

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

1 - 1ª Jornada - 1ª Sesso

29/05/2021 - 9:00

Prova 1	Femin., 1500m Livres					Absolutos
29/05/2021 - 9:00						Resultados
RN 50 Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa		09/02/2020
RN 50 Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa		09/02/2020
RN 50 Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)		08/07/2016
RN 50 Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)		29/08/2015
RN 50 Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)		11/07/2014
RN 50 Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra		08/07/2007

TAC Sen19+ 50m: 17:50.00 - 25m: 17:31.28; Sen18 50m: 18:18.19 - 25m: 18:01.98; Jun17 50m: 18:23.68 - 25m: 18:07.39;
Jun16 50m: 19:22.17 - 25m: 18:58.62; Juv A 50m: 19:46.97 - 25m: 19:29.78; Juv B 50m: 20:21.43 - 25m: 20:03.75

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	18:39.11	+0,76	556	
	50m: 35.16 35.16	450m: 5:35.14	37.55	850m: 10:34.77	37.37	1250m: 15:32.70	37.69
	100m: 1:12.06 36.90	500m: 6:12.43	37.29	900m: 11:11.80	37.03	1300m: 16:10.56	37.86
	150m: 1:49.84 37.78	550m: 6:49.79	37.36	950m: 11:48.64	36.84	1350m: 16:47.87	37.31
	200m: 2:27.19 37.35	600m: 7:27.28	37.49	1000m: 12:25.25	36.61	1400m: 17:25.77	37.90
	250m: 3:05.01 37.82	650m: 8:04.85	37.57	1050m: 13:02.74	37.49	1450m: 18:02.81	37.04
	300m: 3:42.51 37.50	700m: 8:42.09	37.24	1100m: 13:40.24	37.50	1500m: 18:39.11	36.30
	350m: 4:20.30 37.79	750m: 9:19.77	37.68	1150m: 14:17.17	36.93		
	400m: 4:57.59 37.29	800m: 9:57.40	37.63	1200m: 14:55.01	37.84		
2.	PINTO Margarida Vieira	07	Braga	19:37.56	+0,92	477	
	50m: 32.59 32.59	450m: 5:44.78	39.00	850m: 11:02.74	38.93	1250m: 16:21.05	39.43
	100m: 1:09.69 37.10	500m: 6:25.25	40.47	900m: 11:42.11	39.37	1300m: 17:01.43	40.38
	150m: 1:47.63 37.94	550m: 7:04.16	38.91	950m: 12:21.85	39.74	1350m: 17:40.64	39.21
	200m: 2:27.55 39.92	600m: 7:44.62	40.46	1000m: 13:02.13	40.28	1400m: 18:20.71	40.07
	250m: 3:06.36 38.81	650m: 8:23.61	38.99	1050m: 13:41.85	39.72	1450m: 18:59.37	38.66
	300m: 3:46.51 40.15	700m: 9:04.30	40.69	1100m: 14:22.09	40.24	1500m: 19:37.56	38.19
	350m: 4:25.41 38.90	750m: 9:43.60	39.30	1150m: 15:01.07	38.98		
	400m: 5:05.78 40.37	800m: 10:23.81	40.21	1200m: 15:41.62	40.55		

Juvenis A

1.	PEIXOTO Carolina Esteves	06	Braga	18:26.93	+0,89	575	
	50m: 32.42 32.42	450m: 5:24.46	36.81	850m: 10:21.94	37.22	1250m: 15:21.90	37.45
	100m: 1:07.36 34.94	500m: 6:01.38	36.92	900m: 10:59.43	37.49	1300m: 15:59.27	37.37
	150m: 1:43.32 35.96	550m: 6:38.24	36.86	950m: 11:36.77	37.34	1350m: 16:36.74	37.47
	200m: 2:19.85 36.53	600m: 7:15.60	37.36	1000m: 12:14.23	37.46	1400m: 17:14.17	37.43
	250m: 2:56.66 36.81	650m: 7:52.74	37.14	1050m: 12:51.54	37.31	1450m: 17:50.80	36.63
	300m: 3:33.61 36.95	700m: 8:30.19	37.45	1100m: 13:29.21	37.67	1500m: 18:26.93	36.13
	350m: 4:10.55 36.94	750m: 9:07.27	37.08	1150m: 14:06.81	37.60		
	400m: 4:47.65 37.10	800m: 9:44.72	37.45	1200m: 14:44.45	37.64		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 1, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	PIRES Catarina Gaspar	06	Porto	18:35.92	+0,89	561	
	50m: 33.88 33.88	450m: 5:30.60	37.72	850m: 10:31.04	37.38	1250m: 15:31.62	37.42
	100m: 1:09.08 35.20	500m: 6:08.02	37.42	900m: 11:08.58	37.54	1300m: 16:09.35	37.73
	150m: 1:46.02 36.94	550m: 6:45.45	37.43	950m: 11:46.12	37.54	1350m: 16:47.10	37.75
	200m: 2:22.94 36.92	600m: 7:22.99	37.54	1000m: 12:23.87	37.75	1400m: 17:24.02	36.92
	250m: 3:00.59 37.65	650m: 8:00.44	37.45	1050m: 13:01.34	37.47	1450m: 18:00.83	36.81
	300m: 3:37.78 37.19	700m: 8:38.07	37.63	1100m: 13:38.86	37.52	1500m: 18:35.92	35.09
	350m: 4:15.20 37.42	750m: 9:15.77	37.70	1150m: 14:16.35	37.49		
	400m: 4:52.88 37.68	800m: 9:53.66	37.89	1200m: 14:54.20	37.85		
3.	COSTA Anita Gouveia	06	Condeixa Clube	18:46.64		545	
	50m: 33.88 33.88	450m: 5:37.03	37.89	850m: 10:40.13	38.32	1250m: 15:38.59	37.80
	100m: 1:11.30 37.42	500m: 6:14.83	37.80	900m: 11:17.09	36.96	1300m: 16:16.27	37.68
	150m: 1:48.88 37.58	550m: 6:52.76	37.93	950m: 11:53.72	36.63	1350m: 16:54.06	37.79
	200m: 2:27.22 38.34	600m: 7:30.47	37.71	1000m: 12:30.61	36.89	1400m: 17:31.92	37.86
	250m: 3:05.13 37.91	650m: 8:08.37	37.90	1050m: 13:08.06	37.45	1450m: 18:09.76	37.84
	300m: 3:43.13 38.00	700m: 8:46.11	37.74	1100m: 13:45.09	37.03	1500m: 18:46.64	36.88
	350m: 4:21.02 37.89	750m: 9:24.27	38.16	1150m: 14:23.21	38.12		
	400m: 4:59.14 38.12	800m: 10:01.81	37.54	1200m: 15:00.79	37.58		
4.	FERREIRA Maria Neto	06	Fundac�o Beatriz Santos	19:44.31	+0,84	469	
	50m: 34.17 34.17	450m: 5:41.48	39.53	850m: 11:02.79	40.46	1250m: 16:25.76	40.32
	100m: 1:11.19 37.02	500m: 6:21.61	40.13	900m: 11:43.28	40.49	1300m: 17:05.47	39.71
	150m: 1:49.63 38.44	550m: 7:01.03	39.42	950m: 12:23.84	40.56	1350m: 17:45.79	40.32
	200m: 2:26.97 37.34	600m: 7:40.91	39.88	1000m: 13:03.60	39.76	1400m: 18:25.11	39.32
	250m: 3:05.45 38.48	650m: 8:21.23	40.32	1050m: 13:44.40	40.80	1450m: 19:05.12	40.01
	300m: 3:43.78 38.33	700m: 9:01.57	40.34	1100m: 14:24.56	40.16	1500m: 19:44.31	39.19
	350m: 4:22.67 38.89	750m: 9:42.67	41.10	1150m: 15:05.46	40.90		
	400m: 5:01.95 39.28	800m: 10:22.33	39.66	1200m: 15:45.44	39.98		

Juniores

1.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:48.10	+0,79	640	
	50m: 32.45 32.45	450m: 5:16.53	35.99	850m: 10:02.80	35.90	1250m: 14:51.37	36.07
	100m: 1:07.14 34.69	500m: 5:52.23	35.70	900m: 10:38.59	35.79	1300m: 15:27.55	36.18
	150m: 1:42.20 35.06	550m: 6:28.15	35.92	950m: 11:14.44	35.85	1350m: 16:03.71	36.16
	200m: 2:17.47 35.27	600m: 7:03.84	35.69	1000m: 11:50.57	36.13	1400m: 16:39.47	35.76
	250m: 2:52.99 35.52	650m: 7:39.64	35.80	1050m: 12:26.53	35.96	1450m: 17:14.66	35.19
	300m: 3:28.63 35.64	700m: 8:15.04	35.40	1100m: 13:02.71	36.18	1500m: 17:48.10	33.44
	350m: 4:04.44 35.81	750m: 8:50.93	35.89	1150m: 13:38.94	36.23		
	400m: 4:40.54 36.10	800m: 9:26.90	35.97	1200m: 14:15.30	36.36		
2.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnac�o	18:36.40	+0,79	560	
	50m: 34.24 34.24	450m: 5:30.54	37.18	850m: 10:30.81	37.46	1250m: 15:31.29	37.40
	100m: 1:10.66 36.42	500m: 6:07.86	37.32	900m: 11:08.51	37.70	1300m: 16:09.25	37.96
	150m: 1:47.57 36.91	550m: 6:45.31	37.45	950m: 11:45.90	37.39	1350m: 16:46.70	37.45
	200m: 2:24.68 37.11	600m: 7:22.87	37.56	1000m: 12:23.74	37.84	1400m: 17:23.66	36.96
	250m: 3:01.76 37.08	650m: 8:00.26	37.39	1050m: 13:01.06	37.32	1450m: 18:00.61	36.95
	300m: 3:39.06 37.30	700m: 8:37.87	37.61	1100m: 13:38.67	37.61	1500m: 18:36.40	35.79
	350m: 4:16.15 37.09	750m: 9:15.66	37.79	1150m: 14:16.09	37.42		
	400m: 4:53.36 37.21	800m: 9:53.35	37.69	1200m: 14:53.89	37.80		

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Prova 1, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	HUTYY Adriana Carolina	05	Braga	18:43.57	+0,93	549	
	50m: 32.25 32.25	450m: 5:25.81	37.48	850m: 10:29.48	37.87	1250m: 15:35.16	38.53
	100m: 1:07.42 35.17	500m: 6:03.33	37.52	900m: 11:07.05	37.57	1300m: 16:12.76	37.60
	150m: 1:43.28 35.86	550m: 6:41.32	37.99	950m: 11:45.69	38.64	1350m: 16:51.06	38.30
	200m: 2:20.33 37.05	600m: 7:19.34	38.02	1000m: 12:23.90	38.21	1400m: 17:29.61	38.55
	250m: 2:57.04 36.71	650m: 7:57.65	38.31	1050m: 13:02.20	38.30	1450m: 18:06.64	37.03
	300m: 3:34.27 37.23	700m: 8:36.01	38.36	1100m: 13:40.35	38.15	1500m: 18:43.57	36.93
	350m: 4:11.00 36.73	750m: 9:13.62	37.61	1150m: 14:18.73	38.38		
	400m: 4:48.33 37.33	800m: 9:51.61	37.99	1200m: 14:56.63	37.90		

Absolutos

1.	QUEIROZ Ana Rita	02	Individual ANC	17:32.90	+0,68	668	
	50m: 31.87 31.87	450m: 5:12.77	35.96	850m: 9:56.17	34.51	1250m: 14:37.31	35.10
	100m: 1:05.59 33.72	500m: 5:48.10	35.33	900m: 10:30.81	34.64	1300m: 15:12.62	35.31
	150m: 1:40.19 34.60	550m: 6:23.78	35.68	950m: 11:06.08	35.27	1350m: 15:47.78	35.16
	200m: 2:15.29 35.10	600m: 6:59.56	35.78	1000m: 11:40.82	34.74	1400m: 16:23.02	35.24
	250m: 2:50.53 35.24	650m: 7:34.97	35.41	1050m: 12:16.05	35.23	1450m: 16:58.17	35.15
	300m: 3:25.71 35.18	700m: 8:10.66	35.69	1100m: 12:51.22	35.17	1500m: 17:32.90	34.73
	350m: 4:01.33 35.62	750m: 8:46.27	35.61	1150m: 13:26.52	35.30		
	400m: 4:36.81 35.48	800m: 9:21.66	35.39	1200m: 14:02.21	35.69		
2.	RAMOS Ana Rita	02	Porto	17:47.95	+0,86	640	
	50m: 32.02 32.02	450m: 5:12.60	35.45	850m: 9:57.83	35.45	1250m: 14:48.34	36.57
	100m: 1:06.19 34.17	500m: 5:48.02	35.42	900m: 10:33.77	35.94	1300m: 15:24.89	36.55
	150m: 1:40.57 34.38	550m: 6:23.51	35.49	950m: 11:09.60	35.83	1350m: 16:01.80	36.91
	200m: 2:15.75 35.18	600m: 6:59.23	35.72	1000m: 11:46.00	36.40	1400m: 16:37.87	36.07
	250m: 2:50.96 35.21	650m: 7:34.94	35.71	1050m: 12:22.58	36.58	1450m: 17:13.74	35.87
	300m: 3:26.35 35.39	700m: 8:10.70	35.76	1100m: 12:58.65	36.07	1500m: 17:47.95	34.21
	350m: 4:01.94 35.59	750m: 8:46.30	35.60	1150m: 13:35.16	36.51		
	400m: 4:37.15 35.21	800m: 9:22.38	36.08	1200m: 14:11.77	36.61		
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:48.10	+0,79	640	
	50m: 32.45 32.45	450m: 5:16.53	35.99	850m: 10:02.80	35.90	1250m: 14:51.37	36.07
	100m: 1:07.14 34.69	500m: 5:52.23	35.70	900m: 10:38.59	35.79	1300m: 15:27.55	36.18
	150m: 1:42.20 35.06	550m: 6:28.15	35.92	950m: 11:14.44	35.85	1350m: 16:03.71	36.16
	200m: 2:17.47 35.27	600m: 7:03.84	35.69	1000m: 11:50.57	36.13	1400m: 16:39.47	35.76
	250m: 2:52.99 35.52	650m: 7:39.64	35.80	1050m: 12:26.53	35.96	1450m: 17:14.66	35.19
	300m: 3:28.63 35.64	700m: 8:15.04	35.40	1100m: 13:02.71	36.18	1500m: 17:48.10	33.44
	350m: 4:04.44 35.81	750m: 8:50.93	35.89	1150m: 13:38.94	36.23		
	400m: 4:40.54 36.10	800m: 9:26.90	35.97	1200m: 14:15.30	36.36		
4.	PEIXOTO Carolina Esteves	06	Braga	18:26.93	+0,89	575	
	50m: 32.42 32.42	450m: 5:24.46	36.81	850m: 10:21.94	37.22	1250m: 15:21.90	37.45
	100m: 1:07.36 34.94	500m: 6:01.38	36.92	900m: 10:59.43	37.49	1300m: 15:59.27	37.37
	150m: 1:43.32 35.96	550m: 6:38.24	36.86	950m: 11:36.77	37.34	1350m: 16:36.74	37.47
	200m: 2:19.85 36.53	600m: 7:15.60	37.36	1000m: 12:14.23	37.46	1400m: 17:14.17	37.43
	250m: 2:56.66 36.81	650m: 7:52.74	37.14	1050m: 12:51.54	37.31	1450m: 17:50.80	36.63
	300m: 3:33.61 36.95	700m: 8:30.19	37.45	1100m: 13:29.21	37.67	1500m: 18:26.93	36.13
	350m: 4:10.55 36.94	750m: 9:07.27	37.08	1150m: 14:06.81	37.60		
	400m: 4:47.65 37.10	800m: 9:44.72	37.45	1200m: 14:44.45	37.64		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	18:35.24	+0,72	562	
	50m: 33.05 33.05	450m: 5:29.46	37.81	850m: 10:28.72	36.87	1250m: 15:30.85	37.59
	100m: 1:08.88 35.83	500m: 6:07.34	37.88	900m: 11:06.28	37.56	1300m: 16:08.23	37.38
	150m: 1:45.59 36.71	550m: 6:44.81	37.47	950m: 11:43.90	37.62	1350m: 16:46.27	38.04
	200m: 2:22.33 36.74	600m: 7:22.47	37.66	1000m: 12:21.39	37.49	1400m: 17:23.61	37.34
	250m: 2:59.73 37.40	650m: 7:59.33	36.86	1050m: 12:59.28	37.89	1450m: 18:00.80	37.19
	300m: 3:36.62 36.89	700m: 8:36.95	37.62	1100m: 13:37.54	38.26	1500m: 18:35.24	34.44
	350m: 4:13.93 37.31	750m: 9:14.13	37.18	1150m: 14:15.71	38.17		
	400m: 4:51.65 37.72	800m: 9:51.85	37.72	1200m: 14:53.26	37.55		
6.	PIRES Catarina Gaspar	06	Porto	18:35.92	+0,89	561	
	50m: 33.88 33.88	450m: 5:30.60	37.72	850m: 10:31.04	37.38	1250m: 15:31.62	37.42
	100m: 1:09.08 35.20	500m: 6:08.02	37.42	900m: 11:08.58	37.54	1300m: 16:09.35	37.73
	150m: 1:46.02 36.94	550m: 6:45.45	37.43	950m: 11:46.12	37.54	1350m: 16:47.10	37.75
	200m: 2:22.94 36.92	600m: 7:22.99	37.54	1000m: 12:23.87	37.75	1400m: 17:24.02	36.92
	250m: 3:00.59 37.65	650m: 8:00.44	37.45	1050m: 13:01.34	37.47	1450m: 18:00.83	36.81
	300m: 3:37.78 37.19	700m: 8:38.07	37.63	1100m: 13:38.86	37.52	1500m: 18:35.92	35.09
	350m: 4:15.20 37.42	750m: 9:15.77	37.70	1150m: 14:16.35	37.49		
	400m: 4:52.88 37.68	800m: 9:53.66	37.89	1200m: 14:54.20	37.85		
7.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnac�o	18:36.40	+0,79	560	
	50m: 34.24 34.24	450m: 5:30.54	37.18	850m: 10:30.81	37.46	1250m: 15:31.29	37.40
	100m: 1:10.66 36.42	500m: 6:07.86	37.32	900m: 11:08.51	37.70	1300m: 16:09.25	37.96
	150m: 1:47.57 36.91	550m: 6:45.31	37.45	950m: 11:45.90	37.39	1350m: 16:46.70	37.45
	200m: 2:24.68 37.11	600m: 7:22.87	37.56	1000m: 12:23.74	37.84	1400m: 17:23.66	36.96
	250m: 3:01.76 37.08	650m: 8:00.26	37.39	1050m: 13:01.06	37.32	1450m: 18:00.61	36.95
	300m: 3:39.06 37.30	700m: 8:37.87	37.61	1100m: 13:38.67	37.61	1500m: 18:36.40	35.79
	350m: 4:16.15 37.09	750m: 9:15.66	37.79	1150m: 14:16.09	37.42		
	400m: 4:53.36 37.21	800m: 9:53.35	37.69	1200m: 14:53.89	37.80		
8.	AGUILAR Marta Andre	07	Fundac�o Beatriz Santos	18:39.11	+0,76	556	
	50m: 35.16 35.16	450m: 5:35.14	37.55	850m: 10:34.77	37.37	1250m: 15:32.70	37.69
	100m: 1:12.06 36.90	500m: 6:12.43	37.29	900m: 11:11.80	37.03	1300m: 16:10.56	37.86
	150m: 1:49.84 37.78	550m: 6:49.79	37.36	950m: 11:48.64	36.84	1350m: 16:47.87	37.31
	200m: 2:27.19 37.35	600m: 7:27.28	37.49	1000m: 12:25.25	36.61	1400m: 17:25.77	37.90
	250m: 3:05.01 37.82	650m: 8:04.85	37.57	1050m: 13:02.74	37.49	1450m: 18:02.81	37.04
	300m: 3:42.51 37.50	700m: 8:42.09	37.24	1100m: 13:40.24	37.50	1500m: 18:39.11	36.30
	350m: 4:20.30 37.79	750m: 9:19.77	37.68	1150m: 14:17.17	36.93		
	400m: 4:57.59 37.29	800m: 9:57.40	37.63	1200m: 14:55.01	37.84		
9.	HUTYY Adriana Carolina	05	Braga	18:43.57	+0,93	549	
	50m: 32.25 32.25	450m: 5:25.81	37.48	850m: 10:29.48	37.87	1250m: 15:35.16	38.53
	100m: 1:07.42 35.17	500m: 6:03.33	37.52	900m: 11:07.05	37.57	1300m: 16:12.76	37.60
	150m: 1:43.28 35.86	550m: 6:41.32	37.99	950m: 11:45.69	38.64	1350m: 16:51.06	38.30
	200m: 2:20.33 37.05	600m: 7:19.34	38.02	1000m: 12:23.90	38.21	1400m: 17:29.61	38.55
	250m: 2:57.04 36.71	650m: 7:57.65	38.31	1050m: 13:02.20	38.30	1450m: 18:06.64	37.03
	300m: 3:34.27 37.23	700m: 8:36.01	38.36	1100m: 13:40.35	38.15	1500m: 18:43.57	36.93
	350m: 4:11.00 36.73	750m: 9:13.62	37.61	1150m: 14:18.73	38.38		
	400m: 4:48.33 37.33	800m: 9:51.61	37.99	1200m: 14:56.63	37.90		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	COSTA Anita Gouveia	06	Condeixa Clube	18:46.64		545	
	50m: 33.88 33.88	450m: 5:37.03	37.89	850m: 10:40.13	38.32	1250m: 15:38.59	37.80
	100m: 1:11.30 37.42	500m: 6:14.83	37.80	900m: 11:17.09	36.96	1300m: 16:16.27	37.68
	150m: 1:48.88 37.58	550m: 6:52.76	37.93	950m: 11:53.72	36.63	1350m: 16:54.06	37.79
	200m: 2:27.22 38.34	600m: 7:30.47	37.71	1000m: 12:30.61	36.89	1400m: 17:31.92	37.86
	250m: 3:05.13 37.91	650m: 8:08.37	37.90	1050m: 13:08.06	37.45	1450m: 18:09.76	37.84
	300m: 3:43.13 38.00	700m: 8:46.11	37.74	1100m: 13:45.09	37.03	1500m: 18:46.64	36.88
	350m: 4:21.02 37.89	750m: 9:24.27	38.16	1150m: 14:23.21	38.12		
	400m: 4:59.14 38.12	800m: 10:01.81	37.54	1200m: 15:00.79	37.58		
11.	PINTO Margarida Vieira	07	Braga	19:37.56	+0,92	477	
	50m: 32.59 32.59	450m: 5:44.78	39.00	850m: 11:02.74	38.93	1250m: 16:21.05	39.43
	100m: 1:09.69 37.10	500m: 6:25.25	40.47	900m: 11:42.11	39.37	1300m: 17:01.43	40.38
	150m: 1:47.63 37.94	550m: 7:04.16	38.91	950m: 12:21.85	39.74	1350m: 17:40.64	39.21
	200m: 2:27.55 39.92	600m: 7:44.62	40.46	1000m: 13:02.13	40.28	1400m: 18:20.71	40.07
	250m: 3:06.36 38.81	650m: 8:23.61	38.99	1050m: 13:41.85	39.72	1450m: 18:59.37	38.66
	300m: 3:46.51 40.15	700m: 9:04.30	40.69	1100m: 14:22.09	40.24	1500m: 19:37.56	38.19
	350m: 4:25.41 38.90	750m: 9:43.60	39.30	1150m: 15:01.07	38.98		
	400m: 5:05.78 40.37	800m: 10:23.81	40.21	1200m: 15:41.62	40.55		
12.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	19:44.31	+0,84	469	
	50m: 34.17 34.17	450m: 5:41.48	39.53	850m: 11:02.79	40.46	1250m: 16:25.76	40.32
	100m: 1:11.19 37.02	500m: 6:21.61	40.13	900m: 11:43.28	40.49	1300m: 17:05.47	39.71
	150m: 1:49.63 38.44	550m: 7:01.03	39.42	950m: 12:23.84	40.56	1350m: 17:45.79	40.32
	200m: 2:26.97 37.34	600m: 7:40.91	39.88	1000m: 13:03.60	39.76	1400m: 18:25.11	39.32
	250m: 3:05.45 38.48	650m: 8:21.23	40.32	1050m: 13:44.40	40.80	1450m: 19:05.12	40.01
	300m: 3:43.78 38.33	700m: 9:01.57	40.34	1100m: 14:24.56	40.16	1500m: 19:44.31	39.19
	350m: 4:22.67 38.89	750m: 9:42.67	41.10	1150m: 15:05.46	40.90		
	400m: 5:01.95 39.28	800m: 10:22.33	39.66	1200m: 15:45.44	39.98		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2	Masc., 1500m Livres					Absolutos
29/05/2021 - 9:40						Resultados
RN 50 Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017	
RN 50 Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017	
RN 50 Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016	
RN 50 Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30/08/2015	
RN 50 Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009	
RN 50 Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21/07/2016	

TAC Sen20+ 50m: 16:54.95 - 25m: 16:23.57; Sen19 50m: 17:23.15 - 25m: 16:52.63; Jun18 50m: 17:28.37 - 25m: 16:57.69;
Jun17 50m: 17:57.51 - 25m: 17:16.48; Juv A 50m: 18:45.56 - 25m: 18:23.49; Juv B 50m: 19:06.60 - 25m: 18:44.12

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	FARIA Eduardo Nuno	06	Braga	17:31.14	+0,95	568	
	50m: 29.63 29.63	450m: 5:10.27	35.44	850m: 9:53.21	35.51	1250m: 14:36.03	35.29
	100m: 1:03.23 33.60	500m: 5:45.67	35.40	900m: 10:28.37	35.16	1300m: 15:11.39	35.36
	150m: 1:37.54 34.31	550m: 6:21.18	35.51	950m: 11:03.39	35.02	1350m: 15:46.99	35.60
	200m: 2:12.92 35.38	600m: 6:56.64	35.46	1000m: 11:38.87	35.48	1400m: 16:22.52	35.53
	250m: 2:48.13 35.21	650m: 7:32.16	35.52	1050m: 12:14.35	35.48	1450m: 16:57.31	34.79
	300m: 3:24.13 36.00	700m: 8:07.65	35.49	1100m: 12:49.73	35.38	1500m: 17:31.14	33.83
	350m: 3:59.35 35.22	750m: 8:42.96	35.31	1150m: 13:24.76	35.03		
	400m: 4:34.83 35.48	800m: 9:17.70	34.74	1200m: 14:00.74	35.98		
2.	JEVIC Milan Santos	06	Braga	17:35.20	+0,84	562	
	50m: 30.02 30.02	450m: 5:07.48	35.56	850m: 9:53.13	35.60	1250m: 14:39.12	35.66
	100m: 1:03.16 33.14	500m: 5:43.13	35.65	900m: 10:28.55	35.42	1300m: 15:14.96	35.84
	150m: 1:37.18 34.02	550m: 6:18.99	35.86	950m: 11:04.06	35.51	1350m: 15:50.87	35.91
	200m: 2:11.57 34.39	600m: 6:54.73	35.74	1000m: 11:41.01	36.95	1400m: 16:26.36	35.49
	250m: 2:46.38 34.81	650m: 7:30.44	35.71	1050m: 12:17.18	36.17	1450m: 17:00.89	34.53
	300m: 3:21.47 35.09	700m: 8:06.23	35.79	1100m: 12:52.65	35.47	1500m: 17:35.20	34.31
	350m: 3:56.96 35.49	750m: 8:41.96	35.73	1150m: 13:27.78	35.13		
	400m: 4:31.92 34.96	800m: 9:17.53	35.57	1200m: 14:03.46	35.68		
3.	SANTOS Rui Miguel	06	Famalicao	17:36.39	+0,87	560	
	50m: 29.84 29.84	450m: 5:09.45	35.35	850m: 9:53.32	35.79	1250m: 14:39.15	35.90
	100m: 1:03.34 33.50	500m: 5:44.66	35.21	900m: 10:28.54	35.22	1300m: 15:15.40	36.25
	150m: 1:38.07 34.73	550m: 6:20.33	35.67	950m: 11:03.86	35.32	1350m: 15:51.41	36.01
	200m: 2:13.30 35.23	600m: 6:55.73	35.40	1000m: 11:39.12	35.26	1400m: 16:27.58	36.17
	250m: 2:48.45 35.15	650m: 7:31.47	35.74	1050m: 12:14.81	35.69	1450m: 17:03.27	35.69
	300m: 3:23.65 35.20	700m: 8:06.79	35.32	1100m: 12:51.00	36.19	1500m: 17:36.39	33.12
	350m: 3:58.98 35.33	750m: 8:42.78	35.99	1150m: 13:27.09	36.09		
	400m: 4:34.10 35.12	800m: 9:17.53	34.75	1200m: 14:03.25	36.16		
4.	LOUREIRO Bruno Silva	06	Porto	17:52.77	+0,76	535	
	50m: 33.30 33.30	450m: 5:13.56	35.46	850m: 10:04.39	37.04	1250m: 14:53.50	35.34
	100m: 1:07.46 34.16	500m: 5:49.67	36.11	900m: 10:40.27	35.88	1300m: 15:29.20	35.70
	150m: 1:42.20 34.74	550m: 6:25.60	35.93	950m: 11:17.24	36.97	1350m: 16:05.51	36.31
	200m: 2:17.40 35.20	600m: 7:02.50	36.90	1000m: 11:53.72	36.48	1400m: 16:41.22	35.71
	250m: 2:52.35 34.95	650m: 7:37.55	35.05	1050m: 12:29.88	36.16	1450m: 17:17.24	36.02
	300m: 3:27.27 34.92	700m: 8:14.42	36.87	1100m: 13:06.20	36.32	1500m: 17:52.77	35.53
	350m: 4:02.42 35.15	750m: 8:50.84	36.42	1150m: 13:42.64	36.44		
	400m: 4:38.10 35.68	800m: 9:27.35	36.51	1200m: 14:18.16	35.52		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	DURAO Miguel Costa	06	Braga	18:06.08	+0,83	515	
	50m: 31.06 31.06	450m: 5:18.62	36.46	850m: 10:10.63	36.87	1250m: 15:04.11	36.56
	100m: 1:05.84 34.78	500m: 5:54.84	36.22	900m: 10:47.31	36.68	1300m: 15:41.09	36.98
	150m: 1:41.51 35.67	550m: 6:31.24	36.40	950m: 11:23.72	36.41	1350m: 16:17.63	36.54
	200m: 2:17.49 35.98	600m: 7:07.72	36.48	1000m: 12:00.49	36.77	1400m: 16:54.48	36.85
	250m: 2:53.71 36.22	650m: 7:43.89	36.17	1050m: 12:37.29	36.80	1450m: 17:30.62	36.14
	300m: 3:30.04 36.33	700m: 8:20.70	36.81	1100m: 13:14.03	36.74	1500m: 18:06.08	35.46
	350m: 4:05.95 35.91	750m: 8:56.99	36.29	1150m: 13:50.89	36.86		
	400m: 4:42.16 36.21	800m: 9:33.76	36.77	1200m: 14:27.55	36.66		
6.	CASTRO Vasco Monteiro	06	Porto	18:08.44	+0,82	512	
	50m: 32.00 32.00	450m: 5:21.94	36.49	850m: 10:11.82	36.30	1250m: 15:03.63	36.08
	100m: 1:07.09 35.09	500m: 5:58.76	36.82	900m: 10:48.35	36.53	1300m: 15:40.48	36.85
	150m: 1:42.88 35.79	550m: 6:33.87	35.11	950m: 11:24.73	36.38	1350m: 16:17.33	36.85
	200m: 2:19.36 36.48	600m: 7:09.93	36.06	1000m: 12:01.84	37.11	1400m: 16:54.93	37.60
	250m: 2:55.48 36.12	650m: 7:45.65	35.72	1050m: 12:38.09	36.25	1450m: 17:32.40	37.47
	300m: 3:32.09 36.61	700m: 8:22.57	36.92	1100m: 13:14.73	36.64	1500m: 18:08.44	36.04
	350m: 4:08.71 36.62	750m: 8:58.59	36.02	1150m: 13:51.33	36.60		
	400m: 4:45.45 36.74	800m: 9:35.52	36.93	1200m: 14:27.55	36.22		
7.	PIRES Gustavo Teixeira	06	Columbofila Cantanheden	18:28.98	+0,70	484	
	50m: 33.32 33.32	450m: 5:27.53	37.07	850m: 10:24.62	36.87	1250m: 15:22.80	37.31
	100m: 1:09.42 36.10	500m: 6:04.85	37.32	900m: 11:02.02	37.40	1300m: 16:00.28	37.48
	150m: 1:46.01 36.59	550m: 6:42.11	37.26	950m: 11:39.32	37.30	1350m: 16:37.82	37.54
	200m: 2:22.67 36.66	600m: 7:19.19	37.08	1000m: 12:16.68	37.36	1400m: 17:15.30	37.48
	250m: 2:59.51 36.84	650m: 7:56.17	36.98	1050m: 12:53.55	36.87	1450m: 17:52.62	37.32
	300m: 3:36.46 36.95	700m: 8:33.23	37.06	1100m: 13:30.99	37.44	1500m: 18:28.98	36.36
	350m: 4:13.26 36.80	750m: 9:10.62	37.39	1150m: 14:08.31	37.32		
	400m: 4:50.46 37.20	800m: 9:47.75	37.13	1200m: 14:45.49	37.18		
8.	FIGUEIREDO Joao Pinto	06	O Crasto	18:40.12	+0,78	470	
	50m: 31.18 31.18	450m: 5:30.38	37.90	850m: 10:32.66	37.45	1250m: 15:33.67	38.01
	100m: 1:07.33 36.15	500m: 6:07.28	36.90	900m: 11:09.83	37.17	1300m: 16:10.89	37.22
	150m: 1:44.66 37.33	550m: 6:45.64	38.36	950m: 11:47.72	37.89	1350m: 16:48.63	37.74
	200m: 2:22.12 37.46	600m: 7:23.34	37.70	1000m: 12:24.90	37.18	1400m: 17:25.72	37.09
	250m: 2:59.02 36.90	650m: 8:01.76	38.42	1050m: 13:02.78	37.88	1450m: 18:04.22	38.50
	300m: 3:37.53 38.51	700m: 8:39.15	37.39	1100m: 13:40.16	37.38	1500m: 18:40.12	35.90
	350m: 4:15.16 37.63	750m: 9:17.72	38.57	1150m: 14:18.33	38.17		
	400m: 4:52.48 37.32	800m: 9:55.21	37.49	1200m: 14:55.66	37.33		
9.	PEREIRA Tomas Veiga	06	Fundacao Beatriz Santos	18:42.10	+0,77	467	
	50m: 33.65 33.65	450m: 5:35.21	37.46	850m: 10:35.43	37.72	1250m: 15:35.47	37.35
	100m: 1:10.44 36.79	500m: 6:12.87	37.66	900m: 11:12.63	37.20	1300m: 16:13.30	37.83
	150m: 1:48.05 37.61	550m: 6:49.86	36.99	950m: 11:50.38	37.75	1350m: 16:51.01	37.71
	200m: 2:25.60 37.55	600m: 7:27.68	37.82	1000m: 12:28.27	37.89	1400m: 17:28.58	37.57
	250m: 3:03.29 37.69	650m: 8:04.63	36.95	1050m: 13:06.01	37.74	1450m: 18:05.76	37.18
	300m: 3:41.69 38.40	700m: 8:42.27	37.64	1100m: 13:43.40	37.39	1500m: 18:42.10	36.34
	350m: 4:19.62 37.93	750m: 9:19.86	37.59	1150m: 14:20.65	37.25		
	400m: 4:57.75 38.13	800m: 9:57.71	37.85	1200m: 14:58.12	37.47		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	LUCAS Joao Neves	06	Columbofila Cantanheden	19:06.15	+0,77	438	
	50m: 32.48 32.48	450m: 5:33.06	38.16	850m: 10:42.57	39.09	1250m: 15:54.10	39.03
	100m: 1:08.37 35.89	500m: 6:11.25	38.19	900m: 11:21.05	38.48	1300m: 16:32.85	38.75
	150m: 1:45.32 36.95	550m: 6:49.95	38.70	950m: 12:00.20	39.15	1350m: 17:11.64	38.79
	200m: 2:22.91 37.59	600m: 7:28.71	38.76	1000m: 12:39.15	38.95	1400m: 17:50.05	38.41
	250m: 3:00.85 37.94	650m: 8:07.41	38.70	1050m: 13:18.21	39.06	1450m: 18:28.89	38.84
	300m: 3:38.61 37.76	700m: 8:45.87	38.46	1100m: 13:57.37	39.16	1500m: 19:06.15	37.26
	350m: 4:16.90 38.29	750m: 9:24.96	39.09	1150m: 14:36.36	38.99		
	400m: 4:54.90 38.00	800m: 10:03.48	38.52	1200m: 15:15.07	38.71		
11.	PANASYUK Nil	06	Braga	19:23.08	+0,86	420	
	50m: 33.10 33.10	450m: 5:40.32	38.64	850m: 10:52.45	38.81	1250m: 16:08.12	39.20
	100m: 1:10.04 36.94	500m: 6:19.31	38.99	900m: 11:32.26	39.81	1300m: 16:47.72	39.60
	150m: 1:48.10 38.06	550m: 6:58.42	39.11	950m: 12:11.53	39.27	1350m: 17:27.35	39.63
	200m: 2:26.32 38.22	600m: 7:37.30	38.88	1000m: 12:51.54	40.01	1400m: 18:07.61	40.26
	250m: 3:05.19 38.87	650m: 8:16.59	39.29	1050m: 13:30.91	39.37	1450m: 18:46.37	38.76
	300m: 3:43.82 38.63	700m: 8:55.84	39.25	1100m: 14:10.02	39.11	1500m: 19:23.08	36.71
	350m: 4:22.56 38.74	750m: 9:34.59	38.75	1150m: 14:49.21	39.19		
	400m: 5:01.68 39.12	800m: 10:13.64	39.05	1200m: 15:28.92	39.71		
12.	CALHANDRO Guilherme Oliveira	06	Natacao da Maia	19:43.07	+0,83	399	
	50m: 32.57 32.57	450m: 5:45.04	39.73	850m: 11:03.45	39.49	1250m: 16:24.28	40.46
	100m: 1:10.69 38.12	500m: 6:24.60	39.56	900m: 11:43.76	40.31	1300m: 17:04.96	40.68
	150m: 1:49.59 38.90	550m: 7:03.96	39.36	950m: 12:23.79	40.03	1350m: 17:45.18	40.22
	200m: 2:28.04 38.45	600m: 7:43.86	39.90	1000m: 13:04.05	40.26	1400m: 18:25.50	40.32
	250m: 3:07.50 39.46	650m: 8:24.11	40.25	1050m: 13:43.86	39.81	1450m: 19:05.00	39.50
	300m: 3:46.15 38.65	700m: 9:03.75	39.64	1100m: 14:23.80	39.94	1500m: 19:43.07	38.07
	350m: 4:25.84 39.69	750m: 9:43.81	40.06	1150m: 15:04.29	40.49		
	400m: 5:05.31 39.47	800m: 10:23.96	40.15	1200m: 15:43.82	39.53		

Juvenis A

1.	SOUSA Joao Maria	05	Braga	17:11.68	+0,76	601	
	50m: 29.53 29.53	450m: 5:01.76	34.69	850m: 9:37.74	35.02	1250m: 14:18.87	34.80
	100m: 1:02.48 32.95	500m: 5:35.99	34.23	900m: 10:12.94	35.20	1300m: 14:53.51	34.64
	150m: 1:35.45 32.97	550m: 6:10.25	34.26	950m: 10:48.19	35.25	1350m: 15:28.58	35.07
	200m: 2:09.41 33.96	600m: 6:44.75	34.50	1000m: 11:23.60	35.41	1400m: 16:03.67	35.09
	250m: 2:43.52 34.11	650m: 7:19.02	34.27	1050m: 11:59.04	35.44	1450m: 16:38.13	34.46
	300m: 3:18.10 34.58	700m: 7:53.66	34.64	1100m: 12:33.99	34.95	1500m: 17:11.68	33.55
	350m: 3:52.44 34.34	750m: 8:28.20	34.54	1150m: 13:09.07	35.08		
	400m: 4:27.07 34.63	800m: 9:02.72	34.52	1200m: 13:44.07	35.00		
2.	CARDOSO Guilherme Maia	05	Columbofila Cantanheden	17:14.25	+0,75	597	
	50m: 30.26 30.26	450m: 5:05.01	34.65	850m: 9:45.16	34.16	1250m: 14:22.55	34.31
	100m: 1:03.25 32.99	500m: 5:40.64	35.63	900m: 10:20.58	35.42	1300m: 14:57.50	34.95
	150m: 1:37.20 33.95	550m: 6:15.17	34.53	950m: 10:54.98	34.40	1350m: 15:31.61	34.11
	200m: 2:11.69 34.49	600m: 6:50.37	35.20	1000m: 11:30.26	35.28	1400m: 16:06.59	34.98
	250m: 2:45.81 34.12	650m: 7:24.93	34.56	1050m: 12:04.45	34.19	1450m: 16:40.73	34.14
	300m: 3:20.49 34.68	700m: 8:00.46	35.53	1100m: 12:39.31	34.86	1500m: 17:14.25	33.52
	350m: 3:55.49 35.00	750m: 8:35.59	35.13	1150m: 13:13.49	34.18		
	400m: 4:30.36 34.87	800m: 9:11.00	35.41	1200m: 13:48.24	34.75		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	NETO Vasco Goncalves	05	Porto	17:16.65	+0,68	593	
	50m: 31.21 31.21	450m: 5:05.53	33.96	850m: 9:42.06	34.56	1250m: 14:23.02	35.51
	100m: 1:05.45 34.24	500m: 5:39.42	33.89	900m: 10:17.11	35.05	1300m: 14:58.50	35.48
	150m: 1:39.77 34.32	550m: 6:13.34	33.92	950m: 10:51.85	34.74	1350m: 15:33.26	34.76
	200m: 2:14.12 34.35	600m: 6:48.03	34.69	1000m: 11:27.02	35.17	1400m: 16:08.14	34.88
	250m: 2:48.52 34.40	650m: 7:22.68	34.65	1050m: 12:01.63	34.61	1450m: 16:42.81	34.67
	300m: 3:23.31 34.79	700m: 7:57.44	34.76	1100m: 12:36.98	35.35	1500m: 17:16.65	33.84
	350m: 3:57.58 34.27	750m: 8:32.13	34.69	1150m: 13:12.35	35.37		
	400m: 4:31.57 33.99	800m: 9:07.50	35.37	1200m: 13:47.51	35.16		
4.	CARVALHO Joao Carlos	05	Braga	17:16.97	+0,70	592	
	50m: 29.60 29.60	450m: 5:02.77	34.77	850m: 9:44.34	35.10	1250m: 14:25.92	34.73
	100m: 1:02.17 32.57	500m: 5:37.75	34.98	900m: 10:19.66	35.32	1300m: 15:01.24	35.32
	150m: 1:35.52 33.35	550m: 6:12.82	35.07	950m: 10:54.75	35.09	1350m: 15:36.01	34.77
	200m: 2:09.44 33.92	600m: 6:48.15	35.33	1000m: 11:30.26	35.51	1400m: 16:10.94	34.93
	250m: 2:43.86 34.42	650m: 7:23.42	35.27	1050m: 12:05.46	35.20	1450m: 16:45.13	34.19
	300m: 3:18.43 34.57	700m: 7:59.06	35.64	1100m: 12:40.79	35.33	1500m: 17:16.97	31.84
	350m: 3:53.13 34.70	750m: 8:34.05	34.99	1150m: 13:15.93	35.14		
	400m: 4:28.00 34.87	800m: 9:09.24	35.19	1200m: 13:51.19	35.26		
5.	REMELHE Joao Anibal	05	Braga	17:44.96	+0,85	547	
	50m: 31.28 31.28	450m: 5:12.81	35.51	850m: 9:59.67	36.25	1250m: 14:47.43	35.54
	100m: 1:05.74 34.46	500m: 5:48.58	35.77	900m: 10:35.94	36.27	1300m: 15:24.03	36.60
	150m: 1:40.55 34.81	550m: 6:24.35	35.77	950m: 11:11.95	36.01	1350m: 16:00.02	35.99
	200m: 2:15.79 35.24	600m: 7:00.41	36.06	1000m: 11:47.87	35.92	1400m: 16:36.32	36.30
	250m: 2:50.73 34.94	650m: 7:36.07	35.66	1050m: 12:23.75	35.88	1450m: 17:10.90	34.58
	300m: 3:25.98 35.25	700m: 8:11.89	35.82	1100m: 12:59.77	36.02	1500m: 17:44.96	34.06
	350m: 4:01.56 35.58	750m: 8:47.45	35.56	1150m: 13:35.97	36.20		
	400m: 4:37.30 35.74	800m: 9:23.42	35.97	1200m: 14:11.89	35.92		
6.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	17:57.48	+0,72	528	
	50m: 30.55 30.55	450m: 5:09.13	35.18	850m: 10:04.15	36.79	1250m: 14:59.34	37.52
	100m: 1:03.59 33.04	500m: 5:45.11	35.98	900m: 10:41.15	37.00	1300m: 15:35.51	36.17
	150m: 1:37.77 34.18	550m: 6:22.16	37.05	950m: 11:17.68	36.53	1350m: 16:13.12	37.61
	200m: 2:11.74 33.97	600m: 6:59.04	36.88	1000m: 11:54.74	37.06	1400m: 16:49.83	36.71
	250m: 2:46.90 35.16	650m: 7:36.13	37.09	1050m: 12:31.16	36.42	1450m: 17:22.63	32.80
	300m: 3:22.70 35.80	700m: 8:13.25	37.12	1100m: 13:07.77	36.61	1500m: 17:57.48	34.85
	350m: 3:57.94 35.24	750m: 8:49.89	36.64	1150m: 13:44.45	36.68		
	400m: 4:33.95 36.01	800m: 9:27.36	37.47	1200m: 14:21.82	37.37		
7.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	18:00.83	+0,76	523	
	50m: 31.55 31.55	450m: 5:17.60	35.92	850m: 10:07.10	35.97	1250m: 15:00.90	36.88
	100m: 1:06.01 34.46	500m: 5:53.73	36.13	900m: 10:43.71	36.61	1300m: 15:37.57	36.67
	150m: 1:41.22 35.21	550m: 6:29.72	35.99	950m: 11:20.56	36.85	1350m: 16:14.18	36.61
	200m: 2:17.23 36.01	600m: 7:06.07	36.35	1000m: 11:57.30	36.74	1400m: 16:50.44	36.26
	250m: 2:53.10 35.87	650m: 7:42.02	35.95	1050m: 12:33.84	36.54	1450m: 17:26.14	35.70
	300m: 3:29.31 36.21	700m: 8:18.24	36.22	1100m: 13:10.35	36.51	1500m: 18:00.83	34.69
	350m: 4:05.28 35.97	750m: 8:54.59	36.35	1150m: 13:47.01	36.66		
	400m: 4:41.68 36.40	800m: 9:31.13	36.54	1200m: 14:24.02	37.01		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	TORRES Joao Pedro	05	Porto	18:06.23	+0,64	515	
	50m: 31.36 31.36	450m: 5:12.46	35.14	850m: 10:03.74	36.93	1250m: 15:02.97	37.62
	100m: 1:05.95 34.59	500m: 5:48.70	36.24	900m: 10:41.12	37.38	1300m: 15:40.37	37.40
	150m: 1:40.55 34.60	550m: 6:24.99	36.29	950m: 11:18.66	37.54	1350m: 16:17.47	37.10
	200m: 2:14.94 34.39	600m: 7:01.21	36.22	1000m: 11:55.05	36.39	1400m: 16:54.31	36.84
	250m: 2:49.90 34.96	650m: 7:36.74	35.53	1050m: 12:32.47	37.42	1450m: 17:31.06	36.75
	300m: 3:25.33 35.43	700m: 8:13.18	36.44	1100m: 13:09.93	37.46	1500m: 18:06.23	35.17
	350m: 4:01.46 36.13	750m: 8:49.05	35.87	1150m: 13:47.21	37.28		
	400m: 4:37.32 35.86	800m: 9:26.81	37.76	1200m: 14:25.35	38.14		
9.	LAFUENTE Miguel Teixeira	05	Porto	18:08.72	+0,79	512	
	50m: 30.78 30.78	450m: 5:16.98	36.24	850m: 10:10.18	36.77	1250m: 15:07.38	37.24
	100m: 1:06.15 35.37	500m: 5:53.83	36.85	900m: 10:47.13	36.95	1300m: 15:44.00	36.62
	150m: 1:41.03 34.88	550m: 6:29.70	35.87	950m: 11:23.62	36.49	1350m: 16:21.20	37.20
	200m: 2:16.20 35.17	600m: 7:06.44	36.74	1000m: 12:00.99	37.37	1400m: 16:58.44	37.24
	250m: 2:51.46 35.26	650m: 7:43.58	37.14	1050m: 12:37.66	36.67	1450m: 17:34.27	35.83
	300m: 3:27.90 36.44	700m: 8:20.15	36.57	1100m: 13:14.83	37.17	1500m: 18:08.72	34.45
	350m: 4:04.27 36.37	750m: 8:56.44	36.29	1150m: 13:52.02	37.19		
	400m: 4:40.74 36.47	800m: 9:33.41	36.97	1200m: 14:30.14	38.12		
10.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	18:14.75	+0,87	503	
	50m: 30.77 30.77	450m: 5:13.55	35.85	850m: 10:09.44	36.87	1250m: 15:09.27	38.00
	100m: 1:04.27 33.50	500m: 5:49.94	36.39	900m: 10:46.76	37.32	1300m: 15:47.11	37.84
	150m: 1:39.34 35.07	550m: 6:26.68	36.74	950m: 11:23.31	36.55	1350m: 16:24.84	37.73
	200m: 2:14.41 35.07	600m: 7:03.57	36.89	1000m: 12:00.72	37.41	1400m: 17:02.72	37.88
	250m: 2:49.82 35.41	650m: 7:41.05	37.48	1050m: 12:38.00	37.28	1450m: 17:38.94	36.22
	300m: 3:25.65 35.83	700m: 8:18.02	36.97	1100m: 13:15.68	37.68	1500m: 18:14.75	35.81
	350m: 4:01.80 36.15	750m: 8:55.06	37.04	1150m: 13:53.34	37.66		
	400m: 4:37.70 35.90	800m: 9:32.57	37.51	1200m: 14:31.27	37.93		
11.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	18:17.01	+0,82	500	
	50m: 32.14 32.14	450m: 5:22.41	36.55	850m: 10:16.84	36.71	1250m: 15:13.65	37.06
	100m: 1:07.21 35.07	500m: 5:59.31	36.90	900m: 10:53.66	36.82	1300m: 15:50.51	36.86
	150m: 1:43.22 36.01	550m: 6:36.01	36.70	950m: 11:30.97	37.31	1350m: 16:27.50	36.99
	200m: 2:19.74 36.52	600m: 7:12.52	36.51	1000m: 12:08.03	37.06	1400m: 17:04.34	36.84
	250m: 2:56.03 36.29	650m: 7:49.22	36.70	1050m: 12:45.17	37.14	1450m: 17:40.89	36.55
	300m: 3:32.84 36.81	700m: 8:26.09	36.87	1100m: 13:22.40	37.23	1500m: 18:17.01	36.12
	350m: 4:09.20 36.36	750m: 9:02.77	36.68	1150m: 13:59.34	36.94		
	400m: 4:45.86 36.66	800m: 9:40.13	37.36	1200m: 14:36.59	37.25		
12.	COSTA Rui Anjos	05	Porto	18:21.28	+0,44	494	
	50m: 32.66 32.66	450m: 5:25.84	36.69	850m: 10:19.16	36.33	1250m: 15:16.89	37.46
	100m: 1:08.82 36.16	500m: 6:02.92	37.08	900m: 10:55.95	36.79	1300m: 15:53.82	36.93
	150m: 1:45.66 36.84	550m: 6:39.81	36.89	950m: 11:32.88	36.93	1350m: 16:31.40	37.58
	200m: 2:22.25 36.59	600m: 7:16.56	36.75	1000m: 12:09.64	36.76	1400m: 17:09.19	37.79
	250m: 2:58.85 36.60	650m: 7:53.10	36.54	1050m: 12:46.56	36.92	1450m: 17:45.96	36.77
	300m: 3:35.71 36.86	700m: 8:29.81	36.71	1100m: 13:23.99	37.43	1500m: 18:21.28	35.32
	350m: 4:12.35 36.64	750m: 9:06.45	36.64	1150m: 14:02.06	38.07		
	400m: 4:49.15 36.80	800m: 9:42.83	36.38	1200m: 14:39.43	37.37		

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Prova 2, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	RIBEIRO Filipe Silva	05	Leixoes	18:26.63	+0,69	487	
	50m: 29.80 29.80	450m: 5:24.92	38.06	850m: 10:22.50	38.36	1250m: 15:21.79	36.83
	100m: 1:04.64 34.84	500m: 6:02.26	37.34	900m: 10:59.17	36.67	1300m: 15:59.93	38.14
	150m: 1:40.24 35.60	550m: 6:38.18	35.92	950m: 11:37.77	38.60	1350m: 16:37.54	37.61
	200m: 2:16.51 36.27	600m: 7:15.08	36.90	1000m: 12:14.63	36.86	1400m: 17:16.12	38.58
	250m: 2:53.30 36.79	650m: 7:52.62	37.54	1050m: 12:51.66	37.03	1450m: 17:52.63	36.51
	300m: 3:30.83 37.53	700m: 8:30.70	38.08	1100m: 13:29.34	37.68	1500m: 18:26.63	34.00
	350m: 4:08.20 37.37	750m: 9:07.14	36.44	1150m: 14:06.86	37.52		
	400m: 4:46.86 38.66	800m: 9:44.14	37.00	1200m: 14:44.96	38.10		
14.	SILVA Eduardo Costa	05	Porto	18:30.14	+0,76	483	
	50m: 32.51 32.51	450m: 5:25.23	37.23	850m: 10:24.72	37.80	1250m: 15:26.36	38.55
	100m: 1:07.55 35.04	500m: 6:02.18	36.95	900m: 11:02.00	37.28	1300m: 16:03.86	37.50
	150m: 1:43.85 36.30	550m: 6:39.63	37.45	950m: 11:39.43	37.43	1350m: 16:41.39	37.53
	200m: 2:20.04 36.19	600m: 7:16.84	37.21	1000m: 12:16.59	37.16	1400m: 17:18.03	36.64
	250m: 2:57.12 37.08	650m: 7:55.00	38.16	1050m: 12:54.55	37.96	1450m: 17:55.21	37.18
	300m: 3:33.85 36.73	700m: 8:32.30	37.30	1100m: 13:32.06	37.51	1500m: 18:30.14	34.93
	350m: 4:11.00 37.15	750m: 9:09.69	37.39	1150m: 14:09.92	37.86		
	400m: 4:48.00 37.00	800m: 9:46.92	37.23	1200m: 14:47.81	37.89		
15.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	18:31.30	+1,00	481	
	50m: 31.78 31.78	450m: 5:23.43	37.28	850m: 10:24.51	37.73	1250m: 15:26.53	37.65
	100m: 1:06.92 35.14	500m: 6:00.57	37.14	900m: 11:02.38	37.87	1300m: 16:04.24	37.71
	150m: 1:43.37 36.45	550m: 6:37.73	37.16	950m: 11:40.03	37.65	1350m: 16:41.89	37.65
	200m: 2:19.96 36.59	600m: 7:15.41	37.68	1000m: 12:17.68	37.65	1400m: 17:18.91	37.02
	250m: 2:56.31 36.35	650m: 7:53.31	37.90	1050m: 12:55.55	37.87	1450m: 17:55.98	37.07
	300m: 3:32.44 36.13	700m: 8:31.31	38.00	1100m: 13:33.26	37.71	1500m: 18:31.30	35.32
	350m: 4:09.23 36.79	750m: 9:08.97	37.66	1150m: 14:11.37	38.11		
	400m: 4:46.15 36.92	800m: 9:46.78	37.81	1200m: 14:48.88	37.51		
16.	SILVA Tomas Caineta	05	Estarreja	19:10.70	+0,72	433	
	50m: 31.99 31.99	450m: 5:29.19	37.28	850m: 10:38.97	38.92	1250m: 15:54.68	39.95
	100m: 1:07.77 35.78	500m: 6:07.23	38.04	900m: 11:18.34	39.37	1300m: 16:34.60	39.92
	150m: 1:44.64 36.87	550m: 6:45.50	38.27	950m: 11:57.23	38.89	1350m: 17:14.17	39.57
	200m: 2:22.34 37.70	600m: 7:24.29	38.79	1000m: 12:36.56	39.33	1400m: 17:53.87	39.70
	250m: 2:59.43 37.09	650m: 8:03.17	38.88	1050m: 13:16.09	39.53	1450m: 18:32.78	38.91
	300m: 3:36.99 37.56	700m: 8:42.09	38.92	1100m: 13:55.66	39.57	1500m: 19:10.70	37.92
	350m: 4:14.28 37.29	750m: 9:20.84	38.75	1150m: 14:35.37	39.71		
	400m: 4:51.91 37.63	800m: 10:00.05	39.21	1200m: 15:14.73	39.36		

Juniores

1.	MACHADO Martim Miranda	03	Individual ANC	16:11.26	+0,68	721	
	50m: 29.21 29.21	450m: 4:47.06	32.19	850m: 9:05.77	32.72	1250m: 13:27.82	32.94
	100m: 1:00.94 31.73	500m: 5:19.12	32.06	900m: 9:38.32	32.55	1300m: 14:00.78	32.96
	150m: 1:33.07 32.13	550m: 5:51.02	31.90	950m: 10:10.84	32.52	1350m: 14:33.57	32.79
	200m: 2:05.23 32.16	600m: 6:23.04	32.02	1000m: 10:43.61	32.77	1400m: 15:06.74	33.17
	250m: 2:37.63 32.40	650m: 6:55.43	32.39	1050m: 11:16.24	32.63	1450m: 15:40.04	33.30
	300m: 3:10.05 32.42	700m: 7:28.12	32.69	1100m: 11:49.15	32.91	1500m: 16:11.26	31.22
	350m: 3:42.38 32.33	750m: 8:00.69	32.57	1150m: 12:22.16	33.01		
	400m: 4:14.87 32.49	800m: 8:33.05	32.36	1200m: 12:54.88	32.72		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	MARQUES Gustavo Pires	04	Individual ANC	16:22.07	+0,70	697	
	50m: 29.41 29.41	450m: 4:47.33	32.45	850m: 9:10.47	33.22	1250m: 13:36.71	33.87
	100m: 1:02.32 32.91	500m: 5:19.87	32.54	900m: 9:43.50	33.03	1300m: 14:10.07	33.36
	150m: 1:33.95 31.63	550m: 5:52.27	32.40	950m: 10:16.56	33.06	1350m: 14:43.49	33.42
	200m: 2:06.08 32.13	600m: 6:25.01	32.74	1000m: 10:49.83	33.27	1400m: 15:16.84	33.35
	250m: 2:38.07 31.99	650m: 6:58.03	33.02	1050m: 11:22.86	33.03	1450m: 15:50.08	33.24
	300m: 3:10.25 32.18	700m: 7:31.05	33.02	1100m: 11:56.00	33.14	1500m: 16:22.07	31.99
	350m: 3:42.24 31.99	750m: 8:04.22	33.17	1150m: 12:29.37	33.37		
	400m: 4:14.88 32.64	800m: 8:37.25	33.03	1200m: 13:02.84	33.47		
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	16:26.91	+0,87	687	
	50m: 29.44 29.44	450m: 4:49.00	32.82	850m: 9:13.31	32.73	1250m: 13:39.79	33.03
	100m: 1:01.45 32.01	500m: 5:21.83	32.83	900m: 9:46.47	33.16	1300m: 14:13.48	33.69
	150m: 1:33.64 32.19	550m: 5:54.86	33.03	950m: 10:19.46	32.99	1350m: 14:46.82	33.34
	200m: 2:06.27 32.63	600m: 6:28.08	33.22	1000m: 10:52.79	33.33	1400m: 15:20.47	33.65
	250m: 2:38.27 32.00	650m: 7:01.04	32.96	1050m: 11:26.07	33.28	1450m: 15:53.86	33.39
	300m: 3:10.76 32.49	700m: 7:34.28	33.24	1100m: 11:59.66	33.59	1500m: 16:26.91	33.05
	350m: 3:43.29 32.53	750m: 8:07.57	33.29	1150m: 12:33.14	33.48		
	400m: 4:16.18 32.89	800m: 8:40.58	33.01	1200m: 13:06.76	33.62		
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	17:03.40	+0,69	616	
	50m: 29.82 29.82	450m: 5:01.55	34.43	850m: 9:35.93	34.57	1250m: 14:12.12	34.66
	100m: 1:02.83 33.01	500m: 5:35.69	34.14	900m: 10:10.35	34.42	1300m: 14:46.79	34.67
	150m: 1:36.16 33.33	550m: 6:10.04	34.35	950m: 10:44.79	34.44	1350m: 15:21.43	34.64
	200m: 2:10.02 33.86	600m: 6:44.35	34.31	1000m: 11:19.37	34.58	1400m: 15:56.00	34.57
	250m: 2:44.22 34.20	650m: 7:18.50	34.15	1050m: 11:53.83	34.46	1450m: 16:29.97	33.97
	300m: 3:18.56 34.34	700m: 7:52.73	34.23	1100m: 12:28.31	34.48	1500m: 17:03.40	33.43
	350m: 3:52.77 34.21	750m: 8:26.95	34.22	1150m: 13:02.89	34.58		
	400m: 4:27.12 34.35	800m: 9:01.36	34.41	1200m: 13:37.46	34.57		
5.	CARVALHO Gonçalo Renato	04	Porto	17:19.04	+0,69	589	
	50m: 30.64 30.64	450m: 5:03.84	34.38	850m: 9:43.64	35.30	1250m: 14:25.19	35.35
	100m: 1:04.22 33.58	500m: 5:38.70	34.86	900m: 10:18.69	35.05	1300m: 15:00.65	35.46
	150m: 1:37.64 33.42	550m: 6:13.51	34.81	950m: 10:53.69	35.00	1350m: 15:35.78	35.13
	200m: 2:11.76 34.12	600m: 6:48.46	34.95	1000m: 11:28.86	35.17	1400m: 16:10.80	35.02
	250m: 2:45.94 34.18	650m: 7:23.45	34.99	1050m: 12:03.96	35.10	1450m: 16:45.59	34.79
	300m: 3:20.44 34.50	700m: 7:58.27	34.82	1100m: 12:39.53	35.57	1500m: 17:19.04	33.45
	350m: 3:54.67 34.23	750m: 8:33.45	35.18	1150m: 13:14.69	35.16		
	400m: 4:29.46 34.79	800m: 9:08.34	34.89	1200m: 13:49.84	35.15		
6.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	17:29.27	+0,59	572	
	50m: 30.51 30.51	450m: 5:05.14	34.46	850m: 9:45.33	35.07	1250m: 14:31.35	36.01
	100m: 1:04.28 33.77	500m: 5:39.60	34.46	900m: 10:21.06	35.73	1300m: 15:07.37	36.02
	150m: 1:38.32 34.04	550m: 6:14.14	34.54	950m: 10:56.11	35.05	1350m: 15:43.40	36.03
	200m: 2:12.59 34.27	600m: 6:49.10	34.96	1000m: 11:31.86	35.75	1400m: 16:19.27	35.87
	250m: 2:46.89 34.30	650m: 7:24.19	35.09	1050m: 12:07.62	35.76	1450m: 16:54.58	35.31
	300m: 3:21.52 34.63	700m: 7:59.66	35.47	1100m: 12:43.44	35.82	1500m: 17:29.27	34.69
	350m: 3:55.87 34.35	750m: 8:34.65	34.99	1150m: 13:19.50	36.06		
	400m: 4:30.68 34.81	800m: 9:10.26	35.61	1200m: 13:55.34	35.84		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	GOMES Marcio Fernandes	04	Braga	17:32.15	+0,88	567	
	50m: 30.53 30.53	450m: 5:05.53	35.08	850m: 9:48.26	35.67	1250m: 14:35.24	35.72
	100m: 1:03.29 32.76	500m: 5:40.44	34.91	900m: 10:23.79	35.53	1300m: 15:10.85	35.61
	150m: 1:37.00 33.71	550m: 6:15.61	35.17	950m: 10:59.59	35.80	1350m: 15:46.69	35.84
	200m: 2:11.47 34.47	600m: 6:50.87	35.26	1000m: 11:35.62	36.03	1400m: 16:22.23	35.54
	250m: 2:46.07 34.60	650m: 7:26.09	35.22	1050m: 12:11.45	35.83	1450m: 16:57.33	35.10
	300m: 3:20.73 34.66	700m: 8:01.80	35.71	1100m: 12:47.82	36.37	1500m: 17:32.15	34.82
	350m: 3:55.37 34.64	750m: 8:37.22	35.42	1150m: 13:23.67	35.85		
	400m: 4:30.45 35.08	800m: 9:12.59	35.37	1200m: 13:59.52	35.85		
8.	NUNES Diogo Severino	04	Natacao de Valongo	17:41.10	+0,79	553	
	50m: 29.29 29.29	450m: 5:05.20	34.83	850m: 9:53.02	36.23	1250m: 14:44.17	35.75
	100m: 1:02.80 33.51	500m: 5:41.02	35.82	900m: 10:29.82	36.80	1300m: 15:20.10	35.93
	150m: 1:36.21 33.41	550m: 6:16.83	35.81	950m: 11:06.02	36.20	1350m: 15:55.57	35.47
	200m: 2:10.50 34.29	600m: 6:53.01	36.18	1000m: 11:42.74	36.72	1400m: 16:31.67	36.10
	250m: 2:44.93 34.43	650m: 7:28.54	35.53	1050m: 12:18.75	36.01	1450m: 17:06.26	34.59
	300m: 3:19.83 34.90	700m: 8:04.75	36.21	1100m: 12:55.49	36.74	1500m: 17:41.10	34.84
	350m: 3:54.89 35.06	750m: 8:40.58	35.83	1150m: 13:31.83	36.34		
	400m: 4:30.37 35.48	800m: 9:16.79	36.21	1200m: 14:08.42	36.59		
9.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	17:44.14	+0,75	548	
	50m: 31.00 31.00	450m: 5:11.16	35.51	850m: 9:58.58	35.89	1250m: 14:45.95	35.23
	100m: 1:04.63 33.63	500m: 5:46.29	35.13	900m: 10:34.94	36.36	1300m: 15:21.78	35.83
	150m: 1:39.67 35.04	550m: 6:22.30	36.01	950m: 11:11.06	36.12	1350m: 15:57.61	35.83
	200m: 2:14.53 34.86	600m: 6:58.26	35.96	1000m: 11:47.20	36.14	1400m: 16:33.46	35.85
	250m: 2:50.11 35.58	650m: 7:34.56	36.30	1050m: 12:23.03	35.83	1450m: 17:09.31	35.85
	300m: 3:24.92 34.81	700m: 8:10.71	36.15	1100m: 12:58.67	35.64	1500m: 17:44.14	34.83
	350m: 4:00.23 35.31	750m: 8:46.82	36.11	1150m: 13:34.72	36.05		
	400m: 4:35.65 35.42	800m: 9:22.69	35.87	1200m: 14:10.72	36.00		

Absolutos

1.	MACHADO Martim Miranda	03	Individual ANC	16:11.26	+0,68	721	
	50m: 29.21 29.21	450m: 4:47.06	32.19	850m: 9:05.77	32.72	1250m: 13:27.82	32.94
	100m: 1:00.94 31.73	500m: 5:19.12	32.06	900m: 9:38.32	32.55	1300m: 14:00.78	32.96
	150m: 1:33.07 32.13	550m: 5:51.02	31.90	950m: 10:10.84	32.52	1350m: 14:33.57	32.79
	200m: 2:05.23 32.16	600m: 6:23.04	32.02	1000m: 10:43.61	32.77	1400m: 15:06.74	33.17
	250m: 2:37.63 32.40	650m: 6:55.43	32.39	1050m: 11:16.24	32.63	1450m: 15:40.04	33.30
	300m: 3:10.05 32.42	700m: 7:28.12	32.69	1100m: 11:49.15	32.91	1500m: 16:11.26	31.22
	350m: 3:42.38 32.33	750m: 8:00.69	32.57	1150m: 12:22.16	33.01		
	400m: 4:14.87 32.49	800m: 8:33.05	32.36	1200m: 12:54.88	32.72		
2.	MARQUES Gustavo Pires	04	Individual ANC	16:22.07	+0,70	697	
	50m: 29.41 29.41	450m: 4:47.33	32.45	850m: 9:10.47	33.22	1250m: 13:36.71	33.87
	100m: 1:02.32 32.91	500m: 5:19.87	32.54	900m: 9:43.50	33.03	1300m: 14:10.07	33.36
	150m: 1:33.95 31.63	550m: 5:52.27	32.40	950m: 10:16.56	33.06	1350m: 14:43.49	33.42
	200m: 2:06.08 32.13	600m: 6:25.01	32.74	1000m: 10:49.83	33.27	1400m: 15:16.84	33.35
	250m: 2:38.07 31.99	650m: 6:58.03	33.02	1050m: 11:22.86	33.03	1450m: 15:50.08	33.24
	300m: 3:10.25 32.18	700m: 7:31.05	33.02	1100m: 11:56.00	33.14	1500m: 16:22.07	31.99
	350m: 3:42.24 31.99	750m: 8:04.22	33.17	1150m: 12:29.37	33.37		
	400m: 4:14.88 32.64	800m: 8:37.25	33.03	1200m: 13:02.84	33.47		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	16:26.91	+0,87	687	
	50m: 29.44 29.44	450m: 4:49.00	32.82	850m: 9:13.31	32.73	1250m: 13:39.79	33.03
	100m: 1:01.45 32.01	500m: 5:21.83	32.83	900m: 9:46.47	33.16	1300m: 14:13.48	33.69
	150m: 1:33.64 32.19	550m: 5:54.86	33.03	950m: 10:19.46	32.99	1350m: 14:46.82	33.34
	200m: 2:06.27 32.63	600m: 6:28.08	33.22	1000m: 10:52.79	33.33	1400m: 15:20.47	33.65
	250m: 2:38.27 32.00	650m: 7:01.04	32.96	1050m: 11:26.07	33.28	1450m: 15:53.86	33.39
	300m: 3:10.76 32.49	700m: 7:34.28	33.24	1100m: 11:59.66	33.59	1500m: 16:26.91	33.05
	350m: 3:43.29 32.53	750m: 8:07.57	33.29	1150m: 12:33.14	33.48		
	400m: 4:16.18 32.89	800m: 8:40.58	33.01	1200m: 13:06.76	33.62		
4.	SANTOS Pedro Miguel	01	Porto	16:40.29	+0,74	660	
	50m: 29.20 29.20	450m: 4:48.94	32.93	850m: 9:15.94	33.86	1250m: 13:49.44	35.00
	100m: 1:01.33 32.13	500m: 5:21.86	32.92	900m: 9:49.93	33.99	1300m: 14:23.55	34.11
	150m: 1:33.44 32.11	550m: 5:55.10	33.24	950m: 10:23.96	34.03	1350m: 14:57.81	34.26
	200m: 2:06.12 32.68	600m: 6:28.41	33.31	1000m: 10:57.97	34.01	1400m: 15:32.24	34.43
	250m: 2:38.39 32.27	650m: 7:01.84	33.43	1050m: 11:31.80	33.83	1450m: 16:06.56	34.32
	300m: 3:10.57 32.18	700m: 7:35.03	33.19	1100m: 12:06.02	34.22	1500m: 16:40.29	33.73
	350m: 3:43.23 32.66	750m: 8:08.50	33.47	1150m: 12:40.35	34.33		
	400m: 4:16.01 32.78	800m: 8:42.08	33.58	1200m: 13:14.44	34.09		
5.	AMARAL Francisco Rodriguez	02	Porto	16:44.25	+0,87	652	
	50m: 29.59 29.59	450m: 4:51.71	33.24	850m: 9:19.23	33.78	1250m: 13:52.99	34.82
	100m: 1:01.71 32.12	500m: 5:24.84	33.13	900m: 9:53.01	33.78	1300m: 14:27.50	34.51
	150m: 1:34.30 32.59	550m: 5:58.04	33.20	950m: 10:26.92	33.91	1350m: 15:02.53	35.03
	200m: 2:06.91 32.61	600m: 6:31.30	33.26	1000m: 11:00.90	33.98	1400m: 15:37.66	35.13
	250m: 2:39.82 32.91	650m: 7:04.78	33.48	1050m: 11:35.24	34.34	1450m: 16:11.28	33.62
	300m: 3:12.51 32.69	700m: 7:38.31	33.53	1100m: 12:09.42	34.18	1500m: 16:44.25	32.97
	350m: 3:45.50 32.99	750m: 8:11.86	33.55	1150m: 12:43.95	34.53		
	400m: 4:18.47 32.97	800m: 8:45.45	33.59	1200m: 13:18.17	34.22		
6.	CARVALHO Daniel Luis	02	Braga	16:52.13	+0,84	637	
	50m: 29.65 29.65	450m: 4:56.45	33.61	850m: 9:27.76	34.02	1250m: 14:02.40	34.20
	100m: 1:02.10 32.45	500m: 5:30.07	33.62	900m: 10:01.79	34.03	1300m: 14:36.80	34.40
	150m: 1:35.22 33.12	550m: 6:03.87	33.80	950m: 10:35.94	34.15	1350m: 15:11.18	34.38
	200m: 2:08.46 33.24	600m: 6:37.81	33.94	1000m: 11:10.43	34.49	1400m: 15:45.23	34.05
	250m: 2:41.86 33.40	650m: 7:11.93	34.12	1050m: 11:44.80	34.37	1450m: 16:19.13	33.90
	300m: 3:15.46 33.60	700m: 7:45.94	34.01	1100m: 12:19.28	34.48	1500m: 16:52.13	33.00
	350m: 3:49.09 33.63	750m: 8:19.93	33.99	1150m: 12:53.81	34.53		
	400m: 4:22.84 33.75	800m: 8:53.74	33.81	1200m: 13:28.20	34.39		
7.	TRAVANCA Sergio Filipe	00	Individual ANNP	16:55.93	+0,68	630	
	50m: 29.70 29.70	450m: 5:01.36	34.11	850m: 9:34.81	33.95	1250m: 14:08.76	34.64
	100m: 1:03.04 33.34	500m: 5:36.02	34.66	900m: 10:09.18	34.37	1300m: 14:43.25	34.49
	150m: 1:36.40 33.36	550m: 6:10.15	34.13	950m: 10:42.67	33.49	1350m: 15:16.87	33.62
	200m: 2:10.62 34.22	600m: 6:44.39	34.24	1000m: 11:17.18	34.51	1400m: 15:51.02	34.15
	250m: 2:44.46 33.84	650m: 7:18.14	33.75	1050m: 11:51.43	34.25	1450m: 16:23.78	32.76
	300m: 3:18.78 34.32	700m: 7:52.70	34.56	1100m: 12:26.05	34.62	1500m: 16:55.93	32.15
	350m: 3:52.71 33.93	750m: 8:26.47	33.77	1150m: 12:59.90	33.85		
	400m: 4:27.25 34.54	800m: 9:00.86	34.39	1200m: 13:34.12	34.22		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	RIBEIRO Luis Manuel	02	Porto	16:56.03	+0,75	630	
	50m: 29.73 29.73	450m: 4:58.35	33.49	850m: 9:32.08	33.97	1250m: 14:06.60	34.29
	100m: 1:02.59 32.86	500m: 5:32.82	34.47	900m: 10:06.15	34.07	1300m: 14:40.98	34.38
	150m: 1:35.61 33.02	550m: 6:06.72	33.90	950m: 10:40.33	34.18	1350m: 15:15.24	34.26
	200m: 2:09.32 33.71	600m: 6:41.05	34.33	1000m: 11:14.70	34.37	1400m: 15:49.57	34.33
	250m: 2:42.74 33.42	650m: 7:15.21	34.16	1050m: 11:48.95	34.25	1450m: 16:23.38	33.81
	300m: 3:16.71 33.97	700m: 7:49.59	34.38	1100m: 12:23.33	34.38	1500m: 16:56.03	32.65
	350m: 3:50.60 33.89	750m: 8:23.67	34.08	1150m: 12:57.67	34.34		
	400m: 4:24.86 34.26	800m: 8:58.11	34.44	1200m: 13:32.31	34.64		
9.	PEREIRA Tiago Maia	04	Galitos / Bresimar	17:03.40	+0,69	616	
	50m: 29.82 29.82	450m: 5:01.55	34.43	850m: 9:35.93	34.57	1250m: 14:12.12	34.66
	100m: 1:02.83 33.01	500m: 5:35.69	34.14	900m: 10:10.35	34.42	1300m: 14:46.79	34.67
	150m: 1:36.16 33.33	550m: 6:10.04	34.35	950m: 10:44.79	34.44	1350m: 15:21.43	34.64
	200m: 2:10.02 33.86	600m: 6:44.35	34.31	1000m: 11:19.37	34.58	1400m: 15:56.00	34.57
	250m: 2:44.22 34.20	650m: 7:18.50	34.15	1050m: 11:53.83	34.46	1450m: 16:29.97	33.97
	300m: 3:18.56 34.34	700m: 7:52.73	34.23	1100m: 12:28.31	34.48	1500m: 17:03.40	33.43
	350m: 3:52.77 34.21	750m: 8:26.95	34.22	1150m: 13:02.89	34.58		
	400m: 4:27.12 34.35	800m: 9:01.36	34.41	1200m: 13:37.46	34.57		
10.	SOUSA Joao Maria	05	Braga	17:11.68	+0,76	601	
	50m: 29.53 29.53	450m: 5:01.76	34.69	850m: 9:37.74	35.02	1250m: 14:18.87	34.80
	100m: 1:02.48 32.95	500m: 5:35.99	34.23	900m: 10:12.94	35.20	1300m: 14:53.51	34.64
	150m: 1:35.45 32.97	550m: 6:10.25	34.26	950m: 10:48.19	35.25	1350m: 15:28.58	35.07
	200m: 2:09.41 33.96	600m: 6:44.75	34.50	1000m: 11:23.60	35.41	1400m: 16:03.67	35.09
	250m: 2:43.52 34.11	650m: 7:19.02	34.27	1050m: 11:59.04	35.44	1450m: 16:38.13	34.46
	300m: 3:18.10 34.58	700m: 7:53.66	34.64	1100m: 12:33.99	34.95	1500m: 17:11.68	33.55
	350m: 3:52.44 34.34	750m: 8:28.20	34.54	1150m: 13:09.07	35.08		
	400m: 4:27.07 34.63	800m: 9:02.72	34.52	1200m: 13:44.07	35.00		
11.	CARDOSO Guilherme Maia	05	Columbofila Cantanheden	17:14.25	+0,75	597	
	50m: 30.26 30.26	450m: 5:05.01	34.65	850m: 9:45.16	34.16	1250m: 14:22.55	34.31
	100m: 1:03.25 32.99	500m: 5:40.64	35.63	900m: 10:20.58	35.42	1300m: 14:57.50	34.95
	150m: 1:37.20 33.95	550m: 6:15.17	34.53	950m: 10:54.98	34.40	1350m: 15:31.61	34.11
	200m: 2:11.69 34.49	600m: 6:50.37	35.20	1000m: 11:30.26	35.28	1400m: 16:06.59	34.98
	250m: 2:45.81 34.12	650m: 7:24.93	34.56	1050m: 12:04.45	34.19	1450m: 16:40.73	34.14
	300m: 3:20.49 34.68	700m: 8:00.46	35.53	1100m: 12:39.31	34.86	1500m: 17:14.25	33.52
	350m: 3:55.49 35.00	750m: 8:35.59	35.13	1150m: 13:13.49	34.18		
	400m: 4:30.36 34.87	800m: 9:11.00	35.41	1200m: 13:48.24	34.75		
12.	NETO Vasco Goncalves	05	Porto	17:16.65	+0,68	593	
	50m: 31.21 31.21	450m: 5:05.53	33.96	850m: 9:42.06	34.56	1250m: 14:23.02	35.51
	100m: 1:05.45 34.24	500m: 5:39.42	33.89	900m: 10:17.11	35.05	1300m: 14:58.50	35.48
	150m: 1:39.77 34.32	550m: 6:13.34	33.92	950m: 10:51.85	34.74	1350m: 15:33.26	34.76
	200m: 2:14.12 34.35	600m: 6:48.03	34.69	1000m: 11:27.02	35.17	1400m: 16:08.14	34.88
	250m: 2:48.52 34.40	650m: 7:22.68	34.65	1050m: 12:01.63	34.61	1450m: 16:42.81	34.67
	300m: 3:23.31 34.79	700m: 7:57.44	34.76	1100m: 12:36.98	35.35	1500m: 17:16.65	33.84
	350m: 3:57.58 34.27	750m: 8:32.13	34.69	1150m: 13:12.35	35.37		
	400m: 4:31.57 33.99	800m: 9:07.50	35.37	1200m: 13:47.51	35.16		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	CARVALHO Joao Carlos	05	Braga	17:16.97	+0,70	592	
	50m: 29.60 29.60	450m: 5:02.77	34.77	850m: 9:44.34	35.10	1250m: 14:25.92	34.73
	100m: 1:02.17 32.57	500m: 5:37.75	34.98	900m: 10:19.66	35.32	1300m: 15:01.24	35.32
	150m: 1:35.52 33.35	550m: 6:12.82	35.07	950m: 10:54.75	35.09	1350m: 15:36.01	34.77
	200m: 2:09.44 33.92	600m: 6:48.15	35.33	1000m: 11:30.26	35.51	1400m: 16:10.94	34.93
	250m: 2:43.86 34.42	650m: 7:23.42	35.27	1050m: 12:05.46	35.20	1450m: 16:45.13	34.19
	300m: 3:18.43 34.57	700m: 7:59.06	35.64	1100m: 12:40.79	35.33	1500m: 17:16.97	31.84
	350m: 3:53.13 34.70	750m: 8:34.05	34.99	1150m: 13:15.93	35.14		
	400m: 4:28.00 34.87	800m: 9:09.24	35.19	1200m: 13:51.19	35.26		
14.	CARVALHO Goncalo Renato	04	Porto	17:19.04	+0,69	589	
	50m: 30.64 30.64	450m: 5:03.84	34.38	850m: 9:43.64	35.30	1250m: 14:25.19	35.35
	100m: 1:04.22 33.58	500m: 5:38.70	34.86	900m: 10:18.69	35.05	1300m: 15:00.65	35.46
	150m: 1:37.64 33.42	550m: 6:13.51	34.81	950m: 10:53.69	35.00	1350m: 15:35.78	35.13
	200m: 2:11.76 34.12	600m: 6:48.46	34.95	1000m: 11:28.86	35.17	1400m: 16:10.80	35.02
	250m: 2:45.94 34.18	650m: 7:23.45	34.99	1050m: 12:03.96	35.10	1450m: 16:45.59	34.79
	300m: 3:20.44 34.50	700m: 7:58.27	34.82	1100m: 12:39.53	35.57	1500m: 17:19.04	33.45
	350m: 3:54.67 34.23	750m: 8:33.45	35.18	1150m: 13:14.69	35.16		
	400m: 4:29.46 34.79	800m: 9:08.34	34.89	1200m: 13:49.84	35.15		
15.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	17:29.27	+0,59	572	
	50m: 30.51 30.51	450m: 5:05.14	34.46	850m: 9:45.33	35.07	1250m: 14:31.35	36.01
	100m: 1:04.28 33.77	500m: 5:39.60	34.46	900m: 10:21.06	35.73	1300m: 15:07.37	36.02
	150m: 1:38.32 34.04	550m: 6:14.14	34.54	950m: 10:56.11	35.05	1350m: 15:43.40	36.03
	200m: 2:12.59 34.27	600m: 6:49.10	34.96	1000m: 11:31.86	35.75	1400m: 16:19.27	35.87
	250m: 2:46.89 34.30	650m: 7:24.19	35.09	1050m: 12:07.62	35.76	1450m: 16:54.58	35.31
	300m: 3:21.52 34.63	700m: 7:59.66	35.47	1100m: 12:43.44	35.82	1500m: 17:29.27	34.69
	350m: 3:55.87 34.35	750m: 8:34.65	34.99	1150m: 13:19.50	36.06		
	400m: 4:30.68 34.81	800m: 9:10.26	35.61	1200m: 13:55.34	35.84		
16.	FARIA Eduardo Nuno	06	Braga	17:31.14	+0,95	568	
	50m: 29.63 29.63	450m: 5:10.27	35.44	850m: 9:53.21	35.51	1250m: 14:36.03	35.29
	100m: 1:03.23 33.60	500m: 5:45.67	35.40	900m: 10:28.37	35.16	1300m: 15:11.39	35.36
	150m: 1:37.54 34.31	550m: 6:21.18	35.51	950m: 11:03.39	35.02	1350m: 15:46.99	35.60
	200m: 2:12.92 35.38	600m: 6:56.64	35.46	1000m: 11:38.87	35.48	1400m: 16:22.52	35.53
	250m: 2:48.13 35.21	650m: 7:32.16	35.52	1050m: 12:14.35	35.48	1450m: 16:57.31	34.79
	300m: 3:24.13 36.00	700m: 8:07.65	35.49	1100m: 12:49.73	35.38	1500m: 17:31.14	33.83
	350m: 3:59.35 35.22	750m: 8:42.96	35.31	1150m: 13:24.76	35.03		
	400m: 4:34.83 35.48	800m: 9:17.70	34.74	1200m: 14:00.74	35.98		
17.	GOMES Marcio Fernandes	04	Braga	17:32.15	+0,88	567	
	50m: 30.53 30.53	450m: 5:05.53	35.08	850m: 9:48.26	35.67	1250m: 14:35.24	35.72
	100m: 1:03.29 32.76	500m: 5:40.44	34.91	900m: 10:23.79	35.53	1300m: 15:10.85	35.61
	150m: 1:37.00 33.71	550m: 6:15.61	35.17	950m: 10:59.59	35.80	1350m: 15:46.69	35.84
	200m: 2:11.47 34.47	600m: 6:50.87	35.26	1000m: 11:35.62	36.03	1400m: 16:22.23	35.54
	250m: 2:46.07 34.60	650m: 7:26.09	35.22	1050m: 12:11.45	35.83	1450m: 16:57.33	35.10
	300m: 3:20.73 34.66	700m: 8:01.80	35.71	1100m: 12:47.82	36.37	1500m: 17:32.15	34.82
	350m: 3:55.37 34.64	750m: 8:37.22	35.42	1150m: 13:23.67	35.85		
	400m: 4:30.45 35.08	800m: 9:12.59	35.37	1200m: 13:59.52	35.85		

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
18.	JEVIC Milan Santos	06	Braga	17:35.20	+0,84	562	
	50m: 30.02 30.02	450m: 5:07.48	35.56 850m: 9:53.13	35.60	1250m: 14:39.12	35.66	
	100m: 1:03.16 33.14	500m: 5:43.13	35.65 900m: 10:28.55	35.42	1300m: 15:14.96	35.84	
	150m: 1:37.18 34.02	550m: 6:18.99	35.86 950m: 11:04.06	35.51	1350m: 15:50.87	35.91	
	200m: 2:11.57 34.39	600m: 6:54.73	35.74 1000m: 11:41.01	36.95	1400m: 16:26.36	35.49	
	250m: 2:46.38 34.81	650m: 7:30.44	35.71 1050m: 12:17.18	36.17	1450m: 17:00.89	34.53	
	300m: 3:21.47 35.09	700m: 8:06.23	35.79 1100m: 12:52.65	35.47	1500m: 17:35.20	34.31	
	350m: 3:56.96 35.49	750m: 8:41.96	35.73 1150m: 13:27.78	35.13			
	400m: 4:31.92 34.96	800m: 9:17.53	35.57 1200m: 14:03.46	35.68			
19.	SANTOS Rui Miguel	06	Famalicao	17:36.39	+0,87	560	
	50m: 29.84 29.84	450m: 5:09.45	35.35 850m: 9:53.32	35.79	1250m: 14:39.15	35.90	
	100m: 1:03.34 33.50	500m: 5:44.66	35.21 900m: 10:28.54	35.22	1300m: 15:15.40	36.25	
	150m: 1:38.07 34.73	550m: 6:20.33	35.67 950m: 11:03.86	35.32	1350m: 15:51.41	36.01	
	200m: 2:13.30 35.23	600m: 6:55.73	35.40 1000m: 11:39.12	35.26	1400m: 16:27.58	36.17	
	250m: 2:48.45 35.15	650m: 7:31.47	35.74 1050m: 12:14.81	35.69	1450m: 17:03.27	35.69	
	300m: 3:23.65 35.20	700m: 8:06.79	35.32 1100m: 12:51.00	36.19	1500m: 17:36.39	33.12	
	350m: 3:58.98 35.33	750m: 8:42.78	35.99 1150m: 13:27.09	36.09			
	400m: 4:34.10 35.12	800m: 9:17.53	34.75 1200m: 14:03.25	36.16			
20.	NUNES Diogo Severino	04	Natacao de Valongo	17:41.10	+0,79	553	
	50m: 29.29 29.29	450m: 5:05.20	34.83 850m: 9:53.02	36.23	1250m: 14:44.17	35.75	
	100m: 1:02.80 33.51	500m: 5:41.02	35.82 900m: 10:29.82	36.80	1300m: 15:20.10	35.93	
	150m: 1:36.21 33.41	550m: 6:16.83	35.81 950m: 11:06.02	36.20	1350m: 15:55.57	35.47	
	200m: 2:10.50 34.29	600m: 6:53.01	36.18 1000m: 11:42.74	36.72	1400m: 16:31.67	36.10	
	250m: 2:44.93 34.43	650m: 7:28.54	35.53 1050m: 12:18.75	36.01	1450m: 17:06.26	34.59	
	300m: 3:19.83 34.90	700m: 8:04.75	36.21 1100m: 12:55.49	36.74	1500m: 17:41.10	34.84	
	350m: 3:54.89 35.06	750m: 8:40.58	35.83 1150m: 13:31.83	36.34			
	400m: 4:30.37 35.48	800m: 9:16.79	36.21 1200m: 14:08.42	36.59			
21.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	17:44.14	+0,75	548	
	50m: 31.00 31.00	450m: 5:11.16	35.51 850m: 9:58.58	35.89	1250m: 14:45.95	35.23	
	100m: 1:04.63 33.63	500m: 5:46.29	35.13 900m: 10:34.94	36.36	1300m: 15:21.78	35.83	
	150m: 1:39.67 35.04	550m: 6:22.30	36.01 950m: 11:11.06	36.12	1350m: 15:57.61	35.83	
	200m: 2:14.53 34.86	600m: 6:58.26	35.96 1000m: 11:47.20	36.14	1400m: 16:33.46	35.85	
	250m: 2:50.11 35.58	650m: 7:34.56	36.30 1050m: 12:23.03	35.83	1450m: 17:09.31	35.85	
	300m: 3:24.92 34.81	700m: 8:10.71	36.15 1100m: 12:58.67	35.64	1500m: 17:44.14	34.83	
	350m: 4:00.23 35.31	750m: 8:46.82	36.11 1150m: 13:34.72	36.05			
	400m: 4:35.65 35.42	800m: 9:22.69	35.87 1200m: 14:10.72	36.00			
22.	REMELHE Joao Anibal	05	Braga	17:44.96	+0,85	547	
	50m: 31.28 31.28	450m: 5:12.81	35.51 850m: 9:59.67	36.25	1250m: 14:47.43	35.54	
	100m: 1:05.74 34.46	500m: 5:48.58	35.77 900m: 10:35.94	36.27	1300m: 15:24.03	36.60	
	150m: 1:40.55 34.81	550m: 6:24.35	35.77 950m: 11:11.95	36.01	1350m: 16:00.02	35.99	
	200m: 2:15.79 35.24	600m: 7:00.41	36.06 1000m: 11:47.87	35.92	1400m: 16:36.32	36.30	
	250m: 2:50.73 34.94	650m: 7:36.07	35.66 1050m: 12:23.75	35.88	1450m: 17:10.90	34.58	
	300m: 3:25.98 35.25	700m: 8:11.89	35.82 1100m: 12:59.77	36.02	1500m: 17:44.96	34.06	
	350m: 4:01.56 35.58	750m: 8:47.45	35.56 1150m: 13:35.97	36.20			
	400m: 4:37.30 35.74	800m: 9:23.42	35.97 1200m: 14:11.89	35.92			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
23.	LOUREIRO Bruno Silva	06	Porto	17:52.77	+0,76	535	
	50m: 33.30 33.30	450m: 5:13.56	35.46	850m: 10:04.39	37.04	1250m: 14:53.50	35.34
	100m: 1:07.46 34.16	500m: 5:49.67	36.11	900m: 10:40.27	35.88	1300m: 15:29.20	35.70
	150m: 1:42.20 34.74	550m: 6:25.60	35.93	950m: 11:17.24	36.97	1350m: 16:05.51	36.31
	200m: 2:17.40 35.20	600m: 7:02.50	36.90	1000m: 11:53.72	36.48	1400m: 16:41.22	35.71
	250m: 2:52.35 34.95	650m: 7:37.55	35.05	1050m: 12:29.88	36.16	1450m: 17:17.24	36.02
	300m: 3:27.27 34.92	700m: 8:14.42	36.87	1100m: 13:06.20	36.32	1500m: 17:52.77	35.53
	350m: 4:02.42 35.15	750m: 8:50.84	36.42	1150m: 13:42.64	36.44		
	400m: 4:38.10 35.68	800m: 9:27.35	36.51	1200m: 14:18.16	35.52		
24.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	17:57.48	+0,72	528	
	50m: 30.55 30.55	450m: 5:09.13	35.18	850m: 10:04.15	36.79	1250m: 14:59.34	37.52
	100m: 1:03.59 33.04	500m: 5:45.11	35.98	900m: 10:41.15	37.00	1300m: 15:35.51	36.17
	150m: 1:37.77 34.18	550m: 6:22.16	37.05	950m: 11:17.68	36.53	1350m: 16:13.12	37.61
	200m: 2:11.74 33.97	600m: 6:59.04	36.88	1000m: 11:54.74	37.06	1400m: 16:49.83	36.71
	250m: 2:46.90 35.16	650m: 7:36.13	37.09	1050m: 12:31.16	36.42	1450m: 17:22.63	32.80
	300m: 3:22.70 35.80	700m: 8:13.25	37.12	1100m: 13:07.77	36.61	1500m: 17:57.48	34.85
	350m: 3:57.94 35.24	750m: 8:49.89	36.64	1150m: 13:44.45	36.68		
	400m: 4:33.95 36.01	800m: 9:27.36	37.47	1200m: 14:21.82	37.37		
25.	SALGADO Goncalo Sampaio	02	Famalicao	18:00.75	+0,70	523	
	50m: 29.75 29.75	450m: 5:12.65	36.55	850m: 10:04.67	36.63	1250m: 14:58.98	36.65
	100m: 1:02.74 32.99	500m: 5:49.18	36.53	900m: 10:41.20	36.53	1300m: 15:35.70	36.72
	150m: 1:37.20 34.46	550m: 6:25.75	36.57	950m: 11:18.02	36.82	1350m: 16:12.72	37.02
	200m: 2:12.33 35.13	600m: 7:02.29	36.54	1000m: 11:54.57	36.55	1400m: 16:49.64	36.92
	250m: 2:47.79 35.46	650m: 7:38.82	36.53	1050m: 12:31.55	36.98	1450m: 17:25.65	36.01
	300m: 3:24.02 36.23	700m: 8:14.98	36.16	1100m: 13:08.70	37.15	1500m: 18:00.75	35.10
	350m: 4:00.16 36.14	750m: 8:51.51	36.53	1150m: 13:45.66	36.96		
	400m: 4:36.10 35.94	800m: 9:28.04	36.53	1200m: 14:22.33	36.67		
26.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	18:00.83	+0,76	523	
	50m: 31.55 31.55	450m: 5:17.60	35.92	850m: 10:07.10	35.97	1250m: 15:00.90	36.88
	100m: 1:06.01 34.46	500m: 5:53.73	36.13	900m: 10:43.71	36.61	1300m: 15:37.57	36.67
	150m: 1:41.22 35.21	550m: 6:29.72	35.99	950m: 11:20.56	36.85	1350m: 16:14.18	36.61
	200m: 2:17.23 36.01	600m: 7:06.07	36.35	1000m: 11:57.30	36.74	1400m: 16:50.44	36.26
	250m: 2:53.10 35.87	650m: 7:42.02	35.95	1050m: 12:33.84	36.54	1450m: 17:26.14	35.70
	300m: 3:29.31 36.21	700m: 8:18.24	36.22	1100m: 13:10.35	36.51	1500m: 18:00.83	34.69
	350m: 4:05.28 35.97	750m: 8:54.59	36.35	1150m: 13:47.01	36.66		
	400m: 4:41.68 36.40	800m: 9:31.13	36.54	1200m: 14:24.02	37.01		
27.	DURAO Miguel Costa	06	Braga	18:06.08	+0,83	515	
	50m: 31.06 31.06	450m: 5:18.62	36.46	850m: 10:10.63	36.87	1250m: 15:04.11	36.56
	100m: 1:05.84 34.78	500m: 5:54.84	36.22	900m: 10:47.31	36.68	1300m: 15:41.09	36.98
	150m: 1:41.51 35.67	550m: 6:31.24	36.40	950m: 11:23.72	36.41	1350m: 16:17.63	36.54
	200m: 2:17.49 35.98	600m: 7:07.72	36.48	1000m: 12:00.49	36.77	1400m: 16:54.48	36.85
	250m: 2:53.71 36.22	650m: 7:43.89	36.17	1050m: 12:37.29	36.80	1450m: 17:30.62	36.14
	300m: 3:30.04 36.33	700m: 8:20.70	36.81	1100m: 13:14.03	36.74	1500m: 18:06.08	35.46
	350m: 4:05.95 35.91	750m: 8:56.99	36.29	1150m: 13:50.89	36.86		
	400m: 4:42.16 36.21	800m: 9:33.76	36.77	1200m: 14:27.55	36.66		

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
28.	TORRES Joao Pedro	05	Porto	18:06.23	+0,64	515	
	50m: 31.36 31.36	450m: 5:12.46	35.14	850m: 10:03.74	36.93	1250m: 15:02.97	37.62
	100m: 1:05.95 34.59	500m: 5:48.70	36.24	900m: 10:41.12	37.38	1300m: 15:40.37	37.40
	150m: 1:40.55 34.60	550m: 6:24.99	36.29	950m: 11:18.66	37.54	1350m: 16:17.47	37.10
	200m: 2:14.94 34.39	600m: 7:01.21	36.22	1000m: 11:55.05	36.39	1400m: 16:54.31	36.84
	250m: 2:49.90 34.96	650m: 7:36.74	35.53	1050m: 12:32.47	37.42	1450m: 17:31.06	36.75
	300m: 3:25.33 35.43	700m: 8:13.18	36.44	1100m: 13:09.93	37.46	1500m: 18:06.23	35.17
	350m: 4:01.46 36.13	750m: 8:49.05	35.87	1150m: 13:47.21	37.28		
	400m: 4:37.32 35.86	800m: 9:26.81	37.76	1200m: 14:25.35	38.14		
29.	CASTRO Vasco Monteiro	06	Porto	18:08.44	+0,82	512	
	50m: 32.00 32.00	450m: 5:21.94	36.49	850m: 10:11.82	36.30	1250m: 15:03.63	36.08
	100m: 1:07.09 35.09	500m: 5:58.76	36.82	900m: 10:48.35	36.53	1300m: 15:40.48	36.85
	150m: 1:42.88 35.79	550m: 6:33.87	35.11	950m: 11:24.73	36.38	1350m: 16:17.33	36.85
	200m: 2:19.36 36.48	600m: 7:09.93	36.06	1000m: 12:01.84	37.11	1400m: 16:54.93	37.60
	250m: 2:55.48 36.12	650m: 7:45.65	35.72	1050m: 12:38.09	36.25	1450m: 17:32.40	37.47
	300m: 3:32.09 36.61	700m: 8:22.57	36.92	1100m: 13:14.73	36.64	1500m: 18:08.44	36.04
	350m: 4:08.71 36.62	750m: 8:58.59	36.02	1150m: 13:51.33	36.60		
	400m: 4:45.45 36.74	800m: 9:35.52	36.93	1200m: 14:27.55	36.22		
30.	LAFUENTE Miguel Teixeira	05	Porto	18:08.72	+0,79	512	
	50m: 30.78 30.78	450m: 5:16.98	36.24	850m: 10:10.18	36.77	1250m: 15:07.38	37.24
	100m: 1:06.15 35.37	500m: 5:53.83	36.85	900m: 10:47.13	36.95	1300m: 15:44.00	36.62
	150m: 1:41.03 34.88	550m: 6:29.70	35.87	950m: 11:23.62	36.49	1350m: 16:21.20	37.20
	200m: 2:16.20 35.17	600m: 7:06.44	36.74	1000m: 12:00.99	37.37	1400m: 16:58.44	37.24
	250m: 2:51.46 35.26	650m: 7:43.58	37.14	1050m: 12:37.66	36.67	1450m: 17:34.27	35.83
	300m: 3:27.90 36.44	700m: 8:20.15	36.57	1100m: 13:14.83	37.17	1500m: 18:08.72	34.45
	350m: 4:04.27 36.37	750m: 8:56.44	36.29	1150m: 13:52.02	37.19		
	400m: 4:40.74 36.47	800m: 9:33.41	36.97	1200m: 14:30.14	38.12		
31.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	18:14.75	+0,87	503	
	50m: 30.77 30.77	450m: 5:13.55	35.85	850m: 10:09.44	36.87	1250m: 15:09.27	38.00
	100m: 1:04.27 33.50	500m: 5:49.94	36.39	900m: 10:46.76	37.32	1300m: 15:47.11	37.84
	150m: 1:39.34 35.07	550m: 6:26.68	36.74	950m: 11:23.31	36.55	1350m: 16:24.84	37.73
	200m: 2:14.41 35.07	600m: 7:03.57	36.89	1000m: 12:00.72	37.41	1400m: 17:02.72	37.88
	250m: 2:49.82 35.41	650m: 7:41.05	37.48	1050m: 12:38.00	37.28	1450m: 17:38.94	36.22
	300m: 3:25.65 35.83	700m: 8:18.02	36.97	1100m: 13:15.68	37.68	1500m: 18:14.75	35.81
	350m: 4:01.80 36.15	750m: 8:55.06	37.04	1150m: 13:53.34	37.66		
	400m: 4:37.70 35.90	800m: 9:32.57	37.51	1200m: 14:31.27	37.93		
32.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	18:17.01	+0,82	500	
	50m: 32.14 32.14	450m: 5:22.41	36.55	850m: 10:16.84	36.71	1250m: 15:13.65	37.06
	100m: 1:07.21 35.07	500m: 5:59.31	36.90	900m: 10:53.66	36.82	1300m: 15:50.51	36.86
	150m: 1:43.22 36.01	550m: 6:36.01	36.70	950m: 11:30.97	37.31	1350m: 16:27.50	36.99
	200m: 2:19.74 36.52	600m: 7:12.52	36.51	1000m: 12:08.03	37.06	1400m: 17:04.34	36.84
	250m: 2:56.03 36.29	650m: 7:49.22	36.70	1050m: 12:45.17	37.14	1450m: 17:40.89	36.55
	300m: 3:32.84 36.81	700m: 8:26.09	36.87	1100m: 13:22.40	37.23	1500m: 18:17.01	36.12
	350m: 4:09.20 36.36	750m: 9:02.77	36.68	1150m: 13:59.34	36.94		
	400m: 4:45.86 36.66	800m: 9:40.13	37.36	1200m: 14:36.59	37.25		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
33.	COSTA Rui Anjos	05	Porto	18:21.28	+0,44	494	
	50m: 32.66 32.66	450m: 5:25.84	36.69	850m: 10:19.16	36.33	1250m: 15:16.89	37.46
	100m: 1:08.82 36.16	500m: 6:02.92	37.08	900m: 10:55.95	36.79	1300m: 15:53.82	36.93
	150m: 1:45.66 36.84	550m: 6:39.81	36.89	950m: 11:32.88	36.93	1350m: 16:31.40	37.58
	200m: 2:22.25 36.59	600m: 7:16.56	36.75	1000m: 12:09.64	36.76	1400m: 17:09.19	37.79
	250m: 2:58.85 36.60	650m: 7:53.10	36.54	1050m: 12:46.56	36.92	1450m: 17:45.96	36.77
	300m: 3:35.71 36.86	700m: 8:29.81	36.71	1100m: 13:23.99	37.43	1500m: 18:21.28	35.32
	350m: 4:12.35 36.64	750m: 9:06.45	36.64	1150m: 14:02.06	38.07		
	400m: 4:49.15 36.80	800m: 9:42.83	36.38	1200m: 14:39.43	37.37		
34.	RIBEIRO Filipe Silva	05	Leixoes	18:26.63	+0,69	487	
	50m: 29.80 29.80	450m: 5:24.92	38.06	850m: 10:22.50	38.36	1250m: 15:21.79	36.83
	100m: 1:04.64 34.84	500m: 6:02.26	37.34	900m: 10:59.17	36.67	1300m: 15:59.93	38.14
	150m: 1:40.24 35.60	550m: 6:38.18	35.92	950m: 11:37.77	38.60	1350m: 16:37.54	37.61
	200m: 2:16.51 36.27	600m: 7:15.08	36.90	1000m: 12:14.63	36.86	1400m: 17:16.12	38.58
	250m: 2:53.30 36.79	650m: 7:52.62	37.54	1050m: 12:51.66	37.03	1450m: 17:52.63	36.51
	300m: 3:30.83 37.53	700m: 8:30.70	38.08	1100m: 13:29.34	37.68	1500m: 18:26.63	34.00
	350m: 4:08.20 37.37	750m: 9:07.14	36.44	1150m: 14:06.86	37.52		
	400m: 4:46.86 38.66	800m: 9:44.14	37.00	1200m: 14:44.96	38.10		
35.	PIRES Gustavo Teixeira	06	Columbofila Cantanheden	18:28.98	+0,70	484	
	50m: 33.32 33.32	450m: 5:27.53	37.07	850m: 10:24.62	36.87	1250m: 15:22.80	37.31
	100m: 1:09.42 36.10	500m: 6:04.85	37.32	900m: 11:02.02	37.40	1300m: 16:00.28	37.48
	150m: 1:46.01 36.59	550m: 6:42.11	37.26	950m: 11:39.32	37.30	1350m: 16:37.82	37.54
	200m: 2:22.67 36.66	600m: 7:19.19	37.08	1000m: 12:16.68	37.36	1400m: 17:15.30	37.48
	250m: 2:59.51 36.84	650m: 7:56.17	36.98	1050m: 12:53.55	36.87	1450m: 17:52.62	37.32
	300m: 3:36.46 36.95	700m: 8:33.23	37.06	1100m: 13:30.99	37.44	1500m: 18:28.98	36.36
	350m: 4:13.26 36.80	750m: 9:10.62	37.39	1150m: 14:08.31	37.32		
	400m: 4:50.46 37.20	800m: 9:47.75	37.13	1200m: 14:45.49	37.18		
36.	SILVA Eduardo Costa	05	Porto	18:30.14	+0,76	483	
	50m: 32.51 32.51	450m: 5:25.23	37.23	850m: 10:24.72	37.80	1250m: 15:26.36	38.55
	100m: 1:07.55 35.04	500m: 6:02.18	36.95	900m: 11:02.00	37.28	1300m: 16:03.86	37.50
	150m: 1:43.85 36.30	550m: 6:39.63	37.45	950m: 11:39.43	37.43	1350m: 16:41.39	37.53
	200m: 2:20.04 36.19	600m: 7:16.84	37.21	1000m: 12:16.59	37.16	1400m: 17:18.03	36.64
	250m: 2:57.12 37.08	650m: 7:55.00	38.16	1050m: 12:54.55	37.96	1450m: 17:55.21	37.18
	300m: 3:33.85 36.73	700m: 8:32.30	37.30	1100m: 13:32.06	37.51	1500m: 18:30.14	34.93
	350m: 4:11.00 37.15	750m: 9:09.69	37.39	1150m: 14:09.92	37.86		
	400m: 4:48.00 37.00	800m: 9:46.92	37.23	1200m: 14:47.81	37.89		
37.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	18:31.30	+1,00	481	
	50m: 31.78 31.78	450m: 5:23.43	37.28	850m: 10:24.51	37.73	1250m: 15:26.53	37.65
	100m: 1:06.92 35.14	500m: 6:00.57	37.14	900m: 11:02.38	37.87	1300m: 16:04.24	37.71
	150m: 1:43.37 36.45	550m: 6:37.73	37.16	950m: 11:40.03	37.65	1350m: 16:41.89	37.65
	200m: 2:19.96 36.59	600m: 7:15.41	37.68	1000m: 12:17.68	37.65	1400m: 17:18.91	37.02
	250m: 2:56.31 36.35	650m: 7:53.31	37.90	1050m: 12:55.55	37.87	1450m: 17:55.98	37.07
	300m: 3:32.44 36.13	700m: 8:31.31	38.00	1100m: 13:33.26	37.71	1500m: 18:31.30	35.32
	350m: 4:09.23 36.79	750m: 9:08.97	37.66	1150m: 14:11.37	38.11		
	400m: 4:46.15 36.92	800m: 9:46.78	37.81	1200m: 14:48.88	37.51		

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
38.	FIGUEIREDO Joao Pinto	06	O Crasto	18:40.12	+0,78	470	
	50m: 31.18 31.18	450m: 5:30.38	37.90	850m: 10:32.66	37.45	1250m: 15:33.67	38.01
	100m: 1:07.33 36.15	500m: 6:07.28	36.90	900m: 11:09.83	37.17	1300m: 16:10.89	37.22
	150m: 1:44.66 37.33	550m: 6:45.64	38.36	950m: 11:47.72	37.89	1350m: 16:48.63	37.74
	200m: 2:22.12 37.46	600m: 7:23.34	37.70	1000m: 12:24.90	37.18	1400m: 17:25.72	37.09
	250m: 2:59.02 36.90	650m: 8:01.76	38.42	1050m: 13:02.78	37.88	1450m: 18:04.22	38.50
	300m: 3:37.53 38.51	700m: 8:39.15	37.39	1100m: 13:40.16	37.38	1500m: 18:40.12	35.90
	350m: 4:15.16 37.63	750m: 9:17.72	38.57	1150m: 14:18.33	38.17		
	400m: 4:52.48 37.32	800m: 9:55.21	37.49	1200m: 14:55.66	37.33		
39.	PEREIRA Tomas Veiga	06	Fundacao Beatriz Santos	18:42.10	+0,77	467	
	50m: 33.65 33.65	450m: 5:35.21	37.46	850m: 10:35.43	37.72	1250m: 15:35.47	37.35
	100m: 1:10.44 36.79	500m: 6:12.87	37.66	900m: 11:12.63	37.20	1300m: 16:13.30	37.83
	150m: 1:48.05 37.61	550m: 6:49.86	36.99	950m: 11:50.38	37.75	1350m: 16:51.01	37.71
	200m: 2:25.60 37.55	600m: 7:27.68	37.82	1000m: 12:28.27	37.89	1400m: 17:28.58	37.57
	250m: 3:03.29 37.69	650m: 8:04.63	36.95	1050m: 13:06.01	37.74	1450m: 18:05.76	37.18
	300m: 3:41.69 38.40	700m: 8:42.27	37.64	1100m: 13:43.40	37.39	1500m: 18:42.10	36.34
	350m: 4:19.62 37.93	750m: 9:19.86	37.59	1150m: 14:20.65	37.25		
	400m: 4:57.75 38.13	800m: 9:57.71	37.85	1200m: 14:58.12	37.47		
40.	LUCAS Joao Neves	06	Columbofila Cantanheden	19:06.15	+0,77	438	
	50m: 32.48 32.48	450m: 5:33.06	38.16	850m: 10:42.57	39.09	1250m: 15:54.10	39.03
	100m: 1:08.37 35.89	500m: 6:11.25	38.19	900m: 11:21.05	38.48	1300m: 16:32.85	38.75
	150m: 1:45.32 36.95	550m: 6:49.95	38.70	950m: 12:00.20	39.15	1350m: 17:11.64	38.79
	200m: 2:22.91 37.59	600m: 7:28.71	38.76	1000m: 12:39.15	38.95	1400m: 17:50.05	38.41
	250m: 3:00.85 37.94	650m: 8:07.41	38.70	1050m: 13:18.21	39.06	1450m: 18:28.89	38.84
	300m: 3:38.61 37.76	700m: 8:45.87	38.46	1100m: 13:57.37	39.16	1500m: 19:06.15	37.26
	350m: 4:16.90 38.29	750m: 9:24.96	39.09	1150m: 14:36.36	38.99		
	400m: 4:54.90 38.00	800m: 10:03.48	38.52	1200m: 15:15.07	38.71		
41.	SILVA Tomas Caineta	05	Estarreja	19:10.70	+0,72	433	
	50m: 31.99 31.99	450m: 5:29.19	37.28	850m: 10:38.97	38.92	1250m: 15:54.68	39.95
	100m: 1:07.77 35.78	500m: 6:07.23	38.04	900m: 11:18.34	39.37	1300m: 16:34.60	39.92
	150m: 1:44.64 36.87	550m: 6:45.50	38.27	950m: 11:57.23	38.89	1350m: 17:14.17	39.57
	200m: 2:22.34 37.70	600m: 7:24.29	38.79	1000m: 12:36.56	39.33	1400m: 17:53.87	39.70
	250m: 2:59.43 37.09	650m: 8:03.17	38.88	1050m: 13:16.09	39.53	1450m: 18:32.78	38.91
	300m: 3:36.99 37.56	700m: 8:42.09	38.92	1100m: 13:55.66	39.57	1500m: 19:10.70	37.92
	350m: 4:14.28 37.29	750m: 9:20.84	38.75	1150m: 14:35.37	39.71		
	400m: 4:51.91 37.63	800m: 10:00.05	39.21	1200m: 15:14.73	39.36		
42.	PANASYUK Nil	06	Braga	19:23.08	+0,86	420	
	50m: 33.10 33.10	450m: 5:40.32	38.64	850m: 10:52.45	38.81	1250m: 16:08.12	39.20
	100m: 1:10.04 36.94	500m: 6:19.31	38.99	900m: 11:32.26	39.81	1300m: 16:47.72	39.60
	150m: 1:48.10 38.06	550m: 6:58.42	39.11	950m: 12:11.53	39.27	1350m: 17:27.35	39.63
	200m: 2:26.32 38.22	600m: 7:37.30	38.88	1000m: 12:51.54	40.01	1400m: 18:07.61	40.26
	250m: 3:05.19 38.87	650m: 8:16.59	39.29	1050m: 13:30.91	39.37	1450m: 18:46.37	38.76
	300m: 3:43.82 38.63	700m: 8:55.84	39.25	1100m: 14:10.02	39.11	1500m: 19:23.08	36.71
	350m: 4:22.56 38.74	750m: 9:34.59	38.75	1150m: 14:49.21	39.19		
	400m: 5:01.68 39.12	800m: 10:13.64	39.05	1200m: 15:28.92	39.71		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
43.	CALHANDRO Guilherme Oliveira	06	Natacao da Maia	19:43.07	+0,83	399	
	50m: 32.57 32.57	450m: 5:45.04	39.73	850m: 11:03.45	39.49	1250m: 16:24.28	40.46
	100m: 1:10.69 38.12	500m: 6:24.60	39.56	900m: 11:43.76	40.31	1300m: 17:04.96	40.68
	150m: 1:49.59 38.90	550m: 7:03.96	39.36	950m: 12:23.79	40.03	1350m: 17:45.18	40.22
	200m: 2:28.04 38.45	600m: 7:43.86	39.90	1000m: 13:04.05	40.26	1400m: 18:25.50	40.32
	250m: 3:07.50 39.46	650m: 8:24.11	40.25	1050m: 13:43.86	39.81	1450m: 19:05.00	39.50
	300m: 3:46.15 38.65	700m: 9:03.75	39.64	1100m: 14:23.80	39.94	1500m: 19:43.07	38.07
	350m: 4:25.84 39.69	750m: 9:43.81	40.06	1150m: 15:04.29	40.49		
	400m: 5:05.31 39.47	800m: 10:23.96	40.15	1200m: 15:43.82	39.53		

Prova 3

Femin., 50m Costas

Absolutos

29/05/2021 - 11:20

Resultados

RN 50 Absoluto	28.43	AZEVEDO Rafaela Gomes	SAD	Lisboa	09/02/2020
RN 50 Absoluto	28.43	AZEVEDO Rafaela Gomes	SAD	Oeiras	13/02/2021
RN 50 Sen	28.43	AZEVEDO Rafaela Gomes	SAD	Lisboa	09/02/2020
RN 50 Sen	28.43	AZEVEDO Rafaela Gomes	SAD	Oeiras	13/02/2021
RN 50 Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05/07/2019
RN 50 Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	23/08/2019
RN 50 Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26/07/2018
RN 50 Juv A	29.42	tempo limite			
RN 50 Juv B	30.52	tempo limite			

TAC Sen19+ 50m: 32.30 - 25m: 31.21; Sen18 50m: 33.08 - 25m: 32.13; Jun17 50m: 33.25 - 25m: 32.69; Jun16 50m: 34.04 - 25m: 32.69; Juv A 50m: 34.04 - 25m: 32.69; Juv B 50m: 34.04 - 25m: 32.69

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MESQUITA Mafalda Martins	07	Famalicao	32.68	+0,70	562	
Juvenis A							
1.	COSTA Daniela Alexandra	06	Leixoes	33.52	+0,73	521	
Absolutos							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	29.76	+0,65	745	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	30.34	+0,57	703	
3.	OLIVEIRA Ana Rita	04	Colegio Efanor	30.70	+0,67	678	
4.	EIRA Maria Carolina	05	Ginasio de Vila Real	31.44	+0,69	631	
5.	LEITE Ana Sofia	93	Ginasio de Vila Real	31.66	+0,67	618	
6.	MARQUES Maria Vieira	04	Natacao de Vagos	31.73	+0,66	614	
7.	MARQUES Mariana Nunes	03	Estarreja	31.90	+0,61	604	
8.	SOARES Ana Beatriz	03	Feirense	32.05	+0,63	596	
9.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	32.12	+0,72	592	
10.	COSTA Joana Santos	04	Galitos / Bresimar	32.25	+0,68	585	
11.	SILVA Maria Ines	05	Porto	32.33	+0,68	581	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 3, Femin., 50m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	32.43	+0,80	575	
13.	PEREIRA Isabel dos Santos	05	Colegio Efanor	32.51	+0,73	571	
14.	MESQUITA Mafalda Martins	07	Famalicao	32.68	+0,70	562	
15.	FERREIRA Leonor Marques	03	Campinho	32.90	+0,65	551	
16.	NEVES Maria Manuel	05	Braga	33.21	+0,76	536	
17.	COSTA Daniela Alexandra	06	Leixoes	33.52	+0,73	521	

Seniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	29.76	+0,65	745	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	30.34	+0,57	703	
3.	LEITE Ana Sofia	93	Ginasio de Vila Real	31.66	+0,67	618	
4.	MARQUES Mariana Nunes	03	Estarreja	31.90	+0,61	604	
5.	SOARES Ana Beatriz	03	Feirense	32.05	+0,63	596	
6.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	32.43	+0,80	575	
7.	FERREIRA Leonor Marques	03	Campinho	32.90	+0,65	551	

Prova 4

Masc., 50m Costas

Absolutos

29/05/2021 - 11:25

Resultados

RN 50 Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021
RN 50 Sen	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021
RN 50 Jun18	26.22	COSTA Joao Nogueira	POR	Budapest (HUN)	22/08/2019
RN 50 Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14/04/2019
RN 50 Juv A	27.65	tempo limite			
RN 50 Juv B	28.21	tempo limite			

TAC Sen20+ 50m: 28.52 - 25m: 27.20; Sen19 50m: 29.24 - 25m: 28.09; Jun18 50m: 29.38 - 25m: 28.23; Jun17 50m: 30.36 - 25m: 28.55; Juv A 50m: 30.36 - 25m: 28.55; Juv B 50m: 30.36 - 25m: 28.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis A

1.	PEREIRA Tomas Coelho	05	Penafiel	27.93	+0,64	634	
2.	RIBEIRO Filipe Silva	05	Leixoes	29.63	+0,63	531	

Absolutos

1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	26.07	+0,64	780	
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	26.64	+0,62	731	
3.	NUNES Porfirio Braga	00	Porto	26.78	+0,60	719	
4.	CASTRO Duarte Monteiro	03	Porto	27.82	+0,64	642	
5.	PEREIRA Tomas Coelho	05	Penafiel	27.93	+0,64	634	
6.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	27.96	+0,63	632	
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	28.12	+0,62	621	
8.	ZENZA Francisco Manuel	01	Natacao da Maia	28.46	+0,60	599	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 4, Masc., 50m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	SOUSA Nuno Alexandre	02	Academico Viseu	28.64	+0,70	588	
10.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	28.66	+0,61	587	
11.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	28.84	+0,58	576	
12.	LOURENCO Tiago Campos	02	Natacao de Valongo	29.18	+0,63	556	
13.	LIMA Gaspar Pinheiro	04	Leixoes	29.19	+0,68	555	
14.	FAUSTINO Matheus Costa	98	Braga	29.38	+0,52	545	
15.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	29.40	+0,69	543	
16.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	29.48	+0,63	539	
17.	RIBEIRO Filipe Silva	05	Leixoes	29.63	+0,63	531	
18.	ANTUNES Joao Afonso	04	Galitos / Bresimar	29.96	+0,73	514	
19.	SOUSA Tomas Castro	04	Vitoria Guimaraes	30.34	+0,68	494	

Seniores

1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	26.07	+0,64	780	
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	26.64	+0,62	731	
3.	NUNES Porfirio Braga	00	Porto	26.78	+0,60	719	
4.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	27.96	+0,63	632	
5.	ROCHA Ricardo Filipe	02	Aquatico Pacense	28.12	+0,62	621	
6.	ZENZA Francisco Manuel	01	Natacao da Maia	28.46	+0,60	599	
7.	SOUSA Nuno Alexandre	02	Academico Viseu	28.64	+0,70	588	
8.	LOURENCO Tiago Campos	02	Natacao de Valongo	29.18	+0,63	556	
9.	FAUSTINO Matheus Costa	98	Braga	29.38	+0,52	545	
10.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	29.40	+0,69	543	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 5	Femin., 200m Mariposa				Absolutos
29/05/2021 - 11:25					Resultados
RN 50 Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
RN 50 Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
RN 50 Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04/08/2002
RN 50 Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29/07/2018
RN 50 Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20/07/1995
RN 50 Juv B	2:20.75	MIGUEL Susana Patricia	POR	G�nova (ITA)	04/07/2004

TAC Sen19+ 50m: 2:27.06 - 25m: 2:25.60; Sen18 50m: 2:34.45 - 25m: 2:31.42; Jun17 50m: 2:35.23 - 25m: 2:37.62; Jun16 50m: 2:42.17 - 25m: 2:37.62; Juv A 50m: 2:45.10 - 25m: 2:42.48; Juv B 50m: 2:52.10 - 25m: 2:49.48

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:29.65	+0,91	539
	50m: 33.21 33.21	100m: 1:10.21	37.00 150m: 1:48.99	38.78	200m: 2:29.65	40.66
2.	SOUSA Maria Rita	07	Desportiva de Viana	2:40.76	+0,97	435
	50m: 32.94 32.94	100m: 1:11.61	38.67 150m: 1:54.72	43.11	200m: 2:40.76	46.04
3.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:46.59	+0,82	390
	50m: 33.02 33.02	100m: 1:12.56	39.54 150m: 1:59.98	47.42	200m: 2:46.59	46.61
4.	MARQUES Gabriela Silva	07	Braga	2:47.18	+0,84	386
	50m: 33.98 33.98	100m: 1:15.31	41.33 150m: 2:00.16	44.85	200m: 2:47.18	47.02
5.	GOMES Rita Cunha	07	Viana Natacao	2:52.59	+1,14	351
	50m: 36.75 36.75	100m: 1:18.82	42.07 150m: 2:05.16	46.34	200m: 2:52.59	47.43
6.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	2:59.97	+0,73	310
	50m: 34.90 34.90	100m: 1:18.03	43.13 150m: 2:09.63	51.60	200m: 2:59.97	50.34

Juvenis A

1.	TINOCO Diana Silva	06	Columbifila Cantanhedense	2:30.79	+0,75	527
	50m: 33.62 33.62	100m: 1:11.62	38.00 150m: 1:51.11	39.49	200m: 2:30.79	39.68
2.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	2:31.46	+0,74	520
	50m: 33.35 33.35	100m: 1:10.02	36.67 150m: 1:50.33	40.31	200m: 2:31.46	41.13
3.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	2:35.38	+0,74	481
	50m: 33.59 33.59	100m: 1:12.77	39.18 150m: 1:53.67	40.90	200m: 2:35.38	41.71
4.	BROCHADO Mariana Goncalves	06	Viana Natacao	2:44.37	+1,15	406
	50m: 34.13 34.13	100m: 1:14.16	40.03 150m: 1:57.86	43.70	200m: 2:44.37	46.51

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 5, Femin., 200m Mariposa

Juniores

1.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:27.41	+0,65	564
	50m: 32.34 32.34	100m: 1:09.99	37.65 150m: 1:49.02	39.03	200m: 2:27.41	38.39
2.	LIGEIRO Daniela Silva	04	Viana Natacao	2:29.14	+0,76	544
	50m: 32.14 32.14	100m: 1:09.69	37.55 150m: 1:49.47	39.78	200m: 2:29.14	39.67
3.	MONTEIRO Ana Carolina	04	Individual ANC	2:30.92	+0,70	525
	50m: 32.24 32.24	100m: 1:09.40	37.16 150m: 1:49.31	39.91	200m: 2:30.92	41.61
4.	SILVA Joana Ferreira	05	Leixoes	2:31.37	+0,75	521
	50m: 33.73 33.73	100m: 1:11.95	38.22 150m: 1:50.92	38.97	200m: 2:31.37	40.45
5.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	2:33.67	+0,75	498
	50m: 33.47 33.47	100m: 1:12.17	38.70 150m: 1:52.46	40.29	200m: 2:33.67	41.21
6.	GASPAR Beatriz Ferreira	04	Individual ANC	2:35.75	+0,77	478
	50m: 35.24 35.24	100m: 1:15.21	39.97 150m: 1:55.27	40.06	200m: 2:35.75	40.48
7.	NOVO Marta Luisa	05	Viana Natacao	2:40.12	+0,82	440
	50m: 33.98 33.98	100m: 1:13.89	39.91 150m: 1:56.10	42.21	200m: 2:40.12	44.02

Absolutos

1.	MONTEIRO Ana Catarina	93	Vilacondense	2:12.42	+0,67	778
	50m: 29.65 29.65	100m: 1:03.51	33.86 150m: 1:37.94	34.43	200m: 2:12.42	34.48
2.	TEJO Beatriz Costa	02	Academica de Coimbra	2:25.83	+0,64	582
	50m: 31.21 31.21	100m: 1:07.56	36.35 150m: 1:45.99	38.43	200m: 2:25.83	39.84
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:27.41	+0,65	564
	50m: 32.34 32.34	100m: 1:09.99	37.65 150m: 1:49.02	39.03	200m: 2:27.41	38.39
4.	LIGEIRO Daniela Silva	04	Viana Natacao	2:29.14	+0,76	544
	50m: 32.14 32.14	100m: 1:09.69	37.55 150m: 1:49.47	39.78	200m: 2:29.14	39.67
5.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:29.65	+0,91	539
	50m: 33.21 33.21	100m: 1:10.21	37.00 150m: 1:48.99	38.78	200m: 2:29.65	40.66
6.	SILVA Eduarda Reis	03	Famalicao	2:29.97	+0,79	535
	50m: 33.09 33.09	100m: 1:10.35	37.26 150m: 1:49.25	38.90	200m: 2:29.97	40.72
7.	TINOCO Diana Silva	06	Columbofila Cantanhedense	2:30.79	+0,75	527
	50m: 33.62 33.62	100m: 1:11.62	38.00 150m: 1:51.11	39.49	200m: 2:30.79	39.68
8.	MONTEIRO Ana Carolina	04	Individual ANC	2:30.92	+0,70	525
	50m: 32.24 32.24	100m: 1:09.40	37.16 150m: 1:49.31	39.91	200m: 2:30.92	41.61
9.	SILVA Joana Ferreira	05	Leixoes	2:31.37	+0,75	521
	50m: 33.73 33.73	100m: 1:11.95	38.22 150m: 1:50.92	38.97	200m: 2:31.37	40.45
10.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	2:31.46	+0,74	520
	50m: 33.35 33.35	100m: 1:10.02	36.67 150m: 1:50.33	40.31	200m: 2:31.46	41.13
11.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	2:33.67	+0,75	498
	50m: 33.47 33.47	100m: 1:12.17	38.70 150m: 1:52.46	40.29	200m: 2:33.67	41.21

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 5, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	2:35.38	+0,74	481	
	50m: 33.59 33.59	100m: 1:12.77	39.18 150m: 1:53.67	40.90	200m: 2:35.38	41.71	
13.	GASPAR Beatriz Ferreira	04	Individual ANC	2:35.75	+0,77	478	
	50m: 35.24 35.24	100m: 1:15.21	39.97 150m: 1:55.27	40.06	200m: 2:35.75	40.48	
14.	SILVA Leonor Santos	03	Porto	2:36.13	+0,71	474	
	50m: 32.72 32.72	100m: 1:10.48	37.76 150m: 1:51.82	41.34	200m: 2:36.13	44.31	
15.	NEVES Sara Dias	03	Miranda do Corvo	2:37.75	+0,60	460	
	50m: 34.36 34.36	100m: 1:13.17	38.81 150m: 1:55.91	42.74	200m: 2:37.75	41.84	
16.	NOVO Marta Luisa	05	Viana Natacao	2:40.12	+0,82	440	
	50m: 33.98 33.98	100m: 1:13.89	39.91 150m: 1:56.10	42.21	200m: 2:40.12	44.02	
17.	SOUSA Maria Rita	07	Desportiva de Viana	2:40.76	+0,97	435	
	50m: 32.94 32.94	100m: 1:11.61	38.67 150m: 1:54.72	43.11	200m: 2:40.76	46.04	
18.	BROCHADO Mariana Goncalves	06	Viana Natacao	2:44.37	+1,15	406	
	50m: 34.13 34.13	100m: 1:14.16	40.03 150m: 1:57.86	43.70	200m: 2:44.37	46.51	
19.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:46.59	+0,82	390	
	50m: 33.02 33.02	100m: 1:12.56	39.54 150m: 1:59.98	47.42	200m: 2:46.59	46.61	
20.	MARQUES Gabriela Silva	07	Braga	2:47.18	+0,84	386	
	50m: 33.98 33.98	100m: 1:15.31	41.33 150m: 2:00.16	44.85	200m: 2:47.18	47.02	
21.	GOMES Rita Cunha	07	Viana Natacao	2:52.59	+1,14	351	
	50m: 36.75 36.75	100m: 1:18.82	42.07 150m: 2:05.16	46.34	200m: 2:52.59	47.43	
22.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	2:59.97	+0,73	310	
	50m: 34.90 34.90	100m: 1:18.03	43.13 150m: 2:09.63	51.60	200m: 2:59.97	50.34	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 6	Masc., 200m Mariposa					Absolutos
29/05/2021 - 11:40						Resultados
RN 50 Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009	
RN 50 Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009	
RN 50 Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08/07/2006	
RN 50 Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16/07/2005	
RN 50 Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31/07/2004	
RN 50 Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26/07/2015	

TAC Sen20+ 50m: 2:11.21 - 25m: 2:08.47; Sen19 50m: 2:15.08 - 25m: 2:12.05; Jun18 50m: 2:15.75 - 25m: 2:12.71; Jun17 50m: 2:24.83 - 25m: 2:20.53; Juv A 50m: 2:30.75 - 25m: 2:26.36; Juv B 50m: 2:33.49 - 25m: 2:29.02

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	PEREIRA Rodrigo Ferreira	06	Famalicao	2:18.32	+0,54	513	
	50m: 29.13 29.13	100m: 1:03.18	34.05	150m: 1:39.88	36.70	200m: 2:18.32	38.44
2.	MARQUES Jose Miguel	06	Condeixa Clube	2:23.89	+0,74	455	
	50m: 31.68 31.68	100m: 1:08.08	36.40	150m: 1:45.63	37.55	200m: 2:23.89	38.26
3.	RAMOS Gustavo Gomes	06	Porto	2:26.68	+0,71	430	
	50m: 31.43 31.43	100m: 1:07.59	36.16	150m: 1:45.73	38.14	200m: 2:26.68	40.95
4.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	2:27.42	+0,80	423	
	50m: 31.60 31.60	100m: 1:08.36	36.76	150m: 1:47.77	39.41	200m: 2:27.42	39.65
5.	MAGALHAES Goncalo Sa	06	Leixoes	2:29.02	+0,68	410	
	50m: 31.99 31.99	100m: 1:08.34	36.35	150m: 1:47.23	38.89	200m: 2:29.02	41.79
6.	OLIVEIRA Tomas Varanda	06	Cumbofila Cantanhedens	2:32.95	+0,67	379	
	50m: 32.08 32.08	100m: 1:09.60	37.52	150m: 1:50.21	40.61	200m: 2:32.95	42.74

Juvenis A

1.	LOPES Afonso Teixeira	05	Foca Quinta da Lixa CNF	2:21.06	+0,82	483	
	50m: 30.56 30.56	100m: 1:05.35	34.79	150m: 1:42.98	37.63	200m: 2:21.06	38.08
2.	CARNEIRO Henrique Rocha	05	Aquatico Pacense	2:21.61	+0,89	478	
	50m: 31.24 31.24	100m: 1:05.61	34.37	150m: 1:42.50	36.89	200m: 2:21.61	39.11
3.	MAGALHAES Andre Lima	05	Porto	2:22.09	+0,64	473	
	50m: 30.13 30.13	100m: 1:06.05	35.92	150m: 1:43.39	37.34	200m: 2:22.09	38.70
4.	GONCALVES Jose Luis	05	Fafe	2:22.86	+0,80	465	
	50m: 29.44 29.44	100m: 1:03.95	34.51	150m: 1:41.87	37.92	200m: 2:22.86	40.99
5.	PINHO Celso Rodrigues	05	Sporting de Espinho	2:23.99	+0,67	454	
	50m: 30.50 30.50	100m: 1:05.78	35.28	150m: 1:43.63	37.85	200m: 2:23.99	40.36
6.	ROCHA Jose Miguel	05	Cumbofila Cantanhedens	2:26.66	+0,75	430	
	50m: 31.29 31.29	100m: 1:08.38	37.09	150m: 1:46.15	37.77	200m: 2:26.66	40.51

DSQ MENDES Diogo Alexandre 05 Natacao de Vagos
o atleta tocou apenas com uma m o na viragem aos 150m

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 6, Masc., 200m Mariposa

Juniores

1.	APSENIECE Kevins Alexandre	04	Porto	2:05.15	+0,73	692
	50m: 27.56 27.56	100m: 59.55	31.99 150m: 1:31.51	31.96	200m: 2:05.15	33.64
2.	ARAUJO Joao Guilherme	03	Natacao da Maia	2:12.56	+0,78	582
	50m: 28.70 28.70	100m: 1:01.77	33.07 150m: 1:36.17	34.40	200m: 2:12.56	36.39
3.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:13.24	+0,72	573
	50m: 29.18 29.18	100m: 1:03.42	34.24 150m: 1:37.36	33.94	200m: 2:13.24	35.88
4.	LEAL Dinis Barros	03	Aquatico Pacense	2:13.39	+0,70	572
	50m: 28.85 28.85	100m: 1:02.17	33.32 150m: 1:37.07	34.90	200m: 2:13.39	36.32
5.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:17.04	+0,69	527
	50m: 30.35 30.35	100m: 1:04.66	34.31 150m: 1:40.48	35.82	200m: 2:17.04	36.56
6.	CRUZ David Miguel	04	Braga	2:17.78	+0,71	519
	50m: 29.75 29.75	100m: 1:04.01	34.26 150m: 1:40.21	36.20	200m: 2:17.78	37.57
7.	BARBOSA Pedro Xavier	04	Desportiva de Viana	2:18.89	+0,63	506
	50m: 29.77 29.77	100m: 1:04.04	34.27 150m: 1:40.81	36.77	200m: 2:18.89	38.08
8.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:19.15	+0,59	503
	50m: 30.34 30.34	100m: 1:05.27	34.93 150m: 1:41.62	36.35	200m: 2:19.15	37.53
9.	VALE Henrique Santa	04	Ginasio Santo Tirso	2:24.37	+0,96	451
	50m: 31.22 31.22	100m: 1:06.38	35.16 150m: 1:44.57	38.19	200m: 2:24.37	39.80

Absolutos

1.	SILVA Tomas Antonio	01	Porto	2:04.14	+0,58	709
	50m: 27.30 27.30	100m: 58.66	31.36 150m: 1:31.26	32.60	200m: 2:04.14	32.88
2.	APSENIECE Kevins Alexandre	04	Porto	2:05.15	+0,73	692
	50m: 27.56 27.56	100m: 59.55	31.99 150m: 1:31.51	31.96	200m: 2:05.15	33.64
3.	SILVA Henrique Gomes	02	Estamos Juntos	2:06.06	+0,67	677
	50m: 27.69 27.69	100m: 59.32	31.63 150m: 1:32.39	33.07	200m: 2:06.06	33.67
4.	SILVA Joao Carlos	98	Famalicao	2:07.44	+0,61	655
	50m: 28.19 28.19	100m: 1:00.47	32.28 150m: 1:33.65	33.18	200m: 2:07.44	33.79
5.	SAMPAIO Jose Pedro	98	Porto	2:11.01	+0,70	603
	50m: 28.18 28.18	100m: 1:00.88	32.70 150m: 1:34.95	34.07	200m: 2:11.01	36.06
6.	ARAUJO Joao Guilherme	03	Natacao da Maia	2:12.56	+0,78	582
	50m: 28.70 28.70	100m: 1:01.77	33.07 150m: 1:36.17	34.40	200m: 2:12.56	36.39
7.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:13.24	+0,72	573
	50m: 29.18 29.18	100m: 1:03.42	34.24 150m: 1:37.36	33.94	200m: 2:13.24	35.88
8.	LEAL Dinis Barros	03	Aquatico Pacense	2:13.39	+0,70	572
	50m: 28.85 28.85	100m: 1:02.17	33.32 150m: 1:37.07	34.90	200m: 2:13.39	36.32
9.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:17.04	+0,69	527
	50m: 30.35 30.35	100m: 1:04.66	34.31 150m: 1:40.48	35.82	200m: 2:17.04	36.56

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 6, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	CRUZ David Miguel	04	Braga	2:17.78	+0,71	519	
	50m: 29.75 29.75 100m: 1:04.01 34.26 150m: 1:40.21 36.20 200m: 2:17.78 37.57						
11.	PEREIRA Rodrigo Ferreira	06	Famalicao	2:18.32	+0,54	513	
	50m: 29.13 29.13 100m: 1:03.18 34.05 150m: 1:39.88 36.70 200m: 2:18.32 38.44						
12.	MAGALHAES Eduardo Miguel	02	Vitoria Guimaraes	2:18.45	+0,72	511	
	50m: 29.23 29.23 100m: 1:03.42 34.19 150m: 1:40.28 36.86 200m: 2:18.45 38.17						
13.	BARBOSA Pedro Xavier	04	Desportiva de Viana	2:18.89	+0,63	506	
	50m: 29.77 29.77 100m: 1:04.04 34.27 150m: 1:40.81 36.77 200m: 2:18.89 38.08						
14.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:19.15	+0,59	503	
	50m: 30.34 30.34 100m: 1:05.27 34.93 150m: 1:41.62 36.35 200m: 2:19.15 37.53						
15.	LOPES Afonso Teixeira	05	Foca Quinta da Lixa CNF	2:21.06	+0,82	483	
	50m: 30.56 30.56 100m: 1:05.35 34.79 150m: 1:42.98 37.63 200m: 2:21.06 38.08						
16.	CARNEIRO Henrique Rocha	05	Aquatico Pacense	2:21.61	+0,89	478	
	50m: 31.24 31.24 100m: 1:05.61 34.37 150m: 1:42.50 36.89 200m: 2:21.61 39.11						
17.	MAGALHAES Andre Lima	05	Porto	2:22.09	+0,64	473	
	50m: 30.13 30.13 100m: 1:06.05 35.92 150m: 1:43.39 37.34 200m: 2:22.09 38.70						
18.	GONCALVES Jose Luis	05	Fafe	2:22.86	+0,80	465	
	50m: 29.44 29.44 100m: 1:03.95 34.51 150m: 1:41.87 37.92 200m: 2:22.86 40.99						
19.	MARQUES Jose Miguel	06	Condeixa Clube	2:23.89	+0,74	455	
	50m: 31.68 31.68 100m: 1:08.08 36.40 150m: 1:45.63 37.55 200m: 2:23.89 38.26						
20.	PINHO Celso Rodrigues	05	Sporting de Espinho	2:23.99	+0,67	454	
	50m: 30.50 30.50 100m: 1:05.78 35.28 150m: 1:43.63 37.85 200m: 2:23.99 40.36						
21.	VALE Henrique Santa	04	Ginasio Santo Tirso	2:24.37	+0,96	451	
	50m: 31.22 31.22 100m: 1:06.38 35.16 150m: 1:44.57 38.19 200m: 2:24.37 39.80						
22.	ROCHA Jose Miguel	05	Cumbofila Cantanhedens	2:26.66	+0,75	430	
	50m: 31.29 31.29 100m: 1:08.38 37.09 150m: 1:46.15 37.77 200m: 2:26.66 40.51						
23.	RAMOS Gustavo Gomes	06	Porto	2:26.68	+0,71	430	
	50m: 31.43 31.43 100m: 1:07.59 36.16 150m: 1:45.73 38.14 200m: 2:26.68 40.95						
24.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	2:27.42	+0,80	423	
	50m: 31.60 31.60 100m: 1:08.36 36.76 150m: 1:47.77 39.41 200m: 2:27.42 39.65						
25.	MAGALHAES Goncalo Sa	06	Leixoes	2:29.02	+0,68	410	
	50m: 31.99 31.99 100m: 1:08.34 36.35 150m: 1:47.23 38.89 200m: 2:29.02 41.79						
26.	OLIVEIRA Tomas Varanda	06	Cumbofila Cantanhedens	2:32.95	+0,67	379	
	50m: 32.08 32.08 100m: 1:09.60 37.52 150m: 1:50.21 40.61 200m: 2:32.95 42.74						
DSQ	MENDES Diogo Alexandre	05	Natacao de Vagos				
	<i>o atleta tocou apenas com uma m�o na viragem aos 150m</i>						
DNS	OVIEDO Miguel Freitas	02	Academica de Coimbra				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 7	Femin., 100m Livres				Absolutos
29/05/2021 - 11:50					Resultados
RN 50 Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
RN 50 Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
RN 50 Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04/04/2019
RN 50 Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04/07/2018
RN 50 Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08/07/2009
RN 50 Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22/07/2019

TAC Sen19+ 50m: 1:00.77 - 25m: 59.19; Sen18 50m: 1:01.78 - 25m: 1:00.43; Jun17 50m: 1:02.09 - 25m: 1:00.73; Jun16 50m: 1:03.41 - 25m: 1:02.41; Juv A 50m: 1:06.40 - 25m: 1:05.10; Juv B 50m: 1:08.31 - 25m: 1:06.98

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MANO Leonor Mil	07	Fundacao Beatriz Santos	1:00.92	+0,71	611	
	50m: 29.37 29.37	100m: 1:00.92	31.55				
2.	MESQUITA Mafalda Martins	07	Famalicao	1:02.11	+0,72	577	
	50m: 30.21 30.21	100m: 1:02.11	31.90				
3.	GOMES Barbara Sofia	07	Leixoes	1:02.20	+0,77	574	
	50m: 29.76 29.76	100m: 1:02.20	32.44				
4.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	1:02.33	+0,78	570	
	50m: 29.81 29.81	100m: 1:02.33	32.52				
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	1:02.92	+0,85	555	
	50m: 30.63 30.63	100m: 1:02.92	32.29				
6.	SILVA Carolina Martins	07	Estarreja	1:04.98	+0,61	503	
	50m: 30.83 30.83	100m: 1:04.98	34.15				
7.	PEREIRA Beatriz Azevedo	07	Colegio SMLamas	1:06.57	+0,95	468	
	50m: 31.39 31.39	100m: 1:06.57	35.18				
8.	MARQUES Gabriela Silva	07	Braga	1:06.96	+0,86	460	
	50m: 31.91 31.91	100m: 1:06.96	35.05				
9.	SANTOS Leonor Costa	07	Galitos / Bresimar	1:07.14	+0,79	456	
	50m: 32.04 32.04	100m: 1:07.14	35.10				
10.	REBELO Mafalda Guimaraes	07	Fluvial Portuense	1:07.53	+0,86	448	
	50m: 31.92 31.92	100m: 1:07.53	35.61				
11.	PINTO Mariana Alexandra	07	Braga	1:08.75	+0,98	425	
	50m: 32.53 32.53	100m: 1:08.75	36.22				
DSQ	CABRAL Carolina Vizinho	07	Natacao de Vagos				
	<i>Falsa Partida</i>						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 7, Femin., 100m Livres

Juvenis A

1.	SOARES Miriam Mortagua	06	Galitos / Bresimar	1:02.25	+0,75	573
	50m: 30.01 30.01	100m: 1:02.25	32.24			
2.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	1:02.45	+0,72	567
	50m: 30.16 30.16	100m: 1:02.45	32.29			
3.	AMORIM Ines Santos	06	Desportiva de Viana	1:03.12	+0,82	549
	50m: 30.43 30.43	100m: 1:03.12	32.69			
4.	NOGUEIRA Ines Aires	06	Fluvial Portuense	1:04.08	+0,82	525
	50m: 31.24 31.24	100m: 1:04.08	32.84			
5.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	1:04.48	+0,75	515
	50m: 31.21 31.21	100m: 1:04.48	33.27			
6.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	1:04.57	+1,03	513
	50m: 30.92 30.92	100m: 1:04.57	33.65			
7.	SILVA Beatriz Machado	06	Braga	1:04.61	+0,68	512
	50m: 31.30 31.30	100m: 1:04.61	33.31			
8.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:04.91	+0,77	505
	50m: 30.50 30.50	100m: 1:04.91	34.41			
9.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	1:06.52	+0,70	469
	50m: 31.33 31.33	100m: 1:06.52	35.19			
10.	RIGOR Maria Miguel	06	Viana Natacao	1:06.83	+0,83	463
	50m: 31.73 31.73	100m: 1:06.83	35.10			
11.	MENDES Ines Gomes	06	Aquatico Pacense	1:07.17	+0,89	456
	50m: 31.81 31.81	100m: 1:07.17	35.36			
12.	GOMES Lia Beatriz	06	Vitoria Guimaraes	1:07.50	+0,65	449
	50m: 31.84 31.84	100m: 1:07.50	35.66			
13.	SILVA Francisca Gomes	06	Sporting de Espinho	1:08.34	+0,75	433
	50m: 32.03 32.03	100m: 1:08.34	36.31			

Juniores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	59.01	+0,67	672
	50m: 28.57 28.57	100m: 59.01	30.44			
2.	RODRIGUES Joana Francisca	04	Individual ANC	1:00.21	+0,72	633
	50m: 28.87 28.87	100m: 1:00.21	31.34			
3.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	1:00.76	+0,60	616
	50m: 29.17 29.17	100m: 1:00.76	31.59			
4.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	1:00.83	+0,69	614
	50m: 29.27 29.27	100m: 1:00.83	31.56			
5.	PEREIRA Carolina Rei	05	Natacao de Vagos	1:01.12	+0,73	605
	50m: 29.25 29.25	100m: 1:01.12	31.87			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 7, Femin., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	EIRA Maria Carolina 50m: 29.75 29.75	05	Ginasio de Vila Real 31.90	1:01.65	+0,70	590	
7.	MARQUES Maria Vieira 50m: 29.56 29.56	04	Natacao de Vagos 32.33	1:01.89	+0,74	583	
8.	COSTA Mariana Martins 50m: 30.21 30.21	05	Famalicao 32.74	1:02.95	+0,84	554	
9.	LOPES Francisca Macedo 50m: 30.04 30.04	05	Vilacondense 33.19	1:03.23	+0,81	546	
10.	QUINTA Luisa Coelho 50m: 30.30 30.30	05	Leixoes 33.64	1:03.94	+0,83	528	
11.	NUNES Rita Sofia 50m: 30.57 30.57	05	Colegio Efanor 33.61	1:04.18	+0,80	523	

Absolutos

1.	MARTINS Francisca Soares 50m: 28.27 28.27	03	Foca Quinta da Lixa CNF 29.35	57.62	+0,69	722	
2.	RODRIGUES Ana Pinho 50m: 28.17 28.17	94	Desportiva de Viana 29.69	57.86	+0,70	713	
3.	FERNANDES Carolina Miranda 50m: 28.57 28.57	05	Galitos / Bresimar 30.44	59.01	+0,67	672	
4.	PEGO Isabel Porfirio 50m: 28.69 28.69	01	Fluvial Portuense 30.83	59.52	+0,76	655	
5.	RODRIGUES Joana Francisca 50m: 28.87 28.87	04	Individual ANC 31.34	1:00.21	+0,72	633	
6.	OLIVEIRA Rosa Maria 50m: 29.09 29.09	96	Porto 31.40	1:00.49	+0,71	624	
7.	ROSA Mariana Carmo 50m: 29.17 29.17	05	Louzan Natacao/EFAPEL 31.59	1:00.76	+0,60	616	
8.	VASCONCELOS Lara Rodrigues 50m: 29.27 29.27	05	Galitos / Bresimar 31.56	1:00.83	+0,69	614	
9.	FERREIRA Catarina Maria 50m: 29.04 29.04	98	Porto 31.83	1:00.87	+0,75	613	
10.	MANO Leonor Mil 50m: 29.37 29.37	07	Fundacao Beatriz Santos 31.55	1:00.92	+0,71	611	
11.	PEREIRA Carolina Rei 50m: 29.25 29.25	05	Natacao de Vagos 31.87	1:01.12	+0,73	605	
12.	EIRA Maria Carolina 50m: 29.75 29.75	05	Ginasio de Vila Real 31.90	1:01.65	+0,70	590	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	MARQUES Maria Vieira 50m: 29.56 29.56	04	Natacao de Vagos 100m: 1:01.89 32.33	1:01.89	+0,74	583	
14.	MESQUITA Mafalda Martins 50m: 30.21 30.21	07	Famalicao 100m: 1:02.11 31.90	1:02.11	+0,72	577	
15.	GOMES Barbara Sofia 50m: 29.76 29.76	07	Leixoes 100m: 1:02.20 32.44	1:02.20	+0,77	574	
16.	SOARES Miriam Mortagua 50m: 30.01 30.01	06	Galitos / Bresimar 100m: 1:02.25 32.24	1:02.25	+0,75	573	
17.	VIEIRA Ana Beatriz 50m: 29.81 29.81	07	Foca Quinta da Lixa CNF 100m: 1:02.33 32.52	1:02.33	+0,78	570	
18.	GRILO Maria Vitoria 50m: 30.16 30.16	06	Fundacao Beatriz Santos 100m: 1:02.45 32.29	1:02.45	+0,72	567	
19.	RODRIGUES Helena Nunes 50m: 30.33 30.33	03	Alges e Agueda XXI 100m: 1:02.89 32.56	1:02.89	+0,75	555	
20.	ALMEIDA Bianca Filipa 50m: 30.63 30.63	07	Alges e Agueda XXI 100m: 1:02.92 32.29	1:02.92	+0,85	555	
21.	COSTA Mariana Martins 50m: 30.21 30.21	05	Famalicao 100m: 1:02.95 32.74	1:02.95	+0,84	554	
22.	AMORIM Ines Santos 50m: 30.43 30.43	06	Desportiva de Viana 100m: 1:03.12 32.69	1:03.12	+0,82	549	
23.	LOPES Francisca Macedo 50m: 30.04 30.04	05	Vilacondense 100m: 1:03.23 33.19	1:03.23	+0,81	546	
24.	SOARES Carolina Silva 50m: 30.25 30.25	03	Natacao de Valongo 100m: 1:03.86 33.61	1:03.86	+0,74	530	
25.	QUINTA Luisa Coelho 50m: 30.30 30.30	05	Leixoes 100m: 1:03.94 33.64	1:03.94	+0,83	528	
26.	NOGUEIRA Ines Aires 50m: 31.24 31.24	06	Fluvial Portuense 100m: 1:04.08 32.84	1:04.08	+0,82	525	
27.	NUNES Rita Sofia 50m: 30.57 30.57	05	Colegio Efanor 100m: 1:04.18 33.61	1:04.18	+0,80	523	
28.	MARTINS Ana Rita 50m: 31.21 31.21	06	Foca Quinta da Lixa CNF 100m: 1:04.48 33.27	1:04.48	+0,75	515	
29.	OLIVEIRA Matilde Fonseca 50m: 30.92 30.92	06	Miranda do Corvo 100m: 1:04.57 33.65	1:04.57	+1,03	513	
30.	SILVA Beatriz Machado 50m: 31.30 31.30	06	Braga 100m: 1:04.61 33.31	1:04.61	+0,68	512	
31.	BARREIRA Andreia Monteiro 50m: 30.50 30.50	06	Peso da Regua 100m: 1:04.91 34.41	1:04.91	+0,77	505	

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Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
32.	SILVA Carolina Martins 50m: 30.83 30.83	07	Estarreja 100m: 1:04.98 34.15	1:04.98	+0,61	503	
33.	DOMINGUES Vitoria Cruz 50m: 31.33 31.33	06	Natacao de Vagos 100m: 1:06.52 35.19	1:06.52	+0,70	469	
34.	PEREIRA Beatriz Azevedo 50m: 31.39 31.39	07	Colegio SMLamas 100m: 1:06.57 35.18	1:06.57	+0,95	468	
35.	RIGOR Maria Miguel 50m: 31.73 31.73	06	Viana Natacao 100m: 1:06.83 35.10	1:06.83	+0,83	463	
36.	MARQUES Gabriela Silva 50m: 31.91 31.91	07	Braga 100m: 1:06.96 35.05	1:06.96	+0,86	460	
37.	SANTOS Leonor Costa 50m: 32.04 32.04	07	Galitos / Bresimar 100m: 1:07.14 35.10	1:07.14	+0,79	456	
38.	MENDES Ines Gomes 50m: 31.81 31.81	06	Aquatico Pacense 100m: 1:07.17 35.36	1:07.17	+0,89	456	
39.	GOMES Lia Beatriz 50m: 31.84 31.84	06	Vitoria Guimaraes 100m: 1:07.50 35.66	1:07.50	+0,65	449	
40.	REBELO Mafalda Guimaraes 50m: 31.92 31.92	07	Fluvial Portuense 100m: 1:07.53 35.61	1:07.53	+0,86	448	
41.	SILVA Francisca Gomes 50m: 32.03 32.03	06	Sporting de Espinho 100m: 1:08.34 36.31	1:08.34	+0,75	433	
42.	PINTO Mariana Alexandra 50m: 32.53 32.53	07	Braga 100m: 1:08.75 36.22	1:08.75	+0,98	425	
DSQ	CABRAL Carolina Vizinho <i>Falsa Partida</i>	07	Natacao de Vagos				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 8	Masc., 100m Livres				Absolutos
29/05/2021 - 12:05					Resultados
RN 50 Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
RN 50 Sen	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
RN 50 Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19/03/2005
RN 50 Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15/07/2004
RN 50 Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28/07/2003
RN 50 Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04/08/2019

TAC Sen20+ 50m: 53.92 - 25m: 52.28; Sen19 50m: 54.80 - 25m: 53.21; Jun18 50m: 55.08 - 25m: 53.48; Jun17 50m: 56.90 - 25m: 55.68; Juv A 50m: 1:00.15 - 25m: 58.97; Juv B 50m: 1:01.27 - 25m: 1:00.07

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	56.99	+0,64	557	
	50m: 27.01 27.01	100m: 56.99	29.98				
2.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	57.60	+0,71	540	
	50m: 27.42 27.42	100m: 57.60	30.18				
3.	LOUREIRO Bruno Silva	06	Porto	58.06	+0,79	527	
	50m: 27.74 27.74	100m: 58.06	30.32				
4.	SILVA Francisco Araujo	06	Famalicao	58.17	+0,67	524	
	50m: 27.13 27.13	100m: 58.17	31.04				
5.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	58.36	+0,79	519	
	50m: 27.79 27.79	100m: 58.36	30.57				
6.	FERNANDES Duarte Jose	06	Uniao Coimbra	58.73	+0,67	509	
	50m: 27.79 27.79	100m: 58.73	30.94				
7.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	1:00.06	+0,76	476	
	50m: 28.66 28.66	100m: 1:00.06	31.40				
8.	ROCHA Miguel Azevedo	06	Penafiel	1:00.08	+0,76	475	
	50m: 28.41 28.41	100m: 1:00.08	31.67				
9.	FARIA Eduardo Nuno	06	Braga	1:00.09	+0,87	475	
	50m: 28.61 28.61	100m: 1:00.09	31.48				
10.	FERREIRA Joao Rafael	06	Fundacao Beatriz Santos	1:00.28	+0,63	471	
	50m: 29.02 29.02	100m: 1:00.28	31.26				
	SANTOS Tomas Nolan	06	Fundacao Beatriz Santos	1:00.28	+0,68	471	
	50m: 28.77 28.77	100m: 1:00.28	31.51				
12.	PINTO Romulo Neves	06	Colegio SMLamas	1:00.30	+0,81	470	
	50m: 29.17 29.17	100m: 1:00.30	31.13				
13.	LOURENCO Francisco Campos	06	Natacao de Valongo	1:00.54	+0,93	465	
	50m: 28.23 28.23	100m: 1:00.54	32.31				
14.	FRAZAO Francisco Couto	06	Uniao Coimbra	1:00.91	+0,71	456	
	50m: 29.46 29.46	100m: 1:00.91	31.45				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 8, Masc., 100m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	PEREIRA Guilherme Marques	06	Condeixa Clube	1:03.49	+0,59	403	
	50m: 28.90 28.90	100m: 1:03.49	34.59				
DNS	COSTA Tomas Mendes	06	Famalicao				

Juvenis A

1.	PEREIRA Tomas Coelho	05	Penafiel	53.50	+0,78	674	
	50m: 25.93 25.93	100m: 53.50	27.57				
2.	RIBEIRO Vasco Almeida	05	Colegio SMLamas	55.95	+0,75	589	
	50m: 27.10 27.10	100m: 55.95	28.85				
3.	SILVA Afonso Carvalho	05	Famalicao	56.15	+0,61	583	
	50m: 26.63 26.63	100m: 56.15	29.52				
4.	FERNANDES Miguel Alves	05	Viana Natacao	56.81	+0,85	563	
	50m: 27.42 27.42	100m: 56.81	29.39				
5.	SILVA Diogo Miguel	05	Galitos / Bresimar	56.87	+0,86	561	
	50m: 26.70 26.70	100m: 56.87	30.17				
6.	AMADO Afonso Miguel	05	Miranda do Corvo	57.79	+0,68	534	
	50m: 27.52 27.52	100m: 57.79	30.27				
7.	CARDOSO Guilherme Maia	05	Cumbofila Cantanhedense	58.19	+0,73	523	
	50m: 28.25 28.25	100m: 58.19	29.94				
8.	MOUTELA Dinis Amorim	05	Estarreja	58.49	+0,73	515	
	50m: 28.27 28.27	100m: 58.49	30.22				
9.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	58.66	+0,77	511	
	50m: 28.62 28.62	100m: 58.66	30.04				
10.	SILVA Goncalo Manuel	05	Porto	58.71	+0,73	510	
	50m: 27.49 27.49	100m: 58.71	31.22				
11.	SILVA Guilherme Gomes	05	Estamos Juntos	58.74	+0,70	509	
	50m: 28.16 28.16	100m: 58.74	30.58				
12.	SILVA Tomas Caineta	05	Estarreja	59.03	+0,66	501	
	50m: 28.07 28.07	100m: 59.03	30.96				
13.	AMARAL Francisco Xavier	05	Bombeiros Mealhada/ CA	59.30	+0,75	495	
	50m: 27.70 27.70	100m: 59.30	31.60				
14.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	59.37	+0,84	493	
	50m: 28.53 28.53	100m: 59.37	30.84				
15.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	59.44	+0,73	491	
	50m: 28.26 28.26	100m: 59.44	31.18				
16.	GONCALVES Jose Luis	05	Fafe	59.51	+0,80	489	
	50m: 28.34 28.34	100m: 59.51	31.17				
	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	59.51	+0,80	489	
	50m: 28.62 28.62	100m: 59.51	30.89				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 8, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
18.	TORRES Joao Pedro	05	Porto	59.53	+0,78	489	
	50m: 28.17 28.17	100m: 59.53	31.36				
19.	CARVALHO Guilherme Jesus	05	Foca Quinta da Lixa CNF	1:00.07	+0,73	476	
	50m: 27.90 27.90	100m: 1:00.07	32.17				

Juniores

1.	REIS Rodrigo Miguel	04	Individual ANC	53.63	+0,62	669	
	50m: 25.43 25.43	100m: 53.63	28.20				
2.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	53.69	+0,72	666	
	50m: 25.80 25.80	100m: 53.69	27.89				
3.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	54.98	+0,66	621	
	50m: 26.45 26.45	100m: 54.98	28.53				
4.	BORGES David Costa	04	Fluvial Portuense	55.97	+0,60	588	
	50m: 26.94 26.94	100m: 55.97	29.03				
5.	ANTUNES Joao Afonso	04	Galitos / Bresimar	56.04	+0,59	586	
	50m: 26.88 26.88	100m: 56.04	29.16				
6.	NUNES Diogo Severino	04	Natacao de Valongo	56.07	+0,78	585	
	50m: 26.91 26.91	100m: 56.07	29.16				
7.	MOREIRA Joao Pedro	04	Colegio Efanor	56.20	+0,74	581	
	50m: 27.37 27.37	100m: 56.20	28.83				
8.	JESUS Pedro Duarte	04	Galitos / Bresimar	56.34	+0,65	577	
	50m: 27.14 27.14	100m: 56.34	29.20				
9.	SANTOS Rui Mamede	04	Uniao Coimbra	56.49	+0,69	572	
	50m: 26.72 26.72	100m: 56.49	29.77				
10.	ANTUNES David Alexandre	04	Leixoes	56.68	+0,71	566	
	50m: 26.75 26.75	100m: 56.68	29.93				
11.	MADUREIRA Rui Pedro	04	Famalicao	56.90	+0,69	560	
	50m: 27.02 27.02	100m: 56.90	29.88				
12.	SANTOS Gabriel Moreira	04	Famalicao	56.92	+0,69	559	
	50m: 27.35 27.35	100m: 56.92	29.57				

Absolutos

1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	51.64	+0,67	749	
	50m: 25.21 25.21	100m: 51.64	26.43				
2.	NUNES Porfirio Braga	00	Porto	52.13	+0,66	728	
	50m: 24.99 24.99	100m: 52.13	27.14				
3.	SCHILLING Leonardo	93	Porto	52.31	+0,72	721	
	50m: 25.44 25.44	100m: 52.31	26.87				

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Prova 8, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	VELOSO Tomas Miguel 50m: 25.83 25.83	96	Nautico Academico	52.75	+0,62	703	
	100m: 52.75 26.92						
5.	PEREIRA Tomas Coelho 50m: 25.93 25.93	05	Penafiel	53.50	+0,78	674	
	100m: 53.50 27.57						
6.	GOMES Rodrigo Ribeiro 50m: 24.99 24.99	00	Condeixa Clube	53.58	+0,67	671	
	100m: 53.58 28.59						
7.	REIS Rodrigo Miguel 50m: 25.43 25.43	04	Individual ANC	53.63	+0,62	669	
	100m: 53.63 28.20						
8.	FERREIRA Bernardo Felgueiras 50m: 25.80 25.80	03	Colegio Efanor	53.69	+0,72	666	
	100m: 53.69 27.89						
9.	LOURENCO Tiago Campos 50m: 26.11 26.11	02	Natacao de Valongo	54.12	+0,77	651	
	100m: 54.12 28.01						
10.	FERNANDES Pedro Miguel 50m: 25.35 25.35	99	Famalicao	54.28	+0,77	645	
	100m: 54.28 28.93						
11.	FAUSTINO Matheus Costa 50m: 25.94 25.94	98	Braga	54.79	+0,69	627	
	100m: 54.79 28.85						
12.	AMORIM Alexandre Ferreira 50m: 26.10 26.10	99	Leixoes	54.87	+0,75	624	
	100m: 54.87 28.77						
13.	GOMES Goncalo Andre 50m: 26.45 26.45	03	Fundacao Beatriz Santos	54.98	+0,66	621	
	100m: 54.98 28.53						
14.	RIBEIRO Vasco Almeida 50m: 27.10 27.10	05	Colegio SMLamas	55.95	+0,75	589	
	100m: 55.95 28.85						
15.	BORGES David Costa 50m: 26.94 26.94	04	Fluvial Portuense	55.97	+0,60	588	
	100m: 55.97 29.03						
16.	ANTUNES Joao Afonso 50m: 26.88 26.88	04	Galitos / Bresimar	56.04	+0,59	586	
	100m: 56.04 29.16						
17.	NUNES Diogo Severino 50m: 26.91 26.91	04	Natacao de Valongo	56.07	+0,78	585	
	100m: 56.07 29.16						
18.	SILVA Afonso Carvalho 50m: 26.63 26.63	05	Famalicao	56.15	+0,61	583	
	100m: 56.15 29.52						
19.	MOREIRA Joao Pedro 50m: 27.37 27.37	04	Colegio Efanor	56.20	+0,74	581	
	100m: 56.20 28.83						
20.	JESUS Pedro Duarte 50m: 27.14 27.14	04	Galitos / Bresimar	56.34	+0,65	577	
	100m: 56.34 29.20						
21.	SANTOS Rui Mamede 50m: 26.72 26.72	04	Uniao Coimbra	56.49	+0,69	572	
	100m: 56.49 29.77						
22.	ANTUNES David Alexandre 50m: 26.75 26.75	04	Leixoes	56.68	+0,71	566	
	100m: 56.68 29.93						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 8, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
23.	FERNANDES Miguel Alves 50m: 27.42 27.42	05	Viana Natacao	56.81	+0,85	563	
	100m: 56.81 29.39						
24.	SILVA Diogo Miguel 50m: 26.70 26.70	05	Galitos / Bresimar	56.87	+0,86	561	
	100m: 56.87 30.17						
25.	MADUREIRA Rui Pedro 50m: 27.02 27.02	04	Famalicao	56.90	+0,69	560	
	100m: 56.90 29.88						
26.	SANTOS Gabriel Moreira 50m: 27.35 27.35	04	Famalicao	56.92	+0,69	559	
	100m: 56.92 29.57						
27.	RODRIGUES Rodrigo Vieira 50m: 27.01 27.01	06	Sporting de Espinho	56.99	+0,64	557	
	100m: 56.99 29.98						
28.	TAVARES Daniel Batista 50m: 27.42 27.42	06	Bombeiros Mealhada/ CA	57.60	+0,71	540	
	100m: 57.60 30.18						
29.	AMADO Afonso Miguel 50m: 27.52 27.52	05	Miranda do Corvo	57.79	+0,68	534	
	100m: 57.79 30.27						
30.	LOUREIRO Bruno Silva 50m: 27.74 27.74	06	Porto	58.06	+0,79	527	
	100m: 58.06 30.32						
31.	SILVA Francisco Araujo 50m: 27.13 27.13	06	Famalicao	58.17	+0,67	524	
	100m: 58.17 31.04						
32.	CARDOSO Guilherme Maia 50m: 28.25 28.25	05	Columbofila Cantanhedense	58.19	+0,73	523	
	100m: 58.19 29.94						
33.	MARTINS Henrique Ferreira 50m: 27.79 27.79	06	Alges e Agueda XXI	58.36	+0,79	519	
	100m: 58.36 30.57						
34.	MOUTELA Dinis Amorim 50m: 28.27 28.27	05	Estarreja	58.49	+0,73	515	
	100m: 58.49 30.22						
35.	SANTOS Goncalo Carvalho 50m: 28.62 28.62	05	Louzan Natacao/EFAPEL	58.66	+0,77	511	
	100m: 58.66 30.04						
36.	SILVA Goncalo Manuel 50m: 27.49 27.49	05	Porto	58.71	+0,73	510	
	100m: 58.71 31.22						
37.	FERNANDES Duarte Jose 50m: 27.79 27.79	06	Uniao Coimbra	58.73	+0,67	509	
	100m: 58.73 30.94						
38.	SILVA Guilherme Gomes 50m: 28.16 28.16	05	Estamos Juntos	58.74	+0,70	509	
	100m: 58.74 30.58						
39.	SILVA Tomas Caineta 50m: 28.07 28.07	05	Estarreja	59.03	+0,66	501	
	100m: 59.03 30.96						
40.	AMARAL Francisco Xavier 50m: 27.70 27.70	05	Bombeiros Mealhada/ CA	59.30	+0,75	495	
	100m: 59.30 31.60						
41.	LEITE Afonso Martim 50m: 28.53 28.53	05	Foca Quinta da Lixa CNF	59.37	+0,84	493	
	100m: 59.37 30.84						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 8, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
42.	SANTOS Tomas Carvalho 50m: 28.26 28.26	05	Louzan Natacao/EFAPEL	59.44	+0,73	491	
	100m: 59.44 31.18						
43.	GONCALVES Jose Luis 50m: 28.34 28.34	05	Fafe	59.51	+0,80	489	
	100m: 59.51 31.17						
	FIGUEIRA Samuel Baptista 50m: 28.62 28.62	05	Academica de Coimbra	59.51	+0,80	489	
	100m: 59.51 30.89						
45.	TORRES Joao Pedro 50m: 28.17 28.17	05	Porto	59.53	+0,78	489	
	100m: 59.53 31.36						
46.	RODRIGUES Joao Carvalho 50m: 28.66 28.66	06	Galitos / Bresimar	1:00.06	+0,76	476	
	100m: 1:00.06 31.40						
47.	CARVALHO Guilherme Jesus 50m: 27.90 27.90	05	Foca Quinta da Lixa CNF	1:00.07	+0,73	476	
	100m: 1:00.07 32.17						
48.	ROCHA Miguel Azevedo 50m: 28.41 28.41	06	Penafiel	1:00.08	+0,76	475	
	100m: 1:00.08 31.67						
49.	FARIA Eduardo Nuno 50m: 28.61 28.61	06	Braga	1:00.09	+0,87	475	
	100m: 1:00.09 31.48						
50.	FERREIRA Joao Rafael 50m: 29.02 29.02	06	Fundacao Beatriz Santos	1:00.28	+0,63	471	
	100m: 1:00.28 31.26						
	SANTOS Tomas Nolan 50m: 28.77 28.77	06	Fundacao Beatriz Santos	1:00.28	+0,68	471	
	100m: 1:00.28 31.51						
52.	PINTO Romulo Neves 50m: 29.17 29.17	06	Colegio SMLamas	1:00.30	+0,81	470	
	100m: 1:00.30 31.13						
53.	LOURENCO Francisco Campos 50m: 28.23 28.23	06	Natacao de Valongo	1:00.54	+0,93	465	
	100m: 1:00.54 32.31						
54.	FRAZAO Francisco Couto 50m: 29.46 29.46	06	Uniao Coimbra	1:00.91	+0,71	456	
	100m: 1:00.91 31.45						
55.	PEREIRA Guilherme Marques 50m: 28.90 28.90	06	Condeixa Clube	1:03.49	+0,59	403	
	100m: 1:03.49 34.59						
DNS	COSTA Tomas Mendes	06	Famalicao				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 9	Femin., 200m Estilos				Absolutos
29/05/2021 - 12:15					Resultados
RN 50 Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
RN 50 Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
RN 50 Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30/03/2017
RN 50 Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03/06/2012
RN 50 Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04/04/2015
RN 50 Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01/08/2010

TAC Sen19+ 50m: 2:29.00 - 25m: 2:24.57; Sen18 50m: 2:32.59 - 25m: 2:28.11; Jun17 50m: 2:33.36 - 25m: 2:32.60; Jun16 50m: 2:37.21 - 25m: 2:32.60; Juv A 50m: 2:42.29 - 25m: 2:39.11; Juv B 50m: 2:46.97 - 25m: 2:43.70

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:36.20	+0,76	526	
	50m: 33.54 33.54	100m: 1:12.69	39.15 150m: 1:59.47	46.78	200m: 2:36.20	36.73	
2.	SILVA Nuria Soares	07	Colegio SMLamas	2:38.30	+0,92	505	
	50m: 32.81 32.81	100m: 1:15.03	42.22 150m: 2:01.63	46.60	200m: 2:38.30	36.67	
3.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:38.55	+0,78	503	
	50m: 33.28 33.28	100m: 1:15.97	42.69 150m: 2:01.76	45.79	200m: 2:38.55	36.79	
4.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	2:38.82	+0,85	500	
	50m: 33.48 33.48	100m: 1:14.31	40.83 150m: 2:01.05	46.74	200m: 2:38.82	37.77	
5.	LEAL Matilde Barros	07	Aquatico Pacense	2:39.67	+0,81	492	
	50m: 34.40 34.40	100m: 1:16.84	42.44 150m: 2:01.85	45.01	200m: 2:39.67	37.82	
6.	PINA Laura Almeida	07	O Crasto	2:40.10	+0,87	488	
	50m: 34.91 34.91	100m: 1:18.44	43.53 150m: 2:03.38	44.94	200m: 2:40.10	36.72	
7.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	2:45.21	+0,89	444	
	50m: 34.18 34.18	100m: 1:19.44	45.26 150m: 2:08.21	48.77	200m: 2:45.21	37.00	

Juvenis A

1.	PINTO Leonor Filipa	06	Porto	2:31.68	+0,78	574	
	50m: 33.02 33.02	100m: 1:11.93	38.91 150m: 1:56.62	44.69	200m: 2:31.68	35.06	
2.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:33.83	+0,79	551	
	50m: 32.17 32.17	100m: 1:11.73	39.56 150m: 1:58.09	46.36	200m: 2:33.83	35.74	
3.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:34.05	+0,76	548	
	50m: 33.37 33.37	100m: 1:11.44	38.07 150m: 1:58.34	46.90	200m: 2:34.05	35.71	
4.	JESUS Mariana Teixeira	06	Estarreja	2:35.44	+0,78	534	
	50m: 34.49 34.49	100m: 1:16.05	41.56 150m: 1:58.24	42.19	200m: 2:35.44	37.20	
5.	SILVA Maria Seixeira	06	Viana Natacao	2:36.13	+0,87	527	
	50m: 34.16 34.16	100m: 1:14.90	40.74 150m: 1:58.82	43.92	200m: 2:36.13	37.31	
6.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:36.79	+0,80	520	
	50m: 32.93 32.93	100m: 1:16.09	43.16 150m: 2:00.46	44.37	200m: 2:36.79	36.33	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 9, Femin., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	TINOCO Diana Silva	06	Columbofila Cantanhedens	2:36.90	+0,70	519	
	50m: 33.69 33.69	100m: 1:16.10	42.41	150m: 2:02.52	46.42	200m: 2:36.90	34.38
8.	RAMOS Joana Barbas	06	Gafanha da Encarnac�o	2:37.05	+0,81	517	
	50m: 34.05 34.05	100m: 1:14.47	40.42	150m: 2:02.08	47.61	200m: 2:37.05	34.97
9.	GASPAR Beatriz Andre	06	Fundac�o Beatriz Santos	2:38.19	+0,56	506	
	50m: 34.42 34.42	100m: 1:18.03	43.61	150m: 2:02.74	44.71	200m: 2:38.19	35.45
10.	NETO Lara Gomes	06	Aquatico Pacense	2:42.20	+0,95	470	
	50m: 35.60 35.60	100m: 1:17.17	41.57	150m: 2:04.53	47.36	200m: 2:42.20	37.67
11.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	2:42.44	+0,79	468	
	50m: 33.61 33.61	100m: 1:15.94	42.33	150m: 2:04.05	48.11	200m: 2:42.44	38.39
12.	TASHKULOVA Diana	06	Galitos / Bresimar	2:43.62	+0,84	457	
	50m: 34.92 34.92	100m: 1:17.96	43.04	150m: 2:06.73	48.77	200m: 2:43.62	36.89
13.	COSTA Francisca Vila	06	Viana Natacao	2:44.41	+0,84	451	
	50m: 36.18 36.18	100m: 1:19.74	43.56	150m: 2:04.82	45.08	200m: 2:44.41	39.59
14.	BROCHADO Mariana Goncalves	06	Viana Natacao	2:44.45	+1,09	451	
	50m: 34.09 34.09	100m: 1:17.01	42.92	150m: 2:06.76	49.75	200m: 2:44.45	37.69
15.	RIGOR Maria Miguel	06	Viana Natacao	2:47.72	+0,81	425	
	50m: 36.58 36.58	100m: 1:17.34	40.76	150m: 2:08.66	51.32	200m: 2:47.72	39.06

Juniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:19.69	+0,65	735	
	50m: 28.04 28.04	100m: 1:03.69	35.65	150m: 1:46.20	42.51	200m: 2:19.69	33.49
2.	LOPES Daniela Magalhaes	05	Famalicao	2:29.07	+0,81	605	
	50m: 31.11 31.11	100m: 1:10.61	39.50	150m: 1:54.50	43.89	200m: 2:29.07	34.57
3.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:32.46	+0,73	566	
	50m: 30.67 30.67	100m: 1:11.05	40.38	150m: 1:56.54	45.49	200m: 2:32.46	35.92
4.	NOBRE Marisa Isabel	05	Columbofila Cantanhedens	2:34.87	+0,70	540	
	50m: 32.27 32.27	100m: 1:12.31	40.04	150m: 1:59.87	47.56	200m: 2:34.87	35.00
5.	NEVES Natalia Passeira	05	Natacao de Valongo	2:39.65	+0,83	492	
	50m: 33.11 33.11	100m: 1:13.54	40.43	150m: 2:02.19	48.65	200m: 2:39.65	37.46

Absolutos

1.	MONTEIRO Ana Catarina	93	Vilacondense	2:19.35	+0,59	741	
	50m: 28.96 28.96	100m: 1:05.39	36.43	150m: 1:47.08	41.69	200m: 2:19.35	32.27
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:19.69	+0,65	735	
	50m: 28.04 28.04	100m: 1:03.69	35.65	150m: 1:46.20	42.51	200m: 2:19.69	33.49
3.	CARDEAL Joana Nunes	02	Academico Viseu	2:22.07	+0,82	699	
	50m: 29.52 29.52	100m: 1:06.40	36.88	150m: 1:49.53	43.13	200m: 2:22.07	32.54

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 9, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:22.28	+0,67	696	
	50m: 30.94 30.94 100m: 1:07.31 36.37		150m: 1:50.76 43.45 200m: 2:22.28			31.52	
5.	CABRAL Maria Francisca	00	Porto	2:22.50	+0,87	693	
	50m: 30.61 30.61 100m: 1:07.26 36.65		150m: 1:50.07 42.81 200m: 2:22.50			32.43	
6.	VEIGA Ana Filipa	01	Gafanha da Encarnaç�o	2:27.26	+0,78	628	
	50m: 31.87 31.87 100m: 1:12.23 40.36		150m: 1:53.45 41.22 200m: 2:27.26			33.81	
7.	LOPES Daniela Magalhaes	05	Famalicao	2:29.07	+0,81	605	
	50m: 31.11 31.11 100m: 1:10.61 39.50		150m: 1:54.50 43.89 200m: 2:29.07			34.57	
8.	FIAL Sofia Nunes	03	Estamos Juntos	2:30.05	+0,85	593	
	50m: 32.04 32.04 100m: 1:12.51 40.47		150m: 1:54.18 41.67 200m: 2:30.05			35.87	
9.	MARQUES Mariana Nunes	03	Estarreja	2:30.58	+0,57	587	
	50m: 31.88 31.88 100m: 1:09.24 37.36		150m: 1:55.75 46.51 200m: 2:30.58			34.83	
10.	PINTO Leonor Filipa	06	Porto	2:31.68	+0,78	574	
	50m: 33.02 33.02 100m: 1:11.93 38.91		150m: 1:56.62 44.69 200m: 2:31.68			35.06	
11.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	2:32.22	+0,69	568	
	50m: 32.08 32.08 100m: 1:12.33 40.25		150m: 1:57.56 45.23 200m: 2:32.22			34.66	
12.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:32.46	+0,73	566	
	50m: 30.67 30.67 100m: 1:11.05 40.38		150m: 1:56.54 45.49 200m: 2:32.46			35.92	
13.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:33.83	+0,79	551	
	50m: 32.17 32.17 100m: 1:11.73 39.56		150m: 1:58.09 46.36 200m: 2:33.83			35.74	
14.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:34.05	+0,76	548	
	50m: 33.37 33.37 100m: 1:11.44 38.07		150m: 1:58.34 46.90 200m: 2:34.05			35.71	
15.	NOBRE Marisa Isabel	05	Cumbofila Cantanhedens�	2:34.87	+0,70	540	
	50m: 32.27 32.27 100m: 1:12.31 40.04		150m: 1:59.87 47.56 200m: 2:34.87			35.00	
16.	JESUS Mariana Teixeira	06	Estarreja	2:35.44	+0,78	534	
	50m: 34.49 34.49 100m: 1:16.05 41.56		150m: 1:58.24 42.19 200m: 2:35.44			37.20	
17.	SILVA Maria Seixeira	06	Viana Natacao	2:36.13	+0,87	527	
	50m: 34.16 34.16 100m: 1:14.90 40.74		150m: 1:58.82 43.92 200m: 2:36.13			37.31	
18.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:36.20	+0,76	526	
	50m: 33.54 33.54 100m: 1:12.69 39.15		150m: 1:59.47 46.78 200m: 2:36.20			36.73	
19.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:36.79	+0,80	520	
	50m: 32.93 32.93 100m: 1:16.09 43.16		150m: 2:00.46 44.37 200m: 2:36.79			36.33	
20.	TINOCO Diana Silva	06	Cumbofila Cantanhedens�	2:36.90	+0,70	519	
	50m: 33.69 33.69 100m: 1:16.10 42.41		150m: 2:02.52 46.42 200m: 2:36.90			34.38	
21.	NEVES Sara Dias	03	Miranda do Corvo	2:37.00	+0,57	518	
	50m: 33.11 33.11 100m: 1:12.37 39.26		150m: 2:00.31 47.94 200m: 2:37.00			36.69	
22.	RAMOS Joana Barbas	06	Gafanha da Encarnaç�o	2:37.05	+0,81	517	
	50m: 34.05 34.05 100m: 1:14.47 40.42		150m: 2:02.08 47.61 200m: 2:37.05			34.97	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 9, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
23.	GASPAR Beatriz Andre 50m: 34.42 34.42 100m: 1:18.03	06	Fundacao Beatriz Santos	2:38.19 44.71 200m: 2:38.19	+0,56	506	35.45
24.	SILVA Nuria Soares 50m: 32.81 32.81 100m: 1:15.03	07	Colegio SMLamas	2:38.30 46.60 200m: 2:38.30	+0,92	505	36.67
25.	FIGUEIRA Madalena Almeida 50m: 33.28 33.28 100m: 1:15.97	07	Academico Viseu	2:38.55 45.79 200m: 2:38.55	+0,78	503	36.79
26.	REBELO Angela Rodrigues 50m: 33.48 33.48 100m: 1:14.31	07	Louzan Natacao/EFAPEL	2:38.82 46.74 200m: 2:38.82	+0,85	500	37.77
27.	NEVES Natalia Passeira 50m: 33.11 33.11 100m: 1:13.54	05	Natacao de Valongo	2:39.65 48.65 200m: 2:39.65	+0,83	492	37.46
28.	LEAL Matilde Barros 50m: 34.40 34.40 100m: 1:16.84	07	Aquatico Pacense	2:39.67 45.01 200m: 2:39.67	+0,81	492	37.82
29.	PINA Laura Almeida 50m: 34.91 34.91 100m: 1:18.44	07	O Crasto	2:40.10 44.94 200m: 2:40.10	+0,87	488	36.72
30.	NETO Lara Gomes 50m: 35.60 35.60 100m: 1:17.17	06	Aquatico Pacense	2:42.20 47.36 200m: 2:42.20	+0,95	470	37.67
31.	NOVAIS Regina Correia 50m: 33.61 33.61 100m: 1:15.94	06	Foca Quinta da Lixa CNF	2:42.44 48.11 200m: 2:42.44	+0,79	468	38.39
32.	TASHKULOVA Diana 50m: 34.92 34.92 100m: 1:17.96	06	Galitos / Bresimar	2:43.62 48.77 200m: 2:43.62	+0,84	457	36.89
33.	COSTA Francisca Vila 50m: 36.18 36.18 100m: 1:19.74	06	Viana Natacao	2:44.41 45.08 200m: 2:44.41	+0,84	451	39.59
34.	BROCHADO Mariana Goncalves 50m: 34.09 34.09 100m: 1:17.01	06	Viana Natacao	2:44.45 49.75 200m: 2:44.45	+1,09	451	37.69
35.	CARVALHO Sofia Alexandra 50m: 34.18 34.18 100m: 1:19.44	07	Fluvial Portuense	2:45.21 48.77 200m: 2:45.21	+0,89	444	37.00
36.	RIGOR Maria Miguel 50m: 36.58 36.58 100m: 1:17.34	06	Viana Natacao	2:47.72 51.32 200m: 2:47.72	+0,81	425	39.06
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

2 - 1^a Jornada - 2^a Sess o

29/05/2021 - 16:30

Prova 10	Masc., 100m Mariposa					Absolutos
29/05/2021 - 16:30						Resultados
RN 50 Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa		29/03/2009
RN 50 Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa		29/03/2009
RN 50 Jun18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)		07/04/2013
RN 50 Jun17	54.04	RIBEIRO Diogo Matos	CUC	Coimbra		27/03/2021
RN 50 Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal		03/08/2019
RN 50 Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal		03/08/2019

TAC Sen20+ 50m: 58.42 - 25m: 57.24; Sen19 50m: 59.60 - 25m: 58.43; Jun18 50m: 59.89 - 25m: 58.72; Jun17 50m: 1:02.33 - 25m: 1:01.39; Juv A 50m: 1:07.04 - 25m: 1:05.09; Juv B 50m: 1:08.26 - 25m: 1:06.27

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	PEREIRA Rodrigo Ferreira	06	Famalicao	1:00.79	+0,68	539	
	50m: 27.99 27.99	100m: 1:00.79	32.80				
2.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	1:00.91	+0,65	536	
	50m: 28.33 28.33	100m: 1:00.91	32.58				
3.	MARQUES Jose Miguel	06	Condeixa Clube	1:03.60	+0,71	471	
	50m: 29.74 29.74	100m: 1:03.60	33.86				
4.	CONCEICAO Rodrigo Santos	06	Naval Povoense	1:03.88	+0,90	465	
	50m: 29.45 29.45	100m: 1:03.88	34.43				
5.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	1:04.02	+0,83	462	
	50m: 29.92 29.92	100m: 1:04.02	34.10				
6.	LOURENCO Francisco Campos	06	Natacao de Valongo	1:04.30	+0,87	456	
	50m: 29.72 29.72	100m: 1:04.30	34.58				
7.	OLIVEIRA Tomas Varanda	06	Cumbofilas Cantanhedenses	1:04.78	+0,64	446	
	50m: 30.05 30.05	100m: 1:04.78	34.73				
8.	RAMOS Gustavo Gomes	06	Porto	1:04.96	+0,70	442	
	50m: 30.27 30.27	100m: 1:04.96	34.69				
9.	SANTOS Tomas Nolan	06	Fundacao Beatriz Santos	1:06.19	+0,68	418	
	50m: 29.99 29.99	100m: 1:06.19	36.20				
10.	LOPES Marco Oliveira	06	Penafiel	1:06.64	+0,78	409	
	50m: 30.40 30.40	100m: 1:06.64	36.24				
11.	MAGALHAES Goncalo Sa	06	Leixoes	1:06.73	+0,73	408	
	50m: 30.97 30.97	100m: 1:06.73	35.76				
12.	ROCHA Miguel Azevedo	06	Penafiel	1:07.14	+0,74	400	
	50m: 30.38 30.38	100m: 1:07.14	36.76				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 10, Masc., 100m Mariposa

Juvenis A

1.	PEREIRA Tomas Coelho	05	Penafiel	1:00.12	+0,78	558
	50m: 28.29 28.29	100m: 1:00.12	31.83			
2.	GONCALVES Jose Luis	05	Fafe	1:02.72	+0,81	491
	50m: 28.73 28.73	100m: 1:02.72	33.99			
3.	AMADO Afonso Miguel	05	Miranda do Corvo	1:02.83	+0,70	489
	50m: 29.58 29.58	100m: 1:02.83	33.25			
4.	ROCHA Jose Miguel	05	Cumbobofila Cantanhedense	1:03.29	+0,72	478
	50m: 29.70 29.70	100m: 1:03.29	33.59			
5.	LOPES Afonso Teixeira	05	Foca Quinta da Lixa CNF	1:03.34	+0,88	477
	50m: 29.96 29.96	100m: 1:03.34	33.38			
6.	MOUTELA Dinis Amorim	05	Estarreja	1:04.76	+0,73	446
	50m: 30.28 30.28	100m: 1:04.76	34.48			
7.	MENDES Diogo Alexandre	05	Natacao de Vagos	1:05.01	+0,76	441
	50m: 30.64 30.64	100m: 1:05.01	34.37			
8.	PESSOA Rafael Pereira	05	Bombeiros Mealhada/ CA	1:05.18	+0,79	437
	50m: 29.78 29.78	100m: 1:05.18	35.40			
9.	PINHO Celso Rodrigues	05	Sporting de Espinho	1:05.24	+0,74	436
	50m: 30.09 30.09	100m: 1:05.24	35.15			

Juniores

1.	APSENIECE Kevins Alexandre	04	Porto	57.47	+0,70	638
	50m: 27.03 27.03	100m: 57.47	30.44			
2.	REIS Rodrigo Miguel	04	Individual ANC	58.26	+0,64	613
	50m: 26.78 26.78	100m: 58.26	31.48			
3.	ARAUJO Joao Guilherme	03	Natacao da Maia	58.49	+0,77	606
	50m: 27.57 27.57	100m: 58.49	30.92			
4.	MADUREIRA Rui Pedro	04	Famalicao	58.52	+0,64	605
	50m: 27.26 27.26	100m: 58.52	31.26			
5.	ANTUNES David Alexandre	04	Leixoes	59.07	+0,73	588
	50m: 27.01 27.01	100m: 59.07	32.06			
6.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	59.13	+0,66	586
	50m: 27.44 27.44	100m: 59.13	31.69			
7.	LEAL Dinis Barros	03	Aquatico Pacense	59.23	+0,66	583
	50m: 27.79 27.79	100m: 59.23	31.44			
8.	BORGES David Costa	04	Fluvial Portuense	59.34	+0,58	580
	50m: 27.55 27.55	100m: 59.34	31.79			
9.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	59.37	+0,73	579
	50m: 27.81 27.81	100m: 59.37	31.56			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 10, Masc., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	BARBOSA Pedro Xavier 50m: 28.60 28.60	04	Desportiva de Viana	1:00.31	+0,73	552	
11.	JESUS Pedro Duarte 50m: 28.40 28.40	04	Galitos / Bresimar	1:00.41	+0,65	550	
12.	CARVALHO Fernando Costa 50m: 28.26 28.26	03	Foca Quinta da Lixa CNF	1:00.46	+0,67	548	
13.	NUNES Diogo Severino 50m: 28.57 28.57	04	Natacao de Valongo	1:01.00	+0,77	534	
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Absolutos

1.	SCHILLING Leonardo 50m: 25.81 25.81	93	Porto	55.56	+0,71	707	
2.	NUNES Porfirio Braga 50m: 25.68 25.68	00	Porto	55.71	+0,66	701	
3.	SILVA Joao Carlos 50m: 26.38 26.38	98	Famalicao	56.54	+0,60	671	
4.	APSENIECE Kevins Alexandre 50m: 27.03 27.03	04	Porto	57.47	+0,70	638	
5.	ROCHA Ricardo Filipe 50m: 26.82 26.82	02	Aquatico Pacense	57.97	+0,77	622	
6.	FRANCISCO Daniel Sebastiao 50m: 26.44 26.44	00	Porto	58.11	+0,65	618	
7.	REIS Rodrigo Miguel 50m: 26.78 26.78	04	Individual ANC	58.26	+0,64	613	
8.	ARAUJO Joao Guilherme 50m: 27.57 27.57	03	Natacao da Maia	58.49	+0,77	606	
9.	MADUREIRA Rui Pedro 50m: 27.26 27.26	04	Famalicao	58.52	+0,64	605	
10.	ANTUNES David Alexandre 50m: 27.01 27.01	04	Leixoes	59.07	+0,73	588	
11.	DIOGO Dinis Miranda 50m: 27.44 27.44	04	Fundacao Beatriz Santos	59.13	+0,66	586	
12.	LEAL Dinis Barros 50m: 27.79 27.79	03	Aquatico Pacense	59.23	+0,66	583	
13.	DOMINGUES Ricardo Jorge 50m: 27.01 27.01	02	Fundacao Beatriz Santos	59.24	+0,68	583	
14.	LOURENCO Tiago Campos 50m: 26.90 26.90	02	Natacao de Valongo	59.28	+0,74	582	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 10, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	BORGES David Costa 50m: 27.55 27.55 100m: 59.34 31.79	04	Fluvial Portuense	59.34	+0,58	580	
16.	TAVARES Bernardo Rodrigues 50m: 27.81 27.81 100m: 59.37 31.56	04	Galitos / Bresimar	59.37	+0,73	579	
17.	TRAVANCA Sergio Filipe 50m: 27.75 27.75 100m: 59.42 31.67	00	Individual ANNP	59.42	+0,67	578	
18.	MAGALHAES Eduardo Miguel 50m: 27.84 27.84 100m: 59.97 32.13	02	Vitoria Guimaraes	59.97	+0,71	562	
19.	PEREIRA Tomas Coelho 50m: 28.29 28.29 100m: 1:00.12 31.83	05	Penafiel	1:00.12	+0,78	558	
20.	BARBOSA Pedro Xavier 50m: 28.60 28.60 100m: 1:00.31 31.71	04	Desportiva de Viana	1:00.31	+0,73	552	
21.	JESUS Pedro Duarte 50m: 28.40 28.40 100m: 1:00.41 32.01	04	Galitos / Bresimar	1:00.41	+0,65	550	
22.	CARVALHO Fernando Costa 50m: 28.26 28.26 100m: 1:00.46 32.20	03	Foca Quinta da Lixa CNF	1:00.46	+0,67	548	
23.	PEREIRA Rodrigo Ferreira 50m: 27.99 27.99 100m: 1:00.79 32.80	06	Famalicao	1:00.79	+0,68	539	
24.	RODRIGUES Rodrigo Vieira 50m: 28.33 28.33 100m: 1:00.91 32.58	06	Sporting de Espinho	1:00.91	+0,65	536	
25.	NUNES Diogo Severino 50m: 28.57 28.57 100m: 1:01.00 32.43	04	Natacao de Valongo	1:01.00	+0,77	534	
26.	GONCALVES Jose Luis 50m: 28.73 28.73 100m: 1:02.72 33.99	05	Fafe	1:02.72	+0,81	491	
27.	AMADO Afonso Miguel 50m: 29.58 29.58 100m: 1:02.83 33.25	05	Miranda do Corvo	1:02.83	+0,70	489	
28.	ROCHA Jose Miguel 50m: 29.70 29.70 100m: 1:03.29 33.59	05	Columbofila Cantanhedens�	1:03.29	+0,72	478	
29.	LOPES Afonso Teixeira 50m: 29.96 29.96 100m: 1:03.34 33.38	05	Foca Quinta da Lixa CNF	1:03.34	+0,88	477	
30.	MARQUES Jose Miguel 50m: 29.74 29.74 100m: 1:03.60 33.86	06	Condeixa Clube	1:03.60	+0,71	471	
31.	CONCEICAO Rodrigo Santos 50m: 29.45 29.45 100m: 1:03.88 34.43	06	Naval Povoense	1:03.88	+0,90	465	
32.	TOMAS Afonso Vidal 50m: 29.92 29.92 100m: 1:04.02 34.10	06	Louzan Natacao/EFAPEL	1:04.02	+0,83	462	
33.	LOURENCO Francisco Campos 50m: 29.72 29.72 100m: 1:04.30 34.58	06	Natacao de Valongo	1:04.30	+0,87	456	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 10, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
34.	MOUTELA Dinis Amorim 50m: 30.28 30.28	05	Estarreja 34.48	1:04.76	+0,73	446	
35.	OLIVEIRA Tomas Varanda 50m: 30.05 30.05	06	Columbofila Cantanhedens� 34.73	1:04.78	+0,64	446	
36.	RAMOS Gustavo Gomes 50m: 30.27 30.27	06	Porto 34.69	1:04.96	+0,70	442	
37.	MENDES Diogo Alexandre 50m: 30.64 30.64	05	Natacao de Vagos 34.37	1:05.01	+0,76	441	
38.	PESSOA Rafael Pereira 50m: 29.78 29.78	05	Bombeiros Mealhada/ CA 35.40	1:05.18	+0,79	437	
39.	PINHO Celso Rodrigues 50m: 30.09 30.09	05	Sporting de Espinho 35.15	1:05.24	+0,74	436	
40.	SANTOS Tomas Nolan 50m: 29.99 29.99	06	Fundacao Beatriz Santos 36.20	1:06.19	+0,68	418	
41.	LOPES Marco Oliveira 50m: 30.40 30.40	06	Penafiel 36.24	1:06.64	+0,78	409	
42.	MAGALHAES Goncalo Sa 50m: 30.97 30.97	06	Leixoes 35.76	1:06.73	+0,73	408	
43.	ROCHA Miguel Azevedo 50m: 30.38 30.38	06	Penafiel 36.76	1:07.14	+0,74	400	
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 11	Femin., 100m Mariposa				Absolutos
29/05/2021 - 16:40					Resultados
RN 50 Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
RN 50 Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
RN 50 Jun17	1:00.84	CUNHA Mariana Pacheco	CNCE	Oeiras	19/12/2020
RN 50 Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20/07/2009
RN 50 Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03/08/2019
RN 50 Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24/07/2019

TAC Sen19+ 50m: 1:06.50 - 25m: 1:05.28; Sen18 50m: 1:07.98 - 25m: 1:07.01; Jun17 50m: 1:08.32 - 25m: 1:09.49; Jun16 50m: 1:10.76 - 25m: 1:09.49; Juv A 50m: 1:13.48 - 25m: 1:11.34; Juv B 50m: 1:14.88 - 25m: 1:12.70

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	1:08.64	+0,92	528	
	50m: 32.95 32.95	100m: 1:08.64	35.69				
2.	SOUSA Maria Rita	07	Desportiva de Viana	1:09.78	+0,95	502	
	50m: 32.22 32.22	100m: 1:09.78	37.56				
3.	MANO Leonor Mil	07	Fundacao Beatriz Santos	1:09.88	+0,77	500	
	50m: 32.01 32.01	100m: 1:09.88	37.87				
4.	MARQUES Gabriela Silva	07	Braga	1:10.16	+0,92	494	
	50m: 32.85 32.85	100m: 1:10.16	37.31				
5.	SILVA Nuria Soares	07	Colegio SMLamas	1:11.77	+0,85	461	
	50m: 32.73 32.73	100m: 1:11.77	39.04				
6.	SILVA Carolina Martins	07	Estarreja	1:13.69		426	
	50m: 32.96 32.96	100m: 1:13.69	40.73				

Juvenis A

1.	PIRES Catarina Gaspar	06	Porto	1:08.49	+0,89	531	
	50m: 32.42 32.42	100m: 1:08.49	36.07				
2.	TINOCO Diana Silva	06	Columbofila Cantanhedens�	1:08.67	+0,66	527	
	50m: 32.58 32.58	100m: 1:08.67	36.09				
3.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	1:08.80	+0,62	524	
	50m: 32.34 32.34	100m: 1:08.80	36.46				
4.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	1:08.94	+0,69	521	
	50m: 32.29 32.29	100m: 1:08.94	36.65				
5.	BROCHADO Mariana Goncalves	06	Viana Natacao	1:09.39	+1,02	511	
	50m: 32.46 32.46	100m: 1:09.39	36.93				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 11, Femin., 100m Mariposa

Juniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:00.85	+0,68	757
	50m: 29.31 29.31	100m: 1:00.85	31.54			
2.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:02.69	+0,67	693
	50m: 29.15 29.15	100m: 1:02.69	33.54			
3.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:04.26	+0,73	643
	50m: 30.22 30.22	100m: 1:04.26	34.04			
4.	SILVA Joana Ferreira	05	Leixoes	1:07.59	+0,74	553
	50m: 32.49 32.49	100m: 1:07.59	35.10			
5.	MONTEIRO Ana Carolina	04	Individual ANC	1:07.67	+0,77	551
	50m: 31.24 31.24	100m: 1:07.67	36.43			
6.	COSTA Joana Santos	04	Galitos / Bresimar	1:08.32	+0,66	535
	50m: 32.28 32.28	100m: 1:08.32	36.04			
7.	NOVO Marta Luisa	05	Viana Natacao	1:12.14	+0,81	454
	50m: 33.35 33.35	100m: 1:12.14	38.79			

Absolutos

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:00.85	+0,68	757
	50m: 29.31 29.31	100m: 1:00.85	31.54			
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:00.89	+0,54	756
	50m: 28.27 28.27	100m: 1:00.89	32.62			
3.	MONTEIRO Ana Catarina	93	Vilacondense	1:01.03	+0,66	751
	50m: 28.78 28.78	100m: 1:01.03	32.25			
4.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:02.69	+0,67	693
	50m: 29.15 29.15	100m: 1:02.69	33.54			
5.	TEJO Beatriz Costa	02	Academica de Coimbra	1:03.90	+0,65	654
	50m: 29.90 29.90	100m: 1:03.90	34.00			
6.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:04.26	+0,73	643
	50m: 30.22 30.22	100m: 1:04.26	34.04			
7.	SANTOS Beatriz Rocha	02	Campinho	1:06.27	+0,73	586
	50m: 31.14 31.14	100m: 1:06.27	35.13			
8.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	1:06.46	+0,83	581
	50m: 31.77 31.77	100m: 1:06.46	34.69			
9.	SILVA Leonor Santos	03	Porto	1:06.67	+0,73	576
	50m: 30.38 30.38	100m: 1:06.67	36.29			
10.	SILVA Joana Ferreira	05	Leixoes	1:07.59	+0,74	553
	50m: 32.49 32.49	100m: 1:07.59	35.10			
11.	MONTEIRO Ana Carolina	04	Individual ANC	1:07.67	+0,77	551
	50m: 31.24 31.24	100m: 1:07.67	36.43			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 11, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	COSTA Joana Santos 50m: 32.28 32.28	04	Galitos / Bresimar 100m: 1:08.32 36.04	1:08.32	+0,66	535	
13.	PIRES Catarina Gaspar 50m: 32.42 32.42	06	Porto 100m: 1:08.49 36.07	1:08.49	+0,89	531	
14.	ALMEIDA Maria Emilia 50m: 32.95 32.95	07	Galitos / Bresimar 100m: 1:08.64 35.69	1:08.64	+0,92	528	
15.	TINOCO Diana Silva 50m: 32.58 32.58	06	Columbofila Cantanhedense 100m: 1:08.67 36.09	1:08.67	+0,66	527	
16.	NEVES Gabriela Ferreira 50m: 32.34 32.34	06	Foca Quinta da Lixa CNF 100m: 1:08.80 36.46	1:08.80	+0,62	524	
17.	NEVES Beatriz Silva 50m: 32.29 32.29	06	Fundacao Beatriz Santos 100m: 1:08.94 36.65	1:08.94	+0,69	521	
18.	BROCHADO Mariana Goncalves 50m: 32.46 32.46	06	Viana Natacao 100m: 1:09.39 36.93	1:09.39	+1,02	511	
19.	SOUSA Maria Rita 50m: 32.22 32.22	07	Desportiva de Viana 100m: 1:09.78 37.56	1:09.78	+0,95	502	
20.	MANO Leonor Mil 50m: 32.01 32.01	07	Fundacao Beatriz Santos 100m: 1:09.88 37.87	1:09.88	+0,77	500	
21.	MARQUES Gabriela Silva 50m: 32.85 32.85	07	Braga 100m: 1:10.16 37.31	1:10.16	+0,92	494	
22.	SILVA Nuria Soares 50m: 32.73 32.73	07	Colegio SMLamas 100m: 1:11.77 39.04	1:11.77	+0,85	461	
23.	NOVO Marta Luisa 50m: 33.35 33.35	05	Viana Natacao 100m: 1:12.14 38.79	1:12.14	+0,81	454	
24.	SILVA Carolina Martins 50m: 32.96 32.96	07	Estarreja 100m: 1:13.69 40.73	1:13.69		426	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 12	Masc., 50m Bruços				Absolutos
29/05/2021 - 16:50					Resultados
RN 50 Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
RN 50 Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
RN 50 Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13/07/2002
RN 50 Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10/07/2009
RN 50 Juv A	29.75	tempo limite			
RN 50 Juv B	30.57	tempo limite			

TAC Sen20+ 50m: 31.10 - 25m: 30.22; Sen19 50m: 31.97 - 25m: 31.22; Jun18 50m: 32.13 - 25m: 31.38; Jun17 50m: 33.83 - 25m: 32.56; Juv A 50m: 33.83 - 25m: 32.56; Juv B 50m: 33.83 - 25m: 32.56

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	FERNANDES Leonardo Freitas	06	Famalicao	33.07	+0,58	483	
Juvenis A							
1.	SILVA Goncalo Manuel	05	Porto	32.06	+0,76	530	
2.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	32.95	+0,76	488	
3.	BARRETO Guilherme Pedro	05	Desportiva Limiana	32.96	+0,61	488	
Absolutos							
1.	AMORIM Alexandre Ferreira	99	Leixoes	28.45	+0,71	758	
2.	SIMOES Rafael Gomes	00	Braga	29.43	+0,76	685	
3.	MOURA Andre Magalhaes	98	Academico Viseu	29.73	+0,65	665	
4.	SILVA Florian da	01	Porto	30.05	+0,63	643	
5.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	31.18	+0,67	576	
6.	OLIVEIRA Joao Campelo	04	Famalicao	31.35	+0,70	567	
7.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	31.42	+0,66	563	
8.	NETO Rodrigo Jorge	03	Aquatico Pacense	31.51	+0,69	558	
9.	CARVALHO Renato Miguel	03	Galitos / Bresimar	31.56	+0,68	555	
10.	MOREIRA Joao Pedro	04	Colegio Efanor	31.86	+0,70	540	
11.	SILVA Goncalo Manuel	05	Porto	32.06	+0,76	530	
12.	FAIA Mateus Costa	03	Famalicao	32.23	+0,70	521	
13.	ARAUJO Sergio Daniel	02	Naval Povoense	32.65	+0,71	502	
14.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	32.95	+0,76	488	
15.	BARRETO Guilherme Pedro	05	Desportiva Limiana	32.96	+0,61	488	
16.	FERNANDES Leonardo Freitas	06	Famalicao	33.07	+0,58	483	
17.	HASSENTEUFEL Marco Antonio	04	Naval Povoense	33.99	+0,59	444	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 12, Masc., 50m Bruços

Seniores

1.	AMORIM Alexandre Ferreira	99	Leixoes	28.45	+0,71	758
2.	SIMOES Rafael Gomes	00	Braga	29.43	+0,76	685
3.	MOURA Andre Magalhaes	98	Academico Viseu	29.73	+0,65	665
4.	SILVA Florian da	01	Porto	30.05	+0,63	643
5.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	31.18	+0,67	576
6.	ARAUJO Sergio Daniel	02	Naval Povoense	32.65	+0,71	502

Prova 13

Femin., 50m Bruços

Absolutos
Resultados

29/05/2021 - 16:55

RN 50 Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017
RN 50 Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017
RN 50 Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30/05/2009
RN 50 Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28/03/2010
RN 50 Juv A	32.04	tempo limite			
RN 50 Juv B	34.12	tempo limite			

TAC Sen19+ 50m: 35.87 - 25m: 35.06; Sen18 50m: 36.79 - 25m: 36.27; Jun17 50m: 36.97 - 25m: 36.96; Jun16 50m: 36.99 - 25m: 36.96;
Juv A 50m: 36.99 - 25m: 36.96; Juv B 50m: 36.99 - 25m: 36.96

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	LEAL Matilde Barros	07	Aquatico Pacense	36.38	+0,81	527
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Juvenis A

1.	JESUS Mariana Teixeira	06	Estarreja	36.31	+0,80	530
2.	BARREIRA Andreia Monteiro	06	Peso da Regua	36.94	+0,79	504

Absolutos

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	31.59	+0,68	806
2.	FIAL Sofia Nunes	03	Estamos Juntos	34.50	+0,83	618
3.	OLIVEIRA Rosa Maria	96	Porto	34.52	+0,71	617
	CASTRO Maria Freitas	03	Vitoria Guimaraes	34.52	+0,71	617
5.	PEREIRA Carolina Rei	05	Natacao de Vagos	34.90	+0,75	597
6.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	35.04	+0,63	590
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	35.30	+0,77	577
8.	ALMEIDA Ana Rita	05	Campinho	35.39	+0,68	573
9.	JESUS Mariana Teixeira	06	Estarreja	36.31	+0,80	530
10.	LEAL Matilde Barros	07	Aquatico Pacense	36.38	+0,81	527
11.	DOMINGUES Matilde Mota	03	Colegio Efanor	36.41	+0,69	526
12.	RIBEIRO Maria Joao	05	Colegio SMLamas	36.53	+0,76	521
13.	LOPES Margarida Santos	04	Estarreja	36.61	+0,56	517
14.	LAMAS Maria Caetano	04	Miranda do Corvo	36.90	+0,81	505

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 13, Femin., 50m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	NEVES Maria Manuel	05	Braga	36.93	+0,86	504	
16.	BARREIRA Andreia Monteiro	06	Peso da Regua	36.94	+0,79	504	

Seniores

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	31.59	+0,68	806	
2.	FIAL Sofia Nunes	03	Estamos Juntos	34.50	+0,83	618	
3.	OLIVEIRA Rosa Maria	96	Porto	34.52	+0,71	617	
	CASTRO Maria Freitas	03	Vitoria Guimaraes	34.52	+0,71	617	
5.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	35.04	+0,63	590	
6.	VEIGA Ana Filipa	01	Gafanha da Encarnac�o	35.30	+0,77	577	
7.	DOMINGUES Matilde Mota	03	Colegio Efanor	36.41	+0,69	526	

Prova 14

Masc., 200m Estilos

Absolutos

29/05/2021 - 17:00

Resultados

RN 50 Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
RN 50 Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
RN 50 Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06/07/2018
RN 50 Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17/07/2005
RN 50 Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31/07/2004
RN 50 Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26/07/2015

TAC Sen20+ 50m: 2:13.88 - 25m: 2:08.98; Sen19 50m: 2:17.15 - 25m: 2:12.13; Jun18 50m: 2:17.84 - 25m: 2:12.79; Jun17 50m: 2:22.46 - 25m: 2:17.04; Juv A 50m: 2:31.02 - 25m: 2:28.06; Juv B 50m: 2:33.84 - 25m: 2:30.83

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	ZHUKOV Mark	06	Braga	2:19.98	+0,72	540	
	50m: 29.73 29.73	100m: 1:05.31	35.58	150m: 1:46.72	41.41	200m: 2:19.98	33.26
2.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:20.73	+0,72	531	
	50m: 29.60 29.60	100m: 1:09.27	39.67	150m: 1:47.93	38.66	200m: 2:20.73	32.80
3.	JEVIC Milan Santos	06	Braga	2:20.92	+0,72	529	
	50m: 30.49 30.49	100m: 1:09.04	38.55	150m: 1:48.98	39.94	200m: 2:20.92	31.94
4.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:24.08	+0,74	495	
	50m: 31.10 31.10	100m: 1:10.24	39.14	150m: 1:49.53	39.29	200m: 2:24.08	34.55
5.	CASTRO Vasco Monteiro	06	Porto	2:24.46	+0,86	491	
	50m: 30.86 30.86	100m: 1:07.28	36.42	150m: 1:51.84	44.56	200m: 2:24.46	32.62
6.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedens�	2:27.13	+0,67	465	
	50m: 30.77 30.77	100m: 1:09.81	39.04	150m: 1:50.81	41.00	200m: 2:27.13	36.32
7.	FARIA Eduardo Nuno	06	Braga	2:27.34	+0,76	463	
	50m: 31.07 31.07	100m: 1:10.12	39.05	150m: 1:52.70	42.58	200m: 2:27.34	34.64
8.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	2:27.81	+0,81	458	
	50m: 30.30 30.30	100m: 1:10.38	40.08	150m: 1:53.99	43.61	200m: 2:27.81	33.82

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 14, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	SIMOES Filipe Cruz 50m: 32.24 32.24 100m: 1:09.63	06	Miranda do Corvo	2:29.28 46.73 200m: 2:29.28	+0,84	445	32.92
10.	OLIVEIRA Tomas Ferreira 50m: 31.06 31.06 100m: 1:08.52	06	Natacao da Maia	2:29.53 46.15 200m: 2:29.53	+0,80	443	34.86
11.	LOURENCO Francisco Campos 50m: 29.75 29.75 100m: 1:09.65	06	Natacao de Valongo	2:29.57 45.08 200m: 2:29.57	+0,92	442	34.84
12.	PEREIRA Pedro Santos 50m: 30.50 30.50 100m: 1:09.47	06	Leixoes	2:31.05 47.15 200m: 2:31.05	+0,77	429	34.43
13.	ALMEIDA Afonso Miguel 50m: 31.59 31.59 100m: 1:11.03	06	Galitos / Bresimar	2:31.62 45.65 200m: 2:31.62	+0,83	425	34.94
14.	NEVES Diogo Cura 50m: 32.18 32.18 100m: 1:11.90	06	Condeixa Clube	2:32.64 45.16 200m: 2:32.64	+0,74	416	35.58
DSQ	CAMPOS Ricardo Lima <i>O atleta efetuou toque alternado de m�os na viragem aos 150 m</i>	06	Sanjoanense/FEPSA				
DNS	COSTA Tomas Mendes	06	Famalicao				

Juvenis A

1.	SILVA Afonso Carvalho 50m: 29.13 29.13 100m: 1:04.75	05	Famalicao	2:15.29 39.07 200m: 2:15.29	+0,66	598	31.47
2.	SOUSA Joao Maria 50m: 29.38 29.38 100m: 1:05.04	05	Braga	2:19.19 42.35 200m: 2:19.19	+0,74	549	31.80
3.	REMELHE Joao Anibal 50m: 28.92 28.92 100m: 1:04.44	05	Braga	2:19.62 41.90 200m: 2:19.62	+0,74	544	33.28
4.	FERNANDES Miguel Alves 50m: 29.42 29.42 100m: 1:03.73	05	Viana Natacao	2:21.92 43.53 200m: 2:21.92	+0,88	518	34.66
5.	LAFUENTE Miguel Teixeira 50m: 30.66 30.66 100m: 1:09.94	05	Porto	2:22.29 39.91 200m: 2:22.29	+0,79	514	32.44
6.	ROCHA Goncalo Queiroga 50m: 31.71 31.71 100m: 1:08.90	05	Braga	2:22.50 40.82 200m: 2:22.50	+0,79	512	32.78
7.	PINHO Celso Rodrigues 50m: 30.58 30.58 100m: 1:07.44	05	Sporting de Espinho	2:24.10 43.72 200m: 2:24.10	+0,65	495	32.94
8.	MAGALHAES Andre Lima 50m: 30.16 30.16 100m: 1:08.90	05	Porto	2:25.87 45.21 200m: 2:25.87	+0,60	477	31.76
9.	GONCALVES Jose Luis 50m: 29.29 29.29 100m: 1:09.71	05	Fafe	2:26.08 42.22 200m: 2:26.08	+0,85	475	34.15
10.	PAIVA Ruben Ferreira 50m: 30.85 30.85 100m: 1:09.10	05	Sanjoanense/FEPSA	2:26.41 42.95 200m: 2:26.41	+0,79	472	34.36
11.	SANTOS Tomas Carvalho 50m: 30.28 30.28 100m: 1:07.55	05	Louzan Natacao/EFAPEL	2:26.63 44.69 200m: 2:26.63	+0,80	469	34.39

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 14, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	SILVA Guilherme Gomes	05	Estamos Juntos	2:26.79	+0,80	468	
	50m: 30.76 30.76	100m: 1:08.29	37.53 150m: 1:54.78	46.49 200m: 2:26.79		32.01	
13.	PIRES Andre Branco	05	Academico Viseu	2:28.06	+0,69	456	
	50m: 31.45 31.45	100m: 1:12.04	40.59 150m: 1:52.97	40.93 200m: 2:28.06		35.09	
14.	CARNEIRO Henrique Rocha	05	Aquatico Pacense	2:28.32	+0,92	454	
	50m: 31.55 31.55	100m: 1:11.15	39.60 150m: 1:54.96	43.81 200m: 2:28.32		33.36	
15.	FERREIRA Abel Renato	05	Alges e Agueda XXI	2:29.12	+0,69	446	
	50m: 30.69 30.69	100m: 1:08.91	38.22 150m: 1:54.95	46.04 200m: 2:29.12		34.17	
16.	RABECA Ivan Manuel	05	Desportiva de Viana	2:29.23	+0,71	445	
	50m: 30.72 30.72	100m: 1:09.03	38.31 150m: 1:53.39	44.36 200m: 2:29.23		35.84	
17.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	2:29.42	+0,78	444	
	50m: 31.16 31.16	100m: 1:12.09	40.93 150m: 1:56.51	44.42 200m: 2:29.42		32.91	
18.	FARDILHA Joao Cruz	05	Galitos / Bresimar	2:29.55	+0,95	442	
	50m: 29.69 29.69	100m: 1:08.18	38.49 150m: 1:54.25	46.07 200m: 2:29.55		35.30	
19.	MOUTELA Dinis Amorim	05	Estarreja	2:29.61	+0,77	442	
	50m: 30.99 30.99	100m: 1:11.78	40.79 150m: 1:56.99	45.21 200m: 2:29.61		32.62	
20.	DIAS Pedro Anselmo	05	Academico Viseu	2:30.04	+0,73	438	
	50m: 31.25 31.25	100m: 1:08.33	37.08 150m: 1:56.06	47.73 200m: 2:30.04		33.98	

Juniores

1.	OLIVEIRA Joao Campelo	04	Famalicao	2:14.87	+0,74	603	
	50m: 28.06 28.06	100m: 1:04.50	36.44 150m: 1:42.87	38.37 200m: 2:14.87		32.00	
2.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:15.44	+0,70	596	
	50m: 28.88 28.88	100m: 1:04.36	35.48 150m: 1:44.20	39.84 200m: 2:15.44		31.24	
3.	ARAUJO Joao Guilherme	03	Natacao da Maia	2:17.53	+0,74	569	
	50m: 27.69 27.69	100m: 1:04.16	36.47 150m: 1:45.90	41.74 200m: 2:17.53		31.63	
4.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	2:17.76	+0,69	566	
	50m: 27.85 27.85	100m: 1:04.84	36.99 150m: 1:45.77	40.93 200m: 2:17.76		31.99	
5.	CRUZ David Miguel	04	Braga	2:18.10	+0,79	562	
	50m: 29.51 29.51	100m: 1:06.82	37.31 150m: 1:46.65	39.83 200m: 2:18.10		31.45	
6.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	2:18.35	+0,75	559	
	50m: 28.86 28.86	100m: 1:04.41	35.55 150m: 1:46.11	41.70 200m: 2:18.35		32.24	
7.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:19.24	+0,72	548	
	50m: 29.18 29.18	100m: 1:05.93	36.75 150m: 1:46.66	40.73 200m: 2:19.24		32.58	
8.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:19.71	+0,74	543	
	50m: 27.60 27.60	100m: 1:03.48	35.88 150m: 1:46.93	43.45 200m: 2:19.71		32.78	

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Prova 14, Masc., 200m Estilos

Absolutos

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:02.75	+0,66	801
	50m: 25.80 25.80	100m: 55.98	30.18	150m: 1:31.89	35.91	200m: 2:02.75
2.	SILVA Tomas Antonio	01	Porto	2:07.27	+0,60	718
	50m: 26.68 26.68	100m: 59.85	33.17	150m: 1:37.20	37.35	200m: 2:07.27
3.	BASTOS Lucas Pereira	00	Nautico Academico	2:08.15	+0,71	703
	50m: 27.68 27.68	100m: 1:00.21	32.53	150m: 1:37.40	37.19	200m: 2:08.15
4.	SIMOES Rafael Gomes	00	Braga	2:08.56	+0,77	697
	50m: 27.44 27.44	100m: 1:02.49	35.05	150m: 1:38.81	36.32	200m: 2:08.56
5.	SAMPAIO Jose Pedro	98	Porto	2:10.99	+0,69	659
	50m: 27.41 27.41	100m: 1:00.92	33.51	150m: 1:39.57	38.65	200m: 2:10.99
6.	OLIVEIRA Joao Campelo	04	Famalicao	2:14.87	+0,74	603
	50m: 28.06 28.06	100m: 1:04.50	36.44	150m: 1:42.87	38.37	200m: 2:14.87
7.	SILVA Afonso Carvalho	05	Famalicao	2:15.29	+0,66	598
	50m: 29.13 29.13	100m: 1:04.75	35.62	150m: 1:43.82	39.07	200m: 2:15.29
8.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:15.44	+0,70	596
	50m: 28.88 28.88	100m: 1:04.36	35.48	150m: 1:44.20	39.84	200m: 2:15.44
9.	SILVA Henrique Gomes	02	Estamos Juntos	2:16.88	+0,70	577
	50m: 27.80 27.80	100m: 1:02.78	34.98	150m: 1:43.65	40.87	200m: 2:16.88
10.	ARAUJO Joao Guilherme	03	Natacao da Maia	2:17.53	+0,74	569
	50m: 27.69 27.69	100m: 1:04.16	36.47	150m: 1:45.90	41.74	200m: 2:17.53
11.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	2:17.76	+0,69	566
	50m: 27.85 27.85	100m: 1:04.84	36.99	150m: 1:45.77	40.93	200m: 2:17.76
12.	CRUZ David Miguel	04	Braga	2:18.10	+0,79	562
	50m: 29.51 29.51	100m: 1:06.82	37.31	150m: 1:46.65	39.83	200m: 2:18.10
13.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	2:18.35	+0,75	559
	50m: 28.86 28.86	100m: 1:04.41	35.55	150m: 1:46.11	41.70	200m: 2:18.35
14.	SOUSA Joao Maria	05	Braga	2:19.19	+0,74	549
	50m: 29.38 29.38	100m: 1:05.04	35.66	150m: 1:47.39	42.35	200m: 2:19.19
15.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:19.24	+0,72	548
	50m: 29.18 29.18	100m: 1:05.93	36.75	150m: 1:46.66	40.73	200m: 2:19.24
16.	REMELHE Joao Anibal	05	Braga	2:19.62	+0,74	544
	50m: 28.92 28.92	100m: 1:04.44	35.52	150m: 1:46.34	41.90	200m: 2:19.62
17.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:19.71	+0,74	543
	50m: 27.60 27.60	100m: 1:03.48	35.88	150m: 1:46.93	43.45	200m: 2:19.71
18.	ZHUKOV Mark	06	Braga	2:19.98	+0,72	540
	50m: 29.73 29.73	100m: 1:05.31	35.58	150m: 1:46.72	41.41	200m: 2:19.98
19.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:20.73	+0,72	531
	50m: 29.60 29.60	100m: 1:09.27	39.67	150m: 1:47.93	38.66	200m: 2:20.73

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 14, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	JEVIC Milan Santos	06	Braga	2:20.92	+0,72	529	
	50m: 30.49 30.49 100m: 1:09.04 38.55 150m: 1:48.98 39.94 200m: 2:20.92					31.94	
21.	FERNANDES Miguel Alves	05	Viana Natacao	2:21.92	+0,88	518	
	50m: 29.42 29.42 100m: 1:03.73 34.31 150m: 1:47.26 43.53 200m: 2:21.92					34.66	
22.	LAFUENTE Miguel Teixeira	05	Porto	2:22.29	+0,79	514	
	50m: 30.66 30.66 100m: 1:09.94 39.28 150m: 1:49.85 39.91 200m: 2:22.29					32.44	
23.	ROCHA Goncalo Queiroga	05	Braga	2:22.50	+0,79	512	
	50m: 31.71 31.71 100m: 1:08.90 37.19 150m: 1:49.72 40.82 200m: 2:22.50					32.78	
24.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:24.08	+0,74	495	
	50m: 31.10 31.10 100m: 1:10.24 39.14 150m: 1:49.53 39.29 200m: 2:24.08					34.55	
25.	PINHO Celso Rodrigues	05	Sporting de Espinho	2:24.10	+0,65	495	
	50m: 30.58 30.58 100m: 1:07.44 36.86 150m: 1:51.16 43.72 200m: 2:24.10					32.94	
26.	CASTRO Vasco Monteiro	06	Porto	2:24.46	+0,86	491	
	50m: 30.86 30.86 100m: 1:07.28 36.42 150m: 1:51.84 44.56 200m: 2:24.46					32.62	
27.	MAGALHAES Andre Lima	05	Porto	2:25.87	+0,60	477	
	50m: 30.16 30.16 100m: 1:08.90 38.74 150m: 1:54.11 45.21 200m: 2:25.87					31.76	
28.	GONCALVES Jose Luis	05	Fafe	2:26.08	+0,85	475	
	50m: 29.29 29.29 100m: 1:09.71 40.42 150m: 1:51.93 42.22 200m: 2:26.08					34.15	
29.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	2:26.41	+0,79	472	
	50m: 30.85 30.85 100m: 1:09.10 38.25 150m: 1:52.05 42.95 200m: 2:26.41					34.36	
30.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	2:26.63	+0,80	469	
	50m: 30.28 30.28 100m: 1:07.55 37.27 150m: 1:52.24 44.69 200m: 2:26.63					34.39	
31.	SILVA Guilherme Gomes	05	Estamos Juntos	2:26.79	+0,80	468	
	50m: 30.76 30.76 100m: 1:08.29 37.53 150m: 1:54.78 46.49 200m: 2:26.79					32.01	
32.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	2:27.13	+0,67	465	
	50m: 30.77 30.77 100m: 1:09.81 39.04 150m: 1:50.81 41.00 200m: 2:27.13					36.32	
33.	FARIA Eduardo Nuno	06	Braga	2:27.34	+0,76	463	
	50m: 31.07 31.07 100m: 1:10.12 39.05 150m: 1:52.70 42.58 200m: 2:27.34					34.64	
34.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	2:27.81	+0,81	458	
	50m: 30.30 30.30 100m: 1:10.38 40.08 150m: 1:53.99 43.61 200m: 2:27.81					33.82	
35.	PIRES Andre Branco	05	Academico Viseu	2:28.06	+0,69	456	
	50m: 31.45 31.45 100m: 1:12.04 40.59 150m: 1:52.97 40.93 200m: 2:28.06					35.09	
36.	CARNEIRO Henrique Rocha	05	Aquatico Pacense	2:28.32	+0,92	454	
	50m: 31.55 31.55 100m: 1:11.15 39.60 150m: 1:54.96 43.81 200m: 2:28.32					33.36	
37.	FERREIRA Abel Renato	05	Alges e Agueda XXI	2:29.12	+0,69	446	
	50m: 30.69 30.69 100m: 1:08.91 38.22 150m: 1:54.95 46.04 200m: 2:29.12					34.17	
38.	RABECA Ivan Manuel	05	Desportiva de Viana	2:29.23	+0,71	445	
	50m: 30.72 30.72 100m: 1:09.03 38.31 150m: 1:53.39 44.36 200m: 2:29.23					35.84	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 14, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
39.	SIMOES Filipe Cruz	06	Miranda do Corvo	2:29.28	+0,84	445	
	50m: 32.24 32.24 100m: 1:09.63 37.39 150m: 1:56.36 46.73 200m: 2:29.28 32.92						
40.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	2:29.42	+0,78	444	
	50m: 31.16 31.16 100m: 1:12.09 40.93 150m: 1:56.51 44.42 200m: 2:29.42 32.91						
41.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	2:29.53	+0,80	443	
	50m: 31.06 31.06 100m: 1:08.52 37.46 150m: 1:54.67 46.15 200m: 2:29.53 34.86						
42.	FARDILHA Joao Cruz	05	Galitos / Bresimar	2:29.55	+0,95	442	
	50m: 29.69 29.69 100m: 1:08.18 38.49 150m: 1:54.25 46.07 200m: 2:29.55 35.30						
43.	LOURENCO Francisco Campos	06	Natacao de Valongo	2:29.57	+0,92	442	
	50m: 29.75 29.75 100m: 1:09.65 39.90 150m: 1:54.73 45.08 200m: 2:29.57 34.84						
44.	MOUTELA Dinis Amorim	05	Estarreja	2:29.61	+0,77	442	
	50m: 30.99 30.99 100m: 1:11.78 40.79 150m: 1:56.99 45.21 200m: 2:29.61 32.62						
45.	DIAS Pedro Anselmo	05	Academico Viseu	2:30.04	+0,73	438	
	50m: 31.25 31.25 100m: 1:08.33 37.08 150m: 1:56.06 47.73 200m: 2:30.04 33.98						
46.	PEREIRA Pedro Santos	06	Leixoes	2:31.05	+0,77	429	
	50m: 30.50 30.50 100m: 1:09.47 38.97 150m: 1:56.62 47.15 200m: 2:31.05 34.43						
47.	ALMEIDA Afonso Miguel	06	Galitos / Bresimar	2:31.62	+0,83	425	
	50m: 31.59 31.59 100m: 1:11.03 39.44 150m: 1:56.68 45.65 200m: 2:31.62 34.94						
48.	NEVES Diogo Cura	06	Condeixa Clube	2:32.64	+0,74	416	
	50m: 32.18 32.18 100m: 1:11.90 39.72 150m: 1:57.06 45.16 200m: 2:32.64 35.58						
DSQ	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA				
	<i>O atleta efetuou toque alternado de m�os na viragem aos 150 m</i>						
DNS	COSTA Tomas Mendes	06	Famalicao				
DNS	COSTA Joao Nogueira	01	Vitoria Guimaraes				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 15	Femin., 400m Estilos				Absolutos
29/05/2021 - 17:20					Resultados
RN 50 Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
RN 50 Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
RN 50 Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
RN 50 Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gij�n (ESP)	20/05/2017
RN 50 Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
RN 50 Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

TAC Sen19+ 50m: 5:18.16 - 25m: 5:06.36; Sen18 50m: 5:27.38 - 25m: 5:16.24; Jun17 50m: 5:29.02 - 25m: 5:23.44; Jun16 50m: 5:40.83 - 25m: 5:23.44; Juv A 50m: 5:44.16 - 25m: 5:37.41; Juv B 50m: 5:54.08 - 25m: 5:47.14

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:25.97	+0,73	545	
	50m: 35.88 35.88	150m: 1:56.04	40.98	250m: 3:23.77	47.24	350m: 4:48.89	37.59
	100m: 1:15.06 39.18	200m: 2:36.53	40.49	300m: 4:11.30	47.53	400m: 5:25.97	37.08
2.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:32.94	+0,74	512	
	50m: 35.73 35.73	150m: 2:01.34	44.30	250m: 3:31.09	47.26	350m: 4:55.89	38.32
	100m: 1:17.04 41.31	200m: 2:43.83	42.49	300m: 4:17.57	46.48	400m: 5:32.94	37.05
3.	PINTO Margarida Vieira	07	Braga	5:35.08	+0,86	502	
	50m: 35.72 35.72	150m: 2:02.84	42.39	250m: 3:32.19	47.54	350m: 4:58.33	37.67
	100m: 1:20.45 44.73	200m: 2:44.65	41.81	300m: 4:20.66	48.47	400m: 5:35.08	36.75
4.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:35.48	+0,79	500	
	50m: 33.72 33.72	150m: 1:57.29	43.36	250m: 3:28.91	46.61	350m: 4:57.00	39.51
	100m: 1:13.93 40.21	200m: 2:42.30	45.01	300m: 4:17.49	48.58	400m: 5:35.48	38.48

Juvenis A

1.	PINTO Leonor Filipa	06	Porto	5:22.85	+0,81	561	
	50m: 34.12 34.12	150m: 1:56.35	41.75	250m: 3:23.39	45.71	350m: 4:46.74	36.90
	100m: 1:14.60 40.48	200m: 2:37.68	41.33	300m: 4:09.84	46.45	400m: 5:22.85	36.11
2.	COSTA Anita Gouveia	06	Condeixa Clube	5:25.31	+0,71	548	
	50m: 34.06 34.06	150m: 1:56.86	43.84	250m: 3:26.41	47.48	350m: 4:50.79	35.96
	100m: 1:13.02 38.96	200m: 2:38.93	42.07	300m: 4:14.83	48.42	400m: 5:25.31	34.52
3.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	5:30.65	+0,80	522	
	50m: 34.62 34.62	150m: 1:56.55	44.50	250m: 3:27.64	48.17	350m: 4:54.09	37.28
	100m: 1:12.05 37.43	200m: 2:39.47	42.92	300m: 4:16.81	49.17	400m: 5:30.65	36.56
4.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	5:31.16	+0,66	520	
	50m: 35.37 35.37	150m: 2:03.02	46.44	250m: 3:31.98	45.58	350m: 4:55.02	36.82
	100m: 1:16.58 41.21	200m: 2:46.40	43.38	300m: 4:18.20	46.22	400m: 5:31.16	36.14
5.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	5:35.81	+0,81	499	
	50m: 33.72 33.72	150m: 1:59.52	45.51	250m: 3:32.43	48.68	350m: 4:59.25	38.03
	100m: 1:14.01 40.29	200m: 2:43.75	44.23	300m: 4:21.22	48.79	400m: 5:35.81	36.56
6.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	5:39.11	+0,86	484	
	50m: 34.50 34.50	150m: 2:00.93	43.91	250m: 3:32.72	48.39	350m: 5:00.47	38.11
	100m: 1:17.02 42.52	200m: 2:44.33	43.40	300m: 4:22.36	49.64	400m: 5:39.11	38.64

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 15, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	MARQUES Barbara Nunes	06	Estarreja	5:41.26	+0,75	475	
	50m: 35.21 35.21	150m: 2:01.95	45.40	250m: 3:34.18	48.54	350m: 5:03.77	40.95
	100m: 1:16.55 41.34	200m: 2:45.64	43.69	300m: 4:22.82	48.64	400m: 5:41.26	37.49
8.	TASHKULOVA Diana	06	Galitos / Bresimar	5:41.27	+0,86	475	
	50m: 35.45 35.45	150m: 2:01.69	45.45	250m: 3:34.69	48.80	350m: 5:03.14	39.80
	100m: 1:16.24 40.79	200m: 2:45.89	44.20	300m: 4:23.34	48.65	400m: 5:41.27	38.13
9.	BROCHADO Mariana Goncalves	06	Viana Natacao	5:46.26	+0,91	455	
	50m: 34.96 34.96	150m: 2:01.16	44.96	250m: 3:36.13	50.89	350m: 5:07.67	39.79
	100m: 1:16.20 41.24	200m: 2:45.24	44.08	300m: 4:27.88	51.75	400m: 5:46.26	38.59

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	5:08.42	+0,78	644	
	50m: 31.15 31.15	150m: 1:49.24	41.99	250m: 3:14.66	44.29	350m: 4:34.29	35.15
	100m: 1:07.25 36.10	200m: 2:30.37	41.13	300m: 3:59.14	44.48	400m: 5:08.42	34.13
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:11.41	+0,66	625	
	50m: 32.83 32.83	150m: 1:52.75	42.85	250m: 3:17.73	44.74	350m: 4:38.29	35.88
	100m: 1:09.90 37.07	200m: 2:32.99	40.24	300m: 4:02.41	44.68	400m: 5:11.41	33.12
3.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	5:19.84	+0,66	577	
	50m: 32.92 32.92	150m: 1:51.14	40.31	250m: 3:15.76	45.51	350m: 4:42.13	40.18
	100m: 1:10.83 37.91	200m: 2:30.25	39.11	300m: 4:01.95	46.19	400m: 5:19.84	37.71
4.	NOBRE Marisa Isabel	05	Cumbrofila Cantanhedense	5:33.76	+0,69	508	
	50m: 33.59 33.59	150m: 1:58.47	43.94	250m: 3:30.38	49.15	350m: 4:57.75	37.75
	100m: 1:14.53 40.94	200m: 2:41.23	42.76	300m: 4:20.00	49.62	400m: 5:33.76	36.01
5.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:34.84	+0,89	503	
	50m: 34.49 34.49	150m: 2:02.34	45.96	250m: 3:32.70	47.38	350m: 4:58.50	37.96
	100m: 1:16.38 41.89	200m: 2:45.32	42.98	300m: 4:20.54	47.84	400m: 5:34.84	36.34

Absolutos

1.	CABRAL Maria Francisca	00	Porto	4:56.70	+0,81	723	
	50m: 31.37 31.37	150m: 1:45.10	38.57	250m: 3:05.85	43.46	350m: 4:23.41	34.36
	100m: 1:06.53 35.16	200m: 2:22.39	37.29	300m: 3:49.05	43.20	400m: 4:56.70	33.29
2.	CARDEAL Joana Nunes	02	Academico Viseu	5:01.44	+0,77	689	
	50m: 30.67 30.67	150m: 1:45.57	40.54	250m: 3:08.32	43.49	350m: 4:27.92	34.85
	100m: 1:05.03 34.36	200m: 2:24.83	39.26	300m: 3:53.07	44.75	400m: 5:01.44	33.52
3.	LOPES Daniela Magalhaes	05	Famalicao	5:08.42	+0,78	644	
	50m: 31.15 31.15	150m: 1:49.24	41.99	250m: 3:14.66	44.29	350m: 4:34.29	35.15
	100m: 1:07.25 36.10	200m: 2:30.37	41.13	300m: 3:59.14	44.48	400m: 5:08.42	34.13
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:11.41	+0,66	625	
	50m: 32.83 32.83	150m: 1:52.75	42.85	250m: 3:17.73	44.74	350m: 4:38.29	35.88
	100m: 1:09.90 37.07	200m: 2:32.99	40.24	300m: 4:02.41	44.68	400m: 5:11.41	33.12

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 15, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	VEIGA Ana Filipa	01	Gafanha da Encarnac�o	5:12.32	+0,75	620	
	50m: 32.92 32.92	150m: 1:54.08	42.90	250m: 3:18.97	42.64	350m: 4:37.69	36.35
	100m: 1:11.18 38.26	200m: 2:36.33	42.25	300m: 4:01.34	42.37	400m: 5:12.32	34.63
6.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	5:19.84	+0,66	577	
	50m: 32.92 32.92	150m: 1:51.14	40.31	250m: 3:15.76	45.51	350m: 4:42.13	40.18
	100m: 1:10.83 37.91	200m: 2:30.25	39.11	300m: 4:01.95	46.19	400m: 5:19.84	37.71
7.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:20.09	+0,70	576	
	50m: 33.39 33.39	150m: 1:54.23	42.99	250m: 3:21.98	46.38	350m: 4:45.13	36.44
	100m: 1:11.24 37.85	200m: 2:35.60	41.37	300m: 4:08.69	46.71	400m: 5:20.09	34.96
8.	PINTO Leonor Filipa	06	Porto	5:22.85	+0,81	561	
	50m: 34.12 34.12	150m: 1:56.35	41.75	250m: 3:23.39	45.71	350m: 4:46.74	36.90
	100m: 1:14.60 40.48	200m: 2:37.68	41.33	300m: 4:09.84	46.45	400m: 5:22.85	36.11
9.	COSTA Anita Gouveia	06	Condeixa Clube	5:25.31	+0,71	548	
	50m: 34.06 34.06	150m: 1:56.86	43.84	250m: 3:26.41	47.48	350m: 4:50.79	35.96
	100m: 1:13.02 38.96	200m: 2:38.93	42.07	300m: 4:14.83	48.42	400m: 5:25.31	34.52
10.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:25.97	+0,73	545	
	50m: 35.88 35.88	150m: 1:56.04	40.98	250m: 3:23.77	47.24	350m: 4:48.89	37.59
	100m: 1:15.06 39.18	200m: 2:36.53	40.49	300m: 4:11.30	47.53	400m: 5:25.97	37.08
11.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	5:30.65	+0,80	522	
	50m: 34.62 34.62	150m: 1:56.55	44.50	250m: 3:27.64	48.17	350m: 4:54.09	37.28
	100m: 1:12.05 37.43	200m: 2:39.47	42.92	300m: 4:16.81	49.17	400m: 5:30.65	36.56
12.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	5:31.16	+0,66	520	
	50m: 35.37 35.37	150m: 2:03.02	46.44	250m: 3:31.98	45.58	350m: 4:55.02	36.82
	100m: 1:16.58 41.21	200m: 2:46.40	43.38	300m: 4:18.20	46.22	400m: 5:31.16	36.14
13.	NEVES Sara Dias	03	Miranda do Corvo	5:32.63	+0,65	513	
	50m: 34.57 34.57	150m: 1:56.28	42.42	250m: 3:26.76	48.46	350m: 4:54.64	38.69
	100m: 1:13.86 39.29	200m: 2:38.30	42.02	300m: 4:15.95	49.19	400m: 5:32.63	37.99
14.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:32.94	+0,74	512	
	50m: 35.73 35.73	150m: 2:01.34	44.30	250m: 3:31.09	47.26	350m: 4:55.89	38.32
	100m: 1:17.04 41.31	200m: 2:43.83	42.49	300m: 4:17.57	46.48	400m: 5:32.94	37.05
15.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:33.76	+0,69	508	
	50m: 33.59 33.59	150m: 1:58.47	43.94	250m: 3:30.38	49.15	350m: 4:57.75	37.75
	100m: 1:14.53 40.94	200m: 2:41.23	42.76	300m: 4:20.00	49.62	400m: 5:33.76	36.01
16.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:34.84	+0,89	503	
	50m: 34.49 34.49	150m: 2:02.34	45.96	250m: 3:32.70	47.38	350m: 4:58.50	37.96
	100m: 1:16.38 41.89	200m: 2:45.32	42.98	300m: 4:20.54	47.84	400m: 5:34.84	36.34
17.	PINTO Margarida Vieira	07	Braga	5:35.08	+0,86	502	
	50m: 35.72 35.72	150m: 2:02.84	42.39	250m: 3:32.19	47.54	350m: 4:58.33	37.67
	100m: 1:20.45 44.73	200m: 2:44.65	41.81	300m: 4:20.66	48.47	400m: 5:35.08	36.75
18.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:35.48	+0,79	500	
	50m: 33.72 33.72	150m: 1:57.29	43.36	250m: 3:28.91	46.61	350m: 4:57.00	39.51
	100m: 1:13.93 40.21	200m: 2:42.30	45.01	300m: 4:17.49	48.58	400m: 5:35.48	38.48

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 15, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
19.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	5:35.81	+0,81	499	
	50m: 33.72 33.72	150m: 1:59.52	45.51	250m: 3:32.43	48.68	350m: 4:59.25	38.03
	100m: 1:14.01 40.29	200m: 2:43.75	44.23	300m: 4:21.22	48.79	400m: 5:35.81	36.56
20.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	5:39.11	+0,86	484	
	50m: 34.50 34.50	150m: 2:00.93	43.91	250m: 3:32.72	48.39	350m: 5:00.47	38.11
	100m: 1:17.02 42.52	200m: 2:44.33	43.40	300m: 4:22.36	49.64	400m: 5:39.11	38.64
21.	MARQUES Barbara Nunes	06	Estarreja	5:41.26	+0,75	475	
	50m: 35.21 35.21	150m: 2:01.95	45.40	250m: 3:34.18	48.54	350m: 5:03.77	40.95
	100m: 1:16.55 41.34	200m: 2:45.64	43.69	300m: 4:22.82	48.64	400m: 5:41.26	37.49
22.	TASHKULOVA Diana	06	Galitos / Bresimar	5:41.27	+0,86	475	
	50m: 35.45 35.45	150m: 2:01.69	45.45	250m: 3:34.69	48.80	350m: 5:03.14	39.80
	100m: 1:16.24 40.79	200m: 2:45.89	44.20	300m: 4:23.34	48.65	400m: 5:41.27	38.13
23.	BROCHADO Mariana Goncalves	06	Viana Natacao	5:46.26	+0,91	455	
	50m: 34.96 34.96	150m: 2:01.16	44.96	250m: 3:36.13	50.89	350m: 5:07.67	39.79
	100m: 1:16.20 41.24	200m: 2:45.24	44.08	300m: 4:27.88	51.75	400m: 5:46.26	38.59
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Prova 16

Masc., 200m Livres

Absolutos

29/05/2021 - 17:40

Resultados

RN 50 Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
RN 50 Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
RN 50 Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14/07/2005
RN 50 Jun17	1:50.82	RIBEIRO Diogo Matos	CUC	Coimbra	27/03/2021
RN 50 Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24/07/2009
RN 50 Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02/08/2019

TAC Sen20+ 50m: 1:57.29 - 25m: 1:54.40; Sen19 50m: 1:59.76 - 25m: 1:56.88; Jun18 50m: 2:00.36 - 25m: 1:57.46; Jun17 50m: 2:04.22 - 25m: 2:01.83; Juv A 50m: 2:10.93 - 25m: 2:08.36; Juv B 50m: 2:13.38 - 25m: 2:10.76

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	2:06.24	+0,69	527	
	50m: 29.02 29.02	100m: 1:01.37	32.35	150m: 1:34.12	32.75	200m: 2:06.24	32.12
2.	SILVA Francisco Araujo	06	Famalicao	2:07.65	+0,75	510	
	50m: 28.77 28.77	100m: 1:01.72	32.95	150m: 1:35.30	33.58	200m: 2:07.65	32.35
3.	SANTOS Rui Miguel	06	Famalicao	2:07.83	+0,80	508	
	50m: 28.72 28.72	100m: 1:01.81	33.09	150m: 1:36.11	34.30	200m: 2:07.83	31.72
4.	LOUREIRO Bruno Silva	06	Porto	2:07.87	+0,79	507	
	50m: 29.58 29.58	100m: 1:02.09	32.51	150m: 1:35.05	32.96	200m: 2:07.87	32.82
5.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	2:07.91	+0,64	507	
	50m: 28.52 28.52	100m: 1:01.81	33.29	150m: 1:35.96	34.15	200m: 2:07.91	31.95

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Prova 16, Masc., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:08.00	+0,75	506	
	50m: 30.33 30.33	100m: 1:02.84	32.51	150m: 1:36.02	33.18	200m: 2:08.00	31.98
7.	FARIA Eduardo Nuno	06	Braga	2:08.48	+0,78	500	
	50m: 29.48 29.48	100m: 1:02.26	32.78	150m: 1:35.80	33.54	200m: 2:08.48	32.68
8.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	2:10.62	+0,81	476	
	50m: 29.04 29.04	100m: 1:01.80	32.76	150m: 1:36.35	34.55	200m: 2:10.62	34.27
9.	FERREIRA Joao Rafael	06	Fundacao Beatriz Santos	2:11.04	+0,65	471	
	50m: 29.66 29.66	100m: 1:02.87	33.21	150m: 1:37.11	34.24	200m: 2:11.04	33.93
10.	SILVA Francisco Barbosa	06	Vilacondense	2:11.08	+0,94	471	
	50m: 28.76 28.76	100m: 1:01.57	32.81	150m: 1:36.52	34.95	200m: 2:11.08	34.56
11.	LUCAS Joao Neves	06	Columbofila Cantanhedens	2:13.71	+0,86	443	
	50m: 30.56 30.56	100m: 1:03.98	33.42	150m: 1:38.56	34.58	200m: 2:13.71	35.15

Juvenis A

1.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedens	2:03.53	+0,72	562	
	50m: 29.12 29.12	100m: 1:00.47	31.35	150m: 1:32.38	31.91	200m: 2:03.53	31.15
2.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:03.58	+0,63	562	
	50m: 28.57 28.57	100m: 59.78	31.21	150m: 1:32.38	32.60	200m: 2:03.58	31.20
3.	RIBEIRO Vasco Almeida	05	Colegio SMLamas	2:03.77	+0,77	559	
	50m: 28.25 28.25	100m: 1:00.47	32.22	150m: 1:31.87	31.40	200m: 2:03.77	31.90
4.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	2:05.33	+0,61	539	
	50m: 29.03 29.03	100m: 1:01.47	32.44	150m: 1:33.60	32.13	200m: 2:05.33	31.73
5.	NETO Vasco Goncalves	05	Porto	2:05.39	+0,70	538	
	50m: 29.47 29.47	100m: 1:01.98	32.51	150m: 1:34.23	32.25	200m: 2:05.39	31.16
6.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	2:05.98	+0,93	530	
	50m: 28.64 28.64	100m: 1:00.91	32.27	150m: 1:33.82	32.91	200m: 2:05.98	32.16
7.	TORRES Joao Pedro	05	Porto	2:06.15	+0,79	528	
	50m: 28.55 28.55	100m: 1:00.31	31.76	150m: 1:32.99	32.68	200m: 2:06.15	33.16
8.	RIBEIRO Filipe Silva	05	Leixoes	2:07.02	+0,70	517	
	50m: 28.06 28.06	100m: 1:00.41	32.35	150m: 1:33.98	33.57	200m: 2:07.02	33.04
9.	AMADO Afonso Miguel	05	Miranda do Corvo	2:07.04	+0,64	517	
	50m: 29.08 29.08	100m: 1:01.45	32.37	150m: 1:34.35	32.90	200m: 2:07.04	32.69
10.	LOPES Afonso Teixeira	05	Foca Quinta da Lixa CNF	2:09.89	+0,75	484	
	50m: 30.71 30.71	100m: 1:03.33	32.62	150m: 1:36.94	33.61	200m: 2:09.89	32.95
11.	SILVA Tomas Caineta	05	Estarreja	2:10.05	+0,71	482	
	50m: 29.59 29.59	100m: 1:02.70	33.11	150m: 1:36.57	33.87	200m: 2:10.05	33.48
12.	DIAS Pedro Anselmo	05	Academico Viseu	2:10.42	+0,73	478	
	50m: 29.78 29.78	100m: 1:03.48	33.70	150m: 1:38.24	34.76	200m: 2:10.42	32.18

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 16, Masc., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	2:11.13	+0,74	470	
	50m: 30.37 30.37	100m: 1:03.16	32.79 150m: 1:37.21	34.05	200m: 2:11.13	33.92	
14.	ROCHA Jose Miguel	05	Columbofila Cantanhedense	2:11.77	+0,80	463	
	50m: 30.34 30.34	100m: 1:03.73	33.39 150m: 1:38.01	34.28	200m: 2:11.77	33.76	
15.	GONCALVES Jose Luis	05	Fafe	2:12.12	+0,83	460	
	50m: 29.80 29.80	100m: 1:03.59	33.79 150m: 1:38.81	35.22	200m: 2:12.12	33.31	
16.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	2:12.22	+0,83	459	
	50m: 30.67 30.67	100m: 1:04.40	33.73 150m: 1:39.14	34.74	200m: 2:12.22	33.08	
17.	FERREIRA Abel Renato	05	Alges e Agueda XXI	2:12.60	+0,81	455	
	50m: 29.74 29.74	100m: 1:03.57	33.83 150m: 1:38.62	35.05	200m: 2:12.60	33.98	
18.	CARVALHO Guilherme Jesus	05	Foca Quinta da Lixa CNF	2:13.02	+0,62	450	
	50m: 30.21 30.21	100m: 1:03.87	33.66 150m: 1:38.47	34.60	200m: 2:13.02	34.55	

Juniores

1.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	1:54.67	+0,78	703	
	50m: 26.77 26.77	100m: 55.91	29.14 150m: 1:25.94	30.03	200m: 1:54.67	28.73	
2.	MARQUES Gustavo Pires	04	Individual ANC	1:55.77	+0,68	683	
	50m: 26.87 26.87	100m: 56.48	29.61 150m: 1:26.59	30.11	200m: 1:55.77	29.18	
3.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	1:58.36	+0,67	640	
	50m: 27.26 27.26	100m: 57.27	30.01 150m: 1:27.77	30.50	200m: 1:58.36	30.59	
4.	MACHADO Martim Miranda	03	Individual ANC	1:58.69	+0,63	634	
	50m: 27.75 27.75	100m: 57.70	29.95 150m: 1:28.46	30.76	200m: 1:58.69	30.23	
5.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	2:01.19	+0,69	596	
	50m: 27.58 27.58	100m: 57.88	30.30 150m: 1:29.40	31.52	200m: 2:01.19	31.79	
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:01.46	+0,69	592	
	50m: 28.48 28.48	100m: 59.25	30.77 150m: 1:30.43	31.18	200m: 2:01.46	31.03	
7.	REIS Rodrigo Miguel	04	Individual ANC	2:01.69	+0,58	588	
	50m: 27.14 27.14	100m: 57.99	30.85 150m: 1:29.66	31.67	200m: 2:01.69	32.03	
8.	ANTUNES Joao Afonso	04	Galitos / Bresimar	2:03.34	+0,64	565	
	50m: 28.60 28.60	100m: 1:00.11	31.51 150m: 1:32.22	32.11	200m: 2:03.34	31.12	
9.	JESUS Pedro Duarte	04	Galitos / Bresimar	2:05.31	+0,67	539	
	50m: 28.60 28.60	100m: 1:00.26	31.66 150m: 1:32.81	32.55	200m: 2:05.31	32.50	
10.	NUNES Diogo Severino	04	Natacao de Valongo	2:05.69	+0,82	534	
	50m: 28.18 28.18	100m: 59.75	31.57 150m: 1:33.02	33.27	200m: 2:05.69	32.67	
DNS	SANTOS Gabriel Moreira	04	Famalicao				

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Prova 16, Masc., 200m Livres

Absolutos

1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	1:51.04	+0,65	775
	50m: 26.26 26.26	100m: 54.26	28.00 150m: 1:22.92	28.66	200m: 1:51.04	28.12
2.	VELOSO Tomas Miguel	96	Nautico Academico	1:51.23	+0,64	771
	50m: 26.37 26.37	100m: 54.20	27.83 150m: 1:22.92	28.72	200m: 1:51.23	28.31
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	1:54.67	+0,78	703
	50m: 26.77 26.77	100m: 55.91	29.14 150m: 1:25.94	30.03	200m: 1:54.67	28.73
4.	MARQUES Gustavo Pires	04	Individual ANC	1:55.77	+0,68	683
	50m: 26.87 26.87	100m: 56.48	29.61 150m: 1:26.59	30.11	200m: 1:55.77	29.18
5.	SANTOS Pedro Miguel	01	Porto	1:56.60	+0,65	669
	50m: 27.00 27.00	100m: 56.05	29.05 150m: 1:26.01	29.96	200m: 1:56.60	30.59
6.	AMARAL Francisco Rodriguez	02	Porto	1:57.97	+0,73	646
	50m: 27.35 27.35	100m: 57.03	29.68 150m: 1:27.73	30.70	200m: 1:57.97	30.24
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	1:58.36	+0,67	640
	50m: 27.26 27.26	100m: 57.27	30.01 150m: 1:27.77	30.50	200m: 1:58.36	30.59
8.	MACHADO Martim Miranda	03	Individual ANC	1:58.69	+0,63	634
	50m: 27.75 27.75	100m: 57.70	29.95 150m: 1:28.46	30.76	200m: 1:58.69	30.23
9.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	2:01.19	+0,69	596
	50m: 27.58 27.58	100m: 57.88	30.30 150m: 1:29.40	31.52	200m: 2:01.19	31.79
10.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:01.46	+0,69	592
	50m: 28.48 28.48	100m: 59.25	30.77 150m: 1:30.43	31.18	200m: 2:01.46	31.03
11.	REIS Rodrigo Miguel	04	Individual ANC	2:01.69	+0,58	588
	50m: 27.14 27.14	100m: 57.99	30.85 150m: 1:29.66	31.67	200m: 2:01.69	32.03
12.	ANTUNES Joao Afonso	04	Galitos / Bresimar	2:03.34	+0,64	565
	50m: 28.60 28.60	100m: 1:00.11	31.51 150m: 1:32.22	32.11	200m: 2:03.34	31.12
13.	CARDOSO Guilherme Maia	05	Columbifila Cantanhedense	2:03.53	+0,72	562
	50m: 29.12 29.12	100m: 1:00.47	31.35 150m: 1:32.38	31.91	200m: 2:03.53	31.15
14.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:03.58	+0,63	562
	50m: 28.57 28.57	100m: 59.78	31.21 150m: 1:32.38	32.60	200m: 2:03.58	31.20
15.	RIBEIRO Vasco Almeida	05	Colegio SMLamas	2:03.77	+0,77	559
	50m: 28.25 28.25	100m: 1:00.47	32.22 150m: 1:31.87	31.40	200m: 2:03.77	31.90
16.	JESUS Pedro Duarte	04	Galitos / Bresimar	2:05.31	+0,67	539
	50m: 28.60 28.60	100m: 1:00.26	31.66 150m: 1:32.81	32.55	200m: 2:05.31	32.50
17.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	2:05.33	+0,61	539
	50m: 29.03 29.03	100m: 1:01.47	32.44 150m: 1:33.60	32.13	200m: 2:05.33	31.73
18.	NETO Vasco Goncalves	05	Porto	2:05.39	+0,70	538
	50m: 29.47 29.47	100m: 1:01.98	32.51 150m: 1:34.23	32.25	200m: 2:05.39	31.16
19.	NUNES Diogo Severino	04	Natacao de Valongo	2:05.69	+0,82	534
	50m: 28.18 28.18	100m: 59.75	31.57 150m: 1:33.02	33.27	200m: 2:05.69	32.67

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 16, Masc., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	LEITE Afonso Martim 50m: 28.64 28.64	05	Foca Quinta da Lixa CNF	2:05.98	+0,93	530	
	100m: 1:00.91		32.27 150m: 1:33.82	32.91	200m: 2:05.98	32.16	
21.	TORRES Joao Pedro 50m: 28.55 28.55	05	Porto	2:06.15	+0,79	528	
	100m: 1:00.31		31.76 150m: 1:32.99	32.68	200m: 2:06.15	33.16	
22.	TAVARES Daniel Batista 50m: 29.02 29.02	06	Bombeiros Mealhada/ CA	2:06.24	+0,69	527	
	100m: 1:01.37		32.35 150m: 1:34.12	32.75	200m: 2:06.24	32.12	
23.	RIBEIRO Filipe Silva 50m: 28.06 28.06	05	Leixoes	2:07.02	+0,70	517	
	100m: 1:00.41		32.35 150m: 1:33.98	33.57	200m: 2:07.02	33.04	
24.	AMADO Afonso Miguel 50m: 29.08 29.08	05	Miranda do Corvo	2:07.04	+0,64	517	
	100m: 1:01.45		32.37 150m: 1:34.35	32.90	200m: 2:07.04	32.69	
25.	SILVA Francisco Araujo 50m: 28.77 28.77	06	Famalicao	2:07.65	+0,75	510	
	100m: 1:01.72		32.95 150m: 1:35.30	33.58	200m: 2:07.65	32.35	
26.	SANTOS Rui Miguel 50m: 28.72 28.72	06	Famalicao	2:07.83	+0,80	508	
	100m: 1:01.81		33.09 150m: 1:36.11	34.30	200m: 2:07.83	31.72	
27.	LOUREIRO Bruno Silva 50m: 29.58 29.58	06	Porto	2:07.87	+0,79	507	
	100m: 1:02.09		32.51 150m: 1:35.05	32.96	200m: 2:07.87	32.82	
28.	RODRIGUES Rodrigo Vieira 50m: 28.52 28.52	06	Sporting de Espinho	2:07.91	+0,64	507	
	100m: 1:01.81		33.29 150m: 1:35.96	34.15	200m: 2:07.91	31.95	
29.	FRAZAO Francisco Couto 50m: 30.33 30.33	06	Uniao Coimbra	2:08.00	+0,75	506	
	100m: 1:02.84		32.51 150m: 1:36.02	33.18	200m: 2:08.00	31.98	
30.	FARIA Eduardo Nuno 50m: 29.48 29.48	06	Braga	2:08.48	+0,78	500	
	100m: 1:02.26		32.78 150m: 1:35.80	33.54	200m: 2:08.48	32.68	
31.	LOPES Afonso Teixeira 50m: 30.71 30.71	05	Foca Quinta da Lixa CNF	2:09.89	+0,75	484	
	100m: 1:03.33		32.62 150m: 1:36.94	33.61	200m: 2:09.89	32.95	
32.	SILVA Tomas Caineta 50m: 29.59 29.59	05	Estarreja	2:10.05	+0,71	482	
	100m: 1:02.70		33.11 150m: 1:36.57	33.87	200m: 2:10.05	33.48	
33.	DIAS Pedro Anselmo 50m: 29.78 29.78	05	Academico Viseu	2:10.42	+0,73	478	
	100m: 1:03.48		33.70 150m: 1:38.24	34.76	200m: 2:10.42	32.18	
34.	MARTINS Henrique Ferreira 50m: 29.04 29.04	06	Alges e Agueda XXI	2:10.62	+0,81	476	
	100m: 1:01.80		32.76 150m: 1:36.35	34.55	200m: 2:10.62	34.27	
35.	FERREIRA Joao Rafael 50m: 29.66 29.66	06	Fundacao Beatriz Santos	2:11.04	+0,65	471	
	100m: 1:02.87		33.21 150m: 1:37.11	34.24	200m: 2:11.04	33.93	
36.	SILVA Francisco Barbosa 50m: 28.76 28.76	06	Vilacondense	2:11.08	+0,94	471	
	100m: 1:01.57		32.81 150m: 1:36.52	34.95	200m: 2:11.08	34.56	
37.	VENTURA Diogo Miguel 50m: 30.37 30.37	05	Foca Quinta da Lixa CNF	2:11.13	+0,74	470	
	100m: 1:03.16		32.79 150m: 1:37.21	34.05	200m: 2:11.13	33.92	
38.	ROCHA Jose Miguel 50m: 30.34 30.34	05	Columbofila Cantanhedense	2:11.77	+0,80	463	
	100m: 1:03.73		33.39 150m: 1:38.01	34.28	200m: 2:11.77	33.76	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 16, Masc., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
39.	GONCALVES Jose Luis	05	Fafe	2:12.12	+0,83	460	
	50m: 29.80 29.80	100m: 1:03.59	33.79	150m: 1:38.81	35.22	200m: 2:12.12	33.31
40.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	2:12.22	+0,83	459	
	50m: 30.67 30.67	100m: 1:04.40	33.73	150m: 1:39.14	34.74	200m: 2:12.22	33.08
41.	FERREIRA Abel Renato	05	Alges e Agueda XXI	2:12.60	+0,81	455	
	50m: 29.74 29.74	100m: 1:03.57	33.83	150m: 1:38.62	35.05	200m: 2:12.60	33.98
42.	CARVALHO Guilherme Jesus	05	Foca Quinta da Lixa CNF	2:13.02	+0,62	450	
	50m: 30.21 30.21	100m: 1:03.87	33.66	150m: 1:38.47	34.60	200m: 2:13.02	34.55
43.	LUCAS Joao Neves	06	Columbofila Cantanhedense	2:13.71	+0,86	443	
	50m: 30.56 30.56	100m: 1:03.98	33.42	150m: 1:38.56	34.58	200m: 2:13.71	35.15
DNS	SANTOS Gabriel Moreira	04	Famalicao				

Prova 17

Femin., 400m Livres

Absolutos

29/05/2021 - 18:00

Resultados

RN 50 Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
RN 50 Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
RN 50 Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
RN 50 Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
RN 50 Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
RN 50 Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

TAC Sen19+ 50m: 4:37.41 - 25m: 4:29.70; Sen18 50m: 4:43.04 - 25m: 4:37.18; Jun17 50m: 4:44.46 - 25m: 4:38.56; Jun16 50m: 4:52.31 - 25m: 4:45.52; Juv A 50m: 5:03.30 - 25m: 4:57.35; Juv B 50m: 5:12.05 - 25m: 5:05.93

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	4:43.70	+0,75	579	
	50m: 33.15 33.15	150m: 1:44.74	36.02	250m: 2:56.45	35.96	350m: 4:08.43	35.99
	100m: 1:08.72 35.57	200m: 2:20.49	35.75	300m: 3:32.44	35.99	400m: 4:43.70	35.27
2.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:44.80	+0,68	572	
	50m: 32.32 32.32	150m: 1:43.83	36.32	250m: 2:56.72	36.38	350m: 4:10.03	36.58
	100m: 1:07.51 35.19	200m: 2:20.34	36.51	300m: 3:33.45	36.73	400m: 4:44.80	34.77
3.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	4:44.95	+0,90	571	
	50m: 33.64 33.64	150m: 1:45.25	36.02	250m: 2:57.65	36.20	350m: 4:10.21	36.24
	100m: 1:09.23 35.59	200m: 2:21.45	36.20	300m: 3:33.97	36.32	400m: 4:44.95	34.74
4.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	4:47.59	+0,79	555	
	50m: 31.64 31.64	150m: 1:43.50	36.42	250m: 2:57.85	37.37	350m: 4:11.81	36.65
	100m: 1:07.08 35.44	200m: 2:20.48	36.98	300m: 3:35.16	37.31	400m: 4:47.59	35.78
5.	MANO Leonor Mil	07	Fundacao Beatriz Santos	4:48.93	+0,78	548	
	50m: 32.52 32.52	150m: 1:46.50	37.57	250m: 3:00.31	36.06	350m: 4:13.09	35.48
	100m: 1:08.93 36.41	200m: 2:24.25	37.75	300m: 3:37.61	37.30	400m: 4:48.93	35.84

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 17, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	GOMES Barbara Sofia	07	Leixoes	4:51.55		533	
	50m: 32.99 32.99	150m: 1:46.13	37.20	250m: 3:00.18	37.16	350m: 4:15.25	37.75
	100m: 1:08.93 35.94	200m: 2:23.02	36.89	300m: 3:37.50	37.32	400m: 4:51.55	36.30
7.	GOMES Rita Cunha	07	Viana Natacao	5:09.48	+1,11	446	
	50m: 36.24 36.24	150m: 1:54.34	39.45	250m: 3:13.13	39.39	350m: 4:31.55	38.98
	100m: 1:14.89 38.65	200m: 2:33.74	39.40	300m: 3:52.57	39.44	400m: 5:09.48	37.93
8.	SANTOS Leonor Costa	07	Galitos / Bresimar	5:10.51	+0,81	441	
	50m: 34.31 34.31	150m: 1:52.24	40.01	250m: 3:12.01	39.35	350m: 4:31.40	39.56
	100m: 1:12.23 37.92	200m: 2:32.66	40.42	300m: 3:51.84	39.83	400m: 5:10.51	39.11

Juvenis A

1.	PIRES Catarina Gaspar	06	Porto	4:41.76	+0,86	591	
	50m: 32.04 32.04	150m: 1:42.06	35.61	250m: 2:53.78	36.05	350m: 4:06.52	36.49
	100m: 1:06.45 34.41	200m: 2:17.73	35.67	300m: 3:30.03	36.25	400m: 4:41.76	35.24
2.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:42.77	+0,82	584	
	50m: 32.68 32.68	150m: 1:44.34	35.83	250m: 2:57.16	36.19	350m: 4:08.64	35.10
	100m: 1:08.51 35.83	200m: 2:20.97	36.63	300m: 3:33.54	36.38	400m: 4:42.77	34.13
3.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:42.96	+0,80	583	
	50m: 31.85 31.85	150m: 1:43.10	35.99	250m: 2:55.49	36.00	350m: 4:08.14	36.16
	100m: 1:07.11 35.26	200m: 2:19.49	36.39	300m: 3:31.98	36.49	400m: 4:42.96	34.82
4.	PEIXOTO Carolina Esteves	06	Braga	4:45.53	+0,87	567	
	50m: 32.00 32.00	150m: 1:42.95	36.18	250m: 2:56.61	36.72	350m: 4:09.99	36.44
	100m: 1:06.77 34.77	200m: 2:19.89	36.94	300m: 3:33.55	36.94	400m: 4:45.53	35.54
5.	AMORIM Ines Santos	06	Desportiva de Viana	4:49.75	+0,87	543	
	50m: 33.33 33.33	150m: 1:45.60	37.12	250m: 2:59.42	37.08	350m: 4:14.38	37.45
	100m: 1:08.48 35.15	200m: 2:22.34	36.74	300m: 3:36.93	37.51	400m: 4:49.75	35.37
6.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	4:50.50	+0,77	539	
	50m: 32.28 32.28	150m: 1:44.41	36.39	250m: 2:59.15	37.54	350m: 4:14.01	37.20
	100m: 1:08.02 35.74	200m: 2:21.61	37.20	300m: 3:36.81	37.66	400m: 4:50.50	36.49
7.	COSTA Daniela Alexandra	06	Leixoes	4:51.64	+0,85	533	
	50m: 32.57 32.57	150m: 1:46.46	37.37	250m: 3:00.34	37.02	350m: 4:15.19	37.39
	100m: 1:09.09 36.52	200m: 2:23.32	36.86	300m: 3:37.80	37.46	400m: 4:51.64	36.45
8.	NOGUEIRA Ines Aires	06	Fluvial Portuense	4:52.86	+0,84	526	
	50m: 33.35 33.35	150m: 1:48.09	37.77	250m: 3:02.73	37.01	350m: 4:16.89	37.21
	100m: 1:10.32 36.97	200m: 2:25.72	37.63	300m: 3:39.68	36.95	400m: 4:52.86	35.97
9.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	4:53.53	+0,70	522	
	50m: 32.29 32.29	150m: 1:45.36	36.96	250m: 3:01.20	38.50	350m: 4:16.80	38.02
	100m: 1:08.40 36.11	200m: 2:22.70	37.34	300m: 3:38.78	37.58	400m: 4:53.53	36.73
10.	TINOCO Diana Silva	06	Columbifila Cantanhedense	4:54.86	+0,72	515	
	50m: 33.01 33.01	150m: 1:47.67	37.54	250m: 3:03.10	37.88	350m: 4:18.16	37.54
	100m: 1:10.13 37.12	200m: 2:25.22	37.55	300m: 3:40.62	37.52	400m: 4:54.86	36.70

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 17, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	4:56.65	+1,01	506	
	50m: 33.01 33.01	150m: 1:46.16	37.26	250m: 3:01.55	38.00	350m: 4:18.37	38.61
	100m: 1:08.90 35.89	200m: 2:23.55	37.39	300m: 3:39.76	38.21	400m: 4:56.65	38.28
12.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	4:59.14	+0,76	493	
	50m: 32.17 32.17	150m: 1:47.01	38.08	250m: 3:04.42	39.00	350m: 4:22.21	38.87
	100m: 1:08.93 36.76	200m: 2:25.42	38.41	300m: 3:43.34	38.92	400m: 4:59.14	36.93
13.	SILVA Beatriz Machado	06	Braga	4:59.30	+0,85	493	
	50m: 32.91 32.91	150m: 1:46.73	37.23	250m: 3:03.37	38.33	350m: 4:21.56	38.86
	100m: 1:09.50 36.59	200m: 2:25.04	38.31	300m: 3:42.70	39.33	400m: 4:59.30	37.74
14.	CUNHA Ines Santos	06	Gafanha da Encarnacao	5:00.43	+0,70	487	
	50m: 34.09 34.09	150m: 1:49.81	38.40	250m: 3:07.38	39.07	350m: 4:24.89	38.66
	100m: 1:11.41 37.32	200m: 2:28.31	38.50	300m: 3:46.23	38.85	400m: 5:00.43	35.54
15.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	5:02.98	+0,73	475	
	50m: 33.43 33.43	150m: 1:49.10	38.21	250m: 3:05.81	38.62	350m: 4:25.20	40.00
	100m: 1:10.89 37.46	200m: 2:27.19	38.09	300m: 3:45.20	39.39	400m: 5:02.98	37.78
16.	GOMES Lia Beatriz	06	Vitoria Guimaraes	5:05.15	+0,81	465	
	50m: 32.79 32.79	150m: 1:47.71	37.94	250m: 3:06.07	38.72	350m: 4:25.96	39.58
	100m: 1:09.77 36.98	200m: 2:27.35	39.64	300m: 3:46.38	40.31	400m: 5:05.15	39.19
17.	SILVA Maria Seixeira	06	Viana Natacao	5:15.75	+0,86	419	
	50m: 34.33 34.33	150m: 1:52.54	39.84	250m: 3:13.80	40.88	350m: 4:36.91	41.84
	100m: 1:12.70 38.37	200m: 2:32.92	40.38	300m: 3:55.07	41.27	400m: 5:15.75	38.84

Juniores

1.	LOPES Francisca Macedo	05	Vilacondense	4:35.92	+0,79	629	
	50m: 31.15 31.15	150m: 1:39.71	34.73	250m: 2:50.05	35.40	350m: 4:01.13	35.55
	100m: 1:04.98 33.83	200m: 2:14.65	34.94	300m: 3:25.58	35.53	400m: 4:35.92	34.79
2.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:36.07	+0,60	628	
	50m: 31.05 31.05	150m: 1:39.69	35.05	250m: 2:50.00	35.15	350m: 4:01.01	35.65
	100m: 1:04.64 33.59	200m: 2:14.85	35.16	300m: 3:25.36	35.36	400m: 4:36.07	35.06
3.	RODRIGUES Joana Francisca	04	Individual ANC	4:39.82	+0,72	603	
	50m: 31.37 31.37	150m: 1:41.65	35.60	250m: 2:53.51	35.82	350m: 4:05.53	35.66
	100m: 1:06.05 34.68	200m: 2:17.69	36.04	300m: 3:29.87	36.36	400m: 4:39.82	34.29
4.	GASPAR Beatriz Ferreira	04	Individual ANC	4:42.18	+0,78	588	
	50m: 32.82 32.82	150m: 1:43.77	35.23	250m: 2:54.92	35.07	350m: 4:06.55	35.75
	100m: 1:08.54 35.72	200m: 2:19.85	36.08	300m: 3:30.80	35.88	400m: 4:42.18	35.63
5.	HUTYY Adriana Carolina	05	Braga	4:45.76	+0,81	566	
	50m: 31.98 31.98	150m: 1:42.77	36.14	250m: 2:56.03	36.73	350m: 4:09.78	36.61
	100m: 1:06.63 34.65	200m: 2:19.30	36.53	300m: 3:33.17	37.14	400m: 4:45.76	35.98
6.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	4:46.46	+0,72	562	
	50m: 33.01 33.01	150m: 1:45.25	36.46	250m: 2:58.40	36.63	350m: 4:11.08	36.28
	100m: 1:08.79 35.78	200m: 2:21.77	36.52	300m: 3:34.80	36.40	400m: 4:46.46	35.38

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 17, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	NUNES Rita Sofia	05	Colegio Efanor	4:47.29	+0,86	557	
	50m: 31.98 31.98	150m: 1:43.53	36.10	250m: 2:56.81	36.66	350m: 4:10.79	37.22
	100m: 1:07.43 35.45	200m: 2:20.15	36.62	300m: 3:33.57	36.76	400m: 4:47.29	36.50
8.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:48.44	+0,78	550	
	50m: 32.13 32.13	150m: 1:44.24	36.93	250m: 2:58.62	37.26	350m: 4:12.61	37.12
	100m: 1:07.31 35.18	200m: 2:21.36	37.12	300m: 3:35.49	36.87	400m: 4:48.44	35.83
9.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	5:04.60	+0,80	467	
	50m: 33.17 33.17	150m: 1:48.42	38.44	250m: 3:07.62	39.78	350m: 4:27.21	39.93
	100m: 1:09.98 36.81	200m: 2:27.84	39.42	300m: 3:47.28	39.66	400m: 5:04.60	37.39

Absolutos

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:23.04	+0,67	726	
	50m: 30.48 30.48	150m: 1:35.66	32.93	250m: 2:42.69	33.77	350m: 3:50.84	34.07
	100m: 1:02.73 32.25	200m: 2:08.92	33.26	300m: 3:16.77	34.08	400m: 4:23.04	32.20
2.	MONTEIRO Ana Catarina	93	Vilacondense	4:23.37	+0,70	723	
	50m: 30.53 30.53	150m: 1:36.05	33.04	250m: 2:43.43	33.84	350m: 3:51.62	34.01
	100m: 1:03.01 32.48	200m: 2:09.59	33.54	300m: 3:17.61	34.18	400m: 4:23.37	31.75
3.	RAMOS Ana Rita	02	Porto	4:27.29	+0,82	692	
	50m: 31.04 31.04	150m: 1:37.52	33.56	250m: 2:45.12	33.95	350m: 3:52.99	33.82
	100m: 1:03.96 32.92	200m: 2:11.17	33.65	300m: 3:19.17	34.05	400m: 4:27.29	34.30
4.	QUEIROZ Ana Rita	02	Individual ANC	4:31.58	+0,72	660	
	50m: 31.42 31.42	150m: 1:39.08	34.58	250m: 2:48.28	34.18	350m: 3:56.68	33.99
	100m: 1:04.50 33.08	200m: 2:14.10	35.02	300m: 3:22.69	34.41	400m: 4:31.58	34.90
5.	LOPES Francisca Macedo	05	Vilacondense	4:35.92	+0,79	629	
	50m: 31.15 31.15	150m: 1:39.71	34.73	250m: 2:50.05	35.40	350m: 4:01.13	35.55
	100m: 1:04.98 33.83	200m: 2:14.65	34.94	300m: 3:25.58	35.53	400m: 4:35.92	34.79
6.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:36.07	+0,60	628	
	50m: 31.05 31.05	150m: 1:39.69	35.05	250m: 2:50.00	35.15	350m: 4:01.01	35.65
	100m: 1:04.64 33.59	200m: 2:14.85	35.16	300m: 3:25.36	35.36	400m: 4:36.07	35.06
7.	RODRIGUES Joana Francisca	04	Individual ANC	4:39.82	+0,72	603	
	50m: 31.37 31.37	150m: 1:41.65	35.60	250m: 2:53.51	35.82	350m: 4:05.53	35.66
	100m: 1:06.05 34.68	200m: 2:17.69	36.04	300m: 3:29.87	36.36	400m: 4:39.82	34.29
8.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:40.28	+0,71	600	
	50m: 31.95 31.95	150m: 1:43.23	35.96	250m: 2:55.42	35.91	350m: 4:07.81	36.09
	100m: 1:07.27 35.32	200m: 2:19.51	36.28	300m: 3:31.72	36.30	400m: 4:40.28	32.47
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:41.18	+0,83	594	
	50m: 31.77 31.77	150m: 1:42.65	35.74	250m: 2:54.74	35.82	350m: 4:06.40	35.52
	100m: 1:06.91 35.14	200m: 2:18.92	36.27	300m: 3:30.88	36.14	400m: 4:41.18	34.78
10.	PIRES Catarina Gaspar	06	Porto	4:41.76	+0,86	591	
	50m: 32.04 32.04	150m: 1:42.06	35.61	250m: 2:53.78	36.05	350m: 4:06.52	36.49
	100m: 1:06.45 34.41	200m: 2:17.73	35.67	300m: 3:30.03	36.25	400m: 4:41.76	35.24

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	GASPAR Beatriz Ferreira	04	Individual ANC	4:42.18	+0,78	588	
	50m: 32.82 32.82	150m: 1:43.77	35.23	250m: 2:54.92	35.07	350m: 4:06.55	35.75
	100m: 1:08.54 35.72	200m: 2:19.85	36.08	300m: 3:30.80	35.88	400m: 4:42.18	35.63
12.	RAMOS Joana Barbas	06	Gafanha da Encarnac�o	4:42.77	+0,82	584	
	50m: 32.68 32.68	150m: 1:44.34	35.83	250m: 2:57.16	36.19	350m: 4:08.64	35.10
	100m: 1:08.51 35.83	200m: 2:20.97	36.63	300m: 3:33.54	36.38	400m: 4:42.77	34.13
13.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:42.96	+0,80	583	
	50m: 31.85 31.85	150m: 1:43.10	35.99	250m: 2:55.49	36.00	350m: 4:08.14	36.16
	100m: 1:07.11 35.26	200m: 2:19.49	36.39	300m: 3:31.98	36.49	400m: 4:42.96	34.82
14.	AGUILAR Marta Andre	07	Fundac�o Beatriz Santos	4:43.70	+0,75	579	
	50m: 33.15 33.15	150m: 1:44.74	36.02	250m: 2:56.45	35.96	350m: 4:08.43	35.99
	100m: 1:08.72 35.57	200m: 2:20.49	35.75	300m: 3:32.44	35.99	400m: 4:43.70	35.27
15.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:44.80	+0,68	572	
	50m: 32.32 32.32	150m: 1:43.83	36.32	250m: 2:56.72	36.38	350m: 4:10.03	36.58
	100m: 1:07.51 35.19	200m: 2:20.34	36.51	300m: 3:33.45	36.73	400m: 4:44.80	34.77
16.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	4:44.95	+0,90	571	
	50m: 33.64 33.64	150m: 1:45.25	36.02	250m: 2:57.65	36.20	350m: 4:10.21	36.24
	100m: 1:09.23 35.59	200m: 2:21.45	36.20	300m: 3:33.97	36.32	400m: 4:44.95	34.74
17.	SOARES Carolina Silva	03	Natac�o de Valongo	4:45.00	+0,75	571	
	50m: 31.70 31.70	150m: 1:42.10	35.87	250m: 2:55.07	36.57	350m: 4:09.15	37.40
	100m: 1:06.23 34.53	200m: 2:18.50	36.40	300m: 3:31.75	36.68	400m: 4:45.00	35.85
18.	PEIXOTO Carolina Esteves	06	Braga	4:45.53	+0,87	567	
	50m: 32.00 32.00	150m: 1:42.95	36.18	250m: 2:56.61	36.72	350m: 4:09.99	36.44
	100m: 1:06.77 34.77	200m: 2:19.89	36.94	300m: 3:33.55	36.94	400m: 4:45.53	35.54
19.	HUTYY Adriana Carolina	05	Braga	4:45.76	+0,81	566	
	50m: 31.98 31.98	150m: 1:42.77	36.14	250m: 2:56.03	36.73	350m: 4:09.78	36.61
	100m: 1:06.63 34.65	200m: 2:19.30	36.53	300m: 3:33.17	37.14	400m: 4:45.76	35.98
20.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnac�o	4:46.46	+0,72	562	
	50m: 33.01 33.01	150m: 1:45.25	36.46	250m: 2:58.40	36.63	350m: 4:11.08	36.28
	100m: 1:08.79 35.78	200m: 2:21.77	36.52	300m: 3:34.80	36.40	400m: 4:46.46	35.38
21.	NUNES Rita Sofia	05	Colegio Efanor	4:47.29	+0,86	557	
	50m: 31.98 31.98	150m: 1:43.53	36.10	250m: 2:56.81	36.66	350m: 4:10.79	37.22
	100m: 1:07.43 35.45	200m: 2:20.15	36.62	300m: 3:33.57	36.76	400m: 4:47.29	36.50
22.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	4:47.59	+0,79	555	
	50m: 31.64 31.64	150m: 1:43.50	36.42	250m: 2:57.85	37.37	350m: 4:11.81	36.65
	100m: 1:07.08 35.44	200m: 2:20.48	36.98	300m: 3:35.16	37.31	400m: 4:47.59	35.78
23.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:48.44	+0,78	550	
	50m: 32.13 32.13	150m: 1:44.24	36.93	250m: 2:58.62	37.26	350m: 4:12.61	37.12
	100m: 1:07.31 35.18	200m: 2:21.36	37.12	300m: 3:35.49	36.87	400m: 4:48.44	35.83
24.	MANO Leonor Mil	07	Fundac�o Beatriz Santos	4:48.93	+0,78	548	
	50m: 32.52 32.52	150m: 1:46.50	37.57	250m: 3:00.31	36.06	350m: 4:13.09	35.48
	100m: 1:08.93 36.41	200m: 2:24.25	37.75	300m: 3:37.61	37.30	400m: 4:48.93	35.84

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
25.	AMORIM Ines Santos	06	Desportiva de Viana	4:49.75	+0,87	543	
	50m: 33.33 33.33	150m: 1:45.60	37.12 250m: 2:59.42	37.08	350m: 4:14.38	37.45	
	100m: 1:08.48 35.15	200m: 2:22.34	36.74 300m: 3:36.93	37.51	400m: 4:49.75	35.37	
26.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	4:50.50	+0,77	539	
	50m: 32.28 32.28	150m: 1:44.41	36.39 250m: 2:59.15	37.54	350m: 4:14.01	37.20	
	100m: 1:08.02 35.74	200m: 2:21.61	37.20 300m: 3:36.81	37.66	400m: 4:50.50	36.49	
27.	GOMES Barbara Sofia	07	Leixoes	4:51.55		533	
	50m: 32.99 32.99	150m: 1:46.13	37.20 250m: 3:00.18	37.16	350m: 4:15.25	37.75	
	100m: 1:08.93 35.94	200m: 2:23.02	36.89 300m: 3:37.50	37.32	400m: 4:51.55	36.30	
28.	COSTA Daniela Alexandra	06	Leixoes	4:51.64	+0,85	533	
	50m: 32.57 32.57	150m: 1:46.46	37.37 250m: 3:00.34	37.02	350m: 4:15.19	37.39	
	100m: 1:09.09 36.52	200m: 2:23.32	36.86 300m: 3:37.80	37.46	400m: 4:51.64	36.45	
29.	NOGUEIRA Ines Aires	06	Fluvial Portuense	4:52.86	+0,84	526	
	50m: 33.35 33.35	150m: 1:48.09	37.77 250m: 3:02.73	37.01	350m: 4:16.89	37.21	
	100m: 1:10.32 36.97	200m: 2:25.72	37.63 300m: 3:39.68	36.95	400m: 4:52.86	35.97	
30.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	4:53.53	+0,70	522	
	50m: 32.29 32.29	150m: 1:45.36	36.96 250m: 3:01.20	38.50	350m: 4:16.80	38.02	
	100m: 1:08.40 36.11	200m: 2:22.70	37.34 300m: 3:38.78	37.58	400m: 4:53.53	36.73	
31.	TINOCO Diana Silva	06	Columbifila Cantanhedense	4:54.86	+0,72	515	
	50m: 33.01 33.01	150m: 1:47.67	37.54 250m: 3:03.10	37.88	350m: 4:18.16	37.54	
	100m: 1:10.13 37.12	200m: 2:25.22	37.55 300m: 3:40.62	37.52	400m: 4:54.86	36.70	
32.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	4:56.65	+1,01	506	
	50m: 33.01 33.01	150m: 1:46.16	37.26 250m: 3:01.55	38.00	350m: 4:18.37	38.61	
	100m: 1:08.90 35.89	200m: 2:23.55	37.39 300m: 3:39.76	38.21	400m: 4:56.65	38.28	
33.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	4:59.14	+0,76	493	
	50m: 32.17 32.17	150m: 1:47.01	38.08 250m: 3:04.42	39.00	350m: 4:22.21	38.87	
	100m: 1:08.93 36.76	200m: 2:25.42	38.41 300m: 3:43.34	38.92	400m: 4:59.14	36.93	
34.	SILVA Beatriz Machado	06	Braga	4:59.30	+0,85	493	
	50m: 32.91 32.91	150m: 1:46.73	37.23 250m: 3:03.37	38.33	350m: 4:21.56	38.86	
	100m: 1:09.50 36.59	200m: 2:25.04	38.31 300m: 3:42.70	39.33	400m: 4:59.30	37.74	
35.	CUNHA Ines Santos	06	Gafanha da Encarnacao	5:00.43	+0,70	487	
	50m: 34.09 34.09	150m: 1:49.81	38.40 250m: 3:07.38	39.07	350m: 4:24.89	38.66	
	100m: 1:11.41 37.32	200m: 2:28.31	38.50 300m: 3:46.23	38.85	400m: 5:00.43	35.54	
36.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	5:02.98	+0,73	475	
	50m: 33.43 33.43	150m: 1:49.10	38.21 250m: 3:05.81	38.62	350m: 4:25.20	40.00	
	100m: 1:10.89 37.46	200m: 2:27.19	38.09 300m: 3:45.20	39.39	400m: 5:02.98	37.78	
37.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	5:04.60	+0,80	467	
	50m: 33.17 33.17	150m: 1:48.42	38.44 250m: 3:07.62	39.78	350m: 4:27.21	39.93	
	100m: 1:09.98 36.81	200m: 2:27.84	39.42 300m: 3:47.28	39.66	400m: 5:04.60	37.39	
38.	GOMES Lia Beatriz	06	Vitoria Guimaraes	5:05.15	+0,81	465	
	50m: 32.79 32.79	150m: 1:47.71	37.94 250m: 3:06.07	38.72	350m: 4:25.96	39.58	
	100m: 1:09.77 36.98	200m: 2:27.35	39.64 300m: 3:46.38	40.31	400m: 5:05.15	39.19	

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
39.	GOMES Rita Cunha	07	Viana Natacao	5:09.48	+1,11	446	
	50m: 36.24 36.24	150m: 1:54.34	39.45	250m: 3:13.13	39.39	350m: 4:31.55	38.98
	100m: 1:14.89 38.65	200m: 2:33.74	39.40	300m: 3:52.57	39.44	400m: 5:09.48	37.93
40.	SANTOS Leonor Costa	07	Galitos / Bresimar	5:10.51	+0,81	441	
	50m: 34.31 34.31	150m: 1:52.24	40.01	250m: 3:12.01	39.35	350m: 4:31.40	39.56
	100m: 1:12.23 37.92	200m: 2:32.66	40.42	300m: 3:51.84	39.83	400m: 5:10.51	39.11
41.	SILVA Maria Seixeira	06	Viana Natacao	5:15.75	+0,86	419	
	50m: 34.33 34.33	150m: 1:52.54	39.84	250m: 3:13.80	40.88	350m: 4:36.91	41.84
	100m: 1:12.70 38.37	200m: 2:32.92	40.38	300m: 3:55.07	41.27	400m: 5:15.75	38.84

3 - 2^a Jornada - 1^a Sess o

30/05/2021 - 9:30

Prova 18 Femin., 200m Livres Absolutos Resultados

RN 50 Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
RN 50 Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
RN 50 Jun17	2:03.11	MARTINS Francisca Soares	POR	Loule	16/08/2020
RN 50 Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06/07/2018
RN 50 Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27/07/2018
RN 50 Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25/07/2014

TAC Sen19+ 50m: 2:11.05 - 25m: 2:07.81; Sen18 50m: 2:13.45 - 25m: 2:11.32; Jun17 50m: 2:14.12 - 25m: 2:11.97; Jun16 50m: 2:17.61 - 25m: 2:15.71; Juv A 50m: 2:23.98 - 25m: 2:21.16; Juv B 50m: 2:28.13 - 25m: 2:25.23

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MESQUITA Mafalda Martins	07	Famalicao	2:15.74	+0,72	576	
	50m: 30.96 30.96	100m: 1:05.40	34.44	150m: 1:41.26	35.86	200m: 2:15.74	34.48
2.	MANO Leonor Mil	07	Fundacao Beatriz Santos	2:15.84	+0,77	575	
	50m: 31.73 31.73	100m: 1:06.52	34.79	150m: 1:41.52	35.00	200m: 2:15.84	34.32
3.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:16.45	+0,78	567	
	50m: 30.66 30.66	100m: 1:04.78	34.12	150m: 1:40.64	35.86	200m: 2:16.45	35.81
4.	GOMES Barbara Sofia	07	Leixoes	2:16.49	+0,75	567	
	50m: 31.78 31.78	100m: 1:06.62	34.84	150m: 1:42.17	35.55	200m: 2:16.49	34.32
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	2:16.56	+0,77	566	
	50m: 30.93 30.93	100m: 1:05.63	34.70	150m: 1:41.48	35.85	200m: 2:16.56	35.08
6.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	2:23.48	+0,74	488	
	50m: 32.56 32.56	100m: 1:08.21	35.65	150m: 1:45.94	37.73	200m: 2:23.48	37.54
7.	CABRAL Carolina Vizinho	07	Natacao de Vagos	2:23.97	+0,71	483	
	50m: 32.94 32.94	100m: 1:09.67	36.73	150m: 1:48.04	38.37	200m: 2:23.97	35.93

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 18, Femin., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	PINA Laura Almeida	07	O Crasto	2:24.39	+0,86	479	
	50m: 32.72 32.72	100m: 1:09.31	36.59 150m: 1:48.02	38.71 200m: 2:24.39		36.37	
9.	SILVA Carolina Martins	07	Estarreja	2:25.15	+0,82	471	
	50m: 33.27 33.27	100m: 1:10.09	36.82 150m: 1:47.99	37.90 200m: 2:25.15		37.16	
10.	MARQUES Gabriela Silva	07	Braga	2:27.25	+0,80	451	
	50m: 31.85 31.85	100m: 1:08.50	36.65 150m: 1:47.90	39.40 200m: 2:27.25		39.35	
11.	SANTOS Leonor Costa	07	Galitos / Bresimar	2:28.07	+0,88	444	
	50m: 32.63 32.63	100m: 1:09.01	36.38 150m: 1:48.58	39.57 200m: 2:28.07		39.49	
12.	GOMES Rita Cunha	07	Viana Natacao	2:28.90	+1,05	436	
	50m: 34.77 34.77	100m: 1:12.26	37.49 150m: 1:51.19	38.93 200m: 2:28.90		37.71	
13.	SOUSA Maria Rita	07	Desportiva de Viana	2:29.44	+0,94	432	
	50m: 33.79 33.79	100m: 1:12.05	38.26 150m: 1:51.34	39.29 200m: 2:29.44		38.10	

Juvenis A

1.	COSTA Anita Gouveia	06	Condeixa Clube	2:14.46	+0,69	593	
	50m: 31.02 31.02	100m: 1:05.17	34.15 150m: 1:39.92	34.75 200m: 2:14.46		34.54	
2.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:15.73	+0,76	576	
	50m: 31.30 31.30	100m: 1:05.97	34.67 150m: 1:40.97	35.00 200m: 2:15.73		34.76	
3.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:16.27	+0,76	569	
	50m: 30.69 30.69	100m: 1:04.75	34.06 150m: 1:40.52	35.77 200m: 2:16.27		35.75	
4.	PIRES Catarina Gaspar	06	Porto	2:16.45	+0,83	567	
	50m: 30.97 30.97	100m: 1:05.11	34.14 150m: 1:41.07	35.96 200m: 2:16.45		35.38	
5.	AMORIM Ines Santos	06	Desportiva de Viana	2:16.80	+0,63	563	
	50m: 31.09 31.09	100m: 1:05.28	34.19 150m: 1:41.89	36.61 200m: 2:16.80		34.91	
6.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	2:18.17	+0,70	546	
	50m: 31.74 31.74	100m: 1:06.84	35.10 150m: 1:42.62	35.78 200m: 2:18.17		35.55	
7.	PEIXOTO Carolina Esteves	06	Braga	2:19.55	+0,77	530	
	50m: 32.00 32.00	100m: 1:07.00	35.00 150m: 1:43.25	36.25 200m: 2:19.55		36.30	
8.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	2:19.98	+0,81	525	
	50m: 31.28 31.28	100m: 1:06.88	35.60 150m: 1:43.95	37.07 200m: 2:19.98		36.03	
9.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	2:20.43	+0,97	520	
	50m: 32.54 32.54	100m: 1:06.84	34.30 150m: 1:43.40	36.56 200m: 2:20.43		37.03	
10.	SILVA Beatriz Machado	06	Braga	2:20.91	+0,64	515	
	50m: 32.02 32.02	100m: 1:07.21	35.19 150m: 1:44.23	37.02 200m: 2:20.91		36.68	
11.	TINOCO Diana Silva	06	Cumbobfila Cantanhedens	2:21.49	+0,72	509	
	50m: 31.87 31.87	100m: 1:07.54	35.67 150m: 1:44.90	37.36 200m: 2:21.49		36.59	
12.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	2:21.50	+0,56	509	
	50m: 34.17 34.17	100m: 1:08.88	34.71 150m: 1:45.30	36.42 200m: 2:21.50		36.20	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	2:22.17	+0,75	501	
	50m: 32.29 32.29	100m: 1:07.81	35.52 150m: 1:45.49	37.68	200m: 2:22.17	36.68	
14.	CUNHA Ines Santos	06	Gafanha da Encarnac�o	2:22.89	+0,71	494	
	50m: 32.87 32.87	100m: 1:08.65	35.78 150m: 1:46.27	37.62	200m: 2:22.89	36.62	
15.	NOGUEIRA Ines Aires	06	Fluvial Portuense	2:23.00	+0,70	493	
	50m: 32.42 32.42	100m: 1:07.30	34.88 150m: 1:44.72	37.42	200m: 2:23.00	38.28	
16.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	2:24.36	+0,73	479	
	50m: 32.82 32.82	100m: 1:08.35	35.53 150m: 1:46.48	38.13	200m: 2:24.36	37.88	
17.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	2:24.56	+0,80	477	
	50m: 32.38 32.38	100m: 1:08.62	36.24 150m: 1:46.60	37.98	200m: 2:24.56	37.96	
18.	MENDES Ines Gomes	06	Aquatico Pacense	2:26.58	+0,89	457	
	50m: 33.22 33.22	100m: 1:09.91	36.69 150m: 1:48.59	38.68	200m: 2:26.58	37.99	
19.	GOMES Lia Beatriz	06	Vitoria Guimaraes	2:28.16	+0,62	443	
	50m: 32.03 32.03	100m: 1:09.29	37.26 150m: 1:48.95	39.66	200m: 2:28.16	39.21	

Juniores

1.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:10.50	+0,76	648	
	50m: 30.43 30.43	100m: 1:03.63	33.20 150m: 1:37.66	34.03	200m: 2:10.50	32.84	
2.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	2:10.93	+0,69	642	
	50m: 29.79 29.79	100m: 1:02.77	32.98 150m: 1:36.82	34.05	200m: 2:10.93	34.11	
3.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPPEL	2:11.45	+0,56	634	
	50m: 29.74 29.74	100m: 1:02.34	32.60 150m: 1:36.66	34.32	200m: 2:11.45	34.79	
4.	LOPES Daniela Magalhaes	05	Famalicao	2:11.97	+0,78	627	
	50m: 30.31 30.31	100m: 1:03.79	33.48 150m: 1:37.72	33.93	200m: 2:11.97	34.25	
5.	PEREIRA Carolina Rei	05	Natacao de Vagos	2:13.50	+0,69	606	
	50m: 31.34 31.34	100m: 1:05.33	33.99 150m: 1:39.53	34.20	200m: 2:13.50	33.97	
6.	RODRIGUES Joana Francisca	04	Individual ANC	2:13.56	+0,74	605	
	50m: 30.34 30.34	100m: 1:03.98	33.64 150m: 1:38.91	34.93	200m: 2:13.56	34.65	
7.	LOPES Francisca Macedo	05	Vilacondense	2:15.24	+0,78	583	
	50m: 30.95 30.95	100m: 1:04.89	33.94 150m: 1:40.16	35.27	200m: 2:15.24	35.08	
8.	GASPAR Beatriz Ferreira	04	Individual ANC	2:15.87	+0,79	574	
	50m: 31.41 31.41	100m: 1:05.86	34.45 150m: 1:40.93	35.07	200m: 2:15.87	34.94	
9.	NUNES Rita Sofia	05	Colegio Efanor	2:16.00	+0,86	573	
	50m: 31.21 31.21	100m: 1:05.73	34.52 150m: 1:40.82	35.09	200m: 2:16.00	35.18	
10.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	2:16.16	+0,65	571	
	50m: 30.83 30.83	100m: 1:05.44	34.61 150m: 1:41.13	35.69	200m: 2:16.16	35.03	
11.	NEVES Natalia Passeira	05	Natacao de Valongo	2:18.45	+0,81	543	
	50m: 31.34 31.34	100m: 1:06.15	34.81 150m: 1:42.06	35.91	200m: 2:18.45	36.39	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 18, Femin., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	HUTYY Adriana Carolina	05	Braga	2:19.79	+0,69	527	
	50m: 32.19 32.19	100m: 1:07.26	35.07	150m: 1:43.95	36.69	200m: 2:19.79	35.84
13.	COSTA Mariana Martins	05	Famalicao	2:20.09	+0,81	524	
	50m: 31.13 31.13	100m: 1:05.77	34.64	150m: 1:42.72	36.95	200m: 2:20.09	37.37
14.	NOBRE Marisa Isabel	05	Columbofila Cantanhedens	2:21.61	+0,65	507	
	50m: 31.80 31.80	100m: 1:07.12	35.32	150m: 1:44.64	37.52	200m: 2:21.61	36.97

Absolutos

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:05.63	+0,67	727	
	50m: 28.51 28.51	100m: 59.43	30.92	150m: 1:32.11	32.68	200m: 2:05.63	33.52
2.	CARDEAL Joana Nunes	02	Academico Viseu	2:08.15	+0,74	685	
	50m: 29.51 29.51	100m: 1:01.21	31.70	150m: 1:34.98	33.77	200m: 2:08.15	33.17
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:10.50	+0,76	648	
	50m: 30.43 30.43	100m: 1:03.63	33.20	150m: 1:37.66	34.03	200m: 2:10.50	32.84
4.	RAMOS Ana Rita	02	Porto	2:10.88	+0,78	643	
	50m: 29.21 29.21	100m: 1:01.43	32.22	150m: 1:35.95	34.52	200m: 2:10.88	34.93
5.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	2:10.93	+0,69	642	
	50m: 29.79 29.79	100m: 1:02.77	32.98	150m: 1:36.82	34.05	200m: 2:10.93	34.11
6.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	2:11.45	+0,56	634	
	50m: 29.74 29.74	100m: 1:02.34	32.60	150m: 1:36.66	34.32	200m: 2:11.45	34.79
7.	LOPES Daniela Magalhaes	05	Famalicao	2:11.97	+0,78	627	
	50m: 30.31 30.31	100m: 1:03.79	33.48	150m: 1:37.72	33.93	200m: 2:11.97	34.25
8.	PEREIRA Carolina Rei	05	Natacao de Vagos	2:13.50	+0,69	606	
	50m: 31.34 31.34	100m: 1:05.33	33.99	150m: 1:39.53	34.20	200m: 2:13.50	33.97
9.	RODRIGUES Joana Francisca	04	Individual ANC	2:13.56	+0,74	605	
	50m: 30.34 30.34	100m: 1:03.98	33.64	150m: 1:38.91	34.93	200m: 2:13.56	34.65
10.	COSTA Anita Gouveia	06	Condeixa Clube	2:14.46	+0,69	593	
	50m: 31.02 31.02	100m: 1:05.17	34.15	150m: 1:39.92	34.75	200m: 2:14.46	34.54
11.	LOPES Francisca Macedo	05	Vilacondense	2:15.24	+0,78	583	
	50m: 30.95 30.95	100m: 1:04.89	33.94	150m: 1:40.16	35.27	200m: 2:15.24	35.08
12.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:15.73	+0,76	576	
	50m: 31.30 31.30	100m: 1:05.97	34.67	150m: 1:40.97	35.00	200m: 2:15.73	34.76
13.	MESQUITA Mafalda Martins	07	Famalicao	2:15.74	+0,72	576	
	50m: 30.96 30.96	100m: 1:05.40	34.44	150m: 1:41.26	35.86	200m: 2:15.74	34.48
14.	MANO Leonor Mil	07	Fundacao Beatriz Santos	2:15.84	+0,77	575	
	50m: 31.73 31.73	100m: 1:06.52	34.79	150m: 1:41.52	35.00	200m: 2:15.84	34.32
15.	GASPAR Beatriz Ferreira	04	Individual ANC	2:15.87	+0,79	574	
	50m: 31.41 31.41	100m: 1:05.86	34.45	150m: 1:40.93	35.07	200m: 2:15.87	34.94

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	PINHEIRO Ines Mariana	03	Academica de Coimbra	2:15.97	+0,72	573	
	50m: 31.03 31.03	100m: 1:05.48	34.45	150m: 1:41.46	35.98	200m: 2:15.97	34.51
17.	NUNES Rita Sofia	05	Colegio Efanor	2:16.00	+0,86	573	
	50m: 31.21 31.21	100m: 1:05.73	34.52	150m: 1:40.82	35.09	200m: 2:16.00	35.18
18.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	2:16.16	+0,65	571	
	50m: 30.83 30.83	100m: 1:05.44	34.61	150m: 1:41.13	35.69	200m: 2:16.16	35.03
19.	SOARES Carolina Silva	03	Natacao de Valongo	2:16.23	+0,74	570	
	50m: 31.00 31.00	100m: 1:05.16	34.16	150m: 1:40.44	35.28	200m: 2:16.23	35.79
20.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:16.27	+0,76	569	
	50m: 30.69 30.69	100m: 1:04.75	34.06	150m: 1:40.52	35.77	200m: 2:16.27	35.75
21.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:16.45	+0,78	567	
	50m: 30.66 30.66	100m: 1:04.78	34.12	150m: 1:40.64	35.86	200m: 2:16.45	35.81
	PIRES Catarina Gaspar	06	Porto	2:16.45	+0,83	567	
	50m: 30.97 30.97	100m: 1:05.11	34.14	150m: 1:41.07	35.96	200m: 2:16.45	35.38
23.	GOMES Barbara Sofia	07	Leixoes	2:16.49	+0,75	567	
	50m: 31.78 31.78	100m: 1:06.62	34.84	150m: 1:42.17	35.55	200m: 2:16.49	34.32
24.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	2:16.56	+0,77	566	
	50m: 30.93 30.93	100m: 1:05.63	34.70	150m: 1:41.48	35.85	200m: 2:16.56	35.08
25.	AMORIM Ines Santos	06	Desportiva de Viana	2:16.80	+0,63	563	
	50m: 31.09 31.09	100m: 1:05.28	34.19	150m: 1:41.89	36.61	200m: 2:16.80	34.91
26.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	2:16.92	+0,83	561	
	50m: 31.47 31.47	100m: 1:06.11	34.64	150m: 1:41.48	35.37	200m: 2:16.92	35.44
27.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	2:18.17	+0,70	546	
	50m: 31.74 31.74	100m: 1:06.84	35.10	150m: 1:42.62	35.78	200m: 2:18.17	35.55
28.	NEVES Natalia Passeira	05	Natacao de Valongo	2:18.45	+0,81	543	
	50m: 31.34 31.34	100m: 1:06.15	34.81	150m: 1:42.06	35.91	200m: 2:18.45	36.39
29.	PEIXOTO Carolina Esteves	06	Braga	2:19.55	+0,77	530	
	50m: 32.00 32.00	100m: 1:07.00	35.00	150m: 1:43.25	36.25	200m: 2:19.55	36.30
30.	HUTYY Adriana Carolina	05	Braga	2:19.79	+0,69	527	
	50m: 32.19 32.19	100m: 1:07.26	35.07	150m: 1:43.95	36.69	200m: 2:19.79	35.84
31.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	2:19.98	+0,81	525	
	50m: 31.28 31.28	100m: 1:06.88	35.60	150m: 1:43.95	37.07	200m: 2:19.98	36.03
32.	COSTA Mariana Martins	05	Famalicao	2:20.09	+0,81	524	
	50m: 31.13 31.13	100m: 1:05.77	34.64	150m: 1:42.72	36.95	200m: 2:20.09	37.37
33.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	2:20.43	+0,97	520	
	50m: 32.54 32.54	100m: 1:06.84	34.30	150m: 1:43.40	36.56	200m: 2:20.43	37.03
34.	SILVA Beatriz Machado	06	Braga	2:20.91	+0,64	515	
	50m: 32.02 32.02	100m: 1:07.21	35.19	150m: 1:44.23	37.02	200m: 2:20.91	36.68

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
35.	TINOCO Diana Silva 50m: 31.87 31.87	06	Columbofila Cantanhedens	2:21.49 100m: 1:07.54 35.67 150m: 1:44.90 37.36 200m: 2:21.49	+0,72	509	36.59
36.	NEVES Gabriela Ferreira 50m: 34.17 34.17	06	Foca Quinta da Lixa CNF	2:21.50 100m: 1:08.88 34.71 150m: 1:45.30 36.42 200m: 2:21.50	+0,56	509	36.20
37.	NOBRE Marisa Isabel 50m: 31.80 31.80	05	Columbofila Cantanhedens	2:21.61 100m: 1:07.12 35.32 150m: 1:44.64 37.52 200m: 2:21.61	+0,65	507	36.97
38.	MARTINS Ana Rita 50m: 32.29 32.29	06	Foca Quinta da Lixa CNF	2:22.17 100m: 1:07.81 35.52 150m: 1:45.49 37.68 200m: 2:22.17	+0,75	501	36.68
39.	CUNHA Ines Santos 50m: 32.87 32.87	06	Gafanha da Encarnacao	2:22.89 100m: 1:08.65 35.78 150m: 1:46.27 37.62 200m: 2:22.89	+0,71	494	36.62
40.	NOGUEIRA Ines Aires 50m: 32.42 32.42	06	Fluvial Portuense	2:23.00 100m: 1:07.30 34.88 150m: 1:44.72 37.42 200m: 2:23.00	+0,70	493	38.28
41.	AGUILAR Marta Andre 50m: 32.56 32.56	07	Fundacao Beatriz Santos	2:23.48 100m: 1:08.21 35.65 150m: 1:45.94 37.73 200m: 2:23.48	+0,74	488	37.54
42.	CABRAL Carolina Vizinho 50m: 32.94 32.94	07	Natacao de Vagos	2:23.97 100m: 1:09.67 36.73 150m: 1:48.04 38.37 200m: 2:23.97	+0,71	483	35.93
43.	DOMINGUES Vitoria Cruz 50m: 32.82 32.82	06	Natacao de Vagos	2:24.36 100m: 1:08.35 35.53 150m: 1:46.48 38.13 200m: 2:24.36	+0,73	479	37.88
44.	PINA Laura Almeida 50m: 32.72 32.72	07	O Crasto	2:24.39 100m: 1:09.31 36.59 150m: 1:48.02 38.71 200m: 2:24.39	+0,86	479	36.37
45.	NOVAIS Regina Correia 50m: 32.38 32.38	06	Foca Quinta da Lixa CNF	2:24.56 100m: 1:08.62 36.24 150m: 1:46.60 37.98 200m: 2:24.56	+0,80	477	37.96
46.	SILVA Carolina Martins 50m: 33.27 33.27	07	Estarreja	2:25.15 100m: 1:10.09 36.82 150m: 1:47.99 37.90 200m: 2:25.15	+0,82	471	37.16
47.	MENDES Ines Gomes 50m: 33.22 33.22	06	Aquatico Pacense	2:26.58 100m: 1:09.91 36.69 150m: 1:48.59 38.68 200m: 2:26.58	+0,89	457	37.99
48.	MARQUES Gabriela Silva 50m: 31.85 31.85	07	Braga	2:27.25 100m: 1:08.50 36.65 150m: 1:47.90 39.40 200m: 2:27.25	+0,80	451	39.35
49.	SANTOS Leonor Costa 50m: 32.63 32.63	07	Galitos / Bresimar	2:28.07 100m: 1:09.01 36.38 150m: 1:48.58 39.57 200m: 2:28.07	+0,88	444	39.49
50.	GOMES Lia Beatriz 50m: 32.03 32.03	06	Vitoria Guimaraes	2:28.16 100m: 1:09.29 37.26 150m: 1:48.95 39.66 200m: 2:28.16	+0,62	443	39.21
51.	GOMES Rita Cunha 50m: 34.77 34.77	07	Viana Natacao	2:28.90 100m: 1:12.26 37.49 150m: 1:51.19 38.93 200m: 2:28.90	+1,05	436	37.71
52.	SOUSA Maria Rita 50m: 33.79 33.79	07	Desportiva de Viana	2:29.44 100m: 1:12.05 38.26 150m: 1:51.34 39.29 200m: 2:29.44	+0,94	432	38.10

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 19	Masc., 400m Livres				Absolutos
30/05/2021 - 9:50					Resultados
RN 50 Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03/08/2018
RN 50 Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03/08/2018
RN 50 Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
RN 50 Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
RN 50 Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
RN 50 Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006

TAC Sen20+ 50m: 4:10.91 - 25m: 4:02.70; Sen19 50m: 4:17.48 - 25m: 4:09.26; Jun18 50m: 4:18.77 - 25m: 4:10.51; Jun17 50m: 4:25.74 - 25m: 4:19.30; Juv A 50m: 4:38.91 - 25m: 4:33.44; Juv B 50m: 4:44.13 - 25m: 4:38.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	SANTOS Rui Miguel	06	Famalicao	4:27.96	+0,83	553	
	50m: 29.53 29.53	150m: 1:37.58	34.83	250m: 2:47.22	35.03	350m: 3:55.92	33.82
	100m: 1:02.75 33.22	200m: 2:12.19	34.61	300m: 3:22.10	34.88	400m: 4:27.96	32.04
2.	LOUREIRO Bruno Silva	06	Porto	4:30.54	+0,79	538	
	50m: 30.95 30.95	150m: 1:39.14	34.40	250m: 2:48.02	33.99	350m: 3:56.98	33.99
	100m: 1:04.74 33.79	200m: 2:14.03	34.89	300m: 3:22.99	34.97	400m: 4:30.54	33.56
3.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:34.61	+0,75	514	
	50m: 31.11 31.11	150m: 1:40.93	35.08	250m: 2:50.60	34.63	350m: 4:01.55	35.64
	100m: 1:05.85 34.74	200m: 2:15.97	35.04	300m: 3:25.91	35.31	400m: 4:34.61	33.06
4.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	4:34.81	+0,69	513	
	50m: 29.87 29.87	150m: 1:38.46	34.62	250m: 2:50.24	36.19	350m: 4:01.45	35.38
	100m: 1:03.84 33.97	200m: 2:14.05	35.59	300m: 3:26.07	35.83	400m: 4:34.81	33.36
5.	DURAO Miguel Costa	06	Braga	4:37.67	+0,67	497	
	50m: 30.38 30.38	150m: 1:40.65	35.95	250m: 2:52.52	35.88	350m: 4:03.64	35.20
	100m: 1:04.70 34.32	200m: 2:16.64	35.99	300m: 3:28.44	35.92	400m: 4:37.67	34.03
6.	MAGALHAES Goncalo Sa	06	Leixoes	4:38.00	+0,72	496	
	50m: 30.58 30.58	150m: 1:39.93	35.07	250m: 2:51.48	35.75	350m: 4:03.17	35.36
	100m: 1:04.86 34.28	200m: 2:15.73	35.80	300m: 3:27.81	36.33	400m: 4:38.00	34.83
7.	RAMOS Gustavo Gomes	06	Porto	4:38.65	+0,78	492	
	50m: 30.38 30.38	150m: 1:40.02	35.54	250m: 2:50.47	34.76	350m: 4:03.86	36.71
	100m: 1:04.48 34.10	200m: 2:15.71	35.69	300m: 3:27.15	36.68	400m: 4:38.65	34.79
8.	MARQUES Jose Miguel	06	Condeixa Clube	4:38.69	+0,76	492	
	50m: 30.45 30.45	150m: 1:40.13	35.92	250m: 2:51.25	35.32	350m: 4:03.56	35.98
	100m: 1:04.21 33.76	200m: 2:15.93	35.80	300m: 3:27.58	36.33	400m: 4:38.69	35.13
9.	FIGUEIREDO Joao Pinto	06	O Crasto	4:41.93	+0,67	475	
	50m: 30.25 30.25	150m: 1:39.77	35.55	250m: 2:52.77	36.44	350m: 4:06.29	36.58
	100m: 1:04.22 33.97	200m: 2:16.33	36.56	300m: 3:29.71	36.94	400m: 4:41.93	35.64
10.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	4:46.99	+0,81	450	
	50m: 30.09 30.09	150m: 1:39.74	35.79	250m: 2:53.59	36.92	350m: 4:09.63	38.20
	100m: 1:03.95 33.86	200m: 2:16.67	36.93	300m: 3:31.43	37.84	400m: 4:46.99	37.36

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres

Juvenis A

1.	NETO Vasco Goncalves	05	Porto	4:18.75	+0,67	615
	50m: 29.55 29.55	150m: 1:35.35	33.22	250m: 2:41.35	32.90	350m: 3:46.62
	100m: 1:02.13 32.58	200m: 2:08.45	33.10	300m: 3:14.07	32.72	400m: 4:18.75
2.	SILVA Afonso Carvalho	05	Famalicao	4:19.35	+0,64	610
	50m: 28.86 28.86	150m: 1:33.92	33.30	250m: 2:40.68	33.01	350m: 3:47.48
	100m: 1:00.62 31.76	200m: 2:07.67	33.75	300m: 3:14.33	33.65	400m: 4:19.35
3.	CARDOSO Guilherme Maia	05	Cumbobofila Cantanhedense	4:20.88	+0,76	600
	50m: 29.69 29.69	150m: 1:34.66	33.13	250m: 2:42.06	33.81	350m: 3:49.11
	100m: 1:01.53 31.84	200m: 2:08.25	33.59	300m: 3:15.70	33.64	400m: 4:20.88
4.	SOUSA Joao Maria	05	Braga	4:22.17	+0,78	591
	50m: 28.75 28.75	150m: 1:33.35	32.83	250m: 2:40.96	33.95	350m: 3:49.06
	100m: 1:00.52 31.77	200m: 2:07.01	33.66	300m: 3:14.99	34.03	400m: 4:22.17
5.	SILVA Diogo Miguel	05	Galitos / Bresimar	4:26.60	+0,82	562
	50m: 28.41 28.41	150m: 1:34.18	33.92	250m: 2:43.63	34.79	350m: 3:53.02
	100m: 1:00.26 31.85	200m: 2:08.84	34.66	300m: 3:17.90	34.27	400m: 4:26.60
6.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:26.64	+0,74	562
	50m: 29.43 29.43	150m: 1:35.23	33.16	250m: 2:44.86	34.52	350m: 3:53.78
	100m: 1:02.07 32.64	200m: 2:10.34	35.11	300m: 3:19.32	34.46	400m: 4:26.64
7.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	4:31.12	+0,84	534
	50m: 29.77 29.77	150m: 1:36.87	34.21	250m: 2:46.47	34.88	350m: 3:56.92
	100m: 1:02.66 32.89	200m: 2:11.59	34.72	300m: 3:21.84	35.37	400m: 4:31.12
8.	TORRES Joao Pedro	05	Porto	4:33.74	+0,76	519
	50m: 29.35 29.35	150m: 1:36.85	33.98	250m: 2:46.37	35.00	350m: 3:58.44
	100m: 1:02.87 33.52	200m: 2:11.37	34.52	300m: 3:22.04	35.67	400m: 4:33.74
9.	RIBEIRO Filipe Silva	05	Leixoes	4:33.96	+0,71	518
	50m: 29.01 29.01	150m: 1:35.86	34.09	250m: 2:46.56	35.45	350m: 3:58.81
	100m: 1:01.77 32.76	200m: 2:11.11	35.25	300m: 3:22.87	36.31	400m: 4:33.96
10.	REMELHE Joao Anibal	05	Braga	4:34.06	+0,81	517
	50m: 29.65 29.65	150m: 1:37.22	34.61	250m: 2:47.89	35.52	350m: 3:59.06
	100m: 1:02.61 32.96	200m: 2:12.37	35.15	300m: 3:23.60	35.71	400m: 4:34.06
11.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	4:35.36	+0,78	510
	50m: 29.90 29.90	150m: 1:37.65	34.59	250m: 2:48.80	36.11	350m: 4:01.19
	100m: 1:03.06 33.16	200m: 2:12.69	35.04	300m: 3:25.00	36.20	400m: 4:35.36
12.	RIBEIRO Vasco Almeida	05	Colegio SMLamas	4:37.60	+0,80	498
	50m: 28.80 28.80	150m: 1:37.66	34.66	250m: 2:48.95	34.97	350m: 4:01.43
	100m: 1:03.00 34.20	200m: 2:13.98	36.32	300m: 3:25.56	36.61	400m: 4:37.60
13.	ROCHA Jose Miguel	05	Cumbobofila Cantanhedense	4:40.15	+0,78	484
	50m: 30.43 30.43	150m: 1:40.16	35.89	250m: 2:51.56	35.67	350m: 4:04.45
	100m: 1:04.27 33.84	200m: 2:15.89	35.73	300m: 3:27.92	36.36	400m: 4:40.15
14.	MAGALHAES Andre Lima	05	Porto	4:40.72	+0,62	481
	50m: 29.74 29.74	150m: 1:40.64	36.44	250m: 2:52.53	36.28	350m: 4:05.30
	100m: 1:04.20 34.46	200m: 2:16.25	35.61	300m: 3:28.97	36.44	400m: 4:40.72

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	4:44.15	+0,78	464	
	50m: 30.75 30.75	150m: 1:40.08	35.17	250m: 2:53.42	36.40	350m: 4:08.19	37.04
	100m: 1:04.91 34.16	200m: 2:17.02	36.94	300m: 3:31.15	37.73	400m: 4:44.15	35.96
16.	SILVA Tomas Caineta	05	Estarreja	4:44.44	+0,75	463	
	50m: 30.40 30.40	150m: 1:39.90	35.11	250m: 2:53.03	36.27	350m: 4:07.43	36.83
	100m: 1:04.79 34.39	200m: 2:16.76	36.86	300m: 3:30.60	37.57	400m: 4:44.44	37.01

Juniores

1.	MARQUES Gustavo Pires	04	Individual ANC	4:05.46	+0,70	720	
	50m: 27.90 27.90	150m: 1:29.34	30.90	250m: 2:31.39	31.16	350m: 3:34.69	31.57
	100m: 58.44 30.54	200m: 2:00.23	30.89	300m: 3:03.12	31.73	400m: 4:05.46	30.77
2.	MACHADO Martim Miranda	03	Individual ANC	4:06.48	+0,64	711	
	50m: 28.35 28.35	150m: 1:29.37	30.96	250m: 2:31.95	31.10	350m: 3:35.91	32.18
	100m: 58.41 30.06	200m: 2:00.85	31.48	300m: 3:03.73	31.78	400m: 4:06.48	30.57
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:09.39	+0,78	687	
	50m: 28.09 28.09	150m: 1:29.55	31.32	250m: 2:33.35	31.77	350m: 3:38.10	32.03
	100m: 58.23 30.14	200m: 2:01.58	32.03	300m: 3:06.07	32.72	400m: 4:09.39	31.29
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:14.05	+0,69	650	
	50m: 27.47 27.47	150m: 1:29.59	31.62	250m: 2:33.07	32.03	350m: 3:39.94	34.23
	100m: 57.97 30.50	200m: 2:01.04	31.45	300m: 3:05.71	32.64	400m: 4:14.05	34.11
5.	APSENEIECE Kevins Alexandre	04	Porto	4:15.38	+0,76	639	
	50m: 28.21 28.21	150m: 1:32.22	32.24	250m: 2:37.79	32.78	350m: 3:43.51	32.68
	100m: 59.98 31.77	200m: 2:05.01	32.79	300m: 3:10.83	33.04	400m: 4:15.38	31.87
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:18.14	+0,62	619	
	50m: 29.13 29.13	150m: 1:33.64	32.63	250m: 2:40.17	33.09	350m: 3:45.97	32.64
	100m: 1:01.01 31.88	200m: 2:07.08	33.44	300m: 3:13.33	33.16	400m: 4:18.14	32.17
7.	CARVALHO Goncalo Renato	04	Porto	4:20.15	+0,67	605	
	50m: 29.34 29.34	150m: 1:34.15	32.25	250m: 2:40.85	33.06	350m: 3:47.83	33.20
	100m: 1:01.90 32.56	200m: 2:07.79	33.64	300m: 3:14.63	33.78	400m: 4:20.15	32.32
8.	NUNES Diogo Severino	04	Natacao de Valongo	4:21.01	+0,77	599	
	50m: 28.16 28.16	150m: 1:32.27	32.71	250m: 2:39.72	34.09	350m: 3:48.79	34.56
	100m: 59.56 31.40	200m: 2:05.63	33.36	300m: 3:14.23	34.51	400m: 4:21.01	32.22
9.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	4:22.32	+0,74	590	
	50m: 28.31 28.31	150m: 1:33.39	32.82	250m: 2:40.43	33.60	350m: 3:48.82	34.48
	100m: 1:00.57 32.26	200m: 2:06.83	33.44	300m: 3:14.34	33.91	400m: 4:22.32	33.50
10.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	4:26.48	+0,72	563	
	50m: 29.99 29.99	150m: 1:36.43	33.86	250m: 2:44.25	34.11	350m: 3:53.77	34.84
	100m: 1:02.57 32.58	200m: 2:10.14	33.71	300m: 3:18.93	34.68	400m: 4:26.48	32.71
DNS	SANTOS Gabriel Moreira	04	Famalicao				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 19, Masc., 400m Livres

Absolutos

1.	VELOSO Tomas Miguel	96	Nautico Academico	3:57.07	+0,61	799
	50m: 27.75 27.75	150m: 1:28.22	30.49	250m: 2:27.94	29.54	350m: 3:27.56
	100m: 57.73 29.98	200m: 1:58.40	30.18	300m: 2:57.98	30.04	400m: 3:57.07
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	3:59.53	+0,70	775
	50m: 27.28 27.28	150m: 1:27.75	30.28	250m: 2:28.99	30.49	350m: 3:29.60
	100m: 57.47 30.19	200m: 1:58.50	30.75	300m: 2:58.97	29.98	400m: 3:59.53
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:04.67	+0,70	727
	50m: 27.98 27.98	150m: 1:28.56	30.54	250m: 2:30.38	30.77	350m: 3:33.50
	100m: 58.02 30.04	200m: 1:59.61	31.05	300m: 3:01.63	31.25	400m: 4:04.67
4.	MARQUES Gustavo Pires	04	Individual ANC	4:05.46	+0,70	720
	50m: 27.90 27.90	150m: 1:29.34	30.90	250m: 2:31.39	31.16	350m: 3:34.69
	100m: 58.44 30.54	200m: 2:00.23	30.89	300m: 3:03.12	31.73	400m: 4:05.46
5.	MACHADO Martim Miranda	03	Individual ANC	4:06.48	+0,64	711
	50m: 28.35 28.35	150m: 1:29.37	30.96	250m: 2:31.95	31.10	350m: 3:35.91
	100m: 58.41 30.06	200m: 2:00.85	31.48	300m: 3:03.73	31.78	400m: 4:06.48
6.	SANTOS Pedro Miguel	01	Porto	4:09.08	+0,72	689
	50m: 28.55 28.55	150m: 1:29.91	30.90	250m: 2:32.98	31.43	350m: 3:37.59
	100m: 59.01 30.46	200m: 2:01.55	31.64	300m: 3:05.29	32.31	400m: 4:09.08
7.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:09.39	+0,78	687
	50m: 28.09 28.09	150m: 1:29.55	31.32	250m: 2:33.35	31.77	350m: 3:38.10
	100m: 58.23 30.14	200m: 2:01.58	32.03	300m: 3:06.07	32.72	400m: 4:09.39
8.	AMARAL Francisco Rodriguez	02	Porto	4:12.08	+0,75	665
	50m: 27.66 27.66	150m: 1:29.62	31.54	250m: 2:34.03	32.49	350m: 3:39.73
	100m: 58.08 30.42	200m: 2:01.54	31.92	300m: 3:06.90	32.87	400m: 4:12.08
9.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:14.05	+0,69	650
	50m: 27.47 27.47	150m: 1:29.59	31.62	250m: 2:33.07	32.03	350m: 3:39.94
	100m: 57.97 30.50	200m: 2:01.04	31.45	300m: 3:05.71	32.64	400m: 4:14.05
10.	APSENIECE Kevins Alexandre	04	Porto	4:15.38	+0,76	639
	50m: 28.21 28.21	150m: 1:32.22	32.24	250m: 2:37.79	32.78	350m: 3:43.51
	100m: 59.98 31.77	200m: 2:05.01	32.79	300m: 3:10.83	33.04	400m: 4:15.38
11.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:18.14	+0,62	619
	50m: 29.13 29.13	150m: 1:33.64	32.63	250m: 2:40.17	33.09	350m: 3:45.97
	100m: 1:01.01 31.88	200m: 2:07.08	33.44	300m: 3:13.33	33.16	400m: 4:18.14
12.	CARVALHO Daniel Luis	02	Braga	4:18.65	+0,79	615
	50m: 28.80 28.80	150m: 1:32.62	32.18	250m: 2:38.88	33.18	350m: 3:45.63
	100m: 1:00.44 31.64	200m: 2:05.70	33.08	300m: 3:12.39	33.51	400m: 4:18.65
13.	NETO Vasco Goncalves	05	Porto	4:18.75	+0,67	615
	50m: 29.55 29.55	150m: 1:35.35	33.22	250m: 2:41.35	32.90	350m: 3:46.62
	100m: 1:02.13 32.58	200m: 2:08.45	33.10	300m: 3:14.07	32.72	400m: 4:18.75
14.	TRAVANCA Sergio Filipe	00	Individual ANNP	4:19.21	+0,66	611
	50m: 28.52 28.52	150m: 1:32.68	32.29	250m: 2:38.64	32.73	350m: 3:46.00
	100m: 1:00.39 31.87	200m: 2:05.91	33.23	300m: 3:12.19	33.55	400m: 4:19.21

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	SILVA Afonso Carvalho	05	Famalicao	4:19.35	+0,64	610	
	50m: 28.86 28.86 150m: 1:33.92 33.30 250m: 2:40.68 33.01 350m: 3:47.48 33.15						
	100m: 1:00.62 31.76 200m: 2:07.67 33.75 300m: 3:14.33 33.65 400m: 4:19.35 31.87						
16.	CARVALHO Goncalo Renato	04	Porto	4:20.15	+0,67	605	
	50m: 29.34 29.34 150m: 1:34.15 32.25 250m: 2:40.85 33.06 350m: 3:47.83 33.20						
	100m: 1:01.90 32.56 200m: 2:07.79 33.64 300m: 3:14.63 33.78 400m: 4:20.15 32.32						
17.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:20.88	+0,76	600	
	50m: 29.69 29.69 150m: 1:34.66 33.13 250m: 2:42.06 33.81 350m: 3:49.11 33.41						
	100m: 1:01.53 31.84 200m: 2:08.25 33.59 300m: 3:15.70 33.64 400m: 4:20.88 31.77						
18.	NUNES Diogo Severino	04	Natacao de Valongo	4:21.01	+0,77	599	
	50m: 28.16 28.16 150m: 1:32.27 32.71 250m: 2:39.72 34.09 350m: 3:48.79 34.56						
	100m: 59.56 31.40 200m: 2:05.63 33.36 300m: 3:14.23 34.51 400m: 4:21.01 32.22						
19.	SOUSA Joao Maria	05	Braga	4:22.17	+0,78	591	
	50m: 28.75 28.75 150m: 1:33.35 32.83 250m: 2:40.96 33.95 350m: 3:49.06 34.07						
	100m: 1:00.52 31.77 200m: 2:07.01 33.66 300m: 3:14.99 34.03 400m: 4:22.17 33.11						
20.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	4:22.32	+0,74	590	
	50m: 28.31 28.31 150m: 1:33.39 32.82 250m: 2:40.43 33.60 350m: 3:48.82 34.48						
	100m: 1:00.57 32.26 200m: 2:06.83 33.44 300m: 3:14.34 33.91 400m: 4:22.32 33.50						
21.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	4:26.48	+0,72	563	
	50m: 29.99 29.99 150m: 1:36.43 33.86 250m: 2:44.25 34.11 350m: 3:53.77 34.84						
	100m: 1:02.57 32.58 200m: 2:10.14 33.71 300m: 3:18.93 34.68 400m: 4:26.48 32.71						
22.	SILVA Diogo Miguel	05	Galitos / Bresimar	4:26.60	+0,82	562	
	50m: 28.41 28.41 150m: 1:34.18 33.92 250m: 2:43.63 34.79 350m: 3:53.02 35.12						
	100m: 1:00.26 31.85 200m: 2:08.84 34.66 300m: 3:17.90 34.27 400m: 4:26.60 33.58						
23.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:26.64	+0,74	562	
	50m: 29.43 29.43 150m: 1:35.23 33.16 250m: 2:44.86 34.52 350m: 3:53.78 34.46						
	100m: 1:02.07 32.64 200m: 2:10.34 35.11 300m: 3:19.32 34.46 400m: 4:26.64 32.86						
24.	SANTOS Rui Miguel	06	Famalicao	4:27.96	+0,83	553	
	50m: 29.53 29.53 150m: 1:37.58 34.83 250m: 2:47.22 35.03 350m: 3:55.92 33.82						
	100m: 1:02.75 33.22 200m: 2:12.19 34.61 300m: 3:22.10 34.88 400m: 4:27.96 32.04						
25.	LOUREIRO Bruno Silva	06	Porto	4:30.54	+0,79	538	
	50m: 30.95 30.95 150m: 1:39.14 34.40 250m: 2:48.02 33.99 350m: 3:56.98 33.99						
	100m: 1:04.74 33.79 200m: 2:14.03 34.89 300m: 3:22.99 34.97 400m: 4:30.54 33.56						
26.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	4:31.12	+0,84	534	
	50m: 29.77 29.77 150m: 1:36.87 34.21 250m: 2:46.47 34.88 350m: 3:56.92 35.08						
	100m: 1:02.66 32.89 200m: 2:11.59 34.72 300m: 3:21.84 35.37 400m: 4:31.12 34.20						
27.	TORRES Joao Pedro	05	Porto	4:33.74	+0,76	519	
	50m: 29.35 29.35 150m: 1:36.85 33.98 250m: 2:46.37 35.00 350m: 3:58.44 36.40						
	100m: 1:02.87 33.52 200m: 2:11.37 34.52 300m: 3:22.04 35.67 400m: 4:33.74 35.30						
28.	RIBEIRO Filipe Silva	05	Leixoes	4:33.96	+0,71	518	
	50m: 29.01 29.01 150m: 1:35.86 34.09 250m: 2:46.56 35.45 350m: 3:58.81 35.94						
	100m: 1:01.77 32.76 200m: 2:11.11 35.25 300m: 3:22.87 36.31 400m: 4:33.96 35.15						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
29.	REMELHE Joao Anibal	05	Braga	4:34.06	+0,81	517	
	50m: 29.65 29.65	150m: 1:37.22	34.61	250m: 2:47.89	35.52	350m: 3:59.06	35.46
	100m: 1:02.61 32.96	200m: 2:12.37	35.15	300m: 3:23.60	35.71	400m: 4:34.06	35.00
30.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:34.61	+0,75	514	
	50m: 31.11 31.11	150m: 1:40.93	35.08	250m: 2:50.60	34.63	350m: 4:01.55	35.64
	100m: 1:05.85 34.74	200m: 2:15.97	35.04	300m: 3:25.91	35.31	400m: 4:34.61	33.06
31.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	4:34.81	+0,69	513	
	50m: 29.87 29.87	150m: 1:38.46	34.62	250m: 2:50.24	36.19	350m: 4:01.45	35.38
	100m: 1:03.84 33.97	200m: 2:14.05	35.59	300m: 3:26.07	35.83	400m: 4:34.81	33.36
32.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	4:35.36	+0,78	510	
	50m: 29.90 29.90	150m: 1:37.65	34.59	250m: 2:48.80	36.11	350m: 4:01.19	36.19
	100m: 1:03.06 33.16	200m: 2:12.69	35.04	300m: 3:25.00	36.20	400m: 4:35.36	34.17
33.	RIBEIRO Vasco Almeida	05	Colegio SMLamas	4:37.60	+0,80	498	
	50m: 28.80 28.80	150m: 1:37.66	34.66	250m: 2:48.95	34.97	350m: 4:01.43	35.87
	100m: 1:03.00 34.20	200m: 2:13.98	36.32	300m: 3:25.56	36.61	400m: 4:37.60	36.17
34.	DURAO Miguel Costa	06	Braga	4:37.67	+0,67	497	
	50m: 30.38 30.38	150m: 1:40.65	35.95	250m: 2:52.52	35.88	350m: 4:03.64	35.20
	100m: 1:04.70 34.32	200m: 2:16.64	35.99	300m: 3:28.44	35.92	400m: 4:37.67	34.03
35.	MAGALHAES Goncalo Sa	06	Leixoes	4:38.00	+0,72	496	
	50m: 30.58 30.58	150m: 1:39.93	35.07	250m: 2:51.48	35.75	350m: 4:03.17	35.36
	100m: 1:04.86 34.28	200m: 2:15.73	35.80	300m: 3:27.81	36.33	400m: 4:38.00	34.83
36.	RAMOS Gustavo Gomes	06	Porto	4:38.65	+0,78	492	
	50m: 30.38 30.38	150m: 1:40.02	35.54	250m: 2:50.47	34.76	350m: 4:03.86	36.71
	100m: 1:04.48 34.10	200m: 2:15.71	35.69	300m: 3:27.15	36.68	400m: 4:38.65	34.79
37.	MARQUES Jose Miguel	06	Condeixa Clube	4:38.69	+0,76	492	
	50m: 30.45 30.45	150m: 1:40.13	35.92	250m: 2:51.25	35.32	350m: 4:03.56	35.98
	100m: 1:04.21 33.76	200m: 2:15.93	35.80	300m: 3:27.58	36.33	400m: 4:38.69	35.13
38.	ROCHA Jose Miguel	05	Columbifila Cantanhedense	4:40.15	+0,78	484	
	50m: 30.43 30.43	150m: 1:40.16	35.89	250m: 2:51.56	35.67	350m: 4:04.45	36.53
	100m: 1:04.27 33.84	200m: 2:15.89	35.73	300m: 3:27.92	36.36	400m: 4:40.15	35.70
39.	MAGALHAES Andre Lima	05	Porto	4:40.72	+0,62	481	
	50m: 29.74 29.74	150m: 1:40.64	36.44	250m: 2:52.53	36.28	350m: 4:05.30	36.33
	100m: 1:04.20 34.46	200m: 2:16.25	35.61	300m: 3:28.97	36.44	400m: 4:40.72	35.42
40.	FIGUEIREDO Joao Pinto	06	O Crasto	4:41.93	+0,67	475	
	50m: 30.25 30.25	150m: 1:39.77	35.55	250m: 2:52.77	36.44	350m: 4:06.29	36.58
	100m: 1:04.22 33.97	200m: 2:16.33	36.56	300m: 3:29.71	36.94	400m: 4:41.93	35.64
41.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	4:44.15	+0,78	464	
	50m: 30.75 30.75	150m: 1:40.08	35.17	250m: 2:53.42	36.40	350m: 4:08.19	37.04
	100m: 1:04.91 34.16	200m: 2:17.02	36.94	300m: 3:31.15	37.73	400m: 4:44.15	35.96
42.	SILVA Tomas Caineta	05	Estarreja	4:44.44	+0,75	463	
	50m: 30.40 30.40	150m: 1:39.90	35.11	250m: 2:53.03	36.27	350m: 4:07.43	36.83
	100m: 1:04.79 34.39	200m: 2:16.76	36.86	300m: 3:30.60	37.57	400m: 4:44.44	37.01

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
43.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	4:46.99	+0,81	450	
	50m: 30.09 30.09	150m: 1:39.74	35.79	250m: 2:53.59	36.92	350m: 4:09.63	38.20
	100m: 1:03.95 33.86	200m: 2:16.67	36.93	300m: 3:31.43	37.84	400m: 4:46.99	37.36
DNS	SANTOS Gabriel Moreira	04	Famalicao				

Prova 20
30/05/2021 - 10:20

Femin., 50m Mariposa

Absolutos
Resultados

RN 50 Absoluto	27.00	GUEDES Ana Margarida	GCVR	Funchal	01/08/2019
RN 50 Sen	27.00	GUEDES Ana Margarida	GCVR	Funchal	01/08/2019
RN 50 Jun17	27.59	CUNHA Mariana Pacheco	CNCE	Oeiras	14/02/2021
RN 50 Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18/07/2009
RN 50 Juv A	27.98	tempo limite			
RN 50 Juv B	28.51	tempo limite			

TAC Sen19+ 50m: 29.96 - 25m: 29.72; Sen18 50m: 30.53 - 25m: 30.58; Jun17 50m: 30.68 - 25m: 31.03; Jun16 50m: 31.17 - 25m: 31.03; Juv A 50m: 31.17 - 25m: 31.03; Juv B 50m: 31.17 - 25m: 31.03

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MANO Leonor Mil	07	Fundacao Beatriz Santos	30.36	+0,74	521	

Absolutos

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	27.10	+0,60	732	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	27.63	+0,65	691	
3.	TEJO Beatriz Costa	02	Academica de Coimbra	28.91	+0,63	603	
4.	CASTRO Adriana Daniela	97	Leixoes	28.95	+0,62	600	
5.	PEGO Isabel Porfirio	01	Fluvial Portuense	29.24	+0,69	583	
6.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	29.30	+0,68	579	
7.	MARQUES Maria Vieira	04	Natacao de Vagos	29.60	+0,73	562	
8.	SILVA Leonor Santos	03	Porto	29.66	+0,67	558	
9.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	29.94	+0,78	543	
10.	MANO Leonor Mil	07	Fundacao Beatriz Santos	30.36	+0,74	521	
11.	SANTOS Beatriz Rocha	02	Campinho	30.46	+0,66	515	
12.	SILVA Joana Ferreira	05	Leixoes	30.78	+0,51	499	
13.	DOMINGUES Matilde Mota	03	Colegio Efanor	30.82	+0,53	498	
14.	LIGEIRO Daniela Silva	04	Viana Natacao	30.92	+0,74	493	
15.	SOARES Carolina Silva	03	Natacao de Valongo	31.35	+0,75	473	
16.	MONTEIRO Ana Carolina	04	Individual ANC	31.41	+0,68	470	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 20, Femin., 50m Mariposa

Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	27.10	+0,60	732
2.	TEJO Beatriz Costa	02	Academica de Coimbra	28.91	+0,63	603
3.	CASTRO Adriana Daniela	97	Leixoes	28.95	+0,62	600
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	29.24	+0,69	583
5.	SILVA Leonor Santos	03	Porto	29.66	+0,67	558
6.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	29.94	+0,78	543
7.	SANTOS Beatriz Rocha	02	Campinho	30.46	+0,66	515
8.	DOMINGUES Matilde Mota	03	Colegio Efanor	30.82	+0,53	498
9.	SOARES Carolina Silva	03	Natacao de Valongo	31.35	+0,75	473

Prova 21

Masc., 50m Mariposa

Absolutos
Resultados

30/05/2021 - 10:25

RN 50 Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
RN 50 Sen	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
RN 50 Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27/05/2017
RN 50 Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30/07/2004
RN 50 Jun17	24.89	RIBEIRO Diogo Matos	CUC	Coimbra	28/03/2021
RN 50 Juv A	25.63	tempo limite			
RN 50 Juv B	26.18	tempo limite			

TAC Sen20+ 50m: 26.25 - 25m: 25.83; Sen19 50m: 26.76 - 25m: 26.59; Jun18 50m: 26.89 - 25m: 26.73; Jun17 50m: 28.07 - 25m: 27.84;
Juv A 50m: 28.07 - 25m: 27.84; Juv B 50m: 28.07 - 25m: 27.84

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	PEREIRA Rodrigo Ferreira	06	Famalicao	26.96	+0,64	563
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Absolutos

1.	SCHILLING Leonardo	93	Porto	24.07	+0,69	792
2.	FERNANDES Pedro Miguel	99	Famalicao	25.27	+0,72	684
3.	FRANCISCO Daniel Sebastiao	00	Porto	25.46	+0,64	669
4.	NUNES Porfirio Braga	00	Porto	25.73	+0,64	648
5.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	25.93	+0,70	633
6.	REIS Rodrigo Miguel	04	Individual ANC	26.13	+0,63	619
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	26.14	+0,77	618
	SILVA Joao Carlos	98	Famalicao	26.14	+0,45	618
9.	LOURENCO Tiago Campos	02	Natacao de Valongo	26.35	+0,77	603
10.	SAMPAIO Jose Pedro	98	Porto	26.42	+0,69	598
11.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	26.55	+0,68	590
12.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	26.63	+0,67	584
13.	ANTUNES David Alexandre	04	Leixoes	26.68	+0,72	581
14.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	26.73	+0,64	578
15.	SILVA Pedro Ferraz	98	Foca Quinta da Lixa CNF	26.74	+0,65	577

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 21, Masc., 50m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	MADUREIRA Rui Pedro	04	Famalicao	26.79	+0,63	574	
17.	BORGES David Costa	04	Fluvial Portuense	26.80	+0,60	573	
18.	ARAUJO Joao Guilherme	03	Natacao da Maia	26.85	+0,79	570	
19.	JESUS Pedro Duarte	04	Galitos / Bresimar	26.91	+0,65	566	
20.	SIMOES Manuel Baptista	03	Individual ANC	26.92	+0,61	566	
21.	PEREIRA Rodrigo Ferreira	06	Famalicao	26.96	+0,64	563	
22.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	27.03	+0,73	559	
23.	LEAL Dinis Barros	03	Aquatico Pacense	27.20	+0,69	548	
24.	SANTOS Rui Mamede	04	Uniao Coimbra	27.34	+0,67	540	
25.	SOUSA Tomas Castro	04	Vitoria Guimaraes	27.64	+0,76	523	
26.	BARBOSA Pedro Xavier	04	Desportiva de Viana	27.68	+0,59	520	

Seniores

1.	SCHILLING Leonardo	93	Porto	24.07	+0,69	792	
2.	FERNANDES Pedro Miguel	99	Famalicao	25.27	+0,72	684	
3.	FRANCISCO Daniel Sebastiao	00	Porto	25.46	+0,64	669	
4.	NUNES Porfirio Braga	00	Porto	25.73	+0,64	648	
5.	ROCHA Ricardo Filipe	02	Aquatico Pacense	26.14	+0,77	618	
	SILVA Joao Carlos	98	Famalicao	26.14	+0,45	618	
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	26.35	+0,77	603	
8.	SAMPAIO Jose Pedro	98	Porto	26.42	+0,69	598	
9.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	26.55	+0,68	590	
10.	SILVA Pedro Ferraz	98	Foca Quinta da Lixa CNF	26.74	+0,65	577	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 22	Femin., 200m Bru�os				Absolutos
30/05/2021 - 10:30					Resultados
RN 50 Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
RN 50 Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
RN 50 Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02/04/2017
RN 50 Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15/07/2005
RN 50 Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27/06/2004
RN 50 Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28/07/2003

TAC Sen19+ 50m: 2:48.13 - 25m: 2:42.69; Sen18 50m: 2:53.37 - 25m: 2:48.59; Jun17 50m: 2:54.23 - 25m: 2:54.45; Jun16 50m: 3:00.68 - 25m: 2:54.45; Juv A 50m: 3:04.52 - 25m: 2:59.14; Juv B 50m: 3:08.03 - 25m: 3:02.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	LEAL Matilde Barros	07	Aquatico Pacense	2:52.36	+0,82	525	
	50m: 39.73 39.73	100m: 1:24.13	44.40	150m: 2:08.72	44.59	200m: 2:52.36	43.64
2.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	2:55.69	+0,79	496	
	50m: 40.15 40.15	100m: 1:24.63	44.48	150m: 2:10.23	45.60	200m: 2:55.69	45.46
3.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:56.77	+0,81	487	
	50m: 40.44 40.44	100m: 1:25.23	44.79	150m: 2:11.00	45.77	200m: 2:56.77	45.77
4.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	2:57.21	+0,82	483	
	50m: 39.58 39.58	100m: 1:24.14	44.56	150m: 2:10.59	46.45	200m: 2:57.21	46.62
5.	SILVA Nuria Soares	07	Colegio SMLamas	3:00.16		460	
	50m: 40.86 40.86	100m: 1:27.03	46.17	150m: 2:14.67	47.64	200m: 3:00.16	45.49
6.	PINTO Margarida Vieira	07	Braga	3:00.61	+0,75	456	
	50m: 39.66 39.66	100m: 1:25.83	46.17	150m: 2:13.22	47.39	200m: 3:00.61	47.39
7.	PINA Laura Almeida	07	O Crasto	3:03.76	+0,87	433	
	50m: 41.27 41.27	100m: 1:28.07	46.80	150m: 2:17.06	48.99	200m: 3:03.76	46.70
8.	FIGUEIRA Madalena Almeida	07	Academico Viseu	3:04.18	+0,70	430	
	50m: 39.94 39.94	100m: 1:26.65	46.71	150m: 2:15.29	48.64	200m: 3:04.18	48.89
9.	TEIXEIRA Joana Navega	07	Fluvial Portuense	3:05.21	+0,64	423	
	50m: 41.50 41.50	100m: 1:28.98	47.48	150m: 2:17.39	48.41	200m: 3:05.21	47.82
10.	FERNANDES Maria Ines	07	Fundacao Beatriz Santos	3:08.06	+0,78	404	
	50m: 43.82 43.82	100m: 1:31.74	47.92	150m: 2:19.95	48.21	200m: 3:08.06	48.11
11.	NUNES Noa Pinho	07	Sporting de Aveiro	3:13.13	+0,72	373	
	50m: 42.86 42.86	100m: 1:30.86	48.00	150m: 2:21.50	50.64	200m: 3:13.13	51.63
12.	CARRILHO Luana Alexandra	07	Academico Viseu	3:14.73	+0,63	364	
	50m: 41.84 41.84	100m: 1:30.48	48.64	150m: 2:22.03	51.55	200m: 3:14.73	52.70
DSQ	PEREIRA Beatriz Azevedo	07	Colegio SMLamas				
	<i>O atleta efetuou 2 pernadas de golfinho ap�s a viragem aos 100 m</i>						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Braços

Juvenis A

1.	JESUS Mariana Teixeira	06	Estarreja	2:48.25	+0,76	565
	50m: 37.62 37.62	100m: 1:20.42	42.80 150m: 2:04.14	43.72	200m: 2:48.25	44.11
2.	SILVA Maria Seixeira	06	Viana Natacao	2:49.02	+0,85	557
	50m: 38.42 38.42	100m: 1:21.70	43.28 150m: 2:05.22	43.52	200m: 2:49.02	43.80
3.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:55.06	+0,78	501
	50m: 39.02 39.02	100m: 1:22.55	43.53 150m: 2:08.04	45.49	200m: 2:55.06	47.02
4.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	2:56.23	+0,60	491
	50m: 39.85 39.85	100m: 1:24.43	44.58 150m: 2:10.02	45.59	200m: 2:56.23	46.21
5.	REBELO Mariana Cunha	06	Natacao de Vagos	2:57.23	+0,83	483
	50m: 40.86 40.86	100m: 1:26.15	45.29 150m: 2:12.17	46.02	200m: 2:57.23	45.06
6.	COSTA Francisca Vila	06	Viana Natacao	3:01.09	+0,88	453
	50m: 41.11 41.11	100m: 1:26.37	45.26 150m: 2:14.16	47.79	200m: 3:01.09	46.93
7.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	3:01.25	+0,70	452
	50m: 40.90 40.90	100m: 1:27.10	46.20 150m: 2:14.16	47.06	200m: 3:01.25	47.09
8.	CUNHA Margarida Pinto	06	Sanjoanense/FEPSA	3:05.05	+0,74	424
	50m: 41.71 41.71	100m: 1:28.54	46.83 150m: 2:16.67	48.13	200m: 3:05.05	48.38
9.	LOURENCO Marta Beatriz	06	Academico Viseu	3:05.73	+0,79	420
	50m: 41.14 41.14	100m: 1:29.08	47.94 150m: 2:17.61	48.53	200m: 3:05.73	48.12

Juniores

1.	LAMAS Maria Caetano	04	Miranda do Corvo	2:53.49	+0,81	515
	50m: 40.00 40.00	100m: 1:23.73	43.73 150m: 2:09.40	45.67	200m: 2:53.49	44.09
2.	ALMEIDA Ana Rita	05	Campinho	2:55.76	+0,68	495
	50m: 39.78 39.78	100m: 1:25.74	45.96 150m: 2:12.28	46.54	200m: 2:55.76	43.48
	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:55.76	+0,75	495
	50m: 41.06 41.06	100m: 1:26.48	45.42 150m: 2:10.99	44.51	200m: 2:55.76	44.77
4.	RIBEIRO Maria Joao	05	Colegio SMLamas	2:55.93	+0,78	494
	50m: 37.91 37.91	100m: 1:22.22	44.31 150m: 2:08.88	46.66	200m: 2:55.93	47.05
5.	RODRIGUES Bruna Ferreira	05	Colegio SMLamas	2:59.09	+0,77	468
	50m: 40.24 40.24	100m: 1:24.94	44.70 150m: 2:12.04	47.10	200m: 2:59.09	47.05
6.	ROCHA Gabriela Santos	05	Natacao de Valongo	3:00.64	+0,75	456
	50m: 40.18 40.18	100m: 1:25.86	45.68 150m: 2:12.69	46.83	200m: 3:00.64	47.95
7.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	3:01.15	+0,70	452
	50m: 40.05 40.05	100m: 1:26.03	45.98 150m: 2:13.19	47.16	200m: 3:01.15	47.96
8.	LOPES Francisca Macedo	05	Vilacondense	3:01.35	+0,81	451
	50m: 40.09 40.09	100m: 1:25.83	45.74 150m: 2:13.25	47.42	200m: 3:01.35	48.10

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bruços

Absolutos

1.	CASTRO Maria Freitas	03	Vitoria Guimaraes	2:37.56	+0,73	688
	50m: 37.06 37.06	100m: 1:17.73	40.67 150m: 1:57.73	40.00	200m: 2:37.56	39.83
2.	RODRIGUES Ana Pinho	94	Desportiva de Viana	2:41.36	+0,72	640
	50m: 34.54 34.54	100m: 1:14.20	39.66 150m: 1:57.18	42.98	200m: 2:41.36	44.18
3.	VEIGA Ana Filipa	01	Gafanha da Encarnac�o	2:42.49	+0,77	627
	50m: 37.93 37.93	100m: 1:18.93	41.00 150m: 2:00.52	41.59	200m: 2:42.49	41.97
4.	FIAL Sofia Nunes	03	Estamos Juntos	2:45.06	+0,84	598
	50m: 38.34 38.34	100m: 1:21.29	42.95 150m: 2:03.18	41.89	200m: 2:45.06	41.88
5.	JESUS Mariana Teixeira	06	Estarreja	2:48.25	+0,76	565
	50m: 37.62 37.62	100m: 1:20.42	42.80 150m: 2:04.14	43.72	200m: 2:48.25	44.11
6.	MAIA Joana Marques	91	Braga	2:48.97	+0,82	558
	50m: 37.30 37.30	100m: 1:19.84	42.54 150m: 2:03.74	43.90	200m: 2:48.97	45.23
7.	SILVA Maria Seixeira	06	Viana Natacao	2:49.02	+0,85	557
	50m: 38.42 38.42	100m: 1:21.70	43.28 150m: 2:05.22	43.52	200m: 2:49.02	43.80
8.	LEAL Matilde Barros	07	Aquatico Pacense	2:52.36	+0,82	525
	50m: 39.73 39.73	100m: 1:24.13	44.40 150m: 2:08.72	44.59	200m: 2:52.36	43.64
9.	LAMAS Maria Caetano	04	Miranda do Corvo	2:53.49	+0,81	515
	50m: 40.00 40.00	100m: 1:23.73	43.73 150m: 2:09.40	45.67	200m: 2:53.49	44.09
10.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:55.06	+0,78	501
	50m: 39.02 39.02	100m: 1:22.55	43.53 150m: 2:08.04	45.49	200m: 2:55.06	47.02
11.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	2:55.69	+0,79	496
	50m: 40.15 40.15	100m: 1:24.63	44.48 150m: 2:10.23	45.60	200m: 2:55.69	45.46
12.	ALMEIDA Ana Rita	05	Campinho	2:55.76	+0,68	495
	50m: 39.78 39.78	100m: 1:25.74	45.96 150m: 2:12.28	46.54	200m: 2:55.76	43.48
	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:55.76	+0,75	495
	50m: 41.06 41.06	100m: 1:26.48	45.42 150m: 2:10.99	44.51	200m: 2:55.76	44.77
14.	RIBEIRO Maria Joao	05	Colegio SMLamas	2:55.93	+0,78	494
	50m: 37.91 37.91	100m: 1:22.22	44.31 150m: 2:08.88	46.66	200m: 2:55.93	47.05
15.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	2:56.23	+0,60	491
	50m: 39.85 39.85	100m: 1:24.43	44.58 150m: 2:10.02	45.59	200m: 2:56.23	46.21
16.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:56.77	+0,81	487
	50m: 40.44 40.44	100m: 1:25.23	44.79 150m: 2:11.00	45.77	200m: 2:56.77	45.77
17.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	2:57.21	+0,82	483
	50m: 39.58 39.58	100m: 1:24.14	44.56 150m: 2:10.59	46.45	200m: 2:57.21	46.62
18.	REBELO Mariana Cunha	06	Natacao de Vagos	2:57.23	+0,83	483
	50m: 40.86 40.86	100m: 1:26.15	45.29 150m: 2:12.17	46.02	200m: 2:57.23	45.06
19.	RODRIGUES Bruna Ferreira	05	Colegio SMLamas	2:59.09	+0,77	468
	50m: 40.24 40.24	100m: 1:24.94	44.70 150m: 2:12.04	47.10	200m: 2:59.09	47.05

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	SILVA Nuria Soares	07	Colegio SMLamas	3:00.16		460	
	50m: 40.86 40.86	100m: 1:27.03	46.17 150m: 2:14.67	47.64	200m: 3:00.16	45.49	
21.	PINTO Margarida Vieira	07	Braga	3:00.61	+0,75	456	
	50m: 39.66 39.66	100m: 1:25.83	46.17 150m: 2:13.22	47.39	200m: 3:00.61	47.39	
22.	ROCHA Gabriela Santos	05	Natacao de Valongo	3:00.64	+0,75	456	
	50m: 40.18 40.18	100m: 1:25.86	45.68 150m: 2:12.69	46.83	200m: 3:00.64	47.95	
23.	COSTA Francisca Vila	06	Viana Natacao	3:01.09	+0,88	453	
	50m: 41.11 41.11	100m: 1:26.37	45.26 150m: 2:14.16	47.79	200m: 3:01.09	46.93	
24.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	3:01.15	+0,70	452	
	50m: 40.05 40.05	100m: 1:26.03	45.98 150m: 2:13.19	47.16	200m: 3:01.15	47.96	
25.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	3:01.25	+0,70	452	
	50m: 40.90 40.90	100m: 1:27.10	46.20 150m: 2:14.16	47.06	200m: 3:01.25	47.09	
26.	LOPES Francisca Macedo	05	Vilacondense	3:01.35	+0,81	451	
	50m: 40.09 40.09	100m: 1:25.83	45.74 150m: 2:13.25	47.42	200m: 3:01.35	48.10	
27.	PINA Laura Almeida	07	O Crasto	3:03.76	+0,87	433	
	50m: 41.27 41.27	100m: 1:28.07	46.80 150m: 2:17.06	48.99	200m: 3:03.76	46.70	
28.	FIGUEIRA Madalena Almeida	07	Academico Viseu	3:04.18	+0,70	430	
	50m: 39.94 39.94	100m: 1:26.65	46.71 150m: 2:15.29	48.64	200m: 3:04.18	48.89	
29.	CUNHA Margarida Pinto	06	Sanjoanense/FEPSA	3:05.05	+0,74	424	
	50m: 41.71 41.71	100m: 1:28.54	46.83 150m: 2:16.67	48.13	200m: 3:05.05	48.38	
30.	TEIXEIRA Joana Navega	07	Fluvial Portuense	3:05.21	+0,64	423	
	50m: 41.50 41.50	100m: 1:28.98	47.48 150m: 2:17.39	48.41	200m: 3:05.21	47.82	
31.	LOURENCO Marta Beatriz	06	Academico Viseu	3:05.73	+0,79	420	
	50m: 41.14 41.14	100m: 1:29.08	47.94 150m: 2:17.61	48.53	200m: 3:05.73	48.12	
32.	FERNANDES Maria Ines	07	Fundacao Beatriz Santos	3:08.06	+0,78	404	
	50m: 43.82 43.82	100m: 1:31.74	47.92 150m: 2:19.95	48.21	200m: 3:08.06	48.11	
33.	NUNES Noa Pinho	07	Sporting de Aveiro	3:13.13	+0,72	373	
	50m: 42.86 42.86	100m: 1:30.86	48.00 150m: 2:21.50	50.64	200m: 3:13.13	51.63	
34.	CARRILHO Luana Alexandra	07	Academico Viseu	3:14.73	+0,63	364	
	50m: 41.84 41.84	100m: 1:30.48	48.64 150m: 2:22.03	51.55	200m: 3:14.73	52.70	
DSQ	PEREIRA Beatriz Azevedo	07	Colegio SMLamas				
	<i>O atleta efetuou 2 pernadas de golfinho ap�s a viragem aos 100 m</i>						
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 23	Masc., 200m Bru�os				Absolutos
30/05/2021 - 10:50					Resultados
RN 50 Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
RN 50 Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
RN 50 Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20/07/2009
RN 50 Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26/07/2014
RN 50 Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23/07/2016
RN 50 Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loul�	10/06/2006

TAC Sen20+ 50m: 2:30.61 - 25m: 2:24.42; Sen19 50m: 2:35.51 - 25m: 2:29.27; Jun18 50m: 2:36.29 - 25m: 2:30.02; Jun17 50m: 2:43.93 - 25m: 2:38.44; Juv A 50m: 2:47.80 - 25m: 2:41.26; Juv B 50m: 2:49.20 - 25m: 2:44.27

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:36.54	+0,71	522	
	50m: 33.57 33.57	100m: 1:12.41	38.84	150m: 1:53.81	41.40	200m: 2:36.54	42.73
2.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:36.57	+0,71	522	
	50m: 34.46 34.46	100m: 1:13.50	39.04	150m: 1:54.63	41.13	200m: 2:36.57	41.94
3.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedensc	2:37.21	+0,65	516	
	50m: 34.84 34.84	100m: 1:14.12	39.28	150m: 1:55.06	40.94	200m: 2:37.21	42.15
4.	ZHUKOV Mark	06	Braga	2:39.57	+0,72	493	
	50m: 35.76 35.76	100m: 1:15.52	39.76	150m: 1:57.04	41.52	200m: 2:39.57	42.53
5.	COSTA Tomas Mendes	06	Famalicao	2:39.63	+0,82	493	
	50m: 35.58 35.58	100m: 1:16.36	40.78	150m: 1:58.29	41.93	200m: 2:39.63	41.34
6.	JEVIC Milan Santos	06	Braga	2:42.53	+0,74	467	
	50m: 35.05 35.05	100m: 1:15.39	40.34	150m: 1:59.03	43.64	200m: 2:42.53	43.50
7.	FERNANDES Leonardo Freitas	06	Famalicao	2:43.62	+0,75	457	
	50m: 35.51 35.51	100m: 1:16.89	41.38	150m: 2:00.48	43.59	200m: 2:43.62	43.14
8.	NEVES Diogo Cura	06	Condeixa Clube	2:59.95	+0,69	344	
	50m: 38.74 38.74	100m: 1:24.01	45.27	150m: 2:11.80	47.79	200m: 2:59.95	48.15

Juvenis A

1.	BARRETO Guilherme Pedro	05	Desportiva Limiana	2:33.56	+0,73	554	
	50m: 33.90 33.90	100m: 1:12.30	38.40	150m: 1:52.04	39.74	200m: 2:33.56	41.52
2.	LAFUENTE Miguel Teixeira	05	Porto	2:34.74	+0,78	541	
	50m: 33.90 33.90	100m: 1:13.43	39.53	150m: 1:53.55	40.12	200m: 2:34.74	41.19
3.	SILVA Goncalo Manuel	05	Porto	2:35.22	+0,80	536	
	50m: 33.87 33.87	100m: 1:13.40	39.53	150m: 1:53.63	40.23	200m: 2:35.22	41.59
4.	PIRES Andre Branco	05	Academico Viseu	2:38.71	+0,67	501	
	50m: 34.47 34.47	100m: 1:14.09	39.62	150m: 1:56.11	42.02	200m: 2:38.71	42.60
5.	ROCHA Goncalo Queiroga	05	Braga	2:40.84	+0,74	482	
	50m: 34.50 34.50	100m: 1:15.22	40.72	150m: 1:57.58	42.36	200m: 2:40.84	43.26

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 23, Masc., 200m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	2:43.15	+0,75	461	
	50m: 35.13 35.13	100m: 1:15.45	40.32 150m: 1:58.81	43.36	200m: 2:43.15	44.34	
7.	FRANCISCO Tomas Jose	05	Miranda do Corvo	2:46.71	+0,73	432	
	50m: 36.87 36.87	100m: 1:20.17	43.30 150m: 2:03.03	42.86	200m: 2:46.71	43.68	
8.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	2:54.04	+0,77	380	
	50m: 38.11 38.11	100m: 1:21.13	43.02 150m: 2:07.15	46.02	200m: 2:54.04	46.89	
DSQ	CARVALHO Guilherme Jesus	05	Foca Quinta da Lixa CNF				
	<i>Toque alternados aos 100 m</i>						

Juniores

1.	OLIVEIRA Joao Campelo	04	Famalicao	2:27.24	+0,74	628	
	50m: 32.82 32.82	100m: 1:10.32	37.50 150m: 1:48.27	37.95	200m: 2:27.24	38.97	
2.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:32.66	+0,68	563	
	50m: 34.34 34.34	100m: 1:12.85	38.51 150m: 1:52.50	39.65	200m: 2:32.66	40.16	
3.	CRUZ David Miguel	04	Braga	2:36.40	+0,59	524	
	50m: 33.88 33.88	100m: 1:13.53	39.65 150m: 1:54.20	40.67	200m: 2:36.40	42.20	
4.	MOREIRA Joao Pedro	04	Colegio Efanor	2:36.51	+0,70	523	
	50m: 34.13 34.13	100m: 1:13.05	38.92 150m: 1:53.88	40.83	200m: 2:36.51	42.63	
5.	FAIA Mateus Costa	03	Famalicao	2:36.66	+0,69	521	
	50m: 34.04 34.04	100m: 1:13.96	39.92 150m: 1:55.11	41.15	200m: 2:36.66	41.55	
6.	CARVALHO Renato Miguel	03	Galitos / Bresimar	2:36.76	+0,68	520	
	50m: 33.24 33.24	100m: 1:12.02	38.78 150m: 1:53.59	41.57	200m: 2:36.76	43.17	
7.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	2:37.09	+0,72	517	
	50m: 34.77 34.77	100m: 1:14.30	39.53 150m: 1:55.16	40.86	200m: 2:37.09	41.93	
8.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:39.02	+0,76	498	
	50m: 35.64 35.64	100m: 1:15.00	39.36 150m: 1:56.60	41.60	200m: 2:39.02	42.42	
9.	SILVA Goncalo Oliveira	04	Foca Quinta da Lixa CNF	2:46.49	+0,68	434	
	50m: 37.30 37.30	100m: 1:19.18	41.88 150m: 2:02.60	43.42	200m: 2:46.49	43.89	
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Absolutos

1.	SIMOES Rafael Gomes	00	Braga	2:17.46	+0,78	772	
	50m: 31.20 31.20	100m: 1:06.52	35.32 150m: 1:42.71	36.19	200m: 2:17.46	34.75	
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:19.68	+0,70	736	
	50m: 31.46 31.46	100m: 1:06.47	35.01 150m: 1:42.42	35.95	200m: 2:19.68	37.26	
3.	SILVA Florian da	01	Porto	2:20.96	+0,65	716	
	50m: 31.32 31.32	100m: 1:07.11	35.79 150m: 1:43.57	36.46	200m: 2:20.96	37.39	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 23, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	SILVA Tomas Antonio 50m: 32.41 32.41	01	Porto	2:23.69 37.10 200m: 2:23.69	+0,63	676	38.47
5.	OLIVEIRA Joao Campelo 50m: 32.82 32.82	04	Famalicao	2:27.24 37.95 200m: 2:27.24	+0,74	628	38.97
6.	SILVA Henrique Gomes 50m: 33.33 33.33	02	Estamos Juntos	2:29.03 38.85 200m: 2:29.03	+0,67	606	38.56
7.	PEREIRA Tiago Maia 50m: 34.34 34.34	04	Galitos / Bresimar	2:32.66 39.65 200m: 2:32.66	+0,68	563	40.16
8.	BARRETO Guilherme Pedro 50m: 33.90 33.90	05	Desportiva Limiana	2:33.56 39.74 200m: 2:33.56	+0,73	554	41.52
9.	ALVES Nuno Rafael 50m: 33.42 33.42	90	Aquatico Pacense	2:34.15 40.88 200m: 2:34.15	+0,79	547	41.45
10.	MERUJE Joaquim Agra 50m: 34.14 34.14	01	Uniao Coimbra	2:34.30 40.05 200m: 2:34.30	+0,76	546	41.45
11.	LAFUENTE Miguel Teixeira 50m: 33.90 33.90	05	Porto	2:34.74 40.12 200m: 2:34.74	+0,78	541	41.19
12.	SILVA Goncalo Manuel 50m: 33.87 33.87	05	Porto	2:35.22 40.23 200m: 2:35.22	+0,80	536	41.59
13.	CRUZ David Miguel 50m: 33.88 33.88	04	Braga	2:36.40 40.67 200m: 2:36.40	+0,59	524	42.20
14.	MOREIRA Joao Pedro 50m: 34.13 34.13	04	Colegio Efanor	2:36.51 40.83 200m: 2:36.51	+0,70	523	42.63
15.	FERNANDES Duarte Jose 50m: 33.57 33.57	06	Uniao Coimbra	2:36.54 41.40 200m: 2:36.54	+0,71	522	42.73
16.	RODRIGUES Joao Carvalho 50m: 34.46 34.46	06	Galitos / Bresimar	2:36.57 41.13 200m: 2:36.57	+0,71	522	41.94
17.	FAIA Mateus Costa 50m: 34.04 34.04	03	Famalicao	2:36.66 41.15 200m: 2:36.66	+0,69	521	41.55
18.	CARVALHO Renato Miguel 50m: 33.24 33.24	03	Galitos / Bresimar	2:36.76 41.57 200m: 2:36.76	+0,68	520	43.17
19.	AFONSO Francisco Lopes 50m: 34.77 34.77	03	Ginasio de Vila Real	2:37.09 40.86 200m: 2:37.09	+0,72	517	41.93
20.	OLIVEIRA Tomas Varanda 50m: 34.84 34.84	06	Cumbofila Cantanhedensc	2:37.21 40.94 200m: 2:37.21	+0,65	516	42.15
21.	PIRES Andre Branco 50m: 34.47 34.47	05	Academico Viseu	2:38.71 42.02 200m: 2:38.71	+0,67	501	42.60
22.	NEAGU Tiberius Sebastian 50m: 35.64 35.64	04	Academico Viseu	2:39.02 41.60 200m: 2:39.02	+0,76	498	42.42

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 23, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
23.	ZHUKOV Mark 50m: 35.76 35.76 100m: 1:15.52	06	Braga	2:39.57 39.76 150m: 1:57.04 41.52 200m: 2:39.57	+0,72	493	42.53
24.	COSTA Tomas Mendes 50m: 35.58 35.58 100m: 1:16.36	06	Famalicao	2:39.63 40.78 150m: 1:58.29 41.93 200m: 2:39.63	+0,82	493	41.34
25.	ROCHA Goncalo Queiroga 50m: 34.50 34.50 100m: 1:15.22	05	Braga	2:40.84 40.72 150m: 1:57.58 42.36 200m: 2:40.84	+0,74	482	43.26
26.	FANGUEIRO Diogo Morgado 50m: 35.54 35.54 100m: 1:16.58	02	Vilacondense	2:41.94 41.04 150m: 1:58.51 41.93 200m: 2:41.94	+0,71	472	43.43
27.	JEVIC Milan Santos 50m: 35.05 35.05 100m: 1:15.39	06	Braga	2:42.53 40.34 150m: 1:59.03 43.64 200m: 2:42.53	+0,74	467	43.50
28.	ROCHA Rodrigo Manuel 50m: 35.13 35.13 100m: 1:15.45	05	Sporting de Espinho	2:43.15 40.32 150m: 1:58.81 43.36 200m: 2:43.15	+0,75	461	44.34
29.	FERNANDES Leonardo Freitas 50m: 35.51 35.51 100m: 1:16.89	06	Famalicao	2:43.62 41.38 150m: 2:00.48 43.59 200m: 2:43.62	+0,75	457	43.14
30.	SILVA Goncalo Oliveira 50m: 37.30 37.30 100m: 1:19.18	04	Foca Quinta da Lixa CNF	2:46.49 41.88 150m: 2:02.60 43.42 200m: 2:46.49	+0,68	434	43.89
31.	FRANCISCO Tomas Jose 50m: 36.87 36.87 100m: 1:20.17	05	Miranda do Corvo	2:46.71 43.30 150m: 2:03.03 42.86 200m: 2:46.71	+0,73	432	43.68
32.	VENTURA Diogo Miguel 50m: 38.11 38.11 100m: 1:21.13	05	Foca Quinta da Lixa CNF	2:54.04 43.02 150m: 2:07.15 46.02 200m: 2:54.04	+0,77	380	46.89
33.	NEVES Diogo Cura 50m: 38.74 38.74 100m: 1:24.01	06	Condeixa Clube	2:59.95 45.27 150m: 2:11.80 47.79 200m: 2:59.95	+0,69	344	48.15
DSQ	CARVALHO Guilherme Jesus <i>Toque alternados aos 100 m</i>	05	Foca Quinta da Lixa CNF				
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 24	Femin., 200m Costas					Absolutos
30/05/2021 - 11:05						Resultados
RN 50 Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020	
RN 50 Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020	
RN 50 Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015	
RN 50 Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019	
RN 50 Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012	
RN 50 Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017	

TAC Sen19+ 50m: 2:30.03 - 25m: 2:24.33; Sen18 50m: 2:33.81 - 25m: 2:27.30; Jun17 50m: 2:34.58 - 25m: 2:32.42; Jun16 50m: 2:38.14 - 25m: 2:32.42; Juv A 50m: 2:41.75 - 25m: 2:38.58; Juv B 50m: 2:46.41 - 25m: 2:43.15

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MESQUITA Mafalda Martins	07	Famalicao	2:31.67	+0,70	537	
	50m: 35.90 35.90	100m: 1:13.94	38.04	150m: 1:53.86	39.92	200m: 2:31.67	37.81
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:32.36	+0,74	530	
	50m: 35.46 35.46	100m: 1:13.43	37.97	150m: 1:53.16	39.73	200m: 2:32.36	39.20
3.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:38.12	+0,76	474	
	50m: 36.93 36.93	100m: 1:16.86	39.93	150m: 1:58.46	41.60	200m: 2:38.12	39.66
4.	SOARES Rita Marques	07	Famalicao	2:40.37	+0,61	455	
	50m: 37.00 37.00	100m: 1:18.16	41.16	150m: 2:00.35	42.19	200m: 2:40.37	40.02
5.	CONCEICAO Sara Oliveira	07	Feirense	2:40.51	+0,71	453	
	50m: 35.98 35.98	100m: 1:16.83	40.85	150m: 1:59.95	43.12	200m: 2:40.51	40.56
6.	FERNANDES Leonor Garcia	07	O Crasto	2:42.54	+0,77	437	
	50m: 38.53 38.53	100m: 1:19.47	40.94	150m: 2:01.40	41.93	200m: 2:42.54	41.14
7.	TEIXEIRA Mafalda Gomes	07	Porto	2:50.33	+0,70	379	
	50m: 38.58 38.58	100m: 1:21.39	42.81	150m: 2:06.42	45.03	200m: 2:50.33	43.91
8.	PINTO Mariana Alexandra	07	Braga	2:50.38	+0,81	379	
	50m: 38.03 38.03	100m: 1:20.08	42.05	150m: 2:05.73	45.65	200m: 2:50.38	44.65
9.	GARRIDO Daniela Cruz	07	Academico Viseu	2:52.78	+0,85	363	
	50m: 38.86 38.86	100m: 1:22.49	43.63	150m: 2:09.09	46.60	200m: 2:52.78	43.69
10.	SANTOS Sara Margarida	07	Estarreja	2:52.96	+0,75	362	
	50m: 40.02 40.02	100m: 1:23.42	43.40	150m: 2:08.20	44.78	200m: 2:52.96	44.76
11.	RODRIGUES Nancy Almeida	07	O Crasto	2:58.94	+0,74	327	
	50m: 40.68 40.68	100m: 1:26.02	45.34	150m: 2:12.57	46.55	200m: 2:58.94	46.37
DSQ	DIOGO Ines Miranda	07	Fundacao Beatriz Santos				
	<i>O atleta quebrou o movimento cont�nuo na viragem aos 150 m</i>						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 24, Femin., 200m Costas

Juvenis A

1.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:29.89	+0,73	557
	50m: 34.98 34.98	100m: 1:12.35	37.37	150m: 1:51.18	38.83	200m: 2:29.89 38.71
2.	COSTA Daniela Alexandra	06	Leixoes	2:31.65	+0,75	538
	50m: 34.38 34.38	100m: 1:12.80	38.42	150m: 1:51.93	39.13	200m: 2:31.65 39.72
3.	PINTO Leonor Filipa	06	Porto	2:33.81	+0,79	515
	50m: 35.65 35.65	100m: 1:14.75	39.10	150m: 1:54.85	40.10	200m: 2:33.81 38.96
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:37.19	+0,82	483
	50m: 37.86 37.86	100m: 1:18.09	40.23	150m: 1:57.79	39.70	200m: 2:37.19 39.40
5.	RIGOR Maria Miguel	06	Viana Natacao	2:38.97	+0,68	467
	50m: 36.87 36.87	100m: 1:16.64	39.77	150m: 1:57.93	41.29	200m: 2:38.97 41.04
6.	SILVA Beatriz Machado	06	Braga	2:39.61	+0,70	461
	50m: 35.98 35.98	100m: 1:16.37	40.39	150m: 1:57.82	41.45	200m: 2:39.61 41.79
7.	PINTO Joana Filipa	06	Fluvial Portuense	2:39.69	+0,73	460
	50m: 36.63 36.63	100m: 1:17.92	41.29	150m: 1:59.35	41.43	200m: 2:39.69 40.34
8.	SILVA Maria Seixeira	06	Viana Natacao	2:40.95	+0,79	450
	50m: 37.53 37.53	100m: 1:18.61	41.08	150m: 2:00.54	41.93	200m: 2:40.95 40.41
9.	NETO Lara Gomes	06	Aquatico Pacense	2:41.31	+0,78	447
	50m: 37.05 37.05	100m: 1:17.93	40.88	150m: 2:00.47	42.54	200m: 2:41.31 40.84
10.	MARQUES Barbara Nunes	06	Estarreja	2:42.50	+0,80	437
	50m: 38.22 38.22	100m: 1:19.19	40.97	150m: 2:01.67	42.48	200m: 2:42.50 40.83
11.	BROCHADO Mariana Goncalves	06	Viana Natacao	2:44.62	+0,75	420
	50m: 38.68 38.68	100m: 1:20.42	41.74	150m: 2:02.65	42.23	200m: 2:44.62 41.97
12.	MARTINS Ana Miguel	06	Viana Natacao	2:45.04	+0,75	417
	50m: 38.65 38.65	100m: 1:20.87	42.22	150m: 2:03.40	42.53	200m: 2:45.04 41.64
13.	VARELA Joana Filipa	06	Fundacao Beatriz Santos	2:46.38	+0,60	407
	50m: 36.66 36.66	100m: 1:19.01	42.35	150m: 2:02.47	43.46	200m: 2:46.38 43.91

Juniores

1.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:22.17	+0,71	653
	50m: 32.31 32.31	100m: 1:07.89	35.58	150m: 1:45.13	37.24	200m: 2:22.17 37.04
2.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:25.14	+0,70	613
	50m: 33.28 33.28	100m: 1:09.69	36.41	150m: 1:47.63	37.94	200m: 2:25.14 37.51
3.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:30.61	+0,65	549
	50m: 33.91 33.91	100m: 1:11.04	37.13	150m: 1:50.06	39.02	200m: 2:30.61 40.55
4.	COSTA Joana Santos	04	Galitos / Bresimar	2:33.55	+0,71	518
	50m: 35.52 35.52	100m: 1:13.91	38.39	150m: 1:54.03	40.12	200m: 2:33.55 39.52
5.	PEREIRA Isabel dos Santos	05	Colegio Efanor	2:34.25	+0,71	511
	50m: 33.83 33.83	100m: 1:12.59	38.76	150m: 1:53.64	41.05	200m: 2:34.25 40.61

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 24, Femin., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	SILVA Maria Ines	05	Porto	2:34.69	+0,72	507	
	50m: 34.83 34.83	100m: 1:14.23	39.40	150m: 1:54.52	40.29	200m: 2:34.69	40.17
7.	MARTINS Ines Correia	04	Porto	2:35.08	+0,68	503	
	50m: 35.54 35.54	100m: 1:13.58	38.04	150m: 1:54.20	40.62	200m: 2:35.08	40.88
8.	NEVES Natalia Passeira	05	Natacao de Valongo	2:41.21	+0,67	447	
	50m: 36.45 36.45	100m: 1:17.11	40.66	150m: 1:59.92	42.81	200m: 2:41.21	41.29

Absolutos

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:19.37	+0,65	693	
	50m: 31.84 31.84	100m: 1:07.02	35.18	150m: 1:43.50	36.48	200m: 2:19.37	35.87
2.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:22.17	+0,71	653	
	50m: 32.31 32.31	100m: 1:07.89	35.58	150m: 1:45.13	37.24	200m: 2:22.17	37.04
3.	CABRAL Maria Francisca	00	Porto	2:22.22	+0,65	652	
	50m: 33.27 33.27	100m: 1:09.18	35.91	150m: 1:45.65	36.47	200m: 2:22.22	36.57
4.	CARDEAL Joana Nunes	02	Academico Viseu	2:23.32	+0,75	637	
	50m: 33.14 33.14	100m: 1:09.23	36.09	150m: 1:46.83	37.60	200m: 2:23.32	36.49
5.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:25.14	+0,70	613	
	50m: 33.28 33.28	100m: 1:09.69	36.41	150m: 1:47.63	37.94	200m: 2:25.14	37.51
6.	GUEDES Ana Margarida	01	Ginasio de Vila Real	2:25.36	+0,62	611	
	50m: 33.22 33.22	100m: 1:09.90	36.68	150m: 1:48.23	38.33	200m: 2:25.36	37.13
7.	RAMOS Ana Rita	02	Porto	2:26.98	+0,72	591	
	50m: 33.54 33.54	100m: 1:09.89	36.35	150m: 1:47.91	38.02	200m: 2:26.98	39.07
8.	MARQUES Mariana Nunes	03	Estarreja	2:28.88	+0,62	568	
	50m: 33.42 33.42	100m: 1:10.94	37.52	150m: 1:50.52	39.58	200m: 2:28.88	38.36
9.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:29.89	+0,73	557	
	50m: 34.98 34.98	100m: 1:12.35	37.37	150m: 1:51.18	38.83	200m: 2:29.89	38.71
10.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:30.61	+0,65	549	
	50m: 33.91 33.91	100m: 1:11.04	37.13	150m: 1:50.06	39.02	200m: 2:30.61	40.55
11.	COSTA Daniela Alexandra	06	Leixoes	2:31.65	+0,75	538	
	50m: 34.38 34.38	100m: 1:12.80	38.42	150m: 1:51.93	39.13	200m: 2:31.65	39.72
12.	MESQUITA Mafalda Martins	07	Famalicao	2:31.67	+0,70	537	
	50m: 35.90 35.90	100m: 1:13.94	38.04	150m: 1:53.86	39.92	200m: 2:31.67	37.81
13.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:32.36	+0,74	530	
	50m: 35.46 35.46	100m: 1:13.43	37.97	150m: 1:53.16	39.73	200m: 2:32.36	39.20
14.	COSTA Joana Santos	04	Galitos / Bresimar	2:33.55	+0,71	518	
	50m: 35.52 35.52	100m: 1:13.91	38.39	150m: 1:54.03	40.12	200m: 2:33.55	39.52
15.	PINTO Leonor Filipa	06	Porto	2:33.81	+0,79	515	
	50m: 35.65 35.65	100m: 1:14.75	39.10	150m: 1:54.85	40.10	200m: 2:33.81	38.96

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 24, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	PEREIRA Isabel dos Santos	05	Colegio Efanor	2:34.25	+0,71	511	
	50m: 33.83 33.83 100m: 1:12.59 38.76 150m: 1:53.64 41.05 200m: 2:34.25 40.61						
17.	SILVA Maria Ines	05	Porto	2:34.69	+0,72	507	
	50m: 34.83 34.83 100m: 1:14.23 39.40 150m: 1:54.52 40.29 200m: 2:34.69 40.17						
18.	MARTINS Ines Correia	04	Porto	2:35.08	+0,68	503	
	50m: 35.54 35.54 100m: 1:13.58 38.04 150m: 1:54.20 40.62 200m: 2:35.08 40.88						
19.	RAMOS Joana Barbas	06	Gafanha da Encarnac�o	2:37.19	+0,82	483	
	50m: 37.86 37.86 100m: 1:18.09 40.23 150m: 1:57.79 39.70 200m: 2:37.19 39.40						
20.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:38.12	+0,76	474	
	50m: 36.93 36.93 100m: 1:16.86 39.93 150m: 1:58.46 41.60 200m: 2:38.12 39.66						
21.	RIGOR Maria Miguel	06	Viana Natacao	2:38.97	+0,68	467	
	50m: 36.87 36.87 100m: 1:16.64 39.77 150m: 1:57.93 41.29 200m: 2:38.97 41.04						
22.	SILVA Beatriz Machado	06	Braga	2:39.61	+0,70	461	
	50m: 35.98 35.98 100m: 1:16.37 40.39 150m: 1:57.82 41.45 200m: 2:39.61 41.79						
23.	PINTO Joana Filipa	06	Fluvial Portuense	2:39.69	+0,73	460	
	50m: 36.63 36.63 100m: 1:17.92 41.29 150m: 1:59.35 41.43 200m: 2:39.69 40.34						
24.	SOARES Rita Marques	07	Famalicao	2:40.37	+0,61	455	
	50m: 37.00 37.00 100m: 1:18.16 41.16 150m: 2:00.35 42.19 200m: 2:40.37 40.02						
25.	CONCEICAO Sara Oliveira	07	Feirense	2:40.51	+0,71	453	
	50m: 35.98 35.98 100m: 1:16.83 40.85 150m: 1:59.95 43.12 200m: 2:40.51 40.56						
26.	SILVA Maria Seixeira	06	Viana Natacao	2:40.95	+0,79	450	
	50m: 37.53 37.53 100m: 1:18.61 41.08 150m: 2:00.54 41.93 200m: 2:40.95 40.41						
27.	NEVES Natalia Passeira	05	Natacao de Valongo	2:41.21	+0,67	447	
	50m: 36.45 36.45 100m: 1:17.11 40.66 150m: 1:59.92 42.81 200m: 2:41.21 41.29						
28.	NETO Lara Gomes	06	Aquatico Pacense	2:41.31	+0,78	447	
	50m: 37.05 37.05 100m: 1:17.93 40.88 150m: 2:00.47 42.54 200m: 2:41.31 40.84						
29.	MARQUES Barbara Nunes	06	Estarreja	2:42.50	+0,80	437	
	50m: 38.22 38.22 100m: 1:19.19 40.97 150m: 2:01.67 42.48 200m: 2:42.50 40.83						
30.	FERNANDES Leonor Garcia	07	O Crasto	2:42.54	+0,77	437	
	50m: 38.53 38.53 100m: 1:19.47 40.94 150m: 2:01.40 41.93 200m: 2:42.54 41.14						
31.	BROCHADO Mariana Goncalves	06	Viana Natacao	2:44.62	+0,75	420	
	50m: 38.68 38.68 100m: 1:20.42 41.74 150m: 2:02.65 42.23 200m: 2:44.62 41.97						
32.	MARTINS Ana Miguel	06	Viana Natacao	2:45.04	+0,75	417	
	50m: 38.65 38.65 100m: 1:20.87 42.22 150m: 2:03.40 42.53 200m: 2:45.04 41.64						
33.	VARELA Joana Filipa	06	Fundacao Beatriz Santos	2:46.38	+0,60	407	
	50m: 36.66 36.66 100m: 1:19.01 42.35 150m: 2:02.47 43.46 200m: 2:46.38 43.91						
34.	TEIXEIRA Mafalda Gomes	07	Porto	2:50.33	+0,70	379	
	50m: 38.58 38.58 100m: 1:21.39 42.81 150m: 2:06.42 45.03 200m: 2:50.33 43.91						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 24, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
35.	PINTO Mariana Alexandra	07	Braga	2:50.38	+0,81	379	
	50m: 38.03 38.03	100m: 1:20.08	42.05 150m: 2:05.73	45.65	200m: 2:50.38	44.65	
36.	GARRIDO Daniela Cruz	07	Academico Viseu	2:52.78	+0,85	363	
	50m: 38.86 38.86	100m: 1:22.49	43.63 150m: 2:09.09	46.60	200m: 2:52.78	43.69	
37.	SANTOS Sara Margarida	07	Estarreja	2:52.96	+0,75	362	
	50m: 40.02 40.02	100m: 1:23.42	43.40 150m: 2:08.20	44.78	200m: 2:52.96	44.76	
38.	RODRIGUES Nancy Almeida	07	O Crasto	2:58.94	+0,74	327	
	50m: 40.68 40.68	100m: 1:26.02	45.34 150m: 2:12.57	46.55	200m: 2:58.94	46.37	
DSQ	DIOGO Ines Miranda	07	Fundacao Beatriz Santos				
	<i>O atleta quebrou o movimento cont�nuo na viragem aos 150 m</i>						

Prova 25

Masc., 200m Costas

Absolutos

30/05/2021 - 11:20

Resultados

RN 50 Absoluto	1:58.03	SANTOS Francisco Rogerio	POR	Budapest (HUN)	21/05/2021
RN 50 Sen	1:58.03	SANTOS Francisco Rogerio	POR	Budapest (HUN)	21/05/2021
RN 50 Jun18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25/08/2019
RN 50 Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15/07/2005
RN 50 Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28/06/2014
RN 50 Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17/07/2013

TAC Sen20+ 50m: 2:14.66 - 25m: 2:08.34; Sen19 50m: 2:18.18 - 25m: 2:12.01; Jun18 50m: 2:18.87 - 25m: 2:12.67; Jun17 50m: 2:23.35 - 25m: 2:17.66; Juv A 50m: 2:28.18 - 25m: 2:25.28; Juv B 50m: 2:30.95 - 25m: 2:27.99

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	SILVA Francisco Araujo	06	Famalicao	2:18.19	+0,55	531	
	50m: 30.94 30.94	100m: 1:05.99	35.05 150m: 1:42.54	36.55	200m: 2:18.19	35.65	
2.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	2:20.64	+0,61	503	
	50m: 31.06 31.06	100m: 1:06.44	35.38 150m: 1:43.49	37.05	200m: 2:20.64	37.15	
3.	CASTRO Vasco Monteiro	06	Porto	2:23.73	+0,64	472	
	50m: 33.53 33.53	100m: 1:09.88	36.35 150m: 1:46.94	37.06	200m: 2:23.73	36.79	
4.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	2:24.34	+0,62	466	
	50m: 33.31 33.31	100m: 1:10.34	37.03 150m: 1:47.99	37.65	200m: 2:24.34	36.35	
5.	ZHUKOV Mark	06	Braga	2:25.69	+0,70	453	
	50m: 35.21 35.21	100m: 1:11.60	36.39 150m: 1:49.11	37.51	200m: 2:25.69	36.58	
6.	ROCHA Miguel Azevedo	06	Penafiel	2:27.12	+0,71	440	
	50m: 33.95 33.95	100m: 1:11.15	37.20 150m: 1:49.13	37.98	200m: 2:27.12	37.99	
7.	SILVA Francisco Barbosa	06	Vilacondense	2:27.47	+1,16	437	
	50m: 34.39 34.39	100m: 1:11.61	37.22 150m: 1:50.55	38.94	200m: 2:27.47	36.92	
8.	SIMOES Filipe Cruz	06	Miranda do Corvo	2:27.66	+0,74	435	
	50m: 35.09 35.09	100m: 1:11.82	36.73 150m: 1:49.84	38.02	200m: 2:27.66	37.82	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 25, Masc., 200m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	DURAO Miguel Costa	06	Braga	2:28.50	+0,68	428	
	50m: 33.87 33.87	100m: 1:11.47	37.60	150m: 1:51.76	40.29	200m: 2:28.50	36.74
10.	PEREIRA Guilherme Marques	06	Condeixa Clube	2:29.16	+0,63	422	
	50m: 34.20 34.20	100m: 1:11.77	37.57	150m: 1:50.01	38.24	200m: 2:29.16	39.15
11.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:30.14	+0,74	414	
	50m: 34.89 34.89	100m: 1:13.14	38.25	150m: 1:52.20	39.06	200m: 2:30.14	37.94
12.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:32.05	+0,69	398	
	50m: 35.62 35.62	100m: 1:14.10	38.48	150m: 1:53.35	39.25	200m: 2:32.05	38.70
13.	JESUS Luis Duarte	06	Galitos / Bresimar	2:32.30	+0,67	396	
	50m: 34.74 34.74	100m: 1:14.18	39.44	150m: 1:53.67	39.49	200m: 2:32.30	38.63
14.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	2:32.45	+0,75	395	
	50m: 35.58 35.58	100m: 1:14.35	38.77	150m: 1:53.89	39.54	200m: 2:32.45	38.56
15.	PINTO Romulo Neves	06	Colegio SMLamas	2:34.66	+0,74	378	
	50m: 34.64 34.64	100m: 1:13.43	38.79	150m: 1:54.06	40.63	200m: 2:34.66	40.60

Juvenis A

1.	CARVALHO Joao Carlos	05	Braga	2:16.08	+0,78	556	
	50m: 32.52 32.52	100m: 1:07.60	35.08	150m: 1:42.56	34.96	200m: 2:16.08	33.52
2.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:16.12	+0,77	555	
	50m: 31.78 31.78	100m: 1:06.74	34.96	150m: 1:42.23	35.49	200m: 2:16.12	33.89
3.	PEREIRA Tomas Coelho	05	Penafiel	2:17.92	+0,66	534	
	50m: 31.26 31.26	100m: 1:06.04	34.78	150m: 1:42.65	36.61	200m: 2:17.92	35.27
4.	FERNANDES Miguel Alves	05	Viana Natacao	2:18.54	+0,63	527	
	50m: 32.39 32.39	100m: 1:07.16	34.77	150m: 1:43.18	36.02	200m: 2:18.54	35.36
5.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	2:24.59	+0,70	463	
	50m: 33.37 33.37	100m: 1:09.76	36.39	150m: 1:47.53	37.77	200m: 2:24.59	37.06
6.	DIAS Pedro Anselmo	05	Academico Viseu	2:25.05	+0,63	459	
	50m: 33.79 33.79	100m: 1:10.50	36.71	150m: 1:48.44	37.94	200m: 2:25.05	36.61
7.	SILVA Eduardo Costa	05	Porto	2:25.60	+0,77	454	
	50m: 33.83 33.83	100m: 1:10.00	36.17	150m: 1:48.52	38.52	200m: 2:25.60	37.08
8.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	2:32.13	+0,65	398	
	50m: 34.41 34.41	100m: 1:12.31	37.90	150m: 1:52.31	40.00	200m: 2:32.13	39.82
9.	COSTA Rui Anjos	05	Porto	2:32.29	+0,56	396	
	50m: 35.72 35.72	100m: 1:14.04	38.32	150m: 1:53.87	39.83	200m: 2:32.29	38.42
DSQ	FARDILHA Joao Cruz	05	Galitos / Bresimar				
	<i>ap�s a partida o atleta passou os 15 m submerso</i>						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 25, Masc., 200m Costas

Juniores

1.	CASTRO Duarte Monteiro	03	Porto	2:06.79	+0,65	687
	50m: 29.38 29.38	100m: 1:01.31	31.93	150m: 1:33.91	32.60	200m: 2:06.79 32.88
2.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	2:14.49	+0,67	576
	50m: 30.94 30.94	100m: 1:04.78	33.84	150m: 1:39.43	34.65	200m: 2:14.49 35.06
3.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	2:16.30	+0,64	553
	50m: 30.94 30.94	100m: 1:04.94	34.00	150m: 1:40.63	35.69	200m: 2:16.30 35.67
4.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:16.85	+0,71	547
	50m: 32.34 32.34	100m: 1:07.07	34.73	150m: 1:42.53	35.46	200m: 2:16.85 34.32
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	2:16.92	+0,57	546
	50m: 31.47 31.47	100m: 1:05.80	34.33	150m: 1:41.37	35.57	200m: 2:16.92 35.55
6.	COUTINHO David Valdagua	03	Uniao Coimbra	2:17.48	+0,62	539
	50m: 32.03 32.03	100m: 1:07.30	35.27	150m: 1:42.29	34.99	200m: 2:17.48 35.19
7.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	2:18.51	+0,78	527
	50m: 32.32 32.32	100m: 1:07.98	35.66	150m: 1:43.77	35.79	200m: 2:18.51 34.74
8.	LIMA Gaspar Pinheiro	04	Leixoes	2:19.57	+0,65	515
	50m: 30.85 30.85	100m: 1:06.35	35.50	150m: 1:43.45	37.10	200m: 2:19.57 36.12
9.	RIBEIRO Nuno Miguel	04	Desportiva de Viana	2:22.33	+0,75	486
	50m: 32.53 32.53	100m: 1:08.54	36.01	150m: 1:45.08	36.54	200m: 2:22.33 37.25

Absolutos

1.	CASTRO Duarte Monteiro	03	Porto	2:06.79	+0,65	687
	50m: 29.38 29.38	100m: 1:01.31	31.93	150m: 1:33.91	32.60	200m: 2:06.79 32.88
2.	SOUSA Nuno Alexandre	02	Academico Viseu	2:13.83	+0,70	584
	50m: 30.02 30.02	100m: 1:03.02	33.00	150m: 1:38.51	35.49	200m: 2:13.83 35.32
3.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	2:14.49	+0,67	576
	50m: 30.94 30.94	100m: 1:04.78	33.84	150m: 1:39.43	34.65	200m: 2:14.49 35.06
4.	CARVALHO Joao Carlos	05	Braga	2:16.08	+0,78	556
	50m: 32.52 32.52	100m: 1:07.60	35.08	150m: 1:42.56	34.96	200m: 2:16.08 33.52
5.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:16.12	+0,77	555
	50m: 31.78 31.78	100m: 1:06.74	34.96	150m: 1:42.23	35.49	200m: 2:16.12 33.89
6.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	2:16.30	+0,64	553
	50m: 30.94 30.94	100m: 1:04.94	34.00	150m: 1:40.63	35.69	200m: 2:16.30 35.67
7.	RIBEIRO Luis Manuel	02	Porto	2:16.84	+0,67	547
	50m: 32.41 32.41	100m: 1:06.81	34.40	150m: 1:42.23	35.42	200m: 2:16.84 34.61
8.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	2:16.85	+0,71	547
	50m: 32.34 32.34	100m: 1:07.07	34.73	150m: 1:42.53	35.46	200m: 2:16.85 34.32
	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	2:16.85	+0,73	547
	50m: 32.60 32.60	100m: 1:07.35	34.75	150m: 1:42.48	35.13	200m: 2:16.85 34.37

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 25, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	2:16.92	+0,57	546	
	50m: 31.47 31.47	100m: 1:05.80	34.33	150m: 1:41.37	35.57	200m: 2:16.92	35.55
11.	COUTINHO David Valdagua	03	Uniao Coimbra	2:17.48	+0,62	539	
	50m: 32.03 32.03	100m: 1:07.30	35.27	150m: 1:42.29	34.99	200m: 2:17.48	35.19
12.	PEREIRA Tomas Coelho	05	Penafiel	2:17.92	+0,66	534	
	50m: 31.26 31.26	100m: 1:06.04	34.78	150m: 1:42.65	36.61	200m: 2:17.92	35.27
13.	SILVA Francisco Araujo	06	Famalicao	2:18.19	+0,55	531	
	50m: 30.94 30.94	100m: 1:05.99	35.05	150m: 1:42.54	36.55	200m: 2:18.19	35.65
14.	SILVA Job Santos	96	UD Oliveirense	2:18.43	+0,66	528	
	50m: 32.26 32.26	100m: 1:07.66	35.40	150m: 1:43.43	35.77	200m: 2:18.43	35.00
	MORIM Francisco Emanuel	02	Vilacondense	2:18.43	+0,87	528	
	50m: 32.66 32.66	100m: 1:08.13	35.47	150m: 1:44.01	35.88	200m: 2:18.43	34.42
16.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	2:18.51	+0,78	527	
	50m: 32.32 32.32	100m: 1:07.98	35.66	150m: 1:43.77	35.79	200m: 2:18.51	34.74
17.	FERNANDES Miguel Alves	05	Viana Natacao	2:18.54	+0,63	527	
	50m: 32.39 32.39	100m: 1:07.16	34.77	150m: 1:43.18	36.02	200m: 2:18.54	35.36
18.	LIMA Gaspar Pinheiro	04	Leixoes	2:19.57	+0,65	515	
	50m: 30.85 30.85	100m: 1:06.35	35.50	150m: 1:43.45	37.10	200m: 2:19.57	36.12
19.	KOBAYASHI Bruno Shinji	02	Vilacondense	2:20.31	+0,62	507	
	50m: 32.08 32.08	100m: 1:07.94	35.86	150m: 1:44.85	36.91	200m: 2:20.31	35.46
20.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	2:20.64	+0,61	503	
	50m: 31.06 31.06	100m: 1:06.44	35.38	150m: 1:43.49	37.05	200m: 2:20.64	37.15
21.	RIBEIRO Nuno Miguel	04	Desportiva de Viana	2:22.33	+0,75	486	
	50m: 32.53 32.53	100m: 1:08.54	36.01	150m: 1:45.08	36.54	200m: 2:22.33	37.25
22.	CASTRO Vasco Monteiro	06	Porto	2:23.73	+0,64	472	
	50m: 33.53 33.53	100m: 1:09.88	36.35	150m: 1:46.94	37.06	200m: 2:23.73	36.79
23.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	2:24.34	+0,62	466	
	50m: 33.31 33.31	100m: 1:10.34	37.03	150m: 1:47.99	37.65	200m: 2:24.34	36.35
24.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	2:24.59	+0,70	463	
	50m: 33.37 33.37	100m: 1:09.76	36.39	150m: 1:47.53	37.77	200m: 2:24.59	37.06
25.	DIAS Pedro Anselmo	05	Academico Viseu	2:25.05	+0,63	459	
	50m: 33.79 33.79	100m: 1:10.50	36.71	150m: 1:48.44	37.94	200m: 2:25.05	36.61
26.	SILVA Eduardo Costa	05	Porto	2:25.60	+0,77	454	
	50m: 33.83 33.83	100m: 1:10.00	36.17	150m: 1:48.52	38.52	200m: 2:25.60	37.08
27.	ZHUKOV Mark	06	Braga	2:25.69	+0,70	453	
	50m: 35.21 35.21	100m: 1:11.60	36.39	150m: 1:49.11	37.51	200m: 2:25.69	36.58
28.	ROCHA Miguel Azevedo	06	Penafiel	2:27.12	+0,71	440	
	50m: 33.95 33.95	100m: 1:11.15	37.20	150m: 1:49.13	37.98	200m: 2:27.12	37.99

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 25, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
29.	SILVA Francisco Barbosa	06	Vilacondense	2:27.47	+1,16	437	
	50m: 34.39 34.39 100m: 1:11.61 37.22 150m: 1:50.55 38.94 200m: 2:27.47					36.92	
30.	SIMOES Filipe Cruz	06	Miranda do Corvo	2:27.66	+0,74	435	
	50m: 35.09 35.09 100m: 1:11.82 36.73 150m: 1:49.84 38.02 200m: 2:27.66					37.82	
31.	DURAO Miguel Costa	06	Braga	2:28.50	+0,68	428	
	50m: 33.87 33.87 100m: 1:11.47 37.60 150m: 1:51.76 40.29 200m: 2:28.50					36.74	
32.	PEREIRA Guilherme Marques	06	Condeixa Clube	2:29.16	+0,63	422	
	50m: 34.20 34.20 100m: 1:11.77 37.57 150m: 1:50.01 38.24 200m: 2:29.16					39.15	
33.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:30.14	+0,74	414	
	50m: 34.89 34.89 100m: 1:13.14 38.25 150m: 1:52.20 39.06 200m: 2:30.14					37.94	
34.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:32.05	+0,69	398	
	50m: 35.62 35.62 100m: 1:14.10 38.48 150m: 1:53.35 39.25 200m: 2:32.05					38.70	
35.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	2:32.13	+0,65	398	
	50m: 34.41 34.41 100m: 1:12.31 37.90 150m: 1:52.31 40.00 200m: 2:32.13					39.82	
36.	COSTA Rui Anjos	05	Porto	2:32.29	+0,56	396	
	50m: 35.72 35.72 100m: 1:14.04 38.32 150m: 1:53.87 39.83 200m: 2:32.29					38.42	
37.	JESUS Luis Duarte	06	Galitos / Bresimar	2:32.30	+0,67	396	
	50m: 34.74 34.74 100m: 1:14.18 39.44 150m: 1:53.67 39.49 200m: 2:32.30					38.63	
38.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	2:32.45	+0,75	395	
	50m: 35.58 35.58 100m: 1:14.35 38.77 150m: 1:53.89 39.54 200m: 2:32.45					38.56	
39.	PINTO Romulo Neves	06	Colegio SMLamas	2:34.66	+0,74	378	
	50m: 34.64 34.64 100m: 1:13.43 38.79 150m: 1:54.06 40.63 200m: 2:34.66					40.60	
DSQ	FARDILHA Joao Cruz	05	Galitos / Bresimar				
	<i>ap�s a partida o atleta passou os 15 m submerso</i>						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

4 - 2^a Jornada - 2^a Sess o

30/05/2021 - 16:00

Prova 26	Masc., 800m Livres				Absolutos
30/05/2021 - 16:00					Resultados
RN 50 Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
RN 50 Sen	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
RN 50 Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
RN 50 Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinki (FIN)	17/07/2010
RN 50 Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
RN 50 Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14/07/2019

TAC Sen20+ 50m: 8:30.27 - 25m: 8:15.21; Sen19 50m: 8:37.99 - 25m: 8:26.23; Jun18 50m: 8:40.58 - 25m: 8:28.76; Jun17 50m: 9:19.38 - 25m: 9:02.19; Juv A 50m: 9:44.42 - 25m: 9:37.36; Juv B 50m: 9:55.33 - 25m: 9:47.93

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	LOUREIRO Bruno Silva	06	Porto	9:08.35	+0,78	560	
	50m: 30.57 30.57	250m: 2:47.04	34.59	450m: 5:05.38	34.58	650m: 7:23.21	34.20
	100m: 1:03.98 33.41	300m: 3:21.71	34.67	500m: 5:39.98	34.60	700m: 7:56.06	32.85
	150m: 1:38.10 34.12	350m: 3:56.23	34.52	550m: 6:14.46	34.48	750m: 8:34.48	38.42
	200m: 2:12.45 34.35	400m: 4:30.80	34.57	600m: 6:49.01	34.55	800m: 9:08.35	33.87
2.	SANTOS Rui Miguel	06	Famalicao	9:09.17	+0,80	558	
	50m: 29.56 29.56	250m: 2:45.88	34.47	450m: 5:06.26	34.62	650m: 7:28.03	34.77
	100m: 1:03.30 33.74	300m: 3:21.12	35.24	500m: 5:42.18	35.92	700m: 8:02.71	34.68
	150m: 1:36.89 33.59	350m: 3:55.83	34.71	550m: 6:17.79	35.61	750m: 8:37.37	34.66
	200m: 2:11.41 34.52	400m: 4:31.64	35.81	600m: 6:53.26	35.47	800m: 9:09.17	31.80
3.	DURAO Miguel Costa	06	Braga	9:28.55	+0,69	502	
	50m: 31.16 31.16	250m: 2:54.64	35.96	450m: 5:18.91	35.70	650m: 7:42.86	35.62
	100m: 1:06.62 35.46	300m: 3:31.20	36.56	500m: 5:55.23	36.32	700m: 8:18.99	36.13
	150m: 1:42.69 36.07	350m: 4:06.80	35.60	550m: 6:31.15	35.92	750m: 8:53.85	34.86
	200m: 2:18.68 35.99	400m: 4:43.21	36.41	600m: 7:07.24	36.09	800m: 9:28.55	34.70
4.	MARQUES Jose Miguel	06	Condeixa Clube	9:33.52	+0,72	489	
	50m: 31.13 31.13	250m: 2:55.19	36.81	450m: 5:21.55	35.91	650m: 7:46.98	36.10
	100m: 1:06.01 34.88	300m: 3:31.91	36.72	500m: 5:58.08	36.53	700m: 8:22.72	35.74
	150m: 1:42.10 36.09	350m: 4:08.67	36.76	550m: 6:34.18	36.10	750m: 8:58.46	35.74
	200m: 2:18.38 36.28	400m: 4:45.64	36.97	600m: 7:10.88	36.70	800m: 9:33.52	35.06
5.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	9:39.83	+0,69	474	
	50m: 30.57 30.57	250m: 2:55.66	37.04	450m: 5:24.97	37.13	650m: 7:53.45	37.40
	100m: 1:05.86 35.29	300m: 3:32.71	37.05	500m: 6:01.55	36.58	700m: 8:30.35	36.90
	150m: 1:42.01 36.15	350m: 4:10.28	37.57	550m: 6:38.56	37.01	750m: 9:05.78	35.43
	200m: 2:18.62 36.61	400m: 4:47.84	37.56	600m: 7:16.05	37.49	800m: 9:39.83	34.05
6.	RAMOS Gustavo Gomes	06	Porto	9:41.49	+0,72	470	
	50m: 31.78 31.78	250m: 2:58.03	37.28	450m: 5:25.59	36.64	650m: 7:53.00	37.17
	100m: 1:07.17 35.39	300m: 3:35.03	37.00	500m: 6:02.42	36.83	700m: 8:29.99	36.99
	150m: 1:43.84 36.67	350m: 4:11.83	36.80	550m: 6:39.06	36.64	750m: 9:05.71	35.72
	200m: 2:20.75 36.91	400m: 4:48.95	37.12	600m: 7:15.83	36.77	800m: 9:41.49	35.78

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 26, Masc., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	PEREIRA Tomas Veiga	06	Fundacao Beatriz Santos	9:49.98	+0,79	450	
	50m: 31.92 31.92	250m: 3:00.23	37.74	450m: 5:30.55	37.72	650m: 7:59.35	37.14
	100m: 1:07.79 35.87	300m: 3:37.95	37.72	500m: 6:07.78	37.23	700m: 8:36.61	37.26
	150m: 1:44.70 36.91	350m: 4:15.18	37.23	550m: 6:45.05	37.27	750m: 9:13.64	37.03
	200m: 2:22.49 37.79	400m: 4:52.83	37.65	600m: 7:22.21	37.16	800m: 9:49.98	36.34
8.	LUCAS Joao Neves	06	Columbofila Cantanhedens	9:53.97	+0,76	441	
	50m: 32.95 32.95	250m: 2:59.63	36.80	450m: 5:30.21	37.95	650m: 8:02.04	38.15
	100m: 1:08.87 35.92	300m: 3:37.10	37.47	500m: 6:07.89	37.68	700m: 8:39.95	37.91
	150m: 1:45.48 36.61	350m: 4:14.40	37.30	550m: 6:45.57	37.68	750m: 9:17.50	37.55
	200m: 2:22.83 37.35	400m: 4:52.26	37.86	600m: 7:23.89	38.32	800m: 9:53.97	36.47
9.	CALHANDRO Guilherme Oliveira	06	Natacao da Maia	10:22.63	+0,83	382	
	50m: 33.21 33.21	250m: 3:06.20	39.88	450m: 5:46.24	39.96	650m: 8:26.84	40.30
	100m: 1:09.32 36.11	300m: 3:46.12	39.92	500m: 6:26.01	39.77	700m: 9:05.82	38.98
	150m: 1:47.68 38.36	350m: 4:26.40	40.28	550m: 7:07.27	41.26	750m: 9:45.80	39.98
	200m: 2:26.32 38.64	400m: 5:06.28	39.88	600m: 7:46.54	39.27	800m: 10:22.63	36.83
DNS	BARROS Joao Carlos	06	Fluvial Portuense				

Juvenis A

1.	NETO Vasco Goncalves	05	Porto	8:54.51	+0,69	605	
	50m: 30.96 30.96	250m: 2:44.56	33.36	450m: 4:57.31	33.17	650m: 7:13.73	34.17
	100m: 1:04.33 33.37	300m: 3:17.86	33.30	500m: 5:31.50	34.19	700m: 7:48.08	34.35
	150m: 1:37.77 33.44	350m: 3:50.94	33.08	550m: 6:05.36	33.86	750m: 8:22.22	34.14
	200m: 2:11.20 33.43	400m: 4:24.14	33.20	600m: 6:39.56	34.20	800m: 8:54.51	32.29
2.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedens	8:58.49	+0,71	591	
	50m: 30.17 30.17	250m: 2:45.02	34.52	450m: 5:02.94	35.01	650m: 7:19.47	34.03
	100m: 1:02.89 32.72	300m: 3:18.93	33.91	500m: 5:37.25	34.31	700m: 7:52.89	33.42
	150m: 1:36.50 33.61	350m: 3:53.40	34.47	550m: 6:11.69	34.44	750m: 8:26.14	33.25
	200m: 2:10.50 34.00	400m: 4:27.93	34.53	600m: 6:45.44	33.75	800m: 8:58.49	32.35
3.	SOUSA Joao Maria	05	Braga	9:03.60	+0,79	575	
	50m: 29.86 29.86	250m: 2:44.73	34.35	450m: 5:02.67	34.64	650m: 7:21.51	34.87
	100m: 1:02.66 32.80	300m: 3:19.18	34.45	500m: 5:37.16	34.49	700m: 7:56.31	34.80
	150m: 1:36.32 33.66	350m: 3:53.18	34.00	550m: 6:11.66	34.50	750m: 8:30.65	34.34
	200m: 2:10.38 34.06	400m: 4:28.03	34.85	600m: 6:46.64	34.98	800m: 9:03.60	32.95
4.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	9:03.98	+0,75	574	
	50m: 29.92 29.92	250m: 2:44.16	33.93	450m: 5:03.38	35.55	650m: 7:22.15	34.66
	100m: 1:02.59 32.67	300m: 3:17.81	33.65	500m: 5:38.86	35.48	700m: 7:56.87	34.72
	150m: 1:36.31 33.72	350m: 3:52.74	34.93	550m: 6:13.14	34.28	750m: 8:31.42	34.55
	200m: 2:10.23 33.92	400m: 4:27.83	35.09	600m: 6:47.49	34.35	800m: 9:03.98	32.56
5.	TORRES Joao Pedro	05	Porto	9:12.64	+0,96	547	
	50m: 30.31 30.31	250m: 2:45.26	33.97	450m: 5:04.75	35.37	650m: 7:28.57	36.48
	100m: 1:03.83 33.52	300m: 3:19.47	34.21	500m: 5:40.00	35.25	700m: 8:03.81	35.24
	150m: 1:37.73 33.90	350m: 3:54.07	34.60	550m: 6:15.61	35.61	750m: 8:38.96	35.15
	200m: 2:11.29 33.56	400m: 4:29.38	35.31	600m: 6:52.09	36.48	800m: 9:12.64	33.68

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 26, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	SILVA Eduardo Costa	05	Porto	9:16.34	+0,71	536	
	50m: 29.93 29.93	250m: 2:46.80	35.09	450m: 5:08.33	35.69	650m: 7:31.04	35.54
	100m: 1:03.10 33.17	300m: 3:22.07	35.27	500m: 5:43.95	35.62	700m: 8:06.99	35.95
	150m: 1:37.01 33.91	350m: 3:57.39	35.32	550m: 6:19.65	35.70	750m: 8:42.21	35.22
	200m: 2:11.71 34.70	400m: 4:32.64	35.25	600m: 6:55.50	35.85	800m: 9:16.34	34.13
7.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	9:21.30	+0,84	522	
	50m: 30.24 30.24	250m: 2:48.23	35.09	450m: 5:11.84	35.81	650m: 7:36.01	35.88
	100m: 1:03.34 33.10	300m: 3:24.05	35.82	500m: 5:48.02	36.18	700m: 8:11.79	35.78
	150m: 1:38.05 34.71	350m: 4:00.17	36.12	550m: 6:24.31	36.29	750m: 8:47.31	35.52
	200m: 2:13.14 35.09	400m: 4:36.03	35.86	600m: 7:00.13	35.82	800m: 9:21.30	33.99
8.	MAGALHAES Andre Lima	05	Porto	9:29.19	+0,68	501	
	50m: 31.21 31.21	250m: 2:55.53	35.79	450m: 5:19.61	35.63	650m: 7:42.36	35.80
	100m: 1:07.05 35.84	300m: 3:32.03	36.50	500m: 5:55.63	36.02	700m: 8:18.07	35.71
	150m: 1:43.57 36.52	350m: 4:07.77	35.74	550m: 6:31.19	35.56	750m: 8:53.79	35.72
	200m: 2:19.74 36.17	400m: 4:43.98	36.21	600m: 7:06.56	35.37	800m: 9:29.19	35.40
9.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	9:37.36	+0,78	480	
	50m: 31.46 31.46	250m: 2:54.56	36.47	450m: 5:20.33	36.72	650m: 7:48.36	36.75
	100m: 1:06.55 35.09	300m: 3:30.51	35.95	500m: 5:57.19	36.86	700m: 8:25.19	36.83
	150m: 1:42.11 35.56	350m: 4:07.19	36.68	550m: 6:34.03	36.84	750m: 9:02.05	36.86
	200m: 2:18.09 35.98	400m: 4:43.61	36.42	600m: 7:11.61	37.58	800m: 9:37.36	35.31
10.	COSTA Rui Anjos	05	Porto	9:43.46	+0,47	465	
	50m: 32.73 32.73	250m: 2:58.11	36.28	450m: 5:26.58	37.05	650m: 7:54.04	36.53
	100m: 1:08.51 35.78	300m: 3:34.74	36.63	500m: 6:03.52	36.94	700m: 8:31.11	37.07
	150m: 1:45.01 36.50	350m: 4:12.05	37.31	550m: 6:40.59	37.07	750m: 9:07.80	36.69
	200m: 2:21.83 36.82	400m: 4:49.53	37.48	600m: 7:17.51	36.92	800m: 9:43.46	35.66

Juniores

1.	MACHADO Martim Miranda	03	Individual ANC	8:36.76	+0,68	669	
	50m: 28.90 28.90	250m: 2:38.76	33.02	450m: 4:50.64	32.66	650m: 7:02.52	33.00
	100m: 1:00.50 31.60	300m: 3:11.86	33.10	500m: 5:23.13	32.49	700m: 7:35.19	32.67
	150m: 1:32.97 32.47	350m: 3:45.08	33.22	550m: 5:56.45	33.32	750m: 8:07.47	32.28
	200m: 2:05.74 32.77	400m: 4:17.98	32.90	600m: 6:29.52	33.07	800m: 8:36.76	29.29
2.	CARDOSO Filipe Santos	04	Gafanha da Encarnac�o	8:53.83	+0,73	607	
	50m: 30.43 30.43	250m: 2:44.45	34.10	450m: 5:00.71	33.77	650m: 7:15.82	33.67
	100m: 1:03.01 32.58	300m: 3:18.66	34.21	500m: 5:34.84	34.13	700m: 7:49.57	33.75
	150m: 1:36.45 33.44	350m: 3:52.75	34.09	550m: 6:08.72	33.88	750m: 8:22.50	32.93
	200m: 2:10.35 33.90	400m: 4:26.94	34.19	600m: 6:42.15	33.43	800m: 8:53.83	31.33
3.	CARVALHO Goncalo Renato	04	Porto	9:00.14	+0,66	586	
	50m: 31.00 31.00	250m: 2:45.32	34.04	450m: 5:01.70	33.70	650m: 7:18.42	34.27
	100m: 1:04.17 33.17	300m: 3:19.36	34.04	500m: 5:36.05	34.35	700m: 7:52.91	34.49
	150m: 1:37.46 33.29	350m: 3:53.68	34.32	550m: 6:10.08	34.03	750m: 8:26.99	34.08
	200m: 2:11.28 33.82	400m: 4:28.00	34.32	600m: 6:44.15	34.07	800m: 9:00.14	33.15
4.	POIARES Tiago Andre	04	Fundac�o Beatriz Santos	9:02.00	+0,76	580	
	50m: 30.44 30.44	250m: 2:44.05	34.02	450m: 5:00.66	34.52	650m: 7:20.70	34.79
	100m: 1:03.35 32.91	300m: 3:17.98	33.93	500m: 5:35.65	34.99	700m: 7:55.34	34.64
	150m: 1:36.70 33.35	350m: 3:52.22	34.24	550m: 6:10.56	34.91	750m: 8:29.05	33.71
	200m: 2:10.03 33.33	400m: 4:26.14	33.92	600m: 6:45.91	35.35	800m: 9:02.00	32.95

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 26, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	GOMES Marcio Fernandes	04	Braga	9:12.12	+0,78	549	
	50m: 31.06 31.06	250m: 2:46.27	34.13	450m: 5:08.05	35.23	650m: 7:28.12	34.39
	100m: 1:04.41 33.35	300m: 3:21.69	35.42	500m: 5:43.89	35.84	700m: 8:03.37	35.25
	150m: 1:37.85 33.44	350m: 3:57.09	35.40	550m: 6:18.85	34.96	750m: 8:38.16	34.79
	200m: 2:12.14 34.29	400m: 4:32.82	35.73	600m: 6:53.73	34.88	800m: 9:12.12	33.96

Absolutos

1.	VELOSO Tomas Miguel	96	Nautico Academico	8:21.58	+0,63	732	
	50m: 28.32 28.32	250m: 2:33.70	31.62	450m: 4:40.01	31.49	650m: 6:46.69	31.57
	100m: 59.26 30.94	300m: 3:05.28	31.58	500m: 5:11.52	31.51	700m: 7:18.74	32.05
	150m: 1:30.64 31.38	350m: 3:36.95	31.67	550m: 5:43.53	32.01	750m: 7:50.78	32.04
	200m: 2:02.08 31.44	400m: 4:08.52	31.57	600m: 6:15.12	31.59	800m: 8:21.58	30.80
2.	SANTOS Pedro Miguel	01	Porto	8:35.91	+0,69	673	
	50m: 28.61 28.61	250m: 2:33.87	31.47	450m: 4:43.02	33.10	650m: 6:57.37	33.27
	100m: 59.25 30.64	300m: 3:05.86	31.99	500m: 5:16.92	33.90	700m: 7:31.33	33.96
	150m: 1:30.61 31.36	350m: 3:37.44	31.58	550m: 5:50.25	33.33	750m: 8:04.10	32.77
	200m: 2:02.40 31.79	400m: 4:09.92	32.48	600m: 6:24.10	33.85	800m: 8:35.91	31.81
3.	AMARAL Francisco Rodriguez	02	Porto	8:36.67	+0,89	670	
	50m: 29.64 29.64	250m: 2:39.47	32.99	450m: 4:51.53	32.71	650m: 7:02.99	33.00
	100m: 1:01.24 31.60	300m: 3:12.49	33.02	500m: 5:23.99	32.46	700m: 7:35.81	32.82
	150m: 1:33.70 32.46	350m: 3:45.79	33.30	550m: 5:56.74	32.75	750m: 8:07.49	31.68
	200m: 2:06.48 32.78	400m: 4:18.82	33.03	600m: 6:29.99	33.25	800m: 8:36.67	29.18
4.	MACHADO Martim Miranda	03	Individual ANC	8:36.76	+0,68	669	
	50m: 28.90 28.90	250m: 2:38.76	33.02	450m: 4:50.64	32.66	650m: 7:02.52	33.00
	100m: 1:00.50 31.60	300m: 3:11.86	33.10	500m: 5:23.13	32.49	700m: 7:35.19	32.67
	150m: 1:32.97 32.47	350m: 3:45.08	33.22	550m: 5:56.45	33.32	750m: 8:07.47	32.28
	200m: 2:05.74 32.77	400m: 4:17.98	32.90	600m: 6:29.52	33.07	800m: 8:36.76	29.29
5.	CARVALHO Daniel Luis	02	Braga	8:40.14	+0,82	656	
	50m: 29.49 29.49	250m: 2:39.36	32.62	450m: 4:51.21	33.21	650m: 7:03.18	33.12
	100m: 1:01.52 32.03	300m: 3:12.15	32.79	500m: 5:24.03	32.82	700m: 7:36.01	32.83
	150m: 1:34.13 32.61	350m: 3:45.05	32.90	550m: 5:57.06	33.03	750m: 8:08.54	32.53
	200m: 2:06.74 32.61	400m: 4:18.00	32.95	600m: 6:30.06	33.00	800m: 8:40.14	31.60
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnac�o	8:53.83	+0,73	607	
	50m: 30.43 30.43	250m: 2:44.45	34.10	450m: 5:00.71	33.77	650m: 7:15.82	33.67
	100m: 1:03.01 32.58	300m: 3:18.66	34.21	500m: 5:34.84	34.13	700m: 7:49.57	33.75
	150m: 1:36.45 33.44	350m: 3:52.75	34.09	550m: 6:08.72	33.88	750m: 8:22.50	32.93
	200m: 2:10.35 33.90	400m: 4:26.94	34.19	600m: 6:42.15	33.43	800m: 8:53.83	31.33
7.	NETO Vasco Goncalves	05	Porto	8:54.51	+0,69	605	
	50m: 30.96 30.96	250m: 2:44.56	33.36	450m: 4:57.31	33.17	650m: 7:13.73	34.17
	100m: 1:04.33 33.37	300m: 3:17.86	33.30	500m: 5:31.50	34.19	700m: 7:48.08	34.35
	150m: 1:37.77 33.44	350m: 3:50.94	33.08	550m: 6:05.36	33.86	750m: 8:22.22	34.14
	200m: 2:11.20 33.43	400m: 4:24.14	33.20	600m: 6:39.56	34.20	800m: 8:54.51	32.29
8.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedens	8:58.49	+0,71	591	
	50m: 30.17 30.17	250m: 2:45.02	34.52	450m: 5:02.94	35.01	650m: 7:19.47	34.03
	100m: 1:02.89 32.72	300m: 3:18.93	33.91	500m: 5:37.25	34.31	700m: 7:52.89	33.42
	150m: 1:36.50 33.61	350m: 3:53.40	34.47	550m: 6:11.69	34.44	750m: 8:26.14	33.25
	200m: 2:10.50 34.00	400m: 4:27.93	34.53	600m: 6:45.44	33.75	800m: 8:58.49	32.35

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	CARVALHO Goncalo Renato	04	Porto	9:00.14	+0,66	586	
	50m: 31.00 31.00	250m: 2:45.32	34.04	450m: 5:01.70	33.70	650m: 7:18.42	34.27
	100m: 1:04.17 33.17	300m: 3:19.36	34.04	500m: 5:36.05	34.35	700m: 7:52.91	34.49
	150m: 1:37.46 33.29	350m: 3:53.68	34.32	550m: 6:10.08	34.03	750m: 8:26.99	34.08
	200m: 2:11.28 33.82	400m: 4:28.00	34.32	600m: 6:44.15	34.07	800m: 9:00.14	33.15
10.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	9:02.00	+0,76	580	
	50m: 30.44 30.44	250m: 2:44.05	34.02	450m: 5:00.66	34.52	650m: 7:20.70	34.79
	100m: 1:03.35 32.91	300m: 3:17.98	33.93	500m: 5:35.65	34.99	700m: 7:55.34	34.64
	150m: 1:36.70 33.35	350m: 3:52.22	34.24	550m: 6:10.56	34.91	750m: 8:29.05	33.71
	200m: 2:10.03 33.33	400m: 4:26.14	33.92	600m: 6:45.91	35.35	800m: 9:02.00	32.95
11.	SOUSA Joao Maria	05	Braga	9:03.60	+0,79	575	
	50m: 29.86 29.86	250m: 2:44.73	34.35	450m: 5:02.67	34.64	650m: 7:21.51	34.87
	100m: 1:02.66 32.80	300m: 3:19.18	34.45	500m: 5:37.16	34.49	700m: 7:56.31	34.80
	150m: 1:36.32 33.66	350m: 3:53.18	34.00	550m: 6:11.66	34.50	750m: 8:30.65	34.34
	200m: 2:10.38 34.06	400m: 4:28.03	34.85	600m: 6:46.64	34.98	800m: 9:03.60	32.95
12.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	9:03.98	+0,75	574	
	50m: 29.92 29.92	250m: 2:44.16	33.93	450m: 5:03.38	35.55	650m: 7:22.15	34.66
	100m: 1:02.59 32.67	300m: 3:17.81	33.65	500m: 5:38.86	35.48	700m: 7:56.87	34.72
	150m: 1:36.31 33.72	350m: 3:52.74	34.93	550m: 6:13.14	34.28	750m: 8:31.42	34.55
	200m: 2:10.23 33.92	400m: 4:27.83	35.09	600m: 6:47.49	34.35	800m: 9:03.98	32.56
13.	LOUREIRO Bruno Silva	06	Porto	9:08.35	+0,78	560	
	50m: 30.57 30.57	250m: 2:47.04	34.59	450m: 5:05.38	34.58	650m: 7:23.21	34.20
	100m: 1:03.98 33.41	300m: 3:21.71	34.67	500m: 5:39.98	34.60	700m: 7:56.06	32.85
	150m: 1:38.10 34.12	350m: 3:56.23	34.52	550m: 6:14.46	34.48	750m: 8:34.48	38.42
	200m: 2:12.45 34.35	400m: 4:30.80	34.57	600m: 6:49.01	34.55	800m: 9:08.35	33.87
14.	SANTOS Rui Miguel	06	Famalicao	9:09.17	+0,80	558	
	50m: 29.56 29.56	250m: 2:45.88	34.47	450m: 5:06.26	34.62	650m: 7:28.03	34.77
	100m: 1:03.30 33.74	300m: 3:21.12	35.24	500m: 5:42.18	35.92	700m: 8:02.71	34.68
	150m: 1:36.89 33.59	350m: 3:55.83	34.71	550m: 6:17.79	35.61	750m: 8:37.37	34.66
	200m: 2:11.41 34.52	400m: 4:31.64	35.81	600m: 6:53.26	35.47	800m: 9:09.17	31.80
15.	GOMES Marcio Fernandes	04	Braga	9:12.12	+0,78	549	
	50m: 31.06 31.06	250m: 2:46.27	34.13	450m: 5:08.05	35.23	650m: 7:28.12	34.39
	100m: 1:04.41 33.35	300m: 3:21.69	35.42	500m: 5:43.89	35.84	700m: 8:03.37	35.25
	150m: 1:37.85 33.44	350m: 3:57.09	35.40	550m: 6:18.85	34.96	750m: 8:38.16	34.79
	200m: 2:12.14 34.29	400m: 4:32.82	35.73	600m: 6:53.73	34.88	800m: 9:12.12	33.96
16.	TORRES Joao Pedro	05	Porto	9:12.64	+0,96	547	
	50m: 30.31 30.31	250m: 2:45.26	33.97	450m: 5:04.75	35.37	650m: 7:28.57	36.48
	100m: 1:03.83 33.52	300m: 3:19.47	34.21	500m: 5:40.00	35.25	700m: 8:03.81	35.24
	150m: 1:37.73 33.90	350m: 3:54.07	34.60	550m: 6:15.61	35.61	750m: 8:38.96	35.15
	200m: 2:11.29 33.56	400m: 4:29.38	35.31	600m: 6:52.09	36.48	800m: 9:12.64	33.68
17.	SILVA Eduardo Costa	05	Porto	9:16.34	+0,71	536	
	50m: 29.93 29.93	250m: 2:46.80	35.09	450m: 5:08.33	35.69	650m: 7:31.04	35.54
	100m: 1:03.10 33.17	300m: 3:22.07	35.27	500m: 5:43.95	35.62	700m: 8:06.99	35.95
	150m: 1:37.01 33.91	350m: 3:57.39	35.32	550m: 6:19.65	35.70	750m: 8:42.21	35.22
	200m: 2:11.71 34.70	400m: 4:32.64	35.25	600m: 6:55.50	35.85	800m: 9:16.34	34.13

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
18.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	9:21.30	+0,84	522	
	50m: 30.24 30.24	250m: 2:48.23	35.09	450m: 5:11.84	35.81	650m: 7:36.01	35.88
	100m: 1:03.34 33.10	300m: 3:24.05	35.82	500m: 5:48.02	36.18	700m: 8:11.79	35.78
	150m: 1:38.05 34.71	350m: 4:00.17	36.12	550m: 6:24.31	36.29	750m: 8:47.31	35.52
	200m: 2:13.14 35.09	400m: 4:36.03	35.86	600m: 7:00.13	35.82	800m: 9:21.30	33.99
19.	DURAO Miguel Costa	06	Braga	9:28.55	+0,69	502	
	50m: 31.16 31.16	250m: 2:54.64	35.96	450m: 5:18.91	35.70	650m: 7:42.86	35.62
	100m: 1:06.62 35.46	300m: 3:31.20	36.56	500m: 5:55.23	36.32	700m: 8:18.99	36.13
	150m: 1:42.69 36.07	350m: 4:06.80	35.60	550m: 6:31.15	35.92	750m: 8:53.85	34.86
	200m: 2:18.68 35.99	400m: 4:43.21	36.41	600m: 7:07.24	36.09	800m: 9:28.55	34.70
20.	MAGALHAES Andre Lima	05	Porto	9:29.19	+0,68	501	
	50m: 31.21 31.21	250m: 2:55.53	35.79	450m: 5:19.61	35.63	650m: 7:42.36	35.80
	100m: 1:07.05 35.84	300m: 3:32.03	36.50	500m: 5:55.63	36.02	700m: 8:18.07	35.71
	150m: 1:43.57 36.52	350m: 4:07.77	35.74	550m: 6:31.19	35.56	750m: 8:53.79	35.72
	200m: 2:19.74 36.17	400m: 4:43.98	36.21	600m: 7:06.56	35.37	800m: 9:29.19	35.40
21.	MARQUES Jose Miguel	06	Condeixa Clube	9:33.52	+0,72	489	
	50m: 31.13 31.13	250m: 2:55.19	36.81	450m: 5:21.55	35.91	650m: 7:46.98	36.10
	100m: 1:06.01 34.88	300m: 3:31.91	36.72	500m: 5:58.08	36.53	700m: 8:22.72	35.74
	150m: 1:42.10 36.09	350m: 4:08.67	36.76	550m: 6:34.18	36.10	750m: 8:58.46	35.74
	200m: 2:18.38 36.28	400m: 4:45.64	36.97	600m: 7:10.88	36.70	800m: 9:33.52	35.06
22.	VENTURA Diogo Miguel	05	Foca Quinta da Lixa CNF	9:37.36	+0,78	480	
	50m: 31.46 31.46	250m: 2:54.56	36.47	450m: 5:20.33	36.72	650m: 7:48.36	36.75
	100m: 1:06.55 35.09	300m: 3:30.51	35.95	500m: 5:57.19	36.86	700m: 8:25.19	36.83
	150m: 1:42.11 35.56	350m: 4:07.19	36.68	550m: 6:34.03	36.84	750m: 9:02.05	36.86
	200m: 2:18.09 35.98	400m: 4:43.61	36.42	600m: 7:11.61	37.58	800m: 9:37.36	35.31
23.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	9:39.83	+0,69	474	
	50m: 30.57 30.57	250m: 2:55.66	37.04	450m: 5:24.97	37.13	650m: 7:53.45	37.40
	100m: 1:05.86 35.29	300m: 3:32.71	37.05	500m: 6:01.55	36.58	700m: 8:30.35	36.90
	150m: 1:42.01 36.15	350m: 4:10.28	37.57	550m: 6:38.56	37.01	750m: 9:05.78	35.43
	200m: 2:18.62 36.61	400m: 4:47.84	37.56	600m: 7:16.05	37.49	800m: 9:39.83	34.05
24.	RAMOS Gustavo Gomes	06	Porto	9:41.49	+0,72	470	
	50m: 31.78 31.78	250m: 2:58.03	37.28	450m: 5:25.59	36.64	650m: 7:53.00	37.17
	100m: 1:07.17 35.39	300m: 3:35.03	37.00	500m: 6:02.42	36.83	700m: 8:29.99	36.99
	150m: 1:43.84 36.67	350m: 4:11.83	36.80	550m: 6:39.06	36.64	750m: 9:05.71	35.72
	200m: 2:20.75 36.91	400m: 4:48.95	37.12	600m: 7:15.83	36.77	800m: 9:41.49	35.78
25.	COSTA Rui Anjos	05	Porto	9:43.46	+0,47	465	
	50m: 32.73 32.73	250m: 2:58.11	36.28	450m: 5:26.58	37.05	650m: 7:54.04	36.53
	100m: 1:08.51 35.78	300m: 3:34.74	36.63	500m: 6:03.52	36.94	700m: 8:31.11	37.07
	150m: 1:45.01 36.50	350m: 4:12.05	37.31	550m: 6:40.59	37.07	750m: 9:07.80	36.69
	200m: 2:21.83 36.82	400m: 4:49.53	37.48	600m: 7:17.51	36.92	800m: 9:43.46	35.66
26.	PEREIRA Tomas Veiga	06	Fundac�o Beatriz Santos	9:49.98	+0,79	450	
	50m: 31.92 31.92	250m: 3:00.23	37.74	450m: 5:30.55	37.72	650m: 7:59.35	37.14
	100m: 1:07.79 35.87	300m: 3:37.95	37.72	500m: 6:07.78	37.23	700m: 8:36.61	37.26
	150m: 1:44.70 36.91	350m: 4:15.18	37.23	550m: 6:45.05	37.27	750m: 9:13.64	37.03
	200m: 2:22.49 37.79	400m: 4:52.83	37.65	600m: 7:22.21	37.16	800m: 9:49.98	36.34

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
27.	LUCAS Joao Neves	06	Columbofila Cantanhedense	9:53.97	+0,76	441	
	50m: 32.95 32.95	250m: 2:59.63	36.80	450m: 5:30.21	37.95	650m: 8:02.04	38.15
	100m: 1:08.87 35.92	300m: 3:37.10	37.47	500m: 6:07.89	37.68	700m: 8:39.95	37.91
	150m: 1:45.48 36.61	350m: 4:14.40	37.30	550m: 6:45.57	37.68	750m: 9:17.50	37.55
	200m: 2:22.83 37.35	400m: 4:52.26	37.86	600m: 7:23.89	38.32	800m: 9:53.97	36.47
28.	CALHANDRO Guilherme Oliveira	06	Natacao da Maia	10:22.63	+0,83	382	
	50m: 33.21 33.21	250m: 3:06.20	39.88	450m: 5:46.24	39.96	650m: 8:26.84	40.30
	100m: 1:09.32 36.11	300m: 3:46.12	39.92	500m: 6:26.01	39.77	700m: 9:05.82	38.98
	150m: 1:47.68 38.36	350m: 4:26.40	40.28	550m: 7:07.27	41.26	750m: 9:45.80	39.98
	200m: 2:26.32 38.64	400m: 5:06.28	39.88	600m: 7:46.54	39.27	800m: 10:22.63	36.83
DNS	BARROS Joao Carlos	06	Fluvial Portuense				

Prova 27

Femin., 800m Livres

Absolutos

30/05/2021 - 16:30

Resultados

RN 50 Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
RN 50 Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
RN 50 Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016
RN 50 Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015
RN 50 Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27/07/2014
RN 50 Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10/09/1981

TAC Sen19+ 50m: 9:33.40 - 25m: 9:20.44; Sen18 50m: 9:47.28 - 25m: 9:37.85; Jun17 50m: 9:50.21 - 25m: 9:40.74;

Jun16 50m: 10:08.62 - 25m: 9:53.10; Juv A 50m: 10:21.66 - 25m: 10:09.47; Juv B 50m: 10:39.59 - 25m: 10:27.05

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	9:43.35	+0,74	573	
	50m: 33.21 33.21	250m: 2:57.51	36.29	450m: 5:23.97	36.81	650m: 7:53.43	37.48
	100m: 1:09.02 35.81	300m: 3:33.75	36.24	500m: 6:01.13	37.16	700m: 8:31.05	37.62
	150m: 1:45.18 36.16	350m: 4:10.41	36.66	550m: 6:38.38	37.25	750m: 9:07.94	36.89
	200m: 2:21.22 36.04	400m: 4:47.16	36.75	600m: 7:15.95	37.57	800m: 9:43.35	35.41
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:49.94	+0,89	554	
	50m: 33.00 33.00	250m: 2:59.22	37.49	450m: 5:28.41	37.22	650m: 7:59.06	37.84
	100m: 1:08.43 35.43	300m: 3:36.62	37.40	500m: 6:05.82	37.41	700m: 8:36.68	37.62
	150m: 1:44.86 36.43	350m: 4:14.27	37.65	550m: 6:43.57	37.75	750m: 9:14.03	37.35
	200m: 2:21.73 36.87	400m: 4:51.19	36.92	600m: 7:21.22	37.65	800m: 9:49.94	35.91
3.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	9:57.22	+0,73	534	
	50m: 33.06 33.06	250m: 3:02.01	37.58	450m: 5:33.31	37.85	650m: 8:05.37	38.02
	100m: 1:09.48 36.42	300m: 3:39.75	37.74	500m: 6:10.92	37.61	700m: 8:43.43	38.06
	150m: 1:46.73 37.25	350m: 4:17.42	37.67	550m: 6:48.95	38.03	750m: 9:21.25	37.82
	200m: 2:24.43 37.70	400m: 4:55.46	38.04	600m: 7:27.35	38.40	800m: 9:57.22	35.97
4.	PINTO Margarida Vieira	07	Braga	10:06.82	+0,68	509	
	50m: 32.89 32.89	250m: 3:06.15	39.61	450m: 5:41.06	39.05	650m: 8:14.43	39.01
	100m: 1:09.86 36.97	300m: 3:44.25	38.10	500m: 6:19.07	38.01	700m: 8:52.06	37.63
	150m: 1:48.51 38.65	350m: 4:23.60	39.35	550m: 6:57.64	38.57	750m: 9:30.91	38.85
	200m: 2:26.54 38.03	400m: 5:02.01	38.41	600m: 7:35.42	37.78	800m: 10:06.82	35.91

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 27, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:10.40	+0,76	500	
	50m: 33.25 33.25	250m: 3:05.52	38.51	450m: 5:40.57	38.90	650m: 8:16.15	38.67
	100m: 1:10.28 37.03	300m: 3:44.12	38.60	500m: 6:19.70	39.13	700m: 8:55.01	38.86
	150m: 1:48.51 38.23	350m: 4:22.67	38.55	550m: 6:58.53	38.83	750m: 9:32.49	37.48
	200m: 2:27.01 38.50	400m: 5:01.67	39.00	600m: 7:37.48	38.95	800m: 10:10.40	37.91
6.	SANTOS Leonor Costa	07	Galitos / Bresimar	10:33.87		447	
	50m: 35.11 35.11	250m: 3:13.28	40.00	450m: 5:54.98	40.63	650m: 8:35.42	39.78
	100m: 1:13.84 38.73	300m: 3:53.47	40.19	500m: 6:34.87	39.89	700m: 9:15.51	40.09
	150m: 1:53.76 39.92	350m: 4:33.70	40.23	550m: 7:15.71	40.84	800m: 10:33.87	1:18.36
	200m: 2:33.28 39.52	400m: 5:14.35	40.65	600m: 7:55.64	39.93		
7.	CABRAL Carolina Vizinho	07	Natacao de Vagos	10:43.02	+0,73	428	
	50m: 33.34 33.34	250m: 3:14.11	42.48	450m: 5:59.19	41.41	650m: 8:44.36	41.03
	100m: 1:11.82 38.48	300m: 3:55.46	41.35	500m: 6:41.25	42.06	700m: 9:24.92	40.56
	150m: 1:51.19 39.37	350m: 4:35.95	40.49	550m: 7:21.35	40.10	750m: 10:04.68	39.76
	200m: 2:31.63 40.44	400m: 5:17.78	41.83	600m: 8:03.33	41.98	800m: 10:43.02	38.34
8.	GOMES Rita Cunha	07	Viana Natacao	10:47.66	+1,08	419	
	50m: 35.76 35.76	250m: 3:15.18	40.69	450m: 5:59.28	41.12	650m: 8:45.44	41.64
	100m: 1:14.83 39.07	300m: 3:55.72	40.54	500m: 6:40.11	40.83	700m: 9:27.46	42.02
	150m: 1:54.60 39.77	350m: 4:36.57	40.85	550m: 7:21.75	41.64	750m: 10:08.13	40.67
	200m: 2:34.49 39.89	400m: 5:18.16	41.59	600m: 8:03.80	42.05	800m: 10:47.66	39.53
9.	OLIVEIRA Margarida Gomes	07	O Crasto	11:02.25	+0,90	392	
	50m: 35.33 35.33	250m: 3:21.21	42.11	450m: 6:10.16	41.99	650m: 9:00.03	41.50
	100m: 1:16.00 40.67	300m: 4:03.30	42.09	500m: 6:53.29	43.13	700m: 9:41.74	41.71
	150m: 1:57.01 41.01	350m: 4:45.62	42.32	550m: 7:35.44	42.15	750m: 10:22.95	41.21
	200m: 2:39.10 42.09	400m: 5:28.17	42.55	600m: 8:18.53	43.09	800m: 11:02.25	39.30

Juvenis A

1.	PEIXOTO Carolina Esteves	06	Braga	9:38.29	+0,86	589	
	50m: 32.33 32.33	250m: 2:55.67	36.62	450m: 5:22.60	36.24	650m: 7:49.90	36.76
	100m: 1:06.89 34.56	300m: 3:32.37	36.70	500m: 5:59.61	37.01	700m: 8:26.78	36.88
	150m: 1:42.69 35.80	350m: 4:09.26	36.89	550m: 6:36.14	36.53	750m: 9:02.97	36.19
	200m: 2:19.05 36.36	400m: 4:46.36	37.10	600m: 7:13.14	37.00	800m: 9:38.29	35.32
2.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:41.96	+0,85	578	
	50m: 33.24 33.24	250m: 2:59.60	36.86	450m: 5:27.35	36.77	650m: 7:54.33	36.46
	100m: 1:09.40 36.16	300m: 3:36.69	37.09	500m: 6:04.35	37.00	700m: 8:30.43	36.10
	150m: 1:45.85 36.45	350m: 4:13.44	36.75	550m: 6:41.05	36.70	750m: 9:06.50	36.07
	200m: 2:22.74 36.89	400m: 4:50.58	37.14	600m: 7:17.87	36.82	800m: 9:41.96	35.46
3.	COSTA Anita Gouveia	06	Condeixa Clube	9:42.56		576	
	50m: 33.16 33.16	250m: 3:01.22	37.00	450m: 5:28.45	36.18	650m: 7:54.34	36.91
	100m: 1:09.94 36.78	300m: 3:38.24	37.02	500m: 6:04.79	36.34	700m: 8:30.93	36.59
	150m: 1:46.91 36.97	350m: 4:15.46	37.22	550m: 6:41.26	36.47	750m: 9:07.11	36.18
	200m: 2:24.22 37.31	400m: 4:52.27	36.81	600m: 7:17.43	36.17	800m: 9:42.56	35.45
4.	PIRES Catarina Gaspar	06	Porto	9:45.27	+0,88	568	
	50m: 32.76 32.76	250m: 2:56.07	36.77	450m: 5:24.33	37.32	650m: 7:54.42	37.51
	100m: 1:07.13 34.37	300m: 3:32.80	36.73	500m: 6:01.54	37.21	700m: 8:31.62	37.20
	150m: 1:43.14 36.01	350m: 4:10.18	37.38	550m: 6:39.28	37.74	750m: 9:09.01	37.39
	200m: 2:19.30 36.16	400m: 4:47.01	36.83	600m: 7:16.91	37.63	800m: 9:45.27	36.26

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 27, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	SOARES Miriam Mortagua	06	Galitos / Bresimar	9:49.52	+0,77	556	
	50m: 32.69 32.69	250m: 2:58.57	37.08	450m: 5:26.99	37.39	650m: 7:57.62	37.87
	100m: 1:08.27 35.58	300m: 3:35.37	36.80	500m: 6:04.29	37.30	700m: 8:35.25	37.63
	150m: 1:44.92 36.65	350m: 4:12.72	37.35	550m: 6:42.11	37.82	750m: 9:13.24	37.99
	200m: 2:21.49 36.57	400m: 4:49.60	36.88	600m: 7:19.75	37.64	800m: 9:49.52	36.28
6.	PINTO Leonor Filipa	06	Porto	9:55.35	+0,77	539	
	50m: 32.60 32.60	250m: 2:58.43	36.98	450m: 5:30.14	37.69	650m: 8:02.07	37.77
	100m: 1:08.34 35.74	300m: 3:36.39	37.96	500m: 6:08.35	38.21	700m: 8:40.34	38.27
	150m: 1:44.30 35.96	350m: 4:14.25	37.86	550m: 6:45.98	37.63	750m: 9:17.80	37.46
	200m: 2:21.45 37.15	400m: 4:52.45	38.20	600m: 7:24.30	38.32	800m: 9:55.35	37.55
7.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	10:12.37	+0,62	496	
	50m: 34.75 34.75	250m: 3:06.64	37.39	450m: 5:40.88	38.46	650m: 8:16.41	38.53
	100m: 1:12.91 38.16	300m: 3:45.69	39.05	500m: 6:20.16	39.28	700m: 8:56.24	39.83
	150m: 1:50.08 37.17	350m: 4:23.75	38.06	550m: 6:58.25	38.09	750m: 9:34.19	37.95
	200m: 2:29.25 39.17	400m: 5:02.42	38.67	600m: 7:37.88	39.63	800m: 10:12.37	38.18
8.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	10:13.23	+0,88	494	
	50m: 33.47 33.47	250m: 3:07.18	39.01	450m: 5:44.21	39.37	650m: 8:20.83	39.63
	100m: 1:10.91 37.44	300m: 3:46.90	39.72	500m: 6:23.25	39.04	700m: 8:59.45	38.62
	150m: 1:49.62 38.71	350m: 4:25.57	38.67	550m: 7:02.44	39.19	750m: 9:37.40	37.95
	200m: 2:28.17 38.55	400m: 5:04.84	39.27	600m: 7:41.20	38.76	800m: 10:13.23	35.83
9.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	10:15.16	+0,92	489	
	50m: 34.22 34.22	250m: 3:05.37	38.19	450m: 5:41.29	39.19	650m: 8:17.74	39.19
	100m: 1:10.94 36.72	300m: 3:44.15	38.78	500m: 6:20.41	39.12	700m: 8:57.13	39.39
	150m: 1:48.70 37.76	350m: 4:22.61	38.46	550m: 6:59.25	38.84	750m: 9:36.21	39.08
	200m: 2:27.18 38.48	400m: 5:02.10	39.49	600m: 7:38.55	39.30	800m: 10:15.16	38.95
10.	NOGUEIRA Ines Aires	06	Fluvial Portuense	10:21.44	+0,76	474	
	50m: 34.10 34.10	250m: 3:08.00	39.41	450m: 5:45.71	39.14	650m: 8:23.67	39.53
	100m: 1:11.25 37.15	300m: 3:47.37	39.37	500m: 6:24.88	39.17	700m: 9:03.92	40.25
	150m: 1:49.58 38.33	350m: 4:26.79	39.42	550m: 7:03.89	39.01	750m: 9:43.65	39.73
	200m: 2:28.59 39.01	400m: 5:06.57	39.78	600m: 7:44.14	40.25	800m: 10:21.44	37.79
11.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	10:31.18	+0,79	453	
	50m: 33.85 33.85	250m: 3:07.43	39.13	450m: 5:47.86	40.37	650m: 8:30.85	40.34
	100m: 1:11.28 37.43	300m: 3:46.87	39.44	500m: 6:28.63	40.77	700m: 9:12.32	41.47
	150m: 1:49.30 38.02	350m: 4:26.71	39.84	550m: 7:08.96	40.33	750m: 9:52.17	39.85
	200m: 2:28.30 39.00	400m: 5:07.49	40.78	600m: 7:50.51	41.55	800m: 10:31.18	39.01

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	9:17.88	+0,79	656	
	50m: 31.90 31.90	250m: 2:51.49	35.10	450m: 5:13.04	35.53	650m: 7:33.77	35.28
	100m: 1:06.06 34.16	300m: 3:26.63	35.14	500m: 5:48.22	35.18	700m: 8:08.96	35.19
	150m: 1:41.00 34.94	350m: 4:02.07	35.44	550m: 6:23.36	35.14	750m: 8:43.60	34.64
	200m: 2:16.39 35.39	400m: 4:37.51	35.44	600m: 6:58.49	35.13	800m: 9:17.88	34.28
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:28.55	+0,76	619	
	50m: 31.95 31.95	250m: 2:52.33	36.10	450m: 5:17.37	36.11	650m: 7:42.71	36.01
	100m: 1:05.95 34.00	300m: 3:28.67	36.34	500m: 5:54.12	36.75	700m: 8:18.83	36.12
	150m: 1:40.68 34.73	350m: 4:04.75	36.08	550m: 6:30.31	36.19	750m: 8:54.24	35.41
	200m: 2:16.23 35.55	400m: 4:41.26	36.51	600m: 7:06.70	36.39	800m: 9:28.55	34.31

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 27, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	RODRIGUES Joana Francisca	04	Individual ANC	9:32.05	+0,73	608	
	50m: 32.26 32.26	250m: 2:54.09	35.37	450m: 5:19.32	36.32	650m: 7:45.38	36.55
	100m: 1:07.54 35.28	300m: 3:30.30	36.21	500m: 5:56.01	36.69	700m: 8:21.95	36.57
	150m: 1:42.99 35.45	350m: 4:06.26	35.96	550m: 6:32.16	36.15	750m: 8:57.47	35.52
	200m: 2:18.72 35.73	400m: 4:43.00	36.74	600m: 7:08.83	36.67	800m: 9:32.05	34.58
4.	LOPES Francisca Macedo	05	Vilacondense	9:34.13	+0,82	602	
	50m: 32.14 32.14	250m: 2:55.91	36.32	450m: 5:21.14	36.10	650m: 7:46.13	35.87
	100m: 1:07.31 35.17	300m: 3:32.41	36.50	500m: 5:57.31	36.17	700m: 8:22.59	36.46
	150m: 1:43.24 35.93	350m: 4:08.65	36.24	550m: 6:33.69	36.38	750m: 8:58.43	35.84
	200m: 2:19.59 36.35	400m: 4:45.04	36.39	600m: 7:10.26	36.57	800m: 9:34.13	35.70
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:35.70	+0,60	597	
	50m: 31.79 31.79	250m: 2:52.01	35.43	450m: 5:18.27	36.72	650m: 7:46.43	37.35
	100m: 1:06.17 34.38	300m: 3:27.94	35.93	500m: 5:54.91	36.64	700m: 8:23.65	37.22
	150m: 1:41.16 34.99	350m: 4:04.71	36.77	550m: 6:31.86	36.95	750m: 9:00.37	36.72
	200m: 2:16.58 35.42	400m: 4:41.55	36.84	600m: 7:09.08	37.22	800m: 9:35.70	35.33
6.	GASPAR Beatriz Ferreira	04	Individual ANC	9:37.63	+0,87	591	
	50m: 32.59 32.59	250m: 2:56.64	36.27	450m: 5:23.06	36.52	650m: 7:50.03	36.89
	100m: 1:08.07 35.48	300m: 3:33.26	36.62	500m: 5:59.66	36.60	700m: 8:26.91	36.88
	150m: 1:44.02 35.95	350m: 4:09.80	36.54	550m: 6:36.34	36.68	750m: 9:03.55	36.64
	200m: 2:20.37 36.35	400m: 4:46.54	36.74	600m: 7:13.14	36.80	800m: 9:37.63	34.08
7.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:43.68	+0,79	572	
	50m: 32.84 32.84	250m: 2:56.57	36.44	450m: 5:24.07	37.07	650m: 7:53.38	37.36
	100m: 1:07.88 35.04	300m: 3:33.13	36.56	500m: 6:01.31	37.24	700m: 8:30.89	37.51
	150m: 1:44.01 36.13	350m: 4:09.96	36.83	550m: 6:38.75	37.44	750m: 9:07.76	36.87
	200m: 2:20.13 36.12	400m: 4:47.00	37.04	600m: 7:16.02	37.27	800m: 9:43.68	35.92
8.	HUTYY Adriana Carolina	05	Braga	9:46.52	+0,84	564	
	50m: 32.44 32.44	250m: 2:57.48	36.74	450m: 5:25.95	37.23	650m: 7:55.79	36.75
	100m: 1:08.09 35.65	300m: 3:34.44	36.96	500m: 6:03.34	37.39	700m: 8:33.15	37.36
	150m: 1:44.32 36.23	350m: 4:11.50	37.06	550m: 6:40.88	37.54	750m: 9:10.46	37.31
	200m: 2:20.74 36.42	400m: 4:48.72	37.22	600m: 7:19.04	38.16	800m: 9:46.52	36.06
9.	NUNES Rita Sofia	05	Colegio Efanor	9:47.85	+0,84	560	
	50m: 32.79 32.79	250m: 2:59.73	36.91	450m: 5:27.29	36.63	650m: 7:57.01	37.07
	100m: 1:09.07 36.28	300m: 3:36.84	37.11	500m: 6:04.97	37.68	700m: 8:34.70	37.69
	150m: 1:45.74 36.67	350m: 4:14.12	37.28	550m: 6:42.32	37.35	750m: 9:11.42	36.72
	200m: 2:22.82 37.08	400m: 4:50.66	36.54	600m: 7:19.94	37.62	800m: 9:47.85	36.43
10.	LIGEIRO Daniela Silva	04	Viana Natacao	9:49.78	+0,72	555	
	100m: 1:09.55 1:09.55	400m: 4:52.96	1:14.54	650m: 8:00.07	37.32	800m: 9:49.78	35.76
	200m: 2:23.60 1:14.05	500m: 6:07.61	1:14.65	700m: 8:37.30	37.23		
	300m: 3:38.42 1:14.82	600m: 7:22.75	1:15.14	750m: 9:14.02	36.72		
11.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:50.02	+0,76	554	
	50m: 33.56 33.56	250m: 3:01.71	37.14	450m: 5:31.37	37.49	650m: 8:01.14	37.30
	100m: 1:09.95 36.39	300m: 3:38.96	37.25	500m: 6:09.01	37.64	700m: 8:38.14	37.00
	150m: 1:47.07 37.12	350m: 4:16.43	37.47	550m: 6:46.36	37.35	750m: 9:14.81	36.67
	200m: 2:24.57 37.50	400m: 4:53.88	37.45	600m: 7:23.84	37.48	800m: 9:50.02	35.21
12.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	10:04.20	+0,75	516	
	100m: 1:10.51 1:10.51	300m: 3:43.55	1:17.04	500m: 6:15.64	1:16.21	700m: 8:49.72	1:17.01
	200m: 2:26.51 1:16.00	400m: 4:59.43	1:15.88	600m: 7:32.71	1:17.07	800m: 10:04.20	1:14.48

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	FERNANDES Maria Elias	04	Desportiva de Viana	10:04.39	+0,85	516	
	50m: 32.95 32.95	250m: 3:00.70	37.77 450m: 5:35.02	39.09	650m: 8:11.39	39.07	
	100m: 1:08.79 35.84	300m: 3:38.53	37.83 500m: 6:14.15	39.13	700m: 8:50.23	38.84	
	150m: 1:45.40 36.61	350m: 4:16.81	38.28 550m: 6:53.24	39.09	750m: 9:28.09	37.86	
	200m: 2:22.93 37.53	400m: 4:55.93	39.12 600m: 7:32.32	39.08	800m: 10:04.39	36.30	
14.	MONTEIRO Ana Carolina	04	Individual ANC	10:07.62	+0,75	507	
	50m: 32.90 32.90	250m: 3:02.27	38.20 450m: 5:35.95	38.83	650m: 8:11.48	39.01	
	100m: 1:09.41 36.51	300m: 3:40.22	37.95 500m: 6:14.70	38.75	700m: 8:50.55	39.07	
	150m: 1:46.64 37.23	350m: 4:18.80	38.58 550m: 6:53.64	38.94	750m: 9:29.61	39.06	
	200m: 2:24.07 37.43	400m: 4:57.12	38.32 600m: 7:32.47	38.83	800m: 10:07.62	38.01	
15.	NOBRE Marisa Isabel	05	Columbofila Cantanheden	10:08.02	+0,69	506	
	50m: 33.14 33.14	250m: 3:02.09	37.95 450m: 5:36.72	39.24	650m: 8:13.04	39.21	
	100m: 1:09.51 36.37	300m: 3:39.90	37.81 500m: 6:15.35	38.63	700m: 8:51.90	38.86	
	150m: 1:46.67 37.16	350m: 4:18.55	38.65 550m: 6:54.55	39.20	750m: 9:30.74	38.84	
	200m: 2:24.14 37.47	400m: 4:57.48	38.93 600m: 7:33.83	39.28	800m: 10:08.02	37.28	
16.	NEVES Natalia Passeira	05	Natacao de Valongo	10:15.83	+0,82	487	
	50m: 33.25 33.25	250m: 3:05.12	38.54 450m: 5:40.56	38.94	650m: 8:17.61	39.96	
	100m: 1:10.24 36.99	300m: 3:43.28	38.16 500m: 6:19.81	39.25	700m: 8:57.20	39.59	
	150m: 1:48.28 38.04	350m: 4:22.71	39.43 550m: 6:58.48	38.67	750m: 9:37.11	39.91	
	200m: 2:26.58 38.30	400m: 5:01.62	38.91 600m: 7:37.65	39.17	800m: 10:15.83	38.72	
17.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	10:21.87	+0,65	473	
	50m: 33.48 33.48	250m: 3:07.02	38.96 450m: 5:46.40	39.69	650m: 8:25.51	39.52	
	100m: 1:10.89 37.41	300m: 3:46.82	39.80 500m: 6:26.47	40.07	700m: 9:05.46	39.95	
	150m: 1:48.63 37.74	350m: 4:26.52	39.70 550m: 7:06.05	39.58	750m: 9:44.27	38.81	
	200m: 2:28.06 39.43	400m: 5:06.71	40.19 600m: 7:45.99	39.94	800m: 10:21.87	37.60	
18.	GALANTE Ines Carvalho	04	Vilacondense	10:23.83	+0,73	469	
	50m: 33.64 33.64	250m: 3:09.00	39.37 450m: 5:47.28	39.78	650m: 8:26.72	39.86	
	100m: 1:11.39 37.75	300m: 3:48.48	39.48 500m: 6:26.93	39.65	700m: 9:06.28	39.56	
	150m: 1:50.42 39.03	350m: 4:27.86	39.38 550m: 7:07.02	40.09	750m: 9:45.57	39.29	
	200m: 2:29.63 39.21	400m: 5:07.50	39.64 600m: 7:46.86	39.84	800m: 10:23.83	38.26	

Absolutos

1.	CARDEAL Joana Nunes	02	Academico Viseu	9:04.67	+0,79	705	
	50m: 31.43 31.43	250m: 2:48.50	34.49 450m: 5:06.46	34.62	650m: 7:24.82	34.66	
	100m: 1:05.27 33.84	300m: 3:23.01	34.51 500m: 5:41.06	34.60	700m: 7:59.13	34.31	
	150m: 1:39.64 34.37	350m: 3:57.53	34.52 550m: 6:15.49	34.43	750m: 8:32.66	33.53	
	200m: 2:14.01 34.37	400m: 4:31.84	34.31 600m: 6:50.16	34.67	800m: 9:04.67	32.01	
2.	QUEIROZ Ana Rita	02	Individual ANC	9:05.13	+0,73	703	
	50m: 31.56 31.56	250m: 2:48.83	35.07 450m: 5:07.33	33.67	650m: 7:25.77	34.44	
	100m: 1:05.23 33.67	300m: 3:23.75	34.92 500m: 5:41.73	34.40	700m: 8:00.01	34.24	
	150m: 1:39.39 34.16	350m: 3:58.55	34.80 550m: 6:16.30	34.57	750m: 8:33.05	33.04	
	200m: 2:13.76 34.37	400m: 4:33.66	35.11 600m: 6:51.33	35.03	800m: 9:05.13	32.08	
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	9:06.46	+0,68	698	
	50m: 31.15 31.15	250m: 2:45.92	34.24 450m: 5:04.18	34.63	650m: 7:24.46	35.28	
	100m: 1:04.37 33.22	300m: 3:20.10	34.18 500m: 5:39.10	34.92	700m: 7:59.42	34.96	
	150m: 1:37.96 33.59	350m: 3:55.02	34.92 550m: 6:14.18	35.08	750m: 8:33.89	34.47	
	200m: 2:11.68 33.72	400m: 4:29.55	34.53 600m: 6:49.18	35.00	800m: 9:06.46	32.57	

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Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	LOPES Daniela Magalhaes	05	Famalicao	9:17.88	+0,79	656	
	50m: 31.90 31.90	250m: 2:51.49	35.10	450m: 5:13.04	35.53	650m: 7:33.77	35.28
	100m: 1:06.06 34.16	300m: 3:26.63	35.14	500m: 5:48.22	35.18	700m: 8:08.96	35.19
	150m: 1:41.00 34.94	350m: 4:02.07	35.44	550m: 6:23.36	35.14	750m: 8:43.60	34.64
	200m: 2:16.39 35.39	400m: 4:37.51	35.44	600m: 6:58.49	35.13	800m: 9:17.88	34.28
5.	RAMOS Ana Rita	02	Porto	9:25.04	+0,81	631	
	50m: 31.23 31.23	250m: 2:46.45	34.74	450m: 5:09.26	35.86	650m: 7:36.01	36.71
	100m: 1:04.03 32.80	300m: 3:21.88	35.43	500m: 5:45.73	36.47	700m: 8:12.80	36.79
	150m: 1:37.65 33.62	350m: 3:57.41	35.53	550m: 6:22.58	36.85	750m: 8:49.29	36.49
	200m: 2:11.71 34.06	400m: 4:33.40	35.99	600m: 6:59.30	36.72	800m: 9:25.04	35.75
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:28.55	+0,76	619	
	50m: 31.95 31.95	250m: 2:52.33	36.10	450m: 5:17.37	36.11	650m: 7:42.71	36.01
	100m: 1:05.95 34.00	300m: 3:28.67	36.34	500m: 5:54.12	36.75	700m: 8:18.83	36.12
	150m: 1:40.68 34.73	350m: 4:04.75	36.08	550m: 6:30.31	36.19	750m: 8:54.24	35.41
	200m: 2:16.23 35.55	400m: 4:41.26	36.51	600m: 7:06.70	36.39	800m: 9:28.55	34.31
7.	RODRIGUES Joana Francisca	04	Individual ANC	9:32.05	+0,73	608	
	50m: 32.26 32.26	250m: 2:54.09	35.37	450m: 5:19.32	36.32	650m: 7:45.38	36.55
	100m: 1:07.54 35.28	300m: 3:30.30	36.21	500m: 5:56.01	36.69	700m: 8:21.95	36.57
	150m: 1:42.99 35.45	350m: 4:06.26	35.96	550m: 6:32.16	36.15	750m: 8:57.47	35.52
	200m: 2:18.72 35.73	400m: 4:43.00	36.74	600m: 7:08.83	36.67	800m: 9:32.05	34.58
8.	LOPES Francisca Macedo	05	Vilacondense	9:34.13	+0,82	602	
	50m: 32.14 32.14	250m: 2:55.91	36.32	450m: 5:21.14	36.10	650m: 7:46.13	35.87
	100m: 1:07.31 35.17	300m: 3:32.41	36.50	500m: 5:57.31	36.17	700m: 8:22.59	36.46
	150m: 1:43.24 35.93	350m: 4:08.65	36.24	550m: 6:33.69	36.38	750m: 8:58.43	35.84
	200m: 2:19.59 36.35	400m: 4:45.04	36.39	600m: 7:10.26	36.57	800m: 9:34.13	35.70
9.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:35.70	+0,60	597	
	50m: 31.79 31.79	250m: 2:52.01	35.43	450m: 5:18.27	36.72	650m: 7:46.43	37.35
	100m: 1:06.17 34.38	300m: 3:27.94	35.93	500m: 5:54.91	36.64	700m: 8:23.65	37.22
	150m: 1:41.16 34.99	350m: 4:04.71	36.77	550m: 6:31.86	36.95	750m: 9:00.37	36.72
	200m: 2:16.58 35.42	400m: 4:41.55	36.84	600m: 7:09.08	37.22	800m: 9:35.70	35.33
10.	GASPAR Beatriz Ferreira	04	Individual ANC	9:37.63	+0,87	591	
	50m: 32.59 32.59	250m: 2:56.64	36.27	450m: 5:23.06	36.52	650m: 7:50.03	36.89
	100m: 1:08.07 35.48	300m: 3:33.26	36.62	500m: 5:59.66	36.60	700m: 8:26.91	36.88
	150m: 1:44.02 35.95	350m: 4:09.80	36.54	550m: 6:36.34	36.68	750m: 9:03.55	36.64
	200m: 2:20.37 36.35	400m: 4:46.54	36.74	600m: 7:13.14	36.80	800m: 9:37.63	34.08
11.	PEIXOTO Carolina Esteves	06	Braga	9:38.29	+0,86	589	
	50m: 32.33 32.33	250m: 2:55.67	36.62	450m: 5:22.60	36.24	650m: 7:49.90	36.76
	100m: 1:06.89 34.56	300m: 3:32.37	36.70	500m: 5:59.61	37.01	700m: 8:26.78	36.88
	150m: 1:42.69 35.80	350m: 4:09.26	36.89	550m: 6:36.14	36.53	750m: 9:02.97	36.19
	200m: 2:19.05 36.36	400m: 4:46.36	37.10	600m: 7:13.14	37.00	800m: 9:38.29	35.32
12.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:38.66	+0,72	588	
	50m: 32.42 32.42	250m: 2:56.90	36.60	450m: 5:22.44	36.51	650m: 7:49.93	36.78
	100m: 1:07.97 35.55	300m: 3:32.86	35.96	500m: 5:59.07	36.63	700m: 8:26.77	36.84
	150m: 1:44.11 36.14	350m: 4:09.40	36.54	550m: 6:36.02	36.95	750m: 9:03.17	36.40
	200m: 2:20.30 36.19	400m: 4:45.93	36.53	600m: 7:13.15	37.13	800m: 9:38.66	35.49

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	RAMOS Joana Barbas	06	Gafanha da Encarnac�o	9:41.96	+0,85	578	
	50m: 33.24 33.24	250m: 2:59.60	36.86	450m: 5:27.35	36.77	650m: 7:54.33	36.46
	100m: 1:09.40 36.16	300m: 3:36.69	37.09	500m: 6:04.35	37.00	700m: 8:30.43	36.10
	150m: 1:45.85 36.45	350m: 4:13.44	36.75	550m: 6:41.05	36.70	750m: 9:06.50	36.07
	200m: 2:22.74 36.89	400m: 4:50.58	37.14	600m: 7:17.87	36.82	800m: 9:41.96	35.46
14.	COSTA Anita Gouveia	06	Condeixa Clube	9:42.56		576	
	50m: 33.16 33.16	250m: 3:01.22	37.00	450m: 5:28.45	36.18	650m: 7:54.34	36.91
	100m: 1:09.94 36.78	300m: 3:38.24	37.02	500m: 6:04.79	36.34	700m: 8:30.93	36.59
	150m: 1:46.91 36.97	350m: 4:15.46	37.22	550m: 6:41.26	36.47	750m: 9:07.11	36.18
	200m: 2:24.22 37.31	400m: 4:52.27	36.81	600m: 7:17.43	36.17	800m: 9:42.56	35.45
15.	AGUILAR Marta Andre	07	Fundac�o Beatriz Santos	9:43.35	+0,74	573	
	50m: 33.21 33.21	250m: 2:57.51	36.29	450m: 5:23.97	36.81	650m: 7:53.43	37.48
	100m: 1:09.02 35.81	300m: 3:33.75	36.24	500m: 6:01.13	37.16	700m: 8:31.05	37.62
	150m: 1:45.18 36.16	350m: 4:10.41	36.66	550m: 6:38.38	37.25	750m: 9:07.94	36.89
	200m: 2:21.22 36.04	400m: 4:47.16	36.75	600m: 7:15.95	37.57	800m: 9:43.35	35.41
16.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:43.68	+0,79	572	
	50m: 32.84 32.84	250m: 2:56.57	36.44	450m: 5:24.07	37.07	650m: 7:53.38	37.36
	100m: 1:07.88 35.04	300m: 3:33.13	36.56	500m: 6:01.31	37.24	700m: 8:30.89	37.51
	150m: 1:44.01 36.13	350m: 4:09.96	36.83	550m: 6:38.75	37.44	750m: 9:07.76	36.87
	200m: 2:20.13 36.12	400m: 4:47.00	37.04	600m: 7:16.02	37.27	800m: 9:43.68	35.92
17.	PIRES Catarina Gaspar	06	Porto	9:45.27	+0,88	568	
	50m: 32.76 32.76	250m: 2:56.07	36.77	450m: 5:24.33	37.32	650m: 7:54.42	37.51
	100m: 1:07.13 34.37	300m: 3:32.80	36.73	500m: 6:01.54	37.21	700m: 8:31.62	37.20
	150m: 1:43.14 36.01	350m: 4:10.18	37.38	550m: 6:39.28	37.74	750m: 9:09.01	37.39
	200m: 2:19.30 36.16	400m: 4:47.01	36.83	600m: 7:16.91	37.63	800m: 9:45.27	36.26
18.	HUTYY Adriana Carolina	05	Braga	9:46.52	+0,84	564	
	50m: 32.44 32.44	250m: 2:57.48	36.74	450m: 5:25.95	37.23	650m: 7:55.79	36.75
	100m: 1:08.09 35.65	300m: 3:34.44	36.96	500m: 6:03.34	37.39	700m: 8:33.15	37.36
	150m: 1:44.32 36.23	350m: 4:11.50	37.06	550m: 6:40.88	37.54	750m: 9:10.46	37.31
	200m: 2:20.74 36.42	400m: 4:48.72	37.22	600m: 7:19.04	38.16	800m: 9:46.52	36.06
19.	NUNES Rita Sofia	05	Colegio Efanor	9:47.85	+0,84	560	
	50m: 32.79 32.79	250m: 2:59.73	36.91	450m: 5:27.29	36.63	650m: 7:57.01	37.07
	100m: 1:09.07 36.28	300m: 3:36.84	37.11	500m: 6:04.97	37.68	700m: 8:34.70	37.69
	150m: 1:45.74 36.67	350m: 4:14.12	37.28	550m: 6:42.32	37.35	750m: 9:11.42	36.72
	200m: 2:22.82 37.08	400m: 4:50.66	36.54	600m: 7:19.94	37.62	800m: 9:47.85	36.43
20.	SOARES Miriam Mortagua	06	Galitos / Bresimar	9:49.52	+0,77	556	
	50m: 32.69 32.69	250m: 2:58.57	37.08	450m: 5:26.99	37.39	650m: 7:57.62	37.87
	100m: 1:08.27 35.58	300m: 3:35.37	36.80	500m: 6:04.29	37.30	700m: 8:35.25	37.63
	150m: 1:44.92 36.65	350m: 4:12.72	37.35	550m: 6:42.11	37.82	750m: 9:13.24	37.99
	200m: 2:21.49 36.57	400m: 4:49.60	36.88	600m: 7:19.75	37.64	800m: 9:49.52	36.28
21.	LIGEIRO Daniela Silva	04	Viana Natac�o	9:49.78	+0,72	555	
	100m: 1:09.55 1:09.55	400m: 4:52.96	1:14.54	650m: 8:00.07	37.32	800m: 9:49.78	35.76
	200m: 2:23.60 1:14.05	500m: 6:07.61	1:14.65	700m: 8:37.30	37.23		
	300m: 3:38.42 1:14.82	600m: 7:22.75	1:15.14	750m: 9:14.02	36.72		

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
22.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:49.94	+0,89	554	
	50m: 33.00 33.00	250m: 2:59.22	37.49	450m: 5:28.41	37.22	650m: 7:59.06	37.84
	100m: 1:08.43 35.43	300m: 3:36.62	37.40	500m: 6:05.82	37.41	700m: 8:36.68	37.62
	150m: 1:44.86 36.43	350m: 4:14.27	37.65	550m: 6:43.57	37.75	750m: 9:14.03	37.35
	200m: 2:21.73 36.87	400m: 4:51.19	36.92	600m: 7:21.22	37.65	800m: 9:49.94	35.91
23.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:50.02	+0,76	554	
	50m: 33.56 33.56	250m: 3:01.71	37.14	450m: 5:31.37	37.49	650m: 8:01.14	37.30
	100m: 1:09.95 36.39	300m: 3:38.96	37.25	500m: 6:09.01	37.64	700m: 8:38.14	37.00
	150m: 1:47.07 37.12	350m: 4:16.43	37.47	550m: 6:46.36	37.35	750m: 9:14.81	36.67
	200m: 2:24.57 37.50	400m: 4:53.88	37.45	600m: 7:23.84	37.48	800m: 9:50.02	35.21
24.	PINTO Leonor Filipa	06	Porto	9:55.35	+0,77	539	
	50m: 32.60 32.60	250m: 2:58.43	36.98	450m: 5:30.14	37.69	650m: 8:02.07	37.77
	100m: 1:08.34 35.74	300m: 3:36.39	37.96	500m: 6:08.35	38.21	700m: 8:40.34	38.27
	150m: 1:44.30 35.96	350m: 4:14.25	37.86	550m: 6:45.98	37.63	750m: 9:17.80	37.46
	200m: 2:21.45 37.15	400m: 4:52.45	38.20	600m: 7:24.30	38.32	800m: 9:55.35	37.55
25.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	9:57.22	+0,73	534	
	50m: 33.06 33.06	250m: 3:02.01	37.58	450m: 5:33.31	37.85	650m: 8:05.37	38.02
	100m: 1:09.48 36.42	300m: 3:39.75	37.74	500m: 6:10.92	37.61	700m: 8:43.43	38.06
	150m: 1:46.73 37.25	350m: 4:17.42	37.67	550m: 6:48.95	38.03	750m: 9:21.25	37.82
	200m: 2:24.43 37.70	400m: 4:55.46	38.04	600m: 7:27.35	38.40	800m: 9:57.22	35.97
26.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	10:04.20	+0,75	516	
	100m: 1:10.51 1:10.51	300m: 3:43.55	1:17.04	500m: 6:15.64	1:16.21	700m: 8:49.72	1:17.01
	200m: 2:26.51 1:16.00	400m: 4:59.43	1:15.88	600m: 7:32.71	1:17.07	800m: 10:04.20	1:14.48
27.	FERNANDES Maria Elias	04	Desportiva de Viana	10:04.39	+0,85	516	
	50m: 32.95 32.95	250m: 3:00.70	37.77	450m: 5:35.02	39.09	650m: 8:11.39	39.07
	100m: 1:08.79 35.84	300m: 3:38.53	37.83	500m: 6:14.15	39.13	700m: 8:50.23	38.84
	150m: 1:45.40 36.61	350m: 4:16.81	38.28	550m: 6:53.24	39.09	750m: 9:28.09	37.86
	200m: 2:22.93 37.53	400m: 4:55.93	39.12	600m: 7:32.32	39.08	800m: 10:04.39	36.30
28.	PINTO Margarida Vieira	07	Braga	10:06.82	+0,68	509	
	50m: 32.89 32.89	250m: 3:06.15	39.61	450m: 5:41.06	39.05	650m: 8:14.43	39.01
	100m: 1:09.86 36.97	300m: 3:44.25	38.10	500m: 6:19.07	38.01	700m: 8:52.06	37.63
	150m: 1:48.51 38.65	350m: 4:23.60	39.35	550m: 6:57.64	38.57	750m: 9:30.91	38.85
	200m: 2:26.54 38.03	400m: 5:02.01	38.41	600m: 7:35.42	37.78	800m: 10:06.82	35.91
29.	MONTEIRO Ana Carolina	04	Individual ANC	10:07.62	+0,75	507	
	50m: 32.90 32.90	250m: 3:02.27	38.20	450m: 5:35.95	38.83	650m: 8:11.48	39.01
	100m: 1:09.41 36.51	300m: 3:40.22	37.95	500m: 6:14.70	38.75	700m: 8:50.55	39.07
	150m: 1:46.64 37.23	350m: 4:18.80	38.58	550m: 6:53.64	38.94	750m: 9:29.61	39.06
	200m: 2:24.07 37.43	400m: 4:57.12	38.32	600m: 7:32.47	38.83	800m: 10:07.62	38.01
30.	NOBRE Marisa Isabel	05	Columbofila Cantanheden	10:08.02	+0,69	506	
	50m: 33.14 33.14	250m: 3:02.09	37.95	450m: 5:36.72	39.24	650m: 8:13.04	39.21
	100m: 1:09.51 36.37	300m: 3:39.90	37.81	500m: 6:15.35	38.63	700m: 8:51.90	38.86
	150m: 1:46.67 37.16	350m: 4:18.55	38.65	550m: 6:54.55	39.20	750m: 9:30.74	38.84
	200m: 2:24.14 37.47	400m: 4:57.48	38.93	600m: 7:33.83	39.28	800m: 10:08.02	37.28

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
31.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:10.40	+0,76	500	
	50m: 33.25 33.25	250m: 3:05.52	38.51	450m: 5:40.57	38.90	650m: 8:16.15	38.67
	100m: 1:10.28 37.03	300m: 3:44.12	38.60	500m: 6:19.70	39.13	700m: 8:55.01	38.86
	150m: 1:48.51 38.23	350m: 4:22.67	38.55	550m: 6:58.53	38.83	750m: 9:32.49	37.48
	200m: 2:27.01 38.50	400m: 5:01.67	39.00	600m: 7:37.48	38.95	800m: 10:10.40	37.91
32.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	10:12.37	+0,62	496	
	50m: 34.75 34.75	250m: 3:06.64	37.39	450m: 5:40.88	38.46	650m: 8:16.41	38.53
	100m: 1:12.91 38.16	300m: 3:45.69	39.05	500m: 6:20.16	39.28	700m: 8:56.24	39.83
	150m: 1:50.08 37.17	350m: 4:23.75	38.06	550m: 6:58.25	38.09	750m: 9:34.19	37.95
	200m: 2:29.25 39.17	400m: 5:02.42	38.67	600m: 7:37.88	39.63	800m: 10:12.37	38.18
33.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	10:13.23	+0,88	494	
	50m: 33.47 33.47	250m: 3:07.18	39.01	450m: 5:44.21	39.37	650m: 8:20.83	39.63
	100m: 1:10.91 37.44	300m: 3:46.90	39.72	500m: 6:23.25	39.04	700m: 8:59.45	38.62
	150m: 1:49.62 38.71	350m: 4:25.57	38.67	550m: 7:02.44	39.19	750m: 9:37.40	37.95
	200m: 2:28.17 38.55	400m: 5:04.84	39.27	600m: 7:41.20	38.76	800m: 10:13.23	35.83
34.	OLIVEIRA Matilde Fonseca	06	Miranda do Corvo	10:15.16	+0,92	489	
	50m: 34.22 34.22	250m: 3:05.37	38.19	450m: 5:41.29	39.19	650m: 8:17.74	39.19
	100m: 1:10.94 36.72	300m: 3:44.15	38.78	500m: 6:20.41	39.12	700m: 8:57.13	39.39
	150m: 1:48.70 37.76	350m: 4:22.61	38.46	550m: 6:59.25	38.84	750m: 9:36.21	39.08
	200m: 2:27.18 38.48	400m: 5:02.10	39.49	600m: 7:38.55	39.30	800m: 10:15.16	38.95
35.	NEVES Natalia Passeira	05	Natacao de Valongo	10:15.83	+0,82	487	
	50m: 33.25 33.25	250m: 3:05.12	38.54	450m: 5:40.56	38.94	650m: 8:17.61	39.96
	100m: 1:10.24 36.99	300m: 3:43.28	38.16	500m: 6:19.81	39.25	700m: 8:57.20	39.59
	150m: 1:48.28 38.04	350m: 4:22.71	39.43	550m: 6:58.48	38.67	750m: 9:37.11	39.91
	200m: 2:26.58 38.30	400m: 5:01.62	38.91	600m: 7:37.65	39.17	800m: 10:15.83	38.72
36.	NOGUEIRA Ines Aires	06	Fluvial Portuense	10:21.44	+0,76	474	
	50m: 34.10 34.10	250m: 3:08.00	39.41	450m: 5:45.71	39.14	650m: 8:23.67	39.53
	100m: 1:11.25 37.15	300m: 3:47.37	39.37	500m: 6:24.88	39.17	700m: 9:03.92	40.25
	150m: 1:49.58 38.33	350m: 4:26.79	39.42	550m: 7:03.89	39.01	750m: 9:43.65	39.73
	200m: 2:28.59 39.01	400m: 5:06.57	39.78	600m: 7:44.14	40.25	800m: 10:21.44	37.79
37.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	10:21.87	+0,65	473	
	50m: 33.48 33.48	250m: 3:07.02	38.96	450m: 5:46.40	39.69	650m: 8:25.51	39.52
	100m: 1:10.89 37.41	300m: 3:46.82	39.80	500m: 6:26.47	40.07	700m: 9:05.46	39.95
	150m: 1:48.63 37.74	350m: 4:26.52	39.70	550m: 7:06.05	39.58	750m: 9:44.27	38.81
	200m: 2:28.06 39.43	400m: 5:06.71	40.19	600m: 7:45.99	39.94	800m: 10:21.87	37.60
38.	GALANTE Ines Carvalho	04	Vilacondense	10:23.83	+0,73	469	
	50m: 33.64 33.64	250m: 3:09.00	39.37	450m: 5:47.28	39.78	650m: 8:26.72	39.86
	100m: 1:11.39 37.75	300m: 3:48.48	39.48	500m: 6:26.93	39.65	700m: 9:06.28	39.56
	150m: 1:50.42 39.03	350m: 4:27.86	39.38	550m: 7:07.02	40.09	750m: 9:45.57	39.29
	200m: 2:29.63 39.21	400m: 5:07.50	39.64	600m: 7:46.86	39.84	800m: 10:23.83	38.26
39.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	10:31.18	+0,79	453	
	50m: 33.85 33.85	250m: 3:07.43	39.13	450m: 5:47.86	40.37	650m: 8:30.85	40.34
	100m: 1:11.28 37.43	300m: 3:46.87	39.44	500m: 6:28.63	40.77	700m: 9:12.32	41.47
	150m: 1:49.30 38.02	350m: 4:26.71	39.84	550m: 7:08.96	40.33	750m: 9:52.17	39.85
	200m: 2:28.30 39.00	400m: 5:07.49	40.78	600m: 7:50.51	41.55	800m: 10:31.18	39.01

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
40.	SANTOS Leonor Costa	07	Galitos / Bresimar	10:33.87		447	
	50m: 35.11 35.11	250m: 3:13.28	40.00	450m: 5:54.98	40.63	650m: 8:35.42	39.78
	100m: 1:13.84 38.73	300m: 3:53.47	40.19	500m: 6:34.87	39.89	700m: 9:15.51	40.09
	150m: 1:53.76 39.92	350m: 4:33.70	40.23	550m: 7:15.71	40.84	800m: 10:33.87	1:18.36
	200m: 2:33.28 39.52	400m: 5:14.35	40.65	600m: 7:55.64	39.93		
41.	CABRAL Carolina Vizinho	07	Natacao de Vagos	10:43.02	+0,73	428	
	50m: 33.34 33.34	250m: 3:14.11	42.48	450m: 5:59.19	41.41	650m: 8:44.36	41.03
	100m: 1:11.82 38.48	300m: 3:55.46	41.35	500m: 6:41.25	42.06	700m: 9:24.92	40.56
	150m: 1:51.19 39.37	350m: 4:35.95	40.49	550m: 7:21.35	40.10	750m: 10:04.68	39.76
	200m: 2:31.63 40.44	400m: 5:17.78	41.83	600m: 8:03.33	41.98	800m: 10:43.02	38.34
42.	GOMES Rita Cunha	07	Viana Natacao	10:47.66	+1,08	419	
	50m: 35.76 35.76	250m: 3:15.18	40.69	450m: 5:59.28	41.12	650m: 8:45.44	41.64
	100m: 1:14.83 39.07	300m: 3:55.72	40.54	500m: 6:40.11	40.83	700m: 9:27.46	42.02
	150m: 1:54.60 39.77	350m: 4:36.57	40.85	550m: 7:21.75	41.64	750m: 10:08.13	40.67
	200m: 2:34.49 39.89	400m: 5:18.16	41.59	600m: 8:03.80	42.05	800m: 10:47.66	39.53
43.	OLIVEIRA Margarida Gomes	07	O Crasto	11:02.25	+0,90	392	
	50m: 35.33 35.33	250m: 3:21.21	42.11	450m: 6:10.16	41.99	650m: 9:00.03	41.50
	100m: 1:16.00 40.67	300m: 4:03.30	42.09	500m: 6:53.29	43.13	700m: 9:41.74	41.71
	150m: 1:57.01 41.01	350m: 4:45.62	42.32	550m: 7:35.44	42.15	750m: 10:22.95	41.21
	200m: 2:39.10 42.09	400m: 5:28.17	42.55	600m: 8:18.53	43.09	800m: 11:02.25	39.30

Prova 28

Masc., 100m Costas

Absolutos

30/05/2021 - 17:30

Resultados

RN 50 Absoluto	54.70	COSTA Joao Nogueira	POR	Budapeste (HUN)	19/05/2021
RN 50 Sen	54.70	COSTA Joao Nogueira	POR	Budapeste (HUN)	19/05/2021
RN 50 Jun18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20/08/2019
RN 50 Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12/07/2009
RN 50 Juv A	58.61	SOUZA Diogo Gomes	CNCVG	Coimbra	29/05/2011
RN 50 Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22/07/2019

TAC Sen20+ 50m: 1:01.33 - 25m: 58.36; Sen19 50m: 1:03.06 - 25m: 1:00.18; Jun18 50m: 1:03.38 - 25m: 1:00.48; Jun17 50m: 1:05.48 - 25m: 1:02.85; Juv A 50m: 1:08.57 - 25m: 1:07.23; Juv B 50m: 1:09.85 - 25m: 1:08.48

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	1:02.72	+0,58	564	
	50m: 30.15 30.15	100m: 1:02.72	32.57				
2.	SILVA Francisco Araujo	06	Famalicao	1:03.35	+0,59	548	
	50m: 30.98 30.98	100m: 1:03.35	32.37				
3.	ROCHA Miguel Azevedo	06	Penafiel	1:05.41	+0,67	498	
	50m: 29.98 29.98	100m: 1:05.41	35.43				
4.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	1:06.17	+0,61	481	
	50m: 31.52 31.52	100m: 1:06.17	34.65				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 28, Masc., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	CASTRO Vasco Monteiro 50m: 32.41 32.41	06	Porto	1:06.59 34.18	+0,62	472	
6.	DURAO Miguel Costa 50m: 32.34 32.34	06	Braga	1:07.93 35.59	+0,71	444	
7.	JESUS Luis Duarte 50m: 32.96 32.96	06	Galitos / Bresimar	1:08.19 35.23	+0,55	439	
8.	SILVA Francisco Barbosa 50m: 32.98 32.98	06	Vilacondense	1:08.32 35.34	+1,09	437	
9.	PEREIRA Guilherme Marques 50m: 33.09 33.09	06	Condeixa Clube	1:08.41 35.32	+0,60	435	
10.	TOMAS Afonso Vidal 50m: 33.60 33.60	06	Louzan Natacao/EFAPEL	1:08.95 35.35	+0,68	425	
11.	PINTO Romulo Neves 50m: 32.89 32.89	06	Colegio SMLamas	1:09.10 36.21	+0,77	422	
12.	CARVALHO Artur Guterres 50m: 33.44 33.44	06	Vilacondense	1:09.20 35.76	+0,74	420	
13.	ALMEIDA Afonso Miguel 50m: 34.23 34.23	06	Galitos / Bresimar	1:09.70 35.47	+0,70	411	
14.	FRAZAO Francisco Couto 50m: 34.58 34.58	06	Uniao Coimbra	1:10.07 35.49	+0,69	405	
DSQ	CONCEICAO Rodrigo Santos <i>o corpo do atleta estava totalmente submerso na chegada</i>	06	Naval Povoense				

Juvenis A

1.	SILVA Diogo Miguel 50m: 30.04 30.04	05	Galitos / Bresimar	1:01.39 31.35	+0,67	602	
2.	PEREIRA Tomas Coelho 50m: 30.52 30.52	05	Penafiel	1:02.03 31.51	+0,68	584	
3.	CARVALHO Joao Carlos 50m: 31.34 31.34	05	Braga	1:03.24 31.90	+0,77	551	
4.	FERNANDES Miguel Alves 50m: 31.38 31.38	05	Viana Natacao	1:04.24 32.86	+0,63	525	
5.	RIBEIRO Filipe Silva 50m: 30.49 30.49	05	Leixoes	1:05.29 34.80	+0,62	500	
6.	REMELHE Joao Anibal 50m: 32.19 32.19	05	Braga	1:06.30 34.11	+0,67	478	
7.	DIAS Pedro Anselmo 50m: 33.06 33.06	05	Academico Viseu	1:08.07 35.01	+0,67	441	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 28, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	1:09.05	+0,63	423	
	50m: 33.49 33.49	100m: 1:09.05	35.56				
9.	FONSECA Gonçalo Monteiro	05	Peso da Regua	1:09.84	+0,61	409	
	50m: 32.40 32.40	100m: 1:09.84	37.44				
10.	SILVA Eduardo Costa	05	Porto	1:10.41	+0,95	399	
	50m: 34.74 34.74	100m: 1:10.41	35.67				
11.	COSTA Rui Anjos	05	Porto	1:11.07	+0,60	388	
	50m: 34.38 34.38	100m: 1:11.07	36.69				
12.	VIEIRA Diogo Ferreira	05	Feirense	1:12.21	+0,82	370	
	50m: 34.35 34.35	100m: 1:12.21	37.86				

Juniores

1.	CASTRO Duarte Monteiro	03	Porto	59.40	+0,65	665	
	50m: 28.61 28.61	100m: 59.40	30.79				
2.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	1:01.66	+0,60	594	
	50m: 29.42 29.42	100m: 1:01.66	32.24				
3.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	1:03.07	+0,64	555	
	50m: 30.77 30.77	100m: 1:03.07	32.30				
4.	LIMA Gaspar Pinheiro	04	Leixoes	1:03.44	+0,67	545	
	50m: 30.39 30.39	100m: 1:03.44	33.05				
5.	PEREIRA Tiago Maia	04	Galitos / Bresimar	1:03.61	+0,60	541	
	50m: 30.95 30.95	100m: 1:03.61	32.66				
6.	MADUREIRA Rui Pedro	04	Famalicao	1:04.27	+0,60	525	
	50m: 30.77 30.77	100m: 1:04.27	33.50				
7.	ANTUNES Joao Afonso	04	Galitos / Bresimar	1:04.61	+0,61	516	
	50m: 30.65 30.65	100m: 1:04.61	33.96				
8.	RIBEIRO Nuno Miguel	04	Desportiva de Viana	1:04.69	+0,71	514	
	50m: 31.57 31.57	100m: 1:04.69	33.12				
	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	1:04.69	+0,81	514	
	50m: 30.74 30.74	100m: 1:04.69	33.95				
10.	JESUS Pedro Duarte	04	Galitos / Bresimar	1:05.79	+0,68	489	
	50m: 32.02 32.02	100m: 1:05.79	33.77				
11.	SOUSA Tomas Castro	04	Vitoria Guimaraes	1:07.15	+0,76	460	
	50m: 32.29 32.29	100m: 1:07.15	34.86				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 28, Masc., 100m Costas

Absolutos

1.	ROCHA Ricardo Filipe	02	Aquatico Pacense	58.83	+0,61	684
	50m: 28.74 28.74	100m: 58.83	30.09			
2.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	59.33	+0,62	667
	50m: 29.16 29.16	100m: 59.33	30.17			
3.	CASTRO Duarte Monteiro	03	Porto	59.40	+0,65	665
	50m: 28.61 28.61	100m: 59.40	30.79			
4.	SILVA Diogo Miguel	05	Galitos / Bresimar	1:01.39	+0,67	602
	50m: 30.04 30.04	100m: 1:01.39	31.35			
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	1:01.66	+0,60	594
	50m: 29.42 29.42	100m: 1:01.66	32.24			
6.	SOUSA Nuno Alexandre	02	Academico Viseu	1:01.86	+0,77	588
	50m: 30.18 30.18	100m: 1:01.86	31.68			
7.	PEREIRA Tomas Coelho	05	Penafiel	1:02.03	+0,68	584
	50m: 30.52 30.52	100m: 1:02.03	31.51			
8.	ZENZA Francisco Manuel	01	Natacao da Maia	1:02.53	+0,62	570
	50m: 29.33 29.33	100m: 1:02.53	33.20			
9.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	1:02.72	+0,58	564
	50m: 30.15 30.15	100m: 1:02.72	32.57			
10.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	1:03.07	+0,64	555
	50m: 30.77 30.77	100m: 1:03.07	32.30			
11.	CARVALHO Joao Carlos	05	Braga	1:03.24	+0,77	551
	50m: 31.34 31.34	100m: 1:03.24	31.90			
12.	SILVA Francisco Araujo	06	Famalicao	1:03.35	+0,59	548
	50m: 30.98 30.98	100m: 1:03.35	32.37			
13.	KOBAYASHI Bruno Shinji	02	Vilacondense	1:03.41	+0,61	546
	50m: 30.72 30.72	100m: 1:03.41	32.69			
14.	LIMA Gaspar Pinheiro	04	Leixoes	1:03.44	+0,67	545
	50m: 30.39 30.39	100m: 1:03.44	33.05			
15.	PEREIRA Tiago Maia	04	Galitos / Bresimar	1:03.61	+0,60	541
	50m: 30.95 30.95	100m: 1:03.61	32.66			
16.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	1:03.66	+0,71	540
	50m: 30.57 30.57	100m: 1:03.66	33.09			
17.	FERNANDES Miguel Alves	05	Viana Natacao	1:04.24	+0,63	525
	50m: 31.38 31.38	100m: 1:04.24	32.86			
18.	MADUREIRA Rui Pedro	04	Famalicao	1:04.27	+0,60	525
	50m: 30.77 30.77	100m: 1:04.27	33.50			
19.	ANTUNES Joao Afonso	04	Galitos / Bresimar	1:04.61	+0,61	516
	50m: 30.65 30.65	100m: 1:04.61	33.96			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 28, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	RIBEIRO Nuno Miguel	04	Desportiva de Viana	1:04.69	+0,71	514	
	50m: 31.57 31.57	100m: 1:04.69	33.12				
	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	1:04.69	+0,81	514	
	50m: 30.74 30.74	100m: 1:04.69	33.95				
22.	RIBEIRO Filipe Silva	05	Leixoes	1:05.29	+0,62	500	
	50m: 30.49 30.49	100m: 1:05.29	34.80				
23.	ROCHA Miguel Azevedo	06	Penafiel	1:05.41	+0,67	498	
	50m: 29.98 29.98	100m: 1:05.41	35.43				
24.	JESUS Pedro Duarte	04	Galitos / Bresimar	1:05.79	+0,68	489	
	50m: 32.02 32.02	100m: 1:05.79	33.77				
25.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	1:06.17	+0,61	481	
	50m: 31.52 31.52	100m: 1:06.17	34.65				
26.	REMELE Joao Anibal	05	Braga	1:06.30	+0,67	478	
	50m: 32.19 32.19	100m: 1:06.30	34.11				
27.	CASTRO Vasco Monteiro	06	Porto	1:06.59	+0,62	472	
	50m: 32.41 32.41	100m: 1:06.59	34.18				
28.	SOUSA Tomas Castro	04	Vitoria Guimaraes	1:07.15	+0,76	460	
	50m: 32.29 32.29	100m: 1:07.15	34.86				
29.	DURAO Miguel Costa	06	Braga	1:07.93	+0,71	444	
	50m: 32.34 32.34	100m: 1:07.93	35.59				
30.	DIAS Pedro Anselmo	05	Academico Viseu	1:08.07	+0,67	441	
	50m: 33.06 33.06	100m: 1:08.07	35.01				
31.	JESUS Luis Duarte	06	Galitos / Bresimar	1:08.19	+0,55	439	
	50m: 32.96 32.96	100m: 1:08.19	35.23				
32.	SILVA Francisco Barbosa	06	Vilacondense	1:08.32	+1,09	437	
	50m: 32.98 32.98	100m: 1:08.32	35.34				
33.	PEREIRA Guilherme Marques	06	Condeixa Clube	1:08.41	+0,60	435	
	50m: 33.09 33.09	100m: 1:08.41	35.32				
34.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	1:08.95	+0,68	425	
	50m: 33.60 33.60	100m: 1:08.95	35.35				
35.	FIGUEIRA Samuel Baptista	05	Academica de Coimbra	1:09.05	+0,63	423	
	50m: 33.49 33.49	100m: 1:09.05	35.56				
36.	PINTO Romulo Neves	06	Colegio SMLamas	1:09.10	+0,77	422	
	50m: 32.89 32.89	100m: 1:09.10	36.21				
37.	CARVALHO Artur Guterres	06	Vilacondense	1:09.20	+0,74	420	
	50m: 33.44 33.44	100m: 1:09.20	35.76				
38.	ALMEIDA Afonso Miguel	06	Galitos / Bresimar	1:09.70	+0,70	411	
	50m: 34.23 34.23	100m: 1:09.70	35.47				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 28, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
39.	FONSECA Gonalo Monteiro 50m: 32.40 32.40 100m: 1:09.84	05	Peso da Regua	1:09.84	+0,61	409	
40.	FRAZAO Francisco Couto 50m: 34.58 34.58 100m: 1:10.07	06	Uniao Coimbra	1:10.07	+0,69	405	
41.	SILVA Eduardo Costa 50m: 34.74 34.74 100m: 1:10.41	05	Porto	1:10.41	+0,95	399	
42.	COSTA Rui Anjos 50m: 34.38 34.38 100m: 1:11.07	05	Porto	1:11.07	+0,60	388	
43.	VIEIRA Diogo Ferreira 50m: 34.35 34.35 100m: 1:12.21	05	Feirense	1:12.21	+0,82	370	
DSQ	CONCEICAO Rodrigo Santos <i>o corpo do atleta estava totalmente submerso na chegada</i>	06	Naval Povoense				
DNS	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL				

Prova 29

Femin., 100m Costas

Absolutos

30/05/2021 - 17:45

Resultados

RN 50 Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
RN 50 Sen	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
RN 50 Jun17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20/08/2019
RN 50 Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05/04/2019
RN 50 Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06/04/2012
RN 50 Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06/04/2012
RN 50 Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25/03/2011

TAC Sen19+ 50m: 1:09.27 - 25m: 1:06.45; Sen18 50m: 1:10.77 - 25m: 1:08.11; Jun17 50m: 1:11.12 - 25m: 1:10.08; Jun16 50m: 1:13.08 - 25m: 1:10.08; Juv A 50m: 1:15.28 - 25m: 1:13.80; Juv B 50m: 1:17.45 - 25m: 1:15.93

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MESQUITA Mafalda Martins 50m: 33.47 33.47 100m: 1:08.63	07	Famalicao	1:08.63	+0,67	590	
2.	SOARES Rita Marques 50m: 35.20 35.20 100m: 1:13.46	07	Famalicao	1:13.46	+0,59	481	
3.	SIMOES Dania Rodrigues 50m: 35.76 35.76 100m: 1:14.11	07	Louzan Natacao/EFAPEL	1:14.11	+0,82	468	
4.	SILVA Nuria Soares 50m: 36.02 36.02 100m: 1:14.48	07	Colegio SMLamas	1:14.48	+0,65	461	
5.	CONCEICAO Sara Oliveira 50m: 35.81 35.81 100m: 1:14.54	07	Feirense	1:14.54	+0,71	460	
6.	PINTO Mariana Alexandra 50m: 36.68 36.68 100m: 1:15.59	07	Braga	1:15.59	+0,79	441	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 29, Femin., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SILVA Carolina Martins 50m: 37.59 37.59	07	Estarreja 100m: 1:16.12 38.53	1:16.12	+0,68	432	
8.	TEIXEIRA Mafalda Gomes 50m: 38.22 38.22	07	Porto 100m: 1:18.76 40.54	1:18.76	+0,70	390	
9.	GARRIDO Daniela Cruz 50m: 38.23 38.23	07	Academico Viseu 100m: 1:20.55 42.32	1:20.55	+0,72	365	

Juvenis A

1.	FERREIRA Maria Joao 50m: 33.95 33.95	06	Foca Quinta da Lixa CNF 100m: 1:09.57 35.62	1:09.57	+0,68	566	
2.	COSTA Daniela Alexandra 50m: 34.09 34.09	06	Leixoes 100m: 1:11.63 37.54	1:11.63	+0,68	519	
3.	PINTO Leonor Filipa 50m: 35.02 35.02	06	Porto 100m: 1:11.93 36.91	1:11.93	+0,72	512	
4.	SILVA Beatriz Machado 50m: 35.03 35.03	06	Braga 100m: 1:14.44 39.41	1:14.44	+0,71	462	
5.	RIGOR Maria Miguel 50m: 36.37 36.37	06	Viana Natacao 100m: 1:14.88 38.51	1:14.88	+0,65	454	
6.	NETO Lara Gomes 50m: 35.76 35.76	06	Aquatico Pacense 100m: 1:15.25 39.49	1:15.25	+0,70	447	
7.	PINTO Joana Filipa 50m: 36.96 36.96	06	Fluvial Portuense 100m: 1:15.53 38.57	1:15.53	+0,70	442	
8.	MARTINS Ana Miguel 50m: 37.82 37.82	06	Viana Natacao 100m: 1:17.57 39.75	1:17.57	+0,66	408	
DSQ	VALENTE Maria Miguel <i>a atleta rompeu a superficie da �gua ap�s os 15 m ap�s a partida</i>	06	Estarreja				

Juniores

1.	OLIVEIRA Ana Rita 50m: 31.35 31.35	04	Colegio Efanor 100m: 1:05.17 33.82	1:05.17	+0,64	689	
2.	EIRA Maria Carolina 50m: 32.29 32.29	05	Ginasio de Vila Real 100m: 1:06.91 34.62	1:06.91	+0,69	636	
3.	FERNANDES Carolina Miranda 50m: 32.29 32.29	05	Galitos / Bresimar 100m: 1:07.44 35.15	1:07.44	+0,66	622	
4.	PAIVA Leonor Correia 50m: 33.65 33.65	04	Louzan Natacao/EFAPEL 100m: 1:09.21 35.56	1:09.21	+0,70	575	
5.	COSTA Joana Santos 50m: 33.42 33.42	04	Galitos / Bresimar 100m: 1:09.54 36.12	1:09.54	+0,61	567	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 29, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	PEREIRA Isabel dos Santos	05	Colegio Efanor	1:10.51	+0,71	544	
	50m: 33.86 33.86	100m: 1:10.51	36.65				
7.	NEVES Maria Manuel	05	Braga	1:12.42	+0,74	502	
	50m: 34.32 34.32	100m: 1:12.42	38.10				
8.	QUINTA Luisa Coelho	05	Leixoes	1:13.45	+0,69	481	
	50m: 34.54 34.54	100m: 1:13.45	38.91				
9.	MARTINS Ines Correia	04	Porto	1:13.90	+0,65	472	
	50m: 35.45 35.45	100m: 1:13.90	38.45				

Absolutos

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPPEL	1:02.79	+0,63	770	
	50m: 30.60 30.60	100m: 1:02.79	32.19				
2.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:05.17	+0,64	689	
	50m: 31.35 31.35	100m: 1:05.17	33.82				
3.	CABRAL Maria Francisca	00	Porto	1:06.64	+0,64	644	
	50m: 32.83 32.83	100m: 1:06.64	33.81				
4.	EIRA Maria Carolina	05	Ginasio de Vila Real	1:06.91	+0,69	636	
	50m: 32.29 32.29	100m: 1:06.91	34.62				
5.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:07.44	+0,66	622	
	50m: 32.29 32.29	100m: 1:07.44	35.15				
6.	MESQUITA Mafalda Martins	07	Famalicao	1:08.63	+0,67	590	
	50m: 33.47 33.47	100m: 1:08.63	35.16				
7.	MARQUES Mariana Nunes	03	Estarreja	1:09.15	+0,63	577	
	50m: 33.42 33.42	100m: 1:09.15	35.73				
8.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPPEL	1:09.21	+0,70	575	
	50m: 33.65 33.65	100m: 1:09.21	35.56				
9.	COSTA Joana Santos	04	Galitos / Bresimar	1:09.54	+0,61	567	
	50m: 33.42 33.42	100m: 1:09.54	36.12				
10.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	1:09.57	+0,68	566	
	50m: 33.95 33.95	100m: 1:09.57	35.62				
11.	PEREIRA Isabel dos Santos	05	Colegio Efanor	1:10.51	+0,71	544	
	50m: 33.86 33.86	100m: 1:10.51	36.65				
12.	COSTA Daniela Alexandra	06	Leixoes	1:11.63	+0,68	519	
	50m: 34.09 34.09	100m: 1:11.63	37.54				
13.	PINTO Leonor Filipa	06	Porto	1:11.93	+0,72	512	
	50m: 35.02 35.02	100m: 1:11.93	36.91				
14.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	1:12.42	+0,73	502	
	50m: 34.56 34.56	100m: 1:12.42	37.86				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 29, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	NEVES Maria Manuel 50m: 34.32 34.32	05	Braga 100m: 1:12.42 38.10	1:12.42	+0,74	502	
16.	QUINTA Luisa Coelho 50m: 34.54 34.54	05	Leixoes 100m: 1:13.45 38.91	1:13.45	+0,69	481	
17.	SOARES Rita Marques 50m: 35.20 35.20	07	Famalicao 100m: 1:13.46 38.26	1:13.46	+0,59	481	
18.	MARTINS Ines Correia 50m: 35.45 35.45	04	Porto 100m: 1:13.90 38.45	1:13.90	+0,65	472	
19.	SIMOES Dania Rodrigues 50m: 35.76 35.76	07	Louzan Natacao/EFAPEL 100m: 1:14.11 38.35	1:14.11	+0,82	468	
20.	SILVA Beatriz Machado 50m: 35.03 35.03	06	Braga 100m: 1:14.44 39.41	1:14.44	+0,71	462	
21.	SILVA Nuria Soares 50m: 36.02 36.02	07	Colegio SMLamas 100m: 1:14.48 38.46	1:14.48	+0,65	461	
22.	CONCEICAO Sara Oliveira 50m: 35.81 35.81	07	Feirense 100m: 1:14.54 38.73	1:14.54	+0,71	460	
23.	RIGOR Maria Miguel 50m: 36.37 36.37	06	Viana Natacao 100m: 1:14.88 38.51	1:14.88	+0,65	454	
24.	NETO Lara Gomes 50m: 35.76 35.76	06	Aquatico Pacense 100m: 1:15.25 39.49	1:15.25	+0,70	447	
25.	PINTO Joana Filipa 50m: 36.96 36.96	06	Fluvial Portuense 100m: 1:15.53 38.57	1:15.53	+0,70	442	
26.	PINTO Mariana Alexandra 50m: 36.68 36.68	07	Braga 100m: 1:15.59 38.91	1:15.59	+0,79	441	
27.	SILVA Carolina Martins 50m: 37.59 37.59	07	Estarreja 100m: 1:16.12 38.53	1:16.12	+0,68	432	
28.	MARTINS Ana Miguel 50m: 37.82 37.82	06	Viana Natacao 100m: 1:17.57 39.75	1:17.57	+0,66	408	
29.	TEIXEIRA Mafalda Gomes 50m: 38.22 38.22	07	Porto 100m: 1:18.76 40.54	1:18.76	+0,70	390	
30.	GARRIDO Daniela Cruz 50m: 38.23 38.23	07	Academico Viseu 100m: 1:20.55 42.32	1:20.55	+0,72	365	
DSQ	VALENTE Maria Miguel <i>a atleta rompeu a superficie da �gua ap�s os 15 m ap�s a partida</i>	06	Estarreja				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 30	Masc., 50m Livres				Absolutos
30/05/2021 - 17:55					Resultados
RN 50 Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
RN 50 Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
RN 50 Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22/07/2007
RN 50 Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16/07/2004
RN 50 Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31/07/2003
RN 50 Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20/07/2017

TAC Sen20+ 50m: 24.66 - 25m: 24.04; Sen19 50m: 25.17 - 25m: 24.53; Jun18 50m: 25.30 - 25m: 24.66; Jun17 50m: 25.36 - 25m: 25.11;
Juv A 50m: 25.36 - 25m: 25.11; Juv B 50m: 25.36 - 25m: 25.11

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Absolutos							
1.	SCHILLING Leonardo	93	Porto	23.13	+0,68	738	
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	23.60	+0,65	695	
3.	FERNANDES Pedro Miguel	99	Famalicao	23.85	+0,71	673	
4.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	24.00	+0,65	661	
5.	NUNES Porfirio Braga	00	Porto	24.15	+0,67	649	
6.	LOURENCO Tiago Campos	02	Natacao de Valongo	24.40	+0,69	629	
7.	FRANCISCO Daniel Sebastiao	00	Porto	24.44	+0,64	626	
8.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	24.56	+0,68	617	
9.	FAUSTINO Matheus Costa	98	Braga	24.69	+0,67	607	
10.	REIS Rodrigo Miguel	04	Individual ANC	24.88	+0,63	593	
11.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	25.12	+0,61	576	
12.	SANTOS Rui Mamede	04	Uniao Coimbra	25.36	+0,70	560	
DNS	RIACHOS Frederico Sucena	98	Vitoria Guimaraes				

Seniores

1.	SCHILLING Leonardo	93	Porto	23.13	+0,68	738	
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	23.60	+0,65	695	
3.	FERNANDES Pedro Miguel	99	Famalicao	23.85	+0,71	673	
4.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	24.00	+0,65	661	
5.	NUNES Porfirio Braga	00	Porto	24.15	+0,67	649	
6.	LOURENCO Tiago Campos	02	Natacao de Valongo	24.40	+0,69	629	
7.	FRANCISCO Daniel Sebastiao	00	Porto	24.44	+0,64	626	
8.	FAUSTINO Matheus Costa	98	Braga	24.69	+0,67	607	
DNS	RIACHOS Frederico Sucena	98	Vitoria Guimaraes				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 31	Femin., 50m Livres				Absolutos
30/05/2021 - 18:00					Resultados
RN 50 Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
RN 50 Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
RN 50 Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05/02/2017
RN 50 Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10/04/2010
RN 50 Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05/04/2019
RN 50 Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31/05/2015

TAC Sen19+ 50m: 28.25 - 25m: 27.68; Sen18 50m: 28.71 - 25m: 28.16; Jun17 50m: 28.85 - 25m: 28.30; Jun16 50m: 29.03 - 25m: 28.50;
Juv A 50m: 29.03 - 25m: 28.50; Juv B 50m: 29.03 - 25m: 28.50

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis A

1.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	28.71	+0,59	560	
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Absolutos

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	26.29	+0,70	729	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.44	+0,61	717	
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	26.59	+0,65	705	
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	26.83	+0,69	686	
5.	CASTRO Adriana Daniela	97	Leixoes	27.17	+0,66	661	
6.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	27.29	+0,64	652	
	OLIVEIRA Rosa Maria	96	Porto	27.29	+0,71	652	
8.	FERREIRA Catarina Maria	98	Porto	27.49	+0,70	638	
9.	RODRIGUES Joana Francisca	04	Individual ANC	27.92	+0,71	609	
10.	TEJO Beatriz Costa	02	Academica de Coimbra	28.19	+0,64	591	
11.	SOARES Ana Beatriz	03	Feirense	28.42	+0,75	577	
12.	EIRA Maria Carolina	05	Ginasio de Vila Real	28.47	+0,72	574	
13.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	28.56	+0,58	569	
14.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	28.60	+0,68	566	
15.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	28.71	+0,59	560	
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	29.54	+0,74	514	

Seniores

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	26.29	+0,70	729	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.44	+0,61	717	
3.	PEGO Isabel Porfirio	01	Fluvial Portuense	26.83	+0,69	686	
4.	CASTRO Adriana Daniela	97	Leixoes	27.17	+0,66	661	
5.	OLIVEIRA Rosa Maria	96	Porto	27.29	+0,71	652	
6.	FERREIRA Catarina Maria	98	Porto	27.49	+0,70	638	
7.	TEJO Beatriz Costa	02	Academica de Coimbra	28.19	+0,64	591	
8.	SOARES Ana Beatriz	03	Feirense	28.42	+0,75	577	
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	29.54	+0,74	514	

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 32	Masc., 100m Bruços				Absolutos
30/05/2021 - 18:05					Resultados
RN 50 Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
RN 50 Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
RN 50 Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18/07/2009
RN 50 Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02/08/2008
RN 50 Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25/07/2019
RN 50 Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26/07/2018

TAC Sen20+ 50m: 1:08.49 - 25m: 1:05.66; Sen19 50m: 1:10.62 - 25m: 1:07.67; Jun18 50m: 1:10.97 - 25m: 1:08.01; Jun17 50m: 1:14.46 - 25m: 1:11.68; Juv A 50m: 1:16.38 - 25m: 1:14.16; Juv B 50m: 1:17.81 - 25m: 1:15.54

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	1:09.80	+0,73	541	
	50m: 32.93 32.93	100m: 1:09.80	36.87				
2.	FERNANDES Duarte Jose	06	Uniao Coimbra	1:11.20	+0,72	509	
	50m: 32.78 32.78	100m: 1:11.20	38.42				
3.	COSTA Tomas Mendes	06	Famalicao	1:11.85	+0,78	496	
	50m: 33.88 33.88	100m: 1:11.85	37.97				
4.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	1:11.88	+0,60	495	
	50m: 33.90 33.90	100m: 1:11.88	37.98				
5.	FERNANDES Leonardo Freitas	06	Famalicao	1:12.45	+0,75	483	
	50m: 33.78 33.78	100m: 1:12.45	38.67				
6.	JEVIC Milan Santos	06	Braga	1:14.01	+0,73	453	
	50m: 35.06 35.06	100m: 1:14.01	38.95				
7.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	1:17.45	+0,73	396	
	50m: 35.44 35.44	100m: 1:17.45	42.01				
8.	ROCHA Miguel Azevedo	06	Penafiel	1:23.76	+0,77	313	
	50m: 38.83 38.83	100m: 1:23.76	44.93				
DSQ	ZHUKOV Mark	06	Braga				
	<i>O atleta efetuou mais do que uma pernada de golfinho no percurso subaqu�tico ap�s a viragem dos 50m</i>						

Juvenis A

1.	SILVA Goncalo Manuel	05	Porto	1:10.34	+0,74	528	
	50m: 32.55 32.55	100m: 1:10.34	37.79				
2.	BARRETO Guilherme Pedro	05	Desportiva Limiana	1:11.22	+0,68	509	
	50m: 33.47 33.47	100m: 1:11.22	37.75				
3.	LAFUENTE Miguel Teixeira	05	Porto	1:11.31	+0,82	507	
	50m: 33.89 33.89	100m: 1:11.31	37.42				
4.	PIRES Andre Branco	05	Academico Viseu	1:12.20	+0,74	488	
	50m: 33.67 33.67	100m: 1:12.20	38.53				

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Prova 32, Masc., 100m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	ROCHA Rodrigo Manuel 50m: 33.63 33.63	05	Sporting de Espinho 100m: 1:12.58 38.95	1:12.58	+0,76	481	
6.	ROCHA Goncalo Queiroga 50m: 34.08 34.08	05	Braga 100m: 1:13.52 39.44	1:13.52	+0,78	463	
7.	CARVALHO Guilherme Jesus 50m: 34.37 34.37	05	Foca Quinta da Lixa CNF 100m: 1:13.84 39.47	1:13.84	+0,72	457	
8.	FONSECA Afonso Valente 50m: 34.56 34.56	05	Fluvial Portuense 100m: 1:16.20 41.64	1:16.20	+0,62	415	
9.	AMADO Afonso Miguel 50m: 35.69 35.69	05	Miranda do Corvo 100m: 1:16.78 41.09	1:16.78	+0,64	406	
10.	RIBEIRO Vasco Almeida 50m: 35.57 35.57	05	Colegio SMLamas 100m: 1:16.86 41.29	1:16.86	+0,79	405	
11.	FRANCISCO Tomas Jose 50m: 36.24 36.24	05	Miranda do Corvo 100m: 1:19.00 42.76	1:19.00	+0,74	373	
DSQ	FONSECA Gonçalo Monteiro <i>O atleta tocou apenas com uma m�o na viragem aos 50m</i>	05	Peso da Regua				

Juniores

1.	OLIVEIRA Joao Campelo 50m: 31.59 31.59	04	Famalicao 100m: 1:07.17 35.58	1:07.17	+0,68	607	
2.	CARVALHO Renato Miguel 50m: 32.47 32.47	03	Galitos / Bresimar 100m: 1:09.57 37.10	1:09.57	+0,64	546	
3.	NETO Rodrigo Jorge 50m: 31.92 31.92	03	Aquatico Pacense 100m: 1:09.64 37.72	1:09.64	+0,74	544	
4.	PEREIRA Diogo Guimaraes 50m: 32.27 32.27	03	Vitoria Guimaraes 100m: 1:09.67 37.40	1:09.67	+0,70	544	
5.	AFONSO Francisco Lopes 50m: 31.89 31.89	03	Ginasio de Vila Real 100m: 1:09.88 37.99	1:09.88	+0,67	539	
6.	MOREIRA Joao Pedro 50m: 31.90 31.90	04	Colegio Efanor 100m: 1:09.96 38.06	1:09.96	+0,69	537	
7.	SILVA Goncalo Oliveira 50m: 35.93 35.93	04	Foca Quinta da Lixa CNF 100m: 1:18.17 42.24	1:18.17	+0,69	385	
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 32, Masc., 100m Bruços

Absolutos

1.	SIMOES Rafael Gomes	00	Braga	1:04.72	+0,76	678
	50m: 30.12 30.12	100m: 1:04.72	34.60			
2.	MOURA Andre Magalhaes	98	Academico Viseu	1:05.03	+0,64	669
	50m: 30.26 30.26	100m: 1:05.03	34.77			
3.	SILVA Florian da	01	Porto	1:05.45	+0,66	656
	50m: 30.54 30.54	100m: 1:05.45	34.91			
4.	OLIVEIRA Joao Campelo	04	Famalicao	1:07.17	+0,68	607
	50m: 31.59 31.59	100m: 1:07.17	35.58			
5.	CARVALHO Renato Miguel	03	Galitos / Bresimar	1:09.57	+0,64	546
	50m: 32.47 32.47	100m: 1:09.57	37.10			
6.	NETO Rodrigo Jorge	03	Aquatico Pacense	1:09.64	+0,74	544
	50m: 31.92 31.92	100m: 1:09.64	37.72			
7.	PEREIRA Diogo Guimaraes	03	Vitoria Guimaraes	1:09.67	+0,70	544
	50m: 32.27 32.27	100m: 1:09.67	37.40			
8.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	1:09.80	+0,73	541
	50m: 32.93 32.93	100m: 1:09.80	36.87			
9.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	1:09.88	+0,67	539
	50m: 31.89 31.89	100m: 1:09.88	37.99			
10.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	1:09.94	+0,68	537
	50m: 32.40 32.40	100m: 1:09.94	37.54			
11.	MOREIRA Joao Pedro	04	Colegio Efanor	1:09.96	+0,69	537
	50m: 31.90 31.90	100m: 1:09.96	38.06			
12.	SILVA Goncalo Manuel	05	Porto	1:10.34	+0,74	528
	50m: 32.55 32.55	100m: 1:10.34	37.79			
13.	ARAUJO Sergio Daniel	02	Naval Povoense	1:11.17	+0,66	510
	50m: 32.86 32.86	100m: 1:11.17	38.31			
14.	FERNANDES Duarte Jose	06	Uniao Coimbra	1:11.20	+0,72	509
	50m: 32.78 32.78	100m: 1:11.20	38.42			
15.	BARRETO Guilherme Pedro	05	Desportiva Limiana	1:11.22	+0,68	509
	50m: 33.47 33.47	100m: 1:11.22	37.75			
16.	LAFUENTE Miguel Teixeira	05	Porto	1:11.31	+0,82	507
	50m: 33.89 33.89	100m: 1:11.31	37.42			
17.	AMORIM Alexandre Ferreira	99	Leixoes	1:11.43	+0,66	504
	50m: 29.10 29.10	100m: 1:11.43	42.33			
18.	COSTA Tomas Mendes	06	Famalicao	1:11.85	+0,78	496
	50m: 33.88 33.88	100m: 1:11.85	37.97			
19.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedens�	1:11.88	+0,60	495
	50m: 33.90 33.90	100m: 1:11.88	37.98			

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 32, Masc., 100m Bru os, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	PIRES Andre Branco 50m: 33.67 33.67	05	Academico Viseu	1:12.20 38.53	+0,74	488	
21.	FERNANDES Leonardo Freitas 50m: 33.78 33.78	06	Famalicao	1:12.45 38.67	+0,75	483	
22.	ROCHA Rodrigo Manuel 50m: 33.63 33.63	05	Sporting de Espinho	1:12.58 38.95	+0,76	481	
23.	ROCHA Goncalo Queiroga 50m: 34.08 34.08	05	Braga	1:13.52 39.44	+0,78	463	
24.	CARVALHO Guilherme Jesus 50m: 34.37 34.37	05	Foca Quinta da Lixa CNF	1:13.84 39.47	+0,72	457	
25.	JEVIC Milan Santos 50m: 35.06 35.06	06	Braga	1:14.01 38.95	+0,73	453	
26.	FONSECA Afonso Valente 50m: 34.56 34.56	05	Fluvial Portuense	1:16.20 41.64	+0,62	415	
27.	AMADO Afonso Miguel 50m: 35.69 35.69	05	Miranda do Corvo	1:16.78 41.09	+0,64	406	
28.	RIBEIRO Vasco Almeida 50m: 35.57 35.57	05	Colegio SMLamas	1:16.86 41.29	+0,79	405	
29.	TAVARES Daniel Batista 50m: 35.44 35.44	06	Bombeiros Mealhada/ CA	1:17.45 42.01	+0,73	396	
30.	SILVA Goncalo Oliveira 50m: 35.93 35.93	04	Foca Quinta da Lixa CNF	1:18.17 42.24	+0,69	385	
31.	FRANCISCO Tomas Jose 50m: 36.24 36.24	05	Miranda do Corvo	1:19.00 42.76	+0,74	373	
32.	ROCHA Miguel Azevedo 50m: 38.83 38.83	06	Penafiel	1:23.76 44.93	+0,77	313	
DSQ	ZHUKOV Mark <i>O atleta efetuou mais do que uma pernada de golfinho no percurso subaqu�tico ap�s a viragem dos 50m</i>	06	Braga				
DSQ	FONSECA Gon�alo Monteiro <i>O atleta tocou apenas com uma m�o na viragem aos 50m</i>	05	Peso da Regua				
DNS	ALMEIDA Francisco Ferreira	04	Sporting de Espinho				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 33	Femin., 100m Bru�os					Absolutos
30/05/2021 - 18:15						Resultados
RN 50 Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31/05/2015	
RN 50 Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31/05/2015	
RN 50 Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31/03/2017	
RN 50 Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17/07/2005	
RN 50 Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31/05/2009	
RN 50 Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29/07/2010	

TAC Sen19+ 50m: 1:17.95 - 25m: 1:15.41; Sen18 50m: 1:20.11 - 25m: 1:17.61; Jun17 50m: 1:20.51 - 25m: 1:20.47; Jun16 50m: 1:23.43 - 25m: 1:20.47; Juv A 50m: 1:25.48 - 25m: 1:22.99; Juv B 50m: 1:27.10 - 25m: 1:24.57

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	LEAL Matilde Barros	07	Aquatico Pacense	1:18.75	+0,77	540	
	50m: 37.62 37.62	100m: 1:18.75	41.13				
2.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	1:20.88	+0,70	498	
	50m: 38.07 38.07	100m: 1:20.88	42.81				
3.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	1:21.06	+0,79	495	
	50m: 38.33 38.33	100m: 1:21.06	42.73				
4.	GOMES Barbara Sofia	07	Leixoes	1:21.13	+0,72	493	
	50m: 38.11 38.11	100m: 1:21.13	43.02				
5.	CUNHA Beatriz Teixeira	07	Leixoes	1:21.99	+0,85	478	
	50m: 37.83 37.83	100m: 1:21.99	44.16				
6.	PEREIRA Beatriz Azevedo	07	Colegio SMLamas	1:22.76	+0,79	465	
	50m: 38.32 38.32	100m: 1:22.76	44.44				
7.	FIGUEIRA Madalena Almeida	07	Academico Viseu	1:24.53	+0,67	436	
	50m: 39.00 39.00	100m: 1:24.53	45.53				
8.	PINA Laura Almeida	07	O Crasto	1:25.08	+0,85	428	
	50m: 39.47 39.47	100m: 1:25.08	45.61				
9.	PINTO Margarida Vieira	07	Braga	1:25.76	+0,85	418	
	50m: 40.25 40.25	100m: 1:25.76	45.51				
10.	TEIXEIRA Joana Navega	07	Fluvial Portuense	1:25.97	+0,59	415	
	50m: 40.54 40.54	100m: 1:25.97	45.43				
11.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	1:26.90	+0,88	401	
	50m: 42.13 42.13	100m: 1:26.90	44.77				
12.	NUNES Noa Pinho	07	Sporting de Aveiro	1:27.88	+0,81	388	
	50m: 41.00 41.00	100m: 1:27.88	46.88				
13.	TAVARES Rita Lopes	07	Feirense	1:28.28	+0,76	383	
	50m: 40.71 40.71	100m: 1:28.28	47.57				
14.	CARRILHO Luana Alexandra	07	Academico Viseu	1:29.11	+0,72	372	
	50m: 41.17 41.17	100m: 1:29.11	47.94				

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Prova 33, Femin., 100m Bruços

Juvenis A

1.	JESUS Mariana Teixeira	06	Estarreja	1:17.91	+0,72	557
	50m: 36.57 36.57	100m: 1:17.91	41.34			
2.	SILVA Maria Seixeira	06	Viana Natacao	1:19.17	+0,80	531
	50m: 37.37 37.37	100m: 1:19.17	41.80			
3.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:19.99	+0,77	515
	50m: 37.47 37.47	100m: 1:19.99	42.52			
4.	REBELO Mariana Cunha	06	Natacao de Vagos	1:21.15	+0,88	493
	50m: 39.03 39.03	100m: 1:21.15	42.12			
5.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	1:21.89	+0,77	480
	50m: 38.93 38.93	100m: 1:21.89	42.96			
6.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	1:23.80	+0,66	448
	50m: 40.29 40.29	100m: 1:23.80	43.51			
7.	COSTA Francisca Vila	06	Viana Natacao	1:24.42	+0,89	438
	50m: 39.47 39.47	100m: 1:24.42	44.95			
8.	NETO Lara Gomes	06	Aquatico Pacense	1:25.17	+0,92	426
	50m: 40.15 40.15	100m: 1:25.17	45.02			
9.	FERREIRA Matilde Batista	06	Fundacao Beatriz Santos	1:25.51	+0,76	421
	50m: 39.32 39.32	100m: 1:25.51	46.19			
10.	CUNHA Margarida Pinto	06	Sanjoanense/FEPSA	1:27.03	+0,77	400
	50m: 40.49 40.49	100m: 1:27.03	46.54			
11.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	1:27.61	+0,78	392
	50m: 40.47 40.47	100m: 1:27.61	47.14			

Juniores

1.	RIBEIRO Maria Joao	05	Colegio SMLamas	1:19.48	+0,77	525
	50m: 36.77 36.77	100m: 1:19.48	42.71			
2.	ALMEIDA Ana Rita	05	Campinho	1:19.67	+0,68	521
	50m: 36.44 36.44	100m: 1:19.67	43.23			
3.	LOPES Margarida Santos	04	Estarreja	1:20.17	+0,62	511
	50m: 37.05 37.05	100m: 1:20.17	43.12			
4.	LAMAS Maria Caetano	04	Miranda do Corvo	1:20.51	+0,83	505
	50m: 37.36 37.36	100m: 1:20.51	43.15			
5.	PEREIRA Carolina Rei	05	Natacao de Vagos	1:20.81	+0,72	499
	50m: 36.95 36.95	100m: 1:20.81	43.86			
6.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	1:22.02	+0,65	477
	50m: 38.02 38.02	100m: 1:22.02	44.00			
7.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:23.10	+0,71	459
	50m: 39.76 39.76	100m: 1:23.10	43.34			

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Prova 33, Femin., 100m Bru os

Absolutos

1.	CASTRO Maria Freitas	03	Vitoria Guimaraes	1:14.22	+0,71	645
	50m: 35.51 35.51	100m: 1:14.22	38.71			
2.	FIAL Sofia Nunes	03	Estamos Juntos	1:14.89	+0,81	627
	50m: 35.78 35.78	100m: 1:14.89	39.11			
3.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	1:16.29	+0,77	593
	50m: 35.87 35.87	100m: 1:16.29	40.42			
4.	JESUS Mariana Teixeira	06	Estarreja	1:17.91	+0,72	557
	50m: 36.57 36.57	100m: 1:17.91	41.34			
5.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	1:18.03	+0,57	555
	50m: 35.96 35.96	100m: 1:18.03	42.07			
6.	MAIA Joana Marques	91	Braga	1:18.28	+0,80	549
	50m: 36.74 36.74	100m: 1:18.28	41.54			
7.	LEAL Matilde Barros	07	Aquatico Pacense	1:18.75	+0,77	540
	50m: 37.62 37.62	100m: 1:18.75	41.13			
8.	SILVA Maria Seixeira	06	Viana Natacao	1:19.17	+0,80	531
	50m: 37.37 37.37	100m: 1:19.17	41.80			
9.	DOMINGUES Matilde Mota	03	Colegio Efanor	1:19.27	+0,66	529
	50m: 37.16 37.16	100m: 1:19.27	42.11			
10.	RIBEIRO Maria Joao	05	Colegio SMLamas	1:19.48	+0,77	525
	50m: 36.77 36.77	100m: 1:19.48	42.71			
11.	ALMEIDA Ana Rita	05	Campinho	1:19.67	+0,68	521
	50m: 36.44 36.44	100m: 1:19.67	43.23			
12.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:19.99	+0,77	515
	50m: 37.47 37.47	100m: 1:19.99	42.52			
13.	LOPES Margarida Santos	04	Estarreja	1:20.17	+0,62	511
	50m: 37.05 37.05	100m: 1:20.17	43.12			
14.	LAMAS Maria Caetano	04	Miranda do Corvo	1:20.51	+0,83	505
	50m: 37.36 37.36	100m: 1:20.51	43.15			
15.	PEREIRA Carolina Rei	05	Natacao de Vagos	1:20.81	+0,72	499
	50m: 36.95 36.95	100m: 1:20.81	43.86			
16.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	1:20.88	+0,70	498
	50m: 38.07 38.07	100m: 1:20.88	42.81			
17.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	1:21.06	+0,79	495
	50m: 38.33 38.33	100m: 1:21.06	42.73			
18.	GOMES Barbara Sofia	07	Leixoes	1:21.13	+0,72	493
	50m: 38.11 38.11	100m: 1:21.13	43.02			
19.	REBELO Mariana Cunha	06	Natacao de Vagos	1:21.15	+0,88	493
	50m: 39.03 39.03	100m: 1:21.15	42.12			

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Prova 33, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	CARDOSO Eduarda Oliveira 50m: 38.93 38.93 100m: 1:21.89	06	Estamos Juntos 42.96	1:21.89	+0,77	480	
21.	CUNHA Beatriz Teixeira 50m: 37.83 37.83 100m: 1:21.99	07	Leixoes 44.16	1:21.99	+0,85	478	
22.	VASCONCELOS Lara Rodrigues 50m: 38.02 38.02 100m: 1:22.02	05	Galitos / Bresimar 44.00	1:22.02	+0,65	477	
23.	PEREIRA Beatriz Azevedo 50m: 38.32 38.32 100m: 1:22.76	07	Colegio SMLamas 44.44	1:22.76	+0,79	465	
24.	ALMEIDA Maria Carolina 50m: 39.76 39.76 100m: 1:23.10	05	Galitos / Bresimar 43.34	1:23.10	+0,71	459	
25.	GASPAR Beatriz Andre 50m: 40.29 40.29 100m: 1:23.80	06	Fundacao Beatriz Santos 43.51	1:23.80	+0,66	448	
26.	COSTA Francisca Vila 50m: 39.47 39.47 100m: 1:24.42	06	Viana Natacao 44.95	1:24.42	+0,89	438	
27.	FIGUEIRA Madalena Almeida 50m: 39.00 39.00 100m: 1:24.53	07	Academico Viseu 45.53	1:24.53	+0,67	436	
28.	PINA Laura Almeida 50m: 39.47 39.47 100m: 1:25.08	07	O Crasto 45.61	1:25.08	+0,85	428	
29.	NETO Lara Gomes 50m: 40.15 40.15 100m: 1:25.17	06	Aquatico Pacense 45.02	1:25.17	+0,92	426	
30.	FERREIRA Matilde Batista 50m: 39.32 39.32 100m: 1:25.51	06	Fundacao Beatriz Santos 46.19	1:25.51	+0,76	421	
31.	PINTO Margarida Vieira 50m: 40.25 40.25 100m: 1:25.76	07	Braga 45.51	1:25.76	+0,85	418	
32.	TEIXEIRA Joana Navega 50m: 40.54 40.54 100m: 1:25.97	07	Fluvial Portuense 45.43	1:25.97	+0,59	415	
33.	SIMOES Dania Rodrigues 50m: 42.13 42.13 100m: 1:26.90	07	Louzan Natacao/EFAPEL 44.77	1:26.90	+0,88	401	
34.	CUNHA Margarida Pinto 50m: 40.49 40.49 100m: 1:27.03	06	Sanjoanense/FEPSA 46.54	1:27.03	+0,77	400	
35.	NOVAIS Regina Correia 50m: 40.47 40.47 100m: 1:27.61	06	Foca Quinta da Lixa CNF 47.14	1:27.61	+0,78	392	
36.	NUNES Noa Pinho 50m: 41.00 41.00 100m: 1:27.88	07	Sporting de Aveiro 46.88	1:27.88	+0,81	388	
37.	TAVARES Rita Lopes 50m: 40.71 40.71 100m: 1:28.28	07	Feirense 47.57	1:28.28	+0,76	383	
38.	CARRILHO Luana Alexandra 50m: 41.17 41.17 100m: 1:29.11	07	Academico Viseu 47.94	1:29.11	+0,72	372	

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Prova 33, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Prova 34

Masc., 400m Estilos

Absolutos

30/05/2021 - 18:25

Resultados

RN 50 Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN 50 Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN 50 Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
RN 50 Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015
RN 50 Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
RN 50 Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013

TAC Sen20+ 50m: 4:46.41 - 25m: 4:37.73; Sen19 50m: 4:55.13 - 25m: 4:45.22; Jun18 50m: 4:56.61 - 25m: 4:46.65; Jun17 50m: 5:06.61 - 25m: 4:55.34; Juv A 50m: 5:19.36 - 25m: 5:13.10; Juv B 50m: 5:25.33 - 25m: 5:18.95

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	ZHUKOV Mark	06	Braga	4:55.98	+0,75	559	
	50m: 30.47 30.47	150m: 1:44.96	38.36	250m: 3:05.07	42.78	350m: 4:21.91	34.15
	100m: 1:06.60 36.13	200m: 2:22.29	37.33	300m: 3:47.76	42.69	400m: 4:55.98	34.07
2.	JEVIC Milan Santos	06	Braga	5:03.53	+0,75	518	
	50m: 32.13 32.13	150m: 1:51.00	41.22	250m: 3:12.19	41.20	350m: 4:30.47	35.99
	100m: 1:09.78 37.65	200m: 2:30.99	39.99	300m: 3:54.48	42.29	400m: 5:03.53	33.06
3.	SANTOS Rui Miguel	06	Famalicao	5:05.05	+0,77	510	
	50m: 30.25 30.25	150m: 1:49.45	42.80	250m: 3:14.01	44.20	350m: 4:32.80	34.79
	100m: 1:06.65 36.40	200m: 2:29.81	40.36	300m: 3:58.01	44.00	400m: 5:05.05	32.25
4.	FERNANDES Duarte Jose	06	Uniao Coimbra	5:06.12	+0,68	505	
	50m: 30.57 30.57	150m: 1:51.38	43.01	250m: 3:12.92	40.18	350m: 4:31.30	36.23
	100m: 1:08.37 37.80	200m: 2:32.74	41.36	300m: 3:55.07	42.15	400m: 5:06.12	34.82
5.	RAMOS Gustavo Gomes	06	Porto	5:14.92	+0,74	464	
	50m: 31.95 31.95	150m: 1:51.68	41.60	250m: 3:18.47	46.95	350m: 4:41.21	34.92
	100m: 1:10.08 38.13	200m: 2:31.52	39.84	300m: 4:06.29	47.82	400m: 5:14.92	33.71
6.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:18.28	+0,85	449	
	50m: 33.16 33.16	150m: 1:51.61	39.68	250m: 3:19.43	47.65	350m: 4:43.51	35.54
	100m: 1:11.93 38.77	200m: 2:31.78	40.17	300m: 4:07.97	48.54	400m: 5:18.28	34.77
7.	PIRES Gustavo Teixeira	06	Columbofila Cantanhedense	5:21.43	+0,64	436	
	50m: 32.54 32.54	150m: 1:53.05	43.54	250m: 3:21.77	46.74	350m: 4:45.47	36.80
	100m: 1:09.51 36.97	200m: 2:35.03	41.98	300m: 4:08.67	46.90	400m: 5:21.43	35.96
8.	PEREIRA Pedro Santos	06	Leixoes	5:24.47	+0,76	424	
	50m: 31.33 31.33	150m: 1:52.17	41.81	250m: 3:21.31	48.28	350m: 4:47.35	37.91
	100m: 1:10.36 39.03	200m: 2:33.03	40.86	300m: 4:09.44	48.13	400m: 5:24.47	37.12
9.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	5:25.77	+0,88	419	
	50m: 32.24 32.24	150m: 1:53.81	43.40	250m: 3:20.86	45.34	350m: 4:46.82	40.08
	100m: 1:10.41 38.17	200m: 2:35.52	41.71	300m: 4:06.74	45.88	400m: 5:25.77	38.95

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
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Prova 34, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	5:25.81	+0,95	419	
	50m: 31.76 31.76	150m: 1:51.55	41.87	250m: 3:21.18	48.76	350m: 4:49.02	38.02
	100m: 1:09.68 37.92	200m: 2:32.42	40.87	300m: 4:11.00	49.82	400m: 5:25.81	36.79
DSQ	FARIA Eduardo Nuno	06	Braga				
	<i>o atleta tocou apenas com uma m�o aos 300 m</i>						
DSQ	PEREIRA Rodrigo Ferreira	06	Famalicao				
	<i>Falsa Partida</i>						
DNS	NEVES Diogo Cura	06	Condeixa Clube				

Juvenis A

1.	SILVA Afonso Carvalho	05	Famalicao	4:45.47	+0,68	623	
	50m: 29.42 29.42	150m: 1:42.43	38.35	250m: 2:59.11	39.10	350m: 4:12.56	33.05
	100m: 1:04.08 34.66	200m: 2:20.01	37.58	300m: 3:39.51	40.40	400m: 4:45.47	32.91
2.	SOUSA Joao Maria	05	Braga	4:57.43	+0,80	551	
	50m: 30.27 30.27	150m: 1:43.31	37.55	250m: 3:06.46	45.10	350m: 4:24.56	33.37
	100m: 1:05.76 35.49	200m: 2:21.36	38.05	300m: 3:51.19	44.73	400m: 4:57.43	32.87
3.	REMELHE Joao Anibal	05	Braga	5:03.69	+0,81	517	
	50m: 29.75 29.75	150m: 1:46.03	39.51	250m: 3:09.35	44.12	350m: 4:30.60	35.27
	100m: 1:06.52 36.77	200m: 2:25.23	39.20	300m: 3:55.33	45.98	400m: 5:03.69	33.09
4.	FRANCISCO Tomas Jose	05	Miranda do Corvo	5:13.02	+0,77	472	
	50m: 31.82 31.82	150m: 1:52.43	42.25	250m: 3:15.90	43.46	350m: 4:37.01	36.85
	100m: 1:10.18 38.36	200m: 2:32.44	40.01	300m: 4:00.16	44.26	400m: 5:13.02	36.01
5.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	5:13.55	+0,76	470	
	50m: 31.04 31.04	150m: 1:49.29	41.72	250m: 3:14.98	44.66	350m: 4:37.76	36.98
	100m: 1:07.57 36.53	200m: 2:30.32	41.03	300m: 4:00.78	45.80	400m: 5:13.55	35.79
6.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	5:13.65	+0,79	469	
	50m: 30.50 30.50	150m: 1:49.13	41.05	250m: 3:14.93	46.51	350m: 4:38.30	36.39
	100m: 1:08.08 37.58	200m: 2:28.42	39.29	300m: 4:01.91	46.98	400m: 5:13.65	35.35
7.	NETO Vasco Goncalves	05	Porto	5:14.83	+0,71	464	
	50m: 32.03 32.03	150m: 1:53.00	42.40	250m: 3:20.56	47.15	350m: 4:42.82	33.58
	100m: 1:10.60 38.57	200m: 2:33.41	40.41	300m: 4:09.24	48.68	400m: 5:14.83	32.01
8.	DIAS Pedro Anselmo	05	Academico Viseu	5:15.61	+0,80	461	
	50m: 33.21 33.21	150m: 1:52.28	40.49	250m: 3:19.67	47.84	350m: 4:42.15	36.80
	100m: 1:11.79 38.58	200m: 2:31.83	39.55	300m: 4:05.35	45.68	400m: 5:15.61	33.46
9.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	5:18.81	+0,77	447	
	50m: 31.70 31.70	150m: 1:51.97	42.72	250m: 3:19.65	46.08	350m: 4:43.23	36.46
	100m: 1:09.25 37.55	200m: 2:33.57	41.60	300m: 4:06.77	47.12	400m: 5:18.81	35.58
10.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	5:19.07	+0,76	446	
	50m: 32.01 32.01	150m: 1:53.38	43.97	250m: 3:22.62	47.28	350m: 4:45.07	35.79
	100m: 1:09.41 37.40	200m: 2:35.34	41.96	300m: 4:09.28	46.66	400m: 5:19.07	34.00

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 34, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	ROCHA Jose Miguel	05	Columbofila Cantanhedense	5:21.02	+0,68	438	
	50m: 31.26 31.26	150m: 1:50.16	42.38	250m: 3:19.25	48.20	350m: 4:45.33	36.75
	100m: 1:07.78 36.52	200m: 2:31.05	40.89	300m: 4:08.58	49.33	400m: 5:21.02	35.69
12.	MOUTELA Dinis Amorim	05	Estarreja	5:21.56	+0,77	436	
	50m: 31.91 31.91	150m: 1:53.84	44.37	250m: 3:22.81	46.89	350m: 4:46.80	37.48
	100m: 1:09.47 37.56	200m: 2:35.92	42.08	300m: 4:09.32	46.51	400m: 5:21.56	34.76
DSQ	RABECA Ivan Manuel	05	Desportiva de Viana				
	<i>O atleta efetuou toque alternado de m�os na viragem aos 250 m</i>						
DSQ	MAGALHAES Andre Lima	05	Porto				
	<i>na viragem aos 100 m o atleta realizou toque alternado</i>						

Juniores

1.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:38.98	+0,80	667	
	50m: 29.01 29.01	150m: 1:38.66	36.53	250m: 2:55.95	41.47	350m: 4:08.80	33.20
	100m: 1:02.13 33.12	200m: 2:14.48	35.82	300m: 3:35.60	39.65	400m: 4:38.98	30.18
2.	MARQUES Gustavo Pires	04	Individual ANC	4:41.32	+0,73	651	
	50m: 28.92 28.92	150m: 1:38.09	35.63	250m: 2:56.01	42.03	350m: 4:10.28	32.09
	100m: 1:02.46 33.54	200m: 2:13.98	35.89	300m: 3:38.19	42.18	400m: 4:41.32	31.04
3.	APSENIECE Kevins Alexandre	04	Porto	4:45.83	+0,70	620	
	50m: 28.55 28.55	150m: 1:39.49	37.67	250m: 2:58.25	42.27	350m: 4:13.79	33.20
	100m: 1:01.82 33.27	200m: 2:15.98	36.49	300m: 3:40.59	42.34	400m: 4:45.83	32.04
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:49.58	+0,67	597	
	50m: 29.65 29.65	150m: 1:42.38	37.80	250m: 3:00.63	41.54	350m: 4:16.65	34.50
	100m: 1:04.58 34.93	200m: 2:19.09	36.71	300m: 3:42.15	41.52	400m: 4:49.58	32.93
5.	BORGES David Costa	04	Fluvial Portuense	4:53.20	+0,60	575	
	50m: 28.66 28.66	150m: 1:42.05	39.85	250m: 3:03.93	41.90	350m: 4:20.76	34.03
	100m: 1:02.20 33.54	200m: 2:22.03	39.98	300m: 3:46.73	42.80	400m: 4:53.20	32.44
6.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	4:58.13	+0,72	547	
	50m: 28.87 28.87	150m: 1:42.32	38.61	250m: 3:03.97	43.64	350m: 4:24.02	35.86
	100m: 1:03.71 34.84	200m: 2:20.33	38.01	300m: 3:48.16	44.19	400m: 4:58.13	34.11
7.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	4:58.22	+0,78	546	
	50m: 29.73 29.73	150m: 1:41.87	39.13	250m: 3:06.07	44.84	350m: 4:25.93	35.41
	100m: 1:02.74 33.01	200m: 2:21.23	39.36	300m: 3:50.52	44.45	400m: 4:58.22	32.29
8.	CRUZ David Miguel	04	Braga	4:58.45	+0,69	545	
	50m: 29.69 29.69	150m: 1:45.95	41.01	250m: 3:08.20	42.27	350m: 4:25.39	34.46
	100m: 1:04.94 35.25	200m: 2:25.93	39.98	300m: 3:50.93	42.73	400m: 4:58.45	33.06
9.	NEAGU Tiberius Sebastian	04	Academico Viseu	4:59.11	+0,82	541	
	50m: 30.33 30.33	150m: 1:47.01	40.59	250m: 3:09.41	42.21	350m: 4:26.93	34.67
	100m: 1:06.42 36.09	200m: 2:27.20	40.19	300m: 3:52.26	42.85	400m: 4:59.11	32.18
10.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	5:00.06	+0,70	536	
	50m: 29.36 29.36	150m: 1:43.90	38.97	250m: 3:06.50	44.35	350m: 4:27.27	35.25
	100m: 1:04.93 35.57	200m: 2:22.15	38.25	300m: 3:52.02	45.52	400m: 5:00.06	32.79

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 34, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	5:01.58	+0,73	528	
	50m: 29.74 29.74	150m: 1:46.32	41.23	250m: 3:09.52	42.55	350m: 4:28.47	35.81
	100m: 1:05.09 35.35	200m: 2:26.97	40.65	300m: 3:52.66	43.14	400m: 5:01.58	33.11
12.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	5:04.72	+0,69	512	
	50m: 30.42 30.42	150m: 1:44.74	38.67	250m: 3:08.33	44.95	350m: 4:29.33	35.24
	100m: 1:06.07 35.65	200m: 2:23.38	38.64	300m: 3:54.09	45.76	400m: 5:04.72	35.39

Absolutos

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:29.21	+0,69	743	
	50m: 27.61 27.61	150m: 1:34.55	35.09	250m: 2:47.82	37.83	350m: 3:58.16	32.28
	100m: 59.46 31.85	200m: 2:09.99	35.44	300m: 3:25.88	38.06	400m: 4:29.21	31.05
2.	SILVA Tomas Antonio	01	Porto	4:32.27	+0,63	718	
	50m: 27.81 27.81	150m: 1:36.10	35.38	250m: 2:51.97	39.77	350m: 4:01.83	31.78
	100m: 1:00.72 32.91	200m: 2:12.20	36.10	300m: 3:30.05	38.08	400m: 4:32.27	30.44
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:33.25	+0,70	710	
	50m: 28.24 28.24	150m: 1:35.39	35.17	250m: 2:49.43	38.51	350m: 4:01.79	32.42
	100m: 1:00.22 31.98	200m: 2:10.92	35.53	300m: 3:29.37	39.94	400m: 4:33.25	31.46
4.	SAMPAIO Jose Pedro	98	Porto	4:38.92	+0,71	668	
	50m: 28.24 28.24	150m: 1:37.57	36.16	250m: 2:54.59	40.66	350m: 4:08.88	32.71
	100m: 1:01.41 33.17	200m: 2:13.93	36.36	300m: 3:36.17	41.58	400m: 4:38.92	30.04
5.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:38.98	+0,80	667	
	50m: 29.01 29.01	150m: 1:38.66	36.53	250m: 2:55.95	41.47	350m: 4:08.80	33.20
	100m: 1:02.13 33.12	200m: 2:14.48	35.82	300m: 3:35.60	39.65	400m: 4:38.98	30.18
6.	MARQUES Gustavo Pires	04	Individual ANC	4:41.32	+0,73	651	
	50m: 28.92 28.92	150m: 1:38.09	35.63	250m: 2:56.01	42.03	350m: 4:10.28	32.09
	100m: 1:02.46 33.54	200m: 2:13.98	35.89	300m: 3:38.19	42.18	400m: 4:41.32	31.04
7.	SILVA Afonso Carvalho	05	Famalicao	4:45.47	+0,68	623	
	50m: 29.42 29.42	150m: 1:42.43	38.35	250m: 2:59.11	39.10	350m: 4:12.56	33.05
	100m: 1:04.08 34.66	200m: 2:20.01	37.58	300m: 3:39.51	40.40	400m: 4:45.47	32.91
8.	APSENIECE Kevins Alexandre	04	Porto	4:45.83	+0,70	620	
	50m: 28.55 28.55	150m: 1:39.49	37.67	250m: 2:58.25	42.27	350m: 4:13.79	33.20
	100m: 1:01.82 33.27	200m: 2:15.98	36.49	300m: 3:40.59	42.34	400m: 4:45.83	32.04
9.	SILVA Henrique Gomes	02	Estamos Juntos	4:48.12	+0,67	606	
	50m: 29.11 29.11	150m: 1:40.34	37.25	250m: 2:59.38	42.41	350m: 4:15.34	34.01
	100m: 1:03.09 33.98	200m: 2:16.97	36.63	300m: 3:41.33	41.95	400m: 4:48.12	32.78
10.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:49.58	+0,67	597	
	50m: 29.65 29.65	150m: 1:42.38	37.80	250m: 3:00.63	41.54	350m: 4:16.65	34.50
	100m: 1:04.58 34.93	200m: 2:19.09	36.71	300m: 3:42.15	41.52	400m: 4:49.58	32.93
11.	BORGES David Costa	04	Fluvial Portuense	4:53.20	+0,60	575	
	50m: 28.66 28.66	150m: 1:42.05	39.85	250m: 3:03.93	41.90	350m: 4:20.76	34.03
	100m: 1:02.20 33.54	200m: 2:22.03	39.98	300m: 3:46.73	42.80	400m: 4:53.20	32.44

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 34, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	ALVES Nuno Rafael	90	Aquatico Pacense	4:54.33	+0,80	568	
	50m: 29.21 29.21	150m: 1:43.36	39.92	250m: 3:03.27	40.22	350m: 4:19.31	34.56
	100m: 1:03.44 34.23	200m: 2:23.05	39.69	300m: 3:44.75	41.48	400m: 4:54.33	35.02
13.	ZHUKOV Mark	06	Braga	4:55.98	+0,75	559	
	50m: 30.47 30.47	150m: 1:44.96	38.36	250m: 3:05.07	42.78	350m: 4:21.91	34.15
	100m: 1:06.60 36.13	200m: 2:22.29	37.33	300m: 3:47.76	42.69	400m: 4:55.98	34.07
14.	SOUSA Joao Maria	05	Braga	4:57.43	+0,80	551	
	50m: 30.27 30.27	150m: 1:43.31	37.55	250m: 3:06.46	45.10	350m: 4:24.56	33.37
	100m: 1:05.76 35.49	200m: 2:21.36	38.05	300m: 3:51.19	44.73	400m: 4:57.43	32.87
15.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	4:58.13	+0,72	547	
	50m: 28.87 28.87	150m: 1:42.32	38.61	250m: 3:03.97	43.64	350m: 4:24.02	35.86
	100m: 1:03.71 34.84	200m: 2:20.33	38.01	300m: 3:48.16	44.19	400m: 4:58.13	34.11
16.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	4:58.22	+0,78	546	
	50m: 29.73 29.73	150m: 1:41.87	39.13	250m: 3:06.07	44.84	350m: 4:25.93	35.41
	100m: 1:02.74 33.01	200m: 2:21.23	39.36	300m: 3:50.52	44.45	400m: 4:58.22	32.29
17.	CRUZ David Miguel	04	Braga	4:58.45	+0,69	545	
	50m: 29.69 29.69	150m: 1:45.95	41.01	250m: 3:08.20	42.27	350m: 4:25.39	34.46
	100m: 1:04.94 35.25	200m: 2:25.93	39.98	300m: 3:50.93	42.73	400m: 4:58.45	33.06
18.	NEAGU Tiberius Sebastian	04	Academico Viseu	4:59.11	+0,82	541	
	50m: 30.33 30.33	150m: 1:47.01	40.59	250m: 3:09.41	42.21	350m: 4:26.93	34.67
	100m: 1:06.42 36.09	200m: 2:27.20	40.19	300m: 3:52.26	42.85	400m: 4:59.11	32.18
19.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	5:00.06	+0,70	536	
	50m: 29.36 29.36	150m: 1:43.90	38.97	250m: 3:06.50	44.35	350m: 4:27.27	35.25
	100m: 1:04.93 35.57	200m: 2:22.15	38.25	300m: 3:52.02	45.52	400m: 5:00.06	32.79
20.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	5:01.58	+0,73	528	
	50m: 29.74 29.74	150m: 1:46.32	41.23	250m: 3:09.52	42.55	350m: 4:28.47	35.81
	100m: 1:05.09 35.35	200m: 2:26.97	40.65	300m: 3:52.66	43.14	400m: 5:01.58	33.11
21.	JEVIC Milan Santos	06	Braga	5:03.53	+0,75	518	
	50m: 32.13 32.13	150m: 1:51.00	41.22	250m: 3:12.19	41.20	350m: 4:30.47	35.99
	100m: 1:09.78 37.65	200m: 2:30.99	39.99	300m: 3:54.48	42.29	400m: 5:03.53	33.06
22.	REMELHE Joao Anibal	05	Braga	5:03.69	+0,81	517	
	50m: 29.75 29.75	150m: 1:46.03	39.51	250m: 3:09.35	44.12	350m: 4:30.60	35.27
	100m: 1:06.52 36.77	200m: 2:25.23	39.20	300m: 3:55.33	45.98	400m: 5:03.69	33.09
23.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	5:04.72	+0,69	512	
	50m: 30.42 30.42	150m: 1:44.74	38.67	250m: 3:08.33	44.95	350m: 4:29.33	35.24
	100m: 1:06.07 35.65	200m: 2:23.38	38.64	300m: 3:54.09	45.76	400m: 5:04.72	35.39
24.	SANTOS Rui Miguel	06	Famalicao	5:05.05	+0,77	510	
	50m: 30.25 30.25	150m: 1:49.45	42.80	250m: 3:14.01	44.20	350m: 4:32.80	34.79
	100m: 1:06.65 36.40	200m: 2:29.81	40.36	300m: 3:58.01	44.00	400m: 5:05.05	32.25
25.	FERNANDES Duarte Jose	06	Uniao Coimbra	5:06.12	+0,68	505	
	50m: 30.57 30.57	150m: 1:51.38	43.01	250m: 3:12.92	40.18	350m: 4:31.30	36.23
	100m: 1:08.37 37.80	200m: 2:32.74	41.36	300m: 3:55.07	42.15	400m: 5:06.12	34.82

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 34, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
26.	FRANCISCO Tomas Jose	05	Miranda do Corvo	5:13.02	+0,77	472	
	50m: 31.82 31.82	150m: 1:52.43	42.25	250m: 3:15.90	43.46	350m: 4:37.01	36.85
	100m: 1:10.18 38.36	200m: 2:32.44	40.01	300m: 4:00.16	44.26	400m: 5:13.02	36.01
27.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	5:13.55	+0,76	470	
	50m: 31.04 31.04	150m: 1:49.29	41.72	250m: 3:14.98	44.66	350m: 4:37.76	36.98
	100m: 1:07.57 36.53	200m: 2:30.32	41.03	300m: 4:00.78	45.80	400m: 5:13.55	35.79
28.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	5:13.65	+0,79	469	
	50m: 30.50 30.50	150m: 1:49.13	41.05	250m: 3:14.93	46.51	350m: 4:38.30	36.39
	100m: 1:08.08 37.58	200m: 2:28.42	39.29	300m: 4:01.91	46.98	400m: 5:13.65	35.35
29.	NETO Vasco Goncalves	05	Porto	5:14.83	+0,71	464	
	50m: 32.03 32.03	150m: 1:53.00	42.40	250m: 3:20.56	47.15	350m: 4:42.82	33.58
	100m: 1:10.60 38.57	200m: 2:33.41	40.41	300m: 4:09.24	48.68	400m: 5:14.83	32.01
30.	RAMOS Gustavo Gomes	06	Porto	5:14.92	+0,74	464	
	50m: 31.95 31.95	150m: 1:51.68	41.60	250m: 3:18.47	46.95	350m: 4:41.21	34.92
	100m: 1:10.08 38.13	200m: 2:31.52	39.84	300m: 4:06.29	47.82	400m: 5:14.92	33.71
31.	DIAS Pedro Anselmo	05	Academico Viseu	5:15.61	+0,80	461	
	50m: 33.21 33.21	150m: 1:52.28	40.49	250m: 3:19.67	47.84	350m: 4:42.15	36.80
	100m: 1:11.79 38.58	200m: 2:31.83	39.55	300m: 4:05.35	45.68	400m: 5:15.61	33.46
32.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:18.28	+0,85	449	
	50m: 33.16 33.16	150m: 1:51.61	39.68	250m: 3:19.43	47.65	350m: 4:43.51	35.54
	100m: 1:11.93 38.77	200m: 2:31.78	40.17	300m: 4:07.97	48.54	400m: 5:18.28	34.77
33.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	5:18.81	+0,77	447	
	50m: 31.70 31.70	150m: 1:51.97	42.72	250m: 3:19.65	46.08	350m: 4:43.23	36.46
	100m: 1:09.25 37.55	200m: 2:33.57	41.60	300m: 4:06.77	47.12	400m: 5:18.81	35.58
34.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	5:19.07	+0,76	446	
	50m: 32.01 32.01	150m: 1:53.38	43.97	250m: 3:22.62	47.28	350m: 4:45.07	35.79
	100m: 1:09.41 37.40	200m: 2:35.34	41.96	300m: 4:09.28	46.66	400m: 5:19.07	34.00
35.	ROCHA Jose Miguel	05	Columbofila Cantanhedense	5:21.02	+0,68	438	
	50m: 31.26 31.26	150m: 1:50.16	42.38	250m: 3:19.25	48.20	350m: 4:45.33	36.75
	100m: 1:07.78 36.52	200m: 2:31.05	40.89	300m: 4:08.58	49.33	400m: 5:21.02	35.69
36.	PIRES Gustavo Teixeira	06	Columbofila Cantanhedense	5:21.43	+0,64	436	
	50m: 32.54 32.54	150m: 1:53.05	43.54	250m: 3:21.77	46.74	350m: 4:45.47	36.80
	100m: 1:09.51 36.97	200m: 2:35.03	41.98	300m: 4:08.67	46.90	400m: 5:21.43	35.96
37.	MOUTELA Dinis Amorim	05	Estarreja	5:21.56	+0,77	436	
	50m: 31.91 31.91	150m: 1:53.84	44.37	250m: 3:22.81	46.89	350m: 4:46.80	37.48
	100m: 1:09.47 37.56	200m: 2:35.92	42.08	300m: 4:09.32	46.51	400m: 5:21.56	34.76
38.	PEREIRA Pedro Santos	06	Leixoes	5:24.47	+0,76	424	
	50m: 31.33 31.33	150m: 1:52.17	41.81	250m: 3:21.31	48.28	350m: 4:47.35	37.91
	100m: 1:10.36 39.03	200m: 2:33.03	40.86	300m: 4:09.44	48.13	400m: 5:24.47	37.12
39.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	5:25.77	+0,88	419	
	50m: 32.24 32.24	150m: 1:53.81	43.40	250m: 3:20.86	45.34	350m: 4:46.82	40.08
	100m: 1:10.41 38.17	200m: 2:35.52	41.71	300m: 4:06.74	45.88	400m: 5:25.77	38.95

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Norte)
Coimbra, 29 e 30 de Maio de 2021

Prova 34, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
40.	TOMAS Afonso Vidal	06	Louzan Natacao/EFAPEL	5:25.81	+0,95	419	
	50m: 31.76 31.76	150m: 1:51.55	41.87	250m: 3:21.18	48.76	350m: 4:49.02	38.02
	100m: 1:09.68 37.92	200m: 2:32.42	40.87	300m: 4:11.00	49.82	400m: 5:25.81	36.79
DSQ	FARIA Eduardo Nuno	06	Braga				
	<i>o atleta tocou apenas com uma m�o aos 300 m</i>						
DSQ	RABECA Ivan Manuel	05	Desportiva de Viana				
	<i>O atleta efetuou toque alternado de m�os na viragem aos 250 m</i>						
DSQ	PEREIRA Rodrigo Ferreira	06	Famalicao				
	<i>Falsa Partida</i>						
DSQ	MAGALHAES Andre Lima	05	Porto				
	<i>na viragem aos 100 m o atleta realizou toque alternado</i>						
DNS	NEVES Diogo Cura	06	Condeixa Clube				