30.97	38.76	400m: 5:06.86	38.82	600m: 7:41.66	38.64	800m: 10:16.12	38.15	
<b>6.</b>	<b>Beatriz Silva, NEVES</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>10:21.82</b>	<b>473</b>
	50m: 34.34	34.34	250m: 3:10.25	39.57	450m: 5:46.62	39.23	650m: 8:25.61	39.23	
	100m: 1:12.54	38.20	300m: 3:49.08	38.83	500m: 6:25.87	39.25	700m: 9:06.11	40.50	
	150m: 1:50.96	38.42	350m: 4:28.23	39.15	550m: 7:06.09	40.22	750m: 9:44.48	38.37	
	200m: 2:30.68	39.72	400m: 5:07.39	39.16	600m: 7:46.38	40.29	800m: 10:21.82	37.34	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres

Prova 35 09-05-2021 - 16:40	Femin., 800m Livres				Juv /Jun Resultados
Rec Nacionais Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28-05-2016
Rec Nacionais Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30-05-2015
Rec Nacionais Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27-07-2014
Rec Nacionais Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10-09-1981
Rec Reg ANC Absoluto	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Jun 17	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Jun 16	8:54.79	Alexandra Couto, FRAZÃO	CASPAE	Lisboa	10-02-2018
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	20-06-2017
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	19-05-2007

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>1. Mariana Carmo, ROSA</b>	<b>05</b>	<b>Louzan Natacao</b>	<b>9:40.46</b>	<b>582</b>	
50m: 31.73 31.73	250m: 2:56.01	36.94 450m: 5:24.38	36.84 650m: 7:51.61	36.93	
100m: 1:06.65 34.92	300m: 3:32.89	36.88 500m: 6:00.88	36.50 700m: 8:28.35	36.74	
150m: 1:42.78 36.13	350m: 4:10.23	37.34 550m: 6:37.71	36.83 750m: 9:05.00	36.65	
200m: 2:19.07 36.29	400m: 4:47.54	37.31 600m: 7:14.68	36.97 800m: 9:40.46	35.46	
<b>2. Anita Gouveia, COSTA</b>	<b>06</b>	<b>Condeixa Clube</b>	<b>9:42.92</b>	<b>575</b>	
50m: 32.57 32.57	250m: 3:00.16	37.16 450m: 5:27.38	36.47 650m: 7:54.49	36.55	
100m: 1:09.03 36.46	300m: 3:36.99	36.83 500m: 6:03.88	36.50 700m: 8:31.33	36.84	
150m: 1:45.96 36.93	350m: 4:13.81	36.82 550m: 6:40.98	37.10 750m: 9:07.91	36.58	
200m: 2:23.00 37.04	400m: 4:50.91	37.10 600m: 7:17.94	36.96 800m: 9:42.92	35.01	
<b>3. Marta Andre, AGUILAR</b>	<b>07</b>	<b>Fundacao Beatriz Santos</b>	<b>9:49.73</b>	<b>555</b>	
50m: 34.68 34.68	250m: 3:04.17	37.27 450m: 5:33.19	37.09 650m: 8:01.24	37.15	
100m: 1:11.84 37.16	300m: 3:41.62	37.45 500m: 6:10.03	36.84 700m: 8:38.24	37.00	
150m: 1:49.49 37.65	350m: 4:19.05	37.43 550m: 6:47.14	37.11 750m: 9:15.04	36.80	
200m: 2:26.90 37.41	400m: 4:56.10	37.05 600m: 7:24.09	36.95 800m: 9:49.73	34.69	
<b>4. Beatriz Ferreira, GASPAS</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>9:57.46</b>	<b>534</b>	
50m: 33.40 33.40	250m: 3:04.21	37.64 450m: 5:34.35	36.91 650m: 8:05.19	38.00	
100m: 1:10.57 37.17	300m: 3:42.01	37.80 500m: 6:11.74	37.39 700m: 8:43.45	38.26	
150m: 1:48.58 38.01	350m: 4:19.54	37.53 550m: 6:49.42	37.68 750m: 9:20.91	37.46	
200m: 2:26.57 37.99	400m: 4:57.44	37.90 600m: 7:27.19	37.77 800m: 9:57.46	36.55	
<b>5. Beatriz Andre, GASPAS</b>	<b>06</b>	<b>Fundacao Beatriz Santos</b>	<b>9:58.09</b>	<b>532</b>	
50m: 34.78 34.78	250m: 3:04.73	37.47 450m: 5:34.28	37.58 650m: 8:05.88	38.28	
100m: 1:12.14 37.36	300m: 3:41.73	37.00 500m: 6:11.50	37.22 700m: 8:44.15	38.27	
150m: 1:49.60 37.46	350m: 4:19.51	37.78 550m: 6:50.00	38.50 750m: 9:21.48	37.33	
200m: 2:27.26 37.66	400m: 4:56.70	37.19 600m: 7:27.60	37.60 800m: 9:58.09	36.61	
<b>6. Maria Neto, FERREIRA</b>	<b>06</b>	<b>Fundacao Beatriz Santos</b>	<b>10:02.48</b>	<b>520</b>	
50m: 32.61 32.61	250m: 3:04.79	38.38 450m: 5:38.06	38.20 650m: 8:11.94	38.67	
100m: 1:10.08 37.47	300m: 3:43.19	38.40 500m: 6:16.20	38.14 700m: 8:49.26	37.32	
150m: 1:47.85 37.77	350m: 4:21.21	38.02 550m: 6:54.98	38.78 750m: 9:26.54	37.28	
200m: 2:26.41 38.56	400m: 4:59.86	38.65 600m: 7:33.27	38.29 800m: 10:02.48	35.94	
<b>7. Matilde Alves, FLORENCIO</b>	<b>04</b>	<b>Condeixa Clube</b>	<b>10:06.82</b>	<b>509</b>	
50m: 33.49 33.49	250m: 3:04.83	37.96 450m: 5:38.84	38.61 650m: 8:13.10	38.20	
100m: 1:10.81 37.32	300m: 3:43.37	38.54 500m: 6:17.48	38.64 700m: 8:51.44	38.34	
150m: 1:48.56 37.75	350m: 4:21.78	38.41 550m: 6:55.99	38.51 750m: 9:29.38	37.94	
200m: 2:26.87 38.31	400m: 5:00.23	38.45 600m: 7:34.90	38.91 800m: 10:06.82	37.44	
<b>8. Matilde Fonseca, OLIVEIRA</b>	<b>06</b>	<b>Miranda do Corvo</b>	<b>10:11.35</b>	<b>498</b>	
50m: 34.27 34.27	250m: 3:04.73	37.68 450m: 5:39.20	38.74 650m: 8:15.22	38.92	
100m: 1:11.28 37.01	300m: 3:42.79	38.06 500m: 6:18.30	39.10 700m: 8:54.05	38.83	
150m: 1:49.39 38.11	350m: 4:21.73	38.94 550m: 6:57.24	38.94 750m: 9:33.23	39.18	
200m: 2:27.05 37.66	400m: 5:00.46	38.73 600m: 7:36.30	39.06 800m: 10:11.35	38.12	

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres, Juv /Jun

Lugar			Ano					Tempo final	Pts
<b>9.</b>	<b>Diana Silva, TINOCO</b>		<b>06</b>	<b>Columbofila Cantanhedense</b>				<b>10:16.12</b>	<b>487</b>
	50m:	34.77 34.77	250m:	3:09.97	39.00	450m:	5:45.64 38.78	650m:	8:20.68 39.02
	100m:	1:13.34 38.57	300m:	3:49.06	39.09	500m:	6:24.26 38.62	700m:	8:59.34 38.66
	150m:	1:52.21 38.87	350m:	4:28.04	38.98	550m:	7:03.02 38.76	750m:	9:37.97 38.63
	200m:	2:30.97 38.76	400m:	5:06.86	38.82	600m:	7:41.66 38.64	800m:	10:16.12 38.15
<b>10.</b>	<b>Beatriz Silva, NEVES</b>		<b>06</b>	<b>Fundacao Beatriz Santos</b>				<b>10:21.82</b>	<b>473</b>
	50m:	34.34 34.34	250m:	3:10.25	39.57	450m:	5:46.62 39.23	650m:	8:25.61 39.23
	100m:	1:12.54 38.20	300m:	3:49.08	38.83	500m:	6:25.87 39.25	700m:	9:06.11 40.50
	150m:	1:50.96 38.42	350m:	4:28.23	39.15	550m:	7:06.09 40.22	750m:	9:44.48 38.37
	200m:	2:30.68 39.72	400m:	5:07.39	39.16	600m:	7:46.38 40.29	800m:	10:21.82 37.34
<b>11.</b>	<b>Beatriz Pereira, MARQUES</b>		<b>05</b>	<b>Columbofila Cantanhedense</b>				<b>10:55.94</b>	<b>403</b>
	50m:	36.80 36.80	250m:	3:21.06	41.26	450m:	6:07.27 41.95	650m:	8:54.14 41.76
	100m:	1:16.95 40.15	300m:	4:02.76	41.70	500m:	6:48.80 41.53	700m:	9:35.97 41.83
	150m:	1:58.54 41.59	350m:	4:44.02	41.26	550m:	7:30.54 41.74	750m:	10:16.69 40.72
	200m:	2:39.80 41.26	400m:	5:25.32	41.30	600m:	8:12.38 41.84	800m:	10:55.94 39.25
<b>12.</b>	<b>Luna Almeida, RODRIGUES</b>		<b>07</b>	<b>Columbofila Cantanhedense</b>				<b>11:18.97</b>	<b>364</b>
	50m:	37.30 37.30	250m:	3:27.97	43.19	450m:	6:21.46 43.31	650m:	9:14.21 42.65
	100m:	1:18.46 41.16	300m:	4:11.11	43.14	500m:	7:05.17 43.71	700m:	9:57.38 43.17
	150m:	2:01.26 42.80	350m:	4:54.43	43.32	550m:	7:48.24 43.07	750m:	10:39.45 42.07
	200m:	2:44.78 43.52	400m:	5:38.15	43.72	600m:	8:31.56 43.32	800m:	11:18.97 39.52

Prova 35 Femin., 800m Livres Abs  
09-05-2021 - 16:40 Resultados

Rec Nacionais Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23-06-2018
Rec Nacionais Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28-05-2016
Rec Nacionais Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30-05-2015
Rec Nacionais Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27-07-2014
Rec Nacionais Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10-09-1981
Rec Reg ANC Absoluto	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Sen	8:54.50	Florbela Cavaco, MACHADO	ASSSCC	Nanjing (CHN)	19-08-2014
Rec Reg ANC Jun 17	8:49.86	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	25-05-2013
Rec Reg ANC Jun 16	8:54.79	Alexandra Couto, FRAZÃO	CASPAE	Lisboa	10-02-2018
Rec Reg ANC Juv A	8:59.54	Alexandra Couto, FRAZÃO	INDANC	Oeiras	20-06-2017
Rec Reg ANC Juv B	9:16.02	Maria Miguel, VELOSO	CNAC	Coimbra	19-05-2007

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
<b>1.</b>	<b>Camila Rodrigues, REBELO</b>		<b>03</b>	<b>Louzan Natacao</b>				<b>9:28.01</b>	<b>621</b>
	50m:	31.96 31.96	250m:	2:54.66	35.64	450m:	5:18.64 35.60	650m:	7:41.99 35.66
	100m:	1:07.09 35.13	300m:	3:30.78	36.12	500m:	5:54.26 35.62	700m:	8:18.13 36.14
	150m:	1:43.08 35.99	350m:	4:06.86	36.08	550m:	6:30.29 36.03	750m:	8:53.64 35.51
	200m:	2:19.02 35.94	400m:	4:43.04	36.18	600m:	7:06.33 36.04	800m:	9:28.01 34.37
<b>2.</b>	<b>Mariana Carmo, ROSA</b>		<b>05</b>	<b>Louzan Natacao</b>				<b>9:40.46</b>	<b>582</b>
	50m:	31.73 31.73	250m:	2:56.01	36.94	450m:	5:24.38 36.84	650m:	7:51.61 36.93
	100m:	1:06.65 34.92	300m:	3:32.89	36.88	500m:	6:00.88 36.50	700m:	8:28.35 36.74
	150m:	1:42.78 36.13	350m:	4:10.23	37.34	550m:	6:37.71 36.83	750m:	9:05.00 36.65
	200m:	2:19.07 36.29	400m:	4:47.54	37.31	600m:	7:14.68 36.97	800m:	9:40.46 35.46
<b>3.</b>	<b>Maria Carlota, REBELO</b>		<b>03</b>	<b>Louzan Natacao</b>				<b>9:42.22</b>	<b>577</b>
	50m:	32.52 32.52	250m:	2:56.41	36.41	450m:	5:24.20 37.02	650m:	7:53.29 37.24
	100m:	1:07.73 35.21	300m:	3:33.27	36.86	500m:	6:01.35 37.15	700m:	8:29.96 36.67
	150m:	1:43.94 36.21	350m:	4:10.13	36.86	550m:	6:38.93 37.58	750m:	9:07.01 37.05
	200m:	2:20.00 36.06	400m:	4:47.18	37.05	600m:	7:16.05 37.12	800m:	9:42.22 35.21

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres, Abs

Lugar			Ano					Tempo final	Pts
4.	Anita Gouveia, COSTA		06	Condeixa Clube				<b>9:42.92</b>	575
	50m:	32.57 32.57	250m:	3:00.16	37.16	450m:	5:27.38 36.47	650m:	7:54.49 36.55
	100m:	1:09.03 36.46	300m:	3:36.99	36.83	500m:	6:03.88 36.50	700m:	8:31.33 36.84
	150m:	1:45.96 36.93	350m:	4:13.81	36.82	550m:	6:40.98 37.10	750m:	9:07.91 36.58
	200m:	2:23.00 37.04	400m:	4:50.91	37.10	600m:	7:17.94 36.96	800m:	9:42.92 35.01
5.	Marta Andre, AGUILAR		07	Fundacao Beatriz Santos				<b>9:49.73</b>	555
	50m:	34.68 34.68	250m:	3:04.17	37.27	450m:	5:33.19 37.09	650m:	8:01.24 37.15
	100m:	1:11.84 37.16	300m:	3:41.62	37.45	500m:	6:10.03 36.84	700m:	8:38.24 37.00
	150m:	1:49.49 37.65	350m:	4:19.05	37.43	550m:	6:47.14 37.11	750m:	9:15.04 36.80
	200m:	2:26.90 37.41	400m:	4:56.10	37.05	600m:	7:24.09 36.95	800m:	9:49.73 34.69
6.	Beatriz Ferreira, GASPAR		04	Uniao Coimbra				<b>9:57.46</b>	534
	50m:	33.40 33.40	250m:	3:04.21	37.64	450m:	5:34.35 36.91	650m:	8:05.19 38.00
	100m:	1:10.57 37.17	300m:	3:42.01	37.80	500m:	6:11.74 37.39	700m:	8:43.45 38.26
	150m:	1:48.58 38.01	350m:	4:19.54	37.53	550m:	6:49.42 37.68	750m:	9:20.91 37.46
	200m:	2:26.57 37.99	400m:	4:57.44	37.90	600m:	7:27.19 37.77	800m:	9:57.46 36.55
7.	Beatriz Andre, GASPAR		06	Fundacao Beatriz Santos				<b>9:58.09</b>	532
	50m:	34.78 34.78	250m:	3:04.73	37.47	450m:	5:34.28 37.58	650m:	8:05.88 38.28
	100m:	1:12.14 37.36	300m:	3:41.73	37.00	500m:	6:11.50 37.22	700m:	8:44.15 38.27
	150m:	1:49.60 37.46	350m:	4:19.51	37.78	550m:	6:50.00 38.50	750m:	9:21.48 37.33
	200m:	2:27.26 37.66	400m:	4:56.70	37.19	600m:	7:27.60 37.60	800m:	9:58.09 36.61
8.	Maria Neto, FERREIRA		06	Fundacao Beatriz Santos				<b>10:02.48</b>	520
	50m:	32.61 32.61	250m:	3:04.79	38.38	450m:	5:38.06 38.20	650m:	8:11.94 38.67
	100m:	1:10.08 37.47	300m:	3:43.19	38.40	500m:	6:16.20 38.14	700m:	8:49.26 37.32
	150m:	1:47.85 37.77	350m:	4:21.21	38.02	550m:	6:54.98 38.78	750m:	9:26.54 37.28
	200m:	2:26.41 38.56	400m:	4:59.86	38.65	600m:	7:33.27 38.29	800m:	10:02.48 35.94
9.	Matilde Alves, FLORENCIO		04	Condeixa Clube				<b>10:06.82</b>	509
	50m:	33.49 33.49	250m:	3:04.83	37.96	450m:	5:38.84 38.61	650m:	8:13.10 38.20
	100m:	1:10.81 37.32	300m:	3:43.37	38.54	500m:	6:17.48 38.64	700m:	8:51.44 38.34
	150m:	1:48.56 37.75	350m:	4:21.78	38.41	550m:	6:55.99 38.51	750m:	9:29.38 37.94
	200m:	2:26.87 38.31	400m:	5:00.23	38.45	600m:	7:34.90 38.91	800m:	10:06.82 37.44
10.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo				<b>10:11.35</b>	498
	50m:	34.27 34.27	250m:	3:04.73	37.68	450m:	5:39.20 38.74	650m:	8:15.22 38.92
	100m:	1:11.28 37.01	300m:	3:42.79	38.06	500m:	6:18.30 39.10	700m:	8:54.05 38.83
	150m:	1:49.39 38.11	350m:	4:21.73	38.94	550m:	6:57.24 38.94	750m:	9:33.23 39.18
	200m:	2:27.05 37.66	400m:	5:00.46	38.73	600m:	7:36.30 39.06	800m:	10:11.35 38.12
11.	Diana Silva, TINOCO		06	Columbifila Cantanhedense				<b>10:16.12</b>	487
	50m:	34.77 34.77	250m:	3:09.97	39.00	450m:	5:45.64 38.78	650m:	8:20.68 39.02
	100m:	1:13.34 38.57	300m:	3:49.06	39.09	500m:	6:24.26 38.62	700m:	8:59.34 38.66
	150m:	1:52.21 38.87	350m:	4:28.04	38.98	550m:	7:03.02 38.76	750m:	9:37.97 38.63
	200m:	2:30.97 38.76	400m:	5:06.86	38.82	600m:	7:41.66 38.64	800m:	10:16.12 38.15
12.	Beatriz Silva, NEVES		06	Fundacao Beatriz Santos				<b>10:21.82</b>	473
	50m:	34.34 34.34	250m:	3:10.25	39.57	450m:	5:46.62 39.23	650m:	8:25.61 39.23
	100m:	1:12.54 38.20	300m:	3:49.08	38.83	500m:	6:25.87 39.25	700m:	9:06.11 40.50
	150m:	1:50.96 38.42	350m:	4:28.23	39.15	550m:	7:06.09 40.22	750m:	9:44.48 38.37
	200m:	2:30.68 39.72	400m:	5:07.39	39.16	600m:	7:46.38 40.29	800m:	10:21.82 37.34
13.	Beatriz Pereira, MARQUES		05	Columbifila Cantanhedense				<b>10:55.94</b>	403
	50m:	36.80 36.80	250m:	3:21.06	41.26	450m:	6:07.27 41.95	650m:	8:54.14 41.76
	100m:	1:16.95 40.15	300m:	4:02.76	41.70	500m:	6:48.80 41.53	700m:	9:35.97 41.83
	150m:	1:58.54 41.59	350m:	4:44.02	41.26	550m:	7:30.54 41.74	750m:	10:16.69 40.72
	200m:	2:39.80 41.26	400m:	5:25.32	41.30	600m:	8:12.38 41.84	800m:	10:55.94 39.25

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 35, Femin., 800m Livres, Abs

Lugar			Ano					Tempo final	Pts			
14.	Luna Almeida, RODRIGUES		07	Columbofila Cantanhedense				<b>11:18.97</b>	364			
	50m:	37.30	37.30	250m:	3:27.97	43.19	450m:	6:21.46	43.31	650m:	9:14.21	42.65
	100m:	1:18.46	41.16	300m:	4:11.11	43.14	500m:	7:05.17	43.71	700m:	9:57.38	43.17
	150m:	2:01.26	42.80	350m:	4:54.43	43.32	550m:	7:48.24	43.07	750m:	10:39.45	42.07
	200m:	2:44.78	43.52	400m:	5:38.15	43.72	600m:	8:31.56	43.32	800m:	11:18.97	39.52
DNS	Ana Rita, QUEIROZ		02	Condeixa Clube								

Prova 36

Masc., 100m Costas

Inf B

09-05-2021 - 17:20

Resultados

Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacionais Inf B	1:05.61	Goncalo Henriques, WANZELLER	CFB	Famalicão	16-07-2016
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		03-09-2017
Rec Reg ANC Inf B	1:06.75	Jose Diogo, DIAS	FBSC	Loulé	01-05-2017

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Vicente Piacentini, CALDEIRA		08	Nautico Academico				<b>1:22.92</b>	244
	50m:	40.30	40.30	100m:	1:22.92	42.62			
2.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				<b>1:25.41</b>	223
	50m:	41.91	41.91	100m:	1:25.41	43.50			
3.	Joaquim Antonio, CUNHA		08	Nautico Academico				<b>1:25.54</b>	222
	50m:	41.02	41.02	100m:	1:25.54	44.52			
4.	Samuel Dinis, MAIA		08	Miranda do Corvo				<b>1:25.57</b>	222
	50m:	41.89	41.89	100m:	1:25.57	43.68			
5.	Salvador Correia, PEREIRA		08	Condeixa Clube				<b>1:25.67</b>	221
	50m:	40.93	40.93	100m:	1:25.67	44.74			
6.	Guilherme Simoes, SOUSA		08	Fundacao Beatriz Santos				<b>1:27.12</b>	210
	50m:	41.67	41.67	100m:	1:27.12	45.45			
7.	Henrique Figueiredo, FIDALGO		08	Vigor da Mocidade				<b>1:37.74</b>	149
	50m:	47.20	47.20	100m:	1:37.74	50.54			
8.	Francisco Joao, FERNANDO		08	Fundacao Beatriz Santos				<b>1:38.87</b>	144
	50m:	47.02	47.02	100m:	1:38.87	51.85			
9.	Jose Guardado, SILVA		08	Vigor da Mocidade				<b>1:39.22</b>	142
	50m:	47.96	47.96	100m:	1:39.22	51.26			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 36, Masc., 100m Costas

Prova 36 09-05-2021 - 17:20	Masc., 100m Costas					Inf A Resultados
Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra		31-03-2017
Rec Nacionais Inf A	1:01.39	Alexandre Lages, RIBAS	EDV	Lisboa		22-07-2011
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN			03-09-2017
Rec Reg ANC Inf A	1:02.97	Gabriel Jose, LOPES	CDL	Lisboa		22-07-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Duarte Cachulo, MARQUES	07	Condeixa Clube	<b>1:17.81</b>	295
50m: 38.14 38.14	100m: 1:17.81	39.67		
2. Afonso Simoes, FERREIRA	07	Vigor da Mocidade	<b>1:22.34</b>	249
50m: 39.50 39.50	100m: 1:22.34	42.84		
3. Marco Dimitar, OLIVEIRA	07	Fundacao Beatriz Santos	<b>1:24.36</b>	232
50m: 42.05 42.05	100m: 1:24.36	42.31		
4. Rodrigo Marques, LIMA	07	CASP AE	<b>1:39.60</b>	141
50m: 48.40 48.40	100m: 1:39.60	51.20		

Prova 36 09-05-2021 - 17:20	Masc., 100m Costas					Juv B Resultados
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Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra		31-03-2017
Rec Nacionais Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)		22-07-2019
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN			03-09-2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC			23-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Guilherme Marques, PEREIRA	06	Condeixa Clube	<b>1:09.74</b>	410
50m: 33.30 33.30	100m: 1:09.74	36.44		
2. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>1:09.86</b>	408
50m: 33.34 33.34	100m: 1:09.86	36.52		
3. Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>1:10.05</b>	405
50m: 34.05 34.05	100m: 1:10.05	36.00		
4. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>1:10.77</b>	393
50m: 34.60 34.60	100m: 1:10.77	36.17		
5. Joao Rafael, FERREIRA	06	Fundacao Beatriz Santos	<b>1:13.27</b>	354
50m: 35.77 35.77	100m: 1:13.27	37.50		
6. Miguel Cunha, GASPAR	06	Columbofila Cantanhedense	<b>1:14.76</b>	333
50m: 35.98 35.98	100m: 1:14.76	38.78		
7. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<b>1:14.83</b>	332
50m: 35.71 35.71	100m: 1:14.83	39.12		
8. Afonso Jose, FRANCISCO	06	Miranda do Corvo	<b>1:22.10</b>	251
50m: 40.35 40.35	100m: 1:22.10	41.75		
9. Simao Domingues, PAZ	06	Miranda do Corvo	<b>1:22.63</b>	247
50m: 40.33 40.33	100m: 1:22.63	42.30		
10. Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos	<b>1:26.97</b>	211
50m: 43.59 43.59	100m: 1:26.97	43.38		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 36, Masc., 100m Costas

Prova 36	Masc., 100m Costas				Juv A
09-05-2021 - 17:20					Resultados
Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacionais Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		03-09-2017
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	23-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>1:06.60</b>	471
50m: 32.34 32.34	100m: 1:06.60	34.26		
2. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra	<b>1:10.59</b>	396
50m: 34.64 34.64	100m: 1:10.59	35.95		
3. Tomas Cardoso, GERALDO	05	Condeixa Clube	<b>1:12.47</b>	366
50m: 34.91 34.91	100m: 1:12.47	37.56		
4. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>1:13.75</b>	347
50m: 35.24 35.24	100m: 1:13.75	38.51		
5. Diogo Simoes, DIAS	05	Louzan Natacao	<b>1:15.49</b>	324
50m: 37.82 37.82	100m: 1:15.49	37.67		

Prova 36	Masc., 100m Costas				Juv /Jun
09-05-2021 - 17:20					Resultados

Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacionais Jun 18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	20-08-2019
Rec Nacionais Jun 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12-07-2009
Rec Nacionais Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
Rec Nacionais Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	22-07-2019
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		03-09-2017
Rec Reg ANC Jun 18	55.79	Gabriel Jose, LOPES	ALN	Singapura (SGP)	25-08-2015
Rec Reg ANC Jun 17	57.39	Gabriel Jose, LOPES	CDL	Tarragona	24-06-2018
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	23-07-2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC		23-07-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Uniao Coimbra	<b>1:02.41</b>	573
50m: 30.64 30.64	100m: 1:02.41	31.77		
2. Jose Diogo, DIAS	04	Fundacao Beatriz Santos	<b>1:04.84</b>	511
50m: 31.53 31.53	100m: 1:04.84	33.31		
3. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos	<b>1:05.15</b>	504
50m: 31.45 31.45	100m: 1:05.15	33.70		
4. David Valdagua, COUTINHO	03	Uniao Coimbra	<b>1:05.81</b>	489
50m: 31.73 31.73	100m: 1:05.81	34.08		
5. Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>1:06.60</b>	471
50m: 32.34 32.34	100m: 1:06.60	34.26		
6. Martim Miranda, MACHADO	03	Uniao Coimbra	<b>1:07.09</b>	461
50m: 32.29 32.29	100m: 1:07.09	34.80		
7. Guilherme Marques, PEREIRA	06	Condeixa Clube	<b>1:09.74</b>	410
50m: 33.30 33.30	100m: 1:09.74	36.44		

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Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 36, Masc., 100m Costas, Juv /Jun

Lugar	Ano	Tempo final	Pts
8. Tomas Varanda, OLIVEIRA 50m: 33.34 33.34 100m: 1:09.86 36.52	06	<b>1:09.86</b>	408
9. Francisco Couto, FRAZAO 50m: 34.05 34.05 100m: 1:10.05 36.00	06	<b>1:10.05</b>	405
10. Samuel Baptista, FIGUEIRA 50m: 34.64 34.64 100m: 1:10.59 35.95	05	<b>1:10.59</b>	396
11. Filipe Cruz, SIMOES 50m: 34.60 34.60 100m: 1:10.77 36.17	06	<b>1:10.77</b>	393
12. Renato Maria, FERREIRA 50m: 34.10 34.10 100m: 1:10.80 36.70	04	<b>1:10.80</b>	392
13. Afonso Corte-Real, GRILO 50m: 34.98 34.98 100m: 1:12.08 37.10	04	<b>1:12.08</b>	372
14. Tomas Cardoso, GERALDO 50m: 34.91 34.91 100m: 1:12.47 37.56	05	<b>1:12.47</b>	366
15. Joao Rafael, FERREIRA 50m: 35.77 35.77 100m: 1:13.27 37.50	06	<b>1:13.27</b>	354
16. Afonso Miguel, AMADO 50m: 35.24 35.24 100m: 1:13.75 38.51	05	<b>1:13.75</b>	347
17. Miguel Cunha, GASPAR 50m: 35.98 35.98 100m: 1:14.76 38.78	06	<b>1:14.76</b>	333
18. Pedro Fernandes, CARVALHO 50m: 35.71 35.71 100m: 1:14.83 39.12	06	<b>1:14.83</b>	332
19. Diogo Simoes, DIAS 50m: 37.82 37.82 100m: 1:15.49 37.67	05	<b>1:15.49</b>	324
20. Afonso Jose, FRANCISCO 50m: 40.35 40.35 100m: 1:22.10 41.75	06	<b>1:22.10</b>	251
21. Simao Domingues, PAZ 50m: 40.33 40.33 100m: 1:22.63 42.30	06	<b>1:22.63</b>	247
22. Simao Pimenta, CATARINO 50m: 43.59 43.59 100m: 1:26.97 43.38	06	<b>1:26.97</b>	211

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 36, Masc., 100m Costas

Prova 36 09-05-2021 - 17:20	Masc., 100m Costas				Abs Resultados
Rec Nacionais Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacionais Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Nacionais Jun 18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	20-08-2019
Rec Nacionais Jun 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12-07-2009
Rec Nacionais Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
Rec Nacionais Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	22-07-2019
Rec Reg ANC Absoluto	55.01	Gabriel Jose, LOPES	ALN		03-09-2017
Rec Reg ANC Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Rec Reg ANC Jun 18	55.79	Gabriel Jose, LOPES	ALN	Singapura (SGP)	25-08-2015
Rec Reg ANC Jun 17	57.39	Gabriel Jose, LOPES	CDL	Tarragona	24-06-2018
Rec Reg ANC Juv A	1:00.99	Bernardo Vinagre, ARZILEIRO	CNAC	Oiras	23-07-2017
Rec Reg ANC Juv B	59.54	Diogo Matos, RIBEIRO	CUC		23-07-2019

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Uniao Coimbra		<b>1:02.41</b>	573	
50m: 30.64 30.64	100m: 1:02.41	31.77				
2. Bernardo Vinagre, ARZILEIRO	01	Uniao Coimbra		<b>1:03.58</b>	542	
50m: 31.40 31.40	100m: 1:03.58	32.18				
3. Joao Pedro, DIAS	02	Fundacao Beatriz Santos		<b>1:04.40</b>	521	
50m: 31.23 31.23	100m: 1:04.40	33.17				
4. Jose Diogo, DIAS	04	Fundacao Beatriz Santos		<b>1:04.84</b>	511	
50m: 31.53 31.53	100m: 1:04.84	33.31				
5. Lucas Pereira, BASTOS	00	Nautico Academico		<b>1:04.91</b>	509	
50m: 31.91 31.91	100m: 1:04.91	33.00				
6. Dinis Miranda, DIOGO	04	Fundacao Beatriz Santos		<b>1:05.15</b>	504	
50m: 31.45 31.45	100m: 1:05.15	33.70				
7. David Valdagua, COUTINHO	03	Uniao Coimbra		<b>1:05.81</b>	489	
50m: 31.73 31.73	100m: 1:05.81	34.08				
8. Tomas Carvalho, SANTOS	05	Louzan Natacao		<b>1:06.60</b>	471	
50m: 32.34 32.34	100m: 1:06.60	34.26				
9. Martim Miranda, MACHADO	03	Uniao Coimbra		<b>1:07.09</b>	461	
50m: 32.29 32.29	100m: 1:07.09	34.80				
10. Guilherme Marques, PEREIRA	06	Condeixa Clube		<b>1:09.74</b>	410	
50m: 33.30 33.30	100m: 1:09.74	36.44				
11. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense		<b>1:09.86</b>	408	
50m: 33.34 33.34	100m: 1:09.86	36.52				
12. Francisco Couto, FRAZAO	06	Uniao Coimbra		<b>1:10.05</b>	405	
50m: 34.05 34.05	100m: 1:10.05	36.00				
13. Samuel Baptista, FIGUEIRA	05	Academica de Coimbra		<b>1:10.59</b>	396	
50m: 34.64 34.64	100m: 1:10.59	35.95				
14. Filipe Cruz, SIMOES	06	Miranda do Corvo		<b>1:10.77</b>	393	
50m: 34.60 34.60	100m: 1:10.77	36.17				
15. Renato Maria, FERREIRA	04	Uniao Coimbra		<b>1:10.80</b>	392	
50m: 34.10 34.10	100m: 1:10.80	36.70				

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 36, Masc., 100m Costas, Abs

Lugar	Ano	Tempo final	Pts
16. Afonso Corte-Real, GRILO 50m: 34.98 34.98 100m: 1:12.08	04	Fundacao Beatriz Santos 37.10	<b>1:12.08</b> 372
17. Tomas Cardoso, GERALDO 50m: 34.91 34.91 100m: 1:12.47	05	Condeixa Clube 37.56	<b>1:12.47</b> 366
18. Francisco Miguel, CARVALHO 50m: 35.18 35.18 100m: 1:12.75	00	Academica de Coimbra 37.57	<b>1:12.75</b> 362
19. Joao Rafael, FERREIRA 50m: 35.77 35.77 100m: 1:13.27	06	Fundacao Beatriz Santos 37.50	<b>1:13.27</b> 354
20. Afonso Miguel, AMADO 50m: 35.24 35.24 100m: 1:13.75	05	Miranda do Corvo 38.51	<b>1:13.75</b> 347
21. Miguel Cunha, GASPAS 50m: 35.98 35.98 100m: 1:14.76	06	Columbofila Cantanhedense 38.78	<b>1:14.76</b> 333
22. Pedro Fernandes, CARVALHO 50m: 35.71 35.71 100m: 1:14.83	06	Miranda do Corvo 39.12	<b>1:14.83</b> 332
23. Diogo Simoes, DIAS 50m: 37.82 37.82 100m: 1:15.49	05	Louzan Natacao 37.67	<b>1:15.49</b> 324
24. Afonso Jose, FRANCISCO 50m: 40.35 40.35 100m: 1:22.10	06	Miranda do Corvo 41.75	<b>1:22.10</b> 251
25. Simao Domingues, PAZ 50m: 40.33 40.33 100m: 1:22.63	06	Miranda do Corvo 42.30	<b>1:22.63</b> 247
26. Simao Pimenta, CATARINO 50m: 43.59 43.59 100m: 1:26.97	06	Fundacao Beatriz Santos 43.38	<b>1:26.97</b> 211
DNS Gabriel Jose, LOPES	97	Louzan Natacao	

Prova 37

Femin., 100m Costas

Inf B

09-05-2021 - 17:40

Resultados

Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	20-12-2020
Rec Nacionais Inf B	1:08.97	Carolina Miranda, FERNANDES	CGA	Coimbra	01-07-2017
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		16-06-2020
Rec Reg ANC Inf B	1:11.48	Camila Rodrigues, REBELO	ALN	Oeiras	17-07-2015

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Leonor Mercês, CAVALEIRO 50m: 41.04 41.04 100m: 1:22.92	09	Columbofila Cantanhedense 41.88	<b>1:22.92</b> 334
2. Sofia Fonseca, PRIMO 50m: 41.22 41.22 100m: 1:24.63	09	Miranda do Corvo 43.41	<b>1:24.63</b> 314
3. Caetana Amado, SANTOS 50m: 42.64 42.64 100m: 1:27.29	09	Miranda do Corvo 44.65	<b>1:27.29</b> 286
4. Matilde Domingues, PIRES 50m: 43.42 43.42 100m: 1:28.02	09	Columbofila Cantanhedense 44.60	<b>1:28.02</b> 279
5. Raquel Alexandra, CANCELA 50m: 43.79 43.79 100m: 1:28.43	09	Miranda do Corvo 44.64	<b>1:28.43</b> 275

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 37, Femin., 100m Costas, Inf B

Lugar	Ano	Tempo final	Pts
6. Gabriela Leonardo, MEDINA 50m: 44.09 44.09 100m: 1:29.55 45.46	09 Condeixa Clube	<b>1:29.55</b>	265
7. Margarida Pessoa, MONTEIRO 50m: 43.33 43.33 100m: 1:30.22 46.89	09 Columbofila Cantanhedense	<b>1:30.22</b>	259
8. Emilia Pereira, MARQUES 50m: 46.68 46.68 100m: 1:36.74 50.06	09 Miranda do Corvo	<b>1:36.74</b>	210
9. Maria Alexandra, MOREIRA 50m: 46.65 46.65 100m: 1:37.29 50.64	09 Condeixa Clube	<b>1:37.29</b>	207
10. Joana Maria, MARTINS 50m: 53.13 53.13 100m: 1:50.39 57.26	09 Vigor da Mocidade	<b>1:50.39</b>	141
DSQ Ana Rita, CARVALHO <i>Falsa partida</i>	09 Condeixa Clube		
DNS Francisca Rendilho, SOUSA	09 CASPAE		

Prova 37

Femin., 100m Costas

Inf A

09-05-2021 - 17:40

Resultados

Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	20-12-2020
Rec Nacionais Inf A	1:06.78	Ines Camacho, FERNANDES	POR	Catania (ITA)	20-06-2010
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		16-06-2020
Rec Reg ANC Inf A	1:08.43	Camila Rodrigues, REBELO	ALN	Famalicao	16-07-2016

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Francisca Santos, FERNANDES 50m: 39.77 39.77 100m: 1:21.18 41.41	08 Miranda do Corvo	<b>1:21.18</b>	356
2. Julia Maria, SOARES 50m: 41.51 41.51 100m: 1:25.42 43.91	08 Miranda do Corvo	<b>1:25.42</b>	306
3. Laura Silva, FERNANDES 50m: 41.82 41.82 100m: 1:25.76 43.94	08 Miranda do Corvo	<b>1:25.76</b>	302
4. Maria Manuel, CORTESAO 50m: 43.67 43.67 100m: 1:30.02 46.35	08 Nautico Academico	<b>1:30.02</b>	261
5. Ana Sofia, PARAISO 50m: 43.59 43.59 100m: 1:30.11 46.52	08 Fundacao Beatriz Santos	<b>1:30.11</b>	260
6. Maria Gabriela, RANGEL 50m: 43.71 43.71 100m: 1:32.44 48.73	08 Fundacao Beatriz Santos	<b>1:32.44</b>	241

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 37, Femin., 100m Costas

Prova 37	Femin., 100m Costas					Juv B
09-05-2021 - 17:40						Resultados
Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras		20-12-2020
Rec Nacionais Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras		25-03-2011
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN			16-06-2020
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras		22-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>1:14.05</b>	469
50m: 35.90 35.90	100m: 1:14.05	38.15		
2. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>1:16.82</b>	420
50m: 37.77 37.77	100m: 1:16.82	39.05		
3. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>1:19.56</b>	378
50m: 38.71 38.71	100m: 1:19.56	40.85		
4. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	<b>1:25.99</b>	300
50m: 42.39 42.39	100m: 1:25.99	43.60		
5. Lara Carvalho, SANTOS	07	Nautico Academico	<b>1:26.16</b>	298
50m: 41.42 41.42	100m: 1:26.16	44.74		
6. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>1:30.98</b>	253

Prova 37	Femin., 100m Costas					Juv A
09-05-2021 - 17:40						Resultados
Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras		20-12-2020
Rec Nacionais Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra		06-04-2012
Rec Nacionais Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra		06-04-2012
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN			16-06-2020
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN			16-06-2018

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>1:16.38</b>	428
50m: 36.78 36.78	100m: 1:16.38	39.60		
2. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>1:16.63</b>	424
50m: 36.57 36.57	100m: 1:16.63	40.06		
3. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>1:17.95</b>	402
50m: 38.08 38.08	100m: 1:17.95	39.87		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 37, Femin., 100m Costas

Prova 37 09-05-2021 - 17:40	Femin., 100m Costas				Juv /Jun Resultados
Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	20-12-2020
Rec Nacionais Jun 17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20-08-2019
Rec Nacionais Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	05-04-2019
Rec Nacionais Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06-04-2012
Rec Nacionais Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
Rec Nacionais Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25-03-2011
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		16-06-2020
Rec Reg ANC Jun 17	1:02.92	Camila Rodrigues, REBELO	ALN		09-02-2020
Rec Reg ANC Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	28-05-2019
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN		16-06-2018
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras	22-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Leonor Correia, PAIVA	04	Louzan Natacao	<b>1:09.13</b>	577
50m: 34.08 34.08 100m: 1:09.13 35.05				
2. Joana Francisca, RODRIGUES	04	Uniao Coimbra	<b>1:11.19</b>	528
50m: 34.54 34.54 100m: 1:11.19 36.65				
3. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>1:14.05</b>	469
50m: 35.90 35.90 100m: 1:14.05 38.15				
4. Barbara Almeida, SIMOES	05	Uniao Coimbra	<b>1:15.68</b>	440
50m: 35.87 35.87 100m: 1:15.68 39.81				
5. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>1:16.38</b>	428
50m: 36.78 36.78 100m: 1:16.38 39.60				
6. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>1:16.63</b>	424
50m: 36.57 36.57 100m: 1:16.63 40.06				
7. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>1:16.82</b>	420
50m: 37.77 37.77 100m: 1:16.82 39.05				
8. Kateryna, DZYAKANAVA	05	Louzan Natacao	<b>1:17.83</b>	404
50m: 36.97 36.97 100m: 1:17.83 40.86				
9. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>1:17.95</b>	402
50m: 38.08 38.08 100m: 1:17.95 39.87				
10. Daniela Portela, MENDES	04	Fundacao Beatriz Santos	<b>1:18.93</b>	388
50m: 37.50 37.50 100m: 1:18.93 41.43				
11. Laura Torrao, CARVALHO	05	Nautico Academico	<b>1:18.95</b>	387
50m: 37.39 37.39 100m: 1:18.95 41.56				
12. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>1:19.56</b>	378
50m: 38.71 38.71 100m: 1:19.56 40.85				
13. Rita Lima, PIRES	05	Nautico Academico	<b>1:19.77</b>	375
50m: 38.12 38.12 100m: 1:19.77 41.65				
14. Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense	<b>1:25.99</b>	300
50m: 42.39 42.39 100m: 1:25.99 43.60				
15. Lara Carvalho, SANTOS	07	Nautico Academico	<b>1:26.16</b>	298
50m: 41.42 41.42 100m: 1:26.16 44.74				
16. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>1:30.98</b>	253

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 37, Femin., 100m Costas

Prova 37 09-05-2021 - 17:40	Femin., 100m Costas				Abs Resultados
Rec Nacionais Absoluto	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	20-12-2020
Rec Nacionais Sen	1:01.17	Rafaela Gomes, AZEVEDO	SAD	Oeiras	20-12-2020
Rec Nacionais Jun 17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20-08-2019
Rec Nacionais Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	05-04-2019
Rec Nacionais Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06-04-2012
Rec Nacionais Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
Rec Nacionais Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25-03-2011
Rec Reg ANC Absoluto	1:02.76	Camila Rodrigues, REBELO	ALN		16-06-2020
Rec Reg ANC Sen	1:02.76	Camila Rodrigues, REBELO	ALN		30-07-2020
Rec Reg ANC Jun 17	1:02.92	Camila Rodrigues, REBELO	ALN		09-02-2020
Rec Reg ANC Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	28-05-2019
Rec Reg ANC Juv A	1:04.80	Camila Rodrigues, REBELO	ALN		16-06-2018
Rec Reg ANC Juv B	1:05.37	Camila Rodrigues, REBELO	ALN	Oeiras	22-07-2017

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Leonor Correia, PAIVA	04	Louzan Natacao	<b>1:09.13</b>	577
50m: 34.08 34.08	100m: 1:09.13	35.05		
2. Joana Francisca, RODRIGUES	04	Uniao Coimbra	<b>1:11.19</b>	528
50m: 34.54 34.54	100m: 1:11.19	36.65		
3. Ines Oliveira, TEIXEIRA	02	Condeixa Clube	<b>1:11.95</b>	512
50m: 33.98 33.98	100m: 1:11.95	37.97		
4. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>1:14.05</b>	469
50m: 35.90 35.90	100m: 1:14.05	38.15		
5. Sara Dias, NEVES	03	Miranda do Corvo	<b>1:15.01</b>	452
50m: 36.44 36.44	100m: 1:15.01	38.57		
6. Ines Mariana, PINHEIRO	03	Academica de Coimbra	<b>1:15.08</b>	450
50m: 36.70 36.70	100m: 1:15.08	38.38		
7. Barbara Almeida, SIMOES	05	Uniao Coimbra	<b>1:15.68</b>	440
50m: 35.87 35.87	100m: 1:15.68	39.81		
8. Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	<b>1:16.38</b>	428
50m: 36.78 36.78	100m: 1:16.38	39.60		
9. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>1:16.63</b>	424
50m: 36.57 36.57	100m: 1:16.63	40.06		
10. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>1:16.82</b>	420
50m: 37.77 37.77	100m: 1:16.82	39.05		
11. Kateryna, DZYAKANAVA	05	Louzan Natacao	<b>1:17.83</b>	404
50m: 36.97 36.97	100m: 1:17.83	40.86		
12. Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>1:17.95</b>	402
50m: 38.08 38.08	100m: 1:17.95	39.87		
13. Daniela Portela, MENDES	04	Fundacao Beatriz Santos	<b>1:18.93</b>	388
50m: 37.50 37.50	100m: 1:18.93	41.43		
14. Laura Torrao, CARVALHO	05	Nautico Academico	<b>1:18.95</b>	387
50m: 37.39 37.39	100m: 1:18.95	41.56		
15. Ines Miranda, DIOGO	07	Fundacao Beatriz Santos	<b>1:19.56</b>	378
50m: 38.71 38.71	100m: 1:19.56	40.85		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 37, Femin., 100m Costas, Abs

Lugar	Ano	Tempo final	Pts
16. Rita Lima, PIRES 50m: 38.12 38.12 100m: 1:19.77 41.65	05 Nautico Academico	<b>1:19.77</b>	375
17. Luna Almeida, RODRIGUES 50m: 42.39 42.39 100m: 1:25.99 43.60	07 Columbofila Cantanhedense	<b>1:25.99</b>	300
18. Lara Carvalho, SANTOS 50m: 41.42 41.42 100m: 1:26.16 44.74	07 Nautico Academico	<b>1:26.16</b>	298
19. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>1:30.98</b>	253

Prova 38

Masc., 50m Livres

Juv / Jun

09-05-2021 - 18:00

Resultados

Rec Nacionais Jun 18	22.98	Paulo Jorge, SANTOS	POR	Antuerpia (BEL)	22-07-2007
Rec Nacionais Jun 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16-07-2004
Rec Nacionais Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31-07-2003
Rec Nacionais Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	20-07-2017
Rec Reg ANC Absoluto	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	19-12-2020
Rec Reg ANC Jun 18	23.64	Gustavo Almeida, MADUREIRA	AAC	Coimbra	27-05-2012
Rec Reg ANC Jun 17	23.44	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	24.66	Gustavo Almeida, MADUREIRA	AAC	Coimbra	29-07-2010
Rec Reg ANC Juv B	24.67	Diogo Matos, RIBEIRO	CUC		08-06-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>25.46</b>	553
2. Rodrigo Miguel, REIS	04 Uniao Coimbra	<b>25.59</b>	545
3. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	<b>25.79</b>	532
4. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>27.15</b>	456
5. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>27.37</b>	445
Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>27.37</b>	445
7. Carlos Miguel, OLIVEIRA	06 Fundacao Beatriz Santos	<b>28.57</b>	392
8. Bernardo Jorge, VENTURA	03 Academica de Coimbra	<b>28.62</b>	389
9. Diogo Simoes, DIAS	05 Louzan Natacao	<b>29.84</b>	344
10. Ricardo Martins, CARVALHO	03 Fundacao Beatriz Santos	<b>30.25</b>	330

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 38, Masc., 50m Livres

Prova 38 09-05-2021 - 18:00	Masc., 50m Livres				Abs Resultados
Rec Nacionais Sen	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	19-12-2020
Rec Nacionais Jun 18	22.98	Paulo Jorge, SANTOS	POR	Antuerpia (BEL)	22-07-2007
Rec Nacionais Jun 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16-07-2004
Rec Nacionais Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31-07-2003
Rec Nacionais Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	20-07-2017
Rec Reg ANC Absoluto	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	19-12-2020
Rec Reg ANC Sen	23.07	Gustavo Almeida, MADUREIRA	AAC		31-03-2018
Rec Reg ANC Jun 18	23.64	Gustavo Almeida, MADUREIRA	AAC	Coimbra	27-05-2012
Rec Reg ANC Jun 17	23.44	Diogo Matos, RIBEIRO	CUC	Coimbra	27-03-2021
Rec Reg ANC Juv A	24.66	Gustavo Almeida, MADUREIRA	AAC	Coimbra	29-07-2010
Rec Reg ANC Juv B	24.67	Diogo Matos, RIBEIRO	CUC		08-06-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rodrigo Ribeiro, GOMES	00 Condeixa Clube	<b>24.28</b>	638
2. Rui Mamede, SANTOS	04 Uniao Coimbra	<b>25.46</b>	553
3. Rodrigo Miguel, REIS	04 Uniao Coimbra	<b>25.59</b>	545
4. Ricardo Jorge, DOMINGUES	02 Fundacao Beatriz Santos	<b>25.74</b>	536
5. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	<b>25.79</b>	532
6. Vasco Pereira, BASTOS	02 Nautico Academico	<b>26.77</b>	476
7. Gabriel Jose, JULIO	01 Academica de Coimbra	<b>26.90</b>	469
8. Miguel Freitas, OVIEDO	02 Academica de Coimbra	<b>27.04</b>	462
9. Manuel Baptista, SIMOES	03 Uniao Coimbra	<b>27.15</b>	456
10. Carlos Manuel, MARQUES	00 Academica de Coimbra	<b>27.19</b>	454
11. Goncalo Carvalho, SANTOS	05 Louzan Natacao	<b>27.37</b>	445
Diogo Rodrigues, CARVALHO	05 Vigor da Mocidade	<b>27.37</b>	445
13. Rui Joao, MARQUES	02 Nautico Academico	<b>28.29</b>	403
14. Carlos Miguel, OLIVEIRA	06 Fundacao Beatriz Santos	<b>28.57</b>	392
15. Bernardo Jorge, VENTURA	03 Academica de Coimbra	<b>28.62</b>	389
16. Francisco Miguel, CARVALHO	00 Academica de Coimbra	<b>28.74</b>	385
17. Diogo Simoes, DIAS	05 Louzan Natacao	<b>29.84</b>	344
18. Ricardo Martins, CARVALHO	03 Fundacao Beatriz Santos	<b>30.25</b>	330

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 39 09-05-2021 - 18:05	Femin., 50m Livres				Juv / Jun Resultados
Rec Nacionais Absoluto	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	03-08-2019
Rec Nacionais Jun 17	26.25	Beatriz Mendes, VIEGAS	POR	Uster (SUI)	05-02-2017
Rec Nacionais Jun 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10-04-2010
Rec Nacionais Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	05-04-2019
Rec Nacionais Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31-05-2015
Rec Reg ANC Absoluto	27.23	Raquel Maurile, TAVEIRA	AAC	Oeiras	12-04-2015
Rec Reg ANC Jun 17	27.24	Matilde Freitas, MOREIRA	AAC	Funchal	23-03-2018
Rec Reg ANC Jun 16	27.50	Matilde Freitas, MOREIRA	AAC	Coimbra	28-05-2017
Rec Reg ANC Juv A	28.10	Nadia Amado, LAEZZA	CNAC	Lisboa	29-05-2005
Rec Reg ANC Juv B	28.12	Camila Rodrigues, REBELO	ALN	Coimbra	27-05-2017
Rec Nacional	43.45	Filipa Sa, REIS	SCA	Porto	26-05-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Mariana Carmo, ROSA	05	<b>28.64</b>	564
Leonor Mil, MANO	07	<b>28.64</b>	564
3. Maria Vitoria, GRILO	06	<b>29.35</b>	524
4. Maria Caetano, LAMAS	04	<b>29.69</b>	506
5. Ana Filipa, SILVA	04	<b>30.30</b>	476
6. Cristiana Sofia, DUARTE	07	<b>31.43</b>	427
7. Kateryna, DZYAKANAVA	05	<b>31.61</b>	419
8. Camila Cavaleiro, SILVA	05	<b>32.52</b>	385
9. Helena Carolina, DINIS	05	<b>33.21</b>	362
10. Beatriz Pereira, MARQUES	05	<b>33.93</b>	339
11. Rita Mendes, SANTOS	06	<b>33.95</b>	338
12. Beatriz Beja, AFONSO	04	<b>34.30</b>	328
13. Barbara Fernanda, MENDES	05	<b>34.51</b>	322
14. Lara Sofia, SANTOS	06	<b>39.85</b>	209
15. Matilde Lucia, GASPAS	06	<b>51.45</b>	97
DNS Maria Alexandra, MARQUES	04		

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Prova 39, Femin., 50m Livres

Prova 39	Femin., 50m Livres				Abs
09-05-2021 - 18:05					Resultados
Rec Nacionais Absoluto	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	03-08-2019
Rec Nacionais Sen	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	03-08-2019
Rec Nacionais Jun 17	26.25	Beatriz Mendes, VIEGAS	POR	Uster (SUI)	05-02-2017
Rec Nacionais Jun 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10-04-2010
Rec Nacionais Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	05-04-2019
Rec Nacionais Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31-05-2015
Rec Reg ANC Absoluto	27.23	Raquel Maurile, TAVEIRA	AAC	Oeiras	12-04-2015
Rec Reg ANC Sen	27.23	Raquel Maurile, TAVEIRA	AAC	Oeiras	12-04-2015
Rec Reg ANC Jun 17	27.24	Matilde Freitas, MOREIRA	AAC	Funchal	23-03-2018
Rec Reg ANC Jun 16	27.50	Matilde Freitas, MOREIRA	AAC	Coimbra	28-05-2017
Rec Reg ANC Juv A	28.10	Nadia Amado, LAEZZA	CNAC	Lisboa	29-05-2005
Rec Reg ANC Juv B	28.12	Camila Rodrigues, REBELO	ALN	Coimbra	27-05-2017
Rec Nacional	43.45	Filipa Sa, REIS	SCA	Porto	26-05-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Camila Rodrigues, REBELO	03 Louzan Natacao	<b>28.49</b>	573
2. Beatriz Costa, TEJO	02 Academica de Coimbra	<b>28.61</b>	566
3. Mariana Carmo, ROSA	05 Louzan Natacao	<b>28.64</b>	564
Leonor Mil, MANO	07 Fundacao Beatriz Santos	<b>28.64</b>	564
5. Ana Carolina, NEVES	00 Academica de Coimbra	<b>29.20</b>	532
6. Maria Vitoria, GRILO	06 Fundacao Beatriz Santos	<b>29.35</b>	524
7. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>29.69</b>	506
8. Ana Filipa, SILVA	04 Academica de Coimbra	<b>30.30</b>	476
9. Beatriz Carvalho, MARQUES	02 Academica de Coimbra	<b>31.37</b>	429
10. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	<b>31.43</b>	427
11. Kateryna, DZYAKANAVA	05 Louzan Natacao	<b>31.61</b>	419
12. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	<b>32.52</b>	385
13. Helena Carolina, DINIS	05 Academica de Coimbra	<b>33.21</b>	362
14. Beatriz Pereira, MARQUES	05 Columbofila Cantanhedense	<b>33.93</b>	339
15. Rita Mendes, SANTOS	06 Vigor da Mocidade	<b>33.95</b>	338
16. Beatriz Beja, AFONSO	04 Academica de Coimbra	<b>34.30</b>	328
17. Barbara Fernanda, MENDES	05 CASPAE	<b>34.51</b>	322
18. Lara Sofia, SANTOS	06 Vigor da Mocidade	<b>39.85</b>	209
19. Matilde Lucia, GASPAS	06 APC Coimbra	<b>51.45</b>	97
20. Carolina Caetano, LOURENCO	94 APC Coimbra	<b>58.67</b>	65
21. Barbara Ines, GOMES	91 APC Coimbra	<b>1:01.00</b>	58
DNS Maria Alexandra, MARQUES	04 Academica de Coimbra		

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Prova 40	Masc., 100m Bruços					Inf B
09-05-2021 - 18:10						Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013	
Rec Nacionais Inf B	1:11.95	Andre Goncalo, SANTOS	LSC	Porto	24-07-2010	
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019	
Rec Reg ANC Inf B	1:15.85	Duarte Anastacio, SOUSA	CAQC	Oeiras	01-05-2015	

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	<b>1:32.96</b>	229
50m: 44.97 44.97	100m: 1:32.96	47.99		
2. Miguel Tomas, CONCEICAO	08	Nautico Academico	<b>1:37.90</b>	196
50m: 46.61 46.61	100m: 1:37.90	51.29		
3. Joao Pedro, MONTEIRO	08	Vigor da Mocidade	<b>1:40.47</b>	181
50m: 46.40 46.40	100m: 1:40.47	54.07		
4. Henrique Melo, SANTIAGO	08	Vigor da Mocidade	<b>1:45.10</b>	158
50m: 49.11 49.11	100m: 1:45.10	55.99		
5. David Miguel, ALVES	08	Fundacao Beatriz Santos	<b>1:47.50</b>	148
50m: 49.77 49.77	100m: 1:47.50	57.73		
DSQ Francisco Joao, FERNANDO	08	Fundacao Beatriz Santos		
<i>antes da viragem aos 50m o atleta quebrou o ciclo braçada / pernada</i>				
DSQ Tiago Batista, BOAVIDA	08	CASPAE		
<i>Falsa partida</i>				

Prova 40	Masc., 100m Bruços					Inf A
09-05-2021 - 18:10						Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013	
Rec Nacionais Inf A	1:09.82	Ricardo Samuel, PEREIRA	CCDPCMS	Vila Franca de Xira	20-05-2017	
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019	
Rec Reg ANC Inf A	1:10.43	António, PEREIRA	CNAC	Campanhã	28-07-2001	

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Goncalo Miranda, FERNANDES	07	Vigor da Mocidade	<b>1:35.04</b>	214
50m: 44.16 44.16	100m: 1:35.04	50.88		
2. Francisco Jose, SIMOES	07	Vigor da Mocidade	<b>1:36.12</b>	207
50m: 46.04 46.04	100m: 1:36.12	50.08		

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Prova 40, Masc., 100m Bruços

Prova 40	Masc., 100m Bruços				Juv B
09-05-2021 - 18:10					Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Rec Nacionais Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	26-07-2018
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Juv B	1:09.17	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	04-08-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Duarte Jose, FERNANDES	06	Uniao Coimbra	<b>1:13.83</b>	457
50m: 35.08 35.08	100m: 1:13.83	38.75		
2. Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	<b>1:15.14</b>	433
50m: 35.68 35.68	100m: 1:15.14	39.46		
3. Diogo Cura, NEVES	06	Condeixa Clube	<b>1:20.35</b>	354
50m: 37.41 37.41	100m: 1:20.35	42.94		
4. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>1:22.85</b>	323
50m: 38.70 38.70	100m: 1:22.85	44.15		
5. Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense	<b>1:26.85</b>	280
50m: 40.60 40.60	100m: 1:26.85	46.25		
6. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	<b>1:30.40</b>	249
50m: 42.72 42.72	100m: 1:30.40	47.68		
7. Afonso Jose, FRANCISCO	06	Miranda do Corvo	<b>1:34.50</b>	218
50m: 44.75 44.75	100m: 1:34.50	49.75		
8. Simao Pimenta, CATARINO	06	Fundacao Beatriz Santos	<b>1:41.39</b>	176
50m: 48.06 48.06	100m: 1:41.39	53.33		

Prova 40	Masc., 100m Bruços				Juv A
09-05-2021 - 18:10					Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Rec Nacionais Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	25-07-2019
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Juv A	1:06.99	Tomas Miguel, VELOSO	CNAC	Oeiras	26-07-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Afonso Miguel, AMADO	05	Miranda do Corvo	<b>1:17.98</b>	388
50m: 36.80 36.80	100m: 1:17.98	41.18		
2. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>1:18.85</b>	375
50m: 36.69 36.69	100m: 1:18.85	42.16		

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Prova 40, Masc., 100m Bruços

Prova 40 09-05-2021 - 18:10	Masc., 100m Bruços				Juv /Jun Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Rec Nacionais Jun 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro	18-07-2009
Rec Nacionais Jun 17	1:04.54	Andre Miguel, SILVA	POR	Belgrado (SRB)	02-08-2008
Rec Nacionais Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	25-07-2019
Rec Nacionais Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	26-07-2018
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Jun 18	1:04.30	Tomas Miguel, VELOSO	CNAC	Oeiras	24-07-2014
Rec Reg ANC Jun 17	1:04.77	Tomas Miguel, VELOSO	CNAC	Famalicao	18-07-2013
Rec Reg ANC Juv A	1:06.99	Tomas Miguel, VELOSO	CNAC	Oeiras	26-07-2012
Rec Reg ANC Juv B	1:09.17	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	04-08-2011

Pontos: FINA 2021

Lugar				Ano		Tempo final	Pts
1.	Gustavo Pires, MARQUES			04	Uniao Coimbra	<b>1:13.79</b>	458
	50m:	34.72	34.72	100m:	1:13.79	39.07	
2.	Duarte Jose, FERNANDES			06	Uniao Coimbra	<b>1:13.83</b>	457
	50m:	35.08	35.08	100m:	1:13.83	38.75	
3.	Tomas Varanda, OLIVEIRA			06	Cumbofilha Cantanhedense	<b>1:15.14</b>	433
	50m:	35.68	35.68	100m:	1:15.14	39.46	
4.	Afonso Miguel, AMADO			05	Miranda do Corvo	<b>1:17.98</b>	388
	50m:	36.80	36.80	100m:	1:17.98	41.18	
5.	Tomas Jose, FRANCISCO			05	Miranda do Corvo	<b>1:18.85</b>	375
	50m:	36.69	36.69	100m:	1:18.85	42.16	
6.	Diogo Cura, NEVES			06	Condeixa Clube	<b>1:20.35</b>	354
	50m:	37.41	37.41	100m:	1:20.35	42.94	
7.	Tomas Nolan, SANTOS			06	Fundacao Beatriz Santos	<b>1:22.85</b>	323
	50m:	38.70	38.70	100m:	1:22.85	44.15	
8.	Gustavo Teixeira, PIRES			06	Cumbofilha Cantanhedense	<b>1:26.85</b>	280
	50m:	40.60	40.60	100m:	1:26.85	46.25	
9.	Pedro Fernandes, CARVALHO			06	Miranda do Corvo	<b>1:30.40</b>	249
	50m:	42.72	42.72	100m:	1:30.40	47.68	
10.	Afonso Jose, FRANCISCO			06	Miranda do Corvo	<b>1:34.50</b>	218
	50m:	44.75	44.75	100m:	1:34.50	49.75	
11.	Simao Pimenta, CATARINO			06	Fundacao Beatriz Santos	<b>1:41.39</b>	176
	50m:	48.06	48.06	100m:	1:41.39	53.33	

Secretariado:

Juíz Arbitro:

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Prova 40, Masc., 100m Bruços

Prova 40 09-05-2021 - 18:10	Masc., 100m Bruços				Abs Resultados
Rec Nacionais Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Rec Nacionais Sen	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Rec Nacionais Jun 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro	18-07-2009
Rec Nacionais Jun 17	1:04.54	Andre Miguel, SILVA	POR	Belgrado (SRB)	02-08-2008
Rec Nacionais Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	25-07-2019
Rec Nacionais Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	26-07-2018
Rec Reg ANC Absoluto	1:02.58	Gabriel Jose, LOPES	ALN		03-09-2019
Rec Reg ANC Sen	1:02.58	Gabriel Jose, LOPES	ALN		23-03-2019
Rec Reg ANC Jun 18	1:04.30	Tomas Miguel, VELOSO	CNAC	Oeiras	24-07-2014
Rec Reg ANC Jun 17	1:04.77	Tomas Miguel, VELOSO	CNAC	Famalicao	18-07-2013
Rec Reg ANC Juv A	1:06.99	Tomas Miguel, VELOSO	CNAC	Oeiras	26-07-2012
Rec Reg ANC Juv B	1:09.17	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	04-08-2011

Pontos: FINA 2021

Lugar				Ano		Tempo final	Pts
1.	Joao Ventura, PAIS			02	Fundacao Beatriz Santos	<b>1:10.44</b>	526
	50m: 31.94 31.94	100m: 1:10.44			38.50		
2.	Miguel Caridade, GASPAS			99	Academica de Coimbra	<b>1:11.04</b>	513
	50m: 33.50 33.50	100m: 1:11.04			37.54		
3.	Joaquim Agra, MERUJE			01	Uniao Coimbra	<b>1:11.14</b>	511
	50m: 32.71 32.71	100m: 1:11.14			38.43		
4.	Gustavo Pires, MARQUES			04	Uniao Coimbra	<b>1:13.79</b>	458
	50m: 34.72 34.72	100m: 1:13.79			39.07		
5.	Duarte Jose, FERNANDES			06	Uniao Coimbra	<b>1:13.83</b>	457
	50m: 35.08 35.08	100m: 1:13.83			38.75		
6.	Tomas Varanda, OLIVEIRA			06	Columbofila Cantanhedense	<b>1:15.14</b>	433
	50m: 35.68 35.68	100m: 1:15.14			39.46		
7.	Vasco Pereira, BASTOS			02	Nautico Academico	<b>1:16.83</b>	405
	50m: 35.72 35.72	100m: 1:16.83			41.11		
8.	Afonso Miguel, AMADO			05	Miranda do Corvo	<b>1:17.98</b>	388
	50m: 36.80 36.80	100m: 1:17.98			41.18		
9.	Diogo Ribas, MATOS			02	Condeixa Clube	<b>1:18.71</b>	377
	50m: 36.12 36.12	100m: 1:18.71			42.59		
10.	Tomas Jose, FRANCISCO			05	Miranda do Corvo	<b>1:18.85</b>	375
	50m: 36.69 36.69	100m: 1:18.85			42.16		
11.	Diogo Cura, NEVES			06	Condeixa Clube	<b>1:20.35</b>	354
	50m: 37.41 37.41	100m: 1:20.35			42.94		
12.	Tomas Nolan, SANTOS			06	Fundacao Beatriz Santos	<b>1:22.85</b>	323
	50m: 38.70 38.70	100m: 1:22.85			44.15		
13.	Gustavo Teixeira, PIRES			06	Columbofila Cantanhedense	<b>1:26.85</b>	280
	50m: 40.60 40.60	100m: 1:26.85			46.25		
14.	Pedro Fernandes, CARVALHO			06	Miranda do Corvo	<b>1:30.40</b>	249
	50m: 42.72 42.72	100m: 1:30.40			47.68		
15.	Afonso Jose, FRANCISCO			06	Miranda do Corvo	<b>1:34.50</b>	218
	50m: 44.75 44.75	100m: 1:34.50			49.75		

Secretariado:

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Prova 40, Masc., 100m Bruços, Abs

Lugar	Ano	Tempo final	Pts
16. Simao Pimenta, CATARINO	06 Fundacao Beatriz Santos	<b>1:41.39</b>	176
50m: 48.06 48.06	100m: 1:41.39 53.33		
DNS Gabriel Jose, LOPES	97 Louzan Natacao		

Prova 41 Femin., 100m Bruços Inf B  
09-05-2021 - 18:25 Resultados

Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Inf B	1:18.66	Clara Gomes, PEREIRA	SAD	Loulé	20-07-2014
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Inf B	1:20.76	Ana Yuki, TSUKAGOSHI	CNAC	S. Joao da Madeira	24-07-1994
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rita Calado, CRUZ	09 Fundacao Beatriz Santos	<b>1:39.77</b>	265
50m: 48.30 48.30	100m: 1:39.77 51.47		
2. Anastacia, PROTOLYUK	09 Columbofila Cantanhedense	<b>1:42.12</b>	247
50m: 48.61 48.61	100m: 1:42.12 53.51		
3. Ana Laura, LUCAS	09 Columbofila Cantanhedense	<b>1:48.71</b>	205
50m: 50.21 50.21	100m: 1:48.71 58.50		
4. Caetana Amado, SANTOS	09 Miranda do Corvo	<b>1:50.08</b>	197
50m: 51.75 51.75	100m: 1:50.08 58.33		
5. Maria Miranda, MACEDO	09 Columbofila Cantanhedense	<b>1:55.31</b>	172
50m: 53.97 53.97	100m: 1:55.31 1:01.34		
DNS Francisca Rendilho, SOUSA	09 CASPAE		

Prova 41 Femin., 100m Bruços Inf A  
09-05-2021 - 18:25 Resultados

Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Inf A	1:15.49	Ana Pinho, RODRIGUES	AEJ	Coimbra	08-07-2007
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Inf A	1:17.55	Mariana Cunha, CUNHA	AAC	Coimbra	26-07-1996
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Laura Silva, FERNANDES	08 Miranda do Corvo	<b>1:34.22</b>	315
50m: 46.11 46.11	100m: 1:34.22 48.11		
2. Maria Manuel, CORTESAO	08 Nautico Academico	<b>1:35.20</b>	305
50m: 45.89 45.89	100m: 1:35.20 49.31		
3. Raquel Filipa, JESUS	08 Fundacao Beatriz Santos	<b>1:39.28</b>	269
50m: 45.87 45.87	100m: 1:39.28 53.41		
4. Rita Isabel, NEVES	08 CASPAE	<b>1:46.31</b>	219
50m: 50.10 50.10	100m: 1:46.31 56.21		

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Prova 41, Femin., 100m Bruços

Prova 41  
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Femin., 100m Bruços

Juv B  
Resultados

Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Juv B	1:15.51	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Angela Rodrigues, REBELO		07	Louzan Natacao		<b>1:22.00</b>	478
	50m:	38.73 38.73	100m:	1:22.00	43.27		
2.	Dania Rodrigues, SIMOES		07	Louzan Natacao		<b>1:26.62</b>	405
	50m:	40.76 40.76	100m:	1:26.62	45.86		
3.	Maria Ines, FERNANDES		07	Fundacao Beatriz Santos		<b>1:28.75</b>	377
	50m:	43.47 43.47	100m:	1:28.75	45.28		
4.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade		<b>1:41.42</b>	252
	50m:	47.22 47.22	100m:	1:41.42	54.20		
5.	Beatriz Costa, MATOS		07	Fundacao Beatriz Santos		<b>1:58.19</b>	159
	50m:	56.14 56.14	100m:	1:58.19	1:02.05		

Prova 41  
09-05-2021 - 18:25

Femin., 100m Bruços

Juv A  
Resultados

Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2009
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Juv A	1:15.26	Mariana, CUNHA	AAC	Estadio Univ. Lisboa	17-05-1998
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts
1.	Beatriz Andre, GASPAR		06	Fundacao Beatriz Santos		<b>1:24.82</b>	432
	50m:	41.05 41.05	100m:	1:24.82	43.77		
2.	Matilde Batista, FERREIRA		06	Fundacao Beatriz Santos		<b>1:27.63</b>	391
	50m:	39.79 39.79	100m:	1:27.63	47.84		
3.	Joana Filipa, VARELA		06	Fundacao Beatriz Santos		<b>1:35.83</b>	299
	50m:	46.29 46.29	100m:	1:35.83	49.54		
4.	Lara Sofia, SANTOS		06	Vigor da Mocidade		<b>1:58.52</b>	158
	50m:	55.23 55.23	100m:	1:58.52	1:03.29		
5.	Matilde Lucia, GASPAR		06	APC Coimbra		<b>2:11.98</b>	114
	50m:	1:04.50 1:04.50	100m:	2:11.98	1:07.48		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 41, Femin., 100m Bruços

Prova 41 09-05-2021 - 18:25	Femin., 100m Bruços				Juv /Jun Resultados
Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Jun 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	31-03-2017
Rec Nacionais Jun 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	17-07-2005
Rec Nacionais Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2009
Rec Nacionais Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Jun 17	1:16.38	Mariana Domingues, PAZ	CNMC	Coimbra	23-07-2015
Rec Reg ANC Jun 16	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Juv A	1:15.26	Mariana, CUNHA	AAC	Estadio Univ. Lisboa	17-05-1998
Rec Reg ANC Juv B	1:15.51	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Maria Caetano, LAMAS	04	Miranda do Corvo	<b>1:21.60</b>	485
50m: 38.00 38.00	100m: 1:21.60	43.60		
2. Angela Rodrigues, REBELO	07	Louzan Natacao	<b>1:22.00</b>	478
50m: 38.73 38.73	100m: 1:22.00	43.27		
3. Ana Carolina, MONTEIRO	04	Uniao Coimbra	<b>1:22.21</b>	474
50m: 39.07 39.07	100m: 1:22.21	43.14		
4. Leonor Correia, PAIVA	04	Louzan Natacao	<b>1:23.55</b>	452
50m: 39.69 39.69	100m: 1:23.55	43.86		
5. Beatriz Andre, GASPAS	06	Fundacao Beatriz Santos	<b>1:24.82</b>	432
50m: 41.05 41.05	100m: 1:24.82	43.77		
6. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	<b>1:26.18</b>	412
50m: 38.89 38.89	100m: 1:26.18	47.29		
7. Dania Rodrigues, SIMOES	07	Louzan Natacao	<b>1:26.62</b>	405
50m: 40.76 40.76	100m: 1:26.62	45.86		
8. Laura Torrao, CARVALHO	05	Nautico Academico	<b>1:27.20</b>	397
50m: 41.02 41.02	100m: 1:27.20	46.18		
9. Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos	<b>1:27.63</b>	391
50m: 39.79 39.79	100m: 1:27.63	47.84		
10. Ana Sofia, CASTANHEIRA	04	Condeixa Clube	<b>1:28.05</b>	386
50m: 41.99 41.99	100m: 1:28.05	46.06		
11. Rita Lima, PIRES	05	Nautico Academico	<b>1:28.39</b>	381
50m: 42.36 42.36	100m: 1:28.39	46.03		
12. Maria Ines, FERNANDES	07	Fundacao Beatriz Santos	<b>1:28.75</b>	377
50m: 43.47 43.47	100m: 1:28.75	45.28		
13. Joana Filipa, VARELA	06	Fundacao Beatriz Santos	<b>1:35.83</b>	299
50m: 46.29 46.29	100m: 1:35.83	49.54		
14. Cristiana Sofia, DUARTE	07	Vigor da Mocidade	<b>1:41.42</b>	252
50m: 47.22 47.22	100m: 1:41.42	54.20		
15. Beatriz Costa, MATOS	07	Fundacao Beatriz Santos	<b>1:58.19</b>	159
50m: 56.14 56.14	100m: 1:58.19	1:02.05		
16. Lara Sofia, SANTOS	06	Vigor da Mocidade	<b>1:58.52</b>	158
50m: 55.23 55.23	100m: 1:58.52	1:03.29		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 41, Femin., 100m Bruços, Juv /Jun

Lugar	Ano	Tempo final	Pts
17. Matilde Lucia, GASPAR	06 APC Coimbra	<b>2:11.98</b>	114
50m: 1:04.50 1:04.50	100m: 2:11.98 1:07.48		

Prova 41 Femin., 100m Bruços Abs Resultados  
09-05-2021 - 18:25

Rec Nacionais Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Sen	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Rec Nacionais Jun 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	31-03-2017
Rec Nacionais Jun 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	17-07-2005
Rec Nacionais Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2009
Rec Nacionais Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
Rec Reg ANC Absoluto	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Sen	1:15.37	Maria Carlota, REBELO	ALN	Coimbra	29-07-2020
Rec Reg ANC Jun 17	1:16.38	Mariana Domingues, PAZ	CNMC	Coimbra	23-07-2015
Rec Reg ANC Jun 16	1:13.42	Gabriela Oliveira, ANDRADE	CNAC	Coimbra	10-04-2010
Rec Reg ANC Juv A	1:15.26	Mariana, CUNHA	AAC	Estadio Univ. Lisboa	17-05-1998
Rec Reg ANC Juv B	1:15.51	Mariana Cunha, GUERRA	AAC	Estadio Univ. Lisboa	31-07-1997
Rec Nacional	1:55.00	Mannie, NG	GESL	Póvoa de Varzim	10-03-2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO	03 Louzan Natacao	<b>1:16.85</b>	581
50m: 36.52 36.52	100m: 1:16.85 40.33		
2. Ines Oliveira, TEIXEIRA	02 Condeixa Clube	<b>1:17.73</b>	561
50m: 36.15 36.15	100m: 1:17.73 41.58		
3. Maria Caetano, LAMAS	04 Miranda do Corvo	<b>1:21.60</b>	485
50m: 38.00 38.00	100m: 1:21.60 43.60		
4. Angela Rodrigues, REBELO	07 Louzan Natacao	<b>1:22.00</b>	478
50m: 38.73 38.73	100m: 1:22.00 43.27		
5. Ana Carolina, MONTEIRO	04 Uniao Coimbra	<b>1:22.21</b>	474
50m: 39.07 39.07	100m: 1:22.21 43.14		
6. Leonor Correia, PAIVA	04 Louzan Natacao	<b>1:23.55</b>	452
50m: 39.69 39.69	100m: 1:23.55 43.86		
7. Beatriz Andre, GASPAR	06 Fundacao Beatriz Santos	<b>1:24.82</b>	432
50m: 41.05 41.05	100m: 1:24.82 43.77		
8. Marisa Isabel, NOBRE	05 Columbofila Cantanhedense	<b>1:26.18</b>	412
50m: 38.89 38.89	100m: 1:26.18 47.29		
9. Dania Rodrigues, SIMOES	07 Louzan Natacao	<b>1:26.62</b>	405
50m: 40.76 40.76	100m: 1:26.62 45.86		
10. Laura Torrao, CARVALHO	05 Nautico Academico	<b>1:27.20</b>	397
50m: 41.02 41.02	100m: 1:27.20 46.18		
11. Matilde Batista, FERREIRA	06 Fundacao Beatriz Santos	<b>1:27.63</b>	391
50m: 39.79 39.79	100m: 1:27.63 47.84		
12. Ana Sofia, CASTANHEIRA	04 Condeixa Clube	<b>1:28.05</b>	386
50m: 41.99 41.99	100m: 1:28.05 46.06		
13. Rita Lima, PIRES	05 Nautico Academico	<b>1:28.39</b>	381
50m: 42.36 42.36	100m: 1:28.39 46.03		

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 41, Femin., 100m Bruços, Abs

Lugar	Ano	Tempo final	Pts
14. Maria Ines, FERNANDES	07 Fundacao Beatriz Santos	<b>1:28.75</b>	377
50m: 43.47 43.47	100m: 1:28.75 45.28		
15. Joana Filipa, VARELA	06 Fundacao Beatriz Santos	<b>1:35.83</b>	299
50m: 46.29 46.29	100m: 1:35.83 49.54		
16. Cristiana Sofia, DUARTE	07 Vigor da Mocidade	<b>1:41.42</b>	252
50m: 47.22 47.22	100m: 1:41.42 54.20		
17. Beatriz Costa, MATOS	07 Fundacao Beatriz Santos	<b>1:58.19</b>	159
50m: 56.14 56.14	100m: 1:58.19 1:02.05		
18. Lara Sofia, SANTOS	06 Vigor da Mocidade	<b>1:58.52</b>	158
50m: 55.23 55.23	100m: 1:58.52 1:03.29		
19. Matilde Lucia, GASPAS	06 APC Coimbra	<b>2:11.98</b>	114
50m: 1:04.50 1:04.50	100m: 2:11.98 1:07.48		
20. Barbara Ines, GOMES	91 APC Coimbra	<b>2:18.96</b>	98
50m: 1:07.58 1:07.58	100m: 2:18.96 1:11.38		
21. Carolina Caetano, LOURENCO	94 APC Coimbra	<b>2:23.73</b>	88
50m: 1:10.11 1:10.11	100m: 2:23.73 1:13.62		

Prova 42

Masc., 400m Estilos

Inf B

09-05-2021 - 18:35

Resultados

Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12-07-2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Inf B	5:10.59	Diogo Matos, RIBEIRO	CNAC	Coimbra	01-05-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	<b>6:09.88</b>	286
50m: 37.96 37.96	150m: 2:14.58 48.53	250m: 3:55.72 52.46	350m: 5:30.12 40.63
100m: 1:26.05 48.09	200m: 3:03.26 48.68	300m: 4:49.49 53.77	400m: 6:09.88 39.76
2. Santiago Jose, FONSECA	08 Columbofila Cantanhedense	<b>6:44.55</b>	218
50m: 46.46 46.46	150m: 2:33.48 52.33	250m: 4:21.83 56.62	350m: 6:01.60 43.72
100m: 1:41.15 54.69	200m: 3:25.21 51.73	300m: 5:17.88 56.05	400m: 6:44.55 42.95

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 42, Masc., 400m Estilos

Prova 42	Masc., 400m Estilos				Inf A
09-05-2021 - 18:35					Resultados
Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23-07-2004
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Inf A	4:54.04	Tomas Miguel, VELOSO	CNAC	Porto	23-07-2010

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Martim Alexandre, SILVA	07	Columbofila Cantanhedense	<b>5:41.73</b>		363
50m: 34.96 34.96	150m: 2:04.27 45.84	250m: 3:38.67 49.77	350m: 5:06.03		37.01
100m: 1:18.43 43.47	200m: 2:48.90 44.63	300m: 4:29.02 50.35	400m: 5:41.73		35.70
2. Alexandre, DZYAKANAU	07	Louzan Natacao	<b>5:42.23</b>		361
50m: 35.34 35.34	150m: 2:01.90 43.62	250m: 3:35.28 50.98	350m: 5:04.98		39.22
100m: 1:18.28 42.94	200m: 2:44.30 42.40	300m: 4:25.76 50.48	400m: 5:42.23		37.25

Prova 42	Masc., 400m Estilos				Juv B
09-05-2021 - 18:35					Resultados
Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	05-08-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>5:22.76</b>		431
50m: 33.69 33.69	150m: 1:53.94 41.34	250m: 3:22.21 48.32	350m: 4:47.93		37.13
100m: 1:12.60 38.91	200m: 2:33.89 39.95	300m: 4:10.80 48.59	400m: 5:22.76		34.83
2. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos	<b>5:33.34</b>		391
50m: 32.88 32.88	150m: 1:58.34 45.36	250m: 3:29.94 47.24	350m: 4:56.68		38.17
100m: 1:12.98 40.10	200m: 2:42.70 44.36	300m: 4:18.51 48.57	400m: 5:33.34		36.66
3. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense	<b>5:37.29</b>		377
50m: 36.29 36.29	150m: 2:02.72 43.21	250m: 3:33.87 48.85	350m: 5:00.42		38.17
100m: 1:19.51 43.22	200m: 2:45.02 42.30	300m: 4:22.25 48.38	400m: 5:37.29		36.87
4. Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense	<b>5:38.57</b>		373
50m: 36.22 36.22	150m: 2:06.34 47.12	250m: 3:38.96 48.49	350m: 5:04.52		37.85
100m: 1:19.22 43.00	200m: 2:50.47 44.13	300m: 4:26.67 47.71	400m: 5:38.57		34.05
5. Joao Guilherme, LUCAS	06	Columbofila Cantanhedense	<b>5:40.14</b>		368
50m: 32.06 32.06	150m: 1:57.71 47.97	250m: 3:35.93 52.35	350m: 5:04.18		36.76
100m: 1:09.74 37.68	200m: 2:43.58 45.87	300m: 4:27.42 51.49	400m: 5:40.14		35.96
DSQ Afonso Vidal, TOMAS	06	Louzan Natacao			
<i>Efetou 2 pernadas de golfindo, após a viragem aos 200 m</i>					
50m: 33.04 33.04	100m: 1:11.92 38.88	150m: 1:53.59 41.67	200m: 2:33.98		40.39
DSQ Diogo Cura, NEVES	06	Condeixa Clube			
<i>perdeu a posição de costas antes do toque na parede aos 200 m</i>					
50m: 33.98 33.98	100m: 1:15.02 41.04	150m: 1:58.75 43.73	200m: 2:41.73		42.98
DSQ Tomas Veiga, PEREIRA	06	Fundacao Beatriz Santos			
<i>O atleta efetuou toque alternado de maos na viragem aos 300 m</i>					
50m: 33.73 33.73	100m: 1:12.83 39.10	150m: 1:58.34 45.51	200m: 2:42.07		43.73

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 42, Masc., 400m Estilos

Prova 42 Masc., 400m Estilos Juv A  
09-05-2021 - 18:35 Resultados

Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	23-03-2012

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>5:18.06</b>		450
50m: 32.80 32.80	150m: 1:55.74 43.97	250m: 3:19.73 42.77	350m: 4:42.14		37.91
100m: 1:11.77 38.97	200m: 2:36.96 41.22	300m: 4:04.23 44.50	400m: 5:18.06		35.92
2. Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>5:18.31</b>		449
50m: 31.70 31.70	150m: 1:51.06 41.59	250m: 3:18.54 47.59	350m: 4:42.97		37.21
100m: 1:09.47 37.77	200m: 2:30.95 39.89	300m: 4:05.76 47.22	400m: 5:18.31		35.34
3. Jose Miguel, ROCHA	05	Cumbofilha Cantanhedense	<b>5:23.03</b>		430
50m: 31.23 31.23	150m: 1:50.89 42.99	250m: 3:20.30 48.69	350m: 4:48.65		37.75
100m: 1:07.90 36.67	200m: 2:31.61 40.72	300m: 4:10.90 50.60	400m: 5:23.03		34.38
4. Guilherme Maia, CARDOSO	05	Cumbofilha Cantanhedense	<b>5:26.75</b>		415
50m: 33.76 33.76	150m: 1:56.52 43.05	250m: 3:27.58 50.16	350m: 4:53.59		35.46
100m: 1:13.47 39.71	200m: 2:37.42 40.90	300m: 4:18.13 50.55	400m: 5:26.75		33.16
5. Goncalo Carvalho, SANTOS	05	Louzan Natacao	<b>5:27.01</b>		414
50m: 32.30 32.30	150m: 1:54.74 44.57	250m: 3:26.76 49.01	350m: 4:51.74		36.99
100m: 1:10.17 37.87	200m: 2:37.75 43.01	300m: 4:14.75 47.99	400m: 5:27.01		35.27
DNS Joao Neves, ALMEIDA	05	Fundacao Beatriz Santos			

Prova 42 Masc., 400m Estilos Juv /Jun  
09-05-2021 - 18:35 Resultados

Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08-07-2018
Rec Nacionais Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29-08-2015
Rec Nacionais Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
Rec Nacionais Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Jun 18	4:27.18	Tomas Miguel, VELOSO	CNAC	Oeiras	25-07-2014
Rec Reg ANC Jun 17	4:34.40	Tomas Miguel, VELOSO	CNAC	Coimbra	29-03-2013
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	23-03-2012
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	05-08-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
1. Tiago Andre, POIARES	04	Fundacao Beatriz Santos	<b>5:06.49</b>		503
50m: 29.54 29.54	150m: 1:48.16 42.94	250m: 3:12.70 43.32	350m: 4:32.87		36.45
100m: 1:05.22 35.68	200m: 2:29.38 41.22	300m: 3:56.42 43.72	400m: 5:06.49		33.62
2. Tomas Jose, FRANCISCO	05	Miranda do Corvo	<b>5:18.06</b>		450
50m: 32.80 32.80	150m: 1:55.74 43.97	250m: 3:19.73 42.77	350m: 4:42.14		37.91
100m: 1:11.77 38.97	200m: 2:36.96 41.22	300m: 4:04.23 44.50	400m: 5:18.06		35.92
3. Tomas Carvalho, SANTOS	05	Louzan Natacao	<b>5:18.31</b>		449
50m: 31.70 31.70	150m: 1:51.06 41.59	250m: 3:18.54 47.59	350m: 4:42.97		37.21
100m: 1:09.47 37.77	200m: 2:30.95 39.89	300m: 4:05.76 47.22	400m: 5:18.31		35.34
4. Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>5:22.76</b>		431
50m: 33.69 33.69	150m: 1:53.94 41.34	250m: 3:22.21 48.32	350m: 4:47.93		37.13
100m: 1:12.60 38.91	200m: 2:33.89 39.95	300m: 4:10.80 48.59	400m: 5:22.76		34.83

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 42, Masc., 400m Estilos, Juv /Jun

Lugar			Ano					Tempo final	Pts
5.	Jose Miguel, ROCHA		05	Columbofila Cantanhedense				<b>5:23.03</b>	430
	50m: 31.23	31.23	150m: 1:50.89	42.99	250m: 3:20.30	48.69	350m: 4:48.65	37.75	
	100m: 1:07.90	36.67	200m: 2:31.61	40.72	300m: 4:10.90	50.60	400m: 5:23.03	34.38	
6.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos				<b>5:24.00</b>	426
	50m: 32.12	32.12	150m: 1:55.01	42.75	250m: 3:23.91	46.79	350m: 4:47.95	36.63	
	100m: 1:12.26	40.14	200m: 2:37.12	42.11	300m: 4:11.32	47.41	400m: 5:24.00	36.05	
7.	Guilherme Maia, CARDOSO		05	Columbofila Cantanhedense				<b>5:26.75</b>	415
	50m: 33.76	33.76	150m: 1:56.52	43.05	250m: 3:27.58	50.16	350m: 4:53.59	35.46	
	100m: 1:13.47	39.71	200m: 2:37.42	40.90	300m: 4:18.13	50.55	400m: 5:26.75	33.16	
8.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				<b>5:27.01</b>	414
	50m: 32.30	32.30	150m: 1:54.74	44.57	250m: 3:26.76	49.01	350m: 4:51.74	36.99	
	100m: 1:10.17	37.87	200m: 2:37.75	43.01	300m: 4:14.75	47.99	400m: 5:27.01	35.27	
9.	Tomas Nolan, SANTOS		06	Fundacao Beatriz Santos				<b>5:33.34</b>	391
	50m: 32.88	32.88	150m: 1:58.34	45.36	250m: 3:29.94	47.24	350m: 4:56.68	38.17	
	100m: 1:12.98	40.10	200m: 2:42.70	44.36	300m: 4:18.51	48.57	400m: 5:33.34	36.66	
10.	Miguel Cunha, GASPAS		06	Columbofila Cantanhedense				<b>5:37.29</b>	377
	50m: 36.29	36.29	150m: 2:02.72	43.21	250m: 3:33.87	48.85	350m: 5:00.42	38.17	
	100m: 1:19.51	43.22	200m: 2:45.02	42.30	300m: 4:22.25	48.38	400m: 5:37.29	36.87	
11.	Gustavo Teixeira, PIRES		06	Columbofila Cantanhedense				<b>5:38.57</b>	373
	50m: 36.22	36.22	150m: 2:06.34	47.12	250m: 3:38.96	48.49	350m: 5:04.52	37.85	
	100m: 1:19.22	43.00	200m: 2:50.47	44.13	300m: 4:26.67	47.71	400m: 5:38.57	34.05	
12.	Joao Guilherme, LUCAS		06	Columbofila Cantanhedense				<b>5:40.14</b>	368
	50m: 32.06	32.06	150m: 1:57.71	47.97	250m: 3:35.93	52.35	350m: 5:04.18	36.76	
	100m: 1:09.74	37.68	200m: 2:43.58	45.87	300m: 4:27.42	51.49	400m: 5:40.14	35.96	
DSQ	Afonso Vidal, TOMAS		06	Louzan Natacao					
	<i>Efetou 2 pernadas de golfindo, após a viragem aos 200 m</i>								
	50m: 33.04	33.04	100m: 1:11.92	38.88	150m: 1:53.59	41.67	200m: 2:33.98	40.39	
DSQ	Diogo Cura, NEVES		06	Condeixa Clube					
	<i>perdeu a posição de costas antes do toque na parede aos 200 m</i>								
	50m: 33.98	33.98	100m: 1:15.02	41.04	150m: 1:58.75	43.73	200m: 2:41.73	42.98	
DSQ	Tomas Veiga, PEREIRA		06	Fundacao Beatriz Santos					
	<i>O atleta efetuou toque alternado de maos na viragem aos 300 m</i>								
	50m: 33.73	33.73	100m: 1:12.83	39.10	150m: 1:58.34	45.51	200m: 2:42.07	43.73	
DNS	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos					

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 42, Masc., 400m Estilos

Prova 42	Masc., 400m Estilos				Abs
09-05-2021 - 18:35					Resultados
Rec Nacionais Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nacionais Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08-07-2018
Rec Nacionais Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29-08-2015
Rec Nacionais Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
Rec Nacionais Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
Rec Reg ANC Absoluto	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Sen	4:21.57	Gabriel Jose, LOPES	ALN		23-03-2018
Rec Reg ANC Jun 18	4:27.18	Tomas Miguel, VELOSO	CNAC	Oeiras	25-07-2014
Rec Reg ANC Jun 17	4:34.40	Tomas Miguel, VELOSO	CNAC	Coimbra	29-03-2013
Rec Reg ANC Juv A	4:38.96	Tomas Miguel, VELOSO	CNAC	Povoa Varzim	23-03-2012
Rec Reg ANC Juv B	4:43.28	Tomas Miguel, VELOSO	CNAC	Póvoa Varzim	05-08-2011

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Lucas Pereira, BASTOS	00	Nautico Academico		<b>4:46.93</b>	613	
50m: 28.67 28.67	150m: 1:39.35 37.79	250m: 2:57.29 40.91	350m: 4:13.83 34.16			
100m: 1:01.56 32.89	200m: 2:16.38 37.03	300m: 3:39.67 42.38	400m: 4:46.93 33.10			
2. Tiago Andre, POIARES	04	Fundacao Beatriz Santos		<b>5:06.49</b>	503	
50m: 29.54 29.54	150m: 1:48.16 42.94	250m: 3:12.70 43.32	350m: 4:32.87 36.45			
100m: 1:05.22 35.68	200m: 2:29.38 41.22	300m: 3:56.42 43.72	400m: 5:06.49 33.62			
3. Tomas Jose, FRANCISCO	05	Miranda do Corvo		<b>5:18.06</b>	450	
50m: 32.80 32.80	150m: 1:55.74 43.97	250m: 3:19.73 42.77	350m: 4:42.14 37.91			
100m: 1:11.77 38.97	200m: 2:36.96 41.22	300m: 4:04.23 44.50	400m: 5:18.06 35.92			
4. Tomas Carvalho, SANTOS	05	Louzan Natacao		<b>5:18.31</b>	449	
50m: 31.70 31.70	150m: 1:51.06 41.59	250m: 3:18.54 47.59	350m: 4:42.97 37.21			
100m: 1:09.47 37.77	200m: 2:30.95 39.89	300m: 4:05.76 47.22	400m: 5:18.31 35.34			
5. Filipe Cruz, SIMOES	06	Miranda do Corvo		<b>5:22.76</b>	431	
50m: 33.69 33.69	150m: 1:53.94 41.34	250m: 3:22.21 48.32	350m: 4:47.93 37.13			
100m: 1:12.60 38.91	200m: 2:33.89 39.95	300m: 4:10.80 48.59	400m: 5:22.76 34.83			
6. Jose Miguel, ROCHA	05	Columbofila Cantanhedense		<b>5:23.03</b>	430	
50m: 31.23 31.23	150m: 1:50.89 42.99	250m: 3:20.30 48.69	350m: 4:48.65 37.75			
100m: 1:07.90 36.67	200m: 2:31.61 40.72	300m: 4:10.90 50.60	400m: 5:23.03 34.38			
7. Afonso Corte-Real, GRILO	04	Fundacao Beatriz Santos		<b>5:24.00</b>	426	
50m: 32.12 32.12	150m: 1:55.01 42.75	250m: 3:23.91 46.79	350m: 4:47.95 36.63			
100m: 1:12.26 40.14	200m: 2:37.12 42.11	300m: 4:11.32 47.41	400m: 5:24.00 36.05			
8. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense		<b>5:26.75</b>	415	
50m: 33.76 33.76	150m: 1:56.52 43.05	250m: 3:27.58 50.16	350m: 4:53.59 35.46			
100m: 1:13.47 39.71	200m: 2:37.42 40.90	300m: 4:18.13 50.55	400m: 5:26.75 33.16			
9. Goncalo Carvalho, SANTOS	05	Louzan Natacao		<b>5:27.01</b>	414	
50m: 32.30 32.30	150m: 1:54.74 44.57	250m: 3:26.76 49.01	350m: 4:51.74 36.99			
100m: 1:10.17 37.87	200m: 2:37.75 43.01	300m: 4:14.75 47.99	400m: 5:27.01 35.27			
10. Tomas Nolan, SANTOS	06	Fundacao Beatriz Santos		<b>5:33.34</b>	391	
50m: 32.88 32.88	150m: 1:58.34 45.36	250m: 3:29.94 47.24	350m: 4:56.68 38.17			
100m: 1:12.98 40.10	200m: 2:42.70 44.36	300m: 4:18.51 48.57	400m: 5:33.34 36.66			
11. Miguel Cunha, GASPAS	06	Columbofila Cantanhedense		<b>5:37.29</b>	377	
50m: 36.29 36.29	150m: 2:02.72 43.21	250m: 3:33.87 48.85	350m: 5:00.42 38.17			
100m: 1:19.51 43.22	200m: 2:45.02 42.30	300m: 4:22.25 48.38	400m: 5:37.29 36.87			

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 42, Masc., 400m Estilos, Abs

Lugar	Ano	Tempo final	Pts
<b>12. Gustavo Teixeira, PIRES</b>	<b>06</b> Columbofila Cantanhedense	<b>5:38.57</b>	<b>373</b>
50m: 36.22 36.22	150m: 2:06.34 47.12	250m: 3:38.96 48.49	350m: 5:04.52 37.85
100m: 1:19.22 43.00	200m: 2:50.47 44.13	300m: 4:26.67 47.71	400m: 5:38.57 34.05
<b>13. Joao Guilherme, LUCAS</b>	<b>06</b> Columbofila Cantanhedense	<b>5:40.14</b>	<b>368</b>
50m: 32.06 32.06	150m: 1:57.71 47.97	250m: 3:35.93 52.35	350m: 5:04.18 36.76
100m: 1:09.74 37.68	200m: 2:43.58 45.87	300m: 4:27.42 51.49	400m: 5:40.14 35.96
<b>DSQ Afonso Vidal, TOMAS</b>	<b>06</b> Louzan Natacao		
<i>Efetou 2 pernadas de golfindo, após a viragem aos 200 m</i>			
50m: 33.04 33.04	100m: 1:11.92 38.88	150m: 1:53.59 41.67	200m: 2:33.98 40.39
<b>DSQ Diogo Cura, NEVES</b>	<b>06</b> Condeixa Clube		
<i>perdeu a posição de costas antes do toque na parede aos 200 m</i>			
50m: 33.98 33.98	100m: 1:15.02 41.04	150m: 1:58.75 43.73	200m: 2:41.73 42.98
<b>DSQ Tomas Veiga, PEREIRA</b>	<b>06</b> Fundacao Beatriz Santos		
<i>O atleta efetou toque alternado de maos na viragem aos 300 m</i>			
50m: 33.73 33.73	100m: 1:12.83 39.10	150m: 1:58.34 45.51	200m: 2:42.07 43.73
<b>DNS Joao Neves, ALMEIDA</b>	<b>05</b> Fundacao Beatriz Santos		

Prova 43

Femin., 4 x 100m Livres

Abs

09-05-2021 - 19:10

Resultados

Rec Nacionais Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nacionais Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nacionais Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
Rec Nacionais Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02-04-2015
Rec Nacionais Juv A/B	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24-07-2015
Rec Nacionais Juv B	4:10.72	Clube Nautico Academico de Coimbr	CNAC	Povoa de Varzim	05-08-2011
Rec Reg ANC Absoluto	4:03.02	Associação Académica de Coimbra	AAC		01-05-2019
Rec Reg ANC Sen	4:10.30	Clube Náutico Académico de Coimbr	CNAC		01-05-2010
Rec Reg ANC Jun 17	4:08.31	Clube Náutico Académico de Coimbr	CNAC		01-05-2012
Rec Reg ANC Jun	4:08.31	Clube Nautico Acaemico de Coimbr	CNAC		03-09-2012
Rec Reg ANC Jun 16	4:08.31	Clube Náutico Académico de Coimbr	CNAC		01-05-2012
Rec Reg ANC Juv A	4:10.72	Tempo limite			
Rec Reg ANC Juv A/B	4:09.11	Clube União 1919	CUC		06-06-2018
Rec Reg ANC Juv B	4:10.72	Clube Náutico Académico de Coimbr	CNAC		01-05-2011

Pontos: FINA 2021

Lugar	Tempo final	Pts
<b>1. Louzan Natacao Abs</b>	<b>4:11.34</b>	<b>583</b>
Leonor Correia, PAIVA +0,64 31.49	1:05.73	Mariana Carmo, ROSA +0,24 29.28
Maria Carlota, REBELO +0,56 30.23	1:03.17	Camila Rodrigues, REBELO +0,53 29.31
<b>2. Academica de Coimbra Abs</b>	<b>4:15.97</b>	<b>552</b>
Beatriz Costa, TEJO +0,64 30.21	1:02.86	Ana Filipa, SILVA +0,20 30.54
Ana Carolina, NEVES +0,29 30.30	1:03.95	Ines Mariana, PINHEIRO +0,38 29.97
<b>3. Uniao Coimbra Jun</b>	<b>4:17.14</b>	<b>545</b>
Ana Carolina, MONTEIRO +0,72 30.50	1:03.82	Beatriz Ferreira, GASPAS +0,47 31.60
Barbara Almeida, SIMOES +0,42 31.16	1:06.83	Joana Francisca, RODRIGUES +0,19 28.46
<b>4. Fundacao Beatriz Santos Juv A</b>	<b>4:24.15</b>	<b>502</b>
Maria Vitoria, GRILO +0,69 30.84	1:03.91	Beatriz Silva, NEVES +0,56 31.91
Maria Neto, FERREIRA +0,50 31.12	1:04.95	Beatriz Andre, GASPAS +0,32 32.45

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 43, Femin., 4 x 100m Livres, Abs

Lugar					Tempo final	Pts		
<b>5.</b>	<b>Condeixa Clube Abs</b>	<b>Condeixa Clube</b>			<b>4:27.75</b>	<b>482</b>		
	Ines Oliveira, TEIXEIRA	+0,66	31.05	1:04.95	Anita Gouveia, COSTA	+0,43	30.70	1:05.00
	Ana Sofia, CASTANHEIRA	+0,23	33.32	1:10.58	Matilde Alves, FLORENCIO	+0,38	32.37	1:07.22
<b>6.</b>	<b>Fundacao Beatriz Santos Juv B</b>	<b>Fundacao Beatriz Santos</b>			<b>4:33.89</b>	<b>451</b>		
	Leonor Mil, MANO	+0,75	30.40	1:02.85	Ines Miranda, DIOGO	+0,22	33.87	1:11.05
	Marta Andre, AGUILAR	+0,56	32.05	1:07.22	Maria Ines, FERNANDES	+0,21	35.36	1:12.77

Prova 44

Masc., 4 x 100m Livres

Abs

09-05-2021 - 19:15

Abs Resultados

Rec Nacionais Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	19-07-2009
Rec Nacionais Sen	3:25.00	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nacionais Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	FCP	Lisboa	27-03-2009
Rec Nacionais Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19-07-2013
Rec Nacionais Juv A/B	3:39.68	tempo limite	FCP	Famalicao	19-07-2013
Rec Nacionais Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02-08-2019
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimbra	CNAC		01-05-2012
Rec Reg ANC Sen	3:29.79	Clube Náutico Académico de Coimbra	CNAC		01-05-2012
Rec Reg ANC Jun	3:39.23	Associação Académica de Coimbra	AAC		01-05-2012
Rec Reg ANC Juv A	3:43.55	Clube Náutico Académico de Coimbra	CNAC		01-05-2017
Rec Reg ANC Juv A/B	3:42.81	Clube União 1919	CUC		06-06-2019
Rec Reg ANC Juv B	3:47.57	Clube Uniao 1919	CUC	Coimbra	13-07-2019

Pontos: FINA 2021

Lugar					Tempo final	Pts		
<b>1.</b>	<b>Uniao Coimbra Jun</b>	<b>Uniao Coimbra</b>			<b>3:32.70</b>	<b>693</b>		
	<i>Rec Nacional</i>							
	Diogo Matos, RIBEIRO	+0,66	24.17	50.51	Martim Miranda, MACHADO	+0,36	26.19	54.47
	Gustavo Pires, MARQUES	+0,16	26.04	54.42	Rodrigo Miguel, REIS	+0,32	25.10	53.30
<b>2.</b>	<b>Uniao Coimbra Abs</b>	<b>Uniao Coimbra</b>			<b>3:52.44</b>	<b>531</b>		
	Rui Mamede, SANTOS	+0,71	26.63	55.56	Bernardo Vinagre, ARZILEIRO	+0,42	28.92	59.91
	Joaquim Agra, MERUJE	+0,35	27.21	58.17	David Valdagua, COUTINHO	+0,30	27.60	58.80
<b>3.</b>	<b>Fundacao Beatriz Santos Jun</b>	<b>Fundacao Beatriz Santos</b>			<b>3:52.92</b>	<b>527</b>		
	Dinis Miranda, DIOGO	+0,65	27.36	57.27	Jose Diogo, DIAS	+0,40	28.11	58.73
	Goncalo Andre, GOMES	+0,26	26.77	55.74	Afonso Corte-Real, GRILO	+0,06	29.06	1:01.18
<b>4.</b>	<b>Condeixa Clube Abs</b>	<b>Condeixa Clube</b>			<b>4:02.99</b>	<b>464</b>		
	Rodrigo Ribeiro, GOMES	+0,67	25.46	54.48	Guilherme Marques, PEREIRA	+0,49	29.52	1:05.48
	Jose Miguel, MARQUES	+0,21	30.01	1:03.17	Diogo Ribas, MATOS	+0,59	28.18	59.86
<b>5.</b>	<b>Fundacao Beatriz Santos Juv B</b>	<b>Fundacao Beatriz Santos</b>			<b>4:18.02</b>	<b>388</b>		
	Carlos Miguel, OLIVEIRA	+0,74	30.35	1:05.30	Tomas Veiga, PEREIRA	+0,56	31.55	1:05.52
	Joao Rafael, FERREIRA	+0,48	29.62	1:02.09	Tomas Nolan, SANTOS	+0,48	30.45	1:05.11

Secretariado:

Juíz Arbitro:

Campeonato Regional de Infantis, Juvenis, Juniores e Abs PL  
Coimbra, 8 e 9 de Maio de 2021

Prova 44, Masc., 4 x 100m Livres

Prova 44	Masc., 4 x 100m Livres				Inf B
09-05-2021 - 19:15					Resultados
Rec Nacionais Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	19-07-2009
Rec Nacionais Inf A/B	3:52.27	Grupo Desp. Natacao V. N. Famalicom	GDNVNF	Loulé	19-07-2014
Rec Nacionais Inf B	4:06.16	Associacao Naval Amorense	ANAM	Loulé	19-07-2014
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimbra	CNAC		01-05-2012
Rec Reg ANC Inf A/B	3:57.99	Clube União 1919	CUC		27-12-2018
Rec Reg ANC Inf B	4:15.78	Clube Náutico Académico de Coimbra	CNAC		01-05-2011

Pontos: FINA 2021

Lugar	Vigor da Mocidade				Tempo final	Pts	
1. Vigor da Mocidade Inf B					<b>5:42.05</b>	<b>166</b>	
Jose Guardado, SILVA	+0,88	39.39	1:24.53	Joao Pedro, MONTEIRO	+0,94	41.45	1:29.90
Henrique Figueiredo, FIDALGO	+0,67	39.13	1:24.70	Henrique Melo, SANTIAGO	+0,88	37.89	1:22.92

Prova 44	Masc., 4 x 100m Livres				Inf A
09-05-2021 - 19:15					Resultados
Rec Nacionais Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	19-07-2009
Rec Nacionais Inf A	3:52.27	Grupo Desp. Natacao V. N. Famalicom	GDNVNF	Loulé	19-07-2014
Rec Nacionais Inf A/B	3:52.27	Grupo Desp. Natacao V. N. Famalicom	GDNVNF	Loulé	19-07-2014
Rec Reg ANC Absoluto	3:29.79	Clube Náutico Académico de Coimbra	CNAC		01-05-2012
Rec Reg ANC Inf A	3:57.99	Clube União 1919	CUC	Coimbra	07-07-2018
Rec Reg ANC Inf A/B	3:57.99	Clube União 1919	CUC		27-12-2018

Pontos: FINA 2021

Lugar	Vigor da Mocidade				Tempo final	Pts	
1. Vigor da Mocidade Inf A					<b>5:01.01</b>	<b>244</b>	
Goncalo Miranda, FERNANDES	+0,69	33.55	1:12.38	Francisco Jose, SIMOES	+0,85	37.00	1:19.25
Bernardo Almas, MALHAO	+0,74	34.13	1:13.71	Afonso Simoes, FERREIRA	+0,70	33.86	1:15.67

Secretariado:

Juíz Arbitro: