

Sporting Clube Espinho | Recordes do Clube | Masculinos | Piscina Longa (50m)

	ABSOLUTO	SENIOR	JUNIOR	JUVENIL-A	JUVENIL-B	INFANTIL - A	INFANTIL - B	
50L	Rodrigo Rodrigues - 24/25 24,30 Coimbra 24/07/2025	Rodrigo Rodrigues - 24/25 24,30 Coimbra 24/07/2025	Rodrigo Rodrigues - 23/24 24,61 Jamor 13/07/2024	Rodrigo Rodrigues - 21/22 24,98 Coimbra 09/07/2022	Pedro Costa-06/07 26,35 Coimbra 08-07-2007 (Parcial)	Pedro Costa-05/06 27,29 S.J.Madeira 23-07-2006 (Parcial)	Rodrigo Rodrigues - 18/19 28,33 Loulé 28/07/2019	50L
100L	Rodrigo Rodrigues - 23/24 54,09 Coimbra 22/06/2024	Rodrigo Rodrigues - 24/25 54,63 Póvoa Varzim 02/02/2025	Rodrigo Rodrigues - 23/24 54,09 Coimbra 22/06/2024	Rodrigo Rodrigues - 21/22 55,44 Coimbra 12/03/2022	Pedro Costa-06/07 56,04 Coimbra 08-07-2007	Pedro Costa-05/06 56,83 SJMadeira 23-07-2006	Pedro Costa-04/05 59,60 Coimbra 23-07-2005	100L
200L	Rodrigo Rodrigues - 23/24 1,57,18 Jamor 14/07/2024	Rodrigo Rodrigues - 24/25 1,59,16 Oeiras 05/04/2025	Rodrigo Rodrigues - 23/24 1,57,18 Jamor 14/07/2024	Pedro Costa-07/08 2,04,86 Lisboa 24-07-2008	Rodrigo Rodrigues - 20/21 2,05,14 Jamor 31/07/2021	Pedro Costa-05/06 2,08,12 S.J.Madeira 22-07-2006	Pedro Costa 04/05 2,12,30 Coimbra 22-07-2005	200L
400L	Guilherme Pinto - 24/25 4,27,85 Coimbra 12/07/2025	Vasco Tavares - 17/19 4,40,64 Coimbra 11/03/2018	Guilherme Pinto - 24/25 4,27,85 Coimbra 12/07/2025	Guilherme Pinto - 22/23 4,31,05 SJ Madeira 17/06/2023	Manuel Oliveira - 22/23 4,45,31 Coimbra 16/07/2023	Pedro Costa-05/06 4,46,43 Rio Maior 24-06-2006	Rodrigo Rodrigues - 18/19 4,44,01 Loulé 28/07/2019	400L
800L	Guilherme Pinto - 22/23 9,22,22 Funchal 30/03/2023	Vasco Tavares - 17/18 9,45,27 Coimbra 11/03/2018	Vasco Tavares - 16/17 9,41,05 Coimbra 19/03/2017	Guilherme Pinto - 22/23 9,22,22 Funchal 30/03/2023	Guilherme Pinto - 21/22 9,38,74 Coimbra 08/07/2022	Carlos Gomes - 11/12 10,00,02 Rio Maior 22-07-2012	Pedro Reis-08/09 10,45,36 SJMadeira 12-07-2009	800L
1500L	Guilherme Pinto - 22/23 18,18,07 Coimbra 16/03/2023	Vasco Tavares - 17/18 19,05,23 Coimbra 09/07/2018	Vasco Tavares - 15/16 18,44,02 Coimbra 28/02/2016	Guilherme Pinto - 22/23 18,18,07 Coimbra 16/03/2023	Guilherme Pinto - 21/22 18,39,30 Oeiras 27/07/2022	Carlos Gomes - 11/12 18,43,99 Rio Maior 22-07-2012	Pedro Reis - 08/09 20,05,57 SJMadeira 12-07-2009	1500L
50C	Rodrigo Rodrigues - 22/23 27,01 Porto 11/06/2023	Rodrigo Rodrigues - 24/25 27,73 Coimbra 26/07/2025	Rodrigo Rodrigues - 22/23 27,01 Porto 11/06/2023	Rodrigo Rodrigues - 21/22 27,60 Coimbra 10/07/2022	Rodrigo Rodrigues - 20/21 29,81 (Parcial) Jamor 31/07/2021	Rodrigo Rodrigues - 19/20 31,60 Póvoa (Parcial) 02/02/2020	Rodrigo Rodrigues - 18/19 32,47 (Parcial) Coimbra 07/07/2019	50C
100C	Rodrigo Rodrigues - 22/23 57,97 Coimbra 30/07/2023	Rodrigo Rodrigues - 24/25 58,83 Coimbra 24/07/2025	Rodrigo Rodrigues - 22/23 57,97 Coimbra 30/07/2023	Rodrigo Rodrigues - 21/22 59,97 Coimbra 10/07/2022	Rodrigo Rodrigues - 20/21 1,02,69 Jamor 31/07/2021	Pedro Costa-05/06 1,06,06 S.J.Madeira 21-07-2006	Rodrigo Rodrigues - 18/19 1,07,58 Coimbra 07/07/2019	100C
200C	Rodrigo Rodrigues - 22/23 2,06,77 Coimbra 28/07/2023	Rodrigo Rodrigues - 24/25 2,11,25 Coimbra 13/07/2025	Rodrigo Rodrigues - 22/23 2,06,77 Coimbra 28/07/2023	Rodrigo Rodrigues - 21/22 2,11,19 Banská Bystrica 28/07/2022	Rodrigo Rodrigues - 20/21 2,16,40 Jamor 01/08/2021	Luís Soares - 11/12 2,26,83 Coimbra 01-07-2012	Rodrigo Rodrigues - 18/19 2,27,76 Coimbra 06/07/2019	200C
50B	Rodrigo Rocha - 24/25 30,41 Coimbra 25/07/2025	Rodrigo Rocha - 24/25 30,41 Coimbra 25/07/2025	Rodrigo Rocha - 22/23 31,60 Coimbra 30/07/2023	João Baptista -11/12 32,03 Coimbra 08-07-2012	Francisco Almeida - 18/19 34,18 Funchal 01/08/2019	Rodrigo Rocha - 18/19 36,17 Loulé 28/07/2019	Rodrigo Rocha - 17/18 37,21 SJ Madeira 21/07/2018	50B
100B	Rodrigo Rocha - 24/25 1,07,97 Coimbra 26/07/2025	Rodrigo Rocha - 24/25 1,07,97 Coimbra 26/07/2025	Rodrigo Rocha - 21/22 1,10,07 Coimbra 13/03/2022	Rodrigo Rocha - 20/21 1,11,91 Lisboa 31/07/2021	Francisco Almeida - 18/19 1,12,21 Coimbra 12/07/2019	Rodrigo Rocha - 18/19 1,16,50 Loulé 28/07/2019	Rodrigo Rocha - 17/18 1,21,72 SJ Madeira 21/07/2018	100B
200B	Rodrigo Rocha - 24/25 2,33,33 Coimbra 23/03/2025	Rodrigo Rocha - 24/25 2,33,33 Coimbra 23/03/2025	Rodrigo Rocha - 21/22 2,36,26 Coimbra 10/07/2022	Rodrigo Rocha - 20/21 2,43,15 Coimbra 30/05/2021	Francisco Almeida - 18/19 2,40,88 Coimbra 13/07/2019	Rodrigo Rocha - 18/19 2,48,59 Loulé 28/07/2019	Ricardo Ferreira - 24/25 3,02,13 Coimbra 06/07/2025	200B
50M	Rodrigo Rodrigues - 23/24 26,35 Coimbra 06/04/2024	Rodrigo Rodrigues - 24/25 26,40 Coimbra 12/07/2025	Rodrigo Rodrigues - 23/24 26,35 Coimbra 06/04/2024	Rodrigo Rodrigues - 21/22 26,97 Campanhã 04/05/2022	Rodrigo Rodrigues - 20/21 28,04 (Parcial) Porto 06/06/2021	Pedro Costa-05/06 29,36 S.J.Madeira (Parcial) 22-07-2006	Rodrigo Rodrigues - 18/19 29,94 Loulé 28/07/2019	50M
100M	Rodrigo Rodrigues - 21/22 59,06 Coimbra 09/07/2022	Pedro Costa-10/11 1,03,83 Coimbra 12-03-2011	João Castro - 24/25 59,20 Coimbra 26/07/2025	Rodrigo Rodrigues - 21/22 59,06 Coimbra 09/07/2022	Rodrigo Rodrigues - 20/21 1,00,90 Porto 06/06/2021	Luís Soares-11/12 1,02,76 Coimbra 01-07-2012	Pedro Costa-04/05 1,06,37 Coimbra 24-07-2005	100M
200M	Guilherme Pinto - 23/24 2,15,59 Coimbra 04/04/2024	-	Guilherme Pinto - 23/24 2,15,59 Coimbra 04/04/2024	Guilherme Pinto - 22/23 2,18,22 SJ Madeira 17/06/2023	Francisco Santos - 22/23 2,21,71 Coimbra 30/07/2023	Luís Soares - 11/12 2,28,58 Coimbra 01-07-2012	Rui Cardoso-07/08 2,50,22 Coimbra 06-07-2008	200M
200E	Rodrigo Rodrigues - 23/24 2,18,63 Coimbra 17/03/2024	Pedro Costa-10/11 2,23,75 Coimbra 13-03-2011	Rodrigo Rodrigues - 23/24 2,18,63 Coimbra 17/03/2024	Pedro Costa-07/08 2,20,78 Rio Maior 16-03-2008	Pedro Costa-06/07 2,20,12 Aveiro 26-07-2007	Pedro Costa-05/06 2,23,33 Rio Maior 25-06-2006	Pedro Costa - 04/05 2,30,64 Coimbra 23-07-2005	200E
400E	Rodrigo Monteiro-13/14 5,09,15 Coimbra 05-04-2014	-	Bernardo Costa - 13/14 5,20,33 Coimbra 05-07-2014	Rodrigo Monteiro-13/14 5,09,15 Coimbra 05-04-2014	Rodrigo Monteiro-12/13 5,14,68 Famalicão 21-07-2013	Celso Pinho - 18/19 5,27,31 Coimbra 07/07/2019	Xavier Costa - 24/25 5,48,03 Coimbra 05/07/2025	400E
	Recordes Regionais ANCNP	Recordes Absolutos	Recordes da Época 24/25					