

ASSOCIAÇÃO DE NATACÃO DE COIMBRA
RECORDES REGIONAIS MASCULINOS - P 50

	Infantis B (13 anos)		Infantis A (14 anos)		Juvenis B (15 anos)		Juvenis A (16 anos)		Juniiores B (17 anos)		Juniiores A (18 anos)		Seniores (19+ anos)		Absolutos	
50 Livres	CDL 0:27,33 10 Gabriel J Lopes		CUC 0:26,00 18 Diogo M Ribeiro		CUC 0:24,67 19 Diogo M Ribeiro		AAC 0:24,66 10 Gustavo A Madureira		CUC 0:23,04 21 Diogo M Ribeiro		AAC 0:23,64 12 Gustavo A Madureira		AAC 0:23,07 18 Gustavo A Madureira		CUC 0:23,04 21 Diogo M Ribeiro	
100 Livres	CNAC 0:58,97 17 Diogo M Ribeiro		CDL 0:55,64 11 Gabriel J Lopes		CUC 0:52,51 19 Diogo M Ribeiro		CUC 0:53,32 20 Diogo M Ribeiro		CUC 0:49,34 21 Diogo M Ribeiro		CNAC 0:52,32 09 Miguel S Oliveira		CNAC 0:50,67 12 Mário A Pereira		CUC 0:49,34 21 Diogo M Ribeiro	
200 Livres	FBSC 2:09,74 17 José Diogo Dias		CUC 2:00,20 18 Diogo M Ribeiro		CUC 1:53,96 19 Diogo M Ribeiro		CUC 1:57,38 20 Diogo M Ribeiro		CUC 1:50,82 21 Diogo M Ribeiro		CUC 1:54,06 22 Gustavo P Marques		CNAC 1:49,62 15 Mário A Pereira		CNAC 1:49,62 15 Mário A Pereira	
400 Livres	FBSC 4:38,08 17 José Diogo Dias		CUC 4:20,77 18 Diogo M Ribeiro		CUC 4:13,69 19 Diogo M Ribeiro		CNAC 4:08,63 01 Luís Silva		CNAC 4:02,54 02 Luís Silva		CUC 3:59,76 22 Gustavo P Marques		CNAC 3:54,96 19 Tomás M Veloso		CNAC 3:54,96 19 Tomás M Veloso	
800 Livres	CNAC 9:43,70 14 João C Diz		CNM 9:15,00 96 Pedro Matos		FBSC 8:51,72 17 Paulo A Frota		SCC 8:34,84 17 Diogo C José		IND 8:26,09 21 Gustavo P Marques		SCC 8:15,65 15 Alexandre V Coutinho		CNAC 8:14,33 21 Tomás M Veloso		CNAC 8:14,33 21 Tomás M Veloso	
1500 Livres	CNAC 18:19,27 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	-- -- --		-- -- --		-- -- --		CASPA 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 0:35,06 15 Duarte A Sousa		CPSPA 0:32,47 18 Rafael A Campos		IND 0:32,25 21 Duarte J Fernandes		CNAC 0:31,51 12 Tomás M Veloso		CNAC 0:29,92 13 Tomás M Veloso		ACM 0:29,70 00 Helder Lopes		ALN 0:28,27 25 Gabriel José Lopes		ALN 0:28,27 25 Gabriel José Lopes	
100 Bruços	CAQC 1:15,85 15 Duarte A Sousa		CNAC 1:10,43 01 António Pereira		CNAC 1:09,17 11 Tomás M Veloso		CNAC 1:06,99 12 Tomás M Veloso		CNAC 1:04,77 13 Tomás M Veloso		CNAC 1:04,30 14 Tomás M Veloso		ALN 1:01,65 23 Gabriel José Lopes		ALN 1:01,65 23 Gabriel José Lopes	
200 Bruços	CAQC 2:38,94 15 Duarte A Sousa		CNAC 2:35,25 01 António Pereira		CNAC 2:29,15 11 Tomás M Veloso		ACM 2:25,56 98 Helder Lopes		CNAC 2:22,43 13 Tomás M Veloso		ACM 2:18,79 00 Helder Lopes		ALN 2:11,92 22 Gabriel José Lopes		ALN 2:11,92 22 Gabriel José Lopes	
50 Costas	CNAC 0:31,85 16 Manuel B Simões		CDL 0:29,93 11 Gabriel J Lopes		CUC 0:28,47 19 Diogo M Ribeiro		CNAC 0:28,74 26 Francisco M Simões		CUC 0:27,00 21 Diogo M Ribeiro		ALN 0:26,65 15 Gabriel J Lopes		ALN 0:25,63 23 Gabriel José Lopes		ALN 0:25,63 23 Gabriel José Lopes	
100 Costas	FBSC 1:06,75 17 José Diogo Dias		CDL 1:02,97 11 Gabriel J Lopes		CUC 0:59,54 19 Diogo M Ribeiro		CNAC 1:00,99 17 Bernardo V Arzileiro		CDL 0:57,39 14 Gabriel J Lopes		ALN 0:55,79 15 Gabriel J Lopes		ALN 0:54,80 24 Gabriel José Lopes		ALN 0:54,80 24 Gabriel José Lopes	
200 Costas	FBSC 2:25,05 17 José Diogo Dias		CDL 2:18,74 11 Gabriel J Lopes		GCF 2:16,49 92 António Rolo		AAC 2:12,56 97 José Cavalheiro		IND 2:10,21 21 Gustavo P Marques		ALN 2:03,57 15 Gabriel J Lopes		ALN 1:59,12 25 Ricardo Matias Santos		ALN 1:59,12 25 Ricardo Matias Santos	
50 Mariposa	CNAC 0:28,50 16 Manuel B Simões		CUC 0:27,35 18 Diogo M Ribeiro		CUC 0:26,18 18 Manuel B Simões		CUC 0:25,74 20 Diogo M Ribeiro		CUC 0:24,09 21 Diogo M Ribeiro		ALN 0:25,31 15 Gabriel J Lopes		ALN 0:24,46 25 Gabriel José Lopes		CUC 0:24,09 21 Diogo M Ribeiro	
100 Mariposa	CNAC 1:05,69 16 Manuel B Simões		CUC 0:59,19 18 Diogo M Ribeiro		CUC 0:56,61 19 Diogo M Ribeiro		SCC 0:58,62 13 Alexandre V Coutinho		CUC 0:52,54 21 Diogo M Ribeiro		CNAC 0:55,86 09 Miguel S Oliveira		ALN 0:53,70 22 Gabriel José Lopes		CUC 0:52,54 21 Diogo M Ribeiro	
200 Mariposa	CNAC 2:29,08 17 Diogo M Ribeiro		CUC 2:15,42 18 Diogo M Ribeiro		CUC 2:08,38 19 Diogo M Ribeiro		CAQC 2:07,69 17 André G Costa		CUC 2:04,09 21 Diogo M Ribeiro		CNAC 2:05,19 09 Miguel S Oliveira		ALN 2:02,80 19 Gabriel José Lopes		ALN 2:02,80 19 Gabriel José Lopes	
200 Estilos	CNAC 2:27,28 17 Diogo M Ribeiro		CUC 2:17,01 18 Diogo M Ribeiro		CNAC 2:14,57 11 Tomás M Veloso		CNAC 2:11,02 12 Tomás M Veloso		CDL 2:04,64 14 Gabriel J Lopes		ALN 2:02,72 15 Gabriel J Lopes		ALN 1:58,34 22 Gabriel José Lopes		ALN 1:58,34 22 Gabriel José Lopes	
400 Estilos	CNAC 5:10,59 17 Diogo M Ribeiro		CNAC 4:54,04 10 Tomás M Veloso		CNAC 4:43,28 11 Tomás M Veloso		CNAC 4:38,96 12 Tomás M Veloso		CNAC 4:34,40 13 Tomás M Veloso		CNAC 4:27,18 14 Tomás M Veloso		ALN 4:21,57 18 Gabriel José Lopes		ALN 4:21,57 18 Gabriel José Lopes	