

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

1 - 1ª Jornada - Sessão única

15/03/2024 - 16:30

Prova 1	Masc., 4 x 200m Livres				Abs
15/03/2024 - 16:30					Resultados
Rec Nacionais Open	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nacionais Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nacionais Jun	7:44.42	Associação Naval Amorense	ANAM	Coimbra	05/04/2014
Rec Nacionais Juv A	7:58.57	Associação Naval Amorense	ANAM	Jamor	26/07/2012
Rec Nacionais Juv A/B	7:58.57	tempo limite			
Rec Nacionais Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01/08/2019

Pontos: FINA 2024

Lugar Tempo final Pts

Juv B

DSQ Nautico Academico Juv B

Nautico Academico

SW 4.1 - O/A atleta não tinha pelo menos um pé na parte da frente do bloco., 4º atleta

Tomas Rafael, PEREIRA	09	29.76	1:04.20	1:40.75	2:16.83	2:16.83
Jose Pedro, COSTA	09	31.48	1:07.65	1:44.29	2:19.84	2:19.84
Tiago Janeiro, MOITA	09	31.40	1:07.89	1:45.34		
Guilherme Andre, GASPAR	09					

Juv A

1. Galitos Juv A

Galitos / Bresimar

8:31.49 547

Bernardo Reis, FERREIRA	08	30.18	1:02.87	1:36.16	2:09.35	2:09.35
Vicente Sa, VALE	08	27.65	59.45	1:33.01	2:05.77	2:05.77
Nuno Miguel, ANJOS	08	29.69	1:03.00	1:36.76	2:10.35	2:10.35
Antonio Cruz, FARDILHA	08	27.53	59.71	1:33.05	2:06.02	2:06.02

2. Sporting Espinho Juv A

Sporting de Espinho

8:53.04 484

Manuel Martins, OLIVEIRA	08	29.20	1:01.94	1:36.38	2:10.98	2:10.98
Francisco Pereira, SANTOS	08	28.38	1:02.06	1:37.12	2:11.78	2:11.78
Joao Diogo, NEVES	08	30.02	1:05.26	1:42.08	2:19.09	2:19.09
Joao Coelho, CASTRO	08	29.30	1:02.12	1:36.66	2:11.19	2:11.19

Jun

1. Academica Coimbra Jun

Academica de Coimbra

8:48.24 497

Joao Ferreira, MARQUES	06	28.74	1:00.02	1:31.79	2:04.43	2:04.43
Edgar Tavares, MENDES	06	30.24	1:04.41	1:38.99	2:13.45	2:13.45
Miguel Joao, PINHEIRO	06	31.86	1:07.31	1:43.00	2:18.78	2:18.78
Francisco Couto, FRAZAO	06	29.71	1:03.43	1:37.35	2:11.58	2:11.58

Sen

1. Nautico Academico Sen

Nautico Academico

8:11.93 615

Joao Neves, ALMEIDA	05	28.48	59.49	1:32.04	2:05.07	2:05.07
Vasco Pereira, BASTOS	02	29.10	1:01.58	1:34.25	2:07.75	2:07.75
Rodrigo Miguel, REIS	04	28.17	57.93	1:28.97	2:00.05	2:00.05
Lucas Pereira, BASTOS	00	27.25	57.29	1:28.09	1:59.06	1:59.06

Secretariado:

Juíz Arbitro:

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Prova 1, Masc., 4 x 200m Livres

Juv B /Abs

1. Pimpoes Abs		Pimpoes/Cimai		8:13.03	611
Luca Valentino, TONA	06	28.96	1:00.35	1:32.21	2:02.73
Mikhael, ONUTSKYY	08	29.33	1:01.95	1:34.53	2:05.86
Santiago Agostinho, PARREIRA	09	29.57	1:02.14	1:35.43	2:07.21
Gil Santos, LEMOS	06	26.96	57.05	1:27.48	1:57.23

Prova 2

Femin., 4 x 200m Livres

Abs

15/03/2024 - 16:40

Resultados

Rec Nacionais Open	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14/04/2019
Rec Nacionais Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	18/03/2018
Rec Nacionais Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	26/07/2018
Rec Nacionais Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01/04/2015
Rec Nacionais Juv A/B	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23/07/2015
Rec Nacionais Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26/07/2012

Pontos: FINA 2024

Lugar Tempo final Pts

Juv B

1. Condeixa Clube Juv B		Condeixa Clube		9:23.12	536
Rita Lucas, SANTOS	10	30.95	1:06.15	1:42.41	2:17.85
Maria Ines, RODRIGUES	10	33.51	1:11.61	1:51.37	2:29.15
Maria Neto, SIMOES	10	32.42	1:08.54	1:45.18	2:21.97
Camila Duarte, MARCELO	10	30.88	1:05.17	1:40.00	2:14.15
2. Galitos Juv B		Galitos / Bresimar		9:37.55	497
Leonor Silva, OLIVEIRA	10	33.02	1:08.80	1:46.22	2:23.90
Leonor Silva, JESUS	10	34.26	1:12.87	1:50.41	2:27.28
Ines Ribeiro, MELO	10	32.40	1:08.95	1:45.82	2:23.09
Sofia Rodrigues, VASCONCELOS	10	32.11	1:09.06	1:46.30	2:23.28

Juv A

1. Galitos Juv A		Galitos / Bresimar		9:38.48	494
Francisca Soreto, PEDREIRO	09	32.60	1:07.89	1:44.43	2:20.30
Francisca Pinto, OLIVEIRA	09	32.40	1:08.91	1:46.48	2:24.58
Carlota Ganito, SANTOS	09	35.22	1:13.53	1:53.99	2:32.84
Joana Almeida, SANTOS	09	31.92	1:08.17	1:45.83	2:20.76

Jun

1. Estarreja Jun		Estarreja		9:12.05	569
Carolina Martins, SILVA	07	31.82	1:06.29	1:41.53	2:15.80
Catarina Castro, CASALINHO	07	32.75	1:09.05	1:46.58	2:23.95
Erica Domitila, AMADOR	07	30.26	1:05.03	1:42.00	2:18.35
Carolina Mendes, NUNES	08	31.22	1:05.50	1:40.42	2:13.95
2. Nautico Academico Jun		Nautico Academico		9:12.99	566
Laura Carvalho, FERNANDES	08	32.22	1:07.28	1:44.61	2:21.40
Marta Andre, AGUILAR	07	31.95	1:07.01	1:42.80	2:18.03
Leonor Mil, MANO	07	29.74	1:04.04	1:39.45	2:14.71
Ines Miranda, DIOGO	07	30.91	1:06.03	1:42.67	2:18.85

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Prova 2, Femin., 4 x 200m Livres

Sen

1.	Gafanha Encarnação Sen		Gafanha da Encarnacao		9:06.54	586
	Ana Filipa, VEIGA	01	31.64	1:04.77	1:39.22	2:13.87
	Joana Barbas, RAMOS	06	31.05	1:05.52	1:40.47	2:14.75
	Vanessa Sofia, OLIVEIRA	05	32.45	1:07.74	1:43.96	2:19.72
	Sara Calisto, PIMENTEL	05	30.74	1:05.11	1:41.53	2:18.20
2.	Nautico Academico Sen		Nautico Academico		9:22.55	537
	Maria Neto, FERREIRA	06	30.96	1:05.23	1:40.91	2:16.41
	Leonor Verissimo, FARIA	06	31.77	1:05.91	1:41.17	2:16.17
	Joana Ventura, PAIS	06	33.11	1:10.58	1:49.44	2:28.22
	Beatriz Andre, GASPAR	06	31.73	1:07.28	1:44.48	2:21.75
3.	Estarreja Sen		Estarreja		9:39.64	491
	Margarida Santos, LOPES	04	33.13	1:09.53	1:46.31	2:23.14
	Maria Miguel, VALENTE	06	33.44	1:11.72	1:51.23	2:31.35
	Barbara Nunes, MARQUES	06	32.84	1:09.38	1:46.23	2:23.21
	Mariana Nunes, MARQUES	03	31.30	1:06.94	1:44.27	2:21.94

Juv B /Abs

1.	Sao Joao Ver Abs		Sao Joao Ver		9:57.71	448
	Maria Joao, RIBEIRO	05	31.30	1:07.10	1:43.02	2:18.27
	Matilde Lopes, SILVA	09	33.04	1:12.01	1:52.12	2:31.94
	Beatriz Azevedo, PEREIRA	07	33.39	1:12.62	1:52.43	2:33.10
	Mafalda Rodrigues, CARDOSO	07	35.33	1:13.99	1:54.54	2:34.40
2.	Vieirense Abs		Vieirense		10:06.24	429
	Leonor Caetano, MOREIRA	06	32.52	1:09.36	1:47.61	2:26.21
	Carolina Ferreira, FONSECA	07	32.61	1:11.00	1:50.76	2:32.04
	Bruna Andreia, SIMOES	01	32.91	1:11.65	1:52.33	2:32.38
	Diana Rita, FONSECA	08	34.14	1:13.53	1:55.25	2:35.61

Prova 3

Masc., 1500m Livres

Abs

15/03/2024 - 17:00

Abs Resultados

Rec Nacionais Open	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nacionais Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30/08/2015
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	16:11.75	Rui Silva, PEREIRA	POR	Coimbra	27/05/2023

TA JUVB-MASC Juv B: 21:07.27 / TA JUVA-MASC Juv A: 20:38.19 / TA JUN-MASC Jun: 20:03.32 / TA SEN-MASC Sen: 19:28.44

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts					
1.	Paulo, KOT	09	Marinha Grande	16:58.88	624			
	50m: 29.68	29.68	450m: 5:00.86	34.28	850m: 9:33.25	34.06	1250m: 14:07.33	34.66
	100m: 1:02.62	32.94	500m: 5:34.95	34.09	900m: 10:07.28	34.03	1300m: 14:41.70	34.37
	150m: 1:36.07	33.45	550m: 6:09.05	34.10	950m: 10:41.29	34.01	1350m: 15:16.12	34.42
	200m: 2:09.87	33.80	600m: 6:42.90	33.85	1000m: 11:15.20	33.91	1400m: 15:50.36	34.24
	250m: 2:43.70	33.83	650m: 7:17.14	34.24	1050m: 11:49.52	34.32	1450m: 16:25.08	34.72
	300m: 3:17.98	34.28	700m: 7:51.12	33.98	1100m: 12:23.53	34.01	1500m: 16:58.88	33.80
	350m: 3:52.06	34.08	750m: 8:25.37	34.25	1150m: 12:58.20	34.67		
	400m: 4:26.58	34.52	800m: 8:59.19	33.82	1200m: 13:32.67	34.47		

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Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B

Lugar			Ano					Tempo final	Pts		
2.	Joao Nuno, GASPAS		09	Condeixa Clube				18:12.41	506		
	50m:	31.23 31.23	450m:	5:22.74	36.80	850m:	10:16.37	36.49	1250m:	15:10.87	36.80
	100m:	1:06.55 35.32	500m:	5:59.26	36.52	900m:	10:53.69	37.32	1300m:	15:47.88	37.01
	150m:	1:42.92 36.37	550m:	6:35.72	36.46	950m:	11:30.01	36.32	1350m:	16:24.95	37.07
	200m:	2:19.32 36.40	600m:	7:12.26	36.54	1000m:	12:06.80	36.79	1400m:	17:01.85	36.90
	250m:	2:56.18 36.86	650m:	7:49.14	36.88	1050m:	12:43.54	36.74	1450m:	17:38.69	36.84
	300m:	3:32.47 36.29	700m:	8:25.97	36.83	1100m:	13:20.47	36.93	1500m:	18:12.41	33.72
	350m:	4:09.44 36.97	750m:	9:02.92	36.95	1150m:	13:57.26	36.79			
	400m:	4:45.94 36.50	800m:	9:39.88	36.96	1200m:	14:34.07	36.81			
3.	Goncalo Malha, NETO		09	Galitos / Bresimar				18:45.06	464		
	50m:	33.55 33.55	450m:	5:36.74	37.97	850m:	10:41.27	37.91	1250m:	15:44.39	37.88
	100m:	1:10.89 37.34	500m:	6:15.54	38.80	900m:	11:19.19	37.92	1300m:	16:21.59	37.20
	150m:	1:48.43 37.54	550m:	6:53.69	38.15	950m:	11:56.75	37.56	1350m:	16:58.58	36.99
	200m:	2:26.98 38.55	600m:	7:32.27	38.58	1000m:	12:35.08	38.33	1400m:	17:35.51	36.93
	250m:	3:04.70 37.72	650m:	8:09.72	37.45	1050m:	13:12.98	37.90	1450m:	18:11.58	36.07
	300m:	3:43.19 38.49	700m:	8:47.79	38.07	1100m:	13:50.68	37.70	1500m:	18:45.06	33.48
	350m:	4:20.51 37.32	750m:	9:25.62	37.83	1150m:	14:28.59	37.91			
	400m:	4:58.77 38.26	800m:	10:03.36	37.74	1200m:	15:06.51	37.92			
4.	Alexandre, SHUBIN		09	Campinho				19:12.46	431		
	50m:	32.19 32.19	450m:	5:32.03	38.69	850m:	10:43.78	39.05	1250m:	15:58.24	39.60
	100m:	1:08.06 35.87	500m:	6:10.92	38.89	900m:	11:22.55	38.77	1300m:	16:38.13	39.89
	150m:	1:44.74 36.68	550m:	6:50.09	39.17	950m:	12:01.55	39.00	1350m:	17:17.71	39.58
	200m:	2:21.87 37.13	600m:	7:28.82	38.73	1000m:	12:40.87	39.32	1400m:	17:56.68	38.97
	250m:	2:59.08 37.21	650m:	8:07.60	38.78	1050m:	13:20.39	39.52	1450m:	18:35.52	38.84
	300m:	3:36.88 37.80	700m:	8:46.30	38.70	1100m:	13:59.87	39.48	1500m:	19:12.46	36.94
	350m:	4:15.03 38.15	750m:	9:25.61	39.31	1150m:	14:39.25	39.38			
	400m:	4:53.34 38.31	800m:	10:04.73	39.12	1200m:	15:18.64	39.39			
5.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				19:56.73	385		
	50m:	33.27 33.27	450m:	5:48.97	40.38	850m:	11:13.67	40.66	1250m:	16:37.17	40.52
	100m:	1:10.59 37.32	500m:	6:29.02	40.05	900m:	11:54.17	40.50	1300m:	17:17.72	40.55
	150m:	1:49.54 38.95	550m:	7:09.37	40.35	950m:	12:34.86	40.69	1350m:	17:58.09	40.37
	200m:	2:28.51 38.97	600m:	7:50.38	41.01	1000m:	13:14.91	40.05	1400m:	18:38.81	40.72
	250m:	3:08.64 40.13	650m:	8:31.33	40.95	1050m:	13:55.65	40.74	1450m:	19:18.24	39.43
	300m:	3:48.35 39.71	700m:	9:12.03	40.70	1100m:	14:35.85	40.20	1500m:	19:56.73	38.49
	350m:	4:28.38 40.03	750m:	9:52.45	40.42	1150m:	15:16.13	40.28			
	400m:	5:08.59 40.21	800m:	10:33.01	40.56	1200m:	15:56.65	40.52			
6.	Pedro Blanc, CAPINHA		09	Óbidos Criativa				20:35.07	350		
	50m:	33.84 33.84	450m:	5:53.74	40.96	850m:	11:28.94	42.10	1250m:	17:09.60	42.70
	100m:	1:10.91 37.07	500m:	6:36.20	42.46	900m:	12:11.11	42.17	1300m:	17:52.55	42.95
	150m:	1:49.50 38.59	550m:	7:17.69	41.49	950m:	12:53.48	42.37	1350m:	18:34.08	41.53
	200m:	2:29.59 40.09	600m:	7:59.90	42.21	1000m:	13:35.51	42.03	1400m:	19:16.51	42.43
	250m:	3:09.46 39.87	650m:	8:41.46	41.56	1050m:	14:18.07	42.56	1450m:	19:56.49	39.98
	300m:	3:50.66 41.20	700m:	9:23.16	41.70	1100m:	15:01.36	43.29	1500m:	20:35.07	38.58
	350m:	4:31.43 40.77	750m:	10:04.99	41.83	1150m:	15:43.73	42.37			
	400m:	5:12.78 41.35	800m:	10:46.84	41.85	1200m:	16:26.90	43.17			

Juv A

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv A

Lugar			Ano			Tempo final			Pts
1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube		17:13.11			599
	50m:	30.79 30.79	450m:	5:07.45 34.84	850m:	9:45.47 34.72	1250m:	14:21.85 34.16	
	100m:	1:04.35 33.56	500m:	5:42.25 34.80	900m:	10:20.22 34.75	1300m:	14:56.40 34.55	
	150m:	1:38.59 34.24	550m:	6:17.09 34.84	950m:	10:54.75 34.53	1350m:	15:30.72 34.32	
	200m:	2:13.29 34.70	600m:	6:51.82 34.73	1000m:	11:29.50 34.75	1400m:	16:05.25 34.53	
	250m:	2:48.24 34.95	650m:	7:26.36 34.54	1050m:	12:04.08 34.58	1450m:	16:39.49 34.24	
	300m:	3:23.37 35.13	700m:	8:01.17 34.81	1100m:	12:38.81 34.73	1500m:	17:13.11 33.62	
	350m:	3:57.72 34.35	750m:	8:35.77 34.60	1150m:	13:12.87 34.06			
	400m:	4:32.61 34.89	800m:	9:10.75 34.98	1200m:	13:47.69 34.82			
2.	Nuno Miguel, ANJOS		08	Galitos / Bresimar		17:38.89			556
	50m:	31.22 31.22	450m:	5:15.80 35.74	850m:	10:03.32 35.54	1250m:	14:45.93 35.09	
	100m:	1:05.95 34.73	500m:	5:51.82 36.02	900m:	10:38.81 35.49	1300m:	15:21.19 35.26	
	150m:	1:41.64 35.69	550m:	6:27.54 35.72	950m:	11:14.04 35.23	1350m:	15:56.50 35.31	
	200m:	2:17.63 35.99	600m:	7:03.71 36.17	1000m:	11:49.36 35.32	1400m:	16:31.80 35.30	
	250m:	2:53.29 35.66	650m:	7:39.79 36.08	1050m:	12:24.65 35.29	1450m:	17:05.73 33.93	
	300m:	3:29.11 35.82	700m:	8:16.03 36.24	1100m:	13:00.13 35.48	1500m:	17:38.89 33.16	
	350m:	4:04.22 35.11	750m:	8:52.21 36.18	1150m:	13:35.54 35.41			
	400m:	4:40.06 35.84	800m:	9:27.78 35.57	1200m:	14:10.84 35.30			
3.	Guilherme Simoes, SOUSA		08	Nautico Academico		17:41.55			552
	50m:	31.69 31.69	450m:	5:15.83 35.56	850m:	10:02.61 35.83	1250m:	14:47.53 35.56	
	100m:	1:06.51 34.82	500m:	5:51.41 35.58	900m:	10:38.46 35.85	1300m:	15:22.84 35.31	
	150m:	1:42.13 35.62	550m:	6:26.93 35.52	950m:	11:14.21 35.75	1350m:	15:58.38 35.54	
	200m:	2:17.91 35.78	600m:	7:02.91 35.98	1000m:	11:49.81 35.60	1400m:	16:33.78 35.40	
	250m:	2:53.67 35.76	650m:	7:38.85 35.94	1050m:	12:25.49 35.68	1450m:	17:08.81 35.03	
	300m:	3:29.39 35.72	700m:	8:14.90 36.05	1100m:	13:01.01 35.52	1500m:	17:41.55 32.74	
	350m:	4:04.67 35.28	750m:	8:50.85 35.95	1150m:	13:36.63 35.62			
	400m:	4:40.27 35.60	800m:	9:26.78 35.93	1200m:	14:11.97 35.34			
4.	Salvador Correia, PEREIRA		08	Condeixa Clube		18:01.62			522
	50m:	31.39 31.39	450m:	5:15.16 35.84	850m:	10:02.80 35.78	1250m:	14:58.80 37.05	
	100m:	1:06.28 34.89	500m:	5:50.48 35.32	900m:	10:38.70 35.90	1300m:	15:35.66 36.86	
	150m:	1:41.70 35.42	550m:	6:26.79 36.31	950m:	11:14.77 36.07	1350m:	16:12.56 36.90	
	200m:	2:17.34 35.64	600m:	7:03.09 36.30	1000m:	11:53.12 38.35	1400m:	16:48.88 36.32	
	250m:	2:53.03 35.69	650m:	7:39.96 36.87	1050m:	12:31.01 37.89	1450m:	17:27.06 38.18	
	300m:	3:28.28 35.25	700m:	8:15.52 35.56	1100m:	13:08.10 37.09	1500m:	18:01.62 34.56	
	350m:	4:03.55 35.27	750m:	8:51.61 36.09	1150m:	13:45.29 37.19			
	400m:	4:39.32 35.77	800m:	9:27.02 35.41	1200m:	14:21.75 36.46			
5.	Santiago Boica, SOUSA		08	Vieirense		18:02.18			521
	50m:	30.77 30.77	450m:	5:23.74 37.38	850m:	10:16.69 36.39	1250m:	15:06.30 35.91	
	100m:	1:05.88 35.11	500m:	6:01.24 37.50	900m:	10:53.13 36.44	1300m:	15:42.71 36.41	
	150m:	1:42.15 36.27	550m:	6:37.28 36.04	950m:	11:29.61 36.48	1350m:	16:18.72 36.01	
	200m:	2:18.51 36.36	600m:	7:14.64 37.36	1000m:	12:05.99 36.38	1400m:	16:55.48 36.76	
	250m:	2:55.34 36.83	650m:	7:51.02 36.38	1050m:	12:41.84 35.85	1450m:	17:29.67 34.19	
	300m:	3:32.29 36.95	700m:	8:27.88 36.86	1100m:	13:17.32 35.48	1500m:	18:02.18 32.51	
	350m:	4:09.13 36.84	750m:	9:04.15 36.27	1150m:	13:54.13 36.81			
	400m:	4:46.36 37.23	800m:	9:40.30 36.15	1200m:	14:30.39 36.26			
6.	Samuel Dinis, MAIA		08	Miranda do Corvo		18:07.48			513
	50m:	31.73 31.73	450m:	5:18.88 36.64	850m:	10:11.32 36.73	1250m:	15:06.69 37.20	
	100m:	1:06.33 34.60	500m:	5:54.90 36.02	900m:	10:47.60 36.28	1300m:	15:42.42 35.73	
	150m:	1:42.08 35.75	550m:	6:31.76 36.86	950m:	11:23.89 36.29	1350m:	16:18.50 36.08	
	200m:	2:17.75 35.67	600m:	7:08.34 36.58	1000m:	12:01.33 37.44	1400m:	16:55.33 36.83	
	250m:	2:54.09 36.34	650m:	7:45.29 36.95	1050m:	12:38.38 37.05	1450m:	17:31.86 36.53	
	300m:	3:29.96 35.87	700m:	8:21.36 36.07	1100m:	13:15.46 37.08	1500m:	18:07.48 35.62	
	350m:	4:06.03 36.07	750m:	8:57.92 36.56	1150m:	13:52.83 37.37			
	400m:	4:42.24 36.21	800m:	9:34.59 36.67	1200m:	14:29.49 36.66			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv A

Lugar			Ano					Tempo final	Pts		
7.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				18:13.20	505		
	50m:	30.91 30.91	450m:	5:23.25	37.35	850m:	10:18.16	37.14	1250m:	15:13.41	37.24
	100m:	1:06.50 35.59	500m:	6:00.64	37.39	900m:	10:55.15	36.99	1300m:	15:50.43	37.02
	150m:	1:42.35 35.85	550m:	6:37.56	36.92	950m:	11:32.40	37.25	1350m:	16:26.51	36.08
	200m:	2:18.60 36.25	600m:	7:14.76	37.20	1000m:	12:09.36	36.96	1400m:	17:03.32	36.81
	250m:	2:55.23 36.63	650m:	7:51.57	36.81	1050m:	12:45.60	36.24	1450m:	17:38.30	34.98
	300m:	3:31.95 36.72	700m:	8:27.81	36.24	1100m:	13:22.19	36.59	1500m:	18:13.20	34.90
	350m:	4:08.51 36.56	750m:	9:04.72	36.91	1150m:	13:58.97	36.78			
	400m:	4:45.90 37.39	800m:	9:41.02	36.30	1200m:	14:36.17	37.20			
8.	Guilherme Martins, SILVA		08	Academico de Viseu				18:13.98	504		
	50m:	31.81 31.81	450m:	5:20.00	36.84	850m:	10:13.74	36.54	1250m:	15:09.28	36.90
	100m:	1:06.45 34.64	500m:	5:56.68	36.68	900m:	10:50.69	36.95	1300m:	15:46.47	37.19
	150m:	1:42.05 35.60	550m:	6:33.58	36.90	950m:	11:27.58	36.89	1350m:	16:23.74	37.27
	200m:	2:18.15 36.10	600m:	7:10.35	36.77	1000m:	12:04.45	36.87	1400m:	17:00.99	37.25
	250m:	2:54.51 36.36	650m:	7:46.97	36.62	1050m:	12:41.45	37.00	1450m:	17:38.16	37.17
	300m:	3:30.46 35.95	700m:	8:23.61	36.64	1100m:	13:18.25	36.80	1500m:	18:13.98	35.82
	350m:	4:06.64 36.18	750m:	9:00.51	36.90	1150m:	13:55.17	36.92			
	400m:	4:43.16 36.52	800m:	9:37.20	36.69	1200m:	14:32.38	37.21			
9.	Tome Nunes, TOME		08	CNLeiria				18:42.39	467		
	50m:	32.86 32.86	450m:	5:33.04	37.89	850m:	10:35.79	37.88	1250m:	15:39.15	37.41
	100m:	1:09.56 36.70	500m:	6:11.43	38.39	900m:	11:13.38	37.59	1300m:	16:16.93	37.78
	150m:	1:46.72 37.16	550m:	6:49.32	37.89	950m:	11:50.92	37.54	1350m:	16:54.67	37.74
	200m:	2:23.62 36.90	600m:	7:27.40	38.08	1000m:	12:28.98	38.06	1400m:	17:32.31	37.64
	250m:	3:00.45 36.83	650m:	8:04.87	37.47	1050m:	13:07.10	38.12	1450m:	18:08.13	35.82
	300m:	3:38.39 37.94	700m:	8:42.20	37.33	1100m:	13:45.27	38.17	1500m:	18:42.39	34.26
	350m:	4:16.78 38.39	750m:	9:20.10	37.90	1150m:	14:23.21	37.94			
	400m:	4:55.15 38.37	800m:	9:57.91	37.81	1200m:	15:01.74	38.53			
10.	Goncalo Silva, GUEDES		08	Estarreja				18:55.98	450		
	50m:	32.20 32.20	450m:	5:34.62	38.23	850m:	10:40.78	38.31	1250m:	15:47.99	38.85
	100m:	1:08.70 36.50	500m:	6:13.14	38.52	900m:	11:18.65	37.87	1300m:	16:26.34	38.35
	150m:	1:46.72 38.02	550m:	6:51.15	38.01	950m:	11:56.72	38.07	1350m:	17:05.15	38.81
	200m:	2:24.56 37.84	600m:	7:29.45	38.30	1000m:	12:34.74	38.02	1400m:	17:43.27	38.12
	250m:	3:02.14 37.58	650m:	8:07.75	38.30	1050m:	13:13.49	38.75	1450m:	18:20.07	36.80
	300m:	3:40.32 38.18	700m:	8:45.92	38.17	1100m:	13:52.40	38.91	1500m:	18:55.98	35.91
	350m:	4:18.46 38.14	750m:	9:24.32	38.40	1150m:	14:30.88	38.48			
	400m:	4:56.39 37.93	800m:	10:02.47	38.15	1200m:	15:09.14	38.26			
11.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				19:03.79	441		
	50m:	33.57 33.57	450m:	5:38.46	38.00	850m:	10:44.20	38.45	1250m:	15:52.66	38.78
	100m:	1:11.10 37.53	500m:	6:16.75	38.29	900m:	11:22.42	38.22	1300m:	16:31.34	38.68
	150m:	1:48.55 37.45	550m:	6:54.94	38.19	950m:	12:00.89	38.47	1350m:	17:10.35	39.01
	200m:	2:26.92 38.37	600m:	7:33.37	38.43	1000m:	12:39.77	38.88	1400m:	17:48.59	38.24
	250m:	3:05.68 38.76	650m:	8:11.82	38.45	1050m:	13:18.06	38.29	1450m:	18:27.61	39.02
	300m:	3:44.20 38.52	700m:	8:49.68	37.86	1100m:	13:56.82	38.76	1500m:	19:03.79	36.18
	350m:	4:22.36 38.16	750m:	9:27.84	38.16	1150m:	14:35.72	38.90			
	400m:	5:00.46 38.10	800m:	10:05.75	37.91	1200m:	15:13.88	38.16			
12.	Antonio Tomas, TEIXEIRA		08	Gafanha da Encarnacao				19:13.02	431		
	50m:	33.86 33.86	450m:	5:40.48	39.02	850m:	10:52.61	39.15	1250m:	16:03.09	39.23
	100m:	1:11.25 37.39	500m:	6:19.48	39.00	900m:	11:31.22	38.61	1300m:	16:41.57	38.48
	150m:	1:49.08 37.83	550m:	6:58.41	38.93	950m:	12:09.88	38.66	1350m:	17:20.22	38.65
	200m:	2:27.25 38.17	600m:	7:37.26	38.85	1000m:	12:48.78	38.90	1400m:	17:58.46	38.24
	250m:	3:05.51 38.26	650m:	8:16.62	39.36	1050m:	13:27.55	38.77	1450m:	18:36.27	37.81
	300m:	3:43.80 38.29	700m:	8:55.53	38.91	1100m:	14:06.18	38.63	1500m:	19:13.02	36.75
	350m:	4:22.22 38.42	750m:	9:34.88	39.35	1150m:	14:45.00	38.82			
	400m:	5:01.46 39.24	800m:	10:13.46	38.58	1200m:	15:23.86	38.86			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres

Jun

1.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	17:27.46	575
	50m: 30.18 30.18	450m: 5:09.10 35.31	850m: 9:51.88 35.56	1250m: 14:34.62 35.53	
	100m: 1:03.84 33.66	500m: 5:43.92 34.82	900m: 10:26.79 34.91	1300m: 15:10.00 35.38	
	150m: 1:38.41 34.57	550m: 6:18.90 34.98	950m: 11:02.05 35.26	1350m: 15:45.24 35.24	
	200m: 2:13.31 34.90	600m: 6:54.21 35.31	1000m: 11:37.39 35.34	1400m: 16:20.33 35.09	
	250m: 2:48.37 35.06	650m: 7:29.87 35.66	1050m: 12:12.99 35.60	1450m: 16:55.18 34.85	
	300m: 3:23.49 35.12	700m: 8:05.14 35.27	1100m: 12:48.13 35.14	1500m: 17:27.46 32.28	
	350m: 3:58.78 35.29	750m: 8:40.91 35.77	1150m: 13:23.89 35.76		
	400m: 4:33.79 35.01	800m: 9:16.32 35.41	1200m: 13:59.09 35.20		
2.	Duarte Cachulo, MARQUES	07	Condeixa Clube	17:44.58	547
	50m: 29.16 29.16	450m: 5:07.90 35.54	850m: 10:02.19 36.20	1250m: 14:49.99 34.90	
	100m: 1:01.25 32.09	500m: 5:44.18 36.28	900m: 10:38.51 36.32	1300m: 15:25.44 35.45	
	150m: 1:35.00 33.75	550m: 6:21.21 37.03	950m: 11:14.47 35.96	1350m: 16:01.13 35.69	
	200m: 2:09.35 34.35	600m: 6:58.65 37.44	1000m: 11:50.57 36.10	1400m: 16:35.78 34.65	
	250m: 2:44.29 34.94	650m: 7:36.23 37.58	1050m: 12:27.06 36.49	1450m: 17:09.92 34.14	
	300m: 3:19.55 35.26	700m: 8:12.56 36.33	1100m: 13:02.21 35.15	1500m: 17:44.58 34.66	
	350m: 3:55.91 36.36	750m: 8:49.38 36.82	1150m: 13:38.69 36.48		
	400m: 4:32.36 36.45	800m: 9:25.99 36.61	1200m: 14:15.09 36.40		
3.	Francisco Xavier, RITA	07	Vieirense	17:46.46	544
	50m: 29.92 29.92	450m: 5:13.22 36.86	850m: 10:02.33 36.44	1250m: 14:50.95 36.00	
	100m: 1:03.84 33.92	500m: 5:49.02 35.80	900m: 10:38.52 36.19	1300m: 15:26.36 35.41	
	150m: 1:38.41 34.57	550m: 6:25.27 36.25	950m: 11:14.56 36.04	1350m: 16:02.24 35.88	
	200m: 2:13.62 35.21	600m: 7:01.09 35.82	1000m: 11:50.89 36.33	1400m: 16:37.34 35.10	
	250m: 2:49.19 35.57	650m: 7:37.97 36.88	1050m: 12:27.12 36.23	1450m: 17:12.19 34.85	
	300m: 3:24.35 35.16	700m: 8:13.91 35.94	1100m: 13:02.97 35.85	1500m: 17:46.46 34.27	
	350m: 4:00.53 36.18	750m: 8:50.01 36.10	1150m: 13:39.07 36.10		
	400m: 4:36.36 35.83	800m: 9:25.89 35.88	1200m: 14:14.95 35.88		
4.	Rodrigo Marques, LIMA	07	CASPAE	18:54.99	451
	50m: 32.65 32.65	450m: 5:34.53 38.17	850m: 10:44.10 38.80	1250m: 15:49.89 38.45	
	100m: 1:08.98 36.33	500m: 6:12.73 38.20	900m: 11:22.36 38.26	1300m: 16:28.36 38.47	
	150m: 1:46.51 37.53	550m: 6:51.24 38.51	950m: 12:00.83 38.47	1350m: 17:05.57 37.21	
	200m: 2:24.26 37.75	600m: 7:30.28 39.04	1000m: 12:39.21 38.38	1400m: 17:43.62 38.05	
	250m: 3:02.54 38.28	650m: 8:09.21 38.93	1050m: 13:16.61 37.40	1450m: 18:19.57 35.95	
	300m: 3:40.41 37.87	700m: 8:47.67 38.46	1100m: 13:55.19 38.58	1500m: 18:54.99 35.42	
	350m: 4:18.85 38.44	750m: 9:26.36 38.69	1150m: 14:33.44 38.25		
	400m: 4:56.36 37.51	800m: 10:05.30 38.94	1200m: 15:11.44 38.00		

Sen

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	16:49.51	642
	50m: 29.98 29.98	450m: 5:00.87 34.04	850m: 9:31.93 33.87	1250m: 14:03.45 33.94	
	100m: 1:03.21 33.23	500m: 5:34.81 33.94	900m: 10:06.12 34.19	1300m: 14:37.02 33.57	
	150m: 1:36.94 33.73	550m: 6:08.54 33.73	950m: 10:39.88 33.76	1350m: 15:10.59 33.57	
	200m: 2:10.86 33.92	600m: 6:42.48 33.94	1000m: 11:13.85 33.97	1400m: 15:44.38 33.79	
	250m: 2:44.71 33.85	650m: 7:16.23 33.75	1050m: 11:47.83 33.98	1450m: 16:17.45 33.07	
	300m: 3:18.67 33.96	700m: 7:50.41 34.18	1100m: 12:21.87 34.04	1500m: 16:49.51 32.06	
	350m: 3:52.95 34.28	750m: 8:24.04 33.63	1150m: 12:55.59 33.72		
	400m: 4:26.83 33.88	800m: 8:58.06 34.02	1200m: 13:29.51 33.92		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Sen

Lugar			Ano					Tempo final	Pts		
2.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao				16:49.85	641		
	50m:	30.36 30.36	450m:	5:03.73	34.50	850m:	9:36.65	34.43	1250m:	14:07.15	33.95
	100m:	1:03.55 33.19	500m:	5:37.96	34.23	900m:	10:10.40	33.75	1300m:	14:40.97	33.82
	150m:	1:37.51 33.96	550m:	6:12.40	34.44	950m:	10:44.09	33.69	1350m:	15:14.45	33.48
	200m:	2:11.60 34.09	600m:	6:46.54	34.14	1000m:	11:17.80	33.71	1400m:	15:47.09	32.64
	250m:	2:45.80 34.20	650m:	7:20.75	34.21	1050m:	11:51.48	33.68	1450m:	16:19.67	32.58
	300m:	3:20.28 34.48	700m:	7:54.46	33.71	1100m:	12:25.36	33.88	1500m:	16:49.85	30.18
	350m:	3:54.73 34.45	750m:	8:28.21	33.75	1150m:	12:59.34	33.98			
	400m:	4:29.23 34.50	800m:	9:02.22	34.01	1200m:	13:33.20	33.86			
3.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				17:14.68	596		
	50m:	30.12 30.12	450m:	5:02.30	34.26	850m:	9:40.22	35.30	1250m:	14:22.12	35.16
	100m:	1:03.41 33.29	500m:	5:36.91	34.61	900m:	10:15.63	35.41	1300m:	14:56.79	34.67
	150m:	1:37.08 33.67	550m:	6:11.57	34.66	950m:	10:51.24	35.61	1350m:	15:32.09	35.30
	200m:	2:11.12 34.04	600m:	6:45.99	34.42	1000m:	11:26.19	34.95	1400m:	16:07.11	35.02
	250m:	2:45.23 34.11	650m:	7:20.73	34.74	1050m:	12:01.47	35.28	1450m:	16:41.12	34.01
	300m:	3:19.45 34.22	700m:	7:55.55	34.82	1100m:	12:36.38	34.91	1500m:	17:14.68	33.56
	350m:	3:53.67 34.22	750m:	8:29.93	34.38	1150m:	13:11.64	35.26			
	400m:	4:28.04 34.37	800m:	9:04.92	34.99	1200m:	13:46.96	35.32			
4.	David Ferreira, RELVAS		03	Marinha Grande				17:19.01	589		
	50m:	29.16 29.16	450m:	5:03.43	34.62	850m:	9:42.31	34.65	1250m:	14:23.58	34.78
	100m:	1:02.37 33.21	500m:	5:38.40	34.97	900m:	10:17.81	35.50	1300m:	14:59.34	35.76
	150m:	1:35.52 33.15	550m:	6:12.94	34.54	950m:	10:52.48	34.67	1350m:	15:34.73	35.39
	200m:	2:10.10 34.58	600m:	6:48.19	35.25	1000m:	11:28.18	35.70	1400m:	16:10.28	35.55
	250m:	2:44.38 34.28	650m:	7:22.64	34.45	1050m:	12:02.99	34.81	1450m:	16:44.88	34.60
	300m:	3:19.69 35.31	700m:	7:57.70	35.06	1100m:	12:38.72	35.73	1500m:	17:19.01	34.13
	350m:	3:53.71 34.02	750m:	8:32.21	34.51	1150m:	13:13.09	34.37			
	400m:	4:28.81 35.10	800m:	9:07.66	35.45	1200m:	13:48.80	35.71			
5.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				17:28.32	573		
	50m:	30.68 30.68	450m:	5:08.31	35.06	850m:	9:51.26	35.22	1250m:	14:33.69	35.28
	100m:	1:03.86 33.18	500m:	5:43.33	35.02	900m:	10:26.23	34.97	1300m:	15:09.78	36.09
	150m:	1:38.06 34.20	550m:	6:18.46	35.13	950m:	11:01.37	35.14	1350m:	15:44.97	35.19
	200m:	2:12.97 34.91	600m:	6:53.92	35.46	1000m:	11:37.08	35.71	1400m:	16:20.42	35.45
	250m:	2:47.66 34.69	650m:	7:29.88	35.96	1050m:	12:12.15	35.07	1450m:	16:54.85	34.43
	300m:	3:22.78 35.12	700m:	8:05.13	35.25	1100m:	12:47.07	34.92	1500m:	17:28.32	33.47
	350m:	3:57.97 35.19	750m:	8:40.54	35.41	1150m:	13:22.67	35.60			
	400m:	4:33.25 35.28	800m:	9:16.04	35.50	1200m:	13:58.41	35.74			
6.	Antonio Pedro, MARTINS		05	União de Coimbra				18:31.07	481		
	50m:	33.20 33.20	450m:	5:30.08	36.48	850m:	10:26.93	36.81	1250m:	15:27.02	37.12
	100m:	1:10.41 37.21	500m:	6:07.64	37.56	900m:	11:04.43	37.50	1300m:	16:04.90	37.88
	150m:	1:47.69 37.28	550m:	6:44.48	36.84	950m:	11:42.49	38.06	1350m:	16:42.36	37.46
	200m:	2:24.95 37.26	600m:	7:21.94	37.46	1000m:	12:19.74	37.25	1400m:	17:19.55	37.19
	250m:	3:01.75 36.80	650m:	7:58.43	36.49	1050m:	12:56.96	37.22	1450m:	17:55.76	36.21
	300m:	3:39.37 37.62	700m:	8:35.82	37.39	1100m:	13:34.81	37.85	1500m:	18:31.07	35.31
	350m:	4:15.90 36.53	750m:	9:12.65	36.83	1150m:	14:12.05	37.24			
	400m:	4:53.60 37.70	800m:	9:50.12	37.47	1200m:	14:49.90	37.85			
7.	Tomas Cardoso, GERALDO		05	Condeixa Clube				18:43.28	466		
	50m:	30.87 30.87	450m:	5:19.83	36.83	850m:	10:18.38	37.49	1250m:	15:31.27	39.04
	100m:	1:05.71 34.84	500m:	5:56.40	36.57	900m:	10:57.27	38.89	1300m:	16:10.14	38.87
	150m:	1:41.17 35.46	550m:	6:33.11	36.71	950m:	11:35.69	38.42	1350m:	16:48.79	38.65
	200m:	2:17.58 36.41	600m:	7:10.20	37.09	1000m:	12:15.15	39.46	1400m:	17:27.66	38.87
	250m:	2:53.30 35.72	650m:	7:47.27	37.07	1050m:	12:54.05	38.90	1450m:	18:05.41	37.75
	300m:	3:30.10 36.80	700m:	8:25.13	37.86	1100m:	13:33.81	39.76	1500m:	18:43.28	37.87
	350m:	4:06.31 36.21	750m:	9:02.43	37.30	1150m:	14:12.81	39.00			
	400m:	4:43.00 36.69	800m:	9:40.89	38.46	1200m:	14:52.23	39.42			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Sen

Lugar			Ano					Tempo final	Pts		
8.	Renato Maria, FERREIRA		04	União de Coimbra				19:18.60	424		
	50m:	33.16 33.16	450m:	5:36.71	38.21	850m:	10:46.11	39.55	1250m:	16:03.63	40.69
	100m:	1:10.70 37.54	500m:	6:15.04	38.33	900m:	11:25.52	39.41	1300m:	16:42.25	38.62
	150m:	1:48.61 37.91	550m:	6:53.23	38.19	950m:	12:05.02	39.50	1350m:	17:21.60	39.35
	200m:	2:26.79 38.18	600m:	7:31.75	38.52	1000m:	12:44.63	39.61	1400m:	18:01.18	39.58
	250m:	3:04.64 37.85	650m:	8:10.02	38.27	1050m:	13:23.98	39.35	1450m:	18:40.50	39.32
	300m:	3:43.25 38.61	700m:	8:48.61	38.59	1100m:	14:03.35	39.37	1500m:	19:18.60	38.10
	350m:	4:20.57 37.32	750m:	9:27.63	39.02	1150m:	14:43.28	39.93			
	400m:	4:58.50 37.93	800m:	10:06.56	38.93	1200m:	15:22.94	39.66			

Juv B/Abs

1.	Ricardo Matias, SANTOS		05	Louzan Natacao/EFAPEL				16:49.51	642		
	50m:	29.98 29.98	450m:	5:00.87	34.04	850m:	9:31.93	33.87	1250m:	14:03.45	33.94
	100m:	1:03.21 33.23	500m:	5:34.81	33.94	900m:	10:06.12	34.19	1300m:	14:37.02	33.57
	150m:	1:36.94 33.73	550m:	6:08.54	33.73	950m:	10:39.88	33.76	1350m:	15:10.59	33.57
	200m:	2:10.86 33.92	600m:	6:42.48	33.94	1000m:	11:13.85	33.97	1400m:	15:44.38	33.79
	250m:	2:44.71 33.85	650m:	7:16.23	33.75	1050m:	11:47.83	33.98	1450m:	16:17.45	33.07
	300m:	3:18.67 33.96	700m:	7:50.41	34.18	1100m:	12:21.87	34.04	1500m:	16:49.51	32.06
	350m:	3:52.95 34.28	750m:	8:24.04	33.63	1150m:	12:55.59	33.72			
	400m:	4:26.83 33.88	800m:	8:58.06	34.02	1200m:	13:29.51	33.92			
2.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao				16:49.85	641		
	50m:	30.36 30.36	450m:	5:03.73	34.50	850m:	9:36.65	34.43	1250m:	14:07.15	33.95
	100m:	1:03.55 33.19	500m:	5:37.96	34.23	900m:	10:10.40	33.75	1300m:	14:40.97	33.82
	150m:	1:37.51 33.96	550m:	6:12.40	34.44	950m:	10:44.09	33.69	1350m:	15:14.45	33.48
	200m:	2:11.60 34.09	600m:	6:46.54	34.14	1000m:	11:17.80	33.71	1400m:	15:47.09	32.64
	250m:	2:45.80 34.20	650m:	7:20.75	34.21	1050m:	11:51.48	33.68	1450m:	16:19.67	32.58
	300m:	3:20.28 34.48	700m:	7:54.46	33.71	1100m:	12:25.36	33.88	1500m:	16:49.85	30.18
	350m:	3:54.73 34.45	750m:	8:28.21	33.75	1150m:	12:59.34	33.98			
	400m:	4:29.23 34.50	800m:	9:02.22	34.01	1200m:	13:33.20	33.86			
3.	Paulo, KOT		09	Marinha Grande				16:58.88	624		
	50m:	29.68 29.68	450m:	5:00.86	34.28	850m:	9:33.25	34.06	1250m:	14:07.33	34.66
	100m:	1:02.62 32.94	500m:	5:34.95	34.09	900m:	10:07.28	34.03	1300m:	14:41.70	34.37
	150m:	1:36.07 33.45	550m:	6:09.05	34.10	950m:	10:41.29	34.01	1350m:	15:16.12	34.42
	200m:	2:09.87 33.80	600m:	6:42.90	33.85	1000m:	11:15.20	33.91	1400m:	15:50.36	34.24
	250m:	2:43.70 33.83	650m:	7:17.14	34.24	1050m:	11:49.52	34.32	1450m:	16:25.08	34.72
	300m:	3:17.98 34.28	700m:	7:51.12	33.98	1100m:	12:23.53	34.01	1500m:	16:58.88	33.80
	350m:	3:52.06 34.08	750m:	8:25.37	34.25	1150m:	12:58.20	34.67			
	400m:	4:26.58 34.52	800m:	8:59.19	33.82	1200m:	13:32.67	34.47			
4.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				17:13.11	599		
	50m:	30.79 30.79	450m:	5:07.45	34.84	850m:	9:45.47	34.72	1250m:	14:21.85	34.16
	100m:	1:04.35 33.56	500m:	5:42.25	34.80	900m:	10:20.22	34.75	1300m:	14:56.40	34.55
	150m:	1:38.59 34.24	550m:	6:17.09	34.84	950m:	10:54.75	34.53	1350m:	15:30.72	34.32
	200m:	2:13.29 34.70	600m:	6:51.82	34.73	1000m:	11:29.50	34.75	1400m:	16:05.25	34.53
	250m:	2:48.24 34.95	650m:	7:26.36	34.54	1050m:	12:04.08	34.58	1450m:	16:39.49	34.24
	300m:	3:23.37 35.13	700m:	8:01.17	34.81	1100m:	12:38.81	34.73	1500m:	17:13.11	33.62
	350m:	3:57.72 34.35	750m:	8:35.77	34.60	1150m:	13:12.87	34.06			
	400m:	4:32.61 34.89	800m:	9:10.75	34.98	1200m:	13:47.69	34.82			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts			
5.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				17:14.68	596			
	50m:	30.12	30.12	450m:	5:02.30	34.26	850m:	9:40.22	35.30	1250m:	14:22.12	35.16
	100m:	1:03.41	33.29	500m:	5:36.91	34.61	900m:	10:15.63	35.41	1300m:	14:56.79	34.67
	150m:	1:37.08	33.67	550m:	6:11.57	34.66	950m:	10:51.24	35.61	1350m:	15:32.09	35.30
	200m:	2:11.12	34.04	600m:	6:45.99	34.42	1000m:	11:26.19	34.95	1400m:	16:07.11	35.02
	250m:	2:45.23	34.11	650m:	7:20.73	34.74	1050m:	12:01.47	35.28	1450m:	16:41.12	34.01
	300m:	3:19.45	34.22	700m:	7:55.55	34.82	1100m:	12:36.38	34.91	1500m:	17:14.68	33.56
	350m:	3:53.67	34.22	750m:	8:29.93	34.38	1150m:	13:11.64	35.26			
	400m:	4:28.04	34.37	800m:	9:04.92	34.99	1200m:	13:46.96	35.32			
6.	David Ferreira, RELVAS		03	Marinha Grande				17:19.01	589			
	50m:	29.16	29.16	450m:	5:03.43	34.62	850m:	9:42.31	34.65	1250m:	14:23.58	34.78
	100m:	1:02.37	33.21	500m:	5:38.40	34.97	900m:	10:17.81	35.50	1300m:	14:59.34	35.76
	150m:	1:35.52	33.15	550m:	6:12.94	34.54	950m:	10:52.48	34.67	1350m:	15:34.73	35.39
	200m:	2:10.10	34.58	600m:	6:48.19	35.25	1000m:	11:28.18	35.70	1400m:	16:10.28	35.55
	250m:	2:44.38	34.28	650m:	7:22.64	34.45	1050m:	12:02.99	34.81	1450m:	16:44.88	34.60
	300m:	3:19.69	35.31	700m:	7:57.70	35.06	1100m:	12:38.72	35.73	1500m:	17:19.01	34.13
	350m:	3:53.71	34.02	750m:	8:32.21	34.51	1150m:	13:13.09	34.37			
	400m:	4:28.81	35.10	800m:	9:07.66	35.45	1200m:	13:48.80	35.71			
7.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				17:27.46	575			
	50m:	30.18	30.18	450m:	5:09.10	35.31	850m:	9:51.88	35.56	1250m:	14:34.62	35.53
	100m:	1:03.84	33.66	500m:	5:43.92	34.82	900m:	10:26.79	34.91	1300m:	15:10.00	35.38
	150m:	1:38.41	34.57	550m:	6:18.90	34.98	950m:	11:02.05	35.26	1350m:	15:45.24	35.24
	200m:	2:13.31	34.90	600m:	6:54.21	35.31	1000m:	11:37.39	35.34	1400m:	16:20.33	35.09
	250m:	2:48.37	35.06	650m:	7:29.87	35.66	1050m:	12:12.99	35.60	1450m:	16:55.18	34.85
	300m:	3:23.49	35.12	700m:	8:05.14	35.27	1100m:	12:48.13	35.14	1500m:	17:27.46	32.28
	350m:	3:58.78	35.29	750m:	8:40.91	35.77	1150m:	13:23.89	35.76			
	400m:	4:33.79	35.01	800m:	9:16.32	35.41	1200m:	13:59.09	35.20			
8.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				17:28.32	573			
	50m:	30.68	30.68	450m:	5:08.31	35.06	850m:	9:51.26	35.22	1250m:	14:33.69	35.28
	100m:	1:03.86	33.18	500m:	5:43.33	35.02	900m:	10:26.23	34.97	1300m:	15:09.78	36.09
	150m:	1:38.06	34.20	550m:	6:18.46	35.13	950m:	11:01.37	35.14	1350m:	15:44.97	35.19
	200m:	2:12.97	34.91	600m:	6:53.92	35.46	1000m:	11:37.08	35.71	1400m:	16:20.42	35.45
	250m:	2:47.66	34.69	650m:	7:29.88	35.96	1050m:	12:12.15	35.07	1450m:	16:54.85	34.43
	300m:	3:22.78	35.12	700m:	8:05.13	35.25	1100m:	12:47.07	34.92	1500m:	17:28.32	33.47
	350m:	3:57.97	35.19	750m:	8:40.54	35.41	1150m:	13:22.67	35.60			
	400m:	4:33.25	35.28	800m:	9:16.04	35.50	1200m:	13:58.41	35.74			
9.	Nuno Miguel, ANJOS		08	Galitos / Bresimar				17:38.89	556			
	50m:	31.22	31.22	450m:	5:15.80	35.74	850m:	10:03.32	35.54	1250m:	14:45.93	35.09
	100m:	1:05.95	34.73	500m:	5:51.82	36.02	900m:	10:38.81	35.49	1300m:	15:21.19	35.26
	150m:	1:41.64	35.69	550m:	6:27.54	35.72	950m:	11:14.04	35.23	1350m:	15:56.50	35.31
	200m:	2:17.63	35.99	600m:	7:03.71	36.17	1000m:	11:49.36	35.32	1400m:	16:31.80	35.30
	250m:	2:53.29	35.66	650m:	7:39.79	36.08	1050m:	12:24.65	35.29	1450m:	17:05.73	33.93
	300m:	3:29.11	35.82	700m:	8:16.03	36.24	1100m:	13:00.13	35.48	1500m:	17:38.89	33.16
	350m:	4:04.22	35.11	750m:	8:52.21	36.18	1150m:	13:35.54	35.41			
	400m:	4:40.06	35.84	800m:	9:27.78	35.57	1200m:	14:10.84	35.30			
10.	Guilherme Simoes, SOUSA		08	Nautico Academico				17:41.55	552			
	50m:	31.69	31.69	450m:	5:15.83	35.56	850m:	10:02.61	35.83	1250m:	14:47.53	35.56
	100m:	1:06.51	34.82	500m:	5:51.41	35.58	900m:	10:38.46	35.85	1300m:	15:22.84	35.31
	150m:	1:42.13	35.62	550m:	6:26.93	35.52	950m:	11:14.21	35.75	1350m:	15:58.38	35.54
	200m:	2:17.91	35.78	600m:	7:02.91	35.98	1000m:	11:49.81	35.60	1400m:	16:33.78	35.40
	250m:	2:53.67	35.76	650m:	7:38.85	35.94	1050m:	12:25.49	35.68	1450m:	17:08.81	35.03
	300m:	3:29.39	35.72	700m:	8:14.90	36.05	1100m:	13:01.01	35.52	1500m:	17:41.55	32.74
	350m:	4:04.67	35.28	750m:	8:50.85	35.95	1150m:	13:36.63	35.62			
	400m:	4:40.27	35.60	800m:	9:26.78	35.93	1200m:	14:11.97	35.34			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
11.	Duarte Cachulo, MARQUES		07	Condeixa Clube				17:44.58	547		
	50m:	29.16 29.16	450m:	5:07.90	35.54	850m:	10:02.19	36.20	1250m:	14:49.99	34.90
	100m:	1:01.25 32.09	500m:	5:44.18	36.28	900m:	10:38.51	36.32	1300m:	15:25.44	35.45
	150m:	1:35.00 33.75	550m:	6:21.21	37.03	950m:	11:14.47	35.96	1350m:	16:01.13	35.69
	200m:	2:09.35 34.35	600m:	6:58.65	37.44	1000m:	11:50.57	36.10	1400m:	16:35.78	34.65
	250m:	2:44.29 34.94	650m:	7:36.23	37.58	1050m:	12:27.06	36.49	1450m:	17:09.92	34.14
	300m:	3:19.55 35.26	700m:	8:12.56	36.33	1100m:	13:02.21	35.15	1500m:	17:44.58	34.66
	350m:	3:55.91 36.36	750m:	8:49.38	36.82	1150m:	13:38.69	36.48			
	400m:	4:32.36 36.45	800m:	9:25.99	36.61	1200m:	14:15.09	36.40			
12.	Francisco Xavier, RITA		07	Vieirense				17:46.46	544		
	50m:	29.92 29.92	450m:	5:13.22	36.86	850m:	10:02.33	36.44	1250m:	14:50.95	36.00
	100m:	1:03.84 33.92	500m:	5:49.02	35.80	900m:	10:38.52	36.19	1300m:	15:26.36	35.41
	150m:	1:38.41 34.57	550m:	6:25.27	36.25	950m:	11:14.56	36.04	1350m:	16:02.24	35.88
	200m:	2:13.62 35.21	600m:	7:01.09	35.82	1000m:	11:50.89	36.33	1400m:	16:37.34	35.10
	250m:	2:49.19 35.57	650m:	7:37.97	36.88	1050m:	12:27.12	36.23	1450m:	17:12.19	34.85
	300m:	3:24.35 35.16	700m:	8:13.91	35.94	1100m:	13:02.97	35.85	1500m:	17:46.46	34.27
	350m:	4:00.53 36.18	750m:	8:50.01	36.10	1150m:	13:39.07	36.10			
	400m:	4:36.36 35.83	800m:	9:25.89	35.88	1200m:	14:14.95	35.88			
13.	Salvador Correia, PEREIRA		08	Condeixa Clube				18:01.62	522		
	50m:	31.39 31.39	450m:	5:15.16	35.84	850m:	10:02.80	35.78	1250m:	14:58.80	37.05
	100m:	1:06.28 34.89	500m:	5:50.48	35.32	900m:	10:38.70	35.90	1300m:	15:35.66	36.86
	150m:	1:41.70 35.42	550m:	6:26.79	36.31	950m:	11:14.77	36.07	1350m:	16:12.56	36.90
	200m:	2:17.34 35.64	600m:	7:03.09	36.30	1000m:	11:53.12	38.35	1400m:	16:48.88	36.32
	250m:	2:53.03 35.69	650m:	7:39.96	36.87	1050m:	12:31.01	37.89	1450m:	17:27.06	38.18
	300m:	3:28.28 35.25	700m:	8:15.52	35.56	1100m:	13:08.10	37.09	1500m:	18:01.62	34.56
	350m:	4:03.55 35.27	750m:	8:51.61	36.09	1150m:	13:45.29	37.19			
	400m:	4:39.32 35.77	800m:	9:27.02	35.41	1200m:	14:21.75	36.46			
14.	Santiago Boica, SOUSA		08	Vieirense				18:02.18	521		
	50m:	30.77 30.77	450m:	5:23.74	37.38	850m:	10:16.69	36.39	1250m:	15:06.30	35.91
	100m:	1:05.88 35.11	500m:	6:01.24	37.50	900m:	10:53.13	36.44	1300m:	15:42.71	36.41
	150m:	1:42.15 36.27	550m:	6:37.28	36.04	950m:	11:29.61	36.48	1350m:	16:18.72	36.01
	200m:	2:18.51 36.36	600m:	7:14.64	37.36	1000m:	12:05.99	36.38	1400m:	16:55.48	36.76
	250m:	2:55.34 36.83	650m:	7:51.02	36.38	1050m:	12:41.84	35.85	1450m:	17:29.67	34.19
	300m:	3:32.29 36.95	700m:	8:27.88	36.86	1100m:	13:17.32	35.48	1500m:	18:02.18	32.51
	350m:	4:09.13 36.84	750m:	9:04.15	36.27	1150m:	13:54.13	36.81			
	400m:	4:46.36 37.23	800m:	9:40.30	36.15	1200m:	14:30.39	36.26			
15.	Samuel Dinis, MAIA		08	Miranda do Corvo				18:07.48	513		
	50m:	31.73 31.73	450m:	5:18.88	36.64	850m:	10:11.32	36.73	1250m:	15:06.69	37.20
	100m:	1:06.33 34.60	500m:	5:54.90	36.02	900m:	10:47.60	36.28	1300m:	15:42.42	35.73
	150m:	1:42.08 35.75	550m:	6:31.76	36.86	950m:	11:23.89	36.29	1350m:	16:18.50	36.08
	200m:	2:17.75 35.67	600m:	7:08.34	36.58	1000m:	12:01.33	37.44	1400m:	16:55.33	36.83
	250m:	2:54.09 36.34	650m:	7:45.29	36.95	1050m:	12:38.38	37.05	1450m:	17:31.86	36.53
	300m:	3:29.96 35.87	700m:	8:21.36	36.07	1100m:	13:15.46	37.08	1500m:	18:07.48	35.62
	350m:	4:06.03 36.07	750m:	8:57.92	36.56	1150m:	13:52.83	37.37			
	400m:	4:42.24 36.21	800m:	9:34.59	36.67	1200m:	14:29.49	36.66			
16.	Joao Nuno, GASPAS		09	Condeixa Clube				18:12.41	506		
	50m:	31.23 31.23	450m:	5:22.74	36.80	850m:	10:16.37	36.49	1250m:	15:10.87	36.80
	100m:	1:06.55 35.32	500m:	5:59.26	36.52	900m:	10:53.69	37.32	1300m:	15:47.88	37.01
	150m:	1:42.92 36.37	550m:	6:35.72	36.46	950m:	11:30.01	36.32	1350m:	16:24.95	37.07
	200m:	2:19.32 36.40	600m:	7:12.26	36.54	1000m:	12:06.80	36.79	1400m:	17:01.85	36.90
	250m:	2:56.18 36.86	650m:	7:49.14	36.88	1050m:	12:43.54	36.74	1450m:	17:38.69	36.84
	300m:	3:32.47 36.29	700m:	8:25.97	36.83	1100m:	13:20.47	36.93	1500m:	18:12.41	33.72
	350m:	4:09.44 36.97	750m:	9:02.92	36.95	1150m:	13:57.26	36.79			
	400m:	4:45.94 36.50	800m:	9:39.88	36.96	1200m:	14:34.07	36.81			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
17.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				18:13.20	505		
	50m:	30.91 30.91	450m:	5:23.25	37.35	850m:	10:18.16	37.14	1250m:	15:13.41	37.24
	100m:	1:06.50 35.59	500m:	6:00.64	37.39	900m:	10:55.15	36.99	1300m:	15:50.43	37.02
	150m:	1:42.35 35.85	550m:	6:37.56	36.92	950m:	11:32.40	37.25	1350m:	16:26.51	36.08
	200m:	2:18.60 36.25	600m:	7:14.76	37.20	1000m:	12:09.36	36.96	1400m:	17:03.32	36.81
	250m:	2:55.23 36.63	650m:	7:51.57	36.81	1050m:	12:45.60	36.24	1450m:	17:38.30	34.98
	300m:	3:31.95 36.72	700m:	8:27.81	36.24	1100m:	13:22.19	36.59	1500m:	18:13.20	34.90
	350m:	4:08.51 36.56	750m:	9:04.72	36.91	1150m:	13:58.97	36.78			
	400m:	4:45.90 37.39	800m:	9:41.02	36.30	1200m:	14:36.17	37.20			
18.	Guilherme Martins, SILVA		08	Academico de Viseu				18:13.98	504		
	50m:	31.81 31.81	450m:	5:20.00	36.84	850m:	10:13.74	36.54	1250m:	15:09.28	36.90
	100m:	1:06.45 34.64	500m:	5:56.68	36.68	900m:	10:50.69	36.95	1300m:	15:46.47	37.19
	150m:	1:42.05 35.60	550m:	6:33.58	36.90	950m:	11:27.58	36.89	1350m:	16:23.74	37.27
	200m:	2:18.15 36.10	600m:	7:10.35	36.77	1000m:	12:04.45	36.87	1400m:	17:00.99	37.25
	250m:	2:54.51 36.36	650m:	7:46.97	36.62	1050m:	12:41.45	37.00	1450m:	17:38.16	37.17
	300m:	3:30.46 35.95	700m:	8:23.61	36.64	1100m:	13:18.25	36.80	1500m:	18:13.98	35.82
	350m:	4:06.64 36.18	750m:	9:00.51	36.90	1150m:	13:55.17	36.92			
	400m:	4:43.16 36.52	800m:	9:37.20	36.69	1200m:	14:32.38	37.21			
19.	Antonio Pedro, MARTINS		05	União de Coimbra				18:31.07	481		
	50m:	33.20 33.20	450m:	5:30.08	36.48	850m:	10:26.93	36.81	1250m:	15:27.02	37.12
	100m:	1:10.41 37.21	500m:	6:07.64	37.56	900m:	11:04.43	37.50	1300m:	16:04.90	37.88
	150m:	1:47.69 37.28	550m:	6:44.48	36.84	950m:	11:42.49	38.06	1350m:	16:42.36	37.46
	200m:	2:24.95 37.26	600m:	7:21.94	37.46	1000m:	12:19.74	37.25	1400m:	17:19.55	37.19
	250m:	3:01.75 36.80	650m:	7:58.43	36.49	1050m:	12:56.96	37.22	1450m:	17:55.76	36.21
	300m:	3:39.37 37.62	700m:	8:35.82	37.39	1100m:	13:34.81	37.85	1500m:	18:31.07	35.31
	350m:	4:15.90 36.53	750m:	9:12.65	36.83	1150m:	14:12.05	37.24			
	400m:	4:53.60 37.70	800m:	9:50.12	37.47	1200m:	14:49.90	37.85			
20.	Tome Nunes, TOME		08	CNLeiria				18:42.39	467		
	50m:	32.86 32.86	450m:	5:33.04	37.89	850m:	10:35.79	37.88	1250m:	15:39.15	37.41
	100m:	1:09.56 36.70	500m:	6:11.43	38.39	900m:	11:13.38	37.59	1300m:	16:16.93	37.78
	150m:	1:46.72 37.16	550m:	6:49.32	37.89	950m:	11:50.92	37.54	1350m:	16:54.67	37.74
	200m:	2:23.62 36.90	600m:	7:27.40	38.08	1000m:	12:28.98	38.06	1400m:	17:32.31	37.64
	250m:	3:00.45 36.83	650m:	8:04.87	37.47	1050m:	13:07.10	38.12	1450m:	18:08.13	35.82
	300m:	3:38.39 37.94	700m:	8:42.20	37.33	1100m:	13:45.27	38.17	1500m:	18:42.39	34.26
	350m:	4:16.78 38.39	750m:	9:20.10	37.90	1150m:	14:23.21	37.94			
	400m:	4:55.15 38.37	800m:	9:57.91	37.81	1200m:	15:01.74	38.53			
21.	Tomas Cardoso, GERALDO		05	Condeixa Clube				18:43.28	466		
	50m:	30.87 30.87	450m:	5:19.83	36.83	850m:	10:18.38	37.49	1250m:	15:31.27	39.04
	100m:	1:05.71 34.84	500m:	5:56.40	36.57	900m:	10:57.27	38.89	1300m:	16:10.14	38.87
	150m:	1:41.17 35.46	550m:	6:33.11	36.71	950m:	11:35.69	38.42	1350m:	16:48.79	38.65
	200m:	2:17.58 36.41	600m:	7:10.20	37.09	1000m:	12:15.15	39.46	1400m:	17:27.66	38.87
	250m:	2:53.30 35.72	650m:	7:47.27	37.07	1050m:	12:54.05	38.90	1450m:	18:05.41	37.75
	300m:	3:30.10 36.80	700m:	8:25.13	37.86	1100m:	13:33.81	39.76	1500m:	18:43.28	37.87
	350m:	4:06.31 36.21	750m:	9:02.43	37.30	1150m:	14:12.81	39.00			
	400m:	4:43.00 36.69	800m:	9:40.89	38.46	1200m:	14:52.23	39.42			
22.	Goncalo Malha, NETO		09	Galitos / Bresimar				18:45.06	464		
	50m:	33.55 33.55	450m:	5:36.74	37.97	850m:	10:41.27	37.91	1250m:	15:44.39	37.88
	100m:	1:10.89 37.34	500m:	6:15.54	38.80	900m:	11:19.19	37.92	1300m:	16:21.59	37.20
	150m:	1:48.43 37.54	550m:	6:53.69	38.15	950m:	11:56.75	37.56	1350m:	16:58.58	36.99
	200m:	2:26.98 38.55	600m:	7:32.27	38.58	1000m:	12:35.08	38.33	1400m:	17:35.51	36.93
	250m:	3:04.70 37.72	650m:	8:09.72	37.45	1050m:	13:12.98	37.90	1450m:	18:11.58	36.07
	300m:	3:43.19 38.49	700m:	8:47.79	38.07	1100m:	13:50.68	37.70	1500m:	18:45.06	33.48
	350m:	4:20.51 37.32	750m:	9:25.62	37.83	1150m:	14:28.59	37.91			
	400m:	4:58.77 38.26	800m:	10:03.36	37.74	1200m:	15:06.51	37.92			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
23.	Rodrigo Marques, LIMA		07	CASPAE				18:54.99	451		
	50m:	32.65 32.65	450m:	5:34.53	38.17	850m:	10:44.10	38.80	1250m:	15:49.89	38.45
	100m:	1:08.98 36.33	500m:	6:12.73	38.20	900m:	11:22.36	38.26	1300m:	16:28.36	38.47
	150m:	1:46.51 37.53	550m:	6:51.24	38.51	950m:	12:00.83	38.47	1350m:	17:05.57	37.21
	200m:	2:24.26 37.75	600m:	7:30.28	39.04	1000m:	12:39.21	38.38	1400m:	17:43.62	38.05
	250m:	3:02.54 38.28	650m:	8:09.21	38.93	1050m:	13:16.61	37.40	1450m:	18:19.57	35.95
	300m:	3:40.41 37.87	700m:	8:47.67	38.46	1100m:	13:55.19	38.58	1500m:	18:54.99	35.42
	350m:	4:18.85 38.44	750m:	9:26.36	38.69	1150m:	14:33.44	38.25			
	400m:	4:56.36 37.51	800m:	10:05.30	38.94	1200m:	15:11.44	38.00			
24.	Goncalo Silva, GUEDES		08	Estarreja				18:55.98	450		
	50m:	32.20 32.20	450m:	5:34.62	38.23	850m:	10:40.78	38.31	1250m:	15:47.99	38.85
	100m:	1:08.70 36.50	500m:	6:13.14	38.52	900m:	11:18.65	37.87	1300m:	16:26.34	38.35
	150m:	1:46.72 38.02	550m:	6:51.15	38.01	950m:	11:56.72	38.07	1350m:	17:05.15	38.81
	200m:	2:24.56 37.84	600m:	7:29.45	38.30	1000m:	12:34.74	38.02	1400m:	17:43.27	38.12
	250m:	3:02.14 37.58	650m:	8:07.75	38.30	1050m:	13:13.49	38.75	1450m:	18:20.07	36.80
	300m:	3:40.32 38.18	700m:	8:45.92	38.17	1100m:	13:52.40	38.91	1500m:	18:55.98	35.91
	350m:	4:18.46 38.14	750m:	9:24.32	38.40	1150m:	14:30.88	38.48			
	400m:	4:56.39 37.93	800m:	10:02.47	38.15	1200m:	15:09.14	38.26			
25.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				19:03.79	441		
	50m:	33.57 33.57	450m:	5:38.46	38.00	850m:	10:44.20	38.45	1250m:	15:52.66	38.78
	100m:	1:11.10 37.53	500m:	6:16.75	38.29	900m:	11:22.42	38.22	1300m:	16:31.34	38.68
	150m:	1:48.55 37.45	550m:	6:54.94	38.19	950m:	12:00.89	38.47	1350m:	17:10.35	39.01
	200m:	2:26.92 38.37	600m:	7:33.37	38.43	1000m:	12:39.77	38.88	1400m:	17:48.59	38.24
	250m:	3:05.68 38.76	650m:	8:11.82	38.45	1050m:	13:18.06	38.29	1450m:	18:27.61	39.02
	300m:	3:44.20 38.52	700m:	8:49.68	37.86	1100m:	13:56.82	38.76	1500m:	19:03.79	36.18
	350m:	4:22.36 38.16	750m:	9:27.84	38.16	1150m:	14:35.72	38.90			
	400m:	5:00.46 38.10	800m:	10:05.75	37.91	1200m:	15:13.88	38.16			
26.	Alexandre, SHUBIN		09	Campinho				19:12.46	431		
	50m:	32.19 32.19	450m:	5:32.03	38.69	850m:	10:43.78	39.05	1250m:	15:58.24	39.60
	100m:	1:08.06 35.87	500m:	6:10.92	38.89	900m:	11:22.55	38.77	1300m:	16:38.13	39.89
	150m:	1:44.74 36.68	550m:	6:50.09	39.17	950m:	12:01.55	39.00	1350m:	17:17.71	39.58
	200m:	2:21.87 37.13	600m:	7:28.82	38.73	1000m:	12:40.87	39.32	1400m:	17:56.68	38.97
	250m:	2:59.08 37.21	650m:	8:07.60	38.78	1050m:	13:20.39	39.52	1450m:	18:35.52	38.84
	300m:	3:36.88 37.80	700m:	8:46.30	38.70	1100m:	13:59.87	39.48	1500m:	19:12.46	36.94
	350m:	4:15.03 38.15	750m:	9:25.61	39.31	1150m:	14:39.25	39.38			
	400m:	4:53.34 38.31	800m:	10:04.73	39.12	1200m:	15:18.64	39.39			
27.	Antonio Tomas, TEIXEIRA		08	Gafanha da Encarnacao				19:13.02	431		
	50m:	33.86 33.86	450m:	5:40.48	39.02	850m:	10:52.61	39.15	1250m:	16:03.09	39.23
	100m:	1:11.25 37.39	500m:	6:19.48	39.00	900m:	11:31.22	38.61	1300m:	16:41.57	38.48
	150m:	1:49.08 37.83	550m:	6:58.41	38.93	950m:	12:09.88	38.66	1350m:	17:20.22	38.65
	200m:	2:27.25 38.17	600m:	7:37.26	38.85	1000m:	12:48.78	38.90	1400m:	17:58.46	38.24
	250m:	3:05.51 38.26	650m:	8:16.62	39.36	1050m:	13:27.55	38.77	1450m:	18:36.27	37.81
	300m:	3:43.80 38.29	700m:	8:55.53	38.91	1100m:	14:06.18	38.63	1500m:	19:13.02	36.75
	350m:	4:22.22 38.42	750m:	9:34.88	39.35	1150m:	14:45.00	38.82			
	400m:	5:01.46 39.24	800m:	10:13.46	38.58	1200m:	15:23.86	38.86			
28.	Renato Maria, FERREIRA		04	União de Coimbra				19:18.60	424		
	50m:	33.16 33.16	450m:	5:36.71	38.21	850m:	10:46.11	39.55	1250m:	16:03.63	40.69
	100m:	1:10.70 37.54	500m:	6:15.04	38.33	900m:	11:25.52	39.41	1300m:	16:42.25	38.62
	150m:	1:48.61 37.91	550m:	6:53.23	38.19	950m:	12:05.02	39.50	1350m:	17:21.60	39.35
	200m:	2:26.79 38.18	600m:	7:31.75	38.52	1000m:	12:44.63	39.61	1400m:	18:01.18	39.58
	250m:	3:04.64 37.85	650m:	8:10.02	38.27	1050m:	13:23.98	39.35	1450m:	18:40.50	39.32
	300m:	3:43.25 38.61	700m:	8:48.61	38.59	1100m:	14:03.35	39.37	1500m:	19:18.60	38.10
	350m:	4:20.57 37.32	750m:	9:27.63	39.02	1150m:	14:43.28	39.93			
	400m:	4:58.50 37.93	800m:	10:06.56	38.93	1200m:	15:22.94	39.66			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts			
29.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				19:56.73	385			
	50m:	33.27	33.27	450m:	5:48.97	40.38	850m:	11:13.67	40.66	1250m:	16:37.17	40.52
	100m:	1:10.59	37.32	500m:	6:29.02	40.05	900m:	11:54.17	40.50	1300m:	17:17.72	40.55
	150m:	1:49.54	38.95	550m:	7:09.37	40.35	950m:	12:34.86	40.69	1350m:	17:58.09	40.37
	200m:	2:28.51	38.97	600m:	7:50.38	41.01	1000m:	13:14.91	40.05	1400m:	18:38.81	40.72
	250m:	3:08.64	40.13	650m:	8:31.33	40.95	1050m:	13:55.65	40.74	1450m:	19:18.24	39.43
	300m:	3:48.35	39.71	700m:	9:12.03	40.70	1100m:	14:35.85	40.20	1500m:	19:56.73	38.49
	350m:	4:28.38	40.03	750m:	9:52.45	40.42	1150m:	15:16.13	40.28			
	400m:	5:08.59	40.21	800m:	10:33.01	40.56	1200m:	15:56.65	40.52			
30.	Pedro Blanc, CAPINHA		09	Óbidos Criativa				20:35.07	350			
	50m:	33.84	33.84	450m:	5:53.74	40.96	850m:	11:28.94	42.10	1250m:	17:09.60	42.70
	100m:	1:10.91	37.07	500m:	6:36.20	42.46	900m:	12:11.11	42.17	1300m:	17:52.55	42.95
	150m:	1:49.50	38.59	550m:	7:17.69	41.49	950m:	12:53.48	42.37	1350m:	18:34.08	41.53
	200m:	2:29.59	40.09	600m:	7:59.90	42.21	1000m:	13:35.51	42.03	1400m:	19:16.51	42.43
	250m:	3:09.46	39.87	650m:	8:41.46	41.56	1050m:	14:18.07	42.56	1450m:	19:56.49	39.98
	300m:	3:50.66	41.20	700m:	9:23.16	41.70	1100m:	15:01.36	43.29	1500m:	20:35.07	38.58
	350m:	4:31.43	40.77	750m:	10:04.99	41.83	1150m:	15:43.73	42.37			
	400m:	5:12.78	41.35	800m:	10:46.84	41.85	1200m:	16:26.90	43.17			

Prova 4

Femin., 1500m Livres

Abs

15/03/2024 - 18:05

Resultados

Rec Nacionais Open	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nacionais Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29/08/2015
Rec Nacionais Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11/07/2014
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08/07/2007

TA JUVB-FEM Juv B: 23:03.02 / TA JUVA-FEM Juv A: 22:31.01 / TA JUN-FEM Jun: 21:58.99 / TA SEN-FEM Sen: 21:26.98

Pontos: FINA 2024

Lugar			Ano					Tempo final	Pts			
Juv B												
1.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar				19:24.83	493			
	50m:	34.93	34.93	450m:	5:50.41	38.99	850m:	11:02.68	38.69	1250m:	16:13.59	38.92
	100m:	1:14.68	39.75	500m:	6:29.74	39.33	900m:	11:41.52	38.84	1300m:	16:52.85	39.26
	150m:	1:54.47	39.79	550m:	7:08.45	38.71	950m:	12:20.17	38.65	1350m:	17:31.85	39.00
	200m:	2:33.77	39.30	600m:	7:48.05	39.60	1000m:	12:58.49	38.32	1400m:	18:10.97	39.12
	250m:	3:13.54	39.77	650m:	8:27.01	38.96	1050m:	13:37.48	38.99	1450m:	18:48.51	37.54
	300m:	3:53.07	39.53	700m:	9:06.10	39.09	1100m:	14:16.53	39.05	1500m:	19:24.83	36.32
	350m:	4:32.38	39.31	750m:	9:45.14	39.04	1150m:	14:55.86	39.33			
	400m:	5:11.42	39.04	800m:	10:23.99	38.85	1200m:	15:34.67	38.81			
2.	Leonor Nunes, CARDEAL		10	Individual ANCP				19:39.86	474			
	50m:	35.37	35.37	450m:	6:01.01	40.16	850m:	11:22.68	39.74	1250m:	16:33.57	37.73
	100m:	1:15.05	39.68	500m:	6:42.16	41.15	900m:	12:03.16	40.48	1300m:	17:12.37	38.80
	150m:	1:55.45	40.40	550m:	7:21.18	39.02	950m:	12:42.39	39.23	1350m:	17:49.85	37.48
	200m:	2:36.81	41.36	600m:	8:01.73	40.55	1000m:	13:22.40	40.01	1400m:	18:27.82	37.97
	250m:	3:17.45	40.64	650m:	8:41.61	39.88	1050m:	14:00.75	38.35	1450m:	19:04.60	36.78
	300m:	3:58.86	41.41	700m:	9:22.48	40.87	1100m:	14:39.60	38.85	1500m:	19:39.86	35.26
	350m:	4:39.61	40.75	750m:	10:02.59	40.11	1150m:	15:17.45	37.85			
	400m:	5:20.85	41.24	800m:	10:42.94	40.35	1200m:	15:55.84	38.39			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B

Lugar			Ano					Tempo final	Pts		
3.	Diana Isabel, ALVES		10	Pimpoes/Cimai				19:42.87	471		
	50m:	34.95 34.95	450m:	5:50.85	39.82	850m:	11:09.22	39.95	1250m:	16:26.86	39.16
	100m:	1:13.58 38.63	500m:	6:30.27	39.42	900m:	11:49.01	39.79	1300m:	17:06.61	39.75
	150m:	1:53.18 39.60	550m:	7:09.58	39.31	950m:	12:28.79	39.78	1350m:	17:46.30	39.69
	200m:	2:32.89 39.71	600m:	7:49.68	40.10	1000m:	13:09.04	40.25	1400m:	18:26.22	39.92
	250m:	3:12.19 39.30	650m:	8:29.61	39.93	1050m:	13:48.46	39.42	1450m:	19:05.17	38.95
	300m:	3:51.98 39.79	700m:	9:10.08	40.47	1100m:	14:28.20	39.74	1500m:	19:42.87	37.70
	350m:	4:31.48 39.50	750m:	9:49.37	39.29	1150m:	15:07.95	39.75			
	400m:	5:11.03 39.55	800m:	10:29.27	39.90	1200m:	15:47.70	39.75			
4.	Bianca Balbino, MENDES		10	Naval de Peniche				19:45.71	467		
	50m:	34.91 34.91	450m:	5:50.69	39.40	850m:	11:09.13	40.19	1250m:	16:27.71	40.23
	100m:	1:14.59 39.68	500m:	6:29.64	38.95	900m:	11:48.68	39.55	1300m:	17:07.37	39.66
	150m:	1:54.62 40.03	550m:	7:09.38	39.74	950m:	12:28.86	40.18	1350m:	17:48.12	40.75
	200m:	2:34.85 40.23	600m:	7:49.17	39.79	1000m:	13:08.64	39.78	1400m:	18:27.96	39.84
	250m:	3:13.80 38.95	650m:	8:29.74	40.57	1050m:	13:48.29	39.65	1450m:	19:07.75	39.79
	300m:	3:52.96 39.16	700m:	9:09.58	39.84	1100m:	14:27.73	39.44	1500m:	19:45.71	37.96
	350m:	4:32.26 39.30	750m:	9:49.61	40.03	1150m:	15:07.94	40.21			
	400m:	5:11.29 39.03	800m:	10:28.94	39.33	1200m:	15:47.48	39.54			
5.	Leonor Antunes, PAIVA		10	Nautico Academico				19:46.23	467		
	50m:	36.45 36.45	450m:	5:55.74	39.79	850m:	11:12.34	39.75	1250m:	16:30.78	39.97
	100m:	1:16.19 39.74	500m:	6:35.19	39.45	900m:	11:51.88	39.54	1300m:	17:10.73	39.95
	150m:	1:56.57 40.38	550m:	7:14.54	39.35	950m:	12:31.47	39.59	1350m:	17:50.51	39.78
	200m:	2:36.52 39.95	600m:	7:53.61	39.07	1000m:	13:11.18	39.71	1400m:	18:29.63	39.12
	250m:	3:16.58 40.06	650m:	8:33.31	39.70	1050m:	13:51.38	40.20	1450m:	19:08.75	39.12
	300m:	3:56.53 39.95	700m:	9:13.01	39.70	1100m:	14:31.12	39.74	1500m:	19:46.23	37.48
	350m:	4:36.26 39.73	750m:	9:52.87	39.86	1150m:	15:11.03	39.91			
	400m:	5:15.95 39.69	800m:	10:32.59	39.72	1200m:	15:50.81	39.78			
6.	Vida Sofia, VELEZ		10	Bairro dos Anjos				20:22.56	426		
	50m:	36.74 36.74	450m:	5:55.80	39.89	850m:	11:17.18	41.31	1250m:	16:51.85	42.14
	100m:	1:16.37 39.63	500m:	6:35.40	39.60	900m:	11:58.16	40.98	1300m:	17:34.81	42.96
	150m:	1:56.87 40.50	550m:	7:15.05	39.65	950m:	12:40.52	42.36	1350m:	18:17.53	42.72
	200m:	2:36.80 39.93	600m:	7:54.18	39.13	1000m:	13:21.39	40.87	1400m:	18:59.87	42.34
	250m:	3:16.47 39.67	650m:	8:34.34	40.16	1050m:	14:03.21	41.82	1450m:	19:41.58	41.71
	300m:	3:56.41 39.94	700m:	9:14.54	40.20	1100m:	14:46.77	43.56	1500m:	20:22.56	40.98
	350m:	4:36.41 40.00	750m:	9:54.91	40.37	1150m:	15:26.99	40.22			
	400m:	5:15.91 39.50	800m:	10:35.87	40.96	1200m:	16:09.71	42.72			
7.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				20:52.56	396		
	50m:	36.73 36.73	450m:	6:11.74	42.13	850m:	11:47.21	42.28	1250m:	17:22.58	42.75
	100m:	1:17.67 40.94	500m:	6:53.64	41.90	900m:	12:28.39	41.18	1300m:	18:04.81	42.23
	150m:	1:59.76 42.09	550m:	7:35.68	42.04	950m:	13:10.03	41.64	1350m:	18:47.25	42.44
	200m:	2:41.49 41.73	600m:	8:17.57	41.89	1000m:	13:51.78	41.75	1400m:	19:28.91	41.66
	250m:	3:23.75 42.26	650m:	8:59.64	42.07	1050m:	14:34.08	42.30	1450m:	20:11.10	42.19
	300m:	4:05.56 41.81	700m:	9:41.38	41.74	1100m:	15:15.87	41.79	1500m:	20:52.56	41.46
	350m:	4:48.10 42.54	750m:	10:23.07	41.69	1150m:	15:57.91	42.04			
	400m:	5:29.61 41.51	800m:	11:04.93	41.86	1200m:	16:39.83	41.92			
8.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				21:20.34	371		
	50m:	35.86 35.86	450m:	6:16.21	43.13	850m:	12:02.40	43.54	1250m:	17:50.10	43.28
	100m:	1:17.06 41.20	500m:	6:59.16	42.95	900m:	12:45.87	43.47	1300m:	18:32.18	42.08
	150m:	1:59.11 42.05	550m:	7:42.03	42.87	950m:	13:28.81	42.94	1350m:	19:14.91	42.73
	200m:	2:41.45 42.34	600m:	8:25.20	43.17	1000m:	14:12.48	43.67	1400m:	19:57.80	42.89
	250m:	3:24.23 42.78	650m:	9:08.27	43.07	1050m:	14:56.03	43.55	1450m:	20:39.63	41.83
	300m:	4:07.41 43.18	700m:	9:51.32	43.05	1100m:	15:39.85	43.82	1500m:	21:20.34	40.71
	350m:	4:50.56 43.15	750m:	10:34.69	43.37	1150m:	16:23.56	43.71			
	400m:	5:33.08 42.52	800m:	11:18.86	44.17	1200m:	17:06.82	43.26			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres

Juv A

1.	Luana Ferreira, CRAVEIRO	09	Marinha Grande	18:18.25	588
	50m: 32.91 32.91	450m: 5:22.61	37.01	850m: 10:17.76	37.46
	100m: 1:08.03 35.12	500m: 5:59.04	36.43	900m: 10:54.76	37.00
	150m: 1:44.25 36.22	550m: 6:35.87	36.83	950m: 11:31.81	37.05
	200m: 2:20.32 36.07	600m: 7:12.59	36.72	1000m: 12:08.56	36.75
	250m: 2:56.66 36.34	650m: 7:49.41	36.82	1050m: 12:45.30	36.74
	300m: 3:32.96 36.30	700m: 8:26.52	37.11	1100m: 13:22.43	37.13
	350m: 4:09.25 36.29	750m: 9:03.29	36.77	1150m: 13:59.15	36.72
	400m: 4:45.60 36.35	800m: 9:40.30	37.01	1200m: 14:36.38	37.23
2.	Lara Catarina, MAIA	09	Estarreja	18:45.52	546
	50m: 32.82 32.82	450m: 5:30.27	38.03	850m: 10:31.34	37.97
	100m: 1:08.89 36.07	500m: 6:07.80	37.53	900m: 11:09.23	37.89
	150m: 1:45.84 36.95	550m: 6:45.53	37.73	950m: 11:47.37	38.14
	200m: 2:22.77 36.93	600m: 7:22.94	37.41	1000m: 12:25.64	38.27
	250m: 3:00.12 37.35	650m: 8:00.37	37.43	1050m: 13:03.84	38.20
	300m: 3:37.26 37.14	700m: 8:37.94	37.57	1100m: 13:41.66	37.82
	350m: 4:14.87 37.61	750m: 9:15.62	37.68	1150m: 14:20.11	38.45
	400m: 4:52.24 37.37	800m: 9:53.37	37.75	1200m: 14:58.12	38.01
3.	Francisca Ramos, NUNES	09	Naval de Peniche	19:33.73	482
	50m: 34.42 34.42	450m: 5:45.00	39.03	850m: 11:03.69	39.75
	100m: 1:12.85 38.43	500m: 6:24.00	39.00	900m: 11:43.79	40.10
	150m: 1:52.38 39.53	550m: 7:03.64	39.64	950m: 12:23.85	40.06
	200m: 2:30.85 38.47	600m: 7:43.34	39.70	1000m: 13:03.83	39.98
	250m: 3:09.00 38.15	650m: 8:23.44	40.10	1050m: 13:43.88	40.05
	300m: 3:47.83 38.83	700m: 9:03.54	40.10	1100m: 14:23.97	40.09
	350m: 4:26.59 38.76	750m: 9:43.19	39.65	1150m: 15:03.18	39.21
	400m: 5:05.97 39.38	800m: 10:23.94	40.75	1200m: 15:42.48	39.30
4.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	19:55.88	456
	50m: 35.77 35.77	450m: 5:50.57	39.02	850m: 11:12.27	40.04
	100m: 1:14.46 38.69	500m: 6:29.71	39.14	900m: 11:53.65	41.38
	150m: 1:53.60 39.14	550m: 7:09.75	40.04	950m: 12:34.25	40.60
	200m: 2:33.47 39.87	600m: 7:49.63	39.88	1000m: 13:14.25	40.00
	250m: 3:12.84 39.37	650m: 8:29.84	40.21	1050m: 13:54.93	40.68
	300m: 3:52.84 40.00	700m: 9:10.69	40.85	1100m: 14:36.08	41.15
	350m: 4:32.32 39.48	750m: 9:51.44	40.75	1150m: 15:16.53	40.45
	400m: 5:11.55 39.23	800m: 10:32.23	40.79	1200m: 15:56.34	39.81
5.	Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	21:56.30	341
	50m: 37.10 37.10	450m: 6:18.86	44.07	850m: 12:13.90	44.22
	100m: 1:18.81 41.71	500m: 7:02.84	43.98	900m: 12:58.77	44.87
	150m: 2:01.01 42.20	550m: 7:46.61	43.77	950m: 13:43.58	44.81
	200m: 2:43.27 42.26	600m: 8:31.07	44.46	1000m: 14:28.72	45.14
	250m: 3:25.54 42.27	650m: 9:16.20	45.13	1050m: 15:13.35	44.63
	300m: 4:08.30 42.76	700m: 10:00.59	44.39	1100m: 15:57.94	44.59
	350m: 4:51.27 42.97	750m: 10:44.99	44.40	1150m: 16:42.45	44.51
	400m: 5:34.79 43.52	800m: 11:29.68	44.69	1200m: 17:27.84	45.39

Jun

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Jun

Lugar			Ano					Tempo final	Pts		
1.	Marta Andre, AGUILAR		07	Nautico Academico				18:34.06	564		
	50m:	34.12 34.12	450m:	5:29.54	37.70	850m:	10:29.76	37.83	1250m:	15:31.97	37.73
	100m:	1:10.49 36.37	500m:	6:06.98	37.44	900m:	11:07.66	37.90	1300m:	16:09.05	37.08
	150m:	1:47.21 36.72	550m:	6:44.55	37.57	950m:	11:45.57	37.91	1350m:	16:45.85	36.80
	200m:	2:23.67 36.46	600m:	7:21.99	37.44	1000m:	12:23.30	37.73	1400m:	17:22.65	36.80
	250m:	3:00.55 36.88	650m:	7:59.15	37.16	1050m:	13:01.13	37.83	1450m:	17:59.32	36.67
	300m:	3:37.24 36.69	700m:	8:36.83	37.68	1100m:	13:38.97	37.84	1500m:	18:34.06	34.74
	350m:	4:14.39 37.15	750m:	9:14.57	37.74	1150m:	14:16.68	37.71			
	400m:	4:51.84 37.45	800m:	9:51.93	37.36	1200m:	14:54.24	37.56			
2.	Matilde Violante, VIANA		07	CNLeiria				18:37.75	558		
	50m:	32.66 32.66	450m:	5:29.98	37.19	850m:	10:28.84	37.36	1250m:	15:31.13	37.73
	100m:	1:09.51 36.85	500m:	6:07.54	37.56	900m:	11:06.45	37.61	1300m:	16:09.24	38.11
	150m:	1:46.32 36.81	550m:	6:44.50	36.96	950m:	11:44.14	37.69	1350m:	16:46.20	36.96
	200m:	2:23.63 37.31	600m:	7:22.01	37.51	1000m:	12:22.23	38.09	1400m:	17:23.85	37.65
	250m:	3:00.58 36.95	650m:	7:59.17	37.16	1050m:	12:59.25	37.02	1450m:	18:00.68	36.83
	300m:	3:38.21 37.63	700m:	8:36.34	37.17	1100m:	13:37.10	37.85	1500m:	18:37.75	37.07
	350m:	4:15.46 37.25	750m:	9:13.81	37.47	1150m:	14:14.86	37.76			
	400m:	4:52.79 37.33	800m:	9:51.48	37.67	1200m:	14:53.40	38.54			
3.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				18:44.42	548		
	50m:	33.20 33.20	450m:	5:30.70	37.16	850m:	10:30.29	38.15	1250m:	15:35.91	37.94
	100m:	1:09.77 36.57	500m:	6:08.17	37.47	900m:	11:08.86	38.57	1300m:	16:14.41	38.50
	150m:	1:46.78 37.01	550m:	6:44.68	36.51	950m:	11:46.74	37.88	1350m:	16:52.28	37.87
	200m:	2:24.15 37.37	600m:	7:21.88	37.20	1000m:	12:25.08	38.34	1400m:	17:30.58	38.30
	250m:	3:01.31 37.16	650m:	7:58.91	37.03	1050m:	13:02.95	37.87	1450m:	18:08.06	37.48
	300m:	3:38.82 37.51	700m:	8:36.33	37.42	1100m:	13:41.35	38.40	1500m:	18:44.42	36.36
	350m:	4:16.16 37.34	750m:	9:14.00	37.67	1150m:	14:19.47	38.12			
	400m:	4:53.54 37.38	800m:	9:52.14	38.14	1200m:	14:57.97	38.50			
4.	Alice Mendes, MACEDO		08	Estamos Juntos				19:14.33	507		
	50m:	34.24 34.24	450m:	5:42.86	39.00	850m:	10:51.52	38.49	1250m:	16:03.36	39.48
	100m:	1:11.39 37.15	500m:	6:22.03	39.17	900m:	11:30.39	38.87	1300m:	16:41.45	38.09
	150m:	1:49.49 38.10	550m:	7:00.23	38.20	950m:	12:09.24	38.85	1350m:	17:20.19	38.74
	200m:	2:28.02 38.53	600m:	7:38.99	38.76	1000m:	12:48.29	39.05	1400m:	17:59.41	39.22
	250m:	3:06.97 38.95	650m:	8:18.34	39.35	1050m:	13:27.11	38.82	1450m:	18:39.29	39.88
	300m:	3:45.85 38.88	700m:	8:56.83	38.49	1100m:	14:06.09	38.98	1500m:	19:14.33	35.04
	350m:	4:24.89 39.04	750m:	9:34.89	38.06	1150m:	14:44.94	38.85			
	400m:	5:03.86 38.97	800m:	10:13.03	38.14	1200m:	15:23.88	38.94			
5.	Rita Isabel, NEVES		08	Condeixa Clube				20:05.14	445		
	50m:	36.19 36.19	450m:	5:55.38	39.74	850m:	11:16.39	40.42	1250m:	16:45.63	42.00
	100m:	1:15.88 39.69	500m:	6:35.30	39.92	900m:	11:57.37	40.98	1300m:	17:26.24	40.61
	150m:	1:56.04 40.16	550m:	7:14.51	39.21	950m:	12:37.90	40.53	1350m:	18:06.80	40.56
	200m:	2:36.12 40.08	600m:	7:54.20	39.69	1000m:	13:18.59	40.69	1400m:	18:46.49	39.69
	250m:	3:16.50 40.38	650m:	8:34.71	40.51	1050m:	13:59.90	41.31	1450m:	19:26.44	39.95
	300m:	3:56.32 39.82	700m:	9:14.30	39.59	1100m:	14:40.82	40.92	1500m:	20:05.14	38.70
	350m:	4:35.90 39.58	750m:	9:55.57	41.27	1150m:	15:21.86	41.04			
	400m:	5:15.64 39.74	800m:	10:35.97	40.40	1200m:	16:03.63	41.77			
6.	Leonor Pereira, ROCHA		08	Sporting de Espinho				22:04.52	335		
	<i>FTL</i>										
	50m:	37.22 37.22	450m:	6:29.66	44.51	850m:	12:28.43	44.86	1250m:	18:27.92	44.03
	100m:	1:18.99 41.77	500m:	7:14.67	45.01	900m:	13:14.06	45.63	1300m:	19:12.35	44.43
	150m:	2:02.33 43.34	550m:	7:59.06	44.39	950m:	13:58.33	44.27	1350m:	19:55.86	43.51
	200m:	2:46.19 43.86	600m:	8:43.99	44.93	1000m:	14:43.91	45.58	1400m:	20:40.36	44.50
	250m:	3:30.99 44.80	650m:	9:28.08	44.09	1050m:	15:28.81	44.90	1450m:	21:24.00	43.64
	300m:	4:16.62 45.63	700m:	10:13.42	45.34	1100m:	16:14.11	45.30	1500m:	22:04.52	40.52
	350m:	5:00.66 44.04	750m:	10:58.29	44.87	1150m:	16:58.22	44.11			
	400m:	5:45.15 44.49	800m:	11:43.57	45.28	1200m:	17:43.89	45.67			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres

Sen

1.	Joana Nunes, CARDEAL	02	Individual ANCP	17:44.97	645
	50m: 32.90 32.90	450m: 5:21.62	36.10	850m: 10:06.29	35.50
	100m: 1:08.60 35.70	500m: 5:57.76	36.14	900m: 10:41.82	35.53
	150m: 1:44.85 36.25	550m: 6:33.26	35.50	950m: 11:17.35	35.53
	200m: 2:20.98 36.13	600m: 7:08.73	35.47	1000m: 11:52.90	35.55
	250m: 2:57.28 36.30	650m: 7:44.28	35.55	1050m: 12:28.66	35.76
	300m: 3:33.31 36.03	700m: 8:19.66	35.38	1100m: 13:04.20	35.54
	350m: 4:09.46 36.15	750m: 8:55.25	35.59	1150m: 13:39.73	35.53
	400m: 4:45.52 36.06	800m: 9:30.79	35.54	1200m: 14:15.33	35.60
2.	Beatriz Nunes, CARDEAL	04	Individual ANCP	17:46.77	642
	50m: 32.62 32.62	450m: 5:21.29	36.47	850m: 10:09.69	35.76
	100m: 1:08.14 35.52	500m: 5:57.56	36.27	900m: 10:45.14	35.45
	150m: 1:43.97 35.83	550m: 6:33.97	36.41	950m: 11:21.03	35.89
	200m: 2:20.03 36.06	600m: 7:10.01	36.04	1000m: 11:56.47	35.44
	250m: 2:56.21 36.18	650m: 7:46.30	36.29	1050m: 12:31.63	35.16
	300m: 3:32.34 36.13	700m: 8:22.06	35.76	1100m: 13:06.54	34.91
	350m: 4:08.69 36.35	750m: 8:58.18	36.12	1150m: 13:41.60	35.06
	400m: 4:44.82 36.13	800m: 9:33.93	35.75	1200m: 14:16.86	35.26
3.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	18:08.02	605
	50m: 32.97 32.97	450m: 5:20.91	36.24	850m: 10:11.27	36.39
	100m: 1:08.52 35.55	500m: 5:57.12	36.21	900m: 10:47.70	36.43
	150m: 1:44.41 35.89	550m: 6:33.26	36.14	950m: 11:24.33	36.63
	200m: 2:20.30 35.89	600m: 7:09.57	36.31	1000m: 12:01.05	36.72
	250m: 2:56.38 36.08	650m: 7:45.83	36.26	1050m: 12:37.57	36.52
	300m: 3:32.37 35.99	700m: 8:22.14	36.31	1100m: 13:13.95	36.38
	350m: 4:08.61 36.24	750m: 8:58.55	36.41	1150m: 13:50.66	36.71
	400m: 4:44.67 36.06	800m: 9:34.88	36.33	1200m: 14:27.24	36.58
4.	Leonor Verissimo, FARIA	06	Nautico Academico	18:28.31	572
	50m: 33.49 33.49	450m: 5:30.06	37.17	850m: 10:27.50	37.19
	100m: 1:09.85 36.36	500m: 6:07.32	37.26	900m: 11:04.78	37.28
	150m: 1:46.84 36.99	550m: 6:44.37	37.05	950m: 11:41.43	36.65
	200m: 2:24.03 37.19	600m: 7:21.68	37.31	1000m: 12:18.55	37.12
	250m: 3:00.92 36.89	650m: 7:58.61	36.93	1050m: 12:55.66	37.11
	300m: 3:38.40 37.48	700m: 8:35.98	37.37	1100m: 13:32.71	37.05
	350m: 4:15.80 37.40	750m: 9:13.02	37.04	1150m: 14:09.73	37.02
	400m: 4:52.89 37.09	800m: 9:50.31	37.29	1200m: 14:47.43	37.70
5.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	18:46.99	544
	50m: 33.71 33.71	450m: 5:37.31	37.81	850m: 10:38.52	37.33
	100m: 1:10.82 37.11	500m: 6:14.80	37.49	900m: 11:15.93	37.41
	150m: 1:49.00 38.18	550m: 6:52.45	37.65	950m: 11:53.55	37.62
	200m: 2:27.40 38.40	600m: 7:30.00	37.55	1000m: 12:30.90	37.35
	250m: 3:05.21 37.81	650m: 8:07.57	37.57	1050m: 13:08.03	37.13
	300m: 3:43.44 38.23	700m: 8:45.65	38.08	1100m: 13:45.60	37.57
	350m: 4:21.46 38.02	750m: 9:23.56	37.91	1150m: 14:23.64	38.04
	400m: 4:59.50 38.04	800m: 10:01.19	37.63	1200m: 15:01.95	38.31
6.	Vanessa Sofia, OLIVEIRA	05	Gafanha da Encarnacao	18:48.27	543
	50m: 34.42 34.42	450m: 5:36.04	37.68	850m: 10:38.56	37.64
	100m: 1:11.46 37.04	500m: 6:13.81	37.77	900m: 11:16.28	37.72
	150m: 1:49.26 37.80	550m: 6:51.59	37.78	950m: 11:54.06	37.78
	200m: 2:27.25 37.99	600m: 7:29.50	37.91	1000m: 12:31.91	37.85
	250m: 3:05.28 38.03	650m: 8:07.24	37.74	1050m: 13:09.57	37.66
	300m: 3:43.11 37.83	700m: 8:45.30	38.06	1100m: 13:47.59	38.02
	350m: 4:20.72 37.61	750m: 9:23.08	37.78	1150m: 14:25.57	37.98
	400m: 4:58.36 37.64	800m: 10:00.92	37.84	1200m: 15:03.49	37.92

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Sen

Lugar			Ano					Tempo final	Pts		
7.	Maria Neto, FERREIRA		06	Nautico Academico				18:50.60	539		
	50m:	32.92 32.92	450m:	5:30.50	37.99	850m:	10:35.41	38.84	1250m:	15:42.47	38.33
	100m:	1:09.31 36.39	500m:	6:08.05	37.55	900m:	11:13.60	38.19	1300m:	16:20.87	38.40
	150m:	1:46.33 37.02	550m:	6:46.03	37.98	950m:	11:52.37	38.77	1350m:	16:58.83	37.96
	200m:	2:23.26 36.93	600m:	7:23.71	37.68	1000m:	12:30.69	38.32	1400m:	17:36.47	37.64
	250m:	3:00.29 37.03	650m:	8:01.48	37.77	1050m:	13:09.25	38.56	1450m:	18:14.27	37.80
	300m:	3:37.32 37.03	700m:	8:39.88	38.40	1100m:	13:47.52	38.27	1500m:	18:50.60	36.33
	350m:	4:14.86 37.54	750m:	9:17.93	38.05	1150m:	14:25.75	38.23			
	400m:	4:52.51 37.65	800m:	9:56.57	38.64	1200m:	15:04.14	38.39			
8.	Joana Rosa, FERREIRA		05	CNLeiria				19:22.31	496		
	50m:	33.08 33.08	450m:	5:37.47	38.41	850m:	10:51.80	39.92	1250m:	16:07.68	39.47
	100m:	1:10.06 36.98	500m:	6:16.22	38.75	900m:	11:31.28	39.48	1300m:	16:46.81	39.13
	150m:	1:47.33 37.27	550m:	6:55.17	38.95	950m:	12:10.81	39.53	1350m:	17:26.49	39.68
	200m:	2:25.34 38.01	600m:	7:34.40	39.23	1000m:	12:50.27	39.46	1400m:	18:06.04	39.55
	250m:	3:03.48 38.14	650m:	8:13.62	39.22	1050m:	13:29.66	39.39	1450m:	18:44.98	38.94
	300m:	3:41.66 38.18	700m:	8:53.06	39.44	1100m:	14:09.33	39.67	1500m:	19:22.31	37.33
	350m:	4:20.47 38.81	750m:	9:32.50	39.44	1150m:	14:48.71	39.38			
	400m:	4:59.06 38.59	800m:	10:11.88	39.38	1200m:	15:28.21	39.50			
9.	Maria Joao, RIBEIRO		05	Sao Joao Ver				19:45.66	467		
	50m:	33.43 33.43	450m:	5:41.24	39.51	850m:	11:03.40	40.48	1250m:	16:26.90	40.68
	100m:	1:10.73 37.30	500m:	6:21.48	40.24	900m:	11:43.43	40.03	1300m:	17:07.52	40.62
	150m:	1:48.96 38.23	550m:	7:00.94	39.46	950m:	12:23.60	40.17	1350m:	17:48.46	40.94
	200m:	2:27.59 38.63	600m:	7:41.46	40.52	1000m:	13:04.22	40.62	1400m:	18:28.85	40.39
	250m:	3:05.64 38.05	650m:	8:21.08	39.62	1050m:	13:43.96	39.74	1450m:	19:07.68	38.83
	300m:	3:44.57 38.93	700m:	9:02.28	41.20	1100m:	14:24.55	40.59	1500m:	19:45.66	37.98
	350m:	4:22.64 38.07	750m:	9:42.28	40.00	1150m:	15:05.18	40.63			
	400m:	5:01.73 39.09	800m:	10:22.92	40.64	1200m:	15:46.22	41.04			
Juv B/Abs											
1.	Joana Nunes, CARDEAL		02	Individual ANCP				17:44.97	645		
	50m:	32.90 32.90	450m:	5:21.62	36.10	850m:	10:06.29	35.50	1250m:	14:51.09	35.76
	100m:	1:08.60 35.70	500m:	5:57.76	36.14	900m:	10:41.82	35.53	1300m:	15:26.39	35.30
	150m:	1:44.85 36.25	550m:	6:33.26	35.50	950m:	11:17.35	35.53	1350m:	16:01.81	35.42
	200m:	2:20.98 36.13	600m:	7:08.73	35.47	1000m:	11:52.90	35.55	1400m:	16:37.18	35.37
	250m:	2:57.28 36.30	650m:	7:44.28	35.55	1050m:	12:28.66	35.76	1450m:	17:12.04	34.86
	300m:	3:33.31 36.03	700m:	8:19.66	35.38	1100m:	13:04.20	35.54	1500m:	17:44.97	32.93
	350m:	4:09.46 36.15	750m:	8:55.25	35.59	1150m:	13:39.73	35.53			
	400m:	4:45.52 36.06	800m:	9:30.79	35.54	1200m:	14:15.33	35.60			
2.	Beatriz Nunes, CARDEAL		04	Individual ANCP				17:46.77	642		
	50m:	32.62 32.62	450m:	5:21.29	36.47	850m:	10:09.69	35.76	1250m:	14:52.64	35.78
	100m:	1:08.14 35.52	500m:	5:57.56	36.27	900m:	10:45.14	35.45	1300m:	15:28.21	35.57
	150m:	1:43.97 35.83	550m:	6:33.97	36.41	950m:	11:21.03	35.89	1350m:	16:04.25	36.04
	200m:	2:20.03 36.06	600m:	7:10.01	36.04	1000m:	11:56.47	35.44	1400m:	16:39.60	35.35
	250m:	2:56.21 36.18	650m:	7:46.30	36.29	1050m:	12:31.63	35.16	1450m:	17:14.27	34.67
	300m:	3:32.34 36.13	700m:	8:22.06	35.76	1100m:	13:06.54	34.91	1500m:	17:46.77	32.50
	350m:	4:08.69 36.35	750m:	8:58.18	36.12	1150m:	13:41.60	35.06			
	400m:	4:44.82 36.13	800m:	9:33.93	35.75	1200m:	14:16.86	35.26			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
3.	Joana Barbas, RAMOS		06	Gafanha da Encarnacao				18:08.02	605		
	50m:	32.97 32.97	450m:	5:20.91	36.24	850m:	10:11.27	36.39	1250m:	15:04.20	36.96
	100m:	1:08.52 35.55	500m:	5:57.12	36.21	900m:	10:47.70	36.43	1300m:	15:41.21	37.01
	150m:	1:44.41 35.89	550m:	6:33.26	36.14	950m:	11:24.33	36.63	1350m:	16:18.12	36.91
	200m:	2:20.30 35.89	600m:	7:09.57	36.31	1000m:	12:01.05	36.72	1400m:	16:55.06	36.94
	250m:	2:56.38 36.08	650m:	7:45.83	36.26	1050m:	12:37.57	36.52	1450m:	17:31.99	36.93
	300m:	3:32.37 35.99	700m:	8:22.14	36.31	1100m:	13:13.95	36.38	1500m:	18:08.02	36.03
	350m:	4:08.61 36.24	750m:	8:58.55	36.41	1150m:	13:50.66	36.71			
	400m:	4:44.67 36.06	800m:	9:34.88	36.33	1200m:	14:27.24	36.58			
4.	Luana Ferreira, CRAVEIRO		09	Marinha Grande				18:18.25	588		
	50m:	32.91 32.91	450m:	5:22.61	37.01	850m:	10:17.76	37.46	1250m:	15:13.20	36.82
	100m:	1:08.03 35.12	500m:	5:59.04	36.43	900m:	10:54.76	37.00	1300m:	15:51.04	37.84
	150m:	1:44.25 36.22	550m:	6:35.87	36.83	950m:	11:31.81	37.05	1350m:	16:27.95	36.91
	200m:	2:20.32 36.07	600m:	7:12.59	36.72	1000m:	12:08.56	36.75	1400m:	17:05.36	37.41
	250m:	2:56.66 36.34	650m:	7:49.41	36.82	1050m:	12:45.30	36.74	1450m:	17:42.13	36.77
	300m:	3:32.96 36.30	700m:	8:26.52	37.11	1100m:	13:22.43	37.13	1500m:	18:18.25	36.12
	350m:	4:09.25 36.29	750m:	9:03.29	36.77	1150m:	13:59.15	36.72			
	400m:	4:45.60 36.35	800m:	9:40.30	37.01	1200m:	14:36.38	37.23			
5.	Leonor Verissimo, FARIA		06	Nautico Academico				18:28.31	572		
	50m:	33.49 33.49	450m:	5:30.06	37.17	850m:	10:27.50	37.19	1250m:	15:24.62	37.19
	100m:	1:09.85 36.36	500m:	6:07.32	37.26	900m:	11:04.78	37.28	1300m:	16:01.94	37.32
	150m:	1:46.84 36.99	550m:	6:44.37	37.05	950m:	11:41.43	36.65	1350m:	16:39.16	37.22
	200m:	2:24.03 37.19	600m:	7:21.68	37.31	1000m:	12:18.55	37.12	1400m:	17:16.07	36.91
	250m:	3:00.92 36.89	650m:	7:58.61	36.93	1050m:	12:55.66	37.11	1450m:	17:52.62	36.55
	300m:	3:38.40 37.48	700m:	8:35.98	37.37	1100m:	13:32.71	37.05	1500m:	18:28.31	35.69
	350m:	4:15.80 37.40	750m:	9:13.02	37.04	1150m:	14:09.73	37.02			
	400m:	4:52.89 37.09	800m:	9:50.31	37.29	1200m:	14:47.43	37.70			
6.	Marta Andre, AGUILAR		07	Nautico Academico				18:34.06	564		
	50m:	34.12 34.12	450m:	5:29.54	37.70	850m:	10:29.76	37.83	1250m:	15:31.97	37.73
	100m:	1:10.49 36.37	500m:	6:06.98	37.44	900m:	11:07.66	37.90	1300m:	16:09.05	37.08
	150m:	1:47.21 36.72	550m:	6:44.55	37.57	950m:	11:45.57	37.91	1350m:	16:45.85	36.80
	200m:	2:23.67 36.46	600m:	7:21.99	37.44	1000m:	12:23.30	37.73	1400m:	17:22.65	36.80
	250m:	3:00.55 36.88	650m:	7:59.15	37.16	1050m:	13:01.13	37.83	1450m:	17:59.32	36.67
	300m:	3:37.24 36.69	700m:	8:36.83	37.68	1100m:	13:38.97	37.84	1500m:	18:34.06	34.74
	350m:	4:14.39 37.15	750m:	9:14.57	37.74	1150m:	14:16.68	37.71			
	400m:	4:51.84 37.45	800m:	9:51.93	37.36	1200m:	14:54.24	37.56			
7.	Matilde Violante, VIANA		07	CNLeiria				18:37.75	558		
	50m:	32.66 32.66	450m:	5:29.98	37.19	850m:	10:28.84	37.36	1250m:	15:31.13	37.73
	100m:	1:09.51 36.85	500m:	6:07.54	37.56	900m:	11:06.45	37.61	1300m:	16:09.24	38.11
	150m:	1:46.32 36.81	550m:	6:44.50	36.96	950m:	11:44.14	37.69	1350m:	16:46.20	36.96
	200m:	2:23.63 37.31	600m:	7:22.01	37.51	1000m:	12:22.23	38.09	1400m:	17:23.85	37.65
	250m:	3:00.58 36.95	650m:	7:59.17	37.16	1050m:	12:59.25	37.02	1450m:	18:00.68	36.83
	300m:	3:38.21 37.63	700m:	8:36.34	37.17	1100m:	13:37.10	37.85	1500m:	18:37.75	37.07
	350m:	4:15.46 37.25	750m:	9:13.81	37.47	1150m:	14:14.86	37.76			
	400m:	4:52.79 37.33	800m:	9:51.48	37.67	1200m:	14:53.40	38.54			
8.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				18:44.42	548		
	50m:	33.20 33.20	450m:	5:30.70	37.16	850m:	10:30.29	38.15	1250m:	15:35.91	37.94
	100m:	1:09.77 36.57	500m:	6:08.17	37.47	900m:	11:08.86	38.57	1300m:	16:14.41	38.50
	150m:	1:46.78 37.01	550m:	6:44.68	36.51	950m:	11:46.74	37.88	1350m:	16:52.28	37.87
	200m:	2:24.15 37.37	600m:	7:21.88	37.20	1000m:	12:25.08	38.34	1400m:	17:30.58	38.30
	250m:	3:01.31 37.16	650m:	7:58.91	37.03	1050m:	13:02.95	37.87	1450m:	18:08.06	37.48
	300m:	3:38.82 37.51	700m:	8:36.33	37.42	1100m:	13:41.35	38.40	1500m:	18:44.42	36.36
	350m:	4:16.16 37.34	750m:	9:14.00	37.67	1150m:	14:19.47	38.12			
	400m:	4:53.54 37.38	800m:	9:52.14	38.14	1200m:	14:57.97	38.50			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
9.	Lara Catarina, MAIA		09	Estarreja				18:45.52	546		
	50m:	32.82 32.82	450m:	5:30.27	38.03	850m:	10:31.34	37.97	1250m:	15:37.02	38.90
	100m:	1:08.89 36.07	500m:	6:07.80	37.53	900m:	11:09.23	37.89	1300m:	16:15.59	38.57
	150m:	1:45.84 36.95	550m:	6:45.53	37.73	950m:	11:47.37	38.14	1350m:	16:53.88	38.29
	200m:	2:22.77 36.93	600m:	7:22.94	37.41	1000m:	12:25.64	38.27	1400m:	17:31.01	37.13
	250m:	3:00.12 37.35	650m:	8:00.37	37.43	1050m:	13:03.84	38.20	1450m:	18:08.59	37.58
	300m:	3:37.26 37.14	700m:	8:37.94	37.57	1100m:	13:41.66	37.82	1500m:	18:45.52	36.93
	350m:	4:14.87 37.61	750m:	9:15.62	37.68	1150m:	14:20.11	38.45			
	400m:	4:52.24 37.37	800m:	9:53.37	37.75	1200m:	14:58.12	38.01			
10.	Sara Calisto, PIMENTEL		05	Gafanha da Encarnacao				18:46.99	544		
	50m:	33.71 33.71	450m:	5:37.31	37.81	850m:	10:38.52	37.33	1250m:	15:40.40	38.45
	100m:	1:10.82 37.11	500m:	6:14.80	37.49	900m:	11:15.93	37.41	1300m:	16:18.38	37.98
	150m:	1:49.00 38.18	550m:	6:52.45	37.65	950m:	11:53.55	37.62	1350m:	16:56.21	37.83
	200m:	2:27.40 38.40	600m:	7:30.00	37.55	1000m:	12:30.90	37.35	1400m:	17:33.90	37.69
	250m:	3:05.21 37.81	650m:	8:07.57	37.57	1050m:	13:08.03	37.13	1450m:	18:11.76	37.86
	300m:	3:43.44 38.23	700m:	8:45.65	38.08	1100m:	13:45.60	37.57	1500m:	18:46.99	35.23
	350m:	4:21.46 38.02	750m:	9:23.56	37.91	1150m:	14:23.64	38.04			
	400m:	4:59.50 38.04	800m:	10:01.19	37.63	1200m:	15:01.95	38.31			
11.	Vanessa Sofia, OLIVEIRA		05	Gafanha da Encarnacao				18:48.27	543		
	50m:	34.42 34.42	450m:	5:36.04	37.68	850m:	10:38.56	37.64	1250m:	15:41.32	37.83
	100m:	1:11.46 37.04	500m:	6:13.81	37.77	900m:	11:16.28	37.72	1300m:	16:18.98	37.66
	150m:	1:49.26 37.80	550m:	6:51.59	37.78	950m:	11:54.06	37.78	1350m:	16:56.52	37.54
	200m:	2:27.25 37.99	600m:	7:29.50	37.91	1000m:	12:31.91	37.85	1400m:	17:34.16	37.64
	250m:	3:05.28 38.03	650m:	8:07.24	37.74	1050m:	13:09.57	37.66	1450m:	18:11.59	37.43
	300m:	3:43.11 37.83	700m:	8:45.30	38.06	1100m:	13:47.59	38.02	1500m:	18:48.27	36.68
	350m:	4:20.72 37.61	750m:	9:23.08	37.78	1150m:	14:25.57	37.98			
	400m:	4:58.36 37.64	800m:	10:00.92	37.84	1200m:	15:03.49	37.92			
12.	Maria Neto, FERREIRA		06	Nautico Academico				18:50.60	539		
	50m:	32.92 32.92	450m:	5:30.50	37.99	850m:	10:35.41	38.84	1250m:	15:42.47	38.33
	100m:	1:09.31 36.39	500m:	6:08.05	37.55	900m:	11:13.60	38.19	1300m:	16:20.87	38.40
	150m:	1:46.33 37.02	550m:	6:46.03	37.98	950m:	11:52.37	38.77	1350m:	16:58.83	37.96
	200m:	2:23.26 36.93	600m:	7:23.71	37.68	1000m:	12:30.69	38.32	1400m:	17:36.47	37.64
	250m:	3:00.29 37.03	650m:	8:01.48	37.77	1050m:	13:09.25	38.56	1450m:	18:14.27	37.80
	300m:	3:37.32 37.03	700m:	8:39.88	38.40	1100m:	13:47.52	38.27	1500m:	18:50.60	36.33
	350m:	4:14.86 37.54	750m:	9:17.93	38.05	1150m:	14:25.75	38.23			
	400m:	4:52.51 37.65	800m:	9:56.57	38.64	1200m:	15:04.14	38.39			
13.	Alice Mendes, MACEDO		08	Estamos Juntos				19:14.33	507		
	50m:	34.24 34.24	450m:	5:42.86	39.00	850m:	10:51.52	38.49	1250m:	16:03.36	39.48
	100m:	1:11.39 37.15	500m:	6:22.03	39.17	900m:	11:30.39	38.87	1300m:	16:41.45	38.09
	150m:	1:49.49 38.10	550m:	7:00.23	38.20	950m:	12:09.24	38.85	1350m:	17:20.19	38.74
	200m:	2:28.02 38.53	600m:	7:38.99	38.76	1000m:	12:48.29	39.05	1400m:	17:59.41	39.22
	250m:	3:06.97 38.95	650m:	8:18.34	39.35	1050m:	13:27.11	38.82	1450m:	18:39.29	39.88
	300m:	3:45.85 38.88	700m:	8:56.83	38.49	1100m:	14:06.09	38.98	1500m:	19:14.33	35.04
	350m:	4:24.89 39.04	750m:	9:34.89	38.06	1150m:	14:44.94	38.85			
	400m:	5:03.86 38.97	800m:	10:13.03	38.14	1200m:	15:23.88	38.94			
14.	Joana Rosa, FERREIRA		05	CNLeiria				19:22.31	496		
	50m:	33.08 33.08	450m:	5:37.47	38.41	850m:	10:51.80	39.92	1250m:	16:07.68	39.47
	100m:	1:10.06 36.98	500m:	6:16.22	38.75	900m:	11:31.28	39.48	1300m:	16:46.81	39.13
	150m:	1:47.33 37.27	550m:	6:55.17	38.95	950m:	12:10.81	39.53	1350m:	17:26.49	39.68
	200m:	2:25.34 38.01	600m:	7:34.40	39.23	1000m:	12:50.27	39.46	1400m:	18:06.04	39.55
	250m:	3:03.48 38.14	650m:	8:13.62	39.22	1050m:	13:29.66	39.39	1450m:	18:44.98	38.94
	300m:	3:41.66 38.18	700m:	8:53.06	39.44	1100m:	14:09.33	39.67	1500m:	19:22.31	37.33
	350m:	4:20.47 38.81	750m:	9:32.50	39.44	1150m:	14:48.71	39.38			
	400m:	4:59.06 38.59	800m:	10:11.88	39.38	1200m:	15:28.21	39.50			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
15.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar				19:24.83	493		
	50m:	34.93 34.93	450m:	5:50.41	38.99	850m:	11:02.68	38.69	1250m:	16:13.59	38.92
	100m:	1:14.68 39.75	500m:	6:29.74	39.33	900m:	11:41.52	38.84	1300m:	16:52.85	39.26
	150m:	1:54.47 39.79	550m:	7:08.45	38.71	950m:	12:20.17	38.65	1350m:	17:31.85	39.00
	200m:	2:33.77 39.30	600m:	7:48.05	39.60	1000m:	12:58.49	38.32	1400m:	18:10.97	39.12
	250m:	3:13.54 39.77	650m:	8:27.01	38.96	1050m:	13:37.48	38.99	1450m:	18:48.51	37.54
	300m:	3:53.07 39.53	700m:	9:06.10	39.09	1100m:	14:16.53	39.05	1500m:	19:24.83	36.32
	350m:	4:32.38 39.31	750m:	9:45.14	39.04	1150m:	14:55.86	39.33			
	400m:	5:11.42 39.04	800m:	10:23.99	38.85	1200m:	15:34.67	38.81			
16.	Francisca Ramos, NUNES		09	Naval de Peniche				19:33.73	482		
	50m:	34.42 34.42	450m:	5:45.00	39.03	850m:	11:03.69	39.75	1250m:	16:22.07	39.59
	100m:	1:12.85 38.43	500m:	6:24.00	39.00	900m:	11:43.79	40.10	1300m:	17:01.97	39.90
	150m:	1:52.38 39.53	550m:	7:03.64	39.64	950m:	12:23.85	40.06	1350m:	17:40.89	38.92
	200m:	2:30.85 38.47	600m:	7:43.34	39.70	1000m:	13:03.83	39.98	1400m:	18:20.00	39.11
	250m:	3:09.00 38.15	650m:	8:23.44	40.10	1050m:	13:43.88	40.05	1450m:	18:58.06	38.06
	300m:	3:47.83 38.83	700m:	9:03.54	40.10	1100m:	14:23.97	40.09	1500m:	19:33.73	35.67
	350m:	4:26.59 38.76	750m:	9:43.19	39.65	1150m:	15:03.18	39.21			
	400m:	5:05.97 39.38	800m:	10:23.94	40.75	1200m:	15:42.48	39.30			
17.	Leonor Nunes, CARDEAL		10	Individual ANCPN				19:39.86	474		
	50m:	35.37 35.37	450m:	6:01.01	40.16	850m:	11:22.68	39.74	1250m:	16:33.57	37.73
	100m:	1:15.05 39.68	500m:	6:42.16	41.15	900m:	12:03.16	40.48	1300m:	17:12.37	38.80
	150m:	1:55.45 40.40	550m:	7:21.18	39.02	950m:	12:42.39	39.23	1350m:	17:49.85	37.48
	200m:	2:36.81 41.36	600m:	8:01.73	40.55	1000m:	13:22.40	40.01	1400m:	18:27.82	37.97
	250m:	3:17.45 40.64	650m:	8:41.61	39.88	1050m:	14:00.75	38.35	1450m:	19:04.60	36.78
	300m:	3:58.86 41.41	700m:	9:22.48	40.87	1100m:	14:39.60	38.85	1500m:	19:39.86	35.26
	350m:	4:39.61 40.75	750m:	10:02.59	40.11	1150m:	15:17.45	37.85			
	400m:	5:20.85 41.24	800m:	10:42.94	40.35	1200m:	15:55.84	38.39			
18.	Diana Isabel, ALVES		10	Pimpoes/Cimai				19:42.87	471		
	50m:	34.95 34.95	450m:	5:50.85	39.82	850m:	11:09.22	39.95	1250m:	16:26.86	39.16
	100m:	1:13.58 38.63	500m:	6:30.27	39.42	900m:	11:49.01	39.79	1300m:	17:06.61	39.75
	150m:	1:53.18 39.60	550m:	7:09.58	39.31	950m:	12:28.79	39.78	1350m:	17:46.30	39.69
	200m:	2:32.89 39.71	600m:	7:49.68	40.10	1000m:	13:09.04	40.25	1400m:	18:26.22	39.92
	250m:	3:12.19 39.30	650m:	8:29.61	39.93	1050m:	13:48.46	39.42	1450m:	19:05.17	38.95
	300m:	3:51.98 39.79	700m:	9:10.08	40.47	1100m:	14:28.20	39.74	1500m:	19:42.87	37.70
	350m:	4:31.48 39.50	750m:	9:49.37	39.29	1150m:	15:07.95	39.75			
	400m:	5:11.03 39.55	800m:	10:29.27	39.90	1200m:	15:47.70	39.75			
19.	Maria Joao, RIBEIRO		05	Sao Joao Ver				19:45.66	467		
	50m:	33.43 33.43	450m:	5:41.24	39.51	850m:	11:03.40	40.48	1250m:	16:26.90	40.68
	100m:	1:10.73 37.30	500m:	6:21.48	40.24	900m:	11:43.43	40.03	1300m:	17:07.52	40.62
	150m:	1:48.96 38.23	550m:	7:00.94	39.46	950m:	12:23.60	40.17	1350m:	17:48.46	40.94
	200m:	2:27.59 38.63	600m:	7:41.46	40.52	1000m:	13:04.22	40.62	1400m:	18:28.85	40.39
	250m:	3:05.64 38.05	650m:	8:21.08	39.62	1050m:	13:43.96	39.74	1450m:	19:07.68	38.83
	300m:	3:44.57 38.93	700m:	9:02.28	41.20	1100m:	14:24.55	40.59	1500m:	19:45.66	37.98
	350m:	4:22.64 38.07	750m:	9:42.28	40.00	1150m:	15:05.18	40.63			
	400m:	5:01.73 39.09	800m:	10:22.92	40.64	1200m:	15:46.22	41.04			
20.	Bianca Balbino, MENDES		10	Naval de Peniche				19:45.71	467		
	50m:	34.91 34.91	450m:	5:50.69	39.40	850m:	11:09.13	40.19	1250m:	16:27.71	40.23
	100m:	1:14.59 39.68	500m:	6:29.64	38.95	900m:	11:48.68	39.55	1300m:	17:07.37	39.66
	150m:	1:54.62 40.03	550m:	7:09.38	39.74	950m:	12:28.86	40.18	1350m:	17:48.12	40.75
	200m:	2:34.85 40.23	600m:	7:49.17	39.79	1000m:	13:08.64	39.78	1400m:	18:27.96	39.84
	250m:	3:13.80 38.95	650m:	8:29.74	40.57	1050m:	13:48.29	39.65	1450m:	19:07.75	39.79
	300m:	3:52.96 39.16	700m:	9:09.58	39.84	1100m:	14:27.73	39.44	1500m:	19:45.71	37.96
	350m:	4:32.26 39.30	750m:	9:49.61	40.03	1150m:	15:07.94	40.21			
	400m:	5:11.29 39.03	800m:	10:28.94	39.33	1200m:	15:47.48	39.54			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
21.	Leonor Antunes, PAIVA		10	Nautico Academico				19:46.23	467		
	50m:	36.45 36.45	450m:	5:55.74	39.79	850m:	11:12.34	39.75	1250m:	16:30.78	39.97
	100m:	1:16.19 39.74	500m:	6:35.19	39.45	900m:	11:51.88	39.54	1300m:	17:10.73	39.95
	150m:	1:56.57 40.38	550m:	7:14.54	39.35	950m:	12:31.47	39.59	1350m:	17:50.51	39.78
	200m:	2:36.52 39.95	600m:	7:53.61	39.07	1000m:	13:11.18	39.71	1400m:	18:29.63	39.12
	250m:	3:16.58 40.06	650m:	8:33.31	39.70	1050m:	13:51.38	40.20	1450m:	19:08.75	39.12
	300m:	3:56.53 39.95	700m:	9:13.01	39.70	1100m:	14:31.12	39.74	1500m:	19:46.23	37.48
	350m:	4:36.26 39.73	750m:	9:52.87	39.86	1150m:	15:11.03	39.91			
	400m:	5:15.95 39.69	800m:	10:32.59	39.72	1200m:	15:50.81	39.78			
22.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				19:55.88	456		
	50m:	35.77 35.77	450m:	5:50.57	39.02	850m:	11:12.27	40.04	1250m:	16:36.79	40.45
	100m:	1:14.46 38.69	500m:	6:29.71	39.14	900m:	11:53.65	41.38	1300m:	17:17.47	40.68
	150m:	1:53.60 39.14	550m:	7:09.75	40.04	950m:	12:34.25	40.60	1350m:	17:57.63	40.16
	200m:	2:33.47 39.87	600m:	7:49.63	39.88	1000m:	13:14.25	40.00	1400m:	18:38.44	40.81
	250m:	3:12.84 39.37	650m:	8:29.84	40.21	1050m:	13:54.93	40.68	1450m:	19:17.21	38.77
	300m:	3:52.84 40.00	700m:	9:10.69	40.85	1100m:	14:36.08	41.15	1500m:	19:55.88	38.67
	350m:	4:32.32 39.48	750m:	9:51.44	40.75	1150m:	15:16.53	40.45			
	400m:	5:11.55 39.23	800m:	10:32.23	40.79	1200m:	15:56.34	39.81			
23.	Rita Isabel, NEVES		08	Condeixa Clube				20:05.14	445		
	50m:	36.19 36.19	450m:	5:55.38	39.74	850m:	11:16.39	40.42	1250m:	16:45.63	42.00
	100m:	1:15.88 39.69	500m:	6:35.30	39.92	900m:	11:57.37	40.98	1300m:	17:26.24	40.61
	150m:	1:56.04 40.16	550m:	7:14.51	39.21	950m:	12:37.90	40.53	1350m:	18:06.80	40.56
	200m:	2:36.12 40.08	600m:	7:54.20	39.69	1000m:	13:18.59	40.69	1400m:	18:46.49	39.69
	250m:	3:16.50 40.38	650m:	8:34.71	40.51	1050m:	13:59.90	41.31	1450m:	19:26.44	39.95
	300m:	3:56.32 39.82	700m:	9:14.30	39.59	1100m:	14:40.82	40.92	1500m:	20:05.14	38.70
	350m:	4:35.90 39.58	750m:	9:55.57	41.27	1150m:	15:21.86	41.04			
	400m:	5:15.64 39.74	800m:	10:35.97	40.40	1200m:	16:03.63	41.77			
24.	Vida Sofia, VELEZ		10	Bairro dos Anjos				20:22.56	426		
	50m:	36.74 36.74	450m:	5:55.80	39.89	850m:	11:17.18	41.31	1250m:	16:51.85	42.14
	100m:	1:16.37 39.63	500m:	6:35.40	39.60	900m:	11:58.16	40.98	1300m:	17:34.81	42.96
	150m:	1:56.87 40.50	550m:	7:15.05	39.65	950m:	12:40.52	42.36	1350m:	18:17.53	42.72
	200m:	2:36.80 39.93	600m:	7:54.18	39.13	1000m:	13:21.39	40.87	1400m:	18:59.87	42.34
	250m:	3:16.47 39.67	650m:	8:34.34	40.16	1050m:	14:03.21	41.82	1450m:	19:41.58	41.71
	300m:	3:56.41 39.94	700m:	9:14.54	40.20	1100m:	14:46.77	43.56	1500m:	20:22.56	40.98
	350m:	4:36.41 40.00	750m:	9:54.91	40.37	1150m:	15:26.99	40.22			
	400m:	5:15.91 39.50	800m:	10:35.87	40.96	1200m:	16:09.71	42.72			
25.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				20:52.56	396		
	50m:	36.73 36.73	450m:	6:11.74	42.13	850m:	11:47.21	42.28	1250m:	17:22.58	42.75
	100m:	1:17.67 40.94	500m:	6:53.64	41.90	900m:	12:28.39	41.18	1300m:	18:04.81	42.23
	150m:	1:59.76 42.09	550m:	7:35.68	42.04	950m:	13:10.03	41.64	1350m:	18:47.25	42.44
	200m:	2:41.49 41.73	600m:	8:17.57	41.89	1000m:	13:51.78	41.75	1400m:	19:28.91	41.66
	250m:	3:23.75 42.26	650m:	8:59.64	42.07	1050m:	14:34.08	42.30	1450m:	20:11.10	42.19
	300m:	4:05.56 41.81	700m:	9:41.38	41.74	1100m:	15:15.87	41.79	1500m:	20:52.56	41.46
	350m:	4:48.10 42.54	750m:	10:23.07	41.69	1150m:	15:57.91	42.04			
	400m:	5:29.61 41.51	800m:	11:04.93	41.86	1200m:	16:39.83	41.92			
26.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				21:20.34	371		
	50m:	35.86 35.86	450m:	6:16.21	43.13	850m:	12:02.40	43.54	1250m:	17:50.10	43.28
	100m:	1:17.06 41.20	500m:	6:59.16	42.95	900m:	12:45.87	43.47	1300m:	18:32.18	42.08
	150m:	1:59.11 42.05	550m:	7:42.03	42.87	950m:	13:28.81	42.94	1350m:	19:14.91	42.73
	200m:	2:41.45 42.34	600m:	8:25.20	43.17	1000m:	14:12.48	43.67	1400m:	19:57.80	42.89
	250m:	3:24.23 42.78	650m:	9:08.27	43.07	1050m:	14:56.03	43.55	1450m:	20:39.63	41.83
	300m:	4:07.41 43.18	700m:	9:51.32	43.05	1100m:	15:39.85	43.82	1500m:	21:20.34	40.71
	350m:	4:50.56 43.15	750m:	10:34.69	43.37	1150m:	16:23.56	43.71			
	400m:	5:33.08 42.52	800m:	11:18.86	44.17	1200m:	17:06.82	43.26			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
27.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				21:56.30	341		
	50m:	37.10 37.10	450m:	6:18.86	44.07	850m:	12:13.90	44.22	1250m:	18:12.68	44.84
	100m:	1:18.81 41.71	500m:	7:02.84	43.98	900m:	12:58.77	44.87	1300m:	18:57.84	45.16
	150m:	2:01.01 42.20	550m:	7:46.61	43.77	950m:	13:43.58	44.81	1350m:	19:42.32	44.48
	200m:	2:43.27 42.26	600m:	8:31.07	44.46	1000m:	14:28.72	45.14	1400m:	20:27.08	44.76
	250m:	3:25.54 42.27	650m:	9:16.20	45.13	1050m:	15:13.35	44.63	1450m:	21:12.29	45.21
	300m:	4:08.30 42.76	700m:	10:00.59	44.39	1100m:	15:57.94	44.59	1500m:	21:56.30	44.01
	350m:	4:51.27 42.97	750m:	10:44.99	44.40	1150m:	16:42.45	44.51			
	400m:	5:34.79 43.52	800m:	11:29.68	44.69	1200m:	17:27.84	45.39			
28.	Leonor Pereira, ROCHA FTL		08	Sporting de Espinho				22:04.52	335		
	50m:	37.22 37.22	450m:	6:29.66	44.51	850m:	12:28.43	44.86	1250m:	18:27.92	44.03
	100m:	1:18.99 41.77	500m:	7:14.67	45.01	900m:	13:14.06	45.63	1300m:	19:12.35	44.43
	150m:	2:02.33 43.34	550m:	7:59.06	44.39	950m:	13:58.33	44.27	1350m:	19:55.86	43.51
	200m:	2:46.19 43.86	600m:	8:43.99	44.93	1000m:	14:43.91	45.58	1400m:	20:40.36	44.50
	250m:	3:30.99 44.80	650m:	9:28.08	44.09	1050m:	15:28.81	44.90	1450m:	21:24.00	43.64
	300m:	4:16.62 45.63	700m:	10:13.42	45.34	1100m:	16:14.11	45.30	1500m:	22:04.52	40.52
	350m:	5:00.66 44.04	750m:	10:58.29	44.87	1150m:	16:58.22	44.11			
	400m:	5:45.15 44.49	800m:	11:43.57	45.28	1200m:	17:43.89	45.67			

2 - 2ª Jornada - 1ª Sessão

16/03/2024 - 9:30

Prova 5

Masc., 4 x 50m Livres

Abs

16/03/2024 - 9:30

Resultados

Rec Nacionais Open	1:29.80	Sport Lisboa e Benfica	SLB	Oeiras	27/07/2022
Rec Nacionais Sen	1:29.80	Sport Lisboa e Benfica	SLB	Oeiras	27/07/2022
Rec Nacionais Jun	1:36.04	Sport Lisboa e Benfica	SLB	Coimbra	28/07/2023
Rec Nacionais Juv A	1:42.32	Clube Nautico de Leiria	CNL	Coimbra	15/07/2023
Rec Nacionais Juv A/B	1:42.32	Clube Nautico de Leiria	CNL	Coimbra	15/07/2023
Rec Nacionais Juv B	1:43.58	Futebol Clube do Porto	FCP	Coimbra	28/07/2023

Pontos: FINA 2024

Lugar			Ano			Tempo final	Pts
Juv B							
1.	Nautico Academico Juv B		Nautico Academico		1:49.12	470	
	Jose Pedro, COSTA	09	27.60	Tiago Janeiro, MOITA	09	27.64	
	Tomas Rafael, PEREIRA	09	25.93	Guilherme Andre, GASPAR	09	27.95	
Juv A							
1.	Galitos Juv A		Galitos / Bresimar		1:45.31	523	
	Vicente Sa, VALE	08	26.28	Nuno Miguel, ANJOS	08	26.18	
	Antonio Cruz, FARDILHA	08	25.75	Bernardo Reis, FERREIRA	08	27.10	
2.	Sporting Espinho Juv A		Sporting de Espinho		1:47.19	496	
	Manuel Martins, OLIVEIRA	08	26.47	Joao Coelho, CASTRO	08	26.87	
	Francisco Pereira, SANTOS	08	26.30	Joao Diogo, NEVES	08	27.55	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 5, Masc., 4 x 50m Livres

Jun

1.	Nautico Leiria Jun		CNLeiria		1:41.24	589
	Afonso Dinis, ROQUE	07	25.10	Francisco Marques, SIMOES	07	25.76
	Goncalo Pereira, COLACO	07	25.19	Joao Moura, FRANCISCO	07	25.19
2.	Sporting Aveiro Jun		Sporting Aveiro		1:44.64	534
	Joaquim Gabriel, OLIVEIRA	07	25.97	Simao Pereira, MACHADO	07	26.41
	David, VOLKOV	07	27.03	Tiago Lopes, BRANDAO	07	25.23
3.	Nautico Academico Jun		Nautico Academico		1:45.39	522
	David Duarte, JESUS	07	25.96	Joao Rafael, FERREIRA	06	25.33
	Tomas Veiga, PEREIRA	06	27.08	Marco Dimitar, OLIVEIRA	07	27.02
4.	Feirense Jun		Feirense		1:47.36	494
	Alexandre Silva, RESENDE	07	25.81	Filipe Reis, ALMEIDA	07	27.43
	Tomas Maia, LOMBA	07	26.96	Rodrigo Silva, FARIA	07	27.16

DNS Sporting Espinho Jun Sporting de Espinho

Sen

1.	Nautico Academico Sen		Nautico Academico		1:40.80	597
	Vasco Pereira, BASTOS	02	25.86	Ricardo Jorge, DOMINGUES	02	25.72
	Lucas Pereira, BASTOS	00	24.92	Rodrigo Miguel, REIS	04	24.30
2.	Sao Joao Ver Sen		Sao Joao Ver		1:43.65	549
	Vasco Almeida, RIBEIRO	05	25.45	Guilherme Sousa, FONTES	04	26.88
	Luis Goncalves, PEREIRA	02	25.50	Alexandre Ramos, GONCALVES	05	25.82

DNS Nautico Leiria Sen CNLeiria

Juv B /Abs

1.	Pimpoes Abs		Pimpoes/Cimai		1:40.30	606
	Mikhael, ONUTSKYY	08	25.52	Luca Valentino, TONA	06	25.04
	Santiago Agostinho, PARREIRA	09	25.39	Gil Santos, LEMOS	06	24.35
2.	Academico Viseu Abs		Academico de Viseu		1:44.20	540
	Andre Magalhaes, MOURA	98	25.76	Tiago Filipe, SAPATA	87	26.20
	Sebastiao Amaro, MACHADO	93	25.90	Joao Miguel, TEIXEIRA	95	26.34
3.	Uniao Coimbra Abs		União de Coimbra		1:46.32	509
	Duarte Jose, FERNANDES	06	26.07	Antonio Pedro, MARTINS	05	29.35
	David Valdagua, COUTINHO	03	25.96	Gustavo Pires, MARQUES	04	24.94
4.	Academica Coimbra Abs		Academica de Coimbra		1:46.75	503
	Miguel Freitas, OVIEDO	02	27.51	Edgar Tavares, MENDES	06	26.57
	Miguel Joao, PINHEIRO	06	26.77	Joao Ferreira, MARQUES	06	25.90
5.	Feirense Abs		Feirense		1:47.66	490
	Duarte Oliveira, BERNARDES	09	26.63	Diogo Silva, FARIA	09	27.25
	Eduardo Pinto, SANTOS	06	27.28	Tomas Moreira, ASSUNCAO	08	26.50
6.	Bairro Anjos Abs		Bairro dos Anjos		1:48.46	479
	Tomas Pascoal, FERREIRA	09	25.77	Luis Pedro, VALERIO	09	29.23
	Bernardo Nunes, DOMINGUEZ	07	26.26	Santiago Marques, GOMES	09	27.20

DSQ Gafanha Encarnação Abs Gafanha da Encarnacao
SW 10.12 - Rendição antecipada do/a 4 atleta.

	Antonio Tomas, TEIXEIRA	08	27.71	Pedro Vidal, GUEDES	09	27.63
	Goncalo Filipe, COSTA	04	25.90	Alexandre Louro, CARVALHO	07	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 6	Femin., 4 x 50m Livres					Abs
16/03/2024 - 9:35						Resultados
Rec Nacionais Open	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		01/04/2011
Rec Nacionais Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior		01/04/2011
Rec Nacionais Jun	1:49.09	Clube dos Galitos / Bresimar	CGA	Oeiras		27/07/2022
Rec Nacionais Juv A	1:52.98	???				
Rec Nacionais Juv A/B	1:52.98	???				
Rec Nacionais Juv B	1:54.01	???				

Pontos: FINA 2024

Lugar			Tempo final	Pts
Juv B				
1.	Condeixa Clube Juv B	Condeixa Clube	1:55.85	557
	Rita Lucas, SANTOS 10	29.55 Maria Neto, SIMOES 10		28.88
	Maria Ines, RODRIGUES 10	29.27 Camila Duarte, MARCELO 10		28.15
2.	Galitos Juv B	Galitos / Bresimar	1:58.95	514
	Leonor Silva, OLIVEIRA 10	30.42 Leonor Silva, JESUS 10		29.57
	Sofia Rodrigues, VASCONCELOS 10	29.14 Ines Ribeiro, MELO 10		29.82
3.	Bairro Anjos Juv B	Bairro dos Anjos	2:05.54	437
	Sofia Roma, BRIZIDA 10	30.96 Vida Sofia, VELEZ 10		30.74
	Maria Carolina, ALVES 10	30.20 Laura Samora, GONCALVES 10		33.64
Juv A				
1.	Galitos Juv A	Galitos / Bresimar	2:02.32	473
	Francisca Pinto, OLIVEIRA 09	29.93 Carlota Ganito, SANTOS 09		32.02
	Joana Almeida, SANTOS 09	29.80 Francisca Soreto, PEDREIRO 09		30.57
2.	Bairro Anjos Juv A	Bairro dos Anjos	2:07.58	417
	Ana Margarida, MARQUES 09	32.17 Ines Ferreira, CHELEU 09		31.15
	Maria Teresa, OLIVEIRA 09	31.49 Maria Margarida, OLIVEIRA 09		32.77
Jun				
1.	Estarreja Jun	Estarreja	1:55.82	557
	Carolina Mendes, NUNES 08	29.19 Carolina Martins, SILVA 07		28.58
	Catarina Castro, CASALINHO 07	30.32 Erica Domitila, AMADOR 07		27.73
2.	Nautico Academico Jun	Nautico Academico	1:57.67	531
	Leonor Mil, MANO 07	27.99 Laura Carvalho, FERNANDES 08		30.49
	Marta Andre, AGUILAR 07	29.68 Ines Miranda, DIOGO 07		29.51
3.	Sporting Aveiro Jun	Sporting Aveiro	2:04.11	453
	Noa Pinho, NUNES 07	29.68 Ines Santos, ALVES 08		32.28
	Maria Joao, LOBO 07	30.06 Maria Esteves, SILVA 07		32.09
4.	Sao Joao Ver Jun	Sao Joao Ver	2:04.36	450
	Nuria Soares, SILVA 07	29.30 Beatriz Azevedo, PEREIRA 07		29.86
	Mafalda Rodrigues, CARDOSO 07	31.01 Mariana Catarina, GOMES 08		34.19

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 6, Femin., 4 x 50m Livres

Sen

1. Estarreja Sen		Estarreja	1:58.91	515
Barbara Nunes, MARQUES	06	29.91 Maria Miguel, VALENTE	06	31.04
Margarida Santos, LOPES	04	28.97 Mariana Nunes, MARQUES	03	28.99
2. Nautico Academico Sen		Nautico Academico	2:00.12	499
Leonor Verissimo, FARIA	06	29.60 Joana Filipa, VARELA	06	30.59
Maria Neto, FERREIRA	06	29.54 Beatriz Andre, GASPAS	06	30.39

Juv B /Abs

1. Nautico Leiria Abs		CNLeiria	1:56.98	541
Leonor Vendima, COELHO	07	29.77 Beatriz Belo, CLARA	09	28.92
Joana Rosa, FERREIRA	05	28.42 Matilde Violante, VIANA	07	29.87
2. Academica Coimbra Abs		Academica de Coimbra	1:59.87	502
Beatriz Costa, TEJO	02	28.81 Helena Carolina, DINIS	05	32.96
Cristiana Sofia, DUARTE	07	28.66 Valentina Saad, BARBOSA	04	29.44
3. Uniao Coimbra Abs		União de Coimbra	2:01.72	480
Raquel Filipa, JESUS	08	32.10 Diana Costa, OLIVEIRA	04	31.56
Ana Carolina, MONTEIRO	04	28.93 Alana Costa, MATIAS	09	29.13
4. Veiense Abs		Veiense	2:02.81	467
Diana Rita, FONSECA	08	31.28 Mafalda Caetano, LOURENCO	06	31.48
Carolina Ferreira, FONSECA	07	30.95 Leonor Caetano, MOREIRA	06	29.10

DNS Feirense Abs

Feirense

Prova 7

Masc., 400m Estilos

14 anos e mais velhos

16/03/2024 - 9:45

Resultados

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

TA JUVB-MASC Juv B: 5:53.88 / TA JUVA-MASC Juv A: 5:45.76 / TA JUN-MASC Jun: 5:36.02 / TA SEN-MASC Sen: 5:26.28

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Guilherme Meireles, MARRAZES	09	Marinha Grande	5:02.75 513
50m: 31.05 31.05 150m: 1:47.18 40.78 250m: 3:12.43 45.47 350m: 4:30.52 34.14			
100m: 1:06.40 35.35 200m: 2:26.96 39.78 300m: 3:56.38 43.95 400m: 5:02.75 32.23			
2. Paulo, KOT	09	Marinha Grande	5:04.84 503
50m: 29.59 29.59 150m: 1:43.67 39.50 250m: 3:09.85 46.69 350m: 4:31.90 34.87			
100m: 1:04.17 34.58 200m: 2:23.16 39.49 300m: 3:57.03 47.18 400m: 5:04.84 32.94			
3. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	5:12.17 468
50m: 32.44 32.44 150m: 1:50.96 41.66 250m: 3:17.87 45.15 350m: 4:38.93 35.41			
100m: 1:09.30 36.86 200m: 2:32.72 41.76 300m: 4:03.52 45.65 400m: 5:12.17 33.24			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 7, Masc., 400m Estilos, Juv B

Lugar	Ano		Tempo final		Pts
4. Guilherme Andre, GASPAR	09	Nautico Academico	5:24.84		416
50m: 33.05 33.05	150m: 1:57.89	45.30 250m: 3:25.98	45.40	350m: 4:48.61	37.22
100m: 1:12.59 39.54	200m: 2:40.58	42.69 300m: 4:11.39	45.41	400m: 5:24.84	36.23
5. Santiago Jose, PACHECO	09	Alcobaca	5:51.02		329
50m: 38.19 38.19	150m: 2:11.81	44.44 250m: 3:45.26	50.18	350m: 5:14.69	39.00
100m: 1:27.37 49.18	200m: 2:55.08	43.27 300m: 4:35.69	50.43	400m: 5:51.02	36.33

Juv A

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:55.02		555
50m: 30.92 30.92	150m: 1:44.03	37.76 250m: 3:04.23	43.62	350m: 4:22.07	32.80
100m: 1:06.27 35.35	200m: 2:20.61	36.58 300m: 3:49.27	45.04	400m: 4:55.02	32.95
2. Joao Miguel, VITORIA	08	Academico de Viseu	5:03.17		511
50m: 31.69 31.69	150m: 1:47.95	38.51 250m: 3:09.61	44.21	350m: 4:29.81	34.48
100m: 1:09.44 37.75	200m: 2:25.40	37.45 300m: 3:55.33	45.72	400m: 5:03.17	33.36
3. Guilherme Simoes, SOUSA	08	Nautico Academico	5:12.99		465
50m: 33.28 33.28	150m: 1:54.17	41.69 250m: 3:19.61	44.43	350m: 4:40.31	34.96
100m: 1:12.48 39.20	200m: 2:35.18	41.01 300m: 4:05.35	45.74	400m: 5:12.99	32.68
4. Tiago Santos, POMBO	08	Alcobaca	5:13.38		463
50m: 30.98 30.98	150m: 1:50.34	42.44 250m: 3:18.73	47.09	350m: 4:40.38	33.25
100m: 1:07.90 36.92	200m: 2:31.64	41.30 300m: 4:07.13	48.40	400m: 5:13.38	33.00
5. Rodrigo Mosca, SILVA	08	Columbifila Cantanhedense	5:16.59		449
50m: 32.69 32.69	150m: 1:53.18	42.51 250m: 3:17.41	44.28	350m: 4:40.46	37.65
100m: 1:10.67 37.98	200m: 2:33.13	39.95 300m: 4:02.81	45.40	400m: 5:16.59	36.13
6. Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	5:23.76		420
50m: 32.13 32.13	150m: 1:53.20	42.86 250m: 3:22.92	48.71	350m: 4:49.81	36.11
100m: 1:10.34 38.21	200m: 2:34.21	41.01 300m: 4:13.70	50.78	400m: 5:23.76	33.95
7. Samuel Dinis, MAIA	08	Miranda do Corvo	5:23.95		419
50m: 33.66 33.66	150m: 1:55.14	42.69 250m: 3:22.90	46.92	350m: 4:47.96	37.89
100m: 1:12.45 38.79	200m: 2:35.98	40.84 300m: 4:10.07	47.17	400m: 5:23.95	35.99
DSQ Miguel Duarte, BATISTA	08	Academico de Viseu			
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>					

Jun

1. Francisco Marques, SIMOES	07	CNLeiria	4:51.16		577
50m: 30.01 30.01	150m: 1:43.84	38.12 250m: 3:02.80	42.71	350m: 4:18.23	34.83
100m: 1:05.72 35.71	200m: 2:20.09	36.25 300m: 3:43.40	40.60	400m: 4:51.16	32.93
2. Duarte Jose, FERNANDES	06	União de Coimbra	4:59.45		531
50m: 30.19 30.19	150m: 1:48.17	41.80 250m: 3:07.70	39.24	350m: 4:24.59	35.87
100m: 1:06.37 36.18	200m: 2:28.46	40.29 300m: 3:48.72	41.02	400m: 4:59.45	34.86
3. Ricardo Lima, CAMPOS	06	Sanjoanense	5:04.47		505
50m: 29.47 29.47	150m: 1:45.43	40.59 250m: 3:07.35	41.79	350m: 4:27.98	37.46
100m: 1:04.84 35.37	200m: 2:25.56	40.13 300m: 3:50.52	43.17	400m: 5:04.47	36.49
4. Alexandre, DZYAKANAU	07	Louzan Natacao/EFAPEL	5:07.60		489
50m: 30.34 30.34	150m: 1:45.45	39.81 250m: 3:08.23	44.40	350m: 4:30.79	36.90
100m: 1:05.64 35.30	200m: 2:23.83	38.38 300m: 3:53.89	45.66	400m: 5:07.60	36.81

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 7, Masc., 400m Estilos

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:46.24	608
	50m: 29.34 29.34	150m: 1:40.51	37.56 250m: 2:59.15	41.34	350m: 4:14.12 33.15
	100m: 1:02.95 33.61	200m: 2:17.81	37.30 300m: 3:40.97	41.82	400m: 4:46.24 32.12
2.	David Ferreira, RELVAS	03	Marinha Grande	4:48.98	590
	50m: 28.99 28.99	150m: 1:40.76	38.84 250m: 3:01.41	42.72	350m: 4:17.12 32.58
	100m: 1:01.92 32.93	200m: 2:18.69	37.93 300m: 3:44.54	43.13	400m: 4:48.98 31.86
3.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	4:59.29	531
	50m: 30.50 30.50	150m: 1:43.29	35.80 250m: 3:05.66	48.27	350m: 4:26.76 33.95
	100m: 1:07.49 36.99	200m: 2:17.39	34.10 300m: 3:52.81	47.15	400m: 4:59.29 32.53
4.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	5:05.50	500
	50m: 31.23 31.23	150m: 1:46.16	38.78 250m: 3:10.59	45.82	350m: 4:32.26 34.29
	100m: 1:07.38 36.15	200m: 2:24.77	38.61 300m: 3:57.97	47.38	400m: 5:05.50 33.24
DNS	Tomas Coelho, CORDEIRO	04	Individual ANC		

Juv B/Abs

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:46.24	608
	50m: 29.34 29.34	150m: 1:40.51	37.56 250m: 2:59.15	41.34	350m: 4:14.12 33.15
	100m: 1:02.95 33.61	200m: 2:17.81	37.30 300m: 3:40.97	41.82	400m: 4:46.24 32.12
2.	David Ferreira, RELVAS	03	Marinha Grande	4:48.98	590
	50m: 28.99 28.99	150m: 1:40.76	38.84 250m: 3:01.41	42.72	350m: 4:17.12 32.58
	100m: 1:01.92 32.93	200m: 2:18.69	37.93 300m: 3:44.54	43.13	400m: 4:48.98 31.86
3.	Francisco Marques, SIMOES	07	CNLeiria	4:51.16	577
	50m: 30.01 30.01	150m: 1:43.84	38.12 250m: 3:02.80	42.71	350m: 4:18.23 34.83
	100m: 1:05.72 35.71	200m: 2:20.09	36.25 300m: 3:43.40	40.60	400m: 4:51.16 32.93
4.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:55.02	555
	50m: 30.92 30.92	150m: 1:44.03	37.76 250m: 3:04.23	43.62	350m: 4:22.07 32.80
	100m: 1:06.27 35.35	200m: 2:20.61	36.58 300m: 3:49.27	45.04	400m: 4:55.02 32.95
5.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	4:59.29	531
	50m: 30.50 30.50	150m: 1:43.29	35.80 250m: 3:05.66	48.27	350m: 4:26.76 33.95
	100m: 1:07.49 36.99	200m: 2:17.39	34.10 300m: 3:52.81	47.15	400m: 4:59.29 32.53
6.	Duarte Jose, FERNANDES	06	União de Coimbra	4:59.45	531
	50m: 30.19 30.19	150m: 1:48.17	41.80 250m: 3:07.70	39.24	350m: 4:24.59 35.87
	100m: 1:06.37 36.18	200m: 2:28.46	40.29 300m: 3:48.72	41.02	400m: 4:59.45 34.86
7.	Guilherme Meireles, MARRAZES	09	Marinha Grande	5:02.75	513
	50m: 31.05 31.05	150m: 1:47.18	40.78 250m: 3:12.43	45.47	350m: 4:30.52 34.14
	100m: 1:06.40 35.35	200m: 2:26.96	39.78 300m: 3:56.38	43.95	400m: 5:02.75 32.23
8.	Joao Miguel, VITORIA	08	Academico de Viseu	5:03.17	511
	50m: 31.69 31.69	150m: 1:47.95	38.51 250m: 3:09.61	44.21	350m: 4:29.81 34.48
	100m: 1:09.44 37.75	200m: 2:25.40	37.45 300m: 3:55.33	45.72	400m: 5:03.17 33.36
9.	Ricardo Lima, CAMPOS	06	Sanjoanense	5:04.47	505
	50m: 29.47 29.47	150m: 1:45.43	40.59 250m: 3:07.35	41.79	350m: 4:27.98 37.46
	100m: 1:04.84 35.37	200m: 2:25.56	40.13 300m: 3:50.52	43.17	400m: 5:04.47 36.49
10.	Paulo, KOT	09	Marinha Grande	5:04.84	503
	50m: 29.59 29.59	150m: 1:43.67	39.50 250m: 3:09.85	46.69	350m: 4:31.90 34.87
	100m: 1:04.17 34.58	200m: 2:23.16	39.49 300m: 3:57.03	47.18	400m: 5:04.84 32.94

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 7, Masc., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
11.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				5:05.50	500
	50m: 31.23	31.23	150m: 1:46.16	38.78	250m: 3:10.59	45.82	350m: 4:32.26	34.29	
	100m: 1:07.38	36.15	200m: 2:24.77	38.61	300m: 3:57.97	47.38	400m: 5:05.50	33.24	
12.	Alexandre, DZYAKANAU		07	Louzan Natacao/EFAPEL				5:07.60	489
	50m: 30.34	30.34	150m: 1:45.45	39.81	250m: 3:08.23	44.40	350m: 4:30.79	36.90	
	100m: 1:05.64	35.30	200m: 2:23.83	38.38	300m: 3:53.89	45.66	400m: 5:07.60	36.81	
13.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				5:12.17	468
	50m: 32.44	32.44	150m: 1:50.96	41.66	250m: 3:17.87	45.15	350m: 4:38.93	35.41	
	100m: 1:09.30	36.86	200m: 2:32.72	41.76	300m: 4:03.52	45.65	400m: 5:12.17	33.24	
14.	Guilherme Simoes, SOUSA		08	Nautico Academico				5:12.99	465
	50m: 33.28	33.28	150m: 1:54.17	41.69	250m: 3:19.61	44.43	350m: 4:40.31	34.96	
	100m: 1:12.48	39.20	200m: 2:35.18	41.01	300m: 4:05.35	45.74	400m: 5:12.99	32.68	
15.	Tiago Santos, POMBO		08	Alcobaca				5:13.38	463
	50m: 30.98	30.98	150m: 1:50.34	42.44	250m: 3:18.73	47.09	350m: 4:40.38	33.25	
	100m: 1:07.90	36.92	200m: 2:31.64	41.30	300m: 4:07.13	48.40	400m: 5:13.38	33.00	
16.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				5:16.59	449
	50m: 32.69	32.69	150m: 1:53.18	42.51	250m: 3:17.41	44.28	350m: 4:40.46	37.65	
	100m: 1:10.67	37.98	200m: 2:33.13	39.95	300m: 4:02.81	45.40	400m: 5:16.59	36.13	
17.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				5:23.76	420
	50m: 32.13	32.13	150m: 1:53.20	42.86	250m: 3:22.92	48.71	350m: 4:49.81	36.11	
	100m: 1:10.34	38.21	200m: 2:34.21	41.01	300m: 4:13.70	50.78	400m: 5:23.76	33.95	
18.	Samuel Dinis, MAIA		08	Miranda do Corvo				5:23.95	419
	50m: 33.66	33.66	150m: 1:55.14	42.69	250m: 3:22.90	46.92	350m: 4:47.96	37.89	
	100m: 1:12.45	38.79	200m: 2:35.98	40.84	300m: 4:10.07	47.17	400m: 5:23.95	35.99	
19.	Guilherme Andre, GASPAR		09	Nautico Academico				5:24.84	416
	50m: 33.05	33.05	150m: 1:57.89	45.30	250m: 3:25.98	45.40	350m: 4:48.61	37.22	
	100m: 1:12.59	39.54	200m: 2:40.58	42.69	300m: 4:11.39	45.41	400m: 5:24.84	36.23	
20.	Santiago Jose, PACHECO		09	Alcobaca				5:51.02	329
	50m: 38.19	38.19	150m: 2:11.81	44.44	250m: 3:45.26	50.18	350m: 5:14.69	39.00	
	100m: 1:27.37	49.18	200m: 2:55.08	43.27	300m: 4:35.69	50.43	400m: 5:51.02	36.33	
DSQ	Miguel Duarte, BATISTA		08	Academico de Viseu					
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>								
DNS	Tomas Coelho, CORDEIRO		04	Individual ANC					
EXH	Yury, FOMIN		06	Louletano / Loule Concelho				4:38.12	662
	50m: 28.43	28.43	150m: 1:37.52	36.23	250m: 2:53.08	39.91	350m: 4:06.47	32.51	
	100m: 1:01.29	32.86	200m: 2:13.17	35.65	300m: 3:33.96	40.88	400m: 4:38.12	31.65	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 8	Femin., 400m Estilos				Abs
16/03/2024 - 10:05					Resultados
Rec Nacionais Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nacionais Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015

TA JUVB-FEM Juv B: 6:28.85 / TA JUVA-FEM Juv A: 6:19.85 / TA JUN-FEM Jun: 6:10.84 / TA SEN-FEM Sen: 6:01.85

Pontos: FINA 2024

Lugar			Ano					Tempo final	Pts	
Juv B										
1.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar				5:22.45	560	
	50m:	31.51 31.51	150m:	1:49.68	40.95	250m:	3:17.31	46.96	350m:	4:44.63 38.84
	100m:	1:08.73 37.22	200m:	2:30.35	40.67	300m:	4:05.79	48.48	400m:	5:22.45 37.82
2.	Maria Neto, SIMOES		10	Condeixa Clube				5:35.80	496	
	50m:	34.66 34.66	150m:	2:01.03	44.89	250m:	3:31.22	46.63	350m:	4:58.07 38.82
	100m:	1:16.14 41.48	200m:	2:44.59	43.56	300m:	4:19.25	48.03	400m:	5:35.80 37.73
3.	Leonor Nunes, CARDEAL		10	Individual ANCNP				5:39.14	481	
	50m:	34.31 34.31	150m:	2:05.05	46.98	250m:	3:36.48	48.71	350m:	5:03.00 37.17
	100m:	1:18.07 43.76	200m:	2:47.77	42.72	300m:	4:25.83	49.35	400m:	5:39.14 36.14
4.	Maria Ines, GANTE		10	Nautico Academico				5:39.29	481	
	50m:	35.85 35.85	150m:	2:01.98	44.83	250m:	3:34.15	48.49	350m:	5:01.73 38.43
	100m:	1:17.15 41.30	200m:	2:45.66	43.68	300m:	4:23.30	49.15	400m:	5:39.29 37.56
5.	Matilde Santos, VIEIRA		10	Marinha Grande				5:46.38	452	
	50m:	35.04 35.04	150m:	2:02.47	45.69	250m:	3:37.69	51.20	350m:	5:08.18 39.50
	100m:	1:16.78 41.74	200m:	2:46.49	44.02	300m:	4:28.68	50.99	400m:	5:46.38 38.20
6.	Sofia Roma, BRIZIDA		10	Bairro dos Anjos				5:46.90	450	
	50m:	36.73 36.73	150m:	2:08.29	45.93	250m:	3:37.62	45.81	350m:	5:07.07 42.57
	100m:	1:22.36 45.63	200m:	2:51.81	43.52	300m:	4:24.50	46.88	400m:	5:46.90 39.83
7.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				6:02.43	394	
	50m:	37.55 37.55	150m:	2:12.08	49.89	250m:	3:50.33	49.81	350m:	5:22.93 40.14
	100m:	1:22.19 44.64	200m:	3:00.52	48.44	300m:	4:42.79	52.46	400m:	6:02.43 39.50
8.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				6:03.96	389	
	50m:	38.94 38.94	150m:	2:11.24	46.54	250m:	3:48.19	51.44	350m:	5:22.91 42.26
	100m:	1:24.70 45.76	200m:	2:56.75	45.51	300m:	4:40.65	52.46	400m:	6:03.96 41.05
9.	Sofia Oliveira, FREITAS		10	O Crasto				6:10.08	370	
	50m:	40.50 40.50	150m:	2:17.22	47.71	250m:	3:57.43	53.42	350m:	5:31.02 39.90
	100m:	1:29.51 49.01	200m:	3:04.01	46.79	300m:	4:51.12	53.69	400m:	6:10.08 39.06
10.	Luana Filipe, REIS		10	Alcobaca				6:13.85	359	
	50m:	41.65 41.65	150m:	2:17.62	46.34	250m:	3:52.62	49.48	350m:	5:29.45 45.62
	100m:	1:31.28 49.63	200m:	3:03.14	45.52	300m:	4:43.83	51.21	400m:	6:13.85 44.40

Juv A

1.	Luana Ferreira, CRAVEIRO		09	Marinha Grande				5:27.49	535	
	50m:	33.70 33.70	150m:	1:59.15	43.08	250m:	3:27.47	46.45	350m:	4:51.63 37.26
	100m:	1:16.07 42.37	200m:	2:41.02	41.87	300m:	4:14.37	46.90	400m:	5:27.49 35.86

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 8, Femin., 400m Estilos, Juv A

Lugar			Ano					Tempo final	Pts
2.	Marta Oliveira, SILVA		09	Sanjoanense				5:44.50	459
	50m:	34.15 34.15	150m:	2:02.48	47.27	250m:	3:36.57 49.86	350m:	5:06.03 39.00
	100m:	1:15.21 41.06	200m:	2:46.71	44.23	300m:	4:27.03 50.46	400m:	5:44.50 38.47
3.	Raquel Alexandra, CANCELA		09	Louzan Natacao/EFAPEL				5:48.68	443
	50m:	36.49 36.49	150m:	2:06.26	45.97	250m:	3:38.20 48.03	350m:	5:09.79 41.55
	100m:	1:20.29 43.80	200m:	2:50.17	43.91	300m:	4:28.24 50.04	400m:	5:48.68 38.89

Jun

1.	Carolina Mendes, NUNES		08	Estarreja				5:31.53	515
	50m:	33.54 33.54	150m:	1:58.17	44.18	250m:	3:28.96 48.37	350m:	4:55.40 37.79
	100m:	1:13.99 40.45	200m:	2:40.59	42.42	300m:	4:17.61 48.65	400m:	5:31.53 36.13
2.	Angela Rodrigues, REBELO		07	Louzan Natacao/EFAPEL				5:32.05	513
	50m:	32.98 32.98	150m:	1:56.68	44.18	250m:	3:26.01 45.85	350m:	4:52.31 39.12
	100m:	1:12.50 39.52	200m:	2:40.16	43.48	300m:	4:13.19 47.18	400m:	5:32.05 39.74
3.	Rita Isabel, NEVES		08	Condeixa Clube				5:34.37	502
	50m:	35.30 35.30	150m:	2:00.42	44.69	250m:	3:29.41 46.87	350m:	4:56.69 38.99
	100m:	1:15.73 40.43	200m:	2:42.54	42.12	300m:	4:17.70 48.29	400m:	5:34.37 37.68
4.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				5:35.94	495
	50m:	34.09 34.09	150m:	2:00.89	46.52	250m:	3:35.79 50.81	350m:	5:01.24 36.14
	100m:	1:14.37 40.28	200m:	2:44.98	44.09	300m:	4:25.10 49.31	400m:	5:35.94 34.70
5.	Laura Carvalho, FERNANDES		08	Nautico Academico				5:41.57	471
	50m:	33.83 33.83	150m:	1:59.91	46.03	250m:	3:34.88 51.68	350m:	5:04.00 38.66
	100m:	1:13.88 40.05	200m:	2:43.20	43.29	300m:	4:25.34 50.46	400m:	5:41.57 37.57
6.	Rita Rocha, SILVA		08	Alcobaca				5:43.60	463
	50m:	34.59 34.59	150m:	2:03.31	45.88	250m:	3:34.44 46.35	350m:	5:03.51 41.22
	100m:	1:17.43 42.84	200m:	2:48.09	44.78	300m:	4:22.29 47.85	400m:	5:43.60 40.09
7.	Dania Rodrigues, SIMOES		07	Louzan Natacao/EFAPEL				5:45.89	454
	50m:	33.57 33.57	150m:	2:00.48	45.55	250m:	3:35.26 50.39	350m:	5:06.13 40.61
	100m:	1:14.93 41.36	200m:	2:44.87	44.39	300m:	4:25.52 50.26	400m:	5:45.89 39.76

Sen

1.	Ines Jacinto, HENRIQUES		00	Louzan Natacao/EFAPEL				5:00.58	692
	50m:	30.37 30.37	150m:	1:44.37	39.37	250m:	3:07.36 44.45	350m:	4:26.62 35.14
	100m:	1:05.00 34.63	200m:	2:22.91	38.54	300m:	3:51.48 44.12	400m:	5:00.58 33.96
2.	Ana Filipa, VEIGA		01	Gafanha da Encarnacao				5:08.82	638
	50m:	32.45 32.45	150m:	1:52.32	41.84	250m:	3:15.79 42.21	350m:	4:33.73 35.96
	100m:	1:10.48 38.03	200m:	2:33.58	41.26	300m:	3:57.77 41.98	400m:	5:08.82 35.09
3.	Beatriz Nunes, CARDEAL		04	Individual ANCP				5:12.74	614
	50m:	31.10 31.10	150m:	1:50.01	42.83	250m:	3:16.74 45.02	350m:	4:38.31 35.65
	100m:	1:07.18 36.08	200m:	2:31.72	41.71	300m:	4:02.66 45.92	400m:	5:12.74 34.43
4.	Helena Nunes, RODRIGUES		03	Condeixa Clube				5:20.29	571
	50m:	32.41 32.41	150m:	1:51.23	41.32	250m:	3:19.30 47.49	350m:	4:43.71 35.71
	100m:	1:09.91 37.50	200m:	2:31.81	40.58	300m:	4:08.00 48.70	400m:	5:20.29 36.58
5.	Joana Barbas, RAMOS		06	Gafanha da Encarnacao				5:24.28	551
	50m:	34.23 34.23	150m:	1:56.52	41.46	250m:	3:24.50 47.37	350m:	4:48.46 35.84
	100m:	1:15.06 40.83	200m:	2:37.13	40.61	300m:	4:12.62 48.12	400m:	5:24.28 35.82

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 8, Femin., 400m Estilos, Sen

Lugar	Nome		Ano	Local		Tempo final				Pts	
6.	Ana Francisca, SILVA		06	Alcobaca		5:29.55				525	
	50m:	34.23 34.23	150m:	1:55.58	41.76	250m:	3:25.19	48.36	350m:	4:52.78	38.73
	100m:	1:13.82 39.59	200m:	2:36.83	41.25	300m:	4:14.05	48.86	400m:	5:29.55	36.77
7.	Ana Carolina, MONTEIRO		04	União de Coimbra		5:30.95				518	
	50m:	33.27 33.27	150m:	1:55.95	44.65	250m:	3:27.21	47.17	350m:	4:54.47	38.23
	100m:	1:11.30 38.03	200m:	2:40.04	44.09	300m:	4:16.24	49.03	400m:	5:30.95	36.48
8.	Sara Calisto, PIMENTEL		05	Gafanha da Encarnacao		5:33.07				508	
	50m:	33.55 33.55	150m:	1:58.73	46.71	250m:	3:31.51	47.63	350m:	4:56.15	37.20
	100m:	1:12.02 38.47	200m:	2:43.88	45.15	300m:	4:18.95	47.44	400m:	5:33.07	36.92
9.	Barbara Nunes, MARQUES		06	Estarreja		5:35.86				496	
	50m:	33.70 33.70	150m:	1:58.30	44.05	250m:	3:28.70	48.21	350m:	4:58.41	40.92
	100m:	1:14.25 40.55	200m:	2:40.49	42.19	300m:	4:17.49	48.79	400m:	5:35.86	37.45
10.	Ana Rita, ALMEIDA		05	Campinho		5:44.06				461	
	50m:	35.23 35.23	150m:	2:07.25	46.89	250m:	3:37.71	44.52	350m:	5:04.92	40.54
	100m:	1:20.36 45.13	200m:	2:53.19	45.94	300m:	4:24.38	46.67	400m:	5:44.06	39.14

Juv B/Abs

1.	Ines Jacinto, HENRIQUES		00	Louzan Natacao/EFAPEL		5:00.58				692	
	50m:	30.37 30.37	150m:	1:44.37	39.37	250m:	3:07.36	44.45	350m:	4:26.62	35.14
	100m:	1:05.00 34.63	200m:	2:22.91	38.54	300m:	3:51.48	44.12	400m:	5:00.58	33.96
2.	Ana Filipa, VEIGA		01	Gafanha da Encarnacao		5:08.82				638	
	50m:	32.45 32.45	150m:	1:52.32	41.84	250m:	3:15.79	42.21	350m:	4:33.73	35.96
	100m:	1:10.48 38.03	200m:	2:33.58	41.26	300m:	3:57.77	41.98	400m:	5:08.82	35.09
3.	Beatriz Nunes, CARDEAL		04	Individual ANCP		5:12.74				614	
	50m:	31.10 31.10	150m:	1:50.01	42.83	250m:	3:16.74	45.02	350m:	4:38.31	35.65
	100m:	1:07.18 36.08	200m:	2:31.72	41.71	300m:	4:02.66	45.92	400m:	5:12.74	34.43
4.	Helena Nunes, RODRIGUES		03	Condeixa Clube		5:20.29				571	
	50m:	32.41 32.41	150m:	1:51.23	41.32	250m:	3:19.30	47.49	350m:	4:43.71	35.71
	100m:	1:09.91 37.50	200m:	2:31.81	40.58	300m:	4:08.00	48.70	400m:	5:20.29	36.58
5.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar		5:22.45				560	
	50m:	31.51 31.51	150m:	1:49.68	40.95	250m:	3:17.31	46.96	350m:	4:44.63	38.84
	100m:	1:08.73 37.22	200m:	2:30.35	40.67	300m:	4:05.79	48.48	400m:	5:22.45	37.82
6.	Joana Barbas, RAMOS		06	Gafanha da Encarnacao		5:24.28				551	
	50m:	34.23 34.23	150m:	1:56.52	41.46	250m:	3:24.50	47.37	350m:	4:48.46	35.84
	100m:	1:15.06 40.83	200m:	2:37.13	40.61	300m:	4:12.62	48.12	400m:	5:24.28	35.82
7.	Luana Ferreira, CRAVEIRO		09	Marinha Grande		5:27.49				535	
	50m:	33.70 33.70	150m:	1:59.15	43.08	250m:	3:27.47	46.45	350m:	4:51.63	37.26
	100m:	1:16.07 42.37	200m:	2:41.02	41.87	300m:	4:14.37	46.90	400m:	5:27.49	35.86
8.	Ana Francisca, SILVA		06	Alcobaca		5:29.55				525	
	50m:	34.23 34.23	150m:	1:55.58	41.76	250m:	3:25.19	48.36	350m:	4:52.78	38.73
	100m:	1:13.82 39.59	200m:	2:36.83	41.25	300m:	4:14.05	48.86	400m:	5:29.55	36.77
9.	Ana Carolina, MONTEIRO		04	União de Coimbra		5:30.95				518	
	50m:	33.27 33.27	150m:	1:55.95	44.65	250m:	3:27.21	47.17	350m:	4:54.47	38.23
	100m:	1:11.30 38.03	200m:	2:40.04	44.09	300m:	4:16.24	49.03	400m:	5:30.95	36.48
10.	Carolina Mendes, NUNES		08	Estarreja		5:31.53				515	
	50m:	33.54 33.54	150m:	1:58.17	44.18	250m:	3:28.96	48.37	350m:	4:55.40	37.79
	100m:	1:13.99 40.45	200m:	2:40.59	42.42	300m:	4:17.61	48.65	400m:	5:31.53	36.13

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 8, Femin., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
11.	Angela Rodrigues, REBELO		07	Louzan Natacao/EFAPEL				5:32.05	513
	50m: 32.98	32.98	150m: 1:56.68	44.18	250m: 3:26.01	45.85	350m: 4:52.31	39.12	
	100m: 1:12.50	39.52	200m: 2:40.16	43.48	300m: 4:13.19	47.18	400m: 5:32.05	39.74	
12.	Sara Calisto, PIMENTEL		05	Gafanha da Encarnacao				5:33.07	508
	50m: 33.55	33.55	150m: 1:58.73	46.71	250m: 3:31.51	47.63	350m: 4:56.15	37.20	
	100m: 1:12.02	38.47	200m: 2:43.88	45.15	300m: 4:18.95	47.44	400m: 5:33.07	36.92	
13.	Rita Isabel, NEVES		08	Condeixa Clube				5:34.37	502
	50m: 35.30	35.30	150m: 2:00.42	44.69	250m: 3:29.41	46.87	350m: 4:56.69	38.99	
	100m: 1:15.73	40.43	200m: 2:42.54	42.12	300m: 4:17.70	48.29	400m: 5:34.37	37.68	
14.	Maria Neto, SIMOES		10	Condeixa Clube				5:35.80	496
	50m: 34.66	34.66	150m: 2:01.03	44.89	250m: 3:31.22	46.63	350m: 4:58.07	38.82	
	100m: 1:16.14	41.48	200m: 2:44.59	43.56	300m: 4:19.25	48.03	400m: 5:35.80	37.73	
15.	Barbara Nunes, MARQUES		06	Estarreja				5:35.86	496
	50m: 33.70	33.70	150m: 1:58.30	44.05	250m: 3:28.70	48.21	350m: 4:58.41	40.92	
	100m: 1:14.25	40.55	200m: 2:40.49	42.19	300m: 4:17.49	48.79	400m: 5:35.86	37.45	
16.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				5:35.94	495
	50m: 34.09	34.09	150m: 2:00.89	46.52	250m: 3:35.79	50.81	350m: 5:01.24	36.14	
	100m: 1:14.37	40.28	200m: 2:44.98	44.09	300m: 4:25.10	49.31	400m: 5:35.94	34.70	
17.	Leonor Nunes, CARDEAL		10	Individual ANCP				5:39.14	481
	50m: 34.31	34.31	150m: 2:05.05	46.98	250m: 3:36.48	48.71	350m: 5:03.00	37.17	
	100m: 1:18.07	43.76	200m: 2:47.77	42.72	300m: 4:25.83	49.35	400m: 5:39.14	36.14	
18.	Maria Ines, GANTE		10	Nautico Academico				5:39.29	481
	50m: 35.85	35.85	150m: 2:01.98	44.83	250m: 3:34.15	48.49	350m: 5:01.73	38.43	
	100m: 1:17.15	41.30	200m: 2:45.66	43.68	300m: 4:23.30	49.15	400m: 5:39.29	37.56	
19.	Laura Carvalho, FERNANDES		08	Nautico Academico				5:41.57	471
	50m: 33.83	33.83	150m: 1:59.91	46.03	250m: 3:34.88	51.68	350m: 5:04.00	38.66	
	100m: 1:13.88	40.05	200m: 2:43.20	43.29	300m: 4:25.34	50.46	400m: 5:41.57	37.57	
20.	Rita Rocha, SILVA		08	Alcobaca				5:43.60	463
	50m: 34.59	34.59	150m: 2:03.31	45.88	250m: 3:34.44	46.35	350m: 5:03.51	41.22	
	100m: 1:17.43	42.84	200m: 2:48.09	44.78	300m: 4:22.29	47.85	400m: 5:43.60	40.09	
21.	Ana Rita, ALMEIDA		05	Campinho				5:44.06	461
	50m: 35.23	35.23	150m: 2:07.25	46.89	250m: 3:37.71	44.52	350m: 5:04.92	40.54	
	100m: 1:20.36	45.13	200m: 2:53.19	45.94	300m: 4:24.38	46.67	400m: 5:44.06	39.14	
22.	Marta Oliveira, SILVA		09	Sanjoanense				5:44.50	459
	50m: 34.15	34.15	150m: 2:02.48	47.27	250m: 3:36.57	49.86	350m: 5:06.03	39.00	
	100m: 1:15.21	41.06	200m: 2:46.71	44.23	300m: 4:27.03	50.46	400m: 5:44.50	38.47	
23.	Dania Rodrigues, SIMOES		07	Louzan Natacao/EFAPEL				5:45.89	454
	50m: 33.57	33.57	150m: 2:00.48	45.55	250m: 3:35.26	50.39	350m: 5:06.13	40.61	
	100m: 1:14.93	41.36	200m: 2:44.87	44.39	300m: 4:25.52	50.26	400m: 5:45.89	39.76	
24.	Matilde Santos, VIEIRA		10	Marinha Grande				5:46.38	452
	50m: 35.04	35.04	150m: 2:02.47	45.69	250m: 3:37.69	51.20	350m: 5:08.18	39.50	
	100m: 1:16.78	41.74	200m: 2:46.49	44.02	300m: 4:28.68	50.99	400m: 5:46.38	38.20	
25.	Sofia Roma, BRIZIDA		10	Bairro dos Anjos				5:46.90	450
	50m: 36.73	36.73	150m: 2:08.29	45.93	250m: 3:37.62	45.81	350m: 5:07.07	42.57	
	100m: 1:22.36	45.63	200m: 2:51.81	43.52	300m: 4:24.50	46.88	400m: 5:46.90	39.83	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 8, Femin., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
26.	Raquel Alexandra, CANCELA		09	Louzan Natacao/EFAPEL				5:48.68	443
	50m:	36.49 36.49	150m:	2:06.26	45.97	250m:	3:38.20 48.03	350m:	5:09.79 41.55
	100m:	1:20.29 43.80	200m:	2:50.17	43.91	300m:	4:28.24 50.04	400m:	5:48.68 38.89
27.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				6:02.43	394
	50m:	37.55 37.55	150m:	2:12.08	49.89	250m:	3:50.33 49.81	350m:	5:22.93 40.14
	100m:	1:22.19 44.64	200m:	3:00.52	48.44	300m:	4:42.79 52.46	400m:	6:02.43 39.50
28.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				6:03.96	389
	50m:	38.94 38.94	150m:	2:11.24	46.54	250m:	3:48.19 51.44	350m:	5:22.91 42.26
	100m:	1:24.70 45.76	200m:	2:56.75	45.51	300m:	4:40.65 52.46	400m:	6:03.96 41.05
29.	Sofia Oliveira, FREITAS		10	O Crasto				6:10.08	370
	50m:	40.50 40.50	150m:	2:17.22	47.71	250m:	3:57.43 53.42	350m:	5:31.02 39.90
	100m:	1:29.51 49.01	200m:	3:04.01	46.79	300m:	4:51.12 53.69	400m:	6:10.08 39.06
30.	Luana Filipe, REIS		10	Alcobaca				6:13.85	359
	50m:	41.65 41.65	150m:	2:17.62	46.34	250m:	3:52.62 49.48	350m:	5:29.45 45.62
	100m:	1:31.28 49.63	200m:	3:03.14	45.52	300m:	4:43.83 51.21	400m:	6:13.85 44.40

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9	Masc., 100m Livres				14 anos e mais velhos
16/03/2024 - 10:35					Resultados
Rec Nacionais Open	47.98	Diogo Matos, RIBEIRO	SLB	Funchal	31/03/2023
Rec Nacionais Sen	47.98	Diogo Matos, RIBEIRO	SLB	Funchal	31/03/2023
Rec Nacionais Jun 18	48.52	Diogo Matos, RIBEIRO	POR	Roma (ITA)	12/08/2022
Rec Nacionais Jun 17	49.34	Diogo Matos, RIBEIRO	POR	Rome (ITA)	07/07/2021
Rec Nacionais Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28/07/2003
Rec Nacionais Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	04/08/2019
Rec Nacionais Inf A	55.53	David Miguel, FERRO	SFUAP	Campanhã	26/07/1998
RN NA S1	3:22.00	Joao, MARTINS	APCL	Lisboa	17/06/2000
RN NA S2	2:41.51	Joao Alexandre, PINA	GESL	Vila Franca de Xira	05/03/2016
RN NA S3	2:38.74	Nuno, VITORINO	GESL	Lisboa	29/06/2002
RN NA S4	1:44.83	Rui Manuel, PEDROSO	POR	Atlanta (USA)	28/09/1996
RN NA S5	1:26.11	Ivo Filipe, ROCHA	POR	Sheffield (GBR)	18/03/2023
RN NA S6	1:09.87	Daniel Carlos, VIDEIRA	POR	Dublin (IRL)	19/08/2018
RN NA S7	1:13.24	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim	13/05/2018
RN NA S8	1:02.52	Diogo Luis, CANCELA	ALN	Campanha	09/04/2022
RN NA S9	57.41	Gino Santos, CAETANO	POR	Londres (GBR)	09/09/2019
RN NA S10	56.94	Gino Santos, CAETANO	CGA	Coimbra	30/03/2017
RN NA S11	1:00.43	Marco Ribeiro, MENESES	POR	Manchester (GBR)	04/08/2023
RN NA S12	1:13.51	Joao Tanica, CRUZ	PDEM	Vila Franca de Xira	21/05/2023
RN NA S13	59.51	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	09/08/2014
RN NA S14	1:00.44	Enzo Dylan, MESSENCE	FCF	Coimbra	02/12/2023
RN NA S15	55.31	Tiago Correia, NEVES	CFB	Coimbra	18/03/2018
RN NA S16	1:00.48	Andre Camara, JORGE	POR	Newcastle (GBR)	20/08/2019
RN NA S17	1:09.33	Joaquim Eduardo, CARVALHO	CNF	Funchal	28/01/2024
RN NA S21	1:06.84	Vicente Barros, PEREIRA	POR	Padova (ITA)	05/09/2023

TA JUVA-MASC Juv A: 1:04.30 / TA JUVB-MASC Juv B: 1:05.81 / TA JUN-MASC Jun: 1:02.50 / TA SEN-MASC Sen: 1:00.68

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	55.17	612
50m: 26.91 26.91 100m: 55.17 28.26			
2. Henrique Martins, JOAQUIM	09 CNLeiria	56.69	564
50m: 26.83 26.83 100m: 56.69 29.86			
3. Joao Nuno, GASPAS	09 Condeixa Clube	58.34	518
50m: 27.79 27.79 100m: 58.34 30.55			
4. Gabriel Moises, GUERRA	09 Oliveirense	58.45	515
50m: 27.96 27.96 100m: 58.45 30.49			
5. Tiago Joaquim, SILVA	09 Galitos / Bresimar	58.55	512
50m: 27.82 27.82 100m: 58.55 30.73			
6. Martim Alexandre, MESQUITA	09 Marinha Grande	58.98	501
50m: 27.72 27.72 100m: 58.98 31.26			
7. Goncalo Malha, NETO	09 Galitos / Bresimar	59.06	499
50m: 28.62 28.62 100m: 59.06 30.44			
8. Tomas Rafael, PEREIRA	09 Nautico Academico	59.65	484
50m: 28.19 28.19 100m: 59.65 31.46			
9. Alexandre, SHUBIN	09 Campinho	59.85	479
50m: 28.71 28.71 100m: 59.85 31.14			
10. Jose Pedro, COSTA	09 Nautico Academico	1:00.07	474
50m: 29.16 29.16 100m: 1:00.07 30.91			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B

Lugar	Ano	Tempo final	Pts
11. Duarte Oliveira, BERNARDES 50m: 28.28 28.28 100m: 1:00.21 31.93	09 Feirense	1:00.21	471
12. Dinis Valente, ROCHA 50m: 29.06 29.06 100m: 1:00.78 31.72	09 Estarreja	1:00.78	458
13. Guilherme Neves, MARTINS 50m: 29.02 29.02 100m: 1:01.62 32.60	09 Sporting de Espinho	1:01.62	439
14. Miguel Tome, MATEUS 50m: 30.15 30.15 100m: 1:03.22 33.07	09 Vagos	1:03.22	407
15. Pedro Blanc, CAPINHA 50m: 30.32 30.32 100m: 1:03.36 33.04	09 Óbidos Criativa	1:03.36	404
16. Luis Azevedo, PINTO 50m: 30.29 30.29 100m: 1:03.44 33.15	09 Estarreja	1:03.44	403
17. David Ferrador, PEREIRA 50m: 30.41 30.41 100m: 1:03.87 33.46	09 Nucleo de Pombal	1:03.87	394
18. Francisco Antunes, SOUSA 50m: 30.93 30.93 100m: 1:03.90 32.97	09 Columbofila Cantanhedense	1:03.90	394
19. Manuel Leite, AGUIAR 50m: 31.08 31.08 100m: 1:04.10 33.02	09 Sanjoanense	1:04.10	390
20. Santiago Marques, GOMES 50m: 30.82 30.82 100m: 1:04.23 33.41	09 Bairro dos Anjos	1:04.23	388
21. Isaac Arruda, SARAIVA FTL 50m: 31.15 31.15 100m: 1:06.12 34.97	09 Vieiraense	1:06.12	355

Juv A

1. Antonio Cruz, FARDILHA 50m: 27.39 27.39 100m: 56.68 29.29	08 Galitos / Bresimar	56.68	565
2. Vicente Sa, VALE 50m: 27.59 27.59 100m: 57.08 29.49	08 Galitos / Bresimar	57.08	553
3. Manuel Martins, OLIVEIRA 50m: 27.67 27.67 100m: 57.64 29.97	08 Sporting de Espinho	57.64	537
4. Santiago Boica, SOUSA 50m: 27.95 27.95 100m: 57.72 29.77	08 Vieiraense	57.72	535
5. Martim Nobre, PASCOAL 50m: 27.11 27.11 100m: 57.81 30.70	08 Columbofila Cantanhedense	57.81	532
6. Paulo Jorge, OLIVEIRA 50m: 27.58 27.58 100m: 58.17 30.59	08 Estarreja	58.17	522
7. Salvador Correia, PEREIRA 50m: 27.62 27.62 100m: 58.96 31.34	08 Condeixa Clube	58.96	502
8. Joao Coelho, CASTRO 50m: 28.41 28.41 100m: 59.24 30.83	08 Sporting de Espinho	59.24	494

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv A

Lugar	Ano	Tempo final	Pts
9. Nuno Miguel, ANJOS 50m: 28.08 28.08 100m: 59.33 31.25	08 Galitos / Bresimar	59.33	492
10. Bernardo Reis, FERREIRA 50m: 28.71 28.71 100m: 59.75 31.04	08 Galitos / Bresimar	59.75	482
11. Antonio Tomas, TEIXEIRA 50m: 29.06 29.06 100m: 1:00.54 31.48	08 Gafanha da Encarnacao	1:00.54	463
12. Tomas Moreira, ASSUNCAO 50m: 27.66 27.66 100m: 1:00.69 33.03	08 Feirense	1:00.69	460
13. Guilherme Franca, COSTA 50m: 28.84 28.84 100m: 1:01.49 32.65	08 Estamos Juntos	1:01.49	442
14. Nuno Rodrigo, MACEDO 50m: 29.66 29.66 100m: 1:02.14 32.48	08 Estamos Juntos	1:02.14	428
15. Leonardo Branco, PEREIRA 50m: 29.74 29.74 100m: 1:03.47 33.73	08 O Crasto	1:03.47	402
16. Diogo Coelho, JORDAO 50m: 29.90 29.90 100m: 1:03.74 33.84	08 Uniao Juncalense	1:03.74	397
17. Mateus Tavares, BASTOS 50m: 30.17 30.17 100m: 1:04.05 33.88	08 Campinho	1:04.05	391
18. Henrique Figueiredo, FIDALGO <i>FTL</i> 50m: 32.69 32.69 100m: 1:07.80 35.11	08 Vigor da Mocidade	1:07.80	330
19. Joao Tomas, FERNANDES <i>FTL</i> 50m: 33.03 33.03 100m: 1:08.23 35.20	08 O Crasto	1:08.23	323

Jun

1. Gil Santos, LEMOS 50m: 26.38 26.38 100m: 54.04 27.66	06 Pimpoes/Cimai	54.04	652
2. Afonso Dinis, ROQUE 50m: 26.70 26.70 100m: 54.83 28.13	07 CNLeiria	54.83	624
3. Francisco Cruz, CARVALHO 50m: 26.52 26.52 100m: 55.02 28.50	06 S., Pedro Alva	55.02	617
4. Goncalo Pereira, COLACO 50m: 27.05 27.05 100m: 55.85 28.80	07 CNLeiria	55.85	590
5. Luca Valentino, TONA 50m: 27.47 27.47 100m: 55.92 28.45	06 Pimpoes/Cimai	55.92	588
6. Joao Carvalho, RODRIGUES 50m: 26.88 26.88 100m: 55.96 29.08	06 Galitos / Bresimar	55.96	587
7. Alexandre, DZYAKANAU 50m: 26.99 26.99 100m: 56.26 29.27	07 Louzan Natacao/EFAPEL	56.26	577
8. Guilherme Romeira, PINTO 50m: 27.14 27.14 100m: 56.30 29.16	07 Sporting de Espinho	56.30	576

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
9. Joaquim Gabriel, OLIVEIRA 50m: 26.50 26.50 100m: 56.41 29.91	07 Sporting Aveiro	56.41	573
10. Tiago Lopes, BRANDAO 50m: 27.00 27.00 100m: 56.70 29.70	07 Sporting Aveiro	56.70	564
11. Duarte Cachulo, MARQUES 50m: 26.74 26.74 100m: 56.72 29.98	07 Condeixa Clube	56.72	563
12. Afonso Vidal, TOMAS 50m: 27.40 27.40 100m: 56.75 29.35	06 Louzan Natacao/EFAPEL	56.75	563
13. Francisco Xavier, RITA 50m: 26.74 26.74 100m: 56.77 30.03	07 Viegense	56.77	562
14. Joao Ferreira, MARQUES 50m: 27.59 27.59 100m: 56.91 29.32	06 Academica de Coimbra	56.91	558
15. Joao Moura, FRANCISCO 50m: 27.31 27.31 100m: 57.06 29.75	07 CNLeiria	57.06	553
16. Joao Rafael, FERREIRA 50m: 27.83 27.83 100m: 57.61 29.78	06 Nautico Academico	57.61	538
17. Alexandre Silva, RESENDE 50m: 27.15 27.15 100m: 57.85 30.70	07 Feirense	57.85	531
18. Rodrigo Pinto, OLIVEIRA 50m: 27.53 27.53 100m: 58.08 30.55	07 Sao Joao Ver	58.08	525
19. Romulo Neves, PINTO 50m: 27.97 27.97 100m: 58.26 30.29	06 Sao Joao Ver	58.26	520
20. Jose Miguel, MARQUES 50m: 27.93 27.93 100m: 58.53 30.60	06 Condeixa Clube	58.53	513
21. Henrique Ferreira, MARTINS 50m: 27.49 27.49 100m: 58.56 31.07	06 Algés e Águeda XXI	58.56	512
22. Daniel, KUCHERYAVENKO 50m: 28.10 28.10 100m: 59.01 30.91	07 Galitos / Bresimar	59.01	500
23. Edgar Tavares, MENDES 50m: 28.35 28.35 100m: 59.16 30.81	06 Academica de Coimbra	59.16	496
24. Rodrigo Marques, LIMA 50m: 28.33 28.33 100m: 59.40 31.07	07 CASPAE	59.40	490
25. Andre Santos, RIBEIRO 50m: 28.40 28.40 100m: 59.50 31.10	07 Oliveirense	59.50	488
26. Simao Pereira, MACHADO 50m: 27.90 27.90 100m: 1:00.17 32.27	07 Sporting Aveiro	1:00.17	472
27. Martim Nuno, LAVAJO 50m: 28.32 28.32 100m: 1:00.18 31.86	07 Academico de Viseu	1:00.18	472
28. Jose Januario, MARQUES 50m: 28.47 28.47 100m: 1:00.38 31.91	07 Pimpoes/Cimai	1:00.38	467
29. Rafael, SANTOS 50m: 28.94 28.94 100m: 1:00.41 31.47	06 Uniao Juncalense	1:00.41	466

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
30. Miguel Joao, PINHEIRO 50m: 28.68 28.68 100m: 1:00.42 31.74	06 Academica de Coimbra	1:00.42	466
31. Gabriel Dias, RESGATE 50m: 28.82 28.82 100m: 1:02.14 33.32	07 Campinho	1:02.14	428
32. Alexandre Louro, CARVALHO <i>FTL</i> 50m: 29.66 29.66 100m: 1:03.01 33.35	07 Gafanha da Encarnacao	1:03.01	411
33. David, VOLKOV <i>FTL</i> 50m: 29.02 29.02 100m: 1:03.10 34.08	07 Sporting Aveiro	1:03.10	409
DNS Guilherme Jose, ROCHA	07 Sporting de Espinho		

Sen

1. Rodrigo Miguel, REIS 50m: 26.06 26.06 100m: 53.90 27.84	04 Nautico Academico	53.90	657
2. Hugo Filipe, CAROLA 50m: 26.67 26.67 100m: 55.25 28.58	01 Galitos / Bresimar	55.25	610
3. Tiago Diniz, LIMA 50m: 26.87 26.87 100m: 55.33 28.46	04 Estarreja	55.33	607
4. Vasco Almeida, RIBEIRO 50m: 26.86 26.86 100m: 55.37 28.51	05 Sao Joao Ver	55.37	606
5. Dinis Amorim, MOUTELA 50m: 27.57 27.57 100m: 56.48 28.91	05 Estarreja	56.48	571
6. Filipe Santos, CARDOSO 50m: 27.61 27.61 100m: 56.56 28.95	04 Gafanha da Encarnacao	56.56	568
7. Goncalo Carvalho, SANTOS 50m: 27.43 27.43 100m: 56.57 29.14	05 Louzan Natacao/EFAPEL	56.57	568
8. Gustavo Pires, MARQUES 50m: 26.97 26.97 100m: 56.60 29.63	04 União de Coimbra	56.60	567
9. Miguel Freitas, OVIEDO 50m: 27.65 27.65 100m: 56.95 29.30	02 Academica de Coimbra	56.95	557
10. Tomas Carvalho, SANTOS 50m: 27.47 27.47 100m: 57.07 29.60	05 Louzan Natacao/EFAPEL	57.07	553
11. Pedro Guilherme, FERREIRA 50m: 26.49 26.49 100m: 57.16 30.67	00 Miranda do Corvo	57.16	550
12. Guilherme Gomes, SILVA 50m: 27.59 27.59 100m: 57.27 29.68	05 Estamos Juntos	57.27	547
13. Rodrigo Ribeiro, GOMES 50m: 27.21 27.21 100m: 57.56 30.35	00 Condeixa Clube	57.56	539
14. Nuno Gabriel, SILVA 50m: 27.65 27.65 100m: 57.64 29.99	05 Campinho	57.64	537

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
15. Joao Gabriel, ANICETO 50m: 27.25 27.25 100m: 57.86 30.61	04 CNLeiria	57.86	531
16. Daniel Valente, OLIVEIRA 50m: 28.49 28.49 100m: 58.73 30.24	03 Sporting Aveiro	58.73	507
17. Tomas Cardoso, GERALDO 50m: 28.42 28.42 100m: 58.89 30.47	05 Condeixa Clube	58.89	503
18. Pedro Ribeiro, MOÇO 50m: 29.11 29.11 100m: 59.57 30.46	02 Vagos	59.57	486
19. Ricardo Gabriel, OLIVEIRA 50m: 28.41 28.41 100m: 59.64 31.23	04 Estarreja	59.64	485
20. Guilherme Sousa, FONTES 50m: 28.61 28.61 100m: 1:00.14 31.53	04 Sao Joao Ver	1:00.14	473
21. Renato Miguel, CARVALHO 50m: 29.01 29.01 100m: 1:00.47 31.46	03 Galitos / Bresimar	1:00.47	465
22. Diogo Luis, CANCELA FTL 50m: 30.64 30.64 100m: 1:04.94 34.30	02 Louzan Natacao/EFAPEL	1:04.94	375
DNS Leonardo Contreiras, JERONIMO	00 Nucleo de Pombal		

Juv B/Abs

1. Rodrigo Miguel, REIS 50m: 26.06 26.06 100m: 53.90 27.84	04 Nautico Academico	53.90	657
2. Gil Santos, LEMOS 50m: 26.38 26.38 100m: 54.04 27.66	06 Pimpoes/Cimai	54.04	652
3. Afonso Dinis, ROQUE 50m: 26.70 26.70 100m: 54.83 28.13	07 CNLeiria	54.83	624
4. Francisco Cruz, CARVALHO 50m: 26.52 26.52 100m: 55.02 28.50	06 S., Pedro Alva	55.02	617
5. Tomas Pascoal, FERREIRA 50m: 26.91 26.91 100m: 55.17 28.26	09 Bairro dos Anjos	55.17	612
6. Hugo Filipe, CAROLA 50m: 26.67 26.67 100m: 55.25 28.58	01 Galitos / Bresimar	55.25	610
7. Tiago Diniz, LIMA 50m: 26.87 26.87 100m: 55.33 28.46	04 Estarreja	55.33	607
8. Vasco Almeida, RIBEIRO 50m: 26.86 26.86 100m: 55.37 28.51	05 Sao Joao Ver	55.37	606
9. Goncalo Pereira, COLACO 50m: 27.05 27.05 100m: 55.85 28.80	07 CNLeiria	55.85	590
10. Luca Valentino, TONA 50m: 27.47 27.47 100m: 55.92 28.45	06 Pimpoes/Cimai	55.92	588
11. Joao Carvalho, RODRIGUES 50m: 26.88 26.88 100m: 55.96 29.08	06 Galitos / Bresimar	55.96	587

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
12. Alexandre, DZYAKANAU 50m: 26.99 26.99 100m: 56.26 29.27	07 Louzan Natacao/EFAPEL	56.26	577
13. Guilherme Romeira, PINTO 50m: 27.14 27.14 100m: 56.30 29.16	07 Sporting de Espinho	56.30	576
14. Joaquim Gabriel, OLIVEIRA 50m: 26.50 26.50 100m: 56.41 29.91	07 Sporting Aveiro	56.41	573
15. Dinis Amorim, MOUTELA 50m: 27.57 27.57 100m: 56.48 28.91	05 Estarreja	56.48	571
16. Filipe Santos, CARDOSO 50m: 27.61 27.61 100m: 56.56 28.95	04 Gafanha da Encarnacao	56.56	568
17. Goncalo Carvalho, SANTOS 50m: 27.43 27.43 100m: 56.57 29.14	05 Louzan Natacao/EFAPEL	56.57	568
18. Gustavo Pires, MARQUES 50m: 26.97 26.97 100m: 56.60 29.63	04 União de Coimbra	56.60	567
19. Antonio Cruz, FARDILHA 50m: 27.39 27.39 100m: 56.68 29.29	08 Galitos / Bresimar	56.68	565
20. Henrique Martins, JOAQUIM 50m: 26.83 26.83 100m: 56.69 29.86	09 CNLeiria	56.69	564
21. Tiago Lopes, BRANDAO 50m: 27.00 27.00 100m: 56.70 29.70	07 Sporting Aveiro	56.70	564
22. Duarte Cachulo, MARQUES 50m: 26.74 26.74 100m: 56.72 29.98	07 Condeixa Clube	56.72	563
23. Afonso Vidal, TOMAS 50m: 27.40 27.40 100m: 56.75 29.35	06 Louzan Natacao/EFAPEL	56.75	563
24. Francisco Xavier, RITA 50m: 26.74 26.74 100m: 56.77 30.03	07 Viegense	56.77	562
25. Joao Ferreira, MARQUES 50m: 27.59 27.59 100m: 56.91 29.32	06 Academica de Coimbra	56.91	558
26. Miguel Freitas, OVIEDO 50m: 27.65 27.65 100m: 56.95 29.30	02 Academica de Coimbra	56.95	557
27. Joao Moura, FRANCISCO 50m: 27.31 27.31 100m: 57.06 29.75	07 CNLeiria	57.06	553
28. Tomas Carvalho, SANTOS 50m: 27.47 27.47 100m: 57.07 29.60	05 Louzan Natacao/EFAPEL	57.07	553
29. Vicente Sa, VALE 50m: 27.59 27.59 100m: 57.08 29.49	08 Galitos / Bresimar	57.08	553
30. Pedro Guilherme, FERREIRA 50m: 26.49 26.49 100m: 57.16 30.67	00 Miranda do Corvo	57.16	550
31. Guilherme Gomes, SILVA 50m: 27.59 27.59 100m: 57.27 29.68	05 Estamos Juntos	57.27	547
32. Rodrigo Ribeiro, GOMES 50m: 27.21 27.21 100m: 57.56 30.35	00 Condeixa Clube	57.56	539

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
33. Joao Rafael, FERREIRA 50m: 27.83 27.83 100m: 57.61 29.78	06 Nautico Academico	57.61	538
34. Manuel Martins, OLIVEIRA 50m: 27.67 27.67 100m: 57.64 29.97	08 Sporting de Espinho	57.64	537
Nuno Gabriel, SILVA 50m: 27.65 27.65 100m: 57.64 29.99	05 Campinho	57.64	537
36. Santiago Boica, SOUSA 50m: 27.95 27.95 100m: 57.72 29.77	08 Vieiraense	57.72	535
37. Martim Nobre, PASCOAL 50m: 27.11 27.11 100m: 57.81 30.70	08 Columbofila Cantanhedense	57.81	532
38. Alexandre Silva, RESENDE 50m: 27.15 27.15 100m: 57.85 30.70	07 Feirense	57.85	531
39. Joao Gabriel, ANICETO 50m: 27.25 27.25 100m: 57.86 30.61	04 CNLeiria	57.86	531
40. Rodrigo Pinto, OLIVEIRA 50m: 27.53 27.53 100m: 58.08 30.55	07 Sao Joao Ver	58.08	525
41. Paulo Jorge, OLIVEIRA 50m: 27.58 27.58 100m: 58.17 30.59	08 Estarreja	58.17	522
42. Romulo Neves, PINTO 50m: 27.97 27.97 100m: 58.26 30.29	06 Sao Joao Ver	58.26	520
43. Joao Nuno, GASPAR 50m: 27.79 27.79 100m: 58.34 30.55	09 Condeixa Clube	58.34	518
44. Gabriel Moises, GUERRA 50m: 27.96 27.96 100m: 58.45 30.49	09 Oliveirense	58.45	515
45. Jose Miguel, MARQUES 50m: 27.93 27.93 100m: 58.53 30.60	06 Condeixa Clube	58.53	513
46. Tiago Joaquim, SILVA 50m: 27.82 27.82 100m: 58.55 30.73	09 Galitos / Bresimar	58.55	512
47. Henrique Ferreira, MARTINS 50m: 27.49 27.49 100m: 58.56 31.07	06 Algés e Águeda XXI	58.56	512
48. Daniel Valente, OLIVEIRA 50m: 28.49 28.49 100m: 58.73 30.24	03 Sporting Aveiro	58.73	507
49. Tomas Cardoso, GERALDO 50m: 28.42 28.42 100m: 58.89 30.47	05 Condeixa Clube	58.89	503
50. Salvador Correia, PEREIRA 50m: 27.62 27.62 100m: 58.96 31.34	08 Condeixa Clube	58.96	502
51. Martim Alexandre, MESQUITA 50m: 27.72 27.72 100m: 58.98 31.26	09 Marinha Grande	58.98	501
52. Daniel, KUCHERYAVENKO 50m: 28.10 28.10 100m: 59.01 30.91	07 Galitos / Bresimar	59.01	500
53. Goncalo Malha, NETO 50m: 28.62 28.62 100m: 59.06 30.44	09 Galitos / Bresimar	59.06	499

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
54. Edgar Tavares, MENDES 50m: 28.35 28.35 100m: 59.16 30.81	06 Academica de Coimbra	59.16	496
55. Joao Coelho, CASTRO 50m: 28.41 28.41 100m: 59.24 30.83	08 Sporting de Espinho	59.24	494
56. Nuno Miguel, ANJOS 50m: 28.08 28.08 100m: 59.33 31.25	08 Galitos / Bresimar	59.33	492
57. Rodrigo Marques, LIMA 50m: 28.33 28.33 100m: 59.40 31.07	07 CASPAE	59.40	490
58. Andre Santos, RIBEIRO 50m: 28.40 28.40 100m: 59.50 31.10	07 Oliveirense	59.50	488
59. Pedro Ribeiro, MOÇO 50m: 29.11 29.11 100m: 59.57 30.46	02 Vagos	59.57	486
60. Ricardo Gabriel, OLIVEIRA 50m: 28.41 28.41 100m: 59.64 31.23	04 Estarreja	59.64	485
61. Tomas Rafael, PEREIRA 50m: 28.19 28.19 100m: 59.65 31.46	09 Nautico Academico	59.65	484
62. Bernardo Reis, FERREIRA 50m: 28.71 28.71 100m: 59.75 31.04	08 Galitos / Bresimar	59.75	482
63. Alexandre, SHUBIN 50m: 28.71 28.71 100m: 59.85 31.14	09 Campinho	59.85	479
64. Jose Pedro, COSTA 50m: 29.16 29.16 100m: 1:00.07 30.91	09 Nautico Academico	1:00.07	474
65. Guilherme Sousa, FONTES 50m: 28.61 28.61 100m: 1:00.14 31.53	04 Sao Joao Ver	1:00.14	473
66. Simao Pereira, MACHADO 50m: 27.90 27.90 100m: 1:00.17 32.27	07 Sporting Aveiro	1:00.17	472
67. Martim Nuno, LAVAJO 50m: 28.32 28.32 100m: 1:00.18 31.86	07 Academico de Viseu	1:00.18	472
68. Duarte Oliveira, BERNARDES 50m: 28.28 28.28 100m: 1:00.21 31.93	09 Feirense	1:00.21	471
69. Jose Januario, MARQUES 50m: 28.47 28.47 100m: 1:00.38 31.91	07 Pimpoes/Cimai	1:00.38	467
70. Rafael, SANTOS 50m: 28.94 28.94 100m: 1:00.41 31.47	06 Uniao Juncalense	1:00.41	466
71. Miguel Joao, PINHEIRO 50m: 28.68 28.68 100m: 1:00.42 31.74	06 Academica de Coimbra	1:00.42	466
72. Renato Miguel, CARVALHO 50m: 29.01 29.01 100m: 1:00.47 31.46	03 Galitos / Bresimar	1:00.47	465
73. Antonio Tomas, TEIXEIRA 50m: 29.06 29.06 100m: 1:00.54 31.48	08 Gafanha da Encarnacao	1:00.54	463
74. Tomas Moreira, ASSUNCAO 50m: 27.66 27.66 100m: 1:00.69 33.03	08 Feirense	1:00.69	460

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
75. Dinis Valente, ROCHA 50m: 29.06 29.06 100m: 1:00.78	09 Estarreja	1:00.78	458
76. Guilherme Franca, COSTA 50m: 28.84 28.84 100m: 1:01.49	08 Estamos Juntos	1:01.49	442
77. Guilherme Neves, MARTINS 50m: 29.02 29.02 100m: 1:01.62	09 Sporting de Espinho	1:01.62	439
78. Gabriel Dias, RESGATE 50m: 28.82 28.82 100m: 1:02.14	07 Campinho	1:02.14	428
Nuno Rodrigo, MACEDO 50m: 29.66 29.66 100m: 1:02.14	08 Estamos Juntos	1:02.14	428
80. Alexandre Louro, CARVALHO <i>FTL</i> 50m: 29.66 29.66 100m: 1:03.01	07 Gafanha da Encarnacao	1:03.01	411
81. David, VOLKOV <i>FTL</i> 50m: 29.02 29.02 100m: 1:03.10	07 Sporting Aveiro	1:03.10	409
82. Miguel Tome, MATEUS 50m: 30.15 30.15 100m: 1:03.22	09 Vagos	1:03.22	407
83. Pedro Blanc, CAPINHA 50m: 30.32 30.32 100m: 1:03.36	09 Óbidos Criativa	1:03.36	404
84. Luis Azevedo, PINTO 50m: 30.29 30.29 100m: 1:03.44	09 Estarreja	1:03.44	403
85. Leonardo Branco, PEREIRA 50m: 29.74 29.74 100m: 1:03.47	08 O Crasto	1:03.47	402
86. Diogo Coelho, JORDAO 50m: 29.90 29.90 100m: 1:03.74	08 Uniao Juncalense	1:03.74	397
87. David Ferrador, PEREIRA 50m: 30.41 30.41 100m: 1:03.87	09 Nucleo de Pombal	1:03.87	394
88. Francisco Antunes, SOUSA 50m: 30.93 30.93 100m: 1:03.90	09 Columbofila Cantanhedense	1:03.90	394
89. Mateus Tavares, BASTOS 50m: 30.17 30.17 100m: 1:04.05	08 Campinho	1:04.05	391
90. Manuel Leite, AGUIAR 50m: 31.08 31.08 100m: 1:04.10	09 Sanjoanense	1:04.10	390
91. Santiago Marques, GOMES 50m: 30.82 30.82 100m: 1:04.23	09 Bairro dos Anjos	1:04.23	388
92. Diogo Luis, CANCELA <i>FTL</i> 50m: 30.64 30.64 100m: 1:04.94	02 Louzan Natacao/EFAPEL	1:04.94	375
93. Isaac Arruda, SARAIVA <i>FTL</i> 50m: 31.15 31.15 100m: 1:06.12	09 Vieiraense	1:06.12	355

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 9, Masc., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
94. Henrique Figueiredo, FIDALGO <i>FTL</i>	08 Vigor da Mocidade	1:07.80	330
50m: 32.69 32.69 100m: 1:07.80 35.11			
95. Joao Tomas, FERNANDES <i>FTL</i>	08 O Crasto	1:08.23	323
50m: 33.03 33.03 100m: 1:08.23 35.20			
DNS Guilherme Jose, ROCHA	07 Sporting de Espinho		
DNS Leonardo Contreiras, JERONIMO	00 Nucleo de Pombal		
EXH Alexandre, MORARI	07 Rio Maior	52.11	727
50m: 24.84 24.84 100m: 52.11 27.27			
EXH Daniel Batista, TAVARES	06 Braga	52.86	696
50m: 25.36 25.36 100m: 52.86 27.50			
EXH Miguel Henriques, MARQUES	00 Benfica	52.87	696
50m: 24.40 24.40 100m: 52.87 28.47			
EXH Gustavo Carvalho, SILVA	04 Praia da Vitoria	55.15	613
50m: 26.06 26.06 100m: 55.15 29.09			
EXH Hugo Fonseca, GONÇALVES	03 Peso da Regua	56.06	584
50m: 26.55 26.55 100m: 56.06 29.51			
EXH Andriy, FEDOROV	08 FC Ferreiras/AlgarExperience	56.47	571
50m: 27.19 27.19 100m: 56.47 29.28			
EXH Joso Pedro, ROCHA	04 Peso da Regua	57.77	533
50m: 27.81 27.81 100m: 57.77 29.96			
EXH Tiago Fonseca, GONÇALVES	08 Peso da Regua	58.82	505
50m: 28.18 28.18 100m: 58.82 30.64			
EXH Pedro Fernando, COELHO	08 Peso da Regua	1:01.54	441
50m: 29.02 29.02 100m: 1:01.54 32.52			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10	Femin., 100m Livres				Abs
16/03/2024 - 11:00					Resultados
Rec Nacionais Open	56.21	Francisca Soares, MARTINS	FOCA	Coimbra	28/07/2023
Rec Nacionais Sen	56.21	Francisca Soares, MARTINS	FOCA	Coimbra	28/07/2023
Rec Nacionais Jun 17	56.56	Ana Reis, SOUSA	SAD	Coimbra	04/04/2019
Rec Nacionais Jun 16	57.11	Ana Reis, SOUSA	POR	Helsinki (FIN)	04/07/2018
Rec Nacionais Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08/07/2009
Rec Nacionais Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	22/07/2019

TA JUVB-FEM Juv B: 1:13.64 / TA JUVA-FEM Juv A: 1:11.94 / TA JUN-FEM Jun: 1:10.24 / TA SEN-FEM Sen: 1:08.52

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts
Juv B				
1.	Camila Duarte, MARCELO	10	Condeixa Clube	1:02.90 555
	50m: 30.03 30.03	100m: 1:02.90	32.87	
2.	Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	1:03.88 530
	50m: 30.86 30.86	100m: 1:03.88	33.02	
3.	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	1:04.18 523
	50m: 30.89 30.89	100m: 1:04.18	33.29	
4.	Ines Ribeiro, MELO	10	Galitos / Bresimar	1:05.01 503
	50m: 31.18 31.18	100m: 1:05.01	33.83	
5.	Leonor Silva, JESUS	10	Galitos / Bresimar	1:05.23 498
	50m: 31.56 31.56	100m: 1:05.23	33.67	
6.	Rita Lucas, SANTOS	10	Condeixa Clube	1:05.33 495
	50m: 31.62 31.62	100m: 1:05.33	33.71	
7.	Maria Carolina, ALVES	10	Bairro dos Anjos	1:05.90 483
	50m: 31.25 31.25	100m: 1:05.90	34.65	
8.	Barbara Balbino, MENDES	10	Naval de Peniche	1:06.05 479
	50m: 31.83 31.83	100m: 1:06.05	34.22	
9.	Leonor Silva, OLIVEIRA	10	Galitos / Bresimar	1:06.65 467
	50m: 32.73 32.73	100m: 1:06.65	33.92	
10.	Debora Silva, INACIO	10	Pimpoes/Cimai	1:06.69 466
	50m: 31.83 31.83	100m: 1:06.69	34.86	
11.	Maria Ines, RODRIGUES	10	Condeixa Clube	1:06.78 464
	50m: 32.60 32.60	100m: 1:06.78	34.18	
12.	Mariana Pina, MACEDO	10	Estamos Juntos	1:07.38 451
	50m: 32.39 32.39	100m: 1:07.38	34.99	
13.	Laura Helena, AMORIM	10	Marinha Grande	1:07.42 451
	50m: 32.09 32.09	100m: 1:07.42	35.33	
14.	Diana Isabel, ALVES	10	Pimpoes/Cimai	1:07.97 440
	50m: 33.10 33.10	100m: 1:07.97	34.87	
15.	Mariana Sa, AZEVEDO	10	Sporting de Espinho	1:08.13 437
	50m: 32.74 32.74	100m: 1:08.13	35.39	
16.	Bianca Balbino, MENDES	10	Naval de Peniche	1:08.15 436
	50m: 32.83 32.83	100m: 1:08.15	35.32	
17.	Leonor Pereira, SILVA	10	Óbidos Criativa	1:08.83 424
	50m: 32.44 32.44	100m: 1:08.83	36.39	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv B

Lugar	Ano	Tempo final	Pts
18. Raquel Domingues, RE 50m: 32.40 32.40 100m: 1:09.20 36.80	10 Sporting Aveiro	1:09.20	417
19. Eva Santos, FERREIRA 50m: 32.74 32.74 100m: 1:09.33 36.59	10 O Crasto	1:09.33	414
20. Laura Margarida, ASCENSO 50m: 32.84 32.84 100m: 1:09.57 36.73	10 Marinha Grande	1:09.57	410
21. Isabella Scavone, LOPES 50m: 33.82 33.82 100m: 1:10.40 36.58	10 Miranda do Corvo	1:10.40	396
22. Laura Nobre, MONTEIRO 50m: 33.67 33.67 100m: 1:11.02 37.35	10 Columbofila Cantanhedense	1:11.02	385
23. Sofia Daniela, FERREIRA 50m: 34.73 34.73 100m: 1:12.25 37.52	10 União de Coimbra	1:12.25	366
24. Beatriz Ribeiro, VELOSO 50m: 35.36 35.36 100m: 1:12.46 37.10	10 Vigor da Mocidade	1:12.46	363
25. Sofia Oliveira, FREITAS 50m: 35.45 35.45 100m: 1:12.64 37.19	10 O Crasto	1:12.64	360
DNS Matilde Filipa, AMADO	10 Marinha Grande		

Juv A

1. Lara Catarina, MAIA 50m: 29.41 29.41 100m: 1:01.77 32.36	09 Estarreja	1:01.77	586
2. Alana Costa, MATIAS 50m: 30.28 30.28 100m: 1:02.96 32.68	09 União de Coimbra	1:02.96	554
3. Constanca Baptista, TOMAS 50m: 30.76 30.76 100m: 1:04.41 33.65	09 Alcobaca	1:04.41	517
4. Anastacia, PROTOLYUK 50m: 30.77 30.77 100m: 1:04.45 33.68	09 Columbofila Cantanhedense	1:04.45	516
5. Francisca Pinto, OLIVEIRA 50m: 31.97 31.97 100m: 1:05.91 33.94	09 Galitos / Bresimar	1:05.91	482
6. Francisca Ramos, NUNES 50m: 31.08 31.08 100m: 1:06.33 35.25	09 Naval de Peniche	1:06.33	473
7. Marta Antunes, CASTRO 50m: 31.71 31.71 100m: 1:06.53 34.82	09 Sporting Aveiro	1:06.53	469
8. Francisca Soreto, PEDREIRO 50m: 32.61 32.61 100m: 1:06.75 34.14	09 Galitos / Bresimar	1:06.75	464
9. Maria Rita, OLIVEIRA 50m: 32.42 32.42 100m: 1:07.18 34.76	09 Academico de Viseu	1:07.18	456
10. Matilde Lopes, SILVA 50m: 32.93 32.93 100m: 1:08.25 35.32	09 Sao Joao Ver	1:08.25	434
11. Ana Margarida, CRUZ 50m: 32.40 32.40 100m: 1:08.43 36.03	09 Nautico Academico	1:08.43	431

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv A

Lugar	Ano	Tempo final	Pts
12. Carolina Mortagua, MELO 50m: 32.69 32.69 100m: 1:08.70	09 Estarreja	1:08.70	426
13. Clara Sobreiro, RODRIGUES 50m: 33.10 33.10 100m: 1:09.00	09 Pimpoes/Cimai	1:09.00	420
14. Ines Ferreira, CHELEU 50m: 32.53 32.53 100m: 1:09.24	09 Bairro dos Anjos	1:09.24	416
15. Anjali, RAICAR 50m: 33.00 33.00 100m: 1:09.43	09 Naval de Peniche	1:09.43	413
16. Zofie, PACHECO 50m: 33.40 33.40 100m: 1:09.54	09 Naval de Peniche	1:09.54	411
17. Mariana Sousa, MARQUES 50m: 33.16 33.16 100m: 1:09.71	09 Alcobaca	1:09.71	408
18. Gabriela Lopes, FERNANDES 50m: 33.16 33.16 100m: 1:09.82	09 O Crasto	1:09.82	406
19. Beatriz Ferreira, MIGUEL 50m: 34.22 34.22 100m: 1:10.98	09 Algés e Águeda XXI	1:10.98	386

Jun

1. Erica Domitila, AMADOR 50m: 28.65 28.65 100m: 1:00.48	07 Estarreja	1:00.48	625
2. Leonor Mil, MANO 50m: 29.12 29.12 100m: 1:00.61	07 Nautico Academico	1:00.61	620
3. Carolina Vizinho, CABRAL 50m: 29.66 29.66 100m: 1:01.06	07 Vagos	1:01.06	607
4. Nuria Resende, SILVA 50m: 29.75 29.75 100m: 1:02.74	07 Oliveirense	1:02.74	559
5. Dania Rodrigues, SIMOES 50m: 31.10 31.10 100m: 1:02.92	07 Louzan Natacao/EFAPEL	1:02.92	555
6. Carolina Martins, SILVA 50m: 30.14 30.14 100m: 1:03.10	07 Estarreja	1:03.10	550
7. Cristiana Sofia, DUARTE 50m: 30.20 30.20 100m: 1:03.71	07 Academica de Coimbra	1:03.71	534
8. Bianca Filipa, ALMEIDA 50m: 30.44 30.44 100m: 1:03.75	07 Algés e Águeda XXI	1:03.75	533
9. Nuria Soares, SILVA 50m: 29.87 29.87 100m: 1:03.94	07 Sao Joao Ver	1:03.94	528
10. Alice Mendes, MACEDO 50m: 31.49 31.49 100m: 1:04.37	08 Estamos Juntos	1:04.37	518
11. Leonor Vendima, COELHO 50m: 31.11 31.11 100m: 1:04.43	07 CNLeiria	1:04.43	516
12. Maria Saraiva, PAIXAO 50m: 31.68 31.68 100m: 1:04.80	08 Galitos / Bresimar	1:04.80	508

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
13. Bruna Filipa, LOURENCO 50m: 30.93 30.93 100m: 1:05.05	08 O Crasto	1:05.05	502
14. Rita Oliveira, PIRES 50m: 31.64 31.64 100m: 1:05.39	08 Galitos / Bresimar	1:05.39	494
15. Rafaela Calvo, COUTINHO 50m: 31.12 31.12 100m: 1:06.67	08 Campinho	1:06.67	466
16. Beatriz Azevedo, PEREIRA 50m: 31.56 31.56 100m: 1:06.79	07 Sao Joao Ver	1:06.79	464
17. Laura Gomes, SILVA 50m: 32.78 32.78 100m: 1:07.28	08 Estamos Juntos	1:07.28	454
18. Maria Joao, LOBO 50m: 32.47 32.47 100m: 1:07.47	07 Sporting Aveiro	1:07.47	450
19. Rita Resende, NEVES 50m: 33.20 33.20 100m: 1:07.78	08 Estamos Juntos	1:07.78	444
20. Mafalda Costa, BASTOS 50m: 32.34 32.34 100m: 1:07.88	07 Sanjoanense	1:07.88	442
21. Carolina Ferreira, FONSECA 50m: 32.51 32.51 100m: 1:08.99	07 Vieiraense	1:08.99	421
22. Diana Rita, FONSECA 50m: 33.36 33.36 100m: 1:09.19	08 Vieiraense	1:09.19	417
23. Maria Ines, SILVA <i>FTL</i> 50m: 33.29 33.29 100m: 1:10.89	08 Gafanha da Encarnacao	1:10.89	388
24. Maria Esteves, SILVA <i>FTL</i> 50m: 34.00 34.00 100m: 1:11.07	07 Sporting Aveiro	1:11.07	385
DNS Marta Barbosa, MENDES	07 Feirense		

Sen

1. Carolina Miranda, FERNANDES 50m: 28.35 28.35 100m: 59.01	05 Galitos / Bresimar	59.01	672
2. Helena Nunes, RODRIGUES 50m: 29.27 29.27 100m: 1:00.79	03 Condeixa Clube	1:00.79	615
3. Matilde Ribeiro, CORREIA 50m: 29.39 29.39 100m: 1:00.96	04 Oliveirense	1:00.96	610
4. Ines Mira, PINO 50m: 30.02 30.02 100m: 1:02.37	06 Pimpoes/Cimai	1:02.37	569
5. Beatriz Costa, TEJO 50m: 29.89 29.89 100m: 1:02.96	02 Academica de Coimbra	1:02.96	554
6. Matilde Fonseca, OLIVEIRA 50m: 30.04 30.04 100m: 1:03.00	06 Louzan Natacao/EFAPEL	1:03.00	552

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
7. Ana Carolina, MONTEIRO 50m: 30.60 30.60 100m: 1:03.52	04 União de Coimbra	1:03.52 32.92	539
8. Lara Rodrigues, VASCONCELOS 50m: 30.25 30.25 100m: 1:03.85	05 Galitos / Bresimar	1:03.85 33.60	531
9. Giovanna Vaz, VARGAS 50m: 30.46 30.46 100m: 1:04.26	00 Marinha Grande	1:04.26 33.80	521
10. Mariana Nunes, MARQUES 50m: 30.56 30.56 100m: 1:04.53	03 Estarreja	1:04.53 33.97	514
11. Leonor Caetano, MOREIRA 50m: 30.53 30.53 100m: 1:05.07	06 Viegense	1:05.07 34.54	501
12. Ana Claudia, FERREIRA 50m: 31.56 31.56 100m: 1:05.34	90 Alcobaca	1:05.34 33.78	495
13. Leonor Ferreira, SEQUEIRA 50m: 31.14 31.14 100m: 1:05.53	05 Gafanha da Encarnacao	1:05.53 34.39	491
14. Leonor Marques, FERREIRA 50m: 31.24 31.24 100m: 1:05.74	03 Campinho	1:05.74 34.50	486
15. Ines Santos, CUNHA 50m: 31.71 31.71 100m: 1:06.01	06 Gafanha da Encarnacao	1:06.01 34.30	480
16. Valentina Saad, BARBOSA 50m: 31.12 31.12 100m: 1:06.21	04 Academica de Coimbra	1:06.21 35.09	476
17. Kateryna, DZYAKANAVA 50m: 30.97 30.97 100m: 1:06.51	05 Louzan Natacao/EFAPEL	1:06.51 35.54	469
18. Vanessa Sofia, OLIVEIRA 50m: 32.32 32.32 100m: 1:07.02	05 Gafanha da Encarnacao	1:07.02 34.70	459
19. Beatriz Rocha, SANTOS 50m: 32.53 32.53 100m: 1:07.81	02 Campinho	1:07.81 35.28	443
20. Dalila Leal, BERNARDINO <i>FTL</i> 50m: 32.28 32.28 100m: 1:08.55	06 Nucleo de Pombal	1:08.55 36.27	429
21. Eduarda Oliveira, CARDOSO <i>FTL</i> 50m: 32.79 32.79 100m: 1:08.59	06 Estamos Juntos	1:08.59 35.80	428
22. Patricia Alexandra, KVAS <i>FTL</i> 50m: 32.54 32.54 100m: 1:09.43	06 Sao Joao Ver	1:09.43 36.89	413
23. Bruna Silva, MOITEIRO <i>FTL</i> 50m: 32.59 32.59 100m: 1:09.56	04 Marinha Grande	1:09.56 36.97	410
24. Francisca Gomes, SILVA <i>FTL</i> 50m: 33.23 33.23 100m: 1:11.14	06 Sporting de Espinho	1:11.14 37.91	384

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		
DNS Maria Vieira, MALHEIRO	05 Campinho		
DNS Mariana Teixeira, JESUS	06 Estarreja		
DNS Maria Miguel, VALENTE	06 Estarreja		

Juv B/Abs

1. Carolina Miranda, FERNANDES	05 Galitos / Bresimar	59.01	672
50m: 28.35 28.35 100m: 59.01	30.66		
2. Erica Domitila, AMADOR	07 Estarreja	1:00.48	625
50m: 28.65 28.65 100m: 1:00.48	31.83		
3. Leonor Mil, MANO	07 Nautico Academico	1:00.61	620
50m: 29.12 29.12 100m: 1:00.61	31.49		
4. Helena Nunes, RODRIGUES	03 Condeixa Clube	1:00.79	615
50m: 29.27 29.27 100m: 1:00.79	31.52		
5. Matilde Ribeiro, CORREIA	04 Oliveirense	1:00.96	610
50m: 29.39 29.39 100m: 1:00.96	31.57		
6. Carolina Vizinho, CABRAL	07 Vagos	1:01.06	607
50m: 29.66 29.66 100m: 1:01.06	31.40		
7. Lara Catarina, MAIA	09 Estarreja	1:01.77	586
50m: 29.41 29.41 100m: 1:01.77	32.36		
8. Ines Mira, PINO	06 Pimpoes/Cimai	1:02.37	569
50m: 30.02 30.02 100m: 1:02.37	32.35		
9. Nuria Resende, SILVA	07 Oliveirense	1:02.74	559
50m: 29.75 29.75 100m: 1:02.74	32.99		
10. Camila Duarte, MARCELO	10 Condeixa Clube	1:02.90	555
50m: 30.03 30.03 100m: 1:02.90	32.87		
11. Dania Rodrigues, SIMOES	07 Louzan Natacao/EFAPEL	1:02.92	555
50m: 31.10 31.10 100m: 1:02.92	31.82		
12. Alana Costa, MATIAS	09 União de Coimbra	1:02.96	554
50m: 30.28 30.28 100m: 1:02.96	32.68		
Beatriz Costa, TEJO	02 Academica de Coimbra	1:02.96	554
50m: 29.89 29.89 100m: 1:02.96	33.07		
14. Matilde Fonseca, OLIVEIRA	06 Louzan Natacao/EFAPEL	1:03.00	552
50m: 30.04 30.04 100m: 1:03.00	32.96		
15. Carolina Martins, SILVA	07 Estarreja	1:03.10	550
50m: 30.14 30.14 100m: 1:03.10	32.96		
16. Ana Carolina, MONTEIRO	04 União de Coimbra	1:03.52	539
50m: 30.60 30.60 100m: 1:03.52	32.92		
17. Cristiana Sofia, DUARTE	07 Academica de Coimbra	1:03.71	534
50m: 30.20 30.20 100m: 1:03.71	33.51		
18. Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI	1:03.75	533
50m: 30.44 30.44 100m: 1:03.75	33.31		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
19. Lara Rodrigues, VASCONCELOS 50m: 30.25 30.25 100m: 1:03.85 33.60	05 Galitos / Bresimar	1:03.85	531
20. Sofia Rodrigues, VASCONCELOS 50m: 30.86 30.86 100m: 1:03.88 33.02	10 Galitos / Bresimar	1:03.88	530
21. Nuria Soares, SILVA 50m: 29.87 29.87 100m: 1:03.94 34.07	07 Sao Joao Ver	1:03.94	528
22. Maria Miguel, FERNANDES 50m: 30.89 30.89 100m: 1:04.18 33.29	10 Columbofila Cantanhedense	1:04.18	523
23. Giovanna Vaz, VARGAS 50m: 30.46 30.46 100m: 1:04.26 33.80	00 Marinha Grande	1:04.26	521
24. Alice Mendes, MACEDO 50m: 31.49 31.49 100m: 1:04.37 32.88	08 Estamos Juntos	1:04.37	518
25. Constanca Baptista, TOMAS 50m: 30.76 30.76 100m: 1:04.41 33.65	09 Alcobaca	1:04.41	517
26. Leonor Vendima, COELHO 50m: 31.11 31.11 100m: 1:04.43 33.32	07 CNLeiria	1:04.43	516
27. Anastacia, PROTOLYUK 50m: 30.77 30.77 100m: 1:04.45 33.68	09 Columbofila Cantanhedense	1:04.45	516
28. Mariana Nunes, MARQUES 50m: 30.56 30.56 100m: 1:04.53 33.97	03 Estarreja	1:04.53	514
29. Maria Saraiva, PAIXAO 50m: 31.68 31.68 100m: 1:04.80 33.12	08 Galitos / Bresimar	1:04.80	508
30. Ines Ribeiro, MELO 50m: 31.18 31.18 100m: 1:05.01 33.83	10 Galitos / Bresimar	1:05.01	503
31. Bruna Filipa, LOURENCO 50m: 30.93 30.93 100m: 1:05.05 34.12	08 O Crasto	1:05.05	502
32. Leonor Caetano, MOREIRA 50m: 30.53 30.53 100m: 1:05.07 34.54	06 Vieiraense	1:05.07	501
33. Leonor Silva, JESUS 50m: 31.56 31.56 100m: 1:05.23 33.67	10 Galitos / Bresimar	1:05.23	498
34. Rita Lucas, SANTOS 50m: 31.62 31.62 100m: 1:05.33 33.71	10 Condeixa Clube	1:05.33	495
35. Ana Claudia, FERREIRA 50m: 31.56 31.56 100m: 1:05.34 33.78	90 Alcobaca	1:05.34	495
36. Rita Oliveira, PIRES 50m: 31.64 31.64 100m: 1:05.39 33.75	08 Galitos / Bresimar	1:05.39	494
37. Leonor Ferreira, SEQUEIRA 50m: 31.14 31.14 100m: 1:05.53 34.39	05 Gafanha da Encarnacao	1:05.53	491
38. Leonor Marques, FERREIRA 50m: 31.24 31.24 100m: 1:05.74 34.50	03 Campinho	1:05.74	486
39. Maria Carolina, ALVES 50m: 31.25 31.25 100m: 1:05.90 34.65	10 Bairro dos Anjos	1:05.90	483

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
40. Francisca Pinto, OLIVEIRA 50m: 31.97 31.97 100m: 1:05.91 33.94	09 Galitos / Bresimar	1:05.91	482
41. Ines Santos, CUNHA 50m: 31.71 31.71 100m: 1:06.01 34.30	06 Gafanha da Encarnacao	1:06.01	480
42. Barbara Balbino, MENDES 50m: 31.83 31.83 100m: 1:06.05 34.22	10 Naval de Peniche	1:06.05	479
43. Valentina Saad, BARBOSA 50m: 31.12 31.12 100m: 1:06.21 35.09	04 Academica de Coimbra	1:06.21	476
44. Francisca Ramos, NUNES 50m: 31.08 31.08 100m: 1:06.33 35.25	09 Naval de Peniche	1:06.33	473
45. Kateryna, DZYAKANAVA 50m: 30.97 30.97 100m: 1:06.51 35.54	05 Louzan Natacao/EFAPEL	1:06.51	469
46. Marta Antunes, CASTRO 50m: 31.71 31.71 100m: 1:06.53 34.82	09 Sporting Aveiro	1:06.53	469
47. Leonor Silva, OLIVEIRA 50m: 32.73 32.73 100m: 1:06.65 33.92	10 Galitos / Bresimar	1:06.65	467
48. Rafaela Calvo, COUTINHO 50m: 31.12 31.12 100m: 1:06.67 35.55	08 Campinho	1:06.67	466
49. Debora Silva, INACIO 50m: 31.83 31.83 100m: 1:06.69 34.86	10 Pimpoes/Cimai	1:06.69	466
50. Francisca Soreto, PEDREIRO 50m: 32.61 32.61 100m: 1:06.75 34.14	09 Galitos / Bresimar	1:06.75	464
51. Maria Ines, RODRIGUES 50m: 32.60 32.60 100m: 1:06.78 34.18	10 Condeixa Clube	1:06.78	464
52. Beatriz Azevedo, PEREIRA 50m: 31.56 31.56 100m: 1:06.79 35.23	07 Sao Joao Ver	1:06.79	464
53. Vanessa Sofia, OLIVEIRA 50m: 32.32 32.32 100m: 1:07.02 34.70	05 Gafanha da Encarnacao	1:07.02	459
54. Maria Rita, OLIVEIRA 50m: 32.42 32.42 100m: 1:07.18 34.76	09 Academico de Viseu	1:07.18	456
55. Laura Gomes, SILVA 50m: 32.78 32.78 100m: 1:07.28 34.50	08 Estamos Juntos	1:07.28	454
56. Mariana Pina, MACEDO 50m: 32.39 32.39 100m: 1:07.38 34.99	10 Estamos Juntos	1:07.38	451
57. Laura Helena, AMORIM 50m: 32.09 32.09 100m: 1:07.42 35.33	10 Marinha Grande	1:07.42	451
58. Maria Joao, LOBO 50m: 32.47 32.47 100m: 1:07.47 35.00	07 Sporting Aveiro	1:07.47	450
59. Rita Resende, NEVES 50m: 33.20 33.20 100m: 1:07.78 34.58	08 Estamos Juntos	1:07.78	444
60. Beatriz Rocha, SANTOS 50m: 32.53 32.53 100m: 1:07.81 35.28	02 Campinho	1:07.81	443

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
61. Mafalda Costa, BASTOS 50m: 32.34 32.34 100m: 1:07.88 35.54	07 Sanjoanense	1:07.88	442
62. Diana Isabel, ALVES 50m: 33.10 33.10 100m: 1:07.97 34.87	10 Pimpoes/Cimai	1:07.97	440
63. Mariana Sa, AZEVEDO 50m: 32.74 32.74 100m: 1:08.13 35.39	10 Sporting de Espinho	1:08.13	437
64. Bianca Balbino, MENDES 50m: 32.83 32.83 100m: 1:08.15 35.32	10 Naval de Peniche	1:08.15	436
65. Matilde Lopes, SILVA 50m: 32.93 32.93 100m: 1:08.25 35.32	09 Sao Joao Ver	1:08.25	434
66. Ana Margarida, CRUZ 50m: 32.40 32.40 100m: 1:08.43 36.03	09 Nautico Academico	1:08.43	431
67. Dalila Leal, BERNARDINO <i>FTL</i> 50m: 32.28 32.28 100m: 1:08.55 36.27	06 Nucleo de Pombal	1:08.55	429
68. Eduarda Oliveira, CARDOSO <i>FTL</i> 50m: 32.79 32.79 100m: 1:08.59 35.80	06 Estamos Juntos	1:08.59	428
69. Carolina Mortagua, MELO 50m: 32.69 32.69 100m: 1:08.70 36.01	09 Estarreja	1:08.70	426
70. Leonor Pereira, SILVA 50m: 32.44 32.44 100m: 1:08.83 36.39	10 Óbidos Criativa	1:08.83	424
71. Carolina Ferreira, FONSECA 50m: 32.51 32.51 100m: 1:08.99 36.48	07 Vieirense	1:08.99	421
72. Clara Sobreiro, RODRIGUES 50m: 33.10 33.10 100m: 1:09.00 35.90	09 Pimpoes/Cimai	1:09.00	420
73. Diana Rita, FONSECA 50m: 33.36 33.36 100m: 1:09.19 35.83	08 Vieirense	1:09.19	417
74. Raquel Domingues, RE 50m: 32.40 32.40 100m: 1:09.20 36.80	10 Sporting Aveiro	1:09.20	417
75. Ines Ferreira, CHELEU 50m: 32.53 32.53 100m: 1:09.24 36.71	09 Bairro dos Anjos	1:09.24	416
76. Eva Santos, FERREIRA 50m: 32.74 32.74 100m: 1:09.33 36.59	10 O Crasto	1:09.33	414
77. Anjali, RAICAR 50m: 33.00 33.00 100m: 1:09.43 36.43	09 Naval de Peniche	1:09.43	413
Patricia Alexandra, KVAS <i>FTL</i> 50m: 32.54 32.54 100m: 1:09.43 36.89	06 Sao Joao Ver	1:09.43	413
79. Zofie, PACHECO 50m: 33.40 33.40 100m: 1:09.54 36.14	09 Naval de Peniche	1:09.54	411

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
80. Bruna Silva, MOITEIRO <i>FTL</i>	04 Marinha Grande	1:09.56	410
50m: 32.59 32.59 100m: 1:09.56 36.97			
81. Laura Margarida, ASCENSO	10 Marinha Grande	1:09.57	410
50m: 32.84 32.84 100m: 1:09.57 36.73			
82. Mariana Sousa, MARQUES	09 Alcobaca	1:09.71	408
50m: 33.16 33.16 100m: 1:09.71 36.55			
83. Gabriela Lopes, FERNANDES	09 O Crasto	1:09.82	406
50m: 33.16 33.16 100m: 1:09.82 36.66			
84. Isabella Scavone, LOPES	10 Miranda do Corvo	1:10.40	396
50m: 33.82 33.82 100m: 1:10.40 36.58			
85. Maria Ines, SILVA <i>FTL</i>	08 Gafanha da Encarnacao	1:10.89	388
50m: 33.29 33.29 100m: 1:10.89 37.60			
86. Beatriz Ferreira, MIGUEL	09 Algés e Águeda XXI	1:10.98	386
50m: 34.22 34.22 100m: 1:10.98 36.76			
87. Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	1:11.02	385
50m: 33.67 33.67 100m: 1:11.02 37.35			
88. Maria Esteves, SILVA <i>FTL</i>	07 Sporting Aveiro	1:11.07	385
50m: 34.00 34.00 100m: 1:11.07 37.07			
89. Francisca Gomes, SILVA <i>FTL</i>	06 Sporting de Espinho	1:11.14	384
50m: 33.23 33.23 100m: 1:11.14 37.91			
90. Sofia Daniela, FERREIRA	10 União de Coimbra	1:12.25	366
50m: 34.73 34.73 100m: 1:12.25 37.52			
91. Beatriz Ribeiro, VELOSO	10 Vigor da Mocidade	1:12.46	363
50m: 35.36 35.36 100m: 1:12.46 37.10			
92. Sofia Oliveira, FREITAS	10 O Crasto	1:12.64	360
50m: 35.45 35.45 100m: 1:12.64 37.19			
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		
DNS Maria Vieira, MALHEIRO	05 Campinho		
DNS Mariana Teixeira, JESUS	06 Estarreja		
DNS Maria Miguel, VALENTE	06 Estarreja		
DNS Marta Barbosa, MENDES	07 Feirense		
DNS Matilde Filipa, AMADO	10 Marinha Grande		
EXH Maria Silva, PEREIRA	08 Ginasio Vila Real	59.88	643
50m: 28.55 28.55 100m: 59.88 31.33			
EXH Carlota Costa, BOLEIXA	08 Louletano / Loule Concelho	1:00.43	626
50m: 28.19 28.19 100m: 1:00.43 32.24			
EXH Beatriz Silva, LOURO	07 Louletano / Loule Concelho	1:01.33	599
50m: 29.18 29.18 100m: 1:01.33 32.15			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 10, Femin., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH Andreia Monteiro, BARREIRA	06	1:01.55	592
50m: 28.97 28.97 100m: 1:01.55 32.58			
EXH Eva Alexandra, COUTINHO	09	1:04.23	521
50m: 30.44 30.44 100m: 1:04.23 33.79			

Prova 11

16/03/2024 - 11:30

Masc., 200m Costas

14 anos e mais velhos

Resultados

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

TA JUVA-MASC Juv A: 2:41.27 / TA JUVB-MASC Juv B: 2:45.05 / TA JUN-MASC Jun: 2:36.72 / TA SEN-MASC Sen: 2:32.19

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Rafael, PEREIRA	09	2:28.55	427
50m: 34.56 34.56 100m: 1:12.35 37.79 150m: 1:50.81 38.46 200m: 2:28.55 37.74			
2. Joao Miguel, SANTOS	09	2:29.44	420
50m: 33.93 33.93 100m: 1:12.52 38.59 150m: 1:51.92 39.40 200m: 2:29.44 37.52			
3. Rafael Neto, FERNANDES	09	2:32.57	394
50m: 36.59 36.59 100m: 1:14.62 38.03 150m: 1:53.96 39.34 200m: 2:32.57 38.61			
4. Tiago Janeiro, MOITA	09	2:33.00	391
50m: 35.57 35.57 100m: 1:14.24 38.67 150m: 1:53.65 39.41 200m: 2:33.00 39.35			
5. Pedro Vidal, GUEDES	09	2:33.35	388
50m: 35.61 35.61 100m: 1:13.68 38.07 150m: 1:54.11 40.43 200m: 2:33.35 39.24			
6. Manuel Vicente, TAVEIRA	09	2:35.57	372
50m: 36.40 36.40 100m: 1:16.04 39.64 150m: 1:56.62 40.58 200m: 2:35.57 38.95			
7. Tomas Bento, ANFILOQUIO	09	2:36.08	368
50m: 35.89 35.89 100m: 1:14.59 38.70 150m: 1:55.03 40.44 200m: 2:36.08 41.05			
8. Xinyang, CHENG	09	2:38.87	349
50m: 36.75 36.75 100m: 1:16.82 40.07 150m: 1:58.77 41.95 200m: 2:38.87 40.10			
9. David Ferrador, PEREIRA	09	2:40.12	341
50m: 36.28 36.28 100m: 1:17.96 41.68 150m: 2:00.07 42.11 200m: 2:40.12 40.05			
10. Pedro Fonseca, OLIVEIRA	09	2:40.89	336
50m: 34.92 34.92 100m: 1:15.29 40.37 150m: 1:58.79 43.50 200m: 2:40.89 42.10			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 11, Masc., 200m Costas

Juv A

1.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai	2:15.07	568
	50m: 31.54 31.54	100m: 1:06.39	34.85 150m: 1:41.05	34.66	200m: 2:15.07 34.02
2.	Joao Miguel, VITORIA	08	Academico de Viseu	2:19.58	515
	50m: 33.28 33.28	100m: 1:08.79	35.51 150m: 1:44.24	35.45	200m: 2:19.58 35.34
3.	Miguel Duarte, BATISTA	08	Academico de Viseu	2:20.09	509
	50m: 32.36 32.36	100m: 1:08.01	35.65 150m: 1:44.45	36.44	200m: 2:20.09 35.64
4.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	2:20.74	502
	50m: 33.52 33.52	100m: 1:08.95	35.43 150m: 1:45.41	36.46	200m: 2:20.74 35.33
5.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	2:21.08	499
	50m: 33.79 33.79	100m: 1:08.89	35.10 150m: 1:45.27	36.38	200m: 2:21.08 35.81
6.	Joao Diogo, NEVES	08	Sporting de Espinho	2:27.43	437
	50m: 33.57 33.57	100m: 1:11.09	37.52 150m: 1:51.00	39.91	200m: 2:27.43 36.43
7.	Francisco Pereira, SANTOS	08	Sporting de Espinho	2:34.59	379
	50m: 34.16 34.16	100m: 1:13.11	38.95 150m: 1:54.48	41.37	200m: 2:34.59 40.11
8.	Diogo Assuncao, FERREIRA	08	Feirense	2:38.24	353
	50m: 34.07 34.07	100m: 1:14.40	40.33 150m: 1:55.70	41.30	200m: 2:38.24 42.54
9.	Joao Tomas, FERNANDES	08	O Crasto	2:52.89	271
	<i>FTL</i>				
	50m: 38.38 38.38	100m: 1:21.98	43.60 150m: 2:07.40	45.42	200m: 2:52.89 45.49

Jun

1.	Rodrigo Vieira, RODRIGUES	06	Sporting de Espinho	2:09.98	638
	50m: 29.62 29.62	100m: 1:02.04	32.42 150m: 1:35.91	33.87	200m: 2:09.98 34.07
2.	Leonardo Jose, CRUZ	07	Alcobaca	2:14.03	582
	50m: 31.40 31.40	100m: 1:04.74	33.34 150m: 1:39.62	34.88	200m: 2:14.03 34.41
3.	Francisco Marques, SIMOES	07	CNLeiria	2:16.93	546
	50m: 32.18 32.18	100m: 1:07.27	35.09 150m: 1:42.96	35.69	200m: 2:16.93 33.97

DNS Daniel, KUCHERYAVENKO 07 Galitos / Bresimar

Sen

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	2:07.76	672
	50m: 29.94 29.94	100m: 1:01.69	31.75 150m: 1:35.37	33.68	200m: 2:07.76 32.39
2.	Lucas Pereira, BASTOS	00	Nautico Academico	2:18.81	524
	50m: 32.22 32.22	100m: 1:07.21	34.99 150m: 1:43.01	35.80	200m: 2:18.81 35.80
3.	Goncalo Filipe, COSTA	04	Gafanha da Encarnacao	2:18.93	522
	50m: 31.18 31.18	100m: 1:06.07	34.89 150m: 1:43.28	37.21	200m: 2:18.93 35.65
4.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	2:23.41	475
	50m: 33.84 33.84	100m: 1:09.88	36.04 150m: 1:47.09	37.21	200m: 2:23.41 36.32
5.	Renato Maria, FERREIRA	04	União de Coimbra	2:35.23	374
	<i>FTL</i>				
	50m: 34.97 34.97	100m: 1:14.47	39.50 150m: 1:55.22	40.75	200m: 2:35.23 40.01

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 11, Masc., 200m Costas, Sen

Lugar	Ano	Tempo final	Pts
DNS Tomas Coelho, CORDEIRO	04 Individual ANC		
Juv B/Abs			
1. Ricardo Matias, SANTOS	05 Louzan Natacao/EFAPEL	2:07.76	672
50m: 29.94 29.94 100m: 1:01.69	31.75 150m: 1:35.37 33.68	200m: 2:07.76	32.39
2. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	2:09.98	638
50m: 29.62 29.62 100m: 1:02.04	32.42 150m: 1:35.91 33.87	200m: 2:09.98	34.07
3. Leonardo Jose, CRUZ	07 Alcobaca	2:14.03	582
50m: 31.40 31.40 100m: 1:04.74	33.34 150m: 1:39.62 34.88	200m: 2:14.03	34.41
4. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:15.07	568
50m: 31.54 31.54 100m: 1:06.39	34.85 150m: 1:41.05 34.66	200m: 2:15.07	34.02
5. Francisco Marques, SIMOES	07 CNLeiria	2:16.93	546
50m: 32.18 32.18 100m: 1:07.27	35.09 150m: 1:42.96 35.69	200m: 2:16.93	33.97
6. Lucas Pereira, BASTOS	00 Nautico Academico	2:18.81	524
50m: 32.22 32.22 100m: 1:07.21	34.99 150m: 1:43.01 35.80	200m: 2:18.81	35.80
7. Goncalo Filipe, COSTA	04 Gafanha da Encarnacao	2:18.93	522
50m: 31.18 31.18 100m: 1:06.07	34.89 150m: 1:43.28 37.21	200m: 2:18.93	35.65
8. Joao Miguel, VITORIA	08 Academico de Viseu	2:19.58	515
50m: 33.28 33.28 100m: 1:08.79	35.51 150m: 1:44.24 35.45	200m: 2:19.58	35.34
9. Miguel Duarte, BATISTA	08 Academico de Viseu	2:20.09	509
50m: 32.36 32.36 100m: 1:08.01	35.65 150m: 1:44.45 36.44	200m: 2:20.09	35.64
10. Rafael Pereira, RODRIGUES	08 Condeixa Clube	2:20.74	502
50m: 33.52 33.52 100m: 1:08.95	35.43 150m: 1:45.41 36.46	200m: 2:20.74	35.33
11. Francisco Fernandes, PEREIRA	08 Academica de Coimbra	2:21.08	499
50m: 33.79 33.79 100m: 1:08.89	35.10 150m: 1:45.27 36.38	200m: 2:21.08	35.81
12. Alexandre Ramos, GONCALVES	05 Sao Joao Ver	2:23.41	475
50m: 33.84 33.84 100m: 1:09.88	36.04 150m: 1:47.09 37.21	200m: 2:23.41	36.32
13. Joao Diogo, NEVES	08 Sporting de Espinho	2:27.43	437
50m: 33.57 33.57 100m: 1:11.09	37.52 150m: 1:51.00 39.91	200m: 2:27.43	36.43
14. Tomas Rafael, PEREIRA	09 Nautico Academico	2:28.55	427
50m: 34.56 34.56 100m: 1:12.35	37.79 150m: 1:50.81 38.46	200m: 2:28.55	37.74
15. Joao Miguel, SANTOS	09 Estarreja	2:29.44	420
50m: 33.93 33.93 100m: 1:12.52	38.59 150m: 1:51.92 39.40	200m: 2:29.44	37.52
16. Rafael Neto, FERNANDES	09 Academico de Viseu	2:32.57	394
50m: 36.59 36.59 100m: 1:14.62	38.03 150m: 1:53.96 39.34	200m: 2:32.57	38.61
17. Tiago Janeiro, MOITA	09 Nautico Academico	2:33.00	391
50m: 35.57 35.57 100m: 1:14.24	38.67 150m: 1:53.65 39.41	200m: 2:33.00	39.35
18. Pedro Vidal, GUEDES	09 Gafanha da Encarnacao	2:33.35	388
50m: 35.61 35.61 100m: 1:13.68	38.07 150m: 1:54.11 40.43	200m: 2:33.35	39.24
19. Francisco Pereira, SANTOS	08 Sporting de Espinho	2:34.59	379
50m: 34.16 34.16 100m: 1:13.11	38.95 150m: 1:54.48 41.37	200m: 2:34.59	40.11

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 11, Masc., 200m Costas, Juv B/Abs

Lugar			Ano			Tempo final	Pts		
20.	Renato Maria, FERREIRA		04	União de Coimbra		2:35.23	374		
	<i>FTL</i>								
	50m:	34.97 34.97	100m:	1:14.47	39.50	150m: 1:55.22	40.75	200m: 2:35.23	40.01
21.	Manuel Vicente, TAVEIRA		09	Campinho		2:35.57	372		
	50m:	36.40 36.40	100m:	1:16.04	39.64	150m: 1:56.62	40.58	200m: 2:35.57	38.95
22.	Tomas Bento, ANFILOQUIO		09	Pimpoes/Cimai		2:36.08	368		
	50m:	35.89 35.89	100m:	1:14.59	38.70	150m: 1:55.03	40.44	200m: 2:36.08	41.05
23.	Diogo Assuncao, FERREIRA		08	Feirense		2:38.24	353		
	50m:	34.07 34.07	100m:	1:14.40	40.33	150m: 1:55.70	41.30	200m: 2:38.24	42.54
24.	Xinyang, CHENG		09	Marinha Grande		2:38.87	349		
	50m:	36.75 36.75	100m:	1:16.82	40.07	150m: 1:58.77	41.95	200m: 2:38.87	40.10
25.	David Ferrador, PEREIRA		09	Nucleo de Pombal		2:40.12	341		
	50m:	36.28 36.28	100m:	1:17.96	41.68	150m: 2:00.07	42.11	200m: 2:40.12	40.05
26.	Pedro Fonseca, OLIVEIRA		09	Marinha Grande		2:40.89	336		
	50m:	34.92 34.92	100m:	1:15.29	40.37	150m: 1:58.79	43.50	200m: 2:40.89	42.10
27.	Joao Tomas, FERNANDES		08	O Crasto		2:52.89	271		
	<i>FTL</i>								
	50m:	38.38 38.38	100m:	1:21.98	43.60	150m: 2:07.40	45.42	200m: 2:52.89	45.49
DNS	Daniel, KUCHERYAVENKO		07	Galitos / Bresimar					
DNS	Tomas Coelho, CORDEIRO		04	Individual ANC					
EXH	Rodrigo Daniel, SILVA		06	Ginasio Vila Real		2:23.41	475		
	50m:	32.06 32.06	100m:	1:09.04	36.98	150m: 1:45.18	36.14	200m: 2:23.41	38.23
EXH	Joao Miguel, ROCHA		09	Peso da Regua		2:27.82	434		
	50m:	33.36 33.36	100m:	1:09.98	36.62	150m: 1:48.99	39.01	200m: 2:27.82	38.83

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 12	Femin., 200m Costas				Abs
16/03/2024 - 11:50					Resultados
Rec Nacionais Open	2:09.54	Camila Rodrigues, REBELO	ALN	Palma de Mallorca (ESP)	31/03/2023
Rec Nacionais Sen	2:09.54	Camila Rodrigues, REBELO	ALN	Palma de Mallorca (ESP)	31/03/2023
Rec Nacionais Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02/04/2015
Rec Nacionais Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07/04/2019
Rec Nacionais Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05/04/2012
Rec Nacionais Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21/07/2017

TA JUVA-FEM Juv A: 2:58.84 / TA JUVB-FEM Juv B: 3:03.09 / TA JUN-FEM Jun: 2:54.61

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts	
Juv B								
1.	Maria Ines, GANTE	10	Nautico Academico	2:37.96				473
	50m: 37.18 37.18	100m: 1:16.62	39.44	150m: 1:58.34	41.72	200m: 2:37.96	39.62	
2.	Mariana Bernardo, SILVESTRE	10	Nautico Academico	2:39.26				462
	50m: 36.83 36.83	100m: 1:17.40	40.57	150m: 1:59.15	41.75	200m: 2:39.26	40.11	
3.	Adriana Resende, TRINDADE	10	Sporting de Espinho	2:40.98				447
	50m: 36.41 36.41	100m: 1:17.41	41.00	150m: 1:59.52	42.11	200m: 2:40.98	41.46	
4.	Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	2:41.13				446
	50m: 37.66 37.66	100m: 1:18.41	40.75	150m: 2:00.14	41.73	200m: 2:41.13	40.99	
5.	Sara Marques, LIMA	10	CASPAE	2:41.30				444
	50m: 37.69 37.69	100m: 1:18.71	41.02	150m: 2:01.02	42.31	200m: 2:41.30	40.28	
6.	Leonor Silva, JESUS	10	Galitos / Bresimar	2:43.17				429
	50m: 38.50 38.50	100m: 1:20.90	42.40	150m: 2:01.88	40.98	200m: 2:43.17	41.29	
7.	Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	2:44.43				420
	50m: 39.94 39.94	100m: 1:21.96	42.02	150m: 2:04.44	42.48	200m: 2:44.43	39.99	
8.	Vida Sofia, VELEZ	10	Bairro dos Anjos	2:46.84				402
	50m: 39.94 39.94	100m: 1:23.89	43.95	150m: 2:07.13	43.24	200m: 2:46.84	39.71	
9.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	2:47.01				400
	50m: 39.08 39.08	100m: 1:21.34	42.26	150m: 2:05.19	43.85	200m: 2:47.01	41.82	
10.	Leonor Fonseca, FERREIRA	10	Estarreja	2:47.09				400
	50m: 39.26 39.26	100m: 1:21.34	42.08	150m: 2:05.31	43.97	200m: 2:47.09	41.78	
11.	Leonor Delgadinho, ROCHA	10	Sao Joao Ver	2:49.00				386
	50m: 38.75 38.75	100m: 1:21.67	42.92	150m: 2:05.33	43.66	200m: 2:49.00	43.67	
12.	Eva Santos, FERREIRA	10	O Crasto	2:50.98				373
	50m: 40.32 40.32	100m: 1:24.56	44.24	150m: 2:09.11	44.55	200m: 2:50.98	41.87	
13.	Mariana Pina, MACEDO	10	Estamos Juntos	2:51.93				367
	50m: 41.05 41.05	100m: 1:25.04	43.99	150m: 2:10.24	45.20	200m: 2:51.93	41.69	
14.	Luana Silva, VALENTE	10	Estarreja	2:52.11				366
	50m: 39.43 39.43	100m: 1:22.82	43.39	150m: 2:08.23	45.41	200m: 2:52.11	43.88	
15.	Carlota Silva, FREITAS	10	Estarreja	3:00.64				316
	50m: 41.45 41.45	100m: 1:27.43	45.98	150m: 2:14.28	46.85	200m: 3:00.64	46.36	
DNS	Madalena Gracio, PEDROSO	10	Marinha Grande					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 12, Femin., 200m Costas

Juv A

1.	Joana Almeida, SANTOS	09	Galitos / Bresimar	2:29.39	560
	50m: 35.99 35.99 100m: 1:13.85		37.86 150m: 1:52.41 38.56 200m: 2:29.39		36.98
2.	Beatriz Belo, CLARA	09	CNLeiria	2:32.09	530
	50m: 34.29 34.29 100m: 1:12.89		38.60 150m: 1:53.08 40.19 200m: 2:32.09		39.01
3.	Carolina Sofia, BAPTISTA	09	Estarreja	2:34.95	501
	50m: 35.75 35.75 100m: 1:14.88		39.13 150m: 1:55.45 40.57 200m: 2:34.95		39.50
4.	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	2:35.71	494
	50m: 35.68 35.68 100m: 1:15.16		39.48 150m: 1:56.12 40.96 200m: 2:35.71		39.59
5.	Caetana Amado, SANTOS	09	Miranda do Corvo	2:37.98	473
	50m: 37.31 37.31 100m: 1:17.43		40.12 150m: 1:58.60 41.17 200m: 2:37.98		39.38
6.	Rita Calado, CRUZ	09	Nautico Academico	2:41.19	445
	50m: 37.65 37.65 100m: 1:18.10		40.45 150m: 1:59.78 41.68 200m: 2:41.19		41.41
7.	Ana Margarida, MARQUES	09	Bairro dos Anjos	2:50.35	377
	50m: 39.50 39.50 100m: 1:23.32		43.82 150m: 2:08.05 44.73 200m: 2:50.35		42.30
8.	Gabriela Lopes, FERNANDES	09	O Crasto	2:54.67	350
	50m: 40.89 40.89 100m: 1:25.83		44.94 150m: 2:12.87 47.04 200m: 2:54.67		41.80
9.	Carolina Baptista, PEREIRINHA	09	S., Pedro Alva	2:54.73	350
	50m: 40.65 40.65 100m: 1:26.15		45.50 150m: 2:13.80 47.65 200m: 2:54.73		40.93
10.	Leonor Valerio, ADRIANO	09	Alcobaca	2:55.06	348
	50m: 40.86 40.86 100m: 1:25.55		44.69 150m: 2:11.13 45.58 200m: 2:55.06		43.93

Jun

1.	Catarina Castro, CASALINHO	07	Estarreja	2:28.67	568
	50m: 34.74 34.74 100m: 1:12.68		37.94 150m: 1:51.02 38.34 200m: 2:28.67		37.65
2.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	2:32.44	527
	50m: 35.17 35.17 100m: 1:13.21		38.04 150m: 1:52.51 39.30 200m: 2:32.44		39.93
3.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	2:34.10	510
	50m: 37.00 37.00 100m: 1:16.14		39.14 150m: 1:54.84 38.70 200m: 2:34.10		39.26
4.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	2:35.50	496
	50m: 35.96 35.96 100m: 1:14.88		38.92 150m: 1:55.50 40.62 200m: 2:35.50		40.00
5.	Lara Pinho, SILVA	07	Feirense	2:40.72	449
	50m: 36.32 36.32 100m: 1:16.47		40.15 150m: 1:58.51 42.04 200m: 2:40.72		42.21
6.	Ana Jorge, GONCALVES	08	Estarreja	2:41.39	444
	50m: 38.20 38.20 100m: 1:19.17		40.97 150m: 2:00.08 40.91 200m: 2:41.39		41.31
7.	Ines Miranda, DIOGO	07	Nautico Academico	2:41.79	440
	50m: 37.73 37.73 100m: 1:18.56		40.83 150m: 2:00.36 41.80 200m: 2:41.79		41.43
8.	Lara Sofia, FONSECA	08	Academico de Viseu	2:41.91	439
	50m: 36.73 36.73 100m: 1:17.57		40.84 150m: 2:00.40 42.83 200m: 2:41.91		41.51
9.	Matilde Violante, VIANA	07	CNLeiria	2:42.70	433
	50m: 38.02 38.02 100m: 1:19.15		41.13 150m: 2:01.33 42.18 200m: 2:42.70		41.37
10.	Sofia Pereira, JORGE	08	Galitos / Bresimar	2:42.83	432
	50m: 38.12 38.12 100m: 1:19.34		41.22 150m: 2:00.80 41.46 200m: 2:42.83		42.03

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 12, Femin., 200m Costas, Jun

Lugar				Ano					Tempo final	Pts		
11.	Sara Oliveira, CONCEICAO			07	Feirense				2:43.02	430		
	50m:	36.78	36.78	100m:	1:17.97	41.19	150m:	2:00.54	42.57	200m:	2:43.02	42.48
12.	Leonor Oliveira, TEIXEIRA			08	Estarreja				2:45.29	413		
	50m:	37.31	37.31	100m:	1:18.08	40.77	150m:	2:01.57	43.49	200m:	2:45.29	43.72
13.	Maria Miguel, RESENDE			08	Estarreja				2:47.57	396		
	50m:	39.15	39.15	100m:	1:21.67	42.52	150m:	2:05.49	43.82	200m:	2:47.57	42.08
14.	Daniela Leao, PICADO			08	Gafanha da Encarnacao				2:49.11	386		
	50m:	38.53	38.53	100m:	1:22.17	43.64	150m:	2:06.06	43.89	200m:	2:49.11	43.05
15.	Rafaela Calvo, COUTINHO			08	Campinho				2:51.30	371		
	50m:	40.73	40.73	100m:	1:25.29	44.56	150m:	2:08.81	43.52	200m:	2:51.30	42.49
16.	Mariana Catarina, GOMES FTL			08	Sao Joao Ver				2:56.68	338		
	50m:	41.46	41.46	100m:	1:26.67	45.21	150m:	2:12.18	45.51	200m:	2:56.68	44.50

Sen

1.	Joana Nunes, CARDEAL			02	Individual ANCNP				2:25.98	600		
	50m:	34.09	34.09	100m:	1:10.92	36.83	150m:	1:48.70	37.78	200m:	2:25.98	37.28
2.	Ines Jacinto, HENRIQUES			00	Louzan Natacao/EFAPEL				2:26.32	596		
	50m:	33.77	33.77	100m:	1:11.24	37.47	150m:	1:48.86	37.62	200m:	2:26.32	37.46
3.	Leonor Verissimo, FARIA			06	Nautico Academico				2:35.07	500		
	50m:	36.27	36.27	100m:	1:16.09	39.82	150m:	1:55.88	39.79	200m:	2:35.07	39.19
4.	Miriam Mortagua, SOARES			06	Galitos / Bresimar				2:36.41	487		
	50m:	35.93	35.93	100m:	1:15.34	39.41	150m:	1:56.23	40.89	200m:	2:36.41	40.18
5.	Beatriz Luz, MARTINS			06	Pimpoes/Cimai				2:50.28	378		
	50m:	39.47	39.47	100m:	1:22.38	42.91	150m:	2:06.90	44.52	200m:	2:50.28	43.38

Juv B/Abs

1.	Joana Nunes, CARDEAL			02	Individual ANCNP				2:25.98	600		
	50m:	34.09	34.09	100m:	1:10.92	36.83	150m:	1:48.70	37.78	200m:	2:25.98	37.28
2.	Ines Jacinto, HENRIQUES			00	Louzan Natacao/EFAPEL				2:26.32	596		
	50m:	33.77	33.77	100m:	1:11.24	37.47	150m:	1:48.86	37.62	200m:	2:26.32	37.46
3.	Catarina Castro, CASALINHO			07	Estarreja				2:28.67	568		
	50m:	34.74	34.74	100m:	1:12.68	37.94	150m:	1:51.02	38.34	200m:	2:28.67	37.65
4.	Joana Almeida, SANTOS			09	Galitos / Bresimar				2:29.39	560		
	50m:	35.99	35.99	100m:	1:13.85	37.86	150m:	1:52.41	38.56	200m:	2:29.39	36.98
5.	Beatriz Belo, CLARA			09	CNLeiria				2:32.09	530		
	50m:	34.29	34.29	100m:	1:12.89	38.60	150m:	1:53.08	40.19	200m:	2:32.09	39.01
6.	Matilde Marques, MENDES			08	Gafanha da Encarnacao				2:32.44	527		
	50m:	35.17	35.17	100m:	1:13.21	38.04	150m:	1:52.51	39.30	200m:	2:32.44	39.93
7.	Cristiana Sofia, DUARTE			07	Academica de Coimbra				2:34.10	510		
	50m:	37.00	37.00	100m:	1:16.14	39.14	150m:	1:54.84	38.70	200m:	2:34.10	39.26

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 12, Femin., 200m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
8. Carolina Sofia, BAPTISTA	09 Estarreja	2:34.95	501
50m: 35.75 35.75 100m: 1:14.88 39.13 150m: 1:55.45 40.57 200m: 2:34.95 39.50			
9. Leonor Verissimo, FARIA	06 Nautico Academico	2:35.07	500
50m: 36.27 36.27 100m: 1:16.09 39.82 150m: 1:55.88 39.79 200m: 2:35.07 39.19			
10. Madalena Almeida, FIGUEIRA	07 Academico de Viseu	2:35.50	496
50m: 35.96 35.96 100m: 1:14.88 38.92 150m: 1:55.50 40.62 200m: 2:35.50 40.00			
11. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	2:35.71	494
50m: 35.68 35.68 100m: 1:15.16 39.48 150m: 1:56.12 40.96 200m: 2:35.71 39.59			
12. Miriam Mortagua, SOARES	06 Galitos / Bresimar	2:36.41	487
50m: 35.93 35.93 100m: 1:15.34 39.41 150m: 1:56.23 40.89 200m: 2:36.41 40.18			
13. Maria Ines, GANTE	10 Nautico Academico	2:37.96	473
50m: 37.18 37.18 100m: 1:16.62 39.44 150m: 1:58.34 41.72 200m: 2:37.96 39.62			
14. Caetana Amado, SANTOS	09 Miranda do Corvo	2:37.98	473
50m: 37.31 37.31 100m: 1:17.43 40.12 150m: 1:58.60 41.17 200m: 2:37.98 39.38			
15. Mariana Bernardo, SILVESTRE	10 Nautico Academico	2:39.26	462
50m: 36.83 36.83 100m: 1:17.40 40.57 150m: 1:59.15 41.75 200m: 2:39.26 40.11			
16. Lara Pinho, SILVA	07 Feirense	2:40.72	449
50m: 36.32 36.32 100m: 1:16.47 40.15 150m: 1:58.51 42.04 200m: 2:40.72 42.21			
17. Adriana Resende, TRINDADE	10 Sporting de Espinho	2:40.98	447
50m: 36.41 36.41 100m: 1:17.41 41.00 150m: 1:59.52 42.11 200m: 2:40.98 41.46			
18. Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho	2:41.13	446
50m: 37.66 37.66 100m: 1:18.41 40.75 150m: 2:00.14 41.73 200m: 2:41.13 40.99			
19. Rita Calado, CRUZ	09 Nautico Academico	2:41.19	445
50m: 37.65 37.65 100m: 1:18.10 40.45 150m: 1:59.78 41.68 200m: 2:41.19 41.41			
20. Sara Marques, LIMA	10 CASPAE	2:41.30	444
50m: 37.69 37.69 100m: 1:18.71 41.02 150m: 2:01.02 42.31 200m: 2:41.30 40.28			
21. Ana Jorge, GONCALVES	08 Estarreja	2:41.39	444
50m: 38.20 38.20 100m: 1:19.17 40.97 150m: 2:00.08 40.91 200m: 2:41.39 41.31			
22. Ines Miranda, DIOGO	07 Nautico Academico	2:41.79	440
50m: 37.73 37.73 100m: 1:18.56 40.83 150m: 2:00.36 41.80 200m: 2:41.79 41.43			
23. Lara Sofia, FONSECA	08 Academico de Viseu	2:41.91	439
50m: 36.73 36.73 100m: 1:17.57 40.84 150m: 2:00.40 42.83 200m: 2:41.91 41.51			
24. Matilde Violante, VIANA	07 CNLeiria	2:42.70	433
50m: 38.02 38.02 100m: 1:19.15 41.13 150m: 2:01.33 42.18 200m: 2:42.70 41.37			
25. Sofia Pereira, JORGE	08 Galitos / Bresimar	2:42.83	432
50m: 38.12 38.12 100m: 1:19.34 41.22 150m: 2:00.80 41.46 200m: 2:42.83 42.03			
26. Sara Oliveira, CONCEICAO	07 Feirense	2:43.02	430
50m: 36.78 36.78 100m: 1:17.97 41.19 150m: 2:00.54 42.57 200m: 2:43.02 42.48			
27. Leonor Silva, JESUS	10 Galitos / Bresimar	2:43.17	429
50m: 38.50 38.50 100m: 1:20.90 42.40 150m: 2:01.88 40.98 200m: 2:43.17 41.29			
28. Maria Miguel, FERNANDES	10 Columbofila Cantanhedense	2:44.43	420
50m: 39.94 39.94 100m: 1:21.96 42.02 150m: 2:04.44 42.48 200m: 2:44.43 39.99			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 12, Femin., 200m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
29. Leonor Oliveira, TEIXEIRA	08 Estarreja	2:45.29	413
50m: 37.31 37.31 100m: 1:18.08 40.77 150m: 2:01.57 43.49 200m: 2:45.29 43.72			
30. Vida Sofia, VELEZ	10 Bairro dos Anjos	2:46.84	402
50m: 39.94 39.94 100m: 1:23.89 43.95 150m: 2:07.13 43.24 200m: 2:46.84 39.71			
31. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	2:47.01	400
50m: 39.08 39.08 100m: 1:21.34 42.26 150m: 2:05.19 43.85 200m: 2:47.01 41.82			
32. Leonor Fonseca, FERREIRA	10 Estarreja	2:47.09	400
50m: 39.26 39.26 100m: 1:21.34 42.08 150m: 2:05.31 43.97 200m: 2:47.09 41.78			
33. Maria Miguel, RESENDE	08 Estarreja	2:47.57	396
50m: 39.15 39.15 100m: 1:21.67 42.52 150m: 2:05.49 43.82 200m: 2:47.57 42.08			
34. Leonor Delgado, ROCHA	10 Sao Joao Ver	2:49.00	386
50m: 38.75 38.75 100m: 1:21.67 42.92 150m: 2:05.33 43.66 200m: 2:49.00 43.67			
35. Daniela Leao, PICADO	08 Gafanha da Encarnacao	2:49.11	386
50m: 38.53 38.53 100m: 1:22.17 43.64 150m: 2:06.06 43.89 200m: 2:49.11 43.05			
36. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:50.28	378
50m: 39.47 39.47 100m: 1:22.38 42.91 150m: 2:06.90 44.52 200m: 2:50.28 43.38			
37. Ana Margarida, MARQUES	09 Bairro dos Anjos	2:50.35	377
50m: 39.50 39.50 100m: 1:23.32 43.82 150m: 2:08.05 44.73 200m: 2:50.35 42.30			
38. Eva Santos, FERREIRA	10 O Crasto	2:50.98	373
50m: 40.32 40.32 100m: 1:24.56 44.24 150m: 2:09.11 44.55 200m: 2:50.98 41.87			
39. Rafaela Calvo, COUTINHO	08 Campinho	2:51.30	371
50m: 40.73 40.73 100m: 1:25.29 44.56 150m: 2:08.81 43.52 200m: 2:51.30 42.49			
40. Mariana Pina, MACEDO	10 Estamos Juntos	2:51.93	367
50m: 41.05 41.05 100m: 1:25.04 43.99 150m: 2:10.24 45.20 200m: 2:51.93 41.69			
41. Luana Silva, VALENTE	10 Estarreja	2:52.11	366
50m: 39.43 39.43 100m: 1:22.82 43.39 150m: 2:08.23 45.41 200m: 2:52.11 43.88			
42. Gabriela Lopes, FERNANDES	09 O Crasto	2:54.67	350
50m: 40.89 40.89 100m: 1:25.83 44.94 150m: 2:12.87 47.04 200m: 2:54.67 41.80			
43. Carolina Baptista, PEREIRINHA	09 S., Pedro Alva	2:54.73	350
50m: 40.65 40.65 100m: 1:26.15 45.50 150m: 2:13.80 47.65 200m: 2:54.73 40.93			
44. Leonor Valerio, ADRIANO	09 Alcobaca	2:55.06	348
50m: 40.86 40.86 100m: 1:25.55 44.69 150m: 2:11.13 45.58 200m: 2:55.06 43.93			
45. Mariana Catarina, GOMES	08 Sao Joao Ver	2:56.68	338
FTL			
50m: 41.46 41.46 100m: 1:26.67 45.21 150m: 2:12.18 45.51 200m: 2:56.68 44.50			
46. Carlota Silva, FREITAS	10 Estarreja	3:00.64	316
50m: 41.45 41.45 100m: 1:27.43 45.98 150m: 2:14.28 46.85 200m: 3:00.64 46.36			
DNS Madalena Gracio, PEDROSO	10 Marinha Grande		
EXH Francisca Moreira, FONSECA	09 Peso da Regua	2:58.25	329
50m: 40.54 40.54 100m: 1:24.78 44.24 150m: 2:11.49 46.71 200m: 2:58.25 46.76			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 13	Masc., 50m Bruços				14 anos e mais velhos
16/03/2024 - 12:15					Resultados
Rec Nacionais Open	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nacionais Sen	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nacionais Jun 18	28.86	Carlos Daniel, NUNES	POR	Porto	11/06/2023
Rec Nacionais Jun 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)	10/07/2009
Rec Nacionais Juv A	29.75	tempo limite,			
Rec Nacionais Juv B	30.57	tempo limite,			
Rec Nacionais Inf A	30.39	tempo limite,			
RN NA SB1	1:40.94	Cesario, VIEIRA	FCP	Póvoa de Varzim	22/05/2004
RN NA SB2	59:00.00	start,			
RN NA SB3	1:01.88	Nelson Jose, LOPES	ABVE	Lisboa	27/05/2001
RN NA SB4	1:03.14	Luis Bernardo, SA	FVCD	Coimbra	02/12/2023
RN NA SB5	48.63	Ivo Filipe, ROCHA	FVCD	Lignano Sabbiadoro (ITA)	09/03/2023
RN NA SB6	1:01.25	Bruno Miguel, CAIRES	FCF	Vila Franca de Xira	20/05/2023
RN NA SB7	43.22	Joao Miguel, CAMPOS	ADADA	Vila Franca de Xira	20/05/2023
RN NA SB8	39.27	Diogo Luis, CANCELA	ALN	Coimbra	28/05/2022
RN NA SB9	33.49	Tomas Coelho, CORDEIRO	POR	Manchester (GBR)	31/07/2023
RN NA SB10	59:00.00	,			
RN NA SB11	42.04	Marco Ribeiro, MENESES	CRASTO	Coimbra	02/12/2023
RN NA SB12	59:00.00	,			
RN NA SB14	40.28	Alberto Guedes, VALENTIM	FCP	Vila Franca de Xira	21/05/2023
RN NA SB15	31.89	Tiago Correia, NEVES	CFB	Caxias do Sul (BRA)	03/05/2022
RN NA SB16	31.63	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
RN NA SB17	41.23	Americo Manuel, OLIVEIRA	CPN	Porto	21/01/2024
RN NA SB21	42.20	Joao Francisco, VAZ	SCP	Rio Maior	25/01/2020

TA JUVB-MASC Juv B: 38.15 / TA JUVA-MASC Juv A: 37.27 / TA JUN-MASC Jun: 36.22 / TA SEN-MASC Sen: 35.18

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Filipe Saldanha, COSTA	09	O Crasto	33.35 471
2. Dinis Valente, ROCHA	09	Estarreja	33.72 455
3. Hugo Miguel, SANTOS	09	Pimpoes/Cimai	34.36 430
4. Guilherme Andre, GASPAR	09	Nautico Academico	34.91 410
5. Duarte Oliveira, BERNARDES	09	Feirense	35.12 403
6. Rodrigo Oliveira, SANTOS	09	Alcobaca	35.97 375
7. Santiago Marques, GOMES	09	Bairro dos Anjos	36.29 365
8. Maksym, TYSHCHUK	09	Marinha Grande	37.13 341

Juv A			
1. Nuno Miguel, ANJOS	08	Galitos / Bresimar	32.49 509
2. Jorge Lucas, MELO	08	Campinho	33.32 472
3. Leonardo Branco, PEREIRA	08	O Crasto	34.71 417
4. Guilherme Martins, SILVA	08	Academico de Viseu	34.99 407
5. Guilherme Franca, COSTA	08	Estamos Juntos	35.17 401
6. Diogo Coelho, JORDAO	08	Uniao Juncalense	37.46 332
<i>FTL</i>			
7. Vicente Ferreira, OLIVEIRA	08	Estamos Juntos	39.15 291
<i>FTL</i>			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 13, Masc., 50m Bruços

Jun

1.	Duarte Ramos, NUNES	07	Galitos / Bresimar	30.66	606
2.	Joao Carvalho, RODRIGUES	06	Galitos / Bresimar	30.78	599
3.	Duarte Jose, FERNANDES	06	União de Coimbra	31.85	540
4.	Francisco Cruz, CARVALHO	06	S., Pedro Alva	32.94	488
5.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	33.03	484
6.	David Duarte, JESUS	07	Nautico Academico	33.25	475
7.	Romulo Neves, PINTO	06	Sao Joao Ver	33.56	462
8.	Ricardo Lima, CAMPOS	06	Sanjoanense	33.97	445
9.	Bernardo Nunes, DOMINGUEZ	07	Bairro dos Anjos	34.23	435
10.	Tomas Maia, LOMBA	07	Feirense	35.10	404
11.	Filipe Reis, ALMEIDA	07	Feirense	35.84	379
12.	Simao Pereira, MACHADO	07	Sporting Aveiro	35.93	376
13.	Alexandre Louro, CARVALHO	07	Gafanha da Encarnacao	35.97	375

Sen

1.	Andre Magalhaes, MOURA	98	Academico de Viseu	31.33	568
2.	Rodrigo Manuel, ROCHA	05	Sporting de Espinho	31.41	563
3.	Joao Ventura, PAIS	02	Condeixa Clube	31.75	545
4.	Dinis Amorim, MOUTELA	05	Estarreja	32.44	511
5.	Vasco Pereira, BASTOS	02	Nautico Academico	32.52	508
6.	Renato Miguel, CARVALHO	03	Galitos / Bresimar	32.64	502
7.	Joao Gabriel, ANICETO	04	CNLeiria	32.81	494
8.	Luis Goncalves, PEREIRA	02	Sao Joao Ver	32.95	488
9.	Dinis Miranda, DIOGO	04	Nautico Academico	33.58	461
10.	Afonso Maia, LOMBA	04	Sporting Aveiro	35.03	406
11.	Pedro Ribeiro, MOÇO	02	Vagos	35.04	406

DSQ Bruno Pinto, DOMINGUES 00 CNLeiria

SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.

DNS Diogo Luis, CANCELA 02 Louzan Natacao/EFAPEL

Juv B/Abs

1.	Duarte Ramos, NUNES	07	Galitos / Bresimar	30.66	606
2.	Joao Carvalho, RODRIGUES	06	Galitos / Bresimar	30.78	599
3.	Andre Magalhaes, MOURA	98	Academico de Viseu	31.33	568
4.	Rodrigo Manuel, ROCHA	05	Sporting de Espinho	31.41	563
5.	Joao Ventura, PAIS	02	Condeixa Clube	31.75	545
6.	Duarte Jose, FERNANDES	06	União de Coimbra	31.85	540
7.	Dinis Amorim, MOUTELA	05	Estarreja	32.44	511
8.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	32.49	509
9.	Vasco Pereira, BASTOS	02	Nautico Academico	32.52	508
10.	Renato Miguel, CARVALHO	03	Galitos / Bresimar	32.64	502
11.	Joao Gabriel, ANICETO	04	CNLeiria	32.81	494
12.	Francisco Cruz, CARVALHO	06	S., Pedro Alva	32.94	488
13.	Luis Goncalves, PEREIRA	02	Sao Joao Ver	32.95	488
14.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	33.03	484
15.	David Duarte, JESUS	07	Nautico Academico	33.25	475

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 13, Masc., 50m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
16. Jorge Lucas, MELO	08 Campinho	33.32	472
17. Filipe Saldanha, COSTA	09 O Crasto	33.35	471
18. Romulo Neves, PINTO	06 Sao Joao Ver	33.56	462
19. Dinis Miranda, DIOGO	04 Nautico Academico	33.58	461
20. Dinis Valente, ROCHA	09 Estarreja	33.72	455
21. Ricardo Lima, CAMPOS	06 Sanjoanense	33.97	445
22. Bernardo Nunes, DOMINGUEZ	07 Bairro dos Anjos	34.23	435
23. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	34.36	430
24. Leonardo Branco, PEREIRA	08 O Crasto	34.71	417
25. Guilherme Andre, GASPAR	09 Nautico Academico	34.91	410
26. Guilherme Martins, SILVA	08 Academico de Viseu	34.99	407
27. Afonso Maia, LOMBA	04 Sporting Aveiro	35.03	406
28. Pedro Ribeiro, MOÇO	02 Vagos	35.04	406
29. Tomas Maia, LOMBA	07 Feirense	35.10	404
30. Duarte Oliveira, BERNARDES	09 Feirense	35.12	403
31. Guilherme Franca, COSTA	08 Estamos Juntos	35.17	401
32. Filipe Reis, ALMEIDA	07 Feirense	35.84	379
33. Simao Pereira, MACHADO	07 Sporting Aveiro	35.93	376
34. Alexandre Louro, CARVALHO	07 Gafanha da Encarnacao	35.97	375
Rodrigo Oliveira, SANTOS	09 Alcobaca	35.97	375
36. Santiago Marques, GOMES	09 Bairro dos Anjos	36.29	365
37. Maksym, TYSHCHUK	09 Marinha Grande	37.13	341
38. Diogo Coelho, JORDAO	08 Uniao Juncalense	37.46	332
<i>FTL</i>			
39. Vicente Ferreira, OLIVEIRA	08 Estamos Juntos	39.15	291
<i>FTL</i>			
DSQ Bruno Pinto, DOMINGUES	00 CNLeiria		
<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.</i>			
DNS Diogo Luis, CANCELA	02 Louzan Natacao/EFAPEL		
EXH Rodrigo Martins, CHOCAS	07 Sporting	31.73	547
EXH Pedro Fernando, COELHO	08 Peso da Regua	34.44	427

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 14	Femin., 50m Bruços					Abs
16/03/2024 - 12:25						Resultados
Rec Nacionais Open	30.73	Ana Pinho, RODRIGUES	EDV	Porto		10/06/2023
Rec Nacionais Sen	30.73	Ana Pinho, RODRIGUES	EDV	Porto		10/06/2023
Rec Nacionais Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra		30/05/2009
Rec Nacionais Jun 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)		28/03/2010
Rec Nacionais Juv A	32.04	tempo limite,				
Rec Nacionais Juv B	34.12	tempo limite,				

TA JUVB-FEM Juv B: 43.40 / TA JUVA-FEM Juv A: 42.39 / TA JUN-FEM Jun: 41.40 / TA SEN-FEM Sen: 40.39

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1.	Mariana Sa, AZEVEDO	10 Sporting de Espinho	36.44 512
2.	Sofia Roma, BRIZIDA	10 Bairro dos Anjos	37.43 472
3.	Maria Neto, SIMOES	10 Condeixa Clube	37.70 462
4.	Leonor Sobreiro, ALMEIDA	10 CASPAE	38.24 443
5.	Ines Ribeiro, MELO	10 Galitos / Bresimar	38.70 427
6.	Elisa Henriques, SOUTO	10 Óbidos Criativa	40.42 375
7.	Rafaela Santos, AFONSO	10 Naval de Peniche	41.15 355
8.	Adriana Resende, TRINDADE	10 Sporting de Espinho	41.64 343
9.	Leonor Teixeira, RODRIGUES	10 Feirense	41.68 342
10.	Leonor Pereira, SILVA	10 Óbidos Criativa	41.74 340
11.	Mariana Santos, AFONSO	10 Naval de Peniche	42.28 328
12.	Mellik Anki, MULCHANDE	10 Campinho	42.88 314
13.	Mariana Couto, COELHO	10 Galitos / Bresimar	44.73 277
<i>FTL</i>			
DSQ	Vitoria Cortinhas, PINTO	10 Peso da Regua	
<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.</i>			

Juv A			
1.	Maria Teresa, OLIVEIRA	09 Bairro dos Anjos	36.48 510
2.	Carlota Ganito, SANTOS	09 Galitos / Bresimar	38.05 450
	Matilde Lopes, SILVA	09 Sao Joao Ver	38.05 450
4.	Luana Ferreira, CRAVEIRO	09 Marinha Grande	38.38 438
5.	Maria Margarida, OLIVEIRA	09 Bairro dos Anjos	39.53 401
6.	Raquel Alexandra, CANCELA	09 Louzan Natacao/EFAPEL	39.80 393
7.	Ines Varandas, PIEDADE	09 Campinho	40.07 385
8.	Zofie, PACHECO	09 Naval de Peniche	40.18 382
9.	Rita Calado, CRUZ	09 Nautico Academico	40.43 375

Jun			
1.	Angela Rodrigues, REBELO	07 Louzan Natacao/EFAPEL	35.01 577
2.	Nuria Soares, SILVA	07 Sao Joao Ver	36.10 527
3.	Beatriz Azevedo, PEREIRA	07 Sao Joao Ver	36.22 521
4.	Mafalda Rodrigues, CARDOSO	07 Sao Joao Ver	36.38 514
5.	Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	37.16 483
6.	Carolina Mendes, NUNES	08 Estarreja	38.25 443
7.	Maria Rita, BENTO	08 Gafanha da Encarnacao	38.35 439

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 14, Femin., 50m Bruços, Jun

Lugar	Ano		Tempo final	Pts
8.	07	Noa Pinho, NUNES Sporting Aveiro	38.36	439
9.	08	Maria Rita, ROSARIO Sanjoanense	38.76	425
10.	08	Ana Beatriz, CAMPOS Academica de Coimbra	39.68	396
11.	08	Rita Resende, NEVES Estamos Juntos	39.82	392
12.	08	Maria Ines, SILVA Gafanha da Encarnacao	41.91	336
<i>FTL</i>				
13.	07	Carolina Ferreira, FONSECA Viegrense	41.96	335
<i>FTL</i>				
DNS	07	Marta Barbosa, MENDES Feirense		

Sen

1.	05	Maria Joao, RIBEIRO Sao Joao Ver	34.22	618
2.	05	Ana Rita, ALMEIDA Campinho	34.60	598
3.	04	Margarida Santos, LOPES Estarreja	35.46	556
4.	06	Eduarda Oliveira, CARDOSO Estamos Juntos	35.66	546
5.	01	Ana Filipa, VEIGA Gafanha da Encarnacao	35.83	539
6.	05	Joana Rosa, FERREIRA CNLeiria	36.06	528
7.	06	Margarida Correia, MADEIRA Marinha Grande	36.38	514
8.	06	Ines Santos, CUNHA Gafanha da Encarnacao	36.77	498
9.	06	Mariana Cunha, REBELO Vagos	37.68	463
10.	06	Beatriz Andre, GASPAR Nautico Academico	37.75	460
11.	05	Lara Rodrigues, VASCONCELOS Galitos / Bresimar	37.82	458
12.	06	Mafalda Caetano, LOURENCO Viegrense	39.89	390
13.	04	Joana Francisca, RODRIGUES Condeixa Clube	40.63	369
<i>FTL</i>				

Juv B/Abs

1.	05	Maria Joao, RIBEIRO Sao Joao Ver	34.22	618
2.	05	Ana Rita, ALMEIDA Campinho	34.60	598
3.	07	Angela Rodrigues, REBELO Louzan Natacao/EFAPEL	35.01	577
4.	04	Margarida Santos, LOPES Estarreja	35.46	556
5.	06	Eduarda Oliveira, CARDOSO Estamos Juntos	35.66	546
6.	01	Ana Filipa, VEIGA Gafanha da Encarnacao	35.83	539
7.	05	Joana Rosa, FERREIRA CNLeiria	36.06	528
8.	07	Nuria Soares, SILVA Sao Joao Ver	36.10	527
9.	07	Beatriz Azevedo, PEREIRA Sao Joao Ver	36.22	521
10.	07	Mafalda Rodrigues, CARDOSO Sao Joao Ver	36.38	514
	06	Margarida Correia, MADEIRA Marinha Grande	36.38	514
12.	10	Mariana Sa, AZEVEDO Sporting de Espinho	36.44	512
13.	09	Maria Teresa, OLIVEIRA Bairro dos Anjos	36.48	510
14.	06	Ines Santos, CUNHA Gafanha da Encarnacao	36.77	498
15.	08	Camila Silva, CHAMUSCO Pimpoes/Cimai	37.16	483
16.	10	Sofia Roma, BRIZIDA Bairro dos Anjos	37.43	472
17.	06	Mariana Cunha, REBELO Vagos	37.68	463
18.	10	Maria Neto, SIMOES Condeixa Clube	37.70	462
19.	06	Beatriz Andre, GASPAR Nautico Academico	37.75	460

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 14, Femin., 50m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
20. Lara Rodrigues, VASCONCELOS	05 Galitos / Bresimar	37.82	458
21. Carlota Ganito, SANTOS	09 Galitos / Bresimar	38.05	450
Matilde Lopes, SILVA	09 Sao Joao Ver	38.05	450
23. Leonor Sobreiro, ALMEIDA	10 CASPAE	38.24	443
24. Carolina Mendes, NUNES	08 Estarreja	38.25	443
25. Maria Rita, BENTO	08 Gafanha da Encarnacao	38.35	439
26. Noa Pinho, NUNES	07 Sporting Aveiro	38.36	439
27. Luana Ferreira, CRAVEIRO	09 Marinha Grande	38.38	438
28. Ines Ribeiro, MELO	10 Galitos / Bresimar	38.70	427
29. Maria Rita, ROSARIO	08 Sanjoanense	38.76	425
30. Maria Margarida, OLIVEIRA	09 Bairro dos Anjos	39.53	401
31. Ana Beatriz, CAMPOS	08 Academica de Coimbra	39.68	396
32. Raquel Alexandra, CANCELA	09 Louzan Natacao/EFAPEL	39.80	393
33. Rita Resende, NEVES	08 Estamos Juntos	39.82	392
34. Mafalda Caetano, LOURENCO	06 Vieiraense	39.89	390
35. Ines Varandas, PIEDADE	09 Campinho	40.07	385
36. Zofie, PACHECO	09 Naval de Peniche	40.18	382
37. Elisa Henriques, SOUTO	10 Óbidos Criativa	40.42	375
38. Rita Calado, CRUZ	09 Nautico Academico	40.43	375
39. Joana Francisca, RODRIGUES	04 Condeixa Clube	40.63	369
<i>FTL</i>			
40. Rafaela Santos, AFONSO	10 Naval de Peniche	41.15	355
41. Adriana Resende, TRINDADE	10 Sporting de Espinho	41.64	343
42. Leonor Teixeira, RODRIGUES	10 Feirense	41.68	342
43. Leonor Pereira, SILVA	10 Óbidos Criativa	41.74	340
44. Maria Ines, SILVA	08 Gafanha da Encarnacao	41.91	336
<i>FTL</i>			
45. Carolina Ferreira, FONSECA	07 Vieiraense	41.96	335
<i>FTL</i>			
46. Mariana Santos, AFONSO	10 Naval de Peniche	42.28	328
47. Mellik Anki, MULCHANDE	10 Campinho	42.88	314
48. Mariana Couto, COELHO	10 Galitos / Bresimar	44.73	277
<i>FTL</i>			
DSQ Vitoria Cortinhas, PINTO	10 Peso da Regua		
<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.</i>			
DNS Marta Barbosa, MENDES	07 Feirense		
EXH Eva Alexandra, COUTINHO	09 Peso da Regua	34.87	584
EXH Andreia Monteiro, BARREIRA	06 Peso da Regua	35.26	565

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 15	Misto, 4 x 50m Estilos				14 anos e mais velhos
16/03/2024 - 12:40					Resultados
Rec Nacionais Open	1:50.71	Associacao Louzan Natacao	ALN	Póvoa de Varzim	04/02/2023
Rec Nacionais 18 +	1:50.71	Associacao Louzan Natacao	ALN	Póvoa de Varzim	04/02/2023
Rec Nacionais 16 - 18	1:52.50	Clube Natacao Colegio Efanor	CNCE	Coimbra	27/03/2021
Rec Nacionais 15 - 16	1:59.55	Sporting Clube de Braga	SCB	Oeiras	30/07/2022
Rec Nacionais 14 - 16	1:57.70	Clube dos Galitos / Bresimar	CGA	Oeiras	31/07/2021
Rec Nacionais Juv B	2:00.17	Gesloures-Gestao Equip. Sociais, EGESL		Oeiras	31/07/2021
Rec Nacionais 13 - 14	2:21.30	ASSS Columb Cantanhedense	SCC	Coimbra	25/06/2022
Rec Nacionais Inf	2:21.30	ASSS Columb Cantanhedense	SCC	Coimbra	25/06/2022

Pontos: FINA 2024

Lugar			Tempo final	Pts
Juv B				
1.	Pimpoes Juv B	Pimpoes/Cimai	2:06.18	
	Diana Isabel, ALVES	10 34.46	Santiago Agostinho, PARREIRA	09 28.25
	Hugo Miguel, SANTOS	09 33.81	Debora Silva, INACIO	10 29.66
2.	Galitos Juv B	Galitos / Bresimar	2:08.48	
	Carolina Ratola, TAVEIRA	10 32.38	Goncalo Malha, NETO	09 29.41
	Ines Ribeiro, MELO	10 39.48	Tiago Joaquim, SILVA	09 27.21
3.	Nautico Academico Juv B	Nautico Academico	2:09.07	
	Mariana Bernardo, SILVESTRE	10 35.11	Maria Ines, GANTE	10 33.54
	Guilherme Andre, GASPAS	09 34.48	Tomas Rafael, PEREIRA	09 25.94
4.	Bairro Anjos Juv B	Bairro dos Anjos	2:09.79	
	Maria Carolina, ALVES	10 39.15	Tomas Pascoal, FERREIRA	09 26.51
	Sofia Roma, BRIZIDA	10 37.01	Santiago Marques, GOMES	09 27.12
5.	Sporting Espinho Juv B	Sporting de Espinho	2:10.73	
	Adriana Resende, TRINDADE	10 35.32	Guilherme Neves, MARTINS	09 29.42
	Mariana Sa, AZEVEDO	10 36.54	Oleksandr, SADOVNIKOV	09 29.45
6.	Estarreja Juv B	Estarreja	2:11.88	
	Joao Miguel, SANTOS	09 31.70	Leonor Fonseca, FERREIRA	10 33.62
	Dinis Valente, ROCHA	09 33.84	Luana Silva, VALENTE	10 32.72
Juv A				
1.	Columbofila Cantanhedense Juv A	Columbofila Cantanhedense	2:02.73	
	Leonor Mercas, CAVALEIRO	09 34.12	Martim Nobre, PASCOAL	08 27.21
	Rodrigo Mosca, SILVA	08 32.73	Anastacia, PROTOLYUK	09 28.67
2.	Galitos Juv A	Galitos / Bresimar	2:04.17	
	Joana Almeida, SANTOS	09 34.23	Vicente Sa, VALE	08 27.85
	Nuno Miguel, ANJOS	08 32.39	Francisca Pinto, OLIVEIRA	09 29.70
3.	Estarreja Juv A	Estarreja	2:10.56	
	Carolina Sofia, BAPTISTA	09 34.26	Goncalo Silva, GUEDES	08 31.67
	Paulo Jorge, OLIVEIRA	08 35.48	Lara Catarina, MAIA	09 29.15
DSQ	Nautico Academico Juv A	Nautico Academico		
	<i>SW 10.12 - Rendição antecipada do/a 2 atleta.</i>			
	Rita Calado, CRUZ, Guilherme Simoes, SOUSA, Tiago Cravino, RIBEIRO, Ana Margarida, CRUZ			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 15, Misto, 4 x 50m Estilos

Jun

1.	Louzan Natacao Jun			Louzan Natacao/EFAPEL		2:00.27	
	Dania Rodrigues, SIMOES	07	32.69	Afonso Vidal, TOMAS	06		26.50
	Angela Rodrigues, REBELO	07	35.70	Alexandre, DZYAKANAU	07		25.38
2.	Galitos Jun			Galitos / Bresimar		2:03.35	
	Daniel, KUCHERYAVENKO	07	31.10	Maria Saraiva, PAIXAO	08		31.58
	Joao Carvalho, RODRIGUES	06	30.71	Rita Oliveira, PIRES	08		29.96
3.	Nautico Leiria Jun			CNLeiria		2:04.71	
	Goncalo Pereira, COLACO	07	29.70	Leonor Vendima, COELHO	07		32.55
	Francisco Marques, SIMOES	07	32.52	Matilde Violante, VIANA	07		29.94
4.	Nautico Academico Jun			Nautico Academico		2:04.75	
	Joao Rafael, FERREIRA	06	33.00	Laura Carvalho, FERNANDES	08		32.14
	David Duarte, JESUS	07	32.42	Leonor Mil, MANO	07		27.19
5.	Sao Joao Ver Jun			Sao Joao Ver		2:05.46	
	Rodrigo Pinto, OLIVEIRA	07	32.60	Romulo Neves, PINTO	06		27.53
	Mafalda Rodrigues, CARDOSO	07	35.86	Nuria Soares, SILVA	07		29.47
6.	Academica Coimbra Jun			Academica de Coimbra		2:05.70	
	Cristiana Sofia, DUARTE	07	33.30	Edgar Tavares, MENDES	06		27.21
	Ana Beatriz, CAMPOS	08	39.46	Joao Ferreira, MARQUES	06		25.73

Sen

1.	Estarreja Sen			Estarreja		2:00.58	
	Mariana Nunes, MARQUES	03	32.79	Dinis Amorim, MOUTELA	05		27.48
	Margarida Santos, LOPES	04	35.58	Tiago Diniz, LIMA	04		24.73
2.	Condeixa Clube Sen			Condeixa Clube		2:00.70	
	Helena Nunes, RODRIGUES	03	33.28	Joana Francisca, RODRIGUES	04		30.71
	Joao Ventura, PAIS	02	31.62	Rodrigo Ribeiro, GOMES	00		25.09
3.	Nautico Academico Sen			Nautico Academico		2:02.65	
	Leonor Verissimo, FARIA	06	34.41	Maria Neto, FERREIRA	06		31.46
	Vasco Pereira, BASTOS	02	32.29	Rodrigo Miguel, REIS	04		24.49
4.	Gafanha Encarnação Sen			Gafanha da Encarnacao		2:03.22	
	Goncalo Filipe, COSTA	04	30.02	Sara Calisto, PIMENTEL	05		31.25
	Ana Filipa, VEIGA	01	35.93	Filipe Santos, CARDOSO	04		26.02
5.	Nautico Leiria Sen			CNLeiria		2:03.35	
	Bruno Pinto, DOMINGUES	00	30.69	Maria Francisca, FROIS	06		32.26
	Joao Gabriel, ANICETO	04	31.87	Joana Rosa, FERREIRA	05		28.53
6.	Sao Joao Ver Sen			Sao Joao Ver		2:03.81	
	Vasco Almeida, RIBEIRO	05	30.42	Alexandre Ramos, GONCALVES	05		28.50
	Maria Joao, RIBEIRO	05	34.08	Patricia Alexandra, KVAS	06		30.81
7.	Academica Coimbra Sen			Academica de Coimbra		2:06.11	
	Helena Carolina, DINIS	05	38.45	Beatriz Costa, TEJO	02		28.81
	Miguel Caridade, GASPAR	99	33.22	Miguel Freitas, OVIEDO	02		25.63

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 15, Misto, 4 x 50m Estilos

Juv B / Abs

1.	Uniao Coimbra Abs			União de Coimbra		2:01.43
	Alana Costa, MATIAS	09	33.83	Ana Carolina, MONTEIRO	04	31.11
	Duarte Jose, FERNANDES	06	31.54	Gustavo Pires, MARQUES	04	24.95
2.	Academico Viseu Abs			Academico de Viseu		2:02.77
	Lara Sofia, FONSECA	08	35.07	Sebastiao Amaro, MACHADO	93	27.63
	Andre Magalhaes, MOURA	98	31.56	Madalena Almeida, FIGUEIRA	07	28.51
3.	Oliveirense Abs			Oliveirense		2:10.94
	Nuria Resende, SILVA	07	31.88	Gabriel Moises, GUERRA	09	29.21
	Ines Almeida, BARBOSA	06	43.38	Andre Santos, RIBEIRO	07	26.47
DSQ	Pimpoes Abs			Pimpoes/Cimai		
	<i>SW 10.12 - Rendição antecipada do/a 3 atleta.</i>					
	Mikhael, ONUTSKYY, Camila Silva, CHAMUSCO, Ines Mira, PINO, Gil Santos, LEMOS					
EXH	Peso da Régua Abs			Peso da Regua		2:09.83
	Joao Miguel, ROCHA	09	31.43	Tiago Fonseca, GONÇALVES	08	28.37
	Eva Alexandra, COUTINHO	09	35.16	Francisca Moreira, FONSECA	09	34.87

3 - 2ª Jornada - 2ª Sessão

16/03/2024 - 16:00

Prova 16 Femin., 100m Mariposa Abs
16/03/2024 - 16:00 Resultados

Rec Nacionais Open	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nacionais Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nacionais Jun 17	1:00.11	Mariana Pacheco, CUNHA	POR	Porto	05/06/2021
Rec Nacionais Jun 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20/07/2009
Rec Nacionais Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03/08/2019
Rec Nacionais Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	24/07/2019

TA JUVB-FEM Juv B: 1:20.80 / TA JUVA-FEM Juv A: 1:18.93 / TA JUN-FEM Jun: 1:17.06 / TA SEN-FEM Sen: 1:15.19

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1.	Camila Duarte, MARCELO	10	Condeixa Clube
	50m: 32.52 32.52	100m: 1:10.11	37.59
			1:10.11 495
2.	Matilde Santos, VIEIRA	10	Marinha Grande
	50m: 34.66 34.66	100m: 1:14.02	39.36
			1:14.02 421
3.	Leonor Fonseca, FERREIRA	10	Estarreja
	50m: 35.94 35.94	100m: 1:16.36	40.42
			1:16.36 383
4.	Isabella Scavone, LOPES	10	Miranda do Corvo
	50m: 35.35 35.35	100m: 1:17.99	42.64
			1:17.99 359

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 16, Femin., 100m Mariposa

Juv A

1.	Beatriz Belo, CLARA	09	CNLeiria	1:11.15	474
	50m: 32.17 32.17	100m: 1:11.15	38.98		
2.	Marta Oliveira, SILVA	09	Sanjoanense	1:12.90	440
	50m: 34.13 34.13	100m: 1:12.90	38.77		
3.	Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai	1:18.56	352
	50m: 35.91 35.91	100m: 1:18.56	42.65		
4.	Mariana Sousa, MARQUES	09	Alcobaca	1:19.17	344
	<i>FTL</i>				
	50m: 36.33 36.33	100m: 1:19.17	42.84		
5.	Ana Margarida, MARQUES	09	Bairro dos Anjos	1:19.48	340
	<i>FTL</i>				
	50m: 35.71 35.71	100m: 1:19.48	43.77		

Jun

1.	Carolina Martins, SILVA	07	Estarreja	1:06.44	582
	50m: 31.53 31.53	100m: 1:06.44	34.91		
2.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL	1:07.55	554
	50m: 31.37 31.37	100m: 1:07.55	36.18		
3.	Nuria Soares, SILVA	07	Sao Joao Ver	1:08.93	521
	50m: 32.19 32.19	100m: 1:08.93	36.74		
4.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar	1:09.68	504
	50m: 32.31 32.31	100m: 1:09.68	37.37		
5.	Carolina Mendes, NUNES	08	Estarreja	1:10.05	496
	50m: 32.29 32.29	100m: 1:10.05	37.76		
6.	Laura Carvalho, FERNANDES	08	Nautico Academico	1:10.21	493
	50m: 32.80 32.80	100m: 1:10.21	37.41		
7.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	1:10.28	491
	50m: 33.02 33.02	100m: 1:10.28	37.26		
8.	Leonor Mil, MANO	07	Nautico Academico	1:10.86	479
	50m: 32.61 32.61	100m: 1:10.86	38.25		
9.	Rita Isabel, NEVES	08	Condeixa Clube	1:12.18	454
	50m: 33.94 33.94	100m: 1:12.18	38.24		
10.	Alice Mendes, MACEDO	08	Estamos Juntos	1:13.17	435
	50m: 33.85 33.85	100m: 1:13.17	39.32		
11.	Mafalda Costa, BASTOS	07	Sanjoanense	1:13.67	427
	50m: 35.55 35.55	100m: 1:13.67	38.12		
12.	Leonor Vendima, COELHO	07	CNLeiria	1:14.05	420
	50m: 34.56 34.56	100m: 1:14.05	39.49		
13.	Maria Rita, ROSARIO	08	Sanjoanense	1:15.32	399
	50m: 34.39 34.39	100m: 1:15.32	40.93		
14.	Laura Gomes, SILVA	08	Estamos Juntos	1:16.86	376
	50m: 36.34 36.34	100m: 1:16.86	40.52		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 16, Femin., 100m Mariposa, Jun

Lugar	Ano	Tempo final	Pts
15. Maria Miguel, RESENDE <i>FTL</i>	08 Estarreja	1:20.77	324
50m: 36.57 36.57 100m: 1:20.77 44.20			
16. Maria Ines, SILVA <i>FTL</i>	08 Gafanha da Encarnacao	1:23.43	294
50m: 37.33 37.33 100m: 1:23.43 46.10			
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		

Sen

1. Ines Jacinto, HENRIQUES	00 Louzan Natacao/EFAPEL	1:02.17	710
50m: 29.47 29.47 100m: 1:02.17 32.70			
2. Carolina Miranda, FERNANDES	05 Galitos / Bresimar	1:02.55	697
50m: 29.44 29.44 100m: 1:02.55 33.11			
3. Beatriz Costa, TEJO	02 Academica de Coimbra	1:04.65	631
50m: 30.14 30.14 100m: 1:04.65 34.51			
4. Beatriz Nunes, CARDEAL	04 Individual ANCNP	1:04.88	625
50m: 30.32 30.32 100m: 1:04.88 34.56			
5. Giovanna Vaz, VARGAS	00 Marinha Grande	1:05.52	607
50m: 31.04 31.04 100m: 1:05.52 34.48			
6. Ana Carolina, MONTEIRO	04 União de Coimbra	1:07.24	561
50m: 31.34 31.34 100m: 1:07.24 35.90			
7. Helena Nunes, RODRIGUES	03 Condeixa Clube	1:07.40	557
50m: 31.65 31.65 100m: 1:07.40 35.75			
8. Matilde Fonseca, OLIVEIRA	06 Louzan Natacao/EFAPEL	1:08.06	541
50m: 31.53 31.53 100m: 1:08.06 36.53			
9. Beatriz Rocha, SANTOS	02 Campinho	1:08.68	527
50m: 32.29 32.29 100m: 1:08.68 36.39			
10. Ana Claudia, FERREIRA	90 Alcobaca	1:08.89	522
50m: 32.53 32.53 100m: 1:08.89 36.36			
11. Ines Mira, PINO	06 Pimpoes/Cimai	1:09.10	517
50m: 32.16 32.16 100m: 1:09.10 36.94			
12. Maria Joao, RIBEIRO	05 Sao Joao Ver	1:09.19	515
50m: 32.55 32.55 100m: 1:09.19 36.64			
13. Sara Calisto, PIMENTEL	05 Gafanha da Encarnacao	1:09.34	512
50m: 33.16 33.16 100m: 1:09.34 36.18			
14. Barbara Nunes, MARQUES	06 Estarreja	1:09.77	502
50m: 32.25 32.25 100m: 1:09.77 37.52			
15. Bruna Andreia, SIMOES	01 Vieirense	1:10.84	480
50m: 32.31 32.31 100m: 1:10.84 38.53			
16. Maria Neto, FERREIRA	06 Nautico Academico	1:11.13	474
50m: 32.97 32.97 100m: 1:11.13 38.16			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 16, Femin., 100m Mariposa, Sen

Lugar	Ano	Tempo final	Pts
17. Mariana Nunes, MARQUES 50m: 33.02 33.02 100m: 1:12.17 39.15	03 Estarreja	1:12.17	454
18. Leonor Caetano, MOREIRA 50m: 33.38 33.38 100m: 1:13.22 39.84	06 Viegrense	1:13.22	435
19. Vanessa Sofia, OLIVEIRA <i>FTL</i> 50m: 34.25 34.25 100m: 1:15.56 41.31	05 Gafanha da Encarnacao	1:15.56	395
20. Dalila Leal, BERNARDINO <i>FTL</i> 50m: 34.34 34.34 100m: 1:15.89 41.55	06 Nucleo de Pombal	1:15.89	390
21. Francisca Gomes, SILVA <i>FTL</i> 50m: 34.75 34.75 100m: 1:16.66 41.91	06 Sporting de Espinho	1:16.66	379

Juv B/Abs

1. Ines Jacinto, HENRIQUES 50m: 29.47 29.47 100m: 1:02.17 32.70	00 Louzan Natacao/EFAPEL	1:02.17	710
2. Carolina Miranda, FERNANDES 50m: 29.44 29.44 100m: 1:02.55 33.11	05 Galitos / Bresimar	1:02.55	697
3. Beatriz Costa, TEJO 50m: 30.14 30.14 100m: 1:04.65 34.51	02 Academica de Coimbra	1:04.65	631
4. Beatriz Nunes, CARDEAL 50m: 30.32 30.32 100m: 1:04.88 34.56	04 Individual ANCNP	1:04.88	625
5. Giovanna Vaz, VARGAS 50m: 31.04 31.04 100m: 1:05.52 34.48	00 Marinha Grande	1:05.52	607
6. Carolina Martins, SILVA 50m: 31.53 31.53 100m: 1:06.44 34.91	07 Estarreja	1:06.44	582
7. Ana Carolina, MONTEIRO 50m: 31.34 31.34 100m: 1:07.24 35.90	04 União de Coimbra	1:07.24	561
8. Helena Nunes, RODRIGUES 50m: 31.65 31.65 100m: 1:07.40 35.75	03 Condeixa Clube	1:07.40	557
9. Angela Rodrigues, REBELO 50m: 31.37 31.37 100m: 1:07.55 36.18	07 Louzan Natacao/EFAPEL	1:07.55	554
10. Matilde Fonseca, OLIVEIRA 50m: 31.53 31.53 100m: 1:08.06 36.53	06 Louzan Natacao/EFAPEL	1:08.06	541
11. Beatriz Rocha, SANTOS 50m: 32.29 32.29 100m: 1:08.68 36.39	02 Campinho	1:08.68	527
12. Ana Claudia, FERREIRA 50m: 32.53 32.53 100m: 1:08.89 36.36	90 Alcobaca	1:08.89	522
13. Nuria Soares, SILVA 50m: 32.19 32.19 100m: 1:08.93 36.74	07 Sao Joao Ver	1:08.93	521

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 16, Femin., 100m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
14. Ines Mira, PINO 50m: 32.16 32.16 100m: 1:09.10	06 Pimpoes/Cimai	1:09.10	517
15. Maria Joao, RIBEIRO 50m: 32.55 32.55 100m: 1:09.19	05 Sao Joao Ver	1:09.19	515
16. Sara Calisto, PIMENTEL 50m: 33.16 33.16 100m: 1:09.34	05 Gafanha da Encarnacao	1:09.34	512
17. Maria Saraiva, PAIXAO 50m: 32.31 32.31 100m: 1:09.68	08 Galitos / Bresimar	1:09.68	504
18. Barbara Nunes, MARQUES 50m: 32.25 32.25 100m: 1:09.77	06 Estarreja	1:09.77	502
19. Carolina Mendes, NUNES 50m: 32.29 32.29 100m: 1:10.05	08 Estarreja	1:10.05	496
20. Camila Duarte, MARCELO 50m: 32.52 32.52 100m: 1:10.11	10 Condeixa Clube	1:10.11	495
21. Laura Carvalho, FERNANDES 50m: 32.80 32.80 100m: 1:10.21	08 Nautico Academico	1:10.21	493
22. Madalena Almeida, FIGUEIRA 50m: 33.02 33.02 100m: 1:10.28	07 Academico de Viseu	1:10.28	491
23. Bruna Andreia, SIMOES 50m: 32.31 32.31 100m: 1:10.84	01 Vieiraense	1:10.84	480
24. Leonor Mil, MANO 50m: 32.61 32.61 100m: 1:10.86	07 Nautico Academico	1:10.86	479
25. Maria Neto, FERREIRA 50m: 32.97 32.97 100m: 1:11.13	06 Nautico Academico	1:11.13	474
26. Beatriz Belo, CLARA 50m: 32.17 32.17 100m: 1:11.15	09 CNLeiria	1:11.15	474
27. Mariana Nunes, MARQUES 50m: 33.02 33.02 100m: 1:12.17	03 Estarreja	1:12.17	454
28. Rita Isabel, NEVES 50m: 33.94 33.94 100m: 1:12.18	08 Condeixa Clube	1:12.18	454
29. Marta Oliveira, SILVA 50m: 34.13 34.13 100m: 1:12.90	09 Sanjoanense	1:12.90	440
30. Alice Mendes, MACEDO 50m: 33.85 33.85 100m: 1:13.17	08 Estamos Juntos	1:13.17	435
31. Leonor Caetano, MOREIRA 50m: 33.38 33.38 100m: 1:13.22	06 Vieiraense	1:13.22	435
32. Mafalda Costa, BASTOS 50m: 35.55 35.55 100m: 1:13.67	07 Sanjoanense	1:13.67	427
33. Matilde Santos, VIEIRA 50m: 34.66 34.66 100m: 1:14.02	10 Marinha Grande	1:14.02	421
34. Leonor Vendima, COELHO 50m: 34.56 34.56 100m: 1:14.05	07 CNLeiria	1:14.05	420

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 16, Femin., 100m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
35. Maria Rita, ROSARIO 50m: 34.39 34.39 100m: 1:15.32 40.93	08 Sanjoanense	1:15.32	399
36. Vanessa Sofia, OLIVEIRA <i>FTL</i> 50m: 34.25 34.25 100m: 1:15.56 41.31	05 Gafanha da Encarnacao	1:15.56	395
37. Dalila Leal, BERNARDINO <i>FTL</i> 50m: 34.34 34.34 100m: 1:15.89 41.55	06 Nucleo de Pombal	1:15.89	390
38. Leonor Fonseca, FERREIRA 50m: 35.94 35.94 100m: 1:16.36 40.42	10 Estarreja	1:16.36	383
39. Francisca Gomes, SILVA <i>FTL</i> 50m: 34.75 34.75 100m: 1:16.66 41.91	06 Sporting de Espinho	1:16.66	379
40. Laura Gomes, SILVA 50m: 36.34 36.34 100m: 1:16.86 40.52	08 Estamos Juntos	1:16.86	376
41. Isabella Scavone, LOPES 50m: 35.35 35.35 100m: 1:17.99 42.64	10 Miranda do Corvo	1:17.99	359
42. Clara Sobreiro, RODRIGUES 50m: 35.91 35.91 100m: 1:18.56 42.65	09 Pimpoes/Cimai	1:18.56	352
43. Mariana Sousa, MARQUES <i>FTL</i> 50m: 36.33 36.33 100m: 1:19.17 42.84	09 Alcobaca	1:19.17	344
44. Ana Margarida, MARQUES <i>FTL</i> 50m: 35.71 35.71 100m: 1:19.48 43.77	09 Bairro dos Anjos	1:19.48	340
45. Maria Miguel, RESENDE <i>FTL</i> 50m: 36.57 36.57 100m: 1:20.77 44.20	08 Estarreja	1:20.77	324
46. Maria Ines, SILVA <i>FTL</i> 50m: 37.33 37.33 100m: 1:23.43 46.10	08 Gafanha da Encarnacao	1:23.43	294
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17 16/03/2024 - 16:15	Masc., 100m Mariposa				14 anos e mais velhos	Resultados
Rec Nacionais Open	51.45	Diogo Matos, RIBEIRO	SLB	Funchal	01/04/2023	
Rec Nacionais Sen	51.45	Diogo Matos, RIBEIRO	SLB	Funchal	01/04/2023	
Rec Nacionais Jun 18	51.61	Diogo Matos, RIBEIRO	POR	Roma (ITA)	13/08/2022	
Rec Nacionais Jun 17	52.54	Diogo Matos, RIBEIRO	POR	Rome (ITA)	09/07/2021	
Rec Nacionais Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03/08/2019	
Rec Nacionais Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03/08/2019	
Rec Nacionais Inf A	59.19	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21/07/2018	
RN NA S3	59:00.00	start,				
RN NA S4	59:00.00	start,				
RN NA S5	59:00.00	,				
RN NA S6	59:00.00	,				
RN NA S7	59:00.00	,				
RN NA S8	1:04.30	Diogo Luis, CANCELA	POR	Funchal	14/06/2022	
RN NA S9	1:06.63	David Realista, GRACHAT	POR	Sheffield (GBR)	17/04/2010	
RN NA S10	1:03.52	Emanuel Luis, GONCALVES	POR	Reykjavik (ISL)	22/10/2009	
RN NA S11	1:21.25	Marco Ribeiro, MENESES	POR	Tokyo (JPN)	03/09/2021	
RN NA S12	1:36.62	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019	
RN NA S13	1:04.97	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	08/08/2014	
RN NA S14	1:07.77	Enzo Dylan, MESSENCE	FCF	Porto	21/01/2024	
RN NA S15	59.56	Tiago Correia, NEVES	POR	São Paulo (BRA)	27/08/2019	
RN NA S16	1:11.98	Andre Camara, JORGE	CEOL	Funchal	15/06/2019	
RN NA S17	1:23.61	Joaquim Eduardo, CARVALHO	CNF	Funchal	17/02/2024	
RN NA S21	1:13.57	Vicente Barros, PEREIRA	POR	Vichy (FRA)	07/06/2023	

TA JUVB-MASC Juv B: 1:11.24 / TA JUVA-MASC Juv A: 1:09.61

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts
Juv B				
1.	Tomas Pascoal, FERREIRA	09	Bairro dos Anjos	59.25 581
	50m: 27.82 27.82 100m: 59.25 31.43			
2.	Paulo, KOT	09	Marinha Grande	1:02.16 503
	50m: 28.81 28.81 100m: 1:02.16 33.35			
3.	Guilherme Meireles, MARRAZES	09	Marinha Grande	1:03.17 479
	50m: 29.67 29.67 100m: 1:03.17 33.50			
4.	Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	1:03.64 469
	50m: 29.74 29.74 100m: 1:03.64 33.90			
5.	Martim Alexandre, MESQUITA	09	Marinha Grande	1:06.07 419
	50m: 31.11 31.11 100m: 1:06.07 34.96			
6.	Filipe Saldanha, COSTA	09	O Crasto	1:07.41 394
	50m: 31.18 31.18 100m: 1:07.41 36.23			
7.	Alexandre, SHUBIN	09	Campinho	1:09.18 365
	50m: 31.98 31.98 100m: 1:09.18 37.20			
8.	Goncalo Malha, NETO	09	Galitos / Bresimar	1:09.48 360
	50m: 32.01 32.01 100m: 1:09.48 37.47			
9.	Guilherme Neves, MARTINS	09	Sporting de Espinho	1:09.99 352
	50m: 31.77 31.77 100m: 1:09.99 38.22			
10.	Santiago Marques, GOMES	09	Bairro dos Anjos	1:10.41 346
	50m: 32.35 32.35 100m: 1:10.41 38.06			
DNS	Henrique Martins, JOAQUIM	09	CNLeiria	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa

Juv A

1.	Francisco Pereira, SANTOS	08	Sporting de Espinho	1:02.13	504
	50m: 29.17 29.17	100m: 1:02.13	32.96		
2.	Rodrigo Silva, MEIRELES	08	Sporting Aveiro	1:02.87	486
	50m: 28.73 28.73	100m: 1:02.87	34.14		
3.	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense	1:02.93	485
	50m: 29.14 29.14	100m: 1:02.93	33.79		
	Tome Nunes, TOME	08	CNLeiria	1:02.93	485
	50m: 28.88 28.88	100m: 1:02.93	34.05		
5.	Vicente Sa, VALE	08	Galitos / Bresimar	1:03.01	483
	50m: 29.47 29.47	100m: 1:03.01	33.54		
6.	Joao Coelho, CASTRO	08	Sporting de Espinho	1:03.32	476
	50m: 29.52 29.52	100m: 1:03.32	33.80		
7.	Tiago Santos, POMBO	08	Alcobaca	1:04.14	458
	50m: 30.45 30.45	100m: 1:04.14	33.69		
8.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	1:04.68	446
	50m: 30.02 30.02	100m: 1:04.68	34.66		
9.	Tomas Moreira, ASSUNCAO	08	Feirense	1:08.11	382
	50m: 31.39 31.39	100m: 1:08.11	36.72		
10.	Goncalo Silva, GUEDES	08	Estarreja	1:13.91	299
	<i>FTL</i>				
	50m: 33.18 33.18	100m: 1:13.91	40.73		

Jun

1.	Afonso Dinis, ROQUE	07	CNLeiria	58.08	617
	50m: 27.24 27.24	100m: 58.08	30.84		
2.	Luca Valentino, TONA	06	Pimpoes/Cimai	58.15	614
	50m: 27.96 27.96	100m: 58.15	30.19		
3.	Joao Moura, FRANCISCO	07	CNLeiria	58.33	609
	50m: 27.59 27.59	100m: 58.33	30.74		
4.	Afonso Vidal, TOMAS	06	Louzan Natacao/EFAPEL	59.81	565
	50m: 28.23 28.23	100m: 59.81	31.58		
5.	Tiago Lopes, BRANDAO	07	Sporting Aveiro	1:00.10	557
	50m: 27.48 27.48	100m: 1:00.10	32.62		
6.	Guilherme Romeira, PINTO	07	Sporting de Espinho	1:00.52	545
	50m: 28.23 28.23	100m: 1:00.52	32.29		
7.	Jose Miguel, MARQUES	06	Condeixa Clube	1:01.44	521
	50m: 29.00 29.00	100m: 1:01.44	32.44		
8.	Francisco Xavier, RITA	07	Vieirense	1:01.56	518
	50m: 28.79 28.79	100m: 1:01.56	32.77		
9.	Alexandre, DZYAKANAU	07	Louzan Natacao/EFAPEL	1:01.65	516
	50m: 28.94 28.94	100m: 1:01.65	32.71		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa, Jun

Lugar	Ano	Tempo final	Pts
10. Henrique Ferreira, MARTINS 50m: 29.47 29.47 100m: 1:01.67	06 Algés e Águeda XXI	1:01.67	515
11. Edgar Tavares, MENDES 50m: 29.29 29.29 100m: 1:01.97	06 Academica de Coimbra	1:01.97	508
12. Joao Ferreira, MARQUES 50m: 28.80 28.80 100m: 1:02.12	06 Academica de Coimbra	1:02.12	504
13. Duarte Jose, FERNANDES 50m: 28.10 28.10 100m: 1:02.48	06 União de Coimbra	1:02.48	495
14. Tomas Veiga, PEREIRA 50m: 29.80 29.80 100m: 1:03.82	06 Nautico Academico	1:03.82	465
15. Ricardo Lima, CAMPOS 50m: 29.57 29.57 100m: 1:04.30	06 Sanjoanense	1:04.30	454
16. Romulo Neves, PINTO 50m: 30.30 30.30 100m: 1:05.47	06 Sao Joao Ver	1:05.47	430
17. Jose Januario, MARQUES 50m: 30.33 30.33 100m: 1:05.60	07 Pimpoes/Cimai	1:05.60	428
18. Francisco Cruz, CARVALHO 50m: 29.39 29.39 100m: 1:05.61	06 S., Pedro Alva	1:05.61	428
19. Martim Nuno, LAVAJO 50m: 30.51 30.51 100m: 1:06.30	07 Academico de Viseu	1:06.30	414
20. Alexandre Silva, RESENDE 50m: 29.57 29.57 100m: 1:06.62	07 Feirense	1:06.62	408

Sen

1. Miguel Freitas, OVIEDO 50m: 27.74 27.74 100m: 58.30	02 Academica de Coimbra	58.30	610
2. Gustavo Pires, MARQUES 50m: 27.81 27.81 100m: 58.95	04 União de Coimbra	58.95	590
3. David Ferreira, RELVAS 50m: 27.81 27.81 100m: 59.35	03 Marinha Grande	59.35	578
4. Rodrigo Miguel, REIS 50m: 27.35 27.35 100m: 59.38	04 Nautico Academico	59.38	577
5. Dinis Amorim, MOUTELA 50m: 28.53 28.53 100m: 1:00.74	05 Estarreja	1:00.74	539
6. Tomas Carvalho, SANTOS 50m: 28.38 28.38 100m: 1:01.36	05 Louzan Natacao/EFAPEL	1:01.36	523
7. Tiago Diniz, LIMA 50m: 28.26 28.26 100m: 1:01.39	04 Estarreja	1:01.39	522
8. Ricardo Gabriel, OLIVEIRA 50m: 28.97 28.97 100m: 1:01.76	04 Estarreja	1:01.76	513
9. Hugo Filipe, CAROLA 50m: 28.07 28.07 100m: 1:01.78	01 Galitos / Bresimar	1:01.78	512

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa, Sen

Lugar	Ano	Tempo final	Pts
10. Guilherme Gomes, SILVA 50m: 29.39 29.39 100m: 1:02.85 33.46	05 Estamos Juntos	1:02.85	487
11. Joao Neves, ALMEIDA 50m: 29.23 29.23 100m: 1:02.99 33.76	05 Nautico Academico	1:02.99	483
12. Abel Renato, FERREIRA 50m: 30.08 30.08 100m: 1:03.02 32.94	05 Algés e Águeda XXI	1:03.02	483
13. Alexandre Ramos, GONCALVES 50m: 29.70 29.70 100m: 1:04.83 35.13	05 Sao Joao Ver	1:04.83	443
14. Nuno Gabriel, SILVA 50m: 29.62 29.62 100m: 1:05.05 35.43	05 Campinho	1:05.05	439
15. Diogo Luis, CANCELA 50m: 32.89 32.89 100m: 1:10.97 38.08	02 Louzan Natacao/EFAPEL	1:10.97	338

Juv B/Abs

1. Afonso Dinis, ROQUE 50m: 27.24 27.24 100m: 58.08 30.84	07 CNLeiria	58.08	617
2. Luca Valentino, TONA 50m: 27.96 27.96 100m: 58.15 30.19	06 Pimpoes/Cimai	58.15	614
3. Miguel Freitas, OVIDEO 50m: 27.74 27.74 100m: 58.30 30.56	02 Academica de Coimbra	58.30	610
4. Joao Moura, FRANCISCO 50m: 27.59 27.59 100m: 58.33 30.74	07 CNLeiria	58.33	609
5. Gustavo Pires, MARQUES 50m: 27.81 27.81 100m: 58.95 31.14	04 União de Coimbra	58.95	590
6. Tomas Pascoal, FERREIRA 50m: 27.82 27.82 100m: 59.25 31.43	09 Bairro dos Anjos	59.25	581
7. David Ferreira, RELVAS 50m: 27.81 27.81 100m: 59.35 31.54	03 Marinha Grande	59.35	578
8. Rodrigo Miguel, REIS 50m: 27.35 27.35 100m: 59.38 32.03	04 Nautico Academico	59.38	577
9. Afonso Vidal, TOMAS 50m: 28.23 28.23 100m: 59.81 31.58	06 Louzan Natacao/EFAPEL	59.81	565
10. Tiago Lopes, BRANDAO 50m: 27.48 27.48 100m: 1:00.10 32.62	07 Sporting Aveiro	1:00.10	557
11. Guilherme Romeira, PINTO 50m: 28.23 28.23 100m: 1:00.52 32.29	07 Sporting de Espinho	1:00.52	545
12. Dinis Amorim, MOUTELA 50m: 28.53 28.53 100m: 1:00.74 32.21	05 Estarreja	1:00.74	539
13. Tomas Carvalho, SANTOS 50m: 28.38 28.38 100m: 1:01.36 32.98	05 Louzan Natacao/EFAPEL	1:01.36	523
14. Tiago Diniz, LIMA 50m: 28.26 28.26 100m: 1:01.39 33.13	04 Estarreja	1:01.39	522

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
15. Jose Miguel, MARQUES 50m: 29.00 29.00 100m: 1:01.44	06 Condeixa Clube	1:01.44 32.44	521
16. Francisco Xavier, RITA 50m: 28.79 28.79 100m: 1:01.56	07 Vieiraense	1:01.56 32.77	518
17. Alexandre, DZYAKANAU 50m: 28.94 28.94 100m: 1:01.65	07 Louzan Natacao/EFAPEL	1:01.65 32.71	516
18. Henrique Ferreira, MARTINS 50m: 29.47 29.47 100m: 1:01.67	06 Algés e Águeda XXI	1:01.67 32.20	515
19. Ricardo Gabriel, OLIVEIRA 50m: 28.97 28.97 100m: 1:01.76	04 Estarreja	1:01.76 32.79	513
20. Hugo Filipe, CAROLA 50m: 28.07 28.07 100m: 1:01.78	01 Galitos / Bresimar	1:01.78 33.71	512
21. Edgar Tavares, MENDES 50m: 29.29 29.29 100m: 1:01.97	06 Academica de Coimbra	1:01.97 32.68	508
22. Joao Ferreira, MARQUES 50m: 28.80 28.80 100m: 1:02.12	06 Academica de Coimbra	1:02.12 33.32	504
23. Francisco Pereira, SANTOS 50m: 29.17 29.17 100m: 1:02.13	08 Sporting de Espinho	1:02.13 32.96	504
24. Paulo, KOT 50m: 28.81 28.81 100m: 1:02.16	09 Marinha Grande	1:02.16 33.35	503
25. Duarte Jose, FERNANDES 50m: 28.10 28.10 100m: 1:02.48	06 União de Coimbra	1:02.48 34.38	495
26. Guilherme Gomes, SILVA 50m: 29.39 29.39 100m: 1:02.85	05 Estamos Juntos	1:02.85 33.46	487
27. Rodrigo Silva, MEIRELES 50m: 28.73 28.73 100m: 1:02.87	08 Sporting Aveiro	1:02.87 34.14	486
28. Martim Nobre, PASCOAL 50m: 29.14 29.14 100m: 1:02.93	08 Columbofila Cantanhedense	1:02.93 33.79	485
Tome Nunes, TOME 50m: 28.88 28.88 100m: 1:02.93	08 CNLeiria	1:02.93 34.05	485
30. Joao Neves, ALMEIDA 50m: 29.23 29.23 100m: 1:02.99	05 Nautico Academico	1:02.99 33.76	483
31. Vicente Sa, VALE 50m: 29.47 29.47 100m: 1:03.01	08 Galitos / Bresimar	1:03.01 33.54	483
32. Abel Renato, FERREIRA 50m: 30.08 30.08 100m: 1:03.02	05 Algés e Águeda XXI	1:03.02 32.94	483
33. Guilherme Meireles, MARRAZES 50m: 29.67 29.67 100m: 1:03.17	09 Marinha Grande	1:03.17 33.50	479
34. Joao Coelho, CASTRO 50m: 29.52 29.52 100m: 1:03.32	08 Sporting de Espinho	1:03.32 33.80	476
35. Santiago Agostinho, PARREIRA 50m: 29.74 29.74 100m: 1:03.64	09 Pimpoes/Cimai	1:03.64 33.90	469

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
36. Tomas Veiga, PEREIRA 50m: 29.80 29.80 100m: 1:03.82 34.02	06 Nautico Academico	1:03.82	465
37. Tiago Santos, POMBO 50m: 30.45 30.45 100m: 1:04.14 33.69	08 Alcobaca	1:04.14	458
38. Ricardo Lima, CAMPOS 50m: 29.57 29.57 100m: 1:04.30 34.73	06 Sanjoanense	1:04.30	454
39. Rodrigo Santos, COUTINHO 50m: 30.02 30.02 100m: 1:04.68 34.66	08 Pimpoes/Cimai	1:04.68	446
40. Alexandre Ramos, GONCALVES 50m: 29.70 29.70 100m: 1:04.83 35.13	05 Sao Joao Ver	1:04.83	443
41. Nuno Gabriel, SILVA 50m: 29.62 29.62 100m: 1:05.05 35.43	05 Campinho	1:05.05	439
42. Romulo Neves, PINTO 50m: 30.30 30.30 100m: 1:05.47 35.17	06 Sao Joao Ver	1:05.47	430
43. Jose Januario, MARQUES 50m: 30.33 30.33 100m: 1:05.60 35.27	07 Pimpoes/Cimai	1:05.60	428
44. Francisco Cruz, CARVALHO 50m: 29.39 29.39 100m: 1:05.61 36.22	06 S., Pedro Alva	1:05.61	428
45. Martim Alexandre, MESQUITA 50m: 31.11 31.11 100m: 1:06.07 34.96	09 Marinha Grande	1:06.07	419
46. Martim Nuno, LAVAJO 50m: 30.51 30.51 100m: 1:06.30 35.79	07 Academico de Viseu	1:06.30	414
47. Alexandre Silva, RESENDE 50m: 29.57 29.57 100m: 1:06.62 37.05	07 Feirense	1:06.62	408
48. Filipe Saldanha, COSTA 50m: 31.18 31.18 100m: 1:07.41 36.23	09 O Crasto	1:07.41	394
49. Tomas Moreira, ASSUNCAO 50m: 31.39 31.39 100m: 1:08.11 36.72	08 Feirense	1:08.11	382
50. Alexandre, SHUBIN 50m: 31.98 31.98 100m: 1:09.18 37.20	09 Campinho	1:09.18	365
51. Goncalo Malha, NETO 50m: 32.01 32.01 100m: 1:09.48 37.47	09 Galitos / Bresimar	1:09.48	360
52. Guilherme Neves, MARTINS 50m: 31.77 31.77 100m: 1:09.99 38.22	09 Sporting de Espinho	1:09.99	352
53. Santiago Marques, GOMES 50m: 32.35 32.35 100m: 1:10.41 38.06	09 Bairro dos Anjos	1:10.41	346
54. Diogo Luis, CANCELA 50m: 32.89 32.89 100m: 1:10.97 38.08	02 Louzan Natacao/EFAPEL	1:10.97	338
55. Goncalo Silva, GUEDES FTL 50m: 33.18 33.18 100m: 1:13.91 40.73	08 Estarreja	1:13.91	299
DNS Henrique Martins, JOAQUIM	09 CNLeiria		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 17, Masc., 100m Mariposa

EXH	Daniel Batista, TAVARES	06	Braga	57.34	641
	50m: 26.73 26.73 100m: 57.34 30.61				
EXH	Hugo Fonseca, GONÇALVES	03	Peso da Regua	59.73	567
	50m: 28.13 28.13 100m: 59.73 31.60				
EXH	Andriy, FEDOROV	08	FC Ferreiras/AlgarExperience	1:00.24	553
	50m: 28.29 28.29 100m: 1:00.24 31.95				

Prova 18

Femin., 50m Costas

Abs

16/03/2024 - 16:30

Resultados

Rec Nacionais Open	28.24	Rafaela Gomes, AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nacionais Sen	28.24	Rafaela Gomes, AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Kazan (RUS)	05/07/2019
Rec Nacionais Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	23/08/2019
Rec Nacionais Jun 16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	26/07/2018
Rec Nacionais Juv A	29.42	tempo limite,			
Rec Nacionais Juv B	30.52	tempo limite,			

TA JUVA-FEM Juv A: 38.43 / TA JUVB-FEM Juv B: 39.33

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1.	Carolina Ratola, TAVEIRA	10 Galitos / Bresimar	31.55 617
2.	Diana Isabel, ALVES	10 Pimpoes/Cimai	34.94 454
3.	Debora Silva, INACIO	10 Pimpoes/Cimai	34.95 453
4.	Sofia Rodrigues, VASCONCELOS	10 Galitos / Bresimar	35.02 451
5.	Mariana Bernardo, SILVESTRE	10 Nautico Academico	35.11 447
6.	Sara Marques, LIMA	10 CASPAE	35.16 445
7.	Adriana Resende, TRINDADE	10 Sporting de Espinho	35.70 425
8.	Leonor Fonseca, FERREIRA	10 Estarreja	35.96 416
9.	Raquel Domingues, RE	10 Sporting Aveiro	36.04 413
10.	Elisa Henriques, SOUTO	10 Óbidos Criativa	36.14 410
11.	Eva Santos, FERREIRA	10 O Crasto	36.43 400
12.	Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho	36.77 389
13.	Leonor Delgadinho, ROCHA	10 Sao Joao Ver	36.97 383
14.	Mariana Pina, MACEDO	10 Estamos Juntos	37.36 371
15.	Luana Silva, VALENTE	10 Estarreja	37.39 370
16.	Laura Margarida, ASCENSO	10 Marinha Grande	37.49 367
17.	Maria Carolina, ALVES	10 Bairro dos Anjos	38.38 342
18.	Carlota Silva, FREITAS	10 Estarreja	39.62 311
	<i>FTL</i>		
DNS	Matilde Filipa, AMADO	10 Marinha Grande	
DNS	Madalena Gracio, PEDROSO	10 Marinha Grande	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 18, Femin., 50m Costas

Juv A

1.	Beatriz Belo, CLARA	09	CNLeiria	32.79	549
2.	Alana Costa, MATIAS	09	União de Coimbra	33.30	524
3.	Marta Antunes, CASTRO	09	Sporting Aveiro	33.77	503
4.	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	34.05	490
5.	Caetana Amado, SANTOS	09	Miranda do Corvo	34.27	481
6.	Carolina Sofia, BAPTISTA	09	Estarreja	34.42	475
7.	Joana Almeida, SANTOS	09	Galitos / Bresimar	34.73	462
8.	Francisca Pinto, OLIVEIRA	09	Galitos / Bresimar	34.91	455
9.	Carolina Baptista, PEREIRINHA	09	S., Pedro Alva	36.72	391
10.	Maria Margarida, OLIVEIRA	09	Bairro dos Anjos	38.68	334

FTL

Jun

1.	Nuria Resende, SILVA	07	Oliveirense	31.79	603
2.	Catarina Castro, CASALINHO	07	Estarreja	32.27	576
3.	Carolina Vizinho, CABRAL	07	Vagos	32.67	555
4.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	32.93	542
5.	Erica Domitila, AMADOR	07	Estarreja	33.38	521
6.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	33.45	517
7.	Lara Pinho, SILVA	07	Feirense	33.46	517
8.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	33.62	509
9.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	34.25	482
10.	Sara Oliveira, CONCEICAO	07	Feirense	34.66	465
11.	Ines Miranda, DIOGO	07	Nautico Academico	35.18	445
12.	Ana Jorge, GONCALVES	08	Estarreja	35.20	444
13.	Leonor Oliveira, TEIXEIRA	08	Estarreja	35.52	432
14.	Lara Sofia, FONSECA	08	Academico de Viseu	35.66	427
15.	Sofia Pereira, JORGE	08	Galitos / Bresimar	35.81	421
16.	Daniela Leao, PICADO	08	Gafanha da Encarnacao	35.84	420
17.	Rafaela Calvo, COUTINHO	08	Campinho	36.43	400
18.	Rita Oliveira, PIRES	08	Galitos / Bresimar	36.88	386
19.	Matilde Violante, VIANA	07	CNLeiria	37.06	380

Sen

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	32.22	579
2.	Matilde Ribeiro, CORREIA	04	Oliveirense	32.52	563
3.	Lara Roque, COTRIM	03	Pimpoes/Cimai	32.96	541
4.	Miriam Mortagua, SOARES	06	Galitos / Bresimar	33.07	535
5.	Mariana Nunes, MARQUES	03	Estarreja	33.56	512
6.	Eduarda Oliveira, CARDOSO	06	Estamos Juntos	33.68	507
7.	Leonor Marques, FERREIRA	03	Campinho	34.19	484
8.	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	34.33	478
9.	Maria Miguel, VALENTE	06	Estarreja	34.50	471
10.	Joana Francisca, RODRIGUES	04	Condeixa Clube	34.55	469
11.	Joana Ventura, PAIS	06	Nautico Academico	34.80	459
12.	Leonor Ferreira, SEQUEIRA	05	Gafanha da Encarnacao	35.19	444

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 18, Femin., 50m Costas, Sen

Lugar	Ano	Tempo final	Pts
13. Cristina Moreira, GONCALVES	06 Sao Joao Ver	36.73	391

Juv B/Abs

1. Carolina Ratola, TAVEIRA	10 Galitos / Bresimar	31.55	617
2. Nuria Resende, SILVA	07 Oliveirense	31.79	603
3. Helena Nunes, RODRIGUES	03 Condeixa Clube	32.22	579
4. Catarina Castro, CASALINHO	07 Estarreja	32.27	576
5. Matilde Ribeiro, CORREIA	04 Oliveirense	32.52	563
6. Carolina Vizinho, CABRAL	07 Vagos	32.67	555
7. Beatriz Belo, CLARA	09 CNLeiria	32.79	549
8. Dania Rodrigues, SIMOES	07 Louzan Natacao/EFAPEL	32.93	542
9. Lara Roque, COTRIM	03 Pimpoes/Cimai	32.96	541
10. Miriam Mortagua, SOARES	06 Galitos / Bresimar	33.07	535
11. Alana Costa, MATIAS	09 União de Coimbra	33.30	524
12. Erica Domitila, AMADOR	07 Estarreja	33.38	521
13. Cristiana Sofia, DUARTE	07 Academica de Coimbra	33.45	517
14. Lara Pinho, SILVA	07 Feirense	33.46	517
15. Mariana Nunes, MARQUES	03 Estarreja	33.56	512
16. Matilde Marques, MENDES	08 Gafanha da Encarnacao	33.62	509
17. Eduarda Oliveira, CARDOSO	06 Estamos Juntos	33.68	507
18. Marta Antunes, CASTRO	09 Sporting Aveiro	33.77	503
19. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	34.05	490
20. Leonor Marques, FERREIRA	03 Campinho	34.19	484
21. Madalena Almeida, FIGUEIRA	07 Academico de Viseu	34.25	482
22. Caetana Amado, SANTOS	09 Miranda do Corvo	34.27	481
23. Kateryna, DZYAKANAVA	05 Louzan Natacao/EFAPEL	34.33	478
24. Carolina Sofia, BAPTISTA	09 Estarreja	34.42	475
25. Maria Miguel, VALENTE	06 Estarreja	34.50	471
26. Joana Francisca, RODRIGUES	04 Condeixa Clube	34.55	469
27. Sara Oliveira, CONCEICAO	07 Feirense	34.66	465
28. Joana Almeida, SANTOS	09 Galitos / Bresimar	34.73	462
29. Joana Ventura, PAIS	06 Nautico Academico	34.80	459
30. Francisca Pinto, OLIVEIRA	09 Galitos / Bresimar	34.91	455
31. Diana Isabel, ALVES	10 Pimpoes/Cimai	34.94	454
32. Debora Silva, INACIO	10 Pimpoes/Cimai	34.95	453
33. Sofia Rodrigues, VASCONCELOS	10 Galitos / Bresimar	35.02	451
34. Mariana Bernardo, SILVESTRE	10 Nautico Academico	35.11	447
35. Sara Marques, LIMA	10 CASPAE	35.16	445
36. Ines Miranda, DIOGO	07 Nautico Academico	35.18	445
37. Leonor Ferreira, SEQUEIRA	05 Gafanha da Encarnacao	35.19	444
38. Ana Jorge, GONCALVES	08 Estarreja	35.20	444
39. Leonor Oliveira, TEIXEIRA	08 Estarreja	35.52	432
40. Lara Sofia, FONSECA	08 Academico de Viseu	35.66	427
41. Adriana Resende, TRINDADE	10 Sporting de Espinho	35.70	425
42. Sofia Pereira, JORGE	08 Galitos / Bresimar	35.81	421
43. Daniela Leao, PICADO	08 Gafanha da Encarnacao	35.84	420
44. Leonor Fonseca, FERREIRA	10 Estarreja	35.96	416

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 18, Femin., 50m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
45. Raquel Domingues, RE	10 Sporting Aveiro	36.04	413
46. Elisa Henriques, SOUTO	10 Óbidos Criativa	36.14	410
47. Rafaela Calvo, COUTINHO	08 Campinho	36.43	400
Eva Santos, FERREIRA	10 O Crasto	36.43	400
49. Carolina Baptista, PEREIRINHA	09 S., Pedro Alva	36.72	391
50. Cristina Moreira, GONCALVES	06 Sao Joao Ver	36.73	391
51. Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho	36.77	389
52. Rita Oliveira, PIRES	08 Galitos / Bresimar	36.88	386
53. Leonor Delgadinho, ROCHA	10 Sao Joao Ver	36.97	383
54. Matilde Violante, VIANA	07 CNLeiria	37.06	380
55. Mariana Pina, MACEDO	10 Estamos Juntos	37.36	371
56. Luana Silva, VALENTE	10 Estarreja	37.39	370
57. Laura Margarida, ASCENSO	10 Marinha Grande	37.49	367
58. Maria Carolina, ALVES	10 Bairro dos Anjos	38.38	342
59. Maria Margarida, OLIVEIRA	09 Bairro dos Anjos	38.68	334
<i>FTL</i>			
60. Carlota Silva, FREITAS	10 Estarreja	39.62	311
<i>FTL</i>			
DNS Matilde Filipa, AMADO	10 Marinha Grande		
DNS Madalena Gracio, PEDROSO	10 Marinha Grande		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 19	Masc., 50m Costas			14 anos e mais velhos	
16/03/2024 - 16:50	Resultados				
Rec Nacionais Open	25.28	Alexis Manacas, SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nacionais Open	25.28	Joao Nogueira, COSTA	POR	Fukuoka (JPN)	29/07/2023
Rec Nacionais Sen	25.28	Alexis Manacas, SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nacionais Sen	25.28	Joao Nogueira, COSTA	POR	Fukuoka (JPN)	29/07/2023
Rec Nacionais Jun 18	26.22	Joao Nogueira, COSTA	POR	Budapest (HUN)	22/08/2019
Rec Nacionais Jun 17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	14/04/2019
Rec Nacionais Juv A	27.46	Goncalo Carlos, AZEVEDO	CNMAIA	Funchal	30/03/2023
Rec Nacionais Juv B	28.01	Miguel Reis, OLIVEIRA	VSC	Póvoa de Varzim	04/02/2024
Rec Nacionais Inf A	29.93	tempo limite,			
RN NA S1	1:32.57	Joao, MARTINS	CNBC	Mar Del Plata (ARG)	13/12/2002
RN NA S2	1:18.41	Joao Alexandre, PINA	POR	Funchal	06/05/2016
RN NA S3	1:12.43	Nuno, VITORINO	GESL	Lisboa	29/06/2012
RN NA S4	51.62	Nelson Jose, LOPES	POR	Funchal	02/05/2016
RN NA S5	45.73	Ivo Filipe, ROCHA	POR	Funchal	17/05/2021
RN NA S6	39.64	Daniel Carlos, VIDEIRA	GESL	Coimbra	02/12/2023
RN NA S7	56.61	Bruno Miguel, CAIRES	FCF	Vila Franca de Xira	21/05/2023
RN NA S8	33.48	Diogo Luis, CANCELA	ALN	Coimbra	28/05/2023
RN NA S9	32.38	Joao Matos, FIDALGO	POR	Sheffield (GBR)	17/03/2023
RN NA S10	31.05	Tomas Coelho, CORDEIRO	CNCE	Funchal	30/03/2023
RN NA S11	31.47	Marco Ribeiro, MENESES	POR	Sheffield (GBR)	17/03/2023
RN NA S12	44.69	Joao Tanica, CRUZ	PDEM	Vila Franca de Xira	21/05/2023
RN NA S14	35.68	Andre Carreiro, PONTE	CNPDL	Porto	30/01/2022
RN NA S15	30.31	Tiago Correia, NEVES	CFB	Oeiras	12/05/2019
RN NA S16	34.97	Andre Camara, JORGE	CEOL	Rio Maior	26/01/2020
RN NA S17	38.94	Daniel Mendo, OLIVEIRA	APPDAC	Coimbra	02/12/2023
RN NA S21	38.79	Vicente Barros, PEREIRA	SCP	Porto	21/01/2024

TA JUVB-MASC Juv B: 34.85 / TA JUVA-MASC Juv A: 34.06 / TA JUN-MASC Jun: 33.10 / TA SEN-MASC Sen: 32.13

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1.	Henrique Martins, JOAQUIM	09 CNLeiria	30.35 467
2.	Joao Miguel, SANTOS	09 Estarreja	31.13 432
3.	Tomas Rafael, PEREIRA	09 Nautico Academico	31.41 421
4.	Gabriel Moises, GUERRA	09 Oliveirense	32.16 392
5.	Guilherme Ferreira, ALMEIDA	09 Oliveirense	32.31 387
6.	Manuel Vicente, TAVEIRA	09 Campinho	32.50 380
7.	Tiago Joaquim, SILVA	09 Galitos / Bresimar	32.64 375
8.	Pedro Fonseca, OLIVEIRA	09 Marinha Grande	32.83 369
9.	Pedro Vidal, GUEDES	09 Gafanha da Encarnacao	33.44 349
10.	Luis Pedro, VALERIO	09 Bairro dos Anjos	34.18 327
11.	Pedro Blanc, CAPINHA	09 Óbidos Criativa	35.02 304
	<i>FTL</i>		

Juv A			
1.	Joao Miguel, VITORIA	08 Academico de Viseu	30.62 454
2.	Miguel Duarte, BATISTA	08 Academico de Viseu	30.69 451
3.	Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	30.90 442
4.	Joao Diogo, NEVES	08 Sporting de Espinho	32.12 394
5.	Francisco Pereira, SANTOS	08 Sporting de Espinho	32.45 382
6.	Manuel Martins, OLIVEIRA	08 Sporting de Espinho	32.70 373
	Diogo Assuncao, FERREIRA	08 Feirense	32.70 373

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 19, Masc., 50m Costas, Juv A

Lugar	Ano	Tempo final	Pts
8. Francisco Fernandes, PEREIRA	08 Academica de Coimbra	32.82	369

Jun

1. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	28.11	588
2. Goncalo Pereira, COLACO	07 CNLeiria	29.23	522
3. Dinis Vlasov, SOROKOVKIN	06 Sporting Aveiro	29.28	520
4. Gil Santos, LEMOS	06 Pimpoes/Cimai	29.53	507
5. Edgar Tavares, MENDES	06 Academica de Coimbra	31.02	437
6. Daniel, KUCHERYAVENKO	07 Galitos / Bresimar	31.24	428
7. Eduardo Pinto, SANTOS	06 Feirense	31.25	427
8. Francisco Couto, FRAZAO	06 Academica de Coimbra	31.33	424
9. David, VOLKOV	07 Sporting Aveiro	31.70	410
10. Rodrigo Silva, FARIA	07 Feirense	31.86	403
11. Tomas Maia, LOMBA	07 Feirense	31.98	399
12. Miguel Joao, PINHEIRO	06 Academica de Coimbra	33.14	358
<i>FTL</i>			

Sen

1. Ricardo Matias, SANTOS	05 Louzan Natacao/EFAPEL	28.34	573
2. Pedro Guilherme, FERREIRA	00 Miranda do Corvo	28.95	538
3. Vasco Almeida, RIBEIRO	05 Sao Joao Ver	29.50	508
4. Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	29.96	485
5. Dinis Miranda, DIOGO	04 Nautico Academico	30.67	452
6. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	30.87	443
7. Joao Miguel, TEIXEIRA	95 Academico de Viseu	31.58	414
8. Renato Maria, FERREIRA	04 União de Coimbra	33.82	337
<i>FTL</i>			
9. Diogo Luis, CANCELA	02 Louzan Natacao/EFAPEL	34.11	329
<i>FTL</i>			
DNS Tomas Coelho, CORDEIRO	04 Individual ANC		

Juv B/Abs

1. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	28.11	588
2. Ricardo Matias, SANTOS	05 Louzan Natacao/EFAPEL	28.34	573
3. Pedro Guilherme, FERREIRA	00 Miranda do Corvo	28.95	538
4. Goncalo Pereira, COLACO	07 CNLeiria	29.23	522
5. Dinis Vlasov, SOROKOVKIN	06 Sporting Aveiro	29.28	520
6. Vasco Almeida, RIBEIRO	05 Sao Joao Ver	29.50	508
7. Gil Santos, LEMOS	06 Pimpoes/Cimai	29.53	507
8. Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	29.96	485
9. Henrique Martins, JOAQUIM	09 CNLeiria	30.35	467
10. Joao Miguel, VITORIA	08 Academico de Viseu	30.62	454
11. Dinis Miranda, DIOGO	04 Nautico Academico	30.67	452
12. Miguel Duarte, BATISTA	08 Academico de Viseu	30.69	451
13. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	30.87	443

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 19, Masc., 50m Costas, Juv B/Abs

Lugar	Ano		Tempo final	Pts
14.	08	Martim Nobre, PASCOAL Columbofila Cantanhedense	30.90	442
15.	06	Edgar Tavares, MENDES Academica de Coimbra	31.02	437
16.	09	Joao Miguel, SANTOS Estarreja	31.13	432
17.	07	Daniel, KUCHERYAVENKO Galitos / Bresimar	31.24	428
18.	06	Eduardo Pinto, SANTOS Feirense	31.25	427
19.	06	Francisco Couto, FRAZAO Academica de Coimbra	31.33	424
20.	09	Tomas Rafael, PEREIRA Nautico Academico	31.41	421
21.	95	Joao Miguel, TEIXEIRA Academico de Viseu	31.58	414
22.	07	David, VOLKOV Sporting Aveiro	31.70	410
23.	07	Rodrigo Silva, FARIA Feirense	31.86	403
24.	07	Tomas Maia, LOMBA Feirense	31.98	399
25.	08	Joao Diogo, NEVES Sporting de Espinho	32.12	394
26.	09	Gabriel Moises, GUERRA Oliveirense	32.16	392
27.	09	Guilherme Ferreira, ALMEIDA Oliveirense	32.31	387
28.	08	Francisco Pereira, SANTOS Sporting de Espinho	32.45	382
29.	09	Manuel Vicente, TAVEIRA Campinho	32.50	380
30.	09	Tiago Joaquim, SILVA Galitos / Bresimar	32.64	375
31.	08	Manuel Martins, OLIVEIRA Sporting de Espinho	32.70	373
	08	Diogo Assuncao, FERREIRA Feirense	32.70	373
33.	08	Francisco Fernandes, PEREIRA Academica de Coimbra	32.82	369
34.	09	Pedro Fonseca, OLIVEIRA Marinha Grande	32.83	369
35.	06	Miguel Joao, PINHEIRO Academica de Coimbra	33.14	358
		<i>FTL</i>		
36.	09	Pedro Vidal, GUEDES Gafanha da Encarnacao	33.44	349
37.	04	Renato Maria, FERREIRA União de Coimbra	33.82	337
		<i>FTL</i>		
38.	02	Diogo Luis, CANCELA Louzan Natacao/EFAPEL	34.11	329
		<i>FTL</i>		
39.	09	Luis Pedro, VALERIO Bairro dos Anjos	34.18	327
40.	09	Pedro Blanc, CAPINHA Óbidos Criativa	35.02	304
		<i>FTL</i>		
DNS	04	Tomas Coelho, CORDEIRO Individual ANC		
EXH	04	Gustavo Carvalho, SILVA Praia da Vitoria	27.27	644
EXH	09	Joao Miguel, ROCHA Peso da Regua	31.69	410
EXH	08	Tiago Fonseca, GONÇALVES Peso da Regua	32.39	384

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20	Femin., 200m Bruços				Abs
16/03/2024 - 17:05					Resultados
Rec Nacionais Open	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nacionais Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nacionais Jun 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02/04/2017
Rec Nacionais Jun 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15/07/2005
Rec Nacionais Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27/06/2004
Rec Nacionais Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28/07/2003

TA JUVB-FEM Juv B: 3:26.93 / TA JUVA-FEM Juv A: 3:22.14 / TA JUN-FEM Jun: 3:17.34 / TA SEN-FEM Sen: 3:12.56

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts	
Juv B								
1.	Sofia Roma, BRIZIDA	10	Bairro dos Anjos	2:50.83				522
	50m: 37.91 37.91	100m: 1:21.80	43.89	150m: 2:06.23	44.43	200m: 2:50.83	44.60	
2.	Maria Neto, SIMOES	10	Condeixa Clube	2:53.84				495
	50m: 38.46 38.46	100m: 1:22.44	43.98	150m: 2:07.98	45.54	200m: 2:53.84	45.86	
3.	Leonor Sobreiro, ALMEIDA	10	CASPAE	2:57.43				465
	50m: 39.41 39.41	100m: 1:24.24	44.83	150m: 2:11.01	46.77	200m: 2:57.43	46.42	
4.	Vida Sofia, VELEZ	10	Bairro dos Anjos	3:01.74				433
	50m: 41.29 41.29	100m: 1:28.22	46.93	150m: 2:15.66	47.44	200m: 3:01.74	46.08	
5.	Ines Ribeiro, MELO	10	Galitos / Bresimar	3:03.05				424
	50m: 40.91 40.91	100m: 1:27.63	46.72	150m: 2:14.29	46.66	200m: 3:03.05	48.76	
6.	Mariana Sa, AZEVEDO	10	Sporting de Espinho	3:03.53				420
	50m: 41.87 41.87	100m: 1:29.10	47.23	150m: 2:16.02	46.92	200m: 3:03.53	47.51	
7.	Leonor Mosca, SILVA	10	Columbifila Cantanhedense	3:07.42				395
	50m: 42.57 42.57	100m: 1:31.72	49.15	150m: 2:19.72	48.00	200m: 3:07.42	47.70	
8.	Luana Filipe, REIS	10	Alcobaca	3:10.64				375
	50m: 42.89 42.89	100m: 1:31.90	49.01	150m: 2:21.85	49.95	200m: 3:10.64	48.79	
9.	Matilde Santos, VIEIRA	10	Marinha Grande	3:10.68				375
	50m: 44.07 44.07	100m: 1:34.11	50.04	150m: 2:23.02	48.91	200m: 3:10.68	47.66	
10.	Elisa Henriques, SOUTO	10	Óbidos Criativa	3:11.92				368
	50m: 43.86 43.86	100m: 1:32.80	48.94	150m: 2:23.01	50.21	200m: 3:11.92	48.91	
11.	Leonor Pereira, SILVA	10	Óbidos Criativa	3:14.63				352
	50m: 45.61 45.61	100m: 1:36.04	50.43	150m: 2:27.07	51.03	200m: 3:14.63	47.56	
12.	Leonor Teixeira, RODRIGUES	10	Feirense	3:16.94				340
	50m: 45.42 45.42	100m: 1:37.04	51.62	150m: 2:22.87	45.83	200m: 3:16.94	54.07	
13.	Mellik Anki, MULCHANDE	10	Campinho	3:17.02				340
	50m: 46.19 46.19	100m: 1:38.20	52.01	150m: 2:28.30	50.10	200m: 3:17.02	48.72	
14.	Mariana Dias, PEREIRA	10	Algés e Águeda XXI	3:17.32				338
	50m: 45.54 45.54	100m: 1:36.42	50.88	150m: 2:26.80	50.38	200m: 3:17.32	50.52	
15.	Sofia Oliveira, FREITAS	10	O Crasto	3:22.57				313
	50m: 47.31 47.31	100m: 1:39.72	52.41	150m: 2:32.78	53.06	200m: 3:22.57	49.79	
16.	Mariana Santos, AFONSO	10	Naval de Peniche	3:22.89				311
	50m: 45.30 45.30	100m: 1:37.30	52.00	150m: 2:30.90	53.60	200m: 3:22.89	51.99	
17.	Rafaela Santos, AFONSO	10	Naval de Peniche	3:23.76				307
	50m: 45.89 45.89	100m: 1:37.69	51.80	150m: 2:31.29	53.60	200m: 3:23.76	52.47	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20, Femin., 200m Bruços, Juv B

Lugar	Ano	Tempo final	Pts
18. Mariana Couto, COELHO <i>FTL</i>	10 Galitos / Bresimar	3:27.99	289
50m: 47.44 47.44 100m: 1:39.87 52.43 150m: 2:33.93 54.06 200m: 3:27.99 54.06			

Juv A

1. Carlota Ganito, SANTOS 50m: 39.68 39.68 100m: 1:23.80 44.12 150m: 2:09.04 45.24 200m: 2:54.33 45.29	09 Galitos / Bresimar	2:54.33	491
2. Rita Calado, CRUZ 50m: 40.17 40.17 100m: 1:23.91 43.74 150m: 2:10.00 46.09 200m: 2:58.45 48.45	09 Nautico Academico	2:58.45	457
3. Maria Teresa, OLIVEIRA 50m: 40.82 40.82 100m: 1:26.84 46.02 150m: 2:13.54 46.70 200m: 2:59.07 45.53	09 Bairro dos Anjos	2:59.07	453
4. Matilde Lopes, SILVA 50m: 40.17 40.17 100m: 1:26.18 46.01 150m: 2:14.16 47.98 200m: 3:01.84 47.68	09 Sao Joao Ver	3:01.84	432
5. Raquel Alexandra, CANCELA 50m: 41.71 41.71 100m: 1:28.77 47.06 150m: 2:16.04 47.27 200m: 3:03.84 47.80	09 Louzan Natacao/EFAPEL	3:03.84	418
6. Ines Varandas, PIEDADE 50m: 43.89 43.89 100m: 1:33.55 49.66 150m: 2:24.84 51.29 200m: 3:14.27 49.43	09 Campinho	3:14.27	354
7. Beatriz Ferreira, MIGUEL 50m: 45.09 45.09 100m: 1:35.44 50.35 150m: 2:27.51 52.07 200m: 3:20.63 53.12	09 Algés e Águeda XXI	3:20.63	322
8. Zofie, PACHECO <i>FTL</i> 50m: 45.65 45.65 100m: 1:39.48 53.83 150m: 2:35.32 55.84 200m: 3:29.58 54.26	09 Naval de Peniche	3:29.58	282

Jun

1. Nuria Soares, SILVA 50m: 38.38 38.38 100m: 1:23.21 44.83 150m: 2:08.57 45.36 200m: 2:52.72 44.15	07 Sao Joao Ver	2:52.72	505
2. Mafalda Rodrigues, CARDOSO 50m: 38.65 38.65 100m: 1:23.18 44.53 150m: 2:08.59 45.41 200m: 2:53.01 44.42	07 Sao Joao Ver	2:53.01	502
3. Angela Rodrigues, REBELO 50m: 39.60 39.60 100m: 1:24.66 45.06 150m: 2:10.06 45.40 200m: 2:55.16 45.10	07 Louzan Natacao/EFAPEL	2:55.16	484
4. Rita Rocha, SILVA 50m: 39.78 39.78 100m: 1:24.69 44.91 150m: 2:10.40 45.71 200m: 2:55.26 44.86	08 Alcobaca	2:55.26	483
5. Noa Pinho, NUNES 50m: 40.37 40.37 100m: 1:25.52 45.15 150m: 2:12.42 46.90 200m: 2:59.32 46.90	07 Sporting Aveiro	2:59.32	451
6. Bruna Filipa, LOURENCO 50m: 39.94 39.94 100m: 1:25.19 45.25 150m: 2:12.68 47.49 200m: 3:00.73 48.05	08 O Crasto	3:00.73	440
7. Rita Isabel, NEVES 50m: 43.04 43.04 100m: 1:29.90 46.86 150m: 2:17.99 48.09 200m: 3:05.68 47.69	08 Condeixa Clube	3:05.68	406
8. Camila Silva, CHAMUSCO 50m: 42.80 42.80 100m: 1:31.18 48.38 150m: 2:19.59 48.41 200m: 3:08.93 49.34	08 Pimpoes/Cimai	3:08.93	385
9. Raquel Filipa, JESUS 50m: 42.61 42.61 100m: 1:33.48 50.87 150m: 2:24.49 51.01 200m: 3:16.24 51.75	08 União de Coimbra	3:16.24	344

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20, Femin., 200m Bruços, Jun

Lugar	Ano	Tempo final	Pts
DNS Maria Rita, BENTO	08 Gafanha da Encarnacao		
DNS Marta Barbosa, MENDES	07 Feirense		

Sen

1. Ana Filipa, VEIGA	01 Gafanha da Encarnacao	2:40.31	631
50m: 37.30 37.30 100m: 1:17.52 40.22 150m: 1:58.80 41.28 200m: 2:40.31 41.51			
2. Maria Joao, RIBEIRO	05 Sao Joao Ver	2:43.58	594
50m: 37.44 37.44 100m: 1:18.32 40.88 150m: 2:01.26 42.94 200m: 2:43.58 42.32			
3. Margarida Correia, MADEIRA	06 Marinha Grande	2:43.91	590
50m: 37.55 37.55 100m: 1:19.59 42.04 150m: 2:01.55 41.96 200m: 2:43.91 42.36			
4. Beatriz Andre, GASPAR	06 Nautico Academico	2:50.82	522
50m: 38.63 38.63 100m: 1:21.50 42.87 150m: 2:06.13 44.63 200m: 2:50.82 44.69			
5. Joana Rosa, FERREIRA	05 CNLeiria	2:51.65	514
50m: 39.18 39.18 100m: 1:22.89 43.71 150m: 2:07.99 45.10 200m: 2:51.65 43.66			
6. Margarida Santos, LOPES	04 Estarreja	2:52.17	509
50m: 38.43 38.43 100m: 1:21.72 43.29 150m: 2:06.46 44.74 200m: 2:52.17 45.71			
7. Ana Rita, ALMEIDA	05 Campinho	2:52.32	508
50m: 38.92 38.92 100m: 1:23.84 44.92 150m: 2:08.14 44.30 200m: 2:52.32 44.18			
8. Ines Santos, CUNHA	06 Gafanha da Encarnacao	3:00.41	443
50m: 39.97 39.97 100m: 1:26.07 46.10 150m: 2:13.12 47.05 200m: 3:00.41 47.29			
9. Mariana Cunha, REBELO	06 Vagos	3:00.80	440
50m: 40.70 40.70 100m: 1:27.05 46.35 150m: 2:14.32 47.27 200m: 3:00.80 46.48			
10. Lara Rodrigues, VASCONCELOS	05 Galitos / Bresimar	3:08.28	389
50m: 41.22 41.22 100m: 1:28.83 47.61 150m: 2:18.50 49.67 200m: 3:08.28 49.78			
DSQ Ines Jacinto, HENRIQUES	00 Louzan Natacao/EFAPEL		
<i>SW 7.1 - O/a atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.</i>			
DNS Mariana Teixeira, JESUS	06 Estarreja		

Juv B/Abs

1. Ana Filipa, VEIGA	01 Gafanha da Encarnacao	2:40.31	631
50m: 37.30 37.30 100m: 1:17.52 40.22 150m: 1:58.80 41.28 200m: 2:40.31 41.51			
2. Maria Joao, RIBEIRO	05 Sao Joao Ver	2:43.58	594
50m: 37.44 37.44 100m: 1:18.32 40.88 150m: 2:01.26 42.94 200m: 2:43.58 42.32			
3. Margarida Correia, MADEIRA	06 Marinha Grande	2:43.91	590
50m: 37.55 37.55 100m: 1:19.59 42.04 150m: 2:01.55 41.96 200m: 2:43.91 42.36			
4. Beatriz Andre, GASPAR	06 Nautico Academico	2:50.82	522
50m: 38.63 38.63 100m: 1:21.50 42.87 150m: 2:06.13 44.63 200m: 2:50.82 44.69			
5. Sofia Roma, BRIZIDA	10 Bairro dos Anjos	2:50.83	522
50m: 37.91 37.91 100m: 1:21.80 43.89 150m: 2:06.23 44.43 200m: 2:50.83 44.60			
6. Joana Rosa, FERREIRA	05 CNLeiria	2:51.65	514
50m: 39.18 39.18 100m: 1:22.89 43.71 150m: 2:07.99 45.10 200m: 2:51.65 43.66			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20, Femin., 200m Bruços, Juv B/Abs

Lugar				Ano					Tempo final	Pts		
7.	Margarida Santos, LOPES			04	Estarreja				2:52.17	509		
	50m:	38.43	38.43	100m:	1:21.72	43.29	150m:	2:06.46	44.74	200m:	2:52.17	45.71
8.	Ana Rita, ALMEIDA			05	Campinho				2:52.32	508		
	50m:	38.92	38.92	100m:	1:23.84	44.92	150m:	2:08.14	44.30	200m:	2:52.32	44.18
9.	Nuria Soares, SILVA			07	Sao Joao Ver				2:52.72	505		
	50m:	38.38	38.38	100m:	1:23.21	44.83	150m:	2:08.57	45.36	200m:	2:52.72	44.15
10.	Mafalda Rodrigues, CARDOSO			07	Sao Joao Ver				2:53.01	502		
	50m:	38.65	38.65	100m:	1:23.18	44.53	150m:	2:08.59	45.41	200m:	2:53.01	44.42
11.	Maria Neto, SIMOES			10	Condeixa Clube				2:53.84	495		
	50m:	38.46	38.46	100m:	1:22.44	43.98	150m:	2:07.98	45.54	200m:	2:53.84	45.86
12.	Carlota Ganito, SANTOS			09	Galitos / Bresimar				2:54.33	491		
	50m:	39.68	39.68	100m:	1:23.80	44.12	150m:	2:09.04	45.24	200m:	2:54.33	45.29
13.	Angela Rodrigues, REBELO			07	Louzan Natacao/EFAPEL				2:55.16	484		
	50m:	39.60	39.60	100m:	1:24.66	45.06	150m:	2:10.06	45.40	200m:	2:55.16	45.10
14.	Rita Rocha, SILVA			08	Alcobaca				2:55.26	483		
	50m:	39.78	39.78	100m:	1:24.69	44.91	150m:	2:10.40	45.71	200m:	2:55.26	44.86
15.	Leonor Sobreiro, ALMEIDA			10	CASPAE				2:57.43	465		
	50m:	39.41	39.41	100m:	1:24.24	44.83	150m:	2:11.01	46.77	200m:	2:57.43	46.42
16.	Rita Calado, CRUZ			09	Nautico Academico				2:58.45	457		
	50m:	40.17	40.17	100m:	1:23.91	43.74	150m:	2:10.00	46.09	200m:	2:58.45	48.45
17.	Maria Teresa, OLIVEIRA			09	Bairro dos Anjos				2:59.07	453		
	50m:	40.82	40.82	100m:	1:26.84	46.02	150m:	2:13.54	46.70	200m:	2:59.07	45.53
18.	Noa Pinho, NUNES			07	Sporting Aveiro				2:59.32	451		
	50m:	40.37	40.37	100m:	1:25.52	45.15	150m:	2:12.42	46.90	200m:	2:59.32	46.90
19.	Ines Santos, CUNHA			06	Gafanha da Encarnacao				3:00.41	443		
	50m:	39.97	39.97	100m:	1:26.07	46.10	150m:	2:13.12	47.05	200m:	3:00.41	47.29
20.	Bruna Filipa, LOURENCO			08	O Crasto				3:00.73	440		
	50m:	39.94	39.94	100m:	1:25.19	45.25	150m:	2:12.68	47.49	200m:	3:00.73	48.05
21.	Mariana Cunha, REBELO			06	Vagos				3:00.80	440		
	50m:	40.70	40.70	100m:	1:27.05	46.35	150m:	2:14.32	47.27	200m:	3:00.80	46.48
22.	Vida Sofia, VELEZ			10	Bairro dos Anjos				3:01.74	433		
	50m:	41.29	41.29	100m:	1:28.22	46.93	150m:	2:15.66	47.44	200m:	3:01.74	46.08
23.	Matilde Lopes, SILVA			09	Sao Joao Ver				3:01.84	432		
	50m:	40.17	40.17	100m:	1:26.18	46.01	150m:	2:14.16	47.98	200m:	3:01.84	47.68
24.	Ines Ribeiro, MELO			10	Galitos / Bresimar				3:03.05	424		
	50m:	40.91	40.91	100m:	1:27.63	46.72	150m:	2:14.29	46.66	200m:	3:03.05	48.76
25.	Mariana Sa, AZEVEDO			10	Sporting de Espinho				3:03.53	420		
	50m:	41.87	41.87	100m:	1:29.10	47.23	150m:	2:16.02	46.92	200m:	3:03.53	47.51
26.	Raquel Alexandra, CANCELA			09	Louzan Natacao/EFAPEL				3:03.84	418		
	50m:	41.71	41.71	100m:	1:28.77	47.06	150m:	2:16.04	47.27	200m:	3:03.84	47.80
27.	Rita Isabel, NEVES			08	Condeixa Clube				3:05.68	406		
	50m:	43.04	43.04	100m:	1:29.90	46.86	150m:	2:17.99	48.09	200m:	3:05.68	47.69

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20, Femin., 200m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
28. Leonor Mosca, SILVA	10	3:07.42	395
50m: 42.57 42.57 100m: 1:31.72 49.15 150m: 2:19.72 48.00 200m: 3:07.42 47.70			
29. Lara Rodrigues, VASCONCELOS	05	3:08.28	389
50m: 41.22 41.22 100m: 1:28.83 47.61 150m: 2:18.50 49.67 200m: 3:08.28 49.78			
30. Camila Silva, CHAMUSCO	08	3:08.93	385
50m: 42.80 42.80 100m: 1:31.18 48.38 150m: 2:19.59 48.41 200m: 3:08.93 49.34			
31. Luana Filipe, REIS	10	3:10.64	375
50m: 42.89 42.89 100m: 1:31.90 49.01 150m: 2:21.85 49.95 200m: 3:10.64 48.79			
32. Matilde Santos, VIEIRA	10	3:10.68	375
50m: 44.07 44.07 100m: 1:34.11 50.04 150m: 2:23.02 48.91 200m: 3:10.68 47.66			
33. Elisa Henriques, SOUTO	10	3:11.92	368
50m: 43.86 43.86 100m: 1:32.80 48.94 150m: 2:23.01 50.21 200m: 3:11.92 48.91			
34. Ines Varandas, PIEDADE	09	3:14.27	354
50m: 43.89 43.89 100m: 1:33.55 49.66 150m: 2:24.84 51.29 200m: 3:14.27 49.43			
35. Leonor Pereira, SILVA	10	3:14.63	352
50m: 45.61 45.61 100m: 1:36.04 50.43 150m: 2:27.07 51.03 200m: 3:14.63 47.56			
36. Raquel Filipa, JESUS	08	3:16.24	344
50m: 42.61 42.61 100m: 1:33.48 50.87 150m: 2:24.49 51.01 200m: 3:16.24 51.75			
37. Leonor Teixeira, RODRIGUES	10	3:16.94	340
50m: 45.42 45.42 100m: 1:37.04 51.62 150m: 2:22.87 45.83 200m: 3:16.94 54.07			
38. Mellik Anki, MULCHANDE	10	3:17.02	340
50m: 46.19 46.19 100m: 1:38.20 52.01 150m: 2:28.30 50.10 200m: 3:17.02 48.72			
39. Mariana Dias, PEREIRA	10	3:17.32	338
50m: 45.54 45.54 100m: 1:36.42 50.88 150m: 2:26.80 50.38 200m: 3:17.32 50.52			
40. Beatriz Ferreira, MIGUEL	09	3:20.63	322
50m: 45.09 45.09 100m: 1:35.44 50.35 150m: 2:27.51 52.07 200m: 3:20.63 53.12			
41. Sofia Oliveira, FREITAS	10	3:22.57	313
50m: 47.31 47.31 100m: 1:39.72 52.41 150m: 2:32.78 53.06 200m: 3:22.57 49.79			
42. Mariana Santos, AFONSO	10	3:22.89	311
50m: 45.30 45.30 100m: 1:37.30 52.00 150m: 2:30.90 53.60 200m: 3:22.89 51.99			
43. Rafaela Santos, AFONSO	10	3:23.76	307
50m: 45.89 45.89 100m: 1:37.69 51.80 150m: 2:31.29 53.60 200m: 3:23.76 52.47			
44. Mariana Couto, COELHO	10	3:27.99	289
FTL			
50m: 47.44 47.44 100m: 1:39.87 52.43 150m: 2:33.93 54.06 200m: 3:27.99 54.06			
45. Zofie, PACHECO	09	3:29.58	282
FTL			
50m: 45.65 45.65 100m: 1:39.48 53.83 150m: 2:35.32 55.84 200m: 3:29.58 54.26			
DSQ Ines Jacinto, HENRIQUES	00		
Louzan Natacao/EFAPEL			
SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.			
DNS Maria Rita, BENTO	08		
Gafanha da Encarnacao			
DNS Mariana Teixeira, JESUS	06		
Estarreja			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 20, Femin., 200m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
DNS Marta Barbosa, MENDES	07 Feirense		
EXH Eva Alexandra, COUTINHO	09 Peso da Regua	3:01.77	433
50m: 40.87 40.87 100m: 1:28.92 48.05 150m: 2:17.30 48.38 200m: 3:01.77 44.47			

Prova 21 Masc., 200m Bruços 14 anos e mais velhos
16/03/2024 - 17:30 Resultados

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

TA JUVB-MASC Juv B: 3:04.83 / TA JUVA-MASC Juv A: 3:00.59 / TA JUN-MASC Jun: 2:55.50 / TA SEN-MASC Sen: 2:50.42

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Dinis Valente, ROCHA	09 Estarreja	2:42.58	459
50m: 36.16 36.16 100m: 1:17.36 41.20 150m: 1:59.68 42.32 200m: 2:42.58 42.90			
2. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	2:42.71	458
50m: 36.80 36.80 100m: 1:18.65 41.85 150m: 2:01.03 42.38 200m: 2:42.71 41.68			
3. Filipe Saldanha, COSTA	09 O Crasto	2:44.53	443
50m: 36.61 36.61 100m: 1:19.28 42.67 150m: 2:03.11 43.83 200m: 2:44.53 41.42			
4. Guilherme Andre, GASPAR	09 Nautico Academico	2:48.80	410
50m: 37.72 37.72 100m: 1:21.01 43.29 150m: 2:04.60 43.59 200m: 2:48.80 44.20			
5. Xinyang, CHENG	09 Marinha Grande	2:53.41	378
50m: 38.39 38.39 100m: 1:22.25 43.86 150m: 2:08.84 46.59 200m: 2:53.41 44.57			
6. Rodrigo Oliveira, SANTOS	09 Alcobaca	3:02.01	327
50m: 40.33 40.33 100m: 1:27.19 46.86 150m: 2:15.19 48.00 200m: 3:02.01 46.82			
7. Rodrigo Cruz, COSTA	09 Sanjoanense	3:04.07	316
50m: 41.08 41.08 100m: 1:28.22 47.14 150m: 2:16.14 47.92 200m: 3:04.07 47.93			
8. Maksym, TYSHCHUK	09 Marinha Grande	3:04.41	315
50m: 40.01 40.01 100m: 1:28.72 48.71 150m: 2:16.75 48.03 200m: 3:04.41 47.66			
Juv A			
1. Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	2:41.20	471
50m: 36.73 36.73 100m: 1:17.80 41.07 150m: 1:59.60 41.80 200m: 2:41.20 41.60			
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:43.04	455
50m: 37.91 37.91 100m: 1:19.27 41.36 150m: 2:00.96 41.69 200m: 2:43.04 42.08			
3. Nuno Miguel, ANJOS	08 Galitos / Bresimar	2:43.34	453
50m: 36.71 36.71 100m: 1:19.58 42.87 150m: 2:01.80 42.22 200m: 2:43.34 41.54			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 21, Masc., 200m Bruços, Juv A

Lugar	Ano	Tempo final	Pts
4. Leonardo Branco, PEREIRA	08 O Crasto	2:44.93	440
50m: 35.83 35.83 100m: 1:18.10	42.27 150m: 2:01.49 43.39	200m: 2:44.93	43.44
5. Antonio Tomas, TEIXEIRA	08 Gafanha da Encarnacao	2:52.84	382
50m: 39.77 39.77 100m: 1:23.57	43.80 150m: 2:08.69 45.12	200m: 2:52.84	44.15
6. Guilherme Franca, COSTA	08 Estamos Juntos	2:53.49	378
50m: 39.52 39.52 100m: 1:24.72	45.20 150m: 2:10.13 45.41	200m: 2:53.49	43.36
7. Jorge Lucas, MELO	08 Campinho	2:58.40	347
50m: 38.49 38.49 100m: 1:24.11	45.62 150m: 2:11.96 47.85	200m: 2:58.40	46.44

Jun

1. Duarte Ramos, NUNES	07 Galitos / Bresimar	2:24.88	649
50m: 33.31 33.31 100m: 1:10.53	37.22 150m: 1:48.24 37.71	200m: 2:24.88	36.64
2. Joao Carvalho, RODRIGUES	06 Galitos / Bresimar	2:26.68	626
50m: 33.10 33.10 100m: 1:10.43	37.33 150m: 1:48.96 38.53	200m: 2:26.68	37.72
3. Francisco Marques, SIMOES	07 CNLeiria	2:34.10	539
50m: 34.16 34.16 100m: 1:13.63	39.47 150m: 1:54.00 40.37	200m: 2:34.10	40.10
4. Duarte Jose, FERNANDES	06 União de Coimbra	2:35.38	526
50m: 34.52 34.52 100m: 1:13.33	38.81 150m: 1:54.15 40.82	200m: 2:35.38	41.23
5. Ricardo Lima, CAMPOS	06 Sanjoanense	2:35.87	521
50m: 34.82 34.82 100m: 1:14.16	39.34 150m: 1:55.15 40.99	200m: 2:35.87	40.72
6. Henrique Ferreira, MARTINS	06 Algés e Águeda XXI	2:43.87	448
50m: 36.02 36.02 100m: 1:16.90	40.88 150m: 1:59.95 43.05	200m: 2:43.87	43.92
7. Bernardo Nunes, DOMINGUEZ	07 Bairro dos Anjos	2:50.42	399
50m: 36.81 36.81 100m: 1:19.83	43.02 150m: 2:04.21 44.38	200m: 2:50.42	46.21

Sen

1. Rodrigo Manuel, ROCHA	05 Sporting de Espinho	2:34.30	537
50m: 34.54 34.54 100m: 1:14.39	39.85 150m: 1:54.43 40.04	200m: 2:34.30	39.87
2. Renato Miguel, CARVALHO	03 Galitos / Bresimar	2:45.61	434
50m: 37.13 37.13 100m: 1:19.93	42.80 150m: 2:03.16 43.23	200m: 2:45.61	42.45
3. Vasco Pereira, BASTOS	02 Nautico Academico	2:45.64	434
50m: 35.68 35.68 100m: 1:16.62	40.94 150m: 2:00.50 43.88	200m: 2:45.64	45.14
DNS Tomas Coelho, CORDEIRO	04 Individual ANC		

Juv B/Abs

1. Duarte Ramos, NUNES	07 Galitos / Bresimar	2:24.88	649
50m: 33.31 33.31 100m: 1:10.53	37.22 150m: 1:48.24 37.71	200m: 2:24.88	36.64
2. Joao Carvalho, RODRIGUES	06 Galitos / Bresimar	2:26.68	626
50m: 33.10 33.10 100m: 1:10.43	37.33 150m: 1:48.96 38.53	200m: 2:26.68	37.72
3. Francisco Marques, SIMOES	07 CNLeiria	2:34.10	539
50m: 34.16 34.16 100m: 1:13.63	39.47 150m: 1:54.00 40.37	200m: 2:34.10	40.10

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 21, Masc., 200m Bruços, Juv B/Abs

Lugar	Nome		Ano	Clube		Tempo final				Pts
4.	Rodrigo Manuel, ROCHA		05	Sporting de Espinho		2:34.30				537
	50m: 34.54	34.54	100m: 1:14.39	39.85	150m: 1:54.43	40.04	200m: 2:34.30			39.87
5.	Duarte Jose, FERNANDES		06	União de Coimbra		2:35.38				526
	50m: 34.52	34.52	100m: 1:13.33	38.81	150m: 1:54.15	40.82	200m: 2:35.38			41.23
6.	Ricardo Lima, CAMPOS		06	Sanjoanense		2:35.87				521
	50m: 34.82	34.82	100m: 1:14.16	39.34	150m: 1:55.15	40.99	200m: 2:35.87			40.72
7.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense		2:41.20				471
	50m: 36.73	36.73	100m: 1:17.80	41.07	150m: 1:59.60	41.80	200m: 2:41.20			41.60
8.	Dinis Valente, ROCHA		09	Estarreja		2:42.58				459
	50m: 36.16	36.16	100m: 1:17.36	41.20	150m: 1:59.68	42.32	200m: 2:42.58			42.90
9.	Hugo Miguel, SANTOS		09	Pimpoes/Cimai		2:42.71				458
	50m: 36.80	36.80	100m: 1:18.65	41.85	150m: 2:01.03	42.38	200m: 2:42.71			41.68
10.	Mikhael, ONUTSKYY		08	Pimpoes/Cimai		2:43.04				455
	50m: 37.91	37.91	100m: 1:19.27	41.36	150m: 2:00.96	41.69	200m: 2:43.04			42.08
11.	Nuno Miguel, ANJOS		08	Galitos / Bresimar		2:43.34				453
	50m: 36.71	36.71	100m: 1:19.58	42.87	150m: 2:01.80	42.22	200m: 2:43.34			41.54
12.	Henrique Ferreira, MARTINS		06	Algés e Águeda XXI		2:43.87				448
	50m: 36.02	36.02	100m: 1:16.90	40.88	150m: 1:59.95	43.05	200m: 2:43.87			43.92
13.	Filipe Saldanha, COSTA		09	O Crasto		2:44.53				443
	50m: 36.61	36.61	100m: 1:19.28	42.67	150m: 2:03.11	43.83	200m: 2:44.53			41.42
14.	Leonardo Branco, PEREIRA		08	O Crasto		2:44.93				440
	50m: 35.83	35.83	100m: 1:18.10	42.27	150m: 2:01.49	43.39	200m: 2:44.93			43.44
15.	Renato Miguel, CARVALHO		03	Galitos / Bresimar		2:45.61				434
	50m: 37.13	37.13	100m: 1:19.93	42.80	150m: 2:03.16	43.23	200m: 2:45.61			42.45
16.	Vasco Pereira, BASTOS		02	Nautico Academico		2:45.64				434
	50m: 35.68	35.68	100m: 1:16.62	40.94	150m: 2:00.50	43.88	200m: 2:45.64			45.14
17.	Guilherme Andre, GASPAS		09	Nautico Academico		2:48.80				410
	50m: 37.72	37.72	100m: 1:21.01	43.29	150m: 2:04.60	43.59	200m: 2:48.80			44.20
18.	Bernardo Nunes, DOMINGUEZ		07	Bairro dos Anjos		2:50.42				399
	50m: 36.81	36.81	100m: 1:19.83	43.02	150m: 2:04.21	44.38	200m: 2:50.42			46.21
19.	Antonio Tomas, TEIXEIRA		08	Gafanha da Encarnacao		2:52.84				382
	50m: 39.77	39.77	100m: 1:23.57	43.80	150m: 2:08.69	45.12	200m: 2:52.84			44.15
20.	Xinyang, CHENG		09	Marinha Grande		2:53.41				378
	50m: 38.39	38.39	100m: 1:22.25	43.86	150m: 2:08.84	46.59	200m: 2:53.41			44.57
21.	Guilherme Franca, COSTA		08	Estamos Juntos		2:53.49				378
	50m: 39.52	39.52	100m: 1:24.72	45.20	150m: 2:10.13	45.41	200m: 2:53.49			43.36
22.	Jorge Lucas, MELO		08	Campinho		2:58.40				347
	50m: 38.49	38.49	100m: 1:24.11	45.62	150m: 2:11.96	47.85	200m: 2:58.40			46.44
23.	Rodrigo Oliveira, SANTOS		09	Alcobaca		3:02.01				327
	50m: 40.33	40.33	100m: 1:27.19	46.86	150m: 2:15.19	48.00	200m: 3:02.01			46.82
24.	Rodrigo Cruz, COSTA		09	Sanjoanense		3:04.07				316
	50m: 41.08	41.08	100m: 1:28.22	47.14	150m: 2:16.14	47.92	200m: 3:04.07			47.93

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Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 21, Masc., 200m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
25. Maksym, TYSHCHUK	09 Marinha Grande	3:04.41	315
50m: 40.01 40.01 100m: 1:28.72 48.71 150m: 2:16.75 48.03 200m: 3:04.41 47.66			
DNS Tomas Coelho, CORDEIRO	04 Individual ANC		

Prova 22 Femin., 200m Livres Abs Resultados
16/03/2024 - 17:40

Rec Nacionais Open	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillon (FRA)	13/05/2023
Rec Nacionais Sen	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillon (FRA)	13/05/2023
Rec Nacionais Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	16/08/2020
Rec Nacionais Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06/07/2018
Rec Nacionais Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27/07/2018
Rec Nacionais Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25/07/2014

TA JUVB-FEM Juv B: 2:40.07 / TA JUVA-FEM Juv A: 2:36.36 / TA JUN-FEM Jun: 2:32.66 / TA SEN-FEM Sen: 2:28.95

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Camila Duarte, MARCELO	10 Condeixa Clube	2:13.19	608
50m: 31.21 31.21 100m: 1:04.81 33.60 150m: 1:39.31 34.50 200m: 2:13.19 33.88			
2. Leonor Nunes, CARDEAL	10 Individual ANCNP	2:19.35	531
50m: 31.54 31.54 100m: 1:06.53 34.99 150m: 1:43.46 36.93 200m: 2:19.35 35.89			
3. Rita Lucas, SANTOS	10 Condeixa Clube	2:20.26	520
50m: 32.45 32.45 100m: 1:09.27 36.82 150m: 1:45.93 36.66 200m: 2:20.26 34.33			
4. Maria Miguel, FERNANDES	10 Columbofila Cantanhedense	2:21.64	505
50m: 32.18 32.18 100m: 1:08.21 36.03 150m: 1:45.41 37.20 200m: 2:21.64 36.23			
5. Barbara Balbino, MENDES	10 Naval de Peniche	2:21.80	504
50m: 32.70 32.70 100m: 1:08.63 35.93 150m: 1:45.03 36.40 200m: 2:21.80 36.77			
6. Sofia Rodrigues, VASCONCELOS	10 Galitos / Bresimar	2:22.28	498
50m: 33.72 33.72 100m: 1:09.75 36.03 150m: 1:47.02 37.27 200m: 2:22.28 35.26			
7. Leonor Antunes, PAIVA	10 Nautico Academico	2:23.75	483
50m: 33.01 33.01 100m: 1:09.85 36.84 150m: 1:46.99 37.14 200m: 2:23.75 36.76			
8. Leonor Silva, JESUS	10 Galitos / Bresimar	2:23.99	481
50m: 34.09 34.09 100m: 1:11.02 36.93 150m: 1:47.81 36.79 200m: 2:23.99 36.18			
9. Leonor Silva, OLIVEIRA	10 Galitos / Bresimar	2:25.29	468
50m: 32.18 32.18 100m: 1:07.83 35.65 150m: 1:46.37 38.54 200m: 2:25.29 38.92			
10. Bianca Balbino, MENDES	10 Naval de Peniche	2:25.56	465
50m: 33.38 33.38 100m: 1:09.67 36.29 150m: 1:47.76 38.09 200m: 2:25.56 37.80			
11. Maria Ines, GANTE	10 Nautico Academico	2:28.60	437
50m: 34.45 34.45 100m: 1:12.47 38.02 150m: 1:51.17 38.70 200m: 2:28.60 37.43			
12. Laura Helena, AMORIM	10 Marinha Grande	2:29.01	434
50m: 33.55 33.55 100m: 1:10.89 37.34 150m: 1:50.59 39.70 200m: 2:29.01 38.42			
13. Mariana Pina, MACEDO	10 Estamos Juntos	2:29.51	430
50m: 33.94 33.94 100m: 1:12.73 38.79 150m: 1:52.71 39.98 200m: 2:29.51 36.80			

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Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv B

Lugar	Ano	Tempo final	Pts
14. Diana Isabel, ALVES	10 Pimpoes/Cimai	2:29.54	429
50m: 34.97 34.97 100m: 1:13.40 38.43 150m: 1:52.39 38.99 200m: 2:29.54 37.15			
15. Maria Carolina, ALVES	10 Bairro dos Anjos	2:29.67	428
50m: 33.34 33.34 100m: 1:10.92 37.58 150m: 1:49.93 39.01 200m: 2:29.67 39.74			
16. Maria Ines, RODRIGUES	10 Condeixa Clube	2:30.21	424
50m: 34.42 34.42 100m: 1:13.11 38.69 150m: 1:53.37 40.26 200m: 2:30.21 36.84			
17. Isabella Scavone, LOPES	10 Miranda do Corvo	2:31.52	413
50m: 34.98 34.98 100m: 1:14.45 39.47 150m: 1:54.09 39.64 200m: 2:31.52 37.43			
18. Eva Santos, FERREIRA	10 O Crasto	2:32.83	402
50m: 34.97 34.97 100m: 1:15.37 40.40 150m: 1:55.82 40.45 200m: 2:32.83 37.01			
19. Leonor Delgadinho, ROCHA	10 Sao Joao Ver	2:34.31	391
50m: 34.87 34.87 100m: 1:13.13 38.26 150m: 1:54.43 41.30 200m: 2:34.31 39.88			
20. Vida Sofia, VELEZ	10 Bairro dos Anjos	2:34.89	386
50m: 35.00 35.00 100m: 1:14.48 39.48 150m: 1:56.60 42.12 200m: 2:34.89 38.29			
21. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	2:36.23	376
50m: 35.18 35.18 100m: 1:14.82 39.64 150m: 1:56.06 41.24 200m: 2:36.23 40.17			
22. Sofia Daniela, FERREIRA	10 União de Coimbra	2:40.62	346
<i>FTL</i>			
50m: 35.07 35.07 100m: 1:16.79 41.72 150m: 1:59.73 42.94 200m: 2:40.62 40.89			
DNS Matilde Filipa, AMADO	10 Marinha Grande		
DNS Madalena Gracio, PEDROSO	10 Marinha Grande		

Juv A

1. Luana Ferreira, CRAVEIRO	09 Marinha Grande	2:13.36	605
50m: 30.78 30.78 100m: 1:04.48 33.70 150m: 1:38.91 34.43 200m: 2:13.36 34.45			
2. Lara Catarina, MAIA	09 Estarreja	2:13.73	600
50m: 30.04 30.04 100m: 1:03.91 33.87 150m: 1:39.31 35.40 200m: 2:13.73 34.42			
3. Alana Costa, MATIAS	09 União de Coimbra	2:15.04	583
50m: 31.47 31.47 100m: 1:05.52 34.05 150m: 1:40.50 34.98 200m: 2:15.04 34.54			
4. Constanca Baptista, TOMAS	09 Alcobaca	2:16.81	561
50m: 31.86 31.86 100m: 1:06.98 35.12 150m: 1:42.06 35.08 200m: 2:16.81 34.75			
5. Carolina Sofia, BAPTISTA	09 Estarreja	2:17.53	552
50m: 31.57 31.57 100m: 1:06.56 34.99 150m: 1:42.37 35.81 200m: 2:17.53 35.16			
6. Joana Almeida, SANTOS	09 Galitos / Bresimar	2:20.86	514
50m: 33.27 33.27 100m: 1:09.60 36.33 150m: 1:46.35 36.75 200m: 2:20.86 34.51			
7. Francisca Soreto, PEDREIRO	09 Galitos / Bresimar	2:20.89	513
50m: 32.42 32.42 100m: 1:07.90 35.48 150m: 1:44.47 36.57 200m: 2:20.89 36.42			
8. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	2:21.99	502
50m: 33.30 33.30 100m: 1:09.63 36.33 150m: 1:46.71 37.08 200m: 2:21.99 35.28			
9. Francisca Ramos, NUNES	09 Naval de Peniche	2:26.38	458
50m: 32.58 32.58 100m: 1:09.32 36.74 150m: 1:48.30 38.98 200m: 2:26.38 38.08			

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Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv A

Lugar	Nome		Ano	Local		Tempo final	Pts
10.	Caetana Amado, SANTOS	Miranda do Corvo	09			2:26.67	455
	50m: 33.99 33.99	100m: 1:12.07 38.08		150m: 1:50.08 38.01	200m: 2:26.67		36.59
11.	Maria Rita, OLIVEIRA	Academico de Viseu	09			2:26.83	454
	50m: 34.03 34.03	100m: 1:11.06 37.03		150m: 1:49.44 38.38	200m: 2:26.83		37.39
12.	Francisca Pinto, OLIVEIRA	Galitos / Bresimar	09			2:26.87	453
	50m: 32.73 32.73	100m: 1:08.83 36.10		150m: 1:47.81 38.98	200m: 2:26.87		39.06
13.	Carolina Mortagua, MELO	Estarreja	09			2:30.21	424
	50m: 35.34 35.34	100m: 1:13.92 38.58		150m: 1:53.31 39.39	200m: 2:30.21		36.90
14.	Gabriela Lopes, FERNANDES	O Crasto	09			2:35.51	382
	50m: 34.87 34.87	100m: 1:15.63 40.76		150m: 1:56.66 41.03	200m: 2:35.51		38.85
15.	Ines Ferreira, CHELEU	Bairro dos Anjos	09			2:36.02	378
	50m: 35.76 35.76	100m: 1:15.17 39.41		150m: 1:56.44 41.27	200m: 2:36.02		39.58
16.	Clara Sobreiro, RODRIGUES <i>FTL</i>	Pimpoes/Cimai	09			2:37.27	369
	50m: 35.50 35.50	100m: 1:15.53 40.03		150m: 1:56.78 41.25	200m: 2:37.27		40.49
17.	Anjali, RAICAR <i>FTL</i>	Naval de Peniche	09			2:37.56	367
	50m: 34.76 34.76	100m: 1:15.01 40.25		150m: 1:56.55 41.54	200m: 2:37.56		41.01
18.	Leonor Valerio, ADRIANO <i>FTL</i>	Alcobaca	09			2:41.57	340
	50m: 35.20 35.20	100m: 1:16.18 40.98		150m: 1:59.20 43.02	200m: 2:41.57		42.37

Jun

1.	Carolina Vizinho, CABRAL	Vagos	07			2:11.78	627
	50m: 30.79 30.79	100m: 1:04.22 33.43		150m: 1:38.62 34.40	200m: 2:11.78		33.16
2.	Leonor Mil, MANO	Nautico Academico	07			2:13.89	598
	50m: 30.89 30.89	100m: 1:05.26 34.37		150m: 1:40.11 34.85	200m: 2:13.89		33.78
3.	Erica Domitila, AMADOR	Estarreja	07			2:16.98	559
	50m: 31.60 31.60	100m: 1:05.85 34.25		150m: 1:41.49 35.64	200m: 2:16.98		35.49
4.	Dania Rodrigues, SIMOES	Louzan Natacao/EFAPEL	07			2:17.57	551
	50m: 31.52 31.52	100m: 1:06.43 34.91		150m: 1:42.11 35.68	200m: 2:17.57		35.46
5.	Alice Mendes, MACEDO	Estamos Juntos	08			2:18.23	544
	50m: 32.39 32.39	100m: 1:07.03 34.64		150m: 1:43.04 36.01	200m: 2:18.23		35.19
6.	Marta Andre, AGUILAR	Nautico Academico	07			2:18.45	541
	50m: 31.85 31.85	100m: 1:06.19 34.34		150m: 1:42.28 36.09	200m: 2:18.45		36.17
7.	Cristiana Sofia, DUARTE	Academica de Coimbra	07			2:20.17	521
	50m: 33.14 33.14	100m: 1:09.49 36.35		150m: 1:44.74 35.25	200m: 2:20.17		35.43
8.	Sofia Pereira, JORGE	Galitos / Bresimar	08			2:20.22	521
	50m: 32.11 32.11	100m: 1:07.75 35.64		150m: 1:44.37 36.62	200m: 2:20.22		35.85
9.	Maria Saraiva, PAIXAO	Galitos / Bresimar	08			2:20.48	518
	50m: 33.82 33.82	100m: 1:10.17 36.35		150m: 1:46.34 36.17	200m: 2:20.48		34.14

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Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Jun

Lugar	Ano	Tempo final	Pts
10. Matilde Violante, VIANA	07 CNLeiria	2:21.20	510
50m: 32.32 32.32 100m: 1:08.34 36.02 150m: 1:44.41 36.07 200m: 2:21.20 36.79			
11. Bruna Filipa, LOURENCO	08 O Crasto	2:21.26	509
50m: 32.73 32.73 100m: 1:08.96 36.23 150m: 1:45.65 36.69 200m: 2:21.26 35.61			
12. Madalena Almeida, FIGUEIRA	07 Academico de Viseu	2:21.57	506
50m: 31.24 31.24 100m: 1:06.59 35.35 150m: 1:43.73 37.14 200m: 2:21.57 37.84			
13. Rita Oliveira, PIRES	08 Galitos / Bresimar	2:22.60	495
50m: 33.75 33.75 100m: 1:09.97 36.22 150m: 1:47.25 37.28 200m: 2:22.60 35.35			
14. Leonor Vendima, COELHO	07 CNLeiria	2:25.38	467
50m: 33.39 33.39 100m: 1:09.92 36.53 150m: 1:48.23 38.31 200m: 2:25.38 37.15			
15. Matilde Marques, MENDES	08 Gafanha da Encarnacao	2:26.38	458
50m: 32.95 32.95 100m: 1:10.19 37.24 150m: 1:48.90 38.71 200m: 2:26.38 37.48			
16. Lara Sofia, FONSECA	08 Academico de Viseu	2:27.92	444
50m: 33.03 33.03 100m: 1:10.72 37.69 150m: 1:50.11 39.39 200m: 2:27.92 37.81			
17. Rafaela Calvo, COUTINHO	08 Campinho	2:28.97	434
50m: 34.31 34.31 100m: 1:13.15 38.84 150m: 1:51.62 38.47 200m: 2:28.97 37.35			
18. Maria Joao, LOBO	07 Sporting Aveiro	2:29.64	428
50m: 34.14 34.14 100m: 1:12.33 38.19 150m: 1:51.68 39.35 200m: 2:29.64 37.96			
19. Maria Miguel, RESENDE	08 Estarreja	2:30.35	422
50m: 34.30 34.30 100m: 1:12.52 38.22 150m: 1:51.29 38.77 200m: 2:30.35 39.06			
20. Carolina Ferreira, FONSECA	07 Vieiraense	2:32.43	405
50m: 34.00 34.00 100m: 1:12.20 38.20 150m: 1:52.41 40.21 200m: 2:32.43 40.02			
21. Diana Rita, FONSECA FTL	08 Vieiraense	2:34.40	390
50m: 33.92 33.92 100m: 1:12.85 38.93 150m: 1:54.35 41.50 200m: 2:34.40 40.05			
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		

Sen

1. Joana Nunes, CARDEAL	02 Individual ANCP	2:07.67	690
50m: 30.00 30.00 100m: 1:02.20 32.20 150m: 1:35.51 33.31 200m: 2:07.67 32.16			
2. Beatriz Nunes, CARDEAL	04 Individual ANCP	2:07.69	690
50m: 30.06 30.06 100m: 1:02.59 32.53 150m: 1:35.61 33.02 200m: 2:07.69 32.08			
3. Joana Barbas, RAMOS	06 Gafanha da Encarnacao	2:13.26	607
50m: 31.18 31.18 100m: 1:05.13 33.95 150m: 1:39.75 34.62 200m: 2:13.26 33.51			
4. Leonor Verissimo, FARIA	06 Nautico Academico	2:15.81	573
50m: 32.01 32.01 100m: 1:06.32 34.31 150m: 1:41.75 35.43 200m: 2:15.81 34.06			
5. Beatriz Costa, TEJO	02 Academica de Coimbra	2:16.12	569
50m: 30.90 30.90 100m: 1:05.35 34.45 150m: 1:41.03 35.68 200m: 2:16.12 35.09			
6. Ana Carolina, MONTEIRO	04 União de Coimbra	2:16.57	564
50m: 30.77 30.77 100m: 1:05.13 34.36 150m: 1:40.88 35.75 200m: 2:16.57 35.69			
7. Miriam Mortagua, SOARES	06 Galitos / Bresimar	2:18.40	542
50m: 31.52 31.52 100m: 1:06.42 34.90 150m: 1:42.20 35.78 200m: 2:18.40 36.20			

Secretariado:

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Prova 22, Femin., 200m Livres, Sen

Lugar	Ano	Tempo final	Pts
8. Sara Calisto, PIMENTEL 50m: 32.73 32.73 100m: 1:08.15 35.42 150m: 1:43.96 35.81 200m: 2:19.12 35.16	05 Gafanha da Encarnacao	2:19.12	533
9. Giovanna Vaz, VARGAS 50m: 32.37 32.37 100m: 1:07.89 35.52 150m: 1:44.45 36.56 200m: 2:20.72 36.27	00 Marinha Grande	2:20.72	515
10. Ines Mira, PINO 50m: 32.14 32.14 100m: 1:07.18 35.04 150m: 1:44.17 36.99 200m: 2:21.55 37.38	06 Pimpoes/Cimai	2:21.55	506
11. Vanessa Sofia, OLIVEIRA 50m: 33.06 33.06 100m: 1:08.78 35.72 150m: 1:45.40 36.62 200m: 2:21.59 36.19	05 Gafanha da Encarnacao	2:21.59	506
12. Valentina Saad, BARBOSA 50m: 32.41 32.41 100m: 1:08.72 36.31 150m: 1:45.40 36.68 200m: 2:22.97 37.57	04 Academica de Coimbra	2:22.97	491
13. Beatriz Rocha, SANTOS 50m: 32.90 32.90 100m: 1:09.82 36.92 150m: 1:47.45 37.63 200m: 2:24.41 36.96	02 Campinho	2:24.41	477
14. Dalila Leal, BERNARDINO 50m: 33.20 33.20 100m: 1:09.70 36.50 150m: 1:47.49 37.79 200m: 2:24.72 37.23	06 Nucleo de Pombal	2:24.72	474
15. Leonor Caetano, MOREIRA 50m: 33.93 33.93 100m: 1:11.12 37.19 150m: 1:49.33 38.21 200m: 2:27.08 37.75	06 Vieirense	2:27.08	451
16. Ana Rita, ALMEIDA 50m: 33.25 33.25 100m: 1:11.38 38.13 150m: 1:50.43 39.05 200m: 2:28.62 38.19	05 Campinho	2:28.62	437
17. Beatriz Luz, MARTINS FTL 50m: 34.16 34.16 100m: 1:12.80 38.64 150m: 1:53.07 40.27 200m: 2:31.90 38.83	06 Pimpoes/Cimai	2:31.90	410
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		

Juv B/Abs

1. Joana Nunes, CARDEAL 50m: 30.00 30.00 100m: 1:02.20 32.20 150m: 1:35.51 33.31 200m: 2:07.67 32.16	02 Individual ANCP	2:07.67	690
2. Beatriz Nunes, CARDEAL 50m: 30.06 30.06 100m: 1:02.59 32.53 150m: 1:35.61 33.02 200m: 2:07.69 32.08	04 Individual ANCP	2:07.69	690
3. Carolina Vizinho, CABRAL 50m: 30.79 30.79 100m: 1:04.22 33.43 150m: 1:38.62 34.40 200m: 2:11.78 33.16	07 Vagos	2:11.78	627
4. Camila Duarte, MARCELO 50m: 31.21 31.21 100m: 1:04.81 33.60 150m: 1:39.31 34.50 200m: 2:13.19 33.88	10 Condeixa Clube	2:13.19	608
5. Joana Barbas, RAMOS 50m: 31.18 31.18 100m: 1:05.13 33.95 150m: 1:39.75 34.62 200m: 2:13.26 33.51	06 Gafanha da Encarnacao	2:13.26	607
6. Luana Ferreira, CRAVEIRO 50m: 30.78 30.78 100m: 1:04.48 33.70 150m: 1:38.91 34.43 200m: 2:13.36 34.45	09 Marinha Grande	2:13.36	605
7. Lara Catarina, MAIA 50m: 30.04 30.04 100m: 1:03.91 33.87 150m: 1:39.31 35.40 200m: 2:13.73 34.42	09 Estarreja	2:13.73	600
8. Leonor Mil, MANO 50m: 30.89 30.89 100m: 1:05.26 34.37 150m: 1:40.11 34.85 200m: 2:13.89 33.78	07 Nautico Academico	2:13.89	598
9. Alana Costa, MATIAS 50m: 31.47 31.47 100m: 1:05.52 34.05 150m: 1:40.50 34.98 200m: 2:15.04 34.54	09 União de Coimbra	2:15.04	583

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
10.	Leonor Verissimo, FARIA	06	Nautico Academico				2:15.81	573	
	50m: 32.01 32.01	100m: 1:06.32	34.31	150m: 1:41.75	35.43	200m: 2:15.81	34.06		
11.	Beatriz Costa, TEJO	02	Academica de Coimbra				2:16.12	569	
	50m: 30.90 30.90	100m: 1:05.35	34.45	150m: 1:41.03	35.68	200m: 2:16.12	35.09		
12.	Ana Carolina, MONTEIRO	04	União de Coimbra				2:16.57	564	
	50m: 30.77 30.77	100m: 1:05.13	34.36	150m: 1:40.88	35.75	200m: 2:16.57	35.69		
13.	Constanca Baptista, TOMAS	09	Alcobaca				2:16.81	561	
	50m: 31.86 31.86	100m: 1:06.98	35.12	150m: 1:42.06	35.08	200m: 2:16.81	34.75		
14.	Erica Domitila, AMADOR	07	Estarreja				2:16.98	559	
	50m: 31.60 31.60	100m: 1:05.85	34.25	150m: 1:41.49	35.64	200m: 2:16.98	35.49		
15.	Carolina Sofia, BAPTISTA	09	Estarreja				2:17.53	552	
	50m: 31.57 31.57	100m: 1:06.56	34.99	150m: 1:42.37	35.81	200m: 2:17.53	35.16		
16.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL				2:17.57	551	
	50m: 31.52 31.52	100m: 1:06.43	34.91	150m: 1:42.11	35.68	200m: 2:17.57	35.46		
17.	Alice Mendes, MACEDO	08	Estamos Juntos				2:18.23	544	
	50m: 32.39 32.39	100m: 1:07.03	34.64	150m: 1:43.04	36.01	200m: 2:18.23	35.19		
18.	Miriam Mortagua, SOARES	06	Galitos / Bresimar				2:18.40	542	
	50m: 31.52 31.52	100m: 1:06.42	34.90	150m: 1:42.20	35.78	200m: 2:18.40	36.20		
19.	Marta Andre, AGUILAR	07	Nautico Academico				2:18.45	541	
	50m: 31.85 31.85	100m: 1:06.19	34.34	150m: 1:42.28	36.09	200m: 2:18.45	36.17		
20.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao				2:19.12	533	
	50m: 32.73 32.73	100m: 1:08.15	35.42	150m: 1:43.96	35.81	200m: 2:19.12	35.16		
21.	Leonor Nunes, CARDEAL	10	Individual ANCNP				2:19.35	531	
	50m: 31.54 31.54	100m: 1:06.53	34.99	150m: 1:43.46	36.93	200m: 2:19.35	35.89		
22.	Cristiana Sofia, DUARTE	07	Academica de Coimbra				2:20.17	521	
	50m: 33.14 33.14	100m: 1:09.49	36.35	150m: 1:44.74	35.25	200m: 2:20.17	35.43		
23.	Sofia Pereira, JORGE	08	Galitos / Bresimar				2:20.22	521	
	50m: 32.11 32.11	100m: 1:07.75	35.64	150m: 1:44.37	36.62	200m: 2:20.22	35.85		
24.	Rita Lucas, SANTOS	10	Condeixa Clube				2:20.26	520	
	50m: 32.45 32.45	100m: 1:09.27	36.82	150m: 1:45.93	36.66	200m: 2:20.26	34.33		
25.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar				2:20.48	518	
	50m: 33.82 33.82	100m: 1:10.17	36.35	150m: 1:46.34	36.17	200m: 2:20.48	34.14		
26.	Giovanna Vaz, VARGAS	00	Marinha Grande				2:20.72	515	
	50m: 32.37 32.37	100m: 1:07.89	35.52	150m: 1:44.45	36.56	200m: 2:20.72	36.27		
27.	Joana Almeida, SANTOS	09	Galitos / Bresimar				2:20.86	514	
	50m: 33.27 33.27	100m: 1:09.60	36.33	150m: 1:46.35	36.75	200m: 2:20.86	34.51		
28.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar				2:20.89	513	
	50m: 32.42 32.42	100m: 1:07.90	35.48	150m: 1:44.47	36.57	200m: 2:20.89	36.42		
29.	Matilde Violante, VIANA	07	CNLeiria				2:21.20	510	
	50m: 32.32 32.32	100m: 1:08.34	36.02	150m: 1:44.41	36.07	200m: 2:21.20	36.79		
30.	Bruna Filipa, LOURENCO	08	O Crasto				2:21.26	509	
	50m: 32.73 32.73	100m: 1:08.96	36.23	150m: 1:45.65	36.69	200m: 2:21.26	35.61		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
31. Ines Mira, PINO	06 Pimpoes/Cimai	2:21.55	506
50m: 32.14 32.14 100m: 1:07.18 35.04 150m: 1:44.17 36.99 200m: 2:21.55			37.38
32. Madalena Almeida, FIGUEIRA	07 Academico de Viseu	2:21.57	506
50m: 31.24 31.24 100m: 1:06.59 35.35 150m: 1:43.73 37.14 200m: 2:21.57			37.84
33. Vanessa Sofia, OLIVEIRA	05 Gafanha da Encarnacao	2:21.59	506
50m: 33.06 33.06 100m: 1:08.78 35.72 150m: 1:45.40 36.62 200m: 2:21.59			36.19
34. Maria Miguel, FERNANDES	10 Columbofila Cantanhedense	2:21.64	505
50m: 32.18 32.18 100m: 1:08.21 36.03 150m: 1:45.41 37.20 200m: 2:21.64			36.23
35. Barbara Balbino, MENDES	10 Naval de Peniche	2:21.80	504
50m: 32.70 32.70 100m: 1:08.63 35.93 150m: 1:45.03 36.40 200m: 2:21.80			36.77
36. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	2:21.99	502
50m: 33.30 33.30 100m: 1:09.63 36.33 150m: 1:46.71 37.08 200m: 2:21.99			35.28
37. Sofia Rodrigues, VASCONCELOS	10 Galitos / Bresimar	2:22.28	498
50m: 33.72 33.72 100m: 1:09.75 36.03 150m: 1:47.02 37.27 200m: 2:22.28			35.26
38. Rita Oliveira, PIRES	08 Galitos / Bresimar	2:22.60	495
50m: 33.75 33.75 100m: 1:09.97 36.22 150m: 1:47.25 37.28 200m: 2:22.60			35.35
39. Valentina Saad, BARBOSA	04 Academica de Coimbra	2:22.97	491
50m: 32.41 32.41 100m: 1:08.72 36.31 150m: 1:45.40 36.68 200m: 2:22.97			37.57
40. Leonor Antunes, PAIVA	10 Nautico Academico	2:23.75	483
50m: 33.01 33.01 100m: 1:09.85 36.84 150m: 1:46.99 37.14 200m: 2:23.75			36.76
41. Leonor Silva, JESUS	10 Galitos / Bresimar	2:23.99	481
50m: 34.09 34.09 100m: 1:11.02 36.93 150m: 1:47.81 36.79 200m: 2:23.99			36.18
42. Beatriz Rocha, SANTOS	02 Campinho	2:24.41	477
50m: 32.90 32.90 100m: 1:09.82 36.92 150m: 1:47.45 37.63 200m: 2:24.41			36.96
43. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	2:24.72	474
50m: 33.20 33.20 100m: 1:09.70 36.50 150m: 1:47.49 37.79 200m: 2:24.72			37.23
44. Leonor Silva, OLIVEIRA	10 Galitos / Bresimar	2:25.29	468
50m: 32.18 32.18 100m: 1:07.83 35.65 150m: 1:46.37 38.54 200m: 2:25.29			38.92
45. Leonor Vendima, COELHO	07 CNLeiria	2:25.38	467
50m: 33.39 33.39 100m: 1:09.92 36.53 150m: 1:48.23 38.31 200m: 2:25.38			37.15
46. Bianca Balbino, MENDES	10 Naval de Peniche	2:25.56	465
50m: 33.38 33.38 100m: 1:09.67 36.29 150m: 1:47.76 38.09 200m: 2:25.56			37.80
47. Francisca Ramos, NUNES	09 Naval de Peniche	2:26.38	458
50m: 32.58 32.58 100m: 1:09.32 36.74 150m: 1:48.30 38.98 200m: 2:26.38			38.08
Matilde Marques, MENDES	08 Gafanha da Encarnacao	2:26.38	458
50m: 32.95 32.95 100m: 1:10.19 37.24 150m: 1:48.90 38.71 200m: 2:26.38			37.48
49. Caetana Amado, SANTOS	09 Miranda do Corvo	2:26.67	455
50m: 33.99 33.99 100m: 1:12.07 38.08 150m: 1:50.08 38.01 200m: 2:26.67			36.59
50. Maria Rita, OLIVEIRA	09 Academico de Viseu	2:26.83	454
50m: 34.03 34.03 100m: 1:11.06 37.03 150m: 1:49.44 38.38 200m: 2:26.83			37.39
51. Francisca Pinto, OLIVEIRA	09 Galitos / Bresimar	2:26.87	453
50m: 32.73 32.73 100m: 1:08.83 36.10 150m: 1:47.81 38.98 200m: 2:26.87			39.06

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
52. Leonor Caetano, MOREIRA	06 Vieirense	2:27.08	451
50m: 33.93 33.93 100m: 1:11.12 37.19 150m: 1:49.33 38.21 200m: 2:27.08 37.75			
53. Lara Sofia, FONSECA	08 Academico de Viseu	2:27.92	444
50m: 33.03 33.03 100m: 1:10.72 37.69 150m: 1:50.11 39.39 200m: 2:27.92 37.81			
54. Maria Ines, GANTE	10 Nautico Academico	2:28.60	437
50m: 34.45 34.45 100m: 1:12.47 38.02 150m: 1:51.17 38.70 200m: 2:28.60 37.43			
55. Ana Rita, ALMEIDA	05 Campinho	2:28.62	437
50m: 33.25 33.25 100m: 1:11.38 38.13 150m: 1:50.43 39.05 200m: 2:28.62 38.19			
56. Rafaela Calvo, COUTINHO	08 Campinho	2:28.97	434
50m: 34.31 34.31 100m: 1:13.15 38.84 150m: 1:51.62 38.47 200m: 2:28.97 37.35			
57. Laura Helena, AMORIM	10 Marinha Grande	2:29.01	434
50m: 33.55 33.55 100m: 1:10.89 37.34 150m: 1:50.59 39.70 200m: 2:29.01 38.42			
58. Mariana Pina, MACEDO	10 Estamos Juntos	2:29.51	430
50m: 33.94 33.94 100m: 1:12.73 38.79 150m: 1:52.71 39.98 200m: 2:29.51 36.80			
59. Diana Isabel, ALVES	10 Pimpoes/Cimai	2:29.54	429
50m: 34.97 34.97 100m: 1:13.40 38.43 150m: 1:52.39 38.99 200m: 2:29.54 37.15			
60. Maria Joao, LOBO	07 Sporting Aveiro	2:29.64	428
50m: 34.14 34.14 100m: 1:12.33 38.19 150m: 1:51.68 39.35 200m: 2:29.64 37.96			
61. Maria Carolina, ALVES	10 Bairro dos Anjos	2:29.67	428
50m: 33.34 33.34 100m: 1:10.92 37.58 150m: 1:49.93 39.01 200m: 2:29.67 39.74			
62. Maria Ines, RODRIGUES	10 Condeixa Clube	2:30.21	424
50m: 34.42 34.42 100m: 1:13.11 38.69 150m: 1:53.37 40.26 200m: 2:30.21 36.84			
Carolina Mortagua, MELO	09 Estarreja	2:30.21	424
50m: 35.34 35.34 100m: 1:13.92 38.58 150m: 1:53.31 39.39 200m: 2:30.21 36.90			
64. Maria Miguel, RESENDE	08 Estarreja	2:30.35	422
50m: 34.30 34.30 100m: 1:12.52 38.22 150m: 1:51.29 38.77 200m: 2:30.35 39.06			
65. Isabella Scavone, LOPES	10 Miranda do Corvo	2:31.52	413
50m: 34.98 34.98 100m: 1:14.45 39.47 150m: 1:54.09 39.64 200m: 2:31.52 37.43			
66. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:31.90	410
FTL			
50m: 34.16 34.16 100m: 1:12.80 38.64 150m: 1:53.07 40.27 200m: 2:31.90 38.83			
67. Carolina Ferreira, FONSECA	07 Vieirense	2:32.43	405
50m: 34.00 34.00 100m: 1:12.20 38.20 150m: 1:52.41 40.21 200m: 2:32.43 40.02			
68. Eva Santos, FERREIRA	10 O Crasto	2:32.83	402
50m: 34.97 34.97 100m: 1:15.37 40.40 150m: 1:55.82 40.45 200m: 2:32.83 37.01			
69. Leonor Delgadinho, ROCHA	10 Sao Joao Ver	2:34.31	391
50m: 34.87 34.87 100m: 1:13.13 38.26 150m: 1:54.43 41.30 200m: 2:34.31 39.88			
70. Diana Rita, FONSECA	08 Vieirense	2:34.40	390
FTL			
50m: 33.92 33.92 100m: 1:12.85 38.93 150m: 1:54.35 41.50 200m: 2:34.40 40.05			
71. Vida Sofia, VELEZ	10 Bairro dos Anjos	2:34.89	386
50m: 35.00 35.00 100m: 1:14.48 39.48 150m: 1:56.60 42.12 200m: 2:34.89 38.29			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 22, Femin., 200m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
72. Gabriela Lopes, FERNANDES 50m: 34.87 34.87 100m: 1:15.63 40.76 150m: 1:56.66 41.03 200m: 2:35.51 38.85	09 O Crasto	2:35.51	382
73. Ines Ferreira, CHELEU 50m: 35.76 35.76 100m: 1:15.17 39.41 150m: 1:56.44 41.27 200m: 2:36.02 39.58	09 Bairro dos Anjos	2:36.02	378
74. Mariana Bagagem, CARVALHO 50m: 35.18 35.18 100m: 1:14.82 39.64 150m: 1:56.06 41.24 200m: 2:36.23 40.17	10 Miranda do Corvo	2:36.23	376
75. Clara Sobreiro, RODRIGUES <i>FTL</i> 50m: 35.50 35.50 100m: 1:15.53 40.03 150m: 1:56.78 41.25 200m: 2:37.27 40.49	09 Pimpoes/Cimai	2:37.27	369
76. Anjali, RAICAR <i>FTL</i> 50m: 34.76 34.76 100m: 1:15.01 40.25 150m: 1:56.55 41.54 200m: 2:37.56 41.01	09 Naval de Peniche	2:37.56	367
77. Sofia Daniela, FERREIRA <i>FTL</i> 50m: 35.07 35.07 100m: 1:16.79 41.72 150m: 1:59.73 42.94 200m: 2:40.62 40.89	10 União de Coimbra	2:40.62	346
78. Leonor Valerio, ADRIANO <i>FTL</i> 50m: 35.20 35.20 100m: 1:16.18 40.98 150m: 1:59.20 43.02 200m: 2:41.57 42.37	09 Alcobaca	2:41.57	340
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		
DNS Matilde Filipa, AMADO	10 Marinha Grande		
DNS Madalena Gracio, PEDROSO	10 Marinha Grande		
EXH Beatriz Silva, LOURO 50m: 29.56 29.56 100m: 1:02.24 32.68 150m: 1:36.55 34.31 200m: 2:11.26 34.71	07 Louletano / Loule Concelho	2:11.26	635
EXH Carlota Costa, BOLEIXA <i>FTL</i> 50m: 27.86 27.86 100m: 59.30 31.44 150m: 1:48.32 49.02 200m: 2:33.29 44.97	08 Louletano / Loule Concelho	2:33.29	398

Secretariado:

Juíz Arbitro:

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Coimbra, 15 a 17 de Março de 2024

Prova 23	Masc., 200m Livres				14 anos e mais velhos
16/03/2024 - 18:15					Resultados
Rec Nacionais Open	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nacionais Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nacionais Jun 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14/07/2005
Rec Nacionais Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	27/03/2021
Rec Nacionais Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24/07/2009
Rec Nacionais Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02/08/2019
Rec Nacionais Inf A	2:00.20	Diogo Matos, RIBEIRO	CUC	S. Joao da Madeira	21/07/2018

TA SEN-MASC Sen: 2:14.08 / TA JUN-MASC Jun: 2:18.07 / TA JUVA-MASC Juv A: 2:22.07 / TA JUVB-MASC Juv B: 2:25.41

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts
Juv B							
1.	Tomas Pascoal, FERREIRA	09	Bairro dos Anjos			2:00.32	609
	50m: 28.41 28.41	100m: 59.26	30.85	150m: 1:31.23	31.97	200m: 2:00.32	29.09
2.	Guilherme Meireles, MARRAZES	09	Marinha Grande			2:05.40	538
	50m: 29.52 29.52	100m: 1:02.02	32.50	150m: 1:34.70	32.68	200m: 2:05.40	30.70
3.	Paulo, KOT	09	Marinha Grande			2:07.21	515
	50m: 29.66 29.66	100m: 1:02.26	32.60	150m: 1:35.79	33.53	200m: 2:07.21	31.42
4.	Henrique Martins, JOAQUIM	09	CNLeiria			2:07.82	508
	50m: 28.55 28.55	100m: 1:00.86	32.31	150m: 1:34.38	33.52	200m: 2:07.82	33.44
5.	Joao Nuno, GASPAS	09	Condeixa Clube			2:08.45	500
	50m: 29.73 29.73	100m: 1:03.16	33.43	150m: 1:36.54	33.38	200m: 2:08.45	31.91
6.	Goncalo Malha, NETO	09	Galitos / Bresimar			2:09.19	492
	50m: 30.19 30.19	100m: 1:03.13	32.94	150m: 1:36.91	33.78	200m: 2:09.19	32.28
7.	Tiago Joaquim, SILVA	09	Galitos / Bresimar			2:10.36	479
	50m: 29.57 29.57	100m: 1:01.67	32.10	150m: 1:35.97	34.30	200m: 2:10.36	34.39
8.	Gabriel Moises, GUERRA	09	Oliveirense			2:11.37	468
	50m: 28.81 28.81	100m: 1:01.95	33.14	150m: 1:36.94	34.99	200m: 2:11.37	34.43
9.	Martim Alexandre, MESQUITA	09	Marinha Grande			2:12.36	457
	50m: 31.05 31.05	100m: 1:05.02	33.97	150m: 1:39.43	34.41	200m: 2:12.36	32.93
10.	Alexandre, SHUBIN	09	Campinho			2:12.56	455
	50m: 29.84 29.84	100m: 1:03.36	33.52	150m: 1:38.15	34.79	200m: 2:12.56	34.41
11.	Tomas Rafael, PEREIRA	09	Nautico Academico			2:12.68	454
	50m: 30.20 30.20	100m: 1:03.95	33.75	150m: 1:38.80	34.85	200m: 2:12.68	33.88
12.	Miguel Tome, MATEUS	09	Vagos			2:17.82	405
	50m: 31.23 31.23	100m: 1:05.74	34.51	150m: 1:42.13	36.39	200m: 2:17.82	35.69
13.	Francisco Antunes, SOUSA	09	Columbifila Cantanhedense			2:18.28	401
	50m: 31.35 31.35	100m: 1:06.53	35.18	150m: 1:42.42	35.89	200m: 2:18.28	35.86
14.	Luis Azevedo, PINTO	09	Estarreja			2:18.72	397
	50m: 31.37 31.37	100m: 1:06.67	35.30	150m: 1:42.72	36.05	200m: 2:18.72	36.00
15.	David Ferrador, PEREIRA	09	Nucleo de Pombal			2:19.12	394
	50m: 30.76 30.76	100m: 1:06.80	36.04	150m: 1:44.60	37.80	200m: 2:19.12	34.52
16.	Guilherme Neves, MARTINS	09	Sporting de Espinho			2:21.03	378
	50m: 31.27 31.27	100m: 1:07.47	36.20	150m: 1:45.14	37.67	200m: 2:21.03	35.89

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 23, Masc., 200m Livres, Juv B

Lugar	Ano	Tempo final	Pts
17. Santiago Jose, PACHECO	09 Alcobaca	2:21.33	375
50m: 31.83 31.83 100m: 1:08.01 36.18 150m: 1:45.55 37.54 200m: 2:21.33 35.78			
18. Diogo Silva, FARIA	09 Feirense	2:21.81	372
50m: 31.32 31.32 100m: 1:07.15 35.83 150m: 1:44.94 37.79 200m: 2:21.81 36.87			
19. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:22.19	369
50m: 31.68 31.68 100m: 1:07.48 35.80 150m: 1:44.97 37.49 200m: 2:22.19 37.22			
20. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	2:23.21	361
50m: 33.01 33.01 100m: 1:08.84 35.83 150m: 1:46.43 37.59 200m: 2:23.21 36.78			
21. Pedro Fonseca, OLIVEIRA	09 Marinha Grande	2:23.86	356
50m: 30.77 30.77 100m: 1:07.49 36.72 150m: 1:45.79 38.30 200m: 2:23.86 38.07			
22. Rafael Neto, FERNANDES <i>FTL</i>	09 Academico de Viseu	2:27.30	332
50m: 33.61 33.61 100m: 1:11.12 37.51 150m: 1:49.43 38.31 200m: 2:27.30 37.87			
23. Manuel Vicente, TAVEIRA <i>FTL</i>	09 Campinho	2:33.76	291
50m: 28.22 28.22 100m: 1:00.87 32.65 150m: 1:49.04 48.17 200m: 2:33.76 44.72			

Juv A

1. Tome Nunes, TOME	08 CNLeiria	2:04.06	555
50m: 29.14 29.14 100m: 1:00.51 31.37 150m: 1:32.57 32.06 200m: 2:04.06 31.49			
2. Antonio Cruz, FARDILHA	08 Galitos / Bresimar	2:05.71	534
50m: 28.61 28.61 100m: 1:01.00 32.39 150m: 1:33.98 32.98 200m: 2:05.71 31.73			
3. Salvador Correia, PEREIRA	08 Condeixa Clube	2:06.29	526
50m: 29.03 29.03 100m: 1:00.48 31.45 150m: 1:33.51 33.03 200m: 2:06.29 32.78			
4. Guilherme Martins, SILVA	08 Academico de Viseu	2:06.95	518
50m: 29.39 29.39 100m: 1:01.60 32.21 150m: 1:34.57 32.97 200m: 2:06.95 32.38			
5. Paulo Jorge, OLIVEIRA	08 Estarreja	2:07.16	516
50m: 29.06 29.06 100m: 1:00.76 31.70 150m: 1:33.52 32.76 200m: 2:07.16 33.64			
6. Santiago Boica, SOUSA	08 Vieiraense	2:07.87	507
50m: 29.03 29.03 100m: 1:01.39 32.36 150m: 1:35.43 34.04 200m: 2:07.87 32.44			
7. Rafael Pereira, RODRIGUES	08 Condeixa Clube	2:07.99	506
50m: 29.99 29.99 100m: 1:02.33 32.34 150m: 1:35.51 33.18 200m: 2:07.99 32.48			
8. Guilherme Simoes, SOUSA	08 Nautico Academico	2:08.39	501
50m: 29.55 29.55 100m: 1:02.34 32.79 150m: 1:35.52 33.18 200m: 2:08.39 32.87			
9. Joao Miguel, VITORIA	08 Academico de Viseu	2:08.52	499
50m: 30.24 30.24 100m: 1:02.91 32.67 150m: 1:36.32 33.41 200m: 2:08.52 32.20			
10. Manuel Martins, OLIVEIRA	08 Sporting de Espinho	2:09.99	483
50m: 29.78 29.78 100m: 1:03.01 33.23 150m: 1:36.88 33.87 200m: 2:09.99 33.11			
11. Bernardo Reis, FERREIRA	08 Galitos / Bresimar	2:10.17	481
50m: 31.04 31.04 100m: 1:04.08 33.04 150m: 1:37.82 33.74 200m: 2:10.17 32.35			
12. Vicente Sa, VALE	08 Galitos / Bresimar	2:11.10	470
50m: 29.16 29.16 100m: 1:01.60 32.44 150m: 1:36.20 34.60 200m: 2:11.10 34.90			

Secretariado:

Juiz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
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Prova 23, Masc., 200m Livres, Juv A

Lugar			Ano			Tempo final	Pts
13.	Samuel Dinis, MAIA	08	Miranda do Corvo			2:14.01	440
	50m: 30.86 30.86	100m: 1:05.18	34.32	150m: 1:40.08	34.90	200m: 2:14.01	33.93
14.	Rodrigo Silva, MEIRELES	08	Sporting Aveiro			2:15.13	430
	50m: 31.25 31.25	100m: 1:05.37	34.12	150m: 1:40.74	35.37	200m: 2:15.13	34.39
15.	Nuno Rodrigo, MACEDO	08	Estamos Juntos			2:15.35	427
	50m: 30.75 30.75	100m: 1:05.65	34.90	150m: 1:40.97	35.32	200m: 2:15.35	34.38
16.	Gabriel Neto, FERREIRA	08	O Crasto			2:18.87	396
	50m: 31.49 31.49	100m: 1:06.74	35.25	150m: 1:43.07	36.33	200m: 2:18.87	35.80
17.	Mateus Tavares, BASTOS	08	Campinho			2:19.57	390
	50m: 31.38 31.38	100m: 1:06.70	35.32	150m: 1:44.48	37.78	200m: 2:19.57	35.09
18.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra			2:20.18	385
	50m: 32.63 32.63	100m: 1:08.56	35.93	150m: 1:44.83	36.27	200m: 2:20.18	35.35
19.	Francisco Quintino, VALENTE <i>FTL</i>	08	Oliveirense			2:23.69	357
	50m: 30.91 30.91	100m: 1:06.87	35.96	150m: 1:45.64	38.77	200m: 2:23.69	38.05
20.	Joao Tomas, FERNANDES <i>FTL</i>	08	O Crasto			2:31.90	302
	50m: 34.49 34.49	100m: 1:13.00	38.51	150m: 1:52.89	39.89	200m: 2:31.90	39.01

Jun

1.	Leonardo Jose, CRUZ	07	Alcobaca			1:58.24	641
	50m: 27.72 27.72	100m: 57.47	29.75	150m: 1:28.30	30.83	200m: 1:58.24	29.94
2.	Afonso Dinis, ROQUE	07	CNLeiria			2:00.40	608
	50m: 28.43 28.43	100m: 59.22	30.79	150m: 1:30.80	31.58	200m: 2:00.40	29.60
3.	Rodrigo Vieira, RODRIGUES	06	Sporting de Espinho			2:00.70	603
	50m: 28.02 28.02	100m: 1:00.16	32.14	150m: 1:30.12	29.96	200m: 2:00.70	30.58
4.	Guilherme Romeira, PINTO	07	Sporting de Espinho			2:02.43	578
	50m: 28.00 28.00	100m: 59.18	31.18	150m: 1:31.25	32.07	200m: 2:02.43	31.18
5.	Joao Ferreira, MARQUES	06	Academica de Coimbra			2:04.93	544
	50m: 28.21 28.21	100m: 59.91	31.70	150m: 1:32.48	32.57	200m: 2:04.93	32.45
6.	Joaquim Gabriel, OLIVEIRA	07	Sporting Aveiro			2:06.16	528
	50m: 27.75 27.75	100m: 59.73	31.98	150m: 1:32.73	33.00	200m: 2:06.16	33.43
7.	Francisco Xavier, RITA	07	Vieirense			2:06.18	528
	50m: 28.45 28.45	100m: 1:01.06	32.61	150m: 1:33.88	32.82	200m: 2:06.18	32.30
8.	Duarte Cachulo, MARQUES	07	Condeixa Clube			2:06.19	528
	50m: 28.37 28.37	100m: 59.93	31.56	150m: 1:33.60	33.67	200m: 2:06.19	32.59
9.	Jose Miguel, MARQUES	06	Condeixa Clube			2:06.29	526
	50m: 28.75 28.75	100m: 1:00.32	31.57	150m: 1:32.99	32.67	200m: 2:06.29	33.30
10.	Marco Dimitar, OLIVEIRA	07	Nautico Academico			2:07.57	511
	50m: 28.61 28.61	100m: 1:00.45	31.84	150m: 1:34.29	33.84	200m: 2:07.57	33.28
11.	Joao Moura, FRANCISCO	07	CNLeiria			2:07.91	507
	50m: 28.69 28.69	100m: 1:00.73	32.04	150m: 1:34.52	33.79	200m: 2:07.91	33.39

Secretariado:

Juíz Arbitro:

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Prova 23, Masc., 200m Livres, Jun

Lugar	Ano	Tempo final	Pts
12. Daniel, KUCHERYAVENKO 50m: 29.99 29.99 100m: 1:02.97 32.98 150m: 1:36.46 33.49 200m: 2:08.75 32.29	07 Galitos / Bresimar	2:08.75	497
13. Rodrigo Pinto, OLIVEIRA 50m: 29.12 29.12 100m: 1:00.88 31.76 150m: 1:35.86 34.98 200m: 2:09.25 33.39	07 Sao Joao Ver	2:09.25	491
14. Simao Pereira, MACHADO 50m: 29.62 29.62 100m: 1:02.93 33.31 150m: 1:37.94 35.01 200m: 2:13.40 35.46	07 Sporting Aveiro	2:13.40	447
15. Rodrigo Marques, LIMA 50m: 30.68 30.68 100m: 1:05.51 34.83 150m: 1:40.94 35.43 200m: 2:13.74 32.80	07 CASPAE	2:13.74	443
16. Alexandre, DZYAKANAU 50m: 27.21 27.21 100m: 56.10 28.89 150m: 1:36.11 40.01 200m: 2:14.52 38.41	07 Louzan Natacao/EFAPEL	2:14.52	435
17. Martim Nuno, LAVAJO 50m: 30.18 30.18 100m: 1:05.23 35.05 150m: 1:40.96 35.73 200m: 2:15.49 34.53	07 Academico de Viseu	2:15.49	426
18. Goncalo Pereira, COLACO <i>FTL</i> 50m: 25.82 25.82 100m: 1:15.92 50.10 150m: 1:58.64 42.72 200m: 2:38.06 39.42	07 CNLeiria	2:38.06	268

Sen

1. Lucas Pereira, BASTOS 50m: 27.88 27.88 100m: 57.93 30.05 150m: 1:28.44 30.51 200m: 1:58.58 30.14	00 Nautico Academico	1:58.58	636
2. Ricardo Matias, SANTOS 50m: 28.79 28.79 100m: 1:00.10 31.31 150m: 1:31.63 31.53 200m: 2:00.96 29.33	05 Louzan Natacao/EFAPEL	2:00.96	599
3. David Ferreira, RELVAS 50m: 28.51 28.51 100m: 59.54 31.03 150m: 1:31.75 32.21 200m: 2:02.35 30.60	03 Marinha Grande	2:02.35	579
4. Filipe Santos, CARDOSO 50m: 27.84 27.84 100m: 59.74 31.90 150m: 1:31.51 31.77 200m: 2:03.07 31.56	04 Gafanha da Encarnacao	2:03.07	569
5. Alexandre Ramos, GONCALVES 50m: 27.90 27.90 100m: 58.65 30.75 150m: 1:30.98 32.33 200m: 2:03.10 32.12	05 Sao Joao Ver	2:03.10	568
6. Abel Renato, FERREIRA 50m: 28.45 28.45 100m: 59.73 31.28 150m: 1:31.57 31.84 200m: 2:03.11 31.54	05 Algés e Águeda XXI	2:03.11	568
7. Tiago Diniz, LIMA 50m: 28.36 28.36 100m: 1:00.04 31.68 150m: 1:32.37 32.33 200m: 2:04.13 31.76	04 Estarreja	2:04.13	554
8. Gustavo Pires, MARQUES 50m: 27.70 27.70 100m: 58.93 31.23 150m: 1:31.59 32.66 200m: 2:04.18 32.59	04 União de Coimbra	2:04.18	554
9. Miguel Freitas, OVIEDO 50m: 28.33 28.33 100m: 1:00.91 32.58 150m: 1:34.41 33.50 200m: 2:05.46 31.05	02 Academica de Coimbra	2:05.46	537
10. Goncalo Carvalho, SANTOS 50m: 28.48 28.48 100m: 1:00.65 32.17 150m: 1:33.94 33.29 200m: 2:06.42 32.48	05 Louzan Natacao/EFAPEL	2:06.42	525
11. Tomas Cardoso, GERALDO 50m: 29.57 29.57 100m: 1:02.49 32.92 150m: 1:36.34 33.85 200m: 2:07.63 31.29	05 Condeixa Clube	2:07.63	510
12. Goncalo Filipe, COSTA 50m: 28.95 28.95 100m: 1:01.97 33.02 150m: 1:35.98 34.01 200m: 2:07.64 31.66	04 Gafanha da Encarnacao	2:07.64	510

Secretariado:

Juiz Arbitro:

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Coimbra, 15 a 17 de Março de 2024

Prova 23, Masc., 200m Livres, Sen

Lugar	Ano	Tempo final	Pts
13. Guilherme Gomes, SILVA	05 Estamos Juntos	2:10.77	474
50m: 30.47 30.47 100m: 1:04.01 33.54 150m: 1:38.38 34.37 200m: 2:10.77 32.39			
14. Nuno Gabriel, SILVA	05 Campinho	2:11.30	468
50m: 29.22 29.22 100m: 1:03.40 34.18 150m: 1:38.61 35.21 200m: 2:11.30 32.69			
15. Pedro Ribeiro, MOÇO	02 Vagos	2:13.33	447
50m: 30.65 30.65 100m: 1:04.73 34.08 150m: 1:39.13 34.40 200m: 2:13.33 34.20			
16. Guilherme Sousa, FONTES FTL	04 Sao Joao Ver	2:15.45	427
50m: 30.20 30.20 100m: 1:03.39 33.19 150m: 1:39.09 35.70 200m: 2:15.45 36.36			

Juv B/Abs

1. Leonardo Jose, CRUZ	07 Alcobaca	1:58.24	641
50m: 27.72 27.72 100m: 57.47 29.75 150m: 1:28.30 30.83 200m: 1:58.24 29.94			
2. Lucas Pereira, BASTOS	00 Nautico Academico	1:58.58	636
50m: 27.88 27.88 100m: 57.93 30.05 150m: 1:28.44 30.51 200m: 1:58.58 30.14			
3. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	2:00.32	609
50m: 28.41 28.41 100m: 59.26 30.85 150m: 1:31.23 31.97 200m: 2:00.32 29.09			
4. Afonso Dinis, ROQUE	07 CNLeiria	2:00.40	608
50m: 28.43 28.43 100m: 59.22 30.79 150m: 1:30.80 31.58 200m: 2:00.40 29.60			
5. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	2:00.70	603
50m: 28.02 28.02 100m: 1:00.16 32.14 150m: 1:30.12 29.96 200m: 2:00.70 30.58			
6. Ricardo Matias, SANTOS	05 Louzan Natacao/EFAPEL	2:00.96	599
50m: 28.79 28.79 100m: 1:00.10 31.31 150m: 1:31.63 31.53 200m: 2:00.96 29.33			
7. David Ferreira, RELVAS	03 Marinha Grande	2:02.35	579
50m: 28.51 28.51 100m: 59.54 31.03 150m: 1:31.75 32.21 200m: 2:02.35 30.60			
8. Guilherme Romeira, PINTO	07 Sporting de Espinho	2:02.43	578
50m: 28.00 28.00 100m: 59.18 31.18 150m: 1:31.25 32.07 200m: 2:02.43 31.18			
9. Filipe Santos, CARDOSO	04 Gafanha da Encarnacao	2:03.07	569
50m: 27.84 27.84 100m: 59.74 31.90 150m: 1:31.51 31.77 200m: 2:03.07 31.56			
10. Alexandre Ramos, GONCALVES	05 Sao Joao Ver	2:03.10	568
50m: 27.90 27.90 100m: 58.65 30.75 150m: 1:30.98 32.33 200m: 2:03.10 32.12			
11. Abel Renato, FERREIRA	05 Algés e Águeda XXI	2:03.11	568
50m: 28.45 28.45 100m: 59.73 31.28 150m: 1:31.57 31.84 200m: 2:03.11 31.54			
12. Tome Nunes, TOME	08 CNLeiria	2:04.06	555
50m: 29.14 29.14 100m: 1:00.51 31.37 150m: 1:32.57 32.06 200m: 2:04.06 31.49			
13. Tiago Diniz, LIMA	04 Estarreja	2:04.13	554
50m: 28.36 28.36 100m: 1:00.04 31.68 150m: 1:32.37 32.33 200m: 2:04.13 31.76			
14. Gustavo Pires, MARQUES	04 União de Coimbra	2:04.18	554
50m: 27.70 27.70 100m: 58.93 31.23 150m: 1:31.59 32.66 200m: 2:04.18 32.59			
15. Joao Ferreira, MARQUES	06 Academica de Coimbra	2:04.93	544
50m: 28.21 28.21 100m: 59.91 31.70 150m: 1:32.48 32.57 200m: 2:04.93 32.45			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 23, Masc., 200m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
16. Guilherme Meireles, MARRAZES	09	2:05.40	538
50m: 29.52 29.52 100m: 1:02.02 32.50 150m: 1:34.70 32.68 200m: 2:05.40 30.70			
17. Miguel Freitas, OVIEDO	02	2:05.46	537
50m: 28.33 28.33 100m: 1:00.91 32.58 150m: 1:34.41 33.50 200m: 2:05.46 31.05			
18. Antonio Cruz, FARDILHA	08	2:05.71	534
50m: 28.61 28.61 100m: 1:01.00 32.39 150m: 1:33.98 32.98 200m: 2:05.71 31.73			
19. Joaquim Gabriel, OLIVEIRA	07	2:06.16	528
50m: 27.75 27.75 100m: 59.73 31.98 150m: 1:32.73 33.00 200m: 2:06.16 33.43			
20. Francisco Xavier, RITA	07	2:06.18	528
50m: 28.45 28.45 100m: 1:01.06 32.61 150m: 1:33.88 32.82 200m: 2:06.18 32.30			
21. Duarte Cachulo, MARQUES	07	2:06.19	528
50m: 28.37 28.37 100m: 59.93 31.56 150m: 1:33.60 33.67 200m: 2:06.19 32.59			
22. Jose Miguel, MARQUES	06	2:06.29	526
50m: 28.75 28.75 100m: 1:00.32 31.57 150m: 1:32.99 32.67 200m: 2:06.29 33.30			
Salvador Correia, PEREIRA	08	2:06.29	526
50m: 29.03 29.03 100m: 1:00.48 31.45 150m: 1:33.51 33.03 200m: 2:06.29 32.78			
24. Goncalo Carvalho, SANTOS	05	2:06.42	525
50m: 28.48 28.48 100m: 1:00.65 32.17 150m: 1:33.94 33.29 200m: 2:06.42 32.48			
25. Guilherme Martins, SILVA	08	2:06.95	518
50m: 29.39 29.39 100m: 1:01.60 32.21 150m: 1:34.57 32.97 200m: 2:06.95 32.38			
26. Paulo Jorge, OLIVEIRA	08	2:07.16	516
50m: 29.06 29.06 100m: 1:00.76 31.70 150m: 1:33.52 32.76 200m: 2:07.16 33.64			
27. Paulo, KOT	09	2:07.21	515
50m: 29.66 29.66 100m: 1:02.26 32.60 150m: 1:35.79 33.53 200m: 2:07.21 31.42			
28. Marco Dimitar, OLIVEIRA	07	2:07.57	511
50m: 28.61 28.61 100m: 1:00.45 31.84 150m: 1:34.29 33.84 200m: 2:07.57 33.28			
29. Tomas Cardoso, GERALDO	05	2:07.63	510
50m: 29.57 29.57 100m: 1:02.49 32.92 150m: 1:36.34 33.85 200m: 2:07.63 31.29			
30. Goncalo Filipe, COSTA	04	2:07.64	510
50m: 28.95 28.95 100m: 1:01.97 33.02 150m: 1:35.98 34.01 200m: 2:07.64 31.66			
31. Henrique Martins, JOAQUIM	09	2:07.82	508
50m: 28.55 28.55 100m: 1:00.86 32.31 150m: 1:34.38 33.52 200m: 2:07.82 33.44			
32. Santiago Boica, SOUSA	08	2:07.87	507
50m: 29.03 29.03 100m: 1:01.39 32.36 150m: 1:35.43 34.04 200m: 2:07.87 32.44			
33. Joao Moura, FRANCISCO	07	2:07.91	507
50m: 28.69 28.69 100m: 1:00.73 32.04 150m: 1:34.52 33.79 200m: 2:07.91 33.39			
34. Rafael Pereira, RODRIGUES	08	2:07.99	506
50m: 29.99 29.99 100m: 1:02.33 32.34 150m: 1:35.51 33.18 200m: 2:07.99 32.48			
35. Guilherme Simoes, SOUSA	08	2:08.39	501
50m: 29.55 29.55 100m: 1:02.34 32.79 150m: 1:35.52 33.18 200m: 2:08.39 32.87			
36. Joao Nuno, GASPAS	09	2:08.45	500
50m: 29.73 29.73 100m: 1:03.16 33.43 150m: 1:36.54 33.38 200m: 2:08.45 31.91			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 23, Masc., 200m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
37. Joao Miguel, VITORIA 50m: 30.24 30.24 100m: 1:02.91	08 Academico de Viseu	2:08.52	499
38. Daniel, KUCHERYAVENKO 50m: 29.99 29.99 100m: 1:02.97	07 Galitos / Bresimar	2:08.75	497
39. Goncalo Malha, NETO 50m: 30.19 30.19 100m: 1:03.13	09 Galitos / Bresimar	2:09.19	492
40. Rodrigo Pinto, OLIVEIRA 50m: 29.12 29.12 100m: 1:00.88	07 Sao Joao Ver	2:09.25	491
41. Manuel Martins, OLIVEIRA 50m: 29.78 29.78 100m: 1:03.01	08 Sporting de Espinho	2:09.99	483
42. Bernardo Reis, FERREIRA 50m: 31.04 31.04 100m: 1:04.08	08 Galitos / Bresimar	2:10.17	481
43. Tiago Joaquim, SILVA 50m: 29.57 29.57 100m: 1:01.67	09 Galitos / Bresimar	2:10.36	479
44. Guilherme Gomes, SILVA 50m: 30.47 30.47 100m: 1:04.01	05 Estamos Juntos	2:10.77	474
45. Vicente Sa, VALE 50m: 29.16 29.16 100m: 1:01.60	08 Galitos / Bresimar	2:11.10	470
46. Nuno Gabriel, SILVA 50m: 29.22 29.22 100m: 1:03.40	05 Campinho	2:11.30	468
47. Gabriel Moises, GUERRA 50m: 28.81 28.81 100m: 1:01.95	09 Oliveirense	2:11.37	468
48. Martim Alexandre, MESQUITA 50m: 31.05 31.05 100m: 1:05.02	09 Marinha Grande	2:12.36	457
49. Alexandre, SHUBIN 50m: 29.84 29.84 100m: 1:03.36	09 Campinho	2:12.56	455
50. Tomas Rafael, PEREIRA 50m: 30.20 30.20 100m: 1:03.95	09 Nautico Academico	2:12.68	454
51. Pedro Ribeiro, MOÇO 50m: 30.65 30.65 100m: 1:04.73	02 Vagos	2:13.33	447
52. Simao Pereira, MACHADO 50m: 29.62 29.62 100m: 1:02.93	07 Sporting Aveiro	2:13.40	447
53. Rodrigo Marques, LIMA 50m: 30.68 30.68 100m: 1:05.51	07 CASPAE	2:13.74	443
54. Samuel Dinis, MAIA 50m: 30.86 30.86 100m: 1:05.18	08 Miranda do Corvo	2:14.01	440
55. Alexandre, DZYAKANAU 50m: 27.21 27.21 100m: 56.10	07 Louzan Natacao/EFAPEL	2:14.52	435
56. Rodrigo Silva, MEIRELES 50m: 31.25 31.25 100m: 1:05.37	08 Sporting Aveiro	2:15.13	430
57. Nuno Rodrigo, MACEDO 50m: 30.75 30.75 100m: 1:05.65	08 Estamos Juntos	2:15.35	427

Secretariado:

Juíz Arbitro:

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Coimbra, 15 a 17 de Março de 2024

Prova 23, Masc., 200m Livres, Juv B/Abs

Lugar			Ano			Tempo final	Pts	
58.	Guilherme Sousa, FONTES		04	Sao Joao Ver		2:15.45	427	
	<i>FTL</i>							
	50m:	30.20 30.20	100m:	1:03.39 33.19	150m:	1:39.09 35.70	200m:	2:15.45 36.36
59.	Martim Nuno, LAVAJO		07	Academico de Viseu		2:15.49	426	
	50m:	30.18 30.18	100m:	1:05.23 35.05	150m:	1:40.96 35.73	200m:	2:15.49 34.53
60.	Miguel Tome, MATEUS		09	Vagos		2:17.82	405	
	50m:	31.23 31.23	100m:	1:05.74 34.51	150m:	1:42.13 36.39	200m:	2:17.82 35.69
61.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense		2:18.28	401	
	50m:	31.35 31.35	100m:	1:06.53 35.18	150m:	1:42.42 35.89	200m:	2:18.28 35.86
62.	Luis Azevedo, PINTO		09	Estarreja		2:18.72	397	
	50m:	31.37 31.37	100m:	1:06.67 35.30	150m:	1:42.72 36.05	200m:	2:18.72 36.00
63.	Gabriel Neto, FERREIRA		08	O Crasto		2:18.87	396	
	50m:	31.49 31.49	100m:	1:06.74 35.25	150m:	1:43.07 36.33	200m:	2:18.87 35.80
64.	David Ferrador, PEREIRA		09	Nucleo de Pombal		2:19.12	394	
	50m:	30.76 30.76	100m:	1:06.80 36.04	150m:	1:44.60 37.80	200m:	2:19.12 34.52
65.	Mateus Tavares, BASTOS		08	Campinho		2:19.57	390	
	50m:	31.38 31.38	100m:	1:06.70 35.32	150m:	1:44.48 37.78	200m:	2:19.57 35.09
66.	Francisco Fernandes, PEREIRA		08	Academica de Coimbra		2:20.18	385	
	50m:	32.63 32.63	100m:	1:08.56 35.93	150m:	1:44.83 36.27	200m:	2:20.18 35.35
67.	Guilherme Neves, MARTINS		09	Sporting de Espinho		2:21.03	378	
	50m:	31.27 31.27	100m:	1:07.47 36.20	150m:	1:45.14 37.67	200m:	2:21.03 35.89
68.	Santiago Jose, PACHECO		09	Alcobaca		2:21.33	375	
	50m:	31.83 31.83	100m:	1:08.01 36.18	150m:	1:45.55 37.54	200m:	2:21.33 35.78
69.	Diogo Silva, FARIA		09	Feirense		2:21.81	372	
	50m:	31.32 31.32	100m:	1:07.15 35.83	150m:	1:44.94 37.79	200m:	2:21.81 36.87
70.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense		2:22.19	369	
	50m:	31.68 31.68	100m:	1:07.48 35.80	150m:	1:44.97 37.49	200m:	2:22.19 37.22
71.	Tomas Bento, ANFILOQUIO		09	Pimpoes/Cimai		2:23.21	361	
	50m:	33.01 33.01	100m:	1:08.84 35.83	150m:	1:46.43 37.59	200m:	2:23.21 36.78
72.	Francisco Quintino, VALENTE		08	Oliveirense		2:23.69	357	
	<i>FTL</i>							
	50m:	30.91 30.91	100m:	1:06.87 35.96	150m:	1:45.64 38.77	200m:	2:23.69 38.05
73.	Pedro Fonseca, OLIVEIRA		09	Marinha Grande		2:23.86	356	
	50m:	30.77 30.77	100m:	1:07.49 36.72	150m:	1:45.79 38.30	200m:	2:23.86 38.07
74.	Rafael Neto, FERNANDES		09	Academico de Viseu		2:27.30	332	
	<i>FTL</i>							
	50m:	33.61 33.61	100m:	1:11.12 37.51	150m:	1:49.43 38.31	200m:	2:27.30 37.87
75.	Joao Tomas, FERNANDES		08	O Crasto		2:31.90	302	
	<i>FTL</i>							
	50m:	34.49 34.49	100m:	1:13.00 38.51	150m:	1:52.89 39.89	200m:	2:31.90 39.01

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
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Prova 23, Masc., 200m Livres, Juv B/Abs

Lugar			Ano			Tempo final	Pts	
76.	Manuel Vicente, TAVEIRA		09	Campinho		2:33.76	291	
	<i>FTL</i>							
	50m:	28.22 28.22	100m:	1:00.87 32.65	150m:	1:49.04 48.17	200m:	2:33.76 44.72
77.	Goncalo Pereira, COLACO		07	CNLeiria		2:38.06	268	
	<i>FTL</i>							
	50m:	25.82 25.82	100m:	1:15.92 50.10	150m:	1:58.64 42.72	200m:	2:38.06 39.42
EXH	Yury, FOMIN		06	Louletano / Loule Concelho		1:57.75	650	
	50m:	27.18 27.18	100m:	56.81 29.63	150m:	1:27.39 30.58	200m:	1:57.75 30.36
EXH	Joso Pedro, ROCHA		04	Peso da Regua		2:08.59	499	
	50m:	30.19 30.19	100m:	1:02.67 32.48	150m:	1:36.39 33.72	200m:	2:08.59 32.20
EXH	Alexandre, MORARI		07	Rio Maior		2:23.35	360	
	<i>FTL</i>							
	50m:	24.74 24.74	100m:	52.14 27.40	150m:	1:43.99 51.85	200m:	2:23.35 39.36

Prova 24

Masc., 4 x 100m Livres

Abs

16/03/2024 - 18:55

Resultados

Rec Nacionais Open	3:20.92	Sport Lisboa e Benfica	SLB	Oeiras	06/04/2023
Rec Nacionais Sen	3:20.92	Sport Lisboa e Benfica	SLB	Oeiras	06/04/2023
Rec Nacionais Jun	3:32.70	Clube Uniao 1919	CUC	Coimbra	09/05/2021
Rec Nacionais Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nacionais Juv A/B	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nacionais Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02/08/2019

Pontos: FINA 2024

Lugar			Tempo final	Pts
Juv B				
1.	Nautico Academico Juv B		4:01.30	474
	Jose Pedro, COSTA	09 28.74 59.85	Tiago Janeiro, MOITA	09 28.70 1:01.12
	Guilherme Andre, GASPAR	09 29.55 1:02.10	Tomas Rafael, PEREIRA	09 27.05 58.23
Juv A				
1.	Galitos Juv A		3:54.87	514
	Antonio Cruz, FARDILHA	08 27.76 57.30	Nuno Miguel, ANJOS	08 28.21 58.35
	Bernardo Reis, FERREIRA	08 29.34 1:00.31	Vicente Sa, VALE	08 28.68 58.91
2.	Sporting Espinho Juv A		3:57.36	498
	Manuel Martins, OLIVEIRA	08 27.30 57.39	Joao Diogo, NEVES	08 28.87 1:02.15
	Francisco Pereira, SANTOS	08 27.28 58.15	Joao Coelho, CASTRO	08 28.60 59.67

Secretariado:

Juiz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 24, Masc., 4 x 100m Livres

Jun

1.	Nautico Academico Jun			Nautico Academico		3:49.87	549
	Tomas Veiga, PEREIRA	06	28.13	Joao Rafael, FERREIRA	06	26.57	56.80
	David Duarte, JESUS	07	26.82	Marco Dimitar, OLIVEIRA	07	27.81	58.14
2.	Sporting Aveiro Jun			Sporting Aveiro		3:54.59	516
	Joaquim Gabriel, OLIVEIRA	07	26.92	David, VOLKOV	07	28.00	1:01.41
	Simao Pereira, MACHADO	07	27.63	Tiago Lopes, BRANDAO	07	27.16	57.65
DNS	Sporting Espinho Jun			Sporting de Espinho			

Sen

1.	Nautico Academico Sen			Nautico Academico		3:41.57	613
	Rodrigo Miguel, REIS	04	26.05	Ricardo Jorge, DOMINGUES	02	27.09	56.33
	Vasco Pereira, BASTOS	02	27.30	Lucas Pereira, BASTOS	00	26.13	53.78
2.	Academico Viseu Sen			Academico de Viseu		3:54.03	520
	Andre Magalhaes, MOURA	98	28.53	Tiago Filipe, SAPATA	87	28.64	59.40
	Joao Miguel, TEIXEIRA	95	28.43	Sebastiao Amaro, MACHADO	93	27.50	57.25

Juv B /Abs

1.	Pimpoes Abs			Pimpoes/Cimai		3:41.16	616
	Santiago Agostinho, PARREIRA	09	27.58	Mikhael, ONUTSKYY	08	26.25	55.42
	Luca Valentino, TONA	06	26.85	Gil Santos, LEMOS	06	25.53	53.51
2.	Academica Coimbra Abs			Academica de Coimbra		3:58.60	491
	Joao Ferreira, MARQUES	06	27.76	Miguel Joao, PINHEIRO	06	28.93	1:01.26
	Miguel Freitas, OVIEDO	02	27.65	Francisco Couto, FRAZAO	06	28.10	59.71
EXH	Peso da Régua Abs			Peso da Regua		3:52.71	529
	Joao Miguel, ROCHA	09	29.49	Tiago Fonseca, GONÇALVES	08	28.22	58.32
	Joso Pedro, ROCHA	04	27.17	Hugo Fonseca, GONÇALVES	03	26.77	55.73

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 25	Femin., 4 x 100m Livres					Abs
16/03/2024 - 19:10						Resultados
Rec Nacionais Open	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra		30/07/2010
Rec Nacionais Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra		30/07/2010
Rec Nacionais Jun	4:00.06	Clube dos Galitos / Bresimar	CGA	Oeiras		28/07/2022
Rec Nacionais Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra		02/04/2015
Rec Nacionais Juv A/B	4:03.10	Futebol Clube do Porto	FCP	Coimbra		24/07/2015
Rec Nacionais Juv B	4:10.72	Clube Nautico Academico de Coimbo	CNAC	Povoa de Varzim		05/08/2011

Pontos: FINA 2024

Lugar					Tempo final	Pts	
Juv B							
1.	Galitos Juv B	Galitos / Bresimar				4:12.40	559
	Leonor Silva, OLIVEIRA	10	31.61	1:05.81	Sofia Rodrigues, VASCONCELOS	10 29.96 1:02.02	
	Ines Ribeiro, MELO	10	30.94	1:04.38	Carolina Ratola, TAVEIRA	10 28.36 1:00.19	
2.	Condeixa Clube Juv B	Condeixa Clube				4:18.63	519
	Maria Ines, RODRIGUES	10	31.58	1:05.54	Maria Neto, SIMOES	10 30.52 1:04.40	
	Rita Lucas, SANTOS	10	30.85	1:04.46	Camila Duarte, MARCELO	10 30.55 1:04.23	
Juv A							
1.	Galitos Juv A	Galitos / Bresimar				4:28.63	463
	Joana Almeida, SANTOS	09	31.81	1:06.05	Francisca Soreto, PEDREIRO	09 32.26 1:06.46	
	Carlota Ganito, SANTOS	09	33.87	1:09.54	Francisca Pinto, OLIVEIRA	09 30.96 1:06.58	
Jun							
1.	Estarreja Jun	Estarreja				4:10.80	570
	Carolina Martins, SILVA	07	29.87	1:01.59	Catarina Castro, CASALINHO	07 31.00 1:05.30	
	Carolina Mendes, NUNES	08	30.43	1:03.55	Erica Domitila, AMADOR	07 28.51 1:00.36	
2.	Nautico Academico Jun	Nautico Academico				4:15.38	539
	Laura Carvalho, FERNANDES	08	31.69	1:05.48	Marta Andre, AGUILAR	07 30.72 1:03.74	
	Leonor Mil, MANO	07	28.96	1:01.27	Ines Miranda, DIOGO	07 30.70 1:04.89	
3.	Gafanha Encarnação Jun	Gafanha da Encarnacao				4:34.00	437
	Daniela Leao, PICADO	08	33.08	1:09.13	Maria Ines, SILVA	08 33.46 1:10.54	
	Maria Rita, BENTO	08	33.29	1:09.25	Matilde Marques, MENDES	08 30.58 1:05.08	
Sen							
1.	Gafanha Encarnação Sen	Gafanha da Encarnacao				4:16.06	535
	Ana Filipa, VEIGA	01	30.03	1:02.53	Ines Santos, CUNHA	06 31.57 1:05.72	
	Joana Barbas, RAMOS	06	30.90	1:03.50	Sara Calisto, PIMENTEL	05 30.93 1:04.31	
2.	Nautico Academico Sen	Nautico Academico				4:22.79	495
	Maria Neto, FERREIRA	06	30.95	1:04.63	Joana Ventura, PAIS	06 31.85 1:07.73	
	Leonor Verissimo, FARIA	06	30.54	1:03.97	Beatriz Andre, GASPAR	06 31.65 1:06.46	
DSQ	Estarreja Sen	Estarreja					
	<i>SW 10.12 - Rendição antecipada do/a 4 atleta.</i>						
	Margarida Santos, LOPES	04	30.46	1:03.84	Barbara Nunes, MARQUES	06 30.89 1:05.80	
	Mariana Nunes, MARQUES	03	30.95	1:04.82	Maria Miguel, VALENTE	06	

Secretariado:

Juíz Arbitro:

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Prova 25, Femin., 4 x 100m Livres

Juv B /Abs

1.	Academica Coimbra Abs			Academica de Coimbra		4:31.14	451
	Beatriz Costa, TEJO	02	30.07	1:05.16	Helena Carolina, DINIS	05	34.72 1:14.62
	Cristiana Sofia, DUARTE	07	30.56	1:04.53	Valentina Saad, BARBOSA	04	31.48 1:06.83
EXH	Peso da Régua Abs			Peso da Regua		4:40.51	407
	Eva Alexandra, COUTINHO	09	30.41	1:03.97	Francisca Moreira, FONSECA	09	36.78 1:19.09
	Vitoria Cortinhas, PINTO	10	36.30	1:16.39	Andreia Monteiro, BARREIRA	06	29.12 1:01.06

4 - 3ª Jornada - 1ª Sessão

17/03/2024 - 9:30

Prova 26	Femin., 4 x 50m Estilos					Abs
17/03/2024 - 9:30						Resultados
Rec Nacionais Open	1:56.39	Sport Alges e Dafundo	SAD	Funchal		03/08/2019
Rec Nacionais Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra		10/04/2010
Rec Nacionais Jun	2:00.61	Sport Alges e Dafundo	SAD	Oeiras		29/07/2022
Rec Nacionais Juv A	2:07.66	Sport Alges e Dafundo	SAD	Coimbra		29/07/2023
Rec Nacionais Juv A/B	2:02.78	???				
Rec Nacionais Juv B	2:10.12	???				

Pontos: FINA 2024

Lugar					Tempo final	Pts
Juv B						
1.	Condeixa Clube Juv B			Condeixa Clube	2:10.61	528
	Rita Lucas, SANTOS	10	34.74	Camila Duarte, MARCELO	10	30.19
	Maria Neto, SIMOES	10	36.31	Maria Ines, RODRIGUES	10	29.37
2.	Galitos Juv B			Galitos / Bresimar	2:10.86	525
	Leonor Silva, JESUS	10	34.94	Carolina Ratola, TAVEIRA	10	29.23
	Ines Ribeiro, MELO	10	38.18	Sofia Rodrigues, VASCONCELOS	10	28.51
3.	Bairro Anjos Juv B			Bairro dos Anjos	2:21.97	411
	Maria Carolina, ALVES	10	37.27	Laura Samora, GONCALVES	10	35.90
	Sofia Roma, BRIZIDA	10	37.68	Vida Sofia, VELEZ	10	31.12
Juv A						
1.	Galitos Juv A			Galitos / Bresimar	2:16.35	464
	Francisca Pinto, OLIVEIRA	09	34.81	Joana Almeida, SANTOS	09	33.18
	Carlota Ganito, SANTOS	09	38.01	Francisca Soreto, PEDREIRO	09	30.35
2.	Bairro Anjos Juv A			Bairro dos Anjos	2:19.73	431
	Maria Margarida, OLIVEIRA	09	39.47	Ana Margarida, MARQUES	09	34.06
	Maria Teresa, OLIVEIRA	09	36.47	Ines Ferreira, CHELEU	09	29.73

Secretariado:

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Prova 26, Femin., 4 x 50m Estilos

Jun

1.	Estarreja Jun			Estarreja		2:07.93	562
	Catarina Castro, CASALINHO	07	32.03	Carolina Martins, SILVA	07		30.35
	Carolina Mendes, NUNES	08	37.33	Erica Domitila, AMADOR	07		28.22
2.	Nautico Academico Jun			Nautico Academico		2:16.34	464
	Ines Miranda, DIOGO	07	34.70	Leonor Mil, MANO	07		32.11
	Laura Carvalho, FERNANDES	08	39.69	Marta Andre, AGUILAR	07		29.84

Sen

1.	Estarreja Sen			Estarreja		2:10.25	533
	Maria Miguel, VALENTE	06	34.74	Barbara Nunes, MARQUES	06		30.64
	Margarida Santos, LOPES	04	35.78	Mariana Nunes, MARQUES	03		29.09
2.	Nautico Academico Sen			Nautico Academico		2:18.96	438
	Joana Ventura, PAIS	06	34.42	Maria Neto, FERREIRA	06		32.15
	Joana Filipa, VARELA	06	43.26	Leonor Verissimo, FARIA	06		29.13

Juv B /Abs

1.	Sao Joao Ver Jun			Sao Joao Ver		2:10.30	532
	Nuria Soares, SILVA	07	34.79	Maria Joao, RIBEIRO	05		30.47
	Mafalda Rodrigues, CARDOSO	07	36.00	Beatriz Azevedo, PEREIRA	07		29.04
2.	Nautico Leiria Abs			CNLeiria		2:10.63	528
	Matilde Violante, VIANA	07	35.33	Beatriz Belo, CLARA	09		30.53
	Joana Rosa, FERREIRA	05	35.77	Leonor Vendima, COELHO	07		29.00
3.	Vieirense Abs			Vieirense		2:16.55	462
	Diana Rita, FONSECA	08	36.44	Bruna Andreia, SIMOES	01		31.41
	Mafalda Caetano, LOURENCO	06	39.41	Leonor Caetano, MOREIRA	06		29.29
4.	Uniao Coimbra Abs			União de Coimbra		2:18.16	446
	Alana Costa, MATIAS	09	34.19	Ana Carolina, MONTEIRO	04		30.90
	Raquel Filipa, JESUS	08	41.48	Diana Costa, OLIVEIRA	04		31.59
5.	Academica Coimbra Abs			Academica de Coimbra		2:20.06	428
	Valentina Saad, BARBOSA	04	36.29	Beatriz Costa, TEJO	02		29.04
	Cristiana Sofia, DUARTE	07	41.53	Helena Carolina, DINIS	05		33.20

DNS Feirense Abs Feirense

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 27	Masc., 4 x 50m Estilos					Abs
17/03/2024 - 9:40						Resultados
Rec Nacionais Open	1:41.67	Sporting Clube de Portugal	SCP	Oeiras		29/07/2022
Rec Nacionais Sen	1:41.67	Sporting Clube de Portugal	SCP	Oeiras		29/07/2022
Rec Nacionais Jun	1:46.34	Sport Lisboa e Benfica	SLB	Coimbra		29/07/2023
Rec Nacionais Juv A	1:50.97	Futebol Clube do Porto	FCP	Funchal		30/03/2023
Rec Nacionais Juv A/B	1:50.97	Futebol Clube do Porto	FCP	Funchal		30/03/2023
Rec Nacionais Juv B	1:53.93	Futebol Clube do Porto	FCP	Oeiras		29/07/2022

Pontos: FINA 2024

Lugar					Tempo final	Pts
Juv B						
1.	Nautico Academico Juv B		Nautico Academico		2:05.20	413
	Tiago Janeiro, MOITA	09	32.83	Jose Pedro, COSTA	09	30.95
	Guilherme Andre, GASPAR	09	34.93	Tomas Rafael, PEREIRA	09	26.49
Juv A						
1.	Galitos Juv A		Galitos / Bresimar		1:59.95	469
	Bernardo Reis, FERREIRA	08	33.33	Vicente Sa, VALE	08	28.10
	Nuno Miguel, ANJOS	08	32.67	Antonio Cruz, FARDILHA	08	25.85
2.	Sporting Espinho Juv A		Sporting de Espinho		2:02.26	443
	Joao Diogo, NEVES	08	32.04	Francisco Pereira, SANTOS	08	28.45
	Joao Coelho, CASTRO	08	35.14	Manuel Martins, OLIVEIRA	08	26.63
Jun						
1.	Nautico Leiria Jun		CNLeiria		1:52.48	569
	Goncalo Pereira, COLACO	07	29.26	Joao Moura, FRANCISCO	07	26.08
	Francisco Marques, SIMOES	07	32.79	Afonso Dinis, ROQUE	07	24.35
2.	Sporting Aveiro Jun		Sporting Aveiro		1:55.27	529
	Dinis Vlasov, SOROKOVKIN	06	28.93	Tiago Lopes, BRANDAO	07	25.71
	Simao Pereira, MACHADO	07	34.76	Joaquim Gabriel, OLIVEIRA	07	25.87
3.	Nautico Academico Jun		Nautico Academico		2:00.95	458
	Joao Rafael, FERREIRA	06	32.75	Tomas Veiga, PEREIRA	06	29.29
	David Duarte, JESUS	07	32.40	Marco Dimitar, OLIVEIRA	07	26.51
4.	Feirense Jun		Feirense		2:01.43	453
	Rodrigo Silva, FARIA	07	31.94	Tomas Maia, LOMBA	07	29.64
	Filipe Reis, ALMEIDA	07	34.69	Alexandre Silva, RESENDE	07	25.16
DNS	Sporting Espinho Jun		Sporting de Espinho			
Sen						
1.	Nautico Academico Sen		Nautico Academico		1:53.77	550
	Lucas Pereira, BASTOS	00	30.01	Dinis Miranda, DIOGO	04	27.29
	Vasco Pereira, BASTOS	02	32.52	Rodrigo Miguel, REIS	04	23.95
2.	Sao Joao Ver Sen		Sao Joao Ver		1:58.19	491
	Vasco Almeida, RIBEIRO	05	30.00	Alexandre Ramos, GONCALVES	05	28.76
	Luis Goncalves, PEREIRA	02	33.44	Guilherme Sousa, FONTES	04	25.99

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 27, Masc., 4 x 50m Estilos

Juv B /Abs

1. Pimpoes Abs			Pimpoes/Cimai		1:51.90	578
Mikhael, ONUTSKYY	08	28.01	Luca Valentino, TONA	06	26.92	
Santiago Agostinho, PARREIRA	09	32.69	Gil Santos, LEMOS	06	24.28	
2. Uniao Coimbra Abs			União de Coimbra		1:57.42	501
David Valdagua, COUTINHO	03	30.27	Gustavo Pires, MARQUES	04	26.70	
Duarte Jose, FERNANDES	06	31.27	Antonio Pedro, MARTINS	05	29.18	
3. Academica Coimbra Abs			Academica de Coimbra		1:57.58	498
Edgar Tavares, MENDES	06	30.28	Miguel Freitas, OVIEDO	02	27.57	
Miguel Caridade, GASPAR	99	32.97	Miguel Joao, PINHEIRO	06	26.76	
4. Gafanha Encarnação Abs			Gafanha da Encarnacao		2:01.03	457
Goncalo Filipe, COSTA	04	31.05	Tiago Vidal, GUEDES	05	27.78	
Antonio Tomas, TEIXEIRA	08	36.32	Filipe Santos, CARDOSO	04	25.88	
5. Feirense Abs			Feirense		2:02.74	438
Eduardo Pinto, SANTOS	06	31.34	Tomas Moreira, ASSUNCAO	08	28.92	
Duarte Oliveira, BERNARDES	09	35.62	Diogo Silva, FARIA	09	26.86	
6. Bairro Anjos Abs			Bairro dos Anjos		2:03.28	432
Santiago Marques, GOMES	09	34.24	Tomas Pascoal, FERREIRA	09	26.67	
Bernardo Nunes, DOMINGUEZ	07	33.80	Luis Pedro, VALERIO	09	28.57	

DNS Nautico Leiria Abs

CNLeiria

Prova 28

Femin., 800m Livres

Abs

17/03/2024 - 9:45

Resultados

Rec Nacionais Open	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nacionais Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nacionais Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28/05/2016
Rec Nacionais Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30/05/2015
Rec Nacionais Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27/07/2014
Rec Nacionais Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10/09/1981

TA SEN-FEM Sen: 10:55.40 / TA JUN-FEM Jun: 11:11.71 / TA JUVA-FEM Juv A: 11:28.00 / TA JUVB-FEM Juv B: 11:44.31

Pontos: FINA 2024

Lugar			Ano			Tempo final	Pts				
Juv B											
1. Leonor Antunes, PAIVA			10	Nautico Academico		10:19.68	478				
50m:	34.23	34.23	250m:	3:10.57	39.85	450m:	5:48.67	39.70	650m:	8:25.84	39.42
100m:	1:12.19	37.96	300m:	3:50.08	39.51	500m:	6:27.64	38.97	700m:	9:04.68	38.84
150m:	1:51.73	39.54	350m:	4:29.70	39.62	550m:	7:07.30	39.66	750m:	9:42.79	38.11
200m:	2:30.72	38.99	400m:	5:08.97	39.27	600m:	7:46.42	39.12	800m:	10:19.68	36.89
2. Bianca Balbino, MENDES			10	Naval de Peniche		10:33.47	448				
50m:	34.73	34.73	250m:	3:11.54	39.89	450m:	5:52.68	40.50	650m:	8:33.94	40.90
100m:	1:12.65	37.92	300m:	3:52.16	40.62	500m:	6:32.46	39.78	700m:	9:13.72	39.78
150m:	1:51.93	39.28	350m:	4:32.44	40.28	550m:	7:13.07	40.61	750m:	9:54.44	40.72
200m:	2:31.65	39.72	400m:	5:12.18	39.74	600m:	7:53.04	39.97	800m:	10:33.47	39.03
3. Vida Sofia, VELEZ			10	Bairro dos Anjos		10:37.19	440				
50m:	36.10	36.10	250m:	3:17.87	40.42	450m:	5:59.88	40.23	650m:	8:40.74	40.06
100m:	1:16.55	40.45	300m:	3:58.87	41.00	500m:	6:39.93	40.05	700m:	9:20.71	39.97
150m:	1:57.01	40.46	350m:	4:39.45	40.58	550m:	7:20.53	40.60	750m:	10:00.38	39.67
200m:	2:37.45	40.44	400m:	5:19.65	40.20	600m:	8:00.68	40.15	800m:	10:37.19	36.81

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres, Juv B

Lugar			Ano					Tempo final	Pts
4.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				10:38.42	437
	50m:	36.70 36.70	250m:	3:17.30	40.53	450m:	5:59.24 40.29	650m:	8:40.87 40.81
	100m:	1:15.95 39.25	300m:	3:57.72	40.42	500m:	6:39.31 40.07	700m:	9:20.70 39.83
	150m:	1:56.48 40.53	350m:	4:38.77	41.05	550m:	7:20.35 41.04	750m:	10:00.68 39.98
	200m:	2:36.77 40.29	400m:	5:18.95	40.18	600m:	8:00.06 39.71	800m:	10:38.42 37.74
5.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				10:54.01	407
	50m:	35.98 35.98	250m:	3:17.80	40.91	450m:	6:02.15 41.28	650m:	8:49.31 42.16
	100m:	1:15.68 39.70	300m:	3:58.78	40.98	500m:	6:43.19 41.04	700m:	9:31.00 41.69
	150m:	1:56.33 40.65	350m:	4:40.03	41.25	550m:	7:25.33 42.14	750m:	10:13.05 42.05
	200m:	2:36.89 40.56	400m:	5:20.87	40.84	600m:	8:07.15 41.82	800m:	10:54.01 40.96
6.	Isabella Scavone, LOPES		10	Miranda do Corvo				11:01.73	393
	50m:	36.48 36.48	250m:	3:21.31	41.14	450m:	6:11.24 41.89	650m:	8:59.63 41.58
	100m:	1:16.68 40.20	300m:	4:04.34	43.03	500m:	6:53.41 42.17	700m:	9:42.18 42.55
	150m:	1:57.90 41.22	350m:	4:47.43	43.09	550m:	7:35.39 41.98	750m:	10:22.91 40.73
	200m:	2:40.17 42.27	400m:	5:29.35	41.92	600m:	8:18.05 42.66	800m:	11:01.73 38.82
7.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				11:24.32	355
	50m:	36.25 36.25	250m:	3:27.39	43.28	450m:	6:22.59 43.90	650m:	9:16.98 42.93
	100m:	1:18.48 42.23	300m:	4:10.98	43.59	500m:	7:06.63 44.04	700m:	10:00.27 43.29
	150m:	2:00.65 42.17	350m:	4:54.48	43.50	550m:	7:50.59 43.96	750m:	10:43.06 42.79
	200m:	2:44.11 43.46	400m:	5:38.69	44.21	600m:	8:34.05 43.46	800m:	11:24.32 41.26
DNS	Madalena Gracio, PEDROSO		10	Marinha Grande					

Juv A

1.	Luana Ferreira, CRAVEIRO		09	Marinha Grande				9:36.21	595
	50m:	31.85 31.85	250m:	2:54.44	36.21	450m:	5:20.25 36.09	650m:	7:47.64 36.65
	100m:	1:06.34 34.49	300m:	3:30.77	36.33	500m:	5:57.11 36.86	700m:	8:24.38 36.74
	150m:	1:42.38 36.04	350m:	4:07.32	36.55	550m:	6:33.83 36.72	750m:	9:00.84 36.46
	200m:	2:18.23 35.85	400m:	4:44.16	36.84	600m:	7:10.99 37.16	800m:	9:36.21 35.37
2.	Joana Almeida, SANTOS		09	Galitos / Bresimar				10:20.95	475
	50m:	33.25 33.25	250m:	3:07.19	38.68	450m:	5:44.17 40.11	650m:	8:23.68 39.90
	100m:	1:10.63 37.38	300m:	3:46.26	39.07	500m:	6:24.17 40.00	700m:	9:03.86 40.18
	150m:	1:49.33 38.70	350m:	4:24.98	38.72	550m:	7:03.64 39.47	750m:	9:43.25 39.39
	200m:	2:28.51 39.18	400m:	5:04.06	39.08	600m:	7:43.78 40.14	800m:	10:20.95 37.70
3.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				10:30.15	455
	50m:	35.88 35.88	250m:	3:14.05	39.38	450m:	5:53.03 39.36	650m:	8:32.98 39.61
	100m:	1:14.70 38.82	300m:	3:53.70	39.65	500m:	6:33.34 40.31	700m:	9:13.03 40.05
	150m:	1:54.25 39.55	350m:	4:33.35	39.65	550m:	7:13.23 39.89	750m:	9:51.96 38.93
	200m:	2:34.67 40.42	400m:	5:13.67	40.32	600m:	7:53.37 40.14	800m:	10:30.15 38.19
4.	Gabriela Lopes, FERNANDES		09	O Crasto				11:24.83	354
	50m:	36.96 36.96	250m:	3:24.72	42.96	450m:	6:20.25 44.24	650m:	9:16.99 44.73
	100m:	1:18.12 41.16	300m:	4:08.04	43.32	500m:	7:04.30 44.05	700m:	10:00.52 43.53
	150m:	1:59.85 41.73	350m:	4:51.65	43.61	550m:	7:47.95 43.65	750m:	10:43.93 43.41
	200m:	2:41.76 41.91	400m:	5:36.01	44.36	600m:	8:32.26 44.31	800m:	11:24.83 40.90
DSQ	Leonor Mercês, CAVALEIRO <i>SW 4.4 - Falsa Partida</i>		09	Columbofila Cantanhedense					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres

Jun

1.	Carolina Vizinho, CABRAL	07	Vagos	9:40.46	582
	50m: 33.22 33.22	250m: 2:59.55	36.75	450m: 5:26.15	35.99
	100m: 1:08.99 35.77	300m: 3:36.62	37.07	500m: 6:02.96	36.81
	150m: 1:45.61 36.62	350m: 4:13.63	37.01	550m: 6:39.72	36.76
	200m: 2:22.80 37.19	400m: 4:50.16	36.53	600m: 7:16.47	36.75
				650m: 7:53.20	36.73
				700m: 8:30.02	36.82
				750m: 9:06.65	36.63
				800m: 9:40.46	33.81
2.	Marta Andre, AGUILAR	07	Nautico Academico	9:46.13	565
	50m: 33.82 33.82	250m: 3:01.36	36.80	450m: 5:27.57	36.48
	100m: 1:10.42 36.60	300m: 3:38.63	37.27	500m: 6:04.28	36.71
	150m: 1:47.46 37.04	350m: 4:14.54	35.91	550m: 6:40.84	36.56
	200m: 2:24.56 37.10	400m: 4:51.09	36.55	600m: 7:18.09	37.25
				650m: 7:55.48	37.39
				700m: 8:33.53	38.05
				750m: 9:10.20	36.67
				800m: 9:46.13	35.93
3.	Matilde Violante, VIANA	07	CNLeiria	9:53.50	545
	50m: 32.39 32.39	250m: 3:00.12	37.38	450m: 5:30.70	37.75
	100m: 1:08.60 36.21	300m: 3:37.72	37.60	500m: 6:08.54	37.84
	150m: 1:45.65 37.05	350m: 4:15.15	37.43	550m: 6:46.17	37.63
	200m: 2:22.74 37.09	400m: 4:52.95	37.80	600m: 7:24.17	38.00
				650m: 8:01.39	37.22
				700m: 8:39.26	37.87
				750m: 9:16.57	37.31
				800m: 9:53.50	36.93
4.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	9:59.98	527
	50m: 33.11 33.11	250m: 3:00.68	37.52	450m: 5:31.18	37.47
	100m: 1:09.08 35.97	300m: 3:37.98	37.30	500m: 6:09.07	37.89
	150m: 1:46.11 37.03	350m: 4:15.94	37.96	550m: 6:47.99	38.92
	200m: 2:23.16 37.05	400m: 4:53.71	37.77	600m: 7:26.62	38.63
				650m: 8:05.50	38.88
				700m: 8:43.94	38.44
				750m: 9:22.91	38.97
				800m: 9:59.98	37.07
5.	Alice Mendes, MACEDO	08	Estamos Juntos	10:14.54	490
	50m: 33.75 33.75	250m: 3:03.95	38.47	450m: 5:40.50	38.98
	100m: 1:09.88 36.13	300m: 3:42.68	38.73	500m: 6:20.52	40.02
	150m: 1:47.27 37.39	350m: 4:22.25	39.57	550m: 7:00.20	39.68
	200m: 2:25.48 38.21	400m: 5:01.52	39.27	600m: 7:40.08	39.88
				650m: 8:20.35	40.27
				700m: 8:59.68	39.33
				750m: 9:39.55	39.87
				800m: 10:14.54	34.99
6.	Rafaela Calvo, COUTINHO	08	Campinho	10:33.33	448
	50m: 35.17 35.17	250m: 3:14.19	39.62	450m: 5:54.88	40.00
	100m: 1:14.94 39.77	300m: 3:54.17	39.98	500m: 6:34.89	40.01
	150m: 1:54.74 39.80	350m: 4:34.41	40.24	550m: 7:14.76	39.87
	200m: 2:34.57 39.83	400m: 5:14.88	40.47	600m: 7:54.86	40.10
				650m: 8:35.06	40.20
				700m: 9:15.14	40.08
				750m: 9:54.67	39.53
				800m: 10:33.33	38.66
7.	Raquel Filipa, JESUS	08	União de Coimbra	11:01.07	394
	50m: 37.62 37.62	250m: 3:26.04	42.04	450m: 6:13.42	41.39
	100m: 1:19.37 41.75	300m: 4:08.47	42.43	500m: 6:55.25	41.83
	150m: 2:01.51 42.14	350m: 4:50.52	42.05	550m: 7:36.54	41.29
	200m: 2:44.00 42.49	400m: 5:32.03	41.51	600m: 8:18.05	41.51
				650m: 8:59.27	41.22
				700m: 9:40.68	41.41
				750m: 10:21.57	40.89
				800m: 11:01.07	39.50
8.	Maria Miguel, RESENDE	08	Estarreja	11:06.07	385
	50m: 34.73 34.73	250m: 3:19.11	42.26	450m: 6:09.79	42.13
	100m: 1:14.13 39.40	300m: 4:02.57	43.46	500m: 6:52.62	42.83
	150m: 1:54.79 40.66	350m: 4:44.63	42.06	550m: 7:34.94	42.32
	200m: 2:36.85 42.06	400m: 5:27.66	43.03	600m: 8:17.87	42.93
				650m: 9:00.19	42.32
				700m: 9:42.88	42.69
				750m: 10:24.86	41.98
				800m: 11:06.07	41.21
9.	Leonor Pereira, ROCHA	08	Sporting de Espinho	11:14.65	371
	<i>FTL</i>				
	50m: 35.98 35.98	250m: 3:20.09	43.05	450m: 6:13.38	42.97
	100m: 1:15.09 39.11	300m: 4:03.92	43.83	500m: 6:57.70	44.32
	150m: 1:55.47 40.38	350m: 4:47.50	43.58	550m: 7:41.30	43.60
	200m: 2:37.04 41.57	400m: 5:30.41	42.91	600m: 8:25.12	43.82
				650m: 9:07.78	42.66
				700m: 9:52.06	44.28
				750m: 10:34.56	42.50
				800m: 11:14.65	40.09

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres

Sen

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	9:04.54	705
	50m: 31.23 31.23	250m: 2:49.00	34.40 450m: 5:06.23	34.20 650m: 7:23.69	34.51
	100m: 1:05.37 34.14	300m: 3:23.39	34.39 500m: 5:40.48	34.25 700m: 7:57.70	34.01
	150m: 1:40.10 34.73	350m: 3:57.81	34.42 550m: 6:14.76	34.28 750m: 8:31.84	34.14
	200m: 2:14.60 34.50	400m: 4:32.03	34.22 600m: 6:49.18	34.42 800m: 9:04.54	32.70
2.	Joana Nunes, CARDEAL	02	Individual ANCNP	9:18.74	653
	50m: 31.84 31.84	250m: 2:51.35	34.97 450m: 5:11.26	35.06 650m: 7:32.10	35.53
	100m: 1:06.36 34.52	300m: 3:26.22	34.87 500m: 5:46.08	34.82 700m: 8:07.85	35.75
	150m: 1:41.33 34.97	350m: 4:01.10	34.88 550m: 6:21.13	35.05 750m: 8:43.81	35.96
	200m: 2:16.38 35.05	400m: 4:36.20	35.10 600m: 6:56.57	35.44 800m: 9:18.74	34.93
3.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	9:28.19	621
	50m: 32.00 32.00	250m: 2:54.04	35.99 450m: 5:18.04	36.00 650m: 7:41.96	35.96
	100m: 1:06.69 34.69	300m: 3:30.04	36.00 500m: 5:53.91	35.87 700m: 8:17.97	36.01
	150m: 1:42.20 35.51	350m: 4:06.07	36.03 550m: 6:29.92	36.01 750m: 8:53.49	35.52
	200m: 2:18.05 35.85	400m: 4:42.04	35.97 600m: 7:06.00	36.08 800m: 9:28.19	34.70
4.	Leonor Verissimo, FARIA	06	Nautico Academico	9:44.00	572
	50m: 32.57 32.57	250m: 2:58.90	36.81 450m: 5:26.99	36.69 650m: 7:55.18	36.90
	100m: 1:08.10 35.53	300m: 3:36.15	37.25 500m: 6:04.32	37.33 700m: 8:31.56	36.38
	150m: 1:44.81 36.71	350m: 4:13.11	36.96 550m: 6:41.08	36.76 750m: 9:07.86	36.30
	200m: 2:22.09 37.28	400m: 4:50.30	37.19 600m: 7:18.28	37.20 800m: 9:44.00	36.14
5.	Vanessa Sofia, OLIVEIRA	05	Gafanha da Encarnacao	9:51.44	550
	50m: 33.62 33.62	250m: 3:01.51	37.26 450m: 5:30.94	37.46 650m: 8:00.82	37.29
	100m: 1:10.05 36.43	300m: 3:39.09	37.58 500m: 6:08.51	37.57 700m: 8:38.08	37.26
	150m: 1:46.88 36.83	350m: 4:16.21	37.12 550m: 6:46.04	37.53 750m: 9:15.17	37.09
	200m: 2:24.25 37.37	400m: 4:53.48	37.27 600m: 7:23.53	37.49 800m: 9:51.44	36.27
6.	Margarida Correia, MADEIRA	06	Marinha Grande	10:02.99	519
	50m: 33.64 33.64	250m: 3:03.08	37.74 450m: 5:35.19	37.86 650m: 8:08.26	38.04
	100m: 1:10.51 36.87	300m: 3:41.19	38.11 500m: 6:13.39	38.20 700m: 8:47.10	38.84
	150m: 1:47.72 37.21	350m: 4:19.16	37.97 550m: 6:51.94	38.55 750m: 9:25.40	38.30
	200m: 2:25.34 37.62	400m: 4:57.33	38.17 600m: 7:30.22	38.28 800m: 10:02.99	37.59
7.	Matilde Fonseca, OLIVEIRA	06	Louzan Natacao/EFAPEL	10:12.98	494
	50m: 34.81 34.81	250m: 3:05.19	38.11 450m: 5:39.52	38.67 650m: 8:15.07	39.24
	100m: 1:11.64 36.83	300m: 3:43.68	38.49 500m: 6:18.15	38.63 700m: 8:54.71	39.64
	150m: 1:49.23 37.59	350m: 4:22.19	38.51 550m: 6:56.87	38.72 750m: 9:33.78	39.07
	200m: 2:27.08 37.85	400m: 5:00.85	38.66 600m: 7:35.83	38.96 800m: 10:12.98	39.20

Juv B/Abs

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	9:04.54	705
	50m: 31.23 31.23	250m: 2:49.00	34.40 450m: 5:06.23	34.20 650m: 7:23.69	34.51
	100m: 1:05.37 34.14	300m: 3:23.39	34.39 500m: 5:40.48	34.25 700m: 7:57.70	34.01
	150m: 1:40.10 34.73	350m: 3:57.81	34.42 550m: 6:14.76	34.28 750m: 8:31.84	34.14
	200m: 2:14.60 34.50	400m: 4:32.03	34.22 600m: 6:49.18	34.42 800m: 9:04.54	32.70
2.	Joana Nunes, CARDEAL	02	Individual ANCNP	9:18.74	653
	50m: 31.84 31.84	250m: 2:51.35	34.97 450m: 5:11.26	35.06 650m: 7:32.10	35.53
	100m: 1:06.36 34.52	300m: 3:26.22	34.87 500m: 5:46.08	34.82 700m: 8:07.85	35.75
	150m: 1:41.33 34.97	350m: 4:01.10	34.88 550m: 6:21.13	35.05 750m: 8:43.81	35.96
	200m: 2:16.38 35.05	400m: 4:36.20	35.10 600m: 6:56.57	35.44 800m: 9:18.74	34.93

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
3.	Joana Barbas, RAMOS		06	Gafanha da Encarnacao				9:28.19	621
	50m:	32.00 32.00	250m:	2:54.04	35.99	450m:	5:18.04 36.00	650m:	7:41.96 35.96
	100m:	1:06.69 34.69	300m:	3:30.04	36.00	500m:	5:53.91 35.87	700m:	8:17.97 36.01
	150m:	1:42.20 35.51	350m:	4:06.07	36.03	550m:	6:29.92 36.01	750m:	8:53.49 35.52
	200m:	2:18.05 35.85	400m:	4:42.04	35.97	600m:	7:06.00 36.08	800m:	9:28.19 34.70
4.	Luana Ferreira, CRAVEIRO		09	Marinha Grande				9:36.21	595
	50m:	31.85 31.85	250m:	2:54.44	36.21	450m:	5:20.25 36.09	650m:	7:47.64 36.65
	100m:	1:06.34 34.49	300m:	3:30.77	36.33	500m:	5:57.11 36.86	700m:	8:24.38 36.74
	150m:	1:42.38 36.04	350m:	4:07.32	36.55	550m:	6:33.83 36.72	750m:	9:00.84 36.46
	200m:	2:18.23 35.85	400m:	4:44.16	36.84	600m:	7:10.99 37.16	800m:	9:36.21 35.37
5.	Carolina Vizinho, CABRAL		07	Vagos				9:40.46	582
	50m:	33.22 33.22	250m:	2:59.55	36.75	450m:	5:26.15 35.99	650m:	7:53.20 36.73
	100m:	1:08.99 35.77	300m:	3:36.62	37.07	500m:	6:02.96 36.81	700m:	8:30.02 36.82
	150m:	1:45.61 36.62	350m:	4:13.63	37.01	550m:	6:39.72 36.76	750m:	9:06.65 36.63
	200m:	2:22.80 37.19	400m:	4:50.16	36.53	600m:	7:16.47 36.75	800m:	9:40.46 33.81
6.	Leonor Verissimo, FARIA		06	Nautico Academico				9:44.00	572
	50m:	32.57 32.57	250m:	2:58.90	36.81	450m:	5:26.99 36.69	650m:	7:55.18 36.90
	100m:	1:08.10 35.53	300m:	3:36.15	37.25	500m:	6:04.32 37.33	700m:	8:31.56 36.38
	150m:	1:44.81 36.71	350m:	4:13.11	36.96	550m:	6:41.08 36.76	750m:	9:07.86 36.30
	200m:	2:22.09 37.28	400m:	4:50.30	37.19	600m:	7:18.28 37.20	800m:	9:44.00 36.14
7.	Marta Andre, AGUILAR		07	Nautico Academico				9:46.13	565
	50m:	33.82 33.82	250m:	3:01.36	36.80	450m:	5:27.57 36.48	650m:	7:55.48 37.39
	100m:	1:10.42 36.60	300m:	3:38.63	37.27	500m:	6:04.28 36.71	700m:	8:33.53 38.05
	150m:	1:47.46 37.04	350m:	4:14.54	35.91	550m:	6:40.84 36.56	750m:	9:10.20 36.67
	200m:	2:24.56 37.10	400m:	4:51.09	36.55	600m:	7:18.09 37.25	800m:	9:46.13 35.93
8.	Vanessa Sofia, OLIVEIRA		05	Gafanha da Encarnacao				9:51.44	550
	50m:	33.62 33.62	250m:	3:01.51	37.26	450m:	5:30.94 37.46	650m:	8:00.82 37.29
	100m:	1:10.05 36.43	300m:	3:39.09	37.58	500m:	6:08.51 37.57	700m:	8:38.08 37.26
	150m:	1:46.88 36.83	350m:	4:16.21	37.12	550m:	6:46.04 37.53	750m:	9:15.17 37.09
	200m:	2:24.25 37.37	400m:	4:53.48	37.27	600m:	7:23.53 37.49	800m:	9:51.44 36.27
9.	Matilde Violante, VIANA		07	CNLeiria				9:53.50	545
	50m:	32.39 32.39	250m:	3:00.12	37.38	450m:	5:30.70 37.75	650m:	8:01.39 37.22
	100m:	1:08.60 36.21	300m:	3:37.72	37.60	500m:	6:08.54 37.84	700m:	8:39.26 37.87
	150m:	1:45.65 37.05	350m:	4:15.15	37.43	550m:	6:46.17 37.63	750m:	9:16.57 37.31
	200m:	2:22.74 37.09	400m:	4:52.95	37.80	600m:	7:24.17 38.00	800m:	9:53.50 36.93
10.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				9:59.98	527
	50m:	33.11 33.11	250m:	3:00.68	37.52	450m:	5:31.18 37.47	650m:	8:05.50 38.88
	100m:	1:09.08 35.97	300m:	3:37.98	37.30	500m:	6:09.07 37.89	700m:	8:43.94 38.44
	150m:	1:46.11 37.03	350m:	4:15.94	37.96	550m:	6:47.99 38.92	750m:	9:22.91 38.97
	200m:	2:23.16 37.05	400m:	4:53.71	37.77	600m:	7:26.62 38.63	800m:	9:59.98 37.07
11.	Margarida Correia, MADEIRA		06	Marinha Grande				10:02.99	519
	50m:	33.64 33.64	250m:	3:03.08	37.74	450m:	5:35.19 37.86	650m:	8:08.26 38.04
	100m:	1:10.51 36.87	300m:	3:41.19	38.11	500m:	6:13.39 38.20	700m:	8:47.10 38.84
	150m:	1:47.72 37.21	350m:	4:19.16	37.97	550m:	6:51.94 38.55	750m:	9:25.40 38.30
	200m:	2:25.34 37.62	400m:	4:57.33	38.17	600m:	7:30.22 38.28	800m:	10:02.99 37.59
12.	Matilde Fonseca, OLIVEIRA		06	Louzan Natacao/EFAPEL				10:12.98	494
	50m:	34.81 34.81	250m:	3:05.19	38.11	450m:	5:39.52 38.67	650m:	8:15.07 39.24
	100m:	1:11.64 36.83	300m:	3:43.68	38.49	500m:	6:18.15 38.63	700m:	8:54.71 39.64
	150m:	1:49.23 37.59	350m:	4:22.19	38.51	550m:	6:56.87 38.72	750m:	9:33.78 39.07
	200m:	2:27.08 37.85	400m:	5:00.85	38.66	600m:	7:35.83 38.96	800m:	10:12.98 39.20

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
13.	Alice Mendes, MACEDO		08	Estamos Juntos				10:14.54	490		
	50m:	33.75 33.75	250m:	3:03.95	38.47	450m:	5:40.50	38.98	650m:	8:20.35	40.27
	100m:	1:09.88 36.13	300m:	3:42.68	38.73	500m:	6:20.52	40.02	700m:	8:59.68	39.33
	150m:	1:47.27 37.39	350m:	4:22.25	39.57	550m:	7:00.20	39.68	750m:	9:39.55	39.87
	200m:	2:25.48 38.21	400m:	5:01.52	39.27	600m:	7:40.08	39.88	800m:	10:14.54	34.99
14.	Leonor Antunes, PAIVA		10	Nautico Academico				10:19.68	478		
	50m:	34.23 34.23	250m:	3:10.57	39.85	450m:	5:48.67	39.70	650m:	8:25.84	39.42
	100m:	1:12.19 37.96	300m:	3:50.08	39.51	500m:	6:27.64	38.97	700m:	9:04.68	38.84
	150m:	1:51.73 39.54	350m:	4:29.70	39.62	550m:	7:07.30	39.66	750m:	9:42.79	38.11
	200m:	2:30.72 38.99	400m:	5:08.97	39.27	600m:	7:46.42	39.12	800m:	10:19.68	36.89
15.	Joana Almeida, SANTOS		09	Galitos / Bresimar				10:20.95	475		
	50m:	33.25 33.25	250m:	3:07.19	38.68	450m:	5:44.17	40.11	650m:	8:23.68	39.90
	100m:	1:10.63 37.38	300m:	3:46.26	39.07	500m:	6:24.17	40.00	700m:	9:03.86	40.18
	150m:	1:49.33 38.70	350m:	4:24.98	38.72	550m:	7:03.64	39.47	750m:	9:43.25	39.39
	200m:	2:28.51 39.18	400m:	5:04.06	39.08	600m:	7:43.78	40.14	800m:	10:20.95	37.70
16.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				10:30.15	455		
	50m:	35.88 35.88	250m:	3:14.05	39.38	450m:	5:53.03	39.36	650m:	8:32.98	39.61
	100m:	1:14.70 38.82	300m:	3:53.70	39.65	500m:	6:33.34	40.31	700m:	9:13.03	40.05
	150m:	1:54.25 39.55	350m:	4:33.35	39.65	550m:	7:13.23	39.89	750m:	9:51.96	38.93
	200m:	2:34.67 40.42	400m:	5:13.67	40.32	600m:	7:53.37	40.14	800m:	10:30.15	38.19
17.	Rafaela Calvo, COUTINHO		08	Campinho				10:33.33	448		
	50m:	35.17 35.17	250m:	3:14.19	39.62	450m:	5:54.88	40.00	650m:	8:35.06	40.20
	100m:	1:14.94 39.77	300m:	3:54.17	39.98	500m:	6:34.89	40.01	700m:	9:15.14	40.08
	150m:	1:54.74 39.80	350m:	4:34.41	40.24	550m:	7:14.76	39.87	750m:	9:54.67	39.53
	200m:	2:34.57 39.83	400m:	5:14.88	40.47	600m:	7:54.86	40.10	800m:	10:33.33	38.66
18.	Bianca Balbino, MENDES		10	Naval de Peniche				10:33.47	448		
	50m:	34.73 34.73	250m:	3:11.54	39.89	450m:	5:52.68	40.50	650m:	8:33.94	40.90
	100m:	1:12.65 37.92	300m:	3:52.16	40.62	500m:	6:32.46	39.78	700m:	9:13.72	39.78
	150m:	1:51.93 39.28	350m:	4:32.44	40.28	550m:	7:13.07	40.61	750m:	9:54.44	40.72
	200m:	2:31.65 39.72	400m:	5:12.18	39.74	600m:	7:53.04	39.97	800m:	10:33.47	39.03
19.	Vida Sofia, VELEZ		10	Bairro dos Anjos				10:37.19	440		
	50m:	36.10 36.10	250m:	3:17.87	40.42	450m:	5:59.88	40.23	650m:	8:40.74	40.06
	100m:	1:16.55 40.45	300m:	3:58.87	41.00	500m:	6:39.93	40.05	700m:	9:20.71	39.97
	150m:	1:57.01 40.46	350m:	4:39.45	40.58	550m:	7:20.53	40.60	750m:	10:00.38	39.67
	200m:	2:37.45 40.44	400m:	5:19.65	40.20	600m:	8:00.68	40.15	800m:	10:37.19	36.81
20.	Leonor Mosca, SILVA		10	Columbifila Cantanhedense				10:38.42	437		
	50m:	36.70 36.70	250m:	3:17.30	40.53	450m:	5:59.24	40.29	650m:	8:40.87	40.81
	100m:	1:15.95 39.25	300m:	3:57.72	40.42	500m:	6:39.31	40.07	700m:	9:20.70	39.83
	150m:	1:56.48 40.53	350m:	4:38.77	41.05	550m:	7:20.35	41.04	750m:	10:00.68	39.98
	200m:	2:36.77 40.29	400m:	5:18.95	40.18	600m:	8:00.06	39.71	800m:	10:38.42	37.74
21.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				10:54.01	407		
	50m:	35.98 35.98	250m:	3:17.80	40.91	450m:	6:02.15	41.28	650m:	8:49.31	42.16
	100m:	1:15.68 39.70	300m:	3:58.78	40.98	500m:	6:43.19	41.04	700m:	9:31.00	41.69
	150m:	1:56.33 40.65	350m:	4:40.03	41.25	550m:	7:25.33	42.14	750m:	10:13.05	42.05
	200m:	2:36.89 40.56	400m:	5:20.87	40.84	600m:	8:07.15	41.82	800m:	10:54.01	40.96
22.	Raquel Filipa, JESUS		08	União de Coimbra				11:01.07	394		
	50m:	37.62 37.62	250m:	3:26.04	42.04	450m:	6:13.42	41.39	650m:	8:59.27	41.22
	100m:	1:19.37 41.75	300m:	4:08.47	42.43	500m:	6:55.25	41.83	700m:	9:40.68	41.41
	150m:	2:01.51 42.14	350m:	4:50.52	42.05	550m:	7:36.54	41.29	750m:	10:21.57	40.89
	200m:	2:44.00 42.49	400m:	5:32.03	41.51	600m:	8:18.05	41.51	800m:	11:01.07	39.50

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 28, Femin., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
23.	Isabella Scavone, LOPES		10	Miranda do Corvo				11:01.73	393
	50m:	36.48 36.48	250m:	3:21.31	41.14	450m:	6:11.24 41.89	650m:	8:59.63 41.58
	100m:	1:16.68 40.20	300m:	4:04.34	43.03	500m:	6:53.41 42.17	700m:	9:42.18 42.55
	150m:	1:57.90 41.22	350m:	4:47.43	43.09	550m:	7:35.39 41.98	750m:	10:22.91 40.73
	200m:	2:40.17 42.27	400m:	5:29.35	41.92	600m:	8:18.05 42.66	800m:	11:01.73 38.82
24.	Maria Miguel, RESENDE		08	Estarreja				11:06.07	385
	50m:	34.73 34.73	250m:	3:19.11	42.26	450m:	6:09.79 42.13	650m:	9:00.19 42.32
	100m:	1:14.13 39.40	300m:	4:02.57	43.46	500m:	6:52.62 42.83	700m:	9:42.88 42.69
	150m:	1:54.79 40.66	350m:	4:44.63	42.06	550m:	7:34.94 42.32	750m:	10:24.86 41.98
	200m:	2:36.85 42.06	400m:	5:27.66	43.03	600m:	8:17.87 42.93	800m:	11:06.07 41.21
25.	Leonor Pereira, ROCHA <i>FTL</i>		08	Sporting de Espinho				11:14.65	371
	50m:	35.98 35.98	250m:	3:20.09	43.05	450m:	6:13.38 42.97	650m:	9:07.78 42.66
	100m:	1:15.09 39.11	300m:	4:03.92	43.83	500m:	6:57.70 44.32	700m:	9:52.06 44.28
	150m:	1:55.47 40.38	350m:	4:47.50	43.58	550m:	7:41.30 43.60	750m:	10:34.56 42.50
	200m:	2:37.04 41.57	400m:	5:30.41	42.91	600m:	8:25.12 43.82	800m:	11:14.65 40.09
26.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				11:24.32	355
	50m:	36.25 36.25	250m:	3:27.39	43.28	450m:	6:22.59 43.90	650m:	9:16.98 42.93
	100m:	1:18.48 42.23	300m:	4:10.98	43.59	500m:	7:06.63 44.04	700m:	10:00.27 43.29
	150m:	2:00.65 42.17	350m:	4:54.48	43.50	550m:	7:50.59 43.96	750m:	10:43.06 42.79
	200m:	2:44.11 43.46	400m:	5:38.69	44.21	600m:	8:34.05 43.46	800m:	11:24.32 41.26
27.	Gabriela Lopes, FERNANDES		09	O Crasto				11:24.83	354
	50m:	36.96 36.96	250m:	3:24.72	42.96	450m:	6:20.25 44.24	650m:	9:16.99 44.73
	100m:	1:18.12 41.16	300m:	4:08.04	43.32	500m:	7:04.30 44.05	700m:	10:00.52 43.53
	150m:	1:59.85 41.73	350m:	4:51.65	43.61	550m:	7:47.95 43.65	750m:	10:43.93 43.41
	200m:	2:41.76 41.91	400m:	5:36.01	44.36	600m:	8:32.26 44.31	800m:	11:24.83 40.90
DSQ	Leonor Mercês, CAVALEIRO <i>SW 4.4 - Falsa Partida</i>		09	Columbofila Cantanhedense					
DNS	Madalena Gracio, PEDROSO		10	Marinha Grande					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29	Masc., 800m Livres				14 anos e mais velhos
17/03/2024 - 10:20					Resultados
Rec Nacionais Open	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Sen	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nacionais Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17/07/2010
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	8:32.97	Rui Silva, PEREIRA	POR	Coimbra	28/05/2023
Rec Nacionais Inf A	8:54.25	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	29/05/2004

TA JUVB-MASC Juv B: 11:02.31 / TA JUVA-MASC Juv A: 10:47.11 / TA JUN-MASC Jun: 10:28.89 / TA SEN-MASC Sen: 10:10.66

Pontos: FINA 2024

Lugar	Ano		Tempo final		Pts
Juv B					
1. Paulo, KOT	09	Marinha Grande	9:03.87	574	
50m: 30.09 30.09	250m: 2:45.42 34.62	450m: 5:03.27 34.41	650m: 7:21.85 34.69		
100m: 1:02.86 32.77	300m: 3:19.98 34.56	500m: 5:38.07 34.80	700m: 7:56.53 34.68		
150m: 1:36.69 33.83	350m: 3:54.49 34.51	550m: 6:12.53 34.46	750m: 8:31.16 34.63		
200m: 2:10.80 34.11	400m: 4:28.86 34.37	600m: 6:47.16 34.63	800m: 9:03.87 32.71		
2. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	9:32.07	493	
50m: 31.02 31.02	250m: 2:55.09 36.50	450m: 5:20.03 36.71	650m: 7:47.99 36.65		
100m: 1:06.19 35.17	300m: 3:31.03 35.94	500m: 5:57.37 37.34	700m: 8:24.75 36.76		
150m: 1:42.62 36.43	350m: 4:08.19 37.16	550m: 6:35.01 37.64	750m: 9:00.13 35.38		
200m: 2:18.59 35.97	400m: 4:43.32 35.13	600m: 7:11.34 36.33	800m: 9:32.07 31.94		
3. Goncalo Malha, NETO	09	Galitos / Bresimar	9:35.79	484	
50m: 32.22 32.22	250m: 2:58.66 36.96	450m: 5:24.17 36.42	650m: 7:50.61 36.74		
100m: 1:07.39 35.17	300m: 3:34.71 36.05	500m: 6:00.75 36.58	700m: 8:27.16 36.55		
150m: 1:44.67 37.28	350m: 4:11.54 36.83	550m: 6:37.22 36.47	750m: 9:02.27 35.11		
200m: 2:21.70 37.03	400m: 4:47.75 36.21	600m: 7:13.87 36.65	800m: 9:35.79 33.52		
4. Alexandre, SHUBIN	09	Campinho	9:44.80	462	
50m: 31.25 31.25	250m: 2:55.26 37.03	450m: 5:24.53 37.54	650m: 7:54.99 37.67		
100m: 1:05.69 34.44	300m: 3:32.20 36.94	500m: 6:02.25 37.72	700m: 8:32.60 37.61		
150m: 1:41.72 36.03	350m: 4:09.58 37.38	550m: 6:39.70 37.45	750m: 9:09.42 36.82		
200m: 2:18.23 36.51	400m: 4:46.99 37.41	600m: 7:17.32 37.62	800m: 9:44.80 35.38		
5. Santiago Jose, PACHECO	09	Alcobaca	10:03.76	419	
50m: 31.79 31.79	250m: 3:03.08 38.54	450m: 5:37.92 38.42	650m: 8:12.09 38.43		
100m: 1:08.69 36.90	300m: 3:42.20 39.12	500m: 6:16.69 38.77	700m: 8:50.12 38.03		
150m: 1:46.39 37.70	350m: 4:20.37 38.17	550m: 6:55.11 38.42	750m: 9:27.90 37.78		
200m: 2:24.54 38.15	400m: 4:59.50 39.13	600m: 7:33.66 38.55	800m: 10:03.76 35.86		
6. Francisco Antunes, SOUSA	09	Columbofila Cantanhedense	10:05.37	416	
50m: 33.60 33.60	250m: 3:02.47 37.63	450m: 5:33.73 38.43	650m: 8:09.52 39.15		
100m: 1:10.69 37.09	300m: 3:39.86 37.39	500m: 6:12.35 38.62	700m: 8:49.08 39.56		
150m: 1:48.02 37.33	350m: 4:17.61 37.75	550m: 6:51.98 39.63	750m: 9:28.16 39.08		
200m: 2:24.84 36.82	400m: 4:55.30 37.69	600m: 7:30.37 38.39	800m: 10:05.37 37.21		
7. Miguel Tome, MATEUS	09	Vagos	10:08.39	410	
50m: 33.62 33.62	250m: 3:07.66 38.81	450m: 5:40.94 37.76	650m: 8:14.11 38.25		
100m: 1:11.33 37.71	300m: 3:45.93 38.27	500m: 6:19.48 38.54	700m: 8:52.95 38.84		
150m: 1:50.35 39.02	350m: 4:24.43 38.50	550m: 6:57.64 38.16	750m: 9:30.72 37.77		
200m: 2:28.85 38.50	400m: 5:03.18 38.75	600m: 7:35.86 38.22	800m: 10:08.39 37.67		
8. Tiago Janeiro, MOITA	09	Nautico Academico	10:18.37	390	
50m: 34.58 34.58	250m: 3:08.23 39.15	450m: 5:45.10 39.32	650m: 8:21.50 39.21		
100m: 1:12.33 37.75	300m: 3:47.09 38.86	500m: 6:24.16 39.06	700m: 9:01.13 39.63		
150m: 1:50.65 38.32	350m: 4:26.65 39.56	550m: 7:03.22 39.06	750m: 9:40.64 39.51		
200m: 2:29.08 38.43	400m: 5:05.78 39.13	600m: 7:42.29 39.07	800m: 10:18.37 37.73		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv B

Lugar			Ano					Tempo final	Pts
9.	Luis Azevedo, PINTO		09	Estarreja				10:22.91	382
	50m:	32.71 32.71	250m:	3:08.45	40.07	450m:	5:46.15 39.93	650m:	8:26.33 39.84
	100m:	1:09.73 37.02	300m:	3:48.84	40.39	500m:	6:26.35 40.20	700m:	9:06.77 40.44
	150m:	1:48.60 38.87	350m:	4:27.33	38.49	550m:	7:06.55 40.20	750m:	9:45.23 38.46
	200m:	2:28.38 39.78	400m:	5:06.22	38.89	600m:	7:46.49 39.94	800m:	10:22.91 37.68
10.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				10:24.99	378
	50m:	32.40 32.40	250m:	3:06.50	39.22	450m:	5:46.37 39.90	650m:	8:26.80 39.91
	100m:	1:09.41 37.01	300m:	3:46.56	40.06	500m:	6:26.45 40.08	700m:	9:07.11 40.31
	150m:	1:47.77 38.36	350m:	4:26.43	39.87	550m:	7:06.42 39.97	750m:	9:46.56 39.45
	200m:	2:27.28 39.51	400m:	5:06.47	40.04	600m:	7:46.89 40.47	800m:	10:24.99 38.43
11.	Pedro Fonseca, OLIVEIRA		09	Marinha Grande				10:40.46	351
	50m:	31.96 31.96	250m:	3:06.26	39.88	450m:	5:51.46 42.04	650m:	8:39.19 42.37
	100m:	1:08.74 36.78	300m:	3:47.24	40.98	500m:	6:32.99 41.53	700m:	9:20.28 41.09
	150m:	1:46.96 38.22	350m:	4:28.01	40.77	550m:	7:15.57 42.58	750m:	10:01.62 41.34
	200m:	2:26.38 39.42	400m:	5:09.42	41.41	600m:	7:56.82 41.25	800m:	10:40.46 38.84
12.	Pedro Blanc, CAPINHA		09	Óbidos Criativa				10:44.34	345
	50m:	34.99 34.99	250m:	3:15.33	40.66	450m:	6:01.98 41.55	650m:	8:46.54 40.96
	100m:	1:14.24 39.25	300m:	3:56.59	41.26	500m:	6:43.50 41.52	700m:	9:28.31 41.77
	150m:	1:53.77 39.53	350m:	4:38.66	42.07	550m:	7:24.00 40.50	750m:	10:07.91 39.60
	200m:	2:34.67 40.90	400m:	5:20.43	41.77	600m:	8:05.58 41.58	800m:	10:44.34 36.43
13.	Tomas Bento, ANFILOQUIO		09	Pimpoes/Cimai				10:44.93	344
	50m:	34.37 34.37	250m:	3:13.39	40.60	450m:	5:57.81 41.10	650m:	8:42.80 41.80
	100m:	1:12.94 38.57	300m:	3:54.68	41.29	500m:	6:38.75 40.94	700m:	9:24.84 42.04
	150m:	1:52.37 39.43	350m:	4:36.19	41.51	550m:	7:20.48 41.73	750m:	10:06.09 41.25
	200m:	2:32.79 40.42	400m:	5:16.71	40.52	600m:	8:01.00 40.52	800m:	10:44.93 38.84

Juv A

1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				9:01.61	581
	50m:	30.60 30.60	250m:	2:46.11	34.68	450m:	5:03.38 34.30	650m:	7:20.45 34.31
	100m:	1:03.47 32.87	300m:	3:20.23	34.12	500m:	5:37.44 34.06	700m:	7:54.60 34.15
	150m:	1:37.41 33.94	350m:	3:54.89	34.66	550m:	6:11.88 34.44	750m:	8:28.54 33.94
	200m:	2:11.43 34.02	400m:	4:29.08	34.19	600m:	6:46.14 34.26	800m:	9:01.61 33.07
2.	Guilherme Simoes, SOUSA		08	Nautico Academico				9:14.16	543
	50m:	31.53 31.53	250m:	2:50.69	35.39	450m:	5:12.46 35.41	650m:	7:32.69 34.64
	100m:	1:05.44 33.91	300m:	3:26.08	35.39	500m:	5:47.52 35.06	700m:	8:07.55 34.86
	150m:	1:40.23 34.79	350m:	4:01.56	35.48	550m:	6:22.81 35.29	750m:	8:41.88 34.33
	200m:	2:15.30 35.07	400m:	4:37.05	35.49	600m:	6:58.05 35.24	800m:	9:14.16 32.28
3.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				9:20.13	525
	50m:	29.91 29.91	250m:	2:50.60	35.75	450m:	5:13.90 35.57	650m:	7:36.91 35.14
	100m:	1:04.41 34.50	300m:	3:26.64	36.04	500m:	5:49.94 36.04	700m:	8:11.80 34.89
	150m:	1:39.52 35.11	350m:	4:02.26	35.62	550m:	6:25.73 35.79	750m:	8:46.58 34.78
	200m:	2:14.85 35.33	400m:	4:38.33	36.07	600m:	7:01.77 36.04	800m:	9:20.13 33.55
4.	Paulo Jorge, OLIVEIRA		08	Estarreja				9:28.85	502
	50m:	30.34 30.34	250m:	2:50.69	36.06	450m:	5:14.49 35.96	650m:	7:39.69 36.24
	100m:	1:04.66 34.32	300m:	3:26.58	35.89	500m:	5:50.71 36.22	700m:	8:16.42 36.73
	150m:	1:39.45 34.79	350m:	4:02.41	35.83	550m:	6:27.18 36.47	750m:	8:53.37 36.95
	200m:	2:14.63 35.18	400m:	4:38.53	36.12	600m:	7:03.45 36.27	800m:	9:28.85 35.48

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv A

Lugar			Ano					Tempo final	Pts		
5.	Santiago Boica, SOUSA		08	Vieirense				9:29.61	500		
	50m:	29.69 29.69	250m:	2:53.05	36.40	450m:	5:20.56	36.22	650m:	7:46.79	35.68
	100m:	1:03.79 34.10	300m:	3:30.36	37.31	500m:	5:57.06	36.50	700m:	8:23.12	36.33
	150m:	1:40.08 36.29	350m:	4:07.33	36.97	550m:	6:34.06	37.00	750m:	8:57.81	34.69
	200m:	2:16.65 36.57	400m:	4:44.34	37.01	600m:	7:11.11	37.05	800m:	9:29.61	31.80
6.	Guilherme Martins, SILVA		08	Academico de Viseu				9:36.55	482		
	50m:	31.19 31.19	250m:	2:52.12	36.14	450m:	5:19.55	36.77	650m:	7:47.68	36.91
	100m:	1:04.62 33.43	300m:	3:28.69	36.57	500m:	5:56.62	37.07	700m:	8:24.49	36.81
	150m:	1:40.17 35.55	350m:	4:05.65	36.96	550m:	6:33.97	37.35	750m:	9:01.42	36.93
	200m:	2:15.98 35.81	400m:	4:42.78	37.13	600m:	7:10.77	36.80	800m:	9:36.55	35.13
7.	Salvador Correia, PEREIRA		08	Condeixa Clube				9:40.50	472		
	50m:	30.47 30.47	250m:	2:54.46	36.99	450m:	5:21.66	37.17	650m:	7:51.27	37.40
	100m:	1:04.91 34.44	300m:	3:31.33	36.87	500m:	5:58.52	36.86	700m:	8:28.53	37.26
	150m:	1:41.08 36.17	350m:	4:08.17	36.84	550m:	6:36.17	37.65	750m:	9:05.20	36.67
	200m:	2:17.47 36.39	400m:	4:44.49	36.32	600m:	7:13.87	37.70	800m:	9:40.50	35.30
8.	Goncalo Silva, GUEDES		08	Estarreja				9:58.00	432		
	50m:	31.86 31.86	250m:	3:00.48	37.92	450m:	5:33.80	37.90	650m:	8:06.76	37.47
	100m:	1:07.77 35.91	300m:	3:39.00	38.52	500m:	6:12.73	38.93	700m:	8:44.64	37.88
	150m:	1:44.63 36.86	350m:	4:16.82	37.82	550m:	6:50.61	37.88	750m:	9:21.34	36.70
	200m:	2:22.56 37.93	400m:	4:55.90	39.08	600m:	7:29.29	38.68	800m:	9:58.00	36.66
9.	Nuno Rodrigo, MACEDO		08	Estamos Juntos				9:58.12	431		
	50m:	32.23 32.23	250m:	3:02.42	38.23	450m:	5:36.31	38.48	650m:	8:08.61	37.76
	100m:	1:08.41 36.18	300m:	3:40.70	38.28	500m:	6:14.77	38.46	700m:	8:46.34	37.73
	150m:	1:46.36 37.95	350m:	4:19.48	38.78	550m:	6:52.92	38.15	750m:	9:22.97	36.63
	200m:	2:24.19 37.83	400m:	4:57.83	38.35	600m:	7:30.85	37.93	800m:	9:58.12	35.15
10.	Samuel Dinis, MAIA		08	Miranda do Corvo				10:06.49	414		
	50m:	32.43 32.43	250m:	3:02.47	38.54	450m:	5:38.11	39.66	650m:	8:14.40	39.43
	100m:	1:08.75 36.32	300m:	3:41.06	38.59	500m:	6:16.79	38.68	700m:	8:52.41	38.01
	150m:	1:46.22 37.47	350m:	4:19.79	38.73	550m:	6:56.40	39.61	750m:	9:30.86	38.45
	200m:	2:23.93 37.71	400m:	4:58.45	38.66	600m:	7:34.97	38.57	800m:	10:06.49	35.63
11.	Gabriel Neto, FERREIRA		08	O Crasto				10:13.72	399		
	50m:	32.76 32.76	250m:	3:06.27	39.20	450m:	5:42.97	39.15	650m:	8:19.61	39.08
	100m:	1:09.86 37.10	300m:	3:45.49	39.22	500m:	6:22.09	39.12	700m:	8:58.39	38.78
	150m:	1:48.26 38.40	350m:	4:24.51	39.02	550m:	7:01.37	39.28	750m:	9:36.81	38.42
	200m:	2:27.07 38.81	400m:	5:03.82	39.31	600m:	7:40.53	39.16	800m:	10:13.72	36.91
12.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos				10:21.97	384		
	50m:	32.89 32.89	250m:	3:06.75	38.80	450m:	5:44.74	40.55	650m:	8:25.47	40.49
	100m:	1:10.51 37.62	300m:	3:45.88	39.13	500m:	6:24.51	39.77	700m:	9:06.51	41.04
	150m:	1:49.07 38.56	350m:	4:25.34	39.46	550m:	7:04.89	40.38	750m:	9:44.98	38.47
	200m:	2:27.95 38.88	400m:	5:04.19	38.85	600m:	7:44.98	40.09	800m:	10:21.97	36.99
DNS	Tome Nunes, TOME		08	CNLeiria							
Jun											
1.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				9:14.26	542		
	50m:	29.54 29.54	250m:	2:47.27	34.89	450m:	5:08.02	35.07	650m:	7:29.02	35.07
	100m:	1:03.17 33.63	300m:	3:22.13	34.86	500m:	5:43.42	35.40	700m:	8:04.59	35.57
	150m:	1:37.53 34.36	350m:	3:57.54	35.41	550m:	6:18.36	34.94	750m:	8:39.80	35.21
	200m:	2:12.38 34.85	400m:	4:32.95	35.41	600m:	6:53.95	35.59	800m:	9:14.26	34.46

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Jun

Lugar			Ano					Tempo final	Pts
2.	Francisco Xavier, RITA		07	Vieirense				9:14.37	542
	50m:	30.24 30.24	250m:	2:47.64	35.33	450m:	5:10.80 35.71	650m:	7:32.79 35.06
	100m:	1:03.30 33.06	300m:	3:23.37	35.73	500m:	5:46.68 35.88	700m:	8:07.89 35.10
	150m:	1:37.49 34.19	350m:	3:58.98	35.61	550m:	6:22.14 35.46	750m:	8:41.75 33.86
	200m:	2:12.31 34.82	400m:	4:35.09	36.11	600m:	6:57.73 35.59	800m:	9:14.37 32.62
3.	Joao Ferreira, MARQUES		06	Academica de Coimbra				9:16.34	536
	50m:	30.39 30.39	250m:	2:45.88	34.19	450m:	5:06.53 35.37	650m:	7:30.87 36.15
	100m:	1:03.84 33.45	300m:	3:20.62	34.74	500m:	5:42.27 35.74	700m:	8:06.78 35.91
	150m:	1:37.71 33.87	350m:	3:55.74	35.12	550m:	6:18.66 36.39	750m:	8:42.27 35.49
	200m:	2:11.69 33.98	400m:	4:31.16	35.42	600m:	6:54.72 36.06	800m:	9:16.34 34.07
4.	Duarte Cachulo, MARQUES		07	Condeixa Clube				9:27.48	505
	50m:	29.98 29.98	250m:	2:46.06	34.51	450m:	5:08.56 35.96	650m:	7:35.08 38.29
	100m:	1:02.35 32.37	300m:	3:20.72	34.66	500m:	5:43.54 34.98	700m:	8:12.60 37.52
	150m:	1:36.90 34.55	350m:	3:56.30	35.58	550m:	6:19.45 35.91	750m:	8:50.15 37.55
	200m:	2:11.55 34.65	400m:	4:32.60	36.30	600m:	6:56.79 37.34	800m:	9:27.48 37.33
5.	Luca Valentino, TONA		06	Pimpoes/Cimai				9:32.09	493
	50m:	28.13 28.13	250m:	2:50.76	48.40	450m:	5:21.08 37.37	650m:	7:50.08 36.90
	100m:	58.78 30.65	300m:	3:27.65	36.89	500m:	5:57.77 36.69	700m:	8:26.11 36.03
	150m:	1:30.84 32.06	350m:	4:06.38	38.73	550m:	6:36.38 38.61	750m:	8:59.29 33.18
	200m:	2:02.36 31.52	400m:	4:43.71	37.33	600m:	7:13.18 36.80	800m:	9:32.09 32.80
6.	Jose Januario, MARQUES		07	Pimpoes/Cimai				9:59.64	428
	50m:	32.43 32.43	250m:	3:01.56	38.11	450m:	5:34.97 38.47	650m:	8:08.08 38.07
	100m:	1:08.67 36.24	300m:	3:39.52	37.96	500m:	6:13.09 38.12	700m:	8:45.95 37.87
	150m:	1:46.11 37.44	350m:	4:17.90	38.38	550m:	6:51.28 38.19	750m:	9:23.69 37.74
	200m:	2:23.45 37.34	400m:	4:56.50	38.60	600m:	7:30.01 38.73	800m:	9:59.64 35.95

Sen

1.	Ricardo Matias, SANTOS		05	Louzan Natacao/EFAPEL				8:49.45	622
	50m:	29.23 29.23	250m:	2:39.71	33.01	450m:	4:54.32 34.64	650m:	7:10.94 33.59
	100m:	1:01.18 31.95	300m:	3:12.66	32.95	500m:	5:28.95 34.63	700m:	7:44.40 33.46
	150m:	1:33.97 32.79	350m:	3:46.20	33.54	550m:	6:03.29 34.34	750m:	8:17.54 33.14
	200m:	2:06.70 32.73	400m:	4:19.68	33.48	600m:	6:37.35 34.06	800m:	8:49.45 31.91
2.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao				8:51.03	617
	50m:	30.02 30.02	250m:	2:45.33	34.29	450m:	5:01.96 33.75	650m:	7:14.53 32.76
	100m:	1:02.96 32.94	300m:	3:19.60	34.27	500m:	5:35.33 33.37	700m:	7:47.24 32.71
	150m:	1:36.71 33.75	350m:	3:53.80	34.20	550m:	6:08.60 33.27	750m:	8:19.92 32.68
	200m:	2:11.04 34.33	400m:	4:28.21	34.41	600m:	6:41.77 33.17	800m:	8:51.03 31.11
3.	Lucas Pereira, BASTOS		00	Nautico Academico				8:51.60	615
	50m:	29.93 29.93	250m:	2:43.54	34.03	450m:	4:59.24 33.51	650m:	7:13.46 33.29
	100m:	1:02.38 32.45	300m:	3:17.56	34.02	500m:	5:32.90 33.66	700m:	7:47.00 33.54
	150m:	1:35.72 33.34	350m:	3:51.75	34.19	550m:	6:06.53 33.63	750m:	8:20.21 33.21
	200m:	2:09.51 33.79	400m:	4:25.73	33.98	600m:	6:40.17 33.64	800m:	8:51.60 31.39
4.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				8:57.57	594
	50m:	29.71 29.71	250m:	2:43.18	33.99	450m:	4:59.65 33.94	650m:	7:15.63 34.39
	100m:	1:02.00 32.29	300m:	3:17.22	34.04	500m:	5:33.49 33.84	700m:	7:49.88 34.25
	150m:	1:35.62 33.62	350m:	3:51.58	34.36	550m:	6:07.16 33.67	750m:	8:23.70 33.82
	200m:	2:09.19 33.57	400m:	4:25.71	34.13	600m:	6:41.24 34.08	800m:	8:57.57 33.87

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Sen

Lugar	Ano		Tempo final		Pts
5. Abel Renato, FERREIRA	05	Algés e Águeda XXI	9:07.69	562	
50m: 30.23 30.23	250m: 2:45.99 34.26	450m: 5:05.16 34.21	650m: 7:23.56 34.63		
100m: 1:03.66 33.43	300m: 3:20.84 34.85	500m: 5:39.37 34.21	700m: 7:58.42 34.86		
150m: 1:37.65 33.99	350m: 3:55.57 34.73	550m: 6:13.68 34.31	750m: 8:33.62 35.20		
200m: 2:11.73 34.08	400m: 4:30.95 35.38	600m: 6:48.93 35.25	800m: 9:07.69 34.07		
6. Tomas Cardoso, GERALDO	05	Condeixa Clube	9:32.65	492	
50m: 31.26 31.26	250m: 2:54.46 36.15	450m: 5:19.52 35.79	650m: 7:45.81 36.81		
100m: 1:05.71 34.45	300m: 3:30.93 36.47	500m: 5:55.67 36.15	700m: 8:22.61 36.80		
150m: 1:42.15 36.44	350m: 4:07.39 36.46	550m: 6:32.23 36.56	750m: 8:58.51 35.90		
200m: 2:18.31 36.16	400m: 4:43.73 36.34	600m: 7:09.00 36.77	800m: 9:32.65 34.14		
7. Goncalo Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	9:32.96	491	
50m: 30.14 30.14	250m: 2:50.90 35.87	450m: 5:17.04 36.91	650m: 7:44.48 36.03		
100m: 1:04.05 33.91	300m: 3:26.78 35.88	500m: 5:54.32 37.28	700m: 8:21.41 36.93		
150m: 1:39.17 35.12	350m: 4:03.46 36.68	550m: 6:31.16 36.84	750m: 8:57.62 36.21		
200m: 2:15.03 35.86	400m: 4:40.13 36.67	600m: 7:08.45 37.29	800m: 9:32.96 35.34		
8. Antonio Pedro, MARTINS	05	União de Coimbra	9:38.14	478	
50m: 32.56 32.56	250m: 2:58.27 36.20	450m: 5:25.39 36.63	650m: 7:51.35 36.72		
100m: 1:08.84 36.28	300m: 3:35.14 36.87	500m: 6:02.05 36.66	700m: 8:28.03 36.68		
150m: 1:45.76 36.92	350m: 4:12.13 36.99	550m: 6:38.35 36.30	750m: 9:03.75 35.72		
200m: 2:22.07 36.31	400m: 4:48.76 36.63	600m: 7:14.63 36.28	800m: 9:38.14 34.39		
9. Renato Maria, FERREIRA	04	União de Coimbra	10:06.41	414	
50m: 32.86 32.86	250m: 3:03.90 38.20	450m: 5:39.08 38.77	650m: 8:14.30 37.86		
100m: 1:09.73 36.87	300m: 3:42.52 38.62	500m: 6:18.31 39.23	700m: 8:52.38 38.08		
150m: 1:47.47 37.74	350m: 4:21.39 38.87	550m: 6:57.74 39.43	750m: 9:30.33 37.95		
200m: 2:25.70 38.23	400m: 5:00.31 38.92	600m: 7:36.44 38.70	800m: 10:06.41 36.08		
DNS Gustavo Pires, MARQUES	04	União de Coimbra			
DNS Tomas Coelho, CORDEIRO	04	Individual ANC			

Juv B/Abs

1. Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	8:49.45	622	
50m: 29.23 29.23	250m: 2:39.71 33.01	450m: 4:54.32 34.64	650m: 7:10.94 33.59		
100m: 1:01.18 31.95	300m: 3:12.66 32.95	500m: 5:28.95 34.63	700m: 7:44.40 33.46		
150m: 1:33.97 32.79	350m: 3:46.20 33.54	550m: 6:03.29 34.34	750m: 8:17.54 33.14		
200m: 2:06.70 32.73	400m: 4:19.68 33.48	600m: 6:37.35 34.06	800m: 8:49.45 31.91		
2. Filipe Santos, CARDOSO	04	Gafanha da Encarnacao	8:51.03	617	
50m: 30.02 30.02	250m: 2:45.33 34.29	450m: 5:01.96 33.75	650m: 7:14.53 32.76		
100m: 1:02.96 32.94	300m: 3:19.60 34.27	500m: 5:35.33 33.37	700m: 7:47.24 32.71		
150m: 1:36.71 33.75	350m: 3:53.80 34.20	550m: 6:08.60 33.27	750m: 8:19.92 32.68		
200m: 2:11.04 34.33	400m: 4:28.21 34.41	600m: 6:41.77 33.17	800m: 8:51.03 31.11		
3. Lucas Pereira, BASTOS	00	Nautico Academico	8:51.60	615	
50m: 29.93 29.93	250m: 2:43.54 34.03	450m: 4:59.24 33.51	650m: 7:13.46 33.29		
100m: 1:02.38 32.45	300m: 3:17.56 34.02	500m: 5:32.90 33.66	700m: 7:47.00 33.54		
150m: 1:35.72 33.34	350m: 3:51.75 34.19	550m: 6:06.53 33.63	750m: 8:20.21 33.21		
200m: 2:09.51 33.79	400m: 4:25.73 33.98	600m: 6:40.17 33.64	800m: 8:51.60 31.39		
4. Alexandre Ramos, GONCALVES	05	Sao Joao Ver	8:57.57	594	
50m: 29.71 29.71	250m: 2:43.18 33.99	450m: 4:59.65 33.94	650m: 7:15.63 34.39		
100m: 1:02.00 32.29	300m: 3:17.22 34.04	500m: 5:33.49 33.84	700m: 7:49.88 34.25		
150m: 1:35.62 33.62	350m: 3:51.58 34.36	550m: 6:07.16 33.67	750m: 8:23.70 33.82		
200m: 2:09.19 33.57	400m: 4:25.71 34.13	600m: 6:41.24 34.08	800m: 8:57.57 33.87		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
5.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				9:01.61	581
	50m:	30.60 30.60	250m:	2:46.11	34.68	450m:	5:03.38 34.30	650m:	7:20.45 34.31
	100m:	1:03.47 32.87	300m:	3:20.23	34.12	500m:	5:37.44 34.06	700m:	7:54.60 34.15
	150m:	1:37.41 33.94	350m:	3:54.89	34.66	550m:	6:11.88 34.44	750m:	8:28.54 33.94
	200m:	2:11.43 34.02	400m:	4:29.08	34.19	600m:	6:46.14 34.26	800m:	9:01.61 33.07
6.	Paulo, KOT		09	Marinha Grande				9:03.87	574
	50m:	30.09 30.09	250m:	2:45.42	34.62	450m:	5:03.27 34.41	650m:	7:21.85 34.69
	100m:	1:02.86 32.77	300m:	3:19.98	34.56	500m:	5:38.07 34.80	700m:	7:56.53 34.68
	150m:	1:36.69 33.83	350m:	3:54.49	34.51	550m:	6:12.53 34.46	750m:	8:31.16 34.63
	200m:	2:10.80 34.11	400m:	4:28.86	34.37	600m:	6:47.16 34.63	800m:	9:03.87 32.71
7.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				9:07.69	562
	50m:	30.23 30.23	250m:	2:45.99	34.26	450m:	5:05.16 34.21	650m:	7:23.56 34.63
	100m:	1:03.66 33.43	300m:	3:20.84	34.85	500m:	5:39.37 34.21	700m:	7:58.42 34.86
	150m:	1:37.65 33.99	350m:	3:55.57	34.73	550m:	6:13.68 34.31	750m:	8:33.62 35.20
	200m:	2:11.73 34.08	400m:	4:30.95	35.38	600m:	6:48.93 35.25	800m:	9:07.69 34.07
8.	Guilherme Simoes, SOUSA		08	Nautico Academico				9:14.16	543
	50m:	31.53 31.53	250m:	2:50.69	35.39	450m:	5:12.46 35.41	650m:	7:32.69 34.64
	100m:	1:05.44 33.91	300m:	3:26.08	35.39	500m:	5:47.52 35.06	700m:	8:07.55 34.86
	150m:	1:40.23 34.79	350m:	4:01.56	35.48	550m:	6:22.81 35.29	750m:	8:41.88 34.33
	200m:	2:15.30 35.07	400m:	4:37.05	35.49	600m:	6:58.05 35.24	800m:	9:14.16 32.28
9.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				9:14.26	542
	50m:	29.54 29.54	250m:	2:47.27	34.89	450m:	5:08.02 35.07	650m:	7:29.02 35.07
	100m:	1:03.17 33.63	300m:	3:22.13	34.86	500m:	5:43.42 35.40	700m:	8:04.59 35.57
	150m:	1:37.53 34.36	350m:	3:57.54	35.41	550m:	6:18.36 34.94	750m:	8:39.80 35.21
	200m:	2:12.38 34.85	400m:	4:32.95	35.41	600m:	6:53.95 35.59	800m:	9:14.26 34.46
10.	Francisco Xavier, RITA		07	Vieirense				9:14.37	542
	50m:	30.24 30.24	250m:	2:47.64	35.33	450m:	5:10.80 35.71	650m:	7:32.79 35.06
	100m:	1:03.30 33.06	300m:	3:23.37	35.73	500m:	5:46.68 35.88	700m:	8:07.89 35.10
	150m:	1:37.49 34.19	350m:	3:58.98	35.61	550m:	6:22.14 35.46	750m:	8:41.75 33.86
	200m:	2:12.31 34.82	400m:	4:35.09	36.11	600m:	6:57.73 35.59	800m:	9:14.37 32.62
11.	Joao Ferreira, MARQUES		06	Academica de Coimbra				9:16.34	536
	50m:	30.39 30.39	250m:	2:45.88	34.19	450m:	5:06.53 35.37	650m:	7:30.87 36.15
	100m:	1:03.84 33.45	300m:	3:20.62	34.74	500m:	5:42.27 35.74	700m:	8:06.78 35.91
	150m:	1:37.71 33.87	350m:	3:55.74	35.12	550m:	6:18.66 36.39	750m:	8:42.27 35.49
	200m:	2:11.69 33.98	400m:	4:31.16	35.42	600m:	6:54.72 36.06	800m:	9:16.34 34.07
12.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				9:20.13	525
	50m:	29.91 29.91	250m:	2:50.60	35.75	450m:	5:13.90 35.57	650m:	7:36.91 35.14
	100m:	1:04.41 34.50	300m:	3:26.64	36.04	500m:	5:49.94 36.04	700m:	8:11.80 34.89
	150m:	1:39.52 35.11	350m:	4:02.26	35.62	550m:	6:25.73 35.79	750m:	8:46.58 34.78
	200m:	2:14.85 35.33	400m:	4:38.33	36.07	600m:	7:01.77 36.04	800m:	9:20.13 33.55
13.	Duarte Cachulo, MARQUES		07	Condeixa Clube				9:27.48	505
	50m:	29.98 29.98	250m:	2:46.06	34.51	450m:	5:08.56 35.96	650m:	7:35.08 38.29
	100m:	1:02.35 32.37	300m:	3:20.72	34.66	500m:	5:43.54 34.98	700m:	8:12.60 37.52
	150m:	1:36.90 34.55	350m:	3:56.30	35.58	550m:	6:19.45 35.91	750m:	8:50.15 37.55
	200m:	2:11.55 34.65	400m:	4:32.60	36.30	600m:	6:56.79 37.34	800m:	9:27.48 37.33
14.	Paulo Jorge, OLIVEIRA		08	Estarreja				9:28.85	502
	50m:	30.34 30.34	250m:	2:50.69	36.06	450m:	5:14.49 35.96	650m:	7:39.69 36.24
	100m:	1:04.66 34.32	300m:	3:26.58	35.89	500m:	5:50.71 36.22	700m:	8:16.42 36.73
	150m:	1:39.45 34.79	350m:	4:02.41	35.83	550m:	6:27.18 36.47	750m:	8:53.37 36.95
	200m:	2:14.63 35.18	400m:	4:38.53	36.12	600m:	7:03.45 36.27	800m:	9:28.85 35.48

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
15.	Santiago Boica, SOUSA		08	Vieirense				9:29.61	500
	50m:	29.69 29.69	250m:	2:53.05	36.40	450m:	5:20.56 36.22	650m:	7:46.79 35.68
	100m:	1:03.79 34.10	300m:	3:30.36	37.31	500m:	5:57.06 36.50	700m:	8:23.12 36.33
	150m:	1:40.08 36.29	350m:	4:07.33	36.97	550m:	6:34.06 37.00	750m:	8:57.81 34.69
	200m:	2:16.65 36.57	400m:	4:44.34	37.01	600m:	7:11.11 37.05	800m:	9:29.61 31.80
16.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				9:32.07	493
	50m:	31.02 31.02	250m:	2:55.09	36.50	450m:	5:20.03 36.71	650m:	7:47.99 36.65
	100m:	1:06.19 35.17	300m:	3:31.03	35.94	500m:	5:57.37 37.34	700m:	8:24.75 36.76
	150m:	1:42.62 36.43	350m:	4:08.19	37.16	550m:	6:35.01 37.64	750m:	9:00.13 35.38
	200m:	2:18.59 35.97	400m:	4:43.32	35.13	600m:	7:11.34 36.33	800m:	9:32.07 31.94
17.	Luca Valentino, TONA		06	Pimpoes/Cimai				9:32.09	493
	50m:	28.13 28.13	250m:	2:50.76	48.40	450m:	5:21.08 37.37	650m:	7:50.08 36.90
	100m:	58.78 30.65	300m:	3:27.65	36.89	500m:	5:57.77 36.69	700m:	8:26.11 36.03
	150m:	1:30.84 32.06	350m:	4:06.38	38.73	550m:	6:36.38 38.61	750m:	8:59.29 33.18
	200m:	2:02.36 31.52	400m:	4:43.71	37.33	600m:	7:13.18 36.80	800m:	9:32.09 32.80
18.	Tomas Cardoso, GERALDO		05	Condeixa Clube				9:32.65	492
	50m:	31.26 31.26	250m:	2:54.46	36.15	450m:	5:19.52 35.79	650m:	7:45.81 36.81
	100m:	1:05.71 34.45	300m:	3:30.93	36.47	500m:	5:55.67 36.15	700m:	8:22.61 36.80
	150m:	1:42.15 36.44	350m:	4:07.39	36.46	550m:	6:32.23 36.56	750m:	8:58.51 35.90
	200m:	2:18.31 36.16	400m:	4:43.73	36.34	600m:	7:09.00 36.77	800m:	9:32.65 34.14
19.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				9:32.96	491
	50m:	30.14 30.14	250m:	2:50.90	35.87	450m:	5:17.04 36.91	650m:	7:44.48 36.03
	100m:	1:04.05 33.91	300m:	3:26.78	35.88	500m:	5:54.32 37.28	700m:	8:21.41 36.93
	150m:	1:39.17 35.12	350m:	4:03.46	36.68	550m:	6:31.16 36.84	750m:	8:57.62 36.21
	200m:	2:15.03 35.86	400m:	4:40.13	36.67	600m:	7:08.45 37.29	800m:	9:32.96 35.34
20.	Goncalo Malha, NETO		09	Galitos / Bresimar				9:35.79	484
	50m:	32.22 32.22	250m:	2:58.66	36.96	450m:	5:24.17 36.42	650m:	7:50.61 36.74
	100m:	1:07.39 35.17	300m:	3:34.71	36.05	500m:	6:00.75 36.58	700m:	8:27.16 36.55
	150m:	1:44.67 37.28	350m:	4:11.54	36.83	550m:	6:37.22 36.47	750m:	9:02.27 35.11
	200m:	2:21.70 37.03	400m:	4:47.75	36.21	600m:	7:13.87 36.65	800m:	9:35.79 33.52
21.	Guilherme Martins, SILVA		08	Academico de Viseu				9:36.55	482
	50m:	31.19 31.19	250m:	2:52.12	36.14	450m:	5:19.55 36.77	650m:	7:47.68 36.91
	100m:	1:04.62 33.43	300m:	3:28.69	36.57	500m:	5:56.62 37.07	700m:	8:24.49 36.81
	150m:	1:40.17 35.55	350m:	4:05.65	36.96	550m:	6:33.97 37.35	750m:	9:01.42 36.93
	200m:	2:15.98 35.81	400m:	4:42.78	37.13	600m:	7:10.77 36.80	800m:	9:36.55 35.13
22.	Antonio Pedro, MARTINS		05	União de Coimbra				9:38.14	478
	50m:	32.56 32.56	250m:	2:58.27	36.20	450m:	5:25.39 36.63	650m:	7:51.35 36.72
	100m:	1:08.84 36.28	300m:	3:35.14	36.87	500m:	6:02.05 36.66	700m:	8:28.03 36.68
	150m:	1:45.76 36.92	350m:	4:12.13	36.99	550m:	6:38.35 36.30	750m:	9:03.75 35.72
	200m:	2:22.07 36.31	400m:	4:48.76	36.63	600m:	7:14.63 36.28	800m:	9:38.14 34.39
23.	Salvador Correia, PEREIRA		08	Condeixa Clube				9:40.50	472
	50m:	30.47 30.47	250m:	2:54.46	36.99	450m:	5:21.66 37.17	650m:	7:51.27 37.40
	100m:	1:04.91 34.44	300m:	3:31.33	36.87	500m:	5:58.52 36.86	700m:	8:28.53 37.26
	150m:	1:41.08 36.17	350m:	4:08.17	36.84	550m:	6:36.17 37.65	750m:	9:05.20 36.67
	200m:	2:17.47 36.39	400m:	4:44.49	36.32	600m:	7:13.87 37.70	800m:	9:40.50 35.30
24.	Alexandre, SHUBIN		09	Campinho				9:44.80	462
	50m:	31.25 31.25	250m:	2:55.26	37.03	450m:	5:24.53 37.54	650m:	7:54.99 37.67
	100m:	1:05.69 34.44	300m:	3:32.20	36.94	500m:	6:02.25 37.72	700m:	8:32.60 37.61
	150m:	1:41.72 36.03	350m:	4:09.58	37.38	550m:	6:39.70 37.45	750m:	9:09.42 36.82
	200m:	2:18.23 36.51	400m:	4:46.99	37.41	600m:	7:17.32 37.62	800m:	9:44.80 35.38

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
25.	Goncalo Silva, GUEDES		08	Estarreja				9:58.00	432
	50m:	31.86 31.86	250m:	3:00.48	37.92	450m:	5:33.80 37.90	650m:	8:06.76 37.47
	100m:	1:07.77 35.91	300m:	3:39.00	38.52	500m:	6:12.73 38.93	700m:	8:44.64 37.88
	150m:	1:44.63 36.86	350m:	4:16.82	37.82	550m:	6:50.61 37.88	750m:	9:21.34 36.70
	200m:	2:22.56 37.93	400m:	4:55.90	39.08	600m:	7:29.29 38.68	800m:	9:58.00 36.66
26.	Nuno Rodrigo, MACEDO		08	Estamos Juntos				9:58.12	431
	50m:	32.23 32.23	250m:	3:02.42	38.23	450m:	5:36.31 38.48	650m:	8:08.61 37.76
	100m:	1:08.41 36.18	300m:	3:40.70	38.28	500m:	6:14.77 38.46	700m:	8:46.34 37.73
	150m:	1:46.36 37.95	350m:	4:19.48	38.78	550m:	6:52.92 38.15	750m:	9:22.97 36.63
	200m:	2:24.19 37.83	400m:	4:57.83	38.35	600m:	7:30.85 37.93	800m:	9:58.12 35.15
27.	Jose Januario, MARQUES		07	Pimpoes/Cimai				9:59.64	428
	50m:	32.43 32.43	250m:	3:01.56	38.11	450m:	5:34.97 38.47	650m:	8:08.08 38.07
	100m:	1:08.67 36.24	300m:	3:39.52	37.96	500m:	6:13.09 38.12	700m:	8:45.95 37.87
	150m:	1:46.11 37.44	350m:	4:17.90	38.38	550m:	6:51.28 38.19	750m:	9:23.69 37.74
	200m:	2:23.45 37.34	400m:	4:56.50	38.60	600m:	7:30.01 38.73	800m:	9:59.64 35.95
28.	Santiago Jose, PACHECO		09	Alcobaca				10:03.76	419
	50m:	31.79 31.79	250m:	3:03.08	38.54	450m:	5:37.92 38.42	650m:	8:12.09 38.43
	100m:	1:08.69 36.90	300m:	3:42.20	39.12	500m:	6:16.69 38.77	700m:	8:50.12 38.03
	150m:	1:46.39 37.70	350m:	4:20.37	38.17	550m:	6:55.11 38.42	750m:	9:27.90 37.78
	200m:	2:24.54 38.15	400m:	4:59.50	39.13	600m:	7:33.66 38.55	800m:	10:03.76 35.86
29.	Francisco Antunes, SOUSA		09	Columbifila Cantanhedense				10:05.37	416
	50m:	33.60 33.60	250m:	3:02.47	37.63	450m:	5:33.73 38.43	650m:	8:09.52 39.15
	100m:	1:10.69 37.09	300m:	3:39.86	37.39	500m:	6:12.35 38.62	700m:	8:49.08 39.56
	150m:	1:48.02 37.33	350m:	4:17.61	37.75	550m:	6:51.98 39.63	750m:	9:28.16 39.08
	200m:	2:24.84 36.82	400m:	4:55.30	37.69	600m:	7:30.37 38.39	800m:	10:05.37 37.21
30.	Renato Maria, FERREIRA		04	União de Coimbra				10:06.41	414
	50m:	32.86 32.86	250m:	3:03.90	38.20	450m:	5:39.08 38.77	650m:	8:14.30 37.86
	100m:	1:09.73 36.87	300m:	3:42.52	38.62	500m:	6:18.31 39.23	700m:	8:52.38 38.08
	150m:	1:47.47 37.74	350m:	4:21.39	38.87	550m:	6:57.74 39.43	750m:	9:30.33 37.95
	200m:	2:25.70 38.23	400m:	5:00.31	38.92	600m:	7:36.44 38.70	800m:	10:06.41 36.08
31.	Samuel Dinis, MAIA		08	Miranda do Corvo				10:06.49	414
	50m:	32.43 32.43	250m:	3:02.47	38.54	450m:	5:38.11 39.66	650m:	8:14.40 39.43
	100m:	1:08.75 36.32	300m:	3:41.06	38.59	500m:	6:16.79 38.68	700m:	8:52.41 38.01
	150m:	1:46.22 37.47	350m:	4:19.79	38.73	550m:	6:56.40 39.61	750m:	9:30.86 38.45
	200m:	2:23.93 37.71	400m:	4:58.45	38.66	600m:	7:34.97 38.57	800m:	10:06.49 35.63
32.	Miguel Tome, MATEUS		09	Vagos				10:08.39	410
	50m:	33.62 33.62	250m:	3:07.66	38.81	450m:	5:40.94 37.76	650m:	8:14.11 38.25
	100m:	1:11.33 37.71	300m:	3:45.93	38.27	500m:	6:19.48 38.54	700m:	8:52.95 38.84
	150m:	1:50.35 39.02	350m:	4:24.43	38.50	550m:	6:57.64 38.16	750m:	9:30.72 37.77
	200m:	2:28.85 38.50	400m:	5:03.18	38.75	600m:	7:35.86 38.22	800m:	10:08.39 37.67
33.	Gabriel Neto, FERREIRA		08	O Crasto				10:13.72	399
	50m:	32.76 32.76	250m:	3:06.27	39.20	450m:	5:42.97 39.15	650m:	8:19.61 39.08
	100m:	1:09.86 37.10	300m:	3:45.49	39.22	500m:	6:22.09 39.12	700m:	8:58.39 38.78
	150m:	1:48.26 38.40	350m:	4:24.51	39.02	550m:	7:01.37 39.28	750m:	9:36.81 38.42
	200m:	2:27.07 38.81	400m:	5:03.82	39.31	600m:	7:40.53 39.16	800m:	10:13.72 36.91
34.	Tiago Janeiro, MOITA		09	Nautico Academico				10:18.37	390
	50m:	34.58 34.58	250m:	3:08.23	39.15	450m:	5:45.10 39.32	650m:	8:21.50 39.21
	100m:	1:12.33 37.75	300m:	3:47.09	38.86	500m:	6:24.16 39.06	700m:	9:01.13 39.63
	150m:	1:50.65 38.32	350m:	4:26.65	39.56	550m:	7:03.22 39.06	750m:	9:40.64 39.51
	200m:	2:29.08 38.43	400m:	5:05.78	39.13	600m:	7:42.29 39.07	800m:	10:18.37 37.73

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
35.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos				10:21.97	384
	50m:	32.89 32.89	250m:	3:06.75	38.80	450m:	5:44.74 40.55	650m:	8:25.47 40.49
	100m:	1:10.51 37.62	300m:	3:45.88	39.13	500m:	6:24.51 39.77	700m:	9:06.51 41.04
	150m:	1:49.07 38.56	350m:	4:25.34	39.46	550m:	7:04.89 40.38	750m:	9:44.98 38.47
	200m:	2:27.95 38.88	400m:	5:04.19	38.85	600m:	7:44.98 40.09	800m:	10:21.97 36.99
36.	Luis Azevedo, PINTO		09	Estarreja				10:22.91	382
	50m:	32.71 32.71	250m:	3:08.45	40.07	450m:	5:46.15 39.93	650m:	8:26.33 39.84
	100m:	1:09.73 37.02	300m:	3:48.84	40.39	500m:	6:26.35 40.20	700m:	9:06.77 40.44
	150m:	1:48.60 38.87	350m:	4:27.33	38.49	550m:	7:06.55 40.20	750m:	9:45.23 38.46
	200m:	2:28.38 39.78	400m:	5:06.22	38.89	600m:	7:46.49 39.94	800m:	10:22.91 37.68
37.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				10:24.99	378
	50m:	32.40 32.40	250m:	3:06.50	39.22	450m:	5:46.37 39.90	650m:	8:26.80 39.91
	100m:	1:09.41 37.01	300m:	3:46.56	40.06	500m:	6:26.45 40.08	700m:	9:07.11 40.31
	150m:	1:47.77 38.36	350m:	4:26.43	39.87	550m:	7:06.42 39.97	750m:	9:46.56 39.45
	200m:	2:27.28 39.51	400m:	5:06.47	40.04	600m:	7:46.89 40.47	800m:	10:24.99 38.43
38.	Pedro Fonseca, OLIVEIRA		09	Marinha Grande				10:40.46	351
	50m:	31.96 31.96	250m:	3:06.26	39.88	450m:	5:51.46 42.04	650m:	8:39.19 42.37
	100m:	1:08.74 36.78	300m:	3:47.24	40.98	500m:	6:32.99 41.53	700m:	9:20.28 41.09
	150m:	1:46.96 38.22	350m:	4:28.01	40.77	550m:	7:15.57 42.58	750m:	10:01.62 41.34
	200m:	2:26.38 39.42	400m:	5:09.42	41.41	600m:	7:56.82 41.25	800m:	10:40.46 38.84
39.	Pedro Blanc, CAPINHA		09	Óbidos Criativa				10:44.34	345
	50m:	34.99 34.99	250m:	3:15.33	40.66	450m:	6:01.98 41.55	650m:	8:46.54 40.96
	100m:	1:14.24 39.25	300m:	3:56.59	41.26	500m:	6:43.50 41.52	700m:	9:28.31 41.77
	150m:	1:53.77 39.53	350m:	4:38.66	42.07	550m:	7:24.00 40.50	750m:	10:07.91 39.60
	200m:	2:34.67 40.90	400m:	5:20.43	41.77	600m:	8:05.58 41.58	800m:	10:44.34 36.43
40.	Tomas Bento, ANFILOQUIO		09	Pimpoes/Cimai				10:44.93	344
	50m:	34.37 34.37	250m:	3:13.39	40.60	450m:	5:57.81 41.10	650m:	8:42.80 41.80
	100m:	1:12.94 38.57	300m:	3:54.68	41.29	500m:	6:38.75 40.94	700m:	9:24.84 42.04
	150m:	1:52.37 39.43	350m:	4:36.19	41.51	550m:	7:20.48 41.73	750m:	10:06.09 41.25
	200m:	2:32.79 40.42	400m:	5:16.71	40.52	600m:	8:01.00 40.52	800m:	10:44.93 38.84
DNS	Gustavo Pires, MARQUES		04	União de Coimbra					
DNS	Tomas Coelho, CORDEIRO		04	Individual ANC					
DNS	Tome Nunes, TOME		08	CNLeiria					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30	Femin., 50m Livres				Abs
17/03/2024 - 11:15					Resultados
Rec Nacionais Open	25.25	Ana Pinho, RODRIGUES	EDV	Funchal	30/03/2023
Rec Nacionais Sen	25.25	Ana Pinho, RODRIGUES	EDV	Funchal	30/03/2023
Rec Nacionais Jun 17	26.17	Carolina Miranda, FERNANDES	CGA	Coimbra	01/04/2022
Rec Nacionais Jun 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10/04/2010
Rec Nacionais Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	05/04/2019
Rec Nacionais Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31/05/2015

TA JUVB-FEM Juv B: 34.14 / TA JUVA-FEM Juv A: 33.34 / TA JUN-FEM Jun: 32.56 / TA SEN-FEM Sen: 31.76

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts		
Juv B					
1.	Camila Duarte, MARCELO	10	Condeixa Clube	28.57	564
2.	Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	29.43	516
3.	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	29.54	510
4.	Ines Ribeiro, MELO	10	Galitos / Bresimar	29.85	494
5.	Rita Lucas, SANTOS	10	Condeixa Clube	29.94	490
6.	Maria Ines, RODRIGUES	10	Condeixa Clube	30.00	487
7.	Elisa Henriques, SOUTO	10	Óbidos Criativa	30.20	477
8.	Leonor Silva, JESUS	10	Galitos / Bresimar	30.21	477
9.	Debora Silva, INACIO	10	Pimpoes/Cimai	30.40	468
10.	Maria Carolina, ALVES	10	Bairro dos Anjos	30.47	465
11.	Barbara Balbino, MENDES	10	Naval de Peniche	30.58	460
12.	Laura Helena, AMORIM	10	Marinha Grande	30.69	455
13.	Sofia Roma, BRIZIDA	10	Bairro dos Anjos	30.73	453
14.	Mariana Sa, AZEVEDO	10	Sporting de Espinho	30.79	450
15.	Leonor Silva, OLIVEIRA	10	Galitos / Bresimar	30.92	445
16.	Raquel Domingues, RE	10	Sporting Aveiro	31.15	435
17.	Mariana Pina, MACEDO	10	Estamos Juntos	31.16	435
18.	Leonor Pereira, SILVA	10	Óbidos Criativa	31.52	420
19.	Diana Isabel, ALVES	10	Pimpoes/Cimai	31.53	419
20.	Laura Margarida, ASCENSO	10	Marinha Grande	31.75	411
21.	Sara Marques, LIMA	10	CASPAE	31.88	406
22.	Laura Nobre, MONTEIRO	10	Columbofila Cantanhedense	31.96	403
23.	Bianca Balbino, MENDES	10	Naval de Peniche	32.15	396
24.	Adriana Resende, TRINDADE	10	Sporting de Espinho	32.26	392
25.	Eva Santos, FERREIRA	10	O Crasto	32.42	386
26.	Sofia Oliveira, FREITAS	10	O Crasto	32.66	377
27.	Leonor Teixeira, RODRIGUES	10	Feirense	32.68	377
28.	Leonor Delgadinho, ROCHA	10	Sao Joao Ver	32.86	370
29.	Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	33.25	358
30.	Luana Silva, VALENTE	10	Estarreja	33.29	356
31.	Laura Samora, GONCALVES	10	Bairro dos Anjos	33.33	355
DNS	Matilde Filipa, AMADO	10	Marinha Grande		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30, Femin., 50m Livres

Juv A

1.	Lara Catarina, MAIA	09	Estarreja	28.83	549
2.	Raquel Alexandra, CANCELA	09	Louzan Natacao/EFAPEL	29.35	520
3.	Anastacia, PROTOLYUK	09	Columbofila Cantanhedense	29.46	514
4.	Carolina Sofia, BAPTISTA	09	Estarreja	29.70	502
5.	Francisca Ramos, NUNES	09	Naval de Peniche	29.80	497
6.	Beatriz Belo, CLARA	09	CNLeiria	29.81	496
7.	Alana Costa, MATIAS	09	União de Coimbra	29.99	487
8.	Francisca Pinto, OLIVEIRA	09	Galitos / Bresimar	30.30	473
9.	Caetana Amado, SANTOS	09	Miranda do Corvo	30.43	467
10.	Zofie, PACHECO	09	Naval de Peniche	30.49	464
11.	Ines Ferreira, CHELEU	09	Bairro dos Anjos	30.79	450
12.	Ana Margarida, CRUZ	09	Nautico Academico	30.80	450
13.	Carolina Mortagua, MELO	09	Estarreja	31.01	441
14.	Anjali, RAICAR	09	Naval de Peniche	31.32	428
15.	Marta Antunes, CASTRO	09	Sporting Aveiro	31.47	422
16.	Gabriela Lopes, FERNANDES	09	O Crasto	31.62	416
17.	Maria Teresa, OLIVEIRA	09	Bairro dos Anjos	31.92	404
18.	Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai	32.16	395
19.	Nadia Filipa, SILVA	09	Sao Joao Ver	32.75	374
20.	Leonor Valerio, ADRIANO	09	Alcobaca	32.77	373
21.	Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	32.98	366
22.	Maria Margarida, OLIVEIRA	09	Bairro dos Anjos	33.09	363
DNS	Maria Clara, PERES	09	SHARKS - ADSC		

Jun

1.	Leonor Mil, MANO	07	Nautico Academico	27.78	613
2.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	28.33	578
3.	Erica Domitila, AMADOR	07	Estarreja	28.43	572
4.	Carolina Mendes, NUNES	08	Estarreja	28.71	556
5.	Nuria Soares, SILVA	07	Sao Joao Ver	28.75	553
6.	Nuria Resende, SILVA	07	Oliveirense	28.99	540
7.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	29.10	534
8.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	29.14	531
9.	Leonor Vendima, COELHO	07	CNLeiria	29.54	510
10.	Lara Pinho, SILVA	07	Feirense	29.63	505
11.	Beatriz Azevedo, PEREIRA	07	Sao Joao Ver	29.71	501
12.	Carolina Vizinho, CABRAL	07	Vagos	29.78	498
13.	Rita Oliveira, PIRES	08	Galitos / Bresimar	30.03	485
14.	Bruna Filipa, LOURENCO	08	O Crasto	30.13	481
15.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	30.18	478
16.	Maria Joao, LOBO	07	Sporting Aveiro	30.24	475
17.	Rita Resende, NEVES	08	Estamos Juntos	30.47	465
18.	Sofia Pereira, JORGE	08	Galitos / Bresimar	30.54	462
19.	Catarina Castro, CASALINHO	07	Estarreja	30.64	457
20.	Ana Jorge, GONCALVES	08	Estarreja	30.69	455
21.	Laura Gomes, SILVA	08	Estamos Juntos	30.99	442
22.	Diana Rita, FONSECA	08	Vieirense	31.14	435

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30, Femin., 50m Livres, Jun

Lugar	Ano	Tempo final	Pts
23. Rafaela Calvo, COUTINHO	08 Campinho	31.24	431
24. Sara Oliveira, CONCEICAO	07 Feirense	31.60	417
25. Carolina Ferreira, FONSECA	07 Vieirense	31.81	408
26. Daniela Leao, PICADO	08 Gafanha da Encarnacao	32.05	399
27. Maria Esteves, SILVA	07 Sporting Aveiro	32.29	390
28. Ines Santos, ALVES	08 Sporting Aveiro	32.48	384
29. Juliana Rodrigues, NOGUEIRA FTL	08 S., Pedro Alva	32.67	377
30. Maria Ines, SILVA FTL	08 Gafanha da Encarnacao	33.48	350
DNS Marta Barbosa, MENDES	07 Feirense		

Sen

1. Carolina Miranda, FERNANDES	05 Galitos / Bresimar	27.15	657
2. Matilde Ribeiro, CORREIA	04 Oliveirense	27.77	614
3. Joana Rosa, FERREIRA	05 CNLeiria	28.61	561
4. Ines Mira, PINO	06 Pimpoes/Cimai	28.62	561
5. Helena Nunes, RODRIGUES	03 Condeixa Clube	28.68	557
6. Joana Francisca, RODRIGUES	04 Condeixa Clube	28.73	554
7. Margarida Santos, LOPES	04 Estarreja	28.86	547
8. Miriam Mortagua, SOARES	06 Galitos / Bresimar	29.02	538
9. Leonor Marques, FERREIRA	03 Campinho	29.14	531
10. Lara Rodrigues, VASCONCELOS	05 Galitos / Bresimar	29.17	530
11. Bruna Cruz, CARVALHO	03 Louzan Natacao/EFAPEL	29.56	509
12. Mariana Nunes, MARQUES	03 Estarreja	29.61	506
13. Beatriz Costa, TEJO	02 Academica de Coimbra	29.68	503
14. Valentina Saad, BARBOSA	04 Academica de Coimbra	29.78	498
15. Leonor Caetano, MOREIRA	06 Vieirense	30.02	486
16. Eduarda Oliveira, CARDOSO	06 Estamos Juntos	30.07	484
17. Leonor Ferreira, SEQUEIRA	05 Gafanha da Encarnacao	30.15	480
Barbara Nunes, MARQUES	06 Estarreja	30.15	480
19. Beatriz Rocha, SANTOS	02 Campinho	31.16	435
Ines Santos, CUNHA	06 Gafanha da Encarnacao	31.16	435
21. Maria Miguel, VALENTE	06 Estarreja	31.22	432
22. Joana Filipa, VARELA	06 Nautico Academico	31.30	429
23. Bruna Silva, MOITEIRO	04 Marinha Grande	31.31	428
24. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	31.32	428
25. Cristina Moreira, GONCALVES	06 Sao Joao Ver	31.53	419
26. Carolina Soares, ARAUJO FTL	06 SHARKS - ADSC	31.92	404
27. Patricia Alexandra, KVAS FTL	06 Sao Joao Ver	32.01	401
28. Francisca Gomes, SILVA FTL	06 Sporting de Espinho	33.57	347
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		
DNS Maria Vieira, MALHEIRO	05 Campinho		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30, Femin., 50m Livres, Sen

Lugar	Ano	Tempo final	Pts
DNS Ines Silva, DIAS	05	Estarreja	
DNS Mariana Teixeira, JESUS	06	Estarreja	

Juv B/Abs

1. Carolina Miranda, FERNANDES	05	Galitos / Bresimar	27.15	657
2. Matilde Ribeiro, CORREIA	04	Oliveirense	27.77	614
3. Leonor Mil, MANO	07	Nautico Academico	27.78	613
4. Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	28.33	578
5. Erica Domitila, AMADOR	07	Estarreja	28.43	572
6. Camila Duarte, MARCELO	10	Condeixa Clube	28.57	564
7. Joana Rosa, FERREIRA	05	CNLeiria	28.61	561
8. Ines Mira, PINO	06	Pimpoes/Cimai	28.62	561
9. Helena Nunes, RODRIGUES	03	Condeixa Clube	28.68	557
10. Carolina Mendes, NUNES	08	Estarreja	28.71	556
11. Joana Francisca, RODRIGUES	04	Condeixa Clube	28.73	554
12. Nuria Soares, SILVA	07	Sao Joao Ver	28.75	553
13. Lara Catarina, MAIA	09	Estarreja	28.83	549
14. Margarida Santos, LOPES	04	Estarreja	28.86	547
15. Nuria Resende, SILVA	07	Oliveirense	28.99	540
16. Miriam Mortagua, SOARES	06	Galitos / Bresimar	29.02	538
17. Madalena Almeida, FIGUEIRA	07	Academico de Viseu	29.10	534
18. Leonor Marques, FERREIRA	03	Campinho	29.14	531
Cristiana Sofia, DUARTE	07	Academica de Coimbra	29.14	531
20. Lara Rodrigues, VASCONCELOS	05	Galitos / Bresimar	29.17	530
21. Raquel Alexandra, CANCELA	09	Louzan Natacao/EFAPEL	29.35	520
22. Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	29.43	516
23. Anastacia, PROTOLYUK	09	Columbifila Cantanhedense	29.46	514
24. Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	29.54	510
Leonor Vendima, COELHO	07	CNLeiria	29.54	510
26. Bruna Cruz, CARVALHO	03	Louzan Natacao/EFAPEL	29.56	509
27. Mariana Nunes, MARQUES	03	Estarreja	29.61	506
28. Lara Pinho, SILVA	07	Feirense	29.63	505
29. Beatriz Costa, TEJO	02	Academica de Coimbra	29.68	503
30. Carolina Sofia, BAPTISTA	09	Estarreja	29.70	502
31. Beatriz Azevedo, PEREIRA	07	Sao Joao Ver	29.71	501
32. Carolina Vizinho, CABRAL	07	Vagos	29.78	498
Valentina Saad, BARBOSA	04	Academica de Coimbra	29.78	498
34. Francisca Ramos, NUNES	09	Naval de Peniche	29.80	497
35. Beatriz Belo, CLARA	09	CNLeiria	29.81	496
36. Ines Ribeiro, MELO	10	Galitos / Bresimar	29.85	494
37. Rita Lucas, SANTOS	10	Condeixa Clube	29.94	490
38. Alana Costa, MATIAS	09	União de Coimbra	29.99	487
39. Maria Ines, RODRIGUES	10	Condeixa Clube	30.00	487
40. Leonor Caetano, MOREIRA	06	Vieirense	30.02	486
41. Rita Oliveira, PIRES	08	Galitos / Bresimar	30.03	485
42. Eduarda Oliveira, CARDOSO	06	Estamos Juntos	30.07	484
43. Bruna Filipa, LOURENCO	08	O Crasto	30.13	481

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30, Femin., 50m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
44. Leonor Ferreira, SEQUEIRA	05	30.15	480
Barbara Nunes, MARQUES	06	30.15	480
46. Matilde Marques, MENDES	08	30.18	478
47. Elisa Henriques, SOUTO	10	30.20	477
48. Leonor Silva, JESUS	10	30.21	477
49. Maria Joao, LOBO	07	30.24	475
50. Francisca Pinto, OLIVEIRA	09	30.30	473
51. Debora Silva, INACIO	10	30.40	468
52. Caetana Amado, SANTOS	09	30.43	467
53. Rita Resende, NEVES	08	30.47	465
Maria Carolina, ALVES	10	30.47	465
55. Zofie, PACHECO	09	30.49	464
56. Sofia Pereira, JORGE	08	30.54	462
57. Barbara Balbino, MENDES	10	30.58	460
58. Catarina Castro, CASALINHO	07	30.64	457
59. Ana Jorge, GONCALVES	08	30.69	455
Laura Helena, AMORIM	10	30.69	455
61. Sofia Roma, BRIZIDA	10	30.73	453
62. Mariana Sa, AZEVEDO	10	30.79	450
Ines Ferreira, CHELEU	09	30.79	450
64. Ana Margarida, CRUZ	09	30.80	450
65. Leonor Silva, OLIVEIRA	10	30.92	445
66. Laura Gomes, SILVA	08	30.99	442
67. Carolina Mortagua, MELO	09	31.01	441
68. Diana Rita, FONSECA	08	31.14	435
69. Raquel Domingues, RE	10	31.15	435
70. Beatriz Rocha, SANTOS	02	31.16	435
Mariana Pina, MACEDO	10	31.16	435
Ines Santos, CUNHA	06	31.16	435
73. Maria Miguel, VALENTE	06	31.22	432
74. Rafaela Calvo, COUTINHO	08	31.24	431
75. Joana Filipa, VARELA	06	31.30	429
76. Bruna Silva, MOITEIRO	04	31.31	428
77. Anjali, RAICAR	09	31.32	428
Beatriz Luz, MARTINS	06	31.32	428
79. Marta Antunes, CASTRO	09	31.47	422
80. Leonor Pereira, SILVA	10	31.52	420
81. Diana Isabel, ALVES	10	31.53	419
Cristina Moreira, GONCALVES	06	31.53	419
83. Sara Oliveira, CONCEICAO	07	31.60	417
84. Gabriela Lopes, FERNANDES	09	31.62	416
85. Laura Margarida, ASCENSO	10	31.75	411
86. Carolina Ferreira, FONSECA	07	31.81	408
87. Sara Marques, LIMA	10	31.88	406
88. Carolina Soares, ARAUJO	06	31.92	404
<i>FTL</i>			
Maria Teresa, OLIVEIRA	09	31.92	404

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 30, Femin., 50m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
90. Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	31.96	403
91. Patricia Alexandra, KVAS <i>FTL</i>	06 Sao Joao Ver	32.01	401
92. Daniela Leao, PICADO	08 Gafanha da Encarnacao	32.05	399
93. Bianca Balbino, MENDES	10 Naval de Peniche	32.15	396
94. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	32.16	395
95. Adriana Resende, TRINDADE	10 Sporting de Espinho	32.26	392
96. Maria Esteves, SILVA	07 Sporting Aveiro	32.29	390
97. Eva Santos, FERREIRA	10 O Crasto	32.42	386
98. Ines Santos, ALVES	08 Sporting Aveiro	32.48	384
99. Sofia Oliveira, FREITAS	10 O Crasto	32.66	377
100. Juliana Rodrigues, NOGUEIRA <i>FTL</i>	08 S., Pedro Alva	32.67	377
101. Leonor Teixeira, RODRIGUES	10 Feirense	32.68	377
102. Nadia Filipa, SILVA	09 Sao Joao Ver	32.75	374
103. Leonor Valerio, ADRIANO	09 Alcobaca	32.77	373
104. Leonor Delgadinho, ROCHA	10 Sao Joao Ver	32.86	370
105. Beatriz Ferreira, MIGUEL	09 Algés e Águeda XXI	32.98	366
106. Maria Margarida, OLIVEIRA	09 Bairro dos Anjos	33.09	363
107. Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho	33.25	358
108. Luana Silva, VALENTE	10 Estarreja	33.29	356
109. Laura Samora, GONCALVES	10 Bairro dos Anjos	33.33	355
110. Maria Ines, SILVA <i>FTL</i>	08 Gafanha da Encarnacao	33.48	350
111. Francisca Gomes, SILVA <i>FTL</i>	06 Sporting de Espinho	33.57	347
DNS Laura Espinola, BARBEITO	06 Núcleo Sporting		
DNS Maria Clara, PERES	09 SHARKS - ADSC		
DNS Maria Vieira, MALHEIRO	05 Campinho		
DNS Ines Silva, DIAS	05 Estarreja		
DNS Mariana Teixeira, JESUS	06 Estarreja		
DNS Marta Barbosa, MENDES	07 Feirense		
DNS Matilde Filipa, AMADO	10 Marinha Grande		
EXH Maria Silva, PEREIRA	08 Ginasio Vila Real	27.45	636
EXH Carlota Costa, BOLEIXA	08 Louletano / Loule Concelho	27.68	620
EXH Eva Alexandra, COUTINHO	09 Peso da Regua	27.96	602
EXH Andreia Monteiro, BARREIRA	06 Peso da Regua	28.62	561
EXH Maria Leonor, LOPES	10 Torres Novas	30.31	472
EXH Laura Brites, COSTA	09 Rio Maior	30.85	448

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 31 17/03/2024 - 11:40	Masc., 50m Livres			14 anos e mais velhos	
					Resultados
Rec Nacionais Open	21.87	Diogo Matos, RIBEIRO	SLB	Funchal	30/03/2023
Rec Nacionais Sen	21.87	Diogo Matos, RIBEIRO	SLB	Funchal	30/03/2023
Rec Nacionais Jun 18	21.92	Diogo Matos, RIBEIRO	POR	Lima (PER)	02/09/2022
Rec Nacionais Jun 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16/07/2004
Rec Nacionais Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31/07/2003
Rec Nacionais Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	20/07/2017
Rec Nacionais Inf A	25.73	Rodolfo Junior, ALECRIM	CNL	Póvoa de Varzim	04/02/2024
RN NA S1	1:35.50	Joao, MARTINS	CNBC	Póvoa de Varzim	03/04/2011
RN NA S2	1:19.73	Joao Alexandre, PINA	POR	Funchal	01/05/2016
RN NA S3	1:14.92	Nuno, VITORINO	POR	Madrid (ESP)	29/03/2002
RN NA S4	48.30	Rui Manuel, PEDROSO	POR	Atlanta (USA)	20/09/1996
RN NA S5	40.96	Ivo Filipe, ROCHA	POR	Sheffield (GBR)	19/03/2023
RN NA S6	32.39	Daniel Carlos, VIDEIRA	GESL	Oeiras	11/05/2019
RN NA S7	33.77	Daniel Carlos, VIDEIRA	GESL	Porto	22/04/2018
RN NA S8	27.55	Diogo Luis, CANCELA	POR	Manchester (GBR)	04/08/2023
RN NA S9	26.23	Gino Santos, CAETANO	CGA	Povoa de Varzim	08/12/2019
RN NA S10	26.50	Gino Santos, CAETANO	CGA	Coimbra	31/03/2017
RN NA S11	27.47	Marco Ribeiro, MENESES	POR	Sheffield (GBR)	19/03/2023
RN NA S12	32.17	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019
RN NA S13	27.56	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	07/08/2014
RN NA S14	27.30	Enzo Dylan, MESSENCE	POR	Vichy (FRA)	07/06/2023
RN NA S15	25.30	Tiago Correia, NEVES	CFB	Funchal	23/03/2018
RN NA S16	26.90	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
RN NA S17	31.68	Joaquim Eduardo, CARVALHO	CNF	Funchal	18/02/2024
RN NA S21	29.59	Vicente Barros, PEREIRA	POR	Vichy (FRA)	07/06/2023

TA JUVB-MASC Juv B: 30.11 / TA JUVA-MASC Juv A: 29.41 / TA JUN-MASC Jun: 28.58 / TA SEN-MASC Sen: 27.75

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1.	Henrique Martins, JOAQUIM	09 CNLeiria	25.45 554
2.	Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	26.13 512
3.	Gabriel Moises, GUERRA	09 Oliveirense	26.37 498
4.	Duarte Oliveira, BERNARDES	09 Feirense	26.66 482
5.	Tomas Rafael, PEREIRA	09 Nautico Academico	26.86 471
6.	Joao Nuno, GASPAS	09 Condeixa Clube	27.13 457
7.	Martim Alexandre, MESQUITA	09 Marinha Grande	27.24 452
8.	Tiago Joaquim, SILVA	09 Galitos / Bresimar	27.37 445
9.	Manuel Vicente, TAVEIRA	09 Campinho	27.44 442
10.	Jose Pedro, COSTA	09 Nautico Academico	27.56 436
11.	Diogo Silva, FARIA	09 Feirense	27.59 435
12.	Santiago Marques, GOMES	09 Bairro dos Anjos	28.09 412
13.	Xinyang, CHENG	09 Marinha Grande	28.10 412
14.	Guilherme Neves, MARTINS	09 Sporting de Espinho	28.49 395
15.	Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	28.61 390
16.	Luis Azevedo, PINTO	09 Estarreja	28.71 386
17.	Maksym, TYSHCHUK	09 Marinha Grande	28.95 376
18.	David Ferrador, PEREIRA	09 Nucleo de Pombal	29.07 372
19.	Isaac Arruda, SARAIVA	09 Vieiraense	29.10 371
20.	Miguel Tome, MATEUS	09 Vagos	29.46 357
DNS	Pedro Vidal, GUEDES	09 Gafanha da Encarnacao	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 31, Masc., 50m Livres

Juv A

1.	Vicente Sa, VALE	08	Galitos / Bresimar	26.08	515
2.	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense	26.26	504
3.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	26.35	499
4.	Manuel Martins, OLIVEIRA	08	Sporting de Espinho	26.40	496
5.	Rodrigo Silva, MEIRELES	08	Sporting Aveiro	27.11	458
6.	Joao Coelho, CASTRO	08	Sporting de Espinho	27.18	455
7.	Tomas Moreira, ASSUNCAO	08	Feirense	27.25	451
8.	Antonio Tomas, TEIXEIRA	08	Gafanha da Encarnacao	27.79	425
9.	Guilherme Franca, COSTA	08	Estamos Juntos	27.94	419
10.	Joao Diogo, NEVES	08	Sporting de Espinho	27.99	416
11.	Miguel Pinho, ALMEIDA	08	Oliveirense	28.11	411
12.	Mateus Tavares, BASTOS	08	Campinho	28.44	397
13.	Diogo Coelho, JORDAO	08	Uniao Juncalense	28.80	382
14.	Leonardo Branco, PEREIRA	08	O Crasto	29.24	365
15.	Henrique Figueiredo, FIDALGO FTL	08	Vigor da Mocidade	30.13	334
16.	Henrique Melo, SANTIAGO FTL	08	Vigor da Mocidade	30.83	311

Jun

1.	Martim Ribeiro, MENESES	06	O Crasto	25.21	570
2.	Rodrigo Vieira, RODRIGUES	06	Sporting de Espinho	25.30	564
3.	Gil Santos, LEMOS	06	Pimpoes/Cimai	25.34	561
4.	Romulo Neves, PINTO	06	Sao Joao Ver	25.61	544
	Afonso Vidal, TOMAS	06	Louzan Natacao/EFAPEL	25.61	544
6.	Alexandre, DZYAKANAU	07	Louzan Natacao/EFAPEL	25.62	543
7.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	25.73	536
8.	Tiago Lopes, BRANDAO	07	Sporting Aveiro	25.77	534
9.	Joao Rafael, FERREIRA	06	Nautico Academico	25.80	532
10.	Alexandre Silva, RESENDE	07	Feirense	25.96	522
11.	Duarte Jose, FERNANDES	06	União de Coimbra	26.03	518
12.	Joaquim Gabriel, OLIVEIRA	07	Sporting Aveiro	26.09	514
13.	Daniel, KUCHERYAVENKO	07	Galitos / Bresimar	26.33	500
14.	Joao Carvalho, RODRIGUES	06	Galitos / Bresimar	26.35	499
15.	Rodrigo Pinto, OLIVEIRA	07	Sao Joao Ver	26.81	474
16.	Simao Pereira, MACHADO	07	Sporting Aveiro	26.85	472
17.	Alexandre Louro, CARVALHO	07	Gafanha da Encarnacao	26.87	471
	Tomas Maia, LOMBA	07	Feirense	26.87	471
19.	Rafael, SANTOS	06	Uniao Juncalense	26.89	470
20.	Andre Santos, RIBEIRO	07	Oliveirense	27.05	461
21.	Edgar Tavares, MENDES	06	Academica de Coimbra	27.06	461
	Miguel Joao, PINHEIRO	06	Academica de Coimbra	27.06	461
23.	Bernardo Nunes, DOMINGUEZ	07	Bairro dos Anjos	27.40	444
24.	Rodrigo Marques, LIMA	07	CASPAE	27.54	437
25.	Eduardo Pinto, SANTOS	06	Feirense	27.67	431
26.	Jose Januario, MARQUES	07	Pimpoes/Cimai	27.73	428

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 31, Masc., 50m Livres, Jun

Lugar	Ano	Tempo final	Pts
27. David, VOLKOV	07 Sporting Aveiro	27.97	417
28. Gabriel Dias, RESGATE	07 Campinho	28.00	416
29. Afonso Ribeiro, RAFAEL FTL	06 Sporting de Espinho	28.60	390
DNS Guilherme Jose, ROCHA	07 Sporting de Espinho		

Sen

1. Rodrigo Miguel, REIS	04 Nautico Academico	25.02	583
2. Hugo Filipe, CAROLA	01 Galitos / Bresimar	25.09	578
3. Rodrigo Ribeiro, GOMES	00 Condeixa Clube	25.16	574
4. Vasco Almeida, RIBEIRO	05 Sao Joao Ver	25.59	545
5. Gustavo Pires, MARQUES	04 União de Coimbra	25.84	529
Tiago Diniz, LIMA	04 Estarreja	25.84	529
Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	25.84	529
8. Pedro Guilherme, FERREIRA	00 Miranda do Corvo	26.02	518
9. Tiago Vidal, GUEDES	05 Gafanha da Encarnacao	26.37	498
Luis Goncalves, PEREIRA	02 Sao Joao Ver	26.37	498
11. Goncalo Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	26.38	498
12. Nuno Gabriel, SILVA	05 Campinho	26.44	494
13. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	26.57	487
14. Goncalo Filipe, COSTA	04 Gafanha da Encarnacao	26.73	478
15. Guilherme Sousa, FONTES	04 Sao Joao Ver	26.94	467
16. Miguel Freitas, OVIEDO	02 Academica de Coimbra	26.99	465
17. Renato Miguel, CARVALHO	03 Galitos / Bresimar	27.49	440
18. Diogo Luis, CANCELA FTL	02 Louzan Natacao/EFAPEL	29.06	372

Juv B/Abs

1. Rodrigo Miguel, REIS	04 Nautico Academico	25.02	583
2. Hugo Filipe, CAROLA	01 Galitos / Bresimar	25.09	578
3. Rodrigo Ribeiro, GOMES	00 Condeixa Clube	25.16	574
4. Martim Ribeiro, MENESES	06 O Crasto	25.21	570
5. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	25.30	564
6. Gil Santos, LEMOS	06 Pimpoes/Cimai	25.34	561
7. Henrique Martins, JOAQUIM	09 CNLeiria	25.45	554
8. Vasco Almeida, RIBEIRO	05 Sao Joao Ver	25.59	545
9. Romulo Neves, PINTO	06 Sao Joao Ver	25.61	544
Afonso Vidal, TOMAS	06 Louzan Natacao/EFAPEL	25.61	544
11. Alexandre, DZYAKANAU	07 Louzan Natacao/EFAPEL	25.62	543
12. Henrique Ferreira, MARTINS	06 Algés e Águeda XXI	25.73	536
13. Tiago Lopes, BRANDAO	07 Sporting Aveiro	25.77	534
14. Joao Rafael, FERREIRA	06 Nautico Academico	25.80	532
15. Gustavo Pires, MARQUES	04 União de Coimbra	25.84	529
Tiago Diniz, LIMA	04 Estarreja	25.84	529
Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	25.84	529
18. Alexandre Silva, RESENDE	07 Feirense	25.96	522

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 31, Masc., 50m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
19. Pedro Guilherme, FERREIRA	00 Miranda do Corvo	26.02	518
20. Duarte Jose, FERNANDES	06 União de Coimbra	26.03	518
21. Vicente Sa, VALE	08 Galitos / Bresimar	26.08	515
22. Joaquim Gabriel, OLIVEIRA	07 Sporting Aveiro	26.09	514
23. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	26.13	512
24. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	26.26	504
25. Daniel, KUCHERYAVENKO	07 Galitos / Bresimar	26.33	500
26. Antonio Cruz, FARDILHA	08 Galitos / Bresimar	26.35	499
Joao Carvalho, RODRIGUES	06 Galitos / Bresimar	26.35	499
28. Tiago Vidal, GUEDES	05 Gafanha da Encarnacao	26.37	498
Gabriel Moises, GUERRA	09 Oliveirense	26.37	498
Luis Goncalves, PEREIRA	02 Sao Joao Ver	26.37	498
31. Goncalo Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	26.38	498
32. Manuel Martins, OLIVEIRA	08 Sporting de Espinho	26.40	496
33. Nuno Gabriel, SILVA	05 Campinho	26.44	494
34. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	26.57	487
35. Duarte Oliveira, BERNARDES	09 Feirense	26.66	482
36. Goncalo Filipe, COSTA	04 Gafanha da Encarnacao	26.73	478
37. Rodrigo Pinto, OLIVEIRA	07 Sao Joao Ver	26.81	474
38. Simao Pereira, MACHADO	07 Sporting Aveiro	26.85	472
39. Tomas Rafael, PEREIRA	09 Nautico Academico	26.86	471
40. Alexandre Louro, CARVALHO	07 Gafanha da Encarnacao	26.87	471
Tomas Maia, LOMBA	07 Feirense	26.87	471
42. Rafael, SANTOS	06 Uniao Juncalense	26.89	470
43. Guilherme Sousa, FONTES	04 Sao Joao Ver	26.94	467
44. Miguel Freitas, OVIEDO	02 Academica de Coimbra	26.99	465
45. Andre Santos, RIBEIRO	07 Oliveirense	27.05	461
46. Edgar Tavares, MENDES	06 Academica de Coimbra	27.06	461
Miguel Joao, PINHEIRO	06 Academica de Coimbra	27.06	461
48. Rodrigo Silva, MEIRELES	08 Sporting Aveiro	27.11	458
49. Joao Nuno, GASPAS	09 Condeixa Clube	27.13	457
50. Joao Coelho, CASTRO	08 Sporting de Espinho	27.18	455
51. Martim Alexandre, MESQUITA	09 Marinha Grande	27.24	452
52. Tomas Moreira, ASSUNCAO	08 Feirense	27.25	451
53. Tiago Joaquim, SILVA	09 Galitos / Bresimar	27.37	445
54. Bernardo Nunes, DOMINGUEZ	07 Bairro dos Anjos	27.40	444
55. Manuel Vicente, TAVEIRA	09 Campinho	27.44	442
56. Renato Miguel, CARVALHO	03 Galitos / Bresimar	27.49	440
57. Rodrigo Marques, LIMA	07 CASPAE	27.54	437
58. Jose Pedro, COSTA	09 Nautico Academico	27.56	436
59. Diogo Silva, FARIA	09 Feirense	27.59	435
60. Eduardo Pinto, SANTOS	06 Feirense	27.67	431
61. Jose Januario, MARQUES	07 Pimpoes/Cimai	27.73	428
62. Antonio Tomas, TEIXEIRA	08 Gafanha da Encarnacao	27.79	425
63. Guilherme Franca, COSTA	08 Estamos Juntos	27.94	419
64. David, VOLKOV	07 Sporting Aveiro	27.97	417
65. Joao Diogo, NEVES	08 Sporting de Espinho	27.99	416

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 31, Masc., 50m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
66. Gabriel Dias, RESGATE	07 Campinho	28.00	416
67. Santiago Marques, GOMES	09 Bairro dos Anjos	28.09	412
68. Xinyang, CHENG	09 Marinha Grande	28.10	412
69. Miguel Pinho, ALMEIDA	08 Oliveirense	28.11	411
70. Mateus Tavares, BASTOS	08 Campinho	28.44	397
71. Guilherme Neves, MARTINS	09 Sporting de Espinho	28.49	395
72. Afonso Ribeiro, RAFAEL <i>FTL</i>	06 Sporting de Espinho	28.60	390
73. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	28.61	390
74. Luis Azevedo, PINTO	09 Estarreja	28.71	386
75. Diogo Coelho, JORDAO	08 Uniao Juncalense	28.80	382
76. Maksym, TYSHCHUK	09 Marinha Grande	28.95	376
77. Diogo Luis, CANCELA <i>FTL</i>	02 Louzan Natacao/EFAPEL	29.06	372
78. David Ferrador, PEREIRA	09 Nucleo de Pombal	29.07	372
79. Isaac Arruda, SARAIVA	09 Vieirense	29.10	371
80. Leonardo Branco, PEREIRA	08 O Crasto	29.24	365
81. Miguel Tome, MATEUS	09 Vagos	29.46	357
82. Henrique Figueiredo, FIDALGO <i>FTL</i>	08 Vigor da Mocidade	30.13	334
83. Henrique Melo, SANTIAGO <i>FTL</i>	08 Vigor da Mocidade	30.83	311
DNS Guilherme Jose, ROCHA	07 Sporting de Espinho		
DNS Pedro Vidal, GUEDES	09 Gafanha da Encarnacao		
EXH Miguel Henriques, MARQUES	00 Benfica	23.39	714
EXH Daniel Batista, TAVARES	06 Braga	24.21	644
EXH Alexandre, MORARI	07 Rio Maior	24.30	637
EXH Hugo Fonseca, GONÇALVES	03 Peso da Regua	25.82	531
EXH Joso Pedro, ROCHA	04 Peso da Regua	26.69	480
EXH Tiago Fonseca, GONÇALVES	08 Peso da Regua	27.08	460
EXH Pedro Fernando, COELHO	08 Peso da Regua	27.30	449
EXH Joao Miguel, ROCHA	09 Peso da Regua	27.88	421

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 32	Femin., 200m Mariposa					Abs
17/03/2024 - 12:00						Resultados
Rec Nacionais Open	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018	
Rec Nacionais Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018	
Rec Nacionais Jun 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04/08/2002	
Rec Nacionais Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29/07/2018	
Rec Nacionais Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20/07/1995	
Rec Nacionais Juv B	2:20.75	Susana Patricia, MIGUEL	POR	Génova (ITA)	04/07/2004	

TA JUVB-FEM Juv B: 3:03.89 / TA JUVA-FEM Juv A: 2:59.64 / TA JUN-FEM Jun: 2:55.38 / TA SEN-FEM Sen: 2:51.12

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts
Juv B							
1.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar			2:34.04	494
	50m: 33.53 33.53	100m: 1:13.44	39.91	150m: 1:54.53	41.09	200m: 2:34.04	39.51
2.	Matilde Santos, VIEIRA	10	Marinha Grande			2:44.28	407
	50m: 34.87 34.87	100m: 1:15.78	40.91	150m: 2:01.38	45.60	200m: 2:44.28	42.90
3.	Maria Ines, GANTE	10	Nautico Academico			2:48.47	377
	50m: 37.49 37.49	100m: 1:19.89	42.40	150m: 2:04.22	44.33	200m: 2:48.47	44.25
4.	Leonor Nunes, CARDEAL	10	Individual ANCPN			2:54.02	342
	50m: 34.86 34.86	100m: 1:18.29	43.43	150m: 2:05.75	47.46	200m: 2:54.02	48.27
5.	Sofia Oliveira, FREITAS	10	O Crasto			3:10.16	262
	<i>FTL</i>						
	50m: 40.89 40.89	100m: 1:32.63	51.74	150m: 2:23.30	50.67	200m: 3:10.16	46.86
Juv A							
1.	Marta Oliveira, SILVA	09	Sanjoanense			2:43.70	412
	50m: 35.72 35.72	100m: 1:16.61	40.89	150m: 1:59.87	43.26	200m: 2:43.70	43.83
2.	Ana Margarida, MARQUES	09	Bairro dos Anjos			3:07.66	273
	<i>FTL</i>						
	50m: 39.06 39.06	100m: 1:28.77	49.71	150m: 2:18.74	49.97	200m: 3:07.66	48.92
DSQ	Mariana Sousa, MARQUES	09	Alcobaca				
	<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>						
Jun							
1.	Carolina Martins, SILVA	07	Estarreja			2:31.09	524
	50m: 33.96 33.96	100m: 1:12.77	38.81	150m: 1:52.40	39.63	200m: 2:31.09	38.69
2.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar			2:35.86	477
	50m: 34.25 34.25	100m: 1:13.28	39.03	150m: 1:54.06	40.78	200m: 2:35.86	41.80
3.	Laura Carvalho, FERNANDES	08	Nautico Academico			2:36.24	473
	50m: 35.24 35.24	100m: 1:14.42	39.18	150m: 1:54.60	40.18	200m: 2:36.24	41.64
4.	Rita Isabel, NEVES	08	Condeixa Clube			2:38.10	457
	50m: 35.65 35.65	100m: 1:15.97	40.32	150m: 1:57.37	41.40	200m: 2:38.10	40.73

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 32, Femin., 200m Mariposa

Sen

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	2:16.14	716
	50m: 30.87 30.87	100m: 1:05.41	34.54 150m: 1:41.06 35.65	200m: 2:16.14	35.08
2.	Giovanna Vaz, VARGAS	00	Marinha Grande	2:24.01	605
	50m: 31.82 31.82	100m: 1:08.59	36.77 150m: 1:46.51 37.92	200m: 2:24.01	37.50
3.	Beatriz Nunes, CARDEAL	04	Individual ANCP	2:24.41	600
	50m: 31.42 31.42	100m: 1:07.59	36.17 150m: 1:45.72 38.13	200m: 2:24.41	38.69
4.	Helena Nunes, RODRIGUES	03	Condeixa Clube	2:29.01	546
	50m: 33.58 33.58	100m: 1:11.87	38.29 150m: 1:50.20 38.33	200m: 2:29.01	38.81
5.	Beatriz Costa, TEJO	02	Academica de Coimbra	2:30.77	527
	50m: 32.83 32.83	100m: 1:10.60	37.77 150m: 1:50.75 40.15	200m: 2:30.77	40.02
6.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:31.00	524
	50m: 33.16 33.16	100m: 1:11.78	38.62 150m: 1:51.22 39.44	200m: 2:31.00	39.78
7.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	2:31.21	522
	50m: 34.00 34.00	100m: 1:12.48	38.48 150m: 1:51.60 39.12	200m: 2:31.21	39.61
8.	Maria Joao, RIBEIRO	05	Sao Joao Ver	2:35.14	484
	50m: 34.04 34.04	100m: 1:13.38	39.34 150m: 1:53.98 40.60	200m: 2:35.14	41.16
9.	Beatriz Rocha, SANTOS	02	Campinho	2:38.53	453
	50m: 34.54 34.54	100m: 1:14.57	40.03 150m: 1:56.30 41.73	200m: 2:38.53	42.23
10.	Ana Francisca, SILVA	06	Alcobaca	2:43.30	415
	50m: 34.16 34.16	100m: 1:14.14	39.98 150m: 1:58.01 43.87	200m: 2:43.30	45.29
11.	Dalila Leal, BERNARDINO	06	Nucleo de Pombal	2:53.45	346
	<i>FTL</i>				
	50m: 35.87 35.87	100m: 1:19.01	43.14 150m: 2:05.73 46.72	200m: 2:53.45	47.72
DSQ	Maria Neto, FERREIRA	06	Nautico Academico		
	<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>				

Juv B/Abs

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	2:16.14	716
	50m: 30.87 30.87	100m: 1:05.41	34.54 150m: 1:41.06 35.65	200m: 2:16.14	35.08
2.	Giovanna Vaz, VARGAS	00	Marinha Grande	2:24.01	605
	50m: 31.82 31.82	100m: 1:08.59	36.77 150m: 1:46.51 37.92	200m: 2:24.01	37.50
3.	Beatriz Nunes, CARDEAL	04	Individual ANCP	2:24.41	600
	50m: 31.42 31.42	100m: 1:07.59	36.17 150m: 1:45.72 38.13	200m: 2:24.41	38.69
4.	Helena Nunes, RODRIGUES	03	Condeixa Clube	2:29.01	546
	50m: 33.58 33.58	100m: 1:11.87	38.29 150m: 1:50.20 38.33	200m: 2:29.01	38.81
5.	Beatriz Costa, TEJO	02	Academica de Coimbra	2:30.77	527
	50m: 32.83 32.83	100m: 1:10.60	37.77 150m: 1:50.75 40.15	200m: 2:30.77	40.02
6.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:31.00	524
	50m: 33.16 33.16	100m: 1:11.78	38.62 150m: 1:51.22 39.44	200m: 2:31.00	39.78
7.	Carolina Martins, SILVA	07	Estarreja	2:31.09	524
	50m: 33.96 33.96	100m: 1:12.77	38.81 150m: 1:52.40 39.63	200m: 2:31.09	38.69

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 32, Femin., 200m Mariposa, Juv B/Abs

Lugar	Lugar		Ano	Tempo final		Pts
8.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	2:31.21	522	
	50m: 34.00 34.00	100m: 1:12.48	38.48 150m: 1:51.60	39.12	200m: 2:31.21 39.61	
9.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	2:34.04	494	
	50m: 33.53 33.53	100m: 1:13.44	39.91 150m: 1:54.53	41.09	200m: 2:34.04 39.51	
10.	Maria Joao, RIBEIRO	05	Sao Joao Ver	2:35.14	484	
	50m: 34.04 34.04	100m: 1:13.38	39.34 150m: 1:53.98	40.60	200m: 2:35.14 41.16	
11.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar	2:35.86	477	
	50m: 34.25 34.25	100m: 1:13.28	39.03 150m: 1:54.06	40.78	200m: 2:35.86 41.80	
12.	Laura Carvalho, FERNANDES	08	Nautico Academico	2:36.24	473	
	50m: 35.24 35.24	100m: 1:14.42	39.18 150m: 1:54.60	40.18	200m: 2:36.24 41.64	
13.	Rita Isabel, NEVES	08	Condeixa Clube	2:38.10	457	
	50m: 35.65 35.65	100m: 1:15.97	40.32 150m: 1:57.37	41.40	200m: 2:38.10 40.73	
14.	Beatriz Rocha, SANTOS	02	Campinho	2:38.53	453	
	50m: 34.54 34.54	100m: 1:14.57	40.03 150m: 1:56.30	41.73	200m: 2:38.53 42.23	
15.	Ana Francisca, SILVA	06	Alcobaca	2:43.30	415	
	50m: 34.16 34.16	100m: 1:14.14	39.98 150m: 1:58.01	43.87	200m: 2:43.30 45.29	
16.	Marta Oliveira, SILVA	09	Sanjoanense	2:43.70	412	
	50m: 35.72 35.72	100m: 1:16.61	40.89 150m: 1:59.87	43.26	200m: 2:43.70 43.83	
17.	Matilde Santos, VIEIRA	10	Marinha Grande	2:44.28	407	
	50m: 34.87 34.87	100m: 1:15.78	40.91 150m: 2:01.38	45.60	200m: 2:44.28 42.90	
18.	Maria Ines, GANTE	10	Nautico Academico	2:48.47	377	
	50m: 37.49 37.49	100m: 1:19.89	42.40 150m: 2:04.22	44.33	200m: 2:48.47 44.25	
19.	Dalila Leal, BERNARDINO	06	Nucleo de Pombal	2:53.45	346	
	<i>FTL</i>					
	50m: 35.87 35.87	100m: 1:19.01	43.14 150m: 2:05.73	46.72	200m: 2:53.45 47.72	
20.	Leonor Nunes, CARDEAL	10	Individual ANCNP	2:54.02	342	
	50m: 34.86 34.86	100m: 1:18.29	43.43 150m: 2:05.75	47.46	200m: 2:54.02 48.27	
21.	Ana Margarida, MARQUES	09	Bairro dos Anjos	3:07.66	273	
	<i>FTL</i>					
	50m: 39.06 39.06	100m: 1:28.77	49.71 150m: 2:18.74	49.97	200m: 3:07.66 48.92	
22.	Sofia Oliveira, FREITAS	10	O Crasto	3:10.16	262	
	<i>FTL</i>					
	50m: 40.89 40.89	100m: 1:32.63	51.74 150m: 2:23.30	50.67	200m: 3:10.16 46.86	
DSQ	Maria Neto, FERREIRA	06	Nautico Academico			
	<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>					
DSQ	Mariana Sousa, MARQUES	09	Alcobaca			
	<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 33 Masc., 200m Mariposa 14 anos e mais velhos
17/03/2024 - 12:15 Resultados

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

TA JUVB-MASC Juv B: 2:42.01 / TA JUVA-MASC Juv A: 2:38.30 / TA JUN-MASC Jun: 2:33.83 / TA SEN-MASC Sen: 2:29.37

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	2:16.26	530
50m: 29.99 29.99 100m: 1:04.54 34.55 150m: 1:41.29 36.75 200m: 2:16.26 34.97			
2. Guilherme Meireles, MARRAZES	09 Marinha Grande	2:18.20	508
50m: 30.60 30.60 100m: 1:05.76 35.16 150m: 1:42.34 36.58 200m: 2:18.20 35.86			
3. Guilherme Neves, MARTINS	09 Sporting de Espinho	2:49.13	277
FTL 50m: 34.07 34.07 100m: 1:17.14 43.07 150m: 2:02.81 45.67 200m: 2:49.13 46.32			
Juv A			
1. Francisco Pereira, SANTOS	08 Sporting de Espinho	2:19.95	490
50m: 30.59 30.59 100m: 1:06.68 36.09 150m: 1:43.21 36.53 200m: 2:19.95 36.74			
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:20.61	483
50m: 31.14 31.14 100m: 1:06.46 35.32 150m: 1:42.87 36.41 200m: 2:20.61 37.74			
3. Tiago Santos, POMBO	08 Alcobaca	2:24.12	448
50m: 31.39 31.39 100m: 1:08.86 37.47 150m: 1:46.87 38.01 200m: 2:24.12 37.25			
4. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:29.77	399
50m: 32.34 32.34 100m: 1:10.12 37.78 150m: 1:49.91 39.79 200m: 2:29.77 39.86			
Jun			
1. Joao Moura, FRANCISCO	07 CNLeiria	2:14.34	554
50m: 28.73 28.73 100m: 1:02.43 33.70 150m: 1:38.12 35.69 200m: 2:14.34 36.22			
2. Jose Miguel, MARQUES	06 Condeixa Clube	2:18.46	506
50m: 30.02 30.02 100m: 1:04.96 34.94 150m: 1:41.45 36.49 200m: 2:18.46 37.01			
3. Afonso Dinis, ROQUE	07 CNLeiria	2:18.63	504
50m: 30.39 30.39 100m: 1:05.23 34.84 150m: 1:41.94 36.71 200m: 2:18.63 36.69			
4. Tomas Veiga, PEREIRA	06 Nautico Academico	2:23.24	457
50m: 30.49 30.49 100m: 1:05.98 35.49 150m: 1:42.69 36.71 200m: 2:23.24 40.55			
5. Guilherme Romeira, PINTO	07 Sporting de Espinho	2:29.87	399
50m: 27.83 27.83 100m: 1:01.19 33.36 150m: 1:45.64 44.45 200m: 2:29.87 44.23			
DSQ Edgar Francisco, SIMOES	06 Vieiraense		
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 33, Masc., 200m Mariposa

Sen

1.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:10.68	601
	50m: 29.11 29.11	100m: 1:02.38	33.27 150m: 1:36.62	34.24	200m: 2:10.68 34.06
2.	David Ferreira, RELVAS	03	Marinha Grande	2:11.37	592
	50m: 29.14 29.14	100m: 1:02.23	33.09 150m: 1:36.49	34.26	200m: 2:11.37 34.88
3.	Joao Neves, ALMEIDA	05	Nautico Academico	2:18.80	502
	50m: 30.14 30.14	100m: 1:04.54	34.40 150m: 1:41.23	36.69	200m: 2:18.80 37.57
4.	Guilherme Gomes, SILVA	05	Estamos Juntos	2:22.91	460
	50m: 30.88 30.88	100m: 1:05.87	34.99 150m: 1:43.77	37.90	200m: 2:22.91 39.14
5.	Dinis Amorim, MOUTELA	05	Estarreja	2:26.04	431
	50m: 29.89 29.89	100m: 1:06.52	36.63 150m: 1:45.04	38.52	200m: 2:26.04 41.00
6.	Ricardo Gabriel, OLIVEIRA	04	Estarreja	2:26.91	423
	50m: 30.89 30.89	100m: 1:07.05	36.16 150m: 1:45.72	38.67	200m: 2:26.91 41.19
7.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	2:34.93	361
	<i>FTL</i>				
	50m: 32.66 32.66	100m: 1:11.33	38.67 150m: 1:52.01	40.68	200m: 2:34.93 42.92

Juv B/Abs

1.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	2:10.68	601
	50m: 29.11 29.11	100m: 1:02.38	33.27 150m: 1:36.62	34.24	200m: 2:10.68 34.06
2.	David Ferreira, RELVAS	03	Marinha Grande	2:11.37	592
	50m: 29.14 29.14	100m: 1:02.23	33.09 150m: 1:36.49	34.26	200m: 2:11.37 34.88
3.	Joao Moura, FRANCISCO	07	CNLeiria	2:14.34	554
	50m: 28.73 28.73	100m: 1:02.43	33.70 150m: 1:38.12	35.69	200m: 2:14.34 36.22
4.	Tomas Pascoal, FERREIRA	09	Bairro dos Anjos	2:16.26	530
	50m: 29.99 29.99	100m: 1:04.54	34.55 150m: 1:41.29	36.75	200m: 2:16.26 34.97
5.	Guilherme Meireles, MARRAZES	09	Marinha Grande	2:18.20	508
	50m: 30.60 30.60	100m: 1:05.76	35.16 150m: 1:42.34	36.58	200m: 2:18.20 35.86
6.	Jose Miguel, MARQUES	06	Condeixa Clube	2:18.46	506
	50m: 30.02 30.02	100m: 1:04.96	34.94 150m: 1:41.45	36.49	200m: 2:18.46 37.01
7.	Afonso Dinis, ROQUE	07	CNLeiria	2:18.63	504
	50m: 30.39 30.39	100m: 1:05.23	34.84 150m: 1:41.94	36.71	200m: 2:18.63 36.69
8.	Joao Neves, ALMEIDA	05	Nautico Academico	2:18.80	502
	50m: 30.14 30.14	100m: 1:04.54	34.40 150m: 1:41.23	36.69	200m: 2:18.80 37.57
9.	Francisco Pereira, SANTOS	08	Sporting de Espinho	2:19.95	490
	50m: 30.59 30.59	100m: 1:06.68	36.09 150m: 1:43.21	36.53	200m: 2:19.95 36.74
10.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai	2:20.61	483
	50m: 31.14 31.14	100m: 1:06.46	35.32 150m: 1:42.87	36.41	200m: 2:20.61 37.74
11.	Guilherme Gomes, SILVA	05	Estamos Juntos	2:22.91	460
	50m: 30.88 30.88	100m: 1:05.87	34.99 150m: 1:43.77	37.90	200m: 2:22.91 39.14
12.	Tomas Veiga, PEREIRA	06	Nautico Academico	2:23.24	457
	50m: 30.49 30.49	100m: 1:05.98	35.49 150m: 1:42.69	36.71	200m: 2:23.24 40.55

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 33, Masc., 200m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
13. Tiago Santos, POMBO	08 Alcobaca	2:24.12	448
50m: 31.39 31.39 100m: 1:08.86 37.47 150m: 1:46.87 38.01 200m: 2:24.12 37.25			
14. Dinis Amorim, MOUTELA	05 Estarreja	2:26.04	431
50m: 29.89 29.89 100m: 1:06.52 36.63 150m: 1:45.04 38.52 200m: 2:26.04 41.00			
15. Ricardo Gabriel, OLIVEIRA	04 Estarreja	2:26.91	423
50m: 30.89 30.89 100m: 1:07.05 36.16 150m: 1:45.72 38.67 200m: 2:26.91 41.19			
16. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:29.77	399
50m: 32.34 32.34 100m: 1:10.12 37.78 150m: 1:49.91 39.79 200m: 2:29.77 39.86			
17. Guilherme Romeira, PINTO	07 Sporting de Espinho	2:29.87	399
50m: 27.83 27.83 100m: 1:01.19 33.36 150m: 1:45.64 44.45 200m: 2:29.87 44.23			
18. Alexandre Ramos, GONCALVES	05 Sao Joao Ver	2:34.93	361
<i>FTL</i>			
50m: 32.66 32.66 100m: 1:11.33 38.67 150m: 1:52.01 40.68 200m: 2:34.93 42.92			
19. Guilherme Neves, MARTINS	09 Sporting de Espinho	2:49.13	277
<i>FTL</i>			
50m: 34.07 34.07 100m: 1:17.14 43.07 150m: 2:02.81 45.67 200m: 2:49.13 46.32			
DSQ Edgar Francisco, SIMOES	06 Vieiraense		
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>			
EXH Yury, FOMIN	06 Louletano / Loule Concelho	2:10.51	604
50m: 28.33 28.33 100m: 1:01.05 32.72 150m: 1:34.90 33.85 200m: 2:10.51 35.61			

Prova 34

Femin., 100m Bruços

Abs

17/03/2024 - 12:25

Resultados

Rec Nacionais Open	1:08.22	Ana Pinho, RODRIGUES	EDV	Porto	11/06/2023
Rec Nacionais Sen	1:08.22	Ana Pinho, RODRIGUES	EDV	Porto	11/06/2023
Rec Nacionais Jun 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	31/03/2017
Rec Nacionais Jun 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	17/07/2005
Rec Nacionais Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31/05/2009
Rec Nacionais Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29/07/2010

TA JUVB-FEM Juv B: 1:34.67 / TA JUVA-FEM Juv A: 1:32.48 / TA JUN-FEM Jun: 1:30.29 / TA SEN-FEM Sen: 1:28.10

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Sofia Roma, BRIZIDA	10 Bairro dos Anjos	1:21.06	495
50m: 38.32 38.32 100m: 1:21.06 42.74			
2. Maria Neto, SIMOES	10 Condeixa Clube	1:22.05	477
50m: 37.58 37.58 100m: 1:22.05 44.47			
3. Leonor Sobreiro, ALMEIDA	10 CASPAE	1:23.17	458
50m: 38.56 38.56 100m: 1:23.17 44.61			
4. Mariana Sa, AZEVEDO	10 Sporting de Espinho	1:23.52	452
50m: 39.58 39.58 100m: 1:23.52 43.94			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Juv B

Lugar	Ano	Tempo final	Pts
5. Camila Duarte, MARCELO 50m: 40.66 40.66 100m: 1:24.96 44.30	10 Condeixa Clube	1:24.96	430
6. Ines Ribeiro, MELO 50m: 40.46 40.46 100m: 1:26.10 45.64	10 Galitos / Bresimar	1:26.10	413
7. Mariana Bernardo, SILVESTRE 50m: 40.89 40.89 100m: 1:27.74 46.85	10 Nautico Academico	1:27.74	390
8. Vida Sofia, VELEZ 50m: 40.76 40.76 100m: 1:27.86 47.10	10 Bairro dos Anjos	1:27.86	388
9. Raquel Domingues, RE 50m: 41.62 41.62 100m: 1:28.64 47.02	10 Sporting Aveiro	1:28.64	378
10. Luana Filipe, REIS 50m: 42.12 42.12 100m: 1:29.18 47.06	10 Alcobaca	1:29.18	371
11. Leonor Pereira, SILVA 50m: 43.76 43.76 100m: 1:30.66 46.90	10 Óbidos Criativa	1:30.66	353
12. Maria Carolina, ALVES 50m: 42.12 42.12 100m: 1:30.77 48.65	10 Bairro dos Anjos	1:30.77	352
13. Elisa Henriques, SOUTO 50m: 42.90 42.90 100m: 1:30.85 47.95	10 Óbidos Criativa	1:30.85	351
14. Leonor Teixeira, RODRIGUES 50m: 43.69 43.69 100m: 1:31.03 47.34	10 Feirense	1:31.03	349
15. Mellik Anki, MULCHANDE 50m: 43.76 43.76 100m: 1:31.98 48.22	10 Campinho	1:31.98	338
16. Laura Helena, AMORIM 50m: 43.29 43.29 100m: 1:32.34 49.05	10 Marinha Grande	1:32.34	334
17. Adriana Resende, TRINDADE 50m: 42.43 42.43 100m: 1:32.83 50.40	10 Sporting de Espinho	1:32.83	329
18. Rafaela Santos, AFONSO 50m: 42.94 42.94 100m: 1:33.22 50.28	10 Naval de Peniche	1:33.22	325
19. Mariana Santos, AFONSO 50m: 44.04 44.04 100m: 1:34.59 50.55	10 Naval de Peniche	1:34.59	311
20. Mariana Couto, COELHO <i>FTL</i> 50m: 45.80 45.80 100m: 1:38.23 52.43	10 Galitos / Bresimar	1:38.23	278

Juv A

1. Maria Teresa, OLIVEIRA 50m: 37.64 37.64 100m: 1:21.99 44.35	09 Bairro dos Anjos	1:21.99	478
2. Matilde Lopes, SILVA 50m: 38.85 38.85 100m: 1:22.19 43.34	09 Sao Joao Ver	1:22.19	475
3. Carlota Ganito, SANTOS 50m: 39.16 39.16 100m: 1:23.43 44.27	09 Galitos / Bresimar	1:23.43	454

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Juv A

Lugar	Ano	Tempo final	Pts
4. Constanca Baptista, TOMAS 50m: 39.81 39.81 100m: 1:24.22	09 Alcobaca	1:24.22	441
5. Rita Calado, CRUZ 50m: 39.94 39.94 100m: 1:24.84	09 Nautico Academico	1:24.84	431
6. Raquel Alexandra, CANCELA 50m: 39.72 39.72 100m: 1:25.50	09 Louzan Natacao/EFAPEL	1:25.50	421
7. Ines Varandas, PIEDADE 50m: 42.37 42.37 100m: 1:29.53	09 Campinho	1:29.53	367
8. Maria Margarida, OLIVEIRA 50m: 42.68 42.68 100m: 1:29.89	09 Bairro dos Anjos	1:29.89	363
9. Ana Margarida, MARQUES 50m: 44.45 44.45 100m: 1:31.77	09 Bairro dos Anjos	1:31.77	341
10. Zofie, PACHECO <i>FTL</i> 50m: 43.14 43.14 100m: 1:32.65	09 Naval de Peniche	1:32.65	331

Jun

1. Nuria Soares, SILVA 50m: 36.04 36.04 100m: 1:17.33	07 Sao Joao Ver	1:17.33	570
2. Angela Rodrigues, REBELO 50m: 35.84 35.84 100m: 1:18.39	07 Louzan Natacao/EFAPEL	1:18.39	547
3. Mafalda Rodrigues, CARDOSO 50m: 36.82 36.82 100m: 1:19.53	07 Sao Joao Ver	1:19.53	524
4. Beatriz Azevedo, PEREIRA 50m: 37.44 37.44 100m: 1:21.67	07 Sao Joao Ver	1:21.67	484
5. Rita Rocha, SILVA 50m: 39.06 39.06 100m: 1:22.52	08 Alcobaca	1:22.52	469
6. Bruna Filipa, LOURENCO 50m: 39.36 39.36 100m: 1:23.32	08 O Crasto	1:23.32	455
7. Madalena Almeida, FIGUEIRA 50m: 38.43 38.43 100m: 1:23.38	07 Academico de Viseu	1:23.38	454
8. Carolina Mendes, NUNES 50m: 39.39 39.39 100m: 1:23.94	08 Estarreja	1:23.94	445
9. Noa Pinho, NUNES 50m: 38.80 38.80 100m: 1:25.02	07 Sporting Aveiro	1:25.02	429
10. Camila Silva, CHAMUSCO 50m: 37.49 37.49 100m: 1:25.50	08 Pimpoes/Cimai	1:25.50	421
11. Maria Rita, ROSARIO 50m: 39.73 39.73 100m: 1:25.53	08 Sanjoanense	1:25.53	421
12. Maria Rita, BENTO 50m: 41.87 41.87 100m: 1:26.95	08 Gafanha da Encarnacao	1:26.95	401

Secretariado:

Juiz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Jun

Lugar	Ano	Tempo final	Pts
13. Leonor Oliveira, TEIXEIRA 50m: 42.44 42.44 100m: 1:29.43	08 Estarreja	1:29.43	368
14. Rita Resende, NEVES 50m: 42.57 42.57 100m: 1:29.91	08 Estamos Juntos	1:29.91	362
15. Laura Gomes, SILVA <i>FTL</i> 50m: 43.70 43.70 100m: 1:30.89	08 Estamos Juntos	1:30.89	351
DNS Marta Barbosa, MENDES	07 Feirense		

Sen

1. Maria Joao, RIBEIRO 50m: 35.67 35.67 100m: 1:14.93	05 Sao Joao Ver	1:14.93	626
2. Ana Filipa, VEIGA 50m: 36.33 36.33 100m: 1:16.10	01 Gafanha da Encarnacao	1:16.10	598
3. Ana Rita, ALMEIDA 50m: 36.10 36.10 100m: 1:17.94	05 Campinho	1:17.94	557
4. Bruna Cruz, CARVALHO 50m: 37.21 37.21 100m: 1:18.36	03 Louzan Natacao/EFAPEL	1:18.36	548
5. Margarida Santos, LOPES 50m: 37.39 37.39 100m: 1:18.64	04 Estarreja	1:18.64	542
6. Margarida Correia, MADEIRA 50m: 37.05 37.05 100m: 1:19.43	06 Marinha Grande	1:19.43	526
7. Joana Rosa, FERREIRA 50m: 38.16 38.16 100m: 1:21.23	05 CNLeiria	1:21.23	492
8. Ines Santos, CUNHA 50m: 38.10 38.10 100m: 1:22.07	06 Gafanha da Encarnacao	1:22.07	477
9. Eduarda Oliveira, CARDOSO 50m: 38.49 38.49 100m: 1:22.79	06 Estamos Juntos	1:22.79	464
10. Matilde Fonseca, OLIVEIRA 50m: 39.85 39.85 100m: 1:23.82	06 Louzan Natacao/EFAPEL	1:23.82	447
11. Mariana Cunha, REBELO 50m: 39.42 39.42 100m: 1:24.24	06 Vagos	1:24.24	441
12. Lara Rodrigues, VASCONCELOS 50m: 39.52 39.52 100m: 1:25.60	05 Galitos / Bresimar	1:25.60	420
13. Mafalda Caetano, LOURENCO <i>FTL</i> 50m: 41.84 41.84 100m: 1:29.41	06 Viejense	1:29.41	368
14. Lara Roque, COTRIM <i>FTL</i> 50m: 42.41 42.41 100m: 1:30.18	03 Pimpoes/Cimai	1:30.18	359

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Sen

Lugar	Ano	Tempo final	Pts
DSQ Ana Claudia, FERREIRA	90 Alcobaca		
<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.</i>			

Juv B/Abs

1. Maria Joao, RIBEIRO	05 Sao Joao Ver	1:14.93	626
50m: 35.67 35.67 100m: 1:14.93	39.26		
2. Ana Filipa, VEIGA	01 Gafanha da Encarnacao	1:16.10	598
50m: 36.33 36.33 100m: 1:16.10	39.77		
3. Nuria Soares, SILVA	07 Sao Joao Ver	1:17.33	570
50m: 36.04 36.04 100m: 1:17.33	41.29		
4. Ana Rita, ALMEIDA	05 Campinho	1:17.94	557
50m: 36.10 36.10 100m: 1:17.94	41.84		
5. Bruna Cruz, CARVALHO	03 Louzan Natacao/EFAPEL	1:18.36	548
50m: 37.21 37.21 100m: 1:18.36	41.15		
6. Angela Rodrigues, REBELO	07 Louzan Natacao/EFAPEL	1:18.39	547
50m: 35.84 35.84 100m: 1:18.39	42.55		
7. Margarida Santos, LOPES	04 Estarreja	1:18.64	542
50m: 37.39 37.39 100m: 1:18.64	41.25		
8. Margarida Correia, MADEIRA	06 Marinha Grande	1:19.43	526
50m: 37.05 37.05 100m: 1:19.43	42.38		
9. Mafalda Rodrigues, CARDOSO	07 Sao Joao Ver	1:19.53	524
50m: 36.82 36.82 100m: 1:19.53	42.71		
10. Sofia Roma, BRIZIDA	10 Bairro dos Anjos	1:21.06	495
50m: 38.32 38.32 100m: 1:21.06	42.74		
11. Joana Rosa, FERREIRA	05 CNLeiria	1:21.23	492
50m: 38.16 38.16 100m: 1:21.23	43.07		
12. Beatriz Azevedo, PEREIRA	07 Sao Joao Ver	1:21.67	484
50m: 37.44 37.44 100m: 1:21.67	44.23		
13. Maria Teresa, OLIVEIRA	09 Bairro dos Anjos	1:21.99	478
50m: 37.64 37.64 100m: 1:21.99	44.35		
14. Maria Neto, SIMOES	10 Condeixa Clube	1:22.05	477
50m: 37.58 37.58 100m: 1:22.05	44.47		
15. Ines Santos, CUNHA	06 Gafanha da Encarnacao	1:22.07	477
50m: 38.10 38.10 100m: 1:22.07	43.97		
16. Matilde Lopes, SILVA	09 Sao Joao Ver	1:22.19	475
50m: 38.85 38.85 100m: 1:22.19	43.34		
17. Rita Rocha, SILVA	08 Alcobaca	1:22.52	469
50m: 39.06 39.06 100m: 1:22.52	43.46		
18. Eduarda Oliveira, CARDOSO	06 Estamos Juntos	1:22.79	464
50m: 38.49 38.49 100m: 1:22.79	44.30		
19. Leonor Sobreiro, ALMEIDA	10 CASPAE	1:23.17	458
50m: 38.56 38.56 100m: 1:23.17	44.61		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
20. Bruna Filipa, LOURENCO 50m: 39.36 39.36 100m: 1:23.32	08 O Crasto	1:23.32 43.96	455
21. Madalena Almeida, FIGUEIRA 50m: 38.43 38.43 100m: 1:23.38	07 Academico de Viseu	1:23.38 44.95	454
22. Carlota Ganito, SANTOS 50m: 39.16 39.16 100m: 1:23.43	09 Galitos / Bresimar	1:23.43 44.27	454
23. Mariana Sa, AZEVEDO 50m: 39.58 39.58 100m: 1:23.52	10 Sporting de Espinho	1:23.52 43.94	452
24. Matilde Fonseca, OLIVEIRA 50m: 39.85 39.85 100m: 1:23.82	06 Louzan Natacao/EFAPEL	1:23.82 43.97	447
25. Carolina Mendes, NUNES 50m: 39.39 39.39 100m: 1:23.94	08 Estarreja	1:23.94 44.55	445
26. Constanca Baptista, TOMAS 50m: 39.81 39.81 100m: 1:24.22	09 Alcobaca	1:24.22 44.41	441
27. Mariana Cunha, REBELO 50m: 39.42 39.42 100m: 1:24.24	06 Vagos	1:24.24 44.82	441
28. Rita Calado, CRUZ 50m: 39.94 39.94 100m: 1:24.84	09 Nautico Academico	1:24.84 44.90	431
29. Camila Duarte, MARCELO 50m: 40.66 40.66 100m: 1:24.96	10 Condeixa Clube	1:24.96 44.30	430
30. Noa Pinho, NUNES 50m: 38.80 38.80 100m: 1:25.02	07 Sporting Aveiro	1:25.02 46.22	429
31. Camila Silva, CHAMUSCO 50m: 37.49 37.49 100m: 1:25.50	08 Pimpoes/Cimai	1:25.50 48.01	421
Raquel Alexandra, CANCELA 50m: 39.72 39.72 100m: 1:25.50	09 Louzan Natacao/EFAPEL	1:25.50 45.78	421
33. Maria Rita, ROSARIO 50m: 39.73 39.73 100m: 1:25.53	08 Sanjoanense	1:25.53 45.80	421
34. Lara Rodrigues, VASCONCELOS 50m: 39.52 39.52 100m: 1:25.60	05 Galitos / Bresimar	1:25.60 46.08	420
35. Ines Ribeiro, MELO 50m: 40.46 40.46 100m: 1:26.10	10 Galitos / Bresimar	1:26.10 45.64	413
36. Maria Rita, BENTO 50m: 41.87 41.87 100m: 1:26.95	08 Gafanha da Encarnacao	1:26.95 45.08	401
37. Mariana Bernardo, SILVESTRE 50m: 40.89 40.89 100m: 1:27.74	10 Nautico Academico	1:27.74 46.85	390
38. Vida Sofia, VELEZ 50m: 40.76 40.76 100m: 1:27.86	10 Bairro dos Anjos	1:27.86 47.10	388
39. Raquel Domingues, RE 50m: 41.62 41.62 100m: 1:28.64	10 Sporting Aveiro	1:28.64 47.02	378
40. Luana Filipe, REIS 50m: 42.12 42.12 100m: 1:29.18	10 Alcobaca	1:29.18 47.06	371

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
41. Mafalda Caetano, LOURENCO <i>FTL</i>	06 Vieirense	1:29.41	368
50m: 41.84 41.84 100m: 1:29.41 47.57			
42. Leonor Oliveira, TEIXEIRA	08 Estarreja	1:29.43	368
50m: 42.44 42.44 100m: 1:29.43 46.99			
43. Ines Varandas, PIEDADE	09 Campinho	1:29.53	367
50m: 42.37 42.37 100m: 1:29.53 47.16			
44. Maria Margarida, OLIVEIRA	09 Bairro dos Anjos	1:29.89	363
50m: 42.68 42.68 100m: 1:29.89 47.21			
45. Rita Resende, NEVES	08 Estamos Juntos	1:29.91	362
50m: 42.57 42.57 100m: 1:29.91 47.34			
46. Lara Roque, COTRIM <i>FTL</i>	03 Pimpoes/Cimai	1:30.18	359
50m: 42.41 42.41 100m: 1:30.18 47.77			
47. Leonor Pereira, SILVA	10 Óbidos Criativa	1:30.66	353
50m: 43.76 43.76 100m: 1:30.66 46.90			
48. Maria Carolina, ALVES	10 Bairro dos Anjos	1:30.77	352
50m: 42.12 42.12 100m: 1:30.77 48.65			
49. Elisa Henriques, SOUTO	10 Óbidos Criativa	1:30.85	351
50m: 42.90 42.90 100m: 1:30.85 47.95			
50. Laura Gomes, SILVA <i>FTL</i>	08 Estamos Juntos	1:30.89	351
50m: 43.70 43.70 100m: 1:30.89 47.19			
51. Leonor Teixeira, RODRIGUES	10 Feirense	1:31.03	349
50m: 43.69 43.69 100m: 1:31.03 47.34			
52. Ana Margarida, MARQUES	09 Bairro dos Anjos	1:31.77	341
50m: 44.45 44.45 100m: 1:31.77 47.32			
53. Mellik Anki, MULCHANDE	10 Campinho	1:31.98	338
50m: 43.76 43.76 100m: 1:31.98 48.22			
54. Laura Helena, AMORIM	10 Marinha Grande	1:32.34	334
50m: 43.29 43.29 100m: 1:32.34 49.05			
55. Zofie, PACHECO <i>FTL</i>	09 Naval de Peniche	1:32.65	331
50m: 43.14 43.14 100m: 1:32.65 49.51			
56. Adriana Resende, TRINDADE	10 Sporting de Espinho	1:32.83	329
50m: 42.43 42.43 100m: 1:32.83 50.40			
57. Rafaela Santos, AFONSO	10 Naval de Peniche	1:33.22	325
50m: 42.94 42.94 100m: 1:33.22 50.28			
58. Mariana Santos, AFONSO	10 Naval de Peniche	1:34.59	311
50m: 44.04 44.04 100m: 1:34.59 50.55			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 34, Femin., 100m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
59. Mariana Couto, COELHO <i>FTL</i>	10 Galitos / Bresimar	1:38.23	278
50m: 45.80 45.80 100m: 1:38.23 52.43			
DSQ Ana Claudia, FERREIRA <i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a partida.</i>	90 Alcobaca		
DNS Marta Barbosa, MENDES	07 Feirense		
EXH Eva Alexandra, COUTINHO	09 Peso da Regua	1:19.85	518
50m: 37.78 37.78 100m: 1:19.85 42.07			
EXH Laura Brites, COSTA	09 Rio Maior	1:24.91	430
50m: 39.28 39.28 100m: 1:24.91 45.63			
EXH Vitoria Cortinhas, PINTO	10 Peso da Regua	1:32.81	329
50m: 42.90 42.90 100m: 1:32.81 49.91			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 35 17/03/2024 - 12:45	Masc., 100m Bruços			14 anos e mais velhos		Resultados
Rec Nacionais Open	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)		28/07/2013
Rec Nacionais Sen	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)		28/07/2013
Rec Nacionais Jun 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro		18/07/2009
Rec Nacionais Jun 17	1:04.35	Pedro Goncalves, BONNIZ	SLB	Funchal		31/03/2023
Rec Nacionais Juv A	1:03.71	Rafael Miguel, MIMOSO	POR	Maribor (SLO)		28/07/2023
Rec Nacionais Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras		26/07/2018
Rec Nacionais Inf A	1:09.82	Ricardo Samuel, PEREIRA	CCDPCMS	Vila Franca de Xira		20/05/2017
RN NA SB1	59:00.00	start,				
RN NA SB3	59:00.00	start,				
RN NA SB4	2:14.31	Jaime Lopes, CATARINO	FCP	Porto		15/04/2023
RN NA SB5	1:41.35	Ivo Filipe, ROCHA	FVCD	Porto		23/03/2019
RN NA SB6	2:11.38	Renato Alexandre, OLIVEIRA	ADADA	Porto		26/02/2023
RN NA SB7	1:29.16	Joao Miguel, CAMPOS	ADADA	Porto		25/05/2019
RN NA SB8	1:19.30	Diogo Luis, CANCELA	POR	Tokyo (JPN)		26/08/2021
RN NA SB9	1:11.87	Adriano Miguel, NASCIMENTO	POR	Londres (GBR)		08/09/2012
RN NA SB10	59:00.00	,				
RN NA SB11	1:28.78	Marco Ribeiro, MENESES	CRASTO	Coimbra		02/12/2023
RN NA SB12	1:35.57	Joao Tanica, CRUZ	PDEM	Porto		29/01/2022
RN NA SB13	1:28.73	Pedro Molim, FRASCO	SCB	Vila Franca de Xira		20/05/2023
RN NA SB14	1:27.84	Carlos, DUARTE		Sheffield (GBR)		06/06/1998
RN NA SB15	1:11.48	Tiago Correia, NEVES	POR	Buenos Aires (ARG)		19/08/2023
RN NA SB16	1:12.25	Andre Camara, JORGE	POR	Newcastle (GBR)		20/08/2019
RN NA SB17	1:32.91	Daniel Mendo, OLIVEIRA	APPDAC	Coimbra		02/12/2023
RN NA SB21	1:31.35	Joao Francisco, VAZ	SCP	Rio Maior		25/01/2020

TA JUVB-MASC Juv B: 1:23.88 / TA JUVA-MASC Juv A: 1:21.96 / TA JUN-MASC Jun: 1:19.64 / TA SEN-MASC Sen: 1:17.34

Pontos: FINA 2024

Lugar				Ano		Tempo final	Pts
Juv B							
1.	Filipe Saldanha, COSTA			09	O Crasto	1:13.49	463
	50m:	34.09	34.09	100m:	1:13.49	39.40	
2.	Dinis Valente, ROCHA			09	Estarreja	1:13.62	461
	50m:	34.20	34.20	100m:	1:13.62	39.42	
3.	Guilherme Andre, GASPAR			09	Nautico Academico	1:16.84	405
	50m:	35.55	35.55	100m:	1:16.84	41.29	
4.	Hugo Miguel, SANTOS			09	Pimpoes/Cimai	1:17.33	397
	50m:	34.64	34.64	100m:	1:17.33	42.69	
5.	Xinyang, CHENG			09	Marinha Grande	1:18.63	378
	50m:	37.02	37.02	100m:	1:18.63	41.61	
6.	Santiago Marques, GOMES			09	Bairro dos Anjos	1:20.35	354
	50m:	37.61	37.61	100m:	1:20.35	42.74	
	Rodrigo Oliveira, SANTOS			09	Alcobaca	1:20.35	354
	50m:	37.14	37.14	100m:	1:20.35	43.21	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 35, Masc., 100m Bruços

Juv A

1.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	1:11.99	493
	50m: 33.45 33.45	100m: 1:11.99	38.54		
2.	Jorge Lucas, MELO	08	Campinho	1:14.39	447
	50m: 33.84 33.84	100m: 1:14.39	40.55		
3.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	1:14.50	445
	50m: 34.74 34.74	100m: 1:14.50	39.76		
4.	Guilherme Martins, SILVA	08	Academico de Viseu	1:16.67	408
	50m: 35.55 35.55	100m: 1:16.67	41.12		
5.	Bernardo Reis, FERREIRA	08	Galitos / Bresimar	1:17.25	399
	50m: 36.13 36.13	100m: 1:17.25	41.12		
6.	Leonardo Branco, PEREIRA	08	O Crasto	1:19.78	362
	50m: 36.33 36.33	100m: 1:19.78	43.45		
7.	Guilherme Franca, COSTA	08	Estamos Juntos	1:20.26	355
	50m: 37.35 37.35	100m: 1:20.26	42.91		
8.	Jose Guardado, SILVA	08	Vigor da Mocidade	1:24.12	309
	<i>FTL</i>				
	50m: 39.94 39.94	100m: 1:24.12	44.18		

Jun

1.	Joao Carvalho, RODRIGUES	06	Galitos / Bresimar	1:06.24	633
	50m: 31.28 31.28	100m: 1:06.24	34.96		
2.	Duarte Ramos, NUNES	07	Galitos / Bresimar	1:07.28	604
	50m: 31.53 31.53	100m: 1:07.28	35.75		
3.	Duarte Jose, FERNANDES	06	União de Coimbra	1:09.83	540
	50m: 32.73 32.73	100m: 1:09.83	37.10		
4.	Goncalo Pereira, COLACO	07	CNLeiria	1:12.95	474
	50m: 34.19 34.19	100m: 1:12.95	38.76		
5.	Bernardo Nunes, DOMINGUEZ	07	Bairro dos Anjos	1:14.36	447
	50m: 35.34 35.34	100m: 1:14.36	39.02		
6.	Ricardo Lima, CAMPOS	06	Sanjoanense	1:14.81	439
	50m: 34.55 34.55	100m: 1:14.81	40.26		
7.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	1:15.11	434
	50m: 34.85 34.85	100m: 1:15.11	40.26		
8.	Simao Pereira, MACHADO	07	Sporting Aveiro	1:19.72	363
	<i>FTL</i>				
	50m: 36.33 36.33	100m: 1:19.72	43.39		
DSQ	Francisco Marques, SIMOES	07	CNLeiria		
	<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.</i>				
DSQ	David Duarte, JESUS	07	Nautico Academico		
	<i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.</i>				

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 35, Masc., 100m Bruços

Sen

1.	Rodrigo Manuel, ROCHA	05	Sporting de Espinho	1:08.68	568
	50m: 31.72 31.72	100m: 1:08.68	36.96		
2.	Joao Ventura, PAIS	02	Condeixa Clube	1:11.92	494
	50m: 33.69 33.69	100m: 1:11.92	38.23		
3.	Renato Miguel, CARVALHO	03	Galitos / Bresimar	1:13.54	462
	50m: 33.43 33.43	100m: 1:13.54	40.11		
4.	Vasco Pereira, BASTOS	02	Nautico Academico	1:14.50	445
	50m: 33.89 33.89	100m: 1:14.50	40.61		
5.	Luis Goncalves, PEREIRA	02	Sao Joao Ver	1:15.79	422
	50m: 34.87 34.87	100m: 1:15.79	40.92		
6.	Pedro Ribeiro, MOÇO	02	Vagos	1:17.24	399
	50m: 36.49 36.49	100m: 1:17.24	40.75		
7.	Diogo Luis, CANCELA FTL	02	Louzan Natacao/EFAPEL	1:23.13	320
	50m: 39.40 39.40	100m: 1:23.13	43.73		
DNS	Tomas Coelho, CORDEIRO	04	Individual ANC		

Juv B/Abs

1.	Joao Carvalho, RODRIGUES	06	Galitos / Bresimar	1:06.24	633
	50m: 31.28 31.28	100m: 1:06.24	34.96		
2.	Duarte Ramos, NUNES	07	Galitos / Bresimar	1:07.28	604
	50m: 31.53 31.53	100m: 1:07.28	35.75		
3.	Rodrigo Manuel, ROCHA	05	Sporting de Espinho	1:08.68	568
	50m: 31.72 31.72	100m: 1:08.68	36.96		
4.	Duarte Jose, FERNANDES	06	União de Coimbra	1:09.83	540
	50m: 32.73 32.73	100m: 1:09.83	37.10		
5.	Joao Ventura, PAIS	02	Condeixa Clube	1:11.92	494
	50m: 33.69 33.69	100m: 1:11.92	38.23		
6.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	1:11.99	493
	50m: 33.45 33.45	100m: 1:11.99	38.54		
7.	Goncalo Pereira, COLACO	07	CNLeiria	1:12.95	474
	50m: 34.19 34.19	100m: 1:12.95	38.76		
8.	Filipe Saldanha, COSTA	09	O Crasto	1:13.49	463
	50m: 34.09 34.09	100m: 1:13.49	39.40		
9.	Renato Miguel, CARVALHO	03	Galitos / Bresimar	1:13.54	462
	50m: 33.43 33.43	100m: 1:13.54	40.11		
10.	Dinis Valente, ROCHA	09	Estarreja	1:13.62	461
	50m: 34.20 34.20	100m: 1:13.62	39.42		
11.	Bernardo Nunes, DOMINGUEZ	07	Bairro dos Anjos	1:14.36	447
	50m: 35.34 35.34	100m: 1:14.36	39.02		
12.	Jorge Lucas, MELO	08	Campinho	1:14.39	447
	50m: 33.84 33.84	100m: 1:14.39	40.55		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 35, Masc., 100m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
13. Rodrigo Mosca, SILVA 50m: 34.74 34.74 100m: 1:14.50 39.76	08 Columbofila Cantanhedense	1:14.50	445
Vasco Pereira, BASTOS 50m: 33.89 33.89 100m: 1:14.50 40.61	02 Nautico Academico	1:14.50	445
15. Ricardo Lima, CAMPOS 50m: 34.55 34.55 100m: 1:14.81 40.26	06 Sanjoanense	1:14.81	439
16. Henrique Ferreira, MARTINS 50m: 34.85 34.85 100m: 1:15.11 40.26	06 Algés e Águeda XXI	1:15.11	434
17. Luis Goncalves, PEREIRA 50m: 34.87 34.87 100m: 1:15.79 40.92	02 Sao Joao Ver	1:15.79	422
18. Guilherme Martins, SILVA 50m: 35.55 35.55 100m: 1:16.67 41.12	08 Academico de Viseu	1:16.67	408
19. Guilherme Andre, GASPAR 50m: 35.55 35.55 100m: 1:16.84 41.29	09 Nautico Academico	1:16.84	405
20. Pedro Ribeiro, MOÇO 50m: 36.49 36.49 100m: 1:17.24 40.75	02 Vagos	1:17.24	399
21. Bernardo Reis, FERREIRA 50m: 36.13 36.13 100m: 1:17.25 41.12	08 Galitos / Bresimar	1:17.25	399
22. Hugo Miguel, SANTOS 50m: 34.64 34.64 100m: 1:17.33 42.69	09 Pimpoes/Cimai	1:17.33	397
23. Xinyang, CHENG 50m: 37.02 37.02 100m: 1:18.63 41.61	09 Marinha Grande	1:18.63	378
24. Simao Pereira, MACHADO FTL 50m: 36.33 36.33 100m: 1:19.72 43.39	07 Sporting Aveiro	1:19.72	363
25. Leonardo Branco, PEREIRA 50m: 36.33 36.33 100m: 1:19.78 43.45	08 O Crasto	1:19.78	362
26. Guilherme Franca, COSTA 50m: 37.35 37.35 100m: 1:20.26 42.91	08 Estamos Juntos	1:20.26	355
27. Santiago Marques, GOMES 50m: 37.61 37.61 100m: 1:20.35 42.74	09 Bairro dos Anjos	1:20.35	354
Rodrigo Oliveira, SANTOS 50m: 37.14 37.14 100m: 1:20.35 43.21	09 Alcobaca	1:20.35	354
29. Diogo Luis, CANCELA FTL 50m: 39.40 39.40 100m: 1:23.13 43.73	02 Louzan Natacao/EFAPEL	1:23.13	320
30. Jose Guardado, SILVA FTL 50m: 39.94 39.94 100m: 1:24.12 44.18	08 Vigor da Mocidade	1:24.12	309
DSQ Francisco Marques, SIMOES SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.	07 CNLeiria		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 35, Masc., 100m Bruços, Juv B/Abs

Lugar	Ano	Tempo final	Pts
DSQ David Duarte, JESUS <i>SW 7.1 - O/A atleta efectuou mais do que uma pernada de golfinho, após a viragem aos 50 metros.</i>	07 Nautico Academico		
DNS Tomas Coelho, CORDEIRO	04 Individual ANC		
EXH Rodrigo Martins, CHOCAS 50m: 33.01 33.01 100m: 1:11.21 38.20	07 Sporting	1:11.21	509
EXH Andriy, FEDOROV 50m: 35.13 35.13 100m: 1:16.01 40.88	08 FC Ferreiras/AlgarExperience	1:16.01	419
EXH Pedro Fernando, COELHO 50m: 37.61 37.61 100m: 1:21.50 43.89	08 Peso da Regua	1:21.50	339

5 - 3ª Jornada - 2ª Sessão

17/03/2024 - 16:00

Prova 36 Misto, 4 x 50m Livres 14 anos e mais velhos
17/03/2024 - 16:00 Resultados

Rec Nacionais Open	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Rec Nacionais 18 +	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Rec Nacionais 16 - 18	1:46.18	Clube Natacao Colegio Efanor	CNCE	Povoa de Varzim	02/02/2020
Rec Nacionais 15 - 16	1:49.50	???			
Rec Nacionais 14 - 16	1:49.50	???			
Rec Nacionais Juv B	1:50.00	Clube Fluvial Portuense	CFP	Coimbra	28/07/2023
Rec Nacionais 13 - 14	2:02.64	ASSS Columb Cantanhedense	SCC	Coimbra	25/06/2022
Rec Nacionais Inf	2:02.64	ASSS Columb Cantanhedense	SCC	Coimbra	25/06/2022

Pontos: FINA 2024

Lugar	Tempo final	Pts
Juv B		
1. Galitos Juv B <i>Recorde Nacional</i>	Galitos / Bresimar	1:49.85
Tiago Joaquim, SILVA 09	27.18 Goncalo Malha, NETO 09	26.66
Carolina Ratola, TAVEIRA 10	27.50 Sofia Rodrigues, VASCONCELOS 10	28.51
2. Bairro Anjos Juv B	Bairro dos Anjos	1:53.81
Santiago Marques, GOMES 09	27.72 Sofia Roma, BRIZIDA 10	30.62
Maria Carolina, ALVES 10	30.33 Tomas Pascoal, FERREIRA 09	25.14
3. Pimpoes Juv B	Pimpoes/Cimai	1:54.00
Santiago Agostinho, PARREIRA 09	25.73 Debora Silva, INACIO 10	29.55
Tomas Bento, ANFILOQUIO 09	27.63 Diana Isabel, ALVES 10	31.09
4. Nautico Academico Juv B	Nautico Academico	1:56.54
Tomas Rafael, PEREIRA 09	27.06 Maria Ines, GANTE 10	31.05
Leonor Antunes, PAIVA 10	31.34 Jose Pedro, COSTA 09	27.09
5. Sporting Espinho Juv B	Sporting de Espinho	2:00.20
Mariana Sa, AZEVEDO 10	30.71 Adriana Resende, TRINDADE 10	31.34
Oleksandr, SADOVNIKOV 09	30.50 Guilherme Neves, MARTINS 09	27.65
6. Estarreja Juv B	Estarreja	2:01.18
Joao Miguel, SANTOS 09	29.37 Leonor Fonseca, FERREIRA 10	31.46
Luana Silva, VALENTE 10	32.69 Dinis Valente, ROCHA 09	27.66

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 36, Misto, 4 x 50m Livres, Juv B

Lugar				Tempo final	Pts
7.	O CRASTO Juv B		O Crasto	2:02.22	
	Filipe Saldanha, COSTA	09	27.63	Eva Santos, FERREIRA	10
	Guilherme Almeida, BIANCHI	09	31.18	Sofia Oliveira, FREITAS	10
					31.58
					31.83

Juv A

1.	Columbofila Cantanhedense Juv A		Columbofila Cantanhedense	1:49.88	
	Martim Nobre, PASCOAL	08	25.45	Leonor Mercês, CAVALEIRO	09
	Rodrigo Mosca, SILVA	08	26.27	Anastacia, PROTOLYUK	09
					29.31
					28.85
2.	Galitos Juv A		Galitos / Bresimar	1:50.88	
	Nuno Miguel, ANJOS	08	26.09	Francisca Pinto, OLIVEIRA	09
	Vicente Sa, VALE	08	25.29	Joana Almeida, SANTOS	09
					29.73
					29.77
3.	Estarreja Juv A		Estarreja	1:53.02	
	Carolina Sofia, BAPTISTA	09	29.14	Lara Catarina, MAIA	09
	Goncalo Silva, GUEDES	08	28.79	Paulo Jorge, OLIVEIRA	08
					28.27
					26.82
4.	Nautico Academico Juv A		Nautico Academico	1:57.46	
	Tiago Cravino, RIBEIRO	08	29.66	Rita Calado, CRUZ	09
	Ana Margarida, CRUZ	09	30.50	Guilherme Simoes, SOUSA	08
					30.42
					26.88

Jun

1.	Nautico Academico Jun		Nautico Academico	1:48.48	
	David Duarte, JESUS	07	26.33	Marta Andre, AGUILAR	07
	Leonor Mil, MANO	07	27.26	Joao Rafael, FERREIRA	06
					30.01
					24.88
2.	Nautico Leiria Jun		CNLeiria	1:48.92	
	Afonso Dinis, ROQUE	07	25.15	Matilde Violante, VIANA	07
	Joao Moura, FRANCISCO	07	24.91	Leonor Vendima, COELHO	07
					29.92
					28.94
3.	Sao Joao Ver Jun		Sao Joao Ver	1:50.17	
	Romulo Neves, PINTO	06	25.70	Rodrigo Pinto, OLIVEIRA	07
	Beatriz Azevedo, PEREIRA	07	29.55	Nuria Soares, SILVA	07
					26.37
					28.55
4.	Feirense Jun		Feirense	1:52.07	
	Lara Pinho, SILVA	07	29.31	Tomas Maia, LOMBA	07
	Sara Oliveira, CONCEICAO	07	31.06	Alexandre Silva, RESENDE	07
					26.60
					25.10

DSQ **Academica Coimbra Jun** **Academica de Coimbra**
SW 6.3 - O/A atleta rompeu a superficie da água com a cabeça para além dos 15 metros, após a partida., 1º atleta

Joao Ferreira, MARQUES, Edgar Tavares, MENDES, Cristiana Sofia, DUARTE, Ana Beatriz, CAMPOS

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 36, Misto, 4 x 50m Livres

Sen

1.	Condeixa Clube Sen			Condeixa Clube		1:47.87
	Helena Nunes, RODRIGUES	03	28.56	Joana Francisca, RODRIGUES	04	28.79
	Joao Ventura, PAIS	02	25.10	Rodrigo Ribeiro, GOMES	00	25.42
2.	Nautico Academico Sen			Nautico Academico		1:47.94
	Rodrigo Miguel, REIS	04	24.58	Maria Neto, FERREIRA	06	29.16
	Leonor Verissimo, FARIA	06	29.48	Lucas Pereira, BASTOS	00	24.72
3.	Estarreja Sen			Estarreja		1:50.51
	Tiago Diniz, LIMA	04	25.50	Barbara Nunes, MARQUES	06	29.70
	Maria Miguel, VALENTE	06	30.05	Dinis Amorim, MOUTELA	05	25.26
4.	Sao Joao Ver Sen			Sao Joao Ver		1:52.40
	Vasco Almeida, RIBEIRO	05	25.25	Luis Goncalves, PEREIRA	02	26.04
	Maria Joao, RIBEIRO	05	29.02	Patricia Alexandra, KVAS	06	32.09
5.	Academica Coimbra Sen			Academica de Coimbra		1:54.57
	Miguel Freitas, OVIEDO	02	26.14	Miguel Caridade, GASPAR	99	26.92
	Beatriz Costa, TEJO	02	28.04	Helena Carolina, DINIS	05	33.47

Juv B / Abs

1.	Uniao Coimbra Abs			União de Coimbra		1:48.01
	Alana Costa, MATIAS	09	29.31	Ana Carolina, MONTEIRO	04	28.59
	Gustavo Pires, MARQUES	04	24.93	Duarte Jose, FERNANDES	06	25.18
2.	Gafanha Encarnação Sen			Gafanha da Encarnacao		1:53.99
	Tiago Vidal, GUEDES	05	26.35	Leonor Ferreira, SEQUEIRA	05	29.77
	Ines Santos, CUNHA	06	30.56	Alexandre Louro, CARVALHO	07	27.31

DNS Nautico Leiria Abs

CNLeiria

Prova 37

Masc., 100m Costas

14 anos e mais velhos

17/03/2024 - 16:10

Resultados

Rec Nacionais Open	53.71	Joao Nogueira, COSTA	POR	Fukuoka (JPN)	24/07/2023
Rec Nacionais Sen	53.71	Joao Nogueira, COSTA	POR	Fukuoka (JPN)	24/07/2023
Rec Nacionais Jun 18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	20/08/2019
Rec Nacionais Jun 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12/07/2009
Rec Nacionais Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29/05/2011
Rec Nacionais Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	22/07/2019
Rec Nacionais Inf A	1:01.39	Alexandre Lages, RIBAS	EDV	Lisboa	22/07/2011

TA SEN-MASC Sen: 1:09.46 / TA JUN-MASC Jun: 1:11.53 / TA JUVA-MASC Juv A: 1:13.61 / TA JUVB-MASC Juv B: 1:15.33

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Gabriel Moises, GUERRA	09 Oliveirense	1:08.36	430
50m: 33.08 33.08	100m: 1:08.36 35.28		
2. Tomas Rafael, PEREIRA	09 Nautico Academico	1:09.37	411
50m: 32.72 32.72	100m: 1:09.37 36.65		
3. Manuel Vicente, TAVEIRA	09 Campinho	1:11.15	381
50m: 34.49 34.49	100m: 1:11.15 36.66		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 37, Masc., 100m Costas, Juv B

Lugar	Ano	Tempo final	Pts
4. David Ferrador, PEREIRA 50m: 34.99 34.99 100m: 1:12.62 37.63	09 Nucleo de Pombal	1:12.62	358
5. Xinyang, CHENG 50m: 35.03 35.03 100m: 1:13.08 38.05	09 Marinha Grande	1:13.08	352
6. Luis Pedro, VALERIO 50m: 36.02 36.02 100m: 1:14.22 38.20	09 Bairro dos Anjos	1:14.22	336
7. Joao Miguel, SANTOS <i>FTL</i> 50m: 31.36 31.36 100m: 1:16.69 45.33	09 Estarreja	1:16.69	304
DNS Pedro Vidal, GUEDES	09 Gafanha da Encarnacao		

Juv A

1. Joao Miguel, VITORIA 50m: 31.82 31.82 100m: 1:04.93 33.11	08 Academico de Viseu	1:04.93	501
2. Miguel Duarte, BATISTA 50m: 31.59 31.59 100m: 1:05.38 33.79	08 Academico de Viseu	1:05.38	491
3. Francisco Fernandes, PEREIRA 50m: 32.77 32.77 100m: 1:07.01 34.24	08 Academica de Coimbra	1:07.01	456
4. Joao Diogo, NEVES 50m: 33.38 33.38 100m: 1:08.17 34.79	08 Sporting de Espinho	1:08.17	433
5. Joao Tomas, FERNANDES <i>FTL</i> 50m: 37.70 37.70 100m: 1:18.32 40.62	08 O Crasto	1:18.32	285

Jun

1. Rodrigo Vieira, RODRIGUES 50m: 28.78 28.78 100m: 59.18 30.40	06 Sporting de Espinho	59.18	662
2. Martim Ribeiro, MENESES 50m: 29.90 29.90 100m: 1:01.45 31.55	06 O Crasto	1:01.45	592
3. Alexandre, DZYAKANAU 50m: 30.70 30.70 100m: 1:02.60 31.90	07 Louzan Natacao/EFAPEL	1:02.60	560
4. Francisco Marques, SIMOES 50m: 31.26 31.26 100m: 1:03.81 32.55	07 CNLeiria	1:03.81	528
5. Goncalo Pereira, COLACO 50m: 30.68 30.68 100m: 1:04.77 34.09	07 CNLeiria	1:04.77	505
6. Dinis Vlasov, SOROKOVKIN 50m: 31.10 31.10 100m: 1:06.02 34.92	06 Sporting Aveiro	1:06.02	477
7. Daniel, KUCHERYAVENKO 50m: 31.83 31.83 100m: 1:07.10 35.27	07 Galitos / Bresimar	1:07.10	454
8. Leonardo Jose, CRUZ 50m: 31.10 31.10 100m: 1:07.39 36.29	07 Alcobaca	1:07.39	448

Secretariado:

Juiz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 37, Masc., 100m Costas, Jun

Lugar	Ano	Tempo final	Pts
9. Eduardo Pinto, SANTOS 50m: 33.74 33.74 100m: 1:08.31 34.57	06 Feirense	1:08.31	431
10. David, VOLKOV 50m: 32.27 32.27 100m: 1:10.79 38.52	07 Sporting Aveiro	1:10.79	387
11. Bernardo Nunes, DOMINGUEZ FTL 50m: 35.35 35.35 100m: 1:12.36 37.01	07 Bairro dos Anjos	1:12.36	362

Sen

1. Lucas Pereira, BASTOS 50m: 31.37 31.37 100m: 1:04.15 32.78	00 Nautico Academico	1:04.15	520
2. Goncalo Filipe, COSTA 50m: 30.82 30.82 100m: 1:04.43 33.61	04 Gafanha da Encarnacao	1:04.43	513
3. Daniel Valente, OLIVEIRA 50m: 31.26 31.26 100m: 1:05.04 33.78	03 Sporting Aveiro	1:05.04	499
4. Alexandre Ramos, GONCALVES 50m: 32.95 32.95 100m: 1:08.97 36.02	05 Sao Joao Ver	1:08.97	418
DNS Pedro Guilherme, FERREIRA	00 Miranda do Corvo		
DNS Gustavo Carvalho, SILVA	04 Praia da Vitoria		

Juv B/Abs

1. Rodrigo Vieira, RODRIGUES 50m: 28.78 28.78 100m: 59.18 30.40	06 Sporting de Espinho	59.18	662
2. Martim Ribeiro, MENESES 50m: 29.90 29.90 100m: 1:01.45 31.55	06 O Crasto	1:01.45	592
3. Alexandre, DZYAKANAU 50m: 30.70 30.70 100m: 1:02.60 31.90	07 Louzan Natacao/EFAPEL	1:02.60	560
4. Francisco Marques, SIMOES 50m: 31.26 31.26 100m: 1:03.81 32.55	07 CNLeiria	1:03.81	528
5. Lucas Pereira, BASTOS 50m: 31.37 31.37 100m: 1:04.15 32.78	00 Nautico Academico	1:04.15	520
6. Goncalo Filipe, COSTA 50m: 30.82 30.82 100m: 1:04.43 33.61	04 Gafanha da Encarnacao	1:04.43	513
7. Goncalo Pereira, COLACO 50m: 30.68 30.68 100m: 1:04.77 34.09	07 CNLeiria	1:04.77	505
8. Joao Miguel, VITORIA 50m: 31.82 31.82 100m: 1:04.93 33.11	08 Academico de Viseu	1:04.93	501
9. Daniel Valente, OLIVEIRA 50m: 31.26 31.26 100m: 1:05.04 33.78	03 Sporting Aveiro	1:05.04	499
10. Miguel Duarte, BATISTA 50m: 31.59 31.59 100m: 1:05.38 33.79	08 Academico de Viseu	1:05.38	491

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 37, Masc., 100m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
11. Dinis Vlasov, SOROKOVKIN 50m: 31.10 31.10 100m: 1:06.02 34.92	06 Sporting Aveiro	1:06.02	477
12. Francisco Fernandes, PEREIRA 50m: 32.77 32.77 100m: 1:07.01 34.24	08 Academica de Coimbra	1:07.01	456
13. Daniel, KUCHERYAVENKO 50m: 31.83 31.83 100m: 1:07.10 35.27	07 Galitos / Bresimar	1:07.10	454
14. Leonardo Jose, CRUZ 50m: 31.10 31.10 100m: 1:07.39 36.29	07 Alcobaca	1:07.39	448
15. Joao Diogo, NEVES 50m: 33.38 33.38 100m: 1:08.17 34.79	08 Sporting de Espinho	1:08.17	433
16. Eduardo Pinto, SANTOS 50m: 33.74 33.74 100m: 1:08.31 34.57	06 Feirense	1:08.31	431
17. Gabriel Moises, GUERRA 50m: 33.08 33.08 100m: 1:08.36 35.28	09 Oliveirense	1:08.36	430
18. Alexandre Ramos, GONCALVES 50m: 32.95 32.95 100m: 1:08.97 36.02	05 Sao Joao Ver	1:08.97	418
19. Tomas Rafael, PEREIRA 50m: 32.72 32.72 100m: 1:09.37 36.65	09 Nautico Academico	1:09.37	411
20. David, VOLKOV 50m: 32.27 32.27 100m: 1:10.79 38.52	07 Sporting Aveiro	1:10.79	387
21. Manuel Vicente, TAVEIRA 50m: 34.49 34.49 100m: 1:11.15 36.66	09 Campinho	1:11.15	381
22. Bernardo Nunes, DOMINGUEZ <i>FTL</i> 50m: 35.35 35.35 100m: 1:12.36 37.01	07 Bairro dos Anjos	1:12.36	362
23. David Ferrador, PEREIRA 50m: 34.99 34.99 100m: 1:12.62 37.63	09 Nucleo de Pombal	1:12.62	358
24. Xinyang, CHENG 50m: 35.03 35.03 100m: 1:13.08 38.05	09 Marinha Grande	1:13.08	352
25. Luis Pedro, VALERIO 50m: 36.02 36.02 100m: 1:14.22 38.20	09 Bairro dos Anjos	1:14.22	336
26. Joao Miguel, SANTOS <i>FTL</i> 50m: 31.36 31.36 100m: 1:16.69 45.33	09 Estarreja	1:16.69	304
27. Joao Tomas, FERNANDES <i>FTL</i> 50m: 37.70 37.70 100m: 1:18.32 40.62	08 O Crasto	1:18.32	285
DNS Pedro Guilherme, FERREIRA	00 Miranda do Corvo		
DNS Pedro Vidal, GUEDES	09 Gafanha da Encarnacao		
DNS Gustavo Carvalho, SILVA	04 Praia da Vitoria		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 37, Masc., 100m Costas

EXH	Andriy, FEDOROV	08	FC Ferreiras/AlgarExperience	1:05.01	500
	50m: 31.26 31.26	100m: 1:05.01	33.75		
EXH	Joao Miguel, ROCHA	09	Peso da Regua	1:08.38	429
	50m: 32.36 32.36	100m: 1:08.38	36.02		
EXH	Tiago Fonseca, GONÇALVES	08	Peso da Regua	1:08.61	425
	50m: 33.34 33.34	100m: 1:08.61	35.27		

Prova 38

Femin., 100m Costas

Abs
Resultados

17/03/2024 - 16:25

Rec Nacionais Open	1:00.66	Camila Rodrigues, REBELO	POR	Roma (ITA)	15/08/2022
Rec Nacionais Sen	1:00.66	Camila Rodrigues, REBELO	POR	Roma (ITA)	15/08/2022
Rec Nacionais Jun 17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20/08/2019
Rec Nacionais Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	05/04/2019
Rec Nacionais Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06/04/2012
Rec Nacionais Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06/04/2012
Rec Nacionais Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25/03/2011

TA SEN-FEM Sen: 1:18.49 / TA JUN-FEM Jun: 1:20.44 / TA JUVA-FEM Juv A: 1:22.40 / TA JUVB-FEM Juv B: 1:24.35

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts		
Juv B					
1.	Diana Isabel, ALVES	10	Pimpoes/Cimai	1:13.86	467
	50m: 36.72 36.72	100m: 1:13.86	37.14		
2.	Leonor Silva, JESUS	10	Galitos / Bresimar	1:14.48	456
	50m: 35.84 35.84	100m: 1:14.48	38.64		
3.	Mariana Bernardo, SILVESTRE	10	Nautico Academico	1:15.24	442
	50m: 37.09 37.09	100m: 1:15.24	38.15		
4.	Sara Marques, LIMA	10	CASPAE	1:15.25	442
	50m: 35.91 35.91	100m: 1:15.25	39.34		
5.	Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	1:15.76	433
	50m: 36.44 36.44	100m: 1:15.76	39.32		
6.	Adriana Resende, TRINDADE	10	Sporting de Espinho	1:15.87	431
	50m: 36.83 36.83	100m: 1:15.87	39.04		
7.	Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	1:16.61	419
	50m: 37.35 37.35	100m: 1:16.61	39.26		
8.	Luana Silva, VALENTE	10	Estarreja	1:18.19	394
	50m: 37.71 37.71	100m: 1:18.19	40.48		
9.	Leonor Fonseca, FERREIRA	10	Estarreja	1:18.41	390
	50m: 37.85 37.85	100m: 1:18.41	40.56		
10.	Raquel Domingues, RE	10	Sporting Aveiro	1:18.55	388
	50m: 37.37 37.37	100m: 1:18.55	41.18		
11.	Maria Carolina, ALVES	10	Bairro dos Anjos	1:19.16	379
	50m: 38.06 38.06	100m: 1:19.16	41.10		
12.	Elisa Henriques, SOUTO	10	Óbidos Criativa	1:19.63	373
	50m: 39.07 39.07	100m: 1:19.63	40.56		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas, Juv B

Lugar	Ano	Tempo final	Pts
13. Mariana Bagagem, CARVALHO 50m: 38.22 38.22 100m: 1:20.49	10	Miranda do Corvo 42.27	1:20.49 361
14. Mariana Pina, MACEDO 50m: 39.60 39.60 100m: 1:21.35	10	Estamos Juntos 41.75	1:21.35 350
15. Leonor Delgadinho, ROCHA 50m: 39.35 39.35 100m: 1:22.05	10	Sao Joao Ver 42.70	1:22.05 341
16. Laura Helena, AMORIM 50m: 40.80 40.80 100m: 1:23.62	10	Marinha Grande 42.82	1:23.62 322
17. Laura Samora, GONCALVES FTL 50m: 43.33 43.33 100m: 1:27.77	10	Bairro dos Anjos 44.44	1:27.77 278
DNS Matilde Filipa, AMADO	10	Marinha Grande	
DNS Madalena Gracio, PEDROSO	10	Marinha Grande	

Juv A

1. Beatriz Belo, CLARA 50m: 33.48 33.48 100m: 1:10.11	09	CNLeiria 36.63	1:10.11 546
2. Carolina Sofia, BAPTISTA 50m: 34.99 34.99 100m: 1:12.31	09	Estarreja 37.32	1:12.31 498
3. Alana Costa, MATIAS 50m: 34.80 34.80 100m: 1:12.34	09	União de Coimbra 37.54	1:12.34 497
4. Joana Almeida, SANTOS 50m: 35.40 35.40 100m: 1:12.39	09	Galitos / Bresimar 36.99	1:12.39 496
5. Marta Antunes, CASTRO 50m: 34.76 34.76 100m: 1:12.56	09	Sporting Aveiro 37.80	1:12.56 493
6. Caetana Amado, SANTOS 50m: 35.78 35.78 100m: 1:13.09	09	Miranda do Corvo 37.31	1:13.09 482
7. Leonor Mercês, CAVALEIRO 50m: 35.55 35.55 100m: 1:13.27	09	Columbófila Cantanhedense 37.72	1:13.27 479
8. Rita Calado, CRUZ 50m: 35.70 35.70 100m: 1:14.77	09	Nautico Academico 39.07	1:14.77 450
9. Francisca Pinto, OLIVEIRA 50m: 37.76 37.76 100m: 1:18.72	09	Galitos / Bresimar 40.96	1:18.72 386
10. Constanca Baptista, TOMAS 50m: 38.44 38.44 100m: 1:19.87	09	Alcobaca 41.43	1:19.87 369
11. Clara Sobreiro, RODRIGUES 50m: 40.10 40.10 100m: 1:22.35	09	Pimpoes/Cimai 42.25	1:22.35 337

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas

Jun

1.	Catarina Castro, CASALINHO	07	Estarreja	1:08.55	584
	50m: 33.14 33.14	100m: 1:08.55	35.41		
2.	Nuria Resende, SILVA	07	Oliveirense	1:10.38	540
	50m: 33.20 33.20	100m: 1:10.38	37.18		
3.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	1:11.19	522
	50m: 34.67 34.67	100m: 1:11.19	36.52		
4.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	1:11.27	520
	50m: 35.81 35.81	100m: 1:11.27	35.46		
5.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	1:11.28	520
	50m: 34.69 34.69	100m: 1:11.28	36.59		
6.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	1:11.99	505
	50m: 34.66 34.66	100m: 1:11.99	37.33		
7.	Erica Domitila, AMADOR	07	Estarreja	1:13.02	483
	50m: 34.53 34.53	100m: 1:13.02	38.49		
8.	Sara Oliveira, CONCEICAO	07	Feirense	1:14.13	462
	50m: 35.91 35.91	100m: 1:14.13	38.22		
9.	Lara Sofia, FONSECA	08	Academico de Viseu	1:14.69	452
	50m: 36.08 36.08	100m: 1:14.69	38.61		
10.	Ines Miranda, DIOGO	07	Nautico Academico	1:14.97	447
	50m: 36.12 36.12	100m: 1:14.97	38.85		
11.	Ana Jorge, GONCALVES	08	Estarreja	1:15.87	431
	50m: 36.93 36.93	100m: 1:15.87	38.94		
12.	Leonor Oliveira, TEIXEIRA	08	Estarreja	1:17.69	401
	50m: 36.65 36.65	100m: 1:17.69	41.04		
13.	Sofia Pereira, JORGE	08	Galitos / Bresimar	1:17.73	401
	50m: 37.16 37.16	100m: 1:17.73	40.57		
14.	Rita Oliveira, PIRES	08	Galitos / Bresimar	1:18.44	390
	50m: 38.15 38.15	100m: 1:18.44	40.29		
15.	Daniela Leao, PICADO	08	Gafanha da Encarnacao	1:18.63	387
	50m: 37.07 37.07	100m: 1:18.63	41.56		
16.	Diana Rita, FONSECA	08	Vieirense	1:21.03	354
	<i>FTL</i>				
	50m: 39.07 39.07	100m: 1:21.03	41.96		

Sen

1.	Joana Nunes, CARDEAL	02	Individual ANCP	1:08.08	597
	50m: 33.26 33.26	100m: 1:08.08	34.82		
2.	Helena Nunes, RODRIGUES	03	Condeixa Clube	1:09.06	572
	50m: 34.23 34.23	100m: 1:09.06	34.83		
3.	Ines Mira, PINO	06	Pimpoes/Cimai	1:11.37	518
	50m: 34.35 34.35	100m: 1:11.37	37.02		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas, Sen

Lugar	Ano	Tempo final	Pts
4. Lara Roque, COTRIM 50m: 32.76 32.76 100m: 1:12.33 39.57	03 Pimpoes/Cimai	1:12.33	497
5. Mariana Nunes, MARQUES 50m: 34.75 34.75 100m: 1:12.92 38.17	03 Estarreja	1:12.92	485
6. Miriam Mortagua, SOARES 50m: 35.15 35.15 100m: 1:13.02 37.87	06 Galitos / Bresimar	1:13.02	483
7. Ana Francisca, SILVA 50m: 35.54 35.54 100m: 1:13.63 38.09	06 Alcobaca	1:13.63	472
8. Leonor Marques, FERREIRA 50m: 35.72 35.72 100m: 1:15.24 39.52	03 Campinho	1:15.24	442
9. Joana Ventura, PAIS 50m: 36.59 36.59 100m: 1:15.28 38.69	06 Nautico Academico	1:15.28	441
10. Leonor Ferreira, SEQUEIRA 50m: 37.01 37.01 100m: 1:15.67 38.66	05 Gafanha da Encarnacao	1:15.67	434
11. Maria Miguel, VALENTE 50m: 37.35 37.35 100m: 1:16.09 38.74	06 Estarreja	1:16.09	427
12. Beatriz Luz, MARTINS <i>FTL</i> 50m: 38.76 38.76 100m: 1:19.87 41.11	06 Pimpoes/Cimai	1:19.87	369

Juv B/Abs

1. Joana Nunes, CARDEAL 50m: 33.26 33.26 100m: 1:08.08 34.82	02 Individual ANCNP	1:08.08	597
2. Catarina Castro, CASALINHO 50m: 33.14 33.14 100m: 1:08.55 35.41	07 Estarreja	1:08.55	584
3. Helena Nunes, RODRIGUES 50m: 34.23 34.23 100m: 1:09.06 34.83	03 Condeixa Clube	1:09.06	572
4. Beatriz Belo, CLARA 50m: 33.48 33.48 100m: 1:10.11 36.63	09 CNLeiria	1:10.11	546
5. Nuria Resende, SILVA 50m: 33.20 33.20 100m: 1:10.38 37.18	07 Oliveirense	1:10.38	540
6. Matilde Marques, MENDES 50m: 34.67 34.67 100m: 1:11.19 36.52	08 Gafanha da Encarnacao	1:11.19	522
7. Cristiana Sofia, DUARTE 50m: 35.81 35.81 100m: 1:11.27 35.46	07 Academica de Coimbra	1:11.27	520
8. Dania Rodrigues, SIMOES 50m: 34.69 34.69 100m: 1:11.28 36.59	07 Louzan Natacao/EFAPEL	1:11.28	520
9. Ines Mira, PINO 50m: 34.35 34.35 100m: 1:11.37 37.02	06 Pimpoes/Cimai	1:11.37	518
10. Madalena Almeida, FIGUEIRA 50m: 34.66 34.66 100m: 1:11.99 37.33	07 Academico de Viseu	1:11.99	505

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
11. Carolina Sofia, BAPTISTA 50m: 34.99 34.99 100m: 1:12.31	09 Estarreja	1:12.31	498
12. Lara Roque, COTRIM 50m: 32.76 32.76 100m: 1:12.33	03 Pimpoes/Cimai	1:12.33	497
13. Alana Costa, MATIAS 50m: 34.80 34.80 100m: 1:12.34	09 União de Coimbra	1:12.34	497
14. Joana Almeida, SANTOS 50m: 35.40 35.40 100m: 1:12.39	09 Galitos / Bresimar	1:12.39	496
15. Marta Antunes, CASTRO 50m: 34.76 34.76 100m: 1:12.56	09 Sporting Aveiro	1:12.56	493
16. Mariana Nunes, MARQUES 50m: 34.75 34.75 100m: 1:12.92	03 Estarreja	1:12.92	485
17. Miriam Mortagua, SOARES 50m: 35.15 35.15 100m: 1:13.02	06 Galitos / Bresimar	1:13.02	483
Erica Domitila, AMADOR 50m: 34.53 34.53 100m: 1:13.02	07 Estarreja	1:13.02	483
19. Caetana Amado, SANTOS 50m: 35.78 35.78 100m: 1:13.09	09 Miranda do Corvo	1:13.09	482
20. Leonor Mercês, CAVALEIRO 50m: 35.55 35.55 100m: 1:13.27	09 Columbofila Cantanhedense	1:13.27	479
21. Ana Francisca, SILVA 50m: 35.54 35.54 100m: 1:13.63	06 Alcobaca	1:13.63	472
22. Diana Isabel, ALVES 50m: 36.72 36.72 100m: 1:13.86	10 Pimpoes/Cimai	1:13.86	467
23. Sara Oliveira, CONCEICAO 50m: 35.91 35.91 100m: 1:14.13	07 Feirense	1:14.13	462
24. Leonor Silva, JESUS 50m: 35.84 35.84 100m: 1:14.48	10 Galitos / Bresimar	1:14.48	456
25. Lara Sofia, FONSECA 50m: 36.08 36.08 100m: 1:14.69	08 Academico de Viseu	1:14.69	452
26. Rita Calado, CRUZ 50m: 35.70 35.70 100m: 1:14.77	09 Nautico Academico	1:14.77	450
27. Ines Miranda, DIOGO 50m: 36.12 36.12 100m: 1:14.97	07 Nautico Academico	1:14.97	447
28. Leonor Marques, FERREIRA 50m: 35.72 35.72 100m: 1:15.24	03 Campinho	1:15.24	442
Mariana Bernardo, SILVESTRE 50m: 37.09 37.09 100m: 1:15.24	10 Nautico Academico	1:15.24	442
30. Sara Marques, LIMA 50m: 35.91 35.91 100m: 1:15.25	10 CASPAE	1:15.25	442
31. Joana Ventura, PAIS 50m: 36.59 36.59 100m: 1:15.28	06 Nautico Academico	1:15.28	441

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
32. Leonor Ferreira, SEQUEIRA 50m: 37.01 37.01 100m: 1:15.67 38.66	05 Gafanha da Encarnacao	1:15.67	434
33. Sofia Rodrigues, VASCONCELOS 50m: 36.44 36.44 100m: 1:15.76 39.32	10 Galitos / Bresimar	1:15.76	433
34. Adriana Resende, TRINDADE 50m: 36.83 36.83 100m: 1:15.87 39.04	10 Sporting de Espinho	1:15.87	431
Ana Jorge, GONCALVES 50m: 36.93 36.93 100m: 1:15.87 38.94	08 Estarreja	1:15.87	431
36. Maria Miguel, VALENTE 50m: 37.35 37.35 100m: 1:16.09 38.74	06 Estarreja	1:16.09	427
37. Beatriz Ribeiro, MOREIRA 50m: 37.35 37.35 100m: 1:16.61 39.26	10 Sporting de Espinho	1:16.61	419
38. Leonor Oliveira, TEIXEIRA 50m: 36.65 36.65 100m: 1:17.69 41.04	08 Estarreja	1:17.69	401
39. Sofia Pereira, JORGE 50m: 37.16 37.16 100m: 1:17.73 40.57	08 Galitos / Bresimar	1:17.73	401
40. Luana Silva, VALENTE 50m: 37.71 37.71 100m: 1:18.19 40.48	10 Estarreja	1:18.19	394
41. Leonor Fonseca, FERREIRA 50m: 37.85 37.85 100m: 1:18.41 40.56	10 Estarreja	1:18.41	390
42. Rita Oliveira, PIRES 50m: 38.15 38.15 100m: 1:18.44 40.29	08 Galitos / Bresimar	1:18.44	390
43. Raquel Domingues, RE 50m: 37.37 37.37 100m: 1:18.55 41.18	10 Sporting Aveiro	1:18.55	388
44. Daniela Leao, PICADO 50m: 37.07 37.07 100m: 1:18.63 41.56	08 Gafanha da Encarnacao	1:18.63	387
45. Francisca Pinto, OLIVEIRA 50m: 37.76 37.76 100m: 1:18.72 40.96	09 Galitos / Bresimar	1:18.72	386
46. Maria Carolina, ALVES 50m: 38.06 38.06 100m: 1:19.16 41.10	10 Bairro dos Anjos	1:19.16	379
47. Elisa Henriques, SOUTO 50m: 39.07 39.07 100m: 1:19.63 40.56	10 Óbidos Criativa	1:19.63	373
48. Beatriz Luz, MARTINS FTL 50m: 38.76 38.76 100m: 1:19.87 41.11	06 Pimpoes/Cimai	1:19.87	369
Constanca Baptista, TOMAS 50m: 38.44 38.44 100m: 1:19.87 41.43	09 Alcobaca	1:19.87	369
50. Mariana Bagagem, CARVALHO 50m: 38.22 38.22 100m: 1:20.49 42.27	10 Miranda do Corvo	1:20.49	361
51. Diana Rita, FONSECA FTL 50m: 39.07 39.07 100m: 1:21.03 41.96	08 Viegrense	1:21.03	354

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 38, Femin., 100m Costas, Juv B/Abs

Lugar	Ano	Tempo final	Pts
52. Mariana Pina, MACEDO 50m: 39.60 39.60 100m: 1:21.35 41.75	10 Estamos Juntos	1:21.35	350
53. Leonor Delgadinho, ROCHA 50m: 39.35 39.35 100m: 1:22.05 42.70	10 Sao Joao Ver	1:22.05	341
54. Clara Sobreiro, RODRIGUES 50m: 40.10 40.10 100m: 1:22.35 42.25	09 Pimpoes/Cimai	1:22.35	337
55. Laura Helena, AMORIM 50m: 40.80 40.80 100m: 1:23.62 42.82	10 Marinha Grande	1:23.62	322
56. Laura Samora, GONCALVES FTL 50m: 43.33 43.33 100m: 1:27.77 44.44	10 Bairro dos Anjos	1:27.77	278
DNS Matilde Filipa, AMADO	10 Marinha Grande		
DNS Madalena Gracio, PEDROSO	10 Marinha Grande		
EXH Carlota Costa, BOLEIXA 50m: 33.72 33.72 100m: 1:09.25 35.53	08 Louletano / Loule Concelho	1:09.25	567

Prova 39
17/03/2024 - 16:50

Masc., 50m Mariposa

14 anos e mais velhos
Resultados

Rec Nacionais Open	22.80	Diogo Matos, RIBEIRO	POR	Fukuoka (JPN)	24/07/2023
Rec Nacionais Sen	22.80	Diogo Matos, RIBEIRO	POR	Fukuoka (JPN)	24/07/2023
Rec Nacionais Jun 18	22.96	Diogo Matos, RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nacionais Jun 17	24.09	Diogo Matos, RIBEIRO	POR	Rome (ITA)	07/07/2021
Rec Nacionais Juv A	25.63	tempo limite,			
Rec Nacionais Juv B	25.84	Duarte Santos, FERREIRA	FCP	Coimbra	28/07/2023
Rec Nacionais Inf A	27.35	tempo limite,			

TA SEN-MASC Sen: 29.43 / TA JUN-MASC Jun: 30.32 / TA JUVA-MASC Juv A: 31.19 / TA JUVB-MASC Juv B: 31.92

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	26.69	580
2. Henrique Martins, JOAQUIM	09 CNLeiria	27.81	513
3. Martim Alexandre, MESQUITA	09 Marinha Grande	28.27	488
4. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	28.30	487
5. Filipe Saldanha, COSTA	09 O Crasto	28.80	462
6. Guilherme Meireles, MARRAZES	09 Marinha Grande	29.16	445
7. Santiago Marques, GOMES	09 Bairro dos Anjos	29.66	423
8. Guilherme Neves, MARTINS	09 Sporting de Espinho	30.13	403
9. Joao Miguel, SANTOS	09 Estarreja	30.33	395
10. Jose Pedro, COSTA	09 Nautico Academico	30.74	380
11. Pedro Blanc, CAPINHA	09 Óbidos Criativa	31.13	366
12. Pedro Fonseca, OLIVEIRA	09 Marinha Grande	31.26	361

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 39, Masc., 50m Mariposa

Juv A

1.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai	27.57	527
2.	Rodrigo Silva, MEIRELES	08	Sporting Aveiro	27.78	515
3.	Joao Coelho, CASTRO	08	Sporting de Espinho	27.85	511
4.	Martim Nobre, PASCOAL	08	Columbofila Cantanhedense	27.87	510
5.	Francisco Pereira, SANTOS	08	Sporting de Espinho	28.11	497
6.	Vicente Sa, VALE	08	Galitos / Bresimar	28.43	480
7.	Tomas Moreira, ASSUNCAO	08	Feirense	29.21	443
8.	Nuno Rodrigo, MACEDO	08	Estamos Juntos	29.73	420
9.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	29.86	414
10.	Miguel Pinho, ALMEIDA	08	Oliveirense	31.65	348
	FTL				

Jun

1.	Joao Moura, FRANCISCO	07	CNLeiria	26.37	602
2.	Tiago Lopes, BRANDAO	07	Sporting Aveiro	26.46	596
3.	Afonso Vidal, TOMAS	06	Louzan Natacao/EFAPEL	26.50	593
4.	Afonso Dinis, ROQUE	07	CNLeiria	26.81	573
5.	Luca Valentino, TONA	06	Pimpoes/Cimai	26.89	568
6.	Guilherme Romeira, PINTO	07	Sporting de Espinho	27.05	558
7.	Gil Santos, LEMOS	06	Pimpoes/Cimai	27.18	550
8.	Romulo Neves, PINTO	06	Sao Joao Ver	27.35	539
9.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	27.40	536
10.	Duarte Jose, FERNANDES	06	União de Coimbra	27.45	533
11.	Edgar Tavares, MENDES	06	Academica de Coimbra	27.94	506
12.	Jose Miguel, MARQUES	06	Condeixa Clube	28.30	487
13.	Tomas Maia, LOMBA	07	Feirense	29.50	430
14.	Rodrigo Silva, FARIA	07	Feirense	29.62	425
15.	Edgar Francisco, SIMOES	06	Vieirense	29.69	422
16.	Alexandre Silva, RESENDE	07	Feirense	29.70	421
17.	Rafael, SANTOS	06	Uniao Juncalense	29.99	409
18.	Martim Nuno, LAVAJO	07	Academico de Viseu	30.00	409
DNS	Guilherme Jose, ROCHA	07	Sporting de Espinho		
DNS	Ricardo Lima, CAMPOS	06	Sanjoanense		

Sen

1.	Rodrigo Miguel, REIS	04	Nautico Academico	26.15	617
2.	Gustavo Pires, MARQUES	04	União de Coimbra	26.63	584
3.	Hugo Filipe, CAROLA	01	Galitos / Bresimar	26.79	574
4.	Tomas Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	27.00	561
	David Ferreira, RELVAS	03	Marinha Grande	27.00	561
6.	Tiago Diniz, LIMA	04	Estarreja	27.01	560
7.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	27.28	544
8.	Dinis Miranda, DIOGO	04	Nautico Academico	27.78	515
9.	Tiago Vidal, GUEDES	05	Gafanha da Encarnacao	27.80	514
10.	Ricardo Gabriel, OLIVEIRA	04	Estarreja	27.83	512
11.	Vasco Almeida, RIBEIRO	05	Sao Joao Ver	27.85	511

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 39, Masc., 50m Mariposa, Sen

Lugar	Ano	Tempo final	Pts
12. Nuno Gabriel, SILVA	05 Campinho	28.28	488
13. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	28.29	487
DNS Guilherme Gomes, SILVA	05 Estamos Juntos		

Juv B/Abs

1. Rodrigo Miguel, REIS	04 Nautico Academico	26.15	617
2. Joao Moura, FRANCISCO	07 CNLeiria	26.37	602
3. Tiago Lopes, BRANDAO	07 Sporting Aveiro	26.46	596
4. Afonso Vidal, TOMAS	06 Louzan Natacao/EFAPEL	26.50	593
5. Gustavo Pires, MARQUES	04 União de Coimbra	26.63	584
6. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	26.69	580
7. Hugo Filipe, CAROLA	01 Galitos / Bresimar	26.79	574
8. Afonso Dinis, ROQUE	07 CNLeiria	26.81	573
9. Luca Valentino, TONA	06 Pimpoes/Cimai	26.89	568
10. Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	27.00	561
David Ferreira, RELVAS	03 Marinha Grande	27.00	561
12. Tiago Diniz, LIMA	04 Estarreja	27.01	560
13. Guilherme Romeira, PINTO	07 Sporting de Espinho	27.05	558
14. Gil Santos, LEMOS	06 Pimpoes/Cimai	27.18	550
15. Miguel Freitas, OVIEDO	02 Academica de Coimbra	27.28	544
16. Romulo Neves, PINTO	06 Sao Joao Ver	27.35	539
17. Henrique Ferreira, MARTINS	06 Algés e Águeda XXI	27.40	536
18. Duarte Jose, FERNANDES	06 União de Coimbra	27.45	533
19. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	27.57	527
20. Rodrigo Silva, MEIRELES	08 Sporting Aveiro	27.78	515
Dinis Miranda, DIOGO	04 Nautico Academico	27.78	515
22. Tiago Vidal, GUEDES	05 Gafanha da Encarnacao	27.80	514
23. Henrique Martins, JOAQUIM	09 CNLeiria	27.81	513
24. Ricardo Gabriel, OLIVEIRA	04 Estarreja	27.83	512
25. Joao Coelho, CASTRO	08 Sporting de Espinho	27.85	511
Vasco Almeida, RIBEIRO	05 Sao Joao Ver	27.85	511
27. Martim Nobre, PASCOAL	08 Columbofila Cantanhedense	27.87	510
28. Edgar Tavares, MENDES	06 Academica de Coimbra	27.94	506
29. Francisco Pereira, SANTOS	08 Sporting de Espinho	28.11	497
30. Martim Alexandre, MESQUITA	09 Marinha Grande	28.27	488
31. Nuno Gabriel, SILVA	05 Campinho	28.28	488
32. Daniel Valente, OLIVEIRA	03 Sporting Aveiro	28.29	487
33. Jose Miguel, MARQUES	06 Condeixa Clube	28.30	487
Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	28.30	487
35. Vicente Sa, VALE	08 Galitos / Bresimar	28.43	480
36. Filipe Saldanha, COSTA	09 O Crasto	28.80	462
37. Guilherme Meireles, MARRAZES	09 Marinha Grande	29.16	445
38. Tomas Moreira, ASSUNCAO	08 Feirense	29.21	443
39. Tomas Maia, LOMBA	07 Feirense	29.50	430
40. Rodrigo Silva, FARIA	07 Feirense	29.62	425
41. Santiago Marques, GOMES	09 Bairro dos Anjos	29.66	423
42. Edgar Francisco, SIMOES	06 Vieiraense	29.69	422

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 39, Masc., 50m Mariposa, Juv B/Abs

Lugar	Ano		Tempo final	Pts
43.	07	Alexandre Silva, RESENDE Feirense	29.70	421
44.	08	Nuno Rodrigo, MACEDO Estamos Juntos	29.73	420
45.	08	Rodrigo Santos, COUTINHO Pimpoes/Cimai	29.86	414
46.	06	Rafael, SANTOS Uniao Juncalense	29.99	409
47.	07	Martim Nuno, LAVAJO Academico de Viseu	30.00	409
48.	09	Guilherme Neves, MARTINS Sporting de Espinho	30.13	403
49.	09	Joao Miguel, SANTOS Estarreja	30.33	395
50.	09	Jose Pedro, COSTA Nautico Academico	30.74	380
51.	09	Pedro Blanc, CAPINHA Óbidos Criativa	31.13	366
52.	09	Pedro Fonseca, OLIVEIRA Marinha Grande	31.26	361
53.	08	Miguel Pinho, ALMEIDA Oliveirense	31.65	348
<i>FTL</i>				
DNS	07	Guilherme Jose, ROCHA Sporting de Espinho		
DNS	05	Guilherme Gomes, SILVA Estamos Juntos		
DNS	06	Ricardo Lima, CAMPOS Sanjoanense		
EXH	00	Miguel Henriques, MARQUES Benfica	24.90	715
EXH	06	Daniel Batista, TAVARES Braga	25.66	653
EXH	07	Alexandre, MORARI Rio Maior	26.89	568
EXH	03	Hugo Fonseca, GONÇALVES Peso da Regua	27.14	552
EXH	07	Rodrigo Martins, CHOCAS Sporting	27.23	547

Prova 40

Femin., 50m Mariposa

Abs

17/03/2024 - 17:00

Abs Resultados

Rec Nacionais Open	26.58	Ana Margarida, GUEDES	GCVR	Porto	06/06/2021
Rec Nacionais Sen	26.58	Ana Margarida, GUEDES	GCVR	Porto	06/06/2021
Rec Nacionais Jun 17	27.10	Mariana Pacheco, CUNHA	POR	Rome (ITA)	09/07/2021
Rec Nacionais Jun 16	27.99	Carilina Miranda, FERNANDES	POR	Rome (ITA)	09/07/2021
Rec Nacionais Juv A	27.98	tempo limite,			
Rec Nacionais Juv B	28.51	tempo limite,			

TA SEN-FEM Sen: 33.92 / TA JUN-FEM Jun: 34.76 / TA JUVA-FEM Juv A: 35.62 / TA JUVB-FEM Juv B: 36.46

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts
Juv B				
1.	10	Camila Duarte, MARCELO Condeixa Clube	31.36	472
2.	10	Maria Neto, SIMOES Condeixa Clube	32.03	443
3.	10	Maria Ines, RODRIGUES Condeixa Clube	33.81	377
4.	10	Matilde Santos, VIEIRA Marinha Grande	33.89	374
5.	10	Leonor Fonseca, FERREIRA Estarreja	34.04	369
6.	10	Mariana Dias, PEREIRA Algés e Águeda XXI	35.00	340
7.	10	Sofia Daniela, FERREIRA União de Coimbra	35.18	334
8.	10	Leonor Sobreiro, ALMEIDA CASPAE	35.21	334
9.	10	Isabella Scavone, LOPES Miranda do Corvo	35.33	330
10.	10	Maria Miguel, MADEIRA Estamos Juntos	37.06	286
<i>FTL</i>				

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 40, Femin., 50m Mariposa

Juv A

1.	Beatriz Belo, CLARA	09	CNLeiria	31.03	488
2.	Carolina Sofia, BAPTISTA	09	Estarreja	32.18	437
3.	Mariana Sousa, MARQUES	09	Alcobaca	33.33	393
4.	Ana Margarida, MARQUES	09	Bairro dos Anjos	33.79	377
5.	Anastacia, PROTOLYUK	09	Columbofila Cantanhedense	33.83	376
6.	Carolina Mortagua, MELO	09	Estarreja	34.87	343
7.	Anjali, RAICAR	09	Naval de Peniche	34.89	343
DNS	Maria Clara, PERES	09	SHARKS - ADSC		

Jun

1.	Carolina Vizinho, CABRAL	07	Vagos	29.81	550
2.	Leonor Mil, MANO	07	Nautico Academico	29.92	544
3.	Carolina Martins, SILVA	07	Estarreja	30.15	531
4.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL	30.74	501
5.	Lara Pinho, SILVA	07	Feirense	30.77	500
6.	Carolina Mendes, NUNES	08	Estarreja	30.81	498
7.	Nuria Soares, SILVA	07	Sao Joao Ver	31.22	479
8.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar	31.38	471
9.	Noa Pinho, NUNES	07	Sporting Aveiro	31.85	451
10.	Mafalda Costa, BASTOS	07	Sanjoanense	32.56	422
11.	Catarina Castro, CASALINHO	07	Estarreja	32.71	416
12.	Beatriz Azevedo, PEREIRA	07	Sao Joao Ver	32.78	413
13.	Laura Gomes, SILVA	08	Estamos Juntos	32.79	413
14.	Leonor Vendima, COELHO	07	CNLeiria	32.83	412
15.	Mafalda Rodrigues, CARDOSO	07	Sao Joao Ver	33.10	402
16.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	33.84	376
DNS	Maria Ines, SILVA	08	Gafanha da Encarnacao		

Sen

1.	Carolina Miranda, FERNANDES	05	Galitos / Bresimar	28.58	624
2.	Beatriz Costa, TEJO	02	Academica de Coimbra	28.83	608
3.	Beatriz Rocha, SANTOS	02	Campinho	30.16	531
4.	Matilde Fonseca, OLIVEIRA	06	Louzan Natacao/EFAPEL	30.23	527
	Giovanna Vaz, VARGAS	00	Marinha Grande	30.23	527
6.	Maria Joao, RIBEIRO	05	Sao Joao Ver	30.65	506
7.	Joana Francisca, RODRIGUES	04	Condeixa Clube	30.88	495
8.	Ines Mira, PINO	06	Pimpoes/Cimai	30.92	493
9.	Lara Rodrigues, VASCONCELOS	05	Galitos / Bresimar	30.94	492
10.	Ana Carolina, MONTEIRO	04	União de Coimbra	30.95	491
11.	Barbara Nunes, MARQUES	06	Estarreja	30.98	490
12.	Bruna Andreia, SIMOES	01	Vieirense	31.38	471
13.	Bruna Cruz, CARVALHO	03	Louzan Natacao/EFAPEL	31.47	467
	Joana Rosa, FERREIRA	05	CNLeiria	31.47	467
15.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	31.58	462
16.	Matilde Ribeiro, CORREIA	04	Oliveirense	31.92	448
17.	Joana Filipa, VARELA	06	Nautico Academico	31.94	447

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 40, Femin., 50m Mariposa, Sen

Lugar	Ano		Tempo final	Pts
18.	03	Mariana Nunes, MARQUES Estarreja	32.19	437
19.	06	Leonor Caetano, MOREIRA Vieirense	32.20	436
20.	04	Valentina Saad, BARBOSA Academica de Coimbra	32.51	424
21.	06	Eduarda Oliveira, CARDOSO Estamos Juntos	33.13	400
22.	06	Dalila Leal, BERNARDINO Nucleo de Pombal	33.50	387
23.	06	Maria Miguel, VALENTE Estarreja	33.57	385
24.	06	Cristina Moreira, GONCALVES Sao Joao Ver	33.72	380
25.	06	Francisca Gomes, SILVA Sporting de Espinho	33.84	376
26.	06	Carolina Soares, ARAUJO SHARKS - ADSC	34.35	359
<i>FTL</i>				
DNS	05	Ines Silva, DIAS Estarreja		

Juv B/Abs

1.	05	Carolina Miranda, FERNANDES Galitos / Bresimar	28.58	624
2.	02	Beatriz Costa, TEJO Academica de Coimbra	28.83	608
3.	07	Carolina Vizinho, CABRAL Vagos	29.81	550
4.	07	Leonor Mil, MANO Nautico Academico	29.92	544
5.	07	Carolina Martins, SILVA Estarreja	30.15	531
6.	02	Beatriz Rocha, SANTOS Campinho	30.16	531
7.	06	Matilde Fonseca, OLIVEIRA Louzan Natacao/EFAPEL	30.23	527
	00	Giovanna Vaz, VARGAS Marinha Grande	30.23	527
9.	05	Maria Joao, RIBEIRO Sao Joao Ver	30.65	506
10.	07	Angela Rodrigues, REBELO Louzan Natacao/EFAPEL	30.74	501
11.	07	Lara Pinho, SILVA Feirense	30.77	500
12.	08	Carolina Mendes, NUNES Estarreja	30.81	498
13.	04	Joana Francisca, RODRIGUES Condeixa Clube	30.88	495
14.	06	Ines Mira, PINO Pimpoes/Cimai	30.92	493
15.	05	Lara Rodrigues, VASCONCELOS Galitos / Bresimar	30.94	492
16.	04	Ana Carolina, MONTEIRO União de Coimbra	30.95	491
17.	06	Barbara Nunes, MARQUES Estarreja	30.98	490
18.	09	Beatriz Belo, CLARA CNLeiria	31.03	488
19.	07	Nuria Soares, SILVA Sao Joao Ver	31.22	479
20.	10	Camila Duarte, MARCELO Condeixa Clube	31.36	472
21.	01	Bruna Andreia, SIMOES Vieirense	31.38	471
	08	Maria Saraiva, PAIXAO Galitos / Bresimar	31.38	471
23.	03	Bruna Cruz, CARVALHO Louzan Natacao/EFAPEL	31.47	467
	05	Joana Rosa, FERREIRA CNLeiria	31.47	467
25.	05	Sara Calisto, PIMENTEL Gafanha da Encarnacao	31.58	462
26.	07	Noa Pinho, NUNES Sporting Aveiro	31.85	451
27.	04	Matilde Ribeiro, CORREIA Oliveirense	31.92	448
28.	06	Joana Filipa, VARELA Nautico Academico	31.94	447
29.	10	Maria Neto, SIMOES Condeixa Clube	32.03	443
30.	09	Carolina Sofia, BAPTISTA Estarreja	32.18	437
31.	03	Mariana Nunes, MARQUES Estarreja	32.19	437
32.	06	Leonor Caetano, MOREIRA Vieirense	32.20	436
33.	04	Valentina Saad, BARBOSA Academica de Coimbra	32.51	424
34.	07	Mafalda Costa, BASTOS Sanjoanense	32.56	422

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 40, Femin., 50m Mariposa, Juv B/Abs

Lugar	Ano	Tempo final	Pts
35. Catarina Castro, CASALINHO	07 Estarreja	32.71	416
36. Beatriz Azevedo, PEREIRA	07 Sao Joao Ver	32.78	413
37. Laura Gomes, SILVA	08 Estamos Juntos	32.79	413
38. Leonor Vendima, COELHO	07 CNLeiria	32.83	412
39. Mafalda Rodrigues, CARDOSO	07 Sao Joao Ver	33.10	402
40. Eduarda Oliveira, CARDOSO	06 Estamos Juntos	33.13	400
41. Mariana Sousa, MARQUES	09 Alcobaca	33.33	393
42. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	33.50	387
43. Maria Miguel, VALENTE	06 Estarreja	33.57	385
44. Cristina Moreira, GONCALVES	06 Sao Joao Ver	33.72	380
45. Ana Margarida, MARQUES	09 Bairro dos Anjos	33.79	377
46. Maria Ines, RODRIGUES	10 Condeixa Clube	33.81	377
47. Anastacia, PROTOLYUK	09 Columbofila Cantanhedense	33.83	376
48. Francisca Gomes, SILVA	06 Sporting de Espinho	33.84	376
Ana Beatriz, CAMPOS	08 Academica de Coimbra	33.84	376
50. Matilde Santos, VIEIRA	10 Marinha Grande	33.89	374
51. Leonor Fonseca, FERREIRA	10 Estarreja	34.04	369
52. Carolina Soares, ARAUJO FTL	06 SHARKS - ADSC	34.35	359
53. Carolina Mortagua, MELO	09 Estarreja	34.87	343
54. Anjali, RAICAR	09 Naval de Peniche	34.89	343
55. Mariana Dias, PEREIRA	10 Algés e Águeda XXI	35.00	340
56. Sofia Daniela, FERREIRA	10 União de Coimbra	35.18	334
57. Leonor Sobreiro, ALMEIDA	10 CASPAE	35.21	334
58. Isabella Scavone, LOPES	10 Miranda do Corvo	35.33	330
59. Maria Miguel, MADEIRA FTL	10 Estamos Juntos	37.06	286
DNS Maria Clara, PERES	09 SHARKS - ADSC		
DNS Maria Ines, SILVA	08 Gafanha da Encarnacao		
DNS Ines Silva, DIAS	05 Estarreja		
EXH Maria Silva, PEREIRA	08 Ginasio Vila Real	29.23	583
EXH Vitoria Cortinhas, PINTO	10 Peso da Regua	35.40	328

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41 Masc., 400m Livres 14 anos e mais velhos
17/03/2024 - 17:15 Resultados

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

TA SEN-MASC Sen: 4:48.19 / TA JUN-MASC Jun: 4:56.79 / TA JUVA-MASC Juv A: 5:05.39 / TA JUVB-MASC Juv B: 5:12.56

Pontos: FINA 2024

Lugar			Ano			Tempo final			Pts
Juv B									
1.	Tomas Pascoal, FERREIRA		09	Bairro dos Anjos		4:23.02			585
	50m:	29.53 29.53	150m:	1:36.30 34.00	250m:	2:44.75 34.20	350m:	3:53.45 34.28	
	100m:	1:02.30 32.77	200m:	2:10.55 34.25	300m:	3:19.17 34.42	400m:	4:23.02 29.57	
2.	Paulo, KOT		09	Marinha Grande		4:26.01			566
	50m:	30.15 30.15	150m:	1:36.92 33.48	250m:	2:45.14 33.86	350m:	3:54.21 34.01	
	100m:	1:03.44 33.29	200m:	2:11.28 34.36	300m:	3:20.20 35.06	400m:	4:26.01 31.80	
3.	Goncalo Malha, NETO		09	Galitos / Bresimar		4:34.88			513
	50m:	30.35 30.35	150m:	1:40.58 35.43	250m:	2:51.77 35.09	350m:	4:02.22 34.95	
	100m:	1:05.15 34.80	200m:	2:16.68 36.10	300m:	3:27.27 35.50	400m:	4:34.88 32.66	
4.	Alexandre, SHUBIN		09	Campinho		4:39.38			488
	50m:	30.83 30.83	150m:	1:40.25 35.35	250m:	2:52.34 36.38	350m:	4:05.17 35.98	
	100m:	1:04.90 34.07	200m:	2:15.96 35.71	300m:	3:29.19 36.85	400m:	4:39.38 34.21	
5.	Tiago Joaquim, SILVA		09	Galitos / Bresimar		4:39.80			486
	50m:	30.67 30.67	150m:	1:40.85 35.46	250m:	2:52.88 36.02	350m:	4:04.47 35.25	
	100m:	1:05.39 34.72	200m:	2:16.86 36.01	300m:	3:29.22 36.34	400m:	4:39.80 35.33	
6.	David Ferrador, PEREIRA		09	Nucleo de Pombal		4:49.99			437
	50m:	31.71 31.71	150m:	1:46.13 37.94	250m:	3:01.06 37.61	350m:	4:15.60 37.06	
	100m:	1:08.19 36.48	200m:	2:23.45 37.32	300m:	3:38.54 37.48	400m:	4:49.99 34.39	
7.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense		4:52.80			424
	50m:	32.23 32.23	150m:	1:46.33 37.78	250m:	3:01.61 37.71	350m:	4:17.37 36.93	
	100m:	1:08.55 36.32	200m:	2:23.90 37.57	300m:	3:40.44 38.83	400m:	4:52.80 35.43	
8.	Santiago Jose, PACHECO		09	Alcobaca		4:54.17			418
	50m:	32.37 32.37	150m:	1:47.03 38.58	250m:	3:03.00 38.07	350m:	4:18.92 37.75	
	100m:	1:08.45 36.08	200m:	2:24.93 37.90	300m:	3:41.17 38.17	400m:	4:54.17 35.25	
9.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense		5:01.22			389
	50m:	32.57 32.57	150m:	1:46.41 37.16	250m:	3:03.37 38.70	350m:	4:22.47 39.50	
	100m:	1:09.25 36.68	200m:	2:24.67 38.26	300m:	3:42.97 39.60	400m:	5:01.22 38.75	
10.	Joao Nuno, GASPAR		09	Condeixa Clube		5:06.14			371
	50m:	26.64 26.64	150m:	1:52.39 42.72	250m:	3:13.23 39.46	350m:	4:31.88 38.60	
	100m:	1:09.67 43.03	200m:	2:33.77 41.38	300m:	3:53.28 40.05	400m:	5:06.14 34.26	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41, Masc., 400m Livres

Juv A

1.	Guilherme Simoes, SOUSA	08	Nautico Academico	4:28.54	550
	50m: 30.19 30.19	150m: 1:37.56	34.07	250m: 2:47.03	34.85
	100m: 1:03.49 33.30	200m: 2:12.18	34.62	300m: 3:21.64	34.61
				350m: 3:55.78	34.14
				400m: 4:28.54	32.76
2.	Paulo Jorge, OLIVEIRA	08	Estarreja	4:29.38	545
	50m: 29.83 29.83	150m: 1:37.36	34.17	250m: 2:45.60	34.00
	100m: 1:03.19 33.36	200m: 2:11.60	34.24	300m: 3:20.36	34.76
				350m: 3:55.46	35.10
				400m: 4:29.38	33.92
3.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	4:29.84	542
	50m: 29.53 29.53	150m: 1:37.83	34.23	250m: 2:47.78	34.46
	100m: 1:03.60 34.07	200m: 2:13.32	35.49	300m: 3:23.09	35.31
				350m: 3:57.44	34.35
				400m: 4:29.84	32.40
4.	Salvador Correia, PEREIRA	08	Condeixa Clube	4:32.49	526
	50m: 31.23 31.23	150m: 1:40.26	35.08	250m: 2:49.92	34.48
	100m: 1:05.18 33.95	200m: 2:15.44	35.18	300m: 3:24.69	34.77
				350m: 3:59.58	34.89
				400m: 4:32.49	32.91
5.	Santiago Boica, SOUSA	08	Vieirense	4:33.70	519
	50m: 29.45 29.45	150m: 1:38.64	35.30	250m: 2:49.69	35.54
	100m: 1:03.34 33.89	200m: 2:14.15	35.51	300m: 3:25.76	36.07
				350m: 4:00.69	34.93
				400m: 4:33.70	33.01
6.	Tiago Santos, POMBO	08	Alcobaca	4:34.12	517
	50m: 30.35 30.35	150m: 1:40.75	35.74	250m: 2:51.30	35.11
	100m: 1:05.01 34.66	200m: 2:16.19	35.44	300m: 3:26.31	35.01
				350m: 4:01.70	35.39
				400m: 4:34.12	32.42
7.	Bernardo Reis, FERREIRA	08	Galitos / Bresimar	4:37.07	501
	50m: 30.87 30.87	150m: 1:38.80	34.40	250m: 2:48.79	34.61
	100m: 1:04.40 33.53	200m: 2:14.18	35.38	300m: 3:25.64	36.85
				350m: 4:01.28	35.64
				400m: 4:37.07	35.79
8.	Samuel Dinis, MAIA	08	Miranda do Corvo	4:47.48	448
	50m: 31.05 31.05	150m: 1:42.49	36.48	250m: 2:57.19	37.13
	100m: 1:06.01 34.96	200m: 2:20.06	37.57	300m: 3:34.75	37.56
				350m: 4:11.48	36.73
				400m: 4:47.48	36.00
9.	Guilherme Martins, SILVA	08	Academico de Viseu	4:53.44	421
	50m: 29.13 29.13	150m: 1:34.64	34.11	250m: 2:58.16	48.40
	100m: 1:00.53 31.40	200m: 2:09.76	35.12	300m: 3:36.77	38.61
				350m: 4:16.05	39.28
				400m: 4:53.44	37.39
10.	Vicente Ferreira, OLIVEIRA	08	Estamos Juntos	4:55.26	414
	50m: 32.71 32.71	150m: 1:48.44	39.04	250m: 3:05.05	37.47
	100m: 1:09.40 36.69	200m: 2:27.58	39.14	300m: 3:43.30	38.25
				350m: 4:19.77	36.47
				400m: 4:55.26	35.49
11.	Joao Tomas, FERNANDES	08	O Crasto	5:29.02	299
	<i>FTL</i>				
	50m: 35.53 35.53	150m: 1:58.54	42.44	250m: 3:22.85	42.07
	100m: 1:16.10 40.57	200m: 2:40.78	42.24	300m: 4:05.33	42.48
				350m: 4:47.81	42.48
				400m: 5:29.02	41.21
DSQ	Manuel Martins, OLIVEIRA	08	Sporting de Espinho		
	<i>SW 10.2 - O/A atleta não completou o percurso.</i>				

Jun

1.	Duarte Ramos, NUNES	07	Galitos / Bresimar	4:24.55	575
	50m: 29.09 29.09	150m: 1:34.33	32.99	250m: 2:41.92	33.98
	100m: 1:01.34 32.25	200m: 2:07.94	33.61	300m: 3:16.25	34.33
				350m: 3:51.08	34.83
				400m: 4:24.55	33.47
2.	Joao Ferreira, MARQUES	06	Academica de Coimbra	4:25.87	567
	50m: 29.50 29.50	150m: 1:36.40	33.63	250m: 2:44.12	33.45
	100m: 1:02.77 33.27	200m: 2:10.67	34.27	300m: 3:18.12	34.00
				350m: 3:52.47	34.35
				400m: 4:25.87	33.40

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41, Masc., 400m Livres, Jun

Lugar	Nome		Ano	Clube		Tempo final				Pts		
3.	Jose Miguel, MARQUES		06	Condeixa Clube		4:26.22				564		
	50m:	30.07	30.07	150m:	1:37.96	34.30	250m:	2:46.18	34.12	350m:	3:54.62	34.14
	100m:	1:03.66	33.59	200m:	2:12.06	34.10	300m:	3:20.48	34.30	400m:	4:26.22	31.60
4.	Francisco Xavier, RITA		07	Vieirense		4:27.18				558		
	50m:	29.80	29.80	150m:	1:37.35	34.42	250m:	2:46.14	34.51	350m:	3:54.54	33.82
	100m:	1:02.93	33.13	200m:	2:11.63	34.28	300m:	3:20.72	34.58	400m:	4:27.18	32.64
5.	Tomas Veiga, PEREIRA		06	Nautico Academico		4:28.49				550		
	50m:	30.07	30.07	150m:	1:36.73	33.80	250m:	2:45.32	34.32	350m:	3:54.81	34.72
	100m:	1:02.93	32.86	200m:	2:11.00	34.27	300m:	3:20.09	34.77	400m:	4:28.49	33.68
6.	Marco Dimitar, OLIVEIRA		07	Nautico Academico		4:30.84				536		
	50m:	29.15	29.15	150m:	1:36.30	34.58	250m:	2:46.36	35.23	350m:	3:57.00	35.39
	100m:	1:01.72	32.57	200m:	2:11.13	34.83	300m:	3:21.61	35.25	400m:	4:30.84	33.84
7.	Joaquim Gabriel, OLIVEIRA		07	Sporting Aveiro		4:31.74				531		
	50m:	27.89	27.89	150m:	1:34.74	34.22	250m:	2:45.04	35.30	350m:	3:56.83	35.99
	100m:	1:00.52	32.63	200m:	2:09.74	35.00	300m:	3:20.84	35.80	400m:	4:31.74	34.91
8.	Duarte Cachulo, MARQUES		07	Condeixa Clube		4:39.07				490		
	50m:	28.65	28.65	150m:	1:36.25	35.05	250m:	2:49.46	36.86	350m:	4:03.74	36.89
	100m:	1:01.20	32.55	200m:	2:12.60	36.35	300m:	3:26.85	37.39	400m:	4:39.07	35.33
9.	Rodrigo Pinto, OLIVEIRA		07	Sao Joao Ver		4:39.40				488		
	50m:	29.24	29.24	150m:	1:39.41	35.71	250m:	2:50.37	35.24	350m:	4:04.48	36.97
	100m:	1:03.70	34.46	200m:	2:15.13	35.72	300m:	3:27.51	37.14	400m:	4:39.40	34.92
10.	Jose Januario, MARQUES		07	Pimpoes/Cimai		4:46.97				450		
	50m:	31.55	31.55	150m:	1:43.54	36.47	250m:	2:56.63	36.34	350m:	4:10.90	36.58
	100m:	1:07.07	35.52	200m:	2:20.29	36.75	300m:	3:34.32	37.69	400m:	4:46.97	36.07

Sen

1.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao		4:17.35				625		
	50m:	29.55	29.55	150m:	1:34.29	32.72	250m:	2:40.22	32.99	350m:	3:45.81	32.64
	100m:	1:01.57	32.02	200m:	2:07.23	32.94	300m:	3:13.17	32.95	400m:	4:17.35	31.54
2.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver		4:20.86				600		
	50m:	29.43	29.43	150m:	1:34.92	33.13	250m:	2:41.14	33.10	350m:	3:48.27	33.88
	100m:	1:01.79	32.36	200m:	2:08.04	33.12	300m:	3:14.39	33.25	400m:	4:20.86	32.59
3.	Abel Renato, FERREIRA		05	Algés e Águeda XXI		4:23.88				580		
	50m:	29.70	29.70	150m:	1:35.98	33.70	250m:	2:43.22	33.25	350m:	3:50.98	34.10
	100m:	1:02.28	32.58	200m:	2:09.97	33.99	300m:	3:16.88	33.66	400m:	4:23.88	32.90
4.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL		4:30.12				540		
	50m:	29.88	29.88	150m:	1:37.21	34.15	250m:	2:46.97	34.82	350m:	3:57.21	35.06
	100m:	1:03.06	33.18	200m:	2:12.15	34.94	300m:	3:22.15	35.18	400m:	4:30.12	32.91
5.	Tomas Cardoso, GERALDO		05	Condeixa Clube		4:30.57				538		
	50m:	29.89	29.89	150m:	1:37.03	34.15	250m:	2:46.49	34.75	350m:	3:56.82	35.49
	100m:	1:02.88	32.99	200m:	2:11.74	34.71	300m:	3:21.33	34.84	400m:	4:30.57	33.75
6.	Antonio Pedro, MARTINS		05	União de Coimbra		4:45.06				460		
	50m:	32.11	32.11	150m:	1:45.36	37.12	250m:	2:58.26	36.38	350m:	4:09.65	35.07
	100m:	1:08.24	36.13	200m:	2:21.88	36.52	300m:	3:34.58	36.32	400m:	4:45.06	35.41

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41, Masc., 400m Livres, Sen

Lugar	Ano	Tempo final	Pts
7. Guilherme Sousa, FONTES <i>FTL</i>	04 Sao Joao Ver	4:51.27	431
50m: 30.82 30.82 150m: 1:41.87 36.41 250m: 2:56.32 37.60 350m: 4:13.34 38.69			
100m: 1:05.46 34.64 200m: 2:18.72 36.85 300m: 3:34.65 38.33 400m: 4:51.27 37.93			
DNS Gustavo Pires, MARQUES	04 União de Coimbra		

Juv B/Abs

1. Filipe Santos, CARDOSO	04 Gafanha da Encarnacao	4:17.35	625
50m: 29.55 29.55 150m: 1:34.29 32.72 250m: 2:40.22 32.99 350m: 3:45.81 32.64			
100m: 1:01.57 32.02 200m: 2:07.23 32.94 300m: 3:13.17 32.95 400m: 4:17.35 31.54			
2. Alexandre Ramos, GONCALVES	05 Sao Joao Ver	4:20.86	600
50m: 29.43 29.43 150m: 1:34.92 33.13 250m: 2:41.14 33.10 350m: 3:48.27 33.88			
100m: 1:01.79 32.36 200m: 2:08.04 33.12 300m: 3:14.39 33.25 400m: 4:20.86 32.59			
3. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	4:23.02	585
50m: 29.53 29.53 150m: 1:36.30 34.00 250m: 2:44.75 34.20 350m: 3:53.45 34.28			
100m: 1:02.30 32.77 200m: 2:10.55 34.25 300m: 3:19.17 34.42 400m: 4:23.02 29.57			
4. Abel Renato, FERREIRA	05 Algés e Águeda XXI	4:23.88	580
50m: 29.70 29.70 150m: 1:35.98 33.70 250m: 2:43.22 33.25 350m: 3:50.98 34.10			
100m: 1:02.28 32.58 200m: 2:09.97 33.99 300m: 3:16.88 33.66 400m: 4:23.88 32.90			
5. Duarte Ramos, NUNES	07 Galitos / Bresimar	4:24.55	575
50m: 29.09 29.09 150m: 1:34.33 32.99 250m: 2:41.92 33.98 350m: 3:51.08 34.83			
100m: 1:01.34 32.25 200m: 2:07.94 33.61 300m: 3:16.25 34.33 400m: 4:24.55 33.47			
6. Joao Ferreira, MARQUES	06 Academica de Coimbra	4:25.87	567
50m: 29.50 29.50 150m: 1:36.40 33.63 250m: 2:44.12 33.45 350m: 3:52.47 34.35			
100m: 1:02.77 33.27 200m: 2:10.67 34.27 300m: 3:18.12 34.00 400m: 4:25.87 33.40			
7. Paulo, KOT	09 Marinha Grande	4:26.01	566
50m: 30.15 30.15 150m: 1:36.92 33.48 250m: 2:45.14 33.86 350m: 3:54.21 34.01			
100m: 1:03.44 33.29 200m: 2:11.28 34.36 300m: 3:20.20 35.06 400m: 4:26.01 31.80			
8. Jose Miguel, MARQUES	06 Condeixa Clube	4:26.22	564
50m: 30.07 30.07 150m: 1:37.96 34.30 250m: 2:46.18 34.12 350m: 3:54.62 34.14			
100m: 1:03.66 33.59 200m: 2:12.06 34.10 300m: 3:20.48 34.30 400m: 4:26.22 31.60			
9. Francisco Xavier, RITA	07 Vieiraense	4:27.18	558
50m: 29.80 29.80 150m: 1:37.35 34.42 250m: 2:46.14 34.51 350m: 3:54.54 33.82			
100m: 1:02.93 33.13 200m: 2:11.63 34.28 300m: 3:20.72 34.58 400m: 4:27.18 32.64			
10. Tomas Veiga, PEREIRA	06 Nautico Academico	4:28.49	550
50m: 30.07 30.07 150m: 1:36.73 33.80 250m: 2:45.32 34.32 350m: 3:54.81 34.72			
100m: 1:02.93 32.86 200m: 2:11.00 34.27 300m: 3:20.09 34.77 400m: 4:28.49 33.68			
11. Guilherme Simoes, SOUSA	08 Nautico Academico	4:28.54	550
50m: 30.19 30.19 150m: 1:37.56 34.07 250m: 2:47.03 34.85 350m: 3:55.78 34.14			
100m: 1:03.49 33.30 200m: 2:12.18 34.62 300m: 3:21.64 34.61 400m: 4:28.54 32.76			
12. Paulo Jorge, OLIVEIRA	08 Estarreja	4:29.38	545
50m: 29.83 29.83 150m: 1:37.36 34.17 250m: 2:45.60 34.00 350m: 3:55.46 35.10			
100m: 1:03.19 33.36 200m: 2:11.60 34.24 300m: 3:20.36 34.76 400m: 4:29.38 33.92			
13. Antonio Cruz, FARDILHA	08 Galitos / Bresimar	4:29.84	542
50m: 29.53 29.53 150m: 1:37.83 34.23 250m: 2:47.78 34.46 350m: 3:57.44 34.35			
100m: 1:03.60 34.07 200m: 2:13.32 35.49 300m: 3:23.09 35.31 400m: 4:29.84 32.40			

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
14.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				4:30.12	540
	50m:	29.88 29.88	150m:	1:37.21	34.15	250m:	2:46.97 34.82	350m:	3:57.21 35.06
	100m:	1:03.06 33.18	200m:	2:12.15	34.94	300m:	3:22.15 35.18	400m:	4:30.12 32.91
15.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:30.57	538
	50m:	29.89 29.89	150m:	1:37.03	34.15	250m:	2:46.49 34.75	350m:	3:56.82 35.49
	100m:	1:02.88 32.99	200m:	2:11.74	34.71	300m:	3:21.33 34.84	400m:	4:30.57 33.75
16.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				4:30.84	536
	50m:	29.15 29.15	150m:	1:36.30	34.58	250m:	2:46.36 35.23	350m:	3:57.00 35.39
	100m:	1:01.72 32.57	200m:	2:11.13	34.83	300m:	3:21.61 35.25	400m:	4:30.84 33.84
17.	Joaquim Gabriel, OLIVEIRA		07	Sporting Aveiro				4:31.74	531
	50m:	27.89 27.89	150m:	1:34.74	34.22	250m:	2:45.04 35.30	350m:	3:56.83 35.99
	100m:	1:00.52 32.63	200m:	2:09.74	35.00	300m:	3:20.84 35.80	400m:	4:31.74 34.91
18.	Salvador Correia, PEREIRA		08	Condeixa Clube				4:32.49	526
	50m:	31.23 31.23	150m:	1:40.26	35.08	250m:	2:49.92 34.48	350m:	3:59.58 34.89
	100m:	1:05.18 33.95	200m:	2:15.44	35.18	300m:	3:24.69 34.77	400m:	4:32.49 32.91
19.	Santiago Boica, SOUSA		08	Vieirense				4:33.70	519
	50m:	29.45 29.45	150m:	1:38.64	35.30	250m:	2:49.69 35.54	350m:	4:00.69 34.93
	100m:	1:03.34 33.89	200m:	2:14.15	35.51	300m:	3:25.76 36.07	400m:	4:33.70 33.01
20.	Tiago Santos, POMBO		08	Alcobaca				4:34.12	517
	50m:	30.35 30.35	150m:	1:40.75	35.74	250m:	2:51.30 35.11	350m:	4:01.70 35.39
	100m:	1:05.01 34.66	200m:	2:16.19	35.44	300m:	3:26.31 35.01	400m:	4:34.12 32.42
21.	Goncalo Malha, NETO		09	Galitos / Bresimar				4:34.88	513
	50m:	30.35 30.35	150m:	1:40.58	35.43	250m:	2:51.77 35.09	350m:	4:02.22 34.95
	100m:	1:05.15 34.80	200m:	2:16.68	36.10	300m:	3:27.27 35.50	400m:	4:34.88 32.66
22.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar				4:37.07	501
	50m:	30.87 30.87	150m:	1:38.80	34.40	250m:	2:48.79 34.61	350m:	4:01.28 35.64
	100m:	1:04.40 33.53	200m:	2:14.18	35.38	300m:	3:25.64 36.85	400m:	4:37.07 35.79
23.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:39.07	490
	50m:	28.65 28.65	150m:	1:36.25	35.05	250m:	2:49.46 36.86	350m:	4:03.74 36.89
	100m:	1:01.20 32.55	200m:	2:12.60	36.35	300m:	3:26.85 37.39	400m:	4:39.07 35.33
24.	Alexandre, SHUBIN		09	Campinho				4:39.38	488
	50m:	30.83 30.83	150m:	1:40.25	35.35	250m:	2:52.34 36.38	350m:	4:05.17 35.98
	100m:	1:04.90 34.07	200m:	2:15.96	35.71	300m:	3:29.19 36.85	400m:	4:39.38 34.21
25.	Rodrigo Pinto, OLIVEIRA		07	Sao Joao Ver				4:39.40	488
	50m:	29.24 29.24	150m:	1:39.41	35.71	250m:	2:50.37 35.24	350m:	4:04.48 36.97
	100m:	1:03.70 34.46	200m:	2:15.13	35.72	300m:	3:27.51 37.14	400m:	4:39.40 34.92
26.	Tiago Joaquim, SILVA		09	Galitos / Bresimar				4:39.80	486
	50m:	30.67 30.67	150m:	1:40.85	35.46	250m:	2:52.88 36.02	350m:	4:04.47 35.25
	100m:	1:05.39 34.72	200m:	2:16.86	36.01	300m:	3:29.22 36.34	400m:	4:39.80 35.33
27.	Antonio Pedro, MARTINS		05	União de Coimbra				4:45.06	460
	50m:	32.11 32.11	150m:	1:45.36	37.12	250m:	2:58.26 36.38	350m:	4:09.65 35.07
	100m:	1:08.24 36.13	200m:	2:21.88	36.52	300m:	3:34.58 36.32	400m:	4:45.06 35.41
28.	Jose Januario, MARQUES		07	Pimpoes/Cimai				4:46.97	450
	50m:	31.55 31.55	150m:	1:43.54	36.47	250m:	2:56.63 36.34	350m:	4:10.90 36.58
	100m:	1:07.07 35.52	200m:	2:20.29	36.75	300m:	3:34.32 37.69	400m:	4:46.97 36.07

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar			Ano						Tempo final	Pts
29.	Samuel Dinis, MAIA		08	Miranda do Corvo				4:47.48	448	
	50m: 31.05	31.05	150m: 1:42.49	36.48	250m: 2:57.19	37.13	350m: 4:11.48	36.73		
	100m: 1:06.01	34.96	200m: 2:20.06	37.57	300m: 3:34.75	37.56	400m: 4:47.48	36.00		
30.	David Ferrador, PEREIRA		09	Nucleo de Pombal				4:49.99	437	
	50m: 31.71	31.71	150m: 1:46.13	37.94	250m: 3:01.06	37.61	350m: 4:15.60	37.06		
	100m: 1:08.19	36.48	200m: 2:23.45	37.32	300m: 3:38.54	37.48	400m: 4:49.99	34.39		
31.	Guilherme Sousa, FONTES <i>FTL</i>		04	Sao Joao Ver				4:51.27	431	
	50m: 30.82	30.82	150m: 1:41.87	36.41	250m: 2:56.32	37.60	350m: 4:13.34	38.69		
	100m: 1:05.46	34.64	200m: 2:18.72	36.85	300m: 3:34.65	38.33	400m: 4:51.27	37.93		
32.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense				4:52.80	424	
	50m: 32.23	32.23	150m: 1:46.33	37.78	250m: 3:01.61	37.71	350m: 4:17.37	36.93		
	100m: 1:08.55	36.32	200m: 2:23.90	37.57	300m: 3:40.44	38.83	400m: 4:52.80	35.43		
33.	Guilherme Martins, SILVA		08	Academico de Viseu				4:53.44	421	
	50m: 29.13	29.13	150m: 1:34.64	34.11	250m: 2:58.16	48.40	350m: 4:16.05	39.28		
	100m: 1:00.53	31.40	200m: 2:09.76	35.12	300m: 3:36.77	38.61	400m: 4:53.44	37.39		
34.	Santiago Jose, PACHECO		09	Alcobaca				4:54.17	418	
	50m: 32.37	32.37	150m: 1:47.03	38.58	250m: 3:03.00	38.07	350m: 4:18.92	37.75		
	100m: 1:08.45	36.08	200m: 2:24.93	37.90	300m: 3:41.17	38.17	400m: 4:54.17	35.25		
35.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos				4:55.26	414	
	50m: 32.71	32.71	150m: 1:48.44	39.04	250m: 3:05.05	37.47	350m: 4:19.77	36.47		
	100m: 1:09.40	36.69	200m: 2:27.58	39.14	300m: 3:43.30	38.25	400m: 4:55.26	35.49		
36.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				5:01.22	389	
	50m: 32.57	32.57	150m: 1:46.41	37.16	250m: 3:03.37	38.70	350m: 4:22.47	39.50		
	100m: 1:09.25	36.68	200m: 2:24.67	38.26	300m: 3:42.97	39.60	400m: 5:01.22	38.75		
37.	Joao Nuno, GASPAS		09	Condeixa Clube				5:06.14	371	
	50m: 26.64	26.64	150m: 1:52.39	42.72	250m: 3:13.23	39.46	350m: 4:31.88	38.60		
	100m: 1:09.67	43.03	200m: 2:33.77	41.38	300m: 3:53.28	40.05	400m: 5:06.14	34.26		
38.	Joao Tomas, FERNANDES <i>FTL</i>		08	O Crasto				5:29.02	299	
	50m: 35.53	35.53	150m: 1:58.54	42.44	250m: 3:22.85	42.07	350m: 4:47.81	42.48		
	100m: 1:16.10	40.57	200m: 2:40.78	42.24	300m: 4:05.33	42.48	400m: 5:29.02	41.21		
DSQ	Manuel Martins, OLIVEIRA <i>SW 10.2 - O/A atleta não completou o percurso.</i>		08	Sporting de Espinho						
DNS	Gustavo Pires, MARQUES		04	União de Coimbra						

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42	Femin., 400m Livres					Abs
17/03/2024 - 17:40						Resultados
Rec Nacionais Open	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillon (FRA)	14/05/2023	
Rec Nacionais Sen	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillon (FRA)	14/05/2023	
Rec Nacionais Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016	
Rec Nacionais Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002	
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014	
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014	
TA SEN-FEM Sen: 5:14.83 / TA JUN-FEM Jun: 5:22.66 / TA JUVA-FEM Juv A: 5:30.49 / TA JUVB-FEM Juv B: 5:38.33						

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts
Juv B							
1. Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	4:43.97				569
50m: 30.87 30.87	150m: 1:42.52	36.02	250m: 2:55.23	36.01	350m: 4:08.59	36.35	
100m: 1:06.50 35.63	200m: 2:19.22	36.70	300m: 3:32.24	37.01	400m: 4:43.97	35.38	
2. Rita Lucas, SANTOS	10	Condeixa Clube	4:53.66				514
50m: 32.91 32.91	150m: 1:48.86	37.89	250m: 3:03.62	37.31	350m: 4:19.59	38.07	
100m: 1:10.97 38.06	200m: 2:26.31	37.45	300m: 3:41.52	37.90	400m: 4:53.66	34.07	
3. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	5:03.69				465
50m: 33.76 33.76	150m: 1:49.25	38.50	250m: 3:07.37	38.93	350m: 4:25.66	39.20	
100m: 1:10.75 36.99	200m: 2:28.44	39.19	300m: 3:46.46	39.09	400m: 5:03.69	38.03	
4. Leonor Antunes, PAIVA	10	Nautico Academico	5:05.30				458
50m: 34.63 34.63	150m: 1:51.42	39.08	250m: 3:09.81	39.40	350m: 4:27.79	38.93	
100m: 1:12.34 37.71	200m: 2:30.41	38.99	300m: 3:48.86	39.05	400m: 5:05.30	37.51	
5. Bianca Balbino, MENDES	10	Naval de Peniche	5:05.58				457
50m: 34.74 34.74	150m: 1:50.95	39.06	250m: 3:10.36	39.90	350m: 4:29.07	39.21	
100m: 1:11.89 37.15	200m: 2:30.46	39.51	300m: 3:49.86	39.50	400m: 5:05.58	36.51	
6. Maria Ines, GANTE	10	Nautico Academico	5:06.29				453
50m: 34.50 34.50	150m: 1:53.02	39.71	250m: 3:11.83	39.43	350m: 4:29.75	38.65	
100m: 1:13.31 38.81	200m: 2:32.40	39.38	300m: 3:51.10	39.27	400m: 5:06.29	36.54	
7. Barbara Balbino, MENDES	10	Naval de Peniche	5:08.74				443
50m: 33.57 33.57	150m: 1:49.66	38.89	250m: 3:09.15	39.79	350m: 4:29.66	40.25	
100m: 1:10.77 37.20	200m: 2:29.36	39.70	300m: 3:49.41	40.26	400m: 5:08.74	39.08	
8. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	5:09.43				440
50m: 35.59 35.59	150m: 1:54.23	39.46	250m: 3:13.00	39.49	350m: 4:31.69	39.25	
100m: 1:14.77 39.18	200m: 2:33.51	39.28	300m: 3:52.44	39.44	400m: 5:09.43	37.74	
9. Isabella Scavone, LOPES	10	Miranda do Corvo	5:18.80				402
50m: 36.86 36.86	150m: 1:57.91	40.84	250m: 3:19.28	40.88	350m: 4:40.36	40.10	
100m: 1:17.07 40.21	200m: 2:38.40	40.49	300m: 4:00.26	40.98	400m: 5:18.80	38.44	
10. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:24.79				380
50m: 36.53 36.53	150m: 1:59.91	41.83	250m: 3:23.42	41.81	350m: 4:45.22	40.84	
100m: 1:18.08 41.55	200m: 2:41.61	41.70	300m: 4:04.38	40.96	400m: 5:24.79	39.57	
DNS Madalena Gracio, PEDROSO	10	Marinha Grande					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42, Femin., 400m Livres

Juv A

1.	Luana Ferreira, CRAVEIRO	09	Marinha Grande	4:35.92	620
	50m: 31.19 31.19	150m: 1:40.10	34.59	250m: 2:50.87	35.21
	100m: 1:05.51 34.32	200m: 2:15.66	35.56	300m: 3:25.68	34.81
				350m: 4:00.88	35.20
				400m: 4:35.92	35.04
2.	Alana Costa, MATIAS	09	União de Coimbra	4:50.30	533
	50m: 33.43 33.43	150m: 1:46.73	37.02	250m: 3:00.94	37.20
	100m: 1:09.71 36.28	200m: 2:23.74	37.01	300m: 3:37.79	36.85
				350m: 4:14.80	37.01
				400m: 4:50.30	35.50
3.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	4:53.91	513
	50m: 32.61 32.61	150m: 1:46.32	37.69	250m: 3:01.88	37.57
	100m: 1:08.63 36.02	200m: 2:24.31	37.99	300m: 3:39.21	37.33
				350m: 4:17.25	38.04
				400m: 4:53.91	36.66
4.	Francisca Ramos, NUNES	09	Naval de Peniche	4:56.47	500
	50m: 33.51 33.51	150m: 1:49.20	38.29	250m: 3:05.24	38.15
	100m: 1:10.91 37.40	200m: 2:27.09	37.89	300m: 3:43.71	38.47
				350m: 4:21.70	37.99
				400m: 4:56.47	34.77
5.	Joana Almeida, SANTOS	09	Galitos / Bresimar	5:04.73	460
	50m: 33.30 33.30	150m: 1:50.34	38.74	250m: 3:08.24	38.52
	100m: 1:11.60 38.30	200m: 2:29.72	39.38	300m: 3:47.81	39.57
				350m: 4:26.84	39.03
				400m: 5:04.73	37.89
6.	Carlota Ganito, SANTOS	09	Galitos / Bresimar	5:16.31	412
	50m: 36.04 36.04	150m: 1:55.41	39.91	250m: 3:16.64	40.84
	100m: 1:15.50 39.46	200m: 2:35.80	40.39	300m: 3:57.54	40.90
				350m: 4:37.81	40.27
				400m: 5:16.31	38.50
7.	Gabriela Lopes, FERNANDES	09	O Crasto	5:21.67	391
	50m: 35.87 35.87	150m: 1:57.66	41.31	250m: 3:21.06	42.05
	100m: 1:16.35 40.48	200m: 2:39.01	41.35	300m: 4:02.89	41.83
				350m: 4:44.56	41.67
				400m: 5:21.67	37.11
8.	Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	5:22.41	389
	50m: 35.27 35.27	150m: 1:56.79	40.79	250m: 3:19.42	40.81
	100m: 1:16.00 40.73	200m: 2:38.61	41.82	300m: 4:01.22	41.80
				350m: 4:42.10	40.88
				400m: 5:22.41	40.31
9.	Ines Ferreira, CHELEU	09	Bairro dos Anjos	5:40.46	330
	<i>FTL</i>				
	50m: 36.84 36.84	150m: 2:01.07	42.75	250m: 3:28.63	44.92
	100m: 1:18.32 41.48	200m: 2:43.71	42.64	300m: 4:13.06	44.43
				350m: 4:57.59	44.53
				400m: 5:40.46	42.87

Jun

1.	Carolina Vizinho, CABRAL	07	Vagos	4:33.72	635
	50m: 32.19 32.19	150m: 1:41.99	35.07	250m: 2:52.06	35.10
	100m: 1:06.92 34.73	200m: 2:16.96	34.97	300m: 3:27.02	34.96
				350m: 4:01.47	34.45
				400m: 4:33.72	32.25
2.	Marta Andre, AGUILAR	07	Nautico Academico	4:42.82	576
	50m: 32.82 32.82	150m: 1:43.97	35.93	250m: 2:56.36	35.91
	100m: 1:08.04 35.22	200m: 2:20.45	36.48	300m: 3:32.64	36.28
				350m: 4:08.98	36.34
				400m: 4:42.82	33.84
3.	Matilde Violante, VIANA	07	CNLeiria	4:51.44	526
	50m: 32.70 32.70	150m: 1:46.03	36.88	250m: 3:00.54	36.99
	100m: 1:09.15 36.45	200m: 2:23.55	37.52	300m: 3:38.09	37.55
				350m: 4:15.06	36.97
				400m: 4:51.44	36.38
4.	Alice Mendes, MACEDO	08	Estamos Juntos	4:52.54	520
	50m: 32.10 32.10	150m: 1:44.60	36.69	250m: 2:59.21	37.48
	100m: 1:07.91 35.81	200m: 2:21.73	37.13	300m: 3:37.42	38.21
				350m: 4:15.19	37.77
				400m: 4:52.54	37.35
5.	Laura Carvalho, FERNANDES	08	Nautico Academico	4:56.49	500
	50m: 32.78 32.78	150m: 1:47.01	37.80	250m: 3:03.15	38.11
	100m: 1:09.21 36.43	200m: 2:25.04	38.03	300m: 3:41.51	38.36
				350m: 4:19.69	38.18
				400m: 4:56.49	36.80

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42, Femin., 400m Livres, Jun

Lugar	Ano	Tempo final	Pts
6. Sofia Pereira, JORGE	08 Galitos / Bresimar	5:03.31	467
50m: 33.42 33.42	150m: 1:48.96 38.45	250m: 3:06.35 38.96	350m: 4:24.66 39.09
100m: 1:10.51 37.09	200m: 2:27.39 38.43	300m: 3:45.57 39.22	400m: 5:03.31 38.65
7. Lara Sofia, FONSECA	08 Academico de Viseu	5:10.28	436
50m: 34.28 34.28	150m: 1:51.86 39.28	250m: 3:10.74 39.55	350m: 4:31.37 40.26
100m: 1:12.58 38.30	200m: 2:31.19 39.33	300m: 3:51.11 40.37	400m: 5:10.28 38.91
8. Maria Joao, LOBO	07 Sporting Aveiro	5:13.80	422
50m: 34.75 34.75	150m: 1:54.35 40.36	250m: 3:14.96 40.26	350m: 4:35.02 39.81
100m: 1:13.99 39.24	200m: 2:34.70 40.35	300m: 3:55.21 40.25	400m: 5:13.80 38.78
9. Leonor Vendima, COELHO FTL	07 CNLeiria	5:46.92	312
50m: 29.63 29.63	150m: 2:09.14 44.36	250m: 3:37.19 43.45	350m: 5:03.90 42.74
100m: 1:24.78 55.15	200m: 2:53.74 44.60	300m: 4:21.16 43.97	400m: 5:46.92 43.02
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		

Sen

1. Beatriz Nunes, CARDEAL	04 Individual ANCNP	4:31.07	654
50m: 31.46 31.46	150m: 1:41.13 35.06	250m: 2:50.41 34.39	350m: 3:59.83 34.26
100m: 1:06.07 34.61	200m: 2:16.02 34.89	300m: 3:25.57 35.16	400m: 4:31.07 31.24
2. Joana Nunes, CARDEAL	02 Individual ANCNP	4:31.10	654
50m: 31.63 31.63	150m: 1:41.02 35.04	250m: 2:50.38 34.48	350m: 3:59.11 34.05
100m: 1:05.98 34.35	200m: 2:15.90 34.88	300m: 3:25.06 34.68	400m: 4:31.10 31.99
3. Joana Barbas, RAMOS	06 Gafanha da Encarnacao	4:37.90	607
50m: 31.75 31.75	150m: 1:41.51 35.19	250m: 2:52.36 35.41	350m: 4:03.45 35.37
100m: 1:06.32 34.57	200m: 2:16.95 35.44	300m: 3:28.08 35.72	400m: 4:37.90 34.45
4. Leonor Verissimo, FARIA	06 Nautico Academico	4:43.98	569
50m: 32.62 32.62	150m: 1:44.22 36.00	250m: 2:56.87 36.28	350m: 4:09.12 35.97
100m: 1:08.22 35.60	200m: 2:20.59 36.37	300m: 3:33.15 36.28	400m: 4:43.98 34.86
5. Maria Neto, FERREIRA	06 Nautico Academico	4:45.19	562
50m: 31.81 31.81	150m: 1:42.83 35.89	250m: 2:56.03 36.64	350m: 4:09.15 36.71
100m: 1:06.94 35.13	200m: 2:19.39 36.56	300m: 3:32.44 36.41	400m: 4:45.19 36.04
6. Miriam Mortagua, SOARES	06 Galitos / Bresimar	4:48.01	545
50m: 32.54 32.54	150m: 1:43.97 35.89	250m: 2:56.61 36.29	350m: 4:11.34 37.62
100m: 1:08.08 35.54	200m: 2:20.32 36.35	300m: 3:33.72 37.11	400m: 4:48.01 36.67
7. Vanessa Sofia, OLIVEIRA	05 Gafanha da Encarnacao	4:49.46	537
50m: 32.89 32.89	150m: 1:45.28 36.62	250m: 2:59.44 37.25	350m: 4:13.53 37.12
100m: 1:08.66 35.77	200m: 2:22.19 36.91	300m: 3:36.41 36.97	400m: 4:49.46 35.93
8. Ana Claudia, FERREIRA	90 Alcobaca	5:01.20	477
50m: 32.74 32.74	150m: 1:46.28 37.08	250m: 3:03.38 38.55	350m: 4:22.17 39.06
100m: 1:09.20 36.46	200m: 2:24.83 38.55	300m: 3:43.11 39.73	400m: 5:01.20 39.03
9. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	5:06.67	452
50m: 32.64 32.64	150m: 1:48.60 38.81	250m: 3:07.47 39.32	350m: 4:27.52 39.53
100m: 1:09.79 37.15	200m: 2:28.15 39.55	300m: 3:47.99 40.52	400m: 5:06.67 39.15
DNS Margarida Correia, MADEIRA	06 Marinha Grande		

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42, Femin., 400m Livres

Juv B/Abs

1.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	4:31.07	654
	50m: 31.46 31.46	150m: 1:41.13	35.06	250m: 2:50.41	34.39
	100m: 1:06.07 34.61	200m: 2:16.02	34.89	300m: 3:25.57	35.16
				350m: 3:59.83	34.26
				400m: 4:31.07	31.24
2.	Joana Nunes, CARDEAL	02	Individual ANCNP	4:31.10	654
	50m: 31.63 31.63	150m: 1:41.02	35.04	250m: 2:50.38	34.48
	100m: 1:05.98 34.35	200m: 2:15.90	34.88	300m: 3:25.06	34.68
				350m: 3:59.11	34.05
				400m: 4:31.10	31.99
3.	Carolina Vizinho, CABRAL	07	Vagos	4:33.72	635
	50m: 32.19 32.19	150m: 1:41.99	35.07	250m: 2:52.06	35.10
	100m: 1:06.92 34.73	200m: 2:16.96	34.97	300m: 3:27.02	34.96
				350m: 4:01.47	34.45
				400m: 4:33.72	32.25
4.	Luana Ferreira, CRAVEIRO	09	Marinha Grande	4:35.92	620
	50m: 31.19 31.19	150m: 1:40.10	34.59	250m: 2:50.87	35.21
	100m: 1:05.51 34.32	200m: 2:15.66	35.56	300m: 3:25.68	34.81
				350m: 4:00.88	35.20
				400m: 4:35.92	35.04
5.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	4:37.90	607
	50m: 31.75 31.75	150m: 1:41.51	35.19	250m: 2:52.36	35.41
	100m: 1:06.32 34.57	200m: 2:16.95	35.44	300m: 3:28.08	35.72
				350m: 4:03.45	35.37
				400m: 4:37.90	34.45
6.	Marta Andre, AGUILAR	07	Nautico Academico	4:42.82	576
	50m: 32.82 32.82	150m: 1:43.97	35.93	250m: 2:56.36	35.91
	100m: 1:08.04 35.22	200m: 2:20.45	36.48	300m: 3:32.64	36.28
				350m: 4:08.98	36.34
				400m: 4:42.82	33.84
7.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	4:43.97	569
	50m: 30.87 30.87	150m: 1:42.52	36.02	250m: 2:55.23	36.01
	100m: 1:06.50 35.63	200m: 2:19.22	36.70	300m: 3:32.24	37.01
				350m: 4:08.59	36.35
				400m: 4:43.97	35.38
8.	Leonor Verissimo, FARIA	06	Nautico Academico	4:43.98	569
	50m: 32.62 32.62	150m: 1:44.22	36.00	250m: 2:56.87	36.28
	100m: 1:08.22 35.60	200m: 2:20.59	36.37	300m: 3:33.15	36.28
				350m: 4:09.12	35.97
				400m: 4:43.98	34.86
9.	Maria Neto, FERREIRA	06	Nautico Academico	4:45.19	562
	50m: 31.81 31.81	150m: 1:42.83	35.89	250m: 2:56.03	36.64
	100m: 1:06.94 35.13	200m: 2:19.39	36.56	300m: 3:32.44	36.41
				350m: 4:09.15	36.71
				400m: 4:45.19	36.04
10.	Miriam Mortagua, SOARES	06	Galitos / Bresimar	4:48.01	545
	50m: 32.54 32.54	150m: 1:43.97	35.89	250m: 2:56.61	36.29
	100m: 1:08.08 35.54	200m: 2:20.32	36.35	300m: 3:33.72	37.11
				350m: 4:11.34	37.62
				400m: 4:48.01	36.67
11.	Vanessa Sofia, OLIVEIRA	05	Gafanha da Encarnacao	4:49.46	537
	50m: 32.89 32.89	150m: 1:45.28	36.62	250m: 2:59.44	37.25
	100m: 1:08.66 35.77	200m: 2:22.19	36.91	300m: 3:36.41	36.97
				350m: 4:13.53	37.12
				400m: 4:49.46	35.93
12.	Alana Costa, MATIAS	09	União de Coimbra	4:50.30	533
	50m: 33.43 33.43	150m: 1:46.73	37.02	250m: 3:00.94	37.20
	100m: 1:09.71 36.28	200m: 2:23.74	37.01	300m: 3:37.79	36.85
				350m: 4:14.80	37.01
				400m: 4:50.30	35.50
13.	Matilde Violante, VIANA	07	CNLeiria	4:51.44	526
	50m: 32.70 32.70	150m: 1:46.03	36.88	250m: 3:00.54	36.99
	100m: 1:09.15 36.45	200m: 2:23.55	37.52	300m: 3:38.09	37.55
				350m: 4:15.06	36.97
				400m: 4:51.44	36.38
14.	Alice Mendes, MACEDO	08	Estamos Juntos	4:52.54	520
	50m: 32.10 32.10	150m: 1:44.60	36.69	250m: 2:59.21	37.48
	100m: 1:07.91 35.81	200m: 2:21.73	37.13	300m: 3:37.42	38.21
				350m: 4:15.19	37.77
				400m: 4:52.54	37.35
15.	Rita Lucas, SANTOS	10	Condeixa Clube	4:53.66	514
	50m: 32.91 32.91	150m: 1:48.86	37.89	250m: 3:03.62	37.31
	100m: 1:10.97 38.06	200m: 2:26.31	37.45	300m: 3:41.52	37.90
				350m: 4:19.59	38.07
				400m: 4:53.66	34.07

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42, Femin., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
16.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar					4:53.91	513
	50m: 32.61	32.61	150m: 1:46.32	37.69	250m: 3:01.88	37.57	350m: 4:17.25	38.04	
	100m: 1:08.63	36.02	200m: 2:24.31	37.99	300m: 3:39.21	37.33	400m: 4:53.91	36.66	
17.	Francisca Ramos, NUNES	09	Naval de Peniche					4:56.47	500
	50m: 33.51	33.51	150m: 1:49.20	38.29	250m: 3:05.24	38.15	350m: 4:21.70	37.99	
	100m: 1:10.91	37.40	200m: 2:27.09	37.89	300m: 3:43.71	38.47	400m: 4:56.47	34.77	
18.	Laura Carvalho, FERNANDES	08	Nautico Academico					4:56.49	500
	50m: 32.78	32.78	150m: 1:47.01	37.80	250m: 3:03.15	38.11	350m: 4:19.69	38.18	
	100m: 1:09.21	36.43	200m: 2:25.04	38.03	300m: 3:41.51	38.36	400m: 4:56.49	36.80	
19.	Ana Claudia, FERREIRA	90	Alcobaca					5:01.20	477
	50m: 32.74	32.74	150m: 1:46.28	37.08	250m: 3:03.38	38.55	350m: 4:22.17	39.06	
	100m: 1:09.20	36.46	200m: 2:24.83	38.55	300m: 3:43.11	39.73	400m: 5:01.20	39.03	
20.	Sofia Pereira, JORGE	08	Galitos / Bresimar					5:03.31	467
	50m: 33.42	33.42	150m: 1:48.96	38.45	250m: 3:06.35	38.96	350m: 4:24.66	39.09	
	100m: 1:10.51	37.09	200m: 2:27.39	38.43	300m: 3:45.57	39.22	400m: 5:03.31	38.65	
21.	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense					5:03.69	465
	50m: 33.76	33.76	150m: 1:49.25	38.50	250m: 3:07.37	38.93	350m: 4:25.66	39.20	
	100m: 1:10.75	36.99	200m: 2:28.44	39.19	300m: 3:46.46	39.09	400m: 5:03.69	38.03	
22.	Joana Almeida, SANTOS	09	Galitos / Bresimar					5:04.73	460
	50m: 33.30	33.30	150m: 1:50.34	38.74	250m: 3:08.24	38.52	350m: 4:26.84	39.03	
	100m: 1:11.60	38.30	200m: 2:29.72	39.38	300m: 3:47.81	39.57	400m: 5:04.73	37.89	
23.	Leonor Antunes, PAIVA	10	Nautico Academico					5:05.30	458
	50m: 34.63	34.63	150m: 1:51.42	39.08	250m: 3:09.81	39.40	350m: 4:27.79	38.93	
	100m: 1:12.34	37.71	200m: 2:30.41	38.99	300m: 3:48.86	39.05	400m: 5:05.30	37.51	
24.	Bianca Balbino, MENDES	10	Naval de Peniche					5:05.58	457
	50m: 34.74	34.74	150m: 1:50.95	39.06	250m: 3:10.36	39.90	350m: 4:29.07	39.21	
	100m: 1:11.89	37.15	200m: 2:30.46	39.51	300m: 3:49.86	39.50	400m: 5:05.58	36.51	
25.	Maria Ines, GANTE	10	Nautico Academico					5:06.29	453
	50m: 34.50	34.50	150m: 1:53.02	39.71	250m: 3:11.83	39.43	350m: 4:29.75	38.65	
	100m: 1:13.31	38.81	200m: 2:32.40	39.38	300m: 3:51.10	39.27	400m: 5:06.29	36.54	
26.	Dalila Leal, BERNARDINO	06	Nucleo de Pombal					5:06.67	452
	50m: 32.64	32.64	150m: 1:48.60	38.81	250m: 3:07.47	39.32	350m: 4:27.52	39.53	
	100m: 1:09.79	37.15	200m: 2:28.15	39.55	300m: 3:47.99	40.52	400m: 5:06.67	39.15	
27.	Barbara Balbino, MENDES	10	Naval de Peniche					5:08.74	443
	50m: 33.57	33.57	150m: 1:49.66	38.89	250m: 3:09.15	39.79	350m: 4:29.66	40.25	
	100m: 1:10.77	37.20	200m: 2:29.36	39.70	300m: 3:49.41	40.26	400m: 5:08.74	39.08	
28.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense					5:09.43	440
	50m: 35.59	35.59	150m: 1:54.23	39.46	250m: 3:13.00	39.49	350m: 4:31.69	39.25	
	100m: 1:14.77	39.18	200m: 2:33.51	39.28	300m: 3:52.44	39.44	400m: 5:09.43	37.74	
29.	Lara Sofia, FONSECA	08	Academico de Viseu					5:10.28	436
	50m: 34.28	34.28	150m: 1:51.86	39.28	250m: 3:10.74	39.55	350m: 4:31.37	40.26	
	100m: 1:12.58	38.30	200m: 2:31.19	39.33	300m: 3:51.11	40.37	400m: 5:10.28	38.91	
30.	Maria Joao, LOBO	07	Sporting Aveiro					5:13.80	422
	50m: 34.75	34.75	150m: 1:54.35	40.36	250m: 3:14.96	40.26	350m: 4:35.02	39.81	
	100m: 1:13.99	39.24	200m: 2:34.70	40.35	300m: 3:55.21	40.25	400m: 5:13.80	38.78	

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 42, Femin., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
31.	Carlota Ganito, SANTOS		09	Galitos / Bresimar				5:16.31	412		
	50m:	36.04 36.04	150m:	1:55.41	39.91	250m:	3:16.64	40.84	350m:	4:37.81	40.27
	100m:	1:15.50 39.46	200m:	2:35.80	40.39	300m:	3:57.54	40.90	400m:	5:16.31	38.50
32.	Isabella Scavone, LOPES		10	Miranda do Corvo				5:18.80	402		
	50m:	36.86 36.86	150m:	1:57.91	40.84	250m:	3:19.28	40.88	350m:	4:40.36	40.10
	100m:	1:17.07 40.21	200m:	2:38.40	40.49	300m:	4:00.26	40.98	400m:	5:18.80	38.44
33.	Gabriela Lopes, FERNANDES		09	O Crasto				5:21.67	391		
	50m:	35.87 35.87	150m:	1:57.66	41.31	250m:	3:21.06	42.05	350m:	4:44.56	41.67
	100m:	1:16.35 40.48	200m:	2:39.01	41.35	300m:	4:02.89	41.83	400m:	5:21.67	37.11
34.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				5:22.41	389		
	50m:	35.27 35.27	150m:	1:56.79	40.79	250m:	3:19.42	40.81	350m:	4:42.10	40.88
	100m:	1:16.00 40.73	200m:	2:38.61	41.82	300m:	4:01.22	41.80	400m:	5:22.41	40.31
35.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				5:24.79	380		
	50m:	36.53 36.53	150m:	1:59.91	41.83	250m:	3:23.42	41.81	350m:	4:45.22	40.84
	100m:	1:18.08 41.55	200m:	2:41.61	41.70	300m:	4:04.38	40.96	400m:	5:24.79	39.57
36.	Ines Ferreira, CHELEU		09	Bairro dos Anjos				5:40.46	330		
	<i>FTL</i>										
	50m:	36.84 36.84	150m:	2:01.07	42.75	250m:	3:28.63	44.92	350m:	4:57.59	44.53
	100m:	1:18.32 41.48	200m:	2:43.71	42.64	300m:	4:13.06	44.43	400m:	5:40.46	42.87
37.	Leonor Vendima, COELHO		07	CNLeiria				5:46.92	312		
	<i>FTL</i>										
	50m:	29.63 29.63	150m:	2:09.14	44.36	250m:	3:37.19	43.45	350m:	5:03.90	42.74
	100m:	1:24.78 55.15	200m:	2:53.74	44.60	300m:	4:21.16	43.97	400m:	5:46.92	43.02
DNS	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI							
DNS	Margarida Correia, MADEIRA		06	Marinha Grande							
DNS	Madalena Gracio, PEDROSO		10	Marinha Grande							

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 43	Masc., 200m Estilos				14 anos e mais velhos
17/03/2024 - 18:05					Resultados
Rec Nacionais Open	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Rec Nacionais Sen	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Rec Nacionais Jun 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	06/07/2018
Rec Nacionais Jun 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17/07/2005
Rec Nacionais Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31/07/2004
Rec Nacionais Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26/07/2015
Rec Nacionais Inf A	2:16.63	Alexandre Lages, RIBAS	EDV	Lisboa	24/07/2011

TA SEN-MASC Sen: 2:31.48 / TA JUN-MASC Jun: 2:36.00 / TA JUVA-MASC Juv A: 2:40.53 / TA JUVB-MASC Juv B: 2:44.29

Pontos: FINA 2024

Lugar	Ano		Tempo final				Pts	
Juv B								
1.	Guilherme Meireles, MARRAZES	09	Marinha Grande			2:24.48	491	
	50m: 29.77 29.77	100m: 1:07.86	38.09	150m: 1:51.84	43.98	200m: 2:24.48	32.64	
2.	Dinis Valente, ROCHA	09	Estarreja			2:26.26	473	
	50m: 30.65 30.65	100m: 1:10.75	40.10	150m: 1:52.80	42.05	200m: 2:26.26	33.46	
3.	Filipe Saldanha, COSTA	09	O Crasto			2:28.68	450	
	50m: 30.49 30.49	100m: 1:11.37	40.88	150m: 1:55.77	44.40	200m: 2:28.68	32.91	
4.	Guilherme Andre, GASPAR	09	Nautico Academico			2:31.20	428	
	50m: 30.93 30.93	100m: 1:12.72	41.79	150m: 1:56.11	43.39	200m: 2:31.20	35.09	
5.	Gabriel Moises, GUERRA	09	Oliveirense			2:33.56	409	
	50m: 31.02 31.02	100m: 1:10.58	39.56	150m: 2:00.87	50.29	200m: 2:33.56	32.69	
6.	Xinyang, CHENG	09	Marinha Grande			2:33.96	405	
	50m: 32.88 32.88	100m: 1:15.55	42.67	150m: 1:59.04	43.49	200m: 2:33.96	34.92	
7.	Rodrigo Oliveira, SANTOS	09	Alcobaca			2:35.41	394	
	50m: 32.68 32.68	100m: 1:14.14	41.46	150m: 1:58.85	44.71	200m: 2:35.41	36.56	
8.	Hugo Miguel, SANTOS	09	Pimpoes/Cimai			2:36.83	384	
	50m: 32.95 32.95	100m: 1:15.85	42.90	150m: 1:59.38	43.53	200m: 2:36.83	37.45	
9.	Pedro Blanc, CAPINHA	09	Óbidos Criativa			2:40.36	359	
	50m: 31.82 31.82	100m: 1:14.03	42.21	150m: 2:00.33	46.30	200m: 2:40.36	40.03	
10.	Pedro Fonseca, OLIVEIRA	09	Marinha Grande			2:41.13	354	
	50m: 32.81 32.81	100m: 1:13.71	40.90	150m: 2:04.42	50.71	200m: 2:41.13	36.71	
11.	Diogo Silva, FARIA	09	Feirense			2:41.71	350	
	50m: 31.31 31.31	100m: 1:14.31	43.00	150m: 2:03.14	48.83	200m: 2:41.71	38.57	
12.	Rodrigo Cruz, COSTA	09	Sanjoanense			2:41.84	349	
	50m: 33.95 33.95	100m: 1:17.20	43.25	150m: 2:03.89	46.69	200m: 2:41.84	37.95	
DSQ	Martim Alexandre, MESQUITA	09	Marinha Grande					
	<i>SW 7.6 - O/A atleta tocou só com uma mão na parede na viragem aos 150 metros.</i>							
DSQ	Manuel Leite, AGUIAR	09	Sanjoanense					
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 150 metros.</i>							
DNS	Pedro Vidal, GUEDES	09	Gafanha da Encarnacao					

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 43, Masc., 200m Estilos

Juv A

1.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai	2:20.10	538
	50m: 29.92 29.92	100m: 1:05.75	35.83 150m: 1:48.35 42.60	200m: 2:20.10	31.75
2.	Joao Miguel, VITORIA	08	Academico de Viseu	2:20.74	531
	50m: 29.91 29.91	100m: 1:06.42	36.51 150m: 1:49.27 42.85	200m: 2:20.74	31.47
3.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	2:21.16	526
	50m: 30.75 30.75	100m: 1:07.17	36.42 150m: 1:49.49 42.32	200m: 2:21.16	31.67
4.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	2:22.40	513
	50m: 28.53 28.53	100m: 1:07.94	39.41 150m: 1:49.07 41.13	200m: 2:22.40	33.33
5.	Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	2:24.50	491
	50m: 30.83 30.83	100m: 1:09.31	38.48 150m: 1:50.85 41.54	200m: 2:24.50	33.65
6.	Miguel Duarte, BATISTA	08	Academico de Viseu	2:25.02	485
	50m: 31.54 31.54	100m: 1:08.34	36.80 150m: 1:51.66 43.32	200m: 2:25.02	33.36
7.	Antonio Tomas, TEIXEIRA	08	Gafanha da Encarnacao	2:25.75	478
	50m: 30.63 30.63	100m: 1:09.04	38.41 150m: 1:52.44 43.40	200m: 2:25.75	33.31
8.	Rodrigo Silva, MEIRELES	08	Sporting Aveiro	2:26.10	475
	50m: 30.31 30.31	100m: 1:07.57	37.26 150m: 1:51.39 43.82	200m: 2:26.10	34.71
9.	Vicente Sa, VALE	08	Galitos / Bresimar	2:26.83	468
	50m: 30.11 30.11	100m: 1:10.00	39.89 150m: 1:54.37 44.37	200m: 2:26.83	32.46
10.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	2:31.62	425
	50m: 32.13 32.13	100m: 1:08.10	35.97 150m: 1:56.19 48.09	200m: 2:31.62	35.43
11.	Leonardo Branco, PEREIRA	08	O Crasto	2:33.06	413
	50m: 31.54 31.54	100m: 1:13.44	41.90 150m: 1:57.18 43.74	200m: 2:33.06	35.88
12.	Samuel Dinis, MAIA	08	Miranda do Corvo	2:33.25	411
	50m: 32.72 32.72	100m: 1:12.88	40.16 150m: 1:57.95 45.07	200m: 2:33.25	35.30
13.	Guilherme Franca, COSTA	08	Estamos Juntos	2:33.57	409
	50m: 31.85 31.85	100m: 1:14.73	42.88 150m: 1:58.41 43.68	200m: 2:33.57	35.16
14.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	2:34.38	402
	50m: 31.44 31.44	100m: 1:11.22	39.78 150m: 1:59.77 48.55	200m: 2:34.38	34.61
15.	Nuno Rodrigo, MACEDO	08	Estamos Juntos	2:36.57	386
	50m: 32.25 32.25	100m: 1:15.37	43.12 150m: 2:02.21 46.84	200m: 2:36.57	34.36
16.	Jose Guardado, SILVA	08	Vigor da Mocidade	2:49.71	303
	<i>FTL</i>				
	50m: 36.77 36.77	100m: 1:21.23	44.46 150m: 2:11.61 50.38	200m: 2:49.71	38.10
DSQ	Jorge Lucas, MELO	08	Campinho		
	<i>SW 7.4 - O/A atleta executou pernadas alternadas aos 150 metros.</i>				

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 43, Masc., 200m Estilos

Jun

1.	Leonardo Jose, CRUZ	07	Alcobaca	2:08.77	693
	50m: 28.26 28.26	100m: 1:00.95	32.69 150m: 1:38.40 37.45	200m: 2:08.77	30.37
2.	Francisco Marques, SIMOES	07	CNLeiria	2:16.03	588
	50m: 28.48 28.48	100m: 1:03.55	35.07 150m: 1:44.41 40.86	200m: 2:16.03	31.62
3.	Martim Ribeiro, MENESES	06	O Crasto	2:17.64	568
	50m: 29.31 29.31	100m: 1:04.16	34.85 150m: 1:46.96 42.80	200m: 2:17.64	30.68
4.	Duarte Jose, FERNANDES	06	União de Coimbra	2:17.96	564
	50m: 28.84 28.84	100m: 1:07.46	38.62 150m: 1:45.75 38.29	200m: 2:17.96	32.21
5.	Alexandre, DZYAKANAU	07	Louzan Natacao/EFAPEL	2:17.98	563
	50m: 29.16 29.16	100m: 1:05.97	36.81 150m: 1:47.07 41.10	200m: 2:17.98	30.91
6.	Rodrigo Vieira, RODRIGUES	06	Sporting de Espinho	2:18.63	556
	50m: 28.29 28.29	100m: 1:03.25	34.96 150m: 1:48.00 44.75	200m: 2:18.63	30.63
7.	Goncalo Pereira, COLACO	07	CNLeiria	2:20.69	532
	50m: 29.31 29.31	100m: 1:05.75	36.44 150m: 1:47.66 41.91	200m: 2:20.69	33.03
8.	Ricardo Lima, CAMPOS	06	Sanjoanense	2:22.22	515
	50m: 29.72 29.72	100m: 1:07.91	38.19 150m: 1:49.00 41.09	200m: 2:22.22	33.22
9.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	2:25.17	484
	50m: 29.62 29.62	100m: 1:09.15	39.53 150m: 1:50.51 41.36	200m: 2:25.17	34.66
10.	Afonso Vidal, TOMAS	06	Louzan Natacao/EFAPEL	2:25.99	476
	50m: 27.73 27.73	100m: 1:06.07	38.34 150m: 1:51.49 45.42	200m: 2:25.99	34.50
11.	Jose Miguel, MARQUES	06	Condeixa Clube	2:27.27	463
	50m: 29.65 29.65	100m: 1:11.70	42.05 150m: 1:53.93 42.23	200m: 2:27.27	33.34
12.	Martim Nuno, LAVAJO	07	Academico de Viseu	2:31.52	425
	50m: 30.56 30.56	100m: 1:10.99	40.43 150m: 1:58.18 47.19	200m: 2:31.52	33.34

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	2:14.61	607
	50m: 28.25 28.25	100m: 1:03.04	34.79 150m: 1:42.24 39.20	200m: 2:14.61	32.37
2.	David Ferreira, RELVAS	03	Marinha Grande	2:16.62	580
	50m: 28.63 28.63	100m: 1:05.53	36.90 150m: 1:45.85 40.32	200m: 2:16.62	30.77
3.	Dinis Amorim, MOUTELA	05	Estarreja	2:18.47	558
	50m: 28.79 28.79	100m: 1:05.07	36.28 150m: 1:47.23 42.16	200m: 2:18.47	31.24
4.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	2:21.29	525
	50m: 29.56 29.56	100m: 1:06.31	36.75 150m: 1:50.03 43.72	200m: 2:21.29	31.26
5.	Joao Neves, ALMEIDA	05	Nautico Academico	2:22.46	512
	50m: 29.55 29.55	100m: 1:07.19	37.64 150m: 1:49.66 42.47	200m: 2:22.46	32.80
6.	Tomas Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	2:23.99	496
	50m: 29.73 29.73	100m: 1:08.01	38.28 150m: 1:51.62 43.61	200m: 2:23.99	32.37
7.	Rodrigo Manuel, ROCHA	05	Sporting de Espinho	2:26.60	470
	50m: 29.95 29.95	100m: 1:09.61	39.66 150m: 1:51.63 42.02	200m: 2:26.60	34.97
8.	Pedro Ribeiro, MOÇO	02	Vagos	2:28.81	449
	50m: 30.56 30.56	100m: 1:11.84	41.28 150m: 1:54.66 42.82	200m: 2:28.81	34.15

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 43, Masc., 200m Estilos, Sen

Lugar	Ano	Tempo final	Pts
9. Renato Miguel, CARVALHO	03 Galitos / Bresimar	2:29.82	440
50m: 31.58 31.58 100m: 1:11.85 40.27 150m: 1:54.85 43.00 200m: 2:29.82			34.97
DSQ Guilherme Gomes, SILVA	05 Estamos Juntos		
<i>SW6.2 - O/A atleta perdeu a posição de costas no percurso subaquático, após a viragem mariposa/costas.</i>			

Juv B/Abs

1. Leonardo Jose, CRUZ	07 Alcobaca	2:08.77	693
50m: 28.26 28.26 100m: 1:00.95 32.69 150m: 1:38.40 37.45 200m: 2:08.77			30.37
2. Lucas Pereira, BASTOS	00 Nautico Academico	2:14.61	607
50m: 28.25 28.25 100m: 1:03.04 34.79 150m: 1:42.24 39.20 200m: 2:14.61			32.37
3. Francisco Marques, SIMOES	07 CNLeiria	2:16.03	588
50m: 28.48 28.48 100m: 1:03.55 35.07 150m: 1:44.41 40.86 200m: 2:16.03			31.62
4. David Ferreira, RELVAS	03 Marinha Grande	2:16.62	580
50m: 28.63 28.63 100m: 1:05.53 36.90 150m: 1:45.85 40.32 200m: 2:16.62			30.77
5. Martim Ribeiro, MENESES	06 O Crasto	2:17.64	568
50m: 29.31 29.31 100m: 1:04.16 34.85 150m: 1:46.96 42.80 200m: 2:17.64			30.68
6. Duarte Jose, FERNANDES	06 União de Coimbra	2:17.96	564
50m: 28.84 28.84 100m: 1:07.46 38.62 150m: 1:45.75 38.29 200m: 2:17.96			32.21
7. Alexandre, DZYAKANAU	07 Louzan Natacao/EFAPEL	2:17.98	563
50m: 29.16 29.16 100m: 1:05.97 36.81 150m: 1:47.07 41.10 200m: 2:17.98			30.91
8. Dinis Amorim, MOUTELA	05 Estarreja	2:18.47	558
50m: 28.79 28.79 100m: 1:05.07 36.28 150m: 1:47.23 42.16 200m: 2:18.47			31.24
9. Rodrigo Vieira, RODRIGUES	06 Sporting de Espinho	2:18.63	556
50m: 28.29 28.29 100m: 1:03.25 34.96 150m: 1:48.00 44.75 200m: 2:18.63			30.63
10. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:20.10	538
50m: 29.92 29.92 100m: 1:05.75 35.83 150m: 1:48.35 42.60 200m: 2:20.10			31.75
11. Goncalo Pereira, COLACO	07 CNLeiria	2:20.69	532
50m: 29.31 29.31 100m: 1:05.75 36.44 150m: 1:47.66 41.91 200m: 2:20.69			33.03
12. Joao Miguel, VITORIA	08 Academico de Viseu	2:20.74	531
50m: 29.91 29.91 100m: 1:06.42 36.51 150m: 1:49.27 42.85 200m: 2:20.74			31.47
13. Rafael Pereira, RODRIGUES	08 Condeixa Clube	2:21.16	526
50m: 30.75 30.75 100m: 1:07.17 36.42 150m: 1:49.49 42.32 200m: 2:21.16			31.67
14. Abel Renato, FERREIRA	05 Algés e Águeda XXI	2:21.29	525
50m: 29.56 29.56 100m: 1:06.31 36.75 150m: 1:50.03 43.72 200m: 2:21.29			31.26
15. Ricardo Lima, CAMPOS	06 Sanjoanense	2:22.22	515
50m: 29.72 29.72 100m: 1:07.91 38.19 150m: 1:49.00 41.09 200m: 2:22.22			33.22
16. Nuno Miguel, ANJOS	08 Galitos / Bresimar	2:22.40	513
50m: 28.53 28.53 100m: 1:07.94 39.41 150m: 1:49.07 41.13 200m: 2:22.40			33.33
17. Joao Neves, ALMEIDA	05 Nautico Academico	2:22.46	512
50m: 29.55 29.55 100m: 1:07.19 37.64 150m: 1:49.66 42.47 200m: 2:22.46			32.80

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
Coimbra, 15 a 17 de Março de 2024

Prova 43, Masc., 200m Estilos, Juv B/Abs

Lugar	Ano	Tempo final	Pts
18. Tomas Carvalho, SANTOS 50m: 29.73 29.73 100m: 1:08.01	05 Louzan Natacao/EFAPEL	2:23.99 2:23.99	496 32.37
19. Guilherme Meireles, MARRAZES 50m: 29.77 29.77 100m: 1:07.86	09 Marinha Grande	2:24.48 2:24.48	491 32.64
20. Rodrigo Mosca, SILVA 50m: 30.83 30.83 100m: 1:09.31	08 Columbofila Cantanhedense	2:24.50 2:24.50	491 33.65
21. Miguel Duarte, BATISTA 50m: 31.54 31.54 100m: 1:08.34	08 Academico de Viseu	2:25.02 2:25.02	485 33.36
22. Henrique Ferreira, MARTINS 50m: 29.62 29.62 100m: 1:09.15	06 Algés e Águeda XXI	2:25.17 2:25.17	484 34.66
23. Antonio Tomas, TEIXEIRA 50m: 30.63 30.63 100m: 1:09.04	08 Gafanha da Encarnacao	2:25.75 2:25.75	478 33.31
24. Afonso Vidal, TOMAS 50m: 27.73 27.73 100m: 1:06.07	06 Louzan Natacao/EFAPEL	2:25.99 2:25.99	476 34.50
25. Rodrigo Silva, MEIRELES 50m: 30.31 30.31 100m: 1:07.57	08 Sporting Aveiro	2:26.10 2:26.10	475 34.71
26. Dinis Valente, ROCHA 50m: 30.65 30.65 100m: 1:10.75	09 Estarreja	2:26.26 2:26.26	473 33.46
27. Rodrigo Manuel, ROCHA 50m: 29.95 29.95 100m: 1:09.61	05 Sporting de Espinho	2:26.60 2:26.60	470 34.97
28. Vicente Sa, VALE 50m: 30.11 30.11 100m: 1:10.00	08 Galitos / Bresimar	2:26.83 2:26.83	468 32.46
29. Jose Miguel, MARQUES 50m: 29.65 29.65 100m: 1:11.70	06 Condeixa Clube	2:27.27 2:27.27	463 33.34
30. Filipe Saldanha, COSTA 50m: 30.49 30.49 100m: 1:11.37	09 O Crasto	2:28.68 2:28.68	450 32.91
31. Pedro Ribeiro, MOÇO 50m: 30.56 30.56 100m: 1:11.84	02 Vagos	2:28.81 2:28.81	449 34.15
32. Renato Miguel, CARVALHO 50m: 31.58 31.58 100m: 1:11.85	03 Galitos / Bresimar	2:29.82 2:29.82	440 34.97
33. Guilherme Andre, GASPAR 50m: 30.93 30.93 100m: 1:12.72	09 Nautico Academico	2:31.20 2:31.20	428 35.09
34. Martim Nuno, LAVAJO 50m: 30.56 30.56 100m: 1:10.99	07 Academico de Viseu	2:31.52 2:31.52	425 33.34
35. Francisco Fernandes, PEREIRA 50m: 32.13 32.13 100m: 1:08.10	08 Academica de Coimbra	2:31.62 2:31.62	425 35.43
36. Leonardo Branco, PEREIRA 50m: 31.54 31.54 100m: 1:13.44	08 O Crasto	2:33.06 2:33.06	413 35.88
37. Samuel Dinis, MAIA 50m: 32.72 32.72 100m: 1:12.88	08 Miranda do Corvo	2:33.25 2:33.25	411 35.30
38. Gabriel Moises, GUERRA 50m: 31.02 31.02 100m: 1:10.58	09 Oliveirense	2:33.56 2:33.56	409 32.69

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Prova 43, Masc., 200m Estilos, Juv B/Abs

Lugar					Ano					Tempo final	Pts
39.	Guilherme Franca, COSTA	08	Estamos Juntos						2:33.57	409	
	50m: 31.85 31.85	100m: 1:14.73	42.88	150m: 1:58.41	43.68	200m: 2:33.57	35.16				
40.	Xinyang, CHENG	09	Marinha Grande						2:33.96	405	
	50m: 32.88 32.88	100m: 1:15.55	42.67	150m: 1:59.04	43.49	200m: 2:33.96	34.92				
41.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai						2:34.38	402	
	50m: 31.44 31.44	100m: 1:11.22	39.78	150m: 1:59.77	48.55	200m: 2:34.38	34.61				
42.	Rodrigo Oliveira, SANTOS	09	Alcobaca						2:35.41	394	
	50m: 32.68 32.68	100m: 1:14.14	41.46	150m: 1:58.85	44.71	200m: 2:35.41	36.56				
43.	Nuno Rodrigo, MACEDO	08	Estamos Juntos						2:36.57	386	
	50m: 32.25 32.25	100m: 1:15.37	43.12	150m: 2:02.21	46.84	200m: 2:36.57	34.36				
44.	Hugo Miguel, SANTOS	09	Pimpoes/Cimai						2:36.83	384	
	50m: 32.95 32.95	100m: 1:15.85	42.90	150m: 1:59.38	43.53	200m: 2:36.83	37.45				
45.	Pedro Blanc, CAPINHA	09	Óbidos Criativa						2:40.36	359	
	50m: 31.82 31.82	100m: 1:14.03	42.21	150m: 2:00.33	46.30	200m: 2:40.36	40.03				
46.	Pedro Fonseca, OLIVEIRA	09	Marinha Grande						2:41.13	354	
	50m: 32.81 32.81	100m: 1:13.71	40.90	150m: 2:04.42	50.71	200m: 2:41.13	36.71				
47.	Diogo Silva, FARIA	09	Feirense						2:41.71	350	
	50m: 31.31 31.31	100m: 1:14.31	43.00	150m: 2:03.14	48.83	200m: 2:41.71	38.57				
48.	Rodrigo Cruz, COSTA	09	Sanjoanense						2:41.84	349	
	50m: 33.95 33.95	100m: 1:17.20	43.25	150m: 2:03.89	46.69	200m: 2:41.84	37.95				
49.	Jose Guardado, SILVA FTL	08	Vigor da Mocidade						2:49.71	303	
	50m: 36.77 36.77	100m: 1:21.23	44.46	150m: 2:11.61	50.38	200m: 2:49.71	38.10				
DSQ	Guilherme Gomes, SILVA	05	Estamos Juntos								
	<i>SW6.2 - O/A atleta perdeu a posição de costas no percurso subaquático, após a viragem mariposa/costas.</i>										
DSQ	Martim Alexandre, MESQUITA	09	Marinha Grande								
	<i>SW 7.6 - O/A atleta tocou só com uma mão na parede na viragem aos 150 metros.</i>										
DSQ	Jorge Lucas, MELO	08	Campinho								
	<i>SW 7.4 - O/A atleta executou pernadas alternadas aos 150 metros.</i>										
DSQ	Manuel Leite, AGUIAR	09	Sanjoanense								
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 150 metros.</i>										
DNS	Pedro Vidal, GUEDES	09	Gafanha da Encarnacao								
EXH	Yury, FOMIN	06	Louletano / Loule Concelho						2:10.50	666	
	50m: 28.02 28.02	100m: 1:01.66	33.64	150m: 1:40.00	38.34	200m: 2:10.50	30.50				

Secretariado:

Juíz Arbitro:

Campeonato Interdistrital de Juvenis, Juniores e Seniores Abs PL
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Prova 44	Femin., 200m Estilos					Abs
17/03/2024 - 18:30						Resultados
Rec Nacionais Open	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017	
Rec Nacionais Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017	
Rec Nacionais Jun 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30/03/2017	
Rec Nacionais Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03/06/2012	
Rec Nacionais Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04/04/2015	
Rec Nacionais Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01/08/2010	
TA SEN-FEM Sen: 2:49.50 / TA JUN-FEM Jun: 2:53.72 / TA JUVA-FEM Juv A: 2:57.93 / TA JUVB-FEM Juv B: 3:02.16						

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Maria Neto, SIMOES	10	2:37.77	510
50m: 33.40 33.40	100m: 1:15.46	42.06 150m: 2:01.86	46.40 200m: 2:37.77
35.91			
2. Sofia Roma, BRIZIDA	10	2:39.44	494
50m: 34.96 34.96	100m: 1:18.02	43.06 150m: 2:02.26	44.24 200m: 2:39.44
37.18			
3. Leonor Nunes, CARDEAL	10	2:39.99	489
50m: 33.42 33.42	100m: 1:16.33	42.91 150m: 2:04.24	47.91 200m: 2:39.99
35.75			
4. Ines Ribeiro, MELO	10	2:42.60	466
50m: 32.45 32.45	100m: 1:16.82	44.37 150m: 2:04.59	47.77 200m: 2:42.60
38.01			
5. Laura Helena, AMORIM	10	2:44.55	450
50m: 35.25 35.25	100m: 1:18.86	43.61 150m: 2:08.88	50.02 200m: 2:44.55
35.67			
6. Mariana Bernardo, SILVESTRE	10	2:44.85	447
50m: 36.22 36.22	100m: 1:17.89	41.67 150m: 2:06.83	48.94 200m: 2:44.85
38.02			
7. Matilde Santos, VIEIRA	10	2:45.56	442
50m: 35.46 35.46	100m: 1:21.00	45.54 150m: 2:09.20	48.20 200m: 2:45.56
36.36			
8. Raquel Domingues, RE	10	2:45.95	438
50m: 35.50 35.50	100m: 1:19.12	43.62 150m: 2:07.50	48.38 200m: 2:45.95
38.45			
9. Leonor Sobreiro, ALMEIDA	10	2:47.19	429
50m: 35.97 35.97	100m: 1:21.94	45.97 150m: 2:08.05	46.11 200m: 2:47.19
39.14			
10. Barbara Balbino, MENDES	10	2:50.44	405
50m: 35.71 35.71	100m: 1:19.73	44.02 150m: 2:12.09	52.36 200m: 2:50.44
38.35			
11. Debora Silva, INACIO	10	2:51.41	398
50m: 37.99 37.99	100m: 1:20.52	42.53 150m: 2:14.85	54.33 200m: 2:51.41
36.56			
12. Mariana Dias, PEREIRA	10	2:51.81	395
50m: 37.44 37.44	100m: 1:22.46	45.02 150m: 2:11.68	49.22 200m: 2:51.81
40.13			
13. Leonor Pereira, SILVA	10	2:52.56	390
50m: 36.86 36.86	100m: 1:23.42	46.56 150m: 2:14.41	50.99 200m: 2:52.56
38.15			
14. Eva Santos, FERREIRA	10	2:54.36	378
50m: 39.50 39.50	100m: 1:24.36	44.86 150m: 2:17.16	52.80 200m: 2:54.36
37.20			
15. Luana Filipe, REIS	10	2:55.20	373
50m: 40.12 40.12	100m: 1:27.02	46.90 150m: 2:14.65	47.63 200m: 2:55.20
40.55			
16. Sofia Oliveira, FREITAS	10	2:56.28	366
50m: 39.49 39.49	100m: 1:26.63	47.14 150m: 2:17.94	51.31 200m: 2:56.28
38.34			

Secretariado:

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Prova 44, Femin., 200m Estilos, Juv B

Lugar	Ano	Tempo final	Pts
17. Beatriz Ribeiro, VELOSO <i>FTL</i>	10 Vigor da Mocidade	3:06.01	311
50m: 40.76 40.76 100m: 1:28.01 47.25 150m: 2:22.31 54.30 200m: 3:06.01 43.70			
DSQ Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho		
<i>SW 7.5 - O/A atleta executou pernadas de golfinho durante o percurso., Percurso de bruços</i>			

Juv A

1. Rita Calado, CRUZ	09 Nautico Academico	2:37.15	516
50m: 35.00 35.00 100m: 1:14.76 39.76 150m: 1:59.76 45.00 200m: 2:37.15 37.39			
2. Raquel Alexandra, CANCELA	09 Louzan Natacao/EFAPEL	2:40.06	489
50m: 34.80 34.80 100m: 1:17.46 42.66 150m: 2:02.83 45.37 200m: 2:40.06 37.23			
3. Lara Catarina, MAIA	09 Estarreja	2:40.80	482
50m: 33.05 33.05 100m: 1:15.46 42.41 150m: 2:04.34 48.88 200m: 2:40.80 36.46			
4. Caetana Amado, SANTOS	09 Miranda do Corvo	2:41.67	474
50m: 34.91 34.91 100m: 1:14.64 39.73 150m: 2:05.08 50.44 200m: 2:41.67 36.59			
5. Marta Oliveira, SILVA	09 Sanjoanense	2:43.99	454
50m: 33.81 33.81 100m: 1:18.06 44.25 150m: 2:06.90 48.84 200m: 2:43.99 37.09			
6. Francisca Ramos, NUNES	09 Naval de Peniche	2:44.69	449
50m: 34.51 34.51 100m: 1:16.63 42.12 150m: 2:07.83 51.20 200m: 2:44.69 36.86			
7. Matilde Lopes, SILVA	09 Sao Joao Ver	2:45.88	439
50m: 35.36 35.36 100m: 1:19.67 44.31 150m: 2:07.85 48.18 200m: 2:45.88 38.03			
8. Francisca Pinto, OLIVEIRA	09 Galitos / Bresimar	2:47.82	424
50m: 35.04 35.04 100m: 1:18.49 43.45 150m: 2:08.32 49.83 200m: 2:47.82 39.50			
9. Ana Margarida, MARQUES	09 Bairro dos Anjos	2:52.51	390
50m: 35.59 35.59 100m: 1:20.82 45.23 150m: 2:14.09 53.27 200m: 2:52.51 38.42			
10. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	2:53.60	383
50m: 36.84 36.84 100m: 1:21.34 44.50 150m: 2:14.58 53.24 200m: 2:53.60 39.02			
11. Beatriz Ferreira, MIGUEL	09 Algés e Águeda XXI	2:57.42	359
50m: 39.57 39.57 100m: 1:27.09 47.52 150m: 2:17.95 50.86 200m: 2:57.42 39.47			
12. Leonor Valerio, ADRIANO <i>FTL</i>	09 Alcobaca	2:58.04	355
50m: 38.97 38.97 100m: 1:23.80 44.83 150m: 2:17.08 53.28 200m: 2:58.04 40.96			
DSQ Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense		
<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de costas.</i>			
DSQ Maria Rita, OLIVEIRA	09 Academico de Viseu		
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem de bruços para livres.</i>			
DSQ Maria Teresa, OLIVEIRA	09 Bairro dos Anjos		
<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de costas</i>			

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Prova 44, Femin., 200m Estilos

Jun

1.	Nuria Soares, SILVA	07	Sao Joao Ver	2:31.91	572
	50m: 31.76 31.76	100m: 1:12.51	40.75 150m: 1:55.86 43.35	200m: 2:31.91	36.05
2.	Carolina Mendes, NUNES	08	Estarreja	2:32.07	570
	50m: 32.43 32.43	100m: 1:12.03	39.60 150m: 1:56.84 44.81	200m: 2:32.07	35.23
3.	Carolina Martins, SILVA	07	Estarreja	2:32.74	562
	50m: 32.64 32.64	100m: 1:13.50	40.86 150m: 1:59.57 46.07	200m: 2:32.74	33.17
4.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL	2:34.56	543
	50m: 32.26 32.26	100m: 1:13.24	40.98 150m: 1:57.96 44.72	200m: 2:34.56	36.60
5.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu	2:35.27	535
	50m: 31.85 31.85	100m: 1:12.42	40.57 150m: 1:58.97 46.55	200m: 2:35.27	36.30
6.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	2:35.66	531
	50m: 33.27 33.27	100m: 1:14.23	40.96 150m: 2:01.90 47.67	200m: 2:35.66	33.76
7.	Rita Isabel, NEVES	08	Condeixa Clube	2:37.92	509
	50m: 33.90 33.90	100m: 1:16.32	42.42 150m: 2:02.66 46.34	200m: 2:37.92	35.26
8.	Rita Rocha, SILVA	08	Alcobaca	2:41.28	478
	50m: 33.69 33.69	100m: 1:17.33	43.64 150m: 2:02.18 44.85	200m: 2:41.28	39.10
9.	Bruna Filipa, LOURENCO	08	O Crasto	2:41.65	474
	50m: 34.02 34.02	100m: 1:16.29	42.27 150m: 2:02.95 46.66	200m: 2:41.65	38.70
10.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	2:42.16	470
	50m: 34.86 34.86	100m: 1:15.84	40.98 150m: 2:04.83 48.99	200m: 2:42.16	37.33
11.	Maria Rita, ROSARIO	08	Sanjoanense	2:43.27	460
	50m: 34.39 34.39	100m: 1:16.38	41.99 150m: 2:05.45 49.07	200m: 2:43.27	37.82
12.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	2:43.69	457
	50m: 33.45 33.45	100m: 1:14.09	40.64 150m: 2:05.61 51.52	200m: 2:43.69	38.08
13.	Maria Rita, BENTO	08	Gafanha da Encarnacao	2:44.11	453
	50m: 36.19 36.19	100m: 1:18.74	42.55 150m: 2:07.33 48.59	200m: 2:44.11	36.78
14.	Daniela Leao, PICADO	08	Gafanha da Encarnacao	2:50.86	402
	50m: 38.06 38.06	100m: 1:22.10	44.04 150m: 2:11.10 49.00	200m: 2:50.86	39.76
15.	Laura Gomes, SILVA	08	Estamos Juntos	2:51.24	399
	50m: 37.38 37.38	100m: 1:23.34	45.96 150m: 2:12.96 49.62	200m: 2:51.24	38.28
16.	Mafalda Rodrigues, CARDOSO	07	Sao Joao Ver	2:51.66	396
	50m: 34.61 34.61	100m: 1:20.10	45.49 150m: 2:10.05 49.95	200m: 2:51.66	41.61
17.	Camila Silva, CHAMUSCO	08	Pimpoes/Cimai	2:56.06	367
	<i>FTL</i>				
	50m: 38.77 38.77	100m: 1:28.18	49.41 150m: 2:15.17 46.99	200m: 2:56.06	40.89
18.	Nuria Resende, SILVA	07	Oliveirense	3:09.13	296
	<i>FTL</i>				
	50m: 31.23 31.23	100m: 1:24.82	53.59 150m: 2:23.90 59.08	200m: 3:09.13	45.23
DNS	Maria Ines, SILVA	08	Gafanha da Encarnacao		
DNS	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI		

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Prova 44, Femin., 200m Estilos

Sen

1.	Carolina Miranda, FERNANDES	05	Galitos / Bresimar	2:25.83	646
	50m: 29.46 29.46	100m: 1:08.05	38.59 150m: 1:53.32 45.27	200m: 2:25.83	32.51
2.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	2:25.90	645
	50m: 31.30 31.30	100m: 1:10.28	38.98 150m: 1:51.90 41.62	200m: 2:25.90	34.00
3.	Helena Nunes, RODRIGUES	03	Condeixa Clube	2:29.41	601
	50m: 31.46 31.46	100m: 1:09.46	38.00 150m: 1:56.36 46.90	200m: 2:29.41	33.05
4.	Maria Joao, RIBEIRO	05	Sao Joao Ver	2:32.99	560
	50m: 32.19 32.19	100m: 1:15.00	42.81 150m: 1:57.08 42.08	200m: 2:32.99	35.91
5.	Ana Carolina, MONTEIRO	04	União de Coimbra	2:34.29	546
	50m: 32.03 32.03	100m: 1:13.20	41.17 150m: 2:00.02 46.82	200m: 2:34.29	34.27
6.	Matilde Fonseca, OLIVEIRA	06	Louzan Natacao/EFAPEL	2:34.84	540
	50m: 31.97 31.97	100m: 1:14.20	42.23 150m: 1:59.13 44.93	200m: 2:34.84	35.71
7.	Joana Rosa, FERREIRA	05	CNLeiria	2:35.28	535
	50m: 32.59 32.59	100m: 1:14.48	41.89 150m: 2:00.20 45.72	200m: 2:35.28	35.08
8.	Ana Francisca, SILVA	06	Alcobaca	2:37.19	516
	50m: 32.91 32.91	100m: 1:12.96	40.05 150m: 2:01.19 48.23	200m: 2:37.19	36.00
9.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	2:38.49	503
	50m: 32.74 32.74	100m: 1:15.34	42.60 150m: 2:02.53 47.19	200m: 2:38.49	35.96
10.	Margarida Santos, LOPES	04	Estarreja	2:38.88	500
	50m: 33.49 33.49	100m: 1:15.20	41.71 150m: 2:00.62 45.42	200m: 2:38.88	38.26
11.	Ines Santos, CUNHA	06	Gafanha da Encarnacao	2:39.45	494
	50m: 35.06 35.06	100m: 1:17.08	42.02 150m: 2:02.75 45.67	200m: 2:39.45	36.70
12.	Barbara Nunes, MARQUES	06	Estarreja	2:39.63	493
	50m: 33.04 33.04	100m: 1:13.80	40.76 150m: 2:00.92 47.12	200m: 2:39.63	38.71
13.	Ana Rita, ALMEIDA	05	Campinho	2:40.52	485
	50m: 33.33 33.33	100m: 1:19.69	46.36 150m: 2:02.81 43.12	200m: 2:40.52	37.71
14.	Bruna Cruz, CARVALHO	03	Louzan Natacao/EFAPEL	2:42.17	470
	50m: 33.59 33.59	100m: 1:16.31	42.72 150m: 2:02.43 46.12	200m: 2:42.17	39.74
DNS	Mariana Teixeira, JESUS	06	Estarreja		

Juv B/Abs

1.	Carolina Miranda, FERNANDES	05	Galitos / Bresimar	2:25.83	646
	50m: 29.46 29.46	100m: 1:08.05	38.59 150m: 1:53.32 45.27	200m: 2:25.83	32.51
2.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	2:25.90	645
	50m: 31.30 31.30	100m: 1:10.28	38.98 150m: 1:51.90 41.62	200m: 2:25.90	34.00
3.	Helena Nunes, RODRIGUES	03	Condeixa Clube	2:29.41	601
	50m: 31.46 31.46	100m: 1:09.46	38.00 150m: 1:56.36 46.90	200m: 2:29.41	33.05
4.	Nuria Soares, SILVA	07	Sao Joao Ver	2:31.91	572
	50m: 31.76 31.76	100m: 1:12.51	40.75 150m: 1:55.86 43.35	200m: 2:31.91	36.05
5.	Carolina Mendes, NUNES	08	Estarreja	2:32.07	570
	50m: 32.43 32.43	100m: 1:12.03	39.60 150m: 1:56.84 44.81	200m: 2:32.07	35.23

Secretariado:

Juíz Arbitro:

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Prova 44, Femin., 200m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
6.	Carolina Martins, SILVA	07	Estarreja				2:32.74	562	
	50m: 32.64 32.64	100m: 1:13.50	40.86	150m: 1:59.57	46.07	200m: 2:32.74	33.17		
7.	Maria Joao, RIBEIRO	05	Sao Joao Ver				2:32.99	560	
	50m: 32.19 32.19	100m: 1:15.00	42.81	150m: 1:57.08	42.08	200m: 2:32.99	35.91		
8.	Ana Carolina, MONTEIRO	04	União de Coimbra				2:34.29	546	
	50m: 32.03 32.03	100m: 1:13.20	41.17	150m: 2:00.02	46.82	200m: 2:34.29	34.27		
9.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL				2:34.56	543	
	50m: 32.26 32.26	100m: 1:13.24	40.98	150m: 1:57.96	44.72	200m: 2:34.56	36.60		
10.	Matilde Fonseca, OLIVEIRA	06	Louzan Natacao/EFAPEL				2:34.84	540	
	50m: 31.97 31.97	100m: 1:14.20	42.23	150m: 1:59.13	44.93	200m: 2:34.84	35.71		
11.	Madalena Almeida, FIGUEIRA	07	Academico de Viseu				2:35.27	535	
	50m: 31.85 31.85	100m: 1:12.42	40.57	150m: 1:58.97	46.55	200m: 2:35.27	36.30		
12.	Joana Rosa, FERREIRA	05	CNLeiria				2:35.28	535	
	50m: 32.59 32.59	100m: 1:14.48	41.89	150m: 2:00.20	45.72	200m: 2:35.28	35.08		
13.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL				2:35.66	531	
	50m: 33.27 33.27	100m: 1:14.23	40.96	150m: 2:01.90	47.67	200m: 2:35.66	33.76		
14.	Rita Calado, CRUZ	09	Nautico Academico				2:37.15	516	
	50m: 35.00 35.00	100m: 1:14.76	39.76	150m: 1:59.76	45.00	200m: 2:37.15	37.39		
15.	Ana Francisca, SILVA	06	Alcobaca				2:37.19	516	
	50m: 32.91 32.91	100m: 1:12.96	40.05	150m: 2:01.19	48.23	200m: 2:37.19	36.00		
16.	Maria Neto, SIMOES	10	Condeixa Clube				2:37.77	510	
	50m: 33.40 33.40	100m: 1:15.46	42.06	150m: 2:01.86	46.40	200m: 2:37.77	35.91		
17.	Rita Isabel, NEVES	08	Condeixa Clube				2:37.92	509	
	50m: 33.90 33.90	100m: 1:16.32	42.42	150m: 2:02.66	46.34	200m: 2:37.92	35.26		
18.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao				2:38.49	503	
	50m: 32.74 32.74	100m: 1:15.34	42.60	150m: 2:02.53	47.19	200m: 2:38.49	35.96		
19.	Margarida Santos, LOPES	04	Estarreja				2:38.88	500	
	50m: 33.49 33.49	100m: 1:15.20	41.71	150m: 2:00.62	45.42	200m: 2:38.88	38.26		
20.	Sofia Roma, BRIZIDA	10	Bairro dos Anjos				2:39.44	494	
	50m: 34.96 34.96	100m: 1:18.02	43.06	150m: 2:02.26	44.24	200m: 2:39.44	37.18		
21.	Ines Santos, CUNHA	06	Gafanha da Encarnacao				2:39.45	494	
	50m: 35.06 35.06	100m: 1:17.08	42.02	150m: 2:02.75	45.67	200m: 2:39.45	36.70		
22.	Barbara Nunes, MARQUES	06	Estarreja				2:39.63	493	
	50m: 33.04 33.04	100m: 1:13.80	40.76	150m: 2:00.92	47.12	200m: 2:39.63	38.71		
23.	Leonor Nunes, CARDEAL	10	Individual ANCP				2:39.99	489	
	50m: 33.42 33.42	100m: 1:16.33	42.91	150m: 2:04.24	47.91	200m: 2:39.99	35.75		
24.	Raquel Alexandra, CANCELA	09	Louzan Natacao/EFAPEL				2:40.06	489	
	50m: 34.80 34.80	100m: 1:17.46	42.66	150m: 2:02.83	45.37	200m: 2:40.06	37.23		
25.	Ana Rita, ALMEIDA	05	Campinho				2:40.52	485	
	50m: 33.33 33.33	100m: 1:19.69	46.36	150m: 2:02.81	43.12	200m: 2:40.52	37.71		
26.	Lara Catarina, MAIA	09	Estarreja				2:40.80	482	
	50m: 33.05 33.05	100m: 1:15.46	42.41	150m: 2:04.34	48.88	200m: 2:40.80	36.46		

Secretariado:

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Prova 44, Femin., 200m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
27.	Rita Rocha, SILVA	08	Alcobaca				2:41.28	478	
	50m: 33.69 33.69	100m: 1:17.33	43.64	150m: 2:02.18	44.85	200m: 2:41.28	39.10		
28.	Bruna Filipa, LOURENCO	08	O Crasto				2:41.65	474	
	50m: 34.02 34.02	100m: 1:16.29	42.27	150m: 2:02.95	46.66	200m: 2:41.65	38.70		
29.	Caetana Amado, SANTOS	09	Miranda do Corvo				2:41.67	474	
	50m: 34.91 34.91	100m: 1:14.64	39.73	150m: 2:05.08	50.44	200m: 2:41.67	36.59		
30.	Matilde Marques, MENDES	08	Gafanha da Encarnacao				2:42.16	470	
	50m: 34.86 34.86	100m: 1:15.84	40.98	150m: 2:04.83	48.99	200m: 2:42.16	37.33		
31.	Bruna Cruz, CARVALHO	03	Louzan Natacao/EFAPEL				2:42.17	470	
	50m: 33.59 33.59	100m: 1:16.31	42.72	150m: 2:02.43	46.12	200m: 2:42.17	39.74		
32.	Ines Ribeiro, MELO	10	Galitos / Bresimar				2:42.60	466	
	50m: 32.45 32.45	100m: 1:16.82	44.37	150m: 2:04.59	47.77	200m: 2:42.60	38.01		
33.	Maria Rita, ROSARIO	08	Sanjoanense				2:43.27	460	
	50m: 34.39 34.39	100m: 1:16.38	41.99	150m: 2:05.45	49.07	200m: 2:43.27	37.82		
34.	Cristiana Sofia, DUARTE	07	Academica de Coimbra				2:43.69	457	
	50m: 33.45 33.45	100m: 1:14.09	40.64	150m: 2:05.61	51.52	200m: 2:43.69	38.08		
35.	Marta Oliveira, SILVA	09	Sanjoanense				2:43.99	454	
	50m: 33.81 33.81	100m: 1:18.06	44.25	150m: 2:06.90	48.84	200m: 2:43.99	37.09		
36.	Maria Rita, BENTO	08	Gafanha da Encarnacao				2:44.11	453	
	50m: 36.19 36.19	100m: 1:18.74	42.55	150m: 2:07.33	48.59	200m: 2:44.11	36.78		
37.	Laura Helena, AMORIM	10	Marinha Grande				2:44.55	450	
	50m: 35.25 35.25	100m: 1:18.86	43.61	150m: 2:08.88	50.02	200m: 2:44.55	35.67		
38.	Francisca Ramos, NUNES	09	Naval de Peniche				2:44.69	449	
	50m: 34.51 34.51	100m: 1:16.63	42.12	150m: 2:07.83	51.20	200m: 2:44.69	36.86		
39.	Mariana Bernardo, SILVESTRE	10	Nautico Academico				2:44.85	447	
	50m: 36.22 36.22	100m: 1:17.89	41.67	150m: 2:06.83	48.94	200m: 2:44.85	38.02		
40.	Matilde Santos, VIEIRA	10	Marinha Grande				2:45.56	442	
	50m: 35.46 35.46	100m: 1:21.00	45.54	150m: 2:09.20	48.20	200m: 2:45.56	36.36		
41.	Matilde Lopes, SILVA	09	Sao Joao Ver				2:45.88	439	
	50m: 35.36 35.36	100m: 1:19.67	44.31	150m: 2:07.85	48.18	200m: 2:45.88	38.03		
42.	Raquel Domingues, RE	10	Sporting Aveiro				2:45.95	438	
	50m: 35.50 35.50	100m: 1:19.12	43.62	150m: 2:07.50	48.38	200m: 2:45.95	38.45		
43.	Leonor Sobreiro, ALMEIDA	10	CASPAE				2:47.19	429	
	50m: 35.97 35.97	100m: 1:21.94	45.97	150m: 2:08.05	46.11	200m: 2:47.19	39.14		
44.	Francisca Pinto, OLIVEIRA	09	Galitos / Bresimar				2:47.82	424	
	50m: 35.04 35.04	100m: 1:18.49	43.45	150m: 2:08.32	49.83	200m: 2:47.82	39.50		
45.	Barbara Balbino, MENDES	10	Naval de Peniche				2:50.44	405	
	50m: 35.71 35.71	100m: 1:19.73	44.02	150m: 2:12.09	52.36	200m: 2:50.44	38.35		
46.	Daniela Leao, PICADO	08	Gafanha da Encarnacao				2:50.86	402	
	50m: 38.06 38.06	100m: 1:22.10	44.04	150m: 2:11.10	49.00	200m: 2:50.86	39.76		
47.	Laura Gomes, SILVA	08	Estamos Juntos				2:51.24	399	
	50m: 37.38 37.38	100m: 1:23.34	45.96	150m: 2:12.96	49.62	200m: 2:51.24	38.28		

Secretariado:

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Lugar	Ano	Tempo final	Pts
48. Debora Silva, INACIO	10 Pimpoes/Cimai	2:51.41	398
50m: 37.99 37.99 100m: 1:20.52 42.53 150m: 2:14.85 54.33 200m: 2:51.41 36.56			
49. Mafalda Rodrigues, CARDOSO	07 Sao Joao Ver	2:51.66	396
50m: 34.61 34.61 100m: 1:20.10 45.49 150m: 2:10.05 49.95 200m: 2:51.66 41.61			
50. Mariana Dias, PEREIRA	10 Algés e Águeda XXI	2:51.81	395
50m: 37.44 37.44 100m: 1:22.46 45.02 150m: 2:11.68 49.22 200m: 2:51.81 40.13			
51. Ana Margarida, MARQUES	09 Bairro dos Anjos	2:52.51	390
50m: 35.59 35.59 100m: 1:20.82 45.23 150m: 2:14.09 53.27 200m: 2:52.51 38.42			
52. Leonor Pereira, SILVA	10 Óbidos Criativa	2:52.56	390
50m: 36.86 36.86 100m: 1:23.42 46.56 150m: 2:14.41 50.99 200m: 2:52.56 38.15			
53. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	2:53.60	383
50m: 36.84 36.84 100m: 1:21.34 44.50 150m: 2:14.58 53.24 200m: 2:53.60 39.02			
54. Eva Santos, FERREIRA	10 O Crasto	2:54.36	378
50m: 39.50 39.50 100m: 1:24.36 44.86 150m: 2:17.16 52.80 200m: 2:54.36 37.20			
55. Luana Filipe, REIS	10 Alcobaca	2:55.20	373
50m: 40.12 40.12 100m: 1:27.02 46.90 150m: 2:14.65 47.63 200m: 2:55.20 40.55			
56. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	2:56.06	367
<i>FTL</i>			
50m: 38.77 38.77 100m: 1:28.18 49.41 150m: 2:15.17 46.99 200m: 2:56.06 40.89			
57. Sofia Oliveira, FREITAS	10 O Crasto	2:56.28	366
50m: 39.49 39.49 100m: 1:26.63 47.14 150m: 2:17.94 51.31 200m: 2:56.28 38.34			
58. Beatriz Ferreira, MIGUEL	09 Algés e Águeda XXI	2:57.42	359
50m: 39.57 39.57 100m: 1:27.09 47.52 150m: 2:17.95 50.86 200m: 2:57.42 39.47			
59. Leonor Valerio, ADRIANO	09 Alcobaca	2:58.04	355
<i>FTL</i>			
50m: 38.97 38.97 100m: 1:23.80 44.83 150m: 2:17.08 53.28 200m: 2:58.04 40.96			
60. Beatriz Ribeiro, VELOSO	10 Vigor da Mocidade	3:06.01	311
<i>FTL</i>			
50m: 40.76 40.76 100m: 1:28.01 47.25 150m: 2:22.31 54.30 200m: 3:06.01 43.70			
61. Nuria Resende, SILVA	07 Oliveirense	3:09.13	296
<i>FTL</i>			
50m: 31.23 31.23 100m: 1:24.82 53.59 150m: 2:23.90 59.08 200m: 3:09.13 45.23			
DSQ Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense		
<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de costas.</i>			
DSQ Maria Rita, OLIVEIRA	09 Academico de Viseu		
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem de bruços para livres.</i>			
DSQ Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho		
<i>SW 7.5 - O/A atleta executou pernadas de golfinho durante o percurso., Percurso de bruços</i>			
DSQ Maria Teresa, OLIVEIRA	09 Bairro dos Anjos		
<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de costas</i>			
DNS Maria Ines, SILVA	08 Gafanha da Encarnacao		
DNS Bianca Filipa, ALMEIDA	07 Algés e Águeda XXI		

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Prova 44, Femin., 200m Estilos, Juv B/Abs

Lugar	Ano	Tempo final	Pts
DNS Mariana Teixeira, JESUS	06 Estarreja		
EXH Andreia Monteiro, BARREIRA	06 Peso da Regua	2:32.83	561
50m: 30.75 30.75 100m: 1:13.04 42.29 150m: 1:57.52 44.48 200m: 2:32.83 35.31			

Prova 45 Masc., 4 x 100m Estilos Abs Resultados
17/03/2024 - 19:10

Rec Nacionais Open	3:42.94	Sport Lisboa e Benfica	SLB	Oeiras	06/04/2022
Rec Nacionais Sen	3:43.87	Sporting Clube de Portugal	SCP	Oeiras	30/07/2022
Rec Nacionais Jun	3:54.74	Sport Lisboa e Benfica	SLB	Funchal	02/04/2023
Rec Nacionais Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nacionais Juv A/B	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nacionais Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23/07/2017

Pontos: FINA 2024

Lugar	Tempo final	Pts
Juv B		
1. Nautico Academico Juv B	4:37.61	413
Tiago Janeiro, MOITA 09 34.11 1:10.01	Jose Pedro, COSTA 09 32.06	1:12.17
Guilherme Andre, GASPAR 09 35.40 1:16.31	Tomas Rafael, PEREIRA 09 27.59	59.12
Juv A		
1. Galitos Juv A	4:23.88	481
Bernardo Reis, FERREIRA 08 35.18 1:12.33	Vicente Sa, VALE 08 29.47	1:02.99
Nuno Miguel, ANJOS 08 32.88 1:11.97	Antonio Cruz, FARDILHA 08 26.89	56.59
2. Sporting Espinho Juv A	4:26.57	466
Joao Diogo, NEVES 08 32.53 1:08.61	Francisco Pereira, SANTOS 08 28.95	1:02.53
Joao Coelho, CASTRO 08 35.45 1:17.80	Manuel Martins, OLIVEIRA 08 27.05	57.63
Jun		
1. Sporting Aveiro Jun	4:22.63	488
Dinis Vlasov, SOROKOVKIN 06 31.02 1:05.47	Tiago Lopes, BRANDAO 07 28.00	1:01.20
Simao Pereira, MACHADO 07 36.38 1:18.99	Joaquim Gabriel, OLIVEIRA 07 26.58	56.97
2. Nautico Academico Jun	4:43.95	386
Tomas Veiga, PEREIRA 06 34.73 1:12.15	Marco Dimitar, OLIVEIRA 07 31.59	1:09.25
Joao Rafael, FERREIRA 06 39.57 1:24.82	David Duarte, JESUS 07 26.70	57.73
DNS Sporting Espinho Jun	Sporting de Espinho	
Sen		
1. Nautico Academico Sen	4:15.73	528
Dinis Miranda, DIOGO 04 32.72 1:07.95	Joao Neves, ALMEIDA 05 29.49	1:03.25
Lucas Pereira, BASTOS 00 33.33 1:10.92	Rodrigo Miguel, REIS 04 25.11	53.61

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Prova 45, Masc., 4 x 100m Estilos

Juv B /Abs

1. Pimpoes Abs	Pimpoes/Cimai				4:08.66	575	
Mikhael, ONUTSKYY	08	29.72	1:01.24	Luca Valentino, TONA	06	27.15	58.22
Santiago Agostinho, PARREIRA	09	35.48	1:15.33	Gil Santos, LEMOS	06	25.58	53.87
2. Academica Coimbra Abs	Academica de Coimbra				4:14.96	533	
Edgar Tavares, MENDES	06	31.67	1:08.14	Miguel Freitas, OVIEDO	02	27.60	59.59
Miguel Caridade, GASPAR	99	32.72	1:10.73	Joao Ferreira, MARQUES	06	27.07	56.50

Prova 46

Femin., 4 x 100m Estilos

Abs

17/03/2024 - 19:15

Resultados

Rec Nacionais Open	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Rec Nacionais Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21/07/2009
Rec Nacionais Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04/04/2015
Rec Nacionais Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
Rec Nacionais Juv A/B	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016
Rec Nacionais Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008

Pontos: FINA 2024

Lugar					Tempo final	Pts	
Juv B							
1. Condeixa Clube Juv B	Condeixa Clube				4:58.43	460	
Rita Lucas, SANTOS	10	36.56	1:16.04	Camila Duarte, MARCELO	10	33.12	1:13.20
Maria Neto, SIMOES	10	39.06	1:22.87	Maria Ines, RODRIGUES	10	31.90	1:06.32
2. Galitos Juv B	Galitos / Bresimar				5:00.84	449	
Leonor Silva, JESUS	10	35.95	1:14.88	Leonor Silva, OLIVEIRA	10	35.10	1:14.98
Ines Ribeiro, MELO	10	41.66	1:27.71	Sofia Rodrigues, VASCONCELOS	10	30.30	1:03.27

Juv A

1. Galitos Juv A	Galitos / Bresimar				5:04.56	432	
Francisca Pinto, OLIVEIRA	09	38.17	1:19.68	Joana Almeida, SANTOS	09	34.44	1:14.61
Carlota Ganito, SANTOS	09	39.18	1:23.63	Francisca Soreto, PEDREIRO	09	31.99	1:06.64

Jun

1. Estarreja Jun	Estarreja				4:40.04	556	
Catarina Castro, CASALINHO	07	33.18	1:08.94	Carolina Martins, SILVA	07	31.24	1:07.44
Carolina Mendes, NUNES	08	38.48	1:22.46	Erica Domitila, AMADOR	07	28.69	1:01.20
2. Nautico Academico Jun	Nautico Academico				4:55.61	473	
Ines Miranda, DIOGO	07	36.11	1:15.22	Laura Carvalho, FERNANDES	08	32.99	1:10.69
Leonor Mil, MANO	07	40.00	1:25.52	Marta Andre, AGUILAR	07	30.96	1:04.18
3. Gafanha Encarnação Jun	Gafanha da Encarnacao				5:07.02	422	
Matilde Marques, MENDES	08	35.07	1:12.07	Maria Rita, BENTO	08	36.46	1:18.46
Maria Ines, SILVA	08	40.46	1:26.06	Daniela Leao, PICADO	08	33.34	1:10.43

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Sen

1.	Gafanha Encarnação Sen			Gafanha da Encarnacao		4:45.48	525
	Joana Barbas, RAMOS	06	36.06	1:13.17	Sara Calisto, PIMENTEL	05	31.94 1:08.14
	Ana Filipa, VEIGA	01	37.02	1:17.86	Vanessa Sofia, OLIVEIRA	05	31.91 1:06.31
2.	Estarreja Sen			Estarreja		4:51.09	495
	Maria Miguel, VALENTE	06	36.69	1:15.43	Barbara Nunes, MARQUES	06	32.96 1:11.67
	Margarida Santos, LOPES	04	36.58	1:18.76	Mariana Nunes, MARQUES	03	30.95 1:05.23
3.	Nautico Academico Sen			Nautico Academico		5:03.29	438
	Joana Filipa, VARELA	06	36.69	1:18.74	Maria Neto, FERREIRA	06	32.70 1:11.60
	Joana Ventura, PAIS	06	41.87	1:29.77	Leonor Verissimo, FARIA	06	30.19 1:03.18

Juv B /Abs

1.	Academica Coimbra Abs			Academica de Coimbra		4:55.89	472
	Cristiana Sofia, DUARTE	07	34.31	1:10.60	Beatriz Costa, TEJO	02	29.33 1:04.35
	Ana Beatriz, CAMPOS	08	40.66	1:27.32	Helena Carolina, DINIS	05	35.26 1:13.62
2.	Vieirense Abs			Vieirense		5:04.22	434
	Diana Rita, FONSECA	08	38.75	1:20.54	Bruna Andreia, SIMOES	01	31.98 1:10.52
	Mafalda Caetano, LOURENCO	06	40.99	1:28.70	Leonor Caetano, MOREIRA	06	30.15 1:04.46

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