

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

1 - 1ª Jornada

21-10-2023 - 16:00

Prova 1 21-10-2023	Masc., 4 x 50m Livres					Inf B Resultados
RN Open	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022
RN Inf A/B	1:44.83	POR				
RN Inf B	1:57.13	POR				

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Columbofila Cantanhedense Inf B	Columbofila Cantanhedense		2:10.61	245	
	Pedro Filipe, ALMEIDA	11	30.40	Vicente Abrantes, DIOGO	11	33.76
	Diogo Teixeira, LOPES	11	31.78	Francisco Marques, PEREIRA	11	34.67

Prova 1 21-10-2023	Masc., 4 x 50m Livres					Jun Resultados
RN Open	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022
RN Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto		08-12-2017

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Nautico Academico Jun	Nautico Academico		1:43.76	489	
	David Duarte, JESUS	07	26.13	Tomas Veiga, PEREIRA	06	26.63
	Carlos Miguel, OLIVEIRA	06	25.47	Joao Rafael, FERREIRA	06	25.53
2.	Academica de Coimbra Jun	Academica de Coimbra		1:46.63	451	
	Joao Ferreira, MARQUES	06	25.94	Miguel Joao, PINHEIRO	06	27.14
	Edgar Tavares, MENDES	06	26.72	David Ferreira, SILVA	07	26.83

Prova 1 21-10-2023	Masc., 4 x 50m Livres					Sen Resultados
RN Open	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022
RN Sen	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Nautico Academico Sen	Nautico Academico		1:40.32	542	
	Rodrigo Miguel, REIS	04	24.61	Vasco Pereira, BASTOS	02	25.13
	Ricardo Jorge, DOMINGUES	02	24.85	Jose Diogo, DIAS	04	25.73
2.	Academica de Coimbra Sen	Academica de Coimbra		1:46.33	455	
	Miguel Freitas, OVIEDO	02	25.97	Manuel Eduardo, JUNIOR	04	26.85
	Rodrigo Alexandre, PATRICIO	98	26.15	Joaquim Agra, MERUJE	01	27.36

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Prova 1, Masc., 4 x 50m Livres

Prova 1 21-10-2023	Masc., 4 x 50m Livres					Open Resultados
RN Open	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022
RN Sen	1:26.91	Sport Lisboa e Benfica	SLB	Leiria		09-12-2022
RN Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto		08-12-2017
RN Juv A	1:38.97	Sport Lisboa e Benfica	SLB	Felgueiras		07-05-2022
RN Juv A/B	1:38.97	Sport Lisboa e Benfica	SLB	Felgueiras		07-05-2022
RN Juv B	1:42.30	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Felgueiras		17-07-2021
RN Inf A	1:44.83	POR				
RN Inf A/B	1:44.83	POR				
RN Inf B	1:57.13	POR				

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Louzan Natacao Abs	ALN			1:41.03	530
	Alexandre, DZYAKANAU 07	25.82	Goncalo Carvalho, SANTOS	05	25.77	
	Ricardo Matias, SANTOS 05	25.54	Afonso Filipe, COSTA	03	23.90	
2.	Columbofila Cantanhedense Abs	Columbofila Cantanhedense			1:49.67	414
	Martim Alexandre, SILVA 07	25.96	Rodrigo Mosca, SILVA	08	27.35	
	Martim Nobre, PASCOAL 08	25.92	Francisco Antunes, SOUSA	09	30.44	
3.	Academica de Coimbra Abs	Academica de Coimbra			1:51.39	396
	Gabriel Jose, JULIO 01	27.29	Fabio Mondego, CENTEIO	94	27.29	
	Bernardo Almas, MALHAO 07	28.89	Francisco Fernandes, PEREIRA	08	27.92	
4.	Miranda do Corvo Abs	Miranda do Corvo			1:59.65	319
	Pedro Guilherme, FERREIRA 00	25.86	Jorge Miguel, SANTOS	10	35.52	
	Lourenco Simao, PEREIRA 10	29.74	Samuel Dinis, MAIA	08	28.53	
5.	Columbofila Cantanhedense Inf A/B	Columbofila Cantanhedense			2:12.90	233
	Santiago Marques, PEREIRA 10	29.19	David Pereira, MARQUES	11	34.64	
	Afonso Brandao, OLIVEIRA 10	33.25	Daniel Nunes, FREITAS	11	35.82	

Prova 2 21-10-2023	Femin., 4 x 50m Estilos					Inf A Resultados
RN Open	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras		21-12-2019
RN Inf A	2:12.78	POR				
RN Inf A/B	2:12.78	POR				

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	olumbofila Cantanhedense Inf A	Columbofila Cantanhedense			2:34.99	288
	Beatriz Oliveira, PORTULEZ 11	41.42	Filipa Ferreira, LOISAS	11	36.33	
	Eva Miranda, ALMEIDA 11	43.99	Sara Ferreira, SANTOS	11	33.25	

Prova 2 21-10-2023	Femin., 4 x 50m Estilos					Juv B Resultados
RN Open	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras		21-12-2019
RN Juv A/B	2:05.46	POR				
RN Juv B	2:08.16	POR				

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Condeixa Clube Juv B	Condeixa Clube			2:11.22	474
	Rita Lucas, SANTOS 10	34.38	Camila Duarte, MARCELO	10	31.04	
	Maria Neto, SIMOES 10	36.02	Maria Ines, RODRIGUES	10	29.78	

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 2, Femin., 4 x 50m Estilos

Prova 2 Femin., 4 x 50m Estilos Jun Resultados
21-10-2023

RN Open	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018

Pontos: FINA 2022

Lugar				Tempo final	Pts	
1.	Nautico Academico Jun	Nautico Academico		2:13.23	453	
	Ines Miranda, DIOGO	07	34.11	Laura Carvalho, FERNANDES	08	32.82
	Leonor Mil, MANO	07	37.05	Marta Andre, AGUILAR	07	29.25

Prova 2 Femin., 4 x 50m Estilos Sen Resultados
21-10-2023

RN Open	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN Sen	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019

Pontos: FINA 2022

Lugar				Tempo final	Pts	
1.	Nautico Academico Sen	Nautico Academico		2:11.83	468	
	Joana Ventura, PAIS	06	34.43	Joana Filipa, VARELA	06	31.62
	Beatriz Andre, GASPAR	06	37.12	Leonor Verissimo, FARIA	06	28.66

Prova 2 Femin., 4 x 50m Estilos Open Resultados
21-10-2023

RN Open	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN Sen	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018
RN Juv A	2:05.46	POR			
RN Juv A/B	2:05.46	POR			
RN Juv B	2:08.16	POR			
RN Inf A	2:12.78	POR			
RN Inf A/B	2:12.78	POR			
RN Inf B	2:23.73	POR			

Pontos: FINA 2022

Lugar				Tempo final	Pts	
1.	Louzan Natacao Abs	ALN		2:05.76	539	
	Dania Rodrigues, SIMOES	07	32.42	Angela Rodrigues, REBELO	07	29.78
	Bruna Cruz, CARVALHO	03	34.80	Matilde Fonseca, OLIVEIRA	06	28.76
2.	Academica de Coimbra Abs	Academica de Coimbra		2:16.21	424	
	Helena Carolina, DINIS	05	38.15	Beatriz Costa, TEJO	02	28.53
	Cristiana Sofia, DUARTE	07	39.01	Beatriz Ferreira, GASPAR	04	30.52
3.	Miranda do Corvo Abs	Miranda do Corvo		2:18.00	408	
	Caetana Amado, SANTOS	09	34.45	Julia Maria, SOARES	08	31.38
	Laura Silva, FERNANDES	08	40.59	Mariana Bagagem, CARVALHO	10	31.58
4.	olumbofila Cantanhedense Juv A/B	Columbofila Cantanhedense		2:22.07	374	
	Leonor Mercedes, CAVALEIRO	09	33.78	Maria Miguel, FERNANDES	10	33.34
	Ana Laura, LUCAS	09	42.25	Leonor Mosca, SILVA	10	32.70
5.	olumbofila Cantanhedense Abs	Columbofila Cantanhedense		2:51.23	213	
	Maria Pedro, PINTO	12	48.61	Leonor Ribeiro, FERREIRA	12	38.85
	Maria Costa, RIBEIRO	12	47.81	Gabriela Maria, SILVA	09	35.96

Torneio de Abertura de Categorias
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Prova 3 Masc., 400m Livres Inf B
21-10-2023 Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1. Hugo Ferreira, SILVA	11	Academica de Coimbra	5:29.88	266	
50m: 38.66 38.66	150m: 2:02.64 42.58	250m: 3:25.93 41.81	350m: 4:50.09 41.87		
100m: 1:20.06 41.40	200m: 2:44.12 41.48	300m: 4:08.22 42.29	400m: 5:29.88 39.79		
2. Pedro Filipe, ALMEIDA	11	Columbofila Cantanhedense	5:30.34	265	
50m: 38.06 38.06	150m: 2:02.76 42.73	250m: 3:29.14 42.92	350m: 4:54.03 42.78		
100m: 1:20.03 41.97	200m: 2:46.22 43.46	300m: 4:11.25 42.11	400m: 5:30.34 36.31		
3. Diogo Teixeira, LOPES	11	Columbofila Cantanhedense	5:30.89	263	
50m: 37.77 37.77	150m: 2:01.49 41.60	250m: 3:27.38 42.93	350m: 4:52.24 41.97		
100m: 1:19.89 42.12	200m: 2:44.45 42.96	300m: 4:10.27 42.89	400m: 5:30.89 38.65		
4. Bernardo Bento, DINIS	11	Condeixa Clube	5:37.72	248	
50m: 37.43 37.43	150m: 2:01.39 42.16	250m: 3:28.03 43.31	350m: 4:54.82 43.42		
100m: 1:19.23 41.80	200m: 2:44.72 43.33	300m: 4:11.40 43.37	400m: 5:37.72 42.90		
5. Francisco Duarte, RODRIGUES	11	ALN	5:43.12	236	
50m: 39.13 39.13	150m: 2:05.37 43.10	250m: 3:32.71 43.75	350m: 5:01.25 44.59		
100m: 1:22.27 43.14	200m: 2:48.96 43.59	300m: 4:16.66 43.95	400m: 5:43.12 41.87		
6. Vicente Abrantes, DIOGO	11	Columbofila Cantanhedense	5:46.08	230	
50m: 37.52 37.52	150m: 2:03.06 42.84	250m: 3:33.22 45.19	350m: 5:04.05 46.12		
100m: 1:20.22 42.70	200m: 2:48.03 44.97	300m: 4:17.93 44.71	400m: 5:46.08 42.03		
7. Francisco Marques, PEREIRA	11	Columbofila Cantanhedense	5:47.36	228	
50m: 39.75 39.75	150m: 2:08.60 44.22	250m: 3:37.56 44.45	350m: 5:06.15 44.58		
100m: 1:24.38 44.63	200m: 2:53.11 44.51	300m: 4:21.57 44.01	400m: 5:47.36 41.21		
8. Afonso Jose, MIRANDA	11	ALN	5:49.39	224	
50m: 39.18 39.18	150m: 2:06.98 44.33	250m: 3:35.87 44.56	350m: 5:05.51 45.05		
100m: 1:22.65 43.47	200m: 2:51.31 44.33	300m: 4:20.46 44.59	400m: 5:49.39 43.88		
9. Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	5:50.34	222	
50m: 38.91 38.91	150m: 2:06.27 43.94	250m: 3:35.85 45.00	350m: 5:06.39 45.29		
100m: 1:22.33 43.42	200m: 2:50.85 44.58	300m: 4:21.10 45.25	400m: 5:50.34 43.95		
10. David Pereira, MARQUES	11	Columbofila Cantanhedense	5:51.96	219	
50m: 39.94 39.94	150m: 2:08.40 44.69	250m: 3:39.79 45.78	350m: 5:09.20 44.58		
100m: 1:23.71 43.77	200m: 2:54.01 45.61	300m: 4:24.62 44.83	400m: 5:51.96 42.76		
11. Bernardo Silva, NEVES	11	Nautico Academico	6:03.35	199	
50m: 40.18 40.18	150m: 2:14.20 47.18	250m: 3:48.96 47.28	350m: 5:20.13 44.88		
100m: 1:27.02 46.84	200m: 3:01.68 47.48	300m: 4:35.25 46.29	400m: 6:03.35 43.22		
12. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	6:19.11	175	
50m: 40.48 40.48	150m: 2:17.77 50.06	250m: 3:53.79 48.26	350m: 5:31.83 49.07		
100m: 1:27.71 47.23	200m: 3:05.53 47.76	300m: 4:42.76 48.97	400m: 6:19.11 47.28		
13. Martim Oliveira, DIAS	11	Nautico Academico	6:21.86	171	
50m: 39.18 39.18	150m: 2:16.13 49.16	250m: 3:54.87 49.97	350m: 5:33.99 49.74		
100m: 1:26.97 47.79	200m: 3:04.90 48.77	300m: 4:44.25 49.38	400m: 6:21.86 47.87		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 3, Masc., 400m Livres

Prova 3 Masc., 400m Livres Inf A
21-10-2023 Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Santiago Marques, PEREIRA		10	Columbofila Cantanhedense				4:54.96	372
	50m:	33.77 33.77	150m:	1:48.65	37.88	250m:	3:04.17 38.03	350m:	4:19.97 38.21
	100m:	1:10.77 37.00	200m:	2:26.14	37.49	300m:	3:41.76 37.59	400m:	4:54.96 34.99
2.	Francisco Martins, SIMOES		10	Nautico Academico				5:04.84	337
	50m:	33.83 33.83	150m:	1:50.17	38.29	250m:	3:08.86 39.69	350m:	4:27.47 39.28
	100m:	1:11.88 38.05	200m:	2:29.17	39.00	300m:	3:48.19 39.33	400m:	5:04.84 37.37
3.	Rodrigo Miguel, MATIAS		10	Nautico Academico				5:07.63	328
	50m:	34.22 34.22	150m:	1:49.93	38.00	250m:	3:08.87 39.58	350m:	4:28.29 39.39
	100m:	1:11.93 37.71	200m:	2:29.29	39.36	300m:	3:48.90 40.03	400m:	5:07.63 39.34
4.	Rodrigo Sousa, BRAZ		10	Nautico Academico				5:20.05	291
	50m:	36.44 36.44	150m:	1:55.96	40.13	250m:	3:17.52 40.95	350m:	4:40.34 41.87
	100m:	1:15.83 39.39	200m:	2:36.57	40.61	300m:	3:58.47 40.95	400m:	5:20.05 39.71
5.	Miguel Tomas, GOMES		10	Nautico Academico				5:33.11	258
	50m:	37.98 37.98	150m:	2:03.45	41.09	250m:	3:27.86 42.45	350m:	4:47.59 40.74
	100m:	1:22.36 44.38	200m:	2:45.41	41.96	300m:	4:06.85 38.99	400m:	5:33.11 45.52
6.	Afonso Brandao, OLIVEIRA		10	Columbofila Cantanhedense				5:33.26	258
	50m:	37.43 37.43	150m:	2:01.96	42.35	250m:	3:27.71 43.00	350m:	4:53.68 42.82
	100m:	1:19.61 42.18	200m:	2:44.71	42.75	300m:	4:10.86 43.15	400m:	5:33.26 39.58
7.	Dinis Goncalves, ARAUJO		10	Uniao de Coimbra				5:45.83	231
	50m:	39.47 39.47	150m:	2:07.54	44.69	250m:	3:35.91 43.51	350m:	5:04.23 42.99
	100m:	1:22.85 43.38	200m:	2:52.40	44.86	300m:	4:21.24 45.33	400m:	5:45.83 41.60
8.	Pedro Emanuel, PEREIRA		10	Academica de Coimbra				6:04.40	197
	50m:	42.02 42.02	150m:	2:15.09	47.20	250m:	3:48.50 46.60	350m:	5:21.73 46.50
	100m:	1:27.89 45.87	200m:	3:01.90	46.81	300m:	4:35.23 46.73	400m:	6:04.40 42.67
9.	Jorge Miguel, SANTOS		10	Miranda do Corvo				6:07.21	193
	50m:	39.34 39.34	150m:	2:10.26	45.03	250m:	3:44.27 47.39	350m:	5:20.48 48.06
	100m:	1:25.23 45.89	200m:	2:56.88	46.62	300m:	4:32.42 48.15	400m:	6:07.21 46.73

Prova 3 Masc., 400m Livres Juv B
21-10-2023 Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15-01-2023
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Tomas Rafael, PEREIRA		09	Nautico Academico				4:28.32	494
	50m:	29.65 29.65	150m:	1:37.34	34.23	250m:	2:46.15 34.50	350m:	3:55.26 34.62
	100m:	1:03.11 33.46	200m:	2:11.65	34.31	300m:	3:20.64 34.49	400m:	4:28.32 33.06
2.	Joao Nuno, GASPAR		09	Condeixa Clube				4:38.52	442
	50m:	30.68 30.68	150m:	1:39.69	35.52	250m:	2:52.02 36.06	350m:	4:04.88 36.53
	100m:	1:04.17 33.49	200m:	2:15.96	36.27	300m:	3:28.35 36.33	400m:	4:38.52 33.64
3.	Guilherme Andre, GASPAR		09	Nautico Academico				4:46.16	408
	50m:	31.61 31.61	150m:	1:43.92	36.66	250m:	2:57.27 36.60	350m:	4:10.42 36.43
	100m:	1:07.26 35.65	200m:	2:20.67	36.75	300m:	3:33.99 36.72	400m:	4:46.16 35.74
4.	Jose Pedro, COSTA		09	Nautico Academico				4:53.29	379
	50m:	33.00 33.00	150m:	1:46.97	37.30	250m:	3:01.24 37.14	350m:	4:16.50 37.65
	100m:	1:09.67 36.67	200m:	2:24.10	37.13	300m:	3:38.85 37.61	400m:	4:53.29 36.79

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

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

Lugar			Ano					Tempo final	Pts
5.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense				5:09.57	322
	50m:	35.05 35.05	150m:	1:52.63	39.63	250m:	3:11.36 38.67	350m:	4:30.65 39.32
	100m:	1:13.00 37.95	200m:	2:32.69	40.06	300m:	3:51.33 39.97	400m:	5:09.57 38.92
6.	Tiago Janeiro, MOITA		09	Nautico Academico				5:11.58	316
	50m:	34.94 34.94	150m:	1:52.30	38.86	250m:	3:11.78 40.01	350m:	4:32.21 40.02
	100m:	1:13.44 38.50	200m:	2:31.77	39.47	300m:	3:52.19 40.41	400m:	5:11.58 39.37
7.	Ricardo Cesar, SILVA		09	Academica de Coimbra				5:42.84	237
	50m:	36.34 36.34	150m:	2:01.77	43.59	250m:	3:27.97 43.52	350m:	4:54.11 43.57
	100m:	1:18.18 41.84	200m:	2:44.45	42.68	300m:	4:10.54 42.57	400m:	5:42.84 48.73
8.	Joao Rodrigo, COELHO		09	Academica de Coimbra				5:49.84	223
	50m:	40.58 40.58	150m:	2:09.46	44.90	250m:	3:39.78 44.83	350m:	5:09.41 44.08
	100m:	1:24.56 43.98	200m:	2:54.95	45.49	300m:	4:25.33 45.55	400m:	5:49.84 40.43

Prova 3
21-10-2023

Masc., 400m Livres

Juv A
Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Guilherme Simoes, SOUSA		08	Nautico Academico				4:25.67	509
	50m:	30.54 30.54	150m:	1:37.17	33.69	250m:	2:45.36 34.05	350m:	3:53.40 33.84
	100m:	1:03.48 32.94	200m:	2:11.31	34.14	300m:	3:19.56 34.20	400m:	4:25.67 32.27
2.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				4:25.83	509
	50m:	30.80 30.80	150m:	1:37.41	33.66	250m:	2:45.68 34.02	350m:	3:53.42 33.53
	100m:	1:03.75 32.95	200m:	2:11.66	34.25	300m:	3:19.89 34.21	400m:	4:25.83 32.41
3.	Salvador Correia, PEREIRA		08	Condeixa Clube				4:33.93	465
	50m:	31.53 31.53	150m:	1:40.07	33.88	250m:	2:49.54 34.85	350m:	4:00.19 35.05
	100m:	1:06.19 34.66	200m:	2:14.69	34.62	300m:	3:25.14 35.60	400m:	4:33.93 33.74
4.	Martim Nobre, PASCOAL		08	Columbofila Cantanhedense				4:35.83	455
	50m:	30.63 30.63	150m:	1:39.16	34.79	250m:	2:50.14 35.38	350m:	4:01.61 35.61
	100m:	1:04.37 33.74	200m:	2:14.76	35.60	300m:	3:26.00 35.86	400m:	4:35.83 34.22
5.	Joaquim Antonio, CUNHA		08	Nautico Academico				4:38.56	442
	50m:	31.62 31.62	150m:	1:42.13	35.57	250m:	2:53.29 35.57	350m:	4:04.34 35.41
	100m:	1:06.56 34.94	200m:	2:17.72	35.59	300m:	3:28.93 35.64	400m:	4:38.56 34.22
6.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				4:42.22	425
	50m:	30.91 30.91	150m:	1:40.26	35.70	250m:	2:53.46 36.46	350m:	4:07.06 36.82
	100m:	1:04.56 33.65	200m:	2:17.00	36.74	300m:	3:30.24 36.78	400m:	4:42.22 35.16
7.	Francisco Fernandes, PEREIRA		08	Academica de Coimbra				4:46.06	408
	50m:	32.61 32.61	150m:	1:43.94	36.33	250m:	2:56.86 36.52	350m:	4:10.57 36.52
	100m:	1:07.61 35.00	200m:	2:20.34	36.40	300m:	3:34.05 37.19	400m:	4:46.06 35.49
8.	Tiago Cravino, RIBEIRO		08	Nautico Academico				5:00.36	352
	50m:	32.44 32.44	150m:	1:47.20	38.48	250m:	3:05.31 39.91	350m:	4:23.09 38.58
	100m:	1:08.72 36.28	200m:	2:25.40	38.20	300m:	3:44.51 39.20	400m:	5:00.36 37.27

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 3, Masc., 400m Livres

Prova 3
21-10-2023 Masc., 400m Livres Jun Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Jun A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
RN Jun B	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24-11-2007
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1. Duarte Jose, FERNANDES	06	Uniao de Coimbra	4:16.87		564
50m: 29.72 29.72	150m: 1:34.80 32.87	250m: 2:40.04 32.55	350m: 3:45.15 32.32		
100m: 1:01.93 32.21	200m: 2:07.49 32.69	300m: 3:12.83 32.79	400m: 4:16.87 31.72		
2. Marco Dimitar, OLIVEIRA	07	Nautico Academico	4:20.52		540
50m: 29.87 29.87	150m: 1:34.75 32.75	250m: 2:41.59 33.48	350m: 3:48.29 33.17		
100m: 1:02.00 32.13	200m: 2:08.11 33.36	300m: 3:15.12 33.53	400m: 4:20.52 32.23		
3. Joao Ferreira, MARQUES	06	Academica de Coimbra	4:22.44		528
50m: 29.91 29.91	150m: 1:35.04 33.35	250m: 2:42.44 33.95	350m: 3:50.20 34.04		
100m: 1:01.69 31.78	200m: 2:08.49 33.45	300m: 3:16.16 33.72	400m: 4:22.44 32.24		
4. Martim Alexandre, SILVA	07	Columbifila Cantanhedense	4:25.09		513
50m: 29.99 29.99	150m: 1:36.76 33.54	250m: 2:44.63 33.69	350m: 3:52.90 33.57		
100m: 1:03.22 33.23	200m: 2:10.94 34.18	300m: 3:19.33 34.70	400m: 4:25.09 32.19		
5. Tomas Veiga, PEREIRA	06	Nautico Academico	4:26.68		504
50m: 30.16 30.16	150m: 1:36.85 33.74	250m: 2:45.36 34.49	350m: 3:53.64 34.09		
100m: 1:03.11 32.95	200m: 2:10.87 34.02	300m: 3:19.55 34.19	400m: 4:26.68 33.04		
6. David Ferreira, SILVA	07	Academica de Coimbra	4:27.41		500
50m: 31.35 31.35	150m: 1:38.40 33.73	250m: 2:45.73 33.76	350m: 3:54.49 34.53		
100m: 1:04.67 33.32	200m: 2:11.97 33.57	300m: 3:19.96 34.23	400m: 4:27.41 32.92		
7. Duarte Cachulo, MARQUES	07	Condeixa Clube	4:28.55		493
50m: 28.24 28.24	150m: 1:33.76 34.33	250m: 2:44.56 35.33	350m: 3:54.83 34.77		
100m: 59.43 31.19	200m: 2:09.23 35.47	300m: 3:20.06 35.50	400m: 4:28.55 33.72		
8. Alexandre, DZYAKANAU	07	ALN	4:31.37		478
50m: 29.49 29.49	150m: 1:36.39 33.89	250m: 2:45.05 34.52	350m: 3:56.04 35.96		
100m: 1:02.50 33.01	200m: 2:10.53 34.14	300m: 3:20.08 35.03	400m: 4:31.37 35.33		
9. Jose Miguel, MARQUES	06	Condeixa Clube	4:32.18		474
50m: 30.41 30.41	150m: 1:38.50 34.43	250m: 2:48.14 34.90	350m: 3:57.93 34.75		
100m: 1:04.07 33.66	200m: 2:13.24 34.74	300m: 3:23.18 35.04	400m: 4:32.18 34.25		
DNS Rodrigo Costa, CRUZ	06	Academica de Coimbra			

Prova 3
21-10-2023 Masc., 400m Livres Sen Resultados

RN Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
RN NA	4:20.60	David Realista, GRACHAT	GESL	Vila Franca de Xira	04-02-2018

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1. Afonso Filipe, COSTA	03	ALN	4:00.60		686
50m: 27.64 27.64	150m: 1:28.01 30.01	250m: 2:28.72 30.23	350m: 3:29.73 30.68		
100m: 58.00 30.36	200m: 1:58.49 30.48	300m: 2:59.05 30.33	400m: 4:00.60 30.87		
2. Ricardo Matias, SANTOS	05	ALN	4:10.35		609
50m: 29.07 29.07	150m: 1:31.99 31.58	250m: 2:35.96 32.07	350m: 3:39.75 31.85		
100m: 1:00.41 31.34	200m: 2:03.89 31.90	300m: 3:07.90 31.94	400m: 4:10.35 30.60		
3. Vasco Pereira, BASTOS	02	Nautico Academico	4:19.11		549
50m: 29.28 29.28	150m: 1:34.29 32.90	250m: 2:39.54 32.36	350m: 3:45.28 33.41		
100m: 1:01.39 32.11	200m: 2:07.18 32.89	300m: 3:11.87 32.33	400m: 4:19.11 33.83		
4. Miguel Freitas, OVIEDO	02	Academica de Coimbra	4:23.49		522
50m: 30.34 30.34	150m: 1:38.26 34.15	250m: 2:46.07 33.52	350m: 3:52.48 33.41		
100m: 1:04.11 33.77	200m: 2:12.55 34.29	300m: 3:19.07 33.00	400m: 4:23.49 31.01		

Torneio de Abertura de Categorias
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Prova 3, Masc., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts		
5.	Joao Neves, ALMEIDA		05	Nautico Academico				4:24.25	518		
	50m:	28.81 28.81	150m:	1:33.46	33.16	250m:	2:41.00	33.90	350m:	3:50.28	34.60
	100m:	1:00.30 31.49	200m:	2:07.10	33.64	300m:	3:15.68	34.68	400m:	4:24.25	33.97
6.	Goncalo Carvalho, SANTOS		05	ALN				4:26.10	507		
	50m:	29.76 29.76	150m:	1:35.91	33.61	250m:	2:43.88	33.96	350m:	3:52.49	34.48
	100m:	1:02.30 32.54	200m:	2:09.92	34.01	300m:	3:18.01	34.13	400m:	4:26.10	33.61
7.	Antonio Pedro, MARTINS		05	Uniao de Coimbra				4:34.26	463		
	50m:	33.03 33.03	150m:	1:43.08	34.97	250m:	2:52.57	34.61	350m:	4:01.62	34.70
	100m:	1:08.11 35.08	200m:	2:17.96	34.88	300m:	3:26.92	34.35	400m:	4:34.26	32.64
8.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:39.67	437		
	50m:	31.27 31.27	150m:	1:40.79	34.56	250m:	2:51.06	35.30	350m:	4:03.77	36.82
	100m:	1:06.23 34.96	200m:	2:15.76	34.97	300m:	3:26.95	35.89	400m:	4:39.67	35.90
9.	Joaquim Agra, MERUJE		01	Academica de Coimbra				4:40.53	433		
	50m:	30.80 30.80	150m:	1:41.30	35.78	250m:	2:53.42	36.28	350m:	4:05.72	36.23
	100m:	1:05.52 34.72	200m:	2:17.14	35.84	300m:	3:29.49	36.07	400m:	4:40.53	34.81
10.	Renato Maria, FERREIRA		04	Uniao de Coimbra				4:45.64	410		
	50m:	31.40 31.40	150m:	1:41.89	35.39	250m:	2:54.70	36.69	350m:	4:09.16	37.23
	100m:	1:06.50 35.10	200m:	2:18.01	36.12	300m:	3:31.93	37.23	400m:	4:45.64	36.48
EXH	Bohdan, ZAPOROZHETS		05	Columbofila Cantanhedense				5:33.34	258		
	50m:	36.66 36.66	150m:	2:00.66	42.57	250m:	3:25.85	42.28	350m:	4:51.52	42.63
	100m:	1:18.09 41.43	200m:	2:43.57	42.91	300m:	4:08.89	43.04	400m:	5:33.34	41.82

Prova 4
21-10-2023

Femin., 200m Livres

Inf B
Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Inf B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25-03-2017

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts		
1.	Maria Luisa, NOGUEIRA		12	Academica de Coimbra				2:39.06	333		
	50m:	38.22 38.22	100m:	1:18.99	40.77	150m:	2:00.25	41.26	200m:	2:39.06	38.81
2.	Leonor Simoes, SOUSA		12	Nautico Academico				2:42.46	313		
	50m:	38.81 38.81	100m:	1:20.45	41.64	150m:	2:01.54	41.09	200m:	2:42.46	40.92
3.	Leonor Ribeiro, FERREIRA		12	Columbofila Cantanhedense				2:47.64	284		
	50m:	39.00 39.00	100m:	1:21.88	42.88	150m:	2:06.47	44.59	200m:	2:47.64	41.17
4.	Maria Costa, RIBEIRO		12	Columbofila Cantanhedense				2:55.14	249		
	50m:	39.54 39.54	100m:	1:23.87	44.33	150m:	2:10.63	46.76	200m:	2:55.14	44.51
5.	Margarida Paiva, CORREIA		12	Miranda do Corvo				2:57.88	238		
	50m:	41.05 41.05	100m:	1:26.49	45.44	150m:	2:12.80	46.31	200m:	2:57.88	45.08
6.	Clara Lopes, FERNANDES		12	ALN				2:58.73	235		
	50m:	43.33 43.33	100m:	1:29.24	45.91	150m:	2:15.85	46.61	200m:	2:58.73	42.88
7.	Emilia Matilde, GADANHA		12	Nautico Academico				3:00.54	228		
	50m:	41.81 41.81	100m:	1:27.80	45.99	150m:	2:15.67	47.87	200m:	3:00.54	44.87
8.	Maria Pedro, PINTO		12	Columbofila Cantanhedense				3:14.43	182		
	50m:	46.29 46.29	100m:	1:37.07	50.78	150m:	2:27.55	50.48	200m:	3:14.43	46.88
9.	Beatriz Pires, SOARES		12	Miranda do Corvo				3:17.41	174		
	50m:	45.89 45.89	100m:	1:37.51	51.62	150m:	2:29.19	51.68	200m:	3:17.41	48.22
10.	Giuliana Valentim, BARTOLO		12	Uniao de Coimbra				3:22.38	161		
	50m:	44.43 44.43	100m:	1:36.34	51.91	150m:	2:31.02	54.68	200m:	3:22.38	51.36
11.	Maria Filipa, GOMES		12	Nautico Academico				3:31.80	141		
	50m:	51.61 51.61	100m:	1:46.97	55.36	150m:	2:40.10	53.13	200m:	3:31.80	51.70

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 4, Femin., 200m Livres, Inf B

Lugar	Ano	Tempo final	Pts
12. Carolina Almeida, ABRANTES	12 Uniao de Coimbra	3:33.19	138
50m: 46.69 46.69 100m: 1:43.07 56.38 150m: 2:40.19 57.12 200m: 3:33.19 53.00			
13. Lara Caldeira, DUARTE	12 ALN	3:37.09	131
50m: 47.35 47.35 100m: 1:44.55 57.20 150m: 2:43.88 59.33 200m: 3:37.09 53.21			

Prova 4 Femin., 200m Livres Inf A
21-10-2023 Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Inf A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	09-03-2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Laura, NEVES	11 ALN	2:31.52	385
50m: 35.35 35.35 100m: 1:13.81 38.46 150m: 1:53.84 40.03 200m: 2:31.52 37.68			
2. Joana Cura, NEVES	11 Condeixa Clube	2:32.46	378
50m: 34.88 34.88 100m: 1:14.28 39.40 150m: 1:54.26 39.98 200m: 2:32.46 38.20			
3. Carolina Damas, PITA	11 Nautico Academico	2:32.58	377
50m: 36.32 36.32 100m: 1:15.10 38.78 150m: 1:54.83 39.73 200m: 2:32.58 37.75			
4. Filipa Ferreira, LOISAS	11 Columbofila Cantanhedense	2:35.58	356
50m: 35.56 35.56 100m: 1:15.13 39.57 150m: 1:55.47 40.34 200m: 2:35.58 40.11			
5. Matilde Sofia, PEREIRA	11 Nautico Academico	2:36.60	349
50m: 36.55 36.55 100m: 1:17.27 40.72 150m: 1:58.24 40.97 200m: 2:36.60 38.36			
6. Sara Ferreira, SANTOS	11 Columbofila Cantanhedense	2:36.71	348
50m: 36.20 36.20 100m: 1:15.19 38.99 150m: 1:56.14 40.95 200m: 2:36.71 40.57			
7. Eva Miranda, ALMEIDA	11 Columbofila Cantanhedense	2:38.35	338
50m: 35.51 35.51 100m: 1:15.52 40.01 150m: 1:57.88 42.36 200m: 2:38.35 40.47			
8. Matilde Conde, FIGUEIREDO	11 Condeixa Clube	2:39.25	332
50m: 38.49 38.49 100m: 1:20.11 41.62 150m: 2:01.49 41.38 200m: 2:39.25 37.76			
9. Beatriz Oliveira, PORTULEZ	11 Columbofila Cantanhedense	2:41.54	318
50m: 37.56 37.56 100m: 1:18.86 41.30 150m: 2:00.80 41.94 200m: 2:41.54 40.74			
10. Camila Beatriz, CAMILO	11 Miranda do Corvo	2:45.20	297
50m: 37.51 37.51 100m: 1:19.09 41.58 150m: 2:02.24 43.15 200m: 2:45.20 42.96			
11. Ana Leonor, CARRETO	11 Nautico Academico	2:47.20	287
50m: 40.56 40.56 100m: 1:23.80 43.24 150m: 2:07.68 43.88 200m: 2:47.20 39.52			
12. Maria Eduarda, RIBEIRO	11 ALN	2:58.21	237
50m: 39.94 39.94 100m: 1:26.67 46.73 150m: 2:14.42 47.75 200m: 2:58.21 43.79			
13. Carlota Francisco, SANTOS	11 Nautico Academico	2:58.76	234
50m: 41.51 41.51 100m: 1:27.63 46.12 150m: 2:13.92 46.29 200m: 2:58.76 44.84			
14. Rita Cravino, RIBEIRO	11 Nautico Academico	3:23.05	160
50m: 43.98 43.98 100m: 1:36.05 52.07 150m: 2:32.37 56.32 200m: 3:23.05 50.68			

Torneio de Abertura de Categorias
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Prova 4, Femin., 200m Livres

Prova 4
21-10-2023

Femin., 200m Livres

Juv B
Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Juv B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	25-06-2017

Pontos: FINA 2022

Lugar	Ano			Tempo final			Pts
1. Camila Duarte, MARCELO	10	Condeixa Clube		2:15.85			535
50m: 32.97 32.97	100m: 1:07.47	34.50	150m: 1:42.44	34.97	200m: 2:15.85	33.41	
2. Maria Neto, SIMOES	10	Condeixa Clube		2:19.46			494
50m: 32.35 32.35	100m: 1:08.08	35.73	150m: 1:44.30	36.22	200m: 2:19.46	35.16	
3. Leonor Antunes, PAIVA	10	Nautico Academico		2:25.60			434
50m: 34.63 34.63	100m: 1:12.30	37.67	150m: 1:49.66	37.36	200m: 2:25.60	35.94	
4. Maria Ines, GANTE	10	Nautico Academico		2:25.71			433
50m: 33.86 33.86	100m: 1:10.99	37.13	150m: 1:48.85	37.86	200m: 2:25.71	36.86	
5. Mariana Bernardo, SILVESTRE	10	Nautico Academico		2:27.03			422
50m: 33.40 33.40	100m: 1:11.21	37.81	150m: 1:50.28	39.07	200m: 2:27.03	36.75	
6. Maria Ines, RODRIGUES	10	Condeixa Clube		2:28.94			406
50m: 34.47 34.47	100m: 1:12.34	37.87	150m: 1:51.57	39.23	200m: 2:28.94	37.37	
7. Sofia Daniela, FERREIRA	10	Uniao de Coimbra		2:35.09			359
50m: 35.57 35.57	100m: 1:15.15	39.58	150m: 1:55.37	40.22	200m: 2:35.09	39.72	
8. Sara Marques, LIMA	10	CASPAE		2:37.24			345
50m: 36.74 36.74	100m: 1:16.51	39.77	150m: 1:57.81	41.30	200m: 2:37.24	39.43	
9. Leonor Sobreiro, ALMEIDA	10	CASPAE		2:37.41			344
50m: 37.39 37.39	100m: 1:17.65	40.26	150m: 1:58.17	40.52	200m: 2:37.41	39.24	
10. Mia Cardoso, BAPTISTA	10	Nautico Academico		2:38.98			334
50m: 36.59 36.59	100m: 1:17.40	40.81	150m: 1:59.23	41.83	200m: 2:38.98	39.75	

Prova 4
21-10-2023

Femin., 200m Livres

Juv A
Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Juv A	2:03.90	Maria Ferreira, MOURA	SCP	Algés	29-06-2019

Pontos: FINA 2022

Lugar	Ano			Tempo final			Pts
1. Alana Costa, MATIAS	09	Uniao de Coimbra		2:15.24			542
50m: 31.00 31.00	100m: 1:05.16	34.16	150m: 1:40.62	35.46	200m: 2:15.24	34.62	
2. Caetana Amado, SANTOS	09	Miranda do Corvo		2:29.16			404
50m: 33.20 33.20	100m: 1:11.33	38.13	150m: 1:51.07	39.74	200m: 2:29.16	38.09	
DNS Luana Soares, BRAS	09	S. Pedro Alva					

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 4, Femin., 200m Livres

Prova 4
21-10-2023

Femin., 200m Livres

Jun
Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Jun A	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	23-12-2018
RN Jun B	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	27-04-2019

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Dania Rodrigues, SIMOES	07	ALN	2:15.89				534
50m: 32.40 32.40	100m: 1:06.38	33.98	150m: 1:40.98	34.60	200m: 2:15.89	34.91	
2. Maria Manuel, CORTESAO	08	Nautico Academico	2:18.83				501
50m: 32.78 32.78	100m: 1:07.71	34.93	150m: 1:43.46	35.75	200m: 2:18.83	35.37	
3. Julia Maria, SOARES	08	Miranda do Corvo	2:21.81				470
50m: 31.41 31.41	100m: 1:07.78	36.37	150m: 1:44.86	37.08	200m: 2:21.81	36.95	
4. Cristiana Sofia, DUARTE	07	Academica de Coimbra	2:23.66				452
50m: 33.10 33.10	100m: 1:08.82	35.72	150m: 1:45.69	36.87	200m: 2:23.66	37.97	
5. Rita Isabel, NEVES	08	Condeixa Clube	2:28.14				412
50m: 34.93 34.93	100m: 1:11.86	36.93	150m: 1:49.77	37.91	200m: 2:28.14	38.37	
6. Raquel Filipa, JESUS	08	Uniao de Coimbra	2:32.21				380
50m: 34.35 34.35	100m: 1:13.09	38.74	150m: 1:53.09	40.00	200m: 2:32.21	39.12	

Prova 4
21-10-2023

Femin., 200m Livres

Sen
Resultados

RN Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017
RN Sen	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16-12-2017

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Ana Carolina, MONTEIRO	04	Uniao de Coimbra	2:10.72				600
50m: 30.38 30.38	100m: 1:03.32	32.94	150m: 1:36.86	33.54	200m: 2:10.72	33.86	
2. Helena Nunes, RODRIGUES	03	Condeixa Clube	2:11.97				584
50m: 30.81 30.81	100m: 1:04.30	33.49	150m: 1:38.31	34.01	200m: 2:11.97	33.66	
3. Beatriz Costa, TEJO	02	Academica de Coimbra	2:13.83				559
50m: 30.79 30.79	100m: 1:04.78	33.99	150m: 1:39.39	34.61	200m: 2:13.83	34.44	
4. Leonor Verissimo, FARIA	06	Nautico Academico	2:13.90				559
50m: 32.04 32.04	100m: 1:06.27	34.23	150m: 1:40.63	34.36	200m: 2:13.90	33.27	
5. Beatriz Andre, GASPAS	06	Nautico Academico	2:21.09				477
50m: 32.53 32.53	100m: 1:08.06	35.53	150m: 1:44.64	36.58	200m: 2:21.09	36.45	
6. Beatriz Ferreira, GASPAS	04	Academica de Coimbra	2:21.27				476
50m: 32.38 32.38	100m: 1:07.94	35.56	150m: 1:44.28	36.34	200m: 2:21.27	36.99	
7. Valentina Saad, BARBOSA	04	Academica de Coimbra	2:21.61				472
50m: 32.35 32.35	100m: 1:08.03	35.68	150m: 1:44.62	36.59	200m: 2:21.61	36.99	
8. Joana Filipa, VARELA	06	Nautico Academico	2:27.03				422
50m: 31.66 31.66	100m: 1:08.44	36.78	150m: 1:47.85	39.41	200m: 2:27.03	39.18	

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 5 Masc., 100m Costas Inf B
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Inf B	1:04.13	Miguel Reis, OLIVEIRA	SCB	Braga	22-05-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ruben Silva, ESTEVES 50m: 45.04 45.04 100m: 1:31.30 46.26	11 Condeixa Clube	1:31.30	148
2. Goncalo Rodrigues, FERNANDES 50m: 45.17 45.17 100m: 1:33.17 48.00	11 ALN	1:33.17	139
3. Guilherme Gonçalves, CHANTRE 50m: 47.12 47.12 100m: 1:36.56 49.44	11 Miranda do Corvo	1:36.56	125
DSQ Santiago Cavaleiro, SANTOS SW 6.4 O Atleta na viragem aos 25m não realizou movimento continuo	11 S. Pedro Alva		

Prova 5 Masc., 100m Costas Inf A
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Inf A	59.50	Ricardo Lopes, SILVA	DNMG	Caldas da Rainha	10-06-2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Diogo, SANTOS 50m: 45.62 45.62 100m: 1:32.52 46.90	10 CASPAE	1:32.52	142
2. Manuel Gaspar, BRANCO 50m: 44.01 44.01 100m: 1:34.60 50.59	10 CASPAE	1:34.60	133
DNS Simao Simoes, DIOGO	10 CASPAE		

Prova 5 Masc., 100m Costas Juv B
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Juv B	57.36	Gustavo Carvalho, SILVA	ADA	Praia da Vitória	20-07-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Samuel, PAIS 50m: 53.02 53.02 100m: 1:57.16 1:04.14	09 S. Pedro Alva	1:57.16	70

Prova 5 Masc., 100m Costas Juv A
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Juv A	56.34	Goncalo Carlos, AZEVEDO	CNMAIA	Felgueiras	22-04-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Samuel Dinis, MAIA 50m: 34.77 34.77 100m: 1:11.01 36.24	08 Miranda do Corvo	1:11.01	315

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 5, Masc., 100m Costas

Prova 5 Masc., 100m Costas Jun
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Jun A	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009
RN Jun B	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11-05-2014

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Afonso Vidal, TOMAS	06	ALN	1:03.18	447
50m: 30.59 30.59	100m: 1:03.18	32.59		
2. Edgar Tavares, MENDES	06	Academica de Coimbra	1:06.98	375
50m: 31.74 31.74	100m: 1:06.98	35.24		
3. Rodrigo Marques, LIMA	07	CASP AE	1:10.05	328
50m: 34.90 34.90	100m: 1:10.05	35.15		
4. Miguel Joao, PINHEIRO	06	Academica de Coimbra	1:10.44	322
50m: 33.70 33.70	100m: 1:10.44	36.74		
DSQ Joao Ferreira, MARQUES	06	Academica de Coimbra		
<i>SW 6.3 - O/A atleta rompeu a superficie da água com a cabeça para além dos 15 metros, após a partida.</i>				

Prova 5 Masc., 100m Costas Sen
21-10-2023 Resultados

RN Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022
RN Sen	50.82	Gabriel Jose, LOPES	ALN	Leiria	11-12-2022

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Uniao de Coimbra	58.43	565
50m: 28.50 28.50	100m: 58.43	29.93		
2. Ricardo Matias, SANTOS	05	ALN	59.23	543
50m: 29.33 29.33	100m: 59.23	29.90		
3. Rodrigo Miguel, REIS	04	Nautico Academico	1:01.46	486
50m: 29.89 29.89	100m: 1:01.46	31.57		
4. Tomas Carvalho, SANTOS	05	ALN	1:03.63	438
50m: 30.19 30.19	100m: 1:03.63	33.44		

Prova 6 Femin., 100m Mariposa Inf B
21-10-2023 Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Inf B	1:05.51	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	06-05-2017

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Leonor Simoes, SOUSA	12	Nautico Academico	1:25.79	257
50m: 39.18 39.18	100m: 1:25.79	46.61		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 6, Femin., 100m Mariposa

Prova 6
21-10-2023

Femin., 100m Mariposa

Inf A
Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Inf A	1:02.30	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Cura, NEVES	11 Condeixa Clube	1:22.65	288
50m: 38.00 38.00	100m: 1:22.65 44.65		
2. Carolina Damas, PITA	11 Nautico Academico	1:24.44	270
50m: 39.15 39.15	100m: 1:24.44 45.29		
3. Filipa Ferreira, LOISAS	11 Columbofila Cantanhedense	1:25.06	264
50m: 40.03 40.03	100m: 1:25.06 45.03		
4. Sara Ferreira, SANTOS	11 Columbofila Cantanhedense	1:25.25	262
50m: 39.36 39.36	100m: 1:25.25 45.89		
5. Eva Miranda, ALMEIDA	11 Columbofila Cantanhedense	1:30.21	221
50m: 40.83 40.83	100m: 1:30.21 49.38		
6. Laura, NEVES	11 ALN	1:31.23	214
50m: 42.57 42.57	100m: 1:31.23 48.66		
7. Matilde Sofia, PEREIRA	11 Nautico Academico	1:34.27	194
50m: 42.19 42.19	100m: 1:34.27 52.08		

Prova 6
21-10-2023

Femin., 100m Mariposa

Juv B
Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Juv B	1:02.36	Mariana Pacheco, CUNHA	CFP	Felgueiras	14-04-2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Duarte, MARCELO	10 Condeixa Clube	1:11.92	437
50m: 34.00 34.00	100m: 1:11.92 37.92		
2. Maria Neto, SIMOES	10 Condeixa Clube	1:12.45	427
50m: 34.07 34.07	100m: 1:12.45 38.38		
3. Rita Lucas, SANTOS	10 Condeixa Clube	1:17.86	344
50m: 36.26 36.26	100m: 1:17.86 41.60		
4. Isabella Scavone, LOPES	10 Miranda do Corvo	1:22.24	292
50m: 37.53 37.53	100m: 1:22.24 44.71		
5. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	1:25.94	256
50m: 39.63 39.63	100m: 1:25.94 46.31		

Prova 6
21-10-2023

Femin., 100m Mariposa

Juv A
Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Juv A	1:00.43	Carolina Miranda, FERNANDES	CGA	Mealhada	08-12-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriela Leonardo, MEDINA	09 Condeixa Clube	1:19.78	320
50m: 36.76 36.76	100m: 1:19.78 43.02		
2. Caetana Amado, SANTOS	09 Miranda do Corvo	1:24.80	266
50m: 38.19 38.19	100m: 1:24.80 46.61		
3. Carolina Baptista, PEREIRINHA	09 S. Pedro Alva	1:27.94	239
50m: 38.21 38.21	100m: 1:27.94 49.73		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 6, Femin., 100m Mariposa

Prova 6
21-10-2023

Femin., 100m Mariposa

Jun
Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Jun A	59.36	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10-04-2021
RN Jun B	1:00.66	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	25-04-2021

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts
1.	Leonor Mil, MANO		07	Nautico Academico		1:07.22	535
	50m:	31.18 31.18	100m:	1:07.22	36.04		
2.	Angela Rodrigues, REBELO		07	ALN		1:07.48	529
	50m:	31.18 31.18	100m:	1:07.48	36.30		
3.	Dania Rodrigues, SIMOES		07	ALN		1:10.07	472
	50m:	33.01 33.01	100m:	1:10.07	37.06		
4.	Laura Carvalho, FERNANDES		08	Nautico Academico		1:12.14	433
	50m:	34.06 34.06	100m:	1:12.14	38.08		
5.	Marta Andre, AGUILAR		07	Nautico Academico		1:16.51	363
	50m:	35.41 35.41	100m:	1:16.51	41.10		
6.	Rita Isabel, NEVES		08	Condeixa Clube		1:18.45	336
	50m:	37.00 37.00	100m:	1:18.45	41.45		
7.	Laura Silva, FERNANDES		08	Miranda do Corvo		1:20.04	317
	50m:	36.83 36.83	100m:	1:20.04	43.21		

Prova 6
21-10-2023

Femin., 100m Mariposa

Sen
Resultados

RN Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023
RN Sen	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-04-2023

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts
1.	Beatriz Costa, TEJO		02	Academica de Coimbra		1:04.92	594
	50m:	30.39 30.39	100m:	1:04.92	34.53		
2.	Helena Nunes, RODRIGUES		03	Condeixa Clube		1:08.41	508
	50m:	32.20 32.20	100m:	1:08.41	36.21		
3.	Maria Carlota, REBELO		03	Condeixa Clube		1:08.60	503
	50m:	31.52 31.52	100m:	1:08.60	37.08		
4.	Matilde Fonseca, OLIVEIRA		06	ALN		1:08.96	496
	50m:	31.75 31.75	100m:	1:08.96	37.21		
5.	Leonor Correia, PAIVA		04	ALN		1:10.59	462
	50m:	33.12 33.12	100m:	1:10.59	37.47		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 7 Masc., 100m Estilos Inf B
21-10-2023 Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Inf B	1:06.44	,			
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Pedro Filipe, ALMEIDA 50m: 35.85 35.85 100m: 1:17.89 42.04	11	Columbofila Cantanhedense	1:17.89 253
2. Hugo Ferreira, SILVA 50m: 38.55 38.55 100m: 1:22.01 43.46	11	Academica de Coimbra	1:22.01 216
3. Goncalo Nunes, MARQUES 50m: 38.77 38.77 100m: 1:22.49 43.72	11	Condeixa Clube	1:22.49 213
4. Diogo Teixeira, LOPES 50m: 39.11 39.11 100m: 1:24.50 45.39	11	Columbofila Cantanhedense	1:24.50 198
5. Francisco Duarte, RODRIGUES 50m: 40.69 40.69 100m: 1:27.01 46.32	11	ALN	1:27.01 181
6. Francisco Marques, PEREIRA 50m: 41.09 41.09 100m: 1:28.48 47.39	11	Columbofila Cantanhedense	1:28.48 172
7. Daniel Nunes, FREITAS 50m: 45.19 45.19 100m: 1:36.36 51.17	11	Columbofila Cantanhedense	1:36.36 133
8. Guilherme Gonçalves, CHANTRE 50m: 46.58 46.58 100m: 1:46.38 59.80	11	Miranda do Corvo	1:46.38 99
DSQ Vicente Abrantes, DIOGO <i>SW 6.2 O atleta perdeu a posição de costas antes da viragem dos 50m</i>	11	Columbofila Cantanhedense	
DSQ David Pereira, MARQUES <i>SW 7.1 OAtleta efectou mais que uma pernada de golfinho no percurso subaquatico de Bruços</i>	11	Columbofila Cantanhedense	
DSQ Leonardo Fonseca, FERRAZ <i>SW 9.4 - O/A atleta não concluiu o estilo de bruços conforme as respetivas regras.</i>	11	Academica de Coimbra	

Prova 7 Masc., 100m Estilos Inf A
21-10-2023 Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Inf A	1:02.84	,			
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Marques, PEREIRA 50m: 35.04 35.04 100m: 1:13.65 38.61	10	Columbofila Cantanhedense	1:13.65 299
2. Lourenco Simao, PEREIRA 50m: 33.66 33.66 100m: 1:14.42 40.76	10	Miranda do Corvo	1:14.42 290
3. Dinis Goncalves, ARAUJO 50m: 39.39 39.39 100m: 1:26.06 46.67	10	Uniao de Coimbra	1:26.06 187
4. Afonso Brandao, OLIVEIRA 50m: 40.69 40.69 100m: 1:26.47 45.78	10	Columbofila Cantanhedense	1:26.47 185
5. Jorge Miguel, SANTOS 50m: 43.69 43.69 100m: 1:31.25 47.56	10	Miranda do Corvo	1:31.25 157
6. Pedro Emanuel, PEREIRA 50m: 44.36 44.36 100m: 1:32.11 47.75	10	Academica de Coimbra	1:32.11 153
7. Francisco Diogo, SANTOS 50m: 44.61 44.61 100m: 1:33.09 48.48	10	CASP AE	1:33.09 148

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 7, Masc., 100m Estilos

Prova 7
21-10-2023 Masc., 100m Estilos Juv B
Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Juv B	1:00.62	,			
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Rafael, PEREIRA 50m: 30.68 30.68 100m: 1:07.20	09 Nautico Academico	1:07.20	394
2. Joao Nuno, GASPARD 50m: 32.67 32.67 100m: 1:10.21	09 Condeixa Clube	1:10.21	345
3. Francisco Antunes, SOUSA 50m: 36.95 36.95 100m: 1:17.60	09 Columbofila Cantanhedense	1:17.60	256
4. Ricardo Cesar, SILVA 50m: 39.60 39.60 100m: 1:25.08	09 Academica de Coimbra	1:25.08	194
5. Joao Rodrigo, COELHO 50m: 42.87 42.87 100m: 1:28.99	09 Academica de Coimbra	1:28.99	169
6. Antonio Samuel, PAIS 50m: 55.77 55.77 100m: 2:06.57	09 S. Pedro Alva	2:06.57	59

Prova 7
21-10-2023 Masc., 100m Estilos Juv A
Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Juv A	59.16	Goncalo Carlos, AZEVEDO	CNMAIA	Felgueiras	22-04-2023
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL 50m: 30.82 30.82 100m: 1:07.78	08 Columbofila Cantanhedense	1:07.78	384
2. Rodrigo Mosca, SILVA 50m: 32.23 32.23 100m: 1:07.94	08 Columbofila Cantanhedense	1:07.94	381
3. Rafael Pereira, RODRIGUES 50m: 31.33 31.33 100m: 1:08.06	08 Condeixa Clube	1:08.06	379
4. Guilherme Simoes, SOUSA 50m: 32.82 32.82 100m: 1:09.53	08 Nautico Academico	1:09.53	356
5. Francisco Fernandes, PEREIRA 50m: 32.02 32.02 100m: 1:11.25	08 Academica de Coimbra	1:11.25	330
6. Samuel Dinis, MAIA 50m: 33.85 33.85 100m: 1:11.92	08 Miranda do Corvo	1:11.92	321
7. Salvador Correia, PEREIRA 50m: 33.51 33.51 100m: 1:13.27	08 Condeixa Clube	1:13.27	304

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 7, Masc., 100m Estilos

Prova 7
21-10-2023 Masc., 100m Estilos Jun
Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Jun A	56.40	Joao Peres, COSTA	CNPV	Leiria	28-11-2021
RN Jun B	57.40	Diogo Filipe, CARVALHO	CGA	Aveiro	14-05-2005
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Francisco Cruz, CARVALHO	06	S. Pedro Alva	1:03.04	477
50m: 29.15 29.15	100m: 1:03.04	33.89		
2. Duarte Jose, FERNANDES	06	Uniao de Coimbra	1:03.61	464
50m: 29.52 29.52	100m: 1:03.61	34.09		
3. David Duarte, JESUS	07	Nautico Academico	1:04.36	448
50m: 30.11 30.11	100m: 1:04.36	34.25		
4. Alexandre, DZYAKANAU	07	ALN	1:04.47	446
50m: 29.50 29.50	100m: 1:04.47	34.97		
5. Afonso Vidal, TOMAS	06	ALN	1:04.56	444
50m: 29.26 29.26	100m: 1:04.56	35.30		
6. Martim Alexandre, SILVA	07	Columbofila Cantanhedense	1:05.48	426
50m: 31.05 31.05	100m: 1:05.48	34.43		
7. Duarte Cachulo, MARQUES	07	Condeixa Clube	1:06.81	401
50m: 31.35 31.35	100m: 1:06.81	35.46		
8. Carlos Miguel, OLIVEIRA	06	Nautico Academico	1:07.37	391
50m: 30.55 30.55	100m: 1:07.37	36.82		
9. Joao Rafael, FERREIRA	06	Nautico Academico	1:08.64	370
50m: 31.21 31.21	100m: 1:08.64	37.43		
10. Tomas Veiga, PEREIRA	06	Nautico Academico	1:09.04	363
50m: 32.47 32.47	100m: 1:09.04	36.57		
11. David Ferreira, SILVA	07	Academica de Coimbra	1:09.56	355
50m: 33.39 33.39	100m: 1:09.56	36.17		
12. Bernardo Almas, MALHAO	07	Academica de Coimbra	1:18.00	252
50m: 35.41 35.41	100m: 1:18.00	42.59		
13. Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	1:22.79	210
50m: 37.15 37.15	100m: 1:22.79	45.64		
DNS Rodrigo Costa, CRUZ	06	Academica de Coimbra		

Prova 7
21-10-2023 Masc., 100m Estilos Sen
Resultados

RN Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN Sen	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07-12-2019
RN NA	1:21.41	Daniel Mendo, OLIVEIRA	AO21	Coimbra	25-06-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Uniao de Coimbra	1:00.32	545
50m: 27.76 27.76	100m: 1:00.32	32.56		
2. Ricardo Jorge, DOMINGUES	02	Nautico Academico	1:01.59	512
50m: 28.14 28.14	100m: 1:01.59	33.45		
3. Joaquim Agra, MERUJE	01	Academica de Coimbra	1:02.25	496
50m: 28.48 28.48	100m: 1:02.25	33.77		
4. Tomas Carvalho, SANTOS	05	ALN	1:03.86	459
50m: 29.11 29.11	100m: 1:03.86	34.75		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 7, Masc., 100m Estilos, Sen

Lugar	Ano	Tempo final	Pts
5. Afonso Filipe, COSTA 50m: 29.62 29.62 100m: 1:04.73 35.11	03 ALN	1:04.73	441
6. Miguel Freitas, OVIEDO 50m: 29.12 29.12 100m: 1:04.79 35.67	02 Academica de Coimbra	1:04.79	440
7. Jose Diogo, DIAS 50m: 28.69 28.69 100m: 1:04.81 36.12	04 Nautico Academico	1:04.81	439
8. Joao Neves, ALMEIDA 50m: 31.20 31.20 100m: 1:05.84 34.64	05 Nautico Academico	1:05.84	419
9. Goncalo Carvalho, SANTOS 50m: 31.20 31.20 100m: 1:06.43 35.23	05 ALN	1:06.43	408
10. Manuel Eduardo, JUNIOR 50m: 29.36 29.36 100m: 1:07.03 37.67	04 Academica de Coimbra	1:07.03	397
11. Renato Maria, FERREIRA 50m: 33.05 33.05 100m: 1:12.02 38.97	04 Uniao de Coimbra	1:12.02	320
12. Tomas Cardoso, GERALDO 50m: 32.50 32.50 100m: 1:12.62 40.12	05 Condeixa Clube	1:12.62	312
13. Antonio Pedro, MARTINS 50m: 35.03 35.03 100m: 1:13.57 38.54	05 Uniao de Coimbra	1:13.57	300
EXH Bohdan, ZAPOROZHETS 50m: 40.01 40.01 100m: 1:21.99 41.98	05 Columbofila Cantanhedense	1:21.99	217
EXH Francisco Simoes, RODRIGUES 50m: 42.04 42.04 100m: 1:28.27 46.23	06 Olhar 21	1:28.27	174

Prova 8
21-10-2023

Femin., 100m Livres

Inf B
Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Inf B	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	08-04-2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, LOBO 50m: 36.68 36.68 100m: 1:16.68 40.00	12 Condeixa Clube	1:16.68	281
2. Leonor Ribeiro, FERREIRA 50m: 37.32 37.32 100m: 1:18.21 40.89	12 Columbofila Cantanhedense	1:18.21	265
3. Clara Lopes, FERNANDES 50m: 38.47 38.47 100m: 1:21.49 43.02	12 ALN	1:21.49	234
4. Maria Costa, RIBEIRO 50m: 39.65 39.65 100m: 1:22.06 42.41	12 Columbofila Cantanhedense	1:22.06	229
5. Margarida Paiva, CORREIA 50m: 40.29 40.29 100m: 1:23.76 43.47	12 Miranda do Corvo	1:23.76	215
6. Emilia Matilde, GADANHA 50m: 39.32 39.32 100m: 1:24.17 44.85	12 Nautico Academico	1:24.17	212
7. Maria Pedro, PINTO 50m: 46.39 46.39 100m: 1:33.69 47.30	12 Columbofila Cantanhedense	1:33.69	154
8. Beatriz Pires, SOARES 50m: 43.79 43.79 100m: 1:34.30 50.51	12 Miranda do Corvo	1:34.30	151
9. Maria Filipa, GOMES 50m: 47.76 47.76 100m: 1:40.19 52.43	12 Nautico Academico	1:40.19	126

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

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

Lugar	Ano	Tempo final	Pts
10. Lara Caldeira, DUARTE 50m: 46.70 46.70 100m: 1:41.73 55.03	12 ALN	1:41.73	120
11. Joana Simoes, BATISTA 50m: 50.78 50.78 100m: 2:01.47 1:10.69	12 S. Pedro Alva	2:01.47	70

Prova 8 Femin., 100m Livres Inf A
21-10-2023 Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Inf A	58.55	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Conde, FIGUEIREDO 50m: 36.61 36.61 100m: 1:14.43 37.82	11 Condeixa Clube	1:14.43	307
2. Beatriz Oliveira, PORTULEZ 50m: 36.43 36.43 100m: 1:15.37 38.94	11 Columbofila Cantanhedense	1:15.37	296
3. Ana Leonor, CARRETO 50m: 38.54 38.54 100m: 1:18.47 39.93	11 Nautico Academico	1:18.47	262
4. Camila Beatriz, CAMILO 50m: 38.57 38.57 100m: 1:19.21 40.64	11 Miranda do Corvo	1:19.21	255
5. Maria Eduarda, RIBEIRO 50m: 39.05 39.05 100m: 1:22.67 43.62	11 ALN	1:22.67	224
6. Leonor Cioga, MOREIRA 50m: 38.75 38.75 100m: 1:23.54 44.79	11 Condeixa Clube	1:23.54	217
7. Carlota Francisco, SANTOS 50m: 41.25 41.25 100m: 1:25.23 43.98	11 Nautico Academico	1:25.23	204
8. Rita Cravino, RIBEIRO 50m: 44.43 44.43 100m: 1:37.14 52.71	11 Nautico Academico	1:37.14	138
9. Leonor Sofia, BATISTA 50m: 51.10 51.10 100m: 2:00.69 1:09.59	11 S. Pedro Alva	2:00.69	72

Prova 8 Femin., 100m Livres Juv B
21-10-2023 Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Juv B	57.65	Carolina Miranda, FERNANDES	CGA	Estarreja	10-06-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Lucas, SANTOS 50m: 31.60 31.60 100m: 1:05.48 33.88	10 Condeixa Clube	1:05.48	451
2. Maria Miguel, FERNANDES 50m: 32.55 32.55 100m: 1:07.28 34.73	10 Columbofila Cantanhedense	1:07.28	416
3. Leonor Antunes, PAIVA 50m: 32.81 32.81 100m: 1:07.40 34.59	10 Nautico Academico	1:07.40	414
4. Maria Ines, RODRIGUES 50m: 32.69 32.69 100m: 1:07.80 35.11	10 Condeixa Clube	1:07.80	407
5. Mariana Bernardo, SILVESTRE 50m: 33.36 33.36 100m: 1:07.86 34.50	10 Nautico Academico	1:07.86	406
6. Maria Ines, GANTE 50m: 33.25 33.25 100m: 1:08.35 35.10	10 Nautico Academico	1:08.35	397
7. Mariana Bagagem, CARVALHO 50m: 33.37 33.37 100m: 1:09.70 36.33	10 Miranda do Corvo	1:09.70	374

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

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

Lugar	Ano	Tempo final	Pts
8. Sofia Daniela, FERREIRA 50m: 34.00 34.00 100m: 1:11.59 37.59	10 Uniao de Coimbra	1:11.59	345
9. Leonor Sobreiro, ALMEIDA 50m: 35.04 35.04 100m: 1:12.01 36.97	10 CASPAE	1:12.01	339
10. Isabella Scavone, LOPES 50m: 35.40 35.40 100m: 1:12.02 36.62	10 Miranda do Corvo	1:12.02	339
11. Leonor Mosca, SILVA 50m: 34.57 34.57 100m: 1:12.65 38.08	10 Columbofila Cantanhedense	1:12.65	330
12. Laura Nobre, MONTEIRO 50m: 35.47 35.47 100m: 1:12.99 37.52	10 Columbofila Cantanhedense	1:12.99	326
13. Sara Marques, LIMA 50m: 35.54 35.54 100m: 1:13.44 37.90	10 CASPAE	1:13.44	320
14. Mia Cardoso, BAPTISTA 50m: 35.82 35.82 100m: 1:14.00 38.18	10 Nautico Academico	1:14.00	313

Prova 8 Femin., 100m Livres Juv A Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Juv A	56.18	Carolina Miranda, FERNANDES	CGA	Mealhada	08-12-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Mercês, CAVALEIRO 50m: 32.05 32.05 100m: 1:05.91 33.86	09 Columbofila Cantanhedense	1:05.91	443
2. Gabriela Leonardo, MEDINA 50m: 33.04 33.04 100m: 1:08.23 35.19	09 Condeixa Clube	1:08.23	399
3. Carolina Baptista, PEREIRINHA 50m: 33.53 33.53 100m: 1:11.45 37.92	09 S. Pedro Alva	1:11.45	347
4. Ana Laura, LUCAS 50m: 37.31 37.31 100m: 1:16.74 39.43	09 Columbofila Cantanhedense	1:16.74	280
5. Gabriela Maria, SILVA 50m: 38.19 38.19 100m: 1:23.08 44.89	09 Columbofila Cantanhedense	1:23.08	221
DNS Luana Soares, BRAS	09 S. Pedro Alva		

Prova 8 Femin., 100m Livres Jun Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Jun A	55.54	Carolina Miranda, FERNANDES	CGA	Leiria	28-11-2021
RN Jun B	56.72	Ana Reis, SOUSA	CNLA	Porto	08-12-2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Cristiana Sofia, DUARTE 50m: 31.35 31.35 100m: 1:04.66 33.31	07 Academica de Coimbra	1:04.66	469
2. Ines Miranda, DIOGO 50m: 31.68 31.68 100m: 1:05.00 33.32	07 Nautico Academico	1:05.00	462
3. Julia Maria, SOARES 50m: 30.96 30.96 100m: 1:05.52 34.56	08 Miranda do Corvo	1:05.52	451
4. Angela Rodrigues, REBELO 50m: 31.81 31.81 100m: 1:06.88 35.07	07 ALN	1:06.88	424
5. Laura Carvalho, FERNANDES 50m: 33.06 33.06 100m: 1:07.20 34.14	08 Nautico Academico	1:07.20	418

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 8, Femin., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
6. Laura Silva, FERNANDES	08 Miranda do Corvo	1:12.09	338
50m: 34.38 34.38	100m: 1:12.09 37.71		

Prova 8 Femin., 100m Livres Sen Resultados

RN Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
RN Sen	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Carolina, MONTEIRO	04 Uniao de Coimbra	1:01.06	557
50m: 29.68 29.68	100m: 1:01.06 31.38		
2. Joana Francisca, RODRIGUES	04 Condeixa Clube	1:02.29	524
50m: 29.94 29.94	100m: 1:02.29 32.35		
3. Maria Carlota, REBELO	03 Condeixa Clube	1:03.83	487
50m: 30.85 30.85	100m: 1:03.83 32.98		
4. Matilde Fonseca, OLIVEIRA	06 ALN	1:03.96	484
50m: 30.70 30.70	100m: 1:03.96 33.26		
5. Bruna Cruz, CARVALHO	03 ALN	1:04.20	479
50m: 30.88 30.88	100m: 1:04.20 33.32		
6. Leonor Correia, PAIVA	04 ALN	1:06.54	430
50m: 31.72 31.72	100m: 1:06.54 34.82		
7. Joana Ventura, PAIS	06 Nautico Academico	1:08.44	395
50m: 32.53 32.53	100m: 1:08.44 35.91		
8. Diana Costa, OLIVEIRA	04 Uniao de Coimbra	1:12.22	336
50m: 33.90 33.90	100m: 1:12.22 38.32		
9. Helena Carolina, DINIS	05 Academica de Coimbra	1:12.52	332
50m: 35.36 35.36	100m: 1:12.52 37.16		
DNS Maria Vitoria, GRILO	06 Uniao de Coimbra		

Prova 9 Masc., 100m Bruços Inf B Resultados

RN Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
RN Inf B	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	15-05-2010
Rec Nac NA	1:28.89	Joao Francisco, VAZ	POR	Albufeira	18-10-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bernardo Bento, DINIS	11 Condeixa Clube	1:34.16	202
50m: 45.72 45.72	100m: 1:34.16 48.44		
2. Afonso Jose, MIRANDA	11 ALN	1:35.62	193
50m: 46.18 46.18	100m: 1:35.62 49.44		
3. Martim Oliveira, DIAS	11 Nautico Academico	1:37.33	183
50m: 46.26 46.26	100m: 1:37.33 51.07		
4. Bernardo Silva, NEVES	11 Nautico Academico	1:48.98	130
50m: 50.94 50.94	100m: 1:48.98 58.04		
5. Goncalo Rodrigues, FERNANDES	11 ALN	1:57.77	103
50m: 56.32 56.32	100m: 1:57.77 1:01.45		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 9, Masc., 100m Bruços

Prova 9 Masc., 100m Bruços Inf A
21-10-2023 Resultados

RN Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
RN Inf A	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	12-03-2011
Rec Nac NA	1:28.89	Joao Francisco, VAZ	POR	Albufeira	18-10-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Martins, SIMOES 50m: 39.70 39.70 100m: 1:24.02 44.32	10 Nautico Academico	1:24.02	284
2. Lourenco Simao, PEREIRA 50m: 40.90 40.90 100m: 1:27.19 46.29	10 Miranda do Corvo	1:27.19	254
3. Rodrigo Miguel, MATIAS 50m: 43.49 43.49 100m: 1:31.50 48.01	10 Nautico Academico	1:31.50	220
4. Rodrigo Sousa, BRAZ 50m: 45.10 45.10 100m: 1:33.47 48.37	10 Nautico Academico	1:33.47	206
5. Miguel Tomas, GOMES 50m: 44.44 44.44 100m: 1:34.12 49.68	10 Nautico Academico	1:34.12	202
6. Diogo Alves, FERREIRA 50m: 51.36 51.36 100m: 1:51.20 59.84	10 Condeixa Clube	1:51.20	122
7. Duarte Alves, CARVALHO 50m: 54.20 54.20 100m: 2:01.73 1:07.53	10 S. Pedro Alva	2:01.73	93

Prova 9 Masc., 100m Bruços Juv A
21-10-2023 Resultados

RN Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
RN Juv A	1:03.25	Ricardo Samuel, PEREIRA	SLB	Algés	13-07-2019
Rec Nac NA	1:28.89	Joao Francisco, VAZ	POR	Albufeira	18-10-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Samuel Dinis, MAIA 50m: 38.12 38.12 100m: 1:19.57 41.45	08 Miranda do Corvo	1:19.57	335

Prova 9 Masc., 100m Bruços Jun
21-10-2023 Resultados

RN Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
RN Jun A	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009
RN Jun B	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	21-12-2013
Rec Nac NA	1:28.89	Joao Francisco, VAZ	POR	Albufeira	18-10-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. David Duarte, JESUS 50m: 33.92 33.92 100m: 1:11.33 37.41	07 Nautico Academico	1:11.33	465
2. Francisco Cruz, CARVALHO 50m: 34.60 34.60 100m: 1:15.25 40.65	06 S. Pedro Alva	1:15.25	396
3. David Ferreira, SILVA 50m: 36.88 36.88 100m: 1:17.84 40.96	07 Academica de Coimbra	1:17.84	358
4. Bruno Carpinteiro, FERREIRA 50m: 44.52 44.52 100m: 1:35.55 51.03	07 S. Pedro Alva	1:35.55	193

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 9, Masc., 100m Bruços

Prova 9 Sen
21-10-2023 Resultados

RN Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
RN Sen	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac NA	1:28.89	Joao Francisco, VAZ	POR	Albufeira	18-10-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vasco Pereira, BASTOS	02 Nautico Academico	1:09.98	492
50m: 33.16 33.16	100m: 1:09.98 36.82		
EXH David Costa, FERNANDES	06 Olhar 21	2:16.45	66
50m: 1:05.17 1:05.17	100m: 2:16.45 1:11.28		

Prova 10 Juv B
21-10-2023 Resultados

RN Open	3:58.31	Vitoria Sport Clube	VSC	Felgueiras	14-11-2021
RN 15 - 16	4:18.10	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Paredes	19-11-2021
RN 14 - 16	4:12.98	Sporting Clube de Portugal	SCP	Algés	29-06-2019
RN 14 - 15	4:25.03	Sport Alges e Dafundo	SAD	Algés	29-06-2019
RN 13 - 14	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019
RN Inf Misto	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. Nautico Academico Juv B	4:48.35	390
Mariana Bernardo, SILVESTRE	09 32.61	1:11.43
Guilherme Andre, GASPAR	10 32.36	1:07.38

Prova 10 Abs
21-10-2023 Resultados

RN Open	3:58.31	Vitoria Sport Clube	VSC	Felgueiras	14-11-2021
RN 18 +	3:58.31	Vitoria Sport Clube	VSC	Felgueiras	14-11-2021
RN 16 - 18	4:00.84	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazaré	14-05-2022
RN 15 - 16	4:18.10	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Paredes	19-11-2021
RN 14 - 16	4:12.98	Sporting Clube de Portugal	SCP	Algés	29-06-2019
RN 14 - 15	4:25.03	Sport Alges e Dafundo	SAD	Algés	29-06-2019
RN 13 - 14	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019
RN Inf Misto	4:35.27	Sport Alges e Dafundo	SAD	Algés	29-06-2019
RN 12 - 13	4:56.56	Sporting Clube de Portugal	SCP	Manique	27-03-2022

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. Louzan Natacao/EFAPEL Abs	4:19.20	537
Ricardo Matias, SANTOS	05 29.09	58.86
Bruna Cruz, CARVALHO	03 37.35	1:20.27
2. Academica de Coimbra Abs	4:22.04	520
Cristiana Sofia, DUARTE	07 35.58	1:14.67
Joaquim Agra, MERUJE	01 30.83	1:07.31
3. Louzan Natacao/EFAPEL Abs	4:26.44	494
Leonor Correia, PAIVA	04 33.46	1:08.64
Matilde Fonseca, OLIVEIRA	06 36.98	1:19.16
4. Louzan Natacao/EFAPEL Abs	4:44.23	407
Laura, NEVES	11 40.80	1:23.07
Dania Rodrigues, SIMOES	07 39.74	1:24.14
5. Academica Coimbra Abs	4:45.19	403
Helena Carolina, DINIS	05 39.12	1:20.16
David Ferreira, SILVA	07 36.82	1:18.40

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 10, Misto, 4 x 100m Estilos, Abs

Lugar					Tempo final	Pts
6.	Academica Coimbra Abs		Academica de Coimbra		4:54.87	364
	Miguel Joao, PINHEIRO	06	34.77	1:11.18	Edgar Tavares, MENDES	06 28.29 1:02.57
	Maria Luisa, NOGUEIRA	12	44.84	1:35.67	Beatriz Ferreira, GASPAS	04 31.46 1:05.45
7.	Louzan Natacao/EFAPPEL Inf A/B		ALN		6:04.17	193
	Clara Lopes, FERNANDES	12	42.86	1:27.94	Francisco Duarte, RODRIGUES	11 40.67 1:33.33
	Afonso Jose, MIRANDA	11	45.95	1:35.52	Maria Eduarda, RIBEIRO	11 40.24 1:26.38
DSQ	S. Pedro Alva Inf A/B		S. Pedro Alva			
	<i>SW 6.2 O primeiro atleta perdeu a posição de costas antes das viragens dos 25,50 e 75m</i>					
	Santiago Cavaleiro, SANTOS, Joana Simoes, BATISTA, Duarte Alves, CARVALHO, Leonor Sofia, BATISTA					

2 - 2ª Jornada

22-10-2023 - 9:30

Prova 11	Femin., 4 x 50m Livres				Inf A
22-10-2023					Resultados
RN Open	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN Inf A	1:59.79	POR			
RN Inf A/B	1:59.79	POR			

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Columbofila Canatenhdense Inf A		Columbofila Cantanhedense		2:15.82	315
	Filipa Ferreira, LOISAS	11	34.50	Beatriz Oliveira, PORTULEZ	11	35.33
	Eva Miranda, ALMEIDA	11	33.42	Sara Ferreira, SANTOS	11	32.57

Prova 11	Femin., 4 x 50m Livres				Juv B
22-10-2023					Resultados
RN Open	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN Juv A/B	1:54.01	POR			
RN Juv B	1:56.20	POR			

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Condeixa Clube Juv B		Condeixa Clube		1:58.34	477
	Rita Lucas, SANTOS	10	30.33	Maria Ines, RODRIGUES	10	30.22
	Maria Neto, SIMOES	10	29.27	Camila Duarte, MARCELO	10	28.52

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 11, Femin., 4 x 50m Livres

Prova 11
22-10-2023

Femin., 4 x 50m Livres

Open
Resultados

RN Open	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
RN Juv A	1:54.01	POR			
RN Juv A/B	1:54.01	POR			
RN Juv B	1:56.20	POR			
RN Inf A	1:59.79	POR			
RN Inf A/B	1:59.79	POR			
RN Inf B	2:02.38	POR			

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Louzan Natacao Abs	ALN			1:54.87	522
	Dania Rodrigues, SIMOES	07	28.67	Matilde Fonseca, OLIVEIRA	06	28.59
	Angela Rodrigues, REBELO	07	28.81	Bruna Cruz, CARVALHO	03	28.80
2.	Nautico Academico Jun	Nautico Academico			1:55.50	513
	Leonor Mil, MANO	07	27.97	Marta Andre, AGUILAR	07	29.45
	Leonor Verissimo, FARIA	06	29.03	Maria Manuel, CORTESAO	08	29.05
3.	Academica Coimbra Abs	Academica de Coimbra			2:00.48	452
	Cristiana Sofia, DUARTE	07	29.49	Helena Carolina, DINIS	05	32.39
	Ana Beatriz, CAMPOS	06	30.47	Beatriz Costa, TEJO	02	28.13
4.	Nautico Academico Sen	Nautico Academico			2:03.15	423
	Laura Carvalho, FERNANDES	08	31.25	Beatriz Andre, GASPAR	06	30.11
	Joana Filipa, VARELA	06	30.45	Joana Ventura, PAIS	06	31.34
5.	Miranda do Corvo Abs	Miranda do Corvo			2:04.40	411
	Julia Maria, SOARES	08	29.96	Mariana Bagagem, CARVALHO	10	31.77
	Francisca Santos, FERNANDES	08	31.21	Caetana Amado, SANTOS	09	31.46
6.	Columbofila Cantanhedense Juv A/B	Columbofila Cantanhedense			2:05.51	400
	Maria Miguel, FERNANDES	10	30.90	Leonor Mosca, SILVA	10	33.23
	Leonor Mercês, CAVALEIRO	09	29.68	Laura Nobre, MONTEIRO	10	31.70
7.	Miranda do Corvo Abs	Miranda do Corvo			2:18.95	295
	Laura Silva, FERNANDES	08	33.22	Margarida Paiva, CORREIA	12	37.74
	Camila Beatriz, CAMILO	11	35.34	Isabella Scavone, LOPES	10	32.65
8.	Columbofila Cantanhedense Abs	Columbofila Cantanhedense			2:26.53	251
	Leonor Ribeiro, FERREIRA	12	35.40	Maria Pedro, PINTO	12	40.04
	Maria Costa, RIBEIRO	12	35.40	Gabriela Maria, SILVA	09	35.69

Prova 12
22-10-2023

Masc., 4 x 50m Estilos

Inf B
Resultados

RN Open	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022
RN Inf A/B	1:56.84	POR			
RN Inf B	2:14.09	POR			

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Columbofila Cantanhedense Inf B	Columbofila Cantanhedense			2:29.38	219
	Diogo Teixeira, LOPES	11	36.65	David Pereira, MARQUES	11	40.05
	Pedro Filipe, ALMEIDA	11	39.27	Vicente Abrantes, DIOGO	11	33.41

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 12, Masc., 4 x 50m Estilos

Prova 12 Jun
22-10-2023 Resultados

RN Open	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022
RN Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21-12-2019

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Nautico Academico Jun		Nautico Academico		1:58.87	436
	David Duarte, JESUS	07	30.13	Tomas Veiga, PEREIRA	06	29.00
	Carlos Miguel, OLIVEIRA	06	33.75	Joao Rafael, FERREIRA	06	25.99
2.	Academica de Coimbra Jun		Academica de Coimbra		2:01.65	406
	Miguel Joao, PINHEIRO	06	31.88	Edgar Tavares, MENDES	06	27.80
	David Ferreira, SILVA	07	35.97	Joao Ferreira, MARQUES	06	26.00

Prova 12 Sen
22-10-2023 Resultados

RN Open	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022
RN Sen	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Nautico Academico Sen		Nautico Academico		1:50.83	537
	Jose Diogo, DIAS	04	28.57	Ricardo Jorge, DOMINGUES	02	25.97
	Vasco Pereira, BASTOS	02	31.69	Rodrigo Miguel, REIS	04	24.60
2.	Academica de Coimbra Sen		Academica de Coimbra		1:54.62	486
	Fabio Mondego, CENTEIO	94	31.04	Rodrigo Alexandre, PATRICIO	98	26.84
	Joaquim Agra, MERUJE	01	30.77	Miguel Freitas, OVIEDO	02	25.97

Prova 12 Open
22-10-2023 Resultados

RN Open	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022
RN Sen	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	10-12-2022
RN Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21-12-2019
RN Juv A	1:49.06	Clube Nautico de Leiria	CNL	Leiria	25-03-2023
RN Juv A/B	1:49.06	Clube Nautico de Leiria	CNL	Leiria	25-03-2023
RN Juv B	1:53.23	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Felgueiras	17-07-2021
RN Inf A	1:56.84	POR			
RN Inf A/B	1:56.84	POR			
RN Inf B	2:14.09	POR			

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	Louzan Natacao Abs		ALN		1:51.59	527
	Ricardo Matias, SANTOS	05	28.29	Afonso Vidal, TOMAS	06	26.51
	Alexandre, DZYAKANAU	07	32.86	Afonso Filipe, COSTA	03	23.93
2.	Miranda do Corvo Abs		Miranda do Corvo		2:00.81	415
	Pedro Guilherme, FERREIRA	00	28.76	Afonso Miguel, AMADO	05	29.60
	Tomas Jose, FRANCISCO	05	33.81	Samuel Dinis, MAIA	08	28.64
3.	Columbofila Cantanhedense Abs		Columbofila Cantanhedense		2:01.70	406
	Rodrigo Mosca, SILVA	08	31.84	Martim Nobre, PASCOAL	08	27.10
	Martim Alexandre, SILVA	07	31.82	Bohdan, ZAPOROZHETS	05	30.94
4.	Academica Coimbra Abs		Academica de Coimbra		2:12.27	316
	Francisco Fernandes, PEREIRA	08	31.19	Gabriel Jose, JULIO	01	29.23
	Bernardo Almas, MALHAO	07	40.31	Ricardo Cesar, SILVA	09	31.54
5.	Columbofila Cantanhedense Inf A/B		Columbofila Cantanhedense		2:36.20	192
	Daniel Nunes, FREITAS	11	45.13	Francisco Marques, PEREIRA	11	39.94
	Santiago Marques, PEREIRA	10	38.46	Afonso Brandao, OLIVEIRA	10	32.67

Torneio de Abertura de Categorias
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Prova 13 Femin., 400m Livres Inf B
22-10-2023 Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Maria Luisa, NOGUEIRA		12	Academica de Coimbra				5:32.50	348
	50m:	37.92 37.92	150m:	2:01.47	41.84	250m:	3:26.34 42.74	350m:	4:51.50 42.26
	100m:	1:19.63 41.71	200m:	2:43.60	42.13	300m:	4:09.24 42.90	400m:	5:32.50 41.00
2.	Leonor Simoes, SOUSA		12	Nautico Academico				5:40.19	325
	50m:	38.99 38.99	150m:	2:06.17	43.13	250m:	3:32.38 42.53	350m:	4:59.27 43.21
	100m:	1:23.04 44.05	200m:	2:49.85	43.68	300m:	4:16.06 43.68	400m:	5:40.19 40.92
3.	Maria Leonor, LOBO		12	Condeixa Clube				5:50.97	296
	50m:	38.45 38.45	150m:	2:07.06	45.13	250m:	3:37.09 44.91	350m:	5:08.34 46.16
	100m:	1:21.93 43.48	200m:	2:52.18	45.12	300m:	4:22.18 45.09	400m:	5:50.97 42.63
4.	Leonor Ribeiro, FERREIRA		12	Columbofila Cantanhedense				6:01.25	271
	50m:	40.39 40.39	150m:	2:11.81	46.06	250m:	3:43.77 45.78	350m:	5:17.12 46.64
	100m:	1:25.75 45.36	200m:	2:57.99	46.18	300m:	4:30.48 46.71	400m:	6:01.25 44.13
5.	Maria Costa, RIBEIRO		12	Columbofila Cantanhedense				6:16.82	239
	50m:	41.88 41.88	150m:	2:16.95	48.74	250m:	3:53.51 48.22	350m:	5:31.99 49.57
	100m:	1:28.21 46.33	200m:	3:05.29	48.34	300m:	4:42.42 48.91	400m:	6:16.82 44.83
6.	Emilia Matilde, GADANHA		12	Nautico Academico				6:30.38	215
	50m:	44.52 44.52	150m:	2:23.22	50.32	250m:	4:01.73 48.80	350m:	5:41.74 49.44
	100m:	1:32.90 48.38	200m:	3:12.93	49.71	300m:	4:52.30 50.57	400m:	6:30.38 48.64
7.	Maria Pedro, PINTO		12	Columbofila Cantanhedense				6:35.16	207
	50m:	45.97 45.97	150m:	2:28.50	51.20	250m:	4:08.17 49.20	350m:	5:48.93 50.17
	100m:	1:37.30 51.33	200m:	3:18.97	50.47	300m:	4:58.76 50.59	400m:	6:35.16 46.23

Prova 13 Femin., 400m Livres Inf A
22-10-2023 Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Filipa Ferreira, LOISAS		11	Columbofila Cantanhedense				5:22.03	383
	50m:	37.55 37.55	150m:	1:59.17	41.54	250m:	3:20.37 39.61	350m:	4:42.46 41.25
	100m:	1:17.63 40.08	200m:	2:40.76	41.59	300m:	4:01.21 40.84	400m:	5:22.03 39.57
2.	Carolina Damas, PITA		11	Nautico Academico				5:22.35	382
	50m:	37.05 37.05	150m:	1:57.44	40.85	250m:	3:20.03 41.42	350m:	4:42.96 41.57
	100m:	1:16.59 39.54	200m:	2:38.61	41.17	300m:	4:01.39 41.36	400m:	5:22.35 39.39
3.	Joana Cura, NEVES		11	Condeixa Clube				5:24.50	374
	50m:	36.84 36.84	150m:	1:58.24	40.51	250m:	3:21.98 42.51	350m:	4:45.35 41.52
	100m:	1:17.73 40.89	200m:	2:39.47	41.23	300m:	4:03.83 41.85	400m:	5:24.50 39.15
4.	Sara Ferreira, SANTOS		11	Columbofila Cantanhedense				5:24.77	373
	50m:	36.68 36.68	150m:	1:57.52	40.77	250m:	3:19.82 41.56	350m:	4:43.92 42.57
	100m:	1:16.75 40.07	200m:	2:38.26	40.74	300m:	4:01.35 41.53	400m:	5:24.77 40.85
5.	Laura, NEVES		11	ALN				5:26.32	368
	50m:	37.85 37.85	150m:	2:00.84	41.65	250m:	3:24.09 41.29	350m:	4:47.06 40.65
	100m:	1:19.19 41.34	200m:	2:42.80	41.96	300m:	4:06.41 42.32	400m:	5:26.32 39.26
6.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense				5:32.41	348
	50m:	37.28 37.28	150m:	2:00.76	42.12	250m:	3:25.62 42.57	350m:	4:50.74 42.53
	100m:	1:18.64 41.36	200m:	2:43.05	42.29	300m:	4:08.21 42.59	400m:	5:32.41 41.67
7.	Matilde Sofia, PEREIRA		11	Nautico Academico				5:33.63	344
	50m:	38.40 38.40	150m:	2:03.02	42.71	250m:	3:27.60 42.47	350m:	4:51.92 41.52
	100m:	1:20.31 41.91	200m:	2:45.13	42.11	300m:	4:10.40 42.80	400m:	5:33.63 41.71

Torneio de Abertura de Categorias
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Prova 13, Femin., 400m Livres, Inf A

Lugar	Ano	Tempo final	Pts
8. Beatriz Oliveira, PORTULEZ	11 Columbofila Cantanhedense	5:34.96	340
50m: 39.20 39.20 150m: 2:03.42 42.52 250m: 3:28.67 42.19 350m: 4:54.36 42.75			
100m: 1:20.90 41.70 200m: 2:46.48 43.06 300m: 4:11.61 42.94 400m: 5:34.96 40.60			
9. Matilde Conde, FIGUEIREDO	11 Condeixa Clube	5:38.27	330
50m: 39.07 39.07 150m: 2:06.00 43.58 250m: 3:33.06 43.28 350m: 4:58.89 42.75			
100m: 1:22.42 43.35 200m: 2:49.78 43.78 300m: 4:16.14 43.08 400m: 5:38.27 39.38			
10. Ana Leonor, CARRETO	11 Nautico Academico	5:51.67	294
50m: 41.68 41.68 150m: 2:11.40 44.49 250m: 3:40.02 44.13 350m: 5:09.45 44.43			
100m: 1:26.91 45.23 200m: 2:55.89 44.49 300m: 4:25.02 45.00 400m: 5:51.67 42.22			
11. Carlota Francisco, SANTOS	11 Nautico Academico	6:13.26	246
50m: 41.98 41.98 150m: 2:15.46 45.96 250m: 3:51.69 48.07 350m: 5:27.27 48.62			
100m: 1:29.50 47.52 200m: 3:03.62 48.16 300m: 4:38.65 46.96 400m: 6:13.26 45.99			

Prova 13
22-10-2023

Femin., 400m Livres

Juv B
Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Duarte, MARCELO	10 Condeixa Clube	4:47.66	537
50m: 33.22 33.22 150m: 1:46.18 36.80 250m: 2:59.26 36.67 350m: 4:12.64 36.90			
100m: 1:09.38 36.16 200m: 2:22.59 36.41 300m: 3:35.74 36.48 400m: 4:47.66 35.02			
2. Maria Neto, SIMOES	10 Condeixa Clube	4:55.38	496
50m: 34.18 34.18 150m: 1:49.10 37.57 250m: 3:04.71 37.95 350m: 4:20.16 37.73			
100m: 1:11.53 37.35 200m: 2:26.76 37.66 300m: 3:42.43 37.72 400m: 4:55.38 35.22			
3. Leonor Antunes, PAIVA	10 Nautico Academico	5:07.41	440
50m: 35.38 35.38 150m: 1:54.56 39.90 250m: 3:13.42 39.36 350m: 4:30.69 38.39			
100m: 1:14.66 39.28 200m: 2:34.06 39.50 300m: 3:52.30 38.88 400m: 5:07.41 36.72			
4. Maria Ines, GANTE	10 Nautico Academico	5:07.57	439
50m: 35.37 35.37 150m: 1:54.92 39.85 250m: 3:13.74 39.46 350m: 4:30.93 38.45			
100m: 1:15.07 39.70 200m: 2:34.28 39.36 300m: 3:52.48 38.74 400m: 5:07.57 36.64			
5. Mariana Bernardo, SILVESTRE	10 Nautico Academico	5:13.76	414
50m: 36.84 36.84 150m: 1:57.31 40.29 250m: 3:16.90 39.52 350m: 4:36.14 39.46			
100m: 1:17.02 40.18 200m: 2:37.38 40.07 300m: 3:56.68 39.78 400m: 5:13.76 37.62			
6. Maria Miguel, FERNANDES	10 Columbofila Cantanhedense	5:16.23	404
50m: 34.65 34.65 150m: 1:55.34 41.30 250m: 3:16.69 40.66 350m: 4:37.35 39.97			
100m: 1:14.04 39.39 200m: 2:36.03 40.69 300m: 3:57.38 40.69 400m: 5:16.23 38.88			
7. Maria Ines, RODRIGUES	10 Condeixa Clube	5:18.91	394
50m: 36.02 36.02 150m: 1:55.82 40.10 250m: 3:18.56 41.58 350m: 4:40.60 41.30			
100m: 1:15.72 39.70 200m: 2:36.98 41.16 300m: 3:59.30 40.74 400m: 5:18.91 38.31			
8. Leonor Mosca, SILVA	10 Columbofila Cantanhedense	5:19.11	393
50m: 35.70 35.70 150m: 1:55.91 40.33 250m: 3:18.40 41.03 350m: 4:40.08 40.63			
100m: 1:15.58 39.88 200m: 2:37.37 41.46 300m: 3:59.45 41.05 400m: 5:19.11 39.03			
9. Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	5:26.62	367
50m: 36.22 36.22 150m: 1:57.63 41.61 250m: 3:21.08 41.94 350m: 4:46.93 42.50			
100m: 1:16.02 39.80 200m: 2:39.14 41.51 300m: 4:04.43 43.35 400m: 5:26.62 39.69			
10. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	5:26.76	366
50m: 36.29 36.29 150m: 1:58.38 41.09 250m: 3:22.74 42.11 350m: 4:46.36 41.12			
100m: 1:17.29 41.00 200m: 2:40.63 42.25 300m: 4:05.24 42.50 400m: 5:26.76 40.40			
11. Sofia Daniela, FERREIRA	10 Uniao de Coimbra	5:30.66	354
50m: 36.46 36.46 150m: 1:59.03 42.01 250m: 3:23.09 42.22 350m: 4:49.50 42.75			
100m: 1:17.02 40.56 200m: 2:40.87 41.84 300m: 4:06.75 43.66 400m: 5:30.66 41.16			

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

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

Lugar			Ano					Tempo final	Pts		
12.	Mia Cardoso, BAPTISTA		10	Nautico Academico				5:40.09	325		
	50m:	38.92 38.92	150m:	2:05.68	43.76	250m:	3:33.17	43.31	350m:	4:59.15	43.06
	100m:	1:21.92 43.00	200m:	2:49.86	44.18	300m:	4:16.09	42.92	400m:	5:40.09	40.94

Prova 13
22-10-2023

Femin., 400m Livres

Juv A
Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts		
1.	Alana Costa, MATIAS		09	Uniao de Coimbra				4:49.45	527		
	50m:	33.38 33.38	150m:	1:46.18	36.61	250m:	2:59.24	36.66	350m:	4:13.26	37.00
	100m:	1:09.57 36.19	200m:	2:22.58	36.40	300m:	3:36.26	37.02	400m:	4:49.45	36.19
2.	Leonor Mercês, CAVALEIRO		09	Columbofila Cantanhedense				4:56.15	492		
	50m:	32.68 32.68	150m:	1:47.30	37.64	250m:	3:03.90	38.36	350m:	4:19.69	37.71
	100m:	1:09.66 36.98	200m:	2:25.54	38.24	300m:	3:41.98	38.08	400m:	4:56.15	36.46
3.	Caetana Amado, SANTOS		09	Miranda do Corvo				5:11.94	421		
	50m:	34.74 34.74	150m:	1:53.98	39.71	250m:	3:14.20	39.70	350m:	4:33.84	39.70
	100m:	1:14.27 39.53	200m:	2:34.50	40.52	300m:	3:54.14	39.94	400m:	5:11.94	38.10
4.	Gabriela Leonardo, MEDINA		09	Condeixa Clube				5:13.56	415		
	50m:	36.40 36.40	150m:	1:55.29	39.18	250m:	3:15.57	39.99	350m:	4:36.16	40.39
	100m:	1:16.11 39.71	200m:	2:35.58	40.29	300m:	3:55.77	40.20	400m:	5:13.56	37.40
5.	Ana Laura, LUCAS		09	Columbofila Cantanhedense				5:43.08	316		
	50m:	38.47 38.47	150m:	2:04.68	44.10	250m:	3:33.28	44.64	350m:	5:01.53	44.05
	100m:	1:20.58 42.11	200m:	2:48.64	43.96	300m:	4:17.48	44.20	400m:	5:43.08	41.55

Prova 13
22-10-2023

Femin., 400m Livres

Jun
Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Jun A	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
RN Jun B	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts		
1.	Marta Andre, AGUILAR		07	Nautico Academico				4:39.94	583		
	50m:	32.20 32.20	150m:	1:42.26	35.29	250m:	2:52.98	35.43	350m:	4:05.12	36.28
	100m:	1:06.97 34.77	200m:	2:17.55	35.29	300m:	3:28.84	35.86	400m:	4:39.94	34.82
2.	Ines Miranda, DIOGO		07	Nautico Academico				4:54.76	499		
	50m:	32.71 32.71	150m:	1:46.10	37.19	250m:	3:01.09	37.56	350m:	4:16.94	37.99
	100m:	1:08.91 36.20	200m:	2:23.53	37.43	300m:	3:38.95	37.86	400m:	4:54.76	37.82
3.	Maria Manuel, CORTESAO		08	Nautico Academico				4:56.00	493		
	50m:	34.26 34.26	150m:	1:47.77	36.78	250m:	3:02.91	37.48	350m:	4:19.04	37.90
	100m:	1:10.99 36.73	200m:	2:25.43	37.66	300m:	3:41.14	38.23	400m:	4:56.00	36.96
4.	Laura Carvalho, FERNANDES		08	Nautico Academico				5:00.13	473		
	50m:	35.12 35.12	150m:	1:50.22	38.03	250m:	3:05.89	37.84	350m:	4:22.57	38.84
	100m:	1:12.19 37.07	200m:	2:28.05	37.83	300m:	3:43.73	37.84	400m:	5:00.13	37.56
5.	Cristiana Sofia, DUARTE		07	Academica de Coimbra				5:01.27	468		
	50m:	33.11 33.11	150m:	1:48.31	38.84	250m:	3:06.46	39.29	350m:	4:24.64	38.74
	100m:	1:09.47 36.36	200m:	2:27.17	38.86	300m:	3:45.90	39.44	400m:	5:01.27	36.63
6.	Julia Maria, SOARES		08	Miranda do Corvo				5:04.55	453		
	50m:	32.88 32.88	150m:	1:49.30	38.92	250m:	3:07.81	39.55	350m:	4:26.26	39.17
	100m:	1:10.38 37.50	200m:	2:28.26	38.96	300m:	3:47.09	39.28	400m:	5:04.55	38.29
7.	Rita Isabel, NEVES		08	Condeixa Clube				5:09.17	433		
	50m:	35.32 35.32	150m:	1:53.18	39.12	250m:	3:11.88	39.53	350m:	4:30.93	39.28
	100m:	1:14.06 38.74	200m:	2:32.35	39.17	300m:	3:51.65	39.77	400m:	5:09.17	38.24

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 13, Femin., 400m Livres, Jun

Lugar	Ano	Tempo final	Pts
8. Raquel Filipa, JESUS	08 Uniao de Coimbra	5:19.03	394
50m: 36.18 36.18	150m: 1:56.73 40.79	250m: 3:18.13 40.56	350m: 4:40.06 41.39
100m: 1:15.94 39.76	200m: 2:37.57 40.84	300m: 3:58.67 40.54	400m: 5:19.03 38.97

Prova 13
22-10-2023
Femin., 400m Livres
Sen Resultados

RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Helena Nunes, RODRIGUES	03 Condeixa Clube	4:38.22	594
50m: 31.36 31.36	150m: 1:41.24 35.02	250m: 2:52.20 35.65	350m: 4:03.22 35.27
100m: 1:06.22 34.86	200m: 2:16.55 35.31	300m: 3:27.95 35.75	400m: 4:38.22 35.00
2. Leonor Verissimo, FARIA	06 Nautico Academico	4:39.72	584
50m: 32.60 32.60	150m: 1:43.27 35.54	250m: 2:55.09 35.72	350m: 4:06.46 35.57
100m: 1:07.73 35.13	200m: 2:19.37 36.10	300m: 3:30.89 35.80	400m: 4:39.72 33.26
3. Ana Carolina, MONTEIRO	04 Uniao de Coimbra	4:42.75	566
50m: 31.60 31.60	150m: 1:42.39 36.11	250m: 2:54.34 35.89	350m: 4:06.81 36.38
100m: 1:06.28 34.68	200m: 2:18.45 36.06	300m: 3:30.43 36.09	400m: 4:42.75 35.94
4. Beatriz Costa, TEJO	02 Academica de Coimbra	4:46.04	546
50m: 32.57 32.57	150m: 1:44.64 36.13	250m: 2:57.39 36.45	350m: 4:10.27 36.65
100m: 1:08.51 35.94	200m: 2:20.94 36.30	300m: 3:33.62 36.23	400m: 4:46.04 35.77
5. Matilde Fonseca, OLIVEIRA	06 ALN	4:47.65	537
50m: 33.00 33.00	150m: 1:43.40 35.74	250m: 2:55.54 36.06	350m: 4:09.23 37.38
100m: 1:07.66 34.66	200m: 2:19.48 36.08	300m: 3:31.85 36.31	400m: 4:47.65 38.42

Prova 14
22-10-2023
Masc., 200m Livres
Inf B Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Inf B	2:04.75	Joao Magalhaes, NUNES	CNA	Algés	30-06-2012

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Pedro Filipe, ALMEIDA	11 Columbofila Cantanhedense	2:32.63	275
50m: 33.11 33.11	100m: 1:11.02 37.91	150m: 1:52.36 41.34	200m: 2:32.63 40.27
2. Hugo Ferreira, SILVA	11 Academica de Coimbra	2:35.00	263
50m: 36.22 36.22	100m: 1:16.21 39.99	150m: 1:56.46 40.25	200m: 2:35.00 38.54
3. Bernardo Bento, DINIS	11 Condeixa Clube	2:38.13	248
50m: 36.78 36.78	100m: 1:18.22 41.44	150m: 1:59.69 41.47	200m: 2:38.13 38.44
4. Diogo Teixeira, LOPES	11 Columbofila Cantanhedense	2:39.96	239
50m: 35.92 35.92	100m: 1:17.62 41.70	150m: 2:00.32 42.70	200m: 2:39.96 39.64
5. Francisco Marques, PEREIRA	11 Columbofila Cantanhedense	2:42.97	226
50m: 38.54 38.54	100m: 1:22.15 43.61	150m: 2:03.64 41.49	200m: 2:42.97 39.33
6. Vicente Abrantes, DIOGO	11 Columbofila Cantanhedense	2:43.38	224
50m: 37.64 37.64	100m: 1:20.65 43.01	150m: 2:02.72 42.07	200m: 2:43.38 40.66
Francisco Duarte, RODRIGUES	11 ALN	2:43.38	224
50m: 38.05 38.05	100m: 1:19.63 41.58	150m: 2:03.14 43.51	200m: 2:43.38 40.24
8. David Pereira, MARQUES	11 Columbofila Cantanhedense	2:49.81	200
50m: 40.33 40.33	100m: 1:25.76 45.43	150m: 2:09.48 43.72	200m: 2:49.81 40.33
9. Afonso Jose, MIRANDA	11 ALN	2:50.24	198
50m: 39.68 39.68	100m: 1:23.52 43.84	150m: 2:07.51 43.99	200m: 2:50.24 42.73

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 14, Masc., 200m Livres, Inf B

Lugar	Ano	Tempo final	Pts
10. Bernardo Silva, NEVES 50m: 39.69 39.69 100m: 1:26.25 46.56 150m: 2:13.86 47.61 200m: 2:59.00 45.14	11 Nautico Academico	2:59.00	171
11. Daniel Nunes, FREITAS 50m: 38.96 38.96 100m: 1:25.57 46.61 150m: 2:13.97 48.40 200m: 2:59.63 45.66	11 Columbofila Cantanhedense	2:59.63	169
12. Martim Oliveira, DIAS 50m: 38.71 38.71 100m: 1:26.15 47.44 150m: 2:15.37 49.22 200m: 3:01.19 45.82	11 Nautico Academico	3:01.19	164
13. Guilherme Gonçalves, CHANTRE 50m: 44.03 44.03 100m: 1:30.96 46.93 150m: 2:18.46 47.50 200m: 3:05.33 46.87	11 Miranda do Corvo	3:05.33	154
DSQ Leonardo Fonseca, FERRAZ <i>SW 4.4 - Falsa Partida</i>	11 Academica de Coimbra		

Prova 14
22-10-2023

Masc., 200m Livres

Inf A
Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Inf A	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	10-06-2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Marques, PEREIRA 50m: 31.67 31.67 100m: 1:06.94 35.27 150m: 1:43.47 36.53 200m: 2:18.82 35.35	10 Columbofila Cantanhedense	2:18.82	366
2. Lourenco Simao, PEREIRA 50m: 32.52 32.52 100m: 1:08.85 36.33 150m: 1:46.51 37.66 200m: 2:23.96 37.45	10 Miranda do Corvo	2:23.96	328
3. Francisco Martins, SIMOES 50m: 33.05 33.05 100m: 1:09.68 36.63 150m: 1:48.19 38.51 200m: 2:25.42 37.23	10 Nautico Academico	2:25.42	319
4. Rodrigo Miguel, MATIAS 50m: 34.26 34.26 100m: 1:10.99 36.73 150m: 1:50.08 39.09 200m: 2:29.21 39.13	10 Nautico Academico	2:29.21	295
5. Rodrigo Sousa, BRAZ 50m: 34.43 34.43 100m: 1:12.41 37.98 150m: 1:52.11 39.70 200m: 2:31.12 39.01	10 Nautico Academico	2:31.12	284
6. Miguel Tomas, GOMES 50m: 35.28 35.28 100m: 1:15.18 39.90 150m: 1:58.14 42.96 200m: 2:36.22 38.08	10 Nautico Academico	2:36.22	257
7. Dinis Goncalves, ARAUJO 50m: 37.39 37.39 100m: 1:18.58 41.19 150m: 2:01.20 42.62 200m: 2:40.94 39.74	10 Uniao de Coimbra	2:40.94	235
8. Afonso Brandao, OLIVEIRA 50m: 37.17 37.17 100m: 1:18.10 40.93 150m: 2:01.38 43.28 200m: 2:41.39 40.01	10 Columbofila Cantanhedense	2:41.39	233
9. Pedro Emanuel, PEREIRA 50m: 38.17 38.17 100m: 1:20.35 42.18 150m: 2:04.65 44.30 200m: 2:47.10 42.45	10 Academica de Coimbra	2:47.10	210
10. Manuel Gaspar, BRANCO 50m: 38.84 38.84 100m: 1:24.08 45.24 150m: 2:08.18 44.10 200m: 2:50.16 41.98	10 CASPAE	2:50.16	199
11. Jorge Miguel, SANTOS 50m: 38.99 38.99 100m: 1:24.54 45.55 150m: 2:09.22 44.68 200m: 2:52.81 43.59	10 Miranda do Corvo	2:52.81	190
12. Duarte Alves, CARVALHO 50m: 49.27 49.27 100m: 1:49.52 1:00.25 150m: 2:58.64 1:09.12 200m: 4:06.29 1:07.65	10 S. Pedro Alva	4:06.29	65
DNS Simao Simoes, DIOGO	10 CASPAE		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 14, Masc., 200m Livres

Prova 14 Masc., 200m Livres Juv B
22-10-2023 Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Juv B	1:53.76	Diogo Matos, RIBEIRO	CUC	Coimbra	16-06-2019

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Jose Pedro, COSTA	09	Nautico Academico	2:12.80				418
50m: 29.78 29.78	100m: 1:03.46	33.68	150m: 1:38.47	35.01	200m: 2:12.80	34.33	
2. Guilherme Andre, GASPAR	09	Nautico Academico	2:16.13				388
50m: 30.03 30.03	100m: 1:04.42	34.39	150m: 1:40.81	36.39	200m: 2:16.13	35.32	
3. Joao Nuno, GASPAR	09	Condeixa Clube	2:16.61				384
50m: 29.50 29.50	100m: 1:02.43	32.93	150m: 1:38.56	36.13	200m: 2:16.61	38.05	
4. Tiago Janeiro, MOITA	09	Nautico Academico	2:22.33				340
50m: 32.04 32.04	100m: 1:07.77	35.73	150m: 1:45.19	37.42	200m: 2:22.33	37.14	
5. Joao Rodrigo, COELHO	09	Academica de Coimbra	2:46.26				213
50m: 39.02 39.02	100m: 1:21.57	42.55	150m: 2:04.86	43.29	200m: 2:46.26	41.40	

Prova 14 Masc., 200m Livres Juv A
22-10-2023 Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Juv A	1:49.83	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	2:07.10				477
50m: 29.95 29.95	100m: 1:01.81	31.86	150m: 1:34.53	32.72	200m: 2:07.10	32.57	
2. Guilherme Simoes, SOUSA	08	Nautico Academico	2:07.21				476
50m: 29.40 29.40	100m: 1:01.35	31.95	150m: 1:34.57	33.22	200m: 2:07.21	32.64	
3. Salvador Correia, PEREIRA	08	Condeixa Clube	2:11.65				430
50m: 30.82 30.82	100m: 1:03.77	32.95	150m: 1:38.04	34.27	200m: 2:11.65	33.61	
4. Joaquim Antonio, CUNHA	08	Nautico Academico	2:14.47				403
50m: 31.22 31.22	100m: 1:05.61	34.39	150m: 1:41.05	35.44	200m: 2:14.47	33.42	
5. Francisco Fernandes, PEREIRA	08	Academica de Coimbra	2:15.72				392
50m: 30.90 30.90	100m: 1:05.23	34.33	150m: 1:41.01	35.78	200m: 2:15.72	34.71	
6. Samuel Dinis, MAIA	08	Miranda do Corvo	2:20.84				351
50m: 32.48 32.48	100m: 1:08.08	35.60	150m: 1:45.15	37.07	200m: 2:20.84	35.69	
7. Tiago Cravino, RIBEIRO	08	Nautico Academico	2:25.16				320
50m: 31.35 31.35	100m: 1:07.46	36.11	150m: 1:46.33	38.87	200m: 2:25.16	38.83	

Prova 14 Masc., 200m Livres Jun
22-10-2023 Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Jun A	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	12-12-2004
RN Jun B	1:47.65	Diogo Matos, RIBEIRO	CUC	Felgueiras	11-04-2021

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Joao Ferreira, MARQUES	06	Academica de Coimbra	2:01.49				547
50m: 27.41 27.41	100m: 57.29	29.88	150m: 1:29.02	31.73	200m: 2:01.49	32.47	
2. Alexandre, DZYAKANAU	07	ALN	2:05.42				497
50m: 29.79 29.79	100m: 1:01.72	31.93	150m: 1:34.23	32.51	200m: 2:05.42	31.19	
3. David Duarte, JESUS	07	Nautico Academico	2:05.43				497
50m: 29.54 29.54	100m: 1:01.27	31.73	150m: 1:34.69	33.42	200m: 2:05.43	30.74	

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 14, Masc., 200m Livres, Jun

Lugar			Ano					Tempo final	Pts
4.	Marco Dimitar, OLIVEIRA		07	Nautico Academico			2:05.63	494	
	50m: 29.21 29.21	100m: 1:01.20		31.99	150m: 1:34.19	32.99	200m: 2:05.63	31.44	
5.	Tomas Veiga, PEREIRA		06	Nautico Academico			2:06.45	485	
	50m: 29.44 29.44	100m: 1:01.31		31.87	150m: 1:34.12	32.81	200m: 2:06.45	32.33	
6.	Jose Miguel, MARQUES		06	Condeixa Clube			2:08.03	467	
	50m: 29.70 29.70	100m: 1:01.99		32.29	150m: 1:35.17	33.18	200m: 2:08.03	32.86	
7.	Duarte Cachulo, MARQUES		07	Condeixa Clube			2:08.53	462	
	50m: 27.51 27.51	100m: 59.74		32.23	150m: 1:35.35	35.61	200m: 2:08.53	33.18	
8.	Joao Rafael, FERREIRA		06	Nautico Academico			2:10.07	445	
	50m: 29.94 29.94	100m: 1:03.02		33.08	150m: 1:36.34	33.32	200m: 2:10.07	33.73	
9.	Rodrigo Marques, LIMA		07	CASP AE			2:16.60	384	
	50m: 32.10 32.10	100m: 1:07.12		35.02	150m: 1:43.54	36.42	200m: 2:16.60	33.06	
DNS	Rodrigo Costa, CRUZ		06	Academica de Coimbra					

Prova 14
22-10-2023

Masc., 200m Livres

Sen
Resultados

RN Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018
RN Sen	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14-12-2018

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Afonso Filipe, COSTA		03	ALN			1:53.57	669	
	50m: 25.95 25.95	100m: 54.22		28.27	150m: 1:23.70	29.48	200m: 1:53.57	29.87	
2.	Ricardo Matias, SANTOS		05	ALN			2:02.12	538	
	50m: 28.80 28.80	100m: 59.76		30.96	150m: 1:31.44	31.68	200m: 2:02.12	30.68	
3.	Goncalo Carvalho, SANTOS		05	ALN			2:04.66	506	
	50m: 28.75 28.75	100m: 1:00.15		31.40	150m: 1:32.57	32.42	200m: 2:04.66	32.09	
4.	Miguel Freitas, OVIEDO		02	Academica de Coimbra			2:08.51	462	
	50m: 28.19 28.19	100m: 1:00.23		32.04	150m: 1:33.93	33.70	200m: 2:08.51	34.58	
5.	Renato Maria, FERREIRA		04	Uniao de Coimbra			2:14.52	403	
	50m: 30.42 30.42	100m: 1:04.77		34.35	150m: 1:40.04	35.27	200m: 2:14.52	34.48	
6.	Tomas Cardoso, GERALDO		05	Condeixa Clube			2:14.80	400	
	50m: 29.91 29.91	100m: 1:03.49		33.58	150m: 1:39.41	35.92	200m: 2:14.80	35.39	
7.	Antonio Pedro, MARTINS		05	Uniao de Coimbra			2:15.22	396	
	50m: 32.32 32.32	100m: 1:07.41		35.09	150m: 1:42.95	35.54	200m: 2:15.22	32.27	

Prova 15
22-10-2023

Femin., 100m Costas

Inf B
Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Inf B	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	07-04-2017

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Clara Lopes, FERNANDES		12	ALN			1:25.98	260	
	50m: 42.48 42.48	100m: 1:25.98		43.50					
2.	Leonor Simoes, SOUSA		12	Nautico Academico			1:28.23	240	
	50m: 43.01 43.01	100m: 1:28.23		45.22					
3.	Margarida Paiva, CORREIA		12	Miranda do Corvo			1:31.56	215	
	50m: 44.29 44.29	100m: 1:31.56		47.27					
4.	Giuliana Valentim, BARTOLO		12	Uniao de Coimbra			1:41.99	155	
	50m: 49.39 49.39	100m: 1:41.99		52.60					

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

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

Lugar	Ano	Tempo final	Pts
5. Beatriz Pires, SOARES 50m: 51.08 51.08 100m: 1:46.14 55.06	12 Miranda do Corvo	1:46.14	138
6. Maria Filipa, GOMES 50m: 53.90 53.90 100m: 1:51.63 57.73	12 Nautico Academico	1:51.63	118
7. Carolina Almeida, ABRANTES 50m: 58.08 58.08 100m: 1:57.57 59.49	12 Uniao de Coimbra	1:57.57	101
DSQ Lara Caldeira, DUARTE <i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 75 metros.</i>	12 ALN		

Prova 15 22-10-2023 Femin., 100m Costas Inf A Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Inf A	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	18-03-2016

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carolina Damas, PITA 50m: 39.98 39.98 100m: 1:21.16 41.18	11 Nautico Academico	1:21.16	309
2. Matilde Conde, FIGUEIREDO 50m: 44.16 44.16 100m: 1:28.22 44.06	11 Condeixa Clube	1:28.22	240
3. Camila Beatriz, CAMILO 50m: 43.99 43.99 100m: 1:31.93 47.94	11 Miranda do Corvo	1:31.93	212
4. Maria Eduarda, RIBEIRO 50m: 46.66 46.66 100m: 1:37.26 50.60	11 ALN	1:37.26	179
5. Rita Cravino, RIBEIRO 50m: 52.27 52.27 100m: 1:51.27 59.00	11 Nautico Academico	1:51.27	120

Prova 15 22-10-2023 Femin., 100m Costas Juv B Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Juv B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12-02-2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Lucas, SANTOS 50m: 36.41 36.41 100m: 1:14.50 38.09	10 Condeixa Clube	1:14.50	399
2. Sara Marques, LIMA 50m: 38.07 38.07 100m: 1:18.92 40.85	10 CASPAE	1:18.92	336
3. Isabella Scavone, LOPES 50m: 40.41 40.41 100m: 1:23.68 43.27	10 Miranda do Corvo	1:23.68	282

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 15, Femin., 100m Costas

Prova 15
22-10-2023
Femin., 100m Costas
Juv A
Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Juv A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17-12-2011

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Carolina Baptista, PEREIRINHA	09	S. Pedro Alva	1:18.18	346
50m: 37.18 37.18	100m: 1:18.18	41.00		

Prova 15
22-10-2023
Femin., 100m Costas
Jun
Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Jun A	59.61	Rafaela Gomes, AZEVEDO	SAD	Algés	29-06-2019
RN Jun B	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08-12-2013

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Dania Rodrigues, SIMOES	07	ALN	1:11.41	454
50m: 34.48 34.48	100m: 1:11.41	36.93		
2. Francisca Santos, FERNANDES	08	Miranda do Corvo	1:16.02	376
50m: 35.71 35.71	100m: 1:16.02	40.31		
3. Laura Silva, FERNANDES	08	Miranda do Corvo	1:19.35	331
50m: 38.31 38.31	100m: 1:19.35	41.04		

Prova 15
22-10-2023
Femin., 100m Costas
Sen
Resultados

RN Open	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021
RN Sen	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14-11-2021

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Leonor Correia, PAIVA	04	ALN	1:07.36	541
50m: 32.53 32.53	100m: 1:07.36	34.83		
2. Joana Francisca, RODRIGUES	04	Condeixa Clube	1:10.28	476
50m: 33.80 33.80	100m: 1:10.28	36.48		
3. Joana Ventura, PAIS	06	Nautico Academico	1:15.34	386
50m: 36.39 36.39	100m: 1:15.34	38.95		
4. Diana Costa, OLIVEIRA	04	Uniao de Coimbra	1:22.95	289
50m: 40.94 40.94	100m: 1:22.95	42.01		

Prova 16
22-10-2023
Masc., 100m Mariposa
Inf B
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Inf B	1:01.78	Fabio Parrilha da, SILVA	CNAL	Penafiel	01-04-2000
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Bernardo Silva, NEVES	11	Nautico Academico	1:52.36	76
50m: 51.04 51.04	100m: 1:52.36	1:01.32		
DSQ Martim Oliveira, DIAS	11	Nautico Academico		
<i>SW 8.4 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 50 metros.</i>				
DSQ Francisco Duarte, RODRIGUES	11	ALN		
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>				

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 16, Masc., 100m Mariposa

Prova 16
22-10-2023

Masc., 100m Mariposa

Inf A
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Inf A	59.56	Fabio Parrilha da, SILVA	CNAL	Leiria	07-04-2001
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar					Ano		Tempo final	Pts
1.	Santiago Marques, PEREIRA				10	Columbofila Cantanhedense	1:15.46	253
	50m:	35.83	35.83	100m:	1:15.46	39.63		
2.	Francisco Martins, SIMOES				10	Nautico Academico	1:15.50	253
	50m:	34.81	34.81	100m:	1:15.50	40.69		
3.	Rodrigo Miguel, MATIAS				10	Nautico Academico	1:17.30	236
	50m:	36.14	36.14	100m:	1:17.30	41.16		
4.	Lourenco Simao, PEREIRA				10	Miranda do Corvo	1:18.71	223
	50m:	38.07	38.07	100m:	1:18.71	40.64		
5.	Rodrigo Sousa, BRAZ				10	Nautico Academico	1:22.34	195
	50m:	39.34	39.34	100m:	1:22.34	43.00		
6.	Miguel Tomas, GOMES				10	Nautico Academico	1:26.56	168
	50m:	40.71	40.71	100m:	1:26.56	45.85		
7.	Afonso Brandao, OLIVEIRA				10	Columbofila Cantanhedense	1:28.97	154
	50m:	40.62	40.62	100m:	1:28.97	48.35		

Prova 16
22-10-2023

Masc., 100m Mariposa

Juv B
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Juv B	56.68	Diogo Matos, RIBEIRO	CUC	Lousã	23-06-2019
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar					Ano		Tempo final	Pts
1.	Tomas Rafael, PEREIRA				09	Nautico Academico	1:13.09	279
	50m:	33.98	33.98	100m:	1:13.09	39.11		
2.	Ricardo Cesar, SILVA				09	Academica de Coimbra	1:35.91	123
	50m:	41.65	41.65	100m:	1:35.91	54.26		
DSQ	Antonio Samuel, PAIS				09	S. Pedro Alva		
	<i>SW 8.2 - O/A atleta executou braçadas alternadas aos 75 metros.</i>							

Prova 16
22-10-2023

Masc., 100m Mariposa

Juv A
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Juv A	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	05-12-2010
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar					Ano		Tempo final	Pts
1.	Rafael Pereira, RODRIGUES				08	Condeixa Clube	1:06.51	370
	50m:	31.20	31.20	100m:	1:06.51	35.31		
2.	Salvador Correia, PEREIRA				08	Condeixa Clube	1:14.33	265
	50m:	34.49	34.49	100m:	1:14.33	39.84		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 16, Masc., 100m Mariposa

Prova 16
22-10-2023 Masc., 100m Mariposa Jun
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Jun A	52.87	Diogo Matos, RIBEIRO	SLB	Leiria	27-11-2021
RN Jun B	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	15-02-2004
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Afonso Vidal, TOMAS	06	ALN	1:00.82	484
50m: 28.07 28.07	100m: 1:00.82	32.75		
2. Jose Miguel, MARQUES	06	Condeixa Clube	1:01.16	476
50m: 29.45 29.45	100m: 1:01.16	31.71		
3. Edgar Tavares, MENDES	06	Academica de Coimbra	1:02.76	441
50m: 29.41 29.41	100m: 1:02.76	33.35		
4. Francisco Cruz, CARVALHO	06	S. Pedro Alva	1:02.79	440
50m: 29.44 29.44	100m: 1:02.79	33.35		
5. Duarte Jose, FERNANDES	06	Uniao de Coimbra	1:03.37	428
50m: 28.50 28.50	100m: 1:03.37	34.87		
6. Joao Ferreira, MARQUES	06	Academica de Coimbra	1:04.86	399
50m: 29.88 29.88	100m: 1:04.86	34.98		
7. David Ferreira, SILVA	07	Academica de Coimbra	1:09.50	324
50m: 33.11 33.11	100m: 1:09.50	36.39		
DSQ Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva		
<i>SW 8.2 - O/A atleta executou braçadas alternadas durante o percurso.</i>				

Prova 16
22-10-2023 Masc., 100m Mariposa Sen
Resultados

RN Open	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN Sen	51.20	Fernando Souza, SILVA	CNF	Albufeira	12-11-2022
RN NA	1:35.46	Joaquim Eduardo, CARVALHO	CNF	Funchal	28-05-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Gustavo Pires, MARQUES	04	Uniao de Coimbra	57.66	569
50m: 26.73 26.73	100m: 57.66	30.93		
2. Miguel Freitas, OVIEDO	02	Academica de Coimbra	58.41	547
50m: 27.73 27.73	100m: 58.41	30.68		
3. Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	1:00.63	489
50m: 28.20 28.20	100m: 1:00.63	32.43		
4. Tomas Carvalho, SANTOS	05	ALN	1:00.96	481
50m: 28.87 28.87	100m: 1:00.96	32.09		
5. Afonso Miguel, AMADO	05	Miranda do Corvo	1:07.45	355
50m: 30.87 30.87	100m: 1:07.45	36.58		
6. Tomas Jose, FRANCISCO	05	Miranda do Corvo	1:08.32	342
50m: 31.10 31.10	100m: 1:08.32	37.22		
7. Antonio Pedro, MARTINS	05	Uniao de Coimbra	1:13.41	275
50m: 34.94 34.94	100m: 1:13.41	38.47		
EXH Francisco Simoes, RODRIGUES	06	Olhar 21	1:30.35	147
<i>Rec Nac NA</i>				
50m: 38.89 38.89	100m: 1:30.35	51.46		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 17
22-10-2023
Femin., 100m Estilos
Inf B
Resultados

RN Open 1:01.48 Mariana Pacheco, CUNHA CNCE Leiria 11-12-2022
RN Inf B 1:13.22 ,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Luisa, NOGUEIRA 50m: 40.45 40.45 100m: 1:25.17 44.72	12 Academica de Coimbra	1:25.17	292
2. Maria Costa, RIBEIRO 50m: 45.95 45.95 100m: 1:34.31 48.36	12 Columbofila Cantanhedense	1:34.31	215
3. Maria Pedro, PINTO 50m: 50.32 50.32 100m: 1:43.74 53.42	12 Columbofila Cantanhedense	1:43.74	161

Prova 17
22-10-2023
Femin., 100m Estilos
Inf A
Resultados

RN Open 1:01.48 Mariana Pacheco, CUNHA CNCE Leiria 11-12-2022
RN Inf A 1:09.62 ,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Cura, NEVES 50m: 38.00 38.00 100m: 1:20.79 42.79	11 Condeixa Clube	1:20.79	342
2. Sara Ferreira, SANTOS 50m: 38.49 38.49 100m: 1:22.04 43.55	11 Columbofila Cantanhedense	1:22.04	326
3. Laura, NEVES 50m: 40.12 40.12 100m: 1:23.96 43.84	11 ALN	1:23.96	304
4. Eva Miranda, ALMEIDA 50m: 41.03 41.03 100m: 1:25.19 44.16	11 Columbofila Cantanhedense	1:25.19	291
5. Filipa Ferreira, LOISAS 50m: 40.48 40.48 100m: 1:26.03 45.55	11 Columbofila Cantanhedense	1:26.03	283
6. Beatriz Oliveira, PORTULEZ 50m: 42.93 42.93 100m: 1:29.80 46.87	11 Columbofila Cantanhedense	1:29.80	249

Prova 17
22-10-2023
Femin., 100m Estilos
Juv B
Resultados

RN Open 1:01.48 Mariana Pacheco, CUNHA CNCE Leiria 11-12-2022
RN Juv B 1:07.26 ,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Duarte, MARCELO 50m: 35.06 35.06 100m: 1:13.28 38.22	10 Condeixa Clube	1:13.28	458
2. Rita Lucas, SANTOS 50m: 35.33 35.33 100m: 1:15.63 40.30	10 Condeixa Clube	1:15.63	417
3. Maria Ines, RODRIGUES 50m: 37.04 37.04 100m: 1:18.94 41.90	10 Condeixa Clube	1:18.94	366
4. Leonor Sobreiro, ALMEIDA 50m: 37.13 37.13 100m: 1:19.61 42.48	10 CASPAE	1:19.61	357
5. Maria Miguel, FERNANDES 50m: 37.24 37.24 100m: 1:19.98 42.74	10 Columbofila Cantanhedense	1:19.98	352
6. Sofia Daniela, FERREIRA 50m: 38.15 38.15 100m: 1:22.87 44.72	10 Uniao de Coimbra	1:22.87	317
7. Leonor Mosca, SILVA 50m: 40.65 40.65 100m: 1:23.39 42.74	10 Columbofila Cantanhedense	1:23.39	311

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 17, Femin., 100m Estilos, Juv B

Lugar	Ano	Tempo final	Pts
8. Laura Nobre, MONTEIRO 50m: 39.01 39.01 100m: 1:23.66 44.65	10 Columbofila Cantanhedense	1:23.66	308
9. Isabella Scavone, LOPES 50m: 39.56 39.56 100m: 1:24.61 45.05	10 Miranda do Corvo	1:24.61	297
10. Mariana Bagagem, CARVALHO 50m: 38.42 38.42 100m: 1:24.71 46.29	10 Miranda do Corvo	1:24.71	296
11. Mia Cardoso, BAPTISTA 50m: 40.08 40.08 100m: 1:28.73 48.65	10 Nautico Academico	1:28.73	258
DSQ Sara Marques, LIMA <i>SW 4.4 - Falsa Partida</i>	10 CASPAE		

Prova 17 Femin., 100m Estilos Juv A
22-10-2023 Resultados

RN Open	1:01.48	Mariana Pacheco, CUNHA	CNCE	Leiria	11-12-2022
RN Juv A	1:05.68	,			

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Alana Costa, MATIAS 50m: 34.36 34.36 100m: 1:13.97 39.61	09 Uniao de Coimbra	1:13.97	445
2. Leonor Mercês, CAVALEIRO 50m: 34.00 34.00 100m: 1:14.04 40.04	09 Columbofila Cantanhedense	1:14.04	444
3. Caetana Amado, SANTOS 50m: 35.85 35.85 100m: 1:18.28 42.43	09 Miranda do Corvo	1:18.28	376
4. Carolina Baptista, PEREIRINHA 50m: 37.04 37.04 100m: 1:23.49 46.45	09 S. Pedro Alva	1:23.49	310
5. Ana Laura, LUCAS 50m: 42.51 42.51 100m: 1:29.16 46.65	09 Columbofila Cantanhedense	1:29.16	254
DSQ Gabriela Maria, SILVA <i>SW 9.4 - O/A atleta não concluiu o estilo de braços conforme as respetivas regras., SW 7.6</i>	09 Columbofila Cantanhedense		
DNS Luana Soares, BRAS	09 S. Pedro Alva		

Prova 17 Femin., 100m Estilos Jun
22-10-2023 Resultados

RN Open	1:01.48	Mariana Pacheco, CUNHA	CNCE	Leiria	11-12-2022
RN Jun A	1:02.10	Carolina Miranda, FERNANDES	CGA	Leiria	28-11-2021
RN Jun B	1:03.25	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22-12-2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Angela Rodrigues, REBELO 50m: 32.42 32.42 100m: 1:09.61 37.19	07 ALN	1:09.61	535
2. Leonor Mil, MANO 50m: 32.43 32.43 100m: 1:09.78 37.35	07 Nautico Academico	1:09.78	531
3. Dania Rodrigues, SIMOES 50m: 32.52 32.52 100m: 1:11.07 38.55	07 ALN	1:11.07	502
4. Julia Maria, SOARES 50m: 34.69 34.69 100m: 1:16.14 41.45	08 Miranda do Corvo	1:16.14	408
5. Marta Andre, AGUILAR 50m: 36.15 36.15 100m: 1:16.18 40.03	07 Nautico Academico	1:16.18	408
6. Laura Carvalho, FERNANDES 50m: 35.39 35.39 100m: 1:17.17 41.78	08 Nautico Academico	1:17.17	392

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 17, Femin., 100m Estilos, Jun

Lugar	Ano	Tempo final	Pts
7. Francisca Santos, FERNANDES 50m: 35.91 35.91 100m: 1:19.27 43.36	08 Miranda do Corvo	1:19.27	362
8. Rita Isabel, NEVES 50m: 37.20 37.20 100m: 1:20.65 43.45	08 Condeixa Clube	1:20.65	344
9. Laura Silva, FERNANDES 50m: 37.71 37.71 100m: 1:21.66 43.95	08 Miranda do Corvo	1:21.66	331
10. Raquel Filipa, JESUS 50m: 40.46 40.46 100m: 1:23.90 43.44	08 Uniao de Coimbra	1:23.90	305
11. Juliana Rodrigues, NOGUEIRA 50m: 39.71 39.71 100m: 1:27.43 47.72	08 S. Pedro Alva	1:27.43	270

Prova 17
22-10-2023

Femin., 100m Estilos

Sen
Resultados

RN Open	1:01.48	Mariana Pacheco, CUNHA	CNCE	Leiria	11-12-2022
RN Sen	1:01.48	Mariana Pacheco, CUNHA	CNCE	Leiria	11-12-2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Carolina, MONTEIRO 50m: 32.64 32.64 100m: 1:09.58 36.94	04 Uniao de Coimbra	1:09.58	535
2. Maria Carlota, REBELO 50m: 32.68 32.68 100m: 1:10.13 37.45	03 Condeixa Clube	1:10.13	523
3. Beatriz Costa, TEJO 50m: 32.93 32.93 100m: 1:10.71 37.78	02 Academica de Coimbra	1:10.71	510
4. Helena Nunes, RODRIGUES 50m: 32.40 32.40 100m: 1:11.11 38.71	03 Condeixa Clube	1:11.11	501
5. Joana Francisca, RODRIGUES 50m: 32.91 32.91 100m: 1:12.42 39.51	04 Condeixa Clube	1:12.42	475
6. Bruna Cruz, CARVALHO 50m: 34.04 34.04 100m: 1:13.03 38.99	03 ALN	1:13.03	463
7. Beatriz Ferreira, GASPAR 50m: 33.60 33.60 100m: 1:13.24 39.64	04 Academica de Coimbra	1:13.24	459
8. Leonor Correia, PAIVA 50m: 33.31 33.31 100m: 1:14.20 40.89	04 ALN	1:14.20	441
9. Beatriz Andre, GASPAR 50m: 35.61 35.61 100m: 1:14.60 38.99	06 Nautico Academico	1:14.60	434
10. Valentina Saad, BARBOSA 50m: 35.07 35.07 100m: 1:17.01 41.94	04 Academica de Coimbra	1:17.01	395
11. Leonor Verissimo, FARIA 50m: 37.05 37.05 100m: 1:17.27 40.22	06 Nautico Academico	1:17.27	391
12. Joana Filipa, VARELA 50m: 33.75 33.75 100m: 1:17.69 43.94	06 Nautico Academico	1:17.69	384
13. Helena Carolina, DINIS 50m: 36.65 36.65 100m: 1:20.65 44.00	05 Academica de Coimbra	1:20.65	344
DNS Maria Vitoria, GRILO	06 Uniao de Coimbra		

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 18 Masc., 100m Livres Inf B
22-10-2023 Resultados

RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Inf B	56.82	Rodolfo Junior, ALECRIM	ADBA	Leiria	20-05-2023
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts
1.	Pedro Filipe, ALMEIDA		11	Cumbofila Cantanhedense		1:08.27	283
	50m:	31.99 31.99	100m:	1:08.27	36.28		
2.	Goncalo Nunes, MARQUES		11	Condeixa Clube		1:09.28	271
	50m:	33.04 33.04	100m:	1:09.28	36.24		
3.	Diogo Teixeira, LOPES		11	Cumbofila Cantanhedense		1:11.50	246
	50m:	35.35 35.35	100m:	1:11.50	36.15		
4.	Hugo Ferreira, SILVA		11	Academica de Coimbra		1:11.54	246
	50m:	35.40 35.40	100m:	1:11.54	36.14		
5.	Vicente Abrantes, DIOGO		11	Cumbofila Cantanhedense		1:15.66	208
	50m:	36.80 36.80	100m:	1:15.66	38.86		
6.	Francisco Marques, PEREIRA		11	Cumbofila Cantanhedense		1:17.42	194
	50m:	37.15 37.15	100m:	1:17.42	40.27		
7.	David Pereira, MARQUES		11	Cumbofila Cantanhedense		1:18.43	186
	50m:	39.42 39.42	100m:	1:18.43	39.01		
8.	Leonardo Fonseca, FERRAZ		11	Academica de Coimbra		1:18.62	185
	50m:	38.66 38.66	100m:	1:18.62	39.96		
9.	Afonso Jose, MIRANDA		11	ALN		1:19.54	179
	50m:	38.03 38.03	100m:	1:19.54	41.51		
10.	Daniel Nunes, FREITAS		11	Cumbofila Cantanhedense		1:22.73	159
	50m:	39.44 39.44	100m:	1:22.73	43.29		
11.	Duarte Santos, MATEUS		11	Condeixa Clube		1:26.12	141
	50m:	40.61 40.61	100m:	1:26.12	45.51		
12.	Guilherme Gonçalves, CHANTRE		11	Miranda do Corvo		1:26.28	140
	50m:	41.73 41.73	100m:	1:26.28	44.55		

Prova 18 Masc., 100m Livres Inf A
22-10-2023 Resultados

RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Inf A	54.35	Diogo Matos, RIBEIRO	CUC	S. António Cavaleiros	01-07-2018
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts
1.	Pedro Emanuel, PEREIRA		10	Academica de Coimbra		1:17.00	197
	50m:	38.64 38.64	100m:	1:17.00	38.36		
2.	Manuel Gaspar, BRANCO		10	CASPAE		1:18.64	185
	50m:	36.76 36.76	100m:	1:18.64	41.88		
3.	Jorge Miguel, SANTOS		10	Miranda do Corvo		1:20.38	173
	50m:	38.02 38.02	100m:	1:20.38	42.36		
4.	Francisco Diogo, SANTOS		10	CASPAE		1:22.76	159
	50m:	38.74 38.74	100m:	1:22.76	44.02		
DSQ	Dinis Goncalves, ARAUJO		10	Uniao de Coimbra			
	<i>SW 4.4 - Falsa Partida</i>						

Torneio de Abertura de Categorias
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Prova 18, Masc., 100m Livres, Inf A

Lugar	Ano	Tempo final	Pts
DNS Simao Simoes, DIOGO	10 CASPAE		

Prova 18 Masc., 100m Livres Juv B
22-10-2023 Resultados

RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Juv B	52.29	Diogo Matos, RIBEIRO	CUC	Coimbra	11-05-2019
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joao Nuno, GASPAR	09 Condeixa Clube	59.02	438
50m: 28.38 28.38 100m: 59.02 30.64			
2. Jose Pedro, COSTA	09 Nautico Academico	1:00.49	407
50m: 28.44 28.44 100m: 1:00.49 32.05			
3. Guilherme Andre, GASPAR	09 Nautico Academico	1:02.14	375
50m: 29.30 29.30 100m: 1:02.14 32.84			
4. Tiago Janeiro, MOITA	09 Nautico Academico	1:03.91	345
50m: 30.69 30.69 100m: 1:03.91 33.22			
5. Francisco Antunes, SOUSA	09 Columbofila Cantanhedense	1:07.29	295
50m: 32.79 32.79 100m: 1:07.29 34.50			
6. Joao Rodrigo, COELHO	09 Academica de Coimbra	1:17.84	191
50m: 36.88 36.88 100m: 1:17.84 40.96			
7. Antonio Samuel, PAIS	09 S. Pedro Alva	1:46.28	75
50m: 48.06 48.06 100m: 1:46.28 58.22			

Prova 18 Masc., 100m Livres Juv A
22-10-2023 Resultados

RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Juv A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23-03-2003
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	57.83	466
50m: 27.75 27.75 100m: 57.83 30.08			
2. Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	1:00.15	414
50m: 29.27 29.27 100m: 1:00.15 30.88			
3. Joaquim Antonio, CUNHA	08 Nautico Academico	1:03.33	354
50m: 30.68 30.68 100m: 1:03.33 32.65			
4. Francisco Fernandes, PEREIRA	08 Academica de Coimbra	1:03.36	354
50m: 30.67 30.67 100m: 1:03.36 32.69			
5. Samuel Dinis, MAIA	08 Miranda do Corvo	1:04.90	329
50m: 31.19 31.19 100m: 1:04.90 33.71			
6. Pedro Miguel, LEITAO	08 CASPAE	1:15.78	207
50m: 34.86 34.86 100m: 1:15.78 40.92			

Torneio de Abertura de Categorias
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Prova 18, Masc., 100m Livres

Prova 18 22-10-2023	Masc., 100m Livres				Jun Resultados
RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Jun A	48.32	Diogo Matos, RIBEIRO	SLB	Leiria	26-11-2021
RN Jun B	49.56	Diogo Matos, RIBEIRO	CUC	Coimbra	22-12-2020
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Francisco Cruz, CARVALHO	06	S. Pedro Alva	55.20	536
50m: 26.66 26.66	100m: 55.20	28.54		
2. Martim Alexandre, SILVA	07	Columbofila Cantanhedense	55.61	524
50m: 27.00 27.00	100m: 55.61	28.61		
3. Alexandre, DZYAKANAU	07	ALN	55.73	520
50m: 27.01 27.01	100m: 55.73	28.72		
4. Afonso Vidal, TOMAS	06	ALN	57.79	467
50m: 27.61 27.61	100m: 57.79	30.18		
5. Carlos Miguel, OLIVEIRA	06	Nautico Academico	58.66	446
50m: 27.02 27.02	100m: 58.66	31.64		
6. Duarte Cachulo, MARQUES	07	Condeixa Clube	58.71	445
50m: 27.17 27.17	100m: 58.71	31.54		
7. Marco Dimitar, OLIVEIRA	07	Nautico Academico	58.96	439
50m: 28.68 28.68	100m: 58.96	30.28		
8. Duarte Jose, FERNANDES	06	Uniao de Coimbra	59.68	424
50m: 27.72 27.72	100m: 59.68	31.96		
9. Rodrigo Marques, LIMA	07	CASPAE	1:00.37	409
50m: 29.42 29.42	100m: 1:00.37	30.95		
10. Miguel Joao, PINHEIRO	06	Academica de Coimbra	1:00.90	399
50m: 28.66 28.66	100m: 1:00.90	32.24		
11. Bernardo Almas, MALHAO	07	Academica de Coimbra	1:05.38	322
50m: 31.07 31.07	100m: 1:05.38	34.31		
12. Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	1:13.74	224
50m: 36.26 36.26	100m: 1:13.74	37.48		
DNS Rodrigo Costa, CRUZ	06	Academica de Coimbra		

Prova 18 22-10-2023	Masc., 100m Livres				Sen Resultados
RN Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN Sen	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11-12-2022
RN NA	1:10.38	Daniel Carlos, VIDEIRA	GESL	Sto Antº Cavaleiros	20-06-2019
RN NA	55.67	Gino Santos, CAETANO	CGA	Felgueiras	20-12-2019
RN NA	59.28	Enzo Dylan, MESSENCE	FCF	Quarteira	25-06-2023

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Afonso Filipe, COSTA	03	ALN	53.13	601
50m: 25.65 25.65	100m: 53.13	27.48		
2. Rodrigo Miguel, REIS	04	Nautico Academico	53.62	584
50m: 25.82 25.82	100m: 53.62	27.80		
3. Ricardo Jorge, DOMINGUES	02	Nautico Academico	54.03	571
50m: 26.05 26.05	100m: 54.03	27.98		
4. Tomas Carvalho, SANTOS	05	ALN	56.19	508
50m: 27.33 27.33	100m: 56.19	28.86		

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Prova 18, Masc., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
5. Goncalo Carvalho, SANTOS 50m: 27.42 27.42 100m: 56.73 29.31	05 ALN	56.73	493
6. Joaquim Agra, MERUJE 50m: 27.21 27.21 100m: 56.97 29.76	01 Academica de Coimbra	56.97	487
7. Joao Neves, ALMEIDA 50m: 27.57 27.57 100m: 57.30 29.73	05 Nautico Academico	57.30	479
8. Ricardo Matias, SANTOS 50m: 27.81 27.81 100m: 57.32 29.51	05 ALN	57.32	478
9. Jose Diogo, DIAS 50m: 28.69 28.69 100m: 58.39 29.70	04 Nautico Academico	58.39	452
EXH Bohdan, ZAPOROZHETS 50m: 34.06 34.06 100m: 1:12.70 38.64	05 Columbofila Cantanhedense	1:12.70	234
EXH Manuel Antonio, LOURENCO 50m: 45.36 45.36 100m: 1:43.28 57.92	04 Olhar 21	1:43.28	81
EXH Marcelo Santos, PAULO 50m: 56.64 56.64 100m: 2:01.67 1:05.03	00 Olhar 21	2:01.67	50

Prova 19
22-10-2023

Femin., 100m Bruços

Inf B
Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Inf B	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	19-03-1995

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Alice Silva, SENNA 50m: 49.49 49.49 100m: 1:43.63 54.14	12 Condeixa Clube	1:43.63	217
2. Clara Lopes, FERNANDES 50m: 49.88 49.88 100m: 1:44.36 54.48	12 ALN	1:44.36	213
3. Margarida Paiva, CORREIA 50m: 51.99 51.99 100m: 1:48.45 56.46	12 Miranda do Corvo	1:48.45	190
4. Emilia Matilde, GADANHA 50m: 53.25 53.25 100m: 1:51.83 58.58	12 Nautico Academico	1:51.83	173
5. Beatriz Pires, SOARES 50m: 56.36 56.36 100m: 1:56.35 59.99	12 Miranda do Corvo	1:56.35	153
6. Maria Ines, MATEUS 50m: 57.35 57.35 100m: 1:59.40 1:02.05	12 Condeixa Clube	1:59.40	142
7. Carolina Almeida, ABRANTES 50m: 55.93 55.93 100m: 1:59.51 1:03.58	12 Uniao de Coimbra	1:59.51	142
8. Lara Caldeira, DUARTE 50m: 58.06 58.06 100m: 2:02.00 1:03.94	12 ALN	2:02.00	133
9. Maria Filipa, GOMES 50m: 1:10.30 1:10.30 100m: 2:29.91 1:19.61	12 Nautico Academico	2:29.91	71
DSQ Giuliana Valentim, BARTOLO SW 4.4 - Falsa Partida	12 Uniao de Coimbra		

Torneio de Abertura de Categorias
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Prova 19, Femin., 100m Bruços

Prova 19
22-10-2023

Femin., 100m Bruços

Inf A
Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Inf A	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	13-04-2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Sofia, PEREIRA 50m: 46.72 46.72 100m: 1:38.51	11 Nautico Academico 51.79	1:38.51	253
2. Camila Beatriz, CAMILO 50m: 47.90 47.90 100m: 1:40.74	11 Miranda do Corvo 52.84	1:40.74	237
3. Carlota Francisco, SANTOS 50m: 49.06 49.06 100m: 1:42.08	11 Nautico Academico 53.02	1:42.08	227
4. Maria Eduarda, RIBEIRO 50m: 51.07 51.07 100m: 1:50.44	11 ALN 59.37	1:50.44	180
5. Ana Leonor, CARRETO 50m: 53.40 53.40 100m: 1:53.53	11 Nautico Academico 1:00.13	1:53.53	165
6. Rita Cravino, RIBEIRO 50m: 58.42 58.42 100m: 2:06.24	11 Nautico Academico 1:07.82	2:06.24	120

Prova 19
22-10-2023

Femin., 100m Bruços

Juv B
Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Juv B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Neto, SIMOES 50m: 37.86 37.86 100m: 1:19.79	10 Condeixa Clube 41.93	1:19.79	477
2. Leonor Sobreiro, ALMEIDA 50m: 41.53 41.53 100m: 1:27.30	10 CASPAE 45.77	1:27.30	364

Prova 19
22-10-2023

Femin., 100m Bruços

Juv A
Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Juv A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13-03-2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Caetana Amado, SANTOS 50m: 42.20 42.20 100m: 1:28.40	09 Miranda do Corvo 46.20	1:28.40	351
DNS Luana Soares, BRAS	09 S. Pedro Alva		
DNS Raquel Alexandra, CANCELA	09 ALN		

Torneio de Abertura de Categorias
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Prova 19, Femin., 100m Bruços

Prova 19
22-10-2023
Femin., 100m Bruços
Jun Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Jun A	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09-12-2016
RN Jun B	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Angela Rodrigues, REBELO	07	ALN	1:17.12	528
50m: 36.67 36.67	100m: 1:17.12	40.45		
2. Leonor Mil, MANO	07	Nautico Academico	1:21.95	440
50m: 38.61 38.61	100m: 1:21.95	43.34		
3. Cristiana Sofia, DUARTE	07	Academica de Coimbra	1:26.54	374
50m: 41.07 41.07	100m: 1:26.54	45.47		
4. Julia Maria, SOARES	08	Miranda do Corvo	1:28.46	350
50m: 42.02 42.02	100m: 1:28.46	46.44		
5. Juliana Rodrigues, NOGUEIRA	08	S. Pedro Alva	1:43.96	215
50m: 47.53 47.53	100m: 1:43.96	56.43		

Prova 19
22-10-2023
Femin., 100m Bruços
Sen Resultados

RN Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021
RN Sen	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04-12-2021

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Maria Carlota, REBELO	03	Condeixa Clube	1:16.95	532
50m: 36.84 36.84	100m: 1:16.95	40.11		
2. Bruna Cruz, CARVALHO	03	ALN	1:19.75	478
50m: 38.28 38.28	100m: 1:19.75	41.47		
3. Matilde Fonseca, OLIVEIRA	06	ALN	1:19.85	476
50m: 37.96 37.96	100m: 1:19.85	41.89		

Prova 20
22-10-2023
Misto, 4 x 100m Livres
Inf B Resultados

RN Open	3:38.72	Futebol Clube do Porto	FCP	Felgueiras	14-11-2021
RN 13 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12-07-2019
RN Inf Misto	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12-07-2019
RN 12 - 13	4:24.07	Clube dos Galitos / Bresimar	CGA	Estarreja	11-06-2022

Pontos: FINA 2022

Lugar	Tempo final		Pts
1. Nautico Academico Inf B	5:27.03		209
Leonor Simoes, SOUSA	12	36.71 1:17.33	Emilia Matilde, GADANHA
Bernardo Silva, NEVES	11	38.07 1:19.50	Martim Oliveira, DIAS
			12 40.51 1:27.05
			11 37.77 1:23.15

Torneio de Abertura de Categorias
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Prova 20, Misto, 4 x 100m Livres

Prova 20 22-10-2023	Misto, 4 x 100m Livres					Inf A Resultados
RN Open	3:38.72	Futebol Clube do Porto	FCP	Felgueiras		14-11-2021
RN 14 - 16	3:51.93	Assoc Desp Cult Rec Bairro dos ArADBA	Leiria			22-06-2019
RN 14 - 15	3:54.84	Sport Lisboa e Benfica	SLB	S. António Cavaleiros		23-02-2020
RN 13 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019
RN Inf Misto	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019
RN 12 - 13	4:24.07	Clube dos Galitos / Bresimar	CGA	Estarreja		11-06-2022

Pontos: FINA 2022

Lugar						Tempo final	Pts	
1.	Nautico Academico Inf A		Nautico Academico			4:52.08	293	
	Francisco Martins, SIMOES	10	31.79	1:07.17	Carlota Francisco, SANTOS	11	38.15	1:20.36
	Miguel Tomas, GOMES	10	34.06	1:11.94	Matilde Sofia, PEREIRA	11	35.61	1:12.61
2.	Nautico Academico Inf A		Nautico Academico			4:52.09	293	
	Rodrigo Sousa, BRAZ	10	34.56	1:11.47	Ana Leonor, CARRETO	11	37.98	1:20.06
	Rodrigo Miguel, MATIAS	10	33.55	1:10.73	Carolina Damas, PITA	11	33.36	1:09.83

Prova 20 22-10-2023	Misto, 4 x 100m Livres					Juv B Resultados
RN Open	3:38.72	Futebol Clube do Porto	FCP	Felgueiras		14-11-2021
RN 15 - 16	3:55.90	Clube Naval Praia da Vitoria	CNPV	Praia da Vitória		15-02-2020
RN 14 - 16	3:51.93	Assoc Desp Cult Rec Bairro dos ArADBA	Leiria			22-06-2019
RN 14 - 15	3:54.84	Sport Lisboa e Benfica	SLB	S. António Cavaleiros		23-02-2020
RN 13 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019
RN Inf Misto	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019

Pontos: FINA 2022

Lugar						Tempo final	Pts	
1.	Nautico Academico Juv B		Nautico Academico			4:23.57	399	
	Tomas Rafael, PEREIRA	09	27.48	58.28	Jose Pedro, COSTA	09	29.97	1:02.99
	Maria Ines, GANTE	10	33.61	1:11.30	Leonor Antunes, PAIVA	10	33.81	1:11.00

Prova 20 22-10-2023	Misto, 4 x 100m Livres					Abs Resultados
RN Open	3:38.72	Futebol Clube do Porto	FCP	Felgueiras		14-11-2021
RN 18 +	3:38.72	Futebol Clube do Porto	FCP	Felgueiras		14-11-2021
RN 16 - 18	3:41.33	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazaré		15-05-2022
RN 15 - 16	3:55.90	Clube Naval Praia da Vitoria	CNPV	Praia da Vitória		15-02-2020
RN 14 - 16	3:51.93	Assoc Desp Cult Rec Bairro dos ArADBA	Leiria			22-06-2019
RN 14 - 15	3:54.84	Sport Lisboa e Benfica	SLB	S. António Cavaleiros		23-02-2020
RN 13 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019
RN Inf Misto	4:10.34	Clube Desportivo Nacional	CDN	Funchal		12-07-2019
RN 12 - 13	4:24.07	Clube dos Galitos / Bresimar	CGA	Estarreja		11-06-2022

Pontos: FINA 2022

Lugar						Tempo final	Pts	
1.	Louzan Natacao/EFAPEL Abs		ALN			3:57.77	544	
	Afonso Filipe, COSTA	03	25.86	53.61	Ricardo Matias, SANTOS	05	27.77	56.83
	Dania Rodrigues, SIMOES	07	29.52	1:01.98	Angela Rodrigues, REBELO	07	22.60	1:05.35
2.	Academica de Coimbra Abs		Academica de Coimbra			4:01.27	521	
	Miguel Freitas, OVIEDO	02	27.62	57.73	Cristiana Sofia, DUARTE	07	30.49	1:04.98
	Joaquim Agra, MERUJE	01	26.62	56.15	Beatriz Costa, TEJO	02	29.44	1:02.41
3.	Louzan Natacao/EFAPEL Abs		ALN			4:07.70	481	
	Goncalo Carvalho, SANTOS	05	27.62	57.17	Afonso Vidal, TOMAS	06	27.10	57.38
	Matilde Fonseca, OLIVEIRA	06	30.82	1:04.93	Bruna Cruz, CARVALHO	03	32.17	1:08.22
4.	Louzan Natacao/EFAPEL Abs		ALN			4:12.92	452	
	Alexandre, DZYAKANAU	07	27.64	56.59	Tomas Carvalho, SANTOS	05	27.65	57.61
	Leonor Correia, PAIVA	04	31.23	1:06.01	Laura, NEVES	11	34.73	1:12.71

Torneio de Abertura de Categorias
Piscina Rui Abreu - Coimbra, 21 - 22/10/2023

Prova 20, Misto, 4 x 100m Livres, Abs

Lugar						Tempo final	Pts	
5.	Academica de Coimbra Abs			Academica de Coimbra		4:14.16	446	
	Joao Ferreira, MARQUES	06	27.43	56.73	Helena Carolina, DINIS	05	33.78	1:11.28
	David Ferreira, SILVA	07	28.48	58.92	Ana Beatriz, CAMPOS	06	31.68	1:07.23
6.	S. Pedro Alva Abs			S. Pedro Alva		4:35.29	351	
	Francisco Cruz, CARVALHO	06	26.37	56.06	Bruno Carpinteiro, FERREIRA	07	33.87	1:10.74
	Carolina Baptista, PEREIRINHA	09	33.63	1:13.05	Juliana Rodrigues, NOGUEIRA	08	35.35	1:15.44
7.	Louzan Natacao/EFAPEL Abs			ALN		5:21.73	219	
	Francisco Duarte, RODRIGUES	11	35.59	1:14.72	Afonso Jose, MIRANDA	11	37.48	1:19.22
	Clara Lopes, FERNANDES	12	39.95	1:22.62	Maria Eduarda, RIBEIRO	11	40.76	1:25.17