

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

1 - 1ª Jornada

22.5.10 - 15:30

Prova 1  
22.5.10 - 15:30

Femin., 200m Estilos

11 anos  
Resultados

Pontos: FINA 2009

| Lugar                        | Ano                   |                           | Tempo final    | Pts |
|------------------------------|-----------------------|---------------------------|----------------|-----|
| 1. Maria Dias NEVES          | 99                    | Miranda do Corvo          | <b>2:56.99</b> | 373 |
| 50m: 39.46 39.46             | 200m: 2:56.99 2:17.53 |                           |                |     |
| 2. Maria Eduarda VEIGA       | 99                    | Nautico/Matobra           | <b>3:03.93</b> | 332 |
| 50m: 42.50 42.50             | 200m: 3:03.93 2:21.43 |                           |                |     |
| 3. Ana Mafalda DUARTE        | 99                    | Columbofila Cantanhedense | <b>3:07.07</b> | 316 |
| 50m: 41.64 41.64             | 200m: 3:07.07 2:25.43 |                           |                |     |
| 4. Joana Beatriz BERNARDO    | 99                    | Fundacao Beatriz Santos   | <b>3:07.32</b> | 314 |
| 5. Iara Santos LOUREIRO      | 99                    | Lousanense                | <b>3:10.87</b> | 297 |
| 50m: 42.66 42.66             | 200m: 3:10.87 2:28.21 |                           |                |     |
| 6. Ana Madalena SANTOS       | 99                    | Nautico/Matobra           | <b>3:13.30</b> | 286 |
| 50m: 41.82 41.82             | 200m: 3:13.30 2:31.48 |                           |                |     |
| 7. Ana Raquel CONCEICAO      | 99                    | Nautico/Matobra           | <b>3:13.37</b> | 286 |
| 50m: 44.75 44.75             | 200m: 3:13.37 2:28.62 |                           |                |     |
| 8. Madalena Nunes PALMEIRA   | 99                    | Nautico/Matobra           | <b>3:13.98</b> | 283 |
| 50m: 45.09 45.09             | 200m: 3:13.98 2:28.89 |                           |                |     |
| 9. Cristiana Daniela SILVA   | 99                    | Miranda do Corvo          | <b>3:17.58</b> | 268 |
| 50m: 43.39 43.39             | 200m: 3:17.58 2:34.19 |                           |                |     |
| 10. Ana Vanessa DUARTE       | 99                    | Columbofila Cantanhedense | <b>3:18.92</b> | 263 |
| 50m: 42.77 42.77             | 200m: 3:18.92 2:36.15 |                           |                |     |
| 11. Carolina Cruz COSTA      | 99                    | Miranda do Corvo          | <b>3:23.56</b> | 245 |
| 50m: 45.35 45.35             | 200m: 3:23.56 2:38.21 |                           |                |     |
| 12. Diana Mouro FERNANDES    | 99                    | Freguesia de Paiao        | <b>3:24.29</b> | 242 |
| 50m: 51.28 51.28             | 200m: 3:24.29 2:33.01 |                           |                |     |
| 13. Ines Carvalho MARQUES    | 99                    | Académica de Coimbra      | <b>3:24.51</b> | 242 |
| 14. Sandra Patricia OLIVEIRA | 99                    | Ginasio Figueirense       | <b>3:24.61</b> | 241 |
| 50m: 47.77 47.77             | 200m: 3:24.61 2:36.84 |                           |                |     |
| 15. Joana Raquel SIMOES      | 99                    | Vigor da Mocidade         | <b>3:25.72</b> | 237 |
| 50m: 45.15 45.15             | 200m: 3:25.72 2:40.57 |                           |                |     |
| 16. Ana Beatriz FONSECA      | 99                    | Condeixa Clube            | <b>3:26.43</b> | 235 |
| 50m: 52.00 52.00             | 200m: 3:26.43 2:34.43 |                           |                |     |
| 17. Ines Rocha NUNES         | 99                    | Ginasio Figueirense       | <b>3:26.74</b> | 234 |
| 50m: 45.66 45.66             | 200m: 3:26.74 2:41.08 |                           |                |     |
| 18. Joana Ferreira CARVALHO  | 99                    | Miranda do Corvo          | <b>3:28.57</b> | 228 |
| 50m: 49.67 49.67             | 200m: 3:28.57 2:38.90 |                           |                |     |
| 19. Beatriz Castanheira DIAS | 99                    | Académica de Coimbra      | <b>3:29.82</b> | 224 |
| 50m: 52.94 52.94             | 200m: 3:29.82 2:36.88 |                           |                |     |
| 20. Mariana Pinto ANGELO     | 99                    | Académica de Coimbra      | <b>3:29.87</b> | 224 |
| 50m: 53.63 53.63             | 200m: 3:29.87 2:36.24 |                           |                |     |
| 21. Maria Freitas PIMENTEL   | 99                    | Fundacao Beatriz Santos   | <b>3:30.90</b> | 220 |
| 50m: 44.93 44.93             | 200m: 3:30.90 2:45.97 |                           |                |     |
| 22. Rita Dias GARRIDO        | 99                    | Miranda do Corvo          | <b>3:32.48</b> | 215 |
| 50m: 48.91 48.91             | 200m: 3:32.48 2:43.57 |                           |                |     |
| 23. Mariana Gomes DIAS       | 99                    | Ginasio Figueirense       | <b>3:35.43</b> | 207 |
| 50m: 59.75 59.75             | 200m: 3:35.43 2:35.68 |                           |                |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 1, Femin., 200m Estilos, 11 anos

| Lugar   | Ano                     | Tempo final    | Pts |
|---|-------------------------|----------------|-----|
| 24. Joana Patricia DIAS<br>50m: 52.54 52.54 200m: 3:39.13 2:46.59                               | 99 Nautico/Matobra      | <b>3:39.13</b> | 196 |
| 25. Ines Costa SEBASTIAO<br>50m: 55.28 55.28 200m: 3:47.36 2:52.08                              | 99 Ginasio Figueirense  | <b>3:47.36</b> | 176 |
| 26. Adriana Melo CALDEIRA<br>50m: 54.95 54.95 200m: 3:48.02 2:53.07                             | 99 Vigor da Mocidade    | <b>3:48.02</b> | 174 |
| 27. Beatriz Dias VAQUEIRINHO<br>50m: 55.90 55.90 200m: 3:51.36 2:55.46                          | 99 Nautico/Matobra      | <b>3:51.36</b> | 167 |
| DSQ Gabriela Rodrigues ANASTACIO<br><i>aos 100 m a atleta não terminou na posição de costas</i> | 99 Condeixa Clube       |                |     |
| DSQ Carolina Coutinho COSTA<br><i>Falsa partida</i>   | 99 Ginasio Figueirense  |                |     |
| DSQ Bianca Filipa SILVA<br><i>a atleta iniciou o percurso de braços em posição dorsal</i>       | 99 Miranda do Corvo     |                |     |
| DNS Rayana Macedo REI   | 99 Lousanense           |                |     |
| EXH Joana Filipa SIMOES<br>50m: 51.22 51.22 200m: 3:36.94 2:45.72                               | 99 Uniao Eirense        | <b>3:36.94</b> | 202 |
| EXH Carolina Monteiro SANTOS<br>50m: 56.54 56.54 200m: 3:45.83 2:49.29                          | 99 Académica de Coimbra | <b>3:45.83</b> | 179 |
| EXH Maria Luisa AMADO<br>50m: 1:03.13 1:03.13 200m: 3:58.18 2:55.05                             | 99 Académica de Coimbra | <b>3:58.18</b> | 153 |

Prova 2

Femin., 200m Estilos

8 - 10 anos

22.5.10 - 15:55

Resultados

Pontos: FINA 2009

| Lugar  | Ano                          | Tempo final    | Pts |
|--|------------------------------|----------------|-----|
| 1. Ana Miguel REIS<br>50m: 40.63 40.63 200m: 2:56.25 2:15.62         | 00 Columbofila Cantanhedense | <b>2:56.25</b> | 377 |
| 2. Teresa Miguel VELOSO<br>50m: 41.35 41.35 200m: 3:04.14 2:22.79    | 00 Nautico/Matobra           | <b>3:04.14</b> | 331 |
| 3. Maria Ines FERREIRA<br>50m: 43.71 43.71 200m: 3:16.41 2:32.70     | 00 Miranda do Corvo          | <b>3:16.41</b> | 273 |
| 4. Margarete Leandro FERNANDES                                       | 00 Miranda do Corvo          | <b>3:24.53</b> | 242 |
| 5. Mariana Santos FERREIRA<br>50m: 48.41 48.41 200m: 3:25.29 2:36.88 | 00 Miranda do Corvo          | <b>3:25.29</b> | 239 |
| 6. Rita Sofia FERREIRA<br>50m: 48.82 48.82 200m: 3:25.75 2:36.93     | 01 Ginasio Figueirense       | <b>3:25.75</b> | 237 |
| 7. Ana Francisca CORREIA<br>50m: 52.61 52.61 200m: 3:35.19 2:42.58   | 00 Lousanense                | <b>3:35.19</b> | 207 |
| 8. Iara Mesquita COSTA<br>50m: 53.23 53.23 200m: 3:37.13 2:43.90     | 00 Freguesia de Paiao        | <b>3:37.13</b> | 202 |
| 9. Iara Cruz BOLIQUEIME<br>50m: 49.64 49.64 200m: 3:38.98 2:49.34    | 00 Freguesia de Paiao        | <b>3:38.98</b> | 197 |
| 10. Maria Beatriz JORGE<br>50m: 49.62 49.62 200m: 3:39.32 2:49.70    | 00 Nautico/Matobra           | <b>3:39.32</b> | 196 |
| 11. Sara Sofia ALVES<br>50m: 52.46 52.46 200m: 3:40.37 2:47.91       | 01 Columbofila Cantanhedense | <b>3:40.37</b> | 193 |

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Prova 2, Femin., 200m Estilos, 8 - 10 anos

| Lugar |   | Ano |                           | Tempo final    | Pts |
|-------|---|-----|---------------------------|----------------|-----|
| 12.   | Ines Paiva GERMANO  | 00  | Nautico/Matobra           | <b>3:45.70</b> | 180 |
|       | 50m: 51.91 51.91 200m: 3:45.70 2:53.79  |     |                           |                |     |
| 13.   | Joana Victorino HENRIQUES   | 01  | Condeixa Clube            | <b>3:45.79</b> | 180 |
|       | 50m: 52.11 52.11 200m: 3:45.79 2:53.68  |     |                           |                |     |
| 14.   | Sofia Campos COSTA  | 00  | Vigor da Mocidade         | <b>3:53.82</b> | 162 |
|       | 50m: 56.06 56.06 200m: 3:53.82 2:57.76  |     |                           |                |     |
| 15.   | Rafaela Sofia MATEUS  | 00  | Nautico/Matobra           | <b>3:55.01</b> | 159 |
|       | 50m: 1:00.41 1:00.41 200m: 3:55.01 2:54.60  |     |                           |                |     |
| 16.   | Carlota Santos SILVA  | 00  | Nautico/Matobra           | <b>3:55.61</b> | 158 |
|       | 50m: 55.32 55.32 200m: 3:55.61 3:00.29  |     |                           |                |     |
| 17.   | Maria Beatriz CANAVEIRA   | 00  | Académica de Coimbra      | <b>3:56.22</b> | 157 |
|       | 50m: 57.05 57.05 200m: 3:56.22 2:59.17  |     |                           |                |     |
| 18.   | Francisca Miranda ESCULCAS  | 00  | Académica de Coimbra      | <b>3:56.41</b> | 156 |
|       | 50m: 1:00.55 1:00.55 200m: 3:56.41 2:55.86  |     |                           |                |     |
| 19.   | Andreia Brito PEREIRA   | 00  | Vigor da Mocidade         | <b>3:57.40</b> | 154 |
|       | 50m: 54.89 54.89 200m: 3:57.40 3:02.51  |     |                           |                |     |
| 20.   | Leonor Margarida SOVERAL  | 01  | Académica de Coimbra      | <b>4:00.90</b> | 148 |
|       | 50m: 59.94 59.94 200m: 4:00.90 3:00.96  |     |                           |                |     |
| 21.   | Carolina Ferreira REIS  | 02  | Columbofila Cantanhedense | <b>4:04.74</b> | 141 |
|       | 50m: 56.43 56.43 200m: 4:04.74 3:08.31  |     |                           |                |     |
| 22.   | Ana Sofia MONTEIRO  | 00  | Vigor da Mocidade         | <b>4:06.54</b> | 138 |
|       | 50m: 58.32 58.32 200m: 4:06.54 3:08.22  |     |                           |                |     |
| DSQ   | Leonor Cunha SILVA  | 00  | Nautico/Matobra           |                |     |
|       | <i>na viragem do percurso de bruços para livres, efectuou toque na parede só com 1 mão</i>                                |     |                           |                |     |
| DSQ   | Carolina Martins COSTA  | 00  | Académica de Coimbra      |                |     |
|       | <i>a atleta fez pernada de bruços no percurso de Mariposa</i>   |     |                           |                |     |
| DSQ   | Raquel Goncalves MELO   | 00  | Condeixa Clube            |                |     |
|       | <i>a atleta fez pernada de bruços no percurso de Mariposa</i>   |     |                           |                |     |
| DSQ   | Daniela Margarida PINTO   | 00  | Miranda do Corvo          |                |     |
|       | <i>a atleta perdeu a posição dorsal, antes de terminar o percurso de Costas e tocou apenas com 1 mão ao terminar os p</i> |     |                           |                |     |
| EXH   | Patricia Costa CRUZ   | 01  | Académica de Coimbra      | <b>4:19.40</b> | 118 |
|       | 50m: 1:03.46 1:03.46 200m: 4:19.40 3:15.94  |     |                           |                |     |

Prova 3  
22.5.10 - 16:15

Masc., 800m Livres

12 anos  
Resultados

Pontos: FINA 2009

| Lugar |  | Ano |                         | Tempo final     | Pts |
|-------|--|-----|-------------------------|-----------------|-----|
| 1.    | Tiago Moises DINIS   | 98  | Fundacao Beatriz Santos | <b>10:35.00</b> | 371 |
|       | 50m: 35.28 35.28 100m: 1:15.22 39.94 200m: 2:36.84 1:21.62 800m: 10:35.00 7:58.16                          |     |                         |                 |     |
| 2.    | Joao Manuel PIRES  | 98  | Nautico/Matobra         | <b>11:25.71</b> | 295 |
|       | 50m: 36.93 36.93 200m: 2:48.86 1:29.75 800m: 11:25.71 5:39.47<br>100m: 1:19.11 42.18 400m: 5:46.24 2:57.38 |     |                         |                 |     |
| 3.    | Diogo Afonso NUNES   | 98  | Nautico/Matobra         | <b>11:25.88</b> | 294 |
|       | 50m: 36.18 36.18 200m: 2:44.55 1:26.97 800m: 11:25.88 5:44.73<br>100m: 1:17.58 41.40 400m: 5:41.15 2:56.60 |     |                         |                 |     |
| 4.    | Diogo Mendes PEREIRA   | 98  | Freguesia de Paiao      | <b>11:26.10</b> | 294 |
|       | 50m: 36.26 36.26 200m: 2:45.82 1:27.11 800m: 11:26.10 5:44.95<br>100m: 1:18.71 42.45 400m: 5:41.15 2:55.33 |     |                         |                 |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 3, Masc., 800m Livres, 12 anos

| Lugar                       | Ano                   |                           |  |  | Tempo final     | Pts |
|-----------------------------|-----------------------|---------------------------|--|--|-----------------|-----|
| 5. Diogo Rodrigues DIAS     | 98                    | Columbofila Cantanhedense |  |  | <b>11:28.56</b> | 291 |
| 50m: 37.47 37.47            | 200m: 2:46.07 1:27.12 | 800m: 11:28.56 5:48.14    |  |  |                 |     |
| 100m: 1:18.95 41.48         | 400m: 5:40.42 2:54.35 |                           |  |  |                 |     |
| 6. Roman STEFANIV           | 98                    | Columbofila Cantanhedense |  |  | <b>11:29.02</b> | 290 |
| 50m: 35.24 35.24            | 200m: 2:44.60 1:26.97 | 800m: 11:29.02 5:29.71    |  |  |                 |     |
| 100m: 1:17.63 42.39         | 400m: 5:59.31 3:14.71 |                           |  |  |                 |     |
| 7. Nuno Gerales SOUSA       | 98                    | Fundacao Beatriz Santos   |  |  | <b>11:44.37</b> | 272 |
| 50m: 38.55 38.55            | 200m: 2:51.32 1:28.65 | 800m: 11:44.37 5:55.89    |  |  |                 |     |
| 100m: 1:22.67 44.12         | 400m: 5:48.48 2:57.16 |                           |  |  |                 |     |
| 8. Daniel Filipe PAIVA      | 98                    | Miranda do Corvo          |  |  | <b>11:51.73</b> | 263 |
| 50m: 40.70 40.70            | 200m: 2:55.60 1:30.41 | 800m: 11:51.73 5:58.35    |  |  |                 |     |
| 100m: 1:25.19 44.49         | 400m: 5:53.38 2:57.78 |                           |  |  |                 |     |
| 9. Pedro Filipe PIRES       | 98                    | Nautico/Matobra           |  |  | <b>12:01.14</b> | 253 |
| 50m: 39.18 39.18            | 200m: 2:56.06 1:31.70 | 800m: 12:01.14 6:01.66    |  |  |                 |     |
| 100m: 1:24.36 45.18         | 400m: 5:59.48 3:03.42 |                           |  |  |                 |     |
| 10. Diogo Manuel MARQUES    | 98                    | Columbofila Cantanhedense |  |  | <b>12:01.75</b> | 253 |
| 50m: 38.93 38.93            | 200m: 2:54.28 1:30.23 | 800m: 12:01.75 6:05.61    |  |  |                 |     |
| 100m: 1:24.05 45.12         | 400m: 5:56.14 3:01.86 |                           |  |  |                 |     |
| 11. Joao Nuno RODRIGUES     | 98                    | Nautico/Matobra           |  |  | <b>12:20.85</b> | 234 |
| 50m: 38.46 38.46            | 200m: 2:52.71 1:30.11 | 800m: 12:20.85 6:16.32    |  |  |                 |     |
| 100m: 1:22.60 44.14         | 400m: 6:04.53 3:11.82 |                           |  |  |                 |     |
| 12. Eduardo Reis GALHANO    | 98                    | Columbofila Cantanhedense |  |  | <b>12:21.58</b> | 233 |
| 50m: 39.12 39.12            | 200m: 2:58.47 1:32.80 | 800m: 12:21.58 6:14.42    |  |  |                 |     |
| 100m: 1:25.67 46.55         | 400m: 6:07.16 3:08.69 |                           |  |  |                 |     |
| 13. Andre Nogueira ANTUNES  | 98                    | Ginasio Figueirense       |  |  | <b>12:27.14</b> | 228 |
| 50m: 40.91 40.91            | 200m: 3:01.70 1:34.79 | 800m: 12:27.14 7:49.47    |  |  |                 |     |
| 100m: 1:26.91 46.00         | 400m: 4:37.67 1:35.97 |                           |  |  |                 |     |
| 14. Joao Manuel LEITAO      | 98                    | Nautico/Matobra           |  |  | <b>12:28.75</b> | 226 |
| 50m: 41.00 41.00            | 200m: 2:58.69 1:32.73 | 800m: 12:28.75 6:18.10    |  |  |                 |     |
| 100m: 1:25.96 44.96         | 400m: 6:10.65 3:11.96 |                           |  |  |                 |     |
| 15. Joaquim Vicente OSORIO  | 98                    | Nautico/Matobra           |  |  | <b>12:55.77</b> | 203 |
| 50m: 41.52 41.52            | 200m: 3:05.14 1:37.01 | 800m: 12:55.77 6:33.61    |  |  |                 |     |
| 100m: 1:28.13 46.61         | 400m: 6:22.16 3:17.02 |                           |  |  |                 |     |
| 16. Patrick Jose MAIA       | 98                    | Nautico/Matobra           |  |  | <b>13:24.54</b> | 182 |
| 50m: 43.95 43.95            | 200m: 3:15.02 1:40.25 | 800m: 13:24.54 6:47.28    |  |  |                 |     |
| 100m: 1:34.77 50.82         | 400m: 6:37.26 3:22.24 |                           |  |  |                 |     |
| 17. Duarte Pinto CEIA       | 98                    | Ginasio Figueirense       |  |  | <b>13:26.62</b> | 181 |
| 50m: 42.88 42.88            | 200m: 3:14.78 1:42.22 | 800m: 13:26.62 6:46.87    |  |  |                 |     |
| 100m: 1:32.56 49.68         | 400m: 6:39.75 3:24.97 |                           |  |  |                 |     |
| 18. Afonso Matoso MAGALHAES | 98                    | Ginasio Figueirense       |  |  | <b>13:28.96</b> | 179 |
| 50m: 44.22 44.22            | 200m: 3:15.57 1:41.54 | 800m: 13:28.96 6:48.29    |  |  |                 |     |
| 100m: 1:34.03 49.81         | 400m: 6:40.67 3:25.10 |                           |  |  |                 |     |
| 19. Diogo Panao MENEZES     | 98                    | Condeixa Clube            |  |  | <b>13:43.18</b> | 170 |
| 50m: 44.95 44.95            | 200m: 3:23.16 1:47.00 | 800m: 13:43.18 6:47.53    |  |  |                 |     |
| 100m: 1:36.16 51.21         | 400m: 6:55.65 3:32.49 |                           |  |  |                 |     |
| 20. Pedro Ribeiro SANTOS    | 98                    | Condeixa Clube            |  |  | <b>13:47.98</b> | 167 |
| 50m: 45.08 45.08            | 200m: 3:23.98 1:47.62 | 800m: 13:47.98 6:51.42    |  |  |                 |     |
| 100m: 1:36.36 51.28         | 400m: 6:56.56 3:32.58 |                           |  |  |                 |     |
| 21. Joao Miguel FERREIRA    | 98                    | Lousanense                |  |  | <b>14:25.59</b> | 146 |
| 50m: 42.72 42.72            | 200m: 3:26.40 1:49.42 | 800m: 14:25.59 7:17.74    |  |  |                 |     |
| 100m: 1:36.98 54.26         | 400m: 7:07.85 3:41.45 |                           |  |  |                 |     |
| 22. Henrique Goncalves MALO | 98                    | Nautico/Matobra           |  |  | <b>14:52.19</b> | 134 |
| 50m: 45.73 45.73            | 200m: 3:31.65 1:51.83 | 800m: 14:52.19 7:32.46    |  |  |                 |     |
| 100m: 1:39.82 54.09         | 400m: 7:19.73 3:48.08 |                           |  |  |                 |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 3, Masc., 800m Livres, 12 anos

| Lugar   | Ano                     | Tempo final     | Pts |
|---|-------------------------|-----------------|-----|
| DSQ Guilherme Ferreira PAULO                                  | 98 Académica de Coimbra |                 |     |
| <i>Falsa partida</i>  |                         |                 |     |
| DNS Manuel Jose VIDIGUEIRA                                    | 98 Ginasio Figueirense  |                 |     |
| DNS Diogo Loureiro MARTINHO                                   | 98 Ginasio Figueirense  |                 |     |
| EXH Francisco Duarte SA                                       | 98 Miranda do Corvo     | <b>12:40.41</b> | 216 |
| 50m: 44.08 44.08 200m: 3:10.67 1:37.83 800m: 12:40.41 6:18.12 |                         |                 |     |
| 100m: 1:32.84 48.76 400m: 6:22.29 3:11.62                     |                         |                 |     |

Prova 4 Masc., 400m Livres 8 - 11 anos  
22.5.10 - 17:15 Resultados

Pontos: FINA 2009

| Lugar  | Ano                          | Tempo final    | Pts |
|--|------------------------------|----------------|-----|
| 1. Tiago Licinio SANTOS  | 99 Columbofila Cantanhedense | <b>5:41.04</b> | 254 |
| 50m: 35.29 35.29 100m: 1:18.04 42.75 200m: 2:45.57 1:27.53 400m: 5:41.04 2:55.47 |                              |                |     |
| 2. Pedro Henrique PIRES  | 99 Académica de Coimbra      | <b>5:45.78</b> | 244 |
| 50m: 38.06 38.06 100m: 1:22.81 44.75 200m: 2:51.81 1:29.00 400m: 5:45.78 2:53.97 |                              |                |     |
| 3. Tiago Andre CARVALHO  | 99 Académica de Coimbra      | <b>5:46.07</b> | 244 |
| 50m: 39.35 39.35 100m: 1:24.03 44.68 200m: 2:51.28 1:27.25 400m: 5:46.07 2:54.79 |                              |                |     |
| 4. Joao Pedro GOMES  | 99 Miranda do Corvo          | <b>5:50.56</b> | 234 |
| 50m: 39.94 39.94 100m: 1:25.62 45.68 400m: 5:50.56 4:24.94                       |                              |                |     |
| 5. Alexandre Santos MESQUITA   | 99 Freguesia de Paiao        | <b>5:59.69</b> | 217 |
| 50m: 39.10 39.10 100m: 1:24.16 45.06 200m: 2:55.71 1:31.55 400m: 5:59.69 3:03.98 |                              |                |     |
| 6. Jose Neves NETO   | 99 Columbofila Cantanhedense | <b>6:00.72</b> | 215 |
| 50m: 36.77 36.77 100m: 1:21.06 44.29 200m: 2:53.32 1:32.26 400m: 6:00.72 3:07.40 |                              |                |     |
| 7. Gabriel Levi GOMES  | 99 Columbofila Cantanhedense | <b>6:08.33</b> | 202 |
| 50m: 38.25 38.25 100m: 1:23.27 45.02 200m: 3:00.14 1:36.87 400m: 6:08.33 3:08.19 |                              |                |     |
| 8. Diogo Pratas MAIA   | 00 Columbofila Cantanhedense | <b>6:12.25</b> | 196 |
| 50m: 42.14 42.14 100m: 1:28.45 46.31 200m: 3:01.48 1:33.03 400m: 6:12.25 3:10.77 |                              |                |     |
| 9. Jose Mario FERNANDES  | 99 Miranda do Corvo          | <b>6:14.42</b> | 192 |
| 50m: 41.65 41.65 100m: 1:29.36 47.71 200m: 3:04.94 1:35.58 400m: 6:14.42 3:09.48 |                              |                |     |
| 10. Andre Marques ANTUNES  | 99 Nautico/Matobra           | <b>6:19.50</b> | 185 |
| 50m: 38.41 38.41 100m: 1:24.50 46.09 200m: 3:00.54 1:36.04 400m: 6:19.50 3:18.96 |                              |                |     |
| 11. Bernardo Meneses BARRADAS  | 00 Condeixa Clube            | <b>6:20.64</b> | 183 |
| 50m: 42.67 42.67 100m: 1:29.58 46.91 200m: 3:05.56 1:35.98 400m: 6:20.64 3:15.08 |                              |                |     |
| 12. Goncalo Moreira DIAS   | 99 Nautico/Matobra           | <b>6:23.59</b> | 179 |
| 50m: 40.82 40.82 100m: 1:27.42 46.60 200m: 3:04.10 1:36.68 400m: 6:23.59 3:19.49 |                              |                |     |
| 13. Rui Pedro SANTOS   | 99 Miranda do Corvo          | <b>6:25.26</b> | 177 |
| 50m: 41.18 41.18 100m: 1:29.42 48.24 200m: 3:10.06 1:40.64 400m: 6:25.26 3:15.20 |                              |                |     |
| 14. Francisco Alberto LUCAS  | 00 Uniao Eirense             | <b>6:29.43</b> | 171 |
| 50m: 41.85 41.85 100m: 1:29.46 47.61 200m: 3:10.15 1:40.69 400m: 6:29.43 3:19.28 |                              |                |     |
| 15. Pedro Rafael FERNANDES   | 99 Lousanense                | <b>6:30.47</b> | 170 |
| 50m: 40.95 40.95 100m: 1:29.56 48.61 200m: 3:12.06 1:42.50 400m: 6:30.47 3:18.41 |                              |                |     |
| 16. Diogo Alexandre COSTA  | 99 Columbofila Cantanhedense | <b>6:30.74</b> | 169 |
| 50m: 42.15 42.15 100m: 1:32.21 50.06 200m: 3:13.20 1:40.99 400m: 6:30.74 3:17.54 |                              |                |     |
| 17. Joao Rafael SILVA  | 99 Columbofila Cantanhedense | <b>6:32.26</b> | 167 |
| 50m: 38.63 38.63 100m: 1:26.78 48.15 200m: 3:10.12 1:43.34 400m: 6:32.26 3:22.14 |                              |                |     |
| 18. Lucas Pereira BASTOS   | 00 Nautico/Matobra           | <b>6:37.51</b> | 161 |
| 50m: 43.45 43.45 100m: 1:34.20 50.75 200m: 3:16.74 1:42.54 400m: 6:37.51 3:20.77 |                              |                |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 4, Masc., 400m Livres, 8 - 11 anos

| Lugar |                                |       |                           |         | Ano           |         |                |     |  | Tempo final | Pts |
|-------|--------------------------------|-------|---------------------------|---------|---------------|---------|----------------|-----|--|-------------|-----|
| 19.   | Leonardo Miguel CAVALEIRO      | 99    | Columbofila Cantanhedense |         |               |         | <b>6:39.68</b> | 158 |  |             |     |
|       | 50m: 40.22 40.22 100m: 1:30.55 | 50.33 | 200m: 3:14.89             | 1:44.34 | 400m: 6:39.68 | 3:24.79 |                |     |  |             |     |
| 20.   | Tiago Samuel OLIVEIRA          | 99    | Columbofila Cantanhedense |         |               |         | <b>6:41.46</b> | 156 |  |             |     |
|       | 50m: 43.24 43.24 100m: 1:34.08 | 50.84 | 200m: 3:16.31             | 1:42.23 | 400m: 6:41.46 | 3:25.15 |                |     |  |             |     |
| 21.   | David Coelho SILVA             | 00    | Nautico/Matobra           |         |               |         | <b>6:50.28</b> | 146 |  |             |     |
|       | 50m: 43.44 43.44 100m: 1:35.25 | 51.81 | 200m: 3:19.30             | 1:44.05 | 400m: 6:50.28 | 3:30.98 |                |     |  |             |     |
| 22.   | Luis Carlos DIAS               | 00    | Vigor da Mocidade         |         |               |         | <b>6:53.10</b> | 143 |  |             |     |
|       | 50m: 44.66 44.66 100m: 1:37.59 | 52.93 | 200m: 3:23.66             | 1:46.07 | 400m: 6:53.10 | 3:29.44 |                |     |  |             |     |
| 23.   | Pedro Bernardo ARAUJO          | 00    | Condeixa Clube            |         |               |         | <b>6:54.49</b> | 142 |  |             |     |
|       | 50m: 43.65 43.65 100m: 1:35.39 | 51.74 | 200m: 3:22.10             | 1:46.71 | 400m: 6:54.49 | 3:32.39 |                |     |  |             |     |
| 24.   | Pedro CORTE-REAL               | 99    | Académica de Coimbra      |         |               |         | <b>6:54.58</b> | 142 |  |             |     |
|       | 50m: 45.14 45.14 100m: 1:36.50 | 51.36 | 200m: 3:23.20             | 1:46.70 | 400m: 6:54.58 | 3:31.38 |                |     |  |             |     |
| 25.   | Hugo Jorge RUAS                | 99    | Nautico/Matobra           |         |               |         | <b>6:55.62</b> | 141 |  |             |     |
|       | 50m: 44.57 44.57 100m: 1:37.10 | 52.53 | 200m: 3:26.11             | 1:49.01 | 400m: 6:55.62 | 3:29.51 |                |     |  |             |     |
| 26.   | Pedro Jaime SOARES             | 99    | Miranda do Corvo          |         |               |         | <b>6:56.40</b> | 140 |  |             |     |
|       | 50m: 47.21 47.21 100m: 1:41.81 | 54.60 | 200m: 3:29.24             | 1:47.43 | 400m: 6:56.40 | 3:27.16 |                |     |  |             |     |
| 27.   | Vasco Martins SANTOS           | 99    | Uniao Eirense             |         |               |         | <b>6:57.06</b> | 139 |  |             |     |
|       | 50m: 46.44 46.44 100m: 1:39.75 | 53.31 | 200m: 3:27.67             | 1:47.92 | 400m: 6:57.06 | 3:29.39 |                |     |  |             |     |
| 28.   | Andre Ligeiro MARTINS          | 99    | Nautico/Matobra           |         |               |         | <b>7:00.81</b> | 135 |  |             |     |
|       | 50m: 43.54 43.54 100m: 1:36.86 | 53.32 | 200m: 3:24.07             | 1:47.21 | 400m: 7:00.81 | 3:36.74 |                |     |  |             |     |
| 29.   | Rafael Rodrigo NETO            | 00    | Columbofila Cantanhedense |         |               |         | <b>7:01.43</b> | 135 |  |             |     |
|       | 50m: 46.00 46.00 100m: 1:38.25 | 52.25 | 200m: 3:26.50             | 1:48.25 | 400m: 7:01.43 | 3:34.93 |                |     |  |             |     |
| 30.   | Joao Francisco MACHADO         | 99    | Académica de Coimbra      |         |               |         | <b>7:02.38</b> | 134 |  |             |     |
|       | 50m: 45.37 45.37 100m: 1:39.59 | 54.22 | 200m: 3:31.09             | 1:51.50 | 400m: 7:02.38 | 3:31.29 |                |     |  |             |     |
| 31.   | Antonio Filipe ANTUNES         | 00    | Vigor da Mocidade         |         |               |         | <b>7:10.72</b> | 126 |  |             |     |
|       | 50m: 43.20 43.20 100m: 1:38.10 | 54.90 | 200m: 3:34.22             | 1:56.12 | 400m: 7:10.72 | 3:36.50 |                |     |  |             |     |
| 32.   | Francisco Miguel CARVALHO      | 00    | Académica de Coimbra      |         |               |         | <b>7:11.67</b> | 125 |  |             |     |
|       | 50m: 47.22 47.22 100m: 1:42.13 | 54.91 | 200m: 3:32.98             | 1:50.85 | 400m: 7:11.67 | 3:38.69 |                |     |  |             |     |
| 33.   | Goncalo Martins COSTA          | 00    | Ginasio Figueirense       |         |               |         | <b>7:12.91</b> | 124 |  |             |     |
|       | 50m: 47.41 47.41 100m: 1:40.42 | 53.01 | 200m: 3:34.91             | 1:54.49 | 400m: 7:12.91 | 3:38.00 |                |     |  |             |     |
| 34.   | Joao Paulo CAVADAS             | 00    | Columbofila Cantanhedense |         |               |         | <b>7:14.63</b> | 123 |  |             |     |
|       | 50m: 46.41 46.41 100m: 1:40.28 | 53.87 | 200m: 3:32.58             | 1:52.30 | 400m: 7:14.63 | 3:42.05 |                |     |  |             |     |
| 35.   | Joao David FERNANDO            | 99    | Académica de Coimbra      |         |               |         | <b>7:19.78</b> | 119 |  |             |     |
|       | 50m: 45.36 45.36 100m: 1:41.01 | 55.65 | 200m: 3:36.16             | 1:55.15 | 400m: 7:19.78 | 3:43.62 |                |     |  |             |     |
| 36.   | Vasco Maria GUINA              | 01    | Columbofila Cantanhedense |         |               |         | <b>7:28.37</b> | 112 |  |             |     |
|       | 50m: 48.71 48.71 100m: 1:44.70 | 55.99 | 200m: 3:40.78             | 1:56.08 | 400m: 7:28.37 | 3:47.59 |                |     |  |             |     |
| 37.   | Artur Jorge LOPES              | 99    | Lousanense                |         |               |         | <b>7:30.41</b> | 110 |  |             |     |
|       | 50m: 46.58 46.58 100m: 1:45.25 | 58.67 | 200m: 3:43.57             | 1:58.32 | 400m: 7:30.41 | 3:46.84 |                |     |  |             |     |
| 38.   | Ismael Cristiano PINTO         | 00    | Columbofila Cantanhedense |         |               |         | <b>7:33.58</b> | 108 |  |             |     |
|       | 50m: 47.81 47.81 100m: 1:45.14 | 57.33 | 200m: 3:41.50             | 1:56.36 | 400m: 7:33.58 | 3:52.08 |                |     |  |             |     |
| 39.   | Diogo Luis BREDÁ               | 01    | Académica de Coimbra      |         |               |         | <b>7:36.97</b> | 106 |  |             |     |
|       | 50m: 48.10 48.10 100m: 1:42.81 | 54.71 | 200m: 3:38.15             | 1:55.34 | 400m: 7:36.97 | 3:58.82 |                |     |  |             |     |
| 40.   | Joao Afonso FERNANDES          | 99    | Lousanense                |         |               |         | <b>7:40.54</b> | 103 |  |             |     |
|       | 50m: 50.93 50.93 100m: 1:47.20 | 56.27 | 200m: 3:46.10             | 1:58.90 | 400m: 7:40.54 | 3:54.44 |                |     |  |             |     |
| 41.   | Jose Maria GASPAR              | 01    | Nautico/Matobra           |         |               |         | <b>8:04.59</b> | 89  |  |             |     |
|       | 50m: 46.67 46.67 100m: 1:45.57 | 58.90 | 200m: 3:51.79             | 2:06.22 | 400m: 8:04.59 | 4:12.80 |                |     |  |             |     |
| 42.   | Gustavo Gurito ARAUJO          | 99    | Nautico/Matobra           |         |               |         | <b>8:05.48</b> | 88  |  |             |     |
|       | 50m: 53.38 53.38 100m: 1:53.13 | 59.75 | 200m: 3:56.96             | 2:03.83 | 400m: 8:05.48 | 4:08.52 |                |     |  |             |     |

Torneio Regional de Fundo de Cadetes  
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Prova 4, Masc., 400m Livres, 8 - 11 anos

| Lugar  | Ano | Tempo final   | Pts                |
|--|-----|---|--------------------|
| DSQ Pedro Santos MARTINS<br><i>Falsa partida</i>               | 00  | Ginasio Figueirense   |                    |
| DSQ Alfredo Manuel GOMES<br><i>Falsa partida</i>               | 99  | Uniao Eirense   |                    |
| DNS Tomas Pais LOPES   | 00  | Uniao Eirense   |                    |
| EXH Duarte Rodrigues BRAZ<br>50m: 42.47 42.47 100m: 1:33.39    | 00  | Miranda do Corvo<br>50.92 200m: 3:20.92 1:47.53 400m: 6:50.60 3:29.68 | <b>6:50.60</b> 146 |
| EXH Pedro Guilherme FERREIRA<br>50m: 42.67 42.67 100m: 1:37.94 | 00  | Miranda do Corvo<br>55.27 200m: 3:26.47 1:48.53 400m: 7:01.82 3:35.35 | <b>7:01.82</b> 134 |
| EXH Rui Correia CARDOSO<br>50m: 46.10 46.10 100m: 1:42.73      | 00  | Condeixa Clube<br>56.63 200m: 3:41.77 1:59.04 400m: 7:43.19 4:01.42   | <b>7:43.19</b> 102 |
| EXH David Francisco GOMES<br>50m: 49.48 49.48 100m: 1:50.57    | 01  | Uniao Eirense<br>1:01.09 200m: 3:58.18 2:07.61 400m: 8:15.48 4:17.30  | <b>8:15.48</b> 83  |

Prova 5  
22.5.10 - 18:15

Femin., 4 x 50m Livres

10 anos  
Resultados

Pontos: FINA 2009

| Lugar  | Tempo final   | Pts                |
|--|---|--------------------|
| 1. Miranda do Corvo G2<br>Maria Ines FERREIRA 00<br>Daniela Margarida PINTO 00 | Miranda do Corvo<br>36.81 Margaret Leandro FERNANDES 00<br>Mariana Santos FERREIRA 00 | <b>2:31.60</b> 270 |
| 2. Nautico/Matobra G2<br>Teresa Miguel VELOSO 00<br>Maria Beatriz JORGE 00     | Nautico/Matobra<br>35.11 Rafaela Sofia MATEUS 00<br>Leonor Cunha SILVA 00             | <b>2:38.75</b> 235 |

Prova 5  
22.5.10 - 18:15

Femin., 4 x 50m Livres

11 anos  
Resultados

Pontos: FINA 2009

| Lugar  | Tempo final   | Pts                |
|--|---|--------------------|
| 1. Nautico/Matobra G1<br>Ana Raquel CONCEICAO 99<br>Maria Eduarda VEIGA 99               | Nautico/Matobra<br>36.86 Ana Madalena SANTOS 99<br>Madalena Nunes PALMEIRA 99       | <b>2:22.47</b> 325 |
| 2. Miranda do Corvo G1<br>Bianca Filipa SILVA 99<br>Cristiana Daniela SILVA 99           | Miranda do Corvo<br>37.52 Joana Ferreira CARVALHO 99<br>Rita Dias GARRIDO 99        | <b>2:33.97</b> 258 |
| 3. Académica de Coimbra G1<br>Carolina Monteiro SANTOS 99<br>Beatriz Castanheira DIAS 99 | Académica de Coimbra<br>38.28 Mariana Pinto ANGELO 99<br>Ines Carvalho MARQUES 99   | <b>2:39.00</b> 234 |
| EXH Columbofila Cantanhedense Ex C<br>Ana Mafalda DUARTE 99<br>Ana Vanessa DUARTE 99     | Columbofila Cantanhedense<br>35.10 Ana Miguel REIS 00<br>Sara Sofia ALVES 01        | <b>2:24.81</b> 310 |
| EXH Nautico/Matobra Ex C<br>Joana Patricia DIAS 99<br>Beatriz Dias VAQUEIRINHO 99        | Nautico/Matobra<br>43.10 Ines Paiva GERMANO 00<br>Carlota Santos SILVA 00           | <b>2:59.87</b> 162 |
| EXH Académica de Coimbra Ex C<br>Maria Beatriz CANAVEIRA 00<br>Maria Luisa AMADO 99      | Académica de Coimbra<br>44.72 Patricia Costa CRUZ 01<br>Leonor Margarida SOVERAL 01 | <b>3:04.28</b> 150 |

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2 - 2ª Jornada

23.5.10 - 9:30

Prova 6  
23.5.10 - 9:30

Masc., 200m Estilos

12 anos  
Resultados

Pontos: FINA 2009

| Lugar                        | Ano                   |                         | Tempo final    | Pts |
|------------------------------|-----------------------|-------------------------|----------------|-----|
| 1. Tiago Moises DINIS        | 98                    | Fundacao Beatriz Santos | <b>2:46.07</b> | 316 |
| 50m: 36.36 36.36             | 200m: 2:46.07 2:09.71 |                         |                |     |
| 2. Roman STEFANIV            | 98                    | Cumbofila Cantanhedense | <b>2:58.64</b> | 254 |
| 50m: 39.26 39.26             | 200m: 2:58.64 2:19.38 |                         |                |     |
| 3. Joao Manuel PIRES         | 98                    | Nautico/Matobra         | <b>3:02.38</b> | 239 |
| 50m: 40.90 40.90             | 200m: 3:02.38 2:21.48 |                         |                |     |
| 4. Diogo Rodrigues DIAS      | 98                    | Cumbofila Cantanhedense | <b>3:02.51</b> | 238 |
| 50m: 42.87 42.87             | 200m: 3:02.51 2:19.64 |                         |                |     |
| 5. Nuno Geraldos SOUSA       | 98                    | Fundacao Beatriz Santos | <b>3:04.97</b> | 229 |
| 50m: 41.06 41.06             | 200m: 3:04.97 2:23.91 |                         |                |     |
| 6. Pedro Filipe PIRES        | 98                    | Nautico/Matobra         | <b>3:05.32</b> | 228 |
| 50m: 41.42 41.42             | 200m: 3:05.32 2:23.90 |                         |                |     |
| 7. Diogo Afonso NUNES        | 98                    | Nautico/Matobra         | <b>3:06.15</b> | 225 |
| 50m: 40.68 40.68             | 200m: 3:06.15 2:25.47 |                         |                |     |
| 8. Diogo Mendes PEREIRA      | 98                    | Freguesia de Paiao      | <b>3:06.45</b> | 223 |
| 50m: 43.53 43.53             | 200m: 3:06.45 2:22.92 |                         |                |     |
| 9. Diogo Manuel MARQUES      | 98                    | Cumbofila Cantanhedense | <b>3:07.95</b> | 218 |
| 50m: 41.55 41.55             | 200m: 3:07.95 2:26.40 |                         |                |     |
| 10. Joao Nuno RODRIGUES      | 98                    | Nautico/Matobra         | <b>3:10.00</b> | 211 |
| 50m: 39.03 39.03             | 200m: 3:10.00 2:30.97 |                         |                |     |
| 11. Eduardo Reis GALHANO     | 98                    | Cumbofila Cantanhedense | <b>3:13.08</b> | 201 |
| 50m: 44.48 44.48             | 200m: 3:13.08 2:28.60 |                         |                |     |
| 12. Daniel Filipe PAIVA      | 98                    | Miranda do Corvo        | <b>3:14.52</b> | 197 |
| 50m: 44.20 44.20             | 200m: 3:14.52 2:30.32 |                         |                |     |
| 13. Andre Nogueira ANTUNES   | 98                    | Ginasio Figueirense     | <b>3:15.64</b> | 193 |
| 50m: 45.51 45.51             | 200m: 3:15.64 2:30.13 |                         |                |     |
| 14. Joao Manuel LEITAO       | 98                    | Nautico/Matobra         | <b>3:16.08</b> | 192 |
| 50m: 41.88 41.88             | 200m: 3:16.08 2:34.20 |                         |                |     |
| 15. Duarte Pinto CEIA        | 98                    | Ginasio Figueirense     | <b>3:18.93</b> | 184 |
| 50m: 44.67 44.67             | 200m: 3:18.93 2:34.26 |                         |                |     |
| 16. Joaquim Vicente OSORIO   | 98                    | Nautico/Matobra         | <b>3:19.01</b> | 184 |
| 50m: 42.76 42.76             | 200m: 3:19.01 2:36.25 |                         |                |     |
| 17. Manuel Jose VIDIGUEIRA   | 98                    | Ginasio Figueirense     | <b>3:19.26</b> | 183 |
| 50m: 45.92 45.92             | 200m: 3:19.26 2:33.34 |                         |                |     |
| 18. Diogo Pano MENEZES       | 98                    | Condeixa Clube          | <b>3:25.16</b> | 168 |
| 50m: 49.67 49.67             | 200m: 3:25.16 2:35.49 |                         |                |     |
| 19. Patrick Jose MAIA        | 98                    | Nautico/Matobra         | <b>3:26.78</b> | 164 |
| 50m: 47.25 47.25             | 200m: 3:26.78 2:39.53 |                         |                |     |
| 20. Joao Miguel FERREIRA     | 98                    | Lousanense              | <b>3:32.19</b> | 152 |
| 50m: 51.38 51.38             | 200m: 3:32.19 2:40.81 |                         |                |     |
| 21. Pedro Ribeiro SANTOS     | 98                    | Condeixa Clube          | <b>3:32.77</b> | 150 |
| 50m: 51.12 51.12             | 200m: 3:32.77 2:41.65 |                         |                |     |
| 22. Guilherme Ferreira PAULO | 98                    | Académica de Coimbra    | <b>3:40.07</b> | 136 |
| 50m: 48.50 48.50             | 200m: 3:40.07 2:51.57 |                         |                |     |



Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 6, Masc., 200m Estilos, 12 anos

| Lugar                                  | Ano                    | Tempo final    | Pts |
|--|------------------------|----------------|-----|
| 23. Henrique Goncalves MALO            | 98 Nautico/Matobra     | <b>3:57.69</b> | 108 |
| 50m: 51.75 51.75 200m: 3:57.69 3:05.94 |                        |                |     |
| DSQ Afonso Matoso MAGALHAES            | 98 Ginasio Figueirense |                |     |
| <i>Falsa partida</i>                   |                        |                |     |
| DNS Diogo Loureiro MARTINHO            | 98 Ginasio Figueirense |                |     |

Prova 7  
23.5.10 - 9:50

Masc., 200m Estilos

8 - 11 anos  
Resultados

Pontos: FINA 2009

| Lugar                                  | Ano                          | Tempo final    | Pts |
|--|------------------------------|----------------|-----|
| 1. Tiago Licinio SANTOS                | 99 Columbofila Cantanhedense | <b>3:02.71</b> | 237 |
| 50m: 41.22 41.22 200m: 3:02.71 2:21.49 |                              |                |     |
| 2. Jose Neves NETO                     | 99 Columbofila Cantanhedense | <b>3:03.16</b> | 236 |
| 50m: 40.59 40.59 200m: 3:03.16 2:22.57 |                              |                |     |
| 3. Joao Pedro GOMES                    | 99 Miranda do Corvo          | <b>3:07.93</b> | 218 |
| 50m: 42.65 42.65 200m: 3:07.93 2:25.28 |                              |                |     |
| 4. Pedro Henrique PIRES                | 99 Académica de Coimbra      | <b>3:10.16</b> | 211 |
| 50m: 43.35 43.35 200m: 3:10.16 2:26.81 |                              |                |     |
| 5. Tiago Andre CARVALHO                | 99 Académica de Coimbra      | <b>3:11.34</b> | 207 |
| 50m: 42.99 42.99 200m: 3:11.34 2:28.35 |                              |                |     |
| 6. Alexandre Santos MESQUITA           | 99 Freguesia de Paiao        | <b>3:20.47</b> | 180 |
| 50m: 46.54 46.54 200m: 3:20.47 2:33.93 |                              |                |     |
| 7. Francisco Alberto LUCAS             | 00 Uniao Eirense             | <b>3:20.76</b> | 179 |
| 50m: 45.41 45.41 200m: 3:20.76 2:35.35 |                              |                |     |
| 8. Vasco Martins SANTOS                | 99 Uniao Eirense             | <b>3:21.41</b> | 177 |
| 50m: 42.10 42.10 200m: 3:21.41 2:39.31 |                              |                |     |
| 9. Lucas Pereira BASTOS                | 00 Nautico/Matobra           | <b>3:21.43</b> | 177 |
| 50m: 44.78 44.78 200m: 3:21.43 2:36.65 |                              |                |     |
| 10. Pedro Rafael FERNANDES             | 99 Lousanense                | <b>3:25.34</b> | 167 |
| 50m: 44.52 44.52 200m: 3:25.34 2:40.82 |                              |                |     |
| 11. Joao Rafael SILVA                  | 99 Columbofila Cantanhedense | <b>3:27.95</b> | 161 |
| 50m: 50.60 50.60 200m: 3:27.95 2:37.35 |                              |                |     |
| 12. Joao Francisco MACHADO             | 99 Académica de Coimbra      | <b>3:28.05</b> | 161 |
| 50m: 50.93 50.93 200m: 3:28.05 2:37.12 |                              |                |     |
| 13. Diogo Pratas MAIA                  | 00 Columbofila Cantanhedense | <b>3:28.69</b> | 159 |
| 50m: 47.80 47.80 200m: 3:28.69 2:40.89 |                              |                |     |
| 14. Tiago Samuel OLIVEIRA              | 99 Columbofila Cantanhedense | <b>3:29.87</b> | 157 |
| 50m: 49.28 49.28 200m: 3:29.87 2:40.59 |                              |                |     |
| 15. Goncalo Moreira DIAS               | 99 Nautico/Matobra           | <b>3:31.46</b> | 153 |
| 50m: 46.50 46.50 200m: 3:31.46 2:44.96 |                              |                |     |
| 16. Leonardo Miguel CAVALEIRO          | 99 Columbofila Cantanhedense | <b>3:31.63</b> | 153 |
| 50m: 51.43 51.43 200m: 3:31.63 2:40.20 |                              |                |     |
| 17. Rui Pedro SANTOS                   | 99 Miranda do Corvo          | <b>3:31.76</b> | 153 |
| 50m: 52.32 52.32 200m: 3:31.76 2:39.44 |                              |                |     |
| 18. Pedro CORTE-REAL                   | 99 Académica de Coimbra      | <b>3:33.98</b> | 148 |
| 50m: 49.54 49.54 200m: 3:33.98 2:44.44 |                              |                |     |
| 19. Bernardo Meneses BARRADAS          | 00 Condeixa Clube            | <b>3:35.45</b> | 145 |
| 50m: 55.59 55.59 200m: 3:35.45 2:39.86 |                              |                |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 7, Masc., 200m Estilos, 8 - 11 anos

| Lugar  | Ano                   |                           | Tempo final    |     | Pts |
|--|-----------------------|---------------------------|----------------|-----|-----|
| 20. Hugo Jorge RUAS  | 99                    | Nautico/Matobra           | <b>3:35.64</b> | 144 |     |
| 50m: 52.56 52.56   | 200m: 3:35.64 2:43.08 |                           |                |     |     |
| 21. David Coelho SILVA   | 00                    | Nautico/Matobra           | <b>3:35.94</b> | 144 |     |
| 50m: 50.00 50.00   | 200m: 3:35.94 2:45.94 |                           |                |     |     |
| 22. Pedro Bernardo ARAUJO  | 00                    | Condeixa Clube            | <b>3:35.96</b> | 144 |     |
| 50m: 51.96 51.96   | 200m: 3:35.96 2:44.00 |                           |                |     |     |
| 23. Pedro Jaime SOARES   | 99                    | Miranda do Corvo          | <b>3:38.21</b> | 139 |     |
| 50m: 46.81 46.81   | 200m: 3:38.21 2:51.40 |                           |                |     |     |
| 24. Artur Jorge LOPES  | 99                    | Lousanense                | <b>3:38.31</b> | 139 |     |
| 50m: 52.18 52.18   | 200m: 3:38.31 2:46.13 |                           |                |     |     |
| 25. Andre Ligeiro MARTINS  | 99                    | Nautico/Matobra           | <b>3:38.82</b> | 138 |     |
| 50m: 47.23 47.23   | 200m: 3:38.82 2:51.59 |                           |                |     |     |
| 26. Vasco Maria GUINA  | 01                    | Columbofila Cantanhedense | <b>3:41.55</b> | 133 |     |
| 50m: 51.77 51.77   | 200m: 3:41.55 2:49.78 |                           |                |     |     |
| 27. Joao Paulo CAVADAS   | 00                    | Columbofila Cantanhedense | <b>3:45.07</b> | 127 |     |
| 50m: 54.00 54.00   | 200m: 3:45.07 2:51.07 |                           |                |     |     |
| 28. Diogo Luis BREDÁ   | 01                    | Académica de Coimbra      | <b>3:46.04</b> | 125 |     |
| 50m: 55.06 55.06   | 200m: 3:46.04 2:50.98 |                           |                |     |     |
| 29. Francisco Miguel CARVALHO  | 00                    | Académica de Coimbra      | <b>3:52.29</b> | 116 |     |
| 50m: 57.89 57.89   | 200m: 3:52.29 2:54.40 |                           |                |     |     |
| 30. Joao David FERNANDO  | 99                    | Académica de Coimbra      | <b>3:53.06</b> | 114 |     |
| 50m: 53.58 53.58   | 200m: 3:53.06 2:59.48 |                           |                |     |     |
| 31. Rafael Rodrigo NETO  | 00                    | Columbofila Cantanhedense | <b>3:53.26</b> | 114 |     |
| 50m: 59.88 59.88   | 200m: 3:53.26 2:53.38 |                           |                |     |     |
| 32. Antonio Filipe ANTUNES   | 00                    | Vigor da Mocidade         | <b>3:53.82</b> | 113 |     |
| 50m: 1:00.60 1:00.60   | 200m: 3:53.82 2:53.22 |                           |                |     |     |
| 33. Luis Carlos DIAS   | 00                    | Vigor da Mocidade         | <b>3:56.60</b> | 109 |     |
| 50m: 54.04 54.04   | 200m: 3:56.60 3:02.56 |                           |                |     |     |
| 34. Goncalo Martins COSTA  | 00                    | Ginasio Figueirense       | <b>3:56.81</b> | 109 |     |
| 50m: 1:00.31 1:00.31   | 200m: 3:56.81 2:56.50 |                           |                |     |     |
| 35. Ismael Cristiano PINTO   | 00                    | Columbofila Cantanhedense | <b>3:58.21</b> | 107 |     |
| 50m: 1:00.12 1:00.12   | 200m: 3:58.21 2:58.09 |                           |                |     |     |
| 36. Gustavo Gurito ARAUJO  | 99                    | Nautico/Matobra           | <b>3:59.09</b> | 106 |     |
| 50m: 56.05 56.05   | 200m: 3:59.09 3:03.04 |                           |                |     |     |
| 37. Pedro Santos MARTINS   | 00                    | Ginasio Figueirense       | <b>4:04.31</b> | 99  |     |
| 50m: 1:00.22 1:00.22   | 200m: 4:04.31 3:04.09 |                           |                |     |     |
| 38. Jose Maria GASPAR  | 01                    | Nautico/Matobra           | <b>4:05.32</b> | 98  |     |
| 50m: 57.86 57.86   | 200m: 4:05.32 3:07.46 |                           |                |     |     |
| 39. Joao Afonso FERNANDES  | 99                    | Lousanense                | <b>4:06.44</b> | 97  |     |
| 50m: 57.47 57.47   | 200m: 4:06.44 3:08.97 |                           |                |     |     |
| DSQ Diogo Alexandre COSTA  | 99                    | Columbofila Cantanhedense |                |     |     |
| <i>no percurso de Bruços, aos 150 m bateu apenas com uma mão na parede</i> |                       |                           |                |     |     |
| DSQ Gabriel Levi GOMES   | 99                    | Columbofila Cantanhedense |                |     |     |
| <i>Falsa partida</i>   |                       |                           |                |     |     |
| DSQ Andre Marques ANTUNES  | 99                    | Nautico/Matobra           |                |     |     |
| <i>no percurso de Bruços aos 150 m o atleta tocou apenas com 1 mão</i>     |                       |                           |                |     |     |
| DNS Jose Mario FERNANDES   | 99                    | Miranda do Corvo          |                |     |     |
| DNS Francisco Manuel SANTOS  | 00                    | Vigor da Mocidade         |                |     |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 8  
23.5.10 - 10:15

Femin., 800m Livres

11 anos  
Resultados

Pontos: FINA 2009

| Lugar   | Ano |                          |  |  |  |  |  |  | Tempo final | Pts |
|---|-----|--------------------------|--|--|--|--|--|--|-------------|-----|
| 1. Joana Beatriz BERNARDO   | 99  | Fundacao Beatriz Santos  |  |  |  |  |  |  | 11:22.46    | 369 |
| 50m: 37.37 37.37 150m: 2:47.06 2:09.69 800m: 11:22.46 8:35.40                     |     |                          |  |  |  |  |  |  |             |     |
| 2. Maria Eduarda VEIGA  | 99  | Nautico/Matobra          |  |  |  |  |  |  | 11:52.56    | 324 |
| 50m: 38.86 38.86 200m: 2:55.12 1:31.55 800m: 11:52.56 5:56.68                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:23.57 44.71 400m: 5:55.88 3:00.76   |     |                          |  |  |  |  |  |  |             |     |
| 3. Maria Dias NEVES   | 99  | Miranda do Corvo         |  |  |  |  |  |  | 11:55.00    | 320 |
| 50m: 37.95 37.95 200m: 2:51.89 1:29.96 800m: 11:55.00 6:00.24                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:21.93 43.98 400m: 5:54.76 3:02.87   |     |                          |  |  |  |  |  |  |             |     |
| 4. Ana Raquel CONCEICAO   | 99  | Nautico/Matobra          |  |  |  |  |  |  | 12:14.54    | 296 |
| 50m: 39.83 39.83 200m: 2:57.01 1:32.75 800m: 12:14.54 6:10.43                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:24.26 44.43 400m: 6:04.11 3:07.10   |     |                          |  |  |  |  |  |  |             |     |
| 5. Diana Mouro FERNANDES  | 99  | Freguesia de Paiao       |  |  |  |  |  |  | 12:41.35    | 265 |
| 50m: 43.81 43.81 100m: 1:32.22 48.41 200m: 3:09.10 1:36.88 800m: 12:41.35 9:32.25 |     |                          |  |  |  |  |  |  |             |     |
| 6. Ana Vanessa DUARTE   | 99  | Cumbofilas Cantanhedense |  |  |  |  |  |  | 12:45.79    | 261 |
| 50m: 39.33 39.33 200m: 3:01.75 1:36.00 800m: 12:45.79 6:29.97                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:25.75 46.42 400m: 6:15.82 3:14.07   |     |                          |  |  |  |  |  |  |             |     |
| 7. Ana Mafalda DUARTE   | 99  | Cumbofilas Cantanhedense |  |  |  |  |  |  | 12:46.53    | 260 |
| 50m: 36.53 36.53 200m: 2:53.81 1:33.65 800m: 12:46.53 6:35.87                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:20.16 43.63 400m: 6:10.66 3:16.85   |     |                          |  |  |  |  |  |  |             |     |
| 8. Cristiana Daniela SILVA  | 99  | Miranda do Corvo         |  |  |  |  |  |  | 13:05.92    | 241 |
| 50m: 42.21 42.21 100m: 1:30.84 48.63 200m: 3:10.07 1:39.23 800m: 13:05.92 9:55.85 |     |                          |  |  |  |  |  |  |             |     |
| 9. Iara Santos LOUREIRO   | 99  | Lousanense               |  |  |  |  |  |  | 13:11.95    | 236 |
| 50m: 39.13 39.13 200m: 3:08.69 1:41.17 800m: 13:11.95 6:42.34                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:27.52 48.39 400m: 6:29.61 3:20.92   |     |                          |  |  |  |  |  |  |             |     |
| 10. Ines Rocha NUNES  | 99  | Ginasio Figueirense      |  |  |  |  |  |  | 13:14.50    | 234 |
| 50m: 41.26 41.26 200m: 3:07.65 1:39.61 800m: 13:14.50 6:43.27                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:28.04 46.78 400m: 6:31.23 3:23.58   |     |                          |  |  |  |  |  |  |             |     |
| 11. Madalena Nunes PALMEIRA   | 99  | Nautico/Matobra          |  |  |  |  |  |  | 13:14.90    | 233 |
| 50m: 41.93 41.93 200m: 3:13.81 1:41.60 800m: 13:14.90 6:36.37                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:32.21 50.28 400m: 6:38.53 3:24.72   |     |                          |  |  |  |  |  |  |             |     |
| 12. Ana Madalena SANTOS   | 99  | Nautico/Matobra          |  |  |  |  |  |  | 13:16.11    | 232 |
| 50m: 41.09 41.09 200m: 3:09.06 1:39.03 800m: 13:16.11 6:45.28                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:30.03 48.94 400m: 6:30.83 3:21.77   |     |                          |  |  |  |  |  |  |             |     |
| 13. Ines Carvalho MARQUES   | 99  | Académica de Coimbra     |  |  |  |  |  |  | 13:16.44    | 232 |
| 50m: 41.74 41.74 200m: 3:09.48 1:40.14 800m: 13:16.44 6:44.17                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:29.34 47.60 400m: 6:32.27 3:22.79   |     |                          |  |  |  |  |  |  |             |     |
| 14. Bianca Filipa SILVA   | 99  | Miranda do Corvo         |  |  |  |  |  |  | 13:19.04    | 230 |
| 50m: 44.01 44.01 200m: 3:11.39 1:39.45 800m: 13:19.04 6:47.50                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:31.94 47.93 400m: 6:31.54 3:20.15   |     |                          |  |  |  |  |  |  |             |     |
| 15. Joana Ferreira CARVALHO   | 99  | Miranda do Corvo         |  |  |  |  |  |  | 13:27.37    | 223 |
| 50m: 43.06 43.06 200m: 3:16.76 1:41.91 800m: 13:27.37 6:46.24                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:34.85 51.79 400m: 6:41.13 3:24.37   |     |                          |  |  |  |  |  |  |             |     |
| 16. Joana Raquel SIMOES   | 99  | Vigor da Mocidade        |  |  |  |  |  |  | 13:38.86    | 213 |
| 50m: 43.80 43.80 200m: 3:19.86 1:44.82 800m: 13:38.86 6:52.60                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:35.04 51.24 400m: 6:46.26 3:26.40   |     |                          |  |  |  |  |  |  |             |     |
| 17. Carolina Cruz COSTA   | 99  | Miranda do Corvo         |  |  |  |  |  |  | 13:40.09    | 212 |
| 50m: 42.04 42.04 200m: 3:16.83 1:45.38 800m: 13:40.09 6:53.56                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:31.45 49.41 400m: 6:46.53 3:29.70   |     |                          |  |  |  |  |  |  |             |     |
| 18. Maria Freitas PIMENTEL  | 99  | Fundacao Beatriz Santos  |  |  |  |  |  |  | 13:48.18    | 206 |
| 50m: 37.86 37.86 200m: 3:15.74 1:47.97 800m: 13:48.18 7:01.60                     |     |                          |  |  |  |  |  |  |             |     |
| 100m: 1:27.77 49.91 400m: 6:46.58 3:30.84   |     |                          |  |  |  |  |  |  |             |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 8, Femin., 800m Livres, 11 anos

| Lugar  | Ano                     | Tempo final     | Pts |
|--|-------------------------|-----------------|-----|
| 19. Beatriz Castanheira DIAS   | 99 Académica de Coimbra | <b>13:49.00</b> | 206 |
| 50m: 46.47 46.47 200m: 3:22.94 1:45.72 800m: 13:49.00 6:54.53                            |                         |                 |     |
| 100m: 1:37.22 50.75 400m: 6:54.47 3:31.53  |                         |                 |     |
| 20. Sandra Patricia OLIVEIRA   | 99 Ginasio Figueirense  | <b>13:49.53</b> | 205 |
| 50m: 43.46 43.46 200m: 3:18.98 1:45.84 800m: 13:49.53 6:58.14                            |                         |                 |     |
| 100m: 1:33.14 49.68 400m: 6:51.39 3:32.41  |                         |                 |     |
| 21. Rita Dias GARRIDO  | 99 Miranda do Corvo     | <b>13:51.06</b> | 204 |
| 50m: 43.35 43.35 200m: 3:18.35 1:43.40 800m: 13:51.06 7:01.36                            |                         |                 |     |
| 100m: 1:34.95 51.60 400m: 6:49.70 3:31.35  |                         |                 |     |
| 22. Ana Beatriz FONSECA  | 99 Condeixa Clube       | <b>13:52.12</b> | 203 |
| 50m: 48.45 48.45 200m: 3:25.18 1:44.23 800m: 13:52.12 6:55.71                            |                         |                 |     |
| 100m: 1:40.95 52.50 400m: 6:56.41 3:31.23  |                         |                 |     |
| 23. Mariana Pinto ANGELO   | 99 Académica de Coimbra | <b>14:01.57</b> | 197 |
| 50m: 46.57 46.57 200m: 3:23.21 1:45.39 800m: 14:01.57 7:05.87                            |                         |                 |     |
| 100m: 1:37.82 51.25 400m: 6:55.70 3:32.49  |                         |                 |     |
| 24. Joana Patricia DIAS  | 99 Nautico/Matobra      | <b>14:10.90</b> | 190 |
| 50m: 46.79 46.79 200m: 3:28.08 1:48.68 800m: 14:10.90 7:04.34                            |                         |                 |     |
| 100m: 1:39.40 52.61 400m: 7:06.56 3:38.48  |                         |                 |     |
| 25. Mariana Gomes DIAS   | 99 Ginasio Figueirense  | <b>14:12.24</b> | 189 |
| 100m: 1:35.50 1:35.50 200m: 3:22.27 1:46.77 400m: 6:59.68 3:37.41 800m: 14:12.24 7:12.56 |                         |                 |     |
| 26. Beatriz Dias VAQUEIRINHO   | 99 Nautico/Matobra      | <b>14:17.99</b> | 185 |
| 50m: 46.28 46.28 200m: 3:25.10 1:47.07 800m: 14:17.99 7:12.60                            |                         |                 |     |
| 100m: 1:38.03 51.75 400m: 7:05.39 3:40.29  |                         |                 |     |
| 27. Carolina Coutinho COSTA  | 99 Ginasio Figueirense  | <b>14:28.22</b> | 179 |
| 50m: 47.69 47.69 200m: 3:30.69 1:50.64 800m: 14:28.22 7:15.03                            |                         |                 |     |
| 100m: 1:40.05 52.36 400m: 7:13.19 3:42.50  |                         |                 |     |
| 28. Ines Costa SEBASTIAO   | 99 Ginasio Figueirense  | <b>14:33.40</b> | 176 |
| 50m: 44.69 44.69 200m: 3:25.55 1:48.90 800m: 14:33.40 7:25.11                            |                         |                 |     |
| 100m: 1:36.65 51.96 400m: 7:08.29 3:42.74  |                         |                 |     |
| 29. Adriana Melo CALDEIRA  | 99 Vigor da Mocidade    | <b>15:00.54</b> | 160 |
| 50m: 47.77 47.77 200m: 3:53.33 2:11.15 800m: 15:00.54 7:36.30                            |                         |                 |     |
| 100m: 1:42.18 54.41 400m: 7:24.24 3:30.91  |                         |                 |     |
| 30. Gabriela Rodrigues ANASTACIO   | 99 Condeixa Clube       | <b>16:21.21</b> | 124 |
| 50m: 48.94 48.94 200m: 3:49.10 2:02.68 800m: 16:21.21 8:24.06                            |                         |                 |     |
| 100m: 1:46.42 57.48 400m: 7:57.15 4:08.05  |                         |                 |     |
| DNS Sofia Lopes MARQUES  | 99 Freguesia de Paiao   |                 |     |
| DNS Rayana Macedo REI  | 99 Lousanense           |                 |     |

Prova 9  
23.5.10 - 11:20

Femin., 400m Livres

8 - 10 anos  
Resultados

Pontos: FINA 2009

| Lugar  | Ano                          | Tempo final    | Pts |
|--|------------------------------|----------------|-----|
| 1. Ana Miguel REIS   | 00 Columbofila Cantanhedense | <b>5:40.74</b> | 342 |
| 50m: 37.41 37.41 100m: 1:20.45 43.04 200m: 2:47.63 1:27.18 400m: 5:40.74 2:53.11 |                              |                |     |
| 2. Teresa Miguel VELOSO  | 00 Nautico/Matobra           | <b>6:07.34</b> | 273 |
| 50m: 39.15 39.15 100m: 1:23.50 44.35 200m: 2:57.66 1:34.16 400m: 6:07.34 3:09.68 |                              |                |     |
| 3. Maria Ines FERREIRA   | 00 Miranda do Corvo          | <b>6:11.79</b> | 263 |
| 50m: 39.83 39.83 100m: 1:26.95 47.12 200m: 3:03.72 1:36.77 400m: 6:11.79 3:08.07 |                              |                |     |
| 4. Margarete Leandro FERNANDES   | 00 Miranda do Corvo          | <b>6:19.69</b> | 247 |
| 50m: 42.84 42.84 100m: 1:30.35 47.51 200m: 3:07.44 1:37.09 400m: 6:19.69 3:12.25 |                              |                |     |
| 5. Mariana Santos FERREIRA   | 00 Miranda do Corvo          | <b>6:20.96</b> | 245 |
| 50m: 41.67 41.67 100m: 1:28.91 47.24 200m: 3:05.67 1:36.76 400m: 6:20.96 3:15.29 |                              |                |     |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

Prova 9, Femin., 400m Livres, 8 - 10 anos

| Lugar |  |         |         | Ano   |                           |         |       |         |         |       | Tempo final    | Pts     |
|-------|--|---------|---------|-------|---------------------------|---------|-------|---------|---------|-------|----------------|---------|
| 6.    | Daniela Margarida PINTO  |         |         | 00    | Miranda do Corvo          |         |       |         |         |       | <b>6:29.25</b> | 229     |
|       | 50m:   | 41.18   | 41.18   | 100m: | 1:29.80                   | 48.62   | 200m: | 3:09.70 | 1:39.90 | 400m: | 6:29.25        | 3:19.55 |
| 7.    | Sara Sofia ALVES   |         |         | 01    | Columbofila Cantanhedense |         |       |         |         |       | <b>6:31.11</b> | 226     |
|       | 50m:   | 41.92   | 41.92   | 100m: | 1:31.48                   | 49.56   | 200m: | 3:12.72 | 1:41.24 | 400m: | 6:31.11        | 3:18.39 |
| 8.    | Rita Sofia FERREIRA  |         |         | 01    | Ginasio Figueirense       |         |       |         |         |       | <b>6:33.64</b> | 222     |
|       | 50m:   | 42.92   | 42.92   | 100m: | 1:32.84                   | 49.92   | 200m: | 3:13.93 | 1:41.09 | 400m: | 6:33.64        | 3:19.71 |
| 9.    | Maria Beatriz JORGE  |         |         | 00    | Nautico/Matobra           |         |       |         |         |       | <b>6:46.63</b> | 201     |
|       | 50m:   | 43.91   | 43.91   | 100m: | 1:36.69                   | 52.78   | 200m: | 3:22.47 | 1:45.78 | 400m: | 6:46.63        | 3:24.16 |
| 10.   | Iara Cruz BOLIQUIME  |         |         | 00    | Freguesia de Paiao        |         |       |         |         |       | <b>6:51.10</b> | 195     |
|       | 50m:   | 44.44   | 44.44   | 100m: | 1:35.66                   | 51.22   | 200m: | 3:21.29 | 1:45.63 | 400m: | 6:51.10        | 3:29.81 |
| 11.   | Ana Francisca CORREIA  |         |         | 00    | Lousanense                |         |       |         |         |       | <b>6:53.47</b> | 191     |
|       | 50m:   | 45.15   | 45.15   | 100m: | 1:37.10                   | 51.95   | 200m: | 3:23.72 | 1:46.62 | 400m: | 6:53.47        | 3:29.75 |
| 12.   | Sofia Campos COSTA   |         |         | 00    | Vigor da Mocidade         |         |       |         |         |       | <b>6:55.82</b> | 188     |
|       | 50m:   | 45.76   | 45.76   | 100m: | 1:37.50                   | 51.74   | 200m: | 3:22.90 | 1:45.40 | 400m: | 6:55.82        | 3:32.92 |
| 13.   | Iara Mesquita COSTA  |         |         | 00    | Freguesia de Paiao        |         |       |         |         |       | <b>7:04.68</b> | 177     |
|       | 50m:   | 45.15   | 45.15   | 100m: | 1:37.05                   | 51.90   | 200m: | 3:27.66 | 1:50.61 | 400m: | 7:04.68        | 3:37.02 |
| 14.   | Joana Victorino HENRIQUES  |         |         | 01    | Condeixa Clube            |         |       |         |         |       | <b>7:08.30</b> | 172     |
|       | 50m:   | 45.39   | 45.39   | 100m: | 1:39.16                   | 53.77   | 200m: | 3:27.74 | 1:48.58 | 400m: | 7:08.30        | 3:40.56 |
| 15.   | Rafaela Sofia MATEUS   |         |         | 00    | Nautico/Matobra           |         |       |         |         |       | <b>7:19.62</b> | 159     |
|       | 50m:   | 47.62   | 47.62   | 100m: | 1:44.33                   | 56.71   | 200m: | 3:37.18 | 1:52.85 | 400m: | 7:19.62        | 3:42.44 |
| 16.   | Maria Beatriz CANAVEIRA  |         |         | 00    | Académica de Coimbra      |         |       |         |         |       | <b>7:20.95</b> | 158     |
|       | 50m:   | 47.11   | 47.11   | 100m: | 1:41.73                   | 54.62   | 200m: | 3:36.61 | 1:54.88 | 400m: | 7:20.95        | 3:44.34 |
| 17.   | Leonor Cunha SILVA   |         |         | 00    | Nautico/Matobra           |         |       |         |         |       | <b>7:25.61</b> | 153     |
|       | 50m:   | 44.15   | 44.15   | 100m: | 1:39.36                   | 55.21   | 200m: | 3:34.00 | 1:54.64 | 400m: | 7:25.61        | 3:51.61 |
| 18.   | Andreia Brito PEREIRA  |         |         | 00    | Vigor da Mocidade         |         |       |         |         |       | <b>7:33.78</b> | 145     |
|       | 50m:   | 45.85   | 45.85   | 100m: | 1:40.71                   | 54.86   | 200m: | 3:36.01 | 1:55.30 | 400m: | 7:33.78        | 3:57.77 |
| 19.   | Ana Sofia MONTEIRO   |         |         | 00    | Vigor da Mocidade         |         |       |         |         |       | <b>7:35.32</b> | 143     |
|       | 50m:   | 47.13   | 47.13   | 100m: | 1:43.32                   | 56.19   | 200m: | 3:36.64 | 1:53.32 | 400m: | 7:35.32        | 3:58.68 |
| 20.   | Carlota Santos SILVA   |         |         | 00    | Nautico/Matobra           |         |       |         |         |       | <b>7:40.19</b> | 139     |
|       | 50m:   | 50.20   | 50.20   | 100m: | 1:48.87                   | 58.67   | 200m: | 3:48.59 | 1:59.72 | 400m: | 7:40.19        | 3:51.60 |
| 21.   | Francisca Miranda ESCULCAS   |         |         | 00    | Académica de Coimbra      |         |       |         |         |       | <b>7:41.32</b> | 138     |
|       | 50m:   | 50.88   | 50.88   | 100m: | 1:48.46                   | 57.58   | 200m: | 3:46.29 | 1:57.83 | 400m: | 7:41.32        | 3:55.03 |
| 22.   | Ines Paiva GERMANO   |         |         | 00    | Nautico/Matobra           |         |       |         |         |       | <b>7:41.65</b> | 137     |
| 23.   | Carolina Ferreira REIS   |         |         | 02    | Columbofila Cantanhedense |         |       |         |         |       | <b>8:01.26</b> | 121     |
|       | 50m:   | 46.65   | 46.65   | 100m: | 1:47.15                   | 1:00.50 | 200m: | 3:53.33 | 2:06.18 | 400m: | 8:01.26        | 4:07.93 |
| DSQ   | Leonor Margarida SOVERAL   |         |         | 01    | Académica de Coimbra      |         |       |         |         |       |                |         |
|       | <i>a atleta nas viragens aos 150 m e 200 m não tocou na parede</i> |         |         |       |                           |         |       |         |         |       |                |         |
| DNS   | Raquel Goncalves MELO  |         |         | 00    | Condeixa Clube            |         |       |         |         |       |                |         |
| DNS   | Ana China OLIVEIRA   |         |         | 01    | Condeixa Clube            |         |       |         |         |       |                |         |
| DNS   | Carolina Martins COSTA   |         |         | 00    | Académica de Coimbra      |         |       |         |         |       |                |         |
| EXH   | Catarina Santos FLORIO   |         |         | 01    | Condeixa Clube            |         |       |         |         |       | <b>9:05.60</b> | 83      |
|       | 50m:   | 1:08.62 | 1:08.62 | 100m: | 2:07.50                   | 58.88   | 200m: | 4:25.97 | 2:18.47 | 400m: | 9:05.60        | 4:39.63 |

Torneio Regional de Fundo de Cadetes  
Condeixa, 22. - 23.5.2010

|                 |                       |             |
|-----------------|-----------------------|-------------|
| Prova 10        | Masc., 4 x 50m Livres | 8 - 10 anos |
| 23.5.10 - 11:55 |                       | Resultados  |

Pontos: FINA 2009

| Lugar                           |                                 | Tempo final    | Pts |
|---------------------------------|---------------------------------|----------------|-----|
| 1. Columbofila Cantanhedense G3 | Columbofila Cantanhedense       | <b>2:42.73</b> | 147 |
| Joao Paulo CAVADAS 00           | 41.42 Ismael Cristiano PINTO 00 |                |     |
| Diogo Pratas MAIA 00            | Rafael Rodrigo NETO 00          |                |     |

|                 |                       |            |
|-----------------|-----------------------|------------|
| Prova 10        | Masc., 4 x 50m Livres | 11 anos    |
| 23.5.10 - 11:55 |                       | Resultados |

Pontos: FINA 2009

| Lugar                           |                               | Tempo final    | Pts |
|---------------------------------|-------------------------------|----------------|-----|
| 1. Columbofila Cantanhedense G2 | Columbofila Cantanhedense     | <b>2:21.31</b> | 225 |
| Jose Neves NETO 99              | 33.85 Tiago Licinio SANTOS 99 |                |     |
| Gabriel Levi GOMES 99           | Joao Rafael SILVA 99          |                |     |
| 2. Académica de Coimbra G2      | Académica de Coimbra          | <b>2:32.90</b> | 178 |
| Tiago Andre CARVALHO 99         | 37.35 Pedro Henrique PIRES 99 |                |     |
| Pedro CORTE-REAL 99             | Joao Francisco MACHADO 99     |                |     |
| 3. Nautico/Matobra G2           | Nautico/Matobra               | <b>2:33.58</b> | 175 |
| Andre Marques ANTUNES 99        | 37.46 Hugo Jorge RUAS 99      |                |     |
| Goncalo Moreira DIAS 99         | Andre Ligeiro MARTINS 99      |                |     |
| 4. Miranda do Corvo G2          | Miranda do Corvo              | <b>2:35.90</b> | 167 |
| Joao Pedro GOMES 99             | 35.04 Pedro Jaime SOARES 99   |                |     |
| Francisco Andre FERREIRA 99     | Rui Pedro SANTOS 99           |                |     |

|                 |                       |            |
|-----------------|-----------------------|------------|
| Prova 10        | Masc., 4 x 50m Livres | 12 anos    |
| 23.5.10 - 11:55 |                       | Resultados |

Pontos: FINA 2009

| Lugar                              |                                      | Tempo final    | Pts |
|------------------------------------|--------------------------------------|----------------|-----|
| 1. Nautico/Matobra G1              | Nautico/Matobra                      | <b>2:13.76</b> | 265 |
| Joao Manuel PIRES 98               | 32.07 Joao Manuel LEITAO 98          |                |     |
| Pedro Filipe PIRES 98              | Diogo Afonso NUNES 98                |                |     |
| 2. Columbofila Cantanhedense G1    | Columbofila Cantanhedense            | <b>2:16.99</b> | 247 |
| Diogo Rodrigues DIAS 98            | 34.37 Roman STEFANIV 98              |                |     |
| Diogo Manuel MARQUES 98            | Eduardo Reis GALHANO 98              |                |     |
| 3. Nautico/Matobra G1              | Nautico/Matobra                      | <b>2:29.75</b> | 189 |
| Joao Nuno RODRIGUES 98             | 33.73 Patrick Jose MAIA 98           |                |     |
| Joaquim Vicente OSORIO 98          | Henrique Goncalves MALO 98           |                |     |
| EXH Fundacao Beatriz Santos Ex C   | Fundacao Beatriz Santos              | <b>2:15.76</b> | 254 |
| Nuno Geraldos SOUSA 98             | Joana Beatriz BERNARDO 99            |                |     |
| Maria Freitas PIMENTEL 99          | Tiago Moises DINIS 98                |                |     |
| EXH Columbofila Cantanhedense Ex C | Columbofila Cantanhedense            | <b>2:42.11</b> | 149 |
| Diogo Alexandre COSTA 99           | 39.21 Tiago Samuel OLIVEIRA 99       |                |     |
| Leonardo Miguel CAVALEIRO 99       | Vasco Maria GUINA 01                 |                |     |
| EXH Académica de Coimbra Ex C      | Académica de Coimbra                 | <b>2:45.64</b> | 140 |
| Diogo Luis BREDÁ 01                | 41.09 Joao David FERNANDO 99         |                |     |
| Guilherme Ferreira PAULO 98        | Francisco Miguel CARVALHO 00         |                |     |
| EXH Nautico/Matobra Ex C           | Nautico/Matobra                      | <b>2:53.41</b> | 122 |
| Gustavo Gurito ARAUJO 99           | 47.91 David Coelho SILVA 00          |                |     |
| Jose Maria GASPAR 01               | Lucas Pereira BASTOS 00              |                |     |
| EXH Miranda do Corvo Ex C          | Miranda do Corvo                     | <b>2:57.74</b> | 113 |
| Daniel Filipe PAIVA 98             | 37.71 Barbara Alexandra RODRIGUES 00 |                |     |
| Ricardo Filipe MACHADO 00          | Rui Pedro COSTA 00                   |                |     |