

RECORDES INDIVIDUAIS

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PROVAS MASCULINAS

50 LIVRES

<u>Infantil B</u>	00:28.07	Alexandre Lages Ribas	97	EDV	25-07-2010	Campanh�
<u>Infantil A</u>	00:26.43	Nuno Miguel Graça	98	EDV	02-06-2012	Campanh�
<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>J�nior -17</u>	00:24.99	Jos� Pedro Fernandes	99	SCB	23-07-2016	Jamor
<u>J�nior -18</u>	00:24.54	Jo�o Francisco Lopes	98	SCB	04-06-2016	Campanh�
<u>S�nior</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	Campanh�
<u>Infantil A</u>	00:56.05	Alexandre Lages Ribas	97	EDV	24-07-2011	E Universit�rio
<u>Juvenil B</u>	00:55.38	Alexandre Lages Ribas	97	EDV	29-07-2012	Jamor
<u>Juvenil A</u>	00:54.23	Ricardo Manuel Machado	93	SCB	15-03-2009	P�voa
<u>J�nior -17</u>	00:53.36	Ricardo Manuel Machado	93	SCB	30-05-2010	Coimbra
<u>J�nior -18</u>	00:52.40	Ivo Emanuel Carneiro	84	SCB	12-05-2002	Jamor
<u>S�nior</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	Campanh�
<u>Infantil A</u>	02:02.73	Hugo Miguel Neves	02	SCB	16-07-2016	Famalic�o
<u>Juvenil B</u>	02:01.06	Duarte Jo�o Dantas	84	EDV	31-07-1999	E Universit�rio
<u>Juvenil A</u>	01:57.35	Ricardo Manuel Machado	93	SCB	20-06-2009	Campanh�
<u>J�nior -17</u>	01:55.82	Ricardo Manuel Machado	93	SCB	10-04-2010	Coimbra
<u>J�nior -18</u>	01:52.44	Ivo Emanuel Carneiro	84	SCB	11-07-2002	Linz
<u>S�nior</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	Jo�o Peixoto Pereira	01	SCB	18-07-2015	Jamor
<u>Juvenil B</u>	04:12.38	Jos� Paulo Lopes	00	SCB	25-07-2015	Coimbra
<u>Juvenil A</u>	04:07.03	Jos� Meireles Parente	87	VNC	29-07-2003	Paris
<u>J�nior -17</u>	04:00.55	Ivo Emanuel Carneiro	84	SCB	06-07-2001	Malta
<u>J�nior -18</u>	03:58.26	Ivo Emanuel Carneiro	84	SCB	12-07-2002	Linz
<u>S�nior</u>	03:58.48	Ivo Emanuel Carneiro	84	SCB	24-05-2003	Jamor
<u>Absolute</u>	03:58.26	Ivo Emanuel Carneiro	84	SCB	12-07-2002	Linz

800 LIVRES

<u>Infantil B</u>	09:43.93	Duarte Jo�o Dantas	84	EDV	24-07-1997	Famalic�o
<u>Infantil A</u>	09:12.88	Jo�o Manuel Coelho	82	SCB	13-07-1996	Braga
<u>Juvenil B</u>	08:52.34	Jos� Meireles Parente	87	EDV	21-07-2002	Restelo
<u>Juvenil A</u>	08:32.85	Jos� Meireles Parente	87	VNC	31-07-2003	Paris
<u>J�nior -17</u>	08:28.41	Ivo Emanuel Carneiro	84	SCB	08-07-2001	Malta
<u>J�nior -18</u>	08:21.36	Jos� Meireles Parente	87	VNC	16-07-2005	Budapeste
<u>S�nior</u>	08:13.53	Jos� Meireles Parente	87	SCB	30-03-2008	Coimbra
<u>Absolute</u>	08:13.53	Jos� Meireles Parente	87	SCB	30-03-2008	Coimbra

1500 LIVRES

<u>Infantil B</u>	18:26.78	Duarte Jo�o Dantas	84	EDV	24-07-1997	Famalic�o
<u>Infantil A</u>	17:20.13	Jo�o Manuel Coelho	82	SCB	13-07-1996	Braga
<u>Juvenil B</u>	16:44.24	Jos� Meireles Parente	87	EDV	21-07-2002	Restelo
<u>Juvenil A</u>	16:08.43	Jos� Meireles Parente	87	VNC	31-07-2003	Paris
<u>J�nior -17</u>	16:01.48	Jos� Meireles Parente	87	VNC	17-07-2004	Jamor
<u>J�nior -18</u>	15:49.25	Jos� Meireles Parente	87	VNC	16-07-2005	Budapeste
<u>S�nior</u>	15:38.25	Jos� Meireles Parente	87	SCB	19-05-2007	Coimbra
<u>Absolute</u>	15:38.25	Jos� Meireles Parente	87	SCB	19-05-2007	Coimbra

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	Campanh�
<u>Juvenil B</u>	00:32.62	M�rio Jorge Veloso	98	SCB	09-06-2013	Campanh�
<u>Juvenil A</u>	00:30.94	Rafael Gomes Sim�es	00	AMAMB	28-05-2016	Coimbra
<u>J�nior -17</u>	00:30.84	M�rio Jorge Veloso	98	SCB	12-04-2015	Jamor
<u>J�nior -18</u>	00:30.57	M�rio Jorge Veloso	98	SCB	13-03-2016	Jamor
<u>S�nior</u>	00:28.82	Rui Manuel Ribeiro	82	SCB	28-03-2008	Coimbra

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Absolute	00:28.82	Rui Manuel Ribeiro	82	SCB	28-03-2008	Coimbra
100 BRUÇOS						
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 Universitário
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
Júnior -17	01:06.65	Mário Jorge Veloso	98	SCB	11-04-2015	Jamor
Júnior -18	01:06.75	Mário Jorge Veloso	98	SCB	19-12-2015	Coimbra
Sénior	01:07.14	Rui Manuel Ribeiro	82	SCB	28-07-2007	Aveiro
Absolute	01:07.14	Rui Manuel Ribeiro	82	SCB	28-07-2007	Aveiro
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 Universitário
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
Júnior -17	02:25.61	Mário Jorge Veloso	98	SCB	12-04-2015	Jamor
Júnior -18	02:24.23	Mário Jorge Veloso	98	SCB	11-03-2016	Jamor
Sénior	02:21.97	Ricardo Amorim Rego	84	SCB	20-07-2009	Faro
Absolute	02:21.97	Ricardo Amorim Rego	84	SCB	20-07-2009	Faro
50 COSTAS						
Infantil B	00:31.86	Jorge Jesus Silva	00	SCB	12-07-2013	S.J.Madeira
Infantil A	00:31.38	André Cadilha Filgueiras	88	EDV	21-07-2002	Restelo
Juvenil B	00:29.25	Alexandre Lages Ribas	97	EDV	02-06-2012	Campanhã
Juvenil A	00:28.71	Rui Filipe Costa	98	EMDB	06-04-2014	Coimbra
Júnior -17	00:27.29	Alexandre Lages Ribas	97	EDV	31-05-2014	Coimbra
Júnior -18	00:27.39	João Francisco Lopes	98	SCB	29-05-2016	Coimbra
Sénior	00:26.95	Daniel Aparício Pereira	83	SCB	06-08-2011	Póvoa
Absolute	00:26.95	Daniel Aparício Pereira	83	SCB	06-08-2011	Póvoa
100 COSTAS						
Infantil B	01:05.71	Alexandre Lages Ribas	97	EDV	23-07-2010	Campanhã
Infantil A	01:01.39	Alexandre Lages Ribas	97	EDV	22-07-2011	E Universitário
Juvenil B	01:02.06	Alexandre Lages Ribas	97	EDV	23-03-2012	Póvoa
Juvenil A	00:59.97	Alexandre Lages Ribas	97	EDV	22-03-2013	Jamor
Júnior -17	00:58.81	Alexandre Lages Ribas	97	EDV	31-05-2014	Coimbra
Júnior -18	00:59.24	João Francisco Lopes	98	SCB	19-12-2015	Coimbra
Sénior	00:57.79	Daniel Aparício Pereira	83	SCB	19-03-2005	Jamor
Absolute	00:57.79	Daniel Aparício Pereira	83	SCB	19-03-2005	Jamor
200 COSTAS						
Infantil B	02:21.70	Alexandre Lages Ribas	97	EDV	24-07-2010	Campanhã
Infantil A	02:14.56	Alexandre Lages Ribas	97	EDV	23-07-2011	E Universitário
Juvenil B	02:15.75	Alexandre Lages Ribas	97	EDV	24-03-2012	Póvoa
Juvenil A	02:10.19	Daniel Aparício Pereira	83	SCB	12-07-1999	Esbjerg
Júnior -17	02:09.32	André Miguel Costa	87	CNVV	30-07-2004	Jamor
Júnior -18	02:06.73	Daniel Aparício Pereira	83	SCB	06-07-2001	Malta
Sénior	02:04.64	Daniel Aparício Pereira	83	SCB	28-03-2004	Jamor
Absolute	02:04.64	Daniel Aparício 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	Loulé
Juvenil B	00:27.57	Nuno Miguel Graça	98	EDV	09-06-2013	Campanhã
Juvenil A	00:26.80	Nuno Miguel Graça	98	EDV	04-04-2014	Coimbra
Júnior -17	00:26.19	João Francisco Lopes	98	SCB	23-07-2015	Coimbra
Júnior -18	00:25.79	João Francisco Lopes	98	SCB	29-05-2016	Coimbra
Sénior	00:26.06	João Manuel Coelho	82	SCB	01-08-2003	Rio Maior
Absolute	00:26.06	João Manuel Coelho	82	SCB	01-08-2003	Rio Maior
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	Loulé
Juvenil B	01:00.49	João Francisco Lopes	98	SCB	23-03-2013	Jamor
Juvenil A	00:58.69	Alexandre Lages Ribas	97	EDV	06-04-2013	Poznan
Júnior -17	00:58.21	João Francisco Lopes	98	SCB	02-05-2015	Coimbra
Júnior -18	00:57.48	João Francisco Lopes	98	SCB	12-03-2016	Jamor
Sénior	00:56.89	João Manuel Coelho	82	SCB	10-05-2002	Jamor
Absolute	00:56.89	João Manuel Coelho	82	SCB	10-05-2002	Jamor

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200 MARIPOSA

<u>Infantil B</u>	02:22.13	Jorge Jesus Silva	00	SCB	14-07-2013	S.J.Madeira
<u>Infantil A</u>	02:14.51	Jorge Jesus Silva	00	SCB	20-07-2014	Loulé
<u>Juvenil B</u>	02:08.12	Jorge Jesus Silva	00	SCB	26-07-2015	Coimbra
<u>Juvenil A</u>	02:07.54	Jorge Jesus Silva	00	SCB	24-07-2016	Jamor
<u>Júnior -17</u>	02:05.93	Ivo Emanuel Carneiro	84	SCB	23-03-2001	Jamor
<u>Júnior -18</u>	02:05.37	João Manuel Coelho	82	SCB	21-05-2000	EUniversitário
<u>Sénior</u>	02:02.68	João Manuel Coelho	82	SCB	12-05-2002	Jamor
<u>Absolute</u>	02:02.68	João Manuel Coelho	82	SCB	12-05-2002	Jamor

200 ESTILOS

<u>Infantil B</u>	02:24.21	Hugo Miguel Neves	02	SCB	19-07-2015	Jamor
<u>Infantil A</u>	02:16.63	Alexandre Lages Ribas	97	EDV	24-07-2011	E Universitário
<u>Juvenil B</u>	02:10.83	Jorge Jesus Silva	00	SCB	26-07-2015	Coimbra
<u>Juvenil A</u>	02:09.79	Jorge Jesus Silva	00	SCB	24-07-2016	Jamor
<u>Júnior -17</u>	02:12.02	André Miguel Costa	87	CNVV	31-07-2004	Jamor
<u>Júnior -18</u>	02:12.42	André Miguel Costa	87	CNVV	19-03-2005	Jamor
<u>Sénior</u>	02:07.02	Ricardo Amorim Rego	84	SCB	21-07-2009	Faro
<u>Absolute</u>	02:07.02	Ricardo Amorim Rego	84	SCB	21-07-2009	Faro

400 ESTILOS

<u>Infantil B</u>	05:12.84	José Eduardo Couteiro	76	EDV	27-07-1989	Olivais
<u>Infantil A</u>	04:57.82	Hugo Miguel Neves	02	SCB	17-07-2016	Famalicao
<u>Juvenil B</u>	04:40.48	Jorge Jesus Silva	00	SCB	24-07-2015	Coimbra
<u>Juvenil A</u>	04:36.40	Jorge Jesus Silva	00	SCB	22-07-2016	Jamor
<u>Júnior -17</u>	04:40.42	André Miguel Costa	87	CNVV	29-07-2004	Jamor
<u>Júnior -18</u>	04:36.60	Ivo Emanuel Carneiro	84	SCB	11-05-2002	Jamor
<u>Sénior</u>	04:34.08	Ricardo Amorim Rego	84	SCB	19-07-2009	Faro
<u>Absolute</u>	04:34.08	Ricardo Amorim Rego	84	SCB	19-07-2009	Faro

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PROVAS FEMININAS

50 LIVRES

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

100 LIVRES

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

200 LIVRES

Infantil B	02:21.38	Diana Ramos Rocha	94	EDV	23-07-2006	S. J. da Madeira
Infantil A	02:13.82	Diana Ramos Rocha	94	EDV	22-07-2007	Faro
Juvenil - 14	02:09.97	Diana Ramos Rocha	94	EDV	17-05-2008	Coimbra
Juvenil - 15	02:05.94	Tamila Hryhorivna Holub	99	SCB	25-07-2014	Jamor
J�nior - 16	02:06.43	Tamila Hryhorivna Holub	99	SCB	24-07-2015	Coimbra
J�nior - 17	02:05.96	Marta Novais Soares	87	VNC	29-07-2004	Jamor
S�nior	02:04.78	Ana Feio Alegria	77	SCB	29-05-1996	Barcelona
Absolute	02:04.78	Ana Feio Alegria	77	SCB	29-05-1996	Barcelona

400 LIVRES

Infantil B	04:54.01	V�nia Soares Neves	90	EDV	21-07-2002	Restelo
Infantil A	04:38.00	Diana Ramos Rocha	94	EDV	02-06-2007	Campanh�
Juvenil - 14	04:29.47	Tamila Hryhorivna Holub	99	SCB	18-07-2013	Holanda
Juvenil - 15	04:20.78	Tamila Hryhorivna Holub	99	SCB	07-06-2014	Campanh�
J�nior - 16	04:21.79	Tamila Hryhorivna Holub	99	SCB	11-04-2015	Jamor
J�nior - 17	04:14.67	Tamila Hryhorivna Holub	99	SCB	23-07-2016	Jamor
S�nior	04:19.89	Ana Feio Alegria	77	SCB	30-05-1996	Barcelona
Absolute	04:14.67	Tamila Hryhorivna Holub	99	SCB	23-07-2016	Jamor

800 LIVRES

Infantil B	10:04.34	Diana Ramos Rocha	94	EDV	22-07-2006	S. J. da Madeira
Infantil A	09:39.09	Diana Ramos Rocha	94	EDV	21-07-2007	Faro
Juvenil - 14	09:12.12	Tamila Hryhorivna Holub	99	SCB	17-07-2013	Holanda
Juvenil - 15	08:50.68	Tamila Hryhorivna Holub	99	SCB	27-07-2014	Jamor
J�nior - 16	08:45.53	Tamila Hryhorivna Holub	99	SCB	30-05-2015	Coimbra
J�nior - 17	08:36.21	Tamila Hryhorivna Holub	99	SCB	28-05-2016	Coimbra
S�nior	08:59.01	V�nia Soares Neves	90	VNC	08-02-2009	P�voa
Absolute	08:36.21	Tamila Hryhorivna Holub	99	SCB	28-05-2016	Coimbra

1500 LIVRES

Infantil B	x					
Infantil A	x					
Juvenil - 14	x					
Juvenil - 15	16:54.60	Tamila Hryhorivna Holub	99	SCB	11-07-2014	Dordrecht
J�nior - 16	16:47.35	Tamila Hryhorivna Holub	99	SCB	31-05-2015	Coimbra
J�nior - 17	16:20.80	Tamila Hryhorivna Holub	99	SCB	08-06-2016	Hungria
S�nior	17:23.79	V�nia Soares Neves	90	VNC	29-07-2012	Jamor
Absolute	16:20.80	Tamila Hryhorivna Holub	99	SCB	08-06-2016	Hungria

50 BRUOS

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

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100 BRUÇOS

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

200 BRUÇOS

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

50 COSTAS

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

100 COSTAS

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

200 COSTAS

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

50 MARIPOSA

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

100 MARIPOSA

<u>Infantil B</u>	01:12.01	V�nia Soares Neves	90	EDV	21-07-2002	Restelo
<u>Infantil A</u>	01:09.76	Elsa Daniel Dias	92	CNVV	24-07-2005	Coimbra
<u>Juvenil - 14</u>	01:06.43	Sara Sofia Carneiro	88	SCB	25-07-2002	Jamor
<u>Juvenil - 15</u>	01:05.24	Filipa Mendes Pinheiro	92	EDV	20-07-2007	Antu�rpia
<u>J�nior - 16</u>	01:04.05	Raquel Maria Felgueiras	80	SCB	30-05-1996	Barcelona
<u>J�nior - 17</u>	01:04.16	Sara Sofia Carneiro	88	SCB	30-07-2005	Famalic�o
<u>S�nior</u>	01:02.66	Raquel Maria Felgueiras	80	SCB	08-04-2001	Sarago�a
<u>Absolute</u>	01:02.66	Raquel Maria Felgueiras	80	SCB	08-04-2001	Sarago�a

RECORDES INDIVIDUAIS

piscina de 50 metros

200 MARIPOSA

Infantil B	02:36.66	Vânia 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
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	02:19.50	Diana Rocha Ramos	94	IND	02-04-2011	Rio Maior
Sénior	02:13.08	Raquel Maria Felgueiras	80	CNVV	17-08-2004	Atenas
Absolute	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
Absolute	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	05:05.37	Diana Ramos Rocha	94	IND	02-04-2011	Rio Maior
Sénior	05:03.37	Paula Goyanes Garcia	98	EDV	20-12-2015	Coimbra
Absolute	05:04.75	Vânia Soares Neves	90	VNC	28-07-2006	Coimbra

