



ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA  
RECORDES REGIONAIS MASCULINOS - TP

	<b>Infantis B (13 anos)</b>	<b>Infantis A (14 anos)</b>	<b>Juvenis B (15 anos)</b>	<b>Juvenis A (16 anos)</b>	<b>Juniores B (17 anos)</b>	<b>Juniores A (18 anos)</b>	<b>Seniores (19+ anos)</b>	<b>Absolutos</b>
<b>50 Livres</b>	CDL 00:26,65 10 Gabriel J Lopes	CUC 00:26,00 18 Diogo M Ribeiro	CUC 00:25,40 18 Diogo M Ribeiro	AAC 00:24,48 09 Gustavo A Madureira	AAC 00:23,93 10 Gustavo A Madureira	AAC 00:23,08 11 Gustavo A Madureira	AAC 00:22,47 17 Gustavo A Madureira	AAC 00:22,47 17 Gustavo A Madureira
<b>100 Livres</b>	CNAC 00:58,55 17 Diogo M Ribeiro	CUC 00:54,35 18 Diogo M Ribeiro	CDL 00:54,32 12 Gabriel J Lopes	AAC 00:53,28 09 Gustavo A Madureira	CDL 00:51,92 14 Gabriel J Lopes	GCF 00:51,21 09 Mário A Pereira	CNAC 00:49,13 15 Mário A Pereira	CNAC 00:49,13 15 Mário A Pereira
<b>200 Livres</b>	FBSC 02:08,92 17 José D Dias	CUC 02:00,20 18 Diogo M Ribeiro	FBSC 01:57,11 15 Miguel D Agostinho	CNAC 01:56,93 01 Luís Silva / José Cunha	CNAC 01:53,16 01 Luís Silva	CNAC 01:52,42 08 Miguel S Oliveira	CNAC 01:46,03 14 Mário A Pereira	CNAC 01:46,03 14 Mário A Pereira
<b>400 Livres</b>	CNAC 04:35,42 17 Diogo M Ribeiro	CUC 04:20,77 18 Diogo M Ribeiro	CNAC 04:11,77 00 Luís Silva	AAC 04:07,72 11 João A Neves	CNAC 04:00,08 02 Luis Silva	CNAC 03:56,55 02 Luis Silva	CNAC 03:50,02 17 Tomás M Veloso	CNAC 03:50,02 17 Tomás M Veloso
<b>800 Livres</b>	CNAC 09:37,73 14 João C Diz	FBSC 09:03,08 18 José D Dias	SCC 08:44,45 12 Diogo M Marques	SCC 08:29,11 13 Diogo M Marques	SCC 08:16,45 17 Diogo C José	SCC 08:05,36 14 Alexandre V Coutinho	SCC 08:02,49 15 Alexandre V Coutinho	SCC 08:02,49 15 Alexandre V Coutinho
<b>1500 Livres</b>	CNAC 18:13,19 14 João C Diz	CUC 17:14,16 18 Diogo M Ribeiro	CNM 16:32,94 97 Pedro Matos	SCC 16:12,81 13 Diogo M Marques	SCC 15:49,38 14 Alexandre V Coutinho	SCC 15:33,14 14 Alexandre V Coutinho	SCC 15:28,85 15 Alexandre V Coutinho	SCC 15:28,85 15 Alexandre V Coutinho
<b>50 Bruços</b>	CAQC 00:34,85 15 Duarte A Sousa	CPSPA 00:32,29 18 Rafael A Campos	CDL 00:32,06 12 Gabriel J Lopes	CDL 00:30,71 13 Gabriel J Lopes	CDL 00:29,76 14 Gabriel J Lopes	CNAC 00:29,66 14 Tomás M Veloso	CNAC 00:28,39 16 Tomás M Veloso	CNAC 00:28,39 16 Tomás M Veloso
<b>100 Bruços</b>	CNAC 01:14,06 17 Gonçalo B Moita	CNAC 01:09,36 01 António Pereira	CDL 01:07,45 12 Gabriel J Lopes	CDL 01:04,90 13 Gabriel J Lopes	CDL 01:03,11 14 Gabriel J Lopes	CNAC 01:02,40 14 Tomás M Veloso	CNAC 01:01,09 17 Tomás M Veloso	CNAC 01:01,09 17 Tomás M Veloso
<b>200 Bruços</b>	CAQC 02:38,94 15 Duarte A Sousa	CAQC 02:32,39 16 Duarte A Sousa	CNAC 02:27,67 02 António Pereira	ACM 02:24,15 98 Helder Lopes	GCF 02:21,28 01 João Pedro Neves	ACM 02:15,81 00 Helder Lopes	CNAC 02:12,80 16 Tomás M Veloso	CNAC 02:12,80 16 Tomás M Veloso
<b>50 Costas</b>	CDL 00:30,56 10 Gabriel J Lopes	CDL 00:29,69 11 Gabriel J Lopes	CDL 00:27,30 12 Gabriel J Lopes	CDL 00:27,54 13 Gabriel J Lopes	CDL 00:25,37 14 Gabriel J Lopes	ALN 00:25,99 15 Gabriel J Lopes	ALN 00:24,14 17 Gabriel J Lopes	ALN 00:24,14 17 Gabriel J Lopes
<b>100 Costas</b>	FBSC 01:04,42 17 José Diogo Dias	CDL 01:01,91 11 Gabriel J Lopes	CDL 00:57,38 12 Gabriel J Lopes	CDL 00:57,92 03 Gabriel J Lopes	CDL 00:54,97 14 Gabriel J Lopes	ALN 00:54,02 15 Gabriel J Lopes	ALN 00:51,68 17 Gabriel J Lopes	ALN 00:51,68 17 Gabriel J Lopes
<b>200 Costas</b>	FBSC 02:19,15 17 José Diogo Dias	FBSC 02:14,94 18 José D Dias	CDL 02:11,63 12 Gabriel J Lopes	CNM 02:09,95 98 Pedro Matos	CDL 02:02,88 14 Gabriel J Lopes	ALN 02:03,57 15 Gabriel J Lopes	ALN 01:55,63 16 Gabriel J Lopes	ALN 01:55,63 16 Gabriel J Lopes
<b>50 Mariposa</b>	CNAC 00:28,50 16 Manuel B Simões	CUC 00:27,35 18 Diogo M Ribeiro	CUC 00:26,18 18 Manuel B Simões	CAQC 00:26,63 16 André G Costa	SCC 00:26,01 13 Alexandre V Coutinho	CNAC 00:24,83 09 Miguel S Oliveira	ALN 00:24,12 17 Gabriel J Lopes	ALN 00:24,12 17 Gabriel J Lopes
<b>100 Mariposa</b>	CNAC 01:04,47 16 Manuel B Simões	CUC 00:59,19 18 Diogo M Ribeiro	CAQC 00:58,41 16 André G Costa	CAQC 00:57,36 16 André G Costa	CDL 00:57,06 14 Gabriel J Lopes	ALN 00:55,51 15 Gabriel J Lopes	ALN 00:54,16 18 Gabriel J Lopes	ALN 00:54,16 18 Gabriel J Lopes
<b>200 Mariposa</b>	CNAC 02:28,59 09 Tomás M Veloso	CUC 02:15,42 18 Diogo M Ribeiro	CNAC 02:10,21 00 Luís Silva	CAQC 02:05,81 16 André G Costa	SCC 02:06,44 13 Alexandre V Coutinho	CNAC 02:05,19 09 Miguel S Oliveira	ALN 01:58,90 17 Gabriel J Lopes	ALN 01:58,90 17 Gabriel J Lopes
<b>100 Estilos</b>	CDL 01:06,87 10 Gabriel J Lopes	CDL 01:02,84 11 Gabriel J Lopes	CDL 01:02,16 11 Gabriel J Lopes	SCC 01:01,90 17 Diogo C José	CDL 00:57,55 13 Gabriel J Lopes	CNAC 00:58,12 13 Tomás M Veloso	ALN 00:53,87 17 Gabriel J Lopes	ALN 00:53,87 17 Gabriel J Lopes
<b>200 Estilos</b>	CNAC 02:23,23 17 Diogo M Ribeiro	CDL 02:16,35 11 Gabriel J Lopes	CDL 02:11,17 12 Gabriel J Lopes	CDL 02:10,12 03 Gabriel J Lopes	CNAC 02:03,28 12 Tomás M Veloso	ALN 02:00,59 15 Gabriel J Lopes	ALN 01:55,79 18 Gabriel J Lopes	ALN 01:55,79 18 Gabriel J Lopes
<b>400 Estilos</b>	CNAC 05:08,56 17 Diogo M Ribeiro	CUC 04:53,35 18 Diogo M Ribeiro	CNAC 04:38,66 00 Luís Silva	SCC 04:35,63 16 Diogo C José	CNAC 04:23,90 12 Tomás M Veloso	CNAC 04:26,81 08 Miguel S Oliveira	CNAC 04:13,49 17 Tomás M Veloso	CNAC 04:13,49 17 Tomás M Veloso

 Recorde Nacional de P25 em vigor  
 Recorde Nacional de P25 à época

 Recorde Regional estabelecido na presente época