

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

1 - 1ª Jornada - 1ª Sessão

02/03/2024 - 16:00

Prova 1	Femin., 400m Livres				12 anos e mais velhos	
02/03/2024 - 16:00					Resultados	
Rec Nac Open	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023	
Rec Nac Sen	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023	
Rec Nac 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016	
Rec Nac 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002	
Rec Nac Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014	
Rec Nac Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014	
Rec Nac Inf A	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	08/08/1980	
Rec Nac Inf B	4:43.70	Alexandra Maria, SILVA	FCP	Funchal	27/07/1979	

Lugar	Ano	Tempo final	Pts
Inf			
1. Beatriz Abrantes, MARTINS	11	5:40.32	16,00
50m: 38.44 38.44 150m: 2:03.34 42.82 250m: 3:30.82 44.36 350m: 4:58.02 44.10			
100m: 1:20.52 42.08 200m: 2:46.46 43.12 300m: 4:13.92 43.10 400m: 5:40.32 42.30			
2. Carolina Almeida, ABRANTES	12	6:59.91	14,00
50m: 43.81 43.81 150m: 2:34.36 54.98 250m: 4:22.45 53.57 350m: 6:09.71 53.52			
100m: 1:39.38 55.57 200m: 3:28.88 54.52 300m: 5:16.19 53.74 400m: 6:59.91 50.20			
DNS Giuliana Valentim, BARTELO	12		-

Lugar	Ano	Tempo final	Pts
Juv			
1. Camila Duarte, MARCELO	10	4:40.34	16,00
50m: 32.93 32.93 150m: 1:43.93 35.75 250m: 2:55.84 35.86 350m: 4:06.45 35.22			
100m: 1:08.18 35.25 200m: 2:19.98 36.05 300m: 3:31.23 35.39 400m: 4:40.34 33.89			
2. Maria Neto, SIMOES	10	4:51.18	-
50m: 32.79 32.79 150m: 1:45.83 36.63 250m: 3:00.02 37.09 350m: 4:14.71 36.96			
100m: 1:09.20 36.41 200m: 2:22.93 37.10 300m: 3:37.75 37.73 400m: 4:51.18 36.47			
3. Raquel Alexandra, CANCELA	09	5:00.89	13,00
50m: 34.37 34.37 150m: 1:49.71 38.35 250m: 3:06.89 38.67 350m: 4:24.26 38.76			
100m: 1:11.36 36.99 200m: 2:28.22 38.51 300m: 3:45.50 38.61 400m: 5:00.89 36.63			
4. Leonor Antunes, PAIVA	10	5:01.14	12,00
50m: 34.16 34.16 150m: 1:50.92 38.67 250m: 3:08.21 38.77 350m: 4:24.19 37.81			
100m: 1:12.25 38.09 200m: 2:29.44 38.52 300m: 3:46.38 38.17 400m: 5:01.14 36.95			
5. Maria Miguel, FERNANDES	10	5:06.60	11,00
50m: 34.85 34.85 150m: 1:52.79 39.03 250m: 3:11.54 39.13 350m: 4:29.52 38.37			
100m: 1:13.76 38.91 200m: 2:32.41 39.62 300m: 3:51.15 39.61 400m: 5:06.60 37.08			
6. Caetana Amado, SANTOS	09	5:08.32	10,00
50m: 33.90 33.90 150m: 1:53.44 40.28 250m: 3:12.85 39.91 350m: 4:31.35 39.35			
100m: 1:13.16 39.26 200m: 2:32.94 39.50 300m: 3:52.00 39.15 400m: 5:08.32 36.97			
7. Leonor Mosca, SILVA	10	5:11.46	-
50m: 35.29 35.29 150m: 1:52.75 39.25 250m: 3:13.14 40.65 350m: 4:33.65 40.15			
100m: 1:13.50 38.21 200m: 2:32.49 39.74 300m: 3:53.50 40.36 400m: 5:11.46 37.81			
8. Maria Ines, RODRIGUES	10	5:13.10	-
50m: 35.53 35.53 150m: 1:54.79 39.70 250m: 3:15.06 40.18 350m: 4:36.47 40.64			
100m: 1:15.09 39.56 200m: 2:34.88 40.09 300m: 3:55.83 40.77 400m: 5:13.10 36.63			
9. Isabella Scavone, LOPES	10	5:15.18	-
50m: 35.66 35.66 150m: 1:55.92 40.88 250m: 3:17.01 40.92 350m: 4:36.47 38.90			
100m: 1:15.04 39.38 200m: 2:36.09 40.17 300m: 3:57.57 40.56 400m: 5:15.18 38.71			
10. Mariana Bagagem, CARVALHO	10	5:15.39	-
50m: 35.14 35.14 150m: 1:55.50 40.61 250m: 3:16.85 40.19 350m: 4:37.46 39.77			
100m: 1:14.89 39.75 200m: 2:36.66 41.16 300m: 3:57.69 40.84 400m: 5:15.39 37.93			
11. Mariana Dias, PEREIRA	10	5:17.97	5,00
50m: 34.77 34.77 150m: 1:54.38 40.41 250m: 3:16.27 41.15 350m: 4:37.47 40.62			
100m: 1:13.97 39.20 200m: 2:35.12 40.74 300m: 3:56.85 40.58 400m: 5:17.97 40.50			

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 1, Femin., 400m Livres, Juv

Lugar			Ano					Tempo final	Pts
12.	Sara Marques, LIMA		10	CASPAE				5:19.90	4,00
	50m:	37.28 37.28	150m:	1:59.84	41.26	250m:	3:19.76 39.84	350m:	4:41.31 40.68
	100m:	1:18.58 41.30	200m:	2:39.92	40.08	300m:	4:00.63 40.87	400m:	5:19.90 38.59
13.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				5:24.67	-
	50m:	35.41 35.41	150m:	1:55.57	40.21	250m:	3:18.34 41.77	350m:	4:42.68 42.24
	100m:	1:15.36 39.95	200m:	2:36.57	41.00	300m:	4:00.44 42.10	400m:	5:24.67 41.99
14.	Gabriela Maria, SILVA		09	Columbifila Cantanhedense				6:00.01	-
	50m:	36.85 36.85	150m:	2:06.38	46.63	250m:	3:39.58 46.61	350m:	5:14.62 47.58
	100m:	1:19.75 42.90	200m:	2:52.97	46.59	300m:	4:27.04 47.46	400m:	6:00.01 45.39

Jun

1.	Leonor Mil, MANO		07	Nautico Academico				4:46.87	16,00
	50m:	31.25 31.25	150m:	1:43.08	36.73	250m:	2:57.12 36.63	350m:	4:10.52 36.39
	100m:	1:06.35 35.10	200m:	2:20.49	37.41	300m:	3:34.13 37.01	400m:	4:46.87 36.35
2.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				4:50.69	14,00
	50m:	32.81 32.81	150m:	1:45.20	36.94	250m:	2:59.48 37.18	350m:	4:14.41 37.48
	100m:	1:08.26 35.45	200m:	2:22.30	37.10	300m:	3:36.93 37.45	400m:	4:50.69 36.28
3.	Dania Rodrigues, SIMOES		07	Louzan Nataçao				4:52.08	13,00
	50m:	33.46 33.46	150m:	1:47.56	37.29	250m:	3:02.63 37.20	350m:	4:16.46 36.72
	100m:	1:10.27 36.81	200m:	2:25.43	37.87	300m:	3:39.74 37.11	400m:	4:52.08 35.62
4.	Cristiana Sofia, DUARTE		07	Academica de Coimbra				4:56.59	12,00
	50m:	33.17 33.17	150m:	1:48.49	38.74	250m:	3:04.30 36.94	350m:	4:20.73 38.41
	100m:	1:09.75 36.58	200m:	2:27.36	38.87	300m:	3:42.32 38.02	400m:	4:56.59 35.86

DNS Raquel Filipa, JESUS 08 União de Coimbra -

Sen

1.	Ines Jacinto, HENRIQUES		00	Louzan Nataçao				4:23.77	16,00
	50m:	30.33 30.33	150m:	1:35.91	33.20	250m:	2:43.26 33.72	350m:	3:51.06 33.92
	100m:	1:02.71 32.38	200m:	2:09.54	33.63	300m:	3:17.14 33.88	400m:	4:23.77 32.71
2.	Helena Nunes, RODRIGUES		03	Condeixa Clube				4:32.67	14,00
	50m:	30.66 30.66	150m:	1:38.89	34.83	250m:	2:48.67 34.88	350m:	3:58.73 35.30
	100m:	1:04.06 33.40	200m:	2:13.79	34.90	300m:	3:23.43 34.76	400m:	4:32.67 33.94
3.	Leonor Verissimo, FARIA		06	Nautico Academico				4:41.57	13,00
	50m:	31.75 31.75	150m:	1:42.54	35.98	250m:	2:54.88 36.34	350m:	4:06.96 35.94
	100m:	1:06.56 34.81	200m:	2:18.54	36.00	300m:	3:31.02 36.14	400m:	4:41.57 34.61
4.	Beatriz Costa, TEJO		02	Academica de Coimbra				4:43.33	12,00
	50m:	31.57 31.57	150m:	1:43.26	35.99	250m:	2:56.38 35.97	350m:	4:08.34 35.62
	100m:	1:07.27 35.70	200m:	2:20.41	37.15	300m:	3:32.72 36.34	400m:	4:43.33 34.99
5.	Ana Carolina, MONTEIRO		04	União de Coimbra				4:45.09	11,00
	50m:	31.80 31.80	150m:	1:42.77	35.80	250m:	2:54.99 35.90	350m:	4:08.67 37.01
	100m:	1:06.97 35.17	200m:	2:19.09	36.32	300m:	3:31.66 36.67	400m:	4:45.09 36.42
6.	Beatriz Ferreira, GASPAR		04	Academica de Coimbra				5:02.51	-
	50m:	32.53 32.53	150m:	1:46.82	37.48	250m:	3:04.14 38.67	350m:	4:23.52 39.81
	100m:	1:09.34 36.81	200m:	2:25.47	38.65	300m:	3:43.71 39.57	400m:	5:02.51 38.99
7.	Valentina Saad, BARBOSA		04	Academica de Coimbra				5:16.46	-
	50m:	33.92 33.92	150m:	1:50.23	38.86	250m:	3:10.16 40.61	350m:	4:33.54 42.05
	100m:	1:11.37 37.45	200m:	2:29.55	39.32	300m:	3:51.49 41.33	400m:	5:16.46 42.92

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 2
02/03/2024 - 16:20

Masc., 400m Livres

13 anos e mais velhos

Resultados

Rec Nac Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nac 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Rec Nac Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Rec Nac Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004
Rec Nac Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26/07/2003

Lugar			Ano			Tempo final			Pts
Inf									
1.	Lourenco Simao, PEREIRA		10	Miranda do Corvo		5:03.00			16,00
	50m:	33.12 33.12	150m:	1:49.22 39.07	250m:	3:07.10 39.02	350m:	4:25.37 39.26	
	100m:	1:10.15 37.03	200m:	2:28.08 38.86	300m:	3:46.11 39.01	400m:	5:03.00 37.63	
2.	Francisco Laranjeira, MORAIS		10	Algés e Águeda XXI		5:16.75			14,00
	50m:	34.86 34.86	150m:	1:53.18 39.92	250m:	3:14.33 41.68	350m:	4:35.65 41.03	
	100m:	1:13.26 38.40	200m:	2:32.65 39.47	300m:	3:54.62 40.29	400m:	5:16.75 41.10	
3.	Dinis Goncalves, ARAUJO		10	União de Coimbra		5:28.48			13,00
	50m:	36.49 36.49	150m:	1:59.66 42.25	250m:	3:24.11 42.30	350m:	4:48.01 42.03	
	100m:	1:17.41 40.92	200m:	2:41.81 42.15	300m:	4:05.98 41.87	400m:	5:28.48 40.47	
4.	David Pereira, MARQUES		11	Columbifila Cantanhedense		5:30.35			12,00
	50m:	36.90 36.90	150m:	2:00.71 42.07	250m:	3:25.10 42.37	350m:	4:49.78 41.54	
	100m:	1:18.64 41.74	200m:	2:42.73 42.02	300m:	4:08.24 43.14	400m:	5:30.35 40.57	
5.	Pedro Emanuel, PEREIRA		10	Academica de Coimbra		5:44.82			11,00
	50m:	38.60 38.60	150m:	2:05.55 43.97	250m:	3:34.68 44.91	350m:	5:02.95 43.69	
	100m:	1:21.58 42.98	200m:	2:49.77 44.22	300m:	4:19.26 44.58	400m:	5:44.82 41.87	
6.	Jorge Miguel, SANTOS		10	Miranda do Corvo		6:01.42			-
	50m:	40.37 40.37	150m:	2:10.62 45.37	250m:	3:42.25 45.91	350m:	5:16.31 47.00	
	100m:	1:25.25 44.88	200m:	2:56.34 45.72	300m:	4:29.31 47.06	400m:	6:01.42 45.11	
7.	Guilherme Goncalves, CHANTRE		11	Miranda do Corvo		6:13.98			-
	50m:	41.69 41.69	150m:	2:14.86 47.25	250m:	3:49.86 47.66	350m:	5:26.53 48.76	
	100m:	1:27.61 45.92	200m:	3:02.20 47.34	300m:	4:37.77 47.91	400m:	6:13.98 47.45	
Juv									
1.	Guilherme Simoes, SOUSA		08	Nautico Academico		4:28.89			16,00
	50m:	30.82 30.82	150m:	1:37.95 34.15	250m:	2:46.58 34.48	350m:	3:55.77 34.92	
	100m:	1:03.80 32.98	200m:	2:12.10 34.15	300m:	3:20.85 34.27	400m:	4:28.89 33.12	
2.	Salvador Correia, PEREIRA		08	Condeixa Clube		4:34.57			14,00
	50m:	29.90 29.90	150m:	1:37.28 33.99	250m:	2:48.26 35.65	350m:	3:59.65 35.34	
	100m:	1:03.29 33.39	200m:	2:12.61 35.33	300m:	3:24.31 36.05	400m:	4:34.57 34.92	
3.	Samuel Dinis, MAIA		08	Miranda do Corvo		4:41.10			13,00
	50m:	31.09 31.09	150m:	1:40.89 35.50	250m:	2:52.35 35.81	350m:	4:05.03 36.63	
	100m:	1:05.39 34.30	200m:	2:16.54 35.65	300m:	3:28.40 36.05	400m:	4:41.10 36.07	
4.	Francisco Fernandes, PEREIRA		08	Academica de Coimbra		4:48.47			12,00
	50m:	31.65 31.65	150m:	1:42.65 35.94	250m:	2:56.39 36.92	350m:	4:11.84 37.96	
	100m:	1:06.71 35.06	200m:	2:19.47 36.82	300m:	3:33.88 37.49	400m:	4:48.47 36.63	
5.	Francisco Antunes, SOUSA		09	Columbifila Cantanhedense		4:58.56			11,00
	50m:	33.85 33.85	150m:	1:49.40 38.46	250m:	3:06.34 38.63	350m:	4:22.14 37.69	
	100m:	1:10.94 37.09	200m:	2:27.71 38.31	300m:	3:44.45 38.11	400m:	4:58.56 36.42	
6.	Joao Rodrigo, COELHO		09	Academica de Coimbra		5:42.41			-
	50m:	40.27 40.27	150m:	2:07.66 43.80	250m:	3:35.68 44.02	350m:	5:01.84 42.49	
	100m:	1:23.86 43.59	200m:	2:51.66 44.00	300m:	4:19.35 43.67	400m:	5:42.41 40.57	

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 2, Masc., 400m Livres

Jun

1.	Duarte Jose, FERNANDES	06	União de Coimbra	4:23.70	16,00
	50m: 29.83 29.83	150m: 1:35.63	33.08 250m: 2:43.15	34.07 350m: 3:51.83	34.55
	100m: 1:02.55 32.72	200m: 2:09.08	33.45 300m: 3:17.28	34.13 400m: 4:23.70	31.87
2.	Joao Ferreira, MARQUES	06	Academica de Coimbra	4:25.03	14,00
	50m: 30.62 30.62	150m: 1:37.03	33.69 250m: 2:44.89	33.92 350m: 3:52.53	33.93
	100m: 1:03.34 32.72	200m: 2:10.97	33.94 300m: 3:18.60	33.71 400m: 4:25.03	32.50
3.	Alexandre, DZYAKANAU	07	Louzan Nataçao	4:29.94	13,00
	50m: 29.69 29.69	150m: 1:36.77	34.01 250m: 2:45.93	34.62 350m: 3:55.87	34.94
	100m: 1:02.76 33.07	200m: 2:11.31	34.54 300m: 3:20.93	35.00 400m: 4:29.94	34.07
4.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	4:32.35	12,00
	50m: 29.65 29.65	150m: 1:36.30	33.86 250m: 2:44.93	34.42 350m: 3:56.44	36.61
	100m: 1:02.44 32.79	200m: 2:10.51	34.21 300m: 3:19.83	34.90 400m: 4:32.35	35.91
5.	Joao Rafael, FERREIRA	06	Nautico Academico	4:47.53	11,00
	50m: 30.46 30.46	150m: 1:41.34	36.34 250m: 2:53.72	36.02 350m: 4:10.07	38.09
	100m: 1:05.00 34.54	200m: 2:17.70	36.36 300m: 3:31.98	38.26 400m: 4:47.53	37.46
6.	Diogo Fonseca, NEVES	06	Algés e Águeda XXI	5:08.49	-
	50m: 33.03 33.03	150m: 1:50.02	39.26 250m: 3:09.71	39.54 350m: 4:30.12	39.90
	100m: 1:10.76 37.73	200m: 2:30.17	40.15 300m: 3:50.22	40.51 400m: 5:08.49	38.37
DNS	Duarte Cachulo, MARQUES	07	Condeixa Clube		-

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:17.34	16,00
	50m: 28.66 28.66	150m: 1:33.43	32.78 250m: 2:38.76	32.53 350m: 3:44.86	33.28
	100m: 1:00.65 31.99	200m: 2:06.23	32.80 300m: 3:11.58	32.82 400m: 4:17.34	32.48
2.	Tomas Coelho, CORDEIRO	04	Individual ANC	4:21.92	14,00
	50m: 30.49 30.49	150m: 1:35.98	32.84 250m: 2:42.10	32.74 350m: 3:49.27	34.27
	100m: 1:03.14 32.65	200m: 2:09.36	33.38 300m: 3:15.00	32.90 400m: 4:21.92	32.65
3.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	4:24.67	13,00
	50m: 30.28 30.28	150m: 1:37.12	33.64 250m: 2:44.55	33.43 350m: 3:51.64	33.55
	100m: 1:03.48 33.20	200m: 2:11.12	34.00 300m: 3:18.09	33.54 400m: 4:24.67	33.03
4.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	4:28.09	12,00
	50m: 29.15 29.15	150m: 1:35.70	33.72 250m: 2:44.52	34.82 350m: 3:54.16	34.34
	100m: 1:01.98 32.83	200m: 2:09.70	34.00 300m: 3:19.82	35.30 400m: 4:28.09	33.93
5.	Tomas Cardoso, GERALDO	05	Condeixa Clube	4:30.73	11,00
	50m: 30.06 30.06	150m: 1:37.53	34.04 250m: 2:47.14	34.84 350m: 3:56.92	34.72
	100m: 1:03.49 33.43	200m: 2:12.30	34.77 300m: 3:22.20	35.06 400m: 4:30.73	33.81
6.	Goncalo Carvalho, SANTOS	05	Louzan Nataçao	4:36.54	10,00
	50m: 29.69 29.69	150m: 1:37.09	34.30 250m: 2:47.47	35.34 350m: 4:00.08	36.05
	100m: 1:02.79 33.10	200m: 2:12.13	35.04 300m: 3:24.03	36.56 400m: 4:36.54	36.46
7.	Antonio Pedro, MARTINS	05	União de Coimbra	4:39.40	9,00
	50m: 31.20 31.20	150m: 1:40.69	35.17 250m: 2:51.99	35.62 350m: 4:03.76	35.82
	100m: 1:05.52 34.32	200m: 2:16.37	35.68 300m: 3:27.94	35.95 400m: 4:39.40	35.64
8.	Renato Maria, FERREIRA	04	União de Coimbra	4:57.70	-
	50m: 32.92 32.92	150m: 1:48.23	38.36 250m: 3:04.90	38.70 350m: 4:21.01	38.06
	100m: 1:09.87 36.95	200m: 2:26.20	37.97 300m: 3:42.95	38.05 400m: 4:57.70	36.69

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 3 Femin., 200m Mariposa 12 anos e mais velhos
02/03/2024 - 16:40 Resultados

Rec Nac Open	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04/08/2002
Rec Nac 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29/07/2018
Rec Nac Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20/07/1995
Rec Nac Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04/07/2004
Rec Nac Inf A	2:25.32	Susana Patricia, MIGUEL	SFUAP	Restelo	05/07/2003
Rec Nac Inf B	2:28.92	Carolina Miranda, FERNANDES	CGA	Coimbra	09/07/2017

Lugar	Ano	Tempo final	Pts
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Inf

1. Margarida Paiva, CORREIA	12	Miranda do Corvo	3:09.45	16,00
50m: 41.28 41.28	100m: 1:28.71	47.43 150m: 2:18.78	50.07	200m: 3:09.45 50.67

Juv

1. Maria Ines, GANTE	10	Nautico Academico	2:47.09	16,00
50m: 37.38 37.38	100m: 1:18.58	41.20 150m: 2:02.15	43.57	200m: 2:47.09 44.94
2. Alana Costa, MATIAS	09	União de Coimbra	2:51.20	14,00
50m: 34.27 34.27	100m: 1:16.89	42.62 150m: 2:03.16	46.27	200m: 2:51.20 48.04

DSQ Sofia Daniela, FERREIRA 10 União de Coimbra **3:27.43** -
SW 8.4 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 150 metros.

50m: 39.59 39.59	100m: 1:29.02	49.43 150m: 2:27.73	58.71	200m: 3:27.43 59.70
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Jun

1. Angela Rodrigues, REBELO	07	Louzan Nataçao	2:34.48	16,00
50m: 33.16 33.16	100m: 1:11.59	38.43 150m: 1:51.78	40.19	200m: 2:34.48 42.70
2. Rita Isabel, NEVES	08	Condeixa Clube	2:38.27	14,00
50m: 35.11 35.11	100m: 1:14.88	39.77 150m: 1:56.06	41.18	200m: 2:38.27 42.21
DNS Julia Maria, SOARES	08	Miranda do Corvo		-
DNS Raquel Filipa, JESUS	08	União de Coimbra		-

Sen

1. Beatriz Costa, TEJO	02	Academica de Coimbra	2:28.23	16,00
50m: 31.98 31.98	100m: 1:09.75	37.77 150m: 1:49.22	39.47	200m: 2:28.23 39.01
2. Matilde Fonseca, OLIVEIRA	06	Louzan Nataçao	2:43.43	14,00
50m: 34.00 34.00	100m: 1:12.78	38.78 150m: 1:56.22	43.44	200m: 2:43.43 47.21
3. Beatriz Andre, GASPAR	06	Nautico Academico	2:48.37	13,00
50m: 35.63 35.63	100m: 1:18.13	42.50 150m: 2:02.65	44.52	200m: 2:48.37 45.72

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 4 Masc., 200m Mariposa 13 anos e mais velhos
02/03/2024 - 16:50 Resultados

Rec Nac Open	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16/07/2005
Rec Nac Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31/07/2004
Rec Nac Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26/07/2015
Rec Nac Inf A	2:14.50	Fabio Parrilha da, SILVA	CNAL	Campanhã	29/07/2001
Rec Nac Inf B	2:21.67	Fabio Parrilha da, SILVA	CNAL	S. Joao da Madeira	23/07/2000

Lugar Ano Tempo final Pts
Juv

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	2:20.44	16,00
50m: 31.00 31.00	100m: 1:06.60	35.60 150m: 1:43.42	36.82	200m: 2:20.44 37.02
2. Jose Pedro, COSTA	09	Nautico Academico	2:52.86	14,00
50m: 35.25 35.25	100m: 1:17.58	42.33 150m: 2:04.63	47.05	200m: 2:52.86 48.23

Jun

1. Tomas Veiga, PEREIRA	06	Nautico Academico	2:19.84	16,00
50m: 31.11 31.11	100m: 1:06.21	35.10 150m: 1:42.27	36.06	200m: 2:19.84 37.57
2. Afonso Vidal, TOMAS	06	Louzan Nataçao	2:24.63	14,00
50m: 29.37 29.37	100m: 1:05.10	35.73 150m: 1:43.90	38.80	200m: 2:24.63 40.73
3. Rodrigo Marques, LIMA	07	CASPAE	3:02.96	13,00
50m: 38.28 38.28	100m: 1:25.77	47.49 150m: 2:14.57	48.80	200m: 3:02.96 48.39

DNS Jose Miguel, MARQUES 06 Condeixa Clube -

Sen

1. Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:16.75	16,00
50m: 29.66 29.66	100m: 1:04.32	34.66 150m: 1:41.28	36.96	200m: 2:16.75 35.47
2. Joao Neves, ALMEIDA	05	Nautico Academico	2:18.84	14,00
50m: 30.73 30.73	100m: 1:05.32	34.59 150m: 1:41.42	36.10	200m: 2:18.84 37.42

Prova 5 Femin., 200m Costas 12 anos e mais velhos
02/03/2024 - 16:55 Resultados

Rec Nac Open	2:09.54	Camila Rodrigues, REBELO	ALN	Palma de Mallorca (ESP)	31/03/2023
Rec Nac Sen	2:09.54	Camila Rodrigues, REBELO	ALN	Palma de Mallorca (ESP)	31/03/2023
Rec Nac 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02/04/2015
Rec Nac 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07/04/2019
Rec Nac Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21/07/2017
Rec Nac Inf A	2:23.57	Rafaela Gomes, AZEVEDO	POR	Genova (ITA)	20/06/2015
Rec Nac Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicão	27/07/1997

Lugar Ano Tempo final Pts
Inf

DNS Lara Caldeira, DUARTE 12 Louzan Nataçao -

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 5, Femin., 200m Costas

Juv

1.	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	2:37.24	16,00
	50m: 36.34 36.34	100m: 1:16.36	40.02 150m: 1:57.26 40.90	200m: 2:37.24	39.98
2.	Maria Neto, SIMOES	10	Condeixa Clube	2:40.12	14,00
	50m: 37.90 37.90	100m: 1:17.94	40.04 150m: 1:59.41 41.47	200m: 2:40.12	40.71
3.	Mariana Bernardo, SILVESTRE	10	Nautico Academico	2:42.16	13,00
	50m: 38.30 38.30	100m: 1:19.87	41.57 150m: 2:01.88 42.01	200m: 2:42.16	40.28
4.	Sara Marques, LIMA	10	CASP AE	2:43.96	12,00
	50m: 37.21 37.21	100m: 1:17.79	40.58 150m: 2:01.12 43.33	200m: 2:43.96	42.84
5.	Leonor Antunes, PAIVA	10	Nautico Academico	2:45.17	-
	50m: 38.76 38.76	100m: 1:20.82	42.06 150m: 2:03.57 42.75	200m: 2:45.17	41.60
6.	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	2:49.11	-
	50m: 40.51 40.51	100m: 1:23.84	43.33 150m: 2:07.17 43.33	200m: 2:49.11	41.94
7.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	2:54.03	9,00
	50m: 40.01 40.01	100m: 1:24.70	44.69 150m: 2:09.79 45.09	200m: 2:54.03	44.24
8.	Ana Margarida, CRUZ	09	Nautico Academico	2:56.55	-
	50m: 40.43 40.43	100m: 1:24.11	43.68 150m: 2:10.18 46.07	200m: 2:56.55	46.37

Jun

1.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	2:36.71	16,00
	50m: 37.16 37.16	100m: 1:17.43	40.27 150m: 1:56.53 39.10	200m: 2:36.71	40.18
2.	Dania Rodrigues, SIMOES	07	Louzan Nataçao	2:37.61	14,00
	50m: 36.91 36.91	100m: 1:17.32	40.41 150m: 1:58.32 41.00	200m: 2:37.61	39.29
3.	Ines Miranda, DIOGO	07	Nautico Academico	2:40.35	13,00
	50m: 37.43 37.43	100m: 1:18.18	40.75 150m: 1:59.26 41.08	200m: 2:40.35	41.09

Sen

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	2:30.66	16,00
	50m: 35.60 35.60	100m: 1:13.60	38.00 150m: 1:52.98 39.38	200m: 2:30.66	37.68
2.	Leonor Verissimo, FARIA	06	Nautico Academico	2:37.11	14,00
	50m: 37.42 37.42	100m: 1:17.36	39.94 150m: 1:57.78 40.42	200m: 2:37.11	39.33
3.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:39.74	13,00
	50m: 38.14 38.14	100m: 1:18.99	40.85 150m: 1:59.80 40.81	200m: 2:39.74	39.94
4.	Joana Ventura, PAIS	06	Nautico Academico	2:42.81	-
	50m: 37.65 37.65	100m: 1:19.23	41.58 150m: 2:01.46 42.23	200m: 2:42.81	41.35
5.	Valentina Saad, BARBOSA	04	Academica de Coimbra	2:51.90	11,00
	50m: 41.62 41.62	100m: 1:25.44	43.82 150m: 2:08.86 43.42	200m: 2:51.90	43.04
6.	Helena Carolina, DINIS	05	Academica de Coimbra	3:01.45	-
	50m: 42.43 42.43	100m: 1:28.18	45.75 150m: 2:14.99 46.81	200m: 3:01.45	46.46

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 6 Masc., 200m Costas 13 anos e mais velhos
02/03/2024 - 17:05 Resultados

Rec Nac Open	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	06/06/2021
Rec Nac 18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	25/08/2019
Rec Nac 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapest (HUN)	15/07/2005
Rec Nac Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28/06/2014
Rec Nac Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17/07/2013
Rec Nac Inf A	2:14.56	Alexandre Lages, RIBAS	EDV	Lisboa	23/07/2011
Rec Nac Inf B	2:20.07	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	13/07/2013

Lugar Ano Tempo final Pts
Inf

1.	Dinis Goncalves, ARAUJO	10	União de Coimbra	2:59.89	16,00
	50m: 42.77 42.77 100m: 1:29.13 46.36 150m: 2:15.28 46.15 200m: 2:59.89 44.61				
2.	Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	3:15.27	14,00
	50m: 44.75 44.75 100m: 1:35.41 50.66 150m: 2:27.21 51.80 200m: 3:15.27 48.06				
3.	Manuel Gaspar, BRANCO	10	CASPAE	3:17.21	13,00
	50m: 44.97 44.97 100m: 1:36.01 51.04 150m: 2:28.49 52.48 200m: 3:17.21 48.72				

Juv

1.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	2:23.38	16,00
	50m: 34.07 34.07 100m: 1:09.32 35.25 150m: 1:46.62 37.30 200m: 2:23.38 36.76				
2.	Tomas Rafael, PEREIRA	09	Nautico Academico	2:24.50	14,00
	50m: 33.85 33.85 100m: 1:09.46 35.61 150m: 1:47.16 37.70 200m: 2:24.50 37.34				
3.	Joao Nuno, GASPAR	09	Condeixa Clube	2:34.30	13,00
	50m: 35.70 35.70 100m: 1:15.52 39.82 150m: 1:56.13 40.61 200m: 2:34.30 38.17				
4.	Antonio Samuel, PAIS	09	S. Pedro Alva	4:24.57	12,00
	50m: 57.85 57.85 100m: 2:05.75 1:07.90 150m: 3:16.18 1:10.43 200m: 4:24.57 1:08.39				

Jun

1.	Joao Ferreira, MARQUES	06	Academica de Coimbra	2:30.47	16,00
	50m: 35.56 35.56 100m: 1:13.56 38.00 150m: 1:52.54 38.98 200m: 2:30.47 37.93				
2.	Duarte Jose, FERNANDES	06	União de Coimbra	2:31.59	14,00
	50m: 36.74 36.74 100m: 1:15.98 39.24 150m: 1:55.05 39.07 200m: 2:31.59 36.54				
3.	Edgar Tavares, MENDES	06	Academica de Coimbra	2:35.99	-
	50m: 34.62 34.62 100m: 1:14.23 39.61 150m: 1:57.00 42.77 200m: 2:35.99 38.99				
4.	Miguel Joao, PINHEIRO	06	Academica de Coimbra	2:36.47	-
	50m: 37.14 37.14 100m: 1:17.23 40.09 150m: 1:57.07 39.84 200m: 2:36.47 39.40				
5.	Joao Rafael, FERREIRA	06	Nautico Academico	2:36.66	11,00
	50m: 35.48 35.48 100m: 1:15.42 39.94 150m: 1:56.68 41.26 200m: 2:36.66 39.98				
DSQ	Guilherme Marques, FERREIRA	06	S. Pedro Alva	3:28.71	-
	<i>SW 6.4 - O/A atleta após perder a posição de costas efectuou mais do que uma braçada, na viragem aos 100 metros.</i>				
	50m: 42.04 42.04 100m: 1:33.83 51.79 150m: 2:33.60 59.77 200m: 3:28.71 55.11				

Sen

1.	Rodrigo Miguel, REIS	04	Nautico Academico	2:19.55	16,00
	50m: 32.49 32.49 100m: 1:08.02 35.53 150m: 1:44.35 36.33 200m: 2:19.55 35.20				
2.	Renato Maria, FERREIRA	04	União de Coimbra	2:32.65	14,00
	50m: 36.18 36.18 100m: 1:15.06 38.88 150m: 1:54.37 39.31 200m: 2:32.65 38.28				

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 7	Femin., 200m Estilos				12 anos e mais velhos
02/03/2024 - 17:15					Resultados
Rec Nac Open	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30/03/2017
Rec Nac 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03/06/2012
Rec Nac Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04/04/2015
Rec Nac Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01/08/2010
Rec Nac Inf A	2:27.21	Carolina Miranda, FERNANDES	CGA	S. Joao da Madeira	22/07/2018
Rec Nac Inf B	2:32.93	Carolina Miranda, FERNANDES	CGA	Loulé	16/07/2017

Lugar	Ano	Tempo final	Pts
Inf			
1. Beatriz Abrantes, MARTINS	11	3:02.52	16,00
50m: 40.79 40.79 100m: 1:29.71 48.92 150m: 2:20.85 51.14 200m: 3:02.52 41.67			
2. Ana Leonor, CARRETO	11	3:03.54	14,00
50m: 40.51 40.51 100m: 1:27.92 47.41 150m: 2:23.10 55.18 200m: 3:03.54 40.44			
3. Carlota Francisco, SANTOS	11	3:07.25	-
50m: 41.72 41.72 100m: 1:30.46 48.74 150m: 2:25.29 54.83 200m: 3:07.25 41.96			
4. Clara Lopes, FERNANDES	12	3:10.82	12,00
50m: 42.70 42.70 100m: 1:29.08 46.38 150m: 2:27.56 58.48 200m: 3:10.82 43.26			
5. Mariana Vidal, REBELO	12	3:15.20	11,00
50m: 44.37 44.37 100m: 1:34.84 50.47 150m: 2:32.72 57.88 200m: 3:15.20 42.48			
6. Beatriz Pires, SOARES	12	3:17.71	10,00
50m: 45.43 45.43 100m: 1:35.88 50.45 150m: 2:34.81 58.93 200m: 3:17.71 42.90			
7. Emilia Matilde, GADANHA	12	3:25.06	-
50m: 49.49 49.49 100m: 1:43.47 53.98 150m: 2:41.77 58.30 200m: 3:25.06 43.29			
8. Maria Eduarda, RIBEIRO	11	3:25.68	-
50m: 42.74 42.74 100m: 1:35.40 52.66 150m: 2:37.73 1:02.33 200m: 3:25.68 47.95			
9. Rita Cravino, RIBEIRO	11	3:41.17	-
50m: 49.31 49.31 100m: 1:49.00 59.69 150m: 2:53.18 1:04.18 200m: 3:41.17 47.99			
DSQ Maria Filipa, GOMES	12	3:35.71	-
<i>SW 7.4 - O/A atleta executou pernadas alternadas durante o percurso.</i>			
50m: 49.65 49.65 100m: 1:43.44 53.79 150m: 2:48.13 1:04.69 200m: 3:35.71 47.58			
DSQ Carolina Almeida, ABRANTES	12	3:46.92	-
<i>SW 4.4 - Falsa Partida</i>			
50m: 58.32 58.32 100m: 1:57.32 59.00 150m: 2:58.39 1:01.07 200m: 3:46.92 48.53			
DNS Giuliana Valentim, BARTELO	12		-

Juv			
1. Camila Duarte, MARCELO	10	2:36.06	16,00
50m: 33.06 33.06 100m: 1:15.43 42.37 150m: 2:01.40 45.97 200m: 2:36.06 34.66			
2. Alana Costa, MATIAS	09	2:37.07	14,00
50m: 32.62 32.62 100m: 1:14.05 41.43 150m: 2:02.32 48.27 200m: 2:37.07 34.75			
3. Raquel Alexandra, CANCELA	09	2:41.66	13,00
50m: 35.14 35.14 100m: 1:17.75 42.61 150m: 2:04.82 47.07 200m: 2:41.66 36.84			
4. Maria Ines, GANTE	10	2:41.82	12,00
50m: 34.96 34.96 100m: 1:17.50 42.54 150m: 2:05.18 47.68 200m: 2:41.82 36.64			
5. Caetana Amado, SANTOS	09	2:41.84	11,00
50m: 35.53 35.53 100m: 1:15.79 40.26 150m: 2:05.70 49.91 200m: 2:41.84 36.14			
6. Rita Calado, CRUZ	09	2:42.20	-
50m: 35.20 35.20 100m: 1:16.05 40.85 150m: 2:02.99 46.94 200m: 2:42.20 39.21			

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 7, Femin., 200m Estilos, Juv

Lugar	Ano	Tempo final	Pts
7. Leonor Mercês, CAVALEIRO 50m: 35.58 35.58 100m: 1:17.28	09 Columbofila Cantanhedense	2:42.88 200m: 2:42.88	9,00 37.24
8. Leonor Sobreiro, ALMEIDA 50m: 36.22 36.22 100m: 1:20.25	10 CASPAE	2:44.46 200m: 2:44.46	8,00 38.51
9. Leonor Mosca, SILVA 50m: 36.69 36.69 100m: 1:22.09	10 Columbofila Cantanhedense	2:49.24 200m: 2:49.24	- 38.62
10. Mariana Dias, PEREIRA 50m: 36.80 36.80 100m: 1:21.48	10 Algés e Águeda XXI	2:50.55 200m: 2:50.55	6,00 39.29
11. Isabella Scavone, LOPES 50m: 36.79 36.79 100m: 1:23.45	10 Miranda do Corvo	2:57.11 200m: 2:57.11	- 40.92
12. Beatriz Ferreira, MIGUEL 50m: 39.46 39.46 100m: 1:28.05	09 Algés e Águeda XXI	2:57.76 200m: 2:57.76	- 39.53
13. Sofia Daniela, FERREIRA 50m: 38.47 38.47 100m: 1:26.06	10 União de Coimbra	3:01.10 200m: 3:01.10	- 39.77
14. Gabriela Maria, SILVA 50m: 44.80 44.80 100m: 1:39.14	09 Columbofila Cantanhedense	3:20.49 200m: 3:20.49	- 41.15
15. Luana Soares, BRAS 50m: 44.88 44.88 100m: 1:36.05	09 S. Pedro Alva	3:21.49 200m: 3:21.49	1,00 46.84
16. Maria Ines, PADILHA 50m: 44.27 44.27 100m: 1:36.14	10 S. Pedro Alva	3:27.60 200m: 3:27.60	- 49.79

Jun

1. Angela Rodrigues, REBELO 50m: 32.21 32.21 100m: 1:13.02	07 Louzan Nataçao	2:34.62 200m: 2:34.62	16,00 37.12
2. Rita Isabel, NEVES 50m: 34.78 34.78 100m: 1:18.08	08 Condeixa Clube	2:38.48 200m: 2:38.48	14,00 34.91
3. Leonor Mil, MANO 50m: 32.37 32.37 100m: 1:15.41	07 Nautico Academico	2:39.97 200m: 2:39.97	13,00 36.00
4. Bianca Filipa, ALMEIDA 50m: 34.28 34.28 100m: 1:16.93	07 Algés e Águeda XXI	2:44.18 200m: 2:44.18	12,00 36.03
DNS Juliana Rodrigues, NOGUEIRA	08 S. Pedro Alva		-

Sen

1. Beatriz Costa, TEJO 50m: 31.26 31.26 100m: 1:13.06	02 Academica de Coimbra	2:32.76 200m: 2:32.76	16,00 33.59
2. Beatriz Ferreira, GASPAR 50m: 33.44 33.44 100m: 1:16.14	04 Academica de Coimbra	2:41.52 200m: 2:41.52	- 37.16
3. Beatriz Andre, GASPAR 50m: 35.02 35.02 100m: 1:19.93	06 Nautico Academico	2:41.76 200m: 2:41.76	13,00 36.89
4. Joana Filipa, VARELA 50m: 32.56 32.56 100m: 1:16.99	06 Nautico Academico	2:52.30 200m: 2:52.30	- 41.45
DNS Bruna Cruz, CARVALHO	03 Louzan Nataçao		-

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 8	Masc., 200m Estilos				13 anos e mais velhos
02/03/2024 - 17:35					Resultados
Rec Nac Open	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Sen	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Rec Nac 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	06/07/2018
Rec Nac 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17/07/2005
Rec Nac Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31/07/2004
Rec Nac Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26/07/2015
Rec Nac Inf A	2:16.63	Alexandre Lages, RIBAS	EDV	Lisboa	24/07/2011
Rec Nac Inf B	2:22.36	Andre Vilas, RUIVO	DNMG	Coimbra	23/06/2013

Lugar					Ano					Tempo final	Pts	
Inf												
1.	Lourenco Simao, PEREIRA	10	Miranda do Corvo							2:41.31	16,00	
	50m: 34.28 34.28	100m: 1:14.61	40.33	150m: 2:04.25	49.64	200m: 2:41.31	37.06					
2.	Francisco Laranjeira, MORAIS	10	Algés e Águeda XXI							2:46.07	14,00	
	50m: 36.68 36.68	100m: 1:19.75	43.07	150m: 2:06.88	47.13	200m: 2:46.07	39.19					
3.	Andre Filipe, COSTA	10	Vigor da Mocidade							2:52.16	13,00	
	50m: 36.52 36.52	100m: 1:19.19	42.67	150m: 2:10.48	51.29	200m: 2:52.16	41.68					
4.	Simao Simoes, DIOGO	10	CASPAE							2:54.22	12,00	
	50m: 35.09 35.09	100m: 1:18.74	43.65	150m: 2:15.28	56.54	200m: 2:54.22	38.94					
5.	David Pereira, MARQUES	11	Columbofila Cantanhedense							3:01.95	11,00	
	50m: 37.95 37.95	100m: 1:24.65	46.70	150m: 2:20.98	56.33	200m: 3:01.95	40.97					
6.	Francisco Duarte, RODRIGUES	11	Louzan Nataçao							3:02.93	10,00	
	50m: 38.39 38.39	100m: 1:25.65	47.26	150m: 2:20.40	54.75	200m: 3:02.93	42.53					
7.	Martim Oliveira, DIAS	11	Nautico Academico							3:03.27	9,00	
	50m: 41.42 41.42	100m: 1:31.85	50.43	150m: 2:22.02	50.17	200m: 3:03.27	41.25					
8.	Pedro Emanuel, PEREIRA	10	Academica de Coimbra							3:04.88	8,00	
	50m: 41.84 41.84	100m: 1:29.27	47.43	150m: 2:25.39	56.12	200m: 3:04.88	39.49					
9.	Bernardo Silva, NEVES	11	Nautico Academico							3:06.17	-	
	50m: 40.86 40.86	100m: 1:27.89	47.03	150m: 2:22.83	54.94	200m: 3:06.17	43.34					
10.	Jorge Miguel, SANTOS	10	Miranda do Corvo							3:14.98	-	
	50m: 44.16 44.16	100m: 1:36.75	52.59	150m: 2:30.65	53.90	200m: 3:14.98	44.33					
11.	Guilherme Goncalves, CHANTRE	11	Miranda do Corvo							3:18.34	-	
	50m: 43.01 43.01	100m: 1:31.80	48.79	150m: 2:32.80	1:01.00	200m: 3:18.34	45.54					
12.	Francisco Diogo, SANTOS	10	CASPAE							3:20.64	-	
	50m: 45.20 45.20	100m: 1:35.42	50.22	150m: 2:31.51	56.09	200m: 3:20.64	49.13					
13.	Manuel Gaspar, BRANCO	10	CASPAE							3:22.87	-	
	50m: 48.44 48.44	100m: 1:37.82	49.38	150m: 2:40.72	1:02.90	200m: 3:22.87	42.15					
14.	Miguel Nevado, MACHADO	10	Nautico Academico							3:57.38	-	
	50m: 48.26 48.26	100m: 1:43.83	55.57	150m: 3:02.82	1:18.99	200m: 3:57.38	54.56					
DSQ	Amilcar Jose, FOULQUIE	11	Galitos / Bresimar							3:03.29	-	
	<i>SW 8.4 - O/A atleta tocou na parede só com uma mão na viragem aos 50 metros.</i>											
	50m: 41.87 41.87	100m: 1:28.66	46.79	150m: 2:23.66	55.00	200m: 3:03.29	39.63					
DNS	Guilherme Lobo, MAGALHAES	10	Nautico Academico								-	
DNS	Tiago Cordeiro, NEVES	11	Nautico Academico								-	

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 8, Masc., 200m Estilos

Juv

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	2:21.83	16,00
	50m: 30.98 30.98	100m: 1:06.83	35.85 150m: 1:49.71	42.88	200m: 2:21.83 32.12
2.	Samuel Dinis, MAIA	08	Miranda do Corvo	2:29.39	14,00
	50m: 31.99 31.99	100m: 1:10.28	38.29 150m: 1:55.22	44.94	200m: 2:29.39 34.17
3.	Guilherme Andre, GASPAS	09	Nautico Academico	2:29.85	13,00
	50m: 31.66 31.66	100m: 1:13.21	41.55 150m: 1:56.31	43.10	200m: 2:29.85 33.54
4.	Guilherme Simoes, SOUSA	08	Nautico Academico	2:29.89	-
	50m: 32.64 32.64	100m: 1:12.90	40.26 150m: 1:57.13	44.23	200m: 2:29.89 32.76
5.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	2:29.90	11,00
	50m: 31.08 31.08	100m: 1:10.26	39.18 150m: 1:53.71	43.45	200m: 2:29.90 36.19
6.	Tiago Janeiro, MOITA	09	Nautico Academico	2:38.16	-
	50m: 34.28 34.28	100m: 1:15.22	40.94 150m: 2:02.68	47.46	200m: 2:38.16 35.48
7.	Francisco Antunes, SOUSA	09	Columbofila Cantanhedense	2:45.50	-
	50m: 34.90 34.90	100m: 1:20.50	45.60 150m: 2:07.44	46.94	200m: 2:45.50 38.06
8.	Joao Rodrigo, COELHO	09	Academica de Coimbra	3:04.25	8,00
	50m: 42.71 42.71	100m: 1:31.01	48.30 150m: 2:22.28	51.27	200m: 3:04.25 41.97
DSQ	Pedro Miguel, LEITAO	08	CASPAE	3:01.94	-
	<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Vlragem aos 100 metros.</i>				
	50m: 40.36 40.36	100m: 1:26.60	46.24 150m: 2:21.74	55.14	200m: 3:01.94 40.20

Jun

1.	Alexandre, DZYAKANAU	07	Louzan Natação	2:19.23	16,00
	50m: 29.03 29.03	100m: 1:05.79	36.76 150m: 1:47.53	41.74	200m: 2:19.23 31.70
2.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	2:20.11	14,00
	50m: 29.71 29.71	100m: 1:07.45	37.74 150m: 1:48.29	40.84	200m: 2:20.11 31.82
3.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	2:28.10	13,00
	50m: 29.37 29.37	100m: 1:09.21	39.84 150m: 1:54.14	44.93	200m: 2:28.10 33.96
4.	David Duarte, JESUS	07	Nautico Academico	2:28.48	12,00
	50m: 30.20 30.20	100m: 1:09.10	38.90 150m: 1:52.03	42.93	200m: 2:28.48 36.45
5.	Edgar Tavares, MENDES	06	Academica de Coimbra	2:32.04	11,00
	50m: 28.36 28.36	100m: 1:09.22	40.86 150m: 1:55.78	46.56	200m: 2:32.04 36.26
6.	Carlos Miguel, OLIVEIRA	06	Nautico Academico	2:34.94	-
	50m: 29.36 29.36	100m: 1:09.85	40.49 150m: 1:56.80	46.95	200m: 2:34.94 38.14
7.	Diogo Fonseca, NEVES	06	Algés e Águeda XXI	2:38.84	-
	50m: 32.85 32.85	100m: 1:16.23	43.38 150m: 2:03.72	47.49	200m: 2:38.84 35.12
DNS	Jose Miguel, MARQUES	06	Condeixa Clube		-

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	2:16.21	16,00
	50m: 28.36 28.36	100m: 1:03.68	35.32 150m: 1:43.79	40.11	200m: 2:16.21 32.42
2.	Joao Neves, ALMEIDA	05	Nautico Academico	2:22.86	-
	50m: 30.23 30.23	100m: 1:08.16	37.93 150m: 1:50.64	42.48	200m: 2:22.86 32.22
3.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	2:23.01	13,00
	50m: 29.58 29.58	100m: 1:06.76	37.18 150m: 1:51.12	44.36	200m: 2:23.01 31.89
4.	Tomas Carvalho, SANTOS	05	Louzan Natação	2:25.65	12,00
	50m: 28.32 28.32	100m: 1:06.74	38.42 150m: 1:51.17	44.43	200m: 2:25.65 34.48
5.	Antonio Pedro, MARTINS	05	União de Coimbra	2:33.41	11,00
	50m: 33.33 33.33	100m: 1:12.57	39.24 150m: 1:59.79	47.22	200m: 2:33.41 33.62

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

2 - 1ª Jornada - 2ª Sessão

03/03/2024 - 10:00

Prova 9	Masc., 200m Livres				13 anos e mais velhos	
03/03/2024 - 10:00					Resultados	
Rec Nac Open	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019	
Rec Nac Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019	
Rec Nac 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14/07/2005	
Rec Nac 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	27/03/2021	
Rec Nac Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24/07/2009	
Rec Nac Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02/08/2019	
Rec Nac Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21/07/2018	
Rec Nac Inf B	2:06.18	Joao Magalhaes, NUNES	CNA	Rio Maior	21/07/2012	

Lugar	Ano	Tempo final	Pts
Inf			
1. Lourenco Simao, PEREIRA	10	Miranda do Corvo	2:21.70 16,00
50m: 31.91 31.91	100m: 1:08.16	36.25 150m: 1:46.07 37.91	200m: 2:21.70 35.63
2. Andre Filipe, COSTA	10	Vigor da Mocidade	2:33.35 14,00
50m: 34.29 34.29	100m: 1:13.89	39.60 150m: 1:54.54 40.65	200m: 2:33.35 38.81
3. Simao Simoes, DIOGO	10	CASPAE	2:36.61 13,00
50m: 35.61 35.61	100m: 1:15.61	40.00 150m: 1:56.58 40.97	200m: 2:36.61 40.03
4. David Pereira, MARQUES	11	Columbofila Cantanhedense	2:38.42 12,00
50m: 36.91 36.91	100m: 1:17.65	40.74 150m: 1:59.07 41.42	200m: 2:38.42 39.35
5. Pedro Emanuel, PEREIRA	10	Academica de Coimbra	2:41.76 11,00
50m: 38.05 38.05	100m: 1:18.82	40.77 150m: 2:01.40 42.58	200m: 2:41.76 40.36
6. Manuel Gaspar, BRANCO	10	CASPAE	2:45.71 -
50m: 37.67 37.67	100m: 1:20.29	42.62 150m: 2:03.99 43.70	200m: 2:45.71 41.72
7. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	2:55.14 -
50m: 39.67 39.67	100m: 1:25.84	46.17 150m: 2:12.90 47.06	200m: 2:55.14 42.24
8. Guilherme Goncalves, CHANTRE	11	Miranda do Corvo	2:55.24 -
50m: 39.31 39.31	100m: 1:22.64	43.33 150m: 2:09.12 46.48	200m: 2:55.24 46.12
9. Francisco Diogo, SANTOS	10	CASPAE	3:02.23 -
50m: 42.96 42.96	100m: 1:28.87	45.91 150m: 2:16.13 47.26	200m: 3:02.23 46.10

Juv			
1. Antonio Cruz, FARDILHA	08	Galitos / Bresimar	2:04.66 16,00
50m: 28.30 28.30	100m: 59.64	31.34 150m: 1:32.35 32.71	200m: 2:04.66 32.31
2. Tiago Joaquim, SILVA	09	Galitos / Bresimar	2:07.58 -
50m: 29.00 29.00	100m: 1:00.82	31.82 150m: 1:33.85 33.03	200m: 2:07.58 33.73
3. Guilherme Simoes, SOUSA	08	Nautico Academico	2:08.25 13,00
50m: 29.33 29.33	100m: 1:01.18	31.85 150m: 1:34.97 33.79	200m: 2:08.25 33.28
4. Salvador Correia, PEREIRA	08	Condeixa Clube	2:08.43 12,00
50m: 29.17 29.17	100m: 1:01.05	31.88 150m: 1:35.78 34.73	200m: 2:08.43 32.65
5. Vicente Sa, VALE	08	Galitos / Bresimar	2:12.24 -
50m: 28.66 28.66	100m: 1:00.82	32.16 150m: 1:35.71 34.89	200m: 2:12.24 36.53
6. Bernardo Reis, FERREIRA	08	Galitos / Bresimar	2:13.11 -
50m: 30.04 30.04	100m: 1:03.55	33.51 150m: 1:37.61 34.06	200m: 2:13.11 35.50
7. Goncalo Malha, NETO	09	Galitos / Bresimar	2:13.17 -
50m: 30.12 30.12	100m: 1:03.51	33.39 150m: 1:38.46 34.95	200m: 2:13.17 34.71
8. Joao Nuno, GASPAR	09	Condeixa Clube	2:13.56 -
50m: 29.53 29.53	100m: 1:02.41	32.88 150m: 1:37.55 35.14	200m: 2:13.56 36.01

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 9, Masc., 200m Livres, Juv

Lugar	Ano	Tempo final	Pts
9. Francisco Fernandes, PEREIRA 50m: 31.78 31.78 100m: 1:06.36	08 Academica de Coimbra	2:16.80	7,00
10. Tiago Janeiro, MOITA 50m: 31.74 31.74 100m: 1:08.09	09 Nautico Academico	2:22.27	-
11. Francisco Antunes, SOUSA 50m: 32.82 32.82 100m: 1:09.53	09 Columbofila Cantanhedense	2:23.41	5,00
12. Pedro Miguel, LEITAO 50m: 32.52 32.52 100m: 1:10.02	08 CASPAE	2:31.03	4,00
13. Jose Guardado, SILVA 50m: 35.74 35.74 100m: 1:15.10	08 Vigor da Mocidade	2:32.08	3,00
14. Henrique Figueiredo, FIDALGO 50m: 35.17 35.17 100m: 1:13.86	08 Vigor da Mocidade	2:32.79	-
15. Henrique Melo, SANTIAGO 50m: 36.49 36.49 100m: 1:16.87	08 Vigor da Mocidade	2:39.89	-
16. Joao Rodrigo, COELHO 50m: 37.60 37.60 100m: 1:19.89	09 Academica de Coimbra	2:44.12	-
17. Joao Miguel, ALVES 50m: 38.86 38.86 100m: 1:23.49	09 Vigor da Mocidade	2:48.08	-
18. Antonio Samuel, PAIS 50m: 43.84 43.84 100m: 1:37.44	09 S. Pedro Alva	3:38.36	-

Jun

1. Joao Ferreira, MARQUES 50m: 28.05 28.05 100m: 59.48	06 Academica de Coimbra	2:03.16	16,00
2. Tomas Veiga, PEREIRA 50m: 29.48 29.48 100m: 1:01.41	06 Nautico Academico	2:07.33	14,00
3. Duarte Jose, FERNANDES 50m: 28.91 28.91 100m: 1:00.34	06 União de Coimbra	2:07.80	13,00
4. Francisco Cruz, CARVALHO 50m: 31.12 31.12 100m: 1:04.92	06 S. Pedro Alva	2:11.35	12,00
5. Joao Rafael, FERREIRA 50m: 29.47 29.47 100m: 1:02.56	06 Nautico Academico	2:12.11	-
6. Edgar Tavares, MENDES 50m: 30.57 30.57 100m: 1:04.23	06 Academica de Coimbra	2:14.21	-
7. Rodrigo Marques, LIMA 50m: 30.70 30.70 100m: 1:06.01	07 CASPAE	2:15.71	9,00
8. Miguel Joao, PINHEIRO 50m: 31.47 31.47 100m: 1:06.20	06 Academica de Coimbra	2:19.15	-

Sen

1. Rodrigo Miguel, REIS 50m: 28.11 28.11 100m: 58.51	04 Nautico Academico	2:00.92	16,00
2. Miguel Freitas, OVIEDO 50m: 28.63 28.63 100m: 59.97	02 Academica de Coimbra	2:05.18	14,00
3. Tomas Cardoso, GERALDO 50m: 29.63 29.63 100m: 1:02.14	05 Condeixa Clube	2:08.89	13,00
4. Antonio Pedro, MARTINS 50m: 30.89 30.89 100m: 1:05.37	05 União de Coimbra	2:16.79	12,00

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 9, Masc., 200m Livres, Sen

Lugar	Ano	Tempo final	Pts
5. Joel Alexandre, PEREIRA	92 APC Coimbra	3:50.40	11,00
50m: 51.91 51.91	100m: 1:52.16 1:00.25	150m: 2:54.17 1:02.01	200m: 3:50.40 56.23

Prova 10

Femin., 200m Livres

12 anos e mais velhos

03/03/2024 - 10:15

Resultados

Rec Nac - Adaptada S1	59:00.00	start,								
Rec Nac - Adaptada S2	59:00.00	start,								
Rec Nac - Adaptada S3	5:07.35	Susana Cristina, BARROSO	GESL	Lisboa						26/05/2001
Rec Nac - Adaptada S4	4:07.64	Diana Lobo, GUIMARAES	FCP	Vila Franca de Xira						01/12/2007
Rec Nac - Adaptada S5	3:31.89	Maria Joao, MORGADO	POR	Braunschweig (GER)						13/08/1999
Rec Nac - Adaptada S6	59:00.00	,								
Rec Nac - Adaptada S7	4:58.80	,								
Rec Nac - Adaptada S8	2:49.63	Ana Filipa, CASTRO	FVCD	Coimbra						02/03/2019
Rec Nac - Adaptada S9	2:24.16	Susana Pereira, VEIGA	CNCVG	Funchal						01/04/2023
Rec Nac - Adaptada S10	59:00.00	,								
Rec Nac - Adaptada S11	59:00.00	,								
Rec Nac - Adaptada S12	59:00.00	,								
Rec Nac - Adaptada S14	2:48.99	Sonia Castanheiro, RESENDE	POR	Loano (ITA)						11/06/2016
Rec Nac - Adaptada S15	2:40.90	Eunice Evora, ALMEIDA	SCP	Povoa de Varzim						12/05/2018
Rec Nac - Adaptada S16	3:35.36	Maria Joao, TABORDA	FCP	Povoa de Varzim						07/04/2019
Rec Nac - Adaptada S17	5:15.84	Francisca Araujo, FERREIRA	ADADA	Póvoa de Varzim						04/11/2023
Rec Nac - Adaptada S21	3:27.66	Filipa Sa, REIS	POR	Padova (ITA)						06/09/2023
Rec Nac Open	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)						13/05/2023
Rec Nac Sen	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)						13/05/2023
Rec Nac 17	2:03.11	Francisca Soares, MARTINS	POR	Loule						16/08/2020
Rec Nac 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)						06/07/2018
Rec Nac Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras						27/07/2018
Rec Nac Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras						25/07/2014
Rec Nac Inf A	2:10.86	Alexandra Couto, FRAZAO	CNA	Oeiras						11/04/2015
Rec Nac Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira						24/07/2009

Lugar	Ano	Tempo final	Pts
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Inf

1. Maria Luisa, NOGUEIRA	12	Academica de Coimbra	2:35.28	16,00
50m: 37.06 37.06	100m: 1:16.18 39.12	150m: 1:56.67 40.49	200m: 2:35.28 38.61	
2. Beatriz Pires, SOARES	12	Miranda do Corvo	3:01.05	14,00
50m: 41.10 41.10	100m: 1:28.27 47.17	150m: 2:16.48 48.21	200m: 3:01.05 44.57	
3. Carolina Almeida, ABRANTES	12	União de Coimbra	3:14.72	13,00
50m: 42.51 42.51	100m: 1:33.15 50.64	150m: 2:25.20 52.05	200m: 3:14.72 49.52	
4. Ana Isabel, CRUZ	11	CASPAE	3:19.78	12,00
50m: 45.43 45.43	100m: 1:37.68 52.25	150m: 2:29.04 51.36	200m: 3:19.78 50.74	
5. Marta Cavaleiro, FERREIRA	12	Ginasio Clube	3:35.70	11,00
50m: 48.58 48.58	100m: 1:46.86 58.28	150m: 2:43.57 56.71	200m: 3:35.70 52.13	

DNS Giuliana Valentim, BARTOLO 12 União de Coimbra -

Juv

1. Joana Almeida, SANTOS	09	Galitos / Bresimar	2:20.41	16,00
50m: 32.94 32.94	100m: 1:08.89 35.95	150m: 1:45.33 36.44	200m: 2:20.41 35.08	
2. Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	2:21.25	-
50m: 33.31 33.31	100m: 1:09.47 36.16	150m: 1:45.51 36.04	200m: 2:21.25 35.74	
3. Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	2:23.63	13,00
50m: 34.07 34.07	100m: 1:10.86 36.79	150m: 1:47.27 36.41	200m: 2:23.63 36.36	
4. Leonor Antunes, PAIVA	10	Nautico Academico	2:25.29	12,00
50m: 34.08 34.08	100m: 1:11.09 37.01	150m: 1:48.84 37.75	200m: 2:25.29 36.45	

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 10, Femin., 200m Livres, Juv

Lugar				Ano				Tempo final	Pts
5.	Francisca Pinto, OLIVEIRA	09	Galitos / Bresimar				2:25.39	-	
	50m: 33.63 33.63	100m: 1:10.02	36.39	150m: 1:47.65	37.63	200m: 2:25.39	37.74		
6.	Leonor Silva, JESUS	10	Galitos / Bresimar				2:26.93	-	
	50m: 34.00 34.00	100m: 1:11.52	37.52	150m: 1:49.63	38.11	200m: 2:26.93	37.30		
7.	Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar				2:26.94	-	
	50m: 33.76 33.76	100m: 1:11.03	37.27	150m: 1:49.14	38.11	200m: 2:26.94	37.80		
8.	Leonor Silva, OLIVEIRA	10	Galitos / Bresimar				2:27.65	-	
	50m: 33.81 33.81	100m: 1:11.45	37.64	150m: 1:50.12	38.67	200m: 2:27.65	37.53		
9.	Rita Calado, CRUZ	09	Nautico Academico				2:28.02	-	
	50m: 34.52 34.52	100m: 1:12.27	37.75	150m: 1:50.11	37.84	200m: 2:28.02	37.91		
10.	Maria Ines, RODRIGUES	10	Condeixa Clube				2:30.60	6,00	
	50m: 35.33 35.33	100m: 1:14.21	38.88	150m: 1:53.90	39.69	200m: 2:30.60	36.70		
11.	Sara Marques, LIMA	10	CASPAE				2:30.99	5,00	
	50m: 35.24 35.24	100m: 1:13.75	38.51	150m: 1:53.36	39.61	200m: 2:30.99	37.63		
12.	Isabella Scavone, LOPES	10	Miranda do Corvo				2:31.24	4,00	
	50m: 34.77 34.77	100m: 1:13.02	38.25	150m: 1:52.21	39.19	200m: 2:31.24	39.03		
13.	Ana Margarida, CRUZ	09	Nautico Academico				2:33.55	-	
	50m: 34.20 34.20	100m: 1:12.42	38.22	150m: 1:53.05	40.63	200m: 2:33.55	40.50		
14.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo				2:33.64	-	
	50m: 35.12 35.12	100m: 1:13.67	38.55	150m: 1:54.30	40.63	200m: 2:33.64	39.34		
15.	Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade				2:38.58	1,00	
	50m: 36.60 36.60	100m: 1:17.57	40.97	150m: 1:59.16	41.59	200m: 2:38.58	39.42		
16.	Leonor Sobreiro, ALMEIDA	10	CASPAE				2:38.71	-	
	50m: 38.15 38.15	100m: 1:20.03	41.88	150m: 2:01.34	41.31	200m: 2:38.71	37.37		
17.	Anastacia, PROTOLYUK	09	Columbofila Cantanhedense				2:42.90	-	
	50m: 30.86 30.86	100m: 1:05.27	34.41	150m: 1:55.90	50.63	200m: 2:42.90	47.00		
18.	Gabriela Maria, SILVA	09	Columbofila Cantanhedense				2:48.04	-	
	50m: 37.47 37.47	100m: 1:19.10	41.63	150m: 2:04.77	45.67	200m: 2:48.04	43.27		
19.	Anya Anthony, CAMPBELL	09	Ginasio Clube				2:56.82	-	
	50m: 38.69 38.69	100m: 1:23.17	44.48	150m: 2:11.49	48.32	200m: 2:56.82	45.33		
20.	Erica Maria, ALMEIDA	10	Vigor da Mocidade				2:59.75	-	
	50m: 41.00 41.00	100m: 1:27.28	46.28	150m: 2:14.65	47.37	200m: 2:59.75	45.10		
21.	Luana Soares, BRAS	09	S. Pedro Alva				3:13.11	-	
	50m: 35.80 35.80	100m: 1:24.77	48.97	150m: 2:19.00	54.23	200m: 3:13.11	54.11		

Jun

1.	Cristiana Sofia, DUARTE	07	Academica de Coimbra				2:19.59	16,00
	50m: 33.05 33.05	100m: 1:09.38	36.33	150m: 1:44.64	35.26	200m: 2:19.59	34.95	
2.	Ines Miranda, DIOGO	07	Nautico Academico				2:23.00	14,00
	50m: 32.92 32.92	100m: 1:08.86	35.94	150m: 1:46.11	37.25	200m: 2:23.00	36.89	
3.	Joana Gomes, OLIVEIRA	07	Ginasio Clube				2:50.87	13,00
	50m: 38.20 38.20	100m: 1:21.28	43.08	150m: 2:06.88	45.60	200m: 2:50.87	43.99	
DNS	Francisca Dias, AGANTE	08	Vigor da Mocidade					-
DNS	Juliana Rodrigues, NOGUEIRA	08	S. Pedro Alva					-
DNS	Julia Maria, SOARES	08	Miranda do Corvo					-
DNS	Raquel Filipa, JESUS	08	União de Coimbra					-

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 10, Femin., 200m Livres

Sen

1.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:14.98	16,00
	50m: 30.82 30.82	100m: 1:04.26	33.44 150m: 1:39.29 35.03	200m: 2:14.98 35.69	
2.	Leonor Verissimo, FARIA	06	Nautico Academico	2:17.51	14,00
	50m: 31.95 31.95	100m: 1:06.48	34.53 150m: 1:42.41 35.93	200m: 2:17.51 35.10	
3.	Beatriz Ferreira, GASPAR	04	Academica de Coimbra	2:22.90	13,00
	50m: 32.65 32.65	100m: 1:08.72	36.07 150m: 1:45.77 37.05	200m: 2:22.90 37.13	
4.	Valentina Saad, BARBOSA	04	Academica de Coimbra	2:26.00	-
	50m: 33.08 33.08	100m: 1:10.05	36.97 150m: 1:47.40 37.35	200m: 2:26.00 38.60	
5.	Diana Costa, OLIVEIRA	04	União de Coimbra	2:33.60	-
	50m: 34.34 34.34	100m: 1:14.57	40.23 150m: 1:53.65 39.08	200m: 2:33.60 39.95	
6.	Helena Carolina, DINIS	05	Academica de Coimbra	2:44.07	-
	50m: 38.12 38.12	100m: 1:20.19	42.07 150m: 2:02.51 42.32	200m: 2:44.07 41.56	
7.	Matilde Lucia, GASPAR	06	APC Coimbra	3:25.18	9,00
	50m: 45.09 45.09	100m: 1:36.72	51.63 150m: 2:31.76 55.04	200m: 3:25.18 53.42	
	<i>Rec Nacional Adaptada</i>				
8.	Carolina Caetano, LOURENCO	94	APC Coimbra	4:38.94	-
	50m: 1:01.15 1:01.15	100m: 2:15.52	1:14.37 150m: 3:27.14 1:11.62	200m: 4:38.94 1:11.80	
9.	Barbara Ines, GOMES	91	APC Coimbra	4:43.80	-
	50m: 1:06.39 1:06.39	100m: 2:17.46	1:11.07 150m: 3:32.53 1:15.07	200m: 4:43.80 1:11.27	

Prova 11

Masc., 400m Estilos

13 anos e mais velhos

03/03/2024 - 10:40

Resultados

Rec Nac Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Rec Nac Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23/07/2004
Rec Nac Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12/07/2013

Lugar	Ano	Tempo final	Pts
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Inf

1.	Hugo Ferreira, SILVA	11	Academica de Coimbra	5:59.86	16,00
	50m: 40.33 40.33	150m: 2:13.51	46.15 250m: 3:50.30 52.95	350m: 5:21.82 39.84	
	100m: 1:27.36 47.03	200m: 2:57.35	43.84 300m: 4:41.98 51.68	400m: 5:59.86 38.04	
2.	Dinis Goncalves, ARAUJO	10	União de Coimbra	6:20.59	14,00
	50m: 36.32 36.32	150m: 2:18.82	48.93 250m: 4:01.99 55.52	350m: 5:38.84 42.02	
	100m: 1:29.89 53.57	200m: 3:06.47	47.65 300m: 4:56.82 54.83	400m: 6:20.59 41.75	
3.	Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	6:29.27	-
	50m: 40.07 40.07	150m: 2:21.28	49.42 250m: 4:06.78 58.60	350m: 5:47.50 42.39	
	100m: 1:31.86 51.79	200m: 3:08.18	46.90 300m: 5:05.11 58.33	400m: 6:29.27 41.77	

Juv

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:52.87	16,00
	50m: 31.46 31.46	150m: 1:44.81	38.10 250m: 3:04.32 42.98	350m: 4:20.30 32.83	
	100m: 1:06.71 35.25	200m: 2:21.34	36.53 300m: 3:47.47 43.15	400m: 4:52.87 32.57	
2.	Tomas Rafael, PEREIRA	09	Nautico Academico	5:16.59	14,00
	50m: 32.72 32.72	150m: 1:51.18	39.16 250m: 3:17.82 47.93	350m: 4:41.04 34.96	
	100m: 1:12.02 39.30	200m: 2:29.89	38.71 300m: 4:06.08 48.26	400m: 5:16.59 35.55	

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 11, Masc., 400m Estilos, Juv

Lugar			Ano					Tempo final	Pts		
3.	Samuel Dinis, MAIA		08	Miranda do Corvo				5:19.04	13,00		
	50m:	33.11 33.11	150m:	1:52.58	40.60	250m:	3:18.85	46.41	350m:	4:43.19	37.03
	100m:	1:11.98 38.87	200m:	2:32.44	39.86	300m:	4:06.16	47.31	400m:	5:19.04	35.85
4.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				5:19.33	12,00		
	50m:	33.41 33.41	150m:	1:52.60	41.37	250m:	3:18.31	45.68	350m:	4:42.43	37.47
	100m:	1:11.23 37.82	200m:	2:32.63	40.03	300m:	4:04.96	46.65	400m:	5:19.33	36.90
5.	Jose Pedro, COSTA		09	Nautico Academico				5:59.36	-		
	50m:	36.03 36.03	150m:	2:07.60	48.45	250m:	3:45.55	52.20	350m:	5:19.55	41.17
	100m:	1:19.15 43.12	200m:	2:53.35	45.75	300m:	4:38.38	52.83	400m:	5:59.36	39.81
DSQ	Nuno Miguel, ANJOS		08	Galitos / Bresimar				5:11.76	-		
	<i>SW 8.4 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 100 metros.</i>										
	50m:	30.79 30.79	150m:	1:51.31	40.92	250m:	3:14.24	42.28	350m:	4:36.07	36.91
	100m:	1:10.39 39.60	200m:	2:31.96	40.65	300m:	3:59.16	44.92	400m:	5:11.76	35.69

Jun

1.	David Duarte, JESUS		07	Nautico Academico				5:22.48	16,00		
	50m:	31.08 31.08	150m:	1:53.42	43.35	250m:	3:18.82	44.25	350m:	4:45.57	38.53
	100m:	1:10.07 38.99	200m:	2:34.57	41.15	300m:	4:07.04	48.22	400m:	5:22.48	36.91

Sen

1.	Lucas Pereira, BASTOS		00	Nautico Academico				4:47.57	16,00		
	50m:	29.34 29.34	150m:	1:40.63	37.73	250m:	2:58.92	41.25	350m:	4:14.68	34.25
	100m:	1:02.90 33.56	200m:	2:17.67	37.04	300m:	3:40.43	41.51	400m:	4:47.57	32.89
2.	Antonio Pedro, MARTINS		05	União de Coimbra				5:25.15	14,00		
	50m:	34.96 34.96	150m:	1:59.78	42.35	250m:	3:28.54	48.70	350m:	4:51.27	34.85
	100m:	1:17.43 42.47	200m:	2:39.84	40.06	300m:	4:16.42	47.88	400m:	5:25.15	33.88
3.	Renato Maria, FERREIRA		04	União de Coimbra				5:35.04	-		
	50m:	35.51 35.51	150m:	2:03.07	43.38	250m:	3:31.47	48.06	350m:	4:58.49	38.82
	100m:	1:19.69 44.18	200m:	2:43.41	40.34	300m:	4:19.67	48.20	400m:	5:35.04	36.55

Prova 12

Femin., 400m Estilos

12 anos e mais velhos

03/03/2024 - 10:55

Resultados

Rec Nac Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Rec Nac Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20/07/2007
Rec Nac Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24/07/2009

Lugar

Ano

Tempo final

Pts

Juv

1.	Maria Neto, SIMOES		10	Condeixa Clube				5:25.92	16,00		
	50m:	33.22 33.22	150m:	1:56.61	43.46	250m:	3:24.68	45.55	350m:	4:48.75	37.23
	100m:	1:13.15 39.93	200m:	2:39.13	42.52	300m:	4:11.52	46.84	400m:	5:25.92	37.17
2.	Camila Duarte, MARCELO		10	Condeixa Clube				5:29.50	-		
	50m:	34.93 34.93	150m:	1:58.58	43.91	250m:	3:28.30	47.23	350m:	4:53.32	37.21
	100m:	1:14.67 39.74	200m:	2:41.07	42.49	300m:	4:16.11	47.81	400m:	5:29.50	36.18
3.	Alana Costa, MATIAS		09	União de Coimbra				5:34.20	13,00		
	50m:	34.18 34.18	150m:	2:00.63	44.31	250m:	3:33.01	49.28	350m:	4:58.57	36.57
	100m:	1:16.32 42.14	200m:	2:43.73	43.10	300m:	4:22.00	48.99	400m:	5:34.20	35.63

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 12, Femin., 400m Estilos, Juv

Lugar			Ano					Tempo final	Pts
4.	Leonor Mercês, CAVALEIRO		09	Columbofila Cantanhedense				5:39.89	12,00
	50m:	35.13 35.13	150m:	2:00.15	43.59	250m:	3:32.65 49.54	350m:	5:01.75 39.27
	100m:	1:16.56 41.43	200m:	2:43.11	42.96	300m:	4:22.48 49.83	400m:	5:39.89 38.14
5.	Maria Inês, GANTE		10	Nautico Academico				5:48.41	11,00
	50m:	35.90 35.90	150m:	2:03.89	46.62	250m:	3:38.56 49.70	350m:	5:09.30 40.10
	100m:	1:17.27 41.37	200m:	2:48.86	44.97	300m:	4:29.20 50.64	400m:	5:48.41 39.11
6.	Mariana Bernardo, SILVESTRE		10	Nautico Academico				5:55.93	-
	50m:	38.26 38.26	150m:	2:09.62	45.38	250m:	3:43.41 50.72	350m:	5:16.51 42.47
	100m:	1:24.24 45.98	200m:	2:52.69	43.07	300m:	4:34.04 50.63	400m:	5:55.93 39.42
7.	Caetana Amado, SANTOS		09	Miranda do Corvo				6:03.68	9,00
	50m:	37.97 37.97	150m:	2:10.02	44.24	250m:	3:47.56 54.02	350m:	5:23.11 41.76
	100m:	1:25.78 47.81	200m:	2:53.54	43.52	300m:	4:41.35 53.79	400m:	6:03.68 40.57
8.	Sofia Daniela, FERREIRA		10	União de Coimbra				6:30.43	-
	50m:	39.44 39.44	150m:	2:22.68	54.24	250m:	4:08.73 57.68	350m:	5:48.15 41.81
	100m:	1:28.44 49.00	200m:	3:11.05	48.37	300m:	5:06.34 57.61	400m:	6:30.43 42.28
9.	Carolina Baptista, PEREIRINHA		09	S. Pedro Alva				6:44.38	7,00
	50m:	40.51 40.51	150m:	2:17.36	46.55	250m:	4:10.08 1:05.80	350m:	6:00.13 46.94
	100m:	1:30.81 50.30	200m:	3:04.28	46.92	300m:	5:13.19 1:03.11	400m:	6:44.38 44.25
10.	Anya Anthony, CAMPBELL		09	Ginasio Clube				7:52.50	6,00
	50m:	49.32 49.32	150m:	2:55.57	1:01.02	250m:	5:04.45 1:11.39	350m:	7:04.06 50.40
	100m:	1:54.55 1:05.23	200m:	3:53.06	57.49	300m:	6:13.66 1:09.21	400m:	7:52.50 48.44

Jun

1.	Leonor Mil, MANO		07	Nautico Academico				5:34.72	16,00
	50m:	33.48 33.48	150m:	2:00.39	45.80	250m:	3:33.59 49.45	350m:	4:59.70 36.21
	100m:	1:14.59 41.11	200m:	2:44.14	43.75	300m:	4:23.49 49.90	400m:	5:34.72 35.02
2.	Rita Isabel, NEVES		08	Condeixa Clube				5:34.77	14,00
	50m:	35.81 35.81	150m:	2:02.13	44.59	250m:	3:30.86 46.62	350m:	4:57.34 38.34
	100m:	1:17.54 41.73	200m:	2:44.24	42.11	300m:	4:19.00 48.14	400m:	5:34.77 37.43

Sen

1.	Beatriz Andre, GASPAR		06	Nautico Academico				5:37.46	16,00
	50m:	35.09 35.09	150m:	2:03.37	47.13	250m:	3:34.31 45.60	350m:	4:59.41 38.41
	100m:	1:16.24 41.15	200m:	2:48.71	45.34	300m:	4:21.00 46.69	400m:	5:37.46 38.05

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 13 Masc., 200m Bruços 13 anos e mais velhos
03/03/2024 - 11:15 Resultados

Rec Nac Open	2:11.92	Gabriel Jose, LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Sen	2:11.92	Gabriel Jose, LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20/07/2009
Rec Nac 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26/07/2014
Rec Nac Juv A	2:15.98	Rafael Miguel, MIMOSO	POR	Maribor (SLO)	24/07/2023
Rec Nac Juv B	2:19.73	Rafael Miguel, MIMOSO	POR	Banská Bystrica (SVK)	26/07/2022
Rec Nac Inf A	2:32.07	Joao Soares, CARNEIRO	SLB	Loulé	15/07/2017
Rec Nac Inf B	2:38.94	Duarte Anastacio, SOUSA	CAC	Oeiras	19/07/2015

Lugar	Ano	Tempo final	Pts
Inf			
1. Pedro Emanuel, PEREIRA	10 Academica de Coimbra	3:33.97	16,00
50m: 50.53 50.53 100m: 1:46.22 55.69 150m: 2:41.67 55.45 200m: 3:33.97 52.30			
2. Jorge Miguel, SANTOS	10 Miranda do Corvo	3:35.43	14,00
50m: 48.54 48.54 100m: 1:44.39 55.85 150m: 2:39.65 55.26 200m: 3:35.43 55.78			
3. Francisco Diogo, SANTOS	10 CASPAE	3:42.97	13,00
50m: 50.04 50.04 100m: 1:45.17 55.13 150m: 2:43.13 57.96 200m: 3:42.97 59.84			
DSQ Dinis Goncalves, ARAUJO	10 União de Coimbra	3:24.07	-
<i>SW 7.5 - O/A atleta executou pernadas de golfinho durante o percurso.</i>			
50m: 47.82 47.82 100m: 1:40.52 52.70 150m: 2:33.19 52.67 200m: 3:24.07 50.88			

Juv			
1. Guilherme Andre, GASPAR	09 Nautico Academico	2:46.17	16,00
50m: 37.18 37.18 100m: 1:20.50 43.32 150m: 2:03.32 42.82 200m: 2:46.17 42.85			
2. Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	2:46.79	14,00
50m: 37.47 37.47 100m: 1:19.81 42.34 150m: 2:03.17 43.36 200m: 2:46.79 43.62			
3. Joao Rodrigo, COELHO	09 Academica de Coimbra	3:27.50	13,00
50m: 47.48 47.48 100m: 1:41.91 54.43 150m: 2:35.82 53.91 200m: 3:27.50 51.68			
4. Guilherme Santos, FERREIRA	09 CASPAE	3:32.22	12,00
50m: 43.59 43.59 100m: 1:36.18 52.59 150m: 2:32.55 56.37 200m: 3:32.22 59.67			

Jun			
1. Duarte Jose, FERNANDES	06 União de Coimbra	2:38.58	16,00
50m: 35.52 35.52 100m: 1:15.78 40.26 150m: 1:57.29 41.51 200m: 2:38.58 41.29			
DSQ Carlos Miguel, OLIVEIRA	06 Nautico Academico	2:55.04	-
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 150 metros.</i>			
50m: 36.18 36.18 100m: 1:20.81 44.63 150m: 2:07.13 46.32 200m: 2:55.04 47.91			
DNS Duarte Cachulo, MARQUES	07 Condeixa Clube		-
DNS Jose Miguel, MARQUES	06 Condeixa Clube		-

Sen			
1. Vasco Pereira, BASTOS	02 Nautico Academico	2:44.64	16,00
50m: 36.78 36.78 100m: 1:18.09 41.31 150m: 2:01.00 42.91 200m: 2:44.64 43.64			

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 14 Femin., 200m Bruços 12 anos e mais velhos
03/03/2024 - 11:25 Resultados

Rec Nac - Adaptada SB8	59:00.00									
Rec Nac - Adaptada SB14	3:32.83	Sonia Castanheiro, RESENDE	POR	Loano (ITA)						13/06/2016
Rec Nac - Adaptada SB15	3:18.70	Susana Maria, LOURENCO	SCP	Vila Franca de Xira						05/03/2016
Rec Nac - Adaptada SB17	59:00.00	start,								
Rec Nac - Adaptada SB21	4:00.46	Matilde Lucia, GASPAR	POR	Padova (ITA)						05/09/2023
Rec Nac Open	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)						25/07/2019
Rec Nac Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)						25/07/2019
Rec Nac 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra						02/04/2017
Rec Nac 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)						15/07/2005
Rec Nac Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)						27/06/2004
Rec Nac Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)						28/07/2003
Rec Nac Inf A	2:42.69	Clara Gomes, PEREIRA	SAD	Oeiras						18/07/2015
Rec Nac Inf B	2:49.82	Clara Gomes, PEREIRA	SAD	Loulé						19/07/2014

Lugar Ano Tempo final Pts

Inf

1. Maria Luisa, NOGUEIRA	12	Academica de Coimbra	3:26.45	16,00
50m: 48.36 48.36 100m: 1:41.20 52.84 150m: 2:35.75 54.55 200m: 3:26.45 50.70				
2. Margarida Paiva, CORREIA	12	Miranda do Corvo	3:34.40	14,00
50m: 50.31 50.31 100m: 1:45.21 54.90 150m: 2:40.29 55.08 200m: 3:34.40 54.11				
3. Carolina Almeida, ABRANTES	12	União de Coimbra	4:02.92	13,00
50m: 55.95 55.95 100m: 1:58.59 1:02.64 150m: 3:01.50 1:02.91 200m: 4:02.92 1:01.42				
4. Marta Cavaleiro, FERREIRA	12	Ginasio Clube	4:28.51	12,00
50m: 1:00.06 1:00.06 100m: 2:10.54 1:10.48 150m: 3:20.70 1:10.16 200m: 4:28.51 1:07.81				

DNS Giuliana Valentim, BARTOLO 12 União de Coimbra -

Juv

1. Carlota Ganito, SANTOS	09	Galitos / Bresimar	2:56.63	16,00
50m: 40.38 40.38 100m: 1:25.09 44.71 150m: 2:10.59 45.50 200m: 2:56.63 46.04				
2. Leonor Sobreiro, ALMEIDA	10	CASPAE	2:57.95	14,00
50m: 39.86 39.86 100m: 1:24.72 44.86 150m: 2:11.46 46.74 200m: 2:57.95 46.49				
3. Rita Calado, CRUZ	09	Nautico Academico	2:59.84	13,00
50m: 41.29 41.29 100m: 1:26.17 44.88 150m: 2:12.55 46.38 200m: 2:59.84 47.29				
4. Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	3:00.13	-
50m: 41.57 41.57 100m: 1:27.78 46.21 150m: 2:14.03 46.25 200m: 3:00.13 46.10				
5. Alana Costa, MATIAS	09	União de Coimbra	3:06.05	11,00
50m: 43.66 43.66 100m: 1:31.28 47.62 150m: 2:19.30 48.02 200m: 3:06.05 46.75				
6. Leonor Mosca, SILVA	10	Columbifila Cantanhedense	3:10.33	10,00
50m: 43.26 43.26 100m: 1:31.83 48.57 150m: 2:20.40 48.57 200m: 3:10.33 49.93				
7. Mariana Couto, COELHO	10	Galitos / Bresimar	3:26.02	-
50m: 45.90 45.90 100m: 1:39.05 53.15 150m: 2:32.66 53.61 200m: 3:26.02 53.36				
8. Maria Ines, PADILHA	10	S. Pedro Alva	3:42.72	8,00
50m: 46.02 46.02 100m: 1:41.46 55.44 150m: 2:41.29 59.83 200m: 3:42.72 1:01.43				

DSQ Ines Ribeiro, MELO 10 Galitos / Bresimar **3:08.80** -
SW 7.5 - O/A atleta executou pernadas de golfinho aos 200 metros.
50m: 41.88 41.88 100m: 1:30.35 48.47 150m: 2:19.20 48.85 200m: 3:08.80 49.60

Jun

DSQ Joana Gomes, OLIVEIRA 07 Ginasio Clube **3:31.33** -
SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.
50m: 48.11 48.11 100m: 1:41.56 53.45 150m: 2:36.20 54.64 200m: 3:31.33 55.13

DNS Julia Maria, SOARES 08 Miranda do Corvo -

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 14, Femin., 200m Bruços, Jun

Lugar	Ano	Tempo final	Pts
DNS Raquel Filipa, JESUS	08 União de Coimbra		-
Sen			
1. Beatriz Andre, GASPAR	06 Nautico Academico	2:54.99	16,00
50m: 40.19 40.19 100m: 1:23.90 43.71 150m: 2:09.45 45.55 200m: 2:54.99 45.54			
2. Ana Carolina, MONTEIRO	04 União de Coimbra	3:00.81	14,00
50m: 41.15 41.15 100m: 1:27.25 46.10 150m: 2:13.58 46.33 200m: 3:00.81 47.23			
3. Helena Nunes, RODRIGUES	03 Condeixa Clube	3:03.56	13,00
50m: 42.02 42.02 100m: 1:29.09 47.07 150m: 2:16.52 47.43 200m: 3:03.56 47.04			
4. Matilde Lucia, GASPAR	06 APC Coimbra	4:05.86	12,00
50m: 54.47 54.47 100m: 1:57.29 1:02.82 150m: 3:02.29 1:05.00 200m: 4:05.86 1:03.57			
5. Barbara Ines, GOMES	91 APC Coimbra	4:57.81	-
50m: 1:10.12 1:10.12 100m: 2:25.22 1:15.10 150m: 3:42.08 1:16.86 200m: 4:57.81 1:15.73			
6. Carolina Caetano, LOURENCO	94 APC Coimbra	5:00.28	-
50m: 1:09.89 1:09.89 100m: 2:29.35 1:19.46 150m: 3:45.00 1:15.65 200m: 5:00.28 1:15.28			

Prova 15

Misto, 4 x 200m Livres

Abs

03/03/2024 - 11:50

Resultados

Lugar	Tempo final	Pts
1. Nautico Academico Sen	8:45.58	16,00
Lucas Pereira, BASTOS 00 +0,70 27.76 30.22 31.58 30.77 2:00.33		
Leonor Verissimo, FARIA 06 +0,73 31.49 34.24 35.03 34.68 2:15.44		
Joana Ventura, PAIS 06 +0,23 33.30 37.87 39.38 38.41 2:28.96		
Rodrigo Miguel, REIS 04 +0,17 26.31 29.89 31.85 32.80 2:00.85		
2. Condeixa Clube Abs	8:45.80	14,00
Helena Nunes, RODRIGUES 03 +0,71 30.05 32.60 34.90 34.74 2:12.29		
Tomas Cardoso, GERALDO 05 +0,48 29.53 33.46 34.95 34.26 2:12.20		
Camila Duarte, MARCELO 10 +0,43 31.60 34.40 35.18 34.31 2:15.49		
Rafael Pereira, RODRIGUES 08 +0,35 29.12 31.72 32.64 32.34 2:05.82		
3. Academica de Coimbra Abs	8:53.08	13,00
Joao Ferreira, MARQUES 06 +0,72 29.13 31.78 31.73 31.34 2:03.98		
Miguel Freitas, OVIEDO 02 +0,47 28.25 32.18 33.38 32.30 2:06.11		
Cristiana Sofia, DUARTE 07 +0,71 30.62 34.72 37.03 36.74 2:19.11		
Beatriz Ferreira, GASPAR 04 +0,27 32.01 36.06 37.91 37.90 2:23.88		
4. Galitos Juv B	8:54.89	12,00
Carolina Ratola, TAVEIRA 10 +0,68 29.82 33.46 34.60 35.90 2:13.78		
Goncalo Malha, NETO 09 -0,02 29.56 33.19 34.06 33.14 2:09.95		
Sofia Rodrigues, VASCONCELOS 10 +0,34 32.19 37.60 37.63 37.94 2:25.36		
Tiago Joaquim, SILVA 09 +0,57 28.34 32.34 32.88 32.24 2:05.80		
5. Galitos Juv A	8:57.13	-
Antonio Cruz, FARDILHA 08 +0,73 28.47 31.96 33.48 33.14 2:07.05		
Vicente Sa, VALE 08 +0,24 29.41 33.36 34.10 32.90 2:09.77		
Joana Almeida, SANTOS 09 31.59 35.29 37.24 35.68 2:19.80		
Francisca Soreto, PEDREIRO 09 +0,66 32.53 35.12 36.64 36.22 2:20.51		
6. Nautico Academico Jun	8:59.49	-
Leonor Mil, MANO 07 +0,72 30.47 33.81 36.27 36.20 2:16.75		
Tomas Veiga, PEREIRA 06 +0,26 28.87 32.06 33.43 33.35 2:07.71		
Ines Miranda, DIOGO 07 +0,30 32.11 36.13 37.16 37.32 2:22.72		
Joao Rafael, FERREIRA 06 +0,28 28.51 32.74 35.39 35.67 2:12.31		

Taça de Meio-Fundo
Coimbra, 2 - 3/3/2024

Prova 15, Misto, 4 x 200m Livres, Abs

Lugar							Tempo final	Pts
7.	Nautico Academico Juv			Nautico Academico			9:32.58	-
	Tomas Rafael, PEREIRA	09	+0,70	30.26	36.23	37.66	37.27	2:21.42
	Leonor Antunes, PAIVA	10	+0,16	34.01	38.33	38.93	38.28	2:29.55
	Guilherme Simoes, SOUSA	08	+0,01	29.81	34.92	35.37	33.73	2:13.83
	Maria Ines, GANTE	10	+0,41	34.32	38.05	38.63	36.78	2:27.78
8.	Uniao de Coimbra			União de Coimbra			9:32.60	8,00
	Renato Maria, FERREIRA	04	+0,70	31.71	36.36	37.69	36.97	2:22.73
	Ana Carolina, MONTEIRO	04	+0,48	31.23	34.87	36.91	35.75	2:18.76
	Diana Costa, OLIVEIRA	04	+0,47	35.24	39.56	39.72	38.66	2:33.18
	Antonio Pedro, MARTINS	05	+0,51	31.45	34.78	35.86	35.84	2:17.93
9.	Academica de Coimbra Abs			Academica de Coimbra			9:49.41	-
	Edgar Tavares, MENDES	06	+0,72	29.90	33.96	34.73	36.11	2:14.70
	Miguel Joao, PINHEIRO	06	+0,19	31.82	36.76	36.19	36.42	2:21.19
	Valentina Saad, BARBOSA	04	+0,50	33.20	37.87	39.10	38.91	2:29.08
	Helena Carolina, DINIS	05		37.09	42.30	42.38	42.67	2:44.44
10.	Nautico de Miranda Inf			Miranda do Corvo			11:11.75	6,00
	Margarida Paiva, CORREIA	12	+0,61	40.37	45.26	46.95	44.29	2:56.87
	Guilherme Goncalves, CHANTRE	11	+0,09	38.51	43.79	46.91	46.17	2:55.38
	Beatriz Pires, SOARES	12	+0,57	40.09	45.58	47.47	44.50	2:57.64
	Lourenco Simao, PEREIRA	10		30.75	35.80	38.36	36.95	2:21.86