



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)	Juniores B (17 anos)	Juniores A (18 anos)	Seniores (19+ anos)	Absolutos
50 Livres	CDL 00:27,33 10 Gabriel J Lopes	CUC 00:26,00 18 Diogo M Ribeiro	FBSC 00:25,67 15 Miguel D Agostinho	AAC 00:24,66 10 Gustavo A Madureira	AAC 00:24,13 11 Gustavo A Madureira	AAC 00:23,64 12 Gustavo A Madureira	AAC 00:23,07 18 Gustavo A Madureira	AAC 00:23,07 18 Gustavo A Madureira
100 Livres	CNAC 00:58,97 17 Diogo M Ribeiro	CDL 00:55,64 11 Gabriel J Lopes	CDL 00:55,14 12 Gabriel J Lopes	FBSC 00:53,34 16 Miguel D Agostinho	FBSC 00:53,02 17 Miguel D Agostinho	CNAC 00:52,32 09 Miguel S Oliveira	CNAC 00:50,67 12 Mário A Pereira	CNAC 00:50,67 12 Mário A Pereira
200 Livres	FBSC 02:09,74 17 José Diogo Dias	CUC 02:00,20 18 Diogo M Ribeiro	FBSC 01:57,11 15 Miguel D Agostinho	CAC 01:57,74 77 Rui Abreu	CNAC 01:54,81 02 Luís Silva	CNAC 01:54,69 14 Tomás M Veloso	CNAC 01:49,62 15 Mário A Pereira	CNAC 01:49,62 15 Mário A Pereira
400 Livres	FBSC 04:38,08 17 José Diogo Dias	CUC 04:20,77 18 Diogo M Ribeiro	CNAC 04:15,74 11 Tomás M Veloso	CNAC 04:08,63 01 Luís Silva	CNAC 04:02,54 02 Luís Silva	SCC 04:01,12 15 Alexandre V Coutinho	SCC 03:58,92 16 Alexandre V Coutinho	SCC 03:58,92 16 Alexandre V Coutinho
800 Livres	CNAC 09:43,70 14 João C Diz	CNM 09:15,00 96 Pedro Matos	FBSC 08:51,72 17 Paulo A Frota	SCC 08:34,84 17 Diogo C José	SCC 08:27,63 18 Diogo C José	SCC 08:15,65 15 Alexandre V Coutinho	SCC 08:14,58 17 Alexandre V Coutinho	SCC 08:14,58 17 Alexandre V Coutinho
1500 Livres	CNAC 18:19,17 14 João C Diz	CNM 17:20,74 96 Pedro Matos	CNM 16:45,13 97 Pedro Matos	SCC 16:32,15 14 Diogo M Marques	SCC 16:01,38 18 Diogo C José	SCC 15:43,34 15 Alexandre V Coutinho	SCC 15:41,21 17 Alexandre V Coutinho	SCC 15:41,21 17 Alexandre V Coutinho
3 km	-- -- -- --	-- -- -- --	SCC 34:04,66 13 Diogo M Marques	SCC 33:49,51 14 Diogo M Marques	-- -- -- --	-- -- -- --	-- -- -- --	-- -- -- --
5 km	-- -- -- --	-- -- -- --	-- -- -- --	CASPAE 57:59,57 18 Paulo A Frota	SCC 57:05,84 15 Diogo M Marques	SCC 55:12,96 15 Alexandre V Coutinho	SCC 55:32,15 16 Alexandre V Coutinho	SCC 55:12,96 15 Alexandre V Coutinho
50 Bruços	CAQC 00:35,06 15 Duarte A Sousa	CPSPA 00:32,47 18 Rafael A Campos	CNAC 00:32,61 11 Tomás M Veloso	CNAC 00:31,51 12 Tomás M Veloso	CNAC 00:29,92 13 Tomás M Veloso	ACM 00:29,70 00 Helder Lopes	CNAC 00:29,16 18 Tomás M Veloso	CNAC 00:29,16 18 Tomás M Veloso
100 Bruços	CAQC 01:15,85 15 Duarte A Sousa	CNAC 01:10,43 01 António Pereira	CNAC 01:09,17 11 Tomás M Veloso	CNAC 01:06,99 12 Tomás M Veloso	CNAC 01:04,77 13 Tomás M Veloso	CNAC 01:04,30 14 Tomás M Veloso	ALN 01:02,77 18 Gabriel J Lopes	ALN 01:02,77 18 Gabriel J Lopes
200 Bruços	CAQC 02:38,94 15 Duarte A Sousa	CNAC 02:35,25 01 António Pereira	CNAC 02:29,15 11 Tomás M Veloso	ACM 02:25,56 98 Helder Lopes	CNAC 02:22,43 13 Tomás M Veloso	ACM 02:18,79 00 Helder Lopes	CNAC 02:15,95 18 Tomás M Veloso	CNAC 02:15,95 18 Tomás M Veloso
50 Costas	CNAC 00:31,85 16 Manuel B Simões	CDL 00:29,93 11 Gabriel J Lopes	CDL 00:29,24 12 Gabriel J Lopes	CNAC 00:28,91 17 Bernardo V Arzileiro	CDL 00:27,18 14 Gabriel J Lopes	ALN 00:26,65 15 Gabriel J Lopes	ALN 00:25,85 18 Gabriel J Lopes	ALN 00:25,85 18 Gabriel J Lopes
100 Costas	FBSC 01:06,75 17 José Diogo Dias	CDL 01:02,97 11 Gabriel J Lopes	CDL 01:00,81 12 Gabriel J Lopes	CNAC 01:00,99 17 Bernardo V Arzileiro	CDL 00:57,39 14 Gabriel J Lopes	ALN 00:55,79 15 Gabriel J Lopes	ALN 00:55,01 17 Gabriel J Lopes	ALN 00:55,01 17 Gabriel J Lopes
200 Costas	FBSC 02:25,05 17 José Diogo Dias	CDL 02:18,74 11 Gabriel J Lopes	GCF 02:16,49 92 António Rolo	AAC 02:12,56 97 José Cavalheiro	CUC 02:10,32 18 Bernardo V Arzileiro	ALN 02:03,57 15 Gabriel J Lopes	ALN 02:00,35 18 Gabriel J Lopes	ALN 02:00,35 18 Gabriel J Lopes
50 Mariposa	CNAC 00:28,50 16 Manuel B Simões	CUC 00:27,35 18 Diogo M Ribeiro	CUC 00:26,18 18 Manuel B Simões	FBSC 00:26,83 18 Ricardo J Domingues	CDL 00:26,12 14 Gabriel J Lopes	ALN 00:25,31 15 Gabriel J Lopes	AAC 00:25,04 18 Gustavo A Madureira	AAC 00:25,04 18 Gustavo A Madureira
100 Mariposa	CNAC 01:05,69 16 Manuel B Simões	CUC 00:59,19 18 Diogo M Ribeiro	CAQC 00:58,41 16 André G Costa	SCC 00:58,62 13 Alexandre V Coutinho	CDL 00:57,06 14 Gabriel J Lopes	CNAC 00:55,86 09 Miguel S Oliveira	ALN 00:54,16 18 Gabriel J Lopes	ALN 00:54,16 18 Gabriel J Lopes
200 Mariposa	CNAC 02:29,08 17 Diogo M Ribeiro	CUC 02:15,42 18 Diogo M Ribeiro	CAQC 02:10,78 16 André G Costa	CAQC 02:07,69 17 André G Costa	SCC 02:10,33 14 Alexandre V Coutinho	CNAC 02:05,19 09 Miguel S Oliveira	CNAC 02:05,33 12 Miguel M Diogo	CNAC 02:05,19 09 Miguel S Oliveira
200 Estilos	CNAC 02:27,28 17 Diogo M Ribeiro	CUC 02:17,01 18 Diogo M Ribeiro	CNAC 02:14,57 11 Tomás M Veloso	CNAC 02:11,02 12 Tomás M Veloso	CDL 02:04,64 14 Gabriel J Lopes	ALN 02:02,72 15 Gabriel J Lopes	ALN 01:59,80 18 Gabriel J Lopes	ALN 01:59,80 18 Gabriel J Lopes
400 Estilos	CNAC 05:10,59 17 Diogo M Ribeiro	CNAC 04:54,04 10 Tomás M Veloso	CNAC 04:43,28 11 Tomás M Veloso	CNAC 04:38,96 12 Tomás M Veloso	CNAC 04:34,40 13 Tomás M Veloso	CNAC 04:27,18 14 Tomás M Veloso	ALN 04:21,57 18 Gabriel J Lopes	ALN 04:21,57 18 Gabriel J Lopes

 Recorde Nacional de P50 em vigor
 Recorde Nacional de P50 à época

 Recorde Regional estabelecido na presente época