

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 1 Femin., 800m Livres 15 anos e mais velhos
01-04-2011 - 9:30 Resultados

Recordes Nacionais 50m Absoluto	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Jun	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Sen	8:58.41	Marta Andreia Ferreira	FPN	Barcelona (ESP)	25-07-2003

TAC-SENF Sen: 9:40.00 / TAC-JUNF Jun: 9:47.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:12.74	+0,85	714
	50m: 31.45 31.45	250m: 2:49.66 34.76	450m: 5:09.09 34.30	650m: 7:29.34 34.78		
	100m: 1:05.51 34.06	300m: 3:24.56 34.90	500m: 5:44.46 35.37	700m: 8:04.58 35.24		
	150m: 1:40.31 34.80	350m: 3:59.24 34.68	550m: 6:19.40 34.94	750m: 8:39.41 34.83		
	200m: 2:14.90 34.59	400m: 4:34.79 35.55	600m: 6:54.56 35.16	800m: 9:12.74 33.33		
2.	Leonor Mourinho Neves	95	Sporting	9:23.34	+0,77	674
	50m: 31.64 31.64	250m: 2:50.08 35.19	450m: 5:12.67 35.89	650m: 7:36.37 36.11		
	100m: 1:05.55 33.91	300m: 3:25.37 35.29	500m: 5:48.57 35.90	700m: 8:12.73 36.36		
	150m: 1:39.97 34.42	350m: 4:00.75 35.38	550m: 6:24.67 36.10	750m: 8:48.46 35.73		
	200m: 2:14.89 34.92	400m: 4:36.78 36.03	600m: 7:00.26 35.59	800m: 9:23.34 34.88		
3.	Carolina Cunha Martins	95	Nautico/Matobra	9:26.53	+1,01	663
	50m: 31.66 31.66	250m: 2:51.39 35.24	450m: 5:14.98 36.22	650m: 7:40.01 36.38		
	100m: 1:06.36 34.70	300m: 3:26.66 35.27	500m: 5:51.12 36.14	700m: 8:15.94 35.93		
	150m: 1:41.03 34.67	350m: 4:02.59 35.93	550m: 6:27.40 36.28	750m: 8:51.61 35.67		
	200m: 2:16.15 35.12	400m: 4:38.76 36.17	600m: 7:03.63 36.23	800m: 9:26.53 34.92		
4.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energias	9:27.12	+0,86	661
	50m: 32.07 32.07	250m: 2:53.18 35.80	450m: 5:16.00 35.61	650m: 7:40.88 36.75		
	100m: 1:06.38 34.31	300m: 3:28.62 35.44	500m: 5:51.54 35.54	700m: 8:17.21 36.33		
	150m: 1:42.01 35.63	350m: 4:04.43 35.81	550m: 6:28.00 36.46	750m: 8:52.77 35.56		
	200m: 2:17.38 35.37	400m: 4:40.39 35.96	600m: 7:04.13 36.13	800m: 9:27.12 34.35		
5.	Ines Alexandra Paiva	96	Alges	9:32.36	+0,90	643
	50m: 32.43 32.43	250m: 2:53.62 35.54	450m: 5:18.27 36.19	650m: 7:44.11 36.54		
	100m: 1:07.25 34.82	300m: 3:29.38 35.76	500m: 5:54.56 36.29	700m: 8:20.65 36.54		
	150m: 1:42.71 35.46	350m: 4:05.58 36.20	550m: 6:30.98 36.42	750m: 8:56.97 36.32		
	200m: 2:18.08 35.37	400m: 4:42.08 36.50	600m: 7:07.57 36.59	800m: 9:32.36 35.39		
6.	Ana Marta Miranda	96	Uniao Piedense	9:34.51	+0,76	636
	50m: 31.64 31.64	250m: 2:53.45 35.98	450m: 5:18.25 36.12	650m: 7:45.12 36.98		
	100m: 1:06.36 34.72	300m: 3:29.54 36.09	500m: 5:54.56 36.31	700m: 8:21.95 36.83		
	150m: 1:41.92 35.56	350m: 4:05.84 36.30	550m: 6:31.42 36.86	750m: 8:58.61 36.66		
	200m: 2:17.47 35.55	400m: 4:42.13 36.29	600m: 7:08.14 36.72	800m: 9:34.51 35.90		
7.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:41.60	+0,97	613
	50m: 32.52 32.52	250m: 2:58.16 36.93	450m: 5:26.32 37.09	650m: 7:53.00 36.61		
	100m: 1:08.03 35.51	300m: 3:35.11 36.95	500m: 6:03.10 36.78	700m: 8:29.39 36.39		
	150m: 1:44.52 36.49	350m: 4:12.03 36.92	550m: 6:39.75 36.65	750m: 9:05.80 36.41		
	200m: 2:21.23 36.71	400m: 4:49.23 37.20	600m: 7:16.39 36.64	800m: 9:41.60 35.80		
8.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	9:41.85	+0,79	612
	50m: 30.50 30.50	250m: 2:50.45 35.64	450m: 5:15.56 36.55	650m: 7:47.43 38.67		
	100m: 1:04.48 33.98	300m: 3:26.57 36.12	500m: 5:52.77 37.21	700m: 8:26.28 38.85		
	150m: 1:39.61 35.13	350m: 4:02.53 35.96	550m: 6:30.54 37.77	750m: 9:04.85 38.57		
	200m: 2:14.81 35.20	400m: 4:39.01 36.48	600m: 7:08.76 38.22	800m: 9:41.85 37.00		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 1, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
9.	Silvia Ariana Soares	95	Porto/Dolce Vita	9:44.10	+0,79	605	
	50m: 32.05 32.05	250m: 2:55.20	35.98	450m: 5:22.40	37.26	650m: 7:52.94	37.41
	100m: 1:07.08 35.03	300m: 3:31.35	36.15	500m: 5:59.90	37.50	700m: 8:30.53	37.59
	150m: 1:43.38 36.30	350m: 4:08.07	36.72	550m: 6:37.79	37.89	750m: 9:08.48	37.95
	200m: 2:19.22 35.84	400m: 4:45.14	37.07	600m: 7:15.53	37.74	800m: 9:44.10	35.62
10.	Helena Paula Carvalho	95	Uniao Piedense	9:44.20	+0,82	605	
	50m: 32.44 32.44	250m: 2:57.22	36.86	450m: 5:26.09	37.75	650m: 7:55.57	37.92
	100m: 1:07.85 35.41	300m: 3:33.93	36.71	500m: 6:03.31	37.22	700m: 8:33.10	37.53
	150m: 1:43.93 36.08	350m: 4:11.40	37.47	550m: 6:40.84	37.53	750m: 9:10.05	36.95
	200m: 2:20.36 36.43	400m: 4:48.34	36.94	600m: 7:17.65	36.81	800m: 9:44.20	34.15
11.	Ana Isabel Neves	96	Pimpoes/Cimai	9:55.54	+0,88	571	
	<i>FTL</i>						
	50m: 33.62 33.62	250m: 3:00.63	37.13	450m: 5:31.31	37.55	650m: 8:03.44	38.19
	100m: 1:09.62 36.00	300m: 3:38.27	37.64	500m: 6:09.28	37.97	700m: 8:41.23	37.79
	150m: 1:46.36 36.74	350m: 4:15.76	37.49	550m: 6:47.07	37.79	750m: 9:18.44	37.21
	200m: 2:23.50 37.14	400m: 4:53.76	38.00	600m: 7:25.25	38.18	800m: 9:55.54	37.10
12.	Carla Rosario Palma	96	Alcobaca	10:00.85	+0,81	556	
	<i>FTL</i>						
	50m: 32.46 32.46	250m: 3:01.72	37.82	450m: 5:34.47	38.43	650m: 8:07.04	37.40
	100m: 1:09.07 36.61	300m: 3:39.70	37.98	500m: 6:12.94	38.47	700m: 8:45.64	38.60
	150m: 1:45.94 36.87	350m: 4:17.93	38.23	550m: 6:51.20	38.26	750m: 9:23.36	37.72
	200m: 2:23.90 37.96	400m: 4:56.04	38.11	600m: 7:29.64	38.44	800m: 10:00.85	37.49
13.	Ana Catarina Azevedo	96	Famalicao	10:05.84	+0,81	542	
	<i>FTL</i>						
	50m: 33.12 33.12	250m: 3:02.21	38.17	450m: 5:36.70	38.99	650m: 8:11.53	38.53
	100m: 1:08.92 35.80	300m: 3:40.43	38.22	500m: 6:15.26	38.56	700m: 8:50.28	38.75
	150m: 1:46.33 37.41	350m: 4:19.28	38.85	550m: 6:54.23	38.97	750m: 9:28.89	38.61
	200m: 2:24.04 37.71	400m: 4:57.71	38.43	600m: 7:33.00	38.77	800m: 10:05.84	36.95

Seniores

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	9:03.78	+0,94	750	
	50m: 31.55 31.55	250m: 2:47.96	34.23	450m: 5:03.22	33.70	650m: 7:20.56	34.77
	100m: 1:05.38 33.83	300m: 3:21.93	33.97	500m: 5:37.37	34.15	700m: 7:55.41	34.85
	150m: 1:39.89 34.51	350m: 3:55.75	33.82	550m: 6:11.53	34.16	750m: 8:30.00	34.59
	200m: 2:13.73 33.84	400m: 4:29.52	33.77	600m: 6:45.79	34.26	800m: 9:03.78	33.78
2.	Angelica Maria Andre	94	Leixoes	9:11.35	+0,80	719	
	50m: 31.91 31.91	250m: 2:45.11	32.72	450m: 5:01.09	34.72	650m: 7:23.47	36.22
	100m: 1:05.88 33.97	300m: 3:18.63	33.52	500m: 5:36.15	35.06	700m: 7:59.68	36.21
	150m: 1:39.25 33.37	350m: 3:52.25	33.62	550m: 6:11.58	35.43	750m: 8:36.22	36.54
	200m: 2:12.39 33.14	400m: 4:26.37	34.12	600m: 6:47.25	35.67	800m: 9:11.35	35.13
3.	Joana Filipa Santos	93	Vitoria de Guimaraes	9:12.21	+0,97	716	
	50m: 31.39 31.39	250m: 2:49.37	34.89	450m: 5:09.63	34.80	650m: 7:29.41	34.37
	100m: 1:05.45 34.06	300m: 3:24.43	35.06	500m: 5:44.80	35.17	700m: 8:04.74	35.33
	150m: 1:39.91 34.46	350m: 3:59.43	35.00	550m: 6:19.88	35.08	750m: 8:39.53	34.79
	200m: 2:14.48 34.57	400m: 4:34.83	35.40	600m: 6:55.04	35.16	800m: 9:12.21	32.68

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 1, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
4.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	9:20.05	+0,96	686	
	50m: 32.02 32.02	250m: 2:47.64	34.04	450m: 5:06.63	35.17	650m: 7:30.72	36.53
	100m: 1:05.87 33.85	300m: 3:21.83	34.19	500m: 5:42.08	35.45	700m: 8:07.44	36.72
	150m: 1:40.06 34.19	350m: 3:56.40	34.57	550m: 6:18.07	35.99	750m: 8:44.48	37.04
	200m: 2:13.60 33.54	400m: 4:31.46	35.06	600m: 6:54.19	36.12	800m: 9:20.05	35.57
5.	Patricia Garcia Marinho	94	Sporting	9:25.23	+0,91	667	
	50m: 32.44 32.44	250m: 2:52.44	35.49	450m: 5:14.74	36.14	650m: 7:38.91	36.10
	100m: 1:06.78 34.34	300m: 3:27.28	34.84	500m: 5:50.77	36.03	700m: 8:14.87	35.96
	150m: 1:41.73 34.95	350m: 4:02.69	35.41	550m: 6:27.03	36.26	750m: 8:50.87	36.00
	200m: 2:16.95 35.22	400m: 4:38.60	35.91	600m: 7:02.81	35.78	800m: 9:25.23	34.36
6.	Ana Catarina Monteiro	93	Vilacondense	9:31.78	+0,73	645	
	50m: 32.21 32.21	250m: 2:55.46	36.33	450m: 5:20.79	36.80	650m: 7:46.36	36.59
	100m: 1:07.10 34.89	300m: 3:30.99	35.53	500m: 5:56.80	36.01	700m: 8:22.10	35.74
	150m: 1:43.64 36.54	350m: 4:07.84	36.85	550m: 6:33.50	36.70	750m: 8:57.51	35.41
	200m: 2:19.13 35.49	400m: 4:43.99	36.15	600m: 7:09.77	36.27	800m: 9:31.78	34.27
7.	Marta Alexandra Saraiva	93	Uniao Piedense	9:33.62	+0,97	639	
	50m: 32.59 32.59	250m: 2:55.37	36.60	450m: 5:20.23	36.41	650m: 7:46.43	36.77
	100m: 1:07.23 34.64	300m: 3:31.44	36.07	500m: 5:56.39	36.16	700m: 8:22.73	36.30
	150m: 1:42.93 35.70	350m: 4:07.60	36.16	550m: 6:33.20	36.81	750m: 8:58.60	35.87
	200m: 2:18.77 35.84	400m: 4:43.82	36.22	600m: 7:09.66	36.46	800m: 9:33.62	35.02
8.	Lara Santana Pinheiro	92	Uniao Piedense	9:42.41	+1,01	610	
	<i>FTL</i>						
	50m: 32.13 32.13	250m: 2:55.57	36.11	450m: 5:22.26	37.12	650m: 7:51.46	37.56
	100m: 1:07.30 35.17	300m: 3:31.85	36.28	500m: 5:59.17	36.91	700m: 8:28.47	37.01
	150m: 1:43.48 36.18	350m: 4:08.57	36.72	550m: 6:36.57	37.40	750m: 9:06.03	37.56
	200m: 2:19.46 35.98	400m: 4:45.14	36.57	600m: 7:13.90	37.33	800m: 9:42.41	36.38
9.	Ines Sofia Sampaio	94	Academico Viseu	9:46.25	+1,01	598	
	<i>FTL</i>						
	50m: 31.99 31.99	250m: 2:56.17	36.64	450m: 5:24.44	37.18	650m: 7:56.89	37.97
	100m: 1:07.03 35.04	300m: 3:33.72	37.55	500m: 6:02.32	37.88	700m: 8:33.58	36.69
	150m: 1:42.81 35.78	350m: 4:10.40	36.68	550m: 6:40.59	38.27	750m: 9:10.13	36.55
	200m: 2:19.53 36.72	400m: 4:47.26	36.86	600m: 7:18.92	38.33	800m: 9:46.25	36.12
10.	Maria Ana Magalhaes	93	Desportiva Limiana	9:50.26	+0,81	586	
	<i>FTL</i>						
	50m: 32.09 32.09	250m: 2:56.49	36.69	450m: 5:25.88	37.34	650m: 7:56.77	38.00
	100m: 1:07.13 35.04	300m: 3:33.79	37.30	500m: 6:03.32	37.44	700m: 8:34.98	38.21
	150m: 1:43.24 36.11	350m: 4:10.98	37.19	550m: 6:40.67	37.35	750m: 9:13.05	38.07
	200m: 2:19.80 36.56	400m: 4:48.54	37.56	600m: 7:18.77	38.10	800m: 9:50.26	37.21

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 2 Masc., 200m Livres 17 anos e mais velhos
01-04-2011 - 10:00 Resultados

Recordes Nacionais 50m Absoluto	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30-03-2007
Recordes Nacionais 50m Jun	1:49.98	Tiago Andre Venancio	FPN	Budapeste (HUN)	14-07-2005
Recordes Nacionais 50m Sen	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30-03-2007

TAC-SENM Sen: 1:58.70 / TAC-JUNM Jun: 2:02.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ricardo Manuel Machado	93	Braga	1:55.48	+0,91	689
	50m: 27.07 27.07	100m: 55.66 28.59	150m: 1:25.46	29.80	200m: 1:55.48	30.02
2.	Miguel Monteiro Diogo	93	Alcobaca	1:55.50	+0,68	688
	50m: 26.75 26.75	100m: 55.92 29.17	150m: 1:25.66	29.74	200m: 1:55.50	29.84
3.	Paulo Bruno Janeiro	94	Litoral Alentejano	1:56.78	+0,81	666
	50m: 27.16 27.16	100m: 57.06 29.90	150m: 1:26.94	29.88	200m: 1:56.78	29.84
4.	Pedro Andre Santos	94	Alges	1:58.17	+0,76	643
	50m: 27.20 27.20	100m: 56.74 29.54	150m: 1:27.07	30.33	200m: 1:58.17	31.10
5.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	1:58.34	+0,76	640
	50m: 26.78 26.78	100m: 56.34 29.56	150m: 1:27.43	31.09	200m: 1:58.34	30.91
6.	Luis Miguel Nogueira	93	Porto/Dolce Vita	1:59.01	+0,82	629
	50m: 28.04 28.04	100m: 58.21 30.17	150m: 1:28.90	30.69	200m: 1:59.01	30.11
7.	Jose Alberto Martins	94	Vitoria de Guimaraes	1:59.10	+0,71	628
	50m: 27.81 27.81	100m: 57.57 29.76	150m: 1:28.46	30.89	200m: 1:59.10	30.64
8.	Tiago Silva Oliveira	94	Leixoes	1:59.25	+0,72	625
	50m: 27.76 27.76	100m: 57.42 29.66	150m: 1:28.82	31.40	200m: 1:59.25	30.43
9.	Andre Rafael Marinho	93	Uniao Piedense	1:59.38	+0,90	623
	50m: 27.81 27.81	100m: 57.71 29.90	150m: 1:28.54	30.83	200m: 1:59.38	30.84
10.	Bernardo Leitao Graca	93	Sporting	2:00.11	+0,73	612
	50m: 27.97 27.97	100m: 58.82 30.85	150m: 1:29.74	30.92	200m: 2:00.11	30.37
11.	Nuno Vieira Malheiro	93	Braga	2:00.47	+0,87	606
	50m: 28.30 28.30	100m: 58.53 30.23	150m: 1:29.54	31.01	200m: 2:00.47	30.93
12.	Antonio Jorge Rocha	94	Penafiel	2:01.33	+0,77	594
	50m: 28.20 28.20	100m: 58.99 30.79	150m: 1:31.02	32.03	200m: 2:01.33	30.31
13.	Gustavo Almeida Madureira	94	Academica de Coimbra	2:01.38	+0,72	593
	50m: 27.71 27.71	100m: 58.49 30.78	150m: 1:29.89	31.40	200m: 2:01.38	31.49
14.	Alexandre Galveias Vale	93	Pimpoes/Cimai	2:02.05	+0,70	583
	50m: 27.90 27.90	100m: 58.72 30.82	150m: 1:30.59	31.87	200m: 2:02.05	31.46
15.	Joao Afonso Vargas	93	Naval do Funchal	2:03.83	+0,73	558
	<i>FTL</i>					
	50m: 28.20 28.20	100m: 59.12 30.92	150m: 1:31.53	32.41	200m: 2:03.83	32.30
16.	Andre Alexandre Vicente	94	Alcobaca	2:07.78	+0,80	508
	<i>FTL</i>					
	50m: 28.27 28.27	100m: 59.49 31.22	150m: 1:33.17	33.68	200m: 2:07.78	34.61

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 2, Masc., 200m Livres

Seniores

1.	Luis Emanuel Vaz	91	Famalicao	1:51.33	+0,74	769
	50m: 26.19 26.19	100m: 53.92 27.73	150m: 1:22.08 28.16	200m: 1:51.33 29.25		
2.	Jorge Manuel Maia	89	Famalicao	1:51.91	+0,77	757
	50m: 26.33 26.33	100m: 54.28 27.95	150m: 1:22.69 28.41	200m: 1:51.91 29.22		
3.	Israel Peressin Murat	86	Porto/Dolce Vita	1:52.70	+0,75	741
	50m: 26.38 26.38	100m: 54.74 28.36	150m: 1:23.25 28.51	200m: 1:52.70 29.45		
4.	Fabio Manuel Pereira	86	Vilacondense	1:53.56	+0,80	724
	50m: 26.80 26.80	100m: 55.88 29.08	150m: 1:25.02 29.14	200m: 1:53.56 28.54		
5.	Adriano Miguel Niz	86	Famalicao	1:53.58	+0,84	724
	50m: 26.85 26.85	100m: 55.62 28.77	150m: 1:24.61 28.99	200m: 1:53.58 28.97		
6.	Cesar Fernando Faria	90	Bairro dos Anjos/Mr.Pizza	1:53.61	+0,73	723
	50m: 26.41 26.41	100m: 54.90 28.49	150m: 1:24.27 29.37	200m: 1:53.61 29.34		
7.	Joao Filipe Carvalho	87	Porto/Dolce Vita	1:53.87	+0,73	718
	50m: 26.35 26.35	100m: 55.01 28.66	150m: 1:24.88 29.87	200m: 1:53.87 28.99		
8.	Mario Alexandre Pereira	92	Nautico/Matobra	1:54.37	+0,72	709
	50m: 26.99 26.99	100m: 56.61 29.62	150m: 1:25.92 29.31	200m: 1:54.37 28.45		
9.	Fabio Andre Figueira	88	Amadora	1:54.56	+0,70	705
	50m: 27.13 27.13	100m: 56.33 29.20	150m: 1:25.61 29.28	200m: 1:54.56 28.95		
10.	Luis Marques Pinto	87	Naval do Funchal	1:54.75	+0,77	702
	50m: 26.86 26.86	100m: 55.38 28.52	150m: 1:24.46 29.08	200m: 1:54.75 30.29		
11.	Mario Andre Bonanca	90	Sporting	1:55.78	+0,77	683
	50m: 26.72 26.72	100m: 55.68 28.96	150m: 1:25.53 29.85	200m: 1:55.78 30.25		
12.	Ricardo Ferreira Cotovio	91	Sporting	1:56.19	+0,69	676
	50m: 26.65 26.65	100m: 55.56 28.91	150m: 1:25.53 29.97	200m: 1:56.19 30.66		
13.	Andre Filipe Lopes	92	Academica de Coimbra	1:56.54	+0,70	670
	50m: 27.50 27.50	100m: 57.45 29.95	150m: 1:27.10 29.65	200m: 1:56.54 29.44		
14.	Rui Filipe Costa	91	Vitoria de Guimaraes	1:57.69	+0,73	651
	50m: 27.59 27.59	100m: 57.39 29.80	150m: 1:27.72 30.33	200m: 1:57.69 29.97		
15.	Filipe Vieira Malheiro	90	Braga	1:58.19	+0,79	642
	50m: 27.56 27.56	100m: 57.89 30.33	150m: 1:28.17 30.28	200m: 1:58.19 30.02		
16.	Pedro Miguel Silva	76	Vilacondense	1:59.43	+0,93	622
	FTL 50m: 27.63 27.63	100m: 57.67 30.04	150m: 1:28.62 30.95	200m: 1:59.43 30.81		
17.	Bernardo Almeida Moreira	89	Colegio Vasco da Gama	1:59.78	+0,78	617
	FTL 50m: 28.09 28.09	100m: 58.11 30.02	150m: 1:28.73 30.62	200m: 1:59.78 31.05		
18.	Andre Neves Oliveira	91	Benfica	2:00.77	+0,74	602
	FTL 50m: 27.73 27.73	100m: 58.35 30.62	150m: 1:29.58 31.23	200m: 2:00.77 31.19		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 2, Masc., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Diogo Andre Gaspar <i>FTL</i>	90	Uniao Piedense	2:00.88	+0,78	600
	50m: 28.05 28.05	100m: 58.69 30.64	150m: 1:30.18 31.49	200m: 2:00.88 30.70		
20.	Vasco Miguel Gaspar <i>FTL</i>	90	Uniao Piedense	2:00.92	+0,80	600
	50m: 27.74 27.74	100m: 58.40 30.66	150m: 1:29.66 31.26	200m: 2:00.92 31.26		
21.	Joao Pedro Almeida <i>FTL</i>	92	Nautico/Matobra	2:01.63	+0,78	589
	50m: 27.27 27.27	100m: 57.42 30.15	150m: 1:29.75 32.33	200m: 2:01.63 31.88		
DNS	Jose Joao Bica	87	Colegio Vasco da Gama			

Prova 3

Femin., 50m Mariposa

15 anos e mais velhos

01-04-2011 - 10:20

Resultados

Recordes Nacionais 50m Absoluto	27.36	Sara Freitas Oliveira	FPN	Budapeste (HUN)	13-08-2010
Recordes Nacionais 50m Jun	28.00	Sara Francisco Cruz	ADBA	Faro	18-07-2009
Recordes Nacionais 50m Sen	27.36	Sara Freitas Oliveira	FPN	Budapeste (HUN)	13-08-2010

TAC-SENF Sen: 31.00 / TAC-JUNF Jun: 31.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Catarina Tiago Nunes	95	Uniao Piedense	29.07	+0,81	641
2.	Isabel Pinto Abreu	96	Belenenses	30.04	+0,75	581
3.	Mariana Sousa Martins	95	Feirense	30.25	+0,80	569
4.	Marta Filipa Vinagre	95	Torres Novas	30.59	+0,82	550
5.	Carolina Cunha Martins	95	Nautico/Matobra	30.81	+0,96	538
6.	Raquel Maurile Taveira	95	Alges	30.87	+0,85	535
7.	Catarina Isabel Mendes	95	Montijo	30.90	+0,83	534
8.	Ana Margarida Rodrigues	96	Galitos	31.06	+0,80	525
9.	Ines Filipa Borges	95	Alcobaca	31.29	+0,86	514
10.	Silvia Ariana Soares	95	Porto/Dolce Vita	31.33	+0,75	512
11.	Claudia Almeida Costa <i>FTL</i>	95	Aminata	31.52	+0,55	503
12.	Ana Beatriz Azevedo <i>FTL</i>	95	Gesloures	32.18	+0,81	472
Seniores						
1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	27.49	+0,68	758
2.	Sara Francisco Cruz	93	Bairro dos Anjos/Mr.Pizza	28.71	+0,76	665
3.	Claudia Sofia Monteiro	92	Vilacondense	29.35	+0,83	623
4.	Sara Alexandra Madeira	87	Colegio Vasco da Gama	29.45	+0,80	616
5.	Sofia Pavao Machado	94	Naval de Ponta Delgada	29.78	+0,76	596
6.	Claudia Marques Moreno	91	Porto/Dolce Vita	29.80	+0,87	595

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 3, Femin., 50m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Filipa Mendes Pinheiro	92	Desportiva de Viana	30.01	+0,74	582
8.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	30.14	+0,72	575
9.	Diana Patricia Ferreira	94	Gespacos	30.25	+0,59	569
10.	Carlota Freitas Olim	93	Naval do Funchal	30.26	+0,73	568
11.	Elsa Manuela Cardoso	86	Individual Nordeste	30.43	+0,63	559
12.	Jessica Teixeira Vieira	91	Amadora	30.46	+0,75	557
13.	Susana Clara Gomes	77	Naval do Funchal	30.47	+0,75	556
14.	Soraia Vanessa Ribeiro	92	Gespacos	30.57	+0,86	551
15.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	30.61	+0,74	549
16.	Joana Catarina Carvalho	92	Porto/Dolce Vita	30.62	+0,72	548
	Paula Cristina Melo	93	Natacao de Faro	30.62	+0,79	548
18.	Isabel Alves Lopes	92	Colegio Vasco da Gama	30.82	+0,84	538
	Ana Filipa Carmo	93	Colegio Vasco da Gama	30.82	+0,83	538
20.	Filipa Viana Costa	91	Amadora	30.88	+0,83	535
21.	Amelia Pereira Fernandes	89	Vitoria de Guimaraes	30.90	+0,81	534
22.	Ana Luisa Rojao	93	Natacao Guarda	31.00	+0,85	528
23.	Ines Jesus Bringel	92	Sporting	31.12	+0,75	522
	<i>FTL</i>					
24.	Ana Raquel Miranda	94	Uniao Piedense	31.24	+0,70	516
	<i>FTL</i>					
25.	Joana Carolina Oliveira	93	Gesloures	31.35	+0,76	511
	<i>FTL</i>					
26.	Carolina Santos Silva	86	Natacao da Maia	32.09	+0,75	476
	<i>FTL</i>					
27.	Vera Patricia Pinto	94	Benfica	32.48	+0,82	459
	<i>FTL</i>					
DSQ	Sofia Oliveira Pinto	94	Benfica			
	<i>403 - Falsa partida - SW 4.4</i>					

Prova 4

Masc., 50m Mariposa

17 anos e mais velhos

01-04-2011 - 10:25

Resultados

Recordes Nacionais 50m Absoluto	23.72	Simao Gomes Morgado	CNA	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	24.89	tempo limite			
Recordes Nacionais 50m Sen	23.72	Simao Gomes Morgado	CNA	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 26.50 / TAC-JUNM Jun: 27.70

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Emanuel Augusto Pinho	93	Feirense	26.52	+0,71	605
2.	Simao Pedro Alves	94	Famalicao	26.60	+0,71	599
3.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	26.80	+0,73	586
4.	Ruben Filipe Nunes	94	Gespacos	26.85	+0,78	582
5.	Antonio Santa Rita	93	Portinado	26.98	+0,68	574
6.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	26.99	+0,63	573

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 4, Masc., 50m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Filipe Oliveira Raposo	94	Lisnave	27.08	+0,86	568
	Rui Filipe Maia	93	Vilacondense	27.08	+0,71	568
9.	Diogo Fontes Moreira	93	Estamos Juntos	27.27	+0,83	556
10.	Nuno Rafael Duraes	93	Naval Setubalense	27.77	+0,80	526
	<i>FTL</i>					
11.	Joao Filipe Lucas	94	Academica de Coimbra	27.83	+0,75	523
	<i>FTL</i>					
DSQ	Antonio Jorge Rocha	94	Penafiel			
	<i>403 - Falsa partida - SW 4.4</i>					

Seniores

1.	Simao Gomes Morgado	79	Amadora	24.39	+0,69	777
2.	Duarte Rafael Mourao	84	Amadora	25.10	+0,71	713
3.	Joao Silva Gigante	88	Amadora	25.73	+0,70	662
4.	Carlos Filipe Santos	91	Porto/Dolce Vita	25.81	+0,72	656
5.	Ricardo Pereira Lopes	90	Amadora	25.96	+0,65	645
6.	Miguel Silva Oliveira	91	Nautico/Matobra	26.00	+0,73	642
7.	Paulo Jorge Santos	89	Porto/Dolce Vita	26.04	+0,75	639
8.	Andre Neves Oliveira	91	Benfica	26.65	+0,74	596
	<i>FTL</i>					
DNS	Alexandre Escudier Agostinho	86	Portinado			

Prova 5

Femin., 200m Bruços

15 anos e mais velhos

01-04-2011 - 10:30

Resultados

Recordes Nacionais 50m Absoluto	2:29.51	Diana Duarte Gomes	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Jun	2:29.51	Diana Duarte Gomes	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Sen	2:29.76	Diana Duarte Gomes	CNA	Loulé	10-06-2007

TAC-SENF Sen: 2:50.00 / TAC-JUNF Jun: 2:54.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	2:34.53	+0,86	745
	50m: 35.51 35.51	100m: 1:15.42 39.91	150m: 1:55.15 39.73	200m: 2:34.53 39.38		
2.	Paula Alexandra Oliveira	96	Porto/Dolce Vita	2:36.79	+0,87	713
	50m: 35.21 35.21	100m: 1:15.61 40.40	150m: 1:56.09 40.48	200m: 2:36.79 40.70		
3.	Joana Dias Santos	96	Uniao Piedense	2:43.13	+0,87	633
	50m: 37.18 37.18	100m: 1:18.75 41.57	150m: 2:01.08 42.33	200m: 2:43.13 42.05		
4.	Rita Fernandes Leitao	96	Benfica	2:45.36	+0,83	608
	50m: 36.40 36.40	100m: 1:18.11 41.71	150m: 2:00.83 42.72	200m: 2:45.36 44.53		
5.	Joana Filipa Marques	95	Bombeiros de Ponta Delgada	2:47.69	+0,72	583
	50m: 37.74 37.74	100m: 1:20.53 42.79	150m: 2:03.40 42.87	200m: 2:47.69 44.29		
6.	Ariana Alves Nunes	95	Portinado	2:48.04	+0,82	579
	50m: 36.51 36.51	100m: 1:19.01 42.50	150m: 2:03.49 44.48	200m: 2:48.04 44.55		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 5, Femin., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
7.	Ines Simoes Rodrigues	96	Scalabisport	2:49.72	+1,01	562	
	50m: 39.03 39.03	100m: 1:22.29 43.26	150m: 2:06.31	44.02	200m: 2:49.72	43.41	
8.	Ines Raquel Estevao	95	Gesloures	2:51.96	+0,77	541	
	50m: 39.78 39.78	100m: 1:22.78 43.00	150m: 2:07.83	45.05	200m: 2:51.96	44.13	
9.	Ana Monica Eloi	96	Nautico da Marinha Grande	2:52.33	+0,98	537	
	50m: 39.71 39.71	100m: 1:23.19 43.48	150m: 2:07.76	44.57	200m: 2:52.33	44.57	
10.	Ana Filipa Teixeira	95	Vilacondense	2:55.32	+0,80	510	
	<i>FTL</i>	50m: 39.44 39.44	100m: 1:23.42 43.98	150m: 2:08.62	45.20	200m: 2:55.32	46.70
11.	Monica Moreira Lanzinha	95	Electrico Clube	2:55.58	+0,83	508	
	<i>FTL</i>	50m: 39.05 39.05	100m: 1:23.16 44.11	150m: 2:08.95	45.79	200m: 2:55.58	46.63
12.	Ines Joao Costa	95	Braga	2:56.82	+0,86	497	
	<i>FTL</i>	50m: 39.22 39.22	100m: 1:23.42 44.20	150m: 2:10.30	46.88	200m: 2:56.82	46.52
13.	Maria Manuela Frade	96	Academico Viseu	2:57.82	+0,74	489	
	<i>FTL</i>	50m: 38.87 38.87	100m: 1:23.67 44.80	150m: 2:10.27	46.60	200m: 2:57.82	47.55
14.	Sara Sousa Gomes	96	Amadora	2:59.70	+0,96	474	
	<i>FTL</i>	50m: 40.65 40.65	100m: 1:26.93 46.28	150m: 2:13.68	46.75	200m: 2:59.70	46.02

Seniores

1.	Nadia Morais Vieira	90	Gesloures	2:33.41	+0,71	761
	50m: 35.67 35.67	100m: 1:15.75 40.08	150m: 1:54.81	39.06	200m: 2:33.41	38.60
2.	Ana Teresa Franco	91	Sporting	2:36.92	+0,78	711
	50m: 36.02 36.02	100m: 1:16.10 40.08	150m: 1:56.48	40.38	200m: 2:36.92	40.44
3.	Marta Pereira Abreu	92	Porto/Dolce Vita	2:40.11	+0,80	670
	50m: 35.22 35.22	100m: 1:15.72 40.50	150m: 1:57.76	42.04	200m: 2:40.11	42.35
4.	Fabiana Maria Quintal	84	Nacional	2:41.12	+0,73	657
	50m: 35.89 35.89	100m: 1:15.65 39.76	150m: 1:57.18	41.53	200m: 2:41.12	43.94
5.	Ana Pinho Rodrigues	94	Estamos Juntos	2:41.14	+0,82	657
	50m: 35.67 35.67	100m: 1:17.15 41.48	150m: 1:59.31	42.16	200m: 2:41.14	41.83
6.	Joana Marques Maia	91	Natacao da Maia	2:43.20	+0,88	632
	50m: 37.16 37.16	100m: 1:18.52 41.36	150m: 2:00.61	42.09	200m: 2:43.20	42.59
7.	Mariana Dias Almeida	93	Famalicao	2:47.29	+0,82	587
	50m: 37.81 37.81	100m: 1:19.44 41.63	150m: 2:02.62	43.18	200m: 2:47.29	44.67
8.	Gabriela Oliveira Andrade	94	Nautico/Matobra	2:47.60	+0,62	584
	50m: 37.56 37.56	100m: 1:20.22 42.66	150m: 2:04.02	43.80	200m: 2:47.60	43.58

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 5, Femin., 200m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Rute Margarida Marques <i>FTL</i>	94	Amadora	2:50.08	+0,96	559
	50m: 37.80 37.80	100m: 1:22.02 44.22	150m: 2:06.42 44.40	200m: 2:50.08 43.66		
10.	Ana Margarida Domingos <i>FTL</i>	93	Academico Viseu	2:50.43	+0,90	555
	50m: 37.99 37.99	100m: 1:21.82 43.83	150m: 2:05.75 43.93	200m: 2:50.43 44.68		
11.	Claudia Monteiro Martinho <i>FTL</i>	93	Colegio Vasco da Gama	2:50.91	+0,82	551
	50m: 38.89 38.89	100m: 1:22.67 43.78	150m: 2:06.19 43.52	200m: 2:50.91 44.72		

Prova 6

Masc., 200m Bruços

17 anos e mais velhos

01-04-2011 - 10:45

Resultados

Recordes Nacionais 50m Absoluto	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Jun	2:15.99	Andre Miguel Silva	PDEM	Faro	20-07-2009
Recordes Nacionais 50m Sen	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12-08-2008

TAC-SENM Sen: 2:33.00 / TAC-JUNM Jun: 2:37.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Joao Claudio Sousa	93	Gespacos	2:23.15	+0,81	703
	50m: 32.23 32.23	100m: 1:08.32 36.09	150m: 1:45.03 36.71	200m: 2:23.15 38.12		
2.	Diogo Parrilha da Silva	93	Alcobaca	2:26.49	+0,75	656
	50m: 32.37 32.37	100m: 1:08.72 36.35	150m: 1:47.57 38.85	200m: 2:26.49 38.92		
3.	Tiago Samuel Silva	93	Porto/Dolce Vita	2:26.67	+0,83	653
	50m: 33.65 33.65	100m: 1:10.87 37.22	150m: 1:48.11 37.24	200m: 2:26.67 38.56		
4.	Joao Pedro Braga	94	Naval de Ponta Delgada	2:27.72	+0,62	640
	50m: 33.57 33.57	100m: 1:10.88 37.31	150m: 1:49.56 38.68	200m: 2:27.72 38.16		
5.	Pedro Miguel Silva	94	Colegio Monte Maior	2:29.88	+0,73	612
	50m: 32.94 32.94	100m: 1:10.30 37.36	150m: 1:49.86 39.56	200m: 2:29.88 40.02		
6.	Alcides Costa Sousa	94	Feirense	2:30.52	+0,78	605
	50m: 33.34 33.34	100m: 1:11.75 38.41	150m: 1:51.13 39.38	200m: 2:30.52 39.39		
7.	Hugo Miguel Silva	94	Braga	2:32.42	+0,80	582
	50m: 33.70 33.70	100m: 1:11.01 37.31	150m: 1:51.13 40.12	200m: 2:32.42 41.29		
8.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	2:33.73	+0,84	567
	50m: 34.45 34.45	100m: 1:13.00 38.55	150m: 1:53.23 40.23	200m: 2:33.73 40.50		
9.	Pedro Barros Mendes	94	Academica de Coimbra	2:35.34	+0,80	550
	50m: 34.21 34.21	100m: 1:13.20 38.99	150m: 1:53.38 40.18	200m: 2:35.34 41.96		
10.	Joao Pedro Veiga	94	Nautico/Matobra	2:35.72	+0,77	546
	50m: 35.27 35.27	100m: 1:14.26 38.99	150m: 1:55.29 41.03	200m: 2:35.72 40.43		
11.	Diogo Carmo Ramos	93	Vilacondense	2:36.38	+0,71	539
	50m: 33.77 33.77	100m: 1:12.28 38.51	150m: 1:53.58 41.30	200m: 2:36.38 42.80		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 6, Masc., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Bruno Miguel Martins <i>FTL</i>	93	Gesloures	2:37.30	+0,71	530
	50m: 34.22 34.22	100m: 1:13.04 38.82	150m: 1:54.19 41.15	200m: 2:37.30 43.11		
13.	Antonio Ribeiro Mendes <i>FTL</i>	93	Colegio Vasco da Gama	2:37.72	+0,75	525
	50m: 34.89 34.89	100m: 1:14.67 39.78	150m: 1:55.35 40.68	200m: 2:37.72 42.37		
14.	Edgar Miguel Lopes <i>FTL</i>	94	Louletano/Loule Concelho	2:38.38	+0,67	519
	50m: 35.41 35.41	100m: 1:15.75 40.34	150m: 1:57.24 41.49	200m: 2:38.38 41.14		

Seniores

1.	Henrique Pereira Neiva	84	Vilacondense	2:22.25	+0,84	716
	50m: 32.37 32.37	100m: 1:08.46 36.09	150m: 1:45.38 36.92	200m: 2:22.25 36.87		
2.	Pedro Miguel Agostinho	92	Sporting	2:22.68	+0,68	710
	50m: 32.35 32.35	100m: 1:08.72 36.37	150m: 1:45.43 36.71	200m: 2:22.68 37.25		
3.	Pedro Miguel Pinotes	89	Sporting	2:23.17	+0,73	703
	50m: 33.18 33.18	100m: 1:10.07 36.89	150m: 1:46.81 36.74	200m: 2:23.17 36.36		
4.	Sergio Baptista Silva	91	Porto/Dolce Vita	2:23.90	+0,80	692
	50m: 32.96 32.96	100m: 1:10.12 37.16	150m: 1:47.26 37.14	200m: 2:23.90 36.64		
5.	Ricardo Jose Varela	89	Naval Setubalense	2:23.98	+0,69	691
	50m: 30.99 30.99	100m: 1:06.75 35.76	150m: 1:43.72 36.97	200m: 2:23.98 40.26		
6.	Andre Bras Goncalves	88	Amadora	2:24.99	+0,73	676
	50m: 32.70 32.70	100m: 1:09.07 36.37	150m: 1:46.61 37.54	200m: 2:24.99 38.38		
7.	Manuel Matos Sequeira	87	Gesloures	2:25.14	+0,73	674
	50m: 33.19 33.19	100m: 1:10.28 37.09	150m: 1:47.37 37.09	200m: 2:25.14 37.77		
8.	Nuno Rafael Alves	90	Gespacos	2:26.12	+0,84	661
	50m: 33.37 33.37	100m: 1:10.03 36.66	150m: 1:48.09 38.06	200m: 2:26.12 38.03		
9.	Diogo Filipe Matos	92	Sporting	2:26.28	+0,81	659
	50m: 33.34 33.34	100m: 1:11.09 37.75	150m: 1:49.08 37.99	200m: 2:26.28 37.20		
10.	Vitor Diogo Moura	90	Nacional	2:27.23	+0,70	646
	50m: 32.82 32.82	100m: 1:10.00 37.18	150m: 1:48.23 38.23	200m: 2:27.23 39.00		
11.	Rui Filipe Vilar	91	Porto/Dolce Vita	2:27.56	+0,69	642
	50m: 33.40 33.40	100m: 1:09.98 36.58	150m: 1:47.54 37.56	200m: 2:27.56 40.02		
12.	Pedro Miguel Varela	86	Naval Setubalense	2:29.65	+0,81	615
	50m: 33.78 33.78	100m: 1:11.44 37.66	150m: 1:50.54 39.10	200m: 2:29.65 39.11		
13.	Marcelo Goncalo Pereira	90	Vilacondense	2:30.50	+0,79	605
	50m: 33.97 33.97	100m: 1:12.23 38.26	150m: 1:50.81 38.58	200m: 2:30.50 39.69		
14.	Tiago Freire Almeida	87	Amadora	2:31.04	+0,71	598
	50m: 33.18 33.18	100m: 1:10.92 37.74	150m: 1:50.00 39.08	200m: 2:31.04 41.04		
15.	Joao Albano Viola	89	Nautico/Matobra	2:31.39	+0,75	594
	50m: 32.64 32.64	100m: 1:11.06 38.42	150m: 1:51.66 40.60	200m: 2:31.39 39.73		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 6, Masc., 200m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Ricardo Amorim Rego	84	Braga	2:31.81	+0,81	589
	50m: 34.10 34.10	100m: 1:11.48 37.38	150m: 1:50.85 39.37	200m: 2:31.81 40.96		
17.	Luis Nobre Neto	90	Natacao da Maia	2:34.08	+0,78	564
	<i>FTL</i>	50m: 34.51 34.51	100m: 1:13.27 38.76	150m: 1:53.55 40.28	200m: 2:34.08 40.53	
18.	Paulo Andre Dias	92	Gespacos	2:34.84	+0,88	555
	<i>FTL</i>	50m: 35.70 35.70	100m: 1:15.06 39.36	150m: 1:54.82 39.76	200m: 2:34.84 40.02	
19.	Nuno Durao Pascoal	92	Galitos	2:35.11	+0,83	552
	<i>FTL</i>	50m: 35.61 35.61	100m: 1:15.07 39.46	150m: 1:54.94 39.87	200m: 2:35.11 40.17	
20.	Hugo Miguel Nunes	90	Individual Santarem	2:37.24	+0,78	530
	<i>FTL</i>	50m: 34.00 34.00	100m: 1:13.81 39.81	150m: 1:55.06 41.25	200m: 2:37.24 42.18	

Prova 7 Femin., 4 x 50m Livres 15 anos e mais velhos
01-04-2011 - 11:20 Resultados

Recordes Nacionais 50m Absoluto	1:46.27	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	09-04-2010
Recordes Nacionais 50m Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa	27-03-2009
Recordes Nacionais 50m Sen	1:46.27	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	09-04-2010

TAC-SENF Sen: 1:56.00 / TAC-JUNF Jun: 2:05.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Vilacondense	1:53.82	+0,85	614
	Ana Filipa Gomes	96	+0,85	28.63
	Ana Filipa Teixeira	95	+0,07	27.91
	Rita Amado Laezza	95	+0,16	27.99
	Cassandra Pedro Oliveira	95		29.29
2.	Nautico/Matobra	1:54.65	+0,98	601
	Carolina Cunha Martins	95	+0,98	28.36
	Adriana Correia Lopes	95	+0,47	28.25
	Ana Luisa Carvalho	96	+0,56	28.61
	Maria Amelia Gaspar	96	+0,61	29.43
3.	Uniao Piedense	1:55.81	+0,74	583
	Ana Marta Miranda	96	+0,74	29.21
	Helena Paula Carvalho	95	+0,37	28.97
	Joana Dias Santos	96	+0,41	29.91
	Catarina Tiago Nunes	95	+0,13	27.72
4.	Amadora	1:56.19	+0,83	577
	Lisa Marisa Soares	95	+0,83	28.78
	Maria Margarida Rodrigues	96	+0,54	28.82
	Ana Rita Martins	96	+0,23	29.04
	Iris Costa Corrula	96	+0,39	29.55
5.	Beja	1:58.25	+0,79	548
	Joana Isabel Lampreia	96	+0,79	29.46
	Ana Sofia Vasconcelos	95	+0,24	29.93
	Ana Margarida Teixeira	95	+0,13	30.53
	Sofia Isabel Teixeira	95	+0,03	28.33
6.	Gesloures	1:58.38	+0,84	546
	Jessica Goncalves Sequeira	95	+0,84	30.08
	Marta Sofia Martins	95	+0,37	30.33
	Joana Filipa Rodrigues	95	+0,34	29.79
	Paula Cristina Yang	95	+0,14	28.18

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 7, Femin., 4 x 50m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts	
7.	Naval Amorense-Jun-Fem	Naval Amorense	1:59.15	+0,84	535
	Carolina Madeira Santos 96 +0,84 31.64	Sofia Prates Silvestre 95 +0,40 28.79			
	Soraia Guerra Rolim 95 +0,53 29.48	Patricia Miguel Mendes 96 +0,47 29.24			
8.	Braga-Jun-Fem	Braga	2:00.09	+1,06	523
	Vera Patricia Fernandes 96 +1,06 29.98	Ana Joaquina Goncalves 95 +0,47 30.46			
	Debora Guimaraes Oliveira 96 +0,42 30.52	Ines Joao Costa 95 +0,53 29.13			
9.	Torres Novas-Jun-Fem	Torres Novas	2:01.39	+0,81	506
	Marta Filipa Vinagre 95 +0,81 29.50	Soraya Dea Matias 95 +0,63 31.30			
	Mariana Anastacio Cruz 96 +0,71 30.55	Marcia Filipa Carvalho 96 +0,87 30.04			
10.	Gespacos-Jun-Fem	Gespacos	2:02.29	+0,70	495
	Andreia Sofia Torres 95 +0,70 29.86	Ana Sofia Sousa 96 +0,16 32.93			
	Claudia Susana Teixeira 96 +0,21 30.16	Claudia Cristina Leao 96 +0,18 29.34			
11.	Academico Viseu-Jun-Fem	Academico Viseu	2:04.84	+0,78	465
	Maria Manuela Frade 96 +0,78 31.85	Leonor Almeida Esteves 96 +0,49 32.51			
	Marina Pereira Almeida 96 +0,38 31.96	Ana Francisca Silva 95 +0,50 28.52			
DSQ	Porto/Dolce Vita-Jun-Fem	Porto/Dolce Vita			
	<i>111 - Rendição antecipada do 3 nadador - SW 10.11</i>				
	Ana Goncalves Neto 95 +0,85 28.13	Paula Alexandra Oliveira 96 -0,36			
	Maria Luis Amorim 95 +0,32 27.90	Silvia Ariana Soares 95 +0,48			
DNS	Alcobaca-Jun-Fem	Alcobaca			

Seniores

1.	Porto/Dolce Vita-Sen-Fem	Porto/Dolce Vita	1:46.22	+0,68	756
	<i>Recorde Nacional</i>				
	Marta Vieira Marinho 91 +0,68 26.50	Alexandra Paiva Oliveira 91 +0,37 26.99			
	Sara Beatriz Loureiro 87 +0,37 26.81	Sara Freitas Oliveira 85 +0,21 25.92			
2.	BA/Mr.Pizza-Sen-Fem	Bairro dos Anjos/Mr.Pizza	1:51.70	+0,84	650
	Mariana Mota Dias 92 +0,84 28.30	Mara Lisboa e Silva 93 +0,21 28.56			
	Andreia Filipa Anjos 92 +0,30 27.99	Sara Francisco Cruz 93 +0,39 26.85			
3.	Sporting-Sen-Fem	Sporting	1:51.79	+0,79	648
	Maria Carolina Rosa 94 +0,79 27.60	Ines Jesus Bringel 92 +0,35 28.94			
	Raquel Paulo Ranito 94 +0,46 28.01	Mafalda Gomes Beleza 94 +0,35 27.24			
4.	Amadora-Sen-Fem	Amadora	1:51.92	+0,74	646
	Jessica Teixeira Vieira 91 +0,74 27.58	Filipa Viana Costa 91 +0,09 28.38			
	Susana Correia Oliveira 94 +0,28 28.10	Marta Filipa Conceicao 92 +0,38 27.86			
5.	Gespacos-Sen-Fem	Gespacos	1:52.45	+0,83	637
	Diana Patricia Ferreira 94 +0,83 27.92	Ana Rita Cunha 94 +0,37 29.15			
	Ana Sofia Matos 91 +0,20 27.70	Soraia Vanessa Ribeiro 92 +0,38 27.68			
6.	Naval do Funchal-Sen-Fem	Naval do Funchal	1:54.68	+0,70	600
	Carlota Freitas Olim 93 +0,70 28.78	Maria Joao Figueiredo 94 +0,21 29.56			
	Susana Clara Gomes 77 +0,27 27.54	Luisa Costa Henriques 93 +0,21 28.80			
DSQ	Benfica-Sen-Fem	Benfica			
	<i>111 - Rendição antecipada do 2 nadador - SW 10.11</i>				
	Vera Patricia Pinto 94 +0,81 29.43	Tania Alexandra Lopes 92 +0,05			
	Sofia Oliveira Pinto 94 -0,05	Joana Filipa Capela 89 +0,42			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 8 Masc., 4 x 50m Livres 17 anos e mais velhos
01-04-2011 - 11:30 Resultados

Recordes Nacionais 50m Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bona FCP	Faro	18-07-2009
Recordes Nacionais 50m Jun	1:36.69	Futebol Clube do Porto/Imperio Bona FCP	Lisboa	27-03-2009
Recordes Nacionais 50m Sen	1:33.18	Futebol Clube do Porto/Dolce Vita FCP	Coimbra	29-07-2010

TAC-SENM Sen: 1:42.50 / TAC-JUNM Jun: 1:50.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Desportiva de Viana-Jun-Masc	Desportiva de Viana	1:39.46	+0,76 620
	Venancio Guilherme Ferreira 93 +0,76 25.72	Renato Mendes Pinheiro 94 +0,13 24.69		
	Jose Enes Ribeiro 93 +0,30 24.82	Rafael Lages Ribas 93 +0,11 24.23		
2.	Braga-Jun-Masc	Braga	1:39.67	+0,81 616
	Edgar Oliveira Ribeiro 93 +0,81 25.03	Nuno Vieira Malheiro 93 +0,26 25.64		
	Miguel Antonio Silva 94 +0,30 24.84	Ricardo Manuel Machado 93 +0,38 24.16		
3.	Alcobaca-Jun-Masc	Alcobaca	1:40.45	+0,68 602
	Andre Filipe da Graca 93 +0,68 25.47	Andre Alexandre Vicente 94 +0,56 26.09		
	Miguel Monteiro Diogo 93 +0,25 24.78	Diogo Parrilha da Silva 93 +0,48 24.11		
4.	Vilacondense-Jun-Masc	Vilacondense	1:40.66	+0,86 598
	Carlos Manuel Cabral 94 +0,86 25.25	Diogo Carmo Ramos 93 +0,29 25.46		
	Rui Filipe Maia 93 +0,42 24.66	Andre Manuel Garcia 94 +0,21 25.29		
5.	Academica de Coimbra-Jun-Masc	Academica de Coimbra	1:41.25	+0,69 588
	Gustavo Almeida Madureira 94 +0,69 24.42	Ruben Paiva Carvalho 94 +0,15 25.69		
	Joao Filipe Lucas 94 +0,26 25.70	Pedro Barros Mendes 94 +0,20 25.44		
6.	Sporting-Jun-Masc	Sporting	1:42.11	+0,70 573
	Gustavo Manuel Santa 93 +0,70 24.82	Ricardo Verissimo Sousa 93 +0,23 25.93		
	Bernardo Leitao Graca 93 +0,30 24.48	Goncalo Miguel Serpa 93 +0,52 26.88		
7.	Portinado-Jun-Masc	Portinado	1:43.15	+0,71 556
	Juan Rachadell Pereira 93 +0,71 26.59	Antonio Santa Rita 93 +0,22 25.26		
	Manuel Silva Farinha 94 +0,48 25.26	Goncalo Alexandre Fonseca 94 +0,33 26.04		
8.	Colegio Vasco da Gama-Jun-Masc	Colegio Vasco da Gama	1:43.96	+0,79 543
	Pedro Ribeiro Mendes 93 +0,79 25.68	Antonio Ribeiro Mendes 93 +0,28 26.38		
	Miguel Angelo Pinto 94 +0,50 26.25	Pedro Miguel Sa 93 +0,35 25.65		
9.	Ginasio Figueirense-Jun-Masc	Ginasio Figueirense	1:44.13	+0,79 541
	Andre Duarte Vaz 93 +0,79 25.82	Nuno Correia Tinoco 93 +0,38 26.63		
	Joao Manuel Borges 94 +0,40 26.49	Daciano Egidio Sousa 93 +0,45 25.19		
10.	Feirense-Jun-Masc	Feirense	1:44.99	+0,76 527
	Alcides Costa Sousa 94 +0,76 26.19	Telmo Almeida Santos 93 +0,24 26.83		
	Diogo Antonio Carvalho 93 +0,25 26.61	Emanuel Augusto Pinho 93 +0,37 25.36		
11.	Gespacos-Jun-Masc	Gespacos	1:45.04	+0,80 527
	Ruben Filipe Nunes 94 +0,80 25.92	Francisco Junior Ferreira 94 +0,28 27.20		
	Antonio Rafael Bessa 94 +0,45 26.17	Joao Claudio Sousa 93 +0,49 25.75		
DSQ	Naval do Funchal-Jun-Masc	Naval do Funchal		
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>			
	Joao Afonso Vargas 93 +0,70 25.06	Andre Nunes Prudente 94 +0,13 25.89		
	Nuno Costa Caires 94 +0,06 24.94	Bruno Pinto Drumond 94 -0,06		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 8, Masc., 4 x 50m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts	
DSQ	BA/Mr.Pizza-Jun-Masc 111 - <i>Rendição antecipada do 3 nadador - SW 10.11</i>				
	Miguel Polidoro Alexandre	94 +0,74	25.28	Andre Ribeiro de Sousa	94 -0,06
	Flavio Cardoso Relva	93 +0,07	26.24	Filipe Rosa de Oliveira	93 +0,16

Seniores

1.	Porto/Dolce Vita-Sen-Masc	Porto/Dolce Vita	1:34.40	+0,71	726	
	Paulo Jorge Santos	89 +0,71	23.19	Carlos Filipe Santos	91 +0,47	24.00
	Rui Filipe Vilar	91 +0,27	24.11	Joao Filipe Carvalho	87 +0,20	23.10
2.	Amadora-Sen-Masc	Amadora	1:34.66	+0,68	720	
	Joao Silva Gigante	88 +0,68	23.81	Ricardo Pereira Lopes	90 +0,09	23.54
	Simao Gomes Morgado	79 +0,18	23.80	Fabio Andre Figueira	88 +0,25	23.51
3.	Sporting-Sen-Masc	Sporting	1:36.03	+0,68	689	
	Pedro Miguel Agostinho	92 +0,68	24.49	Pedro Miguel Pinotes	89 +0,34	24.14
	Ricardo Ferreira Cotovio	91 +0,31	23.94	Alexis Manacas Santos	92 +0,85	23.46
4.	Nautico/Matobra-Sen-Masc	Nautico/Matobra	1:38.20	+0,72	645	
	Mario Alexandre Pereira	92 +0,72	24.17	Joao Pedro Almeida	92 +0,27	24.70
	Miguel Silva Oliveira	91 +0,28	24.23	Jorge Miguel Mendes	90 +0,49	25.10
5.	Vilacondense-Sen-Masc	Vilacondense	1:38.51	+0,75	639	
	Fabio Manuel Pereira	86 +0,75	24.33	Igor Guterres Carvalho	88 +0,15	25.26
	Pedro Miguel Silva	76 +0,35	24.35	Henrique Pereira Neiva	84 +0,34	24.57
6.	Nacional-Sen-Masc	Nacional	1:39.97	+0,74	611	
	Tiago Ferreira Sousa	91 +0,74	24.43	Tomas Miguel Freitas	90 +0,36	25.71
	Diego Felipe Santos	87 +0,39	25.20	Vitor Diogo Moura	90 +0,55	24.63
7.	BA/Mr.Pizza-Sen-Masc	Bairro dos Anjos/Mr.Pizza	1:40.08	+0,74	609	
	Cesar Fernando Faria	90 +0,74	24.26	Andre Oliveira Marques	92 +0,30	25.42
	Ivo Monico de Almeida	91 +0,39	25.12	Joao Paulo Ribeiro	92 +0,35	25.28
8.	Braga-Sen-Masc	Braga	1:40.09	+0,72	609	
	Filipe Vieira Malheiro	90 +0,72	24.63	Daniel Aparicio Pereira	83 +0,31	25.76
	Nuno Cruz Oliveira	90 +0,37	25.11	Ricardo Amorim Rego	84 +0,27	24.59

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 9 Masc., 1500m Livres 17 anos e mais velhos
01-04-2011 - 16:30 Resultados

Recordes Nacionais 50m Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Jun	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24-01-2003
Recordes Nacionais 50m Sen	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007

TAC-SENM Sen: 16:50.00 / TAC-JUNM Jun: 17:10.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tiago Silva Oliveira	94	Leixoes	16:17.00	+0,73	717
	50m: 28.96 28.96	450m: 4:44.10 32.38	850m: 9:06.79 32.82	1250m: 13:32.77 33.28		
	100m: 1:00.54 31.58	500m: 5:16.72 32.62	900m: 9:39.89 33.10	1300m: 14:06.59 33.82		
	150m: 1:32.30 31.76	550m: 5:49.36 32.64	950m: 10:13.11 33.22	1350m: 14:39.82 33.23		
	200m: 2:03.91 31.61	600m: 6:22.10 32.74	1000m: 10:46.02 32.91	1400m: 15:13.41 33.59		
	250m: 2:35.66 31.75	650m: 6:55.00 32.90	1050m: 11:18.92 32.90	1450m: 15:45.71 32.30		
	300m: 3:07.47 31.81	700m: 7:27.81 32.81	1100m: 11:52.17 33.25	1500m: 16:17.00 31.29		
	350m: 3:39.52 32.05	750m: 8:00.57 32.76	1150m: 12:25.66 33.49			
	400m: 4:11.72 32.20	800m: 8:33.97 33.40	1200m: 12:59.49 33.83			
2.	Ricardo Manuel Machado	93	Braga	16:24.54	+0,88	700
	50m: 29.28 29.28	450m: 4:52.44 33.30	850m: 9:19.38 33.34	1250m: 13:44.45 33.34		
	100m: 1:01.34 32.06	500m: 5:25.88 33.44	900m: 9:52.08 32.70	1300m: 14:17.28 32.83		
	150m: 1:34.24 32.90	550m: 5:59.28 33.40	950m: 10:25.19 33.11	1350m: 14:50.86 33.58		
	200m: 2:06.68 32.44	600m: 6:32.54 33.26	1000m: 10:58.36 33.17	1400m: 15:23.42 32.56		
	250m: 2:39.48 32.80	650m: 7:06.31 33.77	1050m: 11:31.75 33.39	1450m: 15:54.68 31.26		
	300m: 3:12.49 33.01	700m: 7:40.09 33.78	1100m: 12:04.67 32.92	1500m: 16:24.54 29.86		
	350m: 3:45.94 33.45	750m: 8:13.26 33.17	1150m: 12:38.26 33.59			
	400m: 4:19.14 33.20	800m: 8:46.04 32.78	1200m: 13:11.11 32.85			
3.	Andre Rafael Marinho	93	Uniao Piedense	16:32.82	+0,85	683
	50m: 29.48 29.48	450m: 4:51.59 33.18	850m: 9:18.96 33.24	1250m: 13:46.47 33.83		
	100m: 1:01.57 32.09	500m: 5:25.01 33.42	900m: 9:52.26 33.30	1300m: 14:20.09 33.62		
	150m: 1:33.73 32.16	550m: 5:58.44 33.43	950m: 10:25.64 33.38	1350m: 14:53.66 33.57		
	200m: 2:06.45 32.72	600m: 6:32.04 33.60	1000m: 10:59.14 33.50	1400m: 15:27.21 33.55		
	250m: 2:39.23 32.78	650m: 7:05.55 33.51	1050m: 11:32.80 33.66	1450m: 16:00.33 33.12		
	300m: 3:12.13 32.90	700m: 7:38.79 33.24	1100m: 12:05.97 33.17	1500m: 16:32.82 32.49		
	350m: 3:45.26 33.13	750m: 8:12.31 33.52	1150m: 12:39.32 33.35			
	400m: 4:18.41 33.15	800m: 8:45.72 33.41	1200m: 13:12.64 33.32			
4.	Nuno Vieira Malheiro	93	Braga	16:41.07	+0,84	666
	50m: 30.21 30.21	450m: 4:55.02 33.59	850m: 9:22.80 33.17	1250m: 13:49.86 33.61		
	100m: 1:02.71 32.50	500m: 5:28.45 33.43	900m: 9:56.18 33.38	1300m: 14:24.35 34.49		
	150m: 1:35.64 32.93	550m: 6:02.13 33.68	950m: 10:29.45 33.27	1350m: 14:58.37 34.02		
	200m: 2:08.27 32.63	600m: 6:36.05 33.92	1000m: 11:02.81 33.36	1400m: 15:33.37 35.00		
	250m: 2:41.29 33.02	650m: 7:09.55 33.50	1050m: 11:36.04 33.23	1450m: 16:07.56 34.19		
	300m: 3:14.56 33.27	700m: 7:43.10 33.55	1100m: 12:09.55 33.51	1500m: 16:41.07 33.51		
	350m: 3:48.19 33.63	750m: 8:16.30 33.20	1150m: 12:42.73 33.18			
	400m: 4:21.43 33.24	800m: 8:49.63 33.33	1200m: 13:16.25 33.52			
5.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:53.52	+0,80	642
	50m: 30.00 30.00	450m: 4:55.02 33.23	850m: 9:25.68 34.02	1250m: 14:01.16 34.58		
	100m: 1:02.60 32.60	500m: 5:28.50 33.48	900m: 10:00.13 34.45	1300m: 14:35.98 34.82		
	150m: 1:35.38 32.78	550m: 6:01.98 33.48	950m: 10:34.30 34.17	1350m: 15:10.71 34.73		
	200m: 2:08.42 33.04	600m: 6:35.84 33.86	1000m: 11:08.98 34.68	1400m: 15:45.43 34.72		
	250m: 2:41.61 33.19	650m: 7:09.46 33.62	1050m: 11:43.50 34.52	1450m: 16:19.71 34.28		
	300m: 3:14.81 33.20	700m: 7:43.37 33.91	1100m: 12:18.19 34.69	1500m: 16:53.52 33.81		
	350m: 3:48.28 33.47	750m: 8:17.22 33.85	1150m: 12:52.38 34.19			
	400m: 4:21.79 33.51	800m: 8:51.66 34.44	1200m: 13:26.58 34.20			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 9, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Rui Miguel Lopes	94	Natacao de Olhao	16:56.81	+0,97	636
	50m: 29.70 29.70	450m: 4:57.58 33.72	850m: 9:31.56 34.19	1250m: 14:07.73 34.19		34.63
	100m: 1:01.88 32.18	500m: 5:31.53 33.95	900m: 10:06.15 34.59	1300m: 14:42.12 34.59		34.39
	150m: 1:35.06 33.18	550m: 6:05.73 34.20	950m: 10:40.49 34.34	1350m: 15:16.48 34.34		34.36
	200m: 2:08.58 33.52	600m: 6:39.95 34.22	1000m: 11:15.26 34.77	1400m: 15:50.78 34.77		34.30
	250m: 2:42.12 33.54	650m: 7:14.32 34.37	1050m: 11:49.89 34.63	1450m: 16:24.63 34.63		33.85
	300m: 3:15.69 33.57	700m: 7:48.49 34.17	1100m: 12:24.43 34.54	1500m: 16:56.81 34.54		32.18
	350m: 3:49.65 33.96	750m: 8:22.65 34.16	1150m: 12:58.68 34.25			
	400m: 4:23.86 34.21	800m: 8:57.37 34.72	1200m: 13:33.10 34.42			
7.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	17:12.59	+0,90	607
	<i>FTL</i>					
	50m: 30.08 30.08	450m: 4:58.51 34.13	850m: 9:36.35 34.92	1250m: 14:16.56 35.08		35.08
	100m: 1:02.39 32.31	500m: 5:32.92 34.41	900m: 10:11.34 34.99	1300m: 14:52.33 35.77		35.77
	150m: 1:35.49 33.10	550m: 6:07.56 34.64	950m: 10:46.76 35.42	1350m: 15:27.82 35.49		35.49
	200m: 2:09.41 33.92	600m: 6:42.38 34.82	1000m: 11:21.58 34.82	1400m: 16:03.59 35.77		35.77
	250m: 2:42.71 33.30	650m: 7:17.21 34.83	1050m: 11:56.28 34.70	1450m: 16:38.50 34.91		34.91
	300m: 3:16.55 33.84	700m: 7:52.08 34.87	1100m: 12:31.31 35.03	1500m: 17:12.59 34.09		34.09
	350m: 3:50.02 33.47	750m: 8:26.64 34.56	1150m: 13:06.10 34.79			
	400m: 4:24.38 34.36	800m: 9:01.43 34.79	1200m: 13:41.48 35.38			
8.	Bruno Miranda Sousa	93	Desportiva de Viana	17:34.61	+0,89	570
	<i>FTL</i>					
	50m: 29.71 29.71	450m: 5:03.77 34.86	850m: 9:47.94 35.13	1250m: 14:35.79 35.86		35.86
	100m: 1:02.26 32.55	500m: 5:39.50 35.73	900m: 10:23.73 35.79	1300m: 15:12.26 36.47		36.47
	150m: 1:35.94 33.68	550m: 6:14.74 35.24	950m: 10:59.46 35.73	1350m: 15:48.18 35.92		35.92
	200m: 2:10.39 34.45	600m: 6:50.48 35.74	1000m: 11:35.38 35.92	1400m: 16:24.59 36.41		36.41
	250m: 2:44.83 34.44	650m: 7:25.82 35.34	1050m: 12:10.89 35.51	1450m: 17:00.06 35.47		35.47
	300m: 3:19.52 34.69	700m: 8:01.59 35.77	1100m: 12:47.21 36.32	1500m: 17:34.61 34.55		34.55
	350m: 3:53.85 34.33	750m: 8:37.01 35.42	1150m: 13:23.07 35.86			
	400m: 4:28.91 35.06	800m: 9:12.81 35.80	1200m: 13:59.93 36.86			

Seniores

1.	Diogo Andre Gaspar	90	Uniao Piedense	16:02.02	+0,74	751
	50m: 28.98 28.98	450m: 4:48.86 32.44	850m: 9:07.63 32.77	1250m: 13:25.90 32.13		32.13
	100m: 1:01.03 32.05	500m: 5:21.68 32.82	900m: 9:39.99 32.36	1300m: 13:57.79 31.89		31.89
	150m: 1:33.32 32.29	550m: 5:53.65 31.97	950m: 10:12.74 32.75	1350m: 14:29.95 32.16		32.16
	200m: 2:06.23 32.91	600m: 6:25.58 31.93	1000m: 10:45.04 32.30	1400m: 15:01.40 31.45		31.45
	250m: 2:38.45 32.22	650m: 6:57.95 32.37	1050m: 11:16.38 31.34	1450m: 15:32.32 30.92		30.92
	300m: 3:11.08 32.63	700m: 7:30.19 32.24	1100m: 11:48.11 31.73	1500m: 16:02.02 29.70		29.70
	350m: 3:43.66 32.58	750m: 8:02.61 32.42	1150m: 12:20.93 32.82			
	400m: 4:16.42 32.76	800m: 8:34.86 32.25	1200m: 12:53.77 32.84			
2.	Mario Andre Bonanca	90	Sporting	16:02.73	+0,82	749
	50m: 29.43 29.43	450m: 4:48.79 32.75	850m: 9:07.22 32.74	1250m: 13:26.25 32.58		32.58
	100m: 1:01.33 31.90	500m: 5:21.15 32.36	900m: 9:39.69 32.47	1300m: 13:57.93 31.68		31.68
	150m: 1:33.59 32.26	550m: 5:52.94 31.79	950m: 10:12.25 32.56	1350m: 14:29.99 32.06		32.06
	200m: 2:06.00 32.41	600m: 6:24.88 31.94	1000m: 10:44.82 32.57	1400m: 15:01.83 31.84		31.84
	250m: 2:38.44 32.44	650m: 6:57.26 32.38	1050m: 11:16.72 31.90	1450m: 15:33.29 31.46		31.46
	300m: 3:10.85 32.41	700m: 7:29.66 32.40	1100m: 11:48.52 31.80	1500m: 16:02.73 29.44		29.44
	350m: 3:43.58 32.73	750m: 8:02.17 32.51	1150m: 12:20.83 32.31			
	400m: 4:16.04 32.46	800m: 8:34.48 32.31	1200m: 12:53.67 32.84			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:22.91	+0,71	704
	50m: 28.84 28.84	450m: 4:49.55 32.75	850m: 9:11.90	32.49	1250m: 13:37.65	33.47
	100m: 1:00.79 31.95	500m: 5:22.40 32.85	900m: 9:44.86	32.96	1300m: 14:11.30	33.65
	150m: 1:33.35 32.56	550m: 5:54.99 32.59	950m: 10:17.52	32.66	1350m: 14:44.94	33.64
	200m: 2:06.28 32.93	600m: 6:27.83 32.84	1000m: 10:50.41	32.89	1400m: 15:18.78	33.84
	250m: 2:38.86 32.58	650m: 7:00.51 32.68	1050m: 11:23.49	33.08	1450m: 15:52.21	33.43
	300m: 3:11.51 32.65	700m: 7:33.59 33.08	1100m: 11:56.79	33.30	1500m: 16:22.91	30.70
	350m: 3:44.11 32.60	750m: 8:06.33 32.74	1150m: 12:30.35	33.56		
	400m: 4:16.80 32.69	800m: 8:39.41 33.08	1200m: 13:04.18	33.83		
4.	Hugo Alberto Ribeiro	88	Gespacos	16:24.95	+0,97	700
	50m: 29.09 29.09	450m: 4:48.98 32.81	850m: 9:12.53	33.40	1250m: 13:41.74	33.57
	100m: 1:00.78 31.69	500m: 5:21.58 32.60	900m: 9:45.74	33.21	1300m: 14:15.37	33.63
	150m: 1:32.90 32.12	550m: 5:54.43 32.85	950m: 10:19.39	33.65	1350m: 14:48.62	33.25
	200m: 2:05.38 32.48	600m: 6:27.23 32.80	1000m: 10:53.10	33.71	1400m: 15:21.84	33.22
	250m: 2:38.11 32.73	650m: 7:00.03 32.80	1050m: 11:26.82	33.72	1450m: 15:54.10	32.26
	300m: 3:10.73 32.62	700m: 7:32.90 32.87	1100m: 12:00.72	33.90	1500m: 16:24.95	30.85
	350m: 3:43.58 32.85	750m: 8:06.12 33.22	1150m: 12:34.45	33.73		
	400m: 4:16.17 32.59	800m: 8:39.13 33.01	1200m: 13:08.17	33.72		
5.	Vasco Miguel Gaspar	90	Uniao Piedense	16:25.67	+0,82	698
	50m: 29.84 29.84	450m: 4:50.52 32.84	850m: 9:15.56	33.11	1250m: 13:42.29	33.40
	100m: 1:02.77 32.93	500m: 5:23.33 32.81	900m: 9:48.68	33.12	1300m: 14:15.79	33.50
	150m: 1:35.54 32.77	550m: 5:56.38 33.05	950m: 10:21.74	33.06	1350m: 14:48.75	32.96
	200m: 2:07.77 32.23	600m: 6:29.09 32.71	1000m: 10:55.42	33.68	1400m: 15:22.36	33.61
	250m: 2:40.11 32.34	650m: 7:02.74 33.65	1050m: 11:28.56	33.14	1450m: 15:54.22	31.86
	300m: 3:12.66 32.55	700m: 7:35.91 33.17	1100m: 12:02.28	33.72	1500m: 16:25.67	31.45
	350m: 3:45.26 32.60	750m: 8:08.89 32.98	1150m: 12:35.37	33.09		
	400m: 4:17.68 32.42	800m: 8:42.45 33.56	1200m: 13:08.89	33.52		
6.	Andre Filipe Lopes	92	Academica de Coimbra	16:38.30	+0,67	672
	50m: 29.50 29.50	450m: 4:50.51 33.08	850m: 9:17.51	33.58	1250m: 13:49.69	34.32
	100m: 1:01.55 32.05	500m: 5:23.71 33.20	900m: 9:51.50	33.99	1300m: 14:23.65	33.96
	150m: 1:33.78 32.23	550m: 5:56.84 33.13	950m: 10:25.01	33.51	1350m: 14:57.55	33.90
	200m: 2:06.50 32.72	600m: 6:29.65 32.81	1000m: 10:58.97	33.96	1400m: 15:31.73	34.18
	250m: 2:39.02 32.52	650m: 7:02.92 33.27	1050m: 11:33.04	34.07	1450m: 16:05.25	33.52
	300m: 3:11.66 32.64	700m: 7:36.64 33.72	1100m: 12:07.30	34.26	1500m: 16:38.30	33.05
	350m: 3:44.45 32.79	750m: 8:10.11 33.47	1150m: 12:41.31	34.01		
	400m: 4:17.43 32.98	800m: 8:43.93 33.82	1200m: 13:15.37	34.06		
7.	Diogo Banza Pinto	87	Alges	16:39.25	+0,89	670
	50m: 29.50 29.50	450m: 4:49.61 33.11	850m: 9:18.22	34.60	1250m: 13:50.13	34.06
	100m: 1:00.92 31.42	500m: 5:22.86 33.25	900m: 9:52.22	34.00	1300m: 14:24.83	34.70
	150m: 1:33.32 32.40	550m: 5:55.96 33.10	950m: 10:25.65	33.43	1350m: 14:58.61	33.78
	200m: 2:05.54 32.22	600m: 6:29.54 33.58	1000m: 10:59.16	33.51	1400m: 15:33.44	34.83
	250m: 2:38.54 33.00	650m: 7:02.74 33.20	1050m: 11:33.24	34.08	1450m: 16:07.25	33.81
	300m: 3:10.84 32.30	700m: 7:36.27 33.53	1100m: 12:07.25	34.01	1500m: 16:39.25	32.00
	350m: 3:43.84 33.00	750m: 8:09.33 33.06	1150m: 12:41.75	34.50		
	400m: 4:16.50 32.66	800m: 8:43.62 34.29	1200m: 13:16.07	34.32		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Arseniy Lavrentyev	83	Alges	16:48.64	+0,61	651	
	50m: 29.84 29.84	450m: 4:53.33	33.86	850m: 9:23.79	33.81	1250m: 13:57.09	34.00
	100m: 1:01.84 32.00	500m: 5:26.77	33.44	900m: 9:58.03	34.24	1300m: 14:31.54	34.45
	150m: 1:34.41 32.57	550m: 6:00.45	33.68	950m: 10:32.40	34.37	1350m: 15:05.64	34.10
	200m: 2:07.16 32.75	600m: 6:34.14	33.69	1000m: 11:06.86	34.46	1400m: 15:40.12	34.48
	250m: 2:40.02 32.86	650m: 7:07.85	33.71	1050m: 11:40.94	34.08	1450m: 16:14.89	34.77
	300m: 3:12.92 32.90	700m: 7:41.71	33.86	1100m: 12:14.99	34.05	1500m: 16:48.64	33.75
	350m: 3:46.14 33.22	750m: 8:16.01	34.30	1150m: 12:49.10	34.11		
	400m: 4:19.47 33.33	800m: 8:49.98	33.97	1200m: 13:23.09	33.99		
9.	Marcelo Goncalo Pereira	90	Vilacondense	17:06.55	+0,83	618	
	<i>FTL</i>						
	50m: 29.82 29.82	450m: 4:55.04	34.24	850m: 9:32.93	34.96	1250m: 14:13.38	35.07
	100m: 1:02.02 32.20	500m: 5:29.42	34.38	900m: 10:07.93	35.00	1300m: 14:48.39	35.01
	150m: 1:34.25 32.23	550m: 6:04.07	34.65	950m: 10:42.82	34.89	1350m: 15:23.64	35.25
	200m: 2:06.91 32.66	600m: 6:38.71	34.64	1000m: 11:18.01	35.19	1400m: 15:58.47	34.83
	250m: 2:39.91 33.00	650m: 7:12.92	34.21	1050m: 11:53.02	35.01	1450m: 16:33.04	34.57
	300m: 3:13.28 33.37	700m: 7:47.92	35.00	1100m: 12:28.34	35.32	1500m: 17:06.55	33.51
	350m: 3:46.65 33.37	750m: 8:22.79	34.87	1150m: 13:03.27	34.93		
	400m: 4:20.80 34.15	800m: 8:57.97	35.18	1200m: 13:38.31	35.04		

Prova 10

Femin., 100m Livres

15 anos e mais velhos

01-04-2011 - 17:25

Resultados

Recordes Nacionais 50m Absoluto	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11-06-2008
Recordes Nacionais 50m Jun	57.75	Maria Carolina Rosa	FPN	Prague (CZE)	08-07-2009
Recordes Nacionais 50m Sen	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11-06-2008

TAC-SENF Sen: 1:02.00 / TAC-JUNF Jun: 1:02.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Isabel Pinto Abreu	96	Belenenses	59.63	+0,73	665
	50m: 28.95 28.95	100m: 59.63	30.68			
2.	Diana Margarida Duraes	96	Foca	1:00.16	+0,75	648
	50m: 29.08 29.08	100m: 1:00.16	31.08			
3.	Ana Goncalves Neto	95	Porto/Dolce Vita	1:00.34	+0,89	642
	50m: 29.59 29.59	100m: 1:00.34	30.75			
4.	Catarina Tiago Nunes	95	Uniao Piedense	1:00.81	+0,82	627
	50m: 29.14 29.14	100m: 1:00.81	31.67			
5.	Ines Alexandra Paiva	96	Alges	1:01.39	+0,81	610
	50m: 29.68 29.68	100m: 1:01.39	31.71			
6.	Carolina Cunha Martins	95	Nautico/Matobra	1:01.40	+0,94	609
	50m: 29.86 29.86	100m: 1:01.40	31.54			
7.	Ana Filipa Gomes	96	Vilacondense	1:01.45	+0,88	608
	50m: 29.51 29.51	100m: 1:01.45	31.94			
8.	Silvia Ariana Soares	95	Porto/Dolce Vita	1:01.63	+0,75	603
	50m: 29.84 29.84	100m: 1:01.63	31.79			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 10, Femin., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Lisa Marisa Soares 50m: 29.86 29.86	95	Amadora 100m: 1:01.73 31.87	1:01.73	+0,83	600
10.	Raquel Maurile Taveira 50m: 29.70 29.70	95	Alges 100m: 1:02.01 32.31	1:02.01	+0,80	592
11.	Mariana Jesus Costa 50m: 30.08 30.08	96	Alcobaca 100m: 1:02.42 32.34	1:02.42	+0,90	580
12.	Ana Luisa Carvalho FTL 50m: 29.61 29.61	96	Nautico/Matobra 100m: 1:02.52 32.91	1:02.52	+0,85	577

Seniores

1.	Marta Vieira Marinho 50m: 27.90 27.90	91	Porto/Dolce Vita 100m: 57.06 29.16	57.06	+0,69	759
2.	Sara Freitas Oliveira 50m: 28.00 28.00	85	Porto/Dolce Vita 100m: 57.89 29.89	57.89	+0,69	727
3.	Ana Pinho Rodrigues 50m: 27.89 27.89	94	Estamos Juntos 100m: 58.21 30.32	58.21	+0,73	715
4.	Claudia Sofia Monteiro 50m: 28.66 28.66	92	Vilacondense 100m: 58.25 29.59	58.25	+0,83	714
5.	Sara Beatriz Loureiro 50m: 28.40 28.40	87	Porto/Dolce Vita 100m: 58.69 30.29	58.69	+0,71	698
6.	Alexandra Paiva Oliveira 50m: 28.52 28.52	91	Porto/Dolce Vita 100m: 58.92 30.40	58.92	+0,77	690
7.	Claudia Marques Moreno 50m: 28.81 28.81	91	Porto/Dolce Vita 100m: 59.11 30.30	59.11	+0,89	683
8.	Joana Patricia Pinto 50m: 28.34 28.34	94	Ginasio de Vila Real 100m: 59.16 30.82	59.16	+0,85	681
9.	Maria Carolina Rosa 50m: 28.30 28.30	94	Sporting 100m: 59.25 30.95	59.25	+0,78	678
10.	Ana Ribeiro Ferreira 50m: 29.68 29.68	92	Famalicao 100m: 59.96 30.28	59.96	+0,88	654
11.	Marisa Alexandra Lage 50m: 29.57 29.57	94	Viana Natacao 100m: 1:00.04 30.47	1:00.04	+0,86	652
12.	Andreia Catarina Gomes 50m: 29.18 29.18	94	Vitoria de Guimaraes 100m: 1:00.05 30.87	1:00.05	+0,96	651
13.	Soraia Vanessa Ribeiro 50m: 29.01 29.01	92	Gespacos 100m: 1:00.14 31.13	1:00.14	+0,85	649
14.	Sara Francisco Cruz 50m: 29.48 29.48	93	Bairro dos Anjos/Mr.Pizza 100m: 1:00.33 30.85	1:00.33	+0,74	642

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 10, Femin., 100m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Joana Filipa Capela 50m: 29.67 29.67	89	Benfica	1:00.60	+0,82	634
16.	Jessica Teixeira Vieira 50m: 29.25 29.25	91	Amadora	1:00.61	+0,79	634
	Diana Patricia Ferreira 50m: 29.27 29.27	94	Gespacos	1:00.61	+0,85	634
18.	Joana Filipa Santos 50m: 29.27 29.27	93	Vitoria de Guimaraes	1:01.66	+0,89	602
19.	Raquel Paulo Ranito <i>FTL</i> 50m: 29.47 29.47	94	Sporting	1:02.09	+0,86	589
20.	Mariana Mota Dias <i>FTL</i> 50m: 29.48 29.48	92	Bairro dos Anjos/Mr.Pizza	1:02.15	+0,83	588
21.	Susana Clara Gomes <i>FTL</i> 50m: 29.82 29.82	77	Naval do Funchal	1:02.40	+0,77	581

Prova 11

Masc., 200m Costas

17 anos e mais velhos

01-04-2011 - 17:35

Resultados

Recordes Nacionais 50m Absoluto	2:00.62	Pedro Diogo Oliveira	FPN	Melbourne (AUS)	29-03-2007
Recordes Nacionais 50m Jun	2:02.21	Pedro Diogo Oliveira	CNRM	Coimbra	28-07-2006
Recordes Nacionais 50m Sen	2:00.62	Pedro Diogo Oliveira	FPN	Melbourne (AUS)	29-03-2007

TAC-SENM Sen: 2:15.50 / TAC-JUNM Jun: 2:19.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Edgar Oliveira Ribeiro 50m: 30.14 30.14	93	Braga	2:09.66	+0,66	643
				100m: 1:02.55 32.41 150m: 1:36.31 33.76 200m: 2:09.66 33.35		
2.	Diogo Maia e Silva 50m: 30.79 30.79	93	Pimpoes/Cimai	2:09.88	+0,67	639
				100m: 1:03.88 33.09 150m: 1:37.18 33.30 200m: 2:09.88 32.70		
3.	Andre Duarte Vaz 50m: 30.46 30.46	93	Ginasio Figueirense	2:10.83	+0,75	626
				100m: 1:03.36 32.90 150m: 1:36.84 33.48 200m: 2:10.83 33.99		
4.	Jose Alberto Martins 50m: 30.56 30.56	94	Vitoria de Guimaraes	2:12.03	+0,64	609
				100m: 1:03.52 32.96 150m: 1:38.05 34.53 200m: 2:12.03 33.98		
5.	Nuno Rafael Duraes 50m: 30.25 30.25	93	Naval Setubalense	2:13.28	+0,66	592
				100m: 1:03.43 33.18 150m: 1:38.08 34.65 200m: 2:13.28 35.20		
6.	Miguel Angelo Pinto 50m: 31.30 31.30	94	Colegio Vasco da Gama	2:13.55	+0,76	588
				100m: 1:06.07 34.77 150m: 1:40.64 34.57 200m: 2:13.55 32.91		
7.	Antonio Rafael Bessa 50m: 31.42 31.42	94	Gespacos	2:13.66	+0,71	587
				100m: 1:04.58 33.16 150m: 1:38.80 34.22 200m: 2:13.66 34.86		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 11, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Joao Filipe Fernandes 50m: 30.64 30.64	93	Famalicao	2:14.82	+0,66	572
	100m: 1:03.97 33.33			150m: 1:39.40 35.43	200m: 2:14.82 35.42	
9.	David Miguel Leiria 50m: 30.77 30.77	93	Naval Amorense	2:15.87	+0,67	558
	100m: 1:04.96 34.19			150m: 1:40.88 35.92	200m: 2:15.87 34.99	
10.	Renato Filipe Nascimento 50m: 30.81 30.81	94	Louletano/Loule Concelho	2:16.04	+0,72	556
	100m: 1:04.66 33.85			150m: 1:39.97 35.31	200m: 2:16.04 36.07	
11.	Fabio Alexandre Freitas 50m: 31.91 31.91	94	Uniao Piedense	2:16.26	+0,76	554
	100m: 1:06.12 34.21			150m: 1:41.35 35.23	200m: 2:16.26 34.91	
12.	Miguel Antonio Silva 50m: 31.07 31.07	94	Braga	2:16.37	+0,77	552
	100m: 1:04.94 33.87			150m: 1:40.43 35.49	200m: 2:16.37 35.94	
13.	Joao Pedro Braga 50m: 31.91 31.91	94	Naval de Ponta Delgada	2:17.97	+0,69	533
	100m: 1:06.83 34.92			150m: 1:43.27 36.44	200m: 2:17.97 34.70	
14.	Paulo Bruno Janeiro 50m: 31.97 31.97	94	Litoral Alentejano	2:18.19	+0,73	531
	100m: 1:06.61 34.64			150m: 1:41.76 35.15	200m: 2:18.19 36.43	
15.	Renato Mendes Pinheiro 50m: 31.84 31.84	94	Desportiva de Viana	2:18.22	+0,67	530
	100m: 1:06.20 34.36			150m: 1:42.37 36.17	200m: 2:18.22 35.85	
16.	Ricardo Miguel Paiva <i>FTL</i> 50m: 32.68 32.68	93	Colegio Vasco da Gama	2:20.15	+0,77	509
	100m: 1:08.20 35.52			150m: 1:44.59 36.39	200m: 2:20.15 35.56	
17.	Antonio Sampaio Rebolo <i>FTL</i> 50m: 31.32 31.32	94	Belenenses	2:21.05	+0,65	499
	100m: 1:06.31 34.99			150m: 1:43.13 36.82	200m: 2:21.05 37.92	
18.	Filipe Rainho Balseiro <i>FTL</i> 50m: 31.98 31.98	94	Galitos	2:23.37	+0,68	475
	100m: 1:07.60 35.62			150m: 1:45.00 37.40	200m: 2:23.37 38.37	

Seniores

1.	Alexis Manacas Santos 50m: 29.77 29.77	92	Sporting	2:03.10	+0,67	751
	100m: 1:01.47 31.70			150m: 1:33.30 31.83	200m: 2:03.10 29.80	
2.	Adriano Miguel Niz 50m: 30.03 30.03	86	Famalicao	2:03.19	+0,69	749
	100m: 1:01.93 31.90			150m: 1:33.58 31.65	200m: 2:03.19 29.61	
3.	Pedro Fontoura Oliveira 50m: 29.54 29.54	90	Amadora	2:07.84	+0,70	671
	100m: 1:01.54 32.00			150m: 1:35.11 33.57	200m: 2:07.84 32.73	
4.	Samuel Patricio Queiros 50m: 30.43 30.43	91	Porto/Dolce Vita	2:09.12	+0,85	651
	100m: 1:02.73 32.30			150m: 1:35.91 33.18	200m: 2:09.12 33.21	
5.	Ricardo Ferreira Cotovio 50m: 31.06 31.06	91	Sporting	2:09.76	+0,73	641
	100m: 1:04.13 33.07			150m: 1:37.37 33.24	200m: 2:09.76 32.39	
6.	Jose Joao Bica <i>FTL</i> 50m: 31.39 31.39	87	Colegio Vasco da Gama	2:16.59	+0,70	550
	100m: 1:05.43 34.04			150m: 1:40.31 34.88	200m: 2:16.59 36.28	

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 12 Femin., 200m Costas 15 anos e mais velhos
01-04-2011 - 17:45 Resultados

Recordes Nacionais 50m Absoluto	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	08-08-1993
Recordes Nacionais 50m Jun	2:18.75	Catia Raquel Martinheira	LDC	CÁDIZ (ESP)	19-03-2011
Recordes Nacionais 50m Sen	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	08-08-1993

TAC-SENF Sen: 2:33.50 / TAC-JUNF Jun: 2:34.70

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	2:19.92	+0,56	709
	50m: 31.87 31.87	100m: 1:06.67 34.80	150m: 1:43.21	36.54	200m: 2:19.92	36.71
2.	Tatiana Filipa Santos	95	Ginasio Figueirense	2:24.66	+0,74	642
	50m: 33.94 33.94	100m: 1:10.28 36.34	150m: 1:47.89	37.61	200m: 2:24.66	36.77
3.	Victoria Kaminskaya	95	Pimpoes/Cimai	2:26.22	+0,66	621
	50m: 34.09 34.09	100m: 1:10.60 36.51	150m: 1:48.39	37.79	200m: 2:26.22	37.83
4.	Paula Cristina Yang	95	Gesloures	2:26.28	+0,72	621
	50m: 33.53 33.53	100m: 1:10.04 36.51	150m: 1:48.49	38.45	200m: 2:26.28	37.79
5.	Maria Ines Almeida	96	Nautico/Matobra	2:26.52	+0,67	618
	50m: 34.50 34.50	100m: 1:11.64 37.14	150m: 1:50.34	38.70	200m: 2:26.52	36.18
6.	Adriana Correia Lopes	95	Nautico/Matobra	2:27.39	+0,80	607
	50m: 34.61 34.61	100m: 1:11.38 36.77	150m: 1:49.53	38.15	200m: 2:27.39	37.86
7.	Ana Catarina Costa	95	Estamos Juntos	2:29.14	+0,63	586
	50m: 34.74 34.74	100m: 1:12.46 37.72	150m: 1:51.02	38.56	200m: 2:29.14	38.12
8.	Maria Luis Amorim	95	Porto/Dolce Vita	2:30.42	+0,74	571
	50m: 34.96 34.96	100m: 1:12.43 37.47	150m: 1:51.70	39.27	200m: 2:30.42	38.72
9.	Carolina Sofia Lopes	96	Louletano/Loule Concelho	2:31.42	+0,78	560
	50m: 34.53 34.53	100m: 1:12.23 37.70	150m: 1:52.43	40.20	200m: 2:31.42	38.99
10.	Flavia Daniela Goncalves	96	Desportiva de Viana	2:32.16	+0,73	551
	50m: 34.84 34.84	100m: 1:13.40 38.56	150m: 1:52.95	39.55	200m: 2:32.16	39.21
11.	Ana Joaquina Goncalves	95	Braga	2:32.47	+0,71	548
	50m: 35.82 35.82	100m: 1:14.39 38.57	150m: 1:53.71	39.32	200m: 2:32.47	38.76
12.	Claudia Susana Teixeira	96	Gespacos	2:33.11	+0,75	541
	50m: 35.75 35.75	100m: 1:14.20 38.45	150m: 1:53.92	39.72	200m: 2:33.11	39.19
13.	Irina Filipa Lousa	95	Porto/Dolce Vita	2:33.50	+0,89	537
	50m: 35.36 35.36	100m: 1:13.81 38.45	150m: 1:54.16	40.35	200m: 2:33.50	39.34
14.	Filipa Maria Rompante	95	Famalicao	2:34.04	+0,91	531
	50m: 35.80 35.80	100m: 1:14.86 39.06	150m: 1:54.73	39.87	200m: 2:34.04	39.31
15.	Leonor Rebelo Pereira	96	Desporto de Barcelos	2:34.09	+0,66	531
	50m: 35.15 35.15	100m: 1:14.15 39.00	150m: 1:54.88	40.73	200m: 2:34.09	39.21
16.	Catia Andreia Clara	95	Nautico da Marinha Grande	2:34.39	+0,74	528
	50m: 35.88 35.88	100m: 1:14.68 38.80	150m: 1:54.47	39.79	200m: 2:34.39	39.92
17.	Ana Rita Martins	96	Amadora	2:34.42	+0,83	528
	50m: 35.77 35.77	100m: 1:14.51 38.74	150m: 1:55.21	40.70	200m: 2:34.42	39.21

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 12, Femin., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Mariana Jesus Costa <i>FTL</i>	96	Alcobaca	2:35.26	+0,67	519
	50m: 35.96 35.96	100m: 1:14.75 38.79	150m: 1:55.26 40.51	200m: 2:35.26 40.00		
19.	Ines Filipa Borges <i>FTL</i>	95	Alcobaca	2:35.50	+0,72	517
	50m: 35.77 35.77	100m: 1:15.42 39.65	150m: 1:56.55 41.13	200m: 2:35.50 38.95		
20.	Ana Oliveira Cunha <i>FTL</i>	95	Famalicao	2:35.56	+0,70	516
	50m: 35.87 35.87	100m: 1:15.30 39.43	150m: 1:55.62 40.32	200m: 2:35.56 39.94		
21.	Ana Rita Alves <i>FTL</i>	96	Colegio Vasco da Gama	2:37.24	+0,68	500
	50m: 35.03 35.03	100m: 1:14.64 39.61	150m: 1:56.35 41.71	200m: 2:37.24 40.89		
22.	Joana Filipa Rodrigues <i>FTL</i>	95	Gesloures	2:38.68	+0,73	486
	50m: 36.13 36.13	100m: 1:15.94 39.81	150m: 1:57.84 41.90	200m: 2:38.68 40.84		
23.	Ana Catarina Sousa <i>FTL</i>	96	Vitoria de Guimaraes	2:42.40	+0,66	453
	50m: 35.30 35.30	100m: 1:14.94 39.64	150m: 1:57.98 43.04	200m: 2:42.40 44.42		
24.	Marta Filipa Vinagre <i>FTL</i>	95	Torres Novas	2:43.69	+0,80	443
	50m: 36.08 36.08	100m: 1:16.89 40.81	150m: 2:00.85 43.96	200m: 2:43.69 42.84		
DSQ	Rafaela Marques Bodiao <i>403 - Falsa partida - SW 4.4</i>	96	Natacao de Olhao			

Seniores

1.	Marta Pereira Abreu	92	Porto/Dolce Vita	2:20.71	+0,79	697
	50m: 32.85 32.85	100m: 1:07.93 35.08	150m: 1:44.34 36.41	200m: 2:20.71 36.37		
2.	Mafalda Gomes Beleza	94	Sporting	2:21.35	+0,68	688
	50m: 32.69 32.69	100m: 1:08.59 35.90	150m: 1:45.81 37.22	200m: 2:21.35 35.54		
3.	Andreia Filipa Anjos	92	Bairro dos Anjos/Mr.Pizza	2:22.40	+0,70	673
	50m: 33.20 33.20	100m: 1:08.99 35.79	150m: 1:45.57 36.58	200m: 2:22.40 36.83		
4.	Ines Catarina Agostinho	94	Sporting	2:23.65	+0,69	655
	50m: 33.67 33.67	100m: 1:10.47 36.80	150m: 1:47.32 36.85	200m: 2:23.65 36.33		
5.	Mara Lisboa e Silva	93	Bairro dos Anjos/Mr.Pizza	2:25.04	+0,72	637
	50m: 33.87 33.87	100m: 1:10.17 36.30	150m: 1:47.65 37.48	200m: 2:25.04 37.39		
6.	Ana Sofia Leite	93	Ginasio de Vila Real	2:26.34	+0,69	620
	50m: 34.17 34.17	100m: 1:11.06 36.89	150m: 1:49.14 38.08	200m: 2:26.34 37.20		
7.	Patricia Isabel Oliveira	94	Leixoes	2:27.82	+0,68	601
	50m: 33.90 33.90	100m: 1:10.41 36.51	150m: 1:49.61 39.20	200m: 2:27.82 38.21		
8.	Susana Correia Oliveira	94	Amadora	2:28.31	+0,71	595
	50m: 33.35 33.35	100m: 1:10.54 37.19	150m: 1:49.50 38.96	200m: 2:28.31 38.81		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 12, Femin., 200m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ana Sofia Simoes	93	Alges	2:28.41	+0,64	594
	50m: 34.20 34.20	100m: 1:10.66 36.46	150m: 1:49.41 38.75	200m: 2:28.41 39.00		
10.	Andreia Silva Cruz	88	Lisnave	2:30.04	+0,69	575
	50m: 34.98 34.98	100m: 1:12.39 37.41	150m: 1:51.30 38.91	200m: 2:30.04 38.74		
11.	Gabriela Oliveira Andrade	94	Nautico/Matobra	2:30.91	+0,87	565
	50m: 34.76 34.76	100m: 1:12.63 37.87	150m: 1:52.69 40.06	200m: 2:30.91 38.22		
12.	Ines Sofia Sampaio	94	Academico Viseu	2:32.66	+0,71	546
	50m: 35.89 35.89	100m: 1:14.95 39.06	150m: 1:54.58 39.63	200m: 2:32.66 38.08		
13.	Filipa Mendes Pinheiro	92	Desportiva de Viana	2:32.83	+0,69	544
	50m: 33.67 33.67	100m: 1:10.74 37.07	150m: 1:51.41 40.67	200m: 2:32.83 41.42		
14.	Isabel Rovisco Monteiro FTL	93	Fafe	2:33.73	+0,72	535
	50m: 35.09 35.09	100m: 1:14.18 39.09	150m: 1:54.68 40.50	200m: 2:33.73 39.05		
15.	Ana Filipa Goncalves FTL	92	Ancorensis/Serralharia Ribeiro	2:34.23	+0,62	529
	50m: 34.77 34.77	100m: 1:13.74 38.97	150m: 1:54.12 40.38	200m: 2:34.23 40.11		
16.	Sofia Oliveira Pinto FTL	94	Benfica	2:35.72	+0,70	514
	50m: 35.29 35.29	100m: 1:15.20 39.91	150m: 1:55.62 40.42	200m: 2:35.72 40.10		
17.	Ana Raquel Miranda FTL	94	Uniao Piedense	2:36.47	+0,70	507
	50m: 35.27 35.27	100m: 1:15.00 39.73	150m: 1:55.94 40.94	200m: 2:36.47 40.53		

Prova 13

Masc., 4 x 100m Livres

17 anos e mais velhos

01-04-2011 - 18:20

Resultados

Recordes Nacionais 50m Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	19-07-2009
Recordes Nacionais 50m Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	27-03-2009
Recordes Nacionais 50m Sen	3:26.36	Clube Natacao da Amadora	CNA Faro	19-07-2009

TAC-SENM Sen: 3:43.00 / TAC-JUNM Jun: 3:53.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts	
1.	Braga-Jun-Masc	3:38.55	+0,83	638	
	Ricardo Manuel Machado	+0,83 25.96	53.58	Edgar Oliveira Ribeiro	+0,40 25.51 53.78
	Miguel Antonio Silva	+0,42 26.60	55.47	Nuno Vieira Malheiro	+0,32 26.71 55.72
2.	Alcobaca-Jun-Masc	3:40.62	+0,75	621	
	Andre Filipe da Graca	+0,75 26.87	56.01	Miguel Monteiro Diogo	+0,27 25.45 53.81
	Andre Alexandre Vicente	+0,64 27.92	57.30	Diogo Parrilha da Silva	+0,55 25.41 53.50
3.	Famalicao-Jun-Masc	3:41.85	+0,71	610	
	Simao Pedro Alves	+0,71 26.33	54.34	Joao Miguel Rocha	+0,39 25.88 54.79
	Joao Filipe Fernandes	+0,31 26.74	55.36	Pedro Romanoski Carvalho	+0,32 27.36 57.36

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 13, Masc., 4 x 100m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
4.	Vilacondense-Jun-Masc	3:42.30	+0,78	607
	Rui Filipe Maia +0,78 26.25	54.76	Diogo Carmo Ramos +0,23 26.58	55.59
	Carlos Manuel Cabral +0,22 25.66	55.07	Andre Manuel Garcia +0,28 26.75	56.88
5.	Desportiva de Viana-Jun-Masc	3:42.33	+0,81	606
	Venancio Guilherme Ferreira +0,81 26.91	55.73	Renato Mendes Pinheiro +0,28 26.61	56.49
	Jose Enes Ribeiro +0,34 26.50	55.79	Rafael Lages Ribas +0,08 25.75	54.32
6.	Academica de Coimbra-Jun-Masc	3:44.13	+0,69	592
	Gustavo Almeida Madureira +0,69 26.36	53.97	Ruben Paiva Carvalho +0,26 27.63	58.16
	Joao Filipe Lucas +0,29 26.63	56.26	Pedro Barros Mendes +0,29 26.33	55.74
7.	Naval do Funchal-Jun-Masc	3:45.09	+0,74	584
	Joao Afonso Vargas +0,74 26.79	56.33	Andre Nunes Prudente +0,09 26.63	56.47
	Nuno Costa Caires +0,12 26.12	55.48	Bruno Pinto Drumond +0,13 26.38	56.81
8.	Colegio Vasco da Gama-Jun-Masc	3:46.84	+0,75	571
	Pedro Ribeiro Mendes +0,75 27.00	56.43	Antonio Ribeiro Mendes +0,25 26.77	57.22
	Miguel Angelo Pinto +0,40 27.41	56.81	Pedro Miguel Sa +0,30 27.11	56.38
9.	Naval de Ponta Delgada-Jun-Masc	3:48.70	+0,80	557
	Jose Goncalo Nascimento +0,80 28.13	59.44	Goncalo Sampaio Garcia +0,26 28.88	1:00.29
	Joao Pedro Braga +0,60 26.84	55.73	Carlos Lopes Pedrosa +0,44 25.18	53.24
10.	Gespacos-Jun-Masc	3:48.82	+0,83	556
	Ruben Filipe Nunes +0,83 26.85	55.36	Francisco Junior Ferreira 0.00 28.21	59.67
	Antonio Rafael Bessa +0,06 27.24	57.84	Joao Claudio Sousa -0,03 26.70	55.95
DNS	Feirense-Jun-Masc	Feirense		
DNS	Portinado-Jun-Masc	Portinado		

Seniores

1.	Porto/Dolce Vita-Sen-Masc	3:26.48	+0,71	757
	Paulo Jorge Santos +0,71 24.38	51.09	Rui Filipe Vilar +0,11 25.33	53.17
	Joao Filipe Carvalho +0,14 24.24	51.43	Israel Peressin Murat +0,23 23.64	50.79
2.	Amadora-Sen-Masc	3:27.68	+0,70	744
	Joao Silva Gigante +0,70 25.03	52.13	Ricardo Pereira Lopes +0,22 25.43	52.39
	Duarte Rafael Mourao +0,24 24.46	51.50	Fabio Andre Figueira +0,18 24.86	51.66
3.	Famalicao-Sen-Masc	3:29.97	+0,74	720
	Luis Emanuel Vaz +0,74 25.16	51.89	Adriano Miguel Niz +0,39 25.05	52.07
	Jorge Manuel Maia +0,29 24.55	51.52	Paulo Ricardo Araujo +0,27 25.77	54.49
4.	Sporting-Sen-Masc	3:33.00	+0,62	690
	Pedro Miguel Agostinho +0,62 25.59	53.82	Ricardo Ferreira Cotovio +0,52 25.63	53.02
	Pedro Miguel Pinotes +0,16 24.89	52.36	Mario Andre Bonanca +0,23 25.52	53.80
5.	Colegio Vasco da Gama-Sen-Masc	3:35.34	+0,75	667
	Nuno Goncalo Quintanilha +0,75 25.28	52.65	Bernardo Almeida Moreira +0,27 25.99	54.18
	Jose Joao Bica +0,34 25.71	53.20	Jorge Miguel Carmo +0,23 26.30	55.31
6.	Nautico/Matobra-Sen-Masc	3:35.54	+0,75	666
	Miguel Silva Oliveira +0,75 25.92	53.68	Joao Pedro Almeida +0,32 25.74	54.79
	Jorge Miguel Mendes +0,33 26.26	54.57	Mario Alexandre Pereira +0,34 25.07	52.50

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 13, Masc., 4 x 100m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
7.	Vilacondense	3:37.32	+0,89	649
	Pedro Miguel Silva +0,89 26.32	Igor Guterres Carvalho +0,52 27.56		56.29
	Fabio Manuel Pereira +0,25 25.03	Henrique Pereira Neiva +0,39 25.95		54.28
8.	Bairro dos Anjos/Mr.Pizza	3:40.35	+0,80	623
	Tiago Filipe Pereira +0,80 26.64	Joao Paulo Ribeiro +0,28 26.64		55.45
	Andre Oliveira Marques +0,22 26.55	Cesar Fernando Faria +0,34 24.48		51.97
9.	Nacional	3:41.96	+0,73	609
	Tiago Ferreira Sousa +0,73 26.44	Tomas Miguel Freitas +0,23 26.75		55.27
	Diego Felipe Santos +0,37 26.12	Vitor Diogo Moura +0,39 26.18		56.03

Prova 14 Femin., 4 x 200m Livres 15 anos e mais velhos
01-04-2011 - 18:35 Resultados

Recordes Nacionais 50m Absoluto	8:27.20	Futebol Clube do Porto/Imperio Bonanca	FCB	Faro	18-07-2009
Recordes Nacionais 50m Jun	8:39.85	Sporting Clube de Portugal	SCP	Coimbra	09-04-2010
Recordes Nacionais 50m Sen	8:27.41	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	29-07-2010

TAC-SENF Sen: 9:10.00 / TAC-JUNF Jun: 9:22.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto/Dolce Vita-Jun-Fem	8:53.67	+0,87	649
	Ana Goncalves Neto 95 +0,87 30.00	1:02.82 1:36.19	2:08.79	2:08.79
	Silvia Ariana Soares 95 +0,48 30.43	1:04.00 1:38.83	2:13.43	2:13.43
	Paula Alexandra Oliveira 96 +0,32 32.58	1:08.96 1:45.57	2:21.08	2:21.08
	Maria Luis Amorim 95 +0,37 29.79	1:02.80 1:36.70	2:10.37	2:10.37
2.	Uniao Piedense-Jun-Fem	9:00.92	+0,91	623
	Ana Marta Miranda 96 +0,91 29.59	1:03.11 1:37.64	2:12.25	2:12.25
	Joana Dias Santos 96 +0,56 31.67	1:07.27 1:43.17	2:18.46	2:18.46
	Helena Paula Carvalho 95 +0,44 30.91	1:06.30 1:42.75	2:18.15	2:18.15
	Catarina Tiago Nunes 95 +0,22 29.51	1:02.62 1:37.41	2:12.06	2:12.06
3.	Nautico/Matobra-Jun-Fem	9:05.63	+1,03	607
	Carolina Cunha Martins 95 +1,03 31.18	1:05.42 1:40.82	2:15.59	2:15.59
	Adriana Correia Lopes 95 +0,35 30.81	1:04.98 1:40.33	2:15.61	2:15.61
	Ana Luisa Carvalho 96 +0,65 31.83	1:07.67 1:43.02	2:18.58	2:18.58
	Maria Amelia Gaspar 96 +0,40 31.10	1:05.69 1:41.24	2:15.85	2:15.85
4.	Vilacondense-Jun-Fem	9:05.91	+0,83	606
	Cassandra Pedro Oliveira 95 +0,83 31.10	1:04.16 1:38.84	2:12.85	2:12.85
	Ana Filipa Teixeira 95 +0,49 31.14	1:04.67 1:40.95	2:16.34	2:16.34
	Ana Filipa Gomes 96 +0,09 31.25	1:06.59 1:43.19	2:18.28	2:18.28
	Rita Amado Laezza 95 +0,19 30.90	1:05.84 1:43.10	2:18.44	2:18.44
5.	Braga-Jun-Fem	9:18.57	+0,97	566
	Vera Patricia Fernandes 96 +0,97 30.91	1:05.45 1:42.39	2:18.74	2:18.74
	Ana Joaquina Goncalves 95 +0,42 32.15	1:07.87 1:44.12	2:19.54	2:19.54
	Debora Guimaraes Oliveira 96 +0,43 33.03	1:09.75 1:47.77	2:24.36	2:24.36
	Ines Joao Costa 95 +0,48 31.80	1:06.27 1:41.86	2:15.93	2:15.93

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 14, Femin., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts				
6.	Gesloures-Jun-Fem <i>FTL</i>	9:28.98	+0,91	535				
	Marta Sofia Martins	95	+0,91	33.53	1:09.37	1:46.89	2:23.12	2:23.12
	Jessica Goncalves Sequeira	95	+0,35	30.72	1:06.49	1:44.50	2:23.31	2:23.31
	Ana Beatriz Azevedo	95	+0,28	33.47	1:11.32	1:50.55	2:28.15	2:28.15
	Paula Cristina Yang	95	+0,43	30.30	1:04.43	1:39.54	2:14.40	2:14.40

DNS Alcobaca-Jun-Fem Alcobaca

Seniores

1.	Porto/Dolce Vita-Sen-Fem <i>Recorde Nacional</i>	Porto/Dolce Vita	8:27.04	+0,72	756			
	Sara Freitas Oliveira	85	+0,72	28.80	1:00.62	1:33.95	2:06.32	2:06.32
	Marta Vieira Marinho	91	+0,25	28.92	1:00.58	1:32.90	2:04.94	2:04.94
	Joana Aguiar Rodrigues	93	+0,49	29.31	1:01.56	1:35.18	2:07.98	2:07.98
	Sara Beatriz Loureiro	87	+0,21	29.32	1:01.66	1:34.71	2:07.80	2:07.80
2.	Vitoria de Guimaraes-Sen-Fem	Vitoria de Guimaraes	8:39.96	+0,90	701			
	Andreia Catarina Gomes	94	+0,90	30.04	1:01.89	1:34.46	2:06.50	2:06.50
	Joana Filipa Santos	93	+0,28	30.34	1:03.02	1:37.17	2:11.51	2:11.51
	Daniela Filipa Pinto	91	+0,25	29.94	1:03.36	1:38.27	2:12.96	2:12.96
	Amelia Pereira Fernandes	89	+0,53	29.64	1:02.15	1:35.75	2:08.99	2:08.99
3.	Sporting-Sen-Fem	Sporting	8:47.38	+0,82	672			
	Maria Carolina Rosa	94	+0,82	29.87	1:01.83	1:35.35	2:09.16	2:09.16
	Raquel Paulo Ranito	94	+0,33	29.32	1:03.14	1:38.90	2:13.79	2:13.79
	Patricia Garcia Marinho	94	+0,20	29.95	1:03.88	1:39.28	2:13.69	2:13.69
	Mafalda Gomes Beleza	94	+0,23	29.50	1:02.38	1:36.99	2:10.74	2:10.74
4.	BA/Mr.Pizza-Sen-Fem	Bairro dos Anjos/Mr.Pizza	9:03.66	+0,92	614			
	Mara Lisboa e Silva	93	+0,92	31.51	1:05.61	1:41.40	2:15.87	2:15.87
	Mariana Mota Dias	92	+0,21	30.79	1:05.04	1:40.03	2:14.92	2:14.92
	Andreia Filipa Anjos	92	+0,41	30.22	1:04.25	1:39.02	2:13.18	2:13.18
	Sara Francisco Cruz	93	+0,54	32.42	1:07.74	1:44.05	2:19.69	2:19.69
5.	Gesloures-Sen-Fem	Gesloures	9:05.54	+0,75	607			
	Nadia Morais Vieira	90	+0,75	30.86	1:03.98	1:37.96	2:10.51	2:10.51
	Patricia Silva Damas	92	+0,19	31.40	1:06.59	1:43.03	2:18.93	2:18.93
	Joana Carolina Oliveira	93	+0,34	31.63	1:07.34	1:43.89	2:19.38	2:19.38
	Tatiana Ladeiro Santos	92	+0,49	30.93	1:05.33	1:41.83	2:16.72	2:16.72
6.	Gespacos-Sen-Fem	Gespacos	9:09.45	+0,89	594			
	Soraia Vanessa Ribeiro	92	+0,89	29.70	1:02.33	1:36.08	2:11.68	2:11.68
	Diana Patricia Ferreira	94	+0,15	29.81	1:03.75	1:37.94	2:12.03	2:12.03
	Ana Rita Cunha	94	+0,30	31.13	1:06.59	1:43.08	2:20.16	2:20.16
	Patricia Cristina Fernandes	94	+0,09	32.35	1:09.77	1:47.72	2:25.58	2:25.58

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 15 Femin., 50m Livres 15 anos e mais velhos
02-04-2011 - 9:30 Resultados

Recordes Nacionais 50m Absoluto	25.83	Patricia Vilas Conceicao	CNA	Coimbra	30-05-2009
Recordes Nacionais 50m Jun	26.21	Ana Pinho Rodrigues	AEJ	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	25.83	Patricia Vilas Conceicao	CNA	Coimbra	30-05-2009

TAC-SENF Sen: 28.45 / TAC-JUNF Jun: 28.85

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Isabel Pinto Abreu	96	Belenenses	28.20	+0,69	595
2.	Ana Luisa Carvalho	96	Nautico/Matobra	28.29	+0,88	590
3.	Raquel Maurile Taveira	95	Alges	28.32	+0,79	588
4.	Ana Filipa Gomes	96	Vilacondense	28.47	+0,85	579
5.	Beatriz Alves Silva	95	Portinado	28.60	+0,68	571
6.	Rita Amado Laezza	95	Vilacondense	28.68	+0,83	566
7.	Mariana Sousa Martins	95	Feirense	28.70	+0,76	565
8.	Catarina Tiago Nunes	95	Uniao Piedense	28.74	+0,81	562
9.	Ana Francisca Silva	95	Academico Viseu	28.79	+0,80	559
10.	Ana Filipa Teixeira <i>FTL</i>	95	Vilacondense	29.15	+0,75	539
11.	Marta Filipa Vinagre <i>FTL</i>	95	Torres Novas	29.24	+0,75	534
12.	Patricia Miguel Mendes <i>FTL</i>	96	Naval Amorense	29.42	+0,70	524

Seniores

1.	Ana Pinho Rodrigues	94	Estamos Juntos	26.53	+0,71	715
2.	Sara Freitas Oliveira	85	Porto/Dolce Vita	26.72	+0,71	700
3.	Claudia Sofia Monteiro	92	Vilacondense	27.26	+0,75	659
4.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	27.56	+0,79	638
5.	Joana Patricia Pinto	94	Ginasio de Vila Real	27.58	+0,85	636
6.	Sara Beatriz Loureiro	87	Porto/Dolce Vita	27.59	+0,72	636
7.	Sara Francisco Cruz	93	Bairro dos Anjos/Mr.Pizza	27.65	+0,73	632
8.	Claudia Marques Moreno	91	Porto/Dolce Vita	27.90	+0,87	615
9.	Jessica Teixeira Vieira	91	Amadora	27.97	+0,75	610
10.	Sara Alexandra Madeira	87	Colegio Vasco da Gama	28.07	+0,77	604
11.	Maria Carolina Rosa	94	Sporting	28.13	+0,83	600
12.	Diana Patricia Ferreira	94	Gespacos	28.20	+0,83	595
13.	Sofia Pavao Machado	94	Naval de Ponta Delgada	28.35	+0,73	586
14.	Joana Filipa Santos	93	Vitoria de Guimaraes	28.45	+0,87	580
15.	Fabiana Maria Quintal <i>FTL</i>	84	Nacional	28.57	+0,71	573
16.	Susana Clara Gomes <i>FTL</i>	77	Naval do Funchal	28.65	+0,75	568
17.	Marta Filipa Conceicao <i>FTL</i>	92	Amadora	28.71	+0,82	564

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 15, Femin., 50m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Mariana Mota Dias FTL	92	Bairro dos Anjos/Mr.Pizza	28.72	+0,84	564
	Maria Ines Ribeiro FTL	92	Nautico/Matobra	28.72	+0,78	564
20.	Joana Catarina Carvalho FTL	92	Porto/Dolce Vita	28.79	+0,73	559
21.	Ana Margarida Domingos FTL	93	Academico Viseu	28.89	+0,94	554
22.	Mafalda Fraga Fragoso FTL	94	Bombeiros de Ponta Delgada	28.97	+0,81	549
23.	Ana Luisa Rojao FTL	93	Natacao Guarda	29.11	+0,85	541

Prova 16

Masc., 200m Mariposa

17 anos e mais velhos

02-04-2011 - 9:40

Resultados

Recordes Nacionais 50m Absoluto	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Jun	2:01.46	Pedro Diogo Oliveira	FPN	Palma Maiorca (ESP)	08-07-2006
Recordes Nacionais 50m Sen	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28-07-2009

TAC-SENM Sen: 2:10.50 / TAC-JUNM Jun: 2:16.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Monteiro Diogo	93	Alcobaca	2:04.86	+0,67	712
	50m: 27.42 27.42	100m: 58.56 31.14	150m: 1:31.25	32.69	200m: 2:04.86	33.61
2.	Diogo Parrilha da Silva	93	Alcobaca	2:07.68	+0,80	666
	50m: 27.59 27.59	100m: 59.15 31.56	150m: 1:32.52	33.37	200m: 2:07.68	35.16
3.	Ruben Filipe Nunes	94	Gespacos	2:10.07	+0,81	630
	50m: 28.48 28.48	100m: 1:01.54 33.06	150m: 1:35.33	33.79	200m: 2:10.07	34.74
4.	Pedro Miguel Sa	93	Colegio Vasco da Gama	2:13.00	+0,76	589
	50m: 29.79 29.79	100m: 1:03.09 33.30	150m: 1:37.66	34.57	200m: 2:13.00	35.34
5.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	2:13.12	+0,81	587
	50m: 29.66 29.66	100m: 1:03.76 34.10	150m: 1:38.25	34.49	200m: 2:13.12	34.87
6.	Antonio Rafael Bessa	94	Gespacos	2:13.96	+0,95	576
	50m: 29.43 29.43	100m: 1:02.68 33.25	150m: 1:36.98	34.30	200m: 2:13.96	36.98
7.	Ricardo Verissimo Sousa	93	Sporting	2:14.54	+0,76	569
	50m: 29.44 29.44	100m: 1:03.22 33.78	150m: 1:38.15	34.93	200m: 2:14.54	36.39
8.	Joao Carlos Paula	94	Galitos	2:15.35	+0,81	559
	50m: 29.88 29.88	100m: 1:04.34 34.46	150m: 1:39.46	35.12	200m: 2:15.35	35.89
9.	Miguel Goncalves Ferreira	93	Nacional	2:15.83	+0,81	553
	50m: 29.53 29.53	100m: 1:03.73 34.20	150m: 1:39.42	35.69	200m: 2:15.83	36.41

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 16, Masc., 200m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Ricardo Miguel Antunes <i>FTL</i>	94	Gesloures	2:16.31	+0,84	547
	50m: 30.33 30.33	100m: 1:04.67 34.34	150m: 1:40.23 35.56	200m: 2:16.31 36.08		
11.	Rui Filipe Maia <i>FTL</i>	93	Vilacondense	2:18.46	+0,78	522
	50m: 29.87 29.87	100m: 1:04.42 34.55	150m: 1:40.37 35.95	200m: 2:18.46 38.09		
12.	Antonio Santa Rita <i>FTL</i>	93	Portinado	2:22.35	+0,74	480
	50m: 29.60 29.60	100m: 1:03.61 34.01	150m: 1:40.72 37.11	200m: 2:22.35 41.63		

Seniores

1.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:58.92	+0,73	824
	50m: 26.76 26.76	100m: 57.12 30.36	150m: 1:27.92 30.80	200m: 1:58.92 31.00		
2.	Duarte Rafael Mourao	84	Amadora	2:00.62	+0,67	790
	50m: 26.23 26.23	100m: 56.58 30.35	150m: 1:27.84 31.26	200m: 2:00.62 32.78		
3.	Pedro Miguel Pinotes	89	Sporting	2:06.56	+0,70	683
	50m: 28.23 28.23	100m: 1:00.32 32.09	150m: 1:33.09 32.77	200m: 2:06.56 33.47		
4.	Miguel Silva Oliveira	91	Nautico/Matobra	2:09.53	+0,80	638
	50m: 28.41 28.41	100m: 1:00.46 32.05	150m: 1:34.09 33.63	200m: 2:09.53 35.44		
5.	Rui Filipe Vilar <i>FTL</i>	91	Porto/Dolce Vita	2:10.56	+0,73	623
	50m: 28.29 28.29	100m: 1:01.28 32.99	150m: 1:34.09 32.81	200m: 2:10.56 36.47		
6.	Rui Miguel Fonseca <i>FTL</i>	88	Academico Viseu	2:10.65	+0,74	621
	50m: 29.00 29.00	100m: 1:01.99 32.99	150m: 1:35.52 33.53	200m: 2:10.65 35.13		
7.	Jorge Miguel Carmo <i>FTL</i>	90	Colegio Vasco da Gama	2:10.89	+0,76	618
	50m: 29.53 29.53	100m: 1:02.65 33.12	150m: 1:35.88 33.23	200m: 2:10.89 35.01		
8.	Igor Guterres Carvalho <i>FTL</i>	88	Vilacondense	2:11.92	+0,89	603
	50m: 29.89 29.89	100m: 1:03.45 33.56	150m: 1:37.51 34.06	200m: 2:11.92 34.41		
9.	Nuno Cruz Oliveira <i>FTL</i>	90	Braga	2:12.82	+0,77	591
	50m: 29.29 29.29	100m: 1:02.39 33.10	150m: 1:37.68 35.29	200m: 2:12.82 35.14		
10.	Joao Paulo Ribeiro <i>FTL</i>	92	Bairro dos Anjos/Mr.Pizza	2:13.25	+0,73	586
	50m: 28.91 28.91	100m: 1:02.05 33.14	150m: 1:36.84 34.79	200m: 2:13.25 36.41		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 17 Femin., 100m Costas 15 anos e mais velhos
02-04-2011 - 9:50 Resultados

Recordes Nacionais 50m Absoluto	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	1:04.95	Catia Raquel Martinheira	LDC	CÁDIZ (ESP)	20-03-2011
Recordes Nacionais 50m Sen	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010

TAC-SENF Sen: 1:10.50 / TAC-JUNF Jun: 1:11.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	1:05.84	+0,56	687
	50m: 31.64 31.64	100m: 1:05.84	34.20			
2.	Paula Cristina Yang	95	Gesloures	1:08.63	+0,67	607
	50m: 32.91 32.91	100m: 1:08.63	35.72			
3.	Tatiana Filipa Santos	95	Ginasio Figueirense	1:08.99	+0,65	597
	50m: 33.77 33.77	100m: 1:08.99	35.22			
4.	Rafaela Marques Bodiao	96	Natacao de Olhao	1:09.71	+0,68	579
	50m: 33.54 33.54	100m: 1:09.71	36.17			
5.	Carolina Sofia Lopes	96	Louletano/Loule Concelho	1:09.73	+0,76	579
	50m: 33.98 33.98	100m: 1:09.73	35.75			
6.	Adriana Correia Lopes	95	Nautico/Matobra	1:09.87	+0,76	575
	50m: 33.54 33.54	100m: 1:09.87	36.33			
7.	Maria Ines Almeida	96	Nautico/Matobra	1:10.00	+0,70	572
	50m: 34.61 34.61	100m: 1:10.00	35.39			
8.	Maria Luis Amorim	95	Porto/Dolce Vita	1:10.08	+0,79	570
	50m: 34.05 34.05	100m: 1:10.08	36.03			
9.	Lisa Marisa Soares	95	Amadora	1:10.92	+0,66	550
	50m: 33.81 33.81	100m: 1:10.92	37.11			
10.	Irina Filipa Lousa	95	Porto/Dolce Vita	1:12.01	+0,84	525
	<i>FTL</i> 50m: 34.85 34.85	100m: 1:12.01	37.16			
11.	Ariana Alves Nunes	95	Portinado	1:12.42	+0,73	516
	<i>FTL</i> 50m: 34.81 34.81	100m: 1:12.42	37.61			
12.	Mariana Jesus Costa	96	Alcobaca	1:12.61	+0,65	512
	<i>FTL</i> 50m: 35.38 35.38	100m: 1:12.61	37.23			
13.	Ana Filipa Sousa	96	Nucleo Sportinguista da Golega	1:12.96	+0,69	505
	<i>FTL</i> 50m: 34.82 34.82	100m: 1:12.96	38.14			
14.	Ana Catarina Pereira	95	Naval Amorense	1:13.00	+0,63	504
	<i>FTL</i> 50m: 35.17 35.17	100m: 1:13.00	37.83			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 17, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Ana Rita Alves <i>FTL</i>	96	Colegio Vasco da Gama	1:13.04	+0,67	503
	50m: 34.69 34.69	100m: 1:13.04	38.35			
16.	Ana Catarina Sousa <i>FTL</i>	96	Vitoria de Guimaraes	1:14.25	+0,72	479
	50m: 35.07 35.07	100m: 1:14.25	39.18			

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	1:04.58	+0,64	728
	50m: 31.34 31.34	100m: 1:04.58	33.24			
2.	Mafalda Gomes Beleza	94	Sporting	1:06.54	+0,76	666
	50m: 32.12 32.12	100m: 1:06.54	34.42			
3.	Ana Sofia Leite	93	Ginasio de Vila Real	1:06.98	+0,69	653
	50m: 32.53 32.53	100m: 1:06.98	34.45			
4.	Andreia Filipa Anjos	92	Bairro dos Anjos/Mr.Pizza	1:07.16	+0,68	648
	50m: 32.65 32.65	100m: 1:07.16	34.51			
5.	Ines Catarina Agostinho	94	Sporting	1:07.18	+0,68	647
	50m: 32.73 32.73	100m: 1:07.18	34.45			
6.	Filipa Mendes Pinheiro	92	Desportiva de Viana	1:07.33	+0,69	643
	50m: 32.28 32.28	100m: 1:07.33	35.05			
7.	Susana Correia Oliveira	94	Amadora	1:08.26	+0,65	617
	50m: 32.46 32.46	100m: 1:08.26	35.80			
8.	Patricia Isabel Oliveira	94	Leixoes	1:08.45	+0,66	612
	50m: 33.56 33.56	100m: 1:08.45	34.89			
9.	Andreia Silva Cruz	88	Lisnave	1:09.59	+0,61	582
	50m: 34.02 34.02	100m: 1:09.59	35.57			
10.	Mara Lisboa e Silva	93	Bairro dos Anjos/Mr.Pizza	1:09.61	+0,71	582
	50m: 33.84 33.84	100m: 1:09.61	35.77			
11.	Ana Filipa Goncalves	92	Ancorensis/Serralharia Ribeiro	1:09.99	+0,67	572
	50m: 33.60 33.60	100m: 1:09.99	36.39			
12.	Sofia Oliveira Pinto <i>FTL</i>	94	Benfica	1:11.16	+0,68	544
	50m: 34.17 34.17	100m: 1:11.16	36.99			
13.	Ana Sofia Simoes <i>FTL</i>	93	Alges	1:11.47	+0,64	537
	50m: 34.43 34.43	100m: 1:11.47	37.04			
14.	Mafalda Fraga Fragoso <i>FTL</i>	94	Bombeiros de Ponta Delgada	1:12.01	+0,71	525
	50m: 34.95 34.95	100m: 1:12.01	37.06			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 17, Femin., 100m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Isabel Rovisco Monteiro <i>FTL</i>	93	Fafe	1:12.18	+0,70	522
	50m: 34.28 34.28	100m:	1:12.18 37.90			
16.	Ana Raquel Miranda <i>FTL</i>	94	Uniao Piedense	1:12.68	+0,67	511
	50m: 34.06 34.06	100m:	1:12.68 38.62			
17.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	1:13.46	+0,71	495
	50m: 35.41 35.41	100m:	1:13.46 38.05			

Prova 18

Masc., 100m Costas

17 anos e mais velhos

02-04-2011 - 10:00

Resultados

Recordes Nacionais 50m Absoluto	56.56	Nuno Filipe Laurentino	FPN	Viena (AUT)	26-08-1995
Recordes Nacionais 50m Jun	57.09	Alexis Manacas Santos	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	56.56	Nuno Filipe Laurentino	FPN	Viena (AUT)	26-08-1995

TAC-SENM Sen: 1:02.00 / TAC-JUNM Jun: 1:04.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diogo Maia e Silva	93	Pimpoes/Cimai	1:01.33	+0,65	607
	50m: 29.96 29.96	100m:	1:01.33 31.37			
2.	Edgar Oliveira Ribeiro	93	Braga	1:01.38	+0,64	605
	50m: 29.90 29.90	100m:	1:01.38 31.48			
3.	Nuno Rafael Duraes	93	Naval Setubalense	1:01.70	+0,59	596
	50m: 29.32 29.32	100m:	1:01.70 32.38			
4.	Andre Duarte Vaz	93	Ginasio Figueirense	1:01.93	+0,74	589
	50m: 30.09 30.09	100m:	1:01.93 31.84			
5.	Miguel Angelo Pinto	94	Colegio Vasco da Gama	1:02.18	+0,77	582
	50m: 29.79 29.79	100m:	1:02.18 32.39			
6.	Renato Mendes Pinheiro	94	Desportiva de Viana	1:02.56	+0,70	572
	50m: 30.28 30.28	100m:	1:02.56 32.28			
7.	Joao Filipe Fernandes	93	Famalicao	1:02.60	+0,69	571
	50m: 30.31 30.31	100m:	1:02.60 32.29			
8.	Jose Alberto Martins	94	Vitoria de Guimaraes	1:02.63	+0,61	570
	50m: 30.21 30.21	100m:	1:02.63 32.42			
9.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	1:02.66	+0,90	569
	50m: 30.87 30.87	100m:	1:02.66 31.79			
10.	David Miguel Leiria	93	Naval Amorense	1:02.87	+0,68	563
	50m: 29.59 29.59	100m:	1:02.87 33.28			
11.	Filipe Franco Norte	93	Nautico da Marinha Grande	1:02.95	+0,58	561
	50m: 30.39 30.39	100m:	1:02.95 32.56			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 18, Masc., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Joao Pedro Braga 50m: 29.99 29.99	94	Naval de Ponta Delgada	1:02.97 100m: 1:02.97 32.98	+0,68	561
13.	Joao Miguel Rocha 50m: 30.25 30.25	93	Famalicao	1:03.07 100m: 1:03.07 32.82	+0,65	558
14.	Miguel Antonio Silva 50m: 30.63 30.63	94	Braga	1:03.67 100m: 1:03.67 33.04	+0,76	542
15.	Pedro Andre Santos 50m: 30.33 30.33	94	Alges	1:03.81 100m: 1:03.81 33.48	+0,77	539
16.	Pedro Romanoski Carvalho 50m: 30.49 30.49	94	Famalicao	1:03.84 100m: 1:03.84 33.35	+0,60	538
17.	Joao Manuel Borges FTL 50m: 30.88 30.88	94	Ginasio Figueirense	1:04.13 100m: 1:04.13 33.25	+0,65	531
18.	Ricardo Miguel Paiva FTL 50m: 31.97 31.97	93	Colegio Vasco da Gama	1:05.27 100m: 1:05.27 33.30	+0,75	503

Seniores

1.	Alexis Manacas Santos 50m: 27.59 27.59	92	Sporting	57.11 100m: 57.11 29.52	+0,69	752
2.	Adriano Miguel Niz 50m: 28.30 28.30	86	Famalicao	57.28 100m: 57.28 28.98	+0,67	745
3.	Pedro Fontoura Oliveira 50m: 28.72 28.72	90	Amadora	59.18 100m: 59.18 30.46	+0,70	676
4.	Mario Alexandre Pereira 50m: 28.72 28.72	92	Nautico/Matobra	59.19 100m: 59.19 30.47	+0,61	675
5.	Joao Silva Gigante 50m: 29.17 29.17	88	Amadora	1:00.39 100m: 1:00.39 31.22	+0,75	636
6.	Daniel Aparicio Pereira 50m: 30.29 30.29	83	Braga	1:01.94 100m: 1:01.94 31.65	+0,69	589
7.	Jose Joao Bica FTL 50m: 29.85 29.85	87	Colegio Vasco da Gama	1:02.02 100m: 1:02.02 32.17	+0,72	587
DSQ	Ivo Andre Margarido 606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3	88	Benfica			
DNS	Carlos Filipe Santos	91	Porto/Dolce Vita			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 19 Femin., 400m Estilos 15 anos e mais velhos
02-04-2011 - 10:10 Resultados

Recordes Nacionais 50m Absoluto	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Sen	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010

TAC-SENF Sen: 5:20.00 / TAC-JUNF Jun: 5:26.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:04.09	+0,83	695
	50m: 32.35 32.35	150m: 1:47.88 39.18	250m: 3:08.72 42.10	350m: 4:28.48 36.97		
	100m: 1:08.70 36.35	200m: 2:26.62 38.74	300m: 3:51.51 42.79	400m: 5:04.09 35.61		
2.	Diana Margarida Duraes	96	Foca	5:08.01	+0,80	669
	50m: 31.44 31.44	150m: 1:47.32 39.25	250m: 3:10.42 43.51	350m: 4:31.43 36.45		
	100m: 1:08.07 36.63	200m: 2:26.91 39.59	300m: 3:54.98 44.56	400m: 5:08.01 36.58		
3.	Ana Marta Miranda	96	Uniao Piedense	5:10.62	+0,89	652
	50m: 31.03 31.03	150m: 1:47.23 39.49	250m: 3:11.56 44.42	350m: 4:34.18 37.04		
	100m: 1:07.74 36.71	200m: 2:27.14 39.91	300m: 3:57.14 45.58	400m: 5:10.62 36.44		
4.	Joana Dias Santos	96	Uniao Piedense	5:17.63	+0,88	610
	50m: 34.37 34.37	150m: 1:57.11 42.52	250m: 3:18.77 40.80	350m: 4:40.89 38.25		
	100m: 1:14.59 40.22	200m: 2:37.97 40.86	300m: 4:02.64 43.87	400m: 5:17.63 36.74		
5.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:19.48	+0,94	599
	50m: 33.95 33.95	150m: 1:55.07 41.40	250m: 3:21.24 45.67	350m: 4:44.11 36.60		
	100m: 1:13.67 39.72	200m: 2:35.57 40.50	300m: 4:07.51 46.27	400m: 5:19.48 35.37		
6.	Adriana Correia Lopes	95	Nautico/Matobra	5:21.60	+0,98	588
	50m: 33.90 33.90	150m: 1:54.23 41.43	250m: 3:21.55 47.29	350m: 4:45.47 36.80		
	100m: 1:12.80 38.90	200m: 2:34.26 40.03	300m: 4:08.67 47.12	400m: 5:21.60 36.13		
7.	Ines Joao Costa	95	Braga	5:23.23	+0,86	579
	50m: 33.84 33.84	150m: 1:55.82 42.26	250m: 3:24.03 45.90	350m: 4:47.68 36.57		
	100m: 1:13.56 39.72	200m: 2:38.13 42.31	300m: 4:11.11 47.08	400m: 5:23.23 35.55		
8.	Helena Paula Carvalho	95	Uniao Piedense	5:23.90	+0,79	575
	50m: 33.25 33.25	150m: 1:53.48 41.55	250m: 3:23.27 49.14	350m: 4:49.02 36.46		
	100m: 1:11.93 38.68	200m: 2:34.13 40.65	300m: 4:12.56 49.29	400m: 5:23.90 34.88		
9.	Bruna Leal Dantas	96	Sporting	5:25.47	+0,69	567
	50m: 32.38 32.38	150m: 1:51.20 41.61	250m: 3:21.17 48.97	350m: 4:48.45 38.22		
	100m: 1:09.59 37.21	200m: 2:32.20 41.00	300m: 4:10.23 49.06	400m: 5:25.47 37.02		
10.	Sofia Cunha Sousa	96	Foca	5:25.76	+0,90	565
	50m: 35.04 35.04	150m: 1:55.48 41.11	250m: 3:23.39 46.41	350m: 4:48.38 37.30		
	100m: 1:14.37 39.33	200m: 2:36.98 41.50	300m: 4:11.08 47.69	400m: 5:25.76 37.38		
11.	Filipa Maria Rompante	95	Famalicao	5:26.48	+0,88	562
	50m: 33.81 33.81	150m: 1:54.91 41.98	250m: 3:23.41 48.33	350m: 4:49.71 38.12		
	100m: 1:12.93 39.12	200m: 2:35.08 40.17	300m: 4:11.59 48.18	400m: 5:26.48 36.77		
12.	Ana Catarina Costa	95	Estamos Juntos	5:27.40	+0,87	557
	FTL					
	50m: 34.09 34.09	150m: 1:55.00 41.40	250m: 3:23.87 48.50	350m: 4:50.92 38.16		
	100m: 1:13.60 39.51	200m: 2:35.37 40.37	300m: 4:12.76 48.89	400m: 5:27.40 36.48		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 19, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Ines Filipa Borges <i>FTL</i>	95	Alcobaca	5:27.57	+0,85	556
	50m: 32.19 32.19	150m: 1:51.57 42.29	250m: 3:21.58 48.95	350m: 4:49.79 38.58		
	100m: 1:09.28 37.09	200m: 2:32.63 41.06	300m: 4:11.21 49.63	400m: 5:27.57 37.78		
14.	Ana Joaquina Goncalves <i>FTL</i>	95	Braga	5:28.64	+0,80	551
	50m: 34.24 34.24	150m: 1:54.98 41.19	250m: 3:24.59 49.19	350m: 4:51.91 37.83		
	100m: 1:13.79 39.55	200m: 2:35.40 40.42	300m: 4:14.08 49.49	400m: 5:28.64 36.73		
15.	Ines Mendes Paulo <i>FTL</i>	96	Colegio Monte Maior	5:31.30	+0,78	537
	50m: 33.47 33.47	150m: 1:56.00 44.42	250m: 3:27.62 49.53	350m: 4:55.07 38.25		
	100m: 1:11.58 38.11	200m: 2:38.09 42.09	300m: 4:16.82 49.20	400m: 5:31.30 36.23		

Seniores

1.	Nadia Morais Vieira	90	Gesloures	4:51.96	+0,70	786
	50m: 31.58 31.58	150m: 1:45.83 38.12	250m: 3:03.55 40.71	350m: 4:18.75 38.53		
	100m: 1:07.71 36.13	200m: 2:22.84 37.01	300m: 3:44.22 40.67	400m: 4:51.96 33.21		
2.	Marta Pereira Abreu	92	Porto/Dolce Vita	4:56.78	+0,83	748
	50m: 31.56 31.56	150m: 1:46.18 38.12	250m: 3:04.87 42.41	350m: 4:22.39 35.59		
	100m: 1:08.06 36.50	200m: 2:22.46 36.28	300m: 3:46.80 41.93	400m: 4:56.78 34.39		
3.	Angelica Maria Andre	94	Leixoes	5:02.38	+0,79	707
	50m: 31.35 31.35	150m: 1:48.02 40.62	250m: 3:11.19 43.16	350m: 4:30.05 34.79		
	100m: 1:07.40 36.05	200m: 2:28.03 40.01	300m: 3:55.26 44.07	400m: 5:02.38 32.33		
4.	Diana Ramos Rocha	94	Individual Minho	5:05.37	+0,83	686
	50m: 32.40 32.40	150m: 1:46.98 39.03	250m: 3:09.90 44.77	350m: 4:31.30 36.32		
	100m: 1:07.95 35.55	200m: 2:25.13 38.15	300m: 3:54.98 45.08	400m: 5:05.37 34.07		
5.	Ana Catarina Monteiro	93	Vilacondense	5:08.08	+0,67	669
	50m: 30.77 30.77	150m: 1:46.14 40.49	250m: 3:12.51 47.29	350m: 4:34.82 35.72		
	100m: 1:05.65 34.88	200m: 2:25.22 39.08	300m: 3:59.10 46.59	400m: 5:08.08 33.26		
6.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:10.24	+0,72	655
	50m: 31.77 31.77	150m: 1:51.22 43.82	250m: 3:14.78 41.84	350m: 4:34.63 36.93		
	100m: 1:07.40 35.63	200m: 2:32.94 41.72	300m: 3:57.70 42.92	400m: 5:10.24 35.61		
7.	Maria Carolina Rosa	94	Sporting	5:13.80	+0,81	633
	50m: 31.38 31.38	150m: 1:49.35 41.61	250m: 3:13.43 43.25	350m: 4:36.85 38.56		
	100m: 1:07.74 36.36	200m: 2:30.18 40.83	300m: 3:58.29 44.86	400m: 5:13.80 36.95		
8.	Raquel Paulo Ranito	94	Sporting	5:19.05	+0,83	602
	50m: 32.09 32.09	150m: 1:51.02 40.66	250m: 3:18.55 46.52	350m: 4:42.79 36.75		
	100m: 1:10.36 38.27	200m: 2:32.03 41.01	300m: 4:06.04 47.49	400m: 5:19.05 36.26		
9.	Ana Filipa Carmo <i>FTL</i>	93	Colegio Vasco da Gama	5:22.73	+0,92	581
	50m: 32.37 32.37	150m: 1:51.26 41.53	250m: 3:19.05 46.72	350m: 4:45.49 38.86		
	100m: 1:09.73 37.36	200m: 2:32.33 41.07	300m: 4:06.63 47.58	400m: 5:22.73 37.24		

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 19, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
10.	Lara Santana Pinheiro <i>FTL</i>	92	Uniao Piedense	5:23.13	+0,93	579	
	50m: 34.91 34.91	150m: 1:56.80	42.13	250m: 3:23.82	46.86	350m: 4:47.47	36.85
	100m: 1:14.67 39.76	200m: 2:36.96	40.16	300m: 4:10.62	46.80	400m: 5:23.13	35.66
11.	Rute Margarida Marques <i>FTL</i>	94	Amadora	5:26.79	+0,97	560	
	50m: 34.26 34.26	150m: 1:59.35	44.08	250m: 3:26.05	44.60	350m: 4:50.04	39.29
	100m: 1:15.27 41.01	200m: 2:41.45	42.10	300m: 4:10.75	44.70	400m: 5:26.79	36.75

Prova 20 Masc., 400m Livres 17 anos e mais velhos
02-04-2011 - 10:35 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinquia (FIN)	14-07-2010
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 4:12.00 / TAC-JUNM Jun: 4:19.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
Juniores							
1.	Miguel Monteiro Diogo	93	Alcobaca	4:06.74	+0,72	709	
	50m: 27.74 27.74	150m: 1:28.82	30.90	250m: 2:31.77	31.34	350m: 3:35.23	31.91
	100m: 57.92 30.18	200m: 2:00.43	31.61	300m: 3:03.32	31.55	400m: 4:06.74	31.51
2.	Ricardo Manuel Machado	93	Braga	4:08.35	+0,85	695	
	50m: 28.46 28.46	150m: 1:30.31	31.08	250m: 2:33.51	31.66	350m: 3:37.17	31.99
	100m: 59.23 30.77	200m: 2:01.85	31.54	300m: 3:05.18	31.67	400m: 4:08.35	31.18
3.	Tiago Silva Oliveira	94	Leixoes	4:08.55	+0,74	694	
	50m: 27.87 27.87	150m: 1:29.74	31.43	250m: 2:33.40	31.75	350m: 3:37.40	32.02
	100m: 58.31 30.44	200m: 2:01.65	31.91	300m: 3:05.38	31.98	400m: 4:08.55	31.15
4.	Nuno Vieira Malheiro	93	Braga	4:11.94	+0,83	666	
	50m: 29.58 29.58	150m: 1:32.90	31.87	250m: 2:36.88	31.89	350m: 3:40.85	31.85
	100m: 1:01.03 31.45	200m: 2:04.99	32.09	300m: 3:09.00	32.12	400m: 4:11.94	31.09
5.	Paulo Bruno Janeiro	94	Litoral Alentejano	4:12.63	+0,80	661	
	50m: 28.50 28.50	150m: 1:30.81	31.20	250m: 2:34.14	31.70	350m: 3:39.67	32.84
	100m: 59.61 31.11	200m: 2:02.44	31.63	300m: 3:06.83	32.69	400m: 4:12.63	32.96
6.	Luis Miguel Nogueira	93	Porto/Dolce Vita	4:14.60	+0,78	645	
	50m: 29.27 29.27	150m: 1:33.40	32.62	250m: 2:37.97	32.37	350m: 3:43.16	32.50
	100m: 1:00.78 31.51	200m: 2:05.60	32.20	300m: 3:10.66	32.69	400m: 4:14.60	31.44
7.	Andre Rafael Marinho	93	Uniao Piedense	4:15.77	+0,83	636	
	50m: 30.01 30.01	150m: 1:34.42	32.22	250m: 2:38.86	32.13	350m: 3:43.95	32.48
	100m: 1:02.20 32.19	200m: 2:06.73	32.31	300m: 3:11.47	32.61	400m: 4:15.77	31.82
8.	Rui Miguel Lopes	94	Natacao de Olhao	4:18.31	+0,96	618	
	50m: 29.56 29.56	150m: 1:34.86	32.79	250m: 2:40.49	32.91	350m: 3:46.48	33.18
	100m: 1:02.07 32.51	200m: 2:07.58	32.72	300m: 3:13.30	32.81	400m: 4:18.31	31.83

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 20, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
9.	Ricardo Miguel Antunes <i>FTL</i>	94	Gesloures	4:19.55	+0,83	609	
	50m: 29.82 29.82	150m: 1:34.46	32.72	250m: 2:40.37	33.26	350m: 3:46.58	33.44
	100m: 1:01.74 31.92	200m: 2:07.11	32.65	300m: 3:13.14	32.77	400m: 4:19.55	32.97
10.	Nuno Filipe Magalhaes <i>FTL</i>	94	Porto/Dolce Vita	4:20.73	+0,77	601	
	50m: 29.27 29.27	150m: 1:33.52	32.54	250m: 2:39.32	32.94	350m: 3:47.31	33.96
	100m: 1:00.98 31.71	200m: 2:06.38	32.86	300m: 3:13.35	34.03	400m: 4:20.73	33.42

Seniores

1.	Jorge Manuel Maia	89	Famalicao	4:00.14	+0,77	769	
	50m: 26.87 26.87	150m: 1:24.56	29.24	250m: 2:24.97	30.52	350m: 3:27.73	31.91
	100m: 55.32 28.45	200m: 1:54.45	29.89	300m: 2:55.82	30.85	400m: 4:00.14	32.41
2.	Fabio Manuel Pereira	86	Vilacondense	4:02.44	+0,76	747	
	50m: 27.83 27.83	150m: 1:28.31	30.51	250m: 2:30.59	31.30	350m: 3:32.92	30.73
	100m: 57.80 29.97	200m: 1:59.29	30.98	300m: 3:02.19	31.60	400m: 4:02.44	29.52
3.	Cesar Fernando Faria	90	Bairro dos Anjos/Mr.Pizza	4:03.12	+0,75	741	
	50m: 27.66 27.66	150m: 1:27.84	30.74	250m: 2:30.45	31.62	350m: 3:34.20	31.44
	100m: 57.10 29.44	200m: 1:58.83	30.99	300m: 3:02.76	32.31	400m: 4:03.12	28.92
4.	Israel Peressin Murat	86	Porto/Dolce Vita	4:03.65	+0,78	736	
	50m: 28.00 28.00	150m: 1:29.14	30.77	250m: 2:31.27	31.10	350m: 3:33.40	30.95
	100m: 58.37 30.37	200m: 2:00.17	31.03	300m: 3:02.45	31.18	400m: 4:03.65	30.25
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:05.13	+0,75	723	
	50m: 28.24 28.24	150m: 1:29.94	31.24	250m: 2:33.14	31.55	350m: 3:35.34	30.30
	100m: 58.70 30.46	200m: 2:01.59	31.65	300m: 3:05.04	31.90	400m: 4:05.13	29.79
6.	Vasco Miguel Gaspar	90	Uniao Piedense	4:05.70	+0,78	718	
	50m: 28.55 28.55	150m: 1:30.19	30.90	250m: 2:32.72	30.92	350m: 3:35.10	31.11
	100m: 59.29 30.74	200m: 2:01.80	31.61	300m: 3:03.99	31.27	400m: 4:05.70	30.60
7.	Joao Filipe Carvalho	87	Porto/Dolce Vita	4:08.73	+0,77	692	
	50m: 26.97 26.97	150m: 1:27.58	31.10	250m: 2:31.44	32.24	350m: 3:37.44	33.19
	100m: 56.48 29.51	200m: 1:59.20	31.62	300m: 3:04.25	32.81	400m: 4:08.73	31.29
8.	Ricardo Ferreira Cotovio	91	Sporting	4:09.00	+0,72	690	
	50m: 28.47 28.47	150m: 1:31.35	32.05	250m: 2:34.93	31.31	350m: 3:38.53	31.61
	100m: 59.30 30.83	200m: 2:03.62	32.27	300m: 3:06.92	31.99	400m: 4:09.00	30.47
9.	Hugo Alberto Ribeiro	88	Gespacos	4:09.72	+0,93	684	
	50m: 28.52 28.52	150m: 1:31.10	31.56	250m: 2:34.47	31.47	350m: 3:37.92	31.62
	100m: 59.54 31.02	200m: 2:03.00	31.90	300m: 3:06.30	31.83	400m: 4:09.72	31.80
10.	Mario Andre Bonanca	90	Sporting	4:10.21	+0,84	680	
	50m: 28.38 28.38	150m: 1:30.10	31.34	250m: 2:33.54	31.84	350m: 3:38.60	32.83
	100m: 58.76 30.38	200m: 2:01.70	31.60	300m: 3:05.77	32.23	400m: 4:10.21	31.61
11.	Diogo Andre Gaspar <i>FTL</i>	90	Uniao Piedense	4:13.07	+0,77	657	
	50m: 28.61 28.61	150m: 1:31.02	31.50	250m: 2:35.19	32.24	350m: 3:40.65	32.86
	100m: 59.52 30.91	200m: 2:02.95	31.93	300m: 3:07.79	32.60	400m: 4:13.07	32.42

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 20, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Andre Filipe Lopes <i>FTL</i>	92	Academica de Coimbra	4:13.79	+0,64	652
	50m: 28.27 28.27	150m: 1:30.49 31.58	250m: 2:34.11 31.82	350m: 3:41.18 33.75		
	100m: 58.91 30.64	200m: 2:02.29 31.80	300m: 3:07.43 33.32	400m: 4:13.79 32.61		
13.	Pedro Miguel Silva <i>FTL</i>	76	Vilacondense	4:19.78	+0,87	607
	50m: 29.63 29.63	150m: 1:33.68 32.34	250m: 2:39.09 32.99	350m: 3:46.06 33.68		
	100m: 1:01.34 31.71	200m: 2:06.10 32.42	300m: 3:12.38 33.29	400m: 4:19.78 33.72		

Prova 21

Femin., 4 x 50m Estilos

15 anos e mais velhos

02-04-2011 - 11:05

Resultados

Recordes Nacionais 50m Absoluto	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra	31-07-2010
Recordes Nacionais 50m Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010

TAC-SENF Sen: 2:10.00 / TAC-JUNF Jun: 2:20.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto/Dolce Vita-Jun-Fem	Porto/Dolce Vita	2:04.37	+0,79 621
	Maria Luis Amorim 95 +0,79 32.76	Silvia Ariana Soares 95 +0,28 30.65		
	Paula Alexandra Oliveira 96 +0,42 33.55	Ana Goncalves Neto 95 +0,24 27.41		
2.	Uniao Piedense-Jun-Fem	Uniao Piedense	2:06.72	+0,60 587
	Ana Marta Miranda 96 +0,60 32.17	Catarina Tiago Nunes 95 +0,22 28.82		
	Joana Dias Santos 96 +0,51 36.84	Helena Paula Carvalho 95 +0,32 28.89		
3.	Gesloures-Jun-Fem	Gesloures	2:08.13	+0,66 568
	Paula Cristina Yang 95 +0,66 31.64	Ana Beatriz Azevedo 95 +0,26 31.46		
	Ines Raquel Estevaso 95 +0,31 35.85	Joana Filipa Rodrigues 95 +0,08 29.18		
4.	Nautico/Matobra-Jun-Fem	Nautico/Matobra	2:09.02	+0,68 556
	Maria Ines Almeida 96 +0,68 33.13	Carolina Cunha Martins 95 +0,55 30.03		
	Adriana Correia Lopes 95 +0,47 37.84	Ana Luisa Carvalho 96 +0,58 28.02		
5.	Vilacondense-Jun-Fem	Vilacondense	2:11.82	+0,66 521
	Ana Filipa Gomes 96 +0,66 33.56	Cassandra Pedro Oliveira 95 +0,56 32.76		
	Ana Filipa Teixeira 95 +0,05 37.37	Rita Amado Laezza 95 +0,18 28.13		
6.	Braga-Jun-Fem	Braga	2:12.76	+0,70 510
	Ana Joaquina Goncalves 95 +0,70 35.16	Debora Guimaraes Oliveira 96 +0,43 31.62		
	Ines Joao Costa 95 +0,61 36.47	Vera Patricia Fernandes 96 29.51		
7.	Naval Amorense-Jun-Fem	Naval Amorense	2:13.51	+0,64 502
	Patricia Miguel Mendes 96 +0,64 33.94	Sofia Prates Silvestre 95 0.00 30.48		
	Ana Catarina Pereira 95 -0,01 39.50	Soraia Guerra Rolim 95 +0,49 29.59		
8.	Amadora-Jun-Fem	Amadora	2:13.61	+0,64 501
	Lisa Marisa Soares 95 +0,64 33.32	Ana Rita Martins 96 +0,28 32.83		
	Sara Sousa Gomes 96 +0,43 38.51	Maria Margarida Rodrigues 96 +0,22 28.95		

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 21, Femin., 4 x 50m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
9.	Beja-Jun-Fem	2:15.05	+0,68	485
	Sofia Isabel Teixeira	95	+0,68	34.77
	Raquel Silva Santos	96	+0,06	38.25
	Sara Raquel Vasconcelos			96
	Joana Isabel Lampreia			96
10.	Torres Novas-Jun-Fem	2:16.12	+0,71	473
	Marta Filipa Vinagre	95	+0,71	34.06
	Soraya Dea Matias	95	+0,42	37.27
	Marcia Filipa Carvalho			96
	Mariana Anastacio Cruz			96
DSQ	Gespacos-Jun-Fem			
	<i>111 - Rendição antecipada do 3 nadador - SW 10.11</i>			
	Claudia Susana Teixeira	96	+0,77	34.45
	Ana Sofia Sousa	96	+0,25	39.83
	Claudia Cristina Leao			96
	Andreia Sofia Torres			95
DNS	Alcobaca-Jun-Fem			

Seniores

1.	Porto/Dolce Vita-Sen-Fem	1:58.14	+0,64	724
	Marta Vieira Marinho	91	+0,64	30.38
	Joana Catarina Carvalho	92	+0,35	33.34
	Sara Freitas Oliveira			85
	Sara Beatriz Loureiro			87
2.	Amadora-Sen-Fem	2:05.49	+0,66	604
	Susana Correia Oliveira	94	+0,66	31.64
	Rute Margarida Marques	94	+0,53	36.17
	Filipa Viana Costa			91
	Jessica Teixeira Vieira			91
3.	BA/Mr.Pizza-Sen-Fem	2:06.96	+0,66	583
	Andreia Filipa Anjos	92	+0,66	31.69
	Mariana Mota Dias	92	+0,19	37.28
	Sara Francisco Cruz			93
	Mara Lisboa e Silva			93
4.	Gespacos-Sen-Fem	2:07.41	+0,61	577
	Diana Patricia Ferreira	94	+0,61	32.69
	Ana Rita Cunha	94	+0,30	37.11
	Soraia Vanessa Ribeiro			92
	Ana Sofia Matos			91
5.	Nautico/Matobra-Sen-Fem	2:08.00	+0,74	569
	Ines Barbosa Moreira	92	+0,74	34.66
	Gabriela Oliveira Andrade	94	+0,10	34.73
	Maria Miguel Veloso			93
	Maria Ines Ribeiro			92
6.	Colegio Vasco da Gama-Sen-Fem	2:08.37	+0,81	564
	Maria Ines Pereira	93	+0,81	33.32
	Claudia Monteiro Martinho	93		36.45
	Sara Alexandra Madeira			87
	Ana Beatriz Pereira			91
7.	Gesloures-Sen-Fem	2:08.70	+0,75	560
	Joana Carolina Oliveira	93	+0,75	33.37
	Nadia Morais Vieira	90	+0,54	34.99
	Patricia Silva Damas			92
	Tatiana Ladeiro Santos			92
8.	Nacional-Sen-Fem	2:08.75	+0,67	559
	Fabiana Maria Quintal	84	+0,67	33.04
	Natalie Nobrega Santos	83	+0,20	35.28
	Debora Marisa Pereira			89
	Rubina Capitaio Vieira			80
9.	Benfica-Sen-Fem	2:08.96	+0,73	557
	Sofia Oliveira Pinto	94	+0,73	33.51
	Tania Alexandra Lopes	92	+0,20	36.31
	Vera Patricia Pinto			94
	Joana Filipa Capela			89
10.	Naval do Funchal-Sen-Fem	2:10.61	+0,71	536
	<i>FTL</i>			
	Susana Clara Gomes	77	+0,71	33.60
	Sara Isabel Figueira	93	+0,40	38.39
	Carlota Freitas Olim			93
	Luisa Costa Henriques			93

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 21, Femin., 4 x 50m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
DSQ	Sporting-Sen-Fem			
	Sporting			
<i>606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3</i>				
Ines Catarina Agostinho, Ana Teresa Franco, Maria Carolina Rosa, Mafalda Gomes Beleza				

Prova 22 Masc., 4 x 50m Estilos 17 anos e mais velhos
02-04-2011 - 11:15 Resultados

Recordes Nacionais 50m Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Recordes Nacionais 50m Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009

TAC-SENM Sen: 1:55.00 / TAC-JUNM Jun: 2:05.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Academica de Coimbra-Jun-Masc	Academica de Coimbra	1:52.24	+0,73 576
	Pedro Barros Mendes 94 +0,73 30.60	Joao Filipe Lucas	94 +0,31 27.47	
	Ruben Paiva Carvalho 94 +0,03 30.95	Gustavo Almeida Madureira	94 +0,06 23.22	
2.	Braga-Jun-Masc	Braga	1:52.36	+0,78 574
	Miguel Antonio Silva 94 +0,78 28.72	Ricardo Manuel Machado	93 +0,49 27.43	
	Hugo Miguel Silva 94 +0,34 31.58	Edgar Oliveira Ribeiro	93 +0,37 24.63	
3.	Gespacos-Jun-Masc	Gespacos	1:53.23	+0,62 561
	Antonio Rafael Bessa 94 +0,62 29.54	Ruben Filipe Nunes	94 +0,07 26.17	
	Joao Claudio Sousa 93 +0,49 31.04	Francisco Junior Ferreira	94 +0,15 26.48	
4.	Desportiva de Viana-Jun-Masc	Desportiva de Viana	1:53.52	+0,67 557
	Renato Mendes Pinheiro 94 +0,67 28.88	Jose Enes Ribeiro	93 +0,19 28.05	
	Luis Pedro Ribeiro 94 +0,48 32.20	Rafael Lages Ribas	93 +0,22 24.39	
5.	Vilacondense-Jun-Masc	Vilacondense	1:53.58	+0,73 556
	Carlos Manuel Cabral 94 +0,73 29.61	Rui Filipe Maia	93 +0,26 26.60	
	Diogo Carmo Ramos 93 +0,21 31.81	Andre Manuel Garcia	94 +0,47 25.56	
6.	Colegio Vasco da Gama-Jun-Masc	Colegio Vasco da Gama	1:53.95	+0,78 551
	Miguel Angelo Pinto 94 +0,78 29.37	Pedro Ribeiro Mendes	93 +0,32 26.45	
	Antonio Ribeiro Mendes 93 +0,03 32.08	Pedro Miguel Sa	93 +0,37 26.05	
7.	Alcobaca-Jun-Masc	Alcobaca	1:54.30	+0,72 546
	Andre Filipe da Graca 93 +0,72 31.11	Miguel Monteiro Diogo	93 +0,39 26.38	
	Diogo Parrilha da Silva 93 +0,40 30.50	Andre Alexandre Vicente	94 +0,50 26.31	
8.	Sporting-Jun-Masc	Sporting	1:55.15	+0,72 534
	Bernardo Leitao Graca 93 +0,72 30.32	Ricardo Verissimo Sousa	93 +0,31 27.48	
	Goncalo Miguel Serpa 93 +0,22 32.88	Gustavo Manuel Santa	93 +0,38 24.47	
9.	Portinado-Jun-Masc	Portinado	1:56.02	+0,55 522
	Antonio Santa Rita 93 +0,55 30.22	Juan Rachadell Pereira	93 +0,50 28.71	
	Goncalo Alexandre Fonseca 94 +0,30 31.55	Manuel Silva Farinha	94 +0,49 25.54	
10.	Ginasio Figueirense-Jun-Masc	Ginasio Figueirense	1:56.58	+0,68 514
	Joao Manuel Borges 94 +0,68 30.17	Nuno Correia Tinoco	93 +0,40 29.03	
	Andre Duarte Vaz 93 +0,35 31.91	Daciano Egidio Sousa	93 +0,22 25.47	

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 22, Masc., 4 x 50m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
11.	BA/Mr.Pizza-Jun-Masc	1:58.05	+0,66	495
	Miguel Polidoro Alexandre	94	+0,66	26.83
	Diogo Manuel Domingues	94	+0,19	26.01
12.	Feirense-Jun-Masc	1:59.01	+0,67	483
	Diogo Antonio Carvalho	93	+0,67	26.49
	Marcelo Fernandes Rosas	93	+0,33	26.61
DSQ	Naval do Funchal-Jun-Masc			
	<i>111 - Rendição antecipada do 2 nadador - SW 10.11</i>			
	Alexandre Santos Gomes	93	+0,61	26.01
	Joao Afonso Vargas	93	-0,06	26.01

Seniores

1.	Amadora-Sen-Masc	1:44.28	+0,71	719
	Duarte Rafael Mourao	84	+0,71	23.86
	Fabio Andre Figueira	88	+0,11	23.15
2.	Porto/Dolce Vita-Sen-Masc	1:45.47	+0,58	695
	Gil Goncalves Pinto	88	+0,58	26.12
	Sergio Baptista Silva	91	+0,20	22.19
3.	Sporting-Sen-Masc	1:45.96	+0,70	685
	Alexis Manacas Santos	92	+0,70	25.88
	Pedro Miguel Agostinho	92	+0,18	23.99
4.	Nautico/Matobra-Sen-Masc	1:47.69	+0,61	653
	Mario Alexandre Pereira	92	+0,61	25.77
	Joao Albano Viola	89	+0,22	23.84
5.	Benfica-Sen-Masc	1:49.10	+0,67	628
	Ivo Andre Margarido	88	+0,67	26.16
	Nuno Andre Fernandes	89	+0,15	24.06
6.	Braga-Sen-Masc	1:49.24	+0,69	625
	Daniel Aparicio Pereira	83	+0,69	26.46
	Rui Manuel Ribeiro	82		24.10
7.	Vilacondense-Sen-Masc	1:50.32	+0,78	607
	Fabio Manuel Pereira	86	+0,78	28.45
	Henrique Pereira Neiva	84	+0,09	24.37
8.	Colegio Vasco da Gama-Sen-Masc	1:50.77	+0,70	600
	Jose Joao Bica	87	+0,70	27.26
	Nuno Goncalo Quintanilha	87	+0,15	24.52
9.	BA/Mr.Pizza-Sen-Masc	1:53.02	+0,79	564
	Cesar Fernando Faria	90	+0,79	26.18
	Helder Alexandre Godinho	86	+0,27	25.09
10.	Nacional-Sen-Masc	1:53.46	+0,60	558
	Diego Felipe Santos	87	+0,60	27.94
	Vitor Diogo Moura	90	+1,74	23.79

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 23 Femin., 400m Livres 15 anos e mais velhos
02-04-2011 - 16:30 Resultados

Recordes Nacionais 50m Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Recordes Nacionais 50m Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Sen	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996

TAC-SENF Sen: 4:41.00 / TAC-JUNF Jun: 4:47.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:27.47	+0,92	714
	50m: 30.23 30.23	150m: 1:37.78 34.15	250m: 2:46.29 33.97	350m: 3:54.69 34.16		
	100m: 1:03.63 33.40	200m: 2:12.32 34.54	300m: 3:20.53 34.24	400m: 4:27.47 32.78		
2.	Carolina Cunha Martins	95	Nautico/Matobra	4:30.24	+0,97	693
	50m: 31.42 31.42	150m: 1:39.56 34.29	250m: 2:48.47 34.35	350m: 3:56.63 33.96		
	100m: 1:05.27 33.85	200m: 2:14.12 34.56	300m: 3:22.67 34.20	400m: 4:30.24 33.61		
3.	Maria Luis Amorim	95	Porto/Dolce Vita	4:31.40	+0,95	684
	50m: 31.43 31.43	150m: 1:40.24 34.93	250m: 2:49.79 34.87	350m: 3:58.70 34.61		
	100m: 1:05.31 33.88	200m: 2:14.92 34.68	300m: 3:24.09 34.30	400m: 4:31.40 32.70		
4.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	4:32.14	+0,83	678
	50m: 30.73 30.73	150m: 1:39.10 34.75	250m: 2:48.59 34.61	350m: 3:58.83 35.08		
	100m: 1:04.35 33.62	200m: 2:13.98 34.88	300m: 3:23.75 35.16	400m: 4:32.14 33.31		
5.	Leonor Mourinho Neves	95	Sporting	4:32.82	+0,91	673
	50m: 30.87 30.87	150m: 1:38.79 34.44	250m: 2:48.41 35.06	350m: 3:59.10 35.25		
	100m: 1:04.35 33.48	200m: 2:13.35 34.56	300m: 3:23.85 35.44	400m: 4:32.82 33.72		
6.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energias	4:34.01	+0,86	664
	50m: 31.62 31.62	150m: 1:39.92 34.69	250m: 2:49.65 35.26	350m: 3:59.92 35.50		
	100m: 1:05.23 33.61	200m: 2:14.39 34.47	300m: 3:24.42 34.77	400m: 4:34.01 34.09		
7.	Ines Alexandra Paiva	96	Alges	4:38.18	+0,84	635
	50m: 32.77 32.77	150m: 1:42.73 34.90	250m: 2:53.04 35.08	350m: 4:04.28 35.36		
	100m: 1:07.83 35.06	200m: 2:17.96 35.23	300m: 3:28.92 35.88	400m: 4:38.18 33.90		
8.	Cassandra Pedro Oliveira	95	Vilacondense	4:41.68	+0,87	611
	50m: 31.44 31.44	150m: 1:40.95 35.33	250m: 2:52.36 35.95	350m: 4:05.70 36.82		
	100m: 1:05.62 34.18	200m: 2:16.41 35.46	300m: 3:28.88 36.52	400m: 4:41.68 35.98		
9.	Catia Andreia Clara	95	Nautico da Marinha Grande	4:44.31	+0,97	595
	50m: 32.27 32.27	150m: 1:43.74 36.02	250m: 2:56.39 36.51	350m: 4:09.10 36.74		
	100m: 1:07.72 35.45	200m: 2:19.88 36.14	300m: 3:32.36 35.97	400m: 4:44.31 35.21		
10.	Maria Amelia Gaspar	96	Nautico/Matobra	4:44.57	+0,96	593
	50m: 32.24 32.24	150m: 1:43.56 36.03	250m: 2:56.30 36.56	350m: 4:09.41 36.42		
	100m: 1:07.53 35.29	200m: 2:19.74 36.18	300m: 3:32.99 36.69	400m: 4:44.57 35.16		
11.	Ana Isabel Neves	96	Pimpoes/Cimai	4:45.25	+0,83	589
	50m: 32.72 32.72	150m: 1:44.37 36.00	250m: 2:57.04 36.47	350m: 4:09.87 36.60		
	100m: 1:08.37 35.65	200m: 2:20.57 36.20	300m: 3:33.27 36.23	400m: 4:45.25 35.38		
12.	Helena Paula Carvalho	95	Uniao Piedense	4:45.78	+0,84	586
	50m: 32.23 32.23	150m: 1:43.59 36.10	250m: 2:56.92 36.70	350m: 4:10.93 37.05		
	100m: 1:07.49 35.26	200m: 2:20.22 36.63	300m: 3:33.88 36.96	400m: 4:45.78 34.85		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
13.	Mariana Jesus Costa <i>FTL</i>	96	Alcobaca	4:48.26	+0,87	571	
	50m: 32.23 32.23	150m: 1:43.95	36.71	250m: 2:57.44	36.64	350m: 4:12.59	37.73
	100m: 1:07.24 35.01	200m: 2:20.80	36.85	300m: 3:34.86	37.42	400m: 4:48.26	35.67
14.	Carla Rosario Palma <i>FTL</i>	96	Alcobaca	4:52.23		548	
	50m: 32.22 32.22	150m: 1:44.92	37.15	250m: 3:00.96	38.10	350m: 4:16.73	38.13
	100m: 1:07.77 35.55	200m: 2:22.86	37.94	300m: 3:38.60	37.64	400m: 4:52.23	35.50
15.	Marta Filipa Vinagre <i>FTL</i>	95	Torres Novas	4:53.12	+0,82	543	
	50m: 32.81 32.81	150m: 1:45.64	36.82	250m: 3:00.73	37.97	350m: 4:16.56	37.49
	100m: 1:08.82 36.01	200m: 2:22.76	37.12	300m: 3:39.07	38.34	400m: 4:53.12	36.56
16.	Ana Catarina Azevedo <i>FTL</i>	96	Famalicao	4:55.92	+0,82	527	
	50m: 32.74 32.74	150m: 1:45.70	36.92	250m: 3:02.29	38.17	350m: 4:19.01	38.24
	100m: 1:08.78 36.04	200m: 2:24.12	38.42	300m: 3:40.77	38.48	400m: 4:55.92	36.91
17.	Carolina Madeira Santos <i>FTL</i>	96	Naval Amorense	5:00.60	+0,93	503	
	50m: 32.93 32.93	150m: 1:47.73	37.72	250m: 3:05.48	38.84	350m: 4:23.30	37.96
	100m: 1:10.01 37.08	200m: 2:26.64	38.91	300m: 3:45.34	39.86	400m: 5:00.60	37.30

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	4:22.20	+0,71	758	
	50m: 29.68 29.68	150m: 1:35.81	33.50	250m: 2:42.89	33.32	350m: 3:50.52	33.59
	100m: 1:02.31 32.63	200m: 2:09.57	33.76	300m: 3:16.93	34.04	400m: 4:22.20	31.68
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:23.59	+0,87	746	
	50m: 29.92 29.92	150m: 1:35.60	33.40	250m: 2:43.08	33.85	350m: 3:50.77	33.74
	100m: 1:02.20 32.28	200m: 2:09.23	33.63	300m: 3:17.03	33.95	400m: 4:23.59	32.82
3.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:27.14	+0,95	717	
	50m: 30.48 30.48	150m: 1:37.20	33.55	250m: 2:44.86	33.89	350m: 3:53.88	34.45
	100m: 1:03.65 33.17	200m: 2:10.97	33.77	300m: 3:19.43	34.57	400m: 4:27.14	33.26
4.	Angelica Maria Andre	94	Leixoes	4:27.15	+0,79	717	
	50m: 30.69 30.69	150m: 1:37.36	33.94	250m: 2:46.02	34.44	350m: 3:54.96	34.41
	100m: 1:03.42 32.73	200m: 2:11.58	34.22	300m: 3:20.55	34.53	400m: 4:27.15	32.19
5.	Marisa Alexandra Lage	94	Viana Natacao	4:31.63	+0,86	682	
	50m: 30.45 30.45	150m: 1:37.54	34.25	250m: 2:46.69	34.34	350m: 3:57.70	35.51
	100m: 1:03.29 32.84	200m: 2:12.35	34.81	300m: 3:22.19	35.50	400m: 4:31.63	33.93
6.	Joana Filipa Capela	89	Benfica	4:31.82	+0,83	681	
	50m: 30.63 30.63	150m: 1:38.75	34.48	250m: 2:48.34	34.74	350m: 3:58.41	35.15
	100m: 1:04.27 33.64	200m: 2:13.60	34.85	300m: 3:23.26	34.92	400m: 4:31.82	33.41
7.	Ana Ribeiro Ferreira	92	Famalicao	4:33.00	+0,95	672	
	50m: 30.79 30.79	150m: 1:37.78	33.86	250m: 2:46.51	34.34	350m: 3:57.69	35.56
	100m: 1:03.92 33.13	200m: 2:12.17	34.39	300m: 3:22.13	35.62	400m: 4:33.00	35.31

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 23, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Patricia Garcia Marinho	94	Sporting	4:35.67	+0,93	652
	50m: 32.12 32.12	150m: 1:41.23 34.88	250m: 2:50.65 34.74	350m: 4:01.22 35.32		
	100m: 1:06.35 34.23	200m: 2:15.91 34.68	300m: 3:25.90 35.25	400m: 4:35.67 34.45		
9.	Ana Margarida Domingos	93	Academico Viseu	4:36.60	+0,91	646
	50m: 31.96 31.96	150m: 1:41.27 35.00	250m: 2:51.31 34.91	350m: 4:02.12 35.15		
	100m: 1:06.27 34.31	200m: 2:16.40 35.13	300m: 3:26.97 35.66	400m: 4:36.60 34.48		
10.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:36.61	+0,92	646
	50m: 30.76 30.76	150m: 1:39.54 34.82	250m: 2:50.16 35.31	350m: 4:01.56 35.56		
	100m: 1:04.72 33.96	200m: 2:14.85 35.31	300m: 3:26.00 35.84	400m: 4:36.61 35.05		
11.	Marta Alexandra Saraiva	93	Uniao Piedense	4:37.78	+0,91	638
	50m: 31.63 31.63	150m: 1:40.59 35.16	250m: 2:51.75 35.81	350m: 4:02.92 35.50		
	100m: 1:05.43 33.80	200m: 2:15.94 35.35	300m: 3:27.42 35.67	400m: 4:37.78 34.86		
12.	Ines Sofia Sampaio	94	Academico Viseu	4:41.34	+1,01	614
	<i>FTL</i>					
	50m: 31.87 31.87	150m: 1:42.66 35.48	250m: 2:54.85 35.83	350m: 4:06.94 35.81		
	100m: 1:07.18 35.31	200m: 2:19.02 36.36	300m: 3:31.13 36.28	400m: 4:41.34 34.40		
13.	Maria Ana Magalhaes	93	Desportiva Limiana	4:42.86	+0,71	604
	<i>FTL</i>					
	50m: 31.16 31.16	150m: 1:41.08 35.66	250m: 2:53.26 36.29	350m: 4:06.92 36.97		
	100m: 1:05.42 34.26	200m: 2:16.97 35.89	300m: 3:29.95 36.69	400m: 4:42.86 35.94		
14.	Soraia Vanessa Ribeiro	92	Gespacos	4:43.09	+0,89	602
	<i>FTL</i>					
	50m: 30.44 30.44	150m: 1:38.81 34.89	250m: 2:50.10 35.77	350m: 4:05.25 37.66		
	100m: 1:03.92 33.48	200m: 2:14.33 35.52	300m: 3:27.59 37.49	400m: 4:43.09 37.84		
15.	Lara Santana Pinheiro	92	Uniao Piedense	4:46.23	+0,94	583
	<i>FTL</i>					
	50m: 32.13 32.13	150m: 1:44.07 36.58	250m: 2:57.50 36.46	350m: 4:10.67 36.47		
	100m: 1:07.49 35.36	200m: 2:21.04 36.97	300m: 3:34.20 36.70	400m: 4:46.23 35.56		
16.	Ana Sofia Fernandes	93	Braga	4:48.51	+1,06	569
	<i>FTL</i>					
	50m: 31.31 31.31	150m: 1:41.79 36.06	250m: 2:55.82 37.69	350m: 4:11.72 37.95		
	100m: 1:05.73 34.42	200m: 2:18.13 36.34	300m: 3:33.77 37.95	400m: 4:48.51 36.79		
17.	Patricia Silva Damas	92	Geslours	4:51.60	+0,83	551
	<i>FTL</i>					
	50m: 33.42 33.42	150m: 1:46.06 36.71	250m: 2:59.84 36.95	350m: 4:14.64 37.57		
	100m: 1:09.35 35.93	200m: 2:22.89 36.83	300m: 3:37.07 37.23	400m: 4:51.60 36.96		
18.	Paula Cristina Melo	93	Natacao de Faro	4:53.05	+0,83	543
	<i>FTL</i>					
	50m: 31.58 31.58	150m: 1:43.43 36.82	250m: 2:59.20 38.18	350m: 4:15.15 38.14		
	100m: 1:06.61 35.03	200m: 2:21.02 37.59	300m: 3:37.01 37.81	400m: 4:53.05 37.90		

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 24 Masc., 400m Estilos 17 anos e mais velhos
02-04-2011 - 17:00 Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC-SENM Sen: 4:53.00 / TAC-JUNM Jun: 5:00.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Monteiro Diogo	93	Alcobaca	4:38.50	+0,69	671
	50m: 27.60 27.60	150m: 1:36.94 36.85	250m: 2:54.75 41.50	350m: 4:08.09 31.67		
	100m: 1:00.09 32.49	200m: 2:13.25 36.31	300m: 3:36.42 41.67	400m: 4:38.50 30.41		
2.	Joao Claudio Sousa	93	Gespacos	4:39.99	+0,82	660
	50m: 29.89 29.89	150m: 1:41.99 37.83	250m: 2:57.80 38.89	350m: 4:09.25 32.21		
	100m: 1:04.16 34.27	200m: 2:18.91 36.92	300m: 3:37.04 39.24	400m: 4:39.99 30.74		
3.	Ruben Filipe Nunes	94	Gespacos	4:41.19	+0,89	652
	50m: 29.09 29.09	150m: 1:38.87 37.04	250m: 2:55.28 40.10	350m: 4:09.49 33.11		
	100m: 1:01.83 32.74	200m: 2:15.18 36.31	300m: 3:36.38 41.10	400m: 4:41.19 31.70		
4.	Andre Duarte Vaz	93	Ginasio Figueirense	4:41.65	+0,88	648
	50m: 29.73 29.73	150m: 1:39.49 35.75	250m: 2:55.09 40.68	350m: 4:09.90 33.22		
	100m: 1:03.74 34.01	200m: 2:14.41 34.92	300m: 3:36.68 41.59	400m: 4:41.65 31.75		
5.	Diogo Parrilha da Silva	93	Alcobaca	4:44.68	+0,83	628
	50m: 27.59 27.59	150m: 1:38.52 38.38	250m: 2:56.36 40.95	350m: 4:12.38 34.80		
	100m: 1:00.14 32.55	200m: 2:15.41 36.89	300m: 3:37.58 41.22	400m: 4:44.68 32.30		
6.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	4:46.95	+0,76	613
	50m: 29.09 29.09	150m: 1:41.77 38.25	250m: 2:59.69 40.27	350m: 4:14.05 32.98		
	100m: 1:03.52 34.43	200m: 2:19.42 37.65	300m: 3:41.07 41.38	400m: 4:46.95 32.90		
7.	Pedro Andre Santos	94	Alges	4:48.29	+0,82	605
	50m: 30.08 30.08	150m: 1:43.05 37.68	250m: 3:02.02 41.31	350m: 4:15.92 32.71		
	100m: 1:05.37 35.29	200m: 2:20.71 37.66	300m: 3:43.21 41.19	400m: 4:48.29 32.37		
8.	Tiago Silva Oliveira	94	Leixoes	4:52.17	+0,74	581
	50m: 30.80 30.80	150m: 1:45.91 39.53	250m: 3:08.75 44.56	350m: 4:22.73 30.72		
	100m: 1:06.38 35.58	200m: 2:24.19 38.28	300m: 3:52.01 43.26	400m: 4:52.17 29.44		
9.	Pedro Barros Mendes	94	Academica de Coimbra	4:52.53	+0,75	579
	50m: 30.60 30.60	150m: 1:44.39 38.38	250m: 3:03.54 41.90	350m: 4:20.54 34.61		
	100m: 1:06.01 35.41	200m: 2:21.64 37.25	300m: 3:45.93 42.39	400m: 4:52.53 31.99		
10.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	4:52.97	+0,85	576
	50m: 30.76 30.76	150m: 1:44.47 38.25	250m: 3:03.32 42.01	350m: 4:20.62 34.25		
	100m: 1:06.22 35.46	200m: 2:21.31 36.84	300m: 3:46.37 43.05	400m: 4:52.97 32.35		
11.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	4:54.13	+0,79	569
	50m: 30.18 30.18	150m: 1:43.98 38.68	250m: 3:02.51 40.09	350m: 4:20.45 36.13		
	100m: 1:05.30 35.12	200m: 2:22.42 38.44	300m: 3:44.32 41.81	400m: 4:54.13 33.68		
12.	Joao Pedro Veiga	94	Nautico/Matobra	4:55.51	+0,79	561
	50m: 29.94 29.94	150m: 1:44.51 39.78	250m: 3:04.47 41.57	350m: 4:22.88 35.89		
	100m: 1:04.73 34.79	200m: 2:22.90 38.39	300m: 3:46.99 42.52	400m: 4:55.51 32.63		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 24, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Fabio Alexandre Freitas	94	Uniao Piedense	4:55.79	+0,84	560
	50m: 31.19 31.19	150m: 1:44.33 37.68	250m: 3:05.34 44.33	350m: 4:23.30 34.53		
	100m: 1:06.65 35.46	200m: 2:21.01 36.68	300m: 3:48.77 43.43	400m: 4:55.79 32.49		
14.	Alexandre Santos Gomes	93	Naval do Funchal	4:56.07	+0,77	558
	50m: 30.35 30.35	150m: 1:44.07 38.49	250m: 3:05.33 42.63	350m: 4:23.22 34.11		
	100m: 1:05.58 35.23	200m: 2:22.70 38.63	300m: 3:49.11 43.78	400m: 4:56.07 32.85		
15.	Mario Rui Cruz	94	Amadora	4:56.09	+0,74	558
	50m: 30.94 30.94	150m: 1:44.30 37.37	250m: 3:04.83 42.85	350m: 4:23.22 33.84		
	100m: 1:06.93 35.99	200m: 2:21.98 37.68	300m: 3:49.38 44.55	400m: 4:56.09 32.87		
16.	Andre Rafael Marinho	93	Uniao Piedense	4:57.44	+0,82	550
	50m: 30.65 30.65	150m: 1:45.05 39.02	250m: 3:06.53 43.22	350m: 4:24.65 33.46		
	100m: 1:06.03 35.38	200m: 2:23.31 38.26	300m: 3:51.19 44.66	400m: 4:57.44 32.79		
17.	Ivo Andre Lopes	94	Scalabisport	5:10.49	+0,80	484
	<i>FTL</i>					
	50m: 29.78 29.78	150m: 1:44.04 39.58	250m: 3:08.35 45.71	350m: 4:34.20 38.15		
	100m: 1:04.46 34.68	200m: 2:22.64 38.60	300m: 3:56.05 47.70	400m: 5:10.49 36.29		
DSQ	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama			
	<i>808 - Movimento alternado de pernas durante o percurso - SW 8.3</i>					
DSQ	Renato Mendes Pinheiro	94	Desportiva de Viana			
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>					

Seniores

1.	Alexis Manacas Santos	92	Sporting	4:22.32	+0,75	803
	50m: 28.33 28.33	150m: 1:34.40 34.04	250m: 2:43.72 36.50	350m: 3:53.06 31.71		
	100m: 1:00.36 32.03	200m: 2:07.22 32.82	300m: 3:21.35 37.63	400m: 4:22.32 29.26		
2.	Pedro Miguel Pinotes	89	Sporting	4:30.10	+0,69	735
	50m: 28.41 28.41	150m: 1:36.45 35.44	250m: 2:50.16 38.06	350m: 4:00.59 32.04		
	100m: 1:01.01 32.60	200m: 2:12.10 35.65	300m: 3:28.55 38.39	400m: 4:30.10 29.51		
3.	Adriano Miguel Niz	86	Famalicao	4:31.97	+0,80	720
	50m: 28.11 28.11	150m: 1:34.96 34.48	250m: 2:49.22 41.15	350m: 4:01.59 31.80		
	100m: 1:00.48 32.37	200m: 2:08.07 33.11	300m: 3:29.79 40.57	400m: 4:31.97 30.38		
4.	Nuno Rafael Alves	90	Gespacos	4:35.12	+0,79	696
	50m: 28.62 28.62	150m: 1:37.60 36.28	250m: 2:51.74 38.61	350m: 4:04.05 32.89		
	100m: 1:01.32 32.70	200m: 2:13.13 35.53	300m: 3:31.16 39.42	400m: 4:35.12 31.07		
5.	Miguel Silva Oliveira	91	Nautico/Matobra	4:35.26	+0,79	695
	50m: 28.76 28.76	150m: 1:38.34 37.05	250m: 2:54.45 39.39	350m: 4:05.23 31.93		
	100m: 1:01.29 32.53	200m: 2:15.06 36.72	300m: 3:33.30 38.85	400m: 4:35.26 30.03		
6.	Miguel Machado Lopes	92	Sporting	4:37.78	+0,69	676
	50m: 29.35 29.35	150m: 1:39.88 36.34	250m: 2:54.46 38.84	350m: 4:06.93 31.91		
	100m: 1:03.54 34.19	200m: 2:15.62 35.74	300m: 3:35.02 40.56	400m: 4:37.78 30.85		
7.	Andre Bras Goncalves	88	Amadora	4:40.01	+0,73	660
	50m: 28.46 28.46	150m: 1:38.65 36.63	250m: 2:54.69 38.80	350m: 4:07.25 33.26		
	100m: 1:02.02 33.56	200m: 2:15.89 37.24	300m: 3:33.99 39.30	400m: 4:40.01 32.76		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 24, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Ricardo Amorim Rego	84	Braga	4:43.93	+0,81	633	
	50m: 29.42 29.42	150m: 1:40.72	36.96	250m: 2:56.99	38.91	350m: 4:11.10	34.37
	100m: 1:03.76 34.34	200m: 2:18.08	37.36	300m: 3:36.73	39.74	400m: 4:43.93	32.83
9.	Paulo Andre Dias	92	Gespacos	4:46.26	+0,92	618	
	50m: 29.64 29.64	150m: 1:40.77	38.43	250m: 2:58.92	40.70	350m: 4:13.48	33.58
	100m: 1:02.34 32.70	200m: 2:18.22	37.45	300m: 3:39.90	40.98	400m: 4:46.26	32.78
10.	Rui Filipe Vilar	91	Porto/Dolce Vita	4:47.94	+0,71	607	
	50m: 28.53 28.53	150m: 1:39.15	37.37	250m: 2:56.98	41.11	350m: 4:14.18	35.79
	100m: 1:01.78 33.25	200m: 2:15.87	36.72	300m: 3:38.39	41.41	400m: 4:47.94	33.76
11.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	4:49.95	+0,76	594	
	50m: 30.10 30.10	150m: 1:42.68	37.98	250m: 3:02.70	42.59	350m: 4:17.44	32.58
	100m: 1:04.70 34.60	200m: 2:20.11	37.43	300m: 3:44.86	42.16	400m: 4:49.95	32.51
12.	Marcelo Goncalo Pereira	90	Vilacondense	4:50.61	+0,81	590	
	50m: 29.46 29.46	150m: 1:43.53	39.17	250m: 3:04.33	42.33	350m: 4:19.32	32.98
	100m: 1:04.36 34.90	200m: 2:22.00	38.47	300m: 3:46.34	42.01	400m: 4:50.61	31.29
13.	Diogo Miguel Brito	87	Benfica	4:53.33	+0,77	574	
	<i>FTL</i>						
	50m: 29.19 29.19	150m: 1:41.38	38.21	250m: 3:01.95	43.03	350m: 4:19.64	34.15
	100m: 1:03.17 33.98	200m: 2:18.92	37.54	300m: 3:45.49	43.54	400m: 4:53.33	33.69
14.	Joao Paulo Ribeiro	92	Bairro dos Anjos/Mr.Pizza	4:57.99	+0,73	547	
	<i>FTL</i>						
	50m: 29.43 29.43	150m: 1:43.48	39.99	250m: 3:04.87	43.16	350m: 4:24.49	35.26
	100m: 1:03.49 34.06	200m: 2:21.71	38.23	300m: 3:49.23	44.36	400m: 4:57.99	33.50
15.	Hugo Miguel Nunes	90	Individual Santarem	4:58.40	+0,81	545	
	<i>FTL</i>						
	50m: 31.44 31.44	150m: 1:47.51	39.90	250m: 3:08.05	41.65	350m: 4:24.64	35.54
	100m: 1:07.61 36.17	200m: 2:26.40	38.89	300m: 3:49.10	41.05	400m: 4:58.40	33.76

Prova 25

Femin., 200m Mariposa

15 anos e mais velhos

02-04-2011 - 17:30

Resultados

Recordes Nacionais 50m Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Jun	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995
Recordes Nacionais 50m Sen	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008

TAC-SENF Sen: 2:30.50 / TAC-JUNF Jun: 2:34.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
Juniores							
1.	Bruna Leal Dantas	96	Sporting	2:24.39	+0,69	600	
	50m: 32.59 32.59	100m: 1:08.99	36.40	150m: 1:46.26	37.27	200m: 2:24.39	38.13
2.	Ana Marta Miranda	96	Uniao Piedense	2:25.64	+0,88	585	
	50m: 31.07 31.07	100m: 1:07.67	36.60	150m: 1:46.57	38.90	200m: 2:25.64	39.07
3.	Mariana Sousa Martins	95	Feirense	2:28.85	+0,86	548	
	50m: 32.22 32.22	100m: 1:08.67	36.45	150m: 1:47.42	38.75	200m: 2:28.85	41.43

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 25, Femin., 200m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Silvia Ariana Soares 50m: 31.68 31.68	95	Porto/Dolce Vita	2:28.90	+0,79	547
	100m: 1:08.10 36.42 150m: 1:47.37			39.27 200m: 2:28.90		41.53
5.	Ines Filipa Borges 50m: 32.27 32.27	95	Alcobaca	2:29.12	+0,85	545
	100m: 1:08.94 36.67 150m: 1:49.05			40.11 200m: 2:29.12		40.07
6.	Debora Guimaraes Oliveira 50m: 33.19 33.19	96	Braga	2:29.21	+0,82	544
	100m: 1:10.04 36.85 150m: 1:49.40			39.36 200m: 2:29.21		39.81
7.	Ana Catarina Sousa 50m: 33.52 33.52	96	Vitoria de Guimaraes	2:33.39	+0,84	500
	100m: 1:11.26 37.74 150m: 1:51.30			40.04 200m: 2:33.39		42.09
8.	Ana Catarina Costa 50m: 34.92 34.92	95	Estamos Juntos	2:34.23	+0,89	492
	100m: 1:14.43 39.51 150m: 1:54.58			40.15 200m: 2:34.23		39.65
9.	Maria Amelia Gaspar 50m: 33.41 33.41	96	Nautico/Matobra	2:34.35	+0,90	491
	100m: 1:13.11 39.70 150m: 1:54.11			41.00 200m: 2:34.35		40.24
10.	Ines Mendes Paulo 50m: 33.73 33.73	96	Colegio Monte Maior	2:34.36	+0,86	491
	100m: 1:13.10 39.37 150m: 1:53.90			40.80 200m: 2:34.36		40.46
11.	Carolina Francisco Gomes <i>FTL</i> 50m: 35.36 35.36	95	Naval da Nazare	2:35.48	+0,96	480
	100m: 1:13.41 38.05 150m: 1:55.52			42.11 200m: 2:35.48		39.96
12.	Marcia Filipa Carvalho <i>FTL</i> 50m: 33.34 33.34	96	Torres Novas	2:37.44	+0,93	463
	100m: 1:11.42 38.08 150m: 1:53.21			41.79 200m: 2:37.44		44.23

Seniores

1.	Sara Freitas Oliveira 50m: 30.38 30.38	85	Porto/Dolce Vita	2:12.42	+0,72	778
	100m: 1:04.03 33.65 150m: 1:38.18			34.15 200m: 2:12.42		34.24
2.	Ana Catarina Monteiro 50m: 30.71 30.71	93	Vilacondense	2:15.62	+0,71	724
	100m: 1:05.04 34.33 150m: 1:40.40			35.36 200m: 2:15.62		35.22
3.	Maria Carolina Rosa 50m: 31.47 31.47	94	Sporting	2:18.89	+0,84	674
	100m: 1:05.98 34.51 150m: 1:42.61			36.63 200m: 2:18.89		36.28
4.	Diana Ramos Rocha 50m: 32.18 32.18	94	Individual Minho	2:19.50	+0,80	665
	100m: 1:07.55 35.37 150m: 1:44.13			36.58 200m: 2:19.50		35.37
5.	Ana Beatriz Pereira 50m: 31.35 31.35	91	Colegio Vasco da Gama	2:20.21	+0,74	655
	100m: 1:06.99 35.64 150m: 1:43.22			36.23 200m: 2:20.21		36.99
6.	Amelia Pereira Fernandes 50m: 31.48 31.48	89	Vitoria de Guimaraes	2:22.34	+0,85	626
	100m: 1:06.77 35.29 150m: 1:44.12			37.35 200m: 2:22.34		38.22
7.	Maria Miguel Veloso 50m: 33.08 33.08	93	Nautico/Matobra	2:25.39	+0,98	588
	100m: 1:10.46 37.38 150m: 1:47.48			37.02 200m: 2:25.39		37.91
8.	Isabel Alves Lopes 50m: 32.28 32.28	92	Colegio Vasco da Gama	2:25.91	+0,90	581
	100m: 1:09.22 36.94 150m: 1:46.98			37.76 200m: 2:25.91		38.93
9.	Carolina Santos Silva 50m: 32.91 32.91	86	Natacao da Maia	2:28.16	+0,79	555
	100m: 1:10.10 37.19 150m: 1:48.37			38.27 200m: 2:28.16		39.79

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 25, Femin., 200m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Patricia Silva Damas	92	Gesloures	2:30.26	+0,82	532
	50m: 33.80 33.80	100m: 1:11.63	37.83	150m: 1:50.94	39.31	200m: 2:30.26 39.32
11.	Ana Filipa Carmo	93	Colegio Vasco da Gama	2:31.54	+0,87	519
	<i>FTL</i>	50m: 32.80 32.80	100m: 1:11.11	38.31	150m: 1:50.50	39.39 200m: 2:31.54 41.04
12.	Ana Raquel Miranda	94	Uniao Piedense	2:32.74	+0,80	507
	<i>FTL</i>	50m: 32.74 32.74	100m: 1:10.29	37.55	150m: 1:51.07	40.78 200m: 2:32.74 41.67

Prova 26

Masc., 50m Livres

17 anos e mais velhos

02-04-2011 - 17:40

Resultados

Recordes Nacionais 50m Absoluto	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	30-05-2009
Recordes Nacionais 50m Jun	22.95	Tiago Andre Venancio	FPN	Oeiras	16-07-2004
Recordes Nacionais 50m Sen	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	30-05-2009

TAC-SENM Sen: 24.80 / TAC-JUNM Jun: 25.40

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Almeida Madureira	94	Academica de Coimbra	24.30	+0,70	637
2.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	24.39	+0,75	630
3.	Paulo Bruno Janeiro	94	Litoral Alentejano	24.70	+0,78	606
4.	David Miguel Leiria	93	Naval Amorense	24.99	+0,81	585
5.	Ricardo Manuel Machado	93	Braga	25.02	+0,77	583
6.	Simao Pedro Alves	94	Famalicao	25.04	+0,69	582
7.	Emanuel Augusto Pinho	93	Feirense	25.17	+0,72	573
8.	Rafael Lages Ribas	93	Desportiva de Viana	25.18	+0,73	572
9.	Joao Afonso Vargas	93	Naval do Funchal	25.26	+0,73	567
10.	Bernardo Leitao Graca	93	Sporting	25.30	+0,74	564
11.	Joao Pedro Pereira	93	BUZIOS-Coruche	25.41	+0,71	557
	<i>FTL</i>					
12.	Antonio Jorge Rocha	94	Penafiel	25.46	+0,78	553
	<i>FTL</i>					
13.	Joao Guilherme Ferreira	93	Desporto de Barcelos	25.59	+0,87	545
	<i>FTL</i>					
14.	Rui Filipe Maia	93	Vilacondense	25.75	+0,71	535
	<i>FTL</i>					

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 26, Masc., 50m Livres

Seniores

1.	Alexandre Escudier Agostinho	86	Portinado	23.06	+0,71	745
2.	Paulo Jorge Santos	89	Porto/Dolce Vita	23.08	+0,68	743
3.	Joao Silva Gigante	88	Amadora	23.86	+0,65	673
4.	Joao Filipe Carvalho	87	Porto/Dolce Vita	23.93	+0,71	667
5.	Luis Marques Pinto	87	Naval do Funchal	24.13	+0,72	650
6.	Simao Gomes Morgado	79	Amadora	24.18	+0,64	646
7.	Mario Alexandre Pereira	92	Nautico/Matobra	24.22	+0,72	643
8.	Luis Emanuel Vaz	91	Famalicao	24.28	+0,74	638
9.	Ivan Monteiro Simoes	91	Natacao de Vila Real	24.36	+0,70	632
10.	Ricardo Pereira Lopes	90	Amadora	24.46		624
11.	Tiago Ferreira Sousa	91	Nacional	24.51	+0,75	620
	Joao Pedro Teodoro	90	Naval Setubalense	24.51	+0,67	620
13.	Fabio Andre Figueira	88	Amadora	24.62	+0,70	612
	Carlos Filipe Santos	91	Porto/Dolce Vita	24.62	+0,71	612
15.	Filipe Vieira Malheiro	90	Braga	24.87	+0,75	594
	<i>FTL</i>					
16.	Joao Pedro Almeida	92	Nautico/Matobra	25.21	+0,73	570
	<i>FTL</i>					
17.	Pedro Miguel Silva	76	Vilacondense	25.25	+0,85	567
	<i>FTL</i>					
18.	Andre Neves Oliveira	91	Benfica	25.38	+0,72	559
	<i>FTL</i>					
19.	Vasco Miguel Gaspar	90	Uniao Piedense	25.48	+0,77	552
	<i>FTL</i>					
20.	Jose Joao Bica	87	Colegio Vasco da Gama	25.79	+0,78	532
	<i>FTL</i>					
DSQ	Carlos Fernandes Queiros	86	Ginasio de Vila Real			
	<i>403 - Falsa partida - SW 4.4</i>					

Prova 27

Femin., 100m Bruços

15 anos e mais velhos

02-04-2011 - 17:50

Resultados

Recordes Nacionais 50m Absoluto	1:09.47	Diana Duarte Gomes	CNA	Loulé	06-06-2009
Recordes Nacionais 50m Jun	1:10.09	Diana Duarte Gomes	FPN	Budapeste (HUN)	17-07-2005
Recordes Nacionais 50m Sen	1:09.47	Diana Duarte Gomes	CNA	Loulé	06-06-2009

TAC-SENF Sen: 1:18.00 / TAC-JUNF Jun: 1:20.35

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Paula Alexandra Oliveira	96	Porto/Dolce Vita	1:13.29	+0,91	680
	50m: 35.33 35.33	100m: 1:13.29	37.96			
2.	Rita Fernandes Leitao	96	Benfica	1:16.35	+0,79	601
	50m: 35.59 35.59	100m: 1:16.35	40.76			
3.	Joana Filipa Marques	95	Bombeiros de Ponta Delgada	1:16.61	+0,72	595
	50m: 35.61 35.61	100m: 1:16.61	41.00			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 27, Femin., 100m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Ines Raquel Estevao 50m: 36.65 36.65	95	Gesloures	1:17.66	+0,82	571
5.	Joana Dias Santos 50m: 36.75 36.75	96	Uniao Piedense	1:17.83	+0,90	567
6.	Ariana Alves Nunes 50m: 36.76 36.76	95	Portinado	1:19.01	+0,86	542
7.	Ines Simoes Rodrigues 50m: 37.11 37.11	96	Scalabisport	1:19.77	+1,08	527
8.	Catarina Alexandra Dias 50m: 37.56 37.56	95	Naval de Ponta Delgada	1:19.89	+0,83	525
9.	Ines Joao Costa 50m: 37.30 37.30	95	Braga	1:20.08		521
10.	Ana Filipa Teixeira FTL 50m: 39.14 39.14	95	Vilacondense	1:22.46	+0,76	477
11.	Andreia Margarida Araujo FTL 50m: 39.25 39.25	96	Viana Natacao	1:24.22	+0,99	448

Seniores

1.	Ana Pinho Rodrigues 50m: 32.61 32.61	94	Estamos Juntos	1:11.19	+0,75	742
2.	Ana Teresa Franco 50m: 34.45 34.45	91	Sporting	1:14.01	+0,74	660
3.	Joana Catarina Carvalho 50m: 35.05 35.05	92	Porto/Dolce Vita	1:14.86	+0,73	638
4.	Marta Pereira Abreu 50m: 34.79 34.79	92	Porto/Dolce Vita	1:14.87		637
5.	Fabiana Maria Quintal 50m: 35.50 35.50	84	Nacional	1:15.09	+0,74	632
6.	Isabel Maria Figueira 50m: 36.00 36.00	79	Louletano/Loule Concelho	1:15.83	+0,93	613
7.	Ana Marisa Brito 50m: 35.62 35.62	90	Individual Lisboa	1:16.85	+0,83	589
8.	Gabriela Oliveira Andrade 50m: 36.29 36.29	94	Nautico/Matobra	1:17.00	+0,81	586
9.	Joana Marques Maia 50m: 36.19 36.19	91	Natacao da Maia	1:17.34	+0,85	578
10.	Mariana Dias Almeida 50m: 36.54 36.54	93	Famalicao	1:17.78	+0,79	568

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 27, Femin., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Maria Ines Ribeiro 50m: 36.67 36.67	92	Nautico/Matobra	1:17.95	+0,89	565
12.	Rute Margarida Marques <i>FTL</i> 50m: 37.34 37.34	94	Amadora	1:19.23		538

Prova 28 Masc., 100m Bruços 17 anos e mais velhos
02-04-2011 - 17:55 Resultados

Recordes Nacionais 50m Absoluto	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23-07-2001
Recordes Nacionais 50m Jun	1:02.87	Andre Miguel Silva	PDEM	Faro	18-07-2009
Recordes Nacionais 50m Sen	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23-07-2001

TAC-SENM Sen: 1:09.50 / TAC-JUNM Jun: 1:11.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Joao Claudio Sousa 50m: 32.56 32.56	93	Gespacos	1:07.62	+0,79	650
2.	Diogo Parrilha da Silva 50m: 31.59 31.59	93	Alcobaca	1:07.81	+0,87	644
3.	Tiago Samuel Silva 50m: 31.77 31.77	93	Porto/Dolce Vita	1:08.11	+0,79	636
4.	Tiago Geraldés Machado 50m: 31.52 31.52	93	Pimpoes/Cimai	1:08.32	+0,95	630
5.	Pedro Miguel Silva 50m: 32.80 32.80	94	Colegio Monte Maior	1:09.15	+0,70	607
6.	Joao Pedro Braga 50m: 32.75 32.75	94	Naval de Ponta Delgada	1:09.63	+0,75	595
7.	Alcides Costa Sousa 50m: 32.52 32.52	94	Feirense	1:10.06		584
8.	Diogo Manuel Rodrigues 50m: 33.53 33.53	94	Vitoria de Guimaraes	1:10.30	+0,79	578
9.	Hugo Miguel Silva 50m: 33.02 33.02	94	Braga	1:10.45	+0,79	574
10.	Ruben Paiva Carvalho 50m: 33.01 33.01	94	Academica de Coimbra	1:10.55	+0,68	572
11.	Jose Manuel Dias 50m: 32.54 32.54	94	Uniao Piedense	1:10.95	+0,80	562
12.	Joao Pedro Veiga <i>FTL</i> 50m: 33.95 33.95	94	Nautico/Matobra	1:12.09	+0,82	536

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 28, Masc., 100m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Pedro Barros Mendes <i>FTL</i>	94	Academica de Coimbra	1:12.97	+0,76	517
	50m: 33.69 33.69	100m:	1:12.97 39.28			
14.	Goncalo Alexandre Fonseca <i>FTL</i>	94	Portinado	1:13.17	+0,79	513
	50m: 33.16 33.16	100m:	1:13.17 40.01			
15.	Antonio Ribeiro Mendes <i>FTL</i>	93	Colegio Vasco da Gama	1:13.38	+0,71	508
	50m: 34.39 34.39	100m:	1:13.38 38.99			

Seniores

1.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:04.50	+0,71	749
	50m: 31.24 31.24	100m:	1:04.50 33.26			
2.	Ricardo Jose Varela	89	Naval Setubalense	1:05.15	+0,68	726
	50m: 30.78 30.78	100m:	1:05.15 34.37			
3.	Henrique Pereira Neiva	84	Vilacondense	1:05.26	+0,76	723
	50m: 31.15 31.15	100m:	1:05.26 34.11			
4.	Pedro Miguel Agostinho	92	Sporting	1:05.45	+0,63	716
	50m: 30.89 30.89	100m:	1:05.45 34.56			
5.	Gil Goncalves Pinto	88	Porto/Dolce Vita	1:05.48		716
	50m: 30.65 30.65	100m:	1:05.48 34.83			
6.	Sergio Baptista Silva	91	Porto/Dolce Vita	1:06.41	+0,75	686
	50m: 31.21 31.21	100m:	1:06.41 35.20			
7.	Diogo Filipe Matos	92	Sporting	1:07.74	+0,70	646
	50m: 30.80 30.80	100m:	1:07.74 36.94			
8.	Nuno Durao Pascoal	92	Galitos	1:08.14	+0,76	635
	50m: 32.22 32.22	100m:	1:08.14 35.92			
9.	Manuel Matos Sequeira	87	Gesloures	1:08.41	+0,74	627
	50m: 32.27 32.27	100m:	1:08.41 36.14			
10.	Joao Albano Viola	89	Nautico/Matobra	1:08.88	+0,71	615
	50m: 31.69 31.69	100m:	1:08.88 37.19			
	Pedro Miguel Varela	86	Naval Setubalense	1:08.88		615
	50m: 32.67 32.67	100m:	1:08.88 36.21			
12.	Luis Nobre Neto	90	Natacao da Maia	1:09.08	+0,73	609
	50m: 31.54 31.54	100m:	1:09.08 37.54			
13.	Vitor Diogo Moura	90	Nacional	1:09.17	+0,69	607
	50m: 32.20 32.20	100m:	1:09.17 36.97			
14.	Nuno Rafael Alves	90	Gespacos	1:09.23	+0,78	605
	50m: 32.58 32.58	100m:	1:09.23 36.65			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 28, Masc., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Rui Manuel Ribeiro <i>FTL</i>	82	Braga	1:10.35	+0,78	577
	50m:	31.96	31.96	100m:	1:10.35	38.39

Prova 29 Femin., 4 x 100m Livres 15 anos e mais velhos
02-04-2011 - 18:20 Resultados

Recordes Nacionais 50m Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010

TAC-SENF Sen: 4:14.00 / TAC-JUNF Jun: 4:20.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto/Dolce Vita-Jun-Fem	Porto/Dolce Vita	4:07.91	+0,87 622
	Ana Goncalves Neto +0,87 29.68	1:00.70	Paula Alexandra Oliveira +0,53 30.50	1:04.94
	Silvia Ariana Soares +0,39 29.87	1:02.23	Maria Luis Amorim +0,27 28.82	1:00.04
2.	Nautico/Matobra-Jun-Fem	Nautico/Matobra	4:08.54	618
	Carolina Cunha Martins 95 29.81	1:01.51	Ana Luisa Carvalho 96 29.39	1:02.35
	Adriana Correia Lopes 95 29.64	1:01.85	Maria Amelia Gaspar 96 30.25	1:02.83
3.	Vilacondense-Jun-Fem	Vilacondense	4:09.83	+0,89 608
	Ana Filipa Gomes +0,89 29.79	1:01.55	Rita Amado Laezza +0,16 29.22	1:01.96
	Ana Filipa Teixeira +0,48 30.20	1:03.25	Cassandra Pedro Oliveira +0,45 30.44	1:03.07
4.	Uniao Piedense-Jun-Fem	Uniao Piedense	4:14.60	+0,80 575
	Catarina Tiago Nunes +0,80 29.28	1:01.33	Joana Dias Santos +0,37 31.86	1:07.01
	Helena Paula Carvalho +0,31 30.74	1:04.91	Ana Marta Miranda +0,37 28.95	1:01.35
5.	Amadora-Jun-Fem	Amadora	4:16.36	+0,78 563
	Lisa Marisa Soares +0,78 30.07	1:02.52	Iris Costa Corrula +0,34 31.16	1:05.39
	Ana Rita Martins +0,12 30.42	1:04.48	Maria Margarida Rodrigues +0,10 30.99	1:03.97
6.	Gesloures-Jun-Fem	Gesloures	4:18.50	+0,81 549
	Paula Cristina Yang +0,81 30.21	1:02.65	Jessica Goncalves Sequeira +0,38 30.90	1:05.28
	Marta Sofia Martins +0,50 31.89	1:06.54	Joana Filipa Rodrigues +0,21 29.98	1:04.03
7.	Beja-Jun-Fem	Beja	4:21.77	+0,79 529
	<i>FTL</i>			
	Joana Isabel Lampreia +0,79 30.58	1:02.73	Ana Margarida Teixeira +0,32 31.99	1:07.54
	Ana Sofia Vasconcelos +0,36 31.60	1:07.15	Sofia Isabel Teixeira +0,08 30.13	1:04.35
DNS	Alcobaca-Jun-Fem	Alcobaca		

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 29, Femin., 4 x 100m Livres

Seniores

1.	Porto/Dolce Vita-Sen-Fem			Porto/Dolce Vita	3:53.20	+0,70	748
	Marta Vieira Marinho	+0,70	28.10	58.66	Alexandra Paiva Oliveira	+0,33	58.76
	Sara Freitas Oliveira	+0,08	27.17	57.52	Sara Beatriz Loureiro	+0,29	58.26
2.	Sporting-Sen-Fem			Sporting	4:02.71	+0,77	663
	Mafalda Gomes Beleza	+0,77	29.36	59.44	Maria Carolina Rosa	+0,31	1:00.50
	Patricia Garcia Marinho	+0,30	29.48	1:01.98	Raquel Paulo Ranito	+0,24	1:00.79
3.	Vitoria de Guimaraes-Sen-Fem			Vitoria de Guimaraes	4:04.53	+0,86	649
	Andreia Catarina Gomes	+0,86	29.11	59.97	Daniela Filipa Pinto	+0,40	1:03.00
	Joana Filipa Santos	+0,34	29.19	1:00.99	Amelia Pereira Fernandes	+0,57	1:00.57
4.	Gespacos-Sen-Fem			Gespacos	4:07.09	+0,84	629
	Diana Patricia Ferreira	+0,84	28.63	1:00.28	Ana Rita Cunha	+0,29	1:03.52
	Soraia Vanessa Ribeiro	+0,46	28.78	1:00.86	Ana Sofia Matos	+0,25	1:02.43
5.	Amadora-Sen-Fem			Amadora	4:07.73	+0,79	624
	Jessica Teixeira Vieira	+0,79	29.19	1:00.54	Filipa Viana Costa	+0,23	1:02.65
	Susana Correia Oliveira	+0,16	29.70	1:02.45	Marta Filipa Conceicao	+0,25	1:02.09
6.	BA/Mr.Pizza-Sen-Fem			Bairro dos Anjos/Mr.Pizza	4:07.99	+0,91	622
	Andreia Filipa Anjos	+0,91	30.08	1:02.83	Mariana Mota Dias	+0,21	1:01.66
	Mara Lisboa e Silva	+0,19	30.50	1:03.02	Sara Francisco Cruz	+0,37	1:00.48
7.	Naval do Funchal-Sen-Fem			Naval do Funchal	4:12.33	+0,75	590
	Susana Clara Gomes	+0,75	29.73	1:03.03	Luisa Costa Henriques	+0,13	1:03.00
	Carlota Freitas Olim	+0,40	29.95	1:02.80	Maria Joao Figueiredo	0.00	1:03.50
8.	Gesloures-Sen-Fem			Gesloures	4:12.79	+0,74	587
	Joana Carolina Oliveira	+0,74	30.72	1:04.16	Tatiana Ladeiro Santos	+0,31	1:02.08
	Nadia Morais Vieira	+0,54	29.96	1:00.88	Patricia Silva Damas	+0,23	1:05.67
9.	Nautico/Matobra-Sen-Fem			Nautico/Matobra	4:15.05	+0,80	572
	<i>FTL</i>						
	Gabriela Oliveira Andrade	+0,80	30.30	1:04.14	Maria Ines Ribeiro	+0,20	1:01.62
	Maria Miguel Veloso	+0,39	30.91	1:03.75	Ines Barbosa Moreira	+0,27	1:05.54

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 30 Masc., 4 x 200m Livres 17 anos e mais velhos
02-04-2011 - 18:35 Resultados

Recordes Nacionais 50m Absoluto	7:35.82	Sport Alges e Dafundo	SAD	Aveiro	26-07-2007
Recordes Nacionais 50m Jun	7:49.68	Clube Fluvial Vilacondense	CFV	Lisboa	28-03-2004
Recordes Nacionais 50m Sen	7:35.82	Sport Alges e Dafundo	SAD	Aveiro	26-07-2007

TAC-SENM Sen: 8:10.00 / TAC-JUNM Jun: 8:30.50

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Braga-Jun-Masc	7:57.88	+0,79	671
	Ricardo Manuel Machado	93 +0,79 27.29 56.58 1:26.59 1:56.77	1:56.77	
	Miguel Antonio Silva	94 +0,57 28.30 59.10 1:31.03 2:04.03	2:04.03	
	Edgar Oliveira Ribeiro	93 +0,39 27.64 58.44 1:28.41 1:58.21	1:58.21	
	Nuno Vieira Malheiro	93 +0,35 27.26 57.43 1:28.37 1:58.87	1:58.87	
2.	Alcobaca-Jun-Masc	8:10.74	+0,77	620
	Andre Filipe da Graca	93 +0,77 27.77 58.10 1:31.95 2:07.44	2:07.44	
	Diogo Parrilha da Silva	93 +0,46 26.90 57.09 1:28.92 1:59.69	1:59.69	
	Andre Alexandre Vicente	94 +0,61 27.79 59.02 1:32.62 2:06.62	2:06.62	
	Miguel Monteiro Diogo	93 +0,34 26.25 55.83 1:26.94 1:56.99	1:56.99	
3.	Vilacondense-Jun-Masc	8:15.02	+0,72	604
	Diogo Carmo Ramos	93 +0,72 28.41 59.54 1:31.11 2:03.06	2:03.06	
	Carlos Manuel Cabral	94 +0,35 27.44 58.56 1:31.65 2:04.41	2:04.41	
	Rui Filipe Maia	93 +0,23 26.99 57.42 1:29.59 2:02.00	2:02.00	
	Andre Manuel Garcia	94 +0,40 28.21 1:00.09 1:33.78 2:05.55	2:05.55	
4.	Desportiva de Viana-Jun-Masc	8:19.36		588
	Venancio Guilherme Ferreira	93 28.10 59.26 1:31.73 2:05.49	2:05.49	
	Jose Enes Ribeiro	93 26.71 57.90 1:30.84 2:03.45	2:03.45	
	Renato Mendes Pinheiro	94 27.56 59.59 1:33.02 2:07.50	2:07.50	
	Rafael Lages Ribas	93 26.49 56.99 1:29.65 2:02.92	2:02.92	
5.	Naval do Funchal-Jun-Masc	8:26.76	+0,67	563
	Nuno Costa Caires	94 +0,67 27.83 59.05 1:32.28 2:04.82	2:04.82	
	Alexandre Santos Gomes	93 +0,33 28.18 1:00.65 1:34.27 2:08.07	2:08.07	
	Joao Afonso Vargas	93 +0,19 27.08 59.10 1:32.50 2:05.37	2:05.37	
	Andre Nunes Prudente	94 +0,13 28.42 1:01.19 1:35.57 2:08.50	2:08.50	
DSQ	Gespacos-Jun-Masc	Gespacos		
	<i>114 - Os atletas não nadaram na ordem correcta - SW 10.13</i>			
	Ruben Filipe Nunes, Antonio Rafael Bessa, Francisco Junior Ferreira, Joao Claudio Sousa			

Seniores

1.	Famalicao-Sen-Masc	7:37.31	+0,79	766
	Jorge Manuel Maia	89 +0,79 26.79 55.26 1:24.48 1:53.27	1:53.27	
	Paulo Ricardo Araujo	89 +0,35 27.16 56.81 1:27.65 1:59.27	1:59.27	
	Adriano Miguel Niz	86 +0,19 26.44 55.12 1:24.14 1:52.37	1:52.37	
	Luis Emanuel Vaz	91 +0,32 25.55 53.44 1:22.43 1:52.40	1:52.40	
2.	Porto/Dolce Vita-Sen-Masc	7:40.09	+0,74	752
	Israel Peressin Murat	86 +0,74 26.52 54.90 1:24.14 1:52.52	1:52.52	
	Samuel Patricio Queiros	91 +0,13 26.52 55.99 1:25.75 1:55.65	1:55.65	
	Paulo Jorge Santos	89 +0,27 25.53 54.67 1:25.29 1:56.81	1:56.81	
	Joao Filipe Carvalho	87 +0,05 25.20 53.89 1:24.61 1:55.11	1:55.11	

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 30, Masc., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
3.	Amadora-Sen-Masc	7:40.99	+0,71	748
	Duarte Rafael Mourao	84 +0,71 26.97 55.44 1:24.45 1:52.79	1:52.79	
	Joao Silva Gigante	88 +0,50 26.07 55.53 1:25.91 1:55.99	1:55.99	
	Ricardo Pereira Lopes	90 +0,22 27.00 56.75 1:28.11 1:58.17	1:58.17	
	Fabio Andre Figueira	88 +0,23 25.99 54.75 1:24.73 1:54.04	1:54.04	
4.	Sporting-Sen-Masc	7:48.47	+0,70	713
	Ricardo Ferreira Cotovio	91 +0,70 27.15 56.57 1:25.97 1:55.11	1:55.11	
	Mario Andre Bonanca	90 +0,23 25.86 55.14 1:25.86 1:56.81	1:56.81	
	Pedro Miguel Pinotes	89 +0,22 26.53 56.94 1:28.62 1:57.94	1:57.94	
	Miguel Machado Lopes	92 +0,24 26.47 56.18 1:27.24 1:58.61	1:58.61	
5.	Vilacondense-Sen-Masc	7:56.82	+0,73	676
	Fabio Manuel Pereira	86 +0,73 26.12 54.93 1:24.58 1:53.93	1:53.93	
	Igor Guterres Carvalho	88 +0,39 27.91 58.99 1:30.54 2:01.21	2:01.21	
	Pedro Miguel Silva	76 +0,49 27.22 57.16 1:28.13 2:00.05	2:00.05	
	Henrique Pereira Neiva	84 +0,42 27.49 58.62 1:30.48 2:01.63	2:01.63	
6.	Colegio Vasco da Gama-Sen-Masc	7:59.48	+0,75	665
	Nuno Goncalo Quintanilha	87 +0,75 27.42 56.82 1:26.22 1:55.31	1:55.31	
	Jose Joao Bica	87 +0,49 27.68 58.24 1:28.78 1:59.79	1:59.79	
	Bernardo Almeida Moreira	89 +0,20 27.34 57.93 1:29.08 2:00.19	2:00.19	
	Jorge Miguel Carmo	90 +0,48 29.05 1:01.54 1:32.69 2:04.19	2:04.19	
7.	Nautico/Matobra-Sen-Masc	8:02.20		653
	Mario Alexandre Pereira	92 26.33 55.80 1:26.34 1:56.77	1:56.77	
	Joao Pedro Almeida	92 27.25 57.97 1:29.08 1:59.30	1:59.30	
	Miguel Silva Oliveira	91 26.78 56.35 1:27.01 1:57.27	1:57.27	
	Joao Albano Viola	89 28.71 1:02.07 1:35.57 2:08.86	2:08.86	
8.	Benfica-Sen-Masc	8:10.51	+0,77	621
	<i>FTL</i>			
	Diogo Miguel Brito	87 +0,77 27.93 58.46 1:30.74 2:02.70	2:02.70	
	Andre Neves Oliveira	91 +0,15 27.60 58.84 1:31.40 2:03.74	2:03.74	
	Ivo Andre Margarido	88 +0,17 27.18 57.05 1:27.94 1:59.74	1:59.74	
	Francisco Fezas Vital	92 +0,30 27.33 59.93 1:33.21 2:04.33	2:04.33	
9.	Academica de Coimbra-Sen-Masc	8:11.68	+0,64	616
	<i>FTL</i>			
	Andre Filipe Lopes	92 +0,64 27.04 56.16 1:26.02 1:55.51	1:55.51	
	Tiago Rafael Lopes	92 +0,41 26.37 57.08 1:28.10 1:59.23	1:59.23	
	Goncalo Nuno Costa	90 +0,14 27.64 59.45 1:34.13 2:08.77	2:08.77	
	Hugo Rafael Ramalho	90 +0,21 28.99 1:01.19 1:35.14 2:08.17	2:08.17	

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 31 Masc., 200m Estilos 17 anos e mais velhos
03-04-2011 - 9:00 Resultados

Recordes Nacionais 50m Absoluto	1:59.96	Diogo Filipe Carvalho	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	2:04.06	Carlos Esteves Almeida	CNA	Lisboa	24-03-2006
Recordes Nacionais 50m Sen	1:59.96	Diogo Filipe Carvalho	FPN	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 2:15.00 / TAC-JUNM Jun: 2:19.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	2:11.44	+0,76	654
	50m: 27.24 27.24	100m: 1:01.37 34.13	150m: 1:39.90	38.53	200m: 2:11.44	31.54
2.	Diogo Parrilha da Silva	93	Alcobaca	2:11.45	+0,78	653
	50m: 27.75 27.75	100m: 1:02.44 34.69	150m: 1:41.08	38.64	200m: 2:11.45	30.37
3.	Pedro Andre Santos	94	Alges	2:14.48	+0,75	610
	50m: 27.65 27.65	100m: 1:01.97 34.32	150m: 1:42.59	40.62	200m: 2:14.48	31.89
4.	Joao Pedro Braga	94	Naval de Ponta Delgada	2:14.58	+0,79	609
	50m: 30.43 30.43	100m: 1:04.29 33.86	150m: 1:42.78	38.49	200m: 2:14.58	31.80
5.	Ruben Filipe Nunes	94	Gespacos	2:14.63	+0,83	608
	50m: 27.99 27.99	100m: 1:03.04 35.05	150m: 1:43.77	40.73	200m: 2:14.63	30.86
6.	Diogo Maia e Silva	93	Pimpoes/Cimai	2:15.73	+0,72	594
	50m: 29.19 29.19	100m: 1:03.52 34.33	150m: 1:44.54	41.02	200m: 2:15.73	31.19
7.	Andre Duarte Vaz	93	Ginasio Figueirense	2:16.72	+0,80	581
	50m: 28.81 28.81	100m: 1:01.84 33.03	150m: 1:42.57	40.73	200m: 2:16.72	34.15
8.	Renato Mendes Pinheiro	94	Desportiva de Viana	2:17.47	+0,79	571
	50m: 29.07 29.07	100m: 1:03.02 33.95	150m: 1:44.20	41.18	200m: 2:17.47	33.27
9.	Jose Alberto Martins	94	Vitoria de Guimaraes	2:17.79	+0,84	567
	50m: 28.67 28.67	100m: 1:02.98 34.31	150m: 1:44.81	41.83	200m: 2:17.79	32.98
10.	Filipe Franco Norte	93	Nautico da Marinha Grande	2:18.55	+0,77	558
	50m: 29.52 29.52	100m: 1:03.56 34.04	150m: 1:45.59	42.03	200m: 2:18.55	32.96
11.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	2:19.10	+0,69	551
	<i>FTL</i>					
	50m: 29.53 29.53	100m: 1:06.19 36.66	150m: 1:46.57	40.38	200m: 2:19.10	32.53
	Renato Filipe Nascimento	94	Louletano/Loule Concelho	2:19.10	+0,84	551
	<i>FTL</i>					
	50m: 28.47 28.47	100m: 1:02.26 33.79	150m: 1:45.02	42.76	200m: 2:19.10	34.08
13.	Antonio Rafael Bessa	94	Gespacos	2:19.31	+0,82	549
	<i>FTL</i>					
	50m: 29.14 29.14	100m: 1:04.32 35.18	150m: 1:47.06	42.74	200m: 2:19.31	32.25
14.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	2:19.71	+0,79	544
	<i>FTL</i>					
	50m: 29.84 29.84	100m: 1:05.55 35.71	150m: 1:46.11	40.56	200m: 2:19.71	33.60
15.	Pedro Barros Mendes	94	Academica de Coimbra	2:20.84	+0,76	531
	<i>FTL</i>					
	50m: 29.20 29.20	100m: 1:05.14 35.94	150m: 1:46.52	41.38	200m: 2:20.84	34.32

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 32 Femin., 200m Estilos 15 anos e mais velhos
03-04-2011 - 9:15 Resultados

Recordes Nacionais 50m Absoluto	2:18.49	Nadia Morais Vieira	FPN	Budapeste (HUN)	11-08-2010
Recordes Nacionais 50m Jun	2:21.44	Petra Quintela Chaves	SAD	Restelo	29-07-1994
Recordes Nacionais 50m Sen	2:18.49	Nadia Morais Vieira	FPN	Budapeste (HUN)	11-08-2010

TAC-SENF Sen: 2:32.00 / TAC-JUNF Jun: 2:35.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diana Margarida Duraes	96	Foca	2:22.00	+0,81	701
	50m: 30.69 30.69	100m: 1:06.84 36.15	150m: 1:48.40	41.56	200m: 2:22.00	33.60
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	2:23.59	+0,80	678
	50m: 31.79 31.79	100m: 1:07.20 35.41	150m: 1:48.71	41.51	200m: 2:23.59	34.88
3.	Ana Marta Miranda	96	Uniao Piedense	2:26.29	+0,88	641
	50m: 30.85 30.85	100m: 1:08.62 37.77	150m: 1:51.07	42.45	200m: 2:26.29	35.22
4.	Catarina Tiago Nunes	95	Uniao Piedense	2:30.89	+0,93	584
	50m: 31.37 31.37	100m: 1:10.99 39.62	150m: 1:55.37	44.38	200m: 2:30.89	35.52
5.	Adriana Correia Lopes	95	Nautico/Matobra	2:31.07	+0,94	582
	50m: 33.00 33.00	100m: 1:11.09 38.09	150m: 1:56.89	45.80	200m: 2:31.07	34.18
6.	Ines Joao Costa	95	Braga	2:32.66	+0,87	564
	50m: 33.45 33.45	100m: 1:13.60 40.15	150m: 1:58.10	44.50	200m: 2:32.66	34.56
7.	Isabel Pinto Abreu	96	Belenenses	2:32.73	+0,70	563
	50m: 31.37 31.37	100m: 1:10.45 39.08	150m: 1:57.96	47.51	200m: 2:32.73	34.77
	Leonor Mourinho Neves	95	Sporting	2:32.73	+0,86	563
	50m: 32.59 32.59	100m: 1:13.96 41.37	150m: 1:57.90	43.94	200m: 2:32.73	34.83
9.	Ana Monica Eloi	96	Nautico da Marinha Grande	2:32.77	+0,90	563
	50m: 33.07 33.07	100m: 1:12.80 39.73	150m: 1:57.76	44.96	200m: 2:32.77	35.01
10.	Mariana Jesus Costa	96	Alcobaca	2:34.05	+0,82	549
	50m: 32.56 32.56	100m: 1:10.56 38.00	150m: 1:59.10	48.54	200m: 2:34.05	34.95
11.	Sofia Cunha Sousa	96	Foca	2:34.41	+0,89	545
	50m: 34.54 34.54	100m: 1:13.62 39.08	150m: 1:59.77	46.15	200m: 2:34.41	34.64
12.	Tatiana Filipa Santos	95	Ginasio Figueirense	2:34.73	+0,87	541
	50m: 34.12 34.12	100m: 1:11.46 37.34	150m: 1:58.43	46.97	200m: 2:34.73	36.30
13.	Joana Dias Santos	96	Uniao Piedense	2:35.31	+0,92	535
	<i>FTL</i> 50m: 34.37 34.37	100m: 1:15.73 41.36	150m: 1:58.27	42.54	200m: 2:35.31	37.04
14.	Filipa Maria Rompante	95	Famalicao	2:36.92	+0,88	519
	<i>FTL</i> 50m: 33.48 33.48	100m: 1:13.65 40.17	150m: 2:00.11	46.46	200m: 2:36.92	36.81
15.	Ana Catarina Costa	95	Estamos Juntos	2:38.01	+0,89	508
	<i>FTL</i> 50m: 34.48 34.48	100m: 1:13.73 39.25	150m: 2:01.71	47.98	200m: 2:38.01	36.30

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 32, Femin., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
16.	Ana Margarida Rodrigues <i>FTL</i>	96	Galitos	2:38.95	+0,78	499	
	50m: 32.37 32.37	100m: 1:13.29	40.92	150m: 2:00.68	47.39	200m: 2:38.95	38.27
DNS	Ariana Alves Nunes	95	Portinado				

Seniores

1.	Marta Pereira Abreu	92	Porto/Dolce Vita	2:19.47	+0,84	739	
	50m: 30.99 30.99	100m: 1:05.78	34.79	150m: 1:46.67	40.89	200m: 2:19.47	32.80
2.	Nadia Morais Vieira	90	Gesloures	2:22.83	+0,70	688	
	50m: 30.84 30.84	100m: 1:06.87	36.03	150m: 1:48.62	41.75	200m: 2:22.83	34.21
3.	Maria Carolina Rosa	94	Sporting	2:25.11	+0,82	657	
	50m: 31.07 31.07	100m: 1:09.50	38.43	150m: 1:51.57	42.07	200m: 2:25.11	33.54
4.	Diana Ramos Rocha	94	Individual Minho	2:26.36	+0,87	640	
	50m: 31.66 31.66	100m: 1:08.80	37.14	150m: 1:52.91	44.11	200m: 2:26.36	33.45
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	2:26.66	+0,74	636	
	50m: 30.93 30.93	100m: 1:11.07	40.14	150m: 1:52.53	41.46	200m: 2:26.66	34.13
6.	Ana Catarina Monteiro	93	Vilacondense	2:28.16	+0,72	617	
	50m: 30.05 30.05	100m: 1:07.82	37.77	150m: 1:53.65	45.83	200m: 2:28.16	34.51
7.	Raquel Paulo Ranito	94	Sporting	2:29.61	+0,88	599	
	50m: 31.74 31.74	100m: 1:10.44	38.70	150m: 1:54.41	43.97	200m: 2:29.61	35.20
8.	Amelia Pereira Fernandes	89	Vitoria de Guimaraes	2:30.23	+0,82	592	
	50m: 30.92 30.92	100m: 1:09.49	38.57	150m: 1:56.02	46.53	200m: 2:30.23	34.21
9.	Maria Ana Magalhaes	93	Desportiva Limiana	2:31.72	+0,75	574	
	50m: 31.33 31.33	100m: 1:09.33	38.00	150m: 1:55.93	46.60	200m: 2:31.72	35.79
10.	Diana Patricia Ferreira <i>FTL</i>	94	Gespacos	2:32.98	+0,84	560	
	50m: 32.21 32.21	100m: 1:11.42	39.21	150m: 1:58.16	46.74	200m: 2:32.98	34.82
11.	Marisa Alexandra Lage <i>FTL</i>	94	Viana Natacao	2:34.35	+0,82	545	
	50m: 33.52 33.52	100m: 1:13.88	40.36	150m: 2:00.33	46.45	200m: 2:34.35	34.02
12.	Ana Filipa Carmo <i>FTL</i>	93	Colegio Vasco da Gama	2:35.04	+0,90	538	
	50m: 32.23 32.23	100m: 1:12.79	40.56	150m: 1:58.59	45.80	200m: 2:35.04	36.45
13.	Rute Margarida Marques <i>FTL</i>	94	Amadora	2:35.78	+0,94	531	
	50m: 33.56 33.56	100m: 1:15.40	41.84	150m: 1:58.33	42.93	200m: 2:35.78	37.45

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 33 Masc., 50m Bruços 17 anos e mais velhos
03-04-2011 - 9:30 Resultados

Recordes Nacionais 50m Absoluto	28.51	Jose Guilherme Couto	FPN	Fukuoka (JPN)	28-07-2001
Recordes Nacionais 50m Jun	29.07	tempo limite			
Recordes Nacionais 50m Sen	28.51	Jose Guilherme Couto	FPN	Fukuoka (JPN)	28-07-2001

TAC-SENM Sen: 31.80 / TAC-JUNM Jun: 33.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diogo Parrilha da Silva	93	Alcobaca	30.81	+0,73	648
2.	Tiago Geraldês Machado	93	Pimpoes/Cimai	31.02	+0,86	635
3.	João Claudio Sousa	93	Gespacos	31.53	+0,81	605
4.	Ruben Paiva Carvalho	94	Academica de Coimbra	31.73	+0,70	593
5.	Tiago Samuel Silva	93	Porto/Dolce Vita	31.76	+0,77	592
6.	Jose Manuel Dias	94	União Piedense	31.80	+0,78	589
7.	Alcides Costa Sousa	94	Feirense	32.15	+0,74	570
8.	David Miguel Leiria	93	Naval Amorense	32.60	+0,78	547
9.	Gonçalo Alexandre Fonseca	94	Portinado	32.80	+0,84	537
10.	Diogo Carmo Ramos	93	Vilacondense	32.97	+0,70	529
11.	Hugo Miguel Silva	94	Braga	33.02	+0,78	526
	<i>FTL</i>					
12.	Antonio Sampaio Reboło	94	Belenenses	33.15	+0,78	520
	<i>FTL</i>					
13.	Rui Pedro Horta	94	Lisnave	33.25	+0,77	516
	<i>FTL</i>					
14.	Pedro Barros Mendes	94	Academica de Coimbra	33.45	+0,77	506
	<i>FTL</i>					
15.	Edgar Miguel Lopes	94	Louletano/Loule Concelho	34.30	+0,67	470
	<i>FTL</i>					
Seniores						
1.	Ricardo Jose Varela	89	Naval Setubalense	29.55	+0,70	735
2.	Gil Gonçalves Pinto	88	Porto/Dolce Vita	29.76	+0,64	719
3.	Pedro Miguel Agostinho	92	Sporting	30.34	+0,59	679
4.	Rui Manuel Ribeiro	82	Braga	30.40	+0,74	675
5.	Sergio Baptista Silva	91	Porto/Dolce Vita	30.41	+0,76	674
6.	Luis Nobre Neto	90	Natacao da Maia	30.72	+0,74	654
7.	Nuno Andre Fernandes	89	Benfica	30.79	+0,98	649
8.	Diogo Filipe Matos	92	Sporting	30.96	+0,69	639
9.	Nuno Durao Pascoal	92	Galitos	30.97	+0,78	638
10.	João Pedro Teodoro	90	Naval Setubalense	31.80	+0,70	589
11.	Pedro Miguel Varela	86	Naval Setubalense	31.89	+0,76	584
	<i>FTL</i>					
12.	João Albano Viola	89	Nautico/Matobra	32.13	+1,13	571
	<i>FTL</i>					

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 33, Masc., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Andre Temtem Figueira FTL	91	Naval do Funchal	32.19	+0,71	568
14.	Vitor Diogo Moura FTL	90	Nacional	32.34	+0,71	560
	Helder Alexandre Godinho FTL	86	Bairro dos Anjos/Mr.Pizza	32.34	+0,69	560

Prova 34

Femin., 50m Bruços

15 anos e mais velhos

03-04-2011 - 9:35

Resultados

Recordes Nacionais 50m Absoluto	31.60	Joana Catarina Carvalho	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Jun	31.92	Ana Pinho Rodrigues	FPN	Gorzow Wlwp (POL)	28-03-2010
Recordes Nacionais 50m Sen	31.60	Joana Catarina Carvalho	FCP	Coimbra	30-05-2009

TAC-SENF Sen: 36.65 / TAC-JUNF Jun: 37.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Paula Alexandra Oliveira	96	Porto/Dolce Vita	34.83	+0,86	626
2.	Joana Filipa Marques	95	Bombeiros de Ponta Delgada	35.44	+0,71	594
3.	Rita Fernandes Leitao	96	Benfica	35.66	+0,79	583
4.	Ariana Alves Nunes	95	Portinado	36.40	+0,85	548
5.	Ines Raquel Estevao	95	Gesloures	36.52	+0,75	543
6.	Rosa Maria Oliveira	96	Estarreja	36.89	+0,91	527
7.	Catarina Alexandra Dias	95	Naval de Ponta Delgada	37.09	+0,82	518
8.	Ana Filipa Gomes	96	Vilacondense	37.27	+0,88	511
9.	Joana Dias Santos	96	Uniao Piedense	37.34	+0,87	508
10.	Ines Joao Costa	95	Braga	37.37	+0,82	507
11.	Catarina Vilhena Gregorio FTL	96	CLAC-Entroncamento	37.64	+0,74	496
12.	Helena Diniz Casimiro FTL	95	Portinado	37.72	+0,85	493
13.	Ana Filipa Teixeira FTL	95	Vilacondense	37.92	+0,78	485

Seniores

1.	Ana Pinho Rodrigues	94	Estamos Juntos	33.04	+0,73	733
2.	Joana Catarina Carvalho	92	Porto/Dolce Vita	33.51	+0,70	703
3.	Joana Patricia Pinto	94	Ginasio de Vila Real	34.31	+0,84	655
4.	Isabel Maria Figueira	79	Louletano/Loule Concelho	34.49	+0,96	645
5.	Ana Marisa Brito	90	Individual Lisboa	34.97	+0,84	618
6.	Ana Teresa Franco	91	Sporting	35.28	+0,76	602
7.	Gabriela Oliveira Andrade	94	Nautico/Matobra	35.45	+0,79	594
8.	Fabiana Maria Quintal	84	Nacional	35.60	+0,74	586
9.	Rute Margarida Marques	94	Amadora	35.84	+0,89	574

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 34, Femin., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Joana Marques Maia	91	Natacao da Maia	35.97	+0,82	568
11.	Mafalda Fraga Fragoso	94	Bombeiros de Ponta Delgada	36.11	+0,88	562
12.	Ana Margarida Domingos	93	Academico Viseu	36.17	+0,87	559
13.	Mariana Dias Almeida	93	Famalicao	36.19	+0,81	558
14.	Natalie Nobrega Santos	83	Nacional	36.24	+0,84	556
15.	Maria Ines Ribeiro	92	Nautico/Matobra	36.34	+0,82	551
16.	Tania Alexandra Lopes	92	Benfica	36.37	+0,71	550
17.	Claudia Monteiro Martinho	93	Colegio Vasco da Gama	38.27	+0,79	472

FTL

Prova 35

Masc., 100m Livres

17 anos e mais velhos

03-04-2011 - 9:40

Resultados

Recordes Nacionais 50m Absoluto	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29-07-2009
Recordes Nacionais 50m Jun	49.59	Tiago Andre Venancio	FPN	Lisboa	15-07-2004
Recordes Nacionais 50m Sen	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29-07-2009

TAC-SENM Sen: 53.90 / TAC-JUNM Jun: 55.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	53.11	+0,72	689
	50m: 25.40 25.40	100m: 53.11 27.71				
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	53.48	+0,72	674
	50m: 25.68 25.68	100m: 53.48 27.80				
3.	Ricardo Manuel Machado	93	Braga	53.58	+0,88	671
	50m: 25.91 25.91	100m: 53.58 27.67				
4.	Gustavo Almeida Madureira	94	Academica de Coimbra	54.17	+0,68	649
	50m: 25.98 25.98	100m: 54.17 28.19				
5.	Bernardo Leitao Graca	93	Sporting	54.64	+0,71	632
	50m: 26.27 26.27	100m: 54.64 28.37				
6.	Pedro Andre Santos	94	Alges	54.93	+0,69	622
	50m: 26.39 26.39	100m: 54.93 28.54				
7.	Luis Miguel Nogueira	93	Porto/Dolce Vita	55.06	+0,81	618
	50m: 26.74 26.74	100m: 55.06 28.32				
8.	Simao Pedro Alves	94	Famalicao	55.10	+0,88	617
	50m: 26.52 26.52	100m: 55.10 28.58				
9.	Rui Filipe Maia	93	Vilacondense	55.25	+0,76	612
	50m: 26.58 26.58	100m: 55.25 28.67				
10.	Antonio Jorge Rocha	94	Penafiel	55.28	+0,77	611
	50m: 26.23 26.23	100m: 55.28 29.05				
11.	Rafael Lages Ribas	93	Desportiva de Viana	55.38	+0,76	607
	50m: 26.55 26.55	100m: 55.38 28.83				

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 35, Masc., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Nuno Costa Caires <i>FTL</i>	94	Naval do Funchal	55.85	+0,66	592
	50m: 26.61 26.61	100m: 55.85	29.24			
13.	Andre Rafael Marinho <i>FTL</i>	93	Uniao Piedense	56.25	+0,83	580
	50m: 27.05 27.05	100m: 56.25	29.20			
14.	Joao Afonso Vargas <i>FTL</i>	93	Naval do Funchal	56.51	+0,73	572
	50m: 26.62 26.62	100m: 56.51	29.89			

Seniores

1.	Luis Emanuel Vaz	91	Famalicao	51.16	+0,74	770
	50m: 24.98 24.98	100m: 51.16	26.18			
2.	Paulo Jorge Santos	89	Porto/Dolce Vita	51.35	+0,72	762
	50m: 24.45 24.45	100m: 51.35	26.90			
3.	Alexandre Escudier Agostinho	86	Portinado	51.84	+0,75	740
	50m: 24.30 24.30	100m: 51.84	27.54			
4.	Israel Peressin Murat	86	Porto/Dolce Vita	51.86	+0,94	740
	50m: 24.50 24.50	100m: 51.86	27.36			
5.	Luis Marques Pinto	87	Naval do Funchal	51.93	+0,65	737
	50m: 25.07 25.07	100m: 51.93	26.86			
6.	Mario Alexandre Pereira	92	Nautico/Matobra	52.39	+0,71	717
	50m: 25.06 25.06	100m: 52.39	27.33			
7.	Joao Silva Gigante	88	Amadora	52.40	+0,69	717
	50m: 24.98 24.98	100m: 52.40	27.42			
8.	Cesar Fernando Faria	90	Bairro dos Anjos/Mr.Pizza	52.63	+0,70	708
	50m: 25.20 25.20	100m: 52.63	27.43			
9.	Jorge Manuel Maia	89	Famalicao	52.99	+0,77	693
	50m: 25.68 25.68	100m: 52.99	27.31			
10.	Joao Filipe Carvalho	87	Porto/Dolce Vita	53.13	+0,73	688
	50m: 24.88 24.88	100m: 53.13	28.25			
11.	Fabio Andre Figueira	88	Amadora	53.15	+0,70	687
	50m: 25.60 25.60	100m: 53.15	27.55			
12.	Ricardo Ferreira Cotovio	91	Sporting	53.26	+0,68	683
	50m: 25.62 25.62	100m: 53.26	27.64			
13.	Fabio Manuel Pereira	86	Vilacondense	53.53	+0,75	672
	50m: 25.40 25.40	100m: 53.53	28.13			
14.	Jose Joao Bica	87	Colegio Vasco da Gama	53.78	+0,79	663
	50m: 26.27 26.27	100m: 53.78	27.51			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 35, Masc., 100m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Ricardo Pereira Lopes <i>FTL</i>	90	Amadora	54.04	+0,63	654
	50m: 25.81 25.81	100m: 54.04	28.23			
16.	Filipe Vieira Malheiro <i>FTL</i>	90	Braga	54.26	+0,77	646
	50m: 25.65 25.65	100m: 54.26	28.61			
17.	Francisco Fezas Vital <i>FTL</i>	92	Benfica	54.29	+0,80	645
	50m: 25.75 25.75	100m: 54.29	28.54			
18.	Bernardo Almeida Moreira <i>FTL</i>	89	Colegio Vasco da Gama	54.63	+0,74	633
	50m: 26.16 26.16	100m: 54.63	28.47			
19.	Mario Andre Bonanca <i>FTL</i>	90	Sporting	55.15	+0,79	615
	50m: 25.97 25.97	100m: 55.15	29.18			
20.	Vasco Miguel Gaspar <i>FTL</i>	90	Uniao Piedense	55.35	+0,79	608
	50m: 26.38 26.38	100m: 55.35	28.97			
21.	Joao Pedro Almeida <i>FTL</i>	92	Nautico/Matobra	56.08	+0,73	585
	50m: 26.49 26.49	100m: 56.08	29.59			

Prova 36 Femin., 1500m Livres 15 anos e mais velhos
03-04-2011 - 10:10 Resultados

Recordes Nacionais 50m Absoluto	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Jun	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Sen	17:13.93	Teresa Manuela Ferreira	FPC	Famalicao	31-07-2005

TAC-SENF Sen: 18:55.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts		
1.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energia	47:43.10	+0,88	696		
	50m: 32.61 32.61	450m: 5:14.30	35.28	850m: 9:59.71	35.78	1250m: 14:47.84	36.18	
	100m: 1:07.21	34.60	500m: 5:49.75	35.45	900m: 10:35.52	35.81	1300m: 15:23.80	35.96
	150m: 1:42.32	35.11	550m: 6:25.70	35.95	950m: 11:11.81	36.29	1350m: 16:00.02	36.22
	200m: 2:17.38	35.06	600m: 7:01.14	35.44	1000m: 11:47.35	35.54	1400m: 16:35.30	35.28
	250m: 2:52.78	35.40	650m: 7:36.88	35.74	1050m: 12:23.82	36.47	1450m: 17:10.23	34.93
	300m: 3:28.05	35.27	700m: 8:12.22	35.34	1100m: 12:59.26	35.44	1500m: 17:43.10	32.87
	350m: 4:03.51	35.46	750m: 8:48.31	36.09	1150m: 13:35.00	35.74		
	400m: 4:39.02	35.51	800m: 9:23.93	35.62	1200m: 14:11.66	36.66		

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
2.	Leonor Mourinho Neves	95	Sporting	17:51.62	+0,89	680	
	50m: 31.51 31.51	450m: 5:14.46	35.87	850m: 10:02.76	36.32	1250m: 14:52.33	36.27
	100m: 1:05.77 34.26	500m: 5:50.39	35.93	900m: 10:38.84	36.08	1300m: 15:28.54	36.21
	150m: 1:40.60 34.83	550m: 6:26.54	36.15	950m: 11:14.99	36.15	1350m: 16:04.70	36.16
	200m: 2:15.86 35.26	600m: 7:02.59	36.05	1000m: 11:50.95	35.96	1400m: 16:40.98	36.28
	250m: 2:51.24 35.38	650m: 7:39.03	36.44	1050m: 12:27.07	36.12	1450m: 17:16.55	35.57
	300m: 3:26.97 35.73	700m: 8:14.93	35.90	1100m: 13:03.52	36.45	1500m: 17:51.62	35.07
	350m: 4:02.76 35.79	750m: 8:50.54	35.61	1150m: 13:39.81	36.29		
	400m: 4:38.59 35.83	800m: 9:26.44	35.90	1200m: 14:16.06	36.25		
3.	Carolina Cunha Martins	95	Nautico/Matobra	17:58.07	+1,00	668	
	50m: 31.77 31.77	450m: 5:16.58	35.94	850m: 10:06.85	36.15	1250m: 14:59.05	36.58
	100m: 1:06.86 35.09	500m: 5:52.79	36.21	900m: 10:43.18	36.33	1300m: 15:35.80	36.75
	150m: 1:42.61 35.75	550m: 6:29.00	36.21	950m: 11:19.66	36.48	1350m: 16:12.69	36.89
	200m: 2:18.00 35.39	600m: 7:05.38	36.38	1000m: 11:56.12	36.46	1400m: 16:48.68	35.99
	250m: 2:53.61 35.61	650m: 7:41.58	36.20	1050m: 12:32.69	36.57	1450m: 17:24.08	35.40
	300m: 3:29.21 35.60	700m: 8:17.86	36.28	1100m: 13:09.37	36.68	1500m: 17:58.07	33.99
	350m: 4:05.01 35.80	750m: 8:54.17	36.31	1150m: 13:45.97	36.60		
	400m: 4:40.64 35.63	800m: 9:30.70	36.53	1200m: 14:22.47	36.50		
4.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:26.04	+0,96	618	
	50m: 32.58 32.58	450m: 5:24.88	36.39	850m: 10:20.85	37.25	1250m: 15:19.91	37.04
	100m: 1:07.87 35.29	500m: 6:01.78	36.90	900m: 10:58.21	37.36	1300m: 15:57.32	37.41
	150m: 1:44.28 36.41	550m: 6:38.30	36.52	950m: 11:35.59	37.38	1350m: 16:34.84	37.52
	200m: 2:21.20 36.92	600m: 7:15.28	36.98	1000m: 12:13.10	37.51	1400m: 17:12.35	37.51
	250m: 2:58.00 36.80	650m: 7:52.19	36.91	1050m: 12:50.51	37.41	1450m: 17:49.46	37.11
	300m: 3:35.05 37.05	700m: 8:29.37	37.18	1100m: 13:28.02	37.51	1500m: 18:26.04	36.58
	350m: 4:11.73 36.68	750m: 9:06.52	37.15	1150m: 14:05.54	37.52		
	400m: 4:48.49 36.76	800m: 9:43.60	37.08	1200m: 14:42.87	37.33		
5.	Helena Paula Carvalho	95	Uniao Piedense	18:27.57	+0,83	616	
	50m: 32.05 32.05	450m: 5:26.53	36.78	850m: 10:24.58	37.21	1250m: 15:22.87	37.00
	100m: 1:07.61 35.56	500m: 6:03.56	37.03	900m: 11:01.72	37.14	1300m: 16:00.86	37.99
	150m: 1:43.87 36.26	550m: 6:41.29	37.73	950m: 11:38.75	37.03	1350m: 16:38.07	37.21
	200m: 2:20.79 36.92	600m: 7:18.42	37.13	1000m: 12:16.42	37.67	1400m: 17:15.61	37.54
	250m: 2:57.82 37.03	650m: 7:55.72	37.30	1050m: 12:53.42	37.00	1450m: 17:52.93	37.32
	300m: 3:35.49 37.67	700m: 8:33.04	37.32	1100m: 13:30.98	37.56	1500m: 18:27.57	34.64
	350m: 4:12.87 37.38	750m: 9:10.29	37.25	1150m: 14:08.20	37.22		
	400m: 4:49.75 36.88	800m: 9:47.37	37.08	1200m: 14:45.87	37.67		
6.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	18:29.45	+0,83	613	
	50m: 32.33 32.33	450m: 5:16.36	36.43	850m: 10:13.91	37.95	1250m: 15:19.69	38.09
	100m: 1:06.78 34.45	500m: 5:53.16	36.80	900m: 10:51.64	37.73	1300m: 15:58.36	38.67
	150m: 1:42.19 35.41	550m: 6:29.94	36.78	950m: 11:29.90	38.26	1350m: 16:36.72	38.36
	200m: 2:17.70 35.51	600m: 7:06.66	36.72	1000m: 12:08.39	38.49	1400m: 17:14.83	38.11
	250m: 2:52.93 35.23	650m: 7:43.74	37.08	1050m: 12:46.53	38.14	1450m: 17:52.71	37.88
	300m: 3:28.33 35.40	700m: 8:20.85	37.11	1100m: 13:24.97	38.44	1500m: 18:29.45	36.74
	350m: 4:03.84 35.51	750m: 8:58.24	37.39	1150m: 14:03.30	38.33		
	400m: 4:39.93 36.09	800m: 9:35.96	37.72	1200m: 14:41.60	38.30		

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	18:39.52	+0,93	596
	50m: 32.34 32.34	450m: 5:25.80 36.87	850m: 10:24.11 37.44	1250m: 15:27.80 38.26		
	100m: 1:07.70 35.36	500m: 6:02.92 37.12	900m: 11:01.41 37.30	1300m: 16:06.15 38.35		
	150m: 1:43.72 36.02	550m: 6:39.87 36.95	950m: 11:38.96 37.55	1350m: 16:44.81 38.66		
	200m: 2:20.67 36.95	600m: 7:17.27 37.40	1000m: 12:16.59 37.63	1400m: 17:23.17 38.36		
	250m: 2:57.41 36.74	650m: 7:54.70 37.43	1050m: 12:54.87 38.28	1450m: 18:01.75 38.58		
	300m: 3:34.70 37.29	700m: 8:32.07 37.37	1100m: 13:32.51 37.64	1500m: 18:39.52 37.77		
	350m: 4:11.72 37.02	750m: 9:09.49 37.42	1150m: 14:11.04 38.53			
	400m: 4:48.93 37.21	800m: 9:46.67 37.18	1200m: 14:49.54 38.50			
8.	Cassandra Pedro Oliveira	95	Vilacondense	18:42.87		591
	50m: 32.89 32.89	450m: 5:26.27 37.52	850m: 10:29.37 38.01	1250m: 15:34.02 37.96		
	100m: 1:08.33 35.44	500m: 6:03.69 37.42	900m: 11:07.44 38.07	1300m: 16:12.08 38.06		
	150m: 1:44.83 36.50	550m: 6:41.57 37.88	950m: 11:45.57 38.13	1350m: 16:50.09 38.01		
	200m: 2:21.42 36.59	600m: 7:19.37 37.80	1000m: 12:23.80 38.23	1400m: 17:28.21 38.12		
	250m: 2:58.30 36.88	650m: 7:57.33 37.96	1050m: 13:01.97 38.17	1450m: 18:06.38 38.17		
	300m: 3:34.87 36.57	700m: 8:35.12 37.79	1100m: 13:39.86 37.89	1500m: 18:42.87 36.49		
	350m: 4:11.80 36.93	750m: 9:13.39 38.27	1150m: 14:18.00 38.14			
	400m: 4:48.75 36.95	800m: 9:51.36 37.97	1200m: 14:56.06 38.06			
9.	Ana Isabel Neves	96	Pimpoes/Cimai	18:50.24	+0,84	579
	50m: 33.51 33.51	450m: 5:38.20 38.23	850m: 10:41.51 38.18	1250m: 15:43.27 37.53		
	100m: 1:11.02 37.51	500m: 6:16.26 38.06	900m: 11:19.13 37.62	1300m: 16:21.21 37.94		
	150m: 1:49.29 38.27	550m: 6:54.13 37.87	950m: 11:57.39 38.26	1350m: 16:59.05 37.84		
	200m: 2:27.27 37.98	600m: 7:31.94 37.81	1000m: 12:35.27 37.88	1400m: 17:36.92 37.87		
	250m: 3:05.51 38.24	650m: 8:09.68 37.74	1050m: 13:13.13 37.86	1450m: 18:14.02 37.10		
	300m: 3:43.44 37.93	700m: 8:47.22 37.54	1100m: 13:50.81 37.68	1500m: 18:50.24 36.22		
	350m: 4:21.66 38.22	750m: 9:25.34 38.12	1150m: 14:28.47 37.66			
	400m: 4:59.97 38.31	800m: 10:03.33 37.99	1200m: 15:05.74 37.27			
10.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	19:06.99	+0,79	554
	50m: 33.43 33.43	450m: 5:36.34 38.61	850m: 10:46.73 39.10	1250m: 15:55.99 39.17		
	100m: 1:10.99 37.56	500m: 6:15.16 38.82	900m: 11:25.06 38.33	1300m: 16:34.54 38.55		
	150m: 1:48.32 37.33	550m: 6:53.62 38.46	950m: 12:03.87 38.81	1350m: 17:13.36 38.82		
	200m: 2:25.72 37.40	600m: 7:32.41 38.79	1000m: 12:42.46 38.59	1400m: 17:52.24 38.88		
	250m: 3:03.75 38.03	650m: 8:11.09 38.68	1050m: 13:20.93 38.47	1450m: 18:30.22 37.98		
	300m: 3:41.64 37.89	700m: 8:50.07 38.98	1100m: 13:59.48 38.55	1500m: 19:06.99 36.77		
	350m: 4:20.00 38.36	750m: 9:28.82 38.75	1150m: 14:38.37 38.89			
	400m: 4:57.73 37.73	800m: 10:07.63 38.81	1200m: 15:16.82 38.45			
11.	Marta Filipa Vinagre FTL	95	Torres Novas	19:48.52	+0,80	498
	50m: 33.82 33.82	450m: 5:48.42 40.40	850m: 11:06.03 39.05	1250m: 16:27.52 40.72		
	100m: 1:11.57 37.75	500m: 6:28.32 39.90	900m: 11:44.47 38.44	1300m: 17:07.98 40.46		
	150m: 1:50.14 38.57	550m: 7:08.41 40.09	950m: 12:24.20 39.73	1350m: 17:48.69 40.71		
	200m: 2:28.90 38.76	600m: 7:49.28 40.87	1000m: 13:04.06 39.86	1400m: 18:28.85 40.16		
	250m: 3:07.85 38.95	650m: 8:29.63 40.35	1050m: 13:44.69 40.63	1450m: 19:09.67 40.82		
	300m: 3:47.65 39.80	700m: 9:08.52 38.89	1100m: 14:25.66 40.97	1500m: 19:48.52 38.85		
	350m: 4:27.61 39.96	750m: 9:47.86 39.34	1150m: 15:06.36 40.70			
	400m: 5:08.02 40.41	800m: 10:26.98 39.12	1200m: 15:46.80 40.44			

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 36, Femin., 1500m Livres

Seniores

1. Angelica Maria Andre	94	Leixoes	17:26.02	+0,79	731
50m: 31.98 31.98	450m: 5:13.45 35.33	850m: 9:56.92 34.99	1250m: 14:39.33 35.28		
100m: 1:06.44 34.46	500m: 5:49.08 35.63	900m: 10:32.35 35.43	1300m: 15:14.60 35.27		
150m: 1:42.42 35.98	550m: 6:25.14 36.06	950m: 11:07.88 35.53	1350m: 15:48.82 34.22		
200m: 2:17.13 34.71	600m: 7:00.11 34.97	1000m: 11:43.06 35.18	1400m: 16:23.48 34.66		
250m: 2:52.21 35.08	650m: 7:34.75 34.64	1050m: 12:18.48 35.42	1450m: 16:54.76 31.28		
300m: 3:27.89 35.68	700m: 8:10.37 35.62	1100m: 12:53.81 35.33	1500m: 17:26.02 31.26		
350m: 4:02.79 34.90	750m: 8:46.41 36.04	1150m: 13:28.98 35.17			
400m: 4:38.12 35.33	800m: 9:21.93 35.52	1200m: 14:04.05 35.07			
2. Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:29.11	+0,89	725
50m: 31.41 31.41	450m: 5:13.50 35.56	850m: 9:56.69 34.88	1250m: 14:39.31 35.39		
100m: 1:06.30 34.89	500m: 5:49.09 35.59	900m: 10:32.17 35.48	1300m: 15:14.31 35.00		
150m: 1:42.04 35.74	550m: 6:25.05 35.96	950m: 11:07.81 35.64	1350m: 15:48.77 34.46		
200m: 2:16.68 34.64	600m: 7:00.10 35.05	1000m: 11:42.94 35.13	1400m: 16:23.69 34.92		
250m: 2:51.93 35.25	650m: 7:34.62 34.52	1050m: 12:18.29 35.35	1450m: 16:56.11 32.42		
300m: 3:27.57 35.64	700m: 8:10.35 35.73	1100m: 12:53.71 35.42	1500m: 17:29.11 33.00		
350m: 4:02.20 34.63	750m: 8:46.21 35.86	1150m: 13:28.92 35.21			
400m: 4:37.94 35.74	800m: 9:21.81 35.60	1200m: 14:03.92 35.00			
3. Joana Filipa Santos	93	Vitoria de Guimaraes	17:40.94	+0,94	701
50m: 32.45 32.45	450m: 5:14.70 35.55	850m: 9:57.88 35.35	1250m: 14:41.62 36.00		
100m: 1:06.84 34.39	500m: 5:50.09 35.39	900m: 10:33.12 35.24	1300m: 15:17.75 36.13		
150m: 1:42.46 35.62	550m: 6:25.75 35.66	950m: 11:08.60 35.48	1350m: 15:53.94 36.19		
200m: 2:17.54 35.08	600m: 7:01.14 35.39	1000m: 11:44.00 35.40	1400m: 16:29.89 35.95		
250m: 2:52.73 35.19	650m: 7:36.51 35.37	1050m: 12:19.55 35.55	1450m: 17:06.01 36.12		
300m: 3:28.22 35.49	700m: 8:11.88 35.37	1100m: 12:54.92 35.37	1500m: 17:40.94 34.93		
350m: 4:03.89 35.67	750m: 8:47.27 35.39	1150m: 13:30.27 35.35			
400m: 4:39.15 35.26	800m: 9:22.53 35.26	1200m: 14:05.62 35.35			
4. Patricia Garcia Marinho	94	Sporting	17:57.86	+0,87	668
50m: 32.25 32.25	450m: 5:17.06 35.64	850m: 10:06.73 36.25	1250m: 14:58.96 36.43		
100m: 1:07.13 34.88	500m: 5:52.71 35.65	900m: 10:43.04 36.31	1300m: 15:35.63 36.67		
150m: 1:42.65 35.52	550m: 6:28.98 36.27	950m: 11:19.42 36.38	1350m: 16:12.46 36.83		
200m: 2:18.21 35.56	600m: 7:05.30 36.32	1000m: 11:55.98 36.56	1400m: 16:48.41 35.95		
250m: 2:54.08 35.87	650m: 7:41.59 36.29	1050m: 12:32.64 36.66	1450m: 17:24.00 35.59		
300m: 3:29.80 35.72	700m: 8:17.69 36.10	1100m: 13:09.27 36.63	1500m: 17:57.86 33.86		
350m: 4:05.69 35.89	750m: 8:54.19 36.50	1150m: 13:45.96 36.69			
400m: 4:41.42 35.73	800m: 9:30.48 36.29	1200m: 14:22.53 36.57			
5. Daniela Filipa Pinto	91	Vitoria de Guimaraes	18:11.08	+0,94	644
50m: 32.46 32.46	450m: 5:19.29 36.35	850m: 10:12.06 36.72	1250m: 15:07.83 37.03		
100m: 1:07.27 34.81	500m: 5:55.62 36.33	900m: 10:48.66 36.60	1300m: 15:44.93 37.10		
150m: 1:42.57 35.30	550m: 6:32.13 36.51	950m: 11:25.15 36.49	1350m: 16:21.92 36.99		
200m: 2:18.38 35.81	600m: 7:08.69 36.56	1000m: 12:02.14 36.99	1400m: 16:58.97 37.05		
250m: 2:54.48 36.10	650m: 7:45.16 36.47	1050m: 12:39.13 36.99	1450m: 17:35.68 36.71		
300m: 3:30.55 36.07	700m: 8:21.86 36.70	1100m: 13:16.60 37.47	1500m: 18:11.08 35.40		
350m: 4:06.98 36.43	750m: 8:58.35 36.49	1150m: 13:53.54 36.94			
400m: 4:42.94 35.96	800m: 9:35.34 36.99	1200m: 14:30.80 37.26			

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
6.	Marta Alexandra Saraiva	93	Uniao Piedense	18:21.14	+0,93	627	
	50m: 32.40 32.40	450m: 5:20.71	36.95	850m: 10:17.84	37.04	1250m: 15:16.85	37.94
	100m: 1:06.59 34.19	500m: 5:57.92	37.21	900m: 10:55.34	37.50	1300m: 15:54.11	37.26
	150m: 1:42.13 35.54	550m: 6:34.82	36.90	950m: 11:32.24	36.90	1350m: 16:31.34	37.23
	200m: 2:18.19 36.06	600m: 7:12.08	37.26	1000m: 12:09.34	37.10	1400m: 17:08.70	37.36
	250m: 2:54.57 36.38	650m: 7:49.40	37.32	1050m: 12:46.52	37.18	1450m: 17:45.27	36.57
	300m: 3:30.88 36.31	700m: 8:26.36	36.96	1100m: 13:24.01	37.49	1500m: 18:21.14	35.87
	350m: 4:07.39 36.51	750m: 9:03.67	37.31	1150m: 14:01.58	37.57		
	400m: 4:43.76 36.37	800m: 9:40.80	37.13	1200m: 14:38.91	37.33		
7.	Lara Santana Pinheiro	92	Uniao Piedense	18:22.22	+0,91	625	
	50m: 32.76 32.76	450m: 5:22.30	36.58	850m: 10:17.59	36.92	1250m: 15:15.88	37.20
	100m: 1:08.84 36.08	500m: 5:59.19	36.89	900m: 10:54.87	37.28	1300m: 15:53.47	37.59
	150m: 1:44.88 36.04	550m: 6:36.04	36.85	950m: 11:32.06	37.19	1350m: 16:30.90	37.43
	200m: 2:21.07 36.19	600m: 7:12.91	36.87	1000m: 12:09.42	37.36	1400m: 17:08.69	37.79
	250m: 2:56.93 35.86	650m: 7:49.83	36.92	1050m: 12:46.56	37.14	1450m: 17:45.77	37.08
	300m: 3:33.25 36.32	700m: 8:26.90	37.07	1100m: 13:23.97	37.41	1500m: 18:22.22	36.45
	350m: 4:09.22 35.97	750m: 9:03.63	36.73	1150m: 14:01.19	37.22		
	400m: 4:45.72 36.50	800m: 9:40.67	37.04	1200m: 14:38.68	37.49		
8.	Raquel Paulo Ranito	94	Sporting	18:36.40	+0,85	601	
	50m: 32.44 32.44	450m: 5:28.04	37.81	850m: 10:28.82	37.41	1250m: 15:31.17	38.08
	100m: 1:07.78 35.34	500m: 6:05.46	37.42	900m: 11:06.57	37.75	1300m: 16:08.67	37.50
	150m: 1:44.06 36.28	550m: 6:42.95	37.49	950m: 11:44.16	37.59	1350m: 16:46.32	37.65
	200m: 2:21.05 36.99	600m: 7:20.29	37.34	1000m: 12:22.07	37.91	1400m: 17:23.38	37.06
	250m: 2:58.40 37.35	650m: 7:58.45	38.16	1050m: 12:59.97	37.90	1450m: 18:00.42	37.04
	300m: 3:35.52 37.12	700m: 8:35.70	37.25	1100m: 13:37.64	37.67	1500m: 18:36.40	35.98
	350m: 4:12.79 37.27	750m: 9:13.65	37.95	1150m: 14:15.21	37.57		
	400m: 4:50.23 37.44	800m: 9:51.41	37.76	1200m: 14:53.09	37.88		
9.	Ines Sofia Sampaio	94	Academico Viseu	18:52.17	+1,01	576	
	50m: 32.62 32.62	450m: 5:27.16	38.05	850m: 10:34.51	38.02	1250m: 15:43.83	37.95
	100m: 1:08.39 35.77	500m: 6:05.56	38.40	900m: 11:13.15	38.64	1300m: 16:23.26	39.43
	150m: 1:45.02 36.63	550m: 6:43.85	38.29	950m: 11:51.49	38.34	1350m: 17:01.47	38.21
	200m: 2:21.44 36.42	600m: 7:22.35	38.50	1000m: 12:30.72	39.23	1400m: 17:39.39	37.92
	250m: 2:57.96 36.52	650m: 8:00.89	38.54	1050m: 13:08.85	38.13	1450m: 18:16.72	37.33
	300m: 3:34.52 36.56	700m: 8:39.18	38.29	1100m: 13:47.80	38.95	1500m: 18:52.17	35.45
	350m: 4:11.53 37.01	750m: 9:17.47	38.29	1150m: 14:26.48	38.68		
	400m: 4:49.11 37.58	800m: 9:56.49	39.02	1200m: 15:05.88	39.40		
10.	Julia Matos Lopes FTL	94	Scalabisport	19:03.00	+0,90	560	
	50m: 34.11 34.11	450m: 5:31.27	37.57	850m: 10:34.92	38.22	1250m: 15:46.66	39.29
	100m: 1:10.47 36.36	500m: 6:09.20	37.93	900m: 11:13.37	38.45	1300m: 16:26.15	39.49
	150m: 1:47.24 36.77	550m: 6:46.94	37.74	950m: 11:52.17	38.80	1350m: 17:05.52	39.37
	200m: 2:24.41 37.17	600m: 7:24.66	37.72	1000m: 12:31.12	38.95	1400m: 17:45.38	39.86
	250m: 3:01.39 36.98	650m: 8:02.56	37.90	1050m: 13:09.81	38.69	1450m: 18:24.44	39.06
	300m: 3:38.84 37.45	700m: 8:40.52	37.96	1100m: 13:49.00	39.19	1500m: 19:03.00	38.56
	350m: 4:16.21 37.37	750m: 9:18.48	37.96	1150m: 14:28.17	39.17		
	400m: 4:53.70 37.49	800m: 9:56.70	38.22	1200m: 15:07.37	39.20		
DNS	Luisa Costa Henriques	93	Naval do Funchal				

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNF	Rubina Capitaio Vieira	80	Nacional			

Prova 37 Femin., 100m Mariposa 15 anos e mais velhos
03-04-2011 - 15:30 Resultados

Recordes Nacionais 50m Absoluto	58.76	Sara Freitas Oliveira	FPN	Budapeste (HUN)	12-08-2010
Recordes Nacionais 50m Jun	1:01.48	Sara Francisco Cruz	ADBA	Faro	20-07-2009
Recordes Nacionais 50m Sen	58.76	Sara Freitas Oliveira	FPN	Budapeste (HUN)	12-08-2010

TAC-SENF Sen: 1:08.50 / TAC-JUNF Jun: 1:10.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Catarina Tiago Nunes	95	Uniao Piedense	1:05.13	+0,80	637
	50m: 30.00 30.00	100m: 1:05.13 35.13				
2.	Mariana Sousa Martins	95	Feirense	1:05.71	+0,80	620
	50m: 30.63 30.63	100m: 1:05.71 35.08				
3.	Ana Marta Miranda	96	Uniao Piedense	1:06.66	+0,88	594
	50m: 30.66 30.66	100m: 1:06.66 36.00				
4.	Raquel Maurile Taveira	95	Alges	1:07.50	+0,81	572
	50m: 31.30 31.30	100m: 1:07.50 36.20				
5.	Ines Filipa Borges	95	Alcobaca	1:08.00	+0,90	560
	50m: 32.01 32.01	100m: 1:08.00 35.99				
6.	Ana Margarida Rodrigues	96	Galitos	1:08.20	+0,81	555
	50m: 32.00 32.00	100m: 1:08.20 36.20				
7.	Silvia Ariana Soares	95	Porto/Dolce Vita	1:08.23	+0,78	554
	50m: 31.38 31.38	100m: 1:08.23 36.85				
8.	Debora Guimaraes Oliveira	96	Braga	1:08.38	+0,80	551
	50m: 32.12 32.12	100m: 1:08.38 36.26				
9.	Bruna Leal Dantas	96	Sporting	1:08.63	+0,72	545
	50m: 32.46 32.46	100m: 1:08.63 36.17				
10.	Helena Paula Carvalho	95	Uniao Piedense	1:09.62	+0,84	522
	50m: 32.56 32.56	100m: 1:09.62 37.06				
11.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	1:09.97	+0,76	514
	50m: 32.42 32.42	100m: 1:09.97 37.55				
12.	Ana Beatriz Azevedo	95	Gesloures	1:10.66	+0,79	499
	<i>FTL</i>					
	50m: 32.83 32.83	100m: 1:10.66 37.83				
13.	Ana Catarina Sousa	96	Vitoria de Guimaraes	1:11.13	+0,84	489
	<i>FTL</i>					
	50m: 32.84 32.84	100m: 1:11.13 38.29				

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 37, Femin., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Marcia Filipa Carvalho <i>FTL</i>	96	Torres Novas	1:12.81	+0,84	456
	50m: 33.05 33.05	100m: 1:12.81	39.76			
DSQ	Catia Alexandra Batista <i>403 - Falsa partida - SW 4.4</i>	96	Feirense			
DSQ	Victoria Kaminskaya <i>403 - Falsa partida - SW 4.4</i>	95	Pimpoes/Cimai			

Seniores

1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	1:00.22	+0,66	806
	50m: 28.42 28.42	100m: 1:00.22	31.80			
2.	Ana Catarina Monteiro	93	Vilacondense	1:03.15	+0,71	699
	50m: 29.86 29.86	100m: 1:03.15	33.29			
3.	Sara Alexandra Madeira	87	Colegio Vasco da Gama	1:03.65	+0,81	683
	50m: 30.26 30.26	100m: 1:03.65	33.39			
4.	Sara Francisco Cruz	93	Bairro dos Anjos/Mr.Pizza	1:03.85	+0,73	676
	50m: 30.15 30.15	100m: 1:03.85	33.70			
5.	Amelia Pereira Fernandes	89	Vitoria de Guimaraes	1:05.08	+0,83	639
	50m: 30.43 30.43	100m: 1:05.08	34.65			
6.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	1:05.44	+0,75	628
	50m: 30.67 30.67	100m: 1:05.44	34.77			
7.	Maria Carolina Rosa	94	Sporting	1:06.63	+0,83	595
	50m: 30.76 30.76	100m: 1:06.63	35.87			
8.	Carlota Freitas Olim	93	Naval do Funchal	1:06.72	+0,72	593
	50m: 30.61 30.61	100m: 1:06.72	36.11			
9.	Isabel Alves Lopes	92	Colegio Vasco da Gama	1:07.03	+0,88	584
	50m: 31.34 31.34	100m: 1:07.03	35.69			
10.	Sofia Oliveira Pinto	94	Benfica	1:07.25	+0,81	579
	50m: 31.08 31.08	100m: 1:07.25	36.17			
11.	Ines Jesus Bringel	92	Sporting	1:07.54	+0,77	571
	50m: 31.91 31.91	100m: 1:07.54	35.63			
12.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	1:07.68	+0,75	568
	50m: 31.71 31.71	100m: 1:07.68	35.97			
13.	Maria Ana Magalhaes	93	Desportiva Limiana	1:07.94	+0,68	561
	50m: 31.02 31.02	100m: 1:07.94	36.92			
14.	Paula Cristina Melo	93	Natacao de Faro	1:07.95	+0,80	561
	50m: 31.20 31.20	100m: 1:07.95	36.75			
15.	Ana Filipa Carmo	93	Colegio Vasco da Gama	1:08.24	+0,87	554
	50m: 31.42 31.42	100m: 1:08.24	36.82			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 37, Femin., 100m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Carolina Santos Silva <i>FTL</i>	86	Natacao da Maia	1:08.73	+0,78	542
	50m: 32.01 32.01	100m: 1:08.73	36.72			
17.	Susana Clara Gomes <i>FTL</i>	77	Naval do Funchal	1:08.82	+0,83	540
	50m: 32.01 32.01	100m: 1:08.82	36.81			
18.	Raquel Paulo Ranito <i>FTL</i>	94	Sporting	1:08.96	+0,83	537
	50m: 31.84 31.84	100m: 1:08.96	37.12			

Prova 38

Masc., 100m Mariposa

17 anos e mais velhos

03-04-2011 - 15:40

Resultados

Recordes Nacionais 50m Absoluto	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Jun	54.66	Diogo Filipe Carvalho	CGA	Lisboa	25-03-2006
Recordes Nacionais 50m Sen	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29-03-2009

TAC-SENM Sen: 58.40 / TAC-JUNM Jun: 1:01.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Monteiro Diogo	93	Alcobaca	57.11	+0,69	663
	50m: 27.04 27.04	100m: 57.11	30.07			
2.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	57.48	+0,78	651
	50m: 27.12 27.12	100m: 57.48	30.36			
3.	Ruben Filipe Nunes	94	Gespacos	58.31	+0,80	623
	50m: 27.69 27.69	100m: 58.31	30.62			
4.	Pedro Andre Santos	94	Alges	58.68	+0,73	611
	50m: 27.78 27.78	100m: 58.68	30.90			
5.	Emanuel Augusto Pinho	93	Feirense	59.08	+0,71	599
	50m: 27.44 27.44	100m: 59.08	31.64			
6.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	59.28	+0,75	593
	50m: 27.52 27.52	100m: 59.28	31.76			
7.	Ricardo Verissimo Sousa	93	Sporting	59.33	+0,72	592
	50m: 28.07 28.07	100m: 59.33	31.26			
8.	Rui Filipe Maia	93	Vilacondense	59.38	+0,72	590
	50m: 27.64 27.64	100m: 59.38	31.74			
9.	Antonio Jorge Rocha	94	Penafiel	59.63	+0,76	583
	50m: 27.15 27.15	100m: 59.63	32.48			
10.	Pedro Miguel Sa	93	Colegio Vasco da Gama	1:00.08	+0,72	570
	50m: 28.39 28.39	100m: 1:00.08	31.69			
11.	Diogo Carmo Ramos	93	Vilacondense	1:00.45	+0,72	559
	50m: 27.78 27.78	100m: 1:00.45	32.67			

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 38, Masc., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Diogo Fontes Moreira 50m: 27.73 27.73	93	Estamos Juntos 100m: 1:00.60 32.87	1:00.60	+0,98	555
13.	Simao Pedro Alves 50m: 27.92 27.92	94	Famalicao 100m: 1:00.70 32.78	1:00.70	+0,75	552
14.	Ricardo Miguel Antunes 50m: 28.73 28.73	94	Gesloures 100m: 1:00.71 31.98	1:00.71	+0,77	552
15.	Renato Filipe Nascimento <i>FTL</i> 50m: 28.49 28.49	94	Louletano/Loule Concelho 100m: 1:01.04 32.55	1:01.04	+0,87	543
16.	Antonio Santa Rita <i>FTL</i> 50m: 27.61 27.61	93	Portinado 100m: 1:01.14 33.53	1:01.14	+0,68	541
17.	Sebastiao Neves Machado <i>FTL</i> 50m: 28.29 28.29	93	Estrelas S. Joao de Brito 100m: 1:02.09 33.80	1:02.09	+0,82	516
18.	Joao Filipe Lucas <i>FTL</i> 50m: 29.18 29.18	94	Academica de Coimbra 100m: 1:02.10 32.92	1:02.10	+0,75	516
19.	Nuno Costa Caires <i>FTL</i> 50m: 28.63 28.63	94	Naval do Funchal 100m: 1:02.54 33.91	1:02.54	+0,67	505

Seniores

1.	Simao Gomes Morgado 50m: 24.67 24.67	79	Amadora 100m: 53.29 28.62	53.29	+0,66	817
2.	Duarte Rafael Mourao 50m: 25.13 25.13	84	Amadora 100m: 53.75 28.62	53.75	+0,70	796
3.	Nuno Goncalo Quintanilha 50m: 26.38 26.38	87	Colegio Vasco da Gama 100m: 55.93 29.55	55.93	+0,70	706
4.	Carlos Filipe Santos 50m: 26.44 26.44	91	Porto/Dolce Vita 100m: 57.02 30.58	57.02	+0,76	667
5.	Fabio Manuel Pereira 50m: 27.60 27.60	86	Vilacondense 100m: 57.48 29.88	57.48	+0,72	651
6.	Miguel Silva Oliveira 50m: 26.88 26.88	91	Nautico/Matobra 100m: 57.84 30.96	57.84	+0,77	639
7.	Rui Miguel Fonseca 50m: 27.14 27.14	88	Academico Viseu 100m: 57.92 30.78	57.92	+0,74	636
8.	Francisco Fezas Vital 50m: 27.07 27.07	92	Benfica 100m: 58.28 31.21	58.28	+0,78	624

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 38, Masc., 100m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Andre Neves Oliveira <i>FTL</i>	91	Benfica	58.61	+0,74	614
	50m: 27.62 27.62	100m: 58.61	30.99			
10.	Nuno Cruz Oliveira <i>FTL</i>	90	Braga	58.99	+0,75	602
	50m: 27.88 27.88	100m: 58.99	31.11			
11.	Joao Paulo Ribeiro <i>FTL</i>	92	Bairro dos Anjos/Mr.Pizza	59.54	+0,72	585
	50m: 28.09 28.09	100m: 59.54	31.45			
12.	Daniel Aparicio Pereira <i>FTL</i>	83	Braga	1:00.36	+0,78	562
	50m: 28.73 28.73	100m: 1:00.36	31.63			

Prova 39 Femin., 50m Costas 15 anos e mais velhos
03-04-2011 - 15:50 Resultados

Recordes Nacionais 50m Absoluto	29.40	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	30.83	Joana Dias Escaria	FPN	Bordéus (FRA)	15-01-2005
Recordes Nacionais 50m Sen	29.40	Marta Vieira Marinho	FCP	Coimbra	10-04-2010

TAC-SENF Sen: 33.75 / TAC-JUNF Jun: 34.20

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diana Margarida Duraes	96	Foca	31.27	+0,71	648
2.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	31.62	+0,68	626
	Paula Cristina Yang	95	Geslours	31.62	+0,68	626
4.	Adriana Correia Lopes	95	Nautico/Matobra	32.10	+0,73	599
5.	Carolina Sofia Lopes	96	Louletano/Loule Concelho	32.15	+0,79	596
6.	Rafaela Marques Bodiao	96	Natacao de Olhao	32.74	+0,67	564
7.	Lisa Marisa Soares	95	Amadora	33.09	+0,72	546
8.	Ana Filipa Sousa	96	Nucleo Sportinguista da Golega	33.19	+0,67	541
9.	Flavia Daniela Goncalves	96	Desportiva de Viana	33.21	+0,66	540
10.	Catarina Isabel Mendes	95	Montijo	33.25	+0,74	539
11.	Rita Fernandes Leitao	96	Benfica	33.30	+0,70	536
12.	Tatiana Filipa Santos	95	Ginasio Figueirense	33.32	+0,67	535
13.	Maria Ines Almeida	96	Nautico/Matobra	33.39	+0,66	532
14.	Irina Filipa Lousa	95	Porto/Dolce Vita	33.44	+0,82	529
15.	Ana Catarina Costa	95	Estamos Juntos	33.49	+0,63	527
16.	Marta Filipa Vinagre	95	Torres Novas	33.54	+0,65	525
17.	Leonor Rebelo Pereira	96	Desporto de Barcelos	33.60	+0,60	522
18.	Ana Oliveira Cunha	95	Famalicao	33.91	+0,65	508
19.	Ana Catarina Pereira	95	Naval Amorense	34.10	+0,77	499
20.	Patricia Miguel Mendes	96	Naval Amorense	34.11	+0,63	499

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 39, Femin., 50m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Maria Mar Costa FTL	95	Naval Setubalense	34.53	+0,65	481
22.	Joana Filipa Rodrigues FTL	95	Gesloures	34.91	+0,68	465

Seniores

1.	Ana Sofia Leite	93	Ginasio de Vila Real	30.79	+0,72	678
2.	Claudia Sofia Monteiro	92	Vilacondense	31.31	+0,67	645
3.	Marta Pereira Abreu	92	Porto/Dolce Vita	31.57	+0,75	629
4.	Filipa Mendes Pinheiro	92	Desportiva de Viana	31.65	+0,70	624
5.	Mafalda Gomes Beleza	94	Sporting	31.71	+0,72	621
6.	Susana Correia Oliveira	94	Amadora	31.75	+0,64	619
7.	Andreia Filipa Anjos	92	Bairro dos Anjos/Mr.Pizza	31.79	+0,66	616
8.	Ines Catarina Agostinho	94	Sporting	32.06	+0,81	601
9.	Sofia Pavao Machado	94	Naval de Ponta Delgada	32.19	+0,73	594
10.	Ana Filipa Goncalves	92	Ancorensis/Serralharia Ribeiro	32.35	+0,59	585
11.	Maria Ines Pereira	93	Colegio Vasco da Gama	32.94	+0,88	554
12.	Diana Patricia Ferreira	94	Gespacos	33.06	+0,64	548
	Andreia Silva Cruz	88	Lisnave	33.06	+0,61	548
14.	Ana Sofia Simoes	93	Alges	33.16	+0,68	543
	Jessica Teixeira Vieira	91	Amadora	33.16	+0,75	543
16.	Sofia Oliveira Pinto	94	Benfica	33.27	+0,64	538
17.	Ana Raquel Miranda	94	Uniao Piedense	33.31	+0,67	536
18.	Matilde Apolinario Portada	94	Louletano/Loule Concelho	33.33	+0,69	535
19.	Joana Carolina Oliveira	93	Gesloures	33.38	+0,75	532
20.	Sara Sa Espadilha	94	Lisnave	33.58	+0,64	523
21.	Mara Lisboa e Silva	93	Bairro dos Anjos/Mr.Pizza	33.64	+0,70	520
DSQ	Patricia Isabel Oliveira	94	Leixoes			
	<i>403 - Falsa partida - SW 4.4</i>					

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 40 Masc., 50m Costas 17 anos e mais velhos
03-04-2011 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	25.99	Nuno Filipe Laurentino	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Jun	26.58	Alexis Manacas Santos	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	25.99	Nuno Filipe Laurentino	FPN	Berlim (GER)	31-07-2002

TAC-SENM Sen: 29.00 / TAC-JUNM Jun: 30.10

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Nuno Rafael Duraes	93	Naval Setubalense	28.39	+0,63	607
2.	Miguel Antonio Silva	94	Braga	28.40	+0,71	606
3.	David Miguel Leiria	93	Naval Amorense	29.01	+0,62	569
4.	Edgar Oliveira Ribeiro	93	Braga	29.03	+0,62	567
5.	Renato Mendes Pinheiro	94	Desportiva de Viana	29.05	+0,68	566
6.	Diogo Maia e Silva	93	Pimpoes/Cimai	29.13	+0,66	562
7.	Joao Filipe Fernandes	93	Famalicao	29.28	+0,62	553
8.	Joao Miguel Rocha	93	Famalicao	29.35	+0,71	549
9.	Filipe Franco Norte	93	Nautico da Marinha Grande	29.38	+0,61	547
10.	Miguel Angelo Pinto	94	Colegio Vasco da Gama	29.49	+0,82	541
11.	Joao Miguel Figueiredo	93	Campinho	29.53	+0,64	539
12.	Bruno Ferreira Pedrosa	93	Louletano/Loule Concelho	29.55	+0,66	538
13.	Jose Alberto Martins	94	Vitoria de Guimaraes	29.56	+0,59	537
14.	Andre Duarte Vaz	93	Ginasio Figueirense	29.60	+0,76	535
15.	Filipe Rainho Balseiro	94	Galitos	29.62	+0,71	534
16.	Joao Manuel Borges	94	Ginasio Figueirense	29.79	+0,66	525

Seniores

1.	Alexis Manacas Santos	92	Sporting	26.65	+0,70	734
2.	Adriano Miguel Niz	86	Famalicao	26.92	+0,58	712
3.	Mario Alexandre Pereira	92	Nautico/Matobra	27.32	+0,66	681
4.	Fabio Manuel Pereira	86	Vilacondense	27.81	+0,72	645
5.	Pedro Fontoura Oliveira	90	Amadora	27.90	+0,79	639
6.	Gil Goncalves Pinto	88	Porto/Dolce Vita	27.95	+0,57	636
7.	Joao Silva Gigante	88	Amadora	28.05	+0,61	629
8.	Paulo Jorge Santos	89	Porto/Dolce Vita	28.83	+0,70	579
9.	Samuel Patricio Queiros FTL	91	Porto/Dolce Vita	29.01	+0,69	569
10.	Daniel Aparicio Pereira FTL	83	Braga	29.18	+0,67	559
11.	Pedro Lobato Rijo FTL	91	Gesloures	29.25	+0,66	555
12.	Ricardo Ferreira Cotovio FTL	91	Sporting	29.30	+0,69	552
13.	Pedro Miguel Costa FTL	92	Sporting de Espinho	29.43	+0,74	545

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 40, Masc., 50m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Carlos Filipe Santos <i>FTL</i>	91	Porto/Dolce Vita	30.36	+0,72	496

Prova 41

Femin., 200m Livres

15 anos e mais velhos

03-04-2011 - 16:05

Resultados

Recordes Nacionais 50m Absoluto	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Jun	2:05.38	Ana Feio Alegria	FPN	Florença (ITA)	03-04-1993
Recordes Nacionais 50m Sen	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30-05-2009

TAC-SENF Sen: 2:14.00 / TAC-JUNF Jun: 2:15.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Carolina Cunha Martins	95	Nautico/Matobra	2:10.08	+0,95	655
	50m: 30.37 30.37	100m: 1:03.55 33.18	150m: 1:37.18	33.63	200m: 2:10.08	32.90
2.	Isabel Pinto Abreu	96	Belenenses	2:10.53	+0,75	648
	50m: 29.57 29.57	100m: 1:02.11 32.54	150m: 1:36.33	34.22	200m: 2:10.53	34.20
3.	Ana Goncalves Neto	95	Porto/Dolce Vita	2:10.90	+0,92	642
	50m: 30.13 30.13	100m: 1:03.33 33.20	150m: 1:37.33	34.00	200m: 2:10.90	33.57
4.	Maria Luis Amorim	95	Porto/Dolce Vita	2:10.94	+0,97	642
	50m: 30.63 30.63	100m: 1:03.71 33.08	150m: 1:37.77	34.06	200m: 2:10.94	33.17
5.	Ines Alexandra Paiva	96	Alges	2:11.27	+0,82	637
	50m: 30.82 30.82	100m: 1:03.86 33.04	150m: 1:37.56	33.70	200m: 2:11.27	33.71
6.	Leonor Mourinho Neves	95	Sporting	2:13.72	+0,91	603
	50m: 30.71 30.71	100m: 1:04.46 33.75	150m: 1:39.67	35.21	200m: 2:13.72	34.05
7.	Cassandra Pedro Oliveira	95	Vilacondense	2:13.92	+0,91	600
	50m: 31.49 31.49	100m: 1:05.30 33.81	150m: 1:39.74	34.44	200m: 2:13.92	34.18
8.	Diana Margarida Duraes	96	Foca	2:15.23	+0,77	583
	50m: 29.90 29.90	100m: 1:03.34 33.44	150m: 1:38.69	35.35	200m: 2:15.23	36.54
9.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energias	2:15.24	+0,85	583
	50m: 31.64 31.64	100m: 1:06.10 34.46	150m: 1:41.18	35.08	200m: 2:15.24	34.06
10.	Ana Filipa Gomes	96	Vilacondense	2:15.32	+0,83	581
	50m: 31.22 31.22	100m: 1:05.91 34.69	150m: 1:40.87	34.96	200m: 2:15.32	34.45
11.	Mariana Jesus Costa <i>FTL</i>	96	Alcobaca	2:19.14	+0,87	535
	50m: 31.67 31.67	100m: 1:06.89 35.22	150m: 1:43.19	36.30	200m: 2:19.14	35.95
12.	Ana Catarina Sousa <i>FTL</i>	96	Vitoria de Guimaraes	2:19.80	+0,80	527
	50m: 32.00 32.00	100m: 1:07.28 35.28	150m: 1:43.48	36.20	200m: 2:19.80	36.32
13.	Ana Isabel Neves <i>FTL</i>	96	Pimpoes/Cimai	2:20.22	+0,79	523
	50m: 32.24 32.24	100m: 1:07.69 35.45	150m: 1:44.57	36.88	200m: 2:20.22	35.65

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 41, Femin., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Silvia Ariana Soares <i>FTL</i>	95	Porto/Dolce Vita	2:21.42	+0,86	509
	50m: 32.25 32.25	100m: 1:07.65	35.40	150m: 1:43.91	36.26	200m: 2:21.42 37.51

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	2:04.91	+0,71	739
	50m: 28.82 28.82	100m: 1:00.55	31.73	150m: 1:32.96	32.41	200m: 2:04.91 31.95
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	2:07.05	+0,88	703
	50m: 29.88 29.88	100m: 1:01.98	32.10	150m: 1:34.63	32.65	200m: 2:07.05 32.42
3.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	2:07.54	+0,84	695
	50m: 30.11 30.11	100m: 1:02.31	32.20	150m: 1:34.78	32.47	200m: 2:07.54 32.76
4.	Claudia Marques Moreno	91	Porto/Dolce Vita	2:08.20	+0,88	684
	50m: 30.11 30.11	100m: 1:02.40	32.29	150m: 1:35.30	32.90	200m: 2:08.20 32.90
5.	Marisa Alexandra Lage	94	Viana Natacao	2:09.06	+0,88	670
	50m: 30.12 30.12	100m: 1:02.85	32.73	150m: 1:35.86	33.01	200m: 2:09.06 33.20
6.	Joana Filipa Capela	89	Benfica	2:09.72	+0,77	660
	50m: 29.82 29.82	100m: 1:02.23	32.41	150m: 1:35.44	33.21	200m: 2:09.72 34.28
7.	Sara Beatriz Loureiro	87	Porto/Dolce Vita	2:09.88	+0,74	658
	50m: 29.85 29.85	100m: 1:02.28	32.43	150m: 1:35.32	33.04	200m: 2:09.88 34.56
8.	Soraia Vanessa Ribeiro	92	Gespacos	2:09.91	+0,95	657
	50m: 30.29 30.29	100m: 1:03.04	32.75	150m: 1:36.52	33.48	200m: 2:09.91 33.39
9.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	2:10.61	+0,89	647
	50m: 30.14 30.14	100m: 1:02.49	32.35	150m: 1:36.41	33.92	200m: 2:10.61 34.20
10.	Mafalda Gomes Beleza	94	Sporting	2:10.74	+0,79	645
	50m: 30.38 30.38	100m: 1:03.05	32.67	150m: 1:37.24	34.19	200m: 2:10.74 33.50
11.	Ana Ribeiro Ferreira	92	Famalicao	2:11.17	+0,89	639
	50m: 30.39 30.39	100m: 1:02.97	32.58	150m: 1:36.99	34.02	200m: 2:11.17 34.18
12.	Ana Margarida Domingos	93	Academico Viseu	2:11.26	+0,85	637
	50m: 30.76 30.76	100m: 1:04.10	33.34	150m: 1:37.92	33.82	200m: 2:11.26 33.34
13.	Claudia Sofia Monteiro	92	Vilacondense	2:11.96	+0,85	627
	50m: 30.49 30.49	100m: 1:04.00	33.51	150m: 1:38.58	34.58	200m: 2:11.96 33.38
14.	Ana Catarina Monteiro	93	Vilacondense	2:12.03	+0,74	626
	50m: 30.77 30.77	100m: 1:04.38	33.61	150m: 1:38.62	34.24	200m: 2:12.03 33.41
15.	Joana Filipa Santos	93	Vitoria de Guimaraes	2:12.45	+0,85	620
	50m: 30.57 30.57	100m: 1:03.81	33.24	150m: 1:38.40	34.59	200m: 2:12.45 34.05
16.	Maria Miguel Veloso	93	Nautico/Matobra	2:13.67	+1,01	603
	50m: 31.85 31.85	100m: 1:05.61	33.76	150m: 1:40.06	34.45	200m: 2:13.67 33.61
17.	Maria Ines Ribeiro	92	Nautico/Matobra	2:13.86	+0,85	601
	50m: 31.11 31.11	100m: 1:05.75	34.64	150m: 1:40.36	34.61	200m: 2:13.86 33.50

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 41, Femin., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	2:16.65	+1,00	565
	50m: 31.15 31.15	100m: 1:05.71	34.56	150m: 1:41.50	35.79	200m: 2:16.65 35.15
19.	Paula Cristina Melo <i>FTL</i>	93	Natacao de Faro	2:16.93	+0,79	561
	50m: 31.12 31.12	100m: 1:05.51	34.39	150m: 1:41.45	35.94	200m: 2:16.93 35.48
20.	Ana Sofia Fernandes <i>FTL</i>	93	Braga	2:17.84	+1,07	550
	50m: 31.40 31.40	100m: 1:06.59	35.19	150m: 1:42.22	35.63	200m: 2:17.84 35.62

Prova 42 Masc., 800m Livres 17 anos e mais velhos
03-04-2011 - 16:40 Resultados

Recordes Nacionais 50m Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Recordes Nacionais 50m Jun	8:13.49	Gustavo Manuel Santa	FPN	Helsinquia (FIN)	17-07-2010
Recordes Nacionais 50m Sen	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007

TAC-SENM Sen: 8:45.00 / TAC-JUNM Jun: 9:00.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tiago Silva Oliveira	94	Leixoes	8:25.05	+0,69	717
	50m: 28.64 28.64	250m: 2:36.38	32.44	450m: 4:45.04	31.61	650m: 6:53.18 31.98
	100m: 59.71 31.07	300m: 3:08.93	32.55	500m: 5:16.65	31.61	700m: 7:24.92 31.74
	150m: 1:31.81 32.10	350m: 3:40.95	32.02	550m: 5:48.77	32.12	750m: 7:55.65 30.73
	200m: 2:03.94 32.13	400m: 4:13.43	32.48	600m: 6:21.20	32.43	800m: 8:25.05 29.40
2.	Miguel Monteiro Diogo	93	Alcobaca	8:25.59	+0,72	715
	50m: 29.18 29.18	250m: 2:36.88	32.32	450m: 4:45.41	31.89	650m: 6:53.18 31.52
	100m: 1:00.32 31.14	300m: 3:09.22	32.34	500m: 5:17.60	32.19	700m: 7:24.59 31.41
	150m: 1:32.41 32.09	350m: 3:41.39	32.17	550m: 5:49.54	31.94	750m: 7:55.49 30.90
	200m: 2:04.56 32.15	400m: 4:13.52	32.13	600m: 6:21.66	32.12	800m: 8:25.59 30.10
3.	Ricardo Manuel Machado	93	Braga	8:36.94	+0,79	669
	50m: 29.64 29.64	250m: 2:39.97	32.61	450m: 4:51.72	32.85	650m: 7:01.83 31.60
	100m: 1:01.95 32.31	300m: 3:13.09	33.12	500m: 5:24.97	33.25	700m: 7:33.51 31.68
	150m: 1:34.41 32.46	350m: 3:45.61	32.52	550m: 5:57.64	32.67	750m: 8:05.77 32.26
	200m: 2:07.36 32.95	400m: 4:18.87	33.26	600m: 6:30.23	32.59	800m: 8:36.94 31.17
4.	Nuno Vieira Malheiro	93	Braga	8:39.42	+0,83	659
	50m: 29.95 29.95	250m: 2:40.54	32.52	450m: 4:51.65	32.28	650m: 7:02.40 32.46
	100m: 1:02.44 32.49	300m: 3:14.13	33.59	500m: 5:24.56	32.91	700m: 7:35.51 33.11
	150m: 1:34.92 32.48	350m: 3:46.41	32.28	550m: 5:57.01	32.45	750m: 8:08.21 32.70
	200m: 2:08.02 33.10	400m: 4:19.37	32.96	600m: 6:29.94	32.93	800m: 8:39.42 31.21
5.	Andre Rafael Marinho	93	Uniao Piedense	8:44.28	+0,82	641
	50m: 29.92 29.92	250m: 2:40.54	32.67	450m: 4:53.19	33.15	650m: 7:06.67 33.43
	100m: 1:02.20 32.28	300m: 3:13.68	33.14	500m: 5:26.46	33.27	700m: 7:40.17 33.50
	150m: 1:34.98 32.78	350m: 3:46.85	33.17	550m: 5:59.74	33.28	750m: 8:13.15 32.98
	200m: 2:07.87 32.89	400m: 4:20.04	33.19	600m: 6:33.24	33.50	800m: 8:44.28 31.13

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 42, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
5.	Luis Miguel Nogueira	93	Porto/Dolce Vita	8:44.28	+0,84	641	
	50m: 30.05 30.05	250m: 2:41.27	33.01	450m: 4:53.37	32.60	650m: 7:06.43	32.95
	100m: 1:02.56 32.51	300m: 3:14.09	32.82	500m: 5:26.51	33.14	700m: 7:40.21	33.78
	150m: 1:35.47 32.91	350m: 3:47.47	33.38	550m: 5:59.94	33.43	750m: 8:13.76	33.55
	200m: 2:08.26 32.79	400m: 4:20.77	33.30	600m: 6:33.48	33.54	800m: 8:44.28	30.52
7.	Rui Miguel Lopes	94	Natacao de Olhao	8:48.49	+0,89	626	
	50m: 29.75 29.75	250m: 2:40.83	33.14	450m: 4:54.24	33.54	650m: 7:09.17	33.80
	100m: 1:01.92 32.17	300m: 3:13.92	33.09	500m: 5:27.93	33.69	700m: 7:42.96	33.79
	150m: 1:34.73 32.81	350m: 3:47.38	33.46	550m: 6:01.56	33.63	750m: 8:16.31	33.35
	200m: 2:07.69 32.96	400m: 4:20.70	33.32	600m: 6:35.37	33.81	800m: 8:48.49	32.18
8.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	8:59.30	+0,82	589	
	50m: 29.65 29.65	250m: 2:40.65	33.33	450m: 4:56.29	33.92	650m: 7:15.38	34.94
	100m: 1:01.65 32.00	300m: 3:14.17	33.52	500m: 5:30.49	34.20	700m: 7:50.84	35.46
	150m: 1:34.36 32.71	350m: 3:48.11	33.94	550m: 6:05.10	34.61	750m: 8:25.63	34.79
	200m: 2:07.32 32.96	400m: 4:22.37	34.26	600m: 6:40.44	35.34	800m: 8:59.30	33.67
9.	Paulo Bruno Janeiro	94	Litoral Alentejano	9:06.99	+0,78	564	
	<i>FTL</i>						
	50m: 29.89 29.89	250m: 2:40.91	33.13	450m: 4:57.32	34.76	650m: 7:19.53	35.73
	100m: 1:02.00 32.11	300m: 3:14.61	33.70	500m: 5:32.41	35.09	700m: 7:55.51	35.98
	150m: 1:34.81 32.81	350m: 3:48.14	33.53	550m: 6:07.72	35.31	750m: 8:31.67	36.16
	200m: 2:07.78 32.97	400m: 4:22.56	34.42	600m: 6:43.80	36.08	800m: 9:06.99	35.32
10.	Bruno Miranda Sousa	93	Desportiva de Viana	9:07.58	+0,96	562	
	<i>FTL</i>						
	50m: 30.07 30.07	250m: 2:43.69	34.01	450m: 5:02.48	35.16	650m: 7:24.12	35.15
	100m: 1:02.50 32.43	300m: 3:17.94	34.25	500m: 5:37.51	35.03	700m: 7:59.47	35.35
	150m: 1:35.82 33.32	350m: 3:52.51	34.57	550m: 6:13.17	35.66	750m: 8:33.93	34.46
	200m: 2:09.68 33.86	400m: 4:27.32	34.81	600m: 6:48.97	35.80	800m: 9:07.58	33.65

Seniores

1.	Diogo Andre Gaspar	90	Uniao Piedense	8:22.17	+0,71	729	
	50m: 28.87 28.87	250m: 2:36.45	32.40	450m: 4:45.53	32.43	650m: 6:50.37	31.37
	100m: 59.90 31.03	300m: 3:08.68	32.23	500m: 5:16.70	31.17	700m: 7:21.92	31.55
	150m: 1:32.09 32.19	350m: 3:40.92	32.24	550m: 5:47.97	31.27	750m: 7:52.46	30.54
	200m: 2:04.05 31.96	400m: 4:13.10	32.18	600m: 6:19.00	31.03	800m: 8:22.17	29.71
2.	Vasco Miguel Gaspar	90	Uniao Piedense	8:24.41	+0,73	720	
	50m: 28.79 28.79	250m: 2:36.41	32.01	450m: 4:44.41	31.39	650m: 6:51.01	31.39
	100m: 1:00.42 31.63	300m: 3:08.78	32.37	500m: 5:16.26	31.85	700m: 7:22.89	31.88
	150m: 1:32.22 31.80	350m: 3:40.80	32.02	550m: 5:48.31	32.05	750m: 7:54.40	31.51
	200m: 2:04.40 32.18	400m: 4:13.02	32.22	600m: 6:19.62	31.31	800m: 8:24.41	30.01
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:27.96	+0,76	705	
	50m: 28.83 28.83	250m: 2:36.50	32.28	450m: 4:45.57	32.37	650m: 6:53.77	31.54
	100m: 1:00.14 31.31	300m: 3:08.50	32.00	500m: 5:17.65	32.08	700m: 7:26.33	32.56
	150m: 1:32.32 32.18	350m: 3:40.85	32.35	550m: 5:49.73	32.08	750m: 7:57.68	31.35
	200m: 2:04.22 31.90	400m: 4:13.20	32.35	600m: 6:22.23	32.50	800m: 8:27.96	30.28
4.	Mario Andre Bonanca	90	Sporting	8:31.75	+0,82	689	
	50m: 29.02 29.02	250m: 2:36.72	32.21	450m: 4:45.41	32.11	650m: 6:54.41	32.38
	100m: 1:00.25 31.23	300m: 3:09.29	32.57	500m: 5:17.50	32.09	700m: 7:27.32	32.91
	150m: 1:32.13 31.88	350m: 3:41.09	31.80	550m: 5:49.69	32.19	750m: 7:59.37	32.05
	200m: 2:04.51 32.38	400m: 4:13.30	32.21	600m: 6:22.03	32.34	800m: 8:31.75	32.38

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 42, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Hugo Alberto Ribeiro	88	Gespacos	8:36.21	+0,93	671
	50m: 29.06 29.06	250m: 2:36.51 32.26	450m: 4:46.11 32.34	650m: 6:57.13 33.24		
	100m: 1:00.35 31.29	300m: 3:08.81 32.30	500m: 5:18.35 32.24	700m: 7:30.56 33.43		
	150m: 1:32.26 31.91	350m: 3:41.27 32.46	550m: 5:50.88 32.53	750m: 8:03.80 33.24		
	200m: 2:04.25 31.99	400m: 4:13.77 32.50	600m: 6:23.89 33.01	800m: 8:36.21 32.41		
6.	Diogo Banza Pinto	87	Alges	8:42.64	+0,92	647
	50m: 29.75 29.75	250m: 2:40.36 32.83	450m: 4:51.88 32.95	650m: 7:05.68 33.84		
	100m: 1:02.11 32.36	300m: 3:13.17 32.81	500m: 5:25.14 33.26	700m: 7:38.97 33.29		
	150m: 1:34.76 32.65	350m: 3:45.78 32.61	550m: 5:58.20 33.06	750m: 8:12.83 33.86		
	200m: 2:07.53 32.77	400m: 4:18.93 33.15	600m: 6:31.84 33.64	800m: 8:42.64 29.81		
7.	Arseniy Lavrentyev	83	Alges	8:42.66	+0,74	647
	50m: 29.68 29.68	250m: 2:39.66 32.69	450m: 4:52.42 33.76	650m: 7:05.27 33.15		
	100m: 1:01.83 32.15	300m: 3:12.39 32.73	500m: 5:25.49 33.07	700m: 7:38.21 32.94		
	150m: 1:34.26 32.43	350m: 3:45.51 33.12	550m: 5:58.81 33.32	750m: 8:10.98 32.77		
	200m: 2:06.97 32.71	400m: 4:18.66 33.15	600m: 6:32.12 33.31	800m: 8:42.66 31.68		
8.	Andre Filipe Lopes	92	Academica de Coimbra	8:52.27	+0,71	612
	<i>FTL</i>					
	50m: 29.02 29.02	250m: 2:38.27 32.63	450m: 4:54.47 34.53	650m: 7:11.41 34.01		
	100m: 1:00.62 31.60	300m: 3:11.90 33.63	500m: 5:28.84 34.37	700m: 7:45.65 34.24		
	150m: 1:33.05 32.43	350m: 3:45.95 34.05	550m: 6:03.26 34.42	750m: 8:19.48 33.83		
	200m: 2:05.64 32.59	400m: 4:19.94 33.99	600m: 6:37.40 34.14	800m: 8:52.27 32.79		

Prova 43

Femin., 4 x 100m Estilos

15 anos e mais velhos

03-04-2011 - 17:10

Resultados

Recordes Nacionais 50m Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Jun	4:27.58	Sporting Clube de Portugal	SCP	Coimbra	01-08-2010
Recordes Nacionais 50m Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009

TAC-SENF Sen: 4:47.00 / TAC-JUNF Jun: 4:58.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto/Dolce Vita-Jun-Fem	Porto/Dolce Vita	4:27.90	+0,79 651
	Maria Luis Amorim +0,79 33.60	1:09.05 Silvia Ariana Soares +0,36 31.08		1:06.64
	Paula Alexandra Oliveira +0,22 34.19	1:12.90 Ana Goncalves Neto +0,37 28.48		59.31
2.	Nautico/Matobra-Jun-Fem	Nautico/Matobra	4:38.21	+0,65 581
	Maria Ines Almeida +0,65 34.35	1:10.13 Carolina Cunha Martins +0,56 30.91		1:07.13
	Adriana Correia Lopes +0,47 38.09	1:20.03 Ana Luisa Carvalho +0,38 28.90		1:00.92
3.	Gesloures-Jun-Fem	Gesloures	4:38.25	+0,66 581
	Paula Cristina Yang +0,66 32.69	1:07.88 Ana Beatriz Azevedo +0,27 32.08		1:09.25
	Ines Raquel Estevao +0,26 35.32	1:16.83 Joana Filipa Rodrigues +0,25 30.19		1:04.29
4.	Uniao Piedense-Jun-Fem	Uniao Piedense	4:39.69	+0,64 572
	Ana Marta Miranda +0,64 33.75	1:09.90 Catarina Tiago Nunes +0,28 29.82		1:05.97
	Joana Dias Santos +0,41 37.18	1:19.94 Helena Paula Carvalho +0,28 30.54		1:03.88
5.	Braga-Jun-Fem	Braga	4:45.78	+0,70 536
	Ana Joaquina Goncalves +0,70 35.68	1:13.92 Debora Guimaraes Oliveira +0,45 32.06		1:08.27
	Ines Joao Costa +0,13 37.29	1:19.88 Vera Patricia Fernandes +0,49 30.20		1:03.71

O Juíz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 43, Femin., 4 x 100m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
6.	Amadora-Jun-Fem	4:50.39	+0,68	511
	Lisa Marisa Soares +0,68 34.58	1:10.69	Ana Rita Martins +0,21 32.95	1:12.69
	Sara Sousa Gomes +0,49 38.67	1:22.87	Maria Margarida Rodrigues +0,40 31.49	1:04.14
7.	Vilacondense-Jun-Fem	4:51.42	+0,63	505
	Ana Filipa Gomes +0,63 34.76	1:11.61	Cassandra Pedro Oliveira +0,57 34.22	1:14.65
	Ana Filipa Teixeira +0,31 38.58	1:22.71	Rita Amado Laezza +0,02 29.23	1:02.45
8.	Gespacos-Jun-Fem	4:56.35	+0,74	480
	Claudia Susana Teixeira +0,74 35.09	1:13.17	Claudia Cristina Leao +0,21 32.25	1:11.42
	Ana Sofia Sousa 40.34	1:27.07	Andreia Sofia Torres +0,06 30.28	1:04.69
9.	Naval Amorense-Jun-Fem	4:59.80	+0,58	464
	<i>FTL</i>			
	Patricia Miguel Mendes +0,58 35.32	1:14.61	Sofia Prates Silvestre +0,13 31.45	1:09.69
	Ana Catarina Pereira +0,06 40.83	1:28.18	Soraia Guerra Rolim +0,46 30.68	1:07.32
DNS	Alcobaca-Jun-Fem			
	Alcobaca			

Seniores

1.	Porto/Dolce Vita-Sen-Fem	4:21.74	+0,63	698
	Marta Vieira Marinho +0,63 32.08	1:05.93	Sara Freitas Oliveira +0,22 28.37	1:00.20
	Joana Catarina Carvalho +0,23 34.82	1:15.26	Sara Beatriz Loureiro +0,20 28.77	1:00.35
2.	Sporting-Sen-Fem	4:25.01	+0,66	672
	Ines Catarina Agostinho +0,66 32.50	1:06.42	Maria Carolina Rosa +0,32 29.87	1:04.82
	Ana Teresa Franco +0,31 34.75	1:14.54	Mafalda Gomes Beleza +0,35 28.69	59.23
3.	Amadora-Sen-Fem	4:35.40	+0,71	599
	Susana Correia Oliveira +0,71 33.20	1:08.36	Filipa Viana Costa +0,27 30.95	1:08.88
	Rute Margarida Marques +0,49 36.57	1:18.66	Jessica Teixeira Vieira +0,13 27.97	59.50
4.	Gesloures-Sen-Fem	4:36.46	+0,71	592
	Joana Carolina Oliveira +0,71 34.88	1:11.33	Patricia Silva Damas +0,06 31.73	1:09.35
	Nadia Morais Vieira +0,35 34.90	1:14.15	Tatiana Ladeiro Santos +0,28 29.27	1:01.63
5.	Nautico/Matobra-Sen-Fem	4:38.68	+0,84	578
	Ines Barbosa Moreira +0,84 35.45	1:14.02	Maria Miguel Veloso +0,32 31.51	1:06.92
	Gabriela Oliveira Andrade +0,39 34.93	1:15.95	Maria Ines Ribeiro +0,34 29.26	1:01.79
6.	Gespacos-Sen-Fem	4:39.65	+0,61	572
	Diana Patricia Ferreira +0,61 34.58	1:10.31	Soraia Vanessa Ribeiro +0,64 30.69	1:06.17
	Ana Rita Cunha +0,25 38.17	1:20.72	Ana Sofia Matos +0,09 29.19	1:02.45
7.	Nacional-Sen-Fem	4:43.45	+0,70	549
	Fabiana Maria Quintal +0,70 34.14	1:10.72	Debora Marisa Pereira +0,04 32.55	1:10.64
	Natalie Nobrega Santos +0,30 36.47	1:19.34	Rubina Capitaio Vieira +0,28 29.81	1:02.75
8.	Naval do Funchal-Sen-Fem	4:44.84	+0,67	541
	Maria Joao Figueiredo +0,67 35.62	1:13.89	Carlota Freitas Olim +0,11 30.07	1:06.04
	Sara Isabel Figueira +0,06 38.16	1:22.63	Susana Clara Gomes +0,34 29.48	1:02.28
DNS	Benfica-Sen-Fem			
	Benfica			

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 44 Masc., 4 x 100m Estilos 17 anos e mais velhos
03-04-2011 - 17:25 Resultados

Recordes Nacionais 50m Absoluto	3:46.73	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Jun	3:55.96	Futebol Clube do Porto/Imperio Bonifacio	FCB	Faro	21-07-2009
Recordes Nacionais 50m Sen	3:46.73	Clube Natacao da Amadora	CNA	Faro	21-07-2009

TAC-SENM Sen: 4:13.00 / TAC-JUNM Jun: 4:23.00

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Gespacos-Jun-Masc	Gespacos	4:05.84	+0,62 599
	Antonio Rafael Bessa +0,62 30.71	1:03.09	Ruben Filipe Nunes +0,34 26.75	57.51
	Joao Claudio Sousa +0,54 31.85	1:06.87	Francisco Junior Ferreira +0,23 27.85	58.37
2.	Colegio Vasco da Gama-Jun-Masc	Colegio Vasco da Gama	4:06.07	+0,82 597
	Miguel Angelo Pinto +0,82 30.50	1:01.70	Pedro Ribeiro Mendes +0,38 26.93	57.65
	Antonio Ribeiro Mendes +0,18 32.33	1:10.43	Pedro Miguel Sa +0,35 26.98	56.29
3.	Braga-Jun-Masc	Braga	4:08.39	+0,65 581
	Edgar Oliveira Ribeiro +0,65 29.90	1:01.77	Ricardo Manuel Machado +0,41 28.00	1:00.82
	Hugo Miguel Silva +0,29 32.35	1:10.13	Nuno Vieira Malheiro +0,20 26.95	55.67
4.	Academica de Coimbra-Jun-Masc	Academica de Coimbra	4:08.88	+0,74 577
	Pedro Barros Mendes +0,74 32.03	1:05.58	Joao Filipe Lucas +0,22 28.04	1:00.91
	Ruben Paiva Carvalho +0,35 32.44	1:09.78	Gustavo Almeida Madureira +0,16 24.93	52.61
5.	Desportiva de Viana-Jun-Masc	Desportiva de Viana	4:09.42	+0,66 573
	Renato Mendes Pinheiro +0,66 30.48	1:02.04	Jose Enes Ribeiro +0,03 27.40	1:00.83
	Luis Pedro Ribeiro +0,21 33.26	1:12.38	Rafael Lages Ribas +0,11 24.94	54.17
6.	Sporting-Jun-Masc	Sporting	4:10.34	+0,72 567
	Bernardo Leitao Graca +0,72 31.08	1:04.69	Ricardo Verissimo Sousa 0.00 27.61	59.89
	Goncalo Miguel Serpa +0,27 33.22	1:12.71	Gustavo Manuel Santa +0,27 25.23	53.05
7.	Alcobaca-Jun-Masc	Alcobaca	4:10.69	+0,76 565
	Andre Alexandre Vicente +0,76 32.30	1:07.29	Miguel Monteiro Diogo +0,28 26.78	58.10
	Diogo Parrilha da Silva +0,42 31.43	1:09.55	Andre Filipe da Graca +0,37 26.74	55.75
8.	Vilacondense-Jun-Masc	Vilacondense	4:12.43	+0,75 553
	Carlos Manuel Cabral +0,75 31.62	1:04.76	Rui Filipe Maia +0,16 27.31	59.56
	Diogo Carmo Ramos +0,16 32.52	1:09.81	Andre Manuel Garcia +0,24 27.00	58.30
9.	Naval de Ponta Delgada-Jun-Masc	Naval de Ponta Delgada	4:14.85	+0,72 538
	Jose Goncalo Nascimento +0,72 31.89	1:05.92	Carlos Lopes Pedrosa +0,36 26.14	57.52
	Joao Pedro Braga +0,79 32.71	1:10.56	Goncalo Sampaio Garcia +0,43 28.85	1:00.85
10.	Naval do Funchal-Jun-Masc	Naval do Funchal	4:17.63	+0,65 520
	Alexandre Santos Gomes +0,65 32.94	1:07.79	Joao Pedro Vieira +0,48 28.73	1:01.21
	Joao Afonso Vargas +0,01 32.82	1:12.84	Nuno Costa Caires +0,12 26.59	55.79
11.	Feirense-Jun-Masc	Feirense	4:19.45	+0,60 509
	Diogo Antonio Carvalho +0,60 33.89	1:11.97	Emanuel Augusto Pinho +0,31 28.02	1:00.32
	Alcides Costa Sousa +0,10 32.05	1:08.98	Marcelo Fernandes Rosas +0,41 27.16	58.18

O Juiz Arbitro

O Secretariado

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1 a 3-4-2011

Prova 44, Masc., 4 x 100m Estilos

Seniores

1.	Amadora-Sen-Masc			Amadora		3:51.63	+0,68	716
	Duarte Rafael Mourao	+0,68	29.08	59.50	Simao Gomes Morgado	+0,14	24.36	53.60
	Fabio Andre Figueira	+0,30	30.54	1:06.90	Joao Silva Gigante	+0,27	24.09	51.63
2.	Sporting-Sen-Masc			Sporting		3:52.48	+0,71	708
	Alexis Manacas Santos	+0,71	27.92	57.62	Pedro Miguel Pinotes	+0,21	26.47	57.13
	Pedro Miguel Agostinho	+0,21	30.18	1:05.22	Ricardo Ferreira Cotovio	+0,31	24.78	52.51
3.	Porto/Dolce Vita-Sen-Masc			Porto/Dolce Vita		3:52.98	+0,70	704
	Samuel Patricio Queiros	+0,70	29.82	1:00.38	Carlos Filipe Santos	+0,44	25.58	56.07
	Gil Goncalves Pinto	+0,25	30.18	1:05.76	Paulo Jorge Santos	+0,24	23.95	50.77
4.	Nautico/Matobra-Sen-Masc			Nautico/Matobra		3:59.49	+0,66	648
	Mario Alexandre Pereira	+0,66	28.89	59.83	Miguel Silva Oliveira	+0,27	26.77	58.02
	Joao Albano Viola	+0,45	30.94	1:07.49	Joao Pedro Almeida	+0,17	25.24	54.15
5.	Colegio Vasco da Gama-Sen-Masc			Colegio Vasco da Gama		4:01.78	+0,72	630
	Jose Joao Bica	+0,72	30.29	1:02.11	Jorge Miguel Carmo	+0,25	27.49	58.77
	Nuno Goncalo Quintanilha	+0,27	30.47	1:05.65	Bernardo Almeida Moreira	+0,14	26.54	55.25
6.	Braga-Sen-Masc			Braga		4:04.56	+0,80	608
	Daniel Aparicio Pereira	+0,80	30.89	1:02.16	Nuno Cruz Oliveira	+0,18	27.51	58.87
	Ricardo Amorim Rego	+0,18	32.43	1:09.78	Filipe Vieira Malheiro	+0,35	25.15	53.75
7.	Nacional-Sen-Masc			Nacional		4:10.49	+0,57	566
	Diego Felipe Santos	+0,57	31.05	1:04.31	Tomas Miguel Freitas	+0,26	27.98	1:01.08
	Vitor Diogo Moura	+0,20	32.05	1:10.38	Tiago Ferreira Sousa	+0,01	25.30	54.72