

ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA
RECORDES REGIONAIS MASCULINOS - P 50

	Infantis B (13 anos)			Infantis A (14 anos)			Juvenis B (15 anos)			Juvenis A (16 anos)			Juniões B (17 anos)			Juniões A (18 anos)			Seniores (+19 anos)			Absolutos		
50 Livres	CDL	00:27,33	10	CDL	00:26,89	11	FBSC	00:25,67	15	AAC	00:24,66	10	AAC	00:24,13	11	AAC	00:23,64	12	AAC	00:23,14	17	AAC	00:23,14	17
	Gabriel J Lopes			Gabriel J Lopes			Miguel D Agostinho			Gustavo A Madureira			Gustavo A Madureira			Gustavo A Madureira			Gustavo A Madureira			Gustavo A Madureira		
100 Livres	CNAC	00:58,97	17	CDL	00:55,64	11	CDL	00:55,14	12	FBSC	00:53,34	16	FBSC	00:53,02	17	CNAC	00:52,32	09	CNAC	00:50,67	12	CNAC	00:50,67	12
	Diogo M Ribeiro			Gabriel J Lopes			Gabriel J Lopes			Miguel D Agostinho			Miguel D Agostinho			Miguel S Oliveira			Mário A Pereira			Mário A Pereira		
200 Livres	FBSC	02:09,74	17	CDL	02:02,56	11	FBSC	01:57,11	15	CAC	01:57,74	77	CNAC	01:54,81	02	CNAC	01:54,69	14	CNAC	01:49,62	15	CNAC	01:49,62	15
	José Diogo Dias			Gabriel J Lopes			Miguel D Agostinho			Rui Abreu			Luís Silva			Tomás M Veloso			Mário A Pereira			Mário A Pereira		
400 Livres	FBSC	04:38,08	17	CNAC	04:22,18	99	CNAC	04:15,74	11	CNAC	04:08,63	01	CNAC	04:02,54	02	SCC	04:01,12	15	SCC	03:58,92	16	SCC	03:58,92	16
	José Diogo Dias			Luís Silva			Tomás M Veloso			Luís Silva			Luís Silva			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho		
800 Livres	CNAC	09:43,70	14	CNM	09:15,00	96	FBSC	08:51,72	17	SCC	08:34,84	17	SCC	08:34,82	14	SCC	08:15,65	15	SCC	08:14,58	17	SCC	08:14,58	17
	João C Diz			Pedro Matos			Paulo A Frota			Diogo C José			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho		
1500 Livres	CNAC	18:19,17	14	CNM	17:20,74	96	CNM	16:45,13	97	SCC	16:32,15	14	SCC	16:10,24	14	SCC	15:43,34	15	SCC	15:41,21	17	SCC	15:41,21	17
	João C Diz			Pedro Matos			Pedro Matos			Diogo M Marques			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho		
3 km	--	--		--	--		SCC	34:04,66	13	SCC	33:49,51	14	--	--		--	--		--	--		--	--	
							Diogo M Marques			Diogo M Marques														
5 km	--	--		--	--		--	--		CNAC	58:28,43	16	SCC	57:05,84	15	SCC	55:12,96	15	SCC	55:32,15	16	SCC	55:12,96	15
										Lucas P Bastos			Diogo M Marques			Alexandre V Coutinho			Alexandre V Coutinho			Alexandre V Coutinho		
50 Bruços	CAqC	00:35,06	15	CNAC	00:32,99	01	CNAC	00:32,61	11	CNAC	00:31,51	12	CNAC	00:29,92	13	ACM	00:29,70	00	CNAC	00:29,35	17	CNAC	00:29,35	17
	Duarte A Sousa			António Pereira			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Helder Lopes			Tomás M Veloso			Tomás M Veloso		
100 Bruços	CAqC	01:15,85	15	CNAC	01:10,43	01	CNAC	01:09,17	11	CNAC	01:06,99	12	CNAC	01:04,77	13	CNAC	01:04,30	14	CNAC	01:03,24	16	CNAC	01:03,24	16
	Duarte A Sousa			António Pereira			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso		
200 Bruços	CAqC	02:38,94	15	CNAC	02:35,25	01	CNAC	02:29,15	11	ACM	02:25,56	98	CNAC	02:22,43	13	ACM	02:18,79	00	CNAC	02:16,22	17	CNAC	02:16,22	17
	Duarte A Sousa			António Pereira			Tomás M Veloso			Helder Lopes			Tomás M Veloso			Helder Lopes			Tomás M Veloso			Tomás M Veloso		
50 Costas	CNAC	00:31,85	16	CDL	00:29,93	11	CDL	00:29,24	12	CNAC	00:28,91	17	CDL	00:27,18	14	ALN	00:26,65	15	ALN	00:26,05	17	ALN	00:26,05	17
	Manuel B Simões			Gabriel J Lopes			Gabriel J Lopes			Bernardo V Arzileiro			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes		
100 Costas	FBSC	01:06,75	17	CDL	01:02,97	11	CDL	01:00,81	12	CNAC	01:00,99	17	CDL	00:57,39	14	ALN	00:55,79	15	ALN	00:55,01	17	ALN	00:55,01	17
	José Diogo Dias			Gabriel J Lopes			Gabriel J Lopes			Bernardo V Arzileiro			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes		
200 Costas	FBSC	02:25,05	17	CDL	02:18,74	11	GCF	02:16,49	92	AAC	02:12,56	97	AAC	02:10,92	98	ALN	02:03,57	15	ALN	02:02,70	17	ALN	02:02,70	17
	José Diogo Dias			Gabriel J Lopes			António Rolo			José Cavalheiro			José Cavalheiro			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes		
50 Mariposa	CNAC	00:28,50	16	CNAC	00:28,44	17	CIM	00:27,35	16	SCC	00:27,19	13	CDL	00:26,12	14	ALN	00:25,31	15	CNAC	00:25,23	14	CNAC	00:25,23	14
	Manuel B Simões			Manuel B Simões			José M Cunha			Alexandre V Coutinho			Gabriel J Lopes			Gabriel J Lopes			Mário A Pereira			Mário A Pereira		
100 Mariposa	CNAC	01:05,69	16	CNAC	01:02,40	17	CAqC	00:58,41	16	SCC	00:58,62	13	CDL	00:57,06	14	CNAC	00:55,86	09	ALN	00:54,85	16	ALN	00:54,85	16
	Manuel B Simões			Manuel B Simões			André G Costa			Alexandre V Coutinho			Gabriel J Lopes			Miguel S Oliveira			Gabriel J Lopes			Gabriel J Lopes		
200 Mariposa	CNAC	02:29,08	17	CNAC	02:16,99	99	CAqC	02:10,78	16	CAqC	02:07,69	17	SCC	02:10,33	14	CNAC	02:05,19	09	CNAC	02:05,33	12	CNAC	02:05,19	09
	Diogo M Ribeiro			Luís Silva			André G Costa			André G Costa			Alexandre V Coutinho			Miguel S Oliveira			Miguel M Diogo			Miguel S Oliveira		
200 Estilos	CNAC	02:27,28	17	CDL	02:17,28	11	CNAC	02:14,57	11	CNAC	02:11,02	12	CDL	02:04,64	14	ALN	02:02,72	15	ALN	02:00,76	16	ALN	02:00,76	16
	Diogo M Ribeiro			Gabriel J Lopes			Tomás M Veloso			Tomás M Veloso			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes			Gabriel J Lopes		
400 Estilos	CNAC	05:10,59	17	CNAC	04:54,04	10	CNAC	04:43,28	11	CNAC	04:38,96	12	CNAC	04:34,40	13	CNAC	04:27,18	14	ALN	04:23,87	17	ALN	04:23,87	17
	Diogo M Ribeiro			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Tomás M Veloso			Gabriel J Lopes			Gabriel J Lopes		