

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

1 - 1ª Jornada

2.7.09 - 17:00

Prova 1
2.7.09 - 17:00

Femin., 4 x 50m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar						Tempo final	Pts	
1.	Bairro dos Anjos Abs			Bairro dos Anjos		1:52.99	658	
	<i>RR Abs</i>							
	Adriana Filipa, Lisboa	92	+0,92	29.24	Andreia Filipa, Anjos	92	+0,39	28.19
	Mariana Mota, Dias	92	+0,33	27.90	Sara Francisco, Cruz	93	+0,36	27.66
2.	Náutico/Matobra Abs			Náutico/Matobra		1:54.59	631	
	<i>RR Abs</i>							
	Maria Ines, Ribeiro	92	+0,84	28.86	Adriana Correia, Lopes	95	+0,35	28.62
	Carolina Cunha, Martins	95	+0,34	28.49	Gabriela Oliveira, Andrade	94	+0,35	28.62
3.	Galitos Abs			Galitos		1:58.60	569	
	Sara Costa e, Silva	89	+0,98	29.62	Carolina Maria, Loureiro	92	+0,43	30.22
	Ana Barbara, Pereira	92	+0,13	28.17	Matilde Goncalves, Gracio	91	+0,44	30.59
4.	Académica de Coimbra Abs			Académica de Coimbra		1:59.75	553	
	Rita Amado, Laezza	95	+0,79	29.56	Nadia Filipa, Marques	92	+0,26	30.72
	Joana Ferreira, Coroado	92	+0,26	29.75	Ana Filipa, Leite	86	+0,20	29.72
5.	Académico Viseu Abs			Académico Viseu		2:01.06	535	
	Ana Margarida, Domingos	93	+1,16	29.73	Margarida Ferreira, Duarte	94	+0,38	30.82
	Ana Francisca, Silva	95	+0,51	30.27	Ines Sofia, Sampaio	94	+0,64	30.24
6.	Fundação Beatriz Santos Abs			Fundação Beatriz Santos		2:01.70	527	
	Filipa Ramos, Ribeiro	93	+0,89	28.57	Rita Marques, Sousa	94	+0,82	31.62
	Carina Marcelino, Costa	92	+0,38	29.77	Daniela Filipa, Cardoso	89	+0,70	31.74
7.	Pimpões/ CIMAI Abs			Pimpões/Cimai		2:02.06	522	
	Telma Alexandra, Grilo	92	+0,92	30.58	Mariana Maia e, Silva	94	+0,45	31.93
	Cristina Paris, Santos	94	+0,49	29.40	Ana Rita, Oliveira	92	+0,38	30.15
8.	Estarreja Abs			Estarreja		2:02.56	516	
	Vanessa Rodrigues, Valente	94	+0,87	31.41	Denise Arrojado, Silva	92	+0,41	31.10
	Andreia Sofia, Tavares	94	+0,28	30.45	Ines Sa, Rodrigues	93	+0,50	29.60
9.	Ginásio Figueirense Abs			Ginásio Figueirense		2:10.10	431	
	Beatriz Rocha, Nunes	94	+0,95	31.40	Joana Carolina, Alves	95	+0,47	
	Tania Martins, Garcia	92	+0,32	30.49	Mariana Costa, Sebastiao	95		
EXH	Náutico/Matobra Inf A			Náutico/Matobra		2:05.00	486	
	Maria Amelia, Gaspar	96	+0,93	31.16	Ana Carolina, Leal	96	+0,68	31.37
	Maria Beatriz, Rascao	96	+0,48	30.99	Maria Ines, Almeida	96	+0,47	31.48
EXH	Náutico/Matobra Inf B			Náutico/Matobra		2:08.12	451	
	<i>RR Inf B, na passagem dos 50 Livres</i>							
	Daniela Figueiredo, Metelo	97	+0,92	31.10	Matilde Domingues, Gameiro	97	+0,56	32.54
	Beatriz Neves, Craveiro	97	+0,76	30.80	Ana Carlota, Conceicao	97	+0,70	33.68

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 2
2.7.09 - 17:05

Masc., 1500m Livres

Juvenis B
Resultados

JUV B MASC : 20:33.17

Pontos: FINA 2008

Lugar			Ano			Tempo final	Pts	
1.	Joao Manuel, Borges		94	Ginásio Figueirense		17:55.36	553	
	50m: 31.04	31.04	450m: 5:16.54	36.30	850m: 10:06.49	36.17	1250m: 14:56.80	36.51
	100m: 1:05.67	34.63	500m: 5:52.88	36.34	900m: 10:42.60	36.11	1300m: 15:32.82	36.02
	150m: 1:40.98	35.31	550m: 6:29.29	36.41	950m: 11:18.99	36.39	1350m: 16:09.01	36.19
	200m: 2:16.58	35.60	600m: 7:05.64	36.35	1000m: 11:55.09	36.10	1400m: 16:44.94	35.93
	250m: 2:52.31	35.73	650m: 7:41.86	36.22	1050m: 12:31.47	36.38	1450m: 17:20.86	35.92
	300m: 3:28.22	35.91	700m: 8:17.94	36.08	1100m: 13:07.66	36.19	1500m: 17:55.36	34.50
	350m: 4:04.09	35.87	750m: 8:54.08	36.14	1150m: 13:43.86	36.20		
	400m: 4:40.24	36.15	800m: 9:30.32	36.24	1200m: 14:20.29	36.43		
2.	Antero Simao, Martins		94	Náutico da Marinha Grande		18:00.09	546	
	50m: 31.10	31.10	450m: 5:16.95	35.93	850m: 10:06.68	35.87	1250m: 14:58.60	36.65
	100m: 1:06.18	35.08	500m: 5:53.48	36.53	900m: 10:43.36	36.68	1300m: 15:35.15	36.55
	150m: 1:41.18	35.00	550m: 6:29.70	36.22	950m: 11:19.46	36.10	1350m: 16:11.49	36.34
	200m: 2:16.65	35.47	600m: 7:05.99	36.29	1000m: 11:56.16	36.70	1400m: 16:47.91	36.42
	250m: 2:52.12	35.47	650m: 7:42.09	36.10	1050m: 12:32.36	36.20	1450m: 17:24.40	36.49
	300m: 3:28.40	36.28	700m: 8:18.56	36.47	1100m: 13:09.02	36.66	1500m: 18:00.09	35.69
	350m: 4:04.69	36.29	750m: 8:54.62	36.06	1150m: 13:45.49	36.47		
	400m: 4:41.02	36.33	800m: 9:30.81	36.19	1200m: 14:21.95	36.46		
3.	Marcelo Santos, Saldanha		94	Bombeiros das Caldas Rainha		18:01.49	544	
	50m: 30.68	30.68	450m: 5:16.82	36.03	850m: 10:08.77	36.69	1250m: 15:02.10	37.07
	100m: 1:04.51	33.83	500m: 5:52.98	36.16	900m: 10:45.12	36.35	1300m: 15:38.10	36.00
	150m: 1:39.92	35.41	550m: 6:29.37	36.39	950m: 11:21.75	36.63	1350m: 16:14.97	36.87
	200m: 2:15.55	35.63	600m: 7:05.56	36.19	1000m: 11:58.36	36.61	1400m: 16:50.95	35.98
	250m: 2:52.02	36.47	650m: 7:42.27	36.71	1050m: 12:35.28	36.92	1450m: 17:27.41	36.46
	300m: 3:27.89	35.87	700m: 8:18.77	36.50	1100m: 13:11.68	36.40	1500m: 18:01.49	34.08
	350m: 4:04.55	36.66	750m: 8:55.49	36.72	1150m: 13:48.52	36.84		
	400m: 4:40.79	36.24	800m: 9:32.08	36.59	1200m: 14:25.03	36.51		
4.	Andre Alexandre, Vicente		94	Naval da Nazaré		18:16.49	522	
	50m: 31.38	31.38	450m: 5:22.05	36.39	850m: 10:14.44	37.67	1250m: 15:15.99	36.46
	100m: 1:06.19	34.81	500m: 5:57.99	35.94	900m: 10:51.57	37.13	1300m: 15:51.99	36.00
	150m: 1:42.72	36.53	550m: 6:34.57	36.58	950m: 11:29.08	37.51	1350m: 16:29.11	37.12
	200m: 2:19.05	36.33	600m: 7:10.87	36.30	1000m: 12:06.53	37.45	1400m: 17:05.28	36.17
	250m: 2:56.00	36.95	650m: 7:47.49	36.62	1050m: 12:44.91	38.38	1450m: 17:41.36	36.08
	300m: 3:32.70	36.70	700m: 8:23.58	36.09	1100m: 13:22.86	37.95	1500m: 18:16.49	35.13
	350m: 4:09.30	36.60	750m: 9:00.29	36.71	1150m: 14:01.40	38.54		
	400m: 4:45.66	36.36	800m: 9:36.77	36.48	1200m: 14:39.53	38.13		
5.	Diogo Cunha, Girao		94	Columbófila Cantanhedense		18:22.06	514	
	50m: 33.29	33.29	450m: 5:21.61	36.22	850m: 10:15.62	36.82	1250m: 15:15.49	37.22
	100m: 1:09.48	36.19	500m: 5:58.37	36.76	900m: 10:53.14	37.52	1300m: 15:53.26	37.77
	150m: 1:44.70	35.22	550m: 6:34.43	36.06	950m: 11:30.27	37.13	1350m: 16:30.75	37.49
	200m: 2:20.72	36.02	600m: 7:10.88	36.45	1000m: 12:08.10	37.83	1400m: 17:08.22	37.47
	250m: 2:56.64	35.92	650m: 7:47.52	36.64	1050m: 12:45.68	37.58	1450m: 17:45.68	37.46
	300m: 3:33.00	36.36	700m: 8:24.50	36.98	1100m: 13:23.43	37.75	1500m: 18:22.06	36.38
	350m: 4:08.98	35.98	750m: 9:01.30	36.80	1150m: 14:00.84	37.41		
	400m: 4:45.39	36.41	800m: 9:38.80	37.50	1200m: 14:38.27	37.43		
6.	Joao Barbosa, Moreira		94	Náutico/Matobra		18:34.29	497	
	50m: 32.35	32.35	450m: 5:27.51	37.44	850m: 10:26.11	37.65	1250m: 15:27.54	38.38
	100m: 1:08.42	36.07	500m: 6:04.44	36.93	900m: 11:03.38	37.27	1300m: 16:05.16	37.62
	150m: 1:45.42	37.00	550m: 6:41.92	37.48	950m: 11:40.82	37.44	1350m: 16:42.90	37.74
	200m: 2:21.77	36.35	600m: 7:19.23	37.31	1000m: 12:18.52	37.70	1400m: 17:20.68	37.78
	250m: 2:58.55	36.78	650m: 7:56.55	37.32	1050m: 12:56.14	37.62	1450m: 17:57.90	37.22
	300m: 3:35.79	37.24	700m: 8:34.15	37.60	1100m: 13:33.58	37.44	1500m: 18:34.29	36.39
	350m: 4:13.07	37.28	750m: 9:11.34	37.19	1150m: 14:11.45	37.87		
	400m: 4:50.07	37.00	800m: 9:48.46	37.12	1200m: 14:49.16	37.71		

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 2, Masc., 1500m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts		
7.	Pedro Diogo, Taveira		94	Galitos				18:39.21	491		
	50m:	32.13 32.13	450m:	5:28.39	37.83	850m:	10:29.33	38.31	1250m:	15:34.22	38.15
	100m:	1:06.70 34.57	500m:	6:05.34	36.95	900m:	11:07.79	38.46	1300m:	16:12.40	38.18
	150m:	1:43.31 36.61	550m:	6:43.32	37.98	950m:	11:46.08	38.29	1350m:	16:50.36	37.96
	200m:	2:20.63 37.32	600m:	7:20.88	37.56	1000m:	12:23.88	37.80	1400m:	17:27.49	37.13
	250m:	2:58.27 37.64	650m:	7:58.28	37.40	1050m:	13:01.83	37.95	1450m:	18:04.05	36.56
	300m:	3:35.67 37.40	700m:	8:34.75	36.47	1100m:	13:40.16	38.33	1500m:	18:39.21	35.16
	350m:	4:13.27 37.60	750m:	9:12.91	38.16	1150m:	14:18.19	38.03			
	400m:	4:50.56 37.29	800m:	9:51.02	38.11	1200m:	14:56.07	37.88			
8.	Tiago Andre, Silva		94	Columbófila Cantanhedense				19:02.09	462		
	50m:	33.79 33.79	450m:	5:35.91	38.20	850m:	10:42.76	38.34	1250m:	15:51.06	38.35
	100m:	1:10.82 37.03	500m:	6:13.89	37.98	900m:	11:20.95	38.19	1300m:	16:29.60	38.54
	150m:	1:48.36 37.54	550m:	6:52.48	38.59	950m:	11:59.57	38.62	1350m:	17:08.32	38.72
	200m:	2:25.89 37.53	600m:	7:30.64	38.16	1000m:	12:38.05	38.48	1400m:	17:46.44	38.12
	250m:	3:03.38 37.49	650m:	8:09.35	38.71	1050m:	13:16.96	38.91	1450m:	18:24.96	38.52
	300m:	3:41.27 37.89	700m:	8:47.54	38.19	1100m:	13:55.58	38.62	1500m:	19:02.09	37.13
	350m:	4:19.54 38.27	750m:	9:25.80	38.26	1150m:	14:34.18	38.60			
	400m:	4:57.71 38.17	800m:	10:04.42	38.62	1200m:	15:12.71	38.53			
9.	Hugo Neves, Neto		94	Columbófila Cantanhedense				19:05.36	458		
	50m:	33.04 33.04	450m:	5:30.02	36.85	850m:	10:32.93	38.01	1250m:	15:49.93	39.41
	100m:	1:10.68 37.64	500m:	6:07.94	37.92	900m:	11:12.30	39.37	1300m:	16:29.98	40.05
	150m:	1:47.40 36.72	550m:	6:44.81	36.87	950m:	11:51.77	39.47	1350m:	17:08.90	38.92
	200m:	2:24.80 37.40	600m:	7:22.58	37.77	1000m:	12:31.95	40.18	1400m:	17:48.55	39.65
	250m:	3:00.91 36.11	650m:	7:59.93	37.35	1050m:	13:11.14	39.19	1450m:	18:27.25	38.70
	300m:	3:38.47 37.56	700m:	8:38.33	38.40	1100m:	13:51.34	40.20	1500m:	19:05.36	38.11
	350m:	4:15.25 36.78	750m:	9:15.90	37.57	1150m:	14:30.25	38.91			
	400m:	4:53.17 37.92	800m:	9:54.92	39.02	1200m:	15:10.52	40.27			
10.	Tiago Botelho, Andrade		94	Feirense				19:43.93	415		
	50m:	31.14 31.14	450m:	5:42.15	40.36	850m:	11:02.89	40.10	1250m:	16:29.63	40.63
	100m:	1:07.38 36.24	500m:	6:22.19	40.04	900m:	11:43.21	40.32	1300m:	17:09.68	40.05
	150m:	1:45.63 38.25	550m:	7:02.82	40.63	950m:	12:24.68	41.47	1350m:	17:49.43	39.75
	200m:	2:23.42 37.79	600m:	7:42.71	39.89	1000m:	13:04.85	40.17	1400m:	18:29.58	40.15
	250m:	3:02.81 39.39	650m:	8:22.56	39.85	1050m:	13:45.87	41.02	1450m:	19:08.41	38.83
	300m:	3:42.26 39.45	700m:	9:02.81	40.25	1100m:	14:26.12	40.25	1500m:	19:43.93	35.52
	350m:	4:21.94 39.68	750m:	9:43.10	40.29	1150m:	15:07.73	41.61			
	400m:	5:01.79 39.85	800m:	10:22.79	39.69	1200m:	15:49.00	41.27			
11.	Joao Manuel, Santos		94	Campinho				19:45.36	413		
	50m:	32.05 32.05	450m:	5:44.19	40.24	850m:	11:05.78	39.78	1250m:	16:31.99	39.71
	100m:	1:08.75 36.70	500m:	6:24.27	40.08	900m:	11:47.15	41.37	1300m:	17:12.19	40.20
	150m:	1:46.80 38.05	550m:	7:04.89	40.62	950m:	12:27.74	40.59	1350m:	17:52.54	40.35
	200m:	2:25.40 38.60	600m:	7:45.18	40.29	1000m:	13:08.77	41.03	1400m:	18:32.70	40.16
	250m:	3:04.24 38.84	650m:	8:25.01	39.83	1050m:	13:48.96	40.19	1450m:	19:10.58	37.88
	300m:	3:44.00 39.76	700m:	9:05.31	40.30	1100m:	14:29.84	40.88	1500m:	19:45.36	34.78
	350m:	4:23.55 39.55	750m:	9:45.18	39.87	1150m:	15:10.76	40.92			
	400m:	5:03.95 40.40	800m:	10:26.00	40.82	1200m:	15:52.28	41.52			
12.	Gino Santos, Caetano		94	Beira Mar				20:42.45	359		
	TFO										
	50m:	34.34 34.34	450m:	5:57.71	42.38	850m:	11:36.33	42.73	1250m:	17:16.23	42.85
	100m:	1:11.94 37.60	500m:	6:39.36	41.65	900m:	12:18.47	42.14	1300m:	17:57.43	41.20
	150m:	1:51.37 39.43	550m:	7:21.60	42.24	950m:	13:01.29	42.82	1350m:	18:39.79	42.36
	200m:	2:30.54 39.17	600m:	8:04.23	42.63	1000m:	13:42.89	41.60	1400m:	19:21.21	41.42
	250m:	3:10.88 40.34	650m:	8:46.88	42.65	1050m:	14:25.70	42.81	1450m:	20:02.14	40.93
	300m:	3:51.88 41.00	700m:	9:28.73	41.85	1100m:	15:08.32	42.62	1500m:	20:42.45	40.31
	350m:	4:33.29 41.41	750m:	10:11.31	42.58	1150m:	15:51.18	42.86			
	400m:	5:15.33 42.04	800m:	10:53.60	42.29	1200m:	16:33.38	42.20			
DNS	Miguel Polidoro, Alexandre		94	Bairro dos Anjos							
DNS	Andre Ribeiro de, Sousa		94	Bairro dos Anjos							

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Juvenis A
2.7.09 - 17:05 Resultados

JUV A MASC : 19:42.72

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Andre Duarte, Vaz		93	Ginásio Figueirense				17:44.19	571
	50m:	30.81 30.81	450m:	5:11.67 35.56	850m:	9:57.67 35.89	1250m:	14:47.13 36.20	
	100m:	1:05.00 34.19	500m:	5:47.37 35.70	900m:	10:33.06 35.39	1300m:	15:23.36 36.23	
	150m:	1:40.12 35.12	550m:	6:22.98 35.61	950m:	11:09.00 35.94	1350m:	15:59.80 36.44	
	200m:	2:14.35 34.23	600m:	6:58.62 35.64	1000m:	11:45.44 36.44	1400m:	16:35.26 35.46	
	250m:	2:49.78 35.43	650m:	7:34.60 35.98	1050m:	12:21.47 36.03	1450m:	17:11.12 35.86	
	300m:	3:24.89 35.11	700m:	8:10.19 35.59	1100m:	12:57.99 36.52	1500m:	17:44.19 33.07	
	350m:	4:00.87 35.98	750m:	8:45.75 35.56	1150m:	13:34.54 36.55			
	400m:	4:36.11 35.24	800m:	9:21.78 36.03	1200m:	14:10.93 36.39			
2.	Andre Marques, Dinis		93	Columbófila Cantanhedense				18:23.02	513
	50m:	32.72 32.72	450m:	5:21.99 37.17	850m:	10:18.60 37.51	1250m:	15:17.51 37.33	
	100m:	1:07.86 35.14	500m:	5:58.43 36.44	900m:	10:56.48 37.88	1300m:	15:54.78 37.27	
	150m:	1:43.31 35.45	550m:	6:34.70 36.27	950m:	11:33.71 37.23	1350m:	16:31.92 37.14	
	200m:	2:19.46 36.15	600m:	7:11.61 36.91	1000m:	12:10.64 36.93	1400m:	17:09.55 37.63	
	250m:	2:55.62 36.16	650m:	7:48.53 36.92	1050m:	12:47.78 37.14	1450m:	17:47.08 37.53	
	300m:	3:32.11 36.49	700m:	8:26.20 37.67	1100m:	13:25.11 37.33	1500m:	18:23.02 35.94	
	350m:	4:08.68 36.57	750m:	9:03.64 37.44	1150m:	14:02.28 37.17			
	400m:	4:44.82 36.14	800m:	9:41.09 37.45	1200m:	14:40.18 37.90			
3.	Pedro Jorge, Santos		93	Sporting de Aveiro				18:35.78	495
	50m:	31.43 31.43	450m:	5:30.42 37.37	850m:	10:31.51 37.39	1250m:	15:29.59 37.00	
	100m:	1:08.17 36.74	500m:	6:08.12 37.70	900m:	11:08.85 37.34	1300m:	16:07.53 37.94	
	150m:	1:45.30 37.13	550m:	6:44.87 36.75	950m:	11:46.09 37.24	1350m:	16:45.10 37.57	
	200m:	2:22.95 37.65	600m:	7:22.31 37.44	1000m:	12:22.96 36.87	1400m:	17:22.75 37.65	
	250m:	3:00.45 37.50	650m:	8:00.22 37.91	1050m:	13:00.11 37.15	1450m:	17:59.58 36.83	
	300m:	3:38.17 37.72	700m:	8:38.55 38.33	1100m:	13:37.64 37.53	1500m:	18:35.78 36.20	
	350m:	4:15.36 37.19	750m:	9:16.71 38.16	1150m:	14:14.79 37.15			
	400m:	4:53.05 37.69	800m:	9:54.12 37.41	1200m:	14:52.59 37.80			
4.	Romulo Manuel, Fernandes		93	Académica de Coimbra				19:43.65	415
	TFO								
	50m:	32.98 32.98	450m:	5:46.09 40.36	850m:	11:03.93 40.30	1250m:	16:24.69 40.50	
	100m:	1:10.37 37.39	500m:	6:25.84 39.75	900m:	11:43.49 39.56	1300m:	17:05.37 40.68	
	150m:	1:48.82 38.45	550m:	7:05.68 39.84	950m:	12:23.65 40.16	1350m:	17:45.85 40.48	
	200m:	2:27.82 39.00	600m:	7:45.21 39.53	1000m:	13:03.83 40.18	1400m:	18:25.86 40.01	
	250m:	3:06.97 39.15	650m:	8:24.23 39.02	1050m:	13:43.41 39.58	1450m:	19:05.26 39.40	
	300m:	3:46.47 39.50	700m:	9:04.11 39.88	1100m:	14:23.82 40.41	1500m:	19:43.65 38.39	
	350m:	4:26.04 39.57	750m:	9:43.66 39.55	1150m:	15:03.58 39.76			
	400m:	5:05.73 39.69	800m:	10:23.63 39.97	1200m:	15:44.19 40.61			

Prova 2 Masc., 1500m Livres Absolutos
2.7.09 - 17:05 Resultados

ABS MASC : 19:01.44

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Jorge Miguel, Mendes		90	Náutico/Matobra				16:36.06	696
	50m:	30.83 30.83	450m:	5:00.26 33.70	850m:	9:27.75 33.55	1250m:	13:54.47 33.52	
	100m:	1:04.58 33.75	500m:	5:33.67 33.41	900m:	10:00.89 33.14	1300m:	14:27.85 33.38	
	150m:	1:38.00 33.42	550m:	6:07.36 33.69	950m:	10:34.29 33.40	1350m:	15:01.15 33.30	
	200m:	2:11.53 33.53	600m:	6:40.20 32.84	1000m:	11:07.57 33.28	1400m:	15:34.35 33.20	
	250m:	2:45.42 33.89	650m:	7:14.01 33.81	1050m:	11:41.25 33.68	1450m:	16:07.14 32.79	
	300m:	3:19.08 33.66	700m:	7:47.34 33.33	1100m:	12:14.26 33.01	1500m:	16:36.06 28.92	
	350m:	3:53.17 34.09	750m:	8:20.75 33.41	1150m:	12:47.74 33.48			
	400m:	4:26.56 33.39	800m:	8:54.20 33.45	1200m:	13:20.95 33.21			

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 2, Masc., 1500m Livres, Absolutos

Lugar			Ano					Tempo final	Pts		
2.	Andre Filipe, Lopes		92	Académica de Coimbra				16:36.51	695		
	50m:	30.55 30.55	450m:	4:59.49	33.43	850m:	9:27.14	33.28	1250m:	13:53.98	33.46
	100m:	1:04.21 33.66	500m:	5:32.99	33.50	900m:	10:00.52	33.38	1300m:	14:27.27	33.29
	150m:	1:37.57 33.36	550m:	6:06.47	33.48	950m:	10:33.92	33.40	1350m:	15:00.79	33.52
	200m:	2:11.11 33.54	600m:	6:39.92	33.45	1000m:	11:07.19	33.27	1400m:	15:34.14	33.35
	250m:	2:44.96 33.85	650m:	7:13.39	33.47	1050m:	11:40.66	33.47	1450m:	16:06.36	32.22
	300m:	3:18.61 33.65	700m:	7:46.73	33.34	1100m:	12:13.96	33.30	1500m:	16:36.51	30.15
	350m:	3:52.38 33.77	750m:	8:20.34	33.61	1150m:	12:47.14	33.18			
	400m:	4:26.06 33.68	800m:	8:53.86	33.52	1200m:	13:20.52	33.38			
3.	Pedro Filipe, Santos		89	Académica de Coimbra				17:06.96	635		
	50m:	30.79 30.79	450m:	5:02.71	34.33	850m:	9:38.92	34.86	1250m:	14:16.08	34.82
	100m:	1:03.88 33.09	500m:	5:36.87	34.16	900m:	10:13.57	34.65	1300m:	14:51.26	35.18
	150m:	1:37.69 33.81	550m:	6:11.40	34.53	950m:	10:47.90	34.33	1350m:	15:25.48	34.22
	200m:	2:11.64 33.95	600m:	6:46.08	34.68	1000m:	11:22.84	34.94	1400m:	16:00.54	35.06
	250m:	2:45.58 33.94	650m:	7:20.61	34.53	1050m:	11:57.77	34.93	1450m:	16:34.73	34.19
	300m:	3:19.72 34.14	700m:	7:54.75	34.14	1100m:	12:32.25	34.48	1500m:	17:06.96	32.23
	350m:	3:53.89 34.17	750m:	8:29.26	34.51	1150m:	13:06.51	34.26			
	400m:	4:28.38 34.49	800m:	9:04.06	34.80	1200m:	13:41.26	34.75			
4.	Joao Paulo, Ribeiro		92	Bairro dos Anjos				17:27.94	598		
	50m:	29.44 29.44	450m:	5:07.95	34.65	850m:	9:48.16	35.12	1250m:	14:32.47	35.36
	100m:	1:03.54 34.10	500m:	5:42.74	34.79	900m:	10:24.02	35.86	1300m:	15:08.59	36.12
	150m:	1:37.65 34.11	550m:	6:16.91	34.17	950m:	10:59.48	35.46	1350m:	15:43.97	35.38
	200m:	2:12.98 35.33	600m:	6:52.24	35.33	1000m:	11:34.54	35.06	1400m:	16:20.05	36.08
	250m:	2:47.68 34.70	650m:	7:26.83	34.59	1050m:	12:09.16	34.62	1450m:	16:54.27	34.22
	300m:	3:22.82 35.14	700m:	8:02.36	35.53	1100m:	12:45.14	35.98	1500m:	17:27.94	33.67
	350m:	3:57.56 34.74	750m:	8:37.14	34.78	1150m:	13:20.49	35.35			
	400m:	4:33.30 35.74	800m:	9:13.04	35.90	1200m:	13:57.11	36.62			
5.	Francisco Maldonado, Freitas		91	Pimpões/Cimai				17:45.67	568		
	50m:	30.90 30.90	450m:	5:09.12	35.71	850m:	9:56.37	35.61	1250m:	14:45.23	36.16
	100m:	1:04.82 33.92	500m:	5:45.21	36.09	900m:	10:32.02	35.65	1300m:	15:22.00	36.77
	150m:	1:38.55 33.73	550m:	6:20.98	35.77	950m:	11:07.91	35.89	1350m:	15:58.30	36.30
	200m:	2:13.00 34.45	600m:	6:56.35	35.37	1000m:	11:44.22	36.31	1400m:	16:35.09	36.79
	250m:	2:47.46 34.46	650m:	7:32.54	36.19	1050m:	12:20.45	36.23	1450m:	17:10.17	35.08
	300m:	3:22.45 34.99	700m:	8:09.14	36.60	1100m:	12:56.92	36.47	1500m:	17:45.67	35.50
	350m:	3:57.54 35.09	750m:	8:45.16	36.02	1150m:	13:32.94	36.02			
	400m:	4:33.41 35.87	800m:	9:20.76	35.60	1200m:	14:09.07	36.13			
6.	Tiago Rafael, Lopes		92	Académica de Coimbra				17:49.39	562		
	50m:	30.44 30.44	450m:	5:11.46	36.06	850m:	9:58.72	35.82	1250m:	14:49.59	36.44
	100m:	1:04.48 34.04	500m:	5:47.11	35.65	900m:	10:35.02	36.30	1300m:	15:25.69	36.10
	150m:	1:39.00 34.52	550m:	6:23.00	35.89	950m:	11:11.45	36.43	1350m:	16:01.51	35.82
	200m:	2:13.82 34.82	600m:	6:58.80	35.80	1000m:	11:48.22	36.77	1400m:	16:37.87	36.36
	250m:	2:49.10 35.28	650m:	7:34.80	36.00	1050m:	12:24.54	36.32	1450m:	17:14.09	36.22
	300m:	3:24.55 35.45	700m:	8:10.70	35.90	1100m:	13:00.97	36.43	1500m:	17:49.39	35.30
	350m:	4:00.19 35.64	750m:	8:46.79	36.09	1150m:	13:36.92	35.95			
	400m:	4:35.40 35.21	800m:	9:22.90	36.11	1200m:	14:13.15	36.23			
7.	Rui Correia, Tinoco		92	Ginásio Figueirense				17:50.75	560		
	50m:	32.71 32.71	450m:	5:16.41	35.49	850m:	10:01.70	35.69	1250m:	14:50.73	35.84
	100m:	1:08.07 35.36	500m:	5:52.32	35.91	900m:	10:37.94	36.24	1300m:	15:27.28	36.55
	150m:	1:42.94 34.87	550m:	6:27.72	35.40	950m:	11:14.04	36.10	1350m:	16:03.69	36.41
	200m:	2:18.42 35.48	600m:	7:03.45	35.73	1000m:	11:50.37	36.33	1400m:	16:40.47	36.78
	250m:	2:53.73 35.31	650m:	7:39.02	35.57	1050m:	12:26.43	36.06	1450m:	17:15.82	35.35
	300m:	3:29.60 35.87	700m:	8:14.59	35.57	1100m:	13:02.85	36.42	1500m:	17:50.75	34.93
	350m:	4:05.31 35.71	750m:	8:50.14	35.55	1150m:	13:38.59	35.74			
	400m:	4:40.92 35.61	800m:	9:26.01	35.87	1200m:	14:14.89	36.30			
8.	Filipe Miguel, Meca		91	Pimpões/Cimai				18:01.18	544		
	50m:	30.60 30.60	450m:	5:13.63	36.12	850m:	10:04.45	36.77	1250m:	14:59.46	36.88
	100m:	1:04.28 33.68	500m:	5:49.70	36.07	900m:	10:40.82	36.37	1300m:	15:36.38	36.92
	150m:	1:39.23 34.95	550m:	6:25.90	36.20	950m:	11:17.78	36.96	1350m:	16:13.20	36.82
	200m:	2:14.11 34.88	600m:	7:02.10	36.20	1000m:	11:54.76	36.98	1400m:	16:49.67	36.47
	250m:	2:49.80 35.69	650m:	7:38.65	36.55	1050m:	12:31.89	37.13	1450m:	17:26.18	36.51
	300m:	3:25.38 35.58	700m:	8:14.95	36.30	1100m:	13:08.66	36.77	1500m:	18:01.18	35.00
	350m:	4:01.55 36.17	750m:	8:51.71	36.76	1150m:	13:45.52	36.86			
	400m:	4:37.51 35.96	800m:	9:27.68	35.97	1200m:	14:22.58	37.06			

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
9. Manuel Andril, Cordeiro	92 Bairro dos Anjos	18:17.86	520
50m: 30.85 30.85	450m: 5:15.90 36.72	850m: 10:12.46 37.80	1250m: 15:14.23 37.03
100m: 1:04.52 33.67	500m: 5:52.52 36.62	900m: 10:50.28 37.82	1300m: 15:51.31 37.08
150m: 1:39.73 35.21	550m: 6:29.10 36.58	950m: 11:28.23 37.95	1350m: 16:28.40 37.09
200m: 2:15.14 35.41	600m: 7:05.80 36.70	1000m: 12:05.90 37.67	1400m: 17:05.53 37.13
250m: 2:50.84 35.70	650m: 7:42.40 36.60	1050m: 12:43.79 37.89	1450m: 17:42.31 36.78
300m: 3:26.80 35.96	700m: 8:19.35 36.95	1100m: 13:21.38 37.59	1500m: 18:17.86 35.55
350m: 4:02.81 36.01	750m: 8:56.80 37.45	1150m: 13:59.06 37.68	
400m: 4:39.18 36.37	800m: 9:34.66 37.86	1200m: 14:37.20 38.14	
DNS Bruno Gustavo, Nogueira	91 Fundação Beatriz Santos		

Prova 3
2.7.09 - 18:05

Femin., 800m Livres

Juvenis
Resultados

JUV FEM : 11:36.22

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha, Martins	95 Náutico/Matobra	9:41.88	630
50m: 33.40 33.40	250m: 2:58.72 36.29	450m: 5:24.94 36.67	650m: 7:52.10 37.20
100m: 1:09.87 36.47	300m: 3:35.48 36.76	500m: 6:01.28 36.34	700m: 8:29.16 37.06
150m: 1:46.34 36.47	350m: 4:12.10 36.62	550m: 6:38.12 36.84	750m: 9:05.86 36.70
200m: 2:22.43 36.09	400m: 4:48.27 36.17	600m: 7:14.90 36.78	800m: 9:41.88 36.02
2. Ana Sofia, Costa	95 Alcobaça	10:01.94	569
50m: 34.52 34.52	250m: 3:05.82 38.40	450m: 5:37.54 38.45	650m: 8:09.62 38.23
100m: 1:11.56 37.04	300m: 3:43.24 37.42	500m: 6:15.16 37.62	700m: 8:47.49 37.87
150m: 1:49.85 38.29	350m: 4:21.40 38.16	550m: 6:53.58 38.42	750m: 9:25.24 37.75
200m: 2:27.42 37.57	400m: 4:59.09 37.69	600m: 7:31.39 37.81	800m: 10:01.94 36.70
3. Mariana Rocha, Valente	95 Académica de Coimbra	10:02.55	567
50m: 34.14 34.14	250m: 3:03.86 37.38	450m: 5:36.12 37.77	650m: 8:10.28 37.95
100m: 1:11.73 37.59	300m: 3:42.42 38.56	500m: 6:15.05 38.93	700m: 8:48.67 38.39
150m: 1:48.58 36.85	350m: 4:19.57 37.15	550m: 6:53.50 38.45	750m: 9:26.66 37.99
200m: 2:26.48 37.90	400m: 4:58.35 38.78	600m: 7:32.33 38.83	800m: 10:02.55 35.89
4. Ana Catarina, Costa	95 Feirense	10:10.39	546
50m: 33.96 33.96	250m: 3:05.07 37.92	450m: 5:39.71 38.92	650m: 8:15.48 39.13
100m: 1:11.05 37.09	300m: 3:43.33 38.26	500m: 6:18.47 38.76	700m: 8:54.40 38.92
150m: 1:49.33 38.28	350m: 4:22.21 38.88	550m: 6:57.45 38.98	750m: 9:32.98 38.58
200m: 2:27.15 37.82	400m: 5:00.79 38.58	600m: 7:36.35 38.90	800m: 10:10.39 37.41
5. Melanie Bronze, Santos	95 Alcobaça	10:15.52	532
50m: 34.50 34.50	250m: 3:07.10 38.72	450m: 5:43.05 39.19	650m: 8:20.70 39.87
100m: 1:11.73 37.23	300m: 3:45.87 38.77	500m: 6:22.63 39.58	700m: 8:59.03 38.33
150m: 1:49.92 38.19	350m: 4:25.04 39.17	550m: 7:01.53 38.90	750m: 9:38.03 39.00
200m: 2:28.38 38.46	400m: 5:03.86 38.82	600m: 7:40.83 39.30	800m: 10:15.52 37.49
6. Carolina Francisco, Gomes	95 Naval da Nazaré	10:19.81	521
50m: 35.71 35.71	250m: 3:09.01 38.76	450m: 5:46.18 40.01	650m: 8:24.15 39.72
100m: 1:13.80 38.09	300m: 3:47.78 38.77	500m: 6:25.56 39.38	700m: 9:03.07 38.92
150m: 1:52.27 38.47	350m: 4:27.23 39.45	550m: 7:05.54 39.98	750m: 9:42.76 39.69
200m: 2:30.25 37.98	400m: 5:06.17 38.94	600m: 7:44.43 38.89	800m: 10:19.81 37.05
7. Patricia Santos, Dinis	95 Bombeiros das Caldas Rainha	10:27.06	503
50m: 33.95 33.95	250m: 3:07.36 38.99	450m: 5:45.56 39.66	650m: 8:26.64 40.52
100m: 1:11.94 37.99	300m: 3:46.12 38.76	500m: 6:25.47 39.91	700m: 9:07.51 40.87
150m: 1:49.71 37.77	350m: 4:25.95 39.83	550m: 7:05.64 40.17	750m: 9:47.28 39.77
200m: 2:28.37 38.66	400m: 5:05.90 39.95	600m: 7:46.12 40.48	800m: 10:27.06 39.78
8. Joana Ines, Oliveira	95 Académica de Coimbra	10:29.21	498
50m: 34.39 34.39	250m: 3:10.32 39.70	450m: 5:49.45 40.15	650m: 8:29.46 40.35
100m: 1:12.41 38.02	300m: 3:49.87 39.55	500m: 6:29.32 39.87	700m: 9:09.57 40.11
150m: 1:51.67 39.26	350m: 4:29.69 39.82	550m: 7:09.50 40.18	750m: 9:50.20 40.63
200m: 2:30.62 38.95	400m: 5:09.30 39.61	600m: 7:49.11 39.61	800m: 10:29.21 39.01

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 3, Femin., 800m Livres, Juvenis

Lugar			Ano					Tempo final	Pts		
9.	Mariana Pedroso, Carvalho		95	Náutico/Matobra				10:29.65	497		
	50m:	34.85 34.85	250m:	3:09.74	39.40	450m:	5:49.63	41.03	650m:	8:30.63	40.37
	100m:	1:12.59 37.74	300m:	3:49.09	39.35	500m:	6:29.83	40.20	700m:	9:11.16	40.53
	150m:	1:51.50 38.91	350m:	4:28.70	39.61	550m:	7:10.24	40.41	750m:	9:51.59	40.43
	200m:	2:30.34 38.84	400m:	5:08.60	39.90	600m:	7:50.26	40.02	800m:	10:29.65	38.06
10.	Raquel Raimundo, Ferreira		95	Náutico/Matobra				10:30.55	495		
	50m:	34.67 34.67	250m:	3:12.53	40.04	450m:	5:53.68	40.01	650m:	8:34.21	40.46
	100m:	1:12.85 38.18	300m:	3:53.02	40.49	500m:	6:34.18	40.50	700m:	9:14.51	40.30
	150m:	1:51.94 39.09	350m:	4:33.01	39.99	550m:	7:13.51	39.33	750m:	9:52.95	38.44
	200m:	2:32.49 40.55	400m:	5:13.67	40.66	600m:	7:53.75	40.24	800m:	10:30.55	37.60
11.	Ana Rita, Jesus		95	Desportivo Mealhada				10:30.90	494		
	50m:	35.03 35.03	250m:	3:11.43	39.86	450m:	5:52.11	40.79	650m:	8:33.68	40.90
	100m:	1:12.97 37.94	300m:	3:51.46	40.03	500m:	6:32.14	40.03	700m:	9:13.75	40.07
	150m:	1:51.96 38.99	350m:	4:31.59	40.13	550m:	7:12.56	40.42	750m:	9:53.07	39.32
	200m:	2:31.57 39.61	400m:	5:11.32	39.73	600m:	7:52.78	40.22	800m:	10:30.90	37.83
12.	Claudia Filipa, Silva		95	Miranda do Corvo				10:49.43	453		
	50m:	37.13 37.13	250m:	3:18.34	40.76	450m:	6:02.12	41.57	650m:	8:47.95	41.95
	100m:	1:17.31 40.18	300m:	3:58.86	40.52	500m:	6:43.13	41.01	700m:	9:28.79	40.84
	150m:	1:57.60 40.29	350m:	4:39.82	40.96	550m:	7:24.78	41.65	750m:	10:09.93	41.14
	200m:	2:37.58 39.98	400m:	5:20.55	40.73	600m:	8:06.00	41.22	800m:	10:49.43	39.50

Prova 3

Femin., 800m Livres

Absolutos

2.7.09 - 18:05

Resultados

ABS FEM : 10:49.59

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Tania Martins, Garcia		92	Ginásio Figueirense				9:35.18	652		
	50m:	32.67 32.67	250m:	2:56.04	36.15	450m:	5:20.89	36.33	650m:	7:46.63	36.53
	100m:	1:07.79 35.12	300m:	3:32.05	36.01	500m:	5:57.14	36.25	700m:	8:23.23	36.60
	150m:	1:44.12 36.33	350m:	4:08.53	36.48	550m:	6:33.88	36.74	750m:	8:59.49	36.26
	200m:	2:19.89 35.77	400m:	4:44.56	36.03	600m:	7:10.10	36.22	800m:	9:35.18	35.69
2.	Ines Sofia, Sampaio		94	Académico Viseu				9:49.41	606		
	50m:	34.17 34.17	250m:	3:03.60	37.21	450m:	5:31.60	36.83	650m:	8:00.46	37.70
	100m:	1:10.93 36.76	300m:	3:40.66	37.06	500m:	6:08.07	36.47	700m:	8:37.61	37.15
	150m:	1:48.70 37.77	350m:	4:18.12	37.46	550m:	6:45.54	37.47	750m:	9:14.95	37.34
	200m:	2:26.39 37.69	400m:	4:54.77	36.65	600m:	7:22.76	37.22	800m:	9:49.41	34.46
3.	Raquel Bartolo, Vitor		93	Académica de Coimbra				9:50.12	604		
	50m:	34.17 34.17	250m:	3:01.81	36.82	450m:	5:29.69	36.93	650m:	7:59.15	37.24
	100m:	1:11.21 37.04	300m:	3:38.94	37.13	500m:	6:06.92	37.23	700m:	8:36.99	37.84
	150m:	1:47.90 36.69	350m:	4:15.69	36.75	550m:	6:43.92	37.00	750m:	9:14.23	37.24
	200m:	2:24.99 37.09	400m:	4:52.76	37.07	600m:	7:21.91	37.99	800m:	9:50.12	35.89
4.	Ana Rita, Oliveira		92	Pimpões/Cimai				9:50.38	603		
	50m:	33.76 33.76	250m:	3:03.27	37.41	450m:	5:31.80	36.99	650m:	8:01.30	37.42
	100m:	1:10.78 37.02	300m:	3:40.49	37.22	500m:	6:09.11	37.31	700m:	8:39.02	37.72
	150m:	1:47.85 37.07	350m:	4:17.28	36.79	550m:	6:45.89	36.78	750m:	9:15.22	36.20
	200m:	2:25.86 38.01	400m:	4:54.81	37.53	600m:	7:23.88	37.99	800m:	9:50.38	35.16
5.	Alice Cativo, Correia		94	Estamos Juntos				9:56.37	585		
	50m:	33.75 33.75	250m:	3:02.00	37.14	450m:	5:32.34	37.17	650m:	8:03.23	37.66
	100m:	1:10.42 36.67	300m:	3:39.92	37.92	500m:	6:10.18	37.84	700m:	8:41.51	38.28
	150m:	1:47.23 36.81	350m:	4:17.28	37.36	550m:	6:47.80	37.62	750m:	9:18.90	37.39
	200m:	2:24.86 37.63	400m:	4:55.17	37.89	600m:	7:25.57	37.77	800m:	9:56.37	37.47
6.	Matilde Goncalves, Gracio		91	Galitos				10:02.52	567		
	50m:	33.70 33.70	250m:	3:02.25	37.66	450m:	5:33.46	37.89	650m:	8:06.35	38.61
	100m:	1:09.97 36.27	300m:	3:39.82	37.57	500m:	6:11.43	37.97	700m:	8:45.53	39.18
	150m:	1:47.24 37.27	350m:	4:17.29	37.47	550m:	6:49.62	38.19	750m:	9:24.31	38.78
	200m:	2:24.59 37.35	400m:	4:55.57	38.28	600m:	7:27.74	38.12	800m:	10:02.52	38.21

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Prova 3, Femin., 800m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
7. Joana Ferreira, Coroado	92 Académica de Coimbra	10:16.83	529
50m: 35.16 35.16	250m: 3:10.45 39.23	450m: 5:45.26 38.91	650m: 8:22.26 39.65
100m: 1:13.06 37.90	300m: 3:49.39 38.94	500m: 6:24.22 38.96	700m: 9:01.25 38.99
150m: 1:52.14 39.08	350m: 4:28.24 38.85	550m: 7:03.44 39.22	750m: 9:40.13 38.88
200m: 2:31.22 39.08	400m: 5:06.35 38.11	600m: 7:42.61 39.17	800m: 10:16.83 36.70
8. Adriana Fialho, Passarinho	93 Benedita	10:30.50	495
50m: 35.09 35.09	250m: 3:13.05 39.87	450m: 5:54.03 39.91	650m: 8:33.69 40.08
100m: 1:13.70 38.61	300m: 3:53.57 40.52	500m: 6:34.26 40.23	700m: 9:14.29 40.60
150m: 1:53.13 39.43	350m: 4:33.55 39.98	550m: 7:13.42 39.16	750m: 9:53.61 39.32
200m: 2:33.18 40.05	400m: 5:14.12 40.57	600m: 7:53.61 40.19	800m: 10:30.50 36.89
9. Ana Filipa, Leite	86 Académica de Coimbra	10:35.79	483
50m: 35.18 35.18	250m: 3:13.34 39.96	450m: 5:53.84 40.57	650m: 8:35.44 40.68
100m: 1:13.70 38.52	300m: 3:53.02 39.68	500m: 6:34.04 40.20	700m: 9:15.64 40.20
150m: 1:53.47 39.77	350m: 4:33.18 40.16	550m: 7:14.66 40.62	750m: 9:56.49 40.85
200m: 2:33.38 39.91	400m: 5:13.27 40.09	600m: 7:54.76 40.10	800m: 10:35.79 39.30
10. Tatiana Cruz, Costa	94 Miranda do Corvo	10:46.45	459
50m: 35.81 35.81	250m: 3:16.92 39.71	450m: 5:59.92 39.93	650m: 8:43.73 40.17
100m: 1:16.81 41.00	300m: 3:58.60 41.68	500m: 6:41.41 41.49	700m: 9:25.38 41.65
150m: 1:56.38 39.57	350m: 4:38.58 39.98	550m: 7:21.87 40.46	750m: 10:05.59 40.21
200m: 2:37.21 40.83	400m: 5:19.99 41.41	600m: 8:03.56 41.69	800m: 10:46.45 40.86
11. Rita Marques, Sousa	94 Fundação Beatriz Santos	10:47.06	458
50m: 34.86 34.86	250m: 3:15.07 40.84	450m: 5:59.61 41.62	650m: 8:45.58 41.38
100m: 1:13.70 38.84	300m: 3:55.64 40.57	500m: 6:41.04 41.43	700m: 9:26.69 41.11
150m: 1:54.04 40.34	350m: 4:36.87 41.23	550m: 7:22.70 41.66	750m: 10:07.84 41.15
200m: 2:34.23 40.19	400m: 5:17.99 41.12	600m: 8:04.20 41.50	800m: 10:47.06 39.22
EXH Ana Catarina, Teixeira	95 Foca	10:20.72	519
50m: 34.28 34.28	250m: 3:07.28 38.18	450m: 5:44.89 39.76	650m: 8:24.94 40.06
100m: 1:11.81 37.53	300m: 3:46.34 39.06	500m: 6:24.82 39.93	700m: 9:04.16 39.22
150m: 1:50.79 38.98	350m: 4:25.72 39.38	550m: 7:04.83 40.01	750m: 9:42.58 38.42
200m: 2:29.10 38.31	400m: 5:05.13 39.41	600m: 7:44.88 40.05	800m: 10:20.72 38.14
EXH Helena Marisa, Pereira	95 Foca	10:25.93	506
50m: 36.61 36.61	250m: 3:15.29 40.00	450m: 5:52.59 40.21	650m: 8:32.18 41.15
100m: 1:14.74 38.13	300m: 3:53.68 38.39	500m: 6:31.36 38.77	700m: 9:11.04 38.86
150m: 1:56.06 41.32	350m: 4:33.98 40.30	550m: 7:11.91 40.55	750m: 9:49.66 38.62
200m: 2:35.29 39.23	400m: 5:12.38 38.40	600m: 7:51.03 39.12	800m: 10:25.93 36.27

Prova 4

2.7.09 - 18:40

Masc., 50m Mariposa

Absolutos

Resultados

ABS MASC 17 +: 30.02

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tiago Filipe, Pereira	91 Bairro dos Anjos	26.80	660
2. Joao Paulo, Ribeiro	92 Bairro dos Anjos	26.82	658
3. Rui Miguel, Fonseca	88 Náutico/Matobra	26.98	647
4. Ivo Monico de, Almeida	91 Bairro dos Anjos	27.11	637
5. Pedro Fragoso, Lopes	90 Columbófila Cantanhedense	27.20	631
6. Joao Nuno, Almeida	91 Campinho	27.29	625
7. Joao Aires, Gomes	85 Náutico/Matobra	27.59	605
8. Mario Jorge, Silva	91 Ginásio Figueirense	27.62	603
9. Mario Alexandre, Pereira	92 Ginásio Figueirense	27.66	600
10. Rui Costa, Ferreira	92 Galitos	27.78	592
11. Bruno Gustavo, Nogueira	91 Fundação Beatriz Santos	27.89	585
12. Luis Miguel, Santos	90 Académica de Coimbra	27.97	580
13. Rui Miguel, Santos	83 Galitos	28.27	562

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Prova 4, Masc., 50m Mariposa, Absolutos

Lugar	Ano		Tempo final	Pts
14.	91	Galitos	28.32	559
15.	89	Feirense	28.49	549
16.	88	Feirense	28.53	547
17.	91	Feirense	28.95	523
18.	86	Bairro dos Anjos	29.00	521
19.	92	Bairro dos Anjos	29.04	519
20.	93	Freguesia de Paião	29.12	514
21.	90	Académica de Coimbra	29.19	511
22.	92	Sporting de Aveiro	29.56	492
23.	91	Académica de Coimbra	29.64	488
24.	92	Académica de Coimbra	29.90	475
25.	91	Náutico/Matobra	29.91	475
26.	92	Sporting de Espinho	30.06	467
<i>TFO</i>				
27.	92	Académica de Coimbra	30.22	460
<i>TFO</i>				
28.	93	Columbófila Cantanhedense	30.34	455
29.	92	Salesiano de Arouca	33.25	345
<i>TFO</i>				
DNS	93	Freguesia de Paião		
DNS	87	Académico Viseu		
DNS	90	Bairro dos Anjos		
DNS	90	Feirense		
EXH	96	Náutico/Matobra	30.44	450

Prova 5

2.7.09 - 18:45

Femin., 50m Mariposa

Absolutos
Resultados

ABS FEM 15 +: 34.04

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	93	Bairro dos Anjos	28.36	758
<i>RN Jun</i>				
2.	89	Galitos	30.77	594
3.	94	Alcobaça	31.03	579
4.	92	Galitos	31.25	567
5.	91	Alcobaça	31.60	548
6.	92	Bairro dos Anjos	31.79	538
7.	92	Galitos	31.91	532
8.	89	Náutico/Matobra	32.03	526
9.	92	Náutico da Marinha Grande	32.10	523
10.	94	Pimpões/Cimai	32.32	512
11.	92	Fundação Beatriz Santos	32.98	482
12.	92	Pimpões/Cimai	33.08	478
13.	94	Bairro dos Anjos	33.10	477
14.	95	Académica de Coimbra	33.11	476
15.	93	Académica de Coimbra	33.14	475
16.	95	Freguesia de Paião	33.26	470
17.	94	Industrial Viegense	33.27	470
18.	94	Feirense	33.36	466
19.	87	Náutico da Marinha Grande	33.42	463
20.	94	Ginásio Figueirense	33.80	448

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Prova 5, Femin., 50m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
21. Ines Barbosa, Moreira TFO	92 Náutico/Matobra	34.36	426
22. Joana Lopes, Silvestre TFO	94 Náutico/Matobra	35.24	395
23. Sara Isabel, Duarte TFO	92 Salesiano de Arouca	40.07	269
DNS Maria Ines, Cabral	94 Sporting de Aveiro		
EXH Ana Carolina, Leal	96 Náutico/Matobra	33.04	479
EXH Maria Amelia, Gaspar	96 Náutico/Matobra	33.40	464
EXH Daniela Figueiredo, Metelo	97 Náutico/Matobra	33.84	446

Prova 6

2.7.09 - 19:00

Masc., 200m Bruços

Juvenis B
Resultados

JUV B MASC : 3:00.68

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, Veiga 50m: 37.74 37.74 100m: 1:19.75 42.01 150m: 2:00.86 41.11 200m: 2:42.03 41.17	94 Náutico/Matobra	2:42.03	502
2. Diogo Manuel, Domingues 50m: 37.10 37.10 100m: 1:18.39 41.29 150m: 2:01.54 43.15 200m: 2:44.72 43.18	94 Bairro dos Anjos	2:44.72	478
3. Pedro Barros, Mendes 50m: 36.43 36.43 100m: 1:18.89 42.46 150m: 2:03.43 44.54 200m: 2:47.23 43.80	94 Académica de Coimbra	2:47.23	457
4. Fabio Filipe, Lopes 50m: 37.51 37.51 100m: 1:19.70 42.19 150m: 2:04.19 44.49 200m: 2:47.70 43.51	94 Náutico/Matobra	2:47.70	453
5. Ruben Paiva, Carvalho 50m: 38.20 38.20 100m: 1:22.21 44.01 150m: 2:07.66 45.45 200m: 2:52.51 44.85	94 Académica de Coimbra	2:52.51	416
6. Andre Marques, Silva 50m: 38.47 38.47 100m: 1:23.46 44.99 150m: 2:07.52 44.06 200m: 2:52.67 45.15	94 Sporting de Aveiro	2:52.67	415
7. Goncalo Ferreira, Gameiro 50m: 37.49 37.49 100m: 1:21.22 43.73 150m: 2:06.00 44.78 200m: 2:53.02 47.02	94 Núcleo de Pombal	2:53.02	413
8. Luís Miguel, Cândido 50m: 38.65 38.65 100m: 1:23.40 44.75 150m: 2:10.07 46.67 200m: 2:57.60 47.53	94 Salesiano de Arouca	2:57.60	381
9. Andre Filipe, Monteiro 50m: 37.76 37.76 100m: 1:23.40 45.64 150m: 2:11.13 47.73 200m: 2:58.67 47.54	94 Galitos	2:58.67	375
10. Fabio Ribeiro, Noronha TFO 50m: 39.07 39.07 100m: 1:25.63 46.56 150m: 2:14.05 48.42 200m: 3:00.93 46.88	94 Bombeiros das Caldas Rainha	3:00.93	361
11. Nuno Alexandre, Correia TFO 50m: 40.85 40.85 100m: 1:27.63 46.78 150m: 2:16.26 48.63 200m: 3:05.87 49.61	94 Campinho	3:05.87	333
DNS Pedro Daniel, Pinto	94 Miranda do Corvo		

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Prova 6, Masc., 200m Bruços

Prova 6 Masc., 200m Bruços Juvenis A
2.7.09 - 19:00 Resultados

JUV A MASC : 2:53.29

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Guilherme, Vieira 50m: 36.06 36.06 100m: 1:17.14	93 Pimpões/Cimai	2:37.72	545
2. Marcelo Fernandes, Rosas TFO 50m: 37.92 37.92 100m: 1:22.19	93 Feirense	2:53.30	411
3. Pedro Daniel, Carvalho TFO 50m: 36.18 36.18 100m: 1:19.66	93 Académica de Coimbra	2:54.34	403
4. Renan Camara, Pereira TFO 50m: 39.10 39.10 100m: 1:23.95	93 Columbófila Cantanhedense	2:55.41	396
5. Diogo Goncalves, Capela TFO 50m: 38.89 38.89 100m: 1:23.65	93 Núcleo de Pombal	2:55.60	395
6. Diogo Fonseca, Costa TFO 50m: 39.79 39.79 100m: 1:25.04	93 Freguesia de Paião	2:56.95	386
7. Tiago Andre, Marques TFO 50m: 36.48 36.48 100m: 1:20.86	93 Sporting de Espinho	2:57.59	381
8. Luis Guilherme, Correia TFO 50m: 37.48 37.48 100m: 1:23.06	93 Núcleo de Pombal	2:58.14	378
9. Nelson Fernandes, Silva TFO 50m: 38.85 38.85 100m: 1:25.27	93 Freguesia de Paião	2:59.81	368

Prova 6 Masc., 200m Bruços Absolutos
2.7.09 - 19:00 Resultados

ABS MASC : 2:46.79

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, Mendes 50m: 34.76 34.76 100m: 1:14.39	92 Náutico da Marinha Grande	2:37.99	542
2. Gustavo Alexandre, Meneses 50m: 36.44 36.44 100m: 1:18.01	92 Columbófila Cantanhedense	2:38.97	532
3. Nuno Durao, Pascoal 50m: 35.34 35.34 100m: 1:17.61	92 Galitos	2:39.33	528
4. Hugo Miguel, Nunes 50m: 36.95 36.95 100m: 1:18.38	90 Náutico/Matobra	2:39.88	523
5. Goncalo Nuno, Costa 50m: 36.94 36.94 100m: 1:17.80	90 Académica de Coimbra	2:42.24	500
6. Helder Alexandre, Godinho 50m: 35.52 35.52 100m: 1:16.52	86 Bairro dos Anjos	2:43.21	491
7. Antonio Melo, Faria 50m: 35.64 35.64 100m: 1:16.87	92 Académico Viseu	2:43.61	488

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Prova 6, Masc., 200m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
8. Eduardo Conceicao, Costa <i>TFO</i>	91 Bairro dos Anjos	2:49.93	435
50m: 37.99 37.99 100m: 1:21.42 43.43 150m: 2:05.86 44.44 200m: 2:49.93 44.07			
9. Andre Oliveira, Marques <i>TFO</i>	92 Bairro dos Anjos	2:51.09	427
50m: 37.77 37.77 100m: 1:20.72 42.95 150m: 2:04.88 44.16 200m: 2:51.09 46.21			
10. Andre Filipe, Pereira <i>TFO</i>	91 Bairro dos Anjos	2:51.58	423
50m: 38.64 38.64 100m: 1:25.15 46.51 150m: 2:07.54 42.39 200m: 2:51.58 44.04			
11. Cristiano Almeida, Santos <i>TFO</i>	90 Náutico/Matobra	2:51.74	422
50m: 37.79 37.79 100m: 1:21.29 43.50 150m: 2:05.95 44.66 200m: 2:51.74 45.79			
12. Nuno Alexandre, Neves <i>TFO</i>	92 Freguesia de Paião	2:52.94	413
50m: 37.28 37.28 100m: 1:21.47 44.19 150m: 2:08.50 47.03 200m: 2:52.94 44.44			
13. Marcelo Abreu, Rodrigues <i>TFO</i>	92 Académica de Coimbra	2:55.85	393
50m: 38.50 38.50 100m: 1:23.39 44.89 150m: 2:08.51 45.12 200m: 2:55.85 47.34			
14. Diogo Costa, Fontes <i>TFO</i>	92 Académica de Coimbra	2:57.78	380
50m: 41.22 41.22 100m: 1:26.33 45.11 150m: 2:12.03 45.70 200m: 2:57.78 45.75			
DNS Joao Bernardo, Abrantes	90 Náutico/Matobra		

Prova 7

Femin., 200m Bruços

Juvenis

2.7.09 - 19:15

Resultados

JUV FEM : 3:19.56

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, Cordeiro	95 Académica de Coimbra	2:52.68	565
50m: 39.09 39.09 100m: 1:22.58 43.49 150m: 2:07.81 45.23 200m: 2:52.68 44.87			
2. Rita Daniela, Armindo	95 Industrial Vieirense	3:05.01	459
50m: 43.01 43.01 100m: 1:31.09 48.08 150m: 2:18.18 47.09 200m: 3:05.01 46.83			
3. Carolina Santos, Machado	95 Gafanha da Encarnação	3:06.24	450
50m: 41.97 41.97 100m: 1:29.51 47.54 150m: 2:18.59 49.08 200m: 3:06.24 47.65			
4. Carolina Santana, Goncalves	95 Núcleo de Pombal	3:08.14	437
50m: 43.07 43.07 100m: 1:30.95 47.88 150m: 2:19.36 48.41 200m: 3:08.14 48.78			
5. Mariana Sousa, Martins	95 Feirense	3:08.31	436
50m: 42.04 42.04 100m: 1:29.89 47.85 150m: 2:19.63 49.74 200m: 3:08.31 48.68			
6. Ana Raquel, Albuquerque	95 Sporting de Aveiro	3:09.35	428
50m: 43.36 43.36 100m: 1:30.73 47.37 150m: 2:20.21 49.48 200m: 3:09.35 49.14			
7. Catarina Alexandra, Ferreira	95 Náutico/Matobra	3:09.73	426
50m: 41.31 41.31 100m: 1:30.26 48.95 150m: 2:19.94 49.68 200m: 3:09.73 49.79			
8. Ana Rita, Ribau	95 Gafanha da Encarnação	3:11.65	413
50m: 42.05 42.05 100m: 1:31.52 49.47 150m: 2:21.08 49.56 200m: 3:11.65 50.57			
9. Claudia Filipa, Silva	95 Miranda do Corvo	3:14.48	395
50m: 45.08 45.08 100m: 1:34.77 49.69 150m: 2:24.84 50.07 200m: 3:14.48 49.64			
10. Mariana Coutinho, Souto	95 Académica de Coimbra	3:16.60	383
50m: 45.00 45.00 100m: 1:34.90 49.90 150m: 2:25.70 50.80 200m: 3:16.60 50.90			

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 7, Femin., 200m Bruços, Juvenis

Lugar	Ano	Tempo final	Pts
11. Sofia Ramalho, Coelho 50m: 44.73 44.73 100m: 1:35.22 50.49 150m: 2:27.98 52.76 200m: 3:19.04 51.06	95 Alcobaça	3:19.04	369
12. Sara Filipa, Anjos <i>TFO</i> 50m: 45.20 45.20 100m: 1:35.42 50.22 150m: 2:28.56 53.14 200m: 3:21.69 53.13	95 Galitos	3:21.69	354
13. Joana Carolina, Alves <i>TFO</i> 50m: 46.76 46.76 100m: 1:39.50 52.74 150m: 2:32.27 52.77 200m: 3:25.71 53.44	95 Ginásio Figueirense	3:25.71	334
DSQ Marta Daniela, Mendes <i>TFO, Falsa partida</i>	95 Salesiano de Arouca		

Prova 7
2.7.09 - 19:15

Femin., 200m Bruços

Absolutos
Resultados

ABS FEM : 3:05.39

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira, Andrade 50m: 37.22 37.22 100m: 1:18.47 41.25 150m: 2:01.50 43.03 200m: 2:43.88 42.38	94 Náutico/Matobra	2:43.88	661
2. Maria Ines, Ribeiro 50m: 39.49 39.49 100m: 1:23.19 43.70 150m: 2:07.91 44.72 200m: 2:52.25 44.34	92 Náutico/Matobra	2:52.25	569
3. Rita Margarida, Gomes 50m: 39.66 39.66 100m: 1:23.84 44.18 150m: 2:09.23 45.39 200m: 2:53.67 44.44	91 Alcobaça	2:53.67	555
4. Ines Silva, Pinheiro 50m: 39.74 39.74 100m: 1:23.68 43.94 150m: 2:08.13 44.45 200m: 2:54.13 46.00	91 Gafanha da Encarnação	2:54.13	551
5. Ana Margarida, Domingos 50m: 40.44 40.44 100m: 1:25.85 45.41 150m: 2:11.19 45.34 200m: 2:56.59 45.40	93 Académico Viseu	2:56.59	528
6. Mariana Mota, Dias 50m: 40.63 40.63 100m: 1:26.50 45.87 150m: 2:11.41 44.91 200m: 2:57.22 45.81	92 Bairro dos Anjos	2:57.22	523
7. Ana Rita, Costa 50m: 38.79 38.79 100m: 1:24.99 46.20 150m: 2:11.83 46.84 200m: 2:59.68 47.85	91 Académica de Coimbra	2:59.68	501
8. Vanessa Rodrigues, Valente 50m: 41.30 41.30 100m: 1:27.09 45.79 150m: 2:14.17 47.08 200m: 3:01.50 47.33	94 Estarreja	3:01.50	486
9. Patricia Alexandra, Leal 50m: 41.79 41.79 100m: 1:27.79 46.00 150m: 2:15.47 47.68 200m: 3:01.69 46.22	94 Náutico da Marinha Grande	3:01.69	485
10. Catarina Oliveira, Dinis 50m: 41.15 41.15 100m: 1:29.39 48.24 150m: 2:17.59 48.20 200m: 3:05.17 47.58	93 Académica de Coimbra	3:05.17	458
11. Ines Ataíde, Dias 50m: 41.66 41.66 100m: 1:28.99 47.33 150m: 2:18.16 49.17 200m: 3:05.37 47.21	94 Sporting de Espinho	3:05.37	457
12. Ana Rita, Oliveira <i>TFO</i> 50m: 42.64 42.64 100m: 1:29.45 46.81 150m: 2:18.43 48.98 200m: 3:06.21 47.78	92 Pimpões/Cimai	3:06.21	450

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 8
2.7.09 - 19:30

Masc., 100m Costas

Juvenis B
Resultados

JUV B MASC : 1:14.81

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Nuno, Pires 50m: 33.67 33.67 100m: 1:08.45 34.78	94 Náutico/Matobra	1:08.45	464
2. Joao Carlos, Paula 50m: 33.76 33.76 100m: 1:08.53 34.77	94 Galitos	1:08.53	462
3. Gustavo Almeida, Madureira 50m: 33.84 33.84 100m: 1:09.11 35.27	94 Académica de Coimbra	1:09.11	451
4. Filipe Rainho, Balseiro 50m: 33.80 33.80 100m: 1:09.42 35.62	94 Galitos	1:09.42	445
5. Miguel Polidoro, Alexandre 50m: 34.68 34.68 100m: 1:10.85 36.17	94 Bairro dos Anjos	1:10.85	418
6. Diogo Filipe, Catelas 50m: 34.17 34.17 100m: 1:11.51 37.34	94 Feirense	1:11.51	407
7. Fabio Filipe, Lopes 50m: 35.11 35.11 100m: 1:12.51 37.40	94 Náutico/Matobra	1:12.51	390
8. Edgar Neves, Tomas 50m: 34.91 34.91 100m: 1:13.31 38.40	94 Pimpões/Cimai	1:13.31	377
9. Gino Santos, Caetano 50m: 35.94 35.94 100m: 1:14.10 38.16	94 Beira Mar	1:14.10	365
10. Joao Petinga de, Almeida 50m: 36.29 36.29 100m: 1:14.19 37.90	94 Naval da Nazaré	1:14.19	364
11. Francisco Leonardes, Alves 50m: 35.84 35.84 100m: 1:14.57 38.73	94 Académica de Coimbra	1:14.57	359
12. David Jose, Fonseca TFO 50m: 36.12 36.12 100m: 1:14.95 38.83	94 Columbófila Cantanhedense	1:14.95	353
13. Filipe José, Baptista TFO 50m: 36.62 36.62 100m: 1:15.17 38.55	94 Feirense	1:15.17	350
14. Miguel Marques, Ramos TFO 50m: 35.77 35.77 100m: 1:15.33 39.56	94 Pimpões/Cimai	1:15.33	348
15. Guilherme Marques, Teixeira TFO 50m: 38.14 38.14 100m: 1:17.58 39.44	94 Beira Mar	1:17.58	318

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 8, Masc., 100m Costas

Prova 8
2.7.09 - 19:30

Masc., 100m Costas

Juvenis A
Resultados

JUV A MASC : 1:11.75

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Miguel, Figueiredo 50m: 30.44 30.44 100m: 1:02.72 32.28	93 Campinho	1:02.72	603
2. Filipe Franco, Norte 50m: 31.49 31.49 100m: 1:04.26 32.77	93 Náutico da Marinha Grande	1:04.26	560
3. Diogo Fontes, Moreira 50m: 31.68 31.68 100m: 1:05.04 33.36	93 Estamos Juntos	1:05.04	540
4. Emanuel Augusto, Pinho 50m: 32.35 32.35 100m: 1:07.58 35.23	93 Feirense	1:07.58	482
5. Gabriel Soares, Martins 50m: 34.13 34.13 100m: 1:08.88 34.75	93 Campinho	1:08.88	455
6. Tiago Geraldês, Machado 50m: 32.72 32.72 100m: 1:09.33 36.61	93 Pimpões/Cimai	1:09.33	446
7. Alexandre Galveias, Vale 50m: 33.81 33.81 100m: 1:09.59 35.78	93 Pimpões/Cimai	1:09.59	441
8. Daciano Egidio, Sousa 50m: 34.04 34.04 100m: 1:09.98 35.94	93 Ginásio Figueirense	1:09.98	434
9. Andre Filipe da, Graca 50m: 34.58 34.58 100m: 1:10.44 35.86	93 Alcobaça	1:10.44	425
10. Nuno Correia, Tinoco 50m: 35.08 35.08 100m: 1:11.54 36.46	93 Ginásio Figueirense	1:11.54	406
11. Pedro Jorge, Santos TFO 50m: 35.81 35.81 100m: 1:12.33 36.52	93 Sporting de Aveiro	1:12.33	393
12. Flavio Cardoso, Relva TFO 50m: 34.71 34.71 100m: 1:14.25 39.54	93 Bairro dos Anjos	1:14.25	363
13. Luis Guilherme, Correia TFO 50m: 38.51 38.51 100m: 1:17.60 39.09	93 Núcleo de Pombal	1:17.60	318
14. Rui Jorge, Oliveira TFO 50m: 37.32 37.32 100m: 1:20.03 42.71	93 Salesiano de Arouca	1:20.03	290
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 8, Masc., 100m Costas

Prova 8 Masc., 100m Costas Absolutos
2.7.09 - 19:30 Resultados

JUV A MASC 16: 1:11.75 / JUV B MASC 15: 1:14.81 / ABS MASC 17 +: 1:07.56

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Bruno Miguel, Amaral 50m: 30.14 30.14 100m: 1:02.12 31.98	89 Nautico/Matobra	1:02.12	620
2. Pedro Miguel, Conde 50m: 30.23 30.23 100m: 1:02.18 31.95	90 Nautico/Matobra	1:02.18	619
3. Joao Miguel, Figueiredo 50m: 30.44 30.44 100m: 1:02.72 32.28	93 Campinho	1:02.72	603
4. Andre Ricardo, Simoes 50m: 30.75 30.75 100m: 1:03.58 32.83	91 Galitos	1:03.58	579
5. Mario Jorge, Silva 50m: 30.85 30.85 100m: 1:03.95 33.10	91 Ginásio Figueirense	1:03.95	569
6. Miguel Machado, Lopes 50m: 30.70 30.70 100m: 1:04.16 33.46	92 Benedita	1:04.16	563
7. Filipe Franco, Norte 50m: 31.49 31.49 100m: 1:04.26 32.77	93 Nautico da Marinha Grande	1:04.26	560
8. Mario Alexandre, Pereira 50m: 31.69 31.69 100m: 1:04.64 32.95	92 Ginásio Figueirense	1:04.64	551
9. Diogo Fontes, Moreira 50m: 31.68 31.68 100m: 1:05.04 33.36	93 Estamos Juntos	1:05.04	540
10. Tiago Filipe, Pereira 50m: 31.42 31.42 100m: 1:05.09 33.67	91 Bairro dos Anjos	1:05.09	539
11. Joao Jose, Viegas 50m: 31.86 31.86 100m: 1:05.19 33.33	92 Sporting de Aveiro	1:05.19	537
12. Luis Miguel, Santos 50m: 32.46 32.46 100m: 1:05.72 33.26	90 Académica de Coimbra	1:05.72	524
13. Jorge Miguel, Mendes 50m: 31.98 31.98 100m: 1:06.03 34.05	90 Nautico/Matobra	1:06.03	517
14. Andre Filipe, Lopes 50m: 32.30 32.30 100m: 1:06.75 34.45	92 Académica de Coimbra	1:06.75	500
15. Bruno Filipe, Azevedo 50m: 31.63 31.63 100m: 1:06.95 35.32	92 Núcleo de Pombal	1:06.95	496
16. Francisco Vala, Pires 50m: 32.66 32.66 100m: 1:07.49 34.83	92 Bairro dos Anjos	1:07.49	484
17. Emanuel Augusto, Pinho 50m: 32.35 32.35 100m: 1:07.58 35.23	93 Feirense	1:07.58	482
18. Rui Costa, Ferreira TFO 50m: 32.65 32.65 100m: 1:08.08 35.43	92 Galitos	1:08.08	471
19. Joao Nuno, Pires 50m: 33.67 33.67 100m: 1:08.45 34.78	94 Nautico/Matobra	1:08.45	464
20. Joao Carlos, Paula 50m: 33.76 33.76 100m: 1:08.53 34.77	94 Galitos	1:08.53	462
21. Nelson Goncalves, Judas TFO 50m: 33.59 33.59 100m: 1:08.65 35.06	91 Nautico/Matobra	1:08.65	460

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 8, Masc., 100m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
22. Guilherme Joao, Patriarca <i>TFO</i> 50m: 33.22 33.22 100m: 1:08.67 35.45	92 Académica de Coimbra	1:08.67	459
23. Gabriel Soares, Martins 50m: 34.13 34.13 100m: 1:08.88 34.75	93 Campinho	1:08.88	455
24. Gustavo Almeida, Madureira 50m: 33.84 33.84 100m: 1:09.11 35.27	94 Académica de Coimbra	1:09.11	451
25. Tiago Geraldes, Machado 50m: 32.72 32.72 100m: 1:09.33 36.61	93 Pimpões/Cimai	1:09.33	446
26. Filipe Rainho, Balseiro 50m: 33.80 33.80 100m: 1:09.42 35.62	94 Galitos	1:09.42	445
27. Alexandre Galveias, Vale 50m: 33.81 33.81 100m: 1:09.59 35.78	93 Pimpões/Cimai	1:09.59	441
28. Daciano Egidio, Sousa 50m: 34.04 34.04 100m: 1:09.98 35.94	93 Ginásio Figueirense	1:09.98	434
29. Andre Filipe da, Graca 50m: 34.58 34.58 100m: 1:10.44 35.86	93 Alcobaça	1:10.44	425
30. Pedro Octavio, Fernandes <i>TFO</i> 50m: 34.99 34.99 100m: 1:10.79 35.80	91 Académica de Coimbra	1:10.79	419
31. Miguel Polidoro, Alexandre 50m: 34.68 34.68 100m: 1:10.85 36.17	94 Bairro dos Anjos	1:10.85	418
32. Diogo Filipe, Catelas 50m: 34.17 34.17 100m: 1:11.51 37.34	94 Feirense	1:11.51	407
33. Nuno Correia, Tinoco 50m: 35.08 35.08 100m: 1:11.54 36.46	93 Ginásio Figueirense	1:11.54	406
34. Pedro Jorge, Santos <i>TFO</i> 50m: 35.81 35.81 100m: 1:12.33 36.52	93 Sporting de Aveiro	1:12.33	393
35. Fabio Filipe, Lopes 50m: 35.11 35.11 100m: 1:12.51 37.40	94 Náutico/Matobra	1:12.51	390
36. Andre Rocha, Valente <i>TFO</i> 50m: 35.26 35.26 100m: 1:12.59 37.33	92 Académica de Coimbra	1:12.59	389
37. Edgar Neves, Tomas 50m: 34.91 34.91 100m: 1:13.31 38.40	94 Pimpões/Cimai	1:13.31	377
38. Gino Santos, Caetano 50m: 35.94 35.94 100m: 1:14.10 38.16	94 Beira Mar	1:14.10	365
39. Joao Petinga de, Almeida 50m: 36.29 36.29 100m: 1:14.19 37.90	94 Naval da Nazaré	1:14.19	364
40. Flavio Cardoso, Relva <i>TFO</i> 50m: 34.71 34.71 100m: 1:14.25 39.54	93 Bairro dos Anjos	1:14.25	363
41. Francisco Leonardes, Alves 50m: 35.84 35.84 100m: 1:14.57 38.73	94 Académica de Coimbra	1:14.57	359
42. David Jose, Fonseca <i>TFO</i> 50m: 36.12 36.12 100m: 1:14.95 38.83	94 Columbófila Cantanhedense	1:14.95	353

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Prova 8, Masc., 100m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
43. Filipe José, Baptista <i>TFO</i> 50m: 36.62 36.62 100m: 1:15.17 38.55	94 Feirense	1:15.17	350
44. Miguel Marques, Ramos <i>TFO</i> 50m: 35.77 35.77 100m: 1:15.33 39.56	94 Pimpões/Cimai	1:15.33	348
45. Guilherme Marques, Teixeira <i>TFO</i> 50m: 38.14 38.14 100m: 1:17.58 39.44	94 Beira Mar	1:17.58	318
46. Luis Guilherme, Correia <i>TFO</i> 50m: 38.51 38.51 100m: 1:17.60 39.09	93 Núcleo de Pombal	1:17.60	318
47. Rui Jorge, Oliveira <i>TFO</i> 50m: 37.32 37.32 100m: 1:20.03 42.71	93 Salesiano de Arouca	1:20.03	290
DNS Cesar Fernando, Faria	90 Bairro dos Anjos		
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		
EXH Nuno Pinheiro, Maximiano <i>TFO</i> 50m: 38.60 38.60 100m: 1:21.24 42.64	87 Bairro dos Anjos	1:21.24	277

Prova 9

Femin., 100m Costas

Juvenis
Resultados

2.7.09 - 19:35

JUV FEM : 1:23.64

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Adriana Correia, Lopes 50m: 35.80 35.80 100m: 1:13.00 37.20	95 Náutico/Matobra	1:13.00	533
2. Ines Filipa, Borges 50m: 36.17 36.17 100m: 1:13.56 37.39	95 Alcobaça	1:13.56	521
3. Joana Margarida, Guimaraes 50m: 35.63 35.63 100m: 1:13.82 38.19	95 Pimpões/Cimai	1:13.82	515
4. Mariana Costa, Sebastiao 50m: 37.11 37.11 100m: 1:15.77 38.66	95 Ginásio Figueirense	1:15.77	477
5. Catia Andreia, Clara 50m: 37.99 37.99 100m: 1:16.58 38.59	95 Náutico da Marinha Grande	1:16.58	462
6. Rita Amado, Laezza 50m: 38.19 38.19 100m: 1:17.23 39.04	95 Académica de Coimbra	1:17.23	450
7. Patricia Silva, Marques 50m: 37.46 37.46 100m: 1:18.41 40.95	95 Feirense	1:18.41	430
8. Joana Reis, Veiga 50m: 38.17 38.17 100m: 1:19.01 40.84	95 Académica de Coimbra	1:19.01	420
9. Ana Luisa, Ramos 50m: 39.15 39.15 100m: 1:19.67 40.52	95 Gafanha da Encarnação	1:19.67	410
10. Ana Rita, Jesus 50m: 38.80 38.80 100m: 1:20.31 41.51	95 Desportivo Mealhada	1:20.31	400
11. Catarina Rita, Andrade 50m: 39.73 39.73 100m: 1:21.03 41.30	95 Feirense	1:21.03	390

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Prova 9, Femin., 100m Costas, Juvenis

Lugar	Ano	Tempo final	Pts
12. Marcia Raquel, Saraiva 50m: 39.73 39.73 100m: 1:21.63 41.90	95 Galitos	1:21.63	381
13. Carolina Santana, Goncalves 50m: 40.81 40.81 100m: 1:21.74 40.93	95 Núcleo de Pombal	1:21.74	380
14. Ana Rita, Ribau TFO 50m: 42.24 42.24 100m: 1:25.55 43.31	95 Gafanha da Encarnação	1:25.55	331

Prova 9
2.7.09 - 19:35

Femin., 100m Costas

Absolutos
Resultados

ABS FEM : 1:17.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Andreia Filipa, Anjos 50m: 33.67 33.67 100m: 1:09.10 35.43	92 Bairro dos Anjos	1:09.10	629
2. Mara Lisboa e, Silva 50m: 34.39 34.39 100m: 1:10.32 35.93	93 Bairro dos Anjos	1:10.32	596
3. Vanessa Carolina, Valente 50m: 35.31 35.31 100m: 1:11.41 36.10	94 Alcobaça	1:11.41	569
4. Solange Patricia, Azevedo 50m: 35.15 35.15 100m: 1:11.82 36.67	89 Náutico/Matobra	1:11.82	560
5. Nadia Filipa, Marques 50m: 35.15 35.15 100m: 1:13.23 38.08	92 Académica de Coimbra	1:13.23	528
6. Daniela Filipa, Cardoso 50m: 35.51 35.51 100m: 1:14.36 38.85	89 Fundação Beatriz Santos	1:14.36	504
7. Tania Martins, Garcia 50m: 36.59 36.59 100m: 1:14.56 37.97	92 Ginásio Figueirense	1:14.56	500
8. Beatriz Rocha, Nunes 50m: 37.15 37.15 100m: 1:16.19 39.04	94 Ginásio Figueirense	1:16.19	469
9. Cristina Paris, Santos 50m: 37.66 37.66 100m: 1:16.63 38.97	94 Pimpões/Cimai	1:16.63	461
10. Andreia Sofia, Tavares TFO 50m: 36.77 36.77 100m: 1:17.33 40.56	94 Estarreja	1:17.33	448
11. Joana Margarida, Gaspar TFO 50m: 38.14 38.14 100m: 1:17.42 39.28	92 Náutico da Marinha Grande	1:17.42	447
12. Ines Sofia, Sampaio TFO 50m: 37.98 37.98 100m: 1:17.61 39.63	94 Académico Viseu	1:17.61	444
13. Ana Mafalda, Oliveira TFO 50m: 37.25 37.25 100m: 1:17.69 40.44	93 Freguesia de Paião	1:17.69	442
14. Joana Ferreira, Coroado TFO 50m: 38.72 38.72 100m: 1:18.29 39.57	92 Académica de Coimbra	1:18.29	432
15. Stacy da Silva, Duarte TFO 50m: 38.48 38.48 100m: 1:19.53 41.05	94 Bairro dos Anjos	1:19.53	412

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Prova 9, Femin., 100m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
16. Sofia Roque, Dias TFO	94 Académica de Coimbra	1:20.60	396
50m: 38.52 38.52 100m: 1:20.60 42.08			
17. Symonee Sobral, Hinckley TFO	93 Académica de Coimbra	1:22.22	373
50m: 40.34 40.34 100m: 1:22.22 41.88			
18. Tatiana Cruz, Costa TFO	94 Miranda do Corvo	1:23.53	356
50m: 41.14 41.14 100m: 1:23.53 42.39			
19. Ana Carlos, Ferreira TFO	93 Freguesia de Paião	1:24.21	347
50m: 40.24 40.24 100m: 1:24.21 43.97			
20. Tatiana Jorge, Vidal TFO	94 Estarreja	1:31.60	270
50m: 45.42 45.42 100m: 1:31.60 46.18			
DNS Ana Margarida, Almeida	94 Galitos		
DNS Maria Ines, Cabral	94 Sporting de Aveiro		
DNS Ana Rita, Silveira	94 Beira Mar		

Prova 10
2.7.09 - 20:00

Masc., 4 x 200m Livres

Juvenis B
Resultados

JUV B MASC : 10:49.98

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Galitos Juv B Joao Carlos, Paula Filipe Rainho, Balseiro Andre Filipe, Monteiro Pedro Diogo, Taveira	8:53.13 2:11.39 2:11.39 2:15.03 2:15.03 2:16.93 2:16.93 2:09.78 2:09.78	513
2. Académica de Coimbra Juv B Joao Filipe, Lucas Pedro Barros, Mendes Gustavo Almeida, Madureira Francisco Leonardes, Alves	8:54.26 2:15.44 2:15.44 2:13.67 2:13.67 2:09.46 2:09.46 2:15.69 2:15.69	510
3. Náutico/Matobra Juv B Joao Pedro, Veiga Joao Barbosa, Moreira Fabio Filipe, Lopes Joao Nuno, Pires	8:56.29 2:10.93 2:10.93 2:15.93 2:15.93 2:21.03 2:21.03 2:08.40 2:08.40	504
4. Columbófila Cantanhedense Juv B David Jose, Fonseca Hugo Neves, Neto Diogo Cunha, Girao Tiago Andre, Silva	9:04.22 2:16.96 2:16.96 2:16.22 2:16.22 2:11.27 2:11.27 2:19.77 2:19.77	482
5. Naval da Nazaré Juv B Andre Alexandre, Vicente Rodrigo Manuel, Catraio Joao Petinga de, Almeida Micael Valverde, Teixeira	9:22.58 2:09.49 2:09.49 2:39.78 2:39.78 2:17.31 2:17.31 2:16.00 2:16.00	436
6. Feirense Juv B Tiago Botelho, Andrade Diogo Filipe, Catelas Telmo Gonçalves, Barbosa Filipe José, Baptista	9:36.80 2:21.76 2:21.76 2:23.83 2:23.83 2:31.47 2:31.47 2:19.74 2:19.74	405

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Prova 10, Masc., 4 x 200m Livres, Juvenis B

Lugar							Tempo final	Pts
7. Campinho Juv B		Campinho					10:08.69	345
Nuno Alexandre, Correia	94	+0,83	32.67	1:10.23	1:49.13	2:28.56	2:28.56	
Daniel Marques, Duarte	94	+0,40	36.49	1:18.64	2:01.90	2:38.73	2:38.73	
Luis Duarte, Peralta	94	+0,19	33.41	1:13.37	1:55.17	2:36.57	2:36.57	
Joao Manuel, Santos	94	+0,41	31.62	1:09.01	1:47.87	2:24.83	2:24.83	

Prova 10 Masc., 4 x 200m Livres Juvenis A
2.7.09 - 20:00 Resultados

JUV A MASC : 10:23.38

Pontos: FINA 2008

Lugar							Tempo final	Pts
1. Feirense Juv A		Feirense					9:24.65	432
Emanuel Augusto, Pinho	93	+0,73	30.43	1:03.76	1:38.33	2:13.49	2:13.49	
Diogo Antonio, Carvalho	93	+0,33	30.92	1:07.51	1:47.13	2:26.44	2:26.44	
Telmo Almeida, Santos	93	+0,50	32.11	1:09.40	1:48.82	2:26.60	2:26.60	
Marcelo Fernandes, Rosas	93	+0,39	30.00	1:04.51	1:41.34	2:18.12	2:18.12	

Prova 10 Masc., 4 x 200m Livres Absolutos
2.7.09 - 20:00 Resultados

JUV A MASC 16: 10:23.38 / JUV B MASC 15: 10:49.98 / ABS MASC 17 +: 10:06.58

Pontos: FINA 2008

Lugar							Tempo final	Pts
1. Náutico/Matobra Abs		Náutico/Matobra					8:13.44	647
Jorge Miguel, Mendes	90	+0,76	28.77	1:00.08	1:31.46	2:02.58	2:02.58	
Rui Miguel, Fonseca	88	+0,10	26.68	56.82	1:28.35	1:59.68	1:59.68	
Joao Aires, Gomes	85	+0,46	28.93	1:00.93	1:33.28	2:06.14	2:06.14	
Pedro Miguel, Conde	90	+0,44	28.57	59.83	1:32.11	2:05.04	2:05.04	
2. Académica de Coimbra Abs		Académica de Coimbra					8:19.08	625
Andre Filipe, Lopes	92	+0,81	28.50	58.94	1:30.28	2:01.69	2:01.69	
Tiago Rafael, Lopes	92	+0,27	27.66	59.53	1:32.64	2:05.29	2:05.29	
Goncalo Nuno, Costa	90	+0,15	27.92	59.71	1:33.24	2:06.94	2:06.94	
Pedro Filipe, Santos	89	+0,30	29.08	1:00.66	1:33.40	2:05.16	2:05.16	
3. Pimpões/ CIMAI Abs		Pimpões/Cimai					8:21.42	616
Diogo Maia e, Silva	93	+0,79	29.34	1:01.22	1:33.32	2:05.04	2:05.04	
Alexandre Galveias, Vale	93	+0,45	28.39	1:00.39	1:33.59	2:05.79	2:05.79	
Filipe Miguel, Meca	91	+0,29	28.30	59.65	1:31.84	2:04.67	2:04.67	
Francisco Maldonado, Freitas	91	+0,40	28.59	1:00.10	1:33.22	2:05.92	2:05.92	
4. Bairro dos Anjos Abs		Bairro dos Anjos					8:32.64	577
Joao Paulo, Ribeiro	92	+0,73	29.17	1:00.08	1:31.94	2:02.20	2:02.20	
Andre Filipe, Pereira	91	+0,53	29.50	1:02.24	1:36.27	2:09.01	2:09.01	
Tiago Filipe, Pereira	91	+0,34	28.93	1:01.26	1:35.95	2:12.40	2:12.40	
Francisco Vala, Pires	92	+0,17	27.87	1:00.77	1:35.43	2:09.03	2:09.03	
5. Ginásio Figueirense Abs		Ginásio Figueirense					8:37.46	561
Andre Duarte, Vaz	93	+0,81	29.11	1:01.65	1:35.12	2:07.89	2:07.89	
Rui Correia, Tinoco	92	+0,63	30.22	1:03.82	1:38.07	2:11.78	2:11.78	
Joao Manuel, Borges	94	+0,55	29.86	1:04.10	1:39.43	2:14.50	2:14.50	
Mario Alexandre, Pereira	92	+0,21	27.46	59.04	1:31.87	2:03.29	2:03.29	
6. Académico Viseu Abs		Académico Viseu					8:53.51	512
Antonio Melo, Faria	92	+0,83	29.77	1:03.43	1:38.55	2:10.98	2:10.98	
Sebastiao Amaro, Machado	93	+0,41	30.51	1:05.16	1:41.28	2:14.94	2:14.94	
Bruno Rafael, Correia	93	+0,49	30.06	1:05.25	1:41.32	2:15.53	2:15.53	
Jose Pedro, Martins	92	+0,51	30.03	1:04.06	1:39.03	2:12.06	2:12.06	
7. Estarreja 1		Estarreja					9:53.53	372
Jose Figueiredo, Pereira	92	+0,86	30.00	1:04.26	1:39.39	2:14.98	2:14.98	
Joao Carlos, Rodrigues	94	+0,45	34.84	1:16.54	1:59.50	2:42.25	2:42.25	
Henrique Manuel, Amaral	94	+0,53	31.56	1:10.00	1:49.74	2:27.51	2:27.51	
Rafael Arrojado, Ferreira	94	+0,48	30.82	1:08.21	1:48.50	2:28.79	2:28.79	

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Prova 10, Masc., 4 x 200m Livres

Lugar							Tempo final	Pts
EXH	Académica de Coimbra Inf A		Académica de Coimbra				9:03.78	483
	Luis de, Oliveira	95	+0,90	30.41	1:05.81	1:43.39	2:19.42	2:19.42
	Joao Andre, Neves	95	+0,46	29.23	1:02.25	1:36.52	2:10.37	2:10.37
	Gustavo Lopes, Ribeiro	95	+0,49	31.65	1:06.04	1:41.54	2:15.38	2:15.38
	Jose Antonio, Forte	95	+0,75	31.70	1:06.64	1:44.12	2:18.61	2:18.61

Prova 11
2.7.09 - 20:20

Femin., 4 x 200m Livres

Juvenis
Resultados

JUV FEM : 11:36.22

Pontos: FINA 2008

Lugar							Tempo final	Pts
1.	Académica de Coimbra Juv		Académica de Coimbra				9:33.48	552
	Joana Ines, Oliveira	95	+0,87	33.34	1:09.17	1:45.75	2:20.94	2:20.94
	Rita Amado, Laezza	95	+0,39	32.94	1:10.12	1:48.15	2:24.25	2:24.25
	Ana Claudia, Cordeiro	95	+0,62	32.80	1:09.28	1:47.20	2:24.48	2:24.48
	Mariana Rocha, Valente	95	+0,13	32.47	1:08.48	1:46.33	2:23.81	2:23.81
2.	Náutico/Matobra Juv		Náutico/Matobra				9:39.55	535
	Adriana Correia, Lopes	95	+0,86	31.66	1:07.03	1:42.75	2:17.93	2:17.93
	Mariana Pedroso, Carvalho	95	+0,89	34.00	1:11.87	1:50.01	2:27.98	2:27.98
	Catarina Alexandra, Ferreira	95	+0,42	33.13	1:12.44	1:53.33	2:33.08	2:33.08
	Carolina Cunha, Martins	95	+0,38	31.06	1:06.90	1:43.73	2:20.56	2:20.56
3.	Alcobaça Juv		Alcobaça				9:53.41	498
	Ana Sofia, Costa	95	+0,92	33.38	1:09.56	1:46.92	2:23.12	2:23.12
	Sofia Ramalho, Coelho	95	+0,78	36.65	1:17.35	1:59.02	2:39.19	2:39.19
	Melanie Bronze, Santos	95	+0,68	32.71	1:09.57	1:48.77	2:26.66	2:26.66
	Ines Filipa, Borges	95	+0,64	33.31	1:10.78	1:48.50	2:24.44	2:24.44
4.	Feirense Juv		Feirense				10:04.20	472
	Ana Catarina, Costa	95	+0,79	33.01	1:09.29	1:46.66	2:22.78	2:22.78
	Catarina Rita, Andrade	95	+0,82	36.10	1:16.46	1:58.52	2:35.35	2:35.35
	Patricia Silva, Marques	95	+0,76	35.28	1:14.80	1:56.03	2:37.86	2:37.86
	Mariana Sousa, Martins	95	+0,60	33.20	1:10.08	1:49.46	2:28.21	2:28.21
5.	Núcleo Pombal Juv		Núcleo de Pombal				10:46.37	386
	Carolina Santana, Goncalves	95	+0,95	37.31	1:19.34	2:02.65	2:43.72	2:43.72
	Joana Franca, Goncalves	95	+0,14	37.60	1:21.46	2:07.50	2:51.52	2:51.52
	Cristiana Ferreira, Santos	95	+0,52	36.25	1:16.51	1:58.77	2:40.32	2:40.32
	Cristiana Andreia, Lima	95	+0,91	34.46	1:13.48	1:52.62	2:30.81	2:30.81

Prova 11
2.7.09 - 20:20

Femin., 4 x 200m Livres

Absolutos
Resultados

JUV FEM 14: 11:36.22 / ABS FEM 15 +: 10:55.95

Pontos: FINA 2008

Lugar							Tempo final	Pts
1.	Bairro dos Anjos Abs		Bairro dos Anjos				9:07.33	635
	Adriana Filipa, Lisboa	92	+0,81	31.18	1:05.21	1:40.47	2:15.21	2:15.21
	Mariana Mota, Dias	92	+0,42	31.11	1:05.74	1:41.55	2:17.07	2:17.07
	Sara Francisco, Cruz	93	+0,36	30.09	1:03.82	1:39.87	2:14.84	2:14.84
	Mara Lisboa e, Silva	93	+0,34	32.32	1:08.16	1:44.14	2:20.21	2:20.21
2.	Náutico/Matobra Abs		Náutico/Matobra				9:16.43	604
	Maria Ines, Ribeiro	92	+0,79	30.78	1:05.05	1:40.38	2:13.95	2:13.95
	Gabriela Oliveira, Andrade	94	+0,19	30.99	1:06.40	1:42.96	2:16.75	2:16.75
	Ines Barbosa, Moreira	92	+0,09	32.32	1:08.12	1:46.66	2:24.62	2:24.62
	Solange Patricia, Azevedo	89	+0,41	31.83	1:06.67	1:43.93	2:21.11	2:21.11
3.	Galitos Abs		Galitos				9:25.22	577
	Matilde Goncalves, Gracio	91	+0,86	32.69	1:08.29	1:44.94	2:21.94	2:21.94
	Ana Barbara, Pereira	92	+0,26	31.03	1:06.04	1:42.97	2:19.99	2:19.99
	Carolina Maria, Loureiro	92	+0,26	31.98	1:07.00	1:43.11	2:18.75	2:18.75
	Sara Costa e, Silva	89	+0,29	33.47	1:10.47	1:48.10	2:24.54	2:24.54

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Prova 11, Femin., 4 x 200m Livres, Absolutos

Lugar							Tempo final	Pts
4.	Académica de Coimbra Abs		Académica de Coimbra				9:41.27	530
	Raquel Bartolo, Vitor	93	+0,75	33.56	1:09.46	1:47.12	2:23.39	2:23.39
	Joana Ferreira, Coroado	92	+0,18	33.21	1:10.57	1:49.34	2:26.74	2:26.74
	Nadia Filipa, Marques	92	+0,37	32.63	1:08.38	1:45.89	2:23.60	2:23.60
	Ana Filipa, Leite	86	+0,22	33.19	1:10.61	1:49.44	2:27.54	2:27.54
5.	Pimpões/ CIMAI Abs		Pimpões/Cimai				9:41.31	530
	Cristina Paris, Santos	94	+0,98	32.71	1:09.81	1:48.26	2:27.35	2:27.35
	Telma Alexandra, Grilo	92	+0,64	31.97	1:08.02	1:44.71	2:21.07	2:21.07
	Ana Rita, Oliveira	92	+0,45	31.58	1:07.18	1:43.98	2:20.82	2:20.82
	Mariana Maia e, Silva	94	+0,44	33.42	1:13.27	1:52.32	2:32.07	2:32.07
6.	Académico Viseu Abs		Académico Viseu				9:45.57	519
	Ines Sofia, Sampaio	94	+0,96	32.46	1:08.20	1:44.10	2:19.53	2:19.53
	Ana Francisca, Silva	95	+0,51	34.67	1:15.42	1:57.50	2:36.77	2:36.77
	Margarida Ferreira, Duarte	94	+0,31	34.98	1:15.45	1:55.57	2:35.04	2:35.04
	Ana Margarida, Domingos	93	+0,30	30.27	1:04.34	1:39.31	2:14.23	2:14.23
7.	Estarreja Abs		Estarreja				9:50.77	505
	Vanessa Rodrigues, Valente	94	+0,85	32.61	1:10.71	1:49.19	2:29.06	2:29.06
	Ana Lucia, Castro	92	+0,28	33.30	1:12.14	1:51.08	2:31.12	2:31.12
	Denise Arrojado, Silva	92	+0,39	32.37	1:09.10	1:46.64	2:25.51	2:25.51
	Ines Sa, Rodrigues	93	+0,51	32.59	1:09.96	1:47.30	2:25.08	2:25.08
8.	Ginásio Figueirense Abs		Ginásio Figueirense				9:58.34	486
	Beatriz Rocha, Nunes	94	+0,87	33.72	1:10.18	1:47.73	2:23.66	2:23.66
	Tania Martins, Garcia	92	+0,52	31.91	1:06.22	1:42.77	2:18.21	2:18.21
	Mariana Costa, Sebastiao	95	+0,53	34.24	1:11.88	1:51.12	2:29.48	2:29.48
	Joana Carolina, Alves	95		38.91	1:21.41	2:05.78	2:46.99	2:46.99

2 - 2ª Jornada

3.7.09 - 17:00

Prova 12 Femin., 4 x 50m Estilos Absolutos
3.7.09 - 17:00 Resultados

Pontos: FINA 2008

Lugar							Tempo final	Pts
1.	Bairro dos Anjos Abs		Bairro dos Anjos				2:06.59	623
	Andreia Filipa, Anjos	92	+0,65	32.65	Sara Francisco, Cruz	93	+0,44	29.66
	Mariana Mota, Dias	92	+0,18	36.38	Adriana Filipa, Lisboa	92	+0,28	27.90
2.	Náutico/Matobra Abs		Náutico/Matobra				2:11.42	557
	Solange Patricia, Azevedo	89	+0,71	34.11	Maria Ines, Ribeiro	92	+0,31	31.36
	Gabriela Oliveira, Andrade	94	+0,14	35.64	Ines Barbosa, Moreira	92	+0,51	30.31
3.	Académica de Coimbra Abs		Académica de Coimbra				2:12.80	540
	Nadia Filipa, Marques	92	+0,60	34.15	Catarina Oliveira, Dinis	93	+0,30	33.07
	Ana Claudia, Cordeiro	95	+0,37	37.05	Rita Amado, Laezza	95	+0,11	28.53
4.	Galitos Abs		Galitos				2:13.20	535
	Sara Costa e, Silva	89	+0,69	34.27	Carolina Maria, Loureiro	92	+0,49	31.86
	Ana Barbara, Pereira	92	+0,12	36.60	Matilde Goncalves, Gracio	91	+0,34	30.47
5.	Académico Viseu Abs		Académico Viseu				2:15.95	503
	Ines Sofia, Sampaio	94	+0,73	35.74	Ana Francisca, Silva	95	+0,43	32.63
	Ana Margarida, Domingos	93	+0,29	37.00	Margarida Ferreira, Duarte	94	+0,11	30.58
6.	Pimpões/ CIMAI Abs		Pimpões/Cimai				2:16.38	498
	Joana Margarida, Guimaraes	95	+0,61	34.31	Cristina Paris, Santos	94	+0,38	32.05
	Ana Rita, Oliveira	92	+0,63	39.86	Telma Alexandra, Grilo	92	+0,49	30.16
7.	Estarreja Abs		Estarreja				2:18.37	477
	Andreia Sofia, Tavares	94	+0,63	36.03	Ana Lucia, Castro	92	+0,38	34.54
	Vanessa Rodrigues, Valente	94	+0,51	38.36	Ines Sa, Rodrigues	93	+0,52	29.44

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Prova 12, Femin., 4 x 50m Estilos, Absolutos

Lugar						Tempo final	Pts	
8.	Ginásio Figueirense Abs			Ginásio Figueirense		2:18.81	473	
	Tatiana Filipa, Santos	95	+0,60	34.33	Beatriz Rocha, Nunes	94	+0,14	33.04
	Mariana Costa, Sebastiao	95	+0,28	41.31	Tania Martins, Garcia	92	+0,11	30.13
EXH	Náutico/Matobra Inf A			Náutico/Matobra		2:18.60	475	
	Maria Ines, Almeida	96	+0,69	35.16	Ana Carolina, Leal	96	+0,53	33.05
	Carlota Moura, Carvalhos	96	+0,44	40.12	Maria Amelia, Gaspar	96	+0,57	30.27
EXH	Náutico/Matobra Inf B			Náutico/Matobra		2:23.73	426	
	Beatriz Neves, Craveiro	97	+0,83	35.33	Daniela Figueiredo, Metelo	97	+0,44	33.41
	Andreia Margarida, Morgado	97	+0,64	42.10	Matilde Domingues, Gameiro	97	+0,24	32.89

Prova 13

Masc., 400m Estilos

Juvenis B

3.7.09 - 17:05

Resultados

JUV B MASC : 5:49.85

Pontos: FINA 2008

Lugar		Ano				Tempo final	Pts
1.	Joao Pedro, Veiga	94	Náutico/Matobra			5:07.05	535
	50m: 32.75 32.75	150m: 1:51.66	40.97	250m: 3:14.75	43.97	350m: 4:34.65	35.47
	100m: 1:10.69 37.94	200m: 2:30.78	39.12	300m: 3:59.18	44.43	400m: 5:07.05	32.40
2.	Joao Nuno, Pires	94	Náutico/Matobra			5:08.15	529
	50m: 32.37 32.37	150m: 1:50.27	40.18	250m: 3:14.40	45.30	350m: 4:34.86	34.21
	100m: 1:10.09 37.72	200m: 2:29.10	38.83	300m: 4:00.65	46.25	400m: 5:08.15	33.29
3.	Joao Carlos, Paula	94	Galitos			5:09.99	520
	50m: 31.76 31.76	150m: 1:48.91	39.45	250m: 3:12.45	45.03	350m: 4:35.33	36.01
	100m: 1:09.46 37.70	200m: 2:27.42	38.51	300m: 3:59.32	46.87	400m: 5:09.99	34.66
4.	Marcelo Santos, Saldanha	94	Bombeiros das Caldas Rainha			5:12.80	506
	50m: 30.93 30.93	150m: 1:46.46	40.16	250m: 3:14.70	49.36	350m: 4:38.23	36.30
	100m: 1:06.30 35.37	200m: 2:25.34	38.88	300m: 4:01.93	47.23	400m: 5:12.80	34.57
5.	Joao Manuel, Borges	94	Ginásio Figueirense			5:13.62	502
	50m: 32.32 32.32	150m: 1:50.73	39.29	250m: 3:14.95	46.25	350m: 4:37.83	35.96
	100m: 1:11.44 39.12	200m: 2:28.70	37.97	300m: 4:01.87	46.92	400m: 5:13.62	35.79
6.	Pedro Barros, Mendes	94	Académica de Coimbra			5:17.99	482
	50m: 32.35 32.35	150m: 1:52.69	41.30	250m: 3:17.87	44.80	350m: 4:42.33	38.26
	100m: 1:11.39 39.04	200m: 2:33.07	40.38	300m: 4:04.07	46.20	400m: 5:17.99	35.66
7.	Antero Simao, Martins	94	Náutico da Marinha Grande			5:22.41	462
	50m: 32.31 32.31	150m: 1:50.35	41.13	250m: 3:20.47	50.44	350m: 4:47.09	36.52
	100m: 1:09.22 36.91	200m: 2:30.03	39.68	300m: 4:10.57	50.10	400m: 5:22.41	35.32
8.	Diogo Cunha, Girao	94	Columbófila Cantanhedense			5:26.93	443
	50m: 34.47 34.47	150m: 1:55.02	40.99	250m: 3:24.17	49.74	350m: 4:51.01	37.67
	100m: 1:14.03 39.56	200m: 2:34.43	39.41	300m: 4:13.34	49.17	400m: 5:26.93	35.92
9.	Tiago Andre, Silva	94	Columbófila Cantanhedense			5:40.16	394
	50m: 35.97 35.97	150m: 2:05.30	47.52	250m: 3:38.87	48.53	350m: 5:04.67	37.28
	100m: 1:17.78 41.81	200m: 2:50.34	45.04	300m: 4:27.39	48.52	400m: 5:40.16	35.49

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 13, Masc., 400m Estilos

Prova 13 Masc., 400m Estilos Juvenis A
3.7.09 - 17:05 Resultados

JUV A MASC : 5:35.54

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Filipe Franco, Norte	93 Náutico da Marinha Grande	4:55.00	603
50m: 30.04 30.04	150m: 1:43.45 37.37	250m: 3:03.11 42.77	350m: 4:21.17 34.29
100m: 1:06.08 36.04	200m: 2:20.34 36.89	300m: 3:46.88 43.77	400m: 4:55.00 33.83
2. Diogo Maia e, Silva	93 Pimpões/Cimai	4:57.74	587
50m: 31.56 31.56	150m: 1:45.25 38.12	250m: 3:05.46 43.78	350m: 4:24.24 34.13
100m: 1:07.13 35.57	200m: 2:21.68 36.43	300m: 3:50.11 44.65	400m: 4:57.74 33.50
3. Andre Duarte, Vaz	93 Ginásio Figueirense	5:01.94	563
50m: 31.13 31.13	150m: 1:46.54 39.19	250m: 3:08.01 43.36	350m: 4:28.34 35.60
100m: 1:07.35 36.22	200m: 2:24.65 38.11	300m: 3:52.74 44.73	400m: 5:01.94 33.60
4. Tiago Lopes, Ribeiro	93 Benedita	5:21.44	466
50m: 32.01 32.01	150m: 1:52.87 43.05	250m: 3:21.42 46.11	350m: 4:45.87 36.81
100m: 1:09.82 37.81	200m: 2:35.31 42.44	300m: 4:09.06 47.64	400m: 5:21.44 35.57
5. Marcelo Fernandes, Rosas	93 Feirense	5:26.97	443
50m: 33.04 33.04	150m: 1:54.69 44.23	250m: 3:23.80 45.51	350m: 4:49.72 38.36
100m: 1:10.46 37.42	200m: 2:38.29 43.60	300m: 4:11.36 47.56	400m: 5:26.97 37.25
6. Renan Camara, Pereira	93 Columbófila Cantanhedense	5:32.01	423
50m: 33.40 33.40	150m: 2:00.23 45.30	250m: 3:30.22 44.88	350m: 4:54.75 38.55
100m: 1:14.93 41.53	200m: 2:45.34 45.11	300m: 4:16.20 45.98	400m: 5:32.01 37.26

Prova 13 Masc., 400m Estilos Absolutos
3.7.09 - 17:05 Resultados

ABS MASC : 5:23.41

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, Fonseca <i>RR Sen</i>	88 Náutico/Matobra	4:47.50	652
50m: 28.38 28.38	150m: 1:39.10 37.72	250m: 3:00.20 43.97	350m: 4:15.78 32.28
100m: 1:01.38 33.00	200m: 2:16.23 37.13	300m: 3:43.50 43.30	400m: 4:47.50 31.72
2. Joao Paulo, Ribeiro	92 Bairro dos Anjos	4:52.16	621
50m: 28.92 28.92	150m: 1:42.16 39.10	250m: 3:03.21 42.16	350m: 4:20.33 33.46
100m: 1:03.06 34.14	200m: 2:21.05 38.89	300m: 3:46.87 43.66	400m: 4:52.16 31.83
3. Andre Filipe, Lopes	92 Académica de Coimbra	4:54.90	604
50m: 29.97 29.97	150m: 1:44.05 39.27	250m: 3:05.70 43.23	350m: 4:22.58 32.35
100m: 1:04.78 34.81	200m: 2:22.47 38.42	300m: 3:50.23 44.53	400m: 4:54.90 32.32
4. Nuno Durao, Pascoal	92 Galitos	4:56.07	597
50m: 30.32 30.32	150m: 1:45.93 39.56	250m: 3:06.87 42.86	350m: 4:22.69 33.32
100m: 1:06.37 36.05	200m: 2:24.01 38.08	300m: 3:49.37 42.50	400m: 4:56.07 33.38
5. Pedro Fragoso, Lopes	90 Columbófila Cantanhedense	4:59.27	578
50m: 29.50 29.50	150m: 1:43.49 39.88	250m: 3:06.75 43.72	350m: 4:26.33 34.64
100m: 1:03.61 34.11	200m: 2:23.03 39.54	300m: 3:51.69 44.94	400m: 4:59.27 32.94
6. Hugo Miguel, Nunes	90 Náutico/Matobra	4:59.47	577
50m: 32.06 32.06	150m: 1:49.95 40.15	250m: 3:10.65 43.02	350m: 4:26.84 34.18
100m: 1:09.80 37.74	200m: 2:27.63 37.68	300m: 3:52.66 42.01	400m: 4:59.47 32.63
7. Joao Bernardo, Abrantes	90 Náutico/Matobra	4:59.82	575
50m: 30.84 30.84	150m: 1:45.62 39.39	250m: 3:07.29 43.03	350m: 4:25.86 34.84
100m: 1:06.23 35.39	200m: 2:24.26 38.64	300m: 3:51.02 43.73	400m: 4:59.82 33.96
8. Goncalo Nuno, Costa	90 Académica de Coimbra	5:02.61	559
50m: 30.69 30.69	150m: 1:48.03 41.26	250m: 3:10.22 42.66	350m: 4:27.85 33.92
100m: 1:06.77 36.08	200m: 2:27.56 39.53	300m: 3:53.93 43.71	400m: 5:02.61 34.76

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 13, Masc., 400m Estilos, Absolutos

Lugar	Ano	Tempo final	Pts
9. Miguel Machado, Lopes	92 Benedita	5:05.84	541
50m: 31.18 31.18	150m: 1:47.80 39.93	250m: 3:11.34 45.03	350m: 4:31.65 35.77
100m: 1:07.87 36.69	200m: 2:26.31 38.51	300m: 3:55.88 44.54	400m: 5:05.84 34.19
10. Rui Correia, Tinoco	92 Ginásio Figueirense	5:15.78	492
50m: 31.80 31.80	150m: 1:48.02 40.06	250m: 3:15.90 48.27	350m: 4:40.70 36.83
100m: 1:07.96 36.16	200m: 2:27.63 39.61	300m: 4:03.87 47.97	400m: 5:15.78 35.08
11. Joao Jose, Viegas	92 Sporting de Aveiro	5:18.37	480
50m: 32.54 32.54	150m: 1:54.77 41.18	250m: 3:19.24 44.86	350m: 4:42.48 36.78
100m: 1:13.59 41.05	200m: 2:34.38 39.61	300m: 4:05.70 46.46	400m: 5:18.37 35.89

Prova 14
3.7.09 - 17:20

Femin., 400m Estilos

Juvenis
Resultados

JUV FEM : 6:22.65

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ines Filipa, Borges	95 Alcobaça	5:23.77	599
50m: 34.19 34.19	150m: 1:54.45 40.88	250m: 3:21.66 47.21	350m: 4:47.59 38.25
100m: 1:13.57 39.38	200m: 2:34.45 40.00	300m: 4:09.34 47.68	400m: 5:23.77 36.18
2. Adriana Correia, Lopes	95 Náutico/Matobra	5:30.26	565
50m: 35.46 35.46	150m: 1:58.50 43.57	250m: 3:29.45 48.79	350m: 4:54.33 37.77
100m: 1:14.93 39.47	200m: 2:40.66 42.16	300m: 4:16.56 47.11	400m: 5:30.26 35.93
3. Ana Sofia, Costa	95 Alcobaça	5:31.48	559
50m: 35.30 35.30	150m: 1:58.67 43.74	250m: 3:29.09 48.51	350m: 4:54.47 37.83
100m: 1:14.93 39.63	200m: 2:40.58 41.91	300m: 4:16.64 47.55	400m: 5:31.48 37.01
4. Carolina Francisco, Gomes	95 Naval da Nazaré	5:32.13	555
50m: 35.10 35.10	150m: 1:57.42 43.15	250m: 3:27.65 47.95	350m: 4:55.46 38.97
100m: 1:14.27 39.17	200m: 2:39.70 42.28	300m: 4:16.49 48.84	400m: 5:32.13 36.67
5. Ana Catarina, Costa	95 Feirense	5:40.26	516
50m: 36.06 36.06	150m: 2:00.82 43.97	250m: 3:31.92 48.63	350m: 5:01.00 39.71
100m: 1:16.85 40.79	200m: 2:43.29 42.47	300m: 4:21.29 49.37	400m: 5:40.26 39.26
6. Mariana Rocha, Valente	95 Académica de Coimbra	5:40.82	514
50m: 35.80 35.80	150m: 2:03.47 45.02	250m: 3:34.34 47.90	350m: 5:03.95 39.38
100m: 1:18.45 42.65	200m: 2:46.44 42.97	300m: 4:24.57 50.23	400m: 5:40.82 36.87
7. Melanie Bronze, Santos	95 Alcobaça	5:43.02	504
50m: 35.72 35.72	150m: 2:01.99 45.33	250m: 3:36.17 50.53	350m: 5:06.15 38.62
100m: 1:16.66 40.94	200m: 2:45.64 43.65	300m: 4:27.53 51.36	400m: 5:43.02 36.87
8. Mariana Pedroso, Carvalho	95 Náutico/Matobra	5:47.71	484
50m: 33.95 33.95	150m: 2:01.18 46.83	250m: 3:37.58 50.97	350m: 5:08.62 39.92
100m: 1:14.35 40.40	200m: 2:46.61 45.43	300m: 4:28.70 51.12	400m: 5:47.71 39.09
9. Mariana Costa, Sebastiao	95 Ginásio Figueirense	5:49.13	478
50m: 38.04 38.04	150m: 2:05.53 41.66	250m: 3:38.26 51.38	350m: 5:10.58 41.26
100m: 1:23.87 45.83	200m: 2:46.88 41.35	300m: 4:29.32 51.06	400m: 5:49.13 38.55
10. Claudia Filipa, Silva	95 Miranda do Corvo	6:08.78	406
50m: 40.42 40.42	150m: 2:16.75 48.62	250m: 3:53.88 48.43	350m: 5:27.97 42.05
100m: 1:28.13 47.71	200m: 3:05.45 48.70	300m: 4:45.92 52.04	400m: 6:08.78 40.81
11. Ines Ricardo, Amaral	95 Naval da Nazaré	6:13.47	391
50m: 38.83 38.83	150m: 2:11.64 49.17	250m: 3:54.88 55.45	350m: 5:33.07 43.33
100m: 1:22.47 43.64	200m: 2:59.43 47.79	300m: 4:49.74 54.86	400m: 6:13.47 40.40
DNS Mariana Soraia, Amandio	95 Gafanha da Encarnação		

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 14, Femin., 400m Estilos

Prova 14
3.7.09 - 17:20

Femin., 400m Estilos

Absolutos
Resultados

ABS FEM : 5:58.49

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Mara Lisboa e, Silva		93	Bairro dos Anjos				5:22.11	609
	50m:	33.86 33.86	150m:	1:54.54	41.76	250m:	3:22.24 48.01	350m:	4:46.97 36.92
	100m:	1:12.78 38.92	200m:	2:34.23	39.69	300m:	4:10.05 47.81	400m:	5:22.11 35.14
2.	Gabriela Oliveira, Andrade		94	Náutico/Matobra				5:28.02	576
	50m:	36.28 36.28	150m:	2:06.57	45.21	250m:	3:31.19 43.04	350m:	4:53.27 37.71
	100m:	1:21.36 45.08	200m:	2:48.15	41.58	300m:	4:15.56 44.37	400m:	5:28.02 34.75
3.	Ana Rita, Oliveira		92	Pimpões/Cimai				5:29.08	571
	50m:	34.79 34.79	150m:	1:59.58	44.39	250m:	3:29.50 46.95	350m:	4:53.50 36.55
	100m:	1:15.19 40.40	200m:	2:42.55	42.97	300m:	4:16.95 47.45	400m:	5:29.08 35.58
4.	Ines Silva, Pinheiro		91	Gafanha da Encarnação				5:32.02	556
	50m:	35.12 35.12	150m:	2:01.23	45.03	250m:	3:30.30 45.20	350m:	4:54.79 38.25
	100m:	1:16.20 41.08	200m:	2:45.10	43.87	300m:	4:16.54 46.24	400m:	5:32.02 37.23
5.	Beatriz Rocha, Nunes		94	Ginásio Figueirense				5:36.15	536
	50m:	35.79 35.79	150m:	1:59.75	43.25	250m:	3:30.25 47.78	350m:	4:57.68 39.02
	100m:	1:16.50 40.71	200m:	2:42.47	42.72	300m:	4:18.66 48.41	400m:	5:36.15 38.47
6.	Mariana Maia e, Silva		94	Pimpões/Cimai				5:50.65	472
	50m:	37.15 37.15	150m:	2:05.39	45.29	250m:	3:41.27 51.23	350m:	5:12.11 40.04
	100m:	1:20.10 42.95	200m:	2:50.04	44.65	300m:	4:32.07 50.80	400m:	5:50.65 38.54
7.	Soraia Alexandra, Marques		94	Benedita				5:51.32	469
	50m:	36.40 36.40	150m:	2:04.85	46.73	250m:	3:39.01 49.20	350m:	5:11.08 42.10
	100m:	1:18.12 41.72	200m:	2:49.81	44.96	300m:	4:28.98 49.97	400m:	5:51.32 40.24
8.	Diana Filipa, Tomas TFO		94	Industrial Vieirense				6:00.40	435
	50m:	35.04 35.04	150m:	2:06.06	47.44	250m:	3:43.29 51.44	350m:	5:18.52 41.97
	100m:	1:18.62 43.58	200m:	2:51.85	45.79	300m:	4:36.55 53.26	400m:	6:00.40 41.88

Prova 15
3.7.09 - 17:35

Masc., 200m Livres

Juvenis B
Resultados

JUV B MASC : 2:26.97

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Andre Alexandre, Vicente		94	Naval da Nazaré				2:06.75	570
	50m:	29.11 29.11	100m:	1:01.52	32.41	150m:	1:34.42 32.90	200m:	2:06.75 32.33
2.	Gustavo Almeida, Madureira		94	Académica de Coimbra				2:09.17	538
	50m:	28.98 28.98	100m:	1:01.41	32.43	150m:	1:35.15 33.74	200m:	2:09.17 34.02
3.	Pedro Diogo, Taveira		94	Galitos				2:09.43	535
	50m:	29.41 29.41	100m:	1:02.17	32.76	150m:	1:36.17 34.00	200m:	2:09.43 33.26
4.	Miguel Polidoro, Alexandre		94	Bairro dos Anjos				2:11.03	516
	50m:	28.80 28.80	100m:	1:02.47	33.67	150m:	1:36.60 34.13	200m:	2:11.03 34.43
5.	Hugo Neves, Neto		94	Columbófila Cantanhedense				2:13.06	492
	50m:	30.81 30.81	100m:	1:04.94	34.13	150m:	1:39.21 34.27	200m:	2:13.06 33.85
6.	Andre Ribeiro de, Sousa		94	Bairro dos Anjos				2:13.29	490
	50m:	30.32 30.32	100m:	1:04.35	34.03	150m:	1:39.13 34.78	200m:	2:13.29 34.16
7.	Joao Filipe, Lucas		94	Académica de Coimbra				2:13.70	485
	50m:	30.33 30.33	100m:	1:03.84	33.51	150m:	1:39.71 35.87	200m:	2:13.70 33.99
8.	Joao Barbosa, Moreira		94	Náutico/Matobra				2:14.40	478
	50m:	30.76 30.76	100m:	1:05.14	34.38	150m:	1:41.23 36.09	200m:	2:14.40 33.17

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 15, Masc., 200m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
9.	Joao Petinga de, Almeida		94	Naval da Nazaré			2:14.44	477	
	50m: 30.58 30.58	100m: 1:04.63		34.05	150m: 1:39.90	35.27	200m: 2:14.44	34.54	
10.	David Jose, Fonseca		94	Columbófila Cantanhedense			2:14.57	476	
	50m: 31.54 31.54	100m: 1:05.38		33.84	150m: 1:39.80	34.42	200m: 2:14.57	34.77	
11.	Joao Manuel, Borges		94	Ginásio Figueirense			2:14.76	474	
	50m: 30.36 30.36	100m: 1:04.70		34.34	150m: 1:39.92	35.22	200m: 2:14.76	34.84	
12.	Francisco Leonardes, Alves		94	Académica de Coimbra			2:14.89	473	
	50m: 30.39 30.39	100m: 1:04.90		34.51	150m: 1:40.84	35.94	200m: 2:14.89	34.05	
13.	Andre Marques, Silva		94	Sporting de Aveiro			2:15.24	469	
	50m: 30.74 30.74	100m: 1:04.88		34.14	150m: 1:40.24	35.36	200m: 2:15.24	35.00	
14.	Edgar Neves, Tomas		94	Pimpões/Cimai			2:16.25	459	
	50m: 30.80 30.80	100m: 1:05.58		34.78	150m: 1:41.37	35.79	200m: 2:16.25	34.88	
15.	Andre Filipe, Monteiro		94	Galitos			2:16.68	454	
	50m: 31.28 31.28	100m: 1:05.89		34.61	150m: 1:41.52	35.63	200m: 2:16.68	35.16	
16.	Diogo Manuel, Domingues		94	Bairro dos Anjos			2:17.29	448	
	50m: 30.57 30.57	100m: 1:04.35		33.78	150m: 1:40.74	36.39	200m: 2:17.29	36.55	
17.	Goncalo Ferreira, Gameiro		94	Núcleo de Pombal			2:19.66	426	
	50m: 31.10 31.10	100m: 1:05.63		34.53	150m: 1:42.35	36.72	200m: 2:19.66	37.31	
18.	Tiago Botelho, Andrade		94	Feirense			2:19.73	425	
	50m: 30.76 30.76	100m: 1:04.79		34.03	150m: 1:42.99	38.20	200m: 2:19.73	36.74	
19.	Joao Manuel, Santos		94	Campinho			2:19.90	424	
	50m: 31.49 31.49	100m: 1:06.45		34.96	150m: 1:43.76	37.31	200m: 2:19.90	36.14	
20.	Tiago Andre, Silva		94	Columbófila Cantanhedense			2:20.76	416	
	50m: 33.12 33.12	100m: 1:08.93		35.81	150m: 1:45.83	36.90	200m: 2:20.76	34.93	
21.	Gino Santos, Caetano		94	Beira Mar			2:23.23	395	
	50m: 32.54 32.54	100m: 1:08.60		36.06	150m: 1:47.02	38.42	200m: 2:23.23	36.21	
22.	Pedro Daniel, Pinto		94	Miranda do Corvo			2:25.61	376	
	50m: 33.44 33.44	100m: 1:10.32		36.88	150m: 1:48.52	38.20	200m: 2:25.61	37.09	
23.	Filipe José, Baptista		94	Feirense			2:26.41	370	
	50m: 32.85 32.85	100m: 1:10.65		37.80	150m: 1:48.46	37.81	200m: 2:26.41	37.95	
24.	Henrique Manuel, Amaral TFO		94	Estarreja			2:27.45	362	
	50m: 31.48 31.48	100m: 1:08.36		36.88	150m: 1:48.10	39.74	200m: 2:27.45	39.35	
25.	Telmo Silva, Alves TFO		94	Núcleo de Pombal			2:28.56	354	
	50m: 33.37 33.37	100m: 1:10.88		37.51	150m: 1:49.59	38.71	200m: 2:28.56	38.97	

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Prova 15, Masc., 200m Livres

Prova 15
3.7.09 - 17:35

Masc., 200m Livres

Juvenis A
Resultados

JUV A MASC : 2:20.96

Pontos: FINA 2008

Lugar					Ano					Tempo final	Pts	
1.	Alexandre Galveias, Vale				93	Pimpões/Cimai				2:06.87	568	
	50m:	28.76	28.76	100m:	1:00.40	31.64	150m:	1:33.59	33.19	200m:	2:06.87	33.28
2.	Andre Filipe da, Graca				93	Alcobaça				2:07.17	564	
	50m:	29.55	29.55	100m:	1:00.95	31.40	150m:	1:33.95	33.00	200m:	2:07.17	33.22
3.	Andre Marques, Dinis				93	Columbófila Cantanhedense				2:08.69	544	
	50m:	30.04	30.04	100m:	1:02.01	31.97	150m:	1:35.61	33.60	200m:	2:08.69	33.08
4.	Emanuel Augusto, Pinho				93	Feirense				2:09.09	539	
	50m:	29.03	29.03	100m:	1:01.07	32.04	150m:	1:35.20	34.13	200m:	2:09.09	33.89
5.	Pedro Jorge, Santos				93	Sporting de Aveiro				2:09.29	537	
	50m:	29.24	29.24	100m:	1:02.07	32.83	150m:	1:36.22	34.15	200m:	2:09.29	33.07
6.	Sebastiao Amaro, Machado				93	Académico Viseu				2:09.63	533	
	50m:	29.76	29.76	100m:	1:02.47	32.71	150m:	1:36.59	34.12	200m:	2:09.63	33.04
7.	Andre Duarte, Vaz				93	Ginásio Figueirense				2:09.91	529	
	50m:	29.43	29.43	100m:	1:02.19	32.76	150m:	1:36.20	34.01	200m:	2:09.91	33.71
8.	Tiago Lopes, Ribeiro				93	Benedita				2:11.24	513	
	50m:	30.44	30.44	100m:	1:04.78	34.34	150m:	1:38.36	33.58	200m:	2:11.24	32.88
9.	Daciano Egidio, Sousa				93	Ginásio Figueirense				2:11.32	512	
	50m:	29.76	29.76	100m:	1:03.35	33.59	150m:	1:38.43	35.08	200m:	2:11.32	32.89
10.	Tiago Geraldês, Machado				93	Pimpões/Cimai				2:11.98	505	
	50m:	27.66	27.66	100m:	1:01.14	33.48	150m:	1:37.18	36.04	200m:	2:11.98	34.80
11.	Flavio Cardoso, Relva				93	Bairro dos Anjos				2:14.84	473	
	50m:	29.51	29.51	100m:	1:03.52	34.01	150m:	1:39.58	36.06	200m:	2:14.84	35.26
12.	Diogo Emanuel, Ferreira				93	Académica de Coimbra				2:15.59	465	
	50m:	30.87	30.87	100m:	1:04.21	33.34	150m:	1:39.89	35.68	200m:	2:15.59	35.70
13.	Gabriel Soares, Martins				93	Campinho				2:18.60	436	
	50m:	30.46	30.46	100m:	1:06.61	36.15	150m:	1:43.30	36.69	200m:	2:18.60	35.30
14.	Telmo Almeida, Santos				93	Feirense				2:20.93	414	
	50m:	30.16	30.16	100m:	1:05.44	35.28	150m:	1:43.35	37.91	200m:	2:20.93	37.58
15.	Romulo Manuel, Fernandes				93	Académica de Coimbra				2:22.79	398	
	<i>TFO</i>											
	50m:	31.52	31.52	100m:	1:08.39	36.87	150m:	1:46.69	38.30	200m:	2:22.79	36.10
16.	Diogo Antonio, Carvalho				93	Feirense				2:23.26	395	
	<i>TFO</i>											
	50m:	31.63	31.63	100m:	1:07.90	36.27	150m:	1:46.05	38.15	200m:	2:23.26	37.21
17.	Jose Emanuel, Rosmaninho				93	Desportivo Mealhada				2:27.44	362	
	<i>TFO</i>											
	50m:	33.18	33.18	100m:	1:11.46	38.28	150m:	1:49.80	38.34	200m:	2:27.44	37.64

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 15, Masc., 200m Livres

Prova 15 Masc., 200m Livres Absolutos
3.7.09 - 17:35 Resultados

ABS MASC : 2:15.12

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Bruno Gustavo, Nogueira	91	Fundação Beatriz Santos					1:57.92	707
	50m: 27.71 27.71	100m: 57.96	30.25	150m: 1:28.42	30.46	200m: 1:57.92	29.50		
2.	Jorge Miguel, Mendes	90	Náutico/Matobra					1:59.82	674
	50m: 28.09 28.09	100m: 58.10	30.01	150m: 1:28.91	30.81	200m: 1:59.82	30.91		
3.	Mario Alexandre, Pereira	92	Ginásio Figueirense					2:01.62	645
	50m: 28.08 28.08	100m: 58.86	30.78	150m: 1:30.89	32.03	200m: 2:01.62	30.73		
4.	Filipe Miguel, Meca	91	Pimpões/Cimai					2:04.43	602
	50m: 28.63 28.63	100m: 59.90	31.27	150m: 1:31.78	31.88	200m: 2:04.43	32.65		
5.	Andre Ricardo, Simoes	91	Galitos					2:04.87	596
	50m: 28.29 28.29	100m: 59.33	31.04	150m: 1:31.48	32.15	200m: 2:04.87	33.39		
6.	Manuel Andril, Cordeiro	92	Bairro dos Anjos					2:05.22	591
	50m: 28.63 28.63	100m: 59.40	30.77	150m: 1:31.84	32.44	200m: 2:05.22	33.38		
7.	Pedro Filipe, Santos	89	Académica de Coimbra					2:05.65	585
	50m: 29.67 29.67	100m: 1:01.46	31.79	150m: 1:34.00	32.54	200m: 2:05.65	31.65		
8.	Tiago Rafael, Lopes	92	Académica de Coimbra					2:05.81	582
	50m: 28.54 28.54	100m: 59.76	31.22	150m: 1:32.89	33.13	200m: 2:05.81	32.92		
9.	Goncalo Nuno, Costa	90	Académica de Coimbra					2:06.36	575
	50m: 29.56 29.56	100m: 1:01.78	32.22	150m: 1:34.16	32.38	200m: 2:06.36	32.20		
10.	Hugo Rafael, Ramalho	90	Académica de Coimbra					2:06.40	574
	50m: 29.23 29.23	100m: 1:00.85	31.62	150m: 1:33.88	33.03	200m: 2:06.40	32.52		
10.	Nelson Goncalves, Judas	91	Náutico/Matobra					2:06.40	574
	50m: 28.45 28.45	100m: 1:00.76	32.31	150m: 1:34.51	33.75	200m: 2:06.40	31.89		
12.	Andre Filipe, Pereira	91	Bairro dos Anjos					2:06.57	572
	50m: 29.05 29.05	100m: 1:00.59	31.54	150m: 1:33.19	32.60	200m: 2:06.57	33.38		
13.	Rui Costa, Ferreira	92	Galitos					2:07.09	565
	50m: 28.13 28.13	100m: 59.35	31.22	150m: 1:32.87	33.52	200m: 2:07.09	34.22		
14.	Francisco Vala, Pires	92	Bairro dos Anjos					2:07.16	564
	50m: 29.52 29.52	100m: 1:01.60	32.08	150m: 1:34.58	32.98	200m: 2:07.16	32.58		
15.	Francisco Maldonado, Freitas	91	Pimpões/Cimai					2:08.72	544
	50m: 29.59 29.59	100m: 1:01.60	32.01	150m: 1:35.72	34.12	200m: 2:08.72	33.00		
16.	Antonio Melo, Faria	92	Académico Viseu					2:09.01	540
	50m: 29.21 29.21	100m: 1:02.50	33.29	150m: 1:36.50	34.00	200m: 2:09.01	32.51		
17.	Nuno Filipe, Pina	91	Benedita					2:09.07	539
	50m: 28.93 28.93	100m: 1:01.12	32.19	150m: 1:35.29	34.17	200m: 2:09.07	33.78		
18.	Rui Correia, Tinoco	92	Ginásio Figueirense					2:09.12	539
	50m: 30.29 30.29	100m: 1:03.08	32.79	150m: 1:36.41	33.33	200m: 2:09.12	32.71		
19.	Tiago Filipe, Pereira	91	Bairro dos Anjos					2:09.36	536
	50m: 29.31 29.31	100m: 1:02.05	32.74	150m: 1:35.19	33.14	200m: 2:09.36	34.17		
20.	Jose Pedro, Martins	92	Académico Viseu					2:09.39	535
	50m: 30.06 30.06	100m: 1:02.82	32.76	150m: 1:36.96	34.14	200m: 2:09.39	32.43		
21.	Miguel Machado, Lopes	92	Benedita					2:09.49	534
	50m: 29.60 29.60	100m: 1:01.81	32.21	150m: 1:36.18	34.37	200m: 2:09.49	33.31		
22.	Ivo Monico de, Almeida	91	Bairro dos Anjos					2:10.05	527
	50m: 30.36 30.36	100m: 1:03.51	33.15	150m: 1:37.44	33.93	200m: 2:10.05	32.61		

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 15, Masc., 200m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
23. Guilherme Joao, Patriarca 50m: 29.96 29.96 100m: 1:03.55 33.59 150m: 1:38.09 34.54 200m: 2:12.33 34.24	92 Académica de Coimbra	2:12.33	501
24. Mario Jorge, Silva 50m: 28.71 28.71 100m: 1:01.91 33.20 150m: 1:37.14 35.23 200m: 2:12.92 35.78	91 Ginásio Figueirense	2:12.92	494
25. Henrique Mata, Carvalho 50m: 31.38 31.38 100m: 1:04.92 33.54 150m: 1:40.19 35.27 200m: 2:14.01 33.82	92 Bombeiros das Caldas Rainha	2:14.01	482
26. Andre Rocha, Valente <i>TFO</i> 50m: 30.23 30.23 100m: 1:04.45 34.22 150m: 1:40.11 35.66 200m: 2:16.00 35.89	92 Académica de Coimbra	2:16.00	461
27. Bruno Filipe, Azevedo <i>TFO</i> 50m: 30.50 30.50 100m: 1:04.82 34.32 150m: 1:42.26 37.44 200m: 2:16.57 34.31	92 Núcleo de Pombal	2:16.57	455
28. Diogo Costa, Fontes <i>TFO</i> 50m: 32.19 32.19 100m: 1:07.24 35.05 150m: 1:41.90 34.66 200m: 2:17.12 35.22	92 Académica de Coimbra	2:17.12	450
29. Hugo Emanuel, Leite <i>TFO</i> 50m: 30.24 30.24 100m: 1:05.04 34.80 150m: 1:42.10 37.06 200m: 2:17.15 35.05	88 Feirense	2:17.15	450
30. Luis Daniel, Moreira <i>TFO</i> 50m: 30.72 30.72 100m: 1:05.33 34.61 150m: 1:41.30 35.97 200m: 2:18.25 36.95	92 Sporting de Espinho	2:18.25	439

Prova 16
3.7.09 - 18:00

Femin., 200m Livres

Juvenis
Resultados

JUV FEM : 2:42.74

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha, Martins 50m: 32.57 32.57 100m: 1:07.62 35.05 150m: 1:43.35 35.73 200m: 2:17.57 34.22	95 Náutico/Matobra	2:17.57	595
2. Joana Ines, Oliveira 50m: 32.68 32.68 100m: 1:08.86 36.18 150m: 1:45.20 36.34 200m: 2:20.87 35.67	95 Académica de Coimbra	2:20.87	554
3. Rita Amado, Laezza 50m: 32.82 32.82 100m: 1:09.17 36.35 150m: 1:46.98 37.81 200m: 2:23.12 36.14	95 Académica de Coimbra	2:23.12	529
4. Ana Rita, Jesus 50m: 33.50 33.50 100m: 1:09.81 36.31 150m: 1:46.94 37.13 200m: 2:23.34 36.40	95 Desportivo Mealhada	2:23.34	526
5. Patricia Santos, Dinis 50m: 32.72 32.72 100m: 1:08.63 35.91 150m: 1:47.16 38.53 200m: 2:23.55 36.39	95 Bombeiros das Caldas Rainha	2:23.55	524
6. Mariana Sousa, Martins 100m: 1:08.87 1:08.87 200m: 2:24.26 1:15.39	95 Feirense	2:24.26	516
7. Melanie Bronze, Santos 50m: 33.53 33.53 100m: 1:10.22 36.69 150m: 1:47.96 37.74 200m: 2:24.48 36.52	95 Alcobaça	2:24.48	514
8. Ana Claudia, Cordeiro 50m: 33.05 33.05 100m: 1:09.55 36.50 150m: 1:47.42 37.87 200m: 2:25.68 38.26	95 Académica de Coimbra	2:25.68	501
9. Raquel Raimundo, Ferreira 50m: 33.78 33.78 100m: 1:11.20 37.42 150m: 1:49.78 38.58 200m: 2:27.05 37.27	95 Náutico/Matobra	2:27.05	487
10. Sofia Verissimo, Pedrosa 50m: 33.44 33.44 100m: 1:11.24 37.80 150m: 1:49.79 38.55 200m: 2:28.04 38.25	95 Freguesia de Paião	2:28.04	478
11. Joana Margarida, Guimaraes 50m: 34.35 34.35 100m: 1:12.14 37.79 150m: 1:50.59 38.45 200m: 2:28.46 37.87	95 Pimpões/Cimai	2:28.46	474

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 16, Femin., 200m Livres, Juvenis

Lugar	Ano	Tempo final	Pts
12. Catarina Alexandra, Ferreira 50m: 33.32 33.32 100m: 1:11.16 37.84 150m: 1:51.24 40.08 200m: 2:30.28 39.04	95 Nautico/Matobra	2:30.28	457
13. Cristiana Andreia, Lima 50m: 33.87 33.87 100m: 1:12.49 38.62 150m: 1:53.76 41.27 200m: 2:30.90 37.14	95 Núcleo de Pombal	2:30.90	451
14. Maria Joao, Oliveira 50m: 33.45 33.45 100m: 1:12.34 38.89 150m: 1:53.31 40.97 200m: 2:32.69 39.38	95 Sporting de Espinho	2:32.69	435
15. Rita Daniela, Armindo 50m: 34.67 34.67 100m: 1:13.70 39.03 150m: 1:53.70 40.00 200m: 2:33.38 39.68	95 Industrial Viegense	2:33.38	430
16. Ana Raquel, Albuquerque 50m: 34.72 34.72 100m: 1:13.30 38.58 150m: 1:52.99 39.69 200m: 2:33.39 40.40	95 Sporting de Aveiro	2:33.39	429
17. Ana Francisca, Silva 50m: 33.67 33.67 100m: 1:12.44 38.77 150m: 1:54.28 41.84 200m: 2:34.83 40.55	95 Académico Viseu	2:34.83	418
18. Catarina Ferreira, Dionisio 50m: 35.20 35.20 100m: 1:14.20 39.00 150m: 1:55.05 40.85 200m: 2:36.03 40.98	95 Bairro dos Anjos	2:36.03	408
19. Sara Filipa, Anjos 50m: 35.29 35.29 100m: 1:15.63 40.34 150m: 1:57.43 41.80 200m: 2:40.06 42.63	95 Galitos	2:40.06	378
20. Daniela Marques, Genio 50m: 34.86 34.86 100m: 1:14.67 39.81 150m: 1:57.39 42.72 200m: 2:40.26 42.87	95 Campinho	2:40.26	377
21. Joana Carolina, Alves <i>TFO</i> 50m: 38.65 38.65 100m: 1:20.83 42.18 150m: 2:04.31 43.48 200m: 2:45.97 41.66	95 Ginásio Figueirense	2:45.97	339

Prova 16

3.7.09 - 18:00

Femin., 200m Livres

Absolutos
Resultados

ABS FEM : 2:30.48

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Margarida, Domingos 50m: 31.66 31.66 100m: 1:06.32 34.66 150m: 1:40.62 34.30 200m: 2:13.16 32.54	93 Académico Viseu	2:13.16	656
2. Sara Francisco, Cruz 50m: 31.62 31.62 100m: 1:06.22 34.60 150m: 1:40.42 34.20 200m: 2:14.36 33.94	93 Bairro dos Anjos	2:14.36	639
3. Maria Ines, Ribeiro 50m: 31.46 31.46 100m: 1:06.01 34.55 150m: 1:41.08 35.07 200m: 2:14.80 33.72	92 Nautico/Matobra	2:14.80	633
4. Adriana Filipa, Lisboa 50m: 31.00 31.00 100m: 1:05.21 34.21 150m: 1:40.66 35.45 200m: 2:15.89 35.23	92 Bairro dos Anjos	2:15.89	618
5. Ana Pinho, Rodrigues 50m: 31.24 31.24 100m: 1:06.73 35.49 150m: 1:42.23 35.50 200m: 2:16.48 34.25	94 Estamos Juntos	2:16.48	610
6. Mariana Mota, Dias 50m: 31.40 31.40 100m: 1:06.10 34.70 150m: 1:41.50 35.40 200m: 2:16.97 35.47	92 Bairro dos Anjos	2:16.97	603
7. Tania Martins, Garcia 100m: 1:06.42 1:06.42 150m: 1:41.62 35.20 200m: 2:17.24 35.62	92 Ginásio Figueirense	2:17.24	600
8. Ana Barbara, Pereira 50m: 31.96 31.96 100m: 1:06.97 35.01 150m: 1:42.50 35.53 200m: 2:17.30 34.80	92 Galitos	2:17.30	599
9. Filipa Ramos, Ribeiro 50m: 32.19 32.19 100m: 1:06.84 34.65 150m: 1:42.92 36.08 200m: 2:18.35 35.43	93 Fundação Beatriz Santos	2:18.35	585
10. Ines Sofia, Sampaio 50m: 32.20 32.20 100m: 1:06.99 34.79 150m: 1:43.14 36.15 200m: 2:18.75 35.61	94 Académico Viseu	2:18.75	580
11. Matilde Goncalves, Gracio 50m: 32.20 32.20 100m: 1:07.07 34.87 150m: 1:43.06 35.99 200m: 2:20.89 37.83	91 Galitos	2:20.89	554

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 16, Femin., 200m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
12. Ines Barbosa, Moreira 50m: 33.16 33.16 100m: 1:09.11 35.95 150m: 1:46.71 37.60 200m: 2:22.72 36.01	92 Nautico/Matobra	2:22.72	533
13. Cristina Paris, Santos 50m: 34.09 34.09 100m: 1:11.06 36.97 150m: 1:47.80 36.74 200m: 2:23.64 35.84	94 Pimpões/Cimai	2:23.64	523
14. Joana Margarida, Gaspar 50m: 32.59 32.59 100m: 1:09.18 36.59 150m: 1:46.88 37.70 200m: 2:23.82 36.94	92 Nautico da Marinha Grande	2:23.82	521
15. Telma Alexandra, Grilo 50m: 32.70 32.70 100m: 1:09.07 36.37 150m: 1:47.13 38.06 200m: 2:23.85 36.72	92 Pimpões/Cimai	2:23.85	521
16. Raquel Bartolo, Vitor 50m: 33.78 33.78 100m: 1:10.32 36.54 150m: 1:47.79 37.47 200m: 2:24.23 36.44	93 Académica de Coimbra	2:24.23	517
17. Ines Sa, Rodrigues 50m: 33.52 33.52 100m: 1:10.27 36.75 150m: 1:48.34 38.07 200m: 2:24.61 36.27	93 Estarreja	2:24.61	513
18. Joana Ferreira, Coroado 50m: 33.26 33.26 100m: 1:09.64 36.38 150m: 1:47.12 37.48 200m: 2:24.94 37.82	92 Académica de Coimbra	2:24.94	509
19. Denise Arrojado, Silva 100m: 1:09.66 1:09.66 200m: 2:25.73 1:16.07	92 Estarreja	2:25.73	501
20. Tatiana Cruz, Costa 50m: 34.34 34.34 100m: 1:11.49 37.15 150m: 1:49.85 38.36 200m: 2:26.27 36.42	94 Miranda do Corvo	2:26.27	495
21. Ana Filipa, Leite 50m: 34.13 34.13 100m: 1:10.89 36.76 150m: 1:49.50 38.61 200m: 2:27.07 37.57	86 Académica de Coimbra	2:27.07	487
22. Bruna Miguel, Pereira 50m: 34.29 34.29 100m: 1:11.45 37.16 150m: 1:49.97 38.52 200m: 2:27.12 37.15	94 Académica de Coimbra	2:27.12	487
23. Vanessa Rodrigues, Valente 50m: 33.94 33.94 100m: 1:11.38 37.44 150m: 1:50.35 38.97 200m: 2:28.33 37.98	94 Estarreja	2:28.33	475
24. Sofia Roque, Dias 50m: 33.83 33.83 100m: 1:11.21 37.38 150m: 1:50.53 39.32 200m: 2:28.67 38.14	94 Académica de Coimbra	2:28.67	472
25. Rita Marques, Sousa 100m: 1:12.70 1:12.70 200m: 2:29.48 1:16.78	94 Fundação Beatriz Santos	2:29.48	464
26. Joana Lopes, Silvestre 50m: 34.19 34.19 100m: 1:11.82 37.63 150m: 1:50.91 39.09 200m: 2:30.32 39.41	94 Nautico/Matobra	2:30.32	456
27. Margarida Ferreira, Duarte TFO 50m: 33.56 33.56 100m: 1:12.79 39.23 150m: 1:53.59 40.80 200m: 2:31.62 38.03	94 Académico Viseu	2:31.62	445
28. Stacy da Silva, Duarte TFO 50m: 35.33 35.33 100m: 1:13.58 38.25 150m: 1:53.08 39.50 200m: 2:31.98 38.90	94 Bairro dos Anjos	2:31.98	442
29. Adriana Fialho, Passarinho TFO 50m: 35.65 35.65 100m: 1:14.74 39.09 150m: 1:54.96 40.22 200m: 2:33.62 38.66	93 Benedita	2:33.62	428
30. Mariana Maia e, Silva TFO 50m: 36.34 36.34 100m: 1:16.31 39.97 150m: 1:56.60 40.29 200m: 2:37.21 40.61	94 Pimpões/Cimai	2:37.21	399
31. Ana Carlos, Ferreira TFO 50m: 36.20 36.20 100m: 1:16.92 40.72 150m: 2:00.01 43.09 200m: 2:41.37 41.36	93 Freguesia de Paião	2:41.37	369
DNS Ana Margarida, Almeida	94 Galitos		
DNS Ana Rita, Silveira	94 Beira Mar		

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 17 Masc., 50m Bruços Absolutos
3.7.09 - 18:30 Resultados

ABS MASC 17 +: 35.28

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	86	Bairro dos Anjos	31.41	665
2.	92	Galitos	32.01	629
3.	90	Náutico/Matobra	32.36	608
4.	85	Campinho	32.46	603
5.	92	Columbófila Cantanhedense	32.55	598
6.	92	Náutico da Marinha Grande	32.68	591
7.	91	Académica de Coimbra	32.74	587
8.	88	Bairro dos Anjos	33.43	552
9.	90	Náutico/Matobra	33.55	546
9.	85	Náutico/Matobra	33.55	546
11.	92	Académico Viseu	33.86	531
12.	91	Bairro dos Anjos	34.04	523
13.	92	Bairro dos Anjos	34.09	520
14.	90	Náutico/Matobra	34.16	517
15.	92	Bairro dos Anjos	34.80	489
16.	90	Académica de Coimbra	35.23	471
17.	91	Bairro dos Anjos	35.65	455
		<i>TFO</i>		
18.	90	Feirense	35.66	455
		<i>TFO</i>		
19.	93	Freguesia de Paião	35.95	444
20.	90	Náutico/Matobra	35.96	443
		<i>TFO</i>		
21.	89	Salesiano de Arouca	36.36	429
		<i>TFO</i>		
22.	92	Freguesia de Paião	36.41	427
		<i>TFO</i>		
23.	90	Feirense	36.42	427
		<i>TFO</i>		
24.	92	Académica de Coimbra	36.72	416
		<i>TFO</i>		
25.	92	Académica de Coimbra	38.03	375
		<i>TFO</i>		
26.	94	Miranda do Corvo	40.10	320

Prova 18 Femin., 50m Bruços Absolutos
3.7.09 - 18:35 Resultados

ABS FEM 15 +: 39.98

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	91	Alcobaça	35.59	639
2.	94	Náutico/Matobra	36.00	618
3.	92	Náutico/Matobra	36.95	571
4.	93	Académico Viseu	37.20	560
5.	92	Bairro dos Anjos	37.38	552
6.	92	Galitos	37.44	549
7.	91	Gafanha da Encarnação	37.65	540
8.	93	Académica de Coimbra	37.85	532
9.	91	Académica de Coimbra	37.99	526
10.	94	Náutico da Marinha Grande	38.29	513

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 18, Femin., 50m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
11. Ana Lucia, Castro	92 Estarreja	38.76	495
12. Cintia Cruz, Chuva	94 Freguesia de Paião	39.50	468
13. Ines Ataide, Dias	94 Sporting de Espinho	39.51	467
14. Vanessa Rodrigues, Valente TFO	94 Estarreja	40.06	448
15. Maria Joao, Naia TFO	91 Estarreja	41.90	392
16. Ana Leonor, Carvalho TFO	92 Sporting de Espinho	45.43	307

Prova 19
3.7.09 - 18:40

Masc., 200m Costas

Juvenis B
Resultados

JUV B MASC : 2:41.88

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Nuno, Pires 50m: 35.19 35.19 100m: 1:12.30	94 Náutico/Matobra	2:26.77	485
2. Diogo Cunha, Girao 50m: 35.39 35.39 100m: 1:12.43	94 Columbófila Cantanhedense	2:28.01	472
3. Marcelo Santos, Saldanha 50m: 34.68 34.68 100m: 1:13.29	94 Bombeiros das Caldas Rainha	2:28.68	466
4. Antero Simao, Martins 50m: 34.83 34.83 100m: 1:13.04	94 Náutico da Marinha Grande	2:29.11	462
5. Filipe Rainho, Balseiro 50m: 34.49 34.49 100m: 1:11.90	94 Galitos	2:30.46	450
6. Fabio Filipe, Lopes 50m: 37.16 37.16 100m: 1:17.12	94 Náutico/Matobra	2:38.87	382
7. Diogo Filipe, Catelas 50m: 34.81 34.81 100m: 1:14.21	94 Feirense	2:39.80	375
8. Fabio Ribeiro, Noronha 50m: 38.08 38.08 100m: 1:18.58	94 Bombeiros das Caldas Rainha	2:40.25	372
9. Gino Santos, Caetano 50m: 38.00 38.00 100m: 1:17.84	94 Beira Mar	2:40.32	372
10. Edgar Neves, Tomas 50m: 37.44 37.44 100m: 1:18.73	94 Pimpões/Cimai	2:41.10	366
11. Miguel Marques, Ramos TFO 50m: 38.49 38.49 100m: 1:20.57	94 Pimpões/Cimai	2:44.49	344

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 19, Masc., 200m Costas

Prova 19 Masc., 200m Costas Juvenis A
3.7.09 - 18:40 Resultados

JUV A MASC : 2:35.26

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Diogo Fontes, Moreira 50m: 32.37 32.37	93 Estamos Juntos	2:16.82	598
100m: 1:06.41 34.04 150m: 1:41.95 35.54		200m: 2:16.82 34.87	
2. Diogo Maia e, Silva 50m: 33.14 33.14	93 Pimpões/Cimai	2:19.27	567
100m: 1:09.15 36.01 150m: 1:44.55 35.40		200m: 2:19.27 34.72	
2. Filipe Franco, Norte 50m: 32.71 32.71	93 Náutico da Marinha Grande	2:19.27	567
100m: 1:07.55 34.84 150m: 1:44.01 36.46		200m: 2:19.27 35.26	
4. Joao Miguel, Figueiredo 50m: 31.93 31.93	93 Campinho	2:21.65	539
100m: 1:08.15 36.22 150m: 1:44.95 36.80		200m: 2:21.65 36.70	
5. Alexandre Galveias, Vale 50m: 35.49 35.49	93 Pimpões/Cimai	2:29.54	458
100m: 1:13.59 38.10 150m: 1:52.27 38.68		200m: 2:29.54 37.27	
6. Nuno Correia, Tinoco 50m: 34.82 34.82	93 Ginásio Figueirense	2:30.27	451
100m: 1:12.77 37.95 150m: 1:51.56 38.79		200m: 2:30.27 38.71	
7. Daciano Egidio, Sousa 50m: 34.69 34.69	93 Ginásio Figueirense	2:33.08	427
100m: 1:13.20 38.51 150m: 1:52.97 39.77		200m: 2:33.08 40.11	
8. Andre Filipe da, Graca 50m: 35.48 35.48	93 Alcobaça	2:33.63	423
100m: 1:14.37 38.89 150m: 1:53.65 39.28		200m: 2:33.63 39.98	
9. Nelson Fernandes, Silva TFO 50m: 36.31 36.31	93 Freguesia de Paião	2:37.18	395
100m: 1:16.73 40.42 150m: 1:57.76 41.03		200m: 2:37.18 39.42	
10. Luis Guilherme, Correia TFO 50m: 38.04 38.04	93 Núcleo de Pombal	2:42.15	359
100m: 1:18.91 40.87 150m: 2:01.90 42.99		200m: 2:42.15 40.25	
11. Flavio Cardoso, Relva TFO 50m: 36.65 36.65	93 Bairro dos Anjos	2:42.38	358
100m: 1:17.94 41.29 150m: 2:01.19 43.25		200m: 2:42.38 41.19	
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		

Prova 19 Masc., 200m Costas Absolutos
3.7.09 - 18:40 Resultados

JUV A MASC 16: 2:35.26 / JUV B MASC 15: 2:41.88 / ABS MASC 17 +: 2:27.89

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel, Conde 50m: 31.95 31.95	90 Náutico/Matobra	2:13.17	649
100m: 1:06.17 34.22 150m: 1:40.44 34.27		200m: 2:13.17 32.73	
2. Bruno Miguel, Amaral 50m: 31.12 31.12	89 Náutico/Matobra	2:13.63	642
100m: 1:04.48 33.36 150m: 1:39.30 34.82		200m: 2:13.63 34.33	
3. Diogo Fontes, Moreira 50m: 32.37 32.37	93 Estamos Juntos	2:16.82	598
100m: 1:06.41 34.04 150m: 1:41.95 35.54		200m: 2:16.82 34.87	
4. Filipe Franco, Norte 50m: 32.71 32.71	93 Náutico da Marinha Grande	2:19.27	567
100m: 1:07.55 34.84 150m: 1:44.01 36.46		200m: 2:19.27 35.26	
4. Diogo Maia e, Silva 50m: 33.14 33.14	93 Pimpões/Cimai	2:19.27	567
100m: 1:09.15 36.01 150m: 1:44.55 35.40		200m: 2:19.27 34.72	
6. Cesar Fernando, Faria 50m: 34.28 34.28	90 Bairro dos Anjos	2:19.70	562
100m: 1:10.72 36.44 150m: 1:46.03 35.31		200m: 2:19.70 33.67	
7. Jorge Miguel, Mendes 50m: 33.08 33.08	90 Náutico/Matobra	2:20.97	547
100m: 1:08.81 35.73 150m: 1:45.15 36.34		200m: 2:20.97 35.82	

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Prova 19, Masc., 200m Costas, Absolutos

Lugar			Ano					Tempo final	Pts
8.	Joao Jose, Viegas		92	Sporting de Aveiro				2:21.42	542
	50m:	32.92 32.92	100m:	1:08.86	35.94	150m:	1:45.99 37.13	200m:	2:21.42 35.43
9.	Joao Miguel, Figueiredo		93	Campinho				2:21.65	539
	50m:	31.93 31.93	100m:	1:08.15	36.22	150m:	1:44.95 36.80	200m:	2:21.65 36.70
10.	Andre Filipe, Lopes		92	Académica de Coimbra				2:22.83	526
	50m:	33.39 33.39	100m:	1:09.17	35.78	150m:	1:46.64 37.47	200m:	2:22.83 36.19
11.	Diogo Miguel, Paulino		90	Bombeiros das Caldas Raíña				2:22.85	526
	50m:	32.85 32.85	100m:	1:09.42	36.57	150m:	1:46.86 37.44	200m:	2:22.85 35.99
12.	Andre Ricardo, Simoes		91	Galitos				2:24.55	507
	50m:	33.10 33.10	100m:	1:10.44	37.34	150m:	1:46.90 36.46	200m:	2:24.55 37.65
13.	Mario Jorge, Silva		91	Ginásio Figueirense				2:24.85	504
	50m:	33.74 33.74	100m:	1:10.84	37.10	150m:	1:48.62 37.78	200m:	2:24.85 36.23
14.	Joao Paulo, Ribeiro		92	Bairro dos Anjos				2:25.44	498
	50m:	34.35 34.35	100m:	1:11.32	36.97	150m:	1:49.32 38.00	200m:	2:25.44 36.12
15.	Joao Nuno, Pires		94	Náutico/Matobra				2:26.77	485
	50m:	35.19 35.19	100m:	1:12.30	37.11	150m:	1:50.31 38.01	200m:	2:26.77 36.46
16.	Mario Alexandre, Pereira		92	Ginásio Figueirense				2:27.07	482
	50m:	34.24 34.24	100m:	1:11.49	37.25	150m:	1:49.45 37.96	200m:	2:27.07 37.62
17.	Miguel Machado, Lopes		92	Benedita				2:27.35	479
	50m:	33.34 33.34	100m:	1:10.23	36.89	150m:	1:49.56 39.33	200m:	2:27.35 37.79
18.	Francisco Maldonado, Freitas		91	Pimpões/Cimai				2:27.52	477
	50m:	34.75 34.75	100m:	1:12.15	37.40	150m:	1:50.30 38.15	200m:	2:27.52 37.22
19.	Diogo Cunha, Girao		94	Columbófila Cantanhedense				2:28.01	472
	50m:	35.39 35.39	100m:	1:12.43	37.04	150m:	1:51.57 39.14	200m:	2:28.01 36.44
20.	Marcelo Santos, Saldanha		94	Bombeiros das Caldas Raíña				2:28.68	466
	50m:	34.68 34.68	100m:	1:13.29	38.61	150m:	1:51.30 38.01	200m:	2:28.68 37.38
21.	Bruno Filipe, Azevedo		92	Núcleo de Pombal				2:28.96	464
	<i>TFO</i>								
	50m:	35.30 35.30	100m:	1:13.33	38.03	150m:	1:53.02 39.69	200m:	2:28.96 35.94
22.	Guilherme Joao, Patriarca		92	Académica de Coimbra				2:29.04	463
	<i>TFO</i>								
	50m:	34.53 34.53	100m:	1:12.35	37.82	150m:	1:51.19 38.84	200m:	2:29.04 37.85
23.	Antero Simao, Martins		94	Náutico da Marinha Grande				2:29.11	462
	50m:	34.83 34.83	100m:	1:13.04	38.21	150m:	1:51.17 38.13	200m:	2:29.11 37.94
24.	Alexandre Galveias, Vale		93	Pimpões/Cimai				2:29.54	458
	50m:	35.49 35.49	100m:	1:13.59	38.10	150m:	1:52.27 38.68	200m:	2:29.54 37.27
25.	Nuno Correia, Tinoco		93	Ginásio Figueirense				2:30.27	451
	50m:	34.82 34.82	100m:	1:12.77	37.95	150m:	1:51.56 38.79	200m:	2:30.27 38.71
26.	Filipe Rainho, Balseiro		94	Galitos				2:30.46	450
	50m:	34.49 34.49	100m:	1:11.90	37.41	150m:	1:51.51 39.61	200m:	2:30.46 38.95
27.	Manuel Andril, Cordeiro		92	Bairro dos Anjos				2:32.66	431
	<i>TFO</i>								
	50m:	34.98 34.98	100m:	1:12.73	37.75	150m:	1:53.26 40.53	200m:	2:32.66 39.40
28.	Daciano Egidio, Sousa		93	Ginásio Figueirense				2:33.08	427
	50m:	34.69 34.69	100m:	1:13.20	38.51	150m:	1:52.97 39.77	200m:	2:33.08 40.11
29.	Andre Filipe da, Graca		93	Alcoçaba				2:33.63	423
	50m:	35.48 35.48	100m:	1:14.37	38.89	150m:	1:53.65 39.28	200m:	2:33.63 39.98

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Prova 19, Masc., 200m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
30. Jose Pedro, Martins <i>TFO</i>	92 Académico Viseu	2:35.51	407
50m: 35.41 35.41 100m: 1:15.01 39.60 150m: 1:55.49 40.48 200m: 2:35.51 40.02			
31. Nelson Fernandes, Silva <i>TFO</i>	93 Freguesia de Paião	2:37.18	395
50m: 36.31 36.31 100m: 1:16.73 40.42 150m: 1:57.76 41.03 200m: 2:37.18 39.42			
32. Fabio Filipe, Lopes	94 Náutico/Matobra	2:38.87	382
50m: 37.16 37.16 100m: 1:17.12 39.96 150m: 1:58.45 41.33 200m: 2:38.87 40.42			
33. Diogo Filipe, Catelas	94 Feirense	2:39.80	375
50m: 34.81 34.81 100m: 1:14.21 39.40 150m: 1:57.84 43.63 200m: 2:39.80 41.96			
34. Fabio Ribeiro, Noronha	94 Bombeiros das Caldas Rainha	2:40.25	372
50m: 38.08 38.08 100m: 1:18.58 40.50 150m: 1:59.99 41.41 200m: 2:40.25 40.26			
35. Gino Santos, Caetano	94 Beira Mar	2:40.32	372
50m: 38.00 38.00 100m: 1:17.84 39.84 150m: 2:00.55 42.71 200m: 2:40.32 39.77			
36. Edgar Neves, Tomas	94 Pimpões/Cimai	2:41.10	366
50m: 37.44 37.44 100m: 1:18.73 41.29 150m: 2:01.22 42.49 200m: 2:41.10 39.88			
37. Luis Guilherme, Correia <i>TFO</i>	93 Núcleo de Pombal	2:42.15	359
50m: 38.04 38.04 100m: 1:18.91 40.87 150m: 2:01.90 42.99 200m: 2:42.15 40.25			
38. Flavio Cardoso, Relva <i>TFO</i>	93 Bairro dos Anjos	2:42.38	358
50m: 36.65 36.65 100m: 1:17.94 41.29 150m: 2:01.19 43.25 200m: 2:42.38 41.19			
39. Miguel Marques, Ramos <i>TFO</i>	94 Pimpões/Cimai	2:44.49	344
50m: 38.49 38.49 100m: 1:20.57 42.08 150m: 2:03.20 42.63 200m: 2:44.49 41.29			
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		

Prova 20

Femin., 200m Costas

Juvenis

3.7.09 - 18:50

Resultados

JUV FEM : 2:58.13

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Adriana Correia, Lopes	95 Náutico/Matobra	2:35.72	542
50m: 38.05 38.05 100m: 1:17.52 39.47 150m: 1:57.30 39.78 200m: 2:35.72 38.42			
2. Joana Margarida, Guimaraes	95 Pimpões/Cimai	2:36.85	530
50m: 36.56 36.56 100m: 1:15.88 39.32 150m: 1:56.94 41.06 200m: 2:36.85 39.91			
3. Catia Andreia, Clara	95 Náutico da Marinha Grande	2:38.51	514
50m: 37.97 37.97 100m: 1:17.66 39.69 150m: 1:59.05 41.39 200m: 2:38.51 39.46			
4. Ines Filipa, Borges	95 Alcobaça	2:38.62	513
50m: 37.20 37.20 100m: 1:18.41 41.21 150m: 1:59.19 40.78 200m: 2:38.62 39.43			
5. Mariana Costa, Sebastiao	95 Ginásio Figueirense	2:40.28	497
50m: 37.52 37.52 100m: 1:17.80 40.28 150m: 1:59.45 41.65 200m: 2:40.28 40.83			
6. Patricia Santos, Dinis	95 Bombeiros das Caldas Rainha	2:42.84	474
50m: 37.65 37.65 100m: 1:18.57 40.92 150m: 2:01.30 42.73 200m: 2:42.84 41.54			
7. Ana Sofia, Costa	95 Alcobaça	2:43.71	466
50m: 38.67 38.67 100m: 1:19.81 41.14 150m: 2:02.06 42.25 200m: 2:43.71 41.65			
8. Ana Luisa, Ramos	95 Gafanha da Encarnação	2:44.52	459
50m: 38.22 38.22 100m: 1:20.19 41.97 150m: 2:02.99 42.80 200m: 2:44.52 41.53			

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Prova 20, Femin., 200m Costas, Juvenis

Lugar	Ano	Tempo final	Pts
9. Patricia Silva, Marques 50m: 37.87 37.87 100m: 1:20.78 42.91 150m: 2:06.12 45.34 200m: 2:51.40 45.28	95 Feirense	2:51.40	406
10. Catarina Rita, Andrade 50m: 40.33 40.33 100m: 1:24.97 44.64 150m: 2:11.77 46.80 200m: 2:54.57 42.80	95 Feirense	2:54.57	385
11. Ana Rita, Ribau 50m: 41.42 41.42 100m: 1:26.02 44.60 150m: 2:11.12 45.10 200m: 2:54.71 43.59	95 Gafanha da Encarnação	2:54.71	384
12. Marcia Raquel, Saraiva 50m: 40.38 40.38 100m: 1:25.10 44.72 150m: 2:10.67 45.57 200m: 2:55.24 44.57	95 Galitos	2:55.24	380
13. Sara Filipa, Anjos <i>TFO</i> 50m: 42.81 42.81 100m: 1:27.56 44.75 150m: 2:14.55 46.99 200m: 3:00.33 45.78	95 Galitos	3:00.33	349
14. Catarina Ferreira, Dionisio <i>TFO</i> 50m: 45.15 45.15 100m: 1:30.54 45.39 150m: 2:17.20 46.66 200m: 3:01.76 44.56	95 Bairro dos Anjos	3:01.76	341
15. Joana Carolina, Alves <i>TFO</i> 50m: 43.62 43.62 100m: 1:30.29 46.67 150m: 2:16.50 46.21 200m: 3:02.01 45.51	95 Ginásio Figueirense	3:02.01	339

Prova 20
3.7.09 - 18:50

Femin., 200m Costas

Absolutos
Resultados

ABS FEM : 2:45.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Solange Patricia, Azevedo 50m: 36.52 36.52 100m: 1:14.94 38.42 150m: 1:54.02 39.08 200m: 2:30.71 36.69	89 Náutico/Matobra	2:30.71	598
2. Mara Lisboa e, Silva 50m: 36.11 36.11 100m: 1:15.20 39.09 150m: 1:54.34 39.14 200m: 2:32.70 38.36	93 Bairro dos Anjos	2:32.70	575
3. Vanessa Carolina, Valente 50m: 35.44 35.44 100m: 1:13.75 38.31 150m: 1:53.82 40.07 200m: 2:33.32 39.50	94 Alcobaça	2:33.32	568
4. Andreia Filipa, Anjos 50m: 35.89 35.89 100m: 1:15.66 39.77 150m: 1:54.87 39.21 200m: 2:33.58 38.71	92 Bairro dos Anjos	2:33.58	565
5. Tania Martins, Garcia 50m: 37.56 37.56 100m: 1:17.98 40.42 150m: 1:59.25 41.27 200m: 2:38.27 39.02	92 Ginásio Figueirense	2:38.27	516
6. Daniela Filipa, Cardoso 50m: 37.53 37.53 100m: 1:19.09 41.56 150m: 1:59.71 40.62 200m: 2:38.77 39.06	89 Fundação Beatriz Santos	2:38.77	511
7. Alice Cativo, Correia 50m: 37.32 37.32 100m: 1:17.98 40.66 150m: 1:59.52 41.54 200m: 2:39.96 40.44	94 Estamos Juntos	2:39.96	500
8. Nadia Filipa, Marques 50m: 36.85 36.85 100m: 1:17.72 40.87 150m: 1:59.71 41.99 200m: 2:41.55 41.84	92 Académica de Coimbra	2:41.55	485
9. Beatriz Rocha, Nunes 50m: 39.34 39.34 100m: 1:20.35 41.01 150m: 2:01.59 41.24 200m: 2:42.40 40.81	94 Ginásio Figueirense	2:42.40	478
10. Ines Sofia, Sampaio 50m: 38.42 38.42 100m: 1:20.81 42.39 150m: 2:03.21 42.40 200m: 2:44.68 41.47	94 Académico Viseu	2:44.68	458
11. Ana Mafalda, Oliveira <i>TFO</i> 50m: 38.48 38.48 100m: 1:22.01 43.53 150m: 2:07.99 45.98 200m: 2:51.62 43.63	93 Freguesia de Paião	2:51.62	405
12. Tatiana Cruz, Costa <i>TFO</i> 50m: 42.26 42.26 100m: 1:27.15 44.89 150m: 2:11.18 44.03 200m: 2:53.88 42.70	94 Miranda do Corvo	2:53.88	389

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Prova 20, Femin., 200m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
13. Ana Carlos, Ferreira <i>TFO</i>	93 Freguesia de Paião	3:02.90	334
50m: 42.10 42.10 100m: 1:29.24 47.14 150m: 2:16.84 47.60 200m: 3:02.90 46.06			
DNS Ana Margarida, Almeida	94 Galitos		

Prova 21 Masc., 4 x 100m Livres Juvenis B
3.7.09 - 19:15 Resultados

JUV B MASC : 5:11.18

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Académica de Coimbra Juv B Joao Filipe, Lucas +0,85 28.74 Francisco Leonardes, Alves +0,38 28.05	Académica de Coimbra 1:01.29 Pedro Barros, Mendes +0,39 28.88 59.44 Gustavo Almeida, Madureira +0,33 27.19	3:58.93 516
2. Galitos Juv B Joao Carlos, Paula +0,74 28.41 Andre Filipe, Monteiro +0,30 29.58	Galitos 59.33 Filipe Rainho, Balseiro +0,22 28.77 1:03.09 Pedro Diogo, Taveira +0,04 27.86	4:01.42 500
3. Náutico/Matobra Juv B Joao Pedro, Veiga +0,88 30.36 Joao Nuno, Pires +0,53 28.71	Náutico/Matobra 1:01.65 Joao Barbosa, Moreira +0,51 29.77 59.64 Fabio Filipe, Lopes +0,49 30.48	4:06.66 469
4. Columbófila Cantanhedense Juv B Hugo Neves, Neto +0,91 29.98 Diogo Cunha, Girao +0,59 28.38	Columbófila Cantanhedense 1:02.20 Tiago Andre, Silva +0,55 30.74 59.17 David Jose, Fonseca +0,39 30.08	4:07.92 462
5. Naval da Nazaré Juv B Joao Petinga de, Almeida +0,86 29.23 Rodrigo Manuel, Catraio +0,35 32.46	Naval da Nazaré 1:01.67 Andre Alexandre, Vicente +0,65 28.62 1:10.38 Micael Valverde, Teixeira +0,38 27.71	4:11.37 443
6. Feirense Juv B Tiago Botelho, Andrade +0,72 30.23 Telmo Gonçalves, Barbosa +0,51 31.62	Feirense 1:03.61 Diogo Filipe, Catelas +0,53 30.27 1:07.73 Filipe José, Baptista +0,36 30.09	4:18.91 405
DSQ Campinho Juv B <i>Falsa partida</i> Nuno Alexandre, Correia, Daniel Marques, Duarte, Luis Duarte, Peralta, Joao Manuel, Santos	Campinho	

Prova 21 Masc., 4 x 100m Livres Juvenis A
3.7.09 - 19:15 Resultados

JUV A MASC : 4:58.44

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Feirense Juv A Marcelo Fernandes, Rosas +0,82 28.77 Diogo Antonio, Carvalho +0,43 28.80	Feirense 1:00.57 Telmo Almeida, Santos +0,24 29.89 1:00.61 Emanuel Augusto, Pinho +0,38 26.27	3:59.38 513
2. Pimpões/ CIMAI Juv A Diogo Maia e, Silva +0,78 28.55 Joao Guilherme, Vieira +0,52 29.36	Pimpões/Cimai 58.38 Tiago Gerales, Machado +0,25 27.26 1:03.07 Alexandre Galveias, Vale +0,44 28.52	3:59.77 510

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Prova 21, Masc., 4 x 100m Livres

Prova 21 Masc., 4 x 100m Livres Absolutos
3.7.09 - 19:15 Resultados

ABS MASC : 4:49.52

Pontos: FINA 2008

Lugar					Tempo final	Pts	
1. Bairro dos Anjos Abs	Bairro dos Anjos				3:44.05	625	
Ivo Monico de, Almeida	+0,72	27.22	57.07	Francisco Vala, Pires	+0,26	26.66	57.54
Joao Paulo, Ribeiro	+0,40	27.01	55.68	Cesar Fernando, Faria	+0,33	25.89	53.76
2. Náutico/Matobra Abs	Náutico/Matobra				3:45.21	616	
Rui Miguel, Fonseca	+0,80	26.56	55.05	Joao Aires, Gomes	+0,42	26.99	57.47
Joao Bernardo, Abrantes	+0,24	27.17	57.68	Jorge Miguel, Mendes	+0,31	26.53	55.01
3. Ginásio Figueirense Abs	Ginásio Figueirense				3:48.91	586	
Mario Alexandre, Pereira	+0,77	26.85	55.24	Andre Duarte, Vaz	+0,42	27.11	58.02
Daciano Egidio, Sousa	+0,53	27.71	58.40	Mario Jorge, Silva	+0,32	26.81	57.25
4. Académica de Coimbra Abs	Académica de Coimbra				3:50.40	575	
Andre Filipe, Lopes	+0,76	26.87	55.79	Goncalo Nuno, Costa	+0,18	27.26	57.79
Tiago Rafael, Lopes	+0,21	27.28	57.79	Pedro Octavio, Fernandes	+0,20	27.30	59.03
5. Académico Viseu Abs	Académico Viseu				3:57.16	527	
Jose Pedro, Martins	+0,84	29.32	1:00.08	Bruno Rafael, Correia	+0,40	28.37	59.53
Sebastiao Amaro, Machado	+0,35	28.72	59.74	Antonio Melo, Faria	+0,11	27.76	57.81
6. Feirense Abs	Feirense				4:00.90	503	
Artur Guilherme, Costa	+0,78	28.79	58.97	Hugo Emanuel, Leite	+0,35	27.99	58.76
Diogo Goncalves, Barbosa	+0,64	29.80	1:02.50	Fabio Silva, Ferreira	+0,26	27.34	1:00.67
7. Estarreja Abs	Estarreja				4:21.36	394	
Jose Figueiredo, Pereira		29.32	1:01.02	Rafael Arrojado, Ferreira	+0,46	30.49	1:04.87
Joao Carlos, Rodrigues	+0,40	33.15	1:10.89	Henrique Manuel, Amaral	+0,65	30.40	1:04.58

Prova 22 Femin., 4 x 100m Livres Juvenis
3.7.09 - 19:25 Resultados

JUV FEM : 5:40.78

Pontos: FINA 2008

Lugar					Tempo final	Pts	
1. Náutico/Matobra Juv	Náutico/Matobra				4:23.16	558	
Carolina Cunha, Martins	+1,03	30.46	1:03.43	Catarina Alexandra, Ferreira	+0,44	31.95	1:08.06
Adriana Correia, Lopes	+0,30	30.28	1:03.07	Mariana Pedroso, Carvalho	+0,79	33.07	1:08.60
2. Académica de Coimbra Juv	Académica de Coimbra				4:23.69	555	
Rita Amado, Laezza	+0,63	31.37	1:05.03	Joana Ines, Oliveira		31.12	1:05.30
Ana Claudia, Cordeiro	+0,41	31.64	1:06.17	Mariana Rocha, Valente	+0,25	32.07	1:07.19
3. Feirense Juv	Feirense				4:35.98	484	
Mariana Sousa, Martins	+0,80	31.76	1:06.96	Patricia Silva, Marques	+0,68	32.75	1:10.73
Ana Catarina, Costa	+0,62	32.21	1:07.55	Catarina Rita, Andrade	+0,64	34.49	1:10.74
4. Alcobaça Juv	Alcobaça				4:37.79	474	
Ana Sofia, Costa	+0,91	33.25	1:08.84	Melanie Bronze, Santos	+0,64	32.47	1:08.14
Sofia Ramalho, Coelho	+0,70	34.71	1:12.93	Ines Filipa, Borges	+0,63	33.21	1:07.88
5. Núcleo Pombal Juv	Núcleo de Pombal				4:55.86	393	
Cristiana Andreia, Lima	+0,96	33.68	1:11.39	Joana Franca, Goncalves	+0,38	36.48	1:17.59
Ana Filipa, Gameiro	+0,64	36.96	1:14.97	Cristiana Ferreira, Santos	+0,62	34.34	1:11.91

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Prova 22, Femin., 4 x 100m Livres

Prova 22
3.7.09 - 19:25

Femin., 4 x 100m Livres

Absolutos
Resultados

JUV FEM 14: 5:40.78 / ABS FEM 15 +: 5:18.78

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Bairro dos Anjos Abs			Bairro dos Anjos	4:11.14	642
	Adriana Filipa, Lisboa	+0,80	30.64	1:02.92	Sara Francisco, Cruz	+0,28 29.73 1:02.47
	Mariana Mota, Dias	+0,29	29.39	1:02.15	Andreia Filipa, Anjos	+0,56 30.27 1:03.60
2.	Náutico/Matobra Abs			Náutico/Matobra	4:17.23	597
	Maria Ines, Ribeiro	+0,78	30.30	1:02.14	Ines Barbosa, Moreira	+0,47 31.61 1:06.04
	Gabriela Oliveira, Andrade	+0,20	30.20	1:03.29	Solange Patricia, Azevedo	+0,37 30.92 1:05.76
3.	Galitos Abs			Galitos	4:21.99	565
	Sara Costa e, Silva	+0,86	30.66	1:05.63	Matilde Goncalves, Gracio	+0,49 32.53 1:07.36
	Carolina Maria, Loureiro	+0,42	31.53	1:05.97	Ana Barbara, Pereira	+0,21 30.35 1:03.03
4.	Académico Viseu Abs			Académico Viseu	4:27.67	530
	Ines Sofia, Sampaio	+0,97	32.26	1:07.00	Ana Francisca, Silva	+0,36 31.96 1:08.23
	Margarida Ferreira, Duarte	+0,37	32.71	1:09.34	Ana Margarida, Domingos	+0,30 29.62 1:03.10
5.	Académica de Coimbra Abs			Académica de Coimbra	4:28.12	528
	Joana Ferreira, Coroado	+0,85	32.50	1:07.33	Ana Filipa, Leite	+0,16 31.62 1:07.61
	Nadia Filipa, Marques	+0,25	31.58	1:06.15	Raquel Bartolo, Vitor	+0,25 31.85 1:07.03
6.	Ginásio Figueirense Abs			Ginásio Figueirense	4:30.49	514
	Tatiana Filipa, Santos	+0,83	31.90	1:07.22	Mariana Costa, Sebastiao	+0,45 33.20 1:10.53
	Beatriz Rocha, Nunes	+0,53	32.03	1:08.00	Tania Martins, Garcia	+0,31 30.71 1:04.74
7.	Pimpões/ CIMAI Abs			Pimpões/Cimai	4:32.36	503
	Telma Alexandra, Grilo	+0,78	31.82	1:06.32	Mariana Maia e, Silva	+0,42 34.04 1:11.63
	Cristina Paris, Santos	+0,28	31.55	1:05.47	Joana Margarida, Guimaraes	+0,70 32.54 1:08.94
8.	Estarreja Abs			Estarreja	4:33.71	496
	Andreia Sofia, Tavares	+0,83	32.35	1:08.74	Denise Arrojado, Silva	+0,25 32.39 1:07.17
	Catia Sofia, Silva	+0,65	34.84	1:12.39	Ines Sa, Rodrigues	+0,41 31.46 1:05.41

3 - 3ª Jornada

4.7.09 - 16:00

Prova 23
4.7.09 - 16:00

Masc., 4 x 50m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Galitos Abs			Galitos	1:41.91	620
	Nuno Durao, Pascoal	92	+0,76	25.21	Rui Miguel, Santos	83 +0,22 27.09
	Rui Costa, Ferreira	92	+0,26	25.06	Andre Ricardo, Simoes	91 +0,11 24.55
2.	Bairro dos Anjos Abs			Bairro dos Anjos	1:42.00	619
	Cesar Fernando, Faria	90	+0,68	25.61	Francisco Vala, Pires	92 +0,42 25.86
	Ivo Monico de, Almeida	91	+0,35	25.17	Tiago Filipe, Pereira	91 +0,34 25.36
3.	Náutico/Matobra Abs			Náutico/Matobra	1:42.34	613
	Rui Miguel, Fonseca	88	+0,80	25.69	Pedro Miguel, Conde	90 +0,18 26.07
	Joao Bernardo, Abrantes	90	+0,18	25.38	Jorge Miguel, Mendes	90 +0,25 25.20
4.	Ginásio Figueirense Abs			Ginásio Figueirense	1:43.75	588
	Mario Alexandre, Pereira	92	+0,71	25.95	Andre Duarte, Vaz	93 +0,32 26.04
	Daciano Egidio, Sousa	93	+0,63	26.08	Mario Jorge, Silva	91 +0,34 25.68
5.	Académica de Coimbra Abs			Académica de Coimbra	1:43.89	586
	Gustavo Almeida, Madureira	94	+0,65	26.34	Goncalo Nuno, Costa	90 +0,28 26.60
	Luis Miguel, Santos	90	+0,25	25.77	Andre Filipe, Lopes	92 +0,15 25.18

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Prova 23, Masc., 4 x 50m Livres, Absolutos

Lugar					Tempo final	Pts	
6. Feirense Abs	Feirense				1:47.29	532	
Artur Guilherme, Costa	90	+0,73	26.14	Diogo Goncalves, Barbosa	90	+0,65	27.89
Fabio Silva, Ferreira	89	+0,42	26.68	Hugo Emanuel, Leite	88	+0,20	26.58
7. Académico Viseu Abs	Académico Viseu				1:47.69	526	
Tiago Filipe, Sapata	87	+0,83	27.39	Jose Pedro, Martins	92	+0,39	26.77
Rui Miguel, Branco	89	+0,30	27.21	Antonio Melo, Faria	92	+0,13	26.32
8. Columbófila Cantanhedense Abs	Columbófila Cantanhedense				1:48.50	514	
Pedro Fragoso, Lopes	90	+0,83	26.37	Andre Marques, Dinis	93	+0,19	27.91
Gustavo Alexandre, Meneses	92	+0,31	26.03	Renan Camara, Pereira	93	+0,42	28.19
9. Estarreja Abs	Estarreja				1:51.08	479	
Rafael Arrojado, Ferreira	94	+0,70	28.89	Jose Figueiredo, Pereira	92	+0,63	27.19
Henrique Manuel, Amaral	94	+0,67	28.82	Vitor Hugo, Mano	85	+0,43	26.18
DNS Beira Mar Abs	Beira Mar						
Gino Santos, Caetano, Joel Santos, Prior, Guilherme Marques, Teixeira, Fabio Ornelas, Carvalho							

Prova 24
4.7.09 - 16:05

Femin., 100m Mariposa

Juvenis
Resultados

JUV FEM : 1:19.98

Pontos: FINA 2008

Lugar					Ano	Tempo final	Pts	
1. Carolina Cunha, Martins					95	Náutico/Matobra	1:10.66	531
50m:	32.94	32.94	100m:	1:10.66	37.72			
2. Ines Filipa, Borges					95	Alcoçaba	1:11.01	523
50m:	33.90	33.90	100m:	1:11.01	37.11			
3. Mariana Sousa, Martins					95	Feirense	1:11.03	523
50m:	32.65	32.65	100m:	1:11.03	38.38			
4. Joana Reis, Veiga					95	Académica de Coimbra	1:13.36	474
50m:	34.13	34.13	100m:	1:13.36	39.23			
5. Mariana Pedroso, Carvalho					95	Náutico/Matobra	1:13.42	473
50m:	34.57	34.57	100m:	1:13.42	38.85			
6. Carolina Francisco, Gomes					95	Naval da Nazaré	1:13.92	464
50m:	34.71	34.71	100m:	1:13.92	39.21			
7. Sofia Verissimo, Pedrosa					95	Freguesia de Paião	1:14.41	454
50m:	34.37	34.37	100m:	1:14.41	40.04			
8. Ana Francisca, Silva					95	Académico Viseu	1:14.97	444
50m:	34.26	34.26	100m:	1:14.97	40.71			
9. Ana Cláudia, Cordeiro					95	Académica de Coimbra	1:16.30	422
50m:	35.40	35.40	100m:	1:16.30	40.90			
10. Cristiana Andreia, Lima					95	Núcleo de Pombal	1:17.98	395
50m:	35.37	35.37	100m:	1:17.98	42.61			
11. Ines Ricardo, Amaral					95	Naval da Nazaré	1:18.61	385
50m:	37.84	37.84	100m:	1:18.61	40.77			
12. Marcia Raquel, Saraiva					95	Galitos	1:18.93	381
50m:	35.69	35.69	100m:	1:18.93	43.24			
13. Maria Joao, Oliveira					95	Sporting de Espinho	1:19.26	376
50m:	35.59	35.59	100m:	1:19.26	43.67			
14. Ana Raquel, Albuquerque					95	Sporting de Aveiro	1:19.45	373
50m:	37.35	37.35	100m:	1:19.45	42.10			

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Prova 24, Femin., 100m Mariposa, Juvenis

Lugar	Ano	Tempo final	Pts
15. Patricia Silva, Marques <i>TFO</i> 50m: 35.65 35.65 100m: 1:20.47 44.82	95 Feirense	1:20.47	359
16. Joana Margarida, Guimaraes <i>TFO</i> 50m: 34.83 34.83 100m: 1:21.83 47.00	95 Pimpões/Cimai	1:21.83	342
17. Daniela Marques, Genio <i>TFO</i> 50m: 36.06 36.06 100m: 1:22.17 46.11	95 Campinho	1:22.17	338

Prova 24
4.7.09 - 16:05

Femin., 100m Mariposa

Absolutos
Resultados

ABS FEM : 1:14.77

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Maria, Loureiro 50m: 32.16 32.16 100m: 1:07.45 35.29	92 Galitos	1:07.45	610
2. Ana Carolina, Valente 50m: 32.08 32.08 100m: 1:09.25 37.17	92 Náutico da Marinha Grande	1:09.25	564
3. Sara Costa e, Silva 50m: 31.90 31.90 100m: 1:09.41 37.51	89 Galitos	1:09.41	560
4. Adriana Filipa, Lisboa 50m: 31.84 31.84 100m: 1:10.23 38.39	92 Bairro dos Anjos	1:10.23	541
5. Ana Barbara, Pereira 50m: 33.39 33.39 100m: 1:10.68 37.29	92 Galitos	1:10.68	530
6. Mara Lisboa e, Silva 50m: 33.25 33.25 100m: 1:10.70 37.45	93 Bairro dos Anjos	1:10.70	530
7. Beatriz Rocha, Nunes 50m: 34.24 34.24 100m: 1:13.18 38.94	94 Ginásio Figueirense	1:13.18	478
8. Ines Silva, Pinheiro 50m: 34.69 34.69 100m: 1:13.25 38.56	91 Gafanha da Encarnação	1:13.25	476
9. Cristina Paris, Santos 50m: 32.74 32.74 100m: 1:13.93 41.19	94 Pimpões/Cimai	1:13.93	463
10. Beatriz Gomes, Sa <i>TFO</i> 50m: 34.77 34.77 100m: 1:15.56 40.79	94 Feirense	1:15.56	434
10. Diana Filipa, Tomas <i>TFO</i> 50m: 34.77 34.77 100m: 1:15.56 40.79	94 Industrial Viegrense	1:15.56	434
12. Telma Alexandra, Grilo <i>TFO</i> 50m: 35.21 35.21 100m: 1:15.85 40.64	92 Pimpões/Cimai	1:15.85	429
13. Raquel Bartolo, Vitor <i>TFO</i> 50m: 35.67 35.67 100m: 1:16.19 40.52	93 Académica de Coimbra	1:16.19	423
14. Nadia Filipa, Marques <i>TFO</i> 50m: 35.15 35.15 100m: 1:17.02 41.87	92 Académica de Coimbra	1:17.02	410

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Prova 24, Femin., 100m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
15. Catarina Oliveira, Dinis <i>TFO</i>	93 Académica de Coimbra	1:17.54	402
50m: 34.80 34.80 100m: 1:17.54 42.74			
16. Adriana Fialho, Passarinho <i>TFO</i>	93 Benedita	1:20.40	360
50m: 37.55 37.55 100m: 1:20.40 42.85			
17. Soraia Alexandra, Marques <i>TFO</i>	94 Benedita	1:22.08	339
50m: 38.85 38.85 100m: 1:22.08 43.23			

Prova 25
4.7.09 - 16:10

Masc., 100m Mariposa

Juvenis B
Resultados

JUV B MASC : 1:11.76

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Carlos, Paula	94 Galitos	1:03.94	508
50m: 29.62 29.62 100m: 1:03.94 34.32			
2. Pedro Diogo, Taveira	94 Galitos	1:05.10	482
50m: 29.87 29.87 100m: 1:05.10 35.23			
3. Antero Simao, Martins	94 Náutico da Marinha Grande	1:05.36	476
50m: 30.78 30.78 100m: 1:05.36 34.58			
4. Joao Filipe, Lucas	94 Académica de Coimbra	1:06.11	460
50m: 30.39 30.39 100m: 1:06.11 35.72			
5. Diogo Filipe, Catelas	94 Feirense	1:07.29	436
50m: 30.73 30.73 100m: 1:07.29 36.56			
6. Joao Barbosa, Moreira	94 Náutico/Matobra	1:11.02	371
50m: 32.46 32.46 100m: 1:11.02 38.56			
6. Fabio Ribeiro, Noronha	94 Bombeiros das Caldas Rainha	1:11.02	371
50m: 32.81 32.81 100m: 1:11.02 38.21			
8. David Jose, Fonseca <i>TFO</i>	94 Columbófila Cantanhedense	1:12.27	352
50m: 33.89 33.89 100m: 1:12.27 38.38			
DSQ Filipe Rainho, Balseiro <i>Falsa partida</i>	94 Galitos		

Prova 25
4.7.09 - 16:10

Masc., 100m Mariposa

Juvenis A
Resultados

JUV A MASC : 1:08.83

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Emanuel Augusto, Pinho	93 Feirense	59.86	620
50m: 27.91 27.91 100m: 59.86 31.95			
2. Diogo Fontes, Moreira	93 Estamos Juntos	1:04.46	496
50m: 29.27 29.27 100m: 1:04.46 35.19			
3. Joao Miguel, Figueiredo	93 Campinho	1:04.58	493
50m: 29.06 29.06 100m: 1:04.58 35.52			
4. Diogo Goncalves, Capela	93 Núcleo de Pombal	1:04.93	485
50m: 31.09 31.09 100m: 1:04.93 33.84			

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Prova 25, Masc., 100m Mariposa, Juvenis A

Lugar	Ano	Tempo final	Pts
5. Diogo Emanuel, Ferreira 50m: 30.77 30.77 100m: 1:05.59 34.82	93 Académica de Coimbra	1:05.59	471
6. Pedro Daniel, Carvalho 50m: 30.45 30.45 100m: 1:06.47 36.02	93 Académica de Coimbra	1:06.47	452
7. Bruno Rafael, Correia 50m: 30.61 30.61 100m: 1:07.32 36.71	93 Académico Viseu	1:07.32	436
8. Nelson Fernandes, Silva 50m: 29.84 29.84 100m: 1:08.01 38.17	93 Freguesia de Paião	1:08.01	422
9. Sebastiao Amaro, Machado 50m: 31.71 31.71 100m: 1:08.27 36.56	93 Académico Viseu	1:08.27	418
10. Nuno Correia, Tinoco <i>TFO</i> 50m: 31.91 31.91 100m: 1:10.05 38.14	93 Ginásio Figueirense	1:10.05	387
11. Diogo Antonio, Carvalho <i>TFO</i> 50m: 30.79 30.79 100m: 1:10.79 40.00	93 Feirense	1:10.79	375
12. Jose Emanuel, Rosmaninho <i>TFO</i> 50m: 34.84 34.84 100m: 1:17.53 42.69	93 Desportivo Mealhada	1:17.53	285
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		

Prova 25
4.7.09 - 16:10

Masc., 100m Mariposa

Absolutos
Resultados

ABS MASC : 1:06.12

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, Fonseca 50m: 27.53 27.53 100m: 58.48 30.95	88 Náutico/Matobra	58.48	664
2. Mario Alexandre, Pereira 50m: 28.39 28.39 100m: 59.87 31.48	92 Ginásio Figueirense	59.87	619
3. Pedro Fragoso, Lopes 50m: 28.28 28.28 100m: 59.90 31.62	90 Columbófila Cantanhedense	59.90	618
4. Joao Aires, Gomes 50m: 28.27 28.27 100m: 1:00.85 32.58	85 Náutico/Matobra	1:00.85	590
5. Andre Filipe, Lopes 50m: 29.35 29.35 100m: 1:01.32 31.97	92 Académica de Coimbra	1:01.32	576
6. Cesar Fernando, Faria 50m: 28.75 28.75 100m: 1:01.62 32.87	90 Bairro dos Anjos	1:01.62	568
7. Ivo Monico de, Almeida 50m: 29.38 29.38 100m: 1:02.12 32.74	91 Bairro dos Anjos	1:02.12	554
8. Tiago Filipe, Pereira 50m: 28.99 28.99 100m: 1:02.82 33.83	91 Bairro dos Anjos	1:02.82	536
9. Hugo Rafael, Ramalho 50m: 29.96 29.96 100m: 1:03.37 33.41	90 Académica de Coimbra	1:03.37	522
10. Francisco Maldonado, Freitas 50m: 29.98 29.98 100m: 1:03.73 33.75	91 Pimpões/Cimai	1:03.73	513
11. Filipe Miguel, Meca 50m: 30.15 30.15 100m: 1:04.02 33.87	91 Pimpões/Cimai	1:04.02	506
12. Joao Nuno, Almeida 50m: 29.90 29.90 100m: 1:04.09 34.19	91 Campinho	1:04.09	505

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Prova 25, Masc., 100m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
13. Nuno Filipe, Pina 50m: 29.45 29.45 100m: 1:04.23 34.78	91	Benedita	1:04.23 501
14. Andre Ricardo, Simoes 50m: 29.79 29.79 100m: 1:04.24 34.45	91	Galitos	1:04.24 501
15. Rui Correia, Tinoco 50m: 30.30 30.30 100m: 1:05.69 35.39	92	Ginásio Figueirense	1:05.69 469
16. Guilherme Joao, Patriarca 50m: 30.27 30.27 100m: 1:05.70 35.43	92	Académica de Coimbra	1:05.70 469
16. Francisco Vala, Pires 50m: 30.20 30.20 100m: 1:05.70 35.50	92	Bairro dos Anjos	1:05.70 469
18. Diogo Miguel, Paulino 50m: 30.53 30.53 100m: 1:05.90 35.37	90	Bombeiros das Caldas Rainha	1:05.90 464
19. Rui Miguel, Santos TFO 50m: 31.35 31.35 100m: 1:06.50 35.15	83	Galitos	1:06.50 452
20. Henrique Mata, Carvalho TFO 50m: 31.92 31.92 100m: 1:07.06 35.14	92	Bombeiros das Caldas Rainha	1:07.06 441
21. Joao Manuel, Baptista TFO 50m: 31.30 31.30 100m: 1:07.30 36.00	91	Benedita	1:07.30 436
22. Andre Rocha, Valente TFO 50m: 31.87 31.87 100m: 1:08.91 37.04	92	Académica de Coimbra	1:08.91 406
DNS Fabio Silva, Ferreira	89	Feirense	

Prova 26

4.7.09 - 16:20

Femin., 100m Bruços

Juvenis
Resultados

JUV FEM : 1:32.97

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, Cordeiro 50m: 38.67 38.67 100m: 1:21.78 43.11	95	Académica de Coimbra	1:21.78 535
2. Ana Catarina, Costa 50m: 42.60 42.60 100m: 1:26.39 43.79	95	Feirense	1:26.39 453
3. Mariana Rocha, Valente 50m: 40.26 40.26 100m: 1:26.98 46.72	95	Académica de Coimbra	1:26.98 444
4. Catarina Alexandra, Ferreira 50m: 41.45 41.45 100m: 1:27.40 45.95	95	Náutico/Matobra	1:27.40 438
5. Rita Daniela, Armindo 50m: 40.65 40.65 100m: 1:28.51 47.86	95	Industrial Vieirense	1:28.51 422
6. Carolina Santos, Machado 50m: 41.74 41.74 100m: 1:28.60 46.86	95	Gafanha da Encarnação	1:28.60 420
7. Ana Rita, Ribau 50m: 42.29 42.29 100m: 1:28.77 46.48	95	Gafanha da Encarnação	1:28.77 418
8. Mariana Coutinho, Souto 50m: 43.54 43.54 100m: 1:31.58 48.04	95	Académica de Coimbra	1:31.58 381
9. Mariana Gomes, Bola 50m: 44.72 44.72 100m: 1:32.64 47.92	95	Gafanha da Encarnação	1:32.64 368

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 26, Femin., 100m Bruços, Juvenis

Lugar	Ano	Tempo final	Pts
10. Claudia Filipa, Silva 50m: 44.32 44.32 100m: 1:32.83 48.51	95	Miranda do Corvo	1:32.83 365
11. Marta Daniela, Mendes 50m: 44.77 44.77 100m: 1:32.84 48.07	95	Salesiano de Arouca	1:32.84 365
12. Mariana Costa, Sebastiao 50m: 43.59 43.59 100m: 1:32.85 49.26	95	Ginásio Figueirense	1:32.85 365
13. Sara Filipa, Anjos TFO 50m: 45.24 45.24 100m: 1:34.16 48.92	95	Galitos	1:34.16 350
14. Sofia Ramalho, Coelho TFO 50m: 44.93 44.93 100m: 1:34.57 49.64	95	Alcobaça	1:34.57 346
15. Joana Franca, Goncalves TFO 50m: 44.28 44.28 100m: 1:35.30 51.02	95	Núcleo de Pombal	1:35.30 338
16. Joana Carolina, Alves TFO 50m: 48.19 48.19 100m: 1:40.93 52.74	95	Ginásio Figueirense	1:40.93 284
DSQ Catarina Rocha, Noites TFO, Passou as ancas no movimento de braços	95	Salesiano de Arouca	
DNS Carolina Santana, Goncalves	95	Núcleo de Pombal	

Prova 26

Femin., 100m Bruços

Absolutos
Resultados

4.7.09 - 16:20

ABS FEM : 1:26.46

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira, Andrade 50m: 36.87 36.87 100m: 1:17.70 40.83	94	Náutico/Matobra	1:17.70 623
2. Rita Margarida, Gomes 50m: 36.91 36.91 100m: 1:18.33 41.42	91	Alcobaça	1:18.33 608
3. Maria Ines, Ribeiro 50m: 38.55 38.55 100m: 1:19.99 41.44	92	Náutico/Matobra	1:19.99 571
4. Ana Margarida, Domingos 50m: 38.14 38.14 100m: 1:21.14 43.00	93	Académico Viseu	1:21.14 547
5. Ines Silva, Pinheiro 50m: 39.19 39.19 100m: 1:21.73 42.54	91	Gafanha da Encarnação	1:21.73 536
6. Mariana Mota, Dias 50m: 38.80 38.80 100m: 1:22.88 44.08	92	Bairro dos Anjos	1:22.88 514
7. Ana Rita, Costa 50m: 38.78 38.78 100m: 1:23.23 44.45	91	Académica de Coimbra	1:23.23 507
8. Patricia Alexandra, Leal 50m: 39.72 39.72 100m: 1:23.77 44.05	94	Náutico da Marinha Grande	1:23.77 497
9. Vanessa Rodrigues, Valente 50m: 40.28 40.28 100m: 1:24.29 44.01	94	Estarreja	1:24.29 488
10. Ines Ataide, Dias 50m: 41.91 41.91 100m: 1:26.25 44.34	94	Sporting de Espinho	1:26.25 456
11. Ana Rita, Oliveira TFO 50m: 39.65 39.65 100m: 1:26.92 47.27	92	Pimpões/Cimai	1:26.92 445

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Prova 26, Femin., 100m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
12. Catarina Oliveira, Dinis <i>TFO</i>	93 Académica de Coimbra	1:27.51	436
50m: 43.03 43.03 100m: 1:27.51 44.48			
13. Cintia Cruz, Chuva <i>TFO</i>	94 Freguesia de Paião	1:28.50	422
50m: 41.53 41.53 100m: 1:28.50 46.97			
EXH Ana Rita, Silva	95 Vilacondense	1:24.28	488
50m: 39.11 39.11 100m: 1:24.28 45.17			
EXH Ana Catarina, Teixeira	95 Foca	1:26.23	456
50m: 41.06 41.06 100m: 1:26.23 45.17			

Prova 27
4.7.09 - 16:30

Masc., 100m Bruços

Juvenis B
Resultados

JUV B MASC : 1:23.46

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Pedro Barros, Mendes	94 Académica de Coimbra	1:14.45	513
50m: 34.84 34.84 100m: 1:14.45 39.61			
2. Ruben Paiva, Carvalho	94 Académica de Coimbra	1:16.67	470
50m: 36.07 36.07 100m: 1:16.67 40.60			
3. Joao Pedro, Veiga	94 Náutico/Matobra	1:17.02	463
50m: 37.54 37.54 100m: 1:17.02 39.48			
4. Fabio Filipe, Lopes	94 Náutico/Matobra	1:17.10	462
50m: 35.38 35.38 100m: 1:17.10 41.72			
5. Andre Marques, Silva	94 Sporting de Aveiro	1:17.90	448
50m: 36.02 36.02 100m: 1:17.90 41.88			
6. Diogo Manuel, Domingues	94 Bairro dos Anjos	1:18.47	438
50m: 36.30 36.30 100m: 1:18.47 42.17			
7. Goncalo Ferreira, Gameiro	94 Núcleo de Pombal	1:18.76	433
50m: 36.87 36.87 100m: 1:18.76 41.89			
8. Luís Miguel, Cândido	94 Salesiano de Arouca	1:19.28	425
50m: 36.15 36.15 100m: 1:19.28 43.13			
9. Andre Filipe, Monteiro	94 Galitos	1:21.32	394
50m: 37.24 37.24 100m: 1:21.32 44.08			
10. Hugo Neves, Neto	94 Columbófila Cantanhedense	1:22.26	380
50m: 38.54 38.54 100m: 1:22.26 43.72			
11. Nuno Alexandre, Correia <i>TFO</i>	94 Campinho	1:23.51	364
50m: 38.70 38.70 100m: 1:23.51 44.81			
12. Fabio Ribeiro, Noronha <i>TFO</i>	94 Bombeiros das Caldas Rainha	1:23.89	359
50m: 38.93 38.93 100m: 1:23.89 44.96			
13. Filipe José, Baptista <i>TFO</i>	94 Feirense	1:25.19	342
50m: 38.91 38.91 100m: 1:25.19 46.28			
14. Pedro Daniel, Pinto <i>TFO</i>	94 Miranda do Corvo	1:26.38	328
50m: 40.40 40.40 100m: 1:26.38 45.98			

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Prova 27, Masc., 100m Bruços

Prova 27 Masc., 100m Bruços Juvenis A
4.7.09 - 16:30 Resultados

JUV A MASC : 1:20.04

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tiago Geraldês, Machado 50m: 33.03 33.03 100m: 1:11.78 38.75	93 Pimpões/Cimai	1:11.78	572
2. Joao Guilherme, Vieira 50m: 34.40 34.40 100m: 1:12.13 37.73	93 Pimpões/Cimai	1:12.13	564
3. Emanuel Augusto, Pinho 50m: 35.27 35.27 100m: 1:16.79 41.52	93 Feirense	1:16.79	468
4. Marcelo Fernandes, Rosas 50m: 35.60 35.60 100m: 1:17.34 41.74	93 Feirense	1:17.34	458
5. Tiago Andre, Marques 50m: 35.75 35.75 100m: 1:18.18 42.43	93 Sporting de Espinho	1:18.18	443
6. Pedro Daniel, Carvalho 50m: 37.23 37.23 100m: 1:18.82 41.59	93 Académica de Coimbra	1:18.82	432
7. Renan Camara, Pereira 50m: 35.77 35.77 100m: 1:18.96 43.19	93 Columbófila Cantanhedense	1:18.96	430
8. Luis Guilherme, Correia 50m: 36.93 36.93 100m: 1:19.13 42.20	93 Núcleo de Pombal	1:19.13	427
9. Daciano Egidio, Sousa TFO 50m: 37.28 37.28 100m: 1:21.18 43.90	93 Ginásio Figueirense	1:21.18	396
10. Diogo Fonseca, Costa TFO 50m: 37.79 37.79 100m: 1:21.30 43.51	93 Freguesia de Paião	1:21.30	394
11. Diogo Goncalves, Capela TFO 50m: 38.71 38.71 100m: 1:21.36 42.65	93 Núcleo de Pombal	1:21.36	393
12. Flavio Cardoso, Relva TFO 50m: 38.13 38.13 100m: 1:21.90 43.77	93 Bairro dos Anjos	1:21.90	385
13. Goncalo Bastos, Monteiro TFO 50m: 38.36 38.36 100m: 1:23.24 44.88	93 Sporting de Espinho	1:23.24	367

Prova 27 Masc., 100m Bruços Absolutos
4.7.09 - 16:30 Resultados

ABS MASC : 1:16.89

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Helder Alexandre, Godinho 50m: 32.69 32.69 100m: 1:09.19 36.50	86 Bairro dos Anjos	1:09.19	639
2. Pedro Miguel, Conde 50m: 34.61 34.61 100m: 1:12.08 37.47	90 Náutico/Matobra	1:12.08	565
3. Joao Pedro, Mendes 50m: 34.61 34.61 100m: 1:12.29 37.68	92 Náutico da Marinha Grande	1:12.29	560
4. Gustavo Alexandre, Meneses 50m: 34.15 34.15 100m: 1:12.98 38.83	92 Columbófila Cantanhedense	1:12.98	545

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Prova 27, Masc., 100m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
5. Nuno Durao, Pascoal 50m: 32.37 32.37 100m: 1:14.11 41.74	92 Galitos	1:14.11	520
6. Antonio Melo, Faria 50m: 34.63 34.63 100m: 1:14.36 39.73	92 Académico Viseu	1:14.36	515
7. Daniel Filipe, Fernandes 50m: 33.70 33.70 100m: 1:14.63 40.93	85 Campinho	1:14.63	509
8. Joao Bernardo, Abrantes 50m: 35.29 35.29 100m: 1:15.24 39.95	90 Náutico/Matobra	1:15.24	497
9. Hugo Miguel, Nunes 50m: 35.31 35.31 100m: 1:15.31 40.00	90 Náutico/Matobra	1:15.31	496
10. Pedro Octavio, Fernandes 50m: 35.60 35.60 100m: 1:15.64 40.04	91 Académica de Coimbra	1:15.64	489
11. Andre Oliveira, Marques <i>TFO</i> 50m: 35.35 35.35 100m: 1:16.94 41.59	92 Bairro dos Anjos	1:16.94	465
12. Nuno Alexandre, Neves <i>TFO</i> 50m: 36.94 36.94 100m: 1:17.95 41.01	92 Freguesia de Paião	1:17.95	447
13. Eduardo Conceicao, Costa <i>TFO</i> 50m: 35.76 35.76 100m: 1:18.47 42.71	91 Bairro dos Anjos	1:18.47	438
14. Andre Filipe, Pereira <i>TFO</i> 50m: 36.81 36.81 100m: 1:18.70 41.89	91 Bairro dos Anjos	1:18.70	434
15. Cristiano Almeida, Santos <i>TFO</i> 50m: 36.60 36.60 100m: 1:19.86 43.26	90 Náutico/Matobra	1:19.86	416
16. Marcelo Abreu, Rodrigues <i>TFO</i> 50m: 38.33 38.33 100m: 1:20.90 42.57	92 Académica de Coimbra	1:20.90	400
17. Diogo Costa, Fontes <i>TFO</i> 50m: 38.82 38.82 100m: 1:21.75 42.93	92 Académica de Coimbra	1:21.75	388

Prova 28

4.7.09 - 16:55

Femin., 50m Livres

Absolutos
Resultados

ABS FEM 15 +: 31.65

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Mariana Mota, Dias	92 Bairro dos Anjos	28.41	619
2. Filipa Ramos, Ribeiro	93 Fundação Beatriz Santos	28.70	600
3. Ana Barbara, Pereira	92 Galitos	28.83	592
4. Maria Ines, Ribeiro	92 Náutico/Matobra	28.90	588
5. Adriana Filipa, Lisboa	92 Bairro dos Anjos	28.96	584
6. Maria Ines, Cabral	94 Sporting de Aveiro	29.03	580
7. Andreia Filipa, Anjos	92 Bairro dos Anjos	29.10	576
8. Rita Amado, Laezza	95 Académica de Coimbra	29.28	565
9. Sara Costa e, Silva	89 Galitos	29.30	564
10. Gabriela Oliveira, Andrade	94 Náutico/Matobra	29.41	558

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Prova 28, Femin., 50m Livres, Absolutos

Lugar	Ano		Tempo final	Pts
11. Vanessa Carolina, Valente	94	Alcobaça	29.57	549
12. Joana Margarida, Gaspar	92	Náutico da Marinha Grande	29.95	528
13. Ines Sa, Rodrigues	93	Estarreja	30.00	526
14. Rita Margarida, Gomes	91	Alcobaça	30.07	522
15. Carina Marcelino, Costa	92	Fundação Beatriz Santos	30.09	521
16. Ana Mafalda, Oliveira	93	Freguesia de Paião	30.15	518
17. Alice Cativo, Correia	94	Estamos Juntos	30.36	507
18. Carolina Maria, Loureiro	92	Galitos	30.41	505
19. Ana Carolina, Valente	92	Náutico da Marinha Grande	30.45	503
20. Joana Rita, Gouveia	87	Náutico da Marinha Grande	30.46	502
21. Cristina Paris, Santos	94	Pimpões/Cimai	30.72	489
22. Vanessa Rodrigues, Valente	94	Estarreja	30.80	486
23. Telma Alexandra, Grilo	92	Pimpões/Cimai	30.83	484
24. Rita Nair, Ferreira	91	Miranda do Corvo	30.85	483
25. Ines Barbosa, Moreira	92	Náutico/Matobra	30.92	480
26. Andreia Sofia, Tavares	94	Estarreja	31.15	469
27. Bruna Miguel, Pereira	94	Académica de Coimbra	31.25	465
28. Joana Ferreira, Coroado	92	Académica de Coimbra	31.28	464
29. Sofia Verissimo, Pedrosa	95	Freguesia de Paião	31.30	463
30. Raquel Maria, Lima	88	Sporting de Espinho	31.32	462
31. Joana Lopes, Silvestre	94	Náutico/Matobra	31.34	461
32. Carolina Vieira, Pinto TFO	90	Feirense	31.67	447
33. Rita Marques, Sousa TFO	94	Fundação Beatriz Santos	31.71	445
34. Beatriz Gomes, Sa TFO	94	Feirense	31.81	441
35. Symonee Sobral, Hinckley TFO	93	Académica de Coimbra	32.03	432
36. Sofia Roque, Dias TFO	94	Académica de Coimbra	32.09	429
37. Stacy da Silva, Duarte TFO	94	Bairro dos Anjos	32.37	418
38. Ana Isabel, Moreira TFO	92	Sporting de Espinho	33.41	381
39. Ana Leonor, Carvalho TFO	92	Sporting de Espinho	33.91	364
40. Ines Guedes, Machado TFO	94	Desportivo Mealhada	34.42	348
DSQ Tatiana Cruz, Costa TFO, Flasa partida	94	Miranda do Corvo		
EXH Maria Amelia, Gaspar	96	Náutico/Matobra	31.31	462
EXH Daniela Figueiredo, Metelo	97	Náutico/Matobra	31.40	458
EXH Ana Carolina, Leal	96	Náutico/Matobra	31.47	455

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Prova 29 Masc., 50m Livres Absolutos
4.7.09 - 17:00 Resultados

ABS MASC 17 +: 27.84

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	88	Rui Miguel, Fonseca Nautico/Matobra	25.10	628
2.	92	Nuno Durao, Pascoal Galitos	25.16	623
3.	91	Bruno Gustavo, Nogueira Fundaçao Beatriz Santos	25.32	611
4.	90	Cesar Fernando, Faria Bairro dos Anjos	25.39	606
5.	92	Rui Costa, Ferreira Galitos	25.50	599
6.	91	Ivo Monico de, Almeida Bairro dos Anjos	25.74	582
7.	91	Mario Jorge, Silva Ginásio Figueirense	25.81	577
8.	86	Helder Alexandre, Godinho Bairro dos Anjos	25.85	575
9.	92	Mario Alexandre, Pereira Ginásio Figueirense	25.93	569
10.	94	Gustavo Almeida, Madureira Académica de Coimbra	25.95	568
		<i>RR Juv B</i>		
11.	85	Vitor Hugo, Mano Estarreja	25.97	567
12.	87	Joao Macedo, Figueiredo Bairro dos Anjos	26.01	564
13.	91	Tiago Filipe, Pereira Bairro dos Anjos	26.04	562
14.	90	Artur Guilherme, Costa Feirense	26.09	559
15.	92	Joao Jose, Viegas Sporting de Aveiro	26.43	538
16.	90	Luis Miguel, Santos Académica de Coimbra	26.45	536
17.	91	Pedro Octavio, Fernandes Académica de Coimbra	26.49	534
18.	90	Pedro Fragoso, Lopes Columbófila Cantanhedense	26.52	532
19.	91	Andre Filipe, Pereira Bairro dos Anjos	26.63	526
19.	85	Joao Aires, Gomes Nautico/Matobra	26.63	526
21.	88	Aarao Emanuel, Teixeira Bairro dos Anjos	26.80	516
22.	92	Francisco Vala, Pires Bairro dos Anjos	26.84	513
23.	92	Joao Pedro, Mendes Nautico da Marinha Grande	26.85	513
24.	92	Tiago Rafael, Lopes Académica de Coimbra	27.05	501
25.	92	Manuel Andril, Cordeiro Bairro dos Anjos	27.14	496
26.	92	Bruno Filipe, Azevedo Núcleo de Pombal	27.16	495
27.	93	Nelson Fernandes, Silva Freguesia de Paião	27.22	492
28.	89	Fabio Silva, Ferreira Feirense	27.26	490
29.	91	Eduardo Conceicao, Costa Bairro dos Anjos	27.65	469
30.	90	Diogo Goncalves, Barbosa Feirense	27.81	461
31.	92	Jose Figueiredo, Pereira Estarreja	27.84	460
32.	89	Rui Miguel, Branco Académico Viseu	27.90	457
		<i>TFO</i>		
33.	92	Andre Rocha, Valente Académica de Coimbra	27.95	455
		<i>TFO</i>		
34.	92	Diogo Costa, Fontes Académica de Coimbra	27.96	454
		<i>TFO</i>		
35.	91	Diogo Santos, Figueira Bairro dos Anjos	28.20	443
		<i>TFO</i>		
35.	90	Tiago Filipe, Leal Académica de Coimbra	28.20	443
		<i>TFO</i>		
37.	89	Daniel Belém, Duarte Salesiano de Arouca	28.63	423
		<i>TFO</i>		
38.	92	Nuno Alexandre, Neves Freguesia de Paião	28.85	413
		<i>TFO</i>		
39.	84	Sérgio Eduardo, Vieira Salesiano de Arouca	30.42	353
		<i>TFO</i>		
40.	94	Pedro Daniel, Pinto Miranda do Corvo	30.45	352
41.	92	Gil António, Moreira Salesiano de Arouca	30.46	351
		<i>TFO</i>		
DNS	86	Tiago Miguel, Fazendeiro Bairro dos Anjos		
DNS	91	Fabio Ornelas, Carvalho Beira Mar		

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Prova 29, Masc., 50m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
DNS Jose Francisco, Costa	91 Académico Viseu		

Prova 30 Femin., 50m Costas Absolutos
4.7.09 - 17:05 Resultados

ABS FEM 15 +: 35.99

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Andreia Filipa, Anjos	92 Bairro dos Anjos	32.08	665
2. Daniela Filipa, Cardoso	89 Fundação Beatriz Santos	32.90	616
3. Solange Patricia, Azevedo	89 Náutico/Matobra	33.33	593
4. Mara Lisboa e, Silva	93 Bairro dos Anjos	33.62	578
5. Nadia Filipa, Marques	92 Académica de Coimbra	34.30	544
6. Vanessa Carolina, Valente	94 Alcobaca	34.39	540
7. Sara Costa e, Silva	89 Galitos	34.53	533
8. Tania Martins, Garcia	92 Ginásio Figueirense	35.76	480
9. Ana Mafalda, Oliveira TFO	93 Freguesia de Paião	36.15	465
10. Raquel Maria, Lima TFO	88 Sporting de Espinho	36.29	459
11. Maria Ines, Cabral TFO	94 Sporting de Aveiro	36.64	446
12. Stacy da Silva, Duarte TFO	94 Bairro dos Anjos	36.86	438
13. Sofia Roque, Dias TFO	94 Académica de Coimbra	38.23	393
14. Symonee Sobral, Hinckley TFO	93 Académica de Coimbra	38.28	391
15. Cintia Cruz, Chuva TFO	94 Freguesia de Paião	38.49	385
16. Ana Carlos, Ferreira TFO	93 Freguesia de Paião	38.82	375
DNS Ana Margarida, Almeida	94 Galitos		

Prova 31 Masc., 50m Costas Absolutos
4.7.09 - 17:05 Resultados

ABS MASC 17 +: 31.35

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Bruno Miguel, Amaral	89 Náutico/Matobra	28.60	657
2. Andre Ricardo, Simoes	91 Galitos	29.44	602
3. Pedro Miguel, Conde	90 Náutico/Matobra	29.61	592
4. Joao Jose, Viegas	92 Sporting de Aveiro	30.36	549
5. Cesar Fernando, Faria	90 Bairro dos Anjos	30.38	548
6. Diogo Miguel, Paulino	90 Bombeiros das Caldas Rainha	30.49	542
7. Mario Jorge, Silva	91 Ginásio Figueirense	30.51	541
8. Luis Miguel, Santos	90 Académica de Coimbra	30.61	536
9. Tiago Filipe, Pereira	91 Bairro dos Anjos	30.68	532
10. Aarao Emanuel, Teixeira	88 Bairro dos Anjos	30.74	529
11. Gustavo Alexandre, Meneses	92 Columbófila Cantanhedense	30.92	520
12. Nelson Goncalves, Judas	91 Náutico/Matobra	31.15	508
13. Rui Costa, Ferreira	92 Galitos	31.19	506

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Prova 31, Masc., 50m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
14. Bruno Filipe, Azevedo TFO	92 Núcleo de Pombal	31.75	480
15. Joao Macedo, Figueiredo TFO	87 Bairro dos Anjos	32.35	454
16. Guilherme Joao, Patriarca TFO	92 Académica de Coimbra	32.38	453
17. Jose Pedro, Martins TFO	92 Académico Viseu	32.59	444
18. Hugo Emanuel, Leite TFO	88 Feirense	32.69	440
19. Alexander Oliveira, Cardoso TFO	92 Sporting de Espinho	33.93	393
20. Gil António, Moreira TFO	92 Salesiano de Arouca	34.26	382

Prova 32
4.7.09 - 17:25

Femin., 400m Livres

Juvenis
Resultados

JUV FEM : 5:40.78

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha, Martins 50m: 32.34 32.34 100m: 1:07.77 35.43 150m: 1:44.31 36.54 200m: 2:20.36 36.05 250m: 2:57.28 36.92 300m: 3:33.87 36.59 350m: 4:10.69 36.82 400m: 4:46.35 35.66	95 Náutico/Matobra	4:46.35	612
2. Adriana Correia, Lopes 50m: 32.66 32.66 100m: 1:08.76 36.10 150m: 1:45.23 36.47 200m: 2:22.49 37.26 250m: 2:59.00 36.51 300m: 3:35.74 36.74 350m: 4:12.15 36.41 400m: 4:46.95 34.80	95 Náutico/Matobra	4:46.95	608
3. Tatiana Filipa, Santos 50m: 32.73 32.73 100m: 1:08.30 35.57 150m: 1:45.38 37.08 200m: 2:22.71 37.33 250m: 3:00.67 37.96 300m: 3:38.18 37.51 350m: 4:16.04 37.86 400m: 4:52.36 36.32	95 Ginásio Figueirense	4:52.36	575
4. Ana Catarina, Costa 50m: 33.28 33.28 100m: 1:09.86 36.58 150m: 1:47.24 37.38 200m: 2:25.23 37.99 250m: 3:03.07 37.84 300m: 3:41.39 38.32 350m: 4:19.16 37.77 400m: 4:55.99 36.83	95 Feirense	4:55.99	554
5. Mariana Rocha, Valente 50m: 33.83 33.83 100m: 1:10.32 36.49 150m: 1:47.14 36.82 200m: 2:24.55 37.41 250m: 3:01.88 37.33 300m: 3:40.39 38.51 350m: 4:19.22 38.83 400m: 4:57.20 37.98	95 Académica de Coimbra	4:57.20	547
6. Catia Andreia, Clara 50m: 33.80 33.80 100m: 1:10.69 36.89 150m: 1:48.57 37.88 200m: 2:27.37 38.80 250m: 3:05.76 38.39 300m: 3:44.16 38.40 350m: 4:22.12 37.96 400m: 4:58.56 36.44	95 Náutico da Marinha Grande	4:58.56	540
7. Mariana Sousa, Martins 50m: 33.20 33.20 100m: 1:09.48 36.28 150m: 1:48.02 38.54 200m: 2:27.03 39.01 250m: 3:06.13 39.10 300m: 3:45.22 39.09 350m: 4:24.72 39.50 400m: 5:01.70 36.98	95 Feirense	5:01.70	523
8. Ana Rita, Jesus 50m: 34.78 34.78 100m: 1:11.58 36.80 150m: 1:50.04 38.46 200m: 2:28.45 38.41 250m: 3:07.50 39.05 300m: 3:46.60 39.10 350m: 4:25.23 38.63 400m: 5:02.15 36.92	95 Desportivo Mealhada	5:02.15	521
9. Joana Ines, Oliveira 50m: 33.54 33.54 100m: 1:11.12 37.58 150m: 1:48.64 37.52 200m: 2:27.41 38.77 250m: 3:06.23 38.82 300m: 3:45.87 39.64 350m: 4:24.60 38.73 400m: 5:03.00 38.40	95 Académica de Coimbra	5:03.00	517
10. Patricia Santos, Dinis 50m: 33.19 33.19 100m: 1:10.53 37.34 150m: 1:48.88 38.35 200m: 2:27.31 38.43 250m: 3:06.67 39.36 300m: 3:46.27 39.60 350m: 4:26.54 40.27 400m: 5:04.83 38.29	95 Bombeiros das Caldas Raínha	5:04.83	507
11. Raquel Raimundo, Ferreira 50m: 34.57 34.57 100m: 1:14.09 39.52 150m: 1:53.99 39.90 200m: 2:34.54 40.55 250m: 3:14.17 39.63 300m: 3:55.25 41.08 350m: 4:34.73 39.48 400m: 5:13.42 38.69	95 Náutico/Matobra	5:13.42	467

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Prova 32, Femin., 400m Livres, Juvenis

Lugar	Ano	Tempo final	Pts
12. Cristiana Andreia, Lima	95 Núcleo de Pombal	5:14.10	464
50m: 35.48 35.48	150m: 1:55.75 40.95	250m: 3:16.87 40.76	350m: 4:38.51 40.21
100m: 1:14.80 39.32	200m: 2:36.11 40.36	300m: 3:58.30 41.43	400m: 5:14.10 35.59
13. Ana Luisa, Ramos	95 Gafanha da Encarnação	5:14.28	463
50m: 34.44 34.44	150m: 1:53.22 39.86	250m: 3:14.71 40.71	350m: 4:35.70 40.04
100m: 1:13.36 38.92	200m: 2:34.00 40.78	300m: 3:55.66 40.95	400m: 5:14.28 38.58
14. Catarina Alexandra, Ferreira	95 Náutico/Matobra	5:14.58	462
50m: 34.66 34.66	150m: 1:54.25 40.21	250m: 3:15.47 40.32	350m: 4:36.76 40.27
100m: 1:14.04 39.38	200m: 2:35.15 40.90	300m: 3:56.49 41.02	400m: 5:14.58 37.82
15. Ana Raquel, Albuquerque	95 Sporting de Aveiro	5:20.28	437
50m: 36.16 36.16	150m: 1:55.29 40.37	250m: 3:17.03 41.34	350m: 4:40.27 41.82
100m: 1:14.92 38.76	200m: 2:35.69 40.40	300m: 3:58.45 41.42	400m: 5:20.28 40.01
16. Catarina Rita, Andrade	95 Feirense	5:20.73	436
50m: 35.21 35.21	150m: 1:56.60 41.71	250m: 3:19.62 41.31	350m: 4:42.79 41.01
100m: 1:14.89 39.68	200m: 2:38.31 41.71	300m: 4:01.78 42.16	400m: 5:20.73 37.94
17. Maria Joao, Oliveira	95 Sporting de Espinho	5:21.19	434
50m: 33.98 33.98	150m: 1:54.16 41.78	250m: 3:18.16 42.47	350m: 4:42.42 42.63
100m: 1:12.38 38.40	200m: 2:35.69 41.53	300m: 3:59.79 41.63	400m: 5:21.19 38.77
18. Marcia Raquel, Saraiva	95 Galitos	5:26.71	412
50m: 35.03 35.03	150m: 1:56.77 40.84	250m: 3:22.19 42.04	350m: 4:47.36 41.46
100m: 1:15.93 40.90	200m: 2:40.15 43.38	300m: 4:05.90 43.71	400m: 5:26.71 39.35
19. Patricia Silva, Marques	95 Feirense	5:30.98	396
50m: 34.41 34.41	150m: 1:54.73 40.91	250m: 3:19.89 43.07	350m: 4:46.80 43.74
100m: 1:13.82 39.41	200m: 2:36.82 42.09	300m: 4:03.06 43.17	400m: 5:30.98 44.18
DNS Melanie Bronze, Santos	95 Alcobaça		

Prova 32
4.7.09 - 17:25

Femin., 400m Livres

Absolutos
Resultados

ABS FEM : 5:15.67

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Margarida, Domingos	93 Académico Viseu	4:39.14	661
50m: 32.72 32.72	150m: 1:43.84 36.16	250m: 2:54.88 35.50	350m: 4:05.87 35.33
100m: 1:07.68 34.96	200m: 2:19.38 35.54	300m: 3:30.54 35.66	400m: 4:39.14 33.27
2. Tania Martins, Garcia	92 Ginásio Figueirense	4:43.04	634
50m: 32.25 32.25	150m: 1:43.52 35.85	250m: 2:54.92 35.43	350m: 4:06.73 35.64
100m: 1:07.67 35.42	200m: 2:19.49 35.97	300m: 3:31.09 36.17	400m: 4:43.04 36.31
3. Ines Sofia, Sampaio	94 Académico Viseu	4:46.63	610
50m: 32.74 32.74	150m: 1:44.60 36.56	250m: 2:58.10 37.16	350m: 4:11.88 36.87
100m: 1:08.04 35.30	200m: 2:20.94 36.34	300m: 3:35.01 36.91	400m: 4:46.63 34.75
4. Ana Rita, Oliveira	92 Pimpões/Cimai	4:46.95	608
50m: 32.79 32.79	150m: 1:45.11 36.18	250m: 2:57.84 36.01	350m: 4:10.87 36.60
100m: 1:08.93 36.14	200m: 2:21.83 36.72	300m: 3:34.27 36.43	400m: 4:46.95 36.08
5. Matilde Goncalves, Gracio	91 Galitos	4:50.12	589
50m: 33.20 33.20	150m: 1:45.10 36.14	250m: 2:57.69 36.35	350m: 4:12.98 38.07
100m: 1:08.96 35.76	200m: 2:21.34 36.24	300m: 3:34.91 37.22	400m: 4:50.12 37.14
6. Mara Lisboa e, Silva	93 Bairro dos Anjos	4:50.51	586
50m: 33.33 33.33	150m: 1:46.27 36.67	250m: 3:00.18 37.01	350m: 4:14.38 37.11
100m: 1:09.60 36.27	200m: 2:23.17 36.90	300m: 3:37.27 37.09	400m: 4:50.51 36.13
7. Carolina Maria, Loureiro	92 Galitos	4:53.14	571
50m: 33.74 33.74	150m: 1:47.34 37.21	250m: 3:01.93 37.56	350m: 4:16.77 37.62
100m: 1:10.13 36.39	200m: 2:24.37 37.03	300m: 3:39.15 37.22	400m: 4:53.14 36.37

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Prova 32, Femin., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
8. Raquel Bartolo, Vitor	93 Académica de Coimbra	4:54.97	560
50m: 32.97 32.97	150m: 1:46.73 36.67	250m: 3:01.77 37.13	350m: 4:17.52 37.42
100m: 1:10.06 37.09	200m: 2:24.64 37.91	300m: 3:40.10 38.33	400m: 4:54.97 37.45
9. Beatriz Rocha, Nunes	94 Ginásio Figueirense	5:00.59	529
50m: 34.84 34.84	150m: 1:50.01 38.14	250m: 3:06.50 38.72	350m: 4:23.02 38.34
100m: 1:11.87 37.03	200m: 2:27.78 37.77	300m: 3:44.68 38.18	400m: 5:00.59 37.57
10. Patricia Alexandra, Leal	94 Náutico da Marinha Grande	5:05.68	503
50m: 34.86 34.86	150m: 1:50.50 37.85	250m: 3:08.10 38.61	350m: 4:27.17 39.17
100m: 1:12.65 37.79	200m: 2:29.49 38.99	300m: 3:48.00 39.90	400m: 5:05.68 38.51
11. Tatiana Cruz, Costa	94 Miranda do Corvo	5:06.50	499
50m: 35.31 35.31	150m: 1:52.41 38.98	250m: 3:10.63 39.11	350m: 4:28.69 38.79
100m: 1:13.43 38.12	200m: 2:31.52 39.11	300m: 3:49.90 39.27	400m: 5:06.50 37.81
12. Joana Ferreira, Coroado	92 Académica de Coimbra	5:08.09	491
50m: 35.12 35.12	150m: 1:52.40 39.14	250m: 3:11.49 39.56	350m: 4:30.18 39.33
100m: 1:13.26 38.14	200m: 2:31.93 39.53	300m: 3:50.85 39.36	400m: 5:08.09 37.91
13. Ana Filipa, Leite	86 Académica de Coimbra	5:09.15	486
50m: 34.38 34.38	150m: 1:50.75 38.40	250m: 3:10.04 39.75	350m: 4:30.08 39.67
100m: 1:12.35 37.97	200m: 2:30.29 39.54	300m: 3:50.41 40.37	400m: 5:09.15 39.07
14. Adriana Fialho, Passarinho	93 Benedita	5:12.63	470
50m: 35.64 35.64	150m: 1:55.15 40.08	250m: 3:15.38 40.04	350m: 4:34.86 39.49
100m: 1:15.07 39.43	200m: 2:35.34 40.19	300m: 3:55.37 39.99	400m: 5:12.63 37.77
15. Rita Marques, Sousa	94 Fundação Beatriz Santos	5:13.94	464
50m: 34.55 34.55	150m: 1:52.91 40.11	250m: 3:14.09 40.84	350m: 4:35.16 40.46
100m: 1:12.80 38.25	200m: 2:33.25 40.34	300m: 3:54.70 40.61	400m: 5:13.94 38.78
DNS Ana Margarida, Almeida	94 Galitos		
EXH Ana Catarina, Teixeira	95 Foca	5:03.81	513
50m: 34.17 34.17	150m: 1:50.53 38.23	250m: 3:07.78 38.69	350m: 4:25.44 38.89
100m: 1:12.30 38.13	200m: 2:29.09 38.56	300m: 3:46.55 38.77	400m: 5:03.81 38.37
EXH Helena Marisa, Pereira	95 Foca	5:11.37	476
50m: 36.31 36.31	150m: 1:56.05 39.45	250m: 3:15.17 39.71	350m: 4:33.79 39.08
100m: 1:16.60 40.29	200m: 2:35.46 39.41	300m: 3:54.71 39.54	400m: 5:11.37 37.58

Prova 33

Masc., 400m Livres

Juvenis B
Resultados

4.7.09 - 17:45

JUV B MASC : 5:11.18

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Nuno, Pires	94 Náutico/Matobra	4:29.75	563
50m: 30.70 30.70	150m: 1:37.88 33.69	250m: 2:46.65 34.25	350m: 3:56.13 34.64
100m: 1:04.19 33.49	200m: 2:12.40 34.52	300m: 3:21.49 34.84	400m: 4:29.75 33.62
2. Joao Pedro, Veiga	94 Náutico/Matobra	4:32.41	546
50m: 30.52 30.52	150m: 1:38.67 34.13	250m: 2:49.36 35.02	350m: 3:59.29 34.14
100m: 1:04.54 34.02	200m: 2:14.34 35.67	300m: 3:25.15 35.79	400m: 4:32.41 33.12
3. Andre Alexandre, Vicente	94 Naval da Nazaré	4:34.84	532
50m: 30.22 30.22	150m: 1:39.22 35.05	250m: 2:50.07 35.81	350m: 4:00.96 35.42
100m: 1:04.17 33.95	200m: 2:14.26 35.04	300m: 3:25.54 35.47	400m: 4:34.84 33.88
4. Joao Manuel, Borges	94 Ginásio Figueirense	4:38.59	511
50m: 30.63 30.63	150m: 1:40.05 35.30	250m: 2:51.28 35.85	350m: 4:03.20 35.94
100m: 1:04.75 34.12	200m: 2:15.43 35.38	300m: 3:27.26 35.98	400m: 4:38.59 35.39
5. Pedro Diogo, Taveira	94 Galitos	4:38.93	509
50m: 31.72 31.72	150m: 1:41.97 35.69	250m: 2:53.88 36.12	350m: 4:05.72 35.83
100m: 1:06.28 34.56	200m: 2:17.76 35.79	300m: 3:29.89 36.01	400m: 4:38.93 33.21

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Prova 33, Masc., 400m Livres, Juvenis B

Lugar					Ano					Tempo final	Pts	
6.	Diogo Cunha, Girao				94	Columbófila Cantanhedense				4:39.59	505	
	50m:	31.38	31.38	150m:	1:39.77	34.11	250m:	2:50.43	35.25	350m:	4:04.08	36.82
	100m:	1:05.66	34.28	200m:	2:15.18	35.41	300m:	3:27.26	36.83	400m:	4:39.59	35.51
7.	Marcelo Santos, Saldanha				94	Bombeiros das Caldas Rainha				4:39.61	505	
	50m:	29.83	29.83	150m:	1:40.22	35.82	250m:	2:52.43	35.89	350m:	4:04.32	35.90
	100m:	1:04.40	34.57	200m:	2:16.54	36.32	300m:	3:28.42	35.99	400m:	4:39.61	35.29
8.	Hugo Neves, Neto				94	Columbófila Cantanhedense				4:40.17	502	
	50m:	31.37	31.37	150m:	1:41.83	35.70	250m:	2:53.39	35.86	350m:	4:05.82	36.48
	100m:	1:06.13	34.76	200m:	2:17.53	35.70	300m:	3:29.34	35.95	400m:	4:40.17	34.35
9.	Andre Ribeiro de, Sousa				94	Bairro dos Anjos				4:43.35	485	
	50m:	30.85	30.85	150m:	1:41.59	36.03	250m:	2:55.17	36.51	350m:	4:09.12	36.43
	100m:	1:05.56	34.71	200m:	2:18.66	37.07	300m:	3:32.69	37.52	400m:	4:43.35	34.23
10.	Filipe Rainho, Balseiro				94	Galitos				4:44.81	478	
	50m:	30.98	30.98	150m:	1:42.90	36.14	250m:	2:56.16	36.45	350m:	4:09.70	36.35
	100m:	1:06.76	35.78	200m:	2:19.71	36.81	300m:	3:33.35	37.19	400m:	4:44.81	35.11
11.	David Jose, Fonseca				94	Columbófila Cantanhedense				4:45.94	472	
	50m:	32.58	32.58	150m:	1:43.04	35.16	250m:	2:55.76	36.07	350m:	4:09.96	36.57
	100m:	1:07.88	35.30	200m:	2:19.69	36.65	300m:	3:33.39	37.63	400m:	4:45.94	35.98
12.	Francisco Leonardes, Alves				94	Académica de Coimbra				4:47.73	464	
	50m:	31.37	31.37	150m:	1:43.31	36.44	250m:	2:57.79	37.55	350m:	4:12.64	37.23
	100m:	1:06.87	35.50	200m:	2:20.24	36.93	300m:	3:35.41	37.62	400m:	4:47.73	35.09
13.	Joao Filipe, Lucas				94	Académica de Coimbra				4:48.42	460	
	50m:	30.94	30.94	150m:	1:42.98	36.75	250m:	2:57.42	37.53	350m:	4:12.38	37.56
	100m:	1:06.23	35.29	200m:	2:19.89	36.91	300m:	3:34.82	37.40	400m:	4:48.42	36.04
14.	Andre Marques, Silva				94	Sporting de Aveiro				4:48.84	458	
	50m:	33.08	33.08	150m:	1:46.56	37.00	250m:	3:01.01	37.09	350m:	4:14.78	35.57
	100m:	1:09.56	36.48	200m:	2:23.92	37.36	300m:	3:39.21	38.20	400m:	4:48.84	34.06
15.	Andre Filipe, Monteiro				94	Galitos				4:48.89	458	
	50m:	32.20	32.20	150m:	1:45.64	37.22	250m:	2:59.26	36.68	350m:	4:13.81	37.17
	100m:	1:08.42	36.22	200m:	2:22.58	36.94	300m:	3:36.64	37.38	400m:	4:48.89	35.08
16.	Miguel Polidoro, Alexandre				94	Bairro dos Anjos				4:49.22	456	
	50m:	29.09	29.09	150m:	1:36.57	34.39	250m:	2:59.28	49.23	350m:	4:14.38	37.40
	100m:	1:02.18	33.09	200m:	2:10.05	33.48	300m:	3:36.98	37.70	400m:	4:49.22	34.84
17.	Diogo Manuel, Domingues				94	Bairro dos Anjos				4:50.03	453	
	50m:	32.74	32.74	150m:	1:45.05	36.70	250m:	2:59.08	37.18	350m:	4:14.10	37.46
	100m:	1:08.35	35.61	200m:	2:21.90	36.85	300m:	3:36.64	37.56	400m:	4:50.03	35.93
18.	Joao Barbosa, Moreira				94	Náutico/Matobra				4:50.81	449	
	50m:	32.55	32.55	150m:	1:46.81	37.96	250m:	3:02.19	37.74	350m:	4:16.25	36.75
	100m:	1:08.85	36.30	200m:	2:24.45	37.64	300m:	3:39.50	37.31	400m:	4:50.81	34.56
19.	Joao Petinga de, Almeida				94	Naval da Nazaré				4:51.60	445	
	50m:	32.04	32.04	150m:	1:44.94	36.82	250m:	2:59.38	37.09	350m:	4:14.76	37.46
	100m:	1:08.12	36.08	200m:	2:22.29	37.35	300m:	3:37.30	37.92	400m:	4:51.60	36.84
20.	Edgar Neves, Tomas				94	Pimpões/Cimai				4:52.78	440	
	50m:	33.11	33.11	150m:	1:47.59	37.92	250m:	3:03.10	36.94	350m:	4:17.47	36.24
	100m:	1:09.67	36.56	200m:	2:26.16	38.57	300m:	3:41.23	38.13	400m:	4:52.78	35.31
21.	Tiago Andre, Silva				94	Columbófila Cantanhedense				4:53.10	439	
	50m:	32.64	32.64	150m:	1:46.06	36.93	250m:	3:01.71	37.12	350m:	4:16.41	36.39
	100m:	1:09.13	36.49	200m:	2:24.59	38.53	300m:	3:40.02	38.31	400m:	4:53.10	36.69
22.	Joao Manuel, Santos				94	Campinho				4:58.43	415	
	50m:	32.51	32.51	150m:	1:46.89	38.03	250m:	3:03.53	38.16	350m:	4:20.97	39.03
	100m:	1:08.86	36.35	200m:	2:25.37	38.48	300m:	3:41.94	38.41	400m:	4:58.43	37.46
23.	Tiago Botelho, Andrade				94	Feirense				4:59.38	412	
	50m:	30.53	30.53	150m:	1:44.35	38.54	250m:	3:04.30	39.37	350m:	4:22.54	39.04
	100m:	1:05.81	35.28	200m:	2:24.93	40.58	300m:	3:43.50	39.20	400m:	4:59.38	36.84

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 33, Masc., 400m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts		
24.	Goncalo Ferreira, Gameiro		94	Núcleo de Pombal				5:05.20	388		
	50m:	33.29 33.29	150m:	1:48.52	38.06	250m:	3:06.84	39.34	350m:	4:26.54	39.94
	100m:	1:10.46 37.17	200m:	2:27.50	38.98	300m:	3:46.60	39.76	400m:	5:05.20	38.66
25.	Telmo Gonçalves, Barbosa		94	Feirense				5:21.80	331		
	<i>TFO</i>										
	50m:	34.11 34.11	150m:	1:53.74	41.00	250m:	3:18.31	42.26	350m:	4:41.97	40.10
	100m:	1:12.74 38.63	200m:	2:36.05	42.31	300m:	4:01.87	43.56	400m:	5:21.80	39.83

Prova 33 Masc., 400m Livres Juvenis A
4.7.09 - 17:45 Resultados

JUV A MASC : 4:58.44

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Diogo Maia e, Silva		93	Pimpões/Cimai				4:24.77	595		
	50m:	30.07 30.07	150m:	1:37.28	33.78	250m:	2:45.01	33.44	350m:	3:52.50	33.10
	100m:	1:03.50 33.43	200m:	2:11.57	34.29	300m:	3:19.40	34.39	400m:	4:24.77	32.27
2.	Andre Duarte, Vaz		93	Ginásio Figueirense				4:31.57	551		
	50m:	30.88 30.88	150m:	1:38.96	34.73	250m:	2:49.05	35.64	350m:	3:59.64	35.71
	100m:	1:04.23 33.35	200m:	2:13.41	34.45	300m:	3:23.93	34.88	400m:	4:31.57	31.93
3.	Tiago Lopes, Ribeiro		93	Benedita				4:31.63	551		
	50m:	30.22 30.22	150m:	1:39.59	35.19	250m:	2:49.06	34.23	350m:	3:58.17	34.77
	100m:	1:04.40 34.18	200m:	2:14.83	35.24	300m:	3:23.40	34.34	400m:	4:31.63	33.46
4.	Andre Filipe da, Graca		93	Alcobaça				4:31.96	549		
	50m:	30.17 30.17	150m:	1:36.56	33.66	250m:	2:45.84	34.84	350m:	3:57.02	35.71
	100m:	1:02.90 32.73	200m:	2:11.00	34.44	300m:	3:21.31	35.47	400m:	4:31.96	34.94
5.	Andre Marques, Dinis		93	Columbófila Cantanhedense				4:32.34	547		
	50m:	30.36 30.36	150m:	1:37.94	34.12	250m:	2:48.16	34.89	350m:	3:58.49	34.70
	100m:	1:03.82 33.46	200m:	2:13.27	35.33	300m:	3:23.79	35.63	400m:	4:32.34	33.85
6.	Pedro Jorge, Santos		93	Sporting de Aveiro				4:33.96	537		
	50m:	29.92 29.92	150m:	1:39.30	35.34	250m:	2:49.96	35.45	350m:	4:00.17	34.96
	100m:	1:03.96 34.04	200m:	2:14.51	35.21	300m:	3:25.21	35.25	400m:	4:33.96	33.79
7.	Alexandre Galveias, Vale		93	Pimpões/Cimai				4:34.33	535		
	50m:	31.25 31.25	150m:	1:41.42	35.64	250m:	2:51.10	34.63	350m:	4:00.85	35.33
	100m:	1:05.78 34.53	200m:	2:16.47	35.05	300m:	3:25.52	34.42	400m:	4:34.33	33.48
8.	Marcelo Fernandes, Rosas		93	Feirense				4:49.88	453		
	50m:	30.66 30.66	150m:	1:41.82	36.40	250m:	2:56.60	37.62	350m:	4:13.01	38.22
	100m:	1:05.42 34.76	200m:	2:18.98	37.16	300m:	3:34.79	38.19	400m:	4:49.88	36.87
9.	Diogo Emanuel, Ferreira		93	Académica de Coimbra				4:53.17	438		
	50m:	33.48 33.48	150m:	1:46.56	37.16	250m:	3:02.08	38.05	350m:	4:17.44	37.98
	100m:	1:09.40 35.92	200m:	2:24.03	37.47	300m:	3:39.46	37.38	400m:	4:53.17	35.73
10.	Joao Miguel, Figueiredo		93	Campinho				4:57.03	421		
	50m:	31.73 31.73	150m:	1:45.66	37.76	250m:	3:01.01	37.83	350m:	4:19.95	39.71
	100m:	1:07.90 36.17	200m:	2:23.18	37.52	300m:	3:40.24	39.23	400m:	4:57.03	37.08
11.	Gabriel Soares, Martins		93	Campinho				4:59.37	412		
	<i>TFO</i>										
	50m:	31.50 31.50	150m:	1:45.67	37.94	250m:	3:02.50	38.30	350m:	4:21.56	40.16
	100m:	1:07.73 36.23	200m:	2:24.20	38.53	300m:	3:41.40	38.90	400m:	4:59.37	37.81
12.	Romulo Manuel, Fernandes		93	Académica de Coimbra				5:01.45	403		
	<i>TFO</i>										
	50m:	32.26 32.26	150m:	1:48.00	38.70	250m:	3:06.26	39.31	350m:	4:24.08	38.55
	100m:	1:09.30 37.04	200m:	2:26.95	38.95	300m:	3:45.53	39.27	400m:	5:01.45	37.37

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Prova 33, Masc., 400m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
13. Jose Emanuel, Rosmaninho <i>TFO</i>	93 Desportivo Mealhada	5:03.76	394
50m: 33.36 33.36 150m: 1:50.19 39.69 250m: 3:09.12 39.46 350m: 4:28.25 39.28			
100m: 1:10.50 37.14 200m: 2:29.66 39.47 300m: 3:48.97 39.85 400m: 5:03.76 35.51			
14. Telmo Almeida, Santos <i>TFO</i>	93 Feirense	5:17.97	343
50m: 32.54 32.54 150m: 1:52.59 40.30 250m: 3:14.81 40.20 350m: 4:38.08 40.99			
100m: 1:12.29 39.75 200m: 2:34.61 42.02 300m: 3:57.09 42.28 400m: 5:17.97 39.89			

Prova 33 Masc., 400m Livres Absolutos
4.7.09 - 17:45 Resultados

ABS MASC : 4:46.71

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Jorge Miguel, Mendes	90 Náutico/Matobra	4:11.62	693
50m: 29.12 29.12 150m: 1:33.25 32.48 250m: 2:37.14 32.06 350m: 3:40.80 31.62			
100m: 1:00.77 31.65 200m: 2:05.08 31.83 300m: 3:09.18 32.04 400m: 4:11.62 30.82			
2. Miguel Machado, Lopes	92 Benedita	4:14.29	672
50m: 28.64 28.64 150m: 1:31.27 31.85 250m: 2:36.05 32.83 350m: 3:42.27 33.34			
100m: 59.42 30.78 200m: 2:03.22 31.95 300m: 3:08.93 32.88 400m: 4:14.29 32.02			
3. Andre Filipe, Lopes	92 Académica de Coimbra	4:14.33	671
50m: 28.77 28.77 150m: 1:32.50 32.07 250m: 2:36.66 31.95 350m: 3:42.93 33.40			
100m: 1:00.43 31.66 200m: 2:04.71 32.21 300m: 3:09.53 32.87 400m: 4:14.33 31.40			
4. Bruno Gustavo, Nogueira	91 Fundação Beatriz Santos	4:17.26	649
50m: 29.03 29.03 150m: 1:34.55 33.31 250m: 2:40.86 32.95 350m: 3:46.33 32.22			
100m: 1:01.24 32.21 200m: 2:07.91 33.36 300m: 3:14.11 33.25 400m: 4:17.26 30.93			
5. Francisco Maldonado, Freitas	91 Pimpões/Cimai	4:20.30	626
50m: 28.76 28.76 150m: 1:33.11 32.61 250m: 2:39.77 33.79 350m: 3:47.62 34.03			
100m: 1:00.50 31.74 200m: 2:05.98 32.87 300m: 3:13.59 33.82 400m: 4:20.30 32.68			
6. Pedro Filipe, Santos	89 Académica de Coimbra	4:22.47	611
50m: 29.96 29.96 150m: 1:33.99 32.40 250m: 2:41.17 33.67 350m: 3:49.68 34.25			
100m: 1:01.59 31.63 200m: 2:07.50 33.51 300m: 3:15.43 34.26 400m: 4:22.47 32.79			
7. Tiago Rafael, Lopes	92 Académica de Coimbra	4:24.75	595
50m: 29.72 29.72 150m: 1:36.45 33.43 250m: 2:44.31 33.75 350m: 3:52.57 33.90			
100m: 1:03.02 33.30 200m: 2:10.56 34.11 300m: 3:18.67 34.36 400m: 4:24.75 32.18			
8. Manuel Andril, Cordeiro	92 Bairro dos Anjos	4:29.08	567
50m: 29.72 29.72 150m: 1:35.58 33.82 250m: 2:44.34 34.92 350m: 3:54.62 35.33			
100m: 1:01.76 32.04 200m: 2:09.42 33.84 300m: 3:19.29 34.95 400m: 4:29.08 34.46			
9. Francisco Vala, Pires	92 Bairro dos Anjos	4:30.06	561
50m: 30.63 30.63 150m: 1:38.55 34.66 250m: 2:48.12 35.28 350m: 3:58.13 35.17			
100m: 1:03.89 33.26 200m: 2:12.84 34.29 300m: 3:22.96 34.84 400m: 4:30.06 31.93			
10. Filipe Miguel, Meca	91 Pimpões/Cimai	4:30.21	560
50m: 30.50 30.50 150m: 1:38.84 34.74 250m: 2:48.58 34.96 350m: 3:57.99 34.51			
100m: 1:04.10 33.60 200m: 2:13.62 34.78 300m: 3:23.48 34.90 400m: 4:30.21 32.22			
11. Andre Oliveira, Marques	92 Bairro dos Anjos	4:30.83	556
50m: 29.87 29.87 150m: 1:36.00 33.19 250m: 2:45.81 34.91 350m: 3:56.68 35.38			
100m: 1:02.81 32.94 200m: 2:10.90 34.90 300m: 3:21.30 35.49 400m: 4:30.83 34.15			
12. Goncalo Nuno, Costa	90 Académica de Coimbra	4:34.77	532
50m: 30.44 30.44 150m: 1:36.78 34.23 250m: 2:47.08 35.47 350m: 3:59.40 36.49			
100m: 1:02.55 32.11 200m: 2:11.61 34.83 300m: 3:22.91 35.83 400m: 4:34.77 35.37			
13. Rui Costa, Ferreira	92 Galitos	4:35.38	529
50m: 30.80 30.80 150m: 1:39.93 35.03 250m: 2:49.75 34.93 350m: 3:59.99 35.45			
100m: 1:04.90 34.10 200m: 2:14.82 34.89 300m: 3:24.54 34.79 400m: 4:35.38 35.39			

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 33, Masc., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
14. Rui Correia, Tinoco	92 Ginásio Figueirense	4:35.68	527
50m: 30.73 30.73	150m: 1:39.76 35.00	250m: 2:50.14 35.47	350m: 4:01.13 35.59
100m: 1:04.76 34.03	200m: 2:14.67 34.91	300m: 3:25.54 35.40	400m: 4:35.68 34.55
15. Nelson Goncalves, Judas	91 Náutico/Matobra	4:40.68	499
50m: 30.47 30.47	150m: 1:40.03 35.33	250m: 2:52.23 36.17	350m: 4:05.23 36.29
100m: 1:04.70 34.23	200m: 2:16.06 36.03	300m: 3:28.94 36.71	400m: 4:40.68 35.45
EXH Miguel Ferraz, Costa	94 Vilacondense	4:41.44	495
50m: 30.36 30.36	150m: 1:42.74 36.54	250m: 2:56.46 36.87	350m: 4:08.14 35.34
100m: 1:06.20 35.84	200m: 2:19.59 36.85	300m: 3:32.80 36.34	400m: 4:41.44 33.30

4 - 4ª Jornada

5.7.09 - 10:00

Prova 34
5.7.09 - 10:00

Masc., 4 x 50m Estilos

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Náutico/Matobra Abs	1:52.92	623
Bruno Miguel, Amaral 89 +0,65 29.08	Rui Miguel, Fonseca 88 +0,01 26.46	
Pedro Miguel, Conde 90 +0,14 32.04	Jorge Miguel, Mendes 90 +0,29 25.34	
2. Galitos Abs	1:54.53	597
Andre Ricardo, Simoes 91 +0,64 29.46	Rui Miguel, Santos 83 +0,25 28.48	
Nuno Duro, Pascoal 92 +0,40 31.97	Rui Costa, Ferreira 92 +0,16 24.62	
3. Académica de Coimbra Abs	1:55.84	577
Luis Miguel, Santos 90 +0,72 30.23	Andre Filipe, Lopes 92 +0,34 27.51	
Pedro Octavio, Fernandes 91 +0,16 32.50	Gustavo Almeida, Madureira 94 +0,41 25.60	
4. Ginásio Figueirense Abs	1:56.54	567
Mario Jorge, Silva 91 +0,61 29.79	Mario Alexandre, Pereira 92 +0,26 27.07	
Andre Duarte, Vaz 93 +0,05 33.79	Daciano Egidio, Sousa 93 +0,45 25.89	
5. Columbófila Cantanhedense Abs	2:00.45	513
Gustavo Alexandre, Meneses 92 +0,62 31.07	Pedro Fragoso, Lopes 90 +0,43 27.57	
Renan Camara, Pereira 93 +0,27 34.37	Andre Marques, Dinis 93 +0,19 27.44	
6. Académico Viseu Abs	2:04.87	461
Jose Pedro, Martins 92 +0,73 32.46	Tiago Filipe, Sapata 87 +0,50 30.13	
Antonio Melo, Faria 92 +0,19 34.15	Rui Miguel, Branco 89 +0,42 28.13	
7. Feirense Abs	2:04.88	461
Hugo Emanuel, Leite 88 +0,68 33.47	Fabio Silva, Ferreira 89 +0,24 29.53	
Diogo Goncalves, Barbosa 90 +0,64 35.94	Artur Guilherme, Costa 90 +0,49 25.94	
8. Estarreja 1	2:09.35	414
Rafael Arrojado, Ferreira 94 +0,61 34.49	Jose Figueiredo, Pereira 92 +0,56 30.97	
Vitor Hugo, Mano 85 +0,48 35.13	Henrique Manuel, Amaral 94 +0,34 28.76	
DSQ Bairro dos Anjos Abs	Bairro dos Anjos	
<i>o 4º atleta iniciou o percurso no estilo de Mariposa</i>		
Cesar Fernando, Faria, Helder Alexandre, Godinho, Tiago Filipe, Pereira, Ivo Monico de, Almeida		
DNS Beira Mar Abs	Beira Mar	
Gino Santos, Caetano, Joel Santos, Prior, Fabio Ornelas, Carvalho, Guilherme Marques, Teixeira		
EXH Académica de Coimbra Inf A	2:08.88	419
Gustavo Lopes, Ribeiro 95 +0,62 33.34	Luis de, Oliveira 95 +0,84 32.43	
Joao Andre, Neves 95 +0,45 34.73	Jose Antonio, Forte 95 +0,59 28.38	

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Prova 34, Masc., 4 x 50m Estilos

Lugar						Tempo final	Pts
EXH	Náutico/Matobra Inf A			Náutico/Matobra		2:20.38	324
	Joao Pedro, Cardoso	96	+0,70	34.88	Tomas Miguel, Veloso	96	+0,42
	Pedro Coelho, Silva	96	+0,94	41.41	Joao Miguel, Belchior	96	+0,14

Prova 35
5.7.09 - 10:05

Femin., 1500m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar			Ano				Tempo final	Pts
1.	Tania Martins, Garcia		92	Ginásio Figueirense			18:23.82	651
	50m: 33.42	33.42	450m: 5:28.35	37.02	850m: 10:20.79	36.73	1250m: 15:16.80	37.62
	100m: 1:09.48	36.06	500m: 6:05.32	36.97	900m: 10:57.57	36.78	1300m: 15:54.16	37.36
	150m: 1:46.68	37.20	550m: 6:42.39	37.07	950m: 11:34.50	36.93	1350m: 16:32.57	38.41
	200m: 2:23.52	36.84	600m: 7:18.94	36.55	1000m: 12:10.93	36.43	1400m: 17:10.15	37.58
	250m: 3:00.52	37.00	650m: 7:55.70	36.76	1050m: 12:47.80	36.87	1450m: 17:47.36	37.21
	300m: 3:37.11	36.59	700m: 8:32.31	36.61	1100m: 13:24.67	36.87	1500m: 18:23.82	36.46
	350m: 4:14.15	37.04	750m: 9:08.06	35.75	1150m: 14:02.03	37.36		
	400m: 4:51.33	37.18	800m: 9:44.06	36.00	1200m: 14:39.18	37.15		
2.	Alice Cativo, Correia		94	Estamos Juntos			18:49.72	607
	50m: 34.64	34.64	450m: 5:33.03	37.91	850m: 10:35.95	37.93	1250m: 15:40.78	38.11
	100m: 1:11.57	36.93	500m: 6:11.20	38.17	900m: 11:14.18	38.23	1300m: 16:19.15	38.37
	150m: 1:48.76	37.19	550m: 6:49.40	38.20	950m: 11:52.67	38.49	1350m: 16:57.43	38.28
	200m: 2:25.54	36.78	600m: 7:27.20	37.80	1000m: 12:30.71	38.04	1400m: 17:35.48	38.05
	250m: 3:02.64	37.10	650m: 8:04.87	37.67	1050m: 13:08.61	37.90	1450m: 18:13.25	37.77
	300m: 3:39.91	37.27	700m: 8:42.60	37.73	1100m: 13:46.73	38.12	1500m: 18:49.72	36.47
	350m: 4:17.37	37.46	750m: 9:20.23	37.63	1150m: 14:24.66	37.93		
	400m: 4:55.12	37.75	800m: 9:58.02	37.79	1200m: 15:02.67	38.01		
3.	Ana Rita, Oliveira		92	Pimpões/Cimai			18:55.13	599
	50m: 34.47	34.47	450m: 5:37.96	38.20	850m: 10:43.63	37.55	1250m: 15:45.57	37.93
	100m: 1:11.93	37.46	500m: 6:16.18	38.22	900m: 11:21.24	37.61	1300m: 16:24.46	38.89
	150m: 1:49.74	37.81	550m: 6:54.66	38.48	950m: 11:58.46	37.22	1350m: 17:03.22	38.76
	200m: 2:27.87	38.13	600m: 7:33.76	39.10	1000m: 12:36.13	37.67	1400m: 17:41.69	38.47
	250m: 3:05.53	37.66	650m: 8:12.99	39.23	1050m: 13:13.42	37.29	1450m: 18:19.50	37.81
	300m: 3:43.35	37.82	700m: 8:50.88	37.89	1100m: 13:51.47	38.05	1500m: 18:55.13	35.63
	350m: 4:21.37	38.02	750m: 9:28.30	37.42	1150m: 14:29.29	37.82		
	400m: 4:59.76	38.39	800m: 10:06.08	37.78	1200m: 15:07.64	38.35		
4.	Ines Sofia, Sampaio		94	Académico Viseu			18:56.11	597
	50m: 34.14	34.14	450m: 5:34.26	37.45	850m: 10:40.17	38.58	1250m: 15:48.65	39.19
	100m: 1:12.08	37.94	500m: 6:12.30	38.04	900m: 11:18.26	38.09	1300m: 16:27.86	39.21
	150m: 1:50.00	37.92	550m: 6:49.90	37.60	950m: 11:56.42	38.16	1350m: 17:06.31	38.45
	200m: 2:27.87	37.87	600m: 7:28.53	38.63	1000m: 12:34.95	38.53	1400m: 17:44.30	37.99
	250m: 3:05.14	37.27	650m: 8:06.77	38.24	1050m: 13:13.14	38.19	1450m: 18:21.53	37.23
	300m: 3:42.57	37.43	700m: 8:44.85	38.08	1100m: 13:51.75	38.61	1500m: 18:56.11	34.58
	350m: 4:19.57	37.00	750m: 9:22.96	38.11	1150m: 14:30.67	38.92		
	400m: 4:56.81	37.24	800m: 10:01.59	38.63	1200m: 15:09.46	38.79		
5.	Raquel Bartolo, Vitor		93	Académica de Coimbra			19:06.44	581
	50m: 34.49	34.49	450m: 5:36.62	38.13	850m: 10:42.21	38.37	1250m: 15:51.86	39.12
	100m: 1:11.35	36.86	500m: 6:14.89	38.27	900m: 11:20.79	38.58	1300m: 16:31.19	39.33
	150m: 1:49.06	37.71	550m: 6:53.10	38.21	950m: 11:58.69	37.90	1350m: 17:10.38	39.19
	200m: 2:26.88	37.82	600m: 7:31.04	37.94	1000m: 12:37.43	38.74	1400m: 17:49.63	39.25
	250m: 3:04.79	37.91	650m: 8:09.18	38.14	1050m: 13:15.99	38.56	1450m: 18:28.46	38.83
	300m: 3:42.88	38.09	700m: 8:47.19	38.01	1100m: 13:55.17	39.18	1500m: 19:06.44	37.98
	350m: 4:20.74	37.86	750m: 9:25.46	38.27	1150m: 14:33.82	38.65		
	400m: 4:58.49	37.75	800m: 10:03.84	38.38	1200m: 15:12.74	38.92		

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Prova 35, Femin., 1500m Livres, Absolutos

Lugar			Ano			Tempo final	Pts	
6.	Matilde Goncalves, Gracio		91	Galitos		19:17.90	564	
	50m: 34.63	34.63	450m: 5:37.41	37.91	850m: 10:44.28	38.74	1250m: 16:01.42	39.35
	100m: 1:11.80	37.17	500m: 6:15.33	37.92	900m: 11:23.77	39.49	1300m: 16:40.60	39.18
	150m: 1:49.89	38.09	550m: 6:53.38	38.05	950m: 12:03.69	39.92	1350m: 17:20.43	39.83
	200m: 2:27.77	37.88	600m: 7:31.35	37.97	1000m: 12:43.34	39.65	1400m: 17:59.78	39.35
	250m: 3:05.68	37.91	650m: 8:09.61	38.26	1050m: 13:23.09	39.75	1450m: 18:39.17	39.39
	300m: 3:43.43	37.75	700m: 8:47.81	38.20	1100m: 14:02.83	39.74	1500m: 19:17.90	38.73
	350m: 4:21.56	38.13	750m: 9:26.39	38.58	1150m: 14:42.47	39.64		
	400m: 4:59.50	37.94	800m: 10:05.54	39.15	1200m: 15:22.07	39.60		
7.	Mariana Rocha, Valente		95	Académica de Coimbra		19:18.41	563	
	50m: 34.54	34.54	450m: 5:40.82	38.45	850m: 10:51.76	38.60	1250m: 16:05.13	38.64
	100m: 1:13.20	38.66	500m: 6:19.65	38.83	900m: 11:31.12	39.36	1300m: 16:45.38	40.25
	150m: 1:50.87	37.67	550m: 6:58.58	38.93	950m: 12:10.06	38.94	1350m: 17:23.89	38.51
	200m: 2:28.95	38.08	600m: 7:37.31	38.73	1000m: 12:49.48	39.42	1400m: 18:03.35	39.46
	250m: 3:06.63	37.68	650m: 8:16.15	38.84	1050m: 13:28.64	39.16	1450m: 18:41.76	38.41
	300m: 3:45.13	38.50	700m: 8:55.11	38.96	1100m: 14:07.31	38.67	1500m: 19:18.41	36.65
	350m: 4:23.60	38.47	750m: 9:33.82	38.71	1150m: 14:46.95	39.64		
	400m: 5:02.37	38.77	800m: 10:13.16	39.34	1200m: 15:26.49	39.54		
8.	Ana Filipa, Leite		86	Académica de Coimbra		20:16.53	486	
	50m: 35.29	35.29	450m: 5:56.13	39.94	850m: 11:24.29	40.81	1250m: 16:54.11	40.84
	100m: 1:14.75	39.46	500m: 6:37.27	41.14	900m: 12:05.62	41.33	1300m: 17:35.61	41.50
	150m: 1:53.85	39.10	550m: 7:17.50	40.23	950m: 12:46.52	40.90	1350m: 18:16.04	40.43
	200m: 2:34.56	40.71	600m: 7:58.74	41.24	1000m: 13:28.17	41.65	1400m: 18:57.20	41.16
	250m: 3:14.08	39.52	650m: 8:39.40	40.66	1050m: 14:08.95	40.78	1450m: 19:37.12	39.92
	300m: 3:55.04	40.96	700m: 9:20.95	41.55	1100m: 14:50.60	41.65	1500m: 20:16.53	39.41
	350m: 4:35.11	40.07	750m: 10:01.76	40.81	1150m: 15:31.55	40.95		
	400m: 5:16.19	41.08	800m: 10:43.48	41.72	1200m: 16:13.27	41.72		
9.	Tatiana Cruz, Costa		94	Miranda do Corvo		20:20.42	482	
	50m: 36.66	36.66	450m: 6:01.13	41.18	850m: 11:28.77	40.43	1250m: 16:54.93	41.09
	100m: 1:16.43	39.77	500m: 6:41.90	40.77	900m: 12:09.41	40.64	1300m: 17:36.42	41.49
	150m: 1:56.96	40.53	550m: 7:23.54	41.64	950m: 12:50.50	41.09	1350m: 18:17.77	41.35
	200m: 2:37.40	40.44	600m: 8:04.05	40.51	1000m: 13:31.27	40.77	1400m: 18:59.00	41.23
	250m: 3:18.24	40.84	650m: 8:45.02	40.97	1050m: 14:11.52	40.25	1450m: 19:39.96	40.96
	300m: 3:58.77	40.53	700m: 9:26.36	41.34	1100m: 14:51.73	40.21	1500m: 20:20.42	40.46
	350m: 4:39.41	40.64	750m: 10:07.37	41.01	1150m: 15:32.74	41.01		
	400m: 5:19.95	40.54	800m: 10:48.34	40.97	1200m: 16:13.84	41.10		
EXH	Filipa Vilas, Ruivo		97	Náutico da Marinha Grande		18:11.07	674	
	<i>RN Inf B, aos 800 m e 1500 m Livres</i>							
	50m: 32.67	32.67	450m: 5:20.41	36.60	850m: 10:13.59	36.79	1250m: 15:10.57	37.14
	100m: 1:06.85	34.18	500m: 5:56.89	36.48	900m: 10:50.35	36.76	1300m: 15:47.21	36.64
	150m: 1:43.08	36.23	550m: 6:33.38	36.49	950m: 11:27.68	37.33	1350m: 16:24.43	37.22
	200m: 2:19.10	36.02	600m: 7:09.82	36.44	1000m: 12:04.60	36.92	1400m: 17:01.03	36.60
	250m: 2:55.79	36.69	650m: 7:46.87	37.05	1050m: 12:42.24	37.64	1450m: 17:37.62	36.59
	300m: 3:32.16	36.37	700m: 8:23.45	36.58	1100m: 13:19.22	36.98	1500m: 18:11.07	33.45
	350m: 4:07.93	35.77	750m: 9:00.30	36.85	1150m: 13:56.42	37.20		
	400m: 4:43.81	35.88	800m: 9:36.80	36.50	1200m: 14:33.43	37.01		
EXH	Florbela Cavaco, Machado		96	Columbófila Cantanhedense		18:29.04	642	
	<i>RN Inf A e RR aos 200, 400 e 800 metros</i>							
	50m: 33.07	33.07	450m: 5:24.28	38.07	850m: 10:25.23	37.42	1250m: 15:27.07	37.49
	100m: 1:08.39	35.32	500m: 6:01.62	37.34	900m: 11:02.97	37.74	1300m: 16:04.09	37.02
	150m: 1:44.73	36.34	550m: 6:38.89	37.27	950m: 11:40.91	37.94	1350m: 16:41.23	37.14
	200m: 2:21.26	36.53	600m: 7:16.36	37.47	1000m: 12:19.02	38.11	1400m: 17:18.23	37.00
	250m: 2:57.61	36.35	650m: 7:54.05	37.69	1050m: 12:56.88	37.86	1450m: 17:54.09	35.86
	300m: 3:32.81	35.20	700m: 8:32.26	38.21	1100m: 13:34.33	37.45	1500m: 18:29.04	34.95
	350m: 4:08.86	36.05	750m: 9:09.64	37.38	1150m: 14:12.05	37.72		
	400m: 4:46.21	37.35	800m: 9:47.81	38.17	1200m: 14:49.58	37.53		

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 36
5.7.09 - 10:45

Masc., 800m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Jorge Miguel, Mendes		90	Náutico/Matobra				8:45.49	696		
	50m:	30.26 30.26	250m:	2:42.61	33.61	450m:	4:54.72	32.63	650m:	7:07.67	32.98
	100m:	1:03.41 33.15	300m:	3:16.26	33.65	500m:	5:27.93	33.21	700m:	7:41.10	33.43
	150m:	1:36.21 32.80	350m:	3:50.05	33.79	550m:	6:01.04	33.11	750m:	8:13.59	32.49
	200m:	2:09.00 32.79	400m:	4:22.09	32.04	600m:	6:34.69	33.65	800m:	8:45.49	31.90
2.	Francisco Maldonado, Freitas		91	Pimpões/Cimai				8:50.65	676		
	50m:	30.80 30.80	250m:	2:43.93	33.41	450m:	4:56.77	33.48	650m:	7:10.64	33.60
	100m:	1:04.04 33.24	300m:	3:17.16	33.23	500m:	5:29.74	32.97	700m:	7:44.54	33.90
	150m:	1:37.52 33.48	350m:	3:50.60	33.44	550m:	6:03.30	33.56	750m:	8:17.94	33.40
	200m:	2:10.52 33.00	400m:	4:23.29	32.69	600m:	6:37.04	33.74	800m:	8:50.65	32.71
3.	Tiago Rafael, Lopes		92	Académica de Coimbra				8:51.73	672		
	50m:	29.64 29.64	250m:	2:41.78	33.40	450m:	4:56.68	33.92	650m:	7:12.67	33.92
	100m:	1:02.17 32.53	300m:	3:15.26	33.48	500m:	5:30.67	33.99	700m:	7:46.63	33.96
	150m:	1:35.18 33.01	350m:	3:48.71	33.45	550m:	6:04.51	33.84	750m:	8:20.02	33.39
	200m:	2:08.38 33.20	400m:	4:22.76	34.05	600m:	6:38.75	34.24	800m:	8:51.73	31.71
4.	Hugo Miguel, Nunes		90	Náutico/Matobra				8:52.40	669		
	50m:	30.83 30.83	250m:	2:45.43	33.73	450m:	4:59.82	33.53	650m:	7:14.46	33.76
	100m:	1:04.09 33.26	300m:	3:19.18	33.75	500m:	5:33.25	33.43	700m:	7:47.91	33.45
	150m:	1:37.89 33.80	350m:	3:52.75	33.57	550m:	6:07.16	33.91	750m:	8:20.57	32.66
	200m:	2:11.70 33.81	400m:	4:26.29	33.54	600m:	6:40.70	33.54	800m:	8:52.40	31.83
5.	Pedro Filipe, Santos		89	Académica de Coimbra				9:02.32	633		
	50m:	30.66 30.66	250m:	2:45.46	34.03	450m:	5:02.59	34.19	650m:	7:20.07	34.26
	100m:	1:03.44 32.78	300m:	3:19.57	34.11	500m:	5:37.13	34.54	700m:	7:54.72	34.65
	150m:	1:37.20 33.76	350m:	3:54.04	34.47	550m:	6:11.41	34.28	750m:	8:28.93	34.21
	200m:	2:11.43 34.23	400m:	4:28.40	34.36	600m:	6:45.81	34.40	800m:	9:02.32	33.39
6.	Goncalo Nuno, Costa		90	Académica de Coimbra				9:22.57	567		
	50m:	30.75 30.75	250m:	2:47.61	35.29	450m:	5:10.21	35.92	650m:	7:34.29	36.16
	100m:	1:03.69 32.94	300m:	3:22.97	35.36	500m:	5:46.00	35.79	700m:	8:10.52	36.23
	150m:	1:37.97 34.28	350m:	3:58.86	35.89	550m:	6:22.13	36.13	750m:	8:46.96	36.44
	200m:	2:12.32 34.35	400m:	4:34.29	35.43	600m:	6:58.13	36.00	800m:	9:22.57	35.61
7.	Filipe Miguel, Meca		91	Pimpões/Cimai				9:30.57	543		
	50m:	30.65 30.65	250m:	2:52.13	35.99	450m:	5:18.75	36.68	650m:	7:44.12	36.08
	100m:	1:05.06 34.41	300m:	3:28.70	36.57	500m:	5:55.34	36.59	700m:	8:20.17	36.05
	150m:	1:39.94 34.88	350m:	4:05.09	36.39	550m:	6:31.69	36.35	750m:	8:55.86	35.69
	200m:	2:16.14 36.20	400m:	4:42.07	36.98	600m:	7:08.04	36.35	800m:	9:30.57	34.71
8.	Rui Correia, Tinoco		92	Ginásio Figueirense				9:32.85	537		
	50m:	31.51 31.51	250m:	2:51.73	36.12	450m:	5:16.97	36.42	650m:	7:44.75	37.35
	100m:	1:05.20 33.69	300m:	3:27.74	36.01	500m:	5:53.79	36.82	700m:	8:20.89	36.14
	150m:	1:39.92 34.72	350m:	4:04.19	36.45	550m:	6:30.76	36.97	750m:	8:57.49	36.60
	200m:	2:15.61 35.69	400m:	4:40.55	36.36	600m:	7:07.40	36.64	800m:	9:32.85	35.36
9.	Gustavo Alexandre, Meneses		92	Columbófila Cantanhedense				9:58.12	472		
	50m:	31.20 31.20	250m:	2:53.44	36.57	450m:	5:27.01	38.72	650m:	8:03.19	38.49
	100m:	1:05.48 34.28	300m:	3:31.40	37.96	500m:	6:06.89	39.88	700m:	8:42.18	38.99
	150m:	1:40.53 35.05	350m:	4:09.28	37.88	550m:	6:45.46	38.57	750m:	9:20.49	38.31
	200m:	2:16.87 36.34	400m:	4:48.29	39.01	600m:	7:24.70	39.24	800m:	9:58.12	37.63

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Prova 37 Femin., 200m Mariposa Juvenis
5.7.09 - 11:00 Resultados

JUV FEM : 2:55.65

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Francisco, Gomes	95 Naval da Nazaré	2:31.69	568
50m: 34.55 34.55 100m: 1:13.80 39.25 150m: 1:52.53 38.73 200m: 2:31.69 39.16			
2. Ines Filipa, Borges	95 Alcobaça	2:31.98	565
50m: 34.51 34.51 100m: 1:12.38 37.87 150m: 1:52.26 39.88 200m: 2:31.98 39.72			
3. Carolina Cunha, Martins	95 Náutico/Matobra	2:35.41	528
50m: 34.01 34.01 100m: 1:13.63 39.62 150m: 1:53.55 39.92 200m: 2:35.41 41.86			
4. Mariana Sousa, Martins	95 Feirense	2:39.15	492
50m: 33.98 33.98 100m: 1:13.20 39.22 150m: 1:55.32 42.12 200m: 2:39.15 43.83			
5. Ana Sofia, Costa	95 Alcobaça	2:42.15	465
50m: 35.88 35.88 100m: 1:16.68 40.80 150m: 1:59.38 42.70 200m: 2:42.15 42.77			
6. Ana Catarina, Costa	95 Feirense	2:42.34	464
50m: 36.11 36.11 100m: 1:16.44 40.33 150m: 1:59.79 43.35 200m: 2:42.34 42.55			
7. Mariana Pedroso, Carvalho	95 Náutico/Matobra	2:45.60	437
50m: 35.77 35.77 100m: 1:16.35 40.58 150m: 2:02.20 45.85 200m: 2:45.60 43.40			
8. Ines Ricardo, Amaral	95 Naval da Nazaré	2:50.81	398
50m: 39.34 39.34 100m: 1:22.75 43.41 150m: 2:07.82 45.07 200m: 2:50.81 42.99			
9. Ana Francisca, Silva	95 Académico Viseu	2:51.92	390
50m: 36.30 36.30 100m: 1:19.85 43.55 150m: 2:05.60 45.75 200m: 2:51.92 46.32			
10. Cristiana Andreia, Lima	95 Núcleo de Pombal	2:57.10	357
<i>TFO</i> 50m: 36.34 36.34 100m: 1:21.99 45.65 150m: 2:10.84 48.85 200m: 2:57.10 46.26			
11. Daniela Marques, Genio	95 Campinho	3:08.10	298
<i>TFO</i> 50m: 39.47 39.47 100m: 1:27.32 47.85 150m: 2:19.46 52.14 200m: 3:08.10 48.64			

Prova 37 Femin., 200m Mariposa Absolutos
5.7.09 - 11:00 Resultados

ABS FEM : 2:44.29

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carolina Maria, Loureiro	92 Galitos	2:30.83	578
50m: 34.40 34.40 100m: 1:12.56 38.16 150m: 1:51.62 39.06 200m: 2:30.83 39.21			
2. Ana Carolina, Valente	92 Náutico da Marinha Grande	2:32.42	560
50m: 34.42 34.42 100m: 1:12.70 38.28 150m: 1:52.28 39.58 200m: 2:32.42 40.14			
3. Adriana Filipa, Lisboa	92 Bairro dos Anjos	2:37.84	504
50m: 35.64 35.64 100m: 1:16.95 41.31 150m: 1:59.08 42.13 200m: 2:37.84 38.76			
4. Beatriz Rocha, Nunes	94 Ginásio Figueirense	2:39.91	485
50m: 34.68 34.68 100m: 1:14.66 39.98 150m: 1:56.45 41.79 200m: 2:39.91 43.46			
5. Ines Silva, Pinheiro	91 Gafanha da Encarnação	2:41.01	475
50m: 36.36 36.36 100m: 1:16.64 40.28 150m: 1:58.73 42.09 200m: 2:41.01 42.28			
6. Nadia Filipa, Marques	92 Académica de Coimbra	2:51.61	392
<i>TFO</i> 50m: 36.33 36.33 100m: 1:20.10 43.77 150m: 2:05.03 44.93 200m: 2:51.61 46.58			
7. Cristina Paris, Santos	94 Pimpões/Cimai	2:53.64	379
<i>TFO</i> 50m: 36.13 36.13 100m: 1:19.18 43.05 150m: 2:05.12 45.94 200m: 2:53.64 48.52			

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Prova 37, Femin., 200m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
8. Mariana Maia e, Silva TFO	94 Pimpões/Cimai	2:55.10	369
50m: 38.90 38.90 100m: 1:22.79 43.89 150m: 2:08.76 45.97 200m: 2:55.10 46.34			
9. Catarina Oliveira, Dinis TFO	93 Académica de Coimbra	2:56.45	361
50m: 37.70 37.70 100m: 1:20.36 42.66 150m: 2:08.52 48.16 200m: 2:56.45 47.93			
10. Soraia Alexandra, Marques TFO	94 Benedita	2:56.53	361
50m: 38.01 38.01 100m: 1:20.74 42.73 150m: 2:07.23 46.49 200m: 2:56.53 49.30			

Prova 38
5.7.09 - 11:10

Masc., 200m Mariposa

Juvenis B
Resultados

JUV B MASC : 2:39.73

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Carlos, Paula	94 Galitos	2:25.93	474
50m: 31.65 31.65 100m: 1:09.03 37.38 150m: 1:46.20 37.17 200m: 2:25.93 39.73			
2. Andre Alexandre, Vicente	94 Naval da Nazaré	2:27.30	461
50m: 32.58 32.58 100m: 1:09.79 37.21 150m: 1:47.86 38.07 200m: 2:27.30 39.44			
3. Antero Simao, Martins	94 Náutico da Marinha Grande	2:27.99	455
50m: 32.87 32.87 100m: 1:10.76 37.89 150m: 1:49.90 39.14 200m: 2:27.99 38.09			
4. Joao Barbosa, Moreira TFO	94 Náutico/Matobra	2:44.32	332
50m: 34.19 34.19 100m: 1:14.88 40.69 150m: 1:59.82 44.94 200m: 2:44.32 44.50			
5. Andre Ribeiro de, Sousa TFO	94 Bairro dos Anjos	2:44.62	330
50m: 33.75 33.75 100m: 1:15.34 41.59 150m: 1:59.91 44.57 200m: 2:44.62 44.71			
DSQ Diogo Cunha, Girao	94 Columbófila Cantanhedense		
<i>durante a prova, fez vários batimentos alternados de pernas</i>			
DSQ Diogo Filipe, Catelas	94 Feirense		
<i>batimento alternado de pernas aos 150 m</i>			

Prova 38
5.7.09 - 11:10

Masc., 200m Mariposa

Juvenis A
Resultados

JUV A MASC : 2:33.20

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Diogo Maia e, Silva	93 Pimpões/Cimai	2:21.18	524
50m: 32.03 32.03 100m: 1:07.82 35.79 150m: 1:44.39 36.57 200m: 2:21.18 36.79			
2. Diogo Goncalves, Capela	93 Núcleo de Pombal	2:29.43	442
50m: 31.47 31.47 100m: 1:08.86 37.39 150m: 1:48.44 39.58 200m: 2:29.43 40.99			
3. Emanuel Augusto, Pinho	93 Feirense	2:29.56	440
50m: 30.01 30.01 100m: 1:05.99 35.98 150m: 1:46.59 40.60 200m: 2:29.56 42.97			
4. Bruno Rafael, Correia	93 Académico Viseu	2:30.91	429
50m: 32.04 32.04 100m: 1:09.99 37.95 150m: 1:49.14 39.15 200m: 2:30.91 41.77			
DSQ Nuno Correia, Tinoco	93 Ginásio Figueirense		
<i>TFO, batimento alternado de pernas na viragem dos 150 m</i>			
DNS Pedro Miguel, Rodrigues	93 Freguesia de Paião		

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Prova 38, Masc., 200m Mariposa

Prova 38 Masc., 200m Mariposa Absolutos
5.7.09 - 11:10 Resultados

ABS MASC : 2:27.13

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, Fonseca 50m: 29.47 29.47 100m: 1:02.17 32.70 150m: 1:36.09 33.92 200m: 2:11.34 35.25	88 Nautico/Matobra	2:11.34	650
2. Joao Paulo, Ribeiro 50m: 29.60 29.60 100m: 1:02.88 33.28 150m: 1:37.11 34.23 200m: 2:11.55 34.44	92 Bairro dos Anjos	2:11.55	647
3. Francisco Maldonado, Freitas 50m: 30.49 30.49 100m: 1:04.07 33.58 150m: 1:39.49 35.42 200m: 2:14.54 35.05	91 Pimpões/Cimai	2:14.54	605
4. Andre Filipe, Lopes 50m: 30.73 30.73 100m: 1:05.12 34.39 150m: 1:40.05 34.93 200m: 2:15.04 34.99	92 Académica de Coimbra	2:15.04	598
5. Mario Alexandre, Pereira 50m: 30.23 30.23 100m: 1:05.22 34.99 150m: 1:41.84 36.62 200m: 2:15.54 33.70	92 Ginásio Figueirense	2:15.54	592
6. Joao Aires, Gomes 50m: 30.21 30.21 100m: 1:05.19 34.98 150m: 1:40.94 35.75 200m: 2:18.38 37.44	85 Nautico/Matobra	2:18.38	556
7. Hugo Rafael, Ramalho 50m: 30.66 30.66 100m: 1:05.10 34.44 150m: 1:41.31 36.21 200m: 2:19.24 37.93	90 Académica de Coimbra	2:19.24	546
8. Henrique Mata, Carvalho TFO 50m: 34.00 34.00 100m: 1:11.87 37.87 150m: 1:51.06 39.19 200m: 2:29.21 38.15	92 Bombeiros das Caldas Rainha	2:29.21	444
DNS Bruno Gustavo, Nogueira	91 Fundação Beatriz Santos		

Prova 39 Femin., 100m Livres Juvenis
5.7.09 - 11:35 Resultados

JUV FEM : 1:14.93

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joana Ines, Oliveira 50m: 31.28 31.28 100m: 1:05.35 34.07	95 Académica de Coimbra	1:05.35	547
2. Rita Amado, Laezza 50m: 31.68 31.68 100m: 1:05.49 33.81	95 Académica de Coimbra	1:05.49	543
3. Ana Rita, Jesus 50m: 32.32 32.32 100m: 1:07.30 34.98	95 Desportivo Mealhada	1:07.30	501
4. Catarina Alexandra, Ferreira 50m: 32.39 32.39 100m: 1:07.89 35.50	95 Nautico/Matobra	1:07.89	488
5. Sofia Verissimo, Pedrosa 50m: 32.92 32.92 100m: 1:08.12 35.20	95 Freguesia de Paião	1:08.12	483
6. Joana Margarida, Guimaraes 50m: 32.35 32.35 100m: 1:08.23 35.88	95 Pimpões/Cimai	1:08.23	480
7. Ana Francisca, Silva 50m: 33.04 33.04 100m: 1:08.72 35.68	95 Académico Viseu	1:08.72	470
8. Raquel Raimundo, Ferreira 50m: 32.90 32.90 100m: 1:08.81 35.91	95 Nautico/Matobra	1:08.81	468
9. Patricia Silva, Marques 50m: 32.45 32.45 100m: 1:09.50 37.05	95 Feirense	1:09.50	455
10. Catia Andreia, Clara 50m: 33.62 33.62 100m: 1:09.51 35.89	95 Nautico da Marinha Grande	1:09.51	454

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Prova 39, Femin., 100m Livres, Juvenis

Lugar	Ano	Tempo final	Pts
11. Rita Daniela, Armindo 50m: 33.56 33.56 100m: 1:10.65 37.09	95 Industrial Vieirense	1:10.65	433
12. Sara Filipa, Anjos 50m: 34.48 34.48 100m: 1:10.87 36.39	95 Galitos	1:10.87	429
13. Marcia Raquel, Saraiva 50m: 32.89 32.89 100m: 1:11.09 38.20	95 Galitos	1:11.09	425
14. Ana Rita, Ribau 50m: 34.45 34.45 100m: 1:11.15 36.70	95 Gafanha da Encarnação	1:11.15	424
15. Carolina Santos, Machado 50m: 35.19 35.19 100m: 1:11.78 36.59	95 Gafanha da Encarnação	1:11.78	413
16. Ana Luisa, Ramos 50m: 35.11 35.11 100m: 1:11.83 36.72	95 Gafanha da Encarnação	1:11.83	412
17. Catarina Ferreira, Dionisio 50m: 34.81 34.81 100m: 1:11.99 37.18	95 Bairro dos Anjos	1:11.99	409
18. Sofia Ramalho, Coelho 50m: 35.08 35.08 100m: 1:14.08 39.00	95 Alcobaça	1:14.08	375
19. Mariana Soraia, Amandio <i>TFO</i> 50m: 35.96 35.96 100m: 1:15.37 39.41	95 Gafanha da Encarnação	1:15.37	356
20. Raquel Martins, Teixeira <i>TFO</i> 50m: 38.53 38.53 100m: 1:21.36 42.83	95 Estamos Juntos	1:21.36	283
DNS Carolina Santana, Goncalves	95 Núcleo de Pombal		

Prova 39

Femin., 100m Livres

Absolutos
Resultados

5.7.09 - 11:35

ABS FEM : 1:09.08

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Pinho, Rodrigues 50m: 29.30 29.30 100m: 1:00.99 31.69	94 Estamos Juntos	1:00.99	673
2. Maria Ines, Ribeiro 50m: 29.70 29.70 100m: 1:01.54 31.84	92 Náutico/Matobra	1:01.54	655
3. Mariana Mota, Dias 50m: 29.74 29.74 100m: 1:01.98 32.24	92 Bairro dos Anjos	1:01.98	641
4. Ana Barbara, Pereira 50m: 30.51 30.51 100m: 1:02.58 32.07	92 Galitos	1:02.58	623
5. Adriana Filipa, Lisboa 50m: 30.26 30.26 100m: 1:02.79 32.53	92 Bairro dos Anjos	1:02.79	616
6. Andreia Filipa, Anjos 50m: 30.38 30.38 100m: 1:03.21 32.83	92 Bairro dos Anjos	1:03.21	604
7. Ana Margarida, Domingos 50m: 30.99 30.99 100m: 1:03.63 32.64	93 Académico Viseu	1:03.63	592
8. Rita Margarida, Gomes 50m: 31.22 31.22 100m: 1:03.68 32.46	91 Alcobaça	1:03.68	591
9. Solange Patricia, Azevedo 50m: 30.87 30.87 100m: 1:03.85 32.98	89 Náutico/Matobra	1:03.85	586
10. Maria Ines, Cabral 50m: 30.75 30.75 100m: 1:04.59 33.84	94 Sporting de Aveiro	1:04.59	566

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Prova 39, Femin., 100m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
11. Vanessa Carolina, Valente 50m: 30.27 30.27 100m: 1:04.93 34.66	94 Alcobaça	1:04.93	558
12. Ines Sa, Rodrigues 50m: 31.61 31.61 100m: 1:05.48 33.87	93 Estarreja	1:05.48	544
13. Joana Margarida, Gaspar 50m: 31.30 31.30 100m: 1:05.91 34.61	92 Náutico da Marinha Grande	1:05.91	533
14. Sara Costa e, Silva 50m: 30.62 30.62 100m: 1:05.98 35.36	89 Galitos	1:05.98	531
15. Ines Barbosa, Moreira 50m: 32.02 32.02 100m: 1:06.38 34.36	92 Náutico/Matobra	1:06.38	522
16. Carolina Maria, Loureiro 50m: 32.25 32.25 100m: 1:06.66 34.41	92 Galitos	1:06.66	515
17. Bruna Miguel, Pereira 50m: 32.18 32.18 100m: 1:06.80 34.62	94 Académica de Coimbra	1:06.80	512
18. Telma Alexandra, Grilo 50m: 32.13 32.13 100m: 1:06.85 34.72	92 Pimpões/Cimai	1:06.85	511
19. Joana Ferreira, Coroado 50m: 32.25 32.25 100m: 1:07.41 35.16	92 Académica de Coimbra	1:07.41	498
20. Vanessa Rodrigues, Valente 50m: 32.51 32.51 100m: 1:07.72 35.21	94 Estarreja	1:07.72	491
21. Gabriela Oliveira, Andrade 50m: 30.98 30.98 100m: 1:07.75 36.77	94 Náutico/Matobra	1:07.75	491
22. Rita Nair, Ferreira 50m: 31.78 31.78 100m: 1:07.82 36.04	91 Miranda do Corvo	1:07.82	489
23. Denise Arrojado, Silva 50m: 33.14 33.14 100m: 1:07.92 34.78	92 Estarreja	1:07.92	487
24. Andreia Sofia, Tavares 50m: 32.04 32.04 100m: 1:07.93 35.89	94 Estarreja	1:07.93	487
25. Ana Mafalda, Oliveira 50m: 31.93 31.93 100m: 1:07.96 36.03	93 Freguesia de Paião	1:07.96	486
26. Cristina Paris, Santos 50m: 32.26 32.26 100m: 1:08.04 35.78	94 Pimpões/Cimai	1:08.04	485
27. Sofia Roque, Dias 50m: 32.45 32.45 100m: 1:08.51 36.06	94 Académica de Coimbra	1:08.51	475
28. Rita Marques, Sousa 50m: 32.92 32.92 100m: 1:08.76 35.84	94 Fundação Beatriz Santos	1:08.76	469
29. Margarida Ferreira, Duarte 50m: 32.77 32.77 100m: 1:08.86 36.09	94 Académico Viseu	1:08.86	467
30. Stacy da Silva, Duarte TFO 50m: 33.32 33.32 100m: 1:09.62 36.30	94 Bairro dos Anjos	1:09.62	452
31. Joana Lopes, Silvestre TFO 50m: 32.86 32.86 100m: 1:09.64 36.78	94 Náutico/Matobra	1:09.64	452
32. Symonee Sobral, Hinckley TFO 50m: 34.10 34.10 100m: 1:10.27 36.17	93 Académica de Coimbra	1:10.27	440

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Prova 39, Femin., 100m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
33. Ana Rita, Silveira TFO 50m: 33.93 33.93 100m: 1:11.15 37.22	94 Beira Mar	1:11.15	424
34. Ana Rita, Bola TFO 50m: 34.67 34.67 100m: 1:11.32 36.65	93 Gafanha da Encarnação	1:11.32	421
35. Soraia Alexandra, Marques TFO 50m: 34.97 34.97 100m: 1:12.50 37.53	94 Benedita	1:12.50	400
36. Ana Isabel, Moreira TFO 50m: 34.94 34.94 100m: 1:12.77 37.83	92 Sporting de Espinho	1:12.77	396
37. Ana Carlos, Ferreira TFO 50m: 36.61 36.61 100m: 1:15.08 38.47	93 Freguesia de Paião	1:15.08	361
38. Marisa Ysabel, Pires TFO 50m: 36.29 36.29 100m: 1:17.26 40.97	93 Estarreja	1:17.26	331
39. Marcia Catarina, Santos TFO 50m: 37.48 37.48 100m: 1:19.96 42.48	94 Estamos Juntos	1:19.96	299
40. Mariana Ferreira, Azevedo TFO 50m: 38.15 38.15 100m: 1:21.19 43.04	94 Estamos Juntos	1:21.19	285
DSQ Filipa Ramos, Ribeiro <i>Falsa partida</i>	93 Fundação Beatriz Santos		
DSQ Ines Guedes, Machado TFO, <i>Falsa partida</i>	94 Desportivo Mealhada		
DNS Ana Margarida, Almeida	94 Galitos		
DNS Catia Sofia, Silva	94 Estarreja		

Prova 40
5.7.09 - 11:45

Masc., 100m Livres

Juvenis B
Resultados

JUV B MASC : 1:07.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, Madureira 50m: 27.73 27.73 100m: 56.73 29.00	94 Académica de Coimbra	56.73	589
2. Pedro Diogo, Taveira 50m: 28.25 28.25 100m: 58.41 30.16	94 Galitos	58.41	540
3. Miguel Polidoro, Alexandre 50m: 28.67 28.67 100m: 59.63 30.96	94 Bairro dos Anjos	59.63	507
4. Andre Marques, Silva 50m: 28.81 28.81 100m: 59.85 31.04	94 Sporting de Aveiro	59.85	502
5. Joao Filipe, Lucas 50m: 29.58 29.58 100m: 1:00.15 30.57	94 Académica de Coimbra	1:00.15	494
6. Joao Petinga de, Almeida 50m: 28.75 28.75 100m: 1:00.22 31.47	94 Naval da Nazaré	1:00.22	493
7. Francisco Leonardes, Alves 50m: 29.68 29.68 100m: 1:01.74 32.06	94 Académica de Coimbra	1:01.74	457

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Prova 40, Masc., 100m Livres, Juvenis B

Lugar	Ano	Tempo final	Pts
8. Andre Ribeiro de, Sousa 50m: 30.16 30.16 100m: 1:02.01	94	Bairro dos Anjos 31.85	1:02.01 451
9. David Jose, Fonseca 50m: 30.05 30.05 100m: 1:02.22	94	Columbófila Cantanhedense 32.17	1:02.22 447
10. Edgar Neves, Tomas 50m: 30.19 30.19 100m: 1:02.75	94	Pimpões/Cimai 32.56	1:02.75 435
11. Filipe José, Baptista 50m: 29.70 29.70 100m: 1:02.86	94	Feirense 33.16	1:02.86 433
12. Joao Manuel, Santos 50m: 30.17 30.17 100m: 1:03.03	94	Campinho 32.86	1:03.03 430
13. Ruben Paiva, Carvalho 50m: 30.18 30.18 100m: 1:03.63	94	Académica de Coimbra 33.45	1:03.63 418
14. Henrique Manuel, Amaral 50m: 30.93 30.93 100m: 1:03.68	94	Estarreja 32.75	1:03.68 417
15. Tiago Botelho, Andrade 50m: 29.93 29.93 100m: 1:04.14	94	Feirense 34.21	1:04.14 408
16. Guilherme Marques, Teixeira 50m: 31.18 31.18 100m: 1:04.30	94	Beira Mar 33.12	1:04.30 405
17. Rafael Arrojado, Ferreira 50m: 30.46 30.46 100m: 1:05.32	94	Estarreja 34.86	1:05.32 386
18. Gino Santos, Caetano 50m: 32.12 32.12 100m: 1:05.63	94	Beira Mar 33.51	1:05.63 381
19. Nuno Alexandre, Correia 50m: 30.91 30.91 100m: 1:05.90	94	Campinho 34.99	1:05.90 376
20. Tiago Ferreira, Azevedo 50m: 32.01 32.01 100m: 1:05.96	94	Estamos Juntos 33.95	1:05.96 375
21. Jose Miguel, Guimaraes TFO 50m: 30.79 30.79 100m: 1:07.15	94	Estamos Juntos 36.36	1:07.15 355
22. Telmo Gonçalves, Barbosa TFO 50m: 31.44 31.44 100m: 1:07.26	94	Feirense 35.82	1:07.26 354
23. Pedro Daniel, Pinto TFO 50m: 32.12 32.12 100m: 1:07.32	94	Miranda do Corvo 35.20	1:07.32 353
24. Joao Carlos, Rodrigues TFO 50m: 33.89 33.89 100m: 1:12.19	94	Estarreja 38.30	1:12.19 286
25. Nuno Rafael, Valente TFO 50m: 35.00 35.00 100m: 1:12.94	94	Estamos Juntos 37.94	1:12.94 277
26. Joao Pedro, Pinho TFO 50m: 34.58 34.58 100m: 1:13.19	94	Estamos Juntos 38.61	1:13.19 274

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Prova 40, Masc., 100m Livres

Prova 40
5.7.09 - 11:45

Masc., 100m Livres

Juvenis A
Resultados

JUV A MASC : 1:04.26

Pontos: FINA 2008

Lugar					Ano		Tempo final	Pts
1.	Alexandre Galveias, Vale			93	Pimpões/Cimai	57.45	567	
	50m: 27.80 27.80	100m: 57.45			29.65			
2.	Daciano Egidio, Sousa			93	Ginásio Figueirense	57.99	552	
	50m: 28.12 28.12	100m: 57.99			29.87			
3.	Tiago Geraldês, Machado			93	Pimpões/Cimai	58.35	542	
	50m: 27.30 27.30	100m: 58.35			31.05			
4.	Gabriel Soares, Martins			93	Campinho	58.71	532	
	50m: 27.66 27.66	100m: 58.71			31.05			
5.	Pedro Jorge, Santos			93	Sporting de Aveiro	59.16	520	
	50m: 28.13 28.13	100m: 59.16			31.03			
6.	Nelson Fernandes, Silva			93	Freguesia de Paião	59.19	519	
	50m: 27.99 27.99	100m: 59.19			31.20			
7.	Bruno Rafael, Correia			93	Académico Viseu	59.81	503	
	50m: 28.82 28.82	100m: 59.81			30.99			
8.	Tiago Lopes, Ribeiro			93	Benedita	1:00.07	496	
	50m: 28.65 28.65	100m: 1:00.07			31.42			
9.	Andre Marques, Dinis			93	Columbófila Cantanhedense	1:00.49	486	
	50m: 29.51 29.51	100m: 1:00.49			30.98			
10.	Sebastiao Amaro, Machado			93	Académico Viseu	1:01.00	474	
	50m: 29.66 29.66	100m: 1:01.00			31.34			
11.	Andre Filipe da, Graca			93	Alcobaça	1:01.21	469	
	50m: 28.91 28.91	100m: 1:01.21			32.30			
12.	Diogo Antonio, Carvalho			93	Feirense	1:01.76	457	
	50m: 29.35 29.35	100m: 1:01.76			32.41			
13.	Pedro Fernandes, Goncalves			93	Náutico da Marinha Grande	1:02.47	441	
	50m: 29.60 29.60	100m: 1:02.47			32.87			
14.	Telmo Almeida, Santos			93	Feirense	1:02.69	437	
	50m: 29.35 29.35	100m: 1:02.69			33.34			
15.	Diogo Emanuel, Ferreira			93	Académica de Coimbra	1:04.15	408	
	50m: 31.17 31.17	100m: 1:04.15			32.98			
16.	Romulo Manuel, Fernandes			93	Académica de Coimbra	1:05.11	390	
	<i>TFO</i>							
	50m: 30.48 30.48	100m: 1:05.11			34.63			
17.	Tiago Andre, Marques			93	Sporting de Espinho	1:05.35	385	
	<i>TFO</i>							
	50m: 30.26 30.26	100m: 1:05.35			35.09			
18.	Joao Pedro, Marques			93	Gafanha da Encarnação	1:05.40	385	
	<i>TFO</i>							
	50m: 30.11 30.11	100m: 1:05.40			35.29			
19.	Jose Emanuel, Rosmaninho			93	Desportivo Mealhada	1:05.86	377	
	<i>TFO</i>							
	50m: 31.85 31.85	100m: 1:05.86			34.01			
20.	Goncalo Bastos, Monteiro			93	Sporting de Espinho	1:06.59	364	
	<i>TFO</i>							
	50m: 31.26 31.26	100m: 1:06.59			35.33			

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Prova 40, Masc., 100m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
21. Mário Henrique, Pinto <i>TFO</i>	93 Salesiano de Arouca	1:07.02	357
50m: 31.99 31.99 100m: 1:07.02 35.03			
22. Rui Jorge, Oliveira <i>TFO</i>	93 Salesiano de Arouca	1:09.51	320
50m: 31.42 31.42 100m: 1:09.51 38.09			
23. Pedro Manuel, Lima <i>TFO</i>	93 Estamos Juntos	1:11.79	291
50m: 34.13 34.13 100m: 1:11.79 37.66			

Prova 40
5.7.09 - 11:45

Masc., 100m Livres

Absolutos
Resultados

JUV A MASC 16: 1:04.26 / JUV B MASC 15: 1:07.00 / ABS MASC 17 +: 1:01.21

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Bruno Gustavo, Nogueira	91 Fundação Beatriz Santos	54.46	666
50m: 25.90 25.90 100m: 54.46 28.56			
2. Rui Costa, Ferreira	92 Galitos	55.86	617
50m: 26.75 26.75 100m: 55.86 29.11			
3. Vitor Hugo, Mano	85 Estarreja	56.09	610
50m: 26.91 26.91 100m: 56.09 29.18			
4. Jorge Miguel, Mendes	90 Náutico/Matobra	56.38	600
50m: 27.31 27.31 100m: 56.38 29.07			
5. Gustavo Almeida, Madureira	94 Académica de Coimbra	56.73	589
50m: 27.73 27.73 100m: 56.73 29.00			
6. Andre Ricardo, Simoes	91 Galitos	56.98	582
50m: 27.31 27.31 100m: 56.98 29.67			
7. Mario Jorge, Silva	91 Ginásio Figueirense	57.04	580
50m: 27.98 27.98 100m: 57.04 29.06			
8. Ivo Monico de, Almeida	91 Bairro dos Anjos	57.09	578
50m: 27.61 27.61 100m: 57.09 29.48			
9. Tiago Filipe, Pereira	91 Bairro dos Anjos	57.17	576
50m: 27.68 27.68 100m: 57.17 29.49			
10. Miguel Machado, Lopes	92 Benedita	57.45	567
50m: 27.57 27.57 100m: 57.45 29.88			
10. Alexandre Galveias, Vale	93 Pimpões/Cimai	57.45	567
50m: 27.80 27.80 100m: 57.45 29.65			
12. Andre Filipe, Pereira	91 Bairro dos Anjos	57.82	557
50m: 27.18 27.18 100m: 57.82 30.64			
13. Luis Miguel, Santos	90 Académica de Coimbra	57.86	555
50m: 27.91 27.91 100m: 57.86 29.95			
14. Joao Jose, Viegas	92 Sporting de Aveiro	57.89	555
50m: 27.53 27.53 100m: 57.89 30.36			
15. Daciano Egidio, Sousa	93 Ginásio Figueirense	57.99	552
50m: 28.12 28.12 100m: 57.99 29.87			
16. Artur Guilherme, Costa	90 Feirense	58.10	549
50m: 28.27 28.27 100m: 58.10 29.83			
17. Tiago Rafael, Lopes	92 Académica de Coimbra	58.22	545
50m: 27.37 27.37 100m: 58.22 30.85			

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 40, Masc., 100m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
18. Tiago Geraledes, Machado 50m: 27.30 27.30 100m: 58.35	93 Pimpões/Cimai	58.35 31.05	542
19. Filipe Miguel, Meca 50m: 28.44 28.44 100m: 58.41	91 Pimpões/Cimai	58.41 29.97	540
19. Pedro Diogo, Taveira 50m: 28.25 28.25 100m: 58.41	94 Galitos	58.41 30.16	540
21. Nuno Filipe, Pina 50m: 28.32 28.32 100m: 58.47	91 Benedita	58.47 30.15	538
22. Manuel Andril, Cordeiro 50m: 27.92 27.92 100m: 58.62	92 Bairro dos Anjos	58.62 30.70	534
23. Gabriel Soares, Martins 50m: 27.66 27.66 100m: 58.71	93 Campinho	58.71 31.05	532
24. Hugo Emanuel, Leite 50m: 28.54 28.54 100m: 58.94	88 Feirense	58.94 30.40	525
24. Antonio Melo, Faria 50m: 28.65 28.65 100m: 58.94	92 Académico Viseu	58.94 30.29	525
26. Pedro Jorge, Santos 50m: 28.13 28.13 100m: 59.16	93 Sporting de Aveiro	59.16 31.03	520
27. Nelson Fernandes, Silva 50m: 27.99 27.99 100m: 59.19	93 Freguesia de Paião	59.19 31.20	519
28. Bruno Miguel, Amaral 50m: 29.03 29.03 100m: 59.41	89 Náutico/Matobra	59.41 30.38	513
29. Pedro Filipe, Santos 50m: 28.76 28.76 100m: 59.61	89 Académica de Coimbra	59.61 30.85	508
30. Miguel Polidoro, Alexandre 50m: 28.67 28.67 100m: 59.63	94 Bairro dos Anjos	59.63 30.96	507
31. Guilherme Joao, Patriarca 50m: 28.06 28.06 100m: 59.68	92 Académica de Coimbra	59.68 31.62	506
32. Bruno Rafael, Correia 50m: 28.82 28.82 100m: 59.81	93 Académico Viseu	59.81 30.99	503
33. Andre Marques, Silva 50m: 28.81 28.81 100m: 59.85	94 Sporting de Aveiro	59.85 31.04	502
34. Andre Oliveira, Marques 50m: 28.63 28.63 100m: 1:00.03	92 Bairro dos Anjos	1:00.03 31.40	497
35. Tiago Lopes, Ribeiro 50m: 28.65 28.65 100m: 1:00.07	93 Benedita	1:00.07 31.42	496
36. Joao Filipe, Lucas 50m: 29.58 29.58 100m: 1:00.15	94 Académica de Coimbra	1:00.15 30.57	494
37. Joao Petinga de, Almeida 50m: 28.75 28.75 100m: 1:00.22	94 Naval da Nazaré	1:00.22 31.47	493
38. Helder Alexandre, Godinho 50m: 26.68 26.68 100m: 1:00.47	86 Bairro dos Anjos	1:00.47 33.79	487
39. Andre Marques, Dinis 50m: 29.51 29.51 100m: 1:00.49	93 Columbófila Cantanhedense	1:00.49 30.98	486
40. Eduardo Conceicao, Costa 50m: 28.99 28.99 100m: 1:00.70	91 Bairro dos Anjos	1:00.70 31.71	481
41. Andre Rocha, Valente 50m: 29.14 29.14 100m: 1:00.72	92 Académica de Coimbra	1:00.72 31.58	481

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Prova 40, Masc., 100m Livres, Absolutos

Lugar				Ano		Tempo final	Pts
42.	Nelson Goncalves, Judas	91	Náutico/Matobra		1:00.74	480	
	50m: 29.03 29.03	100m: 1:00.74	31.71				
43.	Bruno Filipe, Azevedo	92	Núcleo de Pombal		1:00.75	480	
	50m: 28.34 28.34	100m: 1:00.75	32.41				
43.	Luis Daniel, Moreira	92	Sporting de Espinho		1:00.75	480	
	50m: 29.40 29.40	100m: 1:00.75	31.35				
45.	Pedro Octavio, Fernandes	91	Académica de Coimbra		1:00.80	479	
	50m: 28.96 28.96	100m: 1:00.80	31.84				
46.	Jose Figueiredo, Pereira	92	Estarreja		1:00.91	476	
	50m: 28.87 28.87	100m: 1:00.91	32.04				
47.	Sebastiao Amaro, Machado	93	Académico Viseu		1:01.00	474	
	50m: 29.66 29.66	100m: 1:01.00	31.34				
48.	Fabio Silva, Ferreira	89	Feirense		1:01.03	473	
	50m: 29.46 29.46	100m: 1:01.03	31.57				
49.	Andre Filipe da, Graca	93	Alcobaça		1:01.21	469	
	50m: 28.91 28.91	100m: 1:01.21	32.30				
50.	Tiago Filipe, Leal	90	Académica de Coimbra		1:01.26	468	
	<i>TFO</i>						
	50m: 29.04 29.04	100m: 1:01.26	32.22				
51.	Diogo Goncalves, Barbosa	90	Feirense		1:01.64	459	
	<i>TFO</i>						
	50m: 29.42 29.42	100m: 1:01.64	32.22				
52.	Francisco Leonardes, Alves	94	Académica de Coimbra		1:01.74	457	
	50m: 29.68 29.68	100m: 1:01.74	32.06				
53.	Diogo Antonio, Carvalho	93	Feirense		1:01.76	457	
	50m: 29.35 29.35	100m: 1:01.76	32.41				
54.	Andre Ribeiro de, Sousa	94	Bairro dos Anjos		1:02.01	451	
	50m: 30.16 30.16	100m: 1:02.01	31.85				
55.	David Jose, Fonseca	94	Columbófila Cantanhedense		1:02.22	447	
	50m: 30.05 30.05	100m: 1:02.22	32.17				
56.	Pedro Fernandes, Goncalves	93	Náutico da Marinha Grande		1:02.47	441	
	50m: 29.60 29.60	100m: 1:02.47	32.87				
57.	Diogo Costa, Fontes	92	Académica de Coimbra		1:02.65	437	
	<i>TFO</i>						
	50m: 29.74 29.74	100m: 1:02.65	32.91				
58.	Telmo Almeida, Santos	93	Feirense		1:02.69	437	
	50m: 29.35 29.35	100m: 1:02.69	33.34				
59.	Edgar Neves, Tomas	94	Pimpões/Cimai		1:02.75	435	
	50m: 30.19 30.19	100m: 1:02.75	32.56				
60.	Cristiano Almeida, Santos	90	Náutico/Matobra		1:02.85	433	
	<i>TFO</i>						
	50m: 29.61 29.61	100m: 1:02.85	33.24				
61.	Filipe José, Baptista	94	Feirense		1:02.86	433	
	50m: 29.70 29.70	100m: 1:02.86	33.16				
62.	Joao Manuel, Santos	94	Campinho		1:03.03	430	
	50m: 30.17 30.17	100m: 1:03.03	32.86				
63.	Nuno Alexandre, Neves	92	Freguesia de Paião		1:03.37	423	
	<i>TFO</i>						
	50m: 29.89 29.89	100m: 1:03.37	33.48				

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Prova 40, Masc., 100m Livres, Absolutos

Lugar					Ano		Tempo final	Pts
64.	Ruben Paiva, Carvalho				94	Académica de Coimbra	1:03.63	418
	50m:	30.18	30.18	100m:	1:03.63	33.45		
65.	Henrique Manuel, Amaral				94	Estarreja	1:03.68	417
	50m:	30.93	30.93	100m:	1:03.68	32.75		
66.	Tiago Botelho, Andrade				94	Feirense	1:04.14	408
	50m:	29.93	29.93	100m:	1:04.14	34.21		
67.	Diogo Emanuel, Ferreira				93	Académica de Coimbra	1:04.15	408
	50m:	31.17	31.17	100m:	1:04.15	32.98		
68.	Guilherme Marques, Teixeira				94	Beira Mar	1:04.30	405
	50m:	31.18	31.18	100m:	1:04.30	33.12		
69.	Romulo Manuel, Fernandes				93	Académica de Coimbra	1:05.11	390
	<i>TFO</i>							
	50m:	30.48	30.48	100m:	1:05.11	34.63		
70.	Rafael Arrojado, Ferreira				94	Estarreja	1:05.32	386
	50m:	30.46	30.46	100m:	1:05.32	34.86		
71.	Tiago Andre, Marques				93	Sporting de Espinho	1:05.35	385
	<i>TFO</i>							
	50m:	30.26	30.26	100m:	1:05.35	35.09		
72.	Joao Pedro, Marques				93	Gafanha da Encarnação	1:05.40	385
	<i>TFO</i>							
	50m:	30.11	30.11	100m:	1:05.40	35.29		
73.	Gino Santos, Caetano				94	Beira Mar	1:05.63	381
	50m:	32.12	32.12	100m:	1:05.63	33.51		
74.	Jose Emanuel, Rosmaninho				93	Desportivo Mealhada	1:05.86	377
	<i>TFO</i>							
	50m:	31.85	31.85	100m:	1:05.86	34.01		
75.	Nuno Alexandre, Correia				94	Campinho	1:05.90	376
	50m:	30.91	30.91	100m:	1:05.90	34.99		
76.	Tiago Ferreira, Azevedo				94	Estamos Juntos	1:05.96	375
	50m:	32.01	32.01	100m:	1:05.96	33.95		
77.	Goncalo Bastos, Monteiro				93	Sporting de Espinho	1:06.59	364
	<i>TFO</i>							
	50m:	31.26	31.26	100m:	1:06.59	35.33		
78.	Mário Henrique, Pinto				93	Salesiano de Arouca	1:07.02	357
	<i>TFO</i>							
	50m:	31.99	31.99	100m:	1:07.02	35.03		
79.	Jose Miguel, Guimaraes				94	Estamos Juntos	1:07.15	355
	<i>TFO</i>							
	50m:	30.79	30.79	100m:	1:07.15	36.36		
80.	Telmo Gonçalves, Barbosa				94	Feirense	1:07.26	354
	<i>TFO</i>							
	50m:	31.44	31.44	100m:	1:07.26	35.82		
81.	Pedro Daniel, Pinto				94	Miranda do Corvo	1:07.32	353
	<i>TFO</i>							
	50m:	32.12	32.12	100m:	1:07.32	35.20		
82.	Sérgio Eduardo, Vieira				84	Salesiano de Arouca	1:09.16	325
	<i>TFO</i>							
	50m:	32.80	32.80	100m:	1:09.16	36.36		

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Prova 40, Masc., 100m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
83. Rui Jorge, Oliveira TFO 50m: 31.42 31.42 100m: 1:09.51 38.09	93 Salesiano de Arouca	1:09.51	320
84. Pedro Manuel, Lima TFO 50m: 34.13 34.13 100m: 1:11.79 37.66	93 Estamos Juntos	1:11.79	291
85. Joao Carlos, Rodrigues TFO 50m: 33.89 33.89 100m: 1:12.19 38.30	94 Estarreja	1:12.19	286
86. Nuno Rafael, Valente TFO 50m: 35.00 35.00 100m: 1:12.94 37.94	94 Estamos Juntos	1:12.94	277
87. Joao Pedro, Pinho TFO 50m: 34.58 34.58 100m: 1:13.19 38.61	94 Estamos Juntos	1:13.19	274
DSQ Marcelo Abreu, Rodrigues TFO, Falsa partida	92 Académica de Coimbra		
DNS Fabio Ornelas, Carvalho	91 Beira Mar		
DNS Joao Macedo, Figueiredo	87 Bairro dos Anjos		
DNS Nuno Durao, Pascoal	92 Galitos		
EXH Nuno Pinheiro, Maximiano TFO 50m: 33.65 33.65 100m: 1:09.91 36.26	87 Bairro dos Anjos	1:09.91	315

Prova 41
5.7.09 - 12:00

Femin., 200m Estilos

Juvenis
Resultados

JUV FEM : 3:02.35

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, Santos 50m: 34.53 34.53 100m: 1:11.39 36.86 150m: 1:58.17 46.78 200m: 2:34.07 35.90	95 Ginásio Figueirense	2:34.07	600
2. Adriana Correia, Lopes 50m: 34.81 34.81 100m: 1:15.39 40.58 150m: 2:02.35 46.96 200m: 2:36.84 34.49	95 Náutico/Matobra	2:36.84	569
3. Patricia Santos, Dinis 50m: 34.66 34.66 100m: 1:14.34 39.68 150m: 2:04.42 50.08 200m: 2:41.54 37.12	95 Bombeiros das Caldas Rainha	2:41.54	521
4. Ana Claudia, Cordeiro 50m: 34.51 34.51 100m: 1:18.82 44.31 150m: 2:04.15 45.33 200m: 2:42.69 38.54	95 Académica de Coimbra	2:42.69	510
5. Melanie Bronze, Santos 50m: 35.56 35.56 100m: 1:18.91 43.35 150m: 2:08.12 49.21 200m: 2:43.82 35.70	95 Alcobaça	2:43.82	499
6. Mariana Costa, Sebastiao 50m: 36.88 36.88 100m: 1:16.32 39.44 150m: 2:05.92 49.60 200m: 2:44.44 38.52	95 Ginásio Figueirense	2:44.44	494
7. Mariana Pedroso, Carvalho 50m: 34.42 34.42 100m: 1:18.03 43.61 150m: 2:07.81 49.78 200m: 2:45.07 37.26	95 Náutico/Matobra	2:45.07	488
8. Carolina Francisco, Gomes 50m: 34.75 34.75 100m: 1:18.33 43.58 150m: 2:08.25 49.92 200m: 2:46.16 37.91	95 Naval da Nazaré	2:46.16	479
9. Ana Raquel, Albuquerque 50m: 35.96 35.96 100m: 1:19.64 43.68 150m: 2:08.83 49.19 200m: 2:48.79 39.96	95 Sporting de Aveiro	2:48.79	457
10. Catarina Rita, Andrade 50m: 37.57 37.57 100m: 1:21.68 44.11 150m: 2:16.84 55.16 200m: 2:54.97 38.13	95 Feirense	2:54.97	410

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Prova 41, Femin., 200m Estilos, Juvenis

Lugar	Ano	Tempo final	Pts
11. Claudia Filipa, Silva 50m: 39.96 39.96 100m: 1:26.56 46.60 150m: 2:16.66 50.10 200m: 2:56.90 40.24	95	Miranda do Corvo	2:56.90 397
12. Cristiana Andreia, Lima 50m: 37.77 37.77 100m: 1:24.31 46.54 150m: 2:19.81 55.50 200m: 2:57.64 37.83	95	Núcleo de Pombal	2:57.64 392
13. Sofia Ramalho, Coelho 50m: 39.72 39.72 100m: 1:25.27 45.55 150m: 2:17.38 52.11 200m: 2:57.89 40.51	95	Alcobaça	2:57.89 390
14. Ines Ricardo, Amaral 50m: 38.02 38.02 100m: 1:25.16 47.14 150m: 2:18.56 53.40 200m: 2:58.26 39.70	95	Naval da Nazaré	2:58.26 388
15. Catarina Ferreira, Dionisio 50m: 39.38 39.38 100m: 1:27.75 48.37 150m: 2:19.85 52.10 200m: 3:00.55 40.70	95	Bairro dos Anjos	3:00.55 373
16. Joana Carolina, Alves <i>TFO</i> 50m: 44.50 44.50 100m: 1:30.32 45.82 150m: 2:25.58 55.26 200m: 3:07.20 41.62	95	Ginásio Figueirense	3:07.20 335
DNS Carolina Santana, Goncalves	95	Núcleo de Pombal	

Prova 41
5.7.09 - 12:00

Femin., 200m Estilos

Absolutos
Resultados

ABS FEM : 2:50.17

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Maria Ines, Ribeiro 50m: 33.73 33.73 100m: 1:15.28 41.55 150m: 2:00.05 44.77 200m: 2:33.17 33.12	92	Náutico/Matobra	2:33.17 611
2. Mara Lisboa e, Silva 50m: 33.24 33.24 100m: 1:12.31 39.07 150m: 1:59.73 47.42 200m: 2:35.05 35.32	93	Bairro dos Anjos	2:35.05 589
3. Gabriela Oliveira, Andrade 50m: 35.43 35.43 100m: 1:18.42 42.99 150m: 2:02.09 43.67 200m: 2:37.13 35.04	94	Náutico/Matobra	2:37.13 566
4. Ana Margarida, Domingos 50m: 33.83 33.83 100m: 1:17.09 43.26 150m: 2:01.93 44.84 200m: 2:37.24 35.31	93	Académico Viseu	2:37.24 565
5. Matilde Goncalves, Gracio 50m: 35.82 35.82 100m: 1:19.65 43.83 150m: 2:05.51 45.86 200m: 2:42.81 37.30	91	Galitos	2:42.81 509
6. Ines Silva, Pinheiro 50m: 35.65 35.65 100m: 1:19.90 44.25 150m: 2:05.79 45.89 200m: 2:43.65 37.86	91	Gafanha da Encarnação	2:43.65 501
7. Ana Lucia, Castro 50m: 35.19 35.19 100m: 1:17.61 42.42 150m: 2:05.51 47.90 200m: 2:44.56 39.05	92	Estarreja	2:44.56 493
8. Ana Rita, Costa 50m: 35.16 35.16 100m: 1:19.75 44.59 150m: 2:04.94 45.19 200m: 2:44.82 39.88	91	Académica de Coimbra	2:44.82 490
9. Ana Rita, Oliveira 50m: 34.78 34.78 100m: 1:19.42 44.64 150m: 2:07.45 48.03 200m: 2:46.31 38.86	92	Pimpões/Cimai	2:46.31 477
10. Diana Filipa, Tomas 50m: 33.90 33.90 100m: 1:18.46 44.56 150m: 2:07.62 49.16 200m: 2:47.01 39.39	94	Industrial Viegrense	2:47.01 471
11. Stacy da Silva, Duarte <i>TFO</i> 50m: 35.24 35.24 100m: 1:18.79 43.55 150m: 2:11.90 53.11 200m: 2:51.09 39.19	94	Bairro dos Anjos	2:51.09 438
12. Cintia Cruz, Chuva <i>TFO</i> 50m: 38.36 38.36 100m: 1:23.75 45.39 150m: 2:14.12 50.37 200m: 2:53.02 38.90	94	Freguesia de Paião	2:53.02 424
13. Soraia Alexandra, Marques <i>TFO</i> 50m: 39.45 39.45 100m: 1:23.69 44.24 150m: 2:14.94 51.25 200m: 2:54.75 39.81	94	Benedita	2:54.75 411

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Prova 41, Femin., 200m Estilos, Absolutos

Lugar	Ano	Tempo final	Pts
14. Mariana Maia e, Silva TFO	94 Pimpões/Cimai	2:59.83	378
50m: 36.93 36.93 100m: 1:24.63 47.70 150m: 2:18.07 53.44 200m: 2:59.83			41.76

Prova 42
5.7.09 - 12:15

Masc., 200m Estilos

Juvenis B
Resultados

JUV B MASC : 2:44.74

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Carlos, Paula	94 Galitos	2:26.36	514
50m: 30.48 30.48 100m: 1:08.68 38.20 150m: 1:52.51 43.83 200m: 2:26.36			33.85
2. Pedro Barros, Mendes	94 Académica de Coimbra	2:26.37	514
50m: 31.61 31.61 100m: 1:09.63 38.02 150m: 1:51.99 42.36 200m: 2:26.37			34.38
3. Joao Nuno, Pires	94 Náutico/Matobra	2:27.71	500
50m: 31.89 31.89 100m: 1:10.27 38.38 150m: 1:54.53 44.26 200m: 2:27.71			33.18
4. Joao Pedro, Veiga	94 Náutico/Matobra	2:28.12	496
50m: 32.53 32.53 100m: 1:11.28 38.75 150m: 1:54.21 42.93 200m: 2:28.12			33.91
5. Marcelo Santos, Saldanha	94 Bombeiros das Caldas Raíña	2:28.33	494
50m: 30.06 30.06 100m: 1:07.90 37.84 150m: 1:55.07 47.17 200m: 2:28.33			33.26
6. Joao Manuel, Borges	94 Ginásio Figueirense	2:29.10	486
50m: 32.23 32.23 100m: 1:09.21 36.98 150m: 1:55.01 45.80 200m: 2:29.10			34.09
7. Andre Alexandre, Vicente	94 Naval da Nazaré	2:30.47	473
50m: 32.82 32.82 100m: 1:10.69 37.87 150m: 1:58.86 48.17 200m: 2:30.47			31.61
8. Filipe Rainho, Balseiro	94 Galitos	2:31.77	461
50m: 31.18 31.18 100m: 1:11.29 40.11 150m: 1:56.92 45.63 200m: 2:31.77			34.85
9. Fabio Filipe, Lopes	94 Náutico/Matobra	2:33.82	443
50m: 34.95 34.95 100m: 1:14.50 39.55 150m: 1:58.05 43.55 200m: 2:33.82			35.77
10. Diogo Manuel, Domingues	94 Bairro dos Anjos	2:35.47	429
50m: 33.21 33.21 100m: 1:14.76 41.55 150m: 1:58.58 43.82 200m: 2:35.47			36.89
11. Hugo Neves, Neto	94 Columbófila Cantanhedense	2:35.74	426
50m: 32.42 32.42 100m: 1:17.08 44.66 150m: 2:01.02 43.94 200m: 2:35.74			34.72
12. Joao Filipe, Lucas	94 Académica de Coimbra	2:35.76	426
50m: 31.75 31.75 100m: 1:15.34 43.59 150m: 2:02.16 46.82 200m: 2:35.76			33.60
13. Goncalo Ferreira, Gameiro	94 Núcleo de Pombal	2:37.13	415
50m: 32.81 32.81 100m: 1:14.12 41.31 150m: 1:59.76 45.64 200m: 2:37.13			37.37
14. Fabio Ribeiro, Noronha	94 Bombeiros das Caldas Raíña	2:37.60	411
50m: 31.72 31.72 100m: 1:13.61 41.89 150m: 2:00.12 46.51 200m: 2:37.60			37.48
15. Andre Filipe, Monteiro	94 Galitos	2:39.37	398
50m: 30.63 30.63 100m: 1:12.32 41.69 150m: 2:01.36 49.04 200m: 2:39.37			38.01
16. Joao Petinga de, Almeida	94 Naval da Nazaré	2:43.38	369
50m: 34.60 34.60 100m: 1:17.58 42.98 150m: 2:07.13 49.55 200m: 2:43.38			36.25
17. Tiago Andre, Silva TFO	94 Columbófila Cantanhedense	2:47.29	344
50m: 34.60 34.60 100m: 1:22.28 47.68 150m: 2:10.60 48.32 200m: 2:47.29			36.69

DSQ Diogo Filipe, Catelas 94 Feirense
Perdeu a posição após a viragem de costas

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 42, Masc., 200m Estilos

Prova 42
5.7.09 - 12:15

Masc., 200m Estilos

Juvenis A
Resultados

JUV A MASC : 2:38.00

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Filipe Franco, Norte		93	Náutico da Marinha Grande				2:18.99	600
	50m:	30.29 30.29	100m:	1:04.96	34.67	150m:	1:45.77 40.81	200m:	2:18.99 33.22
2.	Diogo Fontes, Moreira		93	Estamos Juntos				2:20.15	585
	50m:	29.87 29.87	100m:	1:05.42	35.55	150m:	1:48.27 42.85	200m:	2:20.15 31.88
3.	Diogo Maia e, Silva		93	Pimpões/Cimai				2:21.64	567
	50m:	30.85 30.85	100m:	1:06.73	35.88	150m:	1:49.46 42.73	200m:	2:21.64 32.18
4.	Joao Miguel, Figueiredo		93	Campinho				2:25.90	519
	50m:	29.47 29.47	100m:	1:04.47	35.00	150m:	1:50.23 45.76	200m:	2:25.90 35.67
5.	Tiago Geraldês, Machado		93	Pimpões/Cimai				2:26.73	510
	50m:	30.08 30.08	100m:	1:08.77	38.69	150m:	1:52.12 43.35	200m:	2:26.73 34.61
6.	Andre Duarte, Vaz		93	Ginásio Figueirense				2:29.27	484
	50m:	31.69 31.69	100m:	1:09.57	37.88	150m:	1:53.76 44.19	200m:	2:29.27 35.51
7.	Tiago Lopes, Ribeiro		93	Benedita				2:30.86	469
	50m:	31.45 31.45	100m:	1:11.70	40.25	150m:	1:57.67 45.97	200m:	2:30.86 33.19
8.	Marcelo Fernandes, Rosas		93	Feirense				2:31.24	466
	50m:	30.80 30.80	100m:	1:11.31	40.51	150m:	1:54.35 43.04	200m:	2:31.24 36.89
9.	Bruno Rafael, Correia		93	Académico Viseu				2:31.32	465
	50m:	31.22 31.22	100m:	1:10.73	39.51	150m:	1:56.80 46.07	200m:	2:31.32 34.52
10.	Diogo Goncalves, Capela		93	Núcleo de Pombal				2:33.19	448
	50m:	31.35 31.35	100m:	1:11.86	40.51	150m:	1:57.38 45.52	200m:	2:33.19 35.81
11.	Pedro Daniel, Carvalho		93	Académica de Coimbra				2:33.40	446
	50m:	30.46 30.46	100m:	1:10.25	39.79	150m:	1:55.03 44.78	200m:	2:33.40 38.37
12.	Nuno Correia, Tinoco		93	Ginásio Figueirense				2:36.74	418
	50m:	31.88 31.88	100m:	1:12.87	40.99	150m:	1:58.97 46.10	200m:	2:36.74 37.77
13.	Renan Camara, Pereira		93	Columbófila Cantanhedense				2:36.84	417
	50m:	31.94 31.94	100m:	1:15.90	43.96	150m:	1:59.99 44.09	200m:	2:36.84 36.85
14.	Luis Guilherme, Correia		93	Núcleo de Pombal				2:37.97	409
	50m:	33.71 33.71	100m:	1:14.32	40.61	150m:	2:01.08 46.76	200m:	2:37.97 36.89
15.	Diogo Fonseca, Costa		93	Freguesia de Paião				2:48.44	337
	TFO								
	50m:	35.83 35.83	100m:	1:21.70	45.87	150m:	2:08.62 46.92	200m:	2:48.44 39.82
DNS	Flavio Cardoso, Relva		93	Bairro dos Anjos					

Campeonato Regional de Verão Juvenis e Absoluto
Coimbra, 2. - 5.7.2009

Prova 42, Masc., 200m Estilos

Prova 42 Masc., 200m Estilos Absolutos
5.7.09 - 12:15 Resultados

ABS MASC : 2:32.22

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Machado, Lopes 50m: 29.21 29.21 100m: 1:03.75 34.54 150m: 1:43.25 39.50 200m: 2:14.37 31.12	92 Benedita	2:14.37	664
2. Rui Miguel, Fonseca 50m: 28.39 28.39 100m: 1:03.45 35.06 150m: 1:47.27 43.82 200m: 2:17.07 29.80	88 Náutico/Matobra	2:17.07	625
3. Joao Paulo, Ribeiro 50m: 28.40 28.40 100m: 1:05.22 36.82 150m: 1:46.65 41.43 200m: 2:17.46 30.81	92 Bairro dos Anjos	2:17.46	620
4. Cesar Fernando, Faria 50m: 29.40 29.40 100m: 1:06.21 36.81 150m: 1:48.78 42.57 200m: 2:17.94 29.16	90 Bairro dos Anjos	2:17.94	614
5. Nuno Durao, Pascoal 50m: 28.08 28.08 100m: 1:03.91 35.83 150m: 1:46.22 42.31 200m: 2:18.67 32.45	92 Galitos	2:18.67	604
6. Hugo Miguel, Nunes 50m: 30.24 30.24 100m: 1:06.85 36.61 150m: 1:46.85 40.00 200m: 2:19.12 32.27	90 Náutico/Matobra	2:19.12	598
7. Pedro Fragoso, Lopes 50m: 28.11 28.11 100m: 1:04.37 36.26 150m: 1:47.51 43.14 200m: 2:19.89 32.38	90 Columbófila Cantanhedense	2:19.89	588
8. Joao Bernardo, Abrantes 50m: 29.30 29.30 100m: 1:06.28 36.98 150m: 1:48.31 42.03 200m: 2:20.43 32.12	90 Náutico/Matobra	2:20.43	582
9. Joao Pedro, Mendes 50m: 29.96 29.96 100m: 1:07.15 37.19 150m: 1:47.36 40.21 200m: 2:21.51 34.15	92 Náutico da Marinha Grande	2:21.51	568
10. Goncalo Nuno, Costa 50m: 29.56 29.56 100m: 1:09.25 39.69 150m: 1:51.96 42.71 200m: 2:25.08 33.12	90 Académica de Coimbra	2:25.08	527
11. Diogo Miguel, Paulino 50m: 30.87 30.87 100m: 1:07.10 36.23 150m: 1:54.77 47.67 200m: 2:28.38 33.61	90 Bombeiros das Caldas Rainha	2:28.38	493
12. Rui Correia, Tinoco 50m: 30.79 30.79 100m: 1:09.18 38.39 150m: 1:55.40 46.22 200m: 2:29.92 34.52	92 Ginásio Figueirense	2:29.92	478
13. Jose Pedro, Martins 50m: 31.15 31.15 100m: 1:10.76 39.61 150m: 1:55.76 45.00 200m: 2:29.97 34.21	92 Académico Viseu	2:29.97	478
DSQ Pedro Miguel, Conde <i>TFO, Ultrapassou os 90º na chegada do percurso de costas</i>	90 Náutico/Matobra		
DNS Bruno Filipe, Azevedo	92 Núcleo de Pombal		

Prova 43 Femin., 4 x 100m Estilos Juvenis
5.7.09 - 12:45 Resultados

JUV FEM : 6:22.65

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Académica de Coimbra Juv <i>RR Juv</i> Rita Amado, Laezza +0,64 38.22 1:17.40 Joana Reis, Veiga +0,56 34.23 1:13.90 Ana Claudia, Cordeiro +0,43 37.54 1:20.57 Joana Ines, Oliveira +0,14 30.77 1:04.93	4:56.80	518
2. Náutico/Matobra Juv Adriana Correia, Lopes +0,80 37.00 1:14.89 Mariana Pedroso, Carvalho +0,81 34.81 1:14.27 Catarina Alexandra, Ferreira +0,34 42.02 1:28.22 Carolina Cunha, Martins +0,46 29.93 1:03.48	5:00.86	497
3. Feirense Juv Patricia Silva, Marques +0,67 38.37 1:19.64 Mariana Sousa, Martins +0,59 33.55 1:13.36 Ana Catarina, Costa +0,42 41.46 1:28.15 Catarina Rita, Andrade +0,57 34.27 1:11.51	5:12.66	443

Campeonato Regional de Verão Juvenis e Absoluto
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Prova 43, Femin., 4 x 100m Estilos, Juvenis

Lugar					Tempo final	Pts
4.	Alcobaça Juv		Alcobaça		5:16.40	428
	Ana Sofia, Costa	+0,73 37.89	1:18.11	Ines Filipa, Borges	+0,64 34.18	1:13.78
	Sofia Ramalho, Coelho	+0,65 43.73	1:35.22	Melanie Bronze, Santos	+0,57 32.25	1:09.29
DNS	Núcleo Pombal Juv		Núcleo de Pombal			
	Cristiana Andreia, Lima, Joana Franca, Goncalves, Carolina Santana, Goncalves, Ana Filipa, Gameiro					

Prova 43 Femin., 4 x 100m Estilos Absolutos
5.7.09 - 12:45 Resultados

JUV FEM 14: 6:22.65 / ABS FEM 15 +: 5:58.49

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Bairro dos Anjos Abs		Bairro dos Anjos		4:44.22	590
	Andreia Filipa, Anjos	+0,62 34.42	1:09.64	Mara Lisboa e, Silva	+0,12 32.53	1:10.09
	Mariana Mota, Dias	+0,21 38.49	1:22.67	Adriana Filipa, Lisboa	+0,33 29.40	1:01.82
2.	Náutico/Matobra Abs		Náutico/Matobra		4:48.24	566
	Solange Patricia, Azevedo	+0,70 34.64	1:11.31	Maria Ines, Ribeiro	+0,27 32.22	1:10.94
	Gabriela Oliveira, Andrade	+0,16 37.82	1:20.18	Ines Barbosa, Moreira	+0,48 31.41	1:05.81
3.	Galitos Abs		Galitos		4:55.85	523
	Sara Costa e, Silva	+0,70 36.70	1:16.91	Carolina Maria, Loureiro	+0,39 32.37	1:08.97
	Matilde Goncalves, Gracio	+0,37 41.15	1:25.41	Ana Barbara, Pereira	+0,14 30.47	1:04.56
4.	Académica de Coimbra Abs		Académica de Coimbra		4:58.55	509
	Nadia Filipa, Marques	+0,61 35.38	1:13.47	Raquel Bartolo, Vitor	+0,12 35.16	1:15.68
	Ana Rita, Costa	+0,16 38.39	1:23.26	Joana Ferreira, Coroado	0.00 31.61	1:06.14
5.	Ginásio Figueirense Abs		Ginásio Figueirense		5:01.62	494
	Tatiana Filipa, Santos	+0,60 35.12	1:11.79	Beatriz Rocha, Nunes	+0,32 33.17	1:12.77
	Mariana Costa, Sebastiao	+0,27 43.09	1:32.46	Tania Martins, Garcia	+0,11 30.64	1:04.60
6.	Pimpões/ CIMAI Abs		Pimpões/Cimai		5:04.72	479
	Joana Margarida, Guimaraes	+0,74 35.68	1:13.56	Cristina Paris, Santos	+0,46 33.66	1:15.31
	Ana Rita, Oliveira	+0,54 41.11	1:28.58	Telma Alexandra, Grilo	+0,46 31.61	1:07.27
7.	Estarreja Abs		Estarreja		5:05.44	475
	Andreia Sofia, Tavares	+0,65 37.81	1:17.68	Ana Lucia, Castro	+0,32 35.43	1:15.86
	Vanessa Rodrigues, Valente	+0,47 39.88	1:24.55	Denise Arrojado, Silva	+0,26 32.59	1:07.35
8.	Académico Viseu Abs		Académico Viseu		5:05.93	473
	Ines Sofia, Sampaio	+0,75 37.58	1:18.52	Ana Francisca, Silva	+0,58 35.10	1:15.68
	Ana Margarida, Domingos	+0,37 38.63	1:22.68	Margarida Ferreira, Duarte	+0,37 32.38	1:09.05

Prova 44 Masc., 4 x 100m Estilos Juvenis B
5.7.09 - 13:00 Resultados

JUV B MASC : 5:49.85

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Académica de Coimbra Juv B		Académica de Coimbra		4:31.15	482
	Pedro Barros, Mendes	+0,69 33.73	1:09.21	Joao Filipe, Lucas	+0,20 30.14	1:06.24
	Ruben Paiva, Carvalho	+0,41 35.25	1:17.52	Gustavo Almeida, Madureira	+0,25 27.75	58.18
2.	Galitos Juv B		Galitos		4:35.55	459
	Filipe Rainho, Balseiro	+0,64 34.35	1:09.15	Joao Carlos, Paula	+0,28 30.02	1:04.27
	Andre Filipe, Monteiro	39.10	1:23.77	Pedro Diogo, Taveira	+0,24 27.62	58.36
3.	Náutico/Matobra Juv B		Náutico/Matobra		4:45.62	412
	Joao Nuno, Pires	+0,76 34.13	1:10.62	Joao Barbosa, Moreira	+0,38 33.35	1:12.41
	Fabio Filipe, Lopes	+0,45 36.65	1:19.67	Joao Pedro, Veiga	+0,55 30.07	1:02.92

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Prova 44, Masc., 4 x 100m Estilos, Juvenis B

Lugar					Tempo final	Pts
4.	Columbófila Cantanhedense Juv B		Columbófila Cantanhedense		4:47.55	404
	Diogo Cunha, Girao	+0,67 34.26	1:09.76	David Jose, Fonseca	+0,54 33.10	1:11.49
	Hugo Neves, Neto	+0,32 38.94	1:21.11	Tiago Andre, Silva	+0,47 31.14	1:05.19
5.	Feirense Juv B		Feirense		4:56.64	368
	Filipe José, Baptista	+0,63 36.43	1:13.49	Diogo Filipe, Catelas	+0,52 32.44	1:11.41
	Telmo Gonçalves, Barbosa	+0,32 41.07	1:28.24	Tiago Botelho, Andrade	+0,23 30.12	1:03.50
6.	Campinho Juv B		Campinho		5:07.36	331
	Joao Manuel, Santos	+0,79 37.72	1:16.61	Luis Duarte, Peralta	+0,18 34.29	1:17.80
	Nuno Alexandre, Correia	+0,57 39.43	1:24.34	Daniel Marques, Duarte	+0,40 32.89	1:08.61
7.	Naval da Nazaré Juv B		Naval da Nazaré		5:11.02	319
	Joao Petinga de, Almeida	+0,70 37.35	1:16.43	Andre Alexandre, Vicente	+0,55 33.31	1:12.69
	Rodrigo Manuel, Catraio	+0,31 46.02	1:42.46	Micael Valverde, Teixeira	+0,51 28.29	59.44

Prova 44 Masc., 4 x 100m Estilos Juvenis A
5.7.09 - 13:00 Resultados

JUV A MASC : 5:35.54

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Pimpões/ CIMAI Juv A		Pimpões/Cimai		4:22.33	532
	Diogo Maia e, Silva	+0,61 32.15	1:05.34	Tiago Geraldês, Machado	+0,50 29.54	1:06.95
	Joao Guilherme, Vieira	+0,37 33.74	1:12.87	Alexandre Galveias, Vale	+0,09 27.45	57.17
2.	Feirense Juv A		Feirense		4:36.78	453
	Diogo Antonio, Carvalho	+0,56 34.65	1:11.81	Emanuel Augusto, Pinho	+0,53 27.94	1:00.82
	Marcelo Fernandes, Rosas	+0,40 36.18	1:20.03	Telmo Almeida, Santos	+0,17 30.04	1:04.12

Prova 44 Masc., 4 x 100m Estilos Absolutos
5.7.09 - 13:00 Resultados

JUV A MASC 16: 5:35.54 / JUV B MASC 15: 5:49.85 / ABS MASC 17 +: 5:23.41

Pontos: FINA 2008

Lugar					Tempo final	Pts
1.	Náutico/Matobra Abs		Náutico/Matobra		4:06.55	641
	Bruno Miguel, Amaral	+0,66 30.69	1:01.63	Rui Miguel, Fonseca	+0,31 27.17	57.75
	Pedro Miguel, Conde	+0,07 33.79	1:10.70	Jorge Miguel, Mendes	+0,28 26.93	56.47
2.	Bairro dos Anjos Abs		Bairro dos Anjos		4:09.18	621
	Tiago Filipe, Pereira	+0,63 31.63	1:05.16	Joao Paulo, Ribeiro	+0,26 27.44	59.55
	Helder Alexandre, Godinho	+0,21 32.27	1:09.67	Cesar Fernando, Faria	+0,28 26.30	54.80
3.	Ginásio Figueirense Abs		Ginásio Figueirense		4:26.92	505
	Mario Jorge, Silva	+0,66 31.15	1:04.59	Mario Alexandre, Pereira	+0,10 27.32	59.92
	Rui Correia, Tinoco	+0,42 37.74	1:22.31	Andre Duarte, Vaz	+0,33 27.93	1:00.10
4.	Académico Viseu Abs		Académico Viseu		4:33.08	472
	Jose Pedro, Martins	+0,75 33.53	1:11.02	Bruno Rafael, Correia	+0,45 30.45	1:06.76
	Antonio Melo, Faria	+0,24 34.60	1:15.64	Sebastiao Amaro, Machado	+0,44 28.44	59.66
5.	Estarreja Abs		Estarreja		4:50.51	392
	Rafael Arrojado, Ferreira	+0,62 36.07	1:15.63	Jose Figueiredo, Pereira	+0,25 31.49	1:12.54
	Vitor Hugo, Mano	+0,55 35.44	1:19.46	Henrique Manuel, Amaral	+0,25 29.55	1:02.88
DSQ	Académica de Coimbra Abs		Académica de Coimbra			
	<i>Falsa rendição do 2º atleta</i>					
	Luis Miguel, Santos, Pedro Octavio, Fernandes, Andre Filipe, Lopes, Goncalo Nuno, Costa					