

Torneio Regional de Fundo de Cadetes
Coimbra, 23. - 24.5.2009

1 - 1ª Jornada

23.5.09 - 15:30

Prova 1
23.5.09 - 15:30

Femin., 200m Estilos

11 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Mariana Cunha, GUERRA 50m: 35.87 35.87 200m: 2:45.43 2:09.56	98 Columbófila Cantanhedense	2:45.43	465
2. Ana Raquel, FERREIRA 50m: 41.64 41.64 200m: 2:58.58 2:16.94	98 Ginásio Figueirense	2:58.58	370
3. Rita Mateus, LOPES 50m: 39.41 39.41 200m: 2:59.21 2:19.80	98 Náutico/Matobra	2:59.21	366
4. Rita Verissimo, DAMASCENO 50m: 38.98 38.98 200m: 3:01.94 2:22.96	98 Náutico/Matobra	3:01.94	350
5. Mariana Pereirinha, SANTOS 50m: 42.83 42.83 200m: 3:06.05 2:23.22	98 Columbófila Cantanhedense	3:06.05	327
6. Ana Filipa, CONCEICAO 50m: 42.89 42.89 200m: 3:09.83 2:26.94	98 Náutico/Matobra	3:09.83	308
7. Mariana Portugal, COSTA 50m: 41.16 41.16 200m: 3:11.00 2:29.84	98 Náutico/Matobra	3:11.00	302
8. Mariana Domingues, PAZ 50m: 43.89 43.89 200m: 3:11.06 2:27.17	98 Miranda do Corvo	3:11.06	302
9. Margarida Peixoto, PELAIO 50m: 42.09 42.09 200m: 3:11.44 2:29.35	98 Ginásio Figueirense	3:11.44	300
10. Vanessa Branco, MACHADO 50m: 47.18 47.18 200m: 3:16.30 2:29.12	98 Columbófila Cantanhedense	3:16.30	278
11. Maria Carolina, CORREIA 50m: 42.19 42.19 200m: 3:17.13 2:34.94	98 Lousanense	3:17.13	275
12. Carolina Rua, SANTOS 50m: 47.94 47.94 200m: 3:18.19 2:30.25	98 Columbófila Cantanhedense	3:18.19	271
13. Catarina Antunes, OLIVEIRA 50m: 43.58 43.58 200m: 3:18.61 2:35.03	98 Fundação Beatriz Santos	3:18.61	269
14. Mariana Bordon, PERALTA 50m: 44.50 44.50 200m: 3:20.40 2:35.90	98 Académica de Coimbra	3:20.40	262
15. Sofia Ramos, RIBEIRO 50m: 44.97 44.97 200m: 3:24.38 2:39.41	98 Fundação Beatriz Santos	3:24.38	247
16. Lucia Pedrosa, SILVA 50m: 47.08 47.08 200m: 3:25.11 2:38.03	98 Paião	3:25.11	244
17. Carolina Ribeiro, SILVA 50m: 47.83 47.83 200m: 3:25.48 2:37.65	98 Académica de Coimbra	3:25.48	243
18. Maria Luisa, GUERRA 50m: 49.72 49.72 200m: 3:26.72 2:37.00	98 Náutico/Matobra	3:26.72	238
19. Barbara Calhau, PEREIRA 50m: 47.63 47.63 200m: 3:34.07 2:46.44	98 Ginásio Figueirense	3:34.07	215
20. Sancha Miguel, VELOSO 50m: 48.86 48.86 200m: 3:41.68 2:52.82	98 Náutico/Matobra	3:41.68	193
21. Madalena Henriques, RODRIGUES 50m: 50.95 50.95 200m: 3:42.48 2:51.53	98 Náutico/Matobra	3:42.48	191
22. Iolanda Santos, SAMAGAIO 50m: 54.34 54.34 200m: 3:43.18 2:48.84	98 Columbófila Cantanhedense	3:43.18	189

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

Lugar	Ano	Tempo final	Pts
23. Joana Filipa, ROQUE 50m: 54.43 54.43 200m: 3:43.25 2:48.82	98 Ginásio Figueirense	3:43.25	189
24. Beatriz Andrade, CATARINO 50m: 53.18 53.18 200m: 3:44.98 2:51.80	98 Columbófila Cantanhedense	3:44.98	185
25. Edna Marisa, BOLIQUIME 50m: 55.04 55.04 200m: 3:46.82 2:51.78	98 Paião	3:46.82	181
DSQ Ana Carolina, PESSOA	98 Ginásio Figueirense		
DSQ Patricia Margarida, CARVALHEIRA	98 Náutico/Matobra		
DNS Joana Almeida, FERREIRA	98 Lousanense		

Prova 2
23.5.09 - 15:50

Femin., 200m Estilos

8 - 10 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Maria Dias, NEVES 50m: 46.40 46.40 200m: 3:16.06 2:29.66	99 Miranda do Corvo	3:16.06	280
2. Ana Miguel, REIS 50m: 45.90 45.90 200m: 3:16.93 2:31.03	00 Columbófila Cantanhedense	3:16.93	276
3. Maria Eduarda, VEIGA 50m: 51.84 51.84 200m: 3:22.64 2:30.80	99 Náutico/Matobra	3:22.64	253
4. Teresa Miguel, VELOSO 50m: 48.08 48.08 200m: 3:23.94 2:35.86	00 Náutico/Matobra	3:23.94	248
5. Ana Raquel, CONCEICAO 50m: 46.84 46.84 200m: 3:31.62 2:44.78	99 Náutico/Matobra	3:31.62	222
6. Ana Madalena, SANTOS 50m: 48.49 48.49 200m: 3:34.70 2:46.21	99 Náutico/Matobra	3:34.70	213
7. Madalena Nunes, PALMEIRA 50m: 49.87 49.87 200m: 3:34.85 2:44.98	99 Náutico/Matobra	3:34.85	212
8. Cristiana Daniela, SILVA 50m: 52.35 52.35 200m: 3:46.97 2:54.62	99 Miranda do Corvo	3:46.97	180
9. Ines Rocha, NUNES 50m: 54.64 54.64 200m: 3:48.38 2:53.74	99 Ginásio Figueirense	3:48.38	177
10. Beatriz Castanheira, DIAS 50m: 55.57 55.57 200m: 3:48.58 2:53.01	99 Académica de Coimbra	3:48.58	176
11. Ana Vanessa, DUARTE 50m: 53.93 53.93 200m: 3:51.07 2:57.14	99 Columbófila Cantanhedense	3:51.07	171
12. Rita Sofia, FERREIRA 50m: 56.39 56.39 200m: 3:52.37 2:55.98	01 Ginásio Figueirense	3:52.37	168
13. Joana Beatriz, BERNARDO 50m: 52.22 52.22 200m: 3:52.50 3:00.28	99 Fundação Beatriz Santos	3:52.50	168
14. Ana Francisca, CORREIA 50m: 56.62 56.62 200m: 3:53.46 2:56.84	00 Lousanense	3:53.46	166
15. Bianca Filipa, SILVA 50m: 53.76 53.76 200m: 3:55.00 3:01.24	99 Miranda do Corvo	3:55.00	162
16. Daniela Margarida, PINTO	00 Miranda do Corvo	3:57.63	157
17. Rita Dias, GARRIDO 50m: 59.82 59.82 200m: 3:59.60 2:59.78	99 Miranda do Corvo	3:59.60	153
18. Iara Cruz, BOLIQUIME 50m: 56.72 56.72 200m: 4:02.37 3:05.65	00 Paião	4:02.37	148

Torneio Regional de Fundo de Cadetes
Coimbra, 23. - 24.5.2009

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

Lugar	Ano	Tempo final	Pts
19. Mariana Gomes, DIAS 50m: 56.10 56.10 200m: 4:08.18 3:12.08	99 Ginásio Figueirense	4:08.18	138
20. Carolina Coutinho, COSTA 50m: 1:03.61 1:03.61 200m: 4:25.52 3:21.91	99 Ginásio Figueirense	4:25.52	113
DSQ Sara Sofia, ALVES	01 Columbófila Cantanhedense		
DSQ Ana Mafalda, DUARTE	99 Columbófila Cantanhedense		
DSQ Sandra Patricia, OLIVEIRA	99 Ginásio Figueirense		
DNS Matilde Furet, FERRAZ	99 Ginásio Figueirense		
DNS Iara Santos, LOUREIRO	99 Lousanense		

Prova 3
23.5.09 - 16:10

Masc., 800m Livres

12 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 31.64 31.64 200m: 2:24.98 1:17.38 800m: 10:21.16 5:16.83 100m: 1:07.60 35.96 400m: 5:04.33 2:39.35	97 Lousanense	10:21.16	398
2. Eduardo Filipe, CARVALHEIRO 50m: 33.70 33.70 200m: 2:31.28 1:19.20 800m: 10:39.71 5:25.60 100m: 1:12.08 38.38 400m: 5:14.11 2:42.83	97 Columbófila Cantanhedense	10:39.71	364
3. Francisco Xavier, GONCALVES 50m: 33.41 33.41 200m: 2:32.32 1:20.22 800m: 10:49.76 5:31.60 100m: 1:12.10 38.69 400m: 5:18.16 2:45.84	97 Fundação Beatriz Santos	10:49.76	348
4. Alexandre Valdagua, COUTINHO 50m: 36.36 36.36 200m: 2:43.82 1:26.02 800m: 11:12.54 5:37.68 100m: 1:17.80 41.44 400m: 5:34.86 2:51.04	97 Columbófila Cantanhedense	11:12.54	313
5. Diogo Mendes, GONCALVES 50m: 36.42 36.42 200m: 2:46.23 1:27.61 800m: 11:33.73 5:49.55 100m: 1:18.62 42.20 350m: 5:44.18 2:57.95	97 Columbófila Cantanhedense	11:33.73	286
6. Jose Miguel, VENTURA 50m: 45.26 45.26 200m: 2:52.46 1:28.40 800m: 11:36.57 5:50.87 100m: 1:24.06 38.80 400m: 5:45.70 2:53.24	97 Fundação Beatriz Santos	11:36.57	282
7. Jose Miguel, SANTOS 50m: 36.79 36.79 200m: 2:48.65 1:29.37 800m: 11:48.90 5:57.82 100m: 1:19.28 42.49 400m: 5:51.08 3:02.43	97 Náutico/Matobra	11:48.90	268
8. Francisco Miguel, OLIVEIRA 50m: 38.99 38.99 200m: 2:51.78 1:29.10 800m: 11:50.94 6:00.08 100m: 1:22.68 43.69 400m: 5:50.86 2:59.08	97 Columbófila Cantanhedense	11:50.94	265
9. Octavio Afonso, FERREIRA 50m: 38.47 38.47 200m: 2:54.15 1:31.05 800m: 11:51.12 5:54.47 100m: 1:23.10 44.63 400m: 5:56.65 3:02.50	97 Náutico/Matobra	11:51.12	265
10. Diogo Silva, COSTA 50m: 38.69 38.69 200m: 2:52.60 1:30.25 800m: 11:53.38 5:59.88 100m: 1:22.35 43.66 400m: 5:53.50 3:00.90	97 Columbófila Cantanhedense	11:53.38	263
11. Luis Henrique, NEVES 50m: 39.89 39.89 200m: 2:57.65 1:32.20 800m: 12:05.49 6:02.64 100m: 1:25.45 45.56 400m: 6:02.85 3:05.20	97 Fundação Beatriz Santos	12:05.49	250
12. Alexandre Malva, PORTASIO 50m: 37.31 37.31 200m: 2:48.18 1:29.18 800m: 12:07.43 6:16.36 100m: 1:19.00 41.69 400m: 5:51.07 3:02.89	97 Columbófila Cantanhedense	12:07.43	248
13. Andre Miguel, SILVA 50m: 38.21 38.21 200m: 2:54.83 1:31.96 800m: 12:07.53 6:05.75 100m: 1:22.87 44.66 400m: 6:01.78 3:06.95	97 Paião	12:07.53	248

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

Lugar			Ano					Tempo final	Pts
14.	Diogo Marques, ALMEIDA		97	Náutico/Matobra				12:17.51	238
	50m:	39.16 39.16	200m:	2:59.83	1:35.53	800m:	12:17.51	6:10.33	
	100m:	1:24.30 45.14	400m:	6:07.18	3:07.35				
15.	Joel Neves, DUARTE		97	Paião				12:25.82	230
	50m:	39.73 39.73	200m:	3:00.76	1:35.56	800m:	12:25.82	6:17.00	
	100m:	1:25.20 45.47	400m:	6:08.82	3:08.06				
16.	Luis Pedro, SILVA		97	Náutico/Matobra				12:25.84	230
	50m:	41.20 41.20	200m:	3:00.06	1:32.96	800m:	12:25.84	6:16.66	
	100m:	1:27.10 45.90	400m:	6:09.18	3:09.12				
17.	Nuno Miguel, CARIDADE		97	Fundação Beatriz Santos				12:31.91	224
	50m:	42.48 42.48	200m:	3:04.70	1:34.91	800m:	12:31.91	6:14.53	
	100m:	1:29.79 47.31	400m:	6:17.38	3:12.68				
18.	Jorge Martins, GARCIA		97	Ginásio Figueirense				12:53.55	206
	50m:	41.41 41.41	200m:	3:09.07	1:38.98	800m:	12:53.55	6:25.99	
	100m:	1:30.09 48.68	400m:	6:27.56	3:18.49				
19.	Luis Jesus, REBELO		97	Fundação Beatriz Santos				12:58.29	202
	50m:	42.57 42.57	200m:	3:05.28	1:35.42	800m:	12:58.29	6:38.39	
	100m:	1:29.86 47.29	400m:	6:19.90	3:14.62				
20.	Hugo Vale, PEREIRA		97	Náutico/Matobra				13:07.30	195
	50m:	40.75 40.75	200m:	3:06.22	1:39.12	800m:	13:07.30	6:38.00	
	100m:	1:27.10 46.35	400m:	6:29.30	3:23.08				
21.	Rafael Oliveira, HENRIQUES		97	Paião				13:44.11	170
	50m:	41.64 41.64	200m:	3:10.67	1:40.41	800m:	13:44.11	6:58.95	
	100m:	1:30.26 48.62	400m:	6:45.16	3:34.49				
22.	Simao Pedro, COELHO		97	Náutico/Matobra				13:51.72	166
	50m:	45.78 45.78	200m:	3:26.25	1:47.56	800m:	13:51.72	6:53.78	
	100m:	1:38.69 52.91	400m:	6:57.94	3:31.69				
23.	Francisco Jose, LOPES		97	Náutico/Matobra				13:55.05	164
	50m:	42.96 42.96	200m:	3:19.43	1:45.85	800m:	13:55.05	6:59.88	
	100m:	1:33.58 50.62	400m:	6:55.17	3:35.74				
24.	Pedro Mateus, SPENCER		97	Académica de Coimbra				14:11.72	154
	50m:	41.81 41.81	200m:	3:23.25	1:48.38	800m:	14:11.72	7:09.63	
	100m:	1:34.87 53.06	400m:	7:02.09	3:38.84				
25.	Joao Ricardo, SILVA		97	Ginásio Figueirense				14:24.06	148
	50m:	41.82 41.82	200m:	3:22.13	1:48.71	800m:	14:24.06	7:18.00	
	100m:	1:33.42 51.60	400m:	7:06.06	3:43.93				

Prova 4
23.5.09 - 17:10

Masc., 400m Livres

8 - 11 anos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Tiago Moises, DINIS		98	Fundação Beatriz Santos				5:32.63	281		
	50m:	35.57 35.57	100m:	1:17.53	41.96	200m:	2:44.53	1:27.00	400m:	5:32.63	2:48.10
2.	Nuno Geraldês, SOUSA		98	Fundação Beatriz Santos				6:02.38	217		
	50m:	41.60 41.60	100m:	1:28.98	47.38	200m:	3:46.41	2:17.43	400m:	6:02.38	2:15.97
3.	Diogo Rodrigues, DIAS		98	Columbófila Cantanhedense				6:07.08	209		
	50m:	38.78 38.78	100m:	1:23.38	44.60	200m:	2:55.48	1:32.10	400m:	6:07.08	3:11.60
4.	Diogo Mendes, PEREIRA		98	Paião				6:17.19	193		
	50m:	36.99 36.99	100m:	1:20.75	43.76	200m:	2:56.22	1:35.47	400m:	6:17.19	3:20.97
5.	Diogo Afonso, NUNES		98	Náutico/Matobra				6:18.98	190		
	50m:	38.76 38.76	100m:	1:26.26	47.50	200m:	3:02.73	1:36.47	400m:	6:18.98	3:16.25

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

Lugar			Ano					Tempo final	Pts
6.	Pedro Filipe, PIRES		98	Náutico/Matobra				6:20.73	187
	50m:	41.67 41.67	100m:	1:29.79	48.12	200m:	3:07.26 1:37.47	400m:	6:20.73 3:13.47
7.	Tiago Licinio, SANTOS		99	Columbófila Cantanhedense				6:25.08	181
	50m:	40.50 40.50	100m:	1:28.40	47.90	200m:	3:04.23 1:35.83	400m:	6:25.08 3:20.85
8.	Joao Manuel, PIRES		98	Náutico/Matobra				6:28.05	177
	50m:	40.24 40.24	100m:	1:28.24	48.00	200m:	3:09.40 1:41.16	400m:	6:28.05 3:18.65
9.	Andre Nogueira, ANTUNES		98	Ginásio Figueirense				6:31.44	172
	50m:	41.41 41.41	100m:	1:29.56	48.15	200m:	3:09.84 1:40.28	400m:	6:31.44 3:21.60
10.	Joao Pedro, GOMES		99	Miranda do Corvo				6:39.04	163
	50m:	43.58 43.58	100m:	1:34.33	50.75	200m:	3:19.64 1:45.31	400m:	6:39.04 3:19.40
11.	Daniel Filipe, PAIVA		98	Miranda do Corvo				6:39.37	162
	50m:	46.37 46.37	100m:	1:36.74	50.37	200m:	3:22.59 1:45.85	400m:	6:39.37 3:16.78
12.	Alexandre Santos, MESQUITA		99	Paião				6:40.04	161
	50m:	44.98 44.98	100m:	1:36.80	51.82	200m:	3:19.83 1:43.03	400m:	6:40.04 3:20.21
13.	Joao Nuno, RODRIGUES		98	Náutico/Matobra				6:40.89	160
	50m:	43.28 43.28	100m:	1:30.44	47.16	400m:	6:40.89 5:10.45		
14.	Pedro Rafael, FERNANDES		99	Lousanense				6:43.17	158
	50m:	43.07 43.07	100m:	1:32.92	49.85	200m:	3:17.30 1:44.38	400m:	6:43.17 3:25.87
15.	Manuel Jose, VIDIGUEIRA		98	Ginásio Figueirense				6:44.63	156
	50m:	42.38 42.38	100m:	1:31.96	49.58	200m:	3:16.71 1:44.75	400m:	6:44.63 3:27.92
16.	Jose Neves, NETO		99	Columbófila Cantanhedense				6:46.50	154
	50m:	39.93 39.93	100m:	1:29.69	49.76	200m:	3:15.75 1:46.06	400m:	6:46.50 3:30.75
17.	Duarte Pinto, CEIA		98	Ginásio Figueirense				6:49.26	151
	50m:	51.87 51.87	100m:	1:36.22	44.35	200m:	3:23.41 1:47.19	400m:	6:49.26 3:25.85
18.	Joao Manuel, LEITAO		98	Náutico/Matobra				6:49.40	151
	50m:	42.15 42.15	100m:	1:34.68	52.53	200m:	3:19.38 1:44.70	400m:	6:49.40 3:30.02
19.	Eduardo Reis, GALHANO		98	Columbófila Cantanhedense				6:51.71	148
	50m:	44.50 44.50	100m:	1:37.10	52.60	200m:	3:21.93 1:44.83	400m:	6:51.71 3:29.78
20.	Jose Mario, FERNANDES		99	Miranda do Corvo				6:56.80	143
	50m:	47.90 47.90	100m:	1:43.74	55.84	200m:	3:29.95 1:46.21	400m:	6:56.80 3:26.85
21.	Francisco Alberto, LUCAS		00	União Eirense				7:00.06	139
	50m:	45.20 45.20	100m:	1:37.49	52.29	200m:	3:27.39 1:49.90	400m:	7:00.06 3:32.67
22.	David Calvete, PEDROSA		99	Paião				7:07.07	133
	50m:	47.13 47.13	200m:	3:34.60	2:47.47	400m:	7:07.07 3:32.47		
23.	Diogo Pratas, MAIA		00	Columbófila Cantanhedense				7:07.40	132
	50m:	45.37 45.37	100m:	1:35.71	50.34	200m:	3:23.55 1:47.84	400m:	7:07.40 3:43.85
24.	Leonardo Miguel, CAVALEIRO		99	Columbófila Cantanhedense				7:15.63	125
	50m:	45.86 45.86	100m:	1:39.83	53.97	200m:	3:31.36 1:51.53	400m:	7:15.63 3:44.27
25.	Rui Pedro, SANTOS		99	Miranda do Corvo				7:21.05	121
	50m:	47.38 47.38	100m:	1:43.50	56.12	200m:	3:36.85 1:53.35	400m:	7:21.05 3:44.20
26.	Hugo Damien, PASCOAL		99	Ginásio Figueirense				7:22.15	120
	50m:	46.38 46.38	100m:	1:40.12	53.74	200m:	3:36.12 1:56.00	400m:	7:22.15 3:46.03
27.	Francisco Duarte, SA		98	Miranda do Corvo				7:30.92	113
	50m:	51.86 51.86	100m:	1:50.58	58.72	200m:	3:43.20 1:52.62	400m:	7:30.92 3:47.72
28.	Tomas Pais, LOPES		00	União Eirense				7:50.46	99
	50m:	47.47 47.47	100m:	1:45.72	58.25	200m:	3:47.22 2:01.50	400m:	7:50.46 4:03.24
29.	Joao Afonso, FERNANDES		99	Lousanense				7:54.53	97
	50m:	48.73 48.73	100m:	1:45.82	57.09	200m:	3:45.91 2:00.09	400m:	7:54.53 4:08.62

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

Lugar	Ano	Tempo final	Pts
30. Ricardo Julio, GOMES	99 Lousanense	8:25.96	80
50m: 50.29 50.29 100m: 1:51.88 1:01.59 200m: 3:59.12 2:07.24 400m: 8:25.96 4:26.84			
31. Lucas Oliveira, HENRIQUES	98 Paião	8:26.19	80
50m: 53.14 53.14 100m: 1:59.23 1:06.09 200m: 4:14.80 2:15.57 400m: 8:26.19 4:11.39			
DNS Jose Antonio, SANTANA	98 Académica de Coimbra		
DNS Diogo Loureiro, MARTINHO	98 Ginásio Figueirense		

Prova 5
23.5.09 - 17:50

Femin., 4 x 50m Livres

8 - 11 anos
Resultados

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Náutico/Matobra	2:17.00	364
Mariana Portugal, COSTA 98 Rita Verissimo, DAMASCENO 98	Náutico/Matobra 33.94 Ana Filipa, CONCEICAO 98 Rita Mateus, LOPES 98	
2. Columbófila Cantanhedense	2:21.53	330
Carolina Rua, SANTOS 98 Vanessa Branco, MACHADO 98	Columbófila Cantanhedense 38.77 Mariana Pereirinha, SANTOS 98 Mariana Cunha, GUERRA 98	
3. Ginásio Figueirense	2:28.60	286
Ana Raquel, FERREIRA 98 Ana Carolina, PESSOA 98	Ginásio Figueirense 34.20 Barbara Calhau, PEREIRA 98 Margarida Peixoto, PELAIO 98	
4. Náutico/Matobra	2:37.16	241
Madalena Nunes, PALMEIRA 99 Ana Raquel, CONCEICAO 99	Náutico/Matobra 39.16 Teresa Miguel, VELOSO 00 Maria Eduarda, VEIGA 99	
5. Náutico/Matobra	2:44.14	212
Maria Luisa, GUERRA 98 Madalena Henriques, RODRIGUES98	Náutico/Matobra 38.80 Sancha Miguel, VELOSO 98 Patricia Margarida, CARVALHEIRA98	
6. Miranda do Corvo	2:45.64	206
Maria Ines, FERREIRA 00 Margarete Leandro, FERNANDES 00	Miranda do Corvo 41.39 Mariana Domingues, PAZ 98 Joana Ferreira, CARVALHO 99	
7. Columbófila Cantanhedense	2:46.81	202
Ana Miguel, REIS 00 Ana Mafalda, DUARTE 99	Columbófila Cantanhedense 39.98 Ana Vanessa, DUARTE 99 Beatriz Andrade, CATARINO 98	
8. Miranda do Corvo	2:56.35	171
Daniela Margarida, PINTO 00 Rita Dias, GARRIDO 99	Miranda do Corvo 43.46 Bianca Filipa, SILVA 99 Cristiana Daniela, SILVA 99	
WDR Académica de Coimbra	Académica de Coimbra	
Pedro Mateus, SPENCER, Beatriz Castanheira, DIAS, Mariana Bordon, PERALTA, Carolina Ribeiro, SILVA		

Torneio Regional de Fundo de Cadetes
Coimbra, 23. - 24.5.2009

2 - 2ª Jornada

24.5.09 - 9:30

Prova 6 Masc., 200m Estilos 12 anos
24.5.09 - 9:30 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Gabriel Jose, LOPES 50m: 34.06 34.06 200m: 2:38.79 2:04.73	97 Lousanense	2:38.79	369
2. Francisco Xavier, GONCALVES 50m: 34.98 34.98 200m: 2:46.98 2:12.00	97 Fundação Beatriz Santos	2:46.98	317
3. Eduardo Filipe, CARVALHEIRO 50m: 37.22 37.22 200m: 2:49.76 2:12.54	97 Columbófila Cantanhedense	2:49.76	302
4. Joao Pedro, VALERIO 50m: 39.30 39.30 200m: 2:57.24 2:17.94	97 Miranda do Corvo	2:57.24	265
5. Diogo Mendes, GONCALVES 50m: 43.05 43.05 200m: 2:58.90 2:15.85	97 Columbófila Cantanhedense	2:58.90	258
6. Alexandre Valdagua, COUTINHO 50m: 38.54 38.54 200m: 3:00.12 2:21.58	97 Columbófila Cantanhedense	3:00.12	253
7. Jose Miguel, SANTOS 50m: 41.19 41.19 200m: 3:03.71 2:22.52	97 Náutico/Matobra	3:03.71	238
8. Andre Miguel, SILVA 50m: 42.11 42.11 200m: 3:05.38 2:23.27	97 Paião	3:05.38	232
9. Alexandro Malva, PORTASIO 50m: 42.25 42.25 200m: 3:08.31 2:26.06	97 Columbófila Cantanhedense	3:08.31	221
10. Luis Jesus, REBELO 50m: 42.51 42.51 200m: 3:08.70 2:26.19	97 Fundação Beatriz Santos	3:08.70	220
11. Octavio Afonso, FERREIRA 50m: 43.66 43.66 200m: 3:08.84 2:25.18	97 Náutico/Matobra	3:08.84	219
12. Diogo Silva, COSTA 50m: 43.59 43.59 200m: 3:09.18 2:25.59	97 Columbófila Cantanhedense	3:09.18	218
13. Luis Pedro, SILVA 50m: 42.64 42.64 200m: 3:09.32 2:26.68	97 Náutico/Matobra	3:09.32	218
14. Joel Neves, DUARTE 50m: 45.79 45.79 200m: 3:12.00 2:26.21	97 Paião	3:12.00	209
15. Luis Henrique, NEVES 50m: 41.56 41.56 200m: 3:14.63 2:33.07	97 Fundação Beatriz Santos	3:14.63	200
16. Francisco Miguel, OLIVEIRA 50m: 44.38 44.38 200m: 3:14.66 2:30.28	97 Columbófila Cantanhedense	3:14.66	200
17. Diogo Marques, ALMEIDA 50m: 42.54 42.54 200m: 3:14.88 2:32.34	97 Náutico/Matobra	3:14.88	199
18. Rafael Oliveira, HENRIQUES 50m: 44.24 44.24 200m: 3:16.75 2:32.51	97 Paião	3:16.75	194
19. Jose Miguel, VENTURA 50m: 46.69 46.69 200m: 3:17.70 2:31.01	97 Fundação Beatriz Santos	3:17.70	191
20. Jorge Martins, GARCIA 50m: 45.48 45.48 200m: 3:21.73 2:36.25	97 Ginásio Figueirense	3:21.73	180
21. Francisco Jose, LOPES 50m: 48.30 48.30 200m: 3:28.74 2:40.44	97 Náutico/Matobra	3:28.74	162
22. Hugo Vale, PEREIRA 50m: 48.35 48.35 200m: 3:29.45 2:41.10	97 Náutico/Matobra	3:29.45	161

Torneio Regional de Fundo de Cadetes
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Prova 6, Masc., 200m Estilos, 12 anos

Lugar	Ano	Tempo final	Pts
23. Pedro Mateus, SPENCER 50m: 45.33 45.33 200m: 3:35.20 2:49.87	97 Académica de Coimbra	3:35.20	148
24. Joao Ricardo, SILVA 50m: 49.77 49.77 200m: 3:44.04 2:54.27	97 Ginásio Figueirense	3:44.04	131
DSQ Simao Pedro, COELHO	97 Náutico/Matobra		

Prova 7
24.5.09 - 9:45

Masc., 200m Estilos

8 - 11 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tiago Moises, DINIS 50m: 38.23 38.23 200m: 2:57.42 2:19.19	98 Fundação Beatriz Santos	2:57.42	264
2. Diogo Afonso, NUNES 50m: 43.06 43.06 200m: 3:14.41 2:31.35	98 Náutico/Matobra	3:14.41	201
3. Diogo Mendes, PEREIRA 50m: 46.88 46.88 200m: 3:14.85 2:27.97	98 Paião	3:14.85	200
4. Diogo Rodrigues, DIAS 50m: 42.74 42.74 200m: 3:17.13 2:34.39	98 Columbófila Cantanhedense	3:17.13	193
5. Pedro Filipe, PIRES 50m: 46.27 46.27 200m: 3:17.99 2:31.72	98 Náutico/Matobra	3:17.99	190
6. Nuno Geraldes, SOUSA 50m: 45.43 45.43 200m: 3:23.09 2:37.66	98 Fundação Beatriz Santos	3:23.09	176
7. Joao Manuel, LEITAO 50m: 47.80 47.80 200m: 3:25.35 2:37.55	98 Náutico/Matobra	3:25.35	170
8. Tiago Licinio, SANTOS 50m: 47.76 47.76 200m: 3:26.44 2:38.68	99 Columbófila Cantanhedense	3:26.44	168
9. Pedro Rafael, FERNANDES 50m: 46.23 46.23 200m: 3:27.26 2:41.03	99 Lousanense	3:27.26	166
10. Joao Pedro, GOMES 50m: 46.93 46.93 200m: 3:27.71 2:40.78	99 Miranda do Corvo	3:27.71	165
11. Jose Neves, NETO 50m: 48.18 48.18 200m: 3:28.62 2:40.44	99 Columbófila Cantanhedense	3:28.62	163
12. Eduardo Reis, GALHANO 50m: 48.98 48.98 200m: 3:28.94 2:39.96	98 Columbófila Cantanhedense	3:28.94	162
13. Manuel Jose, VIDIGUEIRA 50m: 46.22 46.22 200m: 3:31.38 2:45.16	98 Ginásio Figueirense	3:31.38	156
14. Joao Manuel, PIRES	98 Náutico/Matobra	3:31.51	156
15. Alexandre Santos, MESQUITA	99 Paião	3:35.76	147
16. Jose Mario, FERNANDES 50m: 52.30 52.30 200m: 3:40.54 2:48.24	99 Miranda do Corvo	3:40.54	138
17. Diogo Pratas, MAIA 50m: 50.26 50.26 200m: 3:44.89 2:54.63	00 Columbófila Cantanhedense	3:44.89	130
18. David Calvete, PEDROSA 50m: 56.36 56.36 200m: 3:45.18 2:48.82	99 Paião	3:45.18	129
19. Leonardo Miguel, CAVALEIRO 50m: 55.69 55.69 200m: 3:50.66 2:54.97	99 Columbófila Cantanhedense	3:50.66	120
20. Hugo Damien, PASCOAL 50m: 59.72 59.72 200m: 4:00.74 3:01.02	99 Ginásio Figueirense	4:00.74	106

Torneio Regional de Fundo de Cadetes
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Prova 7, Masc., 200m Estilos, 8 - 11 anos

Lugar	Ano	Tempo final	Pts
21. Francisco Duarte, SA 50m: 58.35 58.35 200m: 4:01.67 3:03.32	98 Miranda do Corvo	4:01.67	105
22. Lucas Oliveira, HENRIQUES 50m: 57.81 57.81 200m: 4:02.15 3:04.34	98 Paião	4:02.15	104
DSQ Duarte Pinto, CEIA	98 Ginásio Figueirense		
DSQ Daniel Filipe, PAIVA	98 Miranda do Corvo		
DSQ Diogo Loureiro, MARTINHO	98 Ginásio Figueirense		
DSQ Andre Nogueira, ANTUNES	98 Ginásio Figueirense		
DNS Jose Antonio, SANTANA	98 Académica de Coimbra		
DNS Joao Nuno, RODRIGUES	98 Náutico/Matobra		

Prova 8
24.5.09 - 10:05

Femin., 800m Livres

11 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Mariana Cunha, GUERRA 50m: 34.71 34.71 200m: 2:37.71 1:23.23 800m: 10:54.32 5:28.10 100m: 1:14.48 39.77 400m: 5:26.22 2:48.51	98 Columbófila Cantanhedense	10:54.32	424
2. Ana Raquel, FERREIRA 50m: 36.10 36.10 200m: 2:45.07 1:28.47 800m: 11:33.63 5:53.44 100m: 1:16.60 40.50 400m: 5:40.19 2:55.12	98 Ginásio Figueirense	11:33.63	356
3. Rita Verissimo, DAMASCENO 50m: 40.82 40.82 200m: 2:53.94 1:29.91 800m: 11:35.57 5:44.47 100m: 1:24.03 43.21 400m: 5:51.10 2:57.16	98 Náutico/Matobra	11:35.57	353
4. Mariana Pereirinha, SANTOS 50m: 37.58 37.58 200m: 2:48.88 1:27.13 800m: 11:41.14 5:51.23 100m: 1:21.75 44.17 400m: 5:49.91 3:01.03	98 Columbófila Cantanhedense	11:41.14	345
5. Rita Mateus, LOPES 50m: 36.99 36.99 200m: 2:48.54 1:28.62 800m: 11:49.65 5:58.18 100m: 1:19.92 42.93 400m: 5:51.47 3:02.93	98 Náutico/Matobra	11:49.65	332
6. Ana Filipa, CONCEICAO 50m: 40.62 40.62 200m: 2:54.47 1:30.36 800m: 12:06.13 6:06.17 100m: 1:24.11 43.49 400m: 5:59.96 3:05.49	98 Náutico/Matobra	12:06.13	310
7. Carolina Rua, SANTOS 50m: 41.09 41.09 200m: 2:56.09 1:30.64 800m: 12:11.76 7:43.25 100m: 1:25.45 44.36 400m: 4:28.51 1:32.42	98 Columbófila Cantanhedense	12:11.76	303
8. Mariana Portugal, COSTA 50m: 37.97 37.97 200m: 2:55.88 1:32.35 800m: 12:23.92 6:21.05 100m: 1:23.53 45.56 400m: 6:02.87 3:06.99	98 Náutico/Matobra	12:23.92	288
9. Vanessa Branco, MACHADO 50m: 38.06 38.06 200m: 2:56.95 1:34.00 800m: 12:26.48 6:18.28 100m: 1:22.95 44.89 400m: 6:08.20 3:11.25	98 Columbófila Cantanhedense	12:26.48	286
10. Mariana Domingues, PAZ 50m: 41.23 41.23 200m: 3:05.54 1:36.53 800m: 12:36.32 6:19.20 100m: 1:29.01 47.78 400m: 6:17.12 3:11.58	98 Miranda do Corvo	12:36.32	275
11. Sofia Ramos, RIBEIRO 50m: 40.64 40.64 200m: 3:04.48 2:23.84 400m: 5:45.80 2:41.32 800m: 12:37.73 6:51.93	98 Fundação Beatriz Santos	12:37.73	273
12. Maria Luisa, GUERRA 50m: 43.84 43.84 200m: 3:06.22 1:35.38 800m: 12:42.05 6:21.99 100m: 1:30.84 47.00 400m: 6:20.06 3:13.84	98 Náutico/Matobra	12:42.05	268
13. Catarina Antunes, OLIVEIRA 50m: 39.14 39.14 200m: 3:48.35 3:09.21 400m: 7:05.16 3:16.81 800m: 12:46.18 5:41.02	98 Fundação Beatriz Santos	12:46.18	264

Torneio Regional de Fundo de Cadetes
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Prova 8, Femin., 800m Livres, 11 anos

Lugar	Ano	Tempo final	Pts
14. Maria Carolina, CORREIA	98 Lousanense	12:56.59	254
50m: 39.19 39.19 200m: 3:05.09 1:38.62 800m: 12:56.59 6:32.09			
100m: 1:26.47 47.28 400m: 6:24.50 3:19.41			
15. Mariana Bordon, PERALTA	98 Académica de Coimbra	13:02.14	248
50m: 39.73 39.73 200m: 3:02.23 1:37.07 800m: 13:02.14 6:38.35			
100m: 1:25.16 45.43 400m: 6:23.79 3:21.56			
16. Margarida Peixoto, PELAIO	98 Ginásio Figueirense	13:10.64	240
50m: 41.86 41.86 200m: 3:12.26 1:41.13 800m: 13:10.64 6:37.57			
100m: 1:31.13 49.27 400m: 6:33.07 3:20.81			
17. Ana Carolina, PESSOA	98 Ginásio Figueirense	13:16.58	235
50m: 44.37 44.37 100m: 1:35.12 50.75 200m: 3:15.71 1:40.59 800m: 13:16.58 10:00.87			
18. Joana Almeida, FERREIRA	98 Lousanense	13:18.10	234
50m: 41.12 41.12 200m: 3:10.24 1:40.84 800m: 13:18.10 6:44.22			
100m: 1:29.40 48.28 400m: 6:33.88 3:23.64			
19. Madalena Henriques, RODRIGUES	98 Náutico/Matobra	13:18.67	233
50m: 45.46 45.46 200m: 2:28.07 1:42.61 800m: 13:18.67 10:50.60			
20. Lucia Pedrosa, SILVA	98 Paião	13:24.15	228
50m: 41.53 41.53 100m: 52.05 10.52 400m: 5:00.15 4:08.10 800m: 13:24.15 8:24.00			
21. Carolina Ribeiro, SILVA	98 Académica de Coimbra	13:38.68	216
50m: 44.03 44.03 200m: 3:16.19 1:42.89 800m: 13:38.68 6:54.24			
100m: 1:33.30 49.27 400m: 6:44.44 3:28.25			
22. Iolanda Santos, SAMAGAIO	98 Columbófila Cantanhedense	13:53.64	205
50m: 46.14 46.14 200m: 3:27.32 1:46.97 800m: 13:53.64 6:57.63			
100m: 1:40.35 54.21 400m: 6:56.01 3:28.69			
23. Beatriz Andrade, CATARINO	98 Columbófila Cantanhedense	13:54.51	204
50m: 42.28 42.28 200m: 3:16.29 1:44.07 800m: 13:54.51 7:04.70			
100m: 1:32.22 49.94 400m: 6:49.81 3:33.52			
24. Edna Marisa, BOLIQUIME	98 Paião	14:18.02	188
50m: 46.16 46.16 200m: 3:25.68 1:47.33 800m: 14:18.02 7:12.20			
100m: 1:38.35 52.19 400m: 7:05.82 3:40.14			
25. Sancha Miguel, VELOSO	98 Náutico/Matobra	14:23.83	184
50m: 43.66 43.66 200m: 3:22.53 1:47.78 800m: 14:23.83 7:21.18			
100m: 1:34.75 51.09 400m: 7:02.65 3:40.12			
26. Barbara Calhau, PEREIRA	98 Ginásio Figueirense	14:25.61	183
50m: 43.34 43.34 200m: 3:23.52 1:49.16 800m: 14:25.61 7:19.18			
100m: 1:34.36 51.02 400m: 7:06.43 3:42.91			
27. Joana Filipa, ROQUE	98 Ginásio Figueirense	14:41.85	173
50m: 47.00 47.00 200m: 3:29.94 1:50.44 800m: 14:41.85 7:27.29			
100m: 1:39.50 52.50 400m: 7:14.56 3:44.62			
DNS Patricia Pinto, SANTOS	98 Lousanense		

Prova 9 Femin., 400m Livres 8 - 10 anos
24.5.09 - 11:05 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ana Miguel, REIS	00 Columbófila Cantanhedense	6:05.41	283
50m: 39.54 39.54 100m: 1:25.11 45.57 200m: 2:59.50 1:34.39 400m: 6:05.41 3:05.91			
2. Maria Dias, NEVES	99 Miranda do Corvo	6:16.43	259
50m: 40.93 40.93 100m: 1:29.64 48.71 200m: 3:07.62 1:37.98 400m: 6:16.43 3:08.81			
3. Teresa Miguel, VELOSO	00 Náutico/Matobra	6:32.12	229
50m: 44.46 44.46 100m: 1:33.86 49.40 200m: 3:15.83 1:41.97 400m: 6:32.12 3:16.29			

Torneio Regional de Fundo de Cadetes
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Prova 9, Femin., 400m Livres, 8 - 10 anos

Lugar	Ano	Tempo final	Pts
4. Maria Eduarda, VEIGA 50m: 40.22 40.22 100m: 1:27.29	99 Nautico/Matobra	6:34.64 3:26.38	225
5. Ana Raquel, CONCEICAO 50m: 44.07 44.07 100m: 1:34.76	99 Nautico/Matobra	6:45.08 3:25.31	208
6. Joana Beatriz, BERNARDO 50m: 44.88 44.88 100m: 1:36.22	99 Fundação Beatriz Santos	6:47.06 3:26.53	205
7. Ines Rocha, NUNES 50m: 42.98 42.98 100m: 1:33.14	99 Ginásio Figueirense	6:49.29 3:30.14	201
8. Ana Mafalda, DUARTE 50m: 42.16 42.16 100m: 1:31.31	99 Columbófila Cantanhedense	6:50.15 3:34.39	200
9. Madalena Nunes, PALMEIRA 50m: 45.56 45.56 100m: 1:38.43	99 Nautico/Matobra	7:07.55 3:37.74	177
10. Ana Vanessa, DUARTE 50m: 45.77 45.77 100m: 1:39.16	99 Columbófila Cantanhedense	7:07.77 3:36.54	176
11. Maria Ines, FERREIRA 50m: 45.67 45.67 100m: 1:40.26	00 Miranda do Corvo	7:13.78 3:44.51	169
12. Ana Madalena, SANTOS 50m: 46.32 46.32 100m: 1:40.47	99 Nautico/Matobra	7:16.69 3:41.87	166
13. Cristiana Daniela, SILVA 50m: 47.80 47.80 100m: 1:43.45	99 Miranda do Corvo	7:17.31 3:43.36	165
14. Rita Sofia, FERREIRA 50m: 46.65 46.65 100m: 1:42.69	01 Ginásio Figueirense	7:19.22 3:42.00	163
15. Daniela Margarida, PINTO 50m: 48.64 48.64 100m: 1:45.30	00 Miranda do Corvo	7:24.30 3:44.94	157
16. Iara Cruz, BOLIQUÊME 50m: 52.36 52.36 100m: 1:50.11	00 Paião	7:24.91 3:40.50	157
17. Bianca Filipa, SILVA 50m: 50.08 50.08 200m: 3:40.06	99 Miranda do Corvo	7:25.74 3:45.68	156
18. Sandra Patricia, OLIVEIRA 50m: 45.28 45.28 200m: 3:31.12	99 Ginásio Figueirense	7:29.05 3:57.93	152
19. Beatriz Castanheira, DIAS 50m: 48.44 48.44 100m: 1:43.87	99 Académica de Coimbra	7:32.64 3:51.40	149
20. Maria Beatriz, RODRIGUES 50m: 50.70 50.70 100m: 1:50.99	99 Miranda do Corvo	7:49.23 3:58.81	134
21. Rita Dias, GARRIDO 50m: 47.05 47.05 100m: 1:48.15	99 Miranda do Corvo	7:59.06 4:07.57	126
22. Ana Francisca, CORREIA 50m: 47.67 47.67 100m: 1:48.67	00 Lousanense	7:59.08 4:06.44	126
23. Joana Filipa, SIMOES 50m: 50.96 50.96 100m: 1:49.50	99 União Eirense	8:02.86 4:09.27	123
24. Sara Sofia, ALVES 50m: 55.68 55.68 100m: 1:54.88	01 Columbófila Cantanhedense	8:09.58 2:01.06	118
25. Carolina Coutinho, COSTA 50m: 52.16 52.16 100m: 1:54.32	99 Ginásio Figueirense	8:12.88 4:12.03	115
26. Mariana Gomes, DIAS 50m: 48.43 48.43 100m: 1:48.64	99 Ginásio Figueirense	8:13.44 4:19.70	115
27. Emilia Matos, PEREIRA 50m: 46.20 46.20 100m: 1:39.24	99 União Eirense	8:51.61 5:14.50	92
DSQ Joana Ferreira, CARVALHO	99 Miranda do Corvo		

Torneio Regional de Fundo de Cadetes
Coimbra, 23. - 24.5.2009

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

Lugar	Ano	Tempo final	Pts
DNS Matilde Furet, FERRAZ	99	Ginásio Figueirense	
DNS Iara Santos, LOUREIRO	99	Lousanense	

Prova 10
24.5.09 - 11:45

Masc., 4 x 50m Livres

8 - 12 anos
Resultados

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Fundação Beatriz Santos Luis Henrique, NEVES 97 Luis Jesus, REBELO 97	Fundação Beatriz Santos 34.88 Tiago Moises, DINIS 98 Francisco Xavier, GONCALVES 97	2:11.27 289
2. Columbófila Cantanhedense Alexandro Malva, PORTASIO 97 Alexandre Valdagua, COUTINHO 97	Columbófila Cantanhedense 33.50 Diogo Silva, COSTA 97 Eduardo Filipe, CARVALHEIRO 97	2:12.72 279
3. Náutico/Matobra Octavio Afonso, FERREIRA 97 Hugo Vale, PEREIRA 97	Náutico/Matobra 34.56 Diogo Marques, ALMEIDA 97 Jose Miguel, SANTOS 97	2:20.51 235
4. Paião Joel Neves, DUARTE 97 Diogo Mendes, PEREIRA 98	Paião 34.12 Rafael Oliveira, HENRIQUES 97 Andre Miguel, SILVA 97	2:20.67 234
5. Náutico/Matobra Joao Manuel, LEITAO 98 Joao Manuel, PIRES 98	Náutico/Matobra 37.81 Pedro Filipe, PIRES 98 Diogo Afonso, NUNES 98	2:26.73 207
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