

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

1 - 1ª Jornada

22.2.08 - 18:00

Prova 1
22.2.08 - 18:00

Femin., 400m Estilos

12 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Pinto, ALVES	96	A.S.S.S. Columbófila Cantanhedense	6:34.74 325
50m: 45.12 45.12 100m: 1:38.81 53.69 400m: 6:34.74 4:55.93			
2. Maria Manuela, FRADE	96	Associação Beneficência Popular de Coimbra	6:45.15 300
50m: 46.20 46.20 100m: 1:40.59 54.39 400m: 6:45.15 5:04.56			

Prova 1
22.2.08 - 18:00

Femin., 400m Estilos

13 anos
Resultados

INF A Fem : 6:45.55

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, SANTOS	95	Ginásio Clube Figueirense	5:28.42 564
TFO			
50m: 35.35 35.35 100m: 1:16.64 41.29 400m: 5:28.42 4:11.78			
2. Adriana Correia, LOPES	95	Clube Desportivo Lousanense	5:40.15 508
TFO			
50m: 35.95 35.95 100m: 1:19.23 43.28 400m: 5:40.15 4:20.92			
3. Carolina Cunha, MARTINS	95	Clube Náutico Académico	5:56.52 441
TFO			
50m: 38.70 38.70 100m: 1:26.98 48.28 400m: 5:56.52 4:29.54			
4. Mariana Pedroso, CARVALHO	95	Clube Náutico Académico	5:57.45 437
TFO			
100m: 1:20.68 1:20.68 400m: 5:57.45 4:36.77			
5. Joana Reis, VEIGA	95	Associação Académica de Coimbra	6:04.76 412
TFO			
50m: 35.84 35.84 100m: 1:19.45 43.61 400m: 6:04.76 4:45.31			
6. Catarina Alexandra, FERREIRA	95	Clube Desportivo Lousanense	6:05.95 408
TFO			
50m: 39.77 39.77 100m: 1:29.31 49.54 400m: 6:05.95 4:36.64			
7. Ana Rita, CABRAL	95	Clube Náutico Académico	6:50.28 289
50m: 47.04 47.04 100m: 1:43.11 56.07 400m: 6:50.28 5:07.17			

Prova 2
22.2.08 - 18:15

Masc., 400m Estilos

13 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel, RIBEIRO	95	Associação Beneficência Popular de Coimbra	5:55.93 325
50m: 38.38 38.38 100m: 1:25.28 46.90 400m: 5:55.93 4:30.65			
2. Joao Andre, NEVES	95	Associação Académica de Coimbra	5:56.15 325
50m: 37.61 37.61 150m: 2:10.94 48.36 250m: 3:46.41 48.52 350m: 5:17.48 41.04			
100m: 1:22.58 44.97 200m: 2:57.89 46.95 300m: 4:36.44 50.03 400m: 5:56.15 38.67			
3. Tiago Miguel, ALVES	95	A.S.S.S. Columbófila Cantanhedense	6:02.26 309
50m: 38.44 38.44 100m: 1:25.62 47.18 400m: 6:02.26 4:36.64			

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Coimbra, 22. - 24.2.2008

Prova 2, Masc., 400m Estilos

Prova 2 Masc., 400m Estilos 14 anos
22.2.08 - 18:15 Resultados

INF A Masc : 6:05.87

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts	
1.	Joao Pedro, VEIGA				94	Clube Náutico Académico				5:16.81	461	
	TFO											
	50m:	35.92	35.92	150m:	1:59.79	41.32	250m:	3:22.59	43.34	350m:	4:42.56	36.44
	100m:	1:18.47	42.55	200m:	2:39.25	39.46	300m:	4:06.12	43.53	400m:	5:16.81	34.25
2.	Diogo Cunha, GIRAÓ				94	A.S.S.S. Columbófila Cantanhedense				5:20.04	447	
	TFO											
	50m:	36.67	36.67	100m:	1:17.73	41.06	400m:	5:20.04	4:02.31			
3.	Pedro Barros, MENDES				94	Associação Académica de Coimbra				5:25.45	426	
	TFO											
	50m:	34.95	34.95	150m:	1:58.43	42.25	250m:	3:24.84	45.52	350m:	4:50.11	39.69
	100m:	1:16.18	41.23	200m:	2:39.32	40.89	300m:	4:10.42	45.58	400m:	5:25.45	35.34
4.	Joao Manuel, BORGES				94	Ginásio Clube Figueirense				5:29.46	410	
	TFO											
	50m:	35.00	35.00	150m:	1:58.32	42.00	250m:	3:26.56	48.07	350m:	4:53.76	37.24
	100m:	1:16.32	41.32	200m:	2:38.49	40.17	300m:	4:16.52	49.96	400m:	5:29.46	35.70
5.	Joao Barbosa, MOREIRA				94	Clube Náutico Académico				5:55.46	327	
	TFO											
	50m:	35.64	35.64	100m:	1:24.06	48.42	400m:	5:55.46	4:31.40			

Prova 3 Femin., 100m Costas 12 anos
22.2.08 - 18:25 Resultados

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts
1.	Ana Rita, ARTUR				96	Associação Académica de Coimbra				1:19.70	391
	50m:	39.05	39.05	100m:	1:19.70	40.65					
2.	Ana Carolina, CARVALHEIRA				96	Clube Náutico Académico				1:22.57	352
	50m:	40.31	40.31	100m:	1:22.57	42.26					
3.	Maria Joao, PAIXAO				96	Ginásio Clube Figueirense				1:23.28	343
	50m:	41.12	41.12	100m:	1:23.28	42.16					
4.	Ana Luisa, CARVALHO				96	Clube Desportivo Lousanense				1:23.99	334
	50m:	41.91	41.91	100m:	1:23.99	42.08					
5.	Carlota Moura, CARVALHOS				96	Clube Náutico Académico				1:25.03	322
	50m:	41.58	41.58	100m:	1:25.03	43.45					
6.	Maria Amelia, GASPARE				96	Clube Náutico Académico				1:25.55	316
	50m:	42.53	42.53	100m:	1:25.55	43.02					
7.	Ana Carolina, LEAL				96	Clube Náutico Académico				1:26.01	311
	50m:	42.21	42.21	100m:	1:26.01	43.80					
8.	Joana Faim, ALMEIDA				96	Ginásio Clube Figueirense				1:27.70	293
	50m:	42.30	42.30	100m:	1:27.70	45.40					
9.	Ana Luisa, COSTA				96	Clube Náutico Académico				1:30.07	271
	50m:	44.99	44.99	100m:	1:30.07	45.08					
10.	Florbela Cavaco, MACHADO				96	A.S.S.S. Columbófila Cantanhedense				1:33.73	240
	50m:	46.21	46.21	100m:	1:33.73	47.52					
11.	Sofia Caramelo, FOLGADO				96	Clube Náutico Académico				1:34.99	231
	50m:	47.58	47.58	100m:	1:34.99	47.41					

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Prova 3, Femin., 100m Costas, 12 anos

Lugar		Ano		Tempo final	Pts
12.	Maria Beatriz, RASCAO	96	Clube Náutico Académico	1:36.01	224
	50m: 47.93 47.93 100m: 1:36.01 48.08				
13.	Diana Gomes, SANTOS	96	Associação Beneficência Popular de Coimbra	1:36.22	222
	50m: 46.80 46.80 100m: 1:36.22 49.42				
14.	Mariana Filipa, DIAS	96	Ginásio Clube Figueirense	1:40.58	195
	50m: 47.50 47.50 100m: 1:40.58 53.08				
15.	Maria Ines, CARREIRA	96	Clube Náutico Académico	1:42.17	186
	50m: 51.13 51.13 100m: 1:42.17 51.04				

Prova 3
22.2.08 - 18:25

Femin., 100m Costas

13 anos
Resultados

INF A Fem : 1:27.10

Pontos: FINA 2004

Lugar		Ano		Tempo final	Pts
1.	Mariana Costa, SEBASTIAO	95	Ginásio Clube Figueirense	1:15.73	456
	<i>TFO</i> 50m: 36.32 36.32 100m: 1:15.73 39.41				
2.	Rita Amado, LAEZZA	95	Associação Académica de Coimbra	1:17.01	433
	<i>TFO</i> 50m: 37.62 37.62 100m: 1:17.01 39.39				
3.	Ana Claudia, CORDEIRO	95	Associação Académica de Coimbra	1:17.32	428
	<i>TFO</i> 50m: 38.01 38.01 100m: 1:17.32 39.31				
4.	Iris Catarina, AMARAL	95	Clube Náutico Académico	1:21.60	364
	<i>TFO</i> 50m: 39.81 39.81 100m: 1:21.60 41.79				
5.	Ana Marta, FARIAS	95	Ginásio Clube Figueirense	1:21.92	360
	<i>TFO</i> 50m: 40.20 40.20 100m: 1:21.92 41.72				
6.	Joana Ines, OLIVEIRA	95	Associação Académica de Coimbra	1:25.26	319
	<i>TFO</i> 50m: 41.65 41.65 100m: 1:25.26 43.61				
7.	Raquel Raimundo, FERREIRA	95	Clube Desportivo Lousanense	1:26.72	304
	<i>TFO</i> 50m: 42.90 42.90 100m: 1:26.72 43.82				
8.	Mariana Coutinho, SOUTO	95	Associação Académica de Coimbra	1:30.39	268
	50m: 43.85 43.85 100m: 1:30.39 46.54				
9.	Mariana Raquel, COLACO	95	Clube Desportivo Lousanense	1:31.73	256
	50m: 44.63 44.63 100m: 1:31.73 47.10				
10.	Joana Carolina, ALVES	95	Ginásio Clube Figueirense	1:31.83	256
	50m: 45.54 45.54 100m: 1:31.83 46.29				
EXH	Sofia Roque, DIAS	94	Associação Académica de Coimbra	1:22.41	354
	50m: 40.81 40.81 100m: 1:22.41 41.60				
EXH	Bruna Miguel, PEREIRA	94	Associação Académica de Coimbra	1:29.08	280
	50m: 44.81 44.81 100m: 1:29.08 44.27				

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Prova 4
22.2.08 - 18:30

Masc., 100m Costas

13 anos
Resultados

Pontos: FINA 2004

Lugar				Ano		Tempo final	Pts
1.	Luis Gabriel, SANTOS			95	Ginásio Clube Figueirense	1:15.55	310
	50m: 36.61 36.61	100m: 1:15.55			38.94		
2.	Miguel Angelo, FIGUEIRA			95	A.S.S.S. Columbófila Cantanhedense	1:16.93	294
	50m: 37.91 37.91	100m: 1:16.93			39.02		
3.	Guilherme Pedro, COELHO			95	Clube Náutico Académico	1:17.15	291
	50m: 37.62 37.62	100m: 1:17.15			39.53		
4.	Luis de, OLIVEIRA			95	Associação Académica de Coimbra	1:19.88	262
	50m: 39.37 39.37	100m: 1:19.88			40.51		
5.	Rafael Joao, CORREIA			95	Clube Desportivo Lousanense	1:21.60	246
	50m: 40.24 40.24	100m: 1:21.60			41.36		
6.	Jose Antonio, FORTE			95	Associação Académica de Coimbra	1:22.08	242
	50m: 40.74 40.74	100m: 1:22.08			41.34		
7.	Goncalo Ferreira, COROADO			95	Associação Académica de Coimbra	1:22.55	238
	50m: 40.29 40.29	100m: 1:22.55			42.26		
8.	Ruben Jordao, FERNANDES			95	Clube Náutico de Miranda do Corvo	1:24.55	221
	50m: 41.37 41.37	100m: 1:24.55			43.18		
9.	Miguel Coelho, COSTA			95	Associação Académica de Coimbra	1:25.39	215
	50m: 41.13 41.13	100m: 1:25.39			44.26		
10.	Francisco Pais, BAPTISTA			95	Clube Náutico Académico	1:26.75	205
	50m: 42.88 42.88	100m: 1:26.75			43.87		
11.	Henrique Ferreira, COROADO			95	Associação Académica de Coimbra	1:28.02	196
	50m: 43.02 43.02	100m: 1:28.02			45.00		
12.	Joao Alexandre, SARAIVA			95	Associação Beneficência Popular de Gouveia	1:31.51	175
	50m: 44.20 44.20	100m: 1:31.51			47.31		
13.	Diogo Andre, JORGE			95	Clube Náutico Académico	1:32.80	167
	50m: 46.26 46.26	100m: 1:32.80			46.54		
14.	Jose Miguel, FIGUEIRA			95	A.S.S.S. Columbófila Cantanhedense	1:34.97	156
	50m: 47.09 47.09	100m: 1:34.97			47.88		
DSQ	Manuel Luis, SOUSA			95	Clube Náutico Académico		

Prova 4
22.2.08 - 18:30

Masc., 100m Costas

14 anos
Resultados

INF A Masc : 1:16.43

Pontos: FINA 2004

Lugar				Ano		Tempo final	Pts
1.	Gustavo Almeida, MADUREIRA			94	Associação Académica de Coimbra	1:10.95	374
	TFO						
	50m: 35.00 35.00	100m: 1:10.95			35.95		
2.	Joao Filipe, LUCAS			94	Associação Académica de Coimbra	1:13.74	334
	TFO						
	50m: 36.29 36.29	100m: 1:13.74			37.45		
3.	Joao Nuno, PIRES			94	Clube Náutico Académico	1:14.45	324
	TFO						
	50m: 35.94 35.94	100m: 1:14.45			38.51		
4.	Francisco Leonardes, ALVES			94	Associação Académica de Coimbra	1:14.68	321
	TFO						
	50m: 36.73 36.73	100m: 1:14.68			37.95		

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Coimbra, 22. - 24.2.2008

Prova 4, Masc., 100m Costas, 14 anos

Lugar	Ano	Tempo final	Pts
5. Fabio Filipe, LOPES <i>TFO</i>	94	1:15.63	309
50m: 36.60 36.60 100m: 1:15.63 39.03			
6. Joao Nuno, CONDE <i>TFO</i>	94	1:16.02	304
50m: 37.62 37.62 100m: 1:16.02 38.40			
7. David Alexandre, PEREIRA	94	1:20.88	253
50m: 39.44 39.44 100m: 1:20.88 41.44			

Prova 5
22.2.08 - 18:50

Femin., 4 x 200m Livres

12 anos
Resultados

Pontos: FINA 2004

Lugar	Tempo final	Pts
1. Clube Náutico Académico 2 Maria Amelia, GASPAR 96 Ana Carolina, LEAL 96 Carlota Moura, CARVALHOS 96 Maria Beatriz, RASCAO 96	Clube Náutico Académico 11:06.84	353
2. Associação Académica de Coimbra 14 Ana Rita, ARTUR 96 Joana de Andrade, COSTA 96 Maria Polonio, VIEIRA 96 Francisca Silva, MARQUES 96	Associação Académica de Coimbra 12:07.81	271

Prova 5
22.2.08 - 18:50

Femin., 4 x 200m Livres

13 anos
Resultados

INF A Fem : 12:22.07

Pontos: FINA 2004

Lugar	Tempo final	Pts
1. Associação Académica de Coimbra 10 <i>TFO</i> Mariana Rocha, VALENTE 95 Joana Ines, OLIVEIRA 95 Ana Claudia, CORDEIRO 95 Rita Amado, LAEZZA 95	Associação Académica de Coimbra 9:53.05	502
2. Ginásio Clube Figueirense 3 <i>TFO</i> Mariana Costa, SEBASTIAO 95 Ana Marta, FARIAS 95 Joana Carolina, ALVES 95 Tatiana Filipa, SANTOS 95	Ginásio Clube Figueirense 10:36.00	407
3. Clube Náutico Académico 5 <i>TFO</i> Carolina Cunha, MARTINS 95 Ana Rita, CABRAL 95 Mariana Pedroso, CARVALHO 95 Iris Catarina, AMARAL 95	Clube Náutico Académico 10:38.77	402

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Prova 6
22.2.08 - 19:05

Masc., 4 x 200m Livres

13 anos
Resultados

Pontos: FINA 2004

Lugar					Tempo final	Pts
1.	Associação Académica de Coimbra 17	Associação Académica de Coimbra			10:00.86	350
	Luis de, OLIVEIRA	95	32.80	1:10.59	1:49.09	2:24.76
	Jose Antonio, FORTE	95	34.72	1:15.42	1:56.12	2:33.52
	Gustavo Lopes, RIBEIRO	95	35.99	1:15.66	1:54.53	2:31.64
	Joao Andre, NEVES	95	33.76	1:12.77	1:52.32	2:30.94
2.	Clube Náutico Académico 2	Clube Náutico Académico			11:31.19	230
	Guilherme Pedro, COELHO	95	35.93	1:15.21	1:55.63	2:35.47
	Diogo Andre, JORGE	95	40.12	1:25.49	2:12.36	2:56.07
	Francisco Pais, BAPTISTA	95	39.61	1:24.89	2:10.42	2:52.16
	Manuel Luis, SOUSA	95	42.09	1:31.18	2:20.72	3:07.49

Prova 6
22.2.08 - 19:05

Masc., 4 x 200m Livres

14 anos
Resultados

INF A Masc : 11:26.21

Pontos: FINA 2004

Lugar					Tempo final	Pts
1.	Associação Académica de Coimbra 1	Associação Académica de Coimbra			9:32.86	404
	<i>TFO</i>					
	Pedro Barros, MENDES	94	33.24	1:11.06	1:48.28	2:23.22
	Francisco Leonardes, ALVES	94	33.84	1:11.43	1:49.32	2:24.56
	Joao Filipe, LUCAS	94	32.73	1:10.07	1:47.96	2:25.19
	Gustavo Almeida, MADUREIRA	94	31.55	1:07.64	1:44.95	2:19.89
2.	Clube Náutico Académico 5	Clube Náutico Académico			9:38.38	392
	<i>TFO</i>					
	Joao Pedro, VEIGA	94	32.89	1:08.84	1:44.44	2:18.39
	Joao Barbosa, MOREIRA	94	33.67	1:11.28	1:50.38	2:26.79
	Joao Nuno, CONDE	94	32.63	1:08.88	1:46.15	2:22.46
	Joao Nuno, PIRES	94	34.54	1:13.44	1:51.37	2:30.74
EXH	Clube Náutico de Miranda do Corvo 2	Clube Náutico de Miranda do Corvo			10:31.25	302
	Rui Jorge, DIAS	95	33.49	1:09.95	1:46.81	2:22.31
	Ricardo Daniel, PEREIRA	95	38.04	1:21.84	2:06.42	2:48.95
	Ruben Jordao, FERNANDES	95	37.44	1:20.84	2:06.41	2:49.25
	Pedro Daniel, PINTO	94	34.63	1:14.25	1:53.67	2:30.74

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

2 - 2ª Jornada - 1ª Sessão

23.2.08 - 10:00

Prova 7 Femin., 800m Livres 12 anos
23.2.08 - 10:00 Resultados

Pontos: FINA 2004

Lugar	Ano								Tempo final	Pts
1. Ana Luisa, CARVALHO	96 Clube Desportivo Lousanense								11:15.83	396
50m:	36.17	36.17	250m:	3:27.89	43.41	450m:	6:21.51	43.24	650m:	9:15.03 43.42
100m:	1:18.33	42.16	300m:	4:11.02	43.13	500m:	7:05.06	43.55	800m:	11:15.83 2:00.80
150m:	2:01.24	42.91	350m:	4:54.45	43.43	550m:	7:48.33	43.27		
200m:	2:44.48	43.24	400m:	5:38.27	43.82	600m:	8:31.61	43.28		
2. Ana Luisa, COSTA	96 Clube Náutico Académico								11:21.38	387
50m:	40.75	40.75	250m:	3:32.64	43.02	450m:	6:25.97	43.62	650m:	9:17.54 42.76
100m:	1:23.34	42.59	300m:	4:16.26	43.62	500m:	7:09.53	43.56	800m:	11:21.38 2:03.84
150m:	2:06.46	43.12	350m:	4:59.50	43.24	550m:	7:52.01	42.48		
200m:	2:49.62	43.16	400m:	5:42.35	42.85	600m:	8:34.78	42.77		
3. Florbela Cavaco, MACHADO	96 A.S.S.S. Columbófila Cantanhedense								11:25.42	380
50m:	37.06	37.06	200m:	2:48.27	1:28.01	800m:	11:25.42	5:43.25		
100m:	1:20.26	43.20	400m:	5:42.17	2:53.90					
4. Maria Amelia, GASPAS	96 Clube Náutico Académico								11:30.72	371
50m:	40.55	40.55	250m:	3:36.08	44.62	450m:	6:30.22	43.55	650m:	9:24.27 42.82
100m:	1:24.27	43.72	300m:	4:18.15	42.07	500m:	7:14.51	44.29	750m:	10:49.79 1:25.52
150m:	2:07.70	43.43	350m:	5:03.25	45.10	550m:	7:57.62	43.11	800m:	11:30.72 40.93
200m:	2:51.46	43.76	400m:	5:46.67	43.42	600m:	8:41.45	43.83		
5. Maria Beatriz, RASCAO	96 Clube Náutico Académico								12:04.71	322
50m:	39.80	39.80	200m:	2:53.47	1:30.56	800m:	12:04.71	6:11.19		
100m:	1:22.91	43.11	400m:	5:53.52	3:00.05					
6. Sofia Caramelo, FOLGADO	96 Clube Náutico Académico								12:57.70	260
50m:	43.22	43.22	200m:	3:09.14	1:37.25	800m:	12:57.70	6:31.36		
100m:	1:31.89	48.67	400m:	6:26.34	3:17.20					

Prova 7 Femin., 800m Livres 13 anos
23.2.08 - 10:00 Resultados

INF A Fem : 12:22.07

Pontos: FINA 2004

Lugar	Ano								Tempo final	Pts
1. Tatiana Filipa, SANTOS	95 Ginásio Clube Figueirense								10:01.91	561
TFO										
50m:	32.60	32.60	250m:	3:01.21	37.65	450m:	5:33.59	38.17	650m:	8:07.78 38.51
100m:	1:08.90	36.30	300m:	3:38.89	37.68	500m:	6:12.19	38.60	700m:	8:46.44 38.66
150m:	1:46.04	37.14	350m:	4:17.13	38.24	550m:	6:50.94	38.75	750m:	9:24.71 38.27
200m:	2:23.56	37.52	400m:	4:55.42	38.29	600m:	7:29.27	38.33	800m:	10:01.91 37.20
2. Adriana Correia, LOPES	95 Clube Desportivo Lousanense								10:20.21	513
TFO										
50m:	34.87	34.87	250m:	3:08.25	38.91	450m:	5:45.27	38.59	650m:	8:23.78 39.92
100m:	1:11.72	36.85	300m:	3:47.41	39.16	500m:	6:25.16	39.89	700m:	9:03.03 39.25
150m:	1:50.22	38.50	350m:	4:26.82	39.41	550m:	7:04.51	39.35	750m:	9:42.70 39.67
200m:	2:29.34	39.12	400m:	5:06.68	39.86	600m:	7:43.86	39.35	800m:	10:20.21 37.51
3. Mariana Rocha, VALENTE	95 Associação Académica de Coimbra								10:43.64	459
TFO										
50m:	35.24	35.24	250m:	3:14.86	40.67	450m:	5:58.10	41.15	650m:	8:43.02 41.00
100m:	1:14.40	39.16	300m:	3:55.14	40.28	500m:	6:39.24	41.14	700m:	9:24.69 41.67
150m:	1:53.94	39.54	350m:	4:35.83	40.69	550m:	7:20.15	40.91	750m:	10:05.68 40.99
200m:	2:34.19	40.25	400m:	5:16.95	41.12	600m:	8:02.02	41.87	800m:	10:43.64 37.96

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 7, Femin., 800m Livres, 13 anos

Lugar			Ano					Tempo final	Pts
4.	Carolina Cunha, MARTINS		95	Clube Náutico Académico				10:48.47	449
	<i>TFO</i>								
	50m:	36.16	36.16	250m:	3:19.16	40.55	450m:	6:02.37	41.02
	100m:	1:16.91	40.75	300m:	4:00.34	41.18	500m:	6:43.18	40.81
	150m:	1:57.66	40.75	350m:	4:40.62	40.28	550m:	7:23.79	40.61
	200m:	2:38.61	40.95	400m:	5:21.35	40.73	600m:	8:04.66	40.87
	650m:	8:45.45	40.79						
	700m:	9:26.80	41.35						
	750m:	10:08.46	41.66						
	800m:	10:48.47	40.01						
5.	Mariana Pedroso, CARVALHO		95	Clube Náutico Académico				11:04.89	416
	<i>TFO</i>								
	50m:	36.56	36.56	250m:	3:21.04	41.43	450m:	6:09.04	41.94
	100m:	1:17.12	40.56	300m:	4:02.56	41.52	500m:	6:52.40	43.36
	150m:	1:58.45	41.33	350m:	4:44.46	41.90	550m:	7:34.92	42.52
	200m:	2:39.61	41.16	400m:	5:27.10	42.64	600m:	8:18.04	43.12
	650m:	9:00.39	42.35						
	700m:	9:42.82	42.43						
	750m:	10:25.16	42.34						
	800m:	11:04.89	39.73						
6.	Raquel Raimundo, FERREIRA		95	Clube Desportivo Lousanense				11:14.96	398
	<i>TFO</i>								
	50m:	36.54	36.54	250m:	3:28.37	43.45	450m:	6:21.35	42.54
	100m:	1:18.19	41.65	300m:	4:11.92	43.55	500m:	7:03.74	42.39
	150m:	2:01.77	43.58	350m:	4:55.87	43.95	550m:	7:46.09	42.35
	200m:	2:44.92	43.15	400m:	5:38.81	42.94	600m:	8:29.24	43.15
	650m:	9:12.43	43.19						
	800m:	11:14.96	2:02.53						
EXH	Raquel Cristiana, PAIVA		90	Clube Náutico de Miranda do Corvo				10:21.59	510
	50m:	34.37	34.37	250m:	3:09.94	39.57	450m:	5:47.11	39.06
	100m:	1:12.04	37.67	300m:	3:49.44	39.50	500m:	6:26.69	39.58
	150m:	1:51.09	39.05	350m:	4:28.72	39.28	550m:	7:06.18	39.49
	200m:	2:30.37	39.28	400m:	5:08.05	39.33	600m:	7:45.28	39.10
	650m:	8:25.04	39.76						
	700m:	9:04.59	39.55						
	750m:	9:44.08	39.49						
	800m:	10:21.59	37.51						
EXH	Ana Raquel, OLIVEIRA		93	Clube Náutico de Miranda do Corvo				10:27.12	496
	50m:	34.72	34.72	250m:	3:12.05	39.81	450m:	5:50.58	39.72
	100m:	1:12.53	37.81	300m:	3:51.60	39.55	500m:	6:30.49	39.91
	150m:	1:52.28	39.75	350m:	4:31.32	39.72	550m:	7:10.57	40.08
	200m:	2:32.24	39.96	400m:	5:10.86	39.54	600m:	7:50.14	39.57
	650m:	8:30.15	40.01						
	700m:	9:09.10	38.95						
	750m:	9:49.72	40.62						
	800m:	10:27.12	37.40						
EXH	Tatiana Cruz, COSTA		94	Clube Náutico de Miranda do Corvo				10:40.86	465
	50m:	38.17	38.17	250m:	3:19.95	40.44	450m:	6:01.59	40.23
	100m:	1:19.37	41.20	300m:	4:00.56	40.61	500m:	6:42.86	41.27
	150m:	1:59.34	39.97	350m:	4:41.17	40.61	550m:	7:23.58	40.72
	200m:	2:39.51	40.17	400m:	5:21.36	40.19	600m:	8:02.97	39.39
	650m:	8:42.78	39.81						
	700m:	9:22.64	39.86						
	750m:	10:02.63	39.99						
	800m:	10:40.86	38.23						
EXH	Bruna Miguel, PEREIRA		94	Associação Académica de Coimbra				11:32.07	369
	50m:	38.37	38.37	250m:	3:33.39	43.86	450m:	6:27.65	44.01
	100m:	1:21.50	43.13	300m:	4:16.87	43.48	500m:	7:11.84	44.19
	150m:	2:05.82	44.32	350m:	4:59.84	42.97	550m:	7:56.59	44.75
	200m:	2:49.53	43.71	400m:	5:43.64	43.80	600m:	8:40.89	44.30
	650m:	9:25.26	44.37						
	800m:	11:32.07	2:06.81						
EXH	Salome Alves, SILVA		94	Clube Náutico de Miranda do Corvo				11:52.92	338
	50m:	40.36	40.36	250m:	3:37.43	44.26	450m:	6:36.81	44.96
	100m:	1:24.65	44.29	300m:	4:21.98	44.55	500m:	7:22.60	45.79
	150m:	2:09.07	44.42	350m:	5:07.04	45.06	550m:	8:07.84	45.24
	200m:	2:53.17	44.10	400m:	5:51.85	44.81	600m:	8:52.96	45.12
	650m:	9:38.96	46.00						
	800m:	11:52.92	2:13.96						

Prova 8
23.2.08 - 10:40

Masc., 400m Livres

13 anos
Resultados

Pontos: FINA 2004

Lugar			Ano					Tempo final	Pts
1.	Rui Jorge, DIAS		95	Clube Náutico de Miranda do Corvo				5:00.27	389
	50m:	34.51	34.51	150m:	1:50.55	38.16	250m:	3:06.78	38.31
	100m:	1:12.39	37.88	200m:	2:28.47	37.92	300m:	3:45.53	38.75
	350m:	4:24.40	38.87				400m:	5:00.27	35.87
2.	Luis Gabriel, SANTOS		95	Ginásio Clube Figueirense				5:03.20	378
	50m:	31.88	31.88	150m:	1:46.95	38.67	250m:	3:06.16	39.62
	100m:	1:08.28	36.40	200m:	2:26.54	39.59	300m:	3:45.08	38.92
	350m:	4:25.83	40.75				400m:	5:03.20	37.37

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 8, Masc., 400m Livres, 13 anos

Lugar					Ano					Tempo final	Pts	
3.	Gustavo Lopes, RIBEIRO				95	Associação Académica de Coimbra				5:26.28	303	
	50m:	38.28	38.28	150m:	1:59.25	40.62	250m:	3:21.86	41.64	350m:	4:45.20	41.24
	100m:	1:18.63	40.35	200m:	2:40.22	40.97	300m:	4:03.96	42.10	400m:	5:26.28	41.08
4.	Tiago Miguel, ALVES				95	A.S.S.S. Columbófila Cantanhedense				5:33.34	284	
	50m:	35.58	35.58	150m:	2:00.54	43.89	250m:	3:25.48	42.92	400m:	5:33.34	42.15
	100m:	1:16.65	41.07	200m:	2:42.56	42.02	350m:	4:51.19	1:25.71			
5.	Fabio Marques, FERREIRA				95	Junta Freguesia do Paião				5:42.53	262	
	50m:	37.02	37.02	150m:	2:04.15	44.22	250m:	3:31.36	43.82	350m:	4:59.91	44.44
	100m:	1:19.93	42.91	200m:	2:47.54	43.39	300m:	4:15.47	44.11	400m:	5:42.53	42.62
6.	Bernardo Tiago, ABREU				95	Associação Académica de Coimbra				5:49.70	246	
	50m:	38.93	38.93	150m:	2:08.26	44.91	250m:	3:38.62	45.05	350m:	5:08.44	45.01
	100m:	1:23.35	44.42	200m:	2:53.57	45.31	300m:	4:23.43	44.81	400m:	5:49.70	41.26
7.	Jose Miguel, FIGUEIRA				95	A.S.S.S. Columbófila Cantanhedense				5:52.52	240	
	50m:	40.32	40.32	150m:	2:08.89	44.41	250m:	3:39.06	44.86	350m:	5:07.84	44.42
	100m:	1:24.48	44.16	200m:	2:54.20	45.31	300m:	4:23.42	44.36	400m:	5:52.52	44.68
8.	Ruben Jordao, FERNANDES				95	Clube Náutico de Miranda do Corvo				5:53.20	239	
	50m:	38.63	38.63	150m:	2:07.97	45.63	250m:	3:38.94	45.56	350m:	5:09.13	45.07
	100m:	1:22.34	43.71	200m:	2:53.38	45.41	300m:	4:24.06	45.12	400m:	5:53.20	44.07
9.	Ricardo Daniel, PEREIRA				95	Clube Náutico de Miranda do Corvo				5:56.32	233	
	50m:	40.26	40.26	150m:	2:10.42	45.45	250m:	3:41.22	45.67	350m:	5:12.60	45.11
	100m:	1:24.97	44.71	200m:	2:55.55	45.13	300m:	4:27.49	46.27	400m:	5:56.32	43.72
10.	Diogo Andre, JORGE				95	Clube Náutico Académico				6:20.37	191	
	50m:	42.63	42.63	150m:	2:17.74	47.71	250m:	3:54.31	48.62	350m:	5:31.97	48.55
	100m:	1:30.03	47.40	200m:	3:05.69	47.95	300m:	4:43.42	49.11	400m:	6:20.37	48.40

Prova 8
23.2.08 - 10:40

Masc., 400m Livres

14 anos
Resultados

INF A Masc : 5:27.53

Pontos: FINA 2004

Lugar				Ano						Tempo final	Pts	
1.	Diogo Cunha, GIRAÓ			94			A.S.S.S. Columbófila Cantanhedense			4:31.58	525	
	TFO											
	50m:	31.90	31.90	150m:	1:39.70	34.00	250m:	2:48.34	34.52	350m:	3:57.67	34.57
	100m:	1:05.70	33.80	200m:	2:13.82	34.12	300m:	3:23.10	34.76	400m:	4:31.58	33.91
2.	Joao Manuel, BORGES			94			Ginásio Clube Figueirense			4:38.90	485	
	TFO											
	50m:	31.01	31.01	150m:	1:40.26	34.76	250m:	2:51.11	35.50	350m:	4:03.78	36.12
	100m:	1:05.50	34.49	200m:	2:15.61	35.35	300m:	3:27.66	36.55	400m:	4:38.90	35.12
3.	Joao Pedro, VEIGA			94			Clube Náutico Académico			4:39.32	483	
	TFO											
	50m:	32.78	32.78	150m:	1:44.32	35.67	250m:	2:55.81	35.76	350m:	4:05.54	34.27
	100m:	1:08.65	35.87	200m:	2:20.05	35.73	300m:	3:31.27	35.46	400m:	4:39.32	33.78
4.	David Jose, FONSECA			94			A.S.S.S. Columbófila Cantanhedense			4:55.60	407	
	TFO											
	50m:	32.30	32.30	150m:	1:45.46	37.26	250m:	3:01.83	38.44	350m:	4:18.34	38.35
	100m:	1:08.20	35.90	200m:	2:23.39	37.93	300m:	3:39.99	38.16	400m:	4:55.60	37.26
5.	Tiago Andre, SILVA			94			A.S.S.S. Columbófila Cantanhedense			4:58.50	396	
	TFO											
	50m:	32.75	32.75	150m:	1:47.40	37.91	250m:	3:03.50	38.03	350m:	4:20.90	38.64
	100m:	1:09.49	36.74	200m:	2:25.47	38.07	300m:	3:42.26	38.76	400m:	4:58.50	37.60
6.	Joao Filipe, LUCAS			94			Associação Académica de Coimbra			5:07.38	362	
	TFO											
	50m:	33.44	33.44	150m:	1:50.52	39.09	250m:	3:09.89	39.23	350m:	4:27.97	38.98
	100m:	1:11.43	37.99	200m:	2:30.66	40.14	300m:	3:48.99	39.10	400m:	5:07.38	39.41

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 8, Masc., 400m Livres, 14 anos

Lugar					Ano						Tempo final	Pts
7.	Pedro Daniel, PINTO				94	Clube Náutico de Miranda do Corvo					5:16.48	332
	TFO											
	50m:	35.17	35.17	150m:	1:54.47	39.82	250m:	3:15.43	40.19	350m:	4:37.39	40.88
	100m:	1:14.65	39.48	200m:	2:35.24	40.77	300m:	3:56.51	41.08	400m:	5:16.48	39.09
8.	Joao Barbosa, MOREIRA				94	Clube Náutico Académico					5:17.11	330
	TFO											
	50m:	33.49	33.49	150m:	1:54.31	41.56	250m:	3:16.62	40.58	350m:	4:37.58	40.63
	100m:	1:12.75	39.26	200m:	2:36.04	41.73	300m:	3:56.95	40.33	400m:	5:17.11	39.53
9.	Fabio Filipe, LOPES				94	Clube Desportivo Lousanense					5:21.59	316
	TFO											
	50m:	35.06	35.06	150m:	1:54.78	40.69	250m:	3:18.12	41.88	350m:	4:41.76	41.49
	100m:	1:14.09	39.03	200m:	2:36.24	41.46	300m:	4:00.27	42.15	400m:	5:21.59	39.83
EXH	Hugo Rafael, RAMALHO				90	Associação Académica de Coimbra					4:19.14	605
	50m:	30.58	30.58	150m:	1:36.03	32.84	250m:	2:42.45	33.20	350m:	3:48.97	33.23
	100m:	1:03.19	32.61	200m:	2:09.25	33.22	300m:	3:15.74	33.29	400m:	4:19.14	30.17
EXH	Bruno Gustavo, NOGUEIRA				91	Associação Académica de Coimbra					4:19.90	599
	50m:	30.09	30.09	150m:	1:36.69	33.50	250m:	2:43.54	33.25	350m:	3:49.55	32.68
	100m:	1:03.19	33.10	200m:	2:10.29	33.60	300m:	3:16.87	33.33	400m:	4:19.90	30.35
EXH	Andre Filipe, LOPES				92	Associação Académica de Coimbra					4:19.96	599
	50m:	29.47	29.47	150m:	1:33.62	32.40	250m:	2:39.50	33.50	350m:	3:46.01	33.03
	100m:	1:01.22	31.75	200m:	2:06.00	32.38	300m:	3:12.98	33.48	400m:	4:19.96	33.95
EXH	Pedro Filipe, SANTOS				89	Associação Académica de Coimbra					4:21.02	592
	50m:	30.60	30.60	150m:	1:35.85	32.38	250m:	2:42.52	33.44	350m:	3:49.19	32.92
	100m:	1:03.47	32.87	200m:	2:09.08	33.23	300m:	3:16.27	33.75	400m:	4:21.02	31.83
EXH	Luis Miguel, SANTOS				90	Associação Académica de Coimbra					4:21.15	591
	50m:	29.65	29.65	150m:	1:35.59	33.50	250m:	2:41.86	33.06	350m:	3:46.02	31.43
	100m:	1:02.09	32.44	200m:	2:08.80	33.21	300m:	3:14.59	32.73	400m:	4:21.15	35.13
EXH	Tiago Rafael, LOPES				92	Associação Académica de Coimbra					4:24.54	568
	50m:	30.13	30.13	150m:	1:36.44	33.54	250m:	2:44.43	33.84	350m:	3:52.07	33.64
	100m:	1:02.90	32.77	200m:	2:10.59	34.15	300m:	3:18.43	34.00	400m:	4:24.54	32.47
EXH	Mario Joao, MARTINS				92	Clube Náutico de Miranda do Corvo					4:30.18	534
	50m:	29.89	29.89	150m:	1:36.67	34.12	250m:	2:45.08	34.15	350m:	3:55.41	35.50
	100m:	1:02.55	32.66	200m:	2:10.93	34.26	300m:	3:19.91	34.83	400m:	4:30.18	34.77
EXH	Goncalo Nuno, COSTA				90	Associação Académica de Coimbra					4:34.97	506
	50m:	30.80	30.80	150m:	1:39.02	34.92	250m:	2:47.42	34.26	350m:	4:00.65	34.83
	100m:	1:04.10	33.30	200m:	2:13.16	34.14	300m:	3:25.82	38.40	400m:	4:34.97	34.32
EXH	Tiago Filipe, LEAL				90	Associação Académica de Coimbra					4:36.58	497
	50m:	30.63	30.63	150m:	1:40.15	35.28	250m:	2:50.73	35.19	350m:	4:01.94	35.37
	100m:	1:04.87	34.24	200m:	2:15.54	35.39	300m:	3:26.57	35.84	400m:	4:36.58	34.64
EXH	Bruno Alexandre, FIGUEIRA				90	Associação Académica de Coimbra					4:41.56	471
	50m:	31.98	31.98	150m:	1:42.37	35.21	250m:	2:53.57	35.03	350m:	4:06.03	36.10
	100m:	1:07.16	35.18	200m:	2:18.54	36.17	300m:	3:29.93	36.36	400m:	4:41.56	35.53
EXH	Andre Rocha, VALENTE				92	Associação Académica de Coimbra					4:49.60	433
	50m:	32.51	32.51	150m:	1:44.37	36.40	250m:	2:58.57	37.22	350m:	4:13.53	37.45
	100m:	1:07.97	35.46	200m:	2:21.35	36.98	300m:	3:36.08	37.51	400m:	4:49.60	36.07
EXH	Diogo Costa, FONTES				92	Associação Académica de Coimbra					4:50.99	427
	50m:	32.66	32.66	150m:	1:45.24	36.80	250m:	2:59.21	37.26	350m:	4:14.23	37.62
	100m:	1:08.44	35.78	200m:	2:21.95	36.71	300m:	3:36.61	37.40	400m:	4:50.99	36.76
EXH	Ricardo Miguel, ARAUJO				93	Associação Académica de Coimbra					4:54.28	413
	50m:	31.52	31.52	150m:	1:45.30	37.53	250m:	3:01.03	38.08	350m:	4:16.84	38.43
	100m:	1:07.77	36.25	200m:	2:22.95	37.65	300m:	3:38.41	37.38	400m:	4:54.28	37.44
EXH	Diogo Emanuel, FERREIRA				93	Associação Académica de Coimbra					5:01.19	385
	50m:	33.42	33.42	150m:	1:46.88	37.40	250m:	3:03.04	38.15	350m:	4:21.63	39.66
	100m:	1:09.48	36.06	200m:	2:24.89	38.01	300m:	3:41.97	38.93	400m:	5:01.19	39.56

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Prova 8, Masc., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Daniel Afonso, CORREIA	93 Associação Académica de Coimbra	5:13.16	343
50m: 33.90 33.90 150m: 1:49.87 38.55 250m: 3:10.16 40.81 350m: 4:33.13 41.65			
100m: 1:11.32 37.42 200m: 2:29.35 39.48 300m: 3:51.48 41.32 400m: 5:13.16 40.03			

Prova 9
23.2.08 - 11:10

Femin., 200m Bruços

12 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Maria Ines, ALMEIDA	96 Clube Náutico Académico	3:19.28	349
50m: 47.54 47.54 100m: 1:38.09 50.55 150m: 2:31.06 52.97 200m: 3:19.28 48.22			
2. Maria Manuela, FRADE	96 Associação Beneficência Popular de Gouveia	3:21.03	340
50m: 46.92 46.92 100m: 1:37.55 50.63 150m: 2:30.81 53.26 200m: 3:21.03 50.22			
3. Ana Carolina, CARVALHEIRA	96 Clube Náutico Académico	3:23.73	327
50m: 47.04 47.04 100m: 1:39.14 52.10 150m: 2:30.88 51.74 200m: 3:23.73 52.85			
4. Ana Rita, ARTUR	96 Associação Académica de Coimbra	3:25.69	317
50m: 48.12 48.12 100m: 1:41.23 53.11 150m: 2:34.09 52.86 200m: 3:25.69 51.60			
5. Joana Faim, ALMEIDA	96 Ginásio Clube Figueirense	3:28.35	305
50m: 45.19 45.19 100m: 1:38.66 53.47 150m: 2:33.44 54.78 200m: 3:28.35 54.91			
6. Andreia Marina, PEDROSA	96 Junta Freguesia do Paião	3:42.01	252
50m: 50.78 50.78 100m: 1:48.85 58.07 150m: 2:46.21 57.36 200m: 3:42.01 55.80			
7. Francisca Silva, MARQUES	96 Associação Académica de Coimbra	3:54.43	214
50m: 53.64 53.64 100m: 1:53.86 1:00.22 150m: 2:53.66 59.80 200m: 3:54.43 1:00.77			

Prova 9
23.2.08 - 11:10

Femin., 200m Bruços

13 anos
Resultados

INF A Fem : 3:29.72

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, CORDEIRO TFO	95 Associação Académica de Coimbra	3:00.67	468
50m: 41.48 41.48 100m: 1:27.29 45.81 150m: 2:13.99 46.70 200m: 3:00.67 46.68			
2. Beatriz Calvete, PEDROSA TFO	95 Junta Freguesia do Paião	3:17.89	357
50m: 45.40 45.40 100m: 1:36.81 51.41 150m: 2:28.64 51.83 200m: 3:17.89 49.25			
3. Sofia Verissimo, PEDROSA TFO	95 Junta Freguesia do Paião	3:18.87	351
50m: 44.22 44.22 100m: 1:34.27 50.05 150m: 2:27.33 53.06 200m: 3:18.87 51.54			
4. Claudia Filipa, SILVA TFO	95 Clube Náutico de Miranda do Corvo	3:21.31	339
50m: 47.00 47.00 100m: 1:38.39 51.39 150m: 2:30.78 52.39 200m: 3:21.31 50.53			
5. Mariana Coutinho, SOUTO TFO	95 Associação Académica de Coimbra	3:23.12	330
50m: 45.92 45.92 100m: 1:37.60 51.68 150m: 2:30.74 53.14 200m: 3:23.12 52.38			
6. Ana Rita, CABRAL TFO	95 Clube Náutico Académico	3:29.48	301
50m: 45.91 45.91 100m: 1:39.81 53.90 150m: 2:36.16 56.35 200m: 3:29.48 53.32			
7. Joana Carolina, ALVES	95 Ginásio Clube Figueirense	3:38.90	263
50m: 50.65 50.65 100m: 1:46.63 55.98 150m: 2:43.15 56.52 200m: 3:38.90 55.75			

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Coimbra, 22. - 24.2.2008

Prova 9, Femin., 200m Bruços

Lugar	Ano	Tempo final	Pts
EXH Maria Ana, SERRANO 50m: 40.46 40.46 100m: 1:25.40	94	Clube Náutico de Miranda do Corvo 44.94 150m: 2:11.77 46.37 200m: 2:58.48	486 46.71
EXH Catarina Oliveira, DINIS 50m: 41.89 41.89 100m: 1:28.13	93	Associação Académica de Coimbra 46.24 150m: 2:14.28 46.15 200m: 3:00.33	471 46.05
EXH Joana Ines, OLIVEIRA 50m: 43.59 43.59 100m: 1:33.85	93	Clube Náutico de Miranda do Corvo 50.26 150m: 2:25.69 51.84 200m: 3:16.01	367 50.32

Prova 10
23.2.08 - 11:25

Masc., 200m Costas

13 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Miguel Angelo, FIGUEIRA 50m: 39.68 39.68 100m: 1:20.84	95	A.S.S.S. Columbófila Cantanhedense 41.16 150m: 2:02.37 41.53 200m: 2:42.50	327 40.13
2. Guilherme Pedro, COELHO 50m: 37.69 37.69 100m: 1:19.44	95	Clube Náutico Académico 41.75 150m: 2:02.69 43.25 200m: 2:44.31	316 41.62
3. Rafael Joao, CORREIA 50m: 40.19 40.19 100m: 1:24.67	95	Clube Desportivo Lousanense 44.48 150m: 2:08.91 44.24 200m: 2:52.47	273 43.56
4. Jose Antonio, FORTE 50m: 41.20 41.20 100m: 1:26.13	95	Associação Académica de Coimbra 44.93 150m: 2:11.57 45.44 200m: 2:53.69	268 42.12
5. Ruben Jordao, FERNANDES 50m: 42.90 42.90 100m: 1:28.49	95	Clube Náutico de Miranda do Corvo 45.59 150m: 2:13.20 44.71 200m: 2:57.42	251 44.22
6. Francisco Pais, BAPTISTA 50m: 42.97 42.97 100m: 1:30.11	95	Clube Náutico Académico 47.14 150m: 2:17.90 47.79 200m: 3:05.00	222 47.10
7. Joao Alexandre, SARAIVA 50m: 46.08 46.08 100m: 1:37.85	95	Associação Beneficência Popular de Góvilas 51.77 150m: 2:32.09 54.24 200m: 3:21.76	171 49.67
8. Manuel Luis, SOUSA 100m: 1:44.83 1:44.83 150m: 2:39.95	95	Clube Náutico Académico 55.12 200m: 3:29.42 49.47	153

Prova 10
23.2.08 - 11:25

Masc., 200m Costas

14 anos
Resultados

INF A Masc : 2:47.30

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, MADUREIRA TFO 50m: 36.04 36.04 100m: 1:15.73	94	Associação Académica de Coimbra 39.69 150m: 1:56.41 40.68 200m: 2:35.21	375 38.80
2. Francisco Leonardes, ALVES TFO 50m: 38.75 38.75 100m: 1:20.03	94	Associação Académica de Coimbra 41.28 150m: 2:01.45 41.42 200m: 2:40.12	342 38.67
3. Joao Nuno, PIRES TFO 50m: 36.38 36.38 100m: 1:17.27	94	Clube Náutico Académico 40.89 150m: 1:59.62 42.35 200m: 2:40.18	341 40.56
4. David Jose, FONSECA TFO 50m: 37.59 37.59 100m: 1:19.13	94	A.S.S.S. Columbófila Cantanhedense 41.54 150m: 2:01.63 42.50 200m: 2:41.93	330 40.30
5. Joao Filipe, LUCAS TFO 50m: 38.45 38.45 100m: 1:19.83	94	Associação Académica de Coimbra 41.38 150m: 2:01.80 41.97 200m: 2:42.05	330 40.25

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Prova 10, Masc., 200m Costas, 14 anos

Lugar	Ano	Tempo final	Pts
6. Joao Nuno, CONDE TFO	94	Clube Náutico Académico	2:42.23 329
50m: 38.72 38.72 100m: 1:20.20 41.48 150m: 2:02.65 42.45 200m: 2:42.23 39.58			
7. David Alexandre, PEREIRA TFO	94	Ginásio Clube Figueirense	2:47.13 300
50m: 39.86 39.86 100m: 1:22.34 42.48 150m: 2:05.65 43.31 200m: 2:47.13 41.48			
8. Raul Miguel, MARQUES	94	Associação Beneficência Popular de Go...	3:27.73 156
50m: 50.03 50.03 100m: 1:43.75 53.72 150m: 2:38.25 54.50 200m: 3:27.73 49.48			
EXH Carlos Octavio, FERNANDES	88	Associação Académica de Coimbra	2:12.77 599
50m: 31.24 31.24 100m: 1:04.76 33.52 150m: 1:38.84 34.08 200m: 2:12.77 33.93			
EXH Guilherme Joao, PATRIARCA	92	Associação Académica de Coimbra	2:26.33 448
50m: 34.04 34.04 100m: 1:10.98 36.94 150m: 1:49.19 38.21 200m: 2:26.33 37.14			
EXH Pedro Octavio, FERNANDES	91	Associação Académica de Coimbra	2:35.90 370
50m: 34.39 34.39 100m: 1:13.16 38.77 150m: 1:53.80 40.64 200m: 2:35.90 42.10			

Prova 11
23.2.08 - 11:35

Femin., 200m Estilos

12 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Maria Joao, PAIXAO	96	Ginásio Clube Figueirense	2:59.40 370
50m: 42.19 42.19 100m: 1:27.11 44.92 150m: 2:19.33 52.22 200m: 2:59.40 40.07			
2. Carlota Moura, CARVALHOS	96	Clube Náutico Académico	3:01.78 356
50m: 41.52 41.52 150m: 2:19.93 1:38.41 200m: 3:01.78 41.85			
3. Ana Carolina, LEAL	96	Clube Náutico Académico	3:04.22 342
50m: 40.89 40.89 100m: 1:28.40 47.51 150m: 2:22.27 53.87 200m: 3:04.22 41.95			
4. Maria Ines, ALMEIDA	96	Clube Náutico Académico	3:05.90 333
100m: 1:32.78 1:32.78 150m: 2:23.46 50.68 200m: 3:05.90 42.44			
5. Filipa Costa, GASPAS	96	Junta Freguesia do Paião	3:06.39 330
50m: 44.53 44.53 100m: 1:30.95 46.42 150m: 2:28.57 57.62 200m: 3:06.39 37.82			
6. Ana Pinto, ALVES	96	A.S.S.S. Columbófila Cantanhedense	3:07.14 326
50m: 43.86 43.86 100m: 1:31.01 47.15 150m: 2:25.48 54.47 200m: 3:07.14 41.66			
7. Joana de Andrade, COSTA	96	Associação Académica de Coimbra	3:12.66 299
50m: 42.31 42.31 100m: 1:31.09 48.78 150m: 2:30.45 59.36 200m: 3:12.66 42.21			
8. Maria Manuela, FRADE	96	Associação Beneficência Popular de Go...	3:14.13 292
50m: 45.56 45.56 100m: 1:36.58 51.02 150m: 2:28.96 52.38 200m: 3:14.13 45.17			
9. Diana Gomes, SANTOS	96	Associação Beneficência Popular de Go...	3:24.84 249
50m: 51.33 51.33 100m: 1:41.94 50.61 150m: 2:44.25 1:02.31 200m: 3:24.84 40.59			
10. Francisca Silva, MARQUES	96	Associação Académica de Coimbra	3:29.33 233
50m: 47.49 47.49 100m: 1:41.11 53.62 150m: 2:41.88 1:00.77 200m: 3:29.33 47.45			
11. Maria Miguel, SOUSA	96	Associação Académica de Coimbra	3:34.09 218
50m: 49.52 49.52 100m: 1:43.65 54.13 150m: 2:46.94 1:03.29 200m: 3:34.09 47.15			
12. Maria Polonio, VIEIRA	96	Associação Académica de Coimbra	3:38.38 205
50m: 47.00 47.00 100m: 1:45.58 58.58 150m: 2:47.35 1:01.77 200m: 3:38.38 51.03			
DSQ Maria Ines, CARREIRA	96	Clube Náutico Académico	

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Prova 11, Femin., 200m Estilos

Prova 11
23.2.08 - 11:35

Femin., 200m Estilos

13 anos
Resultados

INF A Fem : 3:12.50

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha, MARTINS TFO	95	Clube Náutico Académico	2:47.86 452
50m: 37.06 37.06 100m: 1:21.11 44.05 150m: 2:11.34 50.23 200m: 2:47.86 36.52			
2. Mariana Costa, SEBASTIAO TFO	95	Ginásio Clube Figueirense	2:48.59 446
50m: 37.41 37.41 100m: 1:19.06 41.65 150m: 2:10.88 51.82 200m: 2:48.59 37.71			
3. Joana Reis, VEIGA TFO	95	Associação Académica de Coimbra	2:49.84 436
50m: 35.78 35.78 100m: 1:19.36 43.58 150m: 2:11.22 51.86 200m: 2:49.84 38.62			
4. Catarina Alexandra, FERREIRA TFO	95	Clube Desportivo Lousanense	2:49.93 435
50m: 37.96 37.96 100m: 1:23.24 45.28 150m: 2:11.66 48.42 200m: 2:49.93 38.27			
5. Rita Amado, LAEZZA TFO	95	Associação Académica de Coimbra	2:51.05 427
50m: 39.23 39.23 100m: 1:20.35 41.12 150m: 2:15.00 54.65 200m: 2:51.05 36.05			
6. Iris Catarina, AMARAL TFO	95	Clube Náutico Académico	2:58.54 375
50m: 40.96 40.96 100m: 1:25.15 44.19 150m: 2:18.10 52.95 200m: 2:58.54 40.44			
7. Joana Ines, OLIVEIRA TFO	95	Associação Académica de Coimbra	2:58.72 374
50m: 40.78 40.78 100m: 1:26.16 45.38 150m: 2:18.57 52.41 200m: 2:58.72 40.15			
8. Ana Marta, FARIAS TFO	95	Ginásio Clube Figueirense	2:59.58 369
50m: 41.14 41.14 100m: 1:25.25 44.11 150m: 2:17.99 52.74 200m: 2:59.58 41.59			
9. Beatriz Calvete, PEDROSA TFO	95	Junta Freguesia do Paião	3:07.03 327
50m: 46.78 46.78 100m: 1:33.64 46.86 150m: 2:25.05 51.41 200m: 3:07.03 41.98			
10. Claudia Filipa, SILVA TFO	95	Clube Náutico de Miranda do Corvo	3:08.53 319
50m: 43.62 43.62 100m: 1:34.19 50.57 150m: 2:25.87 51.68 200m: 3:08.53 42.66			

Prova 11
23.2.08 - 11:35

Femin., 200m Estilos

14 anos e mais velhos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
DSQ Salome Alves, SILVA	94	Clube Náutico de Miranda do Corvo	
EXH Raquel Cristiana, PAIVA	90	Clube Náutico de Miranda do Corvo	2:50.45 431
50m: 35.31 35.31 100m: 1:17.38 42.07 150m: 2:10.91 53.53 200m: 2:50.45 39.54			
EXH Maria Ana, SERRANO	94	Clube Náutico de Miranda do Corvo	2:52.02 420
50m: 40.56 40.56 100m: 1:25.98 45.42 150m: 2:13.00 47.02 200m: 2:52.02 39.02			
EXH Joana Ines, OLIVEIRA	93	Clube Náutico de Miranda do Corvo	2:54.52 402
50m: 40.11 40.11 100m: 1:26.74 46.63 150m: 2:15.59 48.85 200m: 2:54.52 38.93			
EXH Ana Raquel, OLIVEIRA	93	Clube Náutico de Miranda do Corvo	3:00.98 360
50m: 36.83 36.83 100m: 1:23.20 46.37 150m: 2:22.63 59.43 200m: 3:00.98 38.35			
EXH Sofia Roque, DIAS	94	Associação Académica de Coimbra	3:04.06 343
50m: 41.91 41.91 100m: 1:27.96 46.05 150m: 2:20.87 52.91 200m: 3:04.06 43.19			

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Prova 11, Femin., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Tatiana Cruz, COSTA	94	Clube Náutico de Miranda do Corvo	3:05.05 337
50m: 44.09 44.09 100m: 1:29.06 44.97 150m: 2:26.95 57.89 200m: 3:05.05 38.10			
EXH Bruna Miguel, PEREIRA	94	Associação Académica de Coimbra	3:08.33 320
50m: 44.95 44.95 100m: 1:35.11 50.16 150m: 2:28.06 52.95 200m: 3:08.33 40.27			

3 - 2º Jornada - 2ª sessão

23.2.08 - 16:30

Prova 12

Masc., 200m Livres

13 anos

23.2.08 - 16:30

Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Rui Jorge, DIAS	95	Clube Náutico de Miranda do Corvo	2:20.73 395
50m: 32.98 32.98 100m: 1:08.97 35.99 150m: 1:45.97 37.00 200m: 2:20.73 34.76			
2. Miguel Angelo, FIGUEIRA	95	A.S.S.S. Columbófila Cantanhedense	2:24.04 369
50m: 33.83 33.83 100m: 1:10.45 36.62 150m: 1:48.05 37.60 200m: 2:24.04 35.99			
3. Gustavo Lopes, RIBEIRO	95	Associação Académica de Coimbra	2:31.02 320
50m: 35.26 35.26 100m: 1:13.95 38.69 150m: 1:53.42 39.47 200m: 2:31.02 37.60			
4. Tiago Miguel, ALVES	95	A.S.S.S. Columbófila Cantanhedense	2:31.77 315
50m: 34.70 34.70 100m: 1:13.97 39.27 150m: 1:54.18 40.21 200m: 2:31.77 37.59			
5. Jose Antonio, FORTE	95	Associação Académica de Coimbra	2:32.99 308
50m: 35.63 35.63 100m: 1:15.49 39.86 150m: 1:55.80 40.31 200m: 2:32.99 37.19			
6. Francisco Pais, BAPTISTA	95	Clube Náutico Académico	2:44.88 246
50m: 37.58 37.58 100m: 1:20.28 42.70 150m: 2:03.69 43.41 200m: 2:44.88 41.19			
7. Ricardo Daniel, PEREIRA	95	Clube Náutico de Miranda do Corvo	2:45.13 245
50m: 37.44 37.44 100m: 1:20.39 42.95 150m: 2:03.88 43.49 200m: 2:45.13 41.25			
8. Ruben Jordao, FERNANDES	95	Clube Náutico de Miranda do Corvo	2:45.34 244
50m: 38.57 38.57 100m: 1:21.33 42.76 150m: 2:04.98 43.65 200m: 2:45.34 40.36			
9. Henrique Ferreira, COROADO	95	Associação Académica de Coimbra	2:47.67 234
50m: 38.72 38.72 100m: 1:22.07 43.35 150m: 2:05.76 43.69 200m: 2:47.67 41.91			
10. Ruben Miguel, MARTINS	95	Ginásio Clube Figueirense	2:49.13 228
50m: 38.80 38.80 100m: 1:22.26 43.46 150m: 2:06.68 44.42 200m: 2:49.13 42.45			
11. Bernardo Tiago, ABREU	95	Associação Académica de Coimbra	2:52.79 214
50m: 39.02 39.02 100m: 1:23.19 44.17 150m: 2:08.49 45.30 200m: 2:52.79 44.30			
12. Manuel Luis, SOUSA	95	Clube Náutico Académico	3:01.95 183
50m: 40.73 40.73 100m: 1:28.04 47.31 150m: 2:15.32 47.28 200m: 3:01.95 46.63			
13. Joao Alexandre, SARAIVA	95	Associação Beneficência Popular de Góvilas	3:03.11 179
50m: 39.87 39.87 100m: 1:27.21 47.34 150m: 2:17.13 49.92 200m: 3:03.11 45.98			

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Prova 12, Masc., 200m Livres

Prova 12
23.2.08 - 16:30

Masc., 200m Livres

14 anos
Resultados

INF A Masc : 2:34.36

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts
1.	Diogo Cunha, GIRAO				94	A.S.S.S. Columbófila Cantanhedense				2:09.68	505
	TFO										
	50m:	31.04	31.04	100m:	1:04.05	33.01	150m:	1:37.42	33.37	200m:	2:09.68 32.26
2.	Joao Manuel, BORGES				94	Ginásio Clube Figueirense				2:12.85	470
	TFO										
	50m:	30.70	30.70	100m:	1:04.60	33.90	150m:	1:38.76	34.16	200m:	2:12.85 34.09
3.	Gustavo Almeida, MADUREIRA				94	Associação Académica de Coimbra				2:19.39	407
	TFO										
	50m:	30.93	30.93	100m:	1:06.66	35.73	150m:	1:43.83	37.17	200m:	2:19.39 35.56
4.	David Jose, FONSECA				94	A.S.S.S. Columbófila Cantanhedense				2:19.41	407
	TFO										
	50m:	31.47	31.47	100m:	1:06.99	35.52	150m:	1:43.34	36.35	200m:	2:19.41 36.07
5.	Joao Nuno, CONDE				94	Clube Náutico Académico				2:23.50	373
	TFO										
	50m:	33.85	33.85	100m:	1:10.88	37.03	150m:	1:48.52	37.64	200m:	2:23.50 34.98
6.	Ruben Paiva, CARVALHO				94	Associação Académica de Coimbra				2:24.61	364
	TFO										
	50m:	33.45	33.45	100m:	1:10.87	37.42	150m:	1:49.41	38.54	200m:	2:24.61 35.20
7.	Joao Filipe, LUCAS				94	Associação Académica de Coimbra				2:25.30	359
	TFO										
	50m:	33.38	33.38	100m:	1:11.15	37.77	150m:	1:48.86	37.71	200m:	2:25.30 36.44
8.	Francisco Leonardes, ALVES				94	Associação Académica de Coimbra				2:25.97	354
	TFO										
	50m:	34.54	34.54	100m:	1:12.07	37.53	150m:	1:50.10	38.03	200m:	2:25.97 35.87
9.	David Alexandre, PEREIRA				94	Ginásio Clube Figueirense				2:26.22	352
	TFO										
	50m:	33.30	33.30	100m:	1:10.62	37.32	150m:	1:49.19	38.57	200m:	2:26.22 37.03
10.	Joao Barbosa, MOREIRA				94	Clube Náutico Académico				2:27.59	343
	TFO										
	50m:	32.91	32.91	100m:	1:11.00	38.09	150m:	1:50.19	39.19	200m:	2:27.59 37.40
11.	Joao Nuno, PIRES				94	Clube Náutico Académico				2:30.96	320
	TFO										
	50m:	34.14	34.14	100m:	1:12.47	38.33	150m:	1:52.04	39.57	200m:	2:30.96 38.92
12.	Raul Miguel, MARQUES				94	Associação Beneficência Popular de Go...				3:02.76	180
	50m:	42.65	42.65	100m:	1:30.24	47.59	150m:	2:18.61	48.37	200m:	3:02.76 44.15
EXH	Bruno Gustavo, NOGUEIRA				91	Associação Académica de Coimbra				2:00.77	625
	50m:	28.18	28.18	100m:	59.90	31.72	150m:	1:30.91	31.01	200m:	2:00.77 29.86
EXH	Mario Joao, MARTINS				92	Clube Náutico de Miranda do Corvo				2:00.88	624
	50m:	28.51	28.51	100m:	59.73	31.22	150m:	1:30.17	30.44	200m:	2:00.88 30.71
EXH	Luis Miguel, SANTOS				90	Associação Académica de Coimbra				2:04.98	564
	50m:	28.67	28.67	100m:	1:00.79	32.12	150m:	1:34.01	33.22	200m:	2:04.98 30.97
EXH	Tiago Rafael, LOPES				92	Associação Académica de Coimbra				2:05.05	563
	50m:	28.79	28.79	100m:	1:00.55	31.76	150m:	1:33.49	32.94	200m:	2:05.05 31.56
EXH	Nuno Dias, CARDOSO				89	Associação Académica de Coimbra				2:05.27	560
	50m:	28.44	28.44	100m:	1:01.42	32.98	200m:	2:05.27	1:03.85		

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 12, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Hugo Rafael, RAMALHO	90	Associação Académica de Coimbra	2:05.40 559
50m: 30.05 30.05 100m: 1:02.34		32.29 150m: 1:35.70 33.36 200m: 2:05.40	29.70
EXH Carlos Octavio, FERNANDES	88	Associação Académica de Coimbra	2:06.11 549
50m: 28.76 28.76 100m: 1:00.43		31.67 150m: 1:33.24 32.81 200m: 2:06.11	32.87
EXH Goncalo Nuno, COSTA	90	Associação Académica de Coimbra	2:06.16 549
50m: 29.54 29.54 100m: 1:01.64		32.10 150m: 1:33.98 32.34 200m: 2:06.16	32.18
EXH Pedro Filipe, SANTOS	89	Associação Académica de Coimbra	2:07.90 527
50m: 30.02 30.02 100m: 1:02.56		32.54 150m: 1:35.78 33.22 200m: 2:07.90	32.12
EXH Tiago Filipe, LEAL	90	Associação Académica de Coimbra	2:10.36 497
50m: 30.36 30.36 100m: 1:04.24		33.88 150m: 1:38.16 33.92 200m: 2:10.36	32.20
EXH Diogo Costa, FONTES	92	Associação Académica de Coimbra	2:14.24 455
50m: 31.59 31.59 100m: 1:05.86		34.27 150m: 1:40.89 35.03 200m: 2:14.24	33.35
EXH Bruno Alexandre, FIGUEIRA	90	Associação Académica de Coimbra	2:14.86 449
50m: 30.47 30.47 100m: 1:04.54		34.07 150m: 1:40.44 35.90 200m: 2:14.86	34.42
EXH Andre Rocha, VALENTE	92	Associação Académica de Coimbra	2:15.26 445
50m: 30.98 30.98 100m: 1:05.35		34.37 150m: 1:40.55 35.20 200m: 2:15.26	34.71
EXH Diogo Emanuel, FERREIRA	93	Associação Académica de Coimbra	2:20.34 399
50m: 33.62 33.62 100m: 1:08.60		34.98 150m: 1:45.21 36.61 200m: 2:20.34	35.13
EXH Marcelo Abreu, RODRIGUES	92	Associação Académica de Coimbra	2:21.01 393
50m: 32.89 32.89 100m: 1:07.83		34.94 150m: 1:44.59 36.76 200m: 2:21.01	36.42
EXH Daniel Afonso, CORREIA	93	Associação Académica de Coimbra	2:27.55 343
50m: 33.68 33.68 100m: 1:10.97		37.29 150m: 1:49.43 38.46 200m: 2:27.55	38.12

Prova 13
23.2.08 - 16:50

Femin., 100m Livres

12 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Luisa, CARVALHO	96	Clube Desportivo Lousanense	1:13.22 375
50m: 35.50 35.50 100m: 1:13.22		37.72	
2. Ana Carolina, LEAL	96	Clube Náutico Académico	1:14.31 359
50m: 36.16 36.16 100m: 1:14.31		38.15	
3. Maria Amelia, GASPAREL	96	Clube Náutico Académico	1:14.37 358
50m: 37.14 37.14 100m: 1:14.37		37.23	
4. Maria Joao, PAIXAO	96	Ginásio Clube Figueirense	1:15.30 345
50m: 36.79 36.79 100m: 1:15.30		38.51	
5. Ana Rita, ARTUR	96	Associação Académica de Coimbra	1:15.65 340
50m: 37.60 37.60 100m: 1:15.65		38.05	
6. Florbela Cavaco, MACHADO	96	A.S.S.S. Columbófila Cantanhedense	1:16.21 333
50m: 37.00 37.00 100m: 1:16.21		39.21	
7. Carlota Moura, CARVALHOS	96	Clube Náutico Académico	1:16.27 332
50m: 37.39 37.39 100m: 1:16.27		38.88	
8. Ana Carolina, CARVALHEIRA	96	Clube Náutico Académico	1:16.61 327
50m: 37.19 37.19 100m: 1:16.61		39.42	
9. Joana Faim, ALMEIDA	96	Ginásio Clube Figueirense	1:16.91 324
50m: 35.80 35.80 100m: 1:16.91		41.11	
10. Ana Pinto, ALVES	96	A.S.S.S. Columbófila Cantanhedense	1:17.70 314
50m: 37.57 37.57 100m: 1:17.70		40.13	

Campeonato Regional de Infantis
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Prova 13, Femin., 100m Livres, 12 anos

Lugar	Ano	Tempo final	Pts
11. Filipa Costa, GASPAR 50m: 38.56 38.56 100m: 1:18.55 39.99	96	Junta Freguesia do Paião 1:18.55	304
12. Maria Beatriz, RASCAO 50m: 38.35 38.35 100m: 1:18.71 40.36	96	Clube Náutico Académico 1:18.71	302
13. Maria Manuela, FRADE 50m: 38.68 38.68 100m: 1:19.06 40.38	96	Associação Beneficência Popular de Góvilas 1:19.06	298
14. Ana Luisa, COSTA 50m: 39.01 39.01 100m: 1:19.28 40.27	96	Clube Náutico Académico 1:19.28	295
15. Diana Gomes, SANTOS 50m: 39.56 39.56 100m: 1:20.92 41.36	96	Associação Beneficência Popular de Góvilas 1:20.92	278
16. Francisca Silva, MARQUES 50m: 38.22 38.22 100m: 1:21.26 43.04	96	Associação Académica de Coimbra 1:21.26	274
17. Maria Polonio, VIEIRA 50m: 39.82 39.82 100m: 1:22.86 43.04	96	Associação Académica de Coimbra 1:22.86	259
18. Joana Isabel, RODRIGUES 50m: 39.03 39.03 100m: 1:22.91 43.88	96	Clube Desportivo Lousanense 1:22.91	258
19. Sofia Caramelo, FOLGADO 50m: 40.43 40.43 100m: 1:24.21 43.78	96	Clube Náutico Académico 1:24.21	246
20. Maria Ines, CARREIRA 50m: 41.69 41.69 100m: 1:24.64 42.95	96	Clube Náutico Académico 1:24.64	243
21. Maria Miguel, SOUSA 50m: 40.89 40.89 100m: 1:25.21 44.32	96	Associação Académica de Coimbra 1:25.21	238
22. Andreia Marina, PEDROSA 50m: 41.52 41.52 100m: 1:25.24 43.72	96	Junta Freguesia do Paião 1:25.24	238
23. Erica Filipa, COSTA 50m: 40.73 40.73 100m: 1:25.38 44.65	96	Associação Académica de Coimbra 1:25.38	237
24. Mariana Filipa, DIAS 50m: 42.62 42.62 100m: 1:31.04 48.42	96	Ginásio Clube Figueirense 1:31.04	195

Prova 13 Femin., 100m Livres 13 anos
23.2.08 - 16:50 Resultados

INF A Fem : 1:18.91

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Rita Amado, LAEZZA TFO 50m: 31.63 31.63 100m: 1:05.38 33.75	95	Associação Académica de Coimbra 1:05.38	527
2. Mariana Rocha, VALENTE TFO 50m: 33.94 33.94 100m: 1:09.60 35.66	95	Associação Académica de Coimbra 1:09.60	437
3. Joana Ines, OLIVEIRA TFO 50m: 34.22 34.22 100m: 1:09.61 35.39	95	Associação Académica de Coimbra 1:09.61	436
4. Mariana Costa, SEBASTIAO TFO 50m: 33.61 33.61 100m: 1:09.63 36.02	95	Ginásio Clube Figueirense 1:09.63	436
5. Carolina Cunha, MARTINS TFO 50m: 33.78 33.78 100m: 1:09.64 35.86	95	Clube Náutico Académico 1:09.64	436

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 13, Femin., 100m Livres, 13 anos

Lugar	Ano	Tempo final	Pts
6. Sofia Verissimo, PEDROSA <i>TFO</i> 50m: 35.02 35.02 100m: 1:11.42 36.40	95	Junta Freguesia do Paião	1:11.42 404
7. Iris Catarina, AMARAL <i>TFO</i> 50m: 34.46 34.46 100m: 1:12.11 37.65	95	Clube Náutico Académico	1:12.11 393
8. Raquel Raimundo, FERREIRA <i>TFO</i> 50m: 36.20 36.20 100m: 1:14.18 37.98	95	Clube Desportivo Lousanense	1:14.18 361
9. Ana Marta, FARIAS <i>TFO</i> 50m: 35.96 35.96 100m: 1:14.93 38.97	95	Ginásio Clube Figueirense	1:14.93 350
10. Ana Rita, CABRAL 50m: 38.64 38.64 100m: 1:19.59 40.95	95	Clube Náutico Académico	1:19.59 292
11. Claudia Filipa, SILVA 50m: 38.65 38.65 100m: 1:19.73 41.08	95	Clube Náutico de Miranda do Corvo	1:19.73 290
12. Beatriz Calvete, PEDROSA 50m: 39.79 39.79 100m: 1:20.19 40.40	95	Junta Freguesia do Paião	1:20.19 285
13. Joana Carolina, ALVES 50m: 40.01 40.01 100m: 1:23.47 43.46	95	Ginásio Clube Figueirense	1:23.47 253
14. Mariana Coutinho, SOUTO 50m: 40.40 40.40 100m: 1:23.95 43.55	95	Associação Académica de Coimbra	1:23.95 249

Prova 13
23.2.08 - 16:50

Femin., 100m Livres

14 anos e mais velhos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
DSQ Lia Raquel, ABADESSO	93	Associação Académica de Coimbra	
EXH Mariana Almeida, MADUREIRA 50m: 31.49 31.49 100m: 1:03.67 32.18	91	Associação Académica de Coimbra	1:03.67 570
EXH Nadia Filipa, MARQUES 50m: 31.39 31.39 100m: 1:03.93 32.54	92	Associação Académica de Coimbra	1:03.93 563
EXH Ines Barbosa, MOREIRA 50m: 31.86 31.86 100m: 1:04.98 33.12	92	Associação Académica de Coimbra	1:04.98 536
EXH Ana Raquel, OLIVEIRA 50m: 32.50 32.50 100m: 1:05.80 33.30	93	Clube Náutico de Miranda do Corvo	1:05.80 517
EXH Joana Ferreira, COROADO 50m: 32.15 32.15 100m: 1:06.01 33.86	92	Associação Académica de Coimbra	1:06.01 512
EXH Raquel Bartolo, VITOR 50m: 32.27 32.27 100m: 1:07.17 34.90	93	Associação Académica de Coimbra	1:07.17 486
EXH Ana Rita, COSTA 50m: 32.37 32.37 100m: 1:07.75 35.38	91	Associação Académica de Coimbra	1:07.75 473
EXH Ana Coutinho, SOUTO 50m: 33.17 33.17 100m: 1:08.19 35.02	93	Associação Académica de Coimbra	1:08.19 464
EXH Raquel Cristiana, PAIVA 50m: 33.01 33.01 100m: 1:08.20 35.19	90	Clube Náutico de Miranda do Corvo	1:08.20 464
EXH Ana Carolina, BERNARDO 50m: 34.06 34.06 100m: 1:09.48 35.42	93	Associação Académica de Coimbra	1:09.48 439

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Prova 13, Femin., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH Sofia Roque, DIAS 50m: 34.15 34.15 100m: 1:10.91 36.76	94	Associação Académica de Coimbra	1:10.91 413
EXH Catarina Oliveira, DINIS 50m: 35.31 35.31 100m: 1:11.31 36.00	93	Associação Académica de Coimbra	1:11.31 406
EXH Ana Filipa, ROQUE 50m: 34.23 34.23 100m: 1:11.47 37.24	91	Associação Académica de Coimbra	1:11.47 403
EXH Bruna Miguel, PEREIRA 50m: 35.01 35.01 100m: 1:12.12 37.11	94	Associação Académica de Coimbra	1:12.12 392
EXH Joana Ines, OLIVEIRA 50m: 34.49 34.49 100m: 1:12.16 37.67	93	Clube Náutico de Miranda do Corvo	1:12.16 392
EXH Symonee Sobral, HINCKLEY 50m: 35.51 35.51 100m: 1:12.27 36.76	93	Associação Académica de Coimbra	1:12.27 390
EXH Tatiana Cruz, COSTA 50m: 35.68 35.68 100m: 1:12.67 36.99	94	Clube Náutico de Miranda do Corvo	1:12.67 384
EXH Maria Ana, SERRANO 50m: 36.49 36.49 100m: 1:12.93 36.44	94	Clube Náutico de Miranda do Corvo	1:12.93 379
EXH Salome Alves, SILVA 50m: 39.11 39.11 100m: 1:19.40 40.29	94	Clube Náutico de Miranda do Corvo	1:19.40 294

Prova 14
23.2.08 - 17:05

Masc., 100m Bruços

13 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Pedro Miguel, RIBEIRO 50m: 38.88 38.88 100m: 1:21.77 42.89	95	Associação Beneficência Popular de Gondomar	1:21.77 361
2. Joao Andre, NEVES 50m: 41.54 41.54 100m: 1:25.78 44.24	95	Associação Académica de Coimbra	1:25.78 312
3. Luis de, OLIVEIRA 50m: 42.29 42.29 100m: 1:27.79 45.50	95	Associação Académica de Coimbra	1:27.79 291
4. Rafael Joao, CORREIA 50m: 44.14 44.14 100m: 1:33.81 49.67	95	Clube Desportivo Lousanense	1:33.81 239
5. Fabio Marques, FERREIRA 50m: 45.20 45.20 100m: 1:35.18 49.98	95	Junta Freguesia do Paião	1:35.18 229
6. Diogo Andre, JORGE 50m: 45.21 45.21 100m: 1:36.04 50.83	95	Clube Náutico Académico	1:36.04 223
7. Gustavo Lopes, RIBEIRO 50m: 49.55 49.55 100m: 1:43.19 53.64	95	Associação Académica de Coimbra	1:43.19 179
8. Jose Miguel, FIGUEIRA 50m: 50.49 50.49 100m: 1:44.44 53.95	95	A.S.S.S. Columbófila Cantanhedense	1:44.44 173
9. Ruben Miguel, MARTINS 50m: 53.52 53.52 100m: 1:53.39 59.87	95	Ginásio Clube Figueirense	1:53.39 135
10. Bernardo Tiago, ABREU 50m: 54.98 54.98 100m: 1:53.67 58.69	95	Associação Académica de Coimbra	1:53.67 134

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Prova 14, Masc., 100m Bruços

Prova 14 Masc., 100m Bruços 14 anos
23.2.08 - 17:05 Resultados

INF A Masc : 1:26.98

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, VEIGA <i>TFO</i>	94	Clube Náutico Académico	1:17.30 427
50m: 36.79 36.79 100m: 1:17.30 40.51			
2. Ruben Paiva, CARVALHO <i>TFO</i>	94	Associação Académica de Coimbra	1:20.21 382
50m: 38.69 38.69 100m: 1:20.21 41.52			
3. Pedro Barros, MENDES <i>TFO</i>	94	Associação Académica de Coimbra	1:21.34 366
50m: 38.91 38.91 100m: 1:21.34 42.43			
4. Fabio Filipe, LOPES <i>TFO</i>	94	Clube Desportivo Lousanense	1:21.49 364
50m: 39.22 39.22 100m: 1:21.49 42.27			
5. Pedro Daniel, PINTO <i>TFO</i>	94	Clube Náutico de Miranda do Corvo	1:28.69 283
50m: 42.40 42.40 100m: 1:28.69 46.29			
EXH Luis Miguel, SANTOS <i>TFO</i>	90	Associação Académica de Coimbra	1:14.15 484
50m: 35.45 35.45 100m: 1:14.15 38.70			
EXH Pedro Daniel, CARVALHO <i>TFO</i>	93	Associação Académica de Coimbra	1:15.02 467
50m: 34.98 34.98 100m: 1:15.02 40.04			
EXH Marcelo Abreu, RODRIGUES <i>TFO</i>	92	Associação Académica de Coimbra	1:22.11 356
50m: 40.12 40.12 100m: 1:22.11 41.99			
EXH Pedro Octavio, FERNANDES <i>TFO</i>	91	Associação Académica de Coimbra	1:24.82 323
50m: 39.03 39.03 100m: 1:24.82 45.79			

Prova 15 Femin., 200m Mariposa 12 anos
23.2.08 - 17:15 Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Joana de Andrade, COSTA	96	Associação Académica de Coimbra	3:37.76 192
50m: 47.55 47.55 100m: 1:43.34 55.79 150m: 2:40.35 57.01 200m: 3:37.76 57.41			

Prova 15 Femin., 200m Mariposa 13 anos
23.2.08 - 17:15 Resultados

INF A Fem : 3:07.68

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Tatiana Filipa, SANTOS <i>TFO</i>	95	Ginásio Clube Figueirense	2:46.03 433
50m: 35.97 35.97 100m: 1:17.64 41.67 150m: 2:01.75 44.11 200m: 2:46.03 44.28			
2. Adriana Correia, LOPES <i>TFO</i>	95	Clube Desportivo Lousanense	2:48.53 414
50m: 36.65 36.65 100m: 1:19.24 42.59 150m: 2:04.06 44.82 200m: 2:48.53 44.47			
3. Joana Reis, VEIGA <i>TFO</i>	95	Associação Académica de Coimbra	2:51.68 391
50m: 36.54 36.54 100m: 1:19.09 42.55 150m: 2:04.69 45.60 200m: 2:51.68 46.99			

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Prova 15, Femin., 200m Mariposa, 13 anos

Lugar	Ano	Tempo final	Pts
4. Mariana Pedroso, CARVALHO <i>TFO</i>	95 Clube Náutico Académico	2:53.80	377
50m: 37.82 37.82 100m: 1:21.23 43.41 150m: 2:07.93 46.70 200m: 2:53.80 45.87			
5. Sofia Verissimo, PEDROSA <i>TFO</i>	95 Junta Freguesia do Paião	2:55.24	368
50m: 37.19 37.19 100m: 1:21.41 44.22 150m: 2:09.02 47.61 200m: 2:55.24 46.22			
EXH Raquel Bartolo, VITOR	93 Associação Académica de Coimbra	2:36.42	517
50m: 35.78 35.78 100m: 1:15.95 40.17 150m: 1:56.89 40.94 200m: 2:36.42 39.53			

Prova 16 Masc., 100m Mariposa 13 anos
23.2.08 - 17:20 Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Luis Gabriel, SANTOS	95 Ginásio Clube Figueirense	1:18.35	268
50m: 34.97 34.97 100m: 1:18.35 43.38			
2. Goncalo Ferreira, COROADO	95 Associação Académica de Coimbra	1:22.99	226
50m: 37.28 37.28 100m: 1:22.99 45.71			
3. Guilherme Pedro, COELHO	95 Clube Náutico Académico	1:23.87	219
50m: 38.77 38.77 100m: 1:23.87 45.10			
4. Henrique Ferreira, COROADO	95 Associação Académica de Coimbra	1:31.20	170
50m: 43.19 43.19 100m: 1:31.20 48.01			

Prova 16 Masc., 100m Mariposa 14 anos
23.2.08 - 17:20 Resultados

INF A Masc : 1:15.53

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Tiago Andre, SILVA <i>TFO</i>	94 A.S.S.S. Columbófila Cantanhedense	1:14.14	317
50m: 33.98 33.98 100m: 1:14.14 40.16			
2. Raul Miguel, MARQUES	94 Associação Beneficência Popular de Golega	1:45.65	109
50m: 49.03 49.03 100m: 1:45.65 56.62			
EXH Bruno Gustavo, NOGUEIRA	91 Associação Académica de Coimbra	1:01.75	548
50m: 29.12 29.12 100m: 1:01.75 32.63			
EXH Andre Filipe, LOPES	92 Associação Académica de Coimbra	1:02.65	525
50m: 29.53 29.53 100m: 1:02.65 33.12			
EXH Carlos Octavio, FERNANDES	88 Associação Académica de Coimbra	1:03.11	514
50m: 29.46 29.46 100m: 1:03.11 33.65			
EXH Hugo Rafael, RAMALHO	90 Associação Académica de Coimbra	1:05.12	467
50m: 30.50 30.50 100m: 1:05.12 34.62			
EXH Goncalo Nuno, COSTA	90 Associação Académica de Coimbra	1:06.68	435
50m: 31.89 31.89 100m: 1:06.68 34.79			
EXH Mario Joao, MARTINS	92 Clube Náutico de Miranda do Corvo	1:07.69	416
50m: 30.98 30.98 100m: 1:07.69 36.71			
EXH Pedro Filipe, SANTOS	89 Associação Académica de Coimbra	1:07.80	414
50m: 32.19 32.19 100m: 1:07.80 35.61			

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Prova 16, Masc., 100m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Guilherme Joao, PATRIARCA 50m: 30.48 30.48 100m: 1:08.02 37.54	92	Associação Académica de Coimbra	1:08.02 410
EXH Bruno Alexandre, FIGUEIRA 50m: 32.21 32.21 100m: 1:08.88 36.67	90	Associação Académica de Coimbra	1:08.88 395
EXH Tiago Filipe, LEAL 50m: 32.61 32.61 100m: 1:10.70 38.09	90	Associação Académica de Coimbra	1:10.70 365
EXH Andre Rocha, VALENTE 50m: 33.56 33.56 100m: 1:11.89 38.33	92	Associação Académica de Coimbra	1:11.89 347
EXH Ricardo Miguel, ARAUJO 50m: 33.96 33.96 100m: 1:13.76 39.80	93	Associação Académica de Coimbra	1:13.76 322

Prova 17
23.2.08 - 17:25

Femin., 4 x 100m Estilos

12 anos
Resultados

Pontos: FINA 2004

Lugar	Tempo final	Pts
1. Clube Náutico Académico 3 Carlota Moura, CARVALHOS 96 42.72 1:27.39 Maria Ines, ALMEIDA 96 45.55 1:35.91	Clube Náutico Académico Maria Amelia, GASPARG 96 41.66 1:28.91 Ana Carolina, LEAL 96 37.31 1:18.52	5:50.73 312
2. Associação Académica de Coimbra 12 Ana Rita, ARTUR 96 39.64 1:20.76 Erica Filipa, COSTA 96 49.46 1:42.63	Associação Académica de Coimbra Joana de Andrade, COSTA 96 44.37 1:33.37 Francisca Silva, MARQUES 96 39.17 1:20.71	5:57.47 294

Prova 17
23.2.08 - 17:25

Femin., 4 x 100m Estilos

13 anos
Resultados

INF A Fem : 6:45.55

Pontos: FINA 2004

Lugar	Tempo final	Pts
1. Associação Académica de Coimbra 4 TFO Mariana Rocha, VALENTE 95 39.18 1:19.50 Ana Claudia, CORDEIRO 95 1:23.34	Associação Académica de Coimbra Joana Reis, VEIGA 95 23.65 1:16.55 Rita Amado, LAEZZA 95 31.73 1:06.18	5:05.57 471
2. Clube Náutico Académico 6 TFO Iris Catarina, AMARAL 95 39.63 1:22.59 Ana Rita, CABRAL 95 43.39 1:36.10	Clube Náutico Académico Mariana Pedroso, CARVALHO 95 37.38 1:19.70 Carolina Cunha, MARTINS 95 32.31 1:09.42	5:27.81 382
3. Clube Desportivo Lousanense 2 TFO Mariana Raquel, COLACO 95 44.28 1:31.21 Catarina Alexandra, FERREIRA 95 41.03 1:29.17	Clube Desportivo Lousanense Adriana Correia, LOPES 95 35.63 1:17.06 Raquel Raimundo, FERREIRA 95 34.83 1:12.28	5:29.72 375
4. Ginásio Clube Figueirense 2 TFO Mariana Costa, SEBASTIAO 95 37.11 1:16.64 Ana Marta, FARIAS 95 45.21 1:35.47	Ginásio Clube Figueirense Tatiana Filipa, SANTOS 95 35.66 1:17.25 Joana Carolina, ALVES 95 39.97 1:22.76	5:32.12 367
EXH Associação Académica de Coimbra 6 Nadia Filipa, MARQUES 92 35.49 1:12.46 Catarina Oliveira, DINIS 93 38.94 1:23.95	Associação Académica de Coimbra Raquel Bartolo, VITOR 93 34.40 1:13.80 Ines Barbosa, MOREIRA 92 32.06 1:06.15	4:56.36 517
EXH Clube Náutico de Miranda do Corvo 1 Ana Raquel, OLIVEIRA 93 38.61 1:20.57 Maria Ana, SERRANO 94 41.58 1:27.95	Clube Náutico de Miranda do Corvo Raquel Cristiana, PAIVA 90 35.59 1:19.81 Joana Ines, OLIVEIRA 93 33.98 1:12.00	5:20.33 409

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 18 Masc., 4 x 100m Livres 13 anos
23.2.08 - 17:35 Resultados

Pontos: FINA 2004

Lugar						Tempo final	Pts
1.	Associação Académica de Coimbra 13			Associação Académica de Coimbra			4:38.01 323
	Luis de, OLIVEIRA	95	32.17	1:06.77	Jose Antonio, FORTE	95	32.88 1:09.05
	Goncalo Ferreira, COROADO	95	34.19	1:13.22	Joao Andre, NEVES	95	32.39 1:08.97
2.	Clube Náutico Académico 1			Clube Náutico Académico			5:20.32 211
	Francisco Pais, BAPTISTA	95	38.67	1:21.86	Guilherme Pedro, COELHO	95	34.23 1:12.07
	Diogo Andre, JORGE	95	36.67	1:18.47	Manuel Luis, SOUSA	95	42.17 1:27.92

Prova 18 Masc., 4 x 100m Livres 14 anos
23.2.08 - 17:35 Resultados

INF A Masc : 5:27.53

Pontos: FINA 2004

Lugar							Tempo final	Pts
1.	Associação Académica de Coimbra 15			Associação Académica de Coimbra			4:20.73	392
	TFO							
	Gustavo Almeida, MADUREIRA	94	29.05	1:00.59	Francisco Leonardes, ALVES	94	33.50	1:08.40
	Pedro Barros, MENDES	94	32.02	1:05.44	Joao Filipe, LUCAS	94	31.93	1:06.30
2.	Clube Náutico Académico 4			Clube Náutico Académico			4:32.60	343
	TFO							
	Joao Nuno, CONDE	94	33.03	1:08.60	Joao Pedro, VEIGA	94	30.89	1:04.75
	Joao Nuno, PIRES	94	33.66	1:10.17	Joao Barbosa, MOREIRA	94	32.49	1:09.08
EXH	Associação Académica de Coimbra 19			Associação Académica de Coimbra			3:50.87	564
	Bruno Gustavo, NOGUEIRA	91	28.07	57.13	Luis Miguel, SANTOS	90	27.00	56.38
	Hugo Rafael, RAMALHO	90	28.26	58.56	Goncalo Nuno, COSTA	90	27.83	58.80
EXH	Associação Académica de Coimbra 16			Associação Académica de Coimbra			3:57.24	520
	Guilherme Joao, PATRIARCA	92	28.87	59.37	Tiago Rafael, LOPES	92	28.03	58.95
	Andre Filipe, LOPES	92	27.37	56.91	Andre Rocha, VALENTE	92	29.41	1:02.01
EXH	Associação Académica de Coimbra 12			Associação Académica de Coimbra			4:26.55	367
	Ricardo Miguel, ARAUJO	93	31.46	1:06.13	Diogo Emanuel, FERREIRA	93	31.05	1:04.54
	Pedro Daniel, CARVALHO	93	31.42	1:06.63	Daniel Afonso, CORREIA	93	32.68	1:09.25
EXH	Clube Náutico de Miranda do Corvo 1			Clube Náutico de Miranda do Corvo			4:58.16	262
	Rui Jorge, DIAS	95	32.57	1:06.88	Ruben Jordao, FERNANDES	95	37.31	1:19.36
	Ricardo Daniel, PEREIRA	95	37.01	1:19.33	Pedro Daniel, PINTO	94	34.31	1:12.59

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

4 - 3ª Jornada - 1ª sessão

24.2.08 - 10:00

Prova 19
24.2.08 - 10:00

Masc., 1500m Livres

13 anos
Resultados

Pontos: FINA 2004

Lugar				Ano					Tempo final	Pts
1.	Miguel Angelo, FIGUEIRA			95	A.S.S.S. Columbófila Cantanhedense				20:35.58	352
	50m:	36.73	36.73	450m:	6:00.51	41.37	850m:	11:35.36	42.28	1250m: 17:11.43 41.16
	100m:	1:15.77	39.04	500m:	6:41.93	41.42	900m:	12:17.62	42.26	1300m: 17:53.62 42.19
	150m:	1:56.20	40.43	550m:	7:22.86	40.93	950m:	13:00.24	42.62	1350m: 18:35.78 42.16
	200m:	2:36.60	40.40	600m:	8:04.45	41.59	1000m:	13:42.58	42.34	1400m: 19:16.36 40.58
	250m:	3:17.38	40.78	650m:	8:46.44	41.99	1050m:	14:24.77	42.19	1450m: 19:56.80 40.44
	300m:	3:58.65	41.27	700m:	9:28.30	41.86	1100m:	15:07.41	42.64	1500m: 20:35.58 38.78
	350m:	4:40.05	41.40	750m:	10:10.70	42.40	1150m:	15:48.46	41.05	
	400m:	5:19.14	39.09	800m:	10:53.08	42.38	1200m:	16:30.27	41.81	

Prova 19
24.2.08 - 10:00

Masc., 1500m Livres

14 anos
Resultados

INF A Masc : 21:43.93

Pontos: FINA 2004

Lugar				Ano					Tempo final	Pts
1.	Diogo Cunha, GIRAÓ			94	A.S.S.S. Columbófila Cantanhedense				17:50.03	542
	TFO									
	50m:	32.81	32.81	450m:	5:13.44	36.02	850m:	10:01.20	36.03	1250m: 14:51.57 36.39
	100m:	1:07.06	34.25	500m:	5:49.52	36.08	900m:	10:37.50	36.30	1300m: 15:27.76 36.19
	150m:	1:41.55	34.49	550m:	6:25.12	35.60	950m:	11:13.69	36.19	1350m: 16:04.31 36.55
	200m:	2:16.48	34.93	600m:	7:00.82	35.70	1000m:	11:49.90	36.21	1400m: 16:40.55 36.24
	250m:	2:51.55	35.07	650m:	7:36.45	35.63	1050m:	12:26.40	36.50	1450m: 17:16.87 36.32
	300m:	3:26.65	35.10	700m:	8:12.66	36.21	1100m:	13:02.27	35.87	1500m: 17:50.03 33.16
	350m:	4:01.93	35.28	750m:	8:48.72	36.06	1150m:	13:39.01	36.74	
	400m:	4:37.42	35.49	800m:	9:25.17	36.45	1200m:	14:15.18	36.17	
2.	Joao Manuel, BORGES			94	Ginásio Clube Figueirense				18:14.30	507
	TFO									
	50m:	32.25	32.25	450m:	5:18.68	36.12	850m:	10:14.14	37.21	1250m: 15:11.63 37.27
	100m:	1:07.03	34.78	500m:	5:55.12	36.44	900m:	10:51.40	37.26	1300m: 15:48.52 36.89
	150m:	1:42.14	35.11	550m:	6:32.24	37.12	950m:	11:28.47	37.07	1350m: 16:25.96 37.44
	200m:	2:17.27	35.13	600m:	7:09.06	36.82	1000m:	12:05.79	37.32	1400m: 17:02.65 36.69
	250m:	2:53.18	35.91	650m:	7:45.56	36.50	1050m:	12:42.86	37.07	1450m: 17:39.49 36.84
	300m:	3:29.18	36.00	700m:	8:22.76	37.20	1100m:	13:20.23	37.37	1500m: 18:14.30 34.81
	350m:	4:05.99	36.81	750m:	8:59.61	36.85	1150m:	13:57.15	36.92	
	400m:	4:42.56	36.57	800m:	9:36.93	37.32	1200m:	14:34.36	37.21	
3.	David Jose, FONSECA			94	A.S.S.S. Columbófila Cantanhedense				19:38.22	406
	TFO									
	50m:	34.46	34.46	450m:	5:46.45	39.37	850m:	11:02.66	39.72	1250m: 16:19.18 39.66
	100m:	1:12.19	37.73	500m:	6:26.13	39.68	900m:	11:41.96	39.30	1300m: 16:59.33 40.15
	150m:	1:50.49	38.30	550m:	7:05.57	39.44	950m:	12:21.20	39.24	1350m: 17:39.68 40.35
	200m:	2:29.49	39.00	600m:	7:45.01	39.44	1000m:	13:00.48	39.28	1400m: 18:19.73 40.05
	250m:	3:08.58	39.09	650m:	8:24.60	39.59	1050m:	13:40.13	39.65	1450m: 18:59.70 39.97
	300m:	3:48.10	39.52	700m:	9:04.18	39.58	1100m:	14:19.69	39.56	1500m: 19:38.22 38.52
	350m:	4:27.47	39.37	750m:	9:43.69	39.51	1150m:	14:59.83	40.14	
	400m:	5:07.08	39.61	800m:	10:22.94	39.25	1200m:	15:39.52	39.69	
4.	Tiago Andre, SILVA			94	A.S.S.S. Columbófila Cantanhedense				19:45.05	399
	TFO									
	50m:	34.52	34.52	450m:	5:47.65	39.35	850m:	11:04.69	39.44	1250m: 16:25.40 39.89
	100m:	1:13.02	38.50	500m:	6:27.35	39.70	900m:	11:44.64	39.95	1300m: 17:05.45 40.05
	150m:	1:51.84	38.82	550m:	7:06.86	39.51	950m:	12:24.24	39.60	1350m: 17:45.93 40.48
	200m:	2:30.83	38.99	600m:	7:46.87	40.01	1000m:	13:04.36	40.12	1400m: 18:25.91 39.98
	250m:	3:10.21	39.38	650m:	8:26.23	39.36	1050m:	13:44.64	40.28	1450m: 19:06.02 40.11
	300m:	3:49.60	39.39	700m:	9:05.87	39.64	1100m:	14:24.96	40.32	1500m: 19:45.05 39.03
	350m:	4:28.90	39.30	750m:	9:45.37	39.50	1150m:	15:04.94	39.98	
	400m:	5:08.30	39.40	800m:	10:25.25	39.88	1200m:	15:45.51	40.57	

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 20
24.2.08 - 10:20

Femin., 400m Livres

12 anos
Resultados

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts	
1.	Ana Luisa, CARVALHO				96	Clube Desportivo Lousanense				5:28.77	395	
	50m:	36.21	36.21	150m:	1:59.64	41.77	250m:	3:24.61	42.81	350m:	4:48.66	41.59
	100m:	1:17.87	41.66	200m:	2:41.80	42.16	300m:	4:07.07	42.46	400m:	5:28.77	40.11
2.	Maria Joao, PAIXAO				96	Ginásio Clube Figueirense				5:31.03	387	
	50m:	37.18	37.18	150m:	2:00.30	42.56	250m:	3:25.83	42.55	350m:	4:51.24	42.36
	100m:	1:17.74	40.56	200m:	2:43.28	42.98	300m:	4:08.88	43.05	400m:	5:31.03	39.79
3.	Florbela Cavaco, MACHADO				96	A.S.S.S. Columbófila Cantanhedense				5:32.10	383	
	50m:	36.80	36.80	150m:	2:00.89	43.18	250m:	3:25.11	41.82	350m:	4:51.19	43.89
	100m:	1:17.71	40.91	200m:	2:43.29	42.40	300m:	4:07.30	42.19	400m:	5:32.10	40.91
4.	Maria Amelia, GASPAS				96	Clube Náutico Académico				5:36.16	370	
	50m:	38.51	38.51	150m:	2:02.54	42.61	250m:	3:27.56	42.86	350m:	4:53.89	43.33
	100m:	1:19.93	41.42	200m:	2:44.70	42.16	300m:	4:10.56	43.00	400m:	5:36.16	42.27
5.	Ana Luisa, COSTA				96	Clube Náutico Académico				5:37.22	366	
	50m:	40.22	40.22	150m:	2:04.49	42.34	250m:	3:30.42	42.84	350m:	4:55.53	42.97
	100m:	1:22.15	41.93	200m:	2:47.58	43.09	300m:	4:12.56	42.14	400m:	5:37.22	41.69
6.	Ana Carolina, LEAL				96	Clube Náutico Académico				5:38.45	362	
	50m:	37.74	37.74	150m:	2:01.68	42.60	250m:	3:27.78	43.51	350m:	4:54.85	43.06
	100m:	1:19.08	41.34	200m:	2:44.27	42.59	300m:	4:11.79	44.01	400m:	5:38.45	43.60
7.	Joana Faim, ALMEIDA				96	Ginásio Clube Figueirense				5:43.49	347	
	50m:	37.09	37.09	150m:	2:01.95	43.50	250m:	3:29.65	43.45	350m:	4:59.15	45.28
	100m:	1:18.45	41.36	200m:	2:46.20	44.25	300m:	4:13.87	44.22	400m:	5:43.49	44.34
8.	Maria Beatriz, RASCAO				96	Clube Náutico Académico				5:51.16	324	
	50m:	39.24	39.24	150m:	2:08.09	44.63	250m:	3:38.92	45.87	350m:	5:09.63	44.72
	100m:	1:23.46	44.22	200m:	2:53.05	44.96	300m:	4:24.91	45.99	400m:	5:51.16	41.53
9.	Maria Ines, ALMEIDA				96	Clube Náutico Académico				6:05.84	287	
	50m:	41.30	41.30	150m:	2:14.58	46.55	250m:	3:48.68	46.30	350m:	5:21.55	46.34
	100m:	1:28.03	46.73	200m:	3:02.38	47.80	300m:	4:35.21	46.53	400m:	6:05.84	44.29
10.	Sofia Caramelo, FOLGADO				96	Clube Náutico Académico				6:07.58	283	
	50m:	41.93	41.93	150m:	2:15.41	46.77	250m:	3:52.69	48.40	350m:	5:25.60	46.61
	100m:	1:28.64	46.71	200m:	3:04.29	48.88	300m:	4:38.99	46.30	400m:	6:07.58	41.98

Prova 20
24.2.08 - 10:20

Femin., 400m Livres

13 anos
Resultados

INF A Fem : 6:00.60

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts	
1.	Adriana Correia, LOPES				95	Clube Desportivo Lousanense				5:05.79	491	
	TFO											
	50m:	34.04	34.04	150m:	1:51.30	38.50	250m:	3:09.15	39.10	350m:	4:28.32	39.56
	100m:	1:12.80	38.76	200m:	2:30.05	38.75	300m:	3:48.76	39.61	400m:	5:05.79	37.47
2.	Catarina Alexandra, FERREIRA				95	Clube Desportivo Lousanense				5:15.35	448	
	TFO											
	50m:	35.04	35.04	150m:	1:52.88	39.64	250m:	3:14.05	40.14	350m:	4:36.60	41.62
	100m:	1:13.24	38.20	200m:	2:33.91	41.03	300m:	3:54.98	40.93	400m:	5:15.35	38.75
3.	Carolina Cunha, MARTINS				95	Clube Náutico Académico				5:17.06	441	
	TFO											
	50m:	35.33	35.33	150m:	1:55.81	40.62	250m:	3:16.90	40.77	350m:	4:38.16	40.48
	100m:	1:15.19	39.86	200m:	2:36.13	40.32	300m:	3:57.68	40.78	400m:	5:17.06	38.90
4.	Mariana Rocha, VALENTE				95	Associação Académica de Coimbra				5:17.72	438	
	TFO											
	50m:	34.39	34.39	150m:	1:52.48	39.76	250m:	3:14.55	40.62	350m:	4:37.54	41.40
	100m:	1:12.72	38.33	200m:	2:33.93	41.45	300m:	3:56.14	41.59	400m:	5:17.72	40.18

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 20, Femin., 400m Livres, 13 anos

Lugar	Ano	Tempo final	Pts
5. Joana Ines, OLIVEIRA TFO	95 Associação Académica de Coimbra	5:23.45	415
50m: 36.26 36.26 150m: 1:56.45 40.40 250m: 3:18.96 41.13 350m: 4:42.35 41.47			
100m: 1:16.05 39.79 200m: 2:37.83 41.38 300m: 4:00.88 41.92 400m: 5:23.45 41.10			
6. Mariana Pedroso, CARVALHO TFO	95 Clube Náutico Académico	5:27.01	402
50m: 36.33 36.33 150m: 1:57.57 41.22 250m: 3:20.88 41.88 350m: 4:45.70 42.52			
100m: 1:16.35 40.02 200m: 2:39.00 41.43 300m: 4:03.18 42.30 400m: 5:27.01 41.31			
7. Raquel Raimundo, FERREIRA TFO	95 Clube Desportivo Lousanense	5:31.27	386
50m: 37.67 37.67 150m: 2:01.49 42.76 250m: 3:26.71 43.04 350m: 4:50.06 42.14			
100m: 1:18.73 41.06 200m: 2:43.67 42.18 300m: 4:07.92 41.21 400m: 5:31.27 41.21			
8. Claudia Filipa, SILVA TFO	95 Clube Náutico de Miranda do Corvo	5:51.24	324
50m: 40.25 40.25 150m: 2:09.73 44.77 250m: 3:40.51 45.58 350m: 5:09.71 44.70			
100m: 1:24.96 44.71 200m: 2:54.93 45.20 300m: 4:25.01 44.50 400m: 5:51.24 41.53			
9. Ana Rita, CABRAL TFO	95 Clube Náutico Académico	5:59.72	302
50m: 40.01 40.01 150m: 2:09.82 45.60 250m: 3:42.17 46.16 350m: 5:14.98 46.96			
100m: 1:24.22 44.21 200m: 2:56.01 46.19 300m: 4:28.02 45.85 400m: 5:59.72 44.74			
EXH Nadia Filipa, MARQUES	92 Associação Académica de Coimbra	4:50.17	575
50m: 33.44 33.44 150m: 1:46.45 36.85 250m: 3:00.57 37.22 350m: 4:14.32 36.86			
100m: 1:09.60 36.16 200m: 2:23.35 36.90 300m: 3:37.46 36.89 400m: 4:50.17 35.85			
EXH Raquel Bartolo, VITOR	93 Associação Académica de Coimbra	4:52.05	564
50m: 33.18 33.18 150m: 1:46.38 36.70 250m: 3:01.29 37.98 350m: 4:16.20 37.39			
100m: 1:09.68 36.50 200m: 2:23.31 36.93 300m: 3:38.81 37.52 400m: 4:52.05 35.85			
EXH Ines Barbosa, MOREIRA	92 Associação Académica de Coimbra	5:00.81	516
50m: 33.93 33.93 150m: 1:47.62 37.27 250m: 3:04.27 38.69 350m: 4:22.78 39.50			
100m: 1:10.35 36.42 200m: 2:25.58 37.96 300m: 3:43.28 39.01 400m: 5:00.81 38.03			
EXH Ana Coutinho, SOUTO	93 Associação Académica de Coimbra	5:03.77	501
50m: 33.79 33.79 150m: 1:49.26 38.22 250m: 3:06.80 39.00 350m: 4:25.75 39.57			
100m: 1:11.04 37.25 200m: 2:27.80 38.54 300m: 3:46.18 39.38 400m: 5:03.77 38.02			

Prova 21
24.2.08 - 10:50

Masc., 200m Bruços

13 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Rui Jorge, DIAS	95 Clube Náutico de Miranda do Corvo	2:55.63	371
50m: 39.53 39.53 100m: 1:25.13 45.60 150m: 2:11.73 46.60 200m: 2:55.63 43.90			
2. Joao Andre, NEVES	95 Associação Académica de Coimbra	2:59.35	349
50m: 40.69 40.69 100m: 1:26.36 45.67 150m: 2:12.34 45.98 200m: 2:59.35 47.01			
3. Pedro Miguel, RIBEIRO	95 Associação Beneficência Popular de Gó... 2:59.71	2:59.71	347
50m: 39.50 39.50 100m: 1:26.44 46.94 150m: 2:13.23 46.79 200m: 2:59.71 46.48			
4. Luis de, OLIVEIRA	95 Associação Académica de Coimbra	3:06.84	308
50m: 42.25 42.25 100m: 1:30.01 47.76 150m: 2:18.94 48.93 200m: 3:06.84 47.90			
5. Rafael Joao, CORREIA	95 Clube Desportivo Lousanense	3:18.80	256
50m: 44.74 44.74 100m: 1:36.31 51.57 150m: 2:27.89 51.58 200m: 3:18.80 50.91			
6. Tiago Miguel, ALVES	95 A.S.S.S. Columbófila Cantanhedense	3:22.87	241
50m: 43.80 43.80 100m: 1:35.86 52.06 150m: 2:29.44 53.58 200m: 3:22.87 53.43			
7. Diogo Andre, JORGE	95 Clube Náutico Académico	3:26.65	228
50m: 45.80 45.80 100m: 1:38.45 52.65 150m: 2:32.52 54.07 200m: 3:26.65 54.13			

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 21, Masc., 200m Bruços, 13 anos

Lugar	Ano	Tempo final	Pts
8. Fabio Marques, FERREIRA	95 Junta Freguesia do Paião	3:27.65	225
50m: 45.98 45.98 100m: 1:40.33 54.35 150m: 2:36.27 55.94 200m: 3:27.65 51.38			

Prova 21 Masc., 200m Bruços 14 anos
24.2.08 - 10:50 Resultados

INF A Masc : 3:08.68

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, VEIGA	94 Clube Náutico Académico	2:47.01	432
TFO 50m: 38.60 38.60 100m: 1:22.44 43.84 150m: 2:05.56 43.12 200m: 2:47.01 41.45			
2. Pedro Barros, MENDES	94 Associação Académica de Coimbra	2:52.34	393
TFO 50m: 40.25 40.25 100m: 1:24.54 44.29 150m: 2:09.20 44.66 200m: 2:52.34 43.14			
3. Ruben Paiva, CARVALHO	94 Associação Académica de Coimbra	2:54.33	380
TFO 50m: 39.62 39.62 100m: 1:24.43 44.81 150m: 2:10.09 45.66 200m: 2:54.33 44.24			
4. Fabio Filipe, LOPES	94 Clube Desportivo Lousanense	3:07.89	303
TFO 50m: 41.24 41.24 100m: 1:29.51 48.27 150m: 2:19.45 49.94 200m: 3:07.89 48.44			
5. Pedro Daniel, PINTO	94 Clube Náutico de Miranda do Corvo	3:12.03	284
50m: 42.98 42.98 100m: 1:33.26 50.28 150m: 2:23.74 50.48 200m: 3:12.03 48.29			
DSQ Tiago Andre, SILVA	94 A.S.S.S. Columbófila Cantanhedense		
EXH Marcelo Abreu, RODRIGUES	92 Associação Académica de Coimbra	2:51.94	396
50m: 40.35 40.35 100m: 1:23.89 43.54 150m: 2:07.82 43.93 200m: 2:51.94 44.12			

Prova 22 Femin., 200m Costas 12 anos
24.2.08 - 11:00 Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Rita, ARTUR	96 Associação Académica de Coimbra	2:54.60	366
50m: 40.29 40.29 100m: 1:24.92 44.63 150m: 2:10.42 45.50 200m: 2:54.60 44.18			
2. Ana Carolina, CARVALHEIRA	96 Clube Náutico Académico	2:57.92	346
50m: 41.57 41.57 100m: 1:27.06 45.49 150m: 2:13.61 46.55 200m: 2:57.92 44.31			
3. Filipa Costa, GASPAR	96 Junta Freguesia do Paião	2:59.02	340
50m: 44.14 44.14 100m: 1:29.36 45.22 150m: 2:15.66 46.30 200m: 2:59.02 43.36			
4. Carlota Moura, CARVALHOS	96 Clube Náutico Académico	3:00.68	330
50m: 42.16 42.16 100m: 1:28.07 45.91 150m: 2:14.31 46.24 200m: 3:00.68 46.37			
5. Ana Pinto, ALVES	96 A.S.S.S. Columbófila Cantanhedense	3:04.81	309
50m: 44.89 44.89 100m: 1:32.29 47.40 150m: 2:19.56 47.27 200m: 3:04.81 45.25			
6. Diana Gomes, SANTOS	96 Associação Beneficência Popular de Gouveia	3:18.85	248
50m: 48.04 48.04 100m: 1:38.62 50.58 150m: 2:30.66 52.04 200m: 3:18.85 48.19			
7. Maria Ines, CARREIRA	96 Clube Náutico Académico	3:33.42	200
50m: 50.70 50.70 100m: 1:44.53 53.83 150m: 2:39.49 54.96 200m: 3:33.42 53.93			

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 22, Femin., 200m Costas

Prova 22
24.2.08 - 11:00

Femin., 200m Costas

13 anos
Resultados

INF A Fem : 3:06.66

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts
1.	Tatiana Filipa, SANTOS				95	Ginásio Clube Figueirense				2:28.90	590
	TFO										
	50m:	34.88	34.88	100m:	1:12.15	37.27	150m:	1:50.75	38.60	200m:	2:28.90 38.15
2.	Mariana Costa, SEBASTIAO				95	Ginásio Clube Figueirense				2:41.75	460
	TFO										
	50m:	37.43	37.43	100m:	1:18.34	40.91	150m:	2:00.70	42.36	200m:	2:41.75 41.05
3.	Rita Amado, LAEZZA				95	Associação Académica de Coimbra				2:44.31	439
	TFO										
	50m:	39.32	39.32	100m:	1:21.41	42.09	150m:	2:03.11	41.70	200m:	2:44.31 41.20
4.	Ana Claudia, CORDEIRO				95	Associação Académica de Coimbra				2:48.79	405
	TFO										
	50m:	40.77	40.77	100m:	1:23.92	43.15	150m:	2:07.07	43.15	200m:	2:48.79 41.72
5.	Mariana Rocha, VALENTE				95	Associação Académica de Coimbra				2:50.36	394
	TFO										
	50m:	41.55	41.55	100m:	1:25.51	43.96	150m:	2:09.52	44.01	200m:	2:50.36 40.84
6.	Iris Catarina, AMARAL				95	Clube Náutico Académico				2:52.67	378
	TFO										
	50m:	40.79	40.79	100m:	1:24.44	43.65	150m:	2:09.06	44.62	200m:	2:52.67 43.61
7.	Ana Marta, FARIAS				95	Ginásio Clube Figueirense				2:56.85	352
	TFO										
	50m:	40.30	40.30	100m:	1:25.36	45.06	150m:	2:11.72	46.36	200m:	2:56.85 45.13
8.	Joana Carolina, ALVES				95	Ginásio Clube Figueirense				3:07.11	297
	50m:	44.75	44.75	100m:	1:32.11	47.36	150m:	2:20.41	48.30	200m:	3:07.11 46.70
9.	Mariana Raquel, COLACO				95	Clube Desportivo Lousanense				3:18.56	249
	50m:	46.44	46.44	100m:	1:37.14	50.70	150m:	2:29.53	52.39	200m:	3:18.56 49.03
EXH	Lia Raquel, ABADESSO				93	Associação Académica de Coimbra				2:59.12	339
	50m:	41.77	41.77	100m:	1:27.83	46.06	150m:	2:14.46	46.63	200m:	2:59.12 44.66

Prova 23
24.2.08 - 11:15

Masc., 200m Estilos

13 anos
Resultados

Pontos: FINA 2004

Lugar					Ano					Tempo final	Pts
1.	Rui Jorge, DIAS				95	Clube Náutico de Miranda do Corvo				2:37.74	390
	50m:	36.68	36.68	100m:	1:19.28	42.60	150m:	2:03.53	44.25	200m:	2:37.74 34.21
2.	Joao Andre, NEVES				95	Associação Académica de Coimbra				2:44.26	345
	50m:	36.25	36.25	100m:	1:20.10	43.85	150m:	2:07.43	47.33	200m:	2:44.26 36.83
3.	Luis de, OLIVEIRA				95	Associação Académica de Coimbra				2:45.50	337
	50m:	36.97	36.97	100m:	1:20.87	43.90	150m:	2:09.22	48.35	200m:	2:45.50 36.28
4.	Pedro Miguel, RIBEIRO				95	Associação Beneficência Popular de Gondomar				2:45.58	337
	50m:	37.86	37.86	100m:	1:23.43	45.57	150m:	2:08.74	45.31	200m:	2:45.58 36.84
5.	Luis Gabriel, SANTOS				95	Ginásio Clube Figueirense				2:46.05	334
	50m:	35.94	35.94	100m:	1:18.93	42.99	150m:	2:09.35	50.42	200m:	2:46.05 36.70
6.	Goncalo Ferreira, COROADO				95	Associação Académica de Coimbra				2:52.61	297
	50m:	37.94	37.94	100m:	1:24.07	46.13	150m:	2:14.84	50.77	200m:	2:52.61 37.77

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 23, Masc., 200m Estilos, 13 anos

Lugar	Ano	Tempo final	Pts
7. Guilherme Pedro, COELHO	95	2:54.01	290
50m: 40.61 40.61 100m: 1:22.25 41.64 150m: 2:15.40 53.15 200m: 2:54.01 38.61			
8. Jose Antonio, FORTE	95	2:57.98	271
50m: 40.58 40.58 100m: 1:27.25 46.67 150m: 2:20.94 53.69 200m: 2:57.98 37.04			
9. Gustavo Lopes, RIBEIRO	95	3:03.21	249
50m: 41.95 41.95 100m: 1:26.32 44.37 150m: 2:25.19 58.87 200m: 3:03.21 38.02			
10. Henrique Ferreira, COROADO	95	3:08.06	230
50m: 44.03 44.03 100m: 1:32.23 48.20 150m: 2:27.11 54.88 200m: 3:08.06 40.95			
11. Francisco Pais, BAPTISTA	95	3:12.37	215
50m: 42.38 42.38 100m: 1:28.86 46.48 150m: 2:28.99 1:00.13 200m: 3:12.37 43.38			
12. Jose Miguel, FIGUEIRA	95	3:16.87	200
50m: 48.27 48.27 100m: 1:39.99 51.72 150m: 2:36.33 56.34 200m: 3:16.87 40.54			
13. Bernardo Tiago, ABREU	95	3:20.14	191
50m: 47.14 47.14 100m: 1:37.46 50.32 150m: 2:37.68 1:00.22 200m: 3:20.14 42.46			
14. Ricardo Daniel, PEREIRA	95	3:26.01	175
50m: 44.20 44.20 100m: 1:40.86 56.66 150m: 2:41.12 1:00.26 200m: 3:26.01 44.89			
DSQ Manuel Luis, SOUSA	95		

Prova 23 Masc., 200m Estilos 14 anos
24.2.08 - 11:15 Resultados

INF A Masc : 2:52.19

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Joao Pedro, VEIGA	94	2:32.95	427
TFO 50m: 35.37 35.37 100m: 1:15.17 39.80 150m: 1:58.47 43.30 200m: 2:32.95 34.48			
2. Gustavo Almeida, MADUREIRA	94	2:37.41	392
TFO 50m: 34.98 34.98 100m: 1:15.01 40.03 150m: 2:03.20 48.19 200m: 2:37.41 34.21			
3. Joao Nuno, CONDE	94	2:41.62	362
TFO 50m: 36.54 36.54 100m: 1:18.41 41.87 150m: 2:05.48 47.07 200m: 2:41.62 36.14			
4. Joao Nuno, PIRES	94	2:44.36	344
TFO 50m: 37.60 37.60 100m: 1:17.13 39.53 200m: 2:44.36 1:27.23			
5. Joao Barbosa, MOREIRA	94	2:46.70	330
TFO 50m: 35.19 35.19 100m: 1:18.99 43.80 150m: 2:09.95 50.96 200m: 2:46.70 36.75			
6. David Alexandre, PEREIRA	94	2:48.29	321
TFO 50m: 36.99 36.99 100m: 1:21.55 44.56 150m: 2:11.92 50.37 200m: 2:48.29 36.37			
7. Pedro Daniel, PINTO	94	2:57.02	276
50m: 41.78 41.78 100m: 1:29.79 48.01 150m: 2:18.18 48.39 200m: 2:57.02 38.84			
DSQ Francisco Leonardes, ALVES	94		
TFO			
EXH Andre Filipe, LOPES	92	2:18.13	580
50m: 29.46 29.46 100m: 1:04.74 35.28 150m: 1:46.79 42.05 200m: 2:18.13 31.34			
EXH Guilherme Joao, PATRIARCA	92	2:24.01	512
50m: 30.64 30.64 100m: 1:07.29 36.65 150m: 1:50.46 43.17 200m: 2:24.01 33.55			

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 23, Masc., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Tiago Rafael, LOPES	92 Associação Académica de Coimbra	2:24.09	511
50m: 31.51 31.51 100m: 1:09.20 37.69 150m: 1:51.69 42.49 200m: 2:24.09			32.40

5 - 3ª Jornada - 2ª sessão

24.2.08 - 16:30

Prova 24
24.2.08 - 16:30

Femin., 200m Livres

12 anos
Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Luisa, CARVALHO	96 Clube Desportivo Lousanense	2:36.87	394
50m: 34.99 34.99 100m: 1:16.28 41.29 150m: 1:57.98 41.70 200m: 2:36.87			38.89
2. Ana Carolina, LEAL	96 Clube Náutico Académico	2:40.43	369
50m: 36.40 36.40 100m: 1:17.51 41.11 150m: 2:00.18 42.67 200m: 2:40.43			40.25
3. Florbela Cavaco, MACHADO	96 A.S.S.S. Columbófila Cantanhedense	2:42.06	358
50m: 37.13 37.13 100m: 1:18.98 41.85 150m: 2:01.09 42.11 200m: 2:42.06			40.97
4. Ana Luisa, COSTA	96 Clube Náutico Académico	2:42.17	357
50m: 39.80 39.80 100m: 1:20.69 40.89 150m: 2:02.28 41.59 200m: 2:42.17			39.89
5. Carlota Moura, CARVALHOS	96 Clube Náutico Académico	2:44.32	343
50m: 38.28 38.28 100m: 1:20.11 41.83 150m: 2:02.53 42.42 200m: 2:44.32			41.79
6. Filipa Costa, GASPAS	96 Junta Freguesia do Paião	2:46.39	330
50m: 39.12 39.12 100m: 1:22.26 43.14 150m: 2:06.29 44.03 200m: 2:46.39			40.10
7. Joana de Andrade, COSTA	96 Associação Académica de Coimbra	2:50.57	307
50m: 40.22 40.22 100m: 1:25.61 45.39 150m: 2:10.85 45.24 200m: 2:50.57			39.72
8. Maria Beatriz, RASCAO	96 Clube Náutico Académico	2:51.53	302
50m: 38.42 38.42 100m: 1:21.45 43.03 150m: 2:05.92 44.47 200m: 2:51.53			45.61
9. Diana Gomes, SANTOS	96 Associação Beneficência Popular de Gouveia	2:53.63	291
50m: 40.57 40.57 100m: 1:26.92 46.35 150m: 2:12.08 45.16 200m: 2:53.63			41.55
10. Sofia Caramelo, FOLGADO	96 Clube Náutico Académico	2:54.53	286
50m: 39.44 39.44 100m: 1:24.95 45.51 150m: 2:11.42 46.47 200m: 2:54.53			43.11
11. Francisca Silva, MARQUES	96 Associação Académica de Coimbra	2:54.72	285
50m: 40.28 40.28 100m: 1:24.67 44.39 150m: 2:10.37 45.70 200m: 2:54.72			44.35
12. Maria Miguel, SOUSA	96 Associação Académica de Coimbra	3:00.98	257
50m: 42.05 42.05 100m: 1:28.59 46.54 150m: 2:14.68 46.09 200m: 3:00.98			46.30
13. Maria Ines, CARREIRA	96 Clube Náutico Académico	3:09.17	225
50m: 43.56 43.56 100m: 1:32.13 48.57 150m: 2:21.42 49.29 200m: 3:09.17			47.75
14. Mariana Filipa, DIAS	96 Ginásio Clube Figueirense	3:18.21	195
50m: 44.89 44.89 100m: 1:36.69 51.80 150m: 2:30.84 54.15 200m: 3:18.21			47.37

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 24, Femin., 200m Livres

Prova 24
24.2.08 - 16:30

Femin., 200m Livres

13 anos
Resultados

INF A Fem : 2:51.91

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Adriana Correia, LOPES TFO	95	Clube Desportivo Lousanense	2:22.75 523
50m: 32.85 32.85 100m: 1:09.18 36.33 150m: 1:46.47 37.29 200m: 2:22.75 36.28			
2. Rita Amado, LAEZZA TFO	95	Associação Académica de Coimbra	2:24.19 508
50m: 33.96 33.96 100m: 1:11.25 37.29 150m: 1:48.34 37.09 200m: 2:24.19 35.85			
3. Catarina Alexandra, FERREIRA TFO	95	Clube Desportivo Lousanense	2:27.67 473
50m: 33.92 33.92 100m: 1:11.24 37.32 150m: 1:49.73 38.49 200m: 2:27.67 37.94			
4. Joana Reis, VEIGA TFO	95	Associação Académica de Coimbra	2:32.76 427
50m: 35.36 35.36 100m: 1:13.35 37.99 150m: 1:53.22 39.87 200m: 2:32.76 39.54			
5. Raquel Raimundo, FERREIRA TFO	95	Clube Desportivo Lousanense	2:35.31 406
50m: 36.51 36.51 100m: 1:17.09 40.58 150m: 1:57.32 40.23 200m: 2:35.31 37.99			
6. Iris Catarina, AMARAL TFO	95	Clube Náutico Académico	2:36.75 395
50m: 35.16 35.16 100m: 1:15.40 40.24 150m: 1:56.88 41.48 200m: 2:36.75 39.87			
7. Ana Marta, FARIAS TFO	95	Ginásio Clube Figueirense	2:39.54 375
50m: 36.02 36.02 100m: 1:16.50 40.48 150m: 1:58.39 41.89 200m: 2:39.54 41.15			
8. Mariana Coutinho, SOUTO 50m: 40.84 40.84 100m: 1:26.42 45.58 150m: 2:12.28 45.86 200m: 2:58.00 45.72	95	Associação Académica de Coimbra	2:58.00 270
DSQ Joana Ines, OLIVEIRA TFO	95	Associação Académica de Coimbra	
EXH Nadia Filipa, MARQUES 50m: 31.97 31.97 100m: 1:06.01 34.04 150m: 1:41.61 35.60 200m: 2:17.11 35.50	92	Associação Académica de Coimbra	2:17.11 590
EXH Ines Barbosa, MOREIRA 50m: 32.51 32.51 100m: 1:07.39 34.88 150m: 1:43.56 36.17 200m: 2:18.93 35.37	92	Associação Académica de Coimbra	2:18.93 567
EXH Raquel Bartolo, VITOR 50m: 32.86 32.86 100m: 1:09.06 36.20 150m: 1:44.90 35.84 200m: 2:20.92 36.02	93	Associação Académica de Coimbra	2:20.92 544
EXH Joana Ferreira, COROADO 50m: 33.40 33.40 100m: 1:09.71 36.31 150m: 1:46.84 37.13 200m: 2:23.21 36.37	92	Associação Académica de Coimbra	2:23.21 518
EXH Ana Coutinho, SOUTO 50m: 33.81 33.81 100m: 1:11.73 37.92 150m: 1:49.89 38.16 200m: 2:26.17 36.28	93	Associação Académica de Coimbra	2:26.17 487
EXH Ana Rita, COSTA 50m: 33.51 33.51 100m: 1:10.74 37.23 150m: 1:49.31 38.57 200m: 2:26.42 37.11	91	Associação Académica de Coimbra	2:26.42 485
EXH Ana Carolina, BERNARDO 50m: 33.98 33.98 100m: 1:10.56 36.58 150m: 1:49.78 39.22 200m: 2:27.20 37.42	93	Associação Académica de Coimbra	2:27.20 477
EXH Symonee Sobral, HINCKLEY 50m: 35.76 35.76 100m: 1:14.71 38.95 150m: 1:55.27 40.56 200m: 2:33.87 38.60	93	Associação Académica de Coimbra	2:33.87 418
EXH Bruna Miguel, PEREIRA 50m: 35.59 35.59 100m: 1:16.28 40.69 150m: 1:57.16 40.88 200m: 2:34.69 37.53	94	Associação Académica de Coimbra	2:34.69 411
EXH Sofia Roque, DIAS 50m: 36.26 36.26 100m: 1:15.68 39.42 150m: 1:56.37 40.69 200m: 2:35.89 39.52	94	Associação Académica de Coimbra	2:35.89 402

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 25
24.2.08 - 16:50

Masc., 100m Livres

13 anos
Resultados

Pontos: FINA 2004

Lugar				Ano		Tempo final	Pts
1.	Luis de, OLIVEIRA			95	Associação Académica de Coimbra	1:05.62	363
	50m: 31.06 31.06	100m: 1:05.62			34.56		
2.	Rui Jorge, DIAS			95	Clube Náutico de Miranda do Corvo	1:06.10	355
	50m: 32.59 32.59	100m: 1:06.10			33.51		
3.	Pedro Miguel, RIBEIRO			95	Associação Beneficência Popular de Gouveia	1:07.90	327
	50m: 32.65 32.65	100m: 1:07.90			35.25		
4.	Gustavo Lopes, RIBEIRO			95	Associação Académica de Coimbra	1:08.89	313
	50m: 33.78 33.78	100m: 1:08.89			35.11		
5.	Joao Andre, NEVES			95	Associação Académica de Coimbra	1:09.69	303
	50m: 32.42 32.42	100m: 1:09.69			37.27		
6.	Jose Antonio, FORTE			95	Associação Académica de Coimbra	1:09.99	299
	50m: 34.64 34.64	100m: 1:09.99			35.35		
7.	Guilherme Pedro, COELHO			95	Clube Náutico Académico	1:10.32	295
	50m: 33.99 33.99	100m: 1:10.32			36.33		
8.	Tiago Miguel, ALVES			95	A.S.S.S. Columbófila Cantanhedense	1:11.82	277
	50m: 34.86 34.86	100m: 1:11.82			36.96		
9.	Goncalo Ferreira, COROADO			95	Associação Académica de Coimbra	1:12.21	272
	50m: 34.27 34.27	100m: 1:12.21			37.94		
10.	Fabio Marques, FERREIRA			95	Junta Freguesia do Paião	1:12.32	271
	50m: 35.49 35.49	100m: 1:12.32			36.83		
11.	Rafael Joao, CORREIA			95	Clube Desportivo Lousanense	1:15.65	237
	50m: 36.00 36.00	100m: 1:15.65			39.65		
12.	Miguel Coelho, COSTA			95	Associação Académica de Coimbra	1:16.10	232
	50m: 36.26 36.26	100m: 1:16.10			39.84		
13.	Diogo Andre, JORGE			95	Clube Náutico Académico	1:17.38	221
	50m: 36.85 36.85	100m: 1:17.38			40.53		
14.	Ricardo Daniel, PEREIRA			95	Clube Náutico de Miranda do Corvo	1:17.47	220
	50m: 36.94 36.94	100m: 1:17.47			40.53		
15.	Francisco Pais, BAPTISTA			95	Clube Náutico Académico	1:17.70	218
	50m: 36.57 36.57	100m: 1:17.70			41.13		
16.	Ruben Jordao, FERNANDES			95	Clube Náutico de Miranda do Corvo	1:18.01	216
	50m: 37.47 37.47	100m: 1:18.01			40.54		
17.	Jose Miguel, FIGUEIRA			95	A.S.S.S. Columbófila Cantanhedense	1:18.72	210
	50m: 38.27 38.27	100m: 1:18.72			40.45		
18.	Henrique Ferreira, COROADO			95	Associação Académica de Coimbra	1:19.79	202
	50m: 38.67 38.67	100m: 1:19.79			41.12		
19.	Bernardo Tiago, ABREU			95	Associação Académica de Coimbra	1:20.90	193
	50m: 38.96 38.96	100m: 1:20.90			41.94		
20.	Joao Alexandre, SARAIVA			95	Associação Beneficência Popular de Gouveia	1:22.92	180
	50m: 39.34 39.34	100m: 1:22.92			43.58		
21.	Manuel Luis, SOUSA			95	Clube Náutico Académico	1:25.63	163
	50m: 40.74 40.74	100m: 1:25.63			44.89		

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 25, Masc., 100m Livres

Prova 25
24.2.08 - 16:50

Masc., 100m Livres

14 anos
Resultados

INF A Masc : 1:09.93

Pontos: FINA 2004

Lugar						Ano		Tempo final	Pts
1.	Gustavo Almeida, MADUREIRA					94	Associação Académica de Coimbra	59.89	477
	TFO								
	50m:	28.86	28.86	100m:	59.89		31.03		
2.	Diogo Cunha, GIRAO					94	A.S.S.S. Columbófila Cantanhedense	1:01.76	435
	TFO								
	50m:	30.40	30.40	100m:	1:01.76		31.36		
3.	Joao Manuel, BORGES					94	Ginásio Clube Figueirense	1:03.10	408
	TFO								
	50m:	30.54	30.54	100m:	1:03.10		32.56		
4.	Pedro Barros, MENDES					94	Associação Académica de Coimbra	1:04.18	387
	TFO								
	50m:	31.29	31.29	100m:	1:04.18		32.89		
5.	David Jose, FONSECA					94	A.S.S.S. Columbófila Cantanhedense	1:05.69	361
	TFO								
	50m:	31.49	31.49	100m:	1:05.69		34.20		
6.	Joao Filipe, LUCAS					94	Associação Académica de Coimbra	1:05.99	356
	TFO								
	50m:	32.23	32.23	100m:	1:05.99		33.76		
7.	Ruben Paiva, CARVALHO					94	Associação Académica de Coimbra	1:06.32	351
	TFO								
	50m:	32.41	32.41	100m:	1:06.32		33.91		
8.	Joao Nuno, CONDE					94	Clube Náutico Académico	1:06.50	348
	TFO								
	50m:	32.95	32.95	100m:	1:06.50		33.55		
9.	Joao Barbosa, MOREIRA					94	Clube Náutico Académico	1:06.74	345
	TFO								
	50m:	32.50	32.50	100m:	1:06.74		34.24		
10.	Fabio Filipe, LOPES					94	Clube Desportivo Lousanense	1:07.12	339
	TFO								
	50m:	31.82	31.82	100m:	1:07.12		35.30		
11.	Francisco Leonardes, ALVES					94	Associação Académica de Coimbra	1:07.33	336
	TFO								
	50m:	32.49	32.49	100m:	1:07.33		34.84		
12.	Pedro Daniel, PINTO					94	Clube Náutico de Miranda do Corvo	1:08.31	321
	TFO								
	50m:	33.49	33.49	100m:	1:08.31		34.82		
13.	Joao Nuno, PIRES					94	Clube Náutico Académico	1:09.18	309
	TFO								
	50m:	32.78	32.78	100m:	1:09.18		36.40		
14.	Raul Miguel, MARQUES					94	Associação Beneficência Popular de Gouveia	1:24.41	170
	50m:	40.58	40.58	100m:	1:24.41		43.83		

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 25, Masc., 100m Livres

Prova 25 Masc., 100m Livres 15 anos e mais velhos
24.2.08 - 16:50 Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
DSQ Goncalo Nuno, COSTA	90 Associação Académica de Coimbra		
EXH Nuno Dias, CARDOSO	89 Associação Académica de Coimbra	55.21	609
50m: 26.12 26.12 100m: 55.21 29.09			
EXH Luis Miguel, SANTOS	90 Associação Académica de Coimbra	56.46	569
50m: 27.26 27.26 100m: 56.46 29.20			
EXH Carlos Octavio, FERNANDES	88 Associação Académica de Coimbra	56.89	556
50m: 27.58 27.58 100m: 56.89 29.31			
EXH Bruno Gustavo, NOGUEIRA	91 Associação Académica de Coimbra	57.89	528
50m: 27.96 27.96 100m: 57.89 29.93			
EXH Tiago Rafael, LOPES	92 Associação Académica de Coimbra	58.63	508
50m: 28.42 28.42 100m: 58.63 30.21			
EXH Pedro Octavio, FERNANDES	91 Associação Académica de Coimbra	59.26	492
50m: 28.48 28.48 100m: 59.26 30.78			
EXH Pedro Filipe, SANTOS	89 Associação Académica de Coimbra	59.59	484
50m: 29.18 29.18 100m: 59.59 30.41			
EXH Hugo Rafael, RAMALHO	90 Associação Académica de Coimbra	59.72	481
50m: 28.74 28.74 100m: 59.72 30.98			
EXH Tiago Filipe, LEAL	90 Associação Académica de Coimbra	1:00.26	468
50m: 29.07 29.07 100m: 1:00.26 31.19			
EXH Andre Rocha, VALENTE	92 Associação Académica de Coimbra	1:01.19	447
50m: 29.76 29.76 100m: 1:01.19 31.43			
EXH Bruno Alexandre, FIGUEIRA	90 Associação Académica de Coimbra	1:01.36	443
50m: 28.83 28.83 100m: 1:01.36 32.53			
EXH Diogo Costa, FONTES	92 Associação Académica de Coimbra	1:02.00	430
50m: 29.51 29.51 100m: 1:02.00 32.49			
EXH Diogo Emanuel, FERREIRA	93 Associação Académica de Coimbra	1:04.12	389
50m: 31.42 31.42 100m: 1:04.12 32.70			
EXH Marcelo Abreu, RODRIGUES	92 Associação Académica de Coimbra	1:04.46	382
50m: 31.51 31.51 100m: 1:04.46 32.95			
EXH Daniel Afonso, CORREIA	93 Associação Académica de Coimbra	1:06.59	347
50m: 31.94 31.94 100m: 1:06.59 34.65			

Prova 26 Femin., 100m Bruços 12 anos
24.2.08 - 17:05 Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Maria Manuela, FRADE	96 Associação Beneficência Popular de Coimbra	1:31.93	361
50m: 44.20 44.20 100m: 1:31.93 47.73			
2. Maria Ines, ALMEIDA	96 Clube Náutico Académico	1:33.38	344
50m: 44.96 44.96 100m: 1:33.38 48.42			
3. Maria Joao, PAIXAO	96 Ginásio Clube Figueirense	1:34.07	337
50m: 45.28 45.28 100m: 1:34.07 48.79			
4. Ana Rita, ARTUR	96 Associação Académica de Coimbra	1:36.90	308
50m: 46.83 46.83 100m: 1:36.90 50.07			

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 26, Femin., 100m Bruços, 12 anos

Lugar	Ano	Tempo final	Pts
5. Joana Faim, ALMEIDA 50m: 45.38 45.38 100m: 1:37.50 52.12	96	Ginásio Clube Figueirense	1:37.50 302
6. Ana Pinto, ALVES 50m: 48.63 48.63 100m: 1:42.10 53.47	96	A.S.S.S. Columbófila Cantanhedense	1:42.10 263
7. Andreia Marina, PEDROSA 50m: 48.48 48.48 100m: 1:42.96 54.48	96	Junta Freguesia do Paião	1:42.96 257
8. Erica Filipa, COSTA 50m: 50.38 50.38 100m: 1:44.41 54.03	96	Associação Académica de Coimbra	1:44.41 246
9. Mariana Filipa, DIAS 50m: 51.54 51.54 100m: 1:47.59 56.05	96	Ginásio Clube Figueirense	1:47.59 225
10. Joana Isabel, RODRIGUES 50m: 51.24 51.24 100m: 1:48.28 57.04	96	Clube Desportivo Lousanense	1:48.28 221
DSQ Ana Carolina, CARVALHEIRA	96	Clube Náutico Académico	
DSQ Francisca Silva, MARQUES	96	Associação Académica de Coimbra	

Prova 26 Femin., 100m Bruços 13 anos
24.2.08 - 17:05 Resultados

INF A Fem : 1:37.80

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, CORDEIRO TFO 50m: 40.97 40.97 100m: 1:24.38 43.41	95	Associação Académica de Coimbra	1:24.38 466
2. Mariana Rocha, VALENTE TFO 50m: 42.99 42.99 100m: 1:30.44 47.45	95	Associação Académica de Coimbra	1:30.44 379
3. Mariana Costa, SEBASTIAO TFO 50m: 43.79 43.79 100m: 1:33.63 49.84	95	Ginásio Clube Figueirense	1:33.63 341
4. Mariana Coutinho, SOUTO TFO 50m: 44.98 44.98 100m: 1:33.75 48.77	95	Associação Académica de Coimbra	1:33.75 340
5. Beatriz Calvete, PEDROSA TFO 50m: 44.78 44.78 100m: 1:33.90 49.12	95	Junta Freguesia do Paião	1:33.90 338
6. Ana Rita, CABRAL TFO 50m: 44.02 44.02 100m: 1:34.60 50.58	95	Clube Náutico Académico	1:34.60 331
7. Claudia Filipa, SILVA TFO 50m: 46.75 46.75 100m: 1:36.55 49.80	95	Clube Náutico de Miranda do Corvo	1:36.55 311
8. Joana Carolina, ALVES 50m: 51.68 51.68 100m: 1:45.59 53.91	95	Ginásio Clube Figueirense	1:45.59 238
EXH Ana Rita, COSTA 50m: 38.73 38.73 100m: 1:22.06 43.33	91	Associação Académica de Coimbra	1:22.06 507
EXH Catarina Oliveira, DINIS 50m: 40.21 40.21 100m: 1:23.52 43.31	93	Associação Académica de Coimbra	1:23.52 481
EXH Mariana Almeida, MADUREIRA 50m: 40.06 40.06 100m: 1:25.49 45.43	91	Associação Académica de Coimbra	1:25.49 449

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 26, Femin., 100m Bruços

Lugar	Ano	Tempo final	Pts
EXH Sofia Roque, DIAS	94 Associação Académica de Coimbra	1:36.13	315
50m: 45.40 45.40 100m: 1:36.13 50.73			

Prova 27

Masc., 200m Mariposa

13 anos

24.2.08 - 17:15

Resultados

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Luis Gabriel, SANTOS	95 Ginásio Clube Figueirense	2:53.25	273
50m: 35.64 35.64 100m: 1:19.15 43.51 150m: 2:07.05 47.90 200m: 2:53.25 46.20			
2. Goncalo Ferreira, COROADO	95 Associação Académica de Coimbra	3:02.23	235
50m: 37.74 37.74 100m: 1:23.81 46.07 150m: 2:13.21 49.40 200m: 3:02.23 49.02			
3. Miguel Angelo, FIGUEIRA	95 A.S.S.S. Columbófila Cantanhedense	3:25.42	164
50m: 40.87 40.87 100m: 1:33.05 52.18 150m: 2:30.07 57.02 200m: 3:25.42 55.35			

Prova 27

Masc., 200m Mariposa

14 anos

24.2.08 - 17:15

Resultados

INF A Masc : 2:48.07

Pontos: FINA 2004

Lugar	Ano	Tempo final	Pts
1. Tiago Andre, SILVA	94 A.S.S.S. Columbófila Cantanhedense	2:50.47	287
50m: 35.84 35.84 100m: 1:19.32 43.48 150m: 2:05.18 45.86 200m: 2:50.47 45.29			
2. David Alexandre, PEREIRA	94 Ginásio Clube Figueirense	2:54.05	270
50m: 36.37 36.37 100m: 1:20.87 44.50 150m: 2:09.07 48.20 200m: 2:54.05 44.98			
3. Raul Miguel, MARQUES	94 Associação Beneficência Popular de Go...	3:44.74	125
50m: 49.83 49.83 100m: 1:49.33 59.50 150m: 2:47.61 58.28 200m: 3:44.74 57.13			

EXH Hugo Rafael, RAMALHO	90 Associação Académica de Coimbra	2:17.56	546
50m: 30.74 30.74 100m: 1:04.83 34.09 150m: 1:40.13 35.30 200m: 2:17.56 37.43			
EXH Andre Filipe, LOPES	92 Associação Académica de Coimbra	2:19.84	520
50m: 31.21 31.21 100m: 1:06.16 34.95 150m: 1:43.04 36.88 200m: 2:19.84 36.80			
EXH Carlos Octavio, FERNANDES	88 Associação Académica de Coimbra	2:21.89	498
50m: 30.80 30.80 100m: 1:05.66 34.86 150m: 1:42.56 36.90 200m: 2:21.89 39.33			
EXH Pedro Filipe, SANTOS	89 Associação Académica de Coimbra	2:25.21	464
50m: 32.35 32.35 100m: 1:09.19 36.84 150m: 1:46.77 37.58 200m: 2:25.21 38.44			
EXH Guilherme Joao, PATRIARCA	92 Associação Académica de Coimbra	2:27.73	441
50m: 31.62 31.62 100m: 1:08.79 37.17 150m: 1:47.27 38.48 200m: 2:27.73 40.46			
EXH Goncalo Nuno, COSTA	90 Associação Académica de Coimbra	2:29.39	426
50m: 32.56 32.56 100m: 1:09.86 37.30 150m: 1:49.58 39.72 200m: 2:29.39 39.81			
EXH Ricardo Miguel, ARAUJO	93 Associação Académica de Coimbra	2:47.09	305
50m: 34.57 34.57 100m: 1:16.26 41.69 150m: 2:01.32 45.06 200m: 2:47.09 45.77			

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 28 Femin., 100m Mariposa 12 anos
24.2.08 - 17:20 Resultados

Pontos: FINA 2004

Lugar					Ano		Tempo final	Pts
1.	Maria Amelia, GASPAR				96	Clube Náutico Académico	1:27.11	282
	50m:	41.87	41.87	100m:	1:27.11	45.24		
2.	Joana de Andrade, COSTA				96	Associação Académica de Coimbra	1:28.12	273
	50m:	40.81	40.81	100m:	1:28.12	47.31		
3.	Maria Polonio, VIEIRA				96	Associação Académica de Coimbra	1:46.34	155
	50m:	47.31	47.31	100m:	1:46.34	59.03		

Prova 28 Femin., 100m Mariposa 13 anos
24.2.08 - 17:20 Resultados

INF A Fem : 1:25.41

Pontos: FINA 2004

Lugar					Ano		Tempo final	Pts
1.	Joana Reis, VEIGA				95	Associação Académica de Coimbra	1:15.04	442
	<i>TFO</i>							
	50m:	34.93	34.93	100m:	1:15.04	40.11		
2.	Tatiana Filipa, SANTOS				95	Ginásio Clube Figueirense	1:15.14	440
	<i>TFO</i>							
	50m:	34.98	34.98	100m:	1:15.14	40.16		
3.	Sofia Verissimo, PEDROSA				95	Junta Freguesia do Paião	1:16.04	425
	<i>TFO</i>							
	50m:	35.16	35.16	100m:	1:16.04	40.88		
4.	Mariana Pedroso, CARVALHO				95	Clube Náutico Académico	1:17.79	397
	<i>TFO</i>							
	50m:	36.39	36.39	100m:	1:17.79	41.40		
EXH	Raquel Bartolo, VITOR				93	Associação Académica de Coimbra	1:12.93	481
	50m:	34.53	34.53	100m:	1:12.93	38.40		
EXH	Nadia Filipa, MARQUES				92	Associação Académica de Coimbra	1:17.34	403
	50m:	35.87	35.87	100m:	1:17.34	41.47		
EXH	Catarina Oliveira, DINIS				93	Associação Académica de Coimbra	1:19.83	367
	50m:	37.70	37.70	100m:	1:19.83	42.13		
EXH	Ana Filipa, ROQUE				91	Associação Académica de Coimbra	1:23.79	317
	50m:	38.12	38.12	100m:	1:23.79	45.67		

Prova 29 Masc., 4 x 100m Estilos 13 anos
24.2.08 - 17:25 Resultados

Pontos: FINA 2004

Lugar						Tempo final	Pts
1.	Associação Académica de Coimbra 11				Associação Académica de Coimbra	5:20.82	277
	Gustavo Lopes, RIBEIRO	95	40.45	1:22.65	Goncalo Ferreira, COROADO	95 37.57	1:23.42
	Joao Andre, NEVES	95	41.29	1:27.42	Luis de, OLIVEIRA	95 32.18	1:07.33
2.	Clube Náutico Académico 3				Clube Náutico Académico	6:00.58	195
	Francisco Pais, BAPTISTA	95	41.96	1:27.48	Guilherme Pedro, COELHO	95 41.75	
	Diogo Andre, JORGE	95	45.17	1:37.71	Manuel Luis, SOUSA	95	

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 29, Masc., 4 x 100m Estilos

Prova 29 Masc., 4 x 100m Estilos 14 anos
24.2.08 - 17:25 Resultados

INF A Masc : 6:05.87

Pontos: FINA 2004

Lugar							Tempo final	Pts
1.	Associação Académica de Coimbra 18			Associação Académica de Coimbra			4:49.15	378
	TFO							
	Joao Filipe, LUCAS	94	36.90	1:15.76	Pedro Barros, MENDES	94	33.52	1:12.41
	Ruben Paiva, CARVALHO	94	37.90	1:20.31	Gustavo Almeida, MADUREIRA	94	28.94	1:00.67
2.	Clube Náutico Académico 6			Clube Náutico Académico			4:59.54	340
	TFO							
	Joao Nuno, PIRES	94	36.29	1:14.25	Joao Barbosa, MOREIRA	94	36.20	1:19.16
	Joao Pedro, VEIGA	94	37.01	1:18.14	Joao Nuno, CONDE	94	32.73	1:07.99
EXH	Associação Académica de Coimbra 20			Associação Académica de Coimbra			4:18.67	528
	Luis Miguel, SANTOS	90	31.32	1:04.30	Hugo Rafael, RAMALHO	90	29.05	1:03.10
	Goncalo Nuno, COSTA	90	35.73	1:15.21	Bruno Gustavo, NOGUEIRA	91	26.89	56.06
EXH	Associação Académica de Coimbra 10			Associação Académica de Coimbra			4:33.14	448
	Tiago Rafael, LOPES	92	34.31	1:10.55	Guilherme Joao, PATRIARCA	92	29.80	1:06.81
	Andre Filipe, LOPES	92	34.64	1:13.71	Andre Rocha, VALENTE	92	29.83	1:02.07
EXH	Clube Náutico de Miranda do Corvo 3			Clube Náutico de Miranda do Corvo			5:39.43	234
	Ruben Jordao, FERNANDES	95	42.91	1:27.86	Rui Jorge, DIAS	95	37.80	1:24.51
	Pedro Daniel, PINTO	94	35.88	1:28.30	Ricardo Daniel, PEREIRA	95	37.72	1:18.76

Prova 30 Femin., 4 x 100m Livres 12 anos
24.2.08 - 17:35 Resultados

Pontos: FINA 2004

Lugar					Tempo final	Pts
1.	Clube Náutico Académico 1			Clube Náutico Académico	5:12.20	333
	Ana Carolina, LEAL	96	36.42	1:16.57	Carlota Moura, CARVALHOS	96 39.07 1:19.91
	Maria Amelia, GASPAR	96	37.34	1:16.93	Ana Luisa, COSTA	96 38.72 1:18.79
2.	Associação Académica de Coimbra 19			Associação Académica de Coimbra	5:31.88	277
	Ana Rita, ARTUR	96	39.11	1:17.99	Maria Miguel, SOUSA	96 43.09
	Francisca Silva, MARQUES	96	38.57	1:22.52	Joana de Andrade, COSTA	96

Prova 30 Femin., 4 x 100m Livres 13 anos
24.2.08 - 17:35 Resultados

INF A Fem : 6:00.60

Pontos: FINA 2004

Lugar					Tempo final	Pts	
1. Associação Académica de Coimbra 20	Associação Académica de Coimbra				4:34.65	489	
TFO							
Ana Claudia, CORDEIRO	95	33.43	1:08.57	Mariana Rocha, VALENTE	95	33.73	1:10.53
Joana Ines, OLIVEIRA	95	33.50	1:09.09	Rita Amado, LAEZZA	95	31.85	1:06.46
2. Clube Desportivo Lousanense 1	Clube Desportivo Lousanense				4:51.17	410	
TFO							
Raquel Raimundo, FERREIRA	95	34.88	1:11.78	Mariana Raquel, COLACO	95	39.11	1:23.52
Catarina Alexandra, FERREIRA	95	32.85	1:09.02	Adriana Correia, LOPES	95	31.58	1:06.85
3. Clube Náutico Académico 4	Clube Náutico Académico				4:56.65	388	
TFO							
Iris Catarina, AMARAL	95	35.40	1:12.85	Carolina Cunha, MARTINS	95	33.43	1:11.00
Mariana Pedroso, CARVALHO	95	35.67	1:14.32	Ana Rita, CABRAL	95	37.79	1:18.48

Campeonato Regional de Infantis
Coimbra, 22. - 24.2.2008

Prova 30, Femin., 4 x 100m Livres, 13 anos

Lugar					Tempo final	Pts
4. Ginásio Clube Figueirense 1	Ginásio Clube Figueirense				4:57.55	384
<i>TFO</i>						
Mariana Costa, SEBASTIAO	95	34.23	1:10.91	Joana Carolina, ALVES	95 1:26.20	1:57.49
Ana Marta, FARIAS	95	35.52	1:15.02	Tatiana Filipa, SANTOS	95	34.13
EXH Associação Académica de Coimbra 8	Associação Académica de Coimbra				4:21.91	564
Ines Barbosa, MOREIRA	92	32.06	1:05.30	Raquel Bartolo, VITOR	93 31.43	1:05.59
Joana Ferreira, COROADO	92	31.93	1:07.30	Nadia Filipa, MARQUES	92 30.79	1:03.72