

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 1 Juvenis  
25-03-2011 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010
Recordes Nacionais 50m Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004

TAC Fem Juv : 5:45.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo <i>MAC</i>	97	Nautico da Marinha Grande	<b>5:09.15</b>	+0,94	662
	50m: 33.47 33.47	150m: 1:51.72 40.82	250m: 3:16.24 44.03	350m: 4:35.21 35.22		
	100m: 1:10.90 37.43	200m: 2:32.21 40.49	300m: 3:59.99 43.75	400m: 5:09.15 33.94		
2.	Maria Teresa Amorim <i>MAC</i>	97	Porto/Dolce Vita	<b>5:19.05</b>	+0,96	602
	50m: 32.36 32.36	150m: 1:51.59 41.63	250m: 3:20.35 47.61	350m: 4:43.80 36.14		
	100m: 1:09.96 37.60	200m: 2:32.74 41.15	300m: 4:07.66 47.31	400m: 5:19.05 35.25		
3.	Sara Monteiro Meireles <i>MAC</i>	97	Gespacos	<b>5:19.82</b>	+0,90	598
	50m: 33.29 33.29	150m: 1:54.18 42.66	250m: 3:23.68 46.41	350m: 4:44.71 37.09		
	100m: 1:11.52 38.23	200m: 2:37.27 43.09	300m: 4:07.62 43.94	400m: 5:19.82 35.11		
4.	Filipa Vicente Custois <i>MAC</i>	97	Benedita	<b>5:23.57</b>	+0,93	577
	50m: 33.88 33.88	150m: 1:53.38 41.49	250m: 3:21.72 47.09	350m: 4:47.48 38.09		
	100m: 1:11.89 38.01	200m: 2:34.63 41.25	300m: 4:09.39 47.67	400m: 5:23.57 36.09		
5.	Barbara Marques Rodrigues <i>MAC</i>	97	Alges	<b>5:24.18</b>	+0,92	574
	50m: 34.48 34.48	150m: 1:56.12 42.45	250m: 3:23.50 46.39	350m: 4:48.36 36.60		
	100m: 1:13.67 39.19	200m: 2:37.11 40.99	300m: 4:11.76 48.26	400m: 5:24.18 35.82		
6.	Bruna Elisabete Paulino <i>MAC</i>	97	Alcobaca	<b>5:27.68</b>	+0,84	556
	50m: 34.37 34.37	150m: 1:52.28 40.88	250m: 3:22.22 49.98	350m: 4:49.96 37.57		
	100m: 1:11.40 37.03	200m: 2:32.24 39.96	300m: 4:12.39 50.17	400m: 5:27.68 37.72		
7.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	<b>5:31.03</b>	+0,81	539
	50m: 36.53 36.53	150m: 2:01.28 44.42	250m: 3:29.46 45.62	350m: 4:53.44 38.45		
	100m: 1:16.86 40.33	200m: 2:43.84 42.56	300m: 4:14.99 45.53	400m: 5:31.03 37.59		
8.	Andreia Margarida Morgado	97	Nautico/Matobra	<b>5:33.18</b>	+0,86	528
	50m: 33.87 33.87	150m: 1:58.04 43.57	250m: 3:28.58 45.88	350m: 4:56.34 39.82		
	100m: 1:14.47 40.60	200m: 2:42.70 44.66	300m: 4:16.52 47.94	400m: 5:33.18 36.84		
9.	Barbara Sofia Barata	97	Benfica	<b>5:34.45</b>	+0,80	522
	50m: 33.63 33.63	150m: 1:59.48 45.22	250m: 3:28.53 46.17	350m: 4:55.44 40.58		
	100m: 1:14.26 40.63	200m: 2:42.36 42.88	300m: 4:14.86 46.33	400m: 5:34.45 39.01		
10.	Daniela Figueiredo Metelo	97	Nautico/Matobra	<b>5:34.90</b>	+0,91	520
	50m: 34.23 34.23	150m: 1:57.40 43.91	250m: 3:27.60 48.39	350m: 4:56.78 38.80		
	100m: 1:13.49 39.26	200m: 2:39.21 41.81	300m: 4:17.98 50.38	400m: 5:34.90 38.12		
11.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeiro	<b>5:35.18</b>	+0,94	519
	50m: 33.41 33.41	150m: 1:58.39 45.09	250m: 3:30.89 48.76	350m: 4:58.30 38.06		
	100m: 1:13.30 39.89	200m: 2:42.13 43.74	300m: 4:20.24 49.35	400m: 5:35.18 36.88		
12.	Iolanda Ribeiro Pinheiro	97	Penafiel	<b>5:36.42</b>	+0,81	513
	50m: 32.30 32.30	150m: 1:53.86 43.25	250m: 3:28.96 53.04	350m: 4:59.58 38.12		
	100m: 1:10.61 38.31	200m: 2:35.92 42.06	300m: 4:21.46 52.50	400m: 5:36.42 36.84		

Campeonato Nacional de Juvenis PL  
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Prova 1, Femin., 400m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
13.	Ana Catarina Pereira	97	Porto/Dolce Vita	<b>5:39.69</b>	+0,93	499	
	50m: 33.62 33.62	150m: 1:59.53	45.02	250m: 3:31.91	48.80	350m: 5:02.65	38.99
	100m: 1:14.51 40.89	200m: 2:43.11	43.58	300m: 4:23.66	51.75	400m: 5:39.69	37.04
14.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	<b>5:39.72</b>	+0,93	498	
	50m: 37.26 37.26	150m: 2:05.17	44.13	250m: 3:36.01	48.84	350m: 5:02.87	38.68
	100m: 1:21.04 43.78	200m: 2:47.17	42.00	300m: 4:24.19	48.18	400m: 5:39.72	36.85
15.	Ines Silva Mendes	97	Nautico/Matobra	<b>5:41.75</b>	+1,04	490	
	50m: 35.85 35.85	150m: 2:03.04	44.84	250m: 3:35.81	49.80	350m: 5:04.49	37.75
	100m: 1:18.20 42.35	200m: 2:46.01	42.97	300m: 4:26.74	50.93	400m: 5:41.75	37.26
16.	Diana Sofia Silva	97	Braga	<b>5:43.87</b>	+0,94	481	
	50m: 35.98 35.98	150m: 2:03.74	43.86	250m: 3:34.52	48.06	350m: 5:03.44	40.22
	100m: 1:19.88 43.90	200m: 2:46.46	42.72	300m: 4:23.22	48.70	400m: 5:43.87	40.43
17.	Ana Sofia Ramos	97	Fafe	<b>5:44.77</b>	+0,97	477	
	50m: 35.68 35.68	150m: 2:03.52	45.62	250m: 3:37.41	49.49	350m: 5:06.43	38.37
	100m: 1:17.90 42.22	200m: 2:47.92	44.40	300m: 4:28.06	50.65	400m: 5:44.77	38.34
18.	Matilde Domingues Gameiro	97	Nautico/Matobra	<b>5:45.47</b>	+1,09	474	
	<i>FTL</i>						
	50m: 36.15 36.15	150m: 2:05.90	44.22	250m: 3:39.11	49.11	350m: 5:07.64	37.83
	100m: 1:21.68 45.53	200m: 2:50.00	44.10	300m: 4:29.81	50.70	400m: 5:45.47	37.83
19.	Maria Beatriz Ribeiro	97	Natacao da Maia	<b>5:45.77</b>	+0,88	473	
	<i>FTL</i>						
	50m: 36.46 36.46	150m: 2:05.31	45.92	250m: 3:38.42	48.06	350m: 5:06.88	40.03
	100m: 1:19.39 42.93	200m: 2:50.36	45.05	300m: 4:26.85	48.43	400m: 5:45.77	38.89
20.	Sonia Alexandra Leite	97	Vitoria de Guimaraes	<b>5:47.55</b>	+0,77	465	
	<i>FTL</i>						
	50m: 35.69 35.69	150m: 1:59.79	43.70	250m: 3:36.27	53.33	350m: 5:09.05	39.28
	100m: 1:16.09 40.40	200m: 2:42.94	43.15	300m: 4:29.77	53.50	400m: 5:47.55	38.50
21.	Sofia Isabel Tavares	97	Porto/Dolce Vita	<b>5:47.56</b>	+0,88	465	
	<i>FTL</i>						
	50m: 35.85 35.85	150m: 2:08.12	48.29	250m: 3:41.30	47.62	350m: 5:10.31	40.32
	100m: 1:19.83 43.98	200m: 2:53.68	45.56	300m: 4:29.99	48.69	400m: 5:47.56	37.25
22.	Sofia Alexandra Valinhas	97	Famalicao	<b>5:47.73</b>	+0,83	465	
	<i>FTL</i>						
	50m: 34.59 34.59	150m: 2:01.24	46.62	250m: 3:38.98	51.36	350m: 5:10.39	40.25
	100m: 1:14.62 40.03	200m: 2:47.62	46.38	300m: 4:30.14	51.16	400m: 5:47.73	37.34
23.	Joana Crespo Domingues	97	Nautico da Marinha Grande	<b>5:49.93</b>	+0,86	456	
	<i>FTL</i>						
	50m: 35.97 35.97	150m: 2:07.10	45.53	250m: 3:41.07	49.58	350m: 5:11.15	40.27
	100m: 1:21.57 45.60	200m: 2:51.49	44.39	300m: 4:30.88	49.81	400m: 5:49.93	38.78
EXH	Debora Goncalves Patrocinio	97	Litoral Alentejano	<b>5:44.85</b>	+0,75	477	
	50m: 36.57 36.57	150m: 2:04.92	44.29	250m: 3:35.76	46.87	350m: 5:05.44	41.11
	100m: 1:20.63 44.06	200m: 2:48.89	43.97	300m: 4:24.33	48.57	400m: 5:44.85	39.41

Campeonato Nacional de Juvenis PL  
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Prova 2  
25-03-2011 - 16:20

Masc., 400m Estilos

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004

TAC Masc Juv A Juv A: 5:12.00 / TAC Masc Juv B Juv B: 5:21.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Jose Luis Gabriel MAC	96	Academico Viseu	<b>4:42.65</b>	+0,87	642
	50m: 30.18 30.18	150m: 1:42.49 37.31	250m: 3:00.37 41.15	350m: 4:11.76 31.19		
	100m: 1:05.18 35.00	200m: 2:19.22 36.73	300m: 3:40.57 40.20	400m: 4:42.65 30.89		
2.	Tomas Miguel Veloso MAC	96	Nautico/Matobra	<b>4:43.33</b>	+0,71	637
	50m: 29.96 29.96	150m: 1:42.90 38.02	250m: 2:59.55 39.13	350m: 4:12.31 33.24		
	100m: 1:04.88 34.92	200m: 2:20.42 37.52	300m: 3:39.07 39.52	400m: 4:43.33 31.02		
3.	Rafael Filipe Nunes MAC	96	Naval Amorense	<b>4:53.81</b>	+0,67	571
	50m: 29.91 29.91	150m: 1:43.91 38.69	250m: 3:03.89 41.68	350m: 4:21.63 34.65		
	100m: 1:05.22 35.31	200m: 2:22.21 38.30	300m: 3:46.98 43.09	400m: 4:53.81 32.18		
4.	Goncalo Cardoso Carmo MAC	96	Colegio Vasco da Gama	<b>4:56.10</b>	+0,74	558
	50m: 29.96 29.96	150m: 1:44.39 38.30	250m: 3:05.70 42.48	350m: 4:23.59 33.58		
	100m: 1:06.09 36.13	200m: 2:23.22 38.83	300m: 3:50.01 44.31	400m: 4:56.10 32.51		
5.	Pedro Ribeiro Santos MAC	96	Academico Viseu	<b>4:57.83</b>	+0,76	548
	50m: 30.85 30.85	150m: 1:45.18 39.18	250m: 3:06.97 43.80	350m: 4:25.21 35.09		
	100m: 1:06.00 35.15	200m: 2:23.17 37.99	300m: 3:50.12 43.15	400m: 4:57.83 32.62		
6.	Paulo Andre Silva MAC	96	Vilacondense	<b>4:58.81</b>	+0,72	543
	50m: 30.67 30.67	150m: 1:45.87 39.82	250m: 3:07.22 42.09	350m: 4:24.42 34.16		
	100m: 1:06.05 35.38	200m: 2:25.13 39.26	300m: 3:50.26 43.04	400m: 4:58.81 34.39		
7.	Artur Jose Reis MAC	96	Porto/Dolce Vita	<b>5:00.23</b>	+0,89	535
	50m: 30.58 30.58	150m: 1:47.04 41.11	250m: 3:08.73 41.33	350m: 4:27.42 36.21		
	100m: 1:05.93 35.35	200m: 2:27.40 40.36	300m: 3:51.21 42.48	400m: 5:00.23 32.81		
8.	Andre Antunes Carvalho MAC	96	Colegio Monte Maior	<b>5:01.36</b>	+0,99	529
	50m: 30.25 30.25	150m: 1:45.74 40.57	250m: 3:09.07 43.88	350m: 4:27.67 34.39		
	100m: 1:05.17 34.92	200m: 2:25.19 39.45	300m: 3:53.28 44.21	400m: 5:01.36 33.69		
9.	Pedro Veiguinha Martins MAC	96	Braga	<b>5:02.46</b>	+0,71	523
	50m: 31.77 31.77	150m: 1:49.98 40.81	250m: 3:10.86 41.96	350m: 4:29.86 34.78		
	100m: 1:09.17 37.40	200m: 2:28.90 38.92	300m: 3:55.08 44.22	400m: 5:02.46 32.60		
10.	Miguel Prata Santos MAC	96	Viana Natacao	<b>5:04.95</b>	+0,77	511
	50m: 31.34 31.34	150m: 1:47.06 40.04	250m: 3:10.91 44.46	350m: 4:31.29 35.28		
	100m: 1:07.02 35.68	200m: 2:26.45 39.39	300m: 3:56.01 45.10	400m: 5:04.95 33.66		

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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Jose Pedro Bugalho	96	Alcobaca	<b>5:06.16</b>	+0,78	505
	50m: 31.50 31.50	150m: 1:47.85 40.51	250m: 3:12.88	44.90	350m: 4:32.70	35.43
	100m: 1:07.34 35.84	200m: 2:27.98 40.13	300m: 3:57.27	44.39	400m: 5:06.16	33.46
12.	Miguel Duarte Moreira	96	Belenenses	<b>5:06.30</b>	+0,75	504
	50m: 30.81 30.81	150m: 1:49.93 41.51	250m: 3:13.56	44.51	350m: 4:33.68	34.34
	100m: 1:08.42 37.61	200m: 2:29.05 39.12	300m: 3:59.34	45.78	400m: 5:06.30	32.62
13.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>5:08.29</b>	+0,73	494
	50m: 31.94 31.94	150m: 1:51.03 41.17	250m: 3:15.20	44.15	350m: 4:33.14	35.67
	100m: 1:09.86 37.92	200m: 2:31.05 40.02	300m: 3:57.47	42.27	400m: 5:08.29	35.15
14.	Pedro Rafael Cintrao	96	Nucleo de Pombal	<b>5:08.31</b>	+0,71	494
	50m: 32.31 32.31	150m: 1:49.62 40.14	250m: 3:14.78	45.40	350m: 4:35.38	35.28
	100m: 1:09.48 37.17	200m: 2:29.38 39.76	300m: 4:00.10	45.32	400m: 5:08.31	32.93
15.	Andre Filipe Farinha	96	Benfica	<b>5:09.37</b>	+0,84	489
	50m: 31.91 31.91	150m: 1:50.45 41.18	250m: 3:15.78	45.35	350m: 4:36.07	34.42
	100m: 1:09.27 37.36	200m: 2:30.43 39.98	300m: 4:01.65	45.87	400m: 5:09.37	33.30
16.	Bruno Miguel Silva	96	Porto/Dolce Vita	<b>5:09.59</b>	+0,83	488
	50m: 30.72 30.72	150m: 1:47.85 40.70	250m: 3:14.77	47.40	350m: 4:37.39	34.71
	100m: 1:07.15 36.43	200m: 2:27.37 39.52	300m: 4:02.68	47.91	400m: 5:09.59	32.20
17.	Francisco Abrunhosa Rodrigues	96	Porto/Dolce Vita	<b>5:10.23</b>	+0,82	485
	50m: 32.15 32.15	150m: 1:51.63 40.93	250m: 3:15.71	44.65	350m: 4:36.96	35.67
	100m: 1:10.70 38.55	200m: 2:31.06 39.43	300m: 4:01.29	45.58	400m: 5:10.23	33.27
18.	Rafael Lourenco Gil	96	Monteges	<b>5:10.65</b>	+0,79	483
	50m: 31.66 31.66	150m: 1:49.89 41.83	250m: 3:14.91	43.88	350m: 4:36.28	36.17
	100m: 1:08.06 36.40	200m: 2:31.03 41.14	300m: 4:00.11	45.20	400m: 5:10.65	34.37
19.	Tiago Joao Meira	96	Viana Natacao	<b>5:10.68</b>	+0,90	483
	50m: 30.72 30.72	150m: 1:47.47 40.28	250m: 3:13.56	46.59	350m: 4:35.98	35.52
	100m: 1:07.19 36.47	200m: 2:26.97 39.50	300m: 4:00.46	46.90	400m: 5:10.68	34.70
20.	Francisco Gouveia Sousa	96	Naval do Funchal	<b>5:11.50</b>	+0,84	479
	50m: 31.43 31.43	150m: 1:49.25 41.13	250m: 3:14.62	45.53	350m: 4:36.39	35.35
	100m: 1:08.12 36.69	200m: 2:29.09 39.84	300m: 4:01.04	46.42	400m: 5:11.50	35.11
21.	Miguel Angelo Cruz	96	Gespacos	<b>5:11.89</b>	+0,90	477
	50m: 32.64 32.64	150m: 1:50.50 41.63	250m: 3:15.81	43.99	350m: 4:36.86	36.65
	100m: 1:08.87 36.23	200m: 2:31.82 41.32	300m: 4:00.21	44.40	400m: 5:11.89	35.03
22.	Vitor Samuel Rocha	96	Gespacos	<b>5:11.95</b>	+0,87	477
	50m: 31.85 31.85	150m: 1:47.67 39.41	250m: 3:15.40	48.74	350m: 4:37.84	34.79
	100m: 1:08.26 36.41	200m: 2:26.66 38.99	300m: 4:03.05	47.65	400m: 5:11.95	34.11
23.	Joao Filipe Costa	96	Sporting	<b>5:13.59</b>	+0,68	470
	50m: 31.77 31.77	150m: 1:50.15 40.83	250m: 3:13.69	43.95	350m: 4:37.28	37.82
	100m: 1:09.32 37.55	200m: 2:29.74 39.59	300m: 3:59.46	45.77	400m: 5:13.59	36.31
24.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>5:15.36</b>	+0,81	462
	50m: 32.63 32.63	150m: 1:52.40 41.43	250m: 3:17.16	43.75	350m: 4:39.65	37.62
	100m: 1:10.97 38.34	200m: 2:33.41 41.01	300m: 4:02.03	44.87	400m: 5:15.36	35.71
25.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	<b>5:15.48</b>	+0,77	461
	50m: 31.22 31.22	150m: 1:52.09 42.86	250m: 3:19.60	46.08	350m: 4:41.31	34.68
	100m: 1:09.23 38.01	200m: 2:33.52 41.43	300m: 4:06.63	47.03	400m: 5:15.48	34.17

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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
26.	Tomas Antonio Azevedo	96	Aminata	<b>5:15.49</b>	+0,70	461
	50m: 33.12 33.12	150m: 1:52.63 39.84	250m: 3:18.89 46.90	350m: 4:41.44 35.37		
	100m: 1:12.79 39.67	200m: 2:31.99 39.36	300m: 4:06.07 47.18	400m: 5:15.49 34.05		
27.	Diogo Silva Marzia	96	Electrico Clube	<b>5:15.50</b>	+0,86	461
	50m: 32.68 32.68	150m: 1:52.02 41.68	250m: 3:18.92 45.67	350m: 4:40.62 35.97		
	100m: 1:10.34 37.66	200m: 2:33.25 41.23	300m: 4:04.65 45.73	400m: 5:15.50 34.88		
28.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	<b>5:15.57</b>	+0,81	461
	50m: 32.91 32.91	150m: 1:52.20 41.42	250m: 3:17.34 45.38	350m: 4:40.73 37.25		
	100m: 1:10.78 37.87	200m: 2:31.96 39.76	300m: 4:03.48 46.14	400m: 5:15.57 34.84		
29.	Jose Rui Coelho	96	Lousada SXXI	<b>5:16.11</b>	+0,65	458
	50m: 31.43 31.43	150m: 1:52.49 44.12	250m: 3:17.63 43.07	350m: 4:40.41 37.22		
	100m: 1:08.37 36.94	200m: 2:34.56 42.07	300m: 4:03.19 45.56	400m: 5:16.11 35.70		
30.	Gil Silva Santos	96	Gespacos	<b>5:16.30</b>	+0,94	458
	50m: 31.52 31.52	150m: 1:51.96 44.01	250m: 3:19.28 45.84	350m: 4:41.56 37.27		
	100m: 1:07.95 36.43	200m: 2:33.44 41.48	300m: 4:04.29 45.01	400m: 5:16.30 34.74		
31.	Joao Miguel Lopes	96	Electrico Clube	<b>5:16.91</b>	+0,78	455
	50m: 32.46 32.46	150m: 1:50.86 40.43	250m: 3:17.48 46.25	350m: 4:41.62 36.18		
	100m: 1:10.43 37.97	200m: 2:31.23 40.37	300m: 4:05.44 47.96	400m: 5:16.91 35.29		
32.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	<b>5:18.08</b>	+0,76	450
	50m: 32.86 32.86	150m: 1:50.86 40.19	250m: 3:18.91 47.69	350m: 4:44.12 35.70		
	100m: 1:10.67 37.81	200m: 2:31.22 40.36	300m: 4:08.42 49.51	400m: 5:18.08 33.96		
33.	Bruno Campos Neto	96	Gespacos	<b>5:19.87</b>	+0,86	442
	50m: 32.68 32.68	150m: 1:51.40 40.86	250m: 3:18.19 45.79	350m: 4:42.29 37.36		
	100m: 1:10.54 37.86	200m: 2:32.40 41.00	300m: 4:04.93 46.74	400m: 5:19.87 37.58		
34.	Leonardo Peralta Reis	96	Benedita	<b>5:20.34</b>	+0,94	441
	50m: 32.97 32.97	150m: 1:54.35 41.47	250m: 3:18.77 43.93	350m: 4:43.29 38.30		
	100m: 1:12.88 39.91	200m: 2:34.84 40.49	300m: 4:04.99 46.22	400m: 5:20.34 37.05		
35.	Miguel Galeao Lopes	96	Portinado	<b>5:31.63</b>	+0,94	397
	<i>FTL</i>					
	50m: 33.15 33.15	150m: 1:57.70 41.91	250m: 3:29.28 49.98	350m: 4:55.97 36.36		
	100m: 1:15.79 42.64	200m: 2:39.30 41.60	300m: 4:19.61 50.33	400m: 5:31.63 35.66		

Juvenis A

1.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>4:42.27</b>	+0,69	644
	<i>MAC</i>					
	50m: 29.64 29.64	150m: 1:41.42 37.23	250m: 2:58.69 40.70	350m: 4:12.07 32.96		
	100m: 1:04.19 34.55	200m: 2:17.99 36.57	300m: 3:39.11 40.42	400m: 4:42.27 30.20		
2.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	<b>4:46.73</b>	+0,73	615
	<i>MAC</i>					
	50m: 30.54 30.54	150m: 1:42.89 37.89	250m: 3:00.66 40.83	350m: 4:13.94 32.79		
	100m: 1:05.00 34.46	200m: 2:19.83 36.94	300m: 3:41.15 40.49	400m: 4:46.73 32.79		
3.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:50.93</b>	+0,77	588
	<i>MAC</i>					
	50m: 30.03 30.03	150m: 1:43.69 38.70	250m: 3:02.74 41.09	350m: 4:17.67 33.66		
	100m: 1:04.99 34.96	200m: 2:21.65 37.96	300m: 3:44.01 41.27	400m: 4:50.93 33.26		

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Joao Andre Neves MAC	95	Associacao Academica	<b>4:52.06</b>	+0,62	581
	50m: 29.25 29.25	150m: 1:44.76 40.39	250m: 3:03.46 39.61	350m: 4:19.09 34.13		
	100m: 1:04.37 35.12	200m: 2:23.85 39.09	300m: 3:44.96 41.50	400m: 4:52.06 32.97		
5.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>4:56.63</b>	+0,69	555
	50m: 30.53 30.53	150m: 1:47.54 41.60	250m: 3:07.99 40.26	350m: 4:23.19 34.02		
	100m: 1:05.94 35.41	200m: 2:27.73 40.19	300m: 3:49.17 41.18	400m: 4:56.63 33.44		
6.	Luis Manuel Fernandes	95	Famalicao	<b>4:57.40</b>	+0,68	551
	50m: 30.04 30.04	150m: 1:45.76 40.60	250m: 3:05.28 40.30	350m: 4:22.64 37.34		
	100m: 1:05.16 35.12	200m: 2:24.98 39.22	300m: 3:45.30 40.02	400m: 4:57.40 34.76		
7.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:58.29</b>	+0,75	546
	50m: 29.06 29.06	150m: 1:42.58 39.41	250m: 3:04.06 42.43	350m: 4:23.84 36.18		
	100m: 1:03.17 34.11	200m: 2:21.63 39.05	300m: 3:47.66 43.60	400m: 4:58.29 34.45		
8.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>5:00.70</b>	+0,83	533
	50m: 30.45 30.45	150m: 1:47.31 39.62	250m: 3:09.82 43.75	350m: 4:27.79 35.36		
	100m: 1:07.69 37.24	200m: 2:26.07 38.76	300m: 3:52.43 42.61	400m: 5:00.70 32.91		
9.	Rafael Filipe Torres	95	Sporting	<b>5:02.96</b>	+0,77	521
	50m: 29.86 29.86	150m: 1:44.85 40.40	250m: 3:08.09 43.12	350m: 4:27.25 36.04		
	100m: 1:04.45 34.59	200m: 2:24.97 40.12	300m: 3:51.21 43.12	400m: 5:02.96 35.71		
10.	Andre Machado Vale	95	Viana Natacao	<b>5:04.84</b>	+0,87	511
	50m: 30.92 30.92	150m: 1:47.61 41.17	250m: 3:10.25 42.26	350m: 4:29.54 36.45		
	100m: 1:06.44 35.52	200m: 2:27.99 40.38	300m: 3:53.09 42.84	400m: 5:04.84 35.30		
11.	Joao Miguel Costa	95	Vilacondense	<b>5:05.67</b>	+0,76	507
	50m: 30.06 30.06	150m: 1:47.22 42.13	250m: 3:11.37 44.06	350m: 4:32.56 35.56		
	100m: 1:05.09 35.03	200m: 2:27.31 40.09	300m: 3:57.00 45.63	400m: 5:05.67 33.11		
12.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	<b>5:05.88</b>	+0,74	506
	50m: 31.56 31.56	150m: 1:47.47 39.59	250m: 3:11.42 44.50	350m: 4:31.91 36.19		
	100m: 1:07.88 36.32	200m: 2:26.92 39.45	300m: 3:55.72 44.30	400m: 5:05.88 33.97		
13.	Afonso Mateus Ribeiro	95	Belenenses	<b>5:06.21</b>	+0,68	504
	50m: 31.04 31.04	150m: 1:47.66 40.48	250m: 3:13.01 44.73	350m: 4:33.02 35.51		
	100m: 1:07.18 36.14	200m: 2:28.28 40.62	300m: 3:57.51 44.50	400m: 5:06.21 33.19		
14.	Guilherme Pedro Coelho	95	Nautico/Matobra	<b>5:06.90</b>	+0,78	501
	50m: 31.32 31.32	150m: 1:48.35 38.88	250m: 3:12.31 46.45	350m: 4:33.16 34.06		
	100m: 1:09.47 38.15	200m: 2:25.86 37.51	300m: 3:59.10 46.79	400m: 5:06.90 33.74		
15.	Joao Nuno Abreu	95	Vitoria de Guimaraes	<b>5:07.28</b>	+0,74	499
	50m: 30.98 30.98	150m: 1:47.88 39.47	250m: 3:13.10 45.76	350m: 4:33.31 34.55		
	100m: 1:08.41 37.43	200m: 2:27.34 39.46	300m: 3:58.76 45.66	400m: 5:07.28 33.97		
16.	Nuno Miguel Feliciano	95	Alcobaca	<b>5:08.23</b>	+0,66	495
	50m: 31.13 31.13	150m: 1:49.28 40.75	250m: 3:12.07 41.80	350m: 4:32.16 36.99		
	100m: 1:08.53 37.40	200m: 2:30.27 40.99	300m: 3:55.17 43.10	400m: 5:08.23 36.07		
17.	Henrique Jose Marquez	95	Galitos	<b>5:08.57</b>	+0,77	493
	50m: 31.25 31.25	150m: 1:49.32 40.97	250m: 3:12.04 43.28	350m: 4:32.77 37.04		
	100m: 1:08.35 37.10	200m: 2:28.76 39.44	300m: 3:55.73 43.69	400m: 5:08.57 35.80		
18.	Frederico Renato Sousa	95	Gespacos	<b>5:11.52</b>	+0,90	479
	50m: 30.83 30.83	150m: 1:48.20 41.58	250m: 3:14.09 44.29	350m: 4:35.63 36.54		
	100m: 1:06.62 35.79	200m: 2:29.80 41.60	300m: 3:59.09 45.00	400m: 5:11.52 35.89		

Campeonato Nacional de Juvenis PL  
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Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Tiago Miguel Alves	95	SCC / Oryzon Energias	<b>5:11.65</b>	+0,95	478
	50m: 31.74 31.74	150m: 1:49.65 40.95	250m: 3:13.86 44.82	350m: 4:36.10 36.45		
	100m: 1:08.70 36.96	200m: 2:29.04 39.39	300m: 3:59.65 45.79	400m: 5:11.65 35.55		
20.	Lourenco Silva Damas	95	Gesloures	<b>5:11.86</b>	+0,77	478
	50m: 30.94 30.94	150m: 1:47.58 40.22	250m: 3:13.39 45.87	350m: 4:36.48 36.87		
	100m: 1:07.36 36.42	200m: 2:27.52 39.94	300m: 3:59.61 46.22	400m: 5:11.86 35.38		
21.	Andre Filipe Teodoro	95	Naval Setubalense	<b>5:12.16</b>	+0,82	476
	<i>FTL</i>					
	50m: 30.12 30.12	150m: 1:47.22 40.03	250m: 3:13.45 46.20	350m: 4:36.88 36.84		
	100m: 1:07.19 37.07	200m: 2:27.25 40.03	300m: 4:00.04 46.59	400m: 5:12.16 35.28		
22.	Jorge Miguel Telo	95	Litoral Alentejano	<b>5:16.15</b>	+0,70	458
	<i>FTL</i>					
	50m: 31.15 31.15	150m: 1:49.74 41.42	250m: 3:16.09 47.03	350m: 4:41.19 36.71		
	100m: 1:08.32 37.17	200m: 2:29.06 39.32	300m: 4:04.48 48.39	400m: 5:16.15 34.96		
23.	Manuel Henrique Alves	95	Desportiva de Viana	<b>5:17.10</b>	+0,71	454
	<i>FTL</i>					
	50m: 33.16 33.16	150m: 1:56.32 43.35	250m: 3:23.25 43.90	350m: 4:43.69 35.83		
	100m: 1:12.97 39.81	200m: 2:39.35 43.03	300m: 4:07.86 44.61	400m: 5:17.10 33.41		
DNS	Cesar Filipe Magalhaes	95	Foca			

Prova 3

Femin., 100m Costas

Juvenis

25-03-2011 - 17:10

Resultados

Recordes Nacionais 50m Absoluto	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Juv	1:05.81	Joana Carina Silva	LSXXI	Povoa de Varzim	05-02-2011

TAC Fem Juv : 1:16.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joana Carina Silva	97	Lousada SXXI	<b>1:04.90</b>	+0,65	718
	<i>Recorde Nacional, MAC</i>					
	50m: 31.98 31.98	100m: 1:04.90 32.92				
2.	Ines Camacho Fernandes	97	Sporting	<b>1:05.06</b>	+0,57	712
	<i>MAC</i>					
	50m: 31.13 31.13	100m: 1:05.06 33.93				
3.	Francisca Gomes Azevedo	97	Alges	<b>1:08.54</b>	+0,72	609
	<i>MAC</i>					
	50m: 33.51 33.51	100m: 1:08.54 35.03				
4.	Beatriz Neves Craveiro	97	Nautico/Matobra	<b>1:08.70</b>	+0,76	605
	<i>MAC</i>					
	50m: 33.42 33.42	100m: 1:08.70 35.28				
5.	Ana Rita Cruz	97	Uniao Piedense	<b>1:09.73</b>	+1,84	579
	<i>MAC</i>					
	50m: 33.89 33.89	100m: 1:09.73 35.84				

Campeonato Nacional de Juvenis PL  
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Prova 3, Femin., 100m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Rute Rocha Ines MAC	97	Louletano/ Loule Concelho	<b>1:09.88</b>	+0,74	575
	50m: 33.33 33.33	100m: 1:09.88	36.55			
7.	Juliana Lima Freixo MAC	97	Desportiva de Viana	<b>1:10.95</b>	+0,67	549
	50m: 33.77 33.77	100m: 1:10.95	37.18			
8.	Margarida Teixeira Monteiro MAC	97	Desportiva Limiana	<b>1:11.43</b>	+0,76	538
	50m: 34.35 34.35	100m: 1:11.43	37.08			
9.	Catarina Brito Ferreira MAC	97	Naval Setubalense	<b>1:11.69</b>	+1,19	532
	50m: 35.10 35.10	100m: 1:11.69	36.59			
10.	Sara Faria Costa MAC	97	Braga	<b>1:12.08</b>	+1,78	524
	50m: 34.61 34.61	100m: 1:12.08	37.47			
11.	Carolina Sanchez Rodrigues MAC	97	Alges	<b>1:12.16</b>	+0,69	522
	50m: 34.79 34.79	100m: 1:12.16	37.37			
12.	Joana Varela Joaquim	97	Portinado	<b>1:13.38</b>	+0,79	496
	50m: 34.87 34.87	100m: 1:13.38	38.51			
13.	Liliana Sofia Ferreira	97	Pimpoes/Cimai	<b>1:13.49</b>	+0,67	494
	50m: 36.14 36.14	100m: 1:13.49	37.35			
14.	Bruna Elisabete Paulino	97	Alcobaca	<b>1:13.53</b>	+0,77	493
	50m: 36.09 36.09	100m: 1:13.53	37.44			
15.	Daniela Teixeira Moreira	97	Amadora	<b>1:13.80</b>	+0,67	488
	50m: 35.64 35.64	100m: 1:13.80	38.16			
16.	Ana Carolina Trindade	97	Amadora	<b>1:13.83</b>	+0,66	487
	50m: 35.05 35.05	100m: 1:13.83	38.78			
17.	Beatriz Filipa Matos	97	Nautico/Matobra	<b>1:14.44</b>	+0,70	475
	50m: 36.21 36.21	100m: 1:14.44	38.23			
18.	Beatriz Carvalho Ribeiro	97	Desporto de Barcelos	<b>1:15.08</b>	+0,63	463
	50m: 35.56 35.56	100m: 1:15.08	39.52			
19.	Claudia Isabel Semiao	97	Aminata	<b>1:15.16</b>	+0,68	462
	50m: 36.46 36.46	100m: 1:15.16	38.70			
20.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	<b>1:15.40</b>	+0,70	457
	50m: 36.81 36.81	100m: 1:15.40	38.59			
21.	Maria Carolina Centeno	97	Colegio Vasco da Gama	<b>1:15.45</b>	+0,83	457
	50m: 36.58 36.58	100m: 1:15.45	38.87			
22.	Ana Beatriz Pedro	97	Pimpoes/Cimai	<b>1:15.68</b>	+0,65	452
	50m: 36.13 36.13	100m: 1:15.68	39.55			
23.	Ines Pugsley Ferreira	97	Portinado	<b>1:15.78</b>	+0,65	451
	50m: 36.36 36.36	100m: 1:15.78	39.42			



Campeonato Nacional de Juvenis PL  
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Prova 3, Femin., 100m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Joana Faria Lobo <i>FTL</i>	97	Alges	<b>1:16.71</b>	+0,71	434
	50m: 37.29 37.29	100m: 1:16.71	39.42			
25.	Cecilia Branco Almeida <i>FTL</i>	97	Gesloures	<b>1:16.87</b>	+0,77	432
	50m: 37.48 37.48	100m: 1:16.87	39.39			
26.	Ana Catarina Pereira <i>FTL</i>	97	Porto/Dolce Vita	<b>1:17.35</b>	+0,81	424
	50m: 37.06 37.06	100m: 1:17.35	40.29			
27.	Rita Figueiredo Almeida <i>FTL</i>	97	Natacao de Faro	<b>1:21.11</b>	+0,71	367
	50m: 38.85 38.85	100m: 1:21.11	42.26			

Prova 4

Masc., 100m Costas

Juvenis

25-03-2011 - 17:20

Resultados

Recordes Nacionais 50m Absoluto	56.56	Nuno Filipe Laurentino	FPN	Viena (AUT)	26-08-1995
Recordes Nacionais 50m Juv B	59.97	Diogo Gomes Sousa	CNCVG	Coimbra	31-07-2010
Recordes Nacionais 50m Juv A	59.46	Pedro Diogo Oliveira	CNRM	Lisboa	01-08-2004

TAC Masc Juv A Juv A: 1:07.50 / TAC Masc Juv B Juv B: 1:09.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tiago Manuel Teixeira <i>MAC</i>	96	Fafe	<b>1:02.20</b>	+0,70	582
	50m: 30.41 30.41	100m: 1:02.20	31.79			
2.	Rodrigo Silverio Carmo <i>MAC</i>	96	Colegio Vasco da Gama	<b>1:03.88</b>	+0,60	537
	50m: 30.61 30.61	100m: 1:03.88	33.27			
3.	Sergio Fernando Silva <i>MAC</i>	96	Naval Amorense	<b>1:04.01</b>	+0,69	534
	50m: 30.91 30.91	100m: 1:04.01	33.10			
4.	Daniel Baptista Relvao	96	Associacao Academica	<b>1:05.69</b>	+0,74	494
	50m: 32.55 32.55	100m: 1:05.69	33.14			
5.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	<b>1:05.98</b>	+0,64	487
	50m: 32.17 32.17	100m: 1:05.98	33.81			
6.	Antonio Miguel Vitorino	96	Viana Natacao	<b>1:06.13</b>	+0,74	484
	50m: 32.17 32.17	100m: 1:06.13	33.96			
7.	Francisco Jose Fernandes	96	Nautico/Matobra	<b>1:06.63</b>	+0,68	473
	50m: 32.67 32.67	100m: 1:06.63	33.96			
8.	Francisco Abrunhosa Rodrigues	96	Porto/Dolce Vita	<b>1:06.73</b>	+0,67	471
	50m: 32.72 32.72	100m: 1:06.73	34.01			

Campeonato Nacional de Juvenis PL  
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Prova 4, Masc., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Miguel Freitas Marques 50m: 32.56 32.56	96	Maritimo 100m: 1:06.74 34.18	<b>1:06.74</b>	+0,64	471
10.	Filipe Miguel Felix 50m: 32.46 32.46	96	Alges 100m: 1:06.76 34.30	<b>1:06.76</b>	+0,67	470
11.	Pedro Manuel Rocha 50m: 33.09 33.09	96	Famalicao 100m: 1:06.84 33.75	<b>1:06.84</b>	+0,73	469
12.	Joao Paulo Baptista 50m: 33.10 33.10	96	Sporting de Espinho 100m: 1:07.35 34.25	<b>1:07.35</b>	+0,81	458
13.	Bruno Caseiro Dias 50m: 33.00 33.00	96	Gesloures 100m: 1:07.80 34.80	<b>1:07.80</b>	+0,68	449
14.	Diogo Dias Pinheiro 50m: 32.94 32.94	96	Sporting 100m: 1:07.94 35.00	<b>1:07.94</b>	+0,77	446
15.	Job Santos Silva 50m: 33.08 33.08	96	Feirense 100m: 1:08.13 35.05	<b>1:08.13</b>	+0,78	443
16.	Pedro Luis Antunes 50m: 32.97 32.97	96	Benfica 100m: 1:08.82 35.85	<b>1:08.82</b>	+0,62	429
17.	Joao Pedro Cardoso 50m: 34.24 34.24	96	Nautico/Matobra 100m: 1:08.90 34.66	<b>1:08.90</b>	+0,71	428
18.	David Soares Caratao FTL 50m: 34.75 34.75	96	Sporting 100m: 1:09.77 35.02	<b>1:09.77</b>	+0,71	412
19.	Rodrigo Figueira Neto FTL 50m: 34.33 34.33	96	Bombeiros dos Estoris 100m: 1:09.86 35.53	<b>1:09.86</b>	+1,66	410

Juvenis A

1.	Diogo Gomes Sousa MAC 50m: 29.28 29.28	95	Colegio Vasco da Gama 100m: 59.88 30.60	<b>59.88</b>	+0,58	652
2.	Joao Pedro Neto MAC 50m: 29.43 29.43	95	Naval Setubalense 100m: 1:00.32 30.89	<b>1:00.32</b>	+0,47	638
3.	Rodrigo Pereira Lopes MAC 50m: 29.92 29.92	95	Amadora 100m: 1:01.05 31.13	<b>1:01.05</b>	+1,56	615
4.	Miguel Duarte Nascimento MAC 50m: 29.54 29.54	95	Portinado 100m: 1:01.33 31.79	<b>1:01.33</b>	+0,66	607
5.	Frederico Manuel Moeda MAC 50m: 30.25 30.25	95	Estrelas S. Joao de Brito 100m: 1:03.68 33.43	<b>1:03.68</b>	+0,63	542

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Prova 4, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Joao Pedro Santos MAC	95	Estarreja	<b>1:03.72</b>	+0,67	541
	50m: 30.78 30.78	100m: 1:03.72	32.94			
7.	Andre Isaias Guimaraes MAC	95	Famalicao	<b>1:03.81</b>	+0,63	539
	50m: 30.36 30.36	100m: 1:03.81	33.45			
8.	Filipe Maria Ferreira MAC	95	Individual do Algarve	<b>1:03.84</b>	+0,64	538
	50m: 30.69 30.69	100m: 1:03.84	33.15			
9.	Miguel Maria Rosado	95	Aminata	<b>1:05.71</b>	+0,66	493
	50m: 31.46 31.46	100m: 1:05.71	34.25			
10.	Daniel Ribeiro Sousa	95	Nautico da Marinha Grande	<b>1:06.00</b>	+0,63	487
	50m: 32.63 32.63	100m: 1:06.00	33.37			
11.	Mohammad Shams Azad	95	Naval de Ponta Delgada	<b>1:06.16</b>	+0,71	483
	50m: 31.65 31.65	100m: 1:06.16	34.51			
12.	Daniel Costa Vieira	95	Porto/Dolce Vita	<b>1:06.38</b>	+0,71	479
	50m: 32.76 32.76	100m: 1:06.38	33.62			
13.	Joao Miguel Teixeira	95	Academico Viseu	<b>1:06.55</b>	+0,76	475
	50m: 32.75 32.75	100m: 1:06.55	33.80			
14.	Lauro Arruda Camara	95	Naval do Funchal	<b>1:07.45</b>	+0,69	456
	50m: 32.14 32.14	100m: 1:07.45	35.31			
15.	Joao Diogo Neves	95	Colegio Vasco da Gama	<b>1:07.47</b>	+0,76	456
	50m: 32.64 32.64	100m: 1:07.47	34.83			
16.	Miguel Gomes Pereira FTL	95	Naval Setubalense	<b>1:07.54</b>	+1,79	454
	50m: 32.79 32.79	100m: 1:07.54	34.75			

Prova 5

Femin., 4 x 200m Livres

Juvenis

25-03-2011 - 17:50

Resultados

Recordes Nacionais 50m Absoluto	8:27.20	Futebol Clube do Porto/Imperio Bonanca	Faro	18-07-2009
Recordes Nacionais 50m Juv	9:07.99	Sporting Clube de Braga	Famalicao	14-07-2001

TAC Fem Juv : 10:02.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
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Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 5, Femin., 4 x 200m Livres

1. Alges-Juv-Fem	Alges			<b>9:10.32</b>	+0,78	591
Francisca Gomes Azevedo	97	+0,78	31.20	1:05.53	1:40.93	2:15.93
Barbara Marques Rodrigues	97	+0,32	30.55	1:04.52	1:40.45	2:16.34
Carolina Sanchez Rodrigues	97	+0,34	30.22	1:05.24	1:41.51	2:16.50
Joana Catarina Ribeiro	97	+0,28	32.29	1:08.74	1:46.04	2:21.55
2. Porto/Dolce Vita-Juv-Fem	Porto/Dolce Vita			<b>9:17.70</b>	+0,98	568
Maria Teresa Amorim	97	+0,98	31.63	1:06.22	1:40.80	2:15.19
Maria Joao Fernandes	97	+0,76	31.39	1:07.57	1:43.63	2:19.73
Mafalda Mendes Magalhaes	97	+0,65	32.89	1:09.45	1:45.99	2:25.39
Rute Santos Ferreira	97		29.08	1:04.69	1:41.58	2:17.39
3. Nautico/Matobra-Juv-Fem	Nautico/Matobra			<b>9:19.43</b>	+0,98	563
Beatriz Neves Craveiro	97	+0,98	30.99	1:05.04	1:40.54	2:15.06
Daniela Figueiredo Metelo	97	+0,49	31.60	1:07.13	1:45.08	2:23.96
Matilde Domingues Gameiro	97	+0,35	31.69	1:07.62	1:45.42	2:22.17
Andreia Margarida Morgado	97	+0,17	29.81	1:04.10	1:41.03	2:18.24
4. Braga-Juv-Fem	Braga			<b>9:32.26</b>	+0,99	526
Sara Faria Costa	97	+0,99	30.32	1:03.71	1:39.36	2:14.80
Patricia Daniela Machado	97	+0,36	32.09	1:07.60	1:44.86	2:21.88
Rita Catarina Miranda	97	+0,70	32.75	1:10.06	1:49.12	2:27.64
Diana Sofia Silva	97	+0,39	31.77	1:08.09	1:47.53	2:27.94
5. Sporting-Juv-Fem	Sporting			<b>9:43.99</b>	+0,82	495
Ines Camacho Fernandes	97	+0,82	30.76	1:04.71	1:39.34	2:13.33
Ana Catarina Serpa	97	+0,60	34.28	1:12.48	1:52.23	2:30.87
Sara Beatriz Boleo	97	+0,37	34.31	1:13.03	1:52.89	2:30.85
Joana Patricia Jacinto	97	+0,25	33.74	1:11.35	1:50.38	2:28.94
6. Benfica-Juv-Fem	Benfica			<b>9:51.23</b>	+0,80	477
Barbara Sofia Barata	97	+0,80	32.51	1:09.31	1:47.01	2:23.36
Laura Alexandre Dias	97	+0,39	33.80	1:11.41	1:50.12	2:28.31
Catarina Pereira Oliveira	97	+0,01	32.83	1:11.37	1:50.50	2:28.26
Ines Filipa Palma	97	+0,49	35.10	1:13.59	1:53.43	2:31.30
7. Gesloures-Juv-Fem	Gesloures			<b>10:01.06</b>	+0,87	454
Soraia Filipa Sousa	97	+0,87	32.60	1:08.53	1:46.89	2:25.98
Ines Barreiros Pinto	97	+0,62	34.65	1:14.09	1:55.98	2:35.79
Carolina Coimbra Gamas	97	+0,75	34.72	1:14.14	1:55.00	2:34.23
Cecilia Branco Almeida	97	+0,67	33.97	1:11.46	1:48.51	2:25.06
8. Fluvial Portuense-Juv-Fem	Fluvial Portuense			<b>10:05.64</b>	+0,98	444
<i>FTL</i>						
Adriana Daniela Castro	97	+0,98	32.42	1:10.07	1:48.67	2:26.06
Ines Vilela Braga	97	+0,16	32.60	1:11.22	1:51.01	2:29.55
Joana Sofia Amorim	97	+0,20	34.68	1:13.98	1:54.01	2:32.62
Sofia Patricia Goncalves	97	+0,27	34.24	1:14.53	1:56.28	2:37.41
9. Aminata-Juv-Fem	Aminata			<b>10:05.93</b>	+0,75	443
<i>FTL</i>						
Sofia Cristina Grilo	97	+0,75	34.38	1:12.66	1:53.13	2:32.50
Claudia Isabel Semiao	97	+0,72	34.25	1:12.60	1:52.11	2:30.12
Joana Aparicio Tejo	97	+0,62	34.47	1:12.87	1:51.57	2:29.29
Laura Miranda Rosado	97	+0,65	35.33	1:14.35	1:54.52	2:34.02

Campeonato Nacional de Juvenis PL  
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Prova 5, Femin., 4 x 200m Livres, Juvenis

Lugar	Clube	Tempo Final	TReac	Pts
10.	Gespacos-Juv-Fem <i>FTL</i>	<b>10:09.09</b>	+0,90	436
	Sara Monteiro Meireles	97 +0,90 32.05 1:07.02 1:42.80 2:17.78	2:17.78	
	Rita Rafaela Brunido	97 +0,28 33.32 1:12.59 1:51.48 2:29.87	2:29.87	
	Madalena Raquel Barbosa	97 +0,49 34.82 1:15.02 1:56.75 2:38.63	2:38.63	
	Julia Casimira Miranda	97 +0,11 36.68 1:18.21 2:00.66 2:42.81	2:42.81	
DSQ	Amadora-Juv-Fem <i>111 - Rendição antecipada do 2 nadador - SW 10.11</i>			
	Ana Carolina Trindade	97 +0,90 31.90 1:08.35 1:45.23 2:21.17	2:21.17	
	Catarina Monteiro Gomes	97 -0,08		
	Daniela Teixeira Moreira	97 +0,42		
	Silvia Afonso Lopes	97 +0,57		

Prova 6 Masc., 4 x 200m Livres Juvenis  
25-03-2011 - 18:10 Resultados

Recordes Nacionais 50m Absoluto	7:35.82	Sport Alges e Dafundo	SAD	Aveiro	26-07-2007
Recordes Nacionais 50m Juv B	8:24.90	Clube Natacao Colegio Vasco da Gama	CNCVCG	Coimbra	29-07-2010
Recordes Nacionais 50m Juv A	8:11.38	Sporting Clube de Braga	SCB	Faro	18-07-2009

TAC Masc Juv A Juv A: 8:55.00 / TAC Masc Juv B Juv B: 9:15.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
1.	Viana Natacao-Juv B-Masc <i>Recorde Nacional</i>	<b>8:24.10</b>	+0,79	572
	Ricardo Miguel Alves	96 +0,79 29.08 1:01.16 1:34.87 2:08.95	2:08.95	
	Tiago Joao Meira	96 +0,65 27.91 59.88 1:33.52 2:06.68	2:06.68	
	Antonio Miguel Vitorino	96 +0,53 27.71 58.77 1:32.13 2:06.23	2:06.23	
	Miguel Prata Santos	96 +0,59 28.46 1:00.08 1:31.96 2:02.24	2:02.24	
2.	Naval Amorense-Juv B-Masc	<b>8:24.26</b>	+0,77	571
	Sergio Fernando Silva	96 +0,77 30.36 1:03.47 1:35.67 2:09.23	2:09.23	
	Miguel Angelo Alves	96 +0,45 29.37 1:03.03 1:34.77 2:07.95	2:07.95	
	Rafael Filipe Nunes	96 +0,34 29.06 1:01.71 1:32.79 2:04.42	2:04.42	
	Joao Carlos Santos	96 +0,31 28.16 59.89 1:30.94 2:02.66	2:02.66	
3.	Academico Viseu-Juv B-Masc	<b>8:29.82</b>	+0,80	553
	Pedro Ribeiro Santos	96 +0,80 28.77 1:00.13 1:32.55 2:03.89	2:03.89	
	Alessandro Diogo Carvalho	96 +0,56 28.19 59.93 1:33.97 2:07.56	2:07.56	
	Jose Diogo Costa	96 +0,42 30.24 1:04.74 1:41.42 2:16.47	2:16.47	
	Jose Luis Gabriel	96 +0,27 27.67 57.90 1:30.24 2:01.90	2:01.90	
4.	Porto/Dolce Vita-Juv B-Masc	<b>8:30.10</b>	+0,82	552
	Bruno Miguel Silva	96 +0,82 28.63 1:00.37 1:33.08 2:04.10	2:04.10	
	Tiago Lopes Reis	96 +0,56 28.74 1:01.96 1:37.24 2:12.29	2:12.29	
	Diogo Henrique Gomes	96 +0,54 29.09 1:01.98 1:35.45 2:07.87	2:07.87	
	Artur Jose Reis	96 +0,47 28.13 1:00.25 1:33.74 2:05.84	2:05.84	
5.	Vilacondense-Juv B-Masc	<b>8:41.62</b>	+0,69	516
	Joao Pedro Santos	96 +0,69 28.79 1:00.61 1:33.36 2:06.24	2:06.24	
	Joao Jose Vilela	96 +0,27 28.41 1:01.81 1:36.13 2:10.73	2:10.73	
	Paulo Andre Silva	96 +0,52 27.62 59.69 1:33.52 2:07.38	2:07.38	
	Nuno Filipe Santos	96 +0,29 29.79 1:05.37 1:42.40 2:17.27	2:17.27	

Campeonato Nacional de Juvenis PL  
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Prova 6, Masc., 4 x 200m Livres, Juvenis B

Lugar	Clube	Tempo Final	TReac	Pts
<b>6.</b>	<b>Nautico/Matobra-Juv B-Masc</b>	<b>8:47.96</b>	<b>+0,73</b>	<b>498</b>
	Tomas Miguel Veloso	96 +0,73 29.06 1:01.39 1:33.28 2:04.81	2:04.81	
	Joao Pedro Cardoso	96 +0,10 29.45 1:02.74 1:38.07 2:12.41	2:12.41	
	Joao Miguel Belchior	96 +0,42 32.04 1:07.27 1:44.20 2:19.54	2:19.54	
	Francisco Jose Fernandes	96 +0,26 29.13 1:02.47 1:36.93 2:11.20	2:11.20	
<b>7.</b>	<b>Sporting-Juv B-Masc</b>	<b>8:52.91</b>	<b>+0,70</b>	<b>484</b>
	David Soares Caratao	96 +0,70 30.04 1:04.42 1:41.81 2:13.82	2:13.82	
	Diogo Dias Pinheiro	96 +0,57 29.38 1:01.74 1:35.56 2:09.53	2:09.53	
	Rodrigo Verissimo Sousa	96 +0,37 30.89 1:05.71 1:42.11 2:17.83	2:17.83	
	Joao Filipe Costa	96 +0,49 30.51 1:04.28 1:38.33 2:11.73	2:11.73	
<b>8.</b>	<b>Benfica-Juv B-Masc</b>	<b>8:55.59</b>	<b>+0,80</b>	<b>477</b>
	Andre Filipe Farinha	96 +0,80 28.62 59.35 1:31.83 2:03.35	2:03.35	
	Miguel Almeida Pinto	96 +0,21 29.40 1:04.40 1:39.76 2:14.96	2:14.96	
	Daniel Tomas Alcantara	96 +0,25 29.68 1:03.36 1:39.27 2:14.71	2:14.71	
	Pedro Luis Antunes	96 +0,51 31.94 1:08.49 1:46.18 2:22.57	2:22.57	
<b>9.</b>	<b>Gespacos-Juv B-Masc</b>	<b>8:56.52</b>	<b>+0,90</b>	<b>474</b>
	Gil Silva Santos	96 +0,90 30.27 1:04.86 1:40.59 2:15.47	2:15.47	
	Bruno Campos Neto	96 +0,24 31.18 1:05.57 1:40.49 2:14.37	2:14.37	
	Vitor Samuel Rocha	96 +0,26 31.07 1:05.83 1:41.33 2:14.82	2:14.82	
	Miguel Angelo Cruz	96 +0,43 30.90 1:04.77 1:39.19 2:11.86	2:11.86	
<b>10.</b>	<b>Bombeiros dos Estoris-Juv B-Masc</b>	<b>8:57.58</b>	<b>+0,82</b>	<b>471</b>
	Nuno Oliveira Noritake	96 +0,82 30.25 1:04.45 1:39.66 2:13.89	2:13.89	
	Rodrigo Figueira Neto	96 +0,42 29.57 1:03.32 1:39.62 2:16.47	2:16.47	
	Pedro Miguel Gamito	96 +0,49 30.97 1:07.24 1:44.38 2:20.23	2:20.23	
	Frederico Sousa Soares	96 +0,40 28.44 1:01.06 1:34.18 2:06.99	2:06.99	
<b>11.</b>	<b>Louletano/ Loule Concelho-Juv B-Masc</b>	<b>8:59.39</b>	<b>+0,80</b>	<b>467</b>
	Alexandre Lemos Leal	96 +0,80 29.77 1:03.50 1:38.27 2:12.57	2:12.57	
	Tiago Mestre Faisca	96 +0,22 30.18 1:04.22 1:39.85 2:15.83	2:15.83	
	Bernardo Barbosa Franco	96 +0,41 29.83 1:04.79 1:40.87 2:15.93	2:15.93	
	Adriano Garcia Cavaco	96 +0,53 30.82 1:05.13 1:39.68 2:15.06	2:15.06	
<b>12.</b>	<b>Gesloures-Juv B-Masc</b>	<b>9:10.24</b>	<b>+0,94</b>	<b>440</b>
	Bruno Miguel Rainho	96 +0,94 32.17 1:06.49 1:42.30 2:17.35	2:17.35	
	Filipe Sebastiao Silva	96 +0,48 30.62 1:05.84 1:42.08 2:17.30	2:17.30	
	Carlos Andre Garizo	96 +0,53 33.23 1:10.13 1:48.66 2:26.50	2:26.50	
	Bruno Caseiro Dias	96 +0,47 30.11 1:03.54 1:36.99 2:09.09	2:09.09	
<b>13.</b>	<b>Alges-Juv B-Masc</b>	<b>9:12.39</b>	<b>+0,75</b>	<b>435</b>
	David Lopes Cunha	96 +0,75 29.98 1:03.92 1:39.67 2:14.73	2:14.73	
	Filipe Miguel Felix	96 +0,19 31.14 1:06.13 1:41.70 2:15.09	2:15.09	
	Joao Celorico Albuquerque	96 +0,13 31.23 1:06.98 1:43.78 2:18.99	2:18.99	
	Miguel Sobral Domingues	96 +0,25 31.03 1:07.64 1:46.26 2:23.58	2:23.58	
<b>14.</b>	<b>Fafe-Juv B-Masc</b>	<b>9:28.40</b>	<b>+0,90</b>	<b>399</b>
	<b>FTL</b>			
	Stefan Daniel Steinmaier	96 +0,90 30.00 1:04.07 1:40.87 2:16.75	2:16.75	
	Antonio Pedro Oliveira	96 +0,49 31.37 1:09.38 1:50.47 2:29.84	2:29.84	
	Francisco Jose Oliveira	96 +0,36 31.13 1:07.67 1:46.65 2:25.86	2:25.86	
	Paulo Gabriel Magalhaes	96 +0,44 29.55 1:04.00 1:39.69 2:15.95	2:15.95	

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Prova 6, Masc., 4 x 200m Livres, Juvenis B

Lugar	Clube	Tempo Final	TReac	Pts
DSQ	Naval do Funchal-Juv B-Masc <i>111 - Rendição antecipada do 2 nadador - SW 10.11</i>			
	Francisco Gouveia Sousa	96 +0,75 29.74 1:02.05	1:36.03 2:10.98	2:10.98
	Diogo Guilherme Aguiar	96 -0,10		
	Sergio Gomes Abreu	96 +0,39		
	Joao Pernetá Lima	96 +0,24		
DNS	Amadora-Juv B-Masc			

Juvenis A

1.	Porto/Dolce Vita-Juv A-Masc	Porto/Dolce Vita	<b>8:18.23</b>	+0,69	592
	Tomas Correia Silva	95 +0,69 28.44 59.23	1:29.62 1:59.39	1:59.39	
	Daniel Costa Vieira	95 +0,70 29.08 1:01.34	1:35.04 2:06.64	2:06.64	
	Joao Marcelo Gomes	95 +0,58 28.54 1:00.52	1:33.37 2:06.31	2:06.31	
	Bernardo Aguiar Branco	95 +0,67 28.17 59.42	1:32.39 2:05.89	2:05.89	
2.	Associacao Academica-Juv A-Masc	Associacao Academica	<b>8:23.95</b>	+0,59	572
	Joao Andre Neves	95 +0,59 28.09 58.67	1:30.61 2:02.10	2:02.10	
	Jose Antonio Forte	95 +0,44 29.22 1:02.48	1:36.87 2:09.82	2:09.82	
	Francisco Xavier Rodrigues	95 +0,47 28.29 1:00.02	1:32.88 2:06.69	2:06.69	
	Gustavo Lopes Ribeiro	95 +0,23 29.47 1:01.23	1:34.15 2:05.34	2:05.34	
3.	Colegio Vasco da Gama-Juv A-Masc	Colegio Vasco da Gama	<b>8:29.75</b>	+0,72	553
	Diogo Gomes Sousa	95 +0,72 27.53 57.73	1:28.44 1:59.00	1:59.00	
	Joao Couto Costa	95 +0,19 28.62 1:02.64	1:37.30 2:12.41	2:12.41	
	Pedro Afonso Centeno	95 +0,07 29.17 1:01.78	1:35.64 2:09.08	2:09.08	
	Joao Diogo Neves	95 +0,18 29.31 1:02.37	1:35.83 2:09.26	2:09.26	
4.	Torres Novas-Juv A-Masc	Torres Novas	<b>8:31.10</b>	+0,74	549
	Diogo Antonio Lopes	95 +0,74 28.85 59.72	1:30.94 2:02.02	2:02.02	
	Fabio Miguel Samouco	95 +0,50 27.54 58.58	1:31.92 2:05.47	2:05.47	
	Nuno Miguel Bruno	95 +0,29 29.79 1:03.25	1:38.80 2:13.27	2:13.27	
	Duarte Brites Policarpo	95 +0,48 29.76 1:02.78	1:36.49 2:10.34	2:10.34	
5.	Academico Viseu-Juv A-Masc	Academico Viseu	<b>8:36.69</b>	+0,87	531
	Joao Miguel Teixeira	95 +0,87 29.10 1:00.70	1:32.50 2:04.37	2:04.37	
	Diogo Magalhaes Moura	95 +0,64 28.54 1:01.38	1:36.85 2:11.90	2:11.90	
	Miguel Silva Mouro	95 +0,42 30.49 1:05.16	1:40.66 2:14.21	2:14.21	
	Pedro Miguel Ribeiro	95 +0,44 28.05 59.66	1:33.19 2:06.21	2:06.21	
6.	Vilacondense-Juv A-Masc	Vilacondense	<b>8:39.52</b>	+0,88	522
	Joao Duarte Marafona	95 +0,88 28.97 1:02.08	1:35.90 2:08.93	2:08.93	
	Mario Guterres Carvalho	95 +0,66 28.26 1:00.87	1:35.67 2:09.68	2:09.68	
	Joao Miguel Costa	95 +0,29 28.45 1:01.25	1:35.23 2:08.51	2:08.51	
	Orlando Filipe Morim	95 +0,35 29.30 1:02.96	1:37.94 2:12.40	2:12.40	
7.	Naval do Funchal-Juv A-Masc	Naval do Funchal	<b>8:41.44</b>	+0,63	517
	Joao Rodrigues Luis	95 +0,63 28.88 1:02.16	1:36.46 2:10.42	2:10.42	
	Lourenco Moniz Silva	95 +0,26 28.10 59.89	1:33.07 2:05.10	2:05.10	
	Rui Alexandre Freitas	95 +0,22 29.14 1:01.84	1:36.59 2:11.59	2:11.59	
	Lauro Arruda Camara	95 +0,21 29.74 1:03.74	1:39.62 2:14.33	2:14.33	
8.	Amadora-Juv A-Masc	Amadora	<b>8:43.97</b>	+0,75	509
	Andre Filipe Fernandes	95 +0,75 29.69 1:01.54	1:34.96 2:08.78	2:08.78	
	Rodrigo Pereira Lopes	95 +0,49 28.36 1:00.09	1:33.13 2:05.69	2:05.69	
	Joao Valentim Compoete	95 +0,32 30.40 1:04.84	1:40.59 2:15.29	2:15.29	
	Diogo Miguel Cargaleiro	95 +0,46 30.07 1:03.65	1:38.89 2:14.21	2:14.21	

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 6, Masc., 4 x 200m Livres, Juvenis A

Lugar	Clube	Tempo Final	TReac	Pts
9.	Alges-Juv A-Masc	<b>8:44.45</b>	<b>+0,79</b>	<b>508</b>
	Pedro Duarte Dias	95 +0,79 29.24 1:01.43 1:34.46 2:07.20	2:07.20	
	Joao Luis Santos	95 +0,33 28.71 1:01.38 1:36.66 2:12.00	2:12.00	
	Pedro Alexandre Bento	95 +0,29 28.55 1:01.30 1:35.79 2:10.04	2:10.04	
	Duarte Soromenho Daniel	95 +0,36 30.33 1:04.89 1:41.63 2:15.21	2:15.21	
DSQ	Uniao Piedense-Juv A-Masc			
	<i>403 - Falsa partida - SW 4.4</i>			
	Pedro Henrique Torres, Bernardo Miguel Marques, Diogo Miguel Silva, Edgar Ramos Varela			



Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 7 Femin., 800m Livres Juvenis Resultados  
26-03-2011 - 9:30

Recordes Nacionais 50m Absoluto 8:57.14 Marta Andreia Ferreira FPN Berlim (GER) 31-07-2002  
Recordes Nacionais 50m Juv 9:07.70 tempo limite

TAC Fem Juv : 10:18.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo <i>MAC</i>	97	Nautico da Marinha Grande	<b>9:22.86</b>	+0,47	676
	50m: 32.03 32.03	250m: 2:50.41 35.01	450m: 5:12.30 35.90	650m: 7:36.36 36.22		
	100m: 1:05.77 33.74	300m: 3:25.59 35.18	500m: 5:48.10 35.80	700m: 8:12.08 35.72		
	150m: 1:40.62 34.85	350m: 4:01.02 35.43	550m: 6:24.28 36.18	750m: 8:48.22 36.14		
	200m: 2:15.40 34.78	400m: 4:36.40 35.38	600m: 7:00.14 35.86	800m: 9:22.86 34.64		
2.	Maria Teresa Amorim <i>MAC</i>	97	Porto/Dolce Vita	<b>9:33.58</b>	+0,94	639
	50m: 32.67 32.67	250m: 2:56.55 35.96	450m: 5:22.41 36.48	650m: 7:47.05 35.94		
	100m: 1:08.18 35.51	300m: 3:33.18 36.63	500m: 5:58.52 36.11	700m: 8:23.14 36.09		
	150m: 1:44.46 36.28	350m: 4:09.41 36.23	550m: 6:34.63 36.11	750m: 8:58.99 35.85		
	200m: 2:20.59 36.13	400m: 4:45.93 36.52	600m: 7:11.11 36.48	800m: 9:33.58 34.59		
3.	Ana Filipa Martins <i>MAC</i>	97	Foca	<b>9:36.57</b>	+1,02	629
	50m: 32.23 32.23	250m: 2:55.38 36.46	450m: 5:21.59 36.71	650m: 7:48.69 37.09		
	100m: 1:07.05 34.82	300m: 3:31.96 36.58	500m: 5:58.32 36.73	700m: 8:25.23 36.54		
	150m: 1:42.79 35.74	350m: 4:08.42 36.46	550m: 6:34.70 36.38	750m: 9:01.52 36.29		
	200m: 2:18.92 36.13	400m: 4:44.88 36.46	600m: 7:11.60 36.90	800m: 9:36.57 35.05		
4.	Francisca Gomes Azevedo <i>MAC</i>	97	Alges	<b>9:37.89</b>	+0,84	625
	50m: 32.80 32.80	250m: 2:57.71 37.20	450m: 5:23.82 36.40	650m: 7:50.58 36.88		
	100m: 1:07.96 35.16	300m: 3:33.97 36.26	500m: 6:00.14 36.32	700m: 8:27.13 36.55		
	150m: 1:44.01 36.05	350m: 4:10.79 36.82	550m: 6:36.95 36.81	750m: 9:03.24 36.11		
	200m: 2:20.51 36.50	400m: 4:47.42 36.63	600m: 7:13.70 36.75	800m: 9:37.89 34.65		
5.	Barbara Marques Rodrigues <i>MAC</i>	97	Alges	<b>9:40.13</b>	+0,92	617
	50m: 32.06 32.06	250m: 2:56.07 36.84	450m: 5:23.12 36.84	650m: 7:50.31 36.74		
	100m: 1:06.60 34.54	300m: 3:32.94 36.87	500m: 5:59.70 36.58	700m: 8:27.02 36.71		
	150m: 1:43.07 36.47	350m: 4:09.46 36.52	550m: 6:36.71 37.01	750m: 9:03.80 36.78		
	200m: 2:19.23 36.16	400m: 4:46.28 36.82	600m: 7:13.57 36.86	800m: 9:40.13 36.33		
6.	Maria Joao Fernandes	97	Porto/Dolce Vita	<b>10:03.43</b>	+0,85	548
	50m: 33.33 33.33	250m: 3:03.29 37.40	450m: 5:36.20 37.48	650m: 8:10.26 38.04		
	100m: 1:09.74 36.41	300m: 3:42.44 39.15	500m: 6:15.42 39.22	700m: 8:48.54 38.28		
	150m: 1:47.81 38.07	350m: 4:19.98 37.54	550m: 6:53.02 37.60	750m: 9:26.57 38.03		
	200m: 2:25.89 38.08	400m: 4:58.72 38.74	600m: 7:32.22 39.20	800m: 10:03.43 36.86		
7.	Adriana Daniela Castro	97	Fluvial Portuense	<b>10:08.65</b>	+0,92	534
	50m: 34.27 34.27	250m: 3:09.35 38.41	450m: 5:43.23 39.01	650m: 8:15.85 38.16		
	100m: 1:13.00 38.73	300m: 3:48.27 38.92	500m: 6:20.58 37.35	700m: 8:54.78 38.93		
	150m: 1:51.63 38.63	350m: 4:26.62 38.35	550m: 6:58.97 38.39	750m: 9:32.00 37.22		
	200m: 2:30.94 39.31	400m: 5:04.22 37.60	600m: 7:37.69 38.72	800m: 10:08.65 36.65		
8.	Cecilia Branco Almeida	97	Geslours	<b>10:09.09</b>	+0,91	533
	50m: 34.92 34.92	250m: 3:07.47 38.81	450m: 5:41.67 38.59	650m: 8:16.91 38.99		
	100m: 1:12.19 37.27	300m: 3:45.83 38.36	500m: 6:20.35 38.68	700m: 8:55.50 38.59		
	150m: 1:50.24 38.05	350m: 4:24.48 38.65	550m: 6:59.25 38.90	750m: 9:33.32 37.82		
	200m: 2:28.66 38.42	400m: 5:03.08 38.60	600m: 7:37.92 38.67	800m: 10:09.09 35.77		

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 7, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
9.	Beatriz Filipa Matos	97	Nautico/Matobra	<b>10:11.07</b>	<b>+0,94</b>	<b>528</b>	
	50m: 33.35 33.35	250m: 3:03.99	37.89	450m: 5:39.54	39.25	650m: 8:16.22	38.76
	100m: 1:10.21 36.86	300m: 3:42.66	38.67	500m: 6:19.28	39.74	700m: 8:54.98	38.76
	150m: 1:47.89 37.68	350m: 4:21.18	38.52	550m: 6:58.29	39.01	750m: 9:33.74	38.76
	200m: 2:26.10 38.21	400m: 5:00.29	39.11	600m: 7:37.46	39.17	800m: 10:11.07	37.33
10.	Matilde Domingues Gameiro	97	Nautico/Matobra	<b>10:15.83</b>	<b>+1,22</b>	<b>516</b>	
	50m: 33.42 33.42	250m: 3:05.93	39.56	450m: 5:42.66	39.86	650m: 8:20.36	39.10
	100m: 1:10.14 36.72	300m: 3:44.09	38.16	500m: 6:21.61	38.95	700m: 8:59.69	39.33
	150m: 1:48.55 38.41	350m: 4:24.12	40.03	550m: 7:02.03	40.42	750m: 9:38.68	38.99
	200m: 2:26.37 37.82	400m: 5:02.80	38.68	600m: 7:41.26	39.23	800m: 10:15.83	37.15
11.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	<b>10:17.02</b>	<b>+0,98</b>	<b>513</b>	
	50m: 34.99 34.99	250m: 3:09.44	39.22	450m: 5:46.33	39.45	650m: 8:22.66	39.16
	100m: 1:12.09 37.10	300m: 3:48.13	38.69	500m: 6:25.29	38.96	700m: 9:01.62	38.96
	150m: 1:51.09 39.00	350m: 4:27.61	39.48	550m: 7:04.59	39.30	750m: 9:40.10	38.48
	200m: 2:30.22 39.13	400m: 5:06.88	39.27	600m: 7:43.50	38.91	800m: 10:17.02	36.92
12.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	<b>10:36.50</b>	<b>+0,89</b>	<b>467</b>	
	<i>FTL</i>						
	50m: 35.06 35.06	250m: 3:12.54	41.00	450m: 5:55.35	40.53	650m: 8:36.89	41.13
	100m: 1:12.38 37.32	300m: 3:52.48	39.94	500m: 6:34.91	39.56	700m: 9:16.78	39.89
	150m: 1:52.22 39.84	350m: 4:34.28	41.80	550m: 7:15.85	40.94	750m: 9:58.61	41.83
	200m: 2:31.54 39.32	400m: 5:14.82	40.54	600m: 7:55.76	39.91	800m: 10:36.50	37.89
13.	Matilde Cotrim Vasconcelos	97	Naval do Funchal	<b>10:43.32</b>	<b>+0,74</b>	<b>453</b>	
	<i>FTL</i>						
	50m: 34.36 34.36	250m: 3:10.70	39.47	450m: 5:54.72	41.19	650m: 8:42.12	41.59
	100m: 1:12.88 38.52	300m: 3:51.27	40.57	500m: 6:36.28	41.56	700m: 9:23.54	41.42
	150m: 1:52.07 39.19	350m: 4:31.71	40.44	550m: 7:18.34	42.06	750m: 10:03.80	40.26
	200m: 2:31.23 39.16	400m: 5:13.53	41.82	600m: 8:00.53	42.19	800m: 10:43.32	39.52
14.	Mafalda Cristina Pita	97	Electrico Clube	<b>10:51.70</b>	<b>+0,99</b>	<b>435</b>	
	<i>FTL</i>						
	50m: 35.21 35.21	250m: 3:15.51	41.15	450m: 6:00.93	41.39	650m: 8:47.92	42.33
	100m: 1:13.66 38.45	300m: 3:56.50	40.99	500m: 6:42.35	41.42	700m: 9:29.27	41.35
	150m: 1:54.02 40.36	350m: 4:38.24	41.74	550m: 7:23.88	41.53	750m: 10:11.23	41.96
	200m: 2:34.36 40.34	400m: 5:19.54	41.30	600m: 8:05.59	41.71	800m: 10:51.70	40.47

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 8 Masc., 400m Livres Juvenis  
26-03-2011 - 9:55 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009

TAC Masc Juv A Juv A: 4:31.00 / TAC Masc Juv B Juv B: 4:40.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Andre Filipe Farinha MAC	96	Benfica	<b>4:15.51</b>	+0,84	638
	50m: 29.29 29.29	150m: 1:34.09 32.78	250m: 2:39.91 33.11	350m: 3:44.89 32.61		
	100m: 1:01.31 32.02	200m: 2:06.80 32.71	300m: 3:12.28 32.37	400m: 4:15.51 30.62		
2.	Tomas Miguel Veloso MAC	96	Nautico/Matobra	<b>4:15.74</b>	+0,72	637
	50m: 29.42 29.42	150m: 1:35.09 33.25	250m: 2:40.54 32.73	350m: 3:45.86 32.69		
	100m: 1:01.84 32.42	200m: 2:07.81 32.72	300m: 3:13.17 32.63	400m: 4:15.74 29.88		
3.	Joao Carlos Santos MAC	96	Naval Amorense	<b>4:19.90</b>	+0,76	607
	50m: 30.24 30.24	150m: 1:35.26 32.58	250m: 2:40.41 32.24	350m: 3:47.27 33.24		
	100m: 1:02.68 32.44	200m: 2:08.17 32.91	300m: 3:14.03 33.62	400m: 4:19.90 32.63		
4.	Jose Luis Gabriel MAC	96	Academico Viseu	<b>4:20.30</b>	+0,93	604
	50m: 29.40 29.40	150m: 1:35.90 33.97	250m: 2:43.57 33.85	350m: 3:49.43 32.72		
	100m: 1:01.93 32.53	200m: 2:09.72 33.82	300m: 3:16.71 33.14	400m: 4:20.30 30.87		
5.	Miguel Prata Santos MAC	96	Viana Natacao	<b>4:20.84</b>	+0,77	600
	50m: 29.39 29.39	150m: 1:35.61 33.48	250m: 2:43.52 33.74	350m: 3:50.08 32.91		
	100m: 1:02.13 32.74	200m: 2:09.78 34.17	300m: 3:17.17 33.65	400m: 4:20.84 30.76		
6.	Bruno Miguel Silva MAC	96	Porto/Dolce Vita	<b>4:21.03</b>	+0,86	599
	50m: 29.90 29.90	150m: 1:36.07 33.55	250m: 2:43.01 33.34	350m: 3:49.19 33.18		
	100m: 1:02.52 32.62	200m: 2:09.67 33.60	300m: 3:16.01 33.00	400m: 4:21.03 31.84		
7.	Pedro Ribeiro Santos MAC	96	Academico Viseu	<b>4:22.68</b>	+0,78	588
	50m: 29.19 29.19	150m: 1:35.71 33.98	250m: 2:44.08 34.40	350m: 3:51.22 32.97		
	100m: 1:01.73 32.54	200m: 2:09.68 33.97	300m: 3:18.25 34.17	400m: 4:22.68 31.46		
8.	Goncalo Cardoso Carmo MAC	96	Colegio Vasco da Gama	<b>4:22.73</b>		587
	50m: 29.89 29.89	150m: 1:37.03 34.20	250m: 2:44.62 33.95	350m: 3:51.11 32.88		
	100m: 1:02.83 32.94	200m: 2:10.67 33.64	300m: 3:18.23 33.61	400m: 4:22.73 31.62		
9.	Tiago Manuel Teixeira MAC	96	Fafe	<b>4:23.05</b>	+0,73	585
	50m: 30.04 30.04	150m: 1:35.97 33.14	250m: 2:42.75 33.20	350m: 3:50.08 33.68		
	100m: 1:02.83 32.79	200m: 2:09.55 33.58	300m: 3:16.40 33.65	400m: 4:23.05 32.97		
10.	Rafael Lourenco Gil MAC	96	Monteges	<b>4:24.15</b>	+0,80	578
	50m: 29.01 29.01	150m: 1:34.45 33.31	250m: 2:41.91 33.79	350m: 3:50.47 34.43		
	100m: 1:01.14 32.13	200m: 2:08.12 33.67	300m: 3:16.04 34.13	400m: 4:24.15 33.68		

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Rafael Filipe Nunes MAC	96	Naval Amorense	<b>4:24.54</b>	+0,64	575
	50m: 29.31 29.31	150m: 1:36.25 34.08	250m: 2:45.08 34.03	350m: 3:52.86 33.10		
	100m: 1:02.17 32.86	200m: 2:11.05 34.80	300m: 3:19.76 34.68	400m: 4:24.54 31.68		
12.	Pedro Veiguinha Martins	96	Braga	<b>4:26.76</b>	+0,71	561
	50m: 29.99 29.99	150m: 1:36.86 33.22	250m: 2:45.48 34.10	350m: 3:53.87 34.15		
	100m: 1:03.64 33.65	200m: 2:11.38 34.52	300m: 3:19.72 34.24	400m: 4:26.76 32.89		
13.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	<b>4:29.44</b>	+0,80	544
	50m: 30.17 30.17	150m: 1:38.42 34.66	250m: 2:49.08 35.69	350m: 3:58.43 33.94		
	100m: 1:03.76 33.59	200m: 2:13.39 34.97	300m: 3:24.49 35.41	400m: 4:29.44 31.01		
14.	Guilherme Dias Nunes	96	Natacao de Olhao	<b>4:29.53</b>	+0,67	544
	50m: 30.36 30.36	150m: 1:38.25 34.33	250m: 2:47.86 34.93	350m: 3:57.65 34.86		
	100m: 1:03.92 33.56	200m: 2:12.93 34.68	300m: 3:22.79 34.93	400m: 4:29.53 31.88		
15.	Andre Filipe Rocha	96	Leixoes	<b>4:30.28</b>	+0,68	539
	50m: 29.90 29.90	150m: 1:37.12 34.10	250m: 2:46.95 34.51	350m: 3:56.82 34.71		
	100m: 1:03.02 33.12	200m: 2:12.44 35.32	300m: 3:22.11 35.16	400m: 4:30.28 33.46		
16.	Frederico Sousa Soares	96	Bombeiros dos Estoris	<b>4:30.75</b>		537
	50m: 29.76 29.76	150m: 1:37.86 34.79	250m: 2:48.19 34.84	350m: 3:57.57 34.47		
	100m: 1:03.07 33.31	200m: 2:13.35 35.49	300m: 3:23.10 34.91	400m: 4:30.75 33.18		
17.	Diogo Henrique Gomes	96	Porto/Dolce Vita	<b>4:30.88</b>	+0,84	536
	50m: 30.69 30.69	150m: 1:38.52 34.08	250m: 2:46.93 34.13	350m: 3:57.01 34.70		
	100m: 1:04.44 33.75	200m: 2:12.80 34.28	300m: 3:22.31 35.38	400m: 4:30.88 33.87		
18.	Miguel Angelo Cruz	96	Gespacos	<b>4:34.21</b>	+0,91	516
	50m: 31.43 31.43	150m: 1:39.83 34.32	250m: 2:49.98 35.05	350m: 4:00.38 34.93		
	100m: 1:05.51 34.08	200m: 2:14.93 35.10	300m: 3:25.45 35.47	400m: 4:34.21 33.83		
19.	Mauro Filipe Maia	96	Fluvial Portuense	<b>4:34.67</b>		514
	50m: 31.54 31.54	150m: 1:40.99 35.23	250m: 2:49.12 34.21	350m: 4:00.34 35.59		
	100m: 1:05.76 34.22	200m: 2:14.91 33.92	300m: 3:24.75 35.63	400m: 4:34.67 34.33		
20.	Joao Pedro Neves	96	Aminata	<b>4:35.57</b>	+0,83	509
	50m: 28.94 28.94	150m: 1:37.26 35.04	250m: 2:48.48 35.99	350m: 4:00.90 36.12		
	100m: 1:02.22 33.28	200m: 2:12.49 35.23	300m: 3:24.78 36.30	400m: 4:35.57 34.67		
21.	Joao Miguel Lopes	96	Electrico Clube	<b>4:35.66</b>	+0,76	508
	50m: 30.63 30.63	150m: 1:38.75 34.78	250m: 2:49.52 35.09	350m: 4:00.40 35.13		
	100m: 1:03.97 33.34	200m: 2:14.43 35.68	300m: 3:25.27 35.75	400m: 4:35.66 35.26		
22.	Diogo Dias Pinheiro	96	Sporting	<b>4:36.86</b>	+0,74	502
	50m: 30.21 30.21	150m: 1:38.27 34.72	250m: 2:49.21 35.80	350m: 4:01.93 36.71		
	100m: 1:03.55 33.34	200m: 2:13.41 35.14	300m: 3:25.22 36.01	400m: 4:36.86 34.93		
23.	Tomas Antonio Azevedo	96	Aminata	<b>4:37.73</b>	+0,68	497
	50m: 31.16 31.16	150m: 1:41.54 35.54	250m: 2:52.82 35.69	350m: 4:04.53 35.75		
	100m: 1:06.00 34.84	200m: 2:17.13 35.59	300m: 3:28.78 35.96	400m: 4:37.73 33.20		
24.	David Nunes Sousa	96	Famalicao	<b>4:38.52</b>	+0,86	493
	50m: 31.05 31.05	150m: 1:42.04 36.05	250m: 2:54.54 35.45	350m: 4:05.29 34.83		
	100m: 1:05.99 34.94	200m: 2:19.09 37.05	300m: 3:30.46 35.92	400m: 4:38.52 33.23		
25.	Ricardo Santos Agueda	96	Natacao de Valongo	<b>4:39.23</b>	+0,92	489
	50m: 31.17 31.17	150m: 1:41.16 35.25	250m: 2:52.48 35.36	350m: 4:04.49 35.88		
	100m: 1:05.91 34.74	200m: 2:17.12 35.96	300m: 3:28.61 36.13	400m: 4:39.23 34.74		

Campeonato Nacional de Juvenis PL  
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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
26.	Jose Pedro Bugalho	96	Alcobaca	<b>4:39.35</b>	+0,81	488
	50m: 30.97 30.97	150m: 1:41.60 35.88	250m: 2:53.71	36.17 350m: 4:05.35		35.69
	100m: 1:05.72 34.75	200m: 2:17.54 35.94	300m: 3:29.66	35.95 400m: 4:39.35		34.00
27.	Jose Carlos Teixeira	96	Foca	<b>4:39.39</b>	+0,83	488
	50m: 31.44 31.44	150m: 1:41.68 35.64	250m: 2:53.71	35.93 350m: 4:05.15		35.47
	100m: 1:06.04 34.60	200m: 2:17.78 36.10	300m: 3:29.68	35.97 400m: 4:39.39		34.24
28.	Leonardo Peralta Reis	96	Benedita	<b>4:39.58</b>	+0,94	487
	50m: 30.41 30.41	150m: 1:40.36 35.48	250m: 2:52.43	35.88 350m: 4:05.01		36.07
	100m: 1:04.88 34.47	200m: 2:16.55 36.19	300m: 3:28.94	36.51 400m: 4:39.58		34.57
29.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	<b>4:39.70</b>	+0,80	487
	50m: 30.76 30.76	150m: 1:41.21 35.87	250m: 2:53.57	36.28 350m: 4:05.55		35.96
	100m: 1:05.34 34.58	200m: 2:17.29 36.08	300m: 3:29.59	36.02 400m: 4:39.70		34.15

Juvenis A

1.	Tomas Correia Silva MAC	95	Porto/Dolce Vita	<b>4:14.39</b>		647
	50m: 28.90 28.90	150m: 1:33.32 32.49	250m: 2:38.68	32.09 350m: 3:43.37		32.44
	100m: 1:00.83 31.93	200m: 2:06.59 33.27	300m: 3:10.93	32.25 400m: 4:14.39		31.02
2.	Tiago Ferreira Azevedo MAC	95	Naval Amorense	<b>4:16.11</b>	+0,67	634
	50m: 29.27 29.27	150m: 1:34.27 32.61	250m: 2:39.48	32.54 350m: 3:44.46		32.59
	100m: 1:01.66 32.39	200m: 2:06.94 32.67	300m: 3:11.87	32.39 400m: 4:16.11		31.65
3.	Joao Andre Neves	95	Associacao Academica	<b>4:17.98</b>	+0,62	620
	50m: 29.17 29.17	150m: 1:33.96 32.68	250m: 2:39.80	33.06 350m: 3:45.77		32.81
	100m: 1:01.28 32.11	200m: 2:06.74 32.78	300m: 3:12.96	33.16 400m: 4:17.98		32.21
4.	Gustavo Lopes Ribeiro	95	Associacao Academica	<b>4:23.85</b>	+0,84	580
	50m: 30.10 30.10	150m: 1:37.31 34.15	250m: 2:45.73	34.32 350m: 3:53.31		33.56
	100m: 1:03.16 33.06	200m: 2:11.41 34.10	300m: 3:19.75	34.02 400m: 4:23.85		30.54
5.	Joao Miguel Costa	95	Vilacondense	<b>4:25.99</b>	+0,72	566
	50m: 29.79 29.79	150m: 1:36.45 33.82	250m: 2:44.55	34.04 350m: 3:53.63		34.43
	100m: 1:02.63 32.84	200m: 2:10.51 34.06	300m: 3:19.20	34.65 400m: 4:25.99		32.36
	Gil Vilela Correia	95	Sporting	<b>4:25.99</b>	+0,70	566
	50m: 29.47 29.47	150m: 1:36.31 33.77	250m: 2:44.50	34.02 350m: 3:52.78		34.13
	100m: 1:02.54 33.07	200m: 2:10.48 34.17	300m: 3:18.65	34.15 400m: 4:25.99		33.21
7.	Joao Nuno Abreu	95	Vitoria de Guimaraes	<b>4:26.36</b>	+0,72	563
	50m: 29.59 29.59	150m: 1:36.76 33.58	250m: 2:44.68	33.73 350m: 3:52.82		33.89
	100m: 1:03.18 33.59	200m: 2:10.95 34.19	300m: 3:18.93	34.25 400m: 4:26.36		33.54
8.	Artur Manuel Ferreira	95	Porto/Dolce Vita	<b>4:27.63</b>	+0,74	556
	50m: 30.08 30.08	150m: 1:37.56 34.30	250m: 2:46.40	34.08 350m: 3:54.81		33.85
	100m: 1:03.26 33.18	200m: 2:12.32 34.76	300m: 3:20.96	34.56 400m: 4:27.63		32.82
9.	Joao Miguel Teixeira	95	Academico Viseu	<b>4:27.68</b>	+0,85	555
	50m: 29.94 29.94	150m: 1:35.53 33.25	250m: 2:43.87	34.75 350m: 3:53.96		35.42
	100m: 1:02.28 32.34	200m: 2:09.12 33.59	300m: 3:18.54	34.67 400m: 4:27.68		33.72
10.	Lourenco Moniz Silva	95	Naval do Funchal	<b>4:29.33</b>	+0,80	545
	50m: 29.82 29.82	150m: 1:36.26 33.68	250m: 2:45.86	35.08 350m: 3:56.12		35.04
	100m: 1:02.58 32.76	200m: 2:10.78 34.52	300m: 3:21.08	35.22 400m: 4:29.33		33.21

Campeonato Nacional de Juvenis PL  
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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	<b>4:29.59</b>	+0,93	543
	50m: 29.66 29.66	150m: 1:36.40 33.82	250m: 2:45.83	34.27	350m: 3:55.25	34.47
	100m: 1:02.58 32.92	200m: 2:11.56 35.16	300m: 3:20.78	34.95	400m: 4:29.59	34.34
12.	Francisco Xavier Rodrigues	95	Associacao Academica	<b>4:30.29</b>		539
	50m: 30.34 30.34	150m: 1:39.14 35.11	250m: 2:48.84	34.40	350m: 3:57.52	34.22
	100m: 1:04.03 33.69	200m: 2:14.44 35.30	300m: 3:23.30	34.46	400m: 4:30.29	32.77
13.	Joao Marcelo Gomes	95	Porto/Dolce Vita	<b>4:30.94</b>		535
	50m: 29.77 29.77	150m: 1:36.35 33.82	250m: 2:46.16	34.84	350m: 3:56.77	35.50
	100m: 1:02.53 32.76	200m: 2:11.32 34.97	300m: 3:21.27	35.11	400m: 4:30.94	34.17
14.	Diogo Sequeira Aparicio	95	Porto/Dolce Vita	<b>4:32.00</b>	+0,81	529
	<i>FTL</i>					
	50m: 29.91 29.91	150m: 1:37.08 34.30	250m: 2:47.25	34.99	350m: 3:58.14	35.47
	100m: 1:02.78 32.87	200m: 2:12.26 35.18	300m: 3:22.67	35.42	400m: 4:32.00	33.86
15.	Cesar Filipe Magalhaes	95	Foca	<b>4:32.33</b>	+0,90	527
	<i>FTL</i>					
	50m: 29.28 29.28	150m: 1:35.20 33.44	250m: 2:44.55	35.07	350m: 3:56.31	35.95
	100m: 1:01.76 32.48	200m: 2:09.48 34.28	300m: 3:20.36	35.81	400m: 4:32.33	36.02
16.	Andre Filipe Fernandes	95	Amadora	<b>4:32.77</b>	+0,79	525
	<i>FTL</i>					
	50m: 30.12 30.12	150m: 1:36.81 33.89	250m: 2:46.72	34.98	350m: 3:57.82	35.57
	100m: 1:02.92 32.80	200m: 2:11.74 34.93	300m: 3:22.25	35.53	400m: 4:32.77	34.95
17.	Joao Duarte Marafona	95	Vilacondense	<b>4:33.05</b>	+0,93	523
	<i>FTL</i>					
	50m: 30.94 30.94	150m: 1:40.13 35.42	250m: 2:50.70	35.07	350m: 4:00.79	35.03
	100m: 1:04.71 33.77	200m: 2:15.63 35.50	300m: 3:25.76	35.06	400m: 4:33.05	32.26
18.	Duarte Nuno Vieira	95	Nacional	<b>4:33.41</b>	+0,73	521
	<i>FTL</i>					
	50m: 30.68 30.68	150m: 1:40.23 35.17	250m: 2:51.18	35.38	350m: 4:00.87	34.34
	100m: 1:05.06 34.38	200m: 2:15.80 35.57	300m: 3:26.53	35.35	400m: 4:33.41	32.54
19.	Edgar Ramos Varela	95	Uniao Piedense	<b>4:39.31</b>	+0,82	489
	<i>FTL</i>					
	50m: 30.07 30.07	150m: 1:39.44 35.49	250m: 2:52.38	36.68	350m: 4:04.63	35.35
	100m: 1:03.95 33.88	200m: 2:15.70 36.26	300m: 3:29.28	36.90	400m: 4:39.31	34.68
DSQ	Pedro Henrique Torres	95	Uniao Piedense			
	403 - Falsa partida - SW 4.4					

Campeonato Nacional de Juvenis PL  
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Prova 9 Femin., 200m Bruços Juvenis Resultados  
26-03-2011 - 10:35

Recordes Nacionais 50m Absoluto	2:29.51	Diana Duarte Gomes	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Juv	2:36.99	Diana Duarte Gomes	FPN	Paris (FRA)	28-07-2003

TAC Fem Juv : 3:03.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Barbara Sofia Barata <i>MAC</i>	97	Benfica	<b>2:47.62</b>	+0,77	584
	50m: 38.88 38.88	100m: 1:21.47 42.59	150m: 2:04.58 43.11	200m: 2:47.62 43.04		
2.	Filipa Vilas Ruivo <i>MAC</i>	97	Nautico da Marinha Grande	<b>2:48.19</b>	+0,91	578
	50m: 39.17 39.17	100m: 1:22.08 42.91	150m: 2:05.48 43.40	200m: 2:48.19 42.71		
3.	Sara Monteiro Meireles <i>MAC</i>	97	Gespacos	<b>2:50.58</b>	+0,91	554
	50m: 39.40 39.40	100m: 1:23.07 43.67	150m: 2:06.81 43.74	200m: 2:50.58 43.77		
4.	Ana Catarina Serpa <i>MAC</i>	97	Sporting	<b>2:51.15</b>	+1,05	548
	50m: 38.84 38.84	100m: 1:23.39 44.55	150m: 2:06.91 43.52	200m: 2:51.15 44.24		
5.	Andreia Margarida Morgado <i>MAC</i>	97	Nautico/Matobra	<b>2:52.78</b>	+0,82	533
	50m: 38.99 38.99	100m: 1:23.84 44.85	150m: 2:08.97 45.13	200m: 2:52.78 43.81		
6.	Rita Catarina Miranda	97	Braga	<b>2:55.79</b>	+1,06	506
	50m: 39.76 39.76	100m: 1:24.61 44.85	150m: 2:10.33 45.72	200m: 2:55.79 45.46		
7.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	<b>2:56.00</b>	+0,83	504
	50m: 40.00 40.00	100m: 1:24.90 44.90	150m: 2:10.74 45.84	200m: 2:56.00 45.26		
8.	Marina Nicolina Teodosio	97	BA/Mr.Pizza	<b>2:56.80</b>	+0,97	497
	50m: 38.76 38.76	100m: 1:22.89 44.13	150m: 2:09.13 46.24	200m: 2:56.80 47.67		
9.	Diana Sofia Silva	97	Braga	<b>2:58.26</b>	+0,94	485
	50m: 40.07 40.07	100m: 1:25.17 45.10	150m: 2:11.51 46.34	200m: 2:58.26 46.75		
10.	Maria Beatriz Ribeiro	97	Natacao da Maia	<b>3:01.25</b>	+0,80	462
	50m: 41.17 41.17	100m: 1:27.58 46.41	150m: 2:15.04 47.46	200m: 3:01.25 46.21		
11.	Ana Mafalda Silva	97	Terceira Auto Clube	<b>3:02.53</b>	+0,77	452
	50m: 40.16 40.16	100m: 1:27.43 47.27	150m: 2:15.50 48.07	200m: 3:02.53 47.03		
12.	Ines Pugsley Ferreira <i>FTL</i>	97	Portinado	<b>3:03.78</b>	+0,84	443
	50m: 39.33 39.33	100m: 1:26.29 46.96	150m: 2:16.14 49.85	200m: 3:03.78 47.64		
13.	Sofia Isabel Tavares <i>FTL</i>	97	Porto/Dolce Vita	<b>3:07.12</b>		419
	50m: 41.56 41.56	100m: 1:29.67 48.11	150m: 2:18.97 49.30	200m: 3:07.12 48.15		
14.	Andreia Sofia Mensao <i>FTL</i>	97	Naval Amorense	<b>3:08.31</b>	+1,09	411
	50m: 38.52 38.52	100m: 1:25.49 46.97	150m: 2:16.28 50.79	200m: 3:08.31 52.03		

Campeonato Nacional de Juvenis PL  
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Prova 9, Femin., 200m Bruços

EXH	Debora Goncalves Patrocinio	97	Litoral Alentejano	<b>3:03.25</b>	+0,78	447
	<i>FTL</i>					
	50m: 40.38 40.38	100m: 1:27.19	46.81	150m: 2:15.56	48.37	200m: 3:03.25 47.69

Prova 10

Masc., 200m Costas

Juvenis  
Resultados

26-03-2011 - 10:55

Recordes Nacionais 50m Absoluto	2:00.62	Pedro Diogo Oliveira	FPN	Melbourne (AUS)	29-03-2007
Recordes Nacionais 50m Juv B	2:09.42	Pedro Diogo Oliveira	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Juv A	2:06.92	Pedro Diogo Oliveira	CNRM	Lisboa	30-07-2004

TAC Masc Juv A Juv A: 2:25.00 / TAC Masc Juv B Juv B: 2:29.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tiago Manuel Teixeira <i>MAC</i>	96	Fafe	<b>2:17.10</b>	+0,68	544
	50m: 32.06 32.06	100m: 1:07.60	35.54	150m: 1:43.78	36.18	200m: 2:17.10 33.32
2.	Rodrigo Silverio Carmo <i>MAC</i>	96	Colegio Vasco da Gama	<b>2:17.31</b>	+0,66	541
	50m: 32.19 32.19	100m: 1:07.22	35.03	150m: 1:42.54	35.32	200m: 2:17.31 34.77
3.	Pedro Manuel Rocha <i>MAC</i>	96	Famalicao	<b>2:20.73</b>	+0,76	502
	50m: 33.97 33.97	100m: 1:10.00	36.03	150m: 1:46.43	36.43	200m: 2:20.73 34.30
4.	Pedro Ribeiro Santos <i>MAC</i>	96	Academico Viseu	<b>2:20.95</b>	+0,67	500
	50m: 32.82 32.82	100m: 1:08.52	35.70	150m: 1:45.63	37.11	200m: 2:20.95 35.32
5.	Tomas Risso Fernandes <i>MAC</i>	96	Colegio Vasco da Gama	<b>2:21.25</b>	+0,87	497
	50m: 33.91 33.91	100m: 1:09.43	35.52	150m: 1:45.99	36.56	200m: 2:21.25 35.26
6.	David Soares Caratao	96	Sporting	<b>2:22.01</b>	+0,68	489
	50m: 34.12 34.12	100m: 1:10.21	36.09	150m: 1:46.22	36.01	200m: 2:22.01 35.79
7.	Francisco Abrunhosa Rodrigues	96	Porto/Dolce Vita	<b>2:22.86</b>	+0,68	480
	50m: 34.13 34.13	100m: 1:10.98	36.85	150m: 1:47.74	36.76	200m: 2:22.86 35.12
8.	Filipe Miguel Felix	96	Alges	<b>2:22.87</b>	+0,70	480
	50m: 33.41 33.41	100m: 1:09.06	35.65	150m: 1:45.93	36.87	200m: 2:22.87 36.94
9.	Joao Filipe Costa	96	Sporting	<b>2:23.25</b>	+0,59	476
	50m: 33.85 33.85	100m: 1:10.07	36.22	150m: 1:46.54	36.47	200m: 2:23.25 36.71
10.	Francisco Jose Fernandes	96	Nautico/Matobra	<b>2:23.58</b>	+0,65	473
	50m: 34.07 34.07	100m: 1:10.65	36.58	150m: 1:48.10	37.45	200m: 2:23.58 35.48
11.	Antonio Miguel Vitorino	96	Viana Natacao	<b>2:23.85</b>	+0,74	470
	50m: 33.35 33.35	100m: 1:09.51	36.16	150m: 1:46.68	37.17	200m: 2:23.85 37.17
12.	Daniel Baptista Relvao	96	Associacao Academica	<b>2:24.16</b>	+0,70	467
	50m: 33.03 33.03	100m: 1:08.93	35.90	150m: 1:47.23	38.30	200m: 2:24.16 36.93



Campeonato Nacional de Juvenis PL  
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Prova 10, Masc., 200m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Job Santos Silva 50m: 33.78 33.78	96	Feirense	2:24.46 100m: 1:10.58 36.80 150m: 1:48.02 37.44	+0,69 200m: 2:24.46	465 36.44
14.	Diogo Henrique Gomes 50m: 33.50 33.50	96	Porto/Dolce Vita	2:24.83 100m: 1:10.18 36.68 150m: 1:47.79 37.61	+0,69 200m: 2:24.83	461 37.04
15.	Rodrigo Antonio Rosa 50m: 32.83 32.83	96	Colegio Monte Maior	2:26.08 100m: 1:09.70 36.87 150m: 1:47.60 37.90	+0,67 200m: 2:26.08	449 38.48
16.	Bruno Caseiro Dias 50m: 34.79 34.79	96	Gesloures	2:26.44 100m: 1:11.34 36.55 150m: 1:49.16 37.82	+0,69 200m: 2:26.44	446 37.28
17.	Joao Pedro Cardoso 50m: 35.24 35.24	96	Nautico/Matobra	2:27.34 100m: 1:12.64 37.40 150m: 1:50.64 38.00	+0,66 200m: 2:27.34	438 36.70
18.	Vitor Samuel Rocha 50m: 35.08 35.08	96	Gespacos	2:28.41 100m: 1:12.85 37.77 150m: 1:51.11 38.26	+0,61 200m: 2:28.41	428 37.30

Juvenis A

1.	Diogo Gomes Sousa MAC 50m: 30.98 30.98	95	Colegio Vasco da Gama	2:08.75 100m: 1:04.35 33.37 150m: 1:36.89 32.54	+0,65 200m: 2:08.75	656 31.86
2.	Miguel Duarte Nascimento MAC 50m: 30.34 30.34	95	Portinado	2:11.28 100m: 1:03.73 33.39 150m: 1:37.03 33.30	+0,65 200m: 2:11.28	619 34.25
3.	Rodrigo Pereira Lopes MAC 50m: 31.49 31.49	95	Amadora	2:12.34 100m: 1:04.66 33.17 150m: 1:38.70 34.04	+0,60 200m: 2:12.34	604 33.64
4.	Joao Pedro Neto MAC 50m: 31.43 31.43	95	Naval Setubalense	2:17.45 100m: 1:06.75 35.32 150m: 1:42.91 36.16	+0,72 200m: 2:17.45	539 34.54
5.	Frederico Manuel Moeda 50m: 31.96 31.96	95	Estrelas S. Joao de Brito	2:17.95 100m: 1:06.83 34.87 150m: 1:42.84 36.01	+0,62 200m: 2:17.95	534 35.11
6.	Filipe Maria Ferreira 50m: 31.81 31.81	95	Individual do Algarve	2:19.85 100m: 1:06.42 34.61 150m: 1:42.86 36.44	+0,70 200m: 2:19.85	512 36.99
7.	Andre Isaias Guimaraes 50m: 31.72 31.72	95	Famalicao	2:19.95 100m: 1:08.67 36.95 150m: 1:44.83 36.16	+0,59 200m: 2:19.95	511 35.12
8.	Guilherme Pedro Coelho 50m: 33.50 33.50	95	Nautico/Matobra	2:20.49 100m: 1:08.73 35.23 150m: 1:44.58 35.85	+0,71 200m: 2:20.49	505 35.91
9.	Miguel Bras Sergio 50m: 33.16 33.16	95	Bombeiros dos Estoris	2:21.47 100m: 1:08.74 35.58 150m: 1:45.31 36.57	+0,63 200m: 2:21.47	495 36.16
10.	Joao Pedro Santos 50m: 32.42 32.42	95	Estarreja	2:21.77 100m: 1:09.11 36.69 150m: 1:45.24 36.13	+0,67 200m: 2:21.77	492 36.53
11.	Daniel Costa Vieira 50m: 33.83 33.83	95	Porto/Dolce Vita	2:22.76 100m: 1:10.14 36.31 150m: 1:47.44 37.30	+0,70 200m: 2:22.76	481 35.32
12.	Joao Diogo Neves 50m: 33.77 33.77	95	Colegio Vasco da Gama	2:23.61 100m: 1:10.62 36.85 150m: 1:47.40 36.78	+0,79 200m: 2:23.61	473 36.21

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 10, Masc., 200m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Miguel Maria Rosado	95	Aminata	<b>2:24.48</b>	+0,60	464
	50m: 32.06 32.06	100m: 1:07.50 35.44	150m: 1:46.42	38.92	200m: 2:24.48	38.06
14.	Jorge Miguel Telo	95	Litoral Alentejano	<b>2:24.78</b>	+1,72	461
	50m: 34.24 34.24	100m: 1:10.70 36.46	150m: 1:47.99	37.29	200m: 2:24.78	36.79
15.	Daniel Ribeiro Sousa	95	Nautico da Marinha Grande	<b>2:27.56</b>	+0,67	436
	<i>FTL</i>	50m: 34.50 34.50	100m: 1:12.16 37.66	150m: 1:50.52	38.36	200m: 2:27.56 37.04

Prova 11

Femin., 200m Estilos

Juvenis

26-03-2011 - 11:15

Resultados

Recordes Nacionais 50m Absoluto	2:18.49	Nadia Morais Vieira	FPN	Budapeste (HUN)	11-08-2010
Recordes Nacionais 50m Juv	2:23.60	Diana Margarida Duraes	FOCA	Coimbra	01-08-2010

TAC Fem Juv : 2:42.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Camacho Fernandes	97	Sporting	<b>2:26.52</b>	+0,84	638
	<i>MAC</i>	50m: 30.90 30.90	100m: 1:07.44 36.54	150m: 1:52.49	45.05	200m: 2:26.52 34.03
2.	Sara Monteiro Meireles	97	Gespacos	<b>2:33.18</b>	+0,93	558
	<i>MAC</i>	50m: 33.18 33.18	100m: 1:14.91 41.73	150m: 1:59.13	44.22	200m: 2:33.18 34.05
3.	Maria Teresa Amorim	97	Porto/Dolce Vita	<b>2:33.44</b>	+0,95	555
	<i>MAC</i>	50m: 33.73 33.73	100m: 1:14.49 40.76	150m: 2:00.20	45.71	200m: 2:33.44 33.24
	Joana Carina Silva	97	Lousada SXXI	<b>2:33.44</b>	+0,93	555
	<i>MAC</i>	50m: 31.47 31.47	100m: 1:10.11 38.64	150m: 1:59.19	49.08	200m: 2:33.44 34.25
5.	Beatriz Neves Craveiro	97	Nautico/Matobra	<b>2:33.90</b>	+0,91	550
	<i>MAC</i>	50m: 32.78 32.78	100m: 1:11.06 38.28	150m: 1:59.16	48.10	200m: 2:33.90 34.74
6.	Filipa Vicente Custois	97	Benedita	<b>2:36.01</b>	+0,97	528
		50m: 33.91 33.91	100m: 1:14.01 40.10	150m: 2:00.59	46.58	200m: 2:36.01 35.42
7.	Ana Filipa Martins	97	Foca	<b>2:37.54</b>	+1,14	513
		50m: 34.25 34.25	100m: 1:15.10 40.85	150m: 2:03.02	47.92	200m: 2:37.54 34.52
8.	Barbara Sofia Barata	97	Benfica	<b>2:38.76</b>	+0,77	501
		50m: 34.27 34.27	100m: 1:18.47 44.20	150m: 2:03.08	44.61	200m: 2:38.76 35.68
9.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	<b>2:39.22</b>	+0,87	497
		50m: 34.89 34.89	100m: 1:17.37 42.48	150m: 2:01.20	43.83	200m: 2:39.22 38.02
10.	Carolina Sanchez Rodrigues	97	Alges	<b>2:39.34</b>	+0,78	496
		50m: 32.90 32.90	100m: 1:13.53 40.63	150m: 2:02.84	49.31	200m: 2:39.34 36.50
11.	Maria Carolina Centeno	97	Colegio Vasco da Gama	<b>2:39.81</b>	+0,81	491
		50m: 33.44 33.44	100m: 1:14.44 41.00	150m: 2:03.81	49.37	200m: 2:39.81 36.00

Campeonato Nacional de Juvenis PL  
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Prova 11, Femin., 200m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Juliana Lima Freixo	97	Desportiva de Viana	<b>2:40.39</b>	+0,80	486
	50m: 34.47 34.47	100m: 1:13.44 38.97	150m: 2:03.04 49.60	200m: 2:40.39 37.35		
13.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeiro	<b>2:41.06</b>	+0,95	480
	50m: 33.49 33.49	100m: 1:16.72 43.23	150m: 2:05.60 48.88	200m: 2:41.06 35.46		
14.	Diana Sofia Silva	97	Braga	<b>2:42.06</b>	+0,95	471
	<i>FTL</i>					
	50m: 36.06 36.06	100m: 1:17.99 41.93	150m: 2:04.25 46.26	200m: 2:42.06 37.81		
15.	Daniela Figueiredo Metelo	97	Nautico/Matobra	<b>2:42.09</b>	+0,90	471
	<i>FTL</i>					
	50m: 34.61 34.61	100m: 1:16.87 42.26	150m: 2:06.18 49.31	200m: 2:42.09 35.91		
16.	Ana Catarina Pereira	97	Porto/Dolce Vita	<b>2:42.60</b>	+0,91	466
	<i>FTL</i>					
	50m: 32.99 32.99	100m: 1:15.97 42.98	150m: 2:05.29 49.32	200m: 2:42.60 37.31		
17.	Margarida Teixeira Monteiro	97	Desportiva Limiana	<b>2:43.96</b>	+0,89	455
	<i>FTL</i>					
	50m: 35.50 35.50	100m: 1:15.29 39.79	150m: 2:04.47 49.18	200m: 2:43.96 39.49		
18.	Joana Varela Joaquim	97	Portinado	<b>2:44.65</b>	+0,77	449
	<i>FTL</i>					
	50m: 33.72 33.72	100m: 1:16.23 42.51	150m: 2:04.66 48.43	200m: 2:44.65 39.99		
19.	Ana Sofia Ramos	97	Fafe	<b>2:44.82</b>	+0,94	448
	<i>FTL</i>					
	50m: 34.82 34.82	100m: 1:18.27 43.45	150m: 2:07.16 48.89	200m: 2:44.82 37.66		
20.	Maria Beatriz Ribeiro	97	Natacao da Maia	<b>2:45.53</b>	+0,87	442
	<i>FTL</i>					
	50m: 35.63 35.63	100m: 1:20.34 44.71	150m: 2:07.79 47.45	200m: 2:45.53 37.74		
21.	Sofia Isabel Tavares	97	Porto/Dolce Vita	<b>2:46.03</b>	+0,87	438
	<i>FTL</i>					
	50m: 34.98 34.98	100m: 1:19.91 44.93	150m: 2:07.30 47.39	200m: 2:46.03 38.73		
DSQ	Ines Pugsley Ferreira	97	Portinado			
	<i>719 - Toque alternado na viragem aos 150 m - SW 7.6</i>					

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 12  
26-03-2011 - 16:30

Masc., 200m Livres

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30-03-2007
Recordes Nacionais 50m Juv B	1:57.67	Diogo Gomes Sousa	CNCVG	Coimbra	29-07-2010
Recordes Nacionais 50m Juv A	1:54.18	Gustavo Manuel Santa	FPN	Tampere (FIN)	24-07-2009

TAC Masc Juv A Juv A: 2:08.00 / TAC Masc Juv B Juv B: 2:12.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Jose Luis Gabriel MAC	96	Academico Viseu	<b>1:59.92</b>	+0,90	615
	50m: 28.46 28.46	100m: 59.13 30.67	150m: 1:29.96 30.83	200m: 1:59.92 29.96		
2.	Tiago Manuel Teixeira MAC	96	Fafe	<b>2:00.52</b>	+0,79	606
	50m: 28.63 28.63	100m: 59.56 30.93	150m: 1:31.14 31.58	200m: 2:00.52 29.38		
3.	Andre Filipe Farinha MAC	96	Benfica	<b>2:01.23</b>	+0,81	595
	50m: 28.23 28.23	100m: 58.46 30.23	150m: 1:29.98 31.52	200m: 2:01.23 31.25		
4.	Goncalo Cardoso Carmo MAC	96	Colegio Vasco da Gama	<b>2:01.87</b>	+0,71	586
	50m: 28.66 28.66	100m: 59.35 30.69	150m: 1:31.26 31.91	200m: 2:01.87 30.61		
5.	Joao Carlos Santos MAC	96	Naval Amorense	<b>2:02.62</b>	+0,72	575
	50m: 29.26 29.26	100m: 1:00.53 31.27	150m: 1:31.60 31.07	200m: 2:02.62 31.02		
6.	Bruno Miguel Silva MAC	96	Porto/Dolce Vita	<b>2:03.08</b>	+0,81	569
	50m: 28.33 28.33	100m: 59.64 31.31	150m: 1:31.76 32.12	200m: 2:03.08 31.32		
7.	Miguel Duarte Moreira MAC	96	Belenenses	<b>2:05.14</b>	+0,73	541
	50m: 28.55 28.55	100m: 1:00.39 31.84	150m: 1:32.85 32.46	200m: 2:05.14 32.29		
8.	Rafael Lourenco Gil MAC	96	Monteges	<b>2:05.15</b>	+0,78	541
	50m: 29.05 29.05	100m: 1:00.81 31.76	150m: 1:33.25 32.44	200m: 2:05.15 31.90		
9.	Miguel Prata Santos MAC	96	Viana Natacao	<b>2:05.45</b>	+0,73	537
	50m: 29.18 29.18	100m: 1:00.59 31.41	150m: 1:33.50 32.91	200m: 2:05.45 31.95		
10.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	<b>2:06.52</b>	+0,83	523
	50m: 28.99 28.99	100m: 1:01.62 32.63	150m: 1:35.18 33.56	200m: 2:06.52 31.34		
11.	Diogo Henrique Gomes	96	Porto/Dolce Vita	<b>2:07.05</b>	+0,86	517
	50m: 29.31 29.31	100m: 1:02.01 32.70	150m: 1:35.46 33.45	200m: 2:07.05 31.59		
12.	Tiago Joao Meira	96	Viana Natacao	<b>2:07.36</b>	+0,78	513
	50m: 29.08 29.08	100m: 1:02.03 32.95	150m: 1:35.36 33.33	200m: 2:07.36 32.00		
13.	David Nunes Sousa	96	Famalicao	<b>2:08.06</b>	+0,87	505
	50m: 29.53 29.53	100m: 1:02.61 33.08	150m: 1:37.01 34.40	200m: 2:08.06 31.05		
14.	Andre Filipe Rocha	96	Leixoes	<b>2:08.41</b>	+0,69	501
	50m: 29.03 29.03	100m: 1:01.39 32.36	150m: 1:34.89 33.50	200m: 2:08.41 33.52		

Campeonato Nacional de Juvenis PL  
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Prova 12, Masc., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Bruno Caseiro Dias 50m: 30.36 30.36	96	Gesloures	<b>2:08.68</b>	+0,67	498
	100m: 1:04.22 33.86			150m: 1:37.93 33.71	200m: 2:08.68 30.75	
16.	Ricardo Miguel Alves 50m: 29.50 29.50	96	Viana Natacao	<b>2:09.15</b>	+0,84	492
	100m: 1:02.26 32.76			150m: 1:36.04 33.78	200m: 2:09.15 33.11	
17.	Diogo Serrao Santos 50m: 29.03 29.03	96	Scalabisport	<b>2:09.25</b>	+0,73	491
	100m: 1:01.14 32.11			150m: 1:34.89 33.75	200m: 2:09.25 34.36	
18.	Pedro Veiguinha Martins 50m: 29.23 29.23	96	Braga	<b>2:09.29</b>	+0,74	491
	100m: 1:02.12 32.89			150m: 1:36.55 34.43	200m: 2:09.29 32.74	
19.	Diogo Dias Pinheiro 50m: 29.55 29.55	96	Sporting	<b>2:09.73</b>	+0,72	486
	100m: 1:01.64 32.09			150m: 1:35.67 34.03	200m: 2:09.73 34.06	
20.	Joao Miguel Lopes 50m: 30.50 30.50	96	Electrico Clube	<b>2:09.98</b>	+0,80	483
	100m: 1:04.03 33.53			150m: 1:37.25 33.22	200m: 2:09.98 32.73	
21.	Rodrigo Filipe Policarpo 50m: 29.35 29.35	96	Padres Redentoristas	<b>2:10.03</b>	+0,89	482
	100m: 1:02.16 32.81			150m: 1:36.43 34.27	200m: 2:10.03 33.60	
22.	Alexandre Lemos Leal 50m: 30.12 30.12	96	Louletano/ Loule Concelho	<b>2:10.41</b>	+0,72	478
	100m: 1:03.10 32.98			150m: 1:37.43 34.33	200m: 2:10.41 32.98	
23.	Guilherme Dias Nunes 50m: 30.31 30.31	96	Natacao de Olhao	<b>2:10.60</b>	+0,69	476
	100m: 1:03.26 32.95			150m: 1:37.34 34.08	200m: 2:10.60 33.26	
24.	Frederico Sousa Soares 50m: 28.70 28.70	96	Bombeiros dos Estoris	<b>2:10.83</b>	+0,76	473
	100m: 1:01.79 33.09			150m: 1:35.65 33.86	200m: 2:10.83 35.18	
25.	Miguel Angelo Cruz 50m: 30.46 30.46	96	Gespacos	<b>2:11.03</b>	+0,93	471
	100m: 1:04.03 33.57			150m: 1:37.95 33.92	200m: 2:11.03 33.08	
26.	Ricardo Santos Agueda 50m: 30.31 30.31	96	Natacao de Valongo	<b>2:11.80</b>	+0,91	463
	100m: 1:04.03 33.72			150m: 1:38.22 34.19	200m: 2:11.80 33.58	
27.	Jose Carlos Teixeira FTL 50m: 30.23 30.23	96	Foca	<b>2:12.56</b>	+0,86	455
	100m: 1:03.87 33.64			150m: 1:38.53 34.66	200m: 2:12.56 34.03	
28.	Nuno Miguel Martins FTL 50m: 31.05 31.05	96	Palmela	<b>2:12.88</b>	+0,80	452
	100m: 1:04.66 33.61			150m: 1:38.83 34.17	200m: 2:12.88 34.05	
29.	Tiago Lopes Reis FTL 50m: 30.06 30.06	96	Porto/Dolce Vita	<b>2:13.76</b>	+0,89	443
	100m: 1:03.42 33.36			150m: 1:38.65 35.23	200m: 2:13.76 35.11	

Juvenis A

1.	Tomas Correia Silva MAC 50m: 27.97 27.97	95	Porto/Dolce Vita	<b>1:57.92</b>	+0,74	647
	100m: 58.70 30.73			150m: 1:28.77 30.07	200m: 1:57.92 29.15	
2.	Joao Duarte Santos MAC 50m: 27.88 27.88	95	Natacao de Olhao	<b>1:57.95</b>	+0,72	646
	100m: 58.60 30.72			150m: 1:28.92 30.32	200m: 1:57.95 29.03	

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Prova 12, Masc., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Tiago Ferreira Azevedo MAC	95	Naval Amorense	<b>1:58.96</b>	+0,65	630
	50m: 27.50 27.50	100m: 57.79 30.29	150m: 1:28.94	31.15	200m: 1:58.96	30.02
4.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	<b>2:02.70</b>	+0,69	574
	50m: 28.33 28.33	100m: 59.36 31.03	150m: 1:30.99	31.63	200m: 2:02.70	31.71
5.	Joao Miguel Teixeira	95	Academico Viseu	<b>2:04.74</b>	+0,84	546
	50m: 29.32 29.32	100m: 1:00.18 30.86	150m: 1:32.60	32.42	200m: 2:04.74	32.14
6.	Gil Vilela Correia	95	Sporting	<b>2:05.13</b>	+0,68	541
	50m: 28.59 28.59	100m: 1:00.33 31.74	150m: 1:32.74	32.41	200m: 2:05.13	32.39
7.	Lourenco Moniz Silva	95	Naval do Funchal	<b>2:05.72</b>	+0,73	534
	50m: 28.90 28.90	100m: 1:00.87 31.97	150m: 1:34.16	33.29	200m: 2:05.72	31.56
8.	Guilherme Pedro Coelho	95	Nautico/Matobra	<b>2:05.92</b>	+0,79	531
	50m: 29.31 29.31	100m: 1:01.30 31.99	150m: 1:33.83	32.53	200m: 2:05.92	32.09
9.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	<b>2:05.96</b>	+0,78	531
	50m: 29.29 29.29	100m: 1:01.49 32.20	150m: 1:34.19	32.70	200m: 2:05.96	31.77
10.	Joao Miguel Costa	95	Vilacondense	<b>2:06.19</b>	+0,75	528
	50m: 28.81 28.81	100m: 1:00.88 32.07	150m: 1:34.41	33.53	200m: 2:06.19	31.78
11.	Joao Nuno Abreu	95	Vitoria de Guimaraes	<b>2:06.66</b>	+0,74	522
	50m: 29.16 29.16	100m: 1:01.48 32.32	150m: 1:34.06	32.58	200m: 2:06.66	32.60
12.	Walter Marcos Neto	95	BA/Mr.Pizza	<b>2:06.99</b>	+0,71	518
	50m: 28.55 28.55	100m: 1:00.51 31.96	150m: 1:33.29	32.78	200m: 2:06.99	33.70
13.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	<b>2:07.00</b>	+0,94	518
	50m: 28.87 28.87	100m: 1:01.13 32.26	150m: 1:33.60	32.47	200m: 2:07.00	33.40
14.	Francisco Xavier Rodrigues	95	Associacao Academica	<b>2:07.01</b>	+0,71	517
	50m: 29.23 29.23	100m: 1:02.20 32.97	150m: 1:34.84	32.64	200m: 2:07.01	32.17
15.	Andre Filipe Fernandes	95	Amadora	<b>2:07.03</b>	+0,77	517
	50m: 29.26 29.26	100m: 1:00.93 31.67	150m: 1:33.91	32.98	200m: 2:07.03	33.12
16.	Pedro Henrique Torres	95	Uniao Piedense	<b>2:07.38</b>	+0,88	513
	50m: 28.91 28.91	100m: 1:00.87 31.96	150m: 1:34.89	34.02	200m: 2:07.38	32.49
17.	Joao Marcelo Gomes	95	Porto/Dolce Vita	<b>2:07.53</b>	+1,05	511
	50m: 29.27 29.27	100m: 1:01.68 32.41	150m: 1:34.20	32.52	200m: 2:07.53	33.33
18.	Gustavo Lopes Ribeiro	95	Associacao Academica	<b>2:07.78</b>	+0,83	508
	50m: 29.99 29.99	100m: 1:02.93 32.94	150m: 1:36.51	33.58	200m: 2:07.78	31.27
19.	Nuno Goncalo Martins FTL	95	Famalicao	<b>2:08.13</b>	+0,79	504
	50m: 28.78 28.78	100m: 1:00.94 32.16	150m: 1:34.38	33.44	200m: 2:08.13	33.75
20.	Joao Duarte Marafona FTL	95	Vilacondense	<b>2:09.99</b>	+0,90	483
	50m: 28.34 28.34	100m: 1:01.68 33.34	150m: 1:36.19	34.51	200m: 2:09.99	33.80
21.	Edgar Ramos Varela FTL	95	Uniao Piedense	<b>2:15.11</b>	+0,80	430
	50m: 29.27 29.27	100m: 1:02.98 33.71	150m: 1:39.39	36.41	200m: 2:15.11	35.72

Campeonato Nacional de Juvenis PL  
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Prova 13 Juvenis  
26-03-2011 - 16:55 Resultados

Recordes Nacionais 50m Absoluto	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11-06-2008
Recordes Nacionais 50m Juv	1:00.00	Joana Dias Escaria	AMINAT	Lisboa	31-07-2004

TAC Fem Juv : 1:06.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Camacho Fernandes <i>Recorde Nacional, MAC</i>	97	Sporting	<b>59.85</b>	+0,83	658
	50m: 28.92 28.92	100m: 59.85	30.93			
2.	Beatriz Neves Craveiro <i>MAC</i>	97	Nautico/Matobra	<b>1:01.57</b>	+0,92	604
	50m: 29.75 29.75	100m: 1:01.57	31.82			
3.	Sara Faria Costa <i>MAC</i>	97	Braga	<b>1:01.65</b>	+0,97	602
	50m: 29.66 29.66	100m: 1:01.65	31.99			
4.	Carolina Sanchez Rodrigues <i>MAC</i>	97	Alges	<b>1:02.42</b>	+0,80	580
	50m: 29.62 29.62	100m: 1:02.42	32.80			
5.	Ana Carolina Trindade <i>MAC</i>	97	Amadora	<b>1:02.64</b>	+0,84	574
	50m: 30.15 30.15	100m: 1:02.64	32.49			
6.	Maria Carolina Centeno	97	Colegio Vasco da Gama	<b>1:03.24</b>	+0,76	558
	50m: 30.70 30.70	100m: 1:03.24	32.54			
7.	Francisca Gomes Azevedo	97	Alges	<b>1:03.32</b>	+0,86	556
	50m: 30.88 30.88	100m: 1:03.32	32.44			
8.	Ana Filipa Martins	97	Foca	<b>1:03.41</b>	+1,03	553
	50m: 30.60 30.60	100m: 1:03.41	32.81			
9.	Barbara Sofia Barata	97	Benfica	<b>1:03.87</b>	+0,76	541
	50m: 31.15 31.15	100m: 1:03.87	32.72			
10.	Andreia Margarida Morgado	97	Nautico/Matobra	<b>1:03.99</b>	+0,82	538
	50m: 30.57 30.57	100m: 1:03.99	33.42			
	Rute Rocha Ines	97	Louletano/ Loule Concelho	<b>1:03.99</b>	+0,92	538
	50m: 30.39 30.39	100m: 1:03.99	33.60			
12.	Mariana Estanislau Aguiar	97	Maritimo	<b>1:04.34</b>	+1,01	530
	50m: 31.16 31.16	100m: 1:04.34	33.18			
13.	Ines Sofia Borba	97	Litoral Alentejano	<b>1:04.85</b>	+0,86	517
	50m: 30.97 30.97	100m: 1:04.85	33.88			
14.	Rute Santos Ferreira	97	Porto/Dolce Vita	<b>1:05.02</b>	+0,91	513
	50m: 31.42 31.42	100m: 1:05.02	33.60			
15.	Matilde Domingues Gameiro	97	Nautico/Matobra	<b>1:05.12</b>	+1,05	511
	50m: 31.71 31.71	100m: 1:05.12	33.41			
	Beatriz Filipa Matos	97	Nautico/Matobra	<b>1:05.12</b>	+0,92	511
	50m: 31.69 31.69	100m: 1:05.12	33.43			

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Prova 13, Femin., 100m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Matilde Cotrim Vasconcelos	97	Naval do Funchal	<b>1:05.30</b>	+0,69	507
	50m: 31.26 31.26	100m: 1:05.30	34.04			
18.	Ana Sofia Cancado	97	CCD Lagos/Multi	<b>1:05.36</b>	+0,91	505
	50m: 31.26 31.26	100m: 1:05.36	34.10			
19.	Iolanda Ribeiro Pinheiro	97	Penafiel	<b>1:05.39</b>	+0,85	504
	50m: 31.43 31.43	100m: 1:05.39	33.96			
	Ines Pugsley Ferreira	97	Portinado	<b>1:05.39</b>	+0,83	504
	50m: 30.81 30.81	100m: 1:05.39	34.58			
21.	Adriana Daniela Castro	97	Fluvial Portuense	<b>1:05.44</b>	+0,89	503
	50m: 31.78 31.78	100m: 1:05.44	33.66			
22.	Joana Varela Joaquim	97	Portinado	<b>1:06.01</b>	+0,79	490
	50m: 31.36 31.36	100m: 1:06.01	34.65			
23.	Catarina Pereira Oliveira	97	Benfica	<b>1:06.88</b>	+0,88	471
	<i>FTL</i>					
	50m: 31.45 31.45	100m: 1:06.88	35.43			
24.	Sara Filipe Marcos	97	Natacao de Olhao	<b>1:07.28</b>	+0,88	463
	<i>FTL</i>					
	50m: 32.23 32.23	100m: 1:07.28	35.05			

Prova 14

Masc., 100m Bruços

Juvenis

26-03-2011 - 17:00

Resultados

Recordes Nacionais 50m Absoluto	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23-07-2001
Recordes Nacionais 50m Juv B	1:06.98	Andre Miguel Silva	PDEM	Rio Maior	30-06-2006
Recordes Nacionais 50m Juv A	1:06.28	Andre Miguel Silva	PDEM	Loulé	09-06-2007

TAC Masc Juv A Juv A: 1:15.50 / TAC Masc Juv B Juv B: 1:18.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tomas Miguel Veloso	96	Nautico/Matobra	<b>1:09.24</b>	+0,71	605
	<i>MAC</i>					
	50m: 32.86 32.86	100m: 1:09.24	36.38			
2.	Rodrigo Silverio Carmo	96	Colegio Vasco da Gama	<b>1:12.07</b>	+0,69	537
	<i>MAC</i>					
	50m: 33.74 33.74	100m: 1:12.07	38.33			
3.	Artur Jose Reis	96	Porto/Dolce Vita	<b>1:12.39</b>	+0,83	529
	<i>MAC</i>					
	50m: 33.99 33.99	100m: 1:12.39	38.40			
4.	Joao Paulo Capitao	96	Feirense	<b>1:13.01</b>	+0,77	516
	<i>MAC</i>					
	50m: 34.72 34.72	100m: 1:13.01	38.29			



Campeonato Nacional de Juvenis PL  
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Prova 14, Masc., 100m Bruços, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Paulo Andre Silva MAC	96	Vilacondense	<b>1:13.05</b>	+0,71	515
	50m: 34.05 34.05	100m: 1:13.05	39.00			
6.	Diogo Emanuel Faria MAC	96	Naval do Funchal	<b>1:13.11</b>	+0,67	514
	50m: 34.14 34.14	100m: 1:13.11	38.97			
7.	Joao Filipe Costa MAC	96	Sporting	<b>1:13.28</b>	+0,73	510
	50m: 33.95 33.95	100m: 1:13.28	39.33			
8.	Jose Rui Coelho	96	Lousada SXXI	<b>1:14.44</b>	+0,66	487
	50m: 35.24 35.24	100m: 1:14.44	39.20			
9.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>1:14.88</b>	+0,91	478
	50m: 35.24 35.24	100m: 1:14.88	39.64			
10.	Andre da Costa Coelho	96	Nucleo Sportinguista	<b>1:15.12</b>	+0,69	474
	50m: 34.90 34.90	100m: 1:15.12	40.22			
11.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>1:15.29</b>	+0,73	471
	50m: 35.24 35.24	100m: 1:15.29	40.05			
12.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>1:15.49</b>	+0,78	467
	50m: 34.65 34.65	100m: 1:15.49	40.84			
	Andre Figueiredo Almeida	96	Beja	<b>1:15.49</b>	+0,82	467
	50m: 34.72 34.72	100m: 1:15.49	40.77			
14.	Carlos Diogo Morais	96	Natacao de Chaves	<b>1:17.96</b>	+0,69	424
	50m: 36.79 36.79	100m: 1:17.96	41.17			
15.	Adriano Garcia Cavaco FTL	96	Louletano/ Loule Concelho	<b>1:18.84</b>	+0,82	410
	50m: 35.96 35.96	100m: 1:18.84	42.88			
16.	Bruno Campos Neto FTL	96	Gespacos	<b>1:19.25</b>	+0,86	403
	50m: 37.13 37.13	100m: 1:19.25	42.12			
17.	Rodrigo Guedes Moreira FTL	96	Louletano/ Loule Concelho	<b>1:20.30</b>	+0,73	388
	50m: 37.46 37.46	100m: 1:20.30	42.84			
DNS	Rodrigo Figueira Neto	96	Bombeiros dos Estoris			

Juvenis A

1.	Luis Manuel Fernandes MAC	95	Famalicao	<b>1:07.25</b>	+0,67	660
	50m: 31.73 31.73	100m: 1:07.25	35.52			
2.	Pedro Miguel Ribeiro MAC	95	Academico Viseu	<b>1:09.24</b>	+0,85	605
	50m: 33.08 33.08	100m: 1:09.24	36.16			

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Prova 14, Masc., 100m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Goncalo Pereira Sa MAC	95	Feirense	<b>1:09.50</b>	+0,70	598
	50m: 32.87 32.87		100m: 1:09.50 36.63			
4.	Diogo Miguel Silva MAC	95	Uniao Piedense	<b>1:09.72</b>	+0,77	593
	50m: 32.86 32.86		100m: 1:09.72 36.86			
5.	Joao Andre Neves MAC	95	Associacao Academica	<b>1:10.39</b>	+0,58	576
	50m: 33.39 33.39		100m: 1:10.39 37.00			
6.	Joao Pedro Neto MAC	95	Naval Setubalense	<b>1:10.41</b>	+0,78	575
	50m: 33.19 33.19		100m: 1:10.41 37.22			
7.	Mauro Filipe Viegas MAC	95	Natacao de Olhao	<b>1:10.65</b>	+0,70	570
	50m: 33.80 33.80		100m: 1:10.65 36.85			
8.	Nuno Miguel Feliciano	95	Alcobaca	<b>1:11.89</b>	+0,66	541
	50m: 33.55 33.55		100m: 1:11.89 38.34			
9.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	<b>1:12.04</b>	+0,92	537
	50m: 33.97 33.97		100m: 1:12.04 38.07			
10.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	<b>1:12.20</b>	+0,80	534
	50m: 34.87 34.87		100m: 1:12.20 37.33			
11.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>1:12.25</b>	+0,65	533
	50m: 33.17 33.17		100m: 1:12.25 39.08			
	Pedro Alexandre Bento	95	Alges	<b>1:12.25</b>	+0,79	533
	50m: 33.71 33.71		100m: 1:12.25 38.54			
13.	Miguel Angelo Cruz	95	Sporting	<b>1:12.67</b>	+0,64	523
	50m: 33.71 33.71		100m: 1:12.67 38.96			
14.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>1:12.91</b>	+0,86	518
	50m: 34.57 34.57		100m: 1:12.91 38.34			
15.	Rodrigo Pereira Lopes	95	Amadora	<b>1:12.94</b>	+0,73	518
	50m: 33.98 33.98		100m: 1:12.94 38.96			
16.	Henrique Jose Marquez	95	Galitos	<b>1:13.19</b>	+0,74	512
	50m: 33.72 33.72		100m: 1:13.19 39.47			
17.	Luis Miguel Lopes	95	Foca	<b>1:13.22</b>	+1,00	512
	50m: 34.26 34.26		100m: 1:13.22 38.96			
18.	Carlos Cunha Costa	95	Fafe	<b>1:13.30</b>	+0,89	510
	50m: 34.40 34.40		100m: 1:13.30 38.90			
19.	Joao Rodrigues Luis	95	Naval do Funchal	<b>1:13.85</b>	+0,65	499
	50m: 35.24 35.24		100m: 1:13.85 38.61			
20.	Andre Machado Vale	95	Viana Natacao	<b>1:14.01</b>	+0,92	495
	50m: 35.19 35.19		100m: 1:14.01 38.82			

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Prova 14, Masc., 100m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Miguel Rego Borges 50m: 34.30 34.30 100m: 1:14.24 39.94	95	Bombeiros de Ponta Delgada	<b>1:14.24</b>	+0,70	491
22.	Manuel Henrique Alves 50m: 35.28 35.28 100m: 1:15.31 40.03	95	Desportiva de Viana	<b>1:15.31</b>	+0,71	470
DNS	Ricardo Filipe Ferreira	95	Pimpoes/Cimai			
EXH	Vitaly Vasylyovych Nachychko 50m: 35.64 35.64 100m: 1:14.23 38.59	96	Maritimo	<b>1:14.23</b>	+0,85	491

Prova 15

Femin., 200m Mariposa

Juvenis

26-03-2011 - 17:30

Resultados

Recordes Nacionais 50m Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Juv	2:20.75	Susana Patricia Miguel	FPN	Génova (ITA)	04-07-2004

TAC Fem Juv : 2:43.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Bruna Elisabete Paulino MAC 50m: 32.30 32.30 100m: 1:09.01 36.71 150m: 1:47.07 38.06 200m: 2:25.34 38.27	97	Alcobaca	<b>2:25.34</b>	+0,86	588
2.	Filipa Vicente Custois MAC 50m: 33.89 33.89 100m: 1:12.15 38.26 150m: 1:50.53 38.38 200m: 2:27.98 37.45	97	Benedita	<b>2:27.98</b>	+0,97	557
3.	Sara Monteiro Meireles MAC 50m: 35.09 35.09 100m: 1:14.15 39.06 150m: 1:54.37 40.22 200m: 2:33.54 39.17	97	Gespacos	<b>2:33.54</b>	+1,00	499
4.	Daniela Teixeira Moreira MAC 50m: 34.15 34.15 100m: 1:13.22 39.07 150m: 1:53.57 40.35 200m: 2:33.77 40.20	97	Amadora	<b>2:33.77</b>	+0,82	497
5.	Daniela Figueiredo Metelo MAC 50m: 34.42 34.42 100m: 1:13.37 38.95 150m: 1:54.12 40.75 200m: 2:34.04 39.92	97	Nautico/Matobra	<b>2:34.04</b>	+0,95	494
6.	Iolanda Ribeiro Pinheiro 50m: 34.61 34.61 100m: 1:14.92 40.31 150m: 1:56.89 41.97 200m: 2:38.30 41.41	97	Penafiel	<b>2:38.30</b>	+0,88	455
7.	Luana Raquel Alves 50m: 33.93 33.93 100m: 1:13.84 39.91 150m: 1:56.87 43.03 200m: 2:41.09 44.22	97	Ancorensis/Serralharia Ribeiro	<b>2:41.09</b>	+0,95	432
8.	Joana Patricia Jacinto 50m: 35.88 35.88 100m: 1:16.75 40.87 150m: 1:58.75 42.00 200m: 2:41.25 42.50	97	Sporting	<b>2:41.25</b>	+0,94	431
9.	Sofia Alexandra Valinhas 50m: 34.60 34.60 100m: 1:15.19 40.59 150m: 1:58.70 43.51 200m: 2:41.76 43.06	97	Famalicao	<b>2:41.76</b>	+0,86	427
10.	Sonia Alexandra Leite 50m: 36.34 36.34 100m: 1:17.56 41.22 150m: 2:01.00 43.44 200m: 2:41.77 40.77	97	Vitoria de Guimaraes	<b>2:41.77</b>	+0,76	426

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Prova 15, Femin., 200m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
11.	Barbara Marques Rodrigues <i>FTL</i>	97	Alges	<b>2:43.78</b>	+0,92	411	
	50m: 35.36 35.36	100m: 1:16.73	41.37	150m: 2:00.29	43.56	200m: 2:43.78	43.49
12.	Juliana Lima Freixo <i>FTL</i>	97	Desportiva de Viana	<b>2:43.96</b>	+0,84	410	
	50m: 35.51 35.51	100m: 1:17.45	41.94	150m: 2:01.66	44.21	200m: 2:43.96	42.30

Prova 16

Masc., 100m Mariposa

Juvenis

26-03-2011 - 17:40

Resultados

Recordes Nacionais 50m Absoluto	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Juv B	57.58	David Miguel Ferro	SFUAP	Lisboa	31-07-1999
Recordes Nacionais 50m Juv A	56.11	Pedro Diogo Oliveira	CNRM	Lisboa	29-07-2004

TAC Masc Juv A Juv A: 1:04.00 / TAC Masc Juv B Juv B: 1:06.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Joao Pedro Santos <i>MAC</i>	96	Vilacondense	<b>59.84</b>	+0,74	577
	50m: 28.14 28.14	100m: 59.84	31.70			
2.	Andre Antunes Carvalho <i>MAC</i>	96	Colegio Monte Maior	<b>1:01.07</b>	+0,85	542
	50m: 29.14 29.14	100m: 1:01.07	31.93			
3.	Miguel Angelo Alves <i>MAC</i>	96	Naval Amorense	<b>1:01.35</b>	+0,70	535
	50m: 28.58 28.58	100m: 1:01.35	32.77			
4.	David Soares Caratao <i>MAC</i>	96	Sporting	<b>1:02.87</b>	+0,67	497
	50m: 28.96 28.96	100m: 1:02.87	33.91			
5.	Antonio Miguel Vitorino <i>MAC</i>	96	Viana Natacao	<b>1:03.02</b>	+0,84	494
	50m: 29.24 29.24	100m: 1:03.02	33.78			
6.	Pedro Manuel Rocha <i>MAC</i>	96	Famalicao	<b>1:03.03</b>	+0,80	493
	50m: 29.57 29.57	100m: 1:03.03	33.46			
7.	Alessandro Diogo Carvalho <i>MAC</i>	96	Academico Viseu	<b>1:03.11</b>	+0,84	491
	50m: 29.51 29.51	100m: 1:03.11	33.60			
8.	Francisco Jose Fernandes	96	Nautico/Matobra	<b>1:03.45</b>	+0,71	484
	50m: 29.69 29.69	100m: 1:03.45	33.76			
9.	Antonio Pedro Silva	96	Braga	<b>1:03.58</b>	+0,71	481
	50m: 28.92 28.92	100m: 1:03.58	34.66			
10.	Pedro Rafael Cintrao	96	Nucleo de Pombal	<b>1:04.05</b>	+0,72	470
	50m: 30.63 30.63	100m: 1:04.05	33.42			

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Prova 16, Masc., 100m Mariposa, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Joao Paulo Capitao 50m: 29.56 29.56	96	Feirense 100m: 1:04.26 34.70	<b>1:04.26</b>	+0,74	466
12.	Luis Pedro Goncalves 50m: 30.03 30.03	96	Amadora 100m: 1:04.76 34.73	<b>1:04.76</b>	+0,86	455
13.	Nuno Filipe Santos 50m: 30.24 30.24	96	Vilacondense 100m: 1:04.87 34.63	<b>1:04.87</b>	+0,80	452
14.	Rodrigo Palmela Costa 50m: 30.40 30.40	96	Nacional de Natacao 100m: 1:04.95 34.55	<b>1:04.95</b>	+0,82	451
15.	Gil Silva Santos 50m: 30.18 30.18	96	Gespacos 100m: 1:04.98 34.80	<b>1:04.98</b>	+0,93	450
	Miguel Almeida Pinto 50m: 29.18 29.18	96	Benfica 100m: 1:04.98 35.80	<b>1:04.98</b>	+0,85	450
17.	Rodrigo Figueira Neto 50m: 29.82 29.82	96	Bombeiros dos Estoris 100m: 1:05.05 35.23	<b>1:05.05</b>	+0,71	449
18.	Jose Rui Coelho 50m: 30.67 30.67	96	Lousada SXXI 100m: 1:06.18 35.51	<b>1:06.18</b>	+0,71	426
19.	Francisco Gouveia Sousa 50m: 29.62 29.62	96	Naval do Funchal 100m: 1:06.20 36.58	<b>1:06.20</b>	+0,75	426
20.	Miguel Galeao Lopes FTL 50m: 31.47 31.47	96	Portinado 100m: 1:08.53 37.06	<b>1:08.53</b>	+0,76	384

Juvenis A

1.	Diogo Gomes Sousa MAC 50m: 27.16 27.16	95	Colegio Vasco da Gama 100m: 58.15 30.99	<b>58.15</b>	+0,72	628
2.	Frederico Manuel Moeda MAC 50m: 27.66 27.66	95	Estrelas S. Joao de Brito 100m: 59.44 31.78	<b>59.44</b>	+0,72	588
3.	Miguel Duarte Nascimento MAC 50m: 27.98 27.98	95	Portinado 100m: 59.52 31.54	<b>59.52</b>	+0,76	586
4.	Antonio Fraga Fragoso MAC 50m: 27.36 27.36	95	Bombeiros de Ponta Delgada 100m: 59.54 32.18	<b>59.54</b>	+0,73	585
5.	Diogo Antonio Lopes MAC 50m: 28.02 28.02	95	Torres Novas 100m: 1:00.35 32.33	<b>1:00.35</b>	+0,74	562
6.	Miguel Bras Sergio MAC 50m: 28.20 28.20	95	Bombeiros dos Estoris 100m: 1:00.52 32.32	<b>1:00.52</b>	+0,76	557

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Prova 16, Masc., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Joao Pedro Santos MAC	95	Estarreja	<b>1:00.79</b>	+0,82	550
	50m: 28.48 28.48	100m: 1:00.79	32.31			
8.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	<b>1:00.91</b>	+0,72	547
	50m: 28.86 28.86	100m: 1:00.91	32.05			
9.	Daniel Ribeiro Sousa	95	Nautico da Marinha Grande	<b>1:01.33</b>	+0,81	536
	50m: 28.97 28.97	100m: 1:01.33	32.36			
10.	Luis Manuel Fernandes	95	Famalicao	<b>1:02.19</b>	+0,67	514
	50m: 28.80 28.80	100m: 1:02.19	33.39			
11.	Rafael Filipe Torres	95	Sporting	<b>1:02.26</b>	+0,73	512
	50m: 29.08 29.08	100m: 1:02.26	33.18			
12.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>1:02.49</b>	+0,88	506
	50m: 29.52 29.52	100m: 1:02.49	32.97			
13.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	<b>1:02.65</b>	+0,60	502
	50m: 27.92 27.92	100m: 1:02.65	34.73			
14.	Fabio Miguel Samouco	95	Torres Novas	<b>1:03.00</b>	+0,74	494
	50m: 28.58 28.58	100m: 1:03.00	34.42			
	Afonso Mateus Ribeiro	95	Belenenses	<b>1:03.00</b>	+0,67	494
	50m: 29.63 29.63	100m: 1:03.00	33.37			
16.	Andre Filipe Teodoro	95	Naval Setubalense	<b>1:03.74</b>	+0,87	477
	50m: 28.86 28.86	100m: 1:03.74	34.88			
17.	Mario Guterres Carvalho	95	Vilacondense	<b>1:03.81</b>	+0,89	475
	50m: 29.34 29.34	100m: 1:03.81	34.47			
18.	Frederico Renato Sousa	95	Gespacos	<b>1:03.98</b>	+0,86	472
	50m: 29.48 29.48	100m: 1:03.98	34.50			

Prova 17

Femin., 4 x 100m Estilos

Juvenis

26-03-2011 - 18:05

Resultados

Recordes Nacionais 50m Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Juv	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008

TAC Fem Juv : 5:15.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
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Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 17, Femin., 4 x 100m Estilos

1.	Nautico/Matobra-Juv-Fem			Nautico/Matobra	<b>4:44.34</b>	+0,75	544
	Beatriz Neves Craveiro	+0,75	34.06	1:09.94	Daniela Figueiredo Metelo	+0,49	31.99
	Andreia Margarida Morgado		36.93	1:19.60	Matilde Domingues Gameiro	+0,44	30.95
							1:08.96
							1:05.84
2.	Alges-Juv-Fem			Alges	<b>4:52.74</b>	+0,88	498
	Francisca Gomes Azevedo	+0,88	34.00	1:09.37	Barbara Marques Rodrigues	+0,06	33.66
	Joana Faria Lobo	+0,37	40.73	1:27.87	Carolina Sanchez Rodrigues	+0,05	28.77
							1:13.87
							1:01.63
3.	Sporting-Juv-Fem			Sporting	<b>4:52.97</b>	+0,74	497
	Maria Carolina Barata	+0,74	38.10	1:18.73	Ines Camacho Fernandes	+0,42	30.49
	Ana Catarina Serpa	+0,57	36.67	1:20.68	Joana Patricia Jacinto	+0,13	32.52
							1:06.15
							1:07.41
4.	Braga-Juv-Fem			Braga	<b>4:53.38</b>	+0,84	495
	Diana Sofia Silva	+0,84	36.42	1:15.57	Patricia Daniela Machado	+0,45	34.36
	Rita Catarina Miranda	+0,48	38.29	1:21.68	Sara Faria Costa	+0,62	29.30
							1:14.65
							1:01.48
5.	Porto/Dolce Vita-Juv-Fem			Porto/Dolce Vita	<b>5:00.28</b>	+0,70	462
	Maria Joao Fernandes	+0,70	37.32	1:17.64	Maria Teresa Amorim	+0,52	32.43
	Sofia Isabel Tavares	+0,19	40.15	1:26.46	Rute Santos Ferreira	+0,42	31.09
							1:11.59
							1:04.59
6.	Amadora-Juv-Fem			Amadora	<b>5:02.80</b>	+0,62	450
	Ana Carolina Trindade	+0,62	35.02	1:13.33	Daniela Teixeira Moreira	+0,20	31.99
	Catarina Monteiro Gomes	+0,20	41.62	1:29.70	Silvia Afonso Lopes	+0,57	33.85
							1:09.38
							1:10.39
7.	Naval Amorense-Juv-Fem			Naval Amorense	<b>5:05.45</b>	+0,59	439
	Rafaela Sanches Costa	+0,59	36.39	1:15.46	Jessica Abrantes Boto	+0,32	35.42
	Andreia Sofia Mensao	+0,69	37.17	1:23.01	Ines Chan Correia	+0,50	32.19
							1:19.32
							1:07.66
8.	Famalicao-Juv-Fem			Famalicao	<b>5:05.51</b>	+0,78	438
	Maria Alves Ferreira	+0,78	37.22	1:16.35	Sofia Alexandra Valinhas	+0,59	34.44
	Adriana Filipa Matos	+0,44	40.81	1:27.97	Ana Micaela Carvalho	+0,39	31.72
							1:14.51
							1:06.68
9.	Naval do Funchal-Juv-Fem			Naval do Funchal	<b>5:08.60</b>	+0,78	425
	Beatriz Gomes Ornelas	+0,78	39.36	1:21.92	Ana Carolina Barros	+0,22	33.55
	Paula Boschini Belo	+0,43	41.78	1:28.08	Matilde Cotrim Vasconcelos	+0,05	
							1:13.03
							1:05.57
10.	Gesloures-Juv-Fem			Gesloures	<b>5:08.80</b>	+0,71	425
	Cecilia Branco Almeida	+0,71	36.80	1:16.46	Carolina Coimbra Gamas	+0,58	34.25
	Ines Barreiros Pinto	+0,46	41.79	1:31.43	Soraia Filipa Sousa	+0,63	
							1:14.56
							1:06.35
11.	Maritimo-Juv-Fem			Maritimo	<b>5:09.86</b>	+0,65	420
	Filipa Bettencourt Luis	+0,65	37.48	1:17.04	Mariana Estanislau Aguiar	+0,53	33.85
	Nicolina Luis Nunes	+0,53	42.88	1:31.35	Catarina Fernandes Luis		31.85
							1:14.65
							1:06.82
12.	Gespacos-Juv-Fem			Gespacos	<b>5:12.00</b>	+0,64	412
	Rita Rafaela Brunido	+0,64	37.73	1:17.70	Madalena Raquel Barbosa	+0,56	34.68
	Sara Monteiro Meireles		38.63	1:20.90	Julia Casimira Miranda	+0,39	37.08
							1:16.60
							1:16.80
13.	Fluvial Portuense-Juv-Fem			Fluvial Portuense	<b>5:22.39</b>	+0,68	373
	<i>FTL</i>						
	Ines Vilela Braga	+0,68	38.16	1:19.51	Adriana Daniela Castro	+0,14	34.40
	Sofia Patricia Goncalves	+0,36	43.72	1:33.00	Joana Sofia Amorim	+0,10	
							1:18.91
							1:10.97
DNS	Benfica-Juv-Fem			Benfica			
DNS	Aminata-Juv-Fem			Aminata			
EXH	Portinado-Juv-Fem			Portinado	<b>5:05.48</b>	+0,69	439
	Ines Pugsley Ferreira	+0,69	37.83	1:19.14	Joana Varela Joaquim	+0,50	32.92
	Maria Rasetar	+0,54	39.83	1:26.11	Mariana Jeronimo Costa	+0,45	31.41
							1:13.06
							1:07.17

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 18  
26-03-2011 - 18:15

Masc., 4 x 100m Livres

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCB	Faro	19-07-2009
Recordes Nacionais 50m Juv B	3:48.23	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Famalicão	31-07-1999
Recordes Nacionais 50m Juv A	3:42.32	Futebol Clube do Porto	FCP	Coimbra	22-07-2005

TAC Masc Juv A Juv A: 4:05.50 / TAC Masc Juv B Juv B: 4:15.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>				
1.	Naval Amorense-Juv B-Masc	Naval Amorense	<b>3:49.73</b>	+0,74 550
	Miguel Angelo Alves +0,74 28.01	58.03	Rafael Filipe Nunes +0,64 28.19	58.24
	Sergio Fernando Silva +0,34 26.89	56.42	Joao Carlos Santos +0,42 27.80	57.04
2.	Viana Natacao-Juv B-Masc	Viana Natacao	<b>3:51.48</b>	+0,87 537
	Ricardo Miguel Alves +0,87 28.03	58.87	Antonio Miguel Vitorino +0,55 26.98	57.35
	Tiago Joao Meira +0,58 27.14	57.58	Miguel Prata Santos +0,52 27.87	57.68
3.	Academico Viseu-Juv B-Masc	Academico Viseu	<b>3:52.13</b>	+0,74 533
	Pedro Ribeiro Santos +0,74 27.49	57.13	Alessandro Diogo Carvalho +0,57 27.69	58.70
	Jose Diogo Costa +0,51 28.69	1:00.98	Jose Luis Gabriel +0,47 26.55	55.32
4.	Porto/Dolce Vita-Juv B-Masc	Porto/Dolce Vita	<b>3:53.65</b>	+0,86 522
	Bruno Miguel Silva +0,86 27.82	57.46	Tiago Lopes Reis +0,68 28.06	59.97
	Diogo Henrique Gomes +0,42 28.10	58.96	Artur Jose Reis +0,43 27.60	57.26
5.	Vilacondense-Juv B-Masc	Vilacondense	<b>3:55.28</b>	+0,87 512
	Joao Jose Vilela +0,87 27.94	58.71	Nuno Filipe Santos +0,42 29.33	1:02.34
	Paulo Andre Silva +0,49 27.13	57.53	Joao Pedro Santos +0,44 26.94	56.70
6.	Nautico/Matobra-Juv B-Masc	Nautico/Matobra	<b>3:58.27</b>	+0,73 493
	Tomas Miguel Veloso +0,73 27.73	56.08	Joao Miguel Belchior +0,39 30.27	1:03.39
	Joao Pedro Cardoso +0,20 28.68	59.95	Francisco Jose Fernandes +0,33 27.78	58.85
7.	Bombeiros dos Estoris-Juv B-Masc	Bombeiros dos Estoris	<b>4:00.64</b>	+0,75 478
	Rodrigo Figueira Neto +0,75 29.02	1:00.25	Pedro Miguel Gamito +0,47 29.43	1:01.00
	Nuno Oliveira Noritake +0,31 28.71	1:00.68	Frederico Sousa Soares +0,28 28.07	58.71
8.	Naval do Funchal-Juv B-Masc	Naval do Funchal	<b>4:02.08</b>	+0,71 470
	Diogo Guilherme Aguiar +0,71 28.72	1:00.97	Sergio Gomes Abreu +0,29 29.83	1:02.81
	Francisco Gouveia Sousa +0,45 28.09	58.45	Joao Perneta Lima +0,27 28.62	59.85
9.	Sporting-Juv B-Masc	Sporting	<b>4:03.37</b>	+0,69 462
	Diogo Dias Pinheiro +0,69 29.06	1:02.63	David Soares Caratao +0,28 28.67	59.46
	Rodrigo Verissimo Sousa +0,16 28.95	1:01.41	Joao Filipe Costa +0,57 28.65	59.87
10.	Gespacos-Juv B-Masc	Gespacos	<b>4:04.33</b>	+0,85 457
	Bruno Campos Neto +0,85 28.73	1:01.94	Vitor Samuel Rocha +0,21 29.42	1:01.07
	Gil Silva Santos +0,45 28.55	1:00.66	Miguel Angelo Cruz +0,28 29.06	1:00.66
11.	Alges-Juv B-Masc	Alges	<b>4:04.80</b>	+0,72 454
	David Lopes Cunha +0,72 29.35	1:00.43	Filipe Miguel Felix +0,23 28.62	1:00.93
	Miguel Sobral Domingues +0,53 29.64	1:02.12	Joao Celorico Albuquerque 0.00 29.13	1:01.32
12.	Fafe-Juv B-Masc	Fafe	<b>4:05.18</b>	+0,69 452
	Tiago Manuel Teixeira +0,69 27.67	57.44	Stefan Daniel Steinmaier +0,36 29.23	1:02.65
	Antonio Pedro Oliveira +0,43 29.87	1:04.80	Paulo Gabriel Magalhaes +0,39 28.65	1:00.29
13.	Louletano/ Loule Concelho-Juv B-Masc	Louletano/ Loule Concelho	<b>4:06.30</b>	+0,74 446
	Tiago Mestre Faisca +0,74 28.99	1:01.94	Adriano Garcia Cavaco +0,30 28.69	1:01.23
	Bernardo Barbosa Franco +0,41 28.85	1:02.38	Alexandre Lemos Leal +0,38 28.48	1:00.75



Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 18, Masc., 4 x 100m Livres, Juvenis B

Lugar	Clube	Tempo Final	TReac	Pts
14.	Gesloures-Juv B-Masc	<b>4:08.79</b>	<b>+0,73</b>	433
	Filipe Sebastiao Silva +0,73 28.98 1:01.69 Carlos Andre Garizo +0,53 31.34 1:06.76			
	Bruno Miguel Rainho +0,56 29.25 1:02.61 Bruno Caseiro Dias +0,44 27.64 57.73			
15.	Fluvial Portuense-Juv B--Masc	<b>4:11.42</b>	<b>+0,76</b>	419
	Mauro Filipe Maia +0,76 29.31 1:00.66 Nuno Miguel Bastos +0,49 32.66 1:06.54			
	Julio Dinis Goncalves 0.00 28.45 59.14 Ricardo Jorge Mesquita +0,13 30.83 1:05.08			
16.	Desportiva Limiana-Juv B-Masc	<b>4:13.95</b>	<b>+0,81</b>	407
	Joao Luis Pereira +0,81 29.94 1:04.47 Guilherme Lemos Lima +0,43 28.77 1:01.85			
	Bruno Jose Sousa +0,60 30.85 1:06.38 Matheus Pereira Goncalves +0,55 28.04 1:01.25			
17.	Desportiva de Viana-Juv B-Masc	<b>4:14.90</b>	<b>+0,83</b>	402
	Mario Jose Barros +0,83 29.73 1:01.35 Fabio Duarte Rodrigues +0,26 30.57 1:05.74			
	Miguel Angelo Passos +0,65 29.73 1:02.79 Rui Miguel Sampaio +0,31 30.21 1:05.02			
18.	Portinado-Juv B-Masc	<b>4:15.40</b>	<b>+0,82</b>	400
	<i>FTL</i>			
	Rodrigo Jorge Marreiros +0,82 30.23 1:05.63 Ion Caus +0,50 29.95 1:03.61			
	Miguel Galeao Lopes +0,53 28.73 1:00.57 Miguel Silva Vasques +0,43 31.01 1:05.59			
19.	Ginasio de Vila Real-Juv B-Masc	<b>4:16.92</b>	<b>+0,80</b>	393
	<i>FTL</i>			
	Carlos Manuel Figueiredo +0,80 29.80 1:03.70 Carlos Eira Cruz +0,74 31.48 1:06.05			
	Ricardo Daniel Goncalves +0,34 29.28 1:03.22 Jose Miguel Ribeiro +0,39 29.14 1:03.95			
DNS	Benfica-Juv B-Masc	Benfica		
DNS	Amadora-Juv B-Masc	Amadora		

Juvenis A

1.	Porto/Dolce Vita-Juv A-Masc	<b>3:48.23</b>	<b>+0,66</b>	561
	Tomas Correia Silva +0,66 26.63 54.14 Bernardo Aguiar Branco +0,64 27.78 58.25			
	Joao Marcelo Gomes +0,61 28.02 58.77 Daniel Costa Vieira +0,59 27.54 57.07			
2.	Associacao Academica-Juv A-Masc	<b>3:48.53</b>	<b>+0,56</b>	558
	Joao Andre Neves +0,56 27.25 56.96 Luis de Oliveira +0,35 27.58 57.44			
	Francisco Xavier Rodrigues +0,58 27.89 57.81 Gustavo Lopes Ribeiro +0,28 26.91 56.32			
3.	Colegio Vasco da Gama-Juv A-Masc	<b>3:50.79</b>	<b>+0,78</b>	542
	Diogo Gomes Sousa +0,78 27.11 54.48 Joao Couto Costa +0,11 27.79 58.82			
	Pedro Afonso Centeno +0,30 27.82 58.37 Joao Diogo Neves +0,20 28.19 59.12			
4.	Torres Novas-Juv A-Masc	<b>3:51.57</b>	<b>+0,75</b>	537
	Duarte Brites Policarpo +0,75 28.63 59.44 Fabio Miguel Samouco +0,46 26.62 56.13			
	Nuno Miguel Bruno +0,36 28.80 1:00.48 Diogo Antonio Lopes +0,22 26.83 55.52			
5.	Uniao Piedense-Juv A-Masc	<b>3:53.79</b>	<b>+0,77</b>	521
	Diogo Miguel Silva +0,77 28.05 58.20 Bernardo Miguel Marques +0,41 28.64 1:00.14			
	Pedro Henrique Torres +0,45 27.22 56.39 Edgar Ramos Varela +0,59 28.11 59.06			
6.	Naval do Funchal-Juv A-Masc	<b>3:53.93</b>	<b>+0,71</b>	521
	Rui Alexandre Freitas +0,71 28.35 58.92 Lauro Arruda Camara +0,22 28.76 1:00.02			
	Laurenco Moniz Silva +0,32 27.76 58.05 Joao Rodrigues Luis +0,19 27.29 56.94			
7.	Amadora-Juv A-Masc	<b>3:54.70</b>	<b>+0,71</b>	515
	Rodrigo Pereira Lopes +0,71 27.21 56.14 Joao Valentim Compoete +0,46 28.31 1:00.09			
	Andre Filipe Fernandes +0,54 26.58 56.21 Pedro Leonardo Fernandes +0,55 29.14 1:02.26			

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 18, Masc., 4 x 100m Livres, Juvenis A

Lugar			Clube			Tempo Final	TReac	Pts
8.	Academico Viseu-Juv A-Masc		Academico Viseu		<b>3:57.85</b>	<b>+0,85</b>	495	
	Pedro Miguel Ribeiro	+0,85	28.34	58.79	Diogo Magalhaes Moura	+0,35	28.01	59.51
	Miguel Silva Mouro	+0,38	29.44	1:02.25	Joao Miguel Teixeira	+0,54	27.79	57.30
9.	Alges-Juv A-Masc		Alges		<b>3:58.33</b>	<b>+0,77</b>	492	
	Pedro Duarte Dias	+0,77	27.87	57.93	Pedro Alexandre Bento	+0,38	28.22	59.57
	Joao Luis Santos	+0,36	27.78	59.52	Duarte Soromenho Daniel	+0,35	29.33	1:01.31
10.	Sporting-Juv A-Masc		Sporting		<b>3:58.49</b>	<b>+0,73</b>	491	
	Rafael Filipe Torres	+0,73	28.13	58.35	Afonso Godinho Mestre	+0,32	29.35	1:01.56
	Miguel Angelo Cruz	+0,48	29.69	1:02.29	Gil Vilela Correia	+0,30	27.22	56.29
11.	Vilacondense-Juv A-Masc		Vilacondense		<b>3:59.40</b>	<b>+0,71</b>	486	
	Joao Miguel Costa	+0,71	28.40	58.65	Orlando Filipe Morim	+0,33	28.50	1:00.44
	Joao Duarte Marafona	+0,23	28.08	1:00.38	Pedro Maria Bessa	+0,51	28.65	59.93
12.	Naval Setubalense-Juv A-Masc		Naval Setubalense		<b>4:00.21</b>	<b>+0,74</b>	481	
	Joao Pedro Neto	+0,74	27.98	57.73	Miguel Gomes Pereira	+0,43	29.58	1:02.59
	Bernardo Maldonado Gonelha	+0,33	28.52	59.25	Andre Filipe Teodoro	+0,36	28.71	1:00.64

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 19 Masc., 1500m Livres Juvenis  
27-03-2011 - 9:00 Resultados

Recordes Nacionais 50m Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009

TAC Masc Juv A Juv A: 17:55.00 / TAC Masc Juv B Juv B: 18:20.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Pedro Ribeiro Santos	96	Academico Viseu	<b>17:11.18</b>	+0,75	610
	MAC					
	50m: 29.62 29.62	450m: 5:04.96 34.72	850m: 9:43.76 34.63	1250m: 14:21.08 34.32		
	100m: 1:02.66 33.04	500m: 5:39.79 34.83	900m: 10:18.43 34.67	1300m: 14:55.96 34.88		
	150m: 1:37.15 34.49	550m: 6:14.86 35.07	950m: 10:53.39 34.96	1350m: 15:30.02 34.06		
	200m: 2:11.77 34.62	600m: 6:49.78 34.92	1000m: 11:27.93 34.54	1400m: 16:04.57 34.55		
	250m: 2:46.29 34.52	650m: 7:24.71 34.93	1050m: 12:02.42 34.49	1450m: 16:37.95 33.38		
	300m: 3:20.98 34.69	700m: 7:59.53 34.82	1100m: 12:37.51 35.09	1500m: 17:11.18 33.23		
	350m: 3:55.80 34.82	750m: 8:34.18 34.65	1150m: 13:11.82 34.31			
	400m: 4:30.24 34.44	800m: 9:09.13 34.95	1200m: 13:46.76 34.94			
2.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	<b>17:14.52</b>	+0,79	604
	MAC					
	50m: 31.93 31.93	450m: 5:06.06 34.55	850m: 9:44.99 34.30	1250m: 14:22.47 34.96		
	100m: 1:05.51 33.58	500m: 5:40.82 34.76	900m: 10:19.40 34.41	1300m: 14:57.04 34.57		
	150m: 1:38.81 33.30	550m: 6:15.36 34.54	950m: 10:54.35 34.95	1350m: 15:31.85 34.81		
	200m: 2:13.47 34.66	600m: 6:50.26 34.90	1000m: 11:28.72 34.37	1400m: 16:07.05 35.20		
	250m: 2:47.55 34.08	650m: 7:25.52 35.26	1050m: 12:03.34 34.62	1450m: 16:41.38 34.33		
	300m: 3:22.37 34.82	700m: 8:00.82 35.30	1100m: 12:38.07 34.73	1500m: 17:14.52 33.14		
	350m: 3:57.02 34.65	750m: 8:35.84 35.02	1150m: 13:12.71 34.64			
	400m: 4:31.51 34.49	800m: 9:10.69 34.85	1200m: 13:47.51 34.80			
3.	Andre Filipe Farinha	96	Benfica	<b>17:20.52</b>	+0,79	593
	MAC					
	50m: 31.87 31.87	450m: 5:08.98 35.06	850m: 9:50.99 35.02	1250m: 14:30.31 34.28		
	100m: 1:06.40 34.53	500m: 5:44.33 35.35	900m: 10:26.47 35.48	1300m: 15:04.84 34.53		
	150m: 1:40.60 34.20	550m: 6:19.27 34.94	950m: 11:01.80 35.33	1350m: 15:39.24 34.40		
	200m: 2:15.24 34.64	600m: 6:54.37 35.10	1000m: 11:37.22 35.42	1400m: 16:14.01 34.77		
	250m: 2:49.61 34.37	650m: 7:29.97 35.60	1050m: 12:11.88 34.66	1450m: 16:47.77 33.76		
	300m: 3:23.97 34.36	700m: 8:05.07 35.10	1100m: 12:47.07 35.19	1500m: 17:20.52 32.75		
	350m: 3:58.64 34.67	750m: 8:40.03 34.96	1150m: 13:21.34 34.27			
	400m: 4:33.92 35.28	800m: 9:15.97 35.94	1200m: 13:56.03 34.69			
4.	Miguel Prata Santos	96	Viana Natacao	<b>17:22.42</b>	+0,77	590
	MAC					
	50m: 30.29 30.29	450m: 5:08.79 34.40	850m: 9:48.38 35.06	1250m: 14:29.65 35.27		
	100m: 1:03.93 33.64	500m: 5:43.09 34.30	900m: 10:23.39 35.01	1300m: 15:05.10 35.45		
	150m: 1:38.97 35.04	550m: 6:18.21 35.12	950m: 10:58.73 35.34	1350m: 15:40.44 35.34		
	200m: 2:14.07 35.10	600m: 6:53.76 35.55	1000m: 11:34.12 35.39	1400m: 16:14.68 34.24		
	250m: 2:49.26 35.19	650m: 7:28.70 34.94	1050m: 12:08.96 34.84	1450m: 16:48.82 34.14		
	300m: 3:24.26 35.00	700m: 8:03.63 34.93	1100m: 12:43.86 34.90	1500m: 17:22.42 33.60		
	350m: 3:59.19 34.93	750m: 8:38.93 35.30	1150m: 13:18.84 34.98			
	400m: 4:34.39 35.20	800m: 9:13.32 34.39	1200m: 13:54.38 35.54			

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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	<b>Pedro Veiguinha Martins</b> MAC	96	Braga	<b>17:23.14</b>	+0,71	589
	50m: 31.17 31.17	450m: 5:11.90 36.54	850m: 9:52.76 35.63	1250m: 14:33.63 34.51		
	100m: 1:03.85 32.68	500m: 5:46.21 34.31	900m: 10:28.20 35.44	1300m: 15:08.70 35.07		
	150m: 1:39.44 35.59	550m: 6:22.23 36.02	950m: 11:03.55 35.35	1350m: 15:43.12 34.42		
	200m: 2:14.82 35.38	600m: 6:56.18 33.95	1000m: 11:38.92 35.37	1400m: 16:17.89 34.77		
	250m: 2:49.34 34.52	650m: 7:31.66 35.48	1050m: 12:13.58 34.66	1450m: 16:50.66 32.77		
	300m: 3:23.39 34.05	700m: 8:06.41 34.75	1100m: 12:49.17 35.59	1500m: 17:23.14 32.48		
	350m: 3:59.77 36.38	750m: 8:41.97 35.56	1150m: 13:23.83 34.66			
	400m: 4:35.36 35.59	800m: 9:17.13 35.16	1200m: 13:59.12 35.29			
6.	<b>Rafael Lourenco Gil</b>	96	Monteges	<b>17:32.00</b>	+0,77	574
	50m: 30.77 30.77	450m: 5:05.01 34.59	850m: 9:46.76 35.37	1250m: 14:32.69 35.95		
	100m: 1:04.20 33.43	500m: 5:39.87 34.86	900m: 10:22.25 35.49	1300m: 15:08.73 36.04		
	150m: 1:38.17 33.97	550m: 6:14.71 34.84	950m: 10:57.99 35.74	1350m: 15:45.04 36.31		
	200m: 2:12.56 34.39	600m: 6:49.92 35.21	1000m: 11:33.63 35.64	1400m: 16:21.08 36.04		
	250m: 2:46.93 34.37	650m: 7:25.15 35.23	1050m: 12:09.44 35.81	1450m: 16:57.09 36.01		
	300m: 3:21.34 34.41	700m: 8:00.77 35.62	1100m: 12:45.35 35.91	1500m: 17:32.00 34.91		
	350m: 3:55.77 34.43	750m: 8:36.22 35.45	1150m: 13:21.07 35.72			
	400m: 4:30.42 34.65	800m: 9:11.39 35.17	1200m: 13:56.74 35.67			
7.	<b>Guilherme Dias Nunes</b>	96	Natacao de Olhao	<b>17:37.88</b>	+0,69	565
	50m: 31.52 31.52	450m: 5:13.63 35.64	850m: 9:55.99 35.36	1250m: 14:39.60 35.15		
	100m: 1:06.26 34.74	500m: 5:49.02 35.39	900m: 10:31.31 35.32	1300m: 15:15.28 35.68		
	150m: 1:41.08 34.82	550m: 6:24.28 35.26	950m: 11:06.67 35.36	1350m: 15:50.76 35.48		
	200m: 2:16.55 35.47	600m: 6:59.60 35.32	1000m: 11:42.70 36.03	1400m: 16:26.14 35.38		
	250m: 2:51.95 35.40	650m: 7:34.67 35.07	1050m: 12:18.09 35.39	1450m: 17:02.22 36.08		
	300m: 3:27.49 35.54	700m: 8:10.06 35.39	1100m: 12:53.35 35.26	1500m: 17:37.88 35.66		
	350m: 4:02.65 35.16	750m: 8:45.59 35.53	1150m: 13:28.74 35.39			
	400m: 4:37.99 35.34	800m: 9:20.63 35.04	1200m: 14:04.45 35.71			
8.	<b>Joao Carlos Santos</b>	96	Naval Amorense	<b>17:45.45</b>	+0,77	553
	50m: 31.18 31.18	450m: 5:09.03 35.13	850m: 9:53.66 35.50	1250m: 14:46.30 36.54		
	100m: 1:04.53 33.35	500m: 5:44.76 35.73	900m: 10:29.51 35.85	1300m: 15:23.01 36.71		
	150m: 1:39.18 34.65	550m: 6:20.79 36.03	950m: 11:05.72 36.21	1350m: 15:59.08 36.07		
	200m: 2:13.96 34.78	600m: 6:56.42 35.63	1000m: 11:42.33 36.61	1400m: 16:35.77 36.69		
	250m: 2:48.70 34.74	650m: 7:31.82 35.40	1050m: 12:19.15 36.82	1450m: 17:11.06 35.29		
	300m: 3:23.90 35.20	700m: 8:06.83 35.01	1100m: 12:56.12 36.97	1500m: 17:45.45 34.39		
	350m: 3:58.77 34.87	750m: 8:42.45 35.62	1150m: 13:32.90 36.78			
	400m: 4:33.90 35.13	800m: 9:18.16 35.71	1200m: 14:09.76 36.86			
9.	<b>Bruno Miguel Silva</b>	96	Porto/Dolce Vita	<b>17:48.08</b>	+0,94	548
	50m: 30.23 30.23	450m: 5:09.60 36.13	850m: 9:57.60 36.16	1250m: 14:47.69 36.38		
	100m: 1:03.38 33.15	500m: 5:45.70 36.10	900m: 10:33.93 36.33	1300m: 15:24.37 36.68		
	150m: 1:37.95 34.57	550m: 6:21.42 35.72	950m: 11:09.86 35.93	1350m: 16:00.75 36.38		
	200m: 2:12.74 34.79	600m: 6:57.55 36.13	1000m: 11:46.26 36.40	1400m: 16:37.48 36.73		
	250m: 2:48.03 35.29	650m: 7:33.37 35.82	1050m: 12:22.12 35.86	1450m: 17:12.80 35.32		
	300m: 3:23.05 35.02	700m: 8:09.29 35.92	1100m: 12:58.64 36.52	1500m: 17:48.08 35.28		
	350m: 3:58.12 35.07	750m: 8:44.91 35.62	1150m: 13:34.70 36.06			
	400m: 4:33.47 35.35	800m: 9:21.44 36.53	1200m: 14:11.31 36.61			
10.	<b>Tomas Antonio Azevedo</b>	96	Aminata	<b>18:00.78</b>	+0,71	529
	50m: 32.38 32.38	450m: 5:19.07 36.03	850m: 10:09.61 36.12	1250m: 15:02.23 36.68		
	100m: 1:07.56 35.18	500m: 5:55.59 36.52	900m: 10:46.13 36.52	1300m: 15:38.44 36.21		
	150m: 1:43.30 35.74	550m: 6:31.82 36.23	950m: 11:22.27 36.14	1350m: 16:14.73 36.29		
	200m: 2:19.28 35.98	600m: 7:08.15 36.33	1000m: 11:59.16 36.89	1400m: 16:50.95 36.22		
	250m: 2:55.07 35.79	650m: 7:43.97 35.82	1050m: 12:35.63 36.47	1450m: 17:27.16 36.21		
	300m: 3:30.96 35.89	700m: 8:20.56 36.59	1100m: 13:12.38 36.75	1500m: 18:00.78 33.62		
	350m: 4:06.88 35.92	750m: 8:56.89 36.33	1150m: 13:48.98 36.60			
	400m: 4:43.04 36.16	800m: 9:33.49 36.60	1200m: 14:25.55 36.57			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
11.	Jose Pedro Bugalho	96	Alcobaca	<b>18:00.90</b>	<b>+0,80</b>	<b>529</b>	
	50m: 32.64 32.64	450m: 5:23.97	36.54	850m: 10:12.60	35.70	1250m: 15:02.92	36.04
	100m: 1:08.02 35.38	500m: 6:00.30	36.33	900m: 10:48.70	36.10	1300m: 15:38.77	35.85
	150m: 1:44.42 36.40	550m: 6:37.09	36.79	950m: 11:25.00	36.30	1350m: 16:14.89	36.12
	200m: 2:20.71 36.29	600m: 7:13.41	36.32	1000m: 12:01.33	36.33	1400m: 16:51.06	36.17
	250m: 2:57.51 36.80	650m: 7:49.56	36.15	1050m: 12:37.73	36.40	1450m: 17:27.33	36.27
	300m: 3:34.21 36.70	700m: 8:25.31	35.75	1100m: 13:13.97	36.24	1500m: 18:00.90	33.57
	350m: 4:11.11 36.90	750m: 9:01.43	36.12	1150m: 13:50.47	36.50		
	400m: 4:47.43 36.32	800m: 9:36.90	35.47	1200m: 14:26.88	36.41		
12.	Andre Filipe Rocha	96	Leixoes	<b>18:01.88</b>	<b>+0,69</b>	<b>528</b>	
	50m: 30.27 30.27	450m: 5:13.76	35.65	850m: 10:04.77	36.76	1250m: 14:58.65	36.73
	100m: 1:04.28 34.01	500m: 5:50.00	36.24	900m: 10:41.38	36.61	1300m: 15:36.02	37.37
	150m: 1:39.19 34.91	550m: 6:25.70	35.70	950m: 11:17.79	36.41	1350m: 16:13.53	37.51
	200m: 2:14.34 35.15	600m: 7:02.53	36.83	1000m: 11:54.34	36.55	1400m: 16:50.75	37.22
	250m: 2:49.63 35.29	650m: 7:39.16	36.63	1050m: 12:31.09	36.75	1450m: 17:27.62	36.87
	300m: 3:25.54 35.91	700m: 8:15.21	36.05	1100m: 13:08.04	36.95	1500m: 18:01.88	34.26
	350m: 4:02.05 36.51	750m: 8:51.77	36.56	1150m: 13:44.69	36.65		
	400m: 4:38.11 36.06	800m: 9:28.01	36.24	1200m: 14:21.92	37.23		
13.	Joao Pedro Cardoso	96	Nautico/Matobra	<b>18:05.39</b>	<b>+0,79</b>	<b>523</b>	
	50m: 32.94 32.94	450m: 5:21.61	36.18	850m: 10:11.29	36.32	1250m: 15:03.22	37.08
	100m: 1:08.56 35.62	500m: 5:57.84	36.23	900m: 10:47.29	36.00	1300m: 15:40.28	37.06
	150m: 1:44.30 35.74	550m: 6:33.71	35.87	950m: 11:23.49	36.20	1350m: 16:16.87	36.59
	200m: 2:20.67 36.37	600m: 7:10.13	36.42	1000m: 12:00.12	36.63	1400m: 16:53.46	36.59
	250m: 2:56.82 36.15	650m: 7:46.18	36.05	1050m: 12:36.61	36.49	1450m: 17:30.12	36.66
	300m: 3:33.09 36.27	700m: 8:22.30	36.12	1100m: 13:13.37	36.76	1500m: 18:05.39	35.27
	350m: 4:09.20 36.11	750m: 8:58.35	36.05	1150m: 13:49.83	36.46		
	400m: 4:45.43 36.23	800m: 9:34.97	36.62	1200m: 14:26.14	36.31		
14.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	<b>18:10.24</b>	<b>+0,77</b>	<b>516</b>	
	50m: 32.52 32.52	450m: 5:23.95	36.73	850m: 10:17.84	37.24	1250m: 15:11.47	36.66
	100m: 1:08.68 36.16	500m: 6:00.53	36.58	900m: 10:54.52	36.68	1300m: 15:47.99	36.52
	150m: 1:45.17 36.49	550m: 6:37.24	36.71	950m: 11:31.35	36.83	1350m: 16:24.49	36.50
	200m: 2:21.39 36.22	600m: 7:13.32	36.08	1000m: 12:07.89	36.54	1400m: 17:00.61	36.12
	250m: 2:57.95 36.56	650m: 7:50.49	37.17	1050m: 12:44.83	36.94	1450m: 17:35.72	35.11
	300m: 3:34.24 36.29	700m: 8:27.08	36.59	1100m: 13:21.18	36.35	1500m: 18:10.24	34.52
	350m: 4:10.73 36.49	750m: 9:03.97	36.89	1150m: 13:57.97	36.79		
	400m: 4:47.22 36.49	800m: 9:40.60	36.63	1200m: 14:34.81	36.84		
15.	David Nunes Sousa	96	Famalicao	<b>18:11.87</b>	<b>+0,96</b>	<b>513</b>	
	50m: 30.39 30.39	450m: 5:17.82	35.53	850m: 10:12.58	37.19	1250m: 15:09.43	37.23
	100m: 1:05.16 34.77	500m: 5:54.55	36.73	900m: 10:49.41	36.83	1300m: 15:46.82	37.39
	150m: 1:40.53 35.37	550m: 6:31.13	36.58	950m: 11:26.60	37.19	1350m: 16:24.27	37.45
	200m: 2:16.53 36.00	600m: 7:08.00	36.87	1000m: 12:03.92	37.32	1400m: 17:01.76	37.49
	250m: 2:52.70 36.17	650m: 7:44.62	36.62	1050m: 12:41.19	37.27	1450m: 17:38.72	36.96
	300m: 3:29.21 36.51	700m: 8:21.28	36.66	1100m: 13:18.62	37.43	1500m: 18:11.87	33.15
	350m: 4:05.84 36.63	750m: 8:58.25	36.97	1150m: 13:54.86	36.24		
	400m: 4:42.29 36.45	800m: 9:35.39	37.14	1200m: 14:32.20	37.34		
16.	Bruno Miguel Rainho FTL	96	Gesloures	<b>18:24.09</b>	<b>+0,87</b>	<b>496</b>	
	50m: 32.77 32.77	450m: 5:27.69	37.08	850m: 10:22.09	37.57	1250m: 15:19.03	36.97
	100m: 1:09.10 36.33	500m: 6:04.47	36.78	900m: 10:58.90	36.81	1300m: 15:56.66	37.63
	150m: 1:46.40 37.30	550m: 6:40.90	36.43	950m: 11:35.59	36.69	1350m: 16:33.16	36.50
	200m: 2:23.42 37.02	600m: 7:17.14	36.24	1000m: 12:12.83	37.24	1400m: 17:11.63	38.47
	250m: 3:00.34 36.92	650m: 7:54.50	37.36	1050m: 12:50.19	37.36	1450m: 17:49.33	37.70
	300m: 3:37.35 37.01	700m: 8:31.59	37.09	1100m: 13:27.49	37.30	1500m: 18:24.09	34.76
	350m: 4:14.18 36.83	750m: 9:08.29	36.70	1150m: 14:04.98	37.49		
	400m: 4:50.61 36.43	800m: 9:44.52	36.23	1200m: 14:42.06	37.08		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Joao Miguel Lopes <i>FTL</i>	96	Electrico Clube	<b>18:29.02</b>	+0,82	490
	50m: 32.29 32.29	450m: 5:19.43 36.29	850m: 10:14.92 37.94	1250m: 15:21.53 37.74		
	100m: 1:07.67 35.38	500m: 5:55.89 36.46	900m: 10:53.42 38.50	1300m: 15:59.50 37.97		
	150m: 1:43.65 35.98	550m: 6:32.52 36.63	950m: 11:31.71 38.29	1350m: 16:37.61 38.11		
	200m: 2:19.51 35.86	600m: 7:09.53 37.01	1000m: 12:10.36 38.65	1400m: 17:15.64 38.03		
	250m: 2:55.38 35.87	650m: 7:47.04 37.51	1050m: 12:49.08 38.72	1450m: 17:53.83 38.19		
	300m: 3:31.08 35.70	700m: 8:24.56 37.52	1100m: 13:27.34 38.26	1500m: 18:29.02 35.19		
	350m: 4:07.29 36.21	750m: 9:00.27 35.71	1150m: 14:05.86 38.52			
	400m: 4:43.14 35.85	800m: 9:36.98 36.71	1200m: 14:43.79 37.93			
18.	Daniel Baptista Relvao <i>FTL</i>	96	Associacao Academica	<b>18:29.65</b>	+0,84	489
	50m: 31.76 31.76	450m: 5:27.07 37.34	850m: 10:26.66 37.82	1250m: 15:26.58 37.89		
	100m: 1:08.00 36.24	500m: 6:03.78 36.71	900m: 11:04.02 37.36	1300m: 16:03.92 37.34		
	150m: 1:44.73 36.73	550m: 6:41.80 38.02	950m: 11:41.79 37.77	1350m: 16:41.52 37.60		
	200m: 2:21.89 37.16	600m: 7:18.29 36.49	1000m: 12:18.88 37.09	1400m: 17:18.74 37.22		
	250m: 2:58.73 36.84	650m: 7:56.05 37.76	1050m: 12:56.38 37.50	1450m: 17:54.94 36.20		
	300m: 3:35.78 37.05	700m: 8:33.58 37.53	1100m: 13:33.49 37.11	1500m: 18:29.65 34.71		
	350m: 4:12.59 36.81	750m: 9:11.04 37.46	1150m: 14:11.10 37.61			
	400m: 4:49.73 37.14	800m: 9:48.84 37.80	1200m: 14:48.69 37.59			
19.	Diogo Dias Pinheiro <i>FTL</i>	96	Sporting	<b>18:59.58</b>	+0,76	451
	50m: 33.20 33.20	450m: 5:27.52 37.33	850m: 10:30.86 39.59	1250m: 15:44.45 39.74		
	100m: 1:09.08 35.88	500m: 6:04.84 37.32	900m: 11:09.45 38.59	1300m: 16:23.73 39.28		
	150m: 1:45.58 36.50	550m: 6:42.17 37.33	950m: 11:47.11 37.66	1350m: 17:03.28 39.55		
	200m: 2:22.61 37.03	600m: 7:19.21 37.04	1000m: 12:25.28 38.17	1400m: 17:42.37 39.09		
	250m: 2:59.81 37.20	650m: 7:55.76 36.55	1050m: 13:05.48 40.20	1450m: 18:21.28 38.91		
	300m: 3:36.83 37.02	700m: 8:33.21 37.45	1100m: 13:44.68 39.20	1500m: 18:59.58 38.30		
	350m: 4:13.58 36.75	750m: 9:11.77 38.56	1150m: 14:25.09 40.41			
	400m: 4:50.19 36.61	800m: 9:51.27 39.50	1200m: 15:04.71 39.62			
20.	Joao Goncalo Abreu <i>FTL</i>	96	Nacional	<b>19:08.84</b>	+0,77	441
	50m: 32.21 32.21	450m: 5:26.79 37.85	850m: 10:40.62 39.24	1250m: 15:57.16 39.83		
	100m: 1:07.92 35.71	500m: 6:05.13 38.34	900m: 11:20.38 39.76	1300m: 16:37.05 39.89		
	150m: 1:44.44 36.52	550m: 6:43.48 38.35	950m: 12:00.41 40.03	1350m: 17:16.06 39.01		
	200m: 2:20.51 36.07	600m: 7:22.59 39.11	1000m: 12:40.36 39.95	1400m: 17:54.94 38.88		
	250m: 2:57.17 36.66	650m: 8:02.49 39.90	1050m: 13:19.48 39.12	1450m: 18:32.32 37.38		
	300m: 3:34.27 37.10	700m: 8:41.91 39.42	1100m: 13:58.97 39.49	1500m: 19:08.84 36.52		
	350m: 4:11.86 37.59	750m: 9:21.22 39.31	1150m: 14:38.02 39.05			
	400m: 4:48.94 37.08	800m: 10:01.38 40.16	1200m: 15:17.33 39.31			

Juvenis A

1.	Joao Andre Neves	95	Associacao Academica	<b>17:01.90</b>	+0,66	626
	50m: 29.39 29.39	450m: 5:00.24 34.04	850m: 9:34.56 34.28	1250m: 14:10.66 34.50		
	100m: 1:02.15 32.76	500m: 5:34.33 34.09	900m: 10:08.93 34.37	1300m: 14:45.09 34.43		
	150m: 1:35.84 33.69	550m: 6:08.42 34.09	950m: 10:43.42 34.49	1350m: 15:19.54 34.45		
	200m: 2:09.87 34.03	600m: 6:42.61 34.19	1000m: 11:17.96 34.54	1400m: 15:54.30 34.76		
	250m: 2:43.81 33.94	650m: 7:16.80 34.19	1050m: 11:52.44 34.48	1450m: 16:28.38 34.08		
	300m: 3:18.14 34.33	700m: 7:51.38 34.58	1100m: 12:27.17 34.73	1500m: 17:01.90 33.52		
	350m: 3:52.17 34.03	750m: 8:25.92 34.54	1150m: 13:01.68 34.51			
	400m: 4:26.20 34.03	800m: 9:00.28 34.36	1200m: 13:36.16 34.48			

Campeonato Nacional de Juvenis PL  
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
2.	<b>Gustavo Lopes Ribeiro</b>	95	Associacao Academica	<b>17:19.50</b>	<b>+0,79</b>	<b>595</b>	
	50m: 30.81 30.81	450m: 5:10.04	35.00	850m: 9:49.91	34.97	1250m: 14:30.60	35.07
	100m: 1:04.89 34.08	500m: 5:44.76	34.72	900m: 10:24.99	35.08	1300m: 15:05.41	34.81
	150m: 1:40.03 35.14	550m: 6:19.56	34.80	950m: 11:00.39	35.40	1350m: 15:40.13	34.72
	200m: 2:14.89 34.86	600m: 6:54.59	35.03	1000m: 11:35.22	34.83	1400m: 16:15.19	35.06
	250m: 2:49.84 34.95	650m: 7:29.46	34.87	1050m: 12:10.17	34.95	1450m: 16:48.83	33.64
	300m: 3:24.90 35.06	700m: 8:04.62	35.16	1100m: 12:45.22	35.05	1500m: 17:19.50	30.67
	350m: 3:59.82 34.92	750m: 8:39.90	35.28	1150m: 13:20.24	35.02		
	400m: 4:35.04 35.22	800m: 9:14.94	35.04	1200m: 13:55.53	35.29		
3.	<b>Guilherme Pedro Coelho</b>	95	Nautico/Matobra	<b>17:29.32</b>	<b>+0,73</b>	<b>578</b>	
	50m: 30.20 30.20	450m: 5:06.36	34.39	850m: 9:47.82	35.35	1250m: 14:32.74	35.92
	100m: 1:03.46 33.26	500m: 5:40.95	34.59	900m: 10:23.55	35.73	1300m: 15:08.59	35.85
	150m: 1:37.99 34.53	550m: 6:15.91	34.96	950m: 10:58.92	35.37	1350m: 15:44.12	35.53
	200m: 2:12.64 34.65	600m: 6:51.16	35.25	1000m: 11:34.37	35.45	1400m: 16:19.80	35.68
	250m: 2:47.64 35.00	650m: 7:26.26	35.10	1050m: 12:09.58	35.21	1450m: 16:55.05	35.25
	300m: 3:22.22 34.58	700m: 8:01.62	35.36	1100m: 12:45.32	35.74	1500m: 17:29.32	34.27
	350m: 3:57.33 35.11	750m: 8:37.15	35.53	1150m: 13:20.71	35.39		
	400m: 4:31.97 34.64	800m: 9:12.47	35.32	1200m: 13:56.82	36.11		
4.	<b>Artur Manuel Ferreira</b>	95	Porto/Dolce Vita	<b>17:30.40</b>	<b>+0,83</b>	<b>577</b>	
	50m: 31.16 31.16	450m: 5:12.86	35.09	850m: 9:55.22	35.10	1250m: 14:38.30	35.30
	100m: 1:05.72 34.56	500m: 5:48.71	35.85	900m: 10:30.59	35.37	1300m: 15:13.31	35.01
	150m: 1:40.92 35.20	550m: 6:24.66	35.95	950m: 11:06.08	35.49	1350m: 15:48.12	34.81
	200m: 2:16.28 35.36	600m: 7:00.34	35.68	1000m: 11:41.52	35.44	1400m: 16:23.04	34.92
	250m: 2:51.56 35.28	650m: 7:34.95	34.61	1050m: 12:17.11	35.59	1450m: 16:57.18	34.14
	300m: 3:27.14 35.58	700m: 8:09.86	34.91	1100m: 12:51.76	34.65	1500m: 17:30.40	33.22
	350m: 4:02.22 35.08	750m: 8:44.92	35.06	1150m: 13:27.40	35.64		
	400m: 4:37.77 35.55	800m: 9:20.12	35.20	1200m: 14:03.00	35.60		
5.	<b>Joao Nuno Abreu</b>	95	Vitoria de Guimaraes	<b>17:30.87</b>	<b>+0,71</b>	<b>576</b>	
	50m: 30.16 30.16	450m: 5:09.33	34.97	850m: 9:53.00	35.35	1250m: 14:35.87	35.29
	100m: 1:04.47 34.31	500m: 5:44.74	35.41	900m: 10:28.53	35.53	1300m: 15:11.45	35.58
	150m: 1:39.31 34.84	550m: 6:19.88	35.14	950m: 11:03.69	35.16	1350m: 15:46.64	35.19
	200m: 2:14.30 34.99	600m: 6:55.65	35.77	1000m: 11:39.18	35.49	1400m: 16:22.19	35.55
	250m: 2:49.42 35.12	650m: 7:31.06	35.41	1050m: 12:14.04	34.86	1450m: 16:56.44	34.25
	300m: 3:24.24 34.82	700m: 8:06.67	35.61	1100m: 12:49.67	35.63	1500m: 17:30.87	34.43
	350m: 3:59.32 35.08	750m: 8:41.90	35.23	1150m: 13:25.14	35.47		
	400m: 4:34.36 35.04	800m: 9:17.65	35.75	1200m: 14:00.58	35.44		
6.	<b>Cesar Filipe Magalhaes</b>	95	Foca	<b>17:44.03</b>	<b>+0,85</b>	<b>555</b>	
	50m: 31.64 31.64	450m: 5:17.84	36.18	850m: 10:05.14	35.06	1250m: 14:47.02	35.68
	100m: 1:06.74 35.10	500m: 5:53.98	36.14	900m: 10:39.81	34.67	1300m: 15:22.62	35.60
	150m: 1:42.86 36.12	550m: 6:30.58	36.60	950m: 11:14.86	35.05	1350m: 15:58.33	35.71
	200m: 2:18.90 36.04	600m: 7:06.88	36.30	1000m: 11:49.78	34.92	1400m: 16:33.84	35.51
	250m: 2:54.54 35.64	650m: 7:43.36	36.48	1050m: 12:24.99	35.21	1450m: 17:09.64	35.80
	300m: 3:30.23 35.69	700m: 8:19.05	35.69	1100m: 13:00.38	35.39	1500m: 17:44.03	34.39
	350m: 4:05.94 35.71	750m: 8:54.86	35.81	1150m: 13:35.98	35.60		
	400m: 4:41.66 35.72	800m: 9:30.08	35.22	1200m: 14:11.34	35.36		
7.	<b>Lourenco Moniz Silva</b>	95	Naval do Funchal	<b>17:46.71</b>	<b>+0,77</b>	<b>551</b>	
	50m: 30.90 30.90	450m: 5:13.32	35.03	850m: 9:58.04	36.02	1250m: 14:47.93	37.07
	100m: 1:05.66 34.76	500m: 5:48.96	35.64	900m: 10:33.88	35.84	1300m: 15:24.19	36.26
	150m: 1:41.37 35.71	550m: 6:24.70	35.74	950m: 11:09.80	35.92	1350m: 16:00.38	36.19
	200m: 2:17.13 35.76	600m: 7:00.69	35.99	1000m: 11:45.92	36.12	1400m: 16:37.18	36.80
	250m: 2:52.10 34.97	650m: 7:35.78	35.09	1050m: 12:21.93	36.01	1450m: 17:13.27	36.09
	300m: 3:27.50 35.40	700m: 8:10.89	35.11	1100m: 12:58.23	36.30	1500m: 17:46.71	33.44
	350m: 4:02.68 35.18	750m: 8:46.10	35.21	1150m: 13:34.72	36.49		
	400m: 4:38.29 35.61	800m: 9:22.02	35.92	1200m: 14:10.86	36.14		

Campeonato Nacional de Juvenis PL  
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	<b>Gil Vilela Correia</b>	95	<b>Sporting</b>	<b>17:49.02</b>	<b>+0,72</b>	<b>547</b>
	50m: 30.52 30.52	450m: 5:10.91 35.57	850m: 9:58.20 36.44	1250m: 14:48.23 36.68		
	100m: 1:04.53 34.01	500m: 5:46.67 35.76	900m: 10:34.36 36.16	1300m: 15:24.87 36.64		
	150m: 1:39.24 34.71	550m: 6:22.44 35.77	950m: 11:10.82 36.46	1350m: 16:01.56 36.69		
	200m: 2:14.15 34.91	600m: 6:57.83 35.39	1000m: 11:46.84 36.02	1400m: 16:37.74 36.18		
	250m: 2:49.58 35.43	650m: 7:33.69 35.86	1050m: 12:23.01 36.17	1450m: 17:14.18 36.44		
	300m: 3:24.81 35.23	700m: 8:09.62 35.93	1100m: 12:59.17 36.16	1500m: 17:49.02 34.84		
	350m: 4:00.25 35.44	750m: 8:45.64 36.02	1150m: 13:35.36 36.19			
	400m: 4:35.34 35.09	800m: 9:21.76 36.12	1200m: 14:11.55 36.19			
9.	<b>Joao Duarte Marafona</b>	95	<b>Vilacondense</b>	<b>17:49.40</b>	<b>+0,96</b>	<b>546</b>
	50m: 31.35 31.35	450m: 5:17.35 34.48	850m: 10:02.91 35.88	1250m: 14:52.82 35.91		
	100m: 1:06.14 34.79	500m: 5:52.65 35.30	900m: 10:39.45 36.54	1300m: 15:28.64 35.82		
	150m: 1:42.12 35.98	550m: 6:28.46 35.81	950m: 11:15.47 36.02	1350m: 16:05.05 36.41		
	200m: 2:18.15 36.03	600m: 7:03.19 34.73	1000m: 11:51.68 36.21	1400m: 16:41.49 36.44		
	250m: 2:54.40 36.25	650m: 7:38.44 35.25	1050m: 12:27.75 36.07	1450m: 17:17.12 35.63		
	300m: 3:30.52 36.12	700m: 8:14.39 35.95	1100m: 13:03.93 36.18	1500m: 17:49.40 32.28		
	350m: 4:06.64 36.12	750m: 8:50.57 36.18	1150m: 13:40.46 36.53			
	400m: 4:42.87 36.23	800m: 9:27.03 36.46	1200m: 14:16.91 36.45			
10.	<b>Daniel Costa Vieira</b>	95	<b>Porto/Dolce Vita</b>	<b>17:49.44</b>	<b>+0,81</b>	<b>546</b>
	50m: 30.85 30.85	450m: 5:16.40 36.71	850m: 10:07.52 36.72	1250m: 14:53.74 35.97		
	100m: 1:05.07 34.22	500m: 5:52.77 36.37	900m: 10:43.12 35.60	1300m: 15:29.49 35.75		
	150m: 1:40.22 35.15	550m: 6:29.27 36.50	950m: 11:19.20 36.08	1350m: 16:05.57 36.08		
	200m: 2:15.54 35.32	600m: 7:05.58 36.31	1000m: 11:55.00 35.80	1400m: 16:41.15 35.58		
	250m: 2:51.26 35.72	650m: 7:41.87 36.29	1050m: 12:30.80 35.80	1450m: 17:16.85 35.70		
	300m: 3:27.66 36.40	700m: 8:18.34 36.47	1100m: 13:06.53 35.73	1500m: 17:49.44 32.59		
	350m: 4:03.93 36.27	750m: 8:55.09 36.75	1150m: 13:42.31 35.78			
	400m: 4:39.69 35.76	800m: 9:30.80 35.71	1200m: 14:17.77 35.46			
11.	<b>Duarte Nuno Vieira</b>	95	<b>Nacional</b>	<b>17:54.25</b>	<b>+0,80</b>	<b>539</b>
	50m: 31.02 31.02	450m: 5:17.38 36.04	850m: 10:08.31 36.58	1250m: 14:56.71 35.64		
	100m: 1:05.56 34.54	500m: 5:52.68 35.30	900m: 10:44.52 36.21	1300m: 15:32.40 35.69		
	150m: 1:41.35 35.79	550m: 6:28.74 36.06	950m: 11:20.73 36.21	1350m: 16:09.00 36.60		
	200m: 2:17.39 36.04	600m: 7:05.04 36.30	1000m: 11:56.64 35.91	1400m: 16:44.92 35.92		
	250m: 2:53.30 35.91	650m: 7:41.97 36.93	1050m: 12:33.54 36.90	1450m: 17:20.48 35.56		
	300m: 3:29.02 35.72	700m: 8:18.29 36.32	1100m: 13:09.35 35.81	1500m: 17:54.25 33.77		
	350m: 4:05.59 36.57	750m: 8:54.96 36.67	1150m: 13:45.16 35.81			
	400m: 4:41.34 35.75	800m: 9:31.73 36.77	1200m: 14:21.07 35.91			
12.	<b>Jorge Miguel Telo</b> <b>FTL</b>	95	<b>Litoral Alentejano</b>	<b>18:03.82</b>	<b>+0,72</b>	<b>525</b>
	50m: 32.57 32.57	450m: 5:21.20 35.98	850m: 10:08.44 35.71	1250m: 15:00.96 36.62		
	100m: 1:08.64 36.07	500m: 5:56.76 35.56	900m: 10:44.70 36.26	1300m: 15:38.33 37.37		
	150m: 1:44.78 36.14	550m: 6:32.26 35.50	950m: 11:20.55 35.85	1350m: 16:14.91 36.58		
	200m: 2:21.28 36.50	600m: 7:08.71 36.45	1000m: 11:57.06 36.51	1400m: 16:52.40 37.49		
	250m: 2:57.31 36.03	650m: 7:44.67 35.96	1050m: 12:33.91 36.85	1450m: 17:28.96 36.56		
	300m: 3:33.20 35.89	700m: 8:20.49 35.82	1100m: 13:10.83 36.92	1500m: 18:03.82 34.86		
	350m: 4:09.12 35.92	750m: 8:56.58 36.09	1150m: 13:47.54 36.71			
	400m: 4:45.22 36.10	800m: 9:32.73 36.15	1200m: 14:24.34 36.80			



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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Tiago Miguel Alves <i>FTL</i>	95	SCC / Oryzon Energias	<b>18:09.39</b>	+0,79	517
	50m: 32.34 32.34	450m: 5:14.18 35.97	850m: 10:06.87 36.70	1250m: 15:04.26 37.67		
	100m: 1:07.40 35.06	500m: 5:50.54 36.36	900m: 10:43.51 36.64	1300m: 15:41.70 37.44		
	150m: 1:42.18 34.78	550m: 6:26.41 35.87	950m: 11:20.14 36.63	1350m: 16:18.94 37.24		
	200m: 2:17.51 35.33	600m: 7:02.98 36.57	1000m: 11:57.44 37.30	1400m: 16:56.31 37.37		
	250m: 2:52.27 34.76	650m: 7:40.00 37.02	1050m: 12:34.28 36.84	1450m: 17:33.20 36.89		
	300m: 3:27.56 35.29	700m: 8:16.94 36.94	1100m: 13:11.36 37.08	1500m: 18:09.39 36.19		
	350m: 4:03.11 35.55	750m: 8:53.44 36.50	1150m: 13:48.23 36.87			
	400m: 4:38.21 35.10	800m: 9:30.17 36.73	1200m: 14:26.59 38.36			
14.	Rafael Ferreira Martins <i>FTL</i>	95	Nautico da Marinha Grande	<b>18:25.87</b>	+0,82	494
	50m: 32.69 32.69	450m: 5:24.03 36.58	850m: 10:18.30 37.53	1250m: 15:17.38 37.25		
	100m: 1:07.70 35.01	500m: 6:00.69 36.66	900m: 10:55.47 37.17	1300m: 15:55.32 37.94		
	150m: 1:43.77 36.07	550m: 6:37.65 36.96	950m: 11:32.44 36.97	1350m: 16:32.92 37.60		
	200m: 2:20.60 36.83	600m: 7:14.37 36.72	1000m: 12:09.97 37.53	1400m: 17:11.22 38.30		
	250m: 2:57.35 36.75	650m: 7:50.87 36.50	1050m: 12:47.17 37.20	1450m: 17:49.22 38.00		
	300m: 3:33.88 36.53	700m: 8:28.00 37.13	1100m: 13:24.76 37.59	1500m: 18:25.87 36.65		
	350m: 4:10.91 37.03	750m: 9:04.74 36.74	1150m: 14:02.05 37.29			
	400m: 4:47.45 36.54	800m: 9:40.77 36.03	1200m: 14:40.13 38.08			
15.	Joao Miguel Costa <i>FTL</i>	95	Vilacondense	<b>18:52.28</b>	+0,72	460
	50m: 31.88 31.88	450m: 5:27.33 37.29	850m: 10:31.53 37.94	1250m: 15:42.34 39.05		
	100m: 1:07.10 35.22	500m: 6:05.27 37.94	900m: 11:10.61 39.08	1300m: 16:20.61 38.27		
	150m: 1:43.75 36.65	550m: 6:43.20 37.93	950m: 11:49.19 38.58	1350m: 16:58.35 37.74		
	200m: 2:20.61 36.86	600m: 7:20.97 37.77	1000m: 12:27.38 38.19	1400m: 17:36.74 38.39		
	250m: 2:57.77 37.16	650m: 7:59.29 38.32	1050m: 13:05.82 38.44	1450m: 18:15.19 38.45		
	300m: 3:34.80 37.03	700m: 8:36.86 37.57	1100m: 13:45.14 39.32	1500m: 18:52.28 37.09		
	350m: 4:12.21 37.41	750m: 9:15.16 38.30	1150m: 14:24.10 38.96			
	400m: 4:50.04 37.83	800m: 9:53.59 38.43	1200m: 15:03.29 39.19			

Prova 20  
27-03-2011 - 10:35

Femin., 400m Livres

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Recordes Nacionais 50m Juv	4:28.67	tempo limite			

TAC Fem Juv : 5:01.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo <i>MAC</i>	97	Nautico da Marinha Grande	<b>4:32.05</b>	+0,93	679
	50m: 31.28 31.28	150m: 1:39.06 34.25	250m: 2:48.81 34.86	350m: 3:58.29 34.68		
	100m: 1:04.81 33.53	200m: 2:13.95 34.89	300m: 3:23.61 34.80	400m: 4:32.05 33.76		
2.	Maria Teresa Amorim <i>MAC</i>	97	Porto/Dolce Vita	<b>4:39.68</b>	+0,91	625
	50m: 32.20 32.20	150m: 1:42.85 35.28	250m: 2:54.34 35.64	350m: 4:05.40 35.11		
	100m: 1:07.57 35.37	200m: 2:18.70 35.85	300m: 3:30.29 35.95	400m: 4:39.68 34.28		
3.	Ana Filipa Martins <i>MAC</i>	97	Foca	<b>4:43.23</b>	+0,95	601
	50m: 31.89 31.89	150m: 1:42.52 35.91	250m: 2:54.90 36.31	350m: 4:07.63 36.51		
	100m: 1:06.61 34.72	200m: 2:18.59 36.07	300m: 3:31.12 36.22	400m: 4:43.23 35.60		

Campeonato Nacional de Juvenis PL  
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Prova 20, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Barbara Marques Rodrigues MAC	97	Alges	<b>4:44.80</b>	+0,97	592
	50m: 32.20 32.20 150m: 1:43.56 36.36 250m: 2:56.91 36.83 350m: 4:09.37 36.32					
	100m: 1:07.20 35.00 200m: 2:20.08 36.52 300m: 3:33.05 36.14 400m: 4:44.80 35.43					
5.	Beatriz Filipa Matos	97	Nautico/Matobra	<b>4:49.25</b>	+0,88	565
	50m: 32.54 32.54 150m: 1:44.72 36.48 250m: 2:59.31 37.33 350m: 4:13.50 36.92					
	100m: 1:08.24 35.70 200m: 2:21.98 37.26 300m: 3:36.58 37.27 400m: 4:49.25 35.75					
6.	Carolina Sanchez Rodrigues	97	Alges	<b>4:50.57</b>	+0,80	557
	50m: 31.41 31.41 150m: 1:43.76 37.03 250m: 2:58.63 37.84 350m: 4:13.89 37.42					
	100m: 1:06.73 35.32 200m: 2:20.79 37.03 300m: 3:36.47 37.84 400m: 4:50.57 36.68					
7.	Sara Faria Costa	97	Braga	<b>4:51.08</b>	+1,05	554
	50m: 31.94 31.94 150m: 1:44.85 37.11 250m: 2:59.98 37.87 350m: 4:15.15 37.19					
	100m: 1:07.74 35.80 200m: 2:22.11 37.26 300m: 3:37.96 37.98 400m: 4:51.08 35.93					
8.	Daniela Figueiredo Metelo	97	Nautico/Matobra	<b>4:55.21</b>	+0,89	531
	50m: 32.53 32.53 150m: 1:46.01 37.37 250m: 3:02.45 38.31 350m: 4:18.65 37.76					
	100m: 1:08.64 36.11 200m: 2:24.14 38.13 300m: 3:40.89 38.44 400m: 4:55.21 36.56					
9.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	<b>4:55.60</b>	+0,83	529
	50m: 33.13 33.13 150m: 1:45.51 37.33 250m: 3:02.15 38.48 350m: 4:18.92 38.20					
	100m: 1:08.18 35.05 200m: 2:23.67 38.16 300m: 3:40.72 38.57 400m: 4:55.60 36.68					
10.	Andreia Margarida Morgado	97	Nautico/Matobra	<b>4:56.13</b>	+0,85	526
	50m: 32.86 32.86 150m: 1:47.13 37.99 250m: 3:04.16 38.73 350m: 4:21.44 38.25					
	100m: 1:09.14 36.28 200m: 2:25.43 38.30 300m: 3:43.19 39.03 400m: 4:56.13 34.69					
11.	Matilde Domingues Gameiro	97	Nautico/Matobra	<b>4:56.46</b>	+1,02	524
	50m: 32.47 32.47 150m: 1:46.65 37.85 250m: 3:02.52 38.03 350m: 4:19.60 38.76					
	100m: 1:08.80 36.33 200m: 2:24.49 37.84 300m: 3:40.84 38.32 400m: 4:56.46 36.86					
12.	Cecilia Branco Almeida	97	Gesloures	<b>4:56.53</b>	+0,86	524
	50m: 33.63 33.63 150m: 1:47.88 37.85 250m: 3:04.32 38.72 350m: 4:19.99 37.82					
	100m: 1:10.03 36.40 200m: 2:25.60 37.72 300m: 3:42.17 37.85 400m: 4:56.53 36.54					
13.	Adriana Daniela Castro	97	Fluvial Portuense	<b>4:56.96</b>	+0,92	522
	50m: 34.49 34.49 150m: 1:50.54 38.36 250m: 3:07.41 38.68 350m: 4:22.54 37.40					
	100m: 1:12.18 37.69 200m: 2:28.73 38.19 300m: 3:45.14 37.73 400m: 4:56.96 34.42					
14.	Ines Silva Mendes	97	Nautico/Matobra	<b>4:57.18</b>	+0,92	521
	50m: 33.15 33.15 150m: 1:47.21 37.48 250m: 3:03.60 37.93 350m: 4:20.31 37.83					
	100m: 1:09.73 36.58 200m: 2:25.67 38.46 300m: 3:42.48 38.88 400m: 4:57.18 36.87					
15.	Maria Joao Fernandes	97	Porto/Dolce Vita	<b>4:57.34</b>	+0,82	520
	50m: 32.84 32.84 150m: 1:47.65 38.36 250m: 3:05.86 38.62 350m: 4:21.63 36.83					
	100m: 1:09.29 36.45 200m: 2:27.24 39.59 300m: 3:44.80 38.94 400m: 4:57.34 35.71					
16.	Ana Micaela Carvalho	97	Famalicao	<b>4:59.10</b>	+0,89	511
	50m: 33.12 33.12 150m: 1:47.84 37.77 250m: 3:04.84 38.89 350m: 4:21.55 38.24					
	100m: 1:10.07 36.95 200m: 2:25.95 38.11 300m: 3:43.31 38.47 400m: 4:59.10 37.55					
17.	Patricia Daniela Machado	97	Braga	<b>4:59.11</b>	+0,99	511
	50m: 33.10 33.10 150m: 1:47.98 38.15 250m: 3:04.97 38.44 350m: 4:21.80 38.26					
	100m: 1:09.83 36.73 200m: 2:26.53 38.55 300m: 3:43.54 38.57 400m: 4:59.11 37.31					
18.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeiro	<b>4:59.50</b>	+0,99	509
	50m: 33.02 33.02 150m: 1:47.11 37.88 250m: 3:05.26 39.04 350m: 4:22.52 38.38					
	100m: 1:09.23 36.21 200m: 2:26.22 39.11 300m: 3:44.14 38.88 400m: 4:59.50 36.98					

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 20, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	<b>5:00.46</b>	+0,89	504
	50m: 34.08 34.08	150m: 1:50.97 38.31	250m: 3:07.98 38.23	350m: 4:24.80 38.09		
	100m: 1:12.66 38.58	200m: 2:29.75 38.78	300m: 3:46.71 38.73	400m: 5:00.46 35.66		
20.	Sara Filipe Marcos	97	Natacao de Olhao	<b>5:01.11</b>	+0,84	500
	50m: 34.23 34.23	150m: 1:49.72 38.29	250m: 3:06.78 38.69	350m: 4:23.69 38.11		
	100m: 1:11.43 37.20	200m: 2:28.09 38.37	300m: 3:45.58 38.80	400m: 5:01.11 37.42		
21.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	<b>5:01.31</b>	+0,75	500
	50m: 33.42 33.42	150m: 1:49.23 37.90	250m: 3:06.13 38.72	350m: 4:23.48 38.79		
	100m: 1:11.33 37.91	200m: 2:27.41 38.18	300m: 3:44.69 38.56	400m: 5:01.31 37.83		
22.	Matilde Cotrim Vasconcelos	97	Naval do Funchal	<b>5:02.34</b>	+0,77	494
	<i>FTL</i>					
	50m: 32.44 32.44	150m: 1:48.67 39.49	250m: 3:08.76 40.20	350m: 4:25.77 38.34		
	100m: 1:09.18 36.74	200m: 2:28.56 39.89	300m: 3:47.43 38.67	400m: 5:02.34 36.57		
23.	Ines Sofia Borba	97	Litoral Alentejano	<b>5:03.50</b>	+0,86	489
	<i>FTL</i>					
	50m: 33.06 33.06	150m: 1:48.01 38.25	250m: 3:05.87 39.35	350m: 4:24.70 39.62		
	100m: 1:09.76 36.70	200m: 2:26.52 38.51	300m: 3:45.08 39.21	400m: 5:03.50 38.80		
24.	Catarina Ramos Moura	97	Scalabisport	<b>5:06.08</b>	+0,85	476
	<i>FTL</i>					
	50m: 34.33 34.33	150m: 1:50.86 39.01	250m: 3:09.26 39.32	350m: 4:27.91 39.71		
	100m: 1:11.85 37.52	200m: 2:29.94 39.08	300m: 3:48.20 38.94	400m: 5:06.08 38.17		
25.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	<b>5:06.69</b>	+0,81	474
	<i>FTL</i>					
	50m: 33.58 33.58	150m: 1:50.18 38.42	250m: 3:09.08 38.80	350m: 4:28.33 38.71		
	100m: 1:11.76 38.18	200m: 2:30.28 40.10	300m: 3:49.62 40.54	400m: 5:06.69 38.36		
26.	Mafalda Cristina Pita	97	Electrico Clube	<b>5:08.87</b>	+1,04	464
	<i>FTL</i>					
	50m: 33.89 33.89	150m: 1:50.96 39.59	250m: 3:09.67 39.63	350m: 4:29.21 39.37		
	100m: 1:11.37 37.48	200m: 2:30.04 39.08	300m: 3:49.84 40.17	400m: 5:08.87 39.66		
27.	Ana Sofia Ramos	97	Fafe	<b>5:10.31</b>	+0,93	457
	<i>FTL</i>					
	50m: 33.51 33.51	150m: 1:49.10 38.67	250m: 3:08.65 39.93	350m: 4:30.29 41.09		
	100m: 1:10.43 36.92	200m: 2:28.72 39.62	300m: 3:49.20 40.55	400m: 5:10.31 40.02		

Campeonato Nacional de Juvenis PL  
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Prova 21  
27-03-2011 - 11:00

Masc., 200m Bruços

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Juv B	2:24.15	Andre Miguel Silva	PDEM	Loulé	10-06-2006
Recordes Nacionais 50m Juv A	2:23.94	Andre Miguel Silva	PDEM	Coimbra	25-03-2007

TAC Masc Juv A Juv A: 2:46.00 / TAC Masc Juv B Juv B: 2:51.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Paulo Andre Silva MAC	96	Vilacondense	<b>2:35.00</b>	+0,68	554
	50m: 35.15 35.15	100m: 1:14.67 39.52	150m: 1:54.61 39.94	200m: 2:35.00 40.39		
2.	Rodrigo Silverio Carmo MAC	96	Colegio Vasco da Gama	<b>2:35.81</b>	+0,67	545
	50m: 35.13 35.13	100m: 1:14.68 39.55	150m: 1:55.37 40.69	200m: 2:35.81 40.44		
3.	Joao Filipe Costa MAC	96	Sporting	<b>2:39.44</b>	+0,70	509
	50m: 35.57 35.57	100m: 1:16.43 40.86	150m: 1:57.36 40.93	200m: 2:39.44 42.08		
4.	Artur Jose Reis MAC	96	Porto/Dolce Vita	<b>2:40.92</b>	+0,91	495
	50m: 35.38 35.38	100m: 1:16.39 41.01	150m: 1:58.58 42.19	200m: 2:40.92 42.34		
5.	Diogo Emanuel Faria MAC	96	Naval do Funchal	<b>2:41.22</b>	+0,99	492
	50m: 36.45 36.45	100m: 1:18.74 42.29	150m: 2:00.33 41.59	200m: 2:41.22 40.89		
6.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>2:42.61</b>	+0,74	479
	50m: 36.29 36.29	100m: 1:18.01 41.72	150m: 2:01.34 43.33	200m: 2:42.61 41.27		
7.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>2:43.72</b>	+0,76	470
	50m: 36.34 36.34	100m: 1:18.42 42.08	150m: 2:01.28 42.86	200m: 2:43.72 42.44		
8.	Joao Paulo Capitao	96	Feirense	<b>2:44.37</b>	+0,86	464
	50m: 36.35 36.35	100m: 1:17.17 40.82	150m: 2:00.05 42.88	200m: 2:44.37 44.32		
9.	Jose Rui Coelho	96	Lousada SXXI	<b>2:45.65</b>	+0,65	453
	50m: 36.20 36.20	100m: 1:18.33 42.13	150m: 2:02.33 44.00	200m: 2:45.65 43.32		
10.	Andre Figueiredo Almeida	96	Beja	<b>2:46.56</b>	+0,83	446
	50m: 37.29 37.29	100m: 1:19.78 42.49	150m: 2:03.61 43.83	200m: 2:46.56 42.95		
11.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>2:46.86</b>	+0,92	444
	50m: 36.95 36.95	100m: 1:19.49 42.54	150m: 2:03.39 43.90	200m: 2:46.86 43.47		
12.	Leonardo Peralta Reis	96	Benedita	<b>2:47.08</b>	+0,91	442
	50m: 37.47 37.47	100m: 1:20.49 43.02	150m: 2:04.15 43.66	200m: 2:47.08 42.93		
13.	Bruno Alexandre Sousa	96	Gespacos	<b>2:47.87</b>	+0,85	436
	50m: 38.89 38.89	100m: 1:21.77 42.88	150m: 2:05.07 43.30	200m: 2:47.87 42.80		
14.	Gil Silva Santos	96	Gespacos	<b>2:48.76</b>	+0,90	429
	50m: 37.83 37.83	100m: 1:20.86 43.03	150m: 2:05.13 44.27	200m: 2:48.76 43.63		
15.	Carlos Diogo Morais	96	Natacao de Chaves	<b>2:49.64</b>	+0,64	422
	50m: 38.15 38.15	100m: 1:21.71 43.56	150m: 2:06.00 44.29	200m: 2:49.64 43.64		

Campeonato Nacional de Juvenis PL  
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Prova 21, Masc., 200m Bruços, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Andre da Costa Coelho 50m: 37.90 37.90	96	Nucleo Sportinguista	<b>2:49.91</b>	+0,68	420
		100m: 1:22.40 44.50		44.93	200m: 2:49.91	42.58
17.	Miguel Angelo Cruz FTL 50m: 38.50 38.50	96	Gespacos	<b>2:51.33</b>	+0,92	410
		100m: 1:21.76 43.26		44.31	200m: 2:51.33	45.26
18.	Rodrigo Figueira Neto FTL 50m: 36.08 36.08	96	Bombeiros dos Estoris	<b>2:51.42</b>	+0,77	409
		100m: 1:19.36 43.28		46.62	200m: 2:51.42	45.44
19.	Bruno Campos Neto FTL 50m: 39.68 39.68	96	Gespacos	<b>2:53.74</b>	+0,86	393
		100m: 1:23.11 43.43		44.63	200m: 2:53.74	46.00
20.	Ricardo Daniel Goncalves FTL 50m: 38.70 38.70	96	Ginasio de Vila Real	<b>2:53.98</b>	+0,74	391
		100m: 1:22.95 44.25		45.52	200m: 2:53.98	45.51
21.	Bruno Miguel Rainho FTL 50m: 39.16 39.16	96	Gesloures	<b>2:55.14</b>	+1,21	384
		100m: 1:23.62 44.46		47.50	200m: 2:55.14	44.02
22.	Rodrigo Guedes Moreira FTL 50m: 38.17 38.17	96	Louletano/ Loule Concelho	<b>2:57.07</b>	+0,79	371
		100m: 1:23.09 44.92		46.69	200m: 2:57.07	47.29

Juvenis A

1.	Luis Manuel Fernandes MAC 50m: 33.92 33.92	95	Famalicao	<b>2:27.50</b>	+0,67	643
		100m: 1:11.59 37.67		38.18	200m: 2:27.50	37.73
2.	Diogo Miguel Silva MAC 50m: 33.39 33.39	95	Uniao Piedense	<b>2:27.70</b>	+0,74	640
		100m: 1:12.24 38.85		38.02	200m: 2:27.70	37.44
3.	Goncalo Pereira Sa MAC 50m: 34.76 34.76	95	Feirense	<b>2:32.70</b>	+0,76	579
		100m: 1:13.28 38.52		39.75	200m: 2:32.70	39.67
4.	Mauro Filipe Viegas MAC 50m: 34.07 34.07	95	Natacao de Olhao	<b>2:33.41</b>	+0,64	571
		100m: 1:13.42 39.35		40.06	200m: 2:33.41	39.93
5.	Nuno Miguel Feliciano MAC 50m: 34.24 34.24	95	Alcobaca	<b>2:35.48</b>	+0,65	548
		100m: 1:13.72 39.48		41.23	200m: 2:35.48	40.53
6.	Pedro Miguel Ribeiro MAC 50m: 34.44 34.44	95	Academico Viseu	<b>2:35.73</b>	+0,89	546
		100m: 1:14.57 40.13		40.76	200m: 2:35.73	40.40
7.	Joao Andre Neves MAC 50m: 34.56 34.56	95	Associacao Academica	<b>2:36.76</b>	+0,61	535
		100m: 1:14.00 39.44		41.30	200m: 2:36.76	41.46

Campeonato Nacional de Juvenis PL  
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Prova 21, Masc., 200m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Pedro Alexandre Bento 50m: 35.16 35.16	95	Alges	<b>2:38.12</b>	+0,74	521
		100m:	1:14.55 39.39	150m: 1:56.20	41.65	200m: 2:38.12 41.92
9.	Andre Machado Vale 50m: 35.14 35.14	95	Viana Natacao	<b>2:38.94</b>	+0,84	513
		100m:	1:15.89 40.75	150m: 1:57.23	41.34	200m: 2:38.94 41.71
10.	Joao Pedro Neto 50m: 35.15 35.15	95	Naval Setubalense	<b>2:39.61</b>	+0,72	507
		100m:	1:15.61 40.46	150m: 1:57.19	41.58	200m: 2:39.61 42.42
11.	Luis Miguel Lopes 50m: 36.38 36.38	95	Foca	<b>2:39.70</b>	+0,94	506
		100m:	1:17.22 40.84	150m: 1:58.89	41.67	200m: 2:39.70 40.81
12.	Miguel Angelo Cruz 50m: 34.89 34.89	95	Sporting	<b>2:39.75</b>	+0,63	506
		100m:	1:14.81 39.92	150m: 1:56.19	41.38	200m: 2:39.75 43.56
13.	Pedro Afonso Centeno 50m: 35.74 35.74	95	Colegio Vasco da Gama	<b>2:40.20</b>	+0,63	501
		100m:	1:17.00 41.26	150m: 1:59.16	42.16	200m: 2:40.20 41.04
14.	Hugo Ricardo Gambutas 50m: 36.58 36.58	95	Estremoz/Estremozcarnes	<b>2:40.51</b>	+0,84	498
		100m:	1:17.95 41.37	150m: 1:59.37	41.42	200m: 2:40.51 41.14
15.	Carlos Cunha Costa 50m: 35.93 35.93	95	Fafe	<b>2:40.68</b>	+0,94	497
		100m:	1:16.92 40.99	150m: 1:58.63	41.71	200m: 2:40.68 42.05
16.	Tiago Sobral Coelho 50m: 36.55 36.55	95	Ginasio de Santo Tirso	<b>2:40.82</b>	+0,80	496
		100m:	1:18.25 41.70	150m: 2:00.13	41.88	200m: 2:40.82 40.69
17.	Joao Valentim Compoete 50m: 36.59 36.59	95	Amadora	<b>2:42.00</b>	+0,87	485
		100m:	1:18.59 42.00	150m: 1:59.57	40.98	200m: 2:42.00 42.43
18.	Henrique Jose Marquez 50m: 36.23 36.23	95	Galitos	<b>2:42.71</b>	+0,78	479
		100m:	1:18.51 42.28	150m: 2:01.78	43.27	200m: 2:42.71 40.93
19.	Mauro Gaspar Ferreira 50m: 37.33 37.33	95	Desporto de Barcelos	<b>2:45.11</b>	+0,97	458
		100m:	1:19.29 41.96	150m: 2:03.09	43.80	200m: 2:45.11 42.02
20.	Frederico Renato Sousa <i>FTL</i> 50m: 37.15 37.15	95	Gespacos	<b>2:46.68</b>	+0,88	445
		100m:	1:18.49 41.34	150m: 2:02.08	43.59	200m: 2:46.68 44.60
21.	Manuel Henrique Alves <i>FTL</i> 50m: 38.49 38.49	95	Desportiva de Viana	<b>2:47.62</b>	+0,71	438
		100m:	1:21.64 43.15	150m: 2:04.95	43.31	200m: 2:47.62 42.67
22.	Carlos Dias Inacio <i>FTL</i> 50m: 36.99 36.99	95	Portinado	<b>2:49.20</b>	+0,73	425
		100m:	1:19.89 42.90	150m: 2:05.37	45.48	200m: 2:49.20 43.83
DNS	Ricardo Filipe Ferreira	95	Pimpoes/Cimai			
EXH	Vitaly Vasylyovech Nachychko 50m: 37.34 37.34	96	Maritimo	<b>2:43.93</b>	+0,80	468
		100m:	1:19.62 42.28	150m: 2:02.62	43.00	200m: 2:43.93 41.31

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 22  
27-03-2011 - 11:40

Femin., 200m Costas

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	08-08-1993
Recordes Nacionais 50m Juv	2:22.61	Joana Carina Silva	LSXXI	Povoa de Varzim	06-02-2011

TAC Fem Juv : 2:44.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joana Carina Silva MAC	97	Lousada SXXI	<b>2:22.70</b>	+0,64	669
	50m: 32.96 32.96	100m: 1:09.18 36.22	150m: 1:46.74 37.56	200m: 2:22.70 35.96		
2.	Francisca Gomes Azevedo MAC	97	Alges	<b>2:25.53</b>	+0,73	630
	50m: 33.99 33.99	100m: 1:10.92 36.93	150m: 1:48.42 37.50	200m: 2:25.53 37.11		
3.	Ines Camacho Fernandes MAC	97	Sporting	<b>2:26.59</b>	+0,56	617
	50m: 32.91 32.91	100m: 1:10.19 37.28	150m: 1:48.76 38.57	200m: 2:26.59 37.83		
4.	Bruna Elisabete Paulino MAC	97	Alcobaca	<b>2:31.60</b>	+0,85	558
	50m: 35.68 35.68	100m: 1:14.08 38.40	150m: 1:53.09 39.01	200m: 2:31.60 38.51		
5.	Beatriz Neves Craveiro MAC	97	Nautico/Matobra	<b>2:31.89</b>	+0,78	554
	50m: 35.12 35.12	100m: 1:14.40 39.28	150m: 1:53.98 39.58	200m: 2:31.89 37.91		
6.	Iolanda Ribeiro Pinheiro MAC	97	Penafiel	<b>2:32.68</b>	+0,68	546
	50m: 35.49 35.49	100m: 1:14.51 39.02	150m: 1:54.40 39.89	200m: 2:32.68 38.28		
7.	Catarina Brito Ferreira MAC	97	Naval Setubalense	<b>2:33.17</b>	+0,76	541
	50m: 35.58 35.58	100m: 1:13.87 38.29	150m: 1:53.37 39.50	200m: 2:33.17 39.80		
8.	Filipa Vicente Custois MAC	97	Benedita	<b>2:34.35</b>	+0,71	528
	50m: 36.92 36.92	100m: 1:16.58 39.66	150m: 1:56.66 40.08	200m: 2:34.35 37.69		
9.	Juliana Lima Freixo MAC	97	Desportiva de Viana	<b>2:35.24</b>	+0,69	519
	50m: 35.20 35.20	100m: 1:14.37 39.17	150m: 1:55.55 41.18	200m: 2:35.24 39.69		
10.	Rute Rocha Ines MAC	97	Louletano/ Loule Concelho	<b>2:35.67</b>	+0,74	515
	50m: 33.71 33.71	100m: 1:11.92 38.21	150m: 1:54.33 42.41	200m: 2:35.67 41.34		
11.	Margarida Teixeira Monteiro	97	Desportiva Limiana	<b>2:37.39</b>	+0,76	498
	50m: 35.50 35.50	100m: 1:15.75 40.25	150m: 1:57.09 41.34	200m: 2:37.39 40.30		
12.	Beatriz Filipa Matos	97	Nautico/Matobra	<b>2:38.21</b>	+0,77	490
	50m: 37.25 37.25	100m: 1:16.69 39.44	150m: 1:57.99 41.30	200m: 2:38.21 40.22		
13.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	<b>2:38.76</b>	+0,68	485
	50m: 37.11 37.11	100m: 1:16.51 39.40	150m: 1:57.86 41.35	200m: 2:38.76 40.90		
14.	Maria Alves Ferreira	97	Famalicao	<b>2:39.01</b>	+0,70	483
	50m: 37.18 37.18	100m: 1:17.46 40.28	150m: 1:59.68 42.22	200m: 2:39.01 39.33		

Campeonato Nacional de Juvenis PL  
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Prova 22, Femin., 200m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Joana Faria Lobo 50m: 37.38 37.38	97	Alges	<b>2:39.73</b>	+0,74	477
	100m: 1:17.31 39.93			150m: 1:58.71	41.40	200m: 2:39.73 41.02
16.	Joana Varela Joaquim 50m: 36.12 36.12	97	Portinado	<b>2:41.11</b>	+0,83	464
	100m: 1:17.33 41.21			150m: 2:00.19	42.86	200m: 2:41.11 40.92
17.	Violante Pascoal Fontoura 50m: 37.80 37.80	97	Viana Natacao	<b>2:41.58</b>	+0,73	460
	100m: 1:19.23 41.43			150m: 2:00.90	41.67	200m: 2:41.58 40.68
18.	Cintia Mariana Fernandes 50m: 37.41 37.41	97	Associacao Academica	<b>2:41.63</b>	+0,62	460
	100m: 1:18.78 41.37			150m: 2:01.76	42.98	200m: 2:41.63 39.87
19.	Rafaela Sanches Costa 50m: 37.81 37.81	97	Naval Amorense	<b>2:41.84</b>	+0,61	458
	100m: 1:19.41 41.60			150m: 2:01.46	42.05	200m: 2:41.84 40.38
20.	Ana Beatriz Pedro 50m: 37.39 37.39	97	Pimpoes/Cimai	<b>2:42.21</b>	+0,68	455
	100m: 1:18.23 40.84			150m: 2:00.67	42.44	200m: 2:42.21 41.54
21.	Diana Sofia Silva 50m: 37.84 37.84	97	Braga	<b>2:42.29</b>	+1,87	454
	100m: 1:18.27 40.43			150m: 2:00.53	42.26	200m: 2:42.29 41.76
22.	Beatriz Oliveira Luis 50m: 37.76 37.76	97	Pimpoes/Cimai	<b>2:42.55</b>	+0,71	452
	100m: 1:19.06 41.30			150m: 2:01.34	42.28	200m: 2:42.55 41.21
23.	Claudia Isabel Semiao 50m: 37.70 37.70	97	Aminata	<b>2:42.76</b>	+0,75	450
	100m: 1:18.50 40.80			150m: 2:01.91	43.41	200m: 2:42.76 40.85
24.	Ana Catarina Pereira 50m: 37.97 37.97	97	Porto/Dolce Vita	<b>2:43.53</b>	+0,84	444
	100m: 1:19.80 41.83			150m: 2:03.96	44.16	200m: 2:43.53 39.57
25.	Rita Teixeira Costa <i>FTL</i> 50m: 37.47 37.47	97	Belenenses	<b>2:44.08</b>	+0,74	440
	100m: 1:18.96 41.49			150m: 2:02.29	43.33	200m: 2:44.08 41.79
26.	Andreia Fatima Gomes <i>FTL</i> 50m: 37.18 37.18	97	Viana Natacao	<b>2:44.26</b>	+0,63	438
	100m: 1:18.17 40.99			150m: 2:01.31	43.14	200m: 2:44.26 42.95
	Cecilia Branco Almeida <i>FTL</i> 50m: 38.62 38.62	97	Gesloures	<b>2:44.26</b>	+0,74	438
	100m: 1:20.31 41.69			150m: 2:02.66	42.35	200m: 2:44.26 41.60
28.	Sonia Alexandra Leite <i>FTL</i> 50m: 38.46 38.46	97	Vitoria de Guimaraes	<b>2:44.70</b>	+0,74	435
	100m: 1:19.78 41.32			150m: 2:02.98	43.20	200m: 2:44.70 41.72
29.	Ana Catarina Liberal <i>FTL</i> 50m: 38.91 38.91	97	Nautico/Matobra	<b>2:47.57</b>	+0,87	413
	100m: 1:21.00 42.09			150m: 2:04.77	43.77	200m: 2:47.57 42.80
30.	Maria Joao Fernandes <i>FTL</i> 50m: 38.55 38.55	97	Porto/Dolce Vita	<b>2:47.59</b>	+0,72	413
	100m: 1:21.78 43.23			150m: 2:04.77	42.99	200m: 2:47.59 42.82
31.	Ana Micaela Carvalho <i>FTL</i> 50m: 38.89 38.89	97	Famalicao	<b>2:47.67</b>	+0,75	412
	100m: 1:21.86 42.97			150m: 2:05.81	43.95	200m: 2:47.67 41.86



Campeonato Nacional de Juvenis PL  
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Prova 22, Femin., 200m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
32.	Ines Filipa Palma <i>FTL</i>	97	Benfica	<b>2:49.63</b>	+0,70	398
	50m: 39.33 39.33	100m: 1:22.59	43.26	150m: 2:06.24	43.65	200m: 2:49.63 43.39
DSQ	Ana Rita Cruz <i>403 - Falsa partida - SW 4.4</i>	97	Uniao Piedense			

Prova 23

Masc., 200m Estilos

Juvenis

27-03-2011 - 12:00

Resultados

Recordes Nacionais 50m Absoluto	1:59.96	Diogo Filipe Carvalho	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	2:11.19	Diogo Filipe Carvalho	CGA	Lisboa	18-05-2003
Recordes Nacionais 50m Juv A	2:08.11	Carlos Esteves Almeida	CNA	Lisboa	31-07-2004

TAC Masc Juv A Juv A: 2:26.50 / TAC Masc Juv B Juv B: 2:29.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tomas Miguel Veloso <i>MAC</i>	96	Nautico/Matobra	<b>2:14.57</b>	+0,66	609
	50m: 29.31 29.31	100m: 1:05.75	36.44	150m: 1:44.18	38.43	200m: 2:14.57 30.39
2.	Jose Luis Gabriel <i>MAC</i>	96	Academico Viseu	<b>2:16.09</b>	+0,91	589
	50m: 29.78 29.78	100m: 1:04.45	34.67	150m: 1:45.09	40.64	200m: 2:16.09 31.00
3.	Rafael Filipe Nunes <i>MAC</i>	96	Naval Amorense	<b>2:19.35</b>	+0,69	548
	50m: 29.94 29.94	100m: 1:05.76	35.82	150m: 1:46.69	40.93	200m: 2:19.35 32.66
4.	Pedro Ribeiro Santos <i>MAC</i>	96	Academico Viseu	<b>2:19.75</b>	+0,77	544
	50m: 30.20 30.20	100m: 1:06.05	35.85	150m: 1:47.98	41.93	200m: 2:19.75 31.77
5.	Antonio Miguel Vitorino	96	Viana Natacao	<b>2:22.21</b>	+0,79	516
	50m: 29.54 29.54	100m: 1:05.97	36.43	150m: 1:49.07	43.10	200m: 2:22.21 33.14
6.	Joao Pedro Santos	96	Vilacondense	<b>2:22.74</b>	+0,69	510
	50m: 28.86 28.86	100m: 1:05.78	36.92	150m: 1:49.34	43.56	200m: 2:22.74 33.40
7.	Rodrigo Silverio Carmo	96	Colegio Vasco da Gama	<b>2:23.01</b>	+0,71	507
	50m: 30.05 30.05	100m: 1:07.10	37.05	150m: 1:50.09	42.99	200m: 2:23.01 32.92
8.	Miguel Duarte Moreira	96	Belenenses	<b>2:24.03</b>		497
	50m: 30.81 30.81	100m: 1:09.32	38.51	150m: 1:51.95	42.63	200m: 2:24.03 32.08
9.	Pedro Manuel Rocha	96	Famalicao	<b>2:24.54</b>	+0,76	491
	50m: 30.00 30.00	100m: 1:07.35	37.35	150m: 1:51.52	44.17	200m: 2:24.54 33.02
10.	Artur Jose Reis	96	Porto/Dolce Vita	<b>2:24.67</b>	+0,79	490
	50m: 29.58 29.58	100m: 1:08.68	39.10	150m: 1:50.91	42.23	200m: 2:24.67 33.76
11.	Francisco Jose Fernandes	96	Nautico/Matobra	<b>2:26.36</b>	+0,75	473
	50m: 30.58 30.58	100m: 1:08.47	37.89	150m: 1:54.65	46.18	200m: 2:26.36 31.71

Campeonato Nacional de Juvenis PL  
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Prova 23, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>2:26.45</b>	+0,71	472
	50m: 30.49 30.49 100m: 1:09.30 38.81 150m: 1:53.46 44.16 200m: 2:26.45 32.99					
13.	Tiago Joao Meira	96	Viana Natacao	<b>2:26.51</b>	+0,94	472
	50m: 29.95 29.95 100m: 1:07.75 37.80 150m: 1:53.01 45.26 200m: 2:26.51 33.50					
14.	Alessandro Diogo Carvalho	96	Academico Viseu	<b>2:26.57</b>	+0,82	471
	50m: 29.80 29.80 100m: 1:08.43 38.63 150m: 1:53.40 44.97 200m: 2:26.57 33.17					
15.	Francisco Gouveia Sousa	96	Naval do Funchal	<b>2:27.09</b>	+0,80	466
	50m: 30.73 30.73 100m: 1:08.50 37.77 150m: 1:51.84 43.34 200m: 2:27.09 35.25					
16.	Pedro Rafael Cintrao	96	Nucleo de Pombal	<b>2:27.17</b>	+0,70	466
	50m: 31.32 31.32 100m: 1:10.44 39.12 150m: 1:55.69 45.25 200m: 2:27.17 31.48					
17.	Nuno Miguel Martins	96	Palmela	<b>2:27.60</b>	+0,82	461
	50m: 31.30 31.30 100m: 1:09.95 38.65 150m: 1:54.08 44.13 200m: 2:27.60 33.52					
18.	Vitor Samuel Rocha	96	Gespacos	<b>2:30.07</b>	+0,87	439
	<i>FTL</i> 50m: 30.62 30.62 100m: 1:08.13 37.51 150m: 1:56.36 48.23 200m: 2:30.07 33.71					
19.	Miguel Freitas Marques	96	Maritimo	<b>2:30.84</b>	+0,81	432
	<i>FTL</i> 50m: 30.94 30.94 100m: 1:10.67 39.73 150m: 1:56.14 45.47 200m: 2:30.84 34.70					
20.	Bruno Campos Neto	96	Gespacos	<b>2:31.14</b>	+0,83	430
	<i>FTL</i> 50m: 30.88 30.88 100m: 1:09.55 38.67 150m: 1:55.40 45.85 200m: 2:31.14 35.74					
21.	Miguel Angelo Alves	96	Naval Amorense	<b>2:31.17</b>	+0,71	429
	<i>FTL</i> 50m: 29.49 29.49 100m: 1:10.45 40.96 150m: 1:56.51 46.06 200m: 2:31.17 34.66					
22.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>2:31.53</b>	+0,82	426
	<i>FTL</i> 50m: 32.68 32.68 100m: 1:12.40 39.72 150m: 1:55.80 43.40 200m: 2:31.53 35.73					
23.	Miguel Galeao Lopes	96	Portinado	<b>2:35.42</b>	+0,81	395
	<i>FTL</i> 50m: 30.55 30.55 100m: 1:10.37 39.82 150m: 2:01.11 50.74 200m: 2:35.42 34.31					

Juvenis A

1.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	<b>2:10.25</b>	+0,74	672
	<i>MAC</i> 50m: 27.67 27.67 100m: 59.96 32.29 150m: 1:40.01 40.05 200m: 2:10.25 30.24					
2.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>2:10.76</b>	+0,65	664
	<i>MAC</i> 50m: 27.99 27.99 100m: 1:02.33 34.34 150m: 1:40.80 38.47 200m: 2:10.76 29.96					
3.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	<b>2:13.88</b>	+0,73	619
	<i>MAC</i> 50m: 28.82 28.82 100m: 1:03.26 34.44 150m: 1:42.23 38.97 200m: 2:13.88 31.65					

Campeonato Nacional de Juvenis PL  
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Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Miguel Bras Sergio MAC	95	Bombeiros dos Estoris	<b>2:19.17</b>	+0,79	551
	50m: 28.50 28.50	100m: 1:04.65 36.15	150m: 1:46.89 42.24	200m: 2:19.17 32.28		
5.	Diogo Miguel Silva	95	Uniao Piedense	<b>2:19.38</b>		548
	50m: 29.50 29.50	100m: 1:06.10 36.60	150m: 1:46.06 39.96	200m: 2:19.38 33.32		
6.	Rafael Filipe Torres	95	Sporting	<b>2:20.45</b>	+0,72	536
	50m: 29.60 29.60	100m: 1:06.38 36.78	150m: 1:47.59 41.21	200m: 2:20.45 32.86		
7.	Rodrigo Pereira Lopes	95	Amadora	<b>2:20.52</b>	+0,72	535
	50m: 29.21 29.21	100m: 1:04.81 35.60	150m: 1:47.03 42.22	200m: 2:20.52 33.49		
8.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	<b>2:21.49</b>	+0,76	524
	50m: 29.73 29.73	100m: 1:07.30 37.57	150m: 1:47.56 40.26	200m: 2:21.49 33.93		
9.	Fabio Miguel Samouco	95	Torres Novas	<b>2:21.83</b>	+0,70	520
	50m: 29.20 29.20	100m: 1:07.51 38.31	150m: 1:48.63 41.12	200m: 2:21.83 33.20		
10.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>2:22.50</b>	+0,81	513
	50m: 30.18 30.18	100m: 1:06.94 36.76	150m: 1:50.53 43.59	200m: 2:22.50 31.97		
11.	Joao Pedro Santos	95	Estarreja	<b>2:22.56</b>	+0,81	512
	50m: 29.23 29.23	100m: 1:05.53 36.30	150m: 1:48.59 43.06	200m: 2:22.56 33.97		
12.	Lourenco Silva Damas	95	Gesloures	<b>2:23.74</b>	+0,73	500
	50m: 29.16 29.16	100m: 1:07.32 38.16	150m: 1:50.52 43.20	200m: 2:23.74 33.22		
13.	Diogo Antonio Lopes	95	Torres Novas	<b>2:23.85</b>	+0,78	499
	50m: 29.91 29.91	100m: 1:08.32 38.41	150m: 1:52.46 44.14	200m: 2:23.85 31.39		
14.	Afonso Mateus Ribeiro	95	Belenenses	<b>2:25.41</b>	+0,66	483
	50m: 30.13 30.13	100m: 1:07.61 37.48	150m: 1:51.80 44.19	200m: 2:25.41 33.61		
15.	Miguel Gomes Pereira	95	Naval Setubalense	<b>2:25.42</b>	+0,89	483
	50m: 30.94 30.94	100m: 1:08.14 37.20	150m: 1:51.64 43.50	200m: 2:25.42 33.78		
16.	Henrique Jose Marquez	95	Galitos	<b>2:25.95</b>		477
	50m: 29.28 29.28	100m: 1:08.25 38.97	150m: 1:51.28 43.03	200m: 2:25.95 34.67		
17.	Nuno Miguel Feliciano	95	Alcobaca	<b>2:26.00</b>	+0,68	477
	50m: 30.56 30.56	100m: 1:08.73 38.17	150m: 1:51.11 42.38	200m: 2:26.00 34.89		
18.	Daniel Ribeiro Sousa	95	Nautico da Marinha Grande	<b>2:26.33</b>	+0,81	474
	50m: 29.25 29.25	100m: 1:07.21 37.96	150m: 1:51.96 44.75	200m: 2:26.33 34.37		
19.	Luis Miguel Lopes FTL	95	Foca	<b>2:27.00</b>	+0,99	467
	50m: 33.12 33.12	100m: 1:11.71 38.59	150m: 1:52.99 41.28	200m: 2:27.00 34.01		
20.	Miguel Rego Borges FTL	95	Bombeiros de Ponta Delgada	<b>2:27.02</b>	+0,70	467
	50m: 29.83 29.83	100m: 1:08.45 38.62	150m: 1:52.43 43.98	200m: 2:27.02 34.59		
21.	Mauro Gaspar Ferreira FTL	95	Desporto de Barcelos	<b>2:27.13</b>	+0,88	466
	50m: 31.53 31.53	100m: 1:11.99 40.46	150m: 1:53.71 41.72	200m: 2:27.13 33.42		

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Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Diogo Sequeira Aparicio <i>FTL</i>	95	Porto/Dolce Vita	<b>2:27.30</b>	+0,79	464
	50m: 29.85 29.85	100m: 1:07.31 37.46	150m: 1:52.89 45.58	200m: 2:27.30 34.41		
23.	Guilherme Pedro Coelho <i>FTL</i>	95	Nautico/Matobra	<b>2:27.71</b>	+0,74	460
	50m: 31.45 31.45	100m: 1:09.45 38.00	150m: 1:53.87 44.42	200m: 2:27.71 33.84		
24.	Andre Filipe Teodoro <i>FTL</i>	95	Naval Setubalense	<b>2:28.73</b>	+0,89	451
	50m: 29.80 29.80	100m: 1:09.11 39.31	150m: 1:53.76 44.65	200m: 2:28.73 34.97		

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Prova 24 Juvenis  
27-03-2011 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Juv	2:09.97	Diana Ramos Rocha	EDV	Coimbra	17-05-2008

TAC Fem Juv : 2:24.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo MAC	97	Nautico da Marinha Grande	<b>2:11.25</b>	+0,90	637
	50m: 30.78 30.78	100m: 1:03.61 32.83	150m: 1:37.83 34.22	200m: 2:11.25 33.42		
2.	Maria Teresa Amorim MAC	97	Porto/Dolce Vita	<b>2:11.59</b>	+0,89	632
	50m: 31.19 31.19	100m: 1:04.76 33.57	150m: 1:39.04 34.28	200m: 2:11.59 32.55		
3.	Beatriz Neves Craveiro MAC	97	Nautico/Matobra	<b>2:14.95</b>	+0,83	586
	50m: 30.47 30.47	100m: 1:04.07 33.60	150m: 1:40.09 36.02	200m: 2:14.95 34.86		
4.	Francisca Gomes Azevedo MAC	97	Alges	<b>2:15.29</b>	+0,84	582
	50m: 31.52 31.52	100m: 1:06.68 35.16	150m: 1:41.61 34.93	200m: 2:15.29 33.68		
5.	Sara Faria Costa MAC	97	Braga	<b>2:15.57</b>	+1,02	578
	50m: 30.49 30.49	100m: 1:04.65 34.16	150m: 1:40.39 35.74	200m: 2:15.57 35.18		
6.	Ana Filipa Martins MAC	97	Foca	<b>2:16.18</b>	+0,89	571
	50m: 31.36 31.36	100m: 1:05.75 34.39	150m: 1:41.20 35.45	200m: 2:16.18 34.98		
7.	Carolina Sanchez Rodrigues MAC	97	Alges	<b>2:16.22</b>	+0,80	570
	50m: 30.82 30.82	100m: 1:05.51 34.69	150m: 1:41.26 35.75	200m: 2:16.22 34.96		
8.	Barbara Marques Rodrigues MAC	97	Alges	<b>2:16.64</b>	+0,88	565
	50m: 31.75 31.75	100m: 1:06.13 34.38	150m: 1:42.09 35.96	200m: 2:16.64 34.55		
9.	Maria Carolina Centeno	97	Colegio Vasco da Gama	<b>2:18.33</b>	+0,73	544
	50m: 31.89 31.89	100m: 1:07.36 35.47	150m: 1:43.35 35.99	200m: 2:18.33 34.98		
10.	Ana Carolina Trindade	97	Amadora	<b>2:19.10</b>	+0,86	535
	50m: 31.86 31.86	100m: 1:06.59 34.73	150m: 1:42.26 35.67	200m: 2:19.10 36.84		
11.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	<b>2:20.00</b>	+0,92	525
	50m: 32.73 32.73	100m: 1:07.30 34.57	150m: 1:43.63 36.33	200m: 2:20.00 36.37		
12.	Rute Rocha Ines	97	Louletano/ Loule Concelho	<b>2:20.17</b>	+0,86	523
	50m: 32.24 32.24	100m: 1:07.49 35.25	150m: 1:43.92 36.43	200m: 2:20.17 36.25		
13.	Rute Santos Ferreira	97	Porto/Dolce Vita	<b>2:20.23</b>	+0,94	522
	50m: 32.44 32.44	100m: 1:08.50 36.06	150m: 1:44.95 36.45	200m: 2:20.23 35.28		
14.	Ana Rita Cruz	97	Uniao Piedense	<b>2:20.54</b>	+1,06	519
	50m: 32.44 32.44	100m: 1:07.85 35.41	150m: 1:45.23 37.38	200m: 2:20.54 35.31		
15.	Ines Sofia Borba	97	Litoral Alentejano	<b>2:20.58</b>	+0,84	519
	50m: 32.46 32.46	100m: 1:08.01 35.55	150m: 1:44.93 36.92	200m: 2:20.58 35.65		

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 24, Femin., 200m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Matilde Domingues Gameiro	97	Nautico/Matobra	<b>2:20.95</b>	+1,06	515
	50m: 32.20 32.20 100m: 1:08.20 36.00 150m: 1:44.93 36.73 200m: 2:20.95 36.02					
17.	Rita Teixeira Costa	97	Belenenses	<b>2:21.10</b>	+0,92	513
	50m: 32.00 32.00 100m: 1:08.38 36.38 150m: 1:46.10 37.72 200m: 2:21.10 35.00					
18.	Matilde Cotrim Vasconcelos	97	Naval do Funchal	<b>2:21.16</b>	+0,81	512
	50m: 32.70 32.70 100m: 1:08.69 35.99 150m: 1:45.80 37.11 200m: 2:21.16 35.36					
19.	Maria Joao Fernandes	97	Porto/Dolce Vita	<b>2:21.42</b>	+0,82	509
	50m: 31.77 31.77 100m: 1:08.22 36.45 150m: 1:45.34 37.12 200m: 2:21.42 36.08					
20.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	<b>2:21.46</b>	+0,84	509
	50m: 33.46 33.46 100m: 1:09.95 36.49 150m: 1:46.51 36.56 200m: 2:21.46 34.95					
21.	Joana Carina Silva	97	Lousada SXXI	<b>2:21.47</b>	+1,03	509
	50m: 31.58 31.58 100m: 1:06.63 35.05 150m: 1:44.21 37.58 200m: 2:21.47 37.26					
22.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeiro	<b>2:22.88</b>	+0,95	494
	50m: 31.74 31.74 100m: 1:07.59 35.85 150m: 1:45.36 37.77 200m: 2:22.88 37.52					
23.	Ines Silva Mendes	97	Nautico/Matobra	<b>2:23.44</b>	+1,05	488
	50m: 32.74 32.74 100m: 1:08.62 35.88 150m: 1:46.37 37.75 200m: 2:23.44 37.07					
24.	Cecilia Branco Almeida	97	Geslours	<b>2:23.78</b>	+0,89	485
	50m: 33.85 33.85 100m: 1:10.36 36.51 150m: 1:48.04 37.68 200m: 2:23.78 35.74					
25.	Sara Filipe Marcos FTL	97	Natacao de Olhao	<b>2:25.42</b>	+0,88	468
	50m: 33.44 33.44 100m: 1:09.96 36.52 150m: 1:47.93 37.97 200m: 2:25.42 37.49					
26.	Catarina Ramos Moura FTL	97	Scalabisport	<b>2:25.90</b>	+0,80	464
	50m: 33.59 33.59 100m: 1:10.37 36.78 150m: 1:48.48 38.11 200m: 2:25.90 37.42					
27.	Beatriz Oliveira Luis FTL	97	Pimpoes/Cimai	<b>2:26.12</b>	+0,81	462
	50m: 33.86 33.86 100m: 1:11.70 37.84 150m: 1:49.53 37.83 200m: 2:26.12 36.59					

Campeonato Nacional de Juvenis PL  
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Prova 25 Masc., 100m Livres Juvenis  
27-03-2011 - 16:15 Resultados

Recordes Nacionais 50m Absoluto	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29-07-2009
Recordes Nacionais 50m Juv B	53.51	Tiago Andre Venancio	CNS	Lisboa	19-05-2002
Recordes Nacionais 50m Juv A	52.10	Tiago Andre Venancio	FPN	Paris (FRA)	28-07-2003

TAC Masc Juv A Juv A: 58.50 / TAC Masc Juv B Juv B: 1:00.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tiago Manuel Teixeira MAC	96	Fafe	<b>55.77</b>	+0,68	595
	50m: 26.63 26.63	100m:	55.77 29.14			
2.	Goncalo Cardoso Carmo MAC	96	Colegio Vasco da Gama	<b>56.31</b>	+0,74	578
	50m: 27.38 27.38	100m:	56.31 28.93			
3.	Andre Filipe Farinha MAC	96	Benfica	<b>56.89</b>	+0,85	560
	50m: 27.81 27.81	100m:	56.89 29.08			
4.	Bruno Miguel Silva	96	Porto/Dolce Vita	<b>57.12</b>	+0,77	553
	50m: 27.43 27.43	100m:	57.12 29.69			
5.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	<b>57.34</b>	+0,81	547
	50m: 28.00 28.00	100m:	57.34 29.34			
6.	Joao Pedro Santos	96	Vilacondense	<b>57.36</b>	+0,70	546
	50m: 27.26 27.26	100m:	57.36 30.10			
7.	Joao Carlos Santos	96	Naval Amorense	<b>57.51</b>	+0,72	542
	50m: 27.88 27.88	100m:	57.51 29.63			
8.	Rafael Lourenco Gil	96	Monteges	<b>57.60</b>	+0,76	540
	50m: 28.05 28.05	100m:	57.60 29.55			
9.	Artur Jose Reis	96	Porto/Dolce Vita	<b>57.83</b>	+0,79	533
	50m: 28.00 28.00	100m:	57.83 29.83			
	Paulo Andre Silva	96	Vilacondense	<b>57.83</b>	+0,70	533
	50m: 27.53 27.53	100m:	57.83 30.30			
11.	Tiago Joao Meira	96	Viana Natacao	<b>57.94</b>	+0,77	530
	50m: 27.63 27.63	100m:	57.94 30.31			
12.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>58.19</b>	+0,83	523
	50m: 27.49 27.49	100m:	58.19 30.70			
13.	Miguel Prata Santos	96	Viana Natacao	<b>58.24</b>	+0,73	522
	50m: 28.27 28.27	100m:	58.24 29.97			
14.	Bruno Caseiro Dias	96	Gesloures	<b>58.40</b>	+0,65	518
	50m: 28.06 28.06	100m:	58.40 30.34			
15.	Rodrigo Filipe Policarpo	96	Padres Redentoristas	<b>58.74</b>	+0,82	509
	50m: 28.38 28.38	100m:	58.74 30.36			
16.	Luis Rafael Brazil	96	Fisica Torres Vedras	<b>59.16</b>	+0,73	498
	50m: 28.16 28.16	100m:	59.16 31.00			

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 25, Masc., 100m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Andre Filipe Rocha 50m: 28.51 28.51	96	Leixoes	<b>59.19</b>	+0,69	497
18.	David Nunes Sousa 50m: 29.09 29.09	96	Famalicao	<b>59.46</b>	+0,88	491
19.	Joao Jose Vilela 50m: 28.97 28.97	96	Vilacondense	<b>59.47</b>	+0,85	490
20.	Tiago Lopes Reis 50m: 28.28 28.28	96	Porto/Dolce Vita	<b>59.52</b>	+0,89	489
21.	Miguel Galeao Lopes 50m: 28.48 28.48	96	Portinado	<b>59.54</b>	+0,82	489
22.	Diogo Henrique Gomes 50m: 28.40 28.40	96	Porto/Dolce Vita	<b>59.59</b>	+0,70	487
23.	Joao Pernetá Lima 50m: 28.70 28.70	96	Naval do Funchal	<b>59.65</b>	+0,77	486
24.	Ricardo Miguel Alves 50m: 28.54 28.54	96	Viana Natacao	<b>59.69</b>	+0,82	485
25.	Frederico Sousa Soares 50m: 28.30 28.30	96	Bombeiros dos Estoris	<b>59.70</b>	+0,76	485
26.	Francisco Gouveia Sousa 50m: 28.76 28.76	96	Naval do Funchal	<b>59.76</b>	+0,78	483
27.	Nuno Miguel Martins 50m: 29.04 29.04	96	Palmela	<b>59.79</b>	+0,79	482
28.	Joao Filipe Costa FTL 50m: 28.69 28.69	96	Sporting	<b>1:00.14</b>	+0,71	474
DSQ	Miguel Duarte Moreira 403 - Falsa partida - SW 4.4	96	Belenenses			

Juvenis A

1.	Diogo Gomes Sousa MAC 50m: 26.35 26.35	95	Colegio Vasco da Gama	<b>53.64</b>	+0,71	668
2.	Tomas Correia Silva MAC 50m: 26.57 26.57	95	Porto/Dolce Vita	<b>54.30</b>	+0,65	644
3.	Miguel Duarte Nascimento MAC 50m: 25.81 25.81	95	Portinado	<b>54.69</b>	+0,76	631
4.	Joao Duarte Santos MAC 50m: 26.65 26.65	95	Natacao de Olhao	<b>54.72</b>	+0,67	630



Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 25, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Afonso Lopes dos Santos MAC	95	Pimpoes/Cimai	<b>54.80</b>	+0,70	627
	50m: 26.11 26.11	100m: 54.80 28.69				
6.	Tiago Ferreira Azevedo MAC	95	Naval Amorense	<b>54.88</b>	+0,67	624
	50m: 26.20 26.20	100m: 54.88 28.68				
7.	Frederico Manuel Moeda MAC	95	Estrelas S. Joao de Brito	<b>55.23</b>	+0,71	612
	50m: 26.47 26.47	100m: 55.23 28.76				
8.	Walter Marcos Neto MAC	95	BA/Mr.Pizza	<b>55.54</b>	+0,71	602
	50m: 26.60 26.60	100m: 55.54 28.94				
9.	Diogo Antonio Lopes	95	Torres Novas	<b>55.76</b>	+0,71	595
	50m: 27.11 27.11	100m: 55.76 28.65				
10.	Rodrigo Pereira Lopes	95	Amadora	<b>56.00</b>	+0,71	587
	50m: 27.24 27.24	100m: 56.00 28.76				
11.	Andre Filipe Fernandes	95	Amadora	<b>56.08</b>	+0,76	585
	50m: 26.39 26.39	100m: 56.08 29.69				
12.	Gil Vilela Correia	95	Sporting	<b>56.35</b>	+0,68	576
	50m: 27.11 27.11	100m: 56.35 29.24				
13.	Fabio Miguel Samouco	95	Torres Novas	<b>56.89</b>	+0,73	560
	50m: 27.21 27.21	100m: 56.89 29.68				
14.	Joao Rodrigues Luis	95	Naval do Funchal	<b>57.06</b>	+0,52	555
	50m: 27.28 27.28	100m: 57.06 29.78				
15.	Pedro Henrique Torres	95	Uniao Piedense	<b>57.16</b>	+0,85	552
	50m: 27.46 27.46	100m: 57.16 29.70				
16.	Andre Isaias Guimaraes	95	Famalicao	<b>57.22</b>	+0,80	551
	50m: 26.96 26.96	100m: 57.22 30.26				
17.	Joao Pedro Neto	95	Naval Setubalense	<b>57.28</b>	+0,70	549
	50m: 27.60 27.60	100m: 57.28 29.68				
18.	Diogo Miguel Silva	95	Uniao Piedense	<b>57.52</b>	+0,74	542
	50m: 27.59 27.59	100m: 57.52 29.93				
19.	Joao Miguel Teixeira	95	Academico Viseu	<b>57.61</b>	+0,81	539
	50m: 28.10 28.10	100m: 57.61 29.51				
20.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	<b>57.73</b>	+0,86	536
	50m: 28.06 28.06	100m: 57.73 29.67				
21.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	<b>57.91</b>	+0,60	531
	50m: 27.21 27.21	100m: 57.91 30.70				
22.	Henrique Jose Marquez	95	Galitos	<b>58.03</b>	+0,75	528
	50m: 28.31 28.31	100m: 58.03 29.72				
	Luis Manuel Fernandes	95	Famalicao	<b>58.03</b>	+0,64	528
	50m: 27.96 27.96	100m: 58.03 30.07				

Campeonato Nacional de Juvenis PL  
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Prova 25, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Joao Pedro Barroso 50m: 27.56 27.56 100m: 58.11 30.55	95	Ginasio de Santo Tirso	<b>58.11</b>	+0,77	526
25.	Francisco Xavier Rodrigues 50m: 27.99 27.99 100m: 58.16 30.17	95	Associacao Academica	<b>58.16</b>	+0,67	524
26.	Nuno Goncalo Martins <i>FTL</i> 50m: 27.67 27.67 100m: 58.63 30.96	95	Famalicao	<b>58.63</b>	+0,73	512
27.	Edgar Ramos Varela <i>FTL</i> 50m: 28.30 28.30 100m: 59.00 30.70	95	Uniao Piedense	<b>59.00</b>	+0,79	502
28.	Joao Duarte Marafona <i>FTL</i> 50m: 28.67 28.67 100m: 1:00.70 32.03	95	Vilacondense	<b>1:00.70</b>	+0,81	461

Prova 26  
27-03-2011 - 16:30

Femin., 100m Bruços

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto	1:09.47	Diana Duarte Gomes	CNA	Loulé	06-06-2009
Recordes Nacionais 50m Juv	1:12.89	Paula Alexandra Oliveira	FCP	Coimbra	29-07-2010

TAC Fem Juv : 1:26.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Catarina Serpa <i>MAC</i> 50m: 37.19 37.19 100m: 1:17.97 40.78	97	Sporting	<b>1:17.97</b>	+0,96	564
2.	Barbara Sofia Barata <i>MAC</i> 50m: 37.22 37.22 100m: 1:18.20 40.98	97	Benfica	<b>1:18.20</b>	+0,77	559
3.	Andreia Margarida Morgado <i>MAC</i> 50m: 37.31 37.31 100m: 1:20.06 42.75	97	Nautico/Matobra	<b>1:20.06</b>	+0,78	521
4.	Rita Catarina Miranda <i>MAC</i> 50m: 38.07 38.07 100m: 1:21.04 42.97	97	Braga	<b>1:21.04</b>	+1,00	503
5.	Ines Pugsley Ferreira <i>MAC</i> 50m: 37.45 37.45 100m: 1:21.16 43.71	97	Portinado	<b>1:21.16</b>	+0,87	500
6.	Margarida Domingues Duarte <i>MAC</i> 50m: 38.57 38.57 100m: 1:21.55 42.98	97	Nautico da Marinha Grande	<b>1:21.55</b>	+0,85	493
7.	Margarida Teixeira Monteiro <i>MAC</i> 50m: 37.78 37.78 100m: 1:21.61 43.83	97	Desportiva Limiana	<b>1:21.61</b>		492

Campeonato Nacional de Juvenis PL  
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Prova 26, Femin., 100m Bruços, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Marina Nicolina Teodosio 50m: 38.42 38.42	97	BA/Mr.Pizza 100m: 1:21.81 43.39	<b>1:21.81</b>	+1,03	488
9.	Beatriz Carvalho Ribeiro 50m: 39.45 39.45	97	Desporto de Barcelos 100m: 1:23.06 43.61	<b>1:23.06</b>	+0,88	467
10.	Diana Sofia Silva 50m: 39.38 39.38	97	Braga 100m: 1:23.09 43.71	<b>1:23.09</b>	+0,89	466
11.	Laura Alexandre Dias 50m: 38.82 38.82	97	Benfica 100m: 1:23.98 45.16	<b>1:23.98</b>	+0,80	452
12.	Andreia Sofia Mensao 50m: 38.25 38.25	97	Naval Amorense 100m: 1:24.13 45.88	<b>1:24.13</b>	+1,04	449
13.	Maria Beatriz Ribeiro 50m: 39.48 39.48	97	Natacao da Maia 100m: 1:24.31 44.83	<b>1:24.31</b>	+0,80	446
14.	Ana Mafalda Silva 50m: 38.80 38.80	97	Terceira Auto Clube 100m: 1:24.86 46.06	<b>1:24.86</b>	+0,76	438
15.	Liliana Sofia Ferreira 50m: 40.61 40.61	97	Pimpoes/Cimai 100m: 1:25.00 44.39	<b>1:25.00</b>	+1,03	435
16.	Melissa Cardoso Relva 50m: 40.42 40.42	97	BA/Mr.Pizza 100m: 1:25.09 44.67	<b>1:25.09</b>	+0,89	434
17.	Filipa Oliveira Andrade 50m: 40.23 40.23	97	Estamos Juntos 100m: 1:25.83 45.60	<b>1:25.83</b>	+0,85	423
18.	Ilda Isabel Doce 50m: 40.55 40.55	97	Vidigueira 100m: 1:25.87 45.32	<b>1:25.87</b>	+0,85	422
19.	Sofia Isabel Tavares 50m: 40.29 40.29	97	Porto/Dolce Vita 100m: 1:25.93 45.64	<b>1:25.93</b>	+0,86	421
EXH	Debora Goncalves Patrocinio 50m: 38.73 38.73	97	Litoral Alentejano 100m: 1:22.18 43.45	<b>1:22.18</b>	+0,72	482
EXH	Maria Rasetar 50m: 40.03 40.03	97	Portinado 100m: 1:25.37 45.34	<b>1:25.37</b>	+0,72	430

Campeonato Nacional de Juvenis PL  
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Prova 27 Masc., 200m Mariposa Juvenis  
27-03-2011 - 16:55 Resultados

Recordes Nacionais 50m Absoluto	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Juv B	2:09.61	Fabio Parrilha da Silva	CNAL	Lisboa	11-05-2002
Recordes Nacionais 50m Juv A	2:03.76	Pedro Diogo Oliveira	CNRM	Lisboa	31-07-2004

TAC Masc Juv A Juv A: 2:23.00 / TAC Masc Juv B Juv B: 2:29.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tomas Miguel Veloso MAC	96	Nautico/Matobra	<b>2:13.46</b>	+0,69	583
	50m: 29.95 29.95	100m: 1:04.28 34.33	150m: 1:39.01 34.73	200m: 2:13.46 34.45		
2.	Andre Antunes Carvalho MAC	96	Colegio Monte Maior	<b>2:14.50</b>	+0,86	569
	50m: 30.14 30.14	100m: 1:04.60 34.46	150m: 1:39.49 34.89	200m: 2:14.50 35.01		
3.	Jose Luis Gabriel MAC	96	Academico Viseu	<b>2:18.70</b>	+0,92	519
	50m: 30.08 30.08	100m: 1:05.08 35.00	150m: 1:41.91 36.83	200m: 2:18.70 36.79		
4.	Miguel Angelo Alves MAC	96	Naval Amorense	<b>2:19.03</b>	+0,76	515
	50m: 31.20 31.20	100m: 1:07.47 36.27	150m: 1:43.23 35.76	200m: 2:19.03 35.80		
5.	Alessandro Diogo Carvalho MAC	96	Academico Viseu	<b>2:19.16</b>	+0,84	514
	50m: 30.77 30.77	100m: 1:05.90 35.13	150m: 1:42.24 36.34	200m: 2:19.16 36.92		
6.	David Soares Caratao MAC	96	Sporting	<b>2:19.44</b>	+0,71	511
	50m: 31.11 31.11	100m: 1:06.25 35.14	150m: 1:42.57 36.32	200m: 2:19.44 36.87		
7.	Antonio Miguel Vitorino MAC	96	Viana Natacao	<b>2:21.28</b>	+0,85	491
	50m: 30.69 30.69	100m: 1:05.87 35.18	150m: 1:42.84 36.97	200m: 2:21.28 38.44		
8.	Francisco Jose Fernandes	96	Nautico/Matobra	<b>2:23.12</b>	+0,73	472
	50m: 30.78 30.78	100m: 1:07.12 36.34	150m: 1:44.70 37.58	200m: 2:23.12 38.42		
9.	Jose Pedro Bugalho	96	Alcobaca	<b>2:23.27</b>	+0,84	471
	50m: 31.07 31.07	100m: 1:07.83 36.76	150m: 1:46.13 38.30	200m: 2:23.27 37.14		
10.	Vitor Hugo Encarnacao	96	Nacional	<b>2:23.78</b>	+0,87	466
	50m: 31.57 31.57	100m: 1:07.61 36.04	150m: 1:45.23 37.62	200m: 2:23.78 38.55		
11.	Guilherme Dias Nunes	96	Natacao de Olhao	<b>2:25.56</b>	+0,67	449
	50m: 31.89 31.89	100m: 1:09.51 37.62	150m: 1:47.70 38.19	200m: 2:25.56 37.86		
12.	Luis Pedro Goncalves	96	Amadora	<b>2:25.95</b>	+0,84	445
	50m: 31.50 31.50	100m: 1:08.56 37.06	150m: 1:46.51 37.95	200m: 2:25.95 39.44		
13.	Ricardo Santos Agueda	96	Natacao de Valongo	<b>2:27.34</b>	+0,88	433
	50m: 32.20 32.20	100m: 1:08.42 36.22	150m: 1:46.57 38.15	200m: 2:27.34 40.77		
14.	Pedro Rafael Cintrao	96	Nucleo de Pombal	<b>2:27.97</b>	+0,70	427
	50m: 32.62 32.62	100m: 1:10.33 37.71	150m: 1:49.22 38.89	200m: 2:27.97 38.75		

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 27, Masc., 200m Mariposa, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Pedro Manuel Rocha <i>FTL</i>	96	Famalicao	<b>2:29.25</b>	+0,78	417
	50m: 30.91 30.91	100m: 1:06.89 35.98	150m: 1:47.32 40.43	200m: 2:29.25 41.93		
16.	Miguel Angelo Cruz <i>FTL</i>	96	Gespacos	<b>2:30.02</b>	+0,92	410
	50m: 32.29 32.29	100m: 1:08.88 36.59	150m: 1:47.82 38.94	200m: 2:30.02 42.20		
17.	Jose Rui Coelho <i>FTL</i>	96	Lousada SXXI	<b>2:34.33</b>	+0,61	377
	50m: 30.85 30.85	100m: 1:08.97 38.12	150m: 1:50.76 41.79	200m: 2:34.33 43.57		

Juvenis A

1.	Joao Duarte Santos <i>MAC</i>	95	Natacao de Olhao	<b>2:10.57</b>	+0,70	622
	50m: 29.26 29.26	100m: 1:02.50 33.24	150m: 1:36.77 34.27	200m: 2:10.57 33.80		
2.	Antonio Fraga Fragoso <i>MAC</i>	95	Bombeiros de Ponta Delgada	<b>2:11.30</b>	+0,80	612
	50m: 28.85 28.85	100m: 1:02.14 33.29	150m: 1:36.84 34.70	200m: 2:11.30 34.46		
3.	Miguel Bras Sergio <i>MAC</i>	95	Bombeiros dos Estoris	<b>2:13.69</b>	+0,75	580
	50m: 29.60 29.60	100m: 1:04.02 34.42	150m: 1:38.72 34.70	200m: 2:13.69 34.97		
4.	Miguel Duarte Nascimento <i>MAC</i>	95	Portinado	<b>2:15.33</b>	+0,76	559
	50m: 29.58 29.58	100m: 1:03.81 34.23	150m: 1:38.92 35.11	200m: 2:15.33 36.41		
5.	Joao Pedro Santos	95	Estarreja	<b>2:15.89</b>	+0,77	552
	50m: 28.88 28.88	100m: 1:03.08 34.20	150m: 1:39.13 36.05	200m: 2:15.89 36.76		
6.	Rafael Filipe Torres	95	Sporting	<b>2:17.82</b>	+0,73	529
	50m: 30.19 30.19	100m: 1:04.36 34.17	150m: 1:40.53 36.17	200m: 2:17.82 37.29		
7.	Cesar Filipe Magalhaes	95	Foca	<b>2:18.22</b>	+0,78	525
	50m: 29.17 29.17	100m: 1:03.68 34.51	150m: 1:40.34 36.66	200m: 2:18.22 37.88		
8.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>2:20.54</b>	+0,68	499
	50m: 30.43 30.43	100m: 1:06.10 35.67	150m: 1:43.54 37.44	200m: 2:20.54 37.00		
9.	Andre Machado Vale	95	Viana Natacao	<b>2:21.20</b>	+0,86	492
	50m: 31.40 31.40	100m: 1:06.89 35.49	150m: 1:43.68 36.79	200m: 2:21.20 37.52		
10.	Joao Miguel Costa	95	Vilacondense	<b>2:21.25</b>	+0,73	492
	50m: 30.34 30.34	100m: 1:06.62 36.28	150m: 1:43.91 37.29	200m: 2:21.25 37.34		
11.	Afonso Mateus Ribeiro	95	Belenenses	<b>2:21.39</b>	+0,63	490
	50m: 30.47 30.47	100m: 1:05.91 35.44	150m: 1:43.82 37.91	200m: 2:21.39 37.57		
12.	Frederico Renato Sousa <i>FTL</i>	95	Gespacos	<b>2:26.32</b>	+0,86	442
	50m: 30.77 30.77	100m: 1:06.47 35.70	150m: 1:45.28 38.81	200m: 2:26.32 41.04		
DSQ	Mario Guterres Carvalho <i>808 - Movimento alternado de pernas durante o percurso - SW 8.3</i>	95	Vilacondense			

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 28  
27-03-2011 - 17:10

Femin., 100m Mariposa

Juvenis  
Resultados

Recordes Nacionais 50m Absoluto 58.76 Sara Freitas Oliveira FPN Budapeste (HUN) 12-08-2010  
Recordes Nacionais 50m Juv 1:04.44 tempo limite

TAC Fem Juv : 1:14.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Camacho Fernandes MAC	97	Sporting	<b>1:05.61</b>	+0,79	623
	50m: 30.78 30.78	100m: 1:05.61	34.83			
2.	Sara Monteiro Meireles MAC	97	Gespacos	<b>1:07.81</b>	+0,86	565
	50m: 31.27 31.27	100m: 1:07.81	36.54			
3.	Joana Carina Silva MAC	97	Lousada SXXI	<b>1:07.84</b>	+0,95	564
	50m: 32.43 32.43	100m: 1:07.84	35.41			
4.	Iolanda Ribeiro Pinheiro MAC	97	Penafiel	<b>1:08.03</b>	+0,78	559
	50m: 31.58 31.58	100m: 1:08.03	36.45			
5.	Daniela Teixeira Moreira MAC	97	Amadora	<b>1:08.44</b>	+0,76	549
	50m: 31.99 31.99	100m: 1:08.44	36.45			
6.	Bruna Elisabete Paulino MAC	97	Alcobaca	<b>1:08.50</b>	+0,82	548
	50m: 32.39 32.39	100m: 1:08.50	36.11			
7.	Filipa Vicente Custois MAC	97	Benedita	<b>1:08.73</b>	+0,95	542
	50m: 32.93 32.93	100m: 1:08.73	35.80			
8.	Maria Carolina Centeno MAC	97	Colegio Vasco da Gama	<b>1:10.03</b>	+0,74	512
	50m: 32.95 32.95	100m: 1:10.03	37.08			
9.	Daniela Figueiredo Metelo MAC	97	Nautico/Matobra	<b>1:10.37</b>	+0,46	505
	50m: 32.64 32.64	100m: 1:10.37	37.73			
10.	Mariana Estanislau Aguiar	97	Maritimo	<b>1:11.15</b>	+0,97	489
	50m: 32.91 32.91	100m: 1:11.15	38.24			
11.	Cintia Mariana Fernandes	97	Associacao Academica	<b>1:11.73</b>	+0,70	477
	50m: 34.29 34.29	100m: 1:11.73	37.44			
12.	Ana Catarina Pereira	97	Porto/Dolce Vita	<b>1:12.01</b>	+0,96	471
	50m: 33.40 33.40	100m: 1:12.01	38.61			
13.	Juliana Lima Freixo	97	Desportiva de Viana	<b>1:12.45</b>	+0,86	463
	50m: 34.12 34.12	100m: 1:12.45	38.33			
14.	Sonia Alexandra Leite	97	Vitoria de Guimaraes	<b>1:12.76</b>	+0,74	457
	50m: 34.94 34.94	100m: 1:12.76	37.82			
15.	Ana Carolina Barros	97	Naval do Funchal	<b>1:13.41</b>		445
	50m: 33.90 33.90	100m: 1:13.41	39.51			

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 28, Femin., 100m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Catarina Brito Ferreira 50m: 34.31 34.31 100m: 1:13.42 39.11	97	Naval Setubalense	<b>1:13.42</b>	+0,87	445
17.	Joana Varela Joaquim 50m: 33.50 33.50 100m: 1:13.95 40.45	97	Portinado	<b>1:13.95</b>	+0,79	435
18.	Adriana Daniela Castro 50m: 34.63 34.63 100m: 1:14.19 39.56	97	Fluvial Portuense	<b>1:14.19</b>	+0,87	431
19.	Sofia Alexandra Valinhas FTL 50m: 34.52 34.52 100m: 1:15.16 40.64	97	Famalicao	<b>1:15.16</b>	+0,86	414

Prova 29

Masc., 4 x 100m Estilos

Juvenis

27-03-2011 - 17:30

Resultados

Recordes Nacionais 50m Absoluto	3:46.73	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Juv B	4:11.65	Clube Natacao Colegio Vasco da Gama	CNCVCG	Coimbra	01-08-2010
Recordes Nacionais 50m Juv A	4:07.72	Colegio Vasco da Gama	CVG	Rio Maior	03-08-2003

TAC Masc Juv A Juv A: 4:37.00 / TAC Masc Juv B Juv B: 4:48.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>				
1.	Naval Amorense-Juv B-Masc Sergio Fernando Silva +0,73 31.30 1:04.46 Miguel Angelo Alves +0,41 28.63 1:01.35 Rafael Filipe Nunes +0,37 34.66 1:15.06 Joao Carlos Santos +0,34 27.35 56.48	Naval Amorense	<b>4:17.35</b>	+0,73 522
2.	Academico Viseu-Juv B-Masc Pedro Ribeiro Santos +0,66 32.08 1:05.59 Alessandro Diogo Carvalho +0,48 29.62 1:03.08 Jose Luis Gabriel +0,31 33.88 1:11.90 Jose Diogo Costa +0,31 28.65 1:01.09	Academico Viseu	<b>4:21.66</b>	+0,66 497
3.	Vilacondense-Juv B-Masc Joao Pedro Santos +0,78 32.32 1:07.53 Nuno Filipe Santos +0,47 30.22 1:04.50 Paulo Andre Silva +0,38 34.16 1:12.58 Joao Jose Vilela +0,51 27.07 57.29	Vilacondense	<b>4:21.90</b>	+0,78 495
4.	Porto/Dolce Vita-Juv B-Masc Francisco Abrunhosa Rodrigues +0,64 32.72 1:06.87 Bruno Miguel Silva +0,26 29.51 1:03.82 Artur Jose Reis +0,62 34.16 1:13.06 Diogo Henrique Gomes +0,10 27.46 58.64	Porto/Dolce Vita	<b>4:22.39</b>	+0,64 492
5.	Sporting-Juv B-Masc Diogo Dias Pinheiro +0,81 32.80 1:08.26 David Soares Caratao +0,29 29.56 1:02.67 Joao Filipe Costa +0,32 34.61 1:13.60 Rodrigo Verissimo Sousa +0,50 29.82 1:02.39	Sporting	<b>4:26.92</b>	+0,81 468
6.	Bombeiros dos Estoris-Juv B-Masc Pedro Miguel Gamito +0,86 33.55 1:09.74 Rodrigo Figueira Neto +0,28 30.32 1:06.83 Nuno Oliveira Noritake +0,19 34.21 1:14.59 Frederico Sousa Soares +0,25 27.56 59.12	Bombeiros dos Estoris	<b>4:30.28</b>	+0,86 451
7.	Naval do Funchal-Juv B-Masc Joao Pernetá Lima +0,69 33.82 1:09.79 Francisco Gouveia Sousa +0,40 30.87 1:06.37 Diogo Emanuel Faria +0,52 35.16 1:14.71 Diogo Guilherme Aguiar +0,14 28.14 1:00.91	Naval do Funchal	<b>4:31.78</b>	+0,69 443
8.	Fafe-Juv B-Masc Tiago Manuel Teixeira +0,73 31.53 1:05.01 Stefan Daniel Steinmaier +0,15 30.27 1:06.91 Humberto Joao Silva +0,27 37.45 1:21.30 Paulo Gabriel Magalhaes +0,27 28.21 59.96	Fafe	<b>4:33.18</b>	+0,73 436

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 29, Masc., 4 x 100m Estilos, Juvenis B

Lugar	Clube	Tempo Final	TReac	Pts
9.	Benfica-Juv B-Masc	<b>4:33.50</b>	<b>+0,61</b>	<b>435</b>
	Pedro Luis Antunes +0,61 33.64 1:09.88 Miguel Almeida Pinto -0,03 27.98 1:03.30			
	Rui Miguel Coelho +0,21 38.17 1:23.08 Andre Filipe Farinha +0,32 27.86 57.24			
10.	Gespacos-Juv B-Masc	<b>4:34.07</b>	<b>+0,57</b>	<b>432</b>
	Vitor Samuel Rocha +0,57 32.65 1:08.15 Gil Silva Santos +0,47 30.44 1:05.67			
	Miguel Angelo Cruz +0,42 36.94 1:19.53 Bruno Campos Neto +0,30 28.35 1:00.72			
11.	Louletano/ Loule Concelho-Juv B-Masc	<b>4:34.41</b>	<b>+0,64</b>	<b>430</b>
	Bernardo Barbosa Franco +0,64 33.06 1:09.74 Tiago Mestre Faisca +0,34 30.67 1:07.67			
	Adriano Garcia Cavaco +0,22 35.99 1:17.84 Alexandre Lemos Leal +0,50 28.38 59.16			
12.	Viana Natacao-Juv B-Masc	<b>4:36.97</b>	<b>+0,81</b>	<b>419</b>
	Antonio Miguel Vitorino +0,81 33.67 1:08.43 Miguel Prata Santos +0,08 30.84 1:06.85			
	Tiago Joao Meira +0,29 37.55 1:21.63 Ricardo Miguel Alves +0,26 28.42 1:00.06			
13.	Alges-Juv B-Masc	<b>4:39.74</b>	<b>+0,67</b>	<b>406</b>
	Filipe Miguel Felix +0,67 32.82 1:07.59 Miguel Sobral Domingues +0,39 31.74 1:10.17			
	Joao Celorico Albuquerque +0,19 38.47 1:21.77 David Lopes Cunha +0,53 29.05 1:00.21			
14.	Gesloures-Juv B-Masc	<b>4:43.83</b>	<b>+0,69</b>	<b>389</b>
	Filipe Sebastiao Silva +0,69 34.91 1:11.95 Bruno Caseiro Dias +0,33 30.03 1:04.96			
	Bruno Miguel Rainho +0,37 37.03 1:20.06 Carlos Andre Garizo +0,46 31.42 1:06.86			
15.	Desportiva Limiana-Juv B-Masc	<b>4:45.12</b>	<b>+0,74</b>	<b>384</b>
	Bruno Jose Sousa +0,74 34.09 1:11.88 Matheus Pereira Goncalves +0,33 30.98 1:07.79			
	Guilherme Lemos Lima +0,39 37.23 1:21.16 Joao Luis Pereira +0,16 30.03 1:04.29			
DSQ	Desportiva de Viana-Juv B-Masc			
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>			
	Fabio Duarte Rodrigues +0,65 33.99 1:09.86 Mario Jose Barros +0,09 31.14 1:06.75			
	Rui Miguel Sampaio 0.00 37.42 1:19.59 Miguel Angelo Passos -0,26			
DSQ	Nautico/Matobra-Juv B-Masc			
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>			
	Joao Pedro Cardoso +0,78 34.02 1:08.88 Francisco Jose Fernandes +0,30 29.36 1:02.84			
	Tomas Miguel Veloso +0,32 32.27 1:08.99 Joao Miguel Belchior -0,46			
DNS	Amadora-Juv B-Masc			
DNS	Feirense-Juv B-Masc			

Juvenis A

1.	Colegio Vasco da Gama-Juv A-Masc	<b>4:14.87</b>	<b>+0,80</b>	<b>537</b>
	Joao Diogo Neves +0,80 33.02 1:06.86 Diogo Gomes Sousa +0,51 26.87 57.80			
	Pedro Afonso Centeno +0,22 33.02 1:11.00 Joao Couto Costa +0,26 27.84 59.21			
2.	Naval Setubalense-Juv A-Masc	<b>4:17.80</b>	<b>+0,71</b>	<b>519</b>
	Miguel Gomes Pereira +0,71 32.69 1:07.56 Andre Filipe Teodoro +0,49 28.65 1:02.53			
	Joao Pedro Neto +0,50 33.30 1:10.26 Bernardo Maldonado Gonelha +0,13 27.61 57.45			
3.	Amadora-Juv A-Masc	<b>4:18.55</b>	<b>+0,64</b>	<b>515</b>
	Rodrigo Pereira Lopes +0,64 30.42 1:01.86 Diogo Carrasco Correia +0,43 30.77 1:08.40			
	Joao Valentim Compoete +0,27 34.00 1:13.05 Andre Filipe Fernandes +0,21 25.99 55.24			
4.	Academico Viseu-Juv A-Masc	<b>4:19.26</b>	<b>+0,73</b>	<b>511</b>
	Joao Miguel Teixeira +0,73 32.61 1:06.46 Miguel Silva Mouro +0,47 30.32 1:04.55			
	Pedro Miguel Ribeiro +0,35 31.78 1:08.64 Diogo Magalhaes Moura +0,61 28.32 59.61			



Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 29, Masc., 4 x 100m Estilos, Juvenis A

Lugar	Clube	Tempo Final	TReac	Pts	
5.	Porto/Dolce Vita-Juv A-Masc	Porto/Dolce Vita	<b>4:19.87</b>	+0,73	507
	Daniel Costa Vieira +0,73 33.27	1:06.68	Joao Marcelo Gomes +0,49 29.71	1:04.95	
	Tomas Correia Silva +0,36 33.52	1:10.69	Bernardo Aguiar Branco +0,64 27.67	57.55	
6.	Naval do Funchal-Juv A-Masc	Naval do Funchal	<b>4:23.37</b>	+0,73	487
	Lauro Arruda Camara +0,73 32.35	1:07.30	Lourenco Moniz Silva +0,43 29.49	1:03.27	
	Joao Rodrigues Luis 0.00 34.01	1:13.69	Rui Alexandre Freitas +0,39 28.14	59.11	
7.	Sporting-Juv A-Masc	Sporting	<b>4:24.76</b>	+0,72	479
	Afonso Godinho Mestre +0,72 33.61	1:10.06	Rafael Filipe Torres +0,21 29.66	1:03.94	
	Miguel Angelo Cruz +0,57 33.62	1:13.03	Gil Vilela Correia +0,23 27.21	57.73	
8.	Uniao Piedense-Juv A-Masc	Uniao Piedense	<b>4:24.95</b>	+0,78	478
	Pedro Henrique Torres +0,78 32.52	1:07.75	Bernardo Miguel Marques +0,50 30.20	1:06.50	
	Diogo Miguel Silva +0,43 33.19	1:11.12	Edgar Ramos Varela +0,62 28.68	59.58	
9.	Alges-Juv A-Masc	Alges	<b>4:28.87</b>	+0,77	458
	Pedro Duarte Dias +0,77 33.32	1:09.65	Duarte Soromenho Daniel +0,19 31.54	1:07.53	
	Pedro Alexandre Bento +0,46 34.03	1:13.07	Joao Luis Santos 27.68	58.62	
10.	Vilacondense-Juv A-Masc	Vilacondense	<b>4:37.46</b>	+0,70	416
	<i>FTL</i>				
	Joao Duarte Marafona +0,70 35.21	1:12.56	Mario Guterres Carvalho +0,52 29.93	1:04.13	
	Joao Miguel Costa +0,42 38.02	1:20.13	Pedro Maria Bessa +0,42 29.03	1:00.64	
DSQ	Associacao Academica-Juv A-Masc	Associacao Academica			
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>				
	Gustavo Lopes Ribeiro +0,78 33.91	1:09.66	Luis de Oliveira +0,31 29.85	1:05.74	
	Joao Andre Neves +0,42 33.06	1:10.84	Francisco Xavier Rodrigues -0,09		
DSQ	Torres Novas-Juv A-Masc	Torres Novas			
	<i>111 - Rendição antecipada do 2 nadador - SW 10.11</i>				
	Diogo Antonio Lopes +0,76 33.98	1:08.52	Duarte Brites Policarpo -0,02		
	Fabio Miguel Samouco -0,06		Nuno Miguel Bruno +0,20		

Prova 30

Femin., 4 x 100m Livres

Juvenis

27-03-2011 - 17:55

Resultados

Recordes Nacionais 50m Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Juv	4:12.11	Futebol Clube do Porto	FCP	Coimbra	22-07-2005

TAC Fem Juv : 4:38.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts	
1.	Nautico/Matobra-Juv-Fem	Nautico/Matobra	<b>4:11.65</b>	+0,84	595
	<i>Recorde Nacional</i>				
	Beatriz Neves Craveiro +0,84 29.92	1:01.96	Andreia Margarida Morgado +0,29 29.86	1:02.73	
	Beatriz Filipa Matos +0,02 30.57	1:03.22	Daniela Figueiredo Metelo +0,46 30.41	1:03.74	
2.	Alges-Juv-Fem	Alges	<b>4:14.03</b>	+0,77	578
	Carolina Sanchez Rodrigues +0,77 29.89	1:02.33	Barbara Marques Rodrigues +0,47 30.50	1:04.04	
	Francisca Gomes Azevedo +0,20 30.21	1:02.25	Joana Catarina Ribeiro +0,31 31.01	1:05.41	
3.	Porto/Dolce Vita-Juv-Fem	Porto/Dolce Vita	<b>4:20.61</b>	+0,97	536
	Maria Teresa Amorim +0,97 30.77	1:03.18	Ana Catarina Pereira +0,68 31.65	1:06.20	
	Maria Joao Fernandes +0,50 31.33	1:06.62	Rute Santos Ferreira +0,53 30.99	1:04.61	

Campeonato Nacional de Juvenis PL  
Oeiras, 25- - 27-3-2011

Prova 30, Femin., 4 x 100m Livres, Juvenis

Lugar	Clube	Tempo Final	TReac	Pts	
4.	<b>Braga-Juv-Fem</b> Sara Faria Costa Patricia Daniela Machado	<b>Braga</b> 1:02.17 1:06.62	<b>4:25.98</b> +0,60 +0,24	<b>+0,54</b> 32.80 31.90	<b>504</b> 1:09.45 1:07.74
5.	<b>Benfica-Juv-Fem</b> Barbara Sofia Barata Catarina Pereira Oliveira	<b>Benfica</b> 1:04.45 1:06.51	<b>4:26.49</b> +0,35 +0,35	<b>+0,78</b> 33.33 31.15	<b>501</b> 1:09.42 1:06.11
6.	<b>Sporting-Juv-Fem</b> Ines Camacho Fernandes Ana Catarina Serpa	<b>Sporting</b> 1:00.30 1:09.43	<b>4:26.68</b> +0,30 +0,13	<b>+0,82</b> 33.11 32.17	<b>500</b> 1:09.68 1:07.27
7.	<b>Maritimo-Juv-Fem</b> Mariana Estanislau Aguiar Filipa Bettencourt Luis	<b>Maritimo</b> 1:06.14 1:09.66	<b>4:34.25</b> +0,56 +0,37	<b>+0,45</b> 34.25 31.93	<b>460</b> 1:11.62 1:06.83
8.	<b>Gesloures-Juv-Fem</b> Soraia Filipa Sousa Ines Barreiros Pinto	<b>Gesloures</b> 1:06.63 1:10.33	<b>4:35.56</b> +0,70 +0,50	<b>+0,76</b> 34.08 32.30	<b>453</b> 1:11.16 1:07.44
9.	<b>Aminata-Juv-Fem</b> Claudia Isabel Semiao Sofia Cristina Grilo	<b>Aminata</b> 1:08.99 1:10.23	<b>4:36.36</b> +0,63 +0,61	<b>+0,90</b> 32.51 32.62	<b>449</b> 1:08.46 1:08.68
10.	<b>Fluvial Portuense-Juv-Fem</b> Ines Vilela Braga Adriana Daniela Castro	<b>Fluvial Portuense</b> 1:07.10 1:07.01	<b>4:38.21</b> +0,37 +0,24	<b>+0,81</b> 34.14 33.57	<b>440</b> 1:12.82 1:11.28
11.	<b>Gespacos-Juv-Fem</b> <i>FTL</i> Sara Monteiro Meireles Rita Rafaela Brunido	<b>Gespacos</b> 1:03.34 1:08.95	<b>4:39.29</b> +0,51 +0,24	<b>+0,84</b> 33.10 36.76	<b>435</b> 1:10.66 1:16.34
DSQ	<b>Amadora-Juv-Fem</b> <i>111 - Rendição antecipada do 4 nadador - SW 10.11</i> Ana Carolina Trindade Daniela Teixeira Moreira	<b>Amadora</b> 1:02.93 1:05.96	<b>+0,38</b> -0,12	<b>33.43</b>	<b>1:09.63</b>