

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

1 - 1ª Jornada

6.12.08 - 15:30

Prova 1
6.12.08 - 15:30

Femin., 400m Estilos

12 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Ines Marcelino, COSTA 50m: 39.86 39.86 100m: 1:31.97	97 Fundação Beatriz Santos	6:24.32	343
2. Ana Carlota, CONCEICAO 50m: 45.52 45.52 100m: 1:38.95 53.43 150m: 2:27.16 48.21 200m: 3:13.96 46.80 250m: 4:10.30 56.34 300m: 5:05.18 54.88 350m: 5:46.53 41.35 400m: 6:26.46 39.93	97 Náutico/Matobra	6:26.46	337
3. Debora Solange, MATIAS 50m: 42.43 42.43 100m: 1:35.62 53.19 200m: 3:12.36 1:36.74 250m: 4:08.00 55.64 300m: 5:04.16 56.16 350m: 5:48.52 44.36 400m: 6:30.63 42.11	97 Miranda do Corvo	6:30.63	327
4. Ines Silva, MENDES 50m: 46.22 46.22 100m: 1:41.06 54.84 150m: 2:31.76 50.70 200m: 3:18.76 47.00 250m: 4:13.96 55.20 300m: 5:07.39 53.43 350m: 5:52.23 44.84 400m: 6:35.32 43.09	97 Náutico/Matobra	6:35.32	315
5. Beatriz Filipa, MATOS 50m: 47.40 47.40 100m: 1:41.91 54.51 150m: 2:32.40 50.49 200m: 3:21.05 48.65 250m: 4:18.97 57.92 300m: 5:15.10 56.13 350m: 5:59.04 43.94 400m: 6:42.22 43.18	97 Fundação Beatriz Santos	6:42.22	299
6. Maria Ines, MARTINS 50m: 46.84 46.84 100m: 1:41.56 54.72 150m: 2:34.94 53.38 200m: 3:26.51 51.57 250m: 4:18.94 52.43 300m: 5:12.26 53.32 350m: 6:00.34 48.08 400m: 6:46.23 45.89	97 Náutico/Matobra	6:46.23	290
7. Matilde Domingues, GAMEIRO 50m: 48.23 48.23 100m: 1:44.43 56.20 150m: 2:33.97 49.54 200m: 3:23.36 49.39 250m: 4:19.74 56.38 300m: 5:20.15 1:00.41 350m: 6:06.55 46.40 400m: 6:52.14 45.59	97 Náutico/Matobra	6:52.14	278
8. Francisca Campos, MATIAS 50m: 48.78 48.78 100m: 1:49.48 1:00.70 200m: 3:34.30 1:44.82 400m: 6:58.07 3:23.77	97 Náutico/Matobra	6:58.07	266
9. Beatriz Neves, CRAVEIRO 50m: 45.73 45.73 100m: 1:44.98 59.25 200m: 3:30.67 1:45.69 250m: 4:33.56 1:02.89 300m: 5:36.53 1:02.97 350m: 6:29.52 52.99 400m: 7:12.05 42.53	97 Náutico/Matobra	7:12.05	241
10. Andreia Dias, VAQUEIRINHO 50m: 51.32 51.32 100m: 1:51.82 1:00.50 150m: 2:43.23 51.41 200m: 3:34.01 50.78 250m: 4:34.44 1:00.43 300m: 5:35.35 1:00.91 350m: 6:24.93 49.58 400m: 7:13.76 48.83	97 Náutico/Matobra	7:13.76	239
11. Mafalda Dias, FILIPE 50m: 51.84 51.84 100m: 1:56.09 1:04.25 200m: 3:42.76 1:46.67 250m: 4:44.53 1:01.77 300m: 5:45.27 1:00.74 350m: 6:33.87 48.60 400m: 7:22.76 48.89	97 Náutico/Matobra	7:22.76	224
DSQ Daniela Figueiredo, METELO <i>O Tempo dos 100 m Costas é oficial</i>	97 Náutico/Matobra		
DSQ Ana Catarina, LIBERAL	97 Náutico/Matobra		
DNS Andreia Margarida, MORGADO	97 Náutico/Matobra		

Prova 1
6.12.08 - 15:30

Femin., 400m Estilos

13 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Florbela Cavaco, MACHADO 50m: 37.05 37.05 100m: 1:19.89 42.84 150m: 2:04.94 45.05 200m: 2:47.18 42.24 250m: 3:36.62 49.44 300m: 4:27.81 51.19 350m: 5:04.48 36.67 400m: 5:39.93 35.45	96 Columbófila Cantanhedense	5:39.93	496
2. Ana Carolina, LEAL 50m: 38.25 38.25 100m: 1:26.19 47.94 150m: 2:12.83 46.64 200m: 2:57.01 44.18 250m: 3:48.15 51.14 300m: 4:40.36 52.21 350m: 5:19.85 39.49 400m: 5:59.23 39.38	96 Náutico/Matobra	5:59.23	420
3. Maria Amelia, GASPAS 50m: 39.51 39.51 100m: 1:23.72 44.21 150m: 2:09.80 46.08 200m: 2:53.53 43.73 250m: 3:46.92 53.39 300m: 4:41.61 54.69 350m: 5:21.24 39.63 400m: 5:59.69 38.45	96 Náutico/Matobra	5:59.69	418

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Cantanhede, 6. - 7.12.2008

Prova 1, Femin., 400m Estilos, 13 anos

Lugar	Ano	Tempo final	Pts
4. Carlota Moura, CARVALHOS	96 Nautico/Matobra	6:01.11	414
50m: 39.84 39.84 150m: 2:12.66 46.23 250m: 3:46.10 48.74 350m: 5:19.71 42.13			
100m: 1:26.43 46.59 200m: 2:57.36 44.70 300m: 4:37.58 51.48 400m: 6:01.11 41.40			
5. Maria Joao, PAIXAO	96 Ginásio Figueirense	6:02.53	409
50m: 41.51 41.51 150m: 2:16.61 44.61 250m: 3:50.46 50.41 350m: 5:23.33 41.19			
100m: 1:32.00 50.49 200m: 3:00.05 43.44 300m: 4:42.14 51.68 400m: 6:02.53 39.20			
6. Ana Pinto, ALVES	96 Columbófila Cantanhedense	6:13.93	372
50m: 41.08 41.08 100m: 1:29.34 48.26 400m: 6:13.93 4:44.59			
7. Filipa Costa, GASPAS	96 Paião	6:13.96	372
50m: 42.90 42.90 150m: 2:19.79 46.06 250m: 3:58.94 53.89 350m: 5:34.89 41.86			
100m: 1:33.73 50.83 200m: 3:05.05 45.26 300m: 4:53.03 54.09 400m: 6:13.96 39.07			
8. Maria Ines, ALMEIDA	96 Nautico/Matobra	6:14.99	369
50m: 40.54 40.54 150m: 2:17.58 47.39 250m: 3:54.49 52.98 350m: 5:31.55 44.94			
100m: 1:30.19 49.65 200m: 3:01.51 43.93 300m: 4:46.61 52.12 400m: 6:14.99 43.44			
9. Maria Beatriz, RASCAO	96 Nautico/Matobra	6:22.39	348
50m: 42.51 42.51 150m: 2:24.79 47.64 250m: 4:01.87 50.59 350m: 5:39.37 43.50			
100m: 1:37.15 54.64 200m: 3:11.28 46.49 300m: 4:55.87 54.00 400m: 6:22.39 43.02			
10. Carolina Gabriel, FERREIRA	96 Fundação Beatriz Santos	6:32.19	323
50m: 43.68 43.68 150m: 2:27.45 49.47 250m: 4:11.41 55.63 350m: 5:50.05 42.24			
100m: 1:37.98 54.30 200m: 3:15.78 48.33 300m: 5:07.81 56.40 400m: 6:32.19 42.14			
11. Joana Faim, ALMEIDA	96 Ginásio Figueirense	6:46.41	290
50m: 44.47 44.47 150m: 2:27.90 46.76 250m: 4:11.17 56.50 350m: 5:57.74 47.24			
100m: 1:41.14 56.67 200m: 3:14.67 46.77 300m: 5:10.50 59.33 400m: 6:46.41 48.67			
12. Sofia Caramelo, FOLGADO	96 Nautico/Matobra	7:02.16	259
50m: 48.43 48.43 100m: 1:47.96 59.53 400m: 7:02.16 5:14.20			
DSQ Diana Filipa, GONCALVES	96 Nautico/Matobra		
DNS Ana Rita, ARTUR	96 Académica de Coimbra		

Prova 1
6.12.08 - 15:30

Femin., 400m Estilos

14 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, SANTOS	95 Ginásio Figueirense	5:20.72	590
50m: 34.96 34.96 150m: 1:53.68 38.09 250m: 3:18.01 47.88 350m: 4:44.37 37.56			
100m: 1:15.59 40.63 200m: 2:30.13 36.45 300m: 4:06.81 48.80 400m: 5:20.72 36.35			
2. Carolina Cunha, MARTINS	95 Nautico/Matobra	5:33.34	526
50m: 35.33 35.33 150m: 1:59.32 43.94 250m: 3:29.15 47.79 350m: 4:55.32 37.66			
100m: 1:15.38 40.05 200m: 2:41.36 42.04 300m: 4:17.66 48.51 400m: 5:33.34 38.02			
3. Adriana Correia, LOPES	95 Nautico/Matobra	5:37.13	508
50m: 36.62 36.62 150m: 2:02.75 43.82 250m: 3:32.55 47.38 350m: 4:59.93 39.13			
100m: 1:18.93 42.31 200m: 2:45.17 42.42 300m: 4:20.80 48.25 400m: 5:37.13 37.20			
4. Mariana Costa, SEBASTIAO	95 Ginásio Figueirense	5:45.93	470
50m: 36.19 36.19 150m: 2:01.81 41.63 250m: 3:35.25 51.97 350m: 5:06.54 39.94			
100m: 1:20.18 43.99 200m: 2:43.28 41.47 300m: 4:26.60 51.35 400m: 5:45.93 39.39			
5. Ana Claudia, CORDEIRO	95 Académica de Coimbra	5:46.43	468
50m: 35.34 35.34 150m: 2:11.80 55.44 250m: 3:44.09 45.86 350m: 5:09.67 39.16			
100m: 1:16.36 41.02 200m: 2:58.23 46.43 300m: 4:30.51 46.42 400m: 5:46.43 36.76			
6. Mariana Rocha, VALENTE	95 Académica de Coimbra	5:46.59	468
50m: 37.95 37.95 200m: 2:52.42 1:27.07 300m: 4:31.31 49.91 400m: 5:46.59 36.68			
100m: 1:25.35 47.40 250m: 3:41.40 48.98 350m: 5:09.91 38.60			
7. Mariana Pedroso, CARVALHO	95 Nautico/Matobra	5:47.89	462
50m: 35.48 35.48 100m: 1:16.48 41.00 200m: 3:35.50 2:19.02 400m: 5:47.89 2:12.39			

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 1, Femin., 400m Estilos, 14 anos

Lugar			Ano					Tempo final	Pts		
8.	Rita Amado, LAEZZA		95	Académica de Coimbra				5:51.34	449		
	50m:	37.66 37.66	150m:	2:09.36	42.69	250m:	3:44.99	53.75	350m:	5:14.69	37.51
	100m:	1:26.67 49.01	200m:	2:51.24	41.88	300m:	4:37.18	52.19	400m:	5:51.34	36.65
9.	Sofia Verissimo, PEDROSA		95	Paião				5:56.87	428		
	50m:	36.70 36.70	150m:	2:08.81	47.21	250m:	3:45.08	51.01	350m:	5:17.27	41.18
	100m:	1:21.60 44.90	200m:	2:54.07	45.26	300m:	4:36.09	51.01	400m:	5:56.87	39.60
10.	Catarina Alexandra, FERREIRA		95	Náutico/Matobra				5:59.04	421		
	50m:	38.05 38.05	150m:	2:10.26	44.82	250m:	3:45.99	51.22	350m:	5:19.08	41.08
	100m:	1:25.44 47.39	200m:	2:54.77	44.51	300m:	4:38.00	52.01	400m:	5:59.04	39.96
11.	Joana Reis, VEIGA		95	Académica de Coimbra				5:59.50	419		
	50m:	35.79 35.79	150m:	2:03.70	46.15	250m:	3:42.86	54.80	350m:	5:19.32	41.10
	100m:	1:17.55 41.76	200m:	2:48.06	44.36	300m:	4:38.22	55.36	400m:	5:59.50	40.18
12.	Raquel Raimundo, FERREIRA		95	Náutico/Matobra				6:04.61	402		
	50m:	39.27 39.27	150m:	2:13.75	47.42	250m:	3:52.77	54.13	350m:	5:26.10	39.81
	100m:	1:26.33 47.06	200m:	2:58.64	44.89	300m:	4:46.29	53.52	400m:	6:04.61	38.51
13.	Joana Ines, OLIVEIRA		95	Académica de Coimbra				6:06.69	395		
	50m:	41.22 41.22	150m:	2:17.55	46.23	250m:	3:54.72	51.82	350m:	5:28.17	39.96
	100m:	1:31.32 50.10	200m:	3:02.90	45.35	300m:	4:48.21	53.49	400m:	6:06.69	38.52
14.	Ana Rita, CABRAL		95	Náutico/Matobra				6:11.75	379		
	50m:	40.04 40.04	150m:	2:16.56	51.25	250m:	3:54.66	48.59	350m:	5:30.04	44.57
	100m:	1:25.31 45.27	200m:	3:06.07	49.51	300m:	4:45.47	50.81	400m:	6:11.75	41.71
15.	Beatriz Calvete, PEDROSA		95	Paião				6:20.14	354		
	50m:	42.68 42.68	150m:	2:19.83	47.01	250m:	3:59.26	51.81	350m:	5:37.93	45.55
	100m:	1:32.82 50.14	200m:	3:07.45	47.62	300m:	4:52.38	53.12	400m:	6:20.14	42.21
16.	Claudia Filipa, SILVA		95	Miranda do Corvo				6:22.39	348		
	50m:	41.63 41.63	150m:	2:20.45	49.16	250m:	4:00.83	52.95	350m:	5:38.89	45.45
	100m:	1:31.29 49.66	200m:	3:07.88	47.43	300m:	4:53.44	52.61	400m:	6:22.39	43.50

Prova 2
6.12.08 - 16:20

Masc., 1500m Livres

13 anos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Tomas Miguel, VELOSO		96	Náutico/Matobra				19:34.10	403		
	50m:	35.63 35.63	450m:	5:52.99	40.75	850m:	11:11.19	38.80	1250m:	16:26.06	39.14
	100m:	1:14.74 39.11	500m:	6:34.36	41.37	900m:	11:50.79	39.60	1300m:	17:05.28	39.22
	150m:	1:54.13 39.39	550m:	7:14.39	40.03	950m:	12:29.83	39.04	1350m:	17:43.78	38.50
	200m:	2:33.46 39.33	600m:	7:54.48	40.09	1000m:	13:09.29	39.46	1400m:	18:22.12	38.34
	250m:	3:12.87 39.41	650m:	8:34.32	39.84	1050m:	13:48.65	39.36	1450m:	18:59.96	37.84
	300m:	3:52.57 39.70	700m:	9:13.96	39.64	1100m:	14:28.07	39.42	1500m:	19:34.10	34.14
	350m:	4:32.22 39.65	750m:	9:53.07	39.11	1150m:	15:07.54	39.47			
	400m:	5:12.24 40.02	800m:	10:32.39	39.32	1200m:	15:46.92	39.38			
2.	Diogo Andre, SANTOS		96	Columbófila Cantanhedense				20:11.18	367		
	50m:	34.31 34.31	450m:	5:52.60	40.49	850m:	11:22.48	41.72	1250m:	16:53.50	41.29
	100m:	1:12.12 37.81	500m:	6:33.46	40.86	900m:	12:04.76	42.28	1300m:	17:34.29	40.79
	150m:	1:50.64 38.52	550m:	7:14.27	40.81	950m:	12:44.66	39.90	1350m:	18:14.13	39.84
	200m:	2:30.25 39.61	600m:	7:55.60	41.33	1000m:	13:25.92	41.26	1400m:	18:55.11	40.98
	250m:	3:09.71 39.46	650m:	8:37.34	41.74	1050m:	14:08.77	42.85	1450m:	19:34.42	39.31
	300m:	3:50.53 40.82	700m:	9:18.12	40.78	1100m:	14:49.90	41.13	1500m:	20:11.18	36.76
	350m:	4:31.29 40.76	750m:	9:59.46	41.34	1150m:	15:31.16	41.26			
	400m:	5:12.11 40.82	800m:	10:40.76	41.30	1200m:	16:12.21	41.05			
3.	Daniel Baptista, RELVAO		96	Académica de Coimbra				20:13.48	365		

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 2, Masc., 1500m Livres, 13 anos

Lugar			Ano			Tempo final	Pts	
4.	Francisco Jose, FERNANDES		96	Lousanense		20:22.16	357	
	50m:	35.24 35.24	450m:	5:59.14 41.22	850m:	11:30.62 41.48	1250m:	17:03.24 41.97
	100m:	1:14.56 39.32	500m:	6:40.85 41.71	900m:	12:12.10 41.48	1300m:	17:45.06 41.82
	150m:	1:54.66 40.10	550m:	7:22.92 42.07	950m:	12:54.19 42.09	1350m:	18:27.09 42.03
	200m:	2:34.48 39.82	600m:	8:04.07 41.15	1000m:	13:35.90 41.71	1400m:	19:06.69 39.60
	250m:	3:15.15 40.67	650m:	8:46.11 42.04	1050m:	14:17.44 41.54	1450m:	19:45.78 39.09
	300m:	3:56.04 40.89	700m:	9:26.68 40.57	1100m:	14:59.11 41.67	1500m:	20:22.16 36.38
	350m:	4:36.67 40.63	750m:	10:07.26 40.58	1150m:	15:38.92 39.81		
	400m:	5:17.92 41.25	800m:	10:49.14 41.88	1200m:	16:21.27 42.35		
5.	Joao Pedro, CARDOSO		96	Náutico/Matobra		21:10.70	318	
	50m:	37.26 37.26	450m:	6:09.85 41.42	850m:	11:51.49 42.76	1250m:	17:35.91 42.97
	100m:	1:19.30 42.04	500m:	6:52.22 42.37	900m:	12:34.24 42.75	1300m:	18:19.70 43.79
	150m:	2:00.78 41.48	550m:	7:33.87 41.65	950m:	13:17.37 43.13	1350m:	19:02.31 42.61
	200m:	2:42.97 42.19	600m:	8:15.97 42.10	1000m:	13:59.73 42.36	1400m:	19:45.79 43.48
	250m:	3:23.62 40.65	650m:	8:57.92 41.95	1050m:	14:43.49 43.76	1450m:	20:29.45 43.66
	300m:	4:05.17 41.55	700m:	9:41.47 43.55	1100m:	15:26.52 43.03	1500m:	21:10.70 41.25
	350m:	4:46.25 41.08	750m:	10:25.00 43.53	1150m:	16:09.71 43.19		
	400m:	5:28.43 42.18	800m:	11:08.73 43.73	1200m:	16:52.94 43.23		
6.	Joao Nuno, GRILO		96	Columbófila Cantanhedense		21:20.94	310	
	50m:	34.85 34.85	450m:	6:10.84 42.67	850m:	12:02.19 44.67	1250m:	17:50.04 42.64
	100m:	1:14.08 39.23	500m:	6:54.24 43.40	900m:	12:47.09 44.90	1300m:	18:33.27 43.23
	150m:	1:55.60 41.52	550m:	7:37.08 42.84	950m:	13:30.57 43.48	1350m:	19:16.04 42.77
	200m:	2:37.55 41.95	600m:	8:21.39 44.31	1000m:	14:14.60 44.03	1400m:	19:59.04 43.00
	250m:	3:20.30 42.75	650m:	9:05.07 43.68	1050m:	14:57.62 43.02	1450m:	20:41.02 41.98
	300m:	4:03.22 42.92	700m:	9:49.45 44.38	1100m:	15:40.99 43.37	1500m:	21:20.94 39.92
	350m:	4:45.87 42.65	750m:	10:33.59 44.14	1150m:	16:23.64 42.65		
	400m:	5:28.17 42.30	800m:	11:17.52 43.93	1200m:	17:07.40 43.76		
7.	Carlos Eduardo, SANTOS		96	Columbófila Cantanhedense		21:27.87	305	
	50m:	35.86 35.86	450m:	6:21.96 43.55	850m:	12:11.04 44.36	1250m:	17:53.31 43.18
	100m:	1:17.82 41.96	500m:	7:04.73 42.77	900m:	12:54.94 43.90	1300m:	18:36.82 43.51
	150m:	2:01.29 43.47	550m:	7:47.99 43.26	950m:	13:38.08 43.14	1350m:	19:20.52 43.70
	200m:	2:44.74 43.45	600m:	8:32.00 44.01	1000m:	14:20.15 42.07	1400m:	20:03.80 43.28
	250m:	3:28.35 43.61	650m:	9:14.67 42.67	1050m:	15:02.94 42.79	1450m:	20:47.03 43.23
	300m:	4:10.98 42.63	700m:	9:58.52 43.85	1100m:	15:44.46 41.52	1500m:	21:27.87 40.84
	350m:	4:54.76 43.78	750m:	10:42.30 43.78	1150m:	16:26.93 42.47		
	400m:	5:38.41 43.65	800m:	11:26.68 44.38	1200m:	17:10.13 43.20		
8.	Joao David, SANTOS		96	Miranda do Corvo		21:28.75	305	
9.	Jorge Henrique, ROQUE		96	Ginásio Figueirense		22:59.43	248	
10.	Ricardo Luis, AGOSTINHO		96	Fundação Beatriz Santos		23:14.85	240	
11.	Ian Mesquita, COSTA		96	Paião		23:15.99	240	
12.	Joao Goncalves, FIGUEIREDO		96	Ginásio Figueirense		23:56.00	220	
13.	Andre Loureiro, RAMOS		96	Ginásio Figueirense		24:28.06	206	
14.	Joao Filipe, RODRIGUES		96	Paião		25:19.53	186	
15.	David José, FERNANDES		96	Vigor da Mocidade		25:27.78	183	
16.	Pedro Coelho, SILVA		96	Náutico/Matobra		25:28.21	183	
17.	Bruno Filipe, RAMOS		96	Columbófila Cantanhedense		26:34.36	161	
18.	Guilherme Filipe, PIMENTA		96	Vigor da Mocidade		27:06.79	151	
DNS	Joao Martins, SOUSA		96	Miranda do Corvo				

Prova 2
6.12.08 - 16:20

Masc., 1500m Livres

14 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
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Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 2, Masc., 1500m Livres, 14 anos

Lugar			Ano					Tempo final	Pts		
1.	Joao Andre, NEVES		95	Académica de Coimbra				18:20.36	489		
	50m:	32.47 32.47	450m:	5:24.53	36.42	850m:	10:18.62	37.05	1250m:	15:16.12	37.40
	100m:	1:08.48 36.01	500m:	6:01.38	36.85	900m:	10:55.63	37.01	1300m:	15:53.36	37.24
	150m:	1:45.51 37.03	550m:	6:37.49	36.11	950m:	11:32.67	37.04	1350m:	16:30.43	37.07
	200m:	2:22.28 36.77	600m:	7:14.12	36.63	1000m:	12:09.71	37.04	1400m:	17:07.50	37.07
	250m:	2:58.87 36.59	650m:	7:50.71	36.59	1050m:	12:46.68	36.97	1450m:	17:44.57	37.07
	300m:	3:35.19 36.32	700m:	8:27.75	37.04	1100m:	13:24.03	37.35	1500m:	18:20.36	35.79
	350m:	4:11.44 36.25	750m:	9:04.53	36.78	1150m:	14:01.14	37.11			
	400m:	4:48.11 36.67	800m:	9:41.57	37.04	1200m:	14:38.72	37.58			
2.	Rui Jorge, DIAS		95	Miranda do Corvo				18:36.31	469		
	50m:	34.69 34.69	450m:	5:30.26	37.12	850m:	10:29.11	37.53	1250m:	15:29.48	37.34
	100m:	1:10.75 36.06	500m:	6:07.97	37.71	900m:	11:06.99	37.88	1300m:	16:07.50	38.02
	150m:	1:47.35 36.60	550m:	6:45.22	37.25	950m:	11:43.81	36.82	1350m:	16:45.39	37.89
	200m:	2:24.54 37.19	600m:	7:22.39	37.17	1000m:	12:21.29	37.48	1400m:	17:22.87	37.48
	250m:	3:01.39 36.85	650m:	7:59.91	37.52	1050m:	12:59.25	37.96	1450m:	18:00.34	37.47
	300m:	3:38.44 37.05	700m:	8:37.27	37.36	1100m:	13:36.79	37.54	1500m:	18:36.31	35.97
	350m:	4:15.62 37.18	750m:	9:14.45	37.18	1150m:	14:14.56	37.77			
	400m:	4:53.14 37.52	800m:	9:51.58	37.13	1200m:	14:52.14	37.58			
3.	Guilherme Pedro, COELHO		95	Náutico/Matobra				18:59.67	440		
	50m:	33.12 33.12	450m:	5:37.06	38.31	850m:	10:43.81	38.62	1250m:	15:51.01	37.95
	100m:	1:09.90 36.78	500m:	6:15.35	38.29	900m:	11:22.34	38.53	1300m:	16:29.07	38.06
	150m:	1:48.09 38.19	550m:	6:54.04	38.69	950m:	12:00.86	38.52	1350m:	17:07.18	38.11
	200m:	2:25.81 37.72	600m:	7:32.31	38.27	1000m:	12:39.39	38.53	1400m:	17:45.47	38.29
	250m:	3:03.55 37.74	650m:	8:10.68	38.37	1050m:	13:17.95	38.56	1450m:	18:23.12	37.65
	300m:	3:41.55 38.00	700m:	8:49.06	38.38	1100m:	13:56.37	38.42	1500m:	18:59.67	36.55
	350m:	4:20.19 38.64	750m:	9:27.08	38.02	1150m:	14:34.62	38.25			
	400m:	4:58.75 38.56	800m:	10:05.19	38.11	1200m:	15:13.06	38.44			
4.	Gustavo Lopes, RIBEIRO		95	Académica de Coimbra				19:00.13	440		
	50m:	34.87 34.87	450m:	5:37.90	37.92	850m:	10:45.54	38.21	1250m:	15:53.18	38.66
	100m:	1:12.82 37.95	500m:	6:16.07	38.17	900m:	11:24.34	38.80	1300m:	16:31.68	38.50
	150m:	1:50.29 37.47	550m:	6:53.97	37.90	950m:	12:02.47	38.13	1350m:	17:10.53	38.85
	200m:	2:28.30 38.01	600m:	7:32.32	38.35	1000m:	12:40.70	38.23	1400m:	17:47.41	36.88
	250m:	3:06.43 38.13	650m:	8:10.81	38.49	1050m:	13:19.08	38.38	1450m:	18:26.17	38.76
	300m:	3:44.77 38.34	700m:	8:49.99	39.18	1100m:	13:57.20	38.12	1500m:	19:00.13	33.96
	350m:	4:22.68 37.91	750m:	9:28.72	38.73	1150m:	14:36.20	39.00			
	400m:	4:59.98 37.30	800m:	10:07.33	38.61	1200m:	15:14.52	38.32			
5.	Luis Gabriel, SANTOS		95	Ginásio Figueirense				19:03.08	436		
	50m:	33.49 33.49	450m:	5:38.30	39.24	850m:	10:45.28	38.83	1250m:	15:57.95	39.90
	100m:	1:10.11 36.62	500m:	6:17.84	39.54	900m:	11:23.52	38.24	1300m:	16:38.43	40.48
	150m:	1:47.43 37.32	550m:	6:56.91	39.07	950m:	12:02.90	39.38	1350m:	17:16.56	38.13
	200m:	2:25.65 38.22	600m:	7:35.99	39.08	1000m:	12:39.46	36.56	1400m:	17:50.50	33.94
	250m:	3:03.87 38.22	650m:	8:13.93	37.94	1050m:	13:18.37	38.91	1450m:	18:28.83	38.33
	300m:	3:41.95 38.08	700m:	8:50.93	37.00	1100m:	13:58.25	39.88	1500m:	19:03.08	34.25
	350m:	4:20.34 38.39	750m:	9:27.73	36.80	1150m:	14:38.22	39.97			
	400m:	4:59.06 38.72	800m:	10:06.45	38.72	1200m:	15:18.05	39.83			
6.	Luis de, OLIVEIRA		95	Académica de Coimbra				19:10.86	428		
	50m:	33.95 33.95	450m:	5:37.91	38.95	850m:	10:47.21	39.26	1250m:	15:57.02	39.25
	100m:	1:11.67 37.72	500m:	6:16.12	38.21	900m:	11:25.62	38.41	1300m:	16:36.08	39.06
	150m:	1:49.26 37.59	550m:	6:54.70	38.58	950m:	12:04.92	39.30	1350m:	17:15.26	39.18
	200m:	2:27.32 38.06	600m:	7:33.65	38.95	1000m:	12:43.49	38.57	1400m:	17:55.84	40.58
	250m:	3:05.25 37.93	650m:	8:11.85	38.20	1050m:	13:22.07	38.58	1450m:	18:34.91	39.07
	300m:	3:42.50 37.25	700m:	8:50.47	38.62	1100m:	14:00.28	38.21	1500m:	19:10.86	35.95
	350m:	4:20.61 38.11	750m:	9:29.34	38.87	1150m:	14:39.01	38.73			
	400m:	4:58.96 38.35	800m:	10:07.95	38.61	1200m:	15:17.77	38.76			
7.	Jose Antonio, FORTE		95	Académica de Coimbra				19:21.43	416		
	50m:	35.11 35.11	200m:	2:29.70	39.00	350m:	4:27.04	39.68	500m:	6:23.98	39.25
	100m:	1:12.51 37.40	250m:	3:08.14	38.44	400m:	5:05.82	38.78	1500m:	19:21.43	12:57.45
	150m:	1:50.70 38.19	300m:	3:47.36	39.22	450m:	5:44.73	38.91			

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 2, Masc., 1500m Livres, 14 anos

Lugar			Ano			Tempo final	Pts	
8.	Tiago Miguel, ALVES		95	Columbófila Cantanhedense		19:31.44	406	
	50m:	33.40 33.40	450m:	5:40.35 39.44	850m:	11:00.56 39.24	1250m:	16:20.11 39.96
	100m:	1:10.94 37.54	500m:	6:19.66 39.31	900m:	11:39.58 39.02	1300m:	16:59.43 39.32
	150m:	1:48.20 37.26	550m:	6:59.55 39.89	950m:	12:19.11 39.53	1350m:	17:39.24 39.81
	200m:	2:26.05 37.85	600m:	7:40.07 40.52	1000m:	12:59.27 40.16	1400m:	18:18.04 38.80
	250m:	3:04.26 38.21	650m:	8:20.67 40.60	1050m:	13:39.35 40.08	1450m:	18:55.52 37.48
	300m:	3:43.01 38.75	700m:	9:01.63 40.96	1100m:	14:19.38 40.03	1500m:	19:31.44 35.92
	350m:	4:22.43 39.42	750m:	9:41.73 40.10	1150m:	14:59.15 39.77		
	400m:	5:00.91 38.48	800m:	10:21.32 39.59	1200m:	15:40.15 41.00		
9.	Goncalo Ferreira, COROADO		95	Académica de Coimbra		20:00.48	377	
	50m:	35.27 35.27	450m:	5:59.79 40.68	850m:	11:21.61 40.06	1250m:	16:41.64 40.45
	100m:	1:15.53 40.26	500m:	6:39.78 39.99	900m:	12:01.28 39.67	1300m:	17:22.11 40.47
	150m:	1:55.82 40.29	550m:	7:19.90 40.12	950m:	12:41.48 40.20	1350m:	18:02.53 40.42
	200m:	2:36.24 40.42	600m:	8:00.46 40.56	1000m:	13:20.87 39.39	1400m:	18:43.11 40.58
	250m:	3:16.58 40.34	650m:	8:41.21 40.75	1050m:	14:00.59 39.72	1450m:	19:23.34 40.23
	300m:	3:57.14 40.56	700m:	9:21.36 40.15	1100m:	14:40.57 39.98	1500m:	20:00.48 37.14
	350m:	4:38.29 41.15	750m:	10:01.69 40.33	1150m:	15:20.96 40.39		
	400m:	5:19.11 40.82	800m:	10:41.55 39.86	1200m:	16:01.19 40.23		
10.	Miguel Angelo, FIGUEIRA		95	Columbófila Cantanhedense		20:47.27	336	
	50m:	34.43 34.43	450m:	6:01.48 39.24	850m:	11:43.50 43.16	1250m:	17:27.21 42.62
	100m:	1:14.60 40.17	500m:	6:43.30 41.82	900m:	12:27.47 43.97	1300m:	18:09.79 42.58
	150m:	1:54.45 39.85	550m:	7:26.10 42.80	950m:	13:10.68 43.21	1350m:	18:49.45 39.66
	200m:	2:35.16 40.71	600m:	8:10.19 44.09	1000m:	13:54.51 43.83	1400m:	19:28.76 39.31
	250m:	3:16.77 41.61	650m:	8:51.48 41.29	1050m:	14:37.69 43.18	1450m:	20:07.50 38.74
	300m:	3:57.99 41.22	700m:	9:33.07 41.59	1100m:	15:18.80 41.11	1500m:	20:47.27 39.77
	350m:	4:39.99 42.00	750m:	10:17.02 43.95	1150m:	16:02.19 43.39		
	400m:	5:22.24 42.25	800m:	11:00.34 43.32	1200m:	16:44.59 42.40		
11.	Fabio Marques, FERREIRA		95	Paião		20:49.75	334	
	50m:	35.41 35.41	450m:	6:05.37 42.66	850m:	11:43.22 41.72	1250m:	17:22.61 42.87
	100m:	1:14.77 39.36	500m:	6:48.49 43.12	900m:	12:25.69 42.47	1300m:	18:04.78 42.17
	150m:	1:55.03 40.26	550m:	7:31.09 42.60	950m:	13:07.96 42.27	1350m:	18:46.86 42.08
	200m:	2:35.92 40.89	600m:	8:12.14 41.05	1000m:	13:51.31 43.35	1400m:	19:29.38 42.52
	250m:	3:17.00 41.08	650m:	8:53.67 41.53	1050m:	14:33.32 42.01	1450m:	20:10.98 41.60
	300m:	3:59.12 42.12	700m:	9:35.99 42.32	1100m:	15:15.23 41.91	1500m:	20:49.75 38.77
	350m:	4:40.52 41.40	750m:	10:19.42 43.43	1150m:	15:57.35 42.12		
	400m:	5:22.71 42.19	800m:	11:01.50 42.08	1200m:	16:39.74 42.39		
12.	Rafael Joao, CORREIA		95	Lousanense		21:13.68	315	
13.	Jose Miguel, FIGUEIRA		95	Columbófila Cantanhedense		21:23.10	309	
14.	Ruben Jordao, FERNANDES		95	Miranda do Corvo		21:26.42	306	
	50m:	37.16 37.16	450m:	6:20.07 43.03	850m:	12:09.83 44.54	1250m:	17:56.47 43.88
	100m:	1:17.87 40.71	500m:	7:03.72 43.65	900m:	12:53.33 43.50	1300m:	18:37.97 41.50
	150m:	1:59.79 41.92	550m:	7:47.37 43.65	950m:	13:37.18 43.85	1350m:	19:21.25 43.28
	200m:	2:42.86 43.07	600m:	8:30.66 43.29	1000m:	14:20.38 43.20	1400m:	20:03.99 42.74
	250m:	3:26.23 43.37	650m:	9:13.86 43.20	1050m:	15:02.96 42.58	1450m:	20:46.18 42.19
	300m:	4:09.27 43.04	700m:	9:57.57 43.71	1100m:	15:47.17 44.21	1500m:	21:26.42 40.24
	350m:	4:53.06 43.79	750m:	10:41.52 43.95	1150m:	16:29.58 42.41		
	400m:	5:37.04 43.98	800m:	11:25.29 43.77	1200m:	17:12.59 43.01		
15.	Miguel Coelho, COSTA		95	Académica de Coimbra		21:35.52	300	
	50m:	36.15 36.15	450m:	6:16.03 42.92	850m:	12:02.10 43.60	1250m:	17:57.59 45.76
	100m:	1:17.31 41.16	500m:	6:58.92 42.89	900m:	12:46.62 44.52	1300m:	18:41.38 43.79
	150m:	1:59.78 42.47	550m:	7:41.11 42.19	950m:	13:31.14 44.52	1350m:	19:26.81 45.43
	200m:	2:42.43 42.65	600m:	8:23.46 42.35	1000m:	14:15.73 44.59	1400m:	20:10.96 44.15
	250m:	3:24.79 42.36	650m:	9:07.24 43.78	1050m:	14:59.75 44.02	1450m:	20:53.87 42.91
	300m:	4:06.91 42.12	700m:	9:50.99 43.75	1100m:	15:43.46 43.71	1500m:	21:35.52 41.65
	350m:	4:49.24 42.33	750m:	10:35.10 44.11	1150m:	16:27.37 43.91		
	400m:	5:33.11 43.87	800m:	11:18.50 43.40	1200m:	17:11.83 44.46		
16.	Ruben Miguel, MARTINS		95	Ginásio Figueirense		21:46.15	293	
17.	Francisco Pais, BAPTISTA		95	Náutico/Matobra		21:48.96	291	
18.	Diogo Andre, JORGE		95	Náutico/Matobra		21:59.79	284	
19.	Henrique Ferreira, COROADO		95	Académica de Coimbra		22:25.34	268	
20.	Bernardo Tiago, ABREU		95	Académica de Coimbra		22:27.56	266	
21.	Manuel Luis, SOUSA		95	Náutico/Matobra		22:36.34	261	

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 2, Masc., 1500m Livres, 14 anos

Lugar	Ano	Tempo final	Pts
DSQ João Miguel, RODRIGUES	95 Vigor da Mocidade		

Prova 2
6.12.08 - 16:20

Masc., 1500m Livres 15 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Joao Manuel, BORGES	94 Ginásio Figueirense	17:34.94	555
50m: 31.19 31.19	450m: 5:09.37 35.39	850m: 9:54.09 36.09	1250m: 14:41.69 35.98
100m: 1:05.12 33.93	500m: 5:44.64 35.27	900m: 10:30.05 35.96	1300m: 15:17.04 35.35
150m: 1:39.71 34.59	550m: 6:19.93 35.29	950m: 11:05.99 35.94	1350m: 15:52.82 35.78
200m: 2:14.21 34.50	600m: 6:55.54 35.61	1000m: 11:42.14 36.15	1400m: 16:28.58 35.76
250m: 2:48.90 34.69	650m: 7:31.08 35.54	1050m: 12:18.20 36.06	1450m: 17:03.00 34.42
300m: 3:23.79 34.89	700m: 8:06.65 35.57	1100m: 12:53.91 35.71	1500m: 17:34.94 31.94
350m: 3:58.84 35.05	750m: 8:42.51 35.86	1150m: 13:29.73 35.82	
400m: 4:33.98 35.14	800m: 9:18.00 35.49	1200m: 14:05.71 35.98	
2. Diogo Cunha, GIRAO	94 Columbófila Cantanhedense	17:34.98	555
50m: 31.58 31.58	450m: 5:09.34 35.47	850m: 9:53.07 36.11	1250m: 14:39.91 35.98
100m: 1:05.88 34.30	500m: 5:44.48 35.14	900m: 10:28.74 35.67	1300m: 15:15.90 35.99
150m: 1:40.06 34.18	550m: 6:19.78 35.30	950m: 11:04.41 35.67	1350m: 15:51.65 35.75
200m: 2:14.41 34.35	600m: 6:55.26 35.48	1000m: 11:40.33 35.92	1400m: 16:26.90 35.25
250m: 2:49.02 34.61	650m: 7:31.08 35.82	1050m: 12:16.38 36.05	1450m: 17:02.18 35.28
300m: 3:23.91 34.89	700m: 8:06.44 35.36	1100m: 12:51.81 35.43	1500m: 17:34.98 32.80
350m: 3:58.99 35.08	750m: 8:41.84 35.40	1150m: 13:27.86 36.05	
400m: 4:33.87 34.88	800m: 9:16.96 35.12	1200m: 14:03.93 36.07	
3. Francisco Leonardes, ALVES	94 Académica de Coimbra	18:43.36	460
50m: 32.76 32.76	300m: 3:38.56 37.18	550m: 6:46.66 37.82	800m: 9:55.08 37.65
100m: 1:09.06 36.30	350m: 4:15.67 37.11	600m: 7:24.76 38.10	850m: 10:32.43 37.35
150m: 1:46.57 37.51	400m: 4:53.59 37.92	650m: 8:02.36 37.60	900m: 11:10.41 37.98
200m: 2:23.93 37.36	450m: 5:30.90 37.31	700m: 8:40.09 37.73	1500m: 18:43.36 7:32.95
250m: 3:01.38 37.45	500m: 6:08.84 37.94	750m: 9:17.43 37.34	
4. David Jose, FONSECA	94 Columbófila Cantanhedense	18:50.53	451
50m: 33.54 33.54	450m: 5:31.67 38.00	850m: 10:34.72 37.75	1250m: 15:38.64 38.22
100m: 1:09.81 36.27	500m: 6:09.53 37.86	900m: 11:12.45 37.73	1300m: 16:16.81 38.17
150m: 1:46.44 36.63	550m: 6:47.14 37.61	950m: 11:50.20 37.75	1350m: 16:55.14 38.33
200m: 2:23.79 37.35	600m: 7:24.97 37.83	1000m: 12:27.82 37.62	1400m: 17:34.31 39.17
250m: 3:01.10 37.31	650m: 8:03.20 38.23	1050m: 13:05.55 37.73	1450m: 18:13.03 38.72
300m: 3:38.51 37.41	700m: 8:41.45 38.25	1100m: 13:43.79 38.24	1500m: 18:50.53 37.50
350m: 4:15.94 37.43	750m: 9:19.09 37.64	1150m: 14:22.09 38.30	
400m: 4:53.67 37.73	800m: 9:56.97 37.88	1200m: 15:00.42 38.33	
5. Pedro Barros, MENDES	94 Académica de Coimbra	18:54.59	446
50m: 31.94 31.94	450m: 5:33.83 38.53	850m: 10:41.43 38.79	1250m: 15:50.52 38.76
100m: 1:08.89 36.95	500m: 6:12.19 38.36	900m: 11:19.76 38.33	1300m: 16:28.57 38.05
150m: 1:47.04 38.15	550m: 6:50.50 38.31	950m: 11:58.38 38.62	1350m: 17:06.54 37.97
200m: 2:24.39 37.35	600m: 7:29.48 38.98	1000m: 12:37.43 39.05	1400m: 17:44.09 37.55
250m: 3:01.95 37.56	650m: 8:08.10 38.62	1050m: 13:16.19 38.76	1450m: 18:21.89 37.80
300m: 3:39.81 37.86	700m: 8:46.05 37.95	1100m: 13:54.58 38.39	1500m: 18:54.59 32.70
350m: 4:17.36 37.55	750m: 9:24.32 38.27	1150m: 14:33.16 38.58	
400m: 4:55.30 37.94	800m: 10:02.64 38.32	1200m: 15:11.76 38.60	
6. Joao Pedro, VEIGA	94 Náutico/Matobra	18:54.97	446
50m: 34.00 34.00	450m: 5:31.39 37.97	850m: 10:36.50 38.26	1250m: 15:45.38 39.21
100m: 1:11.02 37.02	500m: 6:09.13 37.74	900m: 11:14.45 37.95	1300m: 16:23.69 38.31
150m: 1:48.31 37.29	550m: 6:46.54 37.41	950m: 11:53.00 38.55	1350m: 17:02.15 38.46
200m: 2:25.29 36.98	600m: 7:24.29 37.75	1000m: 12:31.72 38.72	1400m: 17:40.69 38.54
250m: 3:01.84 36.55	650m: 8:03.37 39.08	1050m: 13:09.87 38.15	1450m: 18:18.33 37.64
300m: 3:38.28 36.44	700m: 8:40.97 37.60	1100m: 13:48.33 38.46	1500m: 18:54.97 36.64
350m: 4:15.62 37.34	750m: 9:19.24 38.27	1150m: 14:27.31 38.98	
400m: 4:53.42 37.80	800m: 9:58.24 39.00	1200m: 15:06.17 38.86	

Torneio Regional de Fundo Infantis e Juvenis
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Prova 2, Masc., 1500m Livres, 15 anos

Lugar				Ano				Tempo final	Pts
7.	Joao Nuno, CONDE			94	Náutico/Matobra			18:57.12	443
	50m:	33.23	33.23	450m:	5:34.47	38.76	850m:	10:43.46	38.65
	100m:	1:09.89	36.66	500m:	6:12.33	37.86	900m:	11:21.90	38.44
	150m:	1:46.90	37.01	550m:	6:51.10	38.77	950m:	12:00.41	38.51
	200m:	2:24.31	37.41	600m:	7:29.62	38.52	1000m:	12:38.65	38.24
	250m:	3:02.05	37.74	650m:	8:08.27	38.65	1050m:	13:16.93	38.28
	300m:	3:39.77	37.72	700m:	8:48.11	39.84	1100m:	13:55.33	38.40
	350m:	4:17.43	37.66	750m:	9:26.39	38.28	1150m:	14:33.80	38.47
	400m:	4:55.71	38.28	800m:	10:04.81	38.42	1200m:	15:11.98	38.18
8.	Tiago Andre, SILVA			94	Columbófila Cantanhedense			19:05.05	434
	50m:	33.71	33.71	450m:	5:39.57	38.30	850m:	10:46.79	37.62
	100m:	1:11.55	37.84	500m:	6:18.21	38.64	900m:	11:24.92	38.13
	150m:	1:49.75	38.20	550m:	6:56.51	38.30	950m:	12:03.06	38.14
	200m:	2:27.95	38.20	600m:	7:34.93	38.42	1000m:	12:41.39	38.33
	250m:	3:06.08	38.13	650m:	8:13.57	38.64	1050m:	13:19.88	38.49
	300m:	3:44.38	38.30	700m:	8:51.92	38.35	1100m:	13:58.38	38.50
	350m:	4:22.73	38.35	750m:	9:30.52	38.60	1150m:	14:36.91	38.53
	400m:	5:01.27	38.54	800m:	10:09.17	38.65	1200m:	15:15.87	38.96
9.	Joao Filipe, LUCAS			94	Académica de Coimbra			19:06.41	433
	50m:	33.75	33.75	450m:	5:37.63	38.87	850m:	10:46.24	38.35
	100m:	1:10.34	36.59	500m:	6:16.13	38.50	900m:	11:24.87	38.63
	150m:	1:47.72	37.38	550m:	6:55.20	39.07	950m:	12:02.79	37.92
	200m:	2:25.21	37.49	600m:	7:33.57	38.37	1000m:	12:42.14	39.35
	250m:	3:03.66	38.45	650m:	8:12.10	38.53	1050m:	13:20.66	38.52
	300m:	3:42.04	38.38	700m:	8:50.60	38.50	1100m:	13:59.37	38.71
	350m:	4:20.18	38.14	750m:	9:29.53	38.93	1150m:	14:37.76	38.39
	400m:	4:58.76	38.58	800m:	10:07.89	38.36	1200m:	15:17.09	39.33
10.	Joao Nuno, PIRES			94	Náutico/Matobra			19:09.35	429
	50m:	32.94	32.94	450m:	5:36.72	39.11	850m:	10:46.98	38.87
	100m:	1:08.93	35.99	500m:	6:15.52	38.80	900m:	11:25.19	38.21
	150m:	1:46.35	37.42	550m:	6:54.30	38.78	950m:	12:03.95	38.76
	200m:	2:24.26	37.91	600m:	7:33.20	38.90	1000m:	12:42.97	39.02
	250m:	3:01.92	37.66	650m:	8:12.27	39.07	1050m:	13:21.98	39.01
	300m:	3:40.29	38.37	700m:	8:51.16	38.89	1100m:	14:00.46	38.48
	350m:	4:18.82	38.53	750m:	9:30.15	38.99	1150m:	14:39.08	38.62
	400m:	4:57.61	38.79	800m:	10:08.11	37.96	1200m:	15:18.03	38.95
11.	Hugo Neves, NETO			94	Columbófila Cantanhedense			19:09.48	429
	50m:	34.70	34.70	450m:	5:40.62	38.68	850m:	10:48.63	38.58
	100m:	1:12.49	37.79	500m:	6:19.14	38.52	900m:	11:27.14	38.51
	150m:	1:51.15	38.66	550m:	6:57.35	38.21	950m:	12:05.85	38.71
	200m:	2:29.11	37.96	600m:	7:35.84	38.49	1000m:	12:44.40	38.55
	250m:	3:07.03	37.92	650m:	8:14.57	38.73	1050m:	13:22.88	38.48
	300m:	3:45.44	38.41	700m:	8:52.73	38.16	1100m:	14:01.42	38.54
	350m:	4:23.77	38.33	750m:	9:31.27	38.54	1150m:	14:40.17	38.75
	400m:	5:01.94	38.17	800m:	10:10.05	38.78	1200m:	15:18.26	38.09
12.	Gustavo Almeida, MADUREIRA			94	Académica de Coimbra			19:26.09	411
	50m:	34.54	34.54	450m:	5:44.84	39.61	850m:	11:01.18	39.73
	100m:	1:12.64	38.10	500m:	6:24.34	39.50	900m:	11:41.09	39.91
	150m:	1:50.94	38.30	550m:	7:03.73	39.39	950m:	12:20.99	39.90
	200m:	2:29.77	38.83	600m:	7:43.04	39.31	1000m:	13:00.25	39.26
	250m:	3:08.58	38.81	650m:	8:23.03	39.99	1050m:	13:39.74	39.49
	300m:	3:47.64	39.06	700m:	9:02.50	39.47	1100m:	14:19.30	39.56
	350m:	4:26.37	38.73	750m:	9:41.78	39.28	1150m:	14:58.76	39.46
	400m:	5:05.23	38.86	800m:	10:21.45	39.67	1200m:	15:38.10	39.34
13.	Ruben Paiva, CARVALHO			94	Académica de Coimbra			19:27.40	410
	50m:	33.65	33.65	450m:	5:41.65	38.46	850m:	10:53.44	39.03
	100m:	1:11.25	37.60	500m:	6:19.90	38.25	900m:	11:32.41	38.97
	150m:	1:49.10	37.85	550m:	6:59.23	39.33	950m:	12:11.42	39.01
	200m:	2:27.14	38.04	600m:	7:37.52	38.29	1000m:	12:50.67	39.25
	250m:	3:05.68	38.54	650m:	8:16.99	39.47	1050m:	13:30.09	39.42
	300m:	3:44.66	38.98	700m:	8:56.06	39.07	1100m:	14:10.40	40.31
	350m:	4:23.90	39.24	750m:	9:35.39	39.33	1150m:	14:50.62	40.22
	400m:	5:03.19	39.29	800m:	10:14.41	39.02	1200m:	15:30.84	40.22

Torneio Regional de Fundo Infantis e Juvenis
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Prova 2, Masc., 1500m Livres, 15 anos

Lugar	Ano		Tempo final	Pts
14. Fabio Filipe, LOPES	94	Náutico/Matobra	19:50.82	386
50m: 35.13 35.13	450m: 5:53.20 40.46	850m: 11:13.35 40.22	1250m: 16:34.70 39.50	
100m: 1:14.35 39.22	500m: 6:33.12 39.92	900m: 11:53.47 40.12	1300m: 17:14.62 39.92	
150m: 1:54.23 39.88	550m: 7:13.27 40.15	950m: 12:33.88 40.41	1350m: 17:54.24 39.62	
200m: 2:33.75 39.52	600m: 7:53.37 40.10	1000m: 13:14.43 40.55	1400m: 18:33.70 39.46	
250m: 3:13.52 39.77	650m: 8:33.20 39.83	1050m: 13:54.29 39.86	1450m: 19:13.52 39.82	
300m: 3:53.11 39.59	700m: 9:13.20 40.00	1100m: 14:34.56 40.27	1500m: 19:50.82 37.30	
350m: 4:32.98 39.87	750m: 9:52.72 39.52	1150m: 15:15.43 40.87		
400m: 5:12.74 39.76	800m: 10:33.13 40.41	1200m: 15:55.20 39.77		
15. Pedro Daniel, PINTO	94	Miranda do Corvo	21:01.09	325
50m: 36.25 36.25	450m: 6:12.42 42.82	850m: 11:52.13 42.36	1250m: 17:34.56 42.56	
100m: 1:16.94 40.69	500m: 6:55.09 42.67	900m: 12:35.16 43.03	1300m: 18:16.77 42.21	
150m: 1:58.49 41.55	550m: 7:37.73 42.64	950m: 13:18.03 42.87	1350m: 18:59.13 42.36	
200m: 2:40.48 41.99	600m: 8:19.59 41.86	1000m: 14:01.33 43.30	1400m: 19:40.32 41.19	
250m: 3:22.38 41.90	650m: 9:02.28 42.69	1050m: 14:44.15 42.82	1450m: 20:21.86 41.54	
300m: 4:04.49 42.11	700m: 9:45.05 42.77	1100m: 15:26.78 42.63	1500m: 21:01.09 39.23	
350m: 4:47.50 43.01	750m: 10:27.00 41.95	1150m: 16:09.21 42.43		
400m: 5:29.60 42.10	800m: 11:09.77 42.77	1200m: 16:52.00 42.79		

DSQ Joao Barbosa, MOREIRA 94 Náutico/Matobra

Prova 2
6.12.08 - 16:20

Masc., 1500m Livres

16 anos
Resultados

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
1. Andre Duarte, VAZ	93	Ginásio Figueirense	17:27.63	567
50m: 30.55 30.55	450m: 5:02.68 34.63	850m: 9:46.47 35.37	1250m: 14:31.21 35.74	
100m: 1:03.48 32.93	500m: 5:37.80 35.12	900m: 10:22.09 35.62	1300m: 15:07.09 35.88	
150m: 1:36.83 33.35	550m: 6:13.14 35.34	950m: 10:57.61 35.52	1350m: 15:43.21 36.12	
200m: 2:10.81 33.98	600m: 6:48.36 35.22	1000m: 11:33.16 35.55	1400m: 16:19.25 36.04	
250m: 2:44.54 33.73	650m: 7:24.25 35.89	1050m: 12:08.75 35.59	1450m: 16:54.72 35.47	
300m: 3:18.83 34.29	700m: 7:59.83 35.58	1100m: 12:44.02 35.27	1500m: 17:27.63 32.91	
350m: 3:53.41 34.58	750m: 8:35.42 35.59	1150m: 13:19.92 35.90		
400m: 4:28.05 34.64	800m: 9:11.10 35.68	1200m: 13:55.47 35.55		
2. Andre Marques, DINIS	93	Columbófila Cantanhedense	17:57.52	521
50m: 31.67 31.67	450m: 5:16.07 35.94	850m: 10:05.65 36.46	1250m: 14:57.73 36.36	
100m: 1:06.25 34.58	500m: 5:51.68 35.61	900m: 10:42.38 36.73	1300m: 15:34.41 36.68	
150m: 1:41.51 35.26	550m: 6:27.59 35.91	950m: 11:19.30 36.92	1350m: 16:10.33 35.92	
200m: 2:16.86 35.35	600m: 7:03.63 36.04	1000m: 11:55.79 36.49	1400m: 16:46.42 36.09	
250m: 2:52.71 35.85	650m: 7:39.77 36.14	1050m: 12:31.75 35.96	1450m: 17:22.24 35.82	
300m: 3:28.59 35.88	700m: 8:16.07 36.30	1100m: 13:08.67 36.92	1500m: 17:57.52 35.28	
350m: 4:04.21 35.62	750m: 8:52.38 36.31	1150m: 13:44.31 35.64		
400m: 4:40.13 35.92	800m: 9:29.19 36.81	1200m: 14:21.37 37.06		
3. Daciano Egidio, SOUSA	93	Ginásio Figueirense	18:20.38	489
50m: 31.75 31.75	450m: 5:20.38 36.60	850m: 10:15.52 37.47	1250m: 15:16.47 38.20	
100m: 1:06.24 34.49	500m: 5:58.04 37.66	900m: 10:52.59 37.07	1300m: 15:53.07 36.60	
150m: 1:41.42 35.18	550m: 6:35.36 37.32	950m: 11:30.39 37.80	1350m: 16:29.53 36.46	
200m: 2:17.42 36.00	600m: 7:11.27 35.91	1000m: 12:07.34 36.95	1400m: 17:08.03 38.50	
250m: 2:53.76 36.34	650m: 7:47.24 35.97	1050m: 12:43.95 36.61	1450m: 17:44.68 36.65	
300m: 3:30.54 36.78	700m: 8:23.80 36.56	1100m: 13:22.52 38.57	1500m: 18:20.38 35.70	
350m: 4:07.09 36.55	750m: 9:00.65 36.85	1150m: 14:00.94 38.42		
400m: 4:43.78 36.69	800m: 9:38.05 37.40	1200m: 14:38.27 37.33		
4. Nuno Correia, TINOCO	93	Ginásio Figueirense	18:45.11	458
50m: 32.02 32.02	450m: 5:28.57 37.53	850m: 10:29.93 37.83	1250m: 15:36.36 38.18	
100m: 1:08.44 36.42	500m: 6:06.15 37.58	900m: 11:08.77 38.84	1300m: 16:14.41 38.05	
150m: 1:45.34 36.90	550m: 6:43.86 37.71	950m: 11:47.35 38.58	1350m: 16:52.13 37.72	
200m: 2:22.32 36.98	600m: 7:20.91 37.05	1000m: 12:26.20 38.85	1400m: 17:29.86 37.73	
250m: 2:59.42 37.10	650m: 7:58.39 37.48	1050m: 13:03.08 36.88	1450m: 18:07.97 38.11	
300m: 3:36.32 36.90	700m: 8:36.24 37.85	1100m: 13:41.64 38.56	1500m: 18:45.11 37.14	
350m: 4:13.26 36.94	750m: 9:14.24 38.00	1150m: 14:19.85 38.21		
400m: 4:51.04 37.78	800m: 9:52.10 37.86	1200m: 14:58.18 38.33		

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 2, Masc., 1500m Livres, 16 anos

Lugar			Ano					Tempo final	Pts
5.	Diogo Emanuel, FERREIRA		93	Académica de Coimbra				18:50.61	451
	50m:	34.53 34.53	450m:	5:31.91 37.49	850m:	10:36.42 38.36	1250m:	15:44.43 38.52	
	100m:	1:11.05 36.52	500m:	6:09.29 37.38	900m:	11:14.78 38.36	1300m:	16:22.87 38.44	
	150m:	1:48.37 37.32	550m:	6:47.33 38.04	950m:	11:53.47 38.69	1350m:	17:00.23 37.36	
	200m:	2:25.24 36.87	600m:	7:25.44 38.11	1000m:	12:31.96 38.49	1400m:	17:38.62 38.39	
	250m:	3:02.15 36.91	650m:	8:03.40 37.96	1050m:	13:10.38 38.42	1450m:	18:16.27 37.65	
	300m:	3:39.46 37.31	700m:	8:42.32 38.92	1100m:	13:48.94 38.56	1500m:	18:50.61 34.34	
	350m:	4:16.52 37.06	750m:	9:20.46 38.14	1150m:	14:28.20 39.26			
	400m:	4:54.42 37.90	800m:	9:58.06 37.60	1200m:	15:05.91 37.71			
6.	Bruno Filipe, METELO		93	Náutico/Matobra				19:10.57	428
	50m:	32.50 32.50	450m:	5:35.37 38.85	850m:	10:51.34 39.99	1250m:	16:04.82 36.61	
	100m:	1:09.15 36.65	500m:	6:14.89 39.52	900m:	11:30.91 39.57	1300m:	16:42.69 37.87	
	150m:	1:46.71 37.56	550m:	6:54.79 39.90	950m:	12:10.69 39.78	1350m:	17:19.73 37.04	
	200m:	2:24.32 37.61	600m:	7:34.59 39.80	1000m:	12:50.17 39.48	1400m:	17:56.94 37.21	
	250m:	3:01.92 37.60	650m:	8:13.96 39.37	1050m:	13:29.39 39.22	1450m:	18:34.04 37.10	
	300m:	3:40.12 38.20	700m:	8:52.76 38.80	1100m:	14:08.90 39.51	1500m:	19:10.57 36.53	
	350m:	4:18.09 37.97	750m:	9:32.00 39.24	1150m:	14:48.92 40.02			
	400m:	4:56.52 38.43	800m:	10:11.35 39.35	1200m:	15:28.21 39.29			
7.	Pedro Daniel, CARVALHO		93	Académica de Coimbra				19:12.41	426
	50m:	33.70 33.70	200m:	2:22.84 36.74	350m:	4:15.87 38.22			
	100m:	1:09.34 35.64	250m:	3:00.11 37.27	400m:	4:53.85 37.98			
	150m:	1:46.10 36.76	300m:	3:37.65 37.54	1500m:	19:12.41 14:18.56			
8.	Diogo Fonseca, COSTA		93	Paião				20:32.91	348
	50m:	35.99 35.99	450m:	5:59.89 40.40	850m:	11:31.58 41.84	1250m:	17:09.76 42.62	
	100m:	1:15.45 39.46	500m:	6:40.89 41.00	900m:	12:13.75 42.17	1300m:	17:50.78 41.02	
	150m:	1:55.71 40.26	550m:	7:22.33 41.44	950m:	12:56.57 42.82	1350m:	18:33.17 42.39	
	200m:	2:36.27 40.56	600m:	8:03.48 41.15	1000m:	13:38.08 41.51	1400m:	19:15.25 42.08	
	250m:	3:16.53 40.26	650m:	8:44.64 41.16	1050m:	14:19.55 41.47	1450m:	19:56.51 41.26	
	300m:	3:56.92 40.39	700m:	9:26.14 41.50	1100m:	15:02.06 42.51	1500m:	20:32.91 36.40	
	350m:	4:38.50 41.58	750m:	10:08.31 42.17	1150m:	15:44.91 42.85			
	400m:	5:19.49 40.99	800m:	10:49.74 41.43	1200m:	16:27.14 42.23			
9.	Pedro Miguel, RODRIGUES		93	Paião				22:11.02	276
	50m:	35.47 35.47	450m:	6:16.07 44.15	850m:	12:17.69 45.84	1250m:	18:25.53 46.06	
	100m:	1:15.70 40.23	500m:	7:00.79 44.72	900m:	13:03.15 45.46	1300m:	19:11.64 46.11	
	150m:	1:56.89 41.19	550m:	7:45.52 44.73	950m:	13:49.91 46.76	1350m:	19:58.05 46.41	
	200m:	2:39.19 42.30	600m:	8:30.09 44.57	1000m:	14:35.00 45.09	1400m:	20:43.41 45.36	
	250m:	3:21.81 42.62	650m:	9:15.16 45.07	1050m:	15:20.80 45.80	1450m:	21:28.40 44.99	
	300m:	4:05.03 43.22	700m:	10:00.59 45.43	1100m:	16:06.69 45.89	1500m:	22:11.02 42.62	
	350m:	4:48.20 43.17	750m:	10:45.94 45.35	1150m:	16:52.69 46.00			
	400m:	5:31.92 43.72	800m:	11:31.85 45.91	1200m:	17:39.47 46.78			
DNS	Renan Camara, PEREIRA		93	Columbófila Cantanhedense					
DNS	Diogo Alexandre, FERREIRA		93	Náutico/Matobra					

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

2 - 2ª Jornada

7.12.08 - 9:30

Prova 3
7.12.08 - 9:30

Masc., 400m Estilos

13 anos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Tomas Miguel, VELOSO	96 Nautico/Matobra	5:33.07	388
50m: 35.17 35.17 150m: 1:59.22 43.68 250m: 3:29.93 48.91 350m: 4:57.03 38.27			
100m: 1:15.54 40.37 200m: 2:41.02 41.80 300m: 4:18.76 48.83 400m: 5:33.07 36.04			
2. Francisco Jose, FERNANDES	96 Lousanense	5:43.79	352
50m: 33.92 33.92 150m: 2:01.40 45.82 250m: 3:35.28 48.83 350m: 5:05.40 38.16			
100m: 1:15.58 41.66 200m: 2:46.45 45.05 300m: 4:27.24 51.96 400m: 5:43.79 38.39			
3. Joao Nuno, GRILLO	96 Columbófila Cantanhedense	6:05.77	293
50m: 38.83 38.83 150m: 2:12.90 46.82 250m: 3:51.82 52.66 350m: 5:25.94 40.51			
100m: 1:26.08 47.25 200m: 2:59.16 46.26 300m: 4:45.43 53.61 400m: 6:05.77 39.83			
4. Daniel Baptista, RELVAO	96 Académica de Coimbra	6:10.97	281
50m: 40.75 40.75 150m: 2:19.35 47.77 250m: 3:58.79 54.53 350m: 5:32.97 39.40			
100m: 1:31.58 50.83 200m: 3:04.26 44.91 300m: 4:53.57 54.78 400m: 6:10.97 38.00			
5. Joao David, SANTOS	96 Miranda do Corvo	6:12.80	276
50m: 40.58 40.58 150m: 2:17.62 48.44 250m: 3:57.84 53.10 350m: 5:32.42 43.04			
100m: 1:29.18 48.60 200m: 3:04.74 47.12 300m: 4:49.38 51.54 400m: 6:12.80 40.38			
6. Antonio Miguel, CORREIA	96 Lousanense	6:21.72	258
50m: 40.28 40.28 150m: 2:16.51 47.78 250m: 3:58.48 55.57 350m: 5:37.79 42.38			
100m: 1:28.73 48.45 200m: 3:02.91 46.40 300m: 4:55.41 56.93 400m: 6:21.72 43.93			
7. Carlos Eduardo, SANTOS	96 Columbófila Cantanhedense	6:26.25	249
50m: 44.06 44.06 150m: 2:29.23 46.37 250m: 4:07.18 52.94 350m: 5:45.35 43.17			
100m: 1:42.86 58.80 200m: 3:14.24 45.01 300m: 5:02.18 55.00 400m: 6:26.25 40.90			
8. Ricardo Luis, AGOSTINHO	96 Fundação Beatriz Santos	6:37.23	229
50m: 47.51 47.51 150m: 2:32.35 49.43 250m: 4:14.03 54.04 350m: 5:54.66 45.41			
100m: 1:42.92 55.41 200m: 3:19.99 47.64 300m: 5:09.25 55.22 400m: 6:37.23 42.57			
9. Joao Goncalves, FIGUEIREDO	96 Ginásio Figueirense	6:50.10	208
50m: 42.31 42.31 150m: 2:33.50 56.49 250m: 4:17.88 52.85 400m: 6:50.10 1:35.06			
100m: 1:37.01 54.70 200m: 3:25.03 51.53 300m: 5:15.04 57.16			
10. Jorge Henrique, ROQUE	96 Ginásio Figueirense	6:50.94	206
50m: 44.08 44.08 150m: 2:28.35 49.00 250m: 4:17.67 58.97			
100m: 1:39.35 55.27 200m: 3:18.70 50.35 400m: 6:50.94 2:33.27			
11. Ian Mesquita, COSTA	96 Paião	6:54.14	202
50m: 45.73 45.73 150m: 2:34.66 51.92 250m: 4:25.70 59.42 350m: 6:11.72 45.78			
100m: 1:42.74 57.01 200m: 3:26.28 51.62 300m: 5:25.94 1:00.24 400m: 6:54.14 42.42			
12. Joao Filipe, RODRIGUES	96 Paião	7:25.95	161
50m: 51.31 51.31 250m: 4:49.51 2:52.77 350m: 6:38.33 49.78			
100m: 1:56.74 1:05.43 300m: 5:48.55 59.04 400m: 7:25.95 47.62			
13. Bruno Filipe, RAMOS	96 Columbófila Cantanhedense	7:31.45	156
50m: 54.00 54.00 150m: 2:56.48 56.97 250m: 4:50.25 59.24 350m: 6:40.81 49.38			
100m: 1:59.51 1:05.51 200m: 3:51.01 54.53 300m: 5:51.43 1:01.18 400m: 7:31.45 50.64			
DSQ Joao Pedro, CARDOSO	96 Nautico/Matobra		
DSQ Nuno Andre, MARRECO	96 Lousanense		
DSQ Pedro Coelho, SILVA	96 Nautico/Matobra		
DNS Joao Martins, SOUSA	96 Miranda do Corvo		
DNF Diogo Andre, SANTOS	96 Columbófila Cantanhedense		

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 3, Masc., 400m Estilos

Prova 3
7.12.08 - 9:30

Masc., 400m Estilos

14 anos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts		
1.	Joao Andre, NEVES		95	Académica de Coimbra				5:21.39	431		
	50m:	34.15 34.15	150m:	1:56.87	44.39	250m:	3:23.14	44.67	350m:	4:45.07	37.22
	100m:	1:12.48 38.33	200m:	2:38.47	41.60	300m:	4:07.85	44.71	400m:	5:21.39	36.32
2.	Luis Gabriel, SANTOS		95	Ginásio Figueirense				5:27.67	407		
	50m:	33.13 33.13	150m:	1:56.61	43.29	250m:	3:25.18	47.46	350m:	4:53.12	37.58
	100m:	1:13.32 40.19	200m:	2:37.72	41.11	300m:	4:15.54	50.36	400m:	5:27.67	34.55
3.	Rui Jorge, DIAS		95	Miranda do Corvo				5:30.04	398		
	50m:	36.08 36.08	150m:	2:04.22	44.37	250m:	3:31.54	45.90	350m:	4:54.70	36.66
	100m:	1:19.85 43.77	200m:	2:45.64	41.42	300m:	4:18.04	46.50	400m:	5:30.04	35.34
4.	Luis de, OLIVEIRA		95	Académica de Coimbra				5:37.52	372		
	50m:	34.60 34.60	150m:	2:02.54	45.68	250m:	3:35.16	47.82	350m:	5:01.81	38.20
	100m:	1:16.86 42.26	200m:	2:47.34	44.80	300m:	4:23.61	48.45	400m:	5:37.52	35.71
5.	Tiago Miguel, ALVES		95	Columbófila Cantanhedense				5:40.51	363		
	50m:	36.52 36.52	150m:	2:05.07	45.73	250m:	3:37.25	46.95	350m:	5:04.26	39.21
	100m:	1:19.34 42.82	200m:	2:50.30	45.23	300m:	4:25.05	47.80	400m:	5:40.51	36.25
6.	Jose Antonio, FORTE		95	Académica de Coimbra				5:45.43	347		
	50m:	38.50 38.50	150m:	2:07.28	45.38	250m:	3:37.73	49.48	350m:	5:09.76	39.30
	100m:	1:21.90 43.40	200m:	2:48.25	40.97	300m:	4:30.46	52.73	400m:	5:45.43	35.67
7.	Miguel Angelo, FIGUEIRA		95	Columbófila Cantanhedense				5:51.26	330		
	50m:	36.78 36.78	150m:	2:07.88	43.45	250m:	3:42.51	51.77	350m:	5:11.93	37.60
	100m:	1:24.43 47.65	200m:	2:50.74	42.86	300m:	4:34.33	51.82	400m:	5:51.26	39.33
8.	Goncalo Ferreira, COROADO		95	Académica de Coimbra				5:57.35	314		
	50m:	37.56 37.56	150m:	2:12.86	49.50	250m:	3:50.19	52.06	350m:	5:20.44	39.36
	100m:	1:23.36 45.80	200m:	2:58.13	45.27	300m:	4:41.08	50.89	400m:	5:57.35	36.91
9.	Rafael Joao, CORREIA		95	Lousanense				5:59.32	309		
	50m:	41.08 41.08	150m:	2:15.63	43.76	250m:	3:47.66	49.49	350m:	5:19.94	41.38
	100m:	1:31.87 50.79	200m:	2:58.17	42.54	300m:	4:38.56	50.90	400m:	5:59.32	39.38
10.	Henrique Ferreira, COROADO		95	Académica de Coimbra				6:15.54	270		
	50m:	41.70 41.70	150m:	2:18.01	47.75	250m:	3:58.76	52.94	350m:	5:34.46	42.34
	100m:	1:30.26 48.56	200m:	3:05.82	47.81	300m:	4:52.12	53.36	400m:	6:15.54	41.08
11.	Diogo Andre, JORGE		95	Náutico/Matobra				6:19.38	262		
	50m:	41.55 41.55	150m:	2:18.56	47.92	250m:	3:58.76	52.66	350m:	5:37.26	44.24
	100m:	1:30.64 49.09	200m:	3:06.10	47.54	300m:	4:53.02	54.26	400m:	6:19.38	42.12
12.	Francisco Pais, BAPTISTA		95	Náutico/Matobra				6:21.64	258		
	50m:	42.65 42.65	150m:	2:16.28	46.25	250m:	3:57.02	56.69	350m:	5:40.58	45.81
	100m:	1:30.03 47.38	200m:	3:00.33	44.05	300m:	4:54.77	57.75	400m:	6:21.64	41.06
13.	Fabio Marques, FERREIRA		95	Paião				6:32.40	237		
	50m:	45.23 45.23	200m:	3:20.38	1:38.02	300m:	5:11.74	56.60			
	100m:	1:42.36 57.13	250m:	4:15.14	54.76	400m:	6:32.40	1:20.66			
14.	Ruben Jordao, FERNANDES		95	Miranda do Corvo				6:34.50	233		
	50m:	38.74 38.74	150m:	2:15.91	46.79	250m:	4:01.77	1:01.28	350m:	5:53.93	44.20
	100m:	1:29.12 50.38	200m:	3:00.49	44.58	300m:	5:09.73	1:07.96	400m:	6:34.50	40.57
15.	Manuel Luis, SOUSA		95	Náutico/Matobra				6:40.25	223		
	50m:	45.71 45.71	200m:	3:22.17	1:39.63	300m:	5:13.49	56.15	400m:	6:40.25	42.16
	100m:	1:42.54 56.83	250m:	4:17.34	55.17	350m:	5:58.09	44.60			
DSQ	Gustavo Lopes, RIBEIRO		95	Académica de Coimbra							
DSQ	Guilherme Pedro, COELHO		95	Náutico/Matobra							
DNF	Jose Miguel, FIGUEIRA		95	Columbófila Cantanhedense							

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 3, Masc., 400m Estilos

Prova 3
7.12.08 - 9:30

Masc., 400m Estilos

15 anos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Diogo Cunha, GIRAO		94	Columbófila Cantanhedense				5:08.68	487
	50m:	33.76 33.76	150m:	1:49.72	38.05	250m:	3:14.33 47.68	350m:	4:36.21 34.78
	100m:	1:11.67 37.91	200m:	2:26.65	36.93	300m:	4:01.43 47.10	400m:	5:08.68 32.47
2.	Joao Pedro, VEIGA		94	Náutico/Matobra				5:09.08	485
	50m:	34.08 34.08	150m:	1:53.73	40.62	250m:	3:16.99 44.09	350m:	4:36.12 36.00
	100m:	1:13.11 39.03	200m:	2:32.90	39.17	300m:	4:00.12 43.13	400m:	5:09.08 32.96
3.	Joao Manuel, BORGES		94	Ginásio Figueirense				5:12.95	467
	50m:	33.74 33.74	150m:	1:51.70	38.76	250m:	3:15.70 46.35	350m:	4:38.53 35.96
	100m:	1:12.94 39.20	200m:	2:29.35	37.65	300m:	4:02.57 46.87	400m:	5:12.95 34.42
4.	Pedro Barros, MENDES		94	Académica de Coimbra				5:15.54	456
	50m:	32.58 32.58	150m:	1:53.45	42.28	250m:	3:16.77 43.02	350m:	4:40.05 39.34
	100m:	1:11.17 38.59	200m:	2:33.75	40.30	300m:	4:00.71 43.94	400m:	5:15.54 35.49
5.	Joao Nuno, PIRES		94	Náutico/Matobra				5:16.92	450
	50m:	35.01 35.01	150m:	1:56.42	39.58	250m:	3:21.10 45.98	350m:	4:43.23 35.57
	100m:	1:16.84 41.83	200m:	2:35.12	38.70	300m:	4:07.66 46.56	400m:	5:16.92 33.69
6.	David Jose, FONSECA		94	Columbófila Cantanhedense				5:26.64	411
	50m:	34.58 34.58	150m:	1:56.73	41.61	250m:	3:25.48 46.87	350m:	4:52.18 36.77
	100m:	1:15.12 40.54	200m:	2:38.61	41.88	300m:	4:15.41 49.93	400m:	5:26.64 34.46
7.	Joao Nuno, CONDE		94	Náutico/Matobra				5:33.78	385
	50m:	35.47 35.47	150m:	2:02.77	42.61	250m:	3:32.10 47.43	350m:	4:57.94 38.43
	100m:	1:20.16 44.69	200m:	2:44.67	41.90	300m:	4:19.51 47.41	400m:	5:33.78 35.84
8.	Tiago Andre, SILVA		94	Columbófila Cantanhedense				5:34.54	383
	50m:	34.93 34.93	150m:	2:02.41	45.92	250m:	3:32.59 45.82	350m:	4:58.01 38.20
	100m:	1:16.49 41.56	200m:	2:46.77	44.36	300m:	4:19.81 47.22	400m:	5:34.54 36.53
9.	Joao Barbosa, MOREIRA		94	Náutico/Matobra				5:35.43	379
	50m:	33.39 33.39	150m:	1:54.80	42.68	250m:	3:26.19 49.90	350m:	4:56.77 38.46
	100m:	1:12.12 38.73	200m:	2:36.29	41.49	300m:	4:18.31 52.12	400m:	5:35.43 38.66
10.	Joao Filipe, LUCAS		94	Académica de Coimbra				5:36.14	377
	50m:	32.77 32.77	150m:	1:58.87	44.97	250m:	3:30.94 47.89	350m:	4:59.41 39.72
	100m:	1:13.90 41.13	200m:	2:43.05	44.18	300m:	4:19.69 48.75	400m:	5:36.14 36.73
11.	Hugo Neves, NETO		94	Columbófila Cantanhedense				5:43.79	352
	50m:	35.65 35.65	150m:	2:07.73	47.77	250m:	3:41.09 46.32	350m:	5:07.37 39.05
	100m:	1:19.96 44.31	200m:	2:54.77	47.04	300m:	4:28.32 47.23	400m:	5:43.79 36.42
12.	Pedro Daniel, PINTO		94	Miranda do Corvo				6:04.61	295
	50m:	39.33 39.33	150m:	2:15.40	46.91	250m:	3:51.98 49.44	350m:	5:24.59 42.19
	100m:	1:28.49 49.16	200m:	3:02.54	47.14	300m:	4:42.40 50.42	400m:	6:04.61 40.02
DSQ	Gustavo Almeida, MADUREIRA		94	Académica de Coimbra					
DSQ	Ruben Paiva, CARVALHO		94	Académica de Coimbra					
DSQ	Fabio Filipe, LOPES		94	Náutico/Matobra					
DSQ	Francisco Leonardes, ALVES		94	Académica de Coimbra					

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 3, Masc., 400m Estilos

Prova 3 Masc., 400m Estilos 16 anos
7.12.08 - 9:30 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Andre Duarte, VAZ	93 Ginásio Figueirense	4:59.41	534
50m: 31.58 31.58 150m: 1:44.78 37.40 250m: 3:05.23 43.59 350m: 4:25.75 35.43			
100m: 1:07.38 35.80 200m: 2:21.64 36.86 300m: 3:50.32 45.09 400m: 4:59.41 33.66			
2. Daciano Egidio, SOUSA	93 Ginásio Figueirense	5:16.52	452
50m: 33.34 33.34 150m: 1:54.74 40.20 250m: 3:20.93 46.38 350m: 4:43.83 36.06			
100m: 1:14.54 41.20 200m: 2:34.55 39.81 300m: 4:07.77 46.84 400m: 5:16.52 32.69			
3. Andre Marques, DINIS	93 Columbófila Cantanhedense	5:21.86	430
50m: 34.51 34.51 150m: 1:58.78 42.83 250m: 3:25.11 44.80 350m: 4:48.78 36.32			
100m: 1:15.95 41.44 200m: 2:40.31 41.53 300m: 4:12.46 47.35 400m: 5:21.86 33.08			
4. Diogo Emanuel, FERREIRA	93 Académica de Coimbra	5:22.17	428
50m: 31.65 31.65 150m: 1:51.67 43.39 250m: 3:21.64 48.17 350m: 4:46.69 37.07			
100m: 1:08.28 36.63 200m: 2:33.47 41.80 300m: 4:09.62 47.98 400m: 5:22.17 35.48			
5. Pedro Daniel, CARVALHO	93 Académica de Coimbra	5:23.70	422
50m: 31.67 31.67 150m: 1:52.56 44.19 250m: 3:20.92 46.84 350m: 4:45.78 38.50			
100m: 1:08.37 36.70 200m: 2:34.08 41.52 300m: 4:07.28 46.36 400m: 5:23.70 37.92			
6. Nuno Correia, TINOCO	93 Ginásio Figueirense	5:23.90	421
50m: 34.44 34.44 150m: 1:57.75 41.44 250m: 3:24.10 46.28 350m: 4:48.49 37.23			
100m: 1:16.31 41.87 200m: 2:37.82 40.07 300m: 4:11.26 47.16 400m: 5:23.90 35.41			
7. Pedro Miguel, RODRIGUES	93 Paião	5:43.02	355
50m: 34.76 34.76 150m: 2:01.44 44.59 250m: 3:33.35 47.80 350m: 5:04.03 41.50			
100m: 1:16.85 42.09 200m: 2:45.55 44.11 300m: 4:22.53 49.18 400m: 5:43.02 38.99			
8. Diogo Fonseca, COSTA	93 Paião	5:51.32	330
50m: 38.83 38.83 200m: 2:57.77 1:30.26 300m: 4:31.75 47.80			
100m: 1:27.51 48.68 250m: 3:43.95 46.18 400m: 5:51.32 1:19.57			
DSQ Bruno Filipe, METELO	93 Náutico/Matobra		
DNS Diogo Alexandre, FERREIRA	93 Náutico/Matobra		
DNS Renan Camara, PEREIRA	93 Columbófila Cantanhedense		

Prova 4 Femin., 800m Livres 12 anos
7.12.08 - 10:30 Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
1. Daniela Figueiredo, METELO	97 Náutico/Matobra	11:07.94	399
50m: 37.01 37.01 250m: 3:25.05 42.74 450m: 6:15.94 42.74 650m: 9:06.03 42.32			
100m: 1:18.33 41.32 300m: 4:07.47 42.42 500m: 6:58.82 42.88 700m: 9:47.19 41.16			
150m: 2:00.15 41.82 350m: 4:50.24 42.77 550m: 7:42.47 43.65 750m: 10:29.34 42.15			
200m: 2:42.31 42.16 400m: 5:33.20 42.96 600m: 8:23.71 41.24 800m: 11:07.94 38.60			
2. Beatriz Filipa, MATOS	97 Fundação Beatriz Santos	11:34.31	355
50m: 36.91 36.91 250m: 3:31.01 44.28 450m: 6:28.34 44.61 650m: 9:25.71 44.53			
100m: 1:19.13 42.22 300m: 4:15.83 44.82 500m: 7:13.00 44.66 700m: 10:10.40 44.69			
150m: 2:02.85 43.72 350m: 4:59.83 44.00 550m: 7:57.00 44.00 750m: 10:53.44 43.04			
200m: 2:46.73 43.88 400m: 5:43.73 43.90 600m: 8:41.18 44.18 800m: 11:34.31 40.87			
3. Ana Carlota, CONCEICAO	97 Náutico/Matobra	11:38.75	348
50m: 41.02 41.02 200m: 2:56.60 44.86 550m: 8:07.93 39.56 700m: 10:17.53 43.06			
100m: 1:26.17 45.15 400m: 5:55.31 2:58.71 600m: 8:51.37 43.44 750m: 10:59.62 42.09			
150m: 2:11.74 45.57 500m: 7:28.37 1:33.06 650m: 9:34.47 43.10 800m: 11:38.75 39.13			
4. Ines Marcelino, COSTA	97 Fundação Beatriz Santos	11:45.38	338
50m: 36.54 36.54 250m: 3:35.49 45.51 450m: 6:37.19 45.91 650m: 9:35.07 43.63			
100m: 1:20.25 43.71 300m: 4:20.13 44.64 500m: 7:22.19 45.00 700m: 10:19.54 44.47			
150m: 2:04.88 44.63 350m: 5:06.05 45.92 550m: 8:07.24 45.05 750m: 11:04.32 44.78			
200m: 2:49.98 45.10 400m: 5:51.28 45.23 600m: 8:51.44 44.20 800m: 11:45.38 41.06			

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 4, Femin., 800m Livres, 12 anos

Lugar			Ano			Tempo final	Pts	
5.	Ines Silva, MENDES		97	Náutico/Matobra		11:53.51	327	
	50m:	39.18 39.18	250m:	3:40.05 45.16	450m:	6:40.77 45.43	650m:	9:41.69 45.50
	100m:	1:23.99 44.81	300m:	4:24.81 44.76	500m:	7:25.98 45.21	700m:	10:26.53 44.84
	150m:	2:09.41 45.42	350m:	5:09.71 44.90	550m:	8:10.36 44.38	750m:	11:10.89 44.36
	200m:	2:54.89 45.48	400m:	5:55.34 45.63	600m:	8:56.19 45.83	800m:	11:53.51 42.62
6.	Debora Solange, MATIAS		97	Miranda do Corvo		11:58.15	321	
	50m:	39.68 39.68	250m:	3:40.66 45.03	450m:	6:44.40 47.22	650m:	9:46.28 46.23
	100m:	1:23.99 44.31	300m:	4:26.60 45.94	500m:	7:28.61 44.21	700m:	10:32.19 45.91
	150m:	2:09.32 45.33	350m:	5:12.24 45.64	550m:	8:15.21 46.60	750m:	11:15.36 43.17
	200m:	2:55.63 46.31	400m:	5:57.18 44.94	600m:	9:00.05 44.84	800m:	11:58.15 42.79
7.	Madalena Maria, FERREIRA		97	Académica de Coimbra		12:00.11	318	
	50m:	38.48 38.48	200m:	2:52.84 46.29	350m:	5:10.55 45.58	800m:	12:00.11 5:18.07
	100m:	1:21.46 42.98	250m:	3:38.24 45.40	400m:	5:56.63 46.08		
	150m:	2:06.55 45.09	300m:	4:24.97 46.73	450m:	6:42.04 45.41		
8.	Rute Daniela, SIMOES		97	Lousanense		12:00.45	318	
	50m:	38.93 38.93	250m:	3:41.08 46.12	450m:	6:45.75 45.80	650m:	9:49.04 45.79
	100m:	1:22.92 43.99	300m:	4:27.57 46.49	500m:	7:31.75 46.00	700m:	10:33.95 44.91
	150m:	2:09.17 46.25	350m:	5:14.11 46.54	550m:	8:17.63 45.88	750m:	11:18.85 44.90
	200m:	2:54.96 45.79	400m:	5:59.95 45.84	600m:	9:03.25 45.62	800m:	12:00.45 41.60
9.	Cintia Mariana, FERNANDES		97	Académica de Coimbra		12:04.55	312	
	50m:	39.34 39.34	250m:	3:40.01 44.67	450m:	6:38.92 44.38	650m:	9:47.46 46.64
	100m:	1:25.37 46.03	300m:	4:24.72 44.71	500m:	7:27.16 48.24	700m:	10:34.19 46.73
	150m:	2:09.24 43.87	350m:	5:10.38 45.66	550m:	8:12.49 45.33	750m:	11:20.38 46.19
	200m:	2:55.34 46.10	400m:	5:54.54 44.16	600m:	9:00.82 48.33	800m:	12:04.55 44.17
10.	Francisca Campos, MATIAS		97	Náutico/Matobra		12:07.37	309	
	50m:	40.14 40.14	250m:	3:43.21 45.38	450m:	6:47.19 46.40	650m:	9:52.12 45.93
	100m:	1:25.79 45.65	300m:	4:28.64 45.43	500m:	7:31.91 44.72	700m:	10:38.75 46.63
	150m:	2:11.92 46.13	350m:	5:14.34 45.70	550m:	8:19.21 47.30	750m:	11:24.08 45.33
	200m:	2:57.83 45.91	400m:	6:00.79 46.45	600m:	9:06.19 46.98	800m:	12:07.37 43.29
11.	Matilde Domingues, GAMEIRO		97	Náutico/Matobra		12:18.04	295	
	50m:	41.91 41.91	400m:	6:10.86 47.35	600m:	9:16.98 46.29	800m:	12:18.04 42.51
	100m:	1:28.06 46.15	450m:	6:57.68 46.82	650m:	10:04.09 47.11		
	200m:	3:02.41 1:34.35	500m:	7:44.01 46.33	700m:	10:50.06 45.97		
	350m:	5:23.51 2:21.10	550m:	8:30.69 46.68	750m:	11:35.53 45.47		
12.	Ana Catarina, LIBERAL		97	Náutico/Matobra		12:50.25	260	
	50m:	43.62 43.62	250m:	3:56.41 48.21	450m:	7:10.43 48.48	650m:	10:25.81 49.34
	100m:	1:30.53 46.91	300m:	4:44.75 48.34	500m:	7:59.35 48.92	700m:	11:15.03 49.22
	150m:	2:19.06 48.53	350m:	5:33.55 48.80	550m:	8:47.30 47.95	750m:	12:04.40 49.37
	200m:	3:08.20 49.14	400m:	6:21.95 48.40	600m:	9:36.47 49.17	800m:	12:50.25 45.85
13.	Maria Ines, MARTINS		97	Náutico/Matobra		13:05.84	245	
	50m:	42.43 42.43	250m:	4:01.08 50.74	450m:	7:21.05 50.12	650m:	10:43.10 50.43
	100m:	1:31.08 48.65	300m:	4:51.18 50.10	500m:	8:11.08 50.03	700m:	11:32.78 49.68
	150m:	2:19.92 48.84	350m:	5:41.63 50.45	550m:	9:03.12 52.04	750m:	12:21.41 48.63
	200m:	3:10.34 50.42	400m:	6:30.93 49.30	600m:	9:52.67 49.55	800m:	13:05.84 44.43
14.	Carolina Domingues, BORGES		97	Vigor da Mocidade		13:06.27	244	
	50m:	44.61 44.61	200m:	3:13.53 1:39.83	650m:	10:44.99 4:10.86	750m:	12:21.35 47.03
	100m:	1:33.70 49.09	400m:	6:34.13 3:20.60	700m:	11:34.32 49.33	800m:	13:06.27 44.92
15.	Mafalda Dias, FILIPE		97	Náutico/Matobra		13:09.46	241	
	50m:	44.40 44.40	250m:	4:03.33 49.76	450m:	7:24.82 50.22	650m:	10:45.37 50.56
	100m:	1:33.30 48.90	300m:	4:53.78 50.45	500m:	8:15.07 50.25	700m:	11:33.11 47.74
	150m:	2:23.61 50.31	350m:	5:43.73 49.95	550m:	9:04.97 49.90	750m:	12:22.48 49.37
	200m:	3:13.57 49.96	400m:	6:34.60 50.87	600m:	9:54.81 49.84	800m:	13:09.46 46.98
16.	Beatriz Neves, CRAVEIRO		97	Náutico/Matobra		13:15.83	236	
	50m:	41.23 41.23	250m:	4:01.79 51.81	450m:	7:25.76 50.28	650m:	10:51.55 51.03
	100m:	1:29.04 47.81	300m:	4:52.27 50.48	500m:	8:17.39 51.63	700m:	11:40.43 48.88
	150m:	2:17.88 48.84	350m:	5:43.42 51.15	550m:	9:09.00 51.61	750m:	12:30.52 50.09
	200m:	3:09.98 52.10	400m:	6:35.48 52.06	600m:	10:00.52 51.52	800m:	13:15.83 45.31

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 4, Femin., 800m Livres, 12 anos

Lugar			Ano							Tempo final	Pts
17.	Andreia Dias, VAQUEIRINHO		97	Náutico/Matobra						13:18.95	233
	50m:	43.67 43.67	250m:	4:03.17	50.57	450m:	7:26.15	51.10	650m:	10:50.08	51.25
	100m:	1:31.95 48.28	300m:	4:53.13	49.96	500m:	8:17.60	51.45	700m:	11:40.70	50.62
	150m:	2:22.04 50.09	350m:	5:44.24	51.11	550m:	9:07.83	50.23	750m:	12:31.15	50.45
	200m:	3:12.60 50.56	400m:	6:35.05	50.81	600m:	9:58.83	51.00	800m:	13:18.95	47.80
18.	Marisa Daniela, FERREIRA		97	Lousanense						13:20.74	231
	50m:	43.58 43.58	250m:	4:05.36	51.20	450m:	7:28.36	50.42	650m:	10:51.76	51.50
	100m:	1:33.01 49.43	300m:	4:56.21	50.85	500m:	8:18.97	50.61	700m:	11:43.15	51.39
	150m:	2:23.59 50.58	350m:	5:47.03	50.82	550m:	9:08.47	49.50	750m:	12:33.21	50.06
	200m:	3:14.16 50.57	400m:	6:37.94	50.91	600m:	10:00.26	51.79	800m:	13:20.74	47.53
19.	Isa Raquel, RAMALHO		97	Académica de Coimbra						14:04.52	197
	50m:	43.42 43.42	250m:	4:08.37	52.12	450m:	7:45.19	53.81	650m:	11:26.48	54.76
	100m:	1:33.91 50.49	300m:	5:01.11	52.74	500m:	8:40.55	55.36	700m:	12:22.42	55.94
	150m:	2:24.43 50.52	350m:	5:56.28	55.17	550m:	9:36.44	55.89	750m:	13:15.27	52.85
	200m:	3:16.25 51.82	400m:	6:51.38	55.10	600m:	10:31.72	55.28	800m:	14:04.52	49.25
DNS	Andreia Margarida, MORGADO		97	Náutico/Matobra							

Prova 4

Femin., 800m Livres

13 anos

7.12.08 - 10:30

Resultados

Pontos: FINA 2008

Lugar			Ano							Tempo final	Pts
1.	Florbela Cavaco, MACHADO		96	Columbófila Cantanhedense						10:07.05	531
	50m:	33.89 33.89	250m:	3:06.82	38.42	450m:	5:42.03	39.01	650m:	8:16.34	38.60
	100m:	1:11.17 37.28	300m:	3:45.08	38.26	500m:	6:20.51	38.48	700m:	8:55.23	38.89
	150m:	1:49.39 38.22	350m:	4:24.17	39.09	550m:	6:59.19	38.68	750m:	9:32.01	36.78
	200m:	2:28.40 39.01	400m:	5:03.02	38.85	600m:	7:37.74	38.55	800m:	10:07.05	35.04
2.	Ana Carolina, LEAL		96	Náutico/Matobra						10:23.19	491
	50m:	34.94 34.94	250m:	3:11.46	39.40	450m:	5:49.26	39.51	650m:	8:28.00	39.20
	100m:	1:13.27 38.33	300m:	3:50.95	39.49	500m:	6:28.58	39.32	700m:	9:07.07	39.07
	150m:	1:52.89 39.62	350m:	4:30.52	39.57	550m:	7:08.90	40.32	750m:	9:46.15	39.08
	200m:	2:32.06 39.17	400m:	5:09.75	39.23	600m:	7:48.80	39.90	800m:	10:23.19	37.04
3.	Maria Amelia, GASPAS		96	Náutico/Matobra						10:23.41	490
	50m:	35.55 35.55	250m:	3:11.15	39.09	450m:	5:50.07	39.96	650m:	8:29.02	39.36
	100m:	1:13.69 38.14	300m:	3:51.06	39.91	500m:	6:29.22	39.15	700m:	9:08.91	39.89
	150m:	1:52.94 39.25	350m:	4:30.64	39.58	550m:	7:09.16	39.94	750m:	9:46.89	37.98
	200m:	2:32.06 39.12	400m:	5:10.11	39.47	600m:	7:49.66	40.50	800m:	10:23.41	36.52
4.	Ana Pinto, ALVES		96	Columbófila Cantanhedense						11:04.34	405
	50m:	37.01 37.01	250m:	3:25.24	42.86	450m:	6:11.97	40.97	650m:	9:00.08	42.21
	100m:	1:18.14 41.13	300m:	4:07.80	42.56	500m:	6:54.09	42.12	700m:	9:41.78	41.70
	150m:	1:59.69 41.55	350m:	4:50.09	42.29	550m:	7:35.80	41.71	750m:	10:23.97	42.19
	200m:	2:42.38 42.69	400m:	5:31.00	40.91	600m:	8:17.87	42.07	800m:	11:04.34	40.37
5.	Ana Luisa, CARVALHO		96	Lousanense						11:08.28	398
	50m:	35.54 35.54	250m:	3:20.36	41.98	450m:	6:11.89	42.51	650m:	9:05.07	42.67
	100m:	1:15.14 39.60	300m:	4:03.46	43.10	500m:	6:55.18	43.29	700m:	9:47.47	42.40
	150m:	1:56.70 41.56	350m:	4:46.28	42.82	550m:	7:39.17	43.99	750m:	10:28.49	41.02
	200m:	2:38.38 41.68	400m:	5:29.38	43.10	600m:	8:22.40	43.23	800m:	11:08.28	39.79
6.	Maria Beatriz, RASCAO		96	Náutico/Matobra						11:11.77	392
	50m:	35.63 35.63	250m:	3:21.58	42.26	450m:	6:11.94	42.56	650m:	9:03.93	43.05
	100m:	1:15.08 39.45	300m:	4:04.09	42.51	500m:	6:55.49	43.55	700m:	9:46.47	42.54
	150m:	1:56.74 41.66	350m:	4:46.40	42.31	550m:	7:38.37	42.88	750m:	10:30.26	43.79
	200m:	2:39.32 42.58	400m:	5:29.38	42.98	600m:	8:20.88	42.51	800m:	11:11.77	41.51
7.	Maria Joao, PAIXAO		96	Ginásio Figueirense						11:14.95	386
	50m:	38.23 38.23	250m:	3:26.36	42.22	450m:	6:16.89	42.91	650m:	9:09.31	42.80
	100m:	1:19.25 41.02	300m:	4:08.56	42.20	500m:	6:59.70	42.81	700m:	9:52.71	43.40
	150m:	2:02.04 42.79	350m:	4:51.59	43.03	550m:	7:43.43	43.73	750m:	10:34.94	42.23
	200m:	2:44.14 42.10	400m:	5:33.98	42.39	600m:	8:26.51	43.08	800m:	11:14.95	40.01

Torneio Regional de Fundo Infantis e Juvenis
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Prova 4, Femin., 800m Livres, 13 anos

Lugar			Ano					Tempo final	Pts
8.	Filipa Costa, GASPAR		96	Paião				11:16.35	384
	50m:	36.79 36.79	250m:	3:25.38	42.90	450m:	6:16.75 43.15	650m:	9:10.11 43.96
	100m:	1:18.58 41.79	300m:	4:07.82	42.44	500m:	6:59.57 42.82	700m:	9:53.75 43.64
	150m:	2:00.68 42.10	350m:	4:50.66	42.84	550m:	7:43.24 43.67	750m:	10:36.85 43.10
	200m:	2:42.48 41.80	400m:	5:33.60	42.94	600m:	8:26.15 42.91	800m:	11:16.35 39.50
9.	Carolina Gabriel, FERREIRA		96	Fundação Beatriz Santos				11:28.04	365
	50m:	37.62 37.62	250m:	3:27.39	42.86	450m:	6:21.56 43.85	650m:	9:17.08 43.97
	100m:	1:18.97 41.35	300m:	4:10.34	42.95	500m:	7:05.58 44.02	700m:	10:01.09 44.01
	150m:	2:01.78 42.81	350m:	4:54.27	43.93	550m:	7:49.43 43.85	750m:	10:44.65 43.56
	200m:	2:44.53 42.75	400m:	5:37.71	43.44	600m:	8:33.11 43.68	800m:	11:28.04 43.39
10.	Carlota Moura, CARVALHOS		96	Náutico/Matobra				11:31.92	359
	50m:	37.42 37.42	250m:	3:27.42	43.15	450m:	6:23.75 44.08	650m:	9:21.29 45.05
	100m:	1:18.70 41.28	300m:	4:10.96	43.54	500m:	7:07.81 44.06	700m:	10:05.95 44.66
	150m:	2:01.13 42.43	350m:	4:55.16	44.20	550m:	7:52.31 44.50	750m:	10:49.79 43.84
	200m:	2:44.27 43.14	400m:	5:39.67	44.51	600m:	8:36.24 43.93	800m:	11:31.92 42.13
11.	Ana Rita, ARTUR		96	Académica de Coimbra				11:39.77	347
	50m:	38.43 38.43	250m:	3:31.75	43.88	450m:	6:29.23 44.70	650m:	9:28.18 44.87
	100m:	1:20.77 42.34	300m:	4:15.76	44.01	500m:	7:13.52 44.29	700m:	10:12.77 44.59
	150m:	2:03.92 43.15	350m:	5:00.13	44.37	550m:	7:58.57 45.05	750m:	10:57.26 44.49
	200m:	2:47.87 43.95	400m:	5:44.53	44.40	600m:	8:43.31 44.74	800m:	11:39.77 42.51
12.	Maria Ines, ALMEIDA		96	Náutico/Matobra				11:40.77	345
	50m:	37.50 37.50	250m:	3:37.65	44.97	450m:	6:35.57 44.75	650m:	9:33.19 44.13
	100m:	1:22.76 45.26	300m:	4:21.57	43.92	500m:	7:20.27 44.70	700m:	10:17.11 43.92
	150m:	2:07.24 44.48	350m:	5:06.13	44.56	550m:	8:04.78 44.51	750m:	11:01.56 44.45
	200m:	2:52.68 45.44	400m:	5:50.82	44.69	600m:	8:49.06 44.28	800m:	11:40.77 39.21
13.	Joana Faim, ALMEIDA		96	Ginásio Figueirense				11:51.54	330
	50m:	37.37 37.37	250m:	3:33.82	45.26	450m:	6:36.28 45.78	650m:	9:39.99 45.06
	100m:	1:20.07 42.70	300m:	4:19.36	45.54	500m:	7:22.23 45.95	700m:	10:24.03 44.04
	150m:	2:03.88 43.81	350m:	5:05.24	45.88	550m:	8:09.11 46.88	750m:	11:08.48 44.45
	200m:	2:48.56 44.68	400m:	5:50.50	45.26	600m:	8:54.93 45.82	800m:	11:51.54 43.06
14.	Sofia Caramelo, FOLGADO		96	Náutico/Matobra				11:55.59	324
	50m:	39.78 39.78	250m:	3:39.08	44.56	450m:	6:39.07 46.04	650m:	9:42.99 46.87
	100m:	1:25.02 45.24	300m:	4:23.63	44.55	500m:	7:24.53 45.46	700m:	10:29.08 46.09
	150m:	2:09.69 44.67	350m:	5:08.13	44.50	550m:	8:10.18 45.65	750m:	11:14.53 45.45
	200m:	2:54.52 44.83	400m:	5:53.03	44.90	600m:	8:56.12 45.94	800m:	11:55.59 41.06
15.	Joana Andrade, COSTA		96	Académica de Coimbra				12:08.55	307
	50m:	40.25 40.25	200m:	2:54.18	45.70	350m:	5:12.28 46.90		
	100m:	1:23.61 43.36	250m:	3:40.20	46.02	400m:	5:38.31 26.03		
	150m:	2:08.48 44.87	300m:	4:25.38	45.18	800m:	12:08.55 6:30.24		
16.	Diana Filipa, GONCALVES		96	Náutico/Matobra				12:37.78	273
	50m:	40.65 40.65	250m:	3:55.44	48.74	450m:	7:07.84 47.17	650m:	10:19.46 48.03
	100m:	1:27.96 47.31	300m:	4:43.82	48.38	500m:	7:56.50 48.66	700m:	11:06.63 47.17
	150m:	2:17.34 49.38	350m:	5:32.15	48.33	550m:	8:45.08 48.58	750m:	11:54.27 47.64
	200m:	3:06.70 49.36	400m:	6:20.67	48.52	600m:	9:31.43 46.35	800m:	12:37.78 43.51
17.	Francisca Silva, MARQUES		96	Académica de Coimbra				12:47.52	263
	50m:	40.20 40.20	200m:	3:00.42	1:34.99	300m:	4:37.04 45.89	800m:	12:47.52 6:32.67
	100m:	1:25.43 45.23	250m:	3:51.15	50.73	400m:	6:14.85 1:37.81		

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 4, Femin., 800m Livres

Prova 4
7.12.08 - 10:30

Femin., 800m Livres

14 anos
Resultados

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Tatiana Filipa, SANTOS		95	Ginásio Figueirense				9:46.81	588
	50m:	32.09 32.09	250m:	2:57.61	36.74	450m:	5:26.59 37.42	650m:	7:55.67 37.51
	100m:	1:07.91 35.82	300m:	3:34.60	36.99	500m:	6:03.73 37.14	700m:	8:33.19 37.52
	150m:	1:44.22 36.31	350m:	4:11.97	37.37	550m:	6:40.87 37.14	750m:	9:10.64 37.45
	200m:	2:20.87 36.65	400m:	4:49.17	37.20	600m:	7:18.16 37.29	800m:	9:46.81 36.17
2.	Mariana Rocha, VALENTE		95	Académica de Coimbra				9:47.76	585
	50m:	33.60 33.60	250m:	3:00.15	36.84	450m:	5:29.42 37.33	650m:	7:58.31 37.67
	100m:	1:09.85 36.25	300m:	3:37.46	37.31	500m:	6:06.55 37.13	700m:	8:35.54 37.23
	150m:	1:46.06 36.21	350m:	4:14.72	37.26	550m:	6:43.52 36.97	750m:	9:13.28 37.74
	200m:	2:23.31 37.25	400m:	4:52.09	37.37	600m:	7:20.64 37.12	800m:	9:47.76 34.48
3.	Adriana Correia, LOPES		95	Náutico/Matobra				9:57.58	557
	50m:	33.31 33.31	250m:	3:01.32	37.21	450m:	5:32.22 37.71	650m:	8:04.63 38.40
	100m:	1:09.53 36.22	300m:	3:38.93	37.61	500m:	6:10.06 37.84	700m:	8:43.29 38.66
	150m:	1:46.49 36.96	350m:	4:16.79	37.86	550m:	6:48.20 38.14	750m:	9:21.20 37.91
	200m:	2:24.11 37.62	400m:	4:54.51	37.72	600m:	7:26.23 38.03	800m:	9:57.58 36.38
4.	Carolina Cunha, MARTINS		95	Náutico/Matobra				10:05.92	534
	50m:	33.14 33.14	250m:	3:00.91	37.58	450m:	5:34.67 38.97	650m:	8:11.70 39.41
	100m:	1:09.09 35.95	300m:	3:39.03	38.12	500m:	6:13.44 38.77	700m:	8:51.30 39.60
	150m:	1:45.71 36.62	350m:	4:17.32	38.29	550m:	6:52.38 38.94	750m:	9:29.47 38.17
	200m:	2:23.33 37.62	400m:	4:55.70	38.38	600m:	7:32.29 39.91	800m:	10:05.92 36.45
5.	Ana Claudia, CORDEIRO		95	Académica de Coimbra				10:21.05	496
	50m:	35.97 35.97	250m:	3:11.92	38.86	450m:	5:48.73 39.13	650m:	8:26.06 39.30
	100m:	1:14.79 38.82	300m:	3:51.38	39.46	500m:	6:28.05 39.32	700m:	9:05.16 39.10
	150m:	1:53.88 39.09	350m:	4:30.56	39.18	550m:	7:07.38 39.33	750m:	9:44.31 39.15
	200m:	2:33.06 39.18	400m:	5:09.60	39.04	600m:	7:46.76 39.38	800m:	10:21.05 36.74
6.	Rita Amado, LAEZZA		95	Académica de Coimbra				10:21.60	495
	50m:	33.23 33.23	250m:	3:03.03	38.22	450m:	5:40.22 38.95	650m:	8:22.37 41.00
	100m:	1:09.48 36.25	300m:	3:42.77	39.74	500m:	6:20.37 40.15	700m:	9:03.08 40.71
	150m:	1:46.83 37.35	350m:	4:22.07	39.30	550m:	7:01.00 40.63	750m:	9:42.93 39.85
	200m:	2:24.81 37.98	400m:	5:01.27	39.20	600m:	7:41.37 40.37	800m:	10:21.60 38.67
7.	Mariana Pedroso, CARVALHO		95	Náutico/Matobra				10:27.52	481
	50m:	34.73 34.73	250m:	3:10.87	39.56	450m:	5:49.10 39.99	650m:	8:29.31 40.51
	100m:	1:12.97 38.24	300m:	3:50.07	39.20	500m:	6:28.86 39.76	700m:	9:09.66 40.35
	150m:	1:51.88 38.91	350m:	4:29.70	39.63	550m:	7:08.81 39.95	750m:	9:49.56 39.90
	200m:	2:31.31 39.43	400m:	5:09.11	39.41	600m:	7:48.80 39.99	800m:	10:27.52 37.96
8.	Mariana Costa, SEBASTIAO		95	Ginásio Figueirense				10:44.57	443
	50m:	40.66 40.66	250m:	3:14.50	40.84	450m:	5:56.18 32.24	650m:	8:43.38 41.28
	100m:	1:18.74 38.08	300m:	3:54.44	39.94	500m:	6:38.92 42.74	700m:	9:24.72 41.34
	150m:	1:53.92 35.18	350m:	4:34.82	40.38	550m:	7:23.74 44.82	750m:	10:05.38 40.66
	200m:	2:33.66 39.74	400m:	5:23.94	49.12	600m:	8:02.10 38.36	800m:	10:44.57 39.19
9.	Catarina Alexandra, FERREIRA		95	Náutico/Matobra				10:48.28	436
	50m:	34.90 34.90	250m:	3:11.64	39.92	450m:	5:57.00 41.70	650m:	8:44.87 42.36
	100m:	1:13.11 38.21	300m:	3:52.06	40.42	500m:	6:38.49 41.49	700m:	9:26.65 41.78
	150m:	1:51.85 38.74	350m:	4:33.08	41.02	550m:	7:20.42 41.93	750m:	10:08.80 42.15
	200m:	2:31.72 39.87	400m:	5:15.30	42.22	600m:	8:02.51 42.09	800m:	10:48.28 39.48
10.	Joana Ines, OLIVEIRA		95	Académica de Coimbra				10:48.58	435
	50m:	35.86 35.86	250m:	3:16.20	40.66	450m:	6:01.15 41.42	650m:	8:45.89 41.63
	100m:	1:15.05 39.19	300m:	3:57.21	41.01	500m:	6:42.30 41.15	700m:	9:28.34 42.45
	150m:	1:55.01 39.96	350m:	4:38.29	41.08	550m:	7:23.57 41.27	750m:	10:10.07 41.73
	200m:	2:35.54 40.53	400m:	5:19.73	41.44	600m:	8:04.26 40.69	800m:	10:48.58 38.51
11.	Sofia Verissimo, PEDROSA		95	Paião				10:48.68	435
	50m:	35.86 35.86	250m:	3:16.76	40.53	450m:	6:01.27 41.21	650m:	8:47.15 41.46
	100m:	1:15.10 39.24	300m:	3:57.32	40.56	500m:	6:42.67 41.40	700m:	9:28.05 40.90
	150m:	1:55.30 40.20	350m:	4:38.81	41.49	550m:	7:23.97 41.30	750m:	10:09.67 41.62
	200m:	2:36.23 40.93	400m:	5:20.06	41.25	600m:	8:05.69 41.72	800m:	10:48.68 39.01

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 6. - 7.12.2008

Prova 4, Femin., 800m Livres, 14 anos

Lugar			Ano					Tempo final	Pts		
12.	Raquel Raimundo, FERREIRA		95	Náutico/Matobra				10:56.26	420		
	50m:	34.54 34.54	250m:	3:18.73	41.95	450m:	6:08.73	42.63	650m:	8:56.87	41.71
	100m:	1:12.92 38.38	300m:	4:01.10	42.37	500m:	6:51.35	42.62	700m:	9:37.88	41.01
	150m:	1:54.07 41.15	350m:	4:43.54	42.44	550m:	7:33.47	42.12	750m:	10:18.77	40.89
	200m:	2:36.78 42.71	400m:	5:26.10	42.56	600m:	8:15.16	41.69	800m:	10:56.26	37.49
13.	Joana Reis, VEIGA		95	Académica de Coimbra				10:57.65	418		
	50m:	35.32 35.32	250m:	3:19.22	41.66	450m:	6:07.16	42.34	650m:	8:54.44	41.78
	100m:	1:15.52 40.20	300m:	4:00.84	41.62	500m:	6:49.16	42.00	700m:	9:36.60	42.16
	150m:	1:56.42 40.90	350m:	4:42.52	41.68	550m:	7:30.61	41.45	750m:	10:19.13	42.53
	200m:	2:37.56 41.14	400m:	5:24.82	42.30	600m:	8:12.66	42.05	800m:	10:57.65	38.52
14.	Ana Rita, CABRAL		95	Náutico/Matobra				11:12.65	390		
	50m:	37.41 37.41	250m:	3:25.59	42.35	450m:	6:14.84	41.88	650m:	9:05.90	42.92
	100m:	1:18.60 41.19	300m:	4:07.70	42.11	500m:	6:57.58	42.74	700m:	9:49.27	43.37
	150m:	2:01.06 42.46	350m:	4:50.40	42.70	550m:	7:40.09	42.51	750m:	10:31.92	42.65
	200m:	2:43.24 42.18	400m:	5:32.96	42.56	600m:	8:22.98	42.89	800m:	11:12.65	40.73
15.	Claudia Filipa, SILVA		95	Miranda do Corvo				11:24.99	370		
	50m:	38.75 38.75	250m:	3:30.03	42.67	450m:	6:22.66	43.37	650m:	9:17.86	44.06
	100m:	1:21.61 42.86	300m:	4:13.02	42.99	500m:	7:06.04	43.38	700m:	10:01.24	43.38
	150m:	2:04.32 42.71	350m:	4:55.79	42.77	550m:	7:49.59	43.55	750m:	10:44.68	43.44
	200m:	2:47.36 43.04	400m:	5:39.29	43.50	600m:	8:33.80	44.21	800m:	11:24.99	40.31
16.	Beatriz Calvete, PEDROSA		95	Paião				11:48.80	334		
	50m:	38.08 38.08	250m:	3:32.54	43.89	450m:	6:33.40	45.63	650m:	9:36.67	46.20
	100m:	1:20.84 42.76	300m:	4:17.34	44.80	500m:	7:19.05	45.65	700m:	10:23.25	46.58
	150m:	2:04.50 43.66	350m:	5:02.34	45.00	550m:	8:05.15	46.10	750m:	11:08.37	45.12
	200m:	2:48.65 44.15	400m:	5:47.77	45.43	600m:	8:50.47	45.32	800m:	11:48.80	40.43
17.	Mariana Coutinho, SOUTO		95	Académica de Coimbra				12:18.26	295		
	50m:	40.58 40.58	250m:	3:46.06	47.12	450m:	6:54.32	47.58	650m:	10:04.47	47.36
	100m:	1:26.82 46.24	300m:	4:32.37	46.31	500m:	7:42.06	47.74	700m:	10:49.77	45.30
	150m:	2:12.88 46.06	350m:	5:20.64	48.27	550m:	8:30.33	48.27	750m:	11:35.38	45.61
	200m:	2:58.94 46.06	400m:	6:06.74	46.10	600m:	9:17.11	46.78	800m:	12:18.26	42.88