

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

1 - 1ª Jornada

21.11.08 - 19:00

Prova 1 Femin., 4 x 50m Livres Open  
21.11.08 - 19:00 Resultados

Pontos: FINA 2008

Lugar				Tempo final	Pts
1.	Náutico/Matobra 1		Náutico/Matobra	<b>1:56.81</b>	588
	Raquel Coutinho, GAIO	90	29.27 Ines Barbosa, MOREIRA	92	30.12
	Maria Ines, RIBEIRO	92	28.73 Solange Patricia, AZEVEDO	89	28.69
2.	Académica de Coimbra 1		Académica de Coimbra	<b>2:02.94</b>	504
	Joana Ferreira, COROADO	92	30.69 Ana Filipa, ROQUE	91	32.08
	Ana Rita, COSTA	91	31.20 Mariana Almeida, MADUREIRA	91	28.97
3.	Miranda do Corvo 1		Miranda do Corvo	<b>2:06.47</b>	463
	Maria Ana, SERRANO	94	31.19 Tatiana Cruz, COSTA	94	32.56
	Rita Nair, FERREIRA	91	30.76 Raquel Cristiana, PAIVA	90	31.96
EXH	AAC Juv		Académica de Coimbra	<b>2:01.54</b>	522
	Rita Amado, LAEZZA	95	28.99 Ana Claudia, CORDEIRO	95	30.54
	Mariana Rocha, VALENTE	95	30.96 Joana Ines, OLIVEIRA	95	31.05

Prova 2 Masc., 4 x 50m Livres Open  
21.11.08 - 19:05 Resultados

Pontos: FINA 2008

Lugar				Tempo final	Pts
1.	Náutico/Matobra 1		Náutico/Matobra	<b>1:41.88</b>	617
	Rui Miguel, FONSECA	88	25.93 Nelson Goncalves, JUDAS	91	25.58
	Pedro Miguel, CONDE	90	25.29 Jorge Miguel, MENDES	90	25.08
2.	Académica de Coimbra 1		Académica de Coimbra	<b>1:43.09</b>	596
	Nuno Dias, CARDOSO	89	25.80 Andre Filipe, LOPES	92	26.12
	Carlos Octavio, FERNANDES	88	25.35 Tiago Rafael, LOPES	92	25.82
3.	Ginásio Figueirense 1		Ginásio Figueirense	<b>1:45.76</b>	552
	Mario Alexandre, PEREIRA	92	26.05 Rui Correia, TINOCO	92	27.57
	Miguel Guterre, SOUSA	91	26.33 Mario Jorge, SILVA	91	25.81
EXH	AAC Juv		Académica de Coimbra	<b>1:51.77</b>	467
	Gustavo Almeida, MADUREIRA	94	25.98 Joao Filipe, LUCAS	94	28.15
	Pedro Barros, MENDES	94	28.33 Ruben Paiva, CARVALHO	94	29.31

Prova 3 Femin., 400m Estilos 15 anos e mais velhos  
21.11.08 - 19:05 Resultados

Pontos: FINA 2008

Lugar		Ano		Tempo final	Pts	
1.	Maria Miguel, VELOSO	93	Náutico/Matobra	<b>5:05.21</b>	685	
	50m: 33.28 33.28	150m: 1:50.76	40.38 250m: 3:13.18	44.29	350m: 4:31.78	33.99
	100m: 1:10.38 37.10	200m: 2:28.89	38.13 300m: 3:57.79	44.61	400m: 5:05.21	33.43
2.	Beatriz Rocha, NUNES	94	Ginásio Figueirense	<b>5:22.53</b>	580	
	50m: 35.14 35.14	150m: 1:56.02	41.32 250m: 3:21.77	45.48	350m: 4:45.43	37.87
	100m: 1:14.70 39.56	200m: 2:36.29	40.27 300m: 4:07.56	45.79	400m: 5:22.53	37.10
3.	Gabriela Oliveira, ANDRADE	94	Náutico/Matobra	<b>5:32.84</b>	528	
	50m: 37.34 37.34	150m: 2:07.75	44.51 250m: 3:33.42	43.35	350m: 4:56.17	38.13
	100m: 1:23.24 45.90	200m: 2:50.07	42.32 300m: 4:18.04	44.62	400m: 5:32.84	36.67
DNS	Raquel Cristiana, PAIVA	90	Miranda do Corvo			

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Prova 4, Masc., 400m Estilos

Prova 4 Masc., 400m Estilos 17 anos e mais velhos  
21.11.08 - 19:15 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA	91 Nautico/Matobra	<b>4:39.19</b>	658
50m: 29.44 29.44	150m: 1:40.37 37.06	250m: 2:55.89 38.00	350m: 4:08.58 33.39
100m: 1:03.31 33.87	200m: 2:17.89 37.52	300m: 3:35.19 39.30	400m: 4:39.19 30.61
2. Pedro Fragoso, LOPES	90 Columbófila Cantanhedense	<b>4:54.51</b>	561
50m: 30.09 30.09	150m: 1:42.86 38.57	250m: 3:03.07 42.78	350m: 4:20.80 34.27
100m: 1:04.29 34.20	200m: 2:20.29 37.43	300m: 3:46.53 43.46	400m: 4:54.51 33.71
3. Hugo Miguel, NUNES	90 Nautico/Matobra	<b>4:56.88</b>	547
50m: 32.68 32.68	150m: 1:49.28 39.43	250m: 3:09.53 42.06	350m: 4:25.28 34.19
100m: 1:09.85 37.17	200m: 2:27.47 38.19	300m: 3:51.09 41.56	400m: 4:56.88 31.60
4. Goncalo Nuno, COSTA	90 Académica de Coimbra	<b>4:57.33</b>	545
50m: 31.47 31.47	150m: 1:46.08 39.00	250m: 3:06.69 42.69	350m: 4:24.73 34.36
100m: 1:07.08 35.61	200m: 2:24.00 37.92	300m: 3:50.37 43.68	400m: 4:57.33 32.60
5. Mario Alexandre, PEREIRA	92 Ginásio Figueirense	<b>5:06.64</b>	497
50m: 31.87 31.87	150m: 1:49.47 40.55	250m: 3:13.27 44.53	350m: 4:33.82 35.90
100m: 1:08.92 37.05	200m: 2:28.74 39.27	300m: 3:57.92 44.65	400m: 5:06.64 32.82
DSQ Rui Correia, TINOCO	92 Ginásio Figueirense		
EXH Diogo Cunha, GIRAO	94 Columbófila Cantanhedense	<b>5:07.30</b>	494
50m: 33.75 33.75	150m: 1:50.08 37.57	250m: 3:13.19 45.98	350m: 4:34.47 34.75
100m: 1:12.51 38.76	200m: 2:27.21 37.13	300m: 3:59.72 46.53	400m: 5:07.30 32.83
EXH Tiago Andre, SILVA	94 Columbófila Cantanhedense	<b>5:29.09</b>	402
50m: 35.13 35.13	150m: 2:00.02 44.60	250m: 3:29.31 46.15	350m: 4:53.07 37.42
100m: 1:15.42 40.29	200m: 2:43.16 43.14	300m: 4:15.65 46.34	400m: 5:29.09 36.02

Prova 5 Femin., 100m Livres 15 anos e mais velhos  
21.11.08 - 19:20 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Raquel Coutinho, GAIO	90 Nautico/Matobra	<b>1:02.49</b>	590
50m: 30.70 30.70	100m: 1:02.49 31.79		
2. Filipa Ramos, RIBEIRO	93 Fundação Beatriz Santos	<b>1:03.92</b>	552
50m: 30.72 30.72	100m: 1:03.92 33.20		
3. Mariana Almeida, MADUREIRA	91 Académica de Coimbra	<b>1:04.63</b>	534
50m: 30.74 30.74	100m: 1:04.63 33.89		
4. Ines Barbosa, MOREIRA	92 Nautico/Matobra	<b>1:05.26</b>	518
50m: 31.64 31.64	100m: 1:05.26 33.62		
5. Joana Ferreira, COROADO	92 Académica de Coimbra	<b>1:06.40</b>	492
50m: 31.97 31.97	100m: 1:06.40 34.43		
6. Tania Martins, GARCIA	92 Ginásio Figueirense	<b>1:06.49</b>	490
50m: 32.43 32.43	100m: 1:06.49 34.06		
7. Ana Mafalda, OLIVEIRA	93 Paião	<b>1:06.64</b>	487
50m: 32.57 32.57	100m: 1:06.64 34.07		
8. Rita Nair, FERREIRA	91 Miranda do Corvo	<b>1:08.32</b>	452
50m: 32.46 32.46	100m: 1:08.32 35.86		
9. Symonee Sobral, HINCKLEY	93 Académica de Coimbra	<b>1:08.56</b>	447
50m: 33.49 33.49	100m: 1:08.56 35.07		

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Prova 5, Femin., 100m Livres, 15 anos e mais velhos

Lugar	Ano	Tempo final	Pts
10. Sofia Roque, DIAS 50m: 33.26 33.26 100m: 1:08.60 35.34	94 Académica de Coimbra	<b>1:08.60</b>	446
11. Maria Ana, SERRANO 50m: 33.56 33.56 100m: 1:08.61 35.05	94 Miranda do Corvo	<b>1:08.61</b>	446
12. Ana Carolina, BERNARDO 50m: 33.78 33.78 100m: 1:08.87 35.09	93 Académica de Coimbra	<b>1:08.87</b>	441
13. Bruna Miguel, PEREIRA 50m: 34.37 34.37 100m: 1:08.96 34.59	94 Académica de Coimbra	<b>1:08.96</b>	439
14. Joana Lopes, SILVESTRE 50m: 33.35 33.35 100m: 1:09.78 36.43	94 Náutico/Matobra	<b>1:09.78</b>	424
15. Raquel Cristiana, PAIVA 50m: 33.60 33.60 100m: 1:09.81 36.21	90 Miranda do Corvo	<b>1:09.81</b>	423
16. Ana Coutinho, SOUTO 50m: 34.73 34.73 100m: 1:10.24 35.51	93 Académica de Coimbra	<b>1:10.24</b>	416
17. Ana Filipa, LEITE 50m: 32.76 32.76 100m: 1:10.50 37.74	86 Académica de Coimbra	<b>1:10.50</b>	411
18. Filipa Goncalves, LOPES 50m: 34.13 34.13 100m: 1:12.23 38.10	94 Columbófila Cantanhedense	<b>1:12.23</b>	382
19. Ana Filipa, ROQUE 50m: 34.45 34.45 100m: 1:12.34 37.89	91 Académica de Coimbra	<b>1:12.34</b>	381
20. Elizabeth Maria, CARVALHO 50m: 34.34 34.34 100m: 1:12.43 38.09	94 Ginásio Figueirense	<b>1:12.43</b>	379
21. Tatiana Cruz, COSTA 50m: 35.64 35.64 100m: 1:12.76 37.12	94 Miranda do Corvo	<b>1:12.76</b>	374
22. Cintia Cruz, CHUVA 50m: 35.90 35.90 100m: 1:14.62 38.72	94 Paião	<b>1:14.62</b>	347
23. Ana Carlos, FERREIRA 50m: 36.70 36.70 100m: 1:15.98 39.28	93 Paião	<b>1:15.98</b>	328
DNS Rita Marques, SOUSA	94 Fundação Beatriz Santos		
EXH Rita Amado, LAEZZA 50m: 30.93 30.93 100m: 1:03.78 32.85	95 Académica de Coimbra	<b>1:03.78</b>	555
EXH Mariana Rocha, VALENTE 50m: 33.33 33.33 100m: 1:08.72 35.39	95 Académica de Coimbra	<b>1:08.72</b>	444
EXH Joana Ines, OLIVEIRA 50m: 34.11 34.11 100m: 1:09.05 34.94	95 Académica de Coimbra	<b>1:09.05</b>	438
EXH Mariana Costa, SEBASTIAO 50m: 33.11 33.11 100m: 1:09.45 36.34	95 Ginásio Figueirense	<b>1:09.45</b>	430
EXH Claudia Filipa, SILVA 50m: 37.45 37.45 100m: 1:17.27 39.82	95 Miranda do Corvo	<b>1:17.27</b>	312
EXH Mariana Coutinho, SOUTO 50m: 37.52 37.52 100m: 1:18.08 40.56	95 Académica de Coimbra	<b>1:18.08</b>	303
EXH Joana Carolina, ALVES 50m: 37.98 37.98 100m: 1:19.92 41.94	95 Ginásio Figueirense	<b>1:19.92</b>	282

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Prova 6 Masc., 100m Livres 15 - 16 anos  
21.11.08 - 19:25 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DSQ Joao Miguel, ALMEIDA	93 Ginásio Figueirense		
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 6 Masc., 100m Livres 17 anos e mais velhos  
21.11.08 - 19:25 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Jorge Miguel, MENDES 50m: 26.72 26.72 100m: 54.45	90 Náutico/Matobra	<b>54.45</b>	621
2. Bruno Gustavo, NOGUEIRA 50m: 26.91 26.91 100m: 54.67	91 Fundação Beatriz Santos	<b>54.67</b>	613
3. Nelson Goncalves, JUDAS 50m: 27.60 27.60 100m: 56.35	91 Náutico/Matobra	<b>56.35</b>	560
4. Andre Filipe, LOPES 50m: 27.99 27.99 100m: 57.01	92 Académica de Coimbra	<b>57.01</b>	541
5. Daniel Alexandre, RODRIGUES 50m: 27.36 27.36 100m: 57.21	91 Náutico/Matobra	<b>57.21</b>	535
6. Tiago Rafael, LOPES 50m: 27.94 27.94 100m: 57.24	92 Académica de Coimbra	<b>57.24</b>	534
7. Pedro Fragoso, LOPES 50m: 28.21 28.21 100m: 57.44	90 Columbófila Cantanhedense	<b>57.44</b>	529
8. Pedro Filipe, SANTOS 50m: 28.09 28.09 100m: 57.82	89 Académica de Coimbra	<b>57.82</b>	518
9. Gustavo Alexandre, MENESES 50m: 28.14 28.14 100m: 58.41	92 Columbófila Cantanhedense	<b>58.41</b>	503
10. Pedro Octavio, FERNANDES 50m: 28.52 28.52 100m: 58.75	91 Académica de Coimbra	<b>58.75</b>	494
11. Guilherme Joao, PATRIARCA 50m: 28.26 28.26 100m: 58.86	92 Académica de Coimbra	<b>58.86</b>	491
12. Hugo Rafael, RAMALHO 50m: 28.57 28.57 100m: 59.52	90 Académica de Coimbra	<b>59.52</b>	475
13. Tiago Filipe, LEAL 50m: 28.77 28.77 100m: 59.81	90 Académica de Coimbra	<b>59.81</b>	468
14. Cristiano Almeida, SANTOS 50m: 28.78 28.78 100m: 1:00.01	90 Náutico/Matobra	<b>1:00.01</b>	464
15. Mario Jorge, SILVA 50m: 29.27 29.27 100m: 1:00.12	91 Ginásio Figueirense	<b>1:00.12</b>	461
16. Andre Rocha, VALENTE 50m: 29.36 29.36 100m: 1:00.61	92 Académica de Coimbra	<b>1:00.61</b>	450
17. Bruno Alexandre, FIGUEIRA 50m: 29.17 29.17 100m: 1:01.44	90 Fundação Beatriz Santos	<b>1:01.44</b>	432
18. Diogo Costa, FONTES 50m: 29.74 29.74 100m: 1:02.00	92 Académica de Coimbra	<b>1:02.00</b>	421
19. Diogo Remi, FAIM 50m: 29.96 29.96 100m: 1:02.54	92 Ginásio Figueirense	<b>1:02.54</b>	410
20. Marcelo Abreu, RODRIGUES 50m: 30.83 30.83 100m: 1:03.99	92 Académica de Coimbra	<b>1:03.99</b>	382

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Prova 6, Masc., 100m Livres, 17 anos e mais velhos

Lugar	Ano	Tempo final	Pts
21. Nuno Alexandre, NEVES 50m: 31.37 31.37 100m: 1:04.16 32.79	92 Paião	<b>1:04.16</b>	379
22. Miguel Guterre, SOUSA 50m: 30.98 30.98 100m: 1:06.47 35.49	91 Ginásio Figueirense	<b>1:06.47</b>	341
EXH Gustavo Almeida, MADUREIRA 50m: 28.04 28.04 100m: 57.79 29.75	94 Académica de Coimbra	<b>57.79</b>	519
EXH Daciano Egidio, SOUSA 50m: 28.57 28.57 100m: 58.32 29.75	93 Ginásio Figueirense	<b>58.32</b>	505
EXH Andre Duarte, VAZ 50m: 28.28 28.28 100m: 58.53 30.25	93 Ginásio Figueirense	<b>58.53</b>	500
EXH Joao Manuel, BORGES 50m: 29.59 29.59 100m: 1:01.14 31.55	94 Ginásio Figueirense	<b>1:01.14</b>	439
EXH David Jose, FONSECA 50m: 29.85 29.85 100m: 1:01.76 31.91	94 Columbófila Cantanhedense	<b>1:01.76</b>	425
EXH Francisco Leonardes, ALVES 50m: 30.56 30.56 100m: 1:02.17 31.61	94 Académica de Coimbra	<b>1:02.17</b>	417
EXH Pedro Daniel, CARVALHO 50m: 29.70 29.70 100m: 1:02.35 32.65	93 Académica de Coimbra	<b>1:02.35</b>	413
EXH Andre Marques, DINIS 50m: 30.31 30.31 100m: 1:02.63 32.32	93 Columbófila Cantanhedense	<b>1:02.63</b>	408
EXH Joao Filipe, LUCAS 50m: 31.08 31.08 100m: 1:02.84 31.76	94 Académica de Coimbra	<b>1:02.84</b>	404
EXH Nuno Correia, TINOCO 50m: 30.89 30.89 100m: 1:03.12 32.23	93 Ginásio Figueirense	<b>1:03.12</b>	399
EXH Hugo Neves, NETO 50m: 30.46 30.46 100m: 1:04.31 33.85	94 Columbófila Cantanhedense	<b>1:04.31</b>	377
EXH Romulo Emanuel, FERNANDES 50m: 30.77 30.77 100m: 1:04.67 33.90	93 Académica de Coimbra	<b>1:04.67</b>	371
EXH Pedro Miguel, RODRIGUES 50m: 29.94 29.94 100m: 1:04.70 34.76	93 Paião	<b>1:04.70</b>	370
EXH Goncalo Raposeiro, FARIA 50m: 32.13 32.13 100m: 1:06.33 34.20	93 Ginásio Figueirense	<b>1:06.33</b>	343
EXH David Alexandre, PEREIRA 50m: 31.63 31.63 100m: 1:06.40 34.77	94 Ginásio Figueirense	<b>1:06.40</b>	342
EXH Pedro Daniel, PINTO 50m: 32.62 32.62 100m: 1:07.87 35.25	94 Miranda do Corvo	<b>1:07.87</b>	321

Prova 7  
21.11.08 - 19:45

Femin., 50m Costas

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Daniela Filipa, CARDOSO	89 Fundação Beatriz Santos	<b>32.24</b>	576
2. Solange Patricia, AZEVEDO	89 Náutico/Matobra	<b>32.65</b>	554
3. Nadia Filipa, MARQUES	92 Académica de Coimbra	<b>32.84</b>	545
4. Ana Mafalda, OLIVEIRA	93 Paião	<b>35.08</b>	447
5. Tania Martins, GARCIA	92 Ginásio Figueirense	<b>36.03</b>	412
6. Raquel Cristiana, PAIVA	90 Miranda do Corvo	<b>37.43</b>	368

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Prova 7, Femin., 50m Costas, 15 anos e mais velhos

Lugar	Ano		Tempo final	Pts
7.	93	Symonee Sobral, HINCKLEY Académica de Coimbra	<b>37.44</b>	368
8.	94	Elizabeth Maria, CARVALHO Ginásio Figueirense	<b>37.67</b>	361
9.	94	Sofia Roque, DIAS Académica de Coimbra	<b>37.91</b>	354
10.	91	Rita Nair, FERREIRA Miranda do Corvo	<b>37.98</b>	352
11.	94	Tatiana Cruz, COSTA Miranda do Corvo	<b>39.25</b>	319
12.	94	Bruna Miguel, PEREIRA Académica de Coimbra	<b>39.86</b>	305
EXH	95	Tatiana Filipa, SANTOS Ginásio Figueirense	<b>33.36</b>	520
EXH	91	Sara Vieira, ALMEIDA Gouveia	<b>33.50</b>	513
EXH	95	Mariana Costa, SEBASTIAO Ginásio Figueirense	<b>35.79</b>	421

Prova 8 Masc., 50m Costas 17 anos e mais velhos  
21.11.08 - 19:50 Resultados

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	90	Pedro Miguel, CONDE Náutico/Matobra	<b>29.30</b>	513
2.	88	Carlos Octavio, FERNANDES Académica de Coimbra	<b>29.68</b>	494
3.	91	Nelson Goncalves, JUDAS Náutico/Matobra	<b>29.86</b>	485
4.	89	Bruno Miguel, AMARAL Náutico/Matobra	<b>29.90</b>	483
5.	91	Mario Jorge, SILVA Ginásio Figueirense	<b>30.12</b>	473
6.	91	Bruno Gustavo, NOGUEIRA Fundação Beatriz Santos	<b>30.82</b>	441
7.	91	Pedro Octavio, FERNANDES Académica de Coimbra	<b>31.87</b>	399
8.	92	Diogo Remi, FAIM Ginásio Figueirense	<b>33.74</b>	336
EXH	93	Daciano Egidio, SOUSA Ginásio Figueirense	<b>32.79</b>	366
EXH	94	Francisco Leonardes, ALVES Académica de Coimbra	<b>33.91</b>	331

Prova 9 Femin., 200m Mariposa 14 anos  
21.11.08 - 19:50 Resultados

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
DSQ	95	Sofia Verissimo, PEDROSA Paião		

Prova 9 Femin., 200m Mariposa 15 anos e mais velhos  
21.11.08 - 19:50 Resultados

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1.	93	Maria Miguel, VELOSO Náutico/Matobra	<b>2:26.07</b>	614
		50m: 34.05 34.05 100m: 1:11.33 37.28 150m: 1:48.99 37.66 200m: 2:26.07 37.08		
2.	94	Beatriz Rocha, NUNES Ginásio Figueirense	<b>2:34.49</b>	519
		50m: 35.08 35.08 100m: 1:14.35 39.27 150m: 1:54.71 40.36 200m: 2:34.49 39.78		
3.	93	Raquel Bartolo, VITOR Académica de Coimbra	<b>2:44.87</b>	427
		50m: 36.16 36.16 100m: 1:18.66 42.50 150m: 2:01.89 43.23 200m: 2:44.87 42.98		
4.	92	Nadia Filipa, MARQUES Académica de Coimbra	<b>2:47.73</b>	405
		50m: 36.11 36.11 100m: 1:19.06 42.95 150m: 2:03.60 44.54 200m: 2:47.73 44.13		
DSQ	93	Catarina Oliveira, DINIS Académica de Coimbra		
DNS	90	Raquel Coutinho, GAIO Náutico/Matobra		
EXH	95	Tatiana Filipa, SANTOS Ginásio Figueirense	<b>2:40.23</b>	465
		50m: 35.28 35.28 100m: 1:15.22 39.94 150m: 1:57.21 41.99 200m: 2:40.23 43.02		

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Prova 9, Femin., 200m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Joana Reis, VEIGA	95 Académica de Coimbra	<b>2:53.73</b>	365
50m: 34.90 34.90	100m: 1:16.37 41.47	150m: 2:04.33 47.96	200m: 2:53.73 49.40

Prova 10

21.11.08 - 20:00

Masc., 200m Mariposa

17 anos e mais velhos

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, FONSECA <i>RR Sen</i>	88 Náutico/Matobra	<b>2:08.38</b>	653
50m: 28.58 28.58	100m: 1:00.63 32.05	150m: 1:33.93 33.30	200m: 2:08.38 34.45
2. Hugo Rafael, RAMALHO	90 Académica de Coimbra	<b>2:15.24</b>	559
50m: 30.29 30.29	100m: 1:03.33 33.04	150m: 1:38.67 35.34	200m: 2:15.24 36.57
3. Joao Aires, GOMES	85 Náutico/Matobra	<b>2:16.89</b>	539
50m: 29.75 29.75	100m: 1:03.74 33.99	150m: 1:39.13 35.39	200m: 2:16.89 37.76
4. Mario Alexandre, PEREIRA	92 Ginásio Figueirense	<b>2:17.04</b>	537
50m: 29.75 29.75	100m: 1:04.21 34.46	150m: 1:40.46 36.25	200m: 2:17.04 36.58
5. Daniel Alexandre, RODRIGUES	91 Náutico/Matobra	<b>2:23.23</b>	470
50m: 31.95 31.95	100m: 1:08.69 36.74	150m: 1:45.87 37.18	200m: 2:23.23 37.36
6. Rui Correia, TINOCO	92 Ginásio Figueirense	<b>2:24.01</b>	463
50m: 32.23 32.23	100m: 1:08.91 36.68	150m: 1:46.49 37.58	200m: 2:24.01 37.52
7. Andre Rocha, VALENTE	92 Académica de Coimbra	<b>2:44.59</b>	310
50m: 34.99 34.99	100m: 1:17.39 42.40	150m: 2:00.62 43.23	200m: 2:44.59 43.97
DSQ Pedro Filipe, SANTOS	89 Académica de Coimbra		
EXH Diogo Cunha, GIRAO	94 Columbófila Cantanhedense	<b>2:29.68</b>	412
50m: 33.84 33.84	100m: 1:12.23 38.39	150m: 1:51.47 39.24	200m: 2:29.68 38.21
EXH Diogo Emanuel, FERREIRA	93 Académica de Coimbra	<b>2:30.81</b>	403
50m: 33.74 33.74	100m: 1:12.26 38.52	150m: 1:52.78 40.52	200m: 2:30.81 38.03
EXH Andre Duarte, VAZ	93 Ginásio Figueirense	<b>2:32.48</b>	390
50m: 32.31 32.31	100m: 1:09.97 37.66	150m: 1:50.88 40.91	200m: 2:32.48 41.60
EXH Joao Manuel, BORGES	94 Ginásio Figueirense	<b>2:34.75</b>	373
50m: 33.86 33.86	100m: 1:13.67 39.81	150m: 1:54.30 40.63	200m: 2:34.75 40.45
EXH David Jose, FONSECA	94 Columbófila Cantanhedense	<b>2:41.84</b>	326
50m: 35.06 35.06	100m: 1:15.61 40.55	150m: 1:58.24 42.63	200m: 2:41.84 43.60
EXH Andre Marques, DINIS	93 Columbófila Cantanhedense	<b>2:46.78</b>	298
50m: 36.27 36.27	100m: 1:18.84 42.57	150m: 2:02.50 43.66	200m: 2:46.78 44.28
EXH Nuno Correia, TINOCO	93 Ginásio Figueirense	<b>2:51.03</b>	276
50m: 34.92 34.92	100m: 1:16.87 41.95	150m: 2:03.11 46.24	200m: 2:51.03 47.92

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Prova 11, Femin., 200m Bruços

Prova 11  
21.11.08 - 20:05

Femin., 200m Bruços

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Maria Ines, RIBEIRO	92 Nautico/Matobra	<b>2:47.66</b>	576
50m: 37.24 37.24 100m: 1:19.50 42.26 150m: 2:02.89 43.39 200m: 2:47.66 44.77			
2. Gabriela Oliveira, ANDRADE	94 Nautico/Matobra	<b>2:48.49</b>	568
50m: 38.98 38.98 100m: 1:22.12 43.14 150m: 2:05.97 43.85 200m: 2:48.49 42.52			
3. Ana Rita, COSTA	91 Académica de Coimbra	<b>2:54.64</b>	510
50m: 39.07 39.07 100m: 1:23.13 44.06 150m: 2:09.58 46.45 200m: 2:54.64 45.06			
4. Maria Ana, SERRANO	94 Miranda do Corvo	<b>3:00.87</b>	459
50m: 40.76 40.76 100m: 1:27.35 46.59 150m: 2:14.26 46.91 200m: 3:00.87 46.61			
EXH Ana Claudia, CORDEIRO	95 Académica de Coimbra	<b>2:54.97</b>	507
50m: 40.77 40.77 100m: 1:25.82 45.05 150m: 2:10.99 45.17 200m: 2:54.97 43.98			
EXH Mariana Coutinho, SOUTO	95 Académica de Coimbra	<b>3:05.40</b>	426
50m: 41.53 41.53 100m: 1:28.57 47.04 150m: 2:16.14 47.57 200m: 3:05.40 49.26			
EXH Beatriz Calvete, PEDROSA	95 Paião	<b>3:15.72</b>	362
50m: 43.79 43.79 100m: 1:34.98 51.19 150m: 2:27.15 52.17 200m: 3:15.72 48.57			
EXH Claudia Filipa, SILVA	95 Miranda do Corvo	<b>3:16.75</b>	357
50m: 46.09 46.09 100m: 1:36.45 50.36 150m: 2:26.64 50.19 200m: 3:16.75 50.11			
EXH Joana Carolina, ALVES	95 Ginásio Figueirense	<b>3:29.55</b>	295
50m: 47.88 47.88 100m: 1:41.44 53.56 150m: 2:35.92 54.48 200m: 3:29.55 53.63			

Prova 12  
21.11.08 - 20:15

Masc., 200m Bruços

15 - 16 anos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DSQ Hugo Neves, NETO	94 Columbófila Cantanhedense		
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 12  
21.11.08 - 20:15

Masc., 200m Bruços

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA	91 Nautico/Matobra	<b>2:28.68</b>	596
50m: 34.20 34.20 100m: 1:11.59 37.39 150m: 1:50.13 38.54 200m: 2:28.68 38.55			
2. Hugo Miguel, NUNES	90 Nautico/Matobra	<b>2:37.76</b>	499
50m: 35.94 35.94 100m: 1:15.87 39.93 150m: 1:56.70 40.83 200m: 2:37.76 41.06			
2. Goncalo Nuno, COSTA	90 Académica de Coimbra	<b>2:37.76</b>	499
50m: 36.54 36.54 100m: 1:17.30 40.76 150m: 1:58.19 40.89 200m: 2:37.76 39.57			
4. Gustavo Alexandre, MENESES	92 Columbófila Cantanhedense	<b>2:39.58</b>	482
50m: 36.91 36.91 100m: 1:18.19 41.28 150m: 1:59.47 41.28 200m: 2:39.58 40.11			
5. Tiago Rafael, LOPES	92 Académica de Coimbra	<b>2:41.94</b>	461
50m: 36.36 36.36 100m: 1:17.69 41.33 150m: 2:00.07 42.38 200m: 2:41.94 41.87			
6. Cristiano Almeida, SANTOS	90 Nautico/Matobra	<b>2:51.08</b>	391
50m: 39.45 39.45 100m: 1:22.82 43.37 150m: 2:06.67 43.85 200m: 2:51.08 44.41			
7. Marcelo Abreu, RODRIGUES	92 Académica de Coimbra	<b>2:52.08</b>	384
50m: 39.51 39.51 100m: 1:23.09 43.58 150m: 2:07.49 44.40 200m: 2:52.08 44.59			



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Prova 12, Masc., 200m Bruços, 17 anos e mais velhos

Lugar	Ano	Tempo final	Pts
8. Diogo Costa, FONTES 50m: 38.69 38.69 100m: 1:22.60 43.91 150m: 2:08.02 45.42 200m: 2:53.63 45.61	92 Académica de Coimbra	<b>2:53.63</b>	374
9. Nuno Alexandre, NEVES 50m: 40.30 40.30 100m: 1:25.89 45.59 150m: 2:11.42 45.53 200m: 2:54.31 42.89	92 Paião	<b>2:54.31</b>	370
EXH Pedro Daniel, CARVALHO 50m: 37.22 37.22 100m: 1:18.38 41.16 150m: 1:59.86 41.48 200m: 2:40.92 41.06	93 Académica de Coimbra	<b>2:40.92</b>	470
EXH Pedro Barros, MENDES 50m: 37.67 37.67 100m: 1:20.02 42.35 150m: 2:03.04 43.02 200m: 2:43.38 40.34	94 Académica de Coimbra	<b>2:43.38</b>	449
EXH Ruben Paiva, CARVALHO 50m: 40.20 40.20 100m: 1:24.56 44.36 150m: 2:08.26 43.70 200m: 2:50.06 41.80	94 Académica de Coimbra	<b>2:50.06</b>	398
EXH Diogo Fonseca, COSTA 50m: 40.08 40.08 100m: 1:24.29 44.21 150m: 2:09.52 45.23 200m: 2:52.17 42.65	93 Paião	<b>2:52.17</b>	384
EXH Tiago Andre, SILVA 50m: 40.60 40.60 100m: 1:26.04 45.44 150m: 2:11.96 45.92 200m: 2:57.18 45.22	94 Columbófila Cantanhedense	<b>2:57.18</b>	352
EXH Joao Miguel, ALMEIDA 50m: 41.66 41.66 100m: 1:28.35 46.69 150m: 2:16.80 48.45 200m: 3:04.55 47.75	93 Ginásio Figueirense	<b>3:04.55</b>	312
EXH Pedro Daniel, PINTO 50m: 43.11 43.11 100m: 1:31.98 48.87 150m: 2:21.86 49.88 200m: 3:09.94 48.08	94 Miranda do Corvo	<b>3:09.94</b>	286
EXH Goncalo Raposeiro, FARIA 50m: 41.77 41.77 100m: 1:29.88 48.11 150m: 2:20.58 50.70 200m: 3:10.80 50.22	93 Ginásio Figueirense	<b>3:10.80</b>	282

Prova 13  
21.11.08 - 20:35

Femin., 4 x 100m Estilos

Open  
Resultados

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Náutico/Matobra 1 Solange Patricia, AZEVEDO 89 33.97 1:09.33 Raquel Coutinho, GAIO 90 33.17 1:11.14 Maria Ines, RIBEIRO 92 36.67 1:18.29 Maria Miguel, VELOSO 93 30.29 1:02.43	<b>4:41.19</b>	594
2. Académica de Coimbra 2 Nadia Filipa, MARQUES 92 34.78 1:10.38 Raquel Bartolo, VITOR 93 34.63 1:15.80 Ana Rita, COSTA 91 37.62 1:21.93 Mariana Almeida, MADUREIRA 91 30.18 1:04.90	<b>4:53.01</b>	525

Prova 14  
21.11.08 - 20:40

Masc., 4 x 100m Estilos

Open  
Resultados

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Náutico/Matobra 1 Pedro Miguel, CONDE 90 30.48 1:01.47 Rui Miguel, FONSECA 88 26.98 58.72 Miguel Silva, OLIVEIRA 91 31.84 1:06.96 Jorge Miguel, MENDES 90 26.02 54.06	<b>4:01.21</b>	641
2. Académica de Coimbra 2 Carlos Octavio, FERNANDES 88 30.62 1:02.31 Andre Filipe, LOPES 92 28.90 1:01.82 Pedro Octavio, FERNANDES 91 34.02 1:15.15 Nuno Dias, CARDOSO 89 26.81 57.14	<b>4:16.42</b>	534
3. Ginásio Figueirense 1 Mario Jorge, SILVA 91 31.85 1:04.79 Mario Alexandre, PEREIRA 92 27.93 1:00.79 Rui Correia, TINOCO 92 36.91 1:19.43 Miguel Guterre, SOUSA 91 29.00 1:01.23	<b>4:26.24</b>	477

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2 - 2ª Jornada

22.11.08 - 16:00

Prova 15 Masc., 4 x 50m Estilos Open  
22.11.08 - 16:00 Resultados

Pontos: FINA 2008

Lugar			Tempo final	Pts
1. Náutico/Matobra 1	Náutico/Matobra		<b>1:52.88</b>	591
Pedro Miguel, CONDE	90	29.00 Rui Miguel, FONSECA	88	26.67
Miguel Silva, OLIVEIRA	91	31.50 Joao Aires, GOMES	85	25.71
2. Académica de Coimbra 3	Académica de Coimbra		<b>1:55.22</b>	556
Carlos Octavio, FERNANDES	88	29.89 Andre Filipe, LOPES	92	
Pedro Octavio, FERNANDES	91	32.31 Nuno Dias, CARDOSO	89	
3. Ginásio Figueirense 1	Ginásio Figueirense		<b>1:59.97</b>	493
Mario Jorge, SILVA	91	29.30 Mario Alexandre, PEREIRA	92	27.58
Diogo Remi, FAIM	92	36.89 Miguel Guterre, SOUSA	91	26.20

Prova 16 Femin., 4 x 50m Estilos Open  
22.11.08 - 16:05 Resultados

Pontos: FINA 2008

Lugar			Tempo final	Pts
1. Náutico/Matobra 1	Náutico/Matobra		<b>2:10.31</b>	558
Solange Patricia, AZEVEDO	89	32.87 Ines Barbosa, MOREIRA	92	33.40
Gabriela Oliveira, ANDRADE	94	34.98 Maria Ines, RIBEIRO	92	29.06
2. Académica de Coimbra 3	Académica de Coimbra		<b>2:12.73</b>	528
Nadia Filipa, MARQUES	92	33.00 Catarina Oliveira, DINIS	93	34.36
Ana Rita, COSTA	91	36.56 Mariana Almeida, MADUREIRA	91	28.81
3. Miranda do Corvo 1	Miranda do Corvo		<b>2:25.80</b>	398
Tatiana Cruz, COSTA	94	38.50 Raquel Cristiana, PAIVA	90	34.85
Maria Ana, SERRANO	94	40.97 Rita Nair, FERREIRA	91	31.48

Prova 17 Masc., 400m Livres 17 anos e mais velhos  
22.11.08 - 16:05 Resultados

Pontos: FINA 2008

Lugar			Ano			Tempo final	Pts				
1. Jorge Miguel, MENDES			90	Náutico/Matobra		<b>4:03.92</b>	712				
<i>RR Sen</i>											
50m:	27.64	27.64	150m:	1:28.31	30.75	250m:	2:30.88	31.18	350m:	3:33.86	31.51
100m:	57.56	29.92	200m:	1:59.70	31.39	300m:	3:02.35	31.47	400m:	4:03.92	30.06
2. Nelson Goncalves, JUDAS			91	Náutico/Matobra		<b>4:15.31</b>	621				
50m:	28.68	28.68	150m:	1:31.75	32.34	250m:	2:37.59	32.81	350m:	3:44.34	33.50
100m:	59.41	30.73	200m:	2:04.78	33.03	300m:	3:10.84	33.25	400m:	4:15.31	30.97
3. Tiago Rafael, LOPES			92	Académica de Coimbra		<b>4:15.41</b>	621				
50m:	30.22	30.22	150m:	1:35.25	32.67	250m:	2:40.14	32.27	350m:	3:44.89	31.99
100m:	1:02.58	32.36	200m:	2:07.87	32.62	300m:	3:12.90	32.76	400m:	4:15.41	30.52
4. Andre Filipe, LOPES			92	Académica de Coimbra		<b>4:17.88</b>	603				
50m:	29.95	29.95	150m:	1:34.61	32.91	250m:	2:40.33	32.85	350m:	3:46.24	32.72
100m:	1:01.70	31.75	200m:	2:07.48	32.87	300m:	3:13.52	33.19	400m:	4:17.88	31.64
5. Pedro Filipe, SANTOS			89	Académica de Coimbra		<b>4:18.71</b>	597				
50m:	29.81	29.81	150m:	1:33.86	32.20	250m:	2:39.57	32.90	350m:	3:45.92	33.11
100m:	1:01.66	31.85	200m:	2:06.67	32.81	300m:	3:12.81	33.24	400m:	4:18.71	32.79
6. Daniel Alexandre, RODRIGUES			91	Náutico/Matobra		<b>4:19.27</b>	593				
50m:	30.48	30.48	150m:	1:35.70	32.77	250m:	2:41.34	32.78	350m:	3:47.62	32.93
100m:	1:02.93	32.45	200m:	2:08.56	32.86	300m:	3:14.69	33.35	400m:	4:19.27	31.65

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Prova 17, Masc., 400m Livres, 17 anos e mais velhos

Lugar	Ano				Tempo final	Pts
7. Hugo Rafael, RAMALHO	90	Académica de Coimbra	<b>4:23.49</b>	565		
50m: 30.07 30.07	150m: 1:35.34	32.74	250m: 2:42.85	33.92	350m: 3:51.02	33.84
100m: 1:02.60 32.53	200m: 2:08.93	33.59	300m: 3:17.18	34.33	400m: 4:23.49	32.47
8. Goncalo Nuno, COSTA	90	Académica de Coimbra	<b>4:23.80</b>	563		
50m: 30.25 30.25	150m: 1:35.02	32.69	250m: 2:42.31	33.85	350m: 3:50.70	34.11
100m: 1:02.33 32.08	200m: 2:08.46	33.44	300m: 3:16.59	34.28	400m: 4:23.80	33.10
9. Rui Correia, TINOCO	92	Ginásio Figueirense	<b>4:27.49</b>	540		
50m: 30.64 30.64	150m: 1:37.06	33.64	250m: 2:45.25	34.30	350m: 3:54.08	34.81
100m: 1:03.42 32.78	200m: 2:10.95	33.89	300m: 3:19.27	34.02	400m: 4:27.49	33.41
10. Guilherme Joao, PATRIARCA	92	Académica de Coimbra	<b>4:33.76</b>	504		
50m: 31.65 31.65	150m: 1:39.80	34.79	250m: 2:49.01	34.73	350m: 3:59.16	35.17
100m: 1:05.01 33.36	200m: 2:14.28	34.48	300m: 3:23.99	34.98	400m: 4:33.76	34.60
11. Bruno Alexandre, FIGUEIRA	90	Fundação Beatriz Santos	<b>4:35.83</b>	493		
50m: 32.90 32.90	150m: 1:42.71	34.79	250m: 2:52.27	34.50	350m: 4:02.10	35.20
100m: 1:07.92 35.02	200m: 2:17.77	35.06	300m: 3:26.90	34.63	400m: 4:35.83	33.73
12. Andre Rocha, VALENTE	92	Académica de Coimbra	<b>4:38.05</b>	481		
50m: 31.17 31.17	150m: 1:40.96	34.92	250m: 2:52.44	35.47	350m: 4:03.58	35.59
100m: 1:06.04 34.87	200m: 2:16.97	36.01	300m: 3:27.99	35.55	400m: 4:38.05	34.47
13. Diogo Costa, FONTES	92	Académica de Coimbra	<b>4:52.58</b>	413		
50m: 33.11 33.11	150m: 1:45.86	36.93	250m: 3:00.04	37.51	350m: 4:15.62	37.57
100m: 1:08.93 35.82	200m: 2:22.53	36.67	300m: 3:38.05	38.01	400m: 4:52.58	36.96
EXH Diogo Cunha, GIRAO	94	Columbófila Cantanhedense	<b>4:29.07</b>	531		
50m: 30.55 30.55	150m: 1:37.89	33.97	250m: 2:46.21	34.39	350m: 3:55.07	34.72
100m: 1:03.92 33.37	200m: 2:11.82	33.93	300m: 3:20.35	34.14	400m: 4:29.07	34.00
EXH Joao Manuel, BORGES	94	Ginásio Figueirense	<b>4:31.40</b>	517		
50m: 30.50 30.50	150m: 1:38.20	34.15	250m: 2:47.42	34.64	350m: 3:57.94	35.20
100m: 1:04.05 33.55	200m: 2:12.78	34.58	300m: 3:22.74	35.32	400m: 4:31.40	33.46
EXH Andre Marques, DINIS	93	Columbófila Cantanhedense	<b>4:34.02</b>	502		
50m: 31.42 31.42	150m: 1:38.83	34.11	250m: 2:48.33	34.77	350m: 3:59.38	35.70
100m: 1:04.72 33.30	200m: 2:13.56	34.73	300m: 3:23.68	35.35	400m: 4:34.02	34.64
EXH Diogo Emanuel, FERREIRA	93	Académica de Coimbra	<b>4:41.59</b>	463		
50m: 33.48 33.48	150m: 1:45.08	35.84	250m: 2:55.55	35.72	350m: 4:08.35	36.20
100m: 1:09.24 35.76	200m: 2:19.83	34.75	300m: 3:32.15	36.60	400m: 4:41.59	33.24
EXH Nuno Correia, TINOCO	93	Ginásio Figueirense	<b>4:45.61</b>	444		
50m: 31.39 31.39	150m: 1:41.79	35.81	250m: 2:53.68	35.90	350m: 4:08.54	38.01
100m: 1:05.98 34.59	200m: 2:17.78	35.99	300m: 3:30.53	36.85	400m: 4:45.61	37.07
EXH Gustavo Almeida, MADUREIRA	94	Académica de Coimbra	<b>4:46.17</b>	441		
50m: 31.76 31.76	150m: 1:44.24	36.61	250m: 2:56.67	36.28	350m: 4:10.06	36.57
100m: 1:07.63 35.87	200m: 2:20.39	36.15	300m: 3:33.49	36.82	400m: 4:46.17	36.11
EXH Joao Filipe, LUCAS	94	Académica de Coimbra	<b>4:52.97</b>	411		
50m: 32.99 32.99	150m: 1:46.48	37.11	250m: 3:01.31	37.40	350m: 4:16.61	37.82
100m: 1:09.37 36.38	200m: 2:23.91	37.43	300m: 3:38.79	37.48	400m: 4:52.97	36.36
EXH Romulo Emanuel, FERNANDES	93	Académica de Coimbra	<b>4:54.65</b>	404		
50m: 33.27 33.27	150m: 1:47.15	37.50	250m: 3:02.89	37.63	350m: 4:19.96	38.92
100m: 1:09.65 36.38	200m: 2:25.26	38.11	300m: 3:41.04	38.15	400m: 4:54.65	34.69

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

Prova 18, Femin., 400m Livres

Prova 18  
22.11.08 - 16:25

Femin., 400m Livres

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Maria Miguel, VELOSO		93	Náutico/Matobra				<b>4:27.62</b>	720
	50m:	31.84 31.84	150m:	1:39.35	33.78	250m:	2:47.13 33.94	350m:	3:54.70 33.62
	100m:	1:05.57 33.73	200m:	2:13.19	33.84	300m:	3:21.08 33.95	400m:	4:27.62 32.92
2.	Tania Martins, GARCIA		92	Ginásio Figueirense				<b>4:47.20</b>	583
	50m:	32.78 32.78	150m:	1:44.27	36.00	250m:	2:56.50 36.41	350m:	4:10.27 37.01
	100m:	1:08.27 35.49	200m:	2:20.09	35.82	300m:	3:33.26 36.76	400m:	4:47.20 36.93
3.	Raquel Bartolo, VITOR		93	Académica de Coimbra				<b>4:50.75</b>	562
	50m:	32.87 32.87	150m:	1:45.61	37.03	250m:	2:59.92 37.34	350m:	4:14.80 37.43
	100m:	1:08.58 35.71	200m:	2:22.58	36.97	300m:	3:37.37 37.45	400m:	4:50.75 35.95
4.	Joana Ferreira, COROADO		92	Académica de Coimbra				<b>4:53.58</b>	545
	50m:	34.02 34.02	150m:	1:46.90	36.92	250m:	3:01.29 37.33	350m:	4:16.47 37.72
	100m:	1:09.98 35.96	200m:	2:23.96	37.06	300m:	3:38.75 37.46	400m:	4:53.58 37.11
5.	Beatriz Rocha, NUNES		94	Ginásio Figueirense				<b>4:54.09</b>	543
	50m:	33.64 33.64	150m:	1:47.20	37.16	250m:	3:01.56 37.29	350m:	4:17.18 38.05
	100m:	1:10.04 36.40	200m:	2:24.27	37.07	300m:	3:39.13 37.57	400m:	4:54.09 36.91
6.	Filipa Ramos, RIBEIRO		93	Fundação Beatriz Santos				<b>4:58.55</b>	519
	50m:	34.25 34.25	150m:	1:48.21	37.52	250m:	3:03.84 37.84	350m:	4:20.41 38.46
	100m:	1:10.69 36.44	200m:	2:26.00	37.79	300m:	3:41.95 38.11	400m:	4:58.55 38.14
7.	Ana Carolina, BERNARDO		93	Académica de Coimbra				<b>5:09.62</b>	465
	50m:	34.66 34.66	150m:	1:49.11	37.74	250m:	3:07.81 39.91	350m:	4:30.50 41.82
	100m:	1:11.37 36.71	200m:	2:27.90	38.79	300m:	3:48.68 40.87	400m:	5:09.62 39.12
8.	Ana Filipa, LEITE		86	Académica de Coimbra				<b>5:14.79</b>	442
	50m:	34.84 34.84	150m:	1:52.88	39.27	250m:	3:13.21 40.35	350m:	4:34.60 40.70
	100m:	1:13.61 38.77	200m:	2:32.86	39.98	300m:	3:53.90 40.69	400m:	5:14.79 40.19
9.	Tatiana Cruz, COSTA		94	Miranda do Corvo				<b>5:18.79</b>	426
	50m:	36.41 36.41	150m:	1:56.66	40.41	250m:	3:16.39 40.08	350m:	4:38.45 41.09
	100m:	1:16.25 39.84	200m:	2:36.31	39.65	300m:	3:57.36 40.97	400m:	5:18.79 40.34
10.	Joana Lopes, SILVESTRE		94	Náutico/Matobra				<b>5:19.56</b>	423
	50m:	36.31 36.31	150m:	1:56.44	40.39	250m:	3:17.55 40.23	350m:	4:39.58 41.01
	100m:	1:16.05 39.74	200m:	2:37.32	40.88	300m:	3:58.57 41.02	400m:	5:19.56 39.98
11.	Filipa Goncalves, LOPES		94	Columbófila Cantanhedense				<b>5:24.01</b>	406
	50m:	35.52 35.52	150m:	1:55.88	40.99	250m:	3:18.43 41.91	350m:	4:43.47 42.47
	100m:	1:14.89 39.37	200m:	2:36.52	40.64	300m:	4:01.00 42.57	400m:	5:24.01 40.54
12.	Ana Filipa, ROQUE		91	Académica de Coimbra				<b>5:29.17</b>	387
	50m:	35.82 35.82	150m:	1:55.90	40.42	250m:	3:20.04 42.16	350m:	4:46.85 43.42
	100m:	1:15.48 39.66	200m:	2:37.88	41.98	300m:	4:03.43 43.39	400m:	5:29.17 42.32
13.	Ana Carlos, FERREIRA		93	Paião				<b>5:36.11</b>	363
	50m:	37.01 37.01	150m:	2:00.49	42.70	250m:	3:27.12 43.41	350m:	4:54.46 43.70
	100m:	1:17.79 40.78	200m:	2:43.71	43.22	300m:	4:10.76 43.64	400m:	5:36.11 41.65
DNS	Rita Marques, SOUSA		94	Fundação Beatriz Santos					
EXH	Mariana Rocha, VALENTE		95	Académica de Coimbra				<b>4:51.42</b>	558
	50m:	34.80 34.80	150m:	1:48.18	36.59	250m:	3:01.05 36.60	350m:	4:15.35 37.41
	100m:	1:11.59 36.79	200m:	2:24.45	36.27	300m:	3:37.94 36.89	400m:	4:51.42 36.07
EXH	Ana Claudia, CORDEIRO		95	Académica de Coimbra				<b>5:05.37</b>	485
	50m:	35.82 35.82	150m:	1:53.07	38.73	250m:	3:11.92 39.19	350m:	4:29.73 38.61
	100m:	1:14.34 38.52	200m:	2:32.73	39.66	300m:	3:51.12 39.20	400m:	5:05.37 35.64

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

Prova 19 Masc., 100m Bruços 15 - 16 anos  
22.11.08 - 16:35 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 19 Masc., 100m Bruços 17 anos e mais velhos  
22.11.08 - 16:35 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA 50m: 33.60 33.60 100m: 1:09.93 36.33	91 Náutico/Matobra	<b>1:09.93</b>	565
2. Pedro Miguel, CONDE 50m: 34.02 34.02 100m: 1:11.02 37.00	90 Náutico/Matobra	<b>1:11.02</b>	540
3. Gustavo Alexandre, MENESES 50m: 33.15 33.15 100m: 1:12.07 38.92	92 Columbófila Cantanhedense	<b>1:12.07</b>	516
4. Hugo Miguel, NUNES 50m: 34.83 34.83 100m: 1:13.52 38.69	90 Náutico/Matobra	<b>1:13.52</b>	486
5. Pedro Octavio, FERNANDES 50m: 35.60 35.60 100m: 1:15.50 39.90	91 Académica de Coimbra	<b>1:15.50</b>	449
6. Cristiano Almeida, SANTOS 50m: 36.20 36.20 100m: 1:16.13 39.93	90 Náutico/Matobra	<b>1:16.13</b>	438
7. Nuno Alexandre, NEVES 50m: 38.48 38.48 100m: 1:19.09 40.61	92 Paião	<b>1:19.09</b>	391
8. Diogo Remi, FAIM 50m: 39.60 39.60 100m: 1:24.47 44.87	92 Ginásio Figueirense	<b>1:24.47</b>	321
EXH Pedro Daniel, CARVALHO 50m: 34.14 34.14 100m: 1:13.20 39.06	93 Académica de Coimbra	<b>1:13.20</b>	493
EXH Andre Duarte, VAZ 50m: 35.33 35.33 100m: 1:15.24 39.91	93 Ginásio Figueirense	<b>1:15.24</b>	454
EXH Ruben Paiva, CARVALHO 50m: 37.18 37.18 100m: 1:17.88 40.70	94 Académica de Coimbra	<b>1:17.88</b>	409
EXH Diogo Fonseca, COSTA 50m: 38.68 38.68 100m: 1:19.77 41.09	93 Paião	<b>1:19.77</b>	381
EXH Pedro Miguel, RODRIGUES 50m: 38.99 38.99 100m: 1:21.23 42.24	93 Paião	<b>1:21.23</b>	361
EXH Goncalo Raposeiro, FARIA 50m: 39.49 39.49 100m: 1:24.14 44.65	93 Ginásio Figueirense	<b>1:24.14</b>	325
EXH Tiago Andre, SILVA 50m: 39.77 39.77 100m: 1:24.20 44.43	94 Columbófila Cantanhedense	<b>1:24.20</b>	324
EXH Pedro Daniel, PINTO 50m: 40.31 40.31 100m: 1:24.24 43.93	94 Miranda do Corvo	<b>1:24.24</b>	323
EXH Joao Miguel, ALMEIDA 50m: 40.99 40.99 100m: 1:27.08 46.09	93 Ginásio Figueirense	<b>1:27.08</b>	293

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

Prova 20, Femin., 100m Bruços

Prova 20  
22.11.08 - 16:40

Femin., 100m Bruços

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira, ANDRADE 50m: 37.38 37.38 100m: 1:18.33 40.95	94 Náutico/Matobra	<b>1:18.33</b>	570
2. Maria Ines, RIBEIRO 50m: 36.91 36.91 100m: 1:18.43 41.52	92 Náutico/Matobra	<b>1:18.43</b>	567
3. Ana Rita, COSTA 50m: 38.47 38.47 100m: 1:22.86 44.39	91 Académica de Coimbra	<b>1:22.86</b>	481
4. Catarina Oliveira, DINIS 50m: 40.94 40.94 100m: 1:25.32 44.38	93 Académica de Coimbra	<b>1:25.32</b>	441
5. Maria Ana, SERRANO 50m: 41.55 41.55 100m: 1:26.67 45.12	94 Miranda do Corvo	<b>1:26.67</b>	420
6. Cintia Cruz, CHUVA 50m: 41.99 41.99 100m: 1:29.80 47.81	94 Paião	<b>1:29.80</b>	378
EXH Tatiana Filipa, SANTOS 50m: 39.53 39.53 100m: 1:24.60 45.07	95 Ginásio Figueirense	<b>1:24.60</b>	452
EXH Mariana Coutinho, SOUTO 50m: 41.95 41.95 100m: 1:28.48 46.53	95 Académica de Coimbra	<b>1:28.48</b>	395
EXH Claudia Filipa, SILVA 50m: 44.36 44.36 100m: 1:31.62 47.26	95 Miranda do Corvo	<b>1:31.62</b>	356
EXH Sofia Verissimo, PEDROSA 50m: 43.79 43.79 100m: 1:32.45 48.66	95 Paião	<b>1:32.45</b>	346
EXH Beatriz Calvete, PEDROSA 50m: 45.04 45.04 100m: 1:33.51 48.47	95 Paião	<b>1:33.51</b>	335
EXH Joana Carolina, ALVES 50m: 47.82 47.82 100m: 1:41.62 53.80	95 Ginásio Figueirense	<b>1:41.62</b>	261

Prova 21  
22.11.08 - 16:45

Masc., 50m Livres

15 - 16 anos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 21  
22.11.08 - 16:45

Masc., 50m Livres

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Bruno Gustavo, NOGUEIRA	91 Fundação Beatriz Santos	<b>25.67</b>	555
2. Nuno Dias, CARDOSO	89 Académica de Coimbra	<b>25.76</b>	550
3. Pedro Fragoso, LOPES	90 Columbófila Cantanhedense	<b>25.96</b>	537
4. Nelson Goncalves, JUDAS	91 Náutico/Matobra	<b>26.01</b>	534
5. Mario Jorge, SILVA	91 Ginásio Figueirense	<b>26.22</b>	521
6. Mario Alexandre, PEREIRA	92 Ginásio Figueirense	<b>26.44</b>	508
7. Miguel Guterre, SOUSA	91 Ginásio Figueirense	<b>26.67</b>	495
8. Diogo Costa, FONTES	92 Académica de Coimbra	<b>28.19</b>	419
9. Nuno Alexandre, NEVES	92 Paião	<b>29.23</b>	376
DNS Tiago Filipe, LEAL	90 Académica de Coimbra		

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

Prova 21, Masc., 50m Livres

Lugar	Ano	Tempo final	Pts
EXH Daciano Egidio, SOUSA	93 Ginásio Figueirense	<b>26.66</b>	496
EXH David Jose, FONSECA	94 Columbófila Cantanhedense	<b>28.60</b>	402
EXH Hugo Neves, NETO	94 Columbófila Cantanhedense	<b>28.94</b>	388
EXH Andre Marques, DINIS	93 Columbófila Cantanhedense	<b>29.29</b>	374

Prova 22

22.11.08 - 16:50

Femin., 50m Livres

15 anos e mais velhos

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Mariana Almeida, MADUREIRA	91 Académica de Coimbra	<b>28.51</b>	582
2. Filipa Ramos, RIBEIRO	93 Fundação Beatriz Santos	<b>29.36</b>	533
3. Ana Mafalda, OLIVEIRA	93 Paião	<b>30.35</b>	483
4. Ines Barbosa, MOREIRA	92 Náutico/Matobra	<b>30.60</b>	471
5. Bruna Miguel, PEREIRA	94 Académica de Coimbra	<b>31.50</b>	432
6. Symonee Sobral, HINCKLEY	93 Académica de Coimbra	<b>31.69</b>	424
7. Rita Nair, FERREIRA	91 Miranda do Corvo	<b>31.73</b>	423
8. Sofia Roque, DIAS	94 Académica de Coimbra	<b>31.78</b>	421
9. Raquel Cristiana, PAIVA	90 Miranda do Corvo	<b>32.35</b>	399
10. Ana Filipa, ROQUE	91 Académica de Coimbra	<b>32.39</b>	397
11. Ana Coutinho, SOUTO	93 Académica de Coimbra	<b>32.85</b>	381
12. Filipa Goncalves, LOPES	94 Columbófila Cantanhedense	<b>32.89</b>	379
13. Elizabeth Maria, CARVALHO	94 Ginásio Figueirense	<b>33.59</b>	356
DNS Raquel Coutinho, GAIO	90 Náutico/Matobra		

Prova 23

22.11.08 - 17:00

Masc., 100m Costas

17 anos e mais velhos

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel, CONDE 50m: 30.23 30.23 100m: 1:01.14 30.91	90 Náutico/Matobra	<b>1:01.14</b>	563
2. Carlos Octavio, FERNANDES 50m: 30.58 30.58 100m: 1:01.93 31.35	88 Académica de Coimbra	<b>1:01.93</b>	541
3. Jorge Miguel, MENDES 50m: 30.51 30.51 100m: 1:02.02 31.51	90 Náutico/Matobra	<b>1:02.02</b>	539
4. Mario Jorge, SILVA 50m: 31.08 31.08 100m: 1:03.79 32.71	91 Ginásio Figueirense	<b>1:03.79</b>	495
5. Bruno Miguel, AMARAL 50m: 31.29 31.29 100m: 1:04.07 32.78	89 Náutico/Matobra	<b>1:04.07</b>	489
6. Gustavo Alexandre, MENESES 50m: 31.95 31.95 100m: 1:05.13 33.18	92 Columbófila Cantanhedense	<b>1:05.13</b>	465
7. Guilherme Joao, PATRIARCA 50m: 34.41 34.41 100m: 1:10.14 35.73	92 Académica de Coimbra	<b>1:10.14</b>	373
8. Pedro Octavio, FERNANDES 50m: 34.33 34.33 100m: 1:11.43 37.10	91 Académica de Coimbra	<b>1:11.43</b>	353
EXH Joao Manuel, BORGES 50m: 34.21 34.21 100m: 1:09.86 35.65	94 Ginásio Figueirense	<b>1:09.86</b>	377
EXH Francisco Leonardes, ALVES 50m: 34.86 34.86 100m: 1:10.70 35.84	94 Académica de Coimbra	<b>1:10.70</b>	364

Campeonato Regional Piscina Curta Jun e Sen  
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Prova 23, Masc., 100m Costas

Lugar	Ano	Tempo final	Pts
EXH Joao Miguel, ALMEIDA 50m: 35.07 35.07 100m: 1:12.98	93	Ginásio Figueirense 37.91	<b>1:12.98</b> 331
EXH Diogo Emanuel, FERREIRA 50m: 36.03 36.03 100m: 1:13.71	93	Académica de Coimbra 37.68	<b>1:13.71</b> 321
EXH David Alexandre, PEREIRA 50m: 37.51 37.51 100m: 1:17.36	94	Ginásio Figueirense 39.85	<b>1:17.36</b> 278
EXH Goncalo Raposeiro, FARIA 50m: 39.05 39.05 100m: 1:19.88	93	Ginásio Figueirense 40.83	<b>1:19.88</b> 252

Prova 24

22.11.08 - 17:05

Femin., 100m Costas

15 anos e mais velhos

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Daniela Filipa, CARDOSO 50m: 33.22 33.22 100m: 1:08.21	89	Fundação Beatriz Santos 34.99	<b>1:08.21</b> 599
2. Solange Patricia, AZEVEDO 50m: 33.91 33.91 100m: 1:09.39	89	Náutico/Matobra 35.48	<b>1:09.39</b> 569
3. Nadia Filipa, MARQUES 50m: 34.94 34.94 100m: 1:10.92	92	Académica de Coimbra 35.98	<b>1:10.92</b> 533
4. Mariana Almeida, MADUREIRA 50m: 36.41 36.41 100m: 1:15.10	91	Académica de Coimbra 38.69	<b>1:15.10</b> 449
5. Tania Martins, GARCIA 50m: 36.97 36.97 100m: 1:15.80	92	Ginásio Figueirense 38.83	<b>1:15.80</b> 437
6. Symonee Sobral, HINCKLEY 50m: 39.29 39.29 100m: 1:19.16	93	Académica de Coimbra 39.87	<b>1:19.16</b> 383
7. Raquel Cristiana, PAIVA 50m: 38.48 38.48 100m: 1:19.36	90	Miranda do Corvo 40.88	<b>1:19.36</b> 380
8. Elizabeth Maria, CARVALHO 50m: 39.56 39.56 100m: 1:20.60	94	Ginásio Figueirense 41.04	<b>1:20.60</b> 363
9. Filipa Goncalves, LOPES 50m: 39.65 39.65 100m: 1:21.54	94	Columbófila Cantanhedense 41.89	<b>1:21.54</b> 351
10. Bruna Miguel, PEREIRA 50m: 39.74 39.74 100m: 1:21.62	94	Académica de Coimbra 41.88	<b>1:21.62</b> 350
11. Sofia Roque, DIAS 50m: 40.02 40.02 100m: 1:21.98	94	Académica de Coimbra 41.96	<b>1:21.98</b> 345
12. Rita Nair, FERREIRA 50m: 40.82 40.82 100m: 1:23.44	91	Miranda do Corvo 42.62	<b>1:23.44</b> 327
13. Ana Carolina, BERNARDO 50m: 41.21 41.21 100m: 1:24.36	93	Académica de Coimbra 43.15	<b>1:24.36</b> 317
14. Tatiana Cruz, COSTA 50m: 41.24 41.24 100m: 1:24.68	94	Miranda do Corvo 43.44	<b>1:24.68</b> 313
15. Ana Carlos, FERREIRA	93	Paião	<b>1:25.81</b> 301
EXH Tatiana Filipa, SANTOS 50m: 33.81 33.81 100m: 1:08.32	95	Ginásio Figueirense 34.51	<b>1:08.32</b> 596
EXH Mariana Costa, SEBASTIAO 50m: 36.00 36.00 100m: 1:14.44	95	Ginásio Figueirense 38.44	<b>1:14.44</b> 461



Campeonato Regional Piscina Curta Jun e Sen  
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Prova 24, Femin., 100m Costas

Lugar	Ano	Tempo final	Pts
EXH Rita Amado, LAEZZA 50m: 36.61 36.61 100m: 1:14.57	95 Académica de Coimbra	<b>1:14.57</b> 37.96	458
EXH Joana Reis, VEIGA 50m: 38.30 38.30 100m: 1:18.16	95 Académica de Coimbra	<b>1:18.16</b> 39.86	398
EXH Joana Ines, OLIVEIRA	95 Académica de Coimbra	<b>1:18.94</b>	386
EXH Beatriz Calvete, PEDROSA 50m: 42.60 42.60 100m: 1:26.72	95 Paião	<b>1:26.72</b> 44.12	292
EXH Mariana Coutinho, SOUTO 50m: 43.33 43.33 100m: 1:28.13	95 Académica de Coimbra	<b>1:28.13</b> 44.80	278
EXH Joana Carolina, ALVES 50m: 44.25 44.25 100m: 1:29.63	95 Ginásio Figueirense	<b>1:29.63</b> 45.38	264

Prova 25  
22.11.08 - 17:10

Masc., 100m Mariposa

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, FONSECA 50m: 27.45 27.45 100m: 59.41	88 Náutico/Matobra	<b>59.41</b> 31.96	603
2. Mario Alexandre, PEREIRA 50m: 28.91 28.91 100m: 1:00.51	92 Ginásio Figueirense	<b>1:00.51</b> 31.60	571
3. Pedro Fragoso, LOPES 50m: 28.92 28.92 100m: 1:00.65	90 Columbófila Cantanhedense	<b>1:00.65</b> 31.73	567
4. Bruno Gustavo, NOGUEIRA 50m: 28.28 28.28 100m: 1:00.70	91 Fundação Beatriz Santos	<b>1:00.70</b> 32.42	566
5. Joao Aires, GOMES 50m: 28.12 28.12 100m: 1:01.10	85 Náutico/Matobra	<b>1:01.10</b> 32.98	555
6. Andre Filipe, LOPES 50m: 29.41 29.41 100m: 1:02.14	92 Académica de Coimbra	<b>1:02.14</b> 32.73	527
7. Hugo Rafael, RAMALHO 50m: 30.11 30.11 100m: 1:04.21	90 Académica de Coimbra	<b>1:04.21</b> 34.10	478
8. Pedro Filipe, SANTOS 50m: 30.61 30.61 100m: 1:05.54	89 Académica de Coimbra	<b>1:05.54</b> 34.93	449
9. Diogo Remi, FAIM 50m: 31.60 31.60 100m: 1:09.81	92 Ginásio Figueirense	<b>1:09.81</b> 38.21	372
10. Andre Rocha, VALENTE 50m: 32.92 32.92 100m: 1:10.32	92 Académica de Coimbra	<b>1:10.32</b> 37.40	364
DNS Tiago Filipe, LEAL	90 Académica de Coimbra		
EXH Andre Duarte, VAZ 50m: 31.21 31.21 100m: 1:06.13	93 Ginásio Figueirense	<b>1:06.13</b> 34.92	437
EXH Pedro Barros, MENDES 50m: 31.76 31.76 100m: 1:08.20	94 Académica de Coimbra	<b>1:08.20</b> 36.44	399
EXH Nuno Correia, TINOCO 50m: 32.85 32.85 100m: 1:11.91	93 Ginásio Figueirense	<b>1:11.91</b> 39.06	340
EXH Pedro Miguel, RODRIGUES 50m: 34.34 34.34 100m: 1:13.12	93 Paião	<b>1:13.12</b> 38.78	324

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Prova 26, Femin., 100m Mariposa

Prova 26 Femin., 100m Mariposa 15 anos e mais velhos  
22.11.08 - 17:15 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Beatriz Rocha, NUNES 50m: 33.85 33.85 100m: 1:11.91 38.06	94	<b>1:11.91</b>	483
2. Raquel Bartolo, VITOR 50m: 35.11 35.11 100m: 1:15.74 40.63	93	<b>1:15.74</b>	413
3. Ana Mafalda, OLIVEIRA 50m: 36.67 36.67 100m: 1:18.39 41.72	93	<b>1:18.39</b>	373
4. Catarina Oliveira, DINIS 50m: 36.81 36.81 100m: 1:19.29 42.48	93	<b>1:19.29</b>	360
5. Maria Ana, SERRANO 50m: 38.32 38.32 100m: 1:23.00 44.68	94	<b>1:23.00</b>	314
6. Cintia Cruz, CHUVA 50m: 41.09 41.09 100m: 1:30.21 49.12	94	<b>1:30.21</b>	245
DNS Raquel Coutinho, GAIO	90	Náutico/Matobra	
EXH Joana Reis, VEIGA 50m: 34.52 34.52 100m: 1:13.81 39.29	95	<b>1:13.81</b>	446
EXH Sofia Verissimo, PEDROSA 50m: 36.14 36.14 100m: 1:16.15 40.01	95	<b>1:16.15</b>	406
EXH Mariana Costa, SEBASTIAO 50m: 36.30 36.30 100m: 1:20.18 43.88	95	<b>1:20.18</b>	348
EXH Claudia Filipa, SILVA 50m: 41.23 41.23 100m: 1:29.16 47.93	95	<b>1:29.16</b>	253

Prova 27 Masc., 200m Estilos 17 anos e mais velhos  
22.11.08 - 17:20 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA 50m: 28.39 28.39 100m: 1:02.35 33.96 150m: 1:39.74 37.39 200m: 2:09.88 30.14	91	<b>2:09.88</b>	674
2. Rui Miguel, FONSECA 50m: 28.59 28.59 100m: 1:05.02 36.43 150m: 1:48.15 43.13 200m: 2:19.89 31.74	88	<b>2:19.89</b>	539
3. Daniel Alexandre, RODRIGUES 50m: 30.63 30.63 100m: 1:07.64 37.01 150m: 1:49.07 41.43 200m: 2:20.04 30.97	91	<b>2:20.04</b>	537
4. Goncalo Nuno, COSTA 50m: 31.10 31.10 100m: 1:09.12 38.02 150m: 1:51.00 41.88 200m: 2:23.40 32.40	90	<b>2:23.40</b>	501
5. Hugo Miguel, NUNES 50m: 31.97 31.97 100m: 1:10.44 38.47 150m: 1:51.77 41.33 200m: 2:23.62 31.85	90	<b>2:23.62</b>	498
6. Rui Correia, TINOCO 50m: 31.30 31.30 100m: 1:07.82 36.52 150m: 1:52.12 44.30 200m: 2:26.75 34.63	92	<b>2:26.75</b>	467
7. Guilherme Joao, PATRIARCA 50m: 32.11 32.11 100m: 1:10.46 38.35 150m: 1:54.50 44.04 200m: 2:29.06 34.56	92	<b>2:29.06</b>	446
DSQ Tiago Rafael, LOPES	92	Académica de Coimbra	
EXH Pedro Daniel, CARVALHO 50m: 30.91 30.91 150m: 1:52.46 1:21.55 200m: 2:27.38 34.92	93	<b>2:27.38</b>	461

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Prova 27, Masc., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Daciano Egidio, SOUSA 50m: 33.69 33.69 150m: 1:54.89 1:21.20 200m: 2:27.44 32.55	93 Ginásio Figueirense	<b>2:27.44</b>	461
EXH Ruben Paiva, CARVALHO 50m: 38.35 38.35 100m: 1:20.37 42.02 150m: 2:04.11 43.74 200m: 2:42.54 38.43	94 Académica de Coimbra	<b>2:42.54</b>	344
EXH Pedro Daniel, PINTO 50m: 38.64 38.64 100m: 1:25.14 46.50 150m: 2:14.32 49.18 200m: 2:53.05 38.73	94 Miranda do Corvo	<b>2:53.05</b>	285

Prova 28

Femin., 200m Estilos

15 anos e mais velhos

22.11.08 - 17:25

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Maria Miguel, VELOSO 50m: 33.42 33.42 100m: 1:12.72 39.30 150m: 1:56.69 43.97 200m: 2:29.85 33.16	93 Náutico/Matobra	<b>2:29.85</b>	626
2. Joana Ferreira, COROADO 50m: 36.21 36.21 100m: 1:17.46 41.25 150m: 2:03.92 46.46 200m: 2:40.50 36.58	92 Académica de Coimbra	<b>2:40.50</b>	509
3. Joana Lopes, SILVESTRE 50m: 37.56 37.56 100m: 1:22.15 44.59 150m: 2:12.38 50.23 200m: 2:51.89 39.51	94 Náutico/Matobra	<b>2:51.89</b>	415

Prova 29

Masc., 4 x 200m Livres

Open

22.11.08 - 17:40

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Náutico/Matobra 1 Nelson Goncalves, JUDAS 91 27.83 58.36 1:30.23 2:01.55 2:01.55 Jorge Miguel, MENDES 90 27.32 56.81 1:27.12 1:57.26 1:57.26 Miguel Silva, OLIVEIRA 91 27.11 56.10 1:26.00 1:55.53 1:55.53 Rui Miguel, FONSECA 88 27.47 57.89 1:28.87 1:59.35 1:59.35	Náutico/Matobra	<b>7:53.69</b>	709
2. Académica de Coimbra 4 Pedro Filipe, SANTOS 89 28.83 1:00.28 1:32.56 2:04.08 2:04.08 Goncalo Nuno, COSTA 90 28.90 1:01.11 1:34.10 2:06.51 2:06.51 Hugo Rafael, RAMALHO 90 29.17 1:01.50 1:34.97 2:07.44 2:07.44 Tiago Rafael, LOPES 92 28.13 59.53 1:32.15 2:04.57 2:04.57	Académica de Coimbra	<b>8:22.60</b>	594
EXH AAC Juv Gustavo Almeida, MADUREIRA 94 29.50 1:02.78 1:38.20 2:13.21 2:13.21 Pedro Barros, MENDES 94 31.50 1:07.51 1:44.39 2:18.17 2:18.17 Francisco Leonardes, ALVES 94 31.74 1:06.62 1:42.11 2:15.93 2:15.93 Joao Filipe, LUCAS 94 30.33 1:05.55 1:42.15 2:17.51 2:17.51	Académica de Coimbra	<b>9:04.82</b>	466
EXH ASSSCC Juv Tiago Andre, SILVA 94 32.50 1:08.81 1:45.97 2:22.37 2:22.37 David Jose, FONSECA 94 30.79 1:05.43 1:40.79 2:15.81 2:15.81 Diogo Cunha, GIRAO 94 29.21 1:02.07 1:36.03 2:09.03 2:09.03 Hugo Neves, NETO 94 31.21 1:07.12 1:44.42 2:20.21 2:20.21	Columbófila Cantanhedense	<b>9:07.42</b>	460

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Prova 30  
22.11.08 - 17:50

Femin., 4 x 200m Livres

Open  
Resultados

Pontos: FINA 2008

Lugar						Tempo final	Pts
1.	Náutico/Matobra 1		Náutico/Matobra			<b>9:05.25</b>	634
	Gabriela Oliveira, ANDRADE	94	32.54	1:07.74	1:43.27	2:17.46	2:17.46
	Solange Patricia, AZEVEDO	89	31.88	1:06.97	1:41.86	2:17.18	2:17.18
	Maria Ines, RIBEIRO	92	30.53	1:05.47	1:41.24	2:16.59	2:16.59
	Maria Miguel, VELOSO	93	32.05	1:05.82	1:39.97	2:14.02	2:14.02
2.	Académica de Coimbra 4		Académica de Coimbra			<b>9:34.89</b>	541
	Joana Ferreira, COROADO	92	33.61	1:10.02	1:46.94	2:23.35	2:23.35
	Nadia Filipa, MARQUES	92	32.46	1:08.12	1:45.03	2:21.80	2:21.80
	Ana Carolina, BERNARDO	93	34.31	1:11.10	1:48.56	2:25.53	2:25.53
	Raquel Bartolo, VITOR	93	33.10	1:10.15	1:47.42	2:24.21	2:24.21
EXH	AAC Juv		Académica de Coimbra			<b>9:40.21</b>	526
	Rita Amado, LAEZZA	95	32.94	1:09.43	1:46.35	2:21.06	2:21.06
	Joana Ines, OLIVEIRA	95	35.46	1:13.81	1:52.17	2:29.59	2:29.59
	Ana Claudia, CORDEIRO	95	34.08	1:11.59	1:49.65	2:26.04	2:26.04
	Mariana Rocha, VALENTE	95	32.65	1:09.26	1:46.46	2:23.52	2:23.52

3 - 3ª Jornada

23.11.08 - 9:30

Prova 31  
23.11.08 - 9:30

Femin., 800m Livres

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar		Ano				Tempo final	Pts
1.	Maria Miguel, VELOSO	93	Náutico/Matobra			<b>9:11.93</b>	706
	50m: 32.61 32.61	250m: 2:52.01	34.77	450m: 5:10.59	34.42	650m: 7:28.93	34.57
	100m: 1:07.27 34.66	300m: 3:26.98	34.97	500m: 5:45.24	34.65	700m: 8:03.59	34.66
	150m: 1:42.22 34.95	350m: 4:01.63	34.65	550m: 6:19.81	34.57	750m: 8:38.03	34.44
	200m: 2:17.24 35.02	400m: 4:36.17	34.54	600m: 6:54.36	34.55	800m: 9:11.93	33.90
2.	Raquel Bartolo, VITOR	93	Académica de Coimbra			<b>9:54.08</b>	566
	50m: 34.24 34.24	250m: 3:03.84	37.76	450m: 5:34.28	37.13	650m: 8:03.52	37.52
	100m: 1:11.26 37.02	300m: 3:41.81	37.97	500m: 6:11.56	37.28	700m: 8:40.20	36.68
	150m: 1:48.45 37.19	350m: 4:19.65	37.84	550m: 6:48.89	37.33	750m: 9:17.72	37.52
	200m: 2:26.08 37.63	400m: 4:57.15	37.50	600m: 7:26.00	37.11	800m: 9:54.08	36.36
3.	Tania Martins, GARCIA	92	Ginásio Figueirense			<b>9:57.42</b>	557
	50m: 33.96 33.96	250m: 3:02.91	37.39	450m: 5:34.31	38.49	650m: 8:04.84	37.93
	100m: 1:10.71 36.75	300m: 3:40.84	37.93	500m: 6:11.85	37.54	700m: 8:42.99	38.15
	150m: 1:47.85 37.14	350m: 4:18.10	37.26	550m: 6:49.64	37.79	750m: 9:20.42	37.43
	200m: 2:25.52 37.67	400m: 4:55.82	37.72	600m: 7:26.91	37.27	800m: 9:57.42	37.00
4.	Joana Ferreira, COROADO	92	Académica de Coimbra			<b>9:58.15</b>	555
	50m: 35.23 35.23	250m: 3:05.22	37.43	450m: 5:35.22	37.55	650m: 8:06.05	38.01
	100m: 1:12.33 37.10	300m: 3:42.48	37.26	500m: 6:12.45	37.23	700m: 8:44.48	38.43
	150m: 1:50.07 37.74	350m: 4:19.97	37.49	550m: 6:50.19	37.74	750m: 9:22.50	38.02
	200m: 2:27.79 37.72	400m: 4:57.67	37.70	600m: 7:28.04	37.85	800m: 9:58.15	35.65
5.	Ana Carolina, BERNARDO	93	Académica de Coimbra			<b>10:25.73</b>	485
	50m: 36.24 36.24	250m: 3:13.80	39.84	450m: 5:52.64	39.44	700m: 9:09.42	1:18.77
	100m: 1:14.85 38.61	300m: 3:53.43	39.63	500m: 6:32.02	39.38	750m: 9:48.81	39.39
	150m: 1:54.29 39.44	350m: 4:33.60	40.17	550m: 7:11.63	39.61	800m: 10:25.73	36.92
	200m: 2:33.96 39.67	400m: 5:13.20	39.60	600m: 7:50.65	39.02		
6.	Ana Filipa, LEITE	86	Académica de Coimbra			<b>10:50.89</b>	431
	50m: 36.98 36.98	250m: 3:19.04	40.74	450m: 6:03.62	41.48	650m: 8:48.82	41.54
	100m: 1:16.85 39.87	300m: 3:59.59	40.55	500m: 6:44.51	40.89	700m: 9:30.15	41.33
	150m: 1:57.67 40.82	350m: 4:40.77	41.18	550m: 7:26.10	41.59	750m: 10:11.39	41.24
	200m: 2:38.30 40.63	400m: 5:22.14	41.37	600m: 8:07.28	41.18	800m: 10:50.89	39.50

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Prova 31, Femin., 800m Livres, 15 anos e mais velhos

Lugar			Ano					Tempo final	Pts		
<b>7.</b>	<b>Tatiana Cruz, COSTA</b>		<b>94</b>	<b>Miranda do Corvo</b>				<b>10:51.89</b>	<b>429</b>		
	50m:	36.65 36.65	250m:	3:18.45	40.45	450m:	6:02.52	41.19	650m:	8:48.02	41.28
	100m:	1:16.58 39.93	300m:	3:59.53	41.08	500m:	6:43.95	41.43	700m:	9:29.84	41.82
	150m:	1:57.52 40.94	350m:	4:40.32	40.79	550m:	7:25.53	41.58	750m:	10:11.31	41.47
	200m:	2:38.00 40.48	400m:	5:21.33	41.01	600m:	8:06.74	41.21	800m:	10:51.89	40.58
<b>8.</b>	<b>Filipa Goncalves, LOPES</b>		<b>94</b>	<b>Columbófila Cantanhedense</b>				<b>11:11.53</b>	<b>392</b>		
	50m:	37.10 37.10	250m:	3:19.17	40.92	450m:	6:12.99	43.92	650m:	9:07.88	43.67
	100m:	1:17.18 40.08	300m:	4:01.78	42.61	500m:	6:56.89	43.90	700m:	9:49.35	41.47
	150m:	1:57.58 40.40	350m:	4:45.50	43.72	550m:	7:40.52	43.63	750m:	10:31.96	42.61
	200m:	2:38.25 40.67	400m:	5:29.07	43.57	600m:	8:24.21	43.69	800m:	11:11.53	39.57

Prova 32  
23.11.08 - 9:40

Masc., 1500m Livres

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
<b>1.</b>	<b>Jorge Miguel, MENDES</b>		<b>90</b>	<b>Náutico/Matobra</b>				<b>16:13.63</b>	<b>706</b>		
	<i>RR Sen 800m e 1500m</i>										
	50m:	28.72 28.72	450m:	4:45.35	32.75	850m:	9:07.27	32.57	1250m:	13:29.55	32.76
	100m:	59.97 31.25	500m:	5:17.64	32.29	900m:	9:39.85	32.58	1300m:	14:02.71	33.16
	150m:	1:31.63 31.66	550m:	5:50.25	32.61	950m:	10:12.60	32.75	1350m:	14:36.03	33.32
	200m:	2:03.67 32.04	600m:	6:23.07	32.82	1000m:	10:45.44	32.84	1400m:	15:09.28	33.25
	250m:	2:35.93 32.26	650m:	6:56.19	33.12	1050m:	11:18.05	32.61	1450m:	15:42.06	32.78
	300m:	3:07.92 31.99	700m:	7:28.95	32.76	1100m:	11:50.81	32.76	1500m:	16:13.63	31.57
	350m:	3:40.33 32.41	750m:	8:01.94	32.99	1150m:	12:23.73	32.92			
	400m:	4:12.60 32.27	800m:	8:34.70	32.76	1200m:	12:56.79	33.06			
<b>2.</b>	<b>Tiago Rafael, LOPES</b>		<b>92</b>	<b>Académica de Coimbra</b>				<b>16:55.76</b>	<b>622</b>		
	50m:	30.38 30.38	450m:	4:59.50	34.10	850m:	9:32.35	34.02	1250m:	14:06.04	34.37
	100m:	1:03.37 32.99	500m:	5:33.57	34.07	900m:	10:06.47	34.12	1300m:	14:40.31	34.27
	150m:	1:36.81 33.44	550m:	6:07.54	33.97	950m:	10:40.30	33.83	1350m:	15:14.53	34.22
	200m:	2:10.41 33.60	600m:	6:41.68	34.14	1000m:	11:14.60	34.30	1400m:	15:48.77	34.24
	250m:	2:44.20 33.79	650m:	7:15.92	34.24	1050m:	11:48.74	34.14	1450m:	16:22.94	34.17
	300m:	3:18.09 33.89	700m:	7:50.12	34.20	1100m:	12:23.07	34.33	1500m:	16:55.76	32.82
	350m:	3:51.41 33.32	750m:	8:24.12	34.00	1150m:	12:57.42	34.35			
	400m:	4:25.40 33.99	800m:	8:58.33	34.21	1200m:	13:31.67	34.25			
<b>3.</b>	<b>Goncalo Nuno, COSTA</b>		<b>90</b>	<b>Académica de Coimbra</b>				<b>17:00.54</b>	<b>613</b>		
	50m:	30.97 30.97	450m:	5:00.92	33.75	850m:	9:33.34	34.15	1250m:	14:10.73	34.72
	100m:	1:03.99 33.02	500m:	5:34.69	33.77	900m:	10:07.77	34.43	1300m:	14:45.52	34.79
	150m:	1:37.81 33.82	550m:	6:08.34	33.65	950m:	10:42.21	34.44	1350m:	15:20.00	34.48
	200m:	2:11.51 33.70	600m:	6:42.30	33.96	1000m:	11:17.02	34.81	1400m:	15:54.57	34.57
	250m:	2:45.34 33.83	650m:	7:16.26	33.96	1050m:	11:51.32	34.30	1450m:	16:29.21	34.64
	300m:	3:19.33 33.99	700m:	7:50.41	34.15	1100m:	12:25.93	34.61	1500m:	17:00.54	31.33
	350m:	3:53.09 33.76	750m:	8:24.95	34.54	1150m:	13:01.12	35.19			
	400m:	4:27.17 34.08	800m:	8:59.19	34.24	1200m:	13:36.01	34.89			
<b>4.</b>	<b>Pedro Filipe, SANTOS</b>		<b>89</b>	<b>Académica de Coimbra</b>				<b>17:09.42</b>	<b>598</b>		
	50m:	29.86 29.86	450m:	4:59.68	34.37	850m:	9:33.89	34.05	1250m:	14:11.82	35.07
	100m:	1:02.11 32.25	500m:	5:33.80	34.12	900m:	10:08.37	34.48	1300m:	14:46.93	35.11
	150m:	1:34.96 32.85	550m:	6:07.85	34.05	950m:	10:43.09	34.72	1350m:	15:22.08	35.15
	200m:	2:08.45 33.49	600m:	6:42.13	34.28	1000m:	11:17.90	34.81	1400m:	15:57.39	35.31
	250m:	2:42.50 34.05	650m:	7:16.40	34.27	1050m:	11:51.95	34.05	1450m:	16:33.43	36.04
	300m:	3:16.63 34.13	700m:	7:50.77	34.37	1100m:	12:26.71	34.76	1500m:	17:09.42	35.99
	350m:	3:50.82 34.19	750m:	8:25.37	34.60	1150m:	13:01.67	34.96			
	400m:	4:25.31 34.49	800m:	8:59.84	34.47	1200m:	13:36.75	35.08			
<b>5.</b>	<b>Rui Correia, TINOCO</b>		<b>92</b>	<b>Ginásio Figueirense</b>				<b>17:42.70</b>	<b>543</b>		
	50m:	31.64 31.64	450m:	5:12.74	35.25	850m:	9:54.11	35.49	1250m:	14:41.95	36.29
	100m:	1:06.09 34.45	500m:	5:47.75	35.01	900m:	10:29.48	35.37	1300m:	15:18.23	36.28
	150m:	1:41.24 35.15	550m:	6:22.57	34.82	950m:	11:05.15	35.67	1350m:	15:54.77	36.54
	200m:	2:16.78 35.54	600m:	6:57.97	35.40	1000m:	11:40.93	35.78	1400m:	16:31.42	36.65
	250m:	2:51.92 35.14	650m:	7:33.15	35.18	1050m:	12:16.85	35.92	1450m:	17:07.84	36.42
	300m:	3:27.40 35.48	700m:	8:08.26	35.11	1100m:	12:53.27	36.42	1500m:	17:42.70	34.86
	350m:	4:02.87 35.47	750m:	8:43.11	34.85	1150m:	13:29.33	36.06			
	400m:	4:37.49 34.62	800m:	9:18.62	35.51	1200m:	14:05.66	36.33			

Campeonato Regional Piscina Curta Jun e Sen  
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Prova 32, Masc., 1500m Livres, 17 anos e mais velhos

Lugar			Ano			Tempo final	Pts	
6.	Nelson Goncalves, JUDAS		91	Náutico/Matobra		<b>18:05.87</b>	509	
	50m:	30.51 30.51	450m:	5:14.38 35.66	850m:	10:11.33 37.63	1250m:	15:08.09 36.17
	100m:	1:04.91 34.40	500m:	5:51.00 36.62	900m:	10:48.67 37.34	1300m:	15:44.67 36.58
	150m:	1:39.93 35.02	550m:	6:27.70 36.70	950m:	11:25.44 36.77	1350m:	16:19.95 35.28
	200m:	2:15.41 35.48	600m:	7:05.15 37.45	1000m:	12:02.80 37.36	1400m:	16:55.08 35.13
	250m:	2:51.07 35.66	650m:	7:42.18 37.03	1050m:	12:40.01 37.21	1450m:	17:30.99 35.91
	300m:	3:26.80 35.73	700m:	8:19.50 37.32	1100m:	13:17.46 37.45	1500m:	18:05.87 34.88
	350m:	4:02.80 36.00	750m:	8:56.67 37.17	1150m:	13:55.86 38.40		
	400m:	4:38.72 35.92	800m:	9:33.70 37.03	1200m:	14:31.92 36.06		
EXH	Diogo Cunha, GIRAO		94	Columbófila Cantanhedense		<b>17:52.65</b>	528	
	50m:	32.04 32.04	450m:	5:14.05 35.84	850m:	10:01.36 36.25	1250m:	14:51.01 36.39
	100m:	1:07.21 35.17	500m:	5:49.85 35.80	900m:	10:37.58 36.22	1300m:	15:27.57 36.56
	150m:	1:42.20 34.99	550m:	6:25.53 35.68	950m:	11:14.37 36.79	1350m:	16:03.80 36.23
	200m:	2:17.20 35.00	600m:	7:01.36 35.83	1000m:	11:49.67 35.30	1400m:	16:40.52 36.72
	250m:	2:52.29 35.09	650m:	7:37.39 36.03	1050m:	12:25.84 36.17	1450m:	17:17.05 36.53
	300m:	3:27.67 35.38	700m:	8:13.58 36.19	1100m:	13:01.96 36.12	1500m:	17:52.65 35.60
	350m:	4:03.01 35.34	750m:	8:49.49 35.91	1150m:	13:38.06 36.10		
	400m:	4:38.21 35.20	800m:	9:25.11 35.62	1200m:	14:14.62 36.56		
EXH	Andre Marques, DINIS		93	Columbófila Cantanhedense		<b>18:09.87</b>	504	
	50m:	33.21 33.21	450m:	5:20.22 36.26	850m:	10:13.14 36.65	1250m:	15:06.47 37.10
	100m:	1:08.59 35.38	500m:	5:56.78 36.56	900m:	10:49.33 36.19	1300m:	15:43.59 37.12
	150m:	1:44.28 35.69	550m:	6:33.48 36.70	950m:	11:25.81 36.48	1350m:	16:20.26 36.67
	200m:	2:19.69 35.41	600m:	7:10.19 36.71	1000m:	12:02.24 36.43	1400m:	16:57.25 36.99
	250m:	2:55.47 35.78	650m:	7:46.94 36.75	1050m:	12:38.56 36.32	1450m:	17:34.10 36.85
	300m:	3:31.69 36.22	700m:	8:23.66 36.72	1100m:	13:15.34 36.78	1500m:	18:09.87 35.77
	350m:	4:07.96 36.27	750m:	9:00.42 36.76	1150m:	13:52.15 36.81		
	400m:	4:43.96 36.00	800m:	9:36.49 36.07	1200m:	14:29.37 37.22		
EXH	David Jose, FONSECA		94	Columbófila Cantanhedense		<b>18:45.27</b>	458	
	50m:	34.49 34.49	450m:	5:37.26 38.05	850m:	10:36.69 37.15	1250m:	15:37.68 37.84
	100m:	1:12.14 37.65	500m:	6:15.23 37.97	900m:	11:13.92 37.23	1300m:	16:15.61 37.93
	150m:	1:49.78 37.64	550m:	6:52.91 37.68	950m:	11:51.29 37.37	1350m:	16:53.57 37.96
	200m:	2:27.20 37.42	600m:	7:30.36 37.45	1000m:	12:28.56 37.27	1400m:	17:31.43 37.86
	250m:	3:05.17 37.97	650m:	8:07.90 37.54	1050m:	13:06.57 38.01	1450m:	18:08.79 37.36
	300m:	3:42.66 37.49	700m:	8:45.06 37.16	1100m:	13:44.65 38.08	1500m:	18:45.27 36.48
	350m:	4:20.89 38.23	750m:	9:22.06 37.00	1150m:	14:21.89 37.24		
	400m:	4:59.21 38.32	800m:	9:59.54 37.48	1200m:	14:59.84 37.95		
EXH	Romulo Emanuel, FERNANDES		93	Académica de Coimbra		<b>19:35.90</b>	401	
	50m:	34.68 34.68	450m:	5:43.82 40.03	850m:	11:02.54 40.12	1250m:	16:20.09 40.52
	100m:	1:12.71 38.03	500m:	6:22.95 39.13	900m:	11:42.45 39.91	1300m:	16:59.91 39.82
	150m:	1:51.46 38.75	550m:	7:02.42 39.47	950m:	12:22.45 40.00	1350m:	17:38.97 39.06
	200m:	2:29.89 38.43	600m:	7:42.20 39.78	1000m:	13:02.24 39.79	1400m:	18:19.13 40.16
	250m:	3:07.95 38.06	650m:	8:22.84 40.64	1050m:	13:41.61 39.37	1450m:	18:57.91 38.78
	300m:	3:46.84 38.89	700m:	9:01.75 38.91	1100m:	14:21.38 39.77	1500m:	19:35.90 37.99
	350m:	4:25.94 39.10	750m:	9:42.36 40.61	1150m:	14:59.80 38.42		
	400m:	5:03.79 37.85	800m:	10:22.42 40.06	1200m:	15:39.57 39.77		

Prova 33  
23.11.08 - 10:20

Femin., 50m Mariposa

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar			Ano			Tempo final	Pts
1.	Daniela Filipa, CARDOSO		89	Fundação Beatriz Santos		<b>32.14</b>	502
2.	Beatriz Rocha, NUNES		94	Ginásio Figueirense		<b>33.14</b>	458
3.	Raquel Cristiana, PAIVA		90	Miranda do Corvo		<b>34.42</b>	409
4.	Filipa Ramos, RIBEIRO		93	Fundação Beatriz Santos		<b>35.77</b>	364
5.	Catarina Oliveira, DINIS		93	Académica de Coimbra		<b>36.36</b>	347
6.	Maria Ana, SERRANO		94	Miranda do Corvo		<b>36.85</b>	333
7.	Ana Filipa, ROQUE		91	Académica de Coimbra		<b>38.60</b>	290
DNS	Raquel Coutinho, GAIO		90	Náutico/Matobra			

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Prova 33, Femin., 50m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Joana Reis, VEIGA	95 Académica de Coimbra	<b>32.92</b>	468
EXH Tatiana Filipa, SANTOS	95 Ginásio Figueirense	<b>34.39</b>	410
EXH Cláudia Filipa, SILVA	95 Miranda do Corvo	<b>38.55</b>	291

Prova 34  
23.11.08 - 10:25

Masc., 50m Mariposa

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, FONSECA	88 Náutico/Matobra	<b>27.24</b>	586
2. Pedro Fragoso, LOPES	90 Columbófila Cantanhedense	<b>27.43</b>	574
3. Mario Alexandre, PEREIRA	92 Ginásio Figueirense	<b>27.67</b>	559
4. Andre Filipe, LOPES	92 Académica de Coimbra	<b>28.18</b>	529
5. Joao Aires, GOMES	85 Náutico/Matobra	<b>28.44</b>	515
6. Nuno Dias, CARDOSO	89 Académica de Coimbra	<b>28.46</b>	513
7. Hugo Rafael, RAMALHO	90 Académica de Coimbra	<b>29.10</b>	480
8. Daniel Alexandre, RODRIGUES	91 Náutico/Matobra	<b>29.26</b>	473
9. Tiago Filipe, LEAL	90 Académica de Coimbra	<b>30.43</b>	420
10. Diogo Remi, FAIM	92 Ginásio Figueirense	<b>31.12</b>	393
11. Andre Rocha, VALENTE	92 Académica de Coimbra	<b>31.32</b>	385
DSQ Bruno Gustavo, NOGUEIRA	91 Fundação Beatriz Santos		
<i>Falsa Partida</i>			
EXH Tiago Andre, SILVA	94 Columbófila Cantanhedense	<b>32.70</b>	339

Prova 35  
23.11.08 - 10:25

Femin., 200m Costas

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Solange Patricia, AZEVEDO	89 Náutico/Matobra	<b>2:28.31</b>	579
50m: 35.62 35.62 100m: 1:12.98 37.36 150m: 1:49.78 36.80 200m: 2:28.31 38.53			
2. Nadia Filipa, MARQUES	92 Académica de Coimbra	<b>2:36.95</b>	489
50m: 35.99 35.99 100m: 1:15.29 39.30 150m: 1:56.52 41.23 200m: 2:36.95 40.43			
3. Tania Martins, GARCIA	92 Ginásio Figueirense	<b>2:40.74</b>	455
50m: 37.54 37.54 100m: 1:17.41 39.87 150m: 1:58.99 41.58 200m: 2:40.74 41.75			
4. Ana Mafalda, OLIVEIRA	93 Paião	<b>2:47.65</b>	401
50m: 38.26 38.26 100m: 1:21.75 43.49 150m: 2:05.61 43.86 200m: 2:47.65 42.04			
5. Symonee Sobral, HINCKLEY	93 Académica de Coimbra	<b>2:49.53</b>	388
50m: 40.93 40.93 100m: 1:24.37 43.44 150m: 2:07.70 43.33 200m: 2:49.53 41.83			
6. Elizabeth Maria, CARVALHO	94 Ginásio Figueirense	<b>2:51.09</b>	377
50m: 40.14 40.14 100m: 1:23.94 43.80 150m: 2:08.66 44.72 200m: 2:51.09 42.43			
7. Sofia Roque, DIAS	94 Académica de Coimbra	<b>2:54.09</b>	358
50m: 39.24 39.24 100m: 1:23.11 43.87 150m: 2:09.29 46.18 200m: 2:54.09 44.80			
8. Bruna Miguel, PEREIRA	94 Académica de Coimbra	<b>2:57.48</b>	338
50m: 41.36 41.36 100m: 1:26.47 45.11 150m: 2:12.89 46.42 200m: 2:57.48 44.59			
9. Cintia Cruz, CHUVA	94 Paião	<b>2:58.13</b>	334
50m: 43.08 43.08 100m: 1:28.63 45.55 150m: 2:14.70 46.07 200m: 2:58.13 43.43			
DNS Sara Vieira, ALMEIDA	91 Gouveia		
EXH Mariana Costa, SEBASTIAO	95 Ginásio Figueirense	<b>2:38.24</b>	477
50m: 36.21 36.21 100m: 1:15.80 39.59 150m: 1:57.00 41.20 200m: 2:38.24 41.24			

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Prova 35, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Rita Amado, LAEZZA 50m: 38.40 38.40 100m: 1:19.37 40.97 150m: 2:02.33 42.96 200m: 2:43.26 40.93	95 Académica de Coimbra	<b>2:43.26</b>	434
EXH Mariana Rocha, VALENTE 50m: 38.18 38.18 100m: 1:19.22 41.04 150m: 2:01.65 42.43 200m: 2:43.62 41.97	95 Académica de Coimbra	<b>2:43.62</b>	431
EXH Joana Ines, OLIVEIRA 50m: 40.93 40.93 100m: 1:23.92 42.99 150m: 2:07.46 43.54 200m: 2:50.99 43.53	95 Académica de Coimbra	<b>2:50.99</b>	378
EXH Joana Carolina, ALVES 50m: 43.27 43.27 100m: 1:28.75 45.48 150m: 2:15.02 46.27 200m: 2:59.82 44.80	95 Ginásio Figueirense	<b>2:59.82</b>	325

Prova 36

Masc., 200m Costas

15 - 16 anos

23.11.08 - 10:35

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DNS Gustavo Almeida, MADUREIRA	94 Académica de Coimbra		

Prova 36

Masc., 200m Costas

17 anos e mais velhos

23.11.08 - 10:35

Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Carlos Octavio, FERNANDES 50m: 31.59 31.59 100m: 1:04.81 33.22 150m: 1:37.81 33.00 200m: 2:10.34 32.53	88 Académica de Coimbra	<b>2:10.34</b>	604
2. Pedro Miguel, CONDE 50m: 30.96 30.96 100m: 1:03.54 32.58 150m: 1:37.00 33.46 200m: 2:10.56 33.56	90 Náutico/Matobra	<b>2:10.56</b>	601
3. Bruno Miguel, AMARAL 50m: 32.48 32.48 100m: 1:06.86 34.38 150m: 1:41.64 34.78 200m: 2:16.46 34.82	89 Náutico/Matobra	<b>2:16.46</b>	526
4. Mario Jorge, SILVA 50m: 32.10 32.10 100m: 1:07.43 35.33 150m: 1:44.73 37.30 200m: 2:22.14 37.41	91 Ginásio Figueirense	<b>2:22.14</b>	466
5. Guilherme Joao, PATRIARCA 50m: 33.67 33.67 100m: 1:10.67 37.00 150m: 1:49.80 39.13 200m: 2:28.67 38.87	92 Académica de Coimbra	<b>2:28.67</b>	407
EXH Andre Duarte, VAZ 50m: 33.41 33.41 100m: 1:09.11 35.70 200m: 2:21.81 1:12.70	93 Ginásio Figueirense	<b>2:21.81</b>	469
EXH Diogo Cunha, GIRAO 50m: 34.76 34.76 100m: 1:11.54 36.78 150m: 1:49.14 37.60 200m: 2:25.82 36.68	94 Columbófila Cantanhedense	<b>2:25.82</b>	431
EXH Joao Manuel, BORGES 50m: 33.58 33.58 100m: 1:11.42 37.84 150m: 1:50.45 39.03 200m: 2:28.95 38.50	94 Ginásio Figueirense	<b>2:28.95</b>	405
EXH Diogo Emanuel, FERREIRA 50m: 36.30 36.30 100m: 1:15.19 38.89 150m: 1:55.45 40.26 200m: 2:33.25 37.80	93 Académica de Coimbra	<b>2:33.25</b>	372
EXH Francisco Leonardes, ALVES 50m: 36.21 36.21 100m: 1:15.54 39.33 150m: 1:56.57 41.03 200m: 2:35.18 38.61	94 Académica de Coimbra	<b>2:35.18</b>	358
EXH Joao Filipe, LUCAS 50m: 36.38 36.38 100m: 1:17.27 40.89 150m: 1:58.60 41.33 200m: 2:38.78 40.18	94 Académica de Coimbra	<b>2:38.78</b>	334



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Prova 37, Femin., 50m Bruços

Prova 37  
23.11.08 - 10:50

Femin., 50m Bruços

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira, ANDRADE	94 Náutico/Matobra	<b>36.06</b>	580
2. Maria Ines, RIBEIRO	92 Náutico/Matobra	<b>36.10</b>	578
3. Ana Rita, COSTA	91 Académica de Coimbra	<b>37.60</b>	511
4. Catarina Oliveira, DINIS	93 Académica de Coimbra	<b>38.91</b>	462
5. Maria Ana, SERRANO	94 Miranda do Corvo	<b>40.20</b>	419
6. Ana Carlos, FERREIRA	93 Paião	<b>44.73</b>	304
EXH Ana Claudia, CORDEIRO	95 Académica de Coimbra	<b>37.55</b>	514

Prova 38  
23.11.08 - 10:50

Masc., 50m Bruços

15 - 16 anos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DSQ Joao Miguel, ALMEIDA <i>Falsa Partida</i>	93 Ginásio Figueirense		
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 38  
23.11.08 - 10:50

Masc., 50m Bruços

17 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA	91 Náutico/Matobra	<b>31.93</b>	576
2. Gustavo Alexandre, MENESES	92 Columbófila Cantanhedense	<b>32.90</b>	526
3. Pedro Octavio, FERNANDES	91 Académica de Coimbra	<b>33.17</b>	513
4. Cristiano Almeida, SANTOS	90 Náutico/Matobra	<b>34.21</b>	468
5. Hugo Miguel, NUNES	90 Náutico/Matobra	<b>34.87</b>	442
6. Nuno Alexandre, NEVES	92 Paião	<b>35.80</b>	408
7. Diogo Costa, FONTES	92 Académica de Coimbra	<b>36.51</b>	385
8. Diogo Remi, FAIM	92 Ginásio Figueirense	<b>39.41</b>	306
EXH Pedro Daniel, CARVALHO	93 Académica de Coimbra	<b>33.78</b>	486
EXH Ruben Paiva, CARVALHO	94 Académica de Coimbra	<b>35.11</b>	433
EXH Pedro Barros, MENDES	94 Académica de Coimbra	<b>35.19</b>	430
EXH Hugo Neves, NETO	94 Columbófila Cantanhedense	<b>37.95</b>	343
EXH Pedro Daniel, PINTO	94 Miranda do Corvo	<b>38.32</b>	333
EXH Goncalo Raposeiro, FARIA	93 Ginásio Figueirense	<b>39.26</b>	310

Prova 39  
23.11.08 - 10:55

Femin., 200m Livres

15 anos e mais velhos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ines Barbosa, MOREIRA	92 Náutico/Matobra	<b>2:20.45</b>	535
50m: 32.08 32.08 100m: 1:07.35 35.27 150m: 1:44.16 36.81 200m: 2:20.45 36.29			
2. Beatriz Rocha, NUNES	94 Ginásio Figueirense	<b>2:21.41</b>	525
50m: 32.78 32.78 100m: 1:08.21 35.43 150m: 1:45.54 37.33 200m: 2:21.41 35.87			
3. Filipa Ramos, RIBEIRO	93 Fundação Beatriz Santos	<b>2:22.93</b>	508
50m: 32.91 32.91 100m: 1:09.11 36.20 150m: 1:45.98 36.87 200m: 2:22.93 36.95			

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Prova 39, Femin., 200m Livres, 15 anos e mais velhos

Lugar			Ano					Tempo final	Pts
4.	Raquel Bartolo, VITOR		93	Académica de Coimbra				<b>2:23.56</b>	501
	50m:	33.58 33.58	100m:	1:09.82	36.24	150m:	1:47.03 37.21	200m:	2:23.56 36.53
5.	Joana Ferreira, COROADO		92	Académica de Coimbra				<b>2:24.23</b>	494
	50m:	34.24 34.24	100m:	1:11.32	37.08	150m:	1:48.72 37.40	200m:	2:24.23 35.51
6.	Ana Carolina, BERNARDO		93	Académica de Coimbra				<b>2:29.03</b>	448
	50m:	35.31 35.31	100m:	1:13.07	37.76	150m:	1:51.37 38.30	200m:	2:29.03 37.66
7.	Ana Coutinho, SOUTO		93	Académica de Coimbra				<b>2:30.48</b>	435
	50m:	36.53 36.53	100m:	1:15.20	38.67	150m:	1:53.50 38.30	200m:	2:30.48 36.98
8.	Rita Nair, FERREIRA		91	Miranda do Corvo				<b>2:30.56</b>	435
	50m:	33.38 33.38	100m:	1:10.04	36.66	150m:	1:49.55 39.51	200m:	2:30.56 41.01
9.	Joana Lopes, SILVESTRE		94	Náutico/Matobra				<b>2:35.38</b>	395
	50m:	35.44 35.44	100m:	1:14.70	39.26	150m:	1:55.23 40.53	200m:	2:35.38 40.15
10.	Ana Filipa, ROQUE		91	Académica de Coimbra				<b>2:35.39</b>	395
	50m:	34.97 34.97	100m:	1:14.61	39.64	150m:	1:55.51 40.90	200m:	2:35.39 39.88
11.	Filipa Goncalves, LOPES		94	Columbófila Cantanhedense				<b>2:40.77</b>	357
	50m:	36.07 36.07	100m:	1:17.33	41.26	150m:	1:59.59 42.26	200m:	2:40.77 41.18
DNS	Raquel Coutinho, GAIO		90	Náutico/Matobra					
DNS	Rita Marques, SOUSA		94	Fundação Beatriz Santos					
EXH	Tatiana Filipa, SANTOS		95	Ginásio Figueirense				<b>2:18.57</b>	558
	50m:	32.02 32.02	100m:	1:07.22	35.20	150m:	1:43.27 36.05	200m:	2:18.57 35.30
EXH	Mariana Costa, SEBASTIAO		95	Ginásio Figueirense				<b>2:26.51</b>	472
	50m:	34.56 34.56	100m:	1:11.38	36.82	150m:	1:49.08 37.70	200m:	2:26.51 37.43
EXH	Sofia Verissimo, PEDROSA		95	Paião				<b>2:28.16</b>	456
	50m:	34.84 34.84	100m:	1:12.50	37.66	150m:	1:51.24 38.74	200m:	2:28.16 36.92

Prova 40

Masc., 200m Livres

17 anos e mais velhos

23.11.08 - 11:00

Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Jorge Miguel, MENDES		90	Náutico/Matobra				<b>1:57.54</b>	663
	50m:	27.75 27.75	100m:	57.11	29.36	150m:	1:27.49 30.38	200m:	1:57.54 30.05
2.	Bruno Gustavo, NOGUEIRA		91	Fundação Beatriz Santos				<b>1:58.43</b>	648
	50m:	28.12 28.12	100m:	58.20	30.08	150m:	1:28.50 30.30	200m:	1:58.43 29.93
3.	Andre Filipe, LOPES		92	Académica de Coimbra				<b>1:59.83</b>	625
	50m:	28.34 28.34	100m:	58.04	29.70	150m:	1:28.87 30.83	200m:	1:59.83 30.96
4.	Pedro Fragoso, LOPES		90	Columbófila Cantanhedense				<b>2:00.67</b>	612
	50m:	28.44 28.44	100m:	58.57	30.13	150m:	1:29.76 31.19	200m:	2:00.67 30.91
5.	Nelson Goncalves, JUDAS		91	Náutico/Matobra				<b>2:02.66</b>	583
	50m:	27.86 27.86	100m:	58.27	30.41	150m:	1:30.57 32.30	200m:	2:02.66 32.09
6.	Hugo Rafael, RAMALHO		90	Académica de Coimbra				<b>2:04.36</b>	559
	50m:	29.47 29.47	100m:	1:00.88	31.41	150m:	1:33.53 32.65	200m:	2:04.36 30.83
7.	Tiago Rafael, LOPES		92	Académica de Coimbra				<b>2:04.62</b>	556
	50m:	29.06 29.06	100m:	1:00.18	31.12	150m:	1:32.39 32.21	200m:	2:04.62 32.23
7.	Daniel Alexandre, RODRIGUES		91	Náutico/Matobra				<b>2:04.62</b>	556
	50m:	28.49 28.49	100m:	59.18	30.69	150m:	1:32.16 32.98	200m:	2:04.62 32.46
9.	Pedro Filipe, SANTOS		89	Académica de Coimbra				<b>2:07.26</b>	522
	50m:	29.79 29.79	100m:	1:01.63	31.84	150m:	1:34.90 33.27	200m:	2:07.26 32.36

Campeonato Regional Piscina Curta Jun e Sen  
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Prova 40, Masc., 200m Livres, 17 anos e mais velhos

Lugar	Ano	Tempo final	Pts
10. Mario Alexandre, PEREIRA 50m: 29.09 29.09 100m: 1:02.35 33.26 150m: 1:36.65 34.30 200m: 2:09.66 33.01	92	Ginásio Figueirense	<b>2:09.66</b> 494
11. Tiago Filipe, LEAL 50m: 29.84 29.84 100m: 1:03.35 33.51 150m: 1:37.38 34.03 200m: 2:10.04 32.66	90	Académica de Coimbra	<b>2:10.04</b> 489
12. Andre Rocha, VALENTE 50m: 30.68 30.68 100m: 1:04.18 33.50 150m: 1:38.08 33.90 200m: 2:11.72 33.64	92	Académica de Coimbra	<b>2:11.72</b> 471
13. Rui Correia, TINOCO 50m: 30.14 30.14 100m: 1:03.29 33.15 150m: 1:38.30 35.01 200m: 2:12.24 33.94	92	Ginásio Figueirense	<b>2:12.24</b> 465
14. Bruno Alexandre, FIGUEIRA 50m: 29.73 29.73 100m: 1:02.65 32.92 150m: 1:38.64 35.99 200m: 2:15.58 36.94	90	Fundação Beatriz Santos	<b>2:15.58</b> 432
15. Diogo Costa, FONTES 50m: 31.00 31.00 100m: 1:04.70 33.70 150m: 1:40.57 35.87 200m: 2:16.71 36.14	92	Académica de Coimbra	<b>2:16.71</b> 421
EXH Daciano Egidio, SOUSA 50m: 30.59 30.59 100m: 1:03.84 33.25 150m: 1:38.03 34.19 200m: 2:11.34 33.31	93	Ginásio Figueirense	<b>2:11.34</b> 475
EXH Joao Manuel, BORGES 50m: 30.71 30.71 100m: 1:04.59 33.88 150m: 1:39.31 34.72 200m: 2:12.99 33.68	94	Ginásio Figueirense	<b>2:12.99</b> 457
EXH Andre Marques, DINIS 50m: 31.38 31.38 100m: 1:05.36 33.98 150m: 1:39.78 34.42 200m: 2:13.29 33.51	93	Columbófila Cantanhedense	<b>2:13.29</b> 454
EXH Andre Duarte, VAZ 50m: 30.06 30.06 100m: 1:03.40 33.34 150m: 1:37.95 34.55 200m: 2:13.39 35.44	93	Ginásio Figueirense	<b>2:13.39</b> 453
EXH David Jose, FONSECA 50m: 30.74 30.74 100m: 1:04.70 33.96 150m: 1:39.55 34.85 200m: 2:14.15 34.60	94	Columbófila Cantanhedense	<b>2:14.15</b> 446
EXH Nuno Correia, TINOCO 50m: 30.43 30.43 100m: 1:04.55 34.12 150m: 1:40.55 36.00 200m: 2:16.60 36.05	93	Ginásio Figueirense	<b>2:16.60</b> 422
EXH Hugo Neves, NETO 50m: 32.23 32.23 100m: 1:07.53 35.30 150m: 1:44.06 36.53 200m: 2:18.64 34.58	94	Columbófila Cantanhedense	<b>2:18.64</b> 404
EXH Tiago Andre, SILVA 50m: 32.03 32.03 100m: 1:08.11 36.08 150m: 1:45.12 37.01 200m: 2:22.06 36.94	94	Columbófila Cantanhedense	<b>2:22.06</b> 375
EXH David Alexandre, PEREIRA 50m: 31.61 31.61 100m: 1:07.87 36.26 150m: 1:46.17 38.30 200m: 2:23.87 37.70	94	Ginásio Figueirense	<b>2:23.87</b> 361
EXH Diogo Fonseca, COSTA 50m: 33.59 33.59 100m: 1:10.72 37.13 150m: 1:49.05 38.33 200m: 2:26.40 37.35	93	Paião	<b>2:26.40</b> 343
EXH Goncalo Raposeiro, FARIA 50m: 34.26 34.26 100m: 1:11.58 37.32 150m: 1:50.92 39.34 200m: 2:28.60 37.68	93	Ginásio Figueirense	<b>2:28.60</b> 328

Prova 41  
23.11.08 - 11:15

Femin., 100m Estilos

14 anos  
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DSQ Claudia Filipa, SILVA	95	Miranda do Corvo	

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Prova 41, Femin., 100m Estilos

Prova 41 Femin., 100m Estilos 15 anos e mais velhos  
23.11.08 - 11:15 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Maria Miguel, VELOSO	93 Náutico/Matobra	<b>1:10.21</b>	616
2. Daniela Filipa, CARDOSO	89 Fundação Beatriz Santos	<b>1:11.12</b>	593
3. Maria Ines, RIBEIRO	92 Náutico/Matobra	<b>1:11.15</b>	592
4. Solange Patricia, AZEVEDO	89 Náutico/Matobra	<b>1:12.92</b>	550
5. Gabriela Oliveira, ANDRADE	94 Náutico/Matobra	<b>1:12.94</b>	550
50m: 35.28 35.28 100m: 1:12.94	37.66		
6. Nadia Filipa, MARQUES	92 Académica de Coimbra	<b>1:15.30</b>	500
7. Ana Mafalda, OLIVEIRA	93 Paião	<b>1:16.85</b>	470
8. Ana Rita, COSTA	91 Académica de Coimbra	<b>1:17.81</b>	453
9. Sofia Roque, DIAS	94 Académica de Coimbra	<b>1:20.50</b>	409
10. Symonee Sobral, HINCKLEY	93 Académica de Coimbra	<b>1:22.51</b>	380
11. Raquel Cristiana, PAIVA	90 Miranda do Corvo	<b>1:22.71</b>	377
50m: 36.68 36.68 100m: 1:22.71	46.03		
12. Bruna Miguel, PEREIRA	94 Académica de Coimbra	<b>1:24.41</b>	355
13. Ana Carlos, FERREIRA	93 Paião	<b>1:25.18</b>	345
DSQ Cintia Cruz, CHUVA	94 Paião		
EXH Ana Claudia, CORDEIRO	95 Académica de Coimbra	<b>1:16.69</b>	473
EXH Rita Amado, LAEZZA	95 Académica de Coimbra	<b>1:16.85</b>	470
EXH Mariana Rocha, VALENTE	95 Académica de Coimbra	<b>1:17.26</b>	463
EXH Joana Reis, VEIGA	95 Académica de Coimbra	<b>1:17.49</b>	458
EXH Joana Ines, OLIVEIRA	95 Académica de Coimbra	<b>1:19.85</b>	419
EXH Beatriz Calvete, PEDROSA	95 Paião	<b>1:24.82</b>	350
EXH Mariana Coutinho, SOUTO	95 Académica de Coimbra	<b>1:25.53</b>	341
EXH Joana Carolina, ALVES	95 Ginásio Figueirense	<b>1:33.57</b>	260
50m: 45.72 45.72 100m: 1:33.57	47.85		

Prova 42 Masc., 100m Estilos 15 - 16 anos  
23.11.08 - 11:20 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
DSQ Romulo Emanuel, FERNANDES	93 Académica de Coimbra		
DNS Gustavo Almeida, MADUREIRA	94 Académica de Coimbra		
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 42 Masc., 100m Estilos 17 anos e mais velhos  
23.11.08 - 11:20 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Miguel Silva, OLIVEIRA	91 Náutico/Matobra	<b>1:00.30</b>	650
50m: 27.94 27.94 100m: 1:00.30	32.36		
2. Rui Miguel, FONSECA	88 Náutico/Matobra	<b>1:03.27</b>	563
50m: 29.03 29.03 100m: 1:03.27	34.24		
3. Joao Aires, GOMES	85 Náutico/Matobra	<b>1:03.96</b>	545
50m: 29.57 29.57 100m: 1:03.96	34.39		
4. Pedro Miguel, CONDE	90 Náutico/Matobra	<b>1:05.17</b>	515
50m: 29.74 29.74 100m: 1:05.17	35.43		

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Prova 42, Masc., 100m Estilos, 17 anos e mais velhos

Lugar					Ano		Tempo final	Pts
5.	Gustavo Alexandre, MENESES				92	Columbófila Cantanhedense	<b>1:05.80</b>	500
	50m:	29.75	29.75	100m:	1:05.80	36.05		
6.	Bruno Miguel, AMARAL				89	Náutico/Matobra	<b>1:06.98</b>	474
	50m:	30.13	30.13	100m:	1:06.98	36.85		
7.	Goncalo Nuno, COSTA				90	Académica de Coimbra	<b>1:07.07</b>	472
	50m:	31.20	31.20	100m:	1:07.07	35.87		
8.	Hugo Miguel, NUNES				90	Náutico/Matobra	<b>1:07.57</b>	462
	50m:	31.73	31.73	100m:	1:07.57	35.84		
9.	Pedro Octavio, FERNANDES				91	Académica de Coimbra	<b>1:08.24</b>	448
	50m:	32.69	32.69	100m:	1:08.24	35.55		
10.	Guilherme Joao, PATRIARCA				92	Académica de Coimbra	<b>1:08.96</b>	434
	50m:	31.78	31.78	100m:	1:08.96	37.18		
11.	Cristiano Almeida, SANTOS				90	Náutico/Matobra	<b>1:09.15</b>	431
	50m:	33.56	33.56	100m:	1:09.15	35.59		
12.	Nuno Alexandre, NEVES				92	Paião	<b>1:14.41</b>	346
	50m:	36.52	36.52	100m:	1:14.41	37.89		
EXH	Pedro Daniel, CARVALHO				93	Académica de Coimbra	<b>1:08.56</b>	442
	50m:	32.21	32.21	100m:	1:08.56	36.35		
EXH	Pedro Barros, MENDES				94	Académica de Coimbra	<b>1:09.11</b>	432
	50m:	32.79	32.79	100m:	1:09.11	36.32		
EXH	Daciano Egidio, SOUSA				93	Ginásio Figueirense	<b>1:09.87</b>	418
	50m:	32.87	32.87	100m:	1:09.87	37.00		
EXH	Nuno Correia, TINOCO				93	Ginásio Figueirense	<b>1:11.80</b>	385
EXH	Joao Filipe, LUCAS				94	Académica de Coimbra	<b>1:11.94</b>	383
	50m:	33.14	33.14	100m:	1:11.94	38.80		
EXH	Diogo Emanuel, FERREIRA				93	Académica de Coimbra	<b>1:12.63</b>	372
	50m:	32.59	32.59	100m:	1:12.63	40.04		
EXH	Pedro Miguel, RODRIGUES				93	Paião	<b>1:12.80</b>	369
EXH	Francisco Leonardes, ALVES				94	Académica de Coimbra	<b>1:13.22</b>	363
EXH	Ruben Paiva, CARVALHO				94	Académica de Coimbra	<b>1:14.26</b>	348
	50m:	36.79	36.79	100m:	1:14.26	37.47		
EXH	Joao Miguel, ALMEIDA				93	Ginásio Figueirense	<b>1:14.78</b>	341
	50m:	34.12	34.12	100m:	1:14.78	40.66		
EXH	David Alexandre, PEREIRA				94	Ginásio Figueirense	<b>1:19.08</b>	288
	50m:	36.43	36.43	100m:	1:19.08	42.65		
EXH	Diogo Fonseca, COSTA				93	Paião	<b>1:19.36</b>	285
EXH	Pedro Daniel, PINTO				94	Miranda do Corvo	<b>1:21.77</b>	261
	50m:	40.10	40.10	100m:	1:21.77	41.67		

Campeonato Regional Piscina Curta Jun e Sen  
Coimbra, 21. - 23.11.2008

Prova 43  
23.11.08 - 11:35

Femin., 4 x 100m Livres

Open  
Resultados

Pontos: FINA 2008

Lugar					Tempo final	Pts	
1. Náutico/Matobra 1	Náutico/Matobra				<b>4:15.75</b>	599	
Gabriela Oliveira, ANDRADE	94	31.14	1:04.44	Maria Ines, RIBEIRO	92	30.34	1:03.70
Solange Patricia, AZEVEDO	89	30.74	1:04.23	Maria Miguel, VELOSO	93	30.85	1:03.38
2. Académica de Coimbra 5	Académica de Coimbra				<b>4:33.52</b>	490	
Nadia Filipa, MARQUES	92	31.73	1:06.37	Sofia Roque, DIAS	94	32.63	1:09.12
Joana Ferreira, COROADO	92	32.25	1:07.36	Symonee Sobral, HINCKLEY	93	34.21	1:10.67
3. Miranda do Corvo 1	Miranda do Corvo				<b>4:41.78</b>	448	
Raquel Cristiana, PAIVA	90	34.08	1:11.35	Tatiana Cruz, COSTA	94	35.11	1:13.20
Rita Nair, FERREIRA	91	32.49	1:07.73	Maria Ana, SERRANO	94	33.46	1:09.50

Prova 44  
23.11.08 - 11:45

Masc., 4 x 100m Livres

Open  
Resultados

Pontos: FINA 2008

Lugar					Tempo final	Pts	
1. Náutico/Matobra 1	Náutico/Matobra				<b>3:39.66</b>	651	
Miguel Silva, OLIVEIRA	91	26.67	54.06	Nelson Goncalves, JUDAS	91	26.68	55.69
Rui Miguel, FONSECA	88	26.69	55.52	Jorge Miguel, MENDES	90	26.40	54.39
2. Académica de Coimbra 5	Académica de Coimbra				<b>3:46.79</b>	592	
Nuno Dias, CARDOSO	89	26.92	57.08	Andre Filipe, LOPES	92	26.49	56.46
Carlos Octavio, FERNANDES	88	26.40	56.10	Tiago Rafael, LOPES	92	26.96	57.15
3. Ginásio Figueirense 1	Ginásio Figueirense				<b>3:55.66</b>	527	
Mario Alexandre, PEREIRA	92	27.51	56.80	Rui Correia, TINOCO	92	28.64	1:00.20
Miguel Guterre, SOUSA	91	28.48	1:01.13	Mario Jorge, SILVA	91	27.28	57.53