

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 8	Masc., 50m Livres				Juvenis B
06/12/2024 - 17:40					Resultados
Rec Nacional Open	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	09/12/2022
Rec Nacional Juv B	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13/12/2009
TAC Zonais Juv B Masc : 26.92					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Manuel Von, FERREIRA	10	Porto	<b>24.94</b>	528
2. Rafael Moreira, ASSUNCAO	10	Feirense	<b>25.34</b>	503
3. Francisco Vilar, BRITO	10	Vilacondense	<b>26.74</b>	428
4. David Dourado, GOMES	10	Clube Naval Povoense	<b>28.44</b>	356
<i>FTL</i>				

Prova 8	Masc., 50m Livres				Juvenis A
06/12/2024 - 17:40					Resultados
Rec Nacional Open	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	09/12/2022
Rec Nacional Juv A	23.83	Diogo Matos, RIBEIRO	CUC	Coimbra	02/02/2020
TAC Zonais Juv A Masc : 26.55					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Bernardo Silva, DEUS	09	Fluvial Portuense	<b>24.89</b>	531
2. Pedro Moura, PEREIRA	09	Lousada SXXI	<b>24.99</b>	525
3. Tomas Rafael, PEREIRA	09	Condeixa Clube	<b>25.49</b>	494
4. Tiago Joaquim, SILVA	09	Galitos / Bresimar	<b>25.86</b>	473
5. Rafael Rui, SAMPAIO	09	Famalicão	<b>26.05</b>	463
6. Gabriel Moises, GUERRA	09	UD Oliveirense/FERSILVA	<b>26.10</b>	460
7. Joao Miguel, ROCHA	09	Peso da Regua	<b>26.31</b>	449
8. Tiago Avelino, FERREIRA	09	Sporting de Caminha	<b>26.40</b>	445
9. Joao Nuno, GASPAS	09	Condeixa Clube	<b>26.45</b>	442
10. Manuel Vicente, TAVEIRA	09	Campinho	<b>26.71</b>	429
<i>FTL</i>				
11. Leonardo Grakhov, MARCAL	09	Fluvial Portuense	<b>26.94</b>	419
<i>FTL</i>				
12. Guilherme Ferreira, ALMEIDA	09	UD Oliveirense/FERSILVA	<b>27.00</b>	416
<i>FTL</i>				
WDR Miguel Reis, OLIVEIRA	09	Vitoria Guimaraes		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 29	Masc., 100m Livres				Juvenis B
08/12/2024 - 10:00					Resultados
Rec Nacional Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11/12/2022
Rec Nacional Juv B	51.98	Rodolfo Junior, ALECRIM	CNL-VOID	Leiria	16/11/2024
TAC Zonais Juv B Masc : 1:00.99					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Manuel Von, FERREIRA	10	Porto	<b>55.14</b>	537
50m: 26.50 26.50	100m: 55.14	28.64		
2. Francisco Suzuki, TEIXEIRA	10	Foca Quinta Da Lixa - Cnf	<b>56.42</b>	501
50m: 27.29 27.29	100m: 56.42	29.13		
3. Rafael Moreira, ASSUNCAO	10	Feirense	<b>56.48</b>	500
50m: 27.15 27.15	100m: 56.48	29.33		
4. Rafael Costa, BASTOS	10	Sanjoanense/FEPSA	<b>56.65</b>	495
50m: 27.54 27.54	100m: 56.65	29.11		
5. Rafael Vieira, SANTOS	10	Vilacondense	<b>58.26</b>	455
50m: 27.76 27.76	100m: 58.26	30.50		
6. Gabriel Silva, TAVARES	10	Estarreja	<b>59.15</b>	435
50m: 28.39 28.39	100m: 59.15	30.76		
7. Pedro Cerejo, CARVALHO	10	Vilacondense	<b>59.61</b>	425
50m: 28.99 28.99	100m: 59.61	30.62		
8. Filipe Antonio, COUTO	10	Porto	<b>59.75</b>	422
50m: 28.46 28.46	100m: 59.75	31.29		
9. Miguel Santiago, LEMOS	10	Porto	<b>59.93</b>	418
50m: 28.92 28.92	100m: 59.93	31.01		
10. Rodrigo Almeida, MARQUES	10	Braga	<b>1:00.32</b>	410
50m: 28.64 28.64	100m: 1:00.32	31.68		
11. Francisco Vilar, BRITO	10	Vilacondense	<b>1:00.83</b>	400
50m: 28.81 28.81	100m: 1:00.83	32.02		
12. Guilherme Abreu, FERREIRA	10	Amigos da Montanha	<b>1:00.85</b>	400
50m: 28.72 28.72	100m: 1:00.85	32.13		
13. Jose Pedro, ALMEIDA	10	Foca Quinta Da Lixa - Cnf	<b>1:01.18</b>	393
50m: 29.51 29.51	100m: 1:01.18	31.67		
DNS Francisco Laranjeira, MORAIS	10	Algés e Águeda XXI		

Prova 29	Masc., 100m Livres				Juvenis A
08/12/2024 - 10:00					Resultados
Rec Nacional Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11/12/2022
Rec Nacional Juv A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23/03/2003
TAC Zonais Juv A Masc : 59.32					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Bernardo Silva, DEUS	09	Fluvial Portuense	<b>54.36</b>	561
50m: 25.96 25.96	100m: 54.36	28.40		
2. Pedro Moura, PEREIRA	09	Lousada SXXI	<b>54.61</b>	553
50m: 25.95 25.95	100m: 54.61	28.66		
3. Tomas Rafael, PEREIRA	09	Condeixa Clube	<b>54.78</b>	548
50m: 26.02 26.02	100m: 54.78	28.76		
4. Tiago Joaquim, SILVA	09	Galitos / Bresimar	<b>55.09</b>	539
50m: 26.16 26.16	100m: 55.09	28.93		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
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Prova 29, Masc., 100m Livres, Juvenis A

Lugar				Ano		Tempo final	Pts
5.	Rafael Rui, SAMPAIO			09	Famalicão	<b>55.17</b>	536
	50m: 26.30 26.30	100m:	55.17		28.87		
6.	Joao Nuno, GASPAR			09	Condeixa Clube	<b>55.80</b>	518
	50m: 26.79 26.79	100m:	55.80		29.01		
7.	Leonardo Grakhov, MARCAL			09	Fluvial Portuense	<b>57.21</b>	481
	50m: 27.55 27.55	100m:	57.21		29.66		
8.	Alexandre, SHUBIN			09	Campinho	<b>57.29</b>	479
	50m: 27.90 27.90	100m:	57.29		29.39		
9.	Manuel Vicente, TAVEIRA			09	Campinho	<b>57.36</b>	477
	50m: 27.88 27.88	100m:	57.36		29.48		
10.	Francisco Santiago, MARTINS			09	Natacao da Maia	<b>57.39</b>	476
	50m: 27.45 27.45	100m:	57.39		29.94		
11.	Gabriel Moises, GUERRA			09	UD Oliveirense/FERSILVA	<b>57.40</b>	476
	50m: 27.56 27.56	100m:	57.40		29.84		
12.	Jose Moutinho, VALENTE			09	Fluvial Portuense	<b>57.41</b>	476
	50m: 27.75 27.75	100m:	57.41		29.66		
13.	Alexandre Lima, SANTOS			09	Fluvial Portuense	<b>57.94</b>	463
	50m: 27.84 27.84	100m:	57.94		30.10		
14.	Raul Ventura, BARROS			09	Braga	<b>57.96</b>	463
	50m: 28.29 28.29	100m:	57.96		29.67		
15.	Guilherme Dias, PEREIRA			09	Academico de Viseu	<b>58.17</b>	458
	50m: 28.09 28.09	100m:	58.17		30.08		
16.	Joao Miguel, ROCHA			09	Peso da Regua	<b>58.33</b>	454
	50m: 27.37 27.37	100m:	58.33		30.96		
17.	Pedro Vidal, GUEDES			09	Gafanha da Encarnacao	<b>58.48</b>	450
	50m: 27.99 27.99	100m:	58.48		30.49		
18.	Rodrigo Teixeira, PINTO			09	Foca Quinta Da Lixa - Cnf	<b>58.77</b>	444
	50m: 28.13 28.13	100m:	58.77		30.64		
19.	Antonio Miguel, SANTOS			09	Fluvial Portuense	<b>58.94</b>	440
	50m: 28.41 28.41	100m:	58.94		30.53		
20.	Tiago Avelino, FERREIRA			09	Sporting de Caminha	<b>59.09</b>	436
	50m: 27.84 27.84	100m:	59.09		31.25		
21.	Andre Bernardes, FERREIRA			09	Fluvial Portuense	<b>59.29</b>	432
	50m: 28.17 28.17	100m:	59.29		31.12		
22.	Henrique Mexedo, CAMACHO			09	Colegio Efanor	<b>1:00.07</b>	415
	<i>FTL</i>						
	50m: 28.58 28.58	100m:	1:00.07		31.49		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 13	Masc., 200m Livres				Juvenis B
07/12/2024 - 10:15					Resultados
Rec Nacional Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018
Rec Nacional Juv B	1:53.76	Diogo Matos, RIBEIRO	CUC	Coimbra	16/06/2019
TAC Zonais Juv B Masc : 2:11.50					

Pontos: AQUA 2024

Lugar					Ano					Tempo final	Pts	
1.	Francisco Suzuki, TEIXEIRA				10	Foca Quinta Da Lixa - Cnf				<b>1:58.51</b>	589	
	50m:	28.09	28.09	100m:	58.37	30.28	150m:	1:28.85	30.48	200m:	1:58.51	29.66
2.	Manuel Von, FERREIRA				10	Porto				<b>2:01.01</b>	553	
	50m:	27.13	27.13	100m:	57.40	30.27	150m:	1:29.22	31.82	200m:	2:01.01	31.79
3.	Santiago Marques, PEREIRA				10	Columbofila Cantanhedense				<b>2:04.95</b>	502	
	50m:	28.99	28.99	100m:	59.95	30.96	150m:	1:32.54	32.59	200m:	2:04.95	32.41
4.	Rafael Costa, BASTOS				10	Sanjoanense/FEPSA				<b>2:06.34</b>	486	
	50m:	28.89	28.89	100m:	1:01.01	32.12	150m:	1:34.00	32.99	200m:	2:06.34	32.34
5.	Pedro Cerejo, CARVALHO				10	Vilacondense				<b>2:08.54</b>	462	
	50m:	29.75	29.75	100m:	1:01.93	32.18	150m:	1:35.29	33.36	200m:	2:08.54	33.25
6.	Rodrigo Almeida, MARQUES				10	Braga				<b>2:09.83</b>	448	
	50m:	30.18	30.18	100m:	1:03.20	33.02	150m:	1:36.81	33.61	200m:	2:09.83	33.02
7.	Filipe Antonio, COUTO				10	Porto				<b>2:10.35</b>	443	
	50m:	29.87	29.87	100m:	1:02.54	32.67	150m:	1:35.98	33.44	200m:	2:10.35	34.37
8.	Rafael Vieira, SANTOS				10	Vilacondense				<b>2:11.07</b>	435	
	50m:	30.27	30.27	100m:	1:03.58	33.31	150m:	1:37.48	33.90	200m:	2:11.07	33.59
9.	Afonso Oliveira, RIBEIRO				10	Famalicao				<b>2:12.26</b>	424	
	<i>FTL</i>											
	50m:	29.40	29.40	100m:	1:02.47	33.07	150m:	1:36.71	34.24	200m:	2:12.26	35.55
10.	Jose Pedro, ALMEIDA				10	Foca Quinta Da Lixa - Cnf				<b>2:13.18</b>	415	
	<i>FTL</i>											
	50m:	30.18	30.18	100m:	1:03.55	33.37	150m:	1:38.30	34.75	200m:	2:13.18	34.88

Prova 13	Masc., 200m Livres				Juvenis A
07/12/2024 - 10:15					Resultados
Rec Nacional Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018
Rec Nacional Juv A	1:49.83	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019
TAC Zonais Juv A Masc : 2:09.20					

Pontos: AQUA 2024

Lugar					Ano					Tempo final	Pts	
1.	Martim Cunha, MACEDO				09	Natacao da Maia				<b>1:57.63</b>	602	
	50m:	28.16	28.16	100m:	58.20	30.04	150m:	1:28.13	29.93	200m:	1:57.63	29.50
2.	Bernardo Silva, DEUS				09	Fluvial Portuense				<b>1:59.17</b>	579	
	50m:	27.78	27.78	100m:	58.49	30.71	150m:	1:29.70	31.21	200m:	1:59.17	29.47
3.	Tiago Joaquim, SILVA				09	Galitos / Bresimar				<b>2:00.20</b>	565	
	50m:	27.72	27.72	100m:	57.67	29.95	150m:	1:28.41	30.74	200m:	2:00.20	31.79
4.	Jose Moutinho, VALENTE				09	Fluvial Portuense				<b>2:00.38</b>	562	
	50m:	28.26	28.26	100m:	58.33	30.07	150m:	1:29.39	31.06	200m:	2:00.38	30.99
5.	Rafael Rui, SAMPAIO				09	Famalicao				<b>2:04.16</b>	512	
	50m:	28.53	28.53	100m:	59.81	31.28	150m:	1:32.49	32.68	200m:	2:04.16	31.67
6.	Gabriel Moises, GUERRA				09	UD Oliveirense/FERSILVA				<b>2:05.65</b>	494	
	50m:	27.84	27.84	100m:	59.44	31.60	150m:	1:32.38	32.94	200m:	2:05.65	33.27

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

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Prova 13, Masc., 200m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
7. Raul Ventura, BARROS 50m: 29.20 29.20 100m: 1:00.85 31.65 150m: 1:33.60 32.75 200m: 2:06.02 32.42	09 Braga	<b>2:06.02</b>	490
8. Rodrigo Teixeira, PINTO 50m: 28.95 28.95 100m: 1:00.91 31.96 150m: 1:33.31 32.40 200m: 2:06.26 32.95	09 Foca Quinta Da Lixa - Cnf	<b>2:06.26</b>	487
9. Joao Nuno, GASPAR 50m: 28.87 28.87 100m: 59.65 30.78 150m: 1:32.50 32.85 200m: 2:07.25 34.75	09 Condeixa Clube	<b>2:07.25</b>	476
10. Jose Pedro, OLIVEIRA 50m: 29.26 29.26 100m: 1:01.93 32.67 150m: 1:35.28 33.35 200m: 2:08.29 33.01	09 Tubaroes de Gaia	<b>2:08.29</b>	464
11. Andre Bernardes, FERREIRA 50m: 28.82 28.82 100m: 1:01.10 32.28 150m: 1:35.40 34.30 200m: 2:09.01 33.61	09 Fluvial Portuense	<b>2:09.01</b>	456
12. Goncalo Malha, NETO <i>FTL</i> 50m: 29.67 29.67 100m: 1:02.38 32.71 150m: 1:36.21 33.83 200m: 2:10.43 34.22	09 Galitos / Bresimar	<b>2:10.43</b>	442
DNS Pedro Vidal, GUEDES	09 Gafanha da Encarnacao		
WDR Miguel Reis, OLIVEIRA	09 Vitoria Guimaraes		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 38		Masc., 400m Livres				Juvenis B
08/12/2024 - 16:15						Resultados
Rec Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021	
Rec Nacional Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023	
TAC Zonais Juv B Masc : 4:38.98						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Tomas Alexandre, SOUSA		10	Academico de Viseu				<b>4:20.13</b>	543
	50m:	29.59 29.59	150m:	1:36.09	33.83	250m:	2:43.15 33.54	350m:	3:49.36 33.01
	100m:	1:02.26 32.67	200m:	2:09.61	33.52	300m:	3:16.35 33.20	400m:	4:20.13 30.77
2.	Pedro Cerejo, CARVALHO		10	Vilacondense				<b>4:30.51</b>	483
	50m:	30.31 30.31	150m:	1:38.28	34.10	250m:	2:47.69 34.94	350m:	3:57.57 34.94
	100m:	1:04.18 33.87	200m:	2:12.75	34.47	300m:	3:22.63 34.94	400m:	4:30.51 32.94
3.	Nicolai, DREYKO		10	Clube Naval Povoense				<b>4:31.87</b>	475
	50m:	28.86 28.86	150m:	1:36.95	34.44	250m:	2:46.45 35.18	350m:	3:57.23 34.93
	100m:	1:02.51 33.65	200m:	2:11.27	34.32	300m:	3:22.30 35.85	400m:	4:31.87 34.64
4.	Andre Ferreira, SANTOS		10	Academico de Viseu				<b>4:35.18</b>	458
	50m:	30.83 30.83	150m:	1:39.30	34.68	250m:	2:49.46 34.72	350m:	4:00.73 35.80
	100m:	1:04.62 33.79	200m:	2:14.74	35.44	300m:	3:24.93 35.47	400m:	4:35.18 34.45
5.	Gustavo Brito, RICARDO		10	Vilacondense				<b>4:35.50</b>	457
	50m:	31.93 31.93	150m:	1:42.00	35.08	250m:	2:52.83 35.18	350m:	4:02.76 34.49
	100m:	1:06.92 34.99	200m:	2:17.65	35.65	300m:	3:28.27 35.44	400m:	4:35.50 32.74
6.	Filipe Antonio, COUTO		10	Porto				<b>4:35.89</b>	455
	50m:	31.35 31.35	150m:	1:40.05	34.52	250m:	2:50.62 35.43	350m:	4:02.04 36.06
	100m:	1:05.53 34.18	200m:	2:15.19	35.14	300m:	3:25.98 35.36	400m:	4:35.89 33.85
7.	Jose Pedro, ALMEIDA		10	Foca Quinta Da Lixa - Cnf				<b>4:38.70</b>	441
	50m:	30.85 30.85	150m:	1:39.19	34.82	250m:	2:50.61 35.62	350m:	4:03.52 36.30
	100m:	1:04.37 33.52	200m:	2:14.99	35.80	300m:	3:27.22 36.61	400m:	4:38.70 35.18

Prova 38		Masc., 400m Livres				Juvenis A
08/12/2024 - 16:15						Resultados
Rec Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021	
Rec Nacional Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023	
TAC Zonais Juv A Masc : 4:33.44						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Martim Cunha, MACEDO		09	Natacao da Maia				<b>4:07.59</b>	630
	50m:	27.97 27.97	150m:	1:28.42	30.48	250m:	2:31.43 31.64	350m:	3:36.06 32.01
	100m:	57.94 29.97	200m:	1:59.79	31.37	300m:	3:04.05 32.62	400m:	4:07.59 31.53
2.	Bernardo Silva, DEUS		09	Fluvial Portuense				<b>4:15.34</b>	574
	50m:	28.49 28.49	150m:	1:31.84	32.11	250m:	2:37.19 32.70	350m:	3:42.84 32.57
	100m:	59.73 31.24	200m:	2:04.49	32.65	300m:	3:10.27 33.08	400m:	4:15.34 32.50
3.	Leonardo Grakhov, MARCAL		09	Fluvial Portuense				<b>4:20.68</b>	539
	50m:	29.65 29.65	150m:	1:34.99	32.97	250m:	2:41.80 33.29	350m:	3:48.71 33.19
	100m:	1:02.02 32.37	200m:	2:08.51	33.52	300m:	3:15.52 33.72	400m:	4:20.68 31.97
4.	Tiago Joaquim, SILVA		09	Galitos / Bresimar				<b>4:22.91</b>	526
	50m:	29.46 29.46	150m:	1:35.44	33.05	250m:	2:42.56 33.57	350m:	3:50.27 33.77
	100m:	1:02.39 32.93	200m:	2:08.99	33.55	300m:	3:16.50 33.94	400m:	4:22.91 32.64
5.	Rafael Rui, SAMPAIO		09	Famalicão				<b>4:23.07</b>	525
	50m:	29.63 29.63	150m:	1:35.34	33.32	250m:	2:43.52 33.96	350m:	3:51.88 33.61
	100m:	1:02.02 32.39	200m:	2:09.56	34.22	300m:	3:18.27 34.75	400m:	4:23.07 31.19
6.	Joao Nuno, GASPAR		09	Condeixa Clube				<b>4:24.62</b>	516
	50m:	29.13 29.13	150m:	1:35.38	33.65	250m:	2:43.78 34.15	350m:	3:52.86 34.55
	100m:	1:01.73 32.60	200m:	2:09.63	34.25	300m:	3:18.31 34.53	400m:	4:24.62 31.76

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 38, Masc., 400m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts
7.	Raul Ventura, BARROS		09	Braga				<b>4:26.79</b>	503
	50m:	29.77 29.77	150m:	1:36.42	33.80	250m:	2:45.54 34.37	350m:	3:54.39 34.54
	100m:	1:02.62 32.85	200m:	2:11.17	34.75	300m:	3:19.85 34.31	400m:	4:26.79 32.40
8.	Jose Pedro, OLIVEIRA		09	Tubaroes de Gaia				<b>4:27.49</b>	499
	50m:	30.50 30.50	150m:	1:37.50	33.67	250m:	2:45.17 34.09	350m:	3:53.91 34.63
	100m:	1:03.83 33.33	200m:	2:11.08	33.58	300m:	3:19.28 34.11	400m:	4:27.49 33.58
9.	Alexandre Lima, SANTOS		09	Fluvial Portuense				<b>4:29.26</b>	489
	50m:	29.47 29.47	150m:	1:35.44	33.57	250m:	2:43.77 34.28	350m:	3:54.84 35.72
	100m:	1:01.87 32.40	200m:	2:09.49	34.05	300m:	3:19.12 35.35	400m:	4:29.26 34.42
10.	Rodrigo Teixeira, PINTO		09	Foca Quinta Da Lixa - Cnf				<b>4:29.78</b>	486
	50m:	30.05 30.05	150m:	1:36.40	33.30	250m:	2:44.90 34.74	350m:	3:55.06 35.29
	100m:	1:03.10 33.05	200m:	2:10.16	33.76	300m:	3:19.77 34.87	400m:	4:29.78 34.72
11.	Alexandre, SHUBIN		09	Campinho				<b>4:30.02</b>	485
	50m:	29.72 29.72	150m:	1:36.37	33.93	250m:	2:46.07 34.89	350m:	3:56.66 35.24
	100m:	1:02.44 32.72	200m:	2:11.18	34.81	300m:	3:21.42 35.35	400m:	4:30.02 33.36
12.	Goncalo Malha, NETO		09	Galitos / Bresimar				<b>4:42.11</b>	425
	<i>FTL</i>								
	50m:	30.62 30.62	150m:	1:40.79	35.78	250m:	2:53.43 36.22	350m:	4:06.89 37.14
	100m:	1:05.01 34.39	200m:	2:17.21	36.42	300m:	3:29.75 36.32	400m:	4:42.11 35.22
13.	Pedro Guedes, FERREIRA		09	Porto				<b>4:42.94</b>	422
	<i>FTL</i>								
	50m:	32.22 32.22	150m:	1:42.91	35.16	250m:	2:55.03 36.02	350m:	4:07.56 36.49
	100m:	1:07.75 35.53	200m:	2:19.01	36.10	300m:	3:31.07 36.04	400m:	4:42.94 35.38

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 2 Masc., 800m Livres Juvenis B  
06/12/2024 - 16:35 Resultados

Rec Nacional Open 7:41.51 Jose Paulo, LOPES SCB Felgueiras 14/01/2024  
Rec Nacional Juv B 8:25.99 Rui Silva, PEREIRA POR Tomar 14/01/2023

TAC Zonais Juv B Masc : 9:50.71

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts
1. Andre Ferreira, SANTOS	10	Academico de Viseu	<b>9:17.89</b>							492
50m: 31.61 31.61	250m: 2:50.80	35.02	450m: 5:12.52	35.47	650m: 7:32.54	34.93	700m: 8:07.82	35.28		
100m: 1:06.10 34.49	300m: 3:26.24	35.44	500m: 5:47.71	35.19	750m: 8:43.37	35.55	800m: 9:17.89	34.52		
150m: 1:40.89 34.79	350m: 4:01.45	35.21	550m: 6:22.86	35.15						
200m: 2:15.78 34.89	400m: 4:37.05	35.60	600m: 6:57.61	34.75						
2. Filipe Antonio, COUTO	10	Porto	<b>9:27.84</b>							466
50m: 31.65 31.65	250m: 2:51.01	35.16	450m: 5:12.71	35.42	650m: 7:37.45	37.08	700m: 8:14.68	37.23		
100m: 1:06.21 34.56	300m: 3:26.03	35.02	500m: 5:48.51	35.80	750m: 8:52.08	37.40	800m: 9:27.84	35.76		
150m: 1:40.83 34.62	350m: 4:01.54	35.51	550m: 6:23.88	35.37						
200m: 2:15.85 35.02	400m: 4:37.29	35.75	600m: 7:00.37	36.49						
3. Rodrigo Almeida, MARQUES	10	Braga	<b>9:28.04</b>							466
50m: 31.53 31.53	250m: 2:53.19	36.21	450m: 5:17.33	35.90	650m: 7:42.23	35.97	700m: 8:18.17	35.94		
100m: 1:06.28 34.75	300m: 3:29.11	35.92	500m: 5:53.70	36.37	750m: 8:54.41	36.24	800m: 9:28.04	33.63		
150m: 1:41.80 35.52	350m: 4:05.12	36.01	550m: 6:30.34	36.64						
200m: 2:16.98 35.18	400m: 4:41.43	36.31	600m: 7:06.26	35.92						
4. Rafael Almeida, MACHADO	10	Braga	<b>9:28.25</b>							465
50m: 32.55 32.55	250m: 2:53.59	35.13	450m: 5:16.90	35.77	650m: 7:41.35	36.70	700m: 8:17.24	35.89		
100m: 1:07.20 34.65	300m: 3:29.33	35.74	500m: 5:52.84	35.94	750m: 8:53.66	36.42	800m: 9:28.25	34.59		
150m: 1:42.99 35.79	350m: 4:05.08	35.75	550m: 6:28.84	36.00						
200m: 2:18.46 35.47	400m: 4:41.13	36.05	600m: 7:04.65	35.81						
5. Rodrigo Miguel, MATIAS	10	Nautico Academico	<b>9:45.83</b>							425
50m: 32.52 32.52	250m: 2:55.44	36.45	450m: 5:23.41	36.97	650m: 7:53.79	37.42	700m: 8:31.59	37.80		
100m: 1:07.40 34.88	300m: 3:32.73	37.29	500m: 6:00.53	37.12	750m: 9:08.94	37.35	800m: 9:45.83	36.89		
150m: 1:43.30 35.90	350m: 4:09.18	36.45	550m: 6:38.27	37.74						
200m: 2:18.99 35.69	400m: 4:46.44	37.26	600m: 7:16.37	38.10						

Prova 2 Masc., 800m Livres Juvenis A  
06/12/2024 - 16:35 Resultados

Rec Nacional Open 7:41.51 Jose Paulo, LOPES SCB Felgueiras 14/01/2024  
Rec Nacional Juv A 8:09.43 Rui Filipe, COSTA VSC Senhora da Hora 12/05/2007

TAC Zonais Juv A Masc : 9:37.54

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts
1. Martim Cunha, MACEDO	09	Natacao da Maia	<b>8:30.37</b>							642
50m: 29.04 29.04	250m: 2:35.58	31.94	450m: 4:44.04	31.83	650m: 6:53.84	32.68	700m: 7:26.65	32.81		
100m: 1:00.10 31.06	300m: 3:07.87	32.29	500m: 5:16.10	32.06	750m: 7:58.80	32.15	800m: 8:30.37	31.57		
150m: 1:31.75 31.65	350m: 3:40.10	32.23	550m: 5:48.32	32.22						
200m: 2:03.64 31.89	400m: 4:12.21	32.11	600m: 6:21.16	32.84						
2. Jose Pedro, OLIVEIRA	09	Tubaroes de Gaia	<b>9:05.35</b>							526
50m: 30.48 30.48	250m: 2:45.09	34.12	450m: 5:03.91	34.65	650m: 7:23.05	34.58	700m: 7:57.90	34.85		
100m: 1:03.41 32.93	300m: 3:19.78	34.69	500m: 5:38.70	34.79	750m: 8:32.53	34.63	800m: 9:05.35	32.82		
150m: 1:37.29 33.88	350m: 3:54.43	34.65	550m: 6:13.61	34.91						
200m: 2:10.97 33.68	400m: 4:29.26	34.83	600m: 6:48.47	34.86						
3. Joao Nuno, GASPAR	09	Condeixa Clube	<b>9:09.51</b>							514
50m: 30.33 30.33	250m: 2:48.26	34.83	450m: 5:07.29	34.07	650m: 7:24.39	34.81	700m: 8:00.15	35.76		
100m: 1:04.19 33.86	300m: 3:23.64	35.38	500m: 5:41.38	34.09	750m: 8:35.72	35.57	800m: 9:09.51	33.79		
150m: 1:38.69 34.50	350m: 3:58.26	34.62	550m: 6:15.22	33.84						
200m: 2:13.43 34.74	400m: 4:33.22	34.96	600m: 6:49.58	34.36						

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 2, Masc., 800m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts
4.	Raul Ventura, BARROS		09	Braga				<b>9:11.59</b>	509
	50m:	31.09 31.09	250m:	2:45.94 34.05	450m:	5:04.64 34.59	650m:	7:24.73 35.34	
	100m:	1:04.28 33.19	300m:	3:20.71 34.77	500m:	5:39.39 34.75	700m:	8:00.01 35.28	
	150m:	1:38.00 33.72	350m:	3:55.34 34.63	550m:	6:14.32 34.93	750m:	8:32.96 32.95	
	200m:	2:11.89 33.89	400m:	4:30.05 34.71	600m:	6:49.39 35.07	800m:	9:11.59 38.63	
5.	Manuel Leite, AGUIAR		09	Sanjoanense/FEPSA				<b>9:13.69</b>	503
	50m:	30.53 30.53	250m:	2:48.27 34.76	450m:	5:08.92 34.58	650m:	7:30.71 35.49	
	100m:	1:04.03 33.50	300m:	3:23.47 35.20	500m:	5:44.60 35.68	700m:	8:05.01 34.30	
	150m:	1:38.55 34.52	350m:	3:58.26 34.79	550m:	6:20.72 36.12	750m:	8:39.58 34.57	
	200m:	2:13.51 34.96	400m:	4:34.34 36.08	600m:	6:55.22 34.50	800m:	9:13.69 34.11	
6.	Rodrigo Teixeira, PINTO		09	Foca Quinta Da Lixa - Cnf				<b>9:15.12</b>	499
	50m:	30.25 30.25	250m:	2:44.90 34.28	450m:	5:04.24 34.97	650m:	7:26.95 35.82	
	100m:	1:03.51 33.26	300m:	3:19.37 34.47	500m:	5:39.46 35.22	700m:	8:03.13 36.18	
	150m:	1:36.83 33.32	350m:	3:54.48 35.11	550m:	6:15.29 35.83	750m:	8:39.16 36.03	
	200m:	2:10.62 33.79	400m:	4:29.27 34.79	600m:	6:51.13 35.84	800m:	9:15.12 35.96	
7.	Alexandre, SHUBIN		09	Campinho				<b>9:26.93</b>	468
	50m:	29.74 29.74	250m:	2:46.72 35.12	450m:	5:10.92 36.49	650m:	7:38.31 36.84	
	100m:	1:02.63 32.89	300m:	3:22.31 35.59	500m:	5:47.72 36.80	700m:	8:15.28 36.97	
	150m:	1:36.92 34.29	350m:	3:57.93 35.62	550m:	6:24.46 36.74	750m:	8:51.86 36.58	
	200m:	2:11.60 34.68	400m:	4:34.43 36.50	600m:	7:01.47 37.01	800m:	9:26.93 35.07	
8.	Alexandre Lima, SANTOS		09	Fluvial Portuense				<b>9:28.78</b>	464
	50m:	30.55 30.55	250m:	2:49.47 35.51	450m:	5:13.43 36.31	650m:	7:40.25 37.09	
	100m:	1:04.49 33.94	300m:	3:25.01 35.54	500m:	5:50.07 36.64	700m:	8:16.75 36.50	
	150m:	1:39.16 34.67	350m:	4:00.89 35.88	550m:	6:26.65 36.58	750m:	8:53.20 36.45	
	200m:	2:13.96 34.80	400m:	4:37.12 36.23	600m:	7:03.16 36.51	800m:	9:28.78 35.58	
9.	Pedro Guedes, FERREIRA FTL		09	Porto				<b>9:37.61</b>	443
	50m:	32.18 32.18	250m:	2:55.08 36.04	450m:	5:19.96 35.92	650m:	7:47.71 37.18	
	100m:	1:07.57 35.39	300m:	3:31.20 36.12	500m:	5:56.73 36.77	700m:	8:24.78 37.07	
	150m:	1:42.97 35.40	350m:	4:07.96 36.76	550m:	6:33.69 36.96	750m:	9:02.00 37.22	
	200m:	2:19.04 36.07	400m:	4:44.04 36.08	600m:	7:10.53 36.84	800m:	9:37.61 35.61	
10.	Dinis Lima, MORENO FTL		09	Braga				<b>9:57.91</b>	399
	50m:	33.35 33.35	250m:	3:02.16 38.05	450m:	5:34.30 38.01	650m:	8:06.16 37.60	
	100m:	1:09.58 36.23	300m:	3:40.43 38.27	500m:	6:12.50 38.20	700m:	8:44.10 37.94	
	150m:	1:46.39 36.81	350m:	4:18.08 37.65	550m:	6:50.53 38.03	750m:	9:21.52 37.42	
	200m:	2:24.11 37.72	400m:	4:56.29 38.21	600m:	7:28.56 38.03	800m:	9:57.91 36.39	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 20	Masc., 1500m Livres				Juvenis B
07/12/2024 - 15:30					Resultados
Rec Nacional Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nacional Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
TAC Zonais Juv B Masc : 18:45.82					

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Andre Ferreira, SANTOS		10	Academico de Viseu				<b>17:47.86</b>	498		
	50m:	32.74 32.74	450m:	5:17.50	35.52	850m:	10:02.16	35.72	1250m:	14:50.80	36.41
	100m:	1:08.16 35.42	500m:	5:53.31	35.81	900m:	10:37.96	35.80	1300m:	15:26.91	36.11
	150m:	1:44.06 35.90	550m:	6:28.82	35.51	950m:	11:14.10	36.14	1350m:	16:02.48	35.57
	200m:	2:19.76 35.70	600m:	7:04.25	35.43	1000m:	11:49.94	35.84	1400m:	16:39.01	36.53
	250m:	2:55.47 35.71	650m:	7:39.89	35.64	1050m:	12:26.11	36.17	1450m:	17:15.44	36.43
	300m:	3:31.05 35.58	700m:	8:15.66	35.77	1100m:	13:02.36	36.25	1500m:	17:47.86	32.42
	350m:	4:06.39 35.34	750m:	8:51.19	35.53	1150m:	13:38.63	36.27			
	400m:	4:41.98 35.59	800m:	9:26.44	35.25	1200m:	14:14.39	35.76			
2.	Alexandre Joel, RATO		10	Tubaroes de Gaia				<b>18:18.94</b>	457		
	50m:	33.50 33.50	450m:	5:25.93	36.97	850m:	10:21.69	37.43	1250m:	15:18.71	36.61
	100m:	1:09.04 35.54	500m:	6:02.56	36.63	900m:	10:58.77	37.08	1300m:	15:55.40	36.69
	150m:	1:45.13 36.09	550m:	6:39.24	36.68	950m:	11:35.91	37.14	1350m:	16:32.21	36.81
	200m:	2:21.41 36.28	600m:	7:16.08	36.84	1000m:	12:13.17	37.26	1400m:	17:08.37	36.16
	250m:	2:57.74 36.33	650m:	7:53.08	37.00	1050m:	12:50.37	37.20	1450m:	17:44.20	35.83
	300m:	3:34.63 36.89	700m:	8:30.18	37.10	1100m:	13:28.08	37.71	1500m:	18:18.94	34.74
	350m:	4:11.72 37.09	750m:	9:06.82	36.64	1150m:	14:05.16	37.08			
	400m:	4:48.96 37.24	800m:	9:44.26	37.44	1200m:	14:42.10	36.94			

Prova 20	Masc., 1500m Livres				Juvenis A
07/12/2024 - 15:30					Resultados
Rec Nacional Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nacional Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
TAC Zonais Juv A Masc : 18:25.72					

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Martim Cunha, MACEDO		09	Natacao da Maia				<b>16:04.16</b>	677		
	<i>Rec Regional</i>										
	50m:	29.34 29.34	450m:	4:46.83	32.71	850m:	9:07.02	32.02	1250m:	13:24.06	32.62
	100m:	1:00.58 31.24	500m:	5:19.20	32.37	900m:	9:39.04	32.02	1300m:	13:56.31	32.25
	150m:	1:32.54 31.96	550m:	5:52.20	33.00	950m:	10:11.04	32.00	1350m:	14:28.36	32.05
	200m:	2:04.52 31.98	600m:	6:24.85	32.65	1000m:	10:43.02	31.98	1400m:	15:01.40	33.04
	250m:	2:36.88 32.36	650m:	6:57.21	32.36	1050m:	11:14.92	31.90	1450m:	15:33.20	31.80
	300m:	3:09.50 32.62	700m:	7:29.97	32.76	1100m:	11:47.13	32.21	1500m:	16:04.16	30.96
	350m:	3:41.55 32.05	750m:	8:02.61	32.64	1150m:	12:19.30	32.17			
	400m:	4:14.12 32.57	800m:	8:35.00	32.39	1200m:	12:51.44	32.14			
2.	Jose Pedro, OLIVEIRA		09	Tubaroes de Gaia				<b>17:19.61</b>	540		
	50m:	31.15 31.15	450m:	5:08.50	35.05	850m:	9:48.44	35.33	1250m:	14:26.88	34.86
	100m:	1:04.94 33.79	500m:	5:43.52	35.02	900m:	10:23.32	34.88	1300m:	15:01.58	34.70
	150m:	1:39.26 34.32	550m:	6:18.78	35.26	950m:	10:58.55	35.23	1350m:	15:36.60	35.02
	200m:	2:13.44 34.18	600m:	6:53.41	34.63	1000m:	11:33.49	34.94	1400m:	16:11.56	34.96
	250m:	2:48.35 34.91	650m:	7:28.31	34.90	1050m:	12:07.97	34.48	1450m:	16:46.08	34.52
	300m:	3:23.17 34.82	700m:	8:03.33	35.02	1100m:	12:42.69	34.72	1500m:	17:19.61	33.53
	350m:	3:58.33 35.16	750m:	8:38.12	34.79	1150m:	13:17.22	34.53			
	400m:	4:33.45 35.12	800m:	9:13.11	34.99	1200m:	13:52.02	34.80			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 20, Masc., 1500m Livres, Juvenis A

Lugar			Ano				Tempo final	Pts
<b>3.</b>	<b>Raul Ventura, BARROS</b>		<b>09</b>		<b>Braga</b>		<b>17:30.07</b>	<b>524</b>
	50m:	31.64 31.64	450m:	5:09.38 34.86	850m:	9:51.29 35.52	1250m:	14:36.96 35.45
	100m:	1:05.18 33.54	500m:	5:44.42 35.04	900m:	10:27.33 36.04	1300m:	15:12.29 35.33
	150m:	1:39.85 34.67	550m:	6:19.14 34.72	950m:	11:03.74 36.41	1350m:	15:47.35 35.06
	200m:	2:14.33 34.48	600m:	6:54.03 34.89	1000m:	11:39.87 36.13	1400m:	16:22.09 34.74
	250m:	2:49.10 34.77	650m:	7:29.81 35.78	1050m:	12:14.67 34.80	1450m:	16:56.73 34.64
	300m:	3:24.26 35.16	700m:	8:05.08 35.27	1100m:	12:49.73 35.06	1500m:	17:30.07 33.34
	350m:	3:59.37 35.11	750m:	8:40.42 35.34	1150m:	13:25.81 36.08		
	400m:	4:34.52 35.15	800m:	9:15.77 35.35	1200m:	14:01.51 35.70		
<b>4.</b>	<b>Tomas Rafael, PEREIRA</b>		<b>09</b>		<b>Condeixa Clube</b>		<b>17:35.80</b>	<b>516</b>
	50m:	30.81 30.81	450m:	5:07.60 34.88	850m:	9:52.04 36.41	1250m:	14:38.07 35.77
	100m:	1:04.06 33.25	500m:	5:42.81 35.21	900m:	10:27.82 35.78	1300m:	15:13.39 35.32
	150m:	1:38.26 34.20	550m:	6:18.38 35.57	950m:	11:04.39 36.57	1350m:	15:49.78 36.39
	200m:	2:12.87 34.61	600m:	6:53.92 35.54	1000m:	11:39.43 35.04	1400m:	16:26.11 36.33
	250m:	2:47.63 34.76	650m:	7:29.25 35.33	1050m:	12:12.92 33.49	1450m:	16:59.38 33.27
	300m:	3:22.78 35.15	700m:	8:04.17 34.92	1100m:	12:49.77 36.85	1500m:	17:35.80 36.42
	350m:	3:57.73 34.95	750m:	8:39.98 35.81	1150m:	13:26.73 36.96		
	400m:	4:32.72 34.99	800m:	9:15.63 35.65	1200m:	14:02.30 35.57		
<b>5.</b>	<b>Alexandre Lima, SANTOS</b>		<b>09</b>		<b>Fluvial Portuense</b>		<b>17:49.63</b>	<b>496</b>
	50m:	30.10 30.10	450m:	5:11.21 35.95	850m:	10:01.26 36.45	1250m:	14:51.53 36.03
	100m:	1:03.66 33.56	500m:	5:47.22 36.01	900m:	10:38.05 36.79	1300m:	15:27.58 36.05
	150m:	1:38.10 34.44	550m:	6:23.42 36.20	950m:	11:14.47 36.42	1350m:	16:03.31 35.73
	200m:	2:13.23 35.13	600m:	6:59.71 36.29	1000m:	11:50.66 36.19	1400m:	16:39.25 35.94
	250m:	2:48.66 35.43	650m:	7:35.86 36.15	1050m:	12:27.07 36.41	1450m:	17:15.25 36.00
	300m:	3:24.23 35.57	700m:	8:12.10 36.24	1100m:	13:03.37 36.30	1500m:	17:49.63 34.38
	350m:	3:59.53 35.30	750m:	8:48.69 36.59	1150m:	13:39.37 36.00		
	400m:	4:35.26 35.73	800m:	9:24.81 36.12	1200m:	14:15.50 36.13		
<b>6.</b>	<b>Rodrigo Teixeira, PINTO</b>		<b>09</b>		<b>Foca Quinta Da Lixa - Cnf</b>		<b>17:49.93</b>	<b>495</b>
	50m:	31.06 31.06	450m:	5:09.61 35.02	850m:	9:55.90 36.27	1250m:	14:47.32 36.62
	100m:	1:04.99 33.93	500m:	5:44.54 34.93	900m:	10:32.39 36.49	1300m:	15:23.80 36.48
	150m:	1:39.43 34.44	550m:	6:19.96 35.42	950m:	11:08.67 36.28	1350m:	16:00.16 36.36
	200m:	2:13.91 34.48	600m:	6:55.69 35.73	1000m:	11:44.78 36.11	1400m:	16:36.92 36.76
	250m:	2:48.82 34.91	650m:	7:31.60 35.91	1050m:	12:21.14 36.36	1450m:	17:13.50 36.58
	300m:	3:23.96 35.14	700m:	8:07.30 35.70	1100m:	12:57.47 36.33	1500m:	17:49.93 36.43
	350m:	3:59.26 35.30	750m:	8:43.76 36.46	1150m:	13:33.98 36.51		
	400m:	4:34.59 35.33	800m:	9:19.63 35.87	1200m:	14:10.70 36.72		
<b>7.</b>	<b>Pedro Guedes, FERREIRA</b>		<b>09</b>		<b>Porto</b>		<b>18:28.38</b>	<b>446</b>
	<i>FTL</i>							
	50m:	33.85 33.85	450m:	5:27.11 37.79	850m:	10:25.63 37.18	1250m:	15:23.43 36.87
	100m:	1:09.57 35.72	500m:	6:04.17 37.06	900m:	11:02.36 36.73	1300m:	16:00.86 37.43
	150m:	1:45.79 36.22	550m:	6:41.98 37.81	950m:	11:39.69 37.33	1350m:	16:38.27 37.41
	200m:	2:21.70 35.91	600m:	7:19.32 37.34	1000m:	12:16.86 37.17	1400m:	17:15.53 37.26
	250m:	2:58.11 36.41	650m:	7:56.93 37.61	1050m:	12:54.08 37.22	1450m:	17:52.11 36.58
	300m:	3:34.42 36.31	700m:	8:33.96 37.03	1100m:	13:31.24 37.16	1500m:	18:28.38 36.27
	350m:	4:11.80 37.38	750m:	9:11.44 37.48	1150m:	14:08.96 37.72		
	400m:	4:49.32 37.52	800m:	9:48.45 37.01	1200m:	14:46.56 37.60		
<b>8.</b>	<b>Dinis Lima, MORENO</b>		<b>09</b>		<b>Braga</b>		<b>18:55.24</b>	<b>415</b>
	<i>FTL</i>							
	50m:	31.91 31.91	450m:	5:31.63 37.83	850m:	10:37.31 38.19	1250m:	15:46.02 38.50
	100m:	1:07.40 35.49	500m:	6:09.70 38.07	900m:	11:15.58 38.27	1300m:	16:24.60 38.58
	150m:	1:45.03 37.63	550m:	6:47.71 38.01	950m:	11:54.23 38.65	1350m:	17:03.09 38.49
	200m:	2:22.81 37.78	600m:	7:26.46 38.75	1000m:	12:33.19 38.96	1400m:	17:41.34 38.25
	250m:	3:00.36 37.55	650m:	8:04.61 38.15	1050m:	13:11.68 38.49	1450m:	18:18.77 37.43
	300m:	3:38.25 37.89	700m:	8:42.72 38.11	1100m:	13:50.24 38.56	1500m:	18:55.24 36.47
	350m:	4:16.07 37.82	750m:	9:20.51 37.79	1150m:	14:28.90 38.66		
	400m:	4:53.80 37.73	800m:	9:59.12 38.61	1200m:	15:07.52 38.62		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 42	Masc., 50m Costas				Juvenis B
08/12/2024 - 16:55					Resultados
Rec Nacional Open	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec Nacional Juv B	26.38	Miguel Reis, OLIVEIRA	VSC	Felgueiras	14/04/2024
TAC Zonais Juv B Masc : 30.73					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. David Dourado, GOMES	10	Clube Naval Povoense	<b>29.08</b>	439
2. Arseniy, VEDKAL	10	Braga	<b>30.00</b>	400
3. Rafael Pires, PARENTE	10	Academico de Viseu	<b>30.26</b>	390
4. Nicolai, DREYKO	10	Clube Naval Povoense	<b>30.83</b>	368
<i>FTL</i>				

Prova 42	Masc., 50m Costas				Juvenis A
08/12/2024 - 16:55					Resultados
Rec Nacional Open	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec Nacional Juv A	25.93	Miguel Reis, OLIVEIRA	VSC	Felgueiras	15/11/2024
TAC Zonais Juv A Masc : 29.98					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Tomas Rafael, PEREIRA	09	Condeixa Clube	<b>28.64</b>	460
2. Filipe Assuncao, TEIXEIRA	09	Foca Quinta Da Lixa - Cnf	<b>28.83</b>	451
3. Pedro Vidal, GUEDES	09	Gafanha da Encarnacao	<b>29.27</b>	431
4. Henrique Mexedo, CAMACHO	09	Colegio Efanor	<b>29.49</b>	421
5. Salvador Miguel, VIEIRA	09	Natacao de Valongo	<b>29.55</b>	418
6. Joao Cesar, GUIMARAES	09	CLIP Teams	<b>29.81</b>	408
7. Joao Miguel, SANTOS	09	Estarreja	<b>29.87</b>	405
8. Jose Moutinho, VALENTE	09	Fluvial Portuense	<b>29.96</b>	401
9. Manuel Vicente, TAVEIRA	09	Campinho	<b>30.15</b>	394
<i>FTL</i>				
10. Joao Miguel, ROCHA	09	Peso da Regua	<b>30.96</b>	364
<i>FTL</i>				

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 6	Masc., 100m Costas				Juvenis B
06/12/2024 - 17:20					Resultados
Rec Nacional Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11/12/2022
Rec Nacional Juv B	57.20	Miguel Reis, OLIVEIRA	VSC	Felgueiras	20/07/2019
TAC Zonais Juv B Masc : 1:08.99					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Ruben Goncalo, ALONSO		10	Foca Quinta Da Lixa - Cnf		<b>1:03.63</b>	438
	50m: 30.45 30.45	100m: 1:03.63		33.18			
2.	David Dourado, GOMES		10	Clube Naval Povoense		<b>1:04.05</b>	429
	50m: 31.56 31.56	100m: 1:04.05		32.49			
3.	Arseniy, VEDKAL		10	Braga		<b>1:04.28</b>	425
	50m: 31.59 31.59	100m: 1:04.28		32.69			
4.	Nicolai, DREYKO		10	Clube Naval Povoense		<b>1:04.70</b>	416
	50m: 31.40 31.40	100m: 1:04.70		33.30			
5.	Rafael Vieira, SANTOS		10	Vilacondense		<b>1:05.71</b>	397
	50m: 31.85 31.85	100m: 1:05.71		33.86			
6.	Rafael Costa, BASTOS		10	Sanjoanense/FEPSA		<b>1:05.97</b>	393
	50m: 31.76 31.76	100m: 1:05.97		34.21			
7.	Santiago Marques, PEREIRA		10	Columbifila Cantanhedense		<b>1:05.98</b>	393
	50m: 32.73 32.73	100m: 1:05.98		33.25			
8.	Rafael Pires, PARENTE		10	Academico de Viseu		<b>1:06.43</b>	385
	50m: 32.03 32.03	100m: 1:06.43		34.40			
9.	Francisco Martins, SIMOES		10	Nautico Academico		<b>1:06.83</b>	378
	50m: 32.44 32.44	100m: 1:06.83		34.39			
10.	Rodrigo Saldanha, FERREIRA		10	Famalicão		<b>1:07.72</b>	363
	50m: 32.31 32.31	100m: 1:07.72		35.41			
11.	Jose Pedro, ALMEIDA		10	Foca Quinta Da Lixa - Cnf		<b>1:09.74</b>	332
	<i>FTL</i>						
	50m: 34.12 34.12	100m: 1:09.74		35.62			
12.	Miguel Oliveira, ARAUJO		10	Desportiva de Viana		<b>1:10.19</b>	326
	<i>FTL</i>						
	50m: 34.35 34.35	100m: 1:10.19		35.84			
DNS	Joao Martins, BENTO		10	Amigos da Montanha			

Prova 6	Masc., 100m Costas				Juvenis A
06/12/2024 - 17:20					Resultados
Rec Nacional Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11/12/2022
Rec Nacional Juv A	56.34	Goncalo Carlos, AZEVEDO	CNMAIA	Felgueiras	22/04/2023
TAC Zonais Juv A Masc : 1:07.38					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Filipe Assuncao, TEIXEIRA		09	Foca Quinta Da Lixa - Cnf		<b>1:00.32</b>	514
	50m: 29.34 29.34	100m: 1:00.32		30.98			
2.	Henrique Mexedo, CAMACHO		09	Colegio Efanor		<b>1:02.11</b>	471
	50m: 30.26 30.26	100m: 1:02.11		31.85			
3.	Jose Moutinho, VALENTE		09	Fluvial Portuense		<b>1:03.32</b>	444
	50m: 31.06 31.06	100m: 1:03.32		32.26			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 6, Masc., 100m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
4. Joao Cesar, GUIMARAES 50m: 31.61 31.61 100m: 1:04.45	09	CLIP Teams 32.84	<b>1:04.45</b> 421
5. Tiago Joaquim, SILVA 50m: 31.41 31.41 100m: 1:05.32	09	Galitos / Bresimar 33.91	<b>1:05.32</b> 405
6. Joao Miguel, SANTOS 50m: 30.72 30.72 100m: 1:05.46	09	Estarreja 34.74	<b>1:05.46</b> 402
7. Guilherme Dias, PEREIRA 50m: 31.61 31.61 100m: 1:05.47	09	Academico de Viseu 33.86	<b>1:05.47</b> 402
8. Manuel Vicente, TAVEIRA 50m: 31.89 31.89 100m: 1:06.04	09	Campinho 34.15	<b>1:06.04</b> 391
9. Salvador Araujo, BERNARDO <i>FTL</i> 50m: 33.11 33.11 100m: 1:07.86	09	Tubaroes de Gaia 34.75	<b>1:07.86</b> 361
10. Rafael Neto, FERNANDES <i>FTL</i> 50m: 34.42 34.42 100m: 1:09.33	09	Academico de Viseu 34.91	<b>1:09.33</b> 338
DSQ Salvador Miguel, VIEIRA <i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 25 metros.</i> 50m: 31.19 31.19 100m: 1:03.93	09	Natacao de Valongo 32.74	<b>1:03.93</b>
DNS Pedro Vidal, GUEDES	09	Gafanha da Encarnacao	
WDR Miguel Reis, OLIVEIRA	09	Vitoria Guimaraes	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 26	Masc., 200m Costas				Juvenis B
07/12/2024 - 17:00					Resultados
Rec Nacional Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec Nacional Juv B	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	09/03/2013
TAC Zonais Juv B Masc : 2:28.42					

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. David Dourado, GOMES	10	Clube Naval Povoense	<b>2:16.98</b>				458
50m: 32.75 32.75	100m: 1:07.62	34.87	150m: 1:43.69	36.07	200m: 2:16.98	33.29	
2. Arseniy, VEDKAL	10	Braga	<b>2:18.95</b>				439
50m: 32.98 32.98	100m: 1:08.73	35.75	150m: 1:43.85	35.12	200m: 2:18.95	35.10	
3. Nicolai, DREYKO	10	Clube Naval Povoense	<b>2:20.82</b>				422
50m: 31.76 31.76	100m: 1:07.28	35.52	150m: 1:44.35	37.07	200m: 2:20.82	36.47	
4. Rafael Costa, BASTOS	10	Sanjoanense/FEPSA	<b>2:21.35</b>				417
50m: 32.49 32.49	100m: 1:08.01	35.52	150m: 1:44.94	36.93	200m: 2:21.35	36.41	
5. Santiago Marques, PEREIRA	10	Columbofila Cantanhedense	<b>2:21.38</b>				417
50m: 33.49 33.49	100m: 1:08.97	35.48	150m: 1:45.53	36.56	200m: 2:21.38	35.85	
6. Francisco Martins, SIMOES	10	Nautico Academico	<b>2:25.06</b>				386
50m: 32.84 32.84	100m: 1:09.28	36.44	150m: 1:47.56	38.28	200m: 2:25.06	37.50	
7. Rafael Vieira, SANTOS	10	Vilacondense	<b>2:25.19</b>				385
50m: 33.24 33.24	100m: 1:09.79	36.55	150m: 1:47.76	37.97	200m: 2:25.19	37.43	
8. Jose Pedro, ALMEIDA	10	Foca Quinta Da Lixa - Cnf	<b>2:27.42</b>				367
50m: 34.69 34.69	100m: 1:12.14	37.45	150m: 1:50.06	37.92	200m: 2:27.42	37.36	
DSQ Rafael Pires, PARENTE	10	Academico de Viseu					
<i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 150 metros.</i>							

Prova 26	Masc., 200m Costas				Juvenis A
07/12/2024 - 17:00					Resultados
Rec Nacional Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec Nacional Juv A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	04/06/2011
TAC Zonais Juv A Masc : 2:25.84					

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Filipe Assuncao, TEIXEIRA	09	Foca Quinta Da Lixa - Cnf	<b>2:11.96</b>				512
50m: 30.19 30.19	100m: 1:03.13	32.94	150m: 1:37.14	34.01	200m: 2:11.96	34.82	
2. Henrique Mexedo, CAMACHO	09	Colegio Efanor	<b>2:15.87</b>				469
50m: 31.63 31.63	100m: 1:06.47	34.84	150m: 1:41.65	35.18	200m: 2:15.87	34.22	
3. Jose Moutinho, VALENTE	09	Fluvial Portuense	<b>2:17.50</b>				453
50m: 32.85 32.85	100m: 1:07.82	34.97	150m: 1:43.41	35.59	200m: 2:17.50	34.09	
4. Joao Miguel, SANTOS	09	Estarreja	<b>2:21.12</b>				419
50m: 31.91 31.91	100m: 1:07.48	35.57	150m: 1:44.72	37.24	200m: 2:21.12	36.40	
5. Guilherme Dias, PEREIRA	09	Academico de Viseu	<b>2:21.15</b>				419
50m: 32.32 32.32	100m: 1:08.47	36.15	150m: 1:45.23	36.76	200m: 2:21.15	35.92	
6. Joao Cesar, GUIMARAES	09	CLIP Teams	<b>2:21.79</b>				413
50m: 32.53 32.53	100m: 1:07.93	35.40	150m: 1:44.89	36.96	200m: 2:21.79	36.90	
7. Rafael Neto, FERNANDES	09	Academico de Viseu	<b>2:23.47</b>				399
50m: 34.75 34.75	100m: 1:10.83	36.08	150m: 1:47.40	36.57	200m: 2:23.47	36.07	
8. Salvador Miguel, VIEIRA	09	Natacao de Valongo	<b>2:23.51</b>				398
50m: 32.31 32.31	100m: 1:08.48	36.17	150m: 1:45.27	36.79	200m: 2:23.51	38.24	



Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 4	Masc., 50m Bruços				Juvenis B
06/12/2024 - 17:00					Resultados
Rec Nacional Open	27.01	Alexandre Ferreira, AMORIM	VSC	Felgueiras	14/04/2024
Rec Nacional Juv B	30.65	tempo limite,			
TAC Zonais Juv B Masc : 34.86					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Afonso Oliveira, RIBEIRO <i>Rec Regional</i>	10 Famalicão	<b>31.86</b>	480
2. Ruben Goncalo, ALONSO	10 Foca Quinta Da Lixa - Cnf	<b>32.27</b>	462
3. Francisco Laranjeira, MORAIS	10 Algés e Águeda XXI	<b>33.95</b>	396
4. Matias Matos, DUARTE	10 Leixoes Sport Clube	<b>34.00</b>	395
5. Tomas Santos, VALENTE	10 Leixoes Sport Clube	<b>34.34</b>	383

Prova 4	Masc., 50m Bruços				Juvenis A
06/12/2024 - 17:00					Resultados
Rec Nacional Open	27.01	Alexandre Ferreira, AMORIM	VSC	Felgueiras	14/04/2024
Rec Nacional Juv A	29.23	tempo limite,			
TAC Zonais Juv A Masc : 33.85					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Filipe Saldanha, COSTA	09 O Crasto	<b>32.50</b>	452
2. Goncalo Matos, GOMES	09 Aquatico Pacense	<b>32.52</b>	451
3. Dinis Valente, ROCHA	09 Estarreja	<b>32.64</b>	446
4. Ricardo Jorge, JESUS	09 Leixoes Sport Clube	<b>32.82</b>	439
5. Miguel Pereira, CARVALHO	09 Ginasio Vila Real	<b>32.90</b>	436
6. Guilherme Andre, GASPAR	09 Nautico Academico	<b>32.96</b>	433
7. Rafael Aguiar, SILVA	09 Fafe	<b>33.32</b>	419
8. Gustavo Silva, MACHADO <i>FTL</i>	09 Leixoes Sport Clube	<b>33.88</b>	399

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 31		Masc., 100m Bruços			Juvenis B
08/12/2024 - 10:25					Resultados
Rec Nacional Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec Nacional Juv B	1:04.20	Rafael Miguel, MIMOSO	SLB	Algés	16/06/2022
TAC Zonais Juv B Masc : 1:15.62					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Afonso Oliveira, RIBEIRO		10	Famalicão		<b>1:09.57</b>	501
	50m:	32.84 32.84	100m:	1:09.57	36.73		
2.	Ruben Goncalo, ALONSO		10	Foca Quinta Da Lixa - Cnf		<b>1:09.90</b>	494
	50m:	33.14 33.14	100m:	1:09.90	36.76		
3.	Afonso Carvalho, MONTEIRO		10	Famalicão		<b>1:11.99</b>	452
	50m:	34.43 34.43	100m:	1:11.99	37.56		
4.	Matias Matos, DUARTE		10	Leixoes Sport Clube		<b>1:14.61</b>	406
	50m:	34.71 34.71	100m:	1:14.61	39.90		
5.	Tomas Santos, VALENTE		10	Leixoes Sport Clube		<b>1:14.88</b>	402
	50m:	34.93 34.93	100m:	1:14.88	39.95		
DNS		Francisco Laranjeira, MORAIS		10	Algés e Águeda XXI		

Prova 31		Masc., 100m Bruços			Juvenis A
08/12/2024 - 10:25					Resultados
Rec Nacional Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec Nacional Juv A	1:03.25	Ricardo Samuel, PEREIRA	SLB	Algés	13/07/2019
TAC Zonais Juv A Masc : 1:15.30					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Filipe Saldanha, COSTA		09	O Crasto		<b>1:10.10</b>	490
	50m:	32.93 32.93	100m:	1:10.10	37.17		
2.	Goncalo Matos, GOMES		09	Aquatico Pacense		<b>1:10.21</b>	488
	50m:	33.16 33.16	100m:	1:10.21	37.05		
3.	Dinis Valente, ROCHA		09	Estarreja		<b>1:10.76</b>	476
	50m:	33.44 33.44	100m:	1:10.76	37.32		
4.	Miguel Pereira, CARVALHO		09	Ginasio Vila Real		<b>1:12.96</b>	434
	50m:	33.85 33.85	100m:	1:12.96	39.11		
5.	Ricardo Jorge, JESUS		09	Leixoes Sport Clube		<b>1:13.25</b>	429
	50m:	33.91 33.91	100m:	1:13.25	39.34		
6.	Gustavo Silva, MACHADO		09	Leixoes Sport Clube		<b>1:13.78</b>	420
	50m:	34.26 34.26	100m:	1:13.78	39.52		
7.	Rafael Aguiar, SILVA		09	Fafe		<b>1:14.47</b>	409
	50m:	34.54 34.54	100m:	1:14.47	39.93		
8.	Guilherme Andre, GASPAR		09	Nautico Academico		<b>1:15.20</b>	397
	50m:	34.62 34.62	100m:	1:15.20	40.58		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 22		Masc., 200m Bruços				Juvenis B
07/12/2024 - 16:30						Resultados
Rec Nacional Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012	
Rec Nacional Juv B	2:18.99	Rafael Miguel, MIMOSO	SLB	Felgueiras	08/05/2022	
TAC Zonais Juv B Masc : 2:45.00						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Afonso Oliveira, RIBEIRO		10	Famalicão				<b>2:28.77</b>	526
	50m:	33.40 33.40	100m:	1:11.22	37.82	150m:	1:50.28 39.06	200m:	2:28.77 38.49
2.	Afonso Carvalho, MONTEIRO		10	Famalicão				<b>2:29.56</b>	518
	50m:	33.80 33.80	100m:	1:11.67	37.87	150m:	1:50.62 38.95	200m:	2:29.56 38.94
3.	Ruben Goncalo, ALONSO		10	Foca Quinta Da Lixa - Cnf				<b>2:33.17</b>	482
	50m:	34.26 34.26	100m:	1:12.96	38.70	150m:	1:52.77 39.81	200m:	2:33.17 40.40
4.	Tomas Santos, VALENTE		10	Leixoes Sport Clube				<b>2:37.07</b>	447
	50m:	35.20 35.20	100m:	1:14.56	39.36	150m:	1:55.66 41.10	200m:	2:37.07 41.41
5.	Matias Matos, DUARTE		10	Leixoes Sport Clube				<b>2:43.26</b>	398
	50m:	35.99 35.99	100m:	1:17.65	41.66	150m:	1:59.73 42.08	200m:	2:43.26 43.53

Prova 22		Masc., 200m Bruços				Juvenis A
07/12/2024 - 16:30						Resultados
Rec Nacional Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012	
Rec Nacional Juv A	2:15.14	Rafael Miguel, MIMOSO	SLB	Albufeira	12/11/2022	
TAC Zonais Juv A Masc : 2:42.10						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Goncalo Matos, GOMES		09	Aquatico Pacense				<b>2:33.28</b>	481
	50m:	34.68 34.68	100m:	1:13.74	39.06	150m:	1:53.58 39.84	200m:	2:33.28 39.70
2.	Filipe Saldanha, COSTA		09	O Crasto				<b>2:34.39</b>	471
	50m:	34.02 34.02	100m:	1:13.16	39.14	150m:	1:54.06 40.90	200m:	2:34.39 40.33
3.	Dinis Valente, ROCHA		09	Estarreja				<b>2:34.71</b>	468
	50m:	34.76 34.76	100m:	1:14.09	39.33	150m:	1:54.02 39.93	200m:	2:34.71 40.69
4.	Gustavo Silva, MACHADO		09	Leixoes Sport Clube				<b>2:38.13</b>	438
	50m:	35.38 35.38	100m:	1:14.82	39.44	150m:	1:55.92 41.10	200m:	2:38.13 42.21
5.	Guilherme Andre, GASPAR		09	Nautico Academico				<b>2:42.48</b>	404
	<i>FTL</i>								
	50m:	35.53 35.53	100m:	1:16.00	40.47	150m:	1:58.82 42.82	200m:	2:42.48 43.66
6.	Miguel Pereira, CARVALHO		09	Ginasio Vila Real				<b>2:45.24</b>	384
	<i>FTL</i>								
	50m:	35.32 35.32	100m:	1:15.92	40.60	150m:	1:58.96 43.04	200m:	2:45.24 46.28

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 17	Masc., 50m Mariposa				Juvenis B
07/12/2024 - 11:05					Resultados
Rec Nacional Open	22.71	Diogo Matos, RIBEIRO	POR	Otopeni (ROU)	08/12/2023
Rec Nacional Juv B	26.10	Rodrigo Ferreira, PEREIRA	GDNFAMA	Felgueiras	17/07/2021
TAC Zonais Juv B Masc : 28.92					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Rafael Moreira, ASSUNCAO	10 Feirense	<b>26.91</b>	528
2. Francisco Suzuki, TEIXEIRA	10 Foca Quinta Da Lixa - Cnf	<b>27.63</b>	487
3. Manuel Von, FERREIRA	10 Porto	<b>28.00</b>	468

Prova 17	Masc., 50m Mariposa				Juvenis A
07/12/2024 - 11:05					Resultados
Rec Nacional Open	22.71	Diogo Matos, RIBEIRO	POR	Otopeni (ROU)	08/12/2023
Rec Nacional Juv A	25.01	Duarte Santos, FERREIRA	FCP	Porto	20/07/2024
TAC Zonais Juv A Masc : 28.60					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Pedro Moura, PEREIRA	09 Lousada SXXI	<b>26.02</b>	584
2. Goncalo Matos, GOMES	09 Aquatico Pacense	<b>27.63</b>	487
3. Matias Barros, REIS	09 Fluvial Portuense	<b>27.96</b>	470
4. Francisco Santiago, MARTINS FTL	09 Natacao da Maia	<b>28.77</b>	432
5. Ricardo Jorge, JESUS FTL	09 Leixoes Sport Clube	<b>29.17</b>	414
6. Tiago Avelino, FERREIRA FTL	09 Sporting de Caminha	<b>29.19</b>	413
WDR Miguel Reis, OLIVEIRA	09 Vitoria Guimaraes		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 24	Masc., 100m Mariposa				Juvenis B
07/12/2024 - 16:40					Resultados
Rec Nacional Open	51.00	Diogo Matos, RIBEIRO	SLB	Felgueiras	22/12/2023
Rec Nacional Juv B	56.68	Diogo Matos, RIBEIRO	CUC	Lousã	23/06/2019
TAC Zonais Juv B Masc : 1:07.00					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Francisco Suzuki, TEIXEIRA		10	Foca Quinta Da Lixa - Cnf		<b>1:00.08</b>	502
	50m:	28.71 28.71	100m:	1:00.08	31.37		
2.	Tomas Alexandre, SOUSA		10	Academico de Viseu		<b>1:00.87</b>	483
	50m:	29.55 29.55	100m:	1:00.87	31.32		
3.	Rafael Moreira, ASSUNCAO		10	Feirense		<b>1:01.11</b>	477
	50m:	28.99 28.99	100m:	1:01.11	32.12		
4.	Manuel Von, FERREIRA		10	Porto		<b>1:02.90</b>	438
	50m:	29.11 29.11	100m:	1:02.90	33.79		
5.	Rodrigo Mitreiro, TORRES		10	Aquatico Pacense		<b>1:03.56</b>	424
	50m:	29.42 29.42	100m:	1:03.56	34.14		
6.	Gustavo Brito, RICARDO		10	Vilacondense		<b>1:04.69</b>	402
	50m:	30.14 30.14	100m:	1:04.69	34.55		
7.	Rodrigo Saldanha, FERREIRA		10	Famalicão		<b>1:05.42</b>	389
	50m:	29.96 29.96	100m:	1:05.42	35.46		
8.	Tiago Joao, OLAS		10	Academico de Viseu		<b>1:09.48</b>	325
	<i>FTL</i>						
	50m:	32.88 32.88	100m:	1:09.48	36.60		

Prova 24	Masc., 100m Mariposa				Juvenis A
07/12/2024 - 16:40					Resultados
Rec Nacional Open	51.00	Diogo Matos, RIBEIRO	SLB	Felgueiras	22/12/2023
Rec Nacional Juv A	55.48	Duarte Santos, FERREIRA	FCP	Porto	21/07/2024
TAC Zonais Juv A Masc : 1:05.85					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Guilherme Pereira, NOVAIS		09	Foca Quinta Da Lixa - Cnf		<b>1:00.17</b>	500
	50m:	28.59 28.59	100m:	1:00.17	31.58		
2.	Matias Barros, REIS		09	Fluvial Portuense		<b>1:02.22</b>	452
	50m:	28.52 28.52	100m:	1:02.22	33.70		
3.	Joao Bernardo, MARTINS		09	Fafe		<b>1:02.42</b>	448
	50m:	28.70 28.70	100m:	1:02.42	33.72		
4.	Salvador Teixeira, COELHO		09	Aquatico Pacense		<b>1:03.05</b>	435
	50m:	29.39 29.39	100m:	1:03.05	33.66		
5.	Carlos Daniel, FELGUEIRAS		09	Viana Natacao		<b>1:03.13</b>	433
	50m:	29.80 29.80	100m:	1:03.13	33.33		
6.	Francisco Santiago, MARTINS		09	Natacao da Maia		<b>1:03.49</b>	426
	50m:	29.13 29.13	100m:	1:03.49	34.36		
7.	Ricardo Jorge, JESUS		09	Leixoes Sport Clube		<b>1:04.10</b>	414
	50m:	30.19 30.19	100m:	1:04.10	33.91		
8.	Alexandre, SHUBIN		09	Campinho		<b>1:05.31</b>	391
	50m:	29.96 29.96	100m:	1:05.31	35.35		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
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Prova 24, Masc., 100m Mariposa, Juvenis A

Lugar	Ano	Tempo final	Pts
9. Gabriel Moises, GUERRA <i>FTL</i>	09 UD Oliveirense/FERSILVA	<b>1:06.61</b>	369
50m: 30.15 30.15 100m: 1:06.61 36.46			
10. Tiago Avelino, FERREIRA <i>FTL</i>	09 Sporting de Caminha	<b>1:10.01</b>	317
50m: 30.64 30.64 100m: 1:10.01 39.37			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 40	Masc., 200m Mariposa					Juvenis B
08/12/2024 - 16:40						Resultados
Rec Nacional Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009	
Rec Nacional Juv B	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	27/04/2019	
TAC Zonais Juv B Masc : 2:31.17						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Tomas Alexandre, SOUSA		10	Academico de Viseu				<b>2:16.66</b>	477
	50m:	31.07 31.07	100m:	1:06.76	35.69	150m:	1:42.78 36.02	200m:	2:16.66 33.88
2.	Rafael Moreira, ASSUNCAO		10	Feirense				<b>2:22.27</b>	423
	50m:	31.25 31.25	100m:	1:07.33	36.08	150m:	1:45.84 38.51	200m:	2:22.27 36.43
3.	Rodrigo Mitreiro, TORRES		10	Aquatico Pacense				<b>2:24.53</b>	404
	50m:	31.07 31.07	100m:	1:07.29	36.22	150m:	1:45.60 38.31	200m:	2:24.53 38.93
4.	Rodrigo Saldanha, FERREIRA		10	Famalicão				<b>2:27.27</b>	381
	50m:	30.94 30.94	100m:	1:07.78	36.84	150m:	1:46.69 38.91	200m:	2:27.27 40.58
5.	Gustavo Brito, RICARDO		10	Vilacondense				<b>2:27.49</b>	380
	50m:	32.52 32.52	100m:	1:10.51	37.99	150m:	1:49.06 38.55	200m:	2:27.49 38.43
6.	Tiago Joao, OLAS		10	Academico de Viseu				<b>2:28.70</b>	371
	50m:	33.27 33.27	100m:	1:10.72	37.45	150m:	1:48.96 38.24	200m:	2:28.70 39.74
DSQ	Francisco Suzuki, TEIXEIRA		10	Foca Quinta Da Lixa - Cnf					
	SW 4.4 - Falsa Partida								

Prova 40	Masc., 200m Mariposa					Juvenis A
08/12/2024 - 16:40						Resultados
Rec Nacional Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009	
Rec Nacional Juv A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13/06/2009	
TAC Zonais Juv A Masc : 2:27.59						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Guilherme Pereira, NOVAIS		09	Foca Quinta Da Lixa - Cnf				<b>2:12.80</b>	520
	50m:	29.61 29.61	100m:	1:03.29	33.68	150m:	1:37.75 34.46	200m:	2:12.80 35.05
2.	Carlos Daniel, FELGUEIRAS		09	Viana Natacao				<b>2:19.41</b>	450
	50m:	31.62 31.62	100m:	1:07.53	35.91	150m:	1:43.52 35.99	200m:	2:19.41 35.89
3.	Joao Bernardo, MARTINS		09	Fafe				<b>2:19.76</b>	446
	50m:	30.46 30.46	100m:	1:04.95	34.49	150m:	1:42.07 37.12	200m:	2:19.76 37.69
4.	Salvador Teixeira, COELHO		09	Aquatico Pacense				<b>2:21.00</b>	435
	50m:	30.41 30.41	100m:	1:05.05	34.64	150m:	1:42.10 37.05	200m:	2:21.00 38.90

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 10	Masc., 100m Estilos				Juvenis B
06/12/2024 - 17:50					Resultados
Rec Nacional Open	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019
Rec Nacional Juv B	59.54	Rodolfo Junior, ALECRIM	CNL	Leiria	09/11/2024
TAC Zonais Juv B Masc : 1:08.94					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Afonso Carvalho, MONTEIRO	10	Famalicão	<b>1:03.28</b>	472
50m: 30.17 30.17	100m: 1:03.28	33.11		
2. Arseniy, VEDKAL	10	Braga	<b>1:05.97</b>	416
50m: 31.32 31.32	100m: 1:05.97	34.65		
3. Santiago Marques, PEREIRA	10	Columbofila Cantanhedense	<b>1:05.99</b>	416
50m: 31.22 31.22	100m: 1:05.99	34.77		
4. Miguel Santiago, LEMOS	10	Porto	<b>1:07.50</b>	389
50m: 31.57 31.57	100m: 1:07.50	35.93		
5. Pedro Cerejo, CARVALHO	10	Vilacondense	<b>1:08.39</b>	374
50m: 32.66 32.66	100m: 1:08.39	35.73		
6. Francisco Laranjeira, MORAIS	10	Algés e Águeda XXI	<b>1:08.40</b>	373
50m: 31.88 31.88	100m: 1:08.40	36.52		
7. Francisco Vilar, BRITO	10	Vilacondense	<b>1:08.79</b>	367
50m: 31.65 31.65	100m: 1:08.79	37.14		
8. Matias Matos, DUARTE	10	Leixoes Sport Clube	<b>1:09.68</b>	353
<i>FTL</i>				
50m: 33.36 33.36	100m: 1:09.68	36.32		
9. Leonardo Sanjuan, GOMES	10	Estamos Juntos	<b>1:09.76</b>	352
<i>FTL</i>				
50m: 33.04 33.04	100m: 1:09.76	36.72		
10. Santiago Duarte, GOUVEIA	10	Braga	<b>1:10.23</b>	345
<i>FTL</i>				
50m: 32.30 32.30	100m: 1:10.23	37.93		
11. Diogo Spratley, GRACA	10	Fluvial Portuense	<b>1:11.00</b>	334
<i>FTL</i>				
50m: 34.62 34.62	100m: 1:11.00	36.38		
DSQ Gustavo Brito, RICARDO	10	Vilacondense	<b>1:10.10</b>	
<i>FTL, S.W. 6.5 o atleta perdeu a posição de costas , na viragem de costas para bruços</i>				
50m: 32.77 32.77	100m: 1:10.10	37.33		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
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Prova 10, Masc., 100m Estilos

Prova 10 Masc., 100m Estilos Juvenis A  
06/12/2024 - 17:50 Resultados

Rec Nacional Open 52.73 Alexis Manacas, SANTOS POR Glasgow (GBR) 07/12/2019  
Rec Nacional Juv A 59.16 Goncalo Carlos, AZEVEDO CNMAIA Felgueiras 22/04/2023

TAC Zonais Juv A Masc : 1:07.23

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Filipe Saldanha, COSTA 50m: 30.77 30.77 100m: 1:04.81 34.04	09 O Crasto	<b>1:04.81</b>	439
2. Ricardo Jorge, JESUS 50m: 31.06 31.06 100m: 1:04.88 33.82	09 Leixoes Sport Clube	<b>1:04.88</b>	438
3. Goncalo Matos, GOMES 50m: 30.56 30.56 100m: 1:04.89 34.33	09 Aquatico Pacense	<b>1:04.89</b>	438
4. Salvador Miguel, VIEIRA 50m: 30.35 30.35 100m: 1:04.99 34.64	09 Natacao de Valongo	<b>1:04.99</b>	435
5. Dinis Valente, ROCHA 50m: 31.12 31.12 100m: 1:05.09 33.97	09 Estarreja	<b>1:05.09</b>	433
6. Carlos Daniel, FELGUEIRAS 50m: 30.39 30.39 100m: 1:05.18 34.79	09 Viana Natacao	<b>1:05.18</b>	432
7. Francisco Santiago, MARTINS 50m: 30.02 30.02 100m: 1:05.36 35.34	09 Natacao da Maia	<b>1:05.36</b>	428
8. Diogo Silva, FARIA <i>FTL</i> 50m: 31.73 31.73 100m: 1:07.56 35.83	09 Feirense	<b>1:07.56</b>	388
9. Antonio Miguel, SANTOS <i>FTL</i> 50m: 31.72 31.72 100m: 1:07.93 36.21	09 Fluvial Portuense	<b>1:07.93</b>	381
10. Rui Colaco, FAVAS <i>FTL</i> 50m: 32.03 32.03 100m: 1:08.52 36.49	09 Tubaroes de Gaia	<b>1:08.52</b>	372
11. Joao Miguel, SANTOS <i>FTL</i> 50m: 30.69 30.69 100m: 1:08.97 38.28	09 Estarreja	<b>1:08.97</b>	364
12. Manuel Leite, AGUIAR <i>FTL</i> 50m: 31.97 31.97 100m: 1:09.27 37.30	09 Sanjoanense/FEPSA	<b>1:09.27</b>	360
13. Tomas Campos, SARAIVA <i>FTL</i> 50m: 32.75 32.75 100m: 1:11.00 38.25	09 Vilacondense	<b>1:11.00</b>	334
14. Andre Bernardes, FERREIRA <i>FTL</i> 50m: 32.23 32.23 100m: 1:11.18 38.95	09 Fluvial Portuense	<b>1:11.18</b>	331
DSQ Rodrigo Cruz, COSTA <i>FTL, S.W. 6.5 o atleta perdeu a posição de costas , na viragem de costas para bruços</i> 50m: 33.63 33.63 100m: 1:11.07 37.44	09 Sanjoanense/FEPSA	<b>1:11.07</b>	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 33	Masc., 200m Estilos				Juvenis B
08/12/2024 - 10:45					Resultados
Rec Nacional Open	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec Nacional Juv B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10/05/2003
TAC Zonais Juv B Masc : 2:35.91					

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Afonso Carvalho, MONTEIRO		10	Famalicão				<b>2:14.96</b>	536
	50m:	29.53 29.53	100m:	1:04.53	35.00	150m:	1:43.23 38.70	200m:	2:14.96 31.73
2.	Ruben Goncalo, ALONSO		10	Foca Quinta Da Lixa - Cnf				<b>2:18.04</b>	500
	50m:	29.66 29.66	100m:	1:05.08	35.42	150m:	1:44.87 39.79	200m:	2:18.04 33.17
3.	Tomas Alexandre, SOUSA		10	Academico de Viseu				<b>2:18.21</b>	499
	50m:	29.92 29.92	100m:	1:07.91	37.99	150m:	1:47.02 39.11	200m:	2:18.21 31.19
4.	Santiago Marques, PEREIRA		10	Columbofila Cantanhedense				<b>2:20.92</b>	470
	50m:	30.18 30.18	100m:	1:06.33	36.15	150m:	1:48.60 42.27	200m:	2:20.92 32.32
5.	Afonso Oliveira, RIBEIRO		10	Famalicão				<b>2:22.13</b>	458
	50m:	32.03 32.03	100m:	1:10.85	38.82	150m:	1:49.03 38.18	200m:	2:22.13 33.10
6.	Arseniy, VEDKAL		10	Braga				<b>2:22.92</b>	451
	50m:	31.96 31.96	100m:	1:07.80	35.84	150m:	1:49.74 41.94	200m:	2:22.92 33.18
7.	Francisco Martins, SIMOES		10	Nautico Academico				<b>2:23.78</b>	443
	50m:	30.65 30.65	100m:	1:07.36	36.71	150m:	1:50.42 43.06	200m:	2:23.78 33.36
8.	Francisco Vilar, BRITO		10	Vilacondense				<b>2:25.93</b>	423
	50m:	31.47 31.47	100m:	1:08.95	37.48	150m:	1:53.62 44.67	200m:	2:25.93 32.31
9.	Rafael Pires, PARENTE		10	Academico de Viseu				<b>2:26.30</b>	420
	50m:	31.51 31.51	100m:	1:07.88	36.37	150m:	1:53.75 45.87	200m:	2:26.30 32.55
10.	Pedro Cerejo, CARVALHO		10	Vilacondense				<b>2:27.21</b>	413
	50m:	33.01 33.01	100m:	1:11.80	38.79	150m:	1:54.77 42.97	200m:	2:27.21 32.44
11.	Gustavo Brito, RICARDO		10	Vilacondense				<b>2:27.91</b>	407
	50m:	31.42 31.42	100m:	1:09.94	38.52	150m:	1:54.57 44.63	200m:	2:27.91 33.34
12.	Matias Matos, DUARTE		10	Leixoes Sport Clube				<b>2:27.94</b>	406
	50m:	33.02 33.02	100m:	1:10.93	37.91	150m:	1:52.65 41.72	200m:	2:27.94 35.29
13.	Filipe Antonio, COUTO		10	Porto				<b>2:28.18</b>	404
	50m:	31.80 31.80	100m:	1:09.57	37.77	150m:	1:55.22 45.65	200m:	2:28.18 32.96
	Rafael Vieira, SANTOS		10	Vilacondense				<b>2:28.18</b>	404
	50m:	31.41 31.41	100m:	1:09.14	37.73	150m:	1:53.97 44.83	200m:	2:28.18 34.21
15.	Miguel Santiago, LEMOS		10	Porto				<b>2:28.70</b>	400
	50m:	31.44 31.44	100m:	1:11.22	39.78	150m:	1:55.61 44.39	200m:	2:28.70 33.09
16.	Tomas Santos, VALENTE		10	Leixoes Sport Clube				<b>2:30.04</b>	390
	50m:	32.32 32.32	100m:	1:11.67	39.35	150m:	1:54.21 42.54	200m:	2:30.04 35.83
17.	Leonardo Sanjuan, GOMES		10	Estamos Juntos				<b>2:30.28</b>	388
	50m:	31.42 31.42	100m:	1:10.83	39.41	150m:	1:55.04 44.21	200m:	2:30.28 35.24
18.	Miguel Tomas, GOMES		10	Nautico Academico				<b>2:32.68</b>	370
	50m:	32.79 32.79	100m:	1:11.51	38.72	150m:	1:57.95 46.44	200m:	2:32.68 34.73
19.	Diogo Spratley, GRACA		10	Fluvial Portuense				<b>2:35.05</b>	353
	50m:	33.71 33.71	100m:	1:14.61	40.90	150m:	1:59.89 45.28	200m:	2:35.05 35.16
20.	Joao Martins, BENTO		10	Amigos da Montanha				<b>2:37.30</b>	338
	FTL								
	50m:	34.35 34.35	100m:	1:14.08	39.73	150m:	2:01.95 47.87	200m:	2:37.30 35.35

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 33, Masc., 200m Estilos, Juvenis B

Lugar	Ano	Tempo final	Pts
DSQ Rafael Costa, BASTOS <i>SW 6.2 - O/A atleta perdeu a posição de costas aos 100 metros.</i>	10 Sanjoanense/FEPSA		
DSQ Rodrigo Almeida, MARQUES <i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos ... metros.</i>	10 Braga		
DNS Francisco Laranjeira, MORAIS	10 Algés e Águeda XXI		

Prova 33 Masc., 200m Estilos Juvenis A  
08/12/2024 - 10:45 Resultados

Rec Nacional Open	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec Nacional Juv A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15/05/2004

TAC Zonais Juv A Masc : 2:33.32

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Guilherme Pereira, NOVAIS 50m: 28.78 28.78 100m: 1:04.55 35.77 150m: 1:45.21 40.66 200m: 2:15.86 30.65	09 Foca Quinta Da Lixa - Cnf	<b>2:15.86</b>	525
2. Tomas Rafael, PEREIRA 50m: 30.33 30.33 100m: 1:05.05 34.72 150m: 1:46.82 41.77 200m: 2:18.17 31.35	09 Condeixa Clube	<b>2:18.17</b>	499
3. Filipe Assuncao, TEIXEIRA 50m: 29.85 29.85 100m: 1:03.84 33.99 150m: 1:46.09 42.25 200m: 2:18.59 32.50	09 Foca Quinta Da Lixa - Cnf	<b>2:18.59</b>	494
4. Carlos Daniel, FELGUEIRAS 50m: 31.14 31.14 100m: 1:06.03 34.89 150m: 1:47.94 41.91 200m: 2:19.33 31.39	09 Viana Natacao	<b>2:19.33</b>	487
5. Pedro Moura, PEREIRA 50m: 29.36 29.36 100m: 1:05.89 36.53 150m: 1:49.51 43.62 200m: 2:19.47 29.96	09 Lousada SXXI	<b>2:19.47</b>	485
6. Filipe Saldanha, COSTA 50m: 29.58 29.58 100m: 1:07.46 37.88 150m: 1:48.76 41.30 200m: 2:21.05 32.29	09 O Crasto	<b>2:21.05</b>	469
7. Salvador Teixeira, COELHO 50m: 30.10 30.10 100m: 1:07.61 37.51 150m: 1:49.09 41.48 200m: 2:22.80 33.71	09 Aquatico Pacense	<b>2:22.80</b>	452
8. Francisco Santiago, MARTINS 50m: 28.91 28.91 100m: 1:06.11 37.20 150m: 1:49.39 43.28 200m: 2:23.13 33.74	09 Natacao da Maia	<b>2:23.13</b>	449
9. Manuel Leite, AGUIAR 50m: 31.09 31.09 100m: 1:09.21 38.12 150m: 1:52.04 42.83 200m: 2:25.04 33.00	09 Sanjoanense/FEPSA	<b>2:25.04</b>	431
10. Joao Miguel, SANTOS 50m: 29.62 29.62 100m: 1:06.14 36.52 150m: 1:50.41 44.27 200m: 2:25.69 35.28	09 Estarreja	<b>2:25.69</b>	426
11. Salvador Miguel, VIEIRA 50m: 29.80 29.80 100m: 1:05.83 36.03 150m: 1:50.67 44.84 200m: 2:26.26 35.59	09 Natacao de Valongo	<b>2:26.26</b>	421
12. Antonio Miguel, SANTOS 50m: 31.35 31.35 100m: 1:10.19 38.84 150m: 1:53.29 43.10 200m: 2:26.31 33.02	09 Fluvial Portuense	<b>2:26.31</b>	420
13. Matias Barros, REIS 50m: 29.95 29.95 100m: 1:08.66 38.71 150m: 1:53.28 44.62 200m: 2:26.84 33.56	09 Fluvial Portuense	<b>2:26.84</b>	416
14. Gabriel Moises, GUERRA 50m: 29.76 29.76 100m: 1:07.35 37.59 150m: 1:53.80 46.45 200m: 2:26.96 33.16	09 UD Oliveirense/FERSILVA	<b>2:26.96</b>	415
15. Guilherme Dias, PEREIRA 50m: 30.42 30.42 100m: 1:07.66 37.24 150m: 1:53.94 46.28 200m: 2:28.21 34.27	09 Academico de Viseu	<b>2:28.21</b>	404
16. Joao Miguel, ROCHA 50m: 31.32 31.32 100m: 1:09.87 38.55 150m: 1:55.15 45.28 200m: 2:28.57 33.42	09 Peso da Regua	<b>2:28.57</b>	401
17. Joao Cesar, GUIMARAES 50m: 31.47 31.47 100m: 1:07.66 36.19 150m: 1:53.62 45.96 200m: 2:28.90 35.28	09 CLIP Teams	<b>2:28.90</b>	399
18. Joao Bernardo, MARTINS 50m: 30.57 30.57 100m: 1:08.65 38.08 150m: 1:54.12 45.47 200m: 2:29.66 35.54	09 Fafe	<b>2:29.66</b>	393

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 33, Masc., 200m Estilos, Juvenis A

Lugar	Ano	Tempo final	Pts
19. Pedro Guedes, FERREIRA 50m: 31.76 31.76 100m: 1:12.65 40.89 150m: 1:55.21 42.56 200m: 2:30.43 35.22	09 Porto	<b>2:30.43</b>	387
20. Tomas Campos, SARAIVA 50m: 32.37 32.37 100m: 1:11.40 39.03 150m: 1:56.84 45.44 200m: 2:30.76 33.92	09 Vilacondense	<b>2:30.76</b>	384
21. Diogo Silva, FARIA 50m: 31.18 31.18 100m: 1:11.43 40.25 150m: 1:55.38 43.95 200m: 2:32.12 36.74	09 Feirense	<b>2:32.12</b>	374
22. Rodrigo Cruz, COSTA 50m: 32.82 32.82 100m: 1:12.22 39.40 150m: 1:56.52 44.30 200m: 2:33.23 36.71	09 Sanjoanense/FEPSA	<b>2:33.23</b>	366
23. Andre Bernardes, FERREIRA <i>FTL</i> 50m: 33.03 33.03 100m: 1:10.97 37.94 150m: 1:59.11 48.14 200m: 2:33.69 34.58	09 Fluvial Portuense	<b>2:33.69</b>	362
24. Dinis Lima, MORENO <i>FTL</i> 50m: 31.92 31.92 100m: 1:12.46 40.54 150m: 1:59.02 46.56 200m: 2:35.23 36.21	09 Braga	<b>2:35.23</b>	352
25. Tiago Avelino, FERREIRA <i>FTL</i> 50m: 31.82 31.82 100m: 1:13.00 41.18 150m: 2:03.79 50.79 200m: 2:37.84 34.05	09 Sporting de Caminha	<b>2:37.84</b>	335
DSQ Rui Colaco, FAVAS <i>SW 6.2 - O/A atleta perdeu a posição de costas aos 100 metros.</i>	09 Tubaroes de Gaia		
DNS Guilherme Almeida, BIANCHI	09 O Crasto		
WDR Guilherme Neves, MARTINS	09 Sporting de Espinho		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 15 Masc., 400m Estilos Juvenis B  
07/12/2024 - 10:30 Resultados

Rec Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003

TAC Zonais Juv B Masc : 5:19.90

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Afonso Carvalho, MONTEIRO	10	Famalicão	<b>4:47.11</b>		547
50m: 29.82 29.82	150m: 1:42.13 37.17	250m: 2:58.54 39.45	350m: 4:13.98 34.56		
100m: 1:04.96 35.14	200m: 2:19.09 36.96	300m: 3:39.42 40.88	400m: 4:47.11 33.13		
2. Tomas Alexandre, SOUSA	10	Academico de Viseu	<b>4:53.77</b>		510
50m: 31.02 31.02	150m: 1:46.67 39.75	250m: 3:05.94 40.54	350m: 4:22.40 35.15		
100m: 1:06.92 35.90	200m: 2:25.40 38.73	300m: 3:47.25 41.31	400m: 4:53.77 31.37		
3. Miguel Santiago, LEMOS	10	Porto	<b>5:12.74</b>		423
50m: 31.70 31.70	150m: 1:50.82 41.64	250m: 3:15.86 44.72	350m: 4:37.94 36.68		
100m: 1:09.18 37.48	200m: 2:31.14 40.32	300m: 4:01.26 45.40	400m: 5:12.74 34.80		

DSQ Francisco Vilar, BRITO 10 Vilacondense  
*SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 275 metros.*

Prova 15 Masc., 400m Estilos Juvenis A  
07/12/2024 - 10:30 Resultados

Rec Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nacional Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013

TAC Zonais Juv A Masc : 5:14.59

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Guilherme Pereira, NOVAIS	09	Foca Quinta Da Lixa - Cnf	<b>4:45.44</b>		556
50m: 29.16 29.16	150m: 1:39.51 37.20	250m: 2:57.94 41.64	350m: 4:13.27 33.54		
100m: 1:02.31 33.15	200m: 2:16.30 36.79	300m: 3:39.73 41.79	400m: 4:45.44 32.17		
2. Martim Cunha, MACEDO	09	Natacao da Maia	<b>4:46.70</b>		549
50m: 30.04 30.04	150m: 1:41.54 37.09	250m: 3:01.27 43.17	400m: 4:46.70 1:01.62		
100m: 1:04.45 34.41	200m: 2:18.10 36.56	300m: 3:45.08 43.81			
3. Carlos Daniel, FELGUEIRAS	09	Viana Natacao	<b>5:00.83</b>		475
50m: 31.97 31.97	150m: 1:45.16 37.56	250m: 3:07.31 44.65	350m: 4:27.34 35.09		
100m: 1:07.60 35.63	200m: 2:22.66 37.50	300m: 3:52.25 44.94	400m: 5:00.83 33.49		
4. Leonardo Grakhov, MARCAL	09	Fluvial Portuense	<b>5:01.65</b>		471
50m: 31.58 31.58	150m: 1:48.51 40.69	250m: 3:12.37 46.12	350m: 4:29.79 32.89		
100m: 1:07.82 36.24	200m: 2:26.25 37.74	300m: 3:56.90 44.53	400m: 5:01.65 31.86		
5. Salvador Teixeira, COELHO	09	Aquatico Pacense	<b>5:02.27</b>		468
50m: 30.53 30.53	150m: 1:44.55 39.46	250m: 3:07.39 43.60	350m: 4:27.70 35.44		
100m: 1:05.09 34.56	200m: 2:23.79 39.24	300m: 3:52.26 44.87	400m: 5:02.27 34.57		
6. Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA	<b>5:07.56</b>		445
50m: 31.95 31.95	150m: 1:49.75 39.92	250m: 3:12.51 44.72	350m: 4:33.45 35.54		
100m: 1:09.83 37.88	200m: 2:27.79 38.04	300m: 3:57.91 45.40	400m: 5:07.56 34.11		
7. Alexandre, SHUBIN	09	Campinho	<b>5:12.69</b>		423
50m: 30.92 30.92	150m: 1:48.09 42.10	250m: 3:16.79 48.76	350m: 4:40.46 34.39		
100m: 1:05.99 35.07	200m: 2:28.03 39.94	300m: 4:06.07 49.28	400m: 5:12.69 32.23		

WDR Guilherme Neves, MARTINS 09 Sporting de Espinho

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 19 Masc., 4 x 100m Livres Juvenis B  
07/12/2024 - 11:20 Resultados

Rec Nacional Open	3:12.81	Sport Lisboa e Benfica	SLB	Leiria	11/12/2022
Rec Nacional Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nacional Juv B	3:42.17	Assoc Desp Cult Rec Bairro dos ArADBA		Leiria	22/06/2019

TAC Zonais Juv B Masc : 4:02.34

Pontos: AQUA 2024

Lugar					Tempo final	Pts	
1. Vilacondense Juv B	Vilacondense				<b>3:56.37</b>	462	
Rafael Vieira, SANTOS	10	27.79	58.14	Francisco Vilar, BRITO	10	27.74	58.28
Pedro Cerejo, CARVALHO	10	28.35	58.82	Gustavo Brito, RICARDO	10	29.06	1:01.13

WDR Academico Viseu Juv B Academico de Viseu

Prova 19 Masc., 4 x 100m Livres Juvenis A  
07/12/2024 - 11:20 Resultados

Rec Nacional Open	3:12.81	Sport Lisboa e Benfica	SLB	Leiria	11/12/2022
Rec Nacional Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nacional Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014

TAC Zonais Juv A Masc : 3:57.04

Pontos: AQUA 2024

Lugar					Tempo final	Pts	
1. Fluvial Portuense Juv A	Fluvial Portuense				<b>3:44.41</b>	540	
<i>Rec Regional</i>							
Leonardo Grakhov, MARCAL	09	27.33	56.58	Alexandre Lima, SANTOS	09	27.34	57.11
Jose Moutinho, VALENTE	09	27.40	56.89	Bernardo Silva, DEUS	09	25.66	53.83



Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 28					Masc., 4 x 100m Estilos		Juvenis B
07/12/2024 - 17:20							Resultados
Rec Nacional Open	3:33.03	Sporting Clube de Portugal	SCP	Leiria			09/12/2022
Rec Nacional Juv	3:59.39	Clube Futebol Os Belenenses	CFB	Algés			14/07/2019
Rec Nacional Juv B	4:04.46	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Estarreja			14/12/2014
TAC Zonais Juv B Masc : 4:32.36							

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1.	Academico Viseu Juv B		Academico de Viseu		<b>4:24.00</b>	428
	Rafael Pires, PARENTE	+0,67	31.51	1:05.91	Tiago Joao, OLAS	30.73 1:06.36
	Tomas Alexandre, SOUSA		33.57	1:10.70	Andre Ferreira, SANTOS	28.73 1:01.03
2.	Vilacondense Juv B		Vilacondense		<b>4:29.90</b>	400
	Rafael Vieira, SANTOS	+0,67	32.01	1:06.39	Gustavo Brito, RICARDO	31.08 1:06.91
	Pedro Cerejo, CARVALHO		36.29	1:17.85	Francisco Vilar, BRITO	28.12 58.75

Prova 28					Masc., 4 x 100m Estilos		Juvenis A
07/12/2024 - 17:20							Resultados
Rec Nacional Open	3:33.03	Sporting Clube de Portugal	SCP	Leiria			09/12/2022
Rec Nacional Juv A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés			14/07/2019
Rec Nacional Juv	3:59.39	Clube Futebol Os Belenenses	CFB	Algés			14/07/2019
TAC Zonais Juv A Masc : 4:27.45							

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1.	Fluvial Portuense Juv A		Fluvial Portuense		<b>4:14.96</b>	475
	Jose Moutinho, VALENTE	+0,70	31.03	1:03.51	Matias Barros, REIS	28.67 1:02.74
	Bernardo Silva, DEUS		33.01	1:11.95	Leonardo Grakhov, MARCAL	27.49 56.76

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 7	Femin., 50m Livres				Juvenis B
06/12/2024 - 17:35					Resultados
Rec Nacional Open	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nacional Juv B	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05/07/2015
TAC Zonais Juv B Fem : 30.98					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Zoe Pinho, NUNES	11	Galitos / Bresimar	<b>28.18</b>	538
2. Violeta Bernardo, FERREIRA	11	Fluvial Portuense	<b>29.79</b>	456
3. Sofia Hryhorivna, HOLUB	11	Vitoria Guimaraes	<b>29.83</b>	454
4. Sara Ferreira, SANTOS	11	Columbofila Cantanhedense	<b>30.22</b>	436
5. Luisa Goncalves, ANDRADE	11	Porto	<b>30.47</b>	426
6. Ines Sousa, RIBEIRO	11	Feirense	<b>30.64</b>	419
7. Nicole Melo, OLIVEIRA	11	Estarreja	<b>31.75</b>	376
<i>FTL</i>				
WDR Mariana Cangueiro, IGREJA	11	CLIP Teams		

Prova 7	Femin., 50m Livres				Juvenis A
06/12/2024 - 17:35					Resultados
Rec Nacional Open	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nacional Juv A	26.37	Carolina Miranda, FERNANDES	CGA	Albufeira	09/11/2019
TAC Zonais Juv A Fem : 30.43					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Rita Lucas, SANTOS	10	Condeixa Clube	<b>28.50</b>	520
2. Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	<b>28.54</b>	518
3. Filipa Correia, REGO	10	Vilacondense	<b>28.81</b>	504
4. Maria Ines, RODRIGUES	10	Condeixa Clube	<b>29.01</b>	493
5. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	<b>29.16</b>	486
6. Filipa Santos, ROMAO	10	Vilacondense	<b>29.42</b>	473
7. Raquel Domingues, RE	10	Galitos / Bresimar	<b>29.43</b>	472
8. Beatriz Peguinho, SIMOES	10	Academica de Coimbra	<b>29.48</b>	470
9. Maria Luisa, GUIMARAES	10	CLIP Teams	<b>29.56</b>	466
10. Leonor Silva, JESUS	10	Galitos / Bresimar	<b>30.30</b>	433
11. Camila Bezerra, VIEIRA	10	Fluvial Portuense	<b>30.32</b>	432
12. Mariana Pina, MACEDO	10	Estamos Juntos	<b>30.66</b>	418
<i>FTL</i>				
13. Mariana Nobrega, ROCHA	10	CLIP Teams	<b>31.01</b>	404
<i>FTL</i>				
14. Mariana Sa, AZEVEDO	10	Sporting de Espinho	<b>31.45</b>	387
<i>FTL</i>				

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 12	Femin., 100m Livres				Juvenis B
07/12/2024 - 10:00					Resultados
Rec Nacional Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec Nacional Juv B	57.65	Carolina Miranda, FERNANDES	CGA	Estarreja	10/06/2019
TAC Zonais Juv B Fem : 1:07.53					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Zoe Pinho, NUNES	11	Galitos / Bresimar	<b>1:00.84</b>	563		
	50m: 29.48 29.48	100m: 1:00.84		31.36			
2.	Sofia Hryhorivna, HOLUB	11	Vitoria Guimaraes	<b>1:03.34</b>	499		
	50m: 30.68 30.68	100m: 1:03.34		32.66			
3.	Isilda Raquel, GOMES	11	Foca Quinta Da Lixa - Cnf	<b>1:03.60</b>	493		
	50m: 30.72 30.72	100m: 1:03.60		32.88			
4.	Frederica Vinhas, VIEIRA	11	Campinho	<b>1:03.83</b>	487		
	50m: 30.12 30.12	100m: 1:03.83		33.71			
5.	Violeta Bernardo, FERREIRA	11	Fluvial Portuense	<b>1:05.44</b>	452		
	50m: 32.17 32.17	100m: 1:05.44		33.27			
6.	Filipa Ferreira, LOISAS	11	Columbofila Cantanhedense	<b>1:05.64</b>	448		
	50m: 32.00 32.00	100m: 1:05.64		33.64			
7.	Beatriz Serrano, SILVA	11	Vilacondense	<b>1:05.78</b>	445		
	50m: 31.57 31.57	100m: 1:05.78		34.21			
8.	Luisa Goncalves, ANDRADE	11	Porto	<b>1:06.14</b>	438		
	50m: 31.82 31.82	100m: 1:06.14		34.32			
9.	Sofia, SYTNYK	11	Braga	<b>1:07.29</b>	416		
	50m: 32.50 32.50	100m: 1:07.29		34.79			
10.	Catarina Miguel, ENCARNACAO	11	Famalicão	<b>1:07.31</b>	416		
	50m: 32.07 32.07	100m: 1:07.31		35.24			
11.	Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense	<b>1:07.45</b>	413		
	50m: 32.80 32.80	100m: 1:07.45		34.65			
	Alice Maria, RODRIGUES	11	Academico de Viseu	<b>1:07.45</b>	413		
	50m: 31.86 31.86	100m: 1:07.45		35.59			
13.	Yara Clemente, GONCALVES	11	Porto	<b>1:07.93</b>	404		
	<i>FTL</i>						
	50m: 33.09 33.09	100m: 1:07.93		34.84			
14.	Ines Sousa, RIBEIRO	11	Feirense	<b>1:08.01</b>	403		
	<i>FTL</i>						
	50m: 32.73 32.73	100m: 1:08.01		35.28			
15.	Laura Cruzeiro, MARQUES	11	Galitos / Bresimar	<b>1:08.68</b>	391		
	<i>FTL</i>						
	50m: 32.54 32.54	100m: 1:08.68		36.14			
WDR	Mariana Canguieiro, IGREJA	11	CLIP Teams				

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 12, Femin., 100m Livres

Prova 12  
07/12/2024 - 10:00

Femin., 100m Livres

Juvenis A  
Resultados

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

TAC Zonais Juv A Fem : 1:05.84

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Leonor Nunes, CARDEAL 50m: 29.36 29.36 100m: 1:00.16	10	Condeixa Clube 30.80	582
2. Rita Lucas, SANTOS 50m: 30.05 30.05 100m: 1:01.16	10	Condeixa Clube 31.11	554
3. Sofia Rodrigues, VASCONCELOS 50m: 30.10 30.10 100m: 1:01.64	10	Galitos / Bresimar 31.54	541
4. Camila Duarte, MARCELO 50m: 29.88 29.88 100m: 1:01.75	10	Condeixa Clube 31.87	538
5. Filipa Correia, REGO 50m: 30.22 30.22 100m: 1:02.73	10	Vilacondense 32.51	514
6. Beatriz Peguinho, SIMOES 50m: 30.96 30.96 100m: 1:03.02	10	Academica de Coimbra 32.06	506
7. Catarina Sousa, OLIVEIRA 50m: 30.11 30.11 100m: 1:03.04	10	Colegio Efanor 32.93	506
8. Mariana Mesquita, FERNANDES 50m: 30.97 30.97 100m: 1:03.13	10	Braga 32.16	504
9. Ana Jose, MARQUES 50m: 31.12 31.12 100m: 1:03.36	10	Braga 32.24	498
10. Leonor Silva, JESUS 50m: 30.83 30.83 100m: 1:03.66	10	Galitos / Bresimar 32.83	491
11. Bruna Bacelar, GREGORIO 50m: 30.75 30.75 100m: 1:03.69	10	Vilacondense 32.94	491
12. Leticia Alves, CASTRO 50m: 31.60 31.60 100m: 1:04.07	10	Braga 32.47	482
13. Maria Miguel, FERNANDES 50m: 30.88 30.88 100m: 1:04.14	10	Columbifila Cantanhedense 33.26	480
14. Maria Ines, RODRIGUES 50m: 31.10 31.10 100m: 1:04.43	10	Condeixa Clube 33.33	474
15. Sofia Rodrigues, COSTA 50m: 30.99 30.99 100m: 1:04.62	10	Colegio Efanor 33.63	470
16. Marta Silva, FERNANDES 50m: 31.27 31.27 100m: 1:04.70	10	Porto 33.43	468
17. Filipa Santos, ROMAO 50m: 30.82 30.82 100m: 1:04.92	10	Vilacondense 34.10	463
18. Camila Bezerra, VIEIRA 50m: 31.38 31.38 100m: 1:05.13	10	Fluvial Portuense 33.75	459
19. Matilde Faria, SILVESTRE 50m: 31.12 31.12 100m: 1:05.72	10	Penafiel 34.60	447
20. Mariana Pina, MACEDO FTL 50m: 31.96 31.96 100m: 1:07.71	10	Estamos Juntos 35.75	408

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 30	Femin., 200m Livres				Juvenis B
08/12/2024 - 10:10					Resultados
Rec Nacional Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nacional Juv B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	25/06/2017
TAC Zonais Juv B Fem : 2:25.83					

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Zoe Pinho, NUNES		11	Galitos / Bresimar				<b>2:13.90</b>	559
	50m: 30.55 30.55	100m: 1:04.10		33.55	150m: 1:39.20	35.10	200m: 2:13.90	34.70	
2.	Filipa Ferreira, LOISAS		11	Columbofila Cantanhedense				<b>2:18.27</b>	507
	50m: 33.00 33.00	100m: 1:07.88		34.88	150m: 1:43.19	35.31	200m: 2:18.27	35.08	
3.	Isilda Raquel, GOMES		11	Foca Quinta Da Lixa - Cnf				<b>2:20.09</b>	488
	50m: 31.86 31.86	100m: 1:06.84		34.98	150m: 1:43.24	36.40	200m: 2:20.09	36.85	
4.	Catarina Miguel, ENCARNACAO		11	Famalicão				<b>2:23.24</b>	456
	50m: 33.43 33.43	100m: 1:09.14		35.71	150m: 1:46.20	37.06	200m: 2:23.24	37.04	
5.	Beatriz Oliveira, PORTULEZ		11	Columbofila Cantanhedense				<b>2:23.65</b>	452
	50m: 33.81 33.81	100m: 1:09.88		36.07	150m: 1:46.98	37.10	200m: 2:23.65	36.67	
6.	Leonor Marques, MENDES		11	Galitos / Bresimar				<b>2:23.78</b>	451
	50m: 32.69 32.69	100m: 1:09.00		36.31	150m: 1:46.42	37.42	200m: 2:23.78	37.36	
7.	Luisa Goncalves, ANDRADE		11	Porto				<b>2:24.40</b>	445
	50m: 33.99 33.99	100m: 1:09.70		35.71	150m: 1:46.82	37.12	200m: 2:24.40	37.58	
8.	Beatriz Serrano, SILVA		11	Vilacondense				<b>2:24.74</b>	442
	50m: 33.33 33.33	100m: 1:11.01		37.68	150m: 1:49.70	38.69	200m: 2:24.74	35.04	
9.	Sofia, SYTNYK		11	Braga				<b>2:24.86</b>	441
	50m: 33.31 33.31	100m: 1:09.56		36.25	150m: 1:47.33	37.77	200m: 2:24.86	37.53	
10.	Yara Clemente, GONCALVES		11	Porto				<b>2:26.13</b>	430
	FTL								
	50m: 33.67 33.67	100m: 1:10.39		36.72	150m: 1:48.27	37.88	200m: 2:26.13	37.86	
11.	Alice Maria, RODRIGUES		11	Academico de Viseu				<b>2:26.78</b>	424
	FTL								
	50m: 33.87 33.87	100m: 1:11.15		37.28	150m: 1:49.80	38.65	200m: 2:26.78	36.98	

Prova 30	Femin., 200m Livres				Juvenis A
08/12/2024 - 10:10					Resultados
Rec Nacional Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nacional Juv A	2:03.90	Maria Ferreira, MOURA	SCP	Algés	29/06/2019
TAC Zonais Juv A Fem : 2:21.96					

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Camila Duarte, MARCELO		10	Condeixa Clube				<b>2:10.41</b>	605
	50m: 31.02 31.02	100m: 1:04.16		33.14	150m: 1:37.58	33.42	200m: 2:10.41	32.83	
2.	Rita Lucas, SANTOS		10	Condeixa Clube				<b>2:10.76</b>	600
	50m: 30.22 30.22	100m: 1:03.10		32.88	150m: 1:37.48	34.38	200m: 2:10.76	33.28	
3.	Leonor Nunes, CARDEAL		10	Condeixa Clube				<b>2:11.84</b>	585
	50m: 29.90 29.90	100m: 1:03.06		33.16	150m: 1:38.04	34.98	200m: 2:11.84	33.80	
4.	Sofia Rodrigues, VASCONCELOS		10	Galitos / Bresimar				<b>2:14.04</b>	557
	50m: 31.26 31.26	100m: 1:05.12		33.86	150m: 1:39.72	34.60	200m: 2:14.04	34.32	
5.	Ines Ribeiro, MELO		10	Galitos / Bresimar				<b>2:14.98</b>	545
	50m: 31.78 31.78	100m: 1:06.33		34.55	150m: 1:41.13	34.80	200m: 2:14.98	33.85	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 30, Femin., 200m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
6. Ana Jose, MARQUES 50m: 32.17 32.17 100m: 1:06.62 34.45 150m: 1:40.93 34.31 200m: 2:15.34 34.41	10 Braga	<b>2:15.34</b>	541
7. Leonor Silva, JESUS 50m: 31.80 31.80 100m: 1:05.95 34.15 150m: 1:40.97 35.02 200m: 2:16.79 35.82	10 Galitos / Bresimar	<b>2:16.79</b>	524
8. Leticia Alves, CASTRO	10 Braga	<b>2:16.96</b>	522
9. Maria Miguel, FERNANDES 50m: 32.87 32.87 100m: 1:06.88 34.01 150m: 1:42.38 35.50 200m: 2:17.55 35.17	10 Columbofila Cantanhedense	<b>2:17.55</b>	515
10. Beatriz Peguinho, SIMOES 50m: 32.56 32.56 100m: 1:07.13 34.57 150m: 1:42.54 35.41 200m: 2:17.75 35.21	10 Academica de Coimbra	<b>2:17.75</b>	513
11. Bruna Bacelar, GREGORIO	10 Vilacondense	<b>2:17.97</b>	511
12. Filipa Correia, REGO	10 Vilacondense	<b>2:18.69</b>	503
13. Marta Silva, FERNANDES 50m: 33.39 33.39 100m: 1:07.36 33.97 150m: 1:43.13 35.77 200m: 2:19.47 36.34	10 Porto	<b>2:19.47</b>	494
14. Sofia Rodrigues, COSTA 50m: 31.84 31.84 100m: 1:07.12 35.28 150m: 1:43.87 36.75 200m: 2:21.05 37.18	10 Colegio Efanor	<b>2:21.05</b>	478
15. Leonor Mosca, SILVA <i>FTL</i> 50m: 33.43 33.43 100m: 1:08.73 35.30 150m: 1:45.50 36.77 200m: 2:22.33 36.83	10 Columbofila Cantanhedense	<b>2:22.33</b>	465

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 21	Femin., 400m Livres				Juvenis B
07/12/2024 - 16:10					Resultados
Rec Nacional Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nacional Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
TAC Zonais Juv B Fem : 5:07.37					

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Sofia Hryhorivna, HOLUB	11	Vitoria Guimaraes	<b>4:40.52</b>	560			
50m: 31.91 31.91	150m: 1:42.68	35.83	250m: 2:54.27	35.78	350m: 4:06.34	35.91	
100m: 1:06.85 34.94	200m: 2:18.49	35.81	300m: 3:30.43	36.16	400m: 4:40.52	34.18	
2. Zoe Pinho, NUNES	11	Galitos / Bresimar	<b>4:41.39</b>	555			
50m: 31.33 31.33	150m: 1:39.71	34.90	250m: 2:52.34	36.77	350m: 4:05.98	36.64	
100m: 1:04.81 33.48	200m: 2:15.57	35.86	300m: 3:29.34	37.00	400m: 4:41.39	35.41	
3. Matilde Paiva, CARDOSO	11	Fluvial Portuense	<b>4:46.33</b>	527			
50m: 32.67 32.67	150m: 1:45.72	36.83	250m: 2:59.02	36.73	350m: 4:11.25	35.71	
100m: 1:08.89 36.22	200m: 2:22.29	36.57	300m: 3:35.54	36.52	400m: 4:46.33	35.08	
4. Filipa Ferreira, LOISAS	11	Columbofila Cantanhedense	<b>4:47.94</b>	518			
50m: 34.02 34.02	150m: 1:47.00	36.10	250m: 3:00.29	36.52	350m: 4:12.10	35.83	
100m: 1:10.90 36.88	200m: 2:23.77	36.77	300m: 3:36.27	35.98	400m: 4:47.94	35.84	
5. Mariana Fernandes, CUNHA	11	Foca Quinta Da Lixa - Cnf	<b>4:49.90</b>	507			
50m: 32.90 32.90	150m: 1:45.32	36.77	250m: 2:59.67	37.27	350m: 4:13.74	36.81	
100m: 1:08.55 35.65	200m: 2:22.40	37.08	300m: 3:36.93	37.26	400m: 4:49.90	36.16	
6. Violeta Bernardo, FERREIRA	11	Fluvial Portuense	<b>4:53.64</b>	488			
50m: 33.87 33.87	150m: 1:48.45	37.31	250m: 3:03.55	37.41	350m: 4:18.11	37.13	
100m: 1:11.14 37.27	200m: 2:26.14	37.69	300m: 3:40.98	37.43	400m: 4:53.64	35.53	
7. Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense	<b>4:54.30</b>	485			
50m: 34.43 34.43	150m: 1:48.72	36.93	250m: 3:03.98	37.62	350m: 4:18.61	37.07	
100m: 1:11.79 37.36	200m: 2:26.36	37.64	300m: 3:41.54	37.56	400m: 4:54.30	35.69	
8. Sofia, SYTNYK	11	Braga	<b>4:58.75</b>	464			
50m: 33.99 33.99	150m: 1:48.90	37.83	250m: 3:04.79	38.05	350m: 4:21.10	38.11	
100m: 1:11.07 37.08	200m: 2:26.74	37.84	300m: 3:42.99	38.20	400m: 4:58.75	37.65	
9. Catarina Miguel, ENCARNACAO	11	Famalicão	<b>5:00.20</b>	457			
50m: 34.37 34.37	150m: 1:49.60	37.58	250m: 3:06.10	38.19	350m: 4:22.86	37.99	
100m: 1:12.02 37.65	200m: 2:27.91	38.31	300m: 3:44.87	38.77	400m: 5:00.20	37.34	
10. Carlota Gaspar, PIRES	11	Porto	<b>5:02.99</b>	444			
50m: 34.37 34.37	150m: 1:50.52	38.48	250m: 3:07.91	38.62	350m: 4:25.48	38.73	
100m: 1:12.04 37.67	200m: 2:29.29	38.77	300m: 3:46.75	38.84	400m: 5:02.99	37.51	
11. Alice Maria, RODRIGUES	11	Academico de Viseu	<b>5:04.30</b>	439			
50m: 34.84 34.84	150m: 1:51.10	38.32	250m: 3:08.85	38.84	350m: 4:27.42	39.23	
100m: 1:12.78 37.94	200m: 2:30.01	38.91	300m: 3:48.19	39.34	400m: 5:04.30	36.88	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 21, Femin., 400m Livres

Prova 21  
07/12/2024 - 16:10

Femin., 400m Livres

Juvenis A  
Resultados

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

TAC Zonais Juv A Fem : 4:59.94

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Leonor Nunes, CARDEAL	10 Condeixa Clube	<b>4:27.03</b>	649
50m: 30.32 30.32	150m: 1:37.35 33.79	250m: 2:45.66 33.98	350m: 3:54.54 34.40
100m: 1:03.56 33.24	200m: 2:11.68 34.33	300m: 3:20.14 34.48	400m: 4:27.03 32.49
2. Camila Duarte, MARCELO	10 Condeixa Clube	<b>4:32.78</b>	609
50m: 31.38 31.38	150m: 1:39.78 34.25	300m: 3:23.57 1:09.30	400m: 4:32.78 34.66
100m: 1:05.53 34.15	200m: 2:14.27 34.49	350m: 3:58.12 34.55	
3. Rita Lucas, SANTOS	10 Condeixa Clube	<b>4:40.79</b>	558
50m: 31.89 31.89	150m: 1:42.79 35.84	250m: 2:54.63 35.82	350m: 4:06.88 35.68
100m: 1:06.95 35.06	200m: 2:18.81 36.02	300m: 3:31.20 36.57	400m: 4:40.79 33.91
4. Ana Jose, MARQUES	10 Braga	<b>4:45.04</b>	534
50m: 32.60 32.60	150m: 1:43.94 35.79	250m: 2:56.21 36.11	350m: 4:08.93 36.44
100m: 1:08.15 35.55	200m: 2:20.10 36.16	300m: 3:32.49 36.28	400m: 4:45.04 36.11
5. Filipa Correia, REGO	10 Vilacondense	<b>4:45.06</b>	534
50m: 32.88 32.88	150m: 1:44.08 35.89	250m: 2:57.26 36.92	350m: 4:10.70 36.37
100m: 1:08.19 35.31	200m: 2:20.34 36.26	300m: 3:34.33 37.07	400m: 4:45.06 34.36
6. Maria Rita, CUNHA	10 Colegio Efanor	<b>4:45.48</b>	531
50m: 33.02 33.02	150m: 1:44.33 35.91	250m: 2:57.20 36.47	350m: 4:10.36 36.39
100m: 1:08.42 35.40	200m: 2:20.73 36.40	300m: 3:33.97 36.77	400m: 4:45.48 35.12
7. Leonor Antunes, PAIVA	10 Nautico Academico	<b>4:50.41</b>	505
50m: 32.41 32.41	150m: 1:45.17 37.11	250m: 2:59.88 37.51	350m: 4:14.40 37.26
100m: 1:08.06 35.65	200m: 2:22.37 37.20	300m: 3:37.14 37.26	400m: 4:50.41 36.01
8. Bruna Bacelar, GREGORIO	10 Vilacondense	<b>4:50.87</b>	502
50m: 32.94 32.94	150m: 1:46.41 37.20	250m: 3:00.84 37.41	350m: 4:14.80 36.69
100m: 1:09.21 36.27	200m: 2:23.43 37.02	300m: 3:38.11 37.27	400m: 4:50.87 36.07
9. Leticia Alves, CASTRO	10 Braga	<b>4:53.71</b>	488
50m: 33.77 33.77	150m: 1:47.12 37.25	250m: 3:02.52 37.77	350m: 4:17.40 37.26
100m: 1:09.87 36.10	200m: 2:24.75 37.63	300m: 3:40.14 37.62	400m: 4:53.71 36.31
10. Leonor Mosca, SILVA	10 Columbofila Cantanhedense	<b>4:54.85</b>	482
50m: 34.03 34.03	150m: 1:47.92 37.36	300m: 3:40.98 1:15.82	400m: 4:54.85 36.65
100m: 1:10.56 36.53	200m: 2:25.16 37.24	350m: 4:18.20 37.22	
11. Beatriz Peguinho, SIMOES	10 Academica de Coimbra	<b>4:57.17</b>	471
50m: 34.38 34.38	150m: 1:50.49 38.43	300m: 3:43.08 1:14.39	400m: 4:57.17 37.15
100m: 1:12.06 37.68	200m: 2:28.69 38.20	350m: 4:20.02 36.94	
12. Ana Laura, NOGUEIRA	10 Braga	<b>4:58.01</b>	467
50m: 34.32 34.32	150m: 1:49.73 38.02	250m: 3:05.64 37.91	350m: 4:21.46 37.78
100m: 1:11.71 37.39	200m: 2:27.73 38.00	300m: 3:43.68 38.04	400m: 4:58.01 36.55
13. Sofia Rodrigues, COSTA	10 Colegio Efanor	<b>4:58.03</b>	467
50m: 32.92 32.92	150m: 1:46.65 37.38	250m: 3:02.76 37.93	350m: 4:19.84 38.83
100m: 1:09.27 36.35	200m: 2:24.83 38.18	300m: 3:41.01 38.25	400m: 4:58.03 38.19

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 1 Femin., 800m Livres Juvenis B  
06/12/2024 - 16:00 Resultados

Rec Nacional Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nacional Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibbes (FRA)	20/12/1980

TAC Zonais Juv B Fem : 10:33.54

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts	
1.	Sofia Hryhorivna, HOLUB		11	Vitoria Guimaraes						<b>9:32.82</b>	578	
	50m:	32.22 32.22		250m:	2:54.59	35.70	450m:	5:20.64	36.54	650m:	7:46.47	36.50
	100m:	1:07.26 35.04		300m:	3:30.90	36.31	500m:	5:57.04	36.40	700m:	8:22.92	36.45
	150m:	1:42.68 35.42		350m:	4:07.61	36.71	550m:	6:33.41	36.37	750m:	8:58.62	35.70
	200m:	2:18.89 36.21		400m:	4:44.10	36.49	600m:	7:09.97	36.56	800m:	9:32.82	34.20
2.	Matilde Paiva, CARDOSO		11	Fluvial Portuense						<b>9:34.54</b>	573	
	50m:	32.97 32.97		250m:	2:57.57	36.55	450m:	5:23.35	36.35	650m:	7:48.31	35.99
	100m:	1:08.49 35.52		300m:	3:34.04	36.47	500m:	5:59.93	36.58	700m:	8:24.13	35.82
	150m:	1:44.76 36.27		350m:	4:10.39	36.35	550m:	6:36.22	36.29	750m:	8:59.71	35.58
	200m:	2:21.02 36.26		400m:	4:47.00	36.61	600m:	7:12.32	36.10	800m:	9:34.54	34.83
3.	Eva Miranda, ALMEIDA		11	Columbifila Cantanhedense						<b>9:53.78</b>	519	
	50m:	33.48 33.48		250m:	3:02.63	37.53	450m:	5:33.07	37.59	650m:	8:04.02	37.87
	100m:	1:10.88 37.40		300m:	3:40.05	37.42	500m:	6:10.70	37.63	700m:	8:41.41	37.39
	150m:	1:47.74 36.86		350m:	4:17.72	37.67	550m:	6:48.49	37.79	750m:	9:18.25	36.84
	200m:	2:25.10 37.36		400m:	4:55.48	37.76	600m:	7:26.15	37.66	800m:	9:53.78	35.53
4.	Beatriz Oliveira, PORTULEZ		11	Columbifila Cantanhedense						<b>9:55.82</b>	514	
	50m:	34.18 34.18		250m:	3:02.44	37.22	450m:	5:33.09	37.37	650m:	8:04.78	38.03
	100m:	1:10.71 36.53		300m:	3:40.14	37.70	500m:	6:10.80	37.71	700m:	8:42.64	37.86
	150m:	1:47.97 37.26		350m:	4:18.05	37.91	550m:	6:48.53	37.73	750m:	9:20.24	37.60
	200m:	2:25.22 37.25		400m:	4:55.72	37.67	600m:	7:26.75	38.22	800m:	9:55.82	35.58
5.	Mariana Fernandes, CUNHA		11	Foca Quinta Da Lixa - Cnf						<b>9:56.37</b>	513	
	50m:	33.94 33.94		250m:	3:01.01	37.28	450m:	5:30.35	37.26	650m:	8:01.96	37.03
	100m:	1:10.23 36.29		300m:	3:38.77	37.76	500m:	6:08.38	38.03	700m:	8:40.61	38.65
	150m:	1:46.47 36.24		350m:	4:15.80	37.03	550m:	6:46.49	38.11	750m:	9:18.28	37.67
	200m:	2:23.73 37.26		400m:	4:53.09	37.29	600m:	7:24.93	38.44	800m:	9:56.37	38.09
6.	Leonor Gomes, MARTINS		11	Porto						<b>10:21.78</b>	452	
	50m:	34.66 34.66		250m:	3:06.28	38.75	450m:	5:43.79	39.79	650m:	8:23.29	40.16
	100m:	1:11.62 36.96		300m:	3:45.12	38.84	500m:	6:23.41	39.62	700m:	9:04.01	40.72
	150m:	1:49.37 37.75		350m:	4:24.99	39.87	550m:	7:02.89	39.48	750m:	9:43.59	39.58
	200m:	2:27.53 38.16		400m:	5:04.00	39.01	600m:	7:43.13	40.24	800m:	10:21.78	38.19
7.	Sofia, SYTNYK		11	Braga						<b>10:24.99</b>	445	
	50m:	34.39 34.39		250m:	3:07.29	39.09	450m:	5:45.36	39.59	650m:	8:25.55	40.50
	100m:	1:11.87 37.48		300m:	3:46.49	39.20	500m:	6:24.97	39.61	700m:	9:06.26	40.71
	150m:	1:49.59 37.72		350m:	4:26.17	39.68	550m:	7:04.88	39.91	750m:	9:45.92	39.66
	200m:	2:28.20 38.61		400m:	5:05.77	39.60	600m:	7:45.05	40.17	800m:	10:24.99	39.07
8.	Carlota Gaspar, PIRES		11	Porto						<b>10:26.63</b>	442	
	50m:	35.34 35.34		250m:	3:12.58	39.58	450m:	5:51.00	39.62	650m:	8:29.20	39.26
	100m:	1:14.52 39.18		300m:	3:52.44	39.86	500m:	6:30.59	39.59	700m:	9:08.87	39.67
	150m:	1:53.56 39.04		350m:	4:32.00	39.56	550m:	7:10.02	39.43	750m:	9:48.45	39.58
	200m:	2:33.00 39.44		400m:	5:11.38	39.38	600m:	7:49.94	39.92	800m:	10:26.63	38.18

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 1, Femin., 800m Livres

Prova 1 Femin., 800m Livres Juvenis A  
06/12/2024 - 16:00 Resultados

Rec Nacional Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nacional Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004

TAC Zonais Juv A Fem : 10:22.23

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
<b>1. Camila Duarte, MARCELO</b>			<b>10</b>	<b>Condeixa Clube</b>						<b>9:13.46</b>	<b>641</b>
50m:	31.49	31.49	250m:	2:48.68	34.54	450m:	5:08.39	35.01	650m:	7:29.11	34.81
100m:	1:05.51	34.02	300m:	3:23.58	34.90	500m:	5:43.83	35.44	700m:	8:04.41	35.30
150m:	1:39.86	34.35	350m:	3:58.27	34.69	550m:	6:19.07	35.24	750m:	8:39.55	35.14
200m:	2:14.14	34.28	400m:	4:33.38	35.11	600m:	6:54.30	35.23	800m:	9:13.46	33.91
<b>2. Francisca Sousa, BRANCO</b>			<b>10</b>	<b>Porto</b>						<b>9:39.46</b>	<b>559</b>
50m:	33.37	33.37	250m:	2:59.52	36.78	450m:	5:24.86	35.94	650m:	7:51.15	36.71
100m:	1:10.06	36.69	300m:	3:36.50	36.98	500m:	6:01.57	36.71	700m:	8:27.71	36.56
150m:	1:46.64	36.58	350m:	4:12.52	36.02	550m:	6:37.63	36.06	750m:	9:04.33	36.62
200m:	2:22.74	36.10	400m:	4:48.92	36.40	600m:	7:14.44	36.81	800m:	9:39.46	35.13
<b>3. Maria Rita, CUNHA</b>			<b>10</b>	<b>Colegio Efanor</b>						<b>9:44.39</b>	<b>545</b>
50m:	32.56	32.56	250m:	2:58.02	36.72	450m:	5:26.27	37.03	650m:	7:54.84	37.08
100m:	1:08.20	35.64	300m:	3:35.05	37.03	500m:	6:03.54	37.27	700m:	8:31.67	36.83
150m:	1:44.65	36.45	350m:	4:12.12	37.07	550m:	6:40.63	37.09	750m:	9:08.14	36.47
200m:	2:21.30	36.65	400m:	4:49.24	37.12	600m:	7:17.76	37.13	800m:	9:44.39	36.25
<b>4. Leticia Alves, CASTRO</b>			<b>10</b>	<b>Braga</b>						<b>9:50.80</b>	<b>527</b>
50m:	34.14	34.14	250m:	3:02.15	37.19	450m:	5:31.77	37.30	650m:	8:00.82	36.40
100m:	1:10.76	36.62	300m:	3:39.37	37.22	500m:	6:09.48	37.71	700m:	8:37.43	36.61
150m:	1:47.65	36.89	350m:	4:16.99	37.62	550m:	6:47.02	37.54	750m:	9:14.30	36.87
200m:	2:24.96	37.31	400m:	4:54.47	37.48	600m:	7:24.42	37.40	800m:	9:50.80	36.50
<b>5. Ana Jose, MARQUES</b>			<b>10</b>	<b>Braga</b>						<b>9:55.43</b>	<b>515</b>
50m:	34.39	34.39	250m:	3:01.62	36.76	450m:	5:30.91	37.23	650m:	8:02.30	37.61
100m:	1:11.16	36.77	300m:	3:38.88	37.26	500m:	6:08.74	37.83	700m:	8:39.91	37.61
150m:	1:47.84	36.68	350m:	4:16.15	37.27	550m:	6:46.40	37.66	750m:	9:17.79	37.88
200m:	2:24.86	37.02	400m:	4:53.68	37.53	600m:	7:24.69	38.29	800m:	9:55.43	37.64
<b>6. Leonor Antunes, PAIVA</b>			<b>10</b>	<b>Nautico Academico</b>						<b>9:55.50</b>	<b>515</b>
50m:	32.79	32.79	250m:	3:01.13	37.68	450m:	5:32.26	37.70	650m:	8:02.69	37.27
100m:	1:09.02	36.23	300m:	3:38.81	37.68	500m:	6:10.02	37.76	700m:	8:40.78	38.09
150m:	1:45.76	36.74	350m:	4:16.62	37.81	550m:	6:47.75	37.73	750m:	9:18.72	37.94
200m:	2:23.45	37.69	400m:	4:54.56	37.94	600m:	7:25.42	37.67	800m:	9:55.50	36.78
<b>7. Bruna Bacelar, GREGORIO</b>			<b>10</b>	<b>Vilacondense</b>						<b>10:04.53</b>	<b>492</b>
50m:	32.96	32.96	250m:	3:00.64	37.38	450m:	5:34.12	38.90	650m:	8:09.59	39.21
100m:	1:09.20	36.24	300m:	3:38.52	37.88	500m:	6:12.70	38.58	700m:	8:48.51	38.92
150m:	1:46.38	37.18	350m:	4:16.56	38.04	550m:	6:51.40	38.70	750m:	9:26.93	38.42
200m:	2:23.26	36.88	400m:	4:55.22	38.66	600m:	7:30.38	38.98	800m:	10:04.53	37.60
<b>8. Leonor Mosca, SILVA</b>			<b>10</b>	<b>Columbifila Cantanhedense</b>						<b>10:15.50</b>	<b>466</b>
50m:	33.93	33.93	250m:	3:05.74	38.78	450m:	5:42.56	39.43	650m:	8:19.46	39.19
100m:	1:11.27	37.34	300m:	3:44.61	38.87	500m:	6:21.35	38.79	700m:	8:58.94	39.48
150m:	1:49.11	37.84	350m:	4:24.27	39.66	550m:	7:00.76	39.41	750m:	9:38.13	39.19
200m:	2:26.96	37.85	400m:	5:03.13	38.86	600m:	7:40.27	39.51	800m:	10:15.50	37.37
<b>9. Rita Sousa, OLIVEIRA</b>			<b>10</b>	<b>Colegio Efanor</b>						<b>10:24.35</b>	<b>447</b>
<i>FTL</i>											
50m:	33.66	33.66	250m:	3:09.41	39.87	450m:	5:47.36	39.75	650m:	8:26.87	39.61
100m:	1:11.45	37.79	300m:	3:48.78	39.37	500m:	6:27.49	40.13	700m:	9:06.50	39.63
150m:	1:50.28	38.83	350m:	4:28.35	39.57	550m:	7:07.39	39.90	750m:	9:46.23	39.73
200m:	2:29.54	39.26	400m:	5:07.61	39.26	600m:	7:47.26	39.87	800m:	10:24.35	38.12
<b>10. Mariana Bagagem, CARVALHO</b>			<b>10</b>	<b>Miranda do Corvo</b>						<b>10:39.77</b>	<b>415</b>
<i>FTL</i>											
50m:	34.54	34.54	250m:	3:14.79	40.65	450m:	5:57.54	41.00	650m:	8:40.36	40.10
100m:	1:13.62	39.08	300m:	3:55.34	40.55	500m:	6:39.00	41.46	700m:	9:20.81	40.45
150m:	1:53.89	40.27	350m:	4:36.07	40.73	550m:	7:19.58	40.58	750m:	9:59.96	39.15
200m:	2:34.14	40.25	400m:	5:16.54	40.47	600m:	8:00.26	40.68	800m:	10:39.77	39.81

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

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Prova 1, Femin., 800m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
DNS Sofia Rodrigues, COSTA	10	Colegio Efanor	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 37 Femin., 1500m Livres Juvenis B  
08/12/2024 - 15:30 Resultados

Rec Nacional Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	30/06/2013

TAC Zonais Juv B Fem : 20:55.67

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
<b>1.</b>	<b>Matilde Paiva, CARDOSO</b>		<b>11</b>	<b>Fluvial Portuense</b>						<b>18:32.85</b>	<b>543</b>
	50m:	33.56 33.56	450m:	5:30.85	37.40	850m:	10:29.74	37.20	1250m:	15:28.56	37.44
	100m:	1:10.28 36.72	500m:	6:08.16	37.31	900m:	11:07.38	37.64	1300m:	16:05.84	37.28
	150m:	1:47.41 37.13	550m:	6:45.47	37.31	950m:	11:44.62	37.24	1350m:	16:42.75	36.91
	200m:	2:24.68 37.27	600m:	7:23.06	37.59	1000m:	12:21.98	37.36	1400m:	17:19.86	37.11
	250m:	3:02.10 37.42	650m:	8:00.50	37.44	1050m:	12:59.36	37.38	1450m:	17:56.67	36.81
	300m:	3:39.23 37.13	700m:	8:37.87	37.37	1100m:	13:36.76	37.40	1500m:	18:32.85	36.18
	350m:	4:16.58 37.35	750m:	9:15.32	37.45	1150m:	14:13.91	37.15			
	400m:	4:53.45 36.87	800m:	9:52.54	37.22	1200m:	14:51.12	37.21			
<b>2.</b>	<b>Beatriz Oliveira, PORTULEZ</b>		<b>11</b>	<b>Columbofila Cantanhedense</b>						<b>18:56.86</b>	<b>509</b>
	50m:	34.41 34.41	450m:	5:38.55	37.90	850m:	10:43.69	37.75	1250m:	15:49.28	37.90
	100m:	1:11.78 37.37	500m:	6:16.69	38.14	900m:	11:21.93	38.24	1300m:	16:27.25	37.97
	150m:	1:49.97 38.19	550m:	6:54.88	38.19	950m:	12:00.18	38.25	1350m:	17:04.94	37.69
	200m:	2:29.08 39.11	600m:	7:33.33	38.45	1000m:	12:38.48	38.30	1400m:	17:43.01	38.07
	250m:	3:07.27 38.19	650m:	8:11.41	38.08	1050m:	13:16.86	38.38	1450m:	18:20.55	37.54
	300m:	3:44.58 37.31	700m:	8:49.43	38.02	1100m:	13:55.22	38.36	1500m:	18:56.86	36.31
	350m:	4:22.51 37.93	750m:	9:27.64	38.21	1150m:	14:33.24	38.02			
	400m:	5:00.65 38.14	800m:	10:05.94	38.30	1200m:	15:11.38	38.14			
<b>3.</b>	<b>Carlota Gaspar, PIRES</b>		<b>11</b>	<b>Porto</b>						<b>19:39.32</b>	<b>456</b>
	50m:	37.10 37.10	450m:	5:55.16	39.48	850m:	11:10.12	39.81	1250m:	16:25.97	39.43
	100m:	1:16.72 39.62	500m:	6:34.49	39.33	900m:	11:50.24	40.12	1300m:	17:05.41	39.44
	150m:	1:56.80 40.08	550m:	7:13.63	39.14	950m:	12:29.82	39.58	1350m:	17:44.59	39.18
	200m:	2:36.73 39.93	600m:	7:52.62	38.99	1000m:	13:09.36	39.54	1400m:	18:23.62	39.03
	250m:	3:16.79 40.06	650m:	8:31.98	39.36	1050m:	13:48.33	38.97	1450m:	19:02.05	38.43
	300m:	3:56.53 39.74	700m:	9:11.59	39.61	1100m:	14:27.48	39.15	1500m:	19:39.32	37.27
	350m:	4:35.97 39.44	750m:	9:50.66	39.07	1150m:	15:07.00	39.52			
	400m:	5:15.68 39.71	800m:	10:30.31	39.65	1200m:	15:46.54	39.54			
<b>4.</b>	<b>Leonor Gomes, MARTINS</b>		<b>11</b>	<b>Porto</b>						<b>19:41.86</b>	<b>453</b>
	50m:	36.77 36.77	450m:	5:55.49	39.54	850m:	11:10.12	39.77	1250m:	16:26.52	39.54
	100m:	1:16.69 39.92	500m:	6:34.57	39.08	900m:	11:50.20	40.08	1300m:	17:06.12	39.60
	150m:	1:56.87 40.18	550m:	7:14.08	39.51	950m:	12:29.83	39.63	1350m:	17:45.16	39.04
	200m:	2:37.03 40.16	600m:	7:53.25	39.17	1000m:	13:09.62	39.79	1400m:	18:24.97	39.81
	250m:	3:16.96 39.93	650m:	8:32.24	38.99	1050m:	13:48.58	38.96	1450m:	19:03.91	38.94
	300m:	3:56.97 40.01	700m:	9:11.78	39.54	1100m:	14:27.73	39.15	1500m:	19:41.86	37.95
	350m:	4:36.31 39.34	750m:	9:51.04	39.26	1150m:	15:07.29	39.56			
	400m:	5:15.95 39.64	800m:	10:30.35	39.31	1200m:	15:46.98	39.69			
<b>5.</b>	<b>Matilde Conde, FIGUEIREDO</b>		<b>11</b>	<b>Condeixa Clube</b>						<b>20:16.87</b>	<b>415</b>
	50m:	37.93 37.93	450m:	6:03.09	40.75	850m:	11:29.79	41.20	1250m:	16:58.07	40.50
	100m:	1:18.44 40.51	500m:	6:44.01	40.92	900m:	12:10.54	40.75	1300m:	17:38.69	40.62
	150m:	1:58.96 40.52	550m:	7:24.86	40.85	950m:	12:51.49	40.95	1350m:	18:19.43	40.74
	200m:	2:39.56 40.60	600m:	8:05.80	40.94	1000m:	13:32.97	41.48	1400m:	18:59.48	40.05
	250m:	3:19.99 40.43	650m:	8:46.71	40.91	1050m:	14:14.26	41.29	1450m:	19:39.60	40.12
	300m:	4:00.93 40.94	700m:	9:27.28	40.57	1100m:	14:55.69	41.43	1500m:	20:16.87	37.27
	350m:	4:41.60 40.67	750m:	10:07.87	40.59	1150m:	15:36.88	41.19			
	400m:	5:22.34 40.74	800m:	10:48.59	40.72	1200m:	16:17.57	40.69			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 37, Femin., 1500m Livres

Prova 37 Femin., 1500m Livres  
08/12/2024 - 15:30 Juvenis A  
Resultados

Rec Nacional Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	16/03/2014

TAC Zonais Juv A Fem : 20:33.24

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>1. Camila Duarte, MARCELO</b>	<b>10</b>	<b>Condeixa Clube</b>	<b>17:23.64</b>
50m: 31.81 31.81	450m: 5:08.53	34.63 850m: 9:47.38	34.97 1250m: 14:28.91
100m: 1:05.73 33.92	500m: 5:43.39	34.86 900m: 10:22.58	35.20 1300m: 15:04.09
150m: 1:40.48 34.75	550m: 6:18.17	34.78 950m: 10:57.49	34.91 1350m: 15:39.39
200m: 2:14.92 34.44	600m: 6:53.18	35.01 1000m: 11:32.76	35.27 1400m: 16:14.64
250m: 2:49.69 34.77	650m: 7:28.36	35.18 1050m: 12:07.94	35.18 1450m: 16:49.62
300m: 3:24.29 34.60	700m: 8:02.94	34.58 1100m: 12:43.29	35.35 1500m: 17:23.64
350m: 3:59.10 34.81	750m: 8:37.74	34.80 1150m: 13:18.93	35.64
400m: 4:33.90 34.80	800m: 9:12.41	34.67 1200m: 13:53.92	34.99
<b>2. Maria Rita, CUNHA</b>	<b>10</b>	<b>Colegio Efanor</b>	<b>18:36.60</b>
50m: 34.03 34.03	450m: 5:32.16	37.34 850m: 10:32.25	37.37 1250m: 15:31.27
100m: 1:10.84 36.81	500m: 6:09.63	37.47 900m: 11:09.75	37.50 1300m: 16:08.84
150m: 1:48.26 37.42	550m: 6:47.25	37.62 950m: 11:47.04	37.29 1350m: 16:45.96
200m: 2:25.67 37.41	600m: 7:24.82	37.57 1000m: 12:24.27	37.23 1400m: 17:23.17
250m: 3:03.00 37.33	650m: 8:02.52	37.70 1050m: 13:01.67	37.40 1450m: 18:00.28
300m: 3:40.16 37.16	700m: 8:39.70	37.18 1100m: 13:38.83	37.16 1500m: 18:36.60
350m: 4:17.41 37.25	750m: 9:17.28	37.58 1150m: 14:16.12	37.29
400m: 4:54.82 37.41	800m: 9:54.88	37.60 1200m: 14:53.72	37.60
<b>3. Ana Jose, MARQUES</b>	<b>10</b>	<b>Braga</b>	<b>18:53.98</b>
50m: 33.52 33.52	450m: 5:32.56	37.79 850m: 10:38.59	38.44 1250m: 15:44.45
100m: 1:10.12 36.60	500m: 6:10.44	37.88 900m: 11:16.58	37.99 1300m: 16:22.71
150m: 1:47.81 37.69	550m: 6:48.43	37.99 950m: 11:55.01	38.43 1350m: 17:01.06
200m: 2:25.13 37.32	600m: 7:26.86	38.43 1000m: 12:33.27	38.26 1400m: 17:39.59
250m: 3:02.70 37.57	650m: 8:05.22	38.36 1050m: 13:11.10	37.83 1450m: 18:17.43
300m: 3:40.20 37.50	700m: 8:43.45	38.23 1100m: 13:49.12	38.02 1500m: 18:53.98
350m: 4:17.37 37.17	750m: 9:21.72	38.27 1150m: 14:27.38	38.26
400m: 4:54.77 37.40	800m: 10:00.15	38.43 1200m: 15:05.95	38.57
<b>4. Leonor Antunes, PAIVA</b>	<b>10</b>	<b>Nautico Academico</b>	<b>18:54.85</b>
50m: 33.14 33.14	450m: 5:34.04	38.12 850m: 10:39.66	38.42 1250m: 15:46.71
100m: 1:09.76 36.62	500m: 6:12.09	38.05 900m: 11:17.84	38.18 1300m: 16:24.81
150m: 1:46.95 37.19	550m: 6:50.32	38.23 950m: 11:55.94	38.10 1350m: 17:02.90
200m: 2:24.58 37.63	600m: 7:28.46	38.14 1000m: 12:34.23	38.29 1400m: 17:40.81
250m: 3:02.22 37.64	650m: 8:06.74	38.28 1050m: 13:12.72	38.49 1450m: 18:18.75
300m: 3:40.01 37.79	700m: 8:44.81	38.07 1100m: 13:51.28	38.56 1500m: 18:54.85
350m: 4:18.15 38.14	750m: 9:22.92	38.11 1150m: 14:29.80	38.52
400m: 4:55.92 37.77	800m: 10:01.24	38.32 1200m: 15:08.18	38.38
<b>5. Bruna Bacelar, GREGORIO</b>	<b>10</b>	<b>Vilacondense</b>	<b>18:57.40</b>
50m: 34.75 34.75	450m: 5:43.64	39.08 850m: 10:47.50	38.17 1250m: 15:49.44
100m: 1:13.21 38.46	500m: 6:21.99	38.35 900m: 11:25.53	38.03 1300m: 16:27.30
150m: 1:51.73 38.52	550m: 6:59.35	37.36 950m: 12:03.27	37.74 1350m: 17:05.38
200m: 2:30.48 38.75	600m: 7:37.84	38.49 1000m: 12:40.61	37.34 1400m: 17:43.39
250m: 3:09.01 38.53	650m: 8:15.68	37.84 1050m: 13:18.00	37.39 1450m: 18:21.12
300m: 3:47.09 38.08	700m: 8:53.42	37.74 1100m: 13:55.63	37.63 1500m: 18:57.40
350m: 4:25.93 38.84	750m: 9:31.31	37.89 1150m: 14:33.29	37.66
400m: 5:04.56 38.63	800m: 10:09.33	38.02 1200m: 15:11.46	38.17
<b>6. Leonor Mosca, SILVA</b>	<b>10</b>	<b>Columbofila Cantanhedense</b>	<b>19:19.06</b>
50m: 35.17 35.17	450m: 5:42.58	38.87 850m: 10:53.42	39.04 1250m: 16:06.36
100m: 1:12.87 37.70	500m: 6:21.59	39.01 900m: 11:32.47	39.05 1300m: 16:45.29
150m: 1:50.97 38.10	550m: 7:00.42	38.83 950m: 12:11.60	39.13 1350m: 17:24.38
200m: 2:29.08 38.11	600m: 7:39.11	38.69 1000m: 12:50.98	39.38 1400m: 18:03.22
250m: 3:07.58 38.50	650m: 8:17.86	38.75 1050m: 13:30.53	39.55 1450m: 18:41.86
300m: 3:46.18 38.60	700m: 8:56.71	38.85 1100m: 14:09.52	38.99 1500m: 19:19.06
350m: 4:25.13 38.95	750m: 9:35.53	38.82 1150m: 14:48.53	39.01
400m: 5:03.71 38.58	800m: 10:14.38	38.85 1200m: 15:27.72	39.19

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 37, Femin., 1500m Livres, Juvenis A

Lugar			Ano				Tempo final	Pts
<b>7.</b>	<b>Rita Sousa, OLIVEIRA</b>		<b>10</b>		<b>Colegio Efanor</b>		<b>19:30.31</b>	<b>467</b>
	50m:	34.49 34.49	450m:	5:43.08 38.78	850m:	10:55.98 39.35	1250m:	16:12.77 40.01
	100m:	1:11.94 37.45	500m:	6:22.21 39.13	900m:	11:34.49 38.51	1300m:	16:52.83 40.06
	150m:	1:50.06 38.12	550m:	7:01.27 39.06	950m:	12:14.11 39.62	1350m:	17:32.86 40.03
	200m:	2:28.55 38.49	600m:	7:40.26 38.99	1000m:	12:53.96 39.85	1400m:	18:12.52 39.66
	250m:	3:07.14 38.59	650m:	8:19.26 39.00	1050m:	13:33.33 39.37	1450m:	18:51.62 39.10
	300m:	3:46.31 39.17	700m:	8:58.05 38.79	1100m:	14:13.53 40.20	1500m:	19:30.31 38.69
	350m:	4:25.21 38.90	750m:	9:37.53 39.48	1150m:	14:53.08 39.55		
	400m:	5:04.30 39.09	800m:	10:16.63 39.10	1200m:	15:32.76 39.68		
<b>8.</b>	<b>Maria Mendes, CUNHA</b>		<b>10</b>		<b>Fafe</b>		<b>20:20.42</b>	<b>412</b>
	50m:	37.01 37.01	450m:	5:57.27 41.08	850m:	11:25.72 40.12	1250m:	16:58.27 40.29
	100m:	1:16.58 39.57	500m:	6:37.80 40.53	900m:	12:05.71 39.99	1300m:	17:39.34 41.07
	150m:	1:56.36 39.78	550m:	7:19.51 41.71	950m:	12:48.40 42.69	1350m:	18:20.56 41.22
	200m:	2:35.92 39.56	600m:	8:00.39 40.88	1000m:	13:30.25 41.85	1400m:	19:02.27 41.71
	250m:	3:16.06 40.14	650m:	8:41.30 40.91	1050m:	14:12.14 41.89	1450m:	19:41.89 39.62
	300m:	3:56.13 40.07	700m:	9:23.02 41.72	1100m:	14:54.35 42.21	1500m:	20:20.42 38.53
	350m:	4:36.12 39.99	750m:	10:04.63 41.61	1150m:	15:36.08 41.73		
	400m:	5:16.19 40.07	800m:	10:45.60 40.97	1200m:	16:17.98 41.90		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 25		Femin., 50m Costas			Juvenis B
07/12/2024 - 16:50					Resultados
Rec Nacional Open	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021
Rec Nacional Juv B	29.82	Carolina Ratola, TAVEIRA	CGA	Porto	21/07/2024
TAC Zonais Juv B Fem : 34.96					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Frederica Vinhas, VIEIRA	11 Campinho	<b>31.94</b>	494
2. Matilde Sofia, PINTO	11 Sao Joao Ver	<b>33.58</b>	425
3. Beatriz Freitas, RODRIGUES	11 Leixoes Sport Clube	<b>33.74</b>	419
4. Matilde Paiva, CARDOSO	11 Fluvial Portuense	<b>34.51</b>	391
WDR Mariana Cangueiro, IGREJA	11 CLIP Teams		

Prova 25		Femin., 50m Costas			Juvenis A
07/12/2024 - 16:50					Resultados
Rec Nacional Open	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021
Rec Nacional Juv A	29.69	tempo limite,			
TAC Zonais Juv A Fem : 34.33					

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Carolina Ratola, TAVEIRA	10 Galitos / Bresimar	<b>30.19</b>	585
2. Matilde Brandao, CARVALHO	10 Fluvial Portuense	<b>30.53</b>	565
3. Cloe Canadas, NOGUEIRA	10 Colegio Efanor	<b>30.89</b>	546
4. Catarina Sousa, OLIVEIRA	10 Colegio Efanor	<b>31.77</b>	502
5. Sofia Rodrigues, VASCONCELOS	10 Galitos / Bresimar	<b>32.24</b>	480
6. Mariana Mesquita, FERNANDES	10 Braga	<b>32.38</b>	474
7. Raquel Domingues, RE	10 Galitos / Bresimar	<b>32.59</b>	465
8. Sara Marques, LIMA	10 CASPAE	<b>32.63</b>	463
9. Mariana Bernardo, SILVESTRE	10 Nautico Academico	<b>32.81</b>	455
10. Bianca Pinto, COELHO	10 Leixoes Sport Clube	<b>33.15</b>	441
11. Adriana Resende, TRINDADE	10 Sporting de Espinho	<b>33.33</b>	434
12. Ema Ferreira, ESTRELA	10 Leixoes Sport Clube	<b>33.78</b>	417
13. Matilde Faria, SILVESTRE	10 Penafiel	<b>33.86</b>	414
14. Leonor Silva, JESUS	10 Galitos / Bresimar	<b>33.87</b>	414
15. Beatriz Guerra, SOARES	10 Leixoes Sport Clube	<b>33.93</b>	412
16. Beatriz Peguinho, SIMOES	10 Academica de Coimbra	<b>34.28</b>	399
17. Leonor Fonseca, FERREIRA	10 Estarreja	<b>34.40</b>	395
FTL			
18. Maria Luisa, GUIMARAES	10 CLIP Teams	<b>35.80</b>	350
FTL			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 5 Femin., 100m Costas Juvenis B  
06/12/2024 - 17:05 Resultados

Rec Nacional Open	58.14	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	08/12/2023
Rec Nacional Juv B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12/02/2011

TAC Zonais Juv B Fem : 1:16.82

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Frederica Vinhas, VIEIRA 50m: 32.96 32.96 100m: 1:09.42	11 Campinho	<b>1:09.42</b>	494
2. Isilda Raquel, GOMES 50m: 34.03 34.03 100m: 1:11.67	11 Foca Quinta Da Lixa - Cnf	<b>1:11.67</b>	449
3. Leonor Marques, MENDES 50m: 35.18 35.18 100m: 1:12.92	11 Galitos / Bresimar	<b>1:12.92</b>	426
4. Beatriz Freitas, RODRIGUES 50m: 35.02 35.02 100m: 1:13.02	11 Leixoes Sport Clube	<b>1:13.02</b>	424
5. Matilde Sofia, PINTO 50m: 35.90 35.90 100m: 1:13.19	11 Sao Joao Ver	<b>1:13.19</b>	421
6. Yara Clemente, GONCALVES 50m: 35.79 35.79 100m: 1:14.01	11 Porto	<b>1:14.01</b>	407
7. Leonor Gomes, MARTINS 50m: 36.86 36.86 100m: 1:15.22	11 Porto	<b>1:15.22</b>	388
8. Matilde Sofia, PEREIRA 50m: 36.91 36.91 100m: 1:15.34	11 Condeixa Clube	<b>1:15.34</b>	386
9. Catarina Miguel, ENCARNACAO 50m: 36.60 36.60 100m: 1:15.69	11 Famalicão	<b>1:15.69</b>	381
10. Laura Cruzeiro, MARQUES FTL 50m: 37.39 37.39 100m: 1:17.98	11 Galitos / Bresimar	<b>1:17.98</b>	348
11. Carolina Damas, PITA FTL 50m: 39.07 39.07 100m: 1:18.79	11 Nautico Academico	<b>1:18.79</b>	338
12. Ines Rua, FERNANDES FTL 50m: 39.19 39.19 100m: 1:19.34	11 Ginasio Vila Real	<b>1:19.34</b>	331

Prova 5 Femin., 100m Costas Juvenis A  
06/12/2024 - 17:05 Resultados

Rec Nacional Open	58.14	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	08/12/2023
Rec Nacional Juv A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17/12/2011

TAC Zonais Juv A Fem : 1:14.48

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Carolina Ratola, TAVEIRA 50m: 31.33 31.33 100m: 1:04.66	10 Galitos / Bresimar	<b>1:04.66</b>	611
2. Matilde Brandao, CARVALHO 50m: 31.69 31.69 100m: 1:04.82	10 Fluvial Portuense	<b>1:04.82</b>	607
3. Cloe Canadas, NOGUEIRA 50m: 32.16 32.16 100m: 1:07.75	10 Colegio Efanor	<b>1:07.75</b>	531

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 5, Femin., 100m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
4. Mariana Mesquita, FERNANDES 50m: 33.72 33.72 100m: 1:08.98	10 Braga	<b>1:08.98</b>	503
5. Catarina Sousa, OLIVEIRA 50m: 34.14 34.14 100m: 1:10.22	10 Colegio Efanor	<b>1:10.22</b>	477
6. Sara Marques, LIMA 50m: 34.06 34.06 100m: 1:10.94	10 CASPAE	<b>1:10.94</b>	463
7. Maria Ines, GANTE 50m: 34.44 34.44 100m: 1:11.05	10 Nautico Academico	<b>1:11.05</b>	461
8. Raquel Domingues, RE 50m: 34.08 34.08 100m: 1:11.22	10 Galitos / Bresimar	<b>1:11.22</b>	457
9. Mariana Bernardo, SILVESTRE 50m: 35.00 35.00 100m: 1:11.67	10 Nautico Academico	<b>1:11.67</b>	449
10. Bianca Pinto, COELHO 50m: 35.00 35.00 100m: 1:12.10	10 Leixoes Sport Clube	<b>1:12.10</b>	441
11. Marta Silva, FERNANDES 50m: 34.96 34.96 100m: 1:12.14	10 Porto	<b>1:12.14</b>	440
12. Leonor Silva, JESUS 50m: 35.24 35.24 100m: 1:12.40	10 Galitos / Bresimar	<b>1:12.40</b>	435
13. Adriana Resende, TRINDADE 50m: 35.27 35.27 100m: 1:12.65	10 Sporting de Espinho	<b>1:12.65</b>	431
14. Matilde Faria, SILVESTRE 50m: 35.37 35.37 100m: 1:13.08	10 Penafiel	<b>1:13.08</b>	423
15. Beatriz Guerra, SOARES 50m: 36.07 36.07 100m: 1:13.94	10 Leixoes Sport Clube	<b>1:13.94</b>	409
16. Teresa Monteiro, VIEIRA 50m: 36.52 36.52 100m: 1:14.07	10 Leixoes Sport Clube	<b>1:14.07</b>	406
17. Leonor Fonseca, FERREIRA 50m: 35.52 35.52 100m: 1:14.30	10 Estarreja	<b>1:14.30</b>	403
Ines Senhorinha, SILVA 50m: 36.02 36.02 100m: 1:14.30	10 Natacao da Maia	<b>1:14.30</b>	403
19. Maria Silva, POETA <i>FTL</i> 50m: 36.67 36.67 100m: 1:14.88	10 Ginasio Vila Real	<b>1:14.88</b>	393
20. Beatriz Ribeiro, MOREIRA <i>FTL</i> 50m: 36.02 36.02 100m: 1:15.13	10 Sporting de Espinho	<b>1:15.13</b>	389

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 43					Femin., 200m Costas		Juvenis B	
08/12/2024 - 17:00							Resultados	
Rec Nacional Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023			
Rec Nacional Juv B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008			
TAC Zonais Juv B Fem : 2:44.90								

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Frederica Vinhas, VIEIRA	11	Campinho	<b>2:31.56</b>	483	
50m: 34.52 34.52	100m: 1:13.71	39.19	150m: 1:53.30 39.59	200m: 2:31.56	38.26
2. Mariana Fernandes, CUNHA	11	Foca Quinta Da Lixa - Cnf	<b>2:34.64</b>	455	
50m: 35.88 35.88	100m: 1:15.37	39.49	150m: 1:55.62 40.25	200m: 2:34.64	39.02
3. Matilde Paiva, CARDOSO	11	Fluvial Portuense	<b>2:36.09</b>	442	
50m: 36.55 36.55	100m: 1:16.00	39.45	150m: 1:56.56 40.56	200m: 2:36.09	39.53
4. Yara Clemente, GONCALVES	11	Porto	<b>2:36.62</b>	437	
50m: 36.78 36.78	100m: 1:16.18	39.40	150m: 1:56.32 40.14	200m: 2:36.62	40.30
5. Beatriz Freitas, RODRIGUES	11	Leixoes Sport Clube	<b>2:36.90</b>	435	
50m: 36.77 36.77	100m: 1:16.61	39.84	150m: 1:58.18 41.57	200m: 2:36.90	38.72
6. Matilde Sofia, PEREIRA	11	Condeixa Clube	<b>2:38.25</b>	424	
50m: 37.62 37.62	100m: 1:17.66	40.04	150m: 1:58.29 40.63	200m: 2:38.25	39.96
7. Leonor Gomes, MARTINS	11	Porto	<b>2:38.73</b>	420	
50m: 37.32 37.32	100m: 1:17.72	40.40	150m: 1:59.40 41.68	200m: 2:38.73	39.33
8. Catarina Miguel, ENCARNACAO	11	Famalicão	<b>2:39.21</b>	416	
50m: 37.22 37.22	100m: 1:17.83	40.61	150m: 1:58.81 40.98	200m: 2:39.21	40.40
9. Carolina Damas, PITA	11	Nautico Academico	<b>2:41.31</b>	400	
50m: 38.20 38.20	100m: 1:18.71	40.51	150m: 2:00.08 41.37	200m: 2:41.31	41.23
10. Luisa Goncalves, ANDRADE	11	Porto	<b>2:41.70</b>	397	
50m: 37.50 37.50	100m: 1:18.29	40.79	150m: 2:00.47 42.18	200m: 2:41.70	41.23
11. Ines Rua, FERNANDES	11	Ginasio Vila Real	<b>2:46.54</b>	364	
FTL					
50m: 40.14 40.14	100m: 1:22.36	42.22	150m: 2:04.51 42.15	200m: 2:46.54	42.03
DSQ Matilde Sofia, PINTO	11	Sao Joao Ver			
SW 10.2 - O/A atleta não completou o percurso.					
WDR Mariana Canguero, IGREJA	11	CLIP Teams			

Prova 43					Femin., 200m Costas		Juvenis A	
08/12/2024 - 17:00							Resultados	
Rec Nacional Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023			
Rec Nacional Juv A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018			
TAC Zonais Juv A Fem : 2:40.40								

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Matilde Brandao, CARVALHO	10	Fluvial Portuense	<b>2:22.26</b>	584	
50m: 32.64 32.64	100m: 1:07.62	34.98	150m: 1:44.63 37.01	200m: 2:22.26	37.63
2. Mariana Mesquita, FERNANDES	10	Braga	<b>2:25.98</b>	540	
50m: 34.78 34.78	100m: 1:11.40	36.62	150m: 1:49.44 38.04	200m: 2:25.98	36.54
3. Cloe Canadas, NOGUEIRA	10	Colegio Efanor	<b>2:29.02</b>	508	
50m: 33.45 33.45	100m: 1:10.41	36.96	150m: 1:50.71 40.30	200m: 2:29.02	38.31
4. Sara Marques, LIMA	10	CASPAE	<b>2:30.88</b>	489	
50m: 35.81 35.81	100m: 1:14.39	38.58	150m: 1:53.73 39.34	200m: 2:30.88	37.15

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 43, Femin., 200m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
5. Mariana Bernardo, SILVESTRE 50m: 35.24 35.24 100m: 1:14.40	10 Nautico Academico	<b>2:32.90</b> 39.16 150m: 1:53.99 39.59 200m: 2:32.90	470 38.91
6. Maria Ines, GANTE 50m: 35.25 35.25 100m: 1:13.68	10 Nautico Academico	<b>2:33.40</b> 38.43 150m: 1:53.69 40.01 200m: 2:33.40	466 39.71
7. Adriana Resende, TRINDADE 50m: 36.15 36.15 100m: 1:15.38	10 Sporting de Espinho	<b>2:34.57</b> 39.23 150m: 1:55.29 39.91 200m: 2:34.57	455 39.28
8. Maria Silva, POETA 50m: 36.60 36.60 100m: 1:15.60	10 Ginasio Vila Real	<b>2:34.97</b> 39.00 150m: 1:55.88 40.28 200m: 2:34.97	452 39.09
9. Bianca Pinto, COELHO 50m: 36.89 36.89 100m: 1:16.09	10 Leixoes Sport Clube	<b>2:35.54</b> 39.20 150m: 1:56.25 40.16 200m: 2:35.54	447 39.29
10. Marta Silva, FERNANDES 50m: 36.12 36.12 100m: 1:14.79	10 Porto	<b>2:35.64</b> 38.67 150m: 1:55.22 40.43 200m: 2:35.64	446 40.42
11. Ines Senhorinha, SILVA 50m: 37.02 37.02 100m: 1:16.73	10 Natacao da Maia	<b>2:37.57</b> 39.71 150m: 1:57.73 41.00 200m: 2:37.57	430 39.84
12. Beatriz Ribeiro, MOREIRA 50m: 37.01 37.01 100m: 1:17.15	10 Sporting de Espinho	<b>2:40.20</b> 40.14 150m: 1:58.97 41.82 200m: 2:40.20	409 41.23
13. Leonor Fonseca, FERREIRA <i>FTL</i> 50m: 36.91 36.91 100m: 1:17.22	10 Estarreja	<b>2:41.44</b> 40.31 150m: 1:59.08 41.86 200m: 2:41.44	399 42.36
14. Matilde Faria, SILVESTRE <i>FTL</i> 50m: 37.36 37.36 100m: 1:17.62	10 Penafiel	<b>2:42.07</b> 40.26 150m: 1:59.83 42.21 200m: 2:42.07	395 42.24
15. Mariana Bagagem, CARVALHO <i>FTL</i> 50m: 36.75 36.75 100m: 1:18.41	10 Miranda do Corvo	<b>2:44.36</b> 41.66 150m: 2:01.83 43.42 200m: 2:44.36	378 42.53
DSQ Teresa Monteiro, VIEIRA	10 Leixoes Sport Clube	<i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 100 metros.</i>	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 3					Femin., 50m Bruços	Juvenis B
06/12/2024 - 16:55						Resultados
Rec Nacional Open	30.21	Ana Pinho, RODRIGUES	EDV	Leiria	11/12/2022	
Rec Nacional Juv B	34.12	tempo limite,				
TAC Zonais Juv B Fem : 39.13						

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Laura Duarte, NEVES	11 Louzan Natacao/EFAPEL	<b>35.65</b>	503
2. Valeria, KOSLOVA	11 Braga	<b>36.84</b>	456
3. Lara Amorim, CUNHA	11 Feirense	<b>37.38</b>	437

Prova 3					Femin., 50m Bruços	Juvenis A
06/12/2024 - 16:55						Resultados
Rec Nacional Open	30.21	Ana Pinho, RODRIGUES	EDV	Leiria	11/12/2022	
Rec Nacional Juv A	32.81	tempo limite,				
TAC Zonais Juv A Fem : 38.43						

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Maria Neto, SIMOES	10 Condeixa Clube	<b>35.21</b>	523
2. Mariana Sa, AZEVEDO	10 Sporting de Espinho	<b>36.07</b>	486
3. Sofia Santa, PEDROSO	10 Porto	<b>37.57</b>	430
4. Ema Ferreira, ESTRELA	10 Leixoes Sport Clube	<b>38.39</b>	403
5. Camila Bezerra, VIEIRA	10 Fluvial Portuense	<b>38.59</b>	397

DSQ Leonor Sobreiro, ALMEIDA 10 CASPAE  
S. W 7.1 a atleta após a viragem fez 2 pernadas de mariposa

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 14		Femin., 100m Bruços				Juvenis B
07/12/2024 - 10:25						Resultados
Rec Nacional Open	1:06.73	Ana Pinho, RODRIGUES	EDV	Felgueiras	14/04/2024	
Rec Nacional Juv B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003	
TAC Zonais Juv B Fem : 1:24.91						

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Valeria, KOSLOVA		11	Braga		<b>1:18.42</b>	502
	50m:	37.54 37.54	100m:	1:18.42	40.88		
2.	Laura Duarte, NEVES		11	Louzan Natacao/EFAPEL		<b>1:20.27</b>	468
	50m:	38.11 38.11	100m:	1:20.27	42.16		
3.	Leonor Marques, MENDES		11	Galitos / Bresimar		<b>1:22.71</b>	428
	50m:	38.51 38.51	100m:	1:22.71	44.20		
4.	Violeta Bernardo, FERREIRA		11	Fluvial Portuense		<b>1:25.46</b>	388
	<i>FTL</i>						
	50m:	40.54 40.54	100m:	1:25.46	44.92		

Prova 14		Femin., 100m Bruços				Juvenis A
07/12/2024 - 10:25						Resultados
Rec Nacional Open	1:06.73	Ana Pinho, RODRIGUES	EDV	Felgueiras	14/04/2024	
Rec Nacional Juv A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13/03/2004	
TAC Zonais Juv A Fem : 1:23.39						

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Maria Neto, SIMOES		10	Condeixa Clube		<b>1:16.31</b>	545
	50m:	36.17 36.17	100m:	1:16.31	40.14		
2.	Ines Ribeiro, MELO		10	Galitos / Bresimar		<b>1:18.63</b>	498
	50m:	36.84 36.84	100m:	1:18.63	41.79		
3.	Leonor Sobreiro, ALMEIDA		10	CASPAE		<b>1:19.52</b>	482
	50m:	37.57 37.57	100m:	1:19.52	41.95		
4.	Eduarda Dias, PIMENTEL		10	Porto		<b>1:22.60</b>	430
	50m:	39.70 39.70	100m:	1:22.60	42.90		
5.	Camila Bezerra, VIEIRA		10	Fluvial Portuense		<b>1:22.81</b>	427
	50m:	38.78 38.78	100m:	1:22.81	44.03		
6.	Sofia Santa, PEDROSO		10	Porto		<b>1:23.37</b>	418
	50m:	39.92 39.92	100m:	1:23.37	43.45		
7.	Leonor Teixeira, RODRIGUES		10	Feirense		<b>1:25.02</b>	394
	<i>FTL</i>						
	50m:	40.00 40.00	100m:	1:25.02	45.02		
8.	Francisca Teixeira, COSTA		10	Foca Quinta Da Lixa - Cnf		<b>1:25.34</b>	390
	<i>FTL</i>						
	50m:	40.54 40.54	100m:	1:25.34	44.80		

DSQ Mariana Sa, AZEVEDO 10 Sporting de Espinho  
*SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 75 metros.*

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 39	Femin., 200m Bruços					Juvenis B
08/12/2024 - 16:30						Resultados
Rec Nacional Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés		29/06/2019
Rec Nacional Juv B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira		28/06/2003
TAC Zonais Juv B Fem : 3:04.49						

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Valeria, KOSLOVA	11	Braga	<b>2:43.22</b>				560
50m: 37.38 37.38	100m: 1:18.46	41.08	150m: 2:00.74	42.28	200m: 2:43.22	42.48	
2. Leonor Marques, MENDES	11	Galitos / Bresimar	<b>2:53.33</b>				467
50m: 38.66 38.66	100m: 1:22.93	44.27	150m: 2:08.14	45.21	200m: 2:53.33	45.19	
3. Laura Duarte, NEVES	11	Louzan Natacao/EFAPEL	<b>3:01.09</b>				410
50m: 39.17 39.17	100m: 1:24.84	45.67	150m: 2:13.07	48.23	200m: 3:01.09	48.02	

Prova 39	Femin., 200m Bruços					Juvenis A
08/12/2024 - 16:30						Resultados
Rec Nacional Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés		29/06/2019
Rec Nacional Juv A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça		07/02/2004
TAC Zonais Juv A Fem : 3:00.81						

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Maria Neto, SIMOES	10	Condeixa Clube	<b>2:43.13</b>				561
50m: 36.93 36.93	100m: 1:18.54	41.61	150m: 2:00.83	42.29	200m: 2:43.13	42.30	
2. Ines Ribeiro, MELO	10	Galitos / Bresimar	<b>2:49.90</b>				496
50m: 38.37 38.37	100m: 1:21.42	43.05	150m: 2:05.54	44.12	200m: 2:49.90	44.36	
3. Francisca Sousa, BRANCO	10	Porto	<b>2:51.09</b>				486
50m: 39.51 39.51	100m: 1:23.32	43.81	150m: 2:07.30	43.98	200m: 2:51.09	43.79	
4. Leonor Sobreiro, ALMEIDA	10	CASPAE	<b>2:52.24</b>				476
50m: 38.14 38.14	100m: 1:20.90	42.76	150m: 2:05.96	45.06	200m: 2:52.24	46.28	
5. Sofia Santa, PEDROSO	10	Porto	<b>2:56.81</b>				440
50m: 40.42 40.42	100m: 1:26.06	45.64	150m: 2:11.76	45.70	200m: 2:56.81	45.05	
6. Eduarda Dias, PIMENTEL	10	Porto	<b>2:58.16</b>				430
50m: 41.44 41.44	100m: 1:27.02	45.58	150m: 2:12.96	45.94	200m: 2:58.16	45.20	
7. Mariana Sa, AZEVEDO	10	Sporting de Espinho	<b>2:59.58</b>				420
50m: 39.15 39.15	100m: 1:24.08	44.93	150m: 2:11.42	47.34	200m: 2:59.58	48.16	
8. Francisca Teixeira, COSTA	10	Foca Quinta Da Lixa - Cnf	<b>3:00.21</b>				416
50m: 42.08 42.08	100m: 1:27.85	45.77	150m: 2:14.07	46.22	200m: 3:00.21	46.14	
9. Leonor Teixeira, RODRIGUES	10	Feirense	<b>3:00.60</b>				413
50m: 40.39 40.39	100m: 1:25.95	45.56	150m: 2:14.09	48.14	200m: 3:00.60	46.51	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 34	Femin., 50m Mariposa				Juvenis B
08/12/2024 - 11:15					Resultados
Rec Nacional Open	26.12	Ana Margarida, GUEDES	GCVR	Felgueiras	23/04/2023
Rec Nacional Juv B	29.15	Leonor Carnide, SILVA	GCVR	Felgueiras	23/04/2023
TAC Zonais Juv B Fem : 33.30					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Matilde Ventura, MARTINS	11	Foca Quinta Da Lixa - Cnf	<b>32.25</b>	432
2. Benedita Gomes, PRATA	11	Fluvial Portuense	<b>32.57</b>	419

Prova 34	Femin., 50m Mariposa				Juvenis A
08/12/2024 - 11:15					Resultados
Rec Nacional Open	26.12	Ana Margarida, GUEDES	GCVR	Felgueiras	23/04/2023
Rec Nacional Juv A	27.86	tempo limite,			
TAC Zonais Juv A Fem : 32.70					

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts
1. Carolina Ratola, TAVEIRA <i>Rec Regional</i>	10	Galitos / Bresimar	<b>29.14</b>	585
2. Cloe Canadas, NOGUEIRA	10	Colegio Efanor	<b>30.20</b>	526
3. Catarina Sousa, OLIVEIRA	10	Colegio Efanor	<b>30.51</b>	510
4. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	<b>31.24</b>	475
5. Raquel Domingues, RE	10	Galitos / Bresimar	<b>31.25</b>	474
6. Maria Luisa, GUIMARAES	10	CLIP Teams	<b>31.51</b>	463
7. Mariana Nobrega, ROCHA	10	CLIP Teams	<b>31.82</b>	449
8. Filipa Correia, REGO	10	Vilacondense	<b>31.96</b>	443
9. Leonor Fonseca, FERREIRA	10	Estarreja	<b>32.29</b>	430
10. Adriana Resende, TRINDADE	10	Sporting de Espinho	<b>32.46</b>	423
11. Ema Ferreira, ESTRELA	10	Leixoes Sport Clube	<b>32.62</b>	417

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 41	Femin., 100m Mariposa				Juvenis B
08/12/2024 - 16:50					Resultados
Rec Nacional Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22/04/2023
Rec Nacional Juv B	1:02.36	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018
TAC Zonais Juv B Fem : 1:13.91					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Zoe Pinho, NUNES		11	Galitos / Bresimar		<b>1:09.07</b>	479
	50m: 32.13 32.13	100m: 1:09.07		36.94			
2.	Matilde Ventura, MARTINS		11	Foca Quinta Da Lixa - Cnf		<b>1:10.83</b>	444
	50m: 33.67 33.67	100m: 1:10.83		37.16			
3.	Benedita Gomes, PRATA		11	Fluvial Portuense		<b>1:13.03</b>	405
	50m: 34.27 34.27	100m: 1:13.03		38.76			
4.	Eva Miranda, ALMEIDA		11	Columbifila Cantanhedense		<b>1:13.20</b>	402
	50m: 34.36 34.36	100m: 1:13.20		38.84			
5.	Ariane Sophia, BRITO		11	Porto		<b>1:13.77</b>	393
	50m: 35.60 35.60	100m: 1:13.77		38.17			
6.	Laura Cruzeiro, MARQUES		11	Galitos / Bresimar		<b>1:15.15</b>	372
	<i>FTL</i>						
	50m: 34.62 34.62	100m: 1:15.15		40.53			
7.	Beatriz Serrano, SILVA		11	Vilacondense		<b>1:16.40</b>	354
	<i>FTL</i>						
	50m: 36.19 36.19	100m: 1:16.40		40.21			

Prova 41	Femin., 100m Mariposa				Juvenis A
08/12/2024 - 16:50					Resultados
Rec Nacional Open	58.01	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22/04/2023
Rec Nacional Juv A	1:00.43	Carolina Miranda, FERNANDES	CGA	Mealhada	08/12/2019
TAC Zonais Juv A Fem : 1:12.81					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar		<b>1:04.62</b>	585
	50m: 29.91 29.91	100m: 1:04.62		34.71			
2.	Francisca Sousa, BRANCO		10	Porto		<b>1:09.71</b>	466
	50m: 33.15 33.15	100m: 1:09.71		36.56			
3.	Leticia Alves, CASTRO		10	Braga		<b>1:12.06</b>	421
	50m: 34.11 34.11	100m: 1:12.06		37.95			
4.	Catarina Sousa, OLIVEIRA		10	Colegio Efanor		<b>1:12.41</b>	415
	50m: 33.14 33.14	100m: 1:12.41		39.27			
5.	Mariana Nobrega, ROCHA		10	CLIP Teams		<b>1:12.69</b>	411
	50m: 33.89 33.89	100m: 1:12.69		38.80			
6.	Ana Laura, NOGUEIRA		10	Braga		<b>1:14.63</b>	379
	<i>FTL</i>						
	50m: 34.02 34.02	100m: 1:14.63		40.61			

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 23		Femin., 200m Mariposa				Juvenis B
07/12/2024 - 16:40						Resultados
Rec Nacional Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018	
Rec Nacional Juv B	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	15/04/2018	
TAC Zonais Juv B Fem : 2:53.48						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Matilde Ventura, MARTINS		11	Foca Quinta Da Lixa - Cnf				<b>2:38.47</b>	429
	50m:	34.25 34.25	100m:	1:12.85	38.60	150m:	1:54.44 41.59	200m:	2:38.47 44.03
2.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense				<b>2:44.45</b>	384
	50m:	36.14 36.14	100m:	1:17.51	41.37	150m:	2:01.41 43.90	200m:	2:44.45 43.04
3.	Matilde Sofia, PEREIRA		11	Condeixa Clube				<b>2:45.38</b>	378
	50m:	36.37 36.37	100m:	1:18.23	41.86	150m:	2:02.16 43.93	200m:	2:45.38 43.22
4.	Beatriz Serrano, SILVA		11	Vilacondense				<b>2:46.46</b>	370
	50m:	36.53 36.53	100m:	1:18.47	41.94	150m:	2:02.44 43.97	200m:	2:46.46 44.02
5.	Arianne Sophia, BRITO		11	Porto				<b>2:48.56</b>	357
	50m:	36.39 36.39	100m:	1:18.49	42.10	150m:	2:03.57 45.08	200m:	2:48.56 44.99

Prova 23		Femin., 200m Mariposa				Juvenis A
07/12/2024 - 16:40						Resultados
Rec Nacional Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018	
Rec Nacional Juv A	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05/03/1995	
TAC Zonais Juv A Fem : 2:45.56						

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Francisca Sousa, BRANCO		10	Porto				<b>2:28.59</b>	521
	50m:	32.72 32.72	100m:	1:09.99	37.27	150m:	1:49.18 39.19	200m:	2:28.59 39.41
2.	Marta Silva, FERNANDES		10	Porto				<b>2:46.65</b>	369
	<i>FTL</i>								
	50m:	34.33 34.33	100m:	1:14.45	40.12	150m:	1:59.18 44.73	200m:	2:46.65 47.47

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 9		Femin., 100m Estilos			Juvenis B
06/12/2024 - 17:45					Resultados
Rec Nacional Open	1:00.47	Mariana Pacheco, CUNHA	CNCE	Madrid (ESP)	16/11/2024
Rec Nacional Juv B	1:06.81	Carolina Ratola, TAVEIRA	CGA	Porto	21/07/2024
TAC Zonais Juv B Fem : 1:17.92					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Laura Duarte, NEVES		11	Louzan Natacao/EFAPEL		<b>1:12.74</b>	468
	50m:	34.55 34.55	100m:	1:12.74	38.19		
2.	Joana Cura, NEVES		11	Condeixa Clube		<b>1:12.90</b>	465
	50m:	33.97 33.97	100m:	1:12.90	38.93		
3.	Frederica Vinhas, VIEIRA		11	Campinho		<b>1:13.36</b>	457
	50m:	32.63 32.63	100m:	1:13.36	40.73		
4.	Isilda Raquel, GOMES		11	Foca Quinta Da Lixa - Cnf		<b>1:14.21</b>	441
	50m:	34.44 34.44	100m:	1:14.21	39.77		
5.	Matilde Sofia, PINTO		11	Sao Joao Ver		<b>1:18.76</b>	369
	<i>FTL</i>						
	50m:	36.97 36.97	100m:	1:18.76	41.79		

Prova 9		Femin., 100m Estilos			Juvenis A
06/12/2024 - 17:45					Resultados
Rec Nacional Open	1:00.47	Mariana Pacheco, CUNHA	CNCE	Madrid (ESP)	16/11/2024
Rec Nacional Juv A	1:05.68	,			
TAC Zonais Juv A Fem : 1:16.35					

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1.	Matilde Brandao, CARVALHO		10	Fluvial Portuense		<b>1:06.84</b>	604
	<i>Rec Regional</i>						
	50m:	30.79 30.79	100m:	1:06.84	36.05		
2.	Cloe Canadas, NOGUEIRA		10	Colegio Efanor		<b>1:09.77</b>	531
	50m:	30.96 30.96	100m:	1:09.77	38.81		
3.	Mariana Mesquita, FERNANDES		10	Braga		<b>1:10.86</b>	507
	50m:	32.64 32.64	100m:	1:10.86	38.22		
4.	Ines Ribeiro, MELO		10	Galitos / Bresimar		<b>1:11.11</b>	501
	50m:	33.32 33.32	100m:	1:11.11	37.79		
5.	Ema Ferreira, ESTRELA		10	Leixoes Sport Clube		<b>1:16.59</b>	401
	<i>FTL</i>						
	50m:	34.07 34.07	100m:	1:16.59	42.52		
6.	Leonor Sobreiro, ALMEIDA		10	CASPAE		<b>1:17.14</b>	393
	<i>FTL</i>						
	50m:	36.79 36.79	100m:	1:17.14	40.35		
7.	Filipa Santos, ROMAO		10	Vilacondense		<b>1:17.73</b>	384
	<i>FTL</i>						
	50m:	37.02 37.02	100m:	1:17.73	40.71		
8.	Maria Silva, POETA		10	Ginasio Vila Real		<b>1:17.82</b>	382
	<i>FTL</i>						
	50m:	36.70 36.70	100m:	1:17.82	41.12		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

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Prova 9, Femin., 100m Estilos, Juvenis A

Lugar	Ano	Tempo final	Pts
9. Maria Ines, MESQUITA <i>FTL</i>	10 Ginasio Vila Real	<b>1:17.84</b>	382
50m: 35.41 35.41 100m: 1:17.84 42.43			
DSQ Matilde Faria, SILVESTRE <i>S.W. 4.4 Falsa partida</i>	10 Penafiel	<b>1:14.70</b>	
50m: 34.16 34.16 100m: 1:14.70 40.54			
WDR Ana Laura, NOGUEIRA	10 Braga		

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 16	Femin., 200m Estilos				Juvenis B
07/12/2024 - 10:40					Resultados
Rec Nacional Open	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec Nacional Juv B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018
TAC Zonais Juv B Fem : 2:48.48					

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Valeria, KOSLOVA	11	Braga	<b>2:32.38</b>				511
50m: 33.77 33.77	100m: 1:13.42	39.65	150m: 1:55.97	42.55	200m: 2:32.38	36.41	
2. Joana Cura, NEVES	11	Condeixa Clube	<b>2:35.26</b>				483
50m: 33.03 33.03	100m: 1:15.20	42.17	150m: 2:00.11	44.91	200m: 2:35.26	35.15	
3. Isilda Raquel, GOMES	11	Foca Quinta Da Lixa - Cnf	<b>2:36.62</b>				471
50m: 32.75 32.75	100m: 1:12.27	39.52	150m: 1:59.30	47.03	200m: 2:36.62	37.32	
4. Mariana Fernandes, CUNHA	11	Foca Quinta Da Lixa - Cnf	<b>2:39.26</b>				447
50m: 34.91 34.91	100m: 1:15.22	40.31	150m: 2:02.66	47.44	200m: 2:39.26	36.60	
5. Benedita Gomes, PRATA	11	Fluvial Portuense	<b>2:40.04</b>				441
50m: 33.42 33.42	100m: 1:15.37	41.95	150m: 2:04.59	49.22	200m: 2:40.04	35.45	
6. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense	<b>2:41.14</b>				432
50m: 33.18 33.18	100m: 1:13.59	40.41	150m: 2:03.70	50.11	200m: 2:41.14	37.44	
7. Laura Duarte, NEVES	11	Louzan Natacao/EFAPEL	<b>2:41.66</b>				428
50m: 33.52 33.52	100m: 1:17.24	43.72	150m: 2:03.59	46.35	200m: 2:41.66	38.07	
8. Carolina Damas, PITA	11	Nautico Academico	<b>2:42.40</b>				422
50m: 35.28 35.28	100m: 1:16.18	40.90	150m: 2:04.90	48.72	200m: 2:42.40	37.50	
9. Yara Clemente, GONCALVES	11	Porto	<b>2:42.89</b>				418
50m: 36.78 36.78	100m: 1:16.94	40.16	150m: 2:04.77	47.83	200m: 2:42.89	38.12	
10. Leonor Marques, MENDES	11	Galitos / Bresimar	<b>2:44.98</b>				402
50m: 35.15 35.15	100m: 1:18.30	43.15	150m: 2:06.55	48.25	200m: 2:44.98	38.43	
11. Sofia, SYTNYK	11	Braga	<b>2:45.77</b>				397
50m: 35.91 35.91	100m: 1:18.52	42.61	150m: 2:08.71	50.19	200m: 2:45.77	37.06	
12. Matilde Sofia, PINTO	11	Sao Joao Ver	<b>2:48.66</b>				377
<i>FTL</i>							
50m: 38.52 38.52	100m: 1:21.54	43.02	150m: 2:13.08	51.54	200m: 2:48.66	35.58	
13. Arianne Sophia, BRITO	11	Porto	<b>2:49.14</b>				373
<i>FTL</i>							
50m: 34.98 34.98	100m: 1:19.33	44.35	150m: 2:10.05	50.72	200m: 2:49.14	39.09	
14. Laura Cruzeiro, MARQUES	11	Galitos / Bresimar	<b>2:49.25</b>				373
<i>FTL</i>							
50m: 34.23 34.23	100m: 1:17.69	43.46	150m: 2:09.00	51.31	200m: 2:49.25	40.25	
15. Luisa Goncalves, ANDRADE	11	Porto	<b>2:49.29</b>				372
<i>FTL</i>							
50m: 36.58 36.58	100m: 1:18.96	42.38	150m: 2:12.11	53.15	200m: 2:49.29	37.18	
WDR Mariana Cangueiro, IGREJA	11	CLIP Teams					

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 16, Femin., 200m Estilos

Prova 16  
07/12/2024 - 10:40

Femin., 200m Estilos

Juvenis A  
Resultados

Rec Nacional Open 2:12.08 Victoria, KAMINSKAYA POR Copenhagen (DEN) 16/12/2017  
Rec Nacional Juv A 2:18.13 Mariana Pacheco, CUNHA CFP Felgueiras 27/04/2019

TAC Zonais Juv A Fem : 2:44.96

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Carolina Ratola, TAVEIRA 50m: 30.09 30.09 100m: 1:06.50	10 Galitos / Bresimar	<b>2:25.08</b>	592
2. Matilde Brandao, CARVALHO 50m: 31.39 31.39 100m: 1:07.94	10 Fluvial Portuense	<b>2:27.59</b>	562
3. Leonor Nunes, CARDEAL 50m: 33.25 33.25 100m: 1:11.79	10 Condeixa Clube	<b>2:27.93</b>	559
4. Maria Neto, SIMOES 50m: 32.19 32.19 100m: 1:10.96	10 Condeixa Clube	<b>2:28.45</b>	553
5. Ines Ribeiro, MELO 50m: 32.80 32.80 100m: 1:13.62	10 Galitos / Bresimar	<b>2:32.31</b>	512
6. Raquel Domingues, RE 50m: 32.62 32.62 100m: 1:11.47	10 Galitos / Bresimar	<b>2:32.70</b>	508
7. Maria Rita, CUNHA 50m: 33.74 33.74 100m: 1:11.72	10 Colegio Efanor	<b>2:33.33</b>	501
8. Maria Ines, GANTE 50m: 33.90 33.90 100m: 1:16.10	10 Nautico Academico	<b>2:36.59</b>	471
9. Eduarda Dias, PIMENTEL 50m: 34.83 34.83 100m: 1:16.44	10 Porto	<b>2:38.38</b>	455
10. Ana Laura, NOGUEIRA 50m: 34.54 34.54 100m: 1:15.99	10 Braga	<b>2:40.13</b>	440
11. Leonor Mosca, SILVA 50m: 35.20 35.20 100m: 1:17.39	10 Columbofila Cantanhedense	<b>2:41.52</b>	429
12. Maria Silva, POETA 50m: 37.38 37.38 100m: 1:17.03	10 Ginasio Vila Real	<b>2:42.14</b>	424
13. Francisca Teixeira, COSTA 50m: 35.66 35.66 100m: 1:19.29	10 Foca Quinta Da Lixa - Cnf	<b>2:43.04</b>	417
14. Mariana Rei, OLIVEIRA 50m: 35.67 35.67 100m: 1:17.78	10 Leixoes Sport Clube	<b>2:43.51</b>	413
15. Mariana Dias, PEREIRA FTL 50m: 34.31 34.31 100m: 1:16.91	10 Algés e Águeda XXI	<b>2:45.67</b>	397
16. Maria Ines, MESQUITA FTL 50m: 36.63 36.63 100m: 1:19.18	10 Ginasio Vila Real	<b>2:45.97</b>	395
17. Filipa Santos, ROMAO FTL 50m: 37.32 37.32 100m: 1:19.46	10 Vilacondense	<b>2:47.10</b>	387
18. Eva Santos, FERREIRA FTL 50m: 34.66 34.66 100m: 1:17.03	10 O Crasto	<b>2:47.37</b>	385

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 10:00

Prova 32	Femin., 400m Estilos				Juvenis B
08/12/2024 - 10:35					Resultados
Rec Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nacional Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
TAC Zonais Juv B Fem : 5:50.53					

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Valeria, KOSLOVA	11	Braga	<b>5:24.72</b>		507
50m: 34.25 34.25	150m: 1:56.38	41.91	250m: 3:22.16	44.89	350m: 4:47.73
100m: 1:14.47 40.22	200m: 2:37.27	40.89	300m: 4:08.46	46.30	400m: 5:24.72
2. Mariana Fernandes, CUNHA	11	Foca Quinta Da Lixa - Cnf	<b>5:30.73</b>		479
50m: 35.63 35.63	150m: 1:59.74	41.95	250m: 3:29.69	49.23	350m: 4:54.79
100m: 1:17.79 42.16	200m: 2:40.46	40.72	300m: 4:17.55	47.86	400m: 5:30.73
3. Joana Cura, NEVES	11	Condeixa Clube	<b>5:33.04</b>		470
50m: 34.85 34.85	150m: 1:58.85	44.50	250m: 3:29.67	48.13	350m: 4:56.46
100m: 1:14.35 39.50	200m: 2:41.54	42.69	300m: 4:19.03	49.36	400m: 5:33.04
4. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense	<b>5:39.38</b>		444
50m: 35.98 35.98	150m: 2:00.44	43.29	250m: 3:32.75	49.02	350m: 5:01.93
100m: 1:17.15 41.17	200m: 2:43.73	43.29	300m: 4:22.98	50.23	400m: 5:39.38

Prova 32	Femin., 400m Estilos				Juvenis A
08/12/2024 - 10:35					Resultados
Rec Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nacional Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
TAC Zonais Juv A Fem : 5:44.29					

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Leonor Nunes, CARDEAL	10	Condeixa Clube	<b>5:10.71</b>		578
50m: 33.23 33.23	150m: 1:51.65	40.70	250m: 3:16.82	45.57	350m: 4:37.89
100m: 1:10.95 37.72	200m: 2:31.25	39.60	300m: 4:02.67	45.85	400m: 5:10.71
2. Maria Neto, SIMOES	10	Condeixa Clube	<b>5:14.16</b>		559
50m: 32.94 32.94	150m: 1:52.96	41.87	250m: 3:17.89	44.33	350m: 4:39.12
100m: 1:11.09 38.15	200m: 2:33.56	40.60	300m: 4:02.85	44.96	400m: 5:14.16
3. Francisca Sousa, BRANCO	10	Porto	<b>5:16.18</b>		549
50m: 33.65 33.65	150m: 1:53.00	41.93	250m: 3:19.42	44.43	350m: 4:40.82
100m: 1:11.07 37.42	200m: 2:34.99	41.99	300m: 4:04.33	44.91	400m: 5:16.18
4. Maria Rita, CUNHA	10	Colegio Efanor	<b>5:24.14</b>		509
50m: 34.84 34.84	150m: 1:56.20	40.94	250m: 3:22.63	46.80	350m: 4:47.21
100m: 1:15.26 40.42	200m: 2:35.83	39.63	300m: 4:09.62	46.99	400m: 5:24.14
5. Ana Laura, NOGUEIRA	10	Braga	<b>5:38.03</b>		449
50m: 35.60 35.60	150m: 2:01.03	43.65	250m: 3:32.19	48.65	350m: 5:00.40
100m: 1:17.38 41.78	200m: 2:43.54	42.51	300m: 4:21.58	49.39	400m: 5:38.03
6. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	<b>5:45.19</b>		422
FTL					
50m: 37.06 37.06	150m: 2:06.13	45.26	250m: 3:38.23	48.96	350m: 5:06.24
100m: 1:20.87 43.81	200m: 2:49.27	43.14	300m: 4:27.68	49.45	400m: 5:45.19
7. Leonor Sobreiro, ALMEIDA	10	CASPAE	<b>5:54.85</b>		388
FTL					
50m: 37.03 37.03	150m: 2:11.04	47.90	250m: 3:44.10	47.15	350m: 5:15.41
100m: 1:23.14 46.11	200m: 2:56.95	45.91	300m: 4:32.87	48.77	400m: 5:54.85
DSQ Eduarda Dias, PIMENTEL	10	Porto			
SW 6.2 - O/A atleta perdeu a posição de costas aos 200 metros.					

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

Prova 36 Femin., 4 x 100m Livres Juvenis B  
08/12/2024 - 11:30 Resultados

Rec Nacional Open	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04/12/2010
Rec Nacional Juv	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	08/12/2019
Rec Nacional Juv B	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja	10/06/2019

TAC Zonais Juv B Fem : 4:29.92

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1.	Columbofila Cantanhedense Juv B		Columbofila Cantanhedense		<b>4:22.14</b>	481
	Sara Ferreira, SANTOS	11 31.03	1:05.24	Beatriz Oliveira, PORTULEZ	11 31.90	1:06.38
	Filipa Ferreira, LOISAS	11 31.07	1:04.40	Eva Miranda, ALMEIDA	11 31.25	1:06.12
2.	Fluvial Portuense Juv B		Fluvial Portuense		<b>4:24.92</b>	466
	Leonor Guedes, MARQUES	11 32.66	1:08.16	Violeta Bernardo, FERREIRA	11 30.52	1:05.08
	Benedita Gomes, PRATA	11 32.49	1:07.32	Matilde Paiva, CARDOSO	11 30.03	1:04.36
3.	FOCA Juv B		Foca Quinta Da Lixa - Cnf		<b>4:34.48</b>	419
	<i>FTL</i>					
	Mariana Fernandes, CUNHA	11 32.05	1:06.54	Matilde Ventura, MARTINS	11 33.81	1:12.40
	Alice Miranda, CUNHA	11 34.44	1:12.53	Isilda Raquel, GOMES	11 29.82	1:03.01

Prova 36 Femin., 4 x 100m Livres Juvenis A  
08/12/2024 - 11:30 Resultados

Rec Nacional Open	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04/12/2010
Rec Nacional Juv A	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	08/12/2019
Rec Nacional Juv	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	08/12/2019

TAC Zonais Juv A Fem : 4:22.40

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1.	Condeixa Clube Juv A		Condeixa Clube		<b>4:03.50</b>	600
	<i>Rec Regional</i>					
	Rita Lucas, SANTOS	10 29.92	1:01.81	Camila Duarte, MARCELO	10 29.63	1:01.32
	Maria Neto, SIMOES	10 29.01	1:00.54	Leonor Nunes, CARDEAL	10 29.14	59.83
2.	Galitos Juv A		Galitos / Bresimar		<b>4:04.40</b>	593
	Carolina Ratola, TAVEIRA	10 29.21	59.45	Ines Ribeiro, MELO	10 29.77	1:01.87
	Leonor Silva, JESUS	10 30.41	1:03.28	Sofia Rodrigues, VASCONCELOS	10 28.58	59.80
3.	Colegio Efanor Juv A		Colegio Efanor		<b>4:14.74</b>	524
	Catarina Sousa, OLIVEIRA	10 29.85	1:02.39	Sofia Rodrigues, COSTA	10 30.45	1:04.77
	Cloe Canadas, NOGUEIRA	10 28.83	1:01.05	Maria Rita, CUNHA	10 32.19	1:06.53
4.	Braga Juv A		Braga		<b>4:16.04</b>	516
	Mariana Mesquita, FERNANDES	10 30.72	1:02.69	Ana Jose, MARQUES	10 30.41	1:02.58
	Leticia Alves, CASTRO	10 31.83	1:05.19	Ana Laura, NOGUEIRA	10 31.70	1:05.58
5.	Vilacondense Juv A		Vilacondense		<b>4:19.48</b>	496
	Filipa Santos, ROMAO	10 30.64	1:04.16	Filipa Correia, REGO	10 30.18	1:02.01
	Bruna Bacelar, GREGORIO	10 30.81	1:03.98	Carolina Macedo, LOPES	10 32.56	1:09.33

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 10:00

Prova 18	Femin., 4 x 200m Livres					Juvenis B
07/12/2024 - 11:05						Resultados
Rec Nacional Open	8:03.35	Sport Lisboa e Benfica	SLB	Felgueiras		22/12/2023
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA	Tomar			14/12/2018
Rec Nacional Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés		04/06/2011
TAC Zonais Juv B Fem : 9:44.92						

Pontos: AQUA 2024

Lugar						Tempo final	Pts
1. Columbofila Cantanhedense Juv B	Columbofila Cantanhedense					<b>9:28.85</b>	497
Filipa Ferreira, LOISAS	11	33.40	1:08.83	1:45.26	2:20.89	2:20.89	
Beatriz Oliveira, PORTULEZ	11	32.83	1:08.78	1:46.40	2:23.22	2:23.22	
Sara Ferreira, SANTOS	11	31.10	1:06.55	1:43.81	2:21.50	2:21.50	
Eva Miranda, ALMEIDA	11	32.26	1:08.61	1:46.38	2:23.24	2:23.24	
2. Fluvial Portuense Juv B	Fluvial Portuense					<b>9:36.12</b>	479
Matilde Paiva, CARDOSO	11	31.62	1:06.70	1:42.80	2:18.30	2:18.30	
Benedita Gomes, PRATA	11	33.86	1:10.94	1:50.15	2:26.36	2:26.36	
Leonor Guedes, MARQUES	11	33.15	1:10.28	1:50.02	2:29.15	2:29.15	
Violeta Bernardo, FERREIRA	11	31.01	1:07.07	1:44.86	2:22.31	2:22.31	

Prova 18	Femin., 4 x 200m Livres					Juvenis A
07/12/2024 - 11:05						Resultados
Rec Nacional Open	8:03.35	Sport Lisboa e Benfica	SLB	Felgueiras		22/12/2023
Rec Nacional Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA	Tomar			14/12/2018
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA	Tomar			14/12/2018
TAC Zonais Juv A Fem : 9:28.64						

Pontos: AQUA 2024

Lugar						Tempo final	Pts
1. Condeixa Clube Juv A	Condeixa Clube					<b>8:52.17</b>	608
<i>Rec Regional</i>							
Rita Lucas, SANTOS	10	31.25	1:05.64		2:14.34	2:14.34	
Leonor Nunes, CARDEAL	10		1:03.94		2:11.08	2:11.08	
Camila Duarte, MARCELO	10		1:04.72		2:13.11	2:13.11	
Maria Neto, SIMOES	10		1:04.28		2:13.64	2:13.64	
2. Galitos Juv A	Galitos / Bresimar					<b>8:54.62</b>	599
Carolina Ratola, TAVEIRA	10	30.52	1:03.56		2:11.94	2:11.94	
Leonor Silva, JESUS	10		1:05.03		2:15.81	2:15.81	
Ines Ribeiro, MELO	10		1:05.40		2:15.30	2:15.30	
Sofia Rodrigues, VASCONCELOS	10		1:02.67		2:11.57	2:11.57	
3. Colegio Efanor Juv A	Colegio Efanor					<b>9:11.61</b>	546
Cloe Canadas, NOGUEIRA	10	31.27	1:05.54		2:17.19	2:17.19	
Catarina Sousa, OLIVEIRA	10		1:05.99		2:26.59	2:26.59	
Sofia Rodrigues, COSTA	10		56.07				
Maria Rita, CUNHA	10						
4. Braga Juv A	Braga					<b>9:18.69</b>	525
Mariana Mesquita, FERNANDES	10	32.41	1:06.84	1:42.28	2:17.45	2:17.45	
Leticia Alves, CASTRO	10	32.57	1:08.14	1:44.34	2:20.51	2:20.51	
Ana Jose, MARQUES	10		1:06.13		2:16.01	2:16.01	
Ana Laura, NOGUEIRA	10		1:10.58		2:24.72	2:24.72	
5. Vilacondense Juv A	Vilacondense					<b>9:25.81</b>	505
Bruna Bacelar, GREGORIO	10	32.04	1:07.55		2:19.18	2:19.18	
Filipa Correia, REGO	10		1:05.63		2:15.10	2:15.10	
Filipa Santos, ROMAO	10		1:05.90		2:20.78	2:20.78	
Carolina Macedo, LOPES	10		1:11.33		2:30.75	2:30.75	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 15:30

Prova 27	Femin., 4 x 100m Estilos					Juvenis B
07/12/2024 - 17:10						Resultados
Rec Nacional Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009	
Rec Nacional Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019	
Rec Nacional Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15/06/2006	
TAC Zonais Juv B Fem : 5:02.18						

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1. Fluvial Portuense Juv B	Fluvial Portuense				<b>5:01.67</b>	411
Matilde Paiva, CARDOSO	+0,87	35.51	1:13.46	Benedita Gomes, PRATA	34.05	1:13.46
Violeta Bernardo, FERREIRA		40.21	1:26.71	Leonor Guedes, MARQUES	33.08	1:08.04
2. FOCA Juv B	Foca Quinta Da Lixa - Cnf				<b>5:01.78</b>	410
Alice Miranda, CUNHA	+0,75	38.79	1:20.91	Matilde Ventura, MARTINS	32.26	1:11.02
Mariana Fernandes, CUNHA		40.86	1:27.77	Isilda Raquel, GOMES	29.50	1:02.08

Prova 27	Femin., 4 x 100m Estilos					Juvenis A
07/12/2024 - 17:10						Resultados
Rec Nacional Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009	
Rec Nacional Juv A	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019	
Rec Nacional Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019	
TAC Zonais Juv A Fem : 4:55.23						

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1. Condeixa Clube Juv A	Condeixa Clube				<b>4:37.78</b>	526
<i>Rec Regional</i>						
Rita Lucas, SANTOS	+0,76	34.15	1:10.56	Leonor Nunes, CARDEAL	31.99	1:09.83
Maria Neto, SIMOES		34.94	1:15.51	Camila Duarte, MARCELO	29.81	1:01.88
2. Colegio Efanor Juv A	Colegio Efanor				<b>4:47.45</b>	475
Cloe Canadas, NOGUEIRA	+0,76	32.51	1:06.70	Catarina Sousa, OLIVEIRA	31.79	1:10.65
Maria Rita, CUNHA		39.29	1:24.22	Sofia Rodrigues, COSTA	31.17	1:05.88
3. Braga Juv A	Braga				<b>4:52.40</b>	451
Mariana Mesquita, FERNANDES	+0,74	33.64	1:08.64	Leticia Alves, CASTRO	34.19	1:13.52
Ana Laura, NOGUEIRA		41.60	1:27.55	Ana Jose, MARQUES	30.21	1:02.69

DSQ Galitos Juv A Galitos / Bresimar  
*SW 8.4 - O/A atleta tocou na parede só com uma mão na viragem aos 275 metros.*  
Raquel Domingues, RE, Ines Ribeiro, MELO, Carolina Ratola, TAVEIRA, Sofia Rodrigues, VASCONCELOS

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 15:30

Prova 44	Misto, 4 x 100m Livres					Juv B
08/12/2024 - 17:20						Resultados
Rec Nacional Open	3:38.72	Futebol Clube do Porto	FCP	Felguerias	14/11/2021	
Rec Nacional 15 - 16	3:55.90	Clube Naval Praia da Vitoria	CNPV	Praia da Vitoria	15/02/2020	
Rec Nacional 14 - 16	3:50.95	Clube Fluvial Portuense	CFP	Porto	20/07/2024	
Rec Nacional 14 - 15	3:54.84	Sport Lisboa e Benfica	SLB	Santo Antonio dos Cavaleiros	23/02/2020	
Rec Nacional 13 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12/07/2019	
Rec Nacional 12 - 14	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12/07/2019	

TAC Zonais Juv A Misto 15 - 16: 4:10.16 / TAC Zonais Juv B Misto : 4:16.12

Pontos: AQUA 2024

Lugar						Tempo final	Pts
1. FOCA Juv B	Foca Quinta Da Lixa - Cnf					<b>4:02.19</b>	511
<i>Rec Regional</i>							
Francisco Suzuki, TEIXEIRA	10	27.25	57.12	Mariana Fernandes, CUNHA	11	30.94	1:05.40
Ruben Goncalo, ALONSO	10	26.78	56.58	Isilda Raquel, GOMES	11	30.15	1:03.09
2. Braga Juv B	Braga					<b>4:08.79</b>	471
Arseniy, VEDKAL	10	29.10	58.69	Valeria, KOSLOVA	11	30.47	1:03.91
Rodrigo Almeida, MARQUES	10	28.43	59.63	Sofia, SYTNYK	11	31.89	1:06.56
3. Feirense Juv B	Feirense					<b>4:10.38</b>	462
Mariana Moreira, LOPES	11	31.94	1:07.32	Ines Sousa, RIBEIRO	11	30.68	1:05.92
Rodrigo Guedes, FERREIRA	10	28.23	1:01.41	Rafael Moreira, ASSUNCAO	10	26.51	55.73
4. Fmalicao Juv B	Famalicão					<b>4:10.58</b>	461
Afonso Carvalho, MONTEIRO	10	28.12	58.11	Afonso Oliveira, RIBEIRO	10	28.26	59.07
Catarina Miguel, ENCARNACAO	11	32.14	1:06.39	Maria Barroso, LOPES	11	31.71	1:07.01
5. Vilacondense Juv B	Vilacondense					<b>4:14.28</b>	441
Rafael Vieira, SANTOS	10	28.42	58.83	Beatriz Serrano, SILVA	11	32.39	1:07.13
Pedro Cerejo, CARVALHO	10	28.08	58.70	Rita Santos, CORREIA	11	33.36	1:09.62

Prova 44	Misto, 4 x 100m Livres					Juv A
08/12/2024 - 17:20						Resultados

Rec Nacional Open	3:38.72	Futebol Clube do Porto	FCP	Felguerias	14/11/2021
Rec Nacional 16 - 18	3:41.33	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazare	15/05/2022
Rec Nacional 15 - 16	3:55.90	Clube Naval Praia da Vitoria	CNPV	Praia da Vitoria	15/02/2020
Rec Nacional 14 - 16	3:50.95	Clube Fluvial Portuense	CFP	Porto	20/07/2024
Rec Nacional 14 - 15	3:54.84	Sport Lisboa e Benfica	SLB	Santo Antonio dos Cavaleiros	23/02/2020

TAC Zonais Juv A Misto : 4:10.16 / TAC Zonais Juv B Misto 14 - 15: 4:16.12

Pontos: AQUA 2024

Lugar						Tempo final	Pts
1. Condeixa Clube Juv A	Condeixa Clube					<b>3:50.57</b>	592
<i>Rec Nacional</i>							
Rita Lucas, SANTOS	10	29.23	1:01.39	Leonor Nunes, CARDEAL	10	28.51	59.54
Joao Nuno, GASPAS	09	26.43	55.04	Tomas Rafael, PEREIRA	09	25.57	54.60
2. Galitos Juv A	Galitos / Bresimar					<b>3:54.46</b>	563
Tiago Joaquim, SILVA	09	26.41	55.80	Carolina Ratola, TAVEIRA	10	28.57	59.24
Goncalo Malha, NETO	09	28.30	58.64	Sofia Rodrigues, VASCONCELOS	10	29.05	1:00.78
3. Fluvial Portuense Juv A	Fluvial Portuense					<b>3:54.59</b>	562
Jose Moutinho, VALENTE	09	27.06	56.21	Camila Bezerra, VIEIRA	10	30.20	1:03.56
Matilde Brandao, CARVALHO	10	29.02	1:00.72	Bernardo Silva, DEUS	09	25.82	54.10
4. Colegio Efanor Juv A	Colegio Efanor					<b>4:01.00</b>	518
Henrique Mexedo, CAMACHO	09	27.63	56.86	Catarina Sousa, OLIVEIRA	10	29.80	1:03.05
Goncalo Aires, NOGUEIRA	09	27.90	59.56	Cloe Canadas, NOGUEIRA	10	28.90	1:01.53
5. Braga Juv A	Braga					<b>4:06.87</b>	482
Raul Ventura, BARROS	09	27.95	58.20	Mariana Mesquita, FERNANDES	10	30.27	1:02.46
Dinis Lima, MORENO	09		1:02.81	Ana Jose, MARQUES	10	30.63	1:03.40

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

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Prova 44, Misto, 4 x 100m Livres, Juv A

Lugar	Tempo final	Pts
WDR Vilacondense Juv A	Vilacondense	

Torneio Zonal Norte de Juvenis (ANCNP, ANC, ANMIN, ANNP, ARNN)  
Condeixa 6 a 8 de Dezembro 2024

1 - 1ª Jornada

06/12/2024 - 16:00

Prova 11	Misto, 4 x 100m Estilos				Juv B
06/12/2024 - 18:00					Resultados
Rec Nacional Open	3:58.31	Vitoria Sport Clube	VSC	Felgueriras	14/11/2021
Rec Nacional 15 - 16	4:18.10	Grupo Desp. Natacao V. N. FamalicGDNFAMA	Paredes		19/11/2021
Rec Nacional 14 - 16	4:22.18	Futebol Clube do Porto	FCP	Porto	20/07/2024
Rec Nacional 14 - 15	4:25.03	Sport Alges e Dafundo	SAD	Alges	29/06/2019
Rec Nacional 13 - 14	4:35.27	Sport Alges e Dafundo	SAD	Alges	29/06/2019
Rec Nacional 12 - 14	4:35.27	Sport Alges e Dafundo	SAD	Alges	29/06/2019
TAC Zonais Juv B Misto : 4:45.70 / TAC Zonais Juv A Misto 15 - 16: 4:39.83					

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1. FOCA Juv B	Foca Quinta Da Lixa - Cnf				<b>4:28.40</b>	483
<i>Rec Regional</i>						
Mariana Fernandes, CUNHA	+0,74	37.44	1:16.48	Francisco Suzuki, TEIXEIRA	27.22	59.28
Ruben Goncalo, ALONSO		32.10	1:09.34	Isilda Raquel, GOMES	29.97	1:03.30
2. Fmalicao Juv B	Famalição				<b>4:38.89</b>	431
Catarina Miguel, ENCARNACAO	+0,72	37.20	1:16.66	Rodrigo Saldanha, FERREIRA	29.71	1:05.11
Afonso Oliveira, RIBEIRO		32.53	1:08.99	Maria Barroso, LOPES	31.95	1:08.13
3. Academico Viseu Juv B	Academico de Viseu				<b>4:42.61</b>	414
Rafael Pires, PARENTE	+0,78	31.48	1:05.69	Maria Leonor, ALMEIDA	35.54	1:18.25
Tomas Alexandre, SOUSA		33.68	1:11.15	Alice Maria, RODRIGUES	31.81	1:07.52
DSQ Braga Juv B	Braga					
<i>S.W. 7.6 o 2 atleta na viragem aos 150 m, fez toque alternado de mãos de braços</i>						
Arseniy, VEDKAL	+0,53	32.14	1:05.46	Rodrigo Almeida, MARQUES		
Valeria, KOSLOVA				Sofia, SYTNYK		

Prova 11	Misto, 4 x 100m Estilos				Juv A
06/12/2024 - 18:00					Resultados
Rec Nacional Open	3:58.31	Vitoria Sport Clube	VSC	Felgueriras	14/11/2021
Rec Nacional 16 - 18	4:00.84	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazare	14/05/2022
Rec Nacional 15 - 16	4:18.10	Grupo Desp. Natacao V. N. FamalicGDNFAMA	Paredes		19/11/2021
Rec Nacional 14 - 16	4:22.18	Futebol Clube do Porto	FCP	Porto	20/07/2024
Rec Nacional 14 - 15	4:25.03	Sport Alges e Dafundo	SAD	Alges	29/06/2019
TAC Zonais Juv B Misto 14 - 15: 4:45.70 / TAC Zonais Juv A Misto : 4:39.83					

Pontos: AQUA 2024

Lugar					Tempo final	Pts
1. Condeixa Clube Juv A	Condeixa Clube				<b>4:20.83</b>	527
<i>Rec Nacional</i>						
Tomas Rafael, PEREIRA	+0,69	29.61	1:02.21	Joao Nuno, GASPAR	28.95	1:02.28
Maria Neto, SIMOES		35.45	1:16.06	Camila Duarte, MARCELO	28.67	1:00.28
2. Fluvial Portuense Juv A	Fluvial Portuense				<b>4:24.81</b>	503
Matilde Brandao, CARVALHO	+0,61	32.65	1:06.94	Matias Barros, REIS	28.36	1:01.90
Bernardo Silva, DEUS		33.13	1:11.50	Camila Bezerra, VIEIRA	30.68	1:04.47
3. Galitos Juv A	Galitos / Bresimar				<b>4:26.05</b>	496
Tiago Joaquim, SILVA	+0,66	31.54	1:04.98	Carolina Ratola, TAVEIRA	30.82	1:04.52
Ines Ribeiro, MELO		36.75	1:18.96	Goncalo Malha, NETO	27.91	57.59
4. Colegio Efanor Juv A	Colegio Efanor				<b>4:35.15</b>	449
Henrique Mexedo, CAMACHO	+0,64	30.68	1:03.09	Catarina Sousa, OLIVEIRA	31.58	1:10.56
Maria Rita, CUNHA		38.28	1:22.37	Goncalo Aires, NOGUEIRA	27.39	59.13