

XII Memorial Luiz Lopes da Conceição  
Coimbra, 4-12-2021

1 - 1ª Jornada - 1ª Sessão

04-12-2021 - 10:00

Prova 1	Femin., 200m Livres				Inf A e B
04-12-2021 - 10:00					Resultados
Rec. Nacional Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
Rec. Nacional Inf A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	09-03-2018
Rec. Nacional Inf B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25-03-2017
Rec Reg ANC Absoluto	2:01.39	Camila Rodrigues, REBELO	ALN		13-06-2019
Rec Reg ANC Inf A	2:12.07	Mariana Malaguerra, COSTA	ASSSCC		11-06-2011
Rec Reg ANC Inf B	2:15.31	Mariana, GUERRA	ASSSCC		11-06-2010
Rec Nac Adaptada S17	59:00.00	start,			

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Alana Costa, MATIAS	09	Academica de Coimbra		<b>2:27.35</b>	420	
50m: 33.85 33.85	100m: 1:10.90	37.05	150m: 1:49.44	38.54	200m: 2:27.35	37.91
2. Matilde Brandao, CARVALHO	10	Fluvial Portuense		<b>2:31.95</b>	383	
50m: 33.44 33.44	100m: 1:13.08	39.64	150m: 1:53.61	40.53	200m: 2:31.95	38.34
3. Joana Pereira, SANTOS	09	Rio Maior		<b>2:33.62</b>	371	
50m: 34.85 34.85	100m: 1:14.26	39.41	150m: 1:53.92	39.66	200m: 2:33.62	39.70
4. Laura Brites, COSTA	09	Rio Maior		<b>2:35.17</b>	360	
50m: 34.74 34.74	100m: 1:13.72	38.98	150m: 1:53.96	40.24	200m: 2:35.17	41.21
5. Beatriz Ferreira, BATISTA	09	CDCP Povia Stª Iria		<b>2:36.44</b>	351	
50m: 35.76 35.76	100m: 1:15.94	40.18	150m: 1:56.94	41.00	200m: 2:36.44	39.50
6. Leonor Borges, PORTELA	09	Fluvial Portuense		<b>2:37.68</b>	343	
50m: 36.34 36.34	100m: 1:16.51	40.17	150m: 1:57.42	40.91	200m: 2:37.68	40.26
7. Camila Duarte, MARCELO	10	Condeixa Aqua Clube		<b>2:39.56</b>	331	
50m: 36.67 36.67	100m: 1:17.38	40.71	150m: 1:58.89	41.51	200m: 2:39.56	40.67
8. Sofia Fonseca, PRIMO	09	Academica de Coimbra		<b>2:40.95</b>	322	
50m: 37.29 37.29	100m: 1:18.22	40.93	150m: 2:00.25	42.03	200m: 2:40.95	40.70
9. Maria Neto, SIMOES	10	Condeixa Aqua Clube		<b>2:41.98</b>	316	
50m: 37.46 37.46	100m: 1:18.70	41.24	150m: 2:01.55	42.85	200m: 2:41.98	40.43
10. Ana Sofia, PEREIRINHA	09	O Crasto		<b>2:44.09</b>	304	
50m: 37.89 37.89	100m: 1:20.71	42.82	150m: 2:04.44	43.73	200m: 2:44.09	39.65
11. Gabriela Lopes, FERNANDES	09	O Crasto		<b>2:44.63</b>	301	
50m: 37.82 37.82	100m: 1:19.98	42.16	150m: 2:04.02	44.04	200m: 2:44.63	40.61
12. Joana Alexandra, SILVA	10	CDCP Povia Stª Iria		<b>2:44.68</b>	301	
50m: 37.76 37.76	100m: 1:20.33	42.57	150m: 2:03.56	43.23	200m: 2:44.68	41.12
13. Ines Ferreira, CHELEU	09	Bairro Anjos		<b>2:45.46</b>	297	
50m: 38.89 38.89	100m: 1:21.35	42.46	150m: 2:04.63	43.28	200m: 2:45.46	40.83
14. Maria Miranda, MACEDO	09	Columbifila Cantanhedense		<b>2:47.27</b>	287	
50m: 39.11 39.11	100m: 1:21.01	41.90	150m: 2:05.03	44.02	200m: 2:47.27	42.24
15. Mariana Bagagem, CARVALHO	10	Miranda do Corvo		<b>2:48.32</b>	282	
50m: 39.28 39.28	100m: 1:22.95	43.67	150m: 2:06.76	43.81	200m: 2:48.32	41.56
16. Leonor Ferreira, LOPES	09	Fluvial Portuense		<b>2:50.84</b>	270	
50m: 39.73 39.73	100m: 1:24.82	45.09	150m: 2:10.55	45.73	200m: 2:50.84	40.29
17. Caetana Amado, SANTOS	09	Miranda do Corvo		<b>2:51.45</b>	267	
50m: 39.03 39.03	100m: 1:24.39	45.36	150m: 2:09.71	45.32	200m: 2:51.45	41.74
18. Laura Nobre, MONTEIRO	10	Columbifila Cantanhedense		<b>2:52.95</b>	260	
50m: 40.12 40.12	100m: 1:25.92	45.80	150m: 2:11.97	46.05	200m: 2:52.95	40.98
19. Maria Teresa, OLIVEIRA	09	Bairro Anjos		<b>2:53.06</b>	259	
50m: 38.86 38.86	100m: 1:22.26	43.40	150m: 2:08.19	45.93	200m: 2:53.06	44.87

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Prova 1, Femin., 200m Livres, Inf A e B

Lugar			Ano					Tempo final	Pts
20.	Gabriela Leonardo, MEDINA	09	Condeixa Aqua Clube				<b>2:53.10</b>	259	
	50m: 40.67 40.67	100m: 1:25.67	45.00	150m: 2:10.55	44.88	200m: 2:53.10	42.55		
21.	Leonor Sobreiro, ALMEIDA	10	CASPAE				<b>2:55.83</b>	247	
	50m: 41.39 41.39	100m: 1:26.86	45.47	150m: 2:13.47	46.61	200m: 2:55.83	42.36		
22.	Eva Santos, FERREIRA	10	O Crasto				<b>2:56.03</b>	246	
	50m: 39.93 39.93	100m: 1:25.68	45.75	150m: 2:11.93	46.25	200m: 2:56.03	44.10		
23.	Teresa Falcao, AFONSO	09	Academica de Coimbra				<b>2:59.35</b>	233	
	50m: 41.19 41.19	100m: 1:27.37	46.18	150m: 2:14.47	47.10	200m: 2:59.35	44.88		
24.	Sofia Daniela, FERREIRA	10	Uniao Coimbra				<b>3:00.29</b>	229	
	50m: 41.09 41.09	100m: 1:27.87	46.78	150m: 2:15.02	47.15	200m: 3:00.29	45.27		
25.	Sofia Oliveira, FREITAS	10	O Crasto				<b>3:02.63</b>	221	
	50m: 42.66 42.66	100m: 1:31.57	48.91	150m: 2:17.70	46.13	200m: 3:02.63	44.93		
26.	Mariana Ramos, FERREIRA	10	Miranda do Corvo				<b>3:08.54</b>	200	
	50m: 40.93 40.93	100m: 1:30.65	49.72	150m: 2:20.68	50.03	200m: 3:08.54	47.86		
27.	Leonor Fonseca, OLIVEIRA	10	Miranda do Corvo				<b>3:09.73</b>	197	
	50m: 43.67 43.67	100m: 1:32.69	49.02	150m: 2:22.63	49.94	200m: 3:09.73	47.10		
28.	Ana Laura, LUCAS	09	Columbifila Cantanhedense				<b>3:09.84</b>	196	
	50m: 42.84 42.84	100m: 1:31.79	48.95	150m: 2:22.58	50.79	200m: 3:09.84	47.26		
29.	Maria Miguel, FERNANDES	10	Columbifila Cantanhedense				<b>3:11.55</b>	191	
	50m: 46.20 46.20	100m: 1:35.80	49.60	150m: 2:26.08	50.28	200m: 3:11.55	45.47		
30.	Sara Marques, LIMA	10	CASPAE				<b>3:12.17</b>	189	
	50m: 41.82 41.82	100m: 1:30.80	48.98	150m: 2:22.87	52.07	200m: 3:12.17	49.30		
31.	Beatriz Fernandes, PEREIRA	10	Academica de Coimbra				<b>3:18.46</b>	172	
	50m: 46.21 46.21	100m: 1:37.70	51.49	150m: 2:29.53	51.83	200m: 3:18.46	48.93		
32.	Maria Neto, WASTERLAIN	10	Nautico Academico				<b>3:18.89</b>	171	
	50m: 42.17 42.17	100m: 1:34.76	52.59	150m: 2:28.61	53.85	200m: 3:18.89	50.28		
33.	Isabella Scavone, LOPES	10	Miranda do Corvo				<b>3:18.91</b>	171	
	50m: 46.09 46.09	100m: 1:37.13	51.04	150m: 2:29.13	52.00	200m: 3:18.91	49.78		
34.	Erica Maria, ALMEIDA	10	Vigor da Mocidade				<b>3:20.89</b>	166	
	50m: 44.91 44.91	100m: 1:37.90	52.99	150m: 2:31.64	53.74	200m: 3:20.89	49.25		
35.	Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade				<b>3:33.32</b>	138	
	50m: 44.63 44.63	100m: 1:38.97	54.34	150m: 2:37.24	58.27	200m: 3:33.32	56.08		
DNS	Carolina Baptista, PEREIRINHA	09	S. Pedro Alva						
EXH	Leonor Mil, MANO	07	Nautico Academico				<b>2:13.69</b>	563	
	50m: 30.90 30.90	100m: 1:04.70	33.80	150m: 1:38.60	33.90	200m: 2:13.69	35.09		
EXH	Ines Miranda, DIOGO	07	Nautico Academico				<b>2:20.87</b>	481	
	50m: 32.57 32.57	100m: 1:08.00	35.43	150m: 1:44.64	36.64	200m: 2:20.87	36.23		
EXH	Maria Ines, FERNANDES	07	Nautico Academico				<b>2:27.04</b>	423	
	50m: 35.11 35.11	100m: 1:12.29	37.18	150m: 1:50.17	37.88	200m: 2:27.04	36.87		
EXH	Ines Margarida, FERNANDES	08	CDCP Povia Stª Iria				<b>2:29.35</b>	404	
	50m: 33.34 33.34	100m: 1:10.69	37.35	150m: 1:50.71	40.02	200m: 2:29.35	38.64		
EXH	Maria Manuel, CORTESAO	08	Nautico Academico				<b>2:31.10</b>	390	
	50m: 34.96 34.96	100m: 1:13.44	38.48	150m: 1:52.74	39.30	200m: 2:31.10	38.36		
EXH	Raquel Filipa, JESUS	08	Nautico Academico				<b>2:33.90</b>	369	
	50m: 34.07 34.07	100m: 1:13.33	39.26	150m: 1:54.17	40.84	200m: 2:33.90	39.73		
EXH	Rita Isabel, NEVES	08	Academica de Coimbra				<b>2:36.16</b>	353	
	50m: 37.41 37.41	100m: 1:17.85	40.44	150m: 1:58.39	40.54	200m: 2:36.16	37.77		

XII Memorial Luiz Lopes da Conceição  
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Prova 1, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Beatriz Costa, MATOS 50m: 37.16 37.16 100m: 1:19.51 42.35 150m: 2:02.44 42.93 200m: 2:43.35 40.91	07 Nautico Academico	<b>2:43.35</b>	308
EXH Carolina Vaz, ALVES 50m: 39.28 39.28 100m: 1:23.25 43.97 150m: 2:07.78 44.53 200m: 2:50.96 43.18	08 Academica de Coimbra	<b>2:50.96</b>	269
EXH Maria Falcao, AFONSO 50m: 45.21 45.21 100m: 1:34.06 48.85 150m: 2:22.77 48.71 200m: 3:09.76 46.99	08 Academica de Coimbra	<b>3:09.76</b>	197
EXH Beatriz Malaquias, PELAIO Rec Nac NA 50m: 44.93 44.93 100m: 1:39.22 54.29 150m: 2:42.59 1:03.37 200m: 3:45.51 1:02.92	99 APPDACoimbra	<b>3:45.51</b>	117

Prova 2

Masc., 200m Livres

Inf A e B

04-12-2021 - 10:25

Resultados

Rec. Nacional Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec. Nacional Inf A	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	10-06-2004
Rec. Nacional Inf B	2:04.75	Joao Magalhaes, NUNES	CNA	Algés	30-06-2012
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
Rec Reg ANC Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC		13-06-2018
Rec Reg ANC Inf B	2:08.92	José Diogo, DIAS	FBSC		13-06-2017
Rec Nac Adaptada S17	3:10.19	Miguel Paiva, BRANCO	APPDAC	Guarda	17-02-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Dinis, DUARTE 50m: 31.30 31.30 100m: 1:08.10 36.80 150m: 1:46.96 38.86 200m: 2:25.05 38.09	08 Fluvial Portuense	<b>2:25.05</b>	321
2. Leonardo Gomes, SILVA 50m: 33.20 33.20 100m: 1:10.47 37.27 150m: 1:48.22 37.75 200m: 2:25.91 37.69	08 Rio Maior	<b>2:25.91</b>	315
3. Henrique Martins, JOAQUIM 50m: 34.40 34.40 100m: 1:13.09 38.69 150m: 1:52.34 39.25 200m: 2:27.13 34.79	09 Bairro Anjos	<b>2:27.13</b>	308
4. Francisco Guilherme, FREIXIEIRO 50m: 34.53 34.53 100m: 1:11.98 37.45 150m: 1:50.95 38.97 200m: 2:27.14 36.19	08 Rio Maior	<b>2:27.14</b>	308
5. Tiago Andre, CANELAS 50m: 34.47 34.47 100m: 1:12.50 38.03 150m: 1:52.12 39.62 200m: 2:29.25 37.13	08 Fluvial Portuense	<b>2:29.25</b>	295
6. Samuel Dinis, MAIA 50m: 33.79 33.79 100m: 1:11.94 38.15 150m: 1:51.50 39.56 200m: 2:30.13 38.63	08 Miranda do Corvo	<b>2:30.13</b>	289
7. Santiago Jose, FONSECA 50m: 35.49 35.49 100m: 1:14.75 39.26 150m: 1:54.53 39.78 200m: 2:30.44 35.91	08 Columbofila Cantanhedense	<b>2:30.44</b>	288
8. Daniel Gomes, SANTOS 50m: 34.50 34.50 100m: 1:13.19 38.69 150m: 1:53.45 40.26 200m: 2:31.24 37.79	08 Bairro Anjos	<b>2:31.24</b>	283
9. Gabriel Neto, FERREIRA 50m: 35.61 35.61 100m: 1:14.85 39.24 150m: 1:54.66 39.81 200m: 2:32.95 38.29	08 O Crasto	<b>2:32.95</b>	274
10. Miguel Tomas, CONCEICAO 50m: 33.92 33.92 100m: 1:12.64 38.72 150m: 1:54.10 41.46 200m: 2:33.73 39.63	08 Nautico Academico	<b>2:33.73</b>	270
11. Leonardo Branco, PEREIRA 50m: 34.19 34.19 100m: 1:13.21 39.02 150m: 1:53.72 40.51 200m: 2:33.78 40.06	08 O Crasto	<b>2:33.78</b>	269
12. Stefan Iordan, CHELE 50m: 34.28 34.28 100m: 1:13.35 39.07 150m: 1:52.39 39.04 200m: 2:35.13 42.74	09 Rio Maior	<b>2:35.13</b>	262
13. Filipe Saldanha, COSTA 50m: 35.85 35.85 100m: 1:16.78 40.93 150m: 1:58.36 41.58 200m: 2:35.24 36.88	09 O Crasto	<b>2:35.24</b>	262
14. Joao Nuno, GASPAR 50m: 34.95 34.95 100m: 1:15.90 40.95 150m: 1:58.71 42.81 200m: 2:36.43 37.72	09 Nautico Academico	<b>2:36.43</b>	256

XII Memorial Luiz Lopes da Conceição  
Coimbra, 4-12-2021

Prova 2, Masc., 200m Livres, Inf A e B

Lugar	Ano	Tempo final	Pts
15. Afonso Benjamim, MELO 50m: 36.42 36.42 100m: 1:15.97	08 Academica de Coimbra	<b>2:36.95</b> 200m: 2:36.95	253 40.32
16. Salvador Correia, PEREIRA 50m: 35.37 35.37 100m: 1:16.99	08 Condeixa Aqua Clube	<b>2:41.21</b> 200m: 2:41.21	234 40.69
17. Tiago Janeiro, MOITA 50m: 38.09 38.09 100m: 1:20.88	09 Uniao Coimbra	<b>2:46.53</b> 200m: 2:46.53	212 1:25.65
18. Santiago Castanheira, MARTINS 50m: 37.21 37.21 100m: 1:19.35	09 CDCP Povia Stª Iria	<b>2:47.40</b> 200m: 2:47.40	209 43.35
19. Guilherme Almeida, BIANCHI 50m: 38.73 38.73 100m: 1:21.60	09 O Crasto	<b>2:48.88</b> 200m: 2:48.88	203 42.88
20. Francisco Ribeiro, GOMES 50m: 38.35 38.35 100m: 1:22.93	09 Condeixa Aqua Clube	<b>2:51.20</b> 200m: 2:51.20	195 42.81
21. Guilherme Andre, GASPAR 50m: 38.64 38.64 100m: 1:23.53	09 Nautico Academico	<b>2:51.96</b> 200m: 2:51.96	192 1:28.43
22. Henrique Figueiredo, FIDALGO 50m: 38.53 38.53 100m: 1:21.46	08 Vigor da Mocidade	<b>2:53.06</b> 200m: 2:53.06	189 45.56
23. Daniel Madeira, AZENHA 50m: 39.19 39.19 100m: 1:20.79	08 Academica de Coimbra	<b>2:56.47</b> 200m: 2:56.47	178 1:35.68
24. Henrique Melo, SANTIAGO 50m: 39.99 39.99 100m: 1:26.28	08 Vigor da Mocidade	<b>3:01.79</b> 200m: 3:01.79	163 46.65
25. Joao Miguel, ALVES 50m: 43.68 43.68 100m: 1:41.11	09 Vigor da Mocidade	<b>3:40.15</b> 200m: 3:40.15	91 57.62
DNS Manuel Meneses, GONCALVES	08 Academica de Coimbra		

Prova 2  
04-12-2021 - 10:25

Masc., 200m Livres

Sen  
Resultados

Rec. Nacional Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec. Nacional Sen	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
Rec Reg ANC Absoluto	1:46.03	Mario Alexandre, PEREIRA			13-11-2014
Rec Reg ANC Sen	1:46.03	Mário Alexandre, PEREIRA	CNAC		13-06-2014
Rec Nac Adaptada S17	3:10.19	Miguel Paiva, BRANCO	APPDAC	Guarda	17-02-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
DSQ Vitor Manuel, SANTOS <i>Falsa partida (SW4.1).</i>	97 APPDACoimbra		
DSQ Tiago Miguel, VENTURA <i>Falsa partida (SW4.1).</i>	99 APPDACoimbra		
DSQ Miguel Paiva, BRANCO <i>Falsa partida (SW4.1).</i>	97 APPDACoimbra		
EXH Afonso Silvestre, ALMEIDA 50m: 28.74 28.74 100m: 1:00.61	06 Natacao Amadora	<b>2:07.43</b> 200m: 2:07.43	474 33.91
EXH Tomas Nolan, SANTOS 50m: 29.79 29.79 100m: 1:02.60	06 Nautico Academico	<b>2:08.63</b> 200m: 2:08.63	461 32.32
EXH Joao Rafael, FERREIRA 50m: 30.03 30.03 100m: 1:02.86	06 Nautico Academico	<b>2:08.84</b> 200m: 2:08.84	458 1:05.98
EXH Rodrigo Costa, CRUZ 50m: 27.95 27.95 100m: 58.62	06 Academica de Coimbra	<b>2:18.15</b> 200m: 2:18.15	372 38.29
EXH Rodrigo Neves, DUARTE 50m: 31.24 31.24 100m: 1:06.95	06 Louzan Natacao	<b>2:18.43</b> 200m: 2:18.43	369 36.04

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Prova 2, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH David Duarte, JESUS 50m: 29.16 29.16 100m: 1:02.96 33.80 200m: 2:19.13 1:16.17	07 Nautico Academico	<b>2:19.13</b>	364
EXH Marco Dimitar, OLIVEIRA 50m: 32.57 32.57 100m: 1:08.12 35.55 150m: 1:44.82 36.70 200m: 2:19.72 34.90	07 Nautico Academico	<b>2:19.72</b>	359
EXH Tiago Nunes, SILVA 50m: 28.26 28.26 100m: 59.90 31.64 150m: 1:44.00 44.10 200m: 2:24.55 40.55	06 CDCP Povia Stª Iria	<b>2:24.55</b>	324
EXH Bernardo Almas, MALHAO 50m: 34.22 34.22 100m: 1:10.69 36.47 150m: 1:49.69 39.00 200m: 2:26.89 37.20	07 Vigor da Mocidade	<b>2:26.89</b>	309
EXH Francisco Jose, SIMOES 50m: 34.11 34.11 100m: 1:13.35 39.24 150m: 1:55.35 42.00 200m: 2:36.45 41.10	07 Vigor da Mocidade	<b>2:36.45</b>	256
EXH Rodrigo, MARQUES LIMA 50m: 37.27 37.27 100m: 1:21.99 44.72 150m: 2:08.40 46.41 200m: 2:49.60 41.20	07 CASPAE	<b>2:49.60</b>	201
EXH Diogo Garcia, FARIA 50m: 49.26 49.26 100m: 1:42.69 53.43 150m: 2:35.91 53.22 200m: 3:24.49 48.58	08 Nautico Academico	<b>3:24.49</b>	114
EXH Carlos Manuel, SANTOS 50m: 42.19 42.19 100m: 1:32.57 50.38 150m: 2:28.92 56.35 200m: 3:28.55 59.63	87 APPDACoimbra	<b>3:28.55</b>	108
EXH Noe Martins, SOUSA 50m: 58.15 58.15 100m: 2:23.90 1:25.75 200m: 6:14.80 3:50.90	82 APPDACoimbra	<b>6:14.80</b>	18

Prova 3

04-12-2021 - 10:55

Femin., 200m Mariposa

Inf A e B

Resultados

Rec. Nacional Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec. Nacional Inf A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12-05-2018
Rec. Nacional Inf B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09-05-1992
Rec Reg ANC Absoluto	2:18.79	Ana Rita, GONÇALVES	CNM		13-06-2002
Rec Reg ANC Inf A	2:26.78	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
Rec Reg ANC Inf B	2:36.49	Inês Pereira, SILVA	CAQC		11-06-2014

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Uxia Romero, COSTA 50m: 38.72 38.72 100m: 1:25.90 47.18 150m: 2:14.95 49.05 200m: 3:00.07 45.12	09 Fluvial Portuense	<b>3:00.07</b>	293
2. Beatriz Ferreira, BATISTA 50m: 40.56 40.56 100m: 1:28.84 48.28 150m: 2:20.22 51.38 200m: 3:07.27 47.05	09 CDCP Povia Stª Iria	<b>3:07.27</b>	260
3. Rita Calado, CRUZ 50m: 38.93 38.93 100m: 1:25.77 46.84 150m: 2:17.21 51.44 200m: 3:07.50 50.29	09 Academica de Coimbra	<b>3:07.50</b>	259
4. Beatriz Belo, CLARA 50m: 41.34 41.34 100m: 1:31.76 50.42 150m: 2:25.08 53.32 200m: 3:15.91 50.83	09 Bairro Anjos	<b>3:15.91</b>	227
5. Rita Lucas, SANTOS 50m: 42.19 42.19 100m: 1:35.45 53.26 150m: 2:30.47 55.02 200m: 3:21.16 50.69	10 Condeixa Aqua Clube	<b>3:21.16</b>	210
6. Joana Alexandra, SILVA 50m: 43.77 43.77 100m: 1:37.06 53.29 150m: 2:34.33 57.27 200m: 3:31.16 56.83	10 CDCP Povia Stª Iria	<b>3:31.16</b>	181
7. Maria Ines, GANTE 50m: 48.50 48.50 100m: 1:44.02 55.52 150m: 2:42.17 58.15 200m: 3:39.03 56.86	10 Nautico Academico	<b>3:39.03</b>	162
8. Ines Ferreira, CHELEU 50m: 46.04 46.04 100m: 1:40.21 54.17 150m: 2:38.90 58.69 200m: 3:39.11 1:00.21	09 Bairro Anjos	<b>3:39.11</b>	162
9. Ana Margarida, CRUZ 50m: 47.35 47.35 100m: 1:45.88 58.53 150m: 2:46.43 1:00.55 200m: 3:47.17 1:00.74	09 Nautico Academico	<b>3:47.17</b>	145
10. Maria Ines, RODRIGUES 50m: 47.24 47.24 100m: 1:49.68 1:02.44 150m: 2:56.03 1:06.35 200m: 3:58.49 1:02.46	10 Nautico Academico	<b>3:58.49</b>	126

XII Memorial Luiz Lopes da Conceição  
Coimbra, 4-12-2021

Prova 3, Femin., 200m Mariposa, Inf A e B

Lugar	Ano	Tempo final	Pts
11. Mia Cardoso, BAPTISTA 50m: 49.03 49.03 100m: 1:49.96 1:00.93 150m: 2:53.55 1:03.59 200m: 3:58.95 1:05.40	10 Nautico Academico	<b>3:58.95</b>	125
DSQ Leonor Antunes, PAIVA <i>A atleta, durante o percurso, executou pernada de braços (SW8.3).</i>	10 Nautico Academico		
EXH Julia Maria, SOARES 50m: 36.99 36.99 100m: 1:20.58 43.59 150m: 2:05.34 44.76 200m: 2:50.78 45.44	08 Miranda do Corvo	<b>2:50.78</b>	343
EXH Matilde Andre, LUIS 50m: 36.17 36.17 100m: 1:20.52 44.35 150m: 2:09.94 49.42 200m: 2:56.56 46.62	08 Alcobaca	<b>2:56.56</b>	310
EXH Rita Alexandra, REBELO 50m: 39.33 39.33 100m: 1:25.15 45.82 150m: 2:12.96 47.81 200m: 2:58.31 45.35	08 Alcobaca	<b>2:58.31</b>	301

Prova 4

Masc., 200m Mariposa

Inf A e B

04-12-2021 - 11:05

Resultados

Rec. Nacional Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec. Nacional Inf A	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11-07-2004
Rec. Nacional Inf B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01-06-2013
Rec Reg ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	2:15.42	Diogo Matos, RIBEIRO	CUC		13-06-2018
Rec Reg ANC Inf B	2:28.59	Tomás Miguel, VELOSO	CNAC		13-06-2009

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rafael Pereira, RODRIGUES 50m: 35.30 35.30 100m: 1:16.65 41.35 150m: 2:00.04 43.39 200m: 2:44.13 44.09	08 Condeixa Aqua Clube	<b>2:44.13</b>	286
2. Francisco Miguel, PEREIRA 50m: 36.43 36.43 100m: 1:19.92 43.49 150m: 2:06.10 46.18 200m: 2:45.84 39.74	08 Fluvial Portuense	<b>2:45.84</b>	278
3. Vicente Piacentini, CALDEIRA 50m: 37.71 37.71 100m: 1:24.07 46.36 150m: 2:10.33 46.26 200m: 2:55.20 44.87	08 Nautico Academico	<b>2:55.20</b>	235
4. Leonardo Gomes, SILVA 50m: 37.31 37.31 100m: 1:22.85 45.54 150m: 2:11.49 48.64 200m: 3:01.39 49.90	08 Rio Maior	<b>3:01.39</b>	212
5. Vasco Lemos, SILVA 50m: 36.09 36.09 100m: 1:22.01 45.92 150m: 2:12.53 50.52 200m: 3:01.59 49.06	08 Fluvial Portuense	<b>3:01.59</b>	211
6. Samuel Dinis, MAIA 50m: 40.07 40.07 100m: 1:29.12 49.05 150m: 2:20.60 51.48 200m: 3:13.02 52.42	08 Miranda do Corvo	<b>3:13.02</b>	176
7. Henrique Martins, JOAQUIM 50m: 41.12 41.12 100m: 1:30.99 49.87 150m: 2:23.56 52.57 200m: 3:16.68 53.12	09 Bairro Anjos	<b>3:16.68</b>	166
8. Guilherme Simoes, SOUSA 50m: 42.05 42.05 100m: 1:34.39 52.34 150m: 2:29.69 55.30 200m: 3:19.11 49.42	08 Nautico Academico	<b>3:19.11</b>	160
9. Tomas Rafael, PEREIRA 50m: 43.58 43.58 100m: 1:38.56 54.98 150m: 2:33.11 54.55 200m: 3:22.18 49.07	09 Nautico Academico	<b>3:22.18</b>	153
10. Joao Nuno, GASPAS 50m: 46.06 46.06 100m: 1:41.98 55.92 150m: 2:38.53 56.55 200m: 3:29.62 51.09	09 Nautico Academico	<b>3:29.62</b>	137
11. Joaquim Antonio, CUNHA 50m: 45.19 45.19 100m: 1:40.60 55.41 150m: 2:37.25 56.65 200m: 3:29.63 52.38	08 Nautico Academico	<b>3:29.63</b>	137
12. Guilherme Andre, GASPAS 50m: 45.40 45.40 100m: 1:42.33 56.93 150m: 2:40.38 58.05 200m: 3:32.99 52.61	09 Nautico Academico	<b>3:32.99</b>	131
DSQ Leonardo Branco, PEREIRA <i>O atleta, durante o percurso, executou movimentos alternados de pernas (SW8.3).</i>	08 O Crasto		
DSQ Jose Pedro, COSTA <i>O atleta, nas viragens aos 75m e 175m, fez toque alternado na parede (SW8.4).</i>	09 Nautico Academico		

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Prova 4, Masc., 200m Mariposa, Inf A e B

Lugar	Ano	Tempo final	Pts
DSQ Francisco Joao, FERNANDO <i>O atleta, durante o percurso, executou pernada de braços (SW8.3).</i>	08 Nautico Academico		
DNS Tome Nunes, TOME	08 Bairro Anjos		

Prova 4 Masc., 200m Mariposa Juv A e B  
04-12-2021 - 11:05 Resultados

Rec. Nacional Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec. Nacional Juv A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13-06-2009
Rec. Nacional Juv B	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	27-04-2019
Rec Reg ANC Absoluto	1:58.90	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Juv A	2:05.00	Diogo Matos, RIBEIRO	CUC	Mealhada	08-12-2019
Rec Reg ANC Juv B	2:06.17	Diogo Matos, RIBEIRO	CUC		02-02-2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
DSQ Guilherme Romeira, PINTO <i>O atleta, na viragem aos 125m, só tocou com uma mão na parede (SW8.4).</i>	07 Sporting de Espinho		
DSQ Joao Ferreira, MARQUES <i>O atleta, na viragem aos 150m, só tocou com uma mão na parede (SW8.4).</i>	06 Academica de Coimbra		

EXH Joao Neves, LUCAS	06	Columbofila Cantanhedense	<b>2:24.46</b>	420
50m: 32.58 32.58	100m: 1:08.76	36.18	150m: 1:45.91	37.15
200m: 2:24.46				38.55
EXH Tomas Veiga, PEREIRA	06	Nautico Academico	<b>2:25.53</b>	411
50m: 32.82 32.82	100m: 1:09.19	36.37	150m: 1:46.91	37.72
200m: 2:25.53				38.62
EXH David Ferreira, SILVA	07	Academica de Coimbra	<b>3:08.93</b>	188
50m: 39.91 39.91	100m: 1:26.83	46.92	150m: 2:15.99	49.16
200m: 3:08.93				52.94
EXH Carlos Miguel, OLIVEIRA	06	Nautico Academico	<b>3:20.27</b>	157
50m: 29.74 29.74	100m: 1:11.62	41.88	150m: 2:18.34	1:06.72
200m: 3:20.27				1:01.93

Prova 5 Femin., 200m Costas Inf A e B  
04-12-2021 - 11:20 Resultados

Rec. Nacional Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec. Nacional Inf A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06-06-2015
Rec. Nacional Inf B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26-03-2017
Rec Reg ANC Absoluto	2:10.31	Camila Rodrigues, REBELO	ALN	Felgueiras	20-12-2021
Rec Reg ANC Inf A	2:26.15	Camila Rodrigues, REBELO	ALN		12-06-2016
Rec Reg ANC Inf B	2:34.18	Tatiana Filipa, SANTOS	GCF		11-06-2007

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts	
1. Beatriz Belo, CLARA	09	Bairro Anjos	<b>2:47.91</b>	355
50m: 40.48 40.48	100m: 1:23.36	42.88	150m: 2:07.05	43.69
200m: 2:47.91				40.86
2. Alana Costa, MATIAS	09	Academica de Coimbra	<b>2:51.45</b>	333
50m: 41.21 41.21	100m: 1:24.52	43.31	150m: 2:08.26	43.74
200m: 2:51.45				43.19
3. Maria Neto, SIMOES	10	Condeixa Aqua Clube	<b>2:53.19</b>	323
50m: 39.88 39.88	100m: 1:24.07	44.19	150m: 2:09.53	45.46
200m: 2:53.19				43.66
4. Camila Duarte, MARCELO	10	Condeixa Aqua Clube	<b>2:55.06</b>	313
50m: 42.21 42.21	100m: 1:25.75	43.54	150m: 2:10.96	45.21
200m: 2:55.06				44.10
5. Caetana Amado, SANTOS	09	Miranda do Corvo	<b>2:56.24</b>	307
50m: 41.56 41.56	100m: 1:27.05	45.49	150m: 2:12.13	45.08
200m: 2:56.24				44.11
6. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	<b>2:59.54</b>	290
50m: 42.74 42.74	100m: 1:28.62	45.88	150m: 2:15.14	46.52
200m: 2:59.54				44.40
7. Mariana Bernardo, SILVESTRE	10	Nautico Academico	<b>3:04.92</b>	266
50m: 45.14 45.14	100m: 1:32.95	47.81	150m: 2:21.35	48.40
200m: 3:04.92				43.57

XII Memorial Luiz Lopes da Conceição  
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Prova 5, Femin., 200m Costas, Inf A e B

Lugar			Ano					Tempo final	Pts
8.	Gabriela Lopes, FERNANDES	09	O Crasto					<b>3:05.35</b>	264
	50m: 45.24 45.24	100m: 1:32.42	47.18	150m: 2:21.92	49.50	200m: 3:05.35	43.43		
9.	Maria Margarida, OLIVEIRA	09	Bairro Anjos					<b>3:05.80</b>	262
	50m: 45.37 45.37	100m: 1:32.62	47.25	150m: 2:21.17	48.55	200m: 3:05.80	44.63		
10.	Gabriela Leonardo, MEDINA	09	Condeixa Aqua Clube					<b>3:09.47</b>	247
	50m: 43.99 43.99	100m: 1:33.00	49.01	150m: 2:22.63	49.63	200m: 3:09.47	46.84		
11.	Leonor Borges, PORTELA	09	Fluvial Portuense					<b>3:11.04</b>	241
	50m: 45.93 45.93	100m: 1:35.02	49.09	150m: 2:24.80	49.78	200m: 3:11.04	46.24		
12.	Rafaela Sofia, SILVA	10	CDCP Povia Stª Iria					<b>3:12.63</b>	235
	50m: 44.68 44.68	100m: 1:33.65	48.97	150m: 2:24.12	50.47	200m: 3:12.63	48.51		
13.	Ana Sofia, PEREIRINHA	09	O Crasto					<b>3:13.72</b>	231
	50m: 46.24 46.24	100m: 1:35.59	49.35	150m: 2:26.00	50.41	200m: 3:13.72	47.72		
14.	Eva Santos, FERREIRA	10	O Crasto					<b>3:15.31</b>	225
	50m: 46.00 46.00	100m: 1:35.86	49.86	200m: 3:15.31	1:39.45				
15.	Sara Marques, LIMA	10	CASPAE					<b>3:18.24</b>	215
	50m: 47.04 47.04	100m: 1:38.16	51.12	150m: 2:28.81	50.65	200m: 3:18.24	49.43		
16.	Leonor Mosca, SILVA	10	Columbifila Cantanhedense					<b>3:18.82</b>	214
	50m: 47.93 47.93	100m: 1:38.67	50.74	150m: 2:29.87	51.20	200m: 3:18.82	48.95		
17.	Ana Margarida, CRUZ	09	Nautico Academico					<b>3:20.53</b>	208
	50m: 47.22 47.22	100m: 1:37.89	50.67	150m: 2:30.38	52.49	200m: 3:20.53	50.15		
18.	Leonor Sobreiro, ALMEIDA	10	CASPAE					<b>3:23.82</b>	198
	50m: 48.39 48.39	100m: 1:42.63	54.24	200m: 3:23.82	1:41.19				
19.	Sofia Daniela, FERREIRA	10	Uniao Coimbra					<b>3:25.64</b>	193
	50m: 48.81 48.81	100m: 1:41.44	52.63	200m: 3:25.64	1:44.20				
20.	Matilde Castro, TEIXEIRA	09	CDCP Povia Stª Iria					<b>3:27.16</b>	189
	50m: 48.13 48.13	100m: 1:40.34	52.21	150m: 2:34.71	54.37	200m: 3:27.16	52.45		
21.	Leonor Ferreira, LOPES	09	Fluvial Portuense					<b>3:28.65</b>	185
	50m: 48.48 48.48	100m: 1:42.80	54.32	200m: 3:28.65	1:45.85				
22.	Mia Cardoso, BAPTISTA	10	Nautico Academico					<b>3:32.15</b>	176
	50m: 50.94 50.94	100m: 1:45.60	54.66	150m: 2:39.68	54.08	200m: 3:32.15	52.47		
23.	Leonor Antunes, PAIVA	10	Nautico Academico					<b>3:36.32</b>	166
	50m: 51.12 51.12	100m: 1:46.52	55.40	150m: 2:41.11	54.59	200m: 3:36.32	55.21		
24.	Maria Neto, WASTERLAIN	10	Nautico Academico					<b>3:47.53</b>	142
	50m: 51.39 51.39	100m: 1:50.22	58.83	200m: 3:47.53	1:57.31				
25.	Erica Maria, ALMEIDA	10	Vigor da Mocidade					<b>3:53.74</b>	131
	50m: 54.16 54.16	100m: 1:53.87	59.71	150m: 2:55.01	1:01.14	200m: 3:53.74	58.73		
DSQ	Matilde Brandao, CARVALHO	10	Fluvial Portuense						
	<i>A atleta, na viragem aos 175m, não realizou um movimento contínuo (SW6.4).</i>								
DSQ	Sofia Oliveira, FREITAS	10	O Crasto						
	<i>A atleta, na viragem aos 100m, não realizou movimento contínuo (SW6.4).</i>								
DSQ	Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade						
	<i>A atleta, nas viragens aos 75m, 125m e 150m, após perder a posição de costas realizou duas braçadas para iniciar a viragem (SW6.4).</i>								
DSQ	Maria Ines, RODRIGUES	10	Nautico Academico						
	<i>A atleta, nas viragens aos 50m, 100m, 150m e 175m não realizou um movimento contínuo (SW6.4).</i>								
DSQ	Sofia Fonseca, PRIMO	09	Academica de Coimbra						
	<i>A atleta, na viragem aos 25m, não realizou um movimento contínuo (SW6.4).</i>								
DNS	Carolina Baptista, PEREIRINHA	09	S. Pedro Alva						



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Prova 5, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Marta Andre, AGUILAR 50m: 37.25 37.25 100m: 1:18.26	07 Nautico Academico	<b>2:40.16</b>	409
EXH Francisca Santos, FERNANDES 50m: 38.10 38.10 100m: 1:19.33	08 Miranda do Corvo	<b>2:41.71</b>	397
EXH Rita Rocha, SILVA 50m: 37.88 37.88 100m: 1:19.05	08 Alcobaca	<b>2:44.61</b>	377
EXH Mariana Marques, ALMEIDA 50m: 39.36 39.36 100m: 1:22.19	07 Academica de Coimbra	<b>2:47.58</b>	357
EXH Cristiana Sofia, DUARTE 50m: 36.98 36.98 100m: 1:20.95	07 Vigor da Mocidade	<b>2:51.29</b>	334
EXH Lara Carvalho, SANTOS 50m: 39.51 39.51 100m: 1:22.98	07 Nautico Academico	<b>2:51.52</b>	333
EXH Laura Silva, FERNANDES 50m: 42.60 42.60 100m: 1:26.67	08 Miranda do Corvo	<b>2:57.12</b>	302
EXH Laura Carvalho, FERNANDES 50m: 42.39 42.39 100m: 1:28.26	08 Nautico Academico	<b>3:00.94</b>	284

Prova 6

Masc., 200m Costas

Inf A e B

04-12-2021 - 11:45

Resultados

Rec. Nacional Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec. Nacional Inf A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	29-06-2012
Rec. Nacional Inf B	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16-03-2013
Rec Reg ANC Absoluto	1:52.66	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	2:14.94	José Diogo, DIAS	FBSC	(ROU)	13-06-2018
Rec Reg ANC Inf B	2:19.15	José Diogo, DIAS	FBSC		13-06-2017
Rec Nac Adaptada S17	59:00.00	start,			

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rafael Pereira, RODRIGUES 50m: 37.51 37.51 100m: 1:17.77	08 Condeixa Aqua Clube	<b>2:39.51</b>	290
2. Tomas Dinis, DUARTE 50m: 37.80 37.80 100m: 1:19.44	08 Fluvial Portuense	<b>2:40.01</b>	287
3. Tomas Rafael, PEREIRA 50m: 38.16 38.16 100m: 1:19.20	09 Nautico Academico	<b>2:40.80</b>	283
4. Rodrigo Mosca, SILVA 50m: 38.02 38.02 100m: 1:19.06	08 Columbofila Cantanhedense	<b>2:42.46</b>	274
5. Vicente Piacentini, CALDEIRA 50m: 39.12 39.12 100m: 1:20.86	08 Nautico Academico	<b>2:42.84</b>	272
6. Pedro Henrique, SANTOS 50m: 36.32 36.32 100m: 1:17.41	08 CDCP Povia Stª Iria	<b>2:43.58</b>	269
7. Tiago Andre, CANELAS 50m: 40.20 40.20 100m: 1:23.53	08 Fluvial Portuense	<b>2:48.63</b>	245
8. Francisco Fernandes, PEREIRA 50m: 41.97 41.97 100m: 1:26.38	08 Academica de Coimbra	<b>2:49.20</b>	243
9. Gabriel Neto, FERREIRA 50m: 40.50 40.50 100m: 1:24.48	08 O Crasto	<b>2:50.42</b>	238
10. Filipe Saldanha, COSTA 50m: 41.90 41.90 100m: 1:28.09	09 O Crasto	<b>2:55.94</b>	216
11. Joaquim Antonio, CUNHA 50m: 42.92 42.92 100m: 1:28.32	08 Nautico Academico	<b>2:56.70</b>	213

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Prova 6, Masc., 200m Costas, Inf A e B

Lugar	Ano	Tempo final	Pts
12. Guilherme Almeida, BIANCHI 50m: 43.67 43.67 100m: 1:30.52 46.85 150m: 2:17.77 47.25 200m: 3:02.37 44.60	09 O Crasto	<b>3:02.37</b>	194
13. Francisco Ribeiro, GOMES 50m: 44.35 44.35 100m: 1:32.34 47.99 150m: 2:20.07 47.73 200m: 3:07.52 47.45	09 Condeixa Aqua Clube	<b>3:07.52</b>	178
14. Rafael Figueiredo, CORREIA 50m: 44.72 44.72 100m: 1:32.55 47.83 150m: 2:21.72 49.17 200m: 3:08.69 46.97	08 Columbofila Cantanhedense	<b>3:08.69</b>	175
15. Jose Guardado, SILVA 50m: 46.60 46.60 100m: 1:37.05 50.45 150m: 2:28.32 51.27 200m: 3:16.82 48.50	08 Vigor da Mocidade	<b>3:16.82</b>	154
DSQ Tiago Janeiro, MOITA <i>O atleta, na viragem aos 25m, não realizou um movimento contínuo (SW6.4).</i>	09 Uniao Coimbra		
DSQ Tomas Pascoal, FERREIRA <i>O atleta, na viragem aos 175m, não realizou um movimento contínuo (SW6.4).</i>	09 Bairro Anjos		
DSQ Francisco Guilherme, FREIXIEIRO <i>O atleta, nas viragens aos 50m e 150m, não realizou um movimento contínuo (SW6.4).</i>	08 Rio Maior		
DSQ Salvador Correia, PEREIRA <i>O atleta, na viragem aos 150m, não retomou a posição de costas logo que deixou a parede (SW6.4).</i>	08 Condeixa Aqua Clube		
DSQ Miguel Tomas, CONCEICAO <i>O atleta, nas viragens aos 50m e 100m, não realizou um movimento contínuo (SW6.4).</i>	08 Nautico Academico		
DSQ Jose Pedro, COSTA <i>O atleta, na viragem aos 50m, não realizou um movimento contínuo (SW6.4).</i>	09 Nautico Academico		
DSQ Francisco Joao, FERNANDO <i>O atleta, nas viragens aos 25m e 50m, após perder a posição de costas realizou duas braçadas para iniciar a viragem (SW6.4).</i>	08 Nautico Academico		
DSQ Guilherme Simoes, SOUSA <i>O atleta, na viragem aos 75m, não realizou um movimento contínuo (SW6.4).</i>	08 Nautico Academico		
DNS Tome Nunes, TOME	08 Bairro Anjos		

Prova 6	Masc., 200m Costas	Sen
04-12-2021 - 11:45		Resultados
Rec. Nacional Absoluto	1:52.66 Gabriel Jose, LOPES	POR Hangzhou (CHN) 16-12-2018
Rec. Nacional Sen	1:52.66 Gabriel Jose, LOPES	POR Hangzhou (FRA) 16-12-2018
Rec Reg ANC Absoluto	1:52.66 Gabriel José, LOPES	ALN 14-06-2018
Rec Reg ANC Sen	1:52.66 Gabriel José, LOPES	ALN 13-06-2016
Rec Nac Adaptada S17	59:00.00 start,	

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
DSQ Carlos Manuel, SANTOS <i>O atleta, na viragem aos 100m, não realizou um movimento contínuo (SW6.4).</i>	87 APPDABCoimbra		
EXH Filipe Cruz, SIMOES 50m: 32.81 32.81 100m: 1:08.74 35.93 150m: 1:45.55 36.81 200m: 2:22.65 37.10	06 Miranda do Corvo	<b>2:22.65</b>	406
EXH Alexandre, DZYAKANAU 50m: 34.56 34.56 100m: 1:11.67 37.11 150m: 1:49.50 37.83 200m: 2:26.16 36.66	07 Louzan Natacao	<b>2:26.16</b>	377
EXH Guilherme Marques, ALMEIDA 50m: 35.94 35.94 100m: 1:15.37 39.43 150m: 1:55.58 40.21 200m: 2:34.22 38.64	07 Academica de Coimbra	<b>2:34.22</b>	321
EXH Miguel Joao, PINHEIRO 50m: 36.81 36.81 100m: 1:18.30 41.49 150m: 2:00.72 42.42 200m: 2:41.73 41.01	06 Academica de Coimbra	<b>2:41.73</b>	278
EXH Afonso Simoes, FERREIRA 50m: 38.55 38.55 100m: 1:21.40 42.85 150m: 2:04.85 43.45 200m: 2:46.88 42.03	07 Vigor da Mocidade	<b>2:46.88</b>	253
EXH Goncalo Miranda, FERNANDES 50m: 39.27 39.27 100m: 1:21.37 42.10 150m: 2:05.23 43.86 200m: 2:47.14 41.91	07 Vigor da Mocidade	<b>2:47.14</b>	252

XII Memorial Luiz Lopes da Conceição  
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Prova 7		Femin., 4 x 50m Livres			Inf A e B
04-12-2021 - 12:20					Resultados
Rec. Nacional Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Rec. Nacional Inf A	1:59.79				
Rec. Nacional Inf A/B	1:59.79				
Rec. Nacional Inf B	2:02.38				
Rec Reg ANC Absoluto	1:48.52	Clube Náutico Académico de Coim	CNAC		19-07-2011
Rec Reg ANC Inf A	1:59.79	Clube Nautico Academico de Coim	CNAC		13-06-2010
Rec Reg ANC Inf A/B	1:59.79	Clube Náutico Académico de Coim	CNAC		19-07-2010
Rec Reg ANC Inf B	2:02.38	Clube Náutico Académico de Coim	CNAC		19-07-2010

Pontos: FINA 2021

Lugar				Tempo final	Pts
1.	Academica Coimbra Inf		Academica de Coimbra	<b>2:13.32</b>	333
	Rita Calado, CRUZ	09	33.50 Teresa Falcao, AFONSO	09	36.42
	Sofia Fonseca, PRIMO	09	31.40 Alana Costa, MATIAS	09	32.00
2.	Bairro Anjos Inf		Bairro Anjos	<b>2:13.53</b>	332
	Beatriz Belo, CLARA	09	31.59 Maria Margarida, OLIVEIRA	09	34.86
	Maria Teresa, OLIVEIRA	09	34.09 Ines Ferreira, CHELEU	09	32.99
3.	Fluvial Portuense Inf		Fluvial Portuense	<b>2:15.07</b>	321
	Uxia Romero, COSTA	09	30.99 Leonor Borges, PORTELA	09	32.91
	Leonor Ferreira, LOPES	09	38.66 Matilde Brandao, CARVALHO	10	32.51
4.	CDCD Inf		CDCP Povia Stª Iria	<b>2:24.13</b>	264
	Beatriz Ferreira, BATISTA	09	33.25 Matilde Castro, TEIXEIRA	09	37.57
	Rafaela Sofia, SILVA	10	38.50 Joana Alexandra, SILVA	10	34.81
5.	Miranda do Corvo Inf		Miranda do Corvo	<b>2:25.51</b>	256
	Mariana Ramos, FERREIRA	10	35.82 Mariana Bagagem, CARVALHO	10	36.78
	Leonor Fonseca, OLIVEIRA	10	37.63 Caetana Amado, SANTOS	09	35.28
6.	O Crasto Inf		O Crasto	<b>2:29.01</b>	239
	Gabriela Lopes, FERNANDES	09	36.56 Eva Santos, FERREIRA	10	37.66
	Ana Sofia, PEREIRINHA	09	33.43 Sofia Oliveira, FREITAS	10	41.36
7.	Nautico Academico Inf		Nautico Academico	<b>2:31.75</b>	226
	Mia Cardoso, BAPTISTA	10	38.15 Leonor Antunes, PAIVA	10	36.62
	Maria Ines, RODRIGUES	10	37.55 Maria Neto, WASTERLAIN	10	39.43
8.	Columbofila Cantanhedense Inf		Columbofila Cantanhedense	<b>2:32.86</b>	221
	Maria Miranda, MACEDO	09	36.66 Laura Nobre, MONTEIRO	10	36.69
	Leonor Mosca, SILVA	10	40.02 Ana Laura, LUCAS	09	39.49
DSQ	Condeixa Clube Inf		Condeixa Aqua Clube		
	<i>Falta rendição da 4ª atleta (SW10.11).</i>				
	Gabriela Leonardo, MEDINA, Maria Neto, SIMOES, Camila Duarte, MARCELO, Rita Lucas, SANTOS				
EXH	Nautico Academico Juv		Nautico Academico	<b>2:00.41</b>	453
	Leonor Mil, MANO	07	28.02 Ines Miranda, DIOGO	07	30.41
	Marta Andre, AGUILAR	07	29.83 Maria Ines, FERNANDES	07	32.15
EXH	Nautico Academico Juv		Nautico Academico	<b>2:11.85</b>	345
	Maria Manuel, CORTESAO	08	32.23 Laura Carvalho, FERNANDES	08	33.82
	Raquel Filipa, JESUS	08	31.48 Beatriz Costa, MATOS	07	34.32
EXH	Academica Coimbra Juv		Academica de Coimbra	<b>2:15.75</b>	316
	Rita Isabel, NEVES	08	32.93 Maria Falcao, AFONSO	08	38.71
	Carolina Vaz, ALVES	08	33.88 Mariana Marques, ALMEIDA	07	30.23

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Prova 8	Masc., 4 x 50m Livres				Inf A e B
04-12-2021 - 12:25					Resultados
Rec. Nacional Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
Rec. Nacional Inf A	1:44.83				
Rec. Nacional Inf A/B	1:44.83				
Rec. Nacional Inf B	1:57.13				
Rec Reg ANC Absoluto	1:33.70	Clube Nautico Academico de Coimb	CNAC		13-11-2011
Rec Reg ANC Inf A	1:47.89	Clube Uniao 1919	CUC		13-11-2018
Rec Reg ANC Inf A/B	1:47.89	Clube Uniao 1919	CUC		13-11-2018
Rec Reg ANC Inf B	1:57.13	Clube Nautico Academico de Coimb	CNAC		18-07-2017

Pontos: FINA 2021

Lugar				Tempo final	Pts
1.	Fluvial Portuense Inf		Fluvial Portuense	<b>1:56.46</b>	346
	Tomas Dinis, DUARTE	08	28.48 Francisco Miguel, PEREIRA	08	28.40
	Tiago Andre, CANELAS	08	32.07 Vasco Lemos, SILVA	08	27.51
2.	Nautico Academico Inf		Nautico Academico	<b>2:11.01</b>	243
	Joao Nuno, GASPAS	09	30.59 Jose Pedro, COSTA	09	34.73
	Tomas Rafael, PEREIRA	09	30.78 Guilherme Andre, GASPAS	09	34.91
3.	O Crasto Inf		O Crasto	<b>2:11.48</b>	240
	Filipe Saldanha, COSTA	09	31.38 Gabriel Neto, FERREIRA	08	33.14
	Leonardo Branco, PEREIRA	08	32.49 Guilherme Almeida, BIANCHI	09	34.47
4.	Nautico Academico Inf		Nautico Academico	<b>2:14.24</b>	226
	Vicente Piacentini, CALDEIRA	08	32.25 Diogo Garcia, FARIA	08	37.74
	Guilherme Simoes, SOUSA	08	32.28 Miguel Tomas, CONCEICAO	08	31.97
DNS	Columbofila Cantanhedense Inf		Columbofila Cantanhedense		
DNS	Bairro Anjos Inf		Bairro Anjos		
DNS	Nautico Academico Inf		Nautico Academico		
DNS	Academica Coimbra Inf		Academica de Coimbra		
EXH	Nautico Academico Juv		Nautico Academico	<b>1:47.95</b>	435
	Carlos Miguel, OLIVEIRA	06	26.83 Joao Rafael, FERREIRA	06	26.41
	Tomas Nolan, SANTOS	06	27.02 Tomas Veiga, PEREIRA	06	27.69
EXH	Academica Coimbra Juv		Academica de Coimbra	<b>1:50.60</b>	404
	Joao Ferreira, MARQUES	06	27.69 Miguel Joao, PINHEIRO	06	28.71
	Rodrigo Costa, CRUZ	06	26.04 David Ferreira, SILVA	07	28.16

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2 - 1ª Jornada - 2ª Sessão

04-12-2021 - 15:30

Prova 9	Femin., 200m Bruços				Inf A e B
04-12-2021 - 15:30					Resultados
Rec. Nacional Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29-06-2019
Rec. Nacional Inf A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06-06-2015
Rec. Nacional Inf B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14-06-2014
Rec Reg ANC Absoluto	2:30.82	Gabriela Oliveira, ANDRADE	CNAC		13-06-2009
Rec Reg ANC Inf A	2:43.17	AnaYuki, TSUKAGOSHI	CNAC		12-06-1995
Rec Reg ANC Inf B	2:46.41	Mariana Ferreinha, CUNHA	AAC		11-06-1995
Rec Nac Adaptada S17	59:00.00	start,			

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
1. Beatriz Ferreira, BATISTA	09	CDCP Povia Stª Iria	<b>3:05.72</b>	380			
50m: 42.99 42.99	100m: 1:30.11	47.12	150m: 2:18.02	47.91	200m: 3:05.72	47.70	
2. Laura Brites, COSTA	09	Rio Maior	<b>3:12.20</b>	343			
50m: 43.35 43.35	100m: 1:32.01	48.66	150m: 2:21.49	49.48	200m: 3:12.20	50.71	
3. Maria Neto, SIMOES	10	Condeixa Aqua Clube	<b>3:15.14</b>	327			
50m: 44.40 44.40	100m: 1:34.47	50.07	150m: 2:25.35	50.88	200m: 3:15.14	49.79	
4. Rita Calado, CRUZ	09	Academica de Coimbra	<b>3:16.39</b>	321			
50m: 46.32 46.32	100m: 1:35.89	49.57	150m: 2:26.47	50.58	200m: 3:16.39	49.92	
5. Uxia Romero, COSTA	09	Fluvial Portuense	<b>3:17.95</b>	314			
50m: 43.29 43.29	100m: 1:34.48	51.19	150m: 2:27.24	52.76	200m: 3:17.95	50.71	
6. Matilde Brandao, CARVALHO	10	Fluvial Portuense	<b>3:19.07</b>	308			
50m: 45.30 45.30	100m: 1:36.04	50.74	200m: 3:19.07	1:43.03			
7. Maria Margarida, OLIVEIRA	09	Bairro Anjos	<b>3:19.70</b>	305			
50m: 46.57 46.57	100m: 1:37.44	50.87	150m: 2:29.89	52.45	200m: 3:19.70	49.81	
8. Maria Teresa, OLIVEIRA	09	Bairro Anjos	<b>3:22.52</b>	293			
50m: 44.82 44.82	100m: 1:35.63	50.81	150m: 2:29.29	53.66	200m: 3:22.52	53.23	
9. Teresa Falcao, AFONSO	09	Academica de Coimbra	<b>3:32.81</b>	252			
50m: 48.86 48.86	100m: 1:43.11	54.25	150m: 2:38.04	54.93	200m: 3:32.81	54.77	
10. Leonor Ferreira, LOPES	09	Fluvial Portuense	<b>3:32.93</b>	252			
50m: 49.02 49.02	100m: 1:43.91	54.89	150m: 2:39.68	55.77	200m: 3:32.93	53.25	
11. Caetana Amado, SANTOS	09	Miranda do Corvo	<b>3:33.75</b>	249			
50m: 48.74 48.74	100m: 1:53.87	1:05.13	200m: 3:33.75	1:39.88			
12. Mariana Ramos, FERREIRA	10	Miranda do Corvo	<b>3:43.40</b>	218			
50m: 51.21 51.21	100m: 1:47.73	56.52	150m: 2:46.47	58.74	200m: 3:43.40	56.93	
13. Ana Laura, LUCAS	09	Columbifila Cantanhedense	<b>3:44.83</b>	214			
50m: 50.90 50.90	100m: 1:48.81	57.91	150m: 2:48.31	59.50	200m: 3:44.83	56.52	
14. Maria Ines, GANTE	10	Nautico Academico	<b>3:47.51</b>	206			
50m: 52.71 52.71	100m: 1:49.44	56.73	150m: 2:48.17	58.73	200m: 3:47.51	59.34	
15. Beatriz Fernandes, PEREIRA	10	Academica de Coimbra	<b>3:53.15</b>	192			
50m: 55.99 55.99	100m: 1:56.05	1:00.06	150m: 2:57.30	1:01.25	200m: 3:53.15	55.85	
16. Sofia Daniela, FERREIRA	10	Uniao Coimbra	<b>3:56.10</b>	185			
50m: 53.80 53.80	100m: 1:53.87	1:00.07	200m: 3:56.10	2:02.23			
17. Isabella Scavone, LOPES	10	Miranda do Corvo	<b>3:58.25</b>	180			
50m: 56.19 56.19	100m: 1:56.33	1:00.14	150m: 2:57.72	1:01.39	200m: 3:58.25	1:00.53	
18. Sofia Oliveira, FREITAS	10	O Crasto	<b>3:59.02</b>	178			
50m: 53.01 53.01	100m: 1:53.32	1:00.31	150m: 2:55.95	1:02.63	200m: 3:59.02	1:03.07	
19. Leonor Fonseca, OLIVEIRA	10	Miranda do Corvo	<b>4:02.77</b>	170			
50m: 56.21 56.21	100m: 1:58.09	1:01.88	150m: 3:01.72	1:03.63	200m: 4:02.77	1:01.05	

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Prova 9, Femin., 200m Bruços, Inf A e B

Lugar			Ano					Tempo final	Pts
20.	Leonor Antunes, PAIVA		10	Nautico Academico				<b>4:11.31</b>	153
	50m: 57.48 57.48	100m: 2:00.81 1:03.33		150m: 3:05.96 1:05.15	200m: 4:11.31 1:05.35				
21.	Sara Marques, LIMA		10	CASPAE				<b>4:20.35</b>	138
	50m: 59.82 59.82	100m: 2:06.98 1:07.16		150m: 3:14.18 1:07.20	200m: 4:20.35 1:06.17				
DSQ	Laura Isabel, RIBEIRO		09	CASPAE					
	<i>A atleta, após a partida, no percurso subaquático, realizou mais do que uma pernada de golfinho (SW7.1).</i>								
DSQ	Eva Santos, FERREIRA		10	O Crasto					
	<i>Falsa partida (SW4.1).</i>								
DSQ	Maria Neto, WASTERLAIN		10	Nautico Academico					
	<i>Falsa partida (SW4.1).</i>								
DSQ	Sofia Fonseca, PRIMO		09	Academica de Coimbra					
	<i>A atleta, nas viragens aos 50m, 100m e 150m, fez toque alternado na parede (SW7.6).</i>								
DNS	Benedita Castilho, VELOSO		10	CASPAE					
DNS	Carolina Baptista, PEREIRINHA		09	S. Pedro Alva					
EXH	Leonor Mil, MANO		07	Nautico Academico				<b>2:55.87</b>	447
	50m: 41.05 41.05	100m: 1:26.13 45.08		150m: 2:11.10 44.97	200m: 2:55.87 44.77				
EXH	Marta Andre, AGUILAR		07	Nautico Academico				<b>2:58.00</b>	432
	50m: 41.66 41.66	100m: 1:27.15 45.49		150m: 2:13.21 46.06	200m: 2:58.00 44.79				
EXH	Maria Ines, FERNANDES		07	Nautico Academico				<b>2:58.64</b>	427
	50m: 41.40 41.40	100m: 1:26.12 44.72		150m: 2:12.58 46.46	200m: 2:58.64 46.06				
EXH	Rita Rocha, SILVA		08	Alcobaca				<b>3:00.82</b>	412
	50m: 40.60 40.60	100m: 1:26.57 45.97		150m: 2:13.54 46.97	200m: 3:00.82 47.28				
EXH	Rita Alexandra, REBELO		08	Alcobaca				<b>3:02.28</b>	402
	50m: 42.92 42.92	100m: 1:28.98 46.06		150m: 2:16.17 47.19	200m: 3:02.28 46.11				
EXH	Maria Manuel, CORTESAO		08	Nautico Academico				<b>3:02.55</b>	400
	50m: 42.70 42.70	100m: 1:29.16 46.46		150m: 2:16.12 46.96	200m: 3:02.55 46.43				
EXH	Laura Calheiros, FRAZAO		07	Rio Maior				<b>3:09.51</b>	358
	50m: 42.03 42.03	100m: 1:29.25 47.22		150m: 2:19.06 49.81	200m: 3:09.51 50.45				
EXH	Laura Silva, FERNANDES		08	Miranda do Corvo				<b>3:10.89</b>	350
	50m: 43.84 43.84	100m: 1:32.26 48.42		150m: 2:21.71 49.45	200m: 3:10.89 49.18				
EXH	Raquel Filipa, JESUS		08	Nautico Academico				<b>3:12.73</b>	340
	50m: 43.78 43.78	100m: 1:33.31 49.53		150m: 2:23.47 50.16	200m: 3:12.73 49.26				
EXH	Beatriz Malaquias, PELAIO		99	APPDACOimbra				<b>4:06.24</b>	163
	<i>Rec Nac NA</i>								
	50m: 53.27 53.27	100m: 1:55.95 1:02.68		200m: 4:06.24 2:10.29					

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Prova 10 Masc., 200m Bruços Inf A e B  
04-12-2021 - 15:55 Resultados

Rec. Nacional Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec. Nacional Inf A	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01-08-2018
Rec. Nacional Inf B	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13-07-2003
Rec Reg ANC Absoluto	2:09.52	Gabriel Jose, LOPES		Felgueiras	21-12-2019
Rec Reg ANC Inf A	2:32.39	Duarte Anastasio, SOUSA	CAQC		13-06-2016
Rec Reg ANC Inf B	2:38.94	Duarte Anastasio, SOUSA	CAQC		13-06-2015
Rec Nac Adaptada S17	59:00.00	start,			

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Vasco Lemos, SILVA 50m: 37.21 37.21 100m: 1:21.34	08	Fluvial Portuense 44.13 150m: 2:05.74 44.40 200m: 2:50.75	348 45.01
2. Rafael Pereira, RODRIGUES 50m: 41.98 41.98 100m: 1:28.00	08	Condeixa Aqua Clube 46.02 150m: 2:15.69 47.69 200m: 3:03.63	280 47.94
3. Filipe Saldanha, COSTA 50m: 43.10 43.10 100m: 1:31.53	09	O Crasto 48.43 150m: 2:19.86 48.33 200m: 3:05.79	270 45.93
4. Afonso Benjamim, MELO 50m: 43.70 43.70 100m: 1:31.78	08	Academica de Coimbra 48.08 150m: 2:20.79 49.01 200m: 3:07.18	264 46.39
5. Francisco Miguel, PEREIRA 50m: 43.23 43.23 100m: 1:33.46	08	Fluvial Portuense 50.23 150m: 2:21.48 48.02 200m: 3:07.84	261 46.36
6. Santiago Jose, FONSECA 50m: 45.85 45.85 100m: 1:34.79	08	Columbofila Cantanhedense 48.94 150m: 2:24.86 50.07 200m: 3:11.79	245 46.93
7. Daniel Gomes, SANTOS 50m: 42.11 42.11 100m: 1:30.55	08	Bairro Anjos 48.44 150m: 2:22.35 51.80 200m: 3:13.65	238 51.30
8. Miguel Tomas, CONCEICAO 50m: 45.29 45.29 100m: 1:36.02	08	Nautico Academico 50.73 150m: 2:27.23 51.21 200m: 3:17.71	224 50.48
9. Tiago Andre, CANELAS 50m: 45.85 45.85 100m: 1:38.01	08	Fluvial Portuense 52.16 150m: 2:29.92 51.91 200m: 3:20.14	216 50.22
10. Gabriel Neto, FERREIRA 50m: 47.43 47.43 100m: 1:38.92	08	O Crasto 51.49 150m: 2:30.73 51.81 200m: 3:21.33	212 50.60
11. Jose Guardado, SILVA 50m: 47.96 47.96 100m: 1:40.83	08	Vigor da Mocidade 52.87 150m: 2:33.42 52.59 200m: 3:22.11	210 48.69
12. Francisco Joao, FERNANDO 50m: 49.83 49.83 100m: 1:45.79	08	Nautico Academico 55.96 150m: 2:41.81 56.02 200m: 3:36.92	169 55.11
13. Joao Nuno, GASPAR 50m: 52.00 52.00 100m: 1:50.34	09	Nautico Academico 58.34 150m: 2:46.32 55.98 200m: 3:38.94	165 52.62
14. Tiago Janeiro, MOITA 50m: 51.26 51.26 100m: 1:48.78	09	Uniao Coimbra 57.52 150m: 2:48.00 59.22 200m: 3:44.92	152 56.92
15. Jose Pedro, COSTA 50m: 52.97 52.97 100m: 1:50.92	09	Nautico Academico 57.95 150m: 2:50.14 59.22 200m: 3:45.62	151 55.48
16. Manuel Meneses, GONCALVES 50m: 54.95 54.95 100m: 1:55.66	08	Academica de Coimbra 1:00.71 150m: 2:55.56 59.90 200m: 3:56.26	131 1:00.70
DSQ Tomas Pascoal, FERREIRA <i>O atleta, nas viragens aos 25m, 75m e 175m, fez toque alternado na parede (SW7.6).</i>	09	Bairro Anjos	
DSQ Tomas Dinis, DUARTE <i>O atleta, após a partida, no percurso subaquático realizou mais do que uma pernada de golfinho (SW7.1).</i>	08	Fluvial Portuense	
DSQ Joao Miguel, ALVES <i>O atleta, na viragem aos 150m, fez toque alternado na parede (SW7.6).</i>	09	Vigor da Mocidade	

XII Memorial Luiz Lopes da Conceição  
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Prova 10, Masc., 200m Bruços

Prova 10 Sen  
04-12-2021 - 15:55 Resultados

Rec. Nacional Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec. Nacional Sen	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Reg ANC Absoluto	2:09.52	Gabriel Jose, LOPES		Felgueiras	21-12-2019
Rec Reg ANC Sen	2:09.52	Gabriel José, LOPES	ALN	Felgueiras	21-12-2019
Rec Nac Adaptada S17	59:00.00	start,			

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
<b>DSQ</b> Noe Martins, SOUSA <i>O atleta, durante o percurso realizou movimentos de pernas alternados (SW7.4).</i>	82 APPDACOimbra		
EXH Tomas Nolan, SANTOS 50m: 35.82 35.82 100m: 1:17.20 41.38 150m: 1:59.09 41.89 200m: 2:39.15 40.06	06 Nautico Academico	<b>2:39.15</b>	430
EXH Daniel, IONAS 50m: 36.20 36.20 100m: 1:17.65 41.45 150m: 1:59.89 42.24 200m: 2:40.54 40.65	07 Natacao Amadora	<b>2:40.54</b>	419
EXH Martim Alexandre, SILVA 50m: 35.92 35.92 100m: 1:17.08 41.16 150m: 1:59.94 42.86 200m: 2:42.90 42.96	07 Columbofila Cantanhedense	<b>2:42.90</b>	401
EXH Rodrigo Costa, CRUZ 50m: 37.43 37.43 100m: 1:18.71 41.28 150m: 2:01.59 42.88 200m: 2:44.29 42.70	06 Academica de Coimbra	<b>2:44.29</b>	391
EXH Tomas Veiga, PEREIRA 50m: 38.77 38.77 100m: 1:22.56 43.79 150m: 2:06.97 44.41 200m: 2:50.01 43.04	06 Nautico Academico	<b>2:50.01</b>	353
EXH Francisco Jose, SIMOES 50m: 44.32 44.32 100m: 1:32.27 47.95 150m: 2:22.55 50.28 200m: 3:14.15 51.60	07 Vigor da Mocidade	<b>3:14.15</b>	237
EXH Goncalo Miranda, FERNANDES 50m: 43.24 43.24 100m: 1:33.10 49.86 150m: 2:25.57 52.47 200m: 3:17.96 52.39	07 Vigor da Mocidade	<b>3:17.96</b>	223

Prova 11 Inf A e B  
04-12-2021 - 16:20 Resultados

Rec. Nacional Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22-12-2019
Rec. Nacional Inf A	1:09.62	,			
Rec. Nacional Inf B	1:13.22	,			
Rec Reg ANC Absoluto	1:04.99	Camila Rodrigues, REBELO	ALN		21-06-2021
Rec Reg ANC Inf A	1:09.62	Joana Victorino, HENRIQUES	CAQC		12-06-2014
Rec Reg ANC Inf B	1:13.22	Joana Victorino, HENRIQUES	CAQC		11-06-2013

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Matilde Brandao, CARVALHO 50m: 37.14 37.14 100m: 1:19.12 41.98	10 Fluvial Portuense	<b>1:19.12</b>	364
2. Alana Costa, MATIAS 50m: 38.35 38.35 100m: 1:20.65 42.30	09 Academica de Coimbra	<b>1:20.65</b>	344
3. Laura Brites, COSTA 50m: 38.19 38.19 100m: 1:20.75 42.56	09 Rio Maior	<b>1:20.75</b>	342
4. Rita Calado, CRUZ 50m: 38.21 38.21 100m: 1:20.85 42.64	09 Academica de Coimbra	<b>1:20.85</b>	341
5. Beatriz Belo, CLARA 50m: 36.89 36.89 100m: 1:20.87 43.98	09 Bairro Anjos	<b>1:20.87</b>	341
6. Rita Lucas, SANTOS 50m: 38.52 38.52 100m: 1:22.13 43.61	10 Condeixa Aqua Clube	<b>1:22.13</b>	325
7. Sofia Fonseca, PRIMO 50m: 39.29 39.29 100m: 1:22.31 43.02	09 Academica de Coimbra	<b>1:22.31</b>	323



XII Memorial Luiz Lopes da Conceição  
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Prova 11, Femin., 100m Estilos, Inf A e B

Lugar	Ano	Tempo final	Pts
8. Joana Pereira, SANTOS 50m: 38.73 38.73 100m: 1:23.20	09 Rio Maior	<b>1:23.20</b>	313
9. Gabriela Leonardo, MEDINA 50m: 40.19 40.19 100m: 1:27.70	09 Condeixa Aqua Clube	<b>1:27.70</b>	267
10. Joana Alexandra, SILVA 50m: 44.00 44.00 100m: 1:29.80	10 CDCP Povia Stª Iria	<b>1:29.80</b>	249
11. Ana Margarida, CRUZ 50m: 42.56 42.56 100m: 1:30.53	09 Nautico Academico	<b>1:30.53</b>	243
12. Rafaela Sofia, SILVA 50m: 41.08 41.08 100m: 1:30.94	10 CDCP Povia Stª Iria	<b>1:30.94</b>	239
13. Gabriela Lopes, FERNANDES 50m: 45.60 45.60 100m: 1:32.15	09 O Crasto	<b>1:32.15</b>	230
14. Mariana Bernardo, SILVESTRE 50m: 43.58 43.58 100m: 1:33.29	10 Nautico Academico	<b>1:33.29</b>	222
15. Eva Santos, FERREIRA 50m: 45.83 45.83 100m: 1:35.07	10 O Crasto	<b>1:35.07</b>	210
16. Leonor Mosca, SILVA 50m: 46.50 46.50 100m: 1:35.37	10 Columbofila Cantanhedense	<b>1:35.37</b>	208
17. Maria Ines, RODRIGUES 50m: 45.58 45.58 100m: 1:35.64	10 Nautico Academico	<b>1:35.64</b>	206
18. Maria Ines, GANTE 50m: 46.22 46.22 100m: 1:36.11	10 Nautico Academico	<b>1:36.11</b>	203
19. Teresa Falcao, AFONSO 50m: 48.05 48.05 100m: 1:37.74	09 Academica de Coimbra	<b>1:37.74</b>	193
20. Leonor Antunes, PAIVA 50m: 47.02 47.02 100m: 1:40.05	10 Nautico Academico	<b>1:40.05</b>	180
21. Maria Miguel, FERNANDES 50m: 47.32 47.32 100m: 1:40.77	10 Columbofila Cantanhedense	<b>1:40.77</b>	176
22. Maria Neto, WASTERLAIN 50m: 48.33 48.33 100m: 1:43.92	10 Nautico Academico	<b>1:43.92</b>	160
23. Erica Maria, ALMEIDA 50m: 52.73 52.73 100m: 1:48.99	10 Vigor da Mocidade	<b>1:48.99</b>	139
24. Laura Isabel, RIBEIRO 50m: 56.53 56.53 100m: 1:54.91	09 CASPAE	<b>1:54.91</b>	118
DSQ Maria Teresa, OLIVEIRA <i>A atleta, na viragem aos 75m, só tocou com uma mão na parede (SW7.6).</i>	09 Bairro Anjos		
DSQ Beatriz Ribeiro, VELOSO <i>A atleta, durante o percurso de mariposa realizou movimentos de braços alternados para a frente (SW8.2).</i>	10 Vigor da Mocidade		
DSQ Mia Cardoso, BAPTISTA <i>Falsa partida (SW4.1).</i>	10 Nautico Academico		

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Prova 11, Femin., 100m Estilos

Prova 11	Femin., 100m Estilos				Juv
04-12-2021 - 16:20					Resultados
Rec. Nacional Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22-12-2019
Rec. Nacional 15	1:05.68	,			
Rec. Nacional 14	1:07.26	,			
Rec Reg ANC Absoluto	1:04.99	Camila Rodrigues, REBELO	ALN		21-06-2021
Rec Reg ANC 15	1:07.58	Joana Victorino, HENRIQUES	CAQC		12-06-2015
Rec Reg ANC 14	1:09.60	Joana Victorino, HENRIQUES	CAQC		12-06-2014

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
DNS Ana Beatriz, CAMPOS	08	Academica de Coimbra		
EXH Mariana Marques, ALMEIDA	07	Academica de Coimbra	<b>1:16.53</b>	402
50m: 36.46 36.46	100m: 1:16.53	40.07		
EXH Rita Isabel, NEVES	08	Academica de Coimbra	<b>1:21.66</b>	331
50m: 40.77 40.77	100m: 1:21.66	40.89		
EXH Lara Carvalho, SANTOS	07	Nautico Academico	<b>1:23.65</b>	308
50m: 37.04 37.04	100m: 1:23.65	46.61		
EXH Carolina Vaz, ALVES	08	Academica de Coimbra	<b>1:27.39</b>	270
50m: 42.44 42.44	100m: 1:27.39	44.95		
EXH Maria Falcao, AFONSO	08	Academica de Coimbra	<b>1:41.36</b>	173
50m: 49.24 49.24	100m: 1:41.36	52.12		

Prova 12 Masc., 100m Estilos Inf A e B Resultados

Prova 12	Masc., 100m Estilos				Inf A e B
04-12-2021 - 16:35					Resultados
Rec. Nacional Absoluto	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
Rec. Nacional Inf A	1:02.84	,			
Rec. Nacional Inf B	1:06.44	,			
Rec Reg ANC Absoluto	53.28	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Inf A	1:02.84	Gabriel José, LOPES	CDL		13-06-2011
Rec Reg ANC Inf B	1:06.87	Gabriel José, LOPES	CDL		13-06-2010

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
1. Vasco Lemos, SILVA	08	Fluvial Portuense	<b>1:11.88</b>	322
50m: 34.11 34.11	100m: 1:11.88	37.77		
2. Tomas Dinis, DUARTE	08	Fluvial Portuense	<b>1:12.72</b>	311
50m: 33.87 33.87	100m: 1:12.72	38.85		
3. Francisco Miguel, PEREIRA	08	Fluvial Portuense	<b>1:14.67</b>	287
50m: 33.18 33.18	100m: 1:14.67	41.49		
4. Tomas Rafael, PEREIRA	09	Nautico Academico	<b>1:16.01</b>	272
50m: 34.99 34.99	100m: 1:16.01	41.02		
5. Leonardo Gomes, SILVA	08	Rio Maior	<b>1:17.05</b>	261
50m: 35.81 35.81	100m: 1:17.05	41.24		
6. Rodrigo Mosca, SILVA	08	Columbifila Cantanhedense	<b>1:17.88</b>	253
50m: 37.11 37.11	100m: 1:17.88	40.77		
7. Pedro Henrique, SANTOS	08	CDCP Povia Stª Iria	<b>1:18.47</b>	247
50m: 35.45 35.45	100m: 1:18.47	43.02		
8. Leonardo Branco, PEREIRA	08	O Crasto	<b>1:18.65</b>	245
50m: 37.80 37.80	100m: 1:18.65	40.85		
9. Vicente Piacentini, CALDEIRA	08	Nautico Academico	<b>1:19.32</b>	239
50m: 36.12 36.12	100m: 1:19.32	43.20		

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Prova 12, Masc., 100m Estilos, Inf A e B

Lugar	Ano	Tempo final	Pts
10. Guilherme Simoes, SOUSA 50m: 37.69 37.69 100m: 1:20.33 42.64	08 Nautico Academico	<b>1:20.33</b>	230
11. Francisco Guilherme, FREIXIEIRO 50m: 38.77 38.77 100m: 1:21.38 42.61	08 Rio Maior	<b>1:21.38</b>	222
12. Samuel Dinis, MAIA 50m: 38.62 38.62 100m: 1:22.75 44.13	08 Miranda do Corvo	<b>1:22.75</b>	211
13. Joaquim Antonio, CUNHA 50m: 39.70 39.70 100m: 1:23.37 43.67	08 Nautico Academico	<b>1:23.37</b>	206
14. Afonso Benjamim, MELO 50m: 40.62 40.62 100m: 1:23.87 43.25	08 Academica de Coimbra	<b>1:23.87</b>	202
15. Guilherme Andre, GASPAR 50m: 43.09 43.09 100m: 1:28.75 45.66	09 Nautico Academico	<b>1:28.75</b>	171
16. Guilherme Almeida, BIANCHI 50m: 43.47 43.47 100m: 1:29.13 45.66	09 O Crasto	<b>1:29.13</b>	169
17. Francisco Fernandes, PEREIRA 50m: 41.87 41.87 100m: 1:29.67 47.80	08 Academica de Coimbra	<b>1:29.67</b>	165
18. Francisco Joao, FERNANDO 50m: 43.63 43.63 100m: 1:30.15 46.52	08 Nautico Academico	<b>1:30.15</b>	163
19. Francisco Ribeiro, GOMES 50m: 43.90 43.90 100m: 1:35.29 51.39	09 Condeixa Aqua Clube	<b>1:35.29</b>	138
DSQ Daniel Gomes, SANTOS <i>O atleta, na viragem aos 75m, fez toque alternado na parede (SW7.6).</i>	08 Bairro Anjos		
DSQ Jose Pedro, COSTA <i>O atleta, na viragem aos 75m, fez toque alternado na parede (SW7.6).</i>	09 Nautico Academico		
DSQ Daniel Madeira, AZENHA <i>O atleta, na viragem aos 75m, só tocou com uma mão na parede (SW7.6).</i>	08 Academica de Coimbra		
DNS Tome Nunes, TOME	08 Bairro Anjos		
DNS Diogo Garcia, FARIA	08 Nautico Academico		
EXH Joao Ferreira, MARQUES 50m: 32.14 32.14 100m: 1:10.10 37.96	06 Academica de Coimbra	<b>1:10.10</b>	347
EXH David Ferreira, SILVA 50m: 34.49 34.49 100m: 1:13.83 39.34	07 Academica de Coimbra	<b>1:13.83</b>	297
EXH Guilherme Marques, ALMEIDA 50m: 34.95 34.95 100m: 1:15.20 40.25	07 Academica de Coimbra	<b>1:15.20</b>	281
EXH Miguel Joao, PINHEIRO 50m: 34.91 34.91 100m: 1:16.41 41.50	06 Academica de Coimbra	<b>1:16.41</b>	268

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Prova 13 Femin., 400m Livres Inf A e B  
04-12-2021 - 16:45 Resultados

Rec. Nacional Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec. Nacional Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
Rec. Nacional Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
Rec Reg ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC		13-06-2009
Rec Reg ANC Inf A	4:34.72	Sara Sofia, ALVES	ASSSCC		11-06-2014
Rec Reg ANC Inf B	4:45.02	Sara Sofia, ALVES	ASSSCC		11-06-2013

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	Alana Costa, MATIAS		09	Academica de Coimbra				<b>5:10.51</b>	427
	50m:	34.62 34.62	150m:	1:52.26	39.42	250m:	3:11.48 39.64	350m:	4:31.50 40.30
	100m:	1:12.84 38.22	200m:	2:31.84	39.58	300m:	3:51.20 39.72	400m:	5:10.51 39.01
2.	Uxia Romero, COSTA		09	Fluvial Portuense				<b>5:13.18</b>	416
	50m:	35.08 35.08	150m:	1:54.05	40.00	250m:	3:13.81 39.75	350m:	4:34.69 40.04
	100m:	1:14.05 38.97	200m:	2:34.06	40.01	300m:	3:54.65 40.84	400m:	5:13.18 38.49
3.	Beatriz Ferreira, BATISTA		09	CDCP Povia Stª Iria				<b>5:24.07</b>	376
	50m:	36.63 36.63	150m:	1:58.29	40.94	250m:	3:21.26 41.45	350m:	4:44.28 41.35
	100m:	1:17.35 40.72	200m:	2:39.81	41.52	300m:	4:02.93 41.67	400m:	5:24.07 39.79
4.	Rita Lucas, SANTOS		10	Condeixa Aqua Clube				<b>5:25.78</b>	370
	50m:	36.03 36.03	150m:	1:59.36	42.08	250m:	3:22.14 41.53	350m:	4:47.28 42.70
	100m:	1:17.28 41.25	200m:	2:40.61	41.25	300m:	4:04.58 42.44	400m:	5:25.78 38.50
5.	Camila Duarte, MARCELO		10	Condeixa Aqua Clube				<b>5:31.85</b>	350
	50m:	37.89 37.89	150m:	2:01.14	41.70	250m:	3:25.70 42.16	350m:	4:51.10 42.31
	100m:	1:19.44 41.55	200m:	2:43.54	42.40	300m:	4:08.79 43.09	400m:	5:31.85 40.75
6.	Leonor Borges, PORTELA		09	Fluvial Portuense				<b>5:36.57</b>	335
	50m:	36.99 36.99	150m:	2:02.24	43.35	250m:	3:30.03 43.88	350m:	4:56.51 42.70
	100m:	1:18.89 41.90	200m:	2:46.15	43.91	300m:	4:13.81 43.78	400m:	5:36.57 40.06
7.	Ana Sofia, PEREIRINHA		09	O Crasto				<b>5:51.98</b>	293
	50m:	40.28 40.28	150m:	2:09.88	45.04	250m:	3:41.28 45.44	350m:	5:11.53 45.07
	100m:	1:24.84 44.56	200m:	2:55.84	45.96	300m:	4:26.46 45.18	400m:	5:51.98 40.45
8.	Ines Ferreira, CHELEU		09	Bairro Anjos				<b>5:52.63</b>	291
	50m:	39.94 39.94	150m:	2:07.70	44.04	250m:	3:38.26 45.02	350m:	5:09.02 45.23
	100m:	1:23.66 43.72	200m:	2:53.24	45.54	300m:	4:23.79 45.53	400m:	5:52.63 43.61
9.	Maria Miranda, MACEDO		09	Columbifila Cantanhedense				<b>5:54.59</b>	287
	50m:	41.26 41.26	150m:	2:08.95	44.31	250m:	3:39.87 45.45	350m:	5:11.56 45.59
	100m:	1:24.64 43.38	200m:	2:54.42	45.47	300m:	4:25.97 46.10	400m:	5:54.59 43.03
10.	Caetana Amado, SANTOS		09	Miranda do Corvo				<b>5:54.78</b>	286
	50m:	39.69 39.69	150m:	2:10.84	45.83	250m:	3:41.65 45.14	350m:	5:11.01 44.18
	100m:	1:25.01 45.32	200m:	2:56.51	45.67	300m:	4:26.83 45.18	400m:	5:54.78 43.77
11.	Gabriela Lopes, FERNANDES		09	O Crasto				<b>5:58.69</b>	277
	50m:	40.22 40.22	150m:	2:12.64	47.05	250m:	3:44.43 46.29	350m:	5:16.73 45.80
	100m:	1:25.59 45.37	200m:	2:58.14	45.50	300m:	4:30.93 46.50	400m:	5:58.69 41.96
12.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				<b>5:59.60</b>	275
	50m:	41.29 41.29	150m:	2:13.67	46.51	250m:	3:46.23 46.55	350m:	5:18.18 45.88
	100m:	1:27.16 45.87	200m:	2:59.68	46.01	300m:	4:32.30 46.07	400m:	5:59.60 41.42
13.	Gabriela Leonardo, MEDINA		09	Condeixa Aqua Clube				<b>5:59.64</b>	275
	50m:	41.33 41.33	150m:	2:13.61	46.13	250m:	3:44.94 44.45	350m:	5:16.10 45.63
	100m:	1:27.48 46.15	200m:	3:00.49	46.88	300m:	4:30.47 45.53	400m:	5:59.64 43.54
14.	Matilde Castro, TEIXEIRA		09	CDCP Povia Stª Iria				<b>6:02.89</b>	267
	50m:	40.79 40.79	150m:	2:12.59	46.47	250m:	3:44.74 45.38	350m:	5:14.60 44.50
	100m:	1:26.12 45.33	200m:	2:59.36	46.77	300m:	4:30.10 45.36	400m:	6:02.89 48.29
15.	Sofia Daniela, FERREIRA		10	Uniao Coimbra				<b>6:11.24</b>	250
	50m:	42.43 42.43	150m:	2:16.45	47.22	250m:	3:51.38 47.55	350m:	5:26.55 47.53
	100m:	1:29.23 46.80	200m:	3:03.83	47.38	300m:	4:39.02 47.64	400m:	6:11.24 44.69

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

Lugar			Ano					Tempo final	Pts
16.	Leonor Ferreira, LOPES		09	Fluvial Portuense			<b>6:21.43</b>	230	
	50m: 43.84 43.84	150m: 2:23.26		50.62	250m: 4:02.51	49.64	350m: 5:38.03	47.27	
	100m: 1:32.64 48.80	200m: 3:12.87		49.61	300m: 4:50.76	48.25	400m: 6:21.43	43.40	
17.	Maria Margarida, OLIVEIRA		09	Bairro Anjos			<b>6:21.71</b>	230	
	50m: 42.88 42.88	150m: 2:20.45		49.25	250m: 3:59.24	49.38	350m: 5:35.81	47.92	
	100m: 1:31.20 48.32	200m: 3:09.86		49.41	300m: 4:47.89	48.65	400m: 6:21.71	45.90	
18.	Leonor Sobreiro, ALMEIDA		10	CASP AE			<b>6:24.87</b>	224	
	50m: 42.80 42.80	150m: 2:20.49		49.45	250m: 4:00.15	49.80	350m: 5:40.53	49.44	
	100m: 1:31.04 48.24	200m: 3:10.35		49.86	300m: 4:51.09	50.94	400m: 6:24.87	44.34	
19.	Mia Cardoso, BAPTISTA		10	Nautico Academico			<b>6:36.96</b>	204	
	50m: 45.61 45.61	150m: 2:26.56		49.88	250m: 4:07.88	49.85	350m: 5:48.58	49.81	
	100m: 1:36.68 51.07	200m: 3:18.03		51.47	300m: 4:58.77	50.89	400m: 6:36.96	48.38	
20.	Maria Ines, RODRIGUES		10	Nautico Academico			<b>6:38.07</b>	202	
	50m: 44.37 44.37	150m: 2:27.43		52.10	250m: 4:10.70	51.77	350m: 5:52.38	50.46	
	100m: 1:35.33 50.96	200m: 3:18.93		51.50	300m: 5:01.92	51.22	400m: 6:38.07	45.69	
21.	Isabella Scavone, LOPES		10	Miranda do Corvo			<b>6:40.32</b>	199	
	50m: 44.90 44.90	150m: 2:25.41		51.26	250m: 4:08.78	51.65	350m: 5:48.47	48.34	
	100m: 1:34.15 49.25	200m: 3:17.13		51.72	300m: 5:00.13	51.35	400m: 6:40.32	51.85	
22.	Sofia Oliveira, FREITAS		10	O Crasto			<b>6:45.65</b>	191	
	50m: 45.87 45.87	150m: 2:31.35		52.61	250m: 4:16.16	52.15	350m: 5:57.47	50.61	
	100m: 1:38.74 52.87	200m: 3:24.01		52.66	300m: 5:06.86	50.70	400m: 6:45.65	48.18	
23.	Mariana Ramos, FERREIRA		10	Miranda do Corvo			<b>6:47.12</b>	189	
	50m: 46.20 46.20	150m: 2:28.91		51.65	250m: 4:12.03	51.70	350m: 5:57.80	54.19	
	100m: 1:37.26 51.06	200m: 3:20.33		51.42	300m: 5:03.61	51.58	400m: 6:47.12	49.32	
24.	Leonor Fonseca, OLIVEIRA		10	Miranda do Corvo			<b>6:52.82</b>	181	
	50m: 46.23 46.23	150m: 2:31.06		52.94	250m: 4:16.01	52.60	350m: 6:02.07	52.33	
	100m: 1:38.12 51.89	200m: 3:23.41		52.35	300m: 5:09.74	53.73	400m: 6:52.82	50.75	
DNS	Laura Nobre, MONTEIRO		10	Columbifila Cantanhedense					
DNS	Carolina Baptista, PEREIRINHA		09	S. Pedro Alva					
DNS	Ana Margarida, CRUZ		09	Nautico Academico					
EXH	Ines Miranda, DIOGO		07	Nautico Academico			<b>4:53.27</b>	507	
	50m: 33.24 33.24	150m: 1:46.32		37.07	250m: 3:01.31	37.55	350m: 4:16.93	37.86	
	100m: 1:09.25 36.01	200m: 2:23.76		37.44	300m: 3:39.07	37.76	400m: 4:53.27	36.34	
EXH	Julia Maria, SOARES		08	Miranda do Corvo			<b>5:07.06</b>	442	
	50m: 35.27 35.27	150m: 1:54.45		39.57	250m: 3:12.74	39.10	350m: 4:30.83	38.89	
	100m: 1:14.88 39.61	200m: 2:33.64		39.19	300m: 3:51.94	39.20	400m: 5:07.06	36.23	
EXH	Ines Margarida, FERNANDES		08	CDCP Povia Stª Iria			<b>5:15.12</b>	409	
	50m: 34.34 34.34	150m: 1:53.09		40.40	250m: 3:14.98	41.17	350m: 4:35.70	40.24	
	100m: 1:12.69 38.35	200m: 2:33.81		40.72	300m: 3:55.46	40.48	400m: 5:15.12	39.42	
EXH	Matilde Andre, LUIS		08	Alcobaca			<b>5:15.76</b>	406	
	50m: 35.70 35.70	150m: 1:55.30		40.30	250m: 3:16.11	40.54	350m: 4:36.04	39.64	
	100m: 1:15.00 39.30	200m: 2:35.57		40.27	300m: 3:56.40	40.29	400m: 5:15.76	39.72	
EXH	Cristiana Sofia, DUARTE		07	Vigor da Mocidade			<b>5:18.99</b>	394	
	50m: 32.86 32.86	150m: 1:51.24		40.49	250m: 3:15.63	42.58	350m: 4:38.57	40.94	
	100m: 1:10.75 37.89	200m: 2:33.05		41.81	300m: 3:57.63	42.00	400m: 5:18.99	40.42	
EXH	Francisca Santos, FERNANDES		08	Miranda do Corvo			<b>5:27.40</b>	364	
	50m: 36.10 36.10	150m: 1:56.48		40.62	250m: 3:20.21	42.09	350m: 4:45.78	42.99	
	100m: 1:15.86 39.76	200m: 2:38.12		41.64	300m: 4:02.79	42.58	400m: 5:27.40	41.62	
EXH	Laura Carvalho, FERNANDES		08	Nautico Academico			<b>5:32.91</b>	346	
	50m: 36.77 36.77	150m: 2:00.47		42.46	250m: 3:27.02	43.25	350m: 4:52.62	43.13	
	100m: 1:18.01 41.24	200m: 2:43.77		43.30	300m: 4:09.49	42.47	400m: 5:32.91	40.29	

XII Memorial Luiz Lopes da Conceição  
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Prova 13, Femin., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Beatriz Costa, MATOS	07 Nautico Academico	<b>5:38.79</b>	329
50m: 37.78 37.78	150m: 2:05.45 43.86	250m: 3:32.43 43.35	350m: 4:56.92 42.58
100m: 1:21.59 43.81	200m: 2:49.08 43.63	300m: 4:14.34 41.91	400m: 5:38.79 41.87

Prova 14

Masc., 400m Livres

Inf A e B

04-12-2021 - 17:30

Resultados

Rec. Nacional Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec. Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec. Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
Rec Reg ANC Absoluto	3:45.21	Tomas Miguel, VELOSO			13-11-2019
Rec Reg ANC Inf A	4:20.38	Guilherme Maia, CARDOSO	SCC		20-07-2019
Rec Reg ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Vicente Piacentini, CALDEIRA	08 Nautico Academico	<b>5:00.34</b>	352
50m: 34.63 34.63	150m: 1:49.82 38.31	250m: 3:06.13 38.13	350m: 4:23.11 38.46
100m: 1:11.51 36.88	200m: 2:28.00 38.18	300m: 3:44.65 38.52	400m: 5:00.34 37.23
2. Rafael Pereira, RODRIGUES	08 Condeixa Aqua Clube	<b>5:01.13</b>	350
50m: 33.58 33.58	150m: 1:48.72 37.95	250m: 3:06.44 38.94	350m: 4:24.21 38.97
100m: 1:10.77 37.19	200m: 2:27.50 38.78	300m: 3:45.24 38.80	400m: 5:01.13 36.92
3. Tiago Andre, CANELAS	08 Fluvial Portuense	<b>5:10.78</b>	318
50m: 35.53 35.53	150m: 1:54.33 39.73	250m: 3:13.88 39.60	350m: 4:33.64 39.48
100m: 1:14.60 39.07	200m: 2:34.28 39.95	300m: 3:54.16 40.28	400m: 5:10.78 37.14
4. Leonardo Branco, PEREIRA	08 O Crasto	<b>5:14.35</b>	307
50m: 34.38 34.38	150m: 1:52.23 39.48	250m: 3:12.53 40.48	350m: 4:34.69 41.06
100m: 1:12.75 38.37	200m: 2:32.05 39.82	300m: 3:53.63 41.10	400m: 5:14.35 39.66
5. Gabriel Neto, FERREIRA	08 O Crasto	<b>5:14.63</b>	307
50m: 35.67 35.67	150m: 1:56.12 40.52	250m: 3:17.09 40.92	350m: 4:37.77 39.94
100m: 1:15.60 39.93	200m: 2:36.17 40.05	300m: 3:57.83 40.74	400m: 5:14.63 36.86
6. Henrique Martins, JOAQUIM	09 Bairro Anjos	<b>5:19.53</b>	293
50m: 35.77 35.77	150m: 1:57.57 40.98	250m: 3:19.41 41.29	350m: 4:40.92 40.74
100m: 1:16.59 40.82	200m: 2:38.12 40.55	300m: 4:00.18 40.77	400m: 5:19.53 38.61
7. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>5:21.25</b>	288
50m: 35.74 35.74	150m: 1:57.40 40.87	250m: 3:17.92 40.10	350m: 4:41.48 41.63
100m: 1:16.53 40.79	200m: 2:37.82 40.42	300m: 3:59.85 41.93	400m: 5:21.25 39.77
8. Miguel Tomas, CONCEICAO	08 Nautico Academico	<b>5:21.42</b>	287
50m: 35.45 35.45	150m: 1:56.27 41.02	250m: 3:19.95 41.58	350m: 4:41.95 40.78
100m: 1:15.25 39.80	200m: 2:38.37 42.10	300m: 4:01.17 41.22	400m: 5:21.42 39.47
9. Tomas Rafael, PEREIRA	09 Nautico Academico	<b>5:25.64</b>	276
50m: 36.68 36.68	150m: 2:00.00 42.46	250m: 3:23.71 41.96	350m: 4:45.33 39.44
100m: 1:17.54 40.86	200m: 2:41.75 41.75	300m: 4:05.89 42.18	400m: 5:25.64 40.31
10. Joaquim Antonio, CUNHA	08 Nautico Academico	<b>5:26.05</b>	275
50m: 38.68 38.68	150m: 2:02.45 41.86	250m: 3:25.00 40.96	350m: 4:46.65 40.84
100m: 1:20.59 41.91	200m: 2:44.04 41.59	300m: 4:05.81 40.81	400m: 5:26.05 39.40
11. Rafael Figueiredo, CORREIA	08 Columbofila Cantanhedense	<b>5:26.85</b>	273
50m: 37.31 37.31	150m: 2:01.48 42.79	250m: 3:25.20 41.62	350m: 4:48.09 40.94
100m: 1:18.69 41.38	200m: 2:43.58 42.10	300m: 4:07.15 41.95	400m: 5:26.85 38.76
12. Guilherme Simoes, SOUSA	08 Nautico Academico	<b>5:27.41</b>	272
50m: 36.33 36.33	150m: 2:03.01 44.28	250m: 3:28.00 41.70	350m: 4:50.56 40.16
100m: 1:18.73 42.40	200m: 2:46.30 43.29	300m: 4:10.40 42.40	400m: 5:27.41 36.85
13. Stefan Iordan, CHELE	09 Rio Maior	<b>5:28.18</b>	270
50m: 35.79 35.79	150m: 1:58.93 42.57	250m: 3:23.53 42.16	350m: 4:48.27 41.81
100m: 1:16.36 40.57	200m: 2:41.37 42.44	300m: 4:06.46 42.93	400m: 5:28.18 39.91

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Prova 14, Masc., 400m Livres, Inf A e B

Lugar							Ano							Tempo final	Pts
14.	Salvador Correia, PEREIRA						08	Condeixa Aqua Clube						<b>5:29.99</b>	266
	50m:	38.88	38.88	150m:	2:00.17	41.13	250m:	3:24.20	41.86	350m:	4:49.16	41.94			
	100m:	1:19.04	40.16	200m:	2:42.34	42.17	300m:	4:07.22	43.02	400m:	5:29.99	40.83			
15.	Filipe Saldanha, COSTA						09	O Crasto						<b>5:32.09</b>	261
	50m:	37.93	37.93	150m:	2:04.42	43.26	250m:	3:30.52	42.92	350m:	4:51.88	39.89			
	100m:	1:21.16	43.23	200m:	2:47.60	43.18	300m:	4:11.99	41.47	400m:	5:32.09	40.21			
16.	Pedro Henrique, SANTOS						08	CDCP Povia Stª Iria						<b>5:38.53</b>	246
	50m:	35.90	35.90	150m:	2:00.45	43.30	250m:	3:28.01	44.34	350m:	4:56.71	44.15			
	100m:	1:17.15	41.25	200m:	2:43.67	43.22	300m:	4:12.56	44.55	400m:	5:38.53	41.82			
17.	Joao Nuno, GASPAR						09	Nautico Academico						<b>5:44.12</b>	234
	50m:	37.31	37.31	150m:	2:05.56	44.81	250m:	3:35.07	44.39	350m:	5:03.74	44.01			
	100m:	1:20.75	43.44	200m:	2:50.68	45.12	300m:	4:19.73	44.66	400m:	5:44.12	40.38			
18.	Guilherme Almeida, BIANCHI						09	O Crasto						<b>5:48.06</b>	226
	50m:	39.07	39.07	150m:	2:05.87	43.76	250m:	3:36.02	45.57	350m:	5:05.65	44.43			
	100m:	1:22.11	43.04	200m:	2:50.45	44.58	300m:	4:21.22	45.20	400m:	5:48.06	42.41			
19.	Tiago Janeiro, MOITA						09	Uniao Coimbra						<b>5:55.20</b>	213
	50m:	40.90	40.90	150m:	2:10.85	45.31	250m:	3:40.72	44.55	350m:	5:11.89	45.27			
	100m:	1:25.54	44.64	200m:	2:56.17	45.32	300m:	4:26.62	45.90	400m:	5:55.20	43.31			
20.	Henrique Melo, SANTIAGO						08	Vigor da Mocidade						<b>6:07.35</b>	192
	50m:	39.80	39.80	150m:	2:11.09	45.95	250m:	3:45.80	48.19	350m:	5:21.54	48.53			
	100m:	1:25.14	45.34	200m:	2:57.61	46.52	300m:	4:33.01	47.21	400m:	6:07.35	45.81			
21.	Francisco Ribeiro, GOMES						09	Condeixa Aqua Clube						<b>6:09.01</b>	190
	50m:	41.65	41.65	150m:	2:14.46	46.77	250m:	3:49.49	47.37	350m:	5:24.36	47.36			
	100m:	1:27.69	46.04	200m:	3:02.12	47.66	300m:	4:37.00	47.51	400m:	6:09.01	44.65			
22.	Guilherme Andre, GASPAR						09	Nautico Academico						<b>6:09.68</b>	189
	50m:	41.23	41.23	150m:	2:16.76	47.90	250m:	3:53.21	48.58	350m:	5:25.88	46.65			
	100m:	1:28.86	47.63	200m:	3:04.63	47.87	300m:	4:39.23	46.02	400m:	6:09.68	43.80			
23.	Henrique Figueiredo, FIDALGO						08	Vigor da Mocidade						<b>6:10.39</b>	188
	50m:	40.79	40.79	150m:	2:12.24	46.11	250m:	3:46.70	47.76	350m:	5:25.00	49.29			
	100m:	1:26.13	45.34	200m:	2:58.94	46.70	300m:	4:35.71	49.01	400m:	6:10.39	45.39			
DSQ	Tomas Pascoal, FERREIRA						09	Bairro Anjos							
	<i>Falsa partida (SW4.1).</i>														
DNS	Santiago Castanheira, MARTINS						09	CDCP Povia Stª Iria							

XII Memorial Luiz Lopes da Conceição  
Coimbra, 4-12-2021

Prova 14, Masc., 400m Livres

Prova 14	Masc., 400m Livres				Absoluto
04-12-2021 - 17:30					Resultados
Rec. Nacional Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec. Nacional Sen	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec. Nacional 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Rec. Nacional 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24-11-2007
Rec. Nacional Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec. Nacional Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã	23-06-2019
Rec. Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec. Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
Rec Reg ANC Absoluto	3:45.21	Tomas Miguel, VELOSO			13-11-2019
Rec Reg ANC Sen	3:45.21	Tomás Miguel, VELOSO	CNAC	Felgueiras	21-12-2019
Rec Reg ANC 18	3:56.55	Luís, SILVA	CNAC		13-06-2002
Rec Reg ANC 17	3:58.76	Gustavo Pires, MARQUES	INDANC	Coimbra	20-06-2021
Rec Reg ANC Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec Reg ANC Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC		13-06-2019
Rec Reg ANC Inf A	4:20.38	Guilherme Maia, CARDOSO	SCC		20-07-2019
Rec Reg ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
1. Vicente Piacentini, CALDEIRA	08	Nautico Academico		<b>5:00.34</b>	352	
50m: 34.63 34.63 150m: 1:49.82 38.31 250m: 3:06.13 38.13 350m: 4:23.11 38.46						
100m: 1:11.51 36.88 200m: 2:28.00 38.18 300m: 3:44.65 38.52 400m: 5:00.34 37.23						
2. Rafael Pereira, RODRIGUES	08	Condeixa Aqua Clube		<b>5:01.13</b>	350	
50m: 33.58 33.58 150m: 1:48.72 37.95 250m: 3:06.44 38.94 350m: 4:24.21 38.97						
100m: 1:10.77 37.19 200m: 2:27.50 38.78 300m: 3:45.24 38.80 400m: 5:01.13 36.92						
3. Tiago Andre, CANELAS	08	Fluvial Portuense		<b>5:10.78</b>	318	
50m: 35.53 35.53 150m: 1:54.33 39.73 250m: 3:13.88 39.60 350m: 4:33.64 39.48						
100m: 1:14.60 39.07 200m: 2:34.28 39.95 300m: 3:54.16 40.28 400m: 5:10.78 37.14						
4. Leonardo Branco, PEREIRA	08	O Crasto		<b>5:14.35</b>	307	
50m: 34.38 34.38 150m: 1:52.23 39.48 250m: 3:12.53 40.48 350m: 4:34.69 41.06						
100m: 1:12.75 38.37 200m: 2:32.05 39.82 300m: 3:53.63 41.10 400m: 5:14.35 39.66						
5. Gabriel Neto, FERREIRA	08	O Crasto		<b>5:14.63</b>	307	
50m: 35.67 35.67 150m: 1:56.12 40.52 250m: 3:17.09 40.92 350m: 4:37.77 39.94						
100m: 1:15.60 39.93 200m: 2:36.17 40.05 300m: 3:57.83 40.74 400m: 5:14.63 36.86						
6. Henrique Martins, JOAQUIM	09	Bairro Anjos		<b>5:19.53</b>	293	
50m: 35.77 35.77 150m: 1:57.57 40.98 250m: 3:19.41 41.29 350m: 4:40.92 40.74						
100m: 1:16.59 40.82 200m: 2:38.12 40.55 300m: 4:00.18 40.77 400m: 5:19.53 38.61						
7. Samuel Dinis, MAIA	08	Miranda do Corvo		<b>5:21.25</b>	288	
50m: 35.74 35.74 150m: 1:57.40 40.87 250m: 3:17.92 40.10 350m: 4:41.48 41.63						
100m: 1:16.53 40.79 200m: 2:37.82 40.42 300m: 3:59.85 41.93 400m: 5:21.25 39.77						
8. Miguel Tomas, CONCEICAO	08	Nautico Academico		<b>5:21.42</b>	287	
50m: 35.45 35.45 150m: 1:56.27 41.02 250m: 3:19.95 41.58 350m: 4:41.95 40.78						
100m: 1:15.25 39.80 200m: 2:38.37 42.10 300m: 4:01.17 41.22 400m: 5:21.42 39.47						
9. Tomas Rafael, PEREIRA	09	Nautico Academico		<b>5:25.64</b>	276	
50m: 36.68 36.68 150m: 2:00.00 42.46 250m: 3:23.71 41.96 350m: 4:45.33 39.44						
100m: 1:17.54 40.86 200m: 2:41.75 41.75 300m: 4:05.89 42.18 400m: 5:25.64 40.31						
10. Joaquim Antonio, CUNHA	08	Nautico Academico		<b>5:26.05</b>	275	
50m: 38.68 38.68 150m: 2:02.45 41.86 250m: 3:25.00 40.96 350m: 4:46.65 40.84						
100m: 1:20.59 41.91 200m: 2:44.04 41.59 300m: 4:05.81 40.81 400m: 5:26.05 39.40						
11. Rafael Figueiredo, CORREIA	08	Columbofila Cantanhedense		<b>5:26.85</b>	273	
50m: 37.31 37.31 150m: 2:01.48 42.79 250m: 3:25.20 41.62 350m: 4:48.09 40.94						
100m: 1:18.69 41.38 200m: 2:43.58 42.10 300m: 4:07.15 41.95 400m: 5:26.85 38.76						
12. Guilherme Simoes, SOUSA	08	Nautico Academico		<b>5:27.41</b>	272	
50m: 36.33 36.33 150m: 2:03.01 44.28 250m: 3:28.00 41.70 350m: 4:50.56 40.16						
100m: 1:18.73 42.40 200m: 2:46.30 43.29 300m: 4:10.40 42.40 400m: 5:27.41 36.85						



XII Memorial Luiz Lopes da Conceição  
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Prova 14, Masc., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
13.	Stefan Iordan, CHELE		09	Rio Maior				<b>5:28.18</b>	270		
	50m:	35.79 35.79	150m:	1:58.93	42.57	250m:	3:23.53	42.16	350m:	4:48.27	41.81
	100m:	1:16.36 40.57	200m:	2:41.37	42.44	300m:	4:06.46	42.93	400m:	5:28.18	39.91
14.	Salvador Correia, PEREIRA		08	Condeixa Aqua Clube				<b>5:29.99</b>	266		
	50m:	38.88 38.88	150m:	2:00.17	41.13	250m:	3:24.20	41.86	350m:	4:49.16	41.94
	100m:	1:19.04 40.16	200m:	2:42.34	42.17	300m:	4:07.22	43.02	400m:	5:29.99	40.83
15.	Filipe Saldanha, COSTA		09	O Crasto				<b>5:32.09</b>	261		
	50m:	37.93 37.93	150m:	2:04.42	43.26	250m:	3:30.52	42.92	350m:	4:51.88	39.89
	100m:	1:21.16 43.23	200m:	2:47.60	43.18	300m:	4:11.99	41.47	400m:	5:32.09	40.21
16.	Pedro Henrique, SANTOS		08	CDCP Povia Stª Iria				<b>5:38.53</b>	246		
	50m:	35.90 35.90	150m:	2:00.45	43.30	250m:	3:28.01	44.34	350m:	4:56.71	44.15
	100m:	1:17.15 41.25	200m:	2:43.67	43.22	300m:	4:12.56	44.55	400m:	5:38.53	41.82
17.	Joao Nuno, GASPAS		09	Nautico Academico				<b>5:44.12</b>	234		
	50m:	37.31 37.31	150m:	2:05.56	44.81	250m:	3:35.07	44.39	350m:	5:03.74	44.01
	100m:	1:20.75 43.44	200m:	2:50.68	45.12	300m:	4:19.73	44.66	400m:	5:44.12	40.38
18.	Guilherme Almeida, BIANCHI		09	O Crasto				<b>5:48.06</b>	226		
	50m:	39.07 39.07	150m:	2:05.87	43.76	250m:	3:36.02	45.57	350m:	5:05.65	44.43
	100m:	1:22.11 43.04	200m:	2:50.45	44.58	300m:	4:21.22	45.20	400m:	5:48.06	42.41
19.	Tiago Janeiro, MOITA		09	Uniao Coimbra				<b>5:55.20</b>	213		
	50m:	40.90 40.90	150m:	2:10.85	45.31	250m:	3:40.72	44.55	350m:	5:11.89	45.27
	100m:	1:25.54 44.64	200m:	2:56.17	45.32	300m:	4:26.62	45.90	400m:	5:55.20	43.31
20.	Henrique Melo, SANTIAGO		08	Vigor da Mocidade				<b>6:07.35</b>	192		
	50m:	39.80 39.80	150m:	2:11.09	45.95	250m:	3:45.80	48.19	350m:	5:21.54	48.53
	100m:	1:25.14 45.34	200m:	2:57.61	46.52	300m:	4:33.01	47.21	400m:	6:07.35	45.81
21.	Francisco Ribeiro, GOMES		09	Condeixa Aqua Clube				<b>6:09.01</b>	190		
	50m:	41.65 41.65	150m:	2:14.46	46.77	250m:	3:49.49	47.37	350m:	5:24.36	47.36
	100m:	1:27.69 46.04	200m:	3:02.12	47.66	300m:	4:37.00	47.51	400m:	6:09.01	44.65
22.	Guilherme Andre, GASPAS		09	Nautico Academico				<b>6:09.68</b>	189		
	50m:	41.23 41.23	150m:	2:16.76	47.90	250m:	3:53.21	48.58	350m:	5:25.88	46.65
	100m:	1:28.86 47.63	200m:	3:04.63	47.87	300m:	4:39.23	46.02	400m:	6:09.68	43.80
23.	Henrique Figueiredo, FIDALGO		08	Vigor da Mocidade				<b>6:10.39</b>	188		
	50m:	40.79 40.79	150m:	2:12.24	46.11	250m:	3:46.70	47.76	350m:	5:25.00	49.29
	100m:	1:26.13 45.34	200m:	2:58.94	46.70	300m:	4:35.71	49.01	400m:	6:10.39	45.39
DSQ	Tomas Pascoal, FERREIRA <i>Falsa partida (SW4.1).</i>		09	Bairro Anjos							
DNS	Santiago Castanheira, MARTINS		09	CDCP Povia Stª Iria							
EXH	Afonso Silvestre, ALMEIDA		06	Natacao Amadora				<b>4:30.59</b>	482		
	50m:	30.56 30.56	150m:	1:37.76	33.89	250m:	2:45.92	34.31	350m:	3:56.14	35.35
	100m:	1:03.87 33.31	200m:	2:11.61	33.85	300m:	3:20.79	34.87	400m:	4:30.59	34.45
EXH	Alexandre, DZYAKANAU		07	Louzan Natacao				<b>4:36.83</b>	450		
	50m:	31.77 31.77	150m:	1:40.88	34.76	250m:	2:50.87	35.00	350m:	4:02.26	35.71
	100m:	1:06.12 34.35	200m:	2:15.87	34.99	300m:	3:26.55	35.68	400m:	4:36.83	34.57
EXH	Marco Dimitar, OLIVEIRA		07	Nautico Academico				<b>4:40.88</b>	431		
	50m:	31.54 31.54	150m:	1:41.60	35.65	250m:	2:54.30	36.54	350m:	4:06.57	35.97
	100m:	1:05.95 34.41	200m:	2:17.76	36.16	300m:	3:30.60	36.30	400m:	4:40.88	34.31
EXH	David Duarte, JESUS		07	Nautico Academico				<b>4:42.55</b>	423		
	50m:	31.35 31.35	150m:	1:40.88	35.67	250m:	2:53.63	36.24	350m:	4:05.82	36.33
	100m:	1:05.21 33.86	200m:	2:17.39	36.51	300m:	3:29.49	35.86	400m:	4:42.55	36.73
EXH	Filipe Cruz, SIMOES		06	Miranda do Corvo				<b>4:43.75</b>	418		
	50m:	31.09 31.09	150m:	1:40.72	35.62	250m:	2:54.38	37.11	350m:	4:08.09	36.77
	100m:	1:05.10 34.01	200m:	2:17.27	36.55	300m:	3:31.32	36.94	400m:	4:43.75	35.66

XII Memorial Luiz Lopes da Conceição  
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Prova 14, Masc., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Joao Neves, LUCAS	06 Columbofila Cantanhedense	<b>4:48.13</b>	399
50m: 30.37 30.37	150m: 1:36.13 33.31	250m: 2:51.65 42.29	350m: 4:09.95 39.00
100m: 1:02.82 32.45	200m: 2:09.36 33.23	300m: 3:30.95 39.30	400m: 4:48.13 38.18
EXH Rodrigo Neves, DUARTE	06 Louzan Natacao	<b>4:51.53</b>	385
50m: 33.21 33.21	150m: 1:46.79 37.31	250m: 3:01.00 36.26	350m: 4:15.24 36.98
100m: 1:09.48 36.27	200m: 2:24.74 37.95	300m: 3:38.26 37.26	400m: 4:51.53 36.29
EXH Carlos Miguel, OLIVEIRA	06 Nautico Academico	<b>5:07.65</b>	328
50m: 27.30 27.30	150m: 1:49.41 46.07	250m: 3:09.20 39.67	350m: 4:28.70 39.74
100m: 1:03.34 36.04	200m: 2:29.53 40.12	300m: 3:48.96 39.76	400m: 5:07.65 38.95
EXH Tiago Nunes, SILVA	06 CDCP Povia Stª Iria	<b>5:15.55</b>	304
50m: 28.69 28.69	150m: 1:46.02 45.58	250m: 3:12.40 42.85	350m: 4:38.46 42.92
100m: 1:00.44 31.75	200m: 2:29.55 43.53	300m: 3:55.54 43.14	400m: 5:15.55 37.09
EXH Bernardo Almas, MALHAO	07 Vigor da Mocidade	<b>5:29.57</b>	267
50m: 35.49 35.49	150m: 1:55.09 40.34	250m: 3:19.52 42.69	350m: 4:43.96 41.32
100m: 1:14.75 39.26	200m: 2:36.83 41.74	300m: 4:02.64 43.12	400m: 5:29.57 45.61
EXH Afonso Simoes, FERREIRA	07 Vigor da Mocidade	<b>5:34.07</b>	256
50m: 36.46 36.46	150m: 1:59.80 41.39	250m: 3:26.67 43.37	350m: 4:51.48 41.04
100m: 1:18.41 41.95	200m: 2:43.30 43.50	300m: 4:10.44 43.77	400m: 5:34.07 42.59
EXH Rodrigo, MARQUES LIMA	07 CASPAE	<b>5:55.52</b>	212
50m: 39.02 39.02	150m: 2:09.78 45.54	250m: 3:42.19 46.89	350m: 5:15.83 46.03
100m: 1:24.24 45.22	200m: 2:55.30 45.52	300m: 4:29.80 47.61	400m: 5:55.52 39.69
EXH Miguel Paiva, BRANCO	97 APPDAlCoimbra	<b>6:04.88</b>	196
50m: 39.93 39.93	150m: 2:10.22 45.95	250m: 3:44.50 47.00	350m: 5:19.36 47.76
100m: 1:24.27 44.34	200m: 2:57.50 47.28	300m: 4:31.60 47.10	400m: 6:04.88 45.52

Prova 15

Misto, 4 x 100m Estilos

Inf Misto

04-12-2021 - 18:15

Resultados

Rec. Nacional Absoluto	4:03.93	Futebol Clube do Porto	FCP	Felgueiras	22-11-2019
Rec. Nacional 14 - 16 X	4:12.98	Sporting Clube de Portugal	SCP	Algés	29-06-2019
Rec. Nacional 14 - 15 X	4:25.03	Sport Alges e Dafundo	SAD	Algés	29-06-2019
Rec. Nacional 13 - 14 X	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019
Rec. Nacional Inf Misto X	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019
Rec. Nacional 12 - 13 X	5:07.55	Assoc. Desportiva de Fafe	ADF	Penafiel	29-02-2020
Rec Reg ANC Absoluto	4:08.79	Associacao Louzan Natacao	ALN	Condeixa-a-Nova	23-10-2021
Rec Reg ANC 14 - 16	4:32.04	Uniao Coimbra	CUC		08-06-2018
Rec Reg ANC 13 - 14	4:40.07	Tempo Limite			
Rec Reg ANC Inf Misto	4:40.07	Tempo Limite			
Rec Reg ANC 12 - 13	4:56.06	Tempo Limite			

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Fluvial Portuense Inf	<b>5:01.52</b>	345
Francisco Miguel, PEREIRA	08 34.74 1:09.29	Uxia Romero, COSTA 09 35.20 1:19.30
Vasco Lemos, SILVA	08 35.40 1:20.42	Leonor Borges, PORTELA 09 33.97 1:12.51
2. Bairro Anjos Inf	<b>5:15.01</b>	302
Beatriz Belo, CLARA	09 38.79 1:18.83	Tomas Pascoal, FERREIRA 09 35.12 1:14.61
Daniel Gomes, SANTOS	08 41.05 1:28.18	Ines Ferreira, CHELEU 09 35.06 1:13.39
3. Rio Maior Inf	<b>5:19.69</b>	289
Joana Pereira, SANTOS	09 39.34 1:21.19	Leonardo Gomes, SILVA 08 1:17.50
Laura Brites, COSTA	09 1:32.50	Francisco Guilherme, FREIXIEIRO 08 1:08.50
4. Condeixa Clube Inf	<b>5:19.94</b>	289
Salvador Correia, PEREIRA	08 40.33 1:22.63	Rafael Pereira, RODRIGUES 08 34.06 1:14.59
Maria Neto, SIMOES	10 43.08 1:31.94	Camila Duarte, MARCELO 10 32.41 1:10.78
5. O Crasto Inf	<b>5:44.55</b>	231
Gabriela Lopes, FERNANDES	09 44.49 1:31.92	Gabriel Neto, FERREIRA 08 42.44 1:30.89
Leonardo Branco, PEREIRA	08 39.84 1:24.72	Ana Sofia, PEREIRINHA 09 36.88 1:17.02

XII Memorial Luiz Lopes da Conceição  
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Prova 15, Misto, 4 x 100m Estilos, Inf Misto

Lugar						Tempo final	Pts
6.	Columbofila Cantanhedense Inf			Columbofila Cantanhedense		<b>5:58.98</b>	204
	Rodrigo Mosca, SILVA	08	37.96	1:17.40	Maria Miranda, MACEDO	09	42.35 1:33.77
	Rafael Figueiredo, CORREIA	08	45.06	1:37.23	Ana Laura, LUCAS	09	43.19 1:30.58
7.	Nautico Academico Inf			Nautico Academico		<b>6:05.33</b>	194
	Maria Ines, RODRIGUES	10	44.70	1:31.60	Joao Nuno, GASPAR	09	42.98 1:32.18
	Guilherme Andre, GASPAR	09	46.75	1:37.51	Leonor Antunes, PAIVA	10	39.29 1:24.04
8.	Nautico Academico Inf			Nautico Academico		<b>6:05.87</b>	193
	Mia Cardoso, BAPTISTA	10	47.15	1:39.65	Tomas Rafael, PEREIRA	09	31.70 1:18.79
	Jose Pedro, COSTA	09	50.29	1:51.01	Maria Ines, GANTE	10	37.09 1:16.42
9.	O Crasto Inf			O Crasto		<b>6:06.45</b>	192
	Eva Santos, FERREIRA	10	46.00	1:33.07	Filipe Saldanha, COSTA	09	39.86 1:28.77
	Guilherme Almeida, BIANCHI	09	47.63	1:38.95	Sofia Oliveira, FREITAS	10	41.03 1:25.66
10.	Nautico Academico Inf			Nautico Academico		<b>6:15.16</b>	179
	Mariana Bernardo, SILVESTRE	10	43.29	1:28.93	Joaquim Antonio, CUNHA	08	42.68 1:34.16
	Francisco Joao, FERNANDO	08	47.22	1:40.70	Maria Neto, WASTERLAIN	10	41.90 1:31.37
11.	Academica Coimbra Inf			Academica de Coimbra		<b>6:19.26</b>	173
	Rita Calado, CRUZ	09	41.10	1:24.12	Daniel Madeira, AZENHA	08	40.70 1:33.80
	Manuel Meneses, GONCALVES	08	52.78	1:52.09	Beatriz Fernandes, PEREIRA	10	42.94 1:29.25
DSQ	CPCD Inf			CDPC Povoá Stª Iria			
	<i>O atleta, na viragem aos 50m, não realizou movimento contínuo (SW6.4).</i>						
	Santiago Castanheira, MARTINS, Beatriz Ferreira, BATISTA, Pedro Henrique, SANTOS, Joana Alexandra, SILVA						
DSQ	Academica Coimbra Inf			Academica de Coimbra			
	<i>A atleta, na viragem aos 225m, só tocou com uma mão na parede (SW8.4).</i>						
	Francisco Fernandes, PEREIRA, Afonso Benjamim, MELO, Sofia Fonseca, PRIMO, Alana Costa, MATIAS						
DNS	Nautico Academico Inf			Nautico Academico			
EXH	Nautico Academico Juv			Nautico Academico		<b>4:35.25</b>	454
	Joao Rafael, FERREIRA	06	33.93	1:08.75	Leonor Mil, MANO	07	31.47 1:08.76
	Tomas Nolan, SANTOS	06	34.95	1:13.86	Marta Andre, AGUILAR	07	30.13 1:03.88
EXH	Academica Coimbra Juv			Academica de Coimbra		<b>4:51.85</b>	380
	Mariana Marques, ALMEIDA	07	37.68	1:19.14	Joao Ferreira, MARQUES	06	30.87 1:06.43
	Rita Isabel, NEVES	08	40.91	1:27.89	Rodrigo Costa, CRUZ	06	28.14 58.39
EXH	Nautico Academico Juv			Nautico Academico		<b>5:07.76</b>	324
	Maria Manuel, CORTESAO	08	39.76	1:20.79	David Duarte, JESUS	07	31.94 1:11.52
	Raquel Filipa, JESUS	08	42.09	1:30.57	Marco Dimitar, OLIVEIRA	07	31.15 1:04.88
EXH	Academica Coimbra Juv			Academica de Coimbra		<b>5:28.77</b>	266
	Guilherme Marques, ALMEIDA	07	35.12	1:11.83	Carolina Vaz, ALVES	08	39.97 1:28.62
	Maria Falcao, AFONSO	08	49.75	1:45.24	David Ferreira, SILVA	07	29.98 1:03.08