

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

1 - 1ª Jornada

26.2.10 - 18:00

Prova 1
26.2.10 - 18:00

Jun
Resultados

(TA) JUN Fem : 43.13

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Gabriela Oliveira ANDRADE	94	Náutico/Matobra	35.30	601
2. Ana Claudia CORDEIRO	95	Náutico/Matobra	37.24	512
3. Ines Ataide DIAS	94	Sporting de Espinho	38.95	447
4. Maria Ana SERRANO	94	Miranda do Corvo	39.43	431
5. Carolina Santana GONCALVES	95	Núcleo de Pombal	39.55	427
6. Catarina Alexandra FERREIRA	95	Náutico/Matobra	39.78	420
7. Vanessa Rodrigues VALENTE	94	Estarreja	40.59	395
8. Mariana Coutinho SOUTO	95	Académica de Coimbra	41.59	367
9. Sofia Ramalho COELHO	95	Alcobaça	42.19	352
10. Claudia Filipa SILVA	95	Miranda do Corvo	42.72	339
11. Ana Raquel ALBUQUERQUE	95	Sporting de Aveiro	42.92	334
DNS Patricia Alexandra LEAL	94	Náutico da Marinha Grande		
DNS Marta Daniela MENDES	95	Salesiano de Arouca		

Prova 1
26.2.10 - 18:00

Sen
Resultados

(TA) SEN Fem : 42.15

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Maria Ines RIBEIRO	92	Náutico/Matobra	36.30	553
2. Patricia Fonseca SILVA	93	Feirense	36.90	526
3. Ana Margarida DOMINGOS	93	Académico Viseu	36.92	525
4. Ana Rita COSTA	91	Académica de Coimbra	37.83	488
5. Catarina Oliveira DINIS	93	Académica de Coimbra	38.29	471
6. Mariana Mota DIAS	92	Bairro dos Anjos	38.46	465
7. Joana Margarida MONTEIRO	91	Pimpões/Cimai	39.16	440
8. Ana Lucia CASTRO	92	Estarreja	39.80	419
9. Carolina Vieira PINTO	90	Feirense	42.22	351
<i>FTL</i>				
10. Adriana Fialho PASSARINHO	93	Benedita	42.24	351
<i>FTL</i>				

Prova 1
26.2.10 - 18:00

Open
Resultados

(TA) JUN Fem Jun: 43.13 / (TA) SEN Fem Sen: 42.15

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Gabriela Oliveira ANDRADE	94	Náutico/Matobra	35.30	601
2. Maria Ines RIBEIRO	92	Náutico/Matobra	36.30	553
3. Patricia Fonseca SILVA	93	Feirense	36.90	526
4. Ana Margarida DOMINGOS	93	Académico Viseu	36.92	525
5. Ana Claudia CORDEIRO	95	Náutico/Matobra	37.24	512
6. Ana Rita COSTA	91	Académica de Coimbra	37.83	488
7. Catarina Oliveira DINIS	93	Académica de Coimbra	38.29	471
8. Mariana Mota DIAS	92	Bairro dos Anjos	38.46	465
9. Ines Ataide DIAS	94	Sporting de Espinho	38.95	447
10. Joana Margarida MONTEIRO	91	Pimpões/Cimai	39.16	440

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 1, Femin., 50m Bruços, Open

Lugar	Ano		Tempo final	Pts
11.	94	Maria Ana SERRANO	39.43	431
12.	95	Carolina Santana GONCALVES	39.55	427
13.	95	Catarina Alexandra FERREIRA	39.78	420
14.	92	Ana Lucia CASTRO	39.80	419
15.	94	Vanessa Rodrigues VALENTE	40.59	395
16.	95	Mariana Coutinho SOUTO	41.59	367
17.	95	Sofia Ramalho COELHO	42.19	352
18.	90	Carolina Vieira PINTO	42.22	351
		<i>FTL</i>		
19.	93	Adriana Fialho PASSARINHO	42.24	351
		<i>FTL</i>		
20.	95	Claudia Filipa SILVA	42.72	339
21.	95	Ana Raquel ALBUQUERQUE	42.92	334
DNS	94	Patricia Alexandra LEAL		
DNS	95	Marta Daniela MENDES		

Prova 2 Jun
26.2.10 - 18:05 Resultados

Masc., 50m Bruços

(TA) JUN Masc : 37.95

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	93	Tiago Geraldes MACHADO	30.85	646
2.	92	Nuno Durao PASCOAL	32.30	562
3.	92	Joao Pedro MENDES	33.04	525
4.	92	Gustavo Alexandre MENESES	33.15	520
5.	93	Joao Guilherme VIEIRA	33.51	504
6.	93	Tiago Andre MARQUES	34.01	482
7.	93	Daciano Egidio SOUSA	34.91	445
8.	92	Nuno Alexandre NEVES	35.50	424
9.	92	Andre Oliveira MARQUES	35.52	423
10.	92	Marcelo Abreu RODRIGUES	36.12	402
11.	93	Henrique Jose MARQUES	37.07	372
12.	93	Goncalo Bastos MONTEIRO	37.40	362

Prova 2 Sen
26.2.10 - 18:05 Resultados

Masc., 50m Bruços

(TA) SEN Masc : 36.57

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	89	Joao Albano VIOLA	31.12	629
2.	90	Hugo Miguel NUNES	32.76	539
3.	85	Daniel Filipe FERNANDES	33.27	515
4.	90	Pedro Miguel CONDE	33.62	499
5.	91	Pedro Octavio FERNANDES	34.21	473
6.	90	Mario Diogo NOBREGA	34.40	466
7.	90	Alexandre Augusto MEDINA	35.87	411
8.	90	Artur Guilherme COSTA	35.89	410
9.	90	Diogo Goncalves BARBOSA	36.13	402
10.	90	Cristiano Almeida SANTOS	36.40	393
DNS	86	Helder Alexandre GODINHO		

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Prova 2, Masc., 50m Bruços

Prova 2 Masc., 50m Bruços Open
26.2.10 - 18:05 Resultados

(TA) JUN Masc Jun: 37.95 / (TA) SEN Masc Sen: 36.57

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Tiago Geraldes MACHADO	93 Pimpões/Cimai	30.85	646
2. Joao Albano VIOLA	89 Náutico/Matobra	31.12	629
3. Nuno Durao PASCOAL	92 Galitos	32.30	562
4. Hugo Miguel NUNES	90 Náutico/Matobra	32.76	539
5. Joao Pedro MENDES	92 Náutico da Marinha Grande	33.04	525
6. Gustavo Alexandre MENESES	92 Columbófila Cantanhedense	33.15	520
7. Daniel Filipe FERNANDES	85 Campinho	33.27	515
8. Joao Guilherme VIEIRA	93 Pimpões/Cimai	33.51	504
9. Pedro Miguel CONDE	90 Náutico/Matobra	33.62	499
10. Tiago Andre MARQUES	93 Sporting de Espinho	34.01	482
11. Pedro Octavio FERNANDES	91 Académica de Coimbra	34.21	473
12. Mario Diogo NOBREGA	90 S.Pedro do Sul	34.40	466
13. Daciano Egidio SOUSA	93 Ginásio Figueirense	34.91	445
14. Nuno Alexandre NEVES	92 Freguesia de Paião	35.50	424
15. Andre Oliveira MARQUES	92 Bairro dos Anjos	35.52	423
16. Alexandre Augusto MEDINA	90 Ginásio Figueirense	35.87	411
17. Artur Guilherme COSTA	90 Feirense	35.89	410
18. Marcelo Abreu RODRIGUES	92 Académica de Coimbra	36.12	402
19. Diogo Goncalves BARBOSA	90 Feirense	36.13	402
20. Cristiano Almeida SANTOS	90 Náutico/Matobra	36.40	393
21. Henrique Jose MARQUES	93 Benedita	37.07	372
22. Goncalo Bastos MONTEIRO	93 Sporting de Espinho	37.40	362
DNS Helder Alexandre GODINHO	86 Bairro dos Anjos		

Prova 3 Femin., 400m Estilos Juv
26.2.10 - 18:10 Resultados

(TA) JUV Fem : 7:11.25

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Sara Cristiana VALENTE	96 Alcobaça	5:33.38	527
50m: 34.35 34.35 150m: 2:00.59 46.47 250m: 3:32.07 47.65 350m: 4:56.87 37.88			
100m: 1:14.12 39.77 200m: 2:44.42 43.83 300m: 4:18.99 46.92 400m: 5:33.38 36.51			
2. Maria Beatriz RASCAO	96 Náutico/Matobra	5:34.90	520
50m: 36.56 36.56 150m: 2:04.50 44.77 250m: 3:33.31 45.98 350m: 4:58.30 37.90			
100m: 1:19.73 43.17 200m: 2:47.33 42.83 300m: 4:20.40 47.09 400m: 5:34.90 36.60			
3. Ana Monica ELOI	96 Náutico da Marinha Grande	5:39.34	500
50m: 34.38 34.38 150m: 2:01.45 44.31 250m: 3:32.33 47.47 350m: 5:01.29 39.54			
100m: 1:17.14 42.76 200m: 2:44.86 43.41 300m: 4:21.75 49.42 400m: 5:39.34 38.05			
4. Maria Amelia GASPAR	96 Náutico/Matobra	5:39.71	499
50m: 35.03 35.03 150m: 1:59.97 43.22 250m: 3:33.18 50.59 350m: 5:03.05 36.98			
100m: 1:16.75 41.72 200m: 2:42.59 42.62 300m: 4:26.07 52.89 400m: 5:39.71 36.66			
5. Florbela Cavaco MACHADO	96 Columbófila Cantanhedense	5:46.99	468
50m: 36.54 36.54 150m: 2:05.17 45.06 250m: 3:42.22 51.73 350m: 5:12.50 35.61			
100m: 1:20.11 43.57 200m: 2:50.49 45.32 300m: 4:36.89 54.67 400m: 5:46.99 34.49			
6. Jennifer Martins DIAS	96 Bombeiros das Caldas Rainha	5:47.79	465
50m: 36.16 36.16 150m: 2:04.12 47.01 250m: 3:38.79 48.53 350m: 5:08.62 41.06			
100m: 1:17.11 40.95 200m: 2:50.26 46.14 300m: 4:27.56 48.77 400m: 5:47.79 39.17			

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Prova 3, Femin., 400m Estilos, Juv

Lugar			Ano					Tempo final	Pts		
7.	Debora Filipa DUQUE		96	Pimpões/Cimai				5:48.10	463		
	50m:	35.39 35.39	150m:	2:00.39	43.92	250m:	3:34.47	49.67	350m:	5:09.27	40.76
	100m:	1:16.47 41.08	200m:	2:44.80	44.41	300m:	4:28.51	54.04	400m:	5:48.10	38.83
8.	Carlota Moura CARVALHOS		96	Náutico/Matobra				5:52.70	445		
	50m:	38.67 38.67	150m:	2:08.23	43.98	250m:	3:41.93	50.92	350m:	5:12.98	40.49
	100m:	1:24.25 45.58	200m:	2:51.01	42.78	300m:	4:32.49	50.56	400m:	5:52.70	39.72
9.	Diana Filipa GONCALVES		96	Náutico/Matobra				6:08.15	392		
	50m:	43.02 43.02	150m:	2:20.88	46.51	250m:	3:55.76	49.19	350m:	5:27.69	40.72
	100m:	1:34.37 51.35	200m:	3:06.57	45.69	300m:	4:46.97	51.21	400m:	6:08.15	40.46
10.	Jessica Rodrigues TAVARES		96	Campinho				6:36.39	314		
	50m:	43.63 43.63	150m:	2:32.79	52.22	250m:	4:11.34	48.64	350m:	5:50.55	48.50
	100m:	1:40.57 56.94	200m:	3:22.70	49.91	300m:	5:02.05	50.71	400m:	6:36.39	45.84
DSQ	Mafalda Domingues VALENTE		96	Náutico da Marinha Grande							
	<i>Toque alternado na parede na viragem dos 300 m</i>										

Prova 3
26.2.10 - 18:10

Femin., 400m Estilos

Jun
Resultados

(TA) JUN Fem : 6:15.48

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Carolina Cunha MARTINS		95	Náutico/Matobra				5:19.14	601		
	50m:	32.32 32.32	150m:	1:52.93	43.04	250m:	3:21.06	47.79	350m:	4:44.37	36.15
	100m:	1:09.89 37.57	200m:	2:33.27	40.34	300m:	4:08.22	47.16	400m:	5:19.14	34.77
2.	Ana Pinho RODRIGUES		94	Estamos Juntos				5:23.79	576		
	50m:	32.81 32.81	150m:	1:57.11	42.93	250m:	3:22.24	42.83	350m:	4:45.71	37.29
	100m:	1:14.18 41.37	200m:	2:39.41	42.30	300m:	4:08.42	46.18	400m:	5:23.79	38.08
3.	Carolina Francisco GOMES		95	Naval da Nazaré				5:28.36	552		
	50m:	33.87 33.87	150m:	1:55.40	43.12	250m:	3:26.09	47.82	350m:	4:52.50	37.93
	100m:	1:12.28 38.41	200m:	2:38.27	42.87	300m:	4:14.57	48.48	400m:	5:28.36	35.86
4.	Mariana Rocha VALENTE		95	Náutico/Matobra				5:31.93	534		
	50m:	34.33 34.33	150m:	2:00.14	43.52	250m:	3:29.98	47.64	350m:	4:55.50	37.80
	100m:	1:16.62 42.29	200m:	2:42.34	42.20	300m:	4:17.70	47.72	400m:	5:31.93	36.43
5.	Ana Sofia COSTA		95	Alcoçaba				5:36.20	514		
	50m:	36.26 36.26	150m:	1:59.81	44.30	250m:	3:33.28	50.26	350m:	5:00.06	36.94
	100m:	1:15.51 39.25	200m:	2:43.02	43.21	300m:	4:23.12	49.84	400m:	5:36.20	36.14
6.	Ines Filipa BORGES		95	Alcoçaba				5:38.31	505		
	50m:	33.47 33.47	150m:	1:56.64	43.36	250m:	3:27.77	48.51	350m:	4:58.72	40.22
	100m:	1:13.28 39.81	200m:	2:39.26	42.62	300m:	4:18.50	50.73	400m:	5:38.31	39.59
7.	Beatriz Rocha NUNES		94	Ginásio Figueirense				5:38.63	503		
	50m:	34.58 34.58	150m:	1:58.42	43.00	250m:	3:30.40	50.72	350m:	5:01.02	39.93
	100m:	1:15.42 40.84	200m:	2:39.68	41.26	300m:	4:21.09	50.69	400m:	5:38.63	37.61
8.	Mariana Pedroso CARVALHO		95	Náutico/Matobra				5:40.09	497		
	50m:	34.67 34.67	150m:	1:58.01	44.57	250m:	3:30.89	50.28	350m:	5:01.25	39.64
	100m:	1:13.44 38.77	200m:	2:40.61	42.60	300m:	4:21.61	50.72	400m:	5:40.09	38.84
9.	Cristina Paris SANTOS		94	Pimpões/Cimai				5:40.68	494		
	50m:	35.23 35.23	150m:	2:00.59	45.89	250m:	3:35.14	50.11	350m:	5:03.63	38.28
	100m:	1:14.70 39.47	200m:	2:45.03	44.44	300m:	4:25.35	50.21	400m:	5:40.68	37.05
10.	Mariana Sousa MARTINS		95	Feirense				5:43.27	483		
	50m:	33.85 33.85	150m:	1:59.62	46.93	250m:	3:33.16	48.37	350m:	5:03.59	40.41
	100m:	1:12.69 38.84	200m:	2:44.79	45.17	300m:	4:23.18	50.02	400m:	5:43.27	39.68
11.	Melanie Bronze SANTOS		95	Alcoçaba				5:48.71	461		
	50m:	36.08 36.08	150m:	2:03.28	45.18	250m:	3:39.41	52.31	350m:	5:10.95	39.47
	100m:	1:18.10 42.02	200m:	2:47.10	43.82	300m:	4:31.48	52.07	400m:	5:48.71	37.76

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 3, Femin., 400m Estilos, Jun

Lugar	Ano	Tempo final	Pts
12. Patricia Santos DINIS	95 Bombeiros das Caldas Raíña	5:49.88	456
50m: 34.56 34.56	200m: 2:41.32 1:25.88	300m: 4:26.51 52.18	
100m: 1:15.44 40.88	250m: 3:34.33 53.01	400m: 5:49.88 1:23.37	
13. Claudia Filipa SILVA	95 Miranda do Corvo	6:18.27	361
<i>FTL</i>			
50m: 39.84 39.84	150m: 2:17.84 52.65	250m: 3:59.94 50.38	350m: 5:36.20 44.23
100m: 1:25.19 45.35	200m: 3:09.56 51.72	300m: 4:51.97 52.03	400m: 6:18.27 42.07

Prova 3
26.2.10 - 18:10

Femin., 400m Estilos

Sen
Resultados

(TA) SEN Fem : 6:08.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO	93 Náutico/Matobra	5:07.93	670
50m: 33.07 33.07	150m: 1:48.89 40.26	250m: 3:13.93 45.42	350m: 4:34.31 34.91
100m: 1:08.63 35.56	200m: 2:28.51 39.62	300m: 3:59.40 45.47	400m: 5:07.93 33.62
2. Mara Lisboa e SILVA	93 Bairro dos Anjos	5:21.96	586
50m: 34.21 34.21	200m: 2:34.82 1:21.99	300m: 4:09.04 46.34	
100m: 1:12.83 38.62	250m: 3:22.70 47.88	400m: 5:21.96 1:12.92	
3. Ines Silva PINHEIRO	91 Gafanha da Encarnação	5:35.44	518
50m: 35.41 35.41	150m: 2:00.87 45.87	250m: 3:30.06 44.68	350m: 4:56.46 40.14
100m: 1:15.00 39.59	200m: 2:45.38 44.51	300m: 4:16.32 46.26	400m: 5:35.44 38.98
4. Ana Rita OLIVEIRA	92 Pimpões/Cimai	5:50.31	455
50m: 36.43 36.43	150m: 2:05.69 46.35	250m: 3:39.86 49.42	350m: 5:10.72 40.44
100m: 1:19.34 42.91	200m: 2:50.44 44.75	300m: 4:30.28 50.42	400m: 5:50.31 39.59
DNS Raquel Bartolo VITOR	93 Académica de Coimbra		

Prova 3
26.2.10 - 18:10

Femin., 400m Estilos

Open
Resultados

(TA) JUV Fem Juv: 7:11.25 / (TA) JUN Fem Jun: 6:15.48 / (TA) SEN Fem Sen: 6:08.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO	93 Náutico/Matobra	5:07.93	670
50m: 33.07 33.07	150m: 1:48.89 40.26	250m: 3:13.93 45.42	350m: 4:34.31 34.91
100m: 1:08.63 35.56	200m: 2:28.51 39.62	300m: 3:59.40 45.47	400m: 5:07.93 33.62
2. Carolina Cunha MARTINS	95 Náutico/Matobra	5:19.14	601
50m: 32.32 32.32	150m: 1:52.93 43.04	250m: 3:21.06 47.79	350m: 4:44.37 36.15
100m: 1:09.89 37.57	200m: 2:33.27 40.34	300m: 4:08.22 47.16	400m: 5:19.14 34.77
3. Mara Lisboa e SILVA	93 Bairro dos Anjos	5:21.96	586
50m: 34.21 34.21	200m: 2:34.82 1:21.99	300m: 4:09.04 46.34	
100m: 1:12.83 38.62	250m: 3:22.70 47.88	400m: 5:21.96 1:12.92	
4. Ana Pinho RODRIGUES	94 Estamos Juntos	5:23.79	576
50m: 32.81 32.81	150m: 1:57.11 42.93	250m: 3:22.24 42.83	350m: 4:45.71 37.29
100m: 1:14.18 41.37	200m: 2:39.41 42.30	300m: 4:08.42 46.18	400m: 5:23.79 38.08
5. Carolina Francisco GOMES	95 Naval da Nazaré	5:28.36	552
50m: 33.87 33.87	150m: 1:55.40 43.12	250m: 3:26.09 47.82	350m: 4:52.50 37.93
100m: 1:12.28 38.41	200m: 2:38.27 42.87	300m: 4:14.57 48.48	400m: 5:28.36 35.86
6. Mariana Rocha VALENTE	95 Náutico/Matobra	5:31.93	534
50m: 34.33 34.33	150m: 2:00.14 43.52	250m: 3:29.98 47.64	350m: 4:55.50 37.80
100m: 1:16.62 42.29	200m: 2:42.34 42.20	300m: 4:17.70 47.72	400m: 5:31.93 36.43
7. Sara Cristiana VALENTE	96 Alcobaça	5:33.38	527
50m: 34.35 34.35	150m: 2:00.59 46.47	250m: 3:32.07 47.65	350m: 4:56.87 37.88
100m: 1:14.12 39.77	200m: 2:44.42 43.83	300m: 4:18.99 46.92	400m: 5:33.38 36.51

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 3, Femin., 400m Estilos, Open

Lugar			Ano					Tempo final	Pts
8.	Maria Beatriz RASCAO		96	Náutico/Matobra				5:34.90	520
	50m:	36.56 36.56	150m:	2:04.50	44.77	250m:	3:33.31 45.98	350m:	4:58.30 37.90
	100m:	1:19.73 43.17	200m:	2:47.33	42.83	300m:	4:20.40 47.09	400m:	5:34.90 36.60
9.	Ines Silva PINHEIRO		91	Gafanha da Encarnação				5:35.44	518
	50m:	35.41 35.41	150m:	2:00.87	45.87	250m:	3:30.06 44.68	350m:	4:56.46 40.14
	100m:	1:15.00 39.59	200m:	2:45.38	44.51	300m:	4:16.32 46.26	400m:	5:35.44 38.98
10.	Ana Sofia COSTA		95	Alcobaça				5:36.20	514
	50m:	36.26 36.26	150m:	1:59.81	44.30	250m:	3:33.28 50.26	350m:	5:00.06 36.94
	100m:	1:15.51 39.25	200m:	2:43.02	43.21	300m:	4:23.12 49.84	400m:	5:36.20 36.14
11.	Ines Filipa BORGES		95	Alcobaça				5:38.31	505
	50m:	33.47 33.47	150m:	1:56.64	43.36	250m:	3:27.77 48.51	350m:	4:58.72 40.22
	100m:	1:13.28 39.81	200m:	2:39.26	42.62	300m:	4:18.50 50.73	400m:	5:38.31 39.59
12.	Beatriz Rocha NUNES		94	Ginásio Figueirense				5:38.63	503
	50m:	34.58 34.58	150m:	1:58.42	43.00	250m:	3:30.40 50.72	350m:	5:01.02 39.93
	100m:	1:15.42 40.84	200m:	2:39.68	41.26	300m:	4:21.09 50.69	400m:	5:38.63 37.61
13.	Ana Monica ELOI		96	Náutico da Marinha Grande				5:39.34	500
	50m:	34.38 34.38	150m:	2:01.45	44.31	250m:	3:32.33 47.47	350m:	5:01.29 39.54
	100m:	1:17.14 42.76	200m:	2:44.86	43.41	300m:	4:21.75 49.42	400m:	5:39.34 38.05
14.	Maria Amelia GASPAR		96	Náutico/Matobra				5:39.71	499
	50m:	35.03 35.03	150m:	1:59.97	43.22	250m:	3:33.18 50.59	350m:	5:03.05 36.98
	100m:	1:16.75 41.72	200m:	2:42.59	42.62	300m:	4:26.07 52.89	400m:	5:39.71 36.66
15.	Mariana Pedroso CARVALHO		95	Náutico/Matobra				5:40.09	497
	50m:	34.67 34.67	150m:	1:58.01	44.57	250m:	3:30.89 50.28	350m:	5:01.25 39.64
	100m:	1:13.44 38.77	200m:	2:40.61	42.60	300m:	4:21.61 50.72	400m:	5:40.09 38.84
16.	Cristina Paris SANTOS		94	Pimpões/Cimai				5:40.68	494
	50m:	35.23 35.23	150m:	2:00.59	45.89	250m:	3:35.14 50.11	350m:	5:03.63 38.28
	100m:	1:14.70 39.47	200m:	2:45.03	44.44	300m:	4:25.35 50.21	400m:	5:40.68 37.05
17.	Mariana Sousa MARTINS		95	Feirense				5:43.27	483
	50m:	33.85 33.85	150m:	1:59.62	46.93	250m:	3:33.16 48.37	350m:	5:03.59 40.41
	100m:	1:12.69 38.84	200m:	2:44.79	45.17	300m:	4:23.18 50.02	400m:	5:43.27 39.68
18.	Florbela Cavaco MACHADO		96	Columbófila Cantanhedense				5:46.99	468
	50m:	36.54 36.54	150m:	2:05.17	45.06	250m:	3:42.22 51.73	350m:	5:12.50 35.61
	100m:	1:20.11 43.57	200m:	2:50.49	45.32	300m:	4:36.89 54.67	400m:	5:46.99 34.49
19.	Jennifer Martins DIAS		96	Bombeiros das Caldas Rainha				5:47.79	465
	50m:	36.16 36.16	150m:	2:04.12	47.01	250m:	3:38.79 48.53	350m:	5:08.62 41.06
	100m:	1:17.11 40.95	200m:	2:50.26	46.14	300m:	4:27.56 48.77	400m:	5:47.79 39.17
20.	Debora Filipa DUQUE		96	Pimpões/Cimai				5:48.10	463
	50m:	35.39 35.39	150m:	2:00.39	43.92	250m:	3:34.47 49.67	350m:	5:09.27 40.76
	100m:	1:16.47 41.08	200m:	2:44.80	44.41	300m:	4:28.51 54.04	400m:	5:48.10 38.83
21.	Melanie Bronze SANTOS		95	Alcobaça				5:48.71	461
	50m:	36.08 36.08	150m:	2:03.28	45.18	250m:	3:39.41 52.31	350m:	5:10.95 39.47
	100m:	1:18.10 42.02	200m:	2:47.10	43.82	300m:	4:31.48 52.07	400m:	5:48.71 37.76
22.	Patricia Santos DINIS		95	Bombeiros das Caldas Rainha				5:49.88	456
	50m:	34.56 34.56	200m:	2:41.32	1:25.88	300m:	4:26.51 52.18		
	100m:	1:15.44 40.88	250m:	3:34.33	53.01	400m:	5:49.88 1:23.37		
23.	Ana Rita OLIVEIRA		92	Pimpões/Cimai				5:50.31	455
	50m:	36.43 36.43	150m:	2:05.69	46.35	250m:	3:39.86 49.42	350m:	5:10.72 40.44
	100m:	1:19.34 42.91	200m:	2:50.44	44.75	300m:	4:30.28 50.42	400m:	5:50.31 39.59
24.	Carlota Moura CARVALHOS		96	Náutico/Matobra				5:52.70	445
	50m:	38.67 38.67	150m:	2:08.23	43.98	250m:	3:41.93 50.92	350m:	5:12.98 40.49
	100m:	1:24.25 45.58	200m:	2:51.01	42.78	300m:	4:32.49 50.56	400m:	5:52.70 39.72
25.	Diana Filipa GONCALVES		96	Náutico/Matobra				6:08.15	392
	50m:	43.02 43.02	150m:	2:20.88	46.51	250m:	3:55.76 49.19	350m:	5:27.69 40.72
	100m:	1:34.37 51.35	200m:	3:06.57	45.69	300m:	4:46.97 51.21	400m:	6:08.15 40.46

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 3, Femin., 400m Estilos, Open

Lugar	Ano	Tempo final	Pts
26. Claudia Filipa SILVA <i>FTL</i>	95 Miranda do Corvo	6:18.27	361
50m: 39.84 39.84 150m: 2:17.84 52.65 250m: 3:59.94 50.38 350m: 5:36.20 44.23 100m: 1:25.19 45.35 200m: 3:09.56 51.72 300m: 4:51.97 52.03 400m: 6:18.27 42.07			
27. Jessica Rodrigues TAVARES	96 Campinho	6:36.39	314
50m: 43.63 43.63 150m: 2:32.79 52.22 250m: 4:11.34 48.64 350m: 5:50.55 48.50 100m: 1:40.57 56.94 200m: 3:22.70 49.91 300m: 5:02.05 50.71 400m: 6:36.39 45.84			
DSQ Mafalda Domingues VALENTE	96 Náutico da Marinha Grande <i>Toque alternado na parede na viragem dos 300 m</i>		
DNS Raquel Bartolo VITOR	93 Académica de Coimbra		
EXH Victoriya KAMINSKAYA	95 Pimpões/Cimai	5:11.80	645
50m: 32.69 32.69 150m: 1:52.97 42.65 250m: 3:16.28 43.11 350m: 4:36.28 36.26 100m: 1:10.32 37.63 200m: 2:33.17 40.20 300m: 4:00.02 43.74 400m: 5:11.80 35.52			

Prova 4
26.2.10 - 18:30

Masc., 400m Estilos

Juv B
Resultados

(TA) JUV B Masc : 6:09.72

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Andre NEVES	95 Académica de Coimbra	4:59.76	538
50m: 31.13 31.13 150m: 1:49.17 41.68 250m: 3:09.91 40.44 350m: 4:26.73 34.86 100m: 1:07.49 36.36 200m: 2:29.47 40.30 300m: 3:51.87 41.96 400m: 4:59.76 33.03			
2. Afonso Lopes dos SANTOS	95 Bombeiros das Caldas Rainha	5:02.90	521
50m: 30.33 30.33 150m: 1:45.56 40.91 250m: 3:08.11 43.68 350m: 4:27.94 35.97 100m: 1:04.65 34.32 200m: 2:24.43 38.87 300m: 3:51.97 43.86 400m: 5:02.90 34.96			
3. Nuno Miguel FELICIANO	95 Alcobça	5:22.69	431
50m: 33.73 33.73 150m: 1:55.91 42.21 250m: 3:20.28 43.32 350m: 4:44.20 39.73 100m: 1:13.70 39.97 200m: 2:36.96 41.05 300m: 4:04.47 44.19 400m: 5:22.69 38.49			
4. Henrique Jose MARQUEZ	95 Galitos	5:24.72	423
50m: 32.29 32.29 150m: 1:56.84 44.57 250m: 3:24.90 45.53 350m: 4:50.00 38.96 100m: 1:12.27 39.98 200m: 2:39.37 42.53 300m: 4:11.04 46.14 400m: 5:24.72 34.72			
5. Cristovao Dinis MONTEIRO	95 Bombeiros das Caldas Rainha	5:25.21	421
50m: 33.37 33.37 150m: 1:54.40 44.66 250m: 3:25.43 48.36 350m: 4:49.84 35.82 100m: 1:09.74 36.37 200m: 2:37.07 42.67 300m: 4:14.02 48.59 400m: 5:25.21 35.37			
6. Rafael Ferreira MARTINS	95 Náutico da Marinha Grande	5:28.90	407
50m: 35.13 35.13 150m: 1:59.49 42.44 250m: 3:29.16 47.90 350m: 4:54.24 36.22 100m: 1:17.05 41.92 200m: 2:41.26 41.77 300m: 4:18.02 48.86 400m: 5:28.90 34.66			
7. Francisco Pais BAPTISTA	95 Náutico/Matobra	5:38.74	373
50m: 32.74 32.74 150m: 1:56.91 45.16 250m: 3:30.25 49.80 350m: 5:01.75 40.06 100m: 1:11.75 39.01 200m: 2:40.45 43.54 300m: 4:21.69 51.44 400m: 5:38.74 36.99			
8. Manuel Luis SOUSA	95 Náutico/Matobra	5:52.57	330
50m: 36.22 36.22 150m: 2:07.04 47.50 250m: 3:46.50 52.79 350m: 5:15.60 38.25 100m: 1:19.54 43.32 200m: 2:53.71 46.67 300m: 4:37.35 50.85 400m: 5:52.57 36.97			
9. Diogo Andre JORGE	95 Náutico/Matobra	5:55.60	322
50m: 38.53 38.53 150m: 2:11.69 45.54 250m: 3:44.48 48.23 350m: 5:15.96 40.19 100m: 1:26.15 47.62 200m: 2:56.25 44.56 300m: 4:35.77 51.29 400m: 5:55.60 39.64			
DSQ Henrique Miguel GONCALVES	95 Núcleo de Pombal <i>toque alternado de mãos na parede, na viragem dos 100 m</i>		

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 4, Masc., 400m Estilos

Prova 4
26.2.10 - 18:30

Masc., 400m Estilos

Juv A
Resultados

(TA) JUV A Masc : 5:58.80

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Manuel BORGES	94	4:58.70	544
50m: 30.94 30.94	150m: 1:44.84 37.45	250m: 3:06.44 45.46	350m: 4:25.51 34.38
100m: 1:07.39 36.45	200m: 2:20.98 36.14	300m: 3:51.13 44.69	400m: 4:58.70 33.19
2. Joao Pedro VEIGA	94	5:00.96	531
50m: 32.40 32.40	150m: 1:50.76 40.55	250m: 3:11.28 41.60	350m: 4:28.68 34.82
100m: 1:10.21 37.81	200m: 2:29.68 38.92	300m: 3:53.86 42.58	400m: 5:00.96 32.28
3. Marcelo Santos SALDANHA	94	5:09.29	490
50m: 30.49 30.49	150m: 1:45.21 39.51	250m: 3:11.09 47.21	350m: 4:34.47 36.11
100m: 1:05.70 35.21	200m: 2:23.88 38.67	300m: 3:58.36 47.27	400m: 5:09.29 34.82
4. Alcides Costa SOUSA	94	5:18.21	449
50m: 29.88 29.88	150m: 1:50.20 44.45	250m: 3:16.74 44.33	350m: 4:40.75 38.59
100m: 1:05.75 35.87	200m: 2:32.41 42.21	300m: 4:02.16 45.42	400m: 5:18.21 37.46
5. Antero Simao MARTINS	94	5:18.73	447
50m: 31.61 31.61	150m: 1:43.59 35.20	250m: 3:17.46 48.19	350m: 4:43.46 37.40
100m: 1:08.39 36.78	200m: 2:29.27 45.68	300m: 4:06.06 48.60	400m: 5:18.73 35.27
6. Joao Carlos PAULA	94	5:19.16	445
50m: 31.66 31.66	150m: 1:50.82 41.91	250m: 3:17.37 46.72	350m: 4:42.93 36.18
100m: 1:08.91 37.25	200m: 2:30.65 39.83	300m: 4:06.75 49.38	400m: 5:19.16 36.23
7. Ruben Paiva CARVALHO	94	5:26.17	417
50m: 37.42 37.42	150m: 2:04.25 44.01	250m: 3:29.32 43.10	350m: 4:51.14 36.94
100m: 1:20.24 42.82	200m: 2:46.22 41.97	300m: 4:14.20 44.88	400m: 5:26.17 35.03
8. Andre Filipe MONTEIRO	94	5:27.92	411
50m: 32.13 32.13	150m: 1:54.48 45.32	250m: 3:24.03 47.12	350m: 4:50.62 39.28
100m: 1:09.16 37.03	200m: 2:36.91 42.43	300m: 4:11.34 47.31	400m: 5:27.92 37.30
9. Diogo Manuel DOMINGUES	94	5:28.68	408
50m: 35.78 35.78	150m: 2:02.58 45.88	250m: 3:31.23 44.06	350m: 4:53.03 38.15
100m: 1:16.70 40.92	200m: 2:47.17 44.59	300m: 4:14.88 43.65	400m: 5:28.68 35.65
10. Joao Petinga de ALMEIDA	94	5:37.08	378
50m: 34.84 34.84	150m: 1:59.98 44.87	250m: 3:31.21 49.03	350m: 4:59.77 38.99
100m: 1:15.11 40.27	200m: 2:42.18 42.20	300m: 4:20.78 49.57	400m: 5:37.08 37.31
11. Joao Manuel SANTOS	94	5:40.50	367
100m: 1:18.05 1:18.05	300m: 4:27.73 1:39.98	400m: 5:40.50 35.50	
200m: 2:47.75 1:29.70	350m: 5:05.00 37.27		

Prova 4
26.2.10 - 18:30

Masc., 400m Estilos

Jun
Resultados

(TA) JUN Masc : 5:45.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Andre Filipe LOPES	92	4:50.31	592
50m: 29.76 29.76	150m: 1:42.17 38.15	250m: 3:02.95 43.39	350m: 4:19.50 32.19
100m: 1:04.02 34.26	200m: 2:19.56 37.39	300m: 3:47.31 44.36	400m: 4:50.31 30.81
2. Miguel Machado LOPES	92	4:50.54	591
50m: 30.42 30.42	150m: 1:43.23 38.06	250m: 3:01.90 40.97	350m: 4:18.27 33.28
100m: 1:05.17 34.75	200m: 2:20.93 37.70	300m: 3:44.99 43.09	400m: 4:50.54 32.27
3. Diogo Parrilha da SILVA	93	4:53.97	570
50m: 29.11 29.11	150m: 1:42.97 39.78	250m: 3:03.19 42.10	350m: 4:19.73 34.53
100m: 1:03.19 34.08	200m: 2:21.09 38.12	300m: 3:45.20 42.01	400m: 4:53.97 34.24

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Prova 4, Masc., 400m Estilos, Jun

Lugar			Ano					Tempo final	Pts		
4.	Joao Paulo RIBEIRO		92	Bairro dos Anjos				5:00.67	533		
	50m:	29.50 29.50	150m:	1:45.08	41.22	250m:	3:07.88	44.09	350m:	4:27.22	35.66
	100m:	1:03.86 34.36	200m:	2:23.79	38.71	300m:	3:51.56	43.68	400m:	5:00.67	33.45
5.	Diogo Maia e SILVA		93	Pimpões/Cimai				5:00.78	532		
	50m:	32.33 32.33	150m:	1:47.35	38.96	250m:	3:08.58	43.61	350m:	4:27.57	34.83
	100m:	1:08.39 36.06	200m:	2:24.97	37.62	300m:	3:52.74	44.16	400m:	5:00.78	33.21
6.	Andre Duarte VAZ		93	Ginásio Figueirense				5:02.68	522		
	50m:	30.64 30.64	150m:	1:43.70	37.33	250m:	3:05.17	43.68	350m:	4:26.22	36.13
	100m:	1:06.37 35.73	200m:	2:21.49	37.79	300m:	3:50.09	44.92	400m:	5:02.68	36.46
7.	Nuno Durao PASCOAL		92	Galitos				5:07.99	496		
	50m:	31.68 31.68	150m:	1:48.01	40.53	250m:	3:12.23	45.01	350m:	4:31.95	34.66
	100m:	1:07.48 35.80	200m:	2:27.22	39.21	300m:	3:57.29	45.06	400m:	5:07.99	36.04
8.	Tiago Lopes RIBEIRO		93	Benedita				5:18.42	449		
	50m:	31.65 31.65	150m:	1:52.15	42.78	250m:	3:19.20	45.70	350m:	4:43.31	37.23
	100m:	1:09.37 37.72	200m:	2:33.50	41.35	300m:	4:06.08	46.88	400m:	5:18.42	35.11
9.	Henrique Jose MARQUES		93	Benedita				5:24.63	423		
	50m:	33.19 33.19	150m:	1:56.55	42.97	250m:	3:22.14	44.28	350m:	4:48.53	39.64
	100m:	1:13.58 40.39	200m:	2:37.86	41.31	300m:	4:08.89	46.75	400m:	5:24.63	36.10
DNS	Miguel Monteiro DIOGO		93	Alcobaça							

Prova 4

Masc., 400m Estilos

Sen

26.2.10 - 18:30

Resultados

(TA) SEN Masc : 5:36.95

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				4:43.97	633		
	50m:	29.42 29.42	150m:	1:40.41	37.56	250m:	2:58.36	41.06	350m:	4:11.32	32.01
	100m:	1:02.85 33.43	200m:	2:17.30	36.89	300m:	3:39.31	40.95	400m:	4:43.97	32.65
2.	Hugo Miguel NUNES		90	Náutico/Matobra				4:55.80	560		
	50m:	31.91 31.91	150m:	1:49.08	40.53	250m:	3:08.61	40.90	350m:	4:22.60	33.35
	100m:	1:08.55 36.64	200m:	2:27.71	38.63	300m:	3:49.25	40.64	400m:	4:55.80	33.20
3.	Rui Miguel FONSECA		88	Náutico/Matobra				4:57.95	548		
	50m:	28.63 28.63	150m:	1:40.86	38.50	250m:	3:04.37	45.11	350m:	4:22.49	32.21
	100m:	1:02.36 33.73	200m:	2:19.26	38.40	300m:	3:50.28	45.91	400m:	4:57.95	35.46
4.	Goncalo Nuno COSTA		90	Académica de Coimbra				4:59.02	542		
	50m:	30.77 30.77	150m:	1:46.19	40.73	250m:	3:07.64	41.81	350m:	4:24.71	34.05
	100m:	1:05.46 34.69	200m:	2:25.83	39.64	300m:	3:50.66	43.02	400m:	4:59.02	34.31
5.	Joao Bernardo ABRANTES		90	Náutico/Matobra				4:59.96	537		
	50m:	31.16 31.16	150m:	1:46.59	39.50	250m:	3:09.74	43.58	350m:	4:27.21	33.63
	100m:	1:07.09 35.93	200m:	2:26.16	39.57	300m:	3:53.58	43.84	400m:	4:59.96	32.75
6.	Pedro Frago Lopez LOPES		90	Columbófila Cantanhedense				5:00.41	534		
	50m:	29.74 29.74	150m:	1:44.46	39.63	250m:	3:06.58	43.52	350m:	4:27.16	35.35
	100m:	1:04.83 35.09	200m:	2:23.06	38.60	300m:	3:51.81	45.23	400m:	5:00.41	33.25
7.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				5:12.58	474		
	50m:	31.26 31.26	150m:	1:48.71	40.95	250m:	3:14.10	44.99	350m:	4:37.40	35.75
	100m:	1:07.76 36.50	200m:	2:29.11	40.40	300m:	4:01.65	47.55	400m:	5:12.58	35.18
DNS	Francisco Maldonado FREITAS		91	Pimpões/Cimai							

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Prova 4, Masc., 400m Estilos

Prova 4
26.2.10 - 18:30

Masc., 400m Estilos

Open
Resultados

(TA) JUV A Masc Juv A: 5:58.80 / (TA) JUV B Masc Juv B: 6:09.72 / (TA) JUN Masc Jun: 5:45.00 / (TA) SEN Masc Sen: 5:36.95

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				4:43.97	633
	50m:	29.42 29.42	150m:	1:40.41	37.56	250m:	2:58.36 41.06	350m:	4:11.32 32.01
	100m:	1:02.85 33.43	200m:	2:17.30	36.89	300m:	3:39.31 40.95	400m:	4:43.97 32.65
2.	Andre Filipe LOPES		92	Académica de Coimbra				4:50.31	592
	50m:	29.76 29.76	150m:	1:42.17	38.15	250m:	3:02.95 43.39	350m:	4:19.50 32.19
	100m:	1:04.02 34.26	200m:	2:19.56	37.39	300m:	3:47.31 44.36	400m:	4:50.31 30.81
3.	Miguel Machado LOPES		92	Benedita				4:50.54	591
	50m:	30.42 30.42	150m:	1:43.23	38.06	250m:	3:01.90 40.97	350m:	4:18.27 33.28
	100m:	1:05.17 34.75	200m:	2:20.93	37.70	300m:	3:44.99 43.09	400m:	4:50.54 32.27
4.	Diogo Parrilha da SILVA		93	Alcoçaba				4:53.97	570
	50m:	29.11 29.11	150m:	1:42.97	39.78	250m:	3:03.19 42.10	350m:	4:19.73 34.53
	100m:	1:03.19 34.08	200m:	2:21.09	38.12	300m:	3:45.20 42.01	400m:	4:53.97 34.24
5.	Hugo Miguel NUNES		90	Náutico/Matobra				4:55.80	560
	50m:	31.91 31.91	150m:	1:49.08	40.53	250m:	3:08.61 40.90	350m:	4:22.60 33.35
	100m:	1:08.55 36.64	200m:	2:27.71	38.63	300m:	3:49.25 40.64	400m:	4:55.80 33.20
6.	Rui Miguel FONSECA		88	Náutico/Matobra				4:57.95	548
	50m:	28.63 28.63	150m:	1:40.86	38.50	250m:	3:04.37 45.11	350m:	4:22.49 32.21
	100m:	1:02.36 33.73	200m:	2:19.26	38.40	300m:	3:50.28 45.91	400m:	4:57.95 35.46
7.	Joao Manuel BORGES		94	Ginásio Figueirense				4:58.70	544
	50m:	30.94 30.94	150m:	1:44.84	37.45	250m:	3:06.44 45.46	350m:	4:25.51 34.38
	100m:	1:07.39 36.45	200m:	2:20.98	36.14	300m:	3:51.13 44.69	400m:	4:58.70 33.19
8.	Goncalo Nuno COSTA		90	Académica de Coimbra				4:59.02	542
	50m:	30.77 30.77	150m:	1:46.19	40.73	250m:	3:07.64 41.81	350m:	4:24.71 34.05
	100m:	1:05.46 34.69	200m:	2:25.83	39.64	300m:	3:50.66 43.02	400m:	4:59.02 34.31
9.	Joao Andre NEVES		95	Académica de Coimbra				4:59.76	538
	50m:	31.13 31.13	150m:	1:49.17	41.68	250m:	3:09.91 40.44	350m:	4:26.73 34.86
	100m:	1:07.49 36.36	200m:	2:29.47	40.30	300m:	3:51.87 41.96	400m:	4:59.76 33.03
10.	Joao Bernardo ABRANTES		90	Náutico/Matobra				4:59.96	537
	50m:	31.16 31.16	150m:	1:46.59	39.50	250m:	3:09.74 43.58	350m:	4:27.21 33.63
	100m:	1:07.09 35.93	200m:	2:26.16	39.57	300m:	3:53.58 43.84	400m:	4:59.96 32.75
11.	Pedro Fragoso LOPES		90	Columbófila Cantanhedense				5:00.41	534
	50m:	29.74 29.74	150m:	1:44.46	39.63	250m:	3:06.58 43.52	350m:	4:27.16 35.35
	100m:	1:04.83 35.09	200m:	2:23.06	38.60	300m:	3:51.81 45.23	400m:	5:00.41 33.25
12.	Joao Paulo RIBEIRO		92	Bairro dos Anjos				5:00.67	533
	50m:	29.50 29.50	150m:	1:45.08	41.22	250m:	3:07.88 44.09	350m:	4:27.22 35.66
	100m:	1:03.86 34.36	200m:	2:23.79	38.71	300m:	3:51.56 43.68	400m:	5:00.67 33.45
13.	Diogo Maia e SILVA		93	Pimpões/Cimai				5:00.78	532
	50m:	32.33 32.33	150m:	1:47.35	38.96	250m:	3:08.58 43.61	350m:	4:27.57 34.83
	100m:	1:08.39 36.06	200m:	2:24.97	37.62	300m:	3:52.74 44.16	400m:	5:00.78 33.21
14.	Joao Pedro VEIGA		94	Náutico/Matobra				5:00.96	531
	50m:	32.40 32.40	150m:	1:50.76	40.55	250m:	3:11.28 41.60	350m:	4:28.68 34.82
	100m:	1:10.21 37.81	200m:	2:29.68	38.92	300m:	3:53.86 42.58	400m:	5:00.96 32.28
15.	Andre Duarte VAZ		93	Ginásio Figueirense				5:02.68	522
	50m:	30.64 30.64	150m:	1:43.70	37.33	250m:	3:05.17 43.68	350m:	4:26.22 36.13
	100m:	1:06.37 35.73	200m:	2:21.49	37.79	300m:	3:50.09 44.92	400m:	5:02.68 36.46
16.	Afonso Lopes dos SANTOS		95	Bombeiros das Caldas Rainha				5:02.90	521
	50m:	30.33 30.33	150m:	1:45.56	40.91	250m:	3:08.11 43.68	350m:	4:27.94 35.97
	100m:	1:04.65 34.32	200m:	2:24.43	38.87	300m:	3:51.97 43.86	400m:	5:02.90 34.96

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos, Open

Lugar			Ano							Tempo final	Pts
17.	Nuno Durao PASCOAL		92	Galitos						5:07.99	496
	50m:	31.68 31.68	150m:	1:48.01	40.53	250m:	3:12.23	45.01	350m:	4:31.95	34.66
	100m:	1:07.48 35.80	200m:	2:27.22	39.21	300m:	3:57.29	45.06	400m:	5:07.99	36.04
18.	Marcelo Santos SALDANHA		94	Bombeiros das Caldas Rainha						5:09.29	490
	50m:	30.49 30.49	150m:	1:45.21	39.51	250m:	3:11.09	47.21	350m:	4:34.47	36.11
	100m:	1:05.70 35.21	200m:	2:23.88	38.67	300m:	3:58.36	47.27	400m:	5:09.29	34.82
19.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra						5:12.58	474
	50m:	31.26 31.26	150m:	1:48.71	40.95	250m:	3:14.10	44.99	350m:	4:37.40	35.75
	100m:	1:07.76 36.50	200m:	2:29.11	40.40	300m:	4:01.65	47.55	400m:	5:12.58	35.18
20.	Alcides Costa SOUSA		94	Feirense						5:18.21	449
	50m:	29.88 29.88	150m:	1:50.20	44.45	250m:	3:16.74	44.33	350m:	4:40.75	38.59
	100m:	1:05.75 35.87	200m:	2:32.41	42.21	300m:	4:02.16	45.42	400m:	5:18.21	37.46
21.	Tiago Lopes RIBEIRO		93	Benedita						5:18.42	449
	50m:	31.65 31.65	150m:	1:52.15	42.78	250m:	3:19.20	45.70	350m:	4:43.31	37.23
	100m:	1:09.37 37.72	200m:	2:33.50	41.35	300m:	4:06.08	46.88	400m:	5:18.42	35.11
22.	Antero Simao MARTINS		94	Náutico da Marinha Grande						5:18.73	447
	50m:	31.61 31.61	150m:	1:43.59	35.20	250m:	3:17.46	48.19	350m:	4:43.46	37.40
	100m:	1:08.39 36.78	200m:	2:29.27	45.68	300m:	4:06.06	48.60	400m:	5:18.73	35.27
23.	Joao Carlos PAULA		94	Galitos						5:19.16	445
	50m:	31.66 31.66	150m:	1:50.82	41.91	250m:	3:17.37	46.72	350m:	4:42.93	36.18
	100m:	1:08.91 37.25	200m:	2:30.65	39.83	300m:	4:06.75	49.38	400m:	5:19.16	36.23
24.	Nuno Miguel FELICIANO		95	Alcoçaba						5:22.69	431
	50m:	33.73 33.73	150m:	1:55.91	42.21	250m:	3:20.28	43.32	350m:	4:44.20	39.73
	100m:	1:13.70 39.97	200m:	2:36.96	41.05	300m:	4:04.47	44.19	400m:	5:22.69	38.49
25.	Henrique Jose MARQUES		93	Benedita						5:24.63	423
	50m:	33.19 33.19	150m:	1:56.55	42.97	250m:	3:22.14	44.28	350m:	4:48.53	39.64
	100m:	1:13.58 40.39	200m:	2:37.86	41.31	300m:	4:08.89	46.75	400m:	5:24.63	36.10
26.	Henrique Jose MARQUEZ		95	Galitos						5:24.72	423
	50m:	32.29 32.29	150m:	1:56.84	44.57	250m:	3:24.90	45.53	350m:	4:50.00	38.96
	100m:	1:12.27 39.98	200m:	2:39.37	42.53	300m:	4:11.04	46.14	400m:	5:24.72	34.72
27.	Cristovao Dinis MONTEIRO		95	Bombeiros das Caldas Rainha						5:25.21	421
	50m:	33.37 33.37	150m:	1:54.40	44.66	250m:	3:25.43	48.36	350m:	4:49.84	35.82
	100m:	1:09.74 36.37	200m:	2:37.07	42.67	300m:	4:14.02	48.59	400m:	5:25.21	35.37
28.	Ruben Paiva CARVALHO		94	Académica de Coimbra						5:26.17	417
	50m:	37.42 37.42	150m:	2:04.25	44.01	250m:	3:29.32	43.10	350m:	4:51.14	36.94
	100m:	1:20.24 42.82	200m:	2:46.22	41.97	300m:	4:14.20	44.88	400m:	5:26.17	35.03
29.	Andre Filipe MONTEIRO		94	Galitos						5:27.92	411
	50m:	32.13 32.13	150m:	1:54.48	45.32	250m:	3:24.03	47.12	350m:	4:50.62	39.28
	100m:	1:09.16 37.03	200m:	2:36.91	42.43	300m:	4:11.34	47.31	400m:	5:27.92	37.30
30.	Diogo Manuel DOMINGUES		94	Bairro dos Anjos						5:28.68	408
	50m:	35.78 35.78	150m:	2:02.58	45.88	250m:	3:31.23	44.06	350m:	4:53.03	38.15
	100m:	1:16.70 40.92	200m:	2:47.17	44.59	300m:	4:14.88	43.65	400m:	5:28.68	35.65
31.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande						5:28.90	407
	50m:	35.13 35.13	150m:	1:59.49	42.44	250m:	3:29.16	47.90	350m:	4:54.24	36.22
	100m:	1:17.05 41.92	200m:	2:41.26	41.77	300m:	4:18.02	48.86	400m:	5:28.90	34.66
32.	Joao Petinga de ALMEIDA		94	Naval da Nazaré						5:37.08	378
	50m:	34.84 34.84	150m:	1:59.98	44.87	250m:	3:31.21	49.03	350m:	4:59.77	38.99
	100m:	1:15.11 40.27	200m:	2:42.18	42.20	300m:	4:20.78	49.57	400m:	5:37.08	37.31
33.	Francisco Pais BAPTISTA		95	Náutico/Matobra						5:38.74	373
	50m:	32.74 32.74	150m:	1:56.91	45.16	250m:	3:30.25	49.80	350m:	5:01.75	40.06
	100m:	1:11.75 39.01	200m:	2:40.45	43.54	300m:	4:21.69	51.44	400m:	5:38.74	36.99
34.	Joao Manuel SANTOS		94	Campinho						5:40.50	367
	100m:	1:18.05 1:18.05	300m:	4:27.73	1:39.98	400m:	5:40.50	35.50			
	200m:	2:47.75 1:29.70	350m:	5:05.00	37.27						

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos, Open

Lugar	Ano	Tempo final	Pts
35. Manuel Luis SOUSA	95 Nautico/Matobra	5:52.57	330
50m: 36.22 36.22 150m: 2:07.04 47.50 250m: 3:46.50 52.79 350m: 5:15.60 38.25			
100m: 1:19.54 43.32 200m: 2:53.71 46.67 300m: 4:37.35 50.85 400m: 5:52.57 36.97			
36. Diogo Andre JORGE	95 Nautico/Matobra	5:55.60	322
50m: 38.53 38.53 150m: 2:11.69 45.54 250m: 3:44.48 48.23 350m: 5:15.96 40.19			
100m: 1:26.15 47.62 200m: 2:56.25 44.56 300m: 4:35.77 51.29 400m: 5:55.60 39.64			
DSQ Henrique Miguel GONCALVES	95 Nucleo de Pombal		
<i>toque alternado de mãos na parede, na viragem dos 100 m</i>			
DNS Francisco Maldonado FREITAS	91 Pimpões/Cimai		
DNS Miguel Monteiro DIOGO	93 Alcobaça		

Prova 5

Femin., 100m Costas

Juv

26.2.10 - 18:50

Resultados

(TA) JUV Fem : 1:35.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Ines ALMEIDA	96 Nautico/Matobra	1:12.77	509
50m: 35.83 35.83 100m: 1:12.77 36.94			
2. Ana Isabel NEVES	96 Pimpões/Cimai	1:12.95	505
50m: 35.84 35.84 100m: 1:12.95 37.11			
3. Carla Sofia CRUZ	96 Sporting de Espinho	1:13.94	485
50m: 35.81 35.81 100m: 1:13.94 38.13			
4. Isa Morais PENAS	96 Benedita	1:14.21	480
50m: 36.03 36.03 100m: 1:14.21 38.18			
5. Patricia Monteiro NEGRAO	96 Bombeiros das Caldas Rainha	1:15.38	458
50m: 36.88 36.88 100m: 1:15.38 38.50			
6. Ana Beatriz SILVA	96 Gafanha da Encarnação	1:15.59	454
50m: 36.63 36.63 100m: 1:15.59 38.96			
7. Maria Joao PAIXAO	96 Ginásio Figueirense	1:16.01	447
50m: 37.21 37.21 100m: 1:16.01 38.80			
8. Ana Rita ARTUR	96 Académica de Coimbra	1:16.03	446
50m: 35.37 35.37 100m: 1:16.03 40.66			
9. Ana Margarida RODRIGUES	96 Galitos	1:16.37	440
50m: 36.27 36.27 100m: 1:16.37 40.10			
10. Ines Costa NETO	96 Académico Viseu	1:16.40	440
50m: 37.51 37.51 100m: 1:16.40 38.89			
11. Ana Carolina LEAL	96 Nautico/Matobra	1:16.50	438
50m: 37.18 37.18 100m: 1:16.50 39.32			
12. Mariana Jesus COSTA	96 Alcobaça	1:16.59	436
50m: 37.34 37.34 100m: 1:16.59 39.25			
13. Ana Luisa CARVALHO	96 Nautico/Matobra	1:16.89	431
50m: 37.67 37.67 100m: 1:16.89 39.22			
14. Daniela Valente FERREIRA	96 Estamos Juntos	1:18.25	409
50m: 37.64 37.64 100m: 1:18.25 40.61			
15. Carla Rosario PALMA	96 Alcobaça	1:19.20	395
50m: 38.29 38.29 100m: 1:19.20 40.91			
16. Elisa Morgado PEDRAS	96 Benedita	1:19.47	391
50m: 38.22 38.22 100m: 1:19.47 41.25			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 5, Femin., 100m Costas, Juv

Lugar	Ano	Tempo final	Pts
17. Ana Margarida LOURENCO 50m: 39.10 39.10 100m: 1:19.86	96	Benedita 40.76	1:19.86 385
18. Joana Faim ALMEIDA 50m: 39.24 39.24 100m: 1:21.17	96	Ginásio Figueirense 41.93	1:21.17 367
19. Filipa Costa GASPAR 50m: 39.67 39.67 100m: 1:21.66	96	Freguesia de Paião 41.99	1:21.66 360
20. Ana Catarina CARLOS 50m: 39.15 39.15 100m: 1:21.96	96	Náutico da Marinha Grande 42.81	1:21.96 356
21. Marina Pereira ALMEIDA 50m: 40.71 40.71 100m: 1:23.63	96	Académico Viseu 42.92	1:23.63 335
22. Sofia Caramelo FOLGADO 50m: 39.90 39.90 100m: 1:23.64	96	Náutico/Matobra 43.74	1:23.64 335
23. Filipa Santos CASTRO 50m: 40.59 40.59 100m: 1:23.80	96	Algés e Águeda 43.21	1:23.80 333
24. Patricia Sousa PAULO 50m: 41.18 41.18 100m: 1:24.75	96	Benedita 43.57	1:24.75 322
25. Joana Filipa PAULINO 50m: 40.91 40.91 100m: 1:25.22	96	Galitos 44.31	1:25.22 317
26. Debora Alexandra CATALAO 50m: 41.77 41.77 100m: 1:25.76	96	Óbidos Patrimonium 43.99	1:25.76 311
27. Maria Anastacio LUIS 50m: 42.72 42.72 100m: 1:27.02	96	Benedita 44.30	1:27.02 297
28. Soraia Raquel RODRIGUES 50m: 42.78 42.78 100m: 1:27.40	96	Feirense 44.62	1:27.40 294
29. Adriana Cristina CARVALHO 50m: 43.54 43.54 100m: 1:27.96	96	Campinho 44.42	1:27.96 288
30. Raquel Monteiro NEGRAO 50m: 43.14 43.14 100m: 1:27.97	96	Bombeiros das Caldas Raíña 44.83	1:27.97 288
31. Francisca Silva MARQUES 50m: 43.34 43.34 100m: 1:28.34	96	Académica de Coimbra 45.00	1:28.34 284
32. Rita Matos PONTE 50m: 44.29 44.29 100m: 1:28.63	96	Freguesia de Paião 44.34	1:28.63 281
33. Catia Sousa EUSEBIO 50m: 44.13 44.13 100m: 1:28.90	96	Bombeiros das Caldas Raíña 44.77	1:28.90 279
34. Cristina Alexandra FURTADO 50m: 43.64 43.64 100m: 1:30.83	96	Estamos Juntos 47.19	1:30.83 261
35. Bruna Castelhanos BOITA 50m: 45.13 45.13 100m: 1:32.94	96	Benedita 47.81	1:32.94 244
DSQ Rosa Maria OLIVEIRA <i>a atleta nadou com 2 fatos de banho</i>	96	Estarreja	

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 5, Femin., 100m Costas

Prova 5
26.2.10 - 18:50

Femin., 100m Costas

Jun
Resultados

(TA) JUN Fem : 1:22.23

Pontos: FINA 2010

Lugar			Ano			Tempo final	Pts
1.	Tatiana Filipa SANTOS		95	Ginásio Figueirense		1:08.63	607
	50m:	33.89 33.89	100m:	1:08.63 34.74			
2.	Adriana Correia LOPES		95	Náutico/Matobra		1:09.88	575
	50m:	34.49 34.49	100m:	1:09.88 35.39			
3.	Ana Margarida ALMEIDA		94	Galitos		1:11.45	538
	50m:	34.39 34.39	100m:	1:11.45 37.06			
4.	Joana Margarida GUIMARAES		95	Pimpões/Cimai		1:12.09	524
	50m:	34.82 34.82	100m:	1:12.09 37.27			
5.	Ana Catarina COSTA		95	Feirense		1:12.38	517
	50m:	34.92 34.92	100m:	1:12.38 37.46			
6.	Ines Martins SILVA		94	Estamos Juntos		1:13.85	487
	50m:	34.98 34.98	100m:	1:13.85 38.87			
7.	Ines Sofia SAMPAIO		94	Académico Viseu		1:13.92	486
	50m:	35.49 35.49	100m:	1:13.92 38.43			
8.	Beatriz Rocha NUNES		94	Ginásio Figueirense		1:14.03	483
	50m:	35.95 35.95	100m:	1:14.03 38.08			
9.	Vanessa Carolina VALENTE		94	Alcobaça		1:14.92	466
	50m:	36.13 36.13	100m:	1:14.92 38.79			
10.	Patricia Santos DINIS		95	Bombeiros das Caldas Rainha		1:15.94	448
	50m:	36.53 36.53	100m:	1:15.94 39.41			
11.	Mariana Costa SEBASTIAO		95	Ginásio Figueirense		1:15.98	447
	50m:	36.71 36.71	100m:	1:15.98 39.27			
12.	Catia Andreia CLARA		95	Náutico da Marinha Grande		1:16.45	439
	50m:	37.04 37.04	100m:	1:16.45 39.41			
13.	Ines Manuela FREITAS		94	Sporting de Espinho		1:16.73	434
	50m:	36.87 36.87	100m:	1:16.73 39.86			
14.	Raquel Raimundo FERREIRA		95	Náutico/Matobra		1:17.50	421
	50m:	38.13 38.13	100m:	1:17.50 39.37			
15.	Ana Luisa RAMOS		95	Gafanha da Encarnação		1:17.90	415
	50m:	37.58 37.58	100m:	1:17.90 40.32			
16.	Joana Reis VEIGA		95	Académica de Coimbra		1:20.13	381
	50m:	38.17 38.17	100m:	1:20.13 41.96			
17.	Marcia Raquel SARAIVA		95	Galitos		1:20.16	381
	50m:	38.89 38.89	100m:	1:20.16 41.27			
18.	Bruna Miguel PEREIRA		94	Académica de Coimbra		1:20.92	370
	50m:	38.70 38.70	100m:	1:20.92 42.22			
19.	Joana Ines OLIVEIRA		95	Académica de Coimbra		1:20.97	369
	50m:	38.88 38.88	100m:	1:20.97 42.09			
20.	Ana Rita JESUS		95	Desportivo Mealhada		1:21.01	369
	50m:	40.20 40.20	100m:	1:21.01 40.81			
21.	Tatiana Cruz COSTA		94	Miranda do Corvo		1:21.30	365
	50m:	40.18 40.18	100m:	1:21.30 41.12			
22.	Sofia Roque DIAS		94	Académica de Coimbra		1:21.78	358
	50m:	39.19 39.19	100m:	1:21.78 42.59			

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Prova 5, Femin., 100m Costas, Jun

Lugar	Ano	Tempo final	Pts
23. Patricia Silva MARQUES 50m: 38.58 38.58 100m: 1:22.07 43.49	95 Feirense	1:22.07	355
24. Carolina Santana GONCALVES 50m: 40.37 40.37 100m: 1:22.12 41.75	95 Núcleo de Pombal	1:22.12	354
25. Vanessa Rodrigues VALENTE <i>FTL</i> 50m: 40.92 40.92 100m: 1:24.24 43.32	94 Estarreja	1:24.24	328
DSQ Ana Rita SILVEIRA <i>Falsa partida</i>	94 Galitos		

Prova 5 Femin., 100m Costas Sen
26.2.10 - 18:50 Resultados

(TA) SEN Fem : 1:21.08

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Andreia Filipa ANJOS 50m: 34.11 34.11 100m: 1:09.53 35.42	92 Bairro dos Anjos	1:09.53	584
2. Ines Barbosa MOREIRA 50m: 36.01 36.01 100m: 1:12.93 36.92	92 Náutico/Matobra	1:12.93	506
3. Adriana Filipa LISBOA 50m: 35.89 35.89 100m: 1:13.45 37.56	92 Bairro dos Anjos	1:13.45	495
4. Daniela Filipa CARDOSO 50m: 35.74 35.74 100m: 1:14.72 38.98	89 Fundação Beatriz Santos	1:14.72	470
5. Ana Mafalda OLIVEIRA 50m: 37.54 37.54 100m: 1:17.34 39.80	93 Freguesia de Paião	1:17.34	424
6. Tania Martins GARCIA 50m: 38.21 38.21 100m: 1:19.14 40.93	92 Ginásio Figueirense	1:19.14	396
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		

Prova 5 Femin., 100m Costas Open
26.2.10 - 18:50 Resultados

(TA) JUV Fem Juv: 1:35.00 / (TA) JUN Fem Jun: 1:22.23 / (TA) SEN Fem Sen: 1:21.08

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa SANTOS 50m: 33.89 33.89 100m: 1:08.63 34.74	95 Ginásio Figueirense	1:08.63	607
2. Andreia Filipa ANJOS 50m: 34.11 34.11 100m: 1:09.53 35.42	92 Bairro dos Anjos	1:09.53	584
3. Adriana Correia LOPES 50m: 34.49 34.49 100m: 1:09.88 35.39	95 Náutico/Matobra	1:09.88	575
4. Ana Margarida ALMEIDA 50m: 34.39 34.39 100m: 1:11.45 37.06	94 Galitos	1:11.45	538
5. Joana Margarida GUIMARAES 50m: 34.82 34.82 100m: 1:12.09 37.27	95 Pimpões/Cimai	1:12.09	524
6. Ana Catarina COSTA 50m: 34.92 34.92 100m: 1:12.38 37.46	95 Feirense	1:12.38	517
7. Maria Ines ALMEIDA 50m: 35.83 35.83 100m: 1:12.77 36.94	96 Náutico/Matobra	1:12.77	509

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 5, Femin., 100m Costas, Open

Lugar	Ano	Tempo final	Pts
8. Ines Barbosa MOREIRA 50m: 36.01 36.01 100m: 1:12.93 36.92	92	Náutico/Matobra 1:12.93	506
9. Ana Isabel NEVES 50m: 35.84 35.84 100m: 1:12.95 37.11	96	Pimpões/Cimai 1:12.95	505
10. Adriana Filipa LISBOA 50m: 35.89 35.89 100m: 1:13.45 37.56	92	Bairro dos Anjos 1:13.45	495
11. Ines Martins SILVA 50m: 34.98 34.98 100m: 1:13.85 38.87	94	Estamos Juntos 1:13.85	487
12. Ines Sofia SAMPAIO 50m: 35.49 35.49 100m: 1:13.92 38.43	94	Académico Viseu 1:13.92	486
13. Carla Sofia CRUZ 50m: 35.81 35.81 100m: 1:13.94 38.13	96	Sporting de Espinho 1:13.94	485
14. Beatriz Rocha NUNES 50m: 35.95 35.95 100m: 1:14.03 38.08	94	Ginásio Figueirense 1:14.03	483
15. Isa Morais PENAS 50m: 36.03 36.03 100m: 1:14.21 38.18	96	Benedita 1:14.21	480
16. Daniela Filipa CARDOSO 50m: 35.74 35.74 100m: 1:14.72 38.98	89	Fundação Beatriz Santos 1:14.72	470
17. Vanessa Carolina VALENTE 50m: 36.13 36.13 100m: 1:14.92 38.79	94	Alcobaça 1:14.92	466
18. Patricia Monteiro NEGRAO 50m: 36.88 36.88 100m: 1:15.38 38.50	96	Bombeiros das Caldas Rainha 1:15.38	458
19. Ana Beatriz SILVA 50m: 36.63 36.63 100m: 1:15.59 38.96	96	Gafanha da Encarnação 1:15.59	454
20. Patricia Santos DINIS 50m: 36.53 36.53 100m: 1:15.94 39.41	95	Bombeiros das Caldas Rainha 1:15.94	448
21. Mariana Costa SEBASTIAO 50m: 36.71 36.71 100m: 1:15.98 39.27	95	Ginásio Figueirense 1:15.98	447
22. Maria Joao PAIXAO 50m: 37.21 37.21 100m: 1:16.01 38.80	96	Ginásio Figueirense 1:16.01	447
23. Ana Rita ARTUR 50m: 35.37 35.37 100m: 1:16.03 40.66	96	Académica de Coimbra 1:16.03	446
24. Ana Margarida RODRIGUES 50m: 36.27 36.27 100m: 1:16.37 40.10	96	Galitos 1:16.37	440
25. Ines Costa NETO 50m: 37.51 37.51 100m: 1:16.40 38.89	96	Académico Viseu 1:16.40	440
26. Catia Andreia CLARA 50m: 37.04 37.04 100m: 1:16.45 39.41	95	Náutico da Marinha Grande 1:16.45	439
27. Ana Carolina LEAL 50m: 37.18 37.18 100m: 1:16.50 39.32	96	Náutico/Matobra 1:16.50	438
28. Mariana Jesus COSTA 50m: 37.34 37.34 100m: 1:16.59 39.25	96	Alcobaça 1:16.59	436
29. Ines Manuela FREITAS 50m: 36.87 36.87 100m: 1:16.73 39.86	94	Sporting de Espinho 1:16.73	434
30. Ana Luisa CARVALHO 50m: 37.67 37.67 100m: 1:16.89 39.22	96	Náutico/Matobra 1:16.89	431
31. Ana Mafalda OLIVEIRA 50m: 37.54 37.54 100m: 1:17.34 39.80	93	Freguesia de Paião 1:17.34	424

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 5, Femin., 100m Costas, Open

Lugar					Ano		Tempo final	Pts
32.	Raquel Raimundo FERREIRA	95	Náutico/Matobra			1:17.50	421	
	50m: 38.13 38.13	100m: 1:17.50	39.37					
33.	Ana Luisa RAMOS	95	Gafanha da Encarnação			1:17.90	415	
	50m: 37.58 37.58	100m: 1:17.90	40.32					
34.	Daniela Valente FERREIRA	96	Estamos Juntos			1:18.25	409	
	50m: 37.64 37.64	100m: 1:18.25	40.61					
35.	Tania Martins GARCIA	92	Ginásio Figueirense			1:19.14	396	
	50m: 38.21 38.21	100m: 1:19.14	40.93					
36.	Carla Rosario PALMA	96	Alcobaça			1:19.20	395	
	50m: 38.29 38.29	100m: 1:19.20	40.91					
37.	Elisa Morgado PEDRAS	96	Benedita			1:19.47	391	
	50m: 38.22 38.22	100m: 1:19.47	41.25					
38.	Ana Margarida LOURENCO	96	Benedita			1:19.86	385	
	50m: 39.10 39.10	100m: 1:19.86	40.76					
39.	Joana Reis VEIGA	95	Académica de Coimbra			1:20.13	381	
	50m: 38.17 38.17	100m: 1:20.13	41.96					
40.	Marcia Raquel SARAIVA	95	Galitos			1:20.16	381	
	50m: 38.89 38.89	100m: 1:20.16	41.27					
41.	Bruna Miguel PEREIRA	94	Académica de Coimbra			1:20.92	370	
	50m: 38.70 38.70	100m: 1:20.92	42.22					
42.	Joana Ines OLIVEIRA	95	Académica de Coimbra			1:20.97	369	
	50m: 38.88 38.88	100m: 1:20.97	42.09					
43.	Ana Rita JESUS	95	Desportivo Mealhada			1:21.01	369	
	50m: 40.20 40.20	100m: 1:21.01	40.81					
44.	Joana Faim ALMEIDA	96	Ginásio Figueirense			1:21.17	367	
	50m: 39.24 39.24	100m: 1:21.17	41.93					
45.	Tatiana Cruz COSTA	94	Miranda do Corvo			1:21.30	365	
	50m: 40.18 40.18	100m: 1:21.30	41.12					
46.	Filipa Costa GASPAS	96	Freguesia de Paião			1:21.66	360	
	50m: 39.67 39.67	100m: 1:21.66	41.99					
47.	Sofia Roque DIAS	94	Académica de Coimbra			1:21.78	358	
	50m: 39.19 39.19	100m: 1:21.78	42.59					
48.	Ana Catarina CARLOS	96	Náutico da Marinha Grande			1:21.96	356	
	50m: 39.15 39.15	100m: 1:21.96	42.81					
49.	Patricia Silva MARQUES	95	Feirense			1:22.07	355	
	50m: 38.58 38.58	100m: 1:22.07	43.49					
50.	Carolina Santana GONCALVES	95	Núcleo de Pombal			1:22.12	354	
	50m: 40.37 40.37	100m: 1:22.12	41.75					
51.	Marina Pereira ALMEIDA	96	Académico Viseu			1:23.63	335	
	50m: 40.71 40.71	100m: 1:23.63	42.92					
52.	Sofia Caramelo FOLGADO	96	Náutico/Matobra			1:23.64	335	
	50m: 39.90 39.90	100m: 1:23.64	43.74					
53.	Filipa Santos CASTRO	96	Algés e Águeda			1:23.80	333	
	50m: 40.59 40.59	100m: 1:23.80	43.21					
54.	Vanessa Rodrigues VALENTE	94	Estarreja			1:24.24	328	
	<i>FTL</i>							
	50m: 40.92 40.92	100m: 1:24.24	43.32					
55.	Patricia Sousa PAULO	96	Benedita			1:24.75	322	
	50m: 41.18 41.18	100m: 1:24.75	43.57					

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Prova 5, Femin., 100m Costas, Open

Lugar	Ano	Tempo final	Pts
56. Joana Filipa PAULINO 50m: 40.91 40.91 100m: 1:25.22	96 Galitos	1:25.22	317
57. Debora Alexandra CATALAO 50m: 41.77 41.77 100m: 1:25.76	96 Óbidos Patrimonium	1:25.76	311
58. Maria Anastacio LUIS 50m: 42.72 42.72 100m: 1:27.02	96 Benedita	1:27.02	297
59. Soraia Raquel RODRIGUES 50m: 42.78 42.78 100m: 1:27.40	96 Feirense	1:27.40	294
60. Adriana Cristina CARVALHO 50m: 43.54 43.54 100m: 1:27.96	96 Campinho	1:27.96	288
61. Raquel Monteiro NEGRAO 50m: 43.14 43.14 100m: 1:27.97	96 Bombeiros das Caldas Rainha	1:27.97	288
62. Francisca Silva MARQUES 50m: 43.34 43.34 100m: 1:28.34	96 Académica de Coimbra	1:28.34	284
63. Rita Matos PONTE 50m: 44.29 44.29 100m: 1:28.63	96 Freguesia de Paião	1:28.63	281
64. Catia Sousa EUSEBIO 50m: 44.13 44.13 100m: 1:28.90	96 Bombeiros das Caldas Rainha	1:28.90	279
65. Cristina Alexandra FURTADO 50m: 43.64 43.64 100m: 1:30.83	96 Estamos Juntos	1:30.83	261
66. Bruna Castelhana BOITA 50m: 45.13 45.13 100m: 1:32.94	96 Benedita	1:32.94	244
DSQ Ana Rita SILVEIRA <i>Falsa partida</i>	94 Galitos		
DSQ Rosa Maria OLIVEIRA <i>a atleta nadou com 2 fatos de banho</i>	96 Estarreja		
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		

Prova 6
26.2.10 - 19:05

Masc., 100m Costas

Juv B
Resultados

(TA) JUV B Masc : 1:19.35

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Luis Gabriel SANTOS 50m: 32.85 32.85 100m: 1:07.40	95 Ginásio Figueirense	1:07.40	457
2. Joao Pedro SANTOS 50m: 32.52 32.52 100m: 1:08.76	95 Estarreja	1:08.76	431
3. Daniel Ribeiro SOUSA 50m: 34.19 34.19 100m: 1:08.79	95 Náutico da Marinha Grande	1:08.79	430
4. Gustavo Lopes RIBEIRO 50m: 33.40 33.40 100m: 1:08.86	95 Académica de Coimbra	1:08.86	429
5. Guilherme Pedro COELHO 50m: 33.76 33.76 100m: 1:09.12	95 Náutico/Matobra	1:09.12	424
6. Joao Manuel SERRALHEIRO 50m: 33.76 33.76 100m: 1:09.67	95 Benedita	1:09.67	414
7. Rafael Joao CORREIA 50m: 34.50 34.50 100m: 1:10.63	95 Lousanense	1:10.63	397

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Prova 6, Masc., 100m Costas, Juv B

Lugar	Ano	Tempo final	Pts
8. Joao Miguel TEIXEIRA 50m: 33.80 33.80 100m: 1:11.17 37.37	95 Académico Viseu	1:11.17	388
9. Bruno Filipe TABORDA 50m: 35.52 35.52 100m: 1:11.66 36.14	95 Bairro dos Anjos	1:11.66	380
10. Joao Baptista LOPES 50m: 34.79 34.79 100m: 1:12.07 37.28	95 Bairro dos Anjos	1:12.07	374
11. Claudio Dias GOMES 50m: 35.83 35.83 100m: 1:14.09 38.26	95 Gafanha da Encarnação	1:14.09	344
12. Rafael Santos SALDANHA 50m: 36.32 36.32 100m: 1:14.19 37.87	95 Bombeiros das Caldas Raínha	1:14.19	343
13. Joao Antonio OLIVEIRA 50m: 37.41 37.41 100m: 1:16.03 38.62	95 Ginásio Figueirense	1:16.03	318
14. Ruben Jordao FERNANDES 50m: 38.03 38.03 100m: 1:18.34 40.31	95 Miranda do Corvo	1:18.34	291
DNS Samuel Teixeira BRITO	95 Salesiano de Arouca		
DNS Jose Pedro BERNARDES	95 Estamos Juntos		

Prova 6
26.2.10 - 19:05

Masc., 100m Costas

Juv A
Resultados

(TA) JUV A Masc : 1:17.62

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Nuno PIRES 50m: 32.39 32.39 100m: 1:06.37 33.98	94 Náutico/Matobra	1:06.37	479
2. Pedro Barros MENDES 50m: 32.22 32.22 100m: 1:06.43 34.21	94 Académica de Coimbra	1:06.43	477
3. Gustavo Almeida MADUREIRA 50m: 32.59 32.59 100m: 1:06.62 34.03	94 Académica de Coimbra	1:06.62	473
4. Filipe Rainho BALSEIRO 50m: 32.82 32.82 100m: 1:08.34 35.52	94 Galitos	1:08.34	439
5. Joao Goncalo COELHO 50m: 33.46 33.46 100m: 1:10.24 36.78	94 Sporting de Aveiro	1:10.24	404
6. Gino Santos CAETANO 50m: 34.26 34.26 100m: 1:10.60 36.34	94 Sporting de Aveiro	1:10.60	398
7. Andre Alexandre VICENTE 50m: 34.87 34.87 100m: 1:10.82 35.95	94 Individual Leiria	1:10.82	394
8. Francisco Leonardes ALVES 50m: 35.29 35.29 100m: 1:12.86 37.57	94 Académica de Coimbra	1:12.86	362
9. Fabio Filipe LOPES 50m: 35.15 35.15 100m: 1:13.20 38.05	94 Lousanense	1:13.20	357
10. Miguel Marques RAMOS 50m: 35.92 35.92 100m: 1:13.60 37.68	94 Pimpões/Cimai	1:13.60	351
11. Rafael Arrojado FERREIRA 50m: 35.80 35.80 100m: 1:14.15 38.35	94 Estarreja	1:14.15	343
12. Micael Valverde TEIXEIRA 50m: 36.21 36.21 100m: 1:14.96 38.75	94 Naval da Nazaré	1:14.96	332
13. Filipe Jose BAPTISTA 50m: 36.68 36.68 100m: 1:15.07 38.39	94 Feirense	1:15.07	331

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

Lugar	Ano	Tempo final	Pts
14. Guilherme Marques TEIXEIRA 50m: 36.88 36.88 100m: 1:15.61 38.73	94 Campinho	1:15.61	324
15. Edgar Neves TOMAS 50m: 37.40 37.40 100m: 1:17.31 39.91	94 Pimpões/Cimai	1:17.31	303

Prova 6
26.2.10 - 19:05

Masc., 100m Costas

Jun
Resultados

(TA) JUN Masc : 1:13.60

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Miguel FIGUEIREDO 50m: 31.20 31.20 100m: 1:03.83 32.63	93 Campinho	1:03.83	538
2. Filipe Franco NORTE 50m: 31.18 31.18 100m: 1:04.03 32.85	93 Náutico da Marinha Grande	1:04.03	533
3. Gustavo Alexandre MENESES 50m: 31.23 31.23 100m: 1:04.41 33.18	92 Columbófila Cantanhedense	1:04.41	524
4. Mario Alexandre PEREIRA 50m: 31.30 31.30 100m: 1:04.83 33.53	92 Ginásio Figueirense	1:04.83	514
5. Joao Jose VIEGAS 50m: 31.34 31.34 100m: 1:05.22 33.88	92 Galitos	1:05.22	505
6. Miguel Machado LOPES 50m: 32.59 32.59 100m: 1:05.54 32.95	92 Benedita	1:05.54	497
7. Pedro Miguel COSTA 50m: 31.45 31.45 100m: 1:05.92 34.47	92 Sporting de Espinho	1:05.92	489
8. Tiago Rafael LOPES 50m: 32.94 32.94 100m: 1:06.34 33.40	92 Académica de Coimbra	1:06.34	479
9. Diogo Fontes MOREIRA 50m: 32.67 32.67 100m: 1:06.75 34.08	93 Estamos Juntos	1:06.75	471
10. Rui Costa FERREIRA 50m: 31.41 31.41 100m: 1:07.20 35.79	92 Galitos	1:07.20	461
11. Emanuel Augusto PINHO 50m: 32.31 32.31 100m: 1:08.20 35.89	93 Feirense	1:08.20	441
12. Alexandre Galveias VALE 50m: 33.68 33.68 100m: 1:08.52 34.84	93 Pimpões/Cimai	1:08.52	435
13. Gabriel Soares MARTINS 50m: 33.13 33.13 100m: 1:09.57 36.44	93 Campinho	1:09.57	416
14. Sebastiao Amaro MACHADO 50m: 33.77 33.77 100m: 1:09.98 36.21	93 Académico Viseu	1:09.98	408
15. Alexander Oliveira CARDOSO 50m: 33.92 33.92 100m: 1:10.17 36.25	92 Sporting de Espinho	1:10.17	405
16. Pedro Jorge SANTOS 50m: 33.68 33.68 100m: 1:10.33 36.65	93 Sporting de Aveiro	1:10.33	402
17. Joao Diogo FRANCISCO 50m: 33.32 33.32 100m: 1:10.42 37.10	92 Benedita	1:10.42	401
18. Nuno Correia TINOCO 50m: 34.68 34.68 100m: 1:11.53 36.85	93 Ginásio Figueirense	1:11.53	382
19. Guilherme Joao PATRIARCA 50m: 33.75 33.75 100m: 1:11.54 37.79	92 Académica de Coimbra	1:11.54	382

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Prova 6, Masc., 100m Costas, Jun

Lugar	Ano	Tempo final	Pts
20. Daciano Egidio SOUSA 50m: 34.59 34.59 100m: 1:12.07 37.48	93 Ginásio Figueirense	1:12.07	374
21. Diogo Antonio CARVALHO 50m: 35.20 35.20 100m: 1:12.57 37.37	93 Feirense	1:12.57	366
DNS Andre Filipe da GRACA	93 Alcobaça		

Prova 6 Masc., 100m Costas Sen Resultados

26.2.10 - 19:05

(TA) SEN Masc : 1:11.30

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel CONDE 50m: 31.28 31.28 100m: 1:03.29 32.01	90 Náutico/Matobra	1:03.29	552
2. Jorge Miguel MENDES 50m: 31.17 31.17 100m: 1:03.68 32.51	90 Náutico/Matobra	1:03.68	542
3. Bruno Miguel AMARAL 50m: 32.36 32.36 100m: 1:05.52 33.16	89 Náutico/Matobra	1:05.52	498
4. Tiago Filipe PEREIRA 50m: 32.31 32.31 100m: 1:06.51 34.20	91 Bairro dos Anjos	1:06.51	476
5. Nelson Goncalves JUDAS 50m: 33.54 33.54 100m: 1:08.77 35.23	91 Académico Viseu	1:08.77	430
DNS Mario Jorge SILVA	91 Ginásio Figueirense		
DNS Andre Ricardo SIMOES	91 Galitos		

Prova 6 Masc., 100m Costas Open Resultados

26.2.10 - 19:05

(TA) JUV A Masc Juv A: 1:17.62 / (TA) JUV B Masc Juv B: 1:19.35 / (TA) JUN Masc Jun: 1:13.60 / (TA) SEN Masc Sen: 1:11.30

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel CONDE 50m: 31.28 31.28 100m: 1:03.29 32.01	90 Náutico/Matobra	1:03.29	552
2. Jorge Miguel MENDES 50m: 31.17 31.17 100m: 1:03.68 32.51	90 Náutico/Matobra	1:03.68	542
3. Joao Miguel FIGUEIREDO 50m: 31.20 31.20 100m: 1:03.83 32.63	93 Campinho	1:03.83	538
4. Filipe Franco NORTE 50m: 31.18 31.18 100m: 1:04.03 32.85	93 Náutico da Marinha Grande	1:04.03	533
5. Gustavo Alexandre MENESES 50m: 31.23 31.23 100m: 1:04.41 33.18	92 Columbófila Cantanhedense	1:04.41	524
6. Mario Alexandre PEREIRA 50m: 31.30 31.30 100m: 1:04.83 33.53	92 Ginásio Figueirense	1:04.83	514
7. Joao Jose VIEGAS 50m: 31.34 31.34 100m: 1:05.22 33.88	92 Galitos	1:05.22	505
8. Bruno Miguel AMARAL 50m: 32.36 32.36 100m: 1:05.52 33.16	89 Náutico/Matobra	1:05.52	498
9. Miguel Machado LOPES 50m: 32.59 32.59 100m: 1:05.54 32.95	92 Benedita	1:05.54	497

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 6, Masc., 100m Costas, Open

Lugar	Ano	Tempo final	Pts
10. Pedro Miguel COSTA 50m: 31.45 31.45 100m: 1:05.92	92 Sporting de Espinho	1:05.92 34.47	489
11. Tiago Rafael LOPES 50m: 32.94 32.94 100m: 1:06.34	92 Académica de Coimbra	1:06.34 33.40	479
12. Joao Nuno PIRES 50m: 32.39 32.39 100m: 1:06.37	94 Náutico/Matobra	1:06.37 33.98	479
13. Pedro Barros MENDES 50m: 32.22 32.22 100m: 1:06.43	94 Académica de Coimbra	1:06.43 34.21	477
14. Tiago Filipe PEREIRA 50m: 32.31 32.31 100m: 1:06.51	91 Bairro dos Anjos	1:06.51 34.20	476
15. Gustavo Almeida MADUREIRA 50m: 32.59 32.59 100m: 1:06.62	94 Académica de Coimbra	1:06.62 34.03	473
16. Diogo Fontes MOREIRA 50m: 32.67 32.67 100m: 1:06.75	93 Estamos Juntos	1:06.75 34.08	471
17. Rui Costa FERREIRA 50m: 31.41 31.41 100m: 1:07.20	92 Galitos	1:07.20 35.79	461
18. Luis Gabriel SANTOS 50m: 32.85 32.85 100m: 1:07.40	95 Ginásio Figueirense	1:07.40 34.55	457
19. Emanuel Augusto PINHO 50m: 32.31 32.31 100m: 1:08.20	93 Feirense	1:08.20 35.89	441
20. Filipe Rainho BALSEIRO 50m: 32.82 32.82 100m: 1:08.34	94 Galitos	1:08.34 35.52	439
21. Alexandre Galveias VALE 50m: 33.68 33.68 100m: 1:08.52	93 Pimpões/Cimai	1:08.52 34.84	435
22. Joao Pedro SANTOS 50m: 32.52 32.52 100m: 1:08.76	95 Estarreja	1:08.76 36.24	431
23. Nelson Goncalves JUDAS 50m: 33.54 33.54 100m: 1:08.77	91 Académico Viseu	1:08.77 35.23	430
24. Daniel Ribeiro SOUSA 50m: 34.19 34.19 100m: 1:08.79	95 Náutico da Marinha Grande	1:08.79 34.60	430
25. Gustavo Lopes RIBEIRO 50m: 33.40 33.40 100m: 1:08.86	95 Académica de Coimbra	1:08.86 35.46	429
26. Guilherme Pedro COELHO 50m: 33.76 33.76 100m: 1:09.12	95 Náutico/Matobra	1:09.12 35.36	424
27. Gabriel Soares MARTINS 50m: 33.13 33.13 100m: 1:09.57	93 Campinho	1:09.57 36.44	416
28. Joao Manuel SERRALHEIRO 50m: 33.76 33.76 100m: 1:09.67	95 Benedita	1:09.67 35.91	414
29. Sebastiao Amaro MACHADO 50m: 33.77 33.77 100m: 1:09.98	93 Académico Viseu	1:09.98 36.21	408
30. Alexander Oliveira CARDOSO 50m: 33.92 33.92 100m: 1:10.17	92 Sporting de Espinho	1:10.17 36.25	405
31. Joao Goncalo COELHO 50m: 33.46 33.46 100m: 1:10.24	94 Sporting de Aveiro	1:10.24 36.78	404
32. Pedro Jorge SANTOS 50m: 33.68 33.68 100m: 1:10.33	93 Sporting de Aveiro	1:10.33 36.65	402
33. Joao Diogo FRANCISCO 50m: 33.32 33.32 100m: 1:10.42	92 Benedita	1:10.42 37.10	401

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 6, Masc., 100m Costas, Open

Lugar	Ano	Tempo final	Pts
34. Gino Santos CAETANO 50m: 34.26 34.26 100m: 1:10.60 36.34	94 Sporting de Aveiro	1:10.60	398
35. Rafael Joao CORREIA 50m: 34.50 34.50 100m: 1:10.63 36.13	95 Lousanense	1:10.63	397
36. Andre Alexandre VICENTE 50m: 34.87 34.87 100m: 1:10.82 35.95	94 Individual Leiria	1:10.82	394
37. Joao Miguel TEIXEIRA 50m: 33.80 33.80 100m: 1:11.17 37.37	95 Académico Viseu	1:11.17	388
38. Nuno Correia TINOCO 50m: 34.68 34.68 100m: 1:11.53 36.85	93 Ginásio Figueirense	1:11.53	382
39. Guilherme Joao PATRIARCA 50m: 33.75 33.75 100m: 1:11.54 37.79	92 Académica de Coimbra	1:11.54	382
40. Bruno Filipe TABORDA 50m: 35.52 35.52 100m: 1:11.66 36.14	95 Bairro dos Anjos	1:11.66	380
41. Joao Baptista LOPES 50m: 34.79 34.79 100m: 1:12.07 37.28	95 Bairro dos Anjos	1:12.07	374
Daciano Egidio SOUSA 50m: 34.59 34.59 100m: 1:12.07 37.48	93 Ginásio Figueirense	1:12.07	374
43. Diogo Antonio CARVALHO 50m: 35.20 35.20 100m: 1:12.57 37.37	93 Feirense	1:12.57	366
44. Francisco Leonardes ALVES 50m: 35.29 35.29 100m: 1:12.86 37.57	94 Académica de Coimbra	1:12.86	362
45. Fabio Filipe LOPES 50m: 35.15 35.15 100m: 1:13.20 38.05	94 Lousanense	1:13.20	357
46. Miguel Marques RAMOS 50m: 35.92 35.92 100m: 1:13.60 37.68	94 Pimpões/Cimai	1:13.60	351
47. Claudio Dias GOMES 50m: 35.83 35.83 100m: 1:14.09 38.26	95 Gafanha da Encarnação	1:14.09	344
48. Rafael Arrojado FERREIRA 50m: 35.80 35.80 100m: 1:14.15 38.35	94 Estarreja	1:14.15	343
49. Rafael Santos SALDANHA 50m: 36.32 36.32 100m: 1:14.19 37.87	95 Bombeiros das Caldas Rainha	1:14.19	343
50. Micael Valverde TEIXEIRA 50m: 36.21 36.21 100m: 1:14.96 38.75	94 Naval da Nazaré	1:14.96	332
51. Filipe Jose BAPTISTA 50m: 36.68 36.68 100m: 1:15.07 38.39	94 Feirense	1:15.07	331
52. Guilherme Marques TEIXEIRA 50m: 36.88 36.88 100m: 1:15.61 38.73	94 Campinho	1:15.61	324
53. Joao Antonio OLIVEIRA 50m: 37.41 37.41 100m: 1:16.03 38.62	95 Ginásio Figueirense	1:16.03	318
54. Edgar Neves TOMAS 50m: 37.40 37.40 100m: 1:17.31 39.91	94 Pimpões/Cimai	1:17.31	303
55. Ruben Jordao FERNANDES 50m: 38.03 38.03 100m: 1:18.34 40.31	95 Miranda do Corvo	1:18.34	291
DNS Jose Pedro BERNARDES	95 Estamos Juntos		
DNS Andre Filipe da GRACA	93 Alcobaça		
DNS Samuel Teixeira BRITO	95 Salesiano de Arouca		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 6, Masc., 100m Costas, Open

Lugar	Ano	Tempo final	Pts
DNS Andre Ricardo SIMOES	91 Galitos		
EXH Nuno Pinheiro MAXIMIANO	87 Bairro dos Anjos	1:21.97	254
<i>FTL</i>			
50m:	39.11 39.11	100m:	1:21.97 42.86

Prova 7 Femin., 4 x 200m Livres Juv Resultados

26.2.10 - 19:35

(TA) JUV Fem : 12:33.13

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Náutico/Matobra Juv	9:30.62	531
<i>Náutico/Matobra</i>		
Maria Amelia GASPAR	96 +0,92 32.60 1:08.84 1:45.11 2:21.17 2:21.17	
Maria Ines ALMEIDA	96 +0,19 33.04 1:11.65 1:50.51 2:28.14 2:28.14	
Ana Carolina LEAL	96 +0,48 32.34 1:08.23 1:45.00 2:22.03 2:22.03	
Ana Luisa CARVALHO	96 +0,51 31.76 1:07.41 1:43.88 2:19.28 2:19.28	
2. Benedita Juv	9:59.98	456
<i>Benedita</i>		
Isa Morais PENAS	96 +0,91 33.45 1:09.76 1:47.33 2:24.52 2:24.52	
Elisa Morgado PEDRAS	96 +0,60 34.69 1:13.03 1:52.57 2:31.50 2:31.50	
Ana Margarida LOURENCO	96 +0,32 32.71 1:10.57 1:50.35 2:30.02 2:30.02	
Maria Anastacio LUIS	96 +0,46 37.52 1:16.86 1:55.34 2:33.94 2:33.94	
3. Galitos Juv	10:35.42	384
<i>Galitos</i>		
Ana Margarida RODRIGUES	96 +0,81 32.42 1:08.00 1:45.75 2:21.86 2:21.86	
Carolina Rodrigues BARTOLOMEU	96 +0,62 35.57 1:15.86 1:56.90 2:38.19 2:38.19	
Joana Filipa PAULINO	96 +0,35 37.61 1:20.57 2:04.68 2:48.15 2:48.15	
Ines Dias OLIVEIRA	96 38.22 1:21.71 2:05.41 2:47.22 2:47.22	
4. Bombeiros C. Rainha Juv	10:53.78	353
<i>Bombeiros das Caldas Rainha</i>		
Jennifer Martins DIAS	96 +0,92 35.31 1:13.99 1:54.67 2:34.46 2:34.46	
Patricia Monteiro NEGRAO	96 +0,38 34.73 1:13.33 1:53.45 2:31.87 2:31.87	
Raquel Monteiro NEGRAO	96 +0,49 37.73 1:20.88 2:05.01 2:48.54 2:48.54	
Catia Sousa EUSEBIO	96 +0,68 39.76 1:25.44 2:13.03 2:58.91 2:58.91	
5. Campinho Juv	11:59.95	264
<i>Campinho</i>		
Sandra Maria BARNABE	96 +0,90 40.26 1:28.20 2:21.44 3:10.43 3:10.43	
Sofia Cristina HENRIQUES	96 +0,23 42.58 1:31.11 2:21.84 3:06.86 3:06.86	
Adriana Cristina CARVALHO	96 +0,32 38.94 1:24.38 2:10.76 2:56.24 2:56.24	
Jessica Rodrigues TAVARES	96 +0,61 37.03 1:19.48 2:04.01 2:46.42 2:46.42	

Prova 7 Femin., 4 x 200m Livres Jun Resultados

26.2.10 - 19:35

(TA) JUN Fem : 10:46.30

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Náutico/Matobra Jun	9:07.85	600
<i>Náutico/Matobra</i>		
Gabriela Oliveira ANDRADE	94 +0,76 31.52 1:06.64 1:42.35 2:16.10 2:16.10	
Adriana Correia LOPES	95 +0,17 31.53 1:05.72 1:40.94 2:14.74 2:14.74	
Mariana Rocha VALENTE	95 +0,33 31.91 1:08.11 1:45.86 2:22.71 2:22.71	
Carolina Cunha MARTINS	95 +0,49 30.57 1:04.68 1:39.66 2:14.30 2:14.30	
2. Académica de Coimbra Jun	9:53.15	472
<i>Académica de Coimbra</i>		
Joana Ines OLIVEIRA	95 +0,95 33.17 1:08.91 1:45.58 2:21.28 2:21.28	
Bruna Miguel PEREIRA	94 +0,53 33.49 1:10.74 1:50.03 2:27.08 2:27.08	
Joana Reis VEIGA	95 +0,55 34.92 1:14.19 1:55.95 2:36.12 2:36.12	
Sofia Roque DIAS	94 +0,49 33.44 1:11.49 1:51.41 2:28.67 2:28.67	

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Prova 7, Femin., 4 x 200m Livres, Jun

Lugar							Tempo final	Pts
3.	Ginásio Figueirense Jun		Ginásio Figueirense				9:55.16	468
	Beatriz Rocha NUNES	94	+0,99	33.29	1:09.84	1:47.70	2:25.72	2:25.72
	Mariana Costa SEBASTIAO	95	+0,47	34.31	1:12.25	1:51.67	2:30.49	2:30.49
	Joana Carolina ALVES	95	+0,56	36.41	1:17.19	1:59.43	2:39.83	2:39.83
	Tatiana Filipa SANTOS	95	+0,68	31.57	1:06.68	1:43.26	2:19.12	2:19.12
4.	Galitos Jun		Galitos				10:22.57	408
	Ana Rita SILVEIRA	94	+0,93	35.07	1:15.16	1:55.66	2:36.58	2:36.58
	Ana Margarida ALMEIDA	94		34.92	1:14.65	1:53.74	2:34.16	2:34.16
	Marcia Raquel SARAIVA	95	+0,80	34.27	1:13.64	1:53.13	2:31.66	2:31.66
	Sara Filipa ANJOS	95	+0,81	35.71	1:16.29	1:57.93	2:40.17	2:40.17

Prova 7
26.2.10 - 19:35

Femin., 4 x 200m Livres

Sen
Resultados

(TA) SEN Fem : 10:32.50

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Náutico/Matobra Sen <i>RR Sen e Abs</i>		Náutico/Matobra				8:56.47	639
	Raquel Coutinho GAIO	90	+0,87	32.19	1:06.78	1:41.85	2:16.25	2:16.25
	Maria Miguel VELOSO	93	+0,51	30.74	1:03.57	1:37.58	2:10.90	2:10.90
	Ines Barbosa MOREIRA	92	+0,43	31.31	1:05.69	1:41.00	2:16.09	2:16.09
	Maria Ines RIBEIRO	92	+0,20	29.99	1:04.06	1:38.98	2:13.23	2:13.23
2.	Bairro dos Anjos Sen		Bairro dos Anjos				9:05.63	607
	Mariana Mota DIAS	92	+0,83	31.33	1:05.48	1:40.41	2:14.72	2:14.72
	Mara Lisboa e SILVA	93	+0,38	32.47	1:07.47	1:43.32	2:18.00	2:18.00
	Adriana Filipa LISBOA	92	+0,34	31.12	1:06.21	1:41.46	2:16.42	2:16.42
	Andreia Filipa ANJOS	92		31.07	1:05.87	1:41.73	2:16.49	2:16.49
3.	Académica de Coimbra Sen		Académica de Coimbra				9:31.72	527
	Raquel Bartolo VITOR	93	+0,75	32.82	1:08.52	1:45.81	2:21.43	2:21.43
	Joana Ferreira COROADO	92	+0,35	32.88	1:08.81	1:45.61	2:21.85	2:21.85
	Ana Filipa LEITE	86	+0,32	33.58	1:09.91	1:47.85	2:24.62	2:24.62
	Rita Nair FERREIRA	91	+0,42	31.89	1:07.24	1:45.13	2:23.82	2:23.82
EXH	Pimpões/Cimai Abs		Pimpões/Cimai				9:31.09	529
	Victoriya KAMINSKAYA	95	+0,92	31.42	1:06.14	1:41.15	2:15.98	2:15.98
	Debra Filipa DUQUE	96	+0,49	33.78	1:11.02	1:48.62	2:26.48	2:26.48
	Ana Isabel NEVES	96	+0,48	31.81	1:07.38	1:43.68	2:19.86	2:19.86
	Ana Rita OLIVEIRA	92	+0,57	33.47	1:11.83	1:50.47	2:28.77	2:28.77

Prova 8
26.2.10 - 19:55

Masc., 4 x 200m Livres

Juv B
Resultados

(TA) JUV B Masc : 10:38.25

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Académica de Coimbra Juv B		Académica de Coimbra				9:02.09	460
	Joao Andre NEVES	95	+0,68	29.44	1:02.70	1:36.02	2:08.48	2:08.48
	Luis de OLIVEIRA	95	+0,65	30.46	1:03.98	1:37.87	2:11.32	2:11.32
	Bernardo Tiago ABREU	95	+0,59	32.41	1:10.64	1:50.32	2:28.51	2:28.51
	Jose Antonio FORTE	95	+0,45	29.78	1:04.06	1:39.71	2:13.78	2:13.78
2.	Bairro dos Anjos Juv B		Bairro dos Anjos				9:12.18	435
	Diogo Ferreira NETO	95	+0,72	31.62	1:07.59	1:43.55	2:18.46	2:18.46
	Walter Marcos NETO	95	+0,23	30.44	1:05.52	1:40.87	2:13.74	2:13.74
	Pedro dos Santos GOMES	95	+0,52	32.49	1:08.84	1:45.97	2:21.94	2:21.94
	Bruno Filipe TABORDA	95	+0,30	31.23	1:07.05	1:43.07	2:18.04	2:18.04

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Prova 8, Masc., 4 x 200m Livres, Juv B

Lugar							Tempo final	Pts
3.	Bombeiros C. Rainha Juv B					Bombeiros das Caldas Rainha	9:16.18	426
	Cristovao Dinis MONTEIRO	95	+0,67	30.79	1:05.22	1:42.15	2:18.49	2:18.49
	Rafael Santos SALDANHA	95	+0,62	31.21	1:06.02	1:43.26	2:19.48	2:19.48
	Rafael Ruivo MARTINHO	95	+0,37	33.64	1:11.05	1:50.30	2:28.71	2:28.71
	Afonso Lopes dos SANTOS	95	+0,43	27.69	1:00.34	1:34.79	2:09.50	2:09.50
4.	Náutico/Matobra Juv B					Náutico/Matobra	9:21.92	413
	Guilherme Pedro COELHO	95	+0,72	30.08	1:03.37	1:37.27	2:10.90	2:10.90
	Manuel Luis SOUSA	95	+0,59	32.69	1:09.82	1:47.56	2:24.34	2:24.34
	Diogo Andre JORGE	95	+0,41	32.43	1:10.21	1:48.51	2:26.84	2:26.84
	Francisco Pais BAPTISTA	95	+0,39	31.97	1:07.52	1:44.53	2:19.84	2:19.84
5.	Académico Viseu Juv B					Académico Viseu	9:39.09	377
	Diogo Magalhaes MOURA	95	+0,96	32.40	1:09.00	1:47.47	2:25.13	2:25.13
	Miguel Silva MOURO	95	+0,37	32.85	1:12.46	1:53.68	2:30.80	2:30.80
	Pedro Antonio FERNANDES	95	+0,65	34.30	1:13.96	1:53.90	2:29.47	2:29.47
	Joao Miguel TEIXEIRA	95	+0,59	29.94	1:04.01	1:39.88	2:13.69	2:13.69
6.	Salesiano de Arouca Juv B					Salesiano de Arouca	10:29.41	294
	Luís Filipe JUSTO	95	+0,83	36.77	1:19.09	2:03.96	2:46.34	2:46.34
	Samuel Teixeira BRITO	95	+0,59	34.78	1:14.05	1:56.63	2:37.96	2:37.96
	Manuel Valério FIGUEIREDO	95	+0,33	36.28	1:16.31	1:58.01	2:35.99	2:35.99
	Goncalo Daniel DUARTE	95	+0,74	33.56	1:11.72	1:51.63	2:29.12	2:29.12

Prova 8

Masc., 4 x 200m Livres

Juv A

26.2.10 - 19:55

Resultados

(TA) JUV A Masc : 10:15.25

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Académica de Coimbra Juv A					Académica de Coimbra	8:44.04	509
	Joao Filipe LUCAS	94	+0,90	29.24	1:02.69	1:37.07	2:10.19	2:10.19
	Gustavo Almeida MADUREIRA	94	+0,15	28.25	1:00.61	1:33.18	2:04.06	2:04.06
	Pedro Barros MENDES	94	+0,61	29.39	1:03.21	1:38.55	2:10.72	2:10.72
	Francisco Leonardes ALVES	94	+0,46	30.90	1:06.55	1:44.07	2:19.07	2:19.07
2.	Galitos Juv A					Galitos	8:58.15	470
	Filipe Rainho BALSEIRO	94	+0,86	31.06	1:05.85	1:41.73	2:17.92	2:17.92
	Joao Carlos PAULA	94	+0,17	30.30	1:05.21	1:39.86	2:14.51	2:14.51
	Andre Filipe MONTEIRO	94	+0,37	31.71	1:07.70	1:44.07	2:19.34	2:19.34
	Pedro Diogo TAVEIRA	94	-0,02	27.42	59.46	1:33.47	2:06.38	2:06.38
3.	Campinho Juv A					Campinho	10:02.19	335
	Joao Manuel SANTOS	94	+0,92	31.40	1:07.67	1:45.41	2:22.37	2:22.37
	Luis Duarte PERALTA	94	+0,35	36.47	1:18.39	2:00.26	2:41.42	2:41.42
	Daniel Marques DUARTE	94	+0,68	33.96	1:13.41	1:53.79	2:30.25	2:30.25
	Nuno Alexandre CORREIA	94	+0,52	29.72	1:06.68	1:47.26	2:28.15	2:28.15

Prova 8

Masc., 4 x 200m Livres

Jun

26.2.10 - 19:55

Resultados

(TA) JUN Masc : 9:47.07

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Bairro dos Anjos Jun					Bairro dos Anjos	8:23.01	576
	Manuel Andril CORDEIRO	92	+0,81	28.92	1:00.14	1:32.84	2:05.83	2:05.83
	Andre Oliveira MARQUES	92	+0,36	29.65	1:02.28	1:36.15	2:08.70	2:08.70
	Francisco Vala PIRES	92	+0,31	28.13	1:00.16	1:33.85	2:06.26	2:06.26
	Joao Paulo RIBEIRO	92	+0,42	28.22	59.48	1:31.62	2:02.22	2:02.22
2.	Académica de Coimbra Jun					Académica de Coimbra	8:23.66	573
	Andre Filipe LOPES	92	+0,72	28.15	58.36	1:29.68	2:00.04	2:00.04
	Tiago Rafael LOPES	92	+0,28	27.73	58.81	1:30.84	2:02.48	2:02.48
	Guilherme Joao PATRIARCA	92	+0,28	29.18	1:02.59	1:37.60	2:11.97	2:11.97
	Andre Rocha VALENTE	92	+0,23	29.00	1:01.86	1:36.11	2:09.17	2:09.17

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 8, Masc., 4 x 200m Livres, Jun

Lugar							Tempo final	Pts
3.	Ginásio Figueirense Jun		Ginásio Figueirense				8:35.28	535
	Andre Duarte VAZ	93	+0,80	28.94	1:00.64	1:34.88	2:08.50	2:08.50
	Nuno Correia TINOCO	93	+0,42	30.28	1:04.29	1:39.76	2:14.76	2:14.76
	Mario Alexandre PEREIRA	92	+0,36	27.01	57.19	1:29.20	2:00.14	2:00.14
	Daciano Egidio SOUSA	93	+0,50	28.58	1:01.81	1:37.09	2:11.88	2:11.88
4.	Pimpões/Cimai Jun		Pimpões/Cimai				8:51.14	489
	Alexandre Galveias VALE	93	+0,80	28.90	1:01.29	1:35.10	2:08.56	2:08.56
	Tiago Geraldês MACHADO	93	+0,51	29.62	1:03.50	1:38.45	2:12.38	2:12.38
	Joao Guilherme VIEIRA	93	+0,24	32.67	1:09.01	1:46.37	2:22.10	2:22.10
	Diogo Maia e SILVA	93	+0,06	28.52	1:00.83	1:34.71	2:08.10	2:08.10
5.	Benedita Jun		Benedita				9:04.74	453
	Miguel Machado LOPES	92	+0,69	28.99	1:00.32	1:33.35	2:05.42	2:05.42
	Tiago Lopes RIBEIRO	93	+0,45	30.33	1:03.12	1:37.51	2:10.80	2:10.80
	Joao Diogo FRANCISCO	92	+0,41	32.11	1:07.55	1:47.03	2:25.64	2:25.64
	Henrique Jose MARQUES	93	+0,05	32.34	1:07.97	1:45.73	2:22.88	2:22.88
6.	Académico Viseu Jun		Académico Viseu				9:12.73	434
	Bruno Rafael CORREIA	93	+0,86	30.29	1:04.48	1:39.09	2:12.77	2:12.77
	Guilherme Gonçalves NEVES	93	+0,70	30.88	1:06.66	1:42.98	2:18.31	2:18.31
	Jose Pedro MARTINS	92	+0,27	30.55	1:06.85	1:43.83	2:19.93	2:19.93
	Sebastiao Amaro MACHADO	93	+0,12	29.67	1:05.71	1:43.88	2:21.72	2:21.72

Prova 8

Masc., 4 x 200m Livres

Sen

26.2.10 - 19:55

Resultados

(TA) SEN Masc : 9:23.50

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Náutico/Matobra Sen		Náutico/Matobra				8:06.31	637
	Joao Bernardo ABRANTES	90	+0,76	28.64	59.60	1:31.36	2:03.70	2:03.70
	Rui Miguel FONSECA	88	+0,19	27.13	56.88	1:28.97	2:01.69	2:01.69
	Jorge Miguel MENDES	90	+0,32	28.06	58.32	1:30.02	2:01.71	2:01.71
	Miguel Silva OLIVEIRA	91	+0,38	27.49	57.46	1:28.72	1:59.21	1:59.21
2.	Académica de Coimbra Sen		Académica de Coimbra				8:42.44	514
	Goncalo Nuno COSTA	90	+0,81	29.53	1:01.38	1:33.41	2:05.70	2:05.70
	Hugo Rafael RAMALHO	90	+0,23	29.86	1:03.39	1:37.27	2:09.36	2:09.36
	Tiago Filipe LEAL	90	+0,41	29.72	1:04.22	1:40.19	2:16.43	2:16.43
	Pedro Filipe SANTOS	89	+0,13	29.76	1:03.35	1:37.42	2:10.95	2:10.95

Prova 8

Masc., 4 x 200m Livres

Open

26.2.10 - 19:55

Resultados

(TA) JUV A Masc Juv A: 10:15.25 / (TA) JUV B Masc Juv B: 10:38.25 / (TA) JUN Masc Jun: 9:47.07 / (TA) SEN Masc Sen: 9:23.50

Pontos: FINA 2010

Lugar							Tempo final	Pts
1.	Columbófila Cantanhedense Abs		Columbófila Cantanhedense				8:58.10	470
	Hugo Neves NETO	94	+0,84	30.07	1:03.79	1:38.40	2:12.97	2:12.97
	David Jose FONSECA	94	+0,37	29.66	1:03.58	1:38.48	2:14.48	2:14.48
	Andre Marques DINIS	93	+0,22	30.32	1:04.32	1:38.67	2:13.40	2:13.40
	Tiago Miguel ALVES	95	+0,53	29.87	1:05.35	1:40.98	2:17.25	2:17.25
2.	Miranda do Corvo Abs		Miranda do Corvo				9:56.48	345
	Rui Jorge DIAS	95	+0,82	31.20	1:05.33	1:41.67	2:16.61	2:16.61
	Pedro Daniel PINTO	94	+0,17	33.36	1:12.73	1:53.84	2:34.29	2:34.29
	David Francisco AMADO	94	+0,47	34.64	1:14.19	1:55.99	2:33.46	2:33.46
	Ruben Jordao FERNANDES	95	+0,17	34.25	1:12.84	1:52.84	2:32.12	2:32.12

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

2 - 2ª Jornada - 1ª Sessão

27.2.10 - 10:00

Prova 9 Femin., 50m Mariposa Jun
27.2.10 - 10:00 Resultados

(TA) JUN Fem : 36.22

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	94	Ana Pinho RODRIGUES	29.77	597
2.	95	Carolina Cunha MARTINS	30.31	565
		<i>RR Jun e Abs</i>		
3.	94	Ines Martins SILVA	31.63	497
	95	Mariana Sousa MARTINS	31.63	497
5.	95	Ana Francisca SILVA	31.99	481
6.	94	Cristina Paris SANTOS	32.51	458
7.	95	Tatiana Filipa SANTOS	32.62	453
8.	94	Diana Filipa TOMAS	32.92	441
	94	Beatriz Rocha NUNES	32.92	441
10.	94	Beatriz Gomes SA	32.93	441
11.	95	Mariana Pedroso CARVALHO	33.21	430
12.	95	Patricia Santos DINIS	33.45	420
	95	Daniela Marques GENIO	33.45	420
14.	94	Vanessa Carolina VALENTE	33.47	420
15.	95	Carolina Francisco GOMES	33.95	402
16.	95	Joana Reis VEIGA	34.05	399
17.	95	Cristiana Andreia LIMA	34.10	397
18.	94	Sofia Roque DIAS	34.56	381
19.	94	Ana Margarida ALMEIDA	34.84	372
20.	95	Maria Joao OLIVEIRA	35.07	365
21.	95	Ana Raquel ALBUQUERQUE	35.31	357
22.	95	Mariana Costa SEBASTIAO	35.55	350
23.	95	Claudia Filipa SILVA	37.89	289
		<i>FTL</i>		

Prova 9 Femin., 50m Mariposa Sen
27.2.10 - 10:00 Resultados

(TA) SEN Fem : 35.65

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Adriana Filipa LISBOA	31.93	484
2.	92	Ana Carolina VALENTE	32.36	464
3.	92	Carolina Maria LOUREIRO	32.69	451
4.	89	Daniela Filipa CARDOSO	32.75	448
5.	90	Raquel Coutinho GAIO	32.86	444
6.	92	Carina Marcelino COSTA	33.15	432
7.	92	Ines Barbosa MOREIRA	33.43	421
8.	93	Catarina Oliveira DINIS	33.89	404
9.	93	Patricia Fonseca SILVA	35.50	352
10.	92	Ana Lucia CASTRO	35.85	341
		<i>FTL</i>		
DNS	93	Sara Francisco CRUZ		
DNS	92	Ana Bárbara FERREIRA		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 9, Femin., 50m Mariposa

Prova 9
27.2.10 - 10:00

Femin., 50m Mariposa

Open
Resultados

(TA) JUN Fem Jun: 36.22 / (TA) SEN Fem Sen: 35.65

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Ana Pinho RODRIGUES	94	Estamos Juntos	29.77	597
2. Carolina Cunha MARTINS <i>RR Jun e Abs</i>	95	Náutico/Matobra	30.31	565
3. Mariana Sousa MARTINS	95	Feirense	31.63	497
Ines Martins SILVA	94	Estamos Juntos	31.63	497
5. Adriana Filipa LISBOA	92	Bairro dos Anjos	31.93	484
6. Ana Francisca SILVA	95	Académico Viseu	31.99	481
7. Ana Carolina VALENTE	92	Náutico da Marinha Grande	32.36	464
8. Cristina Paris SANTOS	94	Pimpões/Cimai	32.51	458
9. Tatiana Filipa SANTOS	95	Ginásio Figueirense	32.62	453
10. Carolina Maria LOUREIRO	92	Galitos	32.69	451
11. Daniela Filipa CARDOSO	89	Fundação Beatriz Santos	32.75	448
12. Raquel Coutinho GAIO	90	Náutico/Matobra	32.86	444
13. Diana Filipa TOMAS	94	Bairro dos Anjos	32.92	441
Beatriz Rocha NUNES	94	Ginásio Figueirense	32.92	441
15. Beatriz Gomes SA	94	Feirense	32.93	441
16. Carina Marcelino COSTA	92	Fundação Beatriz Santos	33.15	432
17. Mariana Pedroso CARVALHO	95	Náutico/Matobra	33.21	430
18. Ines Barbosa MOREIRA	92	Náutico/Matobra	33.43	421
19. Patricia Santos DINIS	95	Bombeiros das Caldas Rainha	33.45	420
Daniela Marques GENIO	95	Campinho	33.45	420
21. Vanessa Carolina VALENTE	94	Alcobaça	33.47	420
22. Catarina Oliveira DINIS	93	Académica de Coimbra	33.89	404
23. Carolina Francisco GOMES	95	Naval da Nazaré	33.95	402
24. Joana Reis VEIGA	95	Académica de Coimbra	34.05	399
25. Cristiana Andreia LIMA	95	Núcleo de Pombal	34.10	397
26. Sofia Roque DIAS	94	Académica de Coimbra	34.56	381
27. Ana Margarida ALMEIDA	94	Galitos	34.84	372
28. Maria Joao OLIVEIRA	95	Sporting de Espinho	35.07	365
29. Ana Raquel ALBUQUERQUE	95	Sporting de Aveiro	35.31	357
30. Patricia Fonseca SILVA	93	Feirense	35.50	352
31. Mariana Costa SEBASTIAO	95	Ginásio Figueirense	35.55	350
32. Ana Lucia CASTRO <i>FTL</i>	92	Estarreja	35.85	341
33. Claudia Filipa SILVA <i>FTL</i>	95	Miranda do Corvo	37.89	289
DNS Sara Francisco CRUZ	93	Bairro dos Anjos		
DNS Ana Bárbara FERREIRA	92	Salesiano de Arouca		
EXH Victoriya KAMINSKAYA	95	Pimpões/Cimai	29.51	613

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10
27.2.10 - 10:05

Masc., 400m Livres

Juv B
Resultados

(TA) JUV B Masc : 5:22.00

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Gustavo Lopes RIBEIRO		95	Académica de Coimbra				4:28.70	549
	50m:	30.66 30.66	150m:	1:39.01	34.54	250m:	2:49.72 35.16	350m:	3:58.76 34.51
	100m:	1:04.47 33.81	200m:	2:14.56	35.55	300m:	3:24.25 34.53	400m:	4:28.70 29.94
2.	Joao Andre NEVES		95	Académica de Coimbra				4:29.68	543
	50m:	30.27 30.27	150m:	1:37.43	33.87	250m:	2:46.09 34.22	350m:	3:55.80 34.75
	100m:	1:03.56 33.29	200m:	2:11.87	34.44	300m:	3:21.05 34.96	400m:	4:29.68 33.88
3.	Luis de OLIVEIRA		95	Académica de Coimbra				4:36.70	503
	50m:	31.46 31.46	150m:	1:41.50	35.38	250m:	2:52.35 35.48	350m:	4:03.35 35.63
	100m:	1:06.12 34.66	200m:	2:16.87	35.37	300m:	3:27.72 35.37	400m:	4:36.70 33.35
4.	Afonso Lopes dos SANTOS		95	Bombeiros das Caldas Rainha				4:44.28	463
	50m:	30.39 30.39	150m:	1:41.11	36.42	250m:	2:54.40 36.99	350m:	4:08.87 37.46
	100m:	1:04.69 34.30	200m:	2:17.41	36.30	300m:	3:31.41 37.01	400m:	4:44.28 35.41
5.	Tiago Miguel ALVES		95	Columbófila Cantanhedense				4:44.34	463
	50m:	31.89 31.89	150m:	1:43.03	35.57	250m:	2:56.01 36.46	350m:	4:08.97 36.02
	100m:	1:07.46 35.57	200m:	2:19.55	36.52	300m:	3:32.95 36.94	400m:	4:44.34 35.37
6.	Jose Antonio FORTE		95	Académica de Coimbra				4:44.62	462
	50m:	32.51 32.51	150m:	1:44.90	36.70	250m:	2:57.09 35.80	350m:	4:11.32 37.00
	100m:	1:08.20 35.69	200m:	2:21.29	36.39	300m:	3:34.32 37.23	400m:	4:44.62 33.30
7.	Walter Marcos NETO		95	Bairro dos Anjos				4:46.87	451
	50m:	31.43 31.43	150m:	1:45.04	36.97	250m:	2:57.82 36.31	350m:	4:11.58 36.81
	100m:	1:08.07 36.64	200m:	2:21.51	36.47	300m:	3:34.77 36.95	400m:	4:46.87 35.29
8.	Cristovao Dinis MONTEIRO		95	Bombeiros das Caldas Rainha				4:50.14	436
	50m:	32.36 32.36	150m:	1:44.74	36.36	250m:	2:59.11 36.98	350m:	4:14.08 37.22
	100m:	1:08.38 36.02	200m:	2:22.13	37.39	300m:	3:36.86 37.75	400m:	4:50.14 36.06
9.	Joao Miguel TEIXEIRA		95	Académico Viseu				4:50.61	434
	50m:	31.00 31.00	150m:	1:41.41	35.77	250m:	2:55.72 37.87	350m:	4:13.70 39.57
	100m:	1:05.64 34.64	200m:	2:17.85	36.44	300m:	3:34.13 38.41	400m:	4:50.61 36.91
10.	Rui Jorge DIAS		95	Miranda do Corvo				4:50.93	432
	50m:	31.38 31.38	150m:	1:43.84	37.75	250m:	2:58.99 37.55	350m:	4:14.99 37.81
	100m:	1:06.09 34.71	200m:	2:21.44	37.60	300m:	3:37.18 38.19	400m:	4:50.93 35.94
11.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande				4:54.39	417
	50m:	33.22 33.22	150m:	1:47.90	38.10	250m:	3:02.64 37.18	350m:	4:17.35 36.99
	100m:	1:09.80 36.58	200m:	2:25.46	37.56	300m:	3:40.36 37.72	400m:	4:54.39 37.04
12.	Francisco Gouveia PINTO		95	Pimpões/Cimai				4:56.02	410
	50m:	32.75 32.75	150m:	1:49.68	39.26	250m:	3:07.42 39.23	350m:	4:20.80 35.07
	100m:	1:10.42 37.67	200m:	2:28.19	38.51	300m:	3:45.73 38.31	400m:	4:56.02 35.22
13.	Diogo Ferreira NETO		95	Bairro dos Anjos				4:56.34	409
	50m:	33.12 33.12	150m:	1:49.45	38.63	250m:	3:05.83 37.89	350m:	4:21.94 37.42
	100m:	1:10.82 37.70	200m:	2:27.94	38.49	300m:	3:44.52 38.69	400m:	4:56.34 34.40
14.	Francisco Pais BAPTISTA		95	Náutico/Matobra				4:56.45	409
	50m:	33.57 33.57	150m:	1:48.09	37.71	250m:	3:04.50 38.64	350m:	4:21.05 37.97
	100m:	1:10.38 36.81	200m:	2:25.86	37.77	300m:	3:43.08 38.58	400m:	4:56.45 35.40
15.	Joao Antonio OLIVEIRA		95	Ginásio Figueirense				4:57.64	404
	50m:	33.20 33.20	150m:	1:48.12	37.28	250m:	3:05.31 37.67	350m:	4:20.91 37.01
	100m:	1:10.84 37.64	200m:	2:27.64	39.52	300m:	3:43.90 38.59	400m:	4:57.64 36.73
16.	Henrique Jose MARQUEZ		95	Galitos				4:58.15	402
	50m:	33.94 33.94	150m:	1:49.87	38.37	250m:	3:07.08 38.86	350m:	4:22.92 37.81
	100m:	1:11.50 37.56	200m:	2:28.22	38.35	300m:	3:45.11 38.03	400m:	4:58.15 35.23
17.	Pedro dos Santos GOMES		95	Bairro dos Anjos				5:00.18	394
	50m:	34.19 34.19	150m:	1:50.16	37.93	250m:	3:07.27 38.28	350m:	4:24.07 37.92
	100m:	1:12.23 38.04	200m:	2:28.99	38.83	300m:	3:46.15 38.88	400m:	5:00.18 36.11

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10, Masc., 400m Livres, Juv B

Lugar					Ano					Tempo final	Pts	
18.	Diogo Andre JORGE				95	Náutico/Matobra				5:03.51	381	
	50m:	33.97	33.97	150m:	1:49.68	37.94	250m:	3:07.11	38.67	350m:	4:25.23	38.84
	100m:	1:11.74	37.77	200m:	2:28.44	38.76	300m:	3:46.39	39.28	400m:	5:03.51	38.28
19.	Diogo Magalhaes MOURA				95	Académico Viseu				5:03.78	380	
	50m:	34.05	34.05	150m:	1:49.87	38.26	250m:	3:07.72	39.43	350m:	4:26.40	39.15
	100m:	1:11.61	37.56	200m:	2:28.29	38.42	300m:	3:47.25	39.53	400m:	5:03.78	37.38
20.	Joao Pedro OLIVEIRA				95	Gafanha da Encarnação				5:04.26	378	
	50m:	33.03	33.03	150m:	1:49.52	38.80	250m:	3:08.24	39.33	350m:	4:26.48	38.88
	100m:	1:10.72	37.69	200m:	2:28.91	39.39	300m:	3:47.60	39.36	400m:	5:04.26	37.78
21.	Goncalo Ferreira COROADO				95	Académica de Coimbra				5:08.82	361	
	50m:	34.12	34.12	150m:	1:53.03	39.83	250m:	3:12.69	40.00	350m:	4:31.69	39.27
	100m:	1:13.20	39.08	200m:	2:32.69	39.66	300m:	3:52.42	39.73	400m:	5:08.82	37.13
22.	Marcelo Oliveira CARDOSO				95	Sporting de Aveiro				5:11.88	351	
	50m:	33.90	33.90	150m:	1:52.69	40.14	250m:	3:12.53	40.14	350m:	4:33.68	40.44
	100m:	1:12.55	38.65	200m:	2:32.39	39.70	300m:	3:53.24	40.71	400m:	5:11.88	38.20
23.	Manuel Luis SOUSA				95	Náutico/Matobra				5:14.07	344	
	50m:	34.59	34.59	150m:	1:54.26	40.38	250m:	3:15.96	40.58	350m:	4:36.64	40.29
	100m:	1:13.88	39.29	200m:	2:35.38	41.12	300m:	3:56.35	40.39	400m:	5:14.07	37.43
24.	Fabio Marques FERREIRA				95	Freguesia de Paião				5:15.21	340	
	50m:	34.08	34.08	150m:	1:51.91	40.34	250m:	3:13.30	40.26	350m:	4:35.93	40.83
	100m:	1:11.57	37.49	200m:	2:33.04	41.13	300m:	3:55.10	41.80	400m:	5:15.21	39.28
25.	Bernardo Tiago ABREU				95	Académica de Coimbra				5:16.04	337	
	50m:	35.23	35.23	150m:	1:53.66	39.90	250m:	3:15.69	41.23	350m:	4:38.00	40.83
	100m:	1:13.76	38.53	200m:	2:34.46	40.80	300m:	3:57.17	41.48	400m:	5:16.04	38.04
26.	Pedro Antonio FERNANDES				95	Académico Viseu				5:20.40	324	
	50m:	33.78	33.78	150m:	1:54.74	41.05	250m:	3:17.42	41.13	350m:	4:40.29	41.23
	100m:	1:13.69	39.91	200m:	2:36.29	41.55	300m:	3:59.06	41.64	400m:	5:20.40	40.11
27.	Henrique Ferreira COROADO				95	Académica de Coimbra				5:28.30	301	
	<i>FTL</i>											
	50m:	35.71	35.71	150m:	1:58.32	41.53	250m:	3:22.36	41.50	350m:	4:46.67	41.88
	100m:	1:16.79	41.08	200m:	2:40.86	42.54	300m:	4:04.79	42.43	400m:	5:28.30	41.63
DNS	Francisco Xavier RODRIGUES				95	Académica de Coimbra						

Prova 10
27.2.10 - 10:05

Masc., 400m Livres

Juv A
Resultados

(TA) JUV A Masc : 5:11.65

Pontos: FINA 2010

Lugar					Ano					Tempo final	Pts	
1.	Joao Pedro VEIGA				94	Náutico/Matobra				4:28.07	553	
	50m:	30.53	30.53	150m:	1:37.80	34.23	250m:	2:47.33	34.70	350m:	3:56.28	34.18
	100m:	1:03.57	33.04	200m:	2:12.63	34.83	300m:	3:22.10	34.77	400m:	4:28.07	31.79
2.	Joao Manuel BORGES				94	Ginásio Figueirense				4:29.55	544	
	50m:	30.22	30.22	150m:	1:37.48	34.22	250m:	2:46.78	35.09	350m:	3:56.24	34.81
	100m:	1:03.26	33.04	200m:	2:11.69	34.21	300m:	3:21.43	34.65	400m:	4:29.55	33.31
3.	Gustavo Almeida MADUREIRA				94	Académica de Coimbra				4:30.13	540	
	50m:	29.26	29.26	150m:	1:36.71	34.39	250m:	2:46.69	34.81	350m:	3:57.14	35.12
	100m:	1:02.32	33.06	200m:	2:11.88	35.17	300m:	3:22.02	35.33	400m:	4:30.13	32.99
4.	Miguel Polidoro ALEXANDRE				94	Bairro dos Anjos				4:31.14	534	
	50m:	30.36	30.36	150m:	1:38.76	34.76	250m:	2:48.72	35.16	350m:	3:58.44	34.69
	100m:	1:04.00	33.64	200m:	2:13.56	34.80	300m:	3:23.75	35.03	400m:	4:31.14	32.70
5.	Marcelo Santos SALDANHA				94	Bombeiros das Caldas Raínha				4:32.65	525	
	50m:	29.75	29.75	150m:	1:37.38	34.59	250m:	2:47.19	34.88	350m:	3:58.32	35.64
	100m:	1:02.79	33.04	200m:	2:12.31	34.93	300m:	3:22.68	35.49	400m:	4:32.65	34.33

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10, Masc., 400m Livres, Juv A

Lugar			Ano					Tempo final	Pts
6.	Joao Barbosa MOREIRA		94	Náutico/Matobra				4:34.12	517
	50m:	30.41 30.41	150m:	1:38.45	34.26	250m:	2:48.64 34.74	350m:	3:59.69 35.11
	100m:	1:04.19 33.78	200m:	2:13.90	35.45	300m:	3:24.58 35.94	400m:	4:34.12 34.43
7.	Hugo Neves NETO		94	Columbófila Cantanhedense				4:36.18	505
	50m:	31.13 31.13	150m:	1:40.03	34.48	250m:	2:50.07 35.10	350m:	4:01.82 35.84
	100m:	1:05.55 34.42	200m:	2:14.97	34.94	300m:	3:25.98 35.91	400m:	4:36.18 34.36
8.	Joao Filipe LUCAS		94	Académica de Coimbra				4:40.53	482
	50m:	29.61 29.61	150m:	1:40.67	36.28	250m:	2:53.83 36.51	350m:	4:06.00 36.00
	100m:	1:04.39 34.78	200m:	2:17.32	36.65	300m:	3:30.00 36.17	400m:	4:40.53 34.53
9.	Andre Alexandre VICENTE		94	Individual Leiria				4:40.76	481
	50m:	31.21 31.21	150m:	1:41.59	35.44	250m:	2:52.25 35.55	350m:	4:04.35 36.06
	100m:	1:06.15 34.94	200m:	2:16.70	35.11	300m:	3:28.29 36.04	400m:	4:40.76 36.41
10.	Andre Ribeiro de SOUSA		94	Bairro dos Anjos				4:42.82	471
	50m:	30.45 30.45	150m:	1:39.77	35.65	250m:	2:52.59 36.92	350m:	4:07.91 37.64
	100m:	1:04.12 33.67	200m:	2:15.67	35.90	300m:	3:30.27 37.68	400m:	4:42.82 34.91
11.	Pedro Diogo TAVEIRA		94	Galitos				4:43.79	466
	50m:	30.66 30.66	150m:	1:43.01	36.67	250m:	2:56.36 36.12	350m:	4:08.81 35.62
	100m:	1:06.34 35.68	200m:	2:20.24	37.23	300m:	3:33.19 36.83	400m:	4:43.79 34.98
12.	David Jose FONSECA		94	Columbófila Cantanhedense				4:45.66	457
	50m:	32.44 32.44	150m:	1:44.65	35.82	250m:	2:57.82 36.24	350m:	4:10.96 36.00
	100m:	1:08.83 36.39	200m:	2:21.58	36.93	300m:	3:34.96 37.14	400m:	4:45.66 34.70
13.	Andre Marques SILVA		94	Sporting de Aveiro				4:46.50	453
	50m:	31.77 31.77	150m:	1:43.24	36.65	250m:	2:57.54 37.08	350m:	4:12.01 36.90
	100m:	1:06.59 34.82	200m:	2:20.46	37.22	300m:	3:35.11 37.57	400m:	4:46.50 34.49
14.	Joao Petinga de ALMEIDA		94	Naval da Nazaré				4:48.11	445
	50m:	33.28 33.28	150m:	1:46.20	36.67	250m:	2:58.97 36.50	350m:	4:12.65 37.15
	100m:	1:09.53 36.25	200m:	2:22.47	36.27	300m:	3:35.50 36.53	400m:	4:48.11 35.46
15.	Antero Simao MARTINS		94	Náutico da Marinha Grande				4:48.30	444
	50m:	30.09 30.09	150m:	1:42.26	36.14	250m:	2:56.35 37.13	350m:	4:11.80 37.78
	100m:	1:06.12 36.03	200m:	2:19.22	36.96	300m:	3:34.02 37.67	400m:	4:48.30 36.50
16.	Andre Filipe MONTEIRO		94	Galitos				4:54.41	417
	50m:	33.21 33.21	150m:	1:48.55	37.72	250m:	3:04.25 37.46	350m:	4:18.66 36.64
	100m:	1:10.83 37.62	200m:	2:26.79	38.24	300m:	3:42.02 37.77	400m:	4:54.41 35.75
17.	Francisco Leonardes ALVES		94	Académica de Coimbra				4:54.89	415
	50m:	32.33 32.33	150m:	1:45.29	37.37	250m:	3:01.01 38.54	350m:	4:17.78 38.22
	100m:	1:07.92 35.59	200m:	2:22.47	37.18	300m:	3:39.56 38.55	400m:	4:54.89 37.11
18.	Joao Goncalo COELHO		94	Sporting de Aveiro				4:56.81	407
	50m:	30.62 30.62	150m:	1:43.62	37.45	250m:	3:00.52 38.43	350m:	4:19.15 38.60
	100m:	1:06.17 35.55	200m:	2:22.09	38.47	300m:	3:40.55 40.03	400m:	4:56.81 37.66
19.	Joao Manuel SANTOS		94	Campinho				5:03.32	381
	50m:	32.24 32.24	150m:	1:47.36	38.06	250m:	3:05.68 38.61	350m:	4:25.46 39.07
	100m:	1:09.30 37.06	200m:	2:27.07	39.71	300m:	3:46.39 40.71	400m:	5:03.32 37.86
20.	Telmo Silva ALVES		94	Núcleo de Pombal				5:14.52	342
	<i>FTL</i>								
	50m:	34.06 34.06	150m:	1:52.30	40.39	250m:	3:14.45 41.53	350m:	4:36.64 41.07
	100m:	1:11.91 37.85	200m:	2:32.92	40.62	300m:	3:55.57 41.12	400m:	5:14.52 37.88
21.	Nuno Alexandre CORREIA		94	Campinho				5:23.67	314
	<i>FTL</i>								
	50m:	33.82 33.82	150m:	1:54.09	40.90	250m:	3:18.25 42.37	350m:	4:42.96 42.50
	100m:	1:13.19 39.37	200m:	2:35.88	41.79	300m:	4:00.46 42.21	400m:	5:23.67 40.71

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10, Masc., 400m Livres

Prova 10
27.2.10 - 10:05

Masc., 400m Livres

Jun
Resultados

(TA) JUN Masc : 4:57.85

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Andre Filipe LOPES		92	Académica de Coimbra				4:11.61	669
	50m:	29.23 29.23	150m:	1:32.56	31.79	250m:	2:36.34 31.56	350m:	3:40.12 31.58
	100m:	1:00.77 31.54	200m:	2:04.78	32.22	300m:	3:08.54 32.20	400m:	4:11.61 31.49
2.	Tiago Rafael LOPES		92	Académica de Coimbra				4:16.52	631
	50m:	29.37 29.37	150m:	1:33.77	32.37	250m:	2:38.92 32.39	350m:	3:44.66 32.66
	100m:	1:01.40 32.03	200m:	2:06.53	32.76	300m:	3:12.00 33.08	400m:	4:16.52 31.86
3.	Miguel Monteiro DIOGO		93	Alcobaça				4:16.59	630
	50m:	29.57 29.57	150m:	1:33.36	32.37	250m:	2:38.67 32.69	350m:	3:44.35 32.89
	100m:	1:00.99 31.42	200m:	2:05.98	32.62	300m:	3:11.46 32.79	400m:	4:16.59 32.24
4.	Miguel Machado LOPES		92	Benedita				4:22.01	592
	50m:	30.05 30.05	150m:	1:34.87	32.79	250m:	2:41.36 33.55	350m:	3:49.34 34.53
	100m:	1:02.08 32.03	200m:	2:07.81	32.94	300m:	3:14.81 33.45	400m:	4:22.01 32.67
5.	Diogo Parrilha da SILVA		93	Alcobaça				4:23.56	582
	50m:	28.95 28.95	150m:	1:34.56	33.91	250m:	2:41.57 32.29	350m:	3:50.67 34.87
	100m:	1:00.65 31.70	200m:	2:09.28	34.72	300m:	3:15.80 34.23	400m:	4:23.56 32.89
6.	Francisco Vala PIRES		92	Bairro dos Anjos				4:28.50	550
	50m:	29.74 29.74	150m:	1:37.46	34.77	250m:	2:47.47 35.05	350m:	3:56.57 34.20
	100m:	1:02.69 32.95	200m:	2:12.42	34.96	300m:	3:22.37 34.90	400m:	4:28.50 31.93
7.	Diogo Maia e SILVA		93	Pimpões/Cimai				4:29.36	545
	50m:	30.58 30.58	150m:	1:37.67	34.21	250m:	2:46.59 34.63	350m:	3:56.27 34.81
	100m:	1:03.46 32.88	200m:	2:11.96	34.29	300m:	3:21.46 34.87	400m:	4:29.36 33.09
8.	Manuel Andril CORDEIRO		92	Bairro dos Anjos				4:29.52	544
	50m:	30.50 30.50	150m:	1:37.50	34.03	250m:	2:46.25 34.35	350m:	3:56.54 35.03
	100m:	1:03.47 32.97	200m:	2:11.90	34.40	300m:	3:21.51 35.26	400m:	4:29.52 32.98
9.	Andre Duarte VAZ		93	Ginásio Figueirense				4:31.46	532
	50m:	28.99 28.99	150m:	1:34.40	33.50	250m:	2:43.39 34.62	350m:	3:55.79 36.54
	100m:	1:00.90 31.91	200m:	2:08.77	34.37	300m:	3:19.25 35.86	400m:	4:31.46 35.67
10.	Joao Pedro MENDES		92	Náutico da Marinha Grande				4:32.28	528
	50m:	29.71 29.71	150m:	1:36.64	34.11	250m:	2:46.32 35.32	350m:	3:57.78 36.30
	100m:	1:02.53 32.82	200m:	2:11.00	34.36	300m:	3:21.48 35.16	400m:	4:32.28 34.50
11.	Tiago Lopes RIBEIRO		93	Benedita				4:32.41	527
	50m:	30.04 30.04	150m:	1:38.13	34.58	250m:	2:47.95 35.09	350m:	3:58.52 35.43
	100m:	1:03.55 33.51	200m:	2:12.86	34.73	300m:	3:23.09 35.14	400m:	4:32.41 33.89
12.	Andre Rocha VALENTE		92	Académica de Coimbra				4:36.37	504
	50m:	31.26 31.26	150m:	1:40.96	35.32	250m:	2:52.06 35.61	350m:	4:02.92 35.37
	100m:	1:05.64 34.38	200m:	2:16.45	35.49	300m:	3:27.55 35.49	400m:	4:36.37 33.45
13.	Daciano Egidio SOUSA		93	Ginásio Figueirense				4:37.02	501
	50m:	30.81 30.81	150m:	1:40.84	35.12	250m:	2:52.22 35.26	350m:	4:03.41 35.01
	100m:	1:05.72 34.91	200m:	2:16.96	36.12	300m:	3:28.40 36.18	400m:	4:37.02 33.61
14.	Rui Costa FERREIRA		92	Galitos				4:37.40	499
	50m:	31.48 31.48	150m:	1:42.31	35.94	250m:	2:52.67 35.42	350m:	4:03.76 35.99
	100m:	1:06.37 34.89	200m:	2:17.25	34.94	300m:	3:27.77 35.10	400m:	4:37.40 33.64
15.	Andre Oliveira MARQUES		92	Bairro dos Anjos				4:38.87	491
	50m:	30.57 30.57	150m:	1:38.86	34.39	250m:	2:50.15 35.78	350m:	4:02.59 36.31
	100m:	1:04.47 33.90	200m:	2:14.37	35.51	300m:	3:26.28 36.13	400m:	4:38.87 36.28
16.	Alexandre Galveias VALE		93	Pimpões/Cimai				4:39.70	487
	50m:	30.33 30.33	150m:	1:40.80	35.55	250m:	2:52.78 35.96	350m:	4:04.98 36.00
	100m:	1:05.25 34.92	200m:	2:16.82	36.02	300m:	3:28.98 36.20	400m:	4:39.70 34.72

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10, Masc., 400m Livres, Jun

Lugar			Ano					Tempo final	Pts		
17.	Nuno Durao PASCOAL		92	Galitos				4:40.39	483		
	50m:	31.37 31.37	150m:	1:43.53	36.48	250m:	2:54.83	35.13	350m:	4:05.50	35.47
	100m:	1:07.05 35.68	200m:	2:19.70	36.17	300m:	3:30.03	35.20	400m:	4:40.39	34.89
18.	Tiago Geraldès MACHADO		93	Pimpões/Cimai				4:41.84	476		
	50m:	30.58 30.58	150m:	1:41.10	36.29	250m:	2:53.96	36.20	350m:	4:06.82	36.51
	100m:	1:04.81 34.23	200m:	2:17.76	36.66	300m:	3:30.31	36.35	400m:	4:41.84	35.02
19.	Andre Marques DINIS		93	Columbófila Cantanhedense				4:42.94	470		
	50m:	31.23 31.23	150m:	1:40.94	35.64	250m:	2:54.34	36.96	350m:	4:07.76	36.89
	100m:	1:05.30 34.07	200m:	2:17.38	36.44	300m:	3:30.87	36.53	400m:	4:42.94	35.18
20.	Marcelo Fernandes ROSAS		93	Feirense				4:43.09	469		
	50m:	30.51 30.51	150m:	1:41.24	36.62	250m:	2:54.19	36.83	350m:	4:07.28	36.82
	100m:	1:04.62 34.11	200m:	2:17.36	36.12	300m:	3:30.46	36.27	400m:	4:43.09	35.81
21.	Henrique Mata CARVALHO		92	Bombeiros das Caldas Rainha				4:44.20	464		
	50m:	32.41 32.41	150m:	1:42.26	35.72	250m:	2:54.61	36.58	350m:	4:08.19	37.23
	100m:	1:06.54 34.13	200m:	2:18.03	35.77	300m:	3:30.96	36.35	400m:	4:44.20	36.01
22.	Bruno Rafael CORREIA		93	Académico Viseu				4:44.35	463		
	50m:	30.48 30.48	150m:	1:40.48	35.60	250m:	2:54.26	36.87	350m:	4:08.23	36.75
	100m:	1:04.88 34.40	200m:	2:17.39	36.91	300m:	3:31.48	37.22	400m:	4:44.35	36.12
23.	Filipe Rosa de OLIVEIRA		93	Bairro dos Anjos				4:44.55	462		
	50m:	31.22 31.22	150m:	1:40.74	35.88	250m:	2:54.81	37.28	350m:	4:09.70	37.19
	100m:	1:04.86 33.64	200m:	2:17.53	36.79	300m:	3:32.51	37.70	400m:	4:44.55	34.85
24.	Jose Figueiredo PEREIRA		92	Estarreja				4:51.23	431		
	50m:	33.05 33.05	150m:	1:45.16	36.03	250m:	2:59.45	37.01	350m:	4:14.79	37.79
	100m:	1:09.13 36.08	200m:	2:22.44	37.28	300m:	3:37.00	37.55	400m:	4:51.23	36.44
25.	Luis Daniel MOREIRA		92	Sporting de Espinho				4:52.37	426		
	50m:	30.72 30.72	150m:	1:41.02	35.78	250m:	2:56.31	37.74	350m:	4:14.23	38.43
	100m:	1:05.24 34.52	200m:	2:18.57	37.55	300m:	3:35.80	39.49	400m:	4:52.37	38.14
26.	Pedro Jorge SANTOS		93	Sporting de Aveiro				4:53.40	421		
	50m:	29.69 29.69	150m:	1:41.52	36.30	250m:	2:56.68	37.37	350m:	4:14.90	39.56
	100m:	1:05.22 35.53	200m:	2:19.31	37.79	300m:	3:35.34	38.66	400m:	4:53.40	38.50
27.	Flavio Cardoso RELVA		93	Bairro dos Anjos				5:02.52	384		
	<i>FTL</i>										
	50m:	31.20 31.20	150m:	1:44.34	36.88	250m:	3:01.92	39.34	350m:	4:22.93	40.50
	100m:	1:07.46 36.26	200m:	2:22.58	38.24	300m:	3:42.43	40.51	400m:	5:02.52	39.59
28.	Jose Emanuel ROSMANINHO		93	Desportivo Mealhada				5:12.68	348		
	<i>FTL</i>										
	50m:	34.94 34.94	150m:	1:54.65	41.22	250m:	3:16.68	41.49	350m:	4:37.47	40.47
	100m:	1:13.43 38.49	200m:	2:35.19	40.54	300m:	3:57.00	40.32	400m:	5:12.68	35.21
DSQ	Sebastiao Amaro MACHADO		93	Académico Viseu							
	<i>o atleta não completou o percurso</i>										

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 10, Masc., 400m Livres

Prova 10 Masc., 400m Livres Sen
27.2.10 - 10:05 Resultados

(TA) SEN Masc : 4:49.80

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				4:08.73	692
	<i>RR Sen</i>								
	50m:	28.32 28.32	150m:	1:28.83	30.90	250m:	2:32.43 32.37	350m:	3:38.07 32.92
	100m:	57.93 29.61	200m:	2:00.06	31.23	300m:	3:05.15 32.72	400m:	4:08.73 30.66
2.	Jorge Miguel MENDES		90	Náutico/Matobra				4:15.28	640
	50m:	29.43 29.43	150m:	1:33.67	32.48	250m:	2:38.46 32.70	350m:	3:43.89 32.56
	100m:	1:01.19 31.76	200m:	2:05.76	32.09	300m:	3:11.33 32.87	400m:	4:15.28 31.39
3.	Goncalo Nuno COSTA		90	Académica de Coimbra				4:26.75	561
	50m:	30.38 30.38	150m:	1:37.13	33.64	250m:	2:44.72 33.39	350m:	3:52.97 33.84
	100m:	1:03.49 33.11	200m:	2:11.33	34.20	300m:	3:19.13 34.41	400m:	4:26.75 33.78
4.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				4:29.87	542
	50m:	30.52 30.52	150m:	1:38.26	34.07	250m:	2:47.04 34.10	350m:	3:55.96 34.29
	100m:	1:04.19 33.67	200m:	2:12.94	34.68	300m:	3:21.67 34.63	400m:	4:29.87 33.91
5.	Hugo Rafael RAMALHO		90	Académica de Coimbra				4:34.80	513
	50m:	30.56 30.56	150m:	1:38.45	34.10	250m:	2:49.87 35.32	350m:	4:01.47 35.38
	100m:	1:04.35 33.79	200m:	2:14.55	36.10	300m:	3:26.09 36.22	400m:	4:34.80 33.33
6.	Pedro Filipe SANTOS		89	Académica de Coimbra				4:35.93	507
	50m:	31.17 31.17	150m:	1:40.88	35.08	250m:	2:52.13 35.48	350m:	4:02.23 34.65
	100m:	1:05.80 34.63	200m:	2:16.65	35.77	300m:	3:27.58 35.45	400m:	4:35.93 33.70
7.	Hugo Miguel NUNES		90	Náutico/Matobra				4:36.23	505
	50m:	30.47 30.47	150m:	1:38.84	34.86	250m:	2:49.44 35.63	350m:	4:01.27 35.92
	100m:	1:03.98 33.51	200m:	2:13.81	34.97	300m:	3:25.35 35.91	400m:	4:36.23 34.96
8.	Francisco Maldonado FREITAS		91	Pimpões/Cimai				4:36.57	503
	50m:	30.78 30.78	150m:	1:39.50	34.40	250m:	2:50.99 35.95	350m:	4:02.10 35.41
	100m:	1:05.10 34.32	200m:	2:15.04	35.54	300m:	3:26.69 35.70	400m:	4:36.57 34.47
9.	Alexandre Augusto MEDINA		90	Ginásio Figueirense				4:49.18	440
	50m:	32.28 32.28	150m:	1:43.01	36.08	250m:	2:56.00 36.49	350m:	4:11.92 38.79
	100m:	1:06.93 34.65	200m:	2:19.51	36.50	300m:	3:33.13 37.13	400m:	4:49.18 37.26
10.	Nelson Goncalves JUDAS		91	Académico Viseu				4:50.92	432
	<i>FTL</i>								
	50m:	31.24 31.24	150m:	1:42.53	36.90	250m:	2:58.14 37.95	350m:	4:14.15 37.88
	100m:	1:05.63 34.39	200m:	2:20.19	37.66	300m:	3:36.27 38.13	400m:	4:50.92 36.77

Prova 10 Masc., 400m Livres Open
27.2.10 - 10:05 Resultados

(TA) JUV A Masc Juv A: 5:11.65 / (TA) JUV B Masc Juv B: 5:22.00 / (TA) JUN Masc Jun: 4:57.85 / (TA) SEN Masc Sen: 4:49.80

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				4:08.73	692
	<i>RR Sen</i>								
	50m:	28.32 28.32	150m:	1:28.83	30.90	250m:	2:32.43 32.37	350m:	3:38.07 32.92
	100m:	57.93 29.61	200m:	2:00.06	31.23	300m:	3:05.15 32.72	400m:	4:08.73 30.66
2.	Andre Filipe LOPES		92	Académica de Coimbra				4:11.61	669
	50m:	29.23 29.23	150m:	1:32.56	31.79	250m:	2:36.34 31.56	350m:	3:40.12 31.58
	100m:	1:00.77 31.54	200m:	2:04.78	32.22	300m:	3:08.54 32.20	400m:	4:11.61 31.49
3.	Jorge Miguel MENDES		90	Náutico/Matobra				4:15.28	640
	50m:	29.43 29.43	150m:	1:33.67	32.48	250m:	2:38.46 32.70	350m:	3:43.89 32.56
	100m:	1:01.19 31.76	200m:	2:05.76	32.09	300m:	3:11.33 32.87	400m:	4:15.28 31.39

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Prova 10, Masc., 400m Livres, Open

Lugar			Ano					Tempo final	Pts
4.	Tiago Rafael LOPES		92	Académica de Coimbra				4:16.52	631
	50m:	29.37 29.37	150m:	1:33.77	32.37	250m:	2:38.92 32.39	350m:	3:44.66 32.66
	100m:	1:01.40 32.03	200m:	2:06.53	32.76	300m:	3:12.00 33.08	400m:	4:16.52 31.86
5.	Miguel Monteiro DIOGO		93	Alcobaça				4:16.59	630
	50m:	29.57 29.57	150m:	1:33.36	32.37	250m:	2:38.67 32.69	350m:	3:44.35 32.89
	100m:	1:00.99 31.42	200m:	2:05.98	32.62	300m:	3:11.46 32.79	400m:	4:16.59 32.24
6.	Miguel Machado LOPES		92	Benedita				4:22.01	592
	50m:	30.05 30.05	150m:	1:34.87	32.79	250m:	2:41.36 33.55	350m:	3:49.34 34.53
	100m:	1:02.08 32.03	200m:	2:07.81	32.94	300m:	3:14.81 33.45	400m:	4:22.01 32.67
7.	Diogo Parrilha da SILVA		93	Alcobaça				4:23.56	582
	50m:	28.95 28.95	150m:	1:34.56	33.91	250m:	2:41.57 32.29	350m:	3:50.67 34.87
	100m:	1:00.65 31.70	200m:	2:09.28	34.72	300m:	3:15.80 34.23	400m:	4:23.56 32.89
8.	Goncalo Nuno COSTA		90	Académica de Coimbra				4:26.75	561
	50m:	30.38 30.38	150m:	1:37.13	33.64	250m:	2:44.72 33.39	350m:	3:52.97 33.84
	100m:	1:03.49 33.11	200m:	2:11.33	34.20	300m:	3:19.13 34.41	400m:	4:26.75 33.78
9.	Joao Pedro VEIGA		94	Náutico/Matobra				4:28.07	553
	50m:	30.53 30.53	150m:	1:37.80	34.23	250m:	2:47.33 34.70	350m:	3:56.28 34.18
	100m:	1:03.57 33.04	200m:	2:12.63	34.83	300m:	3:22.10 34.77	400m:	4:28.07 31.79
10.	Francisco Vala PIREs		92	Bairro dos Anjos				4:28.50	550
	50m:	29.74 29.74	150m:	1:37.46	34.77	250m:	2:47.47 35.05	350m:	3:56.57 34.20
	100m:	1:02.69 32.95	200m:	2:12.42	34.96	300m:	3:22.37 34.90	400m:	4:28.50 31.93
11.	Gustavo Lopes RIBEIRO		95	Académica de Coimbra				4:28.70	549
	50m:	30.66 30.66	150m:	1:39.01	34.54	250m:	2:49.72 35.16	350m:	3:58.76 34.51
	100m:	1:04.47 33.81	200m:	2:14.56	35.55	300m:	3:24.25 34.53	400m:	4:28.70 29.94
12.	Diogo Maia e SILVA		93	Pimpões/Cimai				4:29.36	545
	50m:	30.58 30.58	150m:	1:37.67	34.21	250m:	2:46.59 34.63	350m:	3:56.27 34.81
	100m:	1:03.46 32.88	200m:	2:11.96	34.29	300m:	3:21.46 34.87	400m:	4:29.36 33.09
13.	Manuel Andril CORDEIRO		92	Bairro dos Anjos				4:29.52	544
	50m:	30.50 30.50	150m:	1:37.50	34.03	250m:	2:46.25 34.35	350m:	3:56.54 35.03
	100m:	1:03.47 32.97	200m:	2:11.90	34.40	300m:	3:21.51 35.26	400m:	4:29.52 32.98
14.	Joao Manuel BORGES		94	Ginásio Figueirense				4:29.55	544
	50m:	30.22 30.22	150m:	1:37.48	34.22	250m:	2:46.78 35.09	350m:	3:56.24 34.81
	100m:	1:03.26 33.04	200m:	2:11.69	34.21	300m:	3:21.43 34.65	400m:	4:29.55 33.31
15.	Joao Andre NEVES		95	Académica de Coimbra				4:29.68	543
	50m:	30.27 30.27	150m:	1:37.43	33.87	250m:	2:46.09 34.22	350m:	3:55.80 34.75
	100m:	1:03.56 33.29	200m:	2:11.87	34.44	300m:	3:21.05 34.96	400m:	4:29.68 33.88
16.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				4:29.87	542
	50m:	30.52 30.52	150m:	1:38.26	34.07	250m:	2:47.04 34.10	350m:	3:55.96 34.29
	100m:	1:04.19 33.67	200m:	2:12.94	34.68	300m:	3:21.67 34.63	400m:	4:29.87 33.91
17.	Gustavo Almeida MADUREIRA		94	Académica de Coimbra				4:30.13	540
	50m:	29.26 29.26	150m:	1:36.71	34.39	250m:	2:46.69 34.81	350m:	3:57.14 35.12
	100m:	1:02.32 33.06	200m:	2:11.88	35.17	300m:	3:22.02 35.33	400m:	4:30.13 32.99
18.	Miguel Polidoro ALEXANDRE		94	Bairro dos Anjos				4:31.14	534
	50m:	30.36 30.36	150m:	1:38.76	34.76	250m:	2:48.72 35.16	350m:	3:58.44 34.69
	100m:	1:04.00 33.64	200m:	2:13.56	34.80	300m:	3:23.75 35.03	400m:	4:31.14 32.70
19.	Andre Duarte VAZ		93	Ginásio Figueirense				4:31.46	532
	50m:	28.99 28.99	150m:	1:34.40	33.50	250m:	2:43.39 34.62	350m:	3:55.79 36.54
	100m:	1:00.90 31.91	200m:	2:08.77	34.37	300m:	3:19.25 35.86	400m:	4:31.46 35.67
20.	Joao Pedro MENDES		92	Náutico da Marinha Grande				4:32.28	528
	50m:	29.71 29.71	150m:	1:36.64	34.11	250m:	2:46.32 35.32	350m:	3:57.78 36.30
	100m:	1:02.53 32.82	200m:	2:11.00	34.36	300m:	3:21.48 35.16	400m:	4:32.28 34.50
21.	Tiago Lopes RIBEIRO		93	Benedita				4:32.41	527
	50m:	30.04 30.04	150m:	1:38.13	34.58	250m:	2:47.95 35.09	350m:	3:58.52 35.43
	100m:	1:03.55 33.51	200m:	2:12.86	34.73	300m:	3:23.09 35.14	400m:	4:32.41 33.89

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Lugar					Ano					Tempo final	Pts	
22.	Marcelo Santos SALDANHA				94	Bombeiros das Caldas Raíña				4:32.65	525	
	50m:	29.75	29.75	150m:	1:37.38	34.59	250m:	2:47.19	34.88	350m:	3:58.32	35.64
	100m:	1:02.79	33.04	200m:	2:12.31	34.93	300m:	3:22.68	35.49	400m:	4:32.65	34.33
23.	Joao Barbosa MOREIRA				94	Náutico/Matobra				4:34.12	517	
	50m:	30.41	30.41	150m:	1:38.45	34.26	250m:	2:48.64	34.74	350m:	3:59.69	35.11
	100m:	1:04.19	33.78	200m:	2:13.90	35.45	300m:	3:24.58	35.94	400m:	4:34.12	34.43
24.	Hugo Rafael RAMALHO				90	Académica de Coimbra				4:34.80	513	
	50m:	30.56	30.56	150m:	1:38.45	34.10	250m:	2:49.87	35.32	350m:	4:01.47	35.38
	100m:	1:04.35	33.79	200m:	2:14.55	36.10	300m:	3:26.09	36.22	400m:	4:34.80	33.33
25.	Pedro Filipe SANTOS				89	Académica de Coimbra				4:35.93	507	
	50m:	31.17	31.17	150m:	1:40.88	35.08	250m:	2:52.13	35.48	350m:	4:02.23	34.65
	100m:	1:05.80	34.63	200m:	2:16.65	35.77	300m:	3:27.58	35.45	400m:	4:35.93	33.70
26.	Hugo Neves NETO				94	Columbófila Cantanhedense				4:36.18	505	
	50m:	31.13	31.13	150m:	1:40.03	34.48	250m:	2:50.07	35.10	350m:	4:01.82	35.84
	100m:	1:05.55	34.42	200m:	2:14.97	34.94	300m:	3:25.98	35.91	400m:	4:36.18	34.36
27.	Hugo Miguel NUNES				90	Náutico/Matobra				4:36.23	505	
	50m:	30.47	30.47	150m:	1:38.84	34.86	250m:	2:49.44	35.63	350m:	4:01.27	35.92
	100m:	1:03.98	33.51	200m:	2:13.81	34.97	300m:	3:25.35	35.91	400m:	4:36.23	34.96
28.	Andre Rocha VALENTE				92	Académica de Coimbra				4:36.37	504	
	50m:	31.26	31.26	150m:	1:40.96	35.32	250m:	2:52.06	35.61	350m:	4:02.92	35.37
	100m:	1:05.64	34.38	200m:	2:16.45	35.49	300m:	3:27.55	35.49	400m:	4:36.37	33.45
29.	Francisco Maldonado FREITAS				91	Pimpões/Cimai				4:36.57	503	
	50m:	30.78	30.78	150m:	1:39.50	34.40	250m:	2:50.99	35.95	350m:	4:02.10	35.41
	100m:	1:05.10	34.32	200m:	2:15.04	35.54	300m:	3:26.69	35.70	400m:	4:36.57	34.47
30.	Luis de OLIVEIRA				95	Académica de Coimbra				4:36.70	503	
	50m:	31.46	31.46	150m:	1:41.50	35.38	250m:	2:52.35	35.48	350m:	4:03.35	35.63
	100m:	1:06.12	34.66	200m:	2:16.87	35.37	300m:	3:27.72	35.37	400m:	4:36.70	33.35
31.	Daciano Egidio SOUSA				93	Ginásio Figueirense				4:37.02	501	
	50m:	30.81	30.81	150m:	1:40.84	35.12	250m:	2:52.22	35.26	350m:	4:03.41	35.01
	100m:	1:05.72	34.91	200m:	2:16.96	36.12	300m:	3:28.40	36.18	400m:	4:37.02	33.61
32.	Rui Costa FERREIRA				92	Galitos				4:37.40	499	
	50m:	31.48	31.48	150m:	1:42.31	35.94	250m:	2:52.67	35.42	350m:	4:03.76	35.99
	100m:	1:06.37	34.89	200m:	2:17.25	34.94	300m:	3:27.77	35.10	400m:	4:37.40	33.64
33.	Andre Oliveira MARQUES				92	Bairro dos Anjos				4:38.87	491	
	50m:	30.57	30.57	150m:	1:38.86	34.39	250m:	2:50.15	35.78	350m:	4:02.59	36.31
	100m:	1:04.47	33.90	200m:	2:14.37	35.51	300m:	3:26.28	36.13	400m:	4:38.87	36.28
34.	Alexandre Galveias VALE				93	Pimpões/Cimai				4:39.70	487	
	50m:	30.33	30.33	150m:	1:40.80	35.55	250m:	2:52.78	35.96	350m:	4:04.98	36.00
	100m:	1:05.25	34.92	200m:	2:16.82	36.02	300m:	3:28.98	36.20	400m:	4:39.70	34.72
35.	Nuno Durao PASCOAL				92	Galitos				4:40.39	483	
	50m:	31.37	31.37	150m:	1:43.53	36.48	250m:	2:54.83	35.13	350m:	4:05.50	35.47
	100m:	1:07.05	35.68	200m:	2:19.70	36.17	300m:	3:30.03	35.20	400m:	4:40.39	34.89
36.	Joao Filipe LUCAS				94	Académica de Coimbra				4:40.53	482	
	50m:	29.61	29.61	150m:	1:40.67	36.28	250m:	2:53.83	36.51	350m:	4:06.00	36.00
	100m:	1:04.39	34.78	200m:	2:17.32	36.65	300m:	3:30.00	36.17	400m:	4:40.53	34.53
37.	Andre Alexandre VICENTE				94	Individual Leiria				4:40.76	481	
	50m:	31.21	31.21	150m:	1:41.59	35.44	250m:	2:52.25	35.55	350m:	4:04.35	36.06
	100m:	1:06.15	34.94	200m:	2:16.70	35.11	300m:	3:28.29	36.04	400m:	4:40.76	36.41
38.	Tiago Geraldes MACHADO				93	Pimpões/Cimai				4:41.84	476	
	50m:	30.58	30.58	150m:	1:41.10	36.29	250m:	2:53.96	36.20	350m:	4:06.82	36.51
	100m:	1:04.81	34.23	200m:	2:17.76	36.66	300m:	3:30.31	36.35	400m:	4:41.84	35.02
39.	Andre Ribeiro de SOUSA				94	Bairro dos Anjos				4:42.82	471	
	50m:	30.45	30.45	150m:	1:39.77	35.65	250m:	2:52.59	36.92	350m:	4:07.91	37.64
	100m:	1:04.12	33.67	200m:	2:15.67	35.90	300m:	3:30.27	37.68	400m:	4:42.82	34.91

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Lugar					Ano					Tempo final	Pts	
40.	Andre Marques DINIS				93	Columbófila Cantanhedense				4:42.94	470	
	50m:	31.23	31.23	150m:	1:40.94	35.64	250m:	2:54.34	36.96	350m:	4:07.76	36.89
	100m:	1:05.30	34.07	200m:	2:17.38	36.44	300m:	3:30.87	36.53	400m:	4:42.94	35.18
41.	Marcelo Fernandes ROSAS				93	Feirense				4:43.09	469	
	50m:	30.51	30.51	150m:	1:41.24	36.62	250m:	2:54.19	36.83	350m:	4:07.28	36.82
	100m:	1:04.62	34.11	200m:	2:17.36	36.12	300m:	3:30.46	36.27	400m:	4:43.09	35.81
42.	Pedro Diogo TAVEIRA				94	Galitos				4:43.79	466	
	50m:	30.66	30.66	150m:	1:43.01	36.67	250m:	2:56.36	36.12	350m:	4:08.81	35.62
	100m:	1:06.34	35.68	200m:	2:20.24	37.23	300m:	3:33.19	36.83	400m:	4:43.79	34.98
43.	Henrique Mata CARVALHO				92	Bombeiros das Caldas Rainha				4:44.20	464	
	50m:	32.41	32.41	150m:	1:42.26	35.72	250m:	2:54.61	36.58	350m:	4:08.19	37.23
	100m:	1:06.54	34.13	200m:	2:18.03	35.77	300m:	3:30.96	36.35	400m:	4:44.20	36.01
44.	Afonso Lopes dos SANTOS				95	Bombeiros das Caldas Rainha				4:44.28	463	
	50m:	30.39	30.39	150m:	1:41.11	36.42	250m:	2:54.40	36.99	350m:	4:08.87	37.46
	100m:	1:04.69	34.30	200m:	2:17.41	36.30	300m:	3:31.41	37.01	400m:	4:44.28	35.41
45.	Tiago Miguel ALVES				95	Columbófila Cantanhedense				4:44.34	463	
	50m:	31.89	31.89	150m:	1:43.03	35.57	250m:	2:56.01	36.46	350m:	4:08.97	36.02
	100m:	1:07.46	35.57	200m:	2:19.55	36.52	300m:	3:32.95	36.94	400m:	4:44.34	35.37
46.	Bruno Rafael CORREIA				93	Académico Viseu				4:44.35	463	
	50m:	30.48	30.48	150m:	1:40.48	35.60	250m:	2:54.26	36.87	350m:	4:08.23	36.75
	100m:	1:04.88	34.40	200m:	2:17.39	36.91	300m:	3:31.48	37.22	400m:	4:44.35	36.12
47.	Filipe Rosa de OLIVEIRA				93	Bairro dos Anjos				4:44.55	462	
	50m:	31.22	31.22	150m:	1:40.74	35.88	250m:	2:54.81	37.28	350m:	4:09.70	37.19
	100m:	1:04.86	33.64	200m:	2:17.53	36.79	300m:	3:32.51	37.70	400m:	4:44.55	34.85
48.	Jose Antonio FORTE				95	Académica de Coimbra				4:44.62	462	
	50m:	32.51	32.51	150m:	1:44.90	36.70	250m:	2:57.09	35.80	350m:	4:11.32	37.00
	100m:	1:08.20	35.69	200m:	2:21.29	36.39	300m:	3:34.32	37.23	400m:	4:44.62	33.30
49.	David Jose FONSECA				94	Columbófila Cantanhedense				4:45.66	457	
	50m:	32.44	32.44	150m:	1:44.65	35.82	250m:	2:57.82	36.24	350m:	4:10.96	36.00
	100m:	1:08.83	36.39	200m:	2:21.58	36.93	300m:	3:34.96	37.14	400m:	4:45.66	34.70
50.	Andre Marques SILVA				94	Sporting de Aveiro				4:46.50	453	
	50m:	31.77	31.77	150m:	1:43.24	36.65	250m:	2:57.54	37.08	350m:	4:12.01	36.90
	100m:	1:06.59	34.82	200m:	2:20.46	37.22	300m:	3:35.11	37.57	400m:	4:46.50	34.49
51.	Walter Marcos NETO				95	Bairro dos Anjos				4:46.87	451	
	50m:	31.43	31.43	150m:	1:45.04	36.97	250m:	2:57.82	36.31	350m:	4:11.58	36.81
	100m:	1:08.07	36.64	200m:	2:21.51	36.47	300m:	3:34.77	36.95	400m:	4:46.87	35.29
52.	Joao Petinga de ALMEIDA				94	Naval da Nazaré				4:48.11	445	
	50m:	33.28	33.28	150m:	1:46.20	36.67	250m:	2:58.97	36.50	350m:	4:12.65	37.15
	100m:	1:09.53	36.25	200m:	2:22.47	36.27	300m:	3:35.50	36.53	400m:	4:48.11	35.46
53.	Antero Simao MARTINS				94	Náutico da Marinha Grande				4:48.30	444	
	50m:	30.09	30.09	150m:	1:42.26	36.14	250m:	2:56.35	37.13	350m:	4:11.80	37.78
	100m:	1:06.12	36.03	200m:	2:19.22	36.96	300m:	3:34.02	37.67	400m:	4:48.30	36.50
54.	Alexandre Augusto MEDINA				90	Ginásio Figueirense				4:49.18	440	
	50m:	32.28	32.28	150m:	1:43.01	36.08	250m:	2:56.00	36.49	350m:	4:11.92	38.79
	100m:	1:06.93	34.65	200m:	2:19.51	36.50	300m:	3:33.13	37.13	400m:	4:49.18	37.26
55.	Cristovao Dinis MONTEIRO				95	Bombeiros das Caldas Rainha				4:50.14	436	
	50m:	32.36	32.36	150m:	1:44.74	36.36	250m:	2:59.11	36.98	350m:	4:14.08	37.22
	100m:	1:08.38	36.02	200m:	2:22.13	37.39	300m:	3:36.86	37.75	400m:	4:50.14	36.06
56.	Joao Miguel TEIXEIRA				95	Académico Viseu				4:50.61	434	
	50m:	31.00	31.00	150m:	1:41.41	35.77	250m:	2:55.72	37.87	350m:	4:13.70	39.57
	100m:	1:05.64	34.64	200m:	2:17.85	36.44	300m:	3:34.13	38.41	400m:	4:50.61	36.91
57.	Nelson Goncalves JUDAS				91	Académico Viseu				4:50.92	432	
	<i>FTL</i>											
	50m:	31.24	31.24	150m:	1:42.53	36.90	250m:	2:58.14	37.95	350m:	4:14.15	37.88
	100m:	1:05.63	34.39	200m:	2:20.19	37.66	300m:	3:36.27	38.13	400m:	4:50.92	36.77

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 10, Masc., 400m Livres, Open

Lugar			Ano					Tempo final	Pts
58.	Rui Jorge DIAS		95	Miranda do Corvo			4:50.93	432	
	50m: 31.38	31.38	150m: 1:43.84	37.75	250m: 2:58.99	37.55	350m: 4:14.99	37.81	
	100m: 1:06.09	34.71	200m: 2:21.44	37.60	300m: 3:37.18	38.19	400m: 4:50.93	35.94	
59.	Jose Figueiredo PEREIRA		92	Estarreja			4:51.23	431	
	50m: 33.05	33.05	150m: 1:45.16	36.03	250m: 2:59.45	37.01	350m: 4:14.79	37.79	
	100m: 1:09.13	36.08	200m: 2:22.44	37.28	300m: 3:37.00	37.55	400m: 4:51.23	36.44	
60.	Luis Daniel MOREIRA		92	Sporting de Espinho			4:52.37	426	
	50m: 30.72	30.72	150m: 1:41.02	35.78	250m: 2:56.31	37.74	350m: 4:14.23	38.43	
	100m: 1:05.24	34.52	200m: 2:18.57	37.55	300m: 3:35.80	39.49	400m: 4:52.37	38.14	
61.	Pedro Jorge SANTOS		93	Sporting de Aveiro			4:53.40	421	
	50m: 29.69	29.69	150m: 1:41.52	36.30	250m: 2:56.68	37.37	350m: 4:14.90	39.56	
	100m: 1:05.22	35.53	200m: 2:19.31	37.79	300m: 3:35.34	38.66	400m: 4:53.40	38.50	
62.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande			4:54.39	417	
	50m: 33.22	33.22	150m: 1:47.90	38.10	250m: 3:02.64	37.18	350m: 4:17.35	36.99	
	100m: 1:09.80	36.58	200m: 2:25.46	37.56	300m: 3:40.36	37.72	400m: 4:54.39	37.04	
63.	Andre Filipe MONTEIRO		94	Galitos			4:54.41	417	
	50m: 33.21	33.21	150m: 1:48.55	37.72	250m: 3:04.25	37.46	350m: 4:18.66	36.64	
	100m: 1:10.83	37.62	200m: 2:26.79	38.24	300m: 3:42.02	37.77	400m: 4:54.41	35.75	
64.	Francisco Leonardes ALVES		94	Académica de Coimbra			4:54.89	415	
	50m: 32.33	32.33	150m: 1:45.29	37.37	250m: 3:01.01	38.54	350m: 4:17.78	38.22	
	100m: 1:07.92	35.59	200m: 2:22.47	37.18	300m: 3:39.56	38.55	400m: 4:54.89	37.11	
65.	Francisco Gouveia PINTO		95	Pimpões/Cimai			4:56.02	410	
	50m: 32.75	32.75	150m: 1:49.68	39.26	250m: 3:07.42	39.23	350m: 4:20.80	35.07	
	100m: 1:10.42	37.67	200m: 2:28.19	38.51	300m: 3:45.73	38.31	400m: 4:56.02	35.22	
66.	Diogo Ferreira NETO		95	Bairro dos Anjos			4:56.34	409	
	50m: 33.12	33.12	150m: 1:49.45	38.63	250m: 3:05.83	37.89	350m: 4:21.94	37.42	
	100m: 1:10.82	37.70	200m: 2:27.94	38.49	300m: 3:44.52	38.69	400m: 4:56.34	34.40	
67.	Francisco Pais BAPTISTA		95	Náutico/Matobra			4:56.45	409	
	50m: 33.57	33.57	150m: 1:48.09	37.71	250m: 3:04.50	38.64	350m: 4:21.05	37.97	
	100m: 1:10.38	36.81	200m: 2:25.86	37.77	300m: 3:43.08	38.58	400m: 4:56.45	35.40	
68.	Joao Goncalo COELHO		94	Sporting de Aveiro			4:56.81	407	
	50m: 30.62	30.62	150m: 1:43.62	37.45	250m: 3:00.52	38.43	350m: 4:19.15	38.60	
	100m: 1:06.17	35.55	200m: 2:22.09	38.47	300m: 3:40.55	40.03	400m: 4:56.81	37.66	
69.	Joao Antonio OLIVEIRA		95	Ginásio Figueirense			4:57.64	404	
	50m: 33.20	33.20	150m: 1:48.12	37.28	250m: 3:05.31	37.67	350m: 4:20.91	37.01	
	100m: 1:10.84	37.64	200m: 2:27.64	39.52	300m: 3:43.90	38.59	400m: 4:57.64	36.73	
70.	Henrique Jose MARQUEZ		95	Galitos			4:58.15	402	
	50m: 33.94	33.94	150m: 1:49.87	38.37	250m: 3:07.08	38.86	350m: 4:22.92	37.81	
	100m: 1:11.50	37.56	200m: 2:28.22	38.35	300m: 3:45.11	38.03	400m: 4:58.15	35.23	
71.	Pedro dos Santos GOMES		95	Bairro dos Anjos			5:00.18	394	
	50m: 34.19	34.19	150m: 1:50.16	37.93	250m: 3:07.27	38.28	350m: 4:24.07	37.92	
	100m: 1:12.23	38.04	200m: 2:28.99	38.83	300m: 3:46.15	38.88	400m: 5:00.18	36.11	
72.	Flavio Cardoso RELVA		93	Bairro dos Anjos			5:02.52	384	
	<i>FTL</i>								
	50m: 31.20	31.20	150m: 1:44.34	36.88	250m: 3:01.92	39.34	350m: 4:22.93	40.50	
	100m: 1:07.46	36.26	200m: 2:22.58	38.24	300m: 3:42.43	40.51	400m: 5:02.52	39.59	
73.	Joao Manuel SANTOS		94	Campinho			5:03.32	381	
	50m: 32.24	32.24	150m: 1:47.36	38.06	250m: 3:05.68	38.61	350m: 4:25.46	39.07	
	100m: 1:09.30	37.06	200m: 2:27.07	39.71	300m: 3:46.39	40.71	400m: 5:03.32	37.86	
74.	Diogo Andre JORGE		95	Náutico/Matobra			5:03.51	381	
	50m: 33.97	33.97	150m: 1:49.68	37.94	250m: 3:07.11	38.67	350m: 4:25.23	38.84	
	100m: 1:11.74	37.77	200m: 2:28.44	38.76	300m: 3:46.39	39.28	400m: 5:03.51	38.28	
75.	Diogo Magalhaes MOURA		95	Académico Viseu			5:03.78	380	
	50m: 34.05	34.05	150m: 1:49.87	38.26	250m: 3:07.72	39.43	350m: 4:26.40	39.15	
	100m: 1:11.61	37.56	200m: 2:28.29	38.42	300m: 3:47.25	39.53	400m: 5:03.78	37.38	

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Prova 10, Masc., 400m Livres, Open

Lugar					Ano					Tempo final	Pts	
76.	Joao Pedro OLIVEIRA				95	Gafanha da Encarnação				5:04.26	378	
	50m:	33.03	33.03	150m:	1:49.52	38.80	250m:	3:08.24	39.33	350m:	4:26.48	38.88
	100m:	1:10.72	37.69	200m:	2:28.91	39.39	300m:	3:47.60	39.36	400m:	5:04.26	37.78
77.	Goncalo Ferreira COROADO				95	Académica de Coimbra				5:08.82	361	
	50m:	34.12	34.12	150m:	1:53.03	39.83	250m:	3:12.69	40.00	350m:	4:31.69	39.27
	100m:	1:13.20	39.08	200m:	2:32.69	39.66	300m:	3:52.42	39.73	400m:	5:08.82	37.13
78.	Marcelo Oliveira CARDOSO				95	Sporting de Aveiro				5:11.88	351	
	50m:	33.90	33.90	150m:	1:52.69	40.14	250m:	3:12.53	40.14	350m:	4:33.68	40.44
	100m:	1:12.55	38.65	200m:	2:32.39	39.70	300m:	3:53.24	40.71	400m:	5:11.88	38.20
79.	Jose Emanuel ROSMANINHO				93	Desportivo Mealhada				5:12.68	348	
	<i>FTL</i>											
	50m:	34.94	34.94	150m:	1:54.65	41.22	250m:	3:16.68	41.49	350m:	4:37.47	40.47
	100m:	1:13.43	38.49	200m:	2:35.19	40.54	300m:	3:57.00	40.32	400m:	5:12.68	35.21
80.	Manuel Luis SOUSA				95	Náutico/Matobra				5:14.07	344	
	50m:	34.59	34.59	150m:	1:54.26	40.38	250m:	3:15.96	40.58	350m:	4:36.64	40.29
	100m:	1:13.88	39.29	200m:	2:35.38	41.12	300m:	3:56.35	40.39	400m:	5:14.07	37.43
81.	Telmo Silva ALVES				94	Núcleo de Pombal				5:14.52	342	
	<i>FTL</i>											
	50m:	34.06	34.06	150m:	1:52.30	40.39	250m:	3:14.45	41.53	350m:	4:36.64	41.07
	100m:	1:11.91	37.85	200m:	2:32.92	40.62	300m:	3:55.57	41.12	400m:	5:14.52	37.88
82.	Fabio Marques FERREIRA				95	Freguesia de Paião				5:15.21	340	
	50m:	34.08	34.08	150m:	1:51.91	40.34	250m:	3:13.30	40.26	350m:	4:35.93	40.83
	100m:	1:11.57	37.49	200m:	2:33.04	41.13	300m:	3:55.10	41.80	400m:	5:15.21	39.28
83.	Bernardo Tiago ABREU				95	Académica de Coimbra				5:16.04	337	
	50m:	35.23	35.23	150m:	1:53.66	39.90	250m:	3:15.69	41.23	350m:	4:38.00	40.83
	100m:	1:13.76	38.53	200m:	2:34.46	40.80	300m:	3:57.17	41.48	400m:	5:16.04	38.04
84.	Pedro Antonio FERNANDES				95	Académico Viseu				5:20.40	324	
	50m:	33.78	33.78	150m:	1:54.74	41.05	250m:	3:17.42	41.13	350m:	4:40.29	41.23
	100m:	1:13.69	39.91	200m:	2:36.29	41.55	300m:	3:59.06	41.64	400m:	5:20.40	40.11
85.	Nuno Alexandre CORREIA				94	Campinho				5:23.67	314	
	<i>FTL</i>											
	50m:	33.82	33.82	150m:	1:54.09	40.90	250m:	3:18.25	42.37	350m:	4:42.96	42.50
	100m:	1:13.19	39.37	200m:	2:35.88	41.79	300m:	4:00.46	42.21	400m:	5:23.67	40.71
86.	Henrique Ferreira COROADO				95	Académica de Coimbra				5:28.30	301	
	<i>FTL</i>											
	50m:	35.71	35.71	150m:	1:58.32	41.53	250m:	3:22.36	41.50	350m:	4:46.67	41.88
	100m:	1:16.79	41.08	200m:	2:40.86	42.54	300m:	4:04.79	42.43	400m:	5:28.30	41.63
DSQ	Sebastiao Amaro MACHADO				93	Académico Viseu						
	<i>o atleta não completou o percurso</i>											
DNS	Francisco Xavier RODRIGUES				95	Académica de Coimbra						

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 11
27.2.10 - 10:55

Femin., 200m Bruços

Juv
Resultados

(TA) JUV Fem : 3:48.75

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Beatriz RASCAO	96 Náutico/Matobra	2:57.10	495
50m: 39.37 39.37 100m: 1:24.49 45.12 150m: 2:10.46 45.97 200m: 2:57.10 46.64			
2. Jessica Rodrigues TAVARES	96 Campinho	3:02.97	449
50m: 41.05 41.05 100m: 1:26.97 45.92 150m: 2:15.24 48.27 200m: 3:02.97 47.73			
3. Daniela Valente FERREIRA	96 Estamos Juntos	3:06.35	425
50m: 40.39 40.39 100m: 1:27.82 47.43 150m: 2:17.32 49.50 200m: 3:06.35 49.03			
4. Maria Joao PAIXAO	96 Ginásio Figueirense	3:06.41	424
50m: 42.49 42.49 100m: 1:30.74 48.25 150m: 2:18.92 48.18 200m: 3:06.41 47.49			
5. Carlota Moura CARVALHOS	96 Náutico/Matobra	3:06.81	421
50m: 42.04 42.04 100m: 1:29.53 47.49 150m: 2:18.65 49.12 200m: 3:06.81 48.16			
6. Erica Filipa COSTA	96 Académica de Coimbra	3:08.08	413
50m: 44.32 44.32 100m: 1:30.40 46.08 150m: 2:19.50 49.10 200m: 3:08.08 48.58			
7. Jennifer Martins DIAS	96 Bombeiros das Caldas Rainha	3:08.28	412
50m: 43.58 43.58 100m: 1:31.08 47.50 150m: 2:19.49 48.41 200m: 3:08.28 48.79			
8. Mafalda Domingues VALENTE	96 Náutico da Marinha Grande	3:09.24	405
50m: 43.88 43.88 100m: 1:31.63 47.75 150m: 2:20.45 48.82 200m: 3:09.24 48.79			
9. Diana Filipa GONCALVES	96 Náutico/Matobra	3:10.34	398
50m: 43.32 43.32 100m: 1:30.93 47.61 150m: 2:21.15 50.22 200m: 3:10.34 49.19			
10. Teresa Manuela AIRES	96 Sporting de Espinho	3:10.42	398
50m: 44.39 44.39 100m: 1:33.51 49.12 150m: 2:22.96 49.45 200m: 3:10.42 47.46			
11. Rosa Maria OLIVEIRA	96 Estarreja	3:11.69	390
50m: 43.06 43.06 100m: 1:31.16 48.10 150m: 2:21.83 50.67 200m: 3:11.69 49.86			
12. Renata Castro GONCALVES	96 Sporting de Aveiro	3:15.94	365
50m: 42.21 42.21 100m: 1:31.57 49.36 150m: 2:23.43 51.86 200m: 3:15.94 52.51			
13. Patricia Sousa PAULO	96 Benedita	3:17.65	356
50m: 44.71 44.71 100m: 1:34.74 50.03 150m: 2:25.48 50.74 200m: 3:17.65 52.17			
14. Leonor Almeida ESTEVES	96 Académico Viseu	3:20.41	341
50m: 44.00 44.00 100m: 1:35.19 51.19 150m: 2:29.19 54.00 200m: 3:20.41 51.22			
15. Rita Matos PONTE	96 Freguesia de Paião	3:23.42	326
50m: 46.65 46.65 100m: 1:39.11 52.46 150m: 2:33.98 54.87 200m: 3:23.42 49.44			
16. Carolina Rodrigues BARTOLOMEU	96 Galitos	3:25.97	314
50m: 46.00 46.00 100m: 1:38.20 52.20 150m: 2:32.26 54.06 200m: 3:25.97 53.71			
17. Edna Beatriz SANTOS	96 Náutico da Marinha Grande	3:28.77	302
50m: 45.81 45.81 100m: 1:39.21 53.40 150m: 2:33.92 54.71 200m: 3:28.77 54.85			
18. Cristina Alexandra FURTADO	96 Estamos Juntos	3:28.89	301
50m: 47.81 47.81 100m: 1:40.81 53.00 150m: 2:35.08 54.27 200m: 3:28.89 53.81			
19. Joana Sofia CAPINHA	96 Óbidos Patrimonium	3:34.49	278
50m: 48.71 48.71 100m: 1:42.84 54.13 150m: 2:39.43 56.59 200m: 3:34.49 55.06			
20. Maria Luisa ROSAS	96 Feirense	3:34.89	277
50m: 47.98 47.98 100m: 1:43.29 55.31 150m: 2:38.66 55.37 200m: 3:34.89 56.23			
21. Luisa Filipa MAIA	96 Desportivo Mealhada	3:37.32	268
50m: 50.68 50.68 100m: 1:46.28 55.60 150m: 2:42.44 56.16 200m: 3:37.32 54.88			
DNS Bruna Denise ROSA	96 Industrial Vieirense		

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Prova 11, Femin., 200m Bruços

Prova 11
27.2.10 - 10:55

Femin., 200m Bruços

Jun
Resultados

(TA) JUN Fem : 3:20.10

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira ANDRADE	94 Nautico/Matobra	2:43.71	627
50m: 36.97 36.97 100m: 1:18.50 41.53 150m: 2:01.65 43.15 200m: 2:43.71 42.06			
2. Ana Claudia CORDEIRO	95 Nautico/Matobra	2:57.16	494
50m: 39.10 39.10 100m: 1:25.19 46.09 150m: 2:11.02 45.83 200m: 2:57.16 46.14			
3. Ines Ataide DIAS	94 Sporting de Espinho	3:03.96	441
50m: 42.46 42.46 100m: 1:29.97 47.51 150m: 2:18.41 48.44 200m: 3:03.96 45.55			
4. Catarina Alexandra FERREIRA	95 Nautico/Matobra	3:04.45	438
50m: 40.16 40.16 100m: 1:26.88 46.72 150m: 2:15.03 48.15 200m: 3:04.45 49.42			
5. Mariana Coutinho SOUTO	95 Académica de Coimbra	3:05.31	432
50m: 42.10 42.10 100m: 1:30.03 47.93 150m: 2:17.64 47.61 200m: 3:05.31 47.67			
6. Rita Daniela ARMINDO	95 Industrial Viegrense	3:06.93	421
50m: 42.61 42.61 100m: 1:30.77 48.16 150m: 2:19.49 48.72 200m: 3:06.93 47.44			
7. Mariana Sousa MARTINS	95 Feirense	3:07.39	418
50m: 42.46 42.46 100m: 1:29.63 47.17 150m: 2:19.59 49.96 200m: 3:07.39 47.80			
8. Carolina Santos MACHADO	95 Gafanha da Encarnação	3:12.83	383
50m: 43.86 43.86 100m: 1:33.28 49.42 150m: 2:23.09 49.81 200m: 3:12.83 49.74			
9. Ana Rita RIBAU	95 Gafanha da Encarnação	3:13.74	378
50m: 43.34 43.34 100m: 1:32.72 49.38 150m: 2:22.93 50.21 200m: 3:13.74 50.81			
10. Vanessa Rodrigues VALENTE	94 Estarreja	3:13.87	377
50m: 43.34 43.34 100m: 1:32.06 48.72 150m: 2:22.78 50.72 200m: 3:13.87 51.09			
11. Claudia Filipa SILVA	95 Miranda do Corvo	3:18.67	350
50m: 45.35 45.35 100m: 1:35.59 50.24 150m: 2:27.40 51.81 200m: 3:18.67 51.27			
12. Sofia Ramalho COELHO	95 Alcobaça	3:18.94	349
50m: 44.19 44.19 100m: 1:34.26 50.07 150m: 2:27.25 52.99 200m: 3:18.94 51.69			
DNS Patricia Alexandra LEAL	94 Nautico da Marinha Grande		
DNS Carolina Santana GONCALVES	95 Nucleo de Pombal		

Prova 11
27.2.10 - 10:55

Femin., 200m Bruços

Sen
Resultados

(TA) SEN Fem : 3:15.50

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Ines RIBEIRO	92 Nautico/Matobra	2:49.25	567
50m: 39.17 39.17 100m: 1:22.31 43.14 150m: 2:05.94 43.63 200m: 2:49.25 43.31			
2. Ana Margarida DOMINGOS	93 Académico Viseu	2:51.92	541
50m: 40.22 40.22 100m: 1:24.89 44.67 150m: 2:08.58 43.69 200m: 2:51.92 43.34			
3. Ines Silva PINHEIRO	91 Gafanha da Encarnação	2:55.81	506
50m: 39.89 39.89 100m: 1:24.77 44.88 150m: 2:09.50 44.73 200m: 2:55.81 46.31			
4. Patricia Fonseca SILVA	93 Feirense	2:56.92	496
50m: 39.83 39.83 100m: 1:24.34 44.51 150m: 2:10.90 46.56 200m: 2:56.92 46.02			
5. Ana Rita COSTA	91 Académica de Coimbra	2:59.50	475
50m: 40.74 40.74 100m: 1:25.83 45.09 150m: 2:12.93 47.10 200m: 2:59.50 46.57			
6. Joana Margarida MONTEIRO	91 Pimpões/Cimai	3:03.79	443
50m: 41.88 41.88 100m: 1:29.51 47.63 150m: 2:16.70 47.19 200m: 3:03.79 47.09			

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Prova 11, Femin., 200m Bruços, Sen

Lugar			Ano					Tempo final	Pts
7.	Catarina Oliveira DINIS		93	Académica de Coimbra				3:04.67	436
	50m:	43.58 43.58	100m:	1:30.89	47.31	150m:	2:17.97 47.08	200m:	3:04.67 46.70
8.	Mariana Mota DIAS		92	Bairro dos Anjos				3:05.29	432
	50m:	43.11 43.11	100m:	1:29.35	46.24	150m:	2:17.23 47.88	200m:	3:05.29 48.06
9.	Adriana Fialho PASSARINHO		93	Benedita				3:12.49	385
	50m:	44.50 44.50	100m:	1:33.44	48.94	150m:	2:23.77 50.33	200m:	3:12.49 48.72

Prova 11
27.2.10 - 10:55

Femin., 200m Bruços

Open
Resultados

(TA) JUV Fem Juv: 3:48.75 / (TA) JUN Fem Jun: 3:20.10 / (TA) SEN Fem Sen: 3:15.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Gabriela Oliveira ANDRADE		94	Náutico/Matobra				2:43.71	627
	50m:	36.97 36.97	100m:	1:18.50	41.53	150m:	2:01.65 43.15	200m:	2:43.71 42.06
2.	Maria Ines RIBEIRO		92	Náutico/Matobra				2:49.25	567
	50m:	39.17 39.17	100m:	1:22.31	43.14	150m:	2:05.94 43.63	200m:	2:49.25 43.31
3.	Ana Margarida DOMINGOS		93	Académico Viseu				2:51.92	541
	50m:	40.22 40.22	100m:	1:24.89	44.67	150m:	2:08.58 43.69	200m:	2:51.92 43.34
4.	Ines Silva PINHEIRO		91	Gafanha da Encarnação				2:55.81	506
	50m:	39.89 39.89	100m:	1:24.77	44.88	150m:	2:09.50 44.73	200m:	2:55.81 46.31
5.	Patricia Fonseca SILVA		93	Feirense				2:56.92	496
	50m:	39.83 39.83	100m:	1:24.34	44.51	150m:	2:10.90 46.56	200m:	2:56.92 46.02
6.	Maria Beatriz RASCAO		96	Náutico/Matobra				2:57.10	495
	50m:	39.37 39.37	100m:	1:24.49	45.12	150m:	2:10.46 45.97	200m:	2:57.10 46.64
7.	Ana Claudia CORDEIRO		95	Náutico/Matobra				2:57.16	494
	50m:	39.10 39.10	100m:	1:25.19	46.09	150m:	2:11.02 45.83	200m:	2:57.16 46.14
8.	Ana Rita COSTA		91	Académica de Coimbra				2:59.50	475
	50m:	40.74 40.74	100m:	1:25.83	45.09	150m:	2:12.93 47.10	200m:	2:59.50 46.57
9.	Jessica Rodrigues TAVARES		96	Campinho				3:02.97	449
	50m:	41.05 41.05	100m:	1:26.97	45.92	150m:	2:15.24 48.27	200m:	3:02.97 47.73
10.	Joana Margarida MONTEIRO		91	Pimpões/Cimai				3:03.79	443
	50m:	41.88 41.88	100m:	1:29.51	47.63	150m:	2:16.70 47.19	200m:	3:03.79 47.09
11.	Ines Ataide DIAS		94	Sporting de Espinho				3:03.96	441
	50m:	42.46 42.46	100m:	1:29.97	47.51	150m:	2:18.41 48.44	200m:	3:03.96 45.55
12.	Catarina Alexandra FERREIRA		95	Náutico/Matobra				3:04.45	438
	50m:	40.16 40.16	100m:	1:26.88	46.72	150m:	2:15.03 48.15	200m:	3:04.45 49.42
13.	Catarina Oliveira DINIS		93	Académica de Coimbra				3:04.67	436
	50m:	43.58 43.58	100m:	1:30.89	47.31	150m:	2:17.97 47.08	200m:	3:04.67 46.70
14.	Mariana Mota DIAS		92	Bairro dos Anjos				3:05.29	432
	50m:	43.11 43.11	100m:	1:29.35	46.24	150m:	2:17.23 47.88	200m:	3:05.29 48.06
15.	Mariana Coutinho SOUTO		95	Académica de Coimbra				3:05.31	432
	50m:	42.10 42.10	100m:	1:30.03	47.93	150m:	2:17.64 47.61	200m:	3:05.31 47.67
16.	Daniela Valente FERREIRA		96	Estamos Juntos				3:06.35	425
	50m:	40.39 40.39	100m:	1:27.82	47.43	150m:	2:17.32 49.50	200m:	3:06.35 49.03
17.	Maria Joao PAIXAO		96	Ginásio Figueirense				3:06.41	424
	50m:	42.49 42.49	100m:	1:30.74	48.25	150m:	2:18.92 48.18	200m:	3:06.41 47.49
18.	Carlota Moura CARVALHOS		96	Náutico/Matobra				3:06.81	421
	50m:	42.04 42.04	100m:	1:29.53	47.49	150m:	2:18.65 49.12	200m:	3:06.81 48.16

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Prova 11, Femin., 200m Bruços, Open

Lugar	Ano	Tempo final	Pts
19. Rita Daniela ARMINDO 50m: 42.61 42.61 100m: 1:30.77	95 Industrial Vieirense	3:06.93 48.16 150m: 2:19.49 48.72 200m: 3:06.93	421 47.44
20. Mariana Sousa MARTINS 50m: 42.46 42.46 100m: 1:29.63	95 Feirense	3:07.39 47.17 150m: 2:19.59 49.96 200m: 3:07.39	418 47.80
21. Erica Filipa COSTA 50m: 44.32 44.32 100m: 1:30.40	96 Académica de Coimbra	3:08.08 46.08 150m: 2:19.50 49.10 200m: 3:08.08	413 48.58
22. Jennifer Martins DIAS 50m: 43.58 43.58 100m: 1:31.08	96 Bombeiros das Caldas Raíña	3:08.28 47.50 150m: 2:19.49 48.41 200m: 3:08.28	412 48.79
23. Mafalda Domingues VALENTE 50m: 43.88 43.88 100m: 1:31.63	96 Náutico da Marinha Grande	3:09.24 47.75 150m: 2:20.45 48.82 200m: 3:09.24	405 48.79
24. Diana Filipa GONCALVES 50m: 43.32 43.32 100m: 1:30.93	96 Náutico/Matobra	3:10.34 47.61 150m: 2:21.15 50.22 200m: 3:10.34	398 49.19
25. Teresa Manuela AIRES 50m: 44.39 44.39 100m: 1:33.51	96 Sporting de Espinho	3:10.42 49.12 150m: 2:22.96 49.45 200m: 3:10.42	398 47.46
26. Rosa Maria OLIVEIRA 50m: 43.06 43.06 100m: 1:31.16	96 Estarreja	3:11.69 48.10 150m: 2:21.83 50.67 200m: 3:11.69	390 49.86
27. Adriana Fialho PASSARINHO 50m: 44.50 44.50 100m: 1:33.44	93 Benedita	3:12.49 48.94 150m: 2:23.77 50.33 200m: 3:12.49	385 48.72
28. Carolina Santos MACHADO 50m: 43.86 43.86 100m: 1:33.28	95 Gafanha da Encarnação	3:12.83 49.42 150m: 2:23.09 49.81 200m: 3:12.83	383 49.74
29. Ana Rita RIBAU 50m: 43.34 43.34 100m: 1:32.72	95 Gafanha da Encarnação	3:13.74 49.38 150m: 2:22.93 50.21 200m: 3:13.74	378 50.81
30. Vanessa Rodrigues VALENTE 50m: 43.34 43.34 100m: 1:32.06	94 Estarreja	3:13.87 48.72 150m: 2:22.78 50.72 200m: 3:13.87	377 51.09
31. Renata Castro GONCALVES 50m: 42.21 42.21 100m: 1:31.57	96 Sporting de Aveiro	3:15.94 49.36 150m: 2:23.43 51.86 200m: 3:15.94	365 52.51
32. Patricia Sousa PAULO 50m: 44.71 44.71 100m: 1:34.74	96 Benedita	3:17.65 50.03 150m: 2:25.48 50.74 200m: 3:17.65	356 52.17
33. Claudia Filipa SILVA 50m: 45.35 45.35 100m: 1:35.59	95 Miranda do Corvo	3:18.67 50.24 150m: 2:27.40 51.81 200m: 3:18.67	350 51.27
34. Sofia Ramalho COELHO 50m: 44.19 44.19 100m: 1:34.26	95 Alcoçaba	3:18.94 50.07 150m: 2:27.25 52.99 200m: 3:18.94	349 51.69
35. Leonor Almeida ESTEVES 50m: 44.00 44.00 100m: 1:35.19	96 Académico Viseu	3:20.41 51.19 150m: 2:29.19 54.00 200m: 3:20.41	341 51.22
36. Rita Matos PONTE 50m: 46.65 46.65 100m: 1:39.11	96 Freguesia de Paião	3:23.42 52.46 150m: 2:33.98 54.87 200m: 3:23.42	326 49.44
37. Carolina Rodrigues BARTOLOMEU 50m: 46.00 46.00 100m: 1:38.20	96 Galitos	3:25.97 52.20 150m: 2:32.26 54.06 200m: 3:25.97	314 53.71
38. Edna Beatriz SANTOS 50m: 45.81 45.81 100m: 1:39.21	96 Náutico da Marinha Grande	3:28.77 53.40 150m: 2:33.92 54.71 200m: 3:28.77	302 54.85
39. Cristina Alexandra FURTADO 50m: 47.81 47.81 100m: 1:40.81	96 Estamos Juntos	3:28.89 53.00 150m: 2:35.08 54.27 200m: 3:28.89	301 53.81
40. Joana Sofia CAPINHA 50m: 48.71 48.71 100m: 1:42.84	96 Óbidos Patrimonium	3:34.49 54.13 150m: 2:39.43 56.59 200m: 3:34.49	278 55.06
41. Maria Luisa ROSAS 50m: 47.98 47.98 100m: 1:43.29	96 Feirense	3:34.89 55.31 150m: 2:38.66 55.37 200m: 3:34.89	277 56.23
42. Luisa Filipa MAIA 50m: 50.68 50.68 100m: 1:46.28	96 Desportivo Mealhada	3:37.32 55.60 150m: 2:42.44 56.16 200m: 3:37.32	268 54.88
DNS Bruna Denise ROSA	96 Industrial Vieirense		

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 11, Femin., 200m Bruços, Open

Lugar	Ano	Tempo final	Pts
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		
DNS Patricia Alexandra LEAL	94 Náutico da Marinha Grande		

Prova 12
27.2.10 - 11:25

Masc., 200m Costas

Juv B
Resultados

(TA) JUV B Masc : 2:51.35

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Luis Gabriel SANTOS 50m: 33.42 33.42 100m: 1:09.39	95 Ginásio Figueirense	2:22.33 2:22.33	486 36.28
2. Guilherme Pedro COELHO 50m: 34.62 34.62 100m: 1:11.71	95 Náutico/Matobra	2:26.36 2:26.36	447 37.20
3. Gustavo Lopes RIBEIRO 50m: 34.83 34.83 100m: 1:13.68	95 Académica de Coimbra	2:28.37 2:28.37	429 36.72
4. Joao Pedro SANTOS 50m: 34.35 34.35 100m: 1:12.36	95 Estarreja	2:29.50 2:29.50	419 37.62
5. Joao Manuel SERRALHEIRO 50m: 35.79 35.79 100m: 1:13.97	95 Benedita	2:30.64 2:30.64	410 37.31
6. Daniel Ribeiro SOUSA 50m: 35.02 35.02 100m: 1:13.65	95 Náutico da Marinha Grande	2:30.67 2:30.67	409 38.07
7. Rafael Joao CORREIA 50m: 35.42 35.42 100m: 1:13.40	95 Lousanense	2:31.45 2:31.45	403 38.30
8. Nuno Miguel FELICIANO 50m: 35.59 35.59 100m: 1:14.95	95 Alcobaça	2:35.54 2:35.54	372 39.08
9. Joao Miguel TEIXEIRA 50m: 35.79 35.79 100m: 1:15.68	95 Académico Viseu	2:36.59 2:36.59	365 40.04
10. Rafael Ferreira MARTINS 50m: 36.23 36.23 100m: 1:15.58	95 Náutico da Marinha Grande	2:37.40 2:37.40	359 40.37
11. Rafael Santos SALDANHA 50m: 37.20 37.20 100m: 1:17.20	95 Bombeiros das Caldas Rainha	2:37.69 2:37.69	357 38.87
12. Bruno Filipe TABORDA 50m: 36.99 36.99 100m: 1:17.22	95 Bairro dos Anjos	2:38.21 2:38.21	354 39.38
13. Joao Baptista LOPES 50m: 36.03 36.03 100m: 1:17.04	95 Bairro dos Anjos	2:39.89 2:39.89	342 39.56
14. Samuel Teixeira BRITO 50m: 38.45 38.45 100m: 1:19.24	95 Salesiano de Arouca	2:42.66 2:42.66	325 40.36
15. Ruben Jordao FERNANDES 50m: 39.07 39.07 100m: 1:21.21	95 Miranda do Corvo	2:44.48 2:44.48	315 41.32
16. Joao Pedro OLIVEIRA 50m: 39.00 39.00 100m: 1:21.45	95 Gafanha da Encarnação	2:46.39 2:46.39	304 41.73

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Coimbra, 26. - 28.2.2010

Prova 12, Masc., 200m Costas

Prova 12
27.2.10 - 11:25

Masc., 200m Costas

Juv A
Resultados

(TA) JUV A Masc : 2:46.75

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Joao Manuel BORGES	94	Ginásio Figueirense					2:19.98	511
	50m: 32.95 32.95	100m: 1:08.31	35.36	150m: 1:44.43	36.12	200m: 2:19.98	35.55		
2.	Pedro Barros MENDES	94	Académica de Coimbra					2:22.60	483
	50m: 33.98 33.98	100m: 1:10.47	36.49	150m: 1:47.87	37.40	200m: 2:22.60	34.73		
3.	Joao Nuno PIRES	94	Náutico/Matobra					2:22.64	483
	50m: 34.45 34.45	100m: 1:10.93	36.48	150m: 1:47.34	36.41	200m: 2:22.64	35.30		
4.	Gustavo Almeida MADUREIRA	94	Académica de Coimbra					2:23.42	475
	50m: 34.17 34.17	100m: 1:10.71	36.54	150m: 1:47.75	37.04	200m: 2:23.42	35.67		
5.	Marcelo Santos SALDANHA	94	Bombeiros das Caldas Rainha					2:24.47	464
	50m: 33.87 33.87	100m: 1:10.23	36.36	150m: 1:48.02	37.79	200m: 2:24.47	36.45		
6.	Filipe Rainho BALSEIRO	94	Galitos					2:28.89	424
	50m: 34.47 34.47	100m: 1:11.75	37.28	150m: 1:50.84	39.09	200m: 2:28.89	38.05		
7.	Joao Carlos PAULA	94	Galitos					2:29.21	422
	50m: 35.78 35.78	100m: 1:13.52	37.74	150m: 1:50.93	37.41	200m: 2:29.21	38.28		
8.	Fabio Filipe LOPES	94	Lousanense					2:29.45	419
	50m: 35.43 35.43	100m: 1:13.63	38.20	150m: 1:52.21	38.58	200m: 2:29.45	37.24		
9.	Gino Santos CAETANO	94	Sporting de Aveiro					2:31.48	403
	50m: 35.75 35.75	100m: 1:13.06	37.31	150m: 1:52.17	39.11	200m: 2:31.48	39.31		
10.	Francisco Leonardes ALVES	94	Académica de Coimbra					2:36.70	364
	50m: 37.03 37.03	100m: 1:16.81	39.78	150m: 1:57.76	40.95	200m: 2:36.70	38.94		
11.	Rafael Arrojado FERREIRA	94	Estarreja					2:38.63	351
	50m: 37.39 37.39	100m: 1:17.65	40.26	150m: 1:59.30	41.65	200m: 2:38.63	39.33		
12.	David Jose FONSECA	94	Columbófila Cantanhedense					2:39.24	347
	50m: 38.07 38.07	100m: 1:18.54	40.47	150m: 1:59.62	41.08	200m: 2:39.24	39.62		
13.	Guilherme Marques TEIXEIRA	94	Campinho					2:44.16	316
	50m: 39.01 39.01	100m: 1:20.71	41.70	150m: 2:03.31	42.60	200m: 2:44.16	40.85		

Prova 12
27.2.10 - 11:25

Masc., 200m Costas

Jun
Resultados

(TA) JUN Masc : 2:40.42

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Andre Duarte VAZ	93	Ginásio Figueirense					2:18.72	525
	50m: 33.01 33.01	100m: 1:07.30	34.29	150m: 1:43.48	36.18	200m: 2:18.72	35.24		
2.	Filipe Franco NORTE	93	Náutico da Marinha Grande					2:20.45	506
	50m: 33.03 33.03	100m: 1:08.59	35.56	150m: 1:45.06	36.47	200m: 2:20.45	35.39		
3.	Miguel Monteiro DIOGO	93	Alcobaça					2:22.47	484
	50m: 34.16 34.16	100m: 1:09.93	35.77	150m: 1:46.87	36.94	200m: 2:22.47	35.60		
4.	Miguel Machado LOPES	92	Benedita					2:22.75	481
	50m: 33.11 33.11	100m: 1:08.52	35.41	150m: 1:46.53	38.01	200m: 2:22.75	36.22		
5.	Joao Jose VIEGAS	92	Galitos					2:25.41	455
	50m: 33.41 33.41	100m: 1:09.24	35.83	150m: 1:47.72	38.48	200m: 2:25.41	37.69		
6.	Tiago Rafael LOPES	92	Académica de Coimbra					2:26.68	444
	50m: 34.58 34.58	100m: 1:11.63	37.05	150m: 1:49.68	38.05	200m: 2:26.68	37.00		

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Prova 12, Masc., 200m Costas, Jun

Lugar	Ano	Tempo final	Pts
7. Joao Miguel FIGUEIREDO 50m: 33.10 33.10 100m: 1:10.33 37.23 150m: 1:50.07 39.74 200m: 2:30.62 40.55	93 Campinho	2:30.62	410
8. Alexander Oliveira CARDOSO 50m: 35.52 35.52 100m: 1:13.64 38.12 150m: 1:52.50 38.86 200m: 2:31.93 39.43	92 Sporting de Espinho	2:31.93	399
9. Alexandre Galveias VALE 50m: 36.18 36.18 100m: 1:15.14 38.96 150m: 1:54.96 39.82 200m: 2:32.25 37.29	93 Pimpões/Cimai	2:32.25	397
10. Andre Filipe da GRACA 50m: 36.15 36.15 100m: 1:15.03 38.88 150m: 1:55.40 40.37 200m: 2:34.57 39.17	93 Alcobaça	2:34.57	379
11. Nuno Correia TINOCO 50m: 35.83 35.83 100m: 1:15.04 39.21 150m: 1:55.51 40.47 200m: 2:34.84 39.33	93 Ginásio Figueirense	2:34.84	377
12. Diogo Antonio CARVALHO 50m: 35.38 35.38 100m: 1:14.84 39.46 150m: 1:56.96 42.12 200m: 2:38.31 41.35	93 Feirense	2:38.31	353
13. Sebastiao Amaro MACHADO <i>FTL</i> 50m: 38.66 38.66 100m: 1:22.14 43.48 150m: 2:05.93 43.79 200m: 2:47.59 41.66	93 Académico Viseu	2:47.59	297

Prova 12

Masc., 200m Costas

Sen

27.2.10 - 11:25

Resultados

(TA) SEN Masc : 2:35.82

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel CONDE 50m: 32.37 32.37 100m: 1:06.74 34.37 150m: 1:41.95 35.21 200m: 2:18.28 36.33	90 Náutico/Matobra	2:18.28	530
2. Bruno Miguel AMARAL 50m: 33.56 33.56 100m: 1:09.39 35.83 150m: 1:47.29 37.90 200m: 2:24.52 37.23	89 Náutico/Matobra	2:24.52	464
3. Andre Ricardo SIMOES 50m: 33.90 33.90 100m: 1:11.60 37.70 150m: 1:50.82 39.22 200m: 2:30.13 39.31	91 Galitos	2:30.13	414
4. Francisco Maldonado FREITAS 50m: 35.40 35.40 100m: 1:14.56 39.16 150m: 1:54.23 39.67 200m: 2:32.76 38.53	91 Pimpões/Cimai	2:32.76	393
5. Nelson Goncalves JUDAS 50m: 35.30 35.30 100m: 1:14.09 38.79 150m: 1:54.77 40.68 200m: 2:33.93 39.16	91 Académico Viseu	2:33.93	384
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Prova 12

Masc., 200m Costas

Open

27.2.10 - 11:25

Resultados

(TA) JUV A Masc Juv A: 2:46.75 / (TA) JUV B Masc Juv B: 2:51.35 / (TA) JUN Masc Jun: 2:40.42 / (TA) SEN Masc Sen: 2:35.82

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel CONDE 50m: 32.37 32.37 100m: 1:06.74 34.37 150m: 1:41.95 35.21 200m: 2:18.28 36.33	90 Náutico/Matobra	2:18.28	530
2. Andre Duarte VAZ 50m: 33.01 33.01 100m: 1:07.30 34.29 150m: 1:43.48 36.18 200m: 2:18.72 35.24	93 Ginásio Figueirense	2:18.72	525
3. Joao Manuel BORGES 50m: 32.95 32.95 100m: 1:08.31 35.36 150m: 1:44.43 36.12 200m: 2:19.98 35.55	94 Ginásio Figueirense	2:19.98	511
4. Filipe Franco NORTE 50m: 33.03 33.03 100m: 1:08.59 35.56 150m: 1:45.06 36.47 200m: 2:20.45 35.39	93 Náutico da Marinha Grande	2:20.45	506
5. Luis Gabriel SANTOS 50m: 33.42 33.42 100m: 1:09.39 35.97 150m: 1:46.05 36.66 200m: 2:22.33 36.28	95 Ginásio Figueirense	2:22.33	486

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 12, Masc., 200m Costas, Open

Lugar			Ano					Tempo final	Pts			
6.	Miguel Monteiro	DIOGO	93	Alcoçaba				2:22.47	484			
	50m:	34.16	34.16	100m:	1:09.93	35.77	150m:	1:46.87	36.94	200m:	2:22.47	35.60
7.	Pedro Barros	MENDES	94	Académica de Coimbra				2:22.60	483			
	50m:	33.98	33.98	100m:	1:10.47	36.49	150m:	1:47.87	37.40	200m:	2:22.60	34.73
8.	Joao Nuno	PIRES	94	Náutico/Matobra				2:22.64	483			
	50m:	34.45	34.45	100m:	1:10.93	36.48	150m:	1:47.34	36.41	200m:	2:22.64	35.30
9.	Miguel Machado	LOPES	92	Benedita				2:22.75	481			
	50m:	33.11	33.11	100m:	1:08.52	35.41	150m:	1:46.53	38.01	200m:	2:22.75	36.22
10.	Gustavo Almeida	MADUREIRA	94	Académica de Coimbra				2:23.42	475			
	50m:	34.17	34.17	100m:	1:10.71	36.54	150m:	1:47.75	37.04	200m:	2:23.42	35.67
11.	Marcelo Santos	SALDANHA	94	Bombeiros das Caldas Rainha				2:24.47	464			
	50m:	33.87	33.87	100m:	1:10.23	36.36	150m:	1:48.02	37.79	200m:	2:24.47	36.45
12.	Bruno Miguel	AMARAL	89	Náutico/Matobra				2:24.52	464			
	50m:	33.56	33.56	100m:	1:09.39	35.83	150m:	1:47.29	37.90	200m:	2:24.52	37.23
13.	Joao Jose	VIEGAS	92	Galitos				2:25.41	455			
	50m:	33.41	33.41	100m:	1:09.24	35.83	150m:	1:47.72	38.48	200m:	2:25.41	37.69
14.	Guilherme Pedro	COELHO	95	Náutico/Matobra				2:26.36	447			
	50m:	34.62	34.62	100m:	1:11.71	37.09	150m:	1:49.16	37.45	200m:	2:26.36	37.20
15.	Tiago Rafael	LOPES	92	Académica de Coimbra				2:26.68	444			
	50m:	34.58	34.58	100m:	1:11.63	37.05	150m:	1:49.68	38.05	200m:	2:26.68	37.00
16.	Gustavo Lopes	RIBEIRO	95	Académica de Coimbra				2:28.37	429			
	50m:	34.83	34.83	100m:	1:13.68	38.85	150m:	1:51.65	37.97	200m:	2:28.37	36.72
17.	Filipe Rainho	BALSEIRO	94	Galitos				2:28.89	424			
	50m:	34.47	34.47	100m:	1:11.75	37.28	150m:	1:50.84	39.09	200m:	2:28.89	38.05
18.	Joao Carlos	PAULA	94	Galitos				2:29.21	422			
	50m:	35.78	35.78	100m:	1:13.52	37.74	150m:	1:50.93	37.41	200m:	2:29.21	38.28
19.	Fabio Filipe	LOPES	94	Lousanense				2:29.45	419			
	50m:	35.43	35.43	100m:	1:13.63	38.20	150m:	1:52.21	38.58	200m:	2:29.45	37.24
20.	Joao Pedro	SANTOS	95	Estarreja				2:29.50	419			
	50m:	34.35	34.35	100m:	1:12.36	38.01	150m:	1:51.88	39.52	200m:	2:29.50	37.62
21.	Andre Ricardo	SIMOES	91	Galitos				2:30.13	414			
	50m:	33.90	33.90	100m:	1:11.60	37.70	150m:	1:50.82	39.22	200m:	2:30.13	39.31
22.	Joao Miguel	FIGUEIREDO	93	Campinho				2:30.62	410			
	50m:	33.10	33.10	100m:	1:10.33	37.23	150m:	1:50.07	39.74	200m:	2:30.62	40.55
23.	Joao Manuel	SERRALHEIRO	95	Benedita				2:30.64	410			
	50m:	35.79	35.79	100m:	1:13.97	38.18	150m:	1:53.33	39.36	200m:	2:30.64	37.31
24.	Daniel Ribeiro	SOUSA	95	Náutico da Marinha Grande				2:30.67	409			
	50m:	35.02	35.02	100m:	1:13.65	38.63	150m:	1:52.60	38.95	200m:	2:30.67	38.07
25.	Rafael Joao	CORREIA	95	Lousanense				2:31.45	403			
	50m:	35.42	35.42	100m:	1:13.40	37.98	150m:	1:53.15	39.75	200m:	2:31.45	38.30
26.	Gino Santos	CAETANO	94	Sporting de Aveiro				2:31.48	403			
	50m:	35.75	35.75	100m:	1:13.06	37.31	150m:	1:52.17	39.11	200m:	2:31.48	39.31
27.	Alexander Oliveira	CARDOSO	92	Sporting de Espinho				2:31.93	399			
	50m:	35.52	35.52	100m:	1:13.64	38.12	150m:	1:52.50	38.86	200m:	2:31.93	39.43
28.	Alexandre Galveias	VALE	93	Pimpões/Cimai				2:32.25	397			
	50m:	36.18	36.18	100m:	1:15.14	38.96	150m:	1:54.96	39.82	200m:	2:32.25	37.29
29.	Francisco Maldonado	FREITAS	91	Pimpões/Cimai				2:32.76	393			
	50m:	35.40	35.40	100m:	1:14.56	39.16	150m:	1:54.23	39.67	200m:	2:32.76	38.53

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Prova 12, Masc., 200m Costas, Open

Lugar					Ano					Tempo final	Pts	
30.	Nelson Goncalves	JUDAS	91	Académico Viseu						2:33.93	384	
	50m:	35.30	35.30	100m:	1:14.09	38.79	150m:	1:54.77	40.68	200m:	2:33.93	39.16
31.	Andre Filipe da	GRACA	93	Alcobaça						2:34.57	379	
	50m:	36.15	36.15	100m:	1:15.03	38.88	150m:	1:55.40	40.37	200m:	2:34.57	39.17
32.	Nuno Correia	TINOCO	93	Ginásio Figueirense						2:34.84	377	
	50m:	35.83	35.83	100m:	1:15.04	39.21	150m:	1:55.51	40.47	200m:	2:34.84	39.33
33.	Nuno Miguel	FELICIANO	95	Alcobaça						2:35.54	372	
	50m:	35.59	35.59	100m:	1:14.95	39.36	150m:	1:56.46	41.51	200m:	2:35.54	39.08
34.	Joao Miguel	TEIXEIRA	95	Académico Viseu						2:36.59	365	
	50m:	35.79	35.79	100m:	1:15.68	39.89	150m:	1:56.55	40.87	200m:	2:36.59	40.04
35.	Francisco Leonardes	ALVES	94	Académica de Coimbra						2:36.70	364	
	50m:	37.03	37.03	100m:	1:16.81	39.78	150m:	1:57.76	40.95	200m:	2:36.70	38.94
36.	Rafael Ferreira	MARTINS	95	Náutico da Marinha Grande						2:37.40	359	
	50m:	36.23	36.23	100m:	1:15.58	39.35	150m:	1:57.03	41.45	200m:	2:37.40	40.37
37.	Rafael Santos	SALDANHA	95	Bombeiros das Caldas Rainha						2:37.69	357	
	50m:	37.20	37.20	100m:	1:17.20	40.00	150m:	1:58.82	41.62	200m:	2:37.69	38.87
38.	Bruno Filipe	TABORDA	95	Bairro dos Anjos						2:38.21	354	
	50m:	36.99	36.99	100m:	1:17.22	40.23	150m:	1:58.83	41.61	200m:	2:38.21	39.38
39.	Diogo Antonio	CARVALHO	93	Feirense						2:38.31	353	
	50m:	35.38	35.38	100m:	1:14.84	39.46	150m:	1:56.96	42.12	200m:	2:38.31	41.35
40.	Rafael Arrojado	FERREIRA	94	Estarreja						2:38.63	351	
	50m:	37.39	37.39	100m:	1:17.65	40.26	150m:	1:59.30	41.65	200m:	2:38.63	39.33
41.	David Jose	FONSECA	94	Columbófila Cantanhedense						2:39.24	347	
	50m:	38.07	38.07	100m:	1:18.54	40.47	150m:	1:59.62	41.08	200m:	2:39.24	39.62
42.	Joao Baptista	LOPES	95	Bairro dos Anjos						2:39.89	342	
	50m:	36.03	36.03	100m:	1:17.04	41.01	150m:	2:00.33	43.29	200m:	2:39.89	39.56
43.	Samuel Teixeira	BRITO	95	Salesiano de Arouca						2:42.66	325	
	50m:	38.45	38.45	100m:	1:19.24	40.79	150m:	2:02.30	43.06	200m:	2:42.66	40.36
44.	Guilherme Marques	TEIXEIRA	94	Campinho						2:44.16	316	
	50m:	39.01	39.01	100m:	1:20.71	41.70	150m:	2:03.31	42.60	200m:	2:44.16	40.85
45.	Ruben Jordao	FERNANDES	95	Miranda do Corvo						2:44.48	315	
	50m:	39.07	39.07	100m:	1:21.21	42.14	150m:	2:03.16	41.95	200m:	2:44.48	41.32
46.	Joao Pedro	OLIVEIRA	95	Gafanha da Encarnação						2:46.39	304	
	50m:	39.00	39.00	100m:	1:21.45	42.45	150m:	2:04.66	43.21	200m:	2:46.39	41.73
47.	Sebastiao Amaro	MACHADO	93	Académico Viseu						2:47.59	297	
	<i>FTL</i>											
	50m:	38.66	38.66	100m:	1:22.14	43.48	150m:	2:05.93	43.79	200m:	2:47.59	41.66
DNS	Mario Jorge	SILVA	91	Ginásio Figueirense								

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 13
27.2.10 - 11:45

Femin., 200m Estilos

Juv
Resultados

(TA) JUV Fem : 3:22.50

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Isabel NEVES	96 Pimpões/Cimai	2:38.17	507
50m: 34.65 34.65 100m: 1:15.00 40.35 150m: 2:01.95 46.95 200m: 2:38.17 36.22			
2. Maria Ines ALMEIDA	96 Náutico/Matobra	2:39.91	490
50m: 36.13 36.13 100m: 1:15.28 39.15 150m: 2:03.94 48.66 200m: 2:39.91 35.97			
3. Ana Margarida RODRIGUES	96 Galitos	2:40.71	483
50m: 33.59 33.59 100m: 1:15.09 41.50 150m: 2:04.77 49.68 200m: 2:40.71 35.94			
4. Ana Beatriz SILVA	96 Gafanha da Encarnação	2:41.16	479
50m: 35.00 35.00 100m: 1:15.46 40.46 150m: 2:04.36 48.90 200m: 2:41.16 36.80			
5. Sara Cristiana VALENTE	96 Alcobaça	2:41.35	477
50m: 33.82 33.82 100m: 1:17.89 44.07 150m: 2:04.59 46.70 200m: 2:41.35 36.76			
6. Ana Carolina LEAL	96 Náutico/Matobra	2:42.79	465
50m: 34.51 34.51 100m: 1:16.87 42.36 150m: 2:06.90 50.03 200m: 2:42.79 35.89			
7. Ana Monica ELOI	96 Náutico da Marinha Grande	2:42.82	465
50m: 35.32 35.32 100m: 1:17.58 42.26 150m: 2:05.29 47.71 200m: 2:42.82 37.53			
8. Maria Joao PAIXAO	96 Ginásio Figueirense	2:46.28	436
50m: 38.92 38.92 100m: 1:19.81 40.89 150m: 2:08.64 48.83 200m: 2:46.28 37.64			
9. Jennifer Martins DIAS	96 Bombeiros das Caldas Rainha	2:47.95	423
50m: 36.79 36.79 100m: 1:21.37 44.58 150m: 2:09.57 48.20 200m: 2:47.95 38.38			
10. Ana Rita ARTUR	96 Académica de Coimbra	2:48.48	419
50m: 36.99 36.99 100m: 1:18.84 41.85 150m: 2:10.52 51.68 200m: 2:48.48 37.96			
11. Mafalda Domingues VALENTE	96 Náutico da Marinha Grande	2:48.56	419
50m: 36.15 36.15 100m: 1:21.64 45.49 150m: 2:10.09 48.45 200m: 2:48.56 38.47			
12. Carla Sofia CRUZ	96 Sporting de Espinho	2:48.62	418
50m: 33.84 33.84 100m: 1:17.20 43.36 150m: 2:09.93 52.73 200m: 2:48.62 38.69			
13. Patricia Sousa PAULO	96 Benedita	2:49.67	411
50m: 37.57 37.57 100m: 1:21.86 44.29 150m: 2:10.62 48.76 200m: 2:49.67 39.05			
14. Filipa Costa GASPAR	96 Freguesia de Paião	2:56.06	367
50m: 38.81 38.81 100m: 1:23.56 44.75 150m: 2:17.84 54.28 200m: 2:56.06 38.22			
15. Ana Margarida LOURENCO	96 Benedita	2:57.81	357
50m: 42.15 42.15 100m: 1:24.41 42.26 150m: 2:20.74 56.33 200m: 2:57.81 37.07			
16. Ana Catarina CARLOS	96 Náutico da Marinha Grande	2:58.18	354
50m: 39.47 39.47 100m: 1:23.37 43.90 150m: 2:15.98 52.61 200m: 2:58.18 42.20			
17. Maria Anastacio LUIS	96 Benedita	2:58.92	350
50m: 41.12 41.12 100m: 1:25.87 44.75 150m: 2:20.76 54.89 200m: 2:58.92 38.16			
18. Joana Faim ALMEIDA	96 Ginásio Figueirense	2:59.42	347
50m: 41.20 41.20 100m: 1:25.44 44.24 150m: 2:18.10 52.66 200m: 2:59.42 41.32			
19. Carolina Rodrigues BARTOLOMEU	96 Galitos	3:00.26	342
50m: 38.17 38.17 100m: 1:25.85 47.68 150m: 2:18.49 52.64 200m: 3:00.26 41.77			
20. Sofia Caramelo FOLGADO	96 Náutico/Matobra	3:02.01	332
50m: 39.49 39.49 100m: 1:25.26 45.77 150m: 2:22.04 56.78 200m: 3:02.01 39.97			
21. Joana Filipa PAULINO	96 Galitos	3:03.14	326
50m: 35.82 35.82 100m: 1:22.19 46.37 150m: 2:18.89 56.70 200m: 3:03.14 44.25			
22. Debora Alexandra CATALAO	96 Óbidos Patrimonium	3:03.54	324
50m: 43.14 43.14 100m: 1:29.84 46.70 150m: 2:23.00 53.16 200m: 3:03.54 40.54			
23. Filipa Santos CASTRO	96 Algés e Águeda	3:06.07	311
50m: 41.10 41.10 100m: 1:28.54 47.44 150m: 2:23.38 54.84 200m: 3:06.07 42.69			

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Prova 13, Femin., 200m Estilos, Juv

Lugar	Ano	Tempo final	Pts
24. Cristina Alexandra FURTADO	96 Estamos Juntos	3:09.20	296
50m: 44.27 44.27 100m: 1:34.90 50.63 150m: 2:29.23 54.33 200m: 3:09.20 39.97			
25. Raquel Monteiro NEGRAO	96 Bombeiros das Caldas Raíña	3:10.75	289
50m: 40.26 40.26 100m: 1:28.54 48.28 150m: 2:26.90 58.36 200m: 3:10.75 43.85			
26. Adriana Cristina CARVALHO	96 Campinho	3:13.81	275
50m: 45.45 45.45 100m: 1:31.55 46.10 150m: 2:27.66 56.11 200m: 3:13.81 46.15			
27. Catia Sousa EUSEBIO	96 Bombeiros das Caldas Raíña	3:14.38	273
50m: 43.60 43.60 100m: 1:33.04 49.44 150m: 2:28.77 55.73 200m: 3:14.38 45.61			
28. Joana Sofia CAPINHA	96 Óbidos Patrimonium	3:17.80	259
50m: 41.93 41.93 100m: 1:34.56 52.63 150m: 2:31.89 57.33 200m: 3:17.80 45.91			
29. Bruna Almeida GOMES	96 Estamos Juntos	3:19.71	252
50m: 42.15 42.15 100m: 1:33.61 51.46 150m: 2:33.85 1:00.24 200m: 3:19.71 45.86			
DSQ Soraia Raquel RODRIGUES	96 Feirense		
<i>a atleta não completou o percurso</i>			
DSQ Jessica Andreia CARVALHO	96 Bairro dos Anjos		
<i>Rompeu a superfície depois dos 15 m</i>			

Prova 13

Femin., 200m Estilos

Jun

27.2.10 - 11:45

Resultados

(TA) JUN Fem : 2:58.25

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Adriana Correia LOPES	95 Náutico/Matobra	2:29.51	600
50m: 33.23 33.23 100m: 1:10.32 37.09 150m: 1:54.97 44.65 200m: 2:29.51 34.54			
2. Gabriela Oliveira ANDRADE	94 Náutico/Matobra	2:32.50	566
50m: 34.05 34.05 100m: 1:14.83 40.78 150m: 1:57.48 42.65 200m: 2:32.50 35.02			
3. Tatiana Filipa SANTOS	95 Ginásio Figueirense	2:34.20	547
50m: 34.02 34.02 100m: 1:10.18 36.16 150m: 1:57.71 47.53 200m: 2:34.20 36.49			
4. Ana Catarina COSTA	95 Feirense	2:36.75	521
50m: 33.93 33.93 100m: 1:12.62 38.69 150m: 2:00.10 47.48 200m: 2:36.75 36.65			
5. Ines Martins SILVA	94 Estamos Juntos	2:39.94	490
50m: 33.40 33.40 100m: 1:13.66 40.26 150m: 2:03.31 49.65 200m: 2:39.94 36.63			
6. Mariana Pedroso CARVALHO	95 Náutico/Matobra	2:41.08	480
50m: 33.62 33.62 100m: 1:16.25 42.63 150m: 2:04.33 48.08 200m: 2:41.08 36.75			
7. Carolina Francisco GOMES	95 Naval da Nazaré	2:41.60	475
50m: 34.26 34.26 100m: 1:17.13 42.87 150m: 2:05.26 48.13 200m: 2:41.60 36.34			
8. Patricia Santos DINIS	95 Bombeiros das Caldas Raíña	2:43.23	461
50m: 34.40 34.40 100m: 1:14.78 40.38 150m: 2:04.64 49.86 200m: 2:43.23 38.59			
9. Ines Filipa BORGES	95 Alcobaça	2:43.83	456
50m: 33.71 33.71 100m: 1:15.45 41.74 150m: 2:04.52 49.07 200m: 2:43.83 39.31			
10. Beatriz Rocha NUNES	94 Ginásio Figueirense	2:43.99	455
50m: 34.94 34.94 100m: 1:15.89 40.95 150m: 2:04.85 48.96 200m: 2:43.99 39.14			
11. Joana Margarida GUIMARAES	95 Pimpões/Cimai	2:44.71	449
50m: 35.30 35.30 100m: 1:17.26 41.96 150m: 2:06.53 49.27 200m: 2:44.71 38.18			
12. Mariana Costa SEBASTIAO	95 Ginásio Figueirense	2:44.87	447
50m: 36.82 36.82 100m: 1:16.42 39.60 150m: 2:06.63 50.21 200m: 2:44.87 38.24			
13. Mariana Maia e SILVA	94 Pimpões/Cimai	2:48.50	419
50m: 36.50 36.50 100m: 1:20.79 44.29 150m: 2:10.79 50.00 200m: 2:48.50 37.71			
14. Ines Manuela FREITAS	94 Sporting de Espinho	2:48.52	419
50m: 36.06 36.06 100m: 1:18.46 42.40 150m: 2:08.37 49.91 200m: 2:48.52 40.15			

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Prova 13, Femin., 200m Estilos, Jun

Lugar	Ano	Tempo final	Pts
15. Rita Daniela ARMINDO 50m: 39.43 39.43 100m: 1:22.75 43.32 150m: 2:11.63 48.88 200m: 2:49.66 38.03	95 Industrial Vieirense	2:49.66	411
16. Ana Luisa RAMOS 50m: 38.04 38.04 100m: 1:21.17 43.13 150m: 2:13.05 51.88 200m: 2:51.96 38.91	95 Gafanha da Encarnação	2:51.96	394
17. Ana Raquel ALBUQUERQUE 50m: 37.09 37.09 100m: 1:21.69 44.60 150m: 2:12.79 51.10 200m: 2:53.71 40.92	95 Sporting de Aveiro	2:53.71	382
18. Cristiana Andreia LIMA 50m: 37.10 37.10 100m: 1:22.55 45.45 150m: 2:17.55 55.00 200m: 2:53.77 36.22	95 Núcleo de Pombal	2:53.77	382
19. Vanessa Rodrigues VALENTE 50m: 38.80 38.80 100m: 1:25.23 46.43 150m: 2:15.74 50.51 200m: 2:56.34 40.60	94 Estarreja	2:56.34	366
20. Maria Joao OLIVEIRA 50m: 35.64 35.64 100m: 1:22.84 47.20 150m: 2:18.18 55.34 200m: 2:57.29 39.11	95 Sporting de Espinho	2:57.29	360
21. Patricia Silva MARQUES <i>FTL</i> 50m: 37.64 37.64 100m: 1:23.44 45.80 150m: 2:18.22 54.78 200m: 3:02.77 44.55	95 Feirense	3:02.77	328
22. Catarina Rita ANDRADE <i>FTL</i> 50m: 41.16 41.16 100m: 1:28.76 47.60 150m: 2:27.30 58.54 200m: 3:05.75 38.45	95 Feirense	3:05.75	313
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		

Prova 13

Femin., 200m Estilos

Sen

27.2.10 - 11:45

Resultados

(TA) SEN Fem : 2:54.80

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mara Lisboa e SILVA 50m: 32.86 32.86 100m: 1:11.96 39.10 150m: 1:58.08 46.12 200m: 2:32.92 34.84	93 Bairro dos Anjos	2:32.92	561
2. Maria Ines RIBEIRO 50m: 33.55 33.55 100m: 1:15.81 42.26 150m: 1:59.73 43.92 200m: 2:33.58 33.85	92 Náutico/Matobra	2:33.58	554
3. Andreia Filipa ANJOS 50m: 33.67 33.67 100m: 1:13.80 40.13 150m: 2:02.19 48.39 200m: 2:37.15 34.96	92 Bairro dos Anjos	2:37.15	517
4. Ines Silva PINHEIRO 50m: 35.45 35.45 100m: 1:18.94 43.49 150m: 2:03.82 44.88 200m: 2:41.51 37.69	91 Gafanha da Encarnação	2:41.51	476
5. Joana Margarida GASPAS 50m: 34.48 34.48 100m: 1:19.05 44.57 150m: 2:05.42 46.37 200m: 2:42.09 36.67	92 Náutico da Marinha Grande	2:42.09	471
6. Joana Margarida MONTEIRO 50m: 35.00 35.00 100m: 1:19.86 44.86 150m: 2:07.34 47.48 200m: 2:44.33 36.99	91 Pimpões/Cimai	2:44.33	452
7. Ana Mafalda OLIVEIRA 50m: 34.95 34.95 100m: 1:17.45 42.50 150m: 2:07.62 50.17 200m: 2:46.22 38.60	93 Freguesia de Paião	2:46.22	437
8. Ana Rita COSTA 50m: 36.34 36.34 100m: 1:21.47 45.13 150m: 2:08.55 47.08 200m: 2:47.10 38.55	91 Académica de Coimbra	2:47.10	430
9. Ana Lucia CASTRO 50m: 36.05 36.05 100m: 1:20.33 44.28 150m: 2:08.30 47.97 200m: 2:47.65 39.35	92 Estarreja	2:47.65	426
10. Telma Alexandra GRILO 50m: 36.25 36.25 100m: 1:22.03 45.78 150m: 2:13.66 51.63 200m: 2:51.95 38.29	92 Pimpões/Cimai	2:51.95	394
DNS Patricia Fonseca SILVA	93 Feirense		

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Prova 13, Femin., 200m Estilos

Prova 13
27.2.10 - 11:45

Femin., 200m Estilos

Open
Resultados

(TA) JUV Fem Juv: 3:22.50 / (TA) JUN Fem Jun: 2:58.25 / (TA) SEN Fem Sen: 2:54.80

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Adriana Correia LOPES	95	Náutico/Matobra					2:29.51	600
	50m: 33.23 33.23	100m: 1:10.32	37.09	150m: 1:54.97	44.65	200m: 2:29.51	34.54		
2.	Gabriela Oliveira ANDRADE	94	Náutico/Matobra					2:32.50	566
	50m: 34.05 34.05	100m: 1:14.83	40.78	150m: 1:57.48	42.65	200m: 2:32.50	35.02		
3.	Mara Lisboa e SILVA	93	Bairro dos Anjos					2:32.92	561
	50m: 32.86 32.86	100m: 1:11.96	39.10	150m: 1:58.08	46.12	200m: 2:32.92	34.84		
4.	Maria Ines RIBEIRO	92	Náutico/Matobra					2:33.58	554
	50m: 33.55 33.55	100m: 1:15.81	42.26	150m: 1:59.73	43.92	200m: 2:33.58	33.85		
5.	Tatiana Filipa SANTOS	95	Ginásio Figueirense					2:34.20	547
	50m: 34.02 34.02	100m: 1:10.18	36.16	150m: 1:57.71	47.53	200m: 2:34.20	36.49		
6.	Ana Catarina COSTA	95	Feirense					2:36.75	521
	50m: 33.93 33.93	100m: 1:12.62	38.69	150m: 2:00.10	47.48	200m: 2:36.75	36.65		
7.	Andreia Filipa ANJOS	92	Bairro dos Anjos					2:37.15	517
	50m: 33.67 33.67	100m: 1:13.80	40.13	150m: 2:02.19	48.39	200m: 2:37.15	34.96		
8.	Ana Isabel NEVES	96	Pimpões/Cimai					2:38.17	507
	50m: 34.65 34.65	100m: 1:15.00	40.35	150m: 2:01.95	46.95	200m: 2:38.17	36.22		
9.	Maria Ines ALMEIDA	96	Náutico/Matobra					2:39.91	490
	50m: 36.13 36.13	100m: 1:15.28	39.15	150m: 2:03.94	48.66	200m: 2:39.91	35.97		
10.	Ines Martins SILVA	94	Estamos Juntos					2:39.94	490
	50m: 33.40 33.40	100m: 1:13.66	40.26	150m: 2:03.31	49.65	200m: 2:39.94	36.63		
11.	Ana Margarida RODRIGUES	96	Galitos					2:40.71	483
	50m: 33.59 33.59	100m: 1:15.09	41.50	150m: 2:04.77	49.68	200m: 2:40.71	35.94		
12.	Mariana Pedroso CARVALHO	95	Náutico/Matobra					2:41.08	480
	50m: 33.62 33.62	100m: 1:16.25	42.63	150m: 2:04.33	48.08	200m: 2:41.08	36.75		
13.	Ana Beatriz SILVA	96	Gafanha da Encarnação					2:41.16	479
	50m: 35.00 35.00	100m: 1:15.46	40.46	150m: 2:04.36	48.90	200m: 2:41.16	36.80		
14.	Sara Cristiana VALENTE	96	Alcobaça					2:41.35	477
	50m: 33.82 33.82	100m: 1:17.89	44.07	150m: 2:04.59	46.70	200m: 2:41.35	36.76		
15.	Ines Silva PINHEIRO	91	Gafanha da Encarnação					2:41.51	476
	50m: 35.45 35.45	100m: 1:18.94	43.49	150m: 2:03.82	44.88	200m: 2:41.51	37.69		
16.	Carolina Francisco GOMES	95	Naval da Nazaré					2:41.60	475
	50m: 34.26 34.26	100m: 1:17.13	42.87	150m: 2:05.26	48.13	200m: 2:41.60	36.34		
17.	Joana Margarida GASPAR	92	Náutico da Marinha Grande					2:42.09	471
	50m: 34.48 34.48	100m: 1:19.05	44.57	150m: 2:05.42	46.37	200m: 2:42.09	36.67		
18.	Ana Carolina LEAL	96	Náutico/Matobra					2:42.79	465
	50m: 34.51 34.51	100m: 1:16.87	42.36	150m: 2:06.90	50.03	200m: 2:42.79	35.89		
19.	Ana Monica ELOI	96	Náutico da Marinha Grande					2:42.82	465
	50m: 35.32 35.32	100m: 1:17.58	42.26	150m: 2:05.29	47.71	200m: 2:42.82	37.53		
20.	Patricia Santos DINIS	95	Bombeiros das Caldas Rainha					2:43.23	461
	50m: 34.40 34.40	100m: 1:14.78	40.38	150m: 2:04.64	49.86	200m: 2:43.23	38.59		
21.	Ines Filipa BORGES	95	Alcobaça					2:43.83	456
	50m: 33.71 33.71	100m: 1:15.45	41.74	150m: 2:04.52	49.07	200m: 2:43.83	39.31		
22.	Beatriz Rocha NUNES	94	Ginásio Figueirense					2:43.99	455
	50m: 34.94 34.94	100m: 1:15.89	40.95	150m: 2:04.85	48.96	200m: 2:43.99	39.14		

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Prova 13, Femin., 200m Estilos, Open

Lugar			Ano					Tempo final	Pts
23.	Joana Margarida MONTEIRO	91	Pimpões/Cimai					2:44.33	452
	50m: 35.00 35.00	100m: 1:19.86	44.86	150m: 2:07.34	47.48	200m: 2:44.33	36.99		
24.	Joana Margarida GUIMARAES	95	Pimpões/Cimai					2:44.71	449
	50m: 35.30 35.30	100m: 1:17.26	41.96	150m: 2:06.53	49.27	200m: 2:44.71	38.18		
25.	Mariana Costa SEBASTIAO	95	Ginásio Figueirense					2:44.87	447
	50m: 36.82 36.82	100m: 1:16.42	39.60	150m: 2:06.63	50.21	200m: 2:44.87	38.24		
26.	Ana Mafalda OLIVEIRA	93	Freguesia de Paião					2:46.22	437
	50m: 34.95 34.95	100m: 1:17.45	42.50	150m: 2:07.62	50.17	200m: 2:46.22	38.60		
27.	Maria Joao PAIXAO	96	Ginásio Figueirense					2:46.28	436
	50m: 38.92 38.92	100m: 1:19.81	40.89	150m: 2:08.64	48.83	200m: 2:46.28	37.64		
28.	Ana Rita COSTA	91	Académica de Coimbra					2:47.10	430
	50m: 36.34 36.34	100m: 1:21.47	45.13	150m: 2:08.55	47.08	200m: 2:47.10	38.55		
29.	Ana Lucia CASTRO	92	Estarreja					2:47.65	426
	50m: 36.05 36.05	100m: 1:20.33	44.28	150m: 2:08.30	47.97	200m: 2:47.65	39.35		
30.	Jennifer Martins DIAS	96	Bombeiros das Caldas Rainha					2:47.95	423
	50m: 36.79 36.79	100m: 1:21.37	44.58	150m: 2:09.57	48.20	200m: 2:47.95	38.38		
31.	Ana Rita ARTUR	96	Académica de Coimbra					2:48.48	419
	50m: 36.99 36.99	100m: 1:18.84	41.85	150m: 2:10.52	51.68	200m: 2:48.48	37.96		
32.	Mariana Maia e SILVA	94	Pimpões/Cimai					2:48.50	419
	50m: 36.50 36.50	100m: 1:20.79	44.29	150m: 2:10.79	50.00	200m: 2:48.50	37.71		
33.	Ines Manuela FREITAS	94	Sporting de Espinho					2:48.52	419
	50m: 36.06 36.06	100m: 1:18.46	42.40	150m: 2:08.37	49.91	200m: 2:48.52	40.15		
34.	Mafalda Domingues VALENTE	96	Náutico da Marinha Grande					2:48.56	419
	50m: 36.15 36.15	100m: 1:21.64	45.49	150m: 2:10.09	48.45	200m: 2:48.56	38.47		
35.	Carla Sofia CRUZ	96	Sporting de Espinho					2:48.62	418
	50m: 33.84 33.84	100m: 1:17.20	43.36	150m: 2:09.93	52.73	200m: 2:48.62	38.69		
36.	Rita Daniela ARMINDO	95	Industrial Viegrense					2:49.66	411
	50m: 39.43 39.43	100m: 1:22.75	43.32	150m: 2:11.63	48.88	200m: 2:49.66	38.03		
37.	Patricia Sousa PAULO	96	Benedita					2:49.67	411
	50m: 37.57 37.57	100m: 1:21.86	44.29	150m: 2:10.62	48.76	200m: 2:49.67	39.05		
38.	Telma Alexandra GRILO	92	Pimpões/Cimai					2:51.95	394
	50m: 36.25 36.25	100m: 1:22.03	45.78	150m: 2:13.66	51.63	200m: 2:51.95	38.29		
39.	Ana Luisa RAMOS	95	Gafanha da Encarnação					2:51.96	394
	50m: 38.04 38.04	100m: 1:21.17	43.13	150m: 2:13.05	51.88	200m: 2:51.96	38.91		
40.	Ana Raquel ALBUQUERQUE	95	Sporting de Aveiro					2:53.71	382
	50m: 37.09 37.09	100m: 1:21.69	44.60	150m: 2:12.79	51.10	200m: 2:53.71	40.92		
41.	Cristiana Andreia LIMA	95	Núcleo de Pombal					2:53.77	382
	50m: 37.10 37.10	100m: 1:22.55	45.45	150m: 2:17.55	55.00	200m: 2:53.77	36.22		
42.	Filipa Costa GASPAR	96	Freguesia de Paião					2:56.06	367
	50m: 38.81 38.81	100m: 1:23.56	44.75	150m: 2:17.84	54.28	200m: 2:56.06	38.22		
43.	Vanessa Rodrigues VALENTE	94	Estarreja					2:56.34	366
	50m: 38.80 38.80	100m: 1:25.23	46.43	150m: 2:15.74	50.51	200m: 2:56.34	40.60		
44.	Maria Joao OLIVEIRA	95	Sporting de Espinho					2:57.29	360
	50m: 35.64 35.64	100m: 1:22.84	47.20	150m: 2:18.18	55.34	200m: 2:57.29	39.11		
45.	Ana Margarida LOURENCO	96	Benedita					2:57.81	357
	50m: 42.15 42.15	100m: 1:24.41	42.26	150m: 2:20.74	56.33	200m: 2:57.81	37.07		
46.	Ana Catarina CARLOS	96	Náutico da Marinha Grande					2:58.18	354
	50m: 39.47 39.47	100m: 1:23.37	43.90	150m: 2:15.98	52.61	200m: 2:58.18	42.20		

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Prova 13, Femin., 200m Estilos, Open

Lugar			Ano			Tempo final	Pts	
47.	Maria Anastacio	LUIS	96	Benedita		2:58.92	350	
	50m:	41.12 41.12	100m:	1:25.87 44.75	150m:	2:20.76 54.89	200m:	2:58.92 38.16
48.	Joana Faim	ALMEIDA	96	Ginásio Figueirense		2:59.42	347	
	50m:	41.20 41.20	100m:	1:25.44 44.24	150m:	2:18.10 52.66	200m:	2:59.42 41.32
49.	Carolina Rodrigues	BARTOLOMEU	96	Galitos		3:00.26	342	
	50m:	38.17 38.17	100m:	1:25.85 47.68	150m:	2:18.49 52.64	200m:	3:00.26 41.77
50.	Sofia Caramelo	FOLGADO	96	Náutico/Matobra		3:02.01	332	
	50m:	39.49 39.49	100m:	1:25.26 45.77	150m:	2:22.04 56.78	200m:	3:02.01 39.97
51.	Patricia Silva	MARQUES	95	Feirense		3:02.77	328	
	<i>FTL</i>							
	50m:	37.64 37.64	100m:	1:23.44 45.80	150m:	2:18.22 54.78	200m:	3:02.77 44.55
52.	Joana Filipa	PAULINO	96	Galitos		3:03.14	326	
	50m:	35.82 35.82	100m:	1:22.19 46.37	150m:	2:18.89 56.70	200m:	3:03.14 44.25
53.	Debora Alexandra	CATALAO	96	Óbidos Patrimonium		3:03.54	324	
	50m:	43.14 43.14	100m:	1:29.84 46.70	150m:	2:23.00 53.16	200m:	3:03.54 40.54
54.	Catarina Rita	ANDRADE	95	Feirense		3:05.75	313	
	<i>FTL</i>							
	50m:	41.16 41.16	100m:	1:28.76 47.60	150m:	2:27.30 58.54	200m:	3:05.75 38.45
55.	Filipa Santos	CASTRO	96	Algés e Águeda		3:06.07	311	
	50m:	41.10 41.10	100m:	1:28.54 47.44	150m:	2:23.38 54.84	200m:	3:06.07 42.69
56.	Cristina Alexandra	FURTADO	96	Estamos Juntos		3:09.20	296	
	50m:	44.27 44.27	100m:	1:34.90 50.63	150m:	2:29.23 54.33	200m:	3:09.20 39.97
57.	Raquel Monteiro	NEGRAO	96	Bombeiros das Caldas Raíña		3:10.75	289	
	50m:	40.26 40.26	100m:	1:28.54 48.28	150m:	2:26.90 58.36	200m:	3:10.75 43.85
58.	Adriana Cristina	CARVALHO	96	Campinho		3:13.81	275	
	50m:	45.45 45.45	100m:	1:31.55 46.10	150m:	2:27.66 56.11	200m:	3:13.81 46.15
59.	Catia Sousa	EUSEBIO	96	Bombeiros das Caldas Raíña		3:14.38	273	
	50m:	43.60 43.60	100m:	1:33.04 49.44	150m:	2:28.77 55.73	200m:	3:14.38 45.61
60.	Joana Sofia	CAPINHA	96	Óbidos Patrimonium		3:17.80	259	
	50m:	41.93 41.93	100m:	1:34.56 52.63	150m:	2:31.89 57.33	200m:	3:17.80 45.91
61.	Bruna Almeida	GOMES	96	Estamos Juntos		3:19.71	252	
	50m:	42.15 42.15	100m:	1:33.61 51.46	150m:	2:33.85 1:00.24	200m:	3:19.71 45.86
DSQ	Soraia Raquel	RODRIGUES	96	Feirense				
	<i>a atleta não completou o percurso</i>							
DSQ	Jessica Andreia	CARVALHO	96	Bairro dos Anjos				
	<i>Rompeu a superfície depois dos 15 m</i>							
DNS	Carolina Santana	GONCALVES	95	Núcleo de Pombal				
DNS	Patricia Fonseca	SILVA	93	Feirense				
EXH	Victoriya	KAMINSKAYA	95	Pimpões/Cimai		2:26.62	636	
	50m:	31.98 31.98	100m:	1:09.22 37.24	150m:	1:51.97 42.75	200m:	2:26.62 34.65

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Prova 14 Masc., 50m Livres Jun
27.2.10 - 12:10 Resultados

(TA) JUN Masc : 29.21

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Mario Alexandre PEREIRA Ginásio Figueirense	24.70	609
2.	92	Nuno Durao PASCOAL Galitos	25.67	542
3.	92	Pedro Miguel COSTA Sporting de Espinho	25.96	524
4.	93	Filipe Franco NORTE Náutico da Marinha Grande	26.16	512
5.	92	Rui Costa FERREIRA Galitos	26.23	508
6.	92	Gustavo Alexandre MENESES Columbófila Cantanhedense	26.25	507
7.	92	Joao Jose VIEGAS Galitos	26.41	498
8.	93	Daciano Egidio SOUSA Ginásio Figueirense	26.42	497
9.	93	Nelson Fernandes SILVA Freguesia de Paião	26.52	492
10.	92	Francisco Vala PIRES Bairro dos Anjos	26.59	488
11.	93	Gabriel Soares MARTINS Campinho	26.63	486
12.	93	Filipe Rosa de OLIVEIRA Bairro dos Anjos	26.92	470
	92	Manuel Andril CORDEIRO Bairro dos Anjos	26.92	470
14.	93	Andre Filipe da GRACA Alcobaça	27.01	465
	93	Emanuel Augusto PINHO Feirense	27.01	465
16.	92	Joao Paulo RIBEIRO Bairro dos Anjos	27.04	464
17.	93	Pedro Jorge SANTOS Sporting de Aveiro	27.16	458
18.	93	Diogo Fontes MOREIRA Estamos Juntos	27.19	456
19.	92	Joao Diogo FRANCISCO Benedita	27.25	453
20.	92	Guilherme Joao PATRIARCA Académica de Coimbra	27.30	451
21.	92	Andre Rocha VALENTE Académica de Coimbra	27.37	447
22.	93	Guilherme Gonçalves NEVES Académico Viseu	27.62	435
23.	92	Luis Daniel MOREIRA Sporting de Espinho	27.76	429
24.	92	Jose Figueiredo PEREIRA Estarreja	28.25	407
25.	93	Flavio Cardoso RELVA Bairro dos Anjos	28.29	405
DNS	93	Rui Jorge OLIVEIRA Salesiano de Arouca		
DNS	92	Gil António MOREIRA Salesiano de Arouca		
DNS	93	Mario Henrique PINTO Salesiano de Arouca		

Prova 14 Masc., 50m Livres Sen
27.2.10 - 12:10 Resultados

(TA) SEN Masc : 28.52

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	88	Rui Miguel FONSECA Náutico/Matobra	25.82	533
2.	91	Bruno Gustavo NOGUEIRA Fundação Beatriz Santos	25.92	527
3.	91	Ivo Monico de ALMEIDA Bairro dos Anjos	26.05	519
4.	87	Joao Macedo FIGUEIREDO Bairro dos Anjos	26.20	510
5.	90	Tomas Santos CUNHA Fundação Beatriz Santos	26.23	508
6.	90	Pedro Fragoso LOPES Columbófila Cantanhedense	26.32	503
7.	91	Tiago Filipe PEREIRA Bairro dos Anjos	26.35	501
8.	86	Helder Alexandre GODINHO Bairro dos Anjos	26.53	491
	90	Joao Bernardo ABRANTES Náutico/Matobra	26.53	491
10.	91	Daniel Alexandre RODRIGUES Náutico/Matobra	26.60	487
11.	90	Artur Guilherme COSTA Feirense	26.64	485
12.	91	Pedro Octavio FERNANDES Académica de Coimbra	26.86	473
13.	89	Fabio Silva FERREIRA Feirense	26.87	473
14.	89	Joao Albano VIOLA Náutico/Matobra	27.01	465
15.	88	Hugo Emanuel LEITE Feirense	27.06	463
16.	88	Joao David SOUSA Estarreja	27.15	458

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 14, Masc., 50m Livres, Sen

Lugar	Ano		Tempo final	Pts
16.	91	Andre Ricardo SIMOES Galitos	27.15	458
18.	87	Tiago Filipe SAPATA Académico Viseu	27.63	435
19.	90	Mario Diogo NOBREGA S.Pedro do Sul	28.05	416
20.	90	Tiago Filipe LEAL Académica de Coimbra	28.10	413
	90	Diogo Goncalves BARBOSA Feirense	28.10	413
22.	90	Renato Jose LIMA Feirense	28.23	408
23.	91	Andre Lopes NEVES Bairro dos Anjos	28.56	394
		<i>FTL</i>		
DNS	84	Sérgio Eduardo VIEIRA Salesiano de Arouca		
DNS	91	Mario Jorge SILVA Ginásio Figueirense		

Prova 14

Masc., 50m Livres

Open

27.2.10 - 12:10

Resultados

(TA) JUN Masc Jun: 29.21 / (TA) SEN Masc Sen: 28.52

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Mario Alexandre PEREIRA Ginásio Figueirense	24.70	609
2.	92	Nuno Durao PASCOAL Galitos	25.67	542
3.	88	Rui Miguel FONSECA Náutico/Matobra	25.82	533
4.	91	Bruno Gustavo NOGUEIRA Fundação Beatriz Santos	25.92	527
5.	92	Pedro Miguel COSTA Sporting de Espinho	25.96	524
6.	91	Ivo Monico de ALMEIDA Bairro dos Anjos	26.05	519
7.	93	Filipe Franco NORTE Náutico da Marinha Grande	26.16	512
8.	87	Joao Macedo FIGUEIREDO Bairro dos Anjos	26.20	510
9.	90	Tomas Santos CUNHA Fundação Beatriz Santos	26.23	508
	92	Rui Costa FERREIRA Galitos	26.23	508
11.	92	Gustavo Alexandre MENESES Columbófila Cantanhedense	26.25	507
12.	90	Pedro Fragoso LOPES Columbófila Cantanhedense	26.32	503
13.	91	Tiago Filipe PEREIRA Bairro dos Anjos	26.35	501
14.	92	Joao Jose VIEGAS Galitos	26.41	498
15.	93	Daciano Egidio SOUSA Ginásio Figueirense	26.42	497
16.	93	Nelson Fernandes SILVA Freguesia de Paião	26.52	492
17.	86	Helder Alexandre GODINHO Bairro dos Anjos	26.53	491
	90	Joao Bernardo ABRANTES Náutico/Matobra	26.53	491
19.	92	Francisco Vala PIRES Bairro dos Anjos	26.59	488
20.	91	Daniel Alexandre RODRIGUES Náutico/Matobra	26.60	487
21.	93	Gabriel Soares MARTINS Campinho	26.63	486
22.	90	Artur Guilherme COSTA Feirense	26.64	485
23.	91	Pedro Octavio FERNANDES Académica de Coimbra	26.86	473
24.	89	Fabio Silva FERREIRA Feirense	26.87	473
25.	92	Manuel Andril CORDEIRO Bairro dos Anjos	26.92	470
	93	Filipe Rosa de OLIVEIRA Bairro dos Anjos	26.92	470
27.	93	Andre Filipe da GRACA Alcobaça	27.01	465
	89	Joao Albano VIOLA Náutico/Matobra	27.01	465
	93	Emanuel Augusto PINHO Feirense	27.01	465
30.	92	Joao Paulo RIBEIRO Bairro dos Anjos	27.04	464
31.	88	Hugo Emanuel LEITE Feirense	27.06	463
32.	88	Joao David SOUSA Estarreja	27.15	458
	91	Andre Ricardo SIMOES Galitos	27.15	458
34.	93	Pedro Jorge SANTOS Sporting de Aveiro	27.16	458
35.	93	Diogo Fontes MOREIRA Estamos Juntos	27.19	456
36.	92	Joao Diogo FRANCISCO Benedita	27.25	453
37.	92	Guilherme Joao PATRIARCA Académica de Coimbra	27.30	451

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 14, Masc., 50m Livres, Open

Lugar	Ano	Tempo final	Pts
38. Andre Rocha VALENTE	92 Académica de Coimbra	27.37	447
39. Guilherme Gonçalves NEVES	93 Académico Viseu	27.62	435
40. Tiago Filipe SAPATA	87 Académico Viseu	27.63	435
41. Luis Daniel MOREIRA	92 Sporting de Espinho	27.76	429
42. Mario Diogo NOBREGA	90 S.Pedro do Sul	28.05	416
43. Diogo Goncalves BARBOSA	90 Feirense	28.10	413
Tiago Filipe LEAL	90 Académica de Coimbra	28.10	413
45. Renato Jose LIMA	90 Feirense	28.23	408
46. Jose Figueiredo PEREIRA	92 Estarreja	28.25	407
47. Flavio Cardoso RELVA	93 Bairro dos Anjos	28.29	405
48. Andre Lopes NEVES	91 Bairro dos Anjos	28.56	394
<i>FTL</i>			
DNS Rui Jorge OLIVEIRA	93 Salesiano de Arouca		
DNS Sérgio Eduardo VIEIRA	84 Salesiano de Arouca		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		
DNS Mario Henrique PINTO	93 Salesiano de Arouca		
DNS Gil António MOREIRA	92 Salesiano de Arouca		

Prova 15
27.2.10 - 12:15

Femin., 800m Livres

Juv
Resultados

(TA) JUV Fem : 11:50.70

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Florbela Cavaco MACHADO	96 Columbófila Cantanhedense	9:46.50	597
50m: 33.23 33.23	250m: 2:59.51 36.69	450m: 5:28.48 37.49	650m: 7:56.58 37.44
100m: 1:10.10 36.87	300m: 3:36.90 37.39	500m: 6:05.52 37.04	700m: 8:33.91 37.33
150m: 1:46.39 36.29	350m: 4:13.82 36.92	550m: 6:42.50 36.98	750m: 9:10.85 36.94
200m: 2:22.82 36.43	400m: 4:50.99 37.17	600m: 7:19.14 36.64	800m: 9:46.50 35.65
2. Maria Amelia GASPAR	96 Náutico/Matobra	10:00.00	558
50m: 34.58 34.58	250m: 3:04.07 37.56	450m: 5:36.19 38.01	650m: 8:07.79 37.44
100m: 1:11.84 37.26	300m: 3:42.05 37.98	500m: 6:14.40 38.21	700m: 8:45.95 38.16
150m: 1:48.90 37.06	350m: 4:19.94 37.89	550m: 6:51.99 37.59	750m: 9:23.74 37.79
200m: 2:26.51 37.61	400m: 4:58.18 38.24	600m: 7:30.35 38.36	800m: 10:00.00 36.26
3. Mariana Jesus COSTA	96 Alcobaça	10:09.31	533
50m: 34.68 34.68	250m: 3:04.39 38.16	450m: 5:37.65 38.61	650m: 8:14.44 38.87
100m: 1:11.27 36.59	300m: 3:42.78 38.39	500m: 6:17.13 39.48	700m: 8:52.99 38.55
150m: 1:49.09 37.82	350m: 4:20.53 37.75	550m: 6:56.51 39.38	750m: 9:30.72 37.73
200m: 2:26.23 37.14	400m: 4:59.04 38.51	600m: 7:35.57 39.06	800m: 10:09.31 38.59
4. Ana Luisa CARVALHO	96 Náutico/Matobra	10:10.01	531
50m: 33.53 33.53	250m: 3:03.07 38.02	450m: 5:37.70 39.25	650m: 8:14.10 39.10
100m: 1:09.99 36.46	300m: 3:41.01 37.94	500m: 6:16.89 39.19	700m: 8:52.95 38.85
150m: 1:47.43 37.44	350m: 4:19.63 38.62	550m: 6:56.05 39.16	750m: 9:31.98 39.03
200m: 2:25.05 37.62	400m: 4:58.45 38.82	600m: 7:35.00 38.95	800m: 10:10.01 38.03
5. Carla Rosario PALMA	96 Alcobaça	10:11.38	527
50m: 33.91 33.91	250m: 3:06.56 38.42	450m: 5:41.87 38.66	650m: 8:18.35 38.54
100m: 1:11.60 37.69	300m: 3:45.41 38.85	500m: 6:21.47 39.60	700m: 8:57.89 39.54
150m: 1:49.23 37.63	350m: 4:24.04 38.63	550m: 7:00.22 38.75	750m: 9:35.09 37.20
200m: 2:28.14 38.91	400m: 5:03.21 39.17	600m: 7:39.81 39.59	800m: 10:11.38 36.29
6. Ana Monica ELOI	96 Náutico da Marinha Grande	10:17.48	512
50m: 34.15 34.15	250m: 3:05.85 38.34	450m: 5:42.14 39.20	650m: 8:20.26 39.30
100m: 1:11.13 36.98	300m: 3:44.74 38.89	500m: 6:21.54 39.40	700m: 8:59.54 39.28
150m: 1:48.94 37.81	350m: 4:23.49 38.75	550m: 7:00.80 39.26	750m: 9:38.54 39.00
200m: 2:27.51 38.57	400m: 5:02.94 39.45	600m: 7:40.96 40.16	800m: 10:17.48 38.94

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 15, Femin., 800m Livres, Juv

Lugar			Ano					Tempo final	Pts		
7.	Debora Filipa DUQUE		96	Pimpões/Cimai				10:21.18	503		
	50m:	35.19 35.19	250m:	3:07.88	38.48	450m:	5:44.37	40.07	650m:	8:22.87	39.73
	100m:	1:12.95 37.76	300m:	3:46.15	38.27	500m:	6:23.93	39.56	700m:	9:02.64	39.77
	150m:	1:51.39 38.44	350m:	4:25.42	39.27	550m:	7:03.79	39.86	750m:	9:42.32	39.68
	200m:	2:29.40 38.01	400m:	5:04.30	38.88	600m:	7:43.14	39.35	800m:	10:21.18	38.86
8.	Patricia Monteiro NEGRAO		96	Bombeiros das Caldas Rainha				10:46.05	447		
	50m:	35.00 35.00	250m:	3:14.81	40.53	450m:	5:58.94	41.46	650m:	8:43.46	41.41
	100m:	1:14.02 39.02	300m:	3:55.71	40.90	500m:	6:40.45	41.51	700m:	9:25.29	41.83
	150m:	1:54.26 40.24	350m:	4:36.85	41.14	550m:	7:21.67	41.22	750m:	10:05.99	40.70
	200m:	2:34.28 40.02	400m:	5:17.48	40.63	600m:	8:02.05	40.38	800m:	10:46.05	40.06
9.	Marina Pereira ALMEIDA		96	Académico Viseu				10:52.66	433		
	50m:	36.54 36.54	250m:	3:20.08	41.17	450m:	6:07.11	41.67	650m:	8:52.51	41.02
	100m:	1:16.68 40.14	300m:	4:01.98	41.90	500m:	6:48.70	41.59	700m:	9:34.03	41.52
	150m:	1:57.43 40.75	350m:	4:43.79	41.81	550m:	7:29.98	41.28	750m:	10:14.68	40.65
	200m:	2:38.91 41.48	400m:	5:25.44	41.65	600m:	8:11.49	41.51	800m:	10:52.66	37.98
10.	Renata Castro GONCALVES		96	Sporting de Aveiro				10:53.34	432		
	50m:	35.63 35.63	250m:	3:18.14	41.11	450m:	6:04.86	42.61	650m:	8:52.01	42.11
	100m:	1:15.24 39.61	300m:	3:58.94	40.80	500m:	6:46.33	41.47	700m:	9:32.93	40.92
	150m:	1:56.53 41.29	350m:	4:41.20	42.26	550m:	7:28.79	42.46	750m:	10:14.47	41.54
	200m:	2:37.03 40.50	400m:	5:22.25	41.05	600m:	8:09.90	41.11	800m:	10:53.34	38.87
11.	Francisca Silva MARQUES		96	Académica de Coimbra				11:37.38	355		
	50m:	37.71 37.71	250m:	3:30.42	43.22	450m:	6:28.11	44.62	650m:	9:26.68	44.34
	100m:	1:20.22 42.51	300m:	4:15.03	44.61	500m:	7:12.50	44.39	700m:	10:11.07	44.39
	150m:	2:03.12 42.90	350m:	4:59.05	44.02	550m:	7:57.36	44.86	750m:	10:55.19	44.12
	200m:	2:47.20 44.08	400m:	5:43.49	44.44	600m:	8:42.34	44.98	800m:	11:37.38	42.19

Prova 15
27.2.10 - 12:15

Femin., 800m Livres

Jun
Resultados

(TA) JUN Fem : 11:15.05

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Carolina Cunha MARTINS		95	Náutico/Matobra				9:23.40	674		
	50m:	32.56 32.56	250m:	2:53.40	35.23	450m:	5:15.18	35.16	650m:	7:36.49	35.27
	100m:	1:07.61 35.05	300m:	3:28.89	35.49	500m:	5:50.45	35.27	700m:	8:12.12	35.63
	150m:	1:42.73 35.12	350m:	4:04.38	35.49	550m:	6:25.75	35.30	750m:	8:48.06	35.94
	200m:	2:18.17 35.44	400m:	4:40.02	35.64	600m:	7:01.22	35.47	800m:	9:23.40	35.34
2.	Ines Sofia SAMPAIO		94	Académico Viseu				9:38.92	621		
	50m:	32.36 32.36	250m:	2:54.31	36.28	450m:	5:18.91	37.07	650m:	7:49.12	37.54
	100m:	1:07.30 34.94	300m:	3:29.70	35.39	500m:	5:56.26	37.35	700m:	8:26.36	37.24
	150m:	1:42.98 35.68	350m:	4:05.70	36.00	550m:	6:33.80	37.54	750m:	9:03.99	37.63
	200m:	2:18.03 35.05	400m:	4:41.84	36.14	600m:	7:11.58	37.78	800m:	9:38.92	34.93
3.	Catia Andreia CLARA		95	Náutico da Marinha Grande				9:56.10	569		
	50m:	33.96 33.96	250m:	3:04.33	37.76	450m:	5:34.81	37.69	650m:	8:05.50	37.48
	100m:	1:10.61 36.65	300m:	3:42.05	37.72	500m:	6:12.64	37.83	700m:	8:42.78	37.28
	150m:	1:48.70 38.09	350m:	4:19.79	37.74	550m:	6:50.60	37.96	750m:	9:19.79	37.01
	200m:	2:26.57 37.87	400m:	4:57.12	37.33	600m:	7:28.02	37.42	800m:	9:56.10	36.31
4.	Mariana Rocha VALENTE		95	Náutico/Matobra				9:57.40	565		
	50m:	33.45 33.45	250m:	3:01.93	37.08	450m:	5:33.01	38.10	650m:	8:05.60	38.66
	100m:	1:10.04 36.59	300m:	3:39.19	37.26	500m:	6:11.17	38.16	700m:	8:43.76	38.16
	150m:	1:47.25 37.21	350m:	4:17.09	37.90	550m:	6:49.01	37.84	750m:	9:20.93	37.17
	200m:	2:24.85 37.60	400m:	4:54.91	37.82	600m:	7:26.94	37.93	800m:	9:57.40	36.47
5.	Raquel Raimundo FERREIRA		95	Náutico/Matobra				10:05.91	542		
	50m:	35.15 35.15	250m:	3:07.17	38.13	450m:	5:40.87	38.39	650m:	8:14.62	38.35
	100m:	1:12.83 37.68	300m:	3:45.81	38.64	500m:	6:19.36	38.49	700m:	8:52.68	38.06
	150m:	1:51.08 38.25	350m:	4:24.13	38.32	550m:	6:57.76	38.40	750m:	9:29.54	36.86
	200m:	2:29.04 37.96	400m:	5:02.48	38.35	600m:	7:36.27	38.51	800m:	10:05.91	36.37

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 15, Femin., 800m Livres, Jun

Lugar			Ano					Tempo final	Pts
6.	Melanie Bronze SANTOS		95	Alcoçaba				10:11.86	526
	50m:	33.88 33.88	250m:	3:04.25	38.08	450m:	5:38.55 38.89	650m:	8:15.55 39.49
	100m:	1:10.93 37.05	300m:	3:42.34	38.09	500m:	6:17.77 39.22	700m:	8:54.48 38.93
	150m:	1:48.44 37.51	350m:	4:20.65	38.31	550m:	6:57.04 39.27	750m:	9:33.38 38.90
	200m:	2:26.17 37.73	400m:	4:59.66	39.01	600m:	7:36.06 39.02	800m:	10:11.86 38.48
7.	Ana Sofia COSTA		95	Alcoçaba				10:12.76	524
	50m:	33.98 33.98	250m:	3:06.33	38.41	450m:	5:41.01 38.94	650m:	8:16.69 38.73
	100m:	1:11.20 37.22	300m:	3:44.64	38.31	500m:	6:19.97 38.96	700m:	8:56.26 39.57
	150m:	1:49.42 38.22	350m:	4:23.17	38.53	550m:	6:59.09 39.12	750m:	9:34.93 38.67
	200m:	2:27.92 38.50	400m:	5:02.07	38.90	600m:	7:37.96 38.87	800m:	10:12.76 37.83
8.	Joana Ines OLIVEIRA		95	Académica de Coimbra				10:15.32	517
	50m:	35.06 35.06	250m:	3:06.87	38.39	450m:	5:41.49 39.08	650m:	8:18.71 39.85
	100m:	1:12.55 37.49	300m:	3:44.76	37.89	500m:	6:20.32 38.83	700m:	8:57.89 39.18
	150m:	1:50.64 38.09	350m:	4:23.77	39.01	550m:	6:59.87 39.55	750m:	9:37.66 39.77
	200m:	2:28.48 37.84	400m:	5:02.41	38.64	600m:	7:38.86 38.99	800m:	10:15.32 37.66
9.	Tatiana Cruz COSTA		94	Miranda do Corvo				10:23.29	498
	50m:	35.33 35.33	250m:	3:09.43	39.10	450m:	5:46.77 39.76	650m:	8:25.80 39.98
	100m:	1:13.18 37.85	300m:	3:48.13	38.70	500m:	6:26.50 39.73	700m:	9:04.63 38.83
	150m:	1:52.08 38.90	350m:	4:27.71	39.58	550m:	7:06.32 39.82	750m:	9:44.52 39.89
	200m:	2:30.33 38.25	400m:	5:07.01	39.30	600m:	7:45.82 39.50	800m:	10:23.29 38.77
10.	Ana Rita JESUS		95	Desportivo Mealhada				11:00.02	419
	50m:	37.89 37.89	250m:	3:22.76	41.67	450m:	6:08.98 41.32	650m:	8:56.16 42.30
	100m:	1:18.34 40.45	300m:	4:04.29	41.53	500m:	6:50.34 41.36	700m:	9:38.08 41.92
	150m:	1:59.72 41.38	350m:	4:46.10	41.81	550m:	7:31.98 41.64	750m:	10:19.59 41.51
	200m:	2:41.09 41.37	400m:	5:27.66	41.56	600m:	8:13.86 41.88	800m:	11:00.02 40.43
11.	Ines Ricardo AMARAL FTL		95	Naval da Nazaré				11:28.23	370
	50m:	38.07 38.07	250m:	3:31.99	43.68	450m:	6:28.72 43.72	650m:	9:22.25 43.92
	100m:	1:20.49 42.42	300m:	4:16.63	44.64	500m:	7:11.58 42.86	700m:	10:05.17 42.92
	150m:	2:04.98 44.49	350m:	5:01.04	44.41	550m:	7:55.23 43.65	750m:	10:47.80 42.63
	200m:	2:48.31 43.33	400m:	5:45.00	43.96	600m:	8:38.33 43.10	800m:	11:28.23 40.43

Prova 15

Femin., 800m Livres

Sen

27.2.10 - 12:15

Resultados

(TA) SEN Fem : 11:07.00

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Maria Miguel VELOSO		93	Náutico/Matobra				9:17.34	696
	50m:	32.24 32.24	250m:	2:51.29	35.14	450m:	5:11.16 35.19	650m:	7:32.31 35.15
	100m:	1:06.33 34.09	300m:	3:26.17	34.88	500m:	5:46.47 35.31	700m:	8:07.65 35.34
	150m:	1:41.18 34.85	350m:	4:00.98	34.81	550m:	6:21.82 35.35	750m:	8:42.89 35.24
	200m:	2:16.15 34.97	400m:	4:35.97	34.99	600m:	6:57.16 35.34	800m:	9:17.34 34.45
2.	Tania Martins GARCIA		92	Ginásio Figueirense				10:02.32	552
	50m:	35.05 35.05	250m:	3:03.81	37.35	450m:	5:34.73 38.06	650m:	8:08.10 38.39
	100m:	1:11.76 36.71	300m:	3:41.47	37.66	500m:	6:13.06 38.33	700m:	8:46.32 38.22
	150m:	1:49.17 37.41	350m:	4:19.17	37.70	550m:	6:51.57 38.51	750m:	9:24.61 38.29
	200m:	2:26.46 37.29	400m:	4:56.67	37.50	600m:	7:29.71 38.14	800m:	10:02.32 37.71
3.	Raquel Bartolo VITOR		93	Académica de Coimbra				10:06.29	541
	50m:	34.24 34.24	250m:	3:03.51	38.13	450m:	5:36.70 38.47	650m:	8:11.39 38.64
	100m:	1:10.34 36.10	300m:	3:41.54	38.03	500m:	6:15.33 38.63	700m:	8:49.98 38.59
	150m:	1:47.92 37.58	350m:	4:19.65	38.11	550m:	6:53.82 38.49	750m:	9:28.48 38.50
	200m:	2:25.38 37.46	400m:	4:58.23	38.58	600m:	7:32.75 38.93	800m:	10:06.29 37.81
4.	Ana Filipa LEITE		86	Académica de Coimbra				10:16.08	515
	50m:	34.94 34.94	250m:	3:07.87	38.61	450m:	5:43.85 39.41	650m:	8:20.58 39.13
	100m:	1:12.65 37.71	300m:	3:46.32	38.45	500m:	6:22.92 39.07	700m:	8:59.47 38.89
	150m:	1:50.83 38.18	350m:	4:25.67	39.35	550m:	7:02.32 39.40	750m:	9:38.13 38.66
	200m:	2:29.26 38.43	400m:	5:04.44	38.77	600m:	7:41.45 39.13	800m:	10:16.08 37.95

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 15, Femin., 800m Livres, Sen

Lugar	Ano	Tempo final	Pts
5. Adriana Fialho PASSARINHO	93 Benedita	10:42.48	454
50m: 36.32 36.32 250m: 3:17.32 40.15 450m: 5:59.52 40.20 650m: 8:42.36 40.37			
100m: 1:16.48 40.16 300m: 3:58.22 40.90 500m: 6:40.58 41.06 700m: 9:23.28 40.92			
150m: 1:56.35 39.87 350m: 4:38.60 40.38 550m: 7:21.06 40.48 750m: 10:03.50 40.22			
200m: 2:37.17 40.82 400m: 5:19.32 40.72 600m: 8:01.99 40.93 800m: 10:42.48 38.98			
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		

Prova 15 Femin., 800m Livres Open
27.2.10 - 12:15 Resultados

(TA) JUV Fem Juv: 11:50.70 / (TA) JUN Fem Jun: 11:15.05 / (TA) SEN Fem Sen: 11:07.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO	93 Náutico/Matobra	9:17.34	696
50m: 32.24 32.24 250m: 2:51.29 35.14 450m: 5:11.16 35.19 650m: 7:32.31 35.15			
100m: 1:06.33 34.09 300m: 3:26.17 34.88 500m: 5:46.47 35.31 700m: 8:07.65 35.34			
150m: 1:41.18 34.85 350m: 4:00.98 34.81 550m: 6:21.82 35.35 750m: 8:42.89 35.24			
200m: 2:16.15 34.97 400m: 4:35.97 34.99 600m: 6:57.16 35.34 800m: 9:17.34 34.45			
2. Carolina Cunha MARTINS	95 Náutico/Matobra	9:23.40	674
50m: 32.56 32.56 250m: 2:53.40 35.23 450m: 5:15.18 35.16 650m: 7:36.49 35.27			
100m: 1:07.61 35.05 300m: 3:28.89 35.49 500m: 5:50.45 35.27 700m: 8:12.12 35.63			
150m: 1:42.73 35.12 350m: 4:04.38 35.49 550m: 6:25.75 35.30 750m: 8:48.06 35.94			
200m: 2:18.17 35.44 400m: 4:40.02 35.64 600m: 7:01.22 35.47 800m: 9:23.40 35.34			
3. Ines Sofia SAMPAIO	94 Académico Viseu	9:38.92	621
50m: 32.36 32.36 250m: 2:54.31 36.28 450m: 5:18.91 37.07 650m: 7:49.12 37.54			
100m: 1:07.30 34.94 300m: 3:29.70 35.39 500m: 5:56.26 37.35 700m: 8:26.36 37.24			
150m: 1:42.98 35.68 350m: 4:05.70 36.00 550m: 6:33.80 37.54 750m: 9:03.99 37.63			
200m: 2:18.03 35.05 400m: 4:41.84 36.14 600m: 7:11.58 37.78 800m: 9:38.92 34.93			
4. Florbela Cavaco MACHADO	96 Columbófila Cantanhedense	9:46.50	597
50m: 33.23 33.23 250m: 2:59.51 36.69 450m: 5:28.48 37.49 650m: 7:56.58 37.44			
100m: 1:10.10 36.87 300m: 3:36.90 37.39 500m: 6:05.52 37.04 700m: 8:33.91 37.33			
150m: 1:46.39 36.29 350m: 4:13.82 36.92 550m: 6:42.50 36.98 750m: 9:10.85 36.94			
200m: 2:22.82 36.43 400m: 4:50.99 37.17 600m: 7:19.14 36.64 800m: 9:46.50 35.65			
5. Catia Andreia CLARA	95 Náutico da Marinha Grande	9:56.10	569
50m: 33.96 33.96 250m: 3:04.33 37.76 450m: 5:34.81 37.69 650m: 8:05.50 37.48			
100m: 1:10.61 36.65 300m: 3:42.05 37.72 500m: 6:12.64 37.83 700m: 8:42.78 37.28			
150m: 1:48.70 38.09 350m: 4:19.79 37.74 550m: 6:50.60 37.96 750m: 9:19.79 37.01			
200m: 2:26.57 37.87 400m: 4:57.12 37.33 600m: 7:28.02 37.42 800m: 9:56.10 36.31			
6. Mariana Rocha VALENTE	95 Náutico/Matobra	9:57.40	565
50m: 33.45 33.45 250m: 3:01.93 37.08 450m: 5:33.01 38.10 650m: 8:05.60 38.66			
100m: 1:10.04 36.59 300m: 3:39.19 37.26 500m: 6:11.17 38.16 700m: 8:43.76 38.16			
150m: 1:47.25 37.21 350m: 4:17.09 37.90 550m: 6:49.01 37.84 750m: 9:20.93 37.17			
200m: 2:24.85 37.60 400m: 4:54.91 37.82 600m: 7:26.94 37.93 800m: 9:57.40 36.47			
7. Maria Amelia GASPAR	96 Náutico/Matobra	10:00.00	558
50m: 34.58 34.58 250m: 3:04.07 37.56 450m: 5:36.19 38.01 650m: 8:07.79 37.44			
100m: 1:11.84 37.26 300m: 3:42.05 37.98 500m: 6:14.40 38.21 700m: 8:45.95 38.16			
150m: 1:48.90 37.06 350m: 4:19.94 37.89 550m: 6:51.99 37.59 750m: 9:23.74 37.79			
200m: 2:26.51 37.61 400m: 4:58.18 38.24 600m: 7:30.35 38.36 800m: 10:00.00 36.26			
8. Tania Martins GARCIA	92 Ginásio Figueirense	10:02.32	552
50m: 35.05 35.05 250m: 3:03.81 37.35 450m: 5:34.73 38.06 650m: 8:08.10 38.39			
100m: 1:11.76 36.71 300m: 3:41.47 37.66 500m: 6:13.06 38.33 700m: 8:46.32 38.22			
150m: 1:49.17 37.41 350m: 4:19.17 37.70 550m: 6:51.57 38.51 750m: 9:24.61 38.29			
200m: 2:26.46 37.29 400m: 4:56.67 37.50 600m: 7:29.71 38.14 800m: 10:02.32 37.71			
9. Raquel Raimundo FERREIRA	95 Náutico/Matobra	10:05.91	542
50m: 35.15 35.15 250m: 3:07.17 38.13 450m: 5:40.87 38.39 650m: 8:14.62 38.35			
100m: 1:12.83 37.68 300m: 3:45.81 38.64 500m: 6:19.36 38.49 700m: 8:52.68 38.06			
150m: 1:51.08 38.25 350m: 4:24.13 38.32 550m: 6:57.76 38.40 750m: 9:29.54 36.86			
200m: 2:29.04 37.96 400m: 5:02.48 38.35 600m: 7:36.27 38.51 800m: 10:05.91 36.37			

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 15, Femin., 800m Livres, Open

Lugar			Ano					Tempo final	Pts		
10.	Raquel Bartolo VITOR		93	Académica de Coimbra				10:06.29	541		
	50m:	34.24 34.24	250m:	3:03.51	38.13	450m:	5:36.70	38.47	650m:	8:11.39	38.64
	100m:	1:10.34 36.10	300m:	3:41.54	38.03	500m:	6:15.33	38.63	700m:	8:49.98	38.59
	150m:	1:47.92 37.58	350m:	4:19.65	38.11	550m:	6:53.82	38.49	750m:	9:28.48	38.50
	200m:	2:25.38 37.46	400m:	4:58.23	38.58	600m:	7:32.75	38.93	800m:	10:06.29	37.81
11.	Mariana Jesus COSTA		96	Alcobaça				10:09.31	533		
	50m:	34.68 34.68	250m:	3:04.39	38.16	450m:	5:37.65	38.61	650m:	8:14.44	38.87
	100m:	1:11.27 36.59	300m:	3:42.78	38.39	500m:	6:17.13	39.48	700m:	8:52.99	38.55
	150m:	1:49.09 37.82	350m:	4:20.53	37.75	550m:	6:56.51	39.38	750m:	9:30.72	37.73
	200m:	2:26.23 37.14	400m:	4:59.04	38.51	600m:	7:35.57	39.06	800m:	10:09.31	38.59
12.	Ana Luisa CARVALHO		96	Náutico/Matobra				10:10.01	531		
	50m:	33.53 33.53	250m:	3:03.07	38.02	450m:	5:37.70	39.25	650m:	8:14.10	39.10
	100m:	1:09.99 36.46	300m:	3:41.01	37.94	500m:	6:16.89	39.19	700m:	8:52.95	38.85
	150m:	1:47.43 37.44	350m:	4:19.63	38.62	550m:	6:56.05	39.16	750m:	9:31.98	39.03
	200m:	2:25.05 37.62	400m:	4:58.45	38.82	600m:	7:35.00	38.95	800m:	10:10.01	38.03
13.	Carla Rosario PALMA		96	Alcobaça				10:11.38	527		
	50m:	33.91 33.91	250m:	3:06.56	38.42	450m:	5:41.87	38.66	650m:	8:18.35	38.54
	100m:	1:11.60 37.69	300m:	3:45.41	38.85	500m:	6:21.47	39.60	700m:	8:57.89	39.54
	150m:	1:49.23 37.63	350m:	4:24.04	38.63	550m:	7:00.22	38.75	750m:	9:35.09	37.20
	200m:	2:28.14 38.91	400m:	5:03.21	39.17	600m:	7:39.81	39.59	800m:	10:11.38	36.29
14.	Melanie Bronze SANTOS		95	Alcobaça				10:11.86	526		
	50m:	33.88 33.88	250m:	3:04.25	38.08	450m:	5:38.55	38.89	650m:	8:15.55	39.49
	100m:	1:10.93 37.05	300m:	3:42.34	38.09	500m:	6:17.77	39.22	700m:	8:54.48	38.93
	150m:	1:48.44 37.51	350m:	4:20.65	38.31	550m:	6:57.04	39.27	750m:	9:33.38	38.90
	200m:	2:26.17 37.73	400m:	4:59.66	39.01	600m:	7:36.06	39.02	800m:	10:11.86	38.48
15.	Ana Sofia COSTA		95	Alcobaça				10:12.76	524		
	50m:	33.98 33.98	250m:	3:06.33	38.41	450m:	5:41.01	38.94	650m:	8:16.69	38.73
	100m:	1:11.20 37.22	300m:	3:44.64	38.31	500m:	6:19.97	38.96	700m:	8:56.26	39.57
	150m:	1:49.42 38.22	350m:	4:23.17	38.53	550m:	6:59.09	39.12	750m:	9:34.93	38.67
	200m:	2:27.92 38.50	400m:	5:02.07	38.90	600m:	7:37.96	38.87	800m:	10:12.76	37.83
16.	Joana Ines OLIVEIRA		95	Académica de Coimbra				10:15.32	517		
	50m:	35.06 35.06	250m:	3:06.87	38.39	450m:	5:41.49	39.08	650m:	8:18.71	39.85
	100m:	1:12.55 37.49	300m:	3:44.76	37.89	500m:	6:20.32	38.83	700m:	8:57.89	39.18
	150m:	1:50.64 38.09	350m:	4:23.77	39.01	550m:	6:59.87	39.55	750m:	9:37.66	39.77
	200m:	2:28.48 37.84	400m:	5:02.41	38.64	600m:	7:38.86	38.99	800m:	10:15.32	37.66
17.	Ana Filipa LEITE		86	Académica de Coimbra				10:16.08	515		
	50m:	34.94 34.94	250m:	3:07.87	38.61	450m:	5:43.85	39.41	650m:	8:20.58	39.13
	100m:	1:12.65 37.71	300m:	3:46.32	38.45	500m:	6:22.92	39.07	700m:	8:59.47	38.89
	150m:	1:50.83 38.18	350m:	4:25.67	39.35	550m:	7:02.32	39.40	750m:	9:38.13	38.66
	200m:	2:29.26 38.43	400m:	5:04.44	38.77	600m:	7:41.45	39.13	800m:	10:16.08	37.95
18.	Ana Monica ELOI		96	Náutico da Marinha Grande				10:17.48	512		
	50m:	34.15 34.15	250m:	3:05.85	38.34	450m:	5:42.14	39.20	650m:	8:20.26	39.30
	100m:	1:11.13 36.98	300m:	3:44.74	38.89	500m:	6:21.54	39.40	700m:	8:59.54	39.28
	150m:	1:48.94 37.81	350m:	4:23.49	38.75	550m:	7:00.80	39.26	750m:	9:38.54	39.00
	200m:	2:27.51 38.57	400m:	5:02.94	39.45	600m:	7:40.96	40.16	800m:	10:17.48	38.94
19.	Debora Filipa DUQUE		96	Pimpões/Cimai				10:21.18	503		
	50m:	35.19 35.19	250m:	3:07.88	38.48	450m:	5:44.37	40.07	650m:	8:22.87	39.73
	100m:	1:12.95 37.76	300m:	3:46.15	38.27	500m:	6:23.93	39.56	700m:	9:02.64	39.77
	150m:	1:51.39 38.44	350m:	4:25.42	39.27	550m:	7:03.79	39.86	750m:	9:42.32	39.68
	200m:	2:29.40 38.01	400m:	5:04.30	38.88	600m:	7:43.14	39.35	800m:	10:21.18	38.86
20.	Tatiana Cruz COSTA		94	Miranda do Corvo				10:23.29	498		
	50m:	35.33 35.33	250m:	3:09.43	39.10	450m:	5:46.77	39.76	650m:	8:25.80	39.98
	100m:	1:13.18 37.85	300m:	3:48.13	38.70	500m:	6:26.50	39.73	700m:	9:04.63	38.83
	150m:	1:52.08 38.90	350m:	4:27.71	39.58	550m:	7:06.32	39.82	750m:	9:44.52	39.89
	200m:	2:30.33 38.25	400m:	5:07.01	39.30	600m:	7:45.82	39.50	800m:	10:23.29	38.77
21.	Adriana Fialho PASSARINHO		93	Benedita				10:42.48	454		
	50m:	36.32 36.32	250m:	3:17.32	40.15	450m:	5:59.52	40.20	650m:	8:42.36	40.37
	100m:	1:16.48 40.16	300m:	3:58.22	40.90	500m:	6:40.58	41.06	700m:	9:23.28	40.92
	150m:	1:56.35 39.87	350m:	4:38.60	40.38	550m:	7:21.06	40.48	750m:	10:03.50	40.22
	200m:	2:37.17 40.82	400m:	5:19.32	40.72	600m:	8:01.99	40.93	800m:	10:42.48	38.98

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 15, Femin., 800m Livres, Open

Lugar	Ano	Tempo final	Pts
22. Patricia Monteiro NEGRAO	96	10:46.05	447
50m: 35.00 35.00 250m: 3:14.81 40.53 450m: 5:58.94 41.46 650m: 8:43.46 41.41			
100m: 1:14.02 39.02 300m: 3:55.71 40.90 500m: 6:40.45 41.51 700m: 9:25.29 41.83			
150m: 1:54.26 40.24 350m: 4:36.85 41.14 550m: 7:21.67 41.22 750m: 10:05.99 40.70			
200m: 2:34.28 40.02 400m: 5:17.48 40.63 600m: 8:02.05 40.38 800m: 10:46.05 40.06			
23. Marina Pereira ALMEIDA	96	10:52.66	433
50m: 36.54 36.54 250m: 3:20.08 41.17 450m: 6:07.11 41.67 650m: 8:52.51 41.02			
100m: 1:16.68 40.14 300m: 4:01.98 41.90 500m: 6:48.70 41.59 700m: 9:34.03 41.52			
150m: 1:57.43 40.75 350m: 4:43.79 41.81 550m: 7:29.98 41.28 750m: 10:14.68 40.65			
200m: 2:38.91 41.48 400m: 5:25.44 41.65 600m: 8:11.49 41.51 800m: 10:52.66 37.98			
24. Renata Castro GONCALVES	96	10:53.34	432
50m: 35.63 35.63 250m: 3:18.14 41.11 450m: 6:04.86 42.61 650m: 8:52.01 42.11			
100m: 1:15.24 39.61 300m: 3:58.94 40.80 500m: 6:46.33 41.47 700m: 9:32.93 40.92			
150m: 1:56.53 41.29 350m: 4:41.20 42.26 550m: 7:28.79 42.46 750m: 10:14.47 41.54			
200m: 2:37.03 40.50 400m: 5:22.25 41.05 600m: 8:09.90 41.11 800m: 10:53.34 38.87			
25. Ana Rita JESUS	95	11:00.02	419
50m: 37.89 37.89 250m: 3:22.76 41.67 450m: 6:08.98 41.32 650m: 8:56.16 42.30			
100m: 1:18.34 40.45 300m: 4:04.29 41.53 500m: 6:50.34 41.36 700m: 9:38.08 41.92			
150m: 1:59.72 41.38 350m: 4:46.10 41.81 550m: 7:31.98 41.64 750m: 10:19.59 41.51			
200m: 2:41.09 41.37 400m: 5:27.66 41.56 600m: 8:13.86 41.88 800m: 11:00.02 40.43			
26. Ines Ricardo AMARAL	95	11:28.23	370
<i>FTL</i>			
50m: 38.07 38.07 250m: 3:31.99 43.68 450m: 6:28.72 43.72 650m: 9:22.25 43.92			
100m: 1:20.49 42.42 300m: 4:16.63 44.64 500m: 7:11.58 42.86 700m: 10:05.17 42.92			
150m: 2:04.98 44.49 350m: 5:01.04 44.41 550m: 7:55.23 43.65 750m: 10:47.80 42.63			
200m: 2:48.31 43.33 400m: 5:45.00 43.96 600m: 8:38.33 43.10 800m: 11:28.23 40.43			
27. Francisca Silva MARQUES	96	11:37.38	355
50m: 37.71 37.71 250m: 3:30.42 43.22 450m: 6:28.11 44.62 650m: 9:26.68 44.34			
100m: 1:20.22 42.51 300m: 4:15.03 44.61 500m: 7:12.50 44.39 700m: 10:11.07 44.39			
150m: 2:03.12 42.90 350m: 4:59.05 44.02 550m: 7:57.36 44.86 750m: 10:55.19 44.12			
200m: 2:47.20 44.08 400m: 5:43.49 44.44 600m: 8:42.34 44.98 800m: 11:37.38 42.19			
DNS Sara Francisco CRUZ	93	Bairro dos Anjos	
DNS Ana Rita OLIVEIRA	92	Pimpões/Cimai	

Prova 16
27.2.10 - 13:05

Masc., 4 x 50m Livres

Jun
Resultados

(TA) JUN Masc : 2:06.50

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Ginásio Figueirense Jun	1:44.61	535
Mario Alexandre PEREIRA 92 +0,74 24.88 Nuno Correia TINOCO 93 +0,45 27.50		
Andre Duarte VAZ 93 +0,18 26.32 Daciano Egidio SOUSA 93 +0,48 25.91		
2. Académica de Coimbra Jun	1:45.77	518
Tiago Rafael LOPES 92 +0,66 26.70 Andre Rocha VALENTE 92 +0,28 27.21		
Guilherme Joao PATRIARCA 92 +0,23 26.55 Andre Filipe LOPES 92 +0,25 25.31		
3. Pimpões/Cimai Jun	1:46.16	512
Tiago Geraldes MACHADO 93 +0,82 25.69 Joao Guilherme VIEIRA 93 +0,35 28.01		
Diogo Maia e SILVA 93 +0,27 26.08 Alexandre Galveias VALE 93 +0,42 26.38		
4. Bairro dos Anjos Jun	1:46.33	510
Francisco Vala PIRES 92 +0,75 26.38 Manuel Andril CORDEIRO 92 +0,32 26.58		
Andre Oliveira MARQUES 92 +0,29 27.46 Joao Paulo RIBEIRO 92 +0,24 25.91		
5. Benedita Jun	1:47.94	487
Joao Diogo FRANCISCO 92 +0,87 27.86 Tiago Lopes RIBEIRO 93 +0,46 26.91		
Henrique Jose MARQUES 93 +0,04 27.61 Miguel Machado LOPES 92 +0,24 25.56		

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Prova 16, Masc., 4 x 50m Livres, Jun

Lugar					Tempo final	Pts	
6.	Sporting de Espinho Jun				1:49.17	471	
	Pedro Miguel COSTA	92	+0,83	25.80	93	+0,55	27.90
	Alexander Oliveira CARDOSO	92	+0,31	27.79	92	+0,59	27.68
7.	Académico Viseu Jun				1:49.69	464	
	Bruno Rafael CORREIA	93	+0,78	27.47	92	+0,11	27.59
	Guilherme Gonçalves NEVES	93	+0,70	27.51	93	+0,31	27.12
8.	Salesiano de Arouca Jun				1:58.77	366	
	Rui Jorge OLIVEIRA	93	+0,76	30.57	92	+0,10	29.50
	Jean Philippe OLIVEIRA	93	+0,28	30.76	93	+0,46	27.94

Prova 16

Masc., 4 x 50m Livres

Sen

27.2.10 - 13:05

Resultados

(TA) SEN Masc : 1:57.87

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1.	Náutico/Matobra Sen				1:41.78	581	
	Miguel Silva OLIVEIRA	91	+0,66	25.28	88	+0,32	25.45
	Joao Bernardo ABRANTES	90	+0,40	25.95	90	+0,17	25.10
2.	Bairro dos Anjos Sen				1:43.04	560	
	Ivo Monico de ALMEIDA	91	+0,76	26.44	87	+0,43	26.09
	Helder Alexandre GODINHO	86	+0,15	25.13	91	+0,29	25.38
3.	Feirense Sen				1:47.70	491	
	Artur Guilherme COSTA	90	+0,77	26.86	88	+0,48	27.01
	Fabio Silva FERREIRA	89	+0,42	26.25	90	+0,69	27.58
4.	Académica de Coimbra Sen				1:47.87	488	
	Goncalo Nuno COSTA	90	+0,78	26.87	91	+0,36	26.53
	Tiago Filipe LEAL	90	+0,23	26.70	89	+0,25	27.77

Prova 17

Femin., 4 x 50m Estilos

Jun

27.2.10 - 13:10

Resultados

(TA) JUN Fem : 2:41.00

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1.	Náutico/Matobra Jun				2:08.15	567	
	Adriana Correia LOPES	95	+0,78	32.61	95	+0,45	32.53
	Gabriela Oliveira ANDRADE	94	+0,34	34.86	95	+0,53	28.15
2.	Feirense Jun				2:18.85	446	
	Patricia Silva MARQUES	95	+0,61	37.21	94	+0,57	31.82
	Ana Catarina COSTA	95	+0,57	39.76	95	+0,53	30.06
3.	Galitos Jun				2:21.60	420	
	Ana Margarida ALMEIDA	94	+0,65	33.53	95	+0,58	34.82
	Sara Filipa ANJOS	95	+0,62	42.21	94	+0,88	31.04
4.	Ginásio Figueirense Jun				2:23.87	401	
	Tatiana Filipa SANTOS	95	+0,70	33.45	94	+0,42	33.07
	Mariana Costa SEBASTIAO	95	+0,42	42.12	95	+0,60	35.23
DSQ	Académica de Coimbra Jun						
	<i>Falsa rendição do 4º nadador</i>						
	Bruna Miguel PEREIRA	94	+0,83	37.47	95	+0,68	34.15
	Sofia Roque DIAS	94	+0,39	43.00	95	-0,09	

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Prova 17, Femin., 4 x 50m Estilos

Prova 17 Femin., 4 x 50m Estilos Sen
27.2.10 - 13:10 Resultados

(TA) SEN Fem : 2:29.50

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Náutico/Matobra Sen	Náutico/Matobra				2:11.52	525	
Ines Barbosa MOREIRA	92	+0,79	34.84	Maria Miguel VELOSO	93	+0,34	31.49
Maria Ines RIBEIRO	92	+0,19	36.36	Raquel Coutinho GAIO	90	+0,38	28.83
2. Bairro dos Anjos Sen	Bairro dos Anjos				2:11.67	523	
Andreia Filipa ANJOS	92	+0,68	32.78	Mara Lisboa e SILVA	93	+0,40	32.07
Mariana Mota DIAS	92	+0,26	38.51	Adriana Filipa LISBOA	92	+0,29	28.31
3. Académica de Coimbra Sen	Académica de Coimbra				2:17.90	455	
Nadia Filipa MARQUES	92	+0,68	35.05	Catarina Oliveira DINIS	93	+0,25	34.49
Ana Rita COSTA	91	+0,41	38.01	Rita Nair FERREIRA	91	+0,28	30.35
EXH Pimpões/Cimai Jun	Pimpões/Cimai				2:15.19	483	
Joana Margarida GUIMARAES	95	+0,67	34.01	Cristina Paris SANTOS	94	+0,49	32.12
Victoriya KAMINSKAYA	95	+0,49	37.21	Mariana Maia e SILVA	94	+0,38	31.85

3 - 2ª Jornada - 2ª Sessão

27.2.10 - 16:00

Prova 18 Masc., 200m Livres Juv B
27.2.10 - 16:00 Resultados

(TA) JUV B Masc : 2:32.38

Pontos: FINA 2010

Lugar	Ano				Tempo final	Pts
1. Afonso Lopes dos SANTOS	95	Bombeiros das Caldas Rainha			2:08.45	500
50m: 28.91 28.91	100m: 1:01.65	32.74	150m: 1:35.26	33.61	200m: 2:08.45	33.19
2. Luis Gabriel SANTOS	95	Ginásio Figueirense			2:10.18	481
50m: 29.75 29.75	100m: 1:03.56	33.81	150m: 1:37.15	33.59	200m: 2:10.18	33.03
3. Luis de OLIVEIRA	95	Académica de Coimbra			2:10.92	472
50m: 29.93 29.93	100m: 1:03.58	33.65	150m: 1:37.89	34.31	200m: 2:10.92	33.03
4. Gustavo Lopes RIBEIRO	95	Académica de Coimbra			2:11.19	470
50m: 31.66 31.66	100m: 1:05.84	34.18	150m: 1:40.59	34.75	200m: 2:11.19	30.60
5. Walter Marcos NETO	95	Bairro dos Anjos			2:11.89	462
50m: 30.23 30.23	100m: 1:04.62	34.39	150m: 1:38.50	33.88	200m: 2:11.89	33.39
6. Tiago Miguel ALVES	95	Columbófila Cantanhedense			2:13.31	447
50m: 31.52 31.52	100m: 1:05.16	33.64	150m: 1:39.78	34.62	200m: 2:13.31	33.53
7. Francisco Gouveia PINTO	95	Pimpões/Cimai			2:13.71	443
50m: 31.04 31.04	100m: 1:05.51	34.47	150m: 1:39.87	34.36	200m: 2:13.71	33.84
Joao Miguel TEIXEIRA	95	Académico Viseu			2:13.71	443
50m: 30.59 30.59	100m: 1:04.24	33.65	150m: 1:39.73	35.49	200m: 2:13.71	33.98
9. Jose Antonio FORTE	95	Académica de Coimbra			2:13.87	442
50m: 31.62 31.62	100m: 1:06.12	34.50	150m: 1:41.12	35.00	200m: 2:13.87	32.75
10. Diogo Ferreira NETO	95	Bairro dos Anjos			2:15.42	427
50m: 30.66 30.66	100m: 1:05.14	34.48	150m: 1:41.35	36.21	200m: 2:15.42	34.07
11. Joao Pedro SANTOS	95	Estarreja			2:15.46	426
50m: 30.71 30.71	100m: 1:05.62	34.91	150m: 1:41.65	36.03	200m: 2:15.46	33.81
12. Bruno Filipe TABORDA	95	Bairro dos Anjos			2:20.44	383
50m: 32.65 32.65	100m: 1:08.83	36.18	150m: 1:46.09	37.26	200m: 2:20.44	34.35

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Prova 18, Masc., 200m Livres, Juv B

Lugar	Ano	Tempo final	Pts
13. Pedro dos Santos GOMES 50m: 32.38 32.38 100m: 1:08.35 35.97 150m: 1:45.90 37.55 200m: 2:21.56 35.66	95 Bairro dos Anjos	2:21.56	374
14. Marcelo Oliveira CARDOSO 50m: 32.57 32.57 100m: 1:09.45 36.88 150m: 1:47.46 38.01 200m: 2:22.70 35.24	95 Sporting de Aveiro	2:22.70	365
15. Joao Antonio OLIVEIRA 50m: 33.06 33.06 100m: 1:09.30 36.24 150m: 1:46.93 37.63 200m: 2:23.22 36.29	95 Ginásio Figueirense	2:23.22	361
16. Goncalo Daniel DUARTE 50m: 32.60 32.60 100m: 1:09.67 37.07 150m: 1:48.15 38.48 200m: 2:23.38 35.23	95 Salesiano de Arouca	2:23.38	360
17. Andre Fialho MARQUES 50m: 31.96 31.96 100m: 1:08.88 36.92 150m: 1:46.35 37.47 200m: 2:23.59 37.24	95 Benedita	2:23.59	358
18. Joao Baptista LOPES 50m: 32.20 32.20 100m: 1:10.62 38.42 150m: 1:49.48 38.86 200m: 2:26.09 36.61	95 Bairro dos Anjos	2:26.09	340
19. Bernardo Tiago ABREU 50m: 33.68 33.68 100m: 1:11.93 38.25 150m: 1:50.17 38.24 200m: 2:27.64 37.47	95 Académica de Coimbra	2:27.64	329
20. Ruben Jordao FERNANDES 50m: 34.72 34.72 100m: 1:12.65 37.93 150m: 1:52.70 40.05 200m: 2:30.45 37.75	95 Miranda do Corvo	2:30.45	311
21. Jose Pedro BERNARDES <i>FTL</i> 50m: 32.96 32.96 100m: 1:12.10 39.14 150m: 1:53.42 41.32 200m: 2:35.16 41.74	95 Estamos Juntos	2:35.16	284
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		

Prova 18
27.2.10 - 16:00

Masc., 200m Livres

Juv A
Resultados

(TA) JUV A Masc : 2:27.20

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida MADUREIRA 50m: 28.49 28.49 100m: 1:00.51 32.02 150m: 1:32.67 32.16 200m: 2:04.23 31.56	94 Académica de Coimbra	2:04.23	553
2. Joao Nuno PIRES 50m: 29.24 29.24 100m: 1:00.88 31.64 150m: 1:33.13 32.25 200m: 2:05.15 32.02	94 Náutico/Matobra	2:05.15	541
3. Miguel Polidoro ALEXANDRE 50m: 29.65 29.65 100m: 1:02.56 32.91 150m: 1:36.58 34.02 200m: 2:09.23 32.65	94 Bairro dos Anjos	2:09.23	491
4. Joao Barbosa MOREIRA 50m: 29.61 29.61 100m: 1:02.85 33.24 150m: 1:37.08 34.23 200m: 2:10.16 33.08	94 Náutico/Matobra	2:10.16	481
5. Andre Ribeiro de SOUSA 50m: 29.84 29.84 100m: 1:02.68 32.84 150m: 1:38.19 35.51 200m: 2:10.80 32.61	94 Bairro dos Anjos	2:10.80	474
6. Hugo Neves NETO 50m: 30.30 30.30 100m: 1:03.89 33.59 150m: 1:37.76 33.87 200m: 2:11.70 33.94	94 Columbófila Cantanhedense	2:11.70	464
7. Andre Alexandre VICENTE 50m: 29.66 29.66 100m: 1:02.44 32.78 150m: 1:37.28 34.84 200m: 2:12.30 35.02	94 Individual Leiria	2:12.30	458
8. Joao Petinga de ALMEIDA 50m: 30.83 30.83 100m: 1:04.81 33.98 150m: 1:39.75 34.94 200m: 2:13.35 33.60	94 Naval da Nazaré	2:13.35	447
9. David Jose FONSECA 50m: 30.57 30.57 100m: 1:03.86 33.29 150m: 1:39.15 35.29 200m: 2:14.25 35.10	94 Columbófila Cantanhedense	2:14.25	438
10. Filipe Rainho BALSEIRO 50m: 30.90 30.90 100m: 1:05.16 34.26 150m: 1:40.16 35.00 200m: 2:15.32 35.16	94 Galitos	2:15.32	428
11. Francisco Leonardes ALVES 50m: 31.09 31.09 100m: 1:05.28 34.19 150m: 1:41.31 36.03 200m: 2:15.89 34.58	94 Académica de Coimbra	2:15.89	422

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Prova 18, Masc., 200m Livres, Juv A

Lugar	Ano	Tempo final	Pts
12. Micael Valverde TEIXEIRA 50m: 31.77 31.77 100m: 1:06.14 34.37 150m: 1:42.68 36.54 200m: 2:18.69 36.01	94 Naval da Nazaré	2:18.69	397
13. Diogo Filipe CATELAS 50m: 30.57 30.57 100m: 1:05.68 35.11 150m: 1:42.52 36.84 200m: 2:20.08 37.56	94 Estamos Juntos	2:20.08	386
14. Joao Manuel SANTOS 50m: 31.98 31.98 100m: 1:08.16 36.18 150m: 1:45.34 37.18 200m: 2:20.35 35.01	94 Campinho	2:20.35	383
15. Edgar Neves TOMAS 50m: 31.45 31.45 100m: 1:06.96 35.51 150m: 1:44.17 37.21 200m: 2:22.29 38.12	94 Pimpões/Cimai	2:22.29	368
16. Tiago Ferreira AZEVEDO 50m: 32.40 32.40 100m: 1:09.71 37.31 150m: 1:47.67 37.96 200m: 2:22.79 35.12	94 Estamos Juntos	2:22.79	364
17. Tiago Botelho ANDRADE 50m: 31.61 31.61 100m: 1:08.31 36.70 150m: 1:47.74 39.43 200m: 2:25.97 38.23	94 Feirense	2:25.97	341
18. Telmo Silva ALVES 50m: 32.81 32.81 100m: 1:09.75 36.94 150m: 1:48.98 39.23 200m: 2:26.53 37.55	94 Núcleo de Pombal	2:26.53	337
19. Rafael Arrojado FERREIRA <i>FTL</i> 50m: 31.69 31.69 100m: 1:09.82 38.13 150m: 1:49.08 39.26 200m: 2:27.35 38.27	94 Estarreja	2:27.35	331
20. David Francisco AMADO <i>FTL</i> 50m: 32.67 32.67 100m: 1:10.49 37.82 150m: 1:51.35 40.86 200m: 2:31.70 40.35	94 Miranda do Corvo	2:31.70	303

Prova 18
27.2.10 - 16:00

Masc., 200m Livres

Jun
Resultados

(TA) JUN Masc : 2:20.87

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Andre Filipe LOPES 50m: 28.30 28.30 100m: 58.15 29.85 150m: 1:28.76 30.61 200m: 1:58.72 29.96	92 Académica de Coimbra	1:58.72	634
2. Miguel Monteiro DIOGO 50m: 28.43 28.43 100m: 58.93 30.50 150m: 1:29.89 30.96 200m: 1:59.55 29.66	93 Alcobaça	1:59.55	621
3. Mario Alexandre PEREIRA 50m: 27.59 27.59 100m: 58.53 30.94 150m: 1:29.79 31.26 200m: 1:59.78 29.99	92 Ginásio Figueirense	1:59.78	617
4. Joao Paulo RIBEIRO 50m: 28.46 28.46 100m: 59.46 31.00 150m: 1:30.95 31.49 200m: 2:02.10 31.15	92 Bairro dos Anjos	2:02.10	582
5. Tiago Rafael LOPES 50m: 27.96 27.96 100m: 59.69 31.73 150m: 1:31.29 31.60 200m: 2:02.94 31.65	92 Académica de Coimbra	2:02.94	571
6. Diogo Parrilha da SILVA 50m: 27.90 27.90 100m: 59.73 31.83 150m: 1:32.43 32.70 200m: 2:04.73 32.30	93 Alcobaça	2:04.73	546
7. Francisco Vala PIRES 50m: 28.85 28.85 100m: 1:00.91 32.06 150m: 1:34.08 33.17 200m: 2:06.34 32.26	92 Bairro dos Anjos	2:06.34	526
8. Manuel Andril CORDEIRO 50m: 29.33 29.33 100m: 1:01.01 31.68 150m: 1:34.21 33.20 200m: 2:07.46 33.25	92 Bairro dos Anjos	2:07.46	512
9. Diogo Maia e SILVA 50m: 29.73 29.73 100m: 1:01.88 32.15 150m: 1:35.25 33.37 200m: 2:07.71 32.46	93 Pimpões/Cimai	2:07.71	509
10. Tiago Lopes RIBEIRO 50m: 29.48 29.48 100m: 1:02.23 32.75 150m: 1:35.81 33.58 200m: 2:09.12 33.31	93 Benedita	2:09.12	492
11. Andre Rocha VALENTE 50m: 29.92 29.92 100m: 1:03.75 33.83 150m: 1:36.80 33.05 200m: 2:09.39 32.59	92 Académica de Coimbra	2:09.39	489

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Prova 18, Masc., 200m Livres, Jun

Lugar			Ano					Tempo final	Pts
12.	Joao Jose VIEGAS	92	Galitos					2:09.49	488
	50m: 29.45 29.45	100m: 1:02.35	32.90	150m: 1:36.64	34.29	200m: 2:09.49	32.85		
13.	Rui Costa FERREIRA	92	Galitos					2:10.05	482
	50m: 28.72 28.72	100m: 1:01.61	32.89	150m: 1:35.74	34.13	200m: 2:10.05	34.31		
14.	Andre Marques DINIS	93	Columbófila Cantanhedense					2:10.35	479
	50m: 30.28 30.28	100m: 1:03.10	32.82	150m: 1:37.12	34.02	200m: 2:10.35	33.23		
15.	Andre Filipe da GRACA	93	Alcobaça					2:10.77	474
	50m: 30.39 30.39	100m: 1:03.25	32.86	150m: 1:37.49	34.24	200m: 2:10.77	33.28		
16.	Filipe Rosa de OLIVEIRA	93	Bairro dos Anjos					2:10.84	473
	50m: 30.64 30.64	100m: 1:05.00	34.36	150m: 1:38.06	33.06	200m: 2:10.84	32.78		
17.	Andre Oliveira MARQUES	92	Bairro dos Anjos					2:11.14	470
	50m: 29.39 29.39	100m: 1:02.22	32.83	150m: 1:36.31	34.09	200m: 2:11.14	34.83		
18.	Nelson Fernandes SILVA	93	Freguesia de Paião					2:11.41	467
	50m: 29.00 29.00	100m: 1:02.10	33.10	150m: 1:36.89	34.79	200m: 2:11.41	34.52		
19.	Bruno Rafael CORREIA	93	Académico Viseu					2:11.47	467
	50m: 29.95 29.95	100m: 1:03.27	33.32	150m: 1:37.97	34.70	200m: 2:11.47	33.50		
20.	Tiago Geraldes MACHADO	93	Pimpões/Cimai					2:11.97	461
	50m: 29.79 29.79	100m: 1:03.58	33.79	150m: 1:39.02	35.44	200m: 2:11.97	32.95		
21.	Diogo Fontes MOREIRA	93	Estamos Juntos					2:12.92	451
	50m: 29.91 29.91	100m: 1:03.25	33.34	150m: 1:38.40	35.15	200m: 2:12.92	34.52		
22.	Guilherme Joao PATRIARCA	92	Académica de Coimbra					2:13.20	449
	50m: 30.61 30.61	100m: 1:04.05	33.44	150m: 1:39.37	35.32	200m: 2:13.20	33.83		
23.	Alexandre Galveias VALE	93	Pimpões/Cimai					2:13.40	447
	50m: 30.01 30.01	100m: 1:03.43	33.42	150m: 1:38.46	35.03	200m: 2:13.40	34.94		
24.	Luis Daniel MOREIRA	92	Sporting de Espinho					2:14.62	434
	50m: 30.69 30.69	100m: 1:05.23	34.54	150m: 1:39.23	34.00	200m: 2:14.62	35.39		
25.	Nuno Correia TINOCO	93	Ginásio Figueirense					2:14.85	432
	50m: 30.77 30.77	100m: 1:04.95	34.18	150m: 1:40.59	35.64	200m: 2:14.85	34.26		
26.	Henrique Mata CARVALHO	92	Bombeiros das Caldas Rainha					2:15.00	431
	50m: 31.79 31.79	100m: 1:05.67	33.88	150m: 1:41.46	35.79	200m: 2:15.00	33.54		
27.	Pedro Jorge SANTOS	93	Sporting de Aveiro					2:16.22	419
	50m: 29.15 29.15	100m: 1:03.53	34.38	150m: 1:39.95	36.42	200m: 2:16.22	36.27		
28.	Jose Figueiredo PEREIRA	92	Estarreja					2:16.66	415
	50m: 30.56 30.56	100m: 1:04.57	34.01	150m: 1:40.84	36.27	200m: 2:16.66	35.82		
29.	Gabriel Soares MARTINS	93	Campinho					2:20.94	379
	<i>FTL</i>								
	50m: 31.11 31.11	100m: 1:05.94	34.83	150m: 1:43.46	37.52	200m: 2:20.94	37.48		
30.	Joao Diogo FRANCISCO	92	Benedita					2:21.25	376
	<i>FTL</i>								
	50m: 29.77 29.77	100m: 1:04.51	34.74	150m: 1:42.18	37.67	200m: 2:21.25	39.07		
31.	Sebastiao Amaro MACHADO	93	Académico Viseu					2:25.54	344
	<i>FTL</i>								
	50m: 32.45 32.45	100m: 1:10.40	37.95	150m: 1:48.28	37.88	200m: 2:25.54	37.26		
32.	Diogo Antonio CARVALHO	93	Feirense					2:25.95	341
	<i>FTL</i>								
	50m: 32.62 32.62	100m: 1:09.90	37.28	150m: 1:48.54	38.64	200m: 2:25.95	37.41		
33.	Joao Guilherme VIEIRA	93	Pimpões/Cimai					2:39.84	259
	<i>FTL</i>								
	50m: 35.89 35.89	100m: 1:16.93	41.04	150m: 1:57.94	41.01	200m: 2:39.84	41.90		

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Prova 18 Masc., 200m Livres Sen
27.2.10 - 16:00 Resultados

(TA) SEN Masc : 2:16.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				1:57.19	659
	50m:	28.22 28.22	100m:	57.83	29.61	150m:	1:27.90 30.07	200m:	1:57.19 29.29
2.	Rui Miguel FONSECA		88	Náutico/Matobra				1:59.50	621
	50m:	28.41 28.41	100m:	58.44	30.03	150m:	1:28.87 30.43	200m:	1:59.50 30.63
3.	Jorge Miguel MENDES		90	Náutico/Matobra				2:01.64	589
	50m:	28.68 28.68	100m:	58.69	30.01	150m:	1:29.87 31.18	200m:	2:01.64 31.77
4.	Bruno Gustavo NOGUEIRA		91	Fundação Beatriz Santos				2:04.20	553
	50m:	28.97 28.97	100m:	1:00.79	31.82	150m:	1:33.78 32.99	200m:	2:04.20 30.42
5.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				2:05.47	537
	50m:	29.63 29.63	100m:	1:01.55	31.92	150m:	1:33.49 31.94	200m:	2:05.47 31.98
6.	Goncalo Nuno COSTA		90	Académica de Coimbra				2:05.60	535
	50m:	28.82 28.82	100m:	1:01.49	32.67	150m:	1:33.10 31.61	200m:	2:05.60 32.50
7.	Francisco Maldonado FREITAS		91	Pimpões/Cimai				2:07.72	509
	50m:	29.73 29.73	100m:	1:01.45	31.72	150m:	1:34.82 33.37	200m:	2:07.72 32.90
8.	Alexandre Augusto MEDINA		90	Ginásio Figueirense				2:14.11	439
	50m:	30.41 30.41	100m:	1:03.65	33.24	150m:	1:38.76 35.11	200m:	2:14.11 35.35
9.	Pedro Filipe SANTOS		89	Académica de Coimbra				2:15.55	426
	50m:	30.93 30.93	100m:	1:05.93	35.00	150m:	1:40.97 35.04	200m:	2:15.55 34.58
10.	Andre Lopes NEVES		91	Bairro dos Anjos				2:23.55	358
	<i>FTL</i>								
	50m:	32.01 32.01	100m:	1:08.17	36.16	150m:	1:45.54 37.37	200m:	2:23.55 38.01

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27.2.10 - 16:00 Resultados

(TA) JUV A Masc Juv A: 2:27.20 / (TA) JUV B Masc Juv B: 2:32.38 / (TA) JUN Masc Jun: 2:20.87 / (TA) SEN Masc Sen: 2:16.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Miguel Silva OLIVEIRA		91	Náutico/Matobra				1:57.19	659
	50m:	28.22 28.22	100m:	57.83	29.61	150m:	1:27.90 30.07	200m:	1:57.19 29.29
2.	Andre Filipe LOPES		92	Académica de Coimbra				1:58.72	634
	50m:	28.30 28.30	100m:	58.15	29.85	150m:	1:28.76 30.61	200m:	1:58.72 29.96
3.	Rui Miguel FONSECA		88	Náutico/Matobra				1:59.50	621
	50m:	28.41 28.41	100m:	58.44	30.03	150m:	1:28.87 30.43	200m:	1:59.50 30.63
4.	Miguel Monteiro DIOGO		93	Alcobaça				1:59.55	621
	50m:	28.43 28.43	100m:	58.93	30.50	150m:	1:29.89 30.96	200m:	1:59.55 29.66
5.	Mario Alexandre PEREIRA		92	Ginásio Figueirense				1:59.78	617
	50m:	27.59 27.59	100m:	58.53	30.94	150m:	1:29.79 31.26	200m:	1:59.78 29.99
6.	Jorge Miguel MENDES		90	Náutico/Matobra				2:01.64	589
	50m:	28.68 28.68	100m:	58.69	30.01	150m:	1:29.87 31.18	200m:	2:01.64 31.77
7.	Joao Paulo RIBEIRO		92	Bairro dos Anjos				2:02.10	582
	50m:	28.46 28.46	100m:	59.46	31.00	150m:	1:30.95 31.49	200m:	2:02.10 31.15
8.	Tiago Rafael LOPES		92	Académica de Coimbra				2:02.94	571
	50m:	27.96 27.96	100m:	59.69	31.73	150m:	1:31.29 31.60	200m:	2:02.94 31.65
9.	Bruno Gustavo NOGUEIRA		91	Fundação Beatriz Santos				2:04.20	553
	50m:	28.97 28.97	100m:	1:00.79	31.82	150m:	1:33.78 32.99	200m:	2:04.20 30.42

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Lugar				Ano					Tempo final	Pts
10.	Gustavo Almeida MADUREIRA	94	Académica de Coimbra					2:04.23	553	
	50m: 28.49 28.49	100m: 1:00.51	32.02	150m: 1:32.67	32.16	200m: 2:04.23	31.56			
11.	Diogo Parrilha da SILVA	93	Alcobaça					2:04.73	546	
	50m: 27.90 27.90	100m: 59.73	31.83	150m: 1:32.43	32.70	200m: 2:04.73	32.30			
12.	Joao Nuno PIRES	94	Náutico/Matobra					2:05.15	541	
	50m: 29.24 29.24	100m: 1:00.88	31.64	150m: 1:33.13	32.25	200m: 2:05.15	32.02			
13.	Daniel Alexandre RODRIGUES	91	Náutico/Matobra					2:05.47	537	
	50m: 29.63 29.63	100m: 1:01.55	31.92	150m: 1:33.49	31.94	200m: 2:05.47	31.98			
14.	Goncalo Nuno COSTA	90	Académica de Coimbra					2:05.60	535	
	50m: 28.82 28.82	100m: 1:01.49	32.67	150m: 1:33.10	31.61	200m: 2:05.60	32.50			
15.	Francisco Vala PIRES	92	Bairro dos Anjos					2:06.34	526	
	50m: 28.85 28.85	100m: 1:00.91	32.06	150m: 1:34.08	33.17	200m: 2:06.34	32.26			
16.	Manuel Andril CORDEIRO	92	Bairro dos Anjos					2:07.46	512	
	50m: 29.33 29.33	100m: 1:01.01	31.68	150m: 1:34.21	33.20	200m: 2:07.46	33.25			
17.	Diogo Maia e SILVA	93	Pimpões/Cimai					2:07.71	509	
	50m: 29.73 29.73	100m: 1:01.88	32.15	150m: 1:35.25	33.37	200m: 2:07.71	32.46			
18.	Francisco Maldonado FREITAS	91	Pimpões/Cimai					2:07.72	509	
	50m: 29.73 29.73	100m: 1:01.45	31.72	150m: 1:34.82	33.37	200m: 2:07.72	32.90			
19.	Afonso Lopes dos SANTOS	95	Bombeiros das Caldas Rainha					2:08.45	500	
	50m: 28.91 28.91	100m: 1:01.65	32.74	150m: 1:35.26	33.61	200m: 2:08.45	33.19			
20.	Tiago Lopes RIBEIRO	93	Benedita					2:09.12	492	
	50m: 29.48 29.48	100m: 1:02.23	32.75	150m: 1:35.81	33.58	200m: 2:09.12	33.31			
21.	Miguel Polidoro ALEXANDRE	94	Bairro dos Anjos					2:09.23	491	
	50m: 29.65 29.65	100m: 1:02.56	32.91	150m: 1:36.58	34.02	200m: 2:09.23	32.65			
22.	Andre Rocha VALENTE	92	Académica de Coimbra					2:09.39	489	
	50m: 29.92 29.92	100m: 1:03.75	33.83	150m: 1:36.80	33.05	200m: 2:09.39	32.59			
23.	Joao Jose VIEGAS	92	Galitos					2:09.49	488	
	50m: 29.45 29.45	100m: 1:02.35	32.90	150m: 1:36.64	34.29	200m: 2:09.49	32.85			
24.	Rui Costa FERREIRA	92	Galitos					2:10.05	482	
	50m: 28.72 28.72	100m: 1:01.61	32.89	150m: 1:35.74	34.13	200m: 2:10.05	34.31			
25.	Joao Barbosa MOREIRA	94	Náutico/Matobra					2:10.16	481	
	50m: 29.61 29.61	100m: 1:02.85	33.24	150m: 1:37.08	34.23	200m: 2:10.16	33.08			
26.	Luis Gabriel SANTOS	95	Ginásio Figueirense					2:10.18	481	
	50m: 29.75 29.75	100m: 1:03.56	33.81	150m: 1:37.15	33.59	200m: 2:10.18	33.03			
27.	Andre Marques DINIS	93	Columbófila Cantanhedense					2:10.35	479	
	50m: 30.28 30.28	100m: 1:03.10	32.82	150m: 1:37.12	34.02	200m: 2:10.35	33.23			
28.	Andre Filipe da GRACA	93	Alcobaça					2:10.77	474	
	50m: 30.39 30.39	100m: 1:03.25	32.86	150m: 1:37.49	34.24	200m: 2:10.77	33.28			
29.	Andre Ribeiro de SOUSA	94	Bairro dos Anjos					2:10.80	474	
	50m: 29.84 29.84	100m: 1:02.68	32.84	150m: 1:38.19	35.51	200m: 2:10.80	32.61			
30.	Filipe Rosa de OLIVEIRA	93	Bairro dos Anjos					2:10.84	473	
	50m: 30.64 30.64	100m: 1:05.00	34.36	150m: 1:38.06	33.06	200m: 2:10.84	32.78			
31.	Luis de OLIVEIRA	95	Académica de Coimbra					2:10.92	472	
	50m: 29.93 29.93	100m: 1:03.58	33.65	150m: 1:37.89	34.31	200m: 2:10.92	33.03			
32.	Andre Oliveira MARQUES	92	Bairro dos Anjos					2:11.14	470	
	50m: 29.39 29.39	100m: 1:02.22	32.83	150m: 1:36.31	34.09	200m: 2:11.14	34.83			
33.	Gustavo Lopes RIBEIRO	95	Académica de Coimbra					2:11.19	470	
	50m: 31.66 31.66	100m: 1:05.84	34.18	150m: 1:40.59	34.75	200m: 2:11.19	30.60			

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Lugar			Ano					Tempo final	Pts
34.	Nelson Fernandes	SILVA	93	Freguesia de Paião				2:11.41	467
	50m:	29.00	29.00	100m:	1:02.10	33.10	150m:	1:36.89	34.79
							200m:	2:11.41	34.52
35.	Bruno Rafael	CORREIA	93	Académico Viseu				2:11.47	467
	50m:	29.95	29.95	100m:	1:03.27	33.32	150m:	1:37.97	34.70
							200m:	2:11.47	33.50
36.	Hugo Neves	NETO	94	Columbófila Cantanhedense				2:11.70	464
	50m:	30.30	30.30	100m:	1:03.89	33.59	150m:	1:37.76	33.87
							200m:	2:11.70	33.94
37.	Walter Marcos	NETO	95	Bairro dos Anjos				2:11.89	462
	50m:	30.23	30.23	100m:	1:04.62	34.39	150m:	1:38.50	33.88
							200m:	2:11.89	33.39
38.	Tiago Geraldês	MACHADO	93	Pimpões/Cimai				2:11.97	461
	50m:	29.79	29.79	100m:	1:03.58	33.79	150m:	1:39.02	35.44
							200m:	2:11.97	32.95
39.	Andre Alexandre	VICENTE	94	Individual Leiria				2:12.30	458
	50m:	29.66	29.66	100m:	1:02.44	32.78	150m:	1:37.28	34.84
							200m:	2:12.30	35.02
40.	Diogo Fontes	MOREIRA	93	Estamos Juntos				2:12.92	451
	50m:	29.91	29.91	100m:	1:03.25	33.34	150m:	1:38.40	35.15
							200m:	2:12.92	34.52
41.	Guilherme Joao	PATRIARCA	92	Académica de Coimbra				2:13.20	449
	50m:	30.61	30.61	100m:	1:04.05	33.44	150m:	1:39.37	35.32
							200m:	2:13.20	33.83
42.	Tiago Miguel	ALVES	95	Columbófila Cantanhedense				2:13.31	447
	50m:	31.52	31.52	100m:	1:05.16	33.64	150m:	1:39.78	34.62
							200m:	2:13.31	33.53
43.	Joao Petinga de	ALMEIDA	94	Naval da Nazaré				2:13.35	447
	50m:	30.83	30.83	100m:	1:04.81	33.98	150m:	1:39.75	34.94
							200m:	2:13.35	33.60
44.	Alexandre Galveias	VALE	93	Pimpões/Cimai				2:13.40	447
	50m:	30.01	30.01	100m:	1:03.43	33.42	150m:	1:38.46	35.03
							200m:	2:13.40	34.94
45.	Francisco Gouveia	PINTO	95	Pimpões/Cimai				2:13.71	443
	50m:	31.04	31.04	100m:	1:05.51	34.47	150m:	1:39.87	34.36
							200m:	2:13.71	33.84
	Joao Miguel	TEIXEIRA	95	Académico Viseu				2:13.71	443
	50m:	30.59	30.59	100m:	1:04.24	33.65	150m:	1:39.73	35.49
							200m:	2:13.71	33.98
47.	Jose Antonio	FORTE	95	Académica de Coimbra				2:13.87	442
	50m:	31.62	31.62	100m:	1:06.12	34.50	150m:	1:41.12	35.00
							200m:	2:13.87	32.75
48.	Alexandre Augusto	MEDINA	90	Ginásio Figueirense				2:14.11	439
	50m:	30.41	30.41	100m:	1:03.65	33.24	150m:	1:38.76	35.11
							200m:	2:14.11	35.35
49.	David Jose	FONSECA	94	Columbófila Cantanhedense				2:14.25	438
	50m:	30.57	30.57	100m:	1:03.86	33.29	150m:	1:39.15	35.29
							200m:	2:14.25	35.10
50.	Luis Daniel	MOREIRA	92	Sporting de Espinho				2:14.62	434
	50m:	30.69	30.69	100m:	1:05.23	34.54	150m:	1:39.23	34.00
							200m:	2:14.62	35.39
51.	Nuno Correia	TINOCO	93	Ginásio Figueirense				2:14.85	432
	50m:	30.77	30.77	100m:	1:04.95	34.18	150m:	1:40.59	35.64
							200m:	2:14.85	34.26
52.	Henrique Mata	CARVALHO	92	Bombeiros das Caldas Rainha				2:15.00	431
	50m:	31.79	31.79	100m:	1:05.67	33.88	150m:	1:41.46	35.79
							200m:	2:15.00	33.54
53.	Filipe Rainho	BALSEIRO	94	Galitos				2:15.32	428
	50m:	30.90	30.90	100m:	1:05.16	34.26	150m:	1:40.16	35.00
							200m:	2:15.32	35.16
54.	Diogo Ferreira	NETO	95	Bairro dos Anjos				2:15.42	427
	50m:	30.66	30.66	100m:	1:05.14	34.48	150m:	1:41.35	36.21
							200m:	2:15.42	34.07
55.	Joao Pedro	SANTOS	95	Estarreja				2:15.46	426
	50m:	30.71	30.71	100m:	1:05.62	34.91	150m:	1:41.65	36.03
							200m:	2:15.46	33.81
56.	Pedro Filipe	SANTOS	89	Académica de Coimbra				2:15.55	426
	50m:	30.93	30.93	100m:	1:05.93	35.00	150m:	1:40.97	35.04
							200m:	2:15.55	34.58
57.	Francisco Leonar-des	ALVES	94	Académica de Coimbra				2:15.89	422
	50m:	31.09	31.09	100m:	1:05.28	34.19	150m:	1:41.31	36.03
							200m:	2:15.89	34.58

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Lugar					Ano					Tempo final	Pts	
58.	Pedro Jorge SANTOS				93	Sporting de Aveiro				2:16.22	419	
	50m:	29.15	29.15	100m:	1:03.53	34.38	150m:	1:39.95	36.42	200m:	2:16.22	36.27
59.	Jose Figueiredo PEREIRA				92	Estarreja				2:16.66	415	
	50m:	30.56	30.56	100m:	1:04.57	34.01	150m:	1:40.84	36.27	200m:	2:16.66	35.82
60.	Micael Valverde TEIXEIRA				94	Naval da Nazaré				2:18.69	397	
	50m:	31.77	31.77	100m:	1:06.14	34.37	150m:	1:42.68	36.54	200m:	2:18.69	36.01
61.	Diogo Filipe CATELAS				94	Estamos Juntos				2:20.08	386	
	50m:	30.57	30.57	100m:	1:05.68	35.11	150m:	1:42.52	36.84	200m:	2:20.08	37.56
62.	Joao Manuel SANTOS				94	Campinho				2:20.35	383	
	50m:	31.98	31.98	100m:	1:08.16	36.18	150m:	1:45.34	37.18	200m:	2:20.35	35.01
63.	Bruno Filipe TABORDA				95	Bairro dos Anjos				2:20.44	383	
	50m:	32.65	32.65	100m:	1:08.83	36.18	150m:	1:46.09	37.26	200m:	2:20.44	34.35
64.	Gabriel Soares MARTINS				93	Campinho				2:20.94	379	
	<i>FTL</i>											
	50m:	31.11	31.11	100m:	1:05.94	34.83	150m:	1:43.46	37.52	200m:	2:20.94	37.48
65.	Joao Diogo FRANCISCO				92	Benedita				2:21.25	376	
	<i>FTL</i>											
	50m:	29.77	29.77	100m:	1:04.51	34.74	150m:	1:42.18	37.67	200m:	2:21.25	39.07
66.	Pedro dos Santos GOMES				95	Bairro dos Anjos				2:21.56	374	
	50m:	32.38	32.38	100m:	1:08.35	35.97	150m:	1:45.90	37.55	200m:	2:21.56	35.66
67.	Edgar Neves TOMAS				94	Pimpões/Cimai				2:22.29	368	
	50m:	31.45	31.45	100m:	1:06.96	35.51	150m:	1:44.17	37.21	200m:	2:22.29	38.12
68.	Marcelo Oliveira CARDOSO				95	Sporting de Aveiro				2:22.70	365	
	50m:	32.57	32.57	100m:	1:09.45	36.88	150m:	1:47.46	38.01	200m:	2:22.70	35.24
69.	Tiago Ferreira AZEVEDO				94	Estamos Juntos				2:22.79	364	
	50m:	32.40	32.40	100m:	1:09.71	37.31	150m:	1:47.67	37.96	200m:	2:22.79	35.12
70.	Joao Antonio OLIVEIRA				95	Ginásio Figueirense				2:23.22	361	
	50m:	33.06	33.06	100m:	1:09.30	36.24	150m:	1:46.93	37.63	200m:	2:23.22	36.29
71.	Goncalo Daniel DUARTE				95	Salesiano de Arouca				2:23.38	360	
	50m:	32.60	32.60	100m:	1:09.67	37.07	150m:	1:48.15	38.48	200m:	2:23.38	35.23
72.	Andre Lopes NEVES				91	Bairro dos Anjos				2:23.55	358	
	<i>FTL</i>											
	50m:	32.01	32.01	100m:	1:08.17	36.16	150m:	1:45.54	37.37	200m:	2:23.55	38.01
73.	Andre Fialho MARQUES				95	Benedita				2:23.59	358	
	50m:	31.96	31.96	100m:	1:08.88	36.92	150m:	1:46.35	37.47	200m:	2:23.59	37.24
74.	Sebastiao Amaro MACHADO				93	Académico Viseu				2:25.54	344	
	<i>FTL</i>											
	50m:	32.45	32.45	100m:	1:10.40	37.95	150m:	1:48.28	37.88	200m:	2:25.54	37.26
75.	Diogo Antonio CARVALHO				93	Feirense				2:25.95	341	
	<i>FTL</i>											
	50m:	32.62	32.62	100m:	1:09.90	37.28	150m:	1:48.54	38.64	200m:	2:25.95	37.41
76.	Tiago Botelho ANDRADE				94	Feirense				2:25.97	341	
	50m:	31.61	31.61	100m:	1:08.31	36.70	150m:	1:47.74	39.43	200m:	2:25.97	38.23
77.	Joao Baptista LOPES				95	Bairro dos Anjos				2:26.09	340	
	50m:	32.20	32.20	100m:	1:10.62	38.42	150m:	1:49.48	38.86	200m:	2:26.09	36.61
78.	Telmo Silva ALVES				94	Núcleo de Pombal				2:26.53	337	
	50m:	32.81	32.81	100m:	1:09.75	36.94	150m:	1:48.98	39.23	200m:	2:26.53	37.55
79.	Rafael Arrojado FERREIRA				94	Estarreja				2:27.35	331	
	<i>FTL</i>											
	50m:	31.69	31.69	100m:	1:09.82	38.13	150m:	1:49.08	39.26	200m:	2:27.35	38.27

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Lugar	Ano	Tempo final	Pts
80. Bernardo Tiago ABREU 50m: 33.68 33.68 100m: 1:11.93	95 Académica de Coimbra	2:27.64 38.25 150m: 1:50.17 38.24 200m: 2:27.64	329 37.47
81. Ruben Jordao FERNANDES 50m: 34.72 34.72 100m: 1:12.65	95 Miranda do Corvo	2:30.45 37.93 150m: 1:52.70 40.05 200m: 2:30.45	311 37.75
82. David Francisco AMADO <i>FTL</i> 50m: 32.67 32.67 100m: 1:10.49	94 Miranda do Corvo	2:31.70 37.82 150m: 1:51.35 40.86 200m: 2:31.70	303 40.35
83. Jose Pedro BERNARDES <i>FTL</i> 50m: 32.96 32.96 100m: 1:12.10	95 Estamos Juntos	2:35.16 39.14 150m: 1:53.42 41.32 200m: 2:35.16	284 41.74
84. Joao Guilherme VIEIRA <i>FTL</i> 50m: 35.89 35.89 100m: 1:16.93	93 Pimpões/Cimai	2:39.84 41.04 150m: 1:57.94 41.01 200m: 2:39.84	259 41.90
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		
EXH Nuno Pinheiro MAXIMIANO <i>FTL</i> 50m: 35.65 35.65 100m: 1:16.49	87 Bairro dos Anjos	2:38.79 40.84 150m: 1:58.63 42.14 200m: 2:38.79	265 40.16

Prova 19
27.2.10 - 16:25

Femin., 100m Livres

Juv
Resultados

(TA) JUV Fem : 1:16.47

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Beatriz SILVA 50m: 30.77 30.77 100m: 1:03.49	96 Gafanha da Encarnação	1:03.49 32.72	551
2. Ana Margarida RODRIGUES 50m: 31.42 31.42 100m: 1:05.62	96 Galitos	1:05.62 34.20	499
3. Ana Carolina LEAL 50m: 31.87 31.87 100m: 1:05.95	96 Náutico/Matobra	1:05.95 34.08	492
4. Ana Luisa CARVALHO 50m: 32.61 32.61 100m: 1:06.08	96 Náutico/Matobra	1:06.08 33.47	489
5. Rosa Maria OLIVEIRA 50m: 32.72 32.72 100m: 1:06.42	96 Estarreja	1:06.42 33.70	481
6. Maria Beatriz RASCAO 50m: 32.60 32.60 100m: 1:07.27	96 Náutico/Matobra	1:07.27 34.67	463
7. Mariana Jesus COSTA 50m: 32.79 32.79 100m: 1:07.57	96 Alcobaça	1:07.57 34.78	457
8. Ana Rita ARTUR 50m: 32.43 32.43 100m: 1:07.64	96 Académica de Coimbra	1:07.64 35.21	456
9. Renata Castro GONCALVES 50m: 32.39 32.39 100m: 1:07.93	96 Sporting de Aveiro	1:07.93 35.54	450
10. Ana Monica ELOI 50m: 32.74 32.74 100m: 1:08.07	96 Náutico da Marinha Grande	1:08.07 35.33	447
11. Ana Margarida LOURENCO 50m: 32.25 32.25 100m: 1:08.12	96 Benedita	1:08.12 35.87	446
12. Carla Rosario PALMA 50m: 32.78 32.78 100m: 1:08.27	96 Alcobaça	1:08.27 35.49	443

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Juv

Lugar	Ano	Tempo final	Pts
13. Maria Ines ALMEIDA 50m: 33.42 33.42 100m: 1:08.40	96 Nautico/Matobra	1:08.40 34.98	441
14. Filipa Costa GASPAR 50m: 33.28 33.28 100m: 1:09.10	96 Freguesia de Paião	1:09.10 35.82	427
15. Patricia Monteiro NEGRAO 50m: 33.47 33.47 100m: 1:09.54	96 Bombeiros das Caldas Rainha	1:09.54 36.07	419
16. Carlota Moura CARVALHOS 50m: 33.99 33.99 100m: 1:10.55	96 Nautico/Matobra	1:10.55 36.56	402
17. Daniela Valente FERREIRA 50m: 34.11 34.11 100m: 1:10.91	96 Estamos Juntos	1:10.91 36.80	395
18. Teresa Manuela AIRES 50m: 34.31 34.31 100m: 1:11.40	96 Sporting de Espinho	1:11.40 37.09	387
19. Patricia Sousa PAULO 50m: 34.82 34.82 100m: 1:11.55	96 Benedita	1:11.55 36.73	385
20. Diana Filipa GONCALVES 50m: 35.49 35.49 100m: 1:12.06	96 Nautico/Matobra	1:12.06 36.57	377
21. Cristina Alexandra FURTADO 50m: 34.71 34.71 100m: 1:12.32	96 Estamos Juntos	1:12.32 37.61	373
22. Maria Anastacio LUIS 50m: 35.56 35.56 100m: 1:12.42	96 Benedita	1:12.42 36.86	371
23. Filipa Santos CASTRO 50m: 34.89 34.89 100m: 1:12.60	96 Algés e Águeda	1:12.60 37.71	368
24. Joana Faim ALMEIDA 50m: 34.19 34.19 100m: 1:12.61	96 Ginásio Figueirense	1:12.61 38.42	368
25. Francisca Silva MARQUES 50m: 35.73 35.73 100m: 1:13.64	96 Académica de Coimbra	1:13.64 37.91	353
26. Carolina Rodrigues BARTOLOMEU 50m: 35.75 35.75 100m: 1:13.68	96 Galitos	1:13.68 37.93	352
27. Jessica Andreia CARVALHO 50m: 35.20 35.20 100m: 1:13.80	96 Bairro dos Anjos	1:13.80 38.60	351
28. Ana Catarina CARLOS 50m: 35.32 35.32 100m: 1:14.39	96 Nautico da Marinha Grande	1:14.39 39.07	342
29. Rita Matos PONTE 50m: 36.29 36.29 100m: 1:14.75	96 Freguesia de Paião	1:14.75 38.46	338
30. Edna Beatriz SANTOS 50m: 35.67 35.67 100m: 1:15.07	96 Nautico da Marinha Grande	1:15.07 39.40	333
31. Mariana Feliciano MARQUES 50m: 35.86 35.86 100m: 1:15.42	96 Benedita	1:15.42 39.56	329
32. Debora Alexandra CATALAO 50m: 36.96 36.96 100m: 1:15.49	96 Óbidos Patrimonium	1:15.49 38.53	328
33. Sofia Caramelo FOLGADO 50m: 35.54 35.54 100m: 1:15.55	96 Nautico/Matobra	1:15.55 40.01	327
34. Joana Filipa PAULINO 50m: 35.80 35.80 100m: 1:16.12	96 Galitos	1:16.12 40.32	320
35. Adriana Cristina CARVALHO 50m: 35.60 35.60 100m: 1:16.43	96 Campinho	1:16.43 40.83	316
36. Joana Sofia CAPINHA 50m: 36.01 36.01 100m: 1:16.44	96 Óbidos Patrimonium	1:16.44 40.43	316

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Juv

Lugar	Ano	Tempo final	Pts
37. Bruna Castelhana BOITA <i>FTL</i>	96 Benedita	1:18.40	292
50m: 37.28 37.28 100m: 1:18.40 41.12			
38. Luisa Filipa MAIA <i>FTL</i>	96 Desportivo Mealhada	1:18.50	291
50m: 37.93 37.93 100m: 1:18.50 40.57			

Prova 19
27.2.10 - 16:25

Femin., 100m Livres

Jun
Resultados

(TA) JUN Fem : 1:11.87

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Pinho RODRIGUES 50m: 29.00 29.00 100m: 59.87 30.87	94 Estamos Juntos	59.87	657
2. Adriana Correia LOPES 50m: 30.58 30.58 100m: 1:02.22 31.64	95 Náutico/Matobra	1:02.22	586
3. Ines Sofia SAMPAIO 50m: 30.62 30.62 100m: 1:02.73 32.11	94 Académico Viseu	1:02.73	571
4. Gabriela Oliveira ANDRADE 50m: 30.53 30.53 100m: 1:03.00 32.47	94 Náutico/Matobra	1:03.00	564
5. Ines Martins SILVA 50m: 31.66 31.66 100m: 1:05.05 33.39	94 Estamos Juntos	1:05.05	512
6. Vanessa Carolina VALENTE 50m: 31.39 31.39 100m: 1:05.40 34.01	94 Alcobaça	1:05.40	504
7. Joana Ines OLIVEIRA 50m: 31.41 31.41 100m: 1:05.74 34.33	95 Académica de Coimbra	1:05.74	496
8. Mariana Sousa MARTINS 50m: 32.08 32.08 100m: 1:05.89 33.81	95 Feirense	1:05.89	493
9. Ana Claudia CORDEIRO 50m: 31.82 31.82 100m: 1:06.13 34.31	95 Náutico/Matobra	1:06.13	488
10. Bruna Miguel PEREIRA 50m: 31.79 31.79 100m: 1:06.18 34.39	94 Académica de Coimbra	1:06.18	487
11. Ana Rita JESUS 50m: 32.96 32.96 100m: 1:06.91 33.95	95 Desportivo Mealhada	1:06.91	471
12. Catarina Alexandra FERREIRA 50m: 31.91 31.91 100m: 1:07.04 35.13	95 Náutico/Matobra	1:07.04	468
13. Raquel Raimundo FERREIRA 50m: 33.69 33.69 100m: 1:07.48 33.79	95 Náutico/Matobra	1:07.48	459
14. Margarida Ferreira DUARTE 50m: 31.85 31.85 100m: 1:07.55 35.70	94 Académico Viseu	1:07.55	458
15. Joana Margarida GUIMARAES 50m: 32.71 32.71 100m: 1:07.72 35.01	95 Pimpões/Cimai	1:07.72	454
16. Mariana Rocha VALENTE 50m: 32.16 32.16 100m: 1:08.06 35.90	95 Náutico/Matobra	1:08.06	447
17. Maria Ana SERRANO 50m: 31.96 31.96 100m: 1:08.07 36.11	94 Miranda do Corvo	1:08.07	447
18. Sofia Roque DIAS 50m: 32.68 32.68 100m: 1:08.26 35.58	94 Académica de Coimbra	1:08.26	443

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
19. Mariana Costa SEBASTIAO 50m: 33.23 33.23 100m: 1:08.61 35.38	95	Ginásio Figueirense 1:08.61	437
20. Rita Daniela ARMINDO 50m: 34.25 34.25 100m: 1:08.72 34.47	95	Industrial Viegrense 1:08.72	435
21. Ana Rita SILVEIRA 50m: 33.01 33.01 100m: 1:08.89 35.88	94	Galitos 1:08.89	431
22. Ana Margarida ALMEIDA 50m: 33.01 33.01 100m: 1:09.01 36.00	94	Galitos 1:09.01	429
23. Marcia Raquel SARAIVA 50m: 32.90 32.90 100m: 1:09.15 36.25	95	Galitos 1:09.15	426
24. Cristiana Andreia LIMA 50m: 34.22 34.22 100m: 1:09.24 35.02	95	Núcleo de Pombal 1:09.24	425
25. Mariana Maia e SILVA 50m: 33.57 33.57 100m: 1:09.30 35.73	94	Pimpões/Cimai 1:09.30	424
26. Vanessa Rodrigues VALENTE 50m: 33.23 33.23 100m: 1:09.33 36.10	94	Estarreja 1:09.33	423
27. Tatiana Cruz COSTA 50m: 33.48 33.48 100m: 1:09.67 36.19	94	Miranda do Corvo 1:09.67	417
28. Rita Marques SOUSA 50m: 32.66 32.66 100m: 1:09.70 37.04	94	Fundação Beatriz Santos 1:09.70	416
29. Maria Joao OLIVEIRA 50m: 33.13 33.13 100m: 1:10.25 37.12	95	Sporting de Espinho 1:10.25	407
30. Patricia Silva MARQUES 50m: 33.19 33.19 100m: 1:10.47 37.28	95	Feirense 1:10.47	403
31. Catia Sofia SILVA 50m: 33.71 33.71 100m: 1:10.60 36.89	94	Estarreja 1:10.60	401
32. Ana Raquel ALBUQUERQUE 50m: 34.44 34.44 100m: 1:11.31 36.87	95	Sporting de Aveiro 1:11.31	389
33. Sara Filipa ANJOS 50m: 34.31 34.31 100m: 1:11.33 37.02	95	Galitos 1:11.33	388
DNS Carolina Santana GONCALVES	95	Núcleo de Pombal	

Prova 19
27.2.10 - 16:25

Femin., 100m Livres

Sen
Resultados

(TA) SEN Fem : 1:11.30

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Margarida DOMINGOS 50m: 30.86 30.86 100m: 1:02.20 31.34	93	Académico Viseu 1:02.20	586
2. Adriana Filipa LISBOA 50m: 30.25 30.25 100m: 1:02.29 32.04	92	Bairro dos Anjos 1:02.29	584
3. Mariana Mota DIAS 50m: 30.65 30.65 100m: 1:03.02 32.37	92	Bairro dos Anjos 1:03.02	564
4. Maria Ines RIBEIRO 50m: 29.98 29.98 100m: 1:03.30 33.32	92	Náutico/Matobra 1:03.30	556
5. Ines Barbosa MOREIRA 50m: 31.05 31.05 100m: 1:04.63 33.58	92	Náutico/Matobra 1:04.63	522
6. Raquel Coutinho GAIO 50m: 31.12 31.12 100m: 1:04.81 33.69	90	Náutico/Matobra 1:04.81	518

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
7. Filipa Ramos RIBEIRO 50m: 30.80 30.80 100m: 1:05.08	93	Fundação Beatriz Santos 34.28	1:05.08 512
8. Ana Mafalda OLIVEIRA 50m: 31.13 31.13 100m: 1:05.59	93	Freguesia de Paião 34.46	1:05.59 500
9. Joana Margarida GASPAS 50m: 31.57 31.57 100m: 1:05.95	92	Náutico da Marinha Grande 34.38	1:05.95 492
10. Cristiana Margarida LOPES 50m: 31.78 31.78 100m: 1:06.78	92	Columbófila Cantanhedense 35.00	1:06.78 474
11. Rita Nair FERREIRA 50m: 32.23 32.23 100m: 1:06.83	91	Académica de Coimbra 34.60	1:06.83 472
12. Carolina Maria LOUREIRO 50m: 32.09 32.09 100m: 1:06.89	92	Galitos 34.80	1:06.89 471
13. Joana Margarida MONTEIRO 50m: 32.65 32.65 100m: 1:06.97	91	Pimpões/Cimai 34.32	1:06.97 470
14. Joana Ferreira COROADO 50m: 32.17 32.17 100m: 1:07.23	92	Académica de Coimbra 35.06	1:07.23 464
15. Telma Alexandra GRILO 50m: 32.84 32.84 100m: 1:07.96	92	Pimpões/Cimai 35.12	1:07.96 449
16. Denise Arrojado SILVA 50m: 33.57 33.57 100m: 1:08.82	92	Estarreja 35.25	1:08.82 433
17. Ana Lucia CASTRO 50m: 33.84 33.84 100m: 1:08.83	92	Estarreja 34.99	1:08.83 432
18. Ana Filipa LEITE 50m: 33.48 33.48 100m: 1:09.01	86	Académica de Coimbra 35.53	1:09.01 429
19. Raquel Maria LIMA 50m: 34.82 34.82 100m: 1:11.03	88	Sporting de Espinho 36.21	1:11.03 393
20. Ana Rita BOLA <i>FTL</i> 50m: 34.19 34.19 100m: 1:12.11	93	Gafanha da Encarnação 37.92	1:12.11 376
21. Carolina Vieira PINTO <i>FTL</i> 50m: 34.21 34.21 100m: 1:14.80	90	Feirense 40.59	1:14.80 337
DNS Sara Francisco CRUZ	93	Bairro dos Anjos	

Prova 19

Femin., 100m Livres

Open

27.2.10 - 16:25

Resultados

(TA) JUV Fem Juv: 1:16.47 / (TA) JUN Fem Jun: 1:11.87 / (TA) SEN Fem Sen: 1:11.30

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Pinho RODRIGUES 50m: 29.00 29.00 100m: 59.87	94	Estamos Juntos 30.87	59.87 657
2. Ana Margarida DOMINGOS 50m: 30.86 30.86 100m: 1:02.20	93	Académico Viseu 31.34	1:02.20 586
3. Adriana Correia LOPES 50m: 30.58 30.58 100m: 1:02.22	95	Náutico/Matobra 31.64	1:02.22 586
4. Adriana Filipa LISBOA 50m: 30.25 30.25 100m: 1:02.29	92	Bairro dos Anjos 32.04	1:02.29 584
5. Ines Sofia SAMPAIO 50m: 30.62 30.62 100m: 1:02.73	94	Académico Viseu 32.11	1:02.73 571

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Open

Lugar	Ano	Tempo final	Pts
6. Gabriela Oliveira ANDRADE 50m: 30.53 30.53 100m: 1:03.00	94 Nautico/Matobra	1:03.00 32.47	564
7. Mariana Mota DIAS 50m: 30.65 30.65 100m: 1:03.02	92 Bairro dos Anjos	1:03.02 32.37	564
8. Maria Ines RIBEIRO 50m: 29.98 29.98 100m: 1:03.30	92 Nautico/Matobra	1:03.30 33.32	556
9. Ana Beatriz SILVA 50m: 30.77 30.77 100m: 1:03.49	96 Gafanha da Encarnação	1:03.49 32.72	551
10. Ines Barbosa MOREIRA 50m: 31.05 31.05 100m: 1:04.63	92 Nautico/Matobra	1:04.63 33.58	522
11. Raquel Coutinho GAIO 50m: 31.12 31.12 100m: 1:04.81	90 Nautico/Matobra	1:04.81 33.69	518
12. Ines Martins SILVA 50m: 31.66 31.66 100m: 1:05.05	94 Estamos Juntos	1:05.05 33.39	512
13. Filipa Ramos RIBEIRO 50m: 30.80 30.80 100m: 1:05.08	93 Fundação Beatriz Santos	1:05.08 34.28	512
14. Vanessa Carolina VALENTE 50m: 31.39 31.39 100m: 1:05.40	94 Alcobaça	1:05.40 34.01	504
15. Ana Mafalda OLIVEIRA 50m: 31.13 31.13 100m: 1:05.59	93 Freguesia de Paião	1:05.59 34.46	500
16. Ana Margarida RODRIGUES 50m: 31.42 31.42 100m: 1:05.62	96 Galitos	1:05.62 34.20	499
17. Joana Ines OLIVEIRA 50m: 31.41 31.41 100m: 1:05.74	95 Académica de Coimbra	1:05.74 34.33	496
18. Mariana Sousa MARTINS 50m: 32.08 32.08 100m: 1:05.89	95 Feirense	1:05.89 33.81	493
19. Ana Carolina LEAL 50m: 31.87 31.87 100m: 1:05.95	96 Nautico/Matobra	1:05.95 34.08	492
Joana Margarida GASPAR 50m: 31.57 31.57 100m: 1:05.95	92 Nautico da Marinha Grande	1:05.95 34.38	492
21. Ana Luisa CARVALHO 50m: 32.61 32.61 100m: 1:06.08	96 Nautico/Matobra	1:06.08 33.47	489
22. Ana Claudia CORDEIRO 50m: 31.82 31.82 100m: 1:06.13	95 Nautico/Matobra	1:06.13 34.31	488
23. Bruna Miguel PEREIRA 50m: 31.79 31.79 100m: 1:06.18	94 Académica de Coimbra	1:06.18 34.39	487
24. Rosa Maria OLIVEIRA 50m: 32.72 32.72 100m: 1:06.42	96 Estarreja	1:06.42 33.70	481
25. Cristiana Margarida LOPES 50m: 31.78 31.78 100m: 1:06.78	92 Columbófila Cantanhedense	1:06.78 35.00	474
26. Rita Nair FERREIRA 50m: 32.23 32.23 100m: 1:06.83	91 Académica de Coimbra	1:06.83 34.60	472
27. Carolina Maria LOUREIRO 50m: 32.09 32.09 100m: 1:06.89	92 Galitos	1:06.89 34.80	471
28. Ana Rita JESUS 50m: 32.96 32.96 100m: 1:06.91	95 Desportivo Mealhada	1:06.91 33.95	471
29. Joana Margarida MONTEIRO 50m: 32.65 32.65 100m: 1:06.97	91 Pimpões/Cimai	1:06.97 34.32	470

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Open

Lugar	Ano	Tempo final	Pts
30. Catarina Alexandra FERREIRA 50m: 31.91 31.91 100m: 1:07.04	95 Nautico/Matobra	1:07.04 35.13	468
31. Joana Ferreira COROADO 50m: 32.17 32.17 100m: 1:07.23	92 Académica de Coimbra	1:07.23 35.06	464
32. Maria Beatriz RASCAO 50m: 32.60 32.60 100m: 1:07.27	96 Nautico/Matobra	1:07.27 34.67	463
33. Raquel Raimundo FERREIRA 50m: 33.69 33.69 100m: 1:07.48	95 Nautico/Matobra	1:07.48 33.79	459
34. Margarida Ferreira DUARTE 50m: 31.85 31.85 100m: 1:07.55	94 Académico Viseu	1:07.55 35.70	458
35. Mariana Jesus COSTA 50m: 32.79 32.79 100m: 1:07.57	96 Alcobaça	1:07.57 34.78	457
36. Ana Rita ARTUR 50m: 32.43 32.43 100m: 1:07.64	96 Académica de Coimbra	1:07.64 35.21	456
37. Joana Margarida GUIMARAES 50m: 32.71 32.71 100m: 1:07.72	95 Pimpões/Cimai	1:07.72 35.01	454
38. Renata Castro GONCALVES 50m: 32.39 32.39 100m: 1:07.93	96 Sporting de Aveiro	1:07.93 35.54	450
39. Telma Alexandra GRILO 50m: 32.84 32.84 100m: 1:07.96	92 Pimpões/Cimai	1:07.96 35.12	449
40. Mariana Rocha VALENTE 50m: 32.16 32.16 100m: 1:08.06	95 Nautico/Matobra	1:08.06 35.90	447
41. Maria Ana SERRANO 50m: 31.96 31.96 100m: 1:08.07	94 Miranda do Corvo	1:08.07 36.11	447
Ana Monica ELOI 50m: 32.74 32.74 100m: 1:08.07	96 Nautico da Marinha Grande	1:08.07 35.33	447
43. Ana Margarida LOURENCO 50m: 32.25 32.25 100m: 1:08.12	96 Benedita	1:08.12 35.87	446
44. Sofia Roque DIAS 50m: 32.68 32.68 100m: 1:08.26	94 Académica de Coimbra	1:08.26 35.58	443
45. Carla Rosario PALMA 50m: 32.78 32.78 100m: 1:08.27	96 Alcobaça	1:08.27 35.49	443
46. Maria Ines ALMEIDA 50m: 33.42 33.42 100m: 1:08.40	96 Nautico/Matobra	1:08.40 34.98	441
47. Mariana Costa SEBASTIAO 50m: 33.23 33.23 100m: 1:08.61	95 Ginásio Figueirense	1:08.61 35.38	437
48. Rita Daniela ARMINDO 50m: 34.25 34.25 100m: 1:08.72	95 Industrial Vieirense	1:08.72 34.47	435
49. Denise Arrojado SILVA 50m: 33.57 33.57 100m: 1:08.82	92 Estarreja	1:08.82 35.25	433
50. Ana Lucia CASTRO 50m: 33.84 33.84 100m: 1:08.83	92 Estarreja	1:08.83 34.99	432
51. Ana Rita SILVEIRA 50m: 33.01 33.01 100m: 1:08.89	94 Galitos	1:08.89 35.88	431
52. Ana Filipa LEITE 50m: 33.48 33.48 100m: 1:09.01	86 Académica de Coimbra	1:09.01 35.53	429
Ana Margarida ALMEIDA 50m: 33.01 33.01 100m: 1:09.01	94 Galitos	1:09.01 36.00	429

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 19, Femin., 100m Livres, Open

Lugar				Ano		Tempo final	Pts
54.	Filipa Costa	GASPAR		96	Freguesia de Paião	1:09.10	427
	50m:	33.28	33.28	100m:	1:09.10	35.82	
55.	Marcia Raquel	SARAIVA		95	Galitos	1:09.15	426
	50m:	32.90	32.90	100m:	1:09.15	36.25	
56.	Cristiana Andreia	LIMA		95	Núcleo de Pombal	1:09.24	425
	50m:	34.22	34.22	100m:	1:09.24	35.02	
57.	Mariana Maia e	SILVA		94	Pimpões/Cimai	1:09.30	424
	50m:	33.57	33.57	100m:	1:09.30	35.73	
58.	Vanessa Rodrigues	VALENTE		94	Estarreja	1:09.33	423
	50m:	33.23	33.23	100m:	1:09.33	36.10	
59.	Patricia Monteiro	NEGRAO		96	Bombeiros das Caldas Rainha	1:09.54	419
	50m:	33.47	33.47	100m:	1:09.54	36.07	
60.	Tatiana Cruz	COSTA		94	Miranda do Corvo	1:09.67	417
	50m:	33.48	33.48	100m:	1:09.67	36.19	
61.	Rita Marques	SOUSA		94	Fundação Beatriz Santos	1:09.70	416
	50m:	32.66	32.66	100m:	1:09.70	37.04	
62.	Maria Joao	OLIVEIRA		95	Sporting de Espinho	1:10.25	407
	50m:	33.13	33.13	100m:	1:10.25	37.12	
63.	Patricia Silva	MARQUES		95	Feirense	1:10.47	403
	50m:	33.19	33.19	100m:	1:10.47	37.28	
64.	Carlota Moura	CARVALHOS		96	Náutico/Matobra	1:10.55	402
	50m:	33.99	33.99	100m:	1:10.55	36.56	
65.	Catia Sofia	SILVA		94	Estarreja	1:10.60	401
	50m:	33.71	33.71	100m:	1:10.60	36.89	
66.	Daniela Valente	FERREIRA		96	Estamos Juntos	1:10.91	395
	50m:	34.11	34.11	100m:	1:10.91	36.80	
67.	Raquel Maria	LIMA		88	Sporting de Espinho	1:11.03	393
	50m:	34.82	34.82	100m:	1:11.03	36.21	
68.	Ana Raquel	ALBUQUERQUE		95	Sporting de Aveiro	1:11.31	389
	50m:	34.44	34.44	100m:	1:11.31	36.87	
69.	Sara Filipa	ANJOS		95	Galitos	1:11.33	388
	50m:	34.31	34.31	100m:	1:11.33	37.02	
70.	Teresa Manuela	AIRES		96	Sporting de Espinho	1:11.40	387
	50m:	34.31	34.31	100m:	1:11.40	37.09	
71.	Patricia Sousa	PAULO		96	Benedita	1:11.55	385
	50m:	34.82	34.82	100m:	1:11.55	36.73	
72.	Diana Filipa	GONCALVES		96	Náutico/Matobra	1:12.06	377
	50m:	35.49	35.49	100m:	1:12.06	36.57	
73.	Ana Rita	BOLA		93	Gafanha da Encarnação	1:12.11	376
	<i>FTL</i>						
	50m:	34.19	34.19	100m:	1:12.11	37.92	
74.	Cristina Alexandra	FURTADO		96	Estamos Juntos	1:12.32	373
	50m:	34.71	34.71	100m:	1:12.32	37.61	
75.	Maria Anastacio	LUIS		96	Benedita	1:12.42	371
	50m:	35.56	35.56	100m:	1:12.42	36.86	
76.	Filipa Santos	CASTRO		96	Algés e Águeda	1:12.60	368
	50m:	34.89	34.89	100m:	1:12.60	37.71	
77.	Joana Faim	ALMEIDA		96	Ginásio Figueirense	1:12.61	368
	50m:	34.19	34.19	100m:	1:12.61	38.42	

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Prova 19, Femin., 100m Livres, Open

Lugar	Ano	Tempo final	Pts
78. Francisca Silva MARQUES 50m: 35.73 35.73 100m: 1:13.64	96 Académica de Coimbra	1:13.64 37.91	353
79. Carolina Rodrigues BARTOLOMEU 50m: 35.75 35.75 100m: 1:13.68	96 Galitos	1:13.68 37.93	352
80. Jessica Andreia CARVALHO 50m: 35.20 35.20 100m: 1:13.80	96 Bairro dos Anjos	1:13.80 38.60	351
81. Ana Catarina CARLOS 50m: 35.32 35.32 100m: 1:14.39	96 Náutico da Marinha Grande	1:14.39 39.07	342
82. Rita Matos PONTE 50m: 36.29 36.29 100m: 1:14.75	96 Freguesia de Paião	1:14.75 38.46	338
83. Carolina Vieira PINTO <i>FTL</i> 50m: 34.21 34.21 100m: 1:14.80	90 Feirense	1:14.80 40.59	337
84. Edna Beatriz SANTOS 50m: 35.67 35.67 100m: 1:15.07	96 Náutico da Marinha Grande	1:15.07 39.40	333
85. Mariana Feliciano MARQUES 50m: 35.86 35.86 100m: 1:15.42	96 Benedita	1:15.42 39.56	329
86. Debora Alexandra CATALAO 50m: 36.96 36.96 100m: 1:15.49	96 Óbidos Patrimonium	1:15.49 38.53	328
87. Sofia Caramelo FOLGADO 50m: 35.54 35.54 100m: 1:15.55	96 Náutico/Matobra	1:15.55 40.01	327
88. Joana Filipa PAULINO 50m: 35.80 35.80 100m: 1:16.12	96 Galitos	1:16.12 40.32	320
89. Adriana Cristina CARVALHO 50m: 35.60 35.60 100m: 1:16.43	96 Campinho	1:16.43 40.83	316
90. Joana Sofia CAPINHA 50m: 36.01 36.01 100m: 1:16.44	96 Óbidos Patrimonium	1:16.44 40.43	316
91. Bruna Castelhana BOITA <i>FTL</i> 50m: 37.28 37.28 100m: 1:18.40	96 Benedita	1:18.40 41.12	292
92. Luisa Filipa MAIA <i>FTL</i> 50m: 37.93 37.93 100m: 1:18.50	96 Desportivo Mealhada	1:18.50 40.57	291
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		
EXH Victoriya KAMINSKAYA 50m: 29.78 29.78 100m: 1:02.42	95 Pimpões/Cimai	1:02.42 32.64	580

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 20 Masc., 100m Bruços Juv B
27.2.10 - 16:45 Resultados

(TA) JUV B Masc : 1:29.70

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Goncalo Pereira SA 50m: 35.00 35.00 100m: 1:12.45	95 Feirense	1:12.45	528
2. Nuno Miguel FELICIANO 50m: 34.81 34.81 100m: 1:16.07	95 Alcobaça	1:16.07	456
3. Ricardo Filipe FERREIRA 50m: 35.80 35.80 100m: 1:16.17	95 Pimpões/Cimai	1:16.17	454
4. Henrique Jose MARQUEZ 50m: 35.94 35.94 100m: 1:16.62	95 Galitos	1:16.62	446
5. Rafael Joao CORREIA 50m: 37.11 37.11 100m: 1:18.33	95 Lousanense	1:18.33	418
6. Rui Jorge DIAS 50m: 37.88 37.88 100m: 1:19.41	95 Miranda do Corvo	1:19.41	401
7. Tomas Lopes ALMEIDA 50m: 35.97 35.97 100m: 1:19.42	95 Campinho	1:19.42	401
8. Andre Fialho MARQUES 50m: 38.50 38.50 100m: 1:20.00	95 Benedita	1:20.00	392
9. Diogo Magalhaes MOURA 50m: 37.95 37.95 100m: 1:21.45	95 Académico Viseu	1:21.45	372
10. Henrique Miguel GONCALVES 50m: 38.47 38.47 100m: 1:21.70	95 Núcleo de Pombal	1:21.70	368
11. Diogo Andre JORGE 50m: 38.04 38.04 100m: 1:24.04	95 Náutico/Matobra	1:24.04	338
12. Pedro Filipe MELO 50m: 39.59 39.59 100m: 1:25.88	95 Algés e Águeda	1:25.88	317
13. Ruben Manuel ALMEIDA 50m: 41.95 41.95 100m: 1:25.93	95 Feirense	1:25.93	316
DNS Manuel Valério FIGUEIREDO	95 Salesiano de Arouca		
DNS Luís Filipe JUSTO	95 Salesiano de Arouca		

Prova 20 Masc., 100m Bruços Juv A
27.2.10 - 16:45 Resultados

(TA) JUV A Masc : 1:26.82

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Alcides Costa SOUSA 50m: 34.36 34.36 100m: 1:13.12	94 Feirense	1:13.12	514
2. Pedro Barros MENDES 50m: 34.69 34.69 100m: 1:13.41	94 Académica de Coimbra	1:13.41	508
3. Joao Pedro VEIGA 50m: 35.06 35.06 100m: 1:14.13	94 Náutico/Matobra	1:14.13	493
4. Fabio Filipe LOPES 50m: 35.74 35.74 100m: 1:16.19	94 Lousanense	1:16.19	454
5. Ruben Paiva CARVALHO 50m: 35.32 35.32 100m: 1:16.58	94 Académica de Coimbra	1:16.58	447
6. Diogo Manuel DOMINGUES 50m: 36.53 36.53 100m: 1:17.15	94 Bairro dos Anjos	1:17.15	437

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 20, Masc., 100m Bruços, Juv A

Lugar	Ano	Tempo final	Pts
7. Hugo Neves NETO 50m: 36.76 36.76 100m: 1:17.94	94	Columbófila Cantanhedense 41.18	1:17.94 424
8. Andre Marques SILVA 50m: 36.16 36.16 100m: 1:18.14	94	Sporting de Aveiro 41.98	1:18.14 421
9. Luis Miguel CANDIDO 50m: 37.54 37.54 100m: 1:19.46	94	Salesiano de Arouca 41.92	1:19.46 400
10. Fabio Ribeiro NORONHA 50m: 37.19 37.19 100m: 1:20.58	94	Bombeiros das Caldas Rainha 43.39	1:20.58 384
11. Goncalo Ferreira GAMEIRO 50m: 38.14 38.14 100m: 1:20.68	94	Núcleo de Pombal 42.54	1:20.68 382
12. Nuno Alexandre CORREIA 50m: 37.91 37.91 100m: 1:22.70	94	Campinho 44.79	1:22.70 355
13. Miguel Marques RAMOS 50m: 38.43 38.43 100m: 1:23.12	94	Pimpões/Cimai 44.69	1:23.12 350
14. Pedro Daniel PINTO 50m: 40.19 40.19 100m: 1:26.17	94	Miranda do Corvo 45.98	1:26.17 314
15. Micael Valverde TEIXEIRA <i>FTL</i> 50m: 42.84 42.84 100m: 1:30.13	94	Naval da Nazaré 47.29	1:30.13 274
DSQ Filipe Jose BAPTISTA <i>FTL, Pernada de golfinho no percurso subaquático</i>	94	Feirense	

Prova 20

Masc., 100m Bruços

Jun

27.2.10 - 16:45

Resultados

(TA) JUN Masc : 1:22.23

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Nuno Durao PASCOAL 50m: 34.46 34.46 100m: 1:12.36	92	Galitos 37.90	1:12.36 530
2. Gustavo Alexandre MENESES 50m: 34.71 34.71 100m: 1:12.86	92	Columbófila Cantanhedense 38.15	1:12.86 519
3. Joao Pedro MENDES 50m: 34.12 34.12 100m: 1:13.82	92	Náutico da Marinha Grande 39.70	1:13.82 499
4. Joao Guilherme VIEIRA 50m: 35.73 35.73 100m: 1:14.99	93	Pimpões/Cimai 39.26	1:14.99 476
5. Andre Duarte VAZ 50m: 35.07 35.07 100m: 1:15.58	93	Ginásio Figueirense 40.51	1:15.58 465
6. Marcelo Abreu RODRIGUES 50m: 35.73 35.73 100m: 1:17.90	92	Académica de Coimbra 42.17	1:17.90 425
7. Tiago Andre MARQUES 50m: 38.45 38.45 100m: 1:19.56	93	Sporting de Espinho 41.11	1:19.56 399
8. Nuno Alexandre NEVES 50m: 36.29 36.29 100m: 1:20.08	92	Freguesia de Paião 43.79	1:20.08 391
9. Henrique Jose MARQUES 50m: 39.24 39.24 100m: 1:21.41	93	Benedita 42.17	1:21.41 372
10. Goncalo Bastos MONTEIRO <i>FTL</i> 50m: 39.55 39.55 100m: 1:23.44	93	Sporting de Espinho 43.89	1:23.44 346

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 20, Masc., 100m Bruços, Jun

Lugar	Ano	Tempo final	Pts
11. Flavio Cardoso RELVA <i>FTL</i>	93 Bairro dos Anjos	1:24.59	332
50m: 38.50 38.50 100m: 1:24.59 46.09			
DSQ Marcelo Fernandes ROSAS	93 Feirense		
<i>Pernada de golfinho no percurso subaquático</i>			

Prova 20 Masc., 100m Bruços Sen
27.2.10 - 16:45 Resultados

(TA) SEN Masc : 1:19.93

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Albano VIOLA	89 Náutico/Matobra	1:08.40	628
50m: 31.39 31.39 100m: 1:08.40 37.01			
2. Hugo Miguel NUNES	90 Náutico/Matobra	1:11.48	550
50m: 33.36 33.36 100m: 1:11.48 38.12			
3. Helder Alexandre GODINHO	86 Bairro dos Anjos	1:13.51	506
50m: 34.63 34.63 100m: 1:13.51 38.88			
4. Pedro Miguel CONDE	90 Náutico/Matobra	1:14.66	483
50m: 36.07 36.07 100m: 1:14.66 38.59			
5. Joao Bernardo ABRANTES	90 Náutico/Matobra	1:14.89	478
50m: 35.20 35.20 100m: 1:14.89 39.69			
6. Daniel Filipe FERNANDES	85 Campinho	1:15.77	462
50m: 35.18 35.18 100m: 1:15.77 40.59			
7. Pedro Octavio FERNANDES	91 Académica de Coimbra	1:18.09	422
50m: 35.55 35.55 100m: 1:18.09 42.54			
8. Mario Diogo NOBREGA	90 S.Pedro do Sul	1:20.29	388
<i>FTL</i>			
50m: 35.48 35.48 100m: 1:20.29 44.81			
9. Cristiano Almeida SANTOS	90 Náutico/Matobra	1:20.53	384
<i>FTL</i>			
50m: 36.46 36.46 100m: 1:20.53 44.07			
10. Alexandre Augusto MEDINA	90 Ginásio Figueirense	1:21.92	365
<i>FTL</i>			
50m: 37.71 37.71 100m: 1:21.92 44.21			

Prova 20 Masc., 100m Bruços Open
27.2.10 - 16:45 Resultados

(TA) JUN Masc Jun: 1:22.23 / (TA) JUV B Masc Juv B: 1:29.70 / (TA) JUV A Masc Juv A: 1:26.82 / (TA) SEN Masc Sen: 1:19.93

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Albano VIOLA	89 Náutico/Matobra	1:08.40	628
50m: 31.39 31.39 100m: 1:08.40 37.01			
2. Hugo Miguel NUNES	90 Náutico/Matobra	1:11.48	550
50m: 33.36 33.36 100m: 1:11.48 38.12			
3. Nuno Durao PASCOAL	92 Galitos	1:12.36	530
50m: 34.46 34.46 100m: 1:12.36 37.90			
4. Goncalo Pereira SA	95 Feirense	1:12.45	528
50m: 35.00 35.00 100m: 1:12.45 37.45			
5. Gustavo Alexandre MENESES	92 Columbófila Cantanhedense	1:12.86	519
50m: 34.71 34.71 100m: 1:12.86 38.15			

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 20, Masc., 100m Bruços, Open

Lugar	Ano	Tempo final	Pts
6. Alcides Costa SOUSA 50m: 34.36 34.36 100m: 1:13.12 38.76	94 Feirense	1:13.12	514
7. Pedro Barros MENDES 50m: 34.69 34.69 100m: 1:13.41 38.72	94 Académica de Coimbra	1:13.41	508
8. Helder Alexandre GODINHO 50m: 34.63 34.63 100m: 1:13.51 38.88	86 Bairro dos Anjos	1:13.51	506
9. Joao Pedro MENDES 50m: 34.12 34.12 100m: 1:13.82 39.70	92 Náutico da Marinha Grande	1:13.82	499
10. Joao Pedro VEIGA 50m: 35.06 35.06 100m: 1:14.13 39.07	94 Náutico/Matobra	1:14.13	493
11. Pedro Miguel CONDE 50m: 36.07 36.07 100m: 1:14.66 38.59	90 Náutico/Matobra	1:14.66	483
12. Joao Bernardo ABRANTES 50m: 35.20 35.20 100m: 1:14.89 39.69	90 Náutico/Matobra	1:14.89	478
13. Joao Guilherme VIEIRA 50m: 35.73 35.73 100m: 1:14.99 39.26	93 Pimpões/Cimai	1:14.99	476
14. Andre Duarte VAZ 50m: 35.07 35.07 100m: 1:15.58 40.51	93 Ginásio Figueirense	1:15.58	465
15. Daniel Filipe FERNANDES 50m: 35.18 35.18 100m: 1:15.77 40.59	85 Campinho	1:15.77	462
16. Nuno Miguel FELICIANO 50m: 34.81 34.81 100m: 1:16.07 41.26	95 Alcobaça	1:16.07	456
17. Ricardo Filipe FERREIRA 50m: 35.80 35.80 100m: 1:16.17 40.37	95 Pimpões/Cimai	1:16.17	454
18. Fabio Filipe LOPES 50m: 35.74 35.74 100m: 1:16.19 40.45	94 Lousanense	1:16.19	454
19. Ruben Paiva CARVALHO 50m: 35.32 35.32 100m: 1:16.58 41.26	94 Académica de Coimbra	1:16.58	447
20. Henrique Jose MARQUEZ 50m: 35.94 35.94 100m: 1:16.62 40.68	95 Galitos	1:16.62	446
21. Diogo Manuel DOMINGUES 50m: 36.53 36.53 100m: 1:17.15 40.62	94 Bairro dos Anjos	1:17.15	437
22. Marcelo Abreu RODRIGUES 50m: 35.73 35.73 100m: 1:17.90 42.17	92 Académica de Coimbra	1:17.90	425
23. Hugo Neves NETO 50m: 36.76 36.76 100m: 1:17.94 41.18	94 Columbófila Cantanhedense	1:17.94	424
24. Pedro Octavio FERNANDES 50m: 35.55 35.55 100m: 1:18.09 42.54	91 Académica de Coimbra	1:18.09	422
25. Andre Marques SILVA 50m: 36.16 36.16 100m: 1:18.14 41.98	94 Sporting de Aveiro	1:18.14	421
26. Rafael Joao CORREIA 50m: 37.11 37.11 100m: 1:18.33 41.22	95 Lousanense	1:18.33	418
27. Rui Jorge DIAS 50m: 37.88 37.88 100m: 1:19.41 41.53	95 Miranda do Corvo	1:19.41	401
28. Tomas Lopes ALMEIDA 50m: 35.97 35.97 100m: 1:19.42 43.45	95 Campinho	1:19.42	401
29. Luis Miguel CANDIDO 50m: 37.54 37.54 100m: 1:19.46 41.92	94 Salesiano de Arouca	1:19.46	400

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Prova 20, Masc., 100m Bruços, Open

Lugar	Ano	Tempo final	Pts
30. Tiago Andre MARQUES 50m: 38.45 38.45 100m: 1:19.56	93 Sporting de Espinho	1:19.56 41.11	399
31. Andre Fialho MARQUES 50m: 38.50 38.50 100m: 1:20.00	95 Benedita	1:20.00 41.50	392
32. Nuno Alexandre NEVES 50m: 36.29 36.29 100m: 1:20.08	92 Freguesia de Paião	1:20.08 43.79	391
33. Mario Diogo NOBREGA <i>FTL</i> 50m: 35.48 35.48 100m: 1:20.29	90 S.Pedro do Sul	1:20.29 44.81	388
34. Cristiano Almeida SANTOS <i>FTL</i> 50m: 36.46 36.46 100m: 1:20.53	90 Náutico/Matobra	1:20.53 44.07	384
35. Fabio Ribeiro NORONHA 50m: 37.19 37.19 100m: 1:20.58	94 Bombeiros das Caldas Rainha	1:20.58 43.39	384
36. Goncalo Ferreira GAMEIRO 50m: 38.14 38.14 100m: 1:20.68	94 Núcleo de Pombal	1:20.68 42.54	382
37. Henrique Jose MARQUES 50m: 39.24 39.24 100m: 1:21.41	93 Benedita	1:21.41 42.17	372
38. Diogo Magalhaes MOURA 50m: 37.95 37.95 100m: 1:21.45	95 Académico Viseu	1:21.45 43.50	372
39. Henrique Miguel GONCALVES 50m: 38.47 38.47 100m: 1:21.70	95 Núcleo de Pombal	1:21.70 43.23	368
40. Alexandre Augusto MEDINA <i>FTL</i> 50m: 37.71 37.71 100m: 1:21.92	90 Ginásio Figueirense	1:21.92 44.21	365
41. Nuno Alexandre CORREIA 50m: 37.91 37.91 100m: 1:22.70	94 Campinho	1:22.70 44.79	355
42. Miguel Marques RAMOS 50m: 38.43 38.43 100m: 1:23.12	94 Pimpões/Cimai	1:23.12 44.69	350
43. Goncalo Bastos MONTEIRO <i>FTL</i> 50m: 39.55 39.55 100m: 1:23.44	93 Sporting de Espinho	1:23.44 43.89	346
44. Diogo Andre JORGE 50m: 38.04 38.04 100m: 1:24.04	95 Náutico/Matobra	1:24.04 46.00	338
45. Flavio Cardoso RELVA <i>FTL</i> 50m: 38.50 38.50 100m: 1:24.59	93 Bairro dos Anjos	1:24.59 46.09	332
46. Pedro Filipe MELO 50m: 39.59 39.59 100m: 1:25.88	95 Algés e Águeda	1:25.88 46.29	317
47. Ruben Manuel ALMEIDA 50m: 41.95 41.95 100m: 1:25.93	95 Feirense	1:25.93 43.98	316
48. Pedro Daniel PINTO 50m: 40.19 40.19 100m: 1:26.17	94 Miranda do Corvo	1:26.17 45.98	314
49. Micael Valverde TEIXEIRA <i>FTL</i> 50m: 42.84 42.84 100m: 1:30.13	94 Naval da Nazaré	1:30.13 47.29	274
DSQ Marcelo Fernandes ROSAS <i>Pernada de golfinho no percurso subaquático</i>	93 Feirense		

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Prova 20, Masc., 100m Bruços, Open

Lugar	Ano	Tempo final	Pts
DSQ Filipe Jose BAPTISTA <i>FTL, Pernada de golfinho no percurso subaquático</i>	94 Feirense		
DNS Manuel Valério FIGUEIREDO	95 Salesiano de Arouca		
DNS Luís Filipe JUSTO	95 Salesiano de Arouca		

Prova 21

Femin., 200m Mariposa

Juv

27.2.10 - 17:10

Resultados

(TA) JUV Fem : 3:24.38

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Sara Cristiana VALENTE 50m: 34.93 34.93 100m: 1:14.67	96 Alcobaça	2:36.55	489
2. Maria Amelia GASPAR 50m: 35.94 35.94 100m: 1:17.61	96 Náutico/Matobra	2:42.71	436
3. Debora Filipa DUQUE 50m: 36.44 36.44 100m: 1:17.47	96 Pimpões/Cimai	2:43.41	430
4. Isa Morais PENAS 50m: 35.86 35.86 100m: 1:17.03	96 Benedita	2:43.69	428
5. Ana Isabel NEVES 50m: 35.06 35.06 100m: 1:15.50	96 Pimpões/Cimai	2:44.19	424
6. Mafalda Domingues VALENTE 50m: 36.49 36.49 100m: 1:18.41	96 Náutico da Marinha Grande	2:46.37	408
7. Elisa Morgado PEDRAS 50m: 36.54 36.54 100m: 1:17.55	96 Benedita	2:46.67	405
8. Florbela Cavaco MACHADO 50m: 37.35 37.35 100m: 1:20.56	96 Columbófila Cantanhedense	2:47.52	399

Prova 21

Femin., 200m Mariposa

Jun

27.2.10 - 17:10

Resultados

(TA) JUN Fem : 2:57.67

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Francisco GOMES 50m: 33.76 33.76 100m: 1:12.49	95 Naval da Nazaré	2:29.06	567
2. Carolina Cunha MARTINS 50m: 33.03 33.03 100m: 1:11.41	95 Náutico/Matobra	2:32.62	528
3. Ines Filipa BORGES 50m: 34.52 34.52 100m: 1:13.01	95 Alcobaça	2:34.86	506
4. Mariana Pedroso CARVALHO 50m: 34.95 34.95 100m: 1:14.37	95 Náutico/Matobra	2:35.50	499
5. Mariana Sousa MARTINS 50m: 35.17 35.17 100m: 1:15.44	95 Feirense	2:37.87	477
6. Diana Filipa TOMAS 50m: 34.66 34.66 100m: 1:14.63	94 Bairro dos Anjos	2:38.24	474
7. Ana Catarina COSTA 50m: 35.10 35.10 100m: 1:16.70	95 Feirense	2:39.39	464
8. Ana Sofia COSTA 50m: 36.11 36.11 100m: 1:17.66	95 Alcobaça	2:44.73	420

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 21, Femin., 200m Mariposa, Jun

Lugar	Ano	Tempo final	Pts
9. Beatriz Rocha NUNES 50m: 36.07 36.07 100m: 1:17.28 41.21 150m: 2:01.02 43.74 200m: 2:44.90 43.88	94	2:44.90	419
10. Cristina Paris SANTOS 50m: 34.43 34.43 100m: 1:16.83 42.40 150m: 2:00.06 43.23 200m: 2:46.37 46.31	94	2:46.37	408
11. Cristiana Andreia LIMA 50m: 37.47 37.47 100m: 1:21.52 44.05 150m: 2:06.33 44.81 200m: 2:50.05 43.72	95	2:50.05	382
12. Joana Reis VEIGA 50m: 36.93 36.93 100m: 1:20.94 44.01 150m: 2:07.50 46.56 200m: 2:56.86 49.36	95	2:56.86	339
13. Ana Francisca SILVA 50m: 36.49 36.49 100m: 1:19.63 43.14 150m: 2:07.91 48.28 200m: 2:56.97 49.06	95	2:56.97	339
14. Ines Ricardo AMARAL <i>FTL</i> 50m: 39.49 39.49 100m: 1:25.57 46.08 150m: 2:13.51 47.94 200m: 3:00.40 46.89	95	3:00.40	320
15. Claudia Filipa SILVA <i>FTL</i> 50m: 41.07 41.07 100m: 1:28.36 47.29 150m: 2:18.68 50.32 200m: 3:09.34 50.66	95	3:09.34	276

Prova 21
27.2.10 - 17:10

Femin., 200m Mariposa

Sen
Resultados

(TA) SEN Fem : 2:53.07

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO 50m: 34.17 34.17 100m: 1:09.32 35.15 150m: 1:47.04 37.72 200m: 2:23.71 36.67	93	2:23.71	633
2. Mara Lisboa e SILVA 50m: 34.26 34.26 100m: 1:13.25 38.99 150m: 1:53.50 40.25 200m: 2:33.52 40.02	93	2:33.52	519
3. Ana Carolina VALENTE 50m: 35.06 35.06 100m: 1:14.67 39.61 150m: 1:55.94 41.27 200m: 2:37.71 41.77	92	2:37.71	479
4. Raquel Bartolo VITOR 50m: 34.23 34.23 100m: 1:14.98 40.75 150m: 1:56.40 41.42 200m: 2:39.39 42.99	93	2:39.39	464
5. Ines Silva PINHEIRO 50m: 36.38 36.38 100m: 1:17.80 41.42 150m: 2:00.94 43.14 200m: 2:44.15 43.21	91	2:44.15	424
6. Carolina Maria LOUREIRO 50m: 38.19 38.19 100m: 1:21.24 43.05 150m: 2:05.79 44.55 200m: 2:50.48 44.69	92	2:50.48	379
DNS Sara Francisco CRUZ	93	Bairro dos Anjos	
DNS Ana Rita OLIVEIRA	92	Pimpões/Cimai	

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Prova 21, Femin., 200m Mariposa

Prova 21
27.2.10 - 17:10

Femin., 200m Mariposa

Open
Resultados

(TA) JUV Fem Juv: 3:24.38 / (TA) JUN Fem Jun: 2:57.67 / (TA) SEN Fem Sen: 2:53.07

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO 50m: 34.17 34.17 100m: 1:09.32 35.15 150m: 1:47.04 37.72 200m: 2:23.71 36.67	93 Nautico/Matobra	2:23.71	633
2. Carolina Francisco GOMES 50m: 33.76 33.76 100m: 1:12.49 38.73 150m: 1:50.60 38.11 200m: 2:29.06 38.46	95 Naval da Nazaré	2:29.06	567
3. Carolina Cunha MARTINS 50m: 33.03 33.03 100m: 1:11.41 38.38 150m: 1:51.35 39.94 200m: 2:32.62 41.27	95 Nautico/Matobra	2:32.62	528
4. Mara Lisboa e SILVA 50m: 34.26 34.26 100m: 1:13.25 38.99 150m: 1:53.50 40.25 200m: 2:33.52 40.02	93 Bairro dos Anjos	2:33.52	519
5. Ines Filipa BORGES 50m: 34.52 34.52 100m: 1:13.01 38.49 150m: 1:54.06 41.05 200m: 2:34.86 40.80	95 Alcobaça	2:34.86	506
6. Mariana Pedroso CARVALHO 50m: 34.95 34.95 100m: 1:14.37 39.42 150m: 1:55.15 40.78 200m: 2:35.50 40.35	95 Nautico/Matobra	2:35.50	499
7. Sara Cristiana VALENTE 50m: 34.93 34.93 100m: 1:14.67 39.74 150m: 1:55.47 40.80 200m: 2:36.55 41.08	96 Alcobaça	2:36.55	489
8. Ana Carolina VALENTE 50m: 35.06 35.06 100m: 1:14.67 39.61 150m: 1:55.94 41.27 200m: 2:37.71 41.77	92 Nautico da Marinha Grande	2:37.71	479
9. Mariana Sousa MARTINS 50m: 35.17 35.17 100m: 1:15.44 40.27 150m: 1:57.45 42.01 200m: 2:37.87 40.42	95 Feirense	2:37.87	477
10. Diana Filipa TOMAS 50m: 34.66 34.66 100m: 1:14.63 39.97 150m: 1:55.64 41.01 200m: 2:38.24 42.60	94 Bairro dos Anjos	2:38.24	474
11. Raquel Bartolo VITOR 50m: 34.23 34.23 100m: 1:14.98 40.75 150m: 1:56.40 41.42 200m: 2:39.39 42.99	93 Académica de Coimbra	2:39.39	464
Ana Catarina COSTA 50m: 35.10 35.10 100m: 1:16.70 41.60 150m: 1:59.36 42.66 200m: 2:39.39 40.03	95 Feirense	2:39.39	464
13. Maria Amelia GASPAR 50m: 35.94 35.94 100m: 1:17.61 41.67 150m: 2:00.39 42.78 200m: 2:42.71 42.32	96 Nautico/Matobra	2:42.71	436
14. Debora Filipa DUQUE 50m: 36.44 36.44 100m: 1:17.47 41.03 150m: 2:00.24 42.77 200m: 2:43.41 43.17	96 Pimpões/Cimai	2:43.41	430
15. Isa Moraes PENAS 50m: 35.86 35.86 100m: 1:17.03 41.17 150m: 2:00.84 43.81 200m: 2:43.69 42.85	96 Benedita	2:43.69	428
16. Ines Silva PINHEIRO 50m: 36.38 36.38 100m: 1:17.80 41.42 150m: 2:00.94 43.14 200m: 2:44.15 43.21	91 Gafanha da Encarnação	2:44.15	424
17. Ana Isabel NEVES 50m: 35.06 35.06 100m: 1:15.50 40.44 150m: 1:58.31 42.81 200m: 2:44.19 45.88	96 Pimpões/Cimai	2:44.19	424
18. Ana Sofia COSTA 50m: 36.11 36.11 100m: 1:17.66 41.55 150m: 2:01.37 43.71 200m: 2:44.73 43.36	95 Alcobaça	2:44.73	420
19. Beatriz Rocha NUNES 50m: 36.07 36.07 100m: 1:17.28 41.21 150m: 2:01.02 43.74 200m: 2:44.90 43.88	94 Ginásio Figueirense	2:44.90	419
20. Cristina Paris SANTOS 50m: 34.43 34.43 100m: 1:16.83 42.40 150m: 2:00.06 43.23 200m: 2:46.37 46.31	94 Pimpões/Cimai	2:46.37	408
Mafalda Domingues VALENTE 50m: 36.49 36.49 100m: 1:18.41 41.92 150m: 2:02.84 44.43 200m: 2:46.37 43.53	96 Nautico da Marinha Grande	2:46.37	408
22. Elisa Morgado PEDRAS 50m: 36.54 36.54 100m: 1:17.55 41.01 150m: 2:02.27 44.72 200m: 2:46.67 44.40	96 Benedita	2:46.67	405

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Prova 21, Femin., 200m Mariposa, Open

Lugar	Ano	Tempo final	Pts
23. Florbela Cavaco MACHADO 50m: 37.35 37.35 100m: 1:20.56 43.21 150m: 2:04.92 44.36 200m: 2:47.52 42.60	96 Columbófila Cantanhedense	2:47.52	399
24. Cristiana Andreia LIMA 50m: 37.47 37.47 100m: 1:21.52 44.05 150m: 2:06.33 44.81 200m: 2:50.05 43.72	95 Núcleo de Pombal	2:50.05	382
25. Carolina Maria LOUREIRO 50m: 38.19 38.19 100m: 1:21.24 43.05 150m: 2:05.79 44.55 200m: 2:50.48 44.69	92 Galitos	2:50.48	379
26. Joana Reis VEIGA 50m: 36.93 36.93 100m: 1:20.94 44.01 150m: 2:07.50 46.56 200m: 2:56.86 49.36	95 Académica de Coimbra	2:56.86	339
27. Ana Francisca SILVA 50m: 36.49 36.49 100m: 1:19.63 43.14 150m: 2:07.91 48.28 200m: 2:56.97 49.06	95 Académico Viseu	2:56.97	339
28. Ines Ricardo AMARAL <i>FTL</i> 50m: 39.49 39.49 100m: 1:25.57 46.08 150m: 2:13.51 47.94 200m: 3:00.40 46.89	95 Naval da Nazaré	3:00.40	320
29. Claudia Filipa SILVA <i>FTL</i> 50m: 41.07 41.07 100m: 1:28.36 47.29 150m: 2:18.68 50.32 200m: 3:09.34 50.66	95 Miranda do Corvo	3:09.34	276
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		

Prova 22

Masc., 100m Mariposa

Juv B

27.2.10 - 17:25

Resultados

(TA) JUV B Masc : 1:16.47

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Daniel Ribeiro SOUSA 50m: 30.21 30.21 100m: 1:04.55 34.34	95 Náutico da Marinha Grande	1:04.55	459
2. Joao Manuel SERRALHEIRO 50m: 31.23 31.23 100m: 1:06.51 35.28	95 Benedita	1:06.51	420
3. Cristovao Dinis MONTEIRO 50m: 32.14 32.14 100m: 1:06.82 34.68	95 Bombeiros das Caldas Rainha	1:06.82	414
4. Luis de OLIVEIRA 50m: 32.48 32.48 100m: 1:08.86 36.38	95 Académica de Coimbra	1:08.86	378
5. Walter Marcos NETO 50m: 33.03 33.03 100m: 1:09.83 36.80	95 Bairro dos Anjos	1:09.83	363
6. Miguel Silva Mouro 50m: 32.31 32.31 100m: 1:10.82 38.51	95 Académico Viseu	1:10.82	348
7. Claudio Dias GOMES 50m: 32.64 32.64 100m: 1:11.83 39.19	95 Gafanha da Encarnação	1:11.83	333
8. Francisco Pais BAPTISTA 50m: 33.36 33.36 100m: 1:11.87 38.51	95 Náutico/Matobra	1:11.87	333
9. Ricardo Filipe FERREIRA 50m: 33.57 33.57 100m: 1:13.24 39.67	95 Pimpões/Cimai	1:13.24	314
10. Goncalo Pereira SA 50m: 35.24 35.24 100m: 1:14.55 39.31	95 Feirense	1:14.55	298
11. Ruben Jordao FERNANDES <i>FTL</i> 50m: 38.94 38.94 100m: 1:25.42 46.48	95 Miranda do Corvo	1:25.42	198
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 22, Masc., 100m Mariposa

Prova 22
27.2.10 - 17:25

Masc., 100m Mariposa

Juv A
Resultados

(TA) JUV A Masc : 1:13.60

Pontos: FINA 2010

Lugar			Ano			Tempo final	Pts
1.	Joao Filipe LUCAS		94	Académica de Coimbra		1:04.19	467
	50m:	29.90 29.90	100m:	1:04.19 34.29			
2.	Alcides Costa SOUSA		94	Feirense		1:04.60	458
	50m:	29.74 29.74	100m:	1:04.60 34.86			
3.	Joao Carlos PAULA		94	Galitos		1:04.83	453
	50m:	30.23 30.23	100m:	1:04.83 34.60			
4.	Pedro Diogo TAVEIRA		94	Galitos		1:05.25	445
	50m:	29.96 29.96	100m:	1:05.25 35.29			
5.	Joao Goncalo COELHO		94	Sporting de Aveiro		1:05.59	438
	50m:	30.30 30.30	100m:	1:05.59 35.29			
6.	Diogo Filipe CATELAS		94	Estamos Juntos		1:06.20	426
	50m:	30.35 30.35	100m:	1:06.20 35.85			
7.	Andre Filipe MONTEIRO		94	Galitos		1:07.31	405
	50m:	31.62 31.62	100m:	1:07.31 35.69			
8.	Antero Simao MARTINS		94	Náutico da Marinha Grande		1:07.88	395
	50m:	32.13 32.13	100m:	1:07.88 35.75			
9.	Andre Alexandre VICENTE		94	Individual Leiria		1:10.32	355
	50m:	32.84 32.84	100m:	1:10.32 37.48			
10.	Joao Petinga de ALMEIDA		94	Naval da Nazaré		1:11.40	339
	50m:	33.08 33.08	100m:	1:11.40 38.32			
11.	Andre Ribeiro de SOUSA		94	Bairro dos Anjos		1:12.05	330
	50m:	33.86 33.86	100m:	1:12.05 38.19			
12.	Goncalo Ferreira GAMEIRO		94	Núcleo de Pombal		1:12.24	328
	50m:	32.83 32.83	100m:	1:12.24 39.41			
13.	David Francisco AMADO		94	Miranda do Corvo		1:21.72	226
	<i>FTL</i>						
	50m:	37.65 37.65	100m:	1:21.72 44.07			

Prova 22
27.2.10 - 17:25

Masc., 100m Mariposa

Jun
Resultados

(TA) JUN Masc : 1:10.15

Pontos: FINA 2010

Lugar			Ano			Tempo final	Pts
1.	Joao Paulo RIBEIRO		92	Bairro dos Anjos		59.38	590
	50m:	28.20 28.20	100m:	59.38 31.18			
2.	Diogo Parrilha da SILVA		93	Alcobaça		59.63	583
	50m:	28.35 28.35	100m:	59.63 31.28			
3.	Mario Alexandre PEREIRA		92	Ginásio Figueirense		59.77	579
	50m:	27.91 27.91	100m:	59.77 31.86			
4.	Emanuel Augusto PINHO		93	Feirense		1:01.63	528
	50m:	28.71 28.71	100m:	1:01.63 32.92			
5.	Filipe Franco NORTE		93	Náutico da Marinha Grande		1:02.17	514
	50m:	28.99 28.99	100m:	1:02.17 33.18			
6.	Andre Marques DINIS		93	Columbófila Cantanhedense		1:06.00	430
	50m:	31.58 31.58	100m:	1:06.00 34.42			

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 22, Masc., 100m Mariposa, Jun

Lugar	Ano	Tempo final	Pts
7. Guilherme Joao PATRIARCA 50m: 31.20 31.20 100m: 1:06.32 35.12	92 Académica de Coimbra	1:06.32	423
8. Bruno Rafael CORREIA 50m: 30.83 30.83 100m: 1:06.36 35.53	93 Académico Viseu	1:06.36	423
9. Tiago Lopes RIBEIRO 50m: 31.04 31.04 100m: 1:06.76 35.72	93 Benedita	1:06.76	415
10. Alexandre Galveias VALE 50m: 30.67 30.67 100m: 1:06.94 36.27	93 Pimpões/Cimai	1:06.94	412
11. Tiago Geraldes MACHADO 50m: 30.54 30.54 100m: 1:07.34 36.80	93 Pimpões/Cimai	1:07.34	404
12. Nuno Correia TINOCO 50m: 30.91 30.91 100m: 1:07.42 36.51	93 Ginásio Figueirense	1:07.42	403
13. Andre Rocha VALENTE 50m: 31.37 31.37 100m: 1:07.63 36.26	92 Académica de Coimbra	1:07.63	399
14. Henrique Mata CARVALHO 50m: 31.87 31.87 100m: 1:09.41 37.54	92 Bombeiros das Caldas Rainha	1:09.41	369
15. Alexander Oliveira CARDOSO 50m: 31.91 31.91 100m: 1:09.52 37.61	92 Sporting de Espinho	1:09.52	368
16. Marcelo Fernandes ROSAS <i>FTL</i> 50m: 32.88 32.88 100m: 1:11.41 38.53	93 Feirense	1:11.41	339
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		

Prova 22
27.2.10 - 17:25

Masc., 100m Mariposa

Sen
Resultados

(TA) SEN Masc : 1:07.16

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Rui Miguel FONSECA 50m: 27.47 27.47 100m: 57.68 30.21	88 Náutico/Matobra	57.68	644
2. Miguel Silva OLIVEIRA 50m: 27.83 27.83 100m: 58.11 30.28	91 Náutico/Matobra	58.11	630
3. Pedro Fragoso LOPES 50m: 28.11 28.11 100m: 1:00.03 31.92	90 Columbófila Cantanhedense	1:00.03	571
4. Ivo Monico de ALMEIDA 50m: 29.23 29.23 100m: 1:01.99 32.76	91 Bairro dos Anjos	1:01.99	519
5. Tiago Filipe PEREIRA 50m: 29.49 29.49 100m: 1:02.59 33.10	91 Bairro dos Anjos	1:02.59	504
6. Goncalo Nuno COSTA 50m: 29.32 29.32 100m: 1:03.72 34.40	90 Académica de Coimbra	1:03.72	477
7. Bruno Miguel AMARAL 50m: 29.21 29.21 100m: 1:04.56 35.35	89 Náutico/Matobra	1:04.56	459
8. Hugo Rafael RAMALHO 50m: 30.30 30.30 100m: 1:04.74 34.44	90 Académica de Coimbra	1:04.74	455
9. Fabio Silva FERREIRA 50m: 30.19 30.19 100m: 1:05.17 34.98	89 Feirense	1:05.17	446
10. Andre Ricardo SIMOES 50m: 30.26 30.26 100m: 1:05.94 35.68	91 Galitos	1:05.94	431

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Prova 22, Masc., 100m Mariposa, Sen

Lugar	Ano	Tempo final	Pts
11. Joao David SOUSA <i>FTL</i>	88 Estarreja	1:09.25	372
50m: 30.52 30.52	100m: 1:09.25 38.73		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Prova 22 Masc., 100m Mariposa Open Resultados
27.2.10 - 17:25

(TA) JUV A Masc Juv A: 1:13.60 / (TA) JUV B Masc Juv B: 1:16.47 / (TA) JUN Masc Jun: 1:10.15 / (TA) SEN Masc Sen: 1:07.16

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Rui Miguel FONSECA	88 Náutico/Matobra	57.68	644
50m: 27.47 27.47	100m: 57.68 30.21		
2. Miguel Silva OLIVEIRA	91 Náutico/Matobra	58.11	630
50m: 27.83 27.83	100m: 58.11 30.28		
3. Joao Paulo RIBEIRO	92 Bairro dos Anjos	59.38	590
50m: 28.20 28.20	100m: 59.38 31.18		
4. Diogo Parrilha da SILVA	93 Alcobaça	59.63	583
50m: 28.35 28.35	100m: 59.63 31.28		
5. Mario Alexandre PEREIRA	92 Ginásio Figueirense	59.77	579
50m: 27.91 27.91	100m: 59.77 31.86		
6. Pedro Fragoso LOPES	90 Columbófila Cantanhedense	1:00.03	571
50m: 28.11 28.11	100m: 1:00.03 31.92		
7. Emanuel Augusto PINHO	93 Feirense	1:01.63	528
50m: 28.71 28.71	100m: 1:01.63 32.92		
8. Ivo Monico de ALMEIDA	91 Bairro dos Anjos	1:01.99	519
50m: 29.23 29.23	100m: 1:01.99 32.76		
9. Filipe Franco NORTE	93 Náutico da Marinha Grande	1:02.17	514
50m: 28.99 28.99	100m: 1:02.17 33.18		
10. Tiago Filipe PEREIRA	91 Bairro dos Anjos	1:02.59	504
50m: 29.49 29.49	100m: 1:02.59 33.10		
11. Goncalo Nuno COSTA	90 Académica de Coimbra	1:03.72	477
50m: 29.32 29.32	100m: 1:03.72 34.40		
12. Joao Filipe LUCAS	94 Académica de Coimbra	1:04.19	467
50m: 29.90 29.90	100m: 1:04.19 34.29		
13. Daniel Ribeiro SOUSA	95 Náutico da Marinha Grande	1:04.55	459
50m: 30.21 30.21	100m: 1:04.55 34.34		
14. Bruno Miguel AMARAL	89 Náutico/Matobra	1:04.56	459
50m: 29.21 29.21	100m: 1:04.56 35.35		
15. Alcides Costa SOUSA	94 Feirense	1:04.60	458
50m: 29.74 29.74	100m: 1:04.60 34.86		
16. Hugo Rafael RAMALHO	90 Académica de Coimbra	1:04.74	455
50m: 30.30 30.30	100m: 1:04.74 34.44		
17. Joao Carlos PAULA	94 Galitos	1:04.83	453
50m: 30.23 30.23	100m: 1:04.83 34.60		
18. Fabio Silva FERREIRA	89 Feirense	1:05.17	446
50m: 30.19 30.19	100m: 1:05.17 34.98		
19. Pedro Diogo TAVEIRA	94 Galitos	1:05.25	445
50m: 29.96 29.96	100m: 1:05.25 35.29		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 22, Masc., 100m Mariposa, Open

Lugar	Ano	Tempo final	Pts
20. Joao Goncalo COELHO 50m: 30.30 30.30 100m: 1:05.59 35.29	94 Sporting de Aveiro	1:05.59	438
21. Andre Ricardo SIMOES 50m: 30.26 30.26 100m: 1:05.94 35.68	91 Galitos	1:05.94	431
22. Andre Marques DINIS 50m: 31.58 31.58 100m: 1:06.00 34.42	93 Columbófila Cantanhedense	1:06.00	430
23. Diogo Filipe CATELAS 50m: 30.35 30.35 100m: 1:06.20 35.85	94 Estamos Juntos	1:06.20	426
24. Guilherme Joao PATRIARCA 50m: 31.20 31.20 100m: 1:06.32 35.12	92 Académica de Coimbra	1:06.32	423
25. Bruno Rafael CORREIA 50m: 30.83 30.83 100m: 1:06.36 35.53	93 Académico Viseu	1:06.36	423
26. Joao Manuel SERRALHEIRO 50m: 31.23 31.23 100m: 1:06.51 35.28	95 Benedita	1:06.51	420
27. Tiago Lopes RIBEIRO 50m: 31.04 31.04 100m: 1:06.76 35.72	93 Benedita	1:06.76	415
28. Cristovao Dinis MONTEIRO 50m: 32.14 32.14 100m: 1:06.82 34.68	95 Bombeiros das Caldas Rainha	1:06.82	414
29. Alexandre Galveias VALE 50m: 30.67 30.67 100m: 1:06.94 36.27	93 Pimpões/Cimai	1:06.94	412
30. Andre Filipe MONTEIRO 50m: 31.62 31.62 100m: 1:07.31 35.69	94 Galitos	1:07.31	405
31. Tiago Geraldes MACHADO 50m: 30.54 30.54 100m: 1:07.34 36.80	93 Pimpões/Cimai	1:07.34	404
32. Nuno Correia TINOCO 50m: 30.91 30.91 100m: 1:07.42 36.51	93 Ginásio Figueirense	1:07.42	403
33. Andre Rocha VALENTE 50m: 31.37 31.37 100m: 1:07.63 36.26	92 Académica de Coimbra	1:07.63	399
34. Antero Simao MARTINS 50m: 32.13 32.13 100m: 1:07.88 35.75	94 Náutico da Marinha Grande	1:07.88	395
35. Luis de OLIVEIRA 50m: 32.48 32.48 100m: 1:08.86 36.38	95 Académica de Coimbra	1:08.86	378
36. Joao David SOUSA <i>FTL</i> 50m: 30.52 30.52 100m: 1:09.25 38.73	88 Estarreja	1:09.25	372
37. Henrique Mata CARVALHO 50m: 31.87 31.87 100m: 1:09.41 37.54	92 Bombeiros das Caldas Rainha	1:09.41	369
38. Alexander Oliveira CARDOSO 50m: 31.91 31.91 100m: 1:09.52 37.61	92 Sporting de Espinho	1:09.52	368
39. Walter Marcos NETO 50m: 33.03 33.03 100m: 1:09.83 36.80	95 Bairro dos Anjos	1:09.83	363
40. Andre Alexandre VICENTE 50m: 32.84 32.84 100m: 1:10.32 37.48	94 Individual Leiria	1:10.32	355
41. Miguel Silva Mouro 50m: 32.31 32.31 100m: 1:10.82 38.51	95 Académico Viseu	1:10.82	348
42. Joao Petinga de ALMEIDA 50m: 33.08 33.08 100m: 1:11.40 38.32	94 Naval da Nazaré	1:11.40	339

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 22, Masc., 100m Mariposa, Open

Lugar	Ano	Tempo final	Pts
43. Marcelo Fernandes ROSAS <i>FTL</i>	93 Feirense	1:11.41	339
50m: 32.88 32.88 100m: 1:11.41 38.53			
44. Claudio Dias GOMES	95 Gafanha da Encarnação	1:11.83	333
50m: 32.64 32.64 100m: 1:11.83 39.19			
45. Francisco Pais BAPTISTA	95 Náutico/Matobra	1:11.87	333
50m: 33.36 33.36 100m: 1:11.87 38.51			
46. Andre Ribeiro de SOUSA	94 Bairro dos Anjos	1:12.05	330
50m: 33.86 33.86 100m: 1:12.05 38.19			
47. Goncalo Ferreira GAMEIRO	94 Núcleo de Pombal	1:12.24	328
50m: 32.83 32.83 100m: 1:12.24 39.41			
48. Ricardo Filipe FERREIRA	95 Pimpões/Cimai	1:13.24	314
50m: 33.57 33.57 100m: 1:13.24 39.67			
49. Goncalo Pereira SA	95 Feirense	1:14.55	298
50m: 35.24 35.24 100m: 1:14.55 39.31			
50. David Francisco AMADO <i>FTL</i>	94 Miranda do Corvo	1:21.72	226
50m: 37.65 37.65 100m: 1:21.72 44.07			
51. Ruben Jordao FERNANDES <i>FTL</i>	95 Miranda do Corvo	1:25.42	198
50m: 38.94 38.94 100m: 1:25.42 46.48			
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		

Prova 23

Femin., 50m Costas

Jun

27.2.10 - 17:35

Resultados

(TA) JUN Fem : 39.33

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Adriana Correia LOPES	95 Náutico/Matobra	32.31	587
2. Tatiana Filipa SANTOS	95 Ginásio Figueirense	32.93	554
3. Joana Margarida GUIMARAES	95 Pimpões/Cimai	33.74	515
Ana Margarida ALMEIDA	94 Galitos	33.74	515
5. Gabriela Oliveira ANDRADE	94 Náutico/Matobra	33.88	509
6. Ana Catarina COSTA	95 Feirense	34.02	503
7. Patricia Santos DINIS	95 Bombeiros das Caldas Rainha	35.02	461
8. Vanessa Carolina VALENTE	94 Alcobaça	35.07	459
9. Ana Rita SILVEIRA	94 Galitos	35.52	442
10. Mariana Costa SEBASTIAO	95 Ginásio Figueirense	35.78	432
11. Ines Manuela FREITAS	94 Sporting de Espinho	35.82	431
12. Catia Andreia CLARA	95 Náutico da Marinha Grande	35.87	429
13. Bruna Miguel PEREIRA	94 Académica de Coimbra	36.61	403
14. Patricia Silva MARQUES	95 Feirense	36.87	395
15. Marcia Raquel SARAIVA	95 Galitos	37.61	372
DNS Joana Reis VEIGA	95 Académica de Coimbra		

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Coimbra, 26. - 28.2.2010

Prova 23, Femin., 50m Costas

Prova 23 Femin., 50m Costas Sen
27.2.10 - 17:35 Resultados

(TA) SEN Fem : 38.81

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Andreia Filipa ANJOS Bairro dos Anjos	32.33	586
2.	89	Daniela Filipa CARDOSO Fundação Beatriz Santos	34.14	497
3.	92	Nadia Filipa MARQUES Académica de Coimbra	34.89	466
4.	92	Mariana Mota DIAS Bairro dos Anjos	34.94	464
5.	93	Ana Mafalda OLIVEIRA Freguesia de Paião	36.09	421
6.	92	Joana Ferreira COROADO Académica de Coimbra	36.60	404
7.	88	Raquel Maria LIMA Sporting de Espinho	37.33	380
8.	92	Tania Martins GARCIA Ginásio Figueirense	37.69	370

Prova 23 Femin., 50m Costas Open
27.2.10 - 17:35 Resultados

(TA) JUN Fem Jun: 39.33 / (TA) SEN Fem Sen: 38.81

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	95	Adriana Correia LOPES Náutico/Matobra	32.31	587
2.	92	Andreia Filipa ANJOS Bairro dos Anjos	32.33	586
3.	95	Tatiana Filipa SANTOS Ginásio Figueirense	32.93	554
4.	95	Joana Margarida GUIMARAES Pimpões/Cimai	33.74	515
	94	Ana Margarida ALMEIDA Galitos	33.74	515
6.	94	Gabriela Oliveira ANDRADE Náutico/Matobra	33.88	509
7.	95	Ana Catarina COSTA Feirense	34.02	503
8.	89	Daniela Filipa CARDOSO Fundação Beatriz Santos	34.14	497
9.	92	Nadia Filipa MARQUES Académica de Coimbra	34.89	466
10.	92	Mariana Mota DIAS Bairro dos Anjos	34.94	464
11.	95	Patricia Santos DINIS Bombeiros das Caldas Rainha	35.02	461
12.	94	Vanessa Carolina VALENTE Alcobaça	35.07	459
13.	94	Ana Rita SILVEIRA Galitos	35.52	442
14.	95	Mariana Costa SEBASTIAO Ginásio Figueirense	35.78	432
15.	94	Ines Manuela FREITAS Sporting de Espinho	35.82	431
16.	95	Catia Andreia CLARA Náutico da Marinha Grande	35.87	429
17.	93	Ana Mafalda OLIVEIRA Freguesia de Paião	36.09	421
18.	92	Joana Ferreira COROADO Académica de Coimbra	36.60	404
19.	94	Bruna Miguel PEREIRA Académica de Coimbra	36.61	403
20.	95	Patricia Silva MARQUES Feirense	36.87	395
21.	88	Raquel Maria LIMA Sporting de Espinho	37.33	380
22.	95	Marcia Raquel SARAIVA Galitos	37.61	372
23.	92	Tania Martins GARCIA Ginásio Figueirense	37.69	370
DNS	95	Joana Reis VEIGA Académica de Coimbra		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24
27.2.10 - 17:35

Masc., 1500m Livres

Juv B
Resultados

(TA) JUV B Masc : 21:05.00

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Joao Andre NEVES		95	Académica de Coimbra				17:33.25	572		
	50m:	30.81 30.81	450m:	5:07.52	34.85	850m:	9:49.86	35.38	1250m:	14:35.61	35.77
	100m:	1:05.03 34.22	500m:	5:42.70	35.18	900m:	10:26.02	36.16	1300m:	15:11.45	35.84
	150m:	1:39.09 34.06	550m:	6:17.56	34.86	950m:	11:01.55	35.53	1350m:	15:46.83	35.38
	200m:	2:13.64 34.55	600m:	6:52.83	35.27	1000m:	11:37.35	35.80	1400m:	16:22.98	36.15
	250m:	2:48.38 34.74	650m:	7:27.76	34.93	1050m:	12:12.60	35.25	1450m:	16:58.40	35.42
	300m:	3:23.00 34.62	700m:	8:03.25	35.49	1100m:	12:48.52	35.92	1500m:	17:33.25	34.85
	350m:	3:57.62 34.62	750m:	8:38.77	35.52	1150m:	13:23.97	35.45			
	400m:	4:32.67 35.05	800m:	9:14.48	35.71	1200m:	13:59.84	35.87			
2.	Guilherme Pedro COELHO		95	Náutico/Matobra				18:28.72	490		
	50m:	32.82 32.82	450m:	5:29.27	37.07	850m:	10:29.69	37.59	1250m:	15:26.63	37.19
	100m:	1:09.00 36.18	500m:	6:06.64	37.37	900m:	11:06.76	37.07	1300m:	16:03.30	36.67
	150m:	1:46.21 37.21	550m:	6:44.49	37.85	950m:	11:44.75	37.99	1350m:	16:40.59	37.29
	200m:	2:22.93 36.72	600m:	7:22.26	37.77	1000m:	12:21.79	37.04	1400m:	17:17.21	36.62
	250m:	3:00.23 37.30	650m:	8:00.06	37.80	1050m:	12:58.81	37.02	1450m:	17:54.10	36.89
	300m:	3:37.44 37.21	700m:	8:37.26	37.20	1100m:	13:35.27	36.46	1500m:	18:28.72	34.62
	350m:	4:15.15 37.71	750m:	9:15.16	37.90	1150m:	14:12.68	37.41			
	400m:	4:52.20 37.05	800m:	9:52.10	36.94	1200m:	14:49.44	36.76			
3.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande				18:54.45	458		
	50m:	34.79 34.79	450m:	5:36.14	37.74	850m:	10:40.29	38.02	1250m:	15:44.48	38.81
	100m:	1:12.35 37.56	500m:	6:14.62	38.48	900m:	11:17.78	37.49	1300m:	16:23.09	38.61
	150m:	1:50.10 37.75	550m:	6:52.76	38.14	950m:	11:54.87	37.09	1350m:	17:01.07	37.98
	200m:	2:27.42 37.32	600m:	7:30.91	38.15	1000m:	12:32.78	37.91	1400m:	17:39.58	38.51
	250m:	3:05.01 37.59	650m:	8:08.59	37.68	1050m:	13:10.48	37.70	1450m:	18:17.48	37.90
	300m:	3:42.96 37.95	700m:	8:46.09	37.50	1100m:	13:48.40	37.92	1500m:	18:54.45	36.97
	350m:	4:20.30 37.34	750m:	9:24.02	37.93	1150m:	14:27.09	38.69			
	400m:	4:58.40 38.10	800m:	10:02.27	38.25	1200m:	15:05.67	38.58			
4.	Joao Miguel TEIXEIRA		95	Académico Viseu				19:21.31	427		
	50m:	33.15 33.15	450m:	5:45.07	38.88	850m:	10:57.90	39.27	1250m:	16:11.86	38.60
	100m:	1:10.56 37.41	500m:	6:24.66	39.59	900m:	11:37.73	39.83	1300m:	16:51.13	39.27
	150m:	1:49.36 38.80	550m:	7:03.51	38.85	950m:	12:17.01	39.28	1350m:	17:29.15	38.02
	200m:	2:28.17 38.81	600m:	7:42.75	39.24	1000m:	12:57.00	39.99	1400m:	18:08.41	39.26
	250m:	3:07.93 39.76	650m:	8:21.96	39.21	1050m:	13:36.02	39.02	1450m:	18:45.87	37.46
	300m:	3:47.47 39.54	700m:	9:01.08	39.12	1100m:	14:15.13	39.11	1500m:	19:21.31	35.44
	350m:	4:26.81 39.34	750m:	9:39.33	38.25	1150m:	14:54.84	39.71			
	400m:	5:06.19 39.38	800m:	10:18.63	39.30	1200m:	15:33.26	38.42			
5.	Rafael Santos SALDANHA		95	Bombeiros das Caldas Rainha				19:41.39	405		
	50m:	34.10 34.10	450m:	5:44.55	39.70	850m:	11:04.01	40.24	1250m:	16:23.42	40.33
	100m:	1:11.51 37.41	500m:	6:24.58	40.03	900m:	11:43.69	39.68	1300m:	17:03.98	40.56
	150m:	1:49.35 37.84	550m:	7:04.23	39.65	950m:	12:23.66	39.97	1350m:	17:43.99	40.01
	200m:	2:28.01 38.66	600m:	7:44.06	39.83	1000m:	13:03.07	39.41	1400m:	18:24.06	40.07
	250m:	3:06.80 38.79	650m:	8:24.20	40.14	1050m:	13:43.33	40.26	1450m:	19:03.36	39.30
	300m:	3:45.89 39.09	700m:	9:04.04	39.84	1100m:	14:23.01	39.68	1500m:	19:41.39	38.03
	350m:	4:25.65 39.76	750m:	9:44.00	39.96	1150m:	15:03.37	40.36			
	400m:	5:04.85 39.20	800m:	10:23.77	39.77	1200m:	15:43.09	39.72			
6.	Diogo Magalhaes MOURA		95	Académico Viseu				19:55.29	391		
	50m:	33.57 33.57	450m:	5:49.51	39.99	850m:	11:11.54	41.07	1250m:	16:36.26	40.40
	100m:	1:11.57 38.00	500m:	6:29.27	39.76	900m:	11:51.70	40.16	1300m:	17:16.14	39.88
	150m:	1:50.86 39.29	550m:	7:10.03	40.76	950m:	12:32.65	40.95	1350m:	17:56.40	40.26
	200m:	2:30.39 39.53	600m:	7:50.28	40.25	1000m:	13:13.14	40.49	1400m:	18:36.09	39.69
	250m:	3:09.97 39.58	650m:	8:30.44	40.16	1050m:	13:54.01	40.87	1450m:	19:16.32	40.23
	300m:	3:49.50 39.53	700m:	9:10.37	39.93	1100m:	14:34.40	40.39	1500m:	19:55.29	38.97
	350m:	4:29.54 40.04	750m:	9:50.51	40.14	1150m:	15:15.32	40.92			
	400m:	5:09.52 39.98	800m:	10:30.47	39.96	1200m:	15:55.86	40.54			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Juv B

Lugar			Ano					Tempo final	Pts
7.	Bernardo Tiago ABREU		95	Académica de Coimbra				20:02.22	384
	50m:	35.98 35.98	450m:	5:51.60 40.40	850m:	11:15.71 40.98	1250m:	16:41.47 41.11	
	100m:	1:13.94 37.96	500m:	6:31.70 40.10	900m:	11:55.91 40.20	1300m:	17:22.08 40.61	
	150m:	1:53.16 39.22	550m:	7:12.61 40.91	950m:	12:36.95 41.04	1350m:	18:02.21 40.13	
	200m:	2:31.57 38.41	600m:	7:52.50 39.89	1000m:	13:17.80 40.85	1400m:	18:43.16 40.95	
	250m:	3:11.15 39.58	650m:	8:32.87 40.37	1050m:	13:58.32 40.52	1450m:	19:22.50 39.34	
	300m:	3:51.32 40.17	700m:	9:13.91 41.04	1100m:	14:39.99 41.67	1500m:	20:02.22 39.72	
	350m:	4:31.34 40.02	750m:	9:55.01 41.10	1150m:	15:19.66 39.67			
	400m:	5:11.20 39.86	800m:	10:34.73 39.72	1200m:	16:00.36 40.70			
8.	Manuel Luis SOUSA		95	Náutico/Matobra				20:15.35	372
	50m:	36.19 36.19	450m:	6:01.00 40.42	850m:	11:26.34 41.26	1250m:	16:54.16 41.30	
	100m:	1:16.51 40.32	500m:	6:41.40 40.40	900m:	12:07.11 40.77	1300m:	17:34.99 40.83	
	150m:	1:57.91 41.40	550m:	7:22.72 41.32	950m:	12:49.02 41.91	1350m:	18:15.85 40.86	
	200m:	2:37.75 39.84	600m:	8:02.61 39.89	1000m:	13:29.42 40.40	1400m:	18:56.72 40.87	
	250m:	3:19.04 41.29	650m:	8:43.46 40.85	1050m:	14:10.62 41.20	1450m:	19:36.79 40.07	
	300m:	3:59.87 40.83	700m:	9:23.99 40.53	1100m:	14:51.37 40.75	1500m:	20:15.35 38.56	
	350m:	4:40.38 40.51	750m:	10:05.42 41.43	1150m:	15:32.25 40.88			
	400m:	5:20.58 40.20	800m:	10:45.08 39.66	1200m:	16:12.86 40.61			

Prova 24
27.2.10 - 17:35

Masc., 1500m Livres

Juv A
Resultados

(TA) JUV A Masc : 20:36.25

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Joao Nuno PIRES		94	Náutico/Matobra				16:56.08	637
	50m:	30.93 30.93	450m:	5:03.50 33.78	850m:	9:33.47 33.42	1250m:	14:04.72 34.24	
	100m:	1:04.69 33.76	500m:	5:37.25 33.75	900m:	10:07.42 33.95	1300m:	14:39.38 34.66	
	150m:	1:38.81 34.12	550m:	6:11.10 33.85	950m:	10:40.77 33.35	1350m:	15:13.50 34.12	
	200m:	2:12.90 34.09	600m:	6:44.98 33.88	1000m:	11:14.40 33.63	1400m:	15:48.18 34.68	
	250m:	2:46.95 34.05	650m:	7:18.71 33.73	1050m:	11:47.88 33.48	1450m:	16:22.19 34.01	
	300m:	3:21.40 34.45	700m:	7:52.43 33.72	1100m:	12:22.00 34.12	1500m:	16:56.08 33.89	
	350m:	3:55.55 34.15	750m:	8:26.32 33.89	1150m:	12:56.08 34.08			
	400m:	4:29.72 34.17	800m:	9:00.05 33.73	1200m:	13:30.48 34.40			
2.	Joao Manuel BORGES		94	Ginásio Figueirense				17:37.16	566
	50m:	31.39 31.39	450m:	5:12.87 35.62	850m:	9:56.99 35.59	1250m:	14:41.30 35.29	
	100m:	1:05.88 34.49	500m:	5:48.31 35.44	900m:	10:32.46 35.47	1300m:	15:16.86 35.56	
	150m:	1:40.92 35.04	550m:	6:23.75 35.44	950m:	11:08.28 35.82	1350m:	15:52.57 35.71	
	200m:	2:15.98 35.06	600m:	6:59.23 35.48	1000m:	11:43.58 35.30	1400m:	16:27.91 35.34	
	250m:	2:51.03 35.05	650m:	7:34.88 35.65	1050m:	12:19.25 35.67	1450m:	17:03.15 35.24	
	300m:	3:26.50 35.47	700m:	8:10.36 35.48	1100m:	12:54.97 35.72	1500m:	17:37.16 34.01	
	350m:	4:01.97 35.47	750m:	8:45.80 35.44	1150m:	13:30.51 35.54			
	400m:	4:37.25 35.28	800m:	9:21.40 35.60	1200m:	14:06.01 35.50			
3.	Marcelo Santos SALDANHA		94	Bombeiros das Caldas Rainha				17:52.65	541
	50m:	31.26 31.26	450m:	5:15.89 36.54	850m:	10:05.12 36.66	1250m:	14:54.37 36.18	
	100m:	1:05.83 34.57	500m:	5:51.69 35.80	900m:	10:41.38 36.26	1300m:	15:30.36 35.99	
	150m:	1:41.36 35.53	550m:	6:27.47 35.78	950m:	11:17.62 36.24	1350m:	16:06.93 36.57	
	200m:	2:16.76 35.40	600m:	7:03.37 35.90	1000m:	11:53.62 36.00	1400m:	16:42.39 35.46	
	250m:	2:52.11 35.35	650m:	7:40.00 36.63	1050m:	12:30.19 36.57	1450m:	17:19.27 36.88	
	300m:	3:27.61 35.50	700m:	8:16.19 36.19	1100m:	13:06.10 35.91	1500m:	17:52.65 33.38	
	350m:	4:03.48 35.87	750m:	8:52.22 36.03	1150m:	13:42.25 36.15			
	400m:	4:39.35 35.87	800m:	9:28.46 36.24	1200m:	14:18.19 35.94			
4.	Joao Barbosa MOREIRA		94	Náutico/Matobra				18:05.18	523
	50m:	31.40 31.40	450m:	5:17.79 36.62	850m:	10:10.48 36.38	1250m:	15:03.98 36.82	
	100m:	1:06.38 34.98	500m:	5:54.55 36.76	900m:	10:47.08 36.60	1300m:	15:40.65 36.67	
	150m:	1:41.78 35.40	550m:	6:31.33 36.78	950m:	11:23.60 36.52	1350m:	16:17.25 36.60	
	200m:	2:16.97 35.19	600m:	7:08.37 37.04	1000m:	11:59.95 36.35	1400m:	16:53.62 36.37	
	250m:	2:52.97 36.00	650m:	7:45.22 36.85	1050m:	12:36.82 36.87	1450m:	17:30.01 36.39	
	300m:	3:28.74 35.77	700m:	8:21.81 36.59	1100m:	13:13.76 36.94	1500m:	18:05.18 35.17	
	350m:	4:05.03 36.29	750m:	8:57.74 35.93	1150m:	13:50.39 36.63			
	400m:	4:41.17 36.14	800m:	9:34.10 36.36	1200m:	14:27.16 36.77			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Juv A

Lugar			Ano					Tempo final	Pts		
5.	Antero Simao MARTINS		94	Náutico da Marinha Grande				18:53.57	459		
	50m:	32.11 32.11	450m:	5:31.56	37.88	850m:	10:37.53	37.79	1250m:	15:45.06	37.98
	100m:	1:08.49 36.38	500m:	6:10.23	38.67	900m:	11:16.49	38.96	1300m:	16:23.45	38.39
	150m:	1:45.27 36.78	550m:	6:47.73	37.50	950m:	11:54.32	37.83	1350m:	17:01.17	37.72
	200m:	2:23.00 37.73	600m:	7:26.38	38.65	1000m:	12:33.20	38.88	1400m:	17:39.18	38.01
	250m:	2:59.86 36.86	650m:	8:04.27	37.89	1050m:	13:11.01	37.81	1450m:	18:16.39	37.21
	300m:	3:38.03 38.17	700m:	8:43.15	38.88	1100m:	13:49.88	38.87	1500m:	18:53.57	37.18
	350m:	4:15.54 37.51	750m:	9:21.17	38.02	1150m:	14:28.32	38.44			
	400m:	4:53.68 38.14	800m:	9:59.74	38.57	1200m:	15:07.08	38.76			
6.	Gino Santos CAETANO		94	Sporting de Aveiro				19:17.22	431		
	50m:	32.20 32.20	450m:	5:33.87	39.11	850m:	10:47.82	39.40	1250m:	16:02.16	39.49
	100m:	1:07.67 35.47	500m:	6:12.72	38.85	900m:	11:27.27	39.45	1300m:	16:41.22	39.06
	150m:	1:44.48 36.81	550m:	6:51.91	39.19	950m:	12:06.58	39.31	1350m:	17:21.12	39.90
	200m:	2:21.60 37.12	600m:	7:30.76	38.85	1000m:	12:45.23	38.65	1400m:	18:00.81	39.69
	250m:	2:59.66 38.06	650m:	8:09.87	39.11	1050m:	13:24.69	39.46	1450m:	18:40.49	39.68
	300m:	3:37.84 38.18	700m:	8:49.20	39.33	1100m:	14:03.71	39.02	1500m:	19:17.22	36.73
	350m:	4:16.38 38.54	750m:	9:29.21	40.01	1150m:	14:43.22	39.51			
	400m:	4:54.76 38.38	800m:	10:08.42	39.21	1200m:	15:22.67	39.45			
7.	Joao Manuel SANTOS		94	Campinho				20:05.23	382		
	50m:	33.58 33.58	450m:	5:52.45	40.77	850m:	11:19.14	40.33	1250m:	16:45.83	40.60
	100m:	1:11.67 38.09	500m:	6:32.97	40.52	900m:	11:59.66	40.52	1300m:	17:26.30	40.47
	150m:	1:50.70 39.03	550m:	7:13.96	40.99	950m:	12:40.02	40.36	1350m:	18:06.82	40.52
	200m:	2:30.15 39.45	600m:	7:55.46	41.50	1000m:	13:22.04	42.02	1400m:	18:47.17	40.35
	250m:	3:10.27 40.12	650m:	8:36.24	40.78	1050m:	14:02.62	40.58	1450m:	19:26.58	39.41
	300m:	3:50.93 40.66	700m:	9:18.09	41.85	1100m:	14:43.30	40.68	1500m:	20:05.23	38.65
	350m:	4:31.09 40.16	750m:	9:58.23	40.14	1150m:	15:24.23	40.93			
	400m:	5:11.68 40.59	800m:	10:38.81	40.58	1200m:	16:05.23	41.00			
8.	Telmo Silva ALVES		94	Núcleo de Pombal				20:41.20	349		
	<i>FTL</i>										
	50m:	34.53 34.53	450m:	6:00.69	40.97	850m:	11:37.77	42.73	1250m:	17:16.40	42.17
	100m:	1:13.07 38.54	500m:	6:42.94	42.25	900m:	12:20.27	42.50	1300m:	17:58.47	42.07
	150m:	1:52.78 39.71	550m:	7:24.24	41.30	950m:	13:02.04	41.77	1350m:	18:40.13	41.66
	200m:	2:33.97 41.19	600m:	8:06.60	42.36	1000m:	13:44.74	42.70	1400m:	19:21.63	41.50
	250m:	3:14.62 40.65	650m:	8:48.56	41.96	1050m:	14:26.56	41.82	1450m:	20:01.80	40.17
	300m:	3:56.40 41.78	700m:	9:30.28	41.72	1100m:	15:10.06	43.50	1500m:	20:41.20	39.40
	350m:	4:37.81 41.41	750m:	10:12.52	42.24	1150m:	15:52.37	42.31			
	400m:	5:19.72 41.91	800m:	10:55.04	42.52	1200m:	16:34.23	41.86			

Prova 24
27.2.10 - 17:35

Masc., 1500m Livres

Jun
Resultados

(TA) JUN Masc : 19:44.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Andre Filipe LOPES		92	Académica de Coimbra				16:33.65	681		
	50m:	30.59 30.59	450m:	4:56.78	33.04	850m:	9:22.05	33.28	1250m:	13:48.23	33.38
	100m:	1:03.78 33.19	500m:	5:30.02	33.24	900m:	9:55.33	33.28	1300m:	14:21.42	33.19
	150m:	1:37.49 33.71	550m:	6:03.02	33.00	950m:	10:28.81	33.48	1350m:	14:54.92	33.50
	200m:	2:10.83 33.34	600m:	6:36.31	33.29	1000m:	11:01.65	32.84	1400m:	15:28.23	33.31
	250m:	2:44.36 33.53	650m:	7:09.53	33.22	1050m:	11:35.03	33.38	1450m:	16:01.86	33.63
	300m:	3:17.53 33.17	700m:	7:42.42	32.89	1100m:	12:08.28	33.25	1500m:	16:33.65	31.79
	350m:	3:50.67 33.14	750m:	8:15.37	32.95	1150m:	12:41.69	33.41			
	400m:	4:23.74 33.07	800m:	8:48.77	33.40	1200m:	13:14.85	33.16			
2.	Miguel Monteiro DIOGO		93	Alcoçaba				16:52.53	644		
	50m:	31.01 31.01	450m:	5:01.86	34.36	850m:	9:33.82	33.83	1250m:	14:01.94	34.02
	100m:	1:04.35 33.34	500m:	5:36.00	34.14	900m:	10:07.16	33.34	1300m:	14:35.99	34.05
	150m:	1:38.26 33.91	550m:	6:10.45	34.45	950m:	10:40.36	33.20	1350m:	15:10.13	34.14
	200m:	2:11.75 33.49	600m:	6:44.42	33.97	1000m:	11:13.35	32.99	1400m:	15:44.28	34.15
	250m:	2:45.97 34.22	650m:	7:18.55	34.13	1050m:	11:46.83	33.48	1450m:	16:18.52	34.24
	300m:	3:19.57 33.60	700m:	7:52.35	33.80	1100m:	12:20.25	33.42	1500m:	16:52.53	34.01
	350m:	3:53.64 34.07	750m:	8:26.22	33.87	1150m:	12:53.95	33.70			
	400m:	4:27.50 33.86	800m:	8:59.99	33.77	1200m:	13:27.92	33.97			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Jun

Lugar			Ano					Tempo final	Pts		
3.	Miguel Machado LOPES		92	Benedita				17:07.77	616		
	50m:	29.94 29.94	450m:	5:02.89	34.40	850m:	9:38.43	34.65	1250m:	14:16.00	34.98
	100m:	1:03.47 33.53	500m:	5:37.18	34.29	900m:	10:12.84	34.41	1300m:	14:50.90	34.90
	150m:	1:37.55 34.08	550m:	6:11.66	34.48	950m:	10:47.59	34.75	1350m:	15:25.79	34.89
	200m:	2:11.55 34.00	600m:	6:46.40	34.74	1000m:	11:22.07	34.48	1400m:	16:00.30	34.51
	250m:	2:45.85 34.30	650m:	7:20.72	34.32	1050m:	11:56.68	34.61	1450m:	16:35.14	34.84
	300m:	3:20.02 34.17	700m:	7:55.22	34.50	1100m:	12:31.08	34.40	1500m:	17:07.77	32.63
	350m:	3:54.32 34.30	750m:	8:29.49	34.27	1150m:	13:06.17	35.09			
	400m:	4:28.49 34.17	800m:	9:03.78	34.29	1200m:	13:41.02	34.85			
4.	Tiago Rafael LOPES		92	Académica de Coimbra				17:12.60	607		
	50m:	31.06 31.06	450m:	5:02.28	33.90	850m:	9:39.84	34.84	1250m:	14:19.54	34.83
	100m:	1:04.50 33.44	500m:	5:36.51	34.23	900m:	10:15.01	35.17	1300m:	14:54.91	35.37
	150m:	1:38.30 33.80	550m:	6:10.67	34.16	950m:	10:49.91	34.90	1350m:	15:29.70	34.79
	200m:	2:12.34 34.04	600m:	6:45.30	34.63	1000m:	11:25.02	35.11	1400m:	16:04.92	35.22
	250m:	2:46.26 33.92	650m:	7:19.80	34.50	1050m:	11:59.85	34.83	1450m:	16:39.58	34.66
	300m:	3:20.09 33.83	700m:	7:54.78	34.98	1100m:	12:34.95	35.10	1500m:	17:12.60	33.02
	350m:	3:54.23 34.14	750m:	8:29.77	34.99	1150m:	13:09.62	34.67			
	400m:	4:28.38 34.15	800m:	9:05.00	35.23	1200m:	13:44.71	35.09			
5.	Pedro Jorge SANTOS		93	Sporting de Aveiro				19:12.54	436		
	50m:	32.41 32.41	450m:	5:36.86	38.32	850m:	10:46.86	39.51	1250m:	15:58.83	39.01
	100m:	1:10.70 38.29	500m:	6:15.19	38.33	900m:	11:25.68	38.82	1300m:	16:37.90	39.07
	150m:	1:48.29 37.59	550m:	6:53.78	38.59	950m:	12:05.01	39.33	1350m:	17:16.96	39.06
	200m:	2:26.20 37.91	600m:	7:32.08	38.30	1000m:	12:43.58	38.57	1400m:	17:55.33	38.37
	250m:	3:04.03 37.83	650m:	8:11.08	39.00	1050m:	13:23.18	39.60	1450m:	18:34.25	38.92
	300m:	3:42.00 37.97	700m:	8:50.03	38.95	1100m:	14:01.66	38.48	1500m:	19:12.54	38.29
	350m:	4:20.51 38.51	750m:	9:28.85	38.82	1150m:	14:40.83	39.17			
	400m:	4:58.54 38.03	800m:	10:07.35	38.50	1200m:	15:19.82	38.99			

Prova 24

Masc., 1500m Livres

Sen

27.2.10 - 17:35

Resultados

(TA) SEN Masc : 19:21.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Jorge Miguel MENDES		90	Náutico/Matobra				17:27.48	582		
	50m:	30.81 30.81	450m:	5:05.30	34.92	850m:	9:50.36	35.77	1250m:	14:32.16	34.97
	100m:	1:04.08 33.27	500m:	5:41.17	35.87	900m:	10:25.51	35.15	1300m:	15:07.48	35.32
	150m:	1:37.72 33.64	550m:	6:16.07	34.90	950m:	11:00.68	35.17	1350m:	15:42.91	35.43
	200m:	2:11.56 33.84	600m:	6:51.86	35.79	1000m:	11:35.88	35.20	1400m:	16:17.63	34.72
	250m:	2:46.01 34.45	650m:	7:27.51	35.65	1050m:	12:11.16	35.28	1450m:	16:53.28	35.65
	300m:	3:20.53 34.52	700m:	8:03.62	36.11	1100m:	12:46.53	35.37	1500m:	17:27.48	34.20
	350m:	3:55.31 34.78	750m:	8:39.74	36.12	1150m:	13:21.71	35.18			
	400m:	4:30.38 35.07	800m:	9:14.59	34.85	1200m:	13:57.19	35.48			

DNS Pedro Filipe SANTOS

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Académica de Coimbra

Prova 24

Masc., 1500m Livres

Open

27.2.10 - 17:35

Resultados

(TA) JUV A Masc Juv A: 20:36.25 / (TA) JUV B Masc Juv B: 21:05.00 / (TA) JUN Masc Jun: 19:44.50 / (TA) SEN Masc Sen: 19:21.50

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Andre Filipe LOPES		92	Académica de Coimbra				16:33.65	681		
	50m:	30.59 30.59	450m:	4:56.78	33.04	850m:	9:22.05	33.28	1250m:	13:48.23	33.38
	100m:	1:03.78 33.19	500m:	5:30.02	33.24	900m:	9:55.33	33.28	1300m:	14:21.42	33.19
	150m:	1:37.49 33.71	550m:	6:03.02	33.00	950m:	10:28.81	33.48	1350m:	14:54.92	33.50
	200m:	2:10.83 33.34	600m:	6:36.31	33.29	1000m:	11:01.65	32.84	1400m:	15:28.23	33.31
	250m:	2:44.36 33.53	650m:	7:09.53	33.22	1050m:	11:35.03	33.38	1450m:	16:01.86	33.63
	300m:	3:17.53 33.17	700m:	7:42.42	32.89	1100m:	12:08.28	33.25	1500m:	16:33.65	31.79
	350m:	3:50.67 33.14	750m:	8:15.37	32.95	1150m:	12:41.69	33.41			
	400m:	4:23.74 33.07	800m:	8:48.77	33.40	1200m:	13:14.85	33.16			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Open

Lugar			Ano			Tempo final	Pts	
2.	Miguel Monteiro DIOGO		93	Alcoçaba		16:52.53	644	
	50m:	31.01 31.01	450m:	5:01.86 34.36	850m:	9:33.82 33.83	1250m:	14:01.94 34.02
	100m:	1:04.35 33.34	500m:	5:36.00 34.14	900m:	10:07.16 33.34	1300m:	14:35.99 34.05
	150m:	1:38.26 33.91	550m:	6:10.45 34.45	950m:	10:40.36 33.20	1350m:	15:10.13 34.14
	200m:	2:11.75 33.49	600m:	6:44.42 33.97	1000m:	11:13.35 32.99	1400m:	15:44.28 34.15
	250m:	2:45.97 34.22	650m:	7:18.55 34.13	1050m:	11:46.83 33.48	1450m:	16:18.52 34.24
	300m:	3:19.57 33.60	700m:	7:52.35 33.80	1100m:	12:20.25 33.42	1500m:	16:52.53 34.01
	350m:	3:53.64 34.07	750m:	8:26.22 33.87	1150m:	12:53.95 33.70		
	400m:	4:27.50 33.86	800m:	8:59.99 33.77	1200m:	13:27.92 33.97		
3.	Joao Nuno PIRES		94	Náutico/Matobra		16:56.08	637	
	50m:	30.93 30.93	450m:	5:03.50 33.78	850m:	9:33.47 33.42	1250m:	14:04.72 34.24
	100m:	1:04.69 33.76	500m:	5:37.25 33.75	900m:	10:07.42 33.95	1300m:	14:39.38 34.66
	150m:	1:38.81 34.12	550m:	6:11.10 33.85	950m:	10:40.77 33.35	1350m:	15:13.50 34.12
	200m:	2:12.90 34.09	600m:	6:44.98 33.88	1000m:	11:14.40 33.63	1400m:	15:48.18 34.68
	250m:	2:46.95 34.05	650m:	7:18.71 33.73	1050m:	11:47.88 33.48	1450m:	16:22.19 34.01
	300m:	3:21.40 34.45	700m:	7:52.43 33.72	1100m:	12:22.00 34.12	1500m:	16:56.08 33.89
	350m:	3:55.55 34.15	750m:	8:26.32 33.89	1150m:	12:56.08 34.08		
	400m:	4:29.72 34.17	800m:	9:00.05 33.73	1200m:	13:30.48 34.40		
4.	Miguel Machado LOPES		92	Benedita		17:07.77	616	
	50m:	29.94 29.94	450m:	5:02.89 34.40	850m:	9:38.43 34.65	1250m:	14:16.00 34.98
	100m:	1:03.47 33.53	500m:	5:37.18 34.29	900m:	10:12.84 34.41	1300m:	14:50.90 34.90
	150m:	1:37.55 34.08	550m:	6:11.66 34.48	950m:	10:47.59 34.75	1350m:	15:25.79 34.89
	200m:	2:11.55 34.00	600m:	6:46.40 34.74	1000m:	11:22.07 34.48	1400m:	16:00.30 34.51
	250m:	2:45.85 34.30	650m:	7:20.72 34.32	1050m:	11:56.68 34.61	1450m:	16:35.14 34.84
	300m:	3:20.02 34.17	700m:	7:55.22 34.50	1100m:	12:31.08 34.40	1500m:	17:07.77 32.63
	350m:	3:54.32 34.30	750m:	8:29.49 34.27	1150m:	13:06.17 35.09		
	400m:	4:28.49 34.17	800m:	9:03.78 34.29	1200m:	13:41.02 34.85		
5.	Tiago Rafael LOPES		92	Académica de Coimbra		17:12.60	607	
	50m:	31.06 31.06	450m:	5:02.28 33.90	850m:	9:39.84 34.84	1250m:	14:19.54 34.83
	100m:	1:04.50 33.44	500m:	5:36.51 34.23	900m:	10:15.01 35.17	1300m:	14:54.91 35.37
	150m:	1:38.30 33.80	550m:	6:10.67 34.16	950m:	10:49.91 34.90	1350m:	15:29.70 34.79
	200m:	2:12.34 34.04	600m:	6:45.30 34.63	1000m:	11:25.02 35.11	1400m:	16:04.92 35.22
	250m:	2:46.26 33.92	650m:	7:19.80 34.50	1050m:	11:59.85 34.83	1450m:	16:39.58 34.66
	300m:	3:20.09 33.83	700m:	7:54.78 34.98	1100m:	12:34.95 35.10	1500m:	17:12.60 33.02
	350m:	3:54.23 34.14	750m:	8:29.77 34.99	1150m:	13:09.62 34.67		
	400m:	4:28.38 34.15	800m:	9:05.00 35.23	1200m:	13:44.71 35.09		
6.	Jorge Miguel MENDES		90	Náutico/Matobra		17:27.48	582	
	50m:	30.81 30.81	450m:	5:05.30 34.92	850m:	9:50.36 35.77	1250m:	14:32.16 34.97
	100m:	1:04.08 33.27	500m:	5:41.17 35.87	900m:	10:25.51 35.15	1300m:	15:07.48 35.32
	150m:	1:37.72 33.64	550m:	6:16.07 34.90	950m:	11:00.68 35.17	1350m:	15:42.91 35.43
	200m:	2:11.56 33.84	600m:	6:51.86 35.79	1000m:	11:35.88 35.20	1400m:	16:17.63 34.72
	250m:	2:46.01 34.45	650m:	7:27.51 35.65	1050m:	12:11.16 35.28	1450m:	16:53.28 35.65
	300m:	3:20.53 34.52	700m:	8:03.62 36.11	1100m:	12:46.53 35.37	1500m:	17:27.48 34.20
	350m:	3:55.31 34.78	750m:	8:39.74 36.12	1150m:	13:21.71 35.18		
	400m:	4:30.38 35.07	800m:	9:14.59 34.85	1200m:	13:57.19 35.48		
7.	Joao Andre NEVES		95	Académica de Coimbra		17:33.25	572	
	50m:	30.81 30.81	450m:	5:07.52 34.85	850m:	9:49.86 35.38	1250m:	14:35.61 35.77
	100m:	1:05.03 34.22	500m:	5:42.70 35.18	900m:	10:26.02 36.16	1300m:	15:11.45 35.84
	150m:	1:39.09 34.06	550m:	6:17.56 34.86	950m:	11:01.55 35.53	1350m:	15:46.83 35.38
	200m:	2:13.64 34.55	600m:	6:52.83 35.27	1000m:	11:37.35 35.80	1400m:	16:22.98 36.15
	250m:	2:48.38 34.74	650m:	7:27.76 34.93	1050m:	12:12.60 35.25	1450m:	16:58.40 35.42
	300m:	3:23.00 34.62	700m:	8:03.25 35.49	1100m:	12:48.52 35.92	1500m:	17:33.25 34.85
	350m:	3:57.62 34.62	750m:	8:38.77 35.52	1150m:	13:23.97 35.45		
	400m:	4:32.67 35.05	800m:	9:14.48 35.71	1200m:	13:59.84 35.87		
8.	Joao Manuel BORGES		94	Ginásio Figueirense		17:37.16	566	
	50m:	31.39 31.39	450m:	5:12.87 35.62	850m:	9:56.99 35.59	1250m:	14:41.30 35.29
	100m:	1:05.88 34.49	500m:	5:48.31 35.44	900m:	10:32.46 35.47	1300m:	15:16.86 35.56
	150m:	1:40.92 35.04	550m:	6:23.75 35.44	950m:	11:08.28 35.82	1350m:	15:52.57 35.71
	200m:	2:15.98 35.06	600m:	6:59.23 35.48	1000m:	11:43.58 35.30	1400m:	16:27.91 35.34
	250m:	2:51.03 35.05	650m:	7:34.88 35.65	1050m:	12:19.25 35.67	1450m:	17:03.15 35.24
	300m:	3:26.50 35.47	700m:	8:10.36 35.48	1100m:	12:54.97 35.72	1500m:	17:37.16 34.01
	350m:	4:01.97 35.47	750m:	8:45.80 35.44	1150m:	13:30.51 35.54		
	400m:	4:37.25 35.28	800m:	9:21.40 35.60	1200m:	14:06.01 35.50		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Open

Lugar			Ano					Tempo final	Pts		
9.	Marcelo Santos SALDANHA		94	Bombeiros das Caldas Raíña				17:52.65	541		
	50m:	31.26 31.26	450m:	5:15.89	36.54	850m:	10:05.12	36.66	1250m:	14:54.37	36.18
	100m:	1:05.83 34.57	500m:	5:51.69	35.80	900m:	10:41.38	36.26	1300m:	15:30.36	35.99
	150m:	1:41.36 35.53	550m:	6:27.47	35.78	950m:	11:17.62	36.24	1350m:	16:06.93	36.57
	200m:	2:16.76 35.40	600m:	7:03.37	35.90	1000m:	11:53.62	36.00	1400m:	16:42.39	35.46
	250m:	2:52.11 35.35	650m:	7:40.00	36.63	1050m:	12:30.19	36.57	1450m:	17:19.27	36.88
	300m:	3:27.61 35.50	700m:	8:16.19	36.19	1100m:	13:06.10	35.91	1500m:	17:52.65	33.38
	350m:	4:03.48 35.87	750m:	8:52.22	36.03	1150m:	13:42.25	36.15			
	400m:	4:39.35 35.87	800m:	9:28.46	36.24	1200m:	14:18.19	35.94			
10.	Joao Barbosa MOREIRA		94	Náutico/Matobra				18:05.18	523		
	50m:	31.40 31.40	450m:	5:17.79	36.62	850m:	10:10.48	36.38	1250m:	15:03.98	36.82
	100m:	1:06.38 34.98	500m:	5:54.55	36.76	900m:	10:47.08	36.60	1300m:	15:40.65	36.67
	150m:	1:41.78 35.40	550m:	6:31.33	36.78	950m:	11:23.60	36.52	1350m:	16:17.25	36.60
	200m:	2:16.97 35.19	600m:	7:08.37	37.04	1000m:	11:59.95	36.35	1400m:	16:53.62	36.37
	250m:	2:52.97 36.00	650m:	7:45.22	36.85	1050m:	12:36.82	36.87	1450m:	17:30.01	36.39
	300m:	3:28.74 35.77	700m:	8:21.81	36.59	1100m:	13:13.76	36.94	1500m:	18:05.18	35.17
	350m:	4:05.03 36.29	750m:	8:57.74	35.93	1150m:	13:50.39	36.63			
	400m:	4:41.17 36.14	800m:	9:34.10	36.36	1200m:	14:27.16	36.77			
11.	Guilherme Pedro COELHO		95	Náutico/Matobra				18:28.72	490		
	50m:	32.82 32.82	450m:	5:29.27	37.07	850m:	10:29.69	37.59	1250m:	15:26.63	37.19
	100m:	1:09.00 36.18	500m:	6:06.64	37.37	900m:	11:06.76	37.07	1300m:	16:03.30	36.67
	150m:	1:46.21 37.21	550m:	6:44.49	37.85	950m:	11:44.75	37.99	1350m:	16:40.59	37.29
	200m:	2:22.93 36.72	600m:	7:22.26	37.77	1000m:	12:21.79	37.04	1400m:	17:17.21	36.62
	250m:	3:00.23 37.30	650m:	8:00.06	37.80	1050m:	12:58.81	37.02	1450m:	17:54.10	36.89
	300m:	3:37.44 37.21	700m:	8:37.26	37.20	1100m:	13:35.27	36.46	1500m:	18:28.72	34.62
	350m:	4:15.15 37.71	750m:	9:15.16	37.90	1150m:	14:12.68	37.41			
	400m:	4:52.20 37.05	800m:	9:52.10	36.94	1200m:	14:49.44	36.76			
12.	Antero Simao MARTINS		94	Náutico da Marinha Grande				18:53.57	459		
	50m:	32.11 32.11	450m:	5:31.56	37.88	850m:	10:37.53	37.79	1250m:	15:45.06	37.98
	100m:	1:08.49 36.38	500m:	6:10.23	38.67	900m:	11:16.49	38.96	1300m:	16:23.45	38.39
	150m:	1:45.27 36.78	550m:	6:47.73	37.50	950m:	11:54.32	37.83	1350m:	17:01.17	37.72
	200m:	2:23.00 37.73	600m:	7:26.38	38.65	1000m:	12:33.20	38.88	1400m:	17:39.18	38.01
	250m:	2:59.86 36.86	650m:	8:04.27	37.89	1050m:	13:11.01	37.81	1450m:	18:16.39	37.21
	300m:	3:38.03 38.17	700m:	8:43.15	38.88	1100m:	13:49.88	38.87	1500m:	18:53.57	37.18
	350m:	4:15.54 37.51	750m:	9:21.17	38.02	1150m:	14:28.32	38.44			
	400m:	4:53.68 38.14	800m:	9:59.74	38.57	1200m:	15:07.08	38.76			
13.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande				18:54.45	458		
	50m:	34.79 34.79	450m:	5:36.14	37.74	850m:	10:40.29	38.02	1250m:	15:44.48	38.81
	100m:	1:12.35 37.56	500m:	6:14.62	38.48	900m:	11:17.78	37.49	1300m:	16:23.09	38.61
	150m:	1:50.10 37.75	550m:	6:52.76	38.14	950m:	11:54.87	37.09	1350m:	17:01.07	37.98
	200m:	2:27.42 37.32	600m:	7:30.91	38.15	1000m:	12:32.78	37.91	1400m:	17:39.58	38.51
	250m:	3:05.01 37.59	650m:	8:08.59	37.68	1050m:	13:10.48	37.70	1450m:	18:17.48	37.90
	300m:	3:42.96 37.95	700m:	8:46.09	37.50	1100m:	13:48.40	37.92	1500m:	18:54.45	36.97
	350m:	4:20.30 37.34	750m:	9:24.02	37.93	1150m:	14:27.09	38.69			
	400m:	4:58.40 38.10	800m:	10:02.27	38.25	1200m:	15:05.67	38.58			
14.	Pedro Jorge SANTOS		93	Sporting de Aveiro				19:12.54	436		
	50m:	32.41 32.41	450m:	5:36.86	38.32	850m:	10:46.86	39.51	1250m:	15:58.83	39.01
	100m:	1:10.70 38.29	500m:	6:15.19	38.33	900m:	11:25.68	38.82	1300m:	16:37.90	39.07
	150m:	1:48.29 37.59	550m:	6:53.78	38.59	950m:	12:05.01	39.33	1350m:	17:16.96	39.06
	200m:	2:26.20 37.91	600m:	7:32.08	38.30	1000m:	12:43.58	38.57	1400m:	17:55.33	38.37
	250m:	3:04.03 37.83	650m:	8:11.08	39.00	1050m:	13:23.18	39.60	1450m:	18:34.25	38.92
	300m:	3:42.00 37.97	700m:	8:50.03	38.95	1100m:	14:01.66	38.48	1500m:	19:12.54	38.29
	350m:	4:20.51 38.51	750m:	9:28.85	38.82	1150m:	14:40.83	39.17			
	400m:	4:58.54 38.03	800m:	10:07.35	38.50	1200m:	15:19.82	38.99			
15.	Gino Santos CAETANO		94	Sporting de Aveiro				19:17.22	431		
	50m:	32.20 32.20	450m:	5:33.87	39.11	850m:	10:47.82	39.40	1250m:	16:02.16	39.49
	100m:	1:07.67 35.47	500m:	6:12.72	38.85	900m:	11:27.27	39.45	1300m:	16:41.22	39.06
	150m:	1:44.48 36.81	550m:	6:51.91	39.19	950m:	12:06.58	39.31	1350m:	17:21.12	39.90
	200m:	2:21.60 37.12	600m:	7:30.76	38.85	1000m:	12:45.23	38.65	1400m:	18:00.81	39.69
	250m:	2:59.66 38.06	650m:	8:09.87	39.11	1050m:	13:24.69	39.46	1450m:	18:40.49	39.68
	300m:	3:37.84 38.18	700m:	8:49.20	39.33	1100m:	14:03.71	39.02	1500m:	19:17.22	36.73
	350m:	4:16.38 38.54	750m:	9:29.21	40.01	1150m:	14:43.22	39.51			
	400m:	4:54.76 38.38	800m:	10:08.42	39.21	1200m:	15:22.67	39.45			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 24, Masc., 1500m Livres, Open

Lugar				Ano				Tempo final	Pts
16.	Joao Miguel TEIXEIRA			95	Académico Viseu			19:21.31	427
	50m:	33.15	33.15	450m:	5:45.07	38.88	850m:	10:57.90	39.27
	100m:	1:10.56	37.41	500m:	6:24.66	39.59	900m:	11:37.73	39.83
	150m:	1:49.36	38.80	550m:	7:03.51	38.85	950m:	12:17.01	39.28
	200m:	2:28.17	38.81	600m:	7:42.75	39.24	1000m:	12:57.00	39.99
	250m:	3:07.93	39.76	650m:	8:21.96	39.21	1050m:	13:36.02	39.02
	300m:	3:47.47	39.54	700m:	9:01.08	39.12	1100m:	14:15.13	39.11
	350m:	4:26.81	39.34	750m:	9:39.33	38.25	1150m:	14:54.84	39.71
	400m:	5:06.19	39.38	800m:	10:18.63	39.30	1200m:	15:33.26	38.42
17.	Rafael Santos SALDANHA			95	Bombeiros das Caldas Rainha			19:41.39	405
	50m:	34.10	34.10	450m:	5:44.55	39.70	850m:	11:04.01	40.24
	100m:	1:11.51	37.41	500m:	6:24.58	40.03	900m:	11:43.69	39.68
	150m:	1:49.35	37.84	550m:	7:04.23	39.65	950m:	12:23.66	39.97
	200m:	2:28.01	38.66	600m:	7:44.06	39.83	1000m:	13:03.07	39.41
	250m:	3:06.80	38.79	650m:	8:24.20	40.14	1050m:	13:43.33	40.26
	300m:	3:45.89	39.09	700m:	9:04.04	39.84	1100m:	14:23.01	39.68
	350m:	4:25.65	39.76	750m:	9:44.00	39.96	1150m:	15:03.37	40.36
	400m:	5:04.85	39.20	800m:	10:23.77	39.77	1200m:	15:43.09	39.72
18.	Diogo Magalhaes MOURA			95	Académico Viseu			19:55.29	391
	50m:	33.57	33.57	450m:	5:49.51	39.99	850m:	11:11.54	41.07
	100m:	1:11.57	38.00	500m:	6:29.27	39.76	900m:	11:51.70	40.16
	150m:	1:50.86	39.29	550m:	7:10.03	40.76	950m:	12:32.65	40.95
	200m:	2:30.39	39.53	600m:	7:50.28	40.25	1000m:	13:13.14	40.49
	250m:	3:09.97	39.58	650m:	8:30.44	40.16	1050m:	13:54.01	40.87
	300m:	3:49.50	39.53	700m:	9:10.37	39.93	1100m:	14:34.40	40.39
	350m:	4:29.54	40.04	750m:	9:50.51	40.14	1150m:	15:15.32	40.92
	400m:	5:09.52	39.98	800m:	10:30.47	39.96	1200m:	15:55.86	40.54
19.	Bernardo Tiago ABREU			95	Académica de Coimbra			20:02.22	384
	50m:	35.98	35.98	450m:	5:51.60	40.40	850m:	11:15.71	40.98
	100m:	1:13.94	37.96	500m:	6:31.70	40.10	900m:	11:55.91	40.20
	150m:	1:53.16	39.22	550m:	7:12.61	40.91	950m:	12:36.95	41.04
	200m:	2:31.57	38.41	600m:	7:52.50	39.89	1000m:	13:17.80	40.85
	250m:	3:11.15	39.58	650m:	8:32.87	40.37	1050m:	13:58.32	40.52
	300m:	3:51.32	40.17	700m:	9:13.91	41.04	1100m:	14:39.99	41.67
	350m:	4:31.34	40.02	750m:	9:55.01	41.10	1150m:	15:19.66	39.67
	400m:	5:11.20	39.86	800m:	10:34.73	39.72	1200m:	16:00.36	40.70
20.	Joao Manuel SANTOS			94	Campinho			20:05.23	382
	50m:	33.58	33.58	450m:	5:52.45	40.77	850m:	11:19.14	40.33
	100m:	1:11.67	38.09	500m:	6:32.97	40.52	900m:	11:59.66	40.52
	150m:	1:50.70	39.03	550m:	7:13.96	40.99	950m:	12:40.02	40.36
	200m:	2:30.15	39.45	600m:	7:55.46	41.50	1000m:	13:22.04	42.02
	250m:	3:10.27	40.12	650m:	8:36.24	40.78	1050m:	14:02.62	40.58
	300m:	3:50.93	40.66	700m:	9:18.09	41.85	1100m:	14:43.30	40.68
	350m:	4:31.09	40.16	750m:	9:58.23	40.14	1150m:	15:24.23	40.93
	400m:	5:11.68	40.59	800m:	10:38.81	40.58	1200m:	16:05.23	41.00
21.	Manuel Luis SOUSA			95	Náutico/Matobra			20:15.35	372
	50m:	36.19	36.19	450m:	6:01.00	40.42	850m:	11:26.34	41.26
	100m:	1:16.51	40.32	500m:	6:41.40	40.40	900m:	12:07.11	40.77
	150m:	1:57.91	41.40	550m:	7:22.72	41.32	950m:	12:49.02	41.91
	200m:	2:37.75	39.84	600m:	8:02.61	39.89	1000m:	13:29.42	40.40
	250m:	3:19.04	41.29	650m:	8:43.46	40.85	1050m:	14:10.62	41.20
	300m:	3:59.87	40.83	700m:	9:23.99	40.53	1100m:	14:51.37	40.75
	350m:	4:40.38	40.51	750m:	10:05.42	41.43	1150m:	15:32.25	40.88
	400m:	5:20.58	40.20	800m:	10:45.08	39.66	1200m:	16:12.86	40.61
22.	Telmo Silva ALVES			94	Núcleo de Pombal			20:41.20	349
	FTL								
	50m:	34.53	34.53	450m:	6:00.69	40.97	850m:	11:37.77	42.73
	100m:	1:13.07	38.54	500m:	6:42.94	42.25	900m:	12:20.27	42.50
	150m:	1:52.78	39.71	550m:	7:24.24	41.30	950m:	13:02.04	41.77
	200m:	2:33.97	41.19	600m:	8:06.60	42.36	1000m:	13:44.74	42.70
	250m:	3:14.62	40.65	650m:	8:48.56	41.96	1050m:	14:26.56	41.82
	300m:	3:56.40	41.78	700m:	9:30.28	41.72	1100m:	15:10.06	43.50
	350m:	4:37.81	41.41	750m:	10:12.52	42.24	1150m:	15:52.37	42.31
	400m:	5:19.72	41.91	800m:	10:55.04	42.52	1200m:	16:34.23	41.86

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Prova 24, Masc., 1500m Livres, Open

Lugar	Ano	Tempo final	Pts
DNS Pedro Filipe SANTOS	89 Académica de Coimbra		

Prova 25

Femin., 4 x 100m Estilos

Juv

27.2.10 - 18:55

Resultados

(TA) JUV Fem : 6:34.38

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Náutico/Matobra Juv	Náutico/Matobra	4:54.60 489
Maria Ines ALMEIDA +0,77 36.35 1:13.83	Maria Amelia GASPAR +0,56 34.17 1:12.48	
Maria Beatriz RASCAO +0,51 39.31 1:23.21	Ana Luisa CARVALHO +0,71 31.68 1:05.08	
2. Náutico Marinha Grande Juv	Náutico da Marinha Grande	5:23.37 370
Ana Catarina CARLOS +0,75 39.36 1:22.66	Mafalda Domingues VALENTE +0,58 37.23 1:17.52	
Edna Beatriz SANTOS +0,59 45.15 1:35.31	Ana Monica ELOI +0,41 32.22 1:07.88	
3. Galitos Juv	Galitos	5:33.79 336
Ana Margarida RODRIGUES +0,68 38.08 1:16.58	Joana Filipa PAULINO +0,42 37.33 1:24.54	
Carolina Rodrigues BARTOLOMEU 44.87 1:36.71	Ines Dias OLIVEIRA 35.86 1:15.96	
4. Bombeiros C. Rainha Juv	Bombeiros das Caldas Rainha	5:37.16 326
Catia Sousa EUSEBIO +0,92 44.54 1:29.40	Jennifer Martins DIAS +0,65 36.23 1:17.15	
Patricia Monteiro NEGRAO +0,43 41.80 1:31.75	Raquel Monteiro NEGRAO +0,34 36.44 1:18.86	
5. Campinho Juv	Campinho	6:13.77 239
Adriana Cristina CARVALHO +0,98 42.47 1:28.13	Jessica Rodrigues TAVARES +0,52 41.95 1:38.55	
Sandra Maria BARNABE +0,31 47.78 1:43.67	Sofia Cristina HENRIQUES +0,06 38.88 1:23.42	
DSQ Benedita Juv	Benedita	
<i>Falsa rendição do ultimo atleta</i>		
Isa Morais PENAS +0,71 36.50 1:15.33	Elisa Morgado PEDRAS +0,56 33.74 1:12.01	
Patricia Sousa PAULO +0,59 43.77 1:32.40	Ana Margarida LOURENCO -0,08	

Prova 25

Femin., 4 x 100m Estilos

Jun

27.2.10 - 18:55

Resultados

(TA) JUN Fem : 5:42.70

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Náutico/Matobra Jun	Náutico/Matobra	4:40.37 567
<i>RR Jun</i>		
Adriana Correia LOPES +0,80 34.47 1:09.80	Mariana Pedroso CARVALHO +0,57 33.34 1:12.24	
Gabriela Oliveira ANDRADE +0,36 35.97 1:16.11	Carolina Cunha MARTINS +0,62 29.71 1:02.22	
2. Feirense Jun	Feirense	5:10.94 416
Patricia Silva MARQUES +0,66 39.02 1:22.31	Beatriz Gomes SA +0,74 33.85 1:13.68	
Ana Catarina COSTA +0,70 40.93 1:27.09	Mariana Sousa MARTINS +0,57 32.18 1:07.86	
3. Ginásio Figueirense Jun	Ginásio Figueirense	5:11.92 412
Tatiana Filipa SANTOS +0,70 34.13 1:09.89	Beatriz Rocha NUNES +0,41 33.67 1:14.39	
Mariana Costa SEBASTIAO +0,43 43.09 1:32.56	Joana Carolina ALVES 36.04 1:15.08	
4. Galitos Jun	Galitos	5:12.88 408
Ana Margarida ALMEIDA +0,68 34.96 1:11.87	Marcia Raquel SARAIVA +0,68 35.96 1:17.17	
Sara Filipa ANJOS +0,55 44.54 1:34.42	Ana Rita SILVEIRA +0,77 33.50 1:09.42	
5. Académica de Coimbra Jun	Académica de Coimbra	5:15.65 398
Bruna Miguel PEREIRA +0,84 39.47 1:23.66	Joana Reis VEIGA +0,62 34.79 1:17.31	
Mariana Coutinho SOUTO +0,81 41.77 1:28.21	Joana Ines OLIVEIRA +0,07 31.06 1:06.47	
DNS Núcleo de Pombal Jun	Núcleo de Pombal	
Carolina Santana GONCALVES 95	Cristiana Andreia LIMA 95	
Joana Franca GONCALVES 95	Cristiana Ferreira SANTOS 95	

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Prova 25, Femin., 4 x 100m Estilos

Prova 25 Femin., 4 x 100m Estilos Sen
27.2.10 - 18:55 Resultados

(TA) SEN Fem : 5:30.05

Pontos: FINA 2010

Lugar					Tempo final	Pts		
1.	Bairro dos Anjos Sen		Bairro dos Anjos		4:48.60	520		
	Andreia Filipa ANJOS	+0,70	34.49	1:10.36	Mara Lisboa e SILVA	+0,28	32.33	1:09.43
	Mariana Mota DIAS	+0,17	40.41	1:25.90	Adriana Filipa LISBOA	+0,12	29.73	1:02.91
2.	Académica de Coimbra Sen		Académica de Coimbra		5:03.00	449		
	Nadia Filipa MARQUES	+0,67	37.14	1:16.66	Raquel Bartolo VITOR	+0,31	34.62	1:15.45
	Ana Rita COSTA	+0,34	38.44	1:23.45	Joana Ferreira COROADO	+0,15	32.00	1:07.44
DSQ	Náutico/Matobra Sen		Náutico/Matobra					
	<i>Falsa rendição do 2º atleta</i>							
	Ines Barbosa MOREIRA	+0,74	35.33	1:13.02	Maria Miguel VELOSO	+0,53		
	Maria Ines RIBEIRO	-0,11			Raquel Coutinho GAIO	+0,30		
EXH	Pimpões/Cimai Jun		Pimpões/Cimai		4:54.78	488		
	Joana Margarida GUIMARAES	+0,66	35.67	1:13.99	Cristina Paris SANTOS	+0,50	32.58	1:11.86
	Victoriya KAMINSKAYA	+0,52	36.85	1:19.96	Mariana Maia e SILVA	+0,38	32.49	1:08.97

Prova 26 Masc., 4 x 100m Livres Juv B
27.2.10 - 19:05 Resultados

(TA) JUV B Masc : 4:53.25

Pontos: FINA 2010

Lugar					Tempo final	Pts		
1.	Bombeiros C. Rainha Juv B		Bombeiros das Caldas Rainha		4:10.10	426		
	Cristovao Dinis MONTEIRO	+0,77	29.92	1:02.80	Afonso Lopes dos SANTOS	+0,51	26.98	57.06
	Rafael Santos SALDANHA	+0,69	30.64	1:04.26	Rafael Ruivo MARTINHO	+0,54	30.86	1:05.98
2.	Bairro dos Anjos Juv B		Bairro dos Anjos		4:12.41	414		
	Diogo Ferreira NETO	+0,72	29.27	1:01.08	Joao Baptista LOPES	+0,68	31.02	1:05.03
	Bruno Filipe TABORDA	+0,47	30.88	1:02.87	Pedro dos Santos GOMES	+0,22	29.80	1:03.43
3.	Náutico/Matobra Juv B		Náutico/Matobra		4:21.59	372		
	Francisco Pais BAPTISTA	+0,77	30.46	1:04.31	Manuel Luis SOUSA	+0,47	32.53	1:07.66
	Diogo Andre JORGE	+0,14	31.17	1:08.56	Guilherme Pedro COELHO	+0,18	28.81	1:01.06
4.	Académica de Coimbra Juv B		Académica de Coimbra		4:23.87	363		
	Jose Antonio FORTE	+0,79	30.44	1:02.07	Joao Andre NEVES	+0,49	28.53	1:00.87
	Goncalo Ferreira COROADO	+0,57	32.84	1:09.10	Henrique Ferreira COROADO	+0,41	34.37	1:11.83
5.	Académico Viseu Juv B		Académico Viseu		4:24.59	360		
	Joao Miguel TEIXEIRA	+0,82	29.80	1:02.28	Miguel Silva Mouro	+0,39	32.71	1:08.04
	Pedro Antonio FERNANDES	+0,72	32.90	1:08.84	Diogo Magalhaes MOURA	+0,22	30.91	1:05.43
6.	Salesiano de Arouca Juv B		Salesiano de Arouca		4:34.59	322		
	Luis Filipe JUSTO	+0,83	34.40	1:11.79	Manuel Valério FIGUEIREDO	+0,36	32.00	1:07.54
	Samuel Teixeira BRITO	+0,62	33.05	1:09.17	Goncalo Daniel DUARTE	+0,70	31.26	1:06.09

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 26, Masc., 4 x 100m Livres

Prova 26 Masc., 4 x 100m Livres Juv A
27.2.10 - 19:05 Resultados

(TA) JUV A Masc : 4:42.32

Pontos: FINA 2010

Lugar					Tempo final	Pts
1. Académica de Coimbra Juv A	Académica de Coimbra				3:56.18	506
Joao Filipe LUCAS +0,92	27.66	58.62	Francisco Leonardes ALVES +0,42	30.00	1:02.91	
Gustavo Almeida MADUREIRA +0,38	26.36	55.44	Pedro Barros MENDES +0,52	28.32	59.21	
2. Galitos Juv A	Galitos				4:05.74	449
Pedro Diogo TAVEIRA +0,73	28.64	59.62	Andre Filipe MONTEIRO +0,25	30.99	1:04.97	
Filipe Rainho BALSEIRO +0,21	29.48	1:01.02	Joao Carlos PAULA +0,30	28.64	1:00.13	
3. Campinho Juv A	Campinho				4:19.19	383
Daniel Marques DUARTE +0,76	30.25	1:03.89	Guilherme Marques TEIXEIRA +0,42	30.99	1:04.99	
Luis Duarte PERALTA +0,27	31.97	1:07.84	Nuno Alexandre CORREIA +0,65	29.39	1:02.47	

Prova 26 Masc., 4 x 100m Livres Jun
27.2.10 - 19:05 Resultados

(TA) JUN Masc : 4:28.53

Pontos: FINA 2010

Lugar					Tempo final	Pts
1. Bairro dos Anjos Jun	Bairro dos Anjos				3:49.11	554
Filipe Rosa de OLIVEIRA +0,83	27.85	58.25	Manuel Andril CORDEIRO +0,39	27.49	57.18	
Francisco Vala PIRES +0,26	27.70	57.61	Joao Paulo RIBEIRO +0,37	26.92	56.07	
2. Académica de Coimbra Jun	Académica de Coimbra				3:53.99	520
Andre Filipe LOPES +0,68	27.31	55.71	Guilherme Joao PATRIARCA +0,39	28.53	1:00.92	
Tiago Rafael LOPES +0,30	27.50	57.87	Andre Rocha VALENTE +0,21	28.36	59.49	
3. Pimpões/Cimai Jun	Pimpões/Cimai				4:00.90	477
Diogo Maia e SILVA +0,79	28.61	58.83	Joao Guilherme VIEIRA +0,36	30.09	1:05.76	
Tiago Geraldtes MACHADO +0,41	27.74	59.07	Alexandre Galveias VALE +0,01	27.12	57.24	
4. Benedita Jun	Benedita				4:03.00	464
Joao Diogo FRANCISCO +0,84	28.57	1:01.87	Miguel Machado LOPES +0,36	26.93	57.77	
Tiago Lopes RIBEIRO +0,43	28.26	1:00.31	Henrique Jose MARQUES 0.00	29.82	1:03.05	
5. Sporting de Espinho Jun	Sporting de Espinho				4:05.74	449
Pedro Miguel COSTA +0,84	27.61	58.79	Tiago Andre MARQUES +0,51	30.95	1:03.90	
Alexander Oliveira CARDOSO +0,05	29.24	1:02.45	Luis Daniel MOREIRA +0,50	29.16	1:00.60	
6. Académico Viseu Jun	Académico Viseu				4:06.49	445
Bruno Rafael CORREIA +0,83	28.72	59.73	Guilherme Gonçalves NEVES +0,77	30.46	1:02.82	
Jose Pedro MARTINS +0,12	29.19	1:02.30	Sebastiao Amaro MACHADO +0,23	29.42	1:01.64	

Prova 26 Masc., 4 x 100m Livres Sen
27.2.10 - 19:05 Resultados

(TA) SEN Masc : 4:16.45

Pontos: FINA 2010

Lugar					Tempo final	Pts
1. Náutico/Matobra Sen	Náutico/Matobra				3:44.43	590
Miguel Silva OLIVEIRA +0,67	26.73	54.68	Joao Bernardo ABRANTES +0,36	27.77	58.01	
Rui Miguel FONSECA +0,35	26.05	55.14	Jorge Miguel MENDES +0,31	27.36	56.60	
2. Bairro dos Anjos Sen	Bairro dos Anjos				3:56.22	506
Tiago Filipe PEREIRA +0,79	28.23	1:00.61	Helder Alexandre GODINHO +0,38	28.23	58.88	
Joao Macedo FIGUEIREDO +0,17	27.09	57.21	Ivo Monico de ALMEIDA +0,50	28.41	59.52	
3. Académica de Coimbra Sen	Académica de Coimbra				3:59.78	483
Goncalo Nuno COSTA +0,79	28.15	58.53	Pedro Octavio FERNANDES +0,31	27.95	1:00.27	
Hugo Rafael RAMALHO +0,21	28.47	59.18	Pedro Filipe SANTOS +0,22	29.30	1:01.80	

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Prova 26, Masc., 4 x 100m Livres, Sen

Lugar					Tempo final	Pts	
4. Feirense Sen	Feirense				4:02.55	467	
Fabio Silva FERREIRA	+0,83	28.71	1:00.41	Artur Guilherme COSTA	+0,48	28.97	59.67
Hugo Emanuel LEITE	+0,30	28.67	59.89	Diogo Goncalves BARBOSA	+0,64	29.76	1:02.58

4 - 3ª Jornada - 1ª Sessão

28.2.10 - 10:00

Prova 27
28.2.10 - 10:00

Masc., 50m Mariposa

Jun
Resultados

(TA) JUN Masc : 31.86

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Mario Alexandre PEREIRA	92	Ginásio Figueirense	27.23	558
2. Emanuel Augusto PINHO	93	Feirense	27.30	554
3. Joao Paulo RIBEIRO	92	Bairro dos Anjos	27.57	538
4. Rui Costa FERREIRA	92	Galitos	27.68	532
Andre Filipe LOPES	92	Académica de Coimbra	27.68	532
6. Joao Miguel FIGUEIREDO	93	Campinho	28.34	495
7. Tiago Geraldês MACHADO	93	Pimpões/Cimai	28.75	474
8. Diogo Fontes MOREIRA	93	Estamos Juntos	29.24	451
9. Gabriel Soares MARTINS	93	Campinho	29.50	439
10. Tiago Lopes RIBEIRO	93	Benedita	29.61	434
11. Nelson Fernandes SILVA	93	Freguesia de Paião	29.64	433
12. Nuno Correia TINOCO	93	Ginásio Figueirense	29.69	431
13. Andre Marques DINIS	93	Columbófila Cantanhedense	29.73	429
14. Joao Diogo FRANCISCO	92	Benedita	29.76	428
15. Andre Rocha VALENTE	92	Académica de Coimbra	29.82	425
16. Jose Figueiredo PEREIRA	92	Estarreja	30.05	415
17. Guilherme Joao PATRIARCA	92	Académica de Coimbra	30.06	415
18. Andre Filipe da GRACA	93	Alcobaça	30.09	414
19. Bruno Rafael CORREIA	93	Académico Viseu	30.25	407
20. Alexander Oliveira CARDOSO	92	Sporting de Espinho	31.21	371
21. Henrique Mata CARVALHO	92	Bombeiros das Caldas Rainha	31.35	366
DNS Diogo Goncalves CAPELA	93	Núcleo de Pombal		
DNS Rui Jorge OLIVEIRA	93	Salesiano de Arouca		

Prova 27
28.2.10 - 10:00

Masc., 50m Mariposa

Sen
Resultados

(TA) SEN Masc : 30.47

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Miguel Silva OLIVEIRA	91	Náutico/Matobra	26.18	628
2. Ivo Monico de ALMEIDA	91	Bairro dos Anjos	27.07	568
3. Rui Miguel FONSECA	88	Náutico/Matobra	27.14	564
4. Tiago Filipe PEREIRA	91	Bairro dos Anjos	27.39	549
5. Pedro Frágoso LOPES	90	Columbófila Cantanhedense	27.48	543
6. Joao Macedo FIGUEIREDO	87	Bairro dos Anjos	27.80	525
7. Bruno Gustavo NOGUEIRA	91	Fundação Beatriz Santos	28.20	503
8. Fabio Silva FERREIRA	89	Feirense	28.24	501
9. Bruno Miguel AMARAL	89	Náutico/Matobra	28.27	499
10. Joao David SOUSA	88	Estarreja	28.77	473
11. Andre Ricardo SIMOES	91	Galitos	28.86	469

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 27, Masc., 50m Mariposa, Sen

Lugar	Ano		Tempo final	Pts	
12.	Hugo Rafael RAMALHO	90	Académica de Coimbra	29.38	444
13.	Nelson Goncalves JUDAS	91	Académico Viseu	29.54	437
14.	Diogo Goncalves BARBOSA	90	Feirense	29.60	435
15.	Artur Guilherme COSTA	90	Feirense	29.67	432
16.	Tiago Filipe SAPATA	87	Académico Viseu	29.89	422
17.	Tiago Filipe LEAL	90	Académica de Coimbra	31.52	360
	<i>FTL</i>				
DSQ	Hugo Emanuel LEITE	88	Feirense		
	<i>Falsa partida</i>				
DNS	Mario Jorge SILVA	91	Ginásio Figueirense		

Prova 27

Masc., 50m Mariposa

Open

28.2.10 - 10:00

Resultados

(TA) JUN Masc Jun: 31.86 / (TA) SEN Masc Sen: 30.47

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts	
1.	Miguel Silva OLIVEIRA	91	Náutico/Matobra	26.18	628
2.	Ivo Monico de ALMEIDA	91	Bairro dos Anjos	27.07	568
3.	Rui Miguel FONSECA	88	Náutico/Matobra	27.14	564
4.	Mario Alexandre PEREIRA	92	Ginásio Figueirense	27.23	558
5.	Emanuel Augusto PINHO	93	Feirense	27.30	554
6.	Tiago Filipe PEREIRA	91	Bairro dos Anjos	27.39	549
7.	Pedro Fragoso LOPES	90	Columbófila Cantanhedense	27.48	543
8.	Joao Paulo RIBEIRO	92	Bairro dos Anjos	27.57	538
9.	Rui Costa FERREIRA	92	Galitos	27.68	532
	Andre Filipe LOPES	92	Académica de Coimbra	27.68	532
11.	Joao Macedo FIGUEIREDO	87	Bairro dos Anjos	27.80	525
12.	Bruno Gustavo NOGUEIRA	91	Fundação Beatriz Santos	28.20	503
13.	Fabio Silva FERREIRA	89	Feirense	28.24	501
14.	Bruno Miguel AMARAL	89	Náutico/Matobra	28.27	499
15.	Joao Miguel FIGUEIREDO	93	Campinho	28.34	495
16.	Tiago Geraldes MACHADO	93	Pimpões/Cimai	28.75	474
17.	Joao David SOUSA	88	Estarreja	28.77	473
18.	Andre Ricardo SIMOES	91	Galitos	28.86	469
19.	Diogo Fontes MOREIRA	93	Estamos Juntos	29.24	451
20.	Hugo Rafael RAMALHO	90	Académica de Coimbra	29.38	444
21.	Gabriel Soares MARTINS	93	Campinho	29.50	439
22.	Nelson Goncalves JUDAS	91	Académico Viseu	29.54	437
23.	Diogo Goncalves BARBOSA	90	Feirense	29.60	435
24.	Tiago Lopes RIBEIRO	93	Benedita	29.61	434
25.	Nelson Fernandes SILVA	93	Freguesia de Paião	29.64	433
26.	Artur Guilherme COSTA	90	Feirense	29.67	432
27.	Nuno Correia TINOCO	93	Ginásio Figueirense	29.69	431
28.	Andre Marques DINIS	93	Columbófila Cantanhedense	29.73	429
29.	Joao Diogo FRANCISCO	92	Benedita	29.76	428
30.	Andre Rocha VALENTE	92	Académica de Coimbra	29.82	425
31.	Tiago Filipe SAPATA	87	Académico Viseu	29.89	422
32.	Jose Figueiredo PEREIRA	92	Estarreja	30.05	415
33.	Guilherme Joao PATRIARCA	92	Académica de Coimbra	30.06	415
34.	Andre Filipe da GRACA	93	Alcobaça	30.09	414
35.	Bruno Rafael CORREIA	93	Académico Viseu	30.25	407
36.	Alexander Oliveira CARDOSO	92	Sporting de Espinho	31.21	371
37.	Henrique Mata CARVALHO	92	Bombeiros das Caldas Rainha	31.35	366

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Prova 27, Masc., 50m Mariposa, Open

Lugar	Ano	Tempo final	Pts
38. Tiago Filipe LEAL <i>FTL</i>	90 Académica de Coimbra	31.52	360
DSQ Hugo Emanuel LEITE <i>Falsa partida</i>	88 Feirense		
DNS Rui Jorge OLIVEIRA	93 Salesiano de Arouca		
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Prova 28
28.2.10 - 10:05

Femin., 400m Livres

Juv
Resultados

(TA) JUV Fem : 5:46.73

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Florbela Cavaco MACHADO 50m: 33.72 33.72 150m: 1:47.47 36.53 250m: 3:00.58 36.10 350m: 4:14.61 36.75 100m: 1:10.94 37.22 200m: 2:24.48 37.01 300m: 3:37.86 37.28 400m: 4:49.37 34.76	96 Columbófila Cantanhedense	4:49.37	564
2. Ana Margarida RODRIGUES 50m: 33.15 33.15 150m: 1:47.20 37.66 250m: 3:02.55 38.12 350m: 4:18.24 38.40 100m: 1:09.54 36.39 200m: 2:24.43 37.23 300m: 3:39.84 37.29 400m: 4:52.34 34.10	96 Galitos	4:52.34	547
3. Ana Beatriz SILVA 50m: 32.38 32.38 150m: 1:48.35 38.20 250m: 3:05.49 38.55 350m: 4:22.47 38.29 100m: 1:10.15 37.77 200m: 2:26.94 38.59 300m: 3:44.18 38.69 400m: 4:58.37 35.90	96 Gafanha da Encarnação	4:58.37	514
4. Ana Monica ELOI 50m: 33.39 33.39 150m: 1:47.15 37.31 250m: 3:03.45 38.21 350m: 4:20.34 38.01 100m: 1:09.84 36.45 200m: 2:25.24 38.09 300m: 3:42.33 38.88 400m: 4:58.66 38.32	96 Náutico da Marinha Grande	4:58.66	513
5. Sara Cristiana VALENTE 50m: 33.42 33.42 150m: 1:49.44 38.60 250m: 3:06.12 38.43 350m: 4:22.15 37.98 100m: 1:10.84 37.42 200m: 2:27.69 38.25 300m: 3:44.17 38.05 400m: 4:59.81 37.66	96 Alcoçaba	4:59.81	507
6. Maria Beatriz RASCAO 50m: 33.13 33.13 150m: 1:47.46 38.30 250m: 3:05.42 39.06 350m: 4:23.26 38.27 100m: 1:09.16 36.03 200m: 2:26.36 38.90 300m: 3:44.99 39.57 400m: 5:00.52 37.26	96 Náutico/Matobra	5:00.52	503
7. Ana Carolina LEAL 50m: 33.42 33.42 150m: 1:48.54 37.99 250m: 3:06.54 39.21 350m: 4:24.20 38.84 100m: 1:10.55 37.13 200m: 2:27.33 38.79 300m: 3:45.36 38.82 400m: 5:01.36 37.16	96 Náutico/Matobra	5:01.36	499
8. Isa Morais PENAS 50m: 33.63 33.63 150m: 1:48.23 37.98 250m: 3:06.49 39.87 350m: 4:26.85 40.68 100m: 1:10.25 36.62 200m: 2:26.62 38.39 300m: 3:46.17 39.68 400m: 5:04.82 37.97	96 Benedita	5:04.82	482
9. Debora Filipa DUQUE 50m: 34.72 34.72 150m: 1:51.59 38.44 250m: 3:09.22 38.43 350m: 4:28.20 39.08 100m: 1:13.15 38.43 200m: 2:30.79 39.20 300m: 3:49.12 39.90 400m: 5:07.27 39.07	96 Pimpões/Cimai	5:07.27	471
10. Renata Castro GONCALVES 50m: 34.40 34.40 150m: 1:53.19 40.06 250m: 3:14.46 40.64 350m: 4:35.66 40.50 100m: 1:13.13 38.73 200m: 2:33.82 40.63 300m: 3:55.16 40.70 400m: 5:15.34 39.68	96 Sporting de Aveiro	5:15.34	436
11. Filipa Costa GASPAR 50m: 35.30 35.30 150m: 1:55.19 40.68 250m: 3:18.40 42.01 350m: 4:41.37 41.68 100m: 1:14.51 39.21 200m: 2:36.39 41.20 300m: 3:59.69 41.29 400m: 5:19.29 37.92	96 Freguesia de Paião	5:19.29	420
12. Carlota Moura CARVALHOS 50m: 34.65 34.65 150m: 1:54.70 40.06 250m: 3:17.14 41.07 350m: 4:39.64 40.85 100m: 1:14.64 39.99 200m: 2:36.07 41.37 300m: 3:58.79 41.65 400m: 5:19.66 40.02	96 Náutico/Matobra	5:19.66	418
13. Marina Pereira ALMEIDA 50m: 36.90 36.90 150m: 1:57.63 41.57 250m: 3:20.36 42.00 350m: 4:42.19 41.00 100m: 1:16.06 39.16 200m: 2:38.36 40.73 300m: 4:01.19 40.83 400m: 5:19.97 37.78	96 Académico Viseu	5:19.97	417

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 28, Femin., 400m Livres, Juv

Lugar	Ano	Tempo final	Pts
14. Maria Anastacio LUIS	96 Benedita	5:20.21	416
50m: 36.39 36.39	150m: 1:58.85 42.03	250m: 3:20.12 39.63	350m: 4:41.24 40.66
100m: 1:16.82 40.43	200m: 2:40.49 41.64	300m: 4:00.58 40.46	400m: 5:20.21 38.97
15. Teresa Manuela AIRES	96 Sporting de Espinho	5:21.24	412
50m: 36.26 36.26	150m: 1:57.31 40.57	250m: 3:18.91 40.10	350m: 4:42.07 41.12
100m: 1:16.74 40.48	200m: 2:38.81 41.50	300m: 4:00.95 42.04	400m: 5:21.24 39.17
16. Diana Filipa GONCALVES	96 Náutico/Matobra	5:23.52	403
50m: 37.13 37.13	150m: 1:59.56 41.12	250m: 3:22.32 41.09	350m: 4:44.45 40.47
100m: 1:18.44 41.31	200m: 2:41.23 41.67	300m: 4:03.98 41.66	400m: 5:23.52 39.07
17. Erica Filipa COSTA	96 Académica de Coimbra	5:26.50	392
50m: 37.83 37.83	150m: 1:59.65 41.49	250m: 3:22.85 41.58	350m: 4:45.94 41.62
100m: 1:18.16 40.33	200m: 2:41.27 41.62	300m: 4:04.32 41.47	400m: 5:26.50 40.56
18. Carolina Rodrigues BARTOLOMEU	96 Galitos	5:27.50	389
50m: 37.15 37.15	150m: 1:59.65 41.75	250m: 3:23.69 41.92	350m: 4:47.26 41.21
100m: 1:17.90 40.75	200m: 2:41.77 42.12	300m: 4:06.05 42.36	400m: 5:27.50 40.24
19. Filipa Santos CASTRO	96 Algés e Águeda	5:36.93	357
50m: 37.16 37.16	150m: 2:00.85 42.75	250m: 3:26.50 42.57	350m: 4:54.73 44.52
100m: 1:18.10 40.94	200m: 2:43.93 43.08	300m: 4:10.21 43.71	400m: 5:36.93 42.20
20. Rita Matos PONTE	96 Freguesia de Paião	5:41.02	344
50m: 37.41 37.41	150m: 2:04.00 44.47	250m: 3:33.60 45.77	350m: 5:00.79 43.59
100m: 1:19.53 42.12	200m: 2:47.83 43.83	300m: 4:17.20 43.60	400m: 5:41.02 40.23
21. Joana Filipa PAULINO	96 Galitos	5:41.44	343
50m: 36.86 36.86	150m: 2:02.66 43.96	250m: 3:30.63 43.99	350m: 4:58.87 44.09
100m: 1:18.70 41.84	200m: 2:46.64 43.98	300m: 4:14.78 44.15	400m: 5:41.44 42.57
22. Francisca Silva MARQUES	96 Académica de Coimbra	5:43.08	338
50m: 38.10 38.10	150m: 2:02.62 42.80	250m: 3:31.03 44.10	350m: 4:59.50 44.25
100m: 1:19.82 41.72	200m: 2:46.93 44.31	300m: 4:15.25 44.22	400m: 5:43.08 43.58
DNS Leonor Almeida ESTEVES	96 Académico Viseu		

Prova 28
28.2.10 - 10:05

Femin., 400m Livres

Jun
Resultados

(TA) JUN Fem : 5:30.05

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha MARTINS	95 Náutico/Matobra	4:36.48	647
50m: 32.28 32.28	150m: 1:42.56 35.08	250m: 2:52.60 34.87	350m: 4:02.20 34.48
100m: 1:07.48 35.20	200m: 2:17.73 35.17	300m: 3:27.72 35.12	400m: 4:36.48 34.28
2. Ines Sofia SAMPAIO	94 Académico Viseu	4:42.10	609
50m: 32.49 32.49	150m: 1:44.18 35.98	250m: 2:56.05 36.28	350m: 4:08.60 36.66
100m: 1:08.20 35.71	200m: 2:19.77 35.59	300m: 3:31.94 35.89	400m: 4:42.10 33.50
3. Ana Pinho RODRIGUES	94 Estamos Juntos	4:44.02	596
50m: 31.61 31.61	150m: 1:44.13 36.59	250m: 2:57.14 36.44	350m: 4:10.52 36.41
100m: 1:07.54 35.93	200m: 2:20.70 36.57	300m: 3:34.11 36.97	400m: 4:44.02 33.50
4. Carolina Francisco GOMES	95 Naval da Nazaré	4:50.10	560
50m: 34.16 34.16	150m: 1:46.99 36.56	250m: 3:00.58 36.90	350m: 4:14.52 37.24
100m: 1:10.43 36.27	200m: 2:23.68 36.69	300m: 3:37.28 36.70	400m: 4:50.10 35.58
5. Raquel Raimundo FERREIRA	95 Náutico/Matobra	4:52.12	548
50m: 34.00 34.00	150m: 1:47.85 37.34	250m: 3:02.24 36.66	350m: 4:16.81 37.07
100m: 1:10.51 36.51	200m: 2:25.58 37.73	300m: 3:39.74 37.50	400m: 4:52.12 35.31
6. Mariana Rocha VALENTE	95 Náutico/Matobra	4:53.03	543
50m: 33.03 33.03	150m: 1:46.80 36.96	250m: 3:01.36 36.99	350m: 4:16.75 37.32
100m: 1:09.84 36.81	200m: 2:24.37 37.57	300m: 3:39.43 38.07	400m: 4:53.03 36.28

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 28, Femin., 400m Livres, Jun

Lugar			Ano					Tempo final	Pts
7.	Catia Andreia CLARA		95	Náutico da Marinha Grande				4:53.55	540
	50m:	32.89 32.89	150m:	1:46.55	37.54	250m:	3:01.78 37.74	350m:	4:17.23 37.86
	100m:	1:09.01 36.12	200m:	2:24.04	37.49	300m:	3:39.37 37.59	400m:	4:53.55 36.32
8.	Joana Ines OLIVEIRA		95	Académica de Coimbra				4:57.03	521
	50m:	33.77 33.77	150m:	1:47.99	37.68	250m:	3:04.24 38.36	350m:	4:20.27 38.24
	100m:	1:10.31 36.54	200m:	2:25.88	37.89	300m:	3:42.03 37.79	400m:	4:57.03 36.76
9.	Ana Sofia COSTA		95	Alcobaça				5:01.19	500
	50m:	34.06 34.06	150m:	1:49.41	37.97	250m:	3:06.49 38.33	350m:	4:23.65 38.44
	100m:	1:11.44 37.38	200m:	2:28.16	38.75	300m:	3:45.21 38.72	400m:	5:01.19 37.54
10.	Melanie Bronze SANTOS		95	Alcobaça				5:01.23	500
	50m:	33.76 33.76	150m:	1:48.50	37.93	250m:	3:04.97 38.60	350m:	4:23.04 39.21
	100m:	1:10.57 36.81	200m:	2:26.37	37.87	300m:	3:43.83 38.86	400m:	5:01.23 38.19
11.	Mariana Pedroso CARVALHO		95	Náutico/Matobra				5:03.86	487
	50m:	34.45 34.45	150m:	1:50.13	38.45	250m:	3:08.23 38.96	350m:	4:26.37 38.77
	100m:	1:11.68 37.23	200m:	2:29.27	39.14	300m:	3:47.60 39.37	400m:	5:03.86 37.49
12.	Catarina Alexandra FERREIRA		95	Náutico/Matobra				5:04.84	482
	50m:	34.80 34.80	150m:	1:50.67	38.16	250m:	3:07.36 38.84	350m:	4:25.96 40.21
	100m:	1:12.51 37.71	200m:	2:28.52	37.85	300m:	3:45.75 38.39	400m:	5:04.84 38.88
13.	Bruna Miguel PEREIRA		94	Académica de Coimbra				5:08.99	463
	50m:	34.67 34.67	150m:	1:53.07	39.48	250m:	3:12.85 39.90	350m:	4:31.60 38.72
	100m:	1:13.59 38.92	200m:	2:32.95	39.88	300m:	3:52.88 40.03	400m:	5:08.99 37.39
14.	Tatiana Cruz COSTA		94	Miranda do Corvo				5:09.23	462
	50m:	34.46 34.46	150m:	1:52.03	39.81	250m:	3:10.99 39.43	350m:	4:30.33 39.94
	100m:	1:12.22 37.76	200m:	2:31.56	39.53	300m:	3:50.39 39.40	400m:	5:09.23 38.90
15.	Ana Rita JESUS		95	Desportivo Mealhada				5:13.81	442
	50m:	35.29 35.29	150m:	1:52.14	38.62	250m:	3:12.62 39.92	350m:	4:34.19 40.13
	100m:	1:13.52 38.23	200m:	2:32.70	40.56	300m:	3:54.06 41.44	400m:	5:13.81 39.62
16.	Ana Catarina COSTA		95	Feirense				5:15.12	437
	50m:	34.61 34.61	150m:	1:53.35	39.90	250m:	3:14.97 41.04	350m:	4:35.21 39.79
	100m:	1:13.45 38.84	200m:	2:33.93	40.58	300m:	3:55.42 40.45	400m:	5:15.12 39.91
17.	Margarida Ferreira DUARTE		94	Académico Viseu				5:15.14	437
	50m:	33.03 33.03	150m:	1:51.51	39.15	250m:	3:12.95 40.48	350m:	4:36.15 40.92
	100m:	1:12.36 39.33	200m:	2:32.47	40.96	300m:	3:55.23 42.28	400m:	5:15.14 38.99
18.	Ana Luisa RAMOS		95	Gafanha da Encarnação				5:16.64	430
	50m:	35.43 35.43	150m:	1:54.87	39.58	250m:	3:15.44 39.85	350m:	4:36.98 40.25
	100m:	1:15.29 39.86	200m:	2:35.59	40.72	300m:	3:56.73 41.29	400m:	5:16.64 39.66
19.	Marcia Raquel SARAIVA		95	Galitos				5:19.16	420
	50m:	36.97 36.97	150m:	1:58.18	40.73	250m:	3:19.91 39.89	350m:	4:40.26 39.74
	100m:	1:17.45 40.48	200m:	2:40.02	41.84	300m:	4:00.52 40.61	400m:	5:19.16 38.90
20.	Diana Filipa TOMAS		94	Bairro dos Anjos				5:19.85	417
	50m:	35.93 35.93	150m:	1:56.45	40.45	250m:	3:18.25 40.63	350m:	4:39.90 40.30
	100m:	1:16.00 40.07	200m:	2:37.62	41.17	300m:	3:59.60 41.35	400m:	5:19.85 39.95
21.	Catarina Rita ANDRADE		95	Feirense				5:36.49	359
	<i>FTL</i>								
	50m:	36.50 36.50	150m:	2:00.53	42.73	250m:	3:28.89 45.04	350m:	4:56.34 42.86
	100m:	1:17.80 41.30	200m:	2:43.85	43.32	300m:	4:13.48 44.59	400m:	5:36.49 40.15
22.	Ines Ricardo AMARAL		95	Naval da Nazaré				5:40.50	346
	<i>FTL</i>								
	50m:	38.83 38.83	150m:	2:04.80	43.85	250m:	3:32.44 44.44	350m:	4:59.15 43.80
	100m:	1:20.95 42.12	200m:	2:48.00	43.20	300m:	4:15.35 42.91	400m:	5:40.50 41.35
23.	Ana Rita SILVEIRA		94	Galitos				5:41.60	343
	<i>FTL</i>								
	50m:	37.60 37.60	150m:	2:02.86	43.56	250m:	3:31.02 44.36	350m:	4:58.96 43.81
	100m:	1:19.30 41.70	200m:	2:46.66	43.80	300m:	4:15.15 44.13	400m:	5:41.60 42.64

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 28, Femin., 400m Livres

Prova 28
28.2.10 - 10:05

Femin., 400m Livres

Sen
Resultados

(TA) SEN Fem : 5:23.15

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Maria Miguel VELOSO		93	Náutico/Matobra				4:32.16	678
	50m:	32.28 32.28	150m:	1:40.70	34.53	250m:	2:49.41 34.41	350m:	3:58.75 34.54
	100m:	1:06.17 33.89	200m:	2:15.00	34.30	300m:	3:24.21 34.80	400m:	4:32.16 33.41
2.	Ana Margarida DOMINGOS		93	Académico Viseu				4:39.13	628
	50m:	32.42 32.42	150m:	1:42.84	35.32	250m:	2:53.45 35.00	350m:	4:04.17 34.95
	100m:	1:07.52 35.10	200m:	2:18.45	35.61	300m:	3:29.22 35.77	400m:	4:39.13 34.96
3.	Ines Barbosa MOREIRA		92	Náutico/Matobra				4:51.28	553
	50m:	33.33 33.33	150m:	1:46.52	37.18	250m:	3:00.65 36.93	350m:	4:15.08 37.52
	100m:	1:09.34 36.01	200m:	2:23.72	37.20	300m:	3:37.56 36.91	400m:	4:51.28 36.20
4.	Adriana Filipa LISBOA		92	Bairro dos Anjos				4:53.56	540
	50m:	32.57 32.57	150m:	1:45.66	36.36	250m:	3:00.02 36.70	350m:	4:16.35 37.70
	100m:	1:09.30 36.73	200m:	2:23.32	37.66	300m:	3:38.65 38.63	400m:	4:53.56 37.21
5.	Raquel Bartolo VITOR		93	Académica de Coimbra				4:56.14	526
	50m:	33.87 33.87	150m:	1:47.41	37.38	250m:	3:03.07 38.08	350m:	4:19.91 38.57
	100m:	1:10.03 36.16	200m:	2:24.99	37.58	300m:	3:41.34 38.27	400m:	4:56.14 36.23
6.	Joana Margarida GASPAS		92	Náutico da Marinha Grande				4:56.17	526
	50m:	33.14 33.14	150m:	1:47.75	37.62	250m:	3:02.68 37.80	350m:	4:19.11 38.60
	100m:	1:10.13 36.99	200m:	2:24.88	37.13	300m:	3:40.51 37.83	400m:	4:56.17 37.06
7.	Tania Martins GARCIA		92	Ginásio Figueirense				4:57.00	522
	50m:	33.44 33.44	150m:	1:47.53	37.43	250m:	3:03.35 37.53	350m:	4:18.56 37.12
	100m:	1:10.10 36.66	200m:	2:25.82	38.29	300m:	3:41.44 38.09	400m:	4:57.00 38.44
8.	Joana Ferreira COROADO		92	Académica de Coimbra				4:57.77	518
	50m:	34.21 34.21	150m:	1:49.64	37.68	250m:	3:06.07 37.84	350m:	4:21.33 37.31
	100m:	1:11.96 37.75	200m:	2:28.23	38.59	300m:	3:44.02 37.95	400m:	4:57.77 36.44
9.	Ana Filipa LEITE		86	Académica de Coimbra				5:00.71	502
	50m:	34.79 34.79	150m:	1:50.25	38.22	250m:	3:06.64 38.16	350m:	4:23.34 38.36
	100m:	1:12.03 37.24	200m:	2:28.48	38.23	300m:	3:44.98 38.34	400m:	5:00.71 37.37
10.	Filipa Ramos RIBEIRO		93	Fundação Beatriz Santos				5:05.41	480
	50m:	34.06 34.06	150m:	1:50.02	38.73	250m:	3:07.35 38.51	350m:	4:26.41 39.81
	100m:	1:11.29 37.23	200m:	2:28.84	38.82	300m:	3:46.60 39.25	400m:	5:05.41 39.00
11.	Adriana Fialho PASSARINHO		93	Benedita				5:12.22	449
	50m:	35.54 35.54	150m:	1:54.51	40.19	250m:	3:14.27 39.95	350m:	4:34.00 40.17
	100m:	1:14.32 38.78	200m:	2:34.32	39.81	300m:	3:53.83 39.56	400m:	5:12.22 38.22
12.	Denise Arrojado SILVA		92	Estarreja				5:17.48	427
	50m:	35.54 35.54	150m:	1:53.87	40.29	250m:	3:15.63 40.85	350m:	4:37.96 41.37
	100m:	1:13.58 38.04	200m:	2:34.78	40.91	300m:	3:56.59 40.96	400m:	5:17.48 39.52
DNS	Sara Francisco CRUZ		93	Bairro dos Anjos					
DNS	Ana Rita OLIVEIRA		92	Pimpões/Cimai					

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 28, Femin., 400m Livres

Prova 28
28.2.10 - 10:05

Femin., 400m Livres

Open
Resultados

(TA) JUV Fem Juv: 5:46.73 / (TA) JUN Fem Jun: 5:30.05 / (TA) SEN Fem Sen: 5:23.15

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Maria Miguel VELOSO		93	Náutico/Matobra				4:32.16	678
	50m:	32.28 32.28	150m:	1:40.70	34.53	250m:	2:49.41 34.41	350m:	3:58.75 34.54
	100m:	1:06.17 33.89	200m:	2:15.00	34.30	300m:	3:24.21 34.80	400m:	4:32.16 33.41
2.	Carolina Cunha MARTINS		95	Náutico/Matobra				4:36.48	647
	50m:	32.28 32.28	150m:	1:42.56	35.08	250m:	2:52.60 34.87	350m:	4:02.20 34.48
	100m:	1:07.48 35.20	200m:	2:17.73	35.17	300m:	3:27.72 35.12	400m:	4:36.48 34.28
3.	Ana Margarida DOMINGOS		93	Académico Viseu				4:39.13	628
	50m:	32.42 32.42	150m:	1:42.84	35.32	250m:	2:53.45 35.00	350m:	4:04.17 34.95
	100m:	1:07.52 35.10	200m:	2:18.45	35.61	300m:	3:29.22 35.77	400m:	4:39.13 34.96
4.	Ines Sofia SAMPAIO		94	Académico Viseu				4:42.10	609
	50m:	32.49 32.49	150m:	1:44.18	35.98	250m:	2:56.05 36.28	350m:	4:08.60 36.66
	100m:	1:08.20 35.71	200m:	2:19.77	35.59	300m:	3:31.94 35.89	400m:	4:42.10 33.50
5.	Ana Pinho RODRIGUES		94	Estamos Juntos				4:44.02	596
	50m:	31.61 31.61	150m:	1:44.13	36.59	250m:	2:57.14 36.44	350m:	4:10.52 36.41
	100m:	1:07.54 35.93	200m:	2:20.70	36.57	300m:	3:34.11 36.97	400m:	4:44.02 33.50
6.	Florbela Cavaco MACHADO		96	Columbófila Cantanhedense				4:49.37	564
	50m:	33.72 33.72	150m:	1:47.47	36.53	250m:	3:00.58 36.10	350m:	4:14.61 36.75
	100m:	1:10.94 37.22	200m:	2:24.48	37.01	300m:	3:37.86 37.28	400m:	4:49.37 34.76
7.	Carolina Francisco GOMES		95	Naval da Nazaré				4:50.10	560
	50m:	34.16 34.16	150m:	1:46.99	36.56	250m:	3:00.58 36.90	350m:	4:14.52 37.24
	100m:	1:10.43 36.27	200m:	2:23.68	36.69	300m:	3:37.28 36.70	400m:	4:50.10 35.58
8.	Ines Barbosa MOREIRA		92	Náutico/Matobra				4:51.28	553
	50m:	33.33 33.33	150m:	1:46.52	37.18	250m:	3:00.65 36.93	350m:	4:15.08 37.52
	100m:	1:09.34 36.01	200m:	2:23.72	37.20	300m:	3:37.56 36.91	400m:	4:51.28 36.20
9.	Raquel Raimundo FERREIRA		95	Náutico/Matobra				4:52.12	548
	50m:	34.00 34.00	150m:	1:47.85	37.34	250m:	3:02.24 36.66	350m:	4:16.81 37.07
	100m:	1:10.51 36.51	200m:	2:25.58	37.73	300m:	3:39.74 37.50	400m:	4:52.12 35.31
10.	Ana Margarida RODRIGUES		96	Galitos				4:52.34	547
	50m:	33.15 33.15	150m:	1:47.20	37.66	250m:	3:02.55 38.12	350m:	4:18.24 38.40
	100m:	1:09.54 36.39	200m:	2:24.43	37.23	300m:	3:39.84 37.29	400m:	4:52.34 34.10
11.	Mariana Rocha VALENTE		95	Náutico/Matobra				4:53.03	543
	50m:	33.03 33.03	150m:	1:46.80	36.96	250m:	3:01.36 36.99	350m:	4:16.75 37.32
	100m:	1:09.84 36.81	200m:	2:24.37	37.57	300m:	3:39.43 38.07	400m:	4:53.03 36.28
12.	Catia Andreia CLARA		95	Náutico da Marinha Grande				4:53.55	540
	50m:	32.89 32.89	150m:	1:46.55	37.54	250m:	3:01.78 37.74	350m:	4:17.23 37.86
	100m:	1:09.01 36.12	200m:	2:24.04	37.49	300m:	3:39.37 37.59	400m:	4:53.55 36.32
13.	Adriana Filipa LISBOA		92	Bairro dos Anjos				4:53.56	540
	50m:	32.57 32.57	150m:	1:45.66	36.36	250m:	3:00.02 36.70	350m:	4:16.35 37.70
	100m:	1:09.30 36.73	200m:	2:23.32	37.66	300m:	3:38.65 38.63	400m:	4:53.56 37.21
14.	Raquel Bartolo VITOR		93	Académica de Coimbra				4:56.14	526
	50m:	33.87 33.87	150m:	1:47.41	37.38	250m:	3:03.07 38.08	350m:	4:19.91 38.57
	100m:	1:10.03 36.16	200m:	2:24.99	37.58	300m:	3:41.34 38.27	400m:	4:56.14 36.23
15.	Joana Margarida GASPAR		92	Náutico da Marinha Grande				4:56.17	526
	50m:	33.14 33.14	150m:	1:47.75	37.62	250m:	3:02.68 37.80	350m:	4:19.11 38.60
	100m:	1:10.13 36.99	200m:	2:24.88	37.13	300m:	3:40.51 37.83	400m:	4:56.17 37.06
16.	Tania Martins GARCIA		92	Ginásio Figueirense				4:57.00	522
	50m:	33.44 33.44	150m:	1:47.53	37.43	250m:	3:03.35 37.53	350m:	4:18.56 37.12
	100m:	1:10.10 36.66	200m:	2:25.82	38.29	300m:	3:41.44 38.09	400m:	4:57.00 38.44

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 28, Femin., 400m Livres, Open

Lugar			Ano					Tempo final	Pts		
17.	Joana Ines OLIVEIRA		95	Académica de Coimbra				4:57.03	521		
	50m:	33.77 33.77	150m:	1:47.99	37.68	250m:	3:04.24	38.36	350m:	4:20.27	38.24
	100m:	1:10.31 36.54	200m:	2:25.88	37.89	300m:	3:42.03	37.79	400m:	4:57.03	36.76
18.	Joana Ferreira COROADO		92	Académica de Coimbra				4:57.77	518		
	50m:	34.21 34.21	150m:	1:49.64	37.68	250m:	3:06.07	37.84	350m:	4:21.33	37.31
	100m:	1:11.96 37.75	200m:	2:28.23	38.59	300m:	3:44.02	37.95	400m:	4:57.77	36.44
19.	Ana Beatriz SILVA		96	Gafanha da Encarnação				4:58.37	514		
	50m:	32.38 32.38	150m:	1:48.35	38.20	250m:	3:05.49	38.55	350m:	4:22.47	38.29
	100m:	1:10.15 37.77	200m:	2:26.94	38.59	300m:	3:44.18	38.69	400m:	4:58.37	35.90
20.	Ana Monica ELOI		96	Náutico da Marinha Grande				4:58.66	513		
	50m:	33.39 33.39	150m:	1:47.15	37.31	250m:	3:03.45	38.21	350m:	4:20.34	38.01
	100m:	1:09.84 36.45	200m:	2:25.24	38.09	300m:	3:42.33	38.88	400m:	4:58.66	38.32
21.	Sara Cristiana VALENTE		96	Alcobaça				4:59.81	507		
	50m:	33.42 33.42	150m:	1:49.44	38.60	250m:	3:06.12	38.43	350m:	4:22.15	37.98
	100m:	1:10.84 37.42	200m:	2:27.69	38.25	300m:	3:44.17	38.05	400m:	4:59.81	37.66
22.	Maria Beatriz RASCAO		96	Náutico/Matobra				5:00.52	503		
	50m:	33.13 33.13	150m:	1:47.46	38.30	250m:	3:05.42	39.06	350m:	4:23.26	38.27
	100m:	1:09.16 36.03	200m:	2:26.36	38.90	300m:	3:44.99	39.57	400m:	5:00.52	37.26
23.	Ana Filipa LEITE		86	Académica de Coimbra				5:00.71	502		
	50m:	34.79 34.79	150m:	1:50.25	38.22	250m:	3:06.64	38.16	350m:	4:23.34	38.36
	100m:	1:12.03 37.24	200m:	2:28.48	38.23	300m:	3:44.98	38.34	400m:	5:00.71	37.37
24.	Ana Sofia COSTA		95	Alcobaça				5:01.19	500		
	50m:	34.06 34.06	150m:	1:49.41	37.97	250m:	3:06.49	38.33	350m:	4:23.65	38.44
	100m:	1:11.44 37.38	200m:	2:28.16	38.75	300m:	3:45.21	38.72	400m:	5:01.19	37.54
25.	Melanie Bronze SANTOS		95	Alcobaça				5:01.23	500		
	50m:	33.76 33.76	150m:	1:48.50	37.93	250m:	3:04.97	38.60	350m:	4:23.04	39.21
	100m:	1:10.57 36.81	200m:	2:26.37	37.87	300m:	3:43.83	38.86	400m:	5:01.23	38.19
26.	Ana Carolina LEAL		96	Náutico/Matobra				5:01.36	499		
	50m:	33.42 33.42	150m:	1:48.54	37.99	250m:	3:06.54	39.21	350m:	4:24.20	38.84
	100m:	1:10.55 37.13	200m:	2:27.33	38.79	300m:	3:45.36	38.82	400m:	5:01.36	37.16
27.	Mariana Pedroso CARVALHO		95	Náutico/Matobra				5:03.86	487		
	50m:	34.45 34.45	150m:	1:50.13	38.45	250m:	3:08.23	38.96	350m:	4:26.37	38.77
	100m:	1:11.68 37.23	200m:	2:29.27	39.14	300m:	3:47.60	39.37	400m:	5:03.86	37.49
28.	Isa Morais PENAS		96	Benedita				5:04.82	482		
	50m:	33.63 33.63	150m:	1:48.23	37.98	250m:	3:06.49	39.87	350m:	4:26.85	40.68
	100m:	1:10.25 36.62	200m:	2:26.62	38.39	300m:	3:46.17	39.68	400m:	5:04.82	37.97
29.	Catarina Alexandra FERREIRA		95	Náutico/Matobra				5:04.84	482		
	50m:	34.80 34.80	150m:	1:50.67	38.16	250m:	3:07.36	38.84	350m:	4:25.96	40.21
	100m:	1:12.51 37.71	200m:	2:28.52	37.85	300m:	3:45.75	38.39	400m:	5:04.84	38.88
30.	Filipa Ramos RIBEIRO		93	Fundação Beatriz Santos				5:05.41	480		
	50m:	34.06 34.06	150m:	1:50.02	38.73	250m:	3:07.35	38.51	350m:	4:26.41	39.81
	100m:	1:11.29 37.23	200m:	2:28.84	38.82	300m:	3:46.60	39.25	400m:	5:05.41	39.00
31.	Debora Filipa DUQUE		96	Pimpões/Cimai				5:07.27	471		
	50m:	34.72 34.72	150m:	1:51.59	38.44	250m:	3:09.22	38.43	350m:	4:28.20	39.08
	100m:	1:13.15 38.43	200m:	2:30.79	39.20	300m:	3:49.12	39.90	400m:	5:07.27	39.07
32.	Bruna Miguel PEREIRA		94	Académica de Coimbra				5:08.99	463		
	50m:	34.67 34.67	150m:	1:53.07	39.48	250m:	3:12.85	39.90	350m:	4:31.60	38.72
	100m:	1:13.59 38.92	200m:	2:32.95	39.88	300m:	3:52.88	40.03	400m:	5:08.99	37.39
33.	Tatiana Cruz COSTA		94	Miranda do Corvo				5:09.23	462		
	50m:	34.46 34.46	150m:	1:52.03	39.81	250m:	3:10.99	39.43	350m:	4:30.33	39.94
	100m:	1:12.22 37.76	200m:	2:31.56	39.53	300m:	3:50.39	39.40	400m:	5:09.23	38.90
34.	Adriana Fialho PASSARINHO		93	Benedita				5:12.22	449		
	50m:	35.54 35.54	150m:	1:54.51	40.19	250m:	3:14.27	39.95	350m:	4:34.00	40.17
	100m:	1:14.32 38.78	200m:	2:34.32	39.81	300m:	3:53.83	39.56	400m:	5:12.22	38.22

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 28, Femin., 400m Livres, Open

Lugar				Ano					Tempo final	Pts
35.	Ana Rita JESUS			95	Desportivo Mealhada				5:13.81	442
	50m: 35.29	35.29	150m: 1:52.14		38.62	250m: 3:12.62	39.92	350m: 4:34.19	40.13	
	100m: 1:13.52	38.23	200m: 2:32.70		40.56	300m: 3:54.06	41.44	400m: 5:13.81	39.62	
36.	Ana Catarina COSTA			95	Feirense				5:15.12	437
	50m: 34.61	34.61	150m: 1:53.35		39.90	250m: 3:14.97	41.04	350m: 4:35.21	39.79	
	100m: 1:13.45	38.84	200m: 2:33.93		40.58	300m: 3:55.42	40.45	400m: 5:15.12	39.91	
37.	Margarida Ferreira DUARTE			94	Académico Viseu				5:15.14	437
	50m: 33.03	33.03	150m: 1:51.51		39.15	250m: 3:12.95	40.48	350m: 4:36.15	40.92	
	100m: 1:12.36	39.33	200m: 2:32.47		40.96	300m: 3:55.23	42.28	400m: 5:15.14	38.99	
38.	Renata Castro GONCALVES			96	Sporting de Aveiro				5:15.34	436
	50m: 34.40	34.40	150m: 1:53.19		40.06	250m: 3:14.46	40.64	350m: 4:35.66	40.50	
	100m: 1:13.13	38.73	200m: 2:33.82		40.63	300m: 3:55.16	40.70	400m: 5:15.34	39.68	
39.	Ana Luisa RAMOS			95	Gafanha da Encarnação				5:16.64	430
	50m: 35.43	35.43	150m: 1:54.87		39.58	250m: 3:15.44	39.85	350m: 4:36.98	40.25	
	100m: 1:15.29	39.86	200m: 2:35.59		40.72	300m: 3:56.73	41.29	400m: 5:16.64	39.66	
40.	Denise Arrojado SILVA			92	Estarreja				5:17.48	427
	50m: 35.54	35.54	150m: 1:53.87		40.29	250m: 3:15.63	40.85	350m: 4:37.96	41.37	
	100m: 1:13.58	38.04	200m: 2:34.78		40.91	300m: 3:56.59	40.96	400m: 5:17.48	39.52	
41.	Marcia Raquel SARAIVA			95	Galitos				5:19.16	420
	50m: 36.97	36.97	150m: 1:58.18		40.73	250m: 3:19.91	39.89	350m: 4:40.26	39.74	
	100m: 1:17.45	40.48	200m: 2:40.02		41.84	300m: 4:00.52	40.61	400m: 5:19.16	38.90	
42.	Filipa Costa GASPAS			96	Freguesia de Paião				5:19.29	420
	50m: 35.30	35.30	150m: 1:55.19		40.68	250m: 3:18.40	42.01	350m: 4:41.37	41.68	
	100m: 1:14.51	39.21	200m: 2:36.39		41.20	300m: 3:59.69	41.29	400m: 5:19.29	37.92	
43.	Carlota Moura CARVALHOS			96	Náutico/Matobra				5:19.66	418
	50m: 34.65	34.65	150m: 1:54.70		40.06	250m: 3:17.14	41.07	350m: 4:39.64	40.85	
	100m: 1:14.64	39.99	200m: 2:36.07		41.37	300m: 3:58.79	41.65	400m: 5:19.66	40.02	
44.	Diana Filipa TOMAS			94	Bairro dos Anjos				5:19.85	417
	50m: 35.93	35.93	150m: 1:56.45		40.45	250m: 3:18.25	40.63	350m: 4:39.90	40.30	
	100m: 1:16.00	40.07	200m: 2:37.62		41.17	300m: 3:59.60	41.35	400m: 5:19.85	39.95	
45.	Marina Pereira ALMEIDA			96	Académico Viseu				5:19.97	417
	50m: 36.90	36.90	150m: 1:57.63		41.57	250m: 3:20.36	42.00	350m: 4:42.19	41.00	
	100m: 1:16.06	39.16	200m: 2:38.36		40.73	300m: 4:01.19	40.83	400m: 5:19.97	37.78	
46.	Maria Anastacio LUIS			96	Benedita				5:20.21	416
	50m: 36.39	36.39	150m: 1:58.85		42.03	250m: 3:20.12	39.63	350m: 4:41.24	40.66	
	100m: 1:16.82	40.43	200m: 2:40.49		41.64	300m: 4:00.58	40.46	400m: 5:20.21	38.97	
47.	Teresa Manuela AIRES			96	Sporting de Espinho				5:21.24	412
	50m: 36.26	36.26	150m: 1:57.31		40.57	250m: 3:18.91	40.10	350m: 4:42.07	41.12	
	100m: 1:16.74	40.48	200m: 2:38.81		41.50	300m: 4:00.95	42.04	400m: 5:21.24	39.17	
48.	Diana Filipa GONCALVES			96	Náutico/Matobra				5:23.52	403
	50m: 37.13	37.13	150m: 1:59.56		41.12	250m: 3:22.32	41.09	350m: 4:44.45	40.47	
	100m: 1:18.44	41.31	200m: 2:41.23		41.67	300m: 4:03.98	41.66	400m: 5:23.52	39.07	
49.	Erica Filipa COSTA			96	Académica de Coimbra				5:26.50	392
	50m: 37.83	37.83	150m: 1:59.65		41.49	250m: 3:22.85	41.58	350m: 4:45.94	41.62	
	100m: 1:18.16	40.33	200m: 2:41.27		41.62	300m: 4:04.32	41.47	400m: 5:26.50	40.56	
50.	Carolina Rodrigues BARTOLOMEU			96	Galitos				5:27.50	389
	50m: 37.15	37.15	150m: 1:59.65		41.75	250m: 3:23.69	41.92	350m: 4:47.26	41.21	
	100m: 1:17.90	40.75	200m: 2:41.77		42.12	300m: 4:06.05	42.36	400m: 5:27.50	40.24	
51.	Catarina Rita ANDRADE FTL			95	Feirense				5:36.49	359
	50m: 36.50	36.50	150m: 2:00.53		42.73	250m: 3:28.89	45.04	350m: 4:56.34	42.86	
	100m: 1:17.80	41.30	200m: 2:43.85		43.32	300m: 4:13.48	44.59	400m: 5:36.49	40.15	
52.	Filipa Santos CASTRO			96	Algés e Águeda				5:36.93	357
	50m: 37.16	37.16	150m: 2:00.85		42.75	250m: 3:26.50	42.57	350m: 4:54.73	44.52	
	100m: 1:18.10	40.94	200m: 2:43.93		43.08	300m: 4:10.21	43.71	400m: 5:36.93	42.20	

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Prova 28, Femin., 400m Livres, Open

Lugar	Ano	Tempo final	Pts
53. Ines Ricardo AMARAL <i>FTL</i>	95 Naval da Nazaré	5:40.50	346
50m: 38.83 38.83 150m: 2:04.80 43.85 250m: 3:32.44 44.44 350m: 4:59.15 43.80 100m: 1:20.95 42.12 200m: 2:48.00 43.20 300m: 4:15.35 42.91 400m: 5:40.50 41.35			
54. Rita Matos PONTE	96 Freguesia de Paião	5:41.02	344
50m: 37.41 37.41 150m: 2:04.00 44.47 250m: 3:33.60 45.77 350m: 5:00.79 43.59 100m: 1:19.53 42.12 200m: 2:47.83 43.83 300m: 4:17.20 43.60 400m: 5:41.02 40.23			
55. Joana Filipa PAULINO	96 Galitos	5:41.44	343
50m: 36.86 36.86 150m: 2:02.66 43.96 250m: 3:30.63 43.99 350m: 4:58.87 44.09 100m: 1:18.70 41.84 200m: 2:46.64 43.98 300m: 4:14.78 44.15 400m: 5:41.44 42.57			
56. Ana Rita SILVEIRA <i>FTL</i>	94 Galitos	5:41.60	343
50m: 37.60 37.60 150m: 2:02.86 43.56 250m: 3:31.02 44.36 350m: 4:58.96 43.81 100m: 1:19.30 41.70 200m: 2:46.66 43.80 300m: 4:15.15 44.13 400m: 5:41.60 42.64			
57. Francisca Silva MARQUES	96 Académica de Coimbra	5:43.08	338
50m: 38.10 38.10 150m: 2:02.62 42.80 250m: 3:31.03 44.10 350m: 4:59.50 44.25 100m: 1:19.82 41.72 200m: 2:46.93 44.31 300m: 4:15.25 44.22 400m: 5:43.08 43.58			
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		
DNS Leonor Almeida ESTEVES	96 Académico Viseu		
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		
EXH Victoriya KAMINSKAYA	95 Pimpões/Cimai	4:43.85	598
50m: 32.03 32.03 150m: 1:44.00 36.41 250m: 2:57.20 36.55 350m: 4:09.89 35.89 100m: 1:07.59 35.56 200m: 2:20.65 36.65 300m: 3:34.00 36.80 400m: 4:43.85 33.96			

Prova 29

Masc., 200m Bruços

Juv B

28.2.10 - 10:45

Resultados

(TA) JUV B Masc : 3:16.65

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Andre NEVES	95 Académica de Coimbra	2:36.94	533
50m: 36.13 36.13 100m: 1:16.86 40.73 150m: 1:57.28 40.42 200m: 2:36.94 39.66			
2. Goncalo Pereira SA	95 Feirense	2:42.49	480
50m: 36.77 36.77 100m: 1:18.27 41.50 150m: 2:01.45 43.18 200m: 2:42.49 41.04			
3. Nuno Miguel FELICIANO	95 Alcobaça	2:44.80	461
50m: 37.05 37.05 100m: 1:19.54 42.49 150m: 2:02.18 42.64 200m: 2:44.80 42.62			
4. Henrique Jose MARQUEZ	95 Galitos	2:48.68	429
50m: 37.64 37.64 100m: 1:20.76 43.12 150m: 2:05.40 44.64 200m: 2:48.68 43.28			
5. Rafael Joao CORREIA	95 Lousanense	2:51.58	408
50m: 38.11 38.11 100m: 1:21.90 43.79 150m: 2:08.09 46.19 200m: 2:51.58 43.49			
6. Rui Jorge DIAS	95 Miranda do Corvo	2:53.05	398
50m: 37.97 37.97 100m: 1:22.76 44.79 150m: 2:08.05 45.29 200m: 2:53.05 45.00			
7. Diogo Magalhaes MOURA	95 Académico Viseu	2:54.23	390
50m: 40.77 40.77 100m: 1:26.87 46.10 150m: 2:11.07 44.20 200m: 2:54.23 43.16			
8. Henrique Miguel GONCALVES	95 Núcleo de Pombal	2:57.66	367
50m: 38.93 38.93 100m: 1:22.84 43.91 150m: 2:09.00 46.16 200m: 2:57.66 48.66			
9. Ricardo Filipe FERREIRA	95 Pimpões/Cimai	2:57.99	365
50m: 39.79 39.79 100m: 1:25.38 45.59 150m: 2:13.18 47.80 200m: 2:57.99 44.81			
10. Diogo Ferreira NETO	95 Bairro dos Anjos	3:00.99	348
50m: 41.36 41.36 100m: 1:27.37 46.01 150m: 2:14.58 47.21 200m: 3:00.99 46.41			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 29, Masc., 200m Bruços, Juv B

Lugar	Ano	Tempo final	Pts
11. Tomas Lopes ALMEIDA 50m: 39.88 39.88 100m: 1:27.34 47.46 150m: 2:14.32 46.98 200m: 3:02.30 47.98	95 Campinho	3:02.30	340
12. Diogo Andre JORGE 50m: 41.55 41.55 100m: 1:29.07 47.52 150m: 2:16.66 47.59 200m: 3:04.16 47.50	95 Náutico/Matobra	3:04.16	330
13. Ruben Manuel ALMEIDA 50m: 42.00 42.00 100m: 1:29.82 47.82 150m: 2:19.72 49.90 200m: 3:08.14 48.42	95 Feirense	3:08.14	309
14. Tiago Miguel ALVES 50m: 41.49 41.49 100m: 1:29.42 47.93 150m: 2:18.90 49.48 200m: 3:08.99 50.09	95 Columbófila Cantanhedense	3:08.99	305
15. Rafael Santos SALDANHA 50m: 41.57 41.57 100m: 1:30.32 48.75 150m: 2:21.12 50.80 200m: 3:12.06 50.94	95 Bombeiros das Caldas Rainha	3:12.06	291
16. Rafael Ruivo MARTINHO 50m: 43.00 43.00 100m: 1:31.50 48.50 150m: 2:22.09 50.59 200m: 3:13.03 50.94	95 Bombeiros das Caldas Rainha	3:13.03	286
DSQ Andre Fialho MARQUES <i>Toque alternado aos 50 m</i>	95 Benedita		
DNS Luís Filipe JUSTO	95 Salesiano de Arouca		

Prova 29

Masc., 200m Bruços

Juv A

28.2.10 - 10:45

Resultados

(TA) JUV A Masc : 3:10.90

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Barros MENDES 50m: 34.61 34.61 100m: 1:15.10 40.49 150m: 1:56.86 41.76 200m: 2:39.36 42.50	94 Académica de Coimbra	2:39.36	509
2. Alcides Costa SOUSA 50m: 35.47 35.47 100m: 1:15.83 40.36 150m: 1:58.03 42.20 200m: 2:39.66 41.63	94 Feirense	2:39.66	506
3. Joao Pedro VEIGA 50m: 36.75 36.75 100m: 1:18.31 41.56 150m: 2:00.04 41.73 200m: 2:40.75 40.71	94 Náutico/Matobra	2:40.75	496
4. Ruben Paiva CARVALHO 50m: 37.67 37.67 100m: 1:19.58 41.91 150m: 2:03.39 43.81 200m: 2:46.97 43.58	94 Académica de Coimbra	2:46.97	443
5. Joao Filipe LUCAS 50m: 38.30 38.30 100m: 1:21.27 42.97 150m: 2:04.79 43.52 200m: 2:47.55 42.76	94 Académica de Coimbra	2:47.55	438
6. Hugo Neves NETO 50m: 39.02 39.02 100m: 1:21.91 42.89 150m: 2:05.34 43.43 200m: 2:49.04 43.70	94 Columbófila Cantanhedense	2:49.04	427
7. Andre Marques SILVA 50m: 39.36 39.36 100m: 1:23.46 44.10 150m: 2:09.00 45.54 200m: 2:51.89 42.89	94 Sporting de Aveiro	2:51.89	406
8. Fabio Filipe LOPES 50m: 37.37 37.37 100m: 1:21.53 44.16 150m: 2:08.02 46.49 200m: 2:52.51 44.49	94 Lousanense	2:52.51	401
9. Diogo Manuel DOMINGUES 50m: 36.31 36.31 100m: 1:18.24 41.93 150m: 2:07.20 48.96 200m: 2:53.97 46.77	94 Bairro dos Anjos	2:53.97	391
10. Goncalo Ferreira GAMEIRO 50m: 40.67 40.67 100m: 1:26.31 45.64 150m: 2:12.71 46.40 200m: 2:57.83 45.12	94 Núcleo de Pombal	2:57.83	366
11. Fabio Ribeiro NORONHA 50m: 38.84 38.84 100m: 1:25.35 46.51 150m: 2:14.02 48.67 200m: 3:01.31 47.29	94 Bombeiros das Caldas Rainha	3:01.31	346
12. Andre Filipe MONTEIRO 50m: 42.02 42.02 100m: 1:30.42 48.40 150m: 2:18.21 47.79 200m: 3:03.99 45.78	94 Galitos	3:03.99	331
13. Nuno Alexandre CORREIA 50m: 41.67 41.67 100m: 1:28.39 46.72 150m: 2:16.93 48.54 200m: 3:04.76 47.83	94 Campinho	3:04.76	327
14. Miguel Marques RAMOS 50m: 42.13 42.13 100m: 1:30.62 48.49 150m: 2:18.37 47.75 200m: 3:06.89 48.52	94 Pimpões/Cimai	3:06.89	316

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 29, Masc., 200m Bruços, Juv A

Lugar	Ano	Tempo final	Pts
15. Telmo Silva ALVES	94 Núcleo de Pombal	3:08.67	307
50m: 41.33 41.33 100m: 1:28.92 47.59 150m: 2:19.46 50.54 200m: 3:08.67 49.21			
16. Pedro Daniel PINTO	94 Miranda do Corvo	3:14.52	280
<i>FTL</i> 50m: 43.92 43.92 100m: 1:33.47 49.55 150m: 2:25.03 51.56 200m: 3:14.52 49.49			
DSQ Filipe Jose BAPTISTA	94 Feirense		
<i>Na viragem dos 50 m efectuou pernada de golfinho antes de iniciar a braçada no percurso subaquático</i>			
DNS Luis Miguel CANDIDO	94 Salesiano de Arouca		

Prova 29

Masc., 200m Bruços

Jun

28.2.10 - 10:45

Resultados

(TA) JUN Masc : 3:00.55

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Diogo Parrilha da SILVA	93 Alcobaça	2:38.77	515
50m: 35.92 35.92 100m: 1:16.99 41.07 150m: 1:58.49 41.50 200m: 2:38.77 40.28			
2. Joao Pedro MENDES	92 Náutico da Marinha Grande	2:43.40	472
50m: 36.71 36.71 100m: 1:17.17 40.46 150m: 1:59.78 42.61 200m: 2:43.40 43.62			
3. Marcelo Abreu RODRIGUES	92 Académica de Coimbra	2:48.27	433
50m: 38.10 38.10 100m: 1:21.55 43.45 150m: 2:04.46 42.91 200m: 2:48.27 43.81			
4. Tiago Gerales MACHADO	93 Pimpões/Cimai	2:48.41	432
50m: 33.96 33.96 100m: 1:15.68 41.72 150m: 2:01.61 45.93 200m: 2:48.41 46.80			
5. Marcelo Fernandes ROSAS	93 Feirense	2:49.31	425
50m: 39.02 39.02 100m: 1:22.97 43.95 150m: 2:06.42 43.45 200m: 2:49.31 42.89			
6. Henrique Jose MARQUES	93 Benedita	2:51.94	405
50m: 39.47 39.47 100m: 1:23.52 44.05 150m: 2:07.75 44.23 200m: 2:51.94 44.19			
7. Diogo Maia e SILVA	93 Pimpões/Cimai	2:52.57	401
50m: 39.01 39.01 100m: 1:22.54 43.53 150m: 2:07.28 44.74 200m: 2:52.57 45.29			
8. Andre Oliveira MARQUES	92 Bairro dos Anjos	2:52.64	401
50m: 37.57 37.57 100m: 1:19.85 42.28 150m: 2:04.95 45.10 200m: 2:52.64 47.69			
9. Joao Guilherme VIEIRA	93 Pimpões/Cimai	2:53.73	393
50m: 37.78 37.78 100m: 1:21.15 43.37 150m: 2:06.56 45.41 200m: 2:53.73 47.17			
10. Nuno Alexandre NEVES	92 Freguesia de Paião	2:59.36	357
50m: 37.46 37.46 100m: 1:22.79 45.33 150m: 2:10.38 47.59 200m: 2:59.36 48.98			
11. Tiago Andre MARQUES	93 Sporting de Espinho	3:00.51	350
50m: 39.96 39.96 100m: 1:24.66 44.70 150m: 2:13.42 48.76 200m: 3:00.51 47.09			
12. Flavio Cardoso RELVA	93 Bairro dos Anjos	3:02.42	339
<i>FTL</i> 50m: 39.57 39.57 100m: 1:25.36 45.79 150m: 2:13.83 48.47 200m: 3:02.42 48.59			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 29, Masc., 200m Bruços

Prova 29 Masc., 200m Bruços Sen
28.2.10 - 10:45 Resultados

(TA) SEN Masc : 2:55.95

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Albano VIOLA	89 Nautico/Matobra	2:33.84	566
50m: 32.69 32.69 100m: 1:11.22 38.53 150m: 1:52.40 41.18 200m: 2:33.84 41.44			
2. Hugo Miguel NUNES	90 Nautico/Matobra	2:35.82	545
50m: 34.98 34.98 100m: 1:14.67 39.69 150m: 1:55.20 40.53 200m: 2:35.82 40.62			
3. Goncalo Nuno COSTA	90 Académica de Coimbra	2:43.99	467
50m: 36.83 36.83 100m: 1:18.12 41.29 150m: 2:01.09 42.97 200m: 2:43.99 42.90			
4. Helder Alexandre GODINHO	86 Bairro dos Anjos	2:47.09	442
50m: 37.24 37.24 100m: 1:18.88 41.64 150m: 2:03.07 44.19 200m: 2:47.09 44.02			
5. Pedro Miguel CONDE	90 Nautico/Matobra	2:51.58	408
50m: 37.97 37.97 100m: 1:23.00 45.03 150m: 2:06.57 43.57 200m: 2:51.58 45.01			
6. Alexandre Augusto MEDINA	90 Ginásio Figueirense	2:58.73	361
<i>FTL</i> 50m: 38.70 38.70 100m: 1:24.13 45.43 150m: 2:11.48 47.35 200m: 2:58.73 47.25			
DSQ Cristiano Almeida SANTOS	90 Nautico/Matobra		
<i>FTL, efectuou movimentos verticais de pernas durante o percurso</i>			

Prova 29 Masc., 200m Bruços Open
28.2.10 - 10:45 Resultados

(TA) JUV A Masc Juv A: 3:10.90 / (TA) JUV B Masc Juv B: 3:16.65 / (TA) JUN Masc Jun: 3:00.55 / (TA) SEN Masc Sen: 2:55.95

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Albano VIOLA	89 Nautico/Matobra	2:33.84	566
50m: 32.69 32.69 100m: 1:11.22 38.53 150m: 1:52.40 41.18 200m: 2:33.84 41.44			
2. Hugo Miguel NUNES	90 Nautico/Matobra	2:35.82	545
50m: 34.98 34.98 100m: 1:14.67 39.69 150m: 1:55.20 40.53 200m: 2:35.82 40.62			
3. Joao Andre NEVES	95 Académica de Coimbra	2:36.94	533
50m: 36.13 36.13 100m: 1:16.86 40.73 150m: 1:57.28 40.42 200m: 2:36.94 39.66			
4. Diogo Parrilha da SILVA	93 Alcobaça	2:38.77	515
50m: 35.92 35.92 100m: 1:16.99 41.07 150m: 1:58.49 41.50 200m: 2:38.77 40.28			
5. Pedro Barros MENDES	94 Académica de Coimbra	2:39.36	509
50m: 34.61 34.61 100m: 1:15.10 40.49 150m: 1:56.86 41.76 200m: 2:39.36 42.50			
6. Alcides Costa SOUSA	94 Feirense	2:39.66	506
50m: 35.47 35.47 100m: 1:15.83 40.36 150m: 1:58.03 42.20 200m: 2:39.66 41.63			
7. Joao Pedro VEIGA	94 Nautico/Matobra	2:40.75	496
50m: 36.75 36.75 100m: 1:18.31 41.56 150m: 2:00.04 41.73 200m: 2:40.75 40.71			
8. Goncalo Pereira SA	95 Feirense	2:42.49	480
50m: 36.77 36.77 100m: 1:18.27 41.50 150m: 2:01.45 43.18 200m: 2:42.49 41.04			
9. Joao Pedro MENDES	92 Nautico da Marinha Grande	2:43.40	472
50m: 36.71 36.71 100m: 1:17.17 40.46 150m: 1:59.78 42.61 200m: 2:43.40 43.62			
10. Goncalo Nuno COSTA	90 Académica de Coimbra	2:43.99	467
50m: 36.83 36.83 100m: 1:18.12 41.29 150m: 2:01.09 42.97 200m: 2:43.99 42.90			
11. Nuno Miguel FELICIANO	95 Alcobaça	2:44.80	461
50m: 37.05 37.05 100m: 1:19.54 42.49 150m: 2:02.18 42.64 200m: 2:44.80 42.62			
12. Ruben Paiva CARVALHO	94 Académica de Coimbra	2:46.97	443
50m: 37.67 37.67 100m: 1:19.58 41.91 150m: 2:03.39 43.81 200m: 2:46.97 43.58			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 29, Masc., 200m Bruços, Open

Lugar	Ano	Tempo final	Pts
13. Helder Alexandre GODINHO 50m: 37.24 37.24 100m: 1:18.88	86 Bairro dos Anjos	2:47.09 200m: 2:47.09	442 44.02
14. Joao Filipe LUCAS 50m: 38.30 38.30 100m: 1:21.27	94 Académica de Coimbra	2:47.55 200m: 2:47.55	438 42.76
15. Marcelo Abreu RODRIGUES 50m: 38.10 38.10 100m: 1:21.55	92 Académica de Coimbra	2:48.27 200m: 2:48.27	433 43.81
16. Tiago Gerales MACHADO 50m: 33.96 33.96 100m: 1:15.68	93 Pimpões/Cimai	2:48.41 200m: 2:48.41	432 46.80
17. Henrique Jose MARQUEZ 50m: 37.64 37.64 100m: 1:20.76	95 Galitos	2:48.68 200m: 2:48.68	429 43.28
18. Hugo Neves NETO 50m: 39.02 39.02 100m: 1:21.91	94 Columbófila Cantanhedense	2:49.04 200m: 2:49.04	427 43.70
19. Marcelo Fernandes ROSAS 50m: 39.02 39.02 100m: 1:22.97	93 Feirense	2:49.31 200m: 2:49.31	425 42.89
20. Pedro Miguel CONDE 50m: 37.97 37.97 100m: 1:23.00	90 Náutico/Matobra	2:51.58 200m: 2:51.58	408 45.01
Rafael Joao CORREIA 50m: 38.11 38.11 100m: 1:21.90	95 Lousanense	2:51.58 200m: 2:51.58	408 43.49
22. Andre Marques SILVA 50m: 39.36 39.36 100m: 1:23.46	94 Sporting de Aveiro	2:51.89 200m: 2:51.89	406 42.89
23. Henrique Jose MARQUES 50m: 39.47 39.47 100m: 1:23.52	93 Benedita	2:51.94 200m: 2:51.94	405 44.19
24. Fabio Filipe LOPES 50m: 37.37 37.37 100m: 1:21.53	94 Lousanense	2:52.51 200m: 2:52.51	401 44.49
25. Diogo Maia e SILVA 50m: 39.01 39.01 100m: 1:22.54	93 Pimpões/Cimai	2:52.57 200m: 2:52.57	401 45.29
26. Andre Oliveira MARQUES 50m: 37.57 37.57 100m: 1:19.85	92 Bairro dos Anjos	2:52.64 200m: 2:52.64	401 47.69
27. Rui Jorge DIAS 50m: 37.97 37.97 100m: 1:22.76	95 Miranda do Corvo	2:53.05 200m: 2:53.05	398 45.00
28. Joao Guilherme VIEIRA 50m: 37.78 37.78 100m: 1:21.15	93 Pimpões/Cimai	2:53.73 200m: 2:53.73	393 47.17
29. Diogo Manuel DOMINGUES 50m: 36.31 36.31 100m: 1:18.24	94 Bairro dos Anjos	2:53.97 200m: 2:53.97	391 46.77
30. Diogo Magalhaes MOURA 50m: 40.77 40.77 100m: 1:26.87	95 Académico Viseu	2:54.23 200m: 2:54.23	390 43.16
31. Henrique Miguel GONCALVES 50m: 38.93 38.93 100m: 1:22.84	95 Núcleo de Pombal	2:57.66 200m: 2:57.66	367 48.66
32. Goncalo Ferreira GAMEIRO 50m: 40.67 40.67 100m: 1:26.31	94 Núcleo de Pombal	2:57.83 200m: 2:57.83	366 45.12
33. Ricardo Filipe FERREIRA 50m: 39.79 39.79 100m: 1:25.38	95 Pimpões/Cimai	2:57.99 200m: 2:57.99	365 44.81
34. Alexandre Augusto MEDINA FTL 50m: 38.70 38.70 100m: 1:24.13	90 Ginásio Figueirense	2:58.73 200m: 2:58.73	361 47.25
35. Nuno Alexandre NEVES 50m: 37.46 37.46 100m: 1:22.79	92 Freguesia de Paião	2:59.36 200m: 2:59.36	357 48.98
36. Tiago Andre MARQUES 50m: 39.96 39.96 100m: 1:24.66	93 Sporting de Espinho	3:00.51 200m: 3:00.51	350 47.09

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 29, Masc., 200m Bruços, Open

Lugar			Ano					Tempo final	Pts
37.	Diogo Ferreira NETO	95	Bairro dos Anjos					3:00.99	348
	50m: 41.36 41.36	100m: 1:27.37	46.01	150m: 2:14.58	47.21	200m: 3:00.99	46.41		
38.	Fabio Ribeiro NORONHA	94	Bombeiros das Caldas Rainha					3:01.31	346
	50m: 38.84 38.84	100m: 1:25.35	46.51	150m: 2:14.02	48.67	200m: 3:01.31	47.29		
39.	Tomas Lopes ALMEIDA	95	Campinho					3:02.30	340
	50m: 39.88 39.88	100m: 1:27.34	47.46	150m: 2:14.32	46.98	200m: 3:02.30	47.98		
40.	Flavio Cardoso RELVA	93	Bairro dos Anjos					3:02.42	339
	<i>FTL</i>								
	50m: 39.57 39.57	100m: 1:25.36	45.79	150m: 2:13.83	48.47	200m: 3:02.42	48.59		
41.	Andre Filipe MONTEIRO	94	Galitos					3:03.99	331
	50m: 42.02 42.02	100m: 1:30.42	48.40	150m: 2:18.21	47.79	200m: 3:03.99	45.78		
42.	Diogo Andre JORGE	95	Náutico/Matobra					3:04.16	330
	50m: 41.55 41.55	100m: 1:29.07	47.52	150m: 2:16.66	47.59	200m: 3:04.16	47.50		
43.	Nuno Alexandre CORREIA	94	Campinho					3:04.76	327
	50m: 41.67 41.67	100m: 1:28.39	46.72	150m: 2:16.93	48.54	200m: 3:04.76	47.83		
44.	Miguel Marques RAMOS	94	Pimpões/Cimai					3:06.89	316
	50m: 42.13 42.13	100m: 1:30.62	48.49	150m: 2:18.37	47.75	200m: 3:06.89	48.52		
45.	Ruben Manuel ALMEIDA	95	Feirense					3:08.14	309
	50m: 42.00 42.00	100m: 1:29.82	47.82	150m: 2:19.72	49.90	200m: 3:08.14	48.42		
46.	Telmo Silva ALVES	94	Núcleo de Pombal					3:08.67	307
	50m: 41.33 41.33	100m: 1:28.92	47.59	150m: 2:19.46	50.54	200m: 3:08.67	49.21		
47.	Tiago Miguel ALVES	95	Columbófila Cantanhedense					3:08.99	305
	50m: 41.49 41.49	100m: 1:29.42	47.93	150m: 2:18.90	49.48	200m: 3:08.99	50.09		
48.	Rafael Santos SALDANHA	95	Bombeiros das Caldas Rainha					3:12.06	291
	50m: 41.57 41.57	100m: 1:30.32	48.75	150m: 2:21.12	50.80	200m: 3:12.06	50.94		
49.	Rafael Ruivo MARTINHO	95	Bombeiros das Caldas Rainha					3:13.03	286
	50m: 43.00 43.00	100m: 1:31.50	48.50	150m: 2:22.09	50.59	200m: 3:13.03	50.94		
50.	Pedro Daniel PINTO	94	Miranda do Corvo					3:14.52	280
	<i>FTL</i>								
	50m: 43.92 43.92	100m: 1:33.47	49.55	150m: 2:25.03	51.56	200m: 3:14.52	49.49		
DSQ	Cristiano Almeida SANTOS	90	Náutico/Matobra						
	<i>FTL, efectuou movimentos verticais de pernas durante o percurso</i>								
DSQ	Andre Fialho MARQUES	95	Benedita						
	<i>Toque alternado aos 50 m</i>								
DSQ	Filipe Jose BAPTISTA	94	Feirense						
	<i>Na viragem dos 50 m efectuou pernada de golfinho antes de iniciar a braçada no percurso subaquático</i>								
DNS	Luís Filipe JUSTO	95	Salesiano de Arouca						
DNS	Luis Miguel CANDIDO	94	Salesiano de Arouca						

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 30
28.2.10 - 11:20

Femin., 200m Costas

Juv
Resultados

(TA) JUV Fem : 3:25.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Ines ALMEIDA	96 Náutico/Matobra	2:33.56	536
50m: 36.16 36.16	100m: 1:15.28 39.12	150m: 1:55.59 40.31	200m: 2:33.56 37.97
2. Ana Isabel NEVES	96 Pimpões/Cimai	2:35.00	522
50m: 37.13 37.13	100m: 1:16.51 39.38	150m: 1:56.80 40.29	200m: 2:35.00 38.20
3. Maria Joao PAIXAO	96 Ginásio Figueirense	2:37.97	493
50m: 37.21 37.21	100m: 1:17.35 40.14	150m: 1:58.44 41.09	200m: 2:37.97 39.53
4. Maria Amelia GASPAS	96 Náutico/Matobra	2:38.62	487
50m: 38.13 38.13	100m: 1:17.82 39.69	150m: 1:59.93 42.11	200m: 2:38.62 38.69
5. Mariana Jesus COSTA	96 Alcobaça	2:39.80	476
50m: 38.15 38.15	100m: 1:19.15 41.00	150m: 2:00.20 41.05	200m: 2:39.80 39.60
6. Ana Luisa CARVALHO	96 Náutico/Matobra	2:41.67	460
50m: 38.24 38.24	100m: 1:19.03 40.79	150m: 2:01.33 42.30	200m: 2:41.67 40.34
7. Carla Sofia CRUZ	96 Sporting de Espinho	2:42.13	456
50m: 37.26 37.26	100m: 1:18.53 41.27	150m: 2:01.60 43.07	200m: 2:42.13 40.53
8. Ana Beatriz SILVA	96 Gafanha da Encarnação	2:42.73	451
50m: 37.79 37.79	100m: 1:19.72 41.93	150m: 2:01.68 41.96	200m: 2:42.73 41.05
9. Patricia Monteiro NEGRAO	96 Bombeiros das Caldas Rainha	2:42.78	450
50m: 38.35 38.35	100m: 1:18.93 40.58	150m: 2:01.50 42.57	200m: 2:42.78 41.28
10. Carla Rosario PALMA	96 Alcobaça	2:45.48	429
50m: 37.84 37.84	100m: 1:19.47 41.63	150m: 2:02.64 43.17	200m: 2:45.48 42.84
11. Elisa Morgado PEDRAS	96 Benedita	2:46.85	418
50m: 39.53 39.53	100m: 1:21.80 42.27	150m: 2:05.33 43.53	200m: 2:46.85 41.52
12. Ines Costa NETO	96 Académico Viseu	2:47.49	413
50m: 39.77 39.77	100m: 1:22.31 42.54	150m: 2:05.47 43.16	200m: 2:47.49 42.02
13. Ana Rita ARTUR	96 Académica de Coimbra	2:47.98	410
50m: 37.96 37.96	100m: 1:21.03 43.07	150m: 2:06.02 44.99	200m: 2:47.98 41.96
14. Daniela Valente FERREIRA	96 Estamos Juntos	2:50.27	393
50m: 39.58 39.58	100m: 1:22.94 43.36	150m: 2:06.61 43.67	200m: 2:50.27 43.66
15. Ana Margarida LOURENCO	96 Benedita	2:51.13	387
50m: 40.03 40.03	100m: 1:23.44 43.41	150m: 2:07.97 44.53	200m: 2:51.13 43.16
16. Joana Faim ALMEIDA	96 Ginásio Figueirense	2:51.74	383
50m: 40.61 40.61	100m: 1:24.30 43.69	150m: 2:09.24 44.94	200m: 2:51.74 42.50
17. Rosa Maria OLIVEIRA	96 Estarreja	2:55.08	362
50m: 40.95 40.95	100m: 1:25.40 44.45	150m: 2:10.95 45.55	200m: 2:55.08 44.13
18. Ana Catarina CARLOS	96 Náutico da Marinha Grande	2:56.57	353
50m: 39.99 39.99	100m: 1:24.07 44.08	150m: 2:11.32 47.25	200m: 2:56.57 45.25
19. Sofia Caramelo FOLGADO	96 Náutico/Matobra	3:00.12	332
50m: 41.73 41.73	100m: 1:27.65 45.92	150m: 2:14.14 46.49	200m: 3:00.12 45.98
20. Debora Alexandra CATALAO	96 Óbidos Patrimonium	3:00.96	328
50m: 41.79 41.79	100m: 1:28.64 46.85	150m: 2:16.25 47.61	200m: 3:00.96 44.71
21. Edna Beatriz SANTOS	96 Náutico da Marinha Grande	3:03.31	315
50m: 43.84 43.84	100m: 1:29.99 46.15	150m: 2:17.96 47.97	200m: 3:03.31 45.35
22. Adriana Cristina CARVALHO	96 Campinho	3:05.99	302
50m: 43.35 43.35	100m: 1:30.06 46.71	150m: 2:19.27 49.21	200m: 3:05.99 46.72
23. Raquel Monteiro NEGRAO	96 Bombeiros das Caldas Rainha	3:10.79	279
50m: 44.01 44.01	100m: 1:32.87 48.86	150m: 2:22.30 49.43	200m: 3:10.79 48.49

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Prova 30, Femin., 200m Costas, Juv

Lugar	Ano	Tempo final	Pts
24. Catia Sousa EUSEBIO	96 Bombeiros das Caldas Rainha	3:12.66	271
50m: 46.14 46.14 100m: 1:35.41 49.27 150m: 2:24.82 49.41 200m: 3:12.66 47.84			
25. Bruna Castelhana BOITA	96 Benedita	3:17.44	252
50m: 46.08 46.08 100m: 1:36.01 49.93 150m: 2:27.91 51.90 200m: 3:17.44 49.53			

Prova 30
28.2.10 - 11:20

Femin., 200m Costas

Jun
Resultados

(TA) JUN Fem : 2:57.90

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa SANTOS	95 Ginásio Figueirense	2:24.88	639
50m: 34.06 34.06 100m: 1:09.83 35.77 150m: 1:47.12 37.29 200m: 2:24.88 37.76			
2. Adriana Correia LOPES	95 Náutico/Matobra	2:28.74	590
50m: 34.45 34.45 100m: 1:12.36 37.91 150m: 1:50.95 38.59 200m: 2:28.74 37.79			
3. Ana Catarina COSTA	95 Feirense	2:32.53	547
50m: 35.44 35.44 100m: 1:13.93 38.49 150m: 1:53.36 39.43 200m: 2:32.53 39.17			
4. Ana Margarida ALMEIDA	94 Galitos	2:34.94	522
50m: 35.07 35.07 100m: 1:14.11 39.04 150m: 1:54.20 40.09 200m: 2:34.94 40.74			
5. Beatriz Rocha NUNES	94 Ginásio Figueirense	2:37.83	494
50m: 36.52 36.52 100m: 1:16.00 39.48 150m: 1:56.97 40.97 200m: 2:37.83 40.86			
6. Patricia Santos DINIS	95 Bombeiros das Caldas Rainha	2:38.23	490
50m: 36.60 36.60 100m: 1:16.96 40.36 150m: 1:58.39 41.43 200m: 2:38.23 39.84			
7. Catia Andreia CLARA	95 Náutico da Marinha Grande	2:38.26	490
50m: 37.48 37.48 100m: 1:17.00 39.52 150m: 1:58.24 41.24 200m: 2:38.26 40.02			
8. Joana Margarida GUIMARAES	95 Pimpões/Cimai	2:38.38	489
50m: 36.42 36.42 100m: 1:16.44 40.02 150m: 1:57.26 40.82 200m: 2:38.38 41.12			
9. Ines Sofia SAMPAIO	94 Académico Viseu	2:39.13	482
50m: 37.48 37.48 100m: 1:17.89 40.41 150m: 1:59.91 42.02 200m: 2:39.13 39.22			
10. Mariana Costa SEBASTIAO	95 Ginásio Figueirense	2:40.92	466
50m: 37.15 37.15 100m: 1:18.11 40.96 150m: 1:59.17 41.06 200m: 2:40.92 41.75			
11. Vanessa Carolina VALENTE	94 Alcobaça	2:41.17	464
50m: 36.78 36.78 100m: 1:16.87 40.09 150m: 1:58.75 41.88 200m: 2:41.17 42.42			
12. Ines Filipa BORGES	95 Alcobaça	2:41.64	460
50m: 37.46 37.46 100m: 1:18.49 41.03 150m: 2:00.99 42.50 200m: 2:41.64 40.65			
13. Ines Manuela FREITAS	94 Sporting de Espinho	2:44.96	433
50m: 38.09 38.09 100m: 1:19.41 41.32 150m: 2:01.84 42.43 200m: 2:44.96 43.12			
14. Ana Luisa RAMOS	95 Gafanha da Encarnação	2:46.50	421
50m: 39.70 39.70 100m: 1:21.97 42.27 150m: 2:05.54 43.57 200m: 2:46.50 40.96			
15. Rita Daniela ARMINDO	95 Industrial Vieirense	2:47.28	415
50m: 39.54 39.54 100m: 1:22.07 42.53 150m: 2:06.47 44.40 200m: 2:47.28 40.81			
16. Ana Claudia CORDEIRO	95 Náutico/Matobra	2:47.51	413
50m: 38.98 38.98 100m: 1:21.26 42.28 150m: 2:05.11 43.85 200m: 2:47.51 42.40			
17. Marcia Raquel SARAIVA	95 Galitos	2:53.29	373
50m: 41.23 41.23 100m: 1:25.91 44.68 150m: 2:10.48 44.57 200m: 2:53.29 42.81			
18. Patricia Silva MARQUES	95 Feirense	2:58.70	340
<i>FTL</i> 50m: 40.42 40.42 100m: 1:25.57 45.15 150m: 2:11.98 46.41 200m: 2:58.70 46.72			

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Prova 30, Femin., 200m Costas, Jun

Lugar	Ano	Tempo final	Pts
19. Ana Rita RIBAU <i>FTL</i>	95 Gafanha da Encarnação	3:18.11	250
50m: 44.26 44.26 100m: 1:34.83 50.57 150m: 2:26.34 51.51 200m: 3:18.11 51.77			
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		

Prova 30
28.2.10 - 11:20

Femin., 200m Costas

Sen
Resultados

(TA) SEN Fem : 2:56.53

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mara Lisboa e SILVA	93 Bairro dos Anjos	2:28.30	596
50m: 34.95 34.95 100m: 1:12.63 37.68 150m: 1:51.20 38.57 200m: 2:28.30 37.10			
2. Andreia Filipa ANJOS	92 Bairro dos Anjos	2:31.57	558
50m: 34.79 34.79 100m: 1:12.93 38.14 150m: 1:52.42 39.49 200m: 2:31.57 39.15			
3. Maria Miguel VELOSO	93 Náutico/Matobra	2:36.97	502
50m: 37.65 37.65 100m: 1:16.44 38.79 150m: 1:56.93 40.49 200m: 2:36.97 40.04			
4. Nadia Filipa MARQUES	92 Académica de Coimbra	2:41.39	462
50m: 37.64 37.64 100m: 1:18.24 40.60 150m: 1:59.67 41.43 200m: 2:41.39 41.72			
5. Ana Lucia CASTRO	92 Estarreja	2:49.69	397
50m: 41.05 41.05 100m: 1:23.81 42.76 150m: 2:06.31 42.50 200m: 2:49.69 43.38			

Prova 30
28.2.10 - 11:20

Femin., 200m Costas

Open
Resultados

(TA) JUV Fem Juv: 3:25.00 / (TA) JUN Fem Jun: 2:57.90 / (TA) SEN Fem Sen: 2:56.53

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa SANTOS	95 Ginásio Figueirense	2:24.88	639
50m: 34.06 34.06 100m: 1:09.83 35.77 150m: 1:47.12 37.29 200m: 2:24.88 37.76			
2. Mara Lisboa e SILVA	93 Bairro dos Anjos	2:28.30	596
50m: 34.95 34.95 100m: 1:12.63 37.68 150m: 1:51.20 38.57 200m: 2:28.30 37.10			
3. Adriana Correia LOPES	95 Náutico/Matobra	2:28.74	590
50m: 34.45 34.45 100m: 1:12.36 37.91 150m: 1:50.95 38.59 200m: 2:28.74 37.79			
4. Andreia Filipa ANJOS	92 Bairro dos Anjos	2:31.57	558
50m: 34.79 34.79 100m: 1:12.93 38.14 150m: 1:52.42 39.49 200m: 2:31.57 39.15			
5. Ana Catarina COSTA	95 Feirense	2:32.53	547
50m: 35.44 35.44 100m: 1:13.93 38.49 150m: 1:53.36 39.43 200m: 2:32.53 39.17			
6. Maria Ines ALMEIDA	96 Náutico/Matobra	2:33.56	536
50m: 36.16 36.16 100m: 1:15.28 39.12 150m: 1:55.59 40.31 200m: 2:33.56 37.97			
7. Ana Margarida ALMEIDA	94 Galitos	2:34.94	522
50m: 35.07 35.07 100m: 1:14.11 39.04 150m: 1:54.20 40.09 200m: 2:34.94 40.74			
8. Ana Isabel NEVES	96 Pimpões/Cimai	2:35.00	522
50m: 37.13 37.13 100m: 1:16.51 39.38 150m: 1:56.80 40.29 200m: 2:35.00 38.20			
9. Maria Miguel VELOSO	93 Náutico/Matobra	2:36.97	502
50m: 37.65 37.65 100m: 1:16.44 38.79 150m: 1:56.93 40.49 200m: 2:36.97 40.04			
10. Beatriz Rocha NUNES	94 Ginásio Figueirense	2:37.83	494
50m: 36.52 36.52 100m: 1:16.00 39.48 150m: 1:56.97 40.97 200m: 2:37.83 40.86			
11. Maria Joao PAIXAO	96 Ginásio Figueirense	2:37.97	493
50m: 37.21 37.21 100m: 1:17.35 40.14 150m: 1:58.44 41.09 200m: 2:37.97 39.53			

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Prova 30, Femin., 200m Costas, Open

Lugar				Ano					Tempo final	Pts
12.	Patricia Santos DINIS	95	Bombeiros das Caldas Raíña	2:38.23	490					
	50m: 36.60 36.60	100m: 1:16.96	40.36	150m: 1:58.39	41.43	200m: 2:38.23	39.84			
13.	Catia Andreia CLARA	95	Náutico da Marinha Grande	2:38.26	490					
	50m: 37.48 37.48	100m: 1:17.00	39.52	150m: 1:58.24	41.24	200m: 2:38.26	40.02			
14.	Joana Margarida GUIMARAES	95	Pimpões/Cimai	2:38.38	489					
	50m: 36.42 36.42	100m: 1:16.44	40.02	150m: 1:57.26	40.82	200m: 2:38.38	41.12			
15.	Maria Amelia GASPAS	96	Náutico/Matobra	2:38.62	487					
	50m: 38.13 38.13	100m: 1:17.82	39.69	150m: 1:59.93	42.11	200m: 2:38.62	38.69			
16.	Ines Sofia SAMPAIO	94	Académico Viseu	2:39.13	482					
	50m: 37.48 37.48	100m: 1:17.89	40.41	150m: 1:59.91	42.02	200m: 2:39.13	39.22			
17.	Mariana Jesus COSTA	96	Alcobaça	2:39.80	476					
	50m: 38.15 38.15	100m: 1:19.15	41.00	150m: 2:00.20	41.05	200m: 2:39.80	39.60			
18.	Mariana Costa SEBASTIAO	95	Ginásio Figueirense	2:40.92	466					
	50m: 37.15 37.15	100m: 1:18.11	40.96	150m: 1:59.17	41.06	200m: 2:40.92	41.75			
19.	Vanessa Carolina VALENTE	94	Alcobaça	2:41.17	464					
	50m: 36.78 36.78	100m: 1:16.87	40.09	150m: 1:58.75	41.88	200m: 2:41.17	42.42			
20.	Nadia Filipa MARQUES	92	Académica de Coimbra	2:41.39	462					
	50m: 37.64 37.64	100m: 1:18.24	40.60	150m: 1:59.67	41.43	200m: 2:41.39	41.72			
21.	Ines Filipa BORGES	95	Alcobaça	2:41.64	460					
	50m: 37.46 37.46	100m: 1:18.49	41.03	150m: 2:00.99	42.50	200m: 2:41.64	40.65			
22.	Ana Luisa CARVALHO	96	Náutico/Matobra	2:41.67	460					
	50m: 38.24 38.24	100m: 1:19.03	40.79	150m: 2:01.33	42.30	200m: 2:41.67	40.34			
23.	Carla Sofia CRUZ	96	Sporting de Espinho	2:42.13	456					
	50m: 37.26 37.26	100m: 1:18.53	41.27	150m: 2:01.60	43.07	200m: 2:42.13	40.53			
24.	Ana Beatriz SILVA	96	Gafanha da Encarnação	2:42.73	451					
	50m: 37.79 37.79	100m: 1:19.72	41.93	150m: 2:01.68	41.96	200m: 2:42.73	41.05			
25.	Patricia Monteiro NEGRAO	96	Bombeiros das Caldas Raíña	2:42.78	450					
	50m: 38.35 38.35	100m: 1:18.93	40.58	150m: 2:01.50	42.57	200m: 2:42.78	41.28			
26.	Ines Manuela FREITAS	94	Sporting de Espinho	2:44.96	433					
	50m: 38.09 38.09	100m: 1:19.41	41.32	150m: 2:01.84	42.43	200m: 2:44.96	43.12			
27.	Carla Rosario PALMA	96	Alcobaça	2:45.48	429					
	50m: 37.84 37.84	100m: 1:19.47	41.63	150m: 2:02.64	43.17	200m: 2:45.48	42.84			
28.	Ana Luisa RAMOS	95	Gafanha da Encarnação	2:46.50	421					
	50m: 39.70 39.70	100m: 1:21.97	42.27	150m: 2:05.54	43.57	200m: 2:46.50	40.96			
29.	Elisa Morgado PEDRAS	96	Benedita	2:46.85	418					
	50m: 39.53 39.53	100m: 1:21.80	42.27	150m: 2:05.33	43.53	200m: 2:46.85	41.52			
30.	Rita Daniela ARMINDO	95	Industrial Viegense	2:47.28	415					
	50m: 39.54 39.54	100m: 1:22.07	42.53	150m: 2:06.47	44.40	200m: 2:47.28	40.81			
31.	Ines Costa NETO	96	Académico Viseu	2:47.49	413					
	50m: 39.77 39.77	100m: 1:22.31	42.54	150m: 2:05.47	43.16	200m: 2:47.49	42.02			
32.	Ana Claudia CORDEIRO	95	Náutico/Matobra	2:47.51	413					
	50m: 38.98 38.98	100m: 1:21.26	42.28	150m: 2:05.11	43.85	200m: 2:47.51	42.40			
33.	Ana Rita ARTUR	96	Académica de Coimbra	2:47.98	410					
	50m: 37.96 37.96	100m: 1:21.03	43.07	150m: 2:06.02	44.99	200m: 2:47.98	41.96			
34.	Ana Lucia CASTRO	92	Estarreja	2:49.69	397					
	50m: 41.05 41.05	100m: 1:23.81	42.76	150m: 2:06.31	42.50	200m: 2:49.69	43.38			
35.	Daniela Valente FERREIRA	96	Estamos Juntos	2:50.27	393					
	50m: 39.58 39.58	100m: 1:22.94	43.36	150m: 2:06.61	43.67	200m: 2:50.27	43.66			

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Prova 30, Femin., 200m Costas, Open

Lugar	Ano	Tempo final	Pts
36. Ana Margarida LOURENCO 50m: 40.03 40.03 100m: 1:23.44	96 Benedita	2:51.13	387
37. Joana Faim ALMEIDA 50m: 40.61 40.61 100m: 1:24.30	96 Ginásio Figueirense	2:51.74	383
38. Marcia Raquel SARAIVA 50m: 41.23 41.23 100m: 1:25.91	95 Galitos	2:53.29	373
39. Rosa Maria OLIVEIRA 50m: 40.95 40.95 100m: 1:25.40	96 Estarreja	2:55.08	362
40. Ana Catarina CARLOS 50m: 39.99 39.99 100m: 1:24.07	96 Náutico da Marinha Grande	2:56.57	353
41. Patricia Silva MARQUES <i>FTL</i> 50m: 40.42 40.42 100m: 1:25.57	95 Feirense	2:58.70	340
42. Sofia Caramelo FOLGADO 50m: 41.73 41.73 100m: 1:27.65	96 Náutico/Matobra	3:00.12	332
43. Debora Alexandra CATALAO 50m: 41.79 41.79 100m: 1:28.64	96 Óbidos Patrimonium	3:00.96	328
44. Edna Beatriz SANTOS 50m: 43.84 43.84 100m: 1:29.99	96 Náutico da Marinha Grande	3:03.31	315
45. Adriana Cristina CARVALHO 50m: 43.35 43.35 100m: 1:30.06	96 Campinho	3:05.99	302
46. Raquel Monteiro NEGRAO 50m: 44.01 44.01 100m: 1:32.87	96 Bombeiros das Caldas Raíña	3:10.79	279
47. Catia Sousa EUSEBIO 50m: 46.14 46.14 100m: 1:35.41	96 Bombeiros das Caldas Raíña	3:12.66	271
48. Bruna Castelhana BOITA 50m: 46.08 46.08 100m: 1:36.01	96 Benedita	3:17.44	252
49. Ana Rita RIBAU <i>FTL</i> 50m: 44.26 44.26 100m: 1:34.83	95 Gafanha da Encarnação	3:18.11	250
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		

Prova 31
28.2.10 - 11:40

Masc., 200m Estilos

Juv B
Resultados

(TA) JUV B Masc : 2:51.92

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Afonso Lopes dos SANTOS 50m: 29.53 29.53 100m: 1:04.94	95 Bombeiros das Caldas Raíña	2:20.44	536
2. Luis Gabriel SANTOS 50m: 31.11 31.11 100m: 1:09.32	95 Ginásio Figueirense	2:27.31	464
3. Luis de OLIVEIRA 50m: 31.93 31.93 100m: 1:12.64	95 Académica de Coimbra	2:29.31	446
4. Nuno Miguel FELICIANO 50m: 33.25 33.25 100m: 1:13.41	95 Alcobça	2:30.23	438
5. Guilherme Pedro COELHO 50m: 32.15 32.15 100m: 1:08.73	95 Náutico/Matobra	2:30.36	436

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Prova 31, Masc., 200m Estilos, Juv B

Lugar	Ano	Tempo final	Pts
6. Joao Manuel SERRALHEIRO	95	2:32.55	418
50m: 31.29 31.29 100m: 1:11.09 39.80 150m: 1:55.98 44.89 200m: 2:32.55 36.57			
7. Rui Jorge DIAS	95	2:33.46	411
50m: 32.37 32.37 100m: 1:13.96 41.59 150m: 1:58.13 44.17 200m: 2:33.46 35.33			
8. Joao Pedro SANTOS	95	2:33.85	407
50m: 31.75 31.75 100m: 1:11.76 40.01 150m: 1:58.74 46.98 200m: 2:33.85 35.11			
9. Jose Antonio FORTE	95	2:35.36	396
50m: 32.97 32.97 100m: 1:14.72 41.75 150m: 2:01.67 46.95 200m: 2:35.36 33.69			
10. Goncalo Pereira SA	95	2:37.54	379
50m: 36.12 36.12 100m: 1:19.34 43.22 150m: 2:01.82 42.48 200m: 2:37.54 35.72			
11. Rafael Ferreira MARTINS	95	2:37.60	379
50m: 34.55 34.55 100m: 1:15.23 40.68 150m: 2:01.81 46.58 200m: 2:37.60 35.79			
12. Rafael Joao CORREIA	95	2:38.17	375
50m: 36.59 36.59 100m: 1:16.49 39.90 150m: 2:00.40 43.91 200m: 2:38.17 37.77			
13. Marcelo Oliveira CARDOSO	95	2:38.44	373
50m: 34.50 34.50 100m: 1:15.27 40.77 150m: 2:02.13 46.86 200m: 2:38.44 36.31			
14. Ricardo Filipe FERREIRA	95	2:40.76	357
50m: 33.60 33.60 100m: 1:17.15 43.55 150m: 2:03.22 46.07 200m: 2:40.76 37.54			
15. Francisco Gouveia PINTO	95	2:40.98	356
50m: 34.71 34.71 100m: 1:18.43 43.72 150m: 2:06.75 48.32 200m: 2:40.98 34.23			
16. Francisco Pais BAPTISTA	95	2:42.36	347
50m: 33.00 33.00 100m: 1:14.26 41.26 150m: 2:05.25 50.99 200m: 2:42.36 37.11			
17. Claudio Dias GOMES	95	2:43.29	341
50m: 32.47 32.47 100m: 1:14.96 42.49 150m: 2:04.54 49.58 200m: 2:43.29 38.75			
18. Henrique Miguel GONCALVES	95	2:45.75	326
50m: 35.95 35.95 100m: 1:20.29 44.34 150m: 2:06.72 46.43 200m: 2:45.75 39.03			
19. Joao Antonio OLIVEIRA	95	2:45.90	325
50m: 36.48 36.48 100m: 1:15.77 39.29 150m: 2:08.88 53.11 200m: 2:45.90 37.02			
20. Andre Fialho MARQUES	95	2:45.91	325
50m: 32.51 32.51 100m: 1:19.13 46.62 150m: 2:04.82 45.69 200m: 2:45.91 41.09			
21. Manuel Luis SOUSA	95	2:48.07	312
50m: 36.52 36.52 100m: 1:21.47 44.95 150m: 2:12.37 50.90 200m: 2:48.07 35.70			
22. Goncalo Ferreira COROADO	95	2:48.08	312
50m: 37.50 37.50 100m: 1:20.36 42.86 150m: 2:11.41 51.05 200m: 2:48.08 36.67			
23. Jose Pedro BERNARDES	95	2:50.97	297
50m: 34.86 34.86 100m: 1:19.35 44.49 150m: 2:11.23 51.88 200m: 2:50.97 39.74			
24. Henrique Ferreira COROADO	95	2:51.11	296
50m: 37.34 37.34 100m: 1:19.87 42.53 150m: 2:12.85 52.98 200m: 2:51.11 38.26			
DSQ Tiago Miguel ALVES	95		
<i>Na viragem dos 150 m fez toque alternado na parede</i>			
DNS Francisco Xavier RODRIGUES	95		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 31, Masc., 200m Estilos

Prova 31
28.2.10 - 11:40

Masc., 200m Estilos

Juv A
Resultados

(TA) JUV A Masc : 2:48.47

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Pedro Barros MENDES 50m: 30.71 30.71 100m: 1:07.31 36.60 150m: 1:49.03 41.72 200m: 2:21.61 32.58	94 Académica de Coimbra	2:21.61	523
2. Joao Manuel BORGES 50m: 31.41 31.41 100m: 1:07.30 35.89 150m: 1:50.65 43.35 200m: 2:23.62 32.97	94 Ginásio Figueirense	2:23.62	501
3. Alcides Costa SOUSA 50m: 28.75 28.75 100m: 1:07.99 39.24 150m: 1:50.02 42.03 200m: 2:25.16 35.14	94 Feirense	2:25.16	485
4. Joao Pedro VEIGA 50m: 31.51 31.51 100m: 1:10.47 38.96 150m: 1:52.08 41.61 200m: 2:26.02 33.94	94 Náutico/Matobra	2:26.02	477
5. Joao Nuno PIRES 50m: 30.77 30.77 100m: 1:08.68 37.91 150m: 1:52.14 43.46 200m: 2:27.01 34.87	94 Náutico/Matobra	2:27.01	467
6. Joao Carlos PAULA 50m: 31.18 31.18 100m: 1:10.40 39.22 150m: 1:55.63 45.23 200m: 2:29.74 34.11	94 Galitos	2:29.74	442
7. Andre Marques SILVA 50m: 30.86 30.86 100m: 1:14.39 43.53 150m: 1:56.84 42.45 200m: 2:30.11 33.27	94 Sporting de Aveiro	2:30.11	439
8. Joao Goncalo COELHO 50m: 31.16 31.16 100m: 1:08.94 37.78 150m: 1:56.69 47.75 200m: 2:31.52 34.83	94 Sporting de Aveiro	2:31.52	427
9. Joao Barbosa MOREIRA 50m: 30.52 30.52 100m: 1:11.85 41.33 150m: 1:59.81 47.96 200m: 2:33.12 33.31	94 Náutico/Matobra	2:33.12	413
10. Pedro Diogo TAVEIRA 50m: 30.60 30.60 100m: 1:12.79 42.19 150m: 1:58.96 46.17 200m: 2:33.18 34.22	94 Galitos	2:33.18	413
11. Andre Ribeiro de SOUSA 50m: 32.50 32.50 100m: 1:13.30 40.80 150m: 1:59.73 46.43 200m: 2:33.47 33.74	94 Bairro dos Anjos	2:33.47	410
12. David Jose FONSECA 50m: 33.29 33.29 100m: 1:13.48 40.19 150m: 2:01.50 48.02 200m: 2:35.07 33.57	94 Columbófila Cantanhedense	2:35.07	398
13. Diogo Filipe CATELAS 50m: 30.38 30.38 100m: 1:09.53 39.15 150m: 1:56.38 46.85 200m: 2:36.27 39.89	94 Estamos Juntos	2:36.27	389
14. Filipe Rainho BALSEIRO 50m: 31.91 31.91 100m: 1:12.75 40.84 150m: 2:00.57 47.82 200m: 2:36.94 36.37	94 Galitos	2:36.94	384
15. Fabio Ribeiro NORONHA 50m: 32.60 32.60 100m: 1:14.05 41.45 150m: 2:00.55 46.50 200m: 2:37.76 37.21	94 Bombeiros das Caldas Rainha	2:37.76	378
16. Gino Santos CAETANO 50m: 32.92 32.92 100m: 1:12.02 39.10 150m: 2:03.85 51.83 200m: 2:39.08 35.23	94 Sporting de Aveiro	2:39.08	368
17. Goncalo Ferreira GAMEIRO 50m: 33.50 33.50 100m: 1:16.00 42.50 150m: 2:02.79 46.79 200m: 2:39.16 36.37	94 Núcleo de Pombal	2:39.16	368
18. Guilherme Marques TEIXEIRA 50m: 35.25 35.25 100m: 1:18.01 42.76 150m: 2:05.24 47.23 200m: 2:42.41 37.17	94 Campinho	2:42.41	346
19. Rafael Arrojado FERREIRA 50m: 33.77 33.77 100m: 1:17.06 43.29 150m: 2:05.82 48.76 200m: 2:42.60 36.78	94 Estarreja	2:42.60	345
20. Tiago Ferreira AZEVEDO 50m: 34.36 34.36 100m: 1:18.77 44.41 150m: 2:08.27 49.50 200m: 2:44.17 35.90	94 Estamos Juntos	2:44.17	335
21. Filipe Jose BAPTISTA 50m: 35.25 35.25 100m: 1:17.43 42.18 150m: 2:05.94 48.51 200m: 2:44.96 39.02	94 Feirense	2:44.96	330
DSQ Fabio Filipe LOPES <i>Na chegada do percurso de braços fez toque alternado na parede</i>	94 Lousanense		
DNS Micael Valverde TEIXEIRA	94 Naval da Nazaré		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 31, Masc., 200m Estilos

Prova 31
28.2.10 - 11:40

Masc., 200m Estilos

Jun
Resultados

(TA) JUN Masc : 2:39.85

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Diogo Maia e SILVA 50m: 29.80 29.80 100m: 1:04.24 34.44 150m: 1:44.53 40.29 200m: 2:16.48 31.95	93 Pimpões/Cimai	2:16.48	584
2. Miguel Machado LOPES 50m: 29.81 29.81 100m: 1:05.51 35.70 150m: 1:45.82 40.31 200m: 2:17.24 31.42	92 Benedita	2:17.24	574
3. Andre Duarte VAZ 50m: 30.03 30.03 100m: 1:04.71 34.68 150m: 1:46.80 42.09 200m: 2:20.08 33.28	93 Ginásio Figueirense	2:20.08	540
4. Diogo Parrilha da SILVA 50m: 29.25 29.25 100m: 1:07.09 37.84 150m: 1:48.00 40.91 200m: 2:20.49 32.49	93 Alcobaça	2:20.49	535
5. Nuno Durao PASCOAL 50m: 29.90 29.90 100m: 1:07.28 37.38 150m: 1:48.38 41.10 200m: 2:20.79 32.41	92 Galitos	2:20.79	532
6. Gustavo Alexandre MENESES 50m: 30.60 30.60 100m: 1:06.64 36.04 150m: 1:48.34 41.70 200m: 2:22.31 33.97	92 Columbófila Cantanhedense	2:22.31	515
7. Joao Jose VIEGAS 50m: 30.65 30.65 100m: 1:07.19 36.54 150m: 1:50.61 43.42 200m: 2:24.17 33.56	92 Galitos	2:24.17	495
8. Diogo Fontes MOREIRA 50m: 29.99 29.99 100m: 1:06.07 36.08 150m: 1:50.77 44.70 200m: 2:25.92 35.15	93 Estamos Juntos	2:25.92	478
9. Pedro Miguel COSTA 50m: 29.54 29.54 100m: 1:05.50 35.96 150m: 1:50.91 45.41 200m: 2:27.16 36.25	92 Sporting de Espinho	2:27.16	466
10. Daciano Egidio SOUSA 50m: 31.45 31.45 100m: 1:10.63 39.18 150m: 1:56.26 45.63 200m: 2:29.17 32.91	93 Ginásio Figueirense	2:29.17	447
11. Nelson Fernandes SILVA 50m: 30.29 30.29 100m: 1:10.41 40.12 150m: 1:56.27 45.86 200m: 2:30.86 34.59	93 Freguesia de Paião	2:30.86	432
12. Tiago Lopes RIBEIRO 50m: 31.09 31.09 100m: 1:11.95 40.86 150m: 1:57.73 45.78 200m: 2:32.50 34.77	93 Benedita	2:32.50	418
13. Filipe Rosa de OLIVEIRA 50m: 30.28 30.28 100m: 1:12.50 42.22 150m: 1:57.70 45.20 200m: 2:32.80 35.10	93 Bairro dos Anjos	2:32.80	416
14. Joao Miguel FIGUEIREDO 50m: 31.21 31.21 100m: 1:09.10 37.89 150m: 1:57.14 48.04 200m: 2:34.15 37.01	93 Campinho	2:34.15	405
15. Joao Guilherme VIEIRA 50m: 32.22 32.22 100m: 1:17.06 44.84 150m: 1:58.29 41.23 200m: 2:36.48 38.19	93 Pimpões/Cimai	2:36.48	387
16. Jose Figueiredo PEREIRA 50m: 31.86 31.86 100m: 1:13.86 42.00 150m: 2:03.88 50.02 200m: 2:38.10 34.22	92 Estarreja	2:38.10	375
17. Diogo Antonio CARVALHO FTL 50m: 31.80 31.80 100m: 1:13.05 41.25 150m: 2:03.11 50.06 200m: 2:42.99 39.88	93 Feirense	2:42.99	343
DSQ Filipe Franco NORTE <i>Batimentos alternados de pernas no percurso de Mariposa</i>	93 Náutico da Marinha Grande		
DSQ Nuno Correia TINOCO <i>Falsa partida</i>	93 Ginásio Figueirense		
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		

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

Prova 31 Masc., 200m Estilos Sen
28.2.10 - 11:40 Resultados

(TA) SEN Masc : 2:35.25

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Miguel Silva OLIVEIRA <i>RR Sen</i>	91 Náutico/Matobra	2:11.88	647
50m: 28.34 28.34 100m: 1:03.11 34.77 150m: 1:41.87 38.76 200m: 2:11.88 30.01			
2. Rui Miguel FONSECA	88 Náutico/Matobra	2:18.67	557
50m: 27.87 27.87 100m: 1:04.62 36.75 150m: 1:47.83 43.21 200m: 2:18.67 30.84			
3. Pedro Fragoso LOPES	90 Columbófila Cantanhedense	2:18.93	553
50m: 28.62 28.62 100m: 1:04.47 35.85 150m: 1:46.87 42.40 200m: 2:18.93 32.06			
4. Joao Bernardo ABRANTES	90 Náutico/Matobra	2:20.34	537
50m: 29.58 29.58 100m: 1:06.87 37.29 150m: 1:48.72 41.85 200m: 2:20.34 31.62			
5. Hugo Miguel NUNES	90 Náutico/Matobra	2:23.91	498
50m: 30.74 30.74 100m: 1:10.21 39.47 150m: 1:49.77 39.56 200m: 2:23.91 34.14			
6. Goncalo Nuno COSTA	90 Académica de Coimbra	2:25.70	480
50m: 29.98 29.98 100m: 1:10.10 40.12 150m: 1:52.08 41.98 200m: 2:25.70 33.62			

Prova 31 Masc., 200m Estilos Open
28.2.10 - 11:40 Resultados

(TA) JUV A Masc Juv A: 2:48.47 / (TA) JUV B Masc Juv B: 2:51.92 / (TA) JUN Masc Jun: 2:39.85 / (TA) SEN Masc Sen: 2:35.25

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Miguel Silva OLIVEIRA <i>RR Sen</i>	91 Náutico/Matobra	2:11.88	647
50m: 28.34 28.34 100m: 1:03.11 34.77 150m: 1:41.87 38.76 200m: 2:11.88 30.01			
2. Diogo Maia e SILVA	93 Pimpões/Cimai	2:16.48	584
50m: 29.80 29.80 100m: 1:04.24 34.44 150m: 1:44.53 40.29 200m: 2:16.48 31.95			
3. Miguel Machado LOPES	92 Benedita	2:17.24	574
50m: 29.81 29.81 100m: 1:05.51 35.70 150m: 1:45.82 40.31 200m: 2:17.24 31.42			
4. Rui Miguel FONSECA	88 Náutico/Matobra	2:18.67	557
50m: 27.87 27.87 100m: 1:04.62 36.75 150m: 1:47.83 43.21 200m: 2:18.67 30.84			
5. Pedro Fragoso LOPES	90 Columbófila Cantanhedense	2:18.93	553
50m: 28.62 28.62 100m: 1:04.47 35.85 150m: 1:46.87 42.40 200m: 2:18.93 32.06			
6. Andre Duarte VAZ	93 Ginásio Figueirense	2:20.08	540
50m: 30.03 30.03 100m: 1:04.71 34.68 150m: 1:46.80 42.09 200m: 2:20.08 33.28			
7. Joao Bernardo ABRANTES	90 Náutico/Matobra	2:20.34	537
50m: 29.58 29.58 100m: 1:06.87 37.29 150m: 1:48.72 41.85 200m: 2:20.34 31.62			
8. Afonso Lopes dos SANTOS	95 Bombeiros das Caldas Rainha	2:20.44	536
50m: 29.53 29.53 100m: 1:04.94 35.41 150m: 1:47.42 42.48 200m: 2:20.44 33.02			
9. Diogo Parrilha da SILVA	93 Alcobaça	2:20.49	535
50m: 29.25 29.25 100m: 1:07.09 37.84 150m: 1:48.00 40.91 200m: 2:20.49 32.49			
10. Nuno Duraõ PASCOAL	92 Galitos	2:20.79	532
50m: 29.90 29.90 100m: 1:07.28 37.38 150m: 1:48.38 41.10 200m: 2:20.79 32.41			
11. Pedro Barros MENDES	94 Académica de Coimbra	2:21.61	523
50m: 30.71 30.71 100m: 1:07.31 36.60 150m: 1:49.03 41.72 200m: 2:21.61 32.58			
12. Gustavo Alexandre MENESES	92 Columbófila Cantanhedense	2:22.31	515
50m: 30.60 30.60 100m: 1:06.64 36.04 150m: 1:48.34 41.70 200m: 2:22.31 33.97			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 31, Masc., 200m Estilos, Open

Lugar				Ano					Tempo final	Pts
13.	Joao Manuel BORGES	94	Ginásio Figueirense					2:23.62	501	
	50m: 31.41 31.41	100m: 1:07.30	35.89	150m: 1:50.65	43.35	200m: 2:23.62	32.97			
14.	Hugo Miguel NUNES	90	Náutico/Matobra					2:23.91	498	
	50m: 30.74 30.74	100m: 1:10.21	39.47	150m: 1:49.77	39.56	200m: 2:23.91	34.14			
15.	Joao Jose VIEGAS	92	Galitos					2:24.17	495	
	50m: 30.65 30.65	100m: 1:07.19	36.54	150m: 1:50.61	43.42	200m: 2:24.17	33.56			
16.	Alcides Costa SOUSA	94	Feirense					2:25.16	485	
	50m: 28.75 28.75	100m: 1:07.99	39.24	150m: 1:50.02	42.03	200m: 2:25.16	35.14			
17.	Goncalo Nuno COSTA	90	Académica de Coimbra					2:25.70	480	
	50m: 29.98 29.98	100m: 1:10.10	40.12	150m: 1:52.08	41.98	200m: 2:25.70	33.62			
18.	Diogo Fontes MOREIRA	93	Estamos Juntos					2:25.92	478	
	50m: 29.99 29.99	100m: 1:06.07	36.08	150m: 1:50.77	44.70	200m: 2:25.92	35.15			
19.	Joao Pedro VEIGA	94	Náutico/Matobra					2:26.02	477	
	50m: 31.51 31.51	100m: 1:10.47	38.96	150m: 1:52.08	41.61	200m: 2:26.02	33.94			
20.	Joao Nuno PIRES	94	Náutico/Matobra					2:27.01	467	
	50m: 30.77 30.77	100m: 1:08.68	37.91	150m: 1:52.14	43.46	200m: 2:27.01	34.87			
21.	Pedro Miguel COSTA	92	Sporting de Espinho					2:27.16	466	
	50m: 29.54 29.54	100m: 1:05.50	35.96	150m: 1:50.91	45.41	200m: 2:27.16	36.25			
22.	Luis Gabriel SANTOS	95	Ginásio Figueirense					2:27.31	464	
	50m: 31.11 31.11	100m: 1:09.32	38.21	150m: 1:54.27	44.95	200m: 2:27.31	33.04			
23.	Daciano Egidio SOUSA	93	Ginásio Figueirense					2:29.17	447	
	50m: 31.45 31.45	100m: 1:10.63	39.18	150m: 1:56.26	45.63	200m: 2:29.17	32.91			
24.	Luis de OLIVEIRA	95	Académica de Coimbra					2:29.31	446	
	50m: 31.93 31.93	100m: 1:12.64	40.71	150m: 1:56.11	43.47	200m: 2:29.31	33.20			
25.	Joao Carlos PAULA	94	Galitos					2:29.74	442	
	50m: 31.18 31.18	100m: 1:10.40	39.22	150m: 1:55.63	45.23	200m: 2:29.74	34.11			
26.	Andre Marques SILVA	94	Sporting de Aveiro					2:30.11	439	
	50m: 30.86 30.86	100m: 1:14.39	43.53	150m: 1:56.84	42.45	200m: 2:30.11	33.27			
27.	Nuno Miguel FELICIANO	95	Alcobaça					2:30.23	438	
	50m: 33.25 33.25	100m: 1:13.41	40.16	150m: 1:54.57	41.16	200m: 2:30.23	35.66			
28.	Guilherme Pedro COELHO	95	Náutico/Matobra					2:30.36	436	
	50m: 32.15 32.15	100m: 1:08.73	36.58	150m: 1:56.07	47.34	200m: 2:30.36	34.29			
29.	Nelson Fernandes SILVA	93	Freguesia de Paião					2:30.86	432	
	50m: 30.29 30.29	100m: 1:10.41	40.12	150m: 1:56.27	45.86	200m: 2:30.86	34.59			
30.	Joao Goncalo COELHO	94	Sporting de Aveiro					2:31.52	427	
	50m: 31.16 31.16	100m: 1:08.94	37.78	150m: 1:56.69	47.75	200m: 2:31.52	34.83			
31.	Tiago Lopes RIBEIRO	93	Benedita					2:32.50	418	
	50m: 31.09 31.09	100m: 1:11.95	40.86	150m: 1:57.73	45.78	200m: 2:32.50	34.77			
32.	Joao Manuel SERRALHEIRO	95	Benedita					2:32.55	418	
	50m: 31.29 31.29	100m: 1:11.09	39.80	150m: 1:55.98	44.89	200m: 2:32.55	36.57			
33.	Filipe Rosa de OLIVEIRA	93	Bairro dos Anjos					2:32.80	416	
	50m: 30.28 30.28	100m: 1:12.50	42.22	150m: 1:57.70	45.20	200m: 2:32.80	35.10			
34.	Joao Barbosa MOREIRA	94	Náutico/Matobra					2:33.12	413	
	50m: 30.52 30.52	100m: 1:11.85	41.33	150m: 1:59.81	47.96	200m: 2:33.12	33.31			
35.	Pedro Diogo TAVEIRA	94	Galitos					2:33.18	413	
	50m: 30.60 30.60	100m: 1:12.79	42.19	150m: 1:58.96	46.17	200m: 2:33.18	34.22			
36.	Rui Jorge DIAS	95	Miranda do Corvo					2:33.46	411	
	50m: 32.37 32.37	100m: 1:13.96	41.59	150m: 1:58.13	44.17	200m: 2:33.46	35.33			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 31, Masc., 200m Estilos, Open

Lugar	Ano	Tempo final	Pts
37. Andre Ribeiro de SOUSA 50m: 32.50 32.50 100m: 1:13.30	94 Bairro dos Anjos	2:33.47 40.80 150m: 1:59.73 46.43 200m: 2:33.47	410 33.74
38. Joao Pedro SANTOS 50m: 31.75 31.75 100m: 1:11.76	95 Estarreja	2:33.85 40.01 150m: 1:58.74 46.98 200m: 2:33.85	407 35.11
39. Joao Miguel FIGUEIREDO 50m: 31.21 31.21 100m: 1:09.10	93 Campinho	2:34.15 37.89 150m: 1:57.14 48.04 200m: 2:34.15	405 37.01
40. David Jose FONSECA 50m: 33.29 33.29 100m: 1:13.48	94 Columbófila Cantanhedense	2:35.07 40.19 150m: 2:01.50 48.02 200m: 2:35.07	398 33.57
41. Jose Antonio FORTE 50m: 32.97 32.97 100m: 1:14.72	95 Académica de Coimbra	2:35.36 41.75 150m: 2:01.67 46.95 200m: 2:35.36	396 33.69
42. Diogo Filipe CATELAS 50m: 30.38 30.38 100m: 1:09.53	94 Estamos Juntos	2:36.27 39.15 150m: 1:56.38 46.85 200m: 2:36.27	389 39.89
43. Joao Guilherme VIEIRA 50m: 32.22 32.22 100m: 1:17.06	93 Pimpões/Cimai	2:36.48 44.84 150m: 1:58.29 41.23 200m: 2:36.48	387 38.19
44. Filipe Rainho BALSEIRO 50m: 31.91 31.91 100m: 1:12.75	94 Galitos	2:36.94 40.84 150m: 2:00.57 47.82 200m: 2:36.94	384 36.37
45. Goncalo Pereira SA 50m: 36.12 36.12 100m: 1:19.34	95 Feirense	2:37.54 43.22 150m: 2:01.82 42.48 200m: 2:37.54	379 35.72
46. Rafael Ferreira MARTINS 50m: 34.55 34.55 100m: 1:15.23	95 Náutico da Marinha Grande	2:37.60 40.68 150m: 2:01.81 46.58 200m: 2:37.60	379 35.79
47. Fabio Ribeiro NORONHA 50m: 32.60 32.60 100m: 1:14.05	94 Bombeiros das Caldas Rainha	2:37.76 41.45 150m: 2:00.55 46.50 200m: 2:37.76	378 37.21
48. Jose Figueiredo PEREIRA 50m: 31.86 31.86 100m: 1:13.86	92 Estarreja	2:38.10 42.00 150m: 2:03.88 50.02 200m: 2:38.10	375 34.22
49. Rafael Joao CORREIA 50m: 36.59 36.59 100m: 1:16.49	95 Lousanense	2:38.17 39.90 150m: 2:00.40 43.91 200m: 2:38.17	375 37.77
50. Marcelo Oliveira CARDOSO 50m: 34.50 34.50 100m: 1:15.27	95 Sporting de Aveiro	2:38.44 40.77 150m: 2:02.13 46.86 200m: 2:38.44	373 36.31
51. Gino Santos CAETANO 50m: 32.92 32.92 100m: 1:12.02	94 Sporting de Aveiro	2:39.08 39.10 150m: 2:03.85 51.83 200m: 2:39.08	368 35.23
52. Goncalo Ferreira GAMEIRO 50m: 33.50 33.50 100m: 1:16.00	94 Núcleo de Pombal	2:39.16 42.50 150m: 2:02.79 46.79 200m: 2:39.16	368 36.37
53. Ricardo Filipe FERREIRA 50m: 33.60 33.60 100m: 1:17.15	95 Pimpões/Cimai	2:40.76 43.55 150m: 2:03.22 46.07 200m: 2:40.76	357 37.54
54. Francisco Gouveia PINTO 50m: 34.71 34.71 100m: 1:18.43	95 Pimpões/Cimai	2:40.98 43.72 150m: 2:06.75 48.32 200m: 2:40.98	356 34.23
55. Francisco Pais BAPTISTA 50m: 33.00 33.00 100m: 1:14.26	95 Náutico/Matobra	2:42.36 41.26 150m: 2:05.25 50.99 200m: 2:42.36	347 37.11
56. Guilherme Marques TEIXEIRA 50m: 35.25 35.25 100m: 1:18.01	94 Campinho	2:42.41 42.76 150m: 2:05.24 47.23 200m: 2:42.41	346 37.17
57. Rafael Arrojado FERREIRA 50m: 33.77 33.77 100m: 1:17.06	94 Estarreja	2:42.60 43.29 150m: 2:05.82 48.76 200m: 2:42.60	345 36.78
58. Diogo Antonio CARVALHO <i>FTL</i> 50m: 31.80 31.80 100m: 1:13.05	93 Feirense	2:42.99 41.25 150m: 2:03.11 50.06 200m: 2:42.99	343 39.88
59. Claudio Dias GOMES 50m: 32.47 32.47 100m: 1:14.96	95 Gafanha da Encarnação	2:43.29 42.49 150m: 2:04.54 49.58 200m: 2:43.29	341 38.75
60. Tiago Ferreira AZEVEDO 50m: 34.36 34.36 100m: 1:18.77	94 Estamos Juntos	2:44.17 44.41 150m: 2:08.27 49.50 200m: 2:44.17	335 35.90

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

Lugar	Ano	Tempo final	Pts
61. Filipe Jose BAPTISTA 50m: 35.25 35.25 100m: 1:17.43 42.18 150m: 2:05.94 48.51 200m: 2:44.96 39.02	94 Feirense	2:44.96	330
62. Henrique Miguel GONCALVES 50m: 35.95 35.95 100m: 1:20.29 44.34 150m: 2:06.72 46.43 200m: 2:45.75 39.03	95 Núcleo de Pombal	2:45.75	326
63. Joao Antonio OLIVEIRA 50m: 36.48 36.48 100m: 1:15.77 39.29 150m: 2:08.88 53.11 200m: 2:45.90 37.02	95 Ginásio Figueirense	2:45.90	325
64. Andre Fialho MARQUES 50m: 32.51 32.51 100m: 1:19.13 46.62 150m: 2:04.82 45.69 200m: 2:45.91 41.09	95 Benedita	2:45.91	325
65. Manuel Luis SOUSA 50m: 36.52 36.52 100m: 1:21.47 44.95 150m: 2:12.37 50.90 200m: 2:48.07 35.70	95 Náutico/Matobra	2:48.07	312
66. Goncalo Ferreira COROADO 50m: 37.50 37.50 100m: 1:20.36 42.86 150m: 2:11.41 51.05 200m: 2:48.08 36.67	95 Académica de Coimbra	2:48.08	312
67. Jose Pedro BERNARDES 50m: 34.86 34.86 100m: 1:19.35 44.49 150m: 2:11.23 51.88 200m: 2:50.97 39.74	95 Estamos Juntos	2:50.97	297
68. Henrique Ferreira COROADO 50m: 37.34 37.34 100m: 1:19.87 42.53 150m: 2:12.85 52.98 200m: 2:51.11 38.26	95 Académica de Coimbra	2:51.11	296
DSQ Filipe Franco NORTE <i>Batimentos alternados de pernas no percurso de Mariposa</i>	93 Náutico da Marinha Grande		
DSQ Fabio Filipe LOPES <i>Na chegada do percurso de braços fez toque alternado na parede</i>	94 Lousanense		
DSQ Nuno Correia TINOCO <i>Falsa partida</i>	93 Ginásio Figueirense		
DSQ Tiago Miguel ALVES <i>Na viragem dos 150 m fez toque alternado na parede</i>	95 Columbófila Cantanhedense		
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		
DNS Micael Valverde TEIXEIRA	94 Naval da Nazaré		

Prova 32
28.2.10 - 12:05

Femin., 50m Livres

Jun
Resultados

(TA) JUN Fem : 33.18

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Pinho RODRIGUES	94 Estamos Juntos	27.01	678
2. Gabriela Oliveira ANDRADE	94 Náutico/Matobra	28.59	571
3. Mariana Sousa MARTINS	95 Feirense	29.68	511
4. Vanessa Carolina VALENTE	94 Alcobaça	29.76	506
5. Ines Martins SILVA	94 Estamos Juntos	29.88	500
6. Bruna Miguel PEREIRA	94 Académica de Coimbra	30.05	492
7. Cristina Paris SANTOS	94 Pimpões/Cimai	30.21	484
8. Catarina Alexandra FERREIRA	95 Náutico/Matobra	30.63	464
9. Joana Ines OLIVEIRA	95 Académica de Coimbra	30.77	458
10. Maria Ana SERRANO	94 Miranda do Corvo	30.86	454
11. Ana Rita SILVEIRA	94 Galitos	31.28	436
12. Mariana Rocha VALENTE	95 Náutico/Matobra	31.33	434
13. Cristiana Andreia LIMA	95 Núcleo de Pombal	31.40	431
14. Sara Filipa ANJOS	95 Galitos	31.41	431
15. Raquel Raimundo FERREIRA	95 Náutico/Matobra	31.48	428
16. Vanessa Rodrigues VALENTE	94 Estarreja	31.68	420

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 32, Femin., 50m Livres, Jun

Lugar	Ano		Tempo final	Pts
17.	94	Fundação Beatriz Santos	31.76	417
18.	94	Académica de Coimbra	31.78	416
19.	95	Sporting de Espinho	31.95	409
20.	94	Estarreja	31.99	408
21.	95	Sporting de Aveiro	32.10	403
22.	94	Feirense	32.17	401
23.	94	Miranda do Corvo	32.42	392

Prova 32
28.2.10 - 12:05

Femin., 50m Livres

Sen
Resultados

(TA) SEN Fem : 32.72

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Bairro dos Anjos	28.71	564
2.	92	Bairro dos Anjos	29.12	541
3.	93	Académico Viseu	29.13	540
4.	92	Náutico/Matobra	29.22	535
5.	92	Bairro dos Anjos	29.28	532
6.	93	Freguesia de Paião	29.73	508
7.	93	Fundação Beatriz Santos	29.80	504
8.	90	Náutico/Matobra	29.86	501
9.	92	Náutico da Marinha Grande	30.21	484
10.	92	Fundação Beatriz Santos	30.29	480
11.	92	Columbófila Cantanhedense	30.38	476
12.	92	Galitos	30.63	464
13.	91	Académica de Coimbra	30.81	456
14.	92	Náutico/Matobra	30.84	455
15.	91	Pimpões/Cimai	31.09	444
16.	92	Pimpões/Cimai	31.19	440
17.	93	Estarreja	31.50	427
	92	Joana Ferreira COROADO Académica de Coimbra	31.50	427
19.	90	Feirense	31.51	427
20.	92	Estarreja	32.22	399
21.	88	Sporting de Espinho	32.66	383
DNS	92	Ana Carolina ALMEIDA S.Pedro do Sul		

Prova 32
28.2.10 - 12:05

Femin., 50m Livres

Open
Resultados

(TA) JUN Fem Jun: 33.18 / (TA) SEN Fem Sen: 32.72

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	94	Estamos Juntos	27.01	678
2.	94	Náutico/Matobra	28.59	571
3.	92	Bairro dos Anjos	28.71	564
4.	92	Bairro dos Anjos	29.12	541
5.	93	Académico Viseu	29.13	540
6.	92	Náutico/Matobra	29.22	535
7.	92	Bairro dos Anjos	29.28	532
8.	95	Feirense	29.68	511
9.	93	Freguesia de Paião	29.73	508
10.	94	Alcobaça	29.76	506
11.	93	Fundação Beatriz Santos	29.80	504
12.	90	Náutico/Matobra	29.86	501

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 32, Femin., 50m Livres, Open

Lugar	Ano	Tempo final	Pts
13. Ines Martins SILVA	94 Estamos Juntos	29.88	500
14. Bruna Miguel PEREIRA	94 Académica de Coimbra	30.05	492
15. Joana Margarida GASPAR	92 Náutico da Marinha Grande	30.21	484
Cristina Paris SANTOS	94 Pimpões/Cimai	30.21	484
17. Carina Marcelino COSTA	92 Fundação Beatriz Santos	30.29	480
18. Cristiana Margarida LOPES	92 Columbófila Cantanhedense	30.38	476
19. Catarina Alexandra FERREIRA	95 Náutico/Matobra	30.63	464
Carolina Maria LOUREIRO	92 Galitos	30.63	464
21. Joana Ines OLIVEIRA	95 Académica de Coimbra	30.77	458
22. Rita Nair FERREIRA	91 Académica de Coimbra	30.81	456
23. Ines Barbosa MOREIRA	92 Náutico/Matobra	30.84	455
24. Maria Ana SERRANO	94 Miranda do Corvo	30.86	454
25. Joana Margarida MONTEIRO	91 Pimpões/Cimai	31.09	444
26. Telma Alexandra GRILLO	92 Pimpões/Cimai	31.19	440
27. Ana Rita SILVEIRA	94 Galitos	31.28	436
28. Mariana Rocha VALENTE	95 Náutico/Matobra	31.33	434
29. Cristiana Andreia LIMA	95 Núcleo de Pombal	31.40	431
30. Sara Filipa ANJOS	95 Galitos	31.41	431
31. Raquel Raimundo FERREIRA	95 Náutico/Matobra	31.48	428
32. Ines Sa RODRIGUES	93 Estarreja	31.50	427
Joana Ferreira COROADO	92 Académica de Coimbra	31.50	427
34. Carolina Vieira PINTO	90 Feirense	31.51	427
35. Vanessa Rodrigues VALENTE	94 Estarreja	31.68	420
36. Rita Marques SOUSA	94 Fundação Beatriz Santos	31.76	417
37. Sofia Roque DIAS	94 Académica de Coimbra	31.78	416
38. Maria Joao OLIVEIRA	95 Sporting de Espinho	31.95	409
39. Catia Sofia SILVA	94 Estarreja	31.99	408
40. Ana Raquel ALBUQUERQUE	95 Sporting de Aveiro	32.10	403
41. Beatriz Gomes SA	94 Feirense	32.17	401
42. Denise Arrojado SILVA	92 Estarreja	32.22	399
43. Tatiana Cruz COSTA	94 Miranda do Corvo	32.42	392
44. Raquel Maria LIMA	88 Sporting de Espinho	32.66	383
DNS Ana Carolina ALMEIDA	92 S.Pedro do Sul		

Prova 33
28.2.10 - 12:10

Masc., 800m Livres

Jun
Resultados

(TA) JUN Masc : 10:21.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Andre Filipe LOPES	92 Académica de Coimbra	8:43.57	643
50m: 29.83 29.83	250m: 2:40.84 33.06	450m: 4:52.82 33.03	650m: 7:05.06 33.16
100m: 1:01.79 31.96	300m: 3:13.94 33.10	500m: 5:26.00 33.18	700m: 7:38.29 33.23
150m: 1:34.65 32.86	350m: 3:46.89 32.95	550m: 5:58.82 32.82	750m: 8:11.84 33.55
200m: 2:07.78 33.13	400m: 4:19.79 32.90	600m: 6:31.90 33.08	800m: 8:43.57 31.73
2. Miguel Monteiro DIOGO	93 Alcobaça	8:51.06	617
50m: 30.20 30.20	250m: 2:43.01 33.83	450m: 4:58.62 34.05	650m: 7:12.78 33.51
100m: 1:02.55 32.35	300m: 3:16.92 33.91	500m: 5:32.50 33.88	700m: 7:45.66 32.88
150m: 1:35.75 33.20	350m: 3:50.79 33.87	550m: 6:06.18 33.68	750m: 8:18.42 32.76
200m: 2:09.18 33.43	400m: 4:24.57 33.78	600m: 6:39.27 33.09	800m: 8:51.06 32.64
3. Tiago Rafael LOPES	92 Académica de Coimbra	8:52.82	610
50m: 30.33 30.33	250m: 2:42.35 33.27	450m: 4:55.84 33.39	650m: 7:11.77 34.04
100m: 1:02.80 32.47	300m: 3:15.53 33.18	500m: 5:29.31 33.47	700m: 7:45.86 34.09
150m: 1:35.82 33.02	350m: 3:48.89 33.36	550m: 6:03.55 34.24	750m: 8:19.68 33.82
200m: 2:09.08 33.26	400m: 4:22.45 33.56	600m: 6:37.73 34.18	800m: 8:52.82 33.14

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 33, Masc., 800m Livres, Jun

Lugar			Ano					Tempo final	Pts
4.	Andre Duarte VAZ		93	Ginásio Figueirense				9:20.93	523
	50m:	32.86 32.86	250m:	2:49.16	34.14	450m:	5:10.77 36.04	650m:	7:36.58 36.21
	100m:	1:07.04 34.18	300m:	3:24.36	35.20	500m:	5:47.32 36.55	700m:	8:12.62 36.04
	150m:	1:40.98 33.94	350m:	3:59.54	35.18	550m:	6:24.05 36.73	750m:	8:47.73 35.11
	200m:	2:15.02 34.04	400m:	4:34.73	35.19	600m:	7:00.37 36.32	800m:	9:20.93 33.20
5.	Joao Pedro MENDES		92	Náutico da Marinha Grande				9:29.05	501
	50m:	31.72 31.72	250m:	2:51.57	35.78	450m:	5:15.80 36.06	650m:	7:40.12 36.24
	100m:	1:05.77 34.05	300m:	3:27.45	35.88	500m:	5:52.16 36.36	700m:	8:16.93 36.81
	150m:	1:40.28 34.51	350m:	4:03.34	35.89	550m:	6:27.80 35.64	750m:	8:53.88 36.95
	200m:	2:15.79 35.51	400m:	4:39.74	36.40	600m:	7:03.88 36.08	800m:	9:29.05 35.17
6.	Manuel Andril CORDEIRO		92	Bairro dos Anjos				9:32.88	491
	50m:	31.31 31.31	250m:	2:54.70	36.44	450m:	5:20.24 36.29	650m:	7:45.87 36.25
	100m:	1:06.55 35.24	300m:	3:31.11	36.41	500m:	5:56.90 36.66	700m:	8:22.31 36.44
	150m:	1:42.22 35.67	350m:	4:07.42	36.31	550m:	6:33.61 36.71	750m:	8:58.51 36.20
	200m:	2:18.26 36.04	400m:	4:43.95	36.53	600m:	7:09.62 36.01	800m:	9:32.88 34.37
7.	Marcelo Fernandes ROSAS		93	Feirense				9:48.62	453
	50m:	32.26 32.26	250m:	2:57.78	37.47	450m:	5:30.56 38.77	650m:	8:01.41 36.58
	100m:	1:07.38 35.12	300m:	3:35.25	37.47	500m:	6:09.05 38.49	700m:	8:38.65 37.24
	150m:	1:43.87 36.49	350m:	4:13.32	38.07	550m:	6:47.10 38.05	750m:	9:14.85 36.20
	200m:	2:20.31 36.44	400m:	4:51.79	38.47	600m:	7:24.83 37.73	800m:	9:48.62 33.77
8.	Pedro Jorge SANTOS		93	Sporting de Aveiro				10:10.31	406
	50m:	32.55 32.55	250m:	3:05.59	39.51	450m:	5:41.23 39.08	650m:	8:15.96 39.17
	100m:	1:09.62 37.07	300m:	3:43.95	38.36	500m:	6:19.27 38.04	700m:	8:54.48 38.52
	150m:	1:47.78 38.16	350m:	4:23.23	39.28	550m:	6:58.34 39.07	750m:	9:32.96 38.48
	200m:	2:26.08 38.30	400m:	5:02.15	38.92	600m:	7:36.79 38.45	800m:	10:10.31 37.35

Prova 33
28.2.10 - 12:10

Masc., 800m Livres

Sen
Resultados

(TA) SEN Masc : 10:03.75

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Jorge Miguel MENDES		90	Náutico/Matobra				9:07.37	563
	50m:	30.45 30.45	250m:	2:43.03	33.72	450m:	4:58.43 34.23	650m:	7:20.25 36.27
	100m:	1:02.78 32.33	300m:	3:16.50	33.47	500m:	5:32.62 34.19	700m:	7:56.57 36.32
	150m:	1:36.06 33.28	350m:	3:50.63	34.13	550m:	6:07.98 35.36	750m:	8:32.41 35.84
	200m:	2:09.31 33.25	400m:	4:24.20	33.57	600m:	6:43.98 36.00	800m:	9:07.37 34.96
2.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				9:15.03	540
	50m:	30.62 30.62	250m:	2:46.41	34.19	450m:	5:06.57 35.25	650m:	7:28.22 35.14
	100m:	1:04.54 33.92	300m:	3:21.27	34.86	500m:	5:42.00 35.43	700m:	8:04.13 35.91
	150m:	1:37.88 33.34	350m:	3:56.21	34.94	550m:	6:17.24 35.24	750m:	8:39.66 35.53
	200m:	2:12.22 34.34	400m:	4:31.32	35.11	600m:	6:53.08 35.84	800m:	9:15.03 35.37
3.	Francisco Maldonado FREITAS		91	Pimpões/Cimai				9:27.69	505
	50m:	30.86 30.86	250m:	2:46.54	35.05	450m:	5:11.56 38.53	650m:	7:38.89 34.90
	100m:	1:03.52 32.66	300m:	3:21.96	35.42	500m:	5:48.93 37.37	700m:	8:15.29 36.40
	150m:	1:36.97 33.45	350m:	3:58.00	36.04	550m:	6:26.85 37.92	750m:	8:51.38 36.09
	200m:	2:11.49 34.52	400m:	4:33.03	35.03	600m:	7:03.99 37.14	800m:	9:27.69 36.31
4.	Nelson Goncalves JUDAS		91	Académico Viseu				10:02.92	421
	50m:	32.60 32.60	250m:	2:59.39	38.26	450m:	5:34.72 39.05	650m:	8:09.09 38.61
	100m:	1:07.50 34.90	300m:	3:38.21	38.82	500m:	6:13.23 38.51	700m:	8:47.51 38.42
	150m:	1:43.75 36.25	350m:	4:17.01	38.80	550m:	6:51.81 38.58	750m:	9:25.88 38.37
	200m:	2:21.13 37.38	400m:	4:55.67	38.66	600m:	7:30.48 38.67	800m:	10:02.92 37.04
DNS	Pedro Filipe SANTOS		89	Académica de Coimbra					

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 33, Masc., 800m Livres

Prova 33
28.2.10 - 12:10

Masc., 800m Livres

Open
Resultados

(TA) JUN Masc Jun: 10:21.00 / (TA) SEN Masc Sen: 10:03.75

Pontos: FINA 2010

Lugar			Ano							Tempo final	Pts
1.	Andre Filipe LOPES		92	Académica de Coimbra						8:43.57	643
	50m:	29.83 29.83	250m:	2:40.84	33.06	450m:	4:52.82	33.03	650m:	7:05.06	33.16
	100m:	1:01.79 31.96	300m:	3:13.94	33.10	500m:	5:26.00	33.18	700m:	7:38.29	33.23
	150m:	1:34.65 32.86	350m:	3:46.89	32.95	550m:	5:58.82	32.82	750m:	8:11.84	33.55
	200m:	2:07.78 33.13	400m:	4:19.79	32.90	600m:	6:31.90	33.08	800m:	8:43.57	31.73
2.	Miguel Monteiro DIOGO		93	Alcobaça						8:51.06	617
	50m:	30.20 30.20	250m:	2:43.01	33.83	450m:	4:58.62	34.05	650m:	7:12.78	33.51
	100m:	1:02.55 32.35	300m:	3:16.92	33.91	500m:	5:32.50	33.88	700m:	7:45.66	32.88
	150m:	1:35.75 33.20	350m:	3:50.79	33.87	550m:	6:06.18	33.68	750m:	8:18.42	32.76
	200m:	2:09.18 33.43	400m:	4:24.57	33.78	600m:	6:39.27	33.09	800m:	8:51.06	32.64
3.	Tiago Rafael LOPES		92	Académica de Coimbra						8:52.82	610
	50m:	30.33 30.33	250m:	2:42.35	33.27	450m:	4:55.84	33.39	650m:	7:11.77	34.04
	100m:	1:02.80 32.47	300m:	3:15.53	33.18	500m:	5:29.31	33.47	700m:	7:45.86	34.09
	150m:	1:35.82 33.02	350m:	3:48.89	33.36	550m:	6:03.55	34.24	750m:	8:19.68	33.82
	200m:	2:09.08 33.26	400m:	4:22.45	33.56	600m:	6:37.73	34.18	800m:	8:52.82	33.14
4.	Jorge Miguel MENDES		90	Náutico/Matobra						9:07.37	563
	50m:	30.45 30.45	250m:	2:43.03	33.72	450m:	4:58.43	34.23	650m:	7:20.25	36.27
	100m:	1:02.78 32.33	300m:	3:16.50	33.47	500m:	5:32.62	34.19	700m:	7:56.57	36.32
	150m:	1:36.06 33.28	350m:	3:50.63	34.13	550m:	6:07.98	35.36	750m:	8:32.41	35.84
	200m:	2:09.31 33.25	400m:	4:24.20	33.57	600m:	6:43.98	36.00	800m:	9:07.37	34.96
5.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra						9:15.03	540
	50m:	30.62 30.62	250m:	2:46.41	34.19	450m:	5:06.57	35.25	650m:	7:28.22	35.14
	100m:	1:04.54 33.92	300m:	3:21.27	34.86	500m:	5:42.00	35.43	700m:	8:04.13	35.91
	150m:	1:37.88 33.34	350m:	3:56.21	34.94	550m:	6:17.24	35.24	750m:	8:39.66	35.53
	200m:	2:12.22 34.34	400m:	4:31.32	35.11	600m:	6:53.08	35.84	800m:	9:15.03	35.37
6.	Andre Duarte VAZ		93	Ginásio Figueirense						9:20.93	523
	50m:	32.86 32.86	250m:	2:49.16	34.14	450m:	5:10.77	36.04	650m:	7:36.58	36.21
	100m:	1:07.04 34.18	300m:	3:24.36	35.20	500m:	5:47.32	36.55	700m:	8:12.62	36.04
	150m:	1:40.98 33.94	350m:	3:59.54	35.18	550m:	6:24.05	36.73	750m:	8:47.73	35.11
	200m:	2:15.02 34.04	400m:	4:34.73	35.19	600m:	7:00.37	36.32	800m:	9:20.93	33.20
7.	Francisco Maldonado FREITAS		91	Pimpões/Cimai						9:27.69	505
	50m:	30.86 30.86	250m:	2:46.54	35.05	450m:	5:11.56	38.53	650m:	7:38.89	34.90
	100m:	1:03.52 32.66	300m:	3:21.96	35.42	500m:	5:48.93	37.37	700m:	8:15.29	36.40
	150m:	1:36.97 33.45	350m:	3:58.00	36.04	550m:	6:26.85	37.92	750m:	8:51.38	36.09
	200m:	2:11.49 34.52	400m:	4:33.03	35.03	600m:	7:03.99	37.14	800m:	9:27.69	36.31
8.	Joao Pedro MENDES		92	Náutico da Marinha Grande						9:29.05	501
	50m:	31.72 31.72	250m:	2:51.57	35.78	450m:	5:15.80	36.06	650m:	7:40.12	36.24
	100m:	1:05.77 34.05	300m:	3:27.45	35.88	500m:	5:52.16	36.36	700m:	8:16.93	36.81
	150m:	1:40.28 34.51	350m:	4:03.34	35.89	550m:	6:27.80	35.64	750m:	8:53.88	36.95
	200m:	2:15.79 35.51	400m:	4:39.74	36.40	600m:	7:03.88	36.08	800m:	9:29.05	35.17
9.	Manuel Andril CORDEIRO		92	Bairro dos Anjos						9:32.88	491
	50m:	31.31 31.31	250m:	2:54.70	36.44	450m:	5:20.24	36.29	650m:	7:45.87	36.25
	100m:	1:06.55 35.24	300m:	3:31.11	36.41	500m:	5:56.90	36.66	700m:	8:22.31	36.44
	150m:	1:42.22 35.67	350m:	4:07.42	36.31	550m:	6:33.61	36.71	750m:	8:58.51	36.20
	200m:	2:18.26 36.04	400m:	4:43.95	36.53	600m:	7:09.62	36.01	800m:	9:32.88	34.37
10.	Marcelo Fernandes ROSAS		93	Feirense						9:48.62	453
	50m:	32.26 32.26	250m:	2:57.78	37.47	450m:	5:30.56	38.77	650m:	8:01.41	36.58
	100m:	1:07.38 35.12	300m:	3:35.25	37.47	500m:	6:09.05	38.49	700m:	8:38.65	37.24
	150m:	1:43.87 36.49	350m:	4:13.32	38.07	550m:	6:47.10	38.05	750m:	9:14.85	36.20
	200m:	2:20.31 36.44	400m:	4:51.79	38.47	600m:	7:24.83	37.73	800m:	9:48.62	33.77
11.	Nelson Goncalves JUDAS		91	Académico Viseu						10:02.92	421
	50m:	32.60 32.60	250m:	2:59.39	38.26	450m:	5:34.72	39.05	650m:	8:09.09	38.61
	100m:	1:07.50 34.90	300m:	3:38.21	38.82	500m:	6:13.23	38.51	700m:	8:47.51	38.42
	150m:	1:43.75 36.25	350m:	4:17.01	38.80	550m:	6:51.81	38.58	750m:	9:25.88	38.37
	200m:	2:21.13 37.38	400m:	4:55.67	38.66	600m:	7:30.48	38.67	800m:	10:02.92	37.04

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Prova 33, Masc., 800m Livres, Open

Lugar	Ano	Tempo final	Pts
12. Pedro Jorge SANTOS	93 Sporting de Aveiro	10:10.31	406
50m: 32.55 32.55	250m: 3:05.59 39.51	450m: 5:41.23 39.08	650m: 8:15.96 39.17
100m: 1:09.62 37.07	300m: 3:43.95 38.36	500m: 6:19.27 38.04	700m: 8:54.48 38.52
150m: 1:47.78 38.16	350m: 4:23.23 39.28	550m: 6:58.34 39.07	750m: 9:32.96 38.48
200m: 2:26.08 38.30	400m: 5:02.15 38.92	600m: 7:36.79 38.45	800m: 10:10.31 37.35
DNS Pedro Filipe SANTOS	89 Académica de Coimbra		

Prova 34
28.2.10 - 12:45
Femin., 4 x 50m Livres
Jun Resultados

(TA) JUN Fem : 2:23.75

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Náutico/Matobra Jun <i>RR Jun</i>	1:57.24	562
Adriana Correia LOPES 95 +0,92 29.49	Carolina Cunha MARTINS 95 +0,73 29.11	
Catarina Alexandra FERREIRA 95 +0,54 30.18	Gabriela Oliveira ANDRADE 94 +0,39 28.46	
2. Feirense Jun	2:04.41	470
Mariana Sousa MARTINS 95 +0,79 30.32	Beatriz Gomes SA 94 +0,79 32.01	
Patricia Silva MARQUES 95 +0,53 31.59	Ana Catarina COSTA 95 +0,61 30.49	
3. Académica de Coimbra Jun	2:05.70	456
Joana Ines OLIVEIRA 95 +0,91 30.78	Sofia Roque DIAS 94 +0,65 31.80	
Bruna Miguel PEREIRA 94 +0,53 30.23	Joana Reis VEIGA 95 +0,58 32.89	
4. Galitos Jun	2:06.04	452
Ana Margarida ALMEIDA 94 +0,79 31.76	Sara Filipa ANJOS 95 +0,73 31.04	
Marcia Raquel SARAIVA 95 +0,59 32.06	Ana Rita SILVEIRA 94 +0,65 31.18	
5. Ginásio Figueirense Jun	2:09.22	419
Beatriz Rocha NUNES 94 +0,88 30.86	Joana Carolina ALVES 95 +0,53 36.02	
Mariana Costa SEBASTIAO 95 +0,33 32.12	Tatiana Filipa SANTOS 95 +0,61 30.22	

Prova 34
28.2.10 - 12:45
Femin., 4 x 50m Livres
Sen Resultados

(TA) SEN Fem : 2:13.40

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Bairro dos Anjos Sen	1:54.85	598
Mariana Mota DIAS 92 +0,81 28.91	Mara Lisboa e SILVA 93 +0,21 29.15	
Andreia Filipa ANJOS 92 +0,32 28.37	Adriana Filipa LISBOA 92 +0,44 28.42	
2. Náutico/Matobra Sen	1:58.12	549
Maria Miguel VELOSO 93 +0,97 30.76	Ines Barbosa MOREIRA 92 +0,42 29.79	
Raquel Coutinho GAIO 90 +0,49 29.10	Maria Ines RIBEIRO 92 +0,29 28.47	
3. Académica de Coimbra Sen	2:03.93	476
Joana Ferreira COROADO 92 +0,87 31.34	Nadia Filipa MARQUES 92 +0,34 30.81	
Ana Filipa LEITE 86 +0,39 30.84	Rita Nair FERREIRA 91 +0,56 30.94	

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Prova 34, Femin., 4 x 50m Livres

Prova 34 Femin., 4 x 50m Livres Open
28.2.10 - 12:45 Resultados

(TA) JUN Fem Jun: 2:23.75 / (TA) SEN Fem Sen: 2:13.40

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Fundação Beatriz Santos	Fundação Beatriz Santos				2:00.75	514	
Filipa Ramos RIBEIRO	93	+0,76	29.46	Rita Marques SOUSA	94	+0,62	31.24
Carina Marcelino COSTA	92	+0,25	29.48	Daniela Filipa CARDOSO	89	+0,37	30.57
EXH Pimpões/Cimai Jun	Pimpões/Cimai				2:00.30	520	
Victoriya KAMINSKAYA	95	+0,90	28.92	Cristina Paris SANTOS	94	+0,41	30.28
Joana Margarida GUIMARAES	95	+0,44	30.13	Mariana Maia e SILVA	94	+0,37	30.97

Prova 35 Masc., 4 x 50m Estilos Jun
28.2.10 - 12:50 Resultados

(TA) JUN Masc : 2:23.75

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Bairro dos Anjos Jun	Bairro dos Anjos				1:57.87	500	
Francisco Vala PIRES	92	+0,63	30.85	Joao Paulo RIBEIRO	92	+0,28	26.62
Andre Oliveira MARQUES	92	+0,18	34.24	Manuel Andril CORDEIRO	92	+0,32	26.16
2. Pimpões/Cimai Jun	Pimpões/Cimai				1:58.47	492	
Diogo Maia e SILVA	93	+0,63	30.00	Alexandre Galveias VALE	93	+0,29	28.65
Joao Guilherme VIEIRA	93	+0,43	34.53	Tiago Geraldés MACHADO	93	+0,26	25.29
3. Ginásio Figueirense Jun	Ginásio Figueirense				1:59.48	480	
Andre Duarte VAZ	93	+0,81	31.33	Mario Alexandre PEREIRA	92	+0,45	27.20
Daciano Egidio SOUSA	93	+0,31	34.01	Nuno Correia TINOCO	93	+0,32	26.94
4. Académica de Coimbra Jun	Académica de Coimbra				2:00.00	473	
Tiago Rafael LOPES	92	+0,71	30.59	Andre Filipe LOPES	92	+0,35	27.51
Marcelo Abreu RODRIGUES	92	+0,42	35.25	Guilherme Joao PATRIARCA	92	+0,27	26.65
5. Sporting de Espinho Jun	Sporting de Espinho				2:01.99	451	
Pedro Miguel COSTA	92	+0,73	30.42	Alexander Oliveira CARDOSO	92	+0,17	30.67
Tiago Andre MARQUES	93	+0,44	33.67	Luis Daniel MOREIRA	92	+0,45	27.23
6. Benedita Jun	Benedita				2:03.32	436	
Miguel Machado LOPES	92	+0,65	30.20	Tiago Lopes RIBEIRO	93	+0,31	29.70
Henrique Jose MARQUES	93	+0,29	36.91	Joao Diogo FRANCISCO	92	+0,42	26.51
7. Académico Viseu Jun	Académico Viseu				2:05.67	412	
Sebastiao Amaro MACHADO	93	+0,55	32.36	Bruno Rafael CORREIA	93	+0,34	29.45
Jose Pedro MARTINS	92	+0,16	36.77	Guilherme Gonçalves NEVES	93	+0,55	27.09
8. Salesiano de Arouca Jun	Salesiano de Arouca				2:17.79	313	
Jean Philippe OLIVEIRA	93	+0,72	36.48	Rui Jorge OLIVEIRA	93	+0,40	34.00
Mario Henrique PINTO	93	+0,70	38.35	Gil António MOREIRA	92	+0,42	28.96

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Prova 35, Masc., 4 x 50m Estilos

Prova 35 Masc., 4 x 50m Estilos Sen
28.2.10 - 12:50 Resultados

(TA) SEN Masc : 2:12.25

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Náutico/Matobra Sen	Náutico/Matobra				1:52.33	577	
<i>RR Sen</i>							
Pedro Miguel CONDE	90	+0,62	30.30	Rui Miguel FONSECA	88	+0,26	26.63
Joao Albano VIOLA	89	+0,35	30.87	Miguel Silva OLIVEIRA	91	+0,29	24.53
2. Bairro dos Anjos Sen	Bairro dos Anjos				1:55.45	532	
Tiago Filipe PEREIRA	91	+0,67	30.83	Ivo Monico de ALMEIDA	91	+0,20	26.88
Helder Alexandre GODINHO	86	+0,17	31.92	Joao Macedo FIGUEIREDO	87	+0,54	25.82
3. Feirense Sen	Feirense				2:02.34	447	
Fabio Silva FERREIRA	89	+0,75	32.05	Hugo Emanuel LEITE	88	+0,66	28.62
Diogo Goncalves BARBOSA	90	+0,59	35.30	Artur Guilherme COSTA	90	+0,40	26.37
4. Académica de Coimbra Sen	Académica de Coimbra				2:03.56	434	
Goncalo Nuno COSTA	90	+0,72	33.42	Hugo Rafael RAMALHO	90	+0,17	29.18
Pedro Octavio FERNANDES	91	+0,04	33.10	Pedro Filipe SANTOS	89	+0,12	27.86

5 - 3ª Jornada - 2ª Sessão

28.2.10 - 16:00

Prova 36 Femin., 200m Livres Juv
28.2.10 - 16:00 Resultados

(TA) JUV Fem : 2:45.60

Pontos: FINA 2010

Lugar					Ano					Tempo final	Pts
1. Florbela Cavaco MACHADO					96	Columbófila Cantanhedense				2:18.80	539
50m:	32.98	32.98	100m:	1:09.08	36.10	150m:	1:45.49	36.41	200m:	2:18.80	33.31
2. Ana Luisa CARVALHO					96	Náutico/Matobra				2:19.82	527
50m:	32.40	32.40	100m:	1:07.38	34.98	150m:	1:44.14	36.76	200m:	2:19.82	35.68
3. Ana Margarida RODRIGUES					96	Galitos				2:20.38	521
50m:	31.56	31.56	100m:	1:07.79	36.23	150m:	1:44.39	36.60	200m:	2:20.38	35.99
4. Mariana Jesus COSTA					96	Alcobaça				2:20.47	520
50m:	32.42	32.42	100m:	1:07.84	35.42	150m:	1:44.79	36.95	200m:	2:20.47	35.68
5. Ana Carolina LEAL					96	Náutico/Matobra				2:21.42	509
50m:	32.72	32.72	100m:	1:08.86	36.14	150m:	1:46.18	37.32	200m:	2:21.42	35.24
6. Carla Rosario PALMA					96	Alcobaça				2:23.43	488
50m:	33.13	33.13	100m:	1:09.75	36.62	150m:	1:46.83	37.08	200m:	2:23.43	36.60
7. Maria Ines ALMEIDA					96	Náutico/Matobra				2:26.15	461
50m:	33.56	33.56	100m:	1:11.28	37.72	150m:	1:49.70	38.42	200m:	2:26.15	36.45
8. Patricia Monteiro NEGRAO					96	Bombeiros das Caldas Rainha				2:28.67	438
50m:	33.67	33.67	100m:	1:11.53	37.86	150m:	1:50.49	38.96	200m:	2:28.67	38.18
9. Marina Pereira ALMEIDA					96	Académico Viseu				2:29.28	433
50m:	34.87	34.87	100m:	1:12.36	37.49	150m:	1:51.34	38.98	200m:	2:29.28	37.94
10. Ana Rita ARTUR					96	Académica de Coimbra				2:29.78	429
50m:	34.61	34.61	100m:	1:13.28	38.67	150m:	1:52.19	38.91	200m:	2:29.78	37.59
11. Elisa Morgado PEDRAS					96	Benedita				2:30.96	419
50m:	34.72	34.72	100m:	1:11.91	37.19	150m:	1:52.20	40.29	200m:	2:30.96	38.76
12. Filipa Costa GASPAS					96	Freguesia de Paião				2:31.23	416
50m:	34.30	34.30	100m:	1:13.27	38.97	150m:	1:52.89	39.62	200m:	2:31.23	38.34

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Prova 36, Femin., 200m Livres, Juv

Lugar	Ano	Tempo final	Pts
13. Ana Margarida LOURENCO	96	2:31.27	416
50m: 33.57 33.57 100m: 1:11.62 38.05 150m: 1:51.40 39.78 200m: 2:31.27 39.87			
14. Maria Anastacio LUIS	96	2:33.82	396
50m: 36.67 36.67 100m: 1:15.63 38.96 150m: 1:54.89 39.26 200m: 2:33.82 38.93			
15. Joana Faim ALMEIDA	96	2:36.28	377
50m: 35.87 35.87 100m: 1:16.01 40.14 150m: 1:56.25 40.24 200m: 2:36.28 40.03			
16. Filipa Santos CASTRO	96	2:37.54	368
50m: 36.37 36.37 100m: 1:16.76 40.39 150m: 1:56.92 40.16 200m: 2:37.54 40.62			
17. Jessica Andreia CARVALHO	96	2:38.93	359
50m: 35.69 35.69 100m: 1:15.88 40.19 150m: 1:58.46 42.58 200m: 2:38.93 40.47			
18. Sofia Caramelo FOLGADO	96	2:40.49	348
50m: 36.18 36.18 100m: 1:17.45 41.27 150m: 1:59.92 42.47 200m: 2:40.49 40.57			
19. Francisca Silva MARQUES	96	2:41.46	342
50m: 36.10 36.10 100m: 1:16.83 40.73 150m: 1:59.00 42.17 200m: 2:41.46 42.46			
20. Mariana Feliciano MARQUES	96	2:46.76	310
<i>FTL</i>			
50m: 40.24 40.24 100m: 1:22.36 42.12 150m: 2:06.26 43.90 200m: 2:46.76 40.50			
DNS Leonor Almeida ESTEVES	96	Académico Viseu	

Prova 36
28.2.10 - 16:00

Femin., 200m Livres

Jun
Resultados

(TA) JUN Fem : 2:35.82

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ana Pinho RODRIGUES	94	2:11.83	629
50m: 31.06 31.06 100m: 1:05.61 34.55 150m: 1:38.96 33.35 200m: 2:11.83 32.87			
2. Carolina Cunha MARTINS	95	2:14.21	596
50m: 31.58 31.58 100m: 1:06.15 34.57 150m: 1:41.06 34.91 200m: 2:14.21 33.15			
3. Adriana Correia LOPES	95	2:14.86	587
50m: 31.70 31.70 100m: 1:06.77 35.07 150m: 1:41.49 34.72 200m: 2:14.86 33.37			
4. Ines Sofia SAMPAIO	94	2:16.05	572
50m: 32.47 32.47 100m: 1:07.28 34.81 150m: 1:42.44 35.16 200m: 2:16.05 33.61			
5. Tatiana Filipa SANTOS	95	2:20.52	519
50m: 32.56 32.56 100m: 1:08.58 36.02 150m: 1:44.95 36.37 200m: 2:20.52 35.57			
6. Joana Ines OLIVEIRA	95	2:20.75	517
50m: 32.96 32.96 100m: 1:08.97 36.01 150m: 1:44.81 35.84 200m: 2:20.75 35.94			
7. Catia Andreia CLARA	95	2:21.85	505
50m: 32.38 32.38 100m: 1:08.47 36.09 150m: 1:45.25 36.78 200m: 2:21.85 36.60			
8. Mariana Rocha VALENTE	95	2:22.25	501
50m: 32.48 32.48 100m: 1:08.37 35.89 150m: 1:45.83 37.46 200m: 2:22.25 36.42			
9. Vanessa Carolina VALENTE	94	2:23.66	486
50m: 33.04 33.04 100m: 1:09.64 36.60 150m: 1:47.38 37.74 200m: 2:23.66 36.28			
10. Carolina Francisco GOMES	95	2:24.53	477
50m: 34.29 34.29 100m: 1:11.64 37.35 150m: 1:48.51 36.87 200m: 2:24.53 36.02			
11. Ana Sofia COSTA	95	2:24.91	473
50m: 33.48 33.48 100m: 1:10.35 36.87 150m: 1:47.18 36.83 200m: 2:24.91 37.73			
12. Raquel Raimundo FERREIRA	95	2:25.04	472
50m: 33.58 33.58 100m: 1:10.52 36.94 150m: 1:48.34 37.82 200m: 2:25.04 36.70			

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Prova 36, Femin., 200m Livres, Jun

Lugar	Ano	Tempo final	Pts
13. Tatiana Cruz COSTA 50m: 34.85 34.85 100m: 1:12.26 37.41 150m: 1:49.54 37.28 200m: 2:25.63 36.09	94	Miranda do Corvo	2:25.63 466
14. Ana Rita JESUS 50m: 34.34 34.34 100m: 1:11.50 37.16 150m: 1:49.69 38.19 200m: 2:27.17 37.48	95	Desportivo Mealhada	2:27.17 452
15. Rita Daniela ARMINDO 50m: 34.27 34.27 100m: 1:11.98 37.71 150m: 1:51.29 39.31 200m: 2:27.38 36.09	95	Industrial Viegrense	2:27.38 450
16. Bruna Miguel PEREIRA 50m: 33.10 33.10 100m: 1:10.35 37.25 150m: 1:49.87 39.52 200m: 2:27.71 37.84	94	Académica de Coimbra	2:27.71 447
17. Joana Margarida GUIMARAES 50m: 33.96 33.96 100m: 1:12.52 38.56 150m: 1:50.36 37.84 200m: 2:28.40 38.04	95	Pimpões/Cimai	2:28.40 441
18. Margarida Ferreira DUARTE 50m: 32.52 32.52 100m: 1:10.26 37.74 150m: 1:50.17 39.91 200m: 2:28.52 38.35	94	Académico Viseu	2:28.52 440
19. Cristina Paris SANTOS 50m: 34.04 34.04 100m: 1:11.05 37.01 150m: 1:50.28 39.23 200m: 2:28.73 38.45	94	Pimpões/Cimai	2:28.73 438
20. Melanie Bronze SANTOS 50m: 34.23 34.23 100m: 1:11.98 37.75 150m: 1:50.98 39.00 200m: 2:29.29 38.31	95	Alcobaça	2:29.29 433
21. Sofia Roque DIAS 50m: 32.87 32.87 100m: 1:11.06 38.19 150m: 1:50.56 39.50 200m: 2:29.42 38.86	94	Académica de Coimbra	2:29.42 432
22. Diana Filipa TOMAS 50m: 35.35 35.35 100m: 1:13.52 38.17 150m: 1:52.89 39.37 200m: 2:30.31 37.42	94	Bairro dos Anjos	2:30.31 424
23. Marcia Raquel SARAIVA 50m: 34.32 34.32 100m: 1:12.91 38.59 150m: 1:52.60 39.69 200m: 2:30.45 37.85	95	Galitos	2:30.45 423
24. Rita Marques SOUSA 50m: 33.62 33.62 100m: 1:11.56 37.94 150m: 1:51.51 39.95 200m: 2:31.05 39.54	94	Fundação Beatriz Santos	2:31.05 418
25. Mariana Maia e SILVA 50m: 34.65 34.65 100m: 1:13.79 39.14 150m: 1:53.47 39.68 200m: 2:33.48 40.01	94	Pimpões/Cimai	2:33.48 398
26. Ana Margarida ALMEIDA 50m: 35.29 35.29 100m: 1:13.69 38.40 150m: 1:54.50 40.81 200m: 2:35.29 40.79	94	Galitos	2:35.29 385
27. Ana Rita SILVEIRA FTL 50m: 37.15 37.15 100m: 1:16.89 39.74 150m: 1:58.02 41.13 200m: 2:36.68 38.66	94	Galitos	2:36.68 374
28. Maria Joao OLIVEIRA FTL 50m: 34.20 34.20 100m: 1:13.70 39.50 150m: 1:56.67 42.97 200m: 2:37.19 40.52	95	Sporting de Espinho	2:37.19 371

Prova 36

Femin., 200m Livres

Sen

28.2.10 - 16:00

Resultados

(TA) SEN Fem : 2:34.10

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO 50m: 31.66 31.66 100m: 1:04.90 33.24 150m: 1:38.78 33.88 200m: 2:11.36 32.58	93	Náutico/Matobra	2:11.36 636
2. Ana Margarida DOMINGOS 50m: 32.04 32.04 100m: 1:06.45 34.41 150m: 1:40.64 34.19 200m: 2:13.87 33.23	93	Académico Viseu	2:13.87 601
3. Mariana Mota DIAS 50m: 31.39 31.39 100m: 1:05.54 34.15 150m: 1:40.26 34.72 200m: 2:14.15 33.89	92	Bairro dos Anjos	2:14.15 597
4. Adriana Filipa LISBOA 50m: 31.84 31.84 100m: 1:06.33 34.49 150m: 1:40.95 34.62 200m: 2:14.37 33.42	92	Bairro dos Anjos	2:14.37 594

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 36, Femin., 200m Livres, Sen

Lugar	Ano	Tempo final	Pts
5. Raquel Coutinho GAIO 50m: 31.95 31.95 100m: 1:06.98 35.03 150m: 1:42.05 35.07 200m: 2:17.13 35.08	90 Nautico/Matobra	2:17.13	559
6. Ines Barbosa MOREIRA 50m: 31.65 31.65 100m: 1:07.09 35.44 150m: 1:42.30 35.21 200m: 2:17.91 35.61	92 Nautico/Matobra	2:17.91	549
7. Andreia Filipa ANJOS 50m: 32.48 32.48 100m: 1:07.96 35.48 150m: 1:44.72 36.76 200m: 2:19.33 34.61	92 Bairro dos Anjos	2:19.33	533
8. Joana Margarida GASPAR 50m: 32.52 32.52 100m: 1:08.29 35.77 150m: 1:46.44 38.15 200m: 2:22.91 36.47	92 Nautico da Marinha Grande	2:22.91	494
9. Carolina Maria LOUREIRO 50m: 32.73 32.73 100m: 1:09.12 36.39 150m: 1:46.02 36.90 200m: 2:23.51 37.49	92 Galitos	2:23.51	487
10. Filipa Ramos RIBEIRO 50m: 33.32 33.32 100m: 1:09.46 36.14 150m: 1:46.99 37.53 200m: 2:23.56 36.57	93 Fundação Beatriz Santos	2:23.56	487
11. Joana Ferreira COROADO 50m: 34.02 34.02 100m: 1:10.41 36.39 150m: 1:47.87 37.46 200m: 2:24.41 36.54	92 Académica de Coimbra	2:24.41	478
12. Ana Carolina VALENTE 50m: 33.17 33.17 100m: 1:09.67 36.50 150m: 1:48.43 38.76 200m: 2:25.76 37.33	92 Nautico da Marinha Grande	2:25.76	465
13. Ana Filipa LEITE 50m: 34.48 34.48 100m: 1:11.70 37.22 150m: 1:49.87 38.17 200m: 2:26.94 37.07	86 Académica de Coimbra	2:26.94	454
14. Joana Margarida MONTEIRO 50m: 34.52 34.52 100m: 1:11.48 36.96 150m: 1:50.24 38.76 200m: 2:26.96 36.72	91 Pimpões/Cimai	2:26.96	454
15. Cristiana Margarida LOPES 50m: 33.94 33.94 100m: 1:11.64 37.70 150m: 1:49.79 38.15 200m: 2:27.12 37.33	92 Columbófila Cantanhedense	2:27.12	452
16. Telma Alexandra GRILO 50m: 34.82 34.82 100m: 1:12.99 38.17 150m: 1:53.03 40.04 200m: 2:30.56 37.53	92 Pimpões/Cimai	2:30.56	422
17. Denise Arrojado SILVA 50m: 35.33 35.33 100m: 1:13.50 38.17 150m: 1:52.70 39.20 200m: 2:30.92 38.22	92 Estarreja	2:30.92	419
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		
DNS Rita Nair FERREIRA	91 Académica de Coimbra		

Prova 36

Femin., 200m Livres

Open

28.2.10 - 16:00

Resultados

(TA) JUV Fem Juv: 2:45.60 / (TA) JUN Fem Jun: 2:35.82 / (TA) SEN Fem Sen: 2:34.10

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Miguel VELOSO 50m: 31.66 31.66 100m: 1:04.90 33.24 150m: 1:38.78 33.88 200m: 2:11.36 32.58	93 Nautico/Matobra	2:11.36	636
2. Ana Pinho RODRIGUES 50m: 31.06 31.06 100m: 1:05.61 34.55 150m: 1:38.96 33.35 200m: 2:11.83 32.87	94 Estamos Juntos	2:11.83	629
3. Ana Margarida DOMINGOS 50m: 32.04 32.04 100m: 1:06.45 34.41 150m: 1:40.64 34.19 200m: 2:13.87 33.23	93 Académico Viseu	2:13.87	601
4. Mariana Mota DIAS 50m: 31.39 31.39 100m: 1:05.54 34.15 150m: 1:40.26 34.72 200m: 2:14.15 33.89	92 Bairro dos Anjos	2:14.15	597
5. Carolina Cunha MARTINS 50m: 31.58 31.58 100m: 1:06.15 34.57 150m: 1:41.06 34.91 200m: 2:14.21 33.15	95 Nautico/Matobra	2:14.21	596
6. Adriana Filipa LISBOA 50m: 31.84 31.84 100m: 1:06.33 34.49 150m: 1:40.95 34.62 200m: 2:14.37 33.42	92 Bairro dos Anjos	2:14.37	594
7. Adriana Correia LOPES 50m: 31.70 31.70 100m: 1:06.77 35.07 150m: 1:41.49 34.72 200m: 2:14.86 33.37	95 Nautico/Matobra	2:14.86	587

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 36, Femin., 200m Livres, Open

Lugar	Ano	Tempo final	Pts
8. Ines Sofia SAMPAIO 50m: 32.47 32.47 100m: 1:07.28	94 Académico Viseu	2:16.05 2:16.05	572 33.61
9. Raquel Coutinho GAIO 50m: 31.95 31.95 100m: 1:06.98	90 Náutico/Matobra	2:17.13 2:17.13	559 35.08
10. Ines Barbosa MOREIRA 50m: 31.65 31.65 100m: 1:07.09	92 Náutico/Matobra	2:17.91 2:17.91	549 35.61
11. Florbela Cavaco MACHADO 50m: 32.98 32.98 100m: 1:09.08	96 Columbófila Cantanhedense	2:18.80 2:18.80	539 33.31
12. Andreia Filipa ANJOS 50m: 32.48 32.48 100m: 1:07.96	92 Bairro dos Anjos	2:19.33 2:19.33	533 34.61
13. Ana Luisa CARVALHO 50m: 32.40 32.40 100m: 1:07.38	96 Náutico/Matobra	2:19.82 2:19.82	527 35.68
14. Ana Margarida RODRIGUES 50m: 31.56 31.56 100m: 1:07.79	96 Galitos	2:20.38 2:20.38	521 35.99
15. Mariana Jesus COSTA 50m: 32.42 32.42 100m: 1:07.84	96 Alcobaça	2:20.47 2:20.47	520 35.68
16. Tatiana Filipa SANTOS 50m: 32.56 32.56 100m: 1:08.58	95 Ginásio Figueirense	2:20.52 2:20.52	519 35.57
17. Joana Ines OLIVEIRA 50m: 32.96 32.96 100m: 1:08.97	95 Académica de Coimbra	2:20.75 2:20.75	517 35.94
18. Ana Carolina LEAL 50m: 32.72 32.72 100m: 1:08.86	96 Náutico/Matobra	2:21.42 2:21.42	509 35.24
19. Catia Andreia CLARA 50m: 32.38 32.38 100m: 1:08.47	95 Náutico da Marinha Grande	2:21.85 2:21.85	505 36.60
20. Mariana Rocha VALENTE 50m: 32.48 32.48 100m: 1:08.37	95 Náutico/Matobra	2:22.25 2:22.25	501 36.42
21. Joana Margarida GASPAS 50m: 32.52 32.52 100m: 1:08.29	92 Náutico da Marinha Grande	2:22.91 2:22.91	494 36.47
22. Carla Rosario PALMA 50m: 33.13 33.13 100m: 1:09.75	96 Alcobaça	2:23.43 2:23.43	488 36.60
23. Carolina Maria LOUREIRO 50m: 32.73 32.73 100m: 1:09.12	92 Galitos	2:23.51 2:23.51	487 37.49
24. Filipa Ramos RIBEIRO 50m: 33.32 33.32 100m: 1:09.46	93 Fundação Beatriz Santos	2:23.56 2:23.56	487 36.57
25. Vanessa Carolina VALENTE 50m: 33.04 33.04 100m: 1:09.64	94 Alcobaça	2:23.66 2:23.66	486 36.28
26. Joana Ferreira COROADO 50m: 34.02 34.02 100m: 1:10.41	92 Académica de Coimbra	2:24.41 2:24.41	478 36.54
27. Carolina Francisco GOMES 50m: 34.29 34.29 100m: 1:11.64	95 Naval da Nazaré	2:24.53 2:24.53	477 36.02
28. Ana Sofia COSTA 50m: 33.48 33.48 100m: 1:10.35	95 Alcobaça	2:24.91 2:24.91	473 37.73
29. Raquel Raimundo FERREIRA 50m: 33.58 33.58 100m: 1:10.52	95 Náutico/Matobra	2:25.04 2:25.04	472 36.70
30. Tatiana Cruz COSTA 50m: 34.85 34.85 100m: 1:12.26	94 Miranda do Corvo	2:25.63 2:25.63	466 36.09
31. Ana Carolina VALENTE 50m: 33.17 33.17 100m: 1:09.67	92 Náutico da Marinha Grande	2:25.76 2:25.76	465 37.33

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 36, Femin., 200m Livres, Open

Lugar					Ano					Tempo final	Pts
32.	Maria Ines ALMEIDA	96	Náutico/Matobra						2:26.15	461	
	50m: 33.56 33.56	100m: 1:11.28	37.72	150m: 1:49.70	38.42	200m: 2:26.15	36.45				
33.	Ana Filipa LEITE	86	Académica de Coimbra						2:26.94	454	
	50m: 34.48 34.48	100m: 1:11.70	37.22	150m: 1:49.87	38.17	200m: 2:26.94	37.07				
34.	Joana Margarida MONTEIRO	91	Pimpões/Cimai						2:26.96	454	
	50m: 34.52 34.52	100m: 1:11.48	36.96	150m: 1:50.24	38.76	200m: 2:26.96	36.72				
35.	Cristiana Margarida LOPES	92	Columbófila Cantanhedense						2:27.12	452	
	50m: 33.94 33.94	100m: 1:11.64	37.70	150m: 1:49.79	38.15	200m: 2:27.12	37.33				
36.	Ana Rita JESUS	95	Desportivo Mealhada						2:27.17	452	
	50m: 34.34 34.34	100m: 1:11.50	37.16	150m: 1:49.69	38.19	200m: 2:27.17	37.48				
37.	Rita Daniela ARMINDO	95	Industrial Viegense						2:27.38	450	
	50m: 34.27 34.27	100m: 1:11.98	37.71	150m: 1:51.29	39.31	200m: 2:27.38	36.09				
38.	Bruna Miguel PEREIRA	94	Académica de Coimbra						2:27.71	447	
	50m: 33.10 33.10	100m: 1:10.35	37.25	150m: 1:49.87	39.52	200m: 2:27.71	37.84				
39.	Joana Margarida GUIMARAES	95	Pimpões/Cimai						2:28.40	441	
	50m: 33.96 33.96	100m: 1:12.52	38.56	150m: 1:50.36	37.84	200m: 2:28.40	38.04				
40.	Margarida Ferreira DUARTE	94	Académico Viseu						2:28.52	440	
	50m: 32.52 32.52	100m: 1:10.26	37.74	150m: 1:50.17	39.91	200m: 2:28.52	38.35				
41.	Patricia Monteiro NEGRAO	96	Bombeiros das Caldas Rainha						2:28.67	438	
	50m: 33.67 33.67	100m: 1:11.53	37.86	150m: 1:50.49	38.96	200m: 2:28.67	38.18				
42.	Cristina Paris SANTOS	94	Pimpões/Cimai						2:28.73	438	
	50m: 34.04 34.04	100m: 1:11.05	37.01	150m: 1:50.28	39.23	200m: 2:28.73	38.45				
43.	Marina Pereira ALMEIDA	96	Académico Viseu						2:29.28	433	
	50m: 34.87 34.87	100m: 1:12.36	37.49	150m: 1:51.34	38.98	200m: 2:29.28	37.94				
44.	Melanie Bronze SANTOS	95	Alcoçaba						2:29.29	433	
	50m: 34.23 34.23	100m: 1:11.98	37.75	150m: 1:50.98	39.00	200m: 2:29.29	38.31				
45.	Sofia Roque DIAS	94	Académica de Coimbra						2:29.42	432	
	50m: 32.87 32.87	100m: 1:11.06	38.19	150m: 1:50.56	39.50	200m: 2:29.42	38.86				
46.	Ana Rita ARTUR	96	Académica de Coimbra						2:29.78	429	
	50m: 34.61 34.61	100m: 1:13.28	38.67	150m: 1:52.19	38.91	200m: 2:29.78	37.59				
47.	Diana Filipa TOMAS	94	Bairro dos Anjos						2:30.31	424	
	50m: 35.35 35.35	100m: 1:13.52	38.17	150m: 1:52.89	39.37	200m: 2:30.31	37.42				
48.	Marcia Raquel SARAIVA	95	Galitos						2:30.45	423	
	50m: 34.32 34.32	100m: 1:12.91	38.59	150m: 1:52.60	39.69	200m: 2:30.45	37.85				
49.	Telma Alexandra GRILLO	92	Pimpões/Cimai						2:30.56	422	
	50m: 34.82 34.82	100m: 1:12.99	38.17	150m: 1:53.03	40.04	200m: 2:30.56	37.53				
50.	Denise Arrojado SILVA	92	Estarreja						2:30.92	419	
	50m: 35.33 35.33	100m: 1:13.50	38.17	150m: 1:52.70	39.20	200m: 2:30.92	38.22				
51.	Elisa Morgado PEDRAS	96	Benedita						2:30.96	419	
	50m: 34.72 34.72	100m: 1:11.91	37.19	150m: 1:52.20	40.29	200m: 2:30.96	38.76				
52.	Rita Marques SOUSA	94	Fundação Beatriz Santos						2:31.05	418	
	50m: 33.62 33.62	100m: 1:11.56	37.94	150m: 1:51.51	39.95	200m: 2:31.05	39.54				
53.	Filipa Costa GASPAS	96	Freguesia de Paião						2:31.23	416	
	50m: 34.30 34.30	100m: 1:13.27	38.97	150m: 1:52.89	39.62	200m: 2:31.23	38.34				
54.	Ana Margarida LOURENCO	96	Benedita						2:31.27	416	
	50m: 33.57 33.57	100m: 1:11.62	38.05	150m: 1:51.40	39.78	200m: 2:31.27	39.87				
55.	Mariana Maia e SILVA	94	Pimpões/Cimai						2:33.48	398	
	50m: 34.65 34.65	100m: 1:13.79	39.14	150m: 1:53.47	39.68	200m: 2:33.48	40.01				

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 36, Femin., 200m Livres, Open

Lugar	Ano	Tempo final	Pts
56. Maria Anastacio LUIS 50m: 36.67 36.67 100m: 1:15.63 38.96 150m: 1:54.89 39.26 200m: 2:33.82 38.93	96 Benedita	2:33.82	396
57. Ana Margarida ALMEIDA 50m: 35.29 35.29 100m: 1:13.69 38.40 150m: 1:54.50 40.81 200m: 2:35.29 40.79	94 Galitos	2:35.29	385
58. Joana Faim ALMEIDA 50m: 35.87 35.87 100m: 1:16.01 40.14 150m: 1:56.25 40.24 200m: 2:36.28 40.03	96 Ginásio Figueirense	2:36.28	377
59. Ana Rita SILVEIRA <i>FTL</i> 50m: 37.15 37.15 100m: 1:16.89 39.74 150m: 1:58.02 41.13 200m: 2:36.68 38.66	94 Galitos	2:36.68	374
60. Maria Joao OLIVEIRA <i>FTL</i> 50m: 34.20 34.20 100m: 1:13.70 39.50 150m: 1:56.67 42.97 200m: 2:37.19 40.52	95 Sporting de Espinho	2:37.19	371
61. Filipa Santos CASTRO 50m: 36.37 36.37 100m: 1:16.76 40.39 150m: 1:56.92 40.16 200m: 2:37.54 40.62	96 Algés e Águeda	2:37.54	368
62. Jessica Andreia CARVALHO 50m: 35.69 35.69 100m: 1:15.88 40.19 150m: 1:58.46 42.58 200m: 2:38.93 40.47	96 Bairro dos Anjos	2:38.93	359
63. Sofia Caramelo FOLGADO 50m: 36.18 36.18 100m: 1:17.45 41.27 150m: 1:59.92 42.47 200m: 2:40.49 40.57	96 Náutico/Matobra	2:40.49	348
64. Francisca Silva MARQUES 50m: 36.10 36.10 100m: 1:16.83 40.73 150m: 1:59.00 42.17 200m: 2:41.46 42.46	96 Académica de Coimbra	2:41.46	342
65. Mariana Feliciano MARQUES <i>FTL</i> 50m: 40.24 40.24 100m: 1:22.36 42.12 150m: 2:06.26 43.90 200m: 2:46.76 40.50	96 Benedita	2:46.76	310
DNS Leonor Almeida ESTEVES	96 Académico Viseu		
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		
DNS Rita Nair FERREIRA	91 Académica de Coimbra		
EXH Victoriya KAMINSKAYA 50m: 31.70 31.70 100m: 1:06.43 34.73 150m: 1:41.86 35.43 200m: 2:16.65 34.79	95 Pimpões/Cimai	2:16.65	565

Prova 37
28.2.10 - 16:20

Masc., 100m Livres

Juv B
Resultados

(TA) JUV B Masc : 1:09.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Walter Marcos NETO 50m: 28.76 28.76 100m: 58.67 29.91	95 Bairro dos Anjos	58.67	511
2. Luis Gabriel SANTOS 50m: 28.16 28.16 100m: 58.74 30.58	95 Ginásio Figueirense	58.74	509
3. Gustavo Lopes RIBEIRO 50m: 29.53 29.53 100m: 59.34 29.81	95 Académica de Coimbra	59.34	494
4. Daniel Ribeiro SOUSA 50m: 28.85 28.85 100m: 1:00.20 31.35	95 Náutico da Marinha Grande	1:00.20	473
5. Guilherme Pedro COELHO 50m: 29.36 29.36 100m: 1:00.21 30.85	95 Náutico/Matobra	1:00.21	472
6. Luis de OLIVEIRA 50m: 29.15 29.15 100m: 1:00.86 31.71	95 Académica de Coimbra	1:00.86	457

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

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

Lugar	Ano	Tempo final	Pts
7. Diogo Ferreira NETO 50m: 29.74 29.74 100m: 1:00.87	95	Bairro dos Anjos 31.13	1:00.87 457
8. Joao Pedro SANTOS 50m: 29.75 29.75 100m: 1:01.19	95	Estarreja 31.44	1:01.19 450
9. Francisco Gouveia PINTO 50m: 29.26 29.26 100m: 1:01.26	95	Pimpões/Cimai 32.00	1:01.26 449
10. Henrique Jose MARQUEZ 50m: 29.59 29.59 100m: 1:01.29	95	Galitos 31.70	1:01.29 448
11. Jose Antonio FORTE 50m: 30.38 30.38 100m: 1:01.98	95	Académica de Coimbra 31.60	1:01.98 433
12. Claudio Dias GOMES 50m: 30.03 30.03 100m: 1:02.09	95	Gafanha da Encarnação 32.06	1:02.09 431
13. Tiago Miguel ALVES 50m: 29.55 29.55 100m: 1:02.34	95	Columbófila Cantanhedense 32.79	1:02.34 426
14. Rui Jorge DIAS 50m: 29.89 29.89 100m: 1:02.39	95	Miranda do Corvo 32.50	1:02.39 425
15. Marcelo Oliveira CARDOSO 50m: 30.28 30.28 100m: 1:02.76	95	Sporting de Aveiro 32.48	1:02.76 417
16. Bruno Filipe TABORDA 50m: 30.46 30.46 100m: 1:03.33	95	Bairro dos Anjos 32.87	1:03.33 406
17. Goncalo Pereira SA 50m: 31.59 31.59 100m: 1:03.42	95	Feirense 31.83	1:03.42 404
18. Tomas Lopes ALMEIDA 50m: 30.07 30.07 100m: 1:03.99	95	Campinho 33.92	1:03.99 393
19. Goncalo Daniel DUARTE 50m: 30.67 30.67 100m: 1:04.03	95	Salesiano de Arouca 33.36	1:04.03 393
20. Jose Pedro BERNARDES 50m: 30.80 30.80 100m: 1:04.46	95	Estamos Juntos 33.66	1:04.46 385
21. Andre Fialho MARQUES 50m: 31.42 31.42 100m: 1:04.64	95	Benedita 33.22	1:04.64 382
22. Joao Pedro OLIVEIRA 50m: 31.48 31.48 100m: 1:04.79	95	Gafanha da Encarnação 33.31	1:04.79 379
23. Diogo Magalhaes MOURA 50m: 31.37 31.37 100m: 1:05.11	95	Académico Viseu 33.74	1:05.11 373
24. Joao Baptista LOPES 50m: 31.22 31.22 100m: 1:05.20	95	Bairro dos Anjos 33.98	1:05.20 372
25. Francisco Pais BAPTISTA 50m: 31.31 31.31 100m: 1:05.48	95	Náutico/Matobra 34.17	1:05.48 367
26. Joao Antonio OLIVEIRA 50m: 32.31 32.31 100m: 1:06.84	95	Ginásio Figueirense 34.53	1:06.84 345
Rafael Ruivo MARTINHO 50m: 31.59 31.59 100m: 1:06.84	95	Bombeiros das Caldas Rainha 35.25	1:06.84 345
28. Manuel Luis SOUSA 50m: 32.80 32.80 100m: 1:07.33	95	Náutico/Matobra 34.53	1:07.33 338
29. Diogo Andre JORGE 50m: 31.54 31.54 100m: 1:08.56	95	Náutico/Matobra 37.02	1:08.56 320
30. Ruben Jordao FERNANDES FTL 50m: 33.47 33.47 100m: 1:09.06	95	Miranda do Corvo 35.59	1:09.06 313

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

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

Lugar	Ano	Tempo final	Pts
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		
DNS Manuel Valério FIGUEIREDO	95 Salesiano de Arouca		

Prova 37 Masc., 100m Livres Juv A
28.2.10 - 16:20 Resultados

(TA) JUV A Masc : 1:07.28

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida MADUREIRA	94 Académica de Coimbra	55.06	618
50m: 26.77 27.77 100m: 55.06		28.29	
2. Miguel Polidoro ALEXANDRE	94 Bairro dos Anjos	56.77	564
50m: 27.75 27.75 100m: 56.77		29.02	
3. Joao Filipe LUCAS	94 Académica de Coimbra	58.26	522
50m: 27.97 27.97 100m: 58.26		30.29	
4. Andre Marques SILVA	94 Sporting de Aveiro	58.42	517
50m: 28.32 28.32 100m: 58.42		30.10	
5. Pedro Diogo TAVEIRA	94 Galitos	58.78	508
50m: 28.08 28.08 100m: 58.78		30.70	
6. Joao Petinga de ALMEIDA	94 Naval da Nazaré	59.30	495
50m: 28.74 28.74 100m: 59.30		30.56	
7. Joao Barbosa MOREIRA	94 Náutico/Matobra	59.65	486
50m: 29.11 29.11 100m: 59.65		30.54	
8. Andre Alexandre VICENTE	94 Individual Leiria	1:00.24	472
50m: 29.43 29.43 100m: 1:00.24		30.81	
9. Hugo Neves NETO	94 Columbófila Cantanhedense	1:00.36	469
50m: 28.90 28.90 100m: 1:00.36		31.46	
10. Joao Goncalo COELHO	94 Sporting de Aveiro	1:00.68	462
50m: 28.64 28.64 100m: 1:00.68		32.04	
11. Ruben Paiva CARVALHO	94 Académica de Coimbra	1:00.98	455
50m: 29.37 29.37 100m: 1:00.98		31.61	
12. David Jose FONSECA	94 Columbófila Cantanhedense	1:01.02	454
50m: 29.02 29.02 100m: 1:01.02		32.00	
13. Andre Ribeiro de SOUSA	94 Bairro dos Anjos	1:01.12	452
50m: 29.82 29.82 100m: 1:01.12		31.30	
14. Filipe Rainho BALSEIRO	94 Galitos	1:01.76	438
50m: 29.94 29.94 100m: 1:01.76		31.82	
15. Gino Santos CAETANO	94 Sporting de Aveiro	1:02.07	431
50m: 30.21 30.21 100m: 1:02.07		31.86	
16. Francisco Leonardes ALVES	94 Académica de Coimbra	1:02.29	427
50m: 29.97 29.97 100m: 1:02.29		32.32	
17. Diogo Manuel DOMINGUES	94 Bairro dos Anjos	1:03.09	411
50m: 30.28 30.28 100m: 1:03.09		32.81	
18. Nuno Alexandre CORREIA	94 Campinho	1:03.22	408
50m: 29.44 29.44 100m: 1:03.22		33.78	
19. Filipe Jose BAPTISTA	94 Feirense	1:03.70	399
50m: 30.07 30.07 100m: 1:03.70		33.63	
20. Tiago Ferreira AZEVEDO	94 Estamos Juntos	1:03.92	395
50m: 31.58 31.58 100m: 1:03.92		32.34	

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Juv A

Lugar	Ano	Tempo final	Pts
21. Edgar Neves TOMAS 50m: 30.57 30.57 100m: 1:03.98	94 Pimpões/Cimai	1:03.98	394
22. Joao Manuel SANTOS 50m: 30.15 30.15 100m: 1:04.02	94 Campinho	1:04.02	393
Goncalo Ferreira GAMEIRO 50m: 30.69 30.69 100m: 1:04.02	94 Núcleo de Pombal	1:04.02	393
24. Rafael Arrojado FERREIRA 50m: 30.65 30.65 100m: 1:04.23	94 Estarreja	1:04.23	389
25. Andre Filipe MONTEIRO 50m: 30.20 30.20 100m: 1:04.69	94 Galitos	1:04.69	381
26. Henrique Manuel AMARAL 50m: 30.88 30.88 100m: 1:04.75	94 Estarreja	1:04.75	380
27. Tiago Botelho ANDRADE 50m: 30.06 30.06 100m: 1:05.24	94 Feirense	1:05.24	371
28. Guilherme Marques TEIXEIRA 50m: 31.41 31.41 100m: 1:05.33	94 Campinho	1:05.33	370
29. David Francisco AMADO 50m: 31.29 31.29 100m: 1:05.56	94 Miranda do Corvo	1:05.56	366
30. Jose Miguel GUIMARAES 50m: 32.13 32.13 100m: 1:06.08	94 Estamos Juntos	1:06.08	357
31. Telmo Silva ALVES 50m: 32.19 32.19 100m: 1:06.72	94 Núcleo de Pombal	1:06.72	347
32. Pedro Daniel PINTO <i>FTL</i> 50m: 32.93 32.93 100m: 1:08.61	94 Miranda do Corvo	1:08.61	319
DNS Micael Valverde TEIXEIRA	94 Naval da Nazaré		

Prova 37 Masc., 100m Livres Jun
28.2.10 - 16:20 Resultados

(TA) JUN Masc : 1:03.82

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre PEREIRA 50m: 25.92 25.92 100m: 53.55	92 Ginásio Figueirense	53.55	672
2. Tiago Rafael LOPES 50m: 27.43 27.43 100m: 56.26	92 Académica de Coimbra	56.26	579
3. Rui Costa FERREIRA 50m: 27.41 27.41 100m: 57.05	92 Galitos	57.05	555
4. Pedro Miguel COSTA 50m: 27.68 27.68 100m: 57.16	92 Sporting de Espinho	57.16	552
5. Gustavo Alexandre MENESES 50m: 27.95 27.95 100m: 57.41	92 Columbófila Cantanhedense	57.41	545
6. Nuno Durao PASCOAL 50m: 28.42 28.42 100m: 57.54	92 Galitos	57.54	541
Francisco Vala PIRES 50m: 28.34 28.34 100m: 57.54	92 Bairro dos Anjos	57.54	541
8. Daciano Egidio SOUSA 50m: 27.96 27.96 100m: 58.06	93 Ginásio Figueirense	58.06	527

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
8. Manuel Andril CORDEIRO 50m: 27.66 27.66 100m: 58.06 30.40	92 Bairro dos Anjos	58.06	527
10. Emanuel Augusto PINHO 50m: 28.22 28.22 100m: 58.15 29.93	93 Feirense	58.15	524
11. Joao Jose VIEGAS 50m: 27.58 27.58 100m: 58.46 30.88	92 Galitos	58.46	516
12. Bruno Rafael CORREIA 50m: 28.86 28.86 100m: 58.82 29.96	93 Académico Viseu	58.82	507
13. Joao Paulo RIBEIRO 50m: 27.60 27.60 100m: 58.93 31.33	92 Bairro dos Anjos	58.93	504
14. Filipe Rosa de OLIVEIRA 50m: 28.41 28.41 100m: 58.98 30.57	93 Bairro dos Anjos	58.98	503
15. Nelson Fernandes SILVA 50m: 27.84 27.84 100m: 59.11 31.27	93 Freguesia de Paião	59.11	499
16. Gabriel Soares MARTINS 50m: 27.81 27.81 100m: 59.34 31.53	93 Campinho	59.34	494
17. Andre Rocha VALENTE 50m: 28.70 28.70 100m: 59.54 30.84	92 Académica de Coimbra	59.54	489
18. Andre Filipe da GRACA 50m: 28.36 28.36 100m: 59.96 31.60	93 Alcobaça	59.96	478
19. Joao Diogo FRANCISCO 50m: 29.91 29.91 100m: 1:00.02 30.11	92 Benedita	1:00.02	477
20. Diogo Fontes MOREIRA 50m: 28.93 28.93 100m: 1:00.04 31.11	93 Estamos Juntos	1:00.04	476
21. Andre Oliveira MARQUES 50m: 28.40 28.40 100m: 1:00.36 31.96	92 Bairro dos Anjos	1:00.36	469
22. Jose Figueiredo PEREIRA 50m: 29.39 29.39 100m: 1:00.46 31.07	92 Estarreja	1:00.46	467
23. Andre Marques DINIS 50m: 29.93 29.93 100m: 1:01.02 31.09	93 Columbófila Cantanhedense	1:01.02	454
24. Nuno Correia TINOCO 50m: 29.75 29.75 100m: 1:01.06 31.31	93 Ginásio Figueirense	1:01.06	453
25. Luis Daniel MOREIRA 50m: 29.42 29.42 100m: 1:01.07 31.65	92 Sporting de Espinho	1:01.07	453
26. Guilherme Gonçalves NEVES 50m: 29.25 29.25 100m: 1:01.27 32.02	93 Académico Viseu	1:01.27	448
27. Flavio Cardoso RELVA 50m: 29.76 29.76 100m: 1:01.47 31.71	93 Bairro dos Anjos	1:01.47	444
28. Pedro Jorge SANTOS 50m: 28.89 28.89 100m: 1:01.49 32.60	93 Sporting de Aveiro	1:01.49	443
29. Guilherme Joao PATRIARCA 50m: 28.78 28.78 100m: 1:01.67 32.89	92 Académica de Coimbra	1:01.67	440
30. Sebastiao Amaro MACHADO 50m: 30.18 30.18 100m: 1:01.81 31.63	93 Académico Viseu	1:01.81	437
31. Joao Miguel FIGUEIREDO 50m: 28.87 28.87 100m: 1:03.50 34.63	93 Campinho	1:03.50	403
32. Tiago Andre MARQUES 50m: 31.24 31.24 100m: 1:03.54 32.30	93 Sporting de Espinho	1:03.54	402

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Jun

Lugar	Ano	Tempo final	Pts
33. Joao Guilherme VIEIRA <i>FTL</i> 50m: 31.30 31.30 100m: 1:04.16 32.86	93 Pimpões/Cimai	1:04.16	390
34. Diogo Antonio CARVALHO <i>FTL</i> 50m: 30.61 30.61 100m: 1:05.10 34.49	93 Feirense	1:05.10	374
35. Nuno Alexandre NEVES <i>FTL</i> 50m: 31.56 31.56 100m: 1:05.73 34.17	92 Freguesia de Paião	1:05.73	363
DNS Gil António MOREIRA	92 Salesiano de Arouca		
DNS Rui Jorge OLIVEIRA	93 Salesiano de Arouca		
DNS Mario Henrique PINTO	93 Salesiano de Arouca		

Prova 37
28.2.10 - 16:20

Masc., 100m Livres

Sen
Resultados

(TA) SEN Masc : 1:01.98

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Jorge Miguel MENDES 50m: 27.10 27.10 100m: 55.13 28.03	90 Náutico/Matobra	55.13	616
2. Pedro Fragoso LOPES 50m: 27.31 27.31 100m: 56.44 29.13	90 Columbófila Cantanhedense	56.44	574
3. Bruno Gustavo NOGUEIRA 50m: 28.28 28.28 100m: 56.71 28.43	91 Fundação Beatriz Santos	56.71	566
4. Joao Bernardo ABRANTES 50m: 27.70 27.70 100m: 57.91 30.21	90 Náutico/Matobra	57.91	531
5. Daniel Alexandre RODRIGUES 50m: 28.57 28.57 100m: 58.35 29.78	91 Náutico/Matobra	58.35	519
6. Goncalo Nuno COSTA 50m: 28.25 28.25 100m: 58.36 30.11	90 Académica de Coimbra	58.36	519
7. Joao Albano VIOLA 50m: 27.26 27.26 100m: 58.41 31.15	89 Náutico/Matobra	58.41	518
8. Tiago Filipe PEREIRA 50m: 27.66 27.66 100m: 58.61 30.95	91 Bairro dos Anjos	58.61	512
9. Pedro Miguel CONDE 50m: 28.15 28.15 100m: 58.78 30.63	90 Náutico/Matobra	58.78	508
10. Ivo Monico de ALMEIDA 50m: 28.74 28.74 100m: 59.11 30.37	91 Bairro dos Anjos	59.11	499
11. Hugo Emanuel LEITE 50m: 29.10 29.10 100m: 59.46 30.36	88 Feirense	59.46	491
12. Helder Alexandre GODINHO 50m: 27.97 27.97 100m: 59.74 31.77	86 Bairro dos Anjos	59.74	484
13. Joao Macedo FIGUEIREDO 50m: 28.37 28.37 100m: 59.96 31.59	87 Bairro dos Anjos	59.96	478
14. Artur Guilherme COSTA 50m: 28.99 28.99 100m: 1:00.47 31.48	90 Feirense	1:00.47	466
15. Andre Ricardo SIMOES 50m: 28.94 28.94 100m: 1:00.66 31.72	91 Galitos	1:00.66	462

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Sen

Lugar	Ano	Tempo final	Pts
16. Pedro Octavio FERNANDES 50m: 29.97 29.97 100m: 1:00.69 30.72	91 Académica de Coimbra	1:00.69	461
17. Hugo Miguel NUNES 50m: 29.35 29.35 100m: 1:01.03 31.68	90 Náutico/Matobra	1:01.03	454
18. Tiago Filipe LEAL 50m: 30.08 30.08 100m: 1:01.07 30.99	90 Académica de Coimbra	1:01.07	453
19. Pedro Filipe SANTOS 50m: 29.76 29.76 100m: 1:01.96 32.20	89 Académica de Coimbra	1:01.96	433
20. Joao David SOUSA <i>FTL</i> 50m: 28.98 28.98 100m: 1:02.21 33.23	88 Estarreja	1:02.21	428
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Prova 37
28.2.10 - 16:20

Masc., 100m Livres

Open
Resultados

(TA) JUV A Masc Juv A: 1:07.28 / (TA) JUV B Masc Juv B: 1:09.00 / (TA) JUN Masc Jun: 1:03.82 / (TA) SEN Masc Sen: 1:01.98

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre PEREIRA 50m: 25.92 25.92 100m: 53.55 27.63	92 Ginásio Figueirense	53.55	672
2. Gustavo Almeida MADUREIRA 50m: 26.77 26.77 100m: 55.06 28.29	94 Académica de Coimbra	55.06	618
3. Jorge Miguel MENDES 50m: 27.10 27.10 100m: 55.13 28.03	90 Náutico/Matobra	55.13	616
4. Tiago Rafael LOPES 50m: 27.43 27.43 100m: 56.26 28.83	92 Académica de Coimbra	56.26	579
5. Pedro Fragoso LOPES 50m: 27.31 27.31 100m: 56.44 29.13	90 Columbófila Cantanhedense	56.44	574
6. Bruno Gustavo NOGUEIRA 50m: 28.28 28.28 100m: 56.71 28.43	91 Fundação Beatriz Santos	56.71	566
7. Miguel Polidoro ALEXANDRE 50m: 27.75 27.75 100m: 56.77 29.02	94 Bairro dos Anjos	56.77	564
8. Rui Costa FERREIRA 50m: 27.41 27.41 100m: 57.05 29.64	92 Galitos	57.05	555
9. Pedro Miguel COSTA 50m: 27.68 27.68 100m: 57.16 29.48	92 Sporting de Espinho	57.16	552
10. Gustavo Alexandre MENESES 50m: 27.95 27.95 100m: 57.41 29.46	92 Columbófila Cantanhedense	57.41	545
11. Nuno Durao PASCOAL 50m: 28.42 28.42 100m: 57.54 29.12	92 Galitos	57.54	541
Francisco Vala PIRES 50m: 28.34 28.34 100m: 57.54 29.20	92 Bairro dos Anjos	57.54	541
13. Joao Bernardo ABRANTES 50m: 27.70 27.70 100m: 57.91 30.21	90 Náutico/Matobra	57.91	531
14. Daciano Egidio SOUSA 50m: 27.96 27.96 100m: 58.06 30.10	93 Ginásio Figueirense	58.06	527
Manuel Andril CORDEIRO 50m: 27.66 27.66 100m: 58.06 30.40	92 Bairro dos Anjos	58.06	527

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Open

Lugar	Ano	Tempo final	Pts
16. Emanuel Augusto PINHO 50m: 28.22 28.22 100m: 58.15 29.93	93 Feirense	58.15	524
17. Joao Filipe LUCAS 50m: 27.97 27.97 100m: 58.26 30.29	94 Académica de Coimbra	58.26	522
18. Daniel Alexandre RODRIGUES 50m: 28.57 28.57 100m: 58.35 29.78	91 Náutico/Matobra	58.35	519
19. Goncalo Nuno COSTA 50m: 28.25 28.25 100m: 58.36 30.11	90 Académica de Coimbra	58.36	519
20. Joao Albano VIOLA 50m: 27.26 27.26 100m: 58.41 31.15	89 Náutico/Matobra	58.41	518
21. Andre Marques SILVA 50m: 28.32 28.32 100m: 58.42 30.10	94 Sporting de Aveiro	58.42	517
22. Joao Jose VIEGAS 50m: 27.58 27.58 100m: 58.46 30.88	92 Galitos	58.46	516
23. Tiago Filipe PEREIRA 50m: 27.66 27.66 100m: 58.61 30.95	91 Bairro dos Anjos	58.61	512
24. Walter Marcos NETO 50m: 28.76 28.76 100m: 58.67 29.91	95 Bairro dos Anjos	58.67	511
25. Luis Gabriel SANTOS 50m: 28.16 28.16 100m: 58.74 30.58	95 Ginásio Figueirense	58.74	509
26. Pedro Miguel CONDE 50m: 28.15 28.15 100m: 58.78 30.63	90 Náutico/Matobra	58.78	508
Pedro Diogo TAVEIRA 50m: 28.08 28.08 100m: 58.78 30.70	94 Galitos	58.78	508
28. Bruno Rafael CORREIA 50m: 28.86 28.86 100m: 58.82 29.96	93 Académico Viseu	58.82	507
29. Joao Paulo RIBEIRO 50m: 27.60 27.60 100m: 58.93 31.33	92 Bairro dos Anjos	58.93	504
30. Filipe Rosa de OLIVEIRA 50m: 28.41 28.41 100m: 58.98 30.57	93 Bairro dos Anjos	58.98	503
31. Nelson Fernandes SILVA 50m: 27.84 27.84 100m: 59.11 31.27	93 Freguesia de Paião	59.11	499
Ivo Monico de ALMEIDA 50m: 28.74 28.74 100m: 59.11 30.37	91 Bairro dos Anjos	59.11	499
33. Joao Petinga de ALMEIDA 50m: 28.74 28.74 100m: 59.30 30.56	94 Naval da Nazaré	59.30	495
34. Gustavo Lopes RIBEIRO 50m: 29.53 29.53 100m: 59.34 29.81	95 Académica de Coimbra	59.34	494
Gabriel Soares MARTINS 50m: 27.81 27.81 100m: 59.34 31.53	93 Campinho	59.34	494
36. Hugo Emanuel LEITE 50m: 29.10 29.10 100m: 59.46 30.36	88 Feirense	59.46	491
37. Andre Rocha VALENTE 50m: 28.70 28.70 100m: 59.54 30.84	92 Académica de Coimbra	59.54	489
38. Joao Barbosa MOREIRA 50m: 29.11 29.11 100m: 59.65 30.54	94 Náutico/Matobra	59.65	486
39. Helder Alexandre GODINHO 50m: 27.97 27.97 100m: 59.74 31.77	86 Bairro dos Anjos	59.74	484

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Open

Lugar			Ano			Tempo final	Pts
40.	Andre Filipe da GRACA		93	Alcoçaba		59.96	478
	50m: 28.36	28.36	100m: 59.96	31.60			
	Joao Macedo FIGUEIREDO		87	Bairro dos Anjos		59.96	478
	50m: 28.37	28.37	100m: 59.96	31.59			
42.	Joao Diogo FRANCISCO		92	Benedita		1:00.02	477
	50m: 29.91	29.91	100m: 1:00.02	30.11			
43.	Diogo Fontes MOREIRA		93	Estamos Juntos		1:00.04	476
	50m: 28.93	28.93	100m: 1:00.04	31.11			
44.	Daniel Ribeiro SOUSA		95	Náutico da Marinha Grande		1:00.20	473
	50m: 28.85	28.85	100m: 1:00.20	31.35			
45.	Guilherme Pedro COELHO		95	Náutico/Matobra		1:00.21	472
	50m: 29.36	29.36	100m: 1:00.21	30.85			
46.	Andre Alexandre VICENTE		94	Individual Leiria		1:00.24	472
	50m: 29.43	29.43	100m: 1:00.24	30.81			
47.	Hugo Neves NETO		94	Columbófila Cantanhedense		1:00.36	469
	50m: 28.90	28.90	100m: 1:00.36	31.46			
	Andre Oliveira MARQUES		92	Bairro dos Anjos		1:00.36	469
	50m: 28.40	28.40	100m: 1:00.36	31.96			
49.	Jose Figueiredo PEREIRA		92	Estarreja		1:00.46	467
	50m: 29.39	29.39	100m: 1:00.46	31.07			
50.	Artur Guilherme COSTA		90	Feirense		1:00.47	466
	50m: 28.99	28.99	100m: 1:00.47	31.48			
51.	Andre Ricardo SIMOES		91	Galitos		1:00.66	462
	50m: 28.94	28.94	100m: 1:00.66	31.72			
52.	Joao Goncalo COELHO		94	Sporting de Aveiro		1:00.68	462
	50m: 28.64	28.64	100m: 1:00.68	32.04			
53.	Pedro Octavio FERNANDES		91	Académica de Coimbra		1:00.69	461
	50m: 29.97	29.97	100m: 1:00.69	30.72			
54.	Luis de OLIVEIRA		95	Académica de Coimbra		1:00.86	457
	50m: 29.15	29.15	100m: 1:00.86	31.71			
55.	Diogo Ferreira NETO		95	Bairro dos Anjos		1:00.87	457
	50m: 29.74	29.74	100m: 1:00.87	31.13			
56.	Ruben Paiva CARVALHO		94	Académica de Coimbra		1:00.98	455
	50m: 29.37	29.37	100m: 1:00.98	31.61			
57.	Andre Marques DINIS		93	Columbófila Cantanhedense		1:01.02	454
	50m: 29.93	29.93	100m: 1:01.02	31.09			
	David Jose FONSECA		94	Columbófila Cantanhedense		1:01.02	454
	50m: 29.02	29.02	100m: 1:01.02	32.00			
59.	Hugo Miguel NUNES		90	Náutico/Matobra		1:01.03	454
	50m: 29.35	29.35	100m: 1:01.03	31.68			
60.	Nuno Correia TINOCO		93	Ginásio Figueirense		1:01.06	453
	50m: 29.75	29.75	100m: 1:01.06	31.31			
61.	Tiago Filipe LEAL		90	Académica de Coimbra		1:01.07	453
	50m: 30.08	30.08	100m: 1:01.07	30.99			
	Luis Daniel MOREIRA		92	Sporting de Espinho		1:01.07	453
	50m: 29.42	29.42	100m: 1:01.07	31.65			
63.	Andre Ribeiro de SOUSA		94	Bairro dos Anjos		1:01.12	452
	50m: 29.82	29.82	100m: 1:01.12	31.30			

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 37, Masc., 100m Livres, Open

Lugar					Ano		Tempo final	Pts
64.	Joao Pedro SANTOS				95	Estarreja	1:01.19	450
	50m:	29.75	29.75	100m:	1:01.19	31.44		
65.	Francisco Gouveia PINTO				95	Pimpões/Cimai	1:01.26	449
	50m:	29.26	29.26	100m:	1:01.26	32.00		
66.	Guilherme Gonçalves NEVES				93	Académico Viseu	1:01.27	448
	50m:	29.25	29.25	100m:	1:01.27	32.02		
67.	Henrique Jose MARQUEZ				95	Galitos	1:01.29	448
	50m:	29.59	29.59	100m:	1:01.29	31.70		
68.	Flavio Cardoso RELVA				93	Bairro dos Anjos	1:01.47	444
	50m:	29.76	29.76	100m:	1:01.47	31.71		
69.	Pedro Jorge SANTOS				93	Sporting de Aveiro	1:01.49	443
	50m:	28.89	28.89	100m:	1:01.49	32.60		
70.	Guilherme Joao PATRIARCA				92	Académica de Coimbra	1:01.67	440
	50m:	28.78	28.78	100m:	1:01.67	32.89		
71.	Filipe Rainho BALSEIRO				94	Galitos	1:01.76	438
	50m:	29.94	29.94	100m:	1:01.76	31.82		
72.	Sebastiao Amaro MACHADO				93	Académico Viseu	1:01.81	437
	50m:	30.18	30.18	100m:	1:01.81	31.63		
73.	Pedro Filipe SANTOS				89	Académica de Coimbra	1:01.96	433
	50m:	29.76	29.76	100m:	1:01.96	32.20		
74.	Jose Antonio FORTE				95	Académica de Coimbra	1:01.98	433
	50m:	30.38	30.38	100m:	1:01.98	31.60		
75.	Gino Santos CAETANO				94	Sporting de Aveiro	1:02.07	431
	50m:	30.21	30.21	100m:	1:02.07	31.86		
76.	Claudio Dias GOMES				95	Gafanha da Encarnação	1:02.09	431
	50m:	30.03	30.03	100m:	1:02.09	32.06		
77.	Joao David SOUSA				88	Estarreja	1:02.21	428
	<i>FTL</i>							
	50m:	28.98	28.98	100m:	1:02.21	33.23		
78.	Francisco Leonardes ALVES				94	Académica de Coimbra	1:02.29	427
	50m:	29.97	29.97	100m:	1:02.29	32.32		
79.	Tiago Miguel ALVES				95	Columbófila Cantanhedense	1:02.34	426
	50m:	29.55	29.55	100m:	1:02.34	32.79		
80.	Rui Jorge DIAS				95	Miranda do Corvo	1:02.39	425
	50m:	29.89	29.89	100m:	1:02.39	32.50		
81.	Marcelo Oliveira CARDOSO				95	Sporting de Aveiro	1:02.76	417
	50m:	30.28	30.28	100m:	1:02.76	32.48		
82.	Diogo Manuel DOMINGUES				94	Bairro dos Anjos	1:03.09	411
	50m:	30.28	30.28	100m:	1:03.09	32.81		
83.	Nuno Alexandre CORREIA				94	Campinho	1:03.22	408
	50m:	29.44	29.44	100m:	1:03.22	33.78		
84.	Bruno Filipe TABORDA				95	Bairro dos Anjos	1:03.33	406
	50m:	30.46	30.46	100m:	1:03.33	32.87		
85.	Goncalo Pereira SA				95	Feirense	1:03.42	404
	50m:	31.59	31.59	100m:	1:03.42	31.83		
86.	Joao Miguel FIGUEIREDO				93	Campinho	1:03.50	403
	50m:	28.87	28.87	100m:	1:03.50	34.63		
87.	Tiago Andre MARQUES				93	Sporting de Espinho	1:03.54	402
	50m:	31.24	31.24	100m:	1:03.54	32.30		

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 37, Masc., 100m Livres, Open

Lugar					Ano		Tempo final	Pts
88.	Filipe Jose BAPTISTA				94	Feirense	1:03.70	399
	50m:	30.07	30.07	100m:	1:03.70	33.63		
89.	Tiago Ferreira AZEVEDO				94	Estamos Juntos	1:03.92	395
	50m:	31.58	31.58	100m:	1:03.92	32.34		
90.	Edgar Neves TOMAS				94	Pimpões/Cimai	1:03.98	394
	50m:	30.57	30.57	100m:	1:03.98	33.41		
91.	Tomas Lopes ALMEIDA				95	Campinho	1:03.99	393
	50m:	30.07	30.07	100m:	1:03.99	33.92		
92.	Joao Manuel SANTOS				94	Campinho	1:04.02	393
	50m:	30.15	30.15	100m:	1:04.02	33.87		
	Goncalo Ferreira GAMEIRO				94	Núcleo de Pombal	1:04.02	393
	50m:	30.69	30.69	100m:	1:04.02	33.33		
94.	Goncalo Daniel DUARTE				95	Salesiano de Arouca	1:04.03	393
	50m:	30.67	30.67	100m:	1:04.03	33.36		
95.	Joao Guilherme VIEIRA				93	Pimpões/Cimai	1:04.16	390
	<i>FTL</i>							
	50m:	31.30	31.30	100m:	1:04.16	32.86		
96.	Rafael Arrojado FERREIRA				94	Estarreja	1:04.23	389
	50m:	30.65	30.65	100m:	1:04.23	33.58		
97.	Jose Pedro BERNARDES				95	Estamos Juntos	1:04.46	385
	50m:	30.80	30.80	100m:	1:04.46	33.66		
98.	Andre Fialho MARQUES				95	Benedita	1:04.64	382
	50m:	31.42	31.42	100m:	1:04.64	33.22		
99.	Andre Filipe MONTEIRO				94	Galitos	1:04.69	381
	50m:	30.20	30.20	100m:	1:04.69	34.49		
100.	Henrique Manuel AMARAL				94	Estarreja	1:04.75	380
	50m:	30.88	30.88	100m:	1:04.75	33.87		
101.	Joao Pedro OLIVEIRA				95	Gafanha da Encarnação	1:04.79	379
	50m:	31.48	31.48	100m:	1:04.79	33.31		
102.	Diogo Antonio CARVALHO				93	Feirense	1:05.10	374
	<i>FTL</i>							
	50m:	30.61	30.61	100m:	1:05.10	34.49		
103.	Diogo Magalhaes MOURA				95	Académico Viseu	1:05.11	373
	50m:	31.37	31.37	100m:	1:05.11	33.74		
104.	Joao Baptista LOPES				95	Bairro dos Anjos	1:05.20	372
	50m:	31.22	31.22	100m:	1:05.20	33.98		
105.	Tiago Botelho ANDRADE				94	Feirense	1:05.24	371
	50m:	30.06	30.06	100m:	1:05.24	35.18		
106.	Guilherme Marques TEIXEIRA				94	Campinho	1:05.33	370
	50m:	31.41	31.41	100m:	1:05.33	33.92		
107.	Francisco Pais BAPTISTA				95	Náutico/Matobra	1:05.48	367
	50m:	31.31	31.31	100m:	1:05.48	34.17		
108.	David Francisco AMADO				94	Miranda do Corvo	1:05.56	366
	50m:	31.29	31.29	100m:	1:05.56	34.27		
109.	Nuno Alexandre NEVES				92	Freguesia de Paião	1:05.73	363
	<i>FTL</i>							
	50m:	31.56	31.56	100m:	1:05.73	34.17		
110.	Jose Miguel GUIMARAES				94	Estamos Juntos	1:06.08	357
	50m:	32.13	32.13	100m:	1:06.08	33.95		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 37, Masc., 100m Livres, Open

Lugar	Ano	Tempo final	Pts
111. Telmo Silva ALVES 50m: 32.19 32.19 100m: 1:06.72 34.53	94 Núcleo de Pombal	1:06.72	347
112. Joao Antonio OLIVEIRA 50m: 32.31 32.31 100m: 1:06.84 34.53	95 Ginásio Figueirense	1:06.84	345
Rafael Ruivo MARTINHO 50m: 31.59 31.59 100m: 1:06.84 35.25	95 Bombeiros das Caldas Rainha	1:06.84	345
114. Manuel Luis SOUSA 50m: 32.80 32.80 100m: 1:07.33 34.53	95 Náutico/Matobra	1:07.33	338
115. Diogo Andre JORGE 50m: 31.54 31.54 100m: 1:08.56 37.02	95 Náutico/Matobra	1:08.56	320
116. Pedro Daniel PINTO <i>FTL</i> 50m: 32.93 32.93 100m: 1:08.61 35.68	94 Miranda do Corvo	1:08.61	319
117. Ruben Jordao FERNANDES <i>FTL</i> 50m: 33.47 33.47 100m: 1:09.06 35.59	95 Miranda do Corvo	1:09.06	313
DNS Francisco Xavier RODRIGUES	95 Académica de Coimbra		
DNS Mario Jorge SILVA	91 Ginásio Figueirense		
DNS Gil António MOREIRA	92 Salesiano de Arouca		
DNS Rui Jorge OLIVEIRA	93 Salesiano de Arouca		
DNS Mario Henrique PINTO	93 Salesiano de Arouca		
DNS Manuel Valério FIGUEIREDO	95 Salesiano de Arouca		
DNS Micael Valverde TEIXEIRA	94 Naval da Nazaré		
EXH Nuno Pinheiro MAXIMIANO <i>FTL</i> 50m: 33.38 33.38 100m: 1:11.28 37.90	87 Bairro dos Anjos	1:11.28	285

Prova 38
28.2.10 - 16:40

Femin., 100m Bruços

Juv
Resultados

(TA) JUV Fem : 1:47.50

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Daniela Valente FERREIRA 50m: 39.24 39.24 100m: 1:24.35 45.11	96 Estamos Juntos	1:24.35	446
2. Jessica Rodrigues TAVARES 50m: 40.45 40.45 100m: 1:24.56 44.11	96 Campinho	1:24.56	442
3. Maria Beatriz RASCAO 50m: 39.78 39.78 100m: 1:24.64 44.86	96 Náutico/Matobra	1:24.64	441
4. Rosa Maria OLIVEIRA 50m: 40.01 40.01 100m: 1:24.73 44.72	96 Estarreja	1:24.73	440
5. Carlota Moura CARVALHOS 50m: 41.23 41.23 100m: 1:27.54 46.31	96 Náutico/Matobra	1:27.54	399
6. Maria Joao PAIXAO 50m: 41.56 41.56 100m: 1:28.07 46.51	96 Ginásio Figueirense	1:28.07	391
7. Erica Filipa COSTA 50m: 42.37 42.37 100m: 1:29.04 46.67	96 Académica de Coimbra	1:29.04	379

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 38, Femin., 100m Bruços, Juv

Lugar	Ano	Tempo final	Pts
8. Jennifer Martins DIAS 50m: 41.44 41.44 100m: 1:29.38	96 Bombeiros das Caldas Raíña	1:29.38 47.94	374
9. Teresa Manuela AIRES 50m: 43.18 43.18 100m: 1:29.95	96 Sporting de Espinho	1:29.95 46.77	367
10. Diana Filipa GONCALVES 50m: 43.24 43.24 100m: 1:30.26	96 Náutico/Matobra	1:30.26 47.02	364
11. Renata Castro GONCALVES 50m: 42.06 42.06 100m: 1:31.10	96 Sporting de Aveiro	1:31.10 49.04	354
12. Patricia Sousa PAULO 50m: 42.52 42.52 100m: 1:31.12	96 Benedita	1:31.12 48.60	353
13. Isa Morais PENAS 50m: 44.52 44.52 100m: 1:33.44	96 Benedita	1:33.44 48.92	328
14. Rita Matos PONTE 50m: 44.16 44.16 100m: 1:34.02	96 Freguesia de Paião	1:34.02 49.86	322
15. Carolina Rodrigues BARTOLOMEU 50m: 45.50 45.50 100m: 1:36.13	96 Galitos	1:36.13 50.63	301
16. Ana Catarina CARLOS 50m: 46.02 46.02 100m: 1:36.63	96 Náutico da Marinha Grande	1:36.63 50.61	296
17. Cristina Alexandra FURTADO 50m: 46.11 46.11 100m: 1:37.79	96 Estamos Juntos	1:37.79 51.68	286
18. Debora Alexandra CATALAO 50m: 46.42 46.42 100m: 1:38.43	96 Óbidos Patrimonium	1:38.43 52.01	280
19. Luisa Filipa MAIA 50m: 46.76 46.76 100m: 1:38.63	96 Desportivo Mealhada	1:38.63 51.87	279
20. Joana Sofia CAPINHA 50m: 45.73 45.73 100m: 1:38.67	96 Óbidos Patrimonium	1:38.67 52.94	278
21. Maria Luisa ROSAS 50m: 47.29 47.29 100m: 1:40.88	96 Feirense	1:40.88 53.59	260
22. Bruna Denise ROSA 50m: 47.06 47.06 100m: 1:41.40	96 Industrial Vieirense	1:41.40 54.34	256
DNS Leonor Almeida ESTEVES	96 Académico Viseu		

Prova 38
28.2.10 - 16:40

Femin., 100m Bruços

Jun
Resultados

(TA) JUN Fem : 1:32.40

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira ANDRADE 50m: 36.11 36.11 100m: 1:16.13	94 Náutico/Matobra	1:16.13 40.02	606
2. Ana Claudia CORDEIRO 50m: 39.08 39.08 100m: 1:21.10	95 Náutico/Matobra	1:21.10 42.02	501
3. Maria Ana SERRANO 50m: 39.70 39.70 100m: 1:24.71	94 Miranda do Corvo	1:24.71 45.01	440
4. Ines Ataíde DIAS 50m: 40.30 40.30 100m: 1:24.95	94 Sporting de Espinho	1:24.95 44.65	436
5. Catarina Alexandra FERREIRA 50m: 41.00 41.00 100m: 1:25.75	95 Náutico/Matobra	1:25.75 44.75	424
6. Ana Catarina COSTA 50m: 41.16 41.16 100m: 1:26.38	95 Feirense	1:26.38 45.22	415

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 38, Femin., 100m Bruços, Jun

Lugar	Ano	Tempo final	Pts
7. Rita Daniela ARMINDO 50m: 41.31 41.31 100m: 1:27.39	95 Industrial Vieirense	1:27.39	401
8. Mariana Coutinho SOUTO 50m: 41.95 41.95 100m: 1:27.46	95 Académica de Coimbra	1:27.46	400
9. Carolina Santos MACHADO 50m: 42.04 42.04 100m: 1:28.15	95 Gafanha da Encarnação	1:28.15	390
10. Vanessa Rodrigues VALENTE 50m: 41.13 41.13 100m: 1:28.94	94 Estarreja	1:28.94	380
11. Ana Rita RIBAU 50m: 42.72 42.72 100m: 1:29.97	95 Gafanha da Encarnação	1:29.97	367
12. Ana Raquel ALBUQUERQUE 50m: 43.35 43.35 100m: 1:31.21	95 Sporting de Aveiro	1:31.21	352
13. Cláudia Filipa SILVA 50m: 43.81 43.81 100m: 1:32.20	95 Miranda do Corvo	1:32.20	341
14. Sofia Ramalho COELHO <i>FTL</i> 50m: 44.12 44.12 100m: 1:33.38	95 Alcobaça	1:33.38	328
DNS Marta Daniela MENDES	95 Salesiano de Arouca		
DNS Carolina Santana GONCALVES	95 Núcleo de Pombal		
DNS Patrícia Alexandra LEAL	94 Náutico da Marinha Grande		

Prova 38
28.2.10 - 16:40

Femin., 100m Bruços

Sen
Resultados

(TA) SEN Fem : 1:29.70

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Ines RIBEIRO 50m: 37.23 37.23 100m: 1:18.73	92 Náutico/Matobra	1:18.73	548
2. Patrícia Fonseca SILVA 50m: 38.41 38.41 100m: 1:20.34	93 Feirense	1:20.34	516
3. Ana Margarida DOMINGOS 50m: 39.01 39.01 100m: 1:21.65	93 Académico Viseu	1:21.65	491
4. Ines Silva PINHEIRO 50m: 39.21 39.21 100m: 1:23.11	91 Gafanha da Encarnação	1:23.11	466
5. Ana Rita COSTA 50m: 39.06 39.06 100m: 1:23.55	91 Académica de Coimbra	1:23.55	459
6. Catarina Oliveira DINIS 50m: 40.51 40.51 100m: 1:25.11	93 Académica de Coimbra	1:25.11	434
7. Ana Lucia CASTRO 50m: 40.62 40.62 100m: 1:26.68	92 Estarreja	1:26.68	411
8. Joana Margarida MONTEIRO 50m: 42.81 42.81 100m: 1:27.12	91 Pimpões/Cimai	1:27.12	404
9. Adriana Fialho PASSARINHO <i>FTL</i> 50m: 44.41 44.41 100m: 1:31.98	93 Benedita	1:31.98	344

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 38, Femin., 100m Bruços

Prova 38
28.2.10 - 16:40

Femin., 100m Bruços

Open
Resultados

(TA) JUV Fem Juv: 1:47.50 / (TA) JUN Fem Jun: 1:32.40 / (TA) SEN Fem Sen: 1:29.70

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira ANDRADE 50m: 36.11 36.11 100m: 1:16.13 40.02	94 Nautico/Matobra	1:16.13	606
2. Maria Ines RIBEIRO 50m: 37.23 37.23 100m: 1:18.73 41.50	92 Nautico/Matobra	1:18.73	548
3. Patricia Fonseca SILVA 50m: 38.41 38.41 100m: 1:20.34 41.93	93 Feirense	1:20.34	516
4. Ana Claudia CORDEIRO 50m: 39.08 39.08 100m: 1:21.10 42.02	95 Nautico/Matobra	1:21.10	501
5. Ana Margarida DOMINGOS 50m: 39.01 39.01 100m: 1:21.65 42.64	93 Académico Viseu	1:21.65	491
6. Ines Silva PINHEIRO 50m: 39.21 39.21 100m: 1:23.11 43.90	91 Gafanha da Encarnação	1:23.11	466
7. Ana Rita COSTA 50m: 39.06 39.06 100m: 1:23.55 44.49	91 Académica de Coimbra	1:23.55	459
8. Daniela Valente FERREIRA 50m: 39.24 39.24 100m: 1:24.35 45.11	96 Estamos Juntos	1:24.35	446
9. Jessica Rodrigues TAVARES 50m: 40.45 40.45 100m: 1:24.56 44.11	96 Campinho	1:24.56	442
10. Maria Beatriz RASCAO 50m: 39.78 39.78 100m: 1:24.64 44.86	96 Nautico/Matobra	1:24.64	441
11. Maria Ana SERRANO 50m: 39.70 39.70 100m: 1:24.71 45.01	94 Miranda do Corvo	1:24.71	440
12. Rosa Maria OLIVEIRA 50m: 40.01 40.01 100m: 1:24.73 44.72	96 Estarreja	1:24.73	440
13. Ines Ataide DIAS 50m: 40.30 40.30 100m: 1:24.95 44.65	94 Sporting de Espinho	1:24.95	436
14. Catarina Oliveira DINIS 50m: 40.51 40.51 100m: 1:25.11 44.60	93 Académica de Coimbra	1:25.11	434
15. Catarina Alexandra FERREIRA 50m: 41.00 41.00 100m: 1:25.75 44.75	95 Nautico/Matobra	1:25.75	424
16. Ana Catarina COSTA 50m: 41.16 41.16 100m: 1:26.38 45.22	95 Feirense	1:26.38	415
17. Ana Lucia CASTRO 50m: 40.62 40.62 100m: 1:26.68 46.06	92 Estarreja	1:26.68	411
18. Joana Margarida MONTEIRO 50m: 42.81 42.81 100m: 1:27.12 44.31	91 Pimpões/Cimai	1:27.12	404
19. Rita Daniela ARMINDO 50m: 41.31 41.31 100m: 1:27.39 46.08	95 Industrial Vieirense	1:27.39	401
20. Mariana Coutinho SOUTO 50m: 41.95 41.95 100m: 1:27.46 45.51	95 Académica de Coimbra	1:27.46	400
21. Carlota Moura CARVALHOS 50m: 41.23 41.23 100m: 1:27.54 46.31	96 Nautico/Matobra	1:27.54	399
22. Maria Joao PAIXAO 50m: 41.56 41.56 100m: 1:28.07 46.51	96 Ginásio Figueirense	1:28.07	391

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 38, Femin., 100m Bruços, Open

Lugar	Ano	Tempo final	Pts
23. Carolina Santos MACHADO 50m: 42.04 42.04 100m: 1:28.15	95	Gafanha da Encarnação 46.11	1:28.15 390
24. Vanessa Rodrigues VALENTE 50m: 41.13 41.13 100m: 1:28.94	94	Estarreja 47.81	1:28.94 380
25. Erica Filipa COSTA 50m: 42.37 42.37 100m: 1:29.04	96	Académica de Coimbra 46.67	1:29.04 379
26. Jennifer Martins DIAS 50m: 41.44 41.44 100m: 1:29.38	96	Bombeiros das Caldas Rainha 47.94	1:29.38 374
27. Teresa Manuela AIRES 50m: 43.18 43.18 100m: 1:29.95	96	Sporting de Espinho 46.77	1:29.95 367
28. Ana Rita RIBAU 50m: 42.72 42.72 100m: 1:29.97	95	Gafanha da Encarnação 47.25	1:29.97 367
29. Diana Filipa GONCALVES 50m: 43.24 43.24 100m: 1:30.26	96	Náutico/Matobra 47.02	1:30.26 364
30. Renata Castro GONCALVES 50m: 42.06 42.06 100m: 1:31.10	96	Sporting de Aveiro 49.04	1:31.10 354
31. Patrícia Sousa PAULO 50m: 42.52 42.52 100m: 1:31.12	96	Benedita 48.60	1:31.12 353
32. Ana Raquel ALBUQUERQUE 50m: 43.35 43.35 100m: 1:31.21	95	Sporting de Aveiro 47.86	1:31.21 352
33. Adriana Fialho PASSARINHO <i>FTL</i> 50m: 44.41 44.41 100m: 1:31.98	93	Benedita 47.57	1:31.98 344
34. Claudia Filipa SILVA 50m: 43.81 43.81 100m: 1:32.20	95	Miranda do Corvo 48.39	1:32.20 341
35. Sofia Ramalho COELHO <i>FTL</i> 50m: 44.12 44.12 100m: 1:33.38	95	Alcobaça 49.26	1:33.38 328
36. Isa Morais PENAS 50m: 44.52 44.52 100m: 1:33.44	96	Benedita 48.92	1:33.44 328
37. Rita Matos PONTE 50m: 44.16 44.16 100m: 1:34.02	96	Freguesia de Paião 49.86	1:34.02 322
38. Carolina Rodrigues BARTOLOMEU 50m: 45.50 45.50 100m: 1:36.13	96	Galitos 50.63	1:36.13 301
39. Ana Catarina CARLOS 50m: 46.02 46.02 100m: 1:36.63	96	Náutico da Marinha Grande 50.61	1:36.63 296
40. Cristina Alexandra FURTADO 50m: 46.11 46.11 100m: 1:37.79	96	Estamos Juntos 51.68	1:37.79 286
41. Debora Alexandra CATALAO 50m: 46.42 46.42 100m: 1:38.43	96	Óbidos Patrimonium 52.01	1:38.43 280
42. Luisa Filipa MAIA 50m: 46.76 46.76 100m: 1:38.63	96	Desportivo Mealhada 51.87	1:38.63 279
43. Joana Sofia CAPINHA 50m: 45.73 45.73 100m: 1:38.67	96	Óbidos Patrimonium 52.94	1:38.67 278
44. Maria Luisa ROSAS 50m: 47.29 47.29 100m: 1:40.88	96	Feirense 53.59	1:40.88 260
45. Bruna Denise ROSA 50m: 47.06 47.06 100m: 1:41.40	96	Industrial Viegrense 54.34	1:41.40 256
DNS Carolina Santana GONCALVES	95	Núcleo de Pombal	

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Prova 38, Femin., 100m Bruços, Open

Lugar	Ano	Tempo final	Pts
DNS Marta Daniela MENDES	95 Salesiano de Arouca		
DNS Patricia Alexandra LEAL	94 Náutico da Marinha Grande		
DNS Leonor Almeida ESTEVES	96 Académico Viseu		

Prova 39

Masc., 200m Mariposa

Juv B

28.2.10 - 17:10

Resultados

(TA) JUV B Masc : 2:51.35

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Afonso Lopes dos SANTOS	95 Bombeiros das Caldas Raíña	2:25.17	453
50m: 32.02 32.02 100m: 1:08.77 36.75 150m: 1:46.41 37.64 200m: 2:25.17 38.76			
2. Cristovao Dinis MONTEIRO	95 Bombeiros das Caldas Raíña	2:27.96	428
50m: 33.35 33.35 100m: 1:10.88 37.53 150m: 1:49.77 38.89 200m: 2:27.96 38.19			
3. Joao Manuel SERRALHEIRO	95 Benedita	2:30.69	405
50m: 33.84 33.84 100m: 1:11.69 37.85 150m: 1:50.87 39.18 200m: 2:30.69 39.82			
4. Joao Andre NEVES	95 Académica de Coimbra	2:33.46	383
50m: 32.34 32.34 100m: 1:11.78 39.44 150m: 1:51.05 39.27 200m: 2:33.46 42.41			
5. Miguel Silva MOURO	95 Académico Viseu	2:44.13	313
50m: 34.75 34.75 100m: 1:16.27 41.52 150m: 1:59.44 43.17 200m: 2:44.13 44.69			
6. Pedro dos Santos GOMES	95 Bairro dos Anjos	2:48.05	292
50m: 35.63 35.63 100m: 1:16.81 41.18 150m: 2:02.49 45.68 200m: 2:48.05 45.56			

Prova 39

Masc., 200m Mariposa

Juv A

28.2.10 - 17:10

Resultados

(TA) JUV A Masc : 2:44.45

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Carlos PAULA	94 Galitos	2:25.77	447
50m: 33.30 33.30 100m: 1:12.31 39.01 150m: 1:49.90 37.59 200m: 2:25.77 35.87			
2. Marcelo Santos SALDANHA	94 Bombeiros das Caldas Raíña	2:28.05	427
50m: 33.33 33.33 100m: 1:11.51 38.18 150m: 1:51.04 39.53 200m: 2:28.05 37.01			
3. Joao Filipe LUCAS	94 Académica de Coimbra	2:28.61	422
50m: 32.07 32.07 100m: 1:09.31 37.24 150m: 1:48.98 39.67 200m: 2:28.61 39.63			
4. Diogo Filipe CATELAS	94 Estamos Juntos	2:30.14	409
50m: 32.13 32.13 100m: 1:09.76 37.63 150m: 1:50.01 40.25 200m: 2:30.14 40.13			
5. Antero Simao MARTINS	94 Náutico da Marinha Grande	2:32.21	393
50m: 32.69 32.69 100m: 1:09.97 37.28 150m: 1:51.11 41.14 200m: 2:32.21 41.10			

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Prova 39, Masc., 200m Mariposa

Prova 39 Masc., 200m Mariposa Jun
28.2.10 - 17:10 Resultados

(TA) JUN Masc : 2:36.40

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Diogo Parrilha da SILVA 50m: 28.82 28.82 100m: 1:01.35 32.53 150m: 1:34.61 33.26 200m: 2:09.22 34.61	93 Alcobaça	2:09.22	642
2. Miguel Monteiro DIOGO 50m: 29.19 29.19 100m: 1:02.09 32.90 150m: 1:35.99 33.90 200m: 2:09.96 33.97	93 Alcobaça	2:09.96	631
3. Andre Filipe LOPES 50m: 29.57 29.57 100m: 1:03.54 33.97 150m: 1:38.43 34.89 200m: 2:13.70 35.27	92 Académica de Coimbra	2:13.70	580
4. Mario Alexandre PEREIRA 50m: 29.34 29.34 100m: 1:04.53 35.19 150m: 1:39.55 35.02 200m: 2:14.01 34.46	92 Ginásio Figueirense	2:14.01	576
5. Joao Paulo RIBEIRO 50m: 30.67 30.67 100m: 1:05.57 34.90 150m: 1:41.30 35.73 200m: 2:16.26 34.96	92 Bairro dos Anjos	2:16.26	548
6. Miguel Machado LOPES 50m: 29.98 29.98 100m: 1:06.09 36.11 150m: 1:43.46 37.37 200m: 2:21.73 38.27	92 Benedita	2:21.73	487
7. Diogo Maia e SILVA 50m: 32.36 32.36 100m: 1:09.08 36.72 150m: 1:46.65 37.57 200m: 2:22.80 36.15	93 Pimpões/Cimai	2:22.80	476
8. Tiago Lopes RIBEIRO 50m: 33.31 33.31 100m: 1:12.31 39.00 150m: 1:52.39 40.08 200m: 2:31.72 39.33	93 Benedita	2:31.72	397
9. Bruno Rafael CORREIA 50m: 31.74 31.74 100m: 1:08.82 37.08 150m: 1:48.95 40.13 200m: 2:32.12 43.17	93 Académico Viseu	2:32.12	393
10. Alexandre Galveias VALE 50m: 33.11 33.11 100m: 1:10.90 37.79 150m: 1:51.70 40.80 200m: 2:33.16 41.46	93 Pimpões/Cimai	2:33.16	385
11. Henrique Mata CARVALHO 50m: 33.49 33.49 100m: 1:11.41 37.92 150m: 1:52.69 41.28 200m: 2:34.71 42.02	92 Bombeiros das Caldas Rainha	2:34.71	374
12. Alexander Oliveira CARDOSO FTL 50m: 33.60 33.60 100m: 1:11.60 38.00 150m: 1:54.35 42.75 200m: 2:39.67 45.32	92 Sporting de Espinho	2:39.67	340
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		

Prova 39 Masc., 200m Mariposa Sen
28.2.10 - 17:10 Resultados

(TA) SEN Masc : 2:30.07

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Rui Miguel FONSECA 50m: 29.31 29.31 100m: 1:01.49 32.18 150m: 1:35.13 33.64 200m: 2:09.54 34.41	88 Náutico/Matobra	2:09.54	637
2. Miguel Silva OLIVEIRA 50m: 28.60 28.60 100m: 1:00.60 32.00 150m: 1:35.59 34.99 200m: 2:10.86 35.27	91 Náutico/Matobra	2:10.86	618
3. Pedro Fragoso LOPES 50m: 30.16 30.16 100m: 1:03.92 33.76 150m: 1:40.86 36.94 200m: 2:16.77 35.91	90 Columbófila Cantanhedense	2:16.77	541
4. Francisco Maldonado FREITAS 50m: 31.49 31.49 100m: 1:07.26 35.77 150m: 1:43.87 36.61 200m: 2:20.78 36.91	91 Pimpões/Cimai	2:20.78	496
5. Hugo Rafael RAMALHO 50m: 31.70 31.70 100m: 1:07.67 35.97 150m: 1:45.36 37.69 200m: 2:23.00 37.64	90 Académica de Coimbra	2:23.00	474

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Prova 39, Masc., 200m Mariposa

Prova 39
28.2.10 - 17:10

Masc., 200m Mariposa

Open
Resultados

(TA) JUV A Masc Juv A: 2:44.45 / (TA) JUV B Masc Juv B: 2:51.35 / (TA) JUN Masc Jun: 2:36.40 / (TA) SEN Masc Sen: 2:30.07

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Diogo Parrilha da SILVA	93	Alcobaça					2:09.22	642
	50m: 28.82 28.82	100m: 1:01.35	32.53	150m: 1:34.61	33.26	200m: 2:09.22	34.61		
2.	Rui Miguel FONSECA	88	Náutico/Matobra					2:09.54	637
	50m: 29.31 29.31	100m: 1:01.49	32.18	150m: 1:35.13	33.64	200m: 2:09.54	34.41		
3.	Miguel Monteiro DIOGO	93	Alcobaça					2:09.96	631
	50m: 29.19 29.19	100m: 1:02.09	32.90	150m: 1:35.99	33.90	200m: 2:09.96	33.97		
4.	Miguel Silva OLIVEIRA	91	Náutico/Matobra					2:10.86	618
	50m: 28.60 28.60	100m: 1:00.60	32.00	150m: 1:35.59	34.99	200m: 2:10.86	35.27		
5.	Andre Filipe LOPES	92	Académica de Coimbra					2:13.70	580
	50m: 29.57 29.57	100m: 1:03.54	33.97	150m: 1:38.43	34.89	200m: 2:13.70	35.27		
6.	Mario Alexandre PEREIRA	92	Ginásio Figueirense					2:14.01	576
	50m: 29.34 29.34	100m: 1:04.53	35.19	150m: 1:39.55	35.02	200m: 2:14.01	34.46		
7.	Joao Paulo RIBEIRO	92	Bairro dos Anjos					2:16.26	548
	50m: 30.67 30.67	100m: 1:05.57	34.90	150m: 1:41.30	35.73	200m: 2:16.26	34.96		
8.	Pedro Fragoso LOPES	90	Columbófila Cantanhedense					2:16.77	541
	50m: 30.16 30.16	100m: 1:03.92	33.76	150m: 1:40.86	36.94	200m: 2:16.77	35.91		
9.	Francisco Maldonado FREITAS	91	Pimpões/Cimai					2:20.78	496
	50m: 31.49 31.49	100m: 1:07.26	35.77	150m: 1:43.87	36.61	200m: 2:20.78	36.91		
10.	Miguel Machado LOPES	92	Benedita					2:21.73	487
	50m: 29.98 29.98	100m: 1:06.09	36.11	150m: 1:43.46	37.37	200m: 2:21.73	38.27		
11.	Diogo Maia e SILVA	93	Pimpões/Cimai					2:22.80	476
	50m: 32.36 32.36	100m: 1:09.08	36.72	150m: 1:46.65	37.57	200m: 2:22.80	36.15		
12.	Hugo Rafael RAMALHO	90	Académica de Coimbra					2:23.00	474
	50m: 31.70 31.70	100m: 1:07.67	35.97	150m: 1:45.36	37.69	200m: 2:23.00	37.64		
13.	Afonso Lopes dos SANTOS	95	Bombeiros das Caldas Rainha					2:25.17	453
	50m: 32.02 32.02	100m: 1:08.77	36.75	150m: 1:46.41	37.64	200m: 2:25.17	38.76		
14.	Joao Carlos PAULA	94	Galitos					2:25.77	447
	50m: 33.30 33.30	100m: 1:12.31	39.01	150m: 1:49.90	37.59	200m: 2:25.77	35.87		
15.	Cristovao Dinis MONTEIRO	95	Bombeiros das Caldas Rainha					2:27.96	428
	50m: 33.35 33.35	100m: 1:10.88	37.53	150m: 1:49.77	38.89	200m: 2:27.96	38.19		
16.	Marcelo Santos SALDANHA	94	Bombeiros das Caldas Rainha					2:28.05	427
	50m: 33.33 33.33	100m: 1:11.51	38.18	150m: 1:51.04	39.53	200m: 2:28.05	37.01		
17.	Joao Filipe LUCAS	94	Académica de Coimbra					2:28.61	422
	50m: 32.07 32.07	100m: 1:09.31	37.24	150m: 1:48.98	39.67	200m: 2:28.61	39.63		
18.	Diogo Filipe CATELAS	94	Estamos Juntos					2:30.14	409
	50m: 32.13 32.13	100m: 1:09.76	37.63	150m: 1:50.01	40.25	200m: 2:30.14	40.13		
19.	Joao Manuel SERRALHEIRO	95	Benedita					2:30.69	405
	50m: 33.84 33.84	100m: 1:11.69	37.85	150m: 1:50.87	39.18	200m: 2:30.69	39.82		
20.	Tiago Lopes RIBEIRO	93	Benedita					2:31.72	397
	50m: 33.31 33.31	100m: 1:12.31	39.00	150m: 1:52.39	40.08	200m: 2:31.72	39.33		
21.	Bruno Rafael CORREIA	93	Académico Viseu					2:32.12	393
	50m: 31.74 31.74	100m: 1:08.82	37.08	150m: 1:48.95	40.13	200m: 2:32.12	43.17		
22.	Antero Simao MARTINS	94	Náutico da Marinha Grande					2:32.21	393
	50m: 32.69 32.69	100m: 1:09.97	37.28	150m: 1:51.11	41.14	200m: 2:32.21	41.10		

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Prova 39, Masc., 200m Mariposa, Open

Lugar	Ano	Tempo final	Pts
23. Alexandre Galveias VALE 50m: 33.11 33.11 100m: 1:10.90	93 Pimpões/Cimai	2:33.16 200m: 2:33.16	385 41.46
24. Joao Andre NEVES 50m: 32.34 32.34 100m: 1:11.78	95 Académica de Coimbra	2:33.46 200m: 2:33.46	383 42.41
25. Henrique Mata CARVALHO 50m: 33.49 33.49 100m: 1:11.41	92 Bombeiros das Caldas Rainha	2:34.71 200m: 2:34.71	374 42.02
26. Alexander Oliveira CARDOSO <i>FTL</i> 50m: 33.60 33.60 100m: 1:11.60	92 Sporting de Espinho	2:39.67 200m: 2:39.67	340 45.32
27. Miguel Silva Mouro 50m: 34.75 34.75 100m: 1:16.27	95 Académico Viseu	2:44.13 200m: 2:44.13	313 44.69
28. Pedro dos Santos GOMES 50m: 35.63 35.63 100m: 1:16.81	95 Bairro dos Anjos	2:48.05 200m: 2:48.05	292 45.56
DNS Diogo Goncalves CAPELA	93 Núcleo de Pombal		

Prova 40
28.2.10 - 17:15

Femin., 100m Mariposa

Juv
Resultados

(TA) JUV Fem : 1:33.13

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Maria Amelia GASPAR 50m: 33.84 33.84 100m: 1:11.97	96 Náutico/Matobra	1:11.97	472
2. Sara Cristiana VALENTE 50m: 33.92 33.92 100m: 1:12.37	96 Alcobaca	1:12.37	464
3. Ana Isabel NEVES 50m: 34.36 34.36 100m: 1:12.72	96 Pimpões/Cimai	1:12.72	458
4. Debora Filipa DUQUE 50m: 36.22 36.22 100m: 1:14.64	96 Pimpões/Cimai	1:14.64	423
5. Mafalda Domingues VALENTE 50m: 35.78 35.78 100m: 1:15.53	96 Náutico da Marinha Grande	1:15.53	408
6. Jennifer Martins DIAS 50m: 36.07 36.07 100m: 1:17.90	96 Bombeiros das Caldas Rainha	1:17.90	372
7. Carla Sofia CRUZ 50m: 34.96 34.96 100m: 1:18.58	96 Sporting de Espinho	1:18.58	363
8. Joana Filipa PAULINO 50m: 36.72 36.72 100m: 1:20.89	96 Galitos	1:20.89	332
9. Teresa Manuela AIRES 50m: 37.72 37.72 100m: 1:21.48	96 Sporting de Espinho	1:21.48	325
10. Jessica Andreia CARVALHO 50m: 37.53 37.53 100m: 1:22.74	96 Bairro dos Anjos	1:22.74	311
11. Edna Beatriz SANTOS 50m: 38.26 38.26 100m: 1:22.89	96 Náutico da Marinha Grande	1:22.89	309
12. Mariana Feliciano MARQUES 50m: 40.13 40.13 100m: 1:29.84	96 Benedita	1:29.84	242
13. Bruna Almeida GOMES 50m: 42.78 42.78 100m: 1:32.38	96 Estamos Juntos	1:32.38	223

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Prova 40, Femin., 100m Mariposa, Juv

Lugar	Ano	Tempo final	Pts
14. Joana Sofia CAPINHA <i>FTL</i>	96 Óbidos Patrimonium	1:38.70	183
50m: 42.46 42.46	100m: 1:38.70 56.24		

Prova 40
28.2.10 - 17:15

Femin., 100m Mariposa

Jun
Resultados

(TA) JUN Fem : 1:20.50

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ines Martins SILVA 50m: 32.70 32.70	94 Estamos Juntos 100m: 1:08.87 36.17	1:08.87	539
2. Adriana Correia LOPES 50m: 32.87 32.87	95 Náutico/Matobra 100m: 1:09.23 36.36	1:09.23	530
3. Mariana Sousa MARTINS 50m: 32.50 32.50	95 Feirense 100m: 1:09.30 36.80	1:09.30	529
4. Ana Pinho RODRIGUES 50m: 31.73 31.73	94 Estamos Juntos 100m: 1:10.25 38.52	1:10.25	508
5. Ines Filipa BORGES 50m: 33.34 33.34	95 Alcobaça 100m: 1:11.09 37.75	1:11.09	490
6. Diana Filipa TOMAS 50m: 34.33 34.33	94 Bairro dos Anjos 100m: 1:12.64 38.31	1:12.64	459
7. Beatriz Gomes SA 50m: 33.62 33.62	94 Feirense 100m: 1:13.09 39.47	1:13.09	451
8. Carolina Francisco GOMES 50m: 35.12 35.12	95 Naval da Nazaré 100m: 1:13.34 38.22	1:13.34	446
9. Beatriz Rocha NUNES 50m: 34.02 34.02	94 Ginásio Figueirense 100m: 1:13.47 39.45	1:13.47	444
10. Tatiana Filipa SANTOS 50m: 33.98 33.98	95 Ginásio Figueirense 100m: 1:14.13 40.15	1:14.13	432
11. Cristina Paris SANTOS 50m: 33.16 33.16	94 Pimpões/Cimai 100m: 1:14.16 41.00	1:14.16	431
12. Patricia Santos DINIS 50m: 34.47 34.47	95 Bombeiros das Caldas Raínha 100m: 1:14.94 40.47	1:14.94	418
13. Ana Francisca SILVA 50m: 34.69 34.69	95 Académico Viseu 100m: 1:16.18 41.49	1:16.18	398
14. Joana Reis VEIGA 50m: 34.35 34.35	95 Académica de Coimbra 100m: 1:16.26 41.91	1:16.26	397
15. Daniela Marques GENIO 50m: 35.40 35.40	95 Campinho 100m: 1:16.68 41.28	1:16.68	390
16. Mariana Costa SEBASTIAO 50m: 35.96 35.96	95 Ginásio Figueirense 100m: 1:18.24 42.28	1:18.24	367
17. Cristiana Andreia LIMA 50m: 37.09 37.09	95 Núcleo de Pombal 100m: 1:18.75 41.66	1:18.75	360
18. Ana Raquel ALBUQUERQUE 50m: 37.02 37.02	95 Sporting de Aveiro 100m: 1:19.71 42.69	1:19.71	347
19. Ines Ricardo AMARAL 50m: 38.11 38.11	95 Naval da Nazaré 100m: 1:19.88 41.77	1:19.88	345

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Prova 40, Femin., 100m Mariposa, Jun

Lugar	Ano	Tempo final	Pts
20. Maria Joao OLIVEIRA <i>FTL</i> 50m: 37.05 37.05 100m: 1:21.32 44.27	95 Sporting de Espinho	1:21.32	327
21. Mariana Maia e SILVA <i>FTL</i> 50m: 38.23 38.23 100m: 1:22.28 44.05	94 Pimpões/Cimai	1:22.28	316
22. Ana Margarida ALMEIDA <i>FTL</i> 50m: 38.48 38.48 100m: 1:22.77 44.29	94 Galitos	1:22.77	310
DSQ Mariana Pedroso CARVALHO <i>Movimentos alternados das pernas durante o percurso</i>	95 Náutico/Matobra		
DNS Claudia Filipa SILVA	95 Miranda do Corvo		

Prova 40 Femin., 100m Mariposa Sen
28.2.10 - 17:15 Resultados

(TA) SEN Fem : 1:18.77

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mara Lisboa e SILVA 50m: 33.16 33.16 100m: 1:09.78 36.62	93 Bairro dos Anjos	1:09.78	518
2. Maria Ines RIBEIRO 50m: 32.89 32.89 100m: 1:10.62 37.73	92 Náutico/Matobra	1:10.62	500
3. Raquel Coutinho GAIO 50m: 34.36 34.36 100m: 1:11.96 37.60	90 Náutico/Matobra	1:11.96	472
4. Ana Carolina VALENTE 50m: 33.46 33.46 100m: 1:11.97 38.51	92 Náutico da Marinha Grande	1:11.97	472
5. Carolina Maria LOUREIRO 50m: 34.35 34.35 100m: 1:13.02 38.67	92 Galitos	1:13.02	452
6. Ines Silva PINHEIRO 50m: 35.03 35.03 100m: 1:14.75 39.72	91 Gafanha da Encarnação	1:14.75	421
7. Catarina Oliveira DINIS 50m: 36.16 36.16 100m: 1:17.72 41.56	93 Académica de Coimbra	1:17.72	375
8. Telma Alexandra GRILO 50m: 36.49 36.49 100m: 1:18.38 41.89	92 Pimpões/Cimai	1:18.38	365
DNS Sara Francisco CRUZ	93 Bairro dos Anjos		

Prova 40 Femin., 100m Mariposa Open
28.2.10 - 17:15 Resultados

(TA) JUV Fem Juv: 1:33.13 / (TA) JUN Fem Jun: 1:20.50 / (TA) SEN Fem Sen: 1:18.77

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ines Martins SILVA 50m: 32.70 32.70 100m: 1:08.87 36.17	94 Estamos Juntos	1:08.87	539
2. Adriana Correia LOPES 50m: 32.87 32.87 100m: 1:09.23 36.36	95 Náutico/Matobra	1:09.23	530
3. Mariana Sousa MARTINS 50m: 32.50 32.50 100m: 1:09.30 36.80	95 Feirense	1:09.30	529
4. Mara Lisboa e SILVA 50m: 33.16 33.16 100m: 1:09.78 36.62	93 Bairro dos Anjos	1:09.78	518

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Prova 40, Femin., 100m Mariposa, Open

Lugar		Ano		Tempo final	Pts
5.	Ana Pinho RODRIGUES 50m: 31.73 31.73 100m: 1:10.25 38.52	94	Estamos Juntos	1:10.25	508
6.	Maria Ines RIBEIRO 50m: 32.89 32.89 100m: 1:10.62 37.73	92	Náutico/Matobra	1:10.62	500
7.	Ines Filipa BORGES 50m: 33.34 33.34 100m: 1:11.09 37.75	95	Alcobaça	1:11.09	490
8.	Raquel Coutinho GAIO 50m: 34.36 34.36 100m: 1:11.96 37.60	90	Náutico/Matobra	1:11.96	472
9.	Ana Carolina VALENTE 50m: 33.46 33.46 100m: 1:11.97 38.51	92	Náutico da Marinha Grande	1:11.97	472
	Maria Amelia GASPAR 50m: 33.84 33.84 100m: 1:11.97 38.13	96	Náutico/Matobra	1:11.97	472
11.	Sara Cristiana VALENTE 50m: 33.92 33.92 100m: 1:12.37 38.45	96	Alcobaça	1:12.37	464
12.	Diana Filipa TOMAS 50m: 34.33 34.33 100m: 1:12.64 38.31	94	Bairro dos Anjos	1:12.64	459
13.	Ana Isabel NEVES 50m: 34.36 34.36 100m: 1:12.72 38.36	96	Pimpões/Cimai	1:12.72	458
14.	Carolina Maria LOUREIRO 50m: 34.35 34.35 100m: 1:13.02 38.67	92	Galitos	1:13.02	452
15.	Beatriz Gomes SA 50m: 33.62 33.62 100m: 1:13.09 39.47	94	Feirense	1:13.09	451
16.	Carolina Francisco GOMES 50m: 35.12 35.12 100m: 1:13.34 38.22	95	Naval da Nazaré	1:13.34	446
17.	Beatriz Rocha NUNES 50m: 34.02 34.02 100m: 1:13.47 39.45	94	Ginásio Figueirense	1:13.47	444
18.	Tatiana Filipa SANTOS 50m: 33.98 33.98 100m: 1:14.13 40.15	95	Ginásio Figueirense	1:14.13	432
19.	Cristina Paris SANTOS 50m: 33.16 33.16 100m: 1:14.16 41.00	94	Pimpões/Cimai	1:14.16	431
20.	Debora Filipa DUQUE 50m: 36.22 36.22 100m: 1:14.64 38.42	96	Pimpões/Cimai	1:14.64	423
21.	Ines Silva PINHEIRO 50m: 35.03 35.03 100m: 1:14.75 39.72	91	Gafanha da Encarnação	1:14.75	421
22.	Patricia Santos DINIS 50m: 34.47 34.47 100m: 1:14.94 40.47	95	Bombeiros das Caldas Rainha	1:14.94	418
23.	Mafalda Domingues VALENTE 50m: 35.78 35.78 100m: 1:15.53 39.75	96	Náutico da Marinha Grande	1:15.53	408
24.	Ana Francisca SILVA 50m: 34.69 34.69 100m: 1:16.18 41.49	95	Académico Viseu	1:16.18	398
25.	Joana Reis VEIGA 50m: 34.35 34.35 100m: 1:16.26 41.91	95	Académica de Coimbra	1:16.26	397
26.	Daniela Marques GENIO 50m: 35.40 35.40 100m: 1:16.68 41.28	95	Campinho	1:16.68	390
27.	Catarina Oliveira DINIS 50m: 36.16 36.16 100m: 1:17.72 41.56	93	Académica de Coimbra	1:17.72	375
28.	Jennifer Martins DIAS 50m: 36.07 36.07 100m: 1:17.90 41.83	96	Bombeiros das Caldas Rainha	1:17.90	372

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 40, Femin., 100m Mariposa, Open

Lugar	Ano	Tempo final	Pts
29. Mariana Costa SEBASTIAO 50m: 35.96 35.96 100m: 1:18.24	95	Ginásio Figueirense 42.28	1:18.24 367
30. Telma Alexandra GRILO 50m: 36.49 36.49 100m: 1:18.38	92	Pimpões/Cimai 41.89	1:18.38 365
31. Carla Sofia CRUZ 50m: 34.96 34.96 100m: 1:18.58	96	Sporting de Espinho 43.62	1:18.58 363
32. Cristiana Andreia LIMA 50m: 37.09 37.09 100m: 1:18.75	95	Núcleo de Pombal 41.66	1:18.75 360
33. Ana Raquel ALBUQUERQUE 50m: 37.02 37.02 100m: 1:19.71	95	Sporting de Aveiro 42.69	1:19.71 347
34. Ines Ricardo AMARAL 50m: 38.11 38.11 100m: 1:19.88	95	Naval da Nazaré 41.77	1:19.88 345
35. Joana Filipa PAULINO 50m: 36.72 36.72 100m: 1:20.89	96	Galitos 44.17	1:20.89 332
36. Maria Joao OLIVEIRA <i>FTL</i> 50m: 37.05 37.05 100m: 1:21.32	95	Sporting de Espinho 44.27	1:21.32 327
37. Teresa Manuela AIRES 50m: 37.72 37.72 100m: 1:21.48	96	Sporting de Espinho 43.76	1:21.48 325
38. Mariana Maia e SILVA <i>FTL</i> 50m: 38.23 38.23 100m: 1:22.28	94	Pimpões/Cimai 44.05	1:22.28 316
39. Jessica Andreia CARVALHO 50m: 37.53 37.53 100m: 1:22.74	96	Bairro dos Anjos 45.21	1:22.74 311
40. Ana Margarida ALMEIDA <i>FTL</i> 50m: 38.48 38.48 100m: 1:22.77	94	Galitos 44.29	1:22.77 310
41. Edna Beatriz SANTOS 50m: 38.26 38.26 100m: 1:22.89	96	Náutico da Marinha Grande 44.63	1:22.89 309
42. Mariana Feliciano MARQUES 50m: 40.13 40.13 100m: 1:29.84	96	Benedita 49.71	1:29.84 242
43. Bruna Almeida GOMES 50m: 42.78 42.78 100m: 1:32.38	96	Estamos Juntos 49.60	1:32.38 223
44. Joana Sofia CAPINHA <i>FTL</i> 50m: 42.46 42.46 100m: 1:38.70	96	Óbidos Patrimonium 56.24	1:38.70 183
DSQ Mariana Pedroso CARVALHO <i>Movimentos alternados das pernas durante o percurso</i>	95	Náutico/Matobra	
DNS Claudia Filipa SILVA	95	Miranda do Corvo	
DNS Sara Francisco CRUZ	93	Bairro dos Anjos	
EXH Victoriya KAMINSKAYA 50m: 31.85 31.85 100m: 1:10.00	95	Pimpões/Cimai 38.15	1:10.00 513

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 41 Masc., 50m Costas Jun
28.2.10 - 17:25 Resultados

(TA) JUN Masc : 34.62

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Gustavo Alexandre MENESES	29.22	556
2.	92	Joao Jose VIEGAS	29.89	520
3.	93	Joao Miguel FIGUEIREDO	29.95	517
4.	93	Filipe Franco NORTE	30.12	508
5.	92	Pedro Miguel COSTA	30.19	504
6.	93	Andre Duarte VAZ	30.25	501
7.	92	Rui Costa FERREIRA	30.83	474
8.	93	Tiago Geraldtes MACHADO	31.02	465
9.	93	Emanuel Augusto PINHO	31.41	448
10.	93	Gabriel Soares MARTINS	31.59	440
11.	93	Diogo Fontes MOREIRA	31.78	432
12.	92	Joao Diogo FRANCISCO	31.93	426
13.	93	Sebastiao Amaro MACHADO	32.68	398
14.	92	Jose Pedro MARTINS	32.76	395
15.	93	Daciano Egidio SOUSA	32.79	394
16.	93	Andre Filipe da GRACA	33.93	355
17.	93	Diogo Antonio CARVALHO	34.20	347

Prova 41 Masc., 50m Costas Sen
28.2.10 - 17:25 Resultados

(TA) SEN Masc : 33.35

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	90	Pedro Miguel CONDE	29.87	521
2.	89	Bruno Miguel AMARAL	30.21	503
3.	90	Jorge Miguel MENDES	30.28	500
4.	91	Nelson Goncalves JUDAS	30.63	483
5.	91	Andre Ricardo SIMOES	30.76	477
6.	91	Tiago Filipe PEREIRA	31.38	449
7.	88	Joao David SOUSA	31.92	427
8.	89	Fabio Silva FERREIRA	31.98	424
DNS	91	Mario Jorge SILVA		

Prova 41 Masc., 50m Costas Open
28.2.10 - 17:25 Resultados

(TA) JUN Masc Jun: 34.62 / (TA) SEN Masc Sen: 33.35

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1.	92	Gustavo Alexandre MENESES	29.22	556
2.	90	Pedro Miguel CONDE	29.87	521
3.	92	Joao Jose VIEGAS	29.89	520
4.	93	Joao Miguel FIGUEIREDO	29.95	517
5.	93	Filipe Franco NORTE	30.12	508
6.	92	Pedro Miguel COSTA	30.19	504
7.	89	Bruno Miguel AMARAL	30.21	503
8.	93	Andre Duarte VAZ	30.25	501
9.	90	Jorge Miguel MENDES	30.28	500
10.	91	Nelson Goncalves JUDAS	30.63	483
11.	91	Andre Ricardo SIMOES	30.76	477
12.	92	Rui Costa FERREIRA	30.83	474

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Prova 41, Masc., 50m Costas, Open

Lugar	Ano	Tempo final	Pts
13. Tiago Galdes MACHADO	93 Pimpões/Cimai	31.02	465
14. Tiago Filipe PEREIRA	91 Bairro dos Anjos	31.38	449
15. Emanuel Augusto PINHO	93 Feirense	31.41	448
16. Gabriel Soares MARTINS	93 Campinho	31.59	440
17. Diogo Fontes MOREIRA	93 Estamos Juntos	31.78	432
18. Joao David SOUSA	88 Estarreja	31.92	427
19. Joao Diogo FRANCISCO	92 Benedita	31.93	426
20. Fabio Silva FERREIRA	89 Feirense	31.98	424
21. Sebastiao Amaro MACHADO	93 Académico Viseu	32.68	398
22. Jose Pedro MARTINS	92 Académico Viseu	32.76	395
23. Daciano Egidio SOUSA	93 Ginásio Figueirense	32.79	394
24. Andre Filipe da GRACA	93 Alcobaça	33.93	355
25. Diogo Antonio CARVALHO	93 Feirense	34.20	347
DNS Mario Jorge SILVA	91 Ginásio Figueirense		

Prova 42

Femin., 1500m Livres

Jun

28.2.10 - 17:30

Resultados

(TA) JUN Fem : 22:08.25

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha MARTINS	95 Náutico/Matobra	18:00.35	664
50m: 33.27 33.27	450m: 5:21.79 36.27	850m: 10:10.70 36.40	1250m: 15:00.32 36.35
100m: 1:08.91 35.64	500m: 5:57.91 36.12	900m: 10:46.78 36.08	1300m: 15:36.64 36.32
150m: 1:45.10 36.19	550m: 6:33.95 36.04	950m: 11:23.18 36.40	1350m: 16:12.97 36.33
200m: 2:21.09 35.99	600m: 7:09.94 35.99	1000m: 11:59.42 36.24	1400m: 16:48.87 35.90
250m: 2:57.15 36.06	650m: 7:46.25 36.31	1050m: 12:35.51 36.09	1450m: 17:25.05 36.18
300m: 3:33.02 35.87	700m: 8:21.87 35.62	1100m: 13:11.58 36.07	1500m: 18:00.35 35.30
350m: 4:09.44 36.42	750m: 8:58.20 36.33	1150m: 13:47.77 36.19	
400m: 4:45.52 36.08	800m: 9:34.30 36.10	1200m: 14:23.97 36.20	
2. Ines Sofia SAMPAIO	94 Académico Viseu	18:32.90	607
50m: 33.86 33.86	450m: 5:29.40 36.99	850m: 10:27.08 37.63	1250m: 15:29.28 38.85
100m: 1:10.07 36.21	500m: 6:06.24 36.84	900m: 11:04.33 37.25	1300m: 16:06.44 37.16
150m: 1:47.86 37.79	550m: 6:43.62 37.38	950m: 11:41.49 37.16	1350m: 16:43.72 37.28
200m: 2:24.75 36.89	600m: 7:20.46 36.84	1000m: 12:18.82 37.33	1400m: 17:21.83 38.11
250m: 3:01.90 37.15	650m: 7:57.59 37.13	1050m: 12:56.85 38.03	1450m: 17:58.84 37.01
300m: 3:38.86 36.96	700m: 8:34.49 36.90	1100m: 13:34.78 37.93	1500m: 18:32.90 34.06
350m: 4:15.77 36.91	750m: 9:12.37 37.88	1150m: 14:12.64 37.86	
400m: 4:52.41 36.64	800m: 9:49.45 37.08	1200m: 14:50.43 37.79	
3. Mariana Rocha VALENTE	95 Náutico/Matobra	19:02.62	561
50m: 33.81 33.81	450m: 5:36.24 37.94	850m: 10:42.63 38.29	1250m: 15:51.74 38.33
100m: 1:10.59 36.78	500m: 6:14.30 38.06	900m: 11:21.11 38.48	1300m: 16:30.33 38.59
150m: 1:47.88 37.29	550m: 6:52.32 38.02	950m: 11:59.91 38.80	1350m: 17:08.94 38.61
200m: 2:25.99 38.11	600m: 7:30.41 38.09	1000m: 12:38.54 38.63	1400m: 17:47.87 38.93
250m: 3:03.95 37.96	650m: 8:09.25 38.84	1050m: 13:16.87 38.33	1450m: 18:25.38 37.51
300m: 3:41.83 37.88	700m: 8:47.50 38.25	1100m: 13:56.08 39.21	1500m: 19:02.62 37.24
350m: 4:19.92 38.09	750m: 9:26.05 38.55	1150m: 14:34.59 38.51	
400m: 4:58.30 38.38	800m: 10:04.34 38.29	1200m: 15:13.41 38.82	
4. Raquel Raimundo FERREIRA	95 Náutico/Matobra	19:08.01	553
50m: 34.61 34.61	450m: 5:40.51 37.79	850m: 10:50.85 37.73	1250m: 15:59.32 37.72
100m: 1:12.89 38.28	500m: 6:19.78 39.27	900m: 11:30.83 39.98	1300m: 16:38.31 38.99
150m: 1:51.25 38.36	550m: 6:58.00 38.22	950m: 12:08.93 38.10	1350m: 17:16.00 37.69
200m: 2:30.03 38.78	600m: 7:37.98 39.98	1000m: 12:48.10 39.17	1400m: 17:54.96 38.96
250m: 3:07.69 37.66	650m: 8:15.97 37.99	1050m: 13:25.90 37.80	1450m: 18:31.73 36.77
300m: 3:46.50 38.81	700m: 8:55.37 39.40	1100m: 14:05.05 39.15	1500m: 19:08.01 36.28
350m: 4:23.85 37.35	750m: 9:33.37 38.00	1150m: 14:43.37 38.32	
400m: 5:02.72 38.87	800m: 10:13.12 39.75	1200m: 15:21.60 38.23	

Campeonato Regional de Juvenis, Juniores e Seniores
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Prova 42, Femin., 1500m Livres, Jun

Lugar			Ano			Tempo final	Pts	
5.	Ana Sofia COSTA		95	Alcoçaba		19:24.10	530	
	50m: 34.82	34.82	450m: 5:43.16	38.44	850m: 10:54.77	39.46	1250m: 16:08.66	39.50
	100m: 1:12.68	37.86	500m: 6:21.86	38.70	900m: 11:33.89	39.12	1300m: 16:48.28	39.62
	150m: 1:51.22	38.54	550m: 7:00.70	38.84	950m: 12:12.93	39.04	1350m: 17:27.73	39.45
	200m: 2:30.30	39.08	600m: 7:39.66	38.96	1000m: 12:51.78	38.85	1400m: 18:06.96	39.23
	250m: 3:08.87	38.57	650m: 8:18.72	39.06	1050m: 13:31.25	39.47	1450m: 18:45.84	38.88
	300m: 3:47.32	38.45	700m: 8:57.48	38.76	1100m: 14:10.34	39.09	1500m: 19:24.10	38.26
	350m: 4:25.98	38.66	750m: 9:36.05	38.57	1150m: 14:49.71	39.37		
	400m: 5:04.72	38.74	800m: 10:15.31	39.26	1200m: 15:29.16	39.45		
6.	Tatiana Cruz COSTA		94	Miranda do Corvo		19:39.76	509	
	50m: 36.74	36.74	450m: 5:51.09	39.86	850m: 11:06.92	39.55	1250m: 16:23.68	39.71
	100m: 1:14.81	38.07	500m: 6:30.50	39.41	900m: 11:46.55	39.63	1300m: 17:03.53	39.85
	150m: 1:54.37	39.56	550m: 7:09.84	39.34	950m: 12:26.20	39.65	1350m: 17:43.46	39.93
	200m: 2:33.72	39.35	600m: 7:49.33	39.49	1000m: 13:05.61	39.41	1400m: 18:22.89	39.43
	250m: 3:13.42	39.70	650m: 8:28.83	39.50	1050m: 13:44.92	39.31	1450m: 19:02.42	39.53
	300m: 3:52.37	38.95	700m: 9:08.21	39.38	1100m: 14:24.33	39.41	1500m: 19:39.76	37.34
	350m: 4:31.95	39.58	750m: 9:47.89	39.68	1150m: 15:04.05	39.72		
	400m: 5:11.23	39.28	800m: 10:27.37	39.48	1200m: 15:43.97	39.92		
7.	Melanie Bronze SANTOS		95	Alcoçaba		19:40.15	509	
	50m: 35.57	35.57	450m: 5:45.60	39.70	850m: 10:59.79	39.61	1250m: 16:19.23	40.15
	100m: 1:13.95	38.38	500m: 6:24.28	38.68	900m: 11:38.84	39.05	1300m: 16:58.68	39.45
	150m: 1:52.98	39.03	550m: 7:03.69	39.41	950m: 12:18.58	39.74	1350m: 17:39.82	41.14
	200m: 2:30.95	37.97	600m: 7:42.69	39.00	1000m: 12:58.45	39.87	1400m: 18:19.97	40.15
	250m: 3:09.76	38.81	650m: 8:22.21	39.52	1050m: 13:39.37	40.92	1450m: 19:01.31	41.34
	300m: 3:48.00	38.24	700m: 9:01.40	39.19	1100m: 14:18.80	39.43	1500m: 19:40.15	38.84
	350m: 4:27.20	39.20	750m: 9:41.32	39.92	1150m: 14:59.59	40.79		
	400m: 5:05.90	38.70	800m: 10:20.18	38.86	1200m: 15:39.08	39.49		

Prova 42
28.2.10 - 17:30

Femin., 1500m Livres

Sen
Resultados

(TA) SEN Fem : 21:45.25

Pontos: FINA 2010

Lugar			Ano			Tempo final	Pts	
1.	Maria Miguel VELOSO		93	Náutico/Matobra		17:38.99	705	
	50m: 33.06	33.06	450m: 5:15.02	35.48	850m: 9:58.19	35.59	1250m: 14:42.50	35.42
	100m: 1:07.75	34.69	500m: 5:50.20	35.18	900m: 10:33.68	35.49	1300m: 15:18.03	35.53
	150m: 1:43.04	35.29	550m: 6:25.43	35.23	950m: 11:09.12	35.44	1350m: 15:53.42	35.39
	200m: 2:18.45	35.41	600m: 7:00.76	35.33	1000m: 11:44.62	35.50	1400m: 16:28.94	35.52
	250m: 2:53.83	35.38	650m: 7:36.21	35.45	1050m: 12:20.31	35.69	1450m: 17:04.19	35.25
	300m: 3:29.01	35.18	700m: 8:11.79	35.58	1100m: 12:55.77	35.46	1500m: 17:38.99	34.80
	350m: 4:04.26	35.25	750m: 8:47.31	35.52	1150m: 13:31.56	35.79		
	400m: 4:39.54	35.28	800m: 9:22.60	35.29	1200m: 14:07.08	35.52		
2.	Tania Martins GARCIA		92	Ginásio Figueirense		18:59.20	566	
	50m: 35.59	35.59	450m: 5:37.37	37.41	850m: 10:37.84	37.68	1250m: 15:46.78	38.52
	100m: 1:13.54	37.95	500m: 6:14.78	37.41	900m: 11:15.69	37.85	1300m: 16:25.31	38.53
	150m: 1:51.51	37.97	550m: 6:51.98	37.20	950m: 11:53.99	38.30	1350m: 17:04.25	38.94
	200m: 2:30.00	38.49	600m: 7:30.37	38.39	1000m: 12:32.35	38.36	1400m: 17:43.56	39.31
	250m: 3:08.30	38.30	650m: 8:07.91	37.54	1050m: 13:11.24	38.89	1450m: 18:21.49	37.93
	300m: 3:45.73	37.43	700m: 8:45.42	37.51	1100m: 13:50.07	38.83	1500m: 18:59.20	37.71
	350m: 4:22.87	37.14	750m: 9:22.84	37.42	1150m: 14:28.84	38.77		
	400m: 4:59.96	37.09	800m: 10:00.16	37.32	1200m: 15:08.26	39.42		
3.	Raquel Bartolo VITOR		93	Académica de Coimbra		19:26.64	527	
	50m: 34.66	34.66	450m: 5:38.96	38.72	850m: 10:54.49	39.53	1250m: 16:10.64	39.84
	100m: 1:11.57	36.91	500m: 6:17.85	38.89	900m: 11:33.86	39.37	1300m: 16:49.85	39.21
	150m: 1:49.24	37.67	550m: 6:57.45	39.60	950m: 12:13.33	39.47	1350m: 17:29.37	39.52
	200m: 2:26.79	37.55	600m: 7:36.78	39.33	1000m: 12:52.77	39.44	1400m: 18:08.58	39.21
	250m: 3:04.97	38.18	650m: 8:16.31	39.53	1050m: 13:32.26	39.49	1450m: 18:48.05	39.47
	300m: 3:43.49	38.52	700m: 8:55.70	39.39	1100m: 14:11.66	39.40	1500m: 19:26.64	38.59
	350m: 4:22.32	38.83	750m: 9:35.47	39.77	1150m: 14:51.33	39.67		
	400m: 5:00.24	37.92	800m: 10:14.96	39.49	1200m: 15:30.80	39.47		

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 42, Femin., 1500m Livres, Sen

Lugar			Ano					Tempo final	Pts		
4.	Ana Filipa LEITE		86	Académica de Coimbra				19:33.45	518		
	50m:	36.45 36.45	450m:	5:51.15	39.68	850m:	11:05.77	39.53	1250m:	16:18.85	39.22
	100m:	1:15.21 38.76	500m:	6:30.09	38.94	900m:	11:44.68	38.91	1300m:	16:57.72	38.87
	150m:	1:54.50 39.29	550m:	7:09.72	39.63	950m:	12:24.11	39.43	1350m:	17:37.29	39.57
	200m:	2:33.75 39.25	600m:	7:48.69	38.97	1000m:	13:02.95	38.84	1400m:	18:16.50	39.21
	250m:	3:13.19 39.44	650m:	8:28.32	39.63	1050m:	13:42.38	39.43	1450m:	18:55.44	38.94
	300m:	3:52.44 39.25	700m:	9:07.38	39.06	1100m:	14:21.34	38.96	1500m:	19:33.45	38.01
	350m:	4:32.21 39.77	750m:	9:46.83	39.45	1150m:	15:00.89	39.55			
	400m:	5:11.47 39.26	800m:	10:26.24	39.41	1200m:	15:39.63	38.74			
5.	Adriana Fialho PASSARINHO		93	Benedita				19:48.05	499		
	50m:	36.52 36.52	450m:	5:51.80	39.67	850m:	11:07.83	39.58	1250m:	16:29.07	39.97
	100m:	1:15.39 38.87	500m:	6:30.98	39.18	900m:	11:47.28	39.45	1300m:	17:09.13	40.06
	150m:	1:55.13 39.74	550m:	7:10.39	39.41	950m:	12:27.54	40.26	1350m:	17:49.36	40.23
	200m:	2:34.35 39.22	600m:	7:49.73	39.34	1000m:	13:07.52	39.98	1400m:	18:29.48	40.12
	250m:	3:14.11 39.76	650m:	8:29.32	39.59	1050m:	13:47.99	40.47	1450m:	19:09.72	40.24
	300m:	3:53.41 39.30	700m:	9:08.89	39.57	1100m:	14:28.30	40.31	1500m:	19:48.05	38.33
	350m:	4:32.82 39.41	750m:	9:48.70	39.81	1150m:	15:08.86	40.56			
	400m:	5:12.13 39.31	800m:	10:28.25	39.55	1200m:	15:49.10	40.24			
DNS	Ana Rita OLIVEIRA		92	Pimpões/Cimai							

Prova 42
28.2.10 - 17:30

Femin., 1500m Livres

Open
Resultados

(TA) JUN Fem Jun: 22:08.25 / (TA) SEN Fem Sen: 21:45.25

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts		
1.	Maria Miguel VELOSO		93	Náutico/Matobra				17:38.99	705		
	50m:	33.06 33.06	450m:	5:15.02	35.48	850m:	9:58.19	35.59	1250m:	14:42.50	35.42
	100m:	1:07.75 34.69	500m:	5:50.20	35.18	900m:	10:33.68	35.49	1300m:	15:18.03	35.53
	150m:	1:43.04 35.29	550m:	6:25.43	35.23	950m:	11:09.12	35.44	1350m:	15:53.42	35.39
	200m:	2:18.45 35.41	600m:	7:00.76	35.33	1000m:	11:44.62	35.50	1400m:	16:28.94	35.52
	250m:	2:53.83 35.38	650m:	7:36.21	35.45	1050m:	12:20.31	35.69	1450m:	17:04.19	35.25
	300m:	3:29.01 35.18	700m:	8:11.79	35.58	1100m:	12:55.77	35.46	1500m:	17:38.99	34.80
	350m:	4:04.26 35.25	750m:	8:47.31	35.52	1150m:	13:31.56	35.79			
	400m:	4:39.54 35.28	800m:	9:22.60	35.29	1200m:	14:07.08	35.52			
2.	Carolina Cunha MARTINS		95	Náutico/Matobra				18:00.35	664		
	50m:	33.27 33.27	450m:	5:21.79	36.27	850m:	10:10.70	36.40	1250m:	15:00.32	36.35
	100m:	1:08.91 35.64	500m:	5:57.91	36.12	900m:	10:46.78	36.08	1300m:	15:36.64	36.32
	150m:	1:45.10 36.19	550m:	6:33.95	36.04	950m:	11:23.18	36.40	1350m:	16:12.97	36.33
	200m:	2:21.09 35.99	600m:	7:09.94	35.99	1000m:	11:59.42	36.24	1400m:	16:48.87	35.90
	250m:	2:57.15 36.06	650m:	7:46.25	36.31	1050m:	12:35.51	36.09	1450m:	17:25.05	36.18
	300m:	3:33.02 35.87	700m:	8:21.87	35.62	1100m:	13:11.58	36.07	1500m:	18:00.35	35.30
	350m:	4:09.44 36.42	750m:	8:58.20	36.33	1150m:	13:47.77	36.19			
	400m:	4:45.52 36.08	800m:	9:34.30	36.10	1200m:	14:23.97	36.20			
3.	Ines Sofia SAMPAIO		94	Académico Viseu				18:32.90	607		
	50m:	33.86 33.86	450m:	5:29.40	36.99	850m:	10:27.08	37.63	1250m:	15:29.28	38.85
	100m:	1:10.07 36.21	500m:	6:06.24	36.84	900m:	11:04.33	37.25	1300m:	16:06.44	37.16
	150m:	1:47.86 37.79	550m:	6:43.62	37.38	950m:	11:41.49	37.16	1350m:	16:43.72	37.28
	200m:	2:24.75 36.89	600m:	7:20.46	36.84	1000m:	12:18.82	37.33	1400m:	17:21.83	38.11
	250m:	3:01.90 37.15	650m:	7:57.59	37.13	1050m:	12:56.85	38.03	1450m:	17:58.84	37.01
	300m:	3:38.86 36.96	700m:	8:34.49	36.90	1100m:	13:34.78	37.93	1500m:	18:32.90	34.06
	350m:	4:15.77 36.91	750m:	9:12.37	37.88	1150m:	14:12.64	37.86			
	400m:	4:52.41 36.64	800m:	9:49.45	37.08	1200m:	14:50.43	37.79			
4.	Tania Martins GARCIA		92	Ginásio Figueirense				18:59.20	566		
	50m:	35.59 35.59	450m:	5:37.37	37.41	850m:	10:37.84	37.68	1250m:	15:46.78	38.52
	100m:	1:13.54 37.95	500m:	6:14.78	37.41	900m:	11:15.69	37.85	1300m:	16:25.31	38.53
	150m:	1:51.51 37.97	550m:	6:51.98	37.20	950m:	11:53.99	38.30	1350m:	17:04.25	38.94
	200m:	2:30.00 38.49	600m:	7:30.37	38.39	1000m:	12:32.35	38.36	1400m:	17:43.56	39.31
	250m:	3:08.30 38.30	650m:	8:07.91	37.54	1050m:	13:11.24	38.89	1450m:	18:21.49	37.93
	300m:	3:45.73 37.43	700m:	8:45.42	37.51	1100m:	13:50.07	38.83	1500m:	18:59.20	37.71
	350m:	4:22.87 37.14	750m:	9:22.84	37.42	1150m:	14:28.84	38.77			
	400m:	4:59.96 37.09	800m:	10:00.16	37.32	1200m:	15:08.26	39.42			

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 42, Femin., 1500m Livres, Open

Lugar				Ano				Tempo final	Pts
5.	Mariana Rocha VALENTE			95	Náutico/Matobra			19:02.62	561
	50m:	33.81	33.81	450m:	5:36.24	37.94	850m:	10:42.63	38.29
	100m:	1:10.59	36.78	500m:	6:14.30	38.06	900m:	11:21.11	38.48
	150m:	1:47.88	37.29	550m:	6:52.32	38.02	950m:	11:59.91	38.80
	200m:	2:25.99	38.11	600m:	7:30.41	38.09	1000m:	12:38.54	38.63
	250m:	3:03.95	37.96	650m:	8:09.25	38.84	1050m:	13:16.87	38.33
	300m:	3:41.83	37.88	700m:	8:47.50	38.25	1100m:	13:56.08	39.21
	350m:	4:19.92	38.09	750m:	9:26.05	38.55	1150m:	14:34.59	38.51
	400m:	4:58.30	38.38	800m:	10:04.34	38.29	1200m:	15:13.41	38.82
6.	Raquel Raimundo FERREIRA			95	Náutico/Matobra			19:08.01	553
	50m:	34.61	34.61	450m:	5:40.51	37.79	850m:	10:50.85	37.73
	100m:	1:12.89	38.28	500m:	6:19.78	39.27	900m:	11:30.83	39.98
	150m:	1:51.25	38.36	550m:	6:58.00	38.22	950m:	12:08.93	38.10
	200m:	2:30.03	38.78	600m:	7:37.98	39.98	1000m:	12:48.10	39.17
	250m:	3:07.69	37.66	650m:	8:15.97	37.99	1050m:	13:25.90	37.80
	300m:	3:46.50	38.81	700m:	8:55.37	39.40	1100m:	14:05.05	39.15
	350m:	4:23.85	37.35	750m:	9:33.37	38.00	1150m:	14:43.37	38.32
	400m:	5:02.72	38.87	800m:	10:13.12	39.75	1200m:	15:21.60	38.23
7.	Ana Sofia COSTA			95	Alcoçaba			19:24.10	530
	50m:	34.82	34.82	450m:	5:43.16	38.44	850m:	10:54.77	39.46
	100m:	1:12.68	37.86	500m:	6:21.86	38.70	900m:	11:33.89	39.12
	150m:	1:51.22	38.54	550m:	7:00.70	38.84	950m:	12:12.93	39.04
	200m:	2:30.30	39.08	600m:	7:39.66	38.96	1000m:	12:51.78	38.85
	250m:	3:08.87	38.57	650m:	8:18.72	39.06	1050m:	13:31.25	39.47
	300m:	3:47.32	38.45	700m:	8:57.48	38.76	1100m:	14:10.34	39.09
	350m:	4:25.98	38.66	750m:	9:36.05	38.57	1150m:	14:49.71	39.37
	400m:	5:04.72	38.74	800m:	10:15.31	39.26	1200m:	15:29.16	39.45
8.	Raquel Bartolo VITOR			93	Académica de Coimbra			19:26.64	527
	50m:	34.66	34.66	450m:	5:38.96	38.72	850m:	10:54.49	39.53
	100m:	1:11.57	36.91	500m:	6:17.85	38.89	900m:	11:33.86	39.37
	150m:	1:49.24	37.67	550m:	6:57.45	39.60	950m:	12:13.33	39.47
	200m:	2:26.79	37.55	600m:	7:36.78	39.33	1000m:	12:52.77	39.44
	250m:	3:04.97	38.18	650m:	8:16.31	39.53	1050m:	13:32.26	39.49
	300m:	3:43.49	38.52	700m:	8:55.70	39.39	1100m:	14:11.66	39.40
	350m:	4:22.32	38.83	750m:	9:35.47	39.77	1150m:	14:51.33	39.67
	400m:	5:00.24	37.92	800m:	10:14.96	39.49	1200m:	15:30.80	39.47
9.	Ana Filipa LEITE			86	Académica de Coimbra			19:33.45	518
	50m:	36.45	36.45	450m:	5:51.15	39.68	850m:	11:05.77	39.53
	100m:	1:15.21	38.76	500m:	6:30.09	38.94	900m:	11:44.68	38.91
	150m:	1:54.50	39.29	550m:	7:09.72	39.63	950m:	12:24.11	39.43
	200m:	2:33.75	39.25	600m:	7:48.69	38.97	1000m:	13:02.95	38.84
	250m:	3:13.19	39.44	650m:	8:28.32	39.63	1050m:	13:42.38	39.43
	300m:	3:52.44	39.25	700m:	9:07.38	39.06	1100m:	14:21.34	38.96
	350m:	4:32.21	39.77	750m:	9:46.83	39.45	1150m:	15:00.89	39.55
	400m:	5:11.47	39.26	800m:	10:26.24	39.41	1200m:	15:39.63	38.74
10.	Tatiana Cruz COSTA			94	Miranda do Corvo			19:39.76	509
	50m:	36.74	36.74	450m:	5:51.09	39.86	850m:	11:06.92	39.55
	100m:	1:14.81	38.07	500m:	6:30.50	39.41	900m:	11:46.55	39.63
	150m:	1:54.37	39.56	550m:	7:09.84	39.34	950m:	12:26.20	39.65
	200m:	2:33.72	39.35	600m:	7:49.33	39.49	1000m:	13:05.61	39.41
	250m:	3:13.42	39.70	650m:	8:28.83	39.50	1050m:	13:44.92	39.31
	300m:	3:52.37	38.95	700m:	9:08.21	39.38	1100m:	14:24.33	39.41
	350m:	4:31.95	39.58	750m:	9:47.89	39.68	1150m:	15:04.05	39.72
	400m:	5:11.23	39.28	800m:	10:27.37	39.48	1200m:	15:43.97	39.92
11.	Melanie Bronze SANTOS			95	Alcoçaba			19:40.15	509
	50m:	35.57	35.57	450m:	5:45.60	39.70	850m:	10:59.79	39.61
	100m:	1:13.95	38.38	500m:	6:24.28	38.68	900m:	11:38.84	39.05
	150m:	1:52.98	39.03	550m:	7:03.69	39.41	950m:	12:18.58	39.74
	200m:	2:30.95	37.97	600m:	7:42.69	39.00	1000m:	12:58.45	39.87
	250m:	3:09.76	38.81	650m:	8:22.21	39.52	1050m:	13:39.37	40.92
	300m:	3:48.00	38.24	700m:	9:01.40	39.19	1100m:	14:18.80	39.43
	350m:	4:27.20	39.20	750m:	9:41.32	39.92	1150m:	14:59.59	40.79
	400m:	5:05.90	38.70	800m:	10:20.18	38.86	1200m:	15:39.08	39.49

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 42, Femin., 1500m Livres, Open

Lugar	Ano	Tempo final	Pts
12. Adriana Fialho PASSARINHO	93 Benedita	19:48.05	499
50m: 36.52 36.52	450m: 5:51.80 39.67	850m: 11:07.83 39.58	1250m: 16:29.07 39.97
100m: 1:15.39 38.87	500m: 6:30.98 39.18	900m: 11:47.28 39.45	1300m: 17:09.13 40.06
150m: 1:55.13 39.74	550m: 7:10.39 39.41	950m: 12:27.54 40.26	1350m: 17:49.36 40.23
200m: 2:34.35 39.22	600m: 7:49.73 39.34	1000m: 13:07.52 39.98	1400m: 18:29.48 40.12
250m: 3:14.11 39.76	650m: 8:29.32 39.59	1050m: 13:47.99 40.47	1450m: 19:09.72 40.24
300m: 3:53.41 39.30	700m: 9:08.89 39.57	1100m: 14:28.30 40.31	1500m: 19:48.05 38.33
350m: 4:32.82 39.41	750m: 9:48.70 39.81	1150m: 15:08.86 40.56	
400m: 5:12.13 39.31	800m: 10:28.25 39.55	1200m: 15:49.10 40.24	
DNS Ana Rita OLIVEIRA	92 Pimpões/Cimai		

Prova 43

Masc., 4 x 100m Estilos

Juv B

28.2.10 - 18:25

Resultados

(TA) JUV B Masc : 5:31.20

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Académica de Coimbra Juv B	4:29.81	453
Gustavo Lopes RIBEIRO +0,70 33.76	1:09.35	Luis de OLIVEIRA +0,69 31.61 1:08.53
Joao Andre NEVES +0,42 33.57	1:11.60	Jose Antonio FORTE +0,39 28.69 1:00.33
2. Bombeiros C. Rainha Juv B	4:42.99	392
Rafael Santos SALDANHA +0,67 35.89	1:13.63	Cristovao Dinis MONTEIRO +0,57 31.55 1:07.84
Afonso Lopes dos SANTOS +0,41 34.70	1:15.39	Rafael Ruivo MARTINHO +0,40 31.09 1:06.13
3. Bairro dos Anjos Juv B	4:45.90	381
Bruno Filipe TABORDA +0,76 35.54	1:12.29	Pedro dos Santos GOMES +0,29 33.67 1:11.94
Diogo Ferreira NETO +0,37 39.43	1:23.34	Walter Marcos NETO +0,34 28.41 58.33
4. Académico Viseu Juv B	4:48.73	369
Joao Miguel TEIXEIRA +0,68 34.40	1:11.13	Miguel Silva Mouro +0,16 31.50 1:09.02
Diogo Magalhaes MOURA +0,23 37.14	1:21.26	Pedro Antonio FERNANDES +0,43 31.65 1:07.32
5. Náutico/Matobra Juv B	4:50.34	363
Guilherme Pedro COELHO +0,72 33.57	1:08.00	Francisco Pais BAPTISTA +0,20 33.46 1:13.43
Diogo Andre JORGE +0,54 37.97	1:23.15	Manuel Luis SOUSA +0,07 31.56 1:05.76
6. Feirense Juv B	5:04.97	313
Fabio Ruben COSTA +0,81 39.96	1:22.77	Ruben Manuel ALMEIDA +0,99 36.32 1:19.10
Goncalo Pereira SA +0,57 34.73	1:13.64	Marco Alexandre ARAUJO +0,34 32.79 1:09.46
7. Salesiano de Arouca Juv B	5:06.36	309
Samuel Teixeira BRITO +0,79 37.24	1:15.71	Manuel Valério FIGUEIREDO +0,42 35.84 1:22.07
Luis Filipe JUSTO +0,52 39.97	1:25.27	Goncalo Daniel DUARTE 30.10 1:03.31

Prova 43

Masc., 4 x 100m Estilos

Juv A

28.2.10 - 18:25

Resultados

(TA) JUV A Masc : 5:18.55

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Académica de Coimbra Juv A	4:26.72	469
Francisco Leonardes ALVES +0,64 34.87	1:12.58	Pedro Barros MENDES +0,38 29.32 1:04.24
Ruben Paiva CARVALHO 34.84	1:14.75	Gustavo Almeida MADUREIRA 26.20 55.15
2. Galitos Juv A	4:31.76	443
Filipe Rainho BALSEIRO +0,68 34.06	1:09.13	Joao Carlos PAULA +0,14 29.53 1:03.39
Andre Filipe MONTEIRO +0,03 37.16	1:20.92	Pedro Diogo TAVEIRA +0,02 27.55 58.32
3. Campinho Juv A	5:01.53	324
Guilherme Marques TEIXEIRA +0,76 37.65	1:15.84	Joao Manuel SANTOS +0,41 33.89 1:13.61
Nuno Alexandre CORREIA +0,49 39.55	1:24.60	Daniel Marques DUARTE +0,70 31.51 1:07.48

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 43, Masc., 4 x 100m Estilos

Prova 43 Masc., 4 x 100m Estilos Jun
28.2.10 - 18:25 Resultados

(TA) JUN Masc : 5:02.45

Pontos: FINA 2010

Lugar					Tempo final	Pts
1.	Pimpões/Cimai Jun			Pimpões/Cimai	4:19.89	507
	Diogo Maia e SILVA	+0,62	32.30	1:04.93 Alexandre Galveias VALE	+0,32	29.92 1:04.68
	Joao Guilherme VIEIRA	+0,38	34.61	1:13.78 Tiago Geraldés MACHADO	+0,32	26.80 56.50
2.	Bairro dos Anjos Jun			Bairro dos Anjos	4:20.44	504
	Francisco Vala PIRES	+0,70	32.58	1:07.91 Joao Paulo RIBEIRO	+0,36	27.43 59.09
	Andre Oliveira MARQUES	+0,39	34.67	1:16.62 Manuel Andril CORDEIRO	+0,27	27.04 56.82
3.	Académica de Coimbra Jun			Académica de Coimbra	4:23.25	488
	Tiago Rafael LOPES	+0,70	32.43	1:06.97 Andre Filipe LOPES	+0,52	28.17 1:00.87
	Marcelo Abreu RODRIGUES	+0,08	35.28	1:16.35 Andre Rocha VALENTE	+0,24	28.02 59.06
4.	Ginásio Figueirense Jun			Ginásio Figueirense	4:26.04	472
	Andre Duarte VAZ	+0,77	32.42	1:05.90 Mario Alexandre PEREIRA	+0,45	27.60 1:00.10
	Daciano Egidio SOUSA	+0,52	36.20	1:19.47 Nuno Correia TINOCO	+0,51	28.95 1:00.57
5.	Benedita Jun			Benedita	4:36.23	422
	Miguel Machado LOPES	+0,72	32.35	1:06.93 Tiago Lopes RIBEIRO	+0,24	31.08 1:08.65
	Henrique Jose MARQUES	+0,41	37.54	1:20.49 Joao Diogo FRANCISCO	+0,29	28.86 1:00.16
6.	Sporting de Espinho Jun			Sporting de Espinho	4:39.40	408
	Pedro Miguel COSTA	+0,75	32.31	1:06.57 Alexander Oliveira CARDOSO	+0,32	32.58 1:09.85
	Tiago Andre MARQUES	+0,47	38.13	1:21.04 Luis Daniel MOREIRA	+0,63	30.21 1:01.94
7.	Académico Viseu Jun			Académico Viseu	4:46.70	377
	Sebastiao Amaro MACHADO	+0,56	35.20	1:12.06 Jose Pedro MARTINS	+0,09	30.83 1:08.34
	Bruno Rafael CORREIA	+0,43	38.42	1:24.17 Guilherme Gonçalves NEVES	+0,59	29.87 1:02.13

Prova 43 Masc., 4 x 100m Estilos Sen
28.2.10 - 18:25 Resultados

(TA) SEN Masc : 4:50.95

Pontos: FINA 2010

Lugar					Tempo final	Pts
1.	Náutico/Matobra Sen			Náutico/Matobra	4:03.05	620
	<i>RR Sen e Abs</i>					
	Pedro Miguel CONDE	+0,66	31.57	1:03.03 Rui Miguel FONSECA	+0,23	27.04 58.45
	Joao Albano VIOLA	+0,34	30.75	1:08.13 Miguel Silva OLIVEIRA	+0,11	25.57 53.44
2.	Bairro dos Anjos Sen			Bairro dos Anjos	4:20.56	503
	Tiago Filipe PEREIRA	+0,64	32.73	1:07.31 Ivo Monico de ALMEIDA	+0,38	28.94 1:02.40
	Helder Alexandre GODINHO	+0,18	33.51	1:12.87 Joao Macedo FIGUEIREDO	+0,56	27.21 57.98
3.	Académica de Coimbra Sen			Académica de Coimbra	4:33.46	435
	Pedro Octavio FERNANDES	+0,73	34.26	1:11.20 Hugo Rafael RAMALHO	+0,25	29.97 1:05.78
	Goncalo Nuno COSTA	0.00	35.09	1:15.08 Pedro Filipe SANTOS	+0,30	29.49 1:01.40
4.	Feirense Sen			Feirense	4:42.74	394
	Hugo Emanuel LEITE	+0,78	35.91	1:13.75 Fabio Silva FERREIRA	+0,26	29.97 1:05.61
	Diogo Goncalves BARBOSA	+0,60	36.84	1:22.14 Artur Guilherme COSTA	+0,47	28.88 1:01.24

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 44 Femin., 4 x 100m Livres Juv
28.2.10 - 18:45 Resultados

(TA) JUV Fem : 5:20.28

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Náutico/Matobra Juv			Náutico/Matobra		4:24.75	511	
Ana Carolina LEAL	+0,89	31.35	1:05.33	Maria Beatriz RASCAO	+0,34	32.33	1:07.22
Maria Amelia GASPAR	+0,56	32.97	1:06.73	Ana Luisa CARVALHO	+0,66	31.75	1:05.47
2. Benedita Juv			Benedita		4:32.21	470	
Ana Margarida LOURENCO	+0,93	32.52	1:08.43	Patricia Sousa PAULO		34.22	1:11.20
Elisa Morgado PEDRAS	+0,54	31.43	1:06.33	Isa Morais PENAS	+0,67	31.60	1:06.25
3. Galitos Juv			Galitos		4:49.70	390	
Ana Margarida RODRIGUES	+0,73	31.49	1:04.86	Joana Filipa PAULINO	+0,49	36.01	1:17.21
Carolina Rodrigues BARTOLOMEU		34.50	1:12.66	Ines Dias OLIVEIRA		35.50	1:14.97
4. Náutico Marinha Grande Juv			Náutico da Marinha Grande		4:50.27	388	
Ana Monica ELOI	+0,93	31.99	1:07.48	Mafalda Domingues VALENTE	+0,67	35.62	1:14.25
Ana Catarina CARLOS	+0,74	34.59	1:14.39	Edna Beatriz SANTOS	+0,89	35.80	1:14.15

Prova 44 Femin., 4 x 100m Livres Jun
28.2.10 - 18:45 Resultados

(TA) JUN Fem : 4:59.57

Pontos: FINA 2010

Lugar					Tempo final	Pts	
1. Náutico/Matobra Jun			Náutico/Matobra		4:16.03	565	
Adriana Correia LOPES	+0,90	30.67	1:02.57	Gabriela Oliveira ANDRADE	+0,40	29.79	1:02.42
Ana Claudia CORDEIRO	+0,39	31.21	1:05.44	Carolina Cunha MARTINS	+0,70	32.22	1:05.60
2. Académica de Coimbra Jun			Académica de Coimbra		4:33.41	464	
Joana Ines OLIVEIRA	+0,96	32.07	1:06.84	Joana Reis VEIGA	+0,68	34.31	1:10.80
Bruna Miguel PEREIRA	+0,84	31.84	1:06.65	Sofia Roque DIAS	+0,55	32.71	1:09.12
3. Feirense Jun			Feirense		4:34.03	461	
Mariana Sousa MARTINS	+0,92	32.49	1:07.58	Patricia Silva MARQUES	+0,64	32.93	1:10.49
Ana Catarina COSTA	+0,50	31.58	1:06.44	Beatriz Gomes SA	+0,65	33.49	1:09.52
4. Ginásio Figueirense Jun			Ginásio Figueirense		4:38.10	441	
Beatriz Rocha NUNES	+0,90	31.78	1:07.03	Joana Carolina ALVES	+0,68	36.53	1:16.09
Mariana Costa SEBASTIAO	+0,56	32.84	1:08.99	Tatiana Filipa SANTOS	+0,77	31.43	1:05.99
5. Galitos Jun			Galitos		4:43.33	417	
Ana Margarida ALMEIDA	+0,85	33.41	1:12.25	Sara Filipa ANJOS	+0,77	34.48	1:11.68
Marcia Raquel SARAIVA	+0,73	33.19	1:09.72	Ana Rita SILVEIRA	+0,80	33.03	1:09.68
DNS Núcleo de Pombal Jun			Núcleo de Pombal				
Cristiana Andreia LIMA		95		Cristiana Ferreira SANTOS		95	
Carolina Santana GONCALVES		95		Joana Franca GONCALVES		95	

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Prova 44, Femin., 4 x 100m Livres

Prova 44
28.2.10 - 18:45

Femin., 4 x 100m Livres

Sen
Resultados

(TA) SEN Fem : 4:52.10

Pontos: FINA 2010

Lugar					Tempo final	Pts
1.	Bairro dos Anjos Sen			Bairro dos Anjos	4:09.88	608
	Mariana Mota DIAS	+0,82	29.34	1:00.86	Mara Lisboa e SILVA	+0,30 30.78 1:03.28
	Andreia Filipa ANJOS	+0,27	30.14	1:03.28	Adriana Filipa LISBOA	+0,47 29.71 1:02.46
2.	Náutico/Matobra Sen			Náutico/Matobra	4:14.46	576
	Maria Ines RIBEIRO	+0,81	30.13	1:03.33	Ines Barbosa MOREIRA	+0,11 30.13 1:03.54
	Raquel Coutinho GAIO	+0,30	30.46	1:03.80	Maria Miguel VELOSO	+0,57 31.18 1:03.79
3.	Académica de Coimbra Sen			Académica de Coimbra	4:32.62	468
	Nadia Filipa MARQUES	+0,93	33.14	1:09.43	Ana Filipa LEITE	+0,40 33.15 1:09.55
	Joana Ferreira COROADO	+0,28	32.14	1:07.13	Rita Nair FERREIRA	+0,40 31.43 1:06.51
EXH	Pimpões/Cimai Jun			Pimpões/Cimai	4:29.12	486
	Cristina Paris SANTOS	+1,00	31.59	1:07.20	Victoriya KAMINSKAYA	+0,71 29.98 1:03.47
	Joana Margarida GUIMARAES	+0,47	31.23	1:06.24	Mariana Maia e SILVA	+0,41 33.97 1:12.21