



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

1 - 1^a Jornada

20-11-2010 - 9:30

Prova 1 Femin., 4 x 50m Livres Open
20-11-2010 - 9:30 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra	1:53.01	602
	Carolina Cunha Martins	95	27.81 Gabriela Oliveira Andrade	94	28.34
	Maria Ines Ribeiro	92	28.44 Ana Luisa Carvalho	96	28.42
2.	Academica de Coimbra Abs		Academica de Coimbra	2:01.36	486
	Bruna Miguel Pereira	94	29.64 Susana Patricia Miguel	90	31.11
	Ana Rita Artur	96	29.79 Catarina Oliveira Dinis	93	30.82

Prova 2 Masc., 4 x 50m Livres Open
20-11-2010 - 9:35 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra	1:36.95	636
	<i>RR Sen</i>				
	Miguel Silva Oliveira	91	24.47 Joao Pedro Almeida	92	24.22
	Mario Alexandre Pereira	92	23.38 Jorge Miguel Mendes	90	24.88
2.	Academica de Coimbra Abs		Academica de Coimbra	1:41.48	554
	Gustavo Almeida Madureira	94	24.82 Joao Filipe Lucas	94	25.03
	Tiago Rafael Lopes	92	25.63 Ruben Paiva Carvalho	94	26.00
EXH	Academica de Coimbra Juv A		Academica de Coimbra	1:45.61	492
	Joao Andre Neves	95	26.25 Francisco Xavier Rodrigues	95	26.55
	Luis de Oliveira	95	26.96 Gustavo Lopes Ribeiro	95	25.85

Prova 3 Femin., 400m Estilos 15 anos e mais velhos
20-11-2010 - 9:35 Resultados

Pontos: FINA 2010

Lugar		Ano		Tempo final	Pts
1.	Adriana Correia Lopes	95	Nautico/Matobra	5:11.98	585
	50m: 33.40 33.40	150m: 1:51.16	39.56 250m: 3:15.28	46.17 350m: 4:36.55	36.76
	100m: 1:11.60 38.20	200m: 2:29.11	37.95 300m: 3:59.79	44.51 400m: 5:11.98	35.43
2.	Gabriela Oliveira Andrade	94	Nautico/Matobra	5:21.09	537
	50m: 36.19 36.19	150m: 2:02.95	43.30 250m: 3:26.44	42.12 350m: 4:46.10	36.79
	100m: 1:19.65 43.46	200m: 2:44.32	41.37 300m: 4:09.31	42.87 400m: 5:21.09	34.99
3.	Maria Ines Almeida	96	Nautico/Matobra	5:25.53	515
	50m: 34.85 34.85	150m: 1:55.67	39.86 250m: 3:23.89	49.79 350m: 4:49.54	37.60
	100m: 1:15.81 40.96	200m: 2:34.10	38.43 300m: 4:11.94	48.05 400m: 5:25.53	35.99



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 4, Masc., 400m Estilos

Prova 4 Masc., 400m Estilos 17 anos e mais velhos
20-11-2010 - 9:45 Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Andre Filipe Lopes		92	Academica de Coimbra				4:38.45	618
	50m:	29.69	29.69	150m:	1:41.45	37.55	250m:	2:56.58	39.35
	100m:	1:03.90	34.21	200m:	2:17.23	35.78	300m:	3:36.90	40.32
							350m:	4:08.20	31.30
							400m:	4:38.45	30.25
2.	Miguel Silva Oliveira		91	Nautico/Matobra				4:44.56	579
	50m:	29.88	29.88	150m:	1:41.11	37.05	250m:	2:56.78	38.89
	100m:	1:04.06	34.18	200m:	2:17.89	36.78	300m:	3:36.54	39.76
							350m:	4:11.09	34.55
							400m:	4:44.56	33.47
3.	Pedro Barros Mendes		94	Academica de Coimbra				4:46.90	565
	50m:	30.37	30.37	150m:	1:43.07	37.43	250m:	2:59.27	40.03
	100m:	1:05.64	35.27	200m:	2:19.24	36.17	300m:	3:40.83	41.56
							350m:	4:14.91	34.08
							400m:	4:46.90	31.99
4.	Andre Duarte Vaz		93	Ginasio Figueirense				4:49.03	553
	50m:	29.92	29.92	150m:	1:39.06	34.74	250m:	2:57.24	42.67
	100m:	1:04.32	34.40	200m:	2:14.57	35.51	300m:	3:40.97	43.73
							350m:	4:15.62	34.65
							400m:	4:49.03	33.41
5.	Joao Nuno Pires		94	Nautico/Matobra				4:53.30	529
	50m:	30.88	30.88	150m:	1:42.90	37.58	250m:	3:02.31	42.79
	100m:	1:05.32	34.44	200m:	2:19.52	36.62	300m:	3:45.84	43.53
							350m:	4:19.93	34.09
							400m:	4:53.30	33.37
6.	Joao Pedro Veiga		94	Nautico/Matobra				4:57.51	507
	50m:	31.45	31.45	150m:	1:48.00	40.18	250m:	3:07.66	40.89
	100m:	1:07.82	36.37	200m:	2:26.77	38.77	300m:	3:48.78	41.12
							350m:	4:23.85	35.07
							400m:	4:57.51	33.66
7.	Joao Manuel Borges		94	Ginasio Figueirense				5:05.95	466
	50m:	31.51	31.51	150m:	1:45.60	37.30	250m:	3:08.12	45.56
	100m:	1:08.30	36.79	200m:	2:22.56	36.96	300m:	3:54.59	46.47
							350m:	4:30.91	36.32
							400m:	5:05.95	35.04
EXH	Tiago Miguel Alves		95	SCC / Oryzon Energias				5:02.76	481
	50m:	31.37	31.37	150m:	1:46.77	38.74	250m:	3:07.70	42.41
	100m:	1:08.03	36.66	200m:	2:25.29	38.52	300m:	3:51.83	44.13
							350m:	4:28.01	36.18
							400m:	5:02.76	34.75
EXH	Luis Gabriel Santos		95	Ginasio Figueirense				5:14.86	427
	50m:	31.59	31.59	150m:	1:47.91	38.56	250m:	3:13.59	47.59
	100m:	1:09.35	37.76	200m:	2:26.00	38.09	300m:	4:01.33	47.74
							350m:	4:38.16	36.83
							400m:	5:14.86	36.70

Prova 5 Femin., 100m Livres Juv
20-11-2010 - 9:55 Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
DSQ	Margarida Isabel Castro		97	Academica de Coimbra					
	<i>Falsa partida</i>								
DSQ	Maria Ines Costa		97	Nautico/Matobra					
	<i>Falsa partida</i>								



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Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 5, Femin., 100m Livres

Prova 5
20-11-2010 - 9:55

Femin., 100m Livres

15 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar				Ano		Tempo final	Pts
1.	Carolina Cunha Martins	95	Nautico/Matobra		1:00.37	603	
	50m: 29.45 29.45	100m: 1:00.37	30.92				
2.	Ana Luisa Carvalho	96	Nautico/Matobra		1:02.12	553	
	50m: 30.23 30.23	100m: 1:02.12	31.89				
3.	Maria Ines Ribeiro	92	Nautico/Matobra		1:02.64	540	
	50m: 30.16 30.16	100m: 1:02.64	32.48				
4.	Florbela Cavaco Machado	96	SCC / Oryzon Energias		1:03.96	507	
	50m: 31.11 31.11	100m: 1:03.96	32.85				
5.	Catarina Alexandra Ferreira	95	Nautico/Matobra		1:04.79	488	
	50m: 31.36 31.36	100m: 1:04.79	33.43				
6.	Maria Amelia Gaspar	96	Nautico/Matobra		1:04.94	484	
	50m: 32.13 32.13	100m: 1:04.94	32.81				
7.	Bruna Miguel Pereira	94	Academica de Coimbra		1:05.59	470	
	50m: 31.91 31.91	100m: 1:05.59	33.68				
8.	Ana Carolina Leal	96	Nautico/Matobra		1:06.13	458	
	50m: 31.59 31.59	100m: 1:06.13	34.54				
9.	Ana Mafalda Oliveira	93	Freguesia de Paiao		1:06.48	451	
	50m: 31.59 31.59	100m: 1:06.48	34.89				
10.	Raquel Raimundo Ferreira	95	Nautico/Matobra		1:06.49	451	
	50m: 33.10 33.10	100m: 1:06.49	33.39				
11.	Ana Raquel Oliveira	93	Miranda do Corvo		1:06.78	445	
	50m: 32.50 32.50	100m: 1:06.78	34.28				
12.	Maria Beatriz Rascao	96	Nautico/Matobra		1:06.86	444	
	50m: 32.52 32.52	100m: 1:06.86	34.34				
13.	Ines Barbosa Moreira	92	Nautico/Matobra		1:07.42	433	
	50m: 31.96 31.96	100m: 1:07.42	35.46				
14.	Tatiana Cruz Costa	94	Miranda do Corvo		1:07.95	423	
	50m: 33.01 33.01	100m: 1:07.95	34.94				
15.	Ana Filipa Leite	86	Academica de Coimbra		1:08.06	421	
	50m: 32.65 32.65	100m: 1:08.06	35.41				
16.	Diana Filipa Goncalves	96	Nautico/Matobra		1:09.14	401	
	50m: 33.54 33.54	100m: 1:09.14	35.60				
17.	Filipa Costa Gaspar	96	Freguesia de Paiao		1:09.23	400	
	50m: 32.79 32.79	100m: 1:09.23	36.44				
18.	Mariana Costa Sebastiao	95	Ginasio Figueirense		1:09.50	395	
	50m: 33.36 33.36	100m: 1:09.50	36.14				
19.	Erica Filipa Costa	96	Academica de Coimbra		1:09.78	390	
	50m: 33.91 33.91	100m: 1:09.78	35.87				
20.	Joana Faim Almeida	96	Ginasio Figueirense		1:10.06	385	
	50m: 32.58 32.58	100m: 1:10.06	37.48				
21.	Ana Rita Costa	91	Academica de Coimbra		1:10.46	379	
	50m: 33.96 33.96	100m: 1:10.46	36.50				
22.	Rita Matos Ponte	96	Freguesia de Paiao		1:10.58	377	
	50m: 34.25 34.25	100m: 1:10.58	36.33				



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

Lugar	Ano	Tempo final	Pts
23. Sofia Caramelo Folgado	96 Nautico/Matobra	1:11.63	361
50m: 33.23 33.23 100m: 1:11.63 38.40			
24. Joana Carolina Alves	95 Ginasio Figueirense	1:13.00	341
50m: 35.40 35.40 100m: 1:13.00 37.60			
EXH Rute Daniela Simoes	97 Lousanense	1:09.33	398
50m: 33.50 33.50 100m: 1:09.33 35.83			
EXH Isa Raquel Ramalho	97 Academica de Coimbra	1:19.68	262
50m: 38.82 38.82 100m: 1:19.68 40.86			

Prova 6 Masc., 100m Livres 17 anos e mais velhos
20-11-2010 - 10:00 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Pedro Almeida	92 Nautico/Matobra	54.08	573
50m: 26.08 26.08 100m: 54.08 28.00			
2. Gustavo Almeida Madureira	94 Academica de Coimbra	54.75	553
50m: 26.57 26.57 100m: 54.75 28.18			
3. Tiago Rafael Lopes	92 Academica de Coimbra	55.29	536
50m: 26.98 26.98 100m: 55.29 28.31			
4. Daciano Egidio Sousa	93 Ginasio Figueirense	55.72	524
50m: 27.12 27.12 100m: 55.72 28.60			
5. Nelson Fernandes Silva	93 Freguesia de Paiao	56.95	491
50m: 27.29 27.29 100m: 56.95 29.66			
6. Joao Filipe Lucas	94 Academica de Coimbra	57.01	489
50m: 27.69 27.69 100m: 57.01 29.32			
7. Joao Barbosa Moreira	94 Nautico/Matobra	57.47	478
50m: 28.35 28.35 100m: 57.47 29.12			
8. Pedro Octavio Fernandes	91 Nautico/Matobra	57.80	470
50m: 27.75 27.75 100m: 57.80 30.05			
9. Joao Albano Viola	89 Nautico/Matobra	58.38	456
50m: 27.75 27.75 100m: 58.38 30.63			
10. David Francisco Amado	94 Miranda do Corvo	1:00.48	410
50m: 29.39 29.39 100m: 1:00.48 31.09			
11. Bruno Filipe Metelo	93 Nautico/Matobra	1:01.41	391
50m: 29.81 29.81 100m: 1:01.41 31.60			
12. Pedro Daniel Pinto	94 Miranda do Corvo	1:05.12	328
50m: 31.57 31.57 100m: 1:05.12 33.55			
13. Diogo Fonseca Costa	93 Freguesia de Paiao	1:08.52	282
50m: 32.91 32.91 100m: 1:08.52 35.61			
EXH Tiago Miguel Alves	95 SCC / Oryzon Energias	58.02	464
50m: 28.48 28.48 100m: 58.02 29.54			
EXH Gustavo Lopes Ribeiro	95 Academica de Coimbra	58.24	459
50m: 28.25 28.25 100m: 58.24 29.99			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 6, Masc., 100m Livres

Lugar	Ano	Tempo final	Pts
EXH Francisco Jose Fernandes	96 Nautico/Matobra	58.53	452
50m: 28.04 28.04 100m: 58.53 30.49			
EXH Ian Mesquita Costa	96 Freguesia de Paiao	1:00.31	413
50m: 28.93 28.93 100m: 1:00.31 31.38			
EXH Joao Goncalves Figueiredo	96 Ginasio Figueirense	1:00.63	407
50m: 29.34 29.34 100m: 1:00.63 31.29			
EXH Joao Antonio Oliveira	95 Ginasio Figueirense	1:02.92	364
50m: 30.96 30.96 100m: 1:02.92 31.96			
EXH Ruben Jordao Fernandes	95 Miranda do Corvo	1:07.39	296
50m: 32.47 32.47 100m: 1:07.39 34.92			
EXH Joao Filipe Rodrigues	96 Freguesia de Paiao	1:10.51	258
50m: 33.23 33.23 100m: 1:10.51 37.28			

Prova 7

Femin., 50m Costas

15 anos e mais velhos

20-11-2010 - 10:20

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Adriana Correia Lopes	95 Nautico/Matobra	32.44	497
2. Maria Ines Almeida	96 Nautico/Matobra	33.38	456
3. Maria Joao Paixao	96 Ginasio Figueirense	33.42	454
4. Ana Rita Artur	96 Academica de Coimbra	33.72	442
5. Susana Patricia Miguel	90 Academica de Coimbra	34.78	403
6. Ines Barbosa Moreira	92 Nautico/Matobra	35.49	379
7. Mariana Costa Sebastiao	95 Ginasio Figueirense	35.57	377
8. Ana Mafalda Oliveira	93 Freguesia de Paiao	35.70	373
9. Ana Raquel Oliveira	93 Miranda do Corvo	35.93	365
10. Bruna Miguel Pereira	94 Academica de Coimbra	36.58	346
11. Filipa Costa Gaspar	96 Freguesia de Paiao	37.32	326
12. Ana Carlos Ferreira	93 Freguesia de Paiao	37.42	323
13. Sofia Caramelo Folgado	96 Nautico/Matobra	37.56	320
14. Joana Faim Almeida	96 Ginasio Figueirense	37.87	312
EXH Matilde Domingues Gameiro	97 Nautico/Matobra	35.90	366
EXH Maria Ines Martins	97 Nautico/Matobra	39.27	280
EXH Andreia Dias Vaqueirinho	97 Nautico/Matobra	40.68	252
EXH Catarina Santos Silva	97 Nautico/Matobra	41.34	240

Prova 8

Masc., 50m Costas

17 anos e mais velhos

20-11-2010 - 10:25

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre Pereira	92 Nautico/Matobra	27.52	554
2. Tiago Rafael Lopes	92 Academica de Coimbra	29.61	445
3. Gustavo Almeida Madureira	94 Academica de Coimbra	29.94	430
4. Joao Manuel Borges	94 Ginasio Figueirense	30.30	415
5. Joao Barbosa Moreira	94 Nautico/Matobra	30.79	395
6. Pedro Octavio Fernandes	91 Nautico/Matobra	31.84	358



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 8, Masc., 50m Costas, 17 anos e mais velhos

Lugar	Ano	Tempo final	Pts
7. Ruben Paiva Carvalho	94 Academica de Coimbra	31.86	357
EXH Daniel Baptista Relvao	96 Academica de Coimbra	30.71	399
EXH Ian Mesquita Costa	96 Freguesia de Paiao	31.78	360
EXH Joao Pedro Cardoso	96 Nautico/Matobra	32.61	333
EXH Ruben Jordao Fernandes	95 Miranda do Corvo	34.71	276
EXH Joao David Santos	96 Miranda do Corvo	34.80	274

Prova 9 Femin., 200m Mariposa 15 anos e mais velhos
20-11-2010 - 10:30 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha Martins	95 Nautico/Matobra	2:26.28	562
50m: 32.93 32.93 100m: 1:10.40 37.47 150m: 1:48.29 37.89 200m: 2:26.28 37.99			
2. Maria Amelia Gaspar	96 Nautico/Matobra	2:32.95	492
50m: 34.43 34.43 100m: 1:13.42 38.99 150m: 1:53.00 39.58 200m: 2:32.95 39.95			
3. Raquel Bartolo Vitor	93 Academica de Coimbra	2:40.81	423
50m: 35.00 35.00 100m: 1:15.39 40.39 150m: 1:57.46 42.07 200m: 2:40.81 43.35			
4. Ana Carolina Leal	96 Nautico/Matobra	2:50.40	356
50m: 36.82 36.82 100m: 1:19.21 42.39 150m: 2:04.54 45.33 200m: 2:50.40 45.86			
5. Catarina Oliveira Dinis	93 Academica de Coimbra	2:56.97	317
50m: 36.74 36.74 100m: 1:19.51 42.77 150m: 2:06.91 47.40 200m: 2:56.97 50.06			
EXH Mariana Cunha Guerra	98 SCC / Oryzon Energias	2:35.06	472
50m: 34.46 34.46 100m: 1:13.77 39.31 150m: 1:54.34 40.57 200m: 2:35.06 40.72			
EXH Beatriz Neves Craveiro	97 Nautico/Matobra	2:38.09	445
50m: 34.54 34.54 100m: 1:14.87 40.33 150m: 1:57.46 42.59 200m: 2:38.09 40.63			
EXH Margarida Peixoto Pelaio	98 Ginasio Figueirense	2:46.04	384
50m: 35.84 35.84 100m: 1:17.59 41.75 150m: 2:01.45 43.86 200m: 2:46.04 44.59			
EXH Mariana Portugal Costa	98 Nautico/Matobra	2:49.57	361
50m: 35.24 35.24 100m: 1:17.68 42.44 150m: 2:02.99 45.31 200m: 2:49.57 46.58			
EXH Catarina Antunes Oliveira	98 Nautico/Matobra	2:58.40	310
50m: 39.34 39.34 100m: 1:25.75 46.41 200m: 2:58.40 1:32.65			
EXH Mafalda Dias Filipe	97 Nautico/Matobra	2:59.74	303
50m: 40.65 40.65 100m: 1:27.20 46.55 150m: 2:15.66 48.46 200m: 2:59.74 44.08			
EXH Maria Malaguerra Costa	98 SCC / Oryzon Energias	2:59.94	302
50m: 36.64 36.64 100m: 1:22.97 46.33 200m: 2:59.94 1:36.97			
EXH Ana Raquel Ferreira	98 Ginasio Figueirense	3:03.25	286
50m: 36.89 36.89 100m: 1:22.72 45.83 150m: 2:13.47 50.75 200m: 3:03.25 49.78			
EXH Madalena Maria Ferreira	97 Academica de Coimbra	3:04.71	279
50m: 38.96 38.96 100m: 1:25.53 46.57 200m: 3:04.71 1:39.18			
EXH Ana Catarina Liberal	97 Nautico/Matobra	3:07.66	266
50m: 42.63 42.63 100m: 1:30.62 47.99 200m: 3:07.66 1:37.04			
EXH Maria Dias Neves	99 Miranda do Corvo	3:15.76	234
50m: 43.93 43.93 100m: 1:33.85 49.92 150m: 2:25.53 51.68 200m: 3:15.76 50.23			
EXH Bianca Filipa Silva	99 Miranda do Corvo	3:24.62	205
50m: 43.91 43.91 100m: 1:36.77 52.86 150m: 2:30.96 54.19 200m: 3:24.62 53.66			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 9, Femin., 200m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Lucia Pedrosa Silva	98 Freguesia de Paiao	3:27.48	197
50m: 45.56 45.56 100m: 1:41.80 56.24 150m: 2:37.48 55.68 200m: 3:27.48			50.00

Prova 10
20-11-2010 - 10:40

Masc., 200m Mariposa

Inf A e B
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DNS Diogo Afonso Nunes	98 Nautico/Matobra		
DNS Simao Pedro Coelho	97 Nautico/Matobra		
DNS Nuno Miguel Caridade	97 Nautico/Matobra		

Prova 10
20-11-2010 - 10:40

Masc., 200m Mariposa

Juv A e B
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DSQ Manuel Luis Sousa	95 Nautico/Matobra		
<i>o atleta fez toque alternado de m��os aos 100m</i>			

Prova 10
20-11-2010 - 10:40

Masc., 200m Mariposa

17 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre Pereira	92 Nautico/Matobra	2:08.16	617
50m: 28.95 28.95 100m: 1:02.95 34.00 150m: 1:36.74 33.79 200m: 2:08.16			31.42
2. Andre Filipe Lopes	92 Academica de Coimbra	2:09.11	603
50m: 29.62 29.62 100m: 1:02.60 32.98 150m: 1:35.69 33.09 200m: 2:09.11			33.42
3. Miguel Silva Oliveira	91 Nautico/Matobra	2:14.68	531
50m: 29.17 29.17 100m: 1:02.97 33.80 150m: 1:38.18 35.21 200m: 2:14.68			36.50
4. Andre Duarte Vaz	93 Ginasio Figueirense	2:15.91	517
50m: 30.09 30.09 100m: 1:04.67 34.58 150m: 1:40.17 35.50 200m: 2:15.91			35.74
5. Hugo Rafael Ramalho	90 Academica de Coimbra	2:17.37	501
50m: 30.59 30.59 100m: 1:04.72 34.13 150m: 1:40.51 35.79 200m: 2:17.37			36.86
6. Joao Pedro Almeida	92 Nautico/Matobra	2:18.88	484
50m: 28.92 28.92 100m: 1:03.31 34.39 150m: 1:39.95 36.64 200m: 2:18.88			38.93
7. Joao Nuno Pires	94 Nautico/Matobra	2:20.32	470
50m: 31.51 31.51 100m: 1:06.66 35.15 150m: 1:43.21 36.55 200m: 2:20.32			37.11
8. Joao Filipe Lucas	94 Academica de Coimbra	2:21.75	456
50m: 30.54 30.54 100m: 1:06.11 35.57 150m: 1:43.71 37.60 200m: 2:21.75			38.04
EXH Francisco Xavier Rodrigues	95 Academica de Coimbra	2:30.17	383
50m: 32.84 32.84 100m: 1:10.22 37.38 150m: 1:49.72 39.50 200m: 2:30.17			40.45
EXH Francisco Xavier Goncalves	97 Nautico/Matobra	2:30.23	383
50m: 31.12 31.12 100m: 1:08.66 37.54 150m: 1:49.88 41.22 200m: 2:30.23			40.35
EXH Francisco Pais Baptista	95 Nautico/Matobra	2:33.92	356
50m: 34.52 34.52 100m: 1:13.06 38.54 150m: 1:53.45 40.39 200m: 2:33.92			40.47
EXH Luis de Oliveira	95 Academica de Coimbra	2:34.52	352
50m: 32.61 32.61 100m: 1:10.57 37.96 150m: 1:51.71 41.14 200m: 2:34.52			42.81



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 10, Masc., 200m Mariposa

Lugar			Ano			Tempo final	Pts
EXH	Joao Antonio Oliveira	95	Ginasio Figueirense			2:36.46	339
	50m: 35.84 35.84	100m: 1:16.11	40.27	150m: 1:56.02	39.91	200m: 2:36.46	40.44
EXH	Guilherme Pedro Coelho	95	Nautico/Matobra			2:40.85	312
	50m: 34.47 34.47	100m: 1:15.49	41.02	150m: 1:58.19	42.70	200m: 2:40.85	42.66
EXH	Jose Antonio Forte	95	Academica de Coimbra			2:42.64	301
	50m: 34.99 34.99	100m: 1:14.99	40.00	150m: 1:58.70	43.71	200m: 2:42.64	43.94
EXH	Alexandre Valdagua Coutinho	97	SCC / Oryzon Energias			2:42.92	300
	50m: 35.42 35.42	100m: 1:16.97	41.55	150m: 2:00.79	43.82	200m: 2:42.92	42.13
EXH	Diogo Andre Jorge	95	Nautico/Matobra			2:51.32	258
	50m: 37.93 37.93	100m: 1:21.21	43.28	150m: 2:06.02	44.81	200m: 2:51.32	45.30
EXH	Tiago Moises Dinis	98	Fundacao Beatriz Santos			2:54.80	243
	50m: 38.93 38.93	100m: 1:24.00	45.07	200m: 2:54.80	1:30.80		
EXH	Luis Henrique Neves	97	Nautico/Matobra			2:58.48	228
	50m: 40.07 40.07	100m: 1:26.71	46.64	150m: 2:13.88	47.17	200m: 2:58.48	44.60
EXH	Diogo Manuel Marques	98	SCC / Oryzon Energias			3:06.60	199
	50m: 40.30 40.30	100m: 1:27.40	47.10	150m: 2:17.06	49.66	200m: 3:06.60	49.54
EXH	Joao Miguel Belchior	96	Nautico/Matobra			3:09.76	190
	50m: 40.87 40.87	100m: 1:28.31	47.44	150m: 2:18.85	50.54	200m: 3:09.76	50.91
EXH	Daniel Filipe Paiva	98	Miranda do Corvo			3:11.73	184
	50m: 44.57 44.57	100m: 1:34.96	50.39	150m: 2:24.84	49.88	200m: 3:11.73	46.89
EXH	Joel Neves Duarte	97	Freguesia de Paiao			3:12.34	182
	50m: 42.40 42.40	100m: 1:33.81	51.41	150m: 2:25.10	51.29	200m: 3:12.34	47.24
EXH	Luis Pedro Silva	97	Nautico/Matobra			3:13.43	179
	50m: 43.96 43.96	100m: 1:33.99	50.03	150m: 2:23.89	49.90	200m: 3:13.43	49.54
EXH	Pedro Coelho Silva	96	Nautico/Matobra			3:13.66	178
	50m: 43.02 43.02	100m: 1:33.82	50.80	150m: 2:23.04	49.22	200m: 3:13.66	50.62
EXH	Pedro Filipe Pires	98	Nautico/Matobra			3:19.87	162
	50m: 41.12 41.12	100m: 1:32.15	51.03	150m: 2:28.05	55.90	200m: 3:19.87	51.82
EXH	Joaquim Vicente Osorio	98	Nautico/Matobra			3:37.56	126
	50m: 47.81 47.81	100m: 1:43.70	55.89	150m: 2:41.69	57.99	200m: 3:37.56	55.87
EXH	Diogo Pnao Menezes	98	Condeixa Clube			3:40.27	121
	50m: 47.00 47.00	100m: 1:44.36	57.36	150m: 2:44.73	1:00.37	200m: 3:40.27	55.54
EXH	Pedro Ribeiro Santos	98	Condeixa Clube			3:58.86	95
	50m: 51.87 51.87	100m: 1:52.43	1:00.56	150m: 2:56.69	1:04.26	200m: 3:58.86	1:02.17

Prova 11
20-11-2010 - 11:00

Femin., 200m Bru os

Inf A e B
Resultados

Pontos: FINA 2010

Lugar			Ano			Tempo final	Pts
DSQ	Iara Santos Loureiro	99	Lousanense				
	<i>a atleta fez toque alternado aos 100 m</i>						
DSQ	Diana Oliveira Faim	99	Ginasio Figueirense				
	<i>a atleta fez toque alternado aos 150 m</i>						
DNS	Ana Vanessa Reis	98	Condeixa Clube				
DNS	Maria Luisa Amado	99	Academica de Coimbra				
DNS	Mariana Bordon Peralta	98	Academica de Coimbra				



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 11, Femin., 200m Bru os

Prova 11
20-11-2010 - 11:00

Femin., 200m Bru os

15 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar				Ano					Tempo final	Pts
1.	Gabriela Oliveira Andrade			94	Nautico/Matobra				2:43.68	555
	50m:	37.11	37.11	100m:	1:19.27	42.16	150m:	2:01.61	42.34	200m: 2:43.68 42.07
2.	Maria Ines Ribeiro			92	Nautico/Matobra				2:49.19	503
	50m:	38.99	38.99	100m:	1:21.79	42.80	150m:	2:05.06	43.27	200m: 2:49.19 44.13
3.	Maria Beatriz Rascao			96	Nautico/Matobra				2:54.76	456
	50m:	41.04	41.04	100m:	1:25.61	44.57	150m:	2:10.53	44.92	200m: 2:54.76 44.23
4.	Catarina Alexandra Ferreira			95	Nautico/Matobra				2:58.20	430
	50m:	41.06	41.06	100m:	1:25.98	44.92	150m:	2:11.58	45.60	200m: 2:58.20 46.62
5.	Maria Joao Paixao			96	Ginasio Figueirense				3:00.40	415
	50m:	41.12	41.12	100m:	1:26.96	45.84	150m:	2:13.26	46.30	200m: 3:00.40 47.14
6.	Ana Luisa Carvalho			96	Nautico/Matobra				3:01.87	405
	50m:	41.14	41.14	100m:	1:27.58	46.44	150m:	2:14.99	47.41	200m: 3:01.87 46.88
7.	Diana Filipa Goncalves			96	Nautico/Matobra				3:08.23	365
	50m:	43.82	43.82	100m:	1:31.60	47.78	150m:	2:19.69	48.09	200m: 3:08.23 48.54
8.	Erica Filipa Costa			96	Academica de Coimbra				3:09.17	359
	50m:	43.00	43.00	100m:	1:31.70	48.70	150m:	2:20.41	48.71	200m: 3:09.17 48.76
9.	Rita Matos Ponte			96	Freguesia de Paiao				3:13.77	334
	50m:	44.82	44.82	100m:	1:34.85	50.03	150m:	2:25.45	50.60	200m: 3:13.77 48.32
10.	Joana Carolina Alves			95	Ginasio Figueirense				3:15.31	327
	50m:	44.86	44.86	100m:	1:34.70	49.84	150m:	2:25.56	50.86	200m: 3:15.31 49.75
11.	Ana Jacinto Silva			96	Condeixa Clube				3:40.62	226
	50m:	49.41	49.41	100m:	1:45.10	55.69	150m:	2:42.33	57.23	200m: 3:40.62 58.29
DNS	Claudia Filipa Silva			95	Miranda do Corvo					
EXH	Andreia Margarida Morgado			97	Nautico/Matobra				2:52.38	475
	50m:	39.79	39.79	100m:	1:23.65	43.86	200m:	2:52.38	1:28.73	
EXH	Rita Mateus Lopes			98	Nautico/Matobra				2:57.95	432
	50m:	41.17	41.17	100m:	1:26.36	45.19	150m:	2:12.38	46.02	200m: 2:57.95 45.57
EXH	Daniela Figueiredo Metelo			97	Nautico/Matobra				3:02.60	400
	50m:	43.36	43.36	100m:	1:30.16	46.80	150m:	2:17.98	47.82	200m: 3:02.60 44.62
EXH	Matilde Oliveira Andrade			98	Nautico/Matobra				3:04.20	389
	50m:	42.14	42.14	100m:	1:28.81	46.67	150m:	2:16.63	47.82	200m: 3:04.20 47.57
EXH	Maria Carolina Correia			98	Lousanense				3:09.75	356
	50m:	42.20	42.20	100m:	1:31.53	49.33	150m:	2:21.76	50.23	200m: 3:09.75 47.99
EXH	Beatriz Filipa Matos			97	Nautico/Matobra				3:13.91	334
	50m:	44.68	44.68	100m:	1:33.32	48.64	150m:	2:24.29	50.97	200m: 3:13.91 49.62
EXH	Ines Silva Mendes			97	Nautico/Matobra				3:14.24	332
	50m:	45.34	45.34	100m:	1:35.18	49.84	150m:	2:25.45	50.27	200m: 3:14.24 48.79
EXH	Maria Eduarda Veiga			99	Nautico/Matobra				3:14.81	329
	50m:	46.35	46.35	100m:	1:35.98	49.63	150m:	2:26.23	50.25	200m: 3:14.81 48.58
EXH	Madalena Nunes Palmeira			99	Nautico/Matobra				3:17.51	316
	50m:	46.54	46.54	100m:	1:37.03	50.49	150m:	2:27.76	50.73	200m: 3:17.51 49.75
EXH	Carolina Costa Duarte			97	Academica de Coimbra				3:18.60	311
	50m:	45.28	45.28	100m:	1:35.77	50.49	150m:	2:27.23	51.46	200m: 3:18.60 51.37



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 11, Femin., 200m Bru os

Lugar	Ano	Tempo final	Pts
EXH Rita Verissimo Damasceno	98 Nautico/Matobra	3:19.66	306
50m: 44.15 44.15 100m: 1:34.78 50.63 150m: 2:26.80 52.02 200m: 3:19.66 52.86			
EXH Rute Daniela Simoes	97 Lousanense	3:19.70	305
50m: 44.74 44.74 100m: 1:35.66 50.92 150m: 2:27.63 51.97 200m: 3:19.70 52.07			
EXH Maria Luisa Guerra	98 Nautico/Matobra	3:20.99	300
50m: 46.54 46.54 100m: 1:38.44 51.90 150m: 2:30.70 52.26 200m: 3:20.99 50.29			
EXH Ana Raquel Conceicao	99 Nautico/Matobra	3:22.32	294
50m: 47.13 47.13 100m: 1:38.54 51.41 150m: 2:30.45 51.91 200m: 3:22.32 51.87			
EXH Margarida Santos Louro	98 SCC / Oryzon Energias	3:22.86	291
50m: 47.51 47.51 100m: 1:39.65 52.14 200m: 3:22.86 1:43.21			
EXH Ana Mafalda Duarte	99 SCC / Oryzon Energias	3:23.74	288
50m: 45.16 45.16 100m: 1:37.36 52.20 150m: 2:30.86 53.50 200m: 3:23.74 52.88			
EXH Vanessa Branco Machado	98 SCC / Oryzon Energias	3:29.74	264
50m: 46.47 46.47 100m: 1:40.68 54.21 150m: 2:35.24 54.56 200m: 3:29.74 54.50			
EXH Beatriz Castanheira Dias	99 Academica de Coimbra	3:31.25	258
50m: 48.26 48.26 100m: 1:43.06 54.80 150m: 2:38.11 55.05 200m: 3:31.25 53.14			
EXH Ana Carolina Carraco	99 Freguesia de Paiao	3:32.59	253
50m: 48.12 48.12 100m: 1:42.19 54.07 150m: 2:37.53 55.34 200m: 3:32.59 55.06			
EXH Cristiana Daniela Silva	99 Miranda do Corvo	3:33.29	251
50m: 49.41 49.41 100m: 1:44.46 55.05 150m: 2:39.36 54.90 200m: 3:33.29 53.93			
EXH Ana Vanessa Duarte	99 SCC / Oryzon Energias	3:33.65	249
50m: 47.87 47.87 100m: 1:42.09 54.22 150m: 2:37.99 55.90 200m: 3:33.65 55.66			
EXH Ines Carvalho Marques	99 Academica de Coimbra	3:33.84	249
50m: 50.28 50.28 100m: 1:44.37 54.09 150m: 2:39.49 55.12 200m: 3:33.84 54.35			
EXH Lucia Pedrosa Silva	98 Freguesia de Paiao	3:34.19	247
50m: 49.84 49.84 100m: 1:46.52 56.68 150m: 2:42.33 55.81 200m: 3:34.19 51.86			
EXH Joana Beatriz Bernardo	99 Fundacao Beatriz Santos	3:34.48	246
50m: 48.40 48.40 100m: 1:42.42 54.02 150m: 2:38.77 56.35 200m: 3:34.48 55.71			
EXH Sancha Miguel Veloso	98 Nautico/Matobra	3:35.78	242
50m: 49.13 49.13 100m: 1:43.96 54.83 150m: 2:41.06 57.10 200m: 3:35.78 54.72			
EXH Rita Sofia Santos	98 Lousanense	3:36.82	239
50m: 49.32 49.32 100m: 1:44.22 54.90 150m: 2:40.84 56.62 200m: 3:36.82 55.98			
EXH Joana Patricia Dias	99 Nautico/Matobra	3:40.37	227
50m: 49.40 49.40 100m: 1:45.84 56.44 150m: 2:43.77 57.93 200m: 3:40.37 56.60			
EXH Rita Estevinha Silva	99 Ginasio Figueirense	3:40.41	227
50m: 49.33 49.33 100m: 1:45.10 55.77 150m: 2:43.16 58.06 200m: 3:40.41 57.25			
EXH Rita Dias Garrido	99 Nautico/Matobra	3:41.13	225
50m: 49.43 49.43 100m: 1:46.86 57.43 150m: 2:44.40 57.54 200m: 3:41.13 56.73			
EXH Ana Beatriz Fonseca	99 Condeixa Clube	3:41.86	223
50m: 51.12 51.12 100m: 1:49.21 58.09 150m: 2:47.26 58.05 200m: 3:41.86 54.60			
EXH Sandra Patricia Oliveira	99 Ginasio Figueirense	3:43.49	218
50m: 52.56 52.56 100m: 1:50.03 57.47 150m: 2:47.49 57.46 200m: 3:43.49 56.00			
EXH Madalena Henriques Rodrigues	98 Nautico/Matobra	3:44.04	216
50m: 50.82 50.82 100m: 1:48.49 57.67 150m: 2:47.81 59.32 200m: 3:44.04 56.23			
EXH Ana Barbara Oliveira	99 Freguesia de Paiao	3:45.00	213
50m: 50.62 50.62 100m: 1:48.12 57.50 150m: 2:47.37 59.25 200m: 3:45.00 57.63			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 11, Femin., 200m Bru os

Lugar			Ano					Tempo final	Pts
EXH	Ines Costa Sebastiao		99	Ginasio Figueirense				3:45.69	211
	50m: 51.95 51.95	100m: 1:50.73		58.78	150m: 2:49.17	58.44	200m: 3:45.69		56.52
EXH	Emilia Matos Pereira		99	Fundacao Beatriz Santos				3:45.75	211
	50m: 48.34 48.34	100m: 1:46.25		57.91	150m: 2:45.85	59.60	200m: 3:45.75		59.90
EXH	Mariana Gomes Dias		99	Ginasio Figueirense				3:46.01	211
	50m: 51.41 51.41	100m: 1:50.20		58.79	150m: 2:48.99	58.79	200m: 3:46.01		57.02
EXH	Sara Bernardo Mendes		98	Fundacao Beatriz Santos				3:46.17	210
	50m: 48.56 48.56	100m: 1:46.89		58.33	150m: 2:46.73	59.84	200m: 3:46.17		59.44
EXH	Laura Barreto Magalhaes		98	Condeixa Clube				3:49.30	202
	50m: 50.67 50.67	100m: 1:49.60		58.93	150m: 2:49.67	1:00.07	200m: 3:49.30		59.63
EXH	Ines Rocha Nunes		99	Ginasio Figueirense				3:49.57	201
	50m: 54.13 54.13	100m: 1:53.42		59.29	150m: 2:51.89	58.47	200m: 3:49.57		57.68
EXH	Adriana Arzileiro Pereira		99	Ginasio Figueirense				3:49.70	201
	50m: 51.98 51.98	100m: 1:51.47		59.49	150m: 2:51.21	59.74	200m: 3:49.70		58.49
EXH	Gabriela Rodrigues Anastacio		99	Condeixa Clube				3:50.04	200
	50m: 50.06 50.06	200m: 3:50.04		2:59.98					
EXH	Marina Sofia Fernandes		99	Nautico/Matobra				3:50.98	197
	50m: 55.29 55.29	100m: 1:53.75		58.46	150m: 2:53.12	59.37	200m: 3:50.98		57.86
EXH	Maria Freitas Pimentel		99	Fundacao Beatriz Santos				3:54.72	188
	50m: 53.24 53.24	100m: 1:54.01		1:00.77	150m: 2:54.02	1:00.01	200m: 3:54.72		1:00.70
EXH	Raquel Simoes Duque		99	Ginasio Figueirense				3:57.63	181
	50m: 53.13 53.13	100m: 1:53.64		1:00.51	150m: 2:56.68	1:03.04	200m: 3:57.63		1:00.95
EXH	Salome Rebocho Lima		99	Academica de Coimbra				3:59.67	177
	50m: 53.63 53.63	100m: 1:55.41		1:01.78	150m: 2:57.88	1:02.47	200m: 3:59.67		1:01.79
EXH	Rayana Macedo Rei		99	Lousanense				4:05.46	164
	50m: 55.34 55.34	100m: 1:57.80		1:02.46	150m: 3:01.85	1:04.05	200m: 4:05.46		1:03.61

Prova 12

20-11-2010 - 11:35

Masc., 200m Bru os

Inf A e B

Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
DSQ	Roman Stefaniv		98	SCC / Oryzon Energias					
	<i>toque alternado na viragem dos 150 m</i>								
DNS	Joao Miguel Ferreira		98	Lousanense					

Prova 12

20-11-2010 - 11:35

Masc., 200m Bru os

Juv A e B

Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Joao David Santos		96	Miranda do Corvo				3:05.50	275
	50m: 41.84 41.84	100m: 1:29.17		47.33	150m: 2:17.46	48.29	200m: 3:05.50		48.04



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 12, Masc., 200m Bru os

Prova 12

20-11-2010 - 11:35

Masc., 200m Bru os

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Joao Albano Viola	89	Nautico/Matobra					2:27.82	543
	100m: 1:10.57 1:10.57	150m: 1:48.99	38.42	200m: 2:27.82	38.83				
2.	Pedro Barros Mendes	94	Academica de Coimbra					2:27.89	543
	50m: 33.83 33.83	100m: 1:11.71	37.88	150m: 1:50.03	38.32	200m: 2:27.89	37.86		
3.	Joao Pedro Veiga	94	Nautico/Matobra					2:30.62	514
	50m: 34.50 34.50	100m: 1:12.92	38.42	150m: 1:51.81	38.89	200m: 2:30.62	38.81		
4.	Ruben Paiva Carvalho	94	Academica de Coimbra					2:36.29	460
	50m: 35.55 35.55	100m: 1:14.88	39.33	150m: 1:55.90	41.02	200m: 2:36.29	40.39		
5.	Hugo Neves Neto	94	SCC / Oryzon Energias					2:39.06	436
	50m: 36.60 36.60	100m: 1:18.00	41.40	150m: 1:59.10	41.10	200m: 2:39.06	39.96		
6.	Daciano Egidio Sousa	93	Ginasio Figueirense					2:48.99	364
	50m: 37.67 37.67	100m: 1:20.22	42.55	150m: 2:04.04	43.82	200m: 2:48.99	44.95		
7.	Nelson Fernandes Silva	93	Freguesia de Paiao					2:53.42	336
	50m: 37.52 37.52	100m: 1:21.70	44.18	150m: 2:08.44	46.74	200m: 2:53.42	44.98		
8.	Diogo Fonseca Costa	93	Freguesia de Paiao					2:59.78	302
	50m: 39.41 39.41	100m: 1:24.66	45.25	150m: 2:11.78	47.12	200m: 2:59.78	48.00		
9.	Pedro Daniel Pinto	94	Miranda do Corvo					3:02.81	287
	50m: 41.60 41.60	100m: 1:28.56	46.96	150m: 2:15.81	47.25	200m: 3:02.81	47.00		
EXH	Joao Andre Neves	95	Academica de Coimbra					2:30.81	512
	50m: 34.64 34.64	100m: 1:13.22	38.58	150m: 1:51.92	38.70	200m: 2:30.81	38.89		
EXH	Tomas Miguel Veloso	96	Nautico/Matobra					2:37.61	448
	50m: 36.29 36.29	100m: 1:16.38	40.09	150m: 1:56.80	40.42	200m: 2:37.61	40.81		
EXH	Gabriel Jose Lopes	97	Lousanense					2:43.81	399
	50m: 37.08 37.08	100m: 1:19.25	42.17	150m: 2:02.05	42.80	200m: 2:43.81	41.76		
EXH	Jose Miguel Santos	97	Nautico/Matobra					2:50.96	351
	50m: 38.33 38.33	100m: 1:21.94	43.61	150m: 2:06.76	44.82	200m: 2:50.96	44.20		
EXH	Joao Goncalves Figueiredo	96	Ginasio Figueirense					2:51.71	347
	50m: 38.21 38.21	100m: 1:21.11	42.90	150m: 2:05.90	44.79	200m: 2:51.71	45.81		
EXH	Eduardo Filipe Carvalheiro	97	SCC / Oryzon Energias					2:57.93	311
	50m: 39.88 39.88	100m: 1:26.47	46.59	150m: 2:12.72	46.25	200m: 2:57.93	45.21		
EXH	Octavio Afonso Ferreira	97	Nautico/Matobra					2:59.40	304
	50m: 40.38 40.38	100m: 1:26.86	46.48	150m: 2:14.05	47.19	200m: 2:59.40	45.35		
EXH	Andre Miguel Silva	97	Freguesia de Paiao					3:00.56	298
	50m: 40.37 40.37	100m: 1:26.24	45.87	150m: 2:13.96	47.72	200m: 3:00.56	46.60		
EXH	Joao Pedro Valerio	97	Miranda do Corvo					3:04.98	277
	50m: 42.11 42.11	100m: 1:29.95	47.84	200m: 3:04.98	1:35.03				
EXH	Diogo Marques Almeida	97	Nautico/Matobra					3:06.57	270
	50m: 42.68 42.68	100m: 1:30.17	47.49	150m: 2:19.58	49.41	200m: 3:06.57	46.99		
EXH	Joao Barros Mendes	97	Academica de Coimbra					3:08.98	260
	50m: 43.61 43.61	100m: 1:31.83	48.22	150m: 2:21.24	49.41	200m: 3:08.98	47.74		
EXH	Joao Pedro Breda	97	Academica de Coimbra					3:10.25	255
	50m: 43.34 43.34	100m: 1:31.07	47.73	150m: 2:20.41	49.34	200m: 3:10.25	49.84		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 12, Masc., 200m Bru os

Lugar			Ano					Tempo final	Pts
EXH	Joao Manuel Pires		98	Nautico/Matobra				3:11.62	249
	50m: 44.16 44.16	100m: 1:33.23		49.07	150m: 2:22.53	49.30	200m: 3:11.62		49.09
EXH	Joao Filipe Rodrigues		96	Freguesia de Paiao				3:15.93	233
	50m: 42.72 42.72	100m: 1:32.71		49.99	150m: 2:24.76	52.05	200m: 3:15.93		51.17
EXH	Francisco Miguel Oliveira		97	SCC / Oryzon Energias				3:16.60	231
	50m: 42.35 42.35	100m: 1:32.86		50.51	150m: 2:24.98	52.12	200m: 3:16.60		51.62
EXH	Hugo Vale Pereira		97	Nautico/Matobra				3:18.79	223
	50m: 43.59 43.59	100m: 1:33.93		50.34	150m: 2:27.00	53.07	200m: 3:18.79		51.79
EXH	Nuno Gerales Sousa		98	Fundacao Beatriz Santos				3:19.68	220
	50m: 45.20 45.20	100m: 1:36.76		51.56	150m: 2:29.51	52.75	200m: 3:19.68		50.17
EXH	Joao Manuel Leitao		98	Nautico/Matobra				3:21.26	215
	50m: 45.51 45.51	100m: 1:38.93		53.42	150m: 2:31.78	52.85	200m: 3:21.26		49.48
EXH	Diogo Mendes Pereira		98	Freguesia de Paiao				3:22.65	211
	50m: 45.33 45.33	100m: 1:37.23		51.90	150m: 2:30.10	52.87	200m: 3:22.65		52.55
EXH	Francisco Jose Lopes		97	Nautico/Matobra				3:23.85	207
	50m: 46.13 46.13	100m: 1:38.02		51.89	150m: 2:31.04	53.02	200m: 3:23.85		52.81
EXH	Leandro Fernandes Mota		98	SCC / Oryzon Energias				3:23.89	207
	50m: 45.35 45.35	100m: 1:37.44		52.09	150m: 2:31.41	53.97	200m: 3:23.89		52.48
EXH	Joao Nuno Rodrigues		98	Nautico/Matobra				3:24.26	206
	50m: 46.39 46.39	100m: 1:38.66		52.27	150m: 2:31.89	53.23	200m: 3:24.26		52.37
EXH	Duarte Pinto Ceia		98	Ginasio Figueirense				3:26.16	200
	50m: 46.78 46.78	100m: 1:41.27		54.49	150m: 2:35.07	53.80	200m: 3:26.16		51.09
EXH	Manuel Jose Vidigueira		98	Ginasio Figueirense				3:33.54	180
	50m: 48.96 48.96	100m: 1:43.82		54.86	150m: 2:39.48	55.66	200m: 3:33.54		54.06
EXH	Diogo Pano Menezes		98	Condeixa Clube				3:36.28	173
	50m: 50.63 50.63	100m: 1:47.06		56.43	150m: 2:44.14	57.08	200m: 3:36.28		52.14
EXH	Patrick Jose Maia		98	Nautico/Matobra				3:36.48	173
	50m: 51.87 51.87	100m: 1:48.04		56.17	150m: 2:43.68	55.64	200m: 3:36.48		52.80
EXH	Diogo Loureiro Martinho		98	Ginasio Figueirense				3:40.78	163
	50m: 48.72 48.72	100m: 1:44.70		55.98	200m: 3:40.78	1:56.08			
EXH	Guilherme Ferreira Paulo		98	Academica de Coimbra				3:43.91	156
	50m: 50.18 50.18	100m: 1:47.67		57.49	150m: 2:46.09	58.42	200m: 3:43.91		57.82
EXH	Francisco Duarte Sa		98	Miranda do Corvo				3:45.23	153
	50m: 51.97 51.97	100m: 1:50.15		58.18	200m: 3:45.23	1:55.08			
EXH	Afonso Matoso Magalhaes		98	Ginasio Figueirense				3:47.76	148
	50m: 50.87 50.87	100m: 1:49.49		58.62	200m: 3:47.76	1:58.27			
EXH	Pedro Ribeiro Santos		98	Condeixa Clube				3:54.96	135
	50m: 52.82 52.82	100m: 1:52.60		59.78	200m: 3:54.96	2:02.36			
EXH	Henrique Goncalves Malo		98	Nautico/Matobra				3:57.80	130
	50m: 54.65 54.65	100m: 1:56.49		1:01.84	150m: 2:57.86	1:01.37	200m: 3:57.80		59.94
EXH	Rafael Fernandes Gaspar		98	Condeixa Clube				4:07.56	115
	50m: 55.82 55.82	100m: 1:59.78		1:03.96	200m: 4:07.56	2:07.78			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 13
20-11-2010 - 12:10

Femin., 4 x 100m Estilos

Open
Resultados

Pontos: FINA 2010

Lugar						Tempo final	Pts
1.	Nautico/Matobra Abs			Nautico/Matobra		4:40.20	538
	Maria Ines Almeida	96	34.66	1:10.26	Maria Amelia Gaspar	96	33.88 1:11.48
	Maria Ines Ribeiro	92	36.48	1:18.12	Carolina Cunha Martins	95	28.79 1:00.34
2.	Academica de Coimbra Abs			Academica de Coimbra		4:57.86	448
	Ana Rita Artur	96	35.36	1:13.07	Raquel Bartolo Vitor	93	34.26 1:14.17
	Ana Rita Costa	91	38.37	1:24.31	Bruna Miguel Pereira	94	31.85 1:06.31
EXH	Nautico/Matobra Inf A			Nautico/Matobra		5:08.49	403
	Maria Luisa Guerra	98	38.35	1:18.40	Catarina Antunes Oliveira	98	36.53 1:21.47
	Rita Mateus Lopes	98	39.78	1:24.18	Mariana Portugal Costa	98	30.68 1:04.44
EXH	Nautico/Matobra Inf B			Nautico/Matobra		5:58.20	257
	Rita Dias Garrido	99	45.89	1:33.98	Ana Raquel Conceicao	99	
	Maria Eduarda Veiga	99			Madalena Nunes Palmeira	99	
EXH	Miranda do Corvo Inf B			Miranda do Corvo		6:06.46	240
	Carolina Cruz Costa	99	47.31	1:28.77	Cristiana Daniela Silva	99	43.48 1:35.10
	Maria Dias Neves	99	45.76	1:38.37	Joana Ferreira Carvalho	99	43.43 1:24.22
EXH	Academica de Coimbra Inf B			Academica de Coimbra		6:37.88	188
	Mariana Pinto Angelo	99	43.70	1:28.76	Ines Carvalho Marques	99	
	Beatriz Castanheira Dias	99		1:41.35	Salome Rebocho Lima	99	

Prova 14
20-11-2010 - 12:20

Masc., 4 x 100m Estilos

Open
Resultados

Pontos: FINA 2010

Lugar						Tempo final	Pts
1.	Nautico/Matobra Abs			Nautico/Matobra		4:03.23	548
	Joao Pedro Almeida	92	29.97	1:02.25	Mario Alexandre Pereira	92	26.30 57.13
	Joao Albano Viola	89	31.38	1:08.54	Jorge Miguel Mendes	90	27.15 55.31
2.	Academica de Coimbra Abs			Academica de Coimbra		4:04.37	541
	Tiago Rafael Lopes	92	31.16	1:04.09	Andre Filipe Lopes	92	27.43 59.27
	Pedro Barros Mendes	94	32.09	1:07.40	Gustavo Almeida Madureira	94	25.47 53.61
DSQ	Nautico/Matobra Inf B			Nautico/Matobra			
	<i>Na viragem dos 25 e 75m, efectuou 2 bra�adas na posi��o ventral (Costas)</i>						
	Pedro Filipe Pires, Joao Manuel Leitao, Joao Nuno Rodrigues, Joao Manuel Pires						
EXH	Nautico/Matobra Jun			Nautico/Matobra		4:19.32	453
	Joao Nuno Pires	94	32.28	1:05.65	Joao Barbosa Moreira	94	29.82 1:04.47
	Joao Pedro Veiga	94	32.93	1:09.32	Bruno Filipe Metelo	93	28.48 59.88
EXH	Ginasio Figueirense Abs			Ginasio Figueirense		4:22.24	438
	Joao Manuel Borges	94	31.58	1:05.62	Andre Duarte Vaz	93	28.69 1:02.70
	Daciano Egidio Sousa	93	34.49	1:15.47	Luis Gabriel Santos	95	27.34 58.45
EXH	Nautico/Matobra Inf A			Nautico/Matobra		4:49.86	324
	Jose Miguel Santos	97	35.57	1:12.32	Francisco Xavier Goncalves	97	
	Octavio Afonso Ferreira	97			Luis Henrique Neves	97	



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

2 - 2^a Jornada

20-11-2010 - 16:00

Prova 15 Masc., 4 x 50m Estilos Open
20-11-2010 - 16:00 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra	1:51.18	491
	Joao Pedro Almeida	92	29.29 Mario Alexandre Pereira	92	25.82
	Joao Albano Viola	89	30.76 Jorge Miguel Mendes	90	25.31
2.	Academica de Coimbra Abs		Academica de Coimbra	1:53.69	459
	Pedro Barros Mendes	94	30.98 Joao Filipe Lucas	94	26.74
	Ruben Paiva Carvalho	94	31.30 Gustavo Almeida Madureira	94	24.67
EXH	Academica de Coimbra Juv A		Academica de Coimbra	1:59.18	399
	Gustavo Lopes Ribeiro	95	31.42 Luis de Oliveira	95	29.39
	Joao Andre Neves	95	31.99 Francisco Xavier Rodrigues	95	26.38

Prova 16 Femin., 4 x 50m Estilos Open
20-11-2010 - 16:05 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra	2:04.52	551
	Adriana Correia Lopes	95	32.19 Carolina Cunha Martins	95	30.39
	Gabriela Oliveira Andrade	94	34.50 Maria Ines Ribeiro	92	27.44
2.	Academica de Coimbra Abs		Academica de Coimbra	2:14.91	433
	Ana Rita Artur	96	33.41 Catarina Oliveira Dinis	93	34.02
	Ana Rita Costa	91	38.32 Bruna Miguel Pereira	94	29.16

Prova 17 Masc., 400m Livres 17 anos e mais velhos
20-11-2010 - 16:05 Resultados

Pontos: FINA 2010

Lugar		Ano			Tempo final	Pts
1.	Miguel Silva Oliveira	91	Nautico/Matobra		4:00.92	688
	50m: 27.67 27.67	150m: 1:27.19	30.09 250m: 2:29.01	31.20 350m: 3:31.12	31.24	
	100m: 57.10 29.43	200m: 1:57.81	30.62 300m: 2:59.88	30.87 400m: 4:00.92	29.80	
2.	Andre Filipe Lopes	92	Academica de Coimbra		4:07.85	632
	50m: 28.45 28.45	150m: 1:29.93	30.93 250m: 2:31.93	30.85 350m: 3:35.79	31.99	
	100m: 59.00 30.55	200m: 2:01.08	31.15 300m: 3:03.80	31.87 400m: 4:07.85	32.06	
3.	Tiago Rafael Lopes	92	Academica de Coimbra		4:13.47	591
	50m: 29.04 29.04	150m: 1:32.25	32.07 250m: 2:36.47	31.59 350m: 3:41.34	32.64	
	100m: 1:00.18 31.14	200m: 2:04.88	32.63 300m: 3:08.70	32.23 400m: 4:13.47	32.13	
4.	Joao Nuno Pires	94	Nautico/Matobra		4:16.15	573
	50m: 29.15 29.15	150m: 1:32.62	32.21 250m: 2:37.89	32.75 350m: 3:43.62	32.84	
	100m: 1:00.41 31.26	200m: 2:05.14	32.52 300m: 3:10.78	32.89 400m: 4:16.15	32.53	
5.	Joao Barbosa Moreira	94	Nautico/Matobra		4:20.81	542
	50m: 30.00 30.00	150m: 1:35.88	33.32 250m: 2:43.04	33.41 350m: 3:49.37	33.32	
	100m: 1:02.56 32.56	200m: 2:09.63	33.75 300m: 3:16.05	33.01 400m: 4:20.81	31.44	
6.	Hugo Neves Neto	94	SCC / Oryzon Energias		4:27.62	502
	50m: 30.95 30.95	150m: 1:40.04	34.59 250m: 2:48.22	33.87 350m: 3:55.24	33.37	
	100m: 1:05.45 34.50	200m: 2:14.35	34.31 300m: 3:21.87	33.65 400m: 4:27.62	32.38	



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 17, Masc., 400m Livres

Lugar	Ano								Tempo final			Pts	
EXH	Gustavo Lopes Ribeiro				95	Academica de Coimbra				4:17.15			566
	50m:	30.20	30.20	150m:	1:35.63	33.09	250m:	2:42.30	33.58	350m:	3:47.00	31.71	
	100m:	1:02.54	32.34	200m:	2:08.72	33.09	300m:	3:15.29	32.99	400m:	4:17.15	30.15	
EXH	Tiago Miguel Alves				95	SCC / Oryzon Energias				4:29.72			490
	50m:	30.54	30.54	150m:	1:37.73	33.57	250m:	2:46.09	34.24	350m:	3:55.47	34.90	
	100m:	1:04.16	33.62	200m:	2:11.85	34.12	300m:	3:20.57	34.48	400m:	4:29.72	34.25	
EXH	Daniel Baptista Relvao				96	Academica de Coimbra				4:32.16			477
	50m:	30.76	30.76	150m:	1:40.53	35.06	250m:	2:50.16	34.69	350m:	3:59.13	34.17	
	100m:	1:05.47	34.71	200m:	2:15.47	34.94	300m:	3:24.96	34.80	400m:	4:32.16	33.03	
EXH	Francisco Xavier Rodrigues				95	Academica de Coimbra				4:34.20			467
	50m:	30.47	30.47	150m:	1:38.89	34.62	250m:	2:49.91	35.50	350m:	4:00.22	35.02	
	100m:	1:04.27	33.80	200m:	2:14.41	35.52	300m:	3:25.20	35.29	400m:	4:34.20	33.98	
EXH	Joao Antonio Oliveira				95	Ginasio Figueirense				4:47.91			403
	50m:	32.75	32.75	150m:	1:46.15	36.32	250m:	2:58.81	36.38	350m:	4:12.64	36.94	
	100m:	1:09.83	37.08	200m:	2:22.43	36.28	300m:	3:35.70	36.89	400m:	4:47.91	35.27	
EXH	Ruben Jordao Fernandes				95	Miranda do Corvo				5:02.48			348
	50m:	33.87	33.87	200m:	2:29.03	1:16.48	300m:	3:46.64	38.56	400m:	5:02.48	37.26	
	100m:	1:12.55	38.68	250m:	3:08.08	39.05	350m:	4:25.22	38.58				

Prova 18

Femin., 400m Livres

15 anos e mais velhos

20-11-2010 - 16:15

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final						Pts
1. Carolina Cunha Martins	95	Nautico/Matobra	4:29.34						663
50m: 31.35 31.35	150m: 1:38.82	33.81	250m: 2:47.52	34.53	350m: 3:55.96	34.27			
100m: 1:05.01 33.66	200m: 2:12.99	34.17	300m: 3:21.69	34.17	400m: 4:29.34	33.38			
2. Adriana Correia Lopes	95	Nautico/Matobra	4:35.83						617
50m: 32.56 32.56	150m: 1:41.73	34.69	250m: 2:52.05	35.09	350m: 4:01.26	34.87			
100m: 1:07.04 34.48	200m: 2:16.96	35.23	300m: 3:26.39	34.34	400m: 4:35.83	34.57			
3. Florbela Cavaco Machado	96	SCC / Oryzon Energias	4:36.14						615
50m: 32.51 32.51	150m: 1:42.10	34.73	250m: 2:52.26	34.98	350m: 4:02.47	34.99			
100m: 1:07.37 34.86	200m: 2:17.28	35.18	300m: 3:27.48	35.22	400m: 4:36.14	33.67			
4. Maria Amelia Gaspar	96	Nautico/Matobra	4:43.21						570
50m: 34.12 34.12	150m: 1:45.43	35.79	250m: 2:56.46	35.72	350m: 4:08.37	36.07			
100m: 1:09.64 35.52	200m: 2:20.74	35.31	300m: 3:32.30	35.84	400m: 4:43.21	34.84			
5. Ana Luisa Carvalho	96	Nautico/Matobra	4:46.82						549
50m: 32.28 32.28	150m: 1:42.85	35.53	250m: 2:56.35	37.07	350m: 4:10.70	37.13			
100m: 1:07.32 35.04	200m: 2:19.28	36.43	300m: 3:33.57	37.22	400m: 4:46.82	36.12			
6. Raquel Bartolo Vitor	93	Academica de Coimbra	4:48.00						542
50m: 33.83 33.83	150m: 1:46.41	36.59	250m: 2:59.34	36.68	350m: 4:12.39	36.49			
100m: 1:09.82 35.99	200m: 2:22.66	36.25	300m: 3:35.90	36.56	400m: 4:48.00	35.61			
7. Ana Filipa Leite	86	Academica de Coimbra	4:50.73						527
50m: 33.30 33.30	150m: 1:46.13	36.76	250m: 2:59.96	36.99	350m: 4:14.38	37.29			
100m: 1:09.37 36.07	200m: 2:22.97	36.84	300m: 3:37.09	37.13	400m: 4:50.73	36.35			
8. Tatiana Cruz Costa	94	Miranda do Corvo	4:54.63						506
50m: 33.77 33.77	150m: 1:47.66	37.13	250m: 3:02.99	37.60	350m: 4:18.16	37.53			
100m: 1:10.53 36.76	200m: 2:25.39	37.73	300m: 3:40.63	37.64	400m: 4:54.63	36.47			
9. Ana Carolina Leal	96	Nautico/Matobra	4:54.90						505
50m: 32.68 32.68	150m: 1:45.13	36.74	250m: 3:00.54	37.69	350m: 4:17.17	38.10			
100m: 1:08.39 35.71	200m: 2:22.85	37.72	300m: 3:39.07	38.53	400m: 4:54.90	37.73			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 18, Femin., 400m Livres, 15 anos e mais velhos

Lugar			Ano					Tempo final	Pts
10.	Joana Faim Almeida		96	Ginasio Figueirense				5:18.04	403
	50m:	34.40	34.40	150m:	1:54.34	40.35	250m:	3:15.70	40.42
	100m:	1:13.99	39.59	200m:	2:35.28	40.94	300m:	3:56.79	41.09
	350m:	4:38.33	41.54	400m:	5:18.04	39.71			
11.	Rita Matos Ponte		96	Freguesia de Paiao				5:21.85	388
	50m:	36.82	36.82	100m:	1:17.03	40.21	200m:	2:37.93	1:20.90
	350m:	4:53.81	42.09	400m:	5:21.85	2:43.92			
EXH	Madalena Maria Ferreira		97	Academica de Coimbra				5:10.97	431
	50m:	35.67	35.67	150m:	1:54.79	39.78	250m:	3:13.91	39.21
	100m:	1:15.01	39.34	200m:	2:34.70	39.91	300m:	3:53.14	39.23
	350m:	4:32.51	39.37	400m:	5:10.97	38.46			
EXH	Carolina Domingues Borges		97	Vigor da Mocidade				5:35.18	344
	50m:	37.26	37.26	150m:	2:02.27	42.98	250m:	3:28.02	42.66
	100m:	1:19.29	42.03	200m:	2:45.36	43.09	300m:	4:11.72	43.70
	350m:	4:53.81	42.09	400m:	5:35.18	41.37			

Prova 19
20-11-2010 - 16:30

Masc., 100m Bru os

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Joao Albano Viola		89	Nautico/Matobra				1:08.19	542
	50m:	31.55	31.55	100m:	1:08.19	36.64			
2.	Pedro Barros Mendes		94	Academica de Coimbra				1:09.03	522
	50m:	32.96	32.96	100m:	1:09.03	36.07			
3.	Joao Pedro Veiga		94	Nautico/Matobra				1:09.34	515
	50m:	33.28	33.28	100m:	1:09.34	36.06			
4.	Ruben Paiva Carvalho		94	Academica de Coimbra				1:10.22	496
	50m:	33.49	33.49	100m:	1:10.22	36.73			
5.	Hugo Neves Neto		94	SCC / Oryzon Energias				1:12.24	456
	50m:	34.57	34.57	100m:	1:12.24	37.67			
6.	Joao Filipe Lucas		94	Academica de Coimbra				1:12.60	449
	50m:	34.41	34.41	100m:	1:12.60	38.19			
7.	Pedro Octavio Fernandes		91	Nautico/Matobra				1:13.89	426
	50m:	34.90	34.90	100m:	1:13.89	38.99			
8.	Daciano Egidio Sousa		93	Ginasio Figueirense				1:16.23	388
	50m:	35.75	35.75	100m:	1:16.23	40.48			
9.	Diogo Fonseca Costa		93	Freguesia de Paiao				1:24.76	282
	50m:	39.05	39.05	100m:	1:24.76	45.71			
EXH	Joao Goncalves Figueiredo		96	Ginasio Figueirense				1:17.83	364
	50m:	36.68	36.68	100m:	1:17.83	41.15			
EXH	Diogo Andre Jorge		95	Nautico/Matobra				1:18.47	355
	50m:	36.11	36.11	100m:	1:18.47	42.36			
EXH	Ricardo Luis Agostinho		96	Fundacao Beatriz Santos				1:22.59	305
	50m:	39.26	39.26	100m:	1:22.59	43.33			
EXH	Joao Filipe Rodrigues		96	Freguesia de Paiao				1:29.81	237
	50m:	41.56	41.56	100m:	1:29.81	48.25			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 20, Femin., 100m Bru os

Prova 20
20-11-2010 - 16:35

Femin., 100m Bru os

15 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira Andrade 50m: 36.44 36.44 100m: 1:16.62 40.18	94 Nautico/Matobra	1:16.62	547
2. Maria Beatriz Rascao 50m: 39.68 39.68 100m: 1:22.70 43.02	96 Nautico/Matobra	1:22.70	435
3. Catarina Alexandra Ferreira 50m: 39.70 39.70 100m: 1:24.41 44.71	95 Nautico/Matobra	1:24.41	409
4. Ana Rita Costa 50m: 39.96 39.96 100m: 1:25.00 45.04	91 Academica de Coimbra	1:25.00	401
5. Maria Joao Paixao 50m: 40.60 40.60 100m: 1:25.31 44.71	96 Ginasio Figueirense	1:25.31	397
6. Catarina Oliveira Dinis 50m: 42.14 42.14 100m: 1:26.21 44.07	93 Academica de Coimbra	1:26.21	384
7. Diana Filipa Goncalves 50m: 41.49 41.49 100m: 1:26.68 45.19	96 Nautico/Matobra	1:26.68	378
8. Erica Filipa Costa 50m: 42.02 42.02 100m: 1:28.42 46.40	96 Academica de Coimbra	1:28.42	356
9. Claudia Filipa Silva 50m: 42.75 42.75 100m: 1:29.88 47.13	95 Miranda do Corvo	1:29.88	339
10. Joana Carolina Alves 50m: 44.83 44.83 100m: 1:34.88 50.05	95 Ginasio Figueirense	1:34.88	288
DSQ Patricia Pimentel Sousa <i>a atleta fez mais um batimento de golfinho no percurso subaquatico ap�s a partida</i>	96 Condeixa Clube		
EXH Beatriz Neves Craveiro 50m: 43.27 43.27 100m: 1:31.03 47.76	97 Nautico/Matobra	1:31.03	326
EXH Carolina Costa Duarte 50m: 45.12 45.12 100m: 1:34.53 49.41	97 Academica de Coimbra	1:34.53	291

Prova 21
20-11-2010 - 16:40

Masc., 50m Livres

Juv A e B

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Ian Mesquita Costa	96 Freguesia de Paiao	28.29	369
DNS Joao Miguel Rodrigues	95 Vigor da Mocidade		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 21, Masc., 50m Livres

Prova 21

Masc., 50m Livres

17 anos e mais velhos

20-11-2010 - 16:40

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Joao Pedro Almeida	92	Nautico/Matobra	24.97	537
2. Gustavo Almeida Madureira	94	Academica de Coimbra	25.16	525
3. Jorge Miguel Mendes	90	Nautico/Matobra	25.39	511
4. Daciano Egidio Sousa	93	Ginasio Figueirense	26.00	475
5. Nelson Fernandes Silva	93	Freguesia de Paiao	26.25	462
6. Pedro Octavio Fernandes	91	Nautico/Matobra	26.62	443
7. Joao Barbosa Moreira	94	Nautico/Matobra	26.71	439
8. Bruno Filipe Metelo	93	Nautico/Matobra	27.56	399
9. David Francisco Amado	94	Miranda do Corvo	28.16	374
10. Cristiano Almeida Santos	90	Nautico/Matobra	28.46	362
11. Pedro Daniel Pinto	94	Miranda do Corvo	29.78	316
EXH Tomas Miguel Veloso	96	Nautico/Matobra	26.47	451
EXH Jose Antonio Forte	95	Academica de Coimbra	27.24	413
EXH Francisco Jose Fernandes	96	Nautico/Matobra	27.26	412
EXH Joao Pedro Cardoso	96	Nautico/Matobra	28.83	349
EXH Joao David Santos	96	Miranda do Corvo	28.93	345
EXH Joao Miguel Belchior	96	Nautico/Matobra	29.52	325

Prova 22

Femin., 50m Livres

15 anos e mais velhos

20-11-2010 - 16:40

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Ana Luisa Carvalho	96	Nautico/Matobra	28.45	545
2. Maria Ines Ribeiro	92	Nautico/Matobra	28.49	543
3. Ana Mafalda Oliveira	93	Freguesia de Paiao	29.66	481
4. Bruna Miguel Pereira	94	Academica de Coimbra	29.93	468
5. Florbela Cavaco Machado	96	SCC / Oryzon Energias	30.19	456
6. Ines Barbosa Moreira	92	Nautico/Matobra	30.94	424
7. Raquel Raimundo Ferreira	95	Nautico/Matobra	31.09	418
8. Ana Raquel Oliveira	93	Miranda do Corvo	31.28	410
9. Joana Faim Almeida	96	Ginasio Figueirense	32.17	377
10. Sofia Caramelo Folgado	96	Nautico/Matobra	32.44	368
EXH Matilde Domingues Gameiro	97	Nautico/Matobra	30.36	449
EXH Maria Ines Costa	97	Nautico/Matobra	33.86	323
EXH Maria Ines Martins	97	Nautico/Matobra	34.15	315
EXH Margarida Isabel Castro	97	Academica de Coimbra	35.10	290
EXH Andreia Dias Vaqueirinho	97	Nautico/Matobra	36.98	248



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 23, Masc., 100m Costas

Prova 23 Masc., 100m Costas 17 anos e mais velhos
20-11-2010 - 17:00 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre Pereira 50m: 29.09 29.09 100m: 58.80 29.71	92 Nautico/Matobra	58.80	576
2. Andre Duarte Vaz 50m: 29.87 29.87 100m: 1:01.60 31.73	93 Ginasio Figueirense	1:01.60	501
3. Gustavo Almeida Madureira 50m: 31.82 31.82 100m: 1:04.80 32.98	94 Academica de Coimbra	1:04.80	430
4. Tiago Rafael Lopes 50m: 31.53 31.53 100m: 1:04.81 33.28	92 Academica de Coimbra	1:04.81	430
5. Joao Manuel Borges 50m: 31.74 31.74 100m: 1:05.51 33.77	94 Ginasio Figueirense	1:05.51	416
6. Diogo Fonseca Costa 50m: 41.71 41.71 100m: 1:24.80 43.09	93 Freguesia de Paiao	1:24.80	192
EXH Luis Gabriel Santos 50m: 31.22 31.22 100m: 1:03.60 32.38	95 Ginasio Figueirense	1:03.60	455
EXH Daniel Baptista Relvao 50m: 33.06 33.06 100m: 1:06.79 33.73	96 Academica de Coimbra	1:06.79	393
EXH Guilherme Pedro Coelho 50m: 32.97 32.97 100m: 1:07.07 34.10	95 Nautico/Matobra	1:07.07	388
EXH Joao Goncalves Figueiredo 50m: 34.51 34.51 100m: 1:10.75 36.24	96 Ginasio Figueirense	1:10.75	330
EXH Luis de Oliveira 50m: 35.30 35.30 100m: 1:11.84 36.54	95 Academica de Coimbra	1:11.84	316
EXH Ricardo Luis Agostinho 50m: 36.73 36.73 100m: 1:14.03 37.30	96 Fundacao Beatriz Santos	1:14.03	288
EXH Pedro Coelho Silva 50m: 41.31 41.31 100m: 1:23.42 42.11	96 Nautico/Matobra	1:23.42	201

Prova 24 Femin., 100m Costas Juv
20-11-2010 - 17:05 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DSQ Margarida Isabel Castro <i>a atleta deu 2 bra�adas em posi��o ventral na viragem dos 50 m</i>	97 Academica de Coimbra		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 24, Femin., 100m Costas

Prova 24
20-11-2010 - 17:05

Femin., 100m Costas

15 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar			Ano		Tempo final	Pts
1.	Adriana Correia Lopes	95	Nautico/Matobra		1:09.20	508
	50m: 34.21 34.21	100m: 1:09.20	34.99			
2.	Maria Ines Almeida	96	Nautico/Matobra		1:10.48	481
	50m: 34.88 34.88	100m: 1:10.48	35.60			
3.	Maria Joao Paixao	96	Ginasio Figueirense		1:12.02	450
	50m: 35.36 35.36	100m: 1:12.02	36.66			
4.	Ana Rita Artur	96	Academica de Coimbra		1:12.08	449
	50m: 35.26 35.26	100m: 1:12.08	36.82			
5.	Susana Patricia Miguel	90	Academica de Coimbra		1:14.50	407
	50m: 36.49 36.49	100m: 1:14.50	38.01			
6.	Mariana Costa Sebastiao	95	Ginasio Figueirense		1:14.72	403
	50m: 36.28 36.28	100m: 1:14.72	38.44			
7.	Ines Barbosa Moreira	92	Nautico/Matobra		1:15.46	392
	50m: 36.80 36.80	100m: 1:15.46	38.66			
8.	Ana Mafalda Oliveira	93	Freguesia de Paiao		1:18.06	354
	50m: 37.76 37.76	100m: 1:18.06	40.30			
9.	Ana Raquel Oliveira	93	Miranda do Corvo		1:18.46	348
	50m: 37.78 37.78	100m: 1:18.46	40.68			
10.	Tatiana Cruz Costa	94	Miranda do Corvo		1:18.52	348
	50m: 38.99 38.99	100m: 1:18.52	39.53			
11.	Filipa Costa Gaspar	96	Freguesia de Paiao		1:18.62	346
	50m: 38.71 38.71	100m: 1:18.62	39.91			
12.	Sofia Caramelo Folgado	96	Nautico/Matobra		1:19.99	329
	50m: 38.38 38.38	100m: 1:19.99	41.61			
13.	Diana Filipa Goncalves	96	Nautico/Matobra		1:21.54	310
	50m: 40.51 40.51	100m: 1:21.54	41.03			
14.	Ana Carlos Ferreira	93	Freguesia de Paiao		1:23.50	289
	50m: 40.62 40.62	100m: 1:23.50	42.88			
15.	Ana Jacinto Silva	96	Condeixa Clube		1:31.26	221
	50m: 43.63 43.63	100m: 1:31.26	47.63			
EXH	Beatriz Filipa Matos	97	Nautico/Matobra		1:15.20	396
	50m: 37.36 37.36	100m: 1:15.20	37.84			
EXH	Ana Catarina Liberal	97	Nautico/Matobra		1:16.46	376
	50m: 37.02 37.02	100m: 1:16.46	39.44			
EXH	Daniela Figueiredo Metelo	97	Nautico/Matobra		1:16.56	375
	50m: 37.37 37.37	100m: 1:16.56	39.19			
EXH	Mafalda Dias Filipe	97	Nautico/Matobra		1:16.86	371
	50m: 37.76 37.76	100m: 1:16.86	39.10			
EXH	Rute Daniela Simoes	97	Lousanense		1:21.36	312
	50m: 39.31 39.31	100m: 1:21.36	42.05			
EXH	Isa Raquel Ramalho	97	Academica de Coimbra		1:26.43	260
	50m: 42.78 42.78	100m: 1:26.43	43.65			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 25, Masc., 100m Mariposa

Prova 25
20-11-2010 - 17:10

Masc., 100m Mariposa

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre Pereira 50m: 27.96 27.96 100m: 58.14 30.18	92 Nautico/Matobra	58.14	579
2. Joao Pedro Almeida 50m: 27.65 27.65 100m: 59.75 32.10	92 Nautico/Matobra	59.75	534
3. Joao Filipe Lucas 50m: 28.60 28.60 100m: 1:00.86 32.26	94 Academica de Coimbra	1:00.86	505
4. Hugo Rafael Ramalho 50m: 29.70 29.70 100m: 1:02.63 32.93	90 Academica de Coimbra	1:02.63	463
5. Joao Nuno Pires 50m: 29.69 29.69 100m: 1:02.76 33.07	94 Nautico/Matobra	1:02.76	460
6. David Francisco Amado 50m: 35.42 35.42 100m: 1:15.70 40.28	94 Miranda do Corvo	1:15.70	262
7. Pedro Daniel Pinto 50m: 35.85 35.85 100m: 1:17.64 41.79	94 Miranda do Corvo	1:17.64	243
EXH Joao Andre Neves 50m: 29.65 29.65 100m: 1:01.93 32.28	95 Academica de Coimbra	1:01.93	479
EXH Francisco Jose Fernandes 50m: 29.98 29.98 100m: 1:03.86 33.88	96 Nautico/Matobra	1:03.86	437
EXH Luis Gabriel Santos 50m: 30.90 30.90 100m: 1:05.90 35.00	95 Ginasio Figueirense	1:05.90	398
EXH Jose Antonio Forte 50m: 31.94 31.94 100m: 1:08.28 36.34	95 Academica de Coimbra	1:08.28	357
EXH Francisco Pais Baptista 50m: 32.70 32.70 100m: 1:08.74 36.04	95 Nautico/Matobra	1:08.74	350
EXH Ian Mesquita Costa 50m: 33.72 33.72 100m: 1:11.72 38.00	96 Freguesia de Paiao	1:11.72	308
EXH Joao Antonio Oliveira 50m: 34.06 34.06 100m: 1:12.90 38.84	95 Ginasio Figueirense	1:12.90	294
EXH Ruben Jordao Fernandes 50m: 35.64 35.64 100m: 1:18.44 42.80	95 Miranda do Corvo	1:18.44	236

Prova 26

20-11-2010 - 17:15

Femin., 100m Mariposa

Juv

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DSQ Catarina Santos Silva <i>toque alternado na viragem aos 50m</i>	97 Nautico/Matobra		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 26, Femin., 100m Mariposa

Prova 26
20-11-2010 - 17:15

Femin., 100m Mariposa

15 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha Martins 50m: 31.79 31.79 100m: 1:07.88 36.09	95	1:07.88	533
2. Maria Amelia Gaspar 50m: 34.12 34.12 100m: 1:12.36 38.24	96	1:12.36	440
3. Catarina Alexandra Ferreira 50m: 34.71 34.71 100m: 1:14.59 39.88	95	1:14.59	402
4. Raquel Bartolo Vitor 50m: 35.93 35.93 100m: 1:17.58 41.65	93	1:17.58	357
5. Ana Carolina Leal 50m: 36.21 36.21 100m: 1:18.81 42.60	96	1:18.81	340
6. Catarina Oliveira Dinis 50m: 36.08 36.08 100m: 1:19.01 42.93	93	1:19.01	338
7. Rita Matos Ponte 50m: 42.02 42.02 100m: 1:30.69 48.67	96	1:30.69	223
EXH Andreia Margarida Morgado 50m: 33.94 33.94 100m: 1:12.75 38.81	97	1:12.75	433
EXH Ines Silva Mendes 50m: 36.80 36.80 100m: 1:18.24 41.44	97	1:18.24	348
EXH Madalena Maria Ferreira 50m: 37.29 37.29 100m: 1:19.49 42.20	97	1:19.49	332

Prova 27

20-11-2010 - 17:20

Masc., 200m Estilos

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Miguel Silva Oliveira 50m: 28.51 28.51 100m: 1:02.59 34.08 150m: 1:37.97 35.38 200m: 2:10.37 32.40	91	2:10.37	626
2. Andre Filipe Lopes 50m: 29.00 29.00 100m: 1:02.95 33.95 150m: 1:42.82 39.87 200m: 2:13.37 30.55	92	2:13.37	585
3. Andre Duarte Vaz 50m: 30.42 30.42 100m: 1:04.34 33.92 150m: 1:44.71 40.37 200m: 2:17.19 32.48	93	2:17.19	537
4. Pedro Barros Mendes 50m: 30.71 30.71 100m: 1:06.97 36.26 150m: 1:47.51 40.54 200m: 2:19.89 32.38	94	2:19.89	507
5. Joao Pedro Veiga 50m: 30.95 30.95 100m: 1:09.12 38.17 150m: 1:49.44 40.32 200m: 2:22.27 32.83	94	2:22.27	482
6. Joao Manuel Borges 50m: 31.84 31.84 100m: 1:07.65 35.81 150m: 1:51.06 43.41 200m: 2:23.95 32.89	94	2:23.95	465
7. Nelson Fernandes Silva 50m: 31.25 31.25 100m: 1:10.35 39.10 150m: 1:54.31 43.96 200m: 2:27.05 32.74	93	2:27.05	436
8. Joao Albano Viola 50m: 31.97 31.97 100m: 1:12.99 41.02 150m: 1:55.20 42.21 200m: 2:31.00 35.80	89	2:31.00	403



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 27, Masc., 200m Estilos, 17 anos e mais velhos

Lugar	Ano	Tempo final	Pts
9. Ruben Paiva Carvalho	94 Academica de Coimbra	2:31.74	397
50m: 33.18 33.18 100m: 1:13.41 40.23 150m: 1:55.49 42.08 200m: 2:31.74 36.25			
EXH Tiago Miguel Alves	95 SCC / Oryzon Energias	2:24.69	458
50m: 30.97 30.97 100m: 1:09.37 38.40 150m: 1:52.35 42.98 200m: 2:24.69 32.34			
EXH Joao Pedro Cardoso	96 Nautico/Matobra	2:28.13	427
50m: 32.35 32.35 100m: 1:09.14 36.79 150m: 1:53.54 44.40 200m: 2:28.13 34.59			
EXH Joao David Santos	96 Miranda do Corvo	2:40.23	337
50m: 35.09 35.09 100m: 1:15.86 40.77 150m: 2:03.72 47.86 200m: 2:40.23 36.51			
EXH Manuel Luis Sousa	95 Nautico/Matobra	2:46.55	300
50m: 37.52 37.52 100m: 1:22.12 44.60 150m: 2:10.77 48.65 200m: 2:46.55 35.78			

Prova 28 Femin., 200m Estilos 15 anos e mais velhos
20-11-2010 - 17:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Gabriela Oliveira Andrade	94 Nautico/Matobra	2:31.04	561
50m: 33.61 33.61 100m: 1:13.25 39.64 150m: 1:55.66 42.41 200m: 2:31.04 35.38			
2. Maria Ines Ribeiro	92 Nautico/Matobra	2:31.88	552
50m: 34.10 34.10 100m: 1:14.49 40.39 150m: 1:57.54 43.05 200m: 2:31.88 34.34			
3. Maria Ines Almeida	96 Nautico/Matobra	2:35.02	519
50m: 34.62 34.62 100m: 1:12.87 38.25 150m: 1:59.97 47.10 200m: 2:35.02 35.05			
4. Maria Beatriz Rascao	96 Nautico/Matobra	2:37.75	492
50m: 35.93 35.93 100m: 1:17.48 41.55 150m: 2:01.14 43.66 200m: 2:37.75 36.61			
5. Mariana Costa Sebastiao	95 Ginasio Figueirense	2:44.93	431
50m: 36.56 36.56 100m: 1:16.01 39.45 150m: 2:05.81 49.80 200m: 2:44.93 39.12			
6. Joana Carolina Alves	95 Ginasio Figueirense	2:55.48	357
50m: 40.19 40.19 100m: 1:23.70 43.51 150m: 2:15.37 51.67 200m: 2:55.48 40.11			
7. Ana Carlos Ferreira	93 Freguesia de Paiao	2:58.59	339
50m: 40.13 40.13 100m: 1:23.60 43.47 150m: 2:17.59 53.99 200m: 2:58.59 41.00			
8. Patricia Pimentel Sousa	96 Condeixa Clube	3:23.20	230
50m: 44.92 44.92 100m: 1:38.39 53.47 150m: 2:37.06 58.67 200m: 3:23.20 46.14			
EXH Rute Daniela Simoes	97 Lousanense	2:54.04	366
50m: 41.15 41.15 100m: 1:24.79 43.64 150m: 2:16.16 51.37 200m: 2:54.04 37.88			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 29
20-11-2010 - 17:50

Masc., 4 x 200m Livres

Open
Resultados

Pontos: FINA 2010

Lugar						Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra			7:51.68	661
	Jorge Miguel Mendes	90	28.50	58.89	1:30.19	1:59.79	1:59.79
	Mario Alexandre Pereira	92	26.03	56.16	1:27.01	1:55.46	1:55.46
	Joao Pedro Almeida	92	26.08	55.69	1:26.75	1:58.29	1:58.29
	Miguel Silva Oliveira	91	27.24	57.13	1:28.29	1:58.14	1:58.14
2.	Academica de Coimbra Abs		Academica de Coimbra			8:09.50	592
	Tiago Rafael Lopes	92	28.16	58.28	1:29.14	2:00.05	2:00.05
	Gustavo Almeida Madureira	94	27.41	59.11	1:32.40	2:05.72	2:05.72
	Andre Filipe Lopes	92	27.59	57.22	1:27.60	1:58.17	1:58.17
	Pedro Barros Mendes	94	28.72	1:00.48	1:33.37	2:05.56	2:05.56
EXH	Nautico/Matobra Jun		Nautico/Matobra			8:27.44	531
	Joao Nuno Pires	94	28.63	59.23	1:30.90	2:03.21	2:03.21
	Joao Barbosa Moreira	94	28.73	1:00.48	1:32.78	2:03.52	2:03.52
	Joao Pedro Veiga	94	28.83	1:00.63	1:33.08	2:04.74	2:04.74
	Bruno Filipe Metelo	93	29.79	1:04.93	1:41.18	2:15.97	2:15.97

Prova 30
20-11-2010 - 17:55

Femin., 4 x 200m Livres

Open
Resultados

Pontos: FINA 2010

Lugar						Tempo final	Pts
1.	Nautico/Matobra Abs		Nautico/Matobra			9:06.79	591
	Adriana Correia Lopes	95	32.05	1:06.65	1:42.14	2:16.27	2:16.27
	Ana Luisa Carvalho	96	31.47	1:06.99	1:42.89	2:17.89	2:17.89
	Catarina Alexandra Ferreira	95	30.80	1:06.21	1:42.75	2:18.98	2:18.98
	Carolina Cunha Martins	95	30.03	1:04.19	1:38.82	2:13.65	2:13.65
2.	Academica de Coimbra Abs		Academica de Coimbra			9:38.83	498
	Raquel Bartolo Vitor	93	34.02	1:10.90	1:47.90	2:24.09	2:24.09
	Ana Rita Artur	96	32.59	1:09.83	1:47.64	2:25.37	2:25.37
	Bruna Miguel Pereira	94	33.29	1:11.26	1:50.47	2:27.82	2:27.82
	Ana Filipa Leite	86	32.37	1:08.87	1:45.54	2:21.55	2:21.55
EXH	Miranda do Corvo Inf B		Miranda do Corvo			11:44.76	276
	Maria Dias Neves	99	39.21	1:22.16	2:04.90	2:44.32	2:44.32
	Bianca Filipa Silva	99	40.87	1:26.94	2:13.55	2:57.66	2:57.66
	Carolina Cruz Costa	99	42.62	1:31.07	2:19.85	3:03.75	3:03.75
	Cristiana Daniela Silva	99	42.19	1:28.38	2:15.57	2:59.03	2:59.03



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 31, Femin., 800m Livres

3 - 3^a Jornada

21-11-2010 - 9:30

Prova 31

Femin., 800m Livres

15 anos e mais velhos

21-11-2010 - 9:30

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final		Pts
1. Gabriela Oliveira Andrade	94	Nautico/Matobra	9:17.33	657	
50m: 30.57 30.57	250m: 2:50.50	34.89 450m: 5:11.17	35.09 650m: 7:32.90	35.53	
100m: 1:05.15 34.58	300m: 3:25.60	35.10 500m: 5:46.57	35.40 700m: 8:08.21	35.31	
150m: 1:40.41 35.26	350m: 4:00.89	35.29 550m: 6:21.88	35.31 750m: 8:43.92	35.71	
200m: 2:15.61 35.20	400m: 4:36.08	35.19 600m: 6:57.37	35.49 800m: 9:17.33	33.41	
2. Florbela Cavaco Machado	96	SCC / Oryzon Energias	9:18.20	654	
50m: 32.20 32.20	250m: 2:52.11	34.78 450m: 5:13.36	35.50 650m: 7:35.73	36.12	
100m: 1:07.51 35.31	300m: 3:27.24	35.13 500m: 5:49.00	35.64 700m: 8:10.66	34.93	
150m: 1:42.76 35.25	350m: 4:02.80	35.56 550m: 6:24.39	35.39 750m: 8:46.11	35.45	
200m: 2:17.33 34.57	400m: 4:37.86	35.06 600m: 6:59.61	35.22 800m: 9:18.20	32.09	
3. Raquel Bartolo Vitor	93	Academica de Coimbra	9:47.80	560	
50m: 33.60 33.60	250m: 2:59.48	36.70 450m: 5:27.54	37.13 650m: 7:57.53	37.90	
100m: 1:09.31 35.71	300m: 3:36.40	36.92 500m: 6:04.91	37.37 700m: 8:34.85	37.32	
150m: 1:46.01 36.70	350m: 4:13.10	36.70 550m: 6:42.35	37.44 750m: 9:11.91	37.06	
200m: 2:22.78 36.77	400m: 4:50.41	37.31 600m: 7:19.63	37.28 800m: 9:47.80	35.89	
4. Ana Luisa Carvalho	96	Nautico/Matobra	9:56.61	535	
50m: 33.18 33.18	250m: 3:01.84	37.66 450m: 5:31.99	37.86 650m: 8:04.54	38.49	
100m: 1:09.89 36.71	300m: 3:39.25	37.41 500m: 6:09.74	37.75 700m: 8:42.83	38.29	
150m: 1:46.84 36.95	350m: 4:16.45	37.20 550m: 6:47.77	38.03 750m: 9:20.39	37.56	
200m: 2:24.18 37.34	400m: 4:54.13	37.68 600m: 7:26.05	38.28 800m: 9:56.61	36.22	
5. Maria Beatriz Rascao	96	Nautico/Matobra	9:56.85	535	
50m: 33.82 33.82	250m: 3:01.68	37.47 450m: 5:32.34	37.30 650m: 8:04.31	38.13	
100m: 1:10.15 36.33	300m: 3:39.53	37.85 500m: 6:09.67	37.33 700m: 8:41.91	37.60	
150m: 1:46.75 36.60	350m: 4:17.54	38.01 550m: 6:47.57	37.90 750m: 9:20.18	38.27	
200m: 2:24.21 37.46	400m: 4:55.04	37.50 600m: 7:26.18	38.61 800m: 9:56.85	36.67	
6. Catarina Alexandra Ferreira	95	Nautico/Matobra	9:57.62	532	
50m: 33.59 33.59	250m: 3:01.37	37.45 450m: 5:32.17	37.63 650m: 8:04.61	38.11	
100m: 1:09.98 36.39	300m: 3:39.19	37.82 500m: 6:09.96	37.79 700m: 8:42.56	37.95	
150m: 1:46.76 36.78	350m: 4:16.93	37.74 550m: 6:47.84	37.88 750m: 9:20.72	38.16	
200m: 2:23.92 37.16	400m: 4:54.54	37.61 600m: 7:26.50	38.66 800m: 9:57.62	36.90	
7. Ana Filipa Leite	86	Academica de Coimbra	9:58.35	531	
50m: 33.98 33.98	250m: 3:02.91	37.76 450m: 5:34.78	37.88 650m: 8:06.67	37.74	
100m: 1:10.60 36.62	300m: 3:40.74	37.83 500m: 6:13.09	38.31 700m: 8:44.44	37.77	
150m: 1:47.84 37.24	350m: 4:18.73	37.99 550m: 6:50.93	37.84 750m: 9:22.20	37.76	
200m: 2:25.15 37.31	400m: 4:56.90	38.17 600m: 7:28.93	38.00 800m: 9:58.35	36.15	
DNS Tatiana Cruz Costa	94	Miranda do Corvo			
EXH Rute Daniela Simoes	97	Lousanense	10:32.97	448	
50m: 34.91 34.91	250m: 3:11.76	39.89 450m: 5:52.15	39.90 650m: 8:33.57	40.57	
100m: 1:12.89 37.98	300m: 3:51.91	40.15 500m: 6:32.67	40.52 700m: 9:14.24	40.67	
150m: 1:51.97 39.08	350m: 4:32.12	40.21 550m: 7:12.74	40.07 750m: 9:54.83	40.59	
200m: 2:31.87 39.90	400m: 5:12.25	40.13 600m: 7:53.00	40.26 800m: 10:32.97	38.14	



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 32, Masc., 1500m Livres

Prova 32

21-11-2010 - 9:50

Masc., 1500m Livres

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar			Ano						Tempo final	Pts		
1.	Andre Filipe Lopes		92	Academica de Coimbra				16:18.08	656			
	50m:	29.74	29.74	450m:	4:49.33	32.84	850m:	9:10.86	32.42	1250m:	13:35.98	33.15
	100m:	1:02.07	32.33	500m:	5:22.23	32.90	900m:	9:43.94	33.08	1300m:	14:08.29	32.31
	150m:	1:34.74	32.67	550m:	5:55.45	33.22	950m:	10:17.09	33.15	1350m:	14:41.23	32.94
	200m:	2:07.04	32.30	600m:	6:28.19	32.74	1000m:	10:50.19	33.10	1400m:	15:14.01	32.78
	250m:	2:39.46	32.42	650m:	7:00.64	32.45	1050m:	11:23.86	33.67	1450m:	15:46.41	32.40
	300m:	3:11.93	32.47	700m:	7:33.42	32.78	1100m:	11:56.73	32.87	1500m:	16:18.08	31.67
	350m:	3:44.10	32.17	750m:	8:05.64	32.22	1150m:	12:29.86	33.13			
	400m:	4:16.49	32.39	800m:	8:38.44	32.80	1200m:	13:02.83	32.97			
2.	Joao Nuno Pires		94	Nautico/Matobra				16:52.53	591			
	50m:	30.54	30.54	450m:	4:57.91	32.10	850m:	9:32.89	34.48	1250m:	14:02.92	34.02
	100m:	1:03.25	32.71	500m:	5:32.01	34.10	900m:	10:07.18	34.29	1300m:	14:36.94	34.02
	150m:	1:36.87	33.62	550m:	6:06.47	34.46	950m:	10:41.12	33.94	1350m:	15:10.85	33.91
	200m:	2:10.54	33.67	600m:	6:41.04	34.57	1000m:	11:15.67	34.55	1400m:	15:44.89	34.04
	250m:	2:44.29	33.75	650m:	7:15.29	34.25	1050m:	11:48.09	32.42	1450m:	16:18.84	33.95
	300m:	3:18.17	33.88	700m:	7:49.75	34.46	1100m:	12:21.15	33.06	1500m:	16:52.53	33.69
	350m:	3:52.01	33.84	750m:	8:24.13	34.38	1150m:	12:54.98	33.83			
	400m:	4:25.81	33.80	800m:	8:58.41	34.28	1200m:	13:28.90	33.92			
3.	Joao Barbosa Moreira		94	Nautico/Matobra				17:03.04	573			
	50m:	30.18	30.18	400m:	4:25.45	33.83	750m:	8:24.15	34.27	1200m:	13:33.09	34.70
	100m:	1:02.79	32.61	450m:	4:58.73	33.28	800m:	8:58.27	34.12	1250m:	14:08.15	35.06
	150m:	1:36.30	33.51	500m:	5:32.28	33.55	850m:	9:32.62	34.35	1300m:	14:43.27	35.12
	200m:	2:10.01	33.71	550m:	6:06.89	34.61	900m:	10:06.69	34.07	1350m:	15:18.78	35.51
	250m:	2:43.85	33.84	600m:	6:41.64	34.75	950m:	10:41.22	34.53	1400m:	15:53.57	34.79
	300m:	3:17.70	33.85	650m:	7:15.98	34.34	1000m:	11:15.74	34.52	1450m:	16:28.26	34.69
	350m:	3:51.62	33.92	700m:	7:49.88	33.90	1150m:	12:58.39	1:42.65	1500m:	17:03.04	34.78
4.	Hugo Neves Neto		94	SCC / Oryzon Energias				17:21.65	543			
	50m:	31.13	31.13	450m:	5:08.84	34.57	850m:	9:47.17	34.56	1250m:	14:27.60	35.45
	100m:	1:05.59	34.46	500m:	5:43.78	34.94	900m:	10:22.31	35.14	1300m:	15:02.61	35.01
	150m:	1:40.43	34.84	550m:	6:18.64	34.86	950m:	10:57.50	35.19	1350m:	15:37.53	34.92
	200m:	2:14.93	34.50	600m:	6:53.45	34.81	1000m:	11:32.17	34.67	1400m:	16:12.97	35.44
	250m:	2:50.13	35.20	650m:	7:27.91	34.46	1050m:	12:07.07	34.90	1450m:	16:48.00	35.03
	300m:	3:24.84	34.71	700m:	8:02.93	35.02	1100m:	12:42.00	34.93	1500m:	17:21.65	33.65
	350m:	3:59.80	34.96	750m:	8:38.14	35.21	1150m:	13:17.24	35.24			
	400m:	4:34.27	34.47	800m:	9:12.61	34.47	1200m:	13:52.15	34.91			
5.	Joao Manuel Borges		94	Ginasio Figueirense				17:22.96	541			
	50m:	31.03	31.03	450m:	5:10.73	35.22	850m:	9:51.60	34.77	1250m:	14:31.21	34.66
	100m:	1:05.10	34.07	500m:	5:45.87	35.14	900m:	10:26.69	35.09	1300m:	15:05.90	34.69
	150m:	1:39.87	34.77	550m:	6:21.16	35.29	950m:	11:01.60	34.91	1350m:	15:40.52	34.62
	200m:	2:14.93	35.06	600m:	6:56.53	35.37	1000m:	11:36.58	34.98	1400m:	16:15.10	34.58
	250m:	2:50.08	35.15	650m:	7:31.87	35.34	1050m:	12:11.31	34.73	1450m:	16:49.24	34.14
	300m:	3:25.36	35.28	700m:	8:06.87	35.00	1100m:	12:46.39	35.08	1500m:	17:22.96	33.72
	350m:	4:00.48	35.12	750m:	8:41.89	35.02	1150m:	13:21.42	35.03			
	400m:	4:35.51	35.03	800m:	9:16.83	34.94	1200m:	13:56.55	35.13			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 33, Femin., 50m Mariposa

Prova 33
21-11-2010 - 10:10

Femin., 50m Mariposa

15 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Carolina Cunha Martins	95	Nautico/Matobra	30.68	501
2. Maria Ines Ribeiro	92	Nautico/Matobra	30.92	490
3. Ana Mafalda Oliveira	93	Freguesia de Paiao	33.04	401
4. Susana Patricia Miguel	90	Academica de Coimbra	33.09	399
5. Ana Carolina Leal	96	Nautico/Matobra	33.56	383
6. Raquel Raimundo Ferreira	95	Nautico/Matobra	34.12	364
7. Catarina Oliveira Dinis	93	Academica de Coimbra	34.56	351
8. Mariana Costa Sebastiao	95	Ginasio Figueirense	35.80	315
9. Sofia Caramelo Folgado	96	Nautico/Matobra	36.21	305
EXH Beatriz Neves Craveiro	97	Nautico/Matobra	32.23	432
EXH Carolina Domingues Borges	97	Vigor da Mocidade	36.53	297

Prova 34
21-11-2010 - 10:15

Masc., 50m Mariposa

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
1. Miguel Silva Oliveira	91	Nautico/Matobra	26.07	584
2. Joao Pedro Almeida	92	Nautico/Matobra	27.00	526
3. Joao Filipe Lucas	94	Academica de Coimbra	27.40	503
4. Nelson Fernandes Silva	93	Freguesia de Paiao	28.87	430
5. Gustavo Almeida Madureira	94	Academica de Coimbra	28.88	430
6. Hugo Rafael Ramalho	90	Academica de Coimbra	29.69	395
7. David Francisco Amado	94	Miranda do Corvo	32.76	294
EXH Luis de Oliveira	95	Academica de Coimbra	29.94	386
EXH Francisco Xavier Rodrigues	95	Academica de Coimbra	30.88	351
EXH Ian Mesquita Costa	96	Freguesia de Paiao	31.59	328
EXH Joao David Santos	96	Miranda do Corvo	32.63	298
EXH Ruben Jordao Fernandes	95	Miranda do Corvo	33.01	288
EXH Diogo Andre Santos	96	SCC / Oryzon Energias	33.73	269

Prova 35
21-11-2010 - 10:15

Femin., 200m Costas

Inf A e B

Resultados

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
DSQ Ana Carolina Carraco	99	Freguesia de Paiao		
<i>na viragem aos 150m a atleta ap�s perder a posi��o dorsal, deu 2 bra�adas</i>				
DNS Ana Vanessa Reis	98	Condeixa Clube		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 35, Femin., 200m Costas

Prova 35

21-11-2010 - 10:15

Femin., 200m Costas

15 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Adriana Correia Lopes	95	Nautico/Matobra					2:26.16	555
	50m: 34.41 34.41	100m: 1:11.35	36.94	150m: 1:49.02	37.67	200m: 2:26.16	37.14		
2.	Maria Ines Almeida	96	Nautico/Matobra					2:28.18	533
	50m: 35.22 35.22	100m: 1:12.88	37.66	200m: 2:28.18	1:15.30				
3.	Maria Joao Paixao	96	Ginasio Figueirense					2:31.70	497
	50m: 35.45 35.45	100m: 1:14.15	38.70	150m: 1:53.59	39.44	200m: 2:31.70	38.11		
4.	Maria Amelia Gaspar	96	Nautico/Matobra					2:32.16	492
	50m: 37.32 37.32	100m: 1:16.07	38.75	150m: 1:55.14	39.07	200m: 2:32.16	37.02		
5.	Ana Rita Artur	96	Academica de Coimbra					2:37.62	443
	50m: 35.61 35.61	100m: 1:15.49	39.88	150m: 1:56.25	40.76	200m: 2:37.62	41.37		
6.	Diana Filipa Goncalves	96	Nautico/Matobra					2:46.95	373
	50m: 40.90 40.90	100m: 1:23.42	42.52	150m: 2:05.52	42.10	200m: 2:46.95	41.43		
7.	Ana Raquel Oliveira	93	Miranda do Corvo					2:47.90	366
	50m: 37.49 37.49	100m: 1:19.08	41.59	150m: 2:03.39	44.31	200m: 2:47.90	44.51		
8.	Filipa Costa Gaspar	96	Freguesia de Paiao					2:49.50	356
	50m: 38.90 38.90	100m: 1:21.68	42.78	150m: 2:06.47	44.79	200m: 2:49.50	43.03		
9.	Ines Barbosa Moreira	92	Nautico/Matobra					2:53.25	333
	50m: 41.30 41.30	100m: 1:24.99	43.69	150m: 2:09.36	44.37	200m: 2:53.25	43.89		
10.	Ana Carlos Ferreira	93	Freguesia de Paiao					2:55.94	318
	50m: 41.05 41.05	100m: 1:25.81	44.76	150m: 2:11.70	45.89	200m: 2:55.94	44.24		
11.	Patricia Pimentel Sousa	96	Condeixa Clube					3:18.31	222
	50m: 47.93 47.93	100m: 1:39.72	51.79	200m: 3:18.31	1:38.59				
EXH	Mariana Cunha Guerra	98	SCC / Oryzon Energias					2:31.73	496
	50m: 35.49 35.49	100m: 1:13.42	37.93	200m: 2:31.73	1:18.31				
EXH	Ana Raquel Ferreira	98	Ginasio Figueirense					2:35.59	460
	50m: 36.30 36.30	100m: 1:15.77	39.47	150m: 1:56.07	40.30	200m: 2:35.59	39.52		
EXH	Maria Malaguerra Costa	98	SCC / Oryzon Energias					2:37.87	441
	50m: 36.73 36.73	100m: 1:16.62	39.89	150m: 1:57.36	40.74	200m: 2:37.87	40.51		
EXH	Rita Mateus Lopes	98	Nautico/Matobra					2:40.45	420
	50m: 38.54 38.54	100m: 1:19.09	40.55	150m: 2:00.57	41.48	200m: 2:40.45	39.88		
EXH	Maria Luisa Guerra	98	Nautico/Matobra					2:42.22	406
	50m: 38.54 38.54	100m: 1:18.86	40.32	150m: 2:00.31	41.45	200m: 2:42.22	41.91		
EXH	Maria Carolina Correia	98	Lousanense					2:50.47	350
	50m: 40.57 40.57	100m: 1:24.05	43.48	150m: 2:08.44	44.39	200m: 2:50.47	42.03		
EXH	Maria Dias Neves	99	Miranda do Corvo					2:51.33	345
	50m: 41.14 41.14	100m: 1:26.10	44.96	150m: 2:09.56	43.46	200m: 2:51.33	41.77		
EXH	Lucia Pedrosa Silva	98	Freguesia de Paiao					2:51.64	343
	50m: 39.74 39.74	100m: 1:24.70	44.96	150m: 2:08.23	43.53	200m: 2:51.64	43.41		
EXH	Mariana Portugal Costa	98	Nautico/Matobra					2:52.12	340
	50m: 40.00 40.00	100m: 1:24.27	44.27	150m: 2:09.72	45.45	200m: 2:52.12	42.40		
EXH	Rita Sofia Santos	98	Lousanense					2:52.87	335
	50m: 40.27 40.27	100m: 1:24.73	44.46	150m: 2:09.48	44.75	200m: 2:52.87	43.39		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 35, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Vanessa Branco Machado	98 SCC / Oryzon Energias	2:52.95	335
50m: 40.86 40.86 100m: 1:25.06 44.20 150m: 2:09.69 44.63 200m: 2:52.95 43.26			
EXH Catarina Antunes Oliveira	98 Nautico/Matobra	2:56.07	318
50m: 41.62 41.62 100m: 1:26.20 44.58 150m: 2:12.23 46.03 200m: 2:56.07 43.84			
EXH Margarida Santos Louro	98 SCC / Oryzon Energias	2:56.98	313
50m: 41.76 41.76 100m: 1:26.91 45.15 150m: 2:12.48 45.57 200m: 2:56.98 44.50			
EXH Ana Mafalda Duarte	99 SCC / Oryzon Energias	2:58.38	305
50m: 43.06 43.06 100m: 1:28.48 45.42 200m: 2:58.38 1:29.90			
EXH Ana Raquel Conceicao	99 Nautico/Matobra	3:00.55	294
50m: 43.30 43.30 100m: 1:29.06 45.76 150m: 2:15.25 46.19 200m: 3:00.55 45.30			
EXH Rita Estevinha Silva	99 Ginasio Figueirense	3:00.57	294
50m: 41.90 41.90 100m: 1:27.74 45.84 200m: 3:00.57 1:32.83			
EXH Joana Raquel Simoes	99 Vigor da Mocidade	3:02.93	283
50m: 42.65 42.65 100m: 1:29.89 47.24 200m: 3:02.93 1:33.04			
EXH Carolina Cruz Costa	99 Miranda do Corvo	3:03.51	280
50m: 44.07 44.07 100m: 1:31.86 47.79 150m: 2:19.54 47.68 200m: 3:03.51 43.97			
EXH Iara Santos Loureiro	99 Lousanense	3:03.92	279
50m: 43.89 43.89 100m: 1:31.75 47.86 200m: 3:03.92 1:32.17			
EXH Maria Eduarda Veiga	99 Nautico/Matobra	3:04.66	275
50m: 45.98 45.98 100m: 1:33.26 47.28 150m: 2:19.81 46.55 200m: 3:04.66 44.85			
EXH Ana Vanessa Duarte	99 SCC / Oryzon Energias	3:04.97	274
50m: 43.60 43.60 100m: 1:31.34 47.74 150m: 2:18.97 47.63 200m: 3:04.97 46.00			
EXH Isa Raquel Ramalho	97 Academica de Coimbra	3:05.67	271
50m: 44.25 44.25 100m: 1:30.69 46.44 150m: 2:18.67 47.98 200m: 3:05.67 47.00			
EXH Madalena Henriques Rodrigues	98 Nautico/Matobra	3:06.08	269
50m: 44.21 44.21 100m: 1:31.90 47.69 150m: 2:21.02 49.12 200m: 3:06.08 45.06			
EXH Catarina Tavares Mendes	98 Vigor da Mocidade	3:08.51	259
50m: 45.37 45.37 100m: 1:32.41 47.04 150m: 2:21.84 49.43 200m: 3:08.51 46.67			
EXH Rita Dias Garrido	99 Nautico/Matobra	3:09.47	255
50m: 45.92 45.92 100m: 1:33.98 48.06 150m: 2:22.40 48.42 200m: 3:09.47 47.07			
EXH Laura Barreto Magalhaes	98 Condeixa Clube	3:09.76	254
50m: 45.21 45.21 100m: 1:33.27 48.06 150m: 2:21.81 48.54 200m: 3:09.76 47.95			
EXH Sandra Patricia Oliveira	99 Ginasio Figueirense	3:11.94	245
50m: 44.95 44.95 100m: 1:34.70 49.75 150m: 2:23.68 48.98 200m: 3:11.94 48.26			
EXH Mariana Pinto Angelo	99 Academica de Coimbra	3:13.91	238
50m: 44.43 44.43 100m: 1:33.84 49.41 200m: 3:13.91 1:40.07			
EXH Madalena Nunes Palmeira	99 Nautico/Matobra	3:14.18	237
50m: 45.63 45.63 100m: 1:36.53 50.90 150m: 2:26.97 50.44 200m: 3:14.18 47.21			
EXH Ana Barbara Oliveira	99 Freguesia de Paiao	3:16.71	228
50m: 48.48 48.48 100m: 1:39.12 50.64 150m: 2:29.74 50.62 200m: 3:16.71 46.97			
EXH Cristiana Daniela Silva	99 Miranda do Corvo	3:19.84	217
50m: 47.94 47.94 100m: 1:39.17 51.23 150m: 2:30.94 51.77 200m: 3:19.84 48.90			
EXH Rayana Macedo Rei	99 Lousanense	3:23.30	206
50m: 47.47 47.47 100m: 1:37.81 50.34 200m: 3:23.30 1:45.49			
EXH Gabriela Rodrigues Anastacio	99 Condeixa Clube	3:25.48	200
50m: 46.98 46.98 100m: 1:39.65 52.67 150m: 2:33.84 54.19 200m: 3:25.48 51.64			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 35, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Ana Beatriz Fonseca	99 Condeixa Clube	3:26.31	197
50m: 47.78 47.78 100m: 1:41.28 53.50 150m: 2:35.30 54.02 200m: 3:26.31 51.01			
EXH Adriana Melo Caldeira	99 Vigor da Mocidade	3:27.02	195
50m: 48.20 48.20 100m: 1:42.64 54.44 150m: 2:36.32 53.68 200m: 3:27.02 50.70			
EXH Joana Patricia Dias	99 Nautico/Matobra	3:27.35	194
50m: 49.36 49.36 100m: 1:42.45 53.09 150m: 2:36.22 53.77 200m: 3:27.35 51.13			
EXH Raquel Simoes Duque	99 Ginasio Figueirense	3:32.08	181
50m: 50.11 50.11 100m: 1:44.46 54.35 150m: 2:38.91 54.45 200m: 3:32.08 53.17			
EXH Diana Oliveira Faim	99 Ginasio Figueirense	3:34.52	175
50m: 50.78 50.78 100m: 1:45.64 54.86 150m: 2:43.96 58.32 200m: 3:34.52 50.56			
EXH Marina Sofia Fernandes	99 Nautico/Matobra	3:37.36	169
50m: 52.40 52.40 100m: 1:48.07 55.67 200m: 3:37.36 1:49.29			
EXH Mariana Gomes Dias	99 Ginasio Figueirense	3:38.20	167
50m: 52.03 52.03 100m: 1:46.84 54.81 150m: 2:43.83 56.99 200m: 3:38.20 54.37			
EXH Adriana Arzileiro Pereira	99 Ginasio Figueirense	3:39.01	165
50m: 50.77 50.77 100m: 1:48.50 57.73 200m: 3:39.01 1:50.51			

Prova 36
21-11-2010 - 10:45

Masc., 200m Costas

Inf A e B
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DNS Simao Pedro Coelho	97 Nautico/Matobra		
DNS Diogo Mendes Pereira	98 Freguesia de Paiao		
DNS Nuno Miguel Caridade	97 Nautico/Matobra		
DNS Diogo Afonso Nunes	98 Nautico/Matobra		
DNS Joel Neves Duarte	97 Freguesia de Paiao		

Prova 36
21-11-2010 - 10:45

Masc., 200m Costas

17 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Mario Alexandre Pereira	92 Nautico/Matobra	2:07.93	570
50m: 30.11 30.11 100m: 1:02.50 32.39 150m: 1:35.52 33.02 200m: 2:07.93 32.41			
2. Andre Duarte Vaz	93 Ginasio Figueirense	2:14.84	487
50m: 30.58 30.58 100m: 1:03.48 32.90 150m: 1:38.22 34.74 200m: 2:14.84 36.62			
3. Joao Manuel Borges	94 Ginasio Figueirense	2:21.32	423
50m: 32.62 32.62 100m: 1:08.64 36.02 150m: 1:45.29 36.65 200m: 2:21.32 36.03			
4. Tiago Rafael Lopes	92 Academica de Coimbra	2:32.51	336
50m: 34.04 34.04 100m: 1:11.75 37.71 150m: 1:53.20 41.45 200m: 2:32.51 39.31			
EXH Luis Gabriel Santos	95 Ginasio Figueirense	2:16.44	470
50m: 31.45 31.45 100m: 1:05.52 34.07 150m: 1:41.13 35.61 200m: 2:16.44 35.31			
EXH Gabriel Jose Lopes	97 Lousanense	2:21.07	425
50m: 33.73 33.73 100m: 1:09.95 36.22 150m: 1:46.13 36.18 200m: 2:21.07 34.94			
EXH Daniel Baptista Relvao	96 Academica de Coimbra	2:23.56	403
50m: 33.67 33.67 100m: 1:10.62 36.95 150m: 1:47.71 37.09 200m: 2:23.56 35.85			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 36, Masc., 200m Costas

Lugar			Ano					Tempo final	Pts
EXH	Gustavo Lopes Ribeiro		95	Academica de Coimbra				2:24.42	396
	50m: 34.13 34.13	100m: 1:10.38		36.25	150m: 1:48.28	37.90	200m: 2:24.42		36.14
EXH	Francisco Xavier Goncalves		97	Nautico/Matobra				2:28.54	364
	50m: 34.90 34.90	100m: 1:13.29		38.39	150m: 1:51.79	38.50	200m: 2:28.54		36.75
EXH	Joao Antonio Oliveira		95	Ginasio Figueirense				2:28.82	362
	50m: 35.79 35.79	100m: 1:13.14		37.35	150m: 1:51.54	38.40	200m: 2:28.82		37.28
EXH	Jose Antonio Forte		95	Academica de Coimbra				2:29.90	354
	50m: 36.67 36.67	100m: 1:14.92		38.25	150m: 1:53.46	38.54	200m: 2:29.90		36.44
EXH	Eduardo Filipe Carvalho		97	SCC / Oryzon Energias				2:30.86	347
	50m: 34.56 34.56	100m: 1:12.72		38.16	150m: 1:52.10	39.38	200m: 2:30.86		38.76
EXH	Andre Miguel Silva		97	Freguesia de Paiao				2:30.90	347
	50m: 35.30 35.30	100m: 1:13.70		38.40	150m: 1:52.92	39.22	200m: 2:30.90		37.98
EXH	Joao Goncalves Figueiredo		96	Ginasio Figueirense				2:32.75	335
	50m: 34.42 34.42	100m: 1:12.59		38.17	150m: 1:52.87	40.28	200m: 2:32.75		39.88
EXH	Jose Miguel Santos		97	Nautico/Matobra				2:33.13	332
	50m: 35.51 35.51	100m: 1:14.41		38.90	150m: 1:54.10	39.69	200m: 2:33.13		39.03
EXH	Joao Manuel Pires		98	Nautico/Matobra				2:36.66	310
	50m: 36.13 36.13	100m: 1:16.30		40.17	150m: 1:57.37	41.07	200m: 2:36.66		39.29
EXH	Joao Pedro Valerio		97	Miranda do Corvo				2:39.32	295
	50m: 37.08 37.08	100m: 1:17.31		40.23	200m: 2:39.32	1:22.01			
EXH	Joao Nuno Rodrigues		98	Nautico/Matobra				2:44.50	268
	50m: 39.71 39.71	100m: 1:21.48		41.77	200m: 2:44.50	1:23.02			
EXH	Leandro Fernandes Mota		98	SCC / Oryzon Energias				2:44.77	267
	50m: 38.07 38.07	100m: 1:20.20		42.13	200m: 2:44.77	1:24.57			
EXH	Luis Pedro Silva		97	Nautico/Matobra				2:45.99	261
	50m: 39.39 39.39	100m: 1:21.42		42.03	150m: 2:04.25	42.83	200m: 2:45.99		41.74
EXH	Luis Henrique Neves		97	Nautico/Matobra				2:47.50	254
	50m: 39.43 39.43	100m: 1:22.71		43.28	150m: 2:06.16	43.45	200m: 2:47.50		41.34
EXH	Diogo Marques Almeida		97	Nautico/Matobra				2:47.69	253
	50m: 39.99 39.99	100m: 1:22.38		42.39	150m: 2:05.41	43.03	200m: 2:47.69		42.28
EXH	Roman Stefaniv		98	SCC / Oryzon Energias				2:47.83	252
	50m: 38.03 38.03	100m: 1:21.37		43.34	150m: 2:06.15	44.78	200m: 2:47.83		41.68
EXH	Hugo Vale Pereira		97	Nautico/Matobra				2:49.01	247
	50m: 40.08 40.08	100m: 1:22.87		42.79	150m: 2:06.12	43.25	200m: 2:49.01		42.89
EXH	Filipe Daniel Rodrigues		97	Vigor da Mocidade				2:49.34	246
	50m: 39.56 39.56	100m: 1:22.80		43.24	150m: 2:07.17	44.37	200m: 2:49.34		42.17
EXH	Octavio Afonso Ferreira		97	Nautico/Matobra				2:50.69	240
	50m: 39.54 39.54	100m: 1:22.75		43.21	150m: 2:07.10	44.35	200m: 2:50.69		43.59
EXH	Pedro Filipe Pires		98	Nautico/Matobra				2:52.67	232
	50m: 40.99 40.99	100m: 1:26.29		45.30	200m: 2:52.67	1:26.38			
EXH	Joao Manuel Leitao		98	Nautico/Matobra				3:00.83	202
	50m: 42.52 42.52	100m: 1:30.19		47.67	150m: 2:18.17	47.98	200m: 3:00.83		42.66
EXH	Manuel Jose Vidigueira		98	Ginasio Figueirense				3:02.55	196
	50m: 43.81 43.81	100m: 1:30.98		47.17	150m: 2:18.88	47.90	200m: 3:02.55		43.67
EXH	Francisco Jose Lopes		97	Nautico/Matobra				3:05.73	186
	50m: 45.05 45.05	100m: 1:31.98		46.93	150m: 2:19.54	47.56	200m: 3:05.73		46.19



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 36, Masc., 200m Costas

Lugar			Ano					Tempo final	Pts
EXH	Diogo Silva Costa		97	SCC / Oryzon Energias				3:06.31	184
	50m:	41.42	41.42	100m:	1:28.18	46.76	150m: 2:17.16	48.98	200m: 3:06.31 49.15
EXH	Diogo Pano Menezes		98	Condeixa Clube				3:08.26	179
	50m:	45.76	45.76	100m:	1:34.82	49.06	150m: 2:23.98	49.16	200m: 3:08.26 44.28
EXH	Joaquim Vicente Osorio		98	Nautico/Matobra				3:08.61	178
	50m:	45.75	45.75	100m:	1:33.91	48.16	150m: 2:22.49	48.58	200m: 3:08.61 46.12
EXH	Francisco Duarte Sa		98	Miranda do Corvo				3:08.65	177
	50m:	45.25	45.25	100m:	1:34.29	49.04	200m: 3:08.65	1:34.36	
EXH	Afonso Matoso Magalhaes		98	Ginasio Figueirense				3:09.06	176
	50m:	44.01	44.01	100m:	1:33.64	49.63	150m: 2:23.67	50.03	200m: 3:09.06 45.39
EXH	Duarte Pinto Ceia		98	Ginasio Figueirense				3:11.31	170
	50m:	46.38	46.38	100m:	1:35.87	49.49	150m: 2:24.79	48.92	200m: 3:11.31 46.52
EXH	Joao Miguel Ferreira		98	Lousanense				3:15.40	160
	50m:	45.38	45.38	100m:	1:37.69	52.31	150m: 2:29.11	51.42	200m: 3:15.40 46.29
EXH	Henrique Goncalves Malo		98	Nautico/Matobra				3:18.07	153
	50m:	48.12	48.12	100m:	1:39.16	51.04	150m: 2:28.86	49.70	200m: 3:18.07 49.21
EXH	Patrick Jose Maia		98	Nautico/Matobra				3:18.08	153
	50m:	48.36	48.36	100m:	1:40.83	52.47	150m: 2:32.11	51.28	200m: 3:18.08 45.97
EXH	Pedro Ribeiro Santos		98	Condeixa Clube				3:28.11	132
	50m:	48.53	48.53	100m:	1:42.78	54.25	200m: 3:28.11	1:45.33	
EXH	Rafael Fernandes Gaspar		98	Condeixa Clube				3:31.46	126
	50m:	50.31	50.31	100m:	1:44.78	54.47	200m: 3:31.46	1:46.68	

Prova 37
21-11-2010 - 11:20

Femin., 50m Bru os

15 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	Gabriela Oliveira Andrade		94	Nautico/Matobra				35.33	541
2.	Ana Rita Costa		91	Academica de Coimbra				37.68	446
3.	Maria Beatriz Rascao		96	Nautico/Matobra				37.87	439
4.	Catarina Oliveira Dinis		93	Academica de Coimbra				39.16	397
5.	Catarina Alexandra Ferreira		95	Nautico/Matobra				39.17	397
6.	Maria Joao Paixao		96	Ginasio Figueirense				39.34	392
7.	Erica Filipa Costa		96	Academica de Coimbra				39.37	391
8.	Claudia Filipa Silva		95	Miranda do Corvo				41.29	339
9.	Rita Matos Ponte		96	Freguesia de Paiao				41.30	339
10.	Joana Carolina Alves		95	Ginasio Figueirense				43.60	288
EXH	Andreia Dias Vaqueirinho		97	Nautico/Matobra				47.31	225



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 38 Masc., 50m Bru os Juv A e B
21-11-2010 - 11:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DNS Joao Miguel Rodrigues	95 Vigor da Mocidade		

Prova 38 Masc., 50m Bru os 17 anos e mais velhos
21-11-2010 - 11:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joao Albano Viola	89 Nautico/Matobra	31.53	513
2. Pedro Barros Mendes	94 Academica de Coimbra	31.84	498
3. Ruben Paiva Carvalho	94 Academica de Coimbra	32.01	490
4. Joao Pedro Veiga	94 Nautico/Matobra	32.30	477
5. Pedro Octavio Fernandes	91 Nautico/Matobra	32.78	457
6. Nelson Fernandes Silva	93 Freguesia de Paiao	34.25	400
7. Daciano Egidio Sousa	93 Ginasio Figueirense	34.54	390
8. Cristiano Almeida Santos	90 Nautico/Matobra	36.00	345
9. Pedro Daniel Pinto	94 Miranda do Corvo	36.07	343
10. Diogo Fonseca Costa	93 Freguesia de Paiao	36.71	325
EXH Joao Andre Neves	95 Academica de Coimbra	32.57	465

Prova 39 Femin., 200m Livres Inf A e B
21-11-2010 - 11:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DSQ Sancha Miguel Veloso	98 Nautico/Matobra		
<i>Falsa partida</i>			
DNS Ana Vanessa Reis	98 Condeixa Clube		
DNS Mariana Bordon Peralta	98 Academica de Coimbra		

Prova 39 Femin., 200m Livres 15 anos e mais velhos
21-11-2010 - 11:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Carolina Cunha Martins	95 Nautico/Matobra	2:09.36	634
50m: 30.35 30.35 100m: 1:03.33 32.98 150m: 1:36.50 33.17 200m: 2:09.36 32.86			
2. Florbela Cavaco Machado	96 SCC / Oryzon Energias	2:12.71	587
50m: 31.59 31.59 100m: 1:05.26 33.67 150m: 1:39.78 34.52 200m: 2:12.71 32.93			
3. Ana Luisa Carvalho	96 Nautico/Matobra	2:15.52	552
50m: 31.38 31.38 100m: 1:05.50 34.12 150m: 1:41.12 35.62 200m: 2:15.52 34.40			
4. Maria Amelia Gaspar	96 Nautico/Matobra	2:16.48	540
50m: 32.47 32.47 100m: 1:06.81 34.34 150m: 1:42.21 35.40 200m: 2:16.48 34.27			
5. Raquel Raimundo Ferreira	95 Nautico/Matobra	2:17.85	524
50m: 32.31 32.31 100m: 1:07.16 34.85 150m: 1:43.00 35.84 200m: 2:17.85 34.85			
6. Ana Carolina Leal	96 Nautico/Matobra	2:20.77	492
50m: 32.06 32.06 100m: 1:07.39 35.33 150m: 1:43.92 36.53 200m: 2:20.77 36.85			
7. Raquel Bartolo Vitor	93 Academica de Coimbra	2:21.54	484
50m: 33.33 33.33 100m: 1:09.31 35.98 150m: 1:45.84 36.53 200m: 2:21.54 35.70			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

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

Lugar					Ano					Tempo final	Pts		
8.	Bruna Miguel Pereira				94	Academica de Coimbra				2:25.73	443		
	50m:	33.56	33.56	100m:	1:09.75	36.19	150m:	1:47.68	37.93	200m:	2:25.73	38.05	
9.	Diana Filipa Goncalves				96	Nautico/Matobra				2:28.15	422		
	50m:	34.19	34.19	100m:	1:11.74	37.55	150m:	1:50.17	38.43	200m:	2:28.15	37.98	
10.	Joana Faim Almeida				96	Ginasio Figueirense				2:31.40	395		
	50m:	34.04	34.04	100m:	1:12.22	38.18	150m:	1:52.55	40.33	200m:	2:31.40	38.85	
11.	Sofia Caramelo Folgado				96	Nautico/Matobra				2:35.19	367		
	50m:	34.68	34.68	100m:	1:14.67	39.99	150m:	1:55.62	40.95	200m:	2:35.19	39.57	
12.	Erica Filipa Costa				96	Academica de Coimbra				2:36.04	361		
	50m:	34.77	34.77	100m:	1:10.24	35.47	150m:	1:51.43	41.19	200m:	2:36.04	44.61	
13.	Ana Carlos Ferreira				93	Freguesia de Paiao				2:38.88	342		
	50m:	36.15	36.15	100m:	1:16.41	40.26	150m:	1:58.28	41.87	200m:	2:38.88	40.60	
14.	Patricia Pimentel Sousa				96	Condeixa Clube				2:55.11	255		
	50m:	39.66	39.66	100m:	1:25.55	45.89	150m:	2:12.43	46.88	200m:	2:55.11	42.68	
15.	Ana Jacinto Silva				96	Condeixa Clube				2:56.09	251		
	50m:	38.32	38.32	100m:	1:23.41	45.09	150m:	2:11.15	47.74	200m:	2:56.09	44.94	
DNS	Tatiana Cruz Costa				94	Miranda do Corvo							
EXH	Mariana Cunha Guerra				98	SCC / Oryzon Energias				2:13.42	578		
	50m:	31.15	31.15	100m:	1:05.10	33.95	150m:	1:39.30	34.20	200m:	2:13.42	34.12	
EXH	Mariana Portugal Costa				98	Nautico/Matobra				2:20.62	494		
	50m:	32.79	32.79	100m:	1:08.71	35.92	150m:	1:53.98	45.27	200m:	2:20.62	26.64	
EXH	Matilde Domingues Gameiro				97	Nautico/Matobra				2:21.21	487		
	50m:	33.17	33.17	100m:	1:09.08	35.91	150m:	1:45.43	36.35	200m:	2:21.21	35.78	
EXH	Rita Mateus Lopes				98	Nautico/Matobra				2:23.07	469		
	50m:	33.58	33.58	100m:	1:09.95	36.37	150m:	1:47.13	37.18	200m:	2:23.07	35.94	
EXH	Maria Malaguerra Costa				98	SCC / Oryzon Energias				2:24.09	459		
	50m:	32.85	32.85	100m:	1:08.98	36.13	150m:	1:47.08	38.10	200m:	2:24.09	37.01	
EXH	Vanessa Branco Machado				98	SCC / Oryzon Energias				2:25.94	442		
	50m:	33.39	33.39	100m:	1:10.39	37.00	150m:	1:48.75	38.36	200m:	2:25.94	37.19	
EXH	Maria Carolina Correia				98	Lousanense				2:26.51	436		
	50m:	34.40	34.40	100m:	1:11.92	37.52	150m:	1:50.22	38.30	200m:	2:26.51	36.29	
EXH	Margarida Peixoto Pelaio				98	Ginasio Figueirense				2:26.67	435		
	50m:	34.41	34.41	100m:	1:11.46	37.05	150m:	1:49.31	37.85	200m:	2:26.67	37.36	
EXH	Rute Daniela Simoes				97	Lousanense				2:27.90	424		
	50m:	34.32	34.32	100m:	1:11.86	37.54	150m:	1:50.16	38.30	200m:	2:27.90	37.74	
EXH	Matilde Oliveira Andrade				98	Nautico/Matobra				2:28.19	422		
	50m:	35.16	35.16	100m:	1:13.05	37.89	150m:	1:51.36	38.31	200m:	2:28.19	36.83	
EXH	Madalena Maria Ferreira				97	Academica de Coimbra				2:29.34	412		
	50m:	34.32	34.32	100m:	1:12.10	37.78	150m:	1:51.26	39.16	200m:	2:29.34	38.08	
EXH	Rita Verissimo Damasceno				98	Nautico/Matobra				2:31.01	398		
	50m:	35.12	35.12	100m:	1:13.57	38.45	150m:	1:52.61	39.04	200m:	2:31.01	38.40	
EXH	Joana Beatriz Bernardo				99	Fundacao Beatriz Santos				2:32.56	386		
	50m:	35.50	35.50	100m:	1:14.50	39.00	150m:	1:54.12	39.62	200m:	2:32.56	38.44	
EXH	Maria Luisa Guerra				98	Nautico/Matobra				2:34.03	375		
	50m:	36.33	36.33	100m:	1:14.57	38.24	150m:	1:54.72	40.15	200m:	2:34.03	39.31	



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 39, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Catarina Antunes Oliveira	98 Nautico/Matobra	2:34.10	375
50m: 35.37 35.37 100m: 1:14.02 38.65 150m: 1:54.73 40.71 200m: 2:34.10 39.37			
EXH Carolina Domingues Borges	97 Vigor da Mocidade	2:38.66	344
50m: 36.49 36.49 100m: 1:17.59 41.10 150m: 1:58.88 41.29 200m: 2:38.66 39.78			
EXH Lucia Pedrosa Silva	98 Freguesia de Paiao	2:38.74	343
50m: 36.08 36.08 100m: 1:18.57 42.49 150m: 2:01.08 42.51 200m: 2:38.74 37.66			
EXH Rita Sofia Santos	98 Lousanense	2:38.78	343
50m: 35.67 35.67 100m: 1:17.07 41.40 150m: 2:00.41 43.34 200m: 2:38.78 38.37			
EXH Ana Raquel Conceicao	99 Nautico/Matobra	2:38.84	342
50m: 36.56 36.56 100m: 1:16.91 40.35 150m: 1:58.67 41.76 200m: 2:38.84 40.17			
EXH Margarida Santos Louro	98 SCC / Oryzon Energias	2:39.12	341
50m: 36.42 36.42 100m: 1:17.22 40.80 200m: 2:39.12 1:21.90			
EXH Ines Rocha Nunes	99 Ginasio Figueirense	2:44.90	306
50m: 39.07 39.07 100m: 1:21.66 42.59 150m: 2:04.15 42.49 200m: 2:44.90 40.75			
EXH Maria Eduarda Veiga	99 Nautico/Matobra	2:46.17	299
50m: 38.32 38.32 100m: 1:20.62 42.30 150m: 2:04.00 43.38 200m: 2:46.17 42.17			
EXH Ana Mafalda Duarte	99 SCC / Oryzon Energias	2:46.48	297
50m: 36.90 36.90 100m: 1:20.40 43.50 150m: 2:04.45 44.05 200m: 2:46.48 42.03			
EXH Carolina Costa Duarte	97 Academica de Coimbra	2:46.83	295
50m: 38.80 38.80 100m: 1:21.30 42.50 150m: 2:04.42 43.12 200m: 2:46.83 42.41			
EXH Catarina Tavares Mendes	98 Vigor da Mocidade	2:47.13	294
50m: 37.45 37.45 100m: 1:19.96 42.51 150m: 2:04.58 44.62 200m: 2:47.13 42.55			
EXH Ana Vanessa Duarte	99 SCC / Oryzon Energias	2:49.54	281
50m: 38.44 38.44 100m: 1:21.30 42.86 150m: 2:06.46 45.16 200m: 2:49.54 43.08			
EXH Emilia Matos Pereira	99 Fundacao Beatriz Santos	2:50.45	277
50m: 37.93 37.93 100m: 1:20.87 42.94 150m: 2:06.65 45.78 200m: 2:50.45 43.80			
EXH Joana Raquel Simoes	99 Vigor da Mocidade	2:51.08	274
50m: 38.97 38.97 100m: 1:24.08 45.11 150m: 2:09.31 45.23 200m: 2:51.08 41.77			
EXH Ana Carolina Carraco	99 Freguesia de Paiao	2:51.54	272
50m: 40.65 40.65 100m: 1:25.88 45.23 150m: 2:08.51 42.63 200m: 2:51.54 43.03			
EXH Madalena Henriques Rodrigues	98 Nautico/Matobra	2:52.81	266
50m: 39.66 39.66 100m: 1:24.56 44.90 150m: 2:10.41 45.85 200m: 2:52.81 42.40			
EXH Margarida Isabel Castro	97 Academica de Coimbra	2:52.96	265
50m: 39.84 39.84 100m: 1:23.34 43.50 150m: 2:08.36 45.02 200m: 2:52.96 44.60			
EXH Ines Carvalho Marques	99 Academica de Coimbra	2:53.32	263
50m: 39.64 39.64 100m: 1:23.90 44.26 150m: 2:10.09 46.19 200m: 2:53.32 43.23			
EXH Madalena Nunes Palmeira	99 Nautico/Matobra	2:54.12	260
50m: 40.56 40.56 100m: 1:27.40 46.84 150m: 2:12.60 45.20 200m: 2:54.12 41.52			
EXH Iara Santos Loureiro	99 Lousanense	2:55.27	255
50m: 38.54 38.54 100m: 1:23.59 45.05 150m: 2:10.29 46.70 200m: 2:55.27 44.98			
EXH Bianca Filipa Silva	99 Miranda do Corvo	2:55.79	252
50m: 40.04 40.04 100m: 1:24.57 44.53 150m: 2:12.78 48.21 200m: 2:55.79 43.01			
EXH Maria Freitas Pimentel	99 Fundacao Beatriz Santos	2:56.88	248
50m: 38.92 38.92 100m: 1:23.97 45.05 200m: 2:56.88 1:32.91			
EXH Ana Barbara Oliveira	99 Freguesia de Paiao	2:57.00	247
50m: 39.89 39.89 100m: 1:24.77 44.88 150m: 2:12.03 47.26 200m: 2:57.00 44.97			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 39, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Beatriz Castanheira Dias	99 Academica de Coimbra	2:58.01	243
50m: 42.56 42.56 100m: 1:28.28 45.72 150m: 2:14.60 46.32 200m: 2:58.01 43.41			
EXH Carolina Rua Santos	98 SCC / Oryzon Energias	2:59.58	237
50m: 38.84 38.84 100m: 1:22.54 43.70 200m: 2:59.58 1:37.04			
EXH Rita Dias Garrido	99 Nautico/Matobra	3:00.02	235
50m: 40.34 40.34 100m: 1:27.86 47.52 150m: 2:15.35 47.49 200m: 3:00.02 44.67			
EXH Sara Bernardo Mendes	98 Fundacao Beatriz Santos	3:01.08	231
50m: 42.41 42.41 100m: 1:28.64 46.23 150m: 2:16.55 47.91 200m: 3:01.08 44.53			
EXH Laura Barreto Magalhaes	98 Condeixa Clube	3:01.76	228
50m: 39.70 39.70 100m: 1:27.32 47.62 150m: 2:15.71 48.39 200m: 3:01.76 46.05			
EXH Joana Ferreira Carvalho	99 Miranda do Corvo	3:08.03	206
50m: 42.68 42.68 100m: 1:32.21 49.53 150m: 2:21.41 49.20 200m: 3:08.03 46.62			
EXH Marina Sofia Fernandes	99 Nautico/Matobra	3:08.62	204
50m: 43.60 43.60 100m: 1:32.84 49.24 200m: 3:08.62 1:35.78			
EXH Ana Beatriz Costa	98 Academica de Coimbra	3:08.68	204
50m: 43.10 43.10 100m: 1:31.28 48.18 150m: 2:22.19 50.91 200m: 3:08.68 46.49			
EXH Joana Patricia Dias	99 Nautico/Matobra	3:09.11	203
50m: 43.96 43.96 100m: 1:31.50 47.54 150m: 2:20.54 49.04 200m: 3:09.11 48.57			
EXH Ines Costa Sebastiao	99 Ginasio Figueirense	3:09.43	202
50m: 43.18 43.18 100m: 1:33.23 50.05 150m: 2:23.17 49.94 200m: 3:09.43 46.26			
EXH Ana Beatriz Fonseca	99 Condeixa Clube	3:09.70	201
50m: 44.17 44.17 100m: 1:34.81 50.64 150m: 2:27.24 52.43 200m: 3:09.70 42.46			
EXH Rayana Macedo Rei	99 Lousanense	3:10.39	199
50m: 39.80 39.80 100m: 1:29.92 50.12 150m: 2:26.24 56.32 200m: 3:10.39 44.15			
EXH Adriana Melo Caldeira	99 Vigor da Mocidade	3:16.46	181
50m: 43.77 43.77 100m: 1:34.54 50.77 150m: 2:27.41 52.87 200m: 3:16.46 49.05			
EXH Gabriela Rodrigues Anastacio	99 Condeixa Clube	3:23.27	163
50m: 44.01 44.01 100m: 1:34.48 50.47 150m: 2:29.85 55.37 200m: 3:23.27 53.42			
EXH Salome Rebocho Lima	99 Academica de Coimbra	3:23.82	162
50m: 44.69 44.69 100m: 1:38.34 53.65 150m: 2:33.45 55.11 200m: 3:23.82 50.37			

Prova 40

Masc., 200m Livres

Inf A e B

21-11-2010 - 12:00

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DNS Diogo Afonso Nunes	98 Nautico/Matobra		
DNS Nuno Miguel Caridade	97 Nautico/Matobra		
DNS Simao Pedro Coelho	97 Nautico/Matobra		
DNS Joel Neves Duarte	97 Freguesia de Paiao		
DNS Diogo Mendes Pereira	98 Freguesia de Paiao		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 40, Masc., 200m Livres

Prova 40

21-11-2010 - 12:00

Masc., 200m Livres

17 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar	Ano				Tempo final				Pts
1. Mario Alexandre Pereira	92	Nautico/Matobra			1:53.74	666			
50m: 26.59 26.59	100m: 55.60	29.01	150m: 1:24.71	29.11	200m: 1:53.74	29.03			
2. Andre Filipe Lopes	92	Academica de Coimbra			1:55.45	637			
50m: 27.31 27.31	100m: 56.12	28.81	150m: 1:25.71	29.59	200m: 1:55.45	29.74			
3. Joao Pedro Almeida	92	Nautico/Matobra			1:57.25	608			
50m: 26.90 26.90	100m: 56.46	29.56	150m: 1:26.02	29.56	200m: 1:57.25	31.23			
4. Tiago Rafael Lopes	92	Academica de Coimbra			2:00.08	566			
50m: 28.04 28.04	100m: 58.22	30.18	150m: 1:29.12	30.90	200m: 2:00.08	30.96			
5. Andre Duarte Vaz	93	Ginasio Figueirense			2:02.80	529			
50m: 28.00 28.00	100m: 58.41	30.41	150m: 1:30.53	32.12	200m: 2:02.80	32.27			
6. Joao Nuno Pires	94	Nautico/Matobra			2:03.87	516			
50m: 29.59 29.59	100m: 1:01.23	31.64	150m: 1:33.20	31.97	200m: 2:03.87	30.67			
7. Joao Barbosa Moreira	94	Nautico/Matobra			2:03.96	515			
50m: 28.78 28.78	100m: 1:00.63	31.85	150m: 1:33.13	32.50	200m: 2:03.96	30.83			
8. Daciano Egidio Sousa	93	Ginasio Figueirense			2:03.97	515			
50m: 29.58 29.58	100m: 1:01.42	31.84	150m: 1:33.21	31.79	200m: 2:03.97	30.76			
9. Gustavo Almeida Madureira	94	Academica de Coimbra			2:04.26	511			
50m: 28.74 28.74	100m: 1:01.53	32.79	150m: 1:33.86	32.33	200m: 2:04.26	30.40			
10. Hugo Neves Neto	94	SCC / Oryzon Energias			2:05.50	496			
50m: 29.95 29.95	100m: 1:01.91	31.96	150m: 1:34.30	32.39	200m: 2:05.50	31.20			
11. Hugo Rafael Ramalho	90	Academica de Coimbra			2:06.51	484			
50m: 29.90 29.90	100m: 1:01.85	31.95	150m: 1:34.27	32.42	200m: 2:06.51	32.24			
EXH Tiago Miguel Alves	95	SCC / Oryzon Energias			2:05.11	501			
50m: 29.36 29.36	100m: 1:01.44	32.08	150m: 1:33.93	32.49	200m: 2:05.11	31.18			
EXH Francisco Xavier Goncalves	97	Nautico/Matobra			2:06.42	485			
50m: 29.28 29.28	100m: 1:01.64	32.36	150m: 1:34.56	32.92	200m: 2:06.42	31.86			
EXH Gabriel Jose Lopes	97	Lousanense			2:06.47	485			
50m: 30.17 30.17	100m: 1:02.66	32.49	150m: 1:35.44	32.78	200m: 2:06.47	31.03			
EXH Joao Goncalves Figueiredo	96	Ginasio Figueirense			2:13.41	413			
50m: 30.89 30.89	100m: 1:04.25	33.36	150m: 1:39.09	34.84	200m: 2:13.41	34.32			
EXH Eduardo Filipe Carvalho	97	SCC / Oryzon Energias			2:14.10	406			
50m: 31.26 31.26	100m: 1:05.81	34.55	150m: 1:40.98	35.17	200m: 2:14.10	33.12			
EXH Ian Mesquita Costa	96	Freguesia de Paiao			2:14.51	403			
50m: 29.82 29.82	100m: 1:03.50	33.68	150m: 1:39.32	35.82	200m: 2:14.51	35.19			
EXH Andre Miguel Silva	97	Freguesia de Paiao			2:16.42	386			
50m: 31.24 31.24	100m: 1:06.60	35.36	150m: 1:42.29	35.69	200m: 2:16.42	34.13			
EXH Alexandre Valdagua Coutinho	97	SCC / Oryzon Energias			2:16.93	382			
50m: 31.61 31.61	100m: 1:06.38	34.77	150m: 1:42.38	36.00	200m: 2:16.93	34.55			
EXH Joao Antonio Oliveira	95	Ginasio Figueirense			2:17.06	381			
50m: 32.50 32.50	100m: 1:07.89	35.39	150m: 1:42.68	34.79	200m: 2:17.06	34.38			
EXH Jose Miguel Santos	97	Nautico/Matobra			2:17.75	375			
50m: 31.29 31.29	100m: 1:06.45	35.16	150m: 1:42.39	35.94	200m: 2:17.75	35.36			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 40, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Tiago Moises Dinis	98 Fundacao Beatriz Santos	2:20.87	351
50m: 32.05 32.05 100m: 1:08.29 36.24 150m: 1:45.09 36.80 200m: 2:20.87			35.78
EXH Jose Miguel Ventura	97 Fundacao Beatriz Santos	2:21.59	345
50m: 32.98 32.98 100m: 1:09.47 36.49 150m: 1:45.82 36.35 200m: 2:21.59			35.77
EXH Joao Pedro Valerio	97 Miranda do Corvo	2:22.65	338
50m: 33.19 33.19 100m: 1:09.78 36.59 150m: 1:47.07 37.29 200m: 2:22.65			35.58
EXH Francisco Miguel Oliveira	97 SCC / Oryzon Energias	2:23.26	333
50m: 32.10 32.10 100m: 1:07.95 35.85 150m: 1:45.49 37.54 200m: 2:23.26			37.77
EXH Joao Manuel Pires	98 Nautico/Matobra	2:23.89	329
50m: 33.07 33.07 100m: 1:09.59 36.52 150m: 1:46.55 36.96 200m: 2:23.89			37.34
EXH Ruben Jordao Fernandes	95 Miranda do Corvo	2:24.31	326
50m: 33.90 33.90 100m: 1:11.26 37.36 150m: 1:48.03 36.77 200m: 2:24.31			36.28
EXH Luis Henrique Neves	97 Nautico/Matobra	2:24.82	323
50m: 32.98 32.98 100m: 1:10.39 37.41 150m: 1:48.74 38.35 200m: 2:24.82			36.08
EXH Luis Pedro Silva	97 Nautico/Matobra	2:26.48	312
50m: 32.64 32.64 100m: 1:10.85 38.21 200m: 2:26.48 1:15.63			
EXH Hugo Vale Pereira	97 Nautico/Matobra	2:27.10	308
50m: 33.70 33.70 100m: 1:11.03 37.33 150m: 1:49.67 38.64 200m: 2:27.10			37.43
EXH Joao Nuno Rodrigues	98 Nautico/Matobra	2:28.90	297
50m: 34.06 34.06 100m: 1:12.86 38.80 200m: 2:28.90 1:16.04			
EXH Ricardo Luis Agostinho	96 Fundacao Beatriz Santos	2:29.14	295
50m: 32.88 32.88 100m: 1:10.94 38.06 150m: 1:49.87 38.93 200m: 2:29.14			39.27
EXH Roman Stefaniv	98 SCC / Oryzon Energias	2:30.27	289
50m: 35.09 35.09 100m: 1:14.06 38.97 200m: 2:30.27 1:16.21			
EXH Octavio Afonso Ferreira	97 Nautico/Matobra	2:30.33	288
50m: 34.95 34.95 100m: 1:13.71 38.76 200m: 2:30.33 1:16.62			
EXH Filipe Daniel Rodrigues	97 Vigor da Mocidade	2:30.39	288
50m: 33.75 33.75 100m: 1:13.04 39.29 200m: 2:30.39 1:17.35			
EXH Joao Ricardo Silva	97 Ginasio Figueirense	2:31.99	279
50m: 34.44 34.44 100m: 1:14.14 39.70 200m: 2:31.99 1:17.85			
EXH Pedro Filipe Pires	98 Nautico/Matobra	2:34.54	265
50m: 34.82 34.82 100m: 1:15.33 40.51 200m: 2:34.54 1:19.21			
EXH Leandro Fernandes Mota	98 SCC / Oryzon Energias	2:35.40	261
50m: 33.96 33.96 100m: 1:14.80 40.84 200m: 2:35.40 1:20.60			
EXH Jorge Martins Garcia	97 Ginasio Figueirense	2:36.07	258
50m: 34.75 34.75 100m: 1:13.65 38.90 150m: 1:54.98 41.33 200m: 2:36.07			41.09
EXH Nuno Geraldos Sousa	98 Fundacao Beatriz Santos	2:36.32	256
50m: 34.74 34.74 100m: 1:15.95 41.21 200m: 2:36.32 1:20.37			
EXH Diogo Marques Almeida	97 Nautico/Matobra	2:36.59	255
50m: 35.85 35.85 100m: 1:16.75 40.90 200m: 2:36.59 1:19.84			
EXH Diogo Manuel Marques	98 SCC / Oryzon Energias	2:38.42	246
50m: 36.16 36.16 100m: 1:18.00 41.84 150m: 2:00.49 42.49 200m: 2:38.42			37.93
EXH Francisco Jose Lopes	97 Nautico/Matobra	2:41.04	234
50m: 37.70 37.70 100m: 1:19.05 41.35 150m: 2:01.36 42.31 200m: 2:41.04			39.68
EXH Daniel Filipe Paiva	98 Miranda do Corvo	2:41.15	234
50m: 39.51 39.51 100m: 1:20.15 40.64 200m: 2:41.15 1:21.00			



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 40, Masc., 200m Livres

Lugar				Ano					Tempo final	Pts
EXH	Joao Pedro Breda			97	Academica de Coimbra				2:43.82	223
	50m:	37.66	37.66	100m:	1:18.27	40.61	150m:	2:01.19	42.92	200m: 2:43.82 42.63
EXH	Angelo Jose Julio			97	Academica de Coimbra				2:44.09	222
	50m:	36.39	36.39	100m:	1:19.39	43.00	200m:	2:44.09	1:24.70	
EXH	Joao Manuel Leitao			98	Nautico/Matobra				2:45.05	218
	50m:	38.93	38.93	100m:	1:23.64	44.71	200m:	2:45.05	1:21.41	
EXH	Diogo Loureiro Martinho			98	Ginasio Figueirense				2:45.96	214
	50m:	36.25	36.25	100m:	1:16.83	40.58	150m:	2:01.98	45.15	200m: 2:45.96 43.98
EXH	Patrick Jose Maia			98	Nautico/Matobra				2:46.91	211
	50m:	40.08	40.08	100m:	1:24.72	44.64	150m:	2:07.82	43.10	200m: 2:46.91 39.09
EXH	Bruno Filipe Ramos			96	SCC / Oryzon Energias				2:47.76	207
	50m:	36.30	36.30	100m:	1:19.70	43.40	150m:	2:04.89	45.19	200m: 2:47.76 42.87
EXH	Joao Barros Mendes			97	Academica de Coimbra				2:48.58	204
	50m:	39.23	39.23	100m:	1:23.18	43.95	150m:	2:08.43	45.25	200m: 2:48.58 40.15
EXH	Francisco Duarte Sa			98	Miranda do Corvo				2:55.80	180
	50m:	42.22	42.22	100m:	1:27.42	45.20	150m:	2:13.50	46.08	200m: 2:55.80 42.30
EXH	Diogo Pano Menezes			98	Condeixa Clube				2:55.80	180
	50m:	41.05	41.05	100m:	1:27.68	46.63	150m:	2:14.98	47.30	200m: 2:55.80 40.82
EXH	Joaquim Vicente Osorio			98	Nautico/Matobra				2:57.29	176
	50m:	40.88	40.88	100m:	1:26.18	45.30	200m:	2:57.29	1:31.11	
EXH	Joao Miguel Ferreira			98	Lousanense				3:00.89	165
	50m:	40.47	40.47	100m:	1:29.20	48.73	200m:	3:00.89	1:31.69	
EXH	Henrique Goncalves Malo			98	Nautico/Matobra				3:05.27	154
	50m:	43.00	43.00	100m:	1:30.53	47.53	150m:	2:18.55	48.02	200m: 3:05.27 46.72
EXH	Pedro Ribeiro Santos			98	Condeixa Clube				3:08.03	147
	50m:	42.03	42.03	100m:	1:29.89	47.86	150m:	2:20.13	50.24	200m: 3:08.03 47.90
EXH	Guilherme Ferreira Paulo			98	Academica de Coimbra				3:10.48	141
	50m:	42.09	42.09	100m:	1:30.90	48.81	150m:	2:21.40	50.50	200m: 3:10.48 49.08
EXH	Rafael Fernandes Gaspar			98	Condeixa Clube				3:27.04	110
	50m:	43.14	43.14	100m:	1:36.44	53.30	150m:	2:34.70	58.26	200m: 3:27.04 52.34

Prova 41

Femin., 100m Estilos

Juv

21-11-2010 - 12:25

Resultados

Pontos: FINA 2010

Lugar				Ano					Tempo final	Pts
DSQ	Ana Catarina Liberal			97	Nautico/Matobra					
	<i>na chegada do percurso de costas (50m) a atleta perdeu a posi��o de costas</i>									



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 41, Femin., 100m Estilos

Prova 41
21-11-2010 - 12:25

Femin., 100m Estilos

15 anos e mais velhos

Resultados

Pontos: FINA 2010

Lugar				Ano		Tempo final	Pts
1.	Maria Ines Ribeiro			92	Nautico/Matobra	1:09.04	584
	50m: 33.03 33.03	100m:	1:09.04		36.01		
2.	Adriana Correia Lopes			95	Nautico/Matobra	1:10.95	538
	50m: 32.68 32.68	100m:	1:10.95		38.27		
3.	Maria Ines Almeida			96	Nautico/Matobra	1:12.59	503
	50m: 33.01 33.01	100m:	1:12.59		39.58		
4.	Ana Rita Artur			96	Academica de Coimbra	1:14.97	456
	50m: 33.67 33.67	100m:	1:14.97		41.30		
5.	Ana Mafalda Oliveira			93	Freguesia de Paiao	1:15.34	450
	50m: 35.22 35.22	100m:	1:15.34		40.12		
6.	Susana Patricia Miguel			90	Academica de Coimbra	1:15.69	443
	50m: 34.06 34.06	100m:	1:15.69		41.63		
7.	Mariana Costa Sebastiao			95	Ginasio Figueirense	1:16.33	432
	50m: 34.39 34.39	100m:	1:16.33		41.94		
8.	Filipa Costa Gaspar			96	Freguesia de Paiao	1:21.09	361
	50m: 37.27 37.27	100m:	1:21.09		43.82		
9.	Ana Raquel Oliveira			93	Miranda do Corvo	1:21.38	357
	50m: 35.92 35.92	100m:	1:21.38		45.46		
10.	Joana Faim Almeida			96	Ginasio Figueirense	1:21.86	350
	50m: 38.34 38.34	100m:	1:21.86		43.52		
11.	Rita Matos Ponte			96	Freguesia de Paiao	1:21.94	349
	50m: 39.82 39.82	100m:	1:21.94		42.12		
12.	Joana Carolina Alves			95	Ginasio Figueirense	1:23.37	332
	50m: 39.33 39.33	100m:	1:23.37		44.04		
EXH	Beatriz Neves Craveiro			97	Nautico/Matobra	1:12.83	498
	50m: 33.14 33.14	100m:	1:12.83		39.69		
EXH	Andreia Margarida Morgado			97	Nautico/Matobra	1:13.25	489
	50m: 34.78 34.78	100m:	1:13.25		38.47		
EXH	Daniela Figueiredo Metelo			97	Nautico/Matobra	1:13.68	481
	50m: 34.40 34.40	100m:	1:13.68		39.28		
EXH	Beatriz Filipa Matos			97	Nautico/Matobra	1:16.51	429
	50m: 35.20 35.20	100m:	1:16.51		41.31		
EXH	Ines Silva Mendes			97	Nautico/Matobra	1:19.22	387
	50m: 36.46 36.46	100m:	1:19.22		42.76		
EXH	Mafalda Dias Filipe			97	Nautico/Matobra	1:20.16	373
	50m: 36.86 36.86	100m:	1:20.16		43.30		
EXH	Maria Ines Costa			97	Nautico/Matobra	1:26.76	294
	50m: 42.04 42.04	100m:	1:26.76		44.72		
EXH	Catarina Santos Silva			97	Nautico/Matobra	1:27.04	291
	50m: 41.86 41.86	100m:	1:27.04		45.18		
EXH	Isa Raquel Ramalho			97	Academica de Coimbra	1:31.53	251
	50m: 43.99 43.99	100m:	1:31.53		47.54		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 42
21-11-2010 - 12:30

Masc., 100m Estilos

Juv A e B
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
DNS Joao Miguel Rodrigues	95 Vigor da Mocidade		

Prova 42
21-11-2010 - 12:30

Masc., 100m Estilos

17 anos e mais velhos
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Miguel Silva Oliveira	91 Nautico/Matobra	59.55	619
50m: 27.55 27.55	100m: 59.55 32.00		
2. Pedro Barros Mendes	94 Academica de Coimbra	1:02.92	525
50m: 29.98 29.98	100m: 1:02.92 32.94		
3. Joao Filipe Lucas	94 Academica de Coimbra	1:04.44	488
50m: 29.79 29.79	100m: 1:04.44 34.65		
4. Joao Albano Viola	89 Nautico/Matobra	1:04.92	478
50m: 30.85 30.85	100m: 1:04.92 34.07		
5. Joao Pedro Veiga	94 Nautico/Matobra	1:06.02	454
50m: 33.07 33.07	100m: 1:06.02 32.95		
6. Pedro Octavio Fernandes	91 Nautico/Matobra	1:06.81	438
50m: 31.81 31.81	100m: 1:06.81 35.00		
7. Ruben Paiva Carvalho	94 Academica de Coimbra	1:07.62	422
50m: 32.88 32.88	100m: 1:07.62 34.74		
8. David Francisco Amado	94 Miranda do Corvo	1:13.07	335
50m: 34.79 34.79	100m: 1:13.07 38.28		
9. Pedro Daniel Pinto	94 Miranda do Corvo	1:15.96	298
50m: 36.90 36.90	100m: 1:15.96 39.06		
10. Diogo Fonseca Costa	93 Freguesia de Paiao	1:17.76	278
50m: 37.99 37.99	100m: 1:17.76 39.77		
EXH Tomas Miguel Veloso	96 Nautico/Matobra	1:03.53	510
50m: 30.58 30.58	100m: 1:03.53 32.95		
EXH Joao Andre Neves	95 Academica de Coimbra	1:03.73	505
50m: 29.94 29.94	100m: 1:03.73 33.79		
EXH Luis de Oliveira	95 Academica de Coimbra	1:06.81	438
50m: 31.97 31.97	100m: 1:06.81 34.84		
EXH Francisco Jose Fernandes	96 Nautico/Matobra	1:07.14	432
50m: 30.74 30.74	100m: 1:07.14 36.40		
EXH Francisco Xavier Rodrigues	95 Academica de Coimbra	1:07.89	417
50m: 30.70 30.70	100m: 1:07.89 37.19		
EXH Gustavo Lopes Ribeiro	95 Academica de Coimbra	1:08.46	407
50m: 31.67 31.67	100m: 1:08.46 36.79		
EXH Jose Antonio Forte	95 Academica de Coimbra	1:09.46	390
50m: 32.53 32.53	100m: 1:09.46 36.93		
EXH Joao Pedro Cardoso	96 Nautico/Matobra	1:09.96	381
50m: 32.86 32.86	100m: 1:09.96 37.10		
EXH Tiago Miguel Alves	95 SCC / Oryzon Energias	1:10.14	379
50m: 33.11 33.11	100m: 1:10.14 37.03		



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 42, Masc., 100m Estilos

Lugar	Ano	Tempo final	Pts
EXH Guilherme Pedro Coelho	95 Nautico/Matobra	1:11.15	363
50m: 32.31 32.31 100m: 1:11.15 38.84			
EXH Francisco Pais Baptista	95 Nautico/Matobra	1:12.10	348
50m: 33.37 33.37 100m: 1:12.10 38.73			
EXH Daniel Baptista Relvao	96 Academica de Coimbra	1:12.17	347
50m: 32.56 32.56 100m: 1:12.17 39.61			
EXH Diogo Andre Jorge	95 Nautico/Matobra	1:12.83	338
50m: 33.96 33.96 100m: 1:12.83 38.87			
EXH Joao David Santos	96 Miranda do Corvo	1:13.40	330
50m: 34.87 34.87 100m: 1:13.40 38.53			
EXH Diogo Andre Santos	96 SCC / Oryzon Energias	1:15.88	299
50m: 34.82 34.82 100m: 1:15.88 41.06			
EXH Joao Miguel Belchior	96 Nautico/Matobra	1:16.95	287
50m: 35.82 35.82 100m: 1:16.95 41.13			
EXH Manuel Luis Sousa	95 Nautico/Matobra	1:17.30	283
50m: 37.58 37.58 100m: 1:17.30 39.72			
EXH Pedro Coelho Silva	96 Nautico/Matobra	1:22.33	234
50m: 40.77 40.77 100m: 1:22.33 41.56			
EXH Bruno Filipe Ramos	96 SCC / Oryzon Energias	1:28.62	187
50m: 41.88 41.88 100m: 1:28.62 46.74			

Prova 43

Femin., 4 x 100m Livres

Open

21-11-2010 - 12:55

Resultados

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Nautico/Matobra Abs	4:13.81	552
Ana Luisa Carvalho 96 30.37 1:02.66	Gabriela Oliveira Andrade 94 30.99 1:05.16	
Carolina Cunha Martins 95 29.91 1:03.15	Maria Ines Ribeiro 92 30.25 1:02.84	
2. Academica de Coimbra Abs	4:28.92	464
Bruna Miguel Pereira 94 31.95 1:06.31	Ana Filipa Leite 86 31.69 1:06.78	
Ana Rita Artur 96 31.80 1:06.48	Catarina Oliveira Dinis 93 32.79 1:09.35	
EXH Miranda do Corvo Inf B	5:23.65	266
Cristiana Daniela Silva 99 41.21 1:23.21	Carolina Cruz Costa 99 39.76 1:24.25	
Maria Dias Neves 99 35.75 1:14.00	Bianca Filipa Silva 99 39.18 1:22.19	
EXH Academica de Coimbra Inf B	5:48.59	213
Ines Carvalho Marques 99 39.40 1:22.15	Beatriz Castanheira Dias 99 41.98 1:25.80	
Mariana Pinto Angelo 99 41.36 1:22.33	Salome Rebocho Lima 99 47.05 1:38.31	



Associa  o de Nata  o de Coimbra

Campeonato Regional Absoluto de Piscina Curta
Coimbra, 20. - 21.11.2010

Prova 44
21-11-2010 - 13:00

Masc., 4 x 100m Livres

Open
Resultados

Pontos: FINA 2010

Lugar					Tempo final	Pts
1.	Nautico/Matobra Abs			Nautico/Matobra	3:33.88	629
	Joao Barbosa Moreira	94	27.29	56.19	Joao Pedro Almeida	92 25.15 52.91
	Mario Alexandre Pereira	92	24.75	51.80	Miguel Silva Oliveira	91 25.70 52.98
2.	Academica de Coimbra Abs			Academica de Coimbra	3:37.66	597
	Andre Filipe Lopes	92	26.33	54.07	Tiago Rafael Lopes	92 25.99 54.15
	Gustavo Almeida Madureira	94	25.56	53.67	Pedro Barros Mendes	94 26.36 55.77
EXH	Ginasio Figueirense Abs			Ginasio Figueirense	3:48.72	514
	Andre Duarte Vaz	93	27.40	56.95	Joao Manuel Borges	94 27.55 58.08
	Luis Gabriel Santos	95	27.13	58.04	Daciano Egidio Sousa	93 26.67 55.65