

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 1
25/11/2023

Masc., 1500m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis A			
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	17:08.38 558
100m: 1:04.36	1:04.36	500m: 5:38.88	1:09.21
200m: 2:12.40	1:08.04	600m: 6:47.09	1:08.21
300m: 3:20.91	1:08.51	700m: 7:55.88	1:08.79
400m: 4:29.67	1:08.76	800m: 9:04.71	1:08.83
		900m: 10:13.95	1:09.24
		1000m: 11:23.44	1:09.49
		1100m: 12:32.46	1:09.02
		1200m: 13:41.97	1:09.51
		1300m: 14:51.68	1:09.71
		1400m: 16:01.16	1:09.48
		1500m: 17:08.38	1:07.22
2. Salvador Correia, PEREIRA	08	Condeixa Clube	17:42.44 506
100m: 1:05.31	1:05.31	500m: 5:47.07	1:11.05
200m: 2:15.83	1:10.52	600m: 6:58.69	1:11.62
300m: 3:24.99	1:09.16	700m: 8:10.23	1:11.54
400m: 4:36.02	1:11.03	800m: 9:23.18	1:12.95
		900m: 10:35.36	1:12.18
		1000m: 11:46.86	1:11.50
		1100m: 12:59.02	1:12.16
		1200m: 14:10.80	1:11.78
		1300m: 15:21.82	1:11.02
		1400m: 16:33.17	1:11.35
		1500m: 17:42.44	1:09.27
3. Guilherme Simoes, SOUSA	08	Náutico Académico	17:43.21 505
100m: 1:04.35	1:04.35	500m: 5:41.46	1:10.55
200m: 2:12.64	1:08.29	600m: 6:51.98	1:10.52
300m: 3:21.70	1:09.06	700m: 8:03.13	1:11.15
400m: 4:30.91	1:09.21	800m: 9:14.89	1:11.76
		900m: 10:27.06	1:12.17
		1000m: 11:39.08	1:12.02
		1100m: 12:51.86	1:12.78
		1200m: 14:04.97	1:13.11
		1300m: 15:18.43	1:13.46
		1400m: 16:32.36	1:13.93
		1500m: 17:43.21	1:10.85
4. Samuel Dinis, MAIA	08	Miranda do Corvo	18:50.04 420
100m: 1:07.79	1:07.79	500m: 6:06.25	1:15.30
200m: 2:21.01	1:13.22	600m: 7:22.87	1:16.62
300m: 3:35.47	1:14.46	700m: 8:39.44	1:16.57
400m: 4:50.95	1:15.48	800m: 9:55.54	1:16.10
		900m: 11:11.51	1:15.97
		1000m: 12:28.31	1:16.80
		1100m: 13:45.05	1:16.74
		1200m: 15:01.57	1:16.52
		1300m: 16:19.13	1:17.56
		1400m: 17:36.09	1:16.96
		1500m: 18:50.04	1:13.95

Juniores

1. Marco Dimitar, OLIVEIRA	07	Náutico Académico	16:42.78 602
100m: 1:01.82	1:01.82	500m: 5:25.98	1:06.37
200m: 2:07.53	1:05.71	600m: 6:32.71	1:06.73
300m: 3:13.31	1:05.78	700m: 7:39.77	1:07.06
400m: 4:19.61	1:06.30	800m: 8:46.77	1:07.00
		900m: 9:54.07	1:07.30
		1000m: 11:01.81	1:07.74
		1100m: 12:09.46	1:07.65
		1200m: 13:17.99	1:08.53
		1300m: 14:26.57	1:08.58
		1400m: 15:35.29	1:08.72
		1500m: 16:42.78	1:07.49
2. Tomas Veiga, PEREIRA	06	Náutico Académico	17:09.79 556
100m: 1:04.61	1:04.61	500m: 5:37.79	1:08.88
200m: 2:12.01	1:07.40	600m: 6:46.54	1:08.75
300m: 3:20.35	1:08.34	700m: 7:55.64	1:09.10
400m: 4:28.91	1:08.56	800m: 9:04.80	1:09.16
		900m: 10:13.85	1:09.05
		1000m: 11:23.72	1:09.87
		1100m: 12:33.05	1:09.33
		1200m: 13:42.28	1:09.23
		1300m: 14:51.91	1:09.63
		1400m: 16:01.26	1:09.35
		1500m: 17:09.79	1:08.53
3. Joao Ferreira, MARQUES	06	Academica de Coimbra	17:12.28 552
100m: 1:03.90	1:03.90	500m: 5:38.17	1:08.92
200m: 2:11.33	1:07.43	600m: 6:47.17	1:09.00
300m: 3:20.24	1:08.91	700m: 7:56.53	1:09.36
400m: 4:29.25	1:09.01	800m: 9:05.76	1:09.23
		900m: 10:14.85	1:09.09
		1000m: 11:24.87	1:10.02
		1100m: 12:34.22	1:09.35
		1200m: 13:43.89	1:09.67
		1300m: 14:53.88	1:09.99
		1400m: 16:04.18	1:10.30
		1500m: 17:12.28	1:08.10
4. David Ferreira, SILVA	07	Academica de Coimbra	17:25.13 532
100m: 1:04.47	1:04.47	500m: 5:41.09	1:10.07
200m: 2:12.75	1:08.28	600m: 6:50.86	1:09.77
300m: 3:21.65	1:08.90	700m: 8:01.07	1:10.21
400m: 4:31.02	1:09.37	800m: 9:11.26	1:10.19
		900m: 10:21.48	1:10.22
		1000m: 11:31.59	1:10.11
		1100m: 12:41.98	1:10.39
		1200m: 13:52.58	1:10.60
		1300m: 15:03.61	1:11.03
		1400m: 16:14.80	1:11.19
		1500m: 17:25.13	1:10.33
5. Jose Miguel, MARQUES	06	Condeixa Clube	17:32.15 521
100m: 1:03.99	1:03.99	500m: 5:39.82	1:09.48
200m: 2:12.21	1:08.22	600m: 6:50.22	1:10.40
300m: 3:20.89	1:08.68	700m: 8:01.29	1:11.07
400m: 4:30.34	1:09.45	800m: 9:11.73	1:10.44
		900m: 10:22.71	1:10.98
		1000m: 11:33.15	1:10.44
		1100m: 12:44.37	1:11.22
		1200m: 13:56.47	1:12.10
		1300m: 15:08.52	1:12.05
		1400m: 16:20.92	1:12.40
		1500m: 17:32.15	1:11.23

Seniores

1. Ricardo Matias, SANTOS	05	Louzan Natação	16:17.02 651
100m: 1:01.76	1:01.76	500m: 5:24.70	1:06.12
200m: 2:07.04	1:05.28	600m: 6:30.16	1:05.46
300m: 3:12.86	1:05.82	700m: 7:36.15	1:05.99
400m: 4:18.58	1:05.72	800m: 8:42.13	1:05.98
		900m: 9:47.14	1:05.01
		1000m: 10:52.64	1:05.50
		1100m: 11:58.20	1:05.56
		1200m: 13:04.00	1:05.80
		1300m: 14:09.58	1:05.58
		1400m: 15:14.35	1:04.77
		1500m: 16:17.02	1:02.67

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 1, Masc., 1500m Livres, Seniores

Lugar	Ano		Tempo final								Pts	
2. Antonio Pedro, MARTINS	05		União de Coimbra								18:01.26	480
100m:	1:09.75	1:09.75	500m:	5:57.98	1:12.21	900m:	10:47.75	1:12.51	1300m:	15:38.05	1:13.09	
200m:	2:21.64	1:11.89	600m:	7:09.92	1:11.94	1000m:	12:00.63	1:12.88	1400m:	16:51.66	1:13.61	
300m:	3:33.64	1:12.00	700m:	8:22.21	1:12.29	1100m:	13:12.76	1:12.13	1500m:	18:01.26	1:09.60	
400m:	4:45.77	1:12.13	800m:	9:35.24	1:13.03	1200m:	14:24.96	1:12.20				
3. Tomas Cardoso, GERALDO	05		Condeixa Clube								18:38.06	434
100m:	1:06.04	1:06.04	500m:	5:54.01	1:13.42	900m:	10:58.00	1:17.21	1300m:	16:05.58	1:16.42	
200m:	2:16.90	1:10.86	600m:	7:09.12	1:15.11	1000m:	12:15.48	1:17.48	1400m:	17:22.51	1:16.93	
300m:	3:27.79	1:10.89	700m:	8:24.74	1:15.62	1100m:	13:32.28	1:16.80	1500m:	18:38.06	1:15.55	
400m:	4:40.59	1:12.80	800m:	9:40.79	1:16.05	1200m:	14:49.16	1:16.88				

Prova 2
25/11/2023

Femin., 200m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final		Pts	50m	100m	150m	200m	
Juvenis B									
1. Rita Lucas, SANTOS	10	Condeixa Clube		2:17.13	520	31.84	1:06.70	1:42.48	2:17.13
2. Leonor Antunes, PAIVA	10	Náutico Académico		2:21.56	473	32.82	1:08.17	1:45.21	2:21.56
3. Maria Ines, RODRIGUES	10	Condeixa Clube		2:26.64	425	33.84	1:10.41	1:48.93	2:26.64
4. M., FERNANDES	10	Columbofila Cantanhedens		2:27.09	421	33.73	1:10.99	1:49.23	2:27.09
5. Isabella Scavone, LOPES	10	Miranda do Corvo		2:29.16	404	35.20	1:13.62	1:52.11	2:29.16
6. Sofia Daniela, FERREIRA	10	União de Coimbra		2:36.25	351	34.38	1:14.02	1:55.66	2:36.25
DSQ Mía Cardoso, BAPTISTA	10	Náutico Académico							
<i>SW 4.4 - Falsa Partida</i>									

Juvenis A

1. Alana Costa, MATIAS	09	União de Coimbra		2:12.45	577	31.05	1:04.19	1:38.30	2:12.45
2. Gabriela Maria, SILVA	09	Columbofila Cantanhedens		3:05.68	209	38.74	1:25.60	2:16.50	3:05.68

Juniores

1. Marta Andre, AGUILAR	07	Náutico Académico		2:12.37	578	31.21	1:04.35	1:38.41	2:12.37
2. Maria Manuel, CORTESAC	08	Náutico Académico		2:16.36	529	32.12	1:06.12	1:41.09	2:16.36
3. Cristiana Sofia, DUARTE	07	Academica de Coimbra		2:20.16	487	32.83	1:07.36	1:44.07	2:20.16
4. Julia Maria, SOARES	08	Miranda do Corvo		2:22.12	467	31.86	1:07.13	1:44.38	2:22.12

Seniores

1. Ines Jacinto, HENRIQUES	00	Louzan Natação		2:07.87	642	30.00	1:02.42	1:35.31	2:07.87
2. Ana Carolina, MONTEIRO	04	União de Coimbra		2:09.78	614	30.43	1:03.10	1:36.40	2:09.78
3. Leonor Verissimo, FARIA	06	Náutico Académico		2:10.86	598	31.16	1:04.39	1:38.10	2:10.86
4. Beatriz Costa, TEJO	02	Academica de Coimbra		2:14.08	556	30.59	1:04.37	1:38.63	2:14.08
5. Mariana Carmo, ROSA	05	Condeixa Clube		2:20.52	483	32.26	1:07.54	1:43.90	2:20.52
6. Diana Costa, OLIVEIRA	04	União de Coimbra		2:33.32	372	34.57	1:13.38	1:52.42	2:33.32

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 3
25/11/2023
Pontos: FINA 2022

Masc., 100m Bruços

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis B							
1.	Guilherme Andre, GASPAR	09	Náutico Académico	1:13.68	422	34.81	1:13.68
2.	Joao Rodrigo, COELHO	09	Academica de Coimbra	1:33.95	203	45.44	1:33.95
3.	Ricardo Cesar, SILVA	09	Academica de Coimbra	1:34.78	198	45.37	1:34.78
4.	Guilherme Santos, FERREIRA	09	CASPAE	1:40.26	167	45.25	1:40.26
Juvenis A							
1.	Jose Guardado, SILVA	08	Vigor da Mocidade	1:23.99	285	40.99	1:23.99
Juniores							
1.	Duarte Jose, FERNANDES	06	União de Coimbra	1:08.08	535	32.20	1:08.08
2.	David Duarte, JESUS	07	Náutico Académico	1:11.11	469	33.38	1:11.11
3.	Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	1:35.16	196	42.94	1:35.16
Seniores							
1.	Joaquim Agra, MERUJE	01	Academica de Coimbra	1:07.59	547	31.55	1:07.59
2.	Vasco Pereira, BASTOS	02	Náutico Académico	1:09.77	497	33.05	1:09.77
3.	Miguel Caridade, GASPAR	99	Academica de Coimbra	1:10.03	491	33.29	1:10.03
4.	Tomas Coelho, CORDEIRO	04	Individual ANC	1:19.98	330	37.68	1:19.98

Prova 4
25/11/2023
Pontos: FINA 2022

Femin., 100m Bruços

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis B							
1.	Maria Neto, SIMOES	10	Condeixa Clube	1:19.62	480	37.96	1:19.62
2.	Leonor Sobreiro, ALMEIDA	10	CASPAE	1:23.10	422	38.42	1:23.10
3.	Mariana Bernardo, SILVESTRE	10	Náutico Académico	1:24.66	399	39.90	1:24.66
4.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense	1:30.09	331	43.38	1:30.09
Juvenis A							
1.	Rita Calado, CRUZ	09	Náutico Académico	1:22.15	437	39.53	1:22.15
2.	Raquel Alexandra, CANCELA	09	Louzan Natação	1:22.68	429	39.32	1:22.68
3.	Ana Laura, LUCAS	09	Columbofila Cantanhedense	1:40.26	240	46.45	1:40.26
4.	Luana Soares, BRAS	09	S. Pedro Alva	1:51.91	173	49.59	1:51.91
Juniores							
1.	Angela Rodrigues, REBELO	07	Louzan Natação	1:16.56	540	35.96	1:16.56
2.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	1:23.09	422	39.47	1:23.09
3.	Laura Silva, FERNANDES	08	Miranda do Corvo	1:28.16	353	41.29	1:28.16
4.	Raquel Filipa, JESUS	08	União de Coimbra	1:30.41	328	42.10	1:30.41
5.	Francisca Dias, AGANTE	08	Vigor da Mocidade	1:45.18	208	49.47	1:45.18
Seniores							
1.	Maria Carlota, REBELO	03	Condeixa Clube	1:15.36	566	35.86	1:15.36
2.	Bruna Cruz, CARVALHO	03	Louzan Natação	1:16.32	545	35.54	1:16.32
3.	Beatriz Andre, GASPAR	06	Náutico Académico	1:19.49	482	37.39	1:19.49
4.	Helena Nunes, RODRIGUES	03	Condeixa Clube	1:26.19	378	40.89	1:26.19

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 5
25/11/2023

Masc., 50m Costas

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	09	Tomas Rafael, PEREIRA	Náutico Académico	31.82 340
2.	09	Joao Nuno, GASPAS	Condeixa Clube	32.72 313
3.	09	Tiago Janeiro, MOITA	Náutico Académico	33.10 302
4.	09	Antonio Samuel, PAIS	S. Pedro Alva	50.09 87

Juvenis A

1.	08	Francisco Fernandes, PEREIRA	Academica de Coimbra	30.48 387
2.	08	Salvador Correia, PEREIRA	Condeixa Clube	33.27 297
3.	08	Henrique Figueiredo, FIDALGO	Vigor da Mocidade	35.41 247

Juniores

1.	07	Alexandre, DZYAKANAU	Louzan Natação	29.00 449
2.	06	Edgar Tavares, MENDES	Academica de Coimbra	29.24 438
3.	06	Miguel Bernardo, ARAUJO	Condeixa Clube	29.49 427
4.	06	Afonso Vidal, TOMAS	Louzan Natação	29.60 423
5.	06	Francisco Couto, FRAZAO	Academica de Coimbra	30.35 392
6.	06	Joao Rafael, FERREIRA	Náutico Académico	31.20 361
7.	06	Miguel Joao, PINHEIRO	Academica de Coimbra	31.89 338
8.	07	Rodrigo Marques, LIMA	CASPAA	32.74 312

Seniores

1.	00	Pedro Guilherme, FERREIRA	Miranda do Corvo	27.49 528
2.	04	Gustavo Pires, MARQUES	União de Coimbra	27.72 515
3.	05	Ricardo Matias, SANTOS	Louzan Natação	28.36 480
4.	04	Jose Diogo, DIAS	Náutico Académico	28.58 469
5.	02	Diogo Ribas, MATOS	Condeixa Clube	29.21 440
6.	05	Tomas Carvalho, SANTOS	Louzan Natação	29.49 427
7.	94	Fabio Mondego, CENTEIO	Academica de Coimbra	30.43 389
8.	04	Renato Maria, FERREIRA	União de Coimbra	33.27 297
DNS	02	Diogo Luis, CANCELA	Louzan Natação	

Prova 6
25/11/2023

Femin., 50m Costas

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	10	Mariana Bernardo, SILVESTRE	Náutico Académico	33.97 411
2.	10	Sara Marques, LIMA	CASPAA	34.34 398
3.	10	Rita Lucas, SANTOS	Condeixa Clube	34.54 391
4.	10	Maria Miguel, FERNANDES	Columbifila Cantanhedense	36.40 334
5.	10	Mariana Bagagem, CARVALHO	Miranda do Corvo	36.51 331

Juvenis A

1.	09	Alana Costa, MATIAS	União de Coimbra	32.74 459
2.	09	Caetana Amado, SANTOS	Miranda do Corvo	33.07 446
3.	09	Leonor Mercês, CAVALEIRO	Columbifila Cantanhedense	33.50 429
4.	09	Gabriela Leonardo, MEDINA	Condeixa Clube	34.62 388

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 6, Femin., 50m Costas

Juniores

1. Dania Rodrigues, SIMOES	07	Louzan Natação	32.01	491
2. Cristiana Sofia, DUARTE	07	Academica de Coimbra	32.69	461
3. Ines Miranda, DIOGO	07	Náutico Académico	33.44	431

Seniores

1. Ines Camacho, FERNANDES	97	Condeixa Clube	29.83	607
2. Joana Francisca, RODRIGUES	04	Condeixa Clube	31.82	500
3. Joana Ventura, PAIS	06	Náutico Académico	33.70	421
4. Joana Filipa, VARELA	06	Náutico Académico	34.70	386
5. Helena Carolina, DINIS	05	Academica de Coimbra	36.62	328
6. Diana Costa, OLIVEIRA	04	União de Coimbra	38.33	286
7. Matilde Neves, CRAVEIRO	06	Academica de Coimbra	38.60	280
DNS Leonor Correia, PAIVA	04	Louzan Natação		

Prova 7
25/11/2023

Masc., 200m Mariposa

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenis B

DNS Francisco Antunes, SOUS.09 Columbofila Cantanhedense

Juvenis A

1. Rafael Pereira, RODRIGU08	08	Condeixa Clube	2:25.81	409	32.25	1:08.83	1:47.00	2:25.81
2. Tiago Cravino, RIBEIRO	08	Náutico Académico	2:57.87	225	36.83	1:20.35	2:06.68	2:57.87
DNS Martim Nobre, PASCOAL	08	Columbofila Cantanhedense						

Juniores

1. Jose Miguel, MARQUES	06	Condeixa Clube	2:18.67	475	31.21	1:07.07	1:43.28	2:18.67
2. Tomas Veiga, PEREIRA	06	Náutico Académico	2:21.70	445	32.77	1:08.46	1:44.52	2:21.70
3. Afonso Vidal, TOMAS	06	Louzan Natação	2:24.49	420	30.92	1:06.36	1:44.12	2:24.49

Seniores

1. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:09.11	589	29.02	1:01.97	1:35.32	2:09.11
2. Joao Neves, ALMEIDA	05	Náutico Académico	2:13.39	534	30.42	1:04.34	1:38.18	2:13.39
3. G., SANTOS	05	Louzan Natação	2:21.81	444	30.13	1:04.92	1:42.12	2:21.81

Prova 8
25/11/2023

Femin., 200m Mariposa

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenis B

1. Camila Duarte, MARCELC10	10	Condeixa Clube	2:38.50	429	35.28	1:15.54	1:57.05	2:38.50
2. Maria Ines, GANTE	10	Náutico Académico	2:45.01	380	37.33	1:18.07	2:00.63	2:45.01
3. Isabella Scavone, LOPES	10	Miranda do Corvo	3:03.05	278	40.88	1:28.95	2:16.71	3:03.05

Juniores

1. Angela Rodrigues, REBEL07	07	Louzan Natação	2:31.37	493	33.50	1:12.23	1:51.50	2:31.37
2. Rita Isabel, NEVES	08	Condeixa Clube	2:39.94	418	35.01	1:15.52	1:57.20	2:39.94
3. L., FERNANDES	08	Náutico Académico	2:39.98	417	34.40	1:13.54	1:55.73	2:39.98

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 8, Femin., 200m Mariposa, Juniores

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
4.	08	Miranda do Corvo	2:40.28	415	34.12	1:15.28	1:57.90	2:40.28

Seniores

1.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:23.35	580	32.93	1:09.76	1:46.44	2:23.35
2.	Maria Neto, FERREIRA	06	Náutico Académico	2:28.43	523	33.12	1:10.14	1:49.08	2:28.43
3.	Beatriz Costa, TEJO	02	Academica de Coimbra	2:32.15	485	33.02	1:12.04	1:51.97	2:32.15

Prova 9
25/11/2023

Masc., 100m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis B							
1.	Jose Pedro, COSTA	09	Náutico Académico	1:11.68	324	34.48	1:11.68
2.	Ricardo Cesar, SILVA	09	Academica de Coimbra	1:23.99	201	39.20	1:23.99
3.	Joao Rodrigo, COELHO	09	Academica de Coimbra	1:27.22	180	44.03	1:27.22

Juvenis A

1.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	1:07.06	396	31.33	1:07.06
2.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	1:09.97	349	31.58	1:09.97
3.	Henrique Figueiredo, FIDALGO	08	Vigor da Mocidade	1:18.09	251	35.88	1:18.09
4.	Henrique Melo, SANTIAGO	08	Vigor da Mocidade	1:19.57	237	37.00	1:19.57

Juniores

1.	Duarte Jose, FERNANDES	06	União de Coimbra	1:02.33	494	29.97	1:02.33
2.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	1:02.41	492	29.26	1:02.41
3.	Alexandre, DZYAKANAU	07	Louzan Natação	1:02.93	480	28.70	1:02.93
4.	David Duarte, JESUS	07	Náutico Académico	1:03.99	456	30.23	1:03.99
5.	Carlos Miguel, OLIVEIRA	06	Náutico Académico	1:04.88	438	29.71	1:04.88
6.	Duarte Cachulo, MARQUES	07	Condeixa Clube	1:07.52	388	29.66	1:07.52
7.	Francisco Couto, FRAZAO	06	Academica de Coimbra	1:07.98	380	30.53	1:07.98
8.	David Ferreira, SILVA	07	Academica de Coimbra	1:09.07	363	33.02	1:09.07
9.	Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	1:22.00	217	38.26	1:22.00

Seniores

1.	Ricardo Jorge, DOMINGUES	02	Náutico Académico	1:01.43	516	27.83	1:01.43
2.	Joaquim Agra, MERUJE	01	Academica de Coimbra	1:02.29	495	29.17	1:02.29
3.	Tomas Carvalho, SANTOS	05	Louzan Natação	1:02.30	494	28.74	1:02.30
4.	Miguel Caridade, GASPAR	99	Academica de Coimbra	1:05.75	421	31.49	1:05.75
5.	Antonio Pedro, MARTINS	05	União de Coimbra	1:12.52	313	33.82	1:12.52

Prova 10
25/11/2023

Femin., 100m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis B							
1.	Maria Neto, SIMOES	10	Condeixa Clube	1:11.67	490	34.19	1:11.67
2.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense	1:22.28	323	39.36	1:22.28
3.	Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade	1:25.90	284	39.89	1:25.90
4.	Mia Cardoso, BAPTISTA	10	Náutico Académico	1:26.11	282	38.98	1:26.11

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Prova 10, Femin., 100m Estilos

Juvenis A

1.	Raquel Alexandra, CANCELA	09	Louzan Natação	1:12.07	482	33.90	1:12.07
2.	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	1:14.67	433	34.65	1:14.67
3.	Rita Calado, CRUZ	09	Náutico Académico	1:15.24	423	35.10	1:15.24
4.	Ana Margarida, CRUZ	09	Náutico Académico	1:17.72	384	35.57	1:17.72
5.	Ana Laura, LUCAS	09	Columbofila Cantanhedense	1:28.88	257	42.76	1:28.88
DSQ	Luana Soares, BRAS	09	S. Pedro Alva				

SW 6.2 - O/A atleta perdeu a posição de costas aos 50 metros.

Juniores

1.	Leonor Mil, MANO	07	Náutico Académico	1:09.91	528	32.33	1:09.91
2.	Dania Rodrigues, SIMOES	07	Louzan Natação	1:10.46	515	32.27	1:10.46
3.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	1:15.10	426	35.87	1:15.10
4.	Laura Silva, FERNANDES	08	Miranda do Corvo	1:21.43	334	37.74	1:21.43
5.	Juliana Rodrigues, NOGUEIRA08		S. Pedro Alva	1:28.62	259	39.25	1:28.62

Seniores

1.	Ines Jacinto, HENRIQUES	00	Louzan Natação	1:07.52	586	30.87	1:07.52
2.	Maria Carlota, REBELO	03	Condeixa Clube	1:08.23	568	31.99	1:08.23
3.	Matilde Fonseca, OLIVEIRA	06	Louzan Natação	1:09.65	534	32.85	1:09.65
4.	Bruna Cruz, CARVALHO	03	Louzan Natação	1:11.80	487	33.49	1:11.80
5.	Helena Nunes, RODRIGUES	03	Condeixa Clube	1:11.95	484	32.55	1:11.95
DNS	Leonor Correia, PAIVA	04	Louzan Natação				

Prova 11
25/11/2023

Masc., 4 x 100m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts	
Juvenis B								
1.	Náutico Académico Juv B		Náutico Académico			4:06.86	407	
	Tiago Janeiro, MOITA	09	31.11	1:04.14	Tomas Rafael, PEREIRA	09	28.80	1:00.37
	Guilherme Andre, GASPAR	09	29.11	1:02.06	Jose Pedro, COSTA	09	28.92	1:00.29
Juniores								
1.	Náutico Académico Jun		Náutico Académico			3:46.76	525	
	Joao Rafael, FERREIRA	06	27.32	56.40	David Duarte, JESUS	07	26.64	56.40
	Marco Dimitar, OLIVEIRA	07	27.62	57.92	Carlos Miguel, OLIVEIRA	06	26.70	56.04
2.	Academica de Coimbra Jun		Academica de Coimbra			3:52.72	486	
	Joao Ferreira, MARQUES	06	26.91	56.19	Edgar Tavares, MENDES	06	27.18	57.82
	Miguel Joao, PINHEIRO	06	28.85	59.99	Francisco Couto, FRAZAO	06	28.14	58.72
Seniores								
1.	Náutico Académico Sen		Náutico Académico			3:41.01	567	
	Rodrigo Miguel, REIS	04	25.56	53.61	Jose Diogo, DIAS	04	27.24	57.36
	Vasco Pereira, BASTOS	02	26.41	55.42	Ricardo Jorge, DOMINGUES	02	26.44	54.62
2.	Academica de Coimbra Sen		Academica de Coimbra			3:45.42	535	
	Miguel Freitas, OVIEDO	02	26.22	54.31	Gabriel Jose, JULIO	01	28.20	58.81
	Rodrigo Alexandre, PATRICIO	98	26.11	55.27	Joaquim Agra, MERUJE	01	26.37	57.03

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 12
25/11/2023
Pontos: FINA 2022

Femin., 4 x 100m Livres

Absolutos
Resultados

Lugar			Ano		Tempo final		Pts	
Juvenis B								
1.	Condeixa Clube Juv B		Condeixa Clube		4:17.15		518	
	Maria Ines, RODRIGUES	10	31.54	1:05.29	Rita Lucas, SANTOS	10	31.08	1:05.29
	Maria Neto, SIMOES	10	31.19	1:04.49	Camila Duarte, MARCELO	10	29.92	1:02.08
2.	Náutico Académico Juv B		Náutico Académico		4:35.74		420	
	Maria Ines, GANTE	10	33.17	1:08.81	Mariana Bernardo, SILVESTRE	10	32.50	1:07.54
	Leonor Antunes, PAIVA	10	32.28	1:07.34	Mia Cardoso, BAPTISTA	10	34.24	1:12.05

Juniores								
1.	Náutico Académico Jun		Náutico Académico		4:09.24		568	
	Maria Manuel, CORTESAO	08	30.18	1:03.01	Marta Andre, AGUILAR	07	29.75	1:02.07
	Ines Miranda, DIOGO	07	30.85	1:04.42	Leonor Mil, MANO	07	28.54	59.74

Seniores								
1.	Condeixa Clube Sen		Condeixa Clube		4:07.87		578	
	Ines Camacho, FERNANDES	97	29.83	1:01.47	Mariana Carmo, ROSA	05	30.20	1:03.65
	Joana Francisca, RODRIGUES	04	28.87	1:00.32	Helena Nunes, RODRIGUES	03	29.97	1:02.43
2.	Náutico Académico Sen		Náutico Académico		4:11.46		554	
	Leonor Verissimo, FARIA	06	30.23	1:01.56	Matilde Domingues, GAMEIRO	97	30.14	1:02.53
	Maria Neto, FERREIRA	06	29.34	1:02.03	Beatriz Andre, GASPAS	06	31.30	1:05.34

Prova 13
25/11/2023
Pontos: FINA 2022

Femin., 1500m Livres

Absolutos
Resultados

Lugar			Ano		Tempo final		Pts					
Juvenis B												
1.	Camila Duarte, MARCELO		10		Condeixa Clube		18:34.82	558				
	100m:	1:11.09	1:11.09	500m:	6:07.43	1:14.28	900m:	11:05.88	1:15.34	1300m:	16:06.47	1:15.13
	200m:	2:24.93	1:13.84	600m:	7:22.06	1:14.63	1000m:	12:21.46	1:15.58	1400m:	17:21.38	1:14.91
	300m:	3:39.02	1:14.09	700m:	8:36.33	1:14.27	1100m:	13:36.72	1:15.26	1500m:	18:34.82	1:13.44
	400m:	4:53.15	1:14.13	800m:	9:50.54	1:14.21	1200m:	14:51.34	1:14.62			
2.	Leonor Antunes, PAIVA		10		Náutico Académico		19:34.90	477				
	100m:	1:15.06	1:15.06	500m:	6:32.34	1:19.06	900m:	11:45.71	1:18.47	1300m:	17:00.94	1:18.48
	200m:	2:34.69	1:19.63	600m:	7:50.48	1:18.14	1000m:	13:04.54	1:18.83	1400m:	18:18.90	1:17.96
	300m:	3:53.78	1:19.09	700m:	9:09.21	1:18.73	1100m:	14:23.61	1:19.07	1500m:	19:34.90	1:16.00
	400m:	5:13.28	1:19.50	800m:	10:27.24	1:18.03	1200m:	15:42.46	1:18.85			
3.	Mariana Bagagem, CARVALHO		10		Miranda do Corvo		20:02.83	444				
	100m:	1:14.48	1:14.48	500m:	6:36.74	1:20.82	900m:	12:00.35	1:21.02	1300m:	17:25.19	1:20.24
	200m:	2:34.59	1:20.11	600m:	7:57.53	1:20.79	1000m:	13:22.55	1:22.20	1400m:	18:45.94	1:20.75
	300m:	3:55.58	1:20.99	700m:	9:18.17	1:20.64	1100m:	14:43.88	1:21.33	1500m:	20:02.83	1:16.89
	400m:	5:15.92	1:20.34	800m:	10:39.33	1:21.16	1200m:	16:04.95	1:21.07			
4.	Sara Marques, LIMA		10		CASPAAE		21:01.95	384				
	100m:	1:13.98	1:13.98	500m:	6:38.42	1:22.65	900m:	12:20.45	1:25.14	1300m:	18:09.07	1:26.29
	200m:	2:32.88	1:18.90	600m:	8:03.57	1:25.15	1000m:	13:48.73	1:28.28	1400m:	19:37.12	1:28.05
	300m:	3:53.07	1:20.19	700m:	9:29.37	1:25.80	1100m:	15:15.69	1:26.96	1500m:	21:01.95	1:24.83
	400m:	5:15.77	1:22.70	800m:	10:55.31	1:25.94	1200m:	16:42.78	1:27.09			

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 13, Femin., 1500m Livres

Juniores

1. Marta Andre, AGUILAR	07	Náutico Académico	17:57.34	618
100m: 1:08.13 1:08.13	500m: 5:52.97 1:11.39	900m: 10:40.96 1:12.79	1300m: 15:33.68 1:12.91	
200m: 2:19.08 1:10.95	600m: 7:04.09 1:11.12	1000m: 11:53.84 1:12.88	1400m: 16:46.58 1:12.90	
300m: 3:30.61 1:11.53	700m: 8:16.21 1:12.12	1100m: 13:07.24 1:13.40	1500m: 17:57.34 1:10.76	
400m: 4:41.58 1:10.97	800m: 9:28.17 1:11.96	1200m: 14:20.77 1:13.53		
2. Rita Isabel, NEVES	08	Condeixa Clube	19:38.49	472
100m: 1:15.59 1:15.59	500m: 6:32.67 1:18.47	900m: 11:47.76 1:19.46	1300m: 17:03.60 1:19.18	
200m: 2:35.19 1:19.60	600m: 7:50.88 1:18.21	1000m: 13:06.69 1:18.93	1400m: 18:21.93 1:18.33	
300m: 3:54.84 1:19.65	700m: 9:09.58 1:18.70	1100m: 14:25.58 1:18.89	1500m: 19:38.49 1:16.56	
400m: 5:14.20 1:19.36	800m: 10:28.30 1:18.72	1200m: 15:44.42 1:18.84		

Seniores

1. Helena Nunes, RODRIGUES	03	Condeixa Clube	17:37.78	653
100m: 1:08.09 1:08.09	500m: 5:52.03 1:11.26	900m: 10:34.48 1:11.25	1300m: 15:18.47 1:11.36	
200m: 2:18.79 1:10.70	600m: 7:01.34 1:09.31	1000m: 11:45.64 1:11.16	1400m: 16:29.30 1:10.83	
300m: 3:29.63 1:10.84	700m: 8:11.98 1:10.64	1100m: 12:55.83 1:10.19	1500m: 17:37.78 1:08.48	
400m: 4:40.77 1:11.14	800m: 9:23.23 1:11.25	1200m: 14:07.11 1:11.28		
2. Leonor Verissimo, FARIA	06	Náutico Académico	17:47.51	635
100m: 1:07.87 1:07.87	500m: 5:51.69 1:11.20	900m: 10:36.97 1:11.55	1300m: 15:24.33 1:12.14	
200m: 2:18.50 1:10.63	600m: 7:02.55 1:10.86	1000m: 11:48.58 1:11.61	1400m: 16:36.04 1:11.71	
300m: 3:29.33 1:10.83	700m: 8:13.91 1:11.36	1100m: 13:00.26 1:11.68	1500m: 17:47.51 1:11.47	
400m: 4:40.49 1:11.16	800m: 9:25.42 1:11.51	1200m: 14:12.19 1:11.93		
3. Maria Neto, FERREIRA	06	Náutico Académico	18:20.89	579
100m: 1:07.84 1:07.84	500m: 6:00.89 1:14.13	900m: 10:58.40 1:14.90	1300m: 15:55.92 1:14.09	
200m: 2:20.08 1:12.24	600m: 7:14.62 1:13.73	1000m: 12:12.94 1:14.54	1400m: 17:08.88 1:12.96	
300m: 3:32.64 1:12.56	700m: 8:28.95 1:14.33	1100m: 13:27.10 1:14.16	1500m: 18:20.89 1:12.01	
400m: 4:46.76 1:14.12	800m: 9:43.50 1:14.55	1200m: 14:41.83 1:14.73		

Prova 14
25/11/2023

Masc., 200m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Juvenis B								
1. Tomas Rafael, PEREIRA	09	Náutico Académico	2:06.06	489	29.41	1:01.90	1:34.87	2:06.06
2. Joao Nuno, GASPAR	09	Condeixa Clube	2:12.04	426	29.92	1:02.96	1:37.61	2:12.04
3. Jose Pedro, COSTA	09	Náutico Académico	2:15.00	398	31.71	1:06.13	1:40.72	2:15.00
4. Ricardo Cesar, SILVA	09	Academica de Coimbra	2:36.93	253	35.22	1:15.27	1:56.80	2:36.93
DNS Francisco Antunes, SOUS	09	Columbofila Cantanhedense						
Juvenis A								
1. Guilherme Simoes, SOUS	08	Náutico Académico	2:06.37	486	29.63	1:02.08	1:34.84	2:06.37
2. Salvador Correia, PEREIR	08	Condeixa Clube	2:09.60	450	29.70	1:02.64	1:36.37	2:09.60
3. Jose Guardado, SILVA	08	Vigor da Mocidade	2:25.73	317	33.25	1:10.60	1:49.70	2:25.73
DNS Martim Nobre, PASCOAL	08	Columbofila Cantanhedense						
Juniores								
1. Joao Ferreira, MARQUES	06	Academica de Coimbra	1:59.36	577	28.21	58.92	1:29.33	1:59.36
2. Marco Dimitar, OLIVEIRA	07	Náutico Académico	2:02.95	527	28.38	59.34	1:31.45	2:02.95
3. D., MARQUES	07	Condeixa Clube	2:03.44	521	27.35	59.19	1:32.48	2:03.44
4. Francisco Couto, FRAZAO	06	Academica de Coimbra	2:07.64	471	29.16	1:01.45	1:35.22	2:07.64
5. David Ferreira, SILVA	07	Academica de Coimbra	2:08.70	460	29.53	1:01.44	1:34.91	2:08.70

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Prova 14, Masc., 200m Livres

Seniores

1. Rodrigo Miguel, REIS	04	Náutico Académico	1:57.34	607	27.41	57.20	1:26.82	1:57.34
2. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:00.41	562	28.13	58.79	1:30.48	2:00.41
3. Joao Neves, ALMEIDA	05	Náutico Académico	2:01.82	542	28.23	58.90	1:30.44	2:01.82
4. Vasco Pereira, BASTOS	02	Náutico Académico	2:02.35	535	28.59	59.73	1:31.32	2:02.35
5. Ricardo Matias, SANTOS	05	Louzan Natação	2:02.88	528	28.46	59.88	1:31.75	2:02.88
6. G., SANTOS	05	Louzan Natação	2:03.54	520	28.34	59.52	1:31.78	2:03.54
7. Rodrigo Ribeiro, GOMES	00	Condeixa Clube	2:08.59	461	28.78	1:00.43	1:33.61	2:08.59
8. Tomas Cardoso, GERALD	05	Condeixa Clube	2:09.06	456	30.34	1:03.35	1:36.18	2:09.06
9. Jose Diogo, DIAS	04	Náutico Académico	2:12.23	424	29.32	1:02.34	1:36.75	2:12.23
10. Antonio Pedro, MARTINS	05	União de Coimbra	2:16.08	389	32.48	1:08.12	1:43.50	2:16.08
DNS Gabriel Jose, LOPES	97	Louzan Natação						

Prova 15
25/11/2023

Femin., 100m Costas

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis B						
1. Mariana Bernardo, SILVESTRE	10	Náutico Académico	1:12.24	438	35.39	1:12.24
2. Rita Lucas, SANTOS	10	Condeixa Clube	1:14.77	395	36.15	1:14.77
3. Sara Marques, LIMA	10	CASPÆ	1:15.18	389	36.60	1:15.18
4. Mariana Bagagem, CARVALH	10	Miranda do Corvo	1:17.77	351	38.06	1:17.77
5. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	1:19.56	328	38.80	1:19.56

Juvenis A

1. Alana Costa, MATIAS	09	União de Coimbra	1:09.47	493	33.94	1:09.47
2. Leonor Mercedes, CAVALEIRO	09	Columbofila Cantanhedense	1:12.04	442	34.65	1:12.04
3. Caetana Amado, SANTOS	09	Miranda do Corvo	1:12.10	441	34.45	1:12.10
4. Luana Soares, BRAS	09	S. Pedro Alva	1:40.08	164	48.38	1:40.08

Juniores

1. Dania Rodrigues, SIMOES	07	Louzan Natação	1:08.83	507	33.17	1:08.83
2. Cristiana Sofia, DUARTE	07	Academica de Coimbra	1:10.63	469	33.87	1:10.63
3. Ines Miranda, DIOGO	07	Náutico Académico	1:12.00	443	34.96	1:12.00

Seniores

1. Ines Jacinto, HENRIQUES	00	Louzan Natação	1:06.50	562	32.10	1:06.50
2. Joana Francisca, RODRIGUES	04	Condeixa Clube	1:07.94	527	32.59	1:07.94
3. Joana Ventura, PAIS	06	Náutico Académico	1:13.74	412	35.43	1:13.74
4. Helena Carolina, DINIS	05	Academica de Coimbra	1:18.98	335	38.45	1:18.98
5. Matilde Neves, CRAVEIRO	06	Academica de Coimbra	1:21.91	300	39.92	1:21.91
6. Diana Costa, OLIVEIRA	04	União de Coimbra	1:23.02	289	40.01	1:23.02
DNS Leonor Correia, PAIVA	04	Louzan Natação				
DNS Camila Rodrigues, REBELO	03	Louzan Natação				

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 16
25/11/2023
Pontos: FINA 2022

Masc., 100m Costas

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis B						
1.	09	Tiago Janeiro, MOITA Náutico Académico	1:12.12	300	35.37	1:12.12
DNS	09	Antonio Samuel, PAIS S. Pedro Alva				
Juvenis A						
1.	08	Francisco Fernandes, PEREIRA Academica de Coimbra	1:05.69	398	32.50	1:05.69
2.	08	Rodrigo Mosca, SILVA Columbofila Cantanhedense	1:07.70	363	33.22	1:07.70
3.	08	Henrique Melo, SANTIAGO Vigor da Mocidade	1:19.83	221	38.69	1:19.83
Juniores						
1.	07	Alexandre, DZYAKANAU Louzan Natação	1:04.13	428	31.12	1:04.13
2.	06	Joao Rafael, FERREIRA Náutico Académico	1:06.16	389	32.24	1:06.16
3.	06	Francisco Cruz, CARVALHO S. Pedro Alva	1:06.21	388	32.20	1:06.21
4.	06	Miguel Joao, PINHEIRO Academica de Coimbra	1:09.61	334	33.39	1:09.61
5.	07	Rodrigo Marques, LIMA CASPAE	1:11.87	304	35.04	1:11.87
Seniores						
1.	05	Ricardo Matias, SANTOS Louzan Natação	58.99	549	29.52	58.99
2.	04	Gustavo Pires, MARQUES União de Coimbra	59.45	537	28.59	59.45
3.	04	Jose Diogo, DIAS Náutico Académico	1:01.06	495	29.95	1:01.06
4.	00	Pedro Guilherme, FERREIRA Miranda do Corvo	1:02.02	473	29.54	1:02.02
5.	02	Diogo Ribas, MATOS Condeixa Clube	1:03.20	447	30.71	1:03.20
6.	05	Tomas Carvalho, SANTOS Louzan Natação	1:03.90	432	30.61	1:03.90
7.	04	Renato Maria, FERREIRA União de Coimbra	1:11.26	311	34.27	1:11.26
DNS	97	Gabriel Jose, LOPES Louzan Natação				

Prova 17
25/11/2023
Pontos: FINA 2022

Femin., 50m Mariposa

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	10	Maria Miguel, FERNANDES Columbofila Cantanhedense	33.28	393
2.	10	Rita Lucas, SANTOS Condeixa Clube	33.46	386
3.	10	Leonor Sobreiro, ALMEIDA CASPAE	33.99	369
4.	10	Maria Ines, GANTE Náutico Académico	34.19	362
5.	10	Maria Ines, RODRIGUES Condeixa Clube	34.95	339
6.	10	Isabella Scavone, LOPES Miranda do Corvo	35.20	332
7.	10	Sofia Daniela, FERREIRA União de Coimbra	35.22	331
8.	10	Mia Cardoso, BAPTISTA Náutico Académico	37.99	264
9.	10	Beatriz Ribeiro, VELOSO Vigor da Mocidade	38.72	249
10.	10	Erica Maria, ALMEIDA Vigor da Mocidade	45.52	153
Juvenis A				
1.	09	Raquel Alexandra, CANCELA Louzan Natação	31.95	444
2.	09	Rita Calado, CRUZ Náutico Académico	33.56	383
3.	09	Gabriela Leonardo, MEDINA Condeixa Clube	34.13	364
4.	09	Gabriela Maria, SILVA Columbofila Cantanhedense	48.26	128

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 17, Femin., 50m Mariposa

Juniores

1. Leonor Mil, MANO	07	Náutico Académico	29.74	550
2. Julia Maria, SOARES	08	Miranda do Corvo	32.33	428
3. Ana Beatriz, CAMPOS	08	Academica de Coimbra	33.06	401
4. Laura Silva, FERNANDES	08	Miranda do Corvo	35.29	329
5. Raquel Filipa, JESUS	08	União de Coimbra	35.83	315
6. Francisca Dias, AGANTE	08	Vigor da Mocidade	44.14	168

Seniores

1. Beatriz Costa, TEJO	02	Academica de Coimbra	29.09	588
2. Matilde Fonseca, OLIVEIRA	06	Louzan Natação	30.11	530
3. Maria Carlota, REBELO	03	Condeixa Clube	30.53	509
4. Bruna Cruz, CARVALHO	03	Louzan Natação	30.93	489
5. Joana Filipa, VARELA	06	Náutico Académico	31.97	443
6. Mariana Carmo, ROSA	05	Condeixa Clube	32.26	431
7. Matilde Alves, FLORENCIO	04	Condeixa Clube	32.57	419
DNS Ines Camacho, FERNANDES	97	Condeixa Clube		

Prova 18

25/11/2023

Masc., 50m Mariposa

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1. Joao Nuno, GASPAR	09	Condeixa Clube	29.93	383
2. Jose Pedro, COSTA	09	Náutico Académico	31.92	316
3. Ricardo Cesar, SILVA	09	Academica de Coimbra	38.49	180
DSQ Antonio Samuel, PAIS	09	S. Pedro Alva		
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>				

Juvenis A

1. Tiago Cravino, RIBEIRO	08	Náutico Académico	32.46	300
2. Henrique Figueiredo, FIDALGO	08	Vigor da Mocidade	34.40	252
3. Pedro Miguel, LEITAO	08	CASPAE	41.71	141
DNS Martim Nobre, PASCOAL	08	Columbifila Cantanhedense		

Juniores

1. Afonso Vidal, TOMAS	06	Louzan Natação	26.91	528
2. Edgar Tavares, MENDES	06	Academica de Coimbra	27.45	497
3. Joao Ferreira, MARQUES	06	Academica de Coimbra	27.52	493
Francisco Cruz, CARVALHO	06	S. Pedro Alva	27.52	493
5. Carlos Miguel, OLIVEIRA	06	Náutico Académico	27.72	483
6. Miguel Bernardo, ARAUJO	06	Condeixa Clube	27.79	479
7. Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	32.16	309
8. Rodrigo Marques, LIMA	07	CASPAE	33.95	262

Seniores

1. Ricardo Jorge, DOMINGUES	02	Náutico Académico	25.94	589
2. Gustavo Pires, MARQUES	04	União de Coimbra	26.14	576
3. Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	26.18	573
4. Andre Gouveia, COSTA	01	Condeixa Clube	26.62	545
5. Miguel Freitas, OVIEDO	02	Academica de Coimbra	26.81	533
6. Tomas Carvalho, SANTOS	05	Louzan Natação	27.62	488

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 18, Masc., 50m Mariposa, Seniores

Lugar	Ano	Tempo final	Pts
7. Goncalo Carvalho, SANTOS	05 Louzan Natação	28.61	439
8. Gabriel Jose, JULIO	01 Academica de Coimbra	29.79	389

Prova 19
25/11/2023

Femin., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Maria Neto, SIMOES	10 Condeixa Clube	5:17.10	544
50m: 33.54 33.54	150m: 1:53.06 41.40	250m: 3:17.55 44.22	350m: 4:41.00 38.01
100m: 1:11.66 38.12	200m: 2:33.33 40.27	300m: 4:02.99 45.44	400m: 5:17.10 36.10
2. Maria Ines, GANTE	10 Náutico Académico	5:42.51	432
50m: 37.26 37.26	150m: 2:05.02 46.37	250m: 3:37.55 48.40	350m: 5:05.73 39.10
100m: 1:18.65 41.39	200m: 2:49.15 44.13	300m: 4:26.63 49.08	400m: 5:42.51 36.78
3. Leonor Sobreiro, ALMEIDA	10 CASPAE	5:44.83	423
50m: 36.68 36.68	150m: 2:04.72 44.98	250m: 3:34.91 45.95	350m: 5:04.80 42.53
100m: 1:19.74 43.06	200m: 2:48.96 44.24	300m: 4:22.27 47.36	400m: 5:44.83 40.03
4. Leonor Mosca, SILVA	10 Columbofila Cantanhedense	6:06.87	351
50m: 38.85 38.85	150m: 2:14.32 48.61	250m: 3:51.11 50.16	350m: 5:25.25 43.13
100m: 1:25.71 46.86	200m: 3:00.95 46.63	300m: 4:42.12 51.01	400m: 6:06.87 41.62

Juvenis A

1. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	5:32.79	471
50m: 35.74 35.74	150m: 1:59.67 42.61	250m: 3:28.89 48.62	350m: 4:56.19 38.09
100m: 1:17.06 41.32	200m: 2:40.27 40.60	300m: 4:18.10 49.21	400m: 5:32.79 36.60
2. Caetana Amado, SANTOS	09 Miranda do Corvo	5:39.14	445
50m: 37.85 37.85	150m: 2:05.44 40.76	250m: 3:34.90 49.93	350m: 5:02.70 37.60
100m: 1:24.68 46.83	200m: 2:44.97 39.53	300m: 4:25.10 50.20	400m: 5:39.14 36.44
3. Ana Laura, LUCAS	09 Columbofila Cantanhedense	6:18.12	321
50m: 43.20 43.20	150m: 2:23.69 49.39	250m: 4:01.97 50.53	350m: 5:37.21 43.53
100m: 1:34.30 51.10	200m: 3:11.44 47.75	300m: 4:53.68 51.71	400m: 6:18.12 40.91

Juniores

1. Angela Rodrigues, REBELO	07 Louzan Natação	5:16.83	545
50m: 33.01 33.01	150m: 1:52.73 41.89	250m: 3:18.29 44.13	350m: 4:40.54 37.82
100m: 1:10.84 37.83	200m: 2:34.16 41.43	300m: 4:02.72 44.43	400m: 5:16.83 36.29
2. Laura Carvalho, FERNANDES	08 Náutico Académico	5:32.75	471
50m: 33.74 33.74	150m: 1:55.93 43.31	250m: 3:27.84 49.89	350m: 4:56.17 38.73
100m: 1:12.62 38.88	200m: 2:37.95 42.02	300m: 4:17.44 49.60	400m: 5:32.75 36.58

Seniores

1. Ines Jacinto, HENRIQUES	00 Louzan Natação	4:57.62	658
50m: 31.41 31.41	150m: 1:45.92 38.43	250m: 3:06.87 42.66	350m: 4:24.07 34.64
100m: 1:07.49 36.08	200m: 2:24.21 38.29	300m: 3:49.43 42.56	400m: 4:57.62 33.55
2. Maria Carlota, REBELO	03 Condeixa Clube	4:58.49	652
50m: 32.17 32.17	150m: 1:47.81 39.61	250m: 3:08.44 41.67	350m: 4:24.96 34.64
100m: 1:08.20 36.03	200m: 2:26.77 38.96	300m: 3:50.32 41.88	400m: 4:58.49 33.53
3. Ana Carolina, MONTEIRO	04 União de Coimbra	5:11.08	576
50m: 32.79 32.79	150m: 1:51.19 41.78	250m: 3:15.64 43.58	350m: 4:35.98 35.96
100m: 1:09.41 36.62	200m: 2:32.06 40.87	300m: 4:00.02 44.38	400m: 5:11.08 35.10

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 19, Femin., 400m Estilos, Seniores

Lugar	Ano	Tempo final	Pts
4. Helena Nunes, RODRIGUES	03 Condeixa Clube	5:22.03	519
50m: 34.91 34.91 150m: 1:56.29 41.96 250m: 3:24.50 47.55 350m: 4:47.96 35.78			
100m: 1:14.33 39.42 200m: 2:36.95 40.66 300m: 4:12.18 47.68 400m: 5:22.03 34.07			
DNS Camila Rodrigues, REBELO	03 Louzan Natação		

Prova 20
25/11/2023

Masc., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
DSQ Guilherme Andre, GASPAR	09 Náutico Académico		
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>			

Juvenis A

1. Rafael Pereira, RODRIGUES	08 Condeixa Clube	4:58.50	486
50m: 31.83 31.83 150m: 1:47.26 39.10 250m: 3:07.90 42.74 350m: 4:25.53 34.36			
100m: 1:08.16 36.33 200m: 2:25.16 37.90 300m: 3:51.17 43.27 400m: 4:58.50 32.97			
2. Samuel Dinis, MAIA	08 Miranda do Corvo	5:11.14	429
50m: 32.78 32.78 150m: 1:50.68 39.30 250m: 3:14.05 44.11 350m: 4:36.22 36.54			
100m: 1:11.38 38.60 200m: 2:29.94 39.26 300m: 3:59.68 45.63 400m: 5:11.14 34.92			
3. Francisco Fernandes, PEREIRA	08 Academica de Coimbra	5:19.46	397
50m: 33.47 33.47 150m: 1:50.44 39.13 250m: 3:15.64 47.20 350m: 4:42.39 38.94			
100m: 1:11.31 37.84 200m: 2:28.44 38.00 300m: 4:03.45 47.81 400m: 5:19.46 37.07			
DSQ Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense		
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>			

Juniiores

1. Duarte Jose, FERNANDES	06 União de Coimbra	4:47.88	542
50m: 28.91 28.91 150m: 1:42.96 39.87 250m: 3:00.43 38.85 350m: 4:16.74 34.86			
100m: 1:03.09 34.18 200m: 2:21.58 38.62 300m: 3:41.88 41.45 400m: 4:47.88 31.14			
2. Alexandre, DZYAKANAU	07 Louzan Natação	4:52.28	518
50m: 30.40 30.40 150m: 1:42.32 37.39 250m: 3:02.41 43.02 350m: 4:19.29 33.43			
100m: 1:04.93 34.53 200m: 2:19.39 37.07 300m: 3:45.86 43.45 400m: 4:52.28 32.99			
3. Jose Miguel, MARQUES	06 Condeixa Clube	4:56.14	498
50m: 30.63 30.63 150m: 1:46.46 40.84 250m: 3:07.24 41.22 350m: 4:23.62 34.32			
100m: 1:05.62 34.99 200m: 2:26.02 39.56 300m: 3:49.30 42.06 400m: 4:56.14 32.52			
4. Francisco Couto, FRAZAO	06 Academica de Coimbra	5:08.73	439
50m: 32.31 32.31 150m: 1:47.90 37.79 250m: 3:13.05 47.35 350m: 4:35.36 34.83			
100m: 1:10.11 37.80 200m: 2:25.70 37.80 300m: 4:00.53 47.48 400m: 5:08.73 33.37			

Seniores

1. Joaquim Agra, MERUJE	01 Academica de Coimbra	4:48.75	537
50m: 30.05 30.05 150m: 1:43.77 38.23 250m: 3:00.81 39.09 350m: 4:15.54 34.78			
100m: 1:05.54 35.49 200m: 2:21.72 37.95 300m: 3:40.76 39.95 400m: 4:48.75 33.21			

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 21
25/11/2023

Femin., 4 x 50m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar				Tempo final	Pts
Juvenis B					
1.	Condeixa Clube Juv B		Condeixa Clube	1:55.09	519
	<i>Rec Nacional</i>				
	Maria Ines, RODRIGUES	10	30.17	Rita Lucas, SANTOS	10
	Maria Neto, SIMOES	10	28.95	Camila Duarte, MARCELO	10
					28.54
					27.43
Juniores					
1.	Náutico Académico Jun		Náutico Académico	1:54.92	521
	Maria Manuel, CORTESAO	08	29.08	Marta Andre, AGUILAR	07
	Ines Miranda, DIOGO	07	29.75	Leonor Mil, MANO	07
					29.02
					27.07
Seniores					
1.	Condeixa Clube Sen		Condeixa Clube	1:54.51	527
	Joana Francisca, RODRIGUES	04	27.65	Mariana Carmo, ROSA	05
	Maria Carlota, REBELO	03	28.91	Helena Nunes, RODRIGUES	03
					28.99
					28.96
2.	Náutico Académico Sen		Náutico Académico	1:56.60	499
	Leonor Verissimo, FARIA	06	29.13	Matilde Domingues, GAMEIRO	97
	Maria Neto, FERREIRA	06	29.14	Joana Filipa, VARELA	06
					28.70
					29.63
DNS	Louzan Natação Sen		Louzan Natação		

Prova 22
25/11/2023

Masc., 4 x 50m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar				Tempo final	Pts
Juniores					
1.	Náutico Académico Jun		Náutico Académico	1:42.58	507
	Carlos Miguel, OLIVEIRA	06	25.40	Tomas Veiga, PEREIRA	06
	David Duarte, JESUS	07	25.58	Joao Rafael, FERREIRA	06
					26.61
					24.99
2.	Academica de Coimbra Jun		Academica de Coimbra	1:46.08	458
	Joao Ferreira, MARQUES	06	26.25	David Ferreira, SILVA	07
	Edgar Tavares, MENDES	06	26.53	Miguel Joao, PINHEIRO	06
					26.60
					26.70
Seniores					
1.	Náutico Académico Sen		Náutico Académico	1:39.02	563
	Rodrigo Miguel, REIS	04	24.81	Joao Neto, PEREIRA	02
	Vasco Pereira, BASTOS	02	25.37	Ricardo Jorge, DOMINGUES	02
					23.88
					24.96
2.	Academica de Coimbra Sen		Academica de Coimbra	1:41.84	518
	Rodrigo Alexandre, PATRICIO	98	24.80	Gabriel Jose, JULIO	01
	Miguel Freitas, OVIEDO	02	25.73	Joaquim Agra, MERUJE	01
					26.30
					25.01
3.	Condeixa Clube Sen		Condeixa Clube	1:45.38	467
	Diogo Ribas, MATOS	02	25.97	Tomas Cardoso, GERALDO	05
	Andre Gouveia, COSTA	01	26.71	Rodrigo Ribeiro, GOMES	00
					27.97
					24.73

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 23
26/11/2023
Pontos: FINA 2022

Masc., 4 x 50m Estilos

Absolutos
Resultados

Lugar				Tempo final	Pts
Juniores					
1.	Náutico Académico Jun		Náutico Académico	1:56.63	461
	Tomas Veiga, PEREIRA 06	32.58	Carlos Miguel, OLIVEIRA 06		27.00
	David Duarte, JESUS 07	32.12	Joao Rafael, FERREIRA 06		24.93
2.	Academica de Coimbra Jun		Academica de Coimbra	1:56.64	461
	Edgar Tavares, MENDES 06	29.20	Joao Ferreira, MARQUES 06		26.85
	David Ferreira, SILVA 07	34.11	Miguel Joao, PINHEIRO 06		26.48
Seniores					
1.	Náutico Académico Sen		Náutico Académico	1:51.49	528
	Jose Diogo, DIAS 04	29.10	Ricardo Jorge, DOMINGUES 02		25.95
	Vasco Pereira, BASTOS 02	31.63	Rodrigo Miguel, REIS 04		24.81
2.	Academica de Coimbra Sen		Academica de Coimbra	1:54.68	485
	Fabio Mondego, CENTEIO 94	30.66	Rodrigo Alexandre, PATRICIO 98		26.30
	Miguel Caridade, GASPAR 99	31.56	Gabriel Jose, JULIO 01		26.16

Prova 24
26/11/2023
Pontos: FINA 2022

Femin., 4 x 50m Estilos

Absolutos
Resultados

Lugar				Tempo final	Pts
Juvenis B					
1.	Condeixa Clube Juv B		Condeixa Clube	2:07.67	515
	<i>Rec Nacional</i>				
	Rita Lucas, SANTOS 10	33.38	Camila Duarte, MARCELO 10		29.57
	Maria Neto, SIMOES 10	35.49	Maria Ines, RODRIGUES 10		29.23
Juniores					
1.	Náutico Académico Jun		Náutico Académico	2:11.51	471
	Ines Miranda, DIOGO 07	33.39	Laura Carvalho, FERNANDES 08		32.95
	Leonor Mil, MANO 07	36.31	Marta Andre, AGUILAR 07		28.86
Seniores					
1.	Condeixa Clube Sen		Condeixa Clube	2:06.94	524
	Helena Nunes, RODRIGUES 03	32.73	Joana Francisca, RODRIGUES 04		29.20
	Maria Carlota, REBELO 03	35.56	Mariana Carmo, ROSA 05		29.45
2.	Náutico Académico Sen		Náutico Académico	2:09.35	495
	Leonor Verissimo, FARIA 06	32.78	Maria Neto, FERREIRA 06		31.27
	Beatriz Andre, GASPAR 06	36.66	Matilde Domingues, GAMEIRO 97		28.64

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 25
26/11/2023

Masc., 800m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Tomas Rafael, PEREIRA	09 Nautico Académico	10:25.57	356
100m: 1:11.31 1:11.31	300m: 3:49.24 1:19.51	500m: 6:28.12 1:19.03	700m: 9:07.53 1:18.96
200m: 2:29.73 1:18.42	400m: 5:09.09 1:19.85	600m: 7:48.57 1:20.45	800m: 10:25.57 1:18.04

Juvenis A

1. Rafael Pereira, RODRIGUES	08 Condeixa Clube	8:59.44	555
100m: 1:05.20 1:05.20	300m: 3:22.08 1:08.60	500m: 5:38.18 1:07.56	700m: 7:53.18 1:07.35
200m: 2:13.48 1:08.28	400m: 4:30.62 1:08.54	600m: 6:45.83 1:07.65	800m: 8:59.44 1:06.26
2. Guilherme Simoes, SOUSA	08 Nautico Académico	9:08.31	528
100m: 1:04.88 1:04.88	300m: 3:22.22 1:08.70	500m: 5:40.74 1:09.43	700m: 8:00.70 1:09.91
200m: 2:13.52 1:08.64	400m: 4:31.31 1:09.09	600m: 6:50.79 1:10.05	800m: 9:08.31 1:07.61
3. Salvador Correia, PEREIRA	08 Condeixa Clube	9:18.35	500
100m: 1:04.69 1:04.69	300m: 3:25.93 1:11.43	500m: 5:48.23 1:11.41	700m: 8:11.15 1:10.83
200m: 2:14.50 1:09.81	400m: 4:36.82 1:10.89	600m: 7:00.32 1:12.09	800m: 9:18.35 1:07.20
4. Samuel Dinis, MAIA	08 Miranda do Corvo	9:41.73	442
100m: 1:06.92 1:06.92	300m: 3:31.24 1:12.45	500m: 5:59.24 1:14.47	700m: 8:28.58 1:14.20
200m: 2:18.79 1:11.87	400m: 4:44.77 1:13.53	600m: 7:14.38 1:15.14	800m: 9:41.73 1:13.15

Juniores

1. Marco Dimitar, OLIVEIRA	07 Nautico Académico	8:53.99	572
100m: 1:01.29 1:01.29	300m: 3:13.81 1:07.01	500m: 5:30.38 1:08.77	700m: 7:48.22 1:08.64
200m: 2:06.80 1:05.51	400m: 4:21.61 1:07.80	600m: 6:39.58 1:09.20	800m: 8:53.99 1:05.77
2. Duarte Cachulo, MARQUES	07 Condeixa Clube	8:55.49	567
100m: 1:02.33 1:02.33	300m: 3:14.97 1:06.40	500m: 5:29.81 1:08.60	700m: 7:48.62 1:08.92
200m: 2:08.57 1:06.24	400m: 4:21.21 1:06.24	600m: 6:39.70 1:09.89	800m: 8:55.49 1:06.87
3. Joao Ferreira, MARQUES	06 Academica de Coimbra	8:58.66	557
100m: 1:04.15 1:04.15	300m: 3:21.15 1:08.49	500m: 5:36.99 1:07.84	700m: 7:52.97 1:07.13
200m: 2:12.66 1:08.51	400m: 4:29.15 1:08.00	600m: 6:45.84 1:08.85	800m: 8:58.66 1:05.69
4. Tomas Veiga, PEREIRA	06 Nautico Académico	8:59.87	554
100m: 1:02.30 1:02.30	300m: 3:17.09 1:08.25	500m: 5:34.25 1:08.52	700m: 7:51.50 1:08.87
200m: 2:08.84 1:06.54	400m: 4:25.73 1:08.64	600m: 6:42.63 1:08.38	800m: 8:59.87 1:08.37
5. Jose Miguel, MARQUES	06 Condeixa Clube	9:08.25	529
100m: 1:06.14 1:06.14	300m: 3:23.16 1:08.37	500m: 5:40.47 1:08.06	700m: 7:59.61 1:10.08
200m: 2:14.79 1:08.65	400m: 4:32.41 1:09.25	600m: 6:49.53 1:09.06	800m: 9:08.25 1:08.64
6. Francisco Couto, FRAZAO	06 Academica de Coimbra	9:17.06	504
100m: 1:05.48 1:05.48	300m: 3:24.42 1:09.45	500m: 5:45.97 1:11.15	700m: 8:07.77 1:11.01
200m: 2:14.97 1:09.49	400m: 4:34.82 1:10.40	600m: 6:56.76 1:10.79	800m: 9:17.06 1:09.29
7. David Ferreira, SILVA	07 Academica de Coimbra	9:18.18	501
100m: 1:05.59 1:05.59	300m: 3:24.71 1:10.17	500m: 5:46.16 1:11.09	700m: 8:09.16 1:11.95
200m: 2:14.54 1:08.95	400m: 4:35.07 1:10.36	600m: 6:57.21 1:11.05	800m: 9:18.18 1:09.02

Seniores

1. Ricardo Matias, SANTOS	05 Louzan Natação	8:32.64	647
100m: 1:01.10 1:01.10	300m: 3:10.04 1:04.64	500m: 5:20.55 1:05.23	700m: 7:30.17 1:04.57
200m: 2:05.40 1:04.30	400m: 4:15.32 1:05.28	600m: 6:25.60 1:05.05	800m: 8:32.64 1:02.47
2. Antonio Pedro, MARTINS	05 União de Coimbra	9:23.22	487
100m: 1:08.15 1:08.15	300m: 3:31.10 1:11.10	500m: 5:53.11 1:11.02	700m: 8:15.13 1:11.02
200m: 2:20.00 1:11.85	400m: 4:42.09 1:10.99	600m: 7:04.11 1:11.00	800m: 9:23.22 1:08.09

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 25, Masc., 800m Livres, Seniores

Lugar	Ano		Tempo final		Pts
3. Tomas Cardoso, GERALDO	05	Condeixa Clube	9:35.13	458	
100m: 1:07.80 1:07.80	300m: 3:31.48 1:11.70	500m: 5:55.88 1:12.51	700m: 8:22.41 1:13.23		
200m: 2:19.78 1:11.98	400m: 4:43.37 1:11.89	600m: 7:09.18 1:13.30	800m: 9:35.13 1:12.72		

Prova 26
26/11/2023

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. Rita Lucas, SANTOS	10	Condeixa Clube	4:50.60	521	
50m: 33.31 33.31	150m: 1:47.74 37.04	250m: 3:03.17 37.72	350m: 4:17.22 36.75		
100m: 1:10.70 37.39	200m: 2:25.45 37.71	300m: 3:40.47 37.30	400m: 4:50.60 33.38		
2. Leonor Antunes, PAIVA	10	Náutico Académico	4:57.49	486	
50m: 34.12 34.12	150m: 1:47.56 37.38	250m: 3:03.90 38.18	350m: 4:20.66 38.34		
100m: 1:10.18 36.06	200m: 2:25.72 38.16	300m: 3:42.32 38.42	400m: 4:57.49 36.83		
3. Maria Ines, GANTE	10	Náutico Académico	5:00.57	471	
50m: 35.30 35.30	150m: 1:51.84 38.78	250m: 3:09.07 38.60	350m: 4:24.13 37.20		
100m: 1:13.06 37.76	200m: 2:30.47 38.63	300m: 3:46.93 37.86	400m: 5:00.57 36.44		
4. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:05.38	449	
50m: 33.95 33.95	150m: 1:50.70 38.90	250m: 3:09.09 39.22	350m: 4:27.14 39.33		
100m: 1:11.80 37.85	200m: 2:29.87 39.17	300m: 3:47.81 38.72	400m: 5:05.38 38.24		
5. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	5:09.50	431	
50m: 35.83 35.83	150m: 1:54.13 39.19	250m: 3:13.55 38.94	350m: 4:32.37 39.26		
100m: 1:14.94 39.11	200m: 2:34.61 40.48	300m: 3:53.11 39.56	400m: 5:09.50 37.13		
6. Isabella Scavone, LOPES	10	Miranda do Corvo	5:09.54	431	
50m: 35.58 35.58	150m: 1:53.65 39.07	250m: 3:13.35 40.01	350m: 4:32.12 39.65		
100m: 1:14.58 39.00	200m: 2:33.34 39.69	300m: 3:52.47 39.12	400m: 5:09.54 37.42		
7. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	5:13.58	415	
50m: 36.29 36.29	150m: 1:55.03 39.34	250m: 3:14.99 39.93	350m: 4:35.00 39.96		
100m: 1:15.69 39.40	200m: 2:35.06 40.03	300m: 3:55.04 40.05	400m: 5:13.58 38.58		
8. Maria Ines, RODRIGUES	10	Condeixa Clube	5:15.15	408	
50m: 35.96 35.96	150m: 1:56.15 40.39	250m: 3:16.85 40.04	350m: 4:37.38 40.20		
100m: 1:15.76 39.80	200m: 2:36.81 40.66	300m: 3:57.18 40.33	400m: 5:15.15 37.77		
9. Sofia Daniela, FERREIRA	10	União de Coimbra	5:37.56	332	
50m: 35.97 35.97	150m: 1:59.68 42.73	250m: 3:27.13 43.67	350m: 4:55.38 44.04		
100m: 1:16.95 40.98	200m: 2:43.46 43.78	300m: 4:11.34 44.21	400m: 5:37.56 42.18		

Juvenis A

1. Caetana Amado, SANTOS	09	Miranda do Corvo	5:04.52	453	
50m: 33.24 33.24	150m: 1:50.07 38.98	250m: 3:08.86 39.24	350m: 4:27.14 39.03		
100m: 1:11.09 37.85	200m: 2:29.62 39.55	300m: 3:48.11 39.25	400m: 5:04.52 37.38		

Juniores

1. Marta Andre, AGUILAR	07	Náutico Académico	4:33.22	627	
50m: 32.09 32.09	150m: 1:40.82 34.62	250m: 2:50.08 34.63	350m: 3:59.55 34.74		
100m: 1:06.20 34.11	200m: 2:15.45 34.63	300m: 3:24.81 34.73	400m: 4:33.22 33.67		
2. Maria Manuel, CORTESAO	08	Náutico Académico	4:47.32	539	
50m: 32.77 32.77	150m: 1:44.66 36.36	250m: 2:58.02 36.46	350m: 4:11.12 36.24		
100m: 1:08.30 35.53	200m: 2:21.56 36.90	300m: 3:34.88 36.86	400m: 4:47.32 36.20		

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 26, Femin., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts
3.	Ines Miranda, DIOGO		07	Náutico Académico				4:50.21	523
	50m:	33.15 33.15	150m:	1:45.23	36.50	250m:	2:58.79 36.79	350m:	4:13.36 37.46
	100m:	1:08.73 35.58	200m:	2:22.00	36.77	300m:	3:35.90 37.11	400m:	4:50.21 36.85
4.	Cristiana Sofia, DUARTE		07	Academica de Coimbra				5:00.11	473
	50m:	33.23 33.23	150m:	1:46.46	37.33	250m:	3:02.36 37.75	350m:	4:21.04 39.44
	100m:	1:09.13 35.90	200m:	2:24.61	38.15	300m:	3:41.60 39.24	400m:	5:00.11 39.07
5.	Raquel Filipa, JESUS		08	União de Coimbra				5:12.50	419
	50m:	36.00 36.00	150m:	1:54.43	39.36	250m:	3:14.42 40.20	350m:	4:34.45 39.92
	100m:	1:15.07 39.07	200m:	2:34.22	39.79	300m:	3:54.53 40.11	400m:	5:12.50 38.05

Seniores

1.	Leonor Verissimo, FARIA		06	Náutico Académico				4:38.74	591
	50m:	32.13 32.13	150m:	1:41.04	34.89	250m:	2:51.68 35.58	350m:	4:03.23 35.81
	100m:	1:06.15 34.02	200m:	2:16.10	35.06	300m:	3:27.42 35.74	400m:	4:38.74 35.51

Prova 27
26/11/2023

Masc., 100m Mariposa

Absolutos
Resultados

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts	50m	100m
Juvenis B									
1.	Joao Nuno, GASPAR		09	Condeixa Clube		1:09.19	329	31.98	1:09.19
2.	Jose Pedro, COSTA		09	Náutico Académico		1:12.14	290	32.97	1:12.14
3.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense		1:15.22	256	34.57	1:15.22
Juvenis A									
1.	Tiago Cravino, RIBEIRO		08	Náutico Académico		1:14.93	259	34.47	1:14.93
DNS	Martim Nobre, PASCOAL		08	Columbofila Cantanhedense					
Juniores									
1.	Edgar Tavares, MENDES		06	Academica de Coimbra		1:01.44	470	28.64	1:01.44
2.	Joao Ferreira, MARQUES		06	Academica de Coimbra		1:02.54	445	29.05	1:02.54
3.	Afonso Vidal, TOMAS		06	Louzan Natação		1:02.96	437	26.89	1:02.96
Seniores									
1.	Gustavo Pires, MARQUES		04	União de Coimbra		57.07	586	26.95	57.07
2.	Andre Gouveia, COSTA		01	Condeixa Clube		58.65	540	27.54	58.65
3.	Ricardo Jorge, DOMINGUES		02	Náutico Académico		58.72	538	27.75	58.72
4.	Rodrigo Alexandre, PATRICIO		98	Academica de Coimbra		58.78	537	27.03	58.78
5.	Rodrigo Miguel, REIS		04	Náutico Académico		1:00.17	500	28.10	1:00.17
6.	Joao Neves, ALMEIDA		05	Náutico Académico		1:01.99	457	28.84	1:01.99
7.	Tomas Coelho, CORDEIRO		04	Individual ANC		1:08.45	340	32.00	1:08.45
DNS	Diogo Luis, CANCELA		02	Louzan Natação					

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 28
26/11/2023

Femin., 100m Mariposa

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m		
Juvenis B								
1.		Camila Duarte, MARCELO	10	Condeixa Clube	1:12.28	430	33.50	1:12.28
2.		Isabella Scavone, LOPES	10	Miranda do Corvo	1:20.26	314	37.17	1:20.26
Juvenis A								
1.		Gabriela Leonardo, MEDINA	09	Condeixa Clube	1:20.70	309	36.71	1:20.70
Juniores								
1.		Angela Rodrigues, REBELO	07	Louzan Natação	1:07.81	521	31.51	1:07.81
2.		Leonor Mil, MANO	07	Náutico Académico	1:08.78	499	31.31	1:08.78
3.		Laura Carvalho, FERNANDES	08	Náutico Académico	1:11.82	439	33.95	1:11.82
4.		Julia Maria, SOARES	08	Miranda do Corvo	1:11.93	437	32.64	1:11.93
5.		Rita Isabel, NEVES	08	Condeixa Clube	1:15.16	383	34.08	1:15.16
Seniores								
1.		Ines Jacinto, HENRIQUES	00	Louzan Natação	1:03.20	644	29.71	1:03.20
2.		Ana Carolina, MONTEIRO	04	União de Coimbra	1:05.50	578	30.86	1:05.50
3.		Beatriz Costa, TEJO	02	Academica de Coimbra	1:05.51	578	30.24	1:05.51
4.		Joana Francisca, RODRIGUES	04	Condeixa Clube	1:05.97	566	30.73	1:05.97
5.		Maria Carlota, REBELO	03	Condeixa Clube	1:08.00	517	31.57	1:08.00
6.		Helena Nunes, RODRIGUES	03	Condeixa Clube	1:09.28	489	32.78	1:09.28
7.		Matilde Fonseca, OLIVEIRA	06	Louzan Natação	1:11.13	452	30.91	1:11.13
DNS		Leonor Correia, PAIVA	04	Louzan Natação				
EXH		Leah, WHITTAKER	05	Porto	1:09.41	486	31.67	1:09.41

Prova 29
26/11/2023

Masc., 50m Bruços

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts		
Juvenis B						
1.		Guilherme Andre, GASPAR	09	Náutico Académico	34.62	374
2.		Guilherme Santos, FERREIRA	09	CASPAE	43.06	194
DSQ		Joao Rodrigo, COELHO	09	Academica de Coimbra		
<i>SW 4.4 - Falsa Partida</i>						
Juvenis A						
1.		Pedro Miguel, LEITAO	08	CASPAE	43.76	185
Juniores						
1.		Duarte Jose, FERNANDES	06	União de Coimbra	31.75	485
2.		Francisco Cruz, CARVALHO	06	S. Pedro Alva	32.08	470
3.		Carlos Miguel, OLIVEIRA	06	Náutico Académico	32.62	447
4.		David Duarte, JESUS	07	Náutico Académico	32.75	442
5.		Miguel Bernardo, ARAUJO	06	Condeixa Clube	33.57	410
6.		Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	41.12	223

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 29, Masc., 50m Bruços

Seniores

1. Vasco Pereira, BASTOS	02	Náutico Académico	32.04	472
DNS Diogo Luis, CANCELA	02	Louzan Natação		
EXH Bohdan, ZAPOROZHETS	05	Cumbofila Cantanhedense	39.11	259

Prova 30
26/11/2023

Femin., 50m Bruços

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1. Leonor Sobreiro, ALMEIDA	10	CASPAE	38.00	424
2. Mariana Bernardo, SILVESTRE	10	Náutico Académico	38.90	395

Juvenis A

1. Raquel Alexandra, CANCELA	09	Louzan Natação	38.23	416
2. Ana Margarida, CRUZ	09	Náutico Académico	40.97	338
3. Ana Laura, LUCAS	09	Cumbofila Cantanhedense	45.05	254
4. Luana Soares, BRAS	09	S. Pedro Alva	48.91	199
5. Gabriela Maria, SILVA	09	Cumbofila Cantanhedense	51.90	166

Juniores

1. Ana Beatriz, CAMPOS	08	Academica de Coimbra	37.20	452
2. Laura Silva, FERNANDES	08	Miranda do Corvo	40.02	363
3. Raquel Filipa, JESUS	08	União de Coimbra	41.36	329
4. Juliana Rodrigues, NOGUEIRA	08	S. Pedro Alva	45.44	248

Seniores

1. Bruna Cruz, CARVALHO	03	Louzan Natação	34.07	589
2. Beatriz Andre, GASPAS	06	Náutico Académico	37.52	441
3. Matilde Fonseca, OLIVEIRA	06	Louzan Natação	37.59	438
4. Matilde Alves, FLORENCIO	04	Condeixa Clube	38.00	424
DNS Leonor Correia, PAIVA	04	Louzan Natação		

Prova 31
26/11/2023

Masc., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Juvenis B								
1. Guilherme Andre, GASPAS	09	Náutico Académico	2:31.97	375	31.33	1:12.45	1:55.65	2:31.97
2. Francisco Antunes, SOUS	09	Cumbofila Cantanhedense	2:42.70	305	35.24	1:18.34	2:05.68	2:42.70
3. Joao Rodrigo, COELHO	09	Academica de Coimbra	3:04.06	211	45.26	1:33.84	2:24.08	3:04.06
Juvenis A								
1. Rafael Pereira, RODRIGU	08	Condeixa Clube	2:23.45	446	31.46	1:07.38	1:50.36	2:23.45
2. Rodrigo Mosca, SILVA	08	Cumbofila Cantanhedense	2:25.47	428	31.27	1:07.93	1:50.53	2:25.47
3. Samuel Dinis, MAIA	08	Miranda do Corvo	2:32.46	371	32.28	1:10.97	1:55.84	2:32.46

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 31, Masc., 200m Estilos

Juniores

1. Duarte Jose, FERNANDES	06	União de Coimbra	2:12.51	566	28.71	1:04.80	1:41.76	2:12.51
2. Alexandre, DZYAKANAU	07	Louzan Natação	2:14.75	538	28.14	1:02.25	1:42.89	2:14.75
3. David Duarte, JESUS	07	Náutico Académico	2:20.81	471	29.40	1:05.80	1:45.71	2:20.81
4. Jose Miguel, MARQUES	06	Condeixa Clube	2:22.31	457	29.30	1:08.64	1:50.37	2:22.31

Seniores

1. Miguel Caridade, GASPAR	99	Academica de Coimbra	2:17.52	506	30.33	1:06.91	1:44.38	2:17.52
2. Tomas Coelho, CORDEIRO	04	Individual ANC	2:25.08	431	32.01	1:09.30	1:52.65	2:25.08
3. Andre Gouveia, COSTA	01	Condeixa Clube	2:25.76	425	29.03	1:06.46	1:49.44	2:25.76
DNS Ricardo Matias, SANTOS	05	Louzan Natação						

Prova 32

Femin., 200m Estilos

Absolutos

26/11/2023

Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Juvenis B								
1. Maria Neto, SIMOES	10	Condeixa Clube	2:33.95	495	33.56	1:12.53	1:58.03	2:33.95
2. Leonor Mosca, SILVA	10	Columbofila Cantanhedens	2:52.05	355	37.86	1:22.78	2:12.43	2:52.05
3. Mia Cardoso, BAPTISTA	10	Náutico Académico	3:00.55	307	39.61	1:26.52	2:21.61	3:00.55
4. Sofia Daniela, FERREIRA	10	União de Coimbra	3:05.54	283	37.76	1:24.62	2:22.26	3:05.54
DSQ Leonor Antunes, PAIVA	10	Náutico Académico						
<i>SW 4.4 - Falsa Partida</i>								

Juvenis A

1. L., CAVALEIRO	09	Columbofila Cantanhedens	2:39.18	448	34.32	1:13.56	2:01.78	2:39.18
2. Caetana Amado, SANTOS	09	Miranda do Corvo	2:44.57	406	36.71	1:16.70	2:07.28	2:44.57
3. C., PEREIRINHA	09	S. Pedro Alva	2:55.76	333	38.61	1:20.95	2:15.76	2:55.76
4. Ana Laura, LUCAS	09	Columbofila Cantanhedens	3:04.19	289	42.96	1:30.87	2:21.78	3:04.19

Juniores

1. Dania Rodrigues, SIMOES	07	Louzan Natação	2:32.37	511	32.72	1:10.02	1:57.17	2:32.37
2. Rita Isabel, NEVES	08	Condeixa Clube	2:40.87	434	34.96	1:17.34	2:03.86	2:40.87
3. Ana Beatriz, CAMPOS	08	Academica de Coimbra	2:44.88	403	34.82	1:19.20	2:05.95	2:44.88
DSQ L., FERNANDES	08	Náutico Académico						
<i>SW 6.2 - O/A atleta perdeu a posição de costas aos 100 metros.</i>								

DNS Angela Rodrigues, REBEL07 Louzan Natação

Seniores

1. Ines Jacinto, HENRIQUES	00	Louzan Natação	2:24.92	594	30.82	1:07.73	1:50.93	2:24.92
2. Ana Carolina, MONTEIRO	04	União de Coimbra	2:26.12	580	31.32	1:10.49	1:52.36	2:26.12
3. Maria Neto, FERREIRA	06	Náutico Académico	2:34.46	491	32.33	1:11.16	1:57.96	2:34.46

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 33
26/11/2023

Masc., 4 x 200m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts
Juvenis B						
1.	Náutico Académico Juv B		Náutico Académico		9:13.51	397
	Tiago Janeiro, MOITA	09	32.17	1:07.70	1:44.35	2:21.48
	Tomas Rafael, PEREIRA	09	29.86	1:04.61	1:40.85	2:16.27
	Jose Pedro, COSTA	09	32.48	1:09.04	1:45.71	2:20.63
	Guilherme Andre, GASPAR	09	29.18	1:03.12	1:39.88	2:15.13
Juniores						
1.	Náutico Académico Jun		Náutico Académico		8:21.25	534
	Joao Rafael, FERREIRA	06	28.40	59.68	1:31.86	2:05.16
	Marco Dimitar, OLIVEIRA	07	27.69	59.02	1:31.46	2:03.61
	Tomas Veiga, PEREIRA	06	28.47	1:00.31	1:33.16	2:05.52
	David Duarte, JESUS	07	27.38	59.03	1:32.81	2:06.96
2.	Academica de Coimbra Jun		Academica de Coimbra		8:31.71	502
	Joao Ferreira, MARQUES	06	27.82	58.29	1:29.00	2:00.07
	David Ferreira, SILVA	07	29.82	1:02.56	1:36.46	2:10.34
	Miguel Joao, PINHEIRO	06	29.22	1:03.85	1:39.42	2:15.17
	Francisco Couto, FRAZAO	06	28.62	1:00.56	1:33.49	2:06.13
Seniores						
1.	Náutico Académico Sen		Náutico Académico		8:16.01	551
	Joao Neves, ALMEIDA	05	27.85	58.34	1:29.96	2:02.22
	Vasco Pereira, BASTOS	02	27.97	58.76	1:30.94	2:02.74
	Ricardo Jorge, DOMINGUES	02	27.69	59.14	1:31.53	2:03.74
	Rodrigo Miguel, REIS	04	28.30	1:00.54	1:34.11	2:07.31

Prova 34
26/11/2023

Femin., 4 x 200m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts
Juvenis B						
1.	Condeixa Clube Juv B		Condeixa Clube		9:27.04	509
	Maria Ines, RODRIGUES	10	34.22	1:12.44	1:52.27	2:30.47
	Rita Lucas, SANTOS	10	31.48	1:07.29	1:43.49	2:17.66
	Maria Neto, SIMOES	10	33.20	1:09.42	1:46.16	2:22.09
	Camila Duarte, MARCELO	10	31.45	1:06.67	1:42.56	2:16.82
2.	Náutico Académico Juv B		Náutico Académico		10:07.36	414
	Mia Cardoso, BAPTISTA	10	36.25	1:16.37	1:57.70	2:37.15
	Leonor Antunes, PAIVA	10	34.13	1:11.79	1:51.07	2:28.66
	Mariana Bernardo, SILVESTRE	10	34.64	1:13.83	1:54.07	2:32.00
	Maria Ines, GANTE	10	34.61	1:12.64	1:52.14	2:29.55
Juniores						
1.	Náutico Académico Jun		Náutico Académico		9:17.07	537
	Maria Manuel, CORTESAO	08	32.08	1:06.95	1:42.33	2:17.57
	Leonor Mii, MANO	07	30.47	1:04.40	1:38.69	2:13.70
	Ines Miranda, DIOGO	07	31.03	1:06.24	1:42.75	2:19.21
	Laura Carvalho, FERNANDES	08	33.83	1:11.09	1:49.23	2:26.59

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 34, Femin., 4 x 200m Livres

Seniores

1. Náutico Académico Sen		Náutico Académico	9:29.84	501
Maria Neto, FERREIRA	06	32.35 1:06.97 1:41.79 2:16.98	2:16.98	
Beatriz Andre, GASPAR	06	32.14 1:07.95 1:44.87 2:21.93	2:21.93	
Joana Ventura, PAIS	06	32.93 1:09.68 1:47.91 2:25.80	2:25.80	
Joana Filipa, VARELA	06	31.72 1:07.92 1:46.78 2:25.13	2:25.13	

Prova 35
26/11/2023

Femin., 800m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	10:22.60 456
100m: 1:12.64 1:12.64	300m: 3:50.86 1:19.29	500m: 6:29.78 1:19.75	700m: 9:06.81 1:18.08
200m: 2:31.57 1:18.93	400m: 5:10.03 1:19.17	600m: 7:48.73 1:18.95	800m: 10:22.60 1:15.79
2. Sofia Daniela, FERREIRA	10	União de Coimbra	11:28.80 337
100m: 1:20.97 1:20.97	300m: 4:17.83 1:27.85	500m: 7:10.98 1:26.00	700m: 10:04.54 1:27.49
200m: 2:49.98 1:29.01	400m: 5:44.98 1:27.15	600m: 8:37.05 1:26.07	800m: 11:28.80 1:24.26

Juniores

1. Marta Andre, AGUILAR	07	Náutico Académico	9:18.40	632
100m: 1:06.19 1:06.19	300m: 3:25.00 1:09.57	500m: 5:45.81 1:10.68	700m: 8:08.74 1:11.78	
200m: 2:15.43 1:09.24	400m: 4:35.13 1:10.13	600m: 6:56.96 1:11.15	800m: 9:18.40 1:09.66	
2. Maria Manuel, CORTESAO	08	Náutico Académico	9:55.50	521
100m: 1:09.67 1:09.67	300m: 3:39.87 1:15.48	500m: 6:11.29 1:15.51	700m: 8:42.50 1:15.55	
200m: 2:24.39 1:14.72	400m: 4:55.78 1:15.91	600m: 7:26.95 1:15.66	800m: 9:55.50 1:13.00	
3. Laura Carvalho, FERNANDES	08	Náutico Académico	10:00.86	507
100m: 1:12.04 1:12.04	300m: 3:42.70 1:15.42	500m: 6:15.07 1:16.39	700m: 8:47.52 1:15.70	
200m: 2:27.28 1:15.24	400m: 4:58.68 1:15.98	600m: 7:31.82 1:16.75	800m: 10:00.86 1:13.34	
4. Rita Isabel, NEVES	08	Condeixa Clube	10:05.75	495
100m: 1:12.51 1:12.51	300m: 3:46.30 1:16.80	500m: 6:18.89 1:16.09	700m: 8:51.46 1:16.20	
200m: 2:29.50 1:16.99	400m: 5:02.80 1:16.50	600m: 7:35.26 1:16.37	800m: 10:05.75 1:14.29	
5. Raquel Filipa, JESUS	08	União de Coimbra	10:53.60	394
100m: 1:15.91 1:15.91	300m: 3:59.47 1:22.17	500m: 6:46.16 1:24.41	700m: 9:33.60 1:23.38	
200m: 2:37.30 1:21.39	400m: 5:21.75 1:22.28	600m: 8:10.22 1:24.06	800m: 10:53.60 1:20.00	

Seniores

1. Leonor Verissimo, FARIA	06	Náutico Académico	9:18.69	631
100m: 1:07.16 1:07.16	300m: 3:28.32 1:10.82	500m: 5:50.69 1:11.11	700m: 8:11.85 1:10.17	
200m: 2:17.50 1:10.34	400m: 4:39.58 1:11.26	600m: 7:01.68 1:10.99	800m: 9:18.69 1:06.84	
2. Matilde Alves, FLORENCIO	04	Condeixa Clube	10:01.37	506
100m: 1:10.09 1:10.09	300m: 3:40.34 1:15.59	500m: 6:12.86 1:16.48	700m: 8:46.41 1:16.76	
200m: 2:24.75 1:14.66	400m: 4:56.38 1:16.04	600m: 7:29.65 1:16.79	800m: 10:01.37 1:14.96	

DNS Camila Rodrigues, REBELO 03 Louzan Natação

EXH Maria Luis, SA	06	Fluvial Portuense	9:23.79	614
100m: 1:06.92 1:06.92	300m: 3:28.58 1:10.92	500m: 5:51.09 1:11.27	700m: 8:13.60 1:11.27	
200m: 2:17.66 1:10.74	400m: 4:39.82 1:11.24	600m: 7:02.33 1:11.24	800m: 9:23.79 1:10.19	

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Prova 36
26/11/2023

Masc., 400m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar			Ano							Tempo final	Pts	
Juvenis B												
1.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense						4:59.93	354	
	50m:	33.57	33.57	150m:	1:48.64	38.39	250m:	3:05.54	38.69	350m:	4:23.33	39.19
	100m:	1:10.25	36.68	200m:	2:26.85	38.21	300m:	3:44.14	38.60	400m:	4:59.93	36.60
Juvenis A												
1.	Guilherme Simoes, SOUSA		08	Náutico Académico						4:25.38	511	
	50m:	30.45	30.45	150m:	1:37.22	33.77	250m:	2:44.74	33.93	350m:	3:52.72	33.76
	100m:	1:03.45	33.00	200m:	2:10.81	33.59	300m:	3:18.96	34.22	400m:	4:25.38	32.66
2.	Salvador Correia, PEREIRA		08	Condeixa Clube						4:31.40	478	
	50m:	31.21	31.21	150m:	1:38.87	33.93	250m:	2:48.49	34.59	350m:	3:58.39	35.24
	100m:	1:04.94	33.73	200m:	2:13.90	35.03	300m:	3:23.15	34.66	400m:	4:31.40	33.01
3.	Samuel Dinis, MAIA		08	Miranda do Corvo						4:37.10	449	
	50m:	31.13	31.13	150m:	1:39.76	34.61	250m:	2:50.19	35.45	350m:	4:02.32	36.52
	100m:	1:05.15	34.02	200m:	2:14.74	34.98	300m:	3:25.80	35.61	400m:	4:37.10	34.78
Juniores												
1.	Joao Ferreira, MARQUES		06	Academica de Coimbra						4:16.63	565	
	50m:	28.74	28.74	150m:	1:34.03	33.13	250m:	2:39.39	32.31	350m:	3:44.85	32.83
	100m:	1:00.90	32.16	200m:	2:07.08	33.05	300m:	3:12.02	32.63	400m:	4:16.63	31.78
2.	Marco Dimitar, OLIVEIRA		07	Náutico Académico						4:19.28	548	
	50m:	28.50	28.50	150m:	1:32.78	32.67	250m:	2:38.78	32.99	350m:	3:45.03	33.02
	100m:	1:00.11	31.61	200m:	2:05.79	33.01	300m:	3:12.01	33.23	400m:	4:19.28	34.25
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube						4:19.53	546	
	50m:	28.15	28.15	150m:	1:31.94	32.27	250m:	2:36.82	32.70	350m:	3:42.12	32.23
	100m:	59.67	31.52	200m:	2:04.12	32.18	300m:	3:09.89	33.07	400m:	4:19.53	37.41
4.	Tomas Veiga, PEREIRA		06	Náutico Académico						4:20.85	538	
	50m:	29.18	29.18	150m:	1:33.79	32.71	250m:	2:40.60	33.73	350m:	3:48.37	33.94
	100m:	1:01.08	31.90	200m:	2:06.87	33.08	300m:	3:14.43	33.83	400m:	4:20.85	32.48
5.	David Ferreira, SILVA		07	Academica de Coimbra						4:30.11	485	
	50m:	31.23	31.23	150m:	1:38.41	33.90	250m:	2:47.04	34.54	350m:	3:56.36	34.76
	100m:	1:04.51	33.28	200m:	2:12.50	34.09	300m:	3:21.60	34.56	400m:	4:30.11	33.75
DNS	Francisco Couto, FRAZAO		06	Academica de Coimbra								
Seniores												
1.	Tomas Coelho, CORDEIRO		04	Individual ANC						4:23.84	520	
	50m:	30.36	30.36	150m:	1:36.96	33.86	250m:	2:43.32	32.81	350m:	3:50.96	33.72
	100m:	1:03.10	32.74	200m:	2:10.51	33.55	300m:	3:17.24	33.92	400m:	4:23.84	32.88
2.	Tomas Cardoso, GERALDO		05	Condeixa Clube						4:32.30	473	
	50m:	31.48	31.48	150m:	1:40.46	34.50	250m:	2:48.74	33.87	350m:	3:59.15	35.24
	100m:	1:05.96	34.48	200m:	2:14.87	34.41	300m:	3:23.91	35.17	400m:	4:32.30	33.15
3.	Antonio Pedro, MARTINS		05	União de Coimbra						4:38.60	442	
	50m:	33.01	33.01	150m:	1:44.90	35.42	250m:	2:55.99	35.32	350m:	4:06.47	35.20
	100m:	1:09.48	36.47	200m:	2:20.67	35.77	300m:	3:31.27	35.28	400m:	4:38.60	32.13
DNS	Diogo Luis, CANCELA		02	Louzan Natação								
DNS	Gabriel Jose, LOPES		97	Louzan Natação								

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 37
26/11/2023

Femin., 200m Costas

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis B									
1.	M., SILVESTRE	10	Náutico Académico	2:33.12	468	36.49	1:15.67	1:55.24	2:33.12
2.	Maria Ines, GANTE	10	Náutico Académico	2:37.23	432	37.05	1:16.83	1:57.93	2:37.23
3.	Rita Lucas, SANTOS	10	Condeixa Clube	2:37.91	427	37.95	1:19.01	1:59.47	2:37.91
4.	Sara Marques, LIMA	10	CASPAE	2:41.55	399	38.48	1:19.68	2:02.15	2:41.55
5.	M., CARVALHO	10	Miranda do Corvo	2:46.57	364	39.93	1:22.12	2:05.08	2:46.57

Juvenis A

1.	Alana Costa, MATIAS	09	União de Coimbra	2:29.83	500	34.47	1:12.55	1:51.69	2:29.83
2.	L., CAVALEIRO	09	Columbofila Cantanhedens	2:33.40	466	34.99	1:13.96	1:53.75	2:33.40
3.	Caetana Amado, SANTOS	09	Miranda do Corvo	2:34.02	460	36.05	1:15.83	1:55.83	2:34.02
4.	C., PEREIRINHA	09	S. Pedro Alva	2:50.49	339	38.62	1:21.90	2:07.11	2:50.49

Juniores

1.	Dania Rodrigues, SIMOES	07	Louzan Natação	2:29.95	499	34.85	1:12.28	1:51.10	2:29.95
2.	Ines Miranda, DIOGO	07	Náutico Académico	2:33.11	468	35.81	1:14.08	1:53.58	2:33.11

Seniores

dsq total Ines Jacinto, HENRIQUES00 Louzan Natação
nadou mais provas do que as permitidas

Prova 38
26/11/2023

Masc., 200m Costas

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis B									
1.	Tomas Rafael, PEREIRA	09	Náutico Académico	2:19.73	432	32.83	1:07.69	1:43.61	2:19.73
2.	Tiago Janeiro, MOITA	09	Náutico Académico	2:33.67	324	35.78	1:14.46	1:54.18	2:33.67

Juvenis A

1.	F., PEREIRA	08	Academica de Coimbra	2:17.10	457	32.98	1:08.39	1:43.31	2:17.10
2.	Rafael Pereira, RODRIGU	08	Condeixa Clube	2:19.69	432	33.36	1:08.54	1:43.97	2:19.69
3.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedens	2:23.84	396	34.10	1:10.97	1:47.61	2:23.84

Juniores

1.	Alexandre, DZYAKANAU	07	Louzan Natação	2:14.76	481	32.30	1:06.51	1:40.91	2:14.76
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Seniores

1.	Ricardo Matias, SANTOS	05	Louzan Natação	2:03.03	632	29.69	1:00.96	1:32.27	2:03.03
2.	Renato Maria, FERREIRA	04	União de Coimbra	2:29.01	356	34.09	1:12.00	1:51.19	2:29.01

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 39
26/11/2023

Femin., 50m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	10	Camila Duarte, MARCELO	28.57	516
2.	10	Maria Ines, RODRIGUES	29.47	471
3.	10	Sara Marques, LIMA	31.79	375
4.	10	Beatriz Ribeiro, VELOSO	33.77	313
5.	10	Erica Maria, ALMEIDA	38.09	218
6.	10	Lara Carnim, BARBOSA	38.38	213

Juvenis A

1.	09	Alana Costa, MATIAS	28.83	503
2.	09	Raquel Alexandra, CANCELA	29.43	472
3.	09	Ana Margarida, CRUZ	29.97	447
4.	09	Gabriela Leonardo, MEDINA	31.17	398
5.	09	Luana Soares, BRAS	35.61	266
6.	09	Gabriela Maria, SILVA	36.98	238

Juniores

1.	07	Leonor Mil, MANO	27.78	562
2.	07	Cristiana Sofia, DUARTE	29.01	493
3.	08	Julia Maria, SOARES	29.32	478
4.	08	Maria Manuel, CORTESAO	29.84	453
5.	08	Rita Isabel, NEVES	31.22	396
6.	08	Juliana Rodrigues, NOGUEIRA	33.58	318

Seniores

1.	04	Joana Francisca, RODRIGUES	27.62	572
2.	02	Beatriz Costa, TEJO	28.24	535
3.	03	Bruna Cruz, CARVALHO	28.40	526
4.	06	Matilde Fonseca, OLIVEIRA	28.90	499
5.	06	Joana Filipa, VARELA	30.56	422
6.	04	Diana Costa, OLIVEIRA	31.88	372
7.	06	Matilde Neves, CRAVEIRO	33.52	320

Prova 40
26/11/2023

Masc., 50m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	09	Joao Nuno, GASPAR	26.39	445
2.	09	Tomas Rafael, PEREIRA	26.54	438
3.	09	Ricardo Cesar, SILVA	31.05	273
4.	09	Joao Miguel, ALVES	33.34	221
5.	09	Joao Rodrigo, COELHO	34.17	205

Campeonato Regional Juvenis, Juniores e Seniores PC
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Prova 40, Masc., 50m Livres

Juvenis A

1.	Tiago Cravino, RIBEIRO	08	Náutico Académico	29.69	313
2.	Henrique Figueiredo, FIDALGO	08	Vigor da Mocidade	29.80	309
3.	Henrique Melo, SANTIAGO	08	Vigor da Mocidade	30.51	288
4.	Pedro Miguel, LEITAO	08	CASPAE	31.42	264
DNS	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense		

Juniores

1.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	24.41	563
2.	Carlos Miguel, OLIVEIRA	06	Náutico Académico	25.13	516
3.	Afonso Vidal, TOMAS	06	Louzan Natação	25.48	495
4.	Joao Rafael, FERREIRA	06	Náutico Académico	25.63	486
5.	Miguel Bernardo, ARAUJO	06	Condeixa Clube	25.78	478
6.	Duarte Cachulo, MARQUES	07	Condeixa Clube	26.24	453
7.	Edgar Tavares, MENDES	06	Academica de Coimbra	26.56	437
8.	Miguel Joao, PINHEIRO	06	Academica de Coimbra	27.04	414
9.	Rodrigo Marques, LIMA	07	CASPAE	27.47	395
10.	Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	29.20	329

Seniores

1.	Gustavo Pires, MARQUES	04	União de Coimbra	24.23	575
2.	Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	24.92	529
3.	Pedro Guilherme, FERREIRA	00	Miranda do Corvo	25.10	518
4.	Gabriel Jose, JULIO	01	Academica de Coimbra	26.89	421

Prova 41
26/11/2023

Femin., 200m Bruços

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis B									
1.	Maria Neto, SIMOES	10	Condeixa Clube	2:51.73	481	39.88	1:23.68	2:07.80	2:51.73
2.	Leonor Sobreiro, ALMEIDA	10	CASPAE	2:53.30	468	38.83	1:21.86	2:07.24	2:53.30
3.	M., SILVESTRE	10	Náutico Académico	3:05.29	383	42.44	1:30.22	2:18.23	3:05.29
4.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense	3:10.71	351	44.20	1:32.70	2:22.06	3:10.71

Juvenis A

1.	Ana Laura, LUCAS	09	Columbofila Cantanhedense	3:20.52	302	44.16	1:35.71	2:28.65	3:20.52
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Juniores

1.	Angela Rodrigues, REBEL	07	Louzan Natação	2:47.56	518	38.22	1:21.61	2:04.86	2:47.56
2.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	3:00.63	413	41.51	1:28.18	2:14.53	3:00.63
3.	Laura Silva, FERNANDES	08	Miranda do Corvo	3:09.07	360	42.79	1:30.89	2:19.35	3:09.07
4.	Raquel Filipa, JESUS	08	União de Coimbra	3:09.96	355	42.88	1:31.79	2:21.16	3:09.96
DSQ	Francisca Dias, AGANTE	08	Vigor da Mocidade						

SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente no final do percurso.

Seniores

1.	Beatriz Andre, GASPAR	06	Náutico Académico	2:47.76	516	37.83	1:20.61	2:04.00	2:47.76
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Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 42
26/11/2023
Pontos: FINA 2022

Masc., 200m Bruços

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis B									
1.		Guilherme Andre, GASPAF09	Náutico Académico	2:42.61	403	35.66	1:17.14	2:00.08	2:42.61
2.		Joao Rodrigo, COELHO 09	Academica de Coimbra	3:18.91	220	46.79	1:39.09	2:30.22	3:18.91
3.		G., FERREIRA 09	CASPAE	3:34.42	175	45.99	1:38.96	2:34.72	3:34.42

Juvenis A									
1.		Rodrigo Mosca, SILVA 08	Columbofila Cantanhedense	2:41.18	414	36.86	1:17.43	1:59.34	2:41.18
2.		Guilherme Simoes, SOUS08	Náutico Académico	2:41.47	412	37.42	1:18.14	1:59.51	2:41.47
3.		Samuel Dinis, MAIA 08	Miranda do Corvo	2:47.99	365	37.55	1:20.26	2:04.56	2:47.99

Juniores									
1.		Duarte Jose, FERNANDES06	União de Coimbra	2:29.92	514	33.76	1:11.60	1:50.22	2:29.92
2.		Jose Miguel, MARQUES 06	Condeixa Clube	2:33.54	479	35.27	1:14.80	1:54.32	2:33.54
3.		David Duarte, JESUS 07	Náutico Académico	2:33.83	476	33.56	1:12.13	1:52.40	2:33.83

Seniores									
1.		Miguel Caridade, GASPAR99	Academica de Coimbra	2:29.85	515	33.88	1:11.75	1:50.66	2:29.85
EXH		Bohdan, ZAPOROZHETS 05	Columbofila Cantanhedense	3:06.30	268	41.13	1:28.38	2:17.35	3:06.30

Prova 43
26/11/2023
Pontos: FINA 2022

Femin., 100m Livres

Absolutos
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis B							
1.		Camila Duarte, MARCELO 10	Condeixa Clube	1:03.41	497	30.73	1:03.41
2.		Maria Ines, RODRIGUES 10	Condeixa Clube	1:05.88	443	32.36	1:05.88
3.		Maria Miguel, FERNANDES 10	Columbofila Cantanhedense	1:06.75	426	32.04	1:06.75
4.		Isabella Scavone, LOPES 10	Miranda do Corvo	1:09.11	384	32.74	1:09.11
5.		Mia Cardoso, BAPTISTA 10	Náutico Académico	1:12.00	339	34.66	1:12.00
6.		Beatriz Ribeiro, VELOSO 10	Vigor da Mocidade	1:13.31	322	35.19	1:13.31
7.		Sofia Daniela, FERREIRA 10	União de Coimbra	1:13.85	315	34.44	1:13.85
8.		Erica Maria, ALMEIDA 10	Vigor da Mocidade	1:23.61	217	39.80	1:23.61
9.		Lara Carnim, BARBOSA 10	Vigor da Mocidade	1:34.42	150	43.29	1:34.42
DSQ		Leonor Antunes, PAIVA	Náutico Académico				
		SW 4.4 - Falsa Partida					

Juvenis A							
1.		Alana Costa, MATIAS 09	União de Coimbra	1:01.60	542	30.11	1:01.60
2.		Raquel Alexandra, CANCELA 09	Louzan Natação	1:02.87	510	30.36	1:02.87
3.		Carolina Baptista, PEREIRINH/09	S. Pedro Alva	1:12.98	326	34.95	1:12.98
4.		Gabriela Maria, SILVA 09	Columbofila Cantanhedense	1:19.15	255	38.10	1:19.15
5.		Luana Soares, BRAS 09	S. Pedro Alva	1:20.01	247	37.72	1:20.01

Juniores							
1.		Leonor Mil, MANO 07	Náutico Académico	59.89	590	28.92	59.89
2.		Dania Rodrigues, SIMOES 07	Louzan Natação	1:01.46	546	29.57	1:01.46
3.		Cristiana Sofia, DUARTE 07	Academica de Coimbra	1:02.79	512	30.48	1:02.79
4.		Julia Maria, SOARES 08	Miranda do Corvo	1:04.63	470	30.63	1:04.63
5.		Juliana Rodrigues, NOGUEIRA08	S. Pedro Alva	1:13.93	314	35.46	1:13.93

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 43, Femin., 100m Livres

Seniores

1.	Ana Carolina, MONTEIRO	04	União de Coimbra	1:01.11	555	29.46	1:01.11
2.	Beatriz Costa, TEJO	02	Academica de Coimbra	1:01.70	540	29.94	1:01.70
3.	Bruna Cruz, CARVALHO	03	Louzan Natação	1:02.31	524	30.46	1:02.31
4.	Matilde Fonseca, OLIVEIRA	06	Louzan Natação	1:03.21	502	30.25	1:03.21
5.	Diana Costa, OLIVEIRA	04	União de Coimbra	1:10.12	368	33.69	1:10.12
DNS	Camila Rodrigues, REBELO	03	Louzan Natação				
dsq total	Ines Jacinto, HENRIQUES	00	Louzan Natação				
	<i>nadou mais provas que as permitidas</i>						

EXH	Joana Filipa, VARELA	06	Náutico Académico	1:07.44	413	31.86	1:07.44
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Prova 44
26/11/2023

Masc., 100m Livres

Absolutos
Resultados

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis B						
1.	Joao Nuno, GASPAR	09	Condeixa Clube	57.83	466	27.77 57.83
2.	Jose Pedro, COSTA	09	Náutico Académico	59.68	424	28.64 59.68
3.	Tiago Janeiro, MOITA	09	Náutico Académico	1:03.30	355	31.05 1:03.30
4.	Francisco Antunes, SOUSA	09	Columbofila Cantanhedense	1:06.60	305	32.39 1:06.60
5.	Ricardo Cesar, SILVA	09	Academica de Coimbra	1:10.58	256	34.84 1:10.58
6.	Joao Miguel, ALVES	09	Vigor da Mocidade	1:17.74	191	37.35 1:17.74

Juvenis A

1.	Salvador Correia, PEREIRA	08	Condeixa Clube	58.33	454	28.39 58.33
2.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	1:03.61	350	30.71 1:03.61
3.	Jose Guardado, SILVA	08	Vigor da Mocidade	1:06.96	300	32.37 1:06.96
4.	Henrique Figueiredo, FIDALGO	08	Vigor da Mocidade	1:07.15	297	31.53 1:07.15
5.	Henrique Melo, SANTIAGO	08	Vigor da Mocidade	1:09.67	266	32.67 1:09.67
DNS	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense			

Juniores

1.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	55.27	533	26.75 55.27
2.	Afonso Vidal, TOMAS	06	Louzan Natação	56.27	506	27.11 56.27
3.	Joao Rafael, FERREIRA	06	Náutico Académico	56.60	497	27.93 56.60
4.	Marco Dimitar, OLIVEIRA	07	Náutico Académico	57.99	462	28.15 57.99
5.	David Ferreira, SILVA	07	Academica de Coimbra	59.19	434	28.89 59.19
6.	Rodrigo Marques, LIMA	07	CASPAE	59.56	426	29.06 59.56
7.	Miguel Joao, PINHEIRO	06	Academica de Coimbra	1:00.40	409	28.73 1:00.40
8.	Bruno Carpinteiro, FERREIRA	07	S. Pedro Alva	1:07.32	295	32.20 1:07.32

Seniores

1.	Gustavo Pires, MARQUES	04	União de Coimbra	53.87	576	25.74 53.87	
2.	Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	54.89	545	26.39 54.89	
3.	Pedro Guilherme, FERREIRA	00	Miranda do Corvo	55.94	515	26.21 55.94	
4.	Tomas Cardoso, GERALDO	05	Condeixa Clube	1:00.13	414	28.49 1:00.13	
5.	Tomas Coelho, CORDEIRO	04	Individual ANC	1:00.58	405	29.35 1:00.58	
6.	Gabriel Jose, JULIO	01	Academica de Coimbra	1:00.59	405	29.33 1:00.59	
7.	Antonio Pedro, MARTINS	05	União de Coimbra	1:01.35	390	29.98 1:01.35	
8.	Renato Maria, FERREIRA	04	União de Coimbra	1:03.83	346	30.48 1:03.83	
DNS	Gabriel Jose, LOPES	97	Louzan Natação				
dsq total	Ricardo Matias, SANTOS	05	Louzan Natação				
	<i>nadou mais provas que as permitidas</i>						

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25 - 26/11/2023

Prova 45
26/11/2023

Femin., 4 x 100m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts		
Juvenis B								
1.	Condeixa Clube Juv B	Condeixa Clube				5:00.02	419	
	Rita Lucas, SANTOS	10	36.72	1:16.10	Camila Duarte, MARCELO	10	34.08	1:15.36
	Maria Neto, SIMOES	10	38.51	1:21.68	Maria Ines, RODRIGUES	10	31.34	1:06.88
2.	Náutico Académico Juv B	Náutico Académico				5:17.02	355	
	Leonor Antunes, PAIVA	10	38.86	1:20.69	Maria Ines, GANTE	10	35.98	1:17.45
	Mariana Bernardo, SILVESTRE	10	40.20	1:26.54	Mia Cardoso, BAPTISTA	10	34.09	1:12.34
Juniores								
1.	Náutico Académico Jun	Náutico Académico				4:50.20	463	
	Ines Miranda, DIOGO	07	35.24	1:12.59	Laura Carvalho, FERNANDES	08	33.73	1:12.18
	Leonor Mil, MANO	07	37.82	1:21.74	Maria Manuel, CORTESAO	08	30.12	1:03.69
Seniores								
1.	Náutico Académico Sen	Náutico Académico				4:45.46	486	
	Leonor Verissimo, FARIA	06	34.29	1:10.10	Maria Neto, FERREIRA	06	32.08	1:09.64
	Beatriz Andre, GASPAS	06	37.01	1:19.07	Joana Ventura, PAIS	06	31.93	1:06.65
DNS	Louzan Natação Sen	Louzan Natação						

Prova 46
26/11/2023

Masc., 4 x 100m Estilos

Absolutos
Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts		
Juvenis B								
1.	Náutico Académico Juv B	Náutico Académico				4:34.42	382	
	Tiago Janeiro, MOITA	09	34.85	1:11.34	Jose Pedro, COSTA	09	33.29	1:11.91
	Guilherme Andre, GASPAS	09	34.19	1:14.56	Tomas Rafael, PEREIRA	09	26.93	56.61
Juniores								
1.	Náutico Académico Jun	Náutico Académico				4:16.45	468	
	David Duarte, JESUS	07	32.24	1:07.32	Tomas Veiga, PEREIRA	06	28.57	1:01.57
	Carlos Miguel, OLIVEIRA	06	33.03	1:11.65	Joao Rafael, FERREIRA	06	26.68	55.91
2.	Academica de Coimbra Jun	Academica de Coimbra				4:22.72	435	
	Edgar Tavares, MENDES	06	31.26	1:05.61	Joao Ferreira, MARQUES	06	27.62	1:00.27
	David Ferreira, SILVA	07	35.47	1:16.22	Miguel Joao, PINHEIRO	06	28.84	1:00.62
Seniores								
1.	Academica de Coimbra Sen	Academica de Coimbra				4:19.71	450	
	Fabio Mondego, CENTEIO	94	36.94	1:14.01	Rodrigo Alexandre, PATRICIO	98	27.08	58.21
	Miguel Caridade, GASPAS	99	33.05	1:09.57	Gabriel Jose, JULIO	01	27.77	57.92