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	CUC 00:24,67 19 Diogo M Ribeiro	AAC 00:24,66 10 Gustavo A Madureira	CUC 00:23,04 21 Diogo M Ribeiro	AAC 00:23,64 12 Gustavo A Madureira	AAC 00:23,07 18 Gustavo A Madureira	CUC 00:23,04 21 Diogo M Ribeiro
100 Livres	CNAC 00:58,97 17 Diogo M Ribeiro	CDL 00:55,64 11 Gabriel J Lopes	CUC 00:52,51 19 Diogo M Ribeiro	CUC 00:53,32 20 Diogo M Ribeiro	CUC 00:49,34 21 Diogo M Ribeiro	CNAC 00:52,32 09 Miguel S Oliveira	CNAC 00:50,67 12 Mário A Pereira	CUC 00:49,34 21 Diogo M Ribeiro
200 Livres	FBSC 02:09,74 17 José Diogo Dias	CUC 02:00,20 18 Diogo M Ribeiro	CUC 01:53,96 19 Diogo M Ribeiro	CUC 01:57,38 20 Diogo M Ribeiro	CUC 01:50,82 21 Diogo M Ribeiro	CUC 01:54,06 Gustavo 22 P Marques	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	CUC 04:13,69 19 Diogo M Ribeiro	CNAC 04:08,63 01 Luís Silva	CNAC 04:02,54 02 Luís Silva	CUC 03:59,76 Gustavo 22 P Marques	CNAC 03:54,96 19 Tomás M Veloso	CNAC 03:54,96 19 Tomás M Veloso
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	INDANC 08:26,09 21 Gustavo Marques	SCC 08:15,65 15 Alexandre V Coutinho	CNAc 08:14,33 21 Tomás M Veloso	CNAc 08:14,33 21 Tomás M Veloso
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	-- -- -- --	-- -- -- --	-- -- -- --	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	Ind ANC 00:32,25 21 Duarte J Fernandes	CNAc 00:31,51 12 Tomás M Veloso	CNAC 00:29,92 13 Tomás M Veloso	ACM 00:29,70 00 Helder Lopes	ALN 00:28,80 23 Gabriel J Lopes	ALN 00:28,80 23 Gabriel J Lopes
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 01:01,65 23 Gabriel J Lopes	ALN 01:01,65 23 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	ALN 02:11,92 22 Gabriel J Lopes	ALN 02:11,92 22 Gabriel J Lopes
50 Costas	CNAC 00:31,85 16 Manuel B Simões	CDL 00:29,93 11 Gabriel J Lopes	CUC 00:28,47 19 Diogo M Ribeiro	CUC 00:28,82 20 Diogo M Ribeiro	CUC 00:27,00 21 Diogo M Ribeiro	ALN 00:26,65 15 Gabriel J Lopes	ALN 00:25,63 23 Gabriel J Lopes	ALN 00:25,63 23 Gabriel J Lopes
100 Costas	FBSC 01:06,75 17 José Diogo Dias	CDL 01:02,97 11 Gabriel J Lopes	CUC 00:59,54 19 Diogo M Ribeiro	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 00:54,90 22 Gabriel J Lopes	ALN 00:54,90 22 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	IndANC 02:10,21 21 Gustavo P Marques	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	CUC 00:25,74 20 Diogo M Ribeiro	CUC 00:24,09 21 Diogo M Ribeiro	ALN 00:25,31 15 Gabriel J Lopes	ALN 00:24,88 20 Gabriel J Lopes	CUC 00:24,09 21 Diogo M Ribeiro
100 Mariposa	CNAC 01:05,69 16 Manuel B Simões	CUC 00:59,19 18 Diogo M Ribeiro	CUC 00:56,61 19 Diogo M Ribeiro	SCC 00:58,62 13 Alexandre V Coutinho	CUC 00:52,54 21 Diogo M Ribeiro	CNAC 00:55,86 09 Miguel S Oliveira	ALN 00:53,70 22 Gabriel J Lopes	CUC 00:52,54 21 Diogo M Ribeiro
200 Mariposa	CNAC 02:29,08 17 Diogo M Ribeiro	CUC 02:15,42 18 Diogo M Ribeiro	CUC 02:08,38 19 Diogo M Ribeiro	CAQC 02:07,69 17 André G Costa	CUC 02:04,09 21 Diogo M Ribeiro	CNAC 02:05,19 09 Miguel S Oliveira	ALN 02:02,80 19 Gabriel J Lopes	ALN 02:02,80 19 Gabriel J Lopes
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 01:58,34 21 Gabriel J Lopes	ALN 01:58,34 22 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

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