

RECORDES INDIVIDUAIS atualizado em 29/11/2019

piscina de 50 metros



PROVAS MASCULINAS

50 LIVRES

<u>Infantil B</u>	00:28.07	Alexandre Lages Ribas	97	EDV	25-07-2010	Campanhã
<u>Infantil A</u>	00:26.43	Nuno Miguel Graça	98	EDV	02-06-2012	Campanhã
<u>Juvenil B</u>	00:25.85	Nuno Miguel Graça	98	EDV	25-05-2013	Coimbra
<u>Juvenil A</u>	00:25.33	Nuno Miguel Graça	98	EDV	05-04-2014	Coimbra
<u>Júnior -17</u>	00:24.99	José Pedro Fernandes	99	SCB	23-07-2016	Jamor
<u>Júnior -18</u>	00:24.54	João Francisco Lopes	98	SCB	04-06-2016	Campanhã
<u>Sénior</u>	00:24.12	Ricardo Amorim Rego	84	SCB	30-03-2008	Coimbra
<u>Absolute</u>	00:24.12	Ricardo Amorim Rego	84	SCB	30-03-2008	Coimbra

100 LIVRES

<u>Infantil B</u>	00:58.49	Alexandre Lages Ribas	97	EDV	25-07-2010	Campanhã
<u>Infantil A</u>	00:56.05	Alexandre Lages Ribas	97	EDV	24-07-2011	E Universitário
<u>Juvenil B</u>	00:55.20	Nuno Tiago Coelho	02	AMAMB	23-07-2017	Jamor
<u>Juvenil A</u>	00:54.23	Ricardo Manuel Machado	93	SCB	15-03-2009	Póvoa
<u>Júnior -17</u>	00:53.36	Ricardo Manuel Machado	93	SCB	30-05-2010	Coimbra
<u>Júnior -18</u>	00:52.40	Ivo Emanuel Carneiro	84	SCB	12-05-2002	Jamor
<u>Sénior</u>	00:52.30	Ivo Emanuel Carneiro	84	SCB	19-03-2005	Jamor
<u>Absolute</u>	00:52.30	Ivo Emanuel Carneiro	84	SCB	19-03-2005	Jamor

200 LIVRES

<u>Infantil B</u>	02:07.34	Alexandre Lages Ribas	97	EDV	24-07-2010	Campanhã
<u>Infantil A</u>	02:02.73	Hugo Miguel Neves	02	SCB	16-07-2016	Famalicao
<u>Juvenil B</u>	02:00.92	João Peixoto Pereira	01	SCB	22-07-2016	Jamor
<u>Juvenil A</u>	01:57.35	Ricardo Manuel Machado	93	SCB	20-06-2009	Campanhã
<u>Júnior -17</u>	01:55.82	Ricardo Manuel Machado	93	SCB	10-04-2010	Coimbra
<u>Júnior -18</u>	01:52.44	Ivo Emanuel Carneiro	84	SCB	11-07-2002	Linç
<u>Sénior</u>	01:52.07	Ivo Emanuel Carneiro	84	SCB	24-05-2003	Jamor
<u>Absolute</u>	01:52.07	Ivo Emanuel Carneiro	84	SCB	24-05-2003	Jamor

400 LIVRES

<u>Infantil B</u>	04:31.86	Hugo Miguel Neves	02	SCB	18-07-2015	Jamor
<u>Infantil A</u>	04:23.09	João Peixoto Pereira	01	SCB	18-07-2015	Jamor
<u>Juvenil B</u>	04:12.38	José Paulo Lopes	00	SCB	25-07-2015	Coimbra
<u>Juvenil A</u>	04:07.02	José Meireles Parente	87	VNC	29-07-2003	Paris
<u>Júnior -17</u>	04:00.55	Ivo Emanuel Carneiro	84	SCB	06-07-2001	Malta
<u>Júnior -18</u>	03:53.79	José Paulo Lopes	00	SCB	28-07-2018	Jamor
<u>Sénior</u>	03:56.10	José Paulo Lopes	00	SCB	07-10-2018	Buenos Aires
<u>Absolute</u>	03:53.79	José Paulo Lopes	00	SCB	28-07-2018	Jamor

800 LIVRES

<u>Infantil B</u>	09:43.93	Duarte João Dantas	84	EDV	24-07-1997	Famalicao
<u>Infantil A</u>	09:12.88	João Manuel Coelho	82	SCB	13-07-1996	Braga
<u>Juvenil B</u>	08:50.09	José Paulo Lopes	00	SCB	23-07-2015	Coimbra
<u>Juvenil A</u>	08:32.85	José Meireles Parente	87	VNC	31-07-2003	Paris
<u>Júnior -17</u>	08:16.79	José Paulo Lopes	00	SCB	23-07-2017	Jamor
<u>Júnior -18</u>	08:09.11	José Paulo Lopes	00	SCB	29-07-2018	Jamor
<u>Sénior</u>	08:09.43	José Paulo Lopes	00	SCB	11-10-2018	Buenos Aires
<u>Absolute</u>	08:09.11	José Paulo Lopes	00	SCB	29-07-2018	Jamor

1500 LIVRES

<u>Infantil B</u>	18:26.78	Duarte João Dantas	84	EDV	24-07-1997	Famalicao
<u>Infantil A</u>	17:20.13	João Manuel Coelho	82	SCB	13-07-1996	Braga
<u>Juvenil B</u>	16:44.24	José Meireles Parente	87	EDV	21-07-2002	Restelo
<u>Juvenil A</u>	16:08.42	José Meireles Parente	87	VNC	31-07-2003	Paris
<u>Júnior -17</u>	15:50.71	José Paulo Lopes	00	SCB	27-05-2017	Coimbra
<u>Júnior -18</u>	15:33.63	José Paulo Lopes	00	SCB	26-07-2018	Jamor
<u>Sénior</u>	15:38.04	José Paulo Lopes	00	SCB	02-02-2019	P. Varzim
<u>Absolute</u>	15:33.63	José Paulo Lopes	00	SCB	26-07-2018	Jamor

50 BRUÇOS

<u>Infantil B</u>	00:35.39	Hugo Miguel Neves	02	SCB	18-07-2015	Jamor
<u>Infantil A</u>	00:33.49	Pedro Fernandes Rocha	84	EDV	08-07-1998	Campanhã
<u>Juvenil B</u>	00:31.94	Jorge Jesus Silva	00	SCB	01-04-2015	Coimbra
<u>Juvenil A</u>	00:30.94	Rafael Gomes Simões	00	AMAMB	28-05-2016	Coimbra
<u>Júnior -17</u>	00:29.81	Rafael Gomes Simões	00	AMAMB	22-04-2017	Budapeste
<u>Júnior -18</u>	00:29.84	Rafael Gomes Simões	00	AMAMB	18-03-2018	Coimbra
<u>Sénior</u>	00:28.82	Rui Manuel Ribeiro	82	SCB	28-03-2008	Coimbra
<u>Absolute</u>	00:28.82	Rui Manuel Ribeiro	82	SCB	28-03-2008	Coimbra

100 BRUÇOS

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Infantil B	01:15.18	Hugo Miguel Neves	02	SCB	18-07-2015	Jamor
Infantil A	01:12.76	Tiago Martim Alves	97	CDAN	23-07-2011	E Universit�rio
Juvenil B	01:07.04	Jorge Jesus Silva	00	SCB	23-07-2015	Coimbra
Juvenil A	01:06.78	Jorge Jesus Silva	00	SCB	21-07-2016	Jamor
J�nior -17	01:04.74	Rafael Gomes Sim�es	00	AMAMB	20-07-2017	Jamor
J�nior -18	01:03.89	Rafael Gomes Sim�es	00	AMAMB	26-07-2018	Jamor
S�nior	01:06.12	Rafael Gomes Sim�es	00	SCB	02-02-2019	P. Varzim
Absolute	01:03.89	Rafael Gomes Sim�es	00	AMAMB	26-07-2018	Jamor

200 BRUÇOS

Infantil B	02:42.52	Hugo Miguel Neves	02	SCB	19-07-2015	Jamor
Infantil A	02:35.11	Tiago Martim Alves	97	CDAN	24-07-2011	E Universit�rio
Juvenil B	02:24.62	Jorge Jesus Silva	00	SCB	25-07-2015	Coimbra
Juvenil A	02:22.25	Jorge Jesus Silva	00	SCB	23-07-2016	Jamor
J�nior -17	02:23.25	Jorge Jesus Silva	00	SCB	22-07-2017	Jamor
J�nior -18	02:18.19	Rafael Gomes Sim�es	00	AMAMB	28-07-2018	Jamor
S�nior	02:21.97	Ricardo Amorim Rego	84	SCB	20-07-2009	Faro
Absolute	02:18.19	Rafael Gomes Sim�es	00	AMAMB	28-07-2018	Jamor

50 COSTAS

Infantil B	00:31.86	Jorge Jesus Silva	00	SCB	12-07-2013	S.J.Madeira
Infantil A	00:31.38	Andr� Cadilha Filgueiras	88	EDV	21-07-2002	Restelo
	00:30.15	Alexandre Lages Ribas	97	EDV	22-07-2011	Jamor (Parcial)
Juvenil B	00:29.25	Alexandre Lages Ribas	97	EDV	02-06-2012	Campanh�
Juvenil A	00:28.42	Jo�o Francisco Lopes	98	SCB	01-06-2014	Coimbra
J�nior -17	00:27.29	Alexandre Lages Ribas	97	EDV	31-05-2014	Coimbra
J�nior 18	00:27.20	Jos� Paulo Lopes	00	SCB	28-07-2018	Jamor
S�nior	00:26.95	Daniel Apar�cio Pereira	83	SCB	06-08-2011	P�voa
Absolute	00:26.95	Daniel Apar�cio Pereira	83	SCB	06-08-2011	P�voa

100 COSTAS

Infantil B	01:05.71	Alexandre Lages Ribas	97	EDV	23-07-2010	Campanh�
Infantil A	01:01.39	Alexandre Lages Ribas	97	EDV	22-07-2011	E Universit�rio
Juvenil B	01:02.00	Nuno Tiago Coelho	02	AMAMB	22-07-2017	Jamor
Juvenil A	00:59.97	Alexandre Lages Ribas	97	EDV	22-03-2013	Jamor
J�nior -17	00:58.81	Alexandre Lages Ribas	97	EDV	31-05-2014	Coimbra
J�nior -18	00:57.22	Jos� Paulo Lopes	00	SCB	29-07-2018	Jamor
S�nior	00:57.79	Daniel Apar�cio Pereira	83	SCB	19-03-2005	Jamor
Absolute	00:57.22	Jos� Paulo Lopes	00	SCB	29-07-2018	Jamor

200 COSTAS

Infantil B	02:21.70	Alexandre Lages Ribas	97	EDV	24-07-2010	Campanh�
Infantil A	02:14.56	Alexandre Lages Ribas	97	EDV	23-07-2011	E Universit�rio
Juvenil B	02:15.32	Jos� Paulo Lopes	00	SCB	31-05-2015	Coimbra
Juvenil A	02:10.19	Daniel Apar�cio Pereira	83	SCB	12-07-1999	Esbjerg
J�nior -17	02:08.75	Jos� Paulo Lopes	00	SCB	02-04-2017	Coimbra
J�nior -18	02:06.73	Daniel Apar�cio Pereira	83	SCB	06-07-2001	Malta
S�nior	02:04.64	Daniel Apar�cio Pereira	83	SCB	28-03-2004	Jamor
Absolute	02:04.64	Daniel Apar�cio Pereira	83	SCB	28-03-2004	Jamor

50 MARIPOSA

Infantil B	00:29.71	Jorge Jesus Silva	00	SCB	13-07-2013	S.J.Madeira
Infantil A	00:28.67	Jorge Jesus Silva	00	SCB	19-07-2014	Loul�
Juvenil B	00:27.57	Nuno Miguel Graça	98	EDV	09-06-2013	Campanh�
Juvenil A	00:26.80	Nuno Miguel Graça	98	EDV	04-04-2014	Coimbra
J�nior -17	00:26.19	Jo�o Francisco Lopes	98	SCB	23-07-2015	Coimbra
J�nior -18	00:25.79	Jo�o Francisco Lopes	98	SCB	29-05-2016	Coimbra
S�nior	00:25.98	Rodrigo Carlos Albuquerque	97	SCB	17-03-2018	Coimbra
Absolute	00:25.79	Jo�o Francisco Lopes	98	SCB	29-05-2016	Coimbra

100 MARIPOSA

Infantil B	01:04.17	Jorge Jesus Silva	00	SCB	13-07-2013	S.J.Madeira
Infantil A	01:00.34	Jorge Jesus Silva	00	SCB	19-07-2014	Loul�
Juvenil B	00:59.66	Lucas Medeiros Pereira	03	SCB	24-03-2018	Funchal
Juvenil A	00:58.01	Jorge Jesus Silva	00	SCB	02-04-2016	Limassol
J�nior -17	00:57.49	Jorge Jesus Silva	00	SCB	23-04-2017	Budapeste
J�nior -18	00:57.48	Jo�o Francisco Lopes	98	SCB	12-03-2016	Jamor
S�nior	00:56.89	Jo�o Manuel Coelho	82	SCB	10-05-2002	Jamor
Absolute	00:56.89	Jo�o Manuel Coelho	82	SCB	10-05-2002	Jamor

200 MARIPOSA

Infantil B	02:22.13	Jorge Jesus Silva	00	SCB	14-07-2013	S.J.Madeira
Infantil A	02:14.51	Jorge Jesus Silva	00	SCB	20-07-2014	Loul�

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Juvenil B	02:08.12	Jorge Jesus Silva	00	SCB	26-07-2015	Coimbra
Juvenil A	02:07.54	Jorge Jesus Silva	00	SCB	24-07-2016	Jamor
Júnior -17	02:05.93	Ivo Emanuel Carneiro	84	SCB	23-03-2001	Jamor
Júnior 18	02:03.90	José Paulo Lopes	00	SCB	20-05-2018	Coimbra
Sénior	02:02.68	João Manuel Coelho	82	SCB	12-05-2002	Jamor
Absolute	02:02.68	João Manuel Coelho	82	SCB	12-05-2002	Jamor

200 ESTILOS

Infantil B	02:24.21	Hugo Miguel Neves	02	SCB	19-07-2015	Jamor
Infantil A	02:16.63	Alexandre Lages Ribas	97	EDV	24-07-2011	E Universitário
Juvenil B	02:10.83	Jorge Jesus Silva	00	SCB	26-07-2015	Coimbra
Juvenil A	02:09.79	Jorge Jesus Silva	00	SCB	24-07-2016	Jamor
Júnior -17	02:06.93	Jorge Jesus Silva	00	SCB	27-05-2017	Coimbra
Júnior -18	02:02.55	José Paulo Lopes	00	SCB	06-07-2018	Helsinquia
Sénior	02:04.64	José Paulo Lopes	00	SCB	08-10-2018	Buenos Aires
Absolute	02:02.55	José Paulo Lopes	00	SCB	06-07-2018	Helsinquia

400 ESTILOS

Infantil B	05:12.84	José Eduardo Couteiro	76	EDV	27-07-1989	Olivais
Infantil A	04:57.82	Hugo Miguel Neves	02	SCB	17-07-2016	Famalicão
Juvenil B	04:40.48	Jorge Jesus Silva	00	SCB	24-07-2015	Coimbra
Juvenil A	04:36.40	Jorge Jesus Silva	00	SCB	22-07-2016	Jamor
Júnior -17	04:32.61	Jorge Jesus Silva	00	SCB	02-07-2017	Netanya
Júnior -18	04:21.42	José Paulo Lopes	00	SCB	08-07-2018	Helsinquia
Sénior	04:25.26	José Paulo Lopes	00	SCB	02-02-2019	P. Varzim
Absolute	04:21.42	José Paulo Lopes	00	SCB	08-07-2018	Helsinquia

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PROVAS FEMININAS

50 LIVRES

<u>Infantil B</u>	00:30.86	C�elia Maria Ara�ujo	93	SCB	22-07-2005	Coimbra
<u>Infantil A</u>	00:29.5	Paula Cristina Gonalves	76	EDV	1989	
<u>Juvenil - 14</u>	00:28.59	Ana Lu�sa Pinheiro	90	SCB	29-05-2004	E Universit�rio
<u>Juvenil - 15</u>	00:28.21	Catarina Maria Ferreira	98	EDL	29-03-2013	Coimbra
<u>J�nior - 16</u>	00:27.44	Catarina Maria Ferreira	98	EDL	31-05-2014	Coimbra
<u>J�nior - 17</u>	00:26.58	Catarina Maria Ferreira	98	EDV	25-07-2015	Coimbra
<u>S�nior</u>	00:26.41	Catarina Maria Ferreira	98	EDV	28-05-2016	Coimbra
<u>Absolute</u>	00:26.41	Catarina Maria Ferreira	98	EDV	28-05-2016	Coimbra

100 LIVRES

<u>Infantil B</u>	01:04.99	C�elia Maria Ara�ujo	93	SCB	22-07-2005	Coimbra
<u>Infantil A</u>	01:03.22	Diana Ramos Rocha	94	EDV	02-06-2007	Campanh�
<u>Juvenil - 14</u>	01:01.65	Sara Faria Costa	97	SCB	26-03-2011	Jamor
<u>Juvenil - 15</u>	00:59.89	Tamila Hryhorivna Holub	99	SCB	27-07-2014	Jamor
<u>J�nior - 16</u>	01:01.06	Catarina Maria Ferreira	98	EDL	04-04-2014	Coimbra
<u>J�nior - 17</u>	00:58.73	Catarina Maria Ferreira	98	EDV	26-07-2015	Coimbra
<u>S�nior</u>	00:58.21	Ana Feio Alegria	77	SCB	26-07-1999	Istambul
<u>Absolute</u>	00:58.21	Ana Feio Alegria	77	SCB	26-07-1999	Istambul

200 LIVRES

<u>Infantil B</u>	02:21.38	Diana Ramos Rocha	94	EDV	23-07-2006	S. J. da Madeira
<u>Infantil A</u>	02:13.82	Diana Ramos Rocha	94	EDV	22-07-2007	Faro
<u>Juvenil - 14</u>	02:09.97	Diana Ramos Rocha	94	EDV	17-05-2008	Coimbra
<u>Juvenil - 15</u>	02:05.94	Tamila Hryhorivna Holub	99	SCB	25-07-2014	Jamor
<u>J�nior - 16</u>	02:06.43	Tamila Hryhorivna Holub	99	SCB	24-07-2015	Coimbra
<u>J�nior - 17</u>	02:04.80	Tamila Hryhorivna Holub	99	SCB	29-11-2015	Porto
<u>S�nior</u>	02:02.63	Tamila Hryhorivna Holub	99	SCB	25-03-2018	Funchal
<u>Absolute</u>	02:02.63	Tamila Hryhorivna Holub	99	SCB	25-03-2018	Funchal

400 LIVRES

<u>Infantil B</u>	04:54.01	V�ania Soares Neves	90	EDV	21-07-2002	Restelo
<u>Infantil A</u>	04:38.00	Diana Ramos Rocha	94	EDV	02-06-2007	Campanh�
<u>Juvenil - 14</u>	04:29.47	Tamila Hryhorivna Holub	99	SCB	18-07-2013	Holanda
<u>Juvenil - 15</u>	04:20.78	Tamila Hryhorivna Holub	99	SCB	07-06-2014	Campanh�
<u>J�nior - 16</u>	04:21.25	Tamila Hryhorivna Holub	99	SCB	14-02-2015	P�voa
<u>J�nior - 17</u>	04:14.67	Tamila Hryhorivna Holub	99	SCB	23-07-2016	Jamor
<u>S�nior</u>	04:15.16	Tamila Hryhorivna Holub	99	SCB	28-07-2018	Jamor
<u>Absolute</u>	04:14.67	Tamila Hryhorivna Holub	99	SCB	23-07-2016	Jamor

800 LIVRES

<u>Infantil B</u>	10:04.34	Diana Ramos Rocha	94	EDV	22-07-2006	S. J. da Madeira
<u>Infantil A</u>	09:39.09	Diana Ramos Rocha	94	EDV	21-07-2007	Faro
<u>Juvenil - 14</u>	09:12.12	Tamila Hryhorivna Holub	99	SCB	17-07-2013	Holanda
<u>Juvenil - 15</u>	08:50.68	Tamila Hryhorivna Holub	99	SCB	27-07-2014	Jamor
<u>J�nior - 16</u>	08:45.53	Tamila Hryhorivna Holub	99	SCB	30-05-2015	Coimbra
<u>J�nior - 17</u>	08:36.21	Tamila Hryhorivna Holub	99	SCB	28-05-2016	Coimbra
<u>S�nior</u>	08:37.10	Tamila Hryhorivna Holub	99	SCB	03-08-2018	Glasgow
<u>Absolute</u>	08:36.21	Tamila Hryhorivna Holub	99	SCB	28-05-2016	Coimbra

1500 LIVRES

<u>Infantil B</u>	x					
<u>Infantil A</u>	x					
<u>Juvenil - 14</u>	x					
<u>Juvenil - 15</u>	16:54.60	Tamila Hryhorivna Holub	99	SCB	11-07-2014	Dordrecht
<u>J�nior - 16</u>	16:43.22	Tamila Hryhorivna Holub	99	SCB	29-08-2015	Singapura
<u>J�nior - 17</u>	16:20.80	Tamila Hryhorivna Holub	99	SCB	08-06-2016	Hungria
<u>S�nior</u>	16:24.05	Tamila Hryhorivna Holub	99	SCB	24-07-2017	Budapeste
<u>Absolute</u>	16:20.80	Tamila Hryhorivna Holub	99	SCB	08-06-2016	Hungria

50 BRUOS

<u>Infantil B</u>	00:39.59	Maria Jo�o Amaral	96	VNC	20-06-2008	Famalic�o
<u>Infantil A</u>	00:37.91	Marta Rola Azedo	91	VNC	25-07-2004	P�voa
<u>Juvenil - 14</u>	00:36.35	Marta Rola Azedo	91	VNC	29-07-2005	Famalic�o
<u>Juvenil - 15</u>	00:34.22	Marta Rola Azedo	91	VNC	28-07-2006	Coimbra
<u>J�nior - 16</u>	00:35.19	Marta Rola Azedo	91	VNC	27-07-2007	Aveiro
<u>J�nior - 17</u>	00:34.79	Marta Rola Azedo	91	VNC	30-03-2008	Coimbra
<u>S�nior</u>	00:34.27	Joana Magalh�es Soutinho	77	SCB	31-07-1998	Jamor
<u>Absolute</u>	00:34.22	Marta Rola Azedo	91	VNC	28-07-2006	Coimbra

100 BRUOS

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Infantil B	01:23.75	Maria Jo�o Amaral	96	VNC	20-07-2008	Famalicao
Infantil A	01:20.85	Marta Rola Azedo	91	VNC	25-07-2004	P�voa
Juvenil - 14	01:18.52	Maria Jo�o Amaral	95	VNC	29-07-2010	Coimbra
Juvenil - 15	01:15.38	Marta Rola Azedo	91	VNC	23-03-2006	Jamor
J�nior - 16	01:17.11	Marta Rola Azedo	91	VNC	09-06-2007	Loul�
J�nior - 17	01:15.51	Marta Rola Azedo	91	VNC	28-03-2008	Coimbra
S�nior	01:13.76	Joana Magalh�es Soutinho	77	SCB	21-12-1996	Restelo
Absoluto	01:13.76	Joana Magalh�es Soutinho	77	SCB	21-12-1996	Restelo

200 BRU OS

Infantil B	03:00.56	Ana Cristina Brito	96	SCB	21-07-2007	Faro
Infantil A	02:54.01	Marta Rola Azedo	91	VNC	24-07-2004	P�voa
Juvenil - 14	02:48.33	Sara Mariana Vieira	91	CNVV	24-07-2005	Coimbra
Juvenil - 15	02:42.51	Marta Rola Azedo	91	VNC	27-07-2006	Coimbra
J�nior - 16	02:43.99	Ana Raquel Loureiro	85	SCB	04-08-2001	Loul�
J�nior - 17	02:43.86	Rita Catarina Miranda	97	SCB	26-07-2014	Jamor
S�nior	02:40.38	Ana Raquel Loureiro	85	CNVV	28-03-2004	Jamor
Absoluto	02:40.38	Ana Raquel Loureiro	85	CNVV	28-03-2004	Jamor

50 COSTAS

Infantil B	00:36.38	Ana Francisca Senra	00	EMDB	20-07-2012	Rio Maior
Infantil A	00:35.21	V�nia Rocha Barbosa	81	EDV	25-06-1994	Campanh�
Juvenil - 14	00:32.31	Juliana Lima Freixo	97	EDV	04-08-2011	P�voa
Juvenil - 15	00:31.30	Margarida Teixeira Monteiro	97	EDL	07-04-2012	Coimbra
J�nior - 16	00:31.37	Catarina Maria Ferreira	98	EDL	24-07-2014	Jamor
J�nior - 17	00:30.48	Filipa Mendes Pinheiro	92	EDV	18-07-2009	Faro
S�nior	00:30.83	Filipa Mendes Pinheiro	92	EDV	30-05-2010	Coimbra
Absoluto	00:30.48	Filipa Mendes Pinheiro	92	EDV	18-07-2009	Faro

100 COSTAS

Infantil B	01:14.88	Andreia Freitas Guimar�es	90	EDV	19-07-2002	Restelo
Infantil A	01:11.76	Juliana Lima Freixo	97	EDV	23-07-2010	Campanh�
Juvenil - 14	01:08.56	Leonor Borges Faria	87	SCB	16-06-2001	Campanh�
Juvenil - 15	01:08.92	Juliana Lima Freixo	97	EDV	26-05-2012	Coimbra
J�nior - 16	01:07.32	Filipa Mendes Pinheiro	92	EDV	17-05-2008	Coimbra
J�nior - 17	01:06.24	Filipa Mendes Pinheiro	92	EDV	20-07-2009	Faro
S�nior	01:05.07	Filipa Mendes Pinheiro	92	EDV	31-07-2010	Coimbra
Absoluto	01:05.07	Filipa Mendes Pinheiro	92	EDV	31-07-2010	Coimbra

200 COSTAS

Infantil B	02:41.47	Andreia Freitas Guimar�es	90	EDV	21-07-2002	Restelo
Infantil A	02:36.90	Rute Juliana Ara�jo	91	SCB	25-07-2004	P�voa
Juvenil - 14	02:28.72	Leonor Borges Faria	87	SCB	02-08-2001	Loul�
Juvenil - 15	02:25.08	V�nia Soares Neves	90	VNC	28-05-2005	E Universit�rio
J�nior - 16	02:24.47	Filipa Mendes Pinheiro	92	EDV	28-03-2008	Coimbra
J�nior - 17	02:22.79	Filipa Mendes Pinheiro	92	EDV	19-07-2009	Faro
S�nior	02:22.23	Filipa Mendes Pinheiro	92	EDV	07-02-2010	P�voa
Absoluto	02:22.23	Filipa Mendes Pinheiro	92	EDV	07-02-2010	P�voa

50 MARIPOSA

Infantil B	00:33.67	V�nia Soares Neves	90	EDV	21-07-2002	Restelo
Infantil A	00:32.20	Elsa Daniel Dias	92	CNVV	24-07-2005	Coimbra
Juvenil - 14	00:30.33	Sara Sofia Carneiro	88	SCB	26-07-2002	Jamor
Juvenil - 15	00:29.79	Filipa Mendes Pinheiro	92	EDV	20-05-2006	Coimbra
J�nior - 16	00:29.82	Sara Sofia Carneiro	88	SCB	29-05-2004	E Universit�rio
J�nior - 17	00:29.62	Filipa Mendes Pinheiro	92	EDV	18-07-2009	Faro
S�nior	00:29.20	Raquel Maria Felgueiras	80	CNVV	27-03-2004	Jamor
Absoluto	00:29.20	Raquel Maria Felgueiras	80	CNVV	27-03-2004	Jamor

100 MARIPOSA

Infantil B	01:12.01	V�nia Soares Neves	90	EDV	21-07-2002	Restelo
Infantil A	01:09.76	Elsa Daniel Dias	92	CNVV	24-07-2005	Coimbra
Juvenil - 14	01:06.43	Sara Sofia Carneiro	88	SCB	25-07-2002	Jamor
Juvenil - 15	01:05.24	Sofia Mendes Pinheiro	92	EDV	20-05-2006	Coimbra
J�nior - 16	01:04.05	Raquel Maria Felgueiras	80	SCB	30-05-1996	Barcelona
J�nior - 17	01:04.16	Sara Sofia Carneiro	88	SCB	30-07-2005	Famalicao
S�nior	01:02.66	Raquel Maria Felgueiras	80	SCB	08-04-2001	Sarago�a
Absoluto	01:02.66	Raquel Maria Felgueiras	80	SCB	08-04-2001	Sarago�a

200 MARIPOSA

Infantil B	02:36.66	V�nia Soares Neves	90	EDV	20-07-2002	Restelo
Infantil A	02:30.70	Elsa Daniel Dias	92	CNVV	22-07-2005	Coimbra
Juvenil - 14	02:25.98	Filipa Mendes Pinheiro	92	EDV	02-07-2006	Rio Maior

RECORDES INDIVIDUAIS atualizado em 29/11/2019

piscina de 50 metros



Juvenil - 15	02:21.69	Filipa Mendes Pinheiro	92	EDV	18-07-2007	Antuérpia
Júnior - 16	02:17.66	Raquel Felgueiras	80	SCB	26-05-1996	Monte Carlo
Júnior - 17	02:18.32	Raquel Felgueiras	80	SCB	03-08-1997	E.U.Lisboa
Sénior	02:13.08	Raquel Maria Felgueiras	80	CNVV	17-08-2004	Atenas
Absoluto	02:13.08	Raquel Maria Felgueiras	80	CNVV	17-08-2004	Atenas
200 ESTILOS						
Infantil B	02:40.66	Vânia Soares Neves	90	EDV	20-07-2002	Restelo
Infantil A	02:30.59	Diana Ramos Rocha	94	EDV	23-06-2007	Rio Maior
Juvenil - 14	02:28.31	Diana Ramos Rocha	94	EDV	30-03-2008	Istambul
Juvenil - 15	02:22.96	Diana Ramos Rocha	94	VNC	11-07-2009	Praga
Júnior - 16	02:29.23	Vânia Soares Neves	90	VNC	11-06-2006	Loulé
Júnior - 17	02:26.36	Diana Rocha Ramos	94	IND	03-04-2011	Rio Maior
Sénior	02:23.56	Paula Goyanes Garcia	98	EDV	19-12-2015	Coimbra (É espanhola)
	02:31.45	Maria Ana Magalhães	93	EDL	13-03-2011	P. Varzim
Absoluto	02:22.96	Diana Ramos Rocha	94	VNC	11-07-2009	Praga
400 ESTILOS						
Infantil B	05:32.75	Sara Beatriz Loureiro	87	SCB	30-07-1999	E Universitário
Infantil A	05:11.29	Diana Ramos Rocha	94	EDV	20-07-2007	Faro
Juvenil - 14	05:11.33	Diana Ramos Rocha	94	EDV	14-03-2008	Rio Maior
Juvenil - 15	05:04.02	Diana Ramos Rocha	94	VNC	31-05-2009	Coimbra
Júnior - 16	05:04.75	Vânia Soares Neves	90	VNC	28-07-2006	Coimbra
Júnior - 17	05:04.56	Carla Goyanes Garcia	01	EDV	18-03-2018	Coimbra (É espanhola)
	05:05.37	Diana Ramos Rocha	94	EDV	02-04-2011	Rio Maior
Sénior	05:03.37	Paula Goyanes Garcia	98	EDV	20-12-2015	Coimbra (É espanhola)
	05:14.33	Vânia Soares Neves	90	VNC	28-03-2008	Coimbra
Absoluto	05:03.37	Paula Goyanes Garcia	98	EDV	20-12-2015	Coimbra (É espanhola)
	05:04.02	Diana Ramos Rocha	94	VNC	31-05-2009	Coimbra