

Prova 1  
19-12-2020 - 9:00

Femin., 400m Livres

Absoluto  
Resultados

RN Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Jun 17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun 16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RN Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
RN Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979
S9	5:03.76	VEIGA Susana Pereira	CNCVG	Coimbra	06-04-2019

CEJun\_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JO : 4:07.90

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:25.29</b>	+0,75	708	
	50m: 30.63 30.63	150m: 1:37.15	33.48	250m: 2:43.71	33.24	350m: 3:51.28	34.01
	100m: 1:03.67 33.04	200m: 2:10.47	33.32	300m: 3:17.27	33.56	400m: 4:25.29	34.01
2.	ROSA Mafalda Sofia	03	Rio Maior	<b>4:27.69</b>	+0,79	689	
	50m: 31.16 31.16	150m: 1:37.50	33.39	250m: 2:45.29	34.08	350m: 3:53.91	34.20
	100m: 1:04.11 32.95	200m: 2:11.21	33.71	300m: 3:19.71	34.42	400m: 4:27.69	33.78
3.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:28.61</b>	+0,72	682	
	50m: 30.84 30.84	150m: 1:38.06	33.98	250m: 2:46.50	34.14	350m: 3:54.89	34.02
	100m: 1:04.08 33.24	200m: 2:12.36	34.30	300m: 3:20.87	34.37	400m: 4:28.61	33.72
4.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:29.02</b>	+0,73	679	
	50m: 30.64 30.64	150m: 1:37.60	33.73	250m: 2:45.85	34.32	350m: 3:55.29	34.75
	100m: 1:03.87 33.23	200m: 2:11.53	33.93	300m: 3:20.54	34.69	400m: 4:29.02	33.73
5.	PIRES Marta Joao	05	Alges	<b>4:30.05</b>	+0,76	671	
	50m: 30.79 30.79	150m: 1:38.87	34.18	250m: 2:47.31	34.25	350m: 3:56.14	34.22
	100m: 1:04.69 33.90	200m: 2:13.06	34.19	300m: 3:21.92	34.61	400m: 4:30.05	33.91
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:38.40</b>	+0,79	612	
	50m: 31.18 31.18	150m: 1:40.27	35.02	250m: 2:51.53	35.99	350m: 4:03.66	36.01
	100m: 1:05.25 34.07	200m: 2:15.54	35.27	300m: 3:27.65	36.12	400m: 4:38.40	34.74
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>4:43.61</b>	+0,74	579	
	50m: 31.49 31.49	150m: 1:41.95	35.88	250m: 2:54.19	36.13	350m: 4:07.82	36.94
	100m: 1:06.07 34.58	200m: 2:18.06	36.11	300m: 3:30.88	36.69	400m: 4:43.61	35.79
8.	COELHO Maria Leonor	06	Benfica	<b>4:54.84</b>	+0,84	515	
	50m: 32.59 32.59	150m: 1:46.59	37.61	250m: 3:02.91	38.44	350m: 4:18.96	37.94
	100m: 1:08.98 36.39	200m: 2:24.47	37.88	300m: 3:41.02	38.11	400m: 4:54.84	35.88
9.	PIMENTA Margarida Sobral	99	Belenenses	<b>5:00.52</b>	+0,71	487	
	50m: 31.58 31.58	150m: 1:44.28	37.37	250m: 3:01.83	39.10	350m: 4:21.31	39.90
	100m: 1:06.91 35.33	200m: 2:22.73	38.45	300m: 3:41.41	39.58	400m: 5:00.52	39.21

Prova 1, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL				
EXH	VEIGA Susana Pereira	00 S9	Colegio Vasco da Gama	<b>5:04.94</b>	+0,85	466	
	50m: 32.36 32.36	150m: 1:46.44	38.05 250m: 3:04.84	39.51	350m: 4:25.41	40.53	
	100m: 1:08.39 36.03	200m: 2:25.33	38.89 300m: 3:44.88	40.04	400m: 5:04.94	39.53	

Prova 2 Masc., 200m Livres Absoluto Resultados

RN Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Jun 18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
RN Jun 17	1:52.84	LOPES Tomas Teixeira	FOCA	Funchal	02-08-2019
RN Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
RN Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02-08-2019
RN Inf A	2:00.20	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	2:06.18	NUNES Joao Magalhaes	CNA	Rio Maior	21-07-2012

CEJun\_Masc 15 - 18: 1:53.68 / CEPL 12 +: 1:49.29 / JO : 1:47.02

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>1:51.79</b>	+0,66	759	
	50m: 25.44 25.44	100m: 53.64	28.20 150m: 1:22.25	28.61	200m: 1:51.79	29.54	
2.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:52.98</b>	+0,66	735	
	50m: 26.64 26.64	100m: 55.06	28.42 150m: 1:23.97	28.91	200m: 1:52.98	29.01	
3.	RAMOS Bruno Miguel	97	Belenenses	<b>1:53.91</b>	+0,70	717	
	50m: 26.61 26.61	100m: 55.31	28.70 150m: 1:24.51	29.20	200m: 1:53.91	29.40	
4.	MOGNE Igor Araujo	96	Sporting	<b>1:54.07</b>	+0,84	714	
	50m: 26.78 26.78	100m: 55.27	28.49 150m: 1:24.84	29.57	200m: 1:54.07	29.23	
5.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>1:54.15</b>	+0,72	713	
	50m: 26.64 26.64	100m: 55.56	28.92 150m: 1:24.77	29.21	200m: 1:54.15	29.38	
6.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	<b>1:54.85</b>	+0,65	700	
	50m: 26.66 26.66	100m: 54.89	28.23 150m: 1:24.32	29.43	200m: 1:54.85	30.53	
7.	CAMPOS Tiago Filipe	99	Rio Maior	<b>1:55.14</b>	+0,74	695	
	50m: 27.03 27.03	100m: 56.11	29.08 150m: 1:25.71	29.60	200m: 1:55.14	29.43	
8.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>1:57.03</b>	+0,73	662	
	50m: 27.34 27.34	100m: 57.06	29.72 150m: 1:26.76	29.70	200m: 1:57.03	30.27	
9.	VITAL Joao Alexandre	98	Sporting	<b>1:57.79</b>	+0,71	649	
	50m: 27.07 27.07	100m: 56.47	29.40 150m: 1:26.76	30.29	200m: 1:57.79	31.03	

Prova 2, Masc., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	JACINTO Rafael Rodrigues	02	Belenenses	<b>2:00.38</b>	+0,74	608	
	50m: 27.96 27.96	100m: 58.10	30.14	150m: 1:29.09	30.99	200m: 2:00.38	31.29

Prova 3

Femin., 200m Costas

Absoluto

19-12-2020 - 9:15

Resultados

RN Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Jun 17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
RN Jun 16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019
RN Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012
RN Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017
RN Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20-06-2015
RN Inf B	2:33.03	SOUSA Keissy Joselin	FCP	Famalicao	27-07-1997

CEJun\_Fem 14 - 17: 2:18.63 / CEPL Abs: 2:13.29 / JO : 2:10.39

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:15.76</b>	+0,71	750	
	50m: 31.49 31.49	100m: 1:05.59	34.10	150m: 1:40.13	34.54	200m: 2:15.76	35.63
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:19.17</b>	+0,67	696	
	50m: 32.09 32.09	100m: 1:07.20	35.11	150m: 1:42.86	35.66	200m: 2:19.17	36.31
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:21.53</b>	+0,67	662	
	50m: 32.29 32.29	100m: 1:07.49	35.20	150m: 1:44.30	36.81	200m: 2:21.53	37.23
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:23.99</b>	+0,73	628	
	50m: 33.51 33.51	100m: 1:10.17	36.66	150m: 1:47.40	37.23	200m: 2:23.99	36.59
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:24.81</b>	+0,67	618	
	50m: 33.00 33.00	100m: 1:09.68	36.68	150m: 1:47.18	37.50	200m: 2:24.81	37.63
6.	REIS Erica Cristina	05	Sporting	<b>2:26.92</b>	+0,66	591	
	50m: 34.21 34.21	100m: 1:11.36	37.15	150m: 1:49.67	38.31	200m: 2:26.92	37.25
7.	COSTA Carolina Fale	04	Colegio Monte Maior	<b>2:31.32</b>	+0,66	541	
	50m: 35.17 35.17	100m: 1:13.27	38.10	150m: 1:52.50	39.23	200m: 2:31.32	38.82
8.	CRUZ Sara Moura	03	Alges	<b>2:32.48</b>	+0,61	529	
	50m: 35.29 35.29	100m: 1:13.55	38.26	150m: 1:53.14	39.59	200m: 2:32.48	39.34
9.	RODRIGUES Luana Correia	01	Belenenses	<b>2:33.67</b>	+0,59	517	
	50m: 35.27 35.27	100m: 1:13.51	38.24	150m: 1:53.44	39.93	200m: 2:33.67	40.23
10.	NUNES Sofia Alexandra	00	Laranjeiro	<b>2:35.54</b>	+0,74	498	
	50m: 35.13 35.13	100m: 1:14.44	39.31	150m: 1:54.57	40.13	200m: 2:35.54	40.97

Prova 4  
19-12-2020 - 9:20

Masc., 100m Costas

Absoluto  
Resultados

RN Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Jun 18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20-08-2019
RN Jun 17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
RN Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
RN Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019
RN Inf A	1:01.39	RIBAS Alexandre Lages	EDV	Lisboa	22-07-2011
RN Inf B	1:05.61	WANZELLER Goncalo Henriques	CFB	Famalicão	16-07-2016
S11	1:11.45	MENESES Marco Ribeiro	CRASTO	Coimbra	24-05-2019
S15	1:03.60	NEVES Tiago Correia	POR	Lublin (POL)	02-07-2018

JO-Para S11: 1:18.95 / CEJun\_Masc 15 - 18: 57.28 / CEPL 12 +: 55.07 / JO : 53.85

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>55.48</b>	+0,56	816	
	50m: 27.16 27.16	100m: 55.48	28.32				
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>55.86</b>	+0,56	799	
	50m: 27.87 27.87	100m: 55.86	27.99				
3.	SANTOS Francisco Rogerio	98	Sporting	<b>56.73</b>	+0,57	763	
	50m: 27.32 27.32	100m: 56.73	29.41				
4.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>58.04</b>	+0,57	712	
	50m: 28.36 28.36	100m: 58.04	29.68				
5.	FERNANDES Joao Diogo	98	Belenenses	<b>59.60</b>	+0,60	658	
	50m: 29.09 29.09	100m: 59.60	30.51				
6.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>59.87</b>	+0,68	649	
	50m: 29.52 29.52	100m: 59.87	30.35				
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>1:00.58</b>	+0,63	626	
	50m: 29.34 29.34	100m: 1:00.58	31.24				
8.	DOMINGOS Ruy Manuel	02	Sporting	<b>1:01.19</b>	+0,64	608	
	50m: 29.47 29.47	100m: 1:01.19	31.72				
9.	BATE Miguel Ribeiro	99	Alges	<b>1:01.43</b>	+0,63	601	
	50m: 29.29 29.29	100m: 1:01.43	32.14				
10.	CORREIA Joao Mota	97	Benfica	<b>1:03.20</b>	+0,74	552	
	50m: 30.76 30.76	100m: 1:03.20	32.44				
EXH	NEVES Tiago Correia	97 S15	Belenenses	<b>1:07.21</b>	+0,61	459	
	50m: 32.07 32.07	100m: 1:07.21	35.14				

Prova 4, Masc., 100m Costas

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MENESES Marco Ribeiro <i>Minimos JO-Para</i>	01 S11	O Crasto	<b>1:12.28</b>	+0,70	369	
	50m: 35.07 35.07	100m: 1:12.28	37.21				

Prova 5  
19-12-2020 - 9:25

Femin., 200m Bruços

Absoluto  
Resultados

RN Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Jun 17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
RN Jun 16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
RN Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
RN Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003
RN Inf A	2:42.69	PEREIRA Clara Gomes	SAD	Oeiras	18-07-2015
RN Inf B	2:49.82	PEREIRA Clara Gomes	SAD	Loulé	19-07-2014

CEJun\_Fem 14 - 17: 2:35.49 / CEPL Abs: 2:29.51 / JO : 2:25.52

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria <i>Minimos CEPL</i>	95	Benfica	<b>2:29.13</b>	+0,77	811	
	50m: 34.47 34.47	100m: 1:11.28	36.81	150m: 1:49.70	38.42	200m: 2:29.13	39.43
2.	PEREIRA Raquel Gomes	00	Benfica	<b>2:35.83</b>	+0,73	711	
	50m: 34.19 34.19	100m: 1:12.81	38.62	150m: 1:53.95	41.14	200m: 2:35.83	41.88
3.	PEREIRA Clara Gomes	02	Alges	<b>2:39.80</b>	+0,74	659	
	50m: 35.93 35.93	100m: 1:15.76	39.83	150m: 1:56.88	41.12	200m: 2:39.80	42.92
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:40.53</b>	+0,81	650	
	50m: 37.21 37.21	100m: 1:18.05	40.84	150m: 1:59.29	41.24	200m: 2:40.53	41.24
5.	CASTRO Maria Freitas	03	Vitoria Guimaraes	<b>2:42.59</b>	+0,75	626	
	50m: 37.14 37.14	100m: 1:18.17	41.03	150m: 1:59.54	41.37	200m: 2:42.59	43.05
6.	CERDEIRA Madalena Reis	03	Sporting	<b>2:42.91</b>	+0,80	622	
	50m: 37.84 37.84	100m: 1:19.17	41.33	150m: 2:01.56	42.39	200m: 2:42.91	41.35
7.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:44.17</b>	+0,76	608	
	50m: 37.97 37.97	100m: 1:19.83	41.86	150m: 2:02.21	42.38	200m: 2:44.17	41.96
8.	BORGES Claudia Ferreira	99	Sporting	<b>2:44.95</b>	+0,79	599	
	50m: 37.68 37.68	100m: 1:19.90	42.22	150m: 2:02.63	42.73	200m: 2:44.95	42.32
9.	LOPES Francisca Macedo	05	Vilacondense	<b>3:00.17</b>	+0,82	460	
	50m: 39.50 39.50	100m: 1:24.73	45.23	150m: 2:12.07	47.34	200m: 3:00.17	48.10

Prova 5, Femin., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA Natacha Sofia	02	Benfica	<b>3:00.81</b>	+0,81	455	
	50m: 40.79 40.79	100m: 1:26.43	45.64	150m: 2:13.80	47.37	200m: 3:00.81	47.01
EXH	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Prova 6 Masc., 100m Bruços Absoluto Resultados

RN Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Jun 18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
RN Jun 17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
RN Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25-07-2019
RN Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
RN Inf A	1:09.82	PEREIRA Ricardo Samuel	CCDPCMS	Vila Franca de Xira	20-05-2017
RN Inf B	1:11.95	SANTOS Andre Goncalo	LSC	Porto	24-07-2010

CEJun\_Masc 15 - 18: 1:03.93 / CEPL 12 +: 1:01.47 / JO : 59.93

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUINTAS Francisco Robalo	95	Sporting	<b>1:02.18</b>	+0,67	765	
	50m: 29.27 29.27	100m: 1:02.18	32.91				
2.	PLAZA Jaime Morote	97	Louletano / Loule Concelho	<b>1:03.81</b>	+0,81	708	
	50m: 29.73 29.73	100m: 1:03.81	34.08				
3.	SIMOES Rafael Gomes	00	Braga	<b>1:04.39</b>	+0,80	689	
	50m: 30.42 30.42	100m: 1:04.39	33.97				
4.	SANTOS Alexis Manacas	92	Sporting	<b>1:05.00</b>	+0,69	670	
	50m: 29.98 29.98	100m: 1:05.00	35.02				
5.	FRISCHKNECHT Renato Barros	01	Alges	<b>1:05.72</b>	+0,63	648	
	50m: 30.53 30.53	100m: 1:05.72	35.19				
6.	MENDES Antonio Manuel	99	Sporting	<b>1:06.39</b>	+0,65	628	
	50m: 31.17 31.17	100m: 1:06.39	35.22				
7.	PON Hugo	98	Alges	<b>1:06.63</b>	+0,66	622	
	50m: 31.09 31.09	100m: 1:06.63	35.54				
8.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>1:06.76</b>	+0,81	618	
	50m: 31.37 31.37	100m: 1:06.76	35.39				
9.	GRENHO Andre Tavares	99	GesLoures	<b>1:07.39</b>	+0,78	601	
	50m: 31.26 31.26	100m: 1:07.39	36.13				

Prova 6, Masc., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>1:08.47</b>	+0,71	573	
	50m: 32.41 32.41	100m: 1:08.47	36.06				

Prova 7 Femin., 100m Livres Absoluto  
19-12-2020 - 9:30 Resultados

RN Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Jun 17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
RN Jun 16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
RN Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
RN Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22-07-2019
RN Inf A	59.73	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
RN Inf B	1:01.46	FERNANDES Carolina Miranda	CGA	Loulé	15-07-2017
S9	1:05.08	VEIGA Susana Pereira	POR	Londres (GBR)	09-09-2019

JO-Para S9: 1:05.84 / CEJun\_Fem 14 - 17: 57.81 / CEPL Abs: 55.59 / JO : 54.38

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>58.43</b>	+0,75	693	
	50m: 28.09 28.09	100m: 58.43	30.34				
2.	ANDRE Leticia Maia	02	Benfica	<b>58.79</b>	+0,72	680	
	50m: 27.80 27.80	100m: 58.79	30.99				
3.	VIEGAS Beatriz Mendes	00	Sporting	<b>58.90</b>	+0,63	676	
	50m: 28.43 28.43	100m: 58.90	30.47				
4.	PINTO Mafalda Marques	02	Sporting	<b>59.11</b>	+0,69	669	
	50m: 28.64 28.64	100m: 59.11	30.47				
5.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>59.53</b>	+0,71	655	
	50m: 28.58 28.58	100m: 59.53	30.95				
6.	AZEVEDO Rafaela Gomes	02	Alges	<b>59.91</b>	+0,82	643	
	50m: 28.87 28.87	100m: 59.91	31.04				
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>59.96</b>	+0,66	641	
	50m: 28.82 28.82	100m: 59.96	31.14				
8.	CASTRO Adriana Daniela	97	Leixoes	<b>1:00.99</b>	+0,71	609	
	50m: 29.10 29.10	100m: 1:00.99	31.89				
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>1:01.23</b>	+0,71	602	
	50m: 29.44 29.44	100m: 1:01.23	31.79				

Prova 7, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MELO Sara Carreira	05	GesLoures	<b>1:02.36</b>	+0,69	570	
	50m: 30.23 30.23	100m: 1:02.36	32.13				
EXH	VEIGA Susana Pereira	00 S9	Colegio Vasco da Gama	<b>1:05.42</b>	+0,82	493	
	<i>Minimos JO-Para</i>						
	50m: 30.84 30.84	100m: 1:05.42	34.58				

Prova 8

Masc., 50m Livres

Absoluto

19-12-2020 - 9:35

Resultados

RN Absoluto	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
RN Sen	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
RN Jun 18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
RN Jun 17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
RN Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
RN Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
RN Inf A	26.00	RIBEIRO Diogo Matos	CUC	Coimbra	19-05-2018
RN Inf B	27.00	MIRANDA Jose Miguel	CFP	Coimbra	11-08-1986
S9	26.23	CAETANO Gino Santos	CGA	Povoa de Varzim	08-12-2019

JO-Para S9: 26.74 / CEJun\_Masc 15 - 18: 23.45 / CEPL 12 +: 22.54 / JO : 22.01

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>22.16</b>	+0,64	840	
	<i>Rec Nac, Minimos CEPL, Sen e Abs</i>						
2.	GUTIERREZ Juan Francisco Segur	94	Louletano / Loule Concelho	<b>23.16</b>	+0,62	735	
3.	PADRELA Joao Esteves	99	Belenenses	<b>23.69</b>	+0,73	687	
4.	MACHADO Francisco Carvalho	98	Alges	<b>23.98</b>	+0,75	663	
5.	MARQUES Miguel Henriques	00	Benfica	<b>24.05</b>	+0,63	657	
6.	RODRIGUES Tiago Moura	03	CLIP Teams	<b>24.25</b>	+0,79	641	
7.	GOMES Filipe Miguel	97	Ba-Leiria	<b>24.50</b>	+0,66	621	
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	<b>24.52</b>	+0,65	620	
DNS	SAHNOUNE Oussama	92	Benfica				
DNS	FERNANDES Pedro Miguel	99	Famalicao				
EXH	CAETANO Gino Santos	94 S9	Galitos/ Bresimar	<b>27.10</b>	+0,89	459	



Prova 9  
19-12-2020 - 10:20

Femin., 100m Mariposa

Absoluto  
Resultados

RN Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Jun 17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
RN Jun 16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
RN Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03-08-2019
RN Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019
RN Inf A	1:03.83	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	21-07-2018
RN Inf B	1:07.00	FERNANDES Carolina Miranda	SCP	S. Joao da Madeira	15-06-2017

CEJun\_Fem 14 - 17: 1:01.69 / CEPL Abs: 59.31 / JO : 57.92

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:01.40</b>	+0,76	737	
	50m: 29.23 29.23	100m: 1:01.40	32.17				
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>1:01.93</b>	+0,76	718	
	50m: 28.20 28.20	100m: 1:01.93	33.73				
3.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>1:04.50</b>	+0,71	636	
	50m: 30.06 30.06	100m: 1:04.50	34.44				
4.	GRAVETO Ana Raquel	02	Benfica	<b>1:04.88</b>	+0,85	625	
	50m: 30.89 30.89	100m: 1:04.88	33.99				
5.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>1:05.78</b>	+0,85	599	
	50m: 30.75 30.75	100m: 1:05.78	35.03				
6.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>1:07.32</b>	+0,80	559	
	50m: 31.60 31.60	100m: 1:07.32	35.72				
7.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>1:07.39</b>	+0,78	557	
	50m: 31.26 31.26	100m: 1:07.39	36.13				
8.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>1:08.82</b>	+0,76	523	
	50m: 31.46 31.46	100m: 1:08.82	37.36				
9.	FERREIRA Ana Claudia	90	Alcobaca	<b>1:09.01</b>	+0,84	519	
	50m: 31.83 31.83	100m: 1:09.01	37.18				
DNS	MOURA Maria Ferreira	04	Sporting				

Prova 10  
19-12-2020 - 10:20

Masc., 200m Mariposa

Absoluto  
Resultados

RN Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Jun 18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
RN Jun 17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
RN Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
RN Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:14.50	SILVA Fabio Parrilha da	CNAL	Campanhã	29-07-2001
RN Inf B	2:21.67	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	23-07-2000
S15	2:19.31	NEVES Tiago Correia	CFB	Funchal	22-03-2018

CEJun\_Masc 15 - 18: 2:03.83 / CEPL 12 +: 1:59.05 / JO : 1:56.48

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	CORDEIRO Tiago Roberto	00	Benfica	<b>2:00.53</b>	+0,72	775	
	50m: 27.50 27.50	100m: 57.95	30.45	150m: 1:29.17	31.22	200m: 2:00.53	31.36
2.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:02.49</b>	+0,67	738	
	50m: 27.10 27.10	100m: 58.01	30.91	150m: 1:30.20	32.19	200m: 2:02.49	32.29
3.	SANTOS Pedro Andre	94	Alges	<b>2:04.34</b>	+0,84	706	
	50m: 27.92 27.92	100m: 59.30	31.38	150m: 1:31.80	32.50	200m: 2:04.34	32.54
4.	RAMOS Bruno Miguel	97	Belenenses	<b>2:05.96</b>	+0,70	679	
	50m: 28.04 28.04	100m: 59.44	31.40	150m: 1:32.32	32.88	200m: 2:05.96	33.64
5.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>2:07.83</b>	+0,77	649	
	50m: 28.60 28.60	100m: 1:01.38	32.78	150m: 1:34.37	32.99	200m: 2:07.83	33.46
6.	CARVALHO Andre Antunes	96	Sporting	<b>2:08.80</b>	+0,79	635	
	50m: 28.80 28.80	100m: 1:01.35	32.55	150m: 1:34.99	33.64	200m: 2:08.80	33.81
7.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>2:09.58</b>	+0,71	623	
	50m: 28.11 28.11	100m: 1:00.93	32.82	150m: 1:34.27	33.34	200m: 2:09.58	35.31
8.	VAKULYUK Paulo	03	Torres Novas	<b>2:10.66</b>	+0,72	608	
	50m: 28.81 28.81	100m: 1:01.28	32.47	150m: 1:34.83	33.55	200m: 2:10.66	35.83
9.	CAMPOS Tiago Filipe	99	Rio Maior	<b>2:11.25</b>	+0,93	600	
	50m: 29.73 29.73	100m: 1:03.30	33.57	150m: 1:37.71	34.41	200m: 2:11.25	33.54
10.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>2:11.35</b>	+0,81	599	
	50m: 29.56 29.56	100m: 1:02.95	33.39	150m: 1:36.95	34.00	200m: 2:11.35	34.40
EXH	CRUZ Miguel Duarte	99	S15 Belenenses	<b>2:23.91</b>	+0,69	455	
	50m: 31.88 31.88	100m: 1:09.49	37.61	150m: 1:47.95	38.46	200m: 2:23.91	35.96
EXH	NEVES Tiago Correia	97	S15 Belenenses	<b>2:24.23</b>	+0,74	452	
	50m: 31.30 31.30	100m: 1:08.32	37.02	150m: 1:46.83	38.51	200m: 2:24.23	37.40

Prova 11  
19-12-2020 - 10:25

Femin., 200m Estilos

Absoluto  
Resultados

RN Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Jun 17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
RN Jun 16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
RN Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
RN Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010
RN Inf A	2:27.21	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	22-07-2018
RN Inf B	2:32.93	FERNANDES Carolina Miranda	CGA	Loulé	16-07-2017
S5	4:26.08	FRAGOSO Simone Silva	POR	Rio de Janeiro (BRA)	15-09-2016

JO-Para S5: 4:41.15 / CEJun\_Fem 14 - 17: 2:21.10 / CEPL Abs: 2:15.67 / JO : 2:12.56

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:24.82</b>	+0,80	660	
	50m: 30.06 30.06	100m: 1:07.50	37.44	150m: 1:51.03	43.53	200m: 2:24.82	33.79
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:25.66</b>	+0,69	649	
	50m: 30.92 30.92	100m: 1:08.82	37.90	150m: 1:51.07	42.25	200m: 2:25.66	34.59
3.	CASTRO Maria Freitas	03	Vitoria Guimaraes	<b>2:29.92</b>	+0,75	595	
	50m: 33.13 33.13	100m: 1:13.96	40.83	150m: 1:55.16	41.20	200m: 2:29.92	34.76
4.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>2:31.11</b>	+0,70	581	
	50m: 31.22 31.22	100m: 1:10.76	39.54	150m: 1:55.54	44.78	200m: 2:31.11	35.57
5.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:32.12</b>	+0,78	569	
	50m: 32.55 32.55	100m: 1:12.21	39.66	150m: 1:55.61	43.40	200m: 2:32.12	36.51
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:33.15</b>	+0,81	558	
	50m: 32.79 32.79	100m: 1:15.41	42.62	150m: 1:57.15	41.74	200m: 2:33.15	36.00
7.	ESTEVENS Laura Fabiana	05	Naval de Faro	<b>2:34.45</b>	+0,73	544	
	50m: 33.01 33.01	100m: 1:13.25	40.24	150m: 1:58.04	44.79	200m: 2:34.45	36.41
8.	RIBEIRO Margarida Messias	98	GesLoures	<b>2:36.30</b>	+0,83	525	
	50m: 32.89 32.89	100m: 1:13.99	41.10	150m: 1:59.08	45.09	200m: 2:36.30	37.22
9.	LOPES Francisca Macedo	05	Vilacondense	<b>2:42.25</b>	+0,82	469	
	50m: 34.84 34.84	100m: 1:17.93	43.09	150m: 2:04.72	46.79	200m: 2:42.25	37.53
10.	SILVA Natacha Sofia	02	Benfica	<b>2:46.29</b>	+0,86	436	
	50m: 35.36 35.36	100m: 1:22.50	47.14	150m: 2:08.10	45.60	200m: 2:46.29	38.19
EXH	FRAGOSO Simone Silva	80	SM5 Palmela	<b>4:48.27</b>	+0,62	83	
	50m: 1:04.12 1:04.12	100m: 2:15.49	1:11.37	150m: 3:39.89	1:24.40	200m: 4:48.27	1:08.38

Prova 12  
19-12-2020 - 10:35

Masc., 400m Estilos

Absoluto  
Resultados

RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Jun 18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
RN Jun 17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29-08-2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013

CEPL 12 +: 4:23.04 / CEJun\_Masc 15 - 18: 4:33.58 / JO : 4:15.84

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:26.75</b>	+0,66	763	
	50m: 27.43 27.43	150m: 1:32.36	33.59	250m: 2:43.39	38.35	350m: 3:55.62	32.63
	100m: 58.77 31.34	200m: 2:05.04	32.68	300m: 3:22.99	39.60	400m: 4:26.75	31.13
2.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:34.04</b>	+0,70	704	
	50m: 28.22 28.22	150m: 1:36.02	35.47	250m: 2:49.80	38.42	350m: 4:02.25	32.69
	100m: 1:00.55 32.33	200m: 2:11.38	35.36	300m: 3:29.56	39.76	400m: 4:34.04	31.79
3.	CRISTINO David Matias	01	Uniao Piedense	<b>4:50.24</b>	+0,73	592	
	50m: 28.92 28.92	150m: 1:39.20	36.58	250m: 2:57.94	41.94	350m: 4:15.63	34.91
	100m: 1:02.62 33.70	200m: 2:16.00	36.80	300m: 3:40.72	42.78	400m: 4:50.24	34.61
4.	TSYKAL Daniel	04	Alcobaca	<b>4:51.55</b>	+0,70	585	
	50m: 30.65 30.65	150m: 1:46.87	39.92	250m: 3:05.00	40.16	350m: 4:19.54	34.36
	100m: 1:06.95 36.30	200m: 2:24.84	37.97	300m: 3:45.18	40.18	400m: 4:51.55	32.01
5.	DINIS Tiago Moises	98	Nautico Academico	<b>4:53.59</b>	+0,76	572	
	50m: 30.24 30.24	150m: 1:43.90	38.47	250m: 3:03.52	41.76	350m: 4:20.55	34.85
	100m: 1:05.43 35.19	200m: 2:21.76	37.86	300m: 3:45.70	42.18	400m: 4:53.59	33.04
6.	REBELO Joao Lourenco	04	Alges	<b>4:53.63</b>	+0,77	572	
	50m: 29.98 29.98	150m: 1:44.90	39.13	250m: 3:04.35	39.98	350m: 4:19.77	34.51
	100m: 1:05.77 35.79	200m: 2:24.37	39.47	300m: 3:45.26	40.91	400m: 4:53.63	33.86
7.	LUZ Filipe Ferreira	98	GesLoures	<b>5:00.85</b>	+0,74	532	
	50m: 30.86 30.86	150m: 1:45.14	38.24	250m: 3:06.82	43.72	350m: 4:26.12	35.51
	100m: 1:06.90 36.04	200m: 2:23.10	37.96	300m: 3:50.61	43.79	400m: 5:00.85	34.73
8.	CATALAO Daniel Nogueira	00	Benfica	<b>5:01.54</b>	+0,62	528	
	50m: 30.22 30.22	150m: 1:44.79	40.05	250m: 3:05.65	41.26	350m: 4:25.93	37.49
	100m: 1:04.74 34.52	200m: 2:24.39	39.60	300m: 3:48.44	42.79	400m: 5:01.54	35.61
9.	FANGUEIRO Diogo Morgado	02	Vilacondense	<b>5:05.64</b>	+0,88	507	
	50m: 30.32 30.32	150m: 1:49.36	43.55	250m: 3:12.70	42.56	350m: 4:30.69	35.81
	100m: 1:05.81 35.49	200m: 2:30.14	40.78	300m: 3:54.88	42.18	400m: 5:05.64	34.95
DNS	COSTA Joao Peres	04	Naval Praia da Vitoria				

Prova 13  
19-12-2020 - 10:40

Femin., 1500m Livres

Absoluto  
Resultados

RN Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Jun 17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Jun 16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29-08-2015
RN Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
RN Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007
RN Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24-06-2016
RN Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05-07-2009

CEJun\_Fem 14 - 17: 17:14.78 / CEPL Abs: 16:34.98 / JO : 16:32.04

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>16:58.83</b>	<b>+0,80</b>	<b>737</b>	
	50m: 31.06 31.06	450m: 4:57.47 33.78	850m: 9:29.34 34.11	1250m: 14:04.65 34.61			
	100m: 1:03.67 32.61	500m: 5:31.63 34.16	900m: 10:03.63 34.29	1300m: 14:39.41 34.76			
	150m: 1:36.71 33.04	550m: 6:05.49 33.86	950m: 10:37.84 34.21	1350m: 15:14.41 35.00			
	200m: 2:09.75 33.04	600m: 6:39.26 33.77	1000m: 11:12.22 34.38	1400m: 15:49.64 35.23			
	250m: 2:42.86 33.11	650m: 7:13.25 33.99	1050m: 11:46.41 34.19	1450m: 16:24.83 35.19			
	300m: 3:16.29 33.43	700m: 7:47.22 33.97	1100m: 12:21.16 34.75	1500m: 16:58.83 34.00			
	350m: 3:50.01 33.72	750m: 8:21.07 33.85	1150m: 12:55.70 34.54				
	400m: 4:23.69 33.68	800m: 8:55.23 34.16	1200m: 13:30.04 34.34				
2.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>17:15.42</b>	<b>+0,72</b>	<b>702</b>	
	50m: 31.09 31.09	450m: 5:01.54 34.44	850m: 9:39.50 35.11	1250m: 14:22.32 35.55			
	100m: 1:03.79 32.70	500m: 5:35.72 34.18	900m: 10:14.68 35.18	1300m: 14:57.35 35.03			
	150m: 1:37.16 33.37	550m: 6:10.34 34.62	950m: 10:49.96 35.28	1350m: 15:32.78 35.43			
	200m: 2:10.59 33.43	600m: 6:45.03 34.69	1000m: 11:25.23 35.27	1400m: 16:08.26 35.48			
	250m: 2:44.53 33.94	650m: 7:19.71 34.68	1050m: 12:00.59 35.36	1450m: 16:42.65 34.39			
	300m: 3:18.73 34.20	700m: 7:54.43 34.72	1100m: 12:36.04 35.45	1500m: 17:15.42 32.77			
	350m: 3:52.76 34.03	750m: 8:29.44 35.01	1150m: 13:11.49 35.45				
	400m: 4:27.10 34.34	800m: 9:04.39 34.95	1200m: 13:46.77 35.28				
3.	ROSA Mafalda Sofia	03	Rio Maior	<b>17:20.99</b>	<b>+0,82</b>	<b>691</b>	
	50m: 31.61 31.61	450m: 5:09.22 34.92	850m: 9:48.12 34.73	1250m: 14:27.22 34.93			
	100m: 1:05.39 33.78	500m: 5:44.17 34.95	900m: 10:23.20 35.08	1300m: 15:02.14 34.92			
	150m: 1:39.79 34.40	550m: 6:18.87 34.70	950m: 10:58.08 34.88	1350m: 15:37.00 34.86			
	200m: 2:14.43 34.64	600m: 6:53.59 34.72	1000m: 11:33.39 35.31	1400m: 16:11.77 34.77			
	250m: 2:49.50 35.07	650m: 7:28.38 34.79	1050m: 12:08.19 34.80	1450m: 16:46.53 34.76			
	300m: 3:24.37 34.87	700m: 8:03.29 34.91	1100m: 12:42.76 34.57	1500m: 17:20.99 34.46			
	350m: 3:59.41 35.04	750m: 8:38.25 34.96	1150m: 13:17.63 34.87				
	400m: 4:34.30 34.89	800m: 9:13.39 35.14	1200m: 13:52.29 34.66				
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>17:29.96</b>	<b>+0,94</b>	<b>673</b>	
	50m: 32.01 32.01	450m: 5:10.34 35.13	850m: 9:51.23 35.34	1250m: 14:34.65 35.56			
	100m: 1:06.56 34.55	500m: 5:45.23 34.89	900m: 10:26.35 35.12	1300m: 15:10.11 35.46			
	150m: 1:41.31 34.75	550m: 6:20.47 35.24	950m: 11:01.75 35.40	1350m: 15:45.50 35.39			
	200m: 2:16.04 34.73	600m: 6:55.47 35.00	1000m: 11:36.97 35.22	1400m: 16:20.77 35.27			
	250m: 2:51.05 35.01	650m: 7:30.55 35.08	1050m: 12:12.48 35.51	1450m: 16:56.09 35.32			
	300m: 3:25.74 34.69	700m: 8:05.46 34.91	1100m: 12:48.07 35.59	1500m: 17:29.96 33.87			
	350m: 4:00.58 34.84	750m: 8:40.76 35.30	1150m: 13:23.49 35.42				
	400m: 4:35.21 34.63	800m: 9:15.89 35.13	1200m: 13:59.09 35.60				

Prova 13, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>18:02.77</b>	+0,81	614	
	50m: 32.61 32.61	450m: 5:21.86	36.39 850m: 10:12.06	36.10	1250m: 15:02.19	36.37	
	100m: 1:07.81 35.20	500m: 5:58.01	36.15 900m: 10:48.07	36.01	1300m: 15:38.72	36.53	
	150m: 1:44.11 36.30	550m: 6:34.36	36.35 950m: 11:24.36	36.29	1350m: 16:15.36	36.64	
	200m: 2:20.19 36.08	600m: 7:10.62	36.26 1000m: 12:00.52	36.16	1400m: 16:51.74	36.38	
	250m: 2:56.43 36.24	650m: 7:47.05	36.43 1050m: 12:36.94	36.42	1450m: 17:28.20	36.46	
	300m: 3:32.68 36.25	700m: 8:23.39	36.34 1100m: 13:13.18	36.24	1500m: 18:02.77	34.57	
	350m: 4:09.33 36.65	750m: 8:59.65	36.26 1150m: 13:49.41	36.23			
	400m: 4:45.47 36.14	800m: 9:35.96	36.31 1200m: 14:25.82	36.41			
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>18:09.97</b>	+0,81	602	
	50m: 32.40 32.40	450m: 5:19.39	36.61 850m: 10:12.56	36.42	1250m: 15:06.36	37.16	
	100m: 1:07.02 34.62	500m: 5:56.24	36.85 900m: 10:49.67	37.11	1300m: 15:43.40	37.04	
	150m: 1:42.17 35.15	550m: 6:32.72	36.48 950m: 11:26.18	36.51	1350m: 16:20.11	36.71	
	200m: 2:17.80 35.63	600m: 7:09.42	36.70 1000m: 12:03.31	37.13	1400m: 16:56.99	36.88	
	250m: 2:53.76 35.96	650m: 7:45.81	36.39 1050m: 12:39.61	36.30	1450m: 17:33.75	36.76	
	300m: 3:29.82 36.06	700m: 8:22.78	36.97 1100m: 13:16.04	36.43	1500m: 18:09.97	36.22	
	350m: 4:06.48 36.66	750m: 8:59.24	36.46 1150m: 13:52.30	36.26			
	400m: 4:42.78 36.30	800m: 9:36.14	36.90 1200m: 14:29.20	36.90			
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>18:19.32</b>	+0,75	587	
	50m: 32.31 32.31	450m: 5:13.23	35.52 850m: 10:06.18	42.06	1250m: 15:11.02	38.49	
	100m: 1:07.08 34.77	500m: 5:49.22	35.99 900m: 10:44.80	38.62	1300m: 15:49.66	38.64	
	150m: 1:42.03 34.95	550m: 6:25.52	36.30 950m: 11:23.02	38.22	1350m: 16:27.59	37.93	
	200m: 2:17.19 35.16	600m: 7:01.42	35.90 1000m: 12:00.83	37.81	1400m: 17:05.59	38.00	
	250m: 2:52.21 35.02	650m: 7:37.36	35.94 1050m: 12:38.66	37.83	1450m: 17:43.09	37.50	
	300m: 3:27.28 35.07	700m: 8:13.21	35.85 1100m: 13:16.47	37.81	1500m: 18:19.32	36.23	
	350m: 4:02.23 34.95	750m: 8:49.05	35.84 1150m: 13:54.42	37.95			
	400m: 4:37.71 35.48	800m: 9:24.12	35.07 1200m: 14:32.53	38.11			
8.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>18:44.92</b>	+0,77	547	
	50m: 32.61 32.61	450m: 5:27.55	37.42 850m: 10:30.71	38.21	1250m: 15:36.17	38.25	
	100m: 1:08.19 35.58	500m: 6:05.23	37.68 900m: 11:08.80	38.09	1300m: 16:14.31	38.14	
	150m: 1:44.22 36.03	550m: 6:43.03	37.80 950m: 11:46.76	37.96	1350m: 16:52.34	38.03	
	200m: 2:21.16 36.94	600m: 7:20.81	37.78 1000m: 12:24.94	38.18	1400m: 17:30.47	38.13	
	250m: 2:57.96 36.80	650m: 7:58.71	37.90 1050m: 13:03.25	38.31	1450m: 18:07.94	37.47	
	300m: 3:35.10 37.14	700m: 8:36.75	38.04 1100m: 13:41.62	38.37	1500m: 18:44.92	36.98	
	350m: 4:12.53 37.43	750m: 9:14.60	37.85 1150m: 14:19.68	38.06			
	400m: 4:50.13 37.60	800m: 9:52.50	37.90 1200m: 14:57.92	38.24			
9.	RANITO Beatriz Paulo	99	GesLoures	<b>19:04.39</b>	+0,77	520	
	50m: 32.82 32.82	450m: 5:31.68	37.68 850m: 10:39.14	38.50	1250m: 15:51.90	39.51	
	100m: 1:08.72 35.90	500m: 6:10.13	38.45 900m: 11:18.10	38.96	1300m: 16:31.05	39.15	
	150m: 1:45.61 36.89	550m: 6:48.21	38.08 950m: 11:57.12	39.02	1350m: 17:09.79	38.74	
	200m: 2:22.80 37.19	600m: 7:26.37	38.16 1000m: 12:36.25	39.13	1400m: 17:48.49	38.70	
	250m: 3:00.30 37.50	650m: 8:04.81	38.44 1050m: 13:15.27	39.02	1450m: 18:26.67	38.18	
	300m: 3:38.23 37.93	700m: 8:43.42	38.61 1100m: 13:54.28	39.01	1500m: 19:04.39	37.72	
	350m: 4:15.87 37.64	750m: 9:22.13	38.71 1150m: 14:33.25	38.97			
	400m: 4:54.00 38.13	800m: 10:00.64	38.51 1200m: 15:12.39	39.14			

Prova 13, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	<b>COSTA Mafalda Santos</b>	<b>05</b>	<b>Colegio Monte Maior</b>	<b>19:29.07</b>	<b>+1,06</b>	<b>488</b>	
	50m: 33.77 33.77	450m: 5:36.79	38.73 850m: 10:52.04	39.70	1250m: 16:10.92	40.01	
	100m: 1:09.88 36.11	500m: 6:15.88	39.09 900m: 11:32.20	40.16	1300m: 16:51.14	40.22	
	150m: 1:46.74 36.86	550m: 6:55.02	39.14 950m: 12:11.48	39.28	1350m: 17:30.93	39.79	
	200m: 2:24.54 37.80	600m: 7:34.50	39.48 1000m: 12:51.28	39.80	1400m: 18:10.86	39.93	
	250m: 3:02.38 37.84	650m: 8:13.72	39.22 1050m: 13:30.92	39.64	1450m: 18:49.83	38.97	
	300m: 3:41.00 38.62	700m: 8:53.29	39.57 1100m: 14:10.93	40.01	1500m: 19:29.07	39.24	
	350m: 4:19.29 38.29	750m: 9:32.69	39.40 1150m: 14:50.72	39.79			
	400m: 4:58.06 38.77	800m: 10:12.34	39.65 1200m: 15:30.91	40.19			

Prova 14  
19-12-2020 - 11:00

Masc., 1500m Livres

Absoluto  
Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Jun 18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
RN Jun 17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30-08-2015
RN Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
RN Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016
RN Inf A	16:43.48	OLIVEIRA Pedro Fontoura	CFB	Rio Maior	19-06-2004
RN Inf B	17:21.58	OLIVEIRA Pedro Fontoura	CFB	Restelo	27-07-2003

CEPL 12 +: 15:20.01 / CEJun\_Masc 15 - 18: 15:56.90 / JO : 15:00.99

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>CARDOSO Diogo Santos</b>	<b>01</b>	<b>Colegio Monte Maior</b>	<b>15:57.84</b>	<b>+0,74</b>	<b>751</b>	
	50m: 29.00 29.00	450m: 4:46.25	32.30 850m: 9:03.40	32.27	1250m: 13:20.15	32.11	
	100m: 1:00.83 31.83	500m: 5:18.64	32.39 900m: 9:35.45	32.05	1300m: 13:52.26	32.11	
	150m: 1:33.26 32.43	550m: 5:50.88	32.24 950m: 10:07.53	32.08	1350m: 14:24.18	31.92	
	200m: 2:05.34 32.08	600m: 6:23.00	32.12 1000m: 10:39.55	32.02	1400m: 14:56.46	32.28	
	250m: 2:37.58 32.24	650m: 6:54.85	31.85 1050m: 11:11.46	31.91	1450m: 15:28.04	31.58	
	300m: 3:09.68 32.10	700m: 7:27.02	32.17 1100m: 11:43.63	32.17	1500m: 15:57.84	29.80	
	350m: 3:41.79 32.11	750m: 7:59.21	32.19 1150m: 12:15.78	32.15			
	400m: 4:13.95 32.16	800m: 8:31.13	31.92 1200m: 12:48.04	32.26			
2.	<b>CAMPOS Tiago Filipe</b>	<b>99</b>	<b>Rio Maior</b>	<b>16:18.04</b>	<b>+0,77</b>	<b>706</b>	
	50m: 29.29 29.29	450m: 4:47.41	32.45 850m: 9:10.23	33.09	1250m: 13:36.29	33.08	
	100m: 1:01.38 32.09	500m: 5:19.63	32.22 900m: 9:43.65	33.42	1300m: 14:09.34	33.05	
	150m: 1:34.01 32.63	550m: 5:52.26	32.63 950m: 10:16.84	33.19	1350m: 14:42.33	32.99	
	200m: 2:06.08 32.07	600m: 6:25.01	32.75 1000m: 10:50.26	33.42	1400m: 15:15.78	33.45	
	250m: 2:38.09 32.01	650m: 6:57.68	32.67 1050m: 11:23.54	33.28	1450m: 15:48.12	32.34	
	300m: 3:10.41 32.32	700m: 7:30.52	32.84 1100m: 11:56.89	33.35	1500m: 16:18.04	29.92	
	350m: 3:42.61 32.20	750m: 8:03.74	33.22 1150m: 12:29.94	33.05			
	400m: 4:14.96 32.35	800m: 8:37.14	33.40 1200m: 13:03.21	33.27			

Prova 14, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>16:28.20</b>	<b>+0,83</b>	<b>684</b>	
	50m: 29.67 29.67	450m: 4:48.82	32.34 850m: 9:13.05	33.19	1250m: 13:41.29	33.38	
	100m: 1:02.27 32.60	500m: 5:21.50	32.68 900m: 9:46.25	33.20	1300m: 14:15.04	33.75	
	150m: 1:34.52 32.25	550m: 5:54.09	32.59 950m: 10:19.67	33.42	1350m: 14:48.63	33.59	
	200m: 2:06.90 32.38	600m: 6:27.02	32.93 1000m: 10:53.17	33.50	1400m: 15:22.52	33.89	
	250m: 2:38.93 32.03	650m: 7:00.06	33.04 1050m: 11:26.59	33.42	1450m: 15:56.01	33.49	
	300m: 3:11.52 32.59	700m: 7:33.60	33.54 1100m: 12:00.12	33.53	1500m: 16:28.20	32.19	
	350m: 3:43.66 32.14	750m: 8:06.63	33.03 1150m: 12:33.79	33.67			
	400m: 4:16.48 32.82	800m: 8:39.86	33.23 1200m: 13:07.91	34.12			
4.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>16:59.24</b>	<b>+0,75</b>	<b>624</b>	
	50m: 29.93 29.93	450m: 5:00.98	33.97 850m: 9:34.24	33.96	1250m: 14:07.78	34.32	
	100m: 1:03.40 33.47	500m: 5:35.26	34.28 900m: 10:08.46	34.22	1300m: 14:42.19	34.41	
	150m: 1:36.76 33.36	550m: 6:09.32	34.06 950m: 10:42.49	34.03	1350m: 15:16.48	34.29	
	200m: 2:10.76 34.00	600m: 6:43.66	34.34 1000m: 11:16.56	34.07	1400m: 15:51.07	34.59	
	250m: 2:44.46 33.70	650m: 7:17.79	34.13 1050m: 11:50.65	34.09	1450m: 16:25.43	34.36	
	300m: 3:18.75 34.29	700m: 7:52.12	34.33 1100m: 12:24.97	34.32	1500m: 16:59.24	33.81	
	350m: 3:52.86 34.11	750m: 8:26.14	34.02 1150m: 12:59.02	34.05			
	400m: 4:27.01 34.15	800m: 9:00.28	34.14 1200m: 13:33.46	34.44			
5.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>17:00.68</b>	<b>+0,65</b>	<b>621</b>	
	50m: 30.24 30.24	450m: 5:04.74	34.16 850m: 9:36.54	34.21	1250m: 14:10.35	34.59	
	100m: 1:03.44 33.20	500m: 5:39.20	34.46 900m: 10:10.42	33.88	1300m: 14:44.69	34.34	
	150m: 1:37.82 34.38	550m: 6:12.97	33.77 950m: 10:44.89	34.47	1350m: 15:19.50	34.81	
	200m: 2:12.58 34.76	600m: 6:46.50	33.53 1000m: 11:18.92	34.03	1400m: 15:54.01	34.51	
	250m: 2:46.98 34.40	650m: 7:20.41	33.91 1050m: 11:53.37	34.45	1450m: 16:28.59	34.58	
	300m: 3:21.43 34.45	700m: 7:54.27	33.86 1100m: 12:27.32	33.95	1500m: 17:00.68	32.09	
	350m: 3:56.03 34.60	750m: 8:28.39	34.12 1150m: 13:01.87	34.55			
	400m: 4:30.58 34.55	800m: 9:02.33	33.94 1200m: 13:35.76	33.89			
6.	CARVALHO Daniel Luis	02	Braga	<b>17:07.77</b>	<b>+0,82</b>	<b>608</b>	
	50m: 29.48 29.48	450m: 4:55.88	34.17 850m: 9:32.98	35.06	1250m: 14:12.98	35.19	
	100m: 1:02.05 32.57	500m: 5:30.15	34.27 900m: 10:07.60	34.62	1300m: 14:48.33	35.35	
	150m: 1:34.83 32.78	550m: 6:04.59	34.44 950m: 10:42.65	35.05	1350m: 15:23.17	34.84	
	200m: 2:07.64 32.81	600m: 6:39.21	34.62 1000m: 11:17.47	34.82	1400m: 15:58.32	35.15	
	250m: 2:40.73 33.09	650m: 7:13.71	34.50 1050m: 11:52.85	35.38	1450m: 16:33.28	34.96	
	300m: 3:14.17 33.44	700m: 7:48.12	34.41 1100m: 12:27.68	34.83	1500m: 17:07.77	34.49	
	350m: 3:47.78 33.61	750m: 8:23.12	35.00 1150m: 13:02.80	35.12			
	400m: 4:21.71 33.93	800m: 8:57.92	34.80 1200m: 13:37.79	34.99			
7.	SILVA Nuno Marques	04	Ba-Leiria	<b>17:26.66</b>	<b>+0,69</b>	<b>576</b>	
	50m: 30.08 30.08	450m: 5:10.72	35.45 850m: 9:54.33	35.32	1250m: 14:36.09	34.69	
	100m: 1:03.78 33.70	500m: 5:45.94	35.22 900m: 10:29.56	35.23	1300m: 15:10.78	34.69	
	150m: 1:38.71 34.93	550m: 6:21.22	35.28 950m: 11:05.06	35.50	1350m: 15:45.43	34.65	
	200m: 2:14.05 35.34	600m: 6:57.07	35.85 1000m: 11:40.96	35.90	1400m: 16:19.77	34.34	
	250m: 2:49.13 35.08	650m: 7:32.49	35.42 1050m: 12:15.80	34.84	1450m: 16:54.20	34.43	
	300m: 3:24.10 34.97	700m: 8:07.99	35.50 1100m: 12:50.93	35.13	1500m: 17:26.66	32.46	
	350m: 3:59.68 35.58	750m: 8:43.97	35.98 1150m: 13:26.38	35.45			
	400m: 4:35.27 35.59	800m: 9:19.01	35.04 1200m: 14:01.40	35.02			



Prova 14, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CLARA Vitor Belo	04	Ba-Leiria	<b>17:37.95</b>	<b>+0,77</b>	<b>558</b>	
	50m: 29.78 29.78	450m: 5:00.55	34.26 850m: 9:48.73	36.63	1250m: 14:37.31	36.65	
	100m: 1:02.35 32.57	500m: 5:35.70	35.15 900m: 10:25.01	36.28	1300m: 15:13.49	36.18	
	150m: 1:35.81 33.46	550m: 6:11.07	35.37 950m: 11:01.05	36.04	1350m: 15:50.50	37.01	
	200m: 2:09.50 33.69	600m: 6:47.05	35.98 1000m: 11:37.17	36.12	1400m: 16:27.20	36.70	
	250m: 2:43.41 33.91	650m: 7:23.44	36.39 1050m: 12:13.27	36.10	1450m: 17:03.80	36.60	
	300m: 3:17.31 33.90	700m: 7:59.54	36.10 1100m: 12:49.22	35.95	1500m: 17:37.95	34.15	
	350m: 3:51.66 34.35	750m: 8:35.70	36.16 1150m: 13:25.43	36.21			
	400m: 4:26.29 34.63	800m: 9:12.10	36.40 1200m: 14:00.66	35.23			
9.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	<b>17:56.74</b>	<b>+0,77</b>	<b>529</b>	
	50m: 31.00 31.00	450m: 5:15.27	36.57 850m: 10:05.89	36.77	1250m: 14:56.86	36.57	
	100m: 1:05.35 34.35	500m: 5:50.95	35.68 900m: 10:41.92	36.03	1300m: 15:33.24	36.38	
	150m: 1:40.47 35.12	550m: 6:27.52	36.57 950m: 11:18.50	36.58	1350m: 16:09.57	36.33	
	200m: 2:15.74 35.27	600m: 7:03.32	35.80 1000m: 11:54.54	36.04	1400m: 16:45.81	36.24	
	250m: 2:51.26 35.52	650m: 7:40.17	36.85 1050m: 12:31.14	36.60	1450m: 17:21.91	36.10	
	300m: 3:26.94 35.68	700m: 8:16.82	36.65 1100m: 13:07.13	35.99	1500m: 17:56.74	34.83	
	350m: 4:02.85 35.91	750m: 8:53.48	36.66 1150m: 13:43.72	36.59			
	400m: 4:38.70 35.85	800m: 9:29.12	35.64 1200m: 14:20.29	36.57			
10.	DUARTE Joao Nunes	01	Colegio Efanor	<b>18:12.69</b>	<b>+0,72</b>	<b>506</b>	
	50m: 31.29 31.29	450m: 5:19.35	36.26 850m: 10:13.16	36.86	1250m: 15:09.48	37.03	
	100m: 1:05.92 34.63	500m: 5:55.96	36.61 900m: 10:50.36	37.20	1300m: 15:46.59	37.11	
	150m: 1:41.75 35.83	550m: 6:32.49	36.53 950m: 11:27.23	36.87	1350m: 16:23.70	37.11	
	200m: 2:17.60 35.85	600m: 7:09.34	36.85 1000m: 12:04.50	37.27	1400m: 17:00.80	37.10	
	250m: 2:53.62 36.02	650m: 7:45.79	36.45 1050m: 12:41.32	36.82	1450m: 17:36.94	36.14	
	300m: 3:29.97 36.35	700m: 8:22.44	36.65 1100m: 13:18.43	37.11	1500m: 18:12.69	35.75	
	350m: 4:06.46 36.49	750m: 8:59.27	36.83 1150m: 13:55.05	36.62			
	400m: 4:43.09 36.63	800m: 9:36.30	37.03 1200m: 14:32.45	37.40			

Prova 15  
19-12-2020 - 16:00

Femin., 400m Livres

Absoluto  
Resultados

RN Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Jun 17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun 16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RN Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
RN Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

CEJun\_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JO : 4:07.90

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:20.39</b>	+0,78	748	
	50m: 30.45 30.45	150m: 1:35.74	32.77	250m: 2:41.11	32.43	350m: 3:47.81	33.73
	100m: 1:02.97 32.52	200m: 2:08.68	32.94	300m: 3:14.08	32.97	400m: 4:20.39	32.58
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:25.82</b>	+0,70	703	
	50m: 30.33 30.33	150m: 1:36.46	33.38	250m: 2:44.30	34.20	350m: 3:53.30	34.68
	100m: 1:03.08 32.75	200m: 2:10.10	33.64	300m: 3:18.62	34.32	400m: 4:25.82	32.52
3.	RAMOS Ana Rita	02	Porto	<b>4:26.22</b>	+0,77	700	
	50m: 30.48 30.48	150m: 1:36.50	33.10	250m: 2:43.69	33.40	350m: 3:52.18	34.41
	100m: 1:03.40 32.92	200m: 2:10.29	33.79	300m: 3:17.77	34.08	400m: 4:26.22	34.04
	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:26.22</b>	+0,73	700	
	50m: 31.09 31.09	150m: 1:37.53	33.75	250m: 2:45.62	34.30	350m: 3:53.46	33.87
	100m: 1:03.78 32.69	200m: 2:11.32	33.79	300m: 3:19.59	33.97	400m: 4:26.22	32.76
5.	PIRES Marta Joao	05	Alges	<b>4:28.14</b>	+0,77	685	
	50m: 31.03 31.03	150m: 1:38.39	33.85	250m: 2:46.50	34.02	350m: 3:54.75	33.99
	100m: 1:04.54 33.51	200m: 2:12.48	34.09	300m: 3:20.76	34.26	400m: 4:28.14	33.39
6.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:34.09</b>	+0,82	642	
	50m: 30.63 30.63	150m: 1:38.14	34.06	250m: 2:48.16	35.23	350m: 3:59.40	35.65
	100m: 1:04.08 33.45	200m: 2:12.93	34.79	300m: 3:23.75	35.59	400m: 4:34.09	34.69
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>4:36.47</b>	+0,72	625	
	50m: 31.13 31.13	150m: 1:38.67	34.39	250m: 2:48.81	35.38	350m: 4:01.37	36.64
	100m: 1:04.28 33.15	200m: 2:13.43	34.76	300m: 3:24.73	35.92	400m: 4:36.47	35.10
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:36.73</b>	+0,78	623	
	50m: 31.21 31.21	150m: 1:40.97	35.30	250m: 2:51.82	35.30	350m: 4:02.83	35.40
	100m: 1:05.67 34.46	200m: 2:16.52	35.55	300m: 3:27.43	35.61	400m: 4:36.73	33.90
9.	AMORIM Maria Leonor	03	Porto	<b>4:38.27</b>	+0,83	613	
	50m: 31.64 31.64	150m: 1:40.18	34.65	250m: 2:51.02	35.23	350m: 4:03.34	35.94
	100m: 1:05.53 33.89	200m: 2:15.79	35.61	300m: 3:27.40	36.38	400m: 4:38.27	34.93
DNS	PIMENTA Margarida Sobral	99	Belenenses				

Prova 16  
19-12-2020 - 16:05

Masc., 200m Livres

Absoluto  
Resultados

RN Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Jun 18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
RN Jun 17	1:52.84	LOPES Tomas Teixeira	FOCA	Funchal	02-08-2019
RN Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
RN Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02-08-2019
RN Inf A	2:00.20	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	2:06.18	NUNES Joao Magalhaes	CNA	Rio Maior	21-07-2012
S5	2:58.33	ROCHA Ivo Filipe	FVCD	Porto	26-05-2019

JO-Para S5: 3:02.23 / CEJun\_Masc 15 - 18: 1:53.68 / CEPL 12 +: 1:49.29 / JO : 1:47.02

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:51.59</b>	+0,65	763	
	50m: 26.51 26.51	100m: 54.62	28.11	150m: 1:23.18	28.56	200m: 1:51.59	28.41
2.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	<b>1:52.30</b>	+0,71	749	
	50m: 26.79 26.79	100m: 55.44	28.65	150m: 1:24.36	28.92	200m: 1:52.30	27.94
3.	MOGNE Igor Araujo	96	Sporting	<b>1:52.53</b>	+0,98	744	
	50m: 26.32 26.32	100m: 54.88	28.56	150m: 1:23.91	29.03	200m: 1:52.53	28.62
4.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>1:52.69</b>	+0,69	741	
	<i>Rec Nac, Minimos CEJun, Jun</i>						
	50m: 26.61 26.61	100m: 54.89	28.28	150m: 1:23.56	28.67	200m: 1:52.69	29.13
5.	CARVALHO Diogo Filipe	88	Galitos/ Bresimar	<b>1:52.87</b>	+0,69	738	
	50m: 26.67 26.67	100m: 55.33	28.66	150m: 1:24.29	28.96	200m: 1:52.87	28.58
6.	RAMOS Bruno Miguel	97	Belenenses	<b>1:52.93</b>	+0,86	736	
	50m: 26.26 26.26	100m: 55.01	28.75	150m: 1:24.12	29.11	200m: 1:52.93	28.81
7.	SANTOS Pedro Miguel	01	Porto	<b>1:57.48</b>	+0,67	654	
	50m: 27.04 27.04	100m: 56.09	29.05	150m: 1:25.97	29.88	200m: 1:57.48	31.51
8.	JACINTO Rafael Rodrigues	02	Belenenses	<b>1:59.16</b>	+0,72	627	
	50m: 27.56 27.56	100m: 57.24	29.68	150m: 1:27.63	30.39	200m: 1:59.16	31.53
9.	AMARAL Francisco Rodriguez	02	Porto	<b>2:02.31</b>	+0,80	579	
	50m: 28.68 28.68	100m: 59.57	30.89	150m: 1:31.00	31.43	200m: 2:02.31	31.31
DNS	SILVA Ricardo Lopes	03	Nautico Marinha Grande				
EXH	ROCHA Ivo Filipe	90 S5	Feira Viva	<b>3:09.28</b>		156	
	50m: 45.31 45.31	100m: 1:32.74	47.43	150m: 2:21.10	48.36	200m: 3:09.28	48.18

Prova 17  
19-12-2020 - 16:15

Femin., 200m Costas

Absoluto  
Resultados

RN Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Jun 17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
RN Jun 16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019
RN Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012
RN Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017
RN Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20-06-2015
RN Inf B	2:33.03	SOUSA Keissy Joselin	FCP	Famalicao	27-07-1997

CEJun\_Fem 14 - 17: 2:18.63 / CEPL Abs: 2:13.29 / JO : 2:10.39

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:15.05</b>	+0,67	761	
	50m: 31.59 31.59	100m: 1:05.96	34.37	150m: 1:40.86	34.90	200m: 2:15.05	34.19
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:17.75</b>	+0,65	718	
	50m: 31.95 31.95	100m: 1:06.98	35.03	150m: 1:42.70	35.72	200m: 2:17.75	35.05
3.	CABRAL Maria Francisca	00	Porto	<b>2:22.80</b>	+0,69	644	
	50m: 33.84 33.84	100m: 1:10.02	36.18	150m: 1:46.75	36.73	200m: 2:22.80	36.05
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:24.22</b>	+0,66	625	
	50m: 33.65 33.65	100m: 1:10.31	36.66	150m: 1:47.45	37.14	200m: 2:24.22	36.77
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:24.62</b>	+0,66	620	
	50m: 33.27 33.27	100m: 1:10.20	36.93	150m: 1:47.73	37.53	200m: 2:24.62	36.89
6.	COSTA Carolina Fale	04	Colegio Monte Maior	<b>2:30.81</b>	+0,67	547	
	50m: 35.70 35.70	100m: 1:14.39	38.69	150m: 1:52.99	38.60	200m: 2:30.81	37.82
7.	RODRIGUES Luana Correia	01	Belenenses	<b>2:32.43</b>	+0,58	529	
	50m: 35.08 35.08	100m: 1:13.30	38.22	150m: 1:52.92	39.62	200m: 2:32.43	39.51
8.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>2:33.10</b>	+0,63	522	
	50m: 35.68 35.68	100m: 1:14.57	38.89	150m: 1:54.14	39.57	200m: 2:33.10	38.96
9.	MARQUES Mariana Nunes	03	Estarreja	<b>2:33.46</b>	+0,58	519	
	50m: 34.28 34.28	100m: 1:12.67	38.39	150m: 1:53.35	40.68	200m: 2:33.46	40.11
10.	FERREIRA Ana Raquel	98	Natacao de Lisboa	<b>2:35.28</b>	+0,72	501	
	50m: 35.47 35.47	100m: 1:14.56	39.09	150m: 1:54.65	40.09	200m: 2:35.28	40.63

Prova 18  
19-12-2020 - 16:15

Masc., 100m Costas

Absoluto  
Resultados

RN Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Jun 18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20-08-2019
RN Jun 17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
RN Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
RN Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019
RN Inf A	1:01.39	RIBAS Alexandre Lages	EDV	Lisboa	22-07-2011
RN Inf B	1:05.61	WANZELLER Goncalo Henriques	CFB	Famalicão	16-07-2016
S8	1:13.33	CANCELA Diogo Luis	POR	Dublin (IRL)	16-08-2018
S11	1:11.45	MENESES Marco Ribeiro	CRASTO	Coimbra	24-05-2019
S15	1:03.60	NEVES Tiago Correia	POR	Lublin (POL)	02-07-2018

JO-Para S8: 1:19.54; S11: 1:18.95 / CEJun\_Masc 15 - 18: 57.28 / CEPL 12 +: 55.07 / JO : 53.85

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>55.24</b>	+0,58	826	
	50m: 27.40 27.40	100m: 55.24 27.84					
2.	SANTOS Francisco Rogerio	98	Sporting	<b>55.35</b>	+0,60	822	
	50m: 26.64 26.64	100m: 55.35 28.71					
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>55.61</b>	+0,56	810	
	50m: 27.13 27.13	100m: 55.61 28.48					
4.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>57.59</b>	+0,53	729	
	50m: 28.42 28.42	100m: 57.59 29.17					
5.	CASTRO Duarte Monteiro	03	Porto	<b>58.69</b>	+0,61	689	
	50m: 28.44 28.44	100m: 58.69 30.25					
6.	FERNANDES Joao Diogo	98	Belenenses	<b>59.30</b>	+0,62	668	
	50m: 28.64 28.64	100m: 59.30 30.66					
7.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>59.96</b>	+0,63	646	
	50m: 29.42 29.42	100m: 59.96 30.54					
8.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>1:00.95</b>	+0,63	615	
	50m: 29.35 29.35	100m: 1:00.95 31.60					
9.	BATE Miguel Ribeiro	99	Alges	<b>1:01.34</b>	+0,59	603	
	50m: 29.53 29.53	100m: 1:01.34 31.81					
10.	CORREIA Joao Mota	97	Benfica	<b>1:01.38</b>	+0,76	602	
	50m: 29.53 29.53	100m: 1:01.38 31.85					
EXH	MENESES Marco Ribeiro	01	S11 O Crasto	<b>1:11.94</b>	+0,64	374	
	<i>Minimos JO-Para</i>						
	50m: 35.12 35.12	100m: 1:11.94 36.82					

Prova 19  
19-12-2020 - 16:20

Femin., 200m Bruços

Absoluto  
Resultados

RN Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Jun 17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
RN Jun 16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
RN Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
RN Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003
RN Inf A	2:42.69	PEREIRA Clara Gomes	SAD	Oeiras	18-07-2015
RN Inf B	2:49.82	PEREIRA Clara Gomes	SAD	Loulé	19-07-2014

CEJun\_Fem 14 - 17: 2:35.49 / CEPL Abs: 2:29.51 / JO : 2:25.52

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria <i>Minimos CEPL</i>	95	Benfica	<b>2:26.45</b>	+0,76	857	
	50m: 33.80 33.80	100m: 1:10.81	37.01	150m: 1:48.50	37.69	200m: 2:26.45	37.95
2.	PEREIRA Raquel Gomes	00	Benfica	<b>2:29.83</b>	+0,72	800	
	50m: 33.73 33.73	100m: 1:11.21	37.48	150m: 1:49.61	38.40	200m: 2:29.83	40.22
3.	PEREIRA Clara Gomes	02	Alges	<b>2:37.79</b>	+0,78	685	
	50m: 35.80 35.80	100m: 1:16.29	40.49	150m: 1:57.15	40.86	200m: 2:37.79	40.64
4.	CERDEIRA Madalena Reis	03	Sporting	<b>2:38.29</b>	+0,77	678	
	50m: 36.54 36.54	100m: 1:17.13	40.59	150m: 1:58.64	41.51	200m: 2:38.29	39.65
5.	CASTRO Maria Freitas	03	Vitoria Guimaraes	<b>2:38.67</b>	+0,73	673	
	50m: 36.83 36.83	100m: 1:18.15	41.32	150m: 1:58.92	40.77	200m: 2:38.67	39.75
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:40.55</b>	+0,80	650	
	50m: 36.71 36.71	100m: 1:17.59	40.88	150m: 1:58.93	41.34	200m: 2:40.55	41.62
7.	BORGES Claudia Ferreira	99	Sporting	<b>2:40.97</b>	+0,78	645	
	50m: 36.68 36.68	100m: 1:17.53	40.85	150m: 1:59.24	41.71	200m: 2:40.97	41.73
8.	REIS Erica Cristina	05	Sporting	<b>2:43.90</b>	+0,76	611	
	50m: 37.15 37.15	100m: 1:18.77	41.62	150m: 2:01.54	42.77	200m: 2:43.90	42.36
9.	ESTEVENS Laura Fabiana	05	Naval de Faro	<b>2:46.94</b>	+0,75	578	
	50m: 37.59 37.59	100m: 1:19.51	41.92	150m: 2:02.86	43.35	200m: 2:46.94	44.08
10.	SILVA Natacha Sofia	02	Benfica	<b>3:00.69</b>	+0,82	456	
	50m: 40.86 40.86	100m: 1:27.02	46.16	150m: 2:13.99	46.97	200m: 3:00.69	46.70

Prova 20  
19-12-2020 - 16:25

Masc., 100m Bruços

Absoluto  
Resultados

RN Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Jun 18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
RN Jun 17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
RN Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25-07-2019
RN Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
RN Inf A	1:09.82	PEREIRA Ricardo Samuel	CCDPCMS	Vila Franca de Xira	20-05-2017
RN Inf B	1:11.95	SANTOS Andre Goncalo	LSC	Porto	24-07-2010
S5	1:41.35	ROCHA Ivo Filipe	FVCD	Porto	23-03-2019
S8	1:21.35	CANCELA Diogo Luis	POR	Glasgow (GBR)	27-04-2019

JO-Para S5: 1:48.80; S8: 1:26.51 / CEJun\_Masc 15 - 18: 1:03.93 / CEPL 12 +: 1:01.47 / JO : 59.93

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUINTAS Francisco Robalo <i>Minimos CEPL</i>	95	Sporting	<b>1:01.16</b>	+0,65	804	
	50m: 28.65 28.65	100m: 1:01.16	32.51				
2.	PLAZA Jaime Morote	97	Louletano / Loule Concelho	<b>1:03.14</b>	+0,81	731	
	50m: 29.44 29.44	100m: 1:03.14	33.70				
3.	SIMOES Rafael Gomes	00	Braga	<b>1:04.03</b>	+0,89	701	
	50m: 29.97 29.97	100m: 1:04.03	34.06				
4.	SANTOS Alexis Manacas	92	Sporting	<b>1:04.25</b>	+0,67	693	
	50m: 29.34 29.34	100m: 1:04.25	34.91				
5.	DA SILVA Florian	01	Porto	<b>1:04.40</b>	+0,63	689	
	50m: 30.20 30.20	100m: 1:04.40	34.20				
6.	FRISCHKNECHT Renato Barros	01	Alges	<b>1:04.90</b>	+0,60	673	
	50m: 30.01 30.01	100m: 1:04.90	34.89				
7.	MENDES Antonio Manuel	99	Sporting	<b>1:05.89</b>	+0,67	643	
	50m: 31.33 31.33	100m: 1:05.89	34.56				
8.	PON Hugo	98	Alges	<b>1:06.02</b>	+0,65	639	
	50m: 30.87 30.87	100m: 1:06.02	35.15				
9.	GOMES Filipe Miguel	97	Ba-Leiria	<b>1:07.71</b>	+0,66	592	
	50m: 31.82 31.82	100m: 1:07.71	35.89				
10.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>1:08.08</b>	+0,71	583	
	50m: 31.88 31.88	100m: 1:08.08	36.20				

Prova 20, Masc., 100m Bruços

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	ROCHA Ivo Filipe <i>Minimos JO-Para</i>	90	SB5 Feira Viva	<b>1:47.20</b>		149	
	50m: 50.62 50.62	100m: 1:47.20	56.58				

Prova 21

Femin., 100m Livres

Absoluto  
Resultados

19-12-2020 - 17:10

RN Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Jun 17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
RN Jun 16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
RN Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
RN Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22-07-2019
RN Inf A	59.73	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
RN Inf B	1:01.46	FERNANDES Carolina Miranda	CGA	Loulé	15-07-2017
S9	1:05.08	VEIGA Susana Pereira	POR	Londres (GBR)	09-09-2019

JO-Para S9: 1:05.84 / CEJun\_Fem 14 - 17: 57.81 / CEPL Abs: 55.59 / JO : 54.38

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	ANDRE Leticia Maia	02	Benfica	<b>57.19</b>	+0,68	739	
	50m: 27.34 27.34	100m: 57.19	29.85				
2.	AZEVEDO Rafaela Gomes	02	Alges	<b>58.42</b>	+0,79	693	
	50m: 28.40 28.40	100m: 58.42	30.02				
3.	VIEGAS Beatriz Mendes	00	Sporting	<b>58.79</b>	+0,64	680	
	50m: 28.18 28.18	100m: 58.79	30.61				
4.	PINTO Mafalda Marques	02	Sporting	<b>59.04</b>	+0,69	671	
	50m: 28.43 28.43	100m: 59.04	30.61				
5.	FERREIRA Catarina Maria	98	Porto	<b>1:00.05</b>	+0,77	638	
	50m: 28.85 28.85	100m: 1:00.05	31.20				
6.	CASTRO Adriana Daniela	97	Leixoes	<b>1:00.07</b>	+0,70	637	
	50m: 28.57 28.57	100m: 1:00.07	31.50				
7.	OLIVEIRA Rosa Maria	96	Porto	<b>1:00.36</b>	+0,89	628	
	50m: 29.26 29.26	100m: 1:00.36	31.10				
8.	SOARES Catarina Silva	03	Porto	<b>1:00.67</b>	+0,68	619	
	50m: 28.91 28.91	100m: 1:00.67	31.76				
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>1:01.30</b>	+0,73	600	
	50m: 29.58 29.58	100m: 1:01.30	31.72				



Prova 21, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MELO Sara Carreira	05	GesLoures	<b>1:01.93</b>	+0,82	582	
	50m: 29.73 29.73	100m: 1:01.93	32.20				
EXH	VEIGA Susana Pereira	00	S9 Colegio Vasco da Gama	<b>1:05.61</b>	+0,85	489	
	<i>Minimos JO-Para</i>						
	50m: 30.70 30.70	100m: 1:05.61	34.91				

Prova 22

Masc., 50m Livres

Absoluto

19-12-2020 - 17:15

Resultados

RN Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19-12-2020
RN Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19-12-2020
RN Jun 18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
RN Jun 17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
RN Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
RN Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
RN Inf A	26.00	RIBEIRO Diogo Matos	CUC	Coimbra	19-05-2018
RN Inf B	27.00	MIRANDA Jose Miguel	CFP	Coimbra	11-08-1986
S8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
S9	26.23	CAETANO Gino Santos	CGA	Povoa de Varzim	08-12-2019
S11	29.74	MENESES Marco Ribeiro	CACRCCD	Coimbra	18-01-2020

JO-Para S11: 28.47 / CEJun\_Masc 15 - 18: 23.45 / CEPL 12 +: 22.54 / JO : 22.01

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>22.20</b>	+0,64	835	
	<i>Minimos CEPL</i>						
2.	GUTIERREZ Juan Francisco Segur	94	Louletano / Loule Concelho	<b>22.85</b>	+0,60	766	
3.	MARQUES Miguel Henriques	00	Benfica	<b>23.51</b>	+0,72	703	
4.	CARVALHO Diogo Filipe	88	Galitos/ Bresimar	<b>23.55</b>	+0,66	699	
5.	SILVA Fernando Souza	86	Uniao Piedense	<b>23.81</b>	+0,74	677	
6.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>23.84</b>	+0,80	674	
7.	PADRELA Joao Esteves	99	Belenenses	<b>23.89</b>	+0,78	670	
8.	MACHADO Francisco Carvalho	98	Alges	<b>24.20</b>	+0,62	645	
9.	RODRIGUES Tiago Moura	03	CLIP Teams	<b>24.36</b>	+0,69	632	
10.	SANTOS Pedro Andre	94	Alges	<b>24.44</b>	+0,68	626	
EXH	CAETANO Gino Santos	94	S9 Galitos/ Bresimar	<b>26.83</b>	+0,88	473	

Prova 22, Masc., 50m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MENESES Marco Ribeiro <i>Rec Nac Adaptada</i>	01	S11 O Crasto	<b>29.24</b>	+0,83	365	

Prova 23

Femin., 100m Mariposa

Absoluto  
Resultados

19-12-2020 - 17:20

RN Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Jun 17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
RN Jun 16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
RN Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03-08-2019
RN Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019
RN Inf A	1:03.83	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	21-07-2018
RN Inf B	1:07.00	FERNANDES Carolina Miranda	SCP	S. Joao da Madeira	15-06-2017

CEJun\_Fem 14 - 17: 1:01.69 / CEPL Abs: 59.31 / JO : 57.92

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco <i>Rec Nac, Minimos CEJun</i>	04	Colegio Efanor	<b>1:00.84</b>	+0,72	758	
	50m: 28.53 28.53	100m: 1:00.84	32.31				
2.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:00.93</b>	+0,71	754	
	50m: 28.78 28.78	100m: 1:00.93	32.15				
3.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>1:03.84</b>	+0,74	656	
	50m: 29.82 29.82	100m: 1:03.84	34.02				
4.	MOURA Maria Ferreira	04	Sporting	<b>1:04.20</b>	+0,82	645	
	50m: 30.10 30.10	100m: 1:04.20	34.10				
5.	GRAVETO Ana Raquel	02	Benfica	<b>1:04.38</b>	+0,87	639	
	50m: 30.51 30.51	100m: 1:04.38	33.87				
6.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>1:06.90</b>	+0,82	570	
	50m: 31.23 31.23	100m: 1:06.90	35.67				
7.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>1:07.69</b>	+0,75	550	
	50m: 31.73 31.73	100m: 1:07.69	35.96				
8.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>1:08.51</b>	+0,74	531	
	50m: 31.60 31.60	100m: 1:08.51	36.91				
9.	FERREIRA Ana Claudia	90	Alcobaca	<b>1:08.57</b>	+0,84	529	
	50m: 32.11 32.11	100m: 1:08.57	36.46				
10.	COSTA Carolina Fale	04	Colegio Monte Maior	<b>1:09.75</b>	+0,79	503	
	50m: 33.30 33.30	100m: 1:09.75	36.45				

Prova 24  
19-12-2020 - 17:20

Masc., 200m Mariposa

Absoluto  
Resultados

RN Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Jun 18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
RN Jun 17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
RN Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
RN Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:14.50	SILVA Fabio Parrilha da	CNAL	Campanhã	29-07-2001
RN Inf B	2:21.67	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	23-07-2000
S15	2:19.31	NEVES Tiago Correia	CFB	Funchal	22-03-2018

CEJun\_Masc 15 - 18: 2:03.83 / CEPL 12 +: 1:59.05 / JO : 1:56.48

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	CORDEIRO Tiago Roberto	00	Benfica	<b>2:00.40</b>	+0,65	777	
	50m: 27.74 27.74	100m: 58.42	30.68	150m: 1:29.54	31.12	200m: 2:00.40	30.86
2.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:03.59</b>	+0,78	719	
	50m: 27.39 27.39	100m: 58.54	31.15	150m: 1:30.89	32.35	200m: 2:03.59	32.70
3.	RAMOS Bruno Miguel	97	Belenenses	<b>2:05.27</b>	+0,72	690	
	50m: 27.94 27.94	100m: 59.68	31.74	150m: 1:32.95	33.27	200m: 2:05.27	32.32
4.	NUNES Porfirio Braga	00	Porto	<b>2:06.00</b>	+0,65	678	
	50m: 27.84 27.84	100m: 59.52	31.68	150m: 1:31.46	31.94	200m: 2:06.00	34.54
5.	VITAL Joao Alexandre	98	Sporting	<b>2:06.28</b>	+0,66	674	
	50m: 28.09 28.09	100m: 59.80	31.71	150m: 1:32.49	32.69	200m: 2:06.28	33.79
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:07.63</b>	+0,76	653	
	50m: 28.81 28.81	100m: 1:01.07	32.26	150m: 1:34.26	33.19	200m: 2:07.63	33.37
7.	CARVALHO Andre Antunes	96	Sporting	<b>2:08.00</b>	+0,79	647	
	50m: 28.32 28.32	100m: 1:00.92	32.60	150m: 1:34.47	33.55	200m: 2:08.00	33.53
8.	DIAS Rodrigo Reis	03	Belenenses	<b>2:12.29</b>	+0,70	586	
	50m: 30.21 30.21	100m: 1:04.98	34.77	150m: 1:39.22	34.24	200m: 2:12.29	33.07
9.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>2:13.39</b>	+0,81	572	
	50m: 30.10 30.10	100m: 1:04.31	34.21	150m: 1:38.71	34.40	200m: 2:13.39	34.68
10.	PINTO Pedro Miguel	02	Sporting	<b>2:13.68</b>	+0,77	568	
	50m: 29.32 29.32	100m: 1:03.24	33.92	150m: 1:37.88	34.64	200m: 2:13.68	35.80
EXH	CRUZ Miguel Duarte	99	S15 Belenenses	<b>2:22.74</b>	+0,68	466	
	50m: 31.68 31.68	100m: 1:08.45	36.77	150m: 1:45.90	37.45	200m: 2:22.74	36.84

Prova 25  
19-12-2020 - 17:25

Femin., 200m Estilos

Absoluto  
Resultados

RN Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Jun 17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
RN Jun 16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
RN Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
RN Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010
RN Inf A	2:27.21	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	22-07-2018
RN Inf B	2:32.93	FERNANDES Carolina Miranda	CGA	Loulé	16-07-2017

CEJun\_Fem 14 - 17: 2:21.10 / CEPL Abs: 2:15.67 / JO : 2:12.56

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:21.56</b>	+0,74	707	
	50m: 29.98 29.98	100m: 1:05.25	35.27 150m: 1:49.14	43.89	200m: 2:21.56	32.42	
2.	CABRAL Maria Francisca	00	Porto	<b>2:22.42</b>	+0,78	694	
	50m: 30.75 30.75	100m: 1:07.68	36.93 150m: 1:49.60	41.92	200m: 2:22.42	32.82	
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:24.26</b>	+0,70	668	
	50m: 30.91 30.91	100m: 1:09.33	38.42 150m: 1:50.10	40.77	200m: 2:24.26	34.16	
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:24.44</b>	+0,82	665	
	50m: 30.21 30.21	100m: 1:08.18	37.97 150m: 1:51.61	43.43	200m: 2:24.44	32.83	
5.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:24.79</b>	+0,74	660	
	50m: 30.01 30.01	100m: 1:08.05	38.04 150m: 1:51.87	43.82	200m: 2:24.79	32.92	
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:25.06</b>	+0,72	657	
	50m: 30.60 30.60	100m: 1:08.37	37.77 150m: 1:51.71	43.34	200m: 2:25.06	33.35	
7.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:31.29</b>	+0,85	579	
	50m: 32.09 32.09	100m: 1:12.34	40.25 150m: 1:57.69	45.35	200m: 2:31.29	33.60	
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:32.05</b>	+0,84	570	
	50m: 32.51 32.51	100m: 1:14.75	42.24 150m: 1:56.99	42.24	200m: 2:32.05	35.06	
9.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:32.89</b>	+0,78	561	
	50m: 32.75 32.75	100m: 1:13.26	40.51 150m: 1:56.10	42.84	200m: 2:32.89	36.79	
10.	RIBEIRO Margarida Messias	98	GesLoures	<b>2:34.87</b>	+0,72	540	
	50m: 33.00 33.00	100m: 1:14.35	41.35 150m: 1:58.84	44.49	200m: 2:34.87	36.03	

Prova 26  
19-12-2020 - 17:30

Masc., 400m Estilos

Absoluto  
Resultados

RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Jun 18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
RN Jun 17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29-08-2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013
S15	5:00.70	NEVES Tiago Correia	POR	São Paulo (BRA)	26-08-2019

CEJun\_Masc 15 - 18: 4:33.58 / CEPL 12 +: 4:23.04 / JO : 4:15.84

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:18.38</b>	+0,67	840	
	<i>Minimos CEPL</i>						
	50m: 27.34 27.34	150m: 1:32.32	33.42	250m: 2:42.28	36.77	350m: 3:49.52	29.90
	100m: 58.90 31.56	200m: 2:05.51	33.19	300m: 3:19.62	37.34	400m: 4:18.38	28.86
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>4:30.92</b>	+0,69	729	
	50m: 27.39 27.39	150m: 1:31.74	32.81	250m: 2:45.20	40.54	350m: 3:58.20	33.32
	100m: 58.93 31.54	200m: 2:04.66	32.92	300m: 3:24.88	39.68	400m: 4:30.92	32.72
3.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:31.56</b>	+0,70	723	
	50m: 28.41 28.41	150m: 1:36.47	35.65	250m: 2:49.71	37.90	350m: 4:00.81	31.99
	100m: 1:00.82 32.41	200m: 2:11.81	35.34	300m: 3:28.82	39.11	400m: 4:31.56	30.75
4.	SILVA Tomas Antonio	01	Porto	<b>4:32.09</b>	+0,71	719	
	50m: 28.03 28.03	150m: 1:36.21	35.28	250m: 2:50.66	39.16	350m: 4:01.19	31.83
	100m: 1:00.93 32.90	200m: 2:11.50	35.29	300m: 3:29.36	38.70	400m: 4:32.09	30.90
5.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:41.30</b>	+0,75	651	
	50m: 28.94 28.94	150m: 1:39.81	36.87	250m: 2:57.48	40.70	350m: 4:10.40	31.48
	100m: 1:02.94 34.00	200m: 2:16.78	36.97	300m: 3:38.92	41.44	400m: 4:41.30	30.90
6.	SAMPAIO Jose Pedro	98	Porto	<b>4:42.85</b>	+0,81	640	
	50m: 28.52 28.52	150m: 1:38.00	36.13	250m: 2:54.70	40.56	350m: 4:09.30	32.80
	100m: 1:01.87 33.35	200m: 2:14.14	36.14	300m: 3:36.50	41.80	400m: 4:42.85	33.55
7.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:45.73</b>	+0,72	621	
	50m: 28.83 28.83	150m: 1:40.90	38.17	250m: 2:58.20	40.31	350m: 4:13.17	33.25
	100m: 1:02.73 33.90	200m: 2:17.89	36.99	300m: 3:39.92	41.72	400m: 4:45.73	32.56
8.	SILVA Nuno Marques	04	Ba-Leiria	<b>4:50.00</b>	+0,71	594	
	50m: 29.56 29.56	150m: 1:44.15	39.37	250m: 3:03.46	40.26	350m: 4:17.75	33.32
	100m: 1:04.78 35.22	200m: 2:23.20	39.05	300m: 3:44.43	40.97	400m: 4:50.00	32.25
9.	DINIS Tiago Moises	98	Nautico Academico	<b>4:51.05</b>	+0,89	588	
	50m: 30.55 30.55	150m: 1:44.45	38.40	250m: 3:03.40	41.32	350m: 4:19.11	34.12
	100m: 1:06.05 35.50	200m: 2:22.08	37.63	300m: 3:44.99	41.59	400m: 4:51.05	31.94

Prova 26, Masc., 400m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	FANGUEIRO Diogo Morgado	02	Vilacondense	<b>5:04.59</b>	+0,90	513	
	50m: 31.00 31.00	150m: 1:51.48	44.03	250m: 3:15.02	41.52	350m: 4:31.76	34.62
	100m: 1:07.45 36.45	200m: 2:33.50	42.02	300m: 3:57.14	42.12	400m: 5:04.59	32.83
DNS	NEVES Tiago Correia	97	SM15 Belenenses				

Prova 27

Masc., 400m Livres

Absoluto

20-12-2020 - 9:00

Resultados

RN Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Jun 18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
RN Jun 17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019

CEJun\_Masc 15 - 18: 4:01.28 / CEPL 12 +: 3:51.98 / JO : 3:46.78

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	MOGNE Igor Araujo	96	Sporting	<b>4:01.76</b>	+0,74	754	
	50m: 27.42 27.42	150m: 1:27.52	30.29	250m: 2:29.21	30.93	350m: 3:31.49	31.24
	100m: 57.23 29.81	200m: 1:58.28	30.76	300m: 3:00.25	31.04	400m: 4:01.76	30.27
2.	CAMPOS Tiago Filipe	99	Rio Maior	<b>4:06.05</b>	+0,79	715	
	50m: 28.15 28.15	150m: 1:31.15	31.96	250m: 2:33.96	31.46	350m: 3:36.40	30.58
	100m: 59.19 31.04	200m: 2:02.50	31.35	300m: 3:05.82	31.86	400m: 4:06.05	29.65
3.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:09.37</b>	+0,70	687	
	50m: 28.22 28.22	150m: 1:31.65	32.09	250m: 2:35.25	31.50	350m: 3:38.32	31.75
	100m: 59.56 31.34	200m: 2:03.75	32.10	300m: 3:06.57	31.32	400m: 4:09.37	31.05
4.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:09.67</b>	+0,82	684	
	50m: 27.84 27.84	150m: 1:31.29	32.08	250m: 2:36.90	32.94	350m: 3:39.33	31.16
	100m: 59.21 31.37	200m: 2:03.96	32.67	300m: 3:08.17	31.27	400m: 4:09.67	30.34
5.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:10.28</b>	+0,79	679	
	50m: 28.61 28.61	150m: 1:31.59	32.07	250m: 2:35.64	32.10	350m: 3:39.87	32.75
	100m: 59.52 30.91	200m: 2:03.54	31.95	300m: 3:07.12	31.48	400m: 4:10.28	30.41
6.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:10.63</b>	+0,77	676	
	50m: 28.09 28.09	150m: 1:30.91	31.99	250m: 2:34.64	31.63	350m: 3:39.47	32.91
	100m: 58.92 30.83	200m: 2:03.01	32.10	300m: 3:06.56	31.92	400m: 4:10.63	31.16

Prova 27, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SANTOS Pedro Miguel	01	Porto	<b>4:10.76</b>	+0,73	675	
	50m: 27.87 27.87	150m: 1:29.86	31.44	250m: 2:33.61	31.71	350m: 3:38.93	32.66
	100m: 58.42 30.55	200m: 2:01.90	32.04	300m: 3:06.27	32.66	400m: 4:10.76	31.83
8.	CRISTINO David Matias	01	Uniao Piedense	<b>4:18.58</b>	+0,73	616	
	50m: 28.51 28.51	150m: 1:31.72	32.11	250m: 2:37.72	33.29	350m: 3:45.20	34.19
	100m: 59.61 31.10	200m: 2:04.43	32.71	300m: 3:11.01	33.29	400m: 4:18.58	33.38
9.	AMARAL Francisco Rodriguez	02	Porto	<b>4:22.83</b>	+0,81	587	
	50m: 29.47 29.47	150m: 1:35.11	33.10	250m: 2:41.46	33.03	350m: 3:49.22	33.97
	100m: 1:02.01 32.54	200m: 2:08.43	33.32	300m: 3:15.25	33.79	400m: 4:22.83	33.61
DNS	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF				

Prova 28

Femin., 200m Livres

Absoluto

20-12-2020 - 9:05

Resultados

RN Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Jun 17	2:03.18	SOUSA Ana Reis	SAD	Coimbra	07-04-2019
RN Jun 16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
RN Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
RN Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014
RN Inf A	2:10.86	FRAZAO Alexandra Couto	CNA	Oeiras	11-04-2015
RN Inf B	2:12.20	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

CEJun\_Fem 14 - 17: 2:04.90 / CEPL Abs: 2:00.09 / JO : 1:57.28

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:04.08</b>	+0,70	754	
	50m: 28.76 28.76	100m: 59.81	31.05	150m: 1:32.03	32.22	200m: 2:04.08	32.05
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>2:06.14</b>	+0,71	718	
	50m: 29.17 29.17	100m: 1:00.43	31.26	150m: 1:33.37	32.94	200m: 2:06.14	32.77
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:07.59</b>	+0,79	694	
	50m: 29.23 29.23	100m: 1:00.70	31.47	150m: 1:33.74	33.04	200m: 2:07.59	33.85
4.	RAMOS Ana Rita	02	Porto	<b>2:09.57</b>	+0,79	662	
	50m: 29.79 29.79	100m: 1:01.64	31.85	150m: 1:34.85	33.21	200m: 2:09.57	34.72
5.	ROSA Mafalda Sofia	03	Rio Maior	<b>2:10.08</b>	+0,81	655	
	50m: 31.03 31.03	100m: 1:03.69	32.66	150m: 1:37.28	33.59	200m: 2:10.08	32.80
6.	MOURA Maria Ferreira	04	Sporting	<b>2:10.37</b>	+0,81	650	
	50m: 30.67 30.67	100m: 1:03.49	32.82	150m: 1:37.15	33.66	200m: 2:10.37	33.22
7.	ANDRE Leticia Maia	02	Benfica	<b>2:13.62</b>	+0,70	604	
	50m: 28.99 28.99	100m: 1:00.48	31.49	150m: 1:37.07	36.59	200m: 2:13.62	36.55

Prova 28, Femin., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:13.67</b>	+0,83	603	
	50m: 30.88 30.88	100m: 1:04.49	33.61 150m: 1:38.82	34.33	200m: 2:13.67	34.85	
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>2:14.57</b>	+0,73	591	
	50m: 30.57 30.57	100m: 1:04.04	33.47 150m: 1:39.58	35.54	200m: 2:14.57	34.99	
DNS	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL				

Prova 29

Masc., 200m Costas

Absoluto  
Resultados

20-12-2020 - 9:10

RN Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Jun 18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25-08-2019
RN Jun 17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15-07-2005
RN Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
RN Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013
RN Inf A	2:14.56	RIBAS Alexandre Lages	EDV	Lisboa	23-07-2011
RN Inf B	2:20.07	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	13-07-2013

CEJun\_Masc 15 - 18: 2:04.74 / CEPL 12 +: 1:59.93 / JO : 1:57.50

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:03.37</b>	+0,59	746	
	50m: 28.88 28.88	100m: 1:00.04	31.16 150m: 1:31.03	30.99	200m: 2:03.37	32.34	
2.	VITAL Joao Alexandre	98	Sporting	<b>2:07.42</b>	+0,72	677	
	50m: 29.70 29.70	100m: 1:02.03	32.33 150m: 1:34.47	32.44	200m: 2:07.42	32.95	
3.	CASTRO Duarte Monteiro	03	Porto	<b>2:07.57</b>	+0,62	675	
	50m: 29.83 29.83	100m: 1:01.90	32.07 150m: 1:34.61	32.71	200m: 2:07.57	32.96	
4.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>2:12.12</b>	+0,74	607	
	50m: 32.64 32.64	100m: 1:06.16	33.52 150m: 1:39.65	33.49	200m: 2:12.12	32.47	
5.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>2:13.41</b>	+0,63	590	
	50m: 30.73 30.73	100m: 1:05.24	34.51 150m: 1:39.67	34.43	200m: 2:13.41	33.74	
6.	FERNANDES Joao Diogo	98	Belenenses	<b>2:14.21</b>	+0,75	579	
	50m: 30.45 30.45	100m: 1:03.66	33.21 150m: 1:38.11	34.45	200m: 2:14.21	36.10	
7.	BATE Miguel Ribeiro	99	Alges	<b>2:15.18</b>	+0,59	567	
	50m: 31.51 31.51	100m: 1:06.79	35.28 150m: 1:41.35	34.56	200m: 2:15.18	33.83	
8.	SAMPAIO Jose Pedro	98	Porto	<b>2:16.66</b>	+0,72	549	
	50m: 30.83 30.83	100m: 1:05.51	34.68 150m: 1:41.53	36.02	200m: 2:16.66	35.13	
9.	CORREIA Joao Mota	97	Benfica	<b>2:19.15</b>	+0,77	520	
	50m: 31.26 31.26	100m: 1:07.18	35.92 150m: 1:44.09	36.91	200m: 2:19.15	35.06	



Prova 29, Masc., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SANTOS Francisco Rogerio	98	Sporting	<b>2:31.51</b>	+0,61	403	
	50m: 26.99 26.99	100m: 55.28	28.29	150m: 1:50.17	54.89	200m: 2:31.51	41.34

Prova 30

Femin., 100m Costas

Absoluto

20-12-2020 - 9:10

Resultados

RN Absoluto	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20-08-2019
RN Sen	1:01.50	AZEVEDO Rafaela Gomes	SAD	Lisboa	08-02-2020
RN Jun 17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20-08-2019
RN Jun 16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
RN Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
RN Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
RN Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011
RN Inf A	1:06.78	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
RN Inf B	1:08.97	FERNANDES Carolina Miranda	CGA	Coimbra	01-07-2017

CEJun\_Fem 14 - 17: 1:04.59 / CEPL Abs: 1:02.11 / JO : 1:00.25

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:03.26</b>	+0,61	753	
	50m: 30.51 30.51	100m: 1:03.26	32.75				
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04.49</b>	+0,65	711	
	50m: 31.28 31.28	100m: 1:04.49	33.21				
3.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:05.07</b>	+0,67	692	
	50m: 29.93 29.93	100m: 1:05.07	35.14				
4.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>1:06.06</b>	+0,64	661	
	50m: 31.87 31.87	100m: 1:06.06	34.19				
5.	CABRAL Maria Francisca	00	Porto	<b>1:06.89</b>	+0,69	637	
	50m: 32.82 32.82	100m: 1:06.89	34.07				
6.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>1:07.77</b>	+0,72	613	
	50m: 32.62 32.62	100m: 1:07.77	35.15				
7.	FERREIRA Catarina Maria	98	Porto	<b>1:08.69</b>	+0,63	588	
	50m: 33.52 33.52	100m: 1:08.69	35.17				
8.	NUNES Sofia Alexandra	00	Laranjeiro	<b>1:09.13</b>	+0,66	577	
	50m: 32.97 32.97	100m: 1:09.13	36.16				
9.	RODRIGUES Luana Correia	01	Belenenses	<b>1:10.57</b>	+0,61	542	
	50m: 34.27 34.27	100m: 1:10.57	36.30				
10.	CRUZ Sara Moura	03	Alges	<b>1:11.53</b>	+0,61	521	
	50m: 34.26 34.26	100m: 1:11.53	37.27				

Prova 31  
20-12-2020 - 9:15

Masc., 200m Bruços

Absoluto  
Resultados

RN Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Jun 18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
RN Jun 17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
RN Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
RN Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006
RN Inf A	2:32.07	CARNEIRO Joao Soares	SLB	Loulé	15-07-2017
RN Inf B	2:38.94	SOUSA Duarte Anastacio	CAC	Oeiras	19-07-2015

CEJun\_Masc 15 - 18: 2:19.25 / CEPL 12 +: 2:13.89 / JO : 2:10.35

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:15.70</b>	+0,71	802	
	50m: 30.91 30.91	100m: 1:05.63	34.72	150m: 1:40.36	34.73	200m: 2:15.70	35.34
2.	DA SILVA Florian	01	Porto	<b>2:17.92</b>	+0,64	764	
	50m: 31.37 31.37	100m: 1:06.17	34.80	150m: 1:41.66	35.49	200m: 2:17.92	36.26
3.	SIMOES Rafael Gomes	00	Braga	<b>2:21.57</b>	+0,82	707	
	50m: 31.45 31.45	100m: 1:06.94	35.49	150m: 1:43.54	36.60	200m: 2:21.57	38.03
4.	PLAZA Jaime Morote	97	Louletano / Loule Concelho	<b>2:22.13</b>	+0,69	698	
	50m: 32.33 32.33	100m: 1:08.07	35.74	150m: 1:44.92	36.85	200m: 2:22.13	37.21
5.	MENDES Antonio Manuel	99	Sporting	<b>2:22.55</b>	+0,68	692	
	50m: 32.90 32.90	100m: 1:09.22	36.32	150m: 1:46.05	36.83	200m: 2:22.55	36.50
6.	PON Hugo	98	Alges	<b>2:22.77</b>	+0,68	689	
	50m: 32.46 32.46	100m: 1:08.09	35.63	150m: 1:44.99	36.90	200m: 2:22.77	37.78
7.	SILVA Tomas Antonio	01	Porto	<b>2:23.71</b>	+0,65	675	
	50m: 33.25 33.25	100m: 1:09.78	36.53	150m: 1:46.68	36.90	200m: 2:23.71	37.03
8.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:27.08</b>	+0,68	630	
	50m: 32.95 32.95	100m: 1:10.25	37.30	150m: 1:48.53	38.28	200m: 2:27.08	38.55
9.	VARGAS Joao Manuel	00	Benfica	<b>2:31.99</b>	+0,65	571	
	50m: 33.79 33.79	100m: 1:11.63	37.84	150m: 1:51.20	39.57	200m: 2:31.99	40.79
10.	QUINTAS Francisco Robalo	95	Sporting	<b>2:35.76</b>	+0,94	530	
	50m: 28.42 28.42	100m: 1:09.64	41.22	150m: 1:53.64	44.00	200m: 2:35.76	42.12

Prova 32  
20-12-2020 - 9:20

Femin., 100m Bruços

Absoluto  
Resultados

RN Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Jun 17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
RN Jun 16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
RN Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
RN Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010
RN Inf A	1:15.49	RODRIGUES Ana Pinho	AEJ	Coimbra	08-07-2007
RN Inf B	1:18.66	PEREIRA Clara Gomes	SAD	Loulé	20-07-2014
S9	1:25.42	PINTO Renata Vaz	POR	Londres (GBR)	14-09-2019

CEJun\_Fem 14 - 17: 1:11.31 / CEPL Abs: 1:08.56 / JO : 1:07.07

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	PEREIRA Raquel Gomes	00	Benfica	<b>1:11.46</b>	+0,74	722	
	50m: 33.46 33.46	100m: 1:11.46	38.00				
2.	KAMINSKAYA Victoria	95	Benfica	<b>1:13.62</b>	+0,74	660	
	50m: 34.43 34.43	100m: 1:13.62	39.19				
3.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>1:13.97</b>	+0,75	651	
	50m: 34.67 34.67	100m: 1:13.97	39.30				
4.	BORGES Claudia Ferreira	99	Sporting	<b>1:15.05</b>	+0,68	623	
	50m: 35.23 35.23	100m: 1:15.05	39.82				
5.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>1:15.37</b>	+0,71	616	
	50m: 35.87 35.87	100m: 1:15.37	39.50				
6.	CERDEIRA Madalena Reis	03	Sporting	<b>1:15.72</b>	+0,80	607	
	50m: 36.33 36.33	100m: 1:15.72	39.39				
7.	PEREIRA Clara Gomes	02	Alges	<b>1:15.82</b>	+0,74	605	
	50m: 35.71 35.71	100m: 1:15.82	40.11				
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:16.41</b>	+0,81	591	
	50m: 36.72 36.72	100m: 1:16.41	39.69				
9.	CASTRO Maria Freitas	03	Vitoria Guimaraes	<b>1:16.87</b>	+0,74	580	
	50m: 36.41 36.41	100m: 1:16.87	40.46				
10.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	<b>1:17.59</b>	+0,71	564	
	50m: 36.14 36.14	100m: 1:17.59	41.45				

Prova 33  
20-12-2020 - 9:20

Masc., 100m Livres

Absoluto  
Resultados

RN Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
RN Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
RN Jun 18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
RN Jun 17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
RN Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
RN Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04-08-2019
RN Inf A	55.53	FERRO David Miguel	SFUAP	Campanhã	26-07-1998
RN Inf B	58.47	NUNES Joao Magalhaes	CNA	Rio Maior	22-07-2012
S8	1:05.56	LINHARES Ruben Daniel	CNRM	Rio Maior	26-01-2020
S9	57.41	CAETANO Gino Santos	POR	Londres (GBR)	09-09-2019
S11	1:06.39	MENESES Marco Ribeiro	POR	Londres (GBR)	13-09-2019
S15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

CEJun\_Masc 15 - 18: 51.54 / CEPL 12 +: 49.55 / JO : 48.57

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>51.47</b>	+0,81	757	
	<i>Minimos CEJun</i>						
	50m:	24.80	24.80	100m:	51.47	26.67	
2.	GUTIERREZ Juan Francisco Segur	94	Louletano / Loule Concelho	<b>51.73</b>	+0,60	745	
	50m:	24.24	24.24	100m:	51.73	27.49	
3.	CARVALHO Diogo Filipe	88	Galitos/ Bresimar	<b>51.79</b>	+0,68	743	
	50m:	24.96	24.96	100m:	51.79	26.83	
4.	VELOSO Tomas Miguel	96	Nautico Academico	<b>52.40</b>	+0,67	717	
	50m:	25.66	25.66	100m:	52.40	26.74	
5.	PADRELA Joao Esteves	99	Belenenses	<b>52.84</b>	+0,65	699	
	50m:	25.29	25.29	100m:	52.84	27.55	
6.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	<b>53.33</b>	+0,65	680	
	50m:	24.98	24.98	100m:	53.33	28.35	
7.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	<b>53.42</b>	+0,79	677	
	50m:	25.88	25.88	100m:	53.42	27.54	
8.	LEBRE Diogo Ramos	01	Benfica	<b>53.46</b>	+0,79	675	
	50m:	25.02	25.02	100m:	53.46	28.44	
9.	REIS Rodrigo Miguel	04	Ba-Leiria	<b>54.14</b>	+0,80	650	
	50m:	25.76	25.76	100m:	54.14	28.38	
10.	NASCIMENTO Miguel Duarte	95	Benfica	<b>1:11.88</b>	+0,66	277	
	50m:	22.36	22.36	100m:	1:11.88	49.52	

Prova 33, Masc., 100m Livres

EXH	NEVES Tiago Correia	97	S15	Belenenses	<b>56.91</b>	+0,70	560
	50m: 27.50 27.50	100m: 56.91	29.41				
EXH	CAETANO Gino Santos	94	S9	Galitos/ Bresimar	<b>59.58</b>	+0,87	488
	50m: 28.89 28.89	100m: 59.58	30.69				
EXH	BELEZAS Ricardo Andrade	91	S15	Sporting	<b>1:01.13</b>	+0,80	451
	50m: 30.31 30.31	100m: 1:01.13	30.82				
EXH	MENESES Marco Ribeiro	01	S11	O Crasto	<b>1:06.35</b>	+0,88	353
	<i>Rec Nac Adaptada</i>						
	50m: 31.78 31.78	100m: 1:06.35	34.57				

Prova 34

Femin., 50m Livres

Absoluto  
Resultados

20-12-2020 - 9:25

RN Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Jun 17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
RN Jun 16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
RN Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
RN Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
RN Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
RN Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	15-06-2017
S9	29.17	VEIGA Susana Pereira	POR	Londres (GBR)	15-09-2019

CEJun\_Fem 14 - 17: 26.33 / CEPL Abs: 25.32 / JO : 24.77

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	ANDRE Leticia Maia	02	Benfica	<b>26.94</b>	+0,67	678	
2.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>27.03</b>	+0,66	671	
3.	CASTRO Adriana Daniela	97	Leixoes	<b>27.28</b>	+0,67	653	
4.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>27.33</b>	+0,68	649	
5.	VIEGAS Beatriz Mendes	00	Sporting	<b>27.35</b>	+0,63	648	
6.	PINTO Mafalda Marques	02	Sporting	<b>27.43</b>	+0,67	642	
7.	OLIVEIRA Rosa Maria	96	Porto	<b>27.62</b>	+0,75	629	
8.	SOARES Catarina Silva	03	Porto	<b>27.92</b>	+0,69	609	
9.	FERREIRA Catarina Maria	98	Porto	<b>28.27</b>	+0,74	586	
10.	NUNES Sofia Alexandra	00	Laranjeiro	<b>28.89</b>	+0,78	549	
EXH	VEIGA Susana Pereira	00	S9	Colegio Vasco da Gama	<b>29.84</b>	+0,85	499

Prova 35  
20-12-2020 - 10:10

Masc., 100m Mariposa

Absoluto  
Resultados

RN Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Jun 18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
RN Jun 17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
RN Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal	03-08-2019
RN Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal	03-08-2019
RN Inf A	59.19	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	1:03.64	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	22-07-2000
S8	1:05.96	CARREIRA David Pedro	POR	Glasgow (GBR)	13-07-2015

CEJun\_Masc 15 - 18: 55.25 / CEPL 12 +: 53.12 / JO : 51.96

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>54.95</b>	+0,70	730	
	<i>Minimos CEJun</i>						
	50m: 26.00 26.00		100m: 54.95 28.95				
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>54.99</b>	+0,67	729	
	50m: 25.76 25.76		100m: 54.99 29.23				
3.	RAMOS Bruno Miguel	97	Belenenses	<b>55.75</b>	+0,79	699	
	50m: 26.40 26.40		100m: 55.75 29.35				
4.	SANTOS Pedro Andre	94	Alges	<b>55.81</b>	+0,68	697	
	50m: 26.16 26.16		100m: 55.81 29.65				
5.	VAKULYUK Paulo	03	Torres Novas	<b>56.28</b>	+0,68	680	
	50m: 26.19 26.19		100m: 56.28 30.09				
6.	NUNES Porfirio Braga	00	Porto	<b>56.44</b>	+0,71	674	
	50m: 26.19 26.19		100m: 56.44 30.25				
7.	CORDEIRO Tiago Roberto	00	Benfica	<b>56.47</b>	+0,81	673	
	50m: 26.85 26.85		100m: 56.47 29.62				
8.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>56.68</b>	+0,69	666	
	50m: 26.94 26.94		100m: 56.68 29.74				
9.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>57.73</b>	+0,74	630	
	50m: 25.99 25.99		100m: 57.73 31.74				
10.	CARVALHO Andre Antunes	96	Sporting	<b>58.38</b>	+0,76	609	
	50m: 27.81 27.81		100m: 58.38 30.57				

Prova 36  
20-12-2020 - 10:10

Femin., 200m Mariposa

Absoluto  
Resultados

RN Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Jun 17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
RN Jun 16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
RN Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
RN Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004
RN Inf A	2:25.32	MIGUEL Susana Patricia	SFUAP	Restelo	05-07-2003
RN Inf B	2:28.92	FERNANDES Carolina Miranda	CGA	Coimbra	09-07-2017

CEJun\_Fem 14 - 17: 2:17.07 / CEPL Abs: 2:11.79 / JO : 2:08.43

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:13.17</b>	+0,75	765	
	50m: 30.31 30.31	100m: 1:03.84	33.53 150m: 1:38.78	34.94	200m: 2:13.17	34.39	
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:15.62</b>	+0,77	724	
	50m: 30.59 30.59	100m: 1:04.85	34.26 150m: 1:39.92	35.07	200m: 2:15.62	35.70	
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:19.35</b>	+0,72	667	
	50m: 30.12 30.12	100m: 1:05.28	35.16 150m: 1:41.51	36.23	200m: 2:19.35	37.84	
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:22.45</b>	+0,75	625	
	50m: 31.50 31.50	100m: 1:07.33	35.83 150m: 1:44.80	37.47	200m: 2:22.45	37.65	
5.	MOURA Maria Ferreira	04	Sporting	<b>2:25.93</b>	+0,76	581	
	50m: 31.73 31.73	100m: 1:07.81	36.08 150m: 1:46.65	38.84	200m: 2:25.93	39.28	
6.	MATOS Ana Rita	02	Belenenses	<b>2:28.42</b>	+0,77	552	
	50m: 32.56 32.56	100m: 1:09.71	37.15 150m: 1:48.21	38.50	200m: 2:28.42	40.21	
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:28.52</b>	+0,77	551	
	50m: 32.25 32.25	100m: 1:09.24	36.99 150m: 1:49.15	39.91	200m: 2:28.52	39.37	
8.	DOMINGUES Luana Pinto	03	Ba-Leiria	<b>2:29.79</b>	+0,60	537	
	50m: 31.46 31.46	100m: 1:08.41	36.95 150m: 1:47.99	39.58	200m: 2:29.79	41.80	
9.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>2:30.11</b>	+0,76	534	
	50m: 32.62 32.62	100m: 1:10.15	37.53 150m: 1:49.22	39.07	200m: 2:30.11	40.89	
10.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>2:32.36</b>	+0,77	511	
	50m: 32.51 32.51	100m: 1:09.19	36.68 150m: 1:49.34	40.15	200m: 2:32.36	43.02	

Prova 37  
20-12-2020 - 10:15

Masc., 200m Estilos

Absoluto  
Resultados

RN Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Jun 18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
RN Jun 17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
RN Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
RN Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:16.63	RIBAS Alexandre Lages	EDV	Lisboa	24-07-2011
RN Inf B	2:22.36	RUIVO Andre Vilas	DNMG	Coimbra	23-06-2013
S15	2:16.25	NEVES Tiago Correia	POR	Lublin (POL)	03-07-2018

JO-Para S8: 2:51.39 / CEJun\_Masc 15 - 18: 2:07.06 / CEPL 12 +: 2:02.17 / JO : 1:59.67

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	DANTAS Diogo Leal	00	Sporting	<b>2:08.10</b>	+0,73	704	
	50m: 26.79 26.79	100m: 1:00.01	33.22	150m: 1:37.46	37.45	200m: 2:08.10	30.64
2.	SANTOS Alexis Manacas	92	Sporting	<b>2:08.86</b>	+0,68	692	
	50m: 26.89 26.89	100m: 58.35	31.46	150m: 1:34.95	36.60	200m: 2:08.86	33.91
3.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:09.92</b>	+0,82	675	
	50m: 27.43 27.43	100m: 1:00.76	33.33	150m: 1:38.53	37.77	200m: 2:09.92	31.39
4.	SILVA Tomas Antonio	01	Porto	<b>2:10.12</b>	+0,61	672	
	50m: 27.48 27.48	100m: 1:00.91	33.43	150m: 1:38.94	38.03	200m: 2:10.12	31.18
5.	SAMPAIO Jose Pedro	98	Porto	<b>2:10.36</b>	+0,74	668	
	50m: 27.60 27.60	100m: 1:01.13	33.53	150m: 1:39.79	38.66	200m: 2:10.36	30.57
6.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:10.55</b>	+0,68	665	
	50m: 27.43 27.43	100m: 1:00.04	32.61	150m: 1:39.06	39.02	200m: 2:10.55	31.49
7.	FERNANDES Eduardo Gomes	02	Sporting	<b>2:14.59</b>	+0,85	607	
	50m: 28.32 28.32	100m: 1:03.85	35.53	150m: 1:43.36	39.51	200m: 2:14.59	31.23
8.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>2:15.06</b>	+0,71	601	
	50m: 28.60 28.60	100m: 1:04.48	35.88	150m: 1:43.36	38.88	200m: 2:15.06	31.70
9.	CATALAO Daniel Nogueira	00	Benfica	<b>2:17.29</b>	+0,64	572	
	50m: 28.34 28.34	100m: 1:04.76	36.42	150m: 1:43.32	38.56	200m: 2:17.29	33.97
10.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>2:18.33</b>	+0,72	559	
	50m: 28.64 28.64	100m: 1:03.76	35.12	150m: 1:46.32	42.56	200m: 2:18.33	32.01
EXH	NEVES Tiago Correia	97	SM15 Belenenses	<b>2:21.90</b>	+0,66	518	
	50m: 29.99 29.99	100m: 1:07.29	37.30	150m: 1:50.07	42.78	200m: 2:21.90	31.83
EXH	CRUZ Miguel Duarte	99	SM15 Belenenses	<b>2:24.13</b>	+0,65	494	
	50m: 30.39 30.39	100m: 1:07.98	37.59	150m: 1:51.55	43.57	200m: 2:24.13	32.58



Prova 38  
20-12-2020 - 10:20

Femin., 400m Estilos

Absoluto  
Resultados

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Jun 17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN Jun 16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
RN Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
RN Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49 / JO : 4:38.53

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:55.41</b>	+0,70	733	
	50m: 31.27 31.27	150m: 1:44.71	38.73	250m: 3:04.87	41.54	350m: 4:21.33	34.81
	100m: 1:05.98 34.71	200m: 2:23.33	38.62	300m: 3:46.52	41.65	400m: 4:55.41	34.08
2.	CABRAL Maria Francisca	00	Porto	<b>4:57.98</b>	+0,81	714	
	50m: 31.85 31.85	150m: 1:46.49	38.92	250m: 3:07.37	43.06	350m: 4:24.55	35.11
	100m: 1:07.57 35.72	200m: 2:24.31	37.82	300m: 3:49.44	42.07	400m: 4:57.98	33.43
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:08.32</b>	+0,85	644	
	50m: 30.45 30.45	150m: 1:46.81	40.89	250m: 3:12.26	45.01	350m: 4:33.79	35.85
	100m: 1:05.92 35.47	200m: 2:27.25	40.44	300m: 3:57.94	45.68	400m: 5:08.32	34.53
4.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:17.24</b>	+0,96	591	
	50m: 32.38 32.38	150m: 1:52.26	43.03	250m: 3:21.10	46.60	350m: 4:42.46	35.53
	100m: 1:09.23 36.85	200m: 2:34.50	42.24	300m: 4:06.93	45.83	400m: 5:17.24	34.78
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:23.29</b>	+0,86	559	
	50m: 33.62 33.62	150m: 1:57.40	44.27	250m: 3:24.83	43.86	350m: 4:46.41	38.20
	100m: 1:13.13 39.51	200m: 2:40.97	43.57	300m: 4:08.21	43.38	400m: 5:23.29	36.88
6.	MORGADO Alice Jesus	04	Sporting	<b>5:23.38</b>	+0,85	558	
	50m: 33.40 33.40	150m: 1:54.56	42.20	250m: 3:23.21	46.48	350m: 4:46.82	36.71
	100m: 1:12.36 38.96	200m: 2:36.73	42.17	300m: 4:10.11	46.90	400m: 5:23.38	36.56
7.	COELHO Maria Leonor	06	Benfica	<b>5:38.45</b>	+0,85	487	
	50m: 33.44 33.44	150m: 1:58.78	44.31	250m: 3:32.56	50.03	350m: 5:01.96	39.61
	100m: 1:14.47 41.03	200m: 2:42.53	43.75	300m: 4:22.35	49.79	400m: 5:38.45	36.49
8.	LOPES Francisca Macedo	05	Vilacondense	<b>5:42.89</b>	+0,80	468	
	50m: 35.26 35.26	150m: 2:02.79	44.56	250m: 3:35.62	49.00	350m: 5:04.57	39.53
	100m: 1:18.23 42.97	200m: 2:46.62	43.83	300m: 4:25.04	49.42	400m: 5:42.89	38.32
9.	VARANDAS Joana Filipa	02	Laranjeiro	<b>5:48.20</b>	+0,87	447	
	50m: 35.29 35.29	150m: 2:02.42	46.22	250m: 3:40.54	53.07	350m: 5:10.88	37.73
	100m: 1:16.20 40.91	200m: 2:47.47	45.05	300m: 4:33.15	52.61	400m: 5:48.20	37.32
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL				

Prova 39  
20-12-2020 - 10:25

Masc., 800m Livres

Absoluto  
Resultados

RN Absoluto	8:02.16	LOPES Jose Paulo	SCB	Funchal	04-08-2019
RN Sen	8:02.16	LOPES Jose Paulo	SCB	Funchal	04-08-2019
RN Jun 18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
RN Jun 17	8:13.49	SANTA Gustavo Manuel	POR	Helsingia (FIN)	17-07-2010
RN Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
RN Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14-07-2019
RN Inf A	8:54.25	OLIVEIRA Pedro Fontoura	CFB	Lisboa	29-05-2004
RN Inf B	9:12.56	OLIVEIRA Pedro Fontoura	CFB	Lisboa	27-07-2003

CEPL 12 +: 7:57.65 / CEJun\_Masc 15 - 18: 8:16.80 / JO : 7:54.31

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>8:03.04</b>	<b>+0,64</b>	<b>819</b>	
	50m: 27.64 27.64	250m: 2:27.84	30.44	450m: 4:29.99	30.57	650m: 6:32.89	30.67
	100m: 57.66 30.02	300m: 2:58.25	30.41	500m: 5:00.64	30.65	700m: 7:03.66	30.77
	150m: 1:27.35 29.69	350m: 3:28.77	30.52	550m: 5:31.28	30.64	750m: 7:33.82	30.16
	200m: 1:57.40 30.05	400m: 3:59.42	30.65	600m: 6:02.22	30.94	800m: 8:03.04	29.22
2.	CAMPOS Tiago Filipe	99	Rio Maior	<b>8:24.46</b>	<b>+0,83</b>	<b>719</b>	
	50m: 28.93 28.93	250m: 2:35.57	32.10	450m: 4:44.11	32.09	650m: 6:53.19	32.68
	100m: 1:00.14 31.21	300m: 3:07.54	31.97	500m: 5:16.25	32.14	700m: 7:25.18	31.99
	150m: 1:31.79 31.65	350m: 3:39.90	32.36	550m: 5:48.39	32.14	750m: 7:55.84	30.66
	200m: 2:03.47 31.68	400m: 4:12.02	32.12	600m: 6:20.51	32.12	800m: 8:24.46	28.62
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>8:25.30</b>	<b>+0,74</b>	<b>716</b>	
	50m: 28.80 28.80	250m: 2:35.46	32.30	450m: 4:43.93	31.71	650m: 6:53.14	32.64
	100m: 59.78 30.98	300m: 3:07.62	32.16	500m: 5:15.94	32.01	700m: 7:25.18	32.04
	150m: 1:31.25 31.47	350m: 3:39.79	32.17	550m: 5:48.18	32.24	750m: 7:56.41	31.23
	200m: 2:03.16 31.91	400m: 4:12.22	32.43	600m: 6:20.50	32.32	800m: 8:25.30	28.89
4.	SANTOS Pedro Miguel	01	Porto	<b>8:38.86</b>	<b>+0,67</b>	<b>661</b>	
	50m: 29.12 29.12	250m: 2:37.15	32.54	450m: 4:48.02	32.29	650m: 7:00.46	32.88
	100m: 1:00.71 31.59	300m: 3:09.79	32.64	500m: 5:20.73	32.71	700m: 7:33.77	33.31
	150m: 1:32.27 31.56	350m: 3:42.67	32.88	550m: 5:54.01	33.28	750m: 8:06.83	33.06
	200m: 2:04.61 32.34	400m: 4:15.73	33.06	600m: 6:27.58	33.57	800m: 8:38.86	32.03
5.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>8:43.01</b>	<b>+0,81</b>	<b>645</b>	
	50m: 29.53 29.53	250m: 2:38.49	32.66	450m: 4:51.22	33.27	650m: 7:04.41	33.39
	100m: 1:01.26 31.73	300m: 3:11.44	32.95	500m: 5:24.36	33.14	700m: 7:37.56	33.15
	150m: 1:33.13 31.87	350m: 3:44.75	33.31	550m: 5:57.73	33.37	750m: 8:10.61	33.05
	200m: 2:05.83 32.70	400m: 4:17.95	33.20	600m: 6:31.02	33.29	800m: 8:43.01	32.40
6.	CARVALHO Daniel Luis	02	Braga	<b>8:53.80</b>	<b>+0,89</b>	<b>607</b>	
	50m: 29.91 29.91	250m: 2:43.16	33.90	450m: 4:58.39	33.81	650m: 7:13.68	33.73
	100m: 1:02.60 32.69	300m: 3:16.88	33.72	500m: 5:32.21	33.82	700m: 7:47.43	33.75
	150m: 1:35.83 33.23	350m: 3:50.70	33.82	550m: 6:06.15	33.94	750m: 8:20.93	33.50
	200m: 2:09.26 33.43	400m: 4:24.58	33.88	600m: 6:39.95	33.80	800m: 8:53.80	32.87

Prova 39, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
7.	AMARAL Francisco Rodriguez	02	Porto	<b>8:55.98</b>	+0,82	600		
	50m: 30.15	30.15	250m: 2:43.30	33.84	450m: 4:59.64	34.07	650m: 7:15.92	33.94
	100m: 1:02.72	32.57	300m: 3:17.19	33.89	500m: 5:33.59	33.95	700m: 7:50.12	34.20
	150m: 1:36.04	33.32	350m: 3:51.31	34.12	550m: 6:07.78	34.19	750m: 8:23.45	33.33
	200m: 2:09.46	33.42	400m: 4:25.57	34.26	600m: 6:41.98	34.20	800m: 8:55.98	32.53
8.	CLARA Vitor Belo	04	Ba-Leiria	<b>8:58.71</b>	+0,75	591		
	50m: 29.64	29.64	250m: 2:42.39	33.25	450m: 5:00.32	34.97	650m: 7:18.68	34.00
	100m: 1:02.06	32.42	300m: 3:16.29	33.90	500m: 5:35.27	34.95	700m: 7:52.95	34.27
	150m: 1:35.41	33.35	350m: 3:50.77	34.48	550m: 6:09.68	34.41	750m: 8:26.73	33.78
	200m: 2:09.14	33.73	400m: 4:25.35	34.58	600m: 6:44.68	35.00	800m: 8:58.71	31.98
9.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>8:58.77</b>	+0,74	590		
	50m: 29.18	29.18	250m: 2:40.72	33.34	450m: 4:55.92	34.46	650m: 7:15.11	34.89
	100m: 1:01.46	32.28	300m: 3:14.20	33.48	500m: 5:30.33	34.41	700m: 7:50.27	35.16
	150m: 1:34.00	32.54	350m: 3:47.58	33.38	550m: 6:05.02	34.69	750m: 8:25.14	34.87
	200m: 2:07.38	33.38	400m: 4:21.46	33.88	600m: 6:40.22	35.20	800m: 8:58.77	33.63
10.	SILVA Nuno Marques	04	Ba-Leiria	<b>8:59.94</b>	+0,75	587		
	50m: 29.25	29.25	250m: 2:44.07	34.34	450m: 5:02.23	33.76	650m: 7:19.58	34.44
	100m: 1:01.77	32.52	300m: 3:18.70	34.63	500m: 5:36.24	34.01	700m: 7:53.67	34.09
	150m: 1:35.44	33.67	350m: 3:53.64	34.94	550m: 6:10.53	34.29	750m: 8:27.21	33.54
	200m: 2:09.73	34.29	400m: 4:28.47	34.83	600m: 6:45.14	34.61	800m: 8:59.94	32.73

Prova 40  
20-12-2020 - 10:35

Femin., 800m Livres

Absoluto  
Resultados

RN Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN Jun 17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
RN Jun 16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
RN Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
RN Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981
RN Inf A	9:14.85	SILVA Alexandra Maria	POR	Skovde (SWE)	10-08-1980
RN Inf B	9:30.42	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	25-07-2009

CEJun\_Fem 14 - 17: 9:04.96 / CEPL Abs: 8:44.00 / JO : 8:33.36

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:55.79</b>	+0,79	740	
	50m: 30.49 30.49	250m: 2:42.58	33.41	450m: 4:57.64	33.90	650m: 7:13.68	33.99
	100m: 1:03.06 32.57	300m: 3:15.99	33.41	500m: 5:31.48	33.84	700m: 7:48.43	34.75
	150m: 1:36.14 33.08	350m: 3:49.77	33.78	550m: 6:05.48	34.00	750m: 8:22.61	34.18
	200m: 2:09.17 33.03	400m: 4:23.74	33.97	600m: 6:39.69	34.21	800m: 8:55.79	33.18
2.	ROSA Mafalda Sofia	03	Rio Maior	<b>9:07.18</b>	+0,81	695	
	50m: 31.35 31.35	250m: 2:47.33	34.48	450m: 5:05.50	34.54	650m: 7:23.89	34.67
	100m: 1:04.55 33.20	300m: 3:21.94	34.61	500m: 5:39.95	34.45	700m: 7:58.36	34.47
	150m: 1:38.66 34.11	350m: 3:56.63	34.69	550m: 6:14.56	34.61	750m: 8:33.24	34.88
	200m: 2:12.85 34.19	400m: 4:30.96	34.33	600m: 6:49.22	34.66	800m: 9:07.18	33.94
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>9:19.24</b>	+0,82	651	
	50m: 32.16 32.16	250m: 2:51.91	35.31	450m: 5:13.74	35.49	650m: 7:35.53	35.39
	100m: 1:06.70 34.54	300m: 3:27.35	35.44	500m: 5:49.07	35.33	700m: 8:11.10	35.57
	150m: 1:41.55 34.85	350m: 4:02.73	35.38	550m: 6:24.58	35.51	750m: 8:45.66	34.56
	200m: 2:16.60 35.05	400m: 4:38.25	35.52	600m: 7:00.14	35.56	800m: 9:19.24	33.58
4.	RAMOS Ana Rita	02	Porto	<b>9:19.45</b>	+0,80	650	
	50m: 31.85 31.85	250m: 2:50.15	35.36	450m: 5:12.86	35.80	650m: 7:35.17	35.58
	100m: 1:05.77 33.92	300m: 3:25.37	35.22	500m: 5:48.03	35.17	700m: 8:11.03	35.86
	150m: 1:40.03 34.26	350m: 4:01.05	35.68	550m: 6:23.94	35.91	750m: 8:46.04	35.01
	200m: 2:14.79 34.76	400m: 4:37.06	36.01	600m: 6:59.59	35.65	800m: 9:19.45	33.41
5.	PIRES Marta Joao	05	Alges	<b>9:21.20</b>	+0,75	644	
	50m: 31.46 31.46	250m: 2:52.49	35.34	450m: 5:14.12	35.34	650m: 7:36.50	35.26
	100m: 1:06.53 35.07	300m: 3:27.74	35.25	500m: 5:49.86	35.74	700m: 8:12.22	35.72
	150m: 1:41.59 35.06	350m: 4:03.05	35.31	550m: 6:25.47	35.61	750m: 8:47.15	34.93
	200m: 2:17.15 35.56	400m: 4:38.78	35.73	600m: 7:01.24	35.77	800m: 9:21.20	34.05
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>9:21.98</b>	+0,79	641	
	50m: 32.04 32.04	250m: 2:51.70	35.43	450m: 5:13.76	35.55	650m: 7:37.56	36.01
	100m: 1:06.23 34.19	300m: 3:27.00	35.30	500m: 5:49.47	35.71	700m: 8:13.45	35.89
	150m: 1:41.09 34.86	350m: 4:02.61	35.61	550m: 6:25.80	36.33	750m: 8:48.44	34.99
	200m: 2:16.27 35.18	400m: 4:38.21	35.60	600m: 7:01.55	35.75	800m: 9:21.98	33.54

Prova 40, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>9:35.93</b>	+0,77	596	
	50m: 31.83 31.83	250m: 2:53.65	36.19	450m: 5:20.64	36.97	650m: 7:48.24	36.59
	100m: 1:06.36 34.53	300m: 3:29.90	36.25	500m: 5:57.54	36.90	700m: 8:24.78	36.54
	150m: 1:41.63 35.27	350m: 4:06.51	36.61	550m: 6:34.78	37.24	750m: 9:01.14	36.36
	200m: 2:17.46 35.83	400m: 4:43.67	37.16	600m: 7:11.65	36.87	800m: 9:35.93	34.79
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:40.62</b>	+0,80	582	
	50m: 32.66 32.66	250m: 2:58.74	37.34	450m: 5:26.74	36.89	650m: 7:53.72	36.50
	100m: 1:08.23 35.57	300m: 3:35.61	36.87	500m: 6:03.56	36.82	700m: 8:30.21	36.49
	150m: 1:44.83 36.60	350m: 4:12.90	37.29	550m: 6:40.41	36.85	750m: 9:06.10	35.89
	200m: 2:21.40 36.57	400m: 4:49.85	36.95	600m: 7:17.22	36.81	800m: 9:40.62	34.52
9.	AMORIM Maria Leonor	03	Porto	<b>9:40.79</b>	+0,81	581	
	50m: 32.35 32.35	250m: 2:55.04	36.15	450m: 5:22.69	37.22	650m: 7:52.18	37.31
	100m: 1:07.38 35.03	300m: 3:31.81	36.77	500m: 6:00.30	37.61	700m: 8:29.47	37.29
	150m: 1:42.70 35.32	350m: 4:08.30	36.49	550m: 6:37.28	36.98	750m: 9:06.48	37.01
	200m: 2:18.89 36.19	400m: 4:45.47	37.17	600m: 7:14.87	37.59	800m: 9:40.79	34.31
DNS	LOPES Daniela Magalhaes	05	Famalicao				

Prova 41  
20-12-2020 - 16:00

Masc., 400m Livres

Absoluto  
Resultados

RN Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Jun 18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
RN Jun 17	3:57.15	SANTA Gustavo Manuel	POR	Helsingia (FIN)	14-07-2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003
S6	5:18.61	VIDEIRA Daniel Carlos	POR	Londres (GBR)	09-09-2019
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S11	5:02.55	MENESES Marco Ribeiro	CRASTO	Rio Maior	25-01-2020
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019

JO-Para S8: 5:08.98; S9: 4:29.80; S11: 5:23.76 / CEJun\_Masc 15 - 18: 4:01.28 / CEPL 12 +: 3:51.98 / JO : 3:46.78

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	LOPES Jose Paulo	00	Braga	<b>3:55.02</b>	+0,67	821	
	50m: 27.08 27.08	150m: 1:26.63 30.04	250m: 2:26.77 29.89	350m: 3:26.30 29.61			
	100m: 56.59 29.51	200m: 1:56.88 30.25	300m: 2:56.69 29.92	400m: 3:55.02 28.72			
2.	VELOSO Tomas Miguel	96	Nautico Academico	<b>3:57.59</b>	+0,62	794	
	50m: 27.52 27.52	150m: 1:27.36 30.08	250m: 2:27.54 30.00	350m: 3:27.82 30.07			
	100m: 57.28 29.76	200m: 1:57.54 30.18	300m: 2:57.75 30.21	400m: 3:57.59 29.77			
3.	MOGNE Igor Araujo	96	Sporting	<b>3:58.01</b>	+0,76	790	
	50m: 27.28 27.28	150m: 1:27.18 30.03	250m: 2:27.71 30.19	350m: 3:28.38 30.34			
	100m: 57.15 29.87	200m: 1:57.52 30.34	300m: 2:58.04 30.33	400m: 3:58.01 29.63			
4.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	<b>3:59.18</b>	+0,72	778	
	50m: 27.78 27.78	150m: 1:28.14 30.34	250m: 2:28.90 30.27	350m: 3:29.60 30.36			
	100m: 57.80 30.02	200m: 1:58.63 30.49	300m: 2:59.24 30.34	400m: 3:59.18 29.58			
5.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:05.07</b>	+0,68	724	
	50m: 27.92 27.92	150m: 1:29.16 30.91	250m: 2:31.79 31.20	350m: 3:34.40 31.01			
	100m: 58.25 30.33	200m: 2:00.59 31.43	300m: 3:03.39 31.60	400m: 4:05.07 30.67			
6.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:05.63</b>	+0,90	719	
	50m: 28.27 28.27	150m: 1:29.62 30.86	250m: 2:31.71 31.07	350m: 3:34.77 31.55			
	100m: 58.76 30.49	200m: 2:00.64 31.02	300m: 3:03.22 31.51	400m: 4:05.63 30.86			
7.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:11.03</b>	+0,80	673	
	50m: 28.51 28.51	150m: 1:31.52 31.98	250m: 2:35.82 32.19	350m: 3:40.19 32.25			
	100m: 59.54 31.03	200m: 2:03.63 32.11	300m: 3:07.94 32.12	400m: 4:11.03 30.84			
8.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:11.65</b>	+0,66	668	
	50m: 29.53 29.53	150m: 1:34.61 32.61	250m: 2:37.59 31.55	350m: 3:41.22 31.75			
	100m: 1:02.00 32.47	200m: 2:06.04 31.43	300m: 3:09.47 31.88	400m: 4:11.65 30.43			

Prova 41, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CARVALHO Daniel Luis	02	Braga	<b>4:15.52</b>	+0,76	638	
	50m: 28.93 28.93	150m: 1:33.52	32.67	250m: 2:38.68	32.36	350m: 3:43.72	32.63
	100m: 1:00.85 31.92	200m: 2:06.32	32.80	300m: 3:11.09	32.41	400m: 4:15.52	31.80
DNS	GOMES Sebastiao Mendes	00	Laranjeiro				
EXH	CRUZ Miguel Duarte	99	S15 Belenenses	<b>4:28.84</b>	+0,66	548	
	<i>Rec Nac Adaptada</i>						
	50m: 30.91 30.91	150m: 1:39.25	34.41	250m: 2:47.82	34.22	350m: 3:56.35	34.12
	100m: 1:04.84 33.93	200m: 2:13.60	34.35	300m: 3:22.23	34.41	400m: 4:28.84	32.49
EXH	GRACHAT David Realista	87	S9 GesLoures	<b>4:28.93</b>	+0,78	547	
	<i>Minimos JO-Para</i>						
	50m: 31.16 31.16	150m: 1:39.09	34.22	250m: 2:47.84	34.38	350m: 3:55.82	33.41
	100m: 1:04.87 33.71	200m: 2:13.46	34.37	300m: 3:22.41	34.57	400m: 4:28.93	33.11
EXH	MENESES Marco Ribeiro	01	S11 O Crasto	<b>4:59.64</b>	+0,85	396	
	<i>Rec Nac Adaptada, Minimos JO-Para</i>						
	50m: 32.14 32.14	150m: 1:46.72	37.90	250m: 3:04.18	38.47	350m: 4:22.49	38.82
	100m: 1:08.82 36.68	200m: 2:25.71	38.99	300m: 3:43.67	39.49	400m: 4:59.64	37.15
EXH	VIDEIRA Daniel Carlos	92	S6 GesLoures	<b>5:40.73</b>	+0,84	269	
	50m: 39.53 39.53	150m: 2:08.22	44.54	250m: 3:35.14	43.56	350m: 5:00.43	42.24
	100m: 1:23.68 44.15	200m: 2:51.58	43.36	300m: 4:18.19	43.05	400m: 5:40.73	40.30

Prova 42  
20-12-2020 - 16:10

Femin., 200m Livres

Absoluto  
Resultados

RN Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Jun 17	2:03.18	SOUSA Ana Reis	SAD	Coimbra	07-04-2019
RN Jun 16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
RN Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
RN Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014
RN Inf A	2:10.86	FRAZAO Alexandra Couto	CNA	Oeiras	11-04-2015
RN Inf B	2:12.20	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

CEJun\_Fem 14 - 17: 2:04.90 / CEPL Abs: 2:00.09 / JO : 1:57.28

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:02.97</b>	+0,70	775	
	50m: 28.68 28.68	100m: 59.57	30.89	150m: 1:31.54	31.97	200m: 2:02.97	31.43
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>2:04.22</b>	+0,68	752	
	50m: 28.92 28.92	100m: 1:00.01	31.09	150m: 1:32.45	32.44	200m: 2:04.22	31.77
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:05.50</b>	+0,78	729	
	50m: 29.44 29.44	100m: 1:00.93	31.49	150m: 1:32.90	31.97	200m: 2:05.50	32.60
4.	ANDRE Leticia Maia	02	Benfica	<b>2:07.71</b>	+0,71	692	
	50m: 28.22 28.22	100m: 59.33	31.11	150m: 1:32.71	33.38	200m: 2:07.71	35.00
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>2:09.43</b>	+0,75	665	
	50m: 29.64 29.64	100m: 1:01.84	32.20	150m: 1:35.57	33.73	200m: 2:09.43	33.86
6.	PIRES Marta Joao	05	Alges	<b>2:09.57</b>	+0,67	662	
	50m: 29.32 29.32	100m: 1:01.78	32.46	150m: 1:35.83	34.05	200m: 2:09.57	33.74
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>2:12.65</b>	+0,76	617	
	50m: 30.46 30.46	100m: 1:03.74	33.28	150m: 1:38.35	34.61	200m: 2:12.65	34.30
8.	COELHO Maria Leonor	06	Benfica	<b>2:19.97</b>	+0,87	525	
	50m: 31.68 31.68	100m: 1:06.74	35.06	150m: 1:44.42	37.68	200m: 2:19.97	35.55
DNS	PIMENTA Margarida Sobral	99	Belenenses				
DNS	MOURA Maria Ferreira	04	Sporting				



Prova 43  
20-12-2020 - 16:15

Masc., 200m Costas

Absoluto  
Resultados

RN Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Jun 18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25-08-2019
RN Jun 17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15-07-2005
RN Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
RN Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013
RN Inf A	2:14.56	RIBAS Alexandre Lages	EDV	Lisboa	23-07-2011
RN Inf B	2:20.07	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	13-07-2013

CEJun\_Masc 15 - 18: 2:04.74 / CEPL 12 +: 1:59.93 / JO : 1:57.50

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio	98	Sporting	<b>2:01.17</b>	+0,63	788	
	50m: 28.11 28.11	100m: 59.56	31.45	150m: 1:30.90	31.34	200m: 2:01.17	30.27
2.	FERNANDES Joao Diogo	98	Belenenses	<b>2:12.62</b>	+0,67	601	
	50m: 30.44 30.44	100m: 1:03.65	33.21	150m: 1:38.09	34.44	200m: 2:12.62	34.53
3.	CORREIA Joao Mota	97	Benfica	<b>2:12.68</b>	+0,74	600	
	50m: 30.35 30.35	100m: 1:03.68	33.33	150m: 1:38.26	34.58	200m: 2:12.68	34.42
4.	BATE Miguel Ribeiro	99	Alges	<b>2:12.83</b>	+0,58	598	
	50m: 30.66 30.66	100m: 1:04.98	34.32	150m: 1:39.29	34.31	200m: 2:12.83	33.54
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	<b>2:15.08</b>	+0,64	568	
	50m: 30.41 30.41	100m: 1:05.28	34.87	150m: 1:40.62	35.34	200m: 2:15.08	34.46
6.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	<b>2:16.34</b>	+0,66	553	
	50m: 31.53 31.53	100m: 1:05.93	34.40	150m: 1:41.30	35.37	200m: 2:16.34	35.04
7.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>2:17.84</b>	+0,63	535	
	50m: 31.45 31.45	100m: 1:06.08	34.63	150m: 1:41.83	35.75	200m: 2:17.84	36.01
8.	MORIM Francisco Emanuel	02	Vilacondense	<b>2:18.71</b>	+0,79	525	
	50m: 31.89 31.89	100m: 1:07.35	35.46	150m: 1:43.95	36.60	200m: 2:18.71	34.76
9.	KOBAYASHI Bruno Shinji	02	Vilacondense	<b>2:22.77</b>	+1,00	481	
	50m: 32.93 32.93	100m: 1:09.15	36.22	150m: 1:46.26	37.11	200m: 2:22.77	36.51
10.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:32.39</b>	+0,55	396	
	50m: 27.00 27.00	100m: 55.25	28.25	150m: 1:48.22	52.97	200m: 2:32.39	44.17

Prova 44  
20-12-2020 - 16:20

Femin., 100m Costas

Absoluto  
Resultados

RN Absoluto	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20-08-2019
RN Sen	1:01.50	AZEVEDO Rafaela Gomes	SAD	Lisboa	08-02-2020
RN Jun 17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20-08-2019
RN Jun 16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
RN Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
RN Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
RN Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011
RN Inf A	1:06.78	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
RN Inf B	1:08.97	FERNANDES Carolina Miranda	CGA	Coimbra	01-07-2017

CEJun\_Fem 14 - 17: 1:04.59 / CEPL Abs: 1:02.11 / JO : 1:00.25

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:01.17</b>	+0,63	833	
	<i>Rec Nac, Minimos CEPL, Sen e Abs</i>						
	50m: 29.61 29.61	100m: 1:01.17	31.56				
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:02.76</b>	+0,63	771	
	50m: 30.40 30.40	100m: 1:02.76	32.36				
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>1:05.10</b>	+0,81	691	
	50m: 31.23 31.23	100m: 1:05.10	33.87				
4.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>1:05.80</b>	+0,64	669	
	50m: 31.59 31.59	100m: 1:05.80	34.21				
5.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>1:07.10</b>	+0,70	631	
	50m: 32.58 32.58	100m: 1:07.10	34.52				
6.	RODRIGUES Luana Correia	01	Belenenses	<b>1:09.95</b>	+0,56	557	
	50m: 33.86 33.86	100m: 1:09.95	36.09				
7.	CRUZ Sara Moura	03	Alges	<b>1:11.78</b>	+0,64	515	
	50m: 35.01 35.01	100m: 1:11.78	36.77				
8.	RODRIGUES Sofia Vilardell	04	GesLoures	<b>1:12.00</b>	+0,84	511	
	50m: 33.80 33.80	100m: 1:12.00	38.20				
9.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>1:12.41</b>	+0,61	502	
	50m: 34.80 34.80	100m: 1:12.41	37.61				
10.	LAGOA Carlota Macedo	05	Ba-Leiria	<b>1:12.51</b>	+0,59	500	
	50m: 35.16 35.16	100m: 1:12.51	37.35				

Prova 45  
20-12-2020 - 16:20

Masc., 200m Bruços

Absoluto  
Resultados

RN Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Jun 18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
RN Jun 17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
RN Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
RN Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006
RN Inf A	2:32.07	CARNEIRO Joao Soares	SLB	Loulé	15-07-2017
RN Inf B	2:38.94	SOUZA Duarte Anastacio	CAC	Oeiras	19-07-2015

CEJun\_Masc 15 - 18: 2:19.25 / CEPL 12 +: 2:13.89 / JO : 2:10.35

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	<b>2:20.32</b>	+0,83	726	
	50m: 31.08 31.08	100m: 1:05.81	34.73	150m: 1:42.25	36.44	200m: 2:20.32	38.07
2.	MENDES Antonio Manuel	99	Sporting	<b>2:21.85</b>	+0,81	702	
	50m: 32.11 32.11	100m: 1:07.79	35.68	150m: 1:44.50	36.71	200m: 2:21.85	37.35
3.	VITAL Joao Alexandre	98	Sporting	<b>2:24.56</b>	+0,68	664	
	50m: 32.70 32.70	100m: 1:09.11	36.41	150m: 1:46.43	37.32	200m: 2:24.56	38.13
4.	FRISCHKNECHT Renato Barros	01	Alges	<b>2:24.60</b>	+0,64	663	
	50m: 31.16 31.16	100m: 1:08.71	37.55	150m: 1:46.19	37.48	200m: 2:24.60	38.41
	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:24.60</b>	+0,69	663	
	50m: 32.86 32.86	100m: 1:09.78	36.92	150m: 1:47.33	37.55	200m: 2:24.60	37.27
6.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>2:28.62</b>	+0,82	611	
	50m: 33.45 33.45	100m: 1:11.47	38.02	150m: 1:49.99	38.52	200m: 2:28.62	38.63
7.	VARGAS Joao Manuel	00	Benfica	<b>2:31.49</b>	+0,63	577	
	50m: 32.99 32.99	100m: 1:11.04	38.05	150m: 1:51.09	40.05	200m: 2:31.49	40.40
8.	CATALAO Daniel Nogueira	00	Benfica	<b>2:34.51</b>	+0,69	543	
	50m: 35.06 35.06	100m: 1:13.52	38.46	150m: 1:52.85	39.33	200m: 2:34.51	41.66
9.	QUINTAS Francisco Robalo	95	Sporting	<b>2:40.20</b>	+0,66	487	
	50m: 28.59 28.59	100m: 1:01.93	33.34	150m: 1:54.19	52.26	200m: 2:40.20	46.01
DSQ	PLAZA Jaime Morote	97	Louletano / Loule Concelho				
	<i>SW 7.2 - O (a) atleta não efectuou o ciclo completo de braçada seguida de pernada de bruços</i>						

Prova 46  
20-12-2020 - 16:25

Femin., 100m Bruços

Absoluto  
Resultados

RN Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Jun 17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
RN Jun 16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
RN Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
RN Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010
RN Inf A	1:15.49	RODRIGUES Ana Pinho	AEJ	Coimbra	08-07-2007
RN Inf B	1:18.66	PEREIRA Clara Gomes	SAD	Loulé	20-07-2014
S9	1:25.42	PINTO Renata Vaz	POR	Londres (GBR)	14-09-2019

JO-Para S9: 1:24.68 / CEJun\_Fem 14 - 17: 1:11.31 / CEPL Abs: 1:08.56 / JO : 1:07.07

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	KAMINSKAYA Victoria	95	Benfica	<b>1:09.95</b>	+0,74	770	
	50m: 33.50 33.50	100m: 1:09.95	36.45				
2.	PEREIRA Raquel Gomes	00	Benfica	<b>1:10.41</b>	+0,70	755	
	50m: 33.09 33.09	100m: 1:10.41	37.32				
3.	PEREIRA Clara Gomes	02	Alges	<b>1:14.19</b>	+0,74	645	
	50m: 35.42 35.42	100m: 1:14.19	38.77				
4.	BORGES Claudia Ferreira	99	Sporting	<b>1:14.29</b>	+0,66	643	
	50m: 35.75 35.75	100m: 1:14.29	38.54				
5.	CERDEIRA Madalena Reis	03	Sporting	<b>1:14.32</b>	+0,79	642	
	50m: 35.62 35.62	100m: 1:14.32	38.70				
6.	CASTRO Maria Freitas	03	Vitoria Guimaraes	<b>1:14.69</b>	+0,72	632	
	50m: 35.41 35.41	100m: 1:14.69	39.28				
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:16.40</b>	+0,81	591	
	50m: 36.26 36.26	100m: 1:16.40	40.14				
8.	SILVA Natacha Sofia	02	Benfica	<b>1:24.99</b>	+0,80	429	
	50m: 39.58 39.58	100m: 1:24.99	45.41				
DNS	NUNES Margarida Domingues	05	Sporting				
DNS	REBELO Maria Carlota	03	Louzan Natacao/EFAPPEL				
EXH	PINTO Renata Vaz	99	SB9 ADADA Porto	<b>1:28.65</b>	+0,82	378	
	50m: 42.02 42.02	100m: 1:28.65	46.63				

Prova 47  
20-12-2020 - 17:10

Masc., 100m Livres

Absoluto  
Resultados

RN Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
RN Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
RN Jun 18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
RN Jun 17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
RN Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
RN Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04-08-2019
RN Inf A	55.53	FERRO David Miguel	SFUAP	Campanhã	26-07-1998
RN Inf B	58.47	NUNES Joao Magalhaes	CNA	Rio Maior	22-07-2012
S9	57.41	CAETANO Gino Santos	POR	Londres (GBR)	09-09-2019
S15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

CEPL 12 +: 49.55 / CEJun\_Masc 15 - 18: 51.54 / JO : 48.57

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>49.04</b>	+0,64	875	
	<i>Rec Nac, Minimos CEPL, Sen e Abs</i>						
	50m:	23.09	23.09	100m:	49.04	25.95	
2.	GUTIERREZ Juan Francisco Segur	94	Louletano / Loule Concelho	<b>50.79</b>	+0,58	787	
	50m:	23.90	23.90	100m:	50.79	26.89	
3.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>51.17</b>	+0,67	770	
	<i>Minimos CEJun</i>						
	50m:	24.43	24.43	100m:	51.17	26.74	
4.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	<b>52.03</b>	+0,82	732	
	50m:	25.08	25.08	100m:	52.03	26.95	
5.	PADRELA Joao Esteves	99	Belenenses	<b>52.56</b>	+0,67	710	
	50m:	25.35	25.35	100m:	52.56	27.21	
6.	LEBRE Diogo Ramos	01	Benfica	<b>52.95</b>	+0,67	695	
	50m:	24.72	24.72	100m:	52.95	28.23	
7.	RODRIGUES Tiago Moura	03	CLIP Teams	<b>53.79</b>	+0,69	663	
	50m:	25.42	25.42	100m:	53.79	28.37	
8.	MACHADO Francisco Carvalho	98	Alges	<b>53.87</b>	+0,65	660	
	50m:	25.47	25.47	100m:	53.87	28.40	
9.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	<b>53.97</b>	+0,83	656	
	50m:	25.83	25.83	100m:	53.97	28.14	
10.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>54.44</b>	+0,75	639	
	50m:	26.05	26.05	100m:	54.44	28.39	

Prova 47, Masc., 100m Livres

EXH	BELEZAS Ricardo Andrade	91	S15	Sporting	<b>1:00.96</b>	+0,78	455
	50m: 30.01 30.01	100m: 1:00.96	30.95				
EXH	CAETANO Gino Santos	94	S9	Galitos/ Bresimar	<b>1:13.10</b>	+0,88	264
	50m: 27.06 27.06	100m: 1:13.10	46.04				

Prova 48

Femin., 50m Livres

Absoluto

20-12-2020 - 17:15

Resultados

RN Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Jun 17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
RN Jun 16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
RN Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
RN Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
RN Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
RN Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	15-06-2017
S9	29.17	VEIGA Susana Pereira	POR	Londres (GBR)	15-09-2019

CEJun\_Fem 14 - 17: 26.33 / CEPL Abs: 25.32 / JO : 24.77

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	ANDRE Leticia Maia	02	Benfica	<b>26.68</b>	+0,66	698	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>26.95</b>	+0,80	677	
	VIEGAS Beatriz Mendes	00	Sporting	<b>26.95</b>	+0,65	677	
4.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>27.12</b>	+0,69	664	
5.	CASTRO Adriana Daniela	97	Leixoes	<b>27.34</b>	+0,70	648	
6.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>27.41</b>	+0,69	643	
7.	PINTO Mafalda Marques	02	Sporting	<b>27.46</b>	+0,81	640	
8.	MELO Sara Carreira	05	GesLoures	<b>27.96</b>	+0,69	606	
9.	NUNES Sofia Alexandra	00	Laranjeiro	<b>28.01</b>	+0,77	603	
10.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>28.23</b>	+0,71	589	
EXH	VEIGA Susana Pereira	00	S9 Colegio Vasco da Gama	<b>29.79</b>	+0,84	501	

Prova 49  
20-12-2020 - 17:15

Masc., 100m Mariposa

Absoluto  
Resultados

RN Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Jun 18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
RN Jun 17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
RN Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal	03-08-2019
RN Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal	03-08-2019
RN Inf A	59.19	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	1:03.64	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	22-07-2000
S15	59.56	NEVES Tiago Correia	POR	São Paulo (BRA)	27-08-2019

CEPL 12 +: 53.12 / CEJun\_Masc 15 - 18: 55.25 / JO : 51.96

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARVALHO Diogo Filipe	88	Galitos/ Bresimar	<b>54.81</b>	+0,66	736	
	50m: 25.81 25.81	100m: 54.81	29.00				
2.	SANTOS Pedro Andre	94	Alges	<b>54.91</b>	+0,66	732	
	50m: 25.70 25.70	100m: 54.91	29.21				
3.	RAMOS Bruno Miguel	97	Belenenses	<b>55.84</b>	+0,68	696	
	50m: 26.43 26.43	100m: 55.84	29.41				
4.	CORDEIRO Tiago Roberto	00	Benfica	<b>56.00</b>	+0,65	690	
	50m: 26.63 26.63	100m: 56.00	29.37				
5.	MOGNE Igor Araujo	96	Sporting	<b>56.49</b>	+0,72	672	
	50m: 26.41 26.41	100m: 56.49	30.08				
6.	DOMINGOS Ruy Manuel	02	Sporting	<b>56.98</b>	+0,68	655	
	50m: 26.84 26.84	100m: 56.98	30.14				
7.	GORDO Salvador Vieira	03	Sporting	<b>57.11</b>	+0,62	651	
	50m: 26.70 26.70	100m: 57.11	30.41				
8.	CARVALHO Andre Antunes	96	Sporting	<b>57.89</b>	+0,78	625	
	50m: 27.55 27.55	100m: 57.89	30.34				
9.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>59.29</b>	+0,81	581	
	50m: 27.09 27.09	100m: 59.29	32.20				
10.	REIS Rodrigo Miguel	04	Ba-Leiria	<b>1:01.26</b>	+0,72	527	
	50m: 27.47 27.47	100m: 1:01.26	33.79				
EXH	NEVES Tiago Correia	97	S15 Belenenses	<b>1:00.93</b>	+0,71	536	
	50m: 28.39 28.39	100m: 1:00.93	32.54				

Prova 50  
20-12-2020 - 17:20

Femin., 200m Mariposa

Absoluto  
Resultados

RN Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Jun 17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
RN Jun 16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
RN Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
RN Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004
RN Inf A	2:25.32	MIGUEL Susana Patricia	SFUAP	Restelo	05-07-2003
RN Inf B	2:28.92	FERNANDES Carolina Miranda	CGA	Coimbra	09-07-2017

CEPL Abs: 2:11.79 / CEJun\_Fem 14 - 17: 2:17.07 / JO : 2:08.43

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina <i>Minimos CEPL</i>	93	Vilacondense	<b>2:11.64</b>	+0,71	792	
	50m: 29.71 29.71	100m: 1:02.56	32.85	150m: 1:36.91	34.35	200m: 2:11.64	34.73
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:13.44</b>	+0,74	760	
	50m: 30.34 30.34	100m: 1:03.75	33.41	150m: 1:38.24	34.49	200m: 2:13.44	35.20
3.	MOURA Maria Ferreira	04	Sporting	<b>2:19.81</b>	+0,75	661	
	50m: 30.43 30.43	100m: 1:05.02	34.59	150m: 1:41.69	36.67	200m: 2:19.81	38.12
4.	GRAVETO Ana Raquel	02	Benfica	<b>2:21.18</b>	+0,82	642	
	50m: 31.80 31.80	100m: 1:07.84	36.04	150m: 1:44.68	36.84	200m: 2:21.18	36.50
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:25.85</b>	+0,78	582	
	50m: 31.71 31.71	100m: 1:08.64	36.93	150m: 1:47.09	38.45	200m: 2:25.85	38.76
6.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>2:28.21</b>	+0,74	555	
	50m: 32.41 32.41	100m: 1:10.06	37.65	150m: 1:48.18	38.12	200m: 2:28.21	40.03
7.	DOMINGUES Luana Pinto	03	Ba-Leiria	<b>2:29.35</b>	+0,60	542	
	50m: 32.09 32.09	100m: 1:08.71	36.62	150m: 1:48.32	39.61	200m: 2:29.35	41.03
8.	MATOS Ana Rita	02	Belenenses	<b>2:29.49</b>	+0,76	541	
	50m: 32.36 32.36	100m: 1:09.38	37.02	150m: 1:48.48	39.10	200m: 2:29.49	41.01
9.	SILVA Ana Francisca	06	Alcobaca	<b>2:30.11</b>	+0,86	534	
	50m: 32.54 32.54	100m: 1:09.61	37.07	150m: 1:48.79	39.18	200m: 2:30.11	41.32
10.	MORGADO Alice Jesus	04	Sporting	<b>2:33.19</b>	+0,82	502	
	50m: 33.56 33.56	100m: 1:12.76	39.20	150m: 1:52.30	39.54	200m: 2:33.19	40.89



Prova 51  
20-12-2020 - 17:25

Masc., 200m Estilos

Absoluto  
Resultados

RN Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Jun 18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
RN Jun 17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
RN Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
RN Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:16.63	RIBAS Alexandre Lages	EDV	Lisboa	24-07-2011
RN Inf B	2:22.36	RUIVO Andre Vilas	DNMG	Coimbra	23-06-2013
S15	2:16.25	NEVES Tiago Correia	POR	Lublin (POL)	03-07-2018

JO-Para S8: 2:51.39 / CEJun\_Masc 15 - 18: 2:07.06 / CEPL 12 +: 2:02.17 / JO : 1:59.67

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absoluto</b>							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:00.02</b>	+0,67	856	
	<i>Minimos CEPL</i>						
	50m: 26.02 26.02	100m: 55.86 29.84	150m: 1:30.35 34.49	200m: 2:00.02 29.67			
2.	SANTOS Alexis Manacas	92	Sporting	<b>2:02.84</b>	+0,77	799	
	50m: 26.45 26.45	100m: 57.77 31.32	150m: 1:32.97 35.20	200m: 2:02.84 29.87			
3.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:06.13</b>	+0,66	738	
	50m: 27.36 27.36	100m: 59.95 32.59	150m: 1:36.50 36.55	200m: 2:06.13 29.63			
4.	DANTAS Diogo Leal	00	Sporting	<b>2:08.25</b>	+0,92	702	
	50m: 26.76 26.76	100m: 1:00.07 33.31	150m: 1:37.28 37.21	200m: 2:08.25 30.97			
5.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:10.75</b>	+0,78	662	
	50m: 27.69 27.69	100m: 1:01.13 33.44	150m: 1:39.07 37.94	200m: 2:10.75 31.68			
6.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>2:12.50</b>	+0,69	636	
	50m: 28.22 28.22	100m: 1:03.21 34.99	150m: 1:42.21 39.00	200m: 2:12.50 30.29			
7.	DINIS Tiago Moises	98	Nautico Academico	<b>2:14.74</b>	+0,98	605	
	50m: 28.99 28.99	100m: 1:03.98 34.99	150m: 1:43.33 39.35	200m: 2:14.74 31.41			
8.	CORREIA Joao Mota	97	Benfica	<b>2:15.67</b>	+0,75	593	
	50m: 28.33 28.33	100m: 1:02.35 34.02	150m: 1:43.97 41.62	200m: 2:15.67 31.70			
9.	CATALAO Daniel Nogueira	00	Benfica	<b>2:20.02</b>	+0,61	539	
	50m: 28.94 28.94	100m: 1:05.40 36.46	150m: 1:46.03 40.63	200m: 2:20.02 33.99			
DSQ	FERNANDES Eduardo Gomes	02	Sporting				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m</i>						

Prova 52  
20-12-2020 - 17:30

Femin., 400m Estilos

Absoluto  
Resultados

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Jun 17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN Jun 16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
RN Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
RN Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49 / JO : 4:38.53

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>4:59.23</b>	+0,73	705	
	50m: 31.85 31.85	150m: 1:46.33	38.52	250m: 3:09.51	45.75	350m: 4:27.55	33.48
	100m: 1:07.81 35.96	200m: 2:23.76	37.43	300m: 3:54.07	44.56	400m: 4:59.23	31.68
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>5:01.17</b>	+0,69	691	
	50m: 31.84 31.84	150m: 1:48.14	39.82	250m: 3:09.96	42.14	350m: 4:27.75	35.14
	100m: 1:08.32 36.48	200m: 2:27.82	39.68	300m: 3:52.61	42.65	400m: 5:01.17	33.42
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:01.24</b>	+0,83	691	
	50m: 30.79 30.79	150m: 1:45.87	40.20	250m: 3:08.88	43.87	350m: 4:28.28	34.52
	100m: 1:05.67 34.88	200m: 2:25.01	39.14	300m: 3:53.76	44.88	400m: 5:01.24	32.96
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>5:02.40</b>	+0,79	683	
	50m: 31.78 31.78	150m: 1:48.25	40.59	250m: 3:12.12	43.93	350m: 4:29.82	34.04
	100m: 1:07.66 35.88	200m: 2:28.19	39.94	300m: 3:55.78	43.66	400m: 5:02.40	32.58
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>5:04.73</b>	+0,72	667	
	50m: 31.50 31.50	150m: 1:48.72	41.35	250m: 3:11.85	42.82	350m: 4:30.60	35.22
	100m: 1:07.37 35.87	200m: 2:29.03	40.31	300m: 3:55.38	43.53	400m: 5:04.73	34.13
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:17.05</b>	+0,82	592	
	50m: 33.37 33.37	150m: 1:56.48	44.25	250m: 3:22.25	43.16	350m: 4:42.26	36.86
	100m: 1:12.23 38.86	200m: 2:39.09	42.61	300m: 4:05.40	43.15	400m: 5:17.05	34.79
7.	RIBEIRO Margarida Messias	98	GeS Loures	<b>5:27.61</b>	+0,72	537	
	50m: 33.10 33.10	150m: 1:55.60	43.69	250m: 3:23.92	45.87	350m: 4:50.14	38.83
	100m: 1:11.91 38.81	200m: 2:38.05	42.45	300m: 4:11.31	47.39	400m: 5:27.61	37.47
8.	LOPES Francisca Macedo	05	Vilacondense	<b>5:31.71</b>	+0,81	517	
	50m: 35.18 35.18	150m: 2:00.89	44.14	250m: 3:30.43	46.54	350m: 4:55.32	37.71
	100m: 1:16.75 41.57	200m: 2:43.89	43.00	300m: 4:17.61	47.18	400m: 5:31.71	36.39
DSQ	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL				
	<i>SW 6.5 - O (a) atleta não chegou na posição dorsal, (percurso costas)</i>						
DNS	VARANDAS Joana Filipa	02	Laranjeiro				