



XXVI Torneio Taça Cidade de Alcobça
Alcobça, 6.1.2024



1 - Jornada com sessão única (tarde)

06.01.2024 - 15:00

Prova 1

Femin., 50m Livres

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 15:00

Resultados

Rec. Nac Open	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Rec. Nac SEN	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Rec. Nac 17	25.42	Carolina Miranda, FERNANDES	CGA	Albufeira	2021
Rec. Nac 16	26.07	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	2021
Rec. Nac JUV A	26.37	Carolina Miranda, FERNANDES	CGA	Albufeira	2019
Rec. Nac JUV B	26.85	Ana Margarida, GUEDES	GCVR	Bragança	2015
Rec. Nac INF A	27.43	Marta Lopes, BRITES	CNPDL	Ponta Delgada	2019
Rec. Nac INF B	27.89	Carolina Miranda, FERNANDES	CGA	Espinho	2017

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Sara Francisco, CRUZ	93 Ba-Leiria	27.02 9.00	611
2. Catarina Andrade, FRANCO	07 Benfica	27.44 7.00	583
3. Leonor Mil, MANO	07 Náutico Académico Coimbra	28.04 6.00	546
4. Ines Mira, PINO	06 Pimpoes/Cimai	28.25 5.00	534
5. Camila Duarte, MARCELO	10 Condeixa Aqua Clube	28.36 4.00	528
6. Cristiana Sofia, DUARTE	07 Academica de Coimbra	29.02 3.00	493
7. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	29.20 2.00	484
8. Ana Claudia, FERREIRA	90 Alcobaca	29.57 1.00	466
9. Tatiana Alexandra, MELNYCHUK	06 Colégio Vasco da Gama	29.86 -	452
10. Leonor Vendima, COELHO	07 CNLeiria	29.90 -	451
11. Rita Borges, SILVA	06 Geslours	30.05 -	444
12. Beatriz Maria, SIMOES	07 Torres Novas	30.73 -	415
13. Leonor Silva, MARTINS	10 Óbidos	31.81 -	374
DNS Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	-	
DNS Maria Vitoria, GRILO	06 Clube União 1919	-	
EXH Beatriz Costa, TEJO	02 Academica de Coimbra	28.17 -	539





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Prova 2

Masc., 50m Livres

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 15:05

Resultados

Rec. Nac Open	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	2022
Rec. Nac SEN	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	2022
Rec. Nac 18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	2012
Rec. Nac 17	23.12	Tiago Andrade, MACHADO	SCA	Felgueiras	2018
Rec. Nac JUV A	23.83	Diogo Matos, RIBEIRO	CUC	Coimbra	2020
Rec. Nac JUV B	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	2009
Rec. Nac INF A	25.30	Joao Cruz, CASTRO	CSM	Funchal	2014
Rec. Nac INF B	26.65	Gabriel Jose, LOPES	CDL	Lousã	2010

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	24.36 9.00	566
2. Guilherme Fernandes, BAPTISTA	06 Benfica	24.59 7.00	551
3. Rodrigo Miguel, REIS	04 Náutico Académico Coimbra	24.68 6.00	545
4. Afonso Dinis, ROQUE	07 CNLeiria	24.77 5.00	539
5. Gustavo Pires, MARQUES	04 Clube União 1919	24.90 4.00	530
6. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	25.40 3.00	500
7. Francisco Xavier, TOMAS	00 Alcobaca	25.83 2.00	475
8. Rafael Filipe, LOPES	06 Geslours	26.01 1.00	465
9. Tomas Pascoal, FERREIRA	09 Ba-Leiria	26.07 -	462
10. Miguel Freitas, OVIEDO	02 Academica de Coimbra	26.21 -	455
11. Tiago Miguel, TRINCAO	06 Torres Novas	26.50 -	440
12. Tomas Santos, BRAGA	07 Colégio Vasco da Gama	26.73 -	429
13. Salvador Correia, PEREIRA	08 Condeixa Aqua Clube	27.05 -	413
14. Afonso Costa, SOARES	07 CP - Ferreira do Zêzere	30.74 -	282
15. Bohdan, ZAPOROZHETS	05 Columbofila Cantanhedense	31.23 -	269
EXH Joao Ferreira, MARQUES	06 Academica de Coimbra	26.24 -	453
EXH Miguel Joao, PINHEIRO	06 Academica de Coimbra	27.37 -	399





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Prova 3 Femin., 200m Bruços GO (SEN+JUN)
06.01.2024 - 15:10 Resultados

Rec. Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac SEN	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	2016
Rec. Nac 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	2015

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 CNLeiria	2:43.52 9.00	557
50m: 37.30 37.30	100m: 1:18.96 41.66	150m: 2:01.21 42.25	200m: 2:43.52 42.31
2. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	2:46.47 7.00	528
50m: 36.82 36.82	100m: 1:19.17 42.35	150m: 2:03.09 43.92	200m: 2:46.47 43.38
3. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	3:06.43 6.00	376
50m: 42.58 42.58	100m: 1:30.79 48.21	150m: 2:20.40 49.61	200m: 3:06.43 46.03
4. Raquel Filipa, JESUS	08 Clube União 1919	3:11.11 5.00	349
50m: 42.11 42.11	100m: 1:30.53 48.42	150m: 2:20.76 50.23	200m: 3:11.11 50.35
DSQ Claudia Beatriz, MARTINS	03 Geslours	-	
A atleta efetuou movimento vertical de pernas, durante o percurso.			
DSQ Rita Borges, SILVA	06 Geslours	-	
A atleta não efetuou o ciclo completo da braçada, seguida de pernada de bruços, na viragem aos 50 metros (SW7.2)			

Prova 3 Femin., 200m Bruços Juvenil A
06.01.2024 - 15:10 Resultados

Rec. Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac JUV A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	2004

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:53.29 9.00	468
50m: 39.25 39.25	100m: 1:22.69 43.44	150m: 2:07.61 44.92	200m: 2:53.29 45.68
2. Alana Costa, MATIAS	09 Clube União 1919	2:55.85 7.00	448
50m: 41.07 41.07	100m: 1:26.12 45.05	150m: 2:11.28 45.16	200m: 2:55.85 44.57
3. Rita Calado, CRUZ	09 Nautico Académico Coimbra	2:57.95 6.00	432
50m: 41.27 41.27	100m: 1:25.46 44.19	150m: 2:11.46 46.00	200m: 2:57.95 46.49





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Alcobaca, 6.1.2024

Prova 3, Femin., 200m Bruços

Prova 3	Femin., 200m Bruços				Juvenil B
06.01.2024 - 15:10					Resultados
Rec. Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac JUV B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	2003
Pontos: FINA 2023					

Lugar			Ano			Tempo final		Pts	
1.	Maria Neto, SIMOES		10	Condeixa Aqua Clube		2:47.61	9.00	517	
	50m: 38.44	38.44	100m: 1:20.87	42.43	150m: 2:04.14	43.27	200m: 2:47.61	43.47	
2.	Leonor Pereira, SILVA		10	Óbidos		3:04.68	7.00	386	
	50m: 40.20	40.20	100m: 1:26.87	46.67	150m: 2:15.55	48.68	200m: 3:04.68	49.13	
3.	Mariana Bernardo, SILVESTRE		10	Náutico Académico Coimbra		3:07.71	6.00	368	
	50m: 42.60	42.60	100m: 1:30.23	47.63	150m: 2:19.44	49.21	200m: 3:07.71	48.27	
4.	Vida Sofia, VELEZ		10	Ba-Leiria		3:08.59	5.00	363	
	50m: 43.20	43.20	100m: 1:32.28	49.08	150m: 2:20.95	48.67	200m: 3:08.59	47.64	
5.	Luana Filipe, REIS		10	Alcobaca		3:12.66	4.00	340	
	50m: 41.92	41.92	100m: 1:30.53	48.61	150m: 2:21.34	50.81	200m: 3:12.66	51.32	
6.	Leonor Mosca, SILVA		10	Cumbofilha Cantanhedense		3:13.99	3.00	333	
	50m: 44.40	44.40	100m: 1:33.40	49.00	150m: 2:23.56	50.16	200m: 3:13.99	50.43	
7.	Francisca Maria, ESTEVES		10	Colégio Vasco da Gama		3:22.11	2.00	295	
	50m: 45.88	45.88	100m: 1:37.67	51.79	150m: 2:30.00	52.33	200m: 3:22.11	52.11	

Prova 3	Femin., 200m Bruços				Infantil A
06.01.2024 - 15:10					Resultados
Rec. Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac INF A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	2015
Pontos: FINA 2023					

Lugar			Ano			Tempo final		Pts	
1.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande		3:13.14	9.00	338	
	50m: 44.70	44.70	100m: 1:35.80	51.10	150m: 2:24.86	49.06	200m: 3:13.14	48.28	
2.	Joana Cura, NEVES		11	Condeixa Aqua Clube		3:13.48	7.00	336	
	50m: 45.75	45.75	100m: 1:34.61	48.86	150m: 2:24.01	49.40	200m: 3:13.48	49.47	
3.	Francisca Moreira, FELICIANO		11	Alcobaca		3:19.95	6.00	304	
	50m: 44.14	44.14	100m: 1:34.63	50.49	150m: 2:27.04	52.41	200m: 3:19.95	52.91	
4.	Maria Fatima, PAGANI		11	Bombeiros Estoris		3:20.22	5.00	303	
	50m: 46.06	46.06	100m: 1:36.79	50.73	150m: 2:29.38	52.59	200m: 3:20.22	50.84	
5.	Sara Ferreira, SANTOS		11	Cumbofilha Cantanhedense		3:32.66	4.00	253	
	50m: 48.35	48.35	100m: 1:42.57	54.22	150m: 2:38.13	55.56	200m: 3:32.66	54.53	
6.	Kelly Simao, COSTA		11	Óbidos		3:40.07	3.00	228	
	50m: 49.44	49.44	100m: 1:44.46	55.02	150m: 2:41.86	57.40	200m: 3:40.07	58.21	





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Prova 3, Femin., 200m Bruços, Infantil A

Lugar	Ano	Tempo final	Pts
7. Carolina Reis, LOPES	11 Torres Novas	3:41.63 2.00	223
50m: 50.71 50.71	100m: 1:47.63 56.92	150m: 2:45.36 57.73	200m: 3:41.63 56.27
8. Nicole Magali, GRACA	11 Colégio Vasco da Gama	3:45.56 1.00	212
50m: 52.16 52.16	100m: 1:49.94 57.78	150m: 2:47.07 57.13	200m: 3:45.56 58.49

Prova 3 Femin., 200m Bruços Infantil B
06.01.2024 - 15:10 Resultados

Rec. Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	2019
Rec. Nac INF B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	2014

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Simoes, SOUSA	12 Náutico Académico Coimbra	3:16.84 9.00	319
50m: 45.64 45.64	100m: 1:35.69 50.05	150m: 2:26.45 50.76	200m: 3:16.84 50.39
2. Laura Krempel, VARELA	12 Pimpoes/Cimai	3:21.36 7.00	298
50m: 46.19 46.19	100m: 1:38.73 52.54	150m: 2:32.24 53.51	200m: 3:21.36 49.12
3. Emma, AVRAMESCU	12 Nautico Marinha Grande	3:21.90 6.00	296
50m: 45.46 45.46	100m: 1:37.94 52.48	150m: 2:31.37 53.43	200m: 3:21.90 50.53
4. Maria Ines, ANTUNES	12 Benfica	3:28.55 5.00	268
50m: 47.30 47.30	100m: 1:39.43 52.13	150m: 2:33.03 53.60	200m: 3:28.55 55.52
5. Mafalda Varela, BERNARDINO	12 Alcobaca	3:32.43 4.00	254
50m: 47.54 47.54	100m: 1:41.15 53.61	150m: 2:36.77 55.62	200m: 3:32.43 55.66
6. Beatriz Julio, CORREIA	12 CNLeiria	3:40.08 3.00	228
50m: 49.63 49.63	100m: 1:47.20 57.57	150m: 2:45.06 57.86	200m: 3:40.08 55.02
7. Maria Leonor, FERREIRA	12 Óbidos	3:48.53 2.00	204
50m: 51.79 51.79	100m: 1:50.68 58.89	150m: 2:50.13 59.45	200m: 3:48.53 58.40
8. Barbara Serrano, LOMBA	12 Ba-Leiria	4:05.91 1.00	163
50m: 54.88 54.88	100m: 1:57.32 1:02.44	150m: 3:01.04 1:03.72	200m: 4:05.91 1:04.87
EXH Rita Rocha, SILVA	08 Alcobaca	2:54.16 -	461
50m: 39.66 39.66	100m: 1:23.49 43.83	150m: 2:08.45 44.96	200m: 2:54.16 45.71
EXH Elisa Henriques, SOUTO	10 Óbidos	3:08.72 -	362
50m: 42.15 42.15	100m: 1:29.58 47.43	150m: 2:19.21 49.63	200m: 3:08.72 49.51





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Alcobça, 6.1.2024

Prova 4					Masc., 200m Bruços		GO (SEN+JUN)	
06.01.2024 - 15:32							Resultados	
Rec. Nac Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)			2012	
Rec. Nac SEN	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)			2012	
Rec. Nac 18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto			2014	
Rec. Nac 17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal			2016	

Pontos: FINA 2023

Lugar				Ano				Tempo final				Pts
1.	Joaquim Agra, MERUJE	01	Academica de Coimbra	2:23.82	9.00	583						
	50m: 32.22 32.22	100m: 1:08.28 36.06	150m: 1:45.78 37.50	200m: 2:23.82 38.04								
2.	Vasco Pereira, BASTOS	02	Náutico Académico Coimbra	2:31.62	7.00	497						
	50m: 34.41 34.41	100m: 1:12.10 37.69	150m: 1:50.75 38.65	200m: 2:31.62 40.87								
3.	Bernardo Nunes, DOMINGUEZ	07	Ba-Leiria	2:36.94	6.00	448						
	50m: 36.33 36.33	100m: 1:16.12 39.79	150m: 1:56.40 40.28	200m: 2:36.94 40.54								
4.	Duarte Jose, FERNANDES	06	Clube União 1919	2:39.13	5.00	430						
	50m: 34.41 34.41	100m: 1:13.64 39.23	150m: 1:55.35 41.71	200m: 2:39.13 43.78								
5.	Daniel Casaca, CARVALHO	07	Colégio Vasco da Gama	2:43.53	4.00	396						
	50m: 37.75 37.75	100m: 1:19.57 41.82	150m: 2:01.76 42.19	200m: 2:43.53 41.77								
6.	Duarte Cachulo, MARQUES	07	Condeixa Aqua Clube	2:44.98	3.00	386						
	50m: 34.93 34.93	100m: 1:16.07 41.14	150m: 2:00.29 44.22	200m: 2:44.98 44.69								
7.	Diogo Miguel, MARTINS	07	Geslours	2:46.28	2.00	377						
	50m: 36.00 36.00	100m: 1:17.34 41.34	150m: 2:00.95 43.61	200m: 2:46.28 45.33								

Prova 4					Masc., 200m Bruços		Juvenil A	
06.01.2024 - 15:32							Resultados	
Rec. Nac Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)			2012	
Rec. Nac JUV A	2:15.14	Rafael Miguel, MIMOSO	SLB	Albufeira			2022	

Pontos: FINA 2023

Lugar				Ano				Tempo final				Pts
1.	Rafael Pereira, RODRIGUES	08	Condeixa Aqua Clube	2:42.14	9.00	407						
	50m: 37.79 37.79	100m: 1:19.67 41.88	150m: 2:01.21 41.54	200m: 2:42.14 40.93								
2.	Guilherme Simoes, SOUSA	08	Náutico Académico Coimbra	2:42.52	7.00	404						
	50m: 37.44 37.44	100m: 1:18.45 41.01	150m: 2:00.25 41.80	200m: 2:42.52 42.27								
3.	Daniel Gomes, SANTOS	08	Nautico Marinha Grande	2:48.42	6.00	363						
	50m: 37.79 37.79	100m: 1:20.80 43.01	150m: 2:04.93 44.13	200m: 2:48.42 43.49								





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Prova 4, Masc., 200m Bruços

Prova 4 Masc., 200m Bruços Juvenil B
06.01.2024 - 15:32 Resultados

Rec. Nac Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Rec. Nac JUV B	2:18.99	Rafael Miguel, MIMOSO	SLB	Felgueiras	2022

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Xavier Jesus, VALENTE	09 Colégio Vasco da Gama	2:42.34 9.00	405
50m: 36.88 36.88	100m: 1:18.12 41.24	150m: 1:59.81 41.69	200m: 2:42.34 42.53
2. Santiago Marques, GOMES	09 Ba-Leiria	2:47.02 7.00	372
50m: 38.97 38.97	100m: 1:22.85 43.88	150m: 2:06.14 43.29	200m: 2:47.02 40.88
3. Francisco Sousa, LUCAS	09 Bombeiros Estoris	2:51.42 6.00	344
50m: 38.01 38.01	100m: 1:21.57 43.56	150m: 2:06.71 45.14	200m: 2:51.42 44.71
4. Rodrigo Oliveira, SANTOS	09 Alcobaca	2:53.47 5.00	332
50m: 40.01 40.01	100m: 1:24.31 44.30	150m: 2:09.68 45.37	200m: 2:53.47 43.79
5. Pedro Blanc, CAPINHA	09 Óbidos	3:00.55 4.00	294
50m: 39.36 39.36	100m: 1:24.17 44.81	150m: 2:14.17 50.00	200m: 3:00.55 46.38
6. Francisco Antunes, SOUSA	09 Columbofila Cantanhedense	3:04.47 3.00	276
50m: 41.81 41.81	100m: 1:28.87 47.06	150m: 2:16.63 47.76	200m: 3:04.47 47.84

Prova 4 Masc., 200m Bruços Infantil A
06.01.2024 - 15:32 Resultados

Rec. Nac Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Rec. Nac INF A	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:36.22 9.00	455
50m: 35.98 35.98	100m: 1:15.26 39.28	150m: 1:55.94 40.68	200m: 2:36.22 40.28
2. David Xavier, ALMEIDA	10 Ba-Leiria	2:53.57 7.00	331
50m: 39.96 39.96	100m: 1:24.80 44.84	150m: 2:10.51 45.71	200m: 2:53.57 43.06
3. Francisco Martins, SIMOES	10 Náutico Académico Coimbra	2:58.48 6.00	305
50m: 39.54 39.54	100m: 1:25.14 45.60	150m: 2:11.92 46.78	200m: 2:58.48 46.56
4. Martim Goncalves, LOPES	10 Geslours	3:04.10 5.00	278
50m: 41.37 41.37	100m: 1:28.49 47.12	150m: 2:16.56 48.07	200m: 3:04.10 47.54
5. Afonso Brandao, OLIVEIRA	10 Columbofila Cantanhedense	3:32.21 4.00	181
50m: 47.93 47.93	100m: 1:41.54 53.61	150m: 2:36.71 55.17	200m: 3:32.21 55.50
DNS Henrique Matos, SEBROSA	10 Geslours	-	-





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Prova 4, Masc., 200m Bruços

Prova 4 Masc., 200m Bruços Infantil B
06.01.2024 - 15:32 Resultados

Rec. Nac Open	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Rec. Nac INF B	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	2003

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Joao Santos, ALMEIDA	11 Ba-Leiria	2:59.78 9.00	298
50m: 40.32 40.32	100m: 1:25.59 45.27	150m: 2:11.68 46.09	200m: 2:59.78 48.10
2. Martim Cruz, MOURA	11 CNLeiria	3:18.34 7.00	222
50m: 43.99 43.99	100m: 1:35.30 51.31	150m: 2:27.17 51.87	200m: 3:18.34 51.17
3. Rafael Ferreira, COLIN	11 Bombeiros Estoris	3:18.78 6.00	220
50m: 46.62 46.62	100m: 1:37.61 50.99	150m: 2:28.19 50.58	200m: 3:18.78 50.59
DNS Andre Santos, BRAGA	11 Colégio Vasco da Gama	-	
EXH Goncalo Faria, SALDIDA	99 Torres Novas	2:42.16 -	406
50m: 37.97 37.97	100m: 1:19.88 41.91	150m: 2:00.42 40.54	200m: 2:42.16 41.74
EXH Tiago Dinis, FERREIRA	07 Geslours	2:54.26 -	327
50m: 39.06 39.06	100m: 1:23.93 44.87	150m: 2:08.94 45.01	200m: 2:54.26 45.32
EXH Simao Pedro, OLIVEIRA	07 Torres Novas	3:00.82 -	293
50m: 41.01 41.01	100m: 1:26.49 45.48	150m: 2:13.50 47.01	200m: 3:00.82 47.32
EXH Luis Eugenio, POITOUT	11 Colégio Vasco da Gama	3:42.62 -	157
50m: 50.40 50.40	100m: 1:46.85 56.45	150m: 2:44.43 57.58	200m: 3:42.62 58.19
EXH Rafael Abrantes, BARATA	11 Colégio Vasco da Gama	3:46.31 -	149
50m: 50.52 50.52	100m: 1:49.05 58.53	150m: 2:48.71 59.66	200m: 3:46.31 57.60

Prova 5 Femin., 200m Livres GO (SEN+JUN)
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac SEN	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac 17	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	2018
Rec. Nac 16	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Náutico Académico Coimbra	2:11.86 9.00	585
50m: 31.42 31.42	100m: 1:04.94 33.52	150m: 1:38.80 33.86	200m: 2:11.86 33.06
2. Beatriz Costa, TEJO	02 Academica de Coimbra	2:12.84 7.00	572
50m: 31.66 31.66	100m: 1:05.32 33.66	150m: 1:39.49 34.17	200m: 2:12.84 33.35
3. Helena Nunes, RODRIGUES	03 Condeixa Aqua Clube	2:13.96 6.00	558
50m: 31.37 31.37	100m: 1:04.87 33.50	150m: 1:39.18 34.31	200m: 2:13.96 34.78



Prova 5, Femin., 200m Livres, G0 (SEN+JUN)

Lugar	Ano	Tempo final	Pts
4. Maria Jardim, FIDALGO	04 Clube Futebol Os Belenenses	2:14.60 5.00	550
50m: 30.76 30.76	100m: 1:04.47 33.71	150m: 1:39.49 35.02	200m: 2:14.60 35.11
5. Rafaela Ferreira, MENDES	08 Torres Novas	2:17.24 4.00	519
50m: 31.27 31.27	100m: 1:05.09 33.82	150m: 1:41.13 36.04	200m: 2:17.24 36.11
6. Leonor Vendima, COELHO	07 CNLeiria	2:20.07 3.00	488
50m: 32.30 32.30	100m: 1:07.46 35.16	150m: 1:44.29 36.83	200m: 2:20.07 35.78
7. Marta Oliveira, FERREIRA	08 Col�gio Vasco da Gama	2:27.22 2.00	420
50m: 33.86 33.86	100m: 1:10.69 36.83	150m: 1:48.59 37.90	200m: 2:27.22 38.63

Prova 5

Femin., 200m Livres

Juvenil A

06.01.2024 - 15:54

Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac JUV A	2:03.90	Maria Ferreira, MOURA	SCP	Alg�s	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:15.12 9.00	544
50m: 31.16 31.16	100m: 1:05.40 34.24	150m: 1:40.19 34.79	200m: 2:15.12 34.93
2. Beatriz Belo, CLARA	09 CNLeiria	2:21.48 7.00	473
50m: 32.08 32.08	100m: 1:07.79 35.71	150m: 1:44.78 36.99	200m: 2:21.48 36.70
3. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	2:24.93 6.00	440
50m: 34.15 34.15	100m: 1:11.22 37.07	150m: 1:48.52 37.30	200m: 2:24.93 36.41
4. Mariana Sousa, MARQUES	09 Alcobaca	2:28.96 5.00	406
50m: 33.52 33.52	100m: 1:10.53 37.01	150m: 1:49.68 39.15	200m: 2:28.96 39.28
5. Sara Ines, SOUSA	09 Ba-Leiria	2:29.93 4.00	398
50m: 34.45 34.45	100m: 1:11.97 37.52	150m: 1:51.08 39.11	200m: 2:29.93 38.85
6. Margarida Maia, LOPES	09 Geslours	2:30.82 3.00	391
50m: 33.15 33.15	100m: 1:10.49 37.34	150m: 1:50.32 39.83	200m: 2:30.82 40.50
DNS Leonor Valerio, ADRIANO	09 Alcobaca	-	-



XXVI Torneio Taça Cidade de Alcobça
Alcobça, 6.1.2024

Prova 5, Femin., 200m Livres

Prova 5 Femin., 200m Livres Juvenil B
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac JUV B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	2017

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Victoria Sales, PROENCA	10 Benfica	2:21.20 9.00	476
50m: 33.16 33.16	100m: 1:08.87 35.71	150m: 1:45.49 36.62	200m: 2:21.20 35.71
2. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	2:21.54 7.00	473
50m: 33.50 33.50	100m: 1:10.14 36.64	150m: 1:46.09 35.95	200m: 2:21.54 35.45
3. Debora Silva, INACIO	10 Pimpoes/Cimai	2:28.72 6.00	408
50m: 33.57 33.57	100m: 1:12.89 39.32	150m: 1:50.99 38.10	200m: 2:28.72 37.73
4. Maria Leonor, LOPES	10 Torres Novas	2:30.93 5.00	390
50m: 34.59 34.59	100m: 1:13.55 38.96	150m: 1:52.69 39.14	200m: 2:30.93 38.24
5. Alice Fernandes, RODRIGUES	10 Geslours	2:35.67 4.00	355
50m: 35.67 35.67	100m: 1:14.79 39.12	150m: 1:55.60 40.81	200m: 2:35.67 40.07
6. Constanca Rolim, PEDRO	10 Ba-Leiria	2:40.27 3.00	326
50m: 37.48 37.48	100m: 1:19.34 41.86	150m: 2:01.02 41.68	200m: 2:40.27 39.25
7. Sofia Daniela, FERREIRA	10 Clube União 1919	2:40.76 2.00	323
50m: 35.07 35.07	100m: 1:15.79 40.72	150m: 1:58.32 42.53	200m: 2:40.76 42.44
8. Francisca Maria, ESTEVES	10 Colégio Vasco da Gama	2:46.83 1.00	289
50m: 39.61 39.61	100m: 1:23.38 43.77	150m: 2:05.66 42.28	200m: 2:46.83 41.17
DNS Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	-	-
DNS Leonor Silva, MARTINS	10 Óbidos	-	-

Prova 5 Femin., 200m Livres Infantil A
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac INF A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES	11 Nautico Marinha Grande	2:31.61 9.00	385
50m: 35.81 35.81	100m: 1:14.75 38.94	150m: 1:55.23 40.48	200m: 2:31.61 36.38
2. Carolina Damas, PITA	11 Nautico Académico Coimbra	2:34.79 7.00	361
50m: 36.00 36.00	100m: 1:14.75 38.75	150m: 1:55.00 40.25	200m: 2:34.79 39.79
3. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	2:35.43 6.00	357
50m: 35.13 35.13	100m: 1:15.26 40.13	150m: 1:55.84 40.58	200m: 2:35.43 39.59
4. Francisca Meneses, GONÇALVES	11 Benfica	2:35.95 5.00	353
50m: 35.57 35.57	100m: 1:15.91 40.34	150m: 1:56.59 40.68	200m: 2:35.95 39.36





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Alcobaca, 6.1.2024



Prova 5, Femin., 200m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
5. Carolina Silva, CASTANHEIRA	11 CNLeiria	2:36.73 4.00	348
50m: 35.53 35.53	100m: 1:15.71 40.18	150m: 1:56.44 40.73	200m: 2:36.73 40.29
DNS Carolina Fidalgo, VENANCIO	11 Colégio Vasco da Gama	-	
DNS Leonor Areias, MARTINS	11 Geslours	-	

Prova 5

Femin., 200m Livres

Infantil B

06.01.2024 - 15:54

Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac INF B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Pontos: FINA 2023					

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, LOBO	12 Condeixa Aqua Clube	2:35.12 9.00	359
50m: 36.55 36.55	100m: 1:16.36 39.81	150m: 1:56.64 40.28	200m: 2:35.12 38.48
2. Maria Ines, ANTUNES	12 Benfica	2:49.80 7.00	274
50m: 39.30 39.30	100m: 1:22.70 43.40	150m: 2:06.61 43.91	200m: 2:49.80 43.19
3. Emma, AVRAMESCU	12 Nautico Marinha Grande	3:04.33 6.00	214
50m: 42.21 42.21	100m: 1:31.24 49.03	150m: 2:20.00 48.76	200m: 3:04.33 44.33
4. Yaroslava, TABUNSKYH	12 CNLeiria	3:04.68 5.00	213
50m: 42.66 42.66	100m: 1:31.66 49.00	150m: 2:19.06 47.40	200m: 3:04.68 45.62
5. Maria Pedro, PINTO	12 Columbofila Cantanhedense	3:08.47 4.00	200
50m: 45.01 45.01	100m: 1:33.89 48.88	150m: 2:22.58 48.69	200m: 3:08.47 45.89
6. Ana Luisa, VIEIRA	12 Colégio Vasco da Gama	3:09.34 3.00	197
50m: 39.65 39.65	100m: 1:27.02 47.37	150m: 2:19.33 52.31	200m: 3:09.34 50.01
7. Barbara Serrano, LOMBA	12 Ba-Leiria	3:20.69 2.00	166
50m: 46.97 46.97	100m: 1:38.14 51.17	150m: 2:28.89 50.75	200m: 3:20.69 51.80
8. Jessica Garcia, FERREIRA	12 Óbidos	3:39.72 1.00	126
50m: 49.50 49.50	100m: 1:46.21 56.71	150m: 2:43.89 57.68	200m: 3:39.72 55.83
EXH Tatiana Alexandra, MELNYCHUK	06 Colégio Vasco da Gama	2:27.37 -	419
50m: 33.34 33.34	100m: 1:09.90 36.56	150m: 1:48.72 38.82	200m: 2:27.37 38.65
EXH Diana Costa, OLIVEIRA	04 Clube União 1919	2:33.55 -	370
50m: 34.17 34.17	100m: 1:13.45 39.28	150m: 1:53.44 39.99	200m: 2:33.55 40.11
EXH Mariana Sousa, MENDES	11 Alcobaca	2:36.23 -	352
50m: 35.12 35.12	100m: 1:14.83 39.71	150m: 1:56.03 41.20	200m: 2:36.23 40.20
EXH Daniela Patricia, LARGUINHO	05 Colégio Vasco da Gama	2:37.73 -	342
50m: 34.81 34.81	100m: 1:14.78 39.97	150m: 1:56.10 41.32	200m: 2:37.73 41.63
EXH Carminho Traquina, ANDRE	12 Alcobaca	2:58.04 -	237
50m: 41.54 41.54	100m: 1:29.52 47.98	150m: 2:15.91 46.39	200m: 2:58.04 42.13





XXVI Torneio Taça Cidade de Alcobça
Alcobça, 6.1.2024

Prova 5, Femin., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Maria Ines, FERREIRA	11 Torres Novas	3:05.84	- 209
50m: 41.21 41.21	100m: 1:28.33 47.12	150m: 2:17.51 49.18	200m: 3:05.84 48.33
EXH Mariana Duarte, ANTUNES	12 Alcobaca	3:12.66	- 187
50m: 42.04 42.04	100m: 1:32.61 50.57	150m: 2:23.49 50.88	200m: 3:12.66 49.17
EXH Carolina Reis, LOPES	11 Torres Novas	3:17.48	- 174
50m: 46.67 46.67	100m: 1:37.62 50.95	150m: 2:29.03 51.41	200m: 3:17.48 48.45

Prova 6

Masc., 200m Livres

GO (SEN+JUN)

06.01.2024 - 16:16

Resultados

Rec. Nac Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac SEN	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac 18	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	2004
Rec. Nac 17	1:47.65	Diogo Matos, RIBEIRO	CUC	Felgueiras	2021

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Bernardo Jorge, SIMOES	04 Clube Futebol Os Belenenses	1:55.78 9.00	632
50m: 26.06 26.06	100m: 54.62 28.56	150m: 1:24.82 30.20	200m: 1:55.78 30.96
2. Gustavo Pires, MARQUES	04 Clube União 1919	1:58.78 7.00	585
50m: 27.40 27.40	100m: 58.06 30.66	150m: 1:29.30 31.24	200m: 1:58.78 29.48
3. Guilherme Fernandes, BAPTISTA	06 Benfica	1:59.17 6.00	579
50m: 28.21 28.21	100m: 58.61 30.40	150m: 1:29.08 30.47	200m: 1:59.17 30.09
4. David Ferreira, RELVAS	03 Nautico Marinha Grande	2:00.88 5.00	555
50m: 27.73 27.73	100m: 58.36 30.63	150m: 1:30.05 31.69	200m: 2:00.88 30.83
5. Afonso Formigo, PINHO	06 Torres Novas	2:05.25 4.00	499
50m: 29.34 29.34	100m: 1:00.94 31.60	150m: 1:33.27 32.33	200m: 2:05.25 31.98
6. Luca Valentino, TONA	06 Pimpoes/Cimai	2:05.45 3.00	496
50m: 29.31 29.31	100m: 1:01.22 31.91	150m: 1:33.28 32.06	200m: 2:05.45 32.17
7. Cristiano Almeida, SANTOS	90 CP - Ferreira do Zêzere	2:17.63 2.00	376
50m: 30.53 30.53	100m: 1:04.47 33.94	150m: 1:40.63 36.16	200m: 2:17.63 37.00
8. Bohdan, ZAPORZHETS	05 Columbofila Cantanhedense	2:36.52 1.00	255
50m: 34.93 34.93	100m: 1:14.91 39.98	150m: 1:56.34 41.43	200m: 2:36.52 40.18
9. Joel Heber, SANTOS	06 Ba-Leiria	2:38.30 -	247
50m: 35.33 35.33	100m: 1:15.76 40.43	150m: 1:58.63 42.87	200m: 2:38.30 39.67
DNS Goncalo Pereira, COLACO	07 CNLeiria	-	-





XXVI Torneio Taça Cidade de Alcobaca
Alcobaca, 6.1.2024



Prova 6, Masc., 200m Livres

Prova 6 Masc., 200m Livres Juvenil A
06.01.2024 - 16:16 Resultados

Rec. Nac Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac JUV A	1:49.83	Diogo Matos, RIBEIRO	CUC	Mealhada	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Pedro Caiada, RODRIGUES	08 Benfica	2:01.44 9.00	547
50m: 28.97 28.97	100m: 59.87 30.90	150m: 1:30.81 30.94	200m: 2:01.44 30.63
2. Tome Nunes, TOME	08 CNLeiria	2:03.90 7.00	515
50m: 28.63 28.63	100m: 59.91 31.28	150m: 1:32.09 32.18	200m: 2:03.90 31.81
3. Salvador Correia, PEREIRA	08 Condeixa Aqua Clube	2:06.20 6.00	488
50m: 29.32 29.32	100m: 1:01.52 32.20	150m: 1:34.47 32.95	200m: 2:06.20 31.73
4. Tiago Santos, POMBO	08 Alcobaca	2:07.90 5.00	468
50m: 29.14 29.14	100m: 1:01.36 32.22	150m: 1:35.28 33.92	200m: 2:07.90 32.62
5. Francisco Soares, BRITO	08 Bombeiros Estoris	2:12.17 4.00	424
50m: 30.04 30.04	100m: 1:03.46 33.42	150m: 1:38.70 35.24	200m: 2:12.17 33.47
6. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:12.30 3.00	423
50m: 30.67 30.67	100m: 1:04.60 33.93	150m: 1:39.58 34.98	200m: 2:12.30 32.72
7. Daniel Gomes, SANTOS	08 Nautico Marinha Grande	2:14.01 2.00	407
50m: 30.76 30.76	100m: 1:04.69 33.93	150m: 1:40.08 35.39	200m: 2:14.01 33.93
DNS Joao Filipe, PRAZERES	08 Geslours	-	-

Prova 6 Masc., 200m Livres Juvenil B
06.01.2024 - 16:16 Resultados

Rec. Nac Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac JUV B	1:53.76	Diogo Matos, RIBEIRO	CUC	Coimbra	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	2:02.22 9.00	537
50m: 28.89 28.89	100m: 59.87 30.98	150m: 1:31.63 31.76	200m: 2:02.22 30.59
2. Bernardo Afonso, GUEDELHA	09 Benfica	2:06.24 7.00	487
50m: 30.59 30.59	100m: 1:02.73 32.14	150m: 1:34.77 32.04	200m: 2:06.24 31.47
3. Henrique Martins, JOAQUIM	09 CNLeiria	2:06.78 6.00	481
50m: 30.02 30.02	100m: 1:02.63 32.61	150m: 1:34.95 32.32	200m: 2:06.78 31.83
4. Xavier Jesus, VALENTE	09 Colégio Vasco da Gama	2:06.95 5.00	479
50m: 29.01 29.01	100m: 1:00.84 31.83	150m: 1:33.94 33.10	200m: 2:06.95 33.01
5. Joao Nuno, GASPAR	09 Condeixa Aqua Clube	2:07.07 4.00	478
50m: 29.17 29.17	100m: 1:01.90 32.73	150m: 1:34.58 32.68	200m: 2:07.07 32.49
6. Tomas Rafael, PEREIRA	09 Náutico Académico Coimbra	2:08.62 3.00	461
50m: 29.51 29.51	100m: 1:02.35 32.84	150m: 1:35.94 33.59	200m: 2:08.62 32.68

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Alcobaça, 6.1.2024



Prova 6, Masc., 200m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
7. Joao Pedro, SOUSA	09 Geslours	2:19.71 2.00	359
50m: 31.18 31.18	100m: 1:06.50 35.32	150m: 1:43.45 36.95	200m: 2:19.71 36.26
8. Santiago Jose, PACHECO	09 Alcobaca	2:21.39 1.00	347
50m: 31.80 31.80	100m: 1:07.73 35.93	150m: 1:45.03 37.30	200m: 2:21.39 36.36

Prova 6

Masc., 200m Livres

Infantil A

06.01.2024 - 16:16

Resultados

Rec. Nac Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac INF A	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	2004

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 CNLeiria	2:11.01 9.00	436
50m: 30.13 30.13	100m: 1:02.99 32.86	150m: 1:36.67 33.68	200m: 2:11.01 34.34
2. Guilherme Costa, REBELO	10 Pimpoes/Cimai	2:17.31 7.00	379
50m: 32.91 32.91	100m: 1:08.45 35.54	150m: 1:43.83 35.38	200m: 2:17.31 33.48
3. Neil Eliau, MERAD	10 Benfica	2:20.86 6.00	351
50m: 31.63 31.63	100m: 1:06.75 35.12	150m: 1:44.49 37.74	200m: 2:20.86 36.37
4. Rafael Carreiras, MARQUES	10 Geslours	2:27.18 5.00	307
50m: 33.68 33.68	100m: 1:11.51 37.83	150m: 1:49.42 37.91	200m: 2:27.18 37.76
5. Dinis Lamas, SANTOS	10 Ba-Leiria	2:28.43 4.00	300
50m: 33.69 33.69	100m: 1:11.42 37.73	150m: 1:50.83 39.41	200m: 2:28.43 37.60
6. Cristiano Rafael, MELNYCHUK	10 Col�gio Vasco da Gama	2:30.42 3.00	288
50m: 34.54 34.54	100m: 1:12.78 38.24	150m: 1:52.12 39.34	200m: 2:30.42 38.30
7. Goncalo Soares, BRITO	10 Bombeiros Estoris	2:31.52 2.00	282
50m: 34.82 34.82	100m: 1:14.09 39.27	150m: 1:53.67 39.58	200m: 2:31.52 37.85
8. Francisco Sa, LOPES	10 Torres Novas	2:36.62 1.00	255
50m: 35.99 35.99	100m: 1:15.94 39.95	150m: 1:57.48 41.54	200m: 2:36.62 39.14
9. Dinis Goncalves, ARAUJO	10 Clube Uni�o 1919	2:38.67 -	245
50m: 36.06 36.06	100m: 1:16.97 40.91	150m: 1:59.27 42.30	200m: 2:38.67 39.40





XXVI Torneio Taça Cidade de Alcobça
Alcobça, 6.1.2024



Prova 6, Masc., 200m Livres

Prova 6

Masc., 200m Livres

Infantil B

06.01.2024 - 16:16

Resultados

Rec. Nac Open	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	2018
Rec. Nac INF B	2:04.75	Joao Magalhaes, NUNES	CNA	Algés	2012

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Goncalo Nunes, MARQUES	11 Condeixa Aqua Clube	2:26.56 9.00	311
50m: 34.60 34.60	100m: 1:13.21 38.61	150m: 1:51.23 38.02	200m: 2:26.56 35.33
2. Vidar Albert, JUNG	11 Nautico Marinha Grande	2:28.17 7.00	301
50m: 33.10 33.10	100m: 1:10.98 37.88	150m: 1:50.17 39.19	200m: 2:28.17 38.00
3. Joao Santos, ALMEIDA	11 Ba-Leiria	2:32.84 6.00	274
50m: 34.95 34.95	100m: 1:14.69 39.74	150m: 1:55.04 40.35	200m: 2:32.84 37.80
4. Francisco Pimentel, COELHO	11 Benfica	2:39.28 5.00	242
50m: 36.75 36.75	100m: 1:17.60 40.85	150m: 2:00.27 42.67	200m: 2:39.28 39.01
5. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	2:45.67 4.00	215
50m: 38.36 38.36	100m: 1:21.23 42.87	150m: 2:03.96 42.73	200m: 2:45.67 41.71
6. Martin, SHEVCHUK	11 CNLeiria	2:48.91 3.00	203
50m: 37.67 37.67	100m: 1:22.16 44.49	150m: 2:06.23 44.07	200m: 2:48.91 42.68
7. Daniel Nunes, FREITAS	11 Columbofila Cantanhedense	2:52.36 2.00	191
50m: 38.97 38.97	100m: 1:24.15 45.18	150m: 2:09.92 45.77	200m: 2:52.36 42.44
8. Bernardo Silva, NEVES	11 Náutico Académico Coimbra	2:53.62 1.00	187
50m: 38.45 38.45	100m: 1:23.36 44.91	150m: 2:09.43 46.07	200m: 2:53.62 44.19
9. Francisco Costa, VALENTIM	11 Óbidos	2:57.99 -	174
50m: 40.28 40.28	100m: 1:27.09 46.81	150m: 2:14.84 47.75	200m: 2:57.99 43.15
DNS Andre Santos, BRAGA	11 Colégio Vasco da Gama	-	-
DNS Rodrigo Duarte, CARREIRA	11 Alcobaca	-	-
EXH Goncalo Faria, SALDIDA	99 Torres Novas	2:10.83 -	438
50m: 31.93 31.93	100m: 1:04.51 32.58	150m: 1:37.08 32.57	200m: 2:10.83 33.75
EXH Miguel Joao, PINHEIRO	06 Academica de Coimbra	2:13.78 -	409
50m: 31.92 31.92	100m: 1:06.38 34.46	150m: 1:40.67 34.29	200m: 2:13.78 33.11
EXH Simao Pedro, OLIVEIRA	07 Torres Novas	2:17.27 -	379
50m: 32.26 32.26	100m: 1:07.31 35.05	150m: 1:42.96 35.65	200m: 2:17.27 34.31
EXH Rodrigo Arga, PAIVA	09 Geslours	2:27.98 -	302
50m: 32.18 32.18	100m: 1:09.00 36.82	150m: 1:48.11 39.11	200m: 2:27.98 39.87
EXH Andre Filipe, FERNANDES	07 Alcobaca	2:31.39 -	282
50m: 34.18 34.18	100m: 1:12.63 38.45	150m: 1:53.34 40.71	200m: 2:31.39 38.05
EXH Lourenco Vicente, GEADA	10 Torres Novas	2:35.30 -	261
50m: 35.55 35.55	100m: 1:15.75 40.20	150m: 1:56.16 40.41	200m: 2:35.30 39.14





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Alcobaça, 6.1.2024



Prova 6, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH Tomas Neto, RODRIGUES	11 Colégio Vasco da Gama	2:57.61	- 175
50m: 40.48 40.48	100m: 1:27.06 46.58	150m: 2:12.35 45.29	200m: 2:57.61 45.26
EXH Rafael Abrantes, BARATA	11 Colégio Vasco da Gama	3:29.98	- 105
50m: 47.23 47.23	100m: 1:42.92 55.69	150m: 2:36.40 53.48	200m: 3:29.98 53.58

Prova 7

Femin., 200m Mariposa

GO (SEN+JUN)

06.01.2024 - 16:46

Resultados

Rec. Nac Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac SEN	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac 17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	2009
Rec. Nac 16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	1996

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	2:25.39 9.00	556
50m: 32.66 32.66	100m: 1:09.77 37.11	150m: 1:47.56 37.79	200m: 2:25.39 37.83
2. Ana Carolina, MONTEIRO	04 Clube União 1919	2:25.68 7.00	553
50m: 33.04 33.04	100m: 1:10.72 37.68	150m: 1:47.58 36.86	200m: 2:25.68 38.10
3. Ana Claudia, FERREIRA	90 Alcobaça	2:27.16 6.00	536
50m: 33.20 33.20	100m: 1:10.13 36.93	150m: 1:47.89 37.76	200m: 2:27.16 39.27
4. Matilde Nunes, LOPES	06 Benfica	2:27.85 5.00	529
50m: 33.65 33.65	100m: 1:11.03 37.38	150m: 1:48.98 37.95	200m: 2:27.85 38.87
5. Leonor Mil, MANO	07 Náutico Académico Coimbra	2:40.35 4.00	415
50m: 34.54 34.54	100m: 1:13.93 39.39	150m: 1:56.25 42.32	200m: 2:40.35 44.10

Prova 7

Femin., 200m Mariposa

Juvenil A

06.01.2024 - 16:46

Resultados

Rec. Nac Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac JUV A	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	1995

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Constanca Baptista, TOMAS	09 Alcobaça	2:32.95 9.00	478
50m: 33.14 33.14	100m: 1:11.34 38.20	150m: 1:52.34 41.00	200m: 2:32.95 40.61





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Alcobaca, 6.1.2024



Prova 7, Femin., 200m Mariposa

Prova 7 Femin., 200m Mariposa Juvenil B
06.01.2024 - 16:46 Resultados

Rec. Nac Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac JUV B	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Maria Neto, SIMOES	10 Condeixa Aqua Clube	2:39.78 9.00	419
50m: 35.95 35.95	100m: 1:16.63 40.68	150m: 1:58.19 41.56	200m: 2:39.78 41.59
2. Rita Rocha, FERREIRA	10 Benfica	2:46.93 7.00	367
50m: 35.76 35.76	100m: 1:17.32 41.56	150m: 2:01.47 44.15	200m: 2:46.93 45.46
3. Maria Leonor, LOPES	10 Torres Novas	3:01.30 6.00	287
50m: 38.75 38.75	100m: 1:25.11 46.36	150m: 2:12.44 47.33	200m: 3:01.30 48.86

Prova 7 Femin., 200m Mariposa Infantil A
06.01.2024 - 16:46 Resultados

Rec. Nac Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac INF A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	3:06.19 9.00	265
50m: 38.20 38.20	100m: 1:25.71 47.51	150m: 2:15.50 49.79	200m: 3:06.19 50.69
2. Sara Ferreira, SANTOS	11 Columbofila Cantanhedense	3:24.91 7.00	198
50m: 42.84 42.84	100m: 1:35.41 52.57	150m: 2:30.08 54.67	200m: 3:24.91 54.83
3. Nicole Magali, GRACA	11 Colégio Vasco da Gama	3:29.64 6.00	185
50m: 42.65 42.65	100m: 1:36.06 53.41	150m: 2:31.83 55.77	200m: 3:29.64 57.81

Prova 7 Femin., 200m Mariposa Infantil B
06.01.2024 - 16:46 Resultados

Rec. Nac Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	2018
Rec. Nac INF B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	1992

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	3:17.94 9.00	220
50m: 42.22 42.22	100m: 1:34.64 52.42	150m: 2:28.66 54.02	200m: 3:17.94 49.28
EXH Matilde Andre, LUIS	08 Alcobaca	2:51.02 -	342
50m: 37.71 37.71	100m: 1:21.37 43.66	150m: 2:06.52 45.15	200m: 2:51.02 44.50
EXH Leonor Mosca, SILVA	10 Columbofila Cantanhedense	3:07.29 -	260
50m: 41.08 41.08	100m: 1:29.41 48.33	150m: 2:18.75 49.34	200m: 3:07.29 48.54





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Alcobaca, 6.1.2024

Prova 7, Femin., 200m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Carminho Traquina, ANDRE	12 Alcobaca	3:26.91	- 193
50m: 45.69 45.69	100m: 1:41.45 55.76	150m: 2:34.81 53.36	200m: 3:26.91 52.10
EXH Mariana Sousa, OLIVEIRA	10 Alcobaca	3:30.25	- 184
50m: 43.90 43.90	100m: 1:39.71 55.81	150m: 2:36.36 56.65	200m: 3:30.25 53.89

Prova 8

Masc., 200m Mariposa

GO (SEN+JUN)

06.01.2024 - 16:58

Resultados

Rec. Nac Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac SEN	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac 18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	2005
Rec. Nac 17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	2005

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Joao Moura, FRANCISCO	07 CNLeiria	2:09.66 9.00	559
50m: 29.29 29.29	100m: 1:02.97 33.68	150m: 1:35.93 32.96	200m: 2:09.66 33.73
2. David Ferreira, RELVAS	03 Nautico Marinha Grande	2:09.83 7.00	557
50m: 29.83 29.83	100m: 1:03.09 33.26	150m: 1:36.61 33.52	200m: 2:09.83 33.22
3. Miguel Freitas, OVIEDO	02 Academica de Coimbra	2:13.75 6.00	509
50m: 29.45 29.45	100m: 1:03.24 33.79	150m: 1:38.25 35.01	200m: 2:13.75 35.50
4. Luca Valentino, TONA	06 Pimpoes/Cimai	2:15.29 5.00	492
50m: 31.24 31.24	100m: 1:06.15 34.91	150m: 1:41.59 35.44	200m: 2:15.29 33.70
5. Joao Neves, ALMEIDA	05 Náutico Académico Coimbra	2:16.79 4.00	476
50m: 30.91 30.91	100m: 1:05.19 34.28	150m: 1:40.82 35.63	200m: 2:16.79 35.97
DNS Duarte Cachulo, MARQUES	07 Condeixa Aqua Clube	-	

Prova 8

Masc., 200m Mariposa

Juvenil A

06.01.2024 - 16:58

Resultados

Rec. Nac Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac JUV A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaca	2009

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Tiago Santos, POMBO	08 Alcobaca	2:22.98 9.00	417
50m: 31.70 31.70	100m: 1:08.55 36.85	150m: 1:46.58 38.03	200m: 2:22.98 36.40
2. Guilherme Simoes, SOUSA	08 Náutico Académico Coimbra	2:40.19 7.00	296
50m: 34.35 34.35	100m: 1:14.33 39.98	150m: 1:56.82 42.49	200m: 2:40.19 43.37





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Alcobça, 6.1.2024

Prova 8, Masc., 200m Mariposa

Prova 8 Masc., 200m Mariposa Juvenil B
06.01.2024 - 16:58 Resultados

Rec. Nac Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac JUV B	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	2:19.79 9.00	446
50m: 31.65 31.65	100m: 1:08.01 36.36	150m: 1:44.66 36.65	200m: 2:19.79 35.13
2. Francisco Antunes, SOUSA	09 Columbofila Cantanhedense	2:51.44 7.00	242
50m: 36.12 36.12	100m: 1:19.98 43.86	150m: 2:06.19 46.21	200m: 2:51.44 45.25
3. Pedro Blanc, CAPINHA	09 Óbidos	3:05.05 6.00	192
50m: 37.63 37.63	100m: 1:24.17 46.54	150m: 2:15.75 51.58	200m: 3:05.05 49.30

Prova 8 Masc., 200m Mariposa Infantil A
06.01.2024 - 16:58 Resultados

Rec. Nac Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac INF A	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	2004

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Guilherme Costa, REBELO	10 Pimpoes/Cimai	2:40.37 9.00	295
50m: 35.10 35.10	100m: 1:16.13 41.03	150m: 1:58.94 42.81	200m: 2:40.37 41.43
2. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	2:42.28 7.00	285
50m: 35.63 35.63	100m: 1:15.80 40.17	150m: 1:58.90 43.10	200m: 2:42.28 43.38
3. Tomas Marques, FRANCISCO	10 CNLeiria	2:53.19 6.00	234
50m: 39.19 39.19	100m: 1:22.99 43.80	150m: 2:08.94 45.95	200m: 2:53.19 44.25
4. Afonso Brandao, OLIVEIRA	10 Columbofila Cantanhedense	3:18.24 5.00	156
50m: 40.48 40.48	100m: 1:31.27 50.79	150m: 2:25.47 54.20	200m: 3:18.24 52.77





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Alcobaça, 6.1.2024

Prova 8, Masc., 200m Mariposa

Prova 8 Masc., 200m Mariposa Infantil B
06.01.2024 - 16:58 Resultados

Rec. Nac Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	2009
Rec. Nac INF B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	2013

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Rafael Ferreira, COLIN	11 Bombeiros Estoris	3:14.66 9.00	165
50m: 42.11 42.11	100m: 1:31.36 49.25	150m: 2:23.88 52.52	200m: 3:14.66 50.78
EXH Duarte Jose, FERNANDES	06 Clube União 1919	2:27.07 -	383
50m: 31.85 31.85	100m: 1:09.69 37.84	150m: 1:48.77 39.08	200m: 2:27.07 38.30
EXH Tiago Miguel, TRINCAO	06 Torres Novas	2:33.74 -	335
50m: 32.37 32.37	100m: 1:10.99 38.62	150m: 1:51.90 40.91	200m: 2:33.74 41.84

Prova 9 Femin., 200m Costas GO (SEN+JUN)
06.01.2024 - 17:10 Resultados

Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac SEN	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	2019
Rec. Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Carolina Martins, CAMACHO	06 Benfica	2:23.33 9.00	571
50m: 34.05 34.05	100m: 1:09.86 35.81	150m: 1:46.68 36.82	200m: 2:23.33 36.65
2. Ana Francisca, SILVA	06 Alcobaca	2:25.69 7.00	544
50m: 34.33 34.33	100m: 1:10.73 36.40	150m: 1:48.34 37.61	200m: 2:25.69 37.35
3. Helena Nunes, RODRIGUES	03 Condeixa Aqua Clube	2:33.77 6.00	462
50m: 35.48 35.48	100m: 1:14.53 39.05	150m: 1:54.80 40.27	200m: 2:33.77 38.97
4. Claudia Beatriz, MARTINS	03 Geslours	2:40.12 5.00	409
50m: 35.88 35.88	100m: 1:16.47 40.59	150m: 1:58.88 42.41	200m: 2:40.12 41.24
5. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:40.86 4.00	404
50m: 38.87 38.87	100m: 1:20.34 41.47	150m: 2:01.32 40.98	200m: 2:40.86 39.54
6. Marta Oliveira, FERREIRA	08 Colégio Vasco da Gama	2:43.98 3.00	381
50m: 38.57 38.57	100m: 1:19.57 41.00	150m: 2:01.60 42.03	200m: 2:43.98 42.38
7. Helena Carolina, DINIS	05 Academica de Coimbra	2:52.30 2.00	328
50m: 40.84 40.84	100m: 1:24.43 43.59	150m: 2:08.86 44.43	200m: 2:52.30 43.44





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Alcob a, 6.1.2024



Prova 9, Femin., 200m Costas

Prova 9	Femin., 200m Costas				Juvenil A
06.01.2024 - 17:10					Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	2018
Pontos: FINA 2023					

Lugar	Ano						Tempo final			Pts		
1. Beatriz Belo, CLARA	09	CNLeiria					2:30.59	9.00	492			
50m: 35.28 35.28	100m: 1:13.43	38.15	150m: 1:52.47	39.04	200m: 2:30.59	38.12						
2. Alana Costa, MATIAS	09	Clube Uni�o 1919					2:31.25	7.00	486			
50m: 35.58 35.58	100m: 1:13.48	37.90	150m: 1:52.69	39.21	200m: 2:31.25	38.56						
3. Rita Calado, CRUZ	09	N�utico Acad�mico Coimbra					2:39.03	6.00	418			
50m: 38.34 38.34	100m: 1:18.50	40.16	150m: 1:59.60	41.10	200m: 2:39.03	39.43						
4. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai					2:42.00	5.00	395			
50m: 39.54 39.54	100m: 1:20.71	41.17	150m: 2:01.91	41.20	200m: 2:42.00	40.09						
5. Margarida Maia, LOPES	09	Geslours					2:49.20	4.00	347			
50m: 38.98 38.98	100m: 1:21.87	42.89	150m: 2:06.06	44.19	200m: 2:49.20	43.14						
DSQ Ana Margarida, MARQUES	09	Ba-Leiria					-					
A atleta n�o efetuou o movimento cont�nuo na viragem aos 50 metros.												
DNS Leonor Valerio, ADRIANO	09	Alcobaca					-					

Prova 9	Femin., 200m Costas				Juvenil B
06.01.2024 - 17:10					Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	2008
Pontos: FINA 2023					

Lugar	Ano		Tempo final		Pts
1. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande	2:36.15	9.00	441
50m: 38.15 38.15	100m: 1:18.89 40.74	150m: 1:58.01 39.12	200m: 2:36.15 38.14		
2. Mariana Bernardo, SILVESTRE	10	N�utico Acad�mico Coimbra	2:37.50	7.00	430
50m: 37.42 37.42	100m: 1:17.25 39.83	150m: 1:57.86 40.61	200m: 2:37.50 39.64		
3. Debora Silva, INACIO	10	Pimpoes/Cimai	2:52.12	6.00	329
50m: 40.79 40.79	100m: 1:25.13 44.34	150m: 2:08.92 43.79	200m: 2:52.12 43.20		
4. Elisa Henriques, SOUTO	10	�bidos	2:54.36	5.00	317
50m: 40.76 40.76	100m: 1:24.86 44.10	150m: 2:11.16 46.30	200m: 2:54.36 43.20		
5. Luana Filipe, REIS	10	Alcob�a	2:59.69	4.00	290
50m: 42.71 42.71	100m: 1:27.95 45.24	150m: 2:14.52 46.57	200m: 2:59.69 45.17		
6. Alice Fernandes, RODRIGUES	10	Geslours	3:05.54	3.00	263
50m: 44.16 44.16	100m: 1:31.31 47.15	150m: 2:18.68 47.37	200m: 3:05.54 46.86		
DNS Laura Nobre, MONTEIRO	10	Columbofila Cantanhedense	-		





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Alcobaca, 6.1.2024



Prova 9, Femin., 200m Costas

Prova 9	Femin., 200m Costas				Infantil A
06.01.2024 - 17:10					Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	2015
Pontos: FINA 2023					

Lugar	Ano			Tempo final			Pts
1. Carolina Damas, PITA	11	Náutico Académico Coimbra	2:49.99	9.00	342		
50m: 40.50 40.50	100m: 1:23.26 42.76	150m: 2:07.23 43.97	200m: 2:49.99 42.76				
2. Carolina Silva, CASTANHEIRA	11	CNLeiria	2:50.02	7.00	342		
50m: 39.57 39.57	100m: 1:21.86 42.29	150m: 2:04.79 42.93	200m: 2:50.02 45.23				
3. Joana Cura, NEVES	11	Condeixa Aqua Clube	2:50.46	6.00	339		
50m: 40.58 40.58	100m: 1:24.12 43.54	150m: 2:08.19 44.07	200m: 2:50.46 42.27				
4. Mafalda Teles, SOUSA	11	Pimpoes/Cimai	2:54.38	5.00	317		
50m: 40.82 40.82	100m: 1:25.46 44.64	150m: 2:11.17 45.71	200m: 2:54.38 43.21				
5. Francisca Meneses, GONÇALVES	11	Benfica	2:56.00	4.00	308		
50m: 40.74 40.74	100m: 1:25.41 44.67	150m: 2:11.22 45.81	200m: 2:56.00 44.78				
6. Maria Fatima, PAGANI	11	Bombeiros Estoris	2:57.77	3.00	299		
50m: 41.65 41.65	100m: 1:28.06 46.41	150m: 2:14.58 46.52	200m: 2:57.77 43.19				
7. Maria Ines, FERREIRA	11	Torres Novas	3:24.42	2.00	196		
50m: 47.54 47.54	100m: 1:39.33 51.79	150m: 2:32.46 53.13	200m: 3:24.42 51.96				
8. Kelly Simao, COSTA	11	Óbidos	3:35.28	1.00	168		
50m: 48.24 48.24	100m: 1:43.36 55.12	150m: 2:40.13 56.77	200m: 3:35.28 55.15				
DNS Carolina Fidalgo, VENANCIO	11	Colégio Vasco da Gama	-				

Prova 9	Femin., 200m Costas				Infantil B
06.01.2024 - 17:10					Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Pontos: FINA 2023					

Lugar	Ano			Tempo final			Pts
1. Maria Leonor, LOBO	12	Condeixa Aqua Clube	2:56.35	9.00	306		
50m: 41.43 41.43	100m: 1:26.15 44.72	150m: 2:12.49 46.34	200m: 2:56.35 43.86				
2. Leonor Simoes, SOUSA	12	Náutico Académico Coimbra	3:01.25	7.00	282		
50m: 42.76 42.76	100m: 1:29.12 46.36	150m: 2:16.20 47.08	200m: 3:01.25 45.05				
3. Mafalda Varela, BERNARDINO	12	Alcobaca	3:11.86	6.00	238		
50m: 46.15 46.15	100m: 1:35.57 49.42	150m: 2:24.79 49.22	200m: 3:11.86 47.07				
4. Ana Luisa, VIEIRA	12	Colégio Vasco da Gama	3:22.58	5.00	202		
50m: 47.96 47.96	100m: 1:41.55 53.59	150m: 2:34.17 52.62	200m: 3:22.58 48.41				
5. Maria Pedro, PINTO	12	Columbofila Cantanhedense	3:23.47	4.00	199		
50m: 50.01 50.01	100m: 1:41.40 51.39	150m: 2:33.36 51.96	200m: 3:23.47 50.11				





XXVI Torneio Taça Cidade de Alcobaca
Alcobaca, 6.1.2024



Prova 9, Femin., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Rita Rocha, SILVA	08 Alcobaca	2:39.71	- 413
50m: 37.93 37.93	100m: 1:18.27 40.34	150m: 1:59.48 41.21	200m: 2:39.71 40.23
EXH Mariana Sousa, MENDES	11 Alcobaca	2:58.73	- 294
50m: 42.40 42.40	100m: 1:27.62 45.22	150m: 2:13.21 45.59	200m: 2:58.73 45.52
EXH Daniela Patricia, LARGUINHO	05 Colégio Vasco da Gama	2:59.78	- 289
50m: 41.73 41.73	100m: 1:26.78 45.05	150m: 2:13.26 46.48	200m: 2:59.78 46.52
EXH Jessica Garcia, FERREIRA	12 Óbidos	3:37.68	- 163
50m: 50.29 50.29	100m: 1:45.63 55.34	150m: 2:43.23 57.60	200m: 3:37.68 54.45
EXH Maria Leonor, FERREIRA	12 Óbidos	4:09.29	- 108
50m: 59.55 59.55	100m: 2:03.95 1:04.40	150m: 3:08.24 1:04.29	200m: 4:09.29 1:01.05

Prova 10

Masc., 200m Costas

GO (SEN+JUN)

06.01.2024 - 17:37

Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac SEN	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	2018
Rec. Nac 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	2004
Rec. Nac 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	2003

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Tomas Maia, JANUARIO	06 Benfica	1:59.35 9.00	693
50m: 28.97 28.97	100m: 59.83 30.86	150m: 1:29.27 29.44	200m: 1:59.35 30.08
2. Leonardo Jose, CRUZ	07 Alcobaca	2:15.54 7.00	473
50m: 30.85 30.85	100m: 1:05.12 34.27	150m: 1:40.25 35.13	200m: 2:15.54 35.29
3. Diogo Miguel, MATRENO	03 Torres Novas	2:18.06 6.00	447
50m: 32.21 32.21	100m: 1:07.51 35.30	150m: 1:43.19 35.68	200m: 2:18.06 34.87
4. Tomas Santos, BRAGA	07 Colégio Vasco da Gama	2:20.26 5.00	427
50m: 33.33 33.33	100m: 1:09.91 36.58	150m: 1:45.33 35.42	200m: 2:20.26 34.93
5. Tiago Dinis, FERREIRA	07 Geslours	2:33.84 4.00	323
50m: 36.83 36.83	100m: 1:15.73 38.90	150m: 1:55.40 39.67	200m: 2:33.84 38.44
6. Afonso Costa, SOARES	07 CP - Ferreira do Zêzere	2:58.50 3.00	207
50m: 37.78 37.78	100m: 1:22.84 45.06	150m: 2:11.41 48.57	200m: 2:58.50 47.09
DSQ Bohdan, ZAPORZHETS	05 Columbofila Cantanhedense	-	-
O atleta perdeu a posição dorsal e efetuou deslize, antes da viragem dos 150 metros.			
DNS Francisco Xavier, TOMAS	00 Alcobaca	-	-





XXVI Torneio Taça Cidade de Alcobaça
Alcobaça, 6.1.2024



Prova 10, Masc., 200m Costas

Prova 10 Masc., 200m Costas Juvenil A
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac JUV A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	2011

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Pedro Caiada, RODRIGUES	08 Benfica	2:19.25 9.00	436
50m: 34.11 34.11	100m: 1:09.94 35.83	150m: 1:46.54 36.60	200m: 2:19.25 32.71
2. Francisco Soares, BRITO	08 Bombeiros Estoris	2:20.42 7.00	425
50m: 33.75 33.75	100m: 1:09.35 35.60	150m: 1:45.79 36.44	200m: 2:20.42 34.63
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:29.40 6.00	353
50m: 34.43 34.43	100m: 1:13.06 38.63	150m: 1:52.44 39.38	200m: 2:29.40 36.96
4. Tome Nunes, TOME	08 CNLeiria	2:31.12 5.00	341
50m: 35.30 35.30	100m: 1:13.60 38.30	150m: 1:52.13 38.53	200m: 2:31.12 38.99
DNS Joao Filipe, PRAZERES	08 Geslours	-	-

Prova 10 Masc., 200m Costas Juvenil B
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac JUV B	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	2013

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Paulo, KOT	09 Nautico Marinha Grande	2:18.92 9.00	439
50m: 32.34 32.34	100m: 1:07.59 35.25	150m: 1:43.77 36.18	200m: 2:18.92 35.15
2. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	2:20.70 7.00	423
50m: 33.53 33.53	100m: 1:10.20 36.67	150m: 1:46.78 36.58	200m: 2:20.70 33.92
3. Henrique Martins, JOAQUIM	09 CNLeiria	2:21.85 6.00	412
50m: 33.78 33.78	100m: 1:10.69 36.91	150m: 1:47.09 36.40	200m: 2:21.85 34.76
4. Tomas Rafael, PEREIRA	09 Náutico Académico Coimbra	2:23.70 5.00	397
50m: 33.00 33.00	100m: 1:09.04 36.04	150m: 1:46.68 37.64	200m: 2:23.70 37.02
5. Bernardo Afonso, GUEDELHA	09 Benfica	2:27.86 4.00	364
50m: 34.97 34.97	100m: 1:12.56 37.59	150m: 1:50.66 38.10	200m: 2:27.86 37.20
6. Joao Nuno, GASPAR	09 Condeixa Aqua Clube	2:32.55 3.00	331
50m: 35.43 35.43	100m: 1:14.67 39.24	150m: 1:55.22 40.55	200m: 2:32.55 37.33
7. Luis Pedro, VALERIO	09 Ba-Leiria	2:39.01 2.00	293
50m: 35.66 35.66	100m: 1:15.54 39.88	150m: 1:57.32 41.78	200m: 2:39.01 41.69
8. Rodrigo Arga, PAIVA	09 Geslours	2:42.28 1.00	275
50m: 37.15 37.15	100m: 1:18.05 40.90	150m: 2:00.02 41.97	200m: 2:42.28 42.26





XXVI Torneio Taça Cidade de Alcobça
Alcobça, 6.1.2024

Prova 10, Masc., 200m Costas

Prova 10 Masc., 200m Costas Infantil A
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac INF A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	2012

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobça	2:27.30 9.00	368
50m: 34.16 34.16	100m: 1:11.80 37.64	150m: 1:49.44 37.64	200m: 2:27.30 37.86
2. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	2:34.15 7.00	321
50m: 35.54 35.54	100m: 1:15.07 39.53	150m: 1:55.99 40.92	200m: 2:34.15 38.16
3. Francisco Martins, SIMOES	10 Nautico Académico Coimbra	2:34.32 6.00	320
50m: 35.94 35.94	100m: 1:15.57 39.63	150m: 1:56.07 40.50	200m: 2:34.32 38.25
4. Neil Elian, MERAD	10 Benfica	2:38.73 5.00	294
50m: 36.89 36.89	100m: 1:16.84 39.95	150m: 1:58.21 41.37	200m: 2:38.73 40.52
5. Goncalo Soares, BRITO	10 Bombeiros Estoris	2:41.96 4.00	277
50m: 37.38 37.38	100m: 1:18.99 41.61	150m: 2:01.20 42.21	200m: 2:41.96 40.76
6. Dinis Goncalves, ARAUJO	10 Clube União 1919	3:00.22 3.00	201
50m: 42.01 42.01	100m: 1:28.73 46.72	150m: 2:15.67 46.94	200m: 3:00.22 44.55
7. Cristiano Rafael, MELNYCHUK	10 Colégio Vasco da Gama	3:01.53 2.00	197
50m: 41.35 41.35	100m: 1:28.21 46.86	150m: 2:15.67 47.46	200m: 3:01.53 45.86

DSQ Lourenco Vicente, GEADA 10 Torres Novas -
O atleta perdeu a posição dorsal e efetuou deslize, antes da viragem dos 150 metros.

Prova 10 Masc., 200m Costas Infantil B
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac INF B	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	2013

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	2:53.87 9.00	224
50m: 40.14 40.14	100m: 1:25.02 44.88	150m: 2:09.87 44.85	200m: 2:53.87 44.00
2. Vidar Albert, JUNG	11 Nautico Marinha Grande	2:54.48 7.00	221
50m: 40.64 40.64	100m: 1:24.67 44.03	150m: 2:10.16 45.49	200m: 2:54.48 44.32
3. Goncalo Nunes, MARQUES	11 Condeixa Aqua Clube	2:58.40 6.00	207
50m: 43.11 43.11	100m: 1:28.72 45.61	150m: 2:14.47 45.75	200m: 2:58.40 43.93
4. Francisco Pimentel, COELHO	11 Benfica	3:05.07 5.00	185
50m: 43.50 43.50	100m: 1:30.42 46.92	150m: 2:17.80 47.38	200m: 3:05.07 47.27
5. Bernardo Silva, NEVES	11 Nautico Académico Coimbra	3:06.73 4.00	181
50m: 44.08 44.08	100m: 1:31.92 47.84	150m: 2:20.47 48.55	200m: 3:06.73 46.26



Prova 10, Masc., 200m Costas, Infantil B

Lugar	Ano						Tempo final			Pts	
6. Francisco Costa, VALENTIM	11	Óbidos				3:09.48	3.00	173			
50m: 45.71 45.71	100m: 1:35.20 49.49	150m: 2:25.17 49.97	200m: 3:09.48 44.31								
7. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense				3:23.61	2.00	139			
50m: 47.41 47.41	100m: 1:39.87 52.46	150m: 2:32.78 52.91	200m: 3:23.61 50.83								
DSQ Tomas Neto, RODRIGUES	11	Colégio Vasco da Gama					-				
O atleta perdeu a posição dorsal e efetuou deslize, antes da viragem dos 150 metros.											
DNS Rodrigo Duarte, CARREIRA	11	Alcobaca					-				
EXH Gustavo Pires, MARQUES	04	Clube União 1919				2:15.28	-	476			
50m: 32.49 32.49	100m: 1:05.10 32.61	150m: 1:40.53 35.43	200m: 2:15.28 34.75								
EXH Renato Maria, FERREIRA	04	Clube União 1919				2:29.67	-	351			
50m: 34.49 34.49	100m: 1:12.38 37.89	150m: 1:51.62 39.24	200m: 2:29.67 38.05								
EXH Diogo Miguel, MARTINS	07	Geslours				2:30.12	-	348			
50m: 34.28 34.28	100m: 1:12.77 38.49	150m: 1:51.69 38.92	200m: 2:30.12 38.43								
EXH Santiago Jose, PACHECO	09	Alcobaca				2:37.77	-	300			
50m: 37.54 37.54	100m: 1:17.81 40.27	150m: 1:58.42 40.61	200m: 2:37.77 39.35								
EXH Joao Pedro, SOUSA	09	Geslours				2:40.03	-	287			
50m: 37.25 37.25	100m: 1:17.94 40.69	150m: 1:59.35 41.41	200m: 2:40.03 40.68								
EXH Francisco Sa, LOPES	10	Torres Novas				2:50.03	-	239			
50m: 41.44 41.44	100m: 1:25.99 44.55	150m: 2:09.88 43.89	200m: 2:50.03 40.15								
EXH Luis Eugenio, POITOUT	11	Colégio Vasco da Gama				3:18.48	-	150			
50m: 48.75 48.75	100m: 1:39.95 51.20	150m: 2:29.86 49.91	200m: 3:18.48 48.62								
EXH Tiago Rafael, PINTO	11	Alcobaca				3:33.53	-	121			
50m: 50.75 50.75	100m: 1:45.25 54.50	150m: 2:41.38 56.13	200m: 3:33.53 52.15								

Prova 11

Femin., 400m Livres

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 18:00

Resultados

Rec. Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Rec. Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	2017
Rec. Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	2004
Rec. Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	2004
Rec. Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	1980
Rec. Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcob�a	2009

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts	
1. Catarina Andrade, FRANCO	07	Benfica	4:30.09	9.00	628	
50m: 31.93 31.93	150m: 1:41.06 33.98	250m: 2:48.82 33.65	350m: 3:56.62 33.82			
100m: 1:07.08 35.15	200m: 2:15.17 34.11	300m: 3:22.80 33.98	400m: 4:30.09 33.47			
2. Marta Andre, AGUILAR	07	N�utico Acad�mico Coimbra	4:33.65	7.00	603	
50m: 32.15 32.15	150m: 1:42.12 34.62	250m: 2:51.26 34.71	350m: 4:00.70 34.71			
100m: 1:07.50 35.35	200m: 2:16.55 34.43	300m: 3:25.99 34.73	400m: 4:33.65 32.95			
3. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:34.28	6.00	599	
50m: 31.82 31.82	150m: 1:41.05 34.49	250m: 2:50.22 34.56	350m: 4:00.24 34.96			
100m: 1:06.56 34.74	200m: 2:15.66 34.61	300m: 3:25.28 35.06	400m: 4:34.28 34.04			
4. Ana Carolina, MONTEIRO	04	Clube Uni�o 1919	4:42.22	5.00	550	
50m: 32.33 32.33	150m: 1:43.24 35.51	250m: 2:54.51 35.63	350m: 4:06.50 36.04			
100m: 1:07.73 35.40	200m: 2:18.88 35.64	300m: 3:30.46 35.95	400m: 4:42.22 35.72			
5. Camila Duarte, MARCELO	10	Condeixa Aqua Clube	4:43.41	4.00	543	
50m: 33.32 33.32	150m: 1:45.44 36.46	250m: 2:57.40 35.75	350m: 4:09.15 35.60			
100m: 1:08.98 35.66	200m: 2:21.65 36.21	300m: 3:33.55 36.15	400m: 4:43.41 34.26			
6. Joana Rosa, FERREIRA	05	CNLeiria	4:48.78	3.00	513	
50m: 31.99 31.99	150m: 1:42.96 35.80	250m: 2:57.04 37.50	350m: 4:12.00 37.45			
100m: 1:07.16 35.17	200m: 2:19.54 36.58	300m: 3:34.55 37.51	400m: 4:48.78 36.78			
7. Constanca Baptista, TOMAS	09	Alcobaca	4:52.26	2.00	495	
50m: 32.42 32.42	150m: 1:45.31 37.30	250m: 3:00.00 37.28	350m: 4:14.60 37.20			
100m: 1:08.01 35.59	200m: 2:22.72 37.41	300m: 3:37.40 37.40	400m: 4:52.26 37.66			
8. Ines Mira, PINO	06	Pimpoes/Cimai	4:54.54	1.00	484	
50m: 33.19 33.19	150m: 1:45.73 36.74	250m: 3:01.11 37.69	350m: 4:17.26 37.91			
100m: 1:08.99 35.80	200m: 2:23.42 37.69	300m: 3:39.35 38.24	400m: 4:54.54 37.28			
9. Susana Pereira, VEIGA	00	Col�gio Vasco da Gama	4:54.61	-	483	
50m: 33.81 33.81	150m: 1:46.70 37.14	250m: 3:01.88 37.72	350m: 4:17.94 37.98			
100m: 1:09.56 35.75	200m: 2:24.16 37.46	300m: 3:39.96 38.08	400m: 4:54.61 36.67			
10. Catarina Alexandra, ALVES	07	Geslours	4:57.51	-	469	
50m: 33.68 33.68	150m: 1:47.39 37.20	250m: 3:03.15 38.15	350m: 4:19.73 38.28			
100m: 1:10.19 36.51	200m: 2:25.00 37.61	300m: 3:41.45 38.30	400m: 4:57.51 37.78			
11. Rafaela Ferreira, MENDES	08	Torres Novas	4:59.97	-	458	
50m: 33.37 33.37	150m: 1:47.62 37.67	250m: 3:04.24 38.51	350m: 4:21.93 38.79			
100m: 1:09.95 36.58	200m: 2:25.73 38.11	300m: 3:43.14 38.90	400m: 4:59.97 38.04			

Prova 11, Femin., 400m Livres, OPEN (INF+JUV+JUN+SEN)

Lugar			Ano			Tempo final		Pts	
12.	Cristiana Sofia, DUARTE		07	Academica de Coimbra		5:04.39		-	438
	50m:	32.27	32.27	150m:	1:46.12	37.86	250m:	3:05.39	40.29
	100m:	1:08.26	35.99	200m:	2:25.10	38.98	300m:	3:46.16	40.77
							400m:	5:04.39	38.15
13.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense		5:19.66		-	378
	50m:	35.91	35.91	150m:	1:55.46	40.31	250m:	3:17.99	41.59
	100m:	1:15.15	39.24	200m:	2:36.40	40.94	300m:	3:59.43	41.44
							400m:	5:19.66	39.26
14.	Leonor Pereira, SILVA		10	�bidos		5:22.51		-	368
	50m:	35.78	35.78	150m:	1:58.07	41.73	250m:	3:21.79	41.80
	100m:	1:16.34	40.56	200m:	2:39.99	41.92	300m:	4:03.06	41.27
							400m:	5:22.51	37.97
15.	Vida Sofia, VELEZ		10	Ba-Leiria		5:25.86		-	357
	50m:	36.85	36.85	150m:	1:59.61	41.73	250m:	3:23.03	41.55
	100m:	1:17.88	41.03	200m:	2:41.48	41.87	300m:	4:04.65	41.62
							400m:	5:25.86	39.30

Prova 12

Masc., 400m Livres

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 18:12

Resultados

Rec. Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	2004
Rec. Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	2007
Rec. Nac JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	2019
Rec. Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	2023
Rec. Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	2014
Rec. Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santar�m	2003

Pontos: FINA 2023

Lugar			Ano			Tempo final		Pts	
1.	Gabriel Carvalho, FERRAO		05	Benfica		4:07.44		9.00	631
	50m:	28.98	28.98	150m:	1:33.09	32.35	250m:	2:36.11	31.24
	100m:	1:00.74	31.76	200m:	2:04.87	31.78	300m:	3:07.10	30.99
							400m:	4:07.44	28.92
2.	Leonardo Jose, CRUZ		07	Alcobaca		4:13.49		7.00	587
	50m:	29.52	29.52	150m:	1:33.73	32.30	250m:	2:37.52	31.81
	100m:	1:01.43	31.91	200m:	2:05.71	31.98	300m:	3:09.24	31.72
							400m:	4:13.49	32.15
3.	Afonso Dinis, ROQUE		07	CNLeiria		4:14.63		6.00	579
	50m:	28.88	28.88	150m:	1:31.49	31.54	250m:	2:35.98	32.44
	100m:	59.95	31.07	200m:	2:03.54	32.05	300m:	3:09.13	33.15
							400m:	4:14.63	32.15
4.	David Ferreira, RELVAS		03	Nautico Marinha Grande		4:19.47		5.00	547
	50m:	29.94	29.94	150m:	1:35.19	32.76	250m:	2:41.85	33.55
	100m:	1:02.43	32.49	200m:	2:08.30	33.11	300m:	3:15.22	33.37
							400m:	4:19.47	31.48
5.	Tomas Pascoal, FERREIRA		09	Ba-Leiria		4:19.88		4.00	544
	50m:	30.21	30.21	150m:	1:35.68	33.03	250m:	2:43.02	33.85
	100m:	1:02.65	32.44	200m:	2:09.17	33.49	300m:	3:16.76	33.74
							400m:	4:19.88	29.88

Prova 12, Masc., 400m Livres, OPEN (INF+JUV+JUN+SEN)

Lugar	Ano						Tempo final			Pts	
6. Joao Ferreira, MARQUES	06		Academica de Coimbra			4:19.90		3.00	544		
50m: 29.98 29.98	150m: 1:35.82 33.15	250m: 2:41.80 32.58	350m: 3:48.37 33.08								
100m: 1:02.67 32.69	200m: 2:09.22 33.40	300m: 3:15.29 33.49	400m: 4:19.90 31.53								
7. Rafael Pereira, RODRIGUES	08		Condeixa Aqua Clube			4:21.14		2.00	536		
50m: 30.96 30.96	150m: 1:37.51 33.42	250m: 2:43.97 33.16	350m: 3:50.05 32.86								
100m: 1:04.09 33.13	200m: 2:10.81 33.30	300m: 3:17.19 33.22	400m: 4:21.14 31.09								
8. Mikhael, ONUTSKYY	08		Pimpoes/Cimai			4:21.32		1.00	535		
50m: 31.58 31.58	150m: 1:38.53 33.73	250m: 2:44.45 32.79	350m: 3:49.94 32.54								
100m: 1:04.80 33.22	200m: 2:11.66 33.13	300m: 3:17.40 32.95	400m: 4:21.32 31.38								
9. Afonso Formigo, PINHO	06		Torres Novas			4:21.93		-	532		
50m: 30.72 30.72	150m: 1:37.13 33.09	250m: 2:44.76 33.61	350m: 3:51.39 32.90								
100m: 1:04.04 33.32	200m: 2:11.15 34.02	300m: 3:18.49 33.73	400m: 4:21.93 30.54								
10. Marco Dimitar, OLIVEIRA	07		N�utico Acad�mico Coimbra			4:22.14		-	530		
50m: 29.93 29.93	150m: 1:36.04 33.21	250m: 2:42.71 33.16	350m: 3:49.54 33.48								
100m: 1:02.83 32.90	200m: 2:09.55 33.51	300m: 3:16.06 33.35	400m: 4:22.14 32.60								
11. Luis Pedro, FIGUEIREDO	06		Geslours			4:33.89		-	465		
50m: 31.71 31.71	150m: 1:40.43 33.99	250m: 2:49.40 34.66	350m: 3:59.93 35.14								
100m: 1:06.44 34.73	200m: 2:14.74 34.31	300m: 3:24.79 35.39	400m: 4:33.89 33.96								
12. Daniel Casaca, CARVALHO	07		Col�gio Vasco da Gama			4:36.91		-	450		
50m: 30.28 30.28	150m: 1:39.33 34.91	250m: 2:49.96 35.52	350m: 4:01.36 35.81								
100m: 1:04.42 34.14	200m: 2:14.44 35.11	300m: 3:25.55 35.59	400m: 4:36.91 35.55								
13. Antonio Pedro, MARTINS	05		Clube Uni�o 1919			4:37.31		-	448		
50m: 32.13 32.13	150m: 1:42.59 35.16	250m: 2:53.91 35.60	350m: 4:04.46 35.35								
100m: 1:07.43 35.30	200m: 2:18.31 35.72	300m: 3:29.11 35.20	400m: 4:37.31 32.85								
14. Cristiano Almeida, SANTOS	90		CP - Ferreira do Z�zere			4:51.81		-	384		
50m: 33.86 33.86	150m: 1:45.80 36.18	250m: 2:59.74 36.96	350m: 4:15.30 37.87								
100m: 1:09.62 35.76	200m: 2:22.78 36.98	300m: 3:37.43 37.69	400m: 4:51.81 36.51								
15. Francisco Antunes, SOUSA	09		Columbofila Cantanhedense			5:09.36		-	322		
50m: 35.85 35.85	150m: 1:55.27 39.89	250m: 3:14.71 39.56	350m: 4:32.52 38.23								
100m: 1:15.38 39.53	200m: 2:35.15 39.88	300m: 3:54.29 39.58	400m: 5:09.36 36.84								

Prova 13

Femin., 4 x 100m Estilos

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 18:32

Resultados

Rec. Nac Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio Cavaleiros	2009
Rec. Nac SEN	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio Cavaleiros	2009
Rec. Nac JUN	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec. Nac JUV A	4:29.46	Sporting Clube de Portugal	SCP	Alg�s	2019
Rec. Nac 14 - 15	4:29.46	Sporting Clube de Portugal	SCP	Alg�s	2019
Rec. Nac JUV B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	2006
Rec. Nac INF A	4:40.29	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu	2011
Rec. Nac 12 - 13	4:40.29	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu	2011
Rec. Nac INF B	4:57.35	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Ponte da Barca	2010

Pontos: FINA 2023

Lugar					Tempo final		Pts
1.	Nautico Marinha Grande 1			Nautico Marinha Grande	4:38.79	18.00	521
	Madalena Gracio, PEDROSO	10	35.37	1:13.50	Giovanna Vaz, VARGAS	00	30.64
	Margarida Correia, MADEIRA	06	36.57	1:17.53	Luana Ferreira, CRAVEIRO	09	29.44
2.	N�utico Acad�mico Coimbra 1			N�utico Acad�mico Coimbra	4:40.19	14.00	513
	Leonor Verissimo, FARIA	06	34.17	1:09.69	Maria Neto, FERREIRA	06	31.30
	Leonor Mil, MANO	07	37.72	1:20.78	Marta Andre, AGUILAR	07	29.55
3.	Alcobaca 1			Alcobaca	4:40.28	12.00	512
	Ana Francisca, SILVA	06	33.78	1:08.96	Ana Claudia, FERREIRA	90	31.17
	Rita Rocha, SILVA	08	37.86	1:21.13	Constanca Baptista, TOMAS	09	30.56
4.	Benfica 1			Benfica	4:40.33	10.00	512
	Carolina Martins, CAMACHO	06	33.18	1:08.47	Rita Rocha, FERREIRA	10	34.29
	Matilde Nunes, LOPES	06	36.53	1:18.23	Catarina Andrade, FRANCO	07	27.58
5.	Condeixa Aqua Clube 1			Condeixa Aqua Clube	4:48.16	8.00	471
	Helena Nunes, RODRIGUES	03	34.35	1:11.49	Joana Cura, NEVES	11	34.71
	Maria Neto, SIMOES	10	36.33	1:17.96	Camila Duarte, MARCELO	10	29.55
6.	CNLeiria 1			CNLeiria	4:53.42	6.00	447
	Beatriz Belo, CLARA	09	33.00	1:09.13	Leonor Vendima, COELHO	07	33.24
	Joana Rosa, FERREIRA	05	35.76	1:16.43	Carolina Silva, CASTANHEIRA	11	34.15
7.	Pimpoes/Cimai 1			Pimpoes/Cimai	4:55.50	4.00	437
	Beatriz Luz, MARTINS	06	36.83	1:15.97	Ines Mira, PINO	06	31.89
	Camila Silva, CHAMUSCO	08	38.73	1:23.84	Clara Sobreiro, RODRIGUES	09	31.66
8.	Clube Uni�o 1919 2			Clube Uni�o 1919	4:57.36	2.00	429
	Alana Costa, MATIAS	09	33.84	1:09.80	Ana Carolina, MONTEIRO	04	30.65
	Raquel Filipa, JESUS	08	41.79	1:30.44	Diana Costa, OLIVEIRA	04	32.77
9.	Academica de Coimbra 1			Academica de Coimbra	5:03.35	-	404
	Matilde Neves, CRAVEIRO	06	38.08	1:19.22	Beatriz Costa, TEJO	02	29.85
	Cristiana Sofia, DUARTE	07	40.18	1:26.44	Helena Carolina, DINIS	05	35.24
10.	Ba-Leiria 1			Ba-Leiria	5:15.80	-	358
	Ana Margarida, MARQUES	09	37.34	1:18.34	Sara Ines, SOUSA	09	35.91
	Vida Sofia, VELEZ	10	43.10	1:31.99	Sara Francisco, CRUZ	93	28.99



XXVI Torneio Taça Cidade de Alcobaça
Alcobaça, 6.1.2024

Prova 13, Femin., 4 x 100m Estilos, OPEN (INF+JUV+JUN+SEN)

Lugar						Tempo final	Pts	
11.	Torres Novas 1		Torres Novas		5:20.11	-	344	
	Rafaela Ferreira, MENDES	08	32.92	1:08.51	Maria Leonor, LOPES	10	35.88	1:19.30
	Maria Ines, FERREIRA	11	48.47	1:44.45	Beatriz Maria, SIMOES	07	32.29	1:07.85
12.	Colégio Vasco da Gama 1		Colégio Vasco da Gama		5:25.85	-	326	
	Daniela Patricia, LARGUINHO	05	39.52	1:22.79	Marta Oliveira, FERREIRA	08	37.49	1:23.90
	Francisca Maria, ESTEVES	10	43.02	1:34.69	Tatiana Alexandra, MELNYCHUK	06	30.61	1:04.47
DNS	Cumbobifila Cantanhedense 1		Cumbobifila Cantanhedense			-		
DNS	Geslours 1		Geslours			-		
A 2ª atleta efetuou pernadas verticais durante o percurso.								

Prova 14
06.01.2024 - 18:44

Masc., 4 x 100m Estilos

OPEN (INF+JUV+JUN+SEN)

Resultados

Rec. Nac Open	3:33.03	Sporting Clube de Portugal	SCP	Leiria	2022
Rec. Nac SEN	3:33.03	Sporting Clube de Portugal	SCP	Leiria	2022
Rec. Nac JUN	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	2019
Rec. Nac JUV A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	2019
Rec. Nac 15 - 16	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	2019
Rec. Nac JUV B	4:04.46	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014
Rec. Nac INF A	4:12.48	Sporting Clube de Portugal	SCP	Tomar	2016
Rec. Nac 13 - 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar	2016
Rec. Nac INF B	4:35.54	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Porto	2013

Pontos: FINA 2023

Lugar					Tempo final	Pts		
1.	Benfica 1	Benfica			3:59.45	18.00	573	
	Tomas Maia, JANUARIO	06	27.26	55.46	Guilherme Fernandes, BAPTISTA	06	26.45	59.06
	Gabriel Carvalho, FERRAO	05	32.90	1:09.65	Pedro Caiada, RODRIGUES	08	26.33	55.28
2.	CNLeiria 1	CNLeiria			4:08.02	14.00	516	
	Henrique Martins, JOAQUIM	09	31.21	1:04.23	Joao Moura, FRANCISCO	07	26.41	57.80
	Afonso Dinis, ROQUE	07	32.49	1:09.47	Tome Nunes, TOME	08	26.90	56.52
3.	Alcobaca 1	Alcobaca			4:10.46	12.00	501	
	Leonardo Jose, CRUZ	07	28.89	59.30	Tiago Santos, POMBO	08	29.11	1:03.19
	Antonio Antunes, JORGE	10	34.24	1:12.92	Francisco Xavier, TOMAS	00	26.04	55.05
4.	Pimpoes/Cimai 1	Pimpoes/Cimai			4:12.10	10.00	491	
	Mikhael, ONUTSKYY	08	28.53	59.45	Luca Valentino, TONA	06	27.75	59.88
	Santiago Agostinho, PARREIRA	09	34.92	1:14.00	Rodrigo Santos, COUTINHO	08	26.64	58.77
5.	Náutico Académico Coimbra 1	Náutico Académico Coimbra			4:12.18	8.00	491	
	Tomas Rafael, PEREIRA	09	31.47	1:05.91	Joao Neves, ALMEIDA	05	29.36	1:02.84
	Vasco Pereira, BASTOS	02	32.80	1:10.47	Rodrigo Miguel, REIS	04	24.53	52.96
6.	Academica de Coimbra 2	Academica de Coimbra			4:13.70	6.00	482	
	Miguel Joao, PINHEIRO	06	34.22	1:11.23	Miguel Freitas, OVIEDO	02	26.76	58.95
	Joaquim Agra, MERUJE	01	30.82	1:06.97	Joao Ferreira, MARQUES	06	27.49	56.55



Prova 14, Masc., 4 x 100m Estilos, OPEN (INF+JUV+JUN+SEN)

Lugar					Tempo final			Pts
7.	Nautico Marinha Grande 1			Nautico Marinha Grande	4:16.15	4.00		468
	Paulo, KOT	09	31.44	1:03.89	Guilherme Meireles, MARRAZES	09	30.20	1:04.68
	David Ferreira, RELVAS	03	33.80	1:10.89	Miguel Vicente, SILVA	02	26.45	56.69
8.	Torres Novas 1			Torres Novas	4:18.63	2.00		455
	Diogo Miguel, MATRENO	03	30.33	1:03.65	Tiago Miguel, TRINCAO	06	28.45	1:03.74
	Goncalo Faria, SALDIDA	99	23.23	1:15.03	Afonso Formigo, PINHO	06	27.02	56.21
9.	Geslourses 1			Geslourses	4:25.05	-		423
	Rafael Filipe, LOPES	06	32.64	1:07.36	Luis Pedro, FIGUEIREDO	06	27.92	1:01.68
	Diogo Miguel, MARTINS	07	34.48	1:14.76	Tiago Dinis, FERREIRA	07	29.25	1:01.25
10.	Condeixa Aqua Clube 1			Condeixa Aqua Clube	4:25.27	-		422
	Salvador Correia, PEREIRA	08	33.02	1:08.07	Joao Nuno, GASPAR	09	30.24	1:06.01
	Rafael Pereira, RODRIGUES	08	35.59	1:16.14	Duarte Cachulo, MARQUES	07	26.21	55.05
11.	Ba-Leiria 2			Ba-Leiria	4:26.35	-		416
	Luis Pedro, VALERIO	09	36.02	1:14.93	Santiago Marques, GOMES	09	30.04	1:05.80
	Bernardo Nunes, DOMINGUEZ	07	33.37	1:11.27	Tomas Pascoal, FERREIRA	09	25.99	54.35
12.	Clube Uni�o 1919 1			Clube Uni�o 1919	4:27.98	-		409
	Renato Maria, FERREIRA	04	34.96	1:12.43	Gustavo Pires, MARQUES	04	29.76	59.73
	Duarte Jose, FERNANDES	06	33.75	1:13.35	Antonio Pedro, MARTINS	05	30.66	1:02.47
13.	Col�gio Vasco da Gama 1			Col�gio Vasco da Gama	4:30.89	-		396
	Tomas Santos, BRAGA	07	30.61	1:03.70	Daniel Casaca, CARVALHO	07	29.47	1:04.87
	Xavier Jesus, VALENTE	09	34.83	1:14.75	Cristiano Rafael, MELNYCHUK	10	32.06	1:07.57
14.	Columbofila Cantanhedense 1			Columbofila Cantanhedense	5:33.18	-		213
	Afonso Brandao, OLIVEIRA	10	41.68	1:25.74	Francisco Antunes, SOUSA	09	36.52	1:19.99
	Bohdan, ZAPOROZHETS	05	39.47	1:26.21	Daniel Nunes, FREITAS	11	37.73	1:21.24