

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

| Prova 26               | Masc., 800m Livres |                         |      |                 |            | Absoluto   |
|------------------------|--------------------|-------------------------|------|-----------------|------------|------------|
| 11-12-2011 - 18:15     |                    |                         |      |                 |            | Resultados |
| Rec. Nac. 25m Absoluto | 7:59.51            | Paulo Fragueiro FRANCO  | CDN  | Leiria          | 06-12-2009 |            |
| Rec. Nac. 25m Inf B    | 9:07.76            | Pedro Fontoura OLIVEIRA | CFB  | Santarem        | 06-04-2003 |            |
| Rec. Nac. 25m Inf A    | 8:42.19            | Pedro Fontoura OLIVEIRA | CFB  | Reboleira       | 27-06-2004 |            |
| Rec. Nac. 25m Juv B    | 8:27.18            | Rui Filipe COSTA        | VSC  | Senhora da Hora | 13-05-2006 |            |
| Rec. Nac. 25m Juv A    | 8:09.43            | Rui Filipe COSTA        | VSC  | Senhora da Hora | 13-05-2007 |            |
| Rec. Nac. 25m Jun      | 8:00.80            | Gustavo Manuel SANTA    | CNLA | Leiria          | 06-12-2009 |            |
| Rec. Nac. 25m Sen      | 7:59.51            | Paulo Fragueiro FRANCO  | CDN  | Leiria          | 06-12-2009 |            |

Pontos: FINA 2011

| Lugar           | Nome                  | Ano | Clube                  | Tempo Final         | TReac | Pts FINA            | Pts | Pts |
|-----------------|-----------------------|-----|------------------------|---------------------|-------|---------------------|-----|-----|
| <b>Absoluto</b> |                       |     |                        |                     |       |                     |     |     |
| 1.              | Tiago Silva OLIVEIRA  | 94  | Leixoes                | <b>8:29.50</b>      | +0,93 | 659                 |     | 25  |
|                 | 50m: 29.32 29.32      |     | 250m: 2:35.71 32.35    | 450m: 4:45.02 32.48 |       | 650m: 6:54.59 32.64 |     |     |
|                 | 100m: 59.67 30.35     |     | 300m: 3:08.01 32.30    | 500m: 5:17.51 32.49 |       | 700m: 7:27.40 32.81 |     |     |
|                 | 150m: 1:31.25 31.58   |     | 350m: 3:40.30 32.29    | 550m: 5:49.13 31.62 |       | 750m: 7:59.82 32.42 |     |     |
|                 | 200m: 2:03.36 32.11   |     | 400m: 4:12.54 32.24    | 600m: 6:21.95 32.82 |       | 800m: 8:29.50 29.68 |     |     |
| 2.              | Rui Miguel LOPES      | 94  | Natacao de Olhao       | <b>8:29.96</b>      | +0,79 | 657                 |     | 23  |
|                 | 50m: 28.65 28.65      |     | 250m: 2:34.99 32.22    | 450m: 4:44.50 32.38 |       | 650m: 6:54.36 32.64 |     |     |
|                 | 100m: 59.27 30.62     |     | 300m: 3:07.22 32.23    | 500m: 5:17.30 32.80 |       | 700m: 7:27.15 32.79 |     |     |
|                 | 150m: 1:30.67 31.40   |     | 350m: 3:39.74 32.52    | 550m: 5:49.45 32.15 |       | 750m: 7:59.57 32.42 |     |     |
|                 | 200m: 2:02.77 32.10   |     | 400m: 4:12.12 32.38    | 600m: 6:21.72 32.27 |       | 800m: 8:29.96 30.39 |     |     |
| 3.              | Joao Carlos SANTOS    | 96  | Naval Amorense         | <b>8:32.46</b>      | +0,70 | 647                 |     | 22  |
|                 | 50m: 29.44 29.44      |     | 250m: 2:38.78 32.78    | 450m: 4:50.09 33.06 |       | 650m: 6:58.91 32.36 |     |     |
|                 | 100m: 1:01.31 31.87   |     | 300m: 3:11.43 32.65    | 500m: 5:22.33 32.24 |       | 700m: 7:30.64 31.73 |     |     |
|                 | 150m: 1:33.53 32.22   |     | 350m: 3:44.39 32.96    | 550m: 5:54.14 31.81 |       | 750m: 8:01.62 30.98 |     |     |
|                 | 200m: 2:06.00 32.47   |     | 400m: 4:17.03 32.64    | 600m: 6:26.55 32.41 |       | 800m: 8:32.46 30.84 |     |     |
| 4.              | Miguel Prata SANTOS   | 96  | Viana Natacao          | <b>8:38.48</b>      | +0,85 | 625                 |     | 21  |
|                 | 50m: 28.50 28.50      |     | 250m: 2:36.94 32.23    | 450m: 4:48.80 31.95 |       | 650m: 7:01.50 32.60 |     |     |
|                 | 100m: 1:00.07 31.57   |     | 300m: 3:09.98 33.04    | 500m: 5:21.38 32.58 |       | 700m: 7:34.07 32.57 |     |     |
|                 | 150m: 1:32.18 32.11   |     | 350m: 3:43.44 33.46    | 550m: 5:54.65 33.27 |       | 750m: 8:06.70 32.63 |     |     |
|                 | 200m: 2:04.71 32.53   |     | 400m: 4:16.85 33.41    | 600m: 6:28.90 34.25 |       | 800m: 8:38.48 31.78 |     |     |
| 5.              | Goncalo Cardoso CARMO | 96  | Colegio Vasco da Gama  | <b>8:42.83</b>      | +0,73 | 610                 |     | 20  |
|                 | 50m: 28.46 28.46      |     | 250m: 2:35.88 32.31    | 450m: 4:48.08 33.20 |       | 650m: 7:02.34 33.56 |     |     |
|                 | 100m: 59.50 31.04     |     | 300m: 3:08.72 32.84    | 500m: 5:21.37 33.29 |       | 700m: 7:36.26 33.92 |     |     |
|                 | 150m: 1:31.43 31.93   |     | 350m: 3:41.89 33.17    | 550m: 5:54.77 33.40 |       | 750m: 8:09.94 33.68 |     |     |
|                 | 200m: 2:03.57 32.14   |     | 400m: 4:14.88 32.99    | 600m: 6:28.78 34.01 |       | 800m: 8:42.83 32.89 |     |     |
| 6.              | Miguel Filipe PINTO   | 96  | Ginasio de Santo Tirso | <b>8:58.92</b>      | +0,96 | 557                 |     | 19  |
|                 | 50m: 29.22 29.22      |     | 250m: 2:43.75 34.27    | 450m: 5:00.60 34.30 |       | 650m: 7:18.83 34.18 |     |     |
|                 | 100m: 1:01.62 32.40   |     | 300m: 3:17.43 33.68    | 500m: 5:35.35 34.75 |       | 700m: 7:53.49 34.66 |     |     |
|                 | 150m: 1:35.27 33.65   |     | 350m: 3:51.95 34.52    | 550m: 6:09.68 34.33 |       | 750m: 8:27.54 34.05 |     |     |
|                 | 200m: 2:09.48 34.21   |     | 400m: 4:26.30 34.35    | 600m: 6:44.65 34.97 |       | 800m: 8:58.92 31.38 |     |     |
| 7.              | Tiago Manuel TEIXEIRA | 96  | Fafe                   | <b>9:00.76</b>      | +0,74 | 551                 |     | 18  |
|                 | 50m: 28.62 28.62      |     | 250m: 2:38.64 32.68    | 450m: 4:55.10 35.11 |       | 650m: 7:18.52 36.34 |     |     |
|                 | 100m: 1:00.98 32.36   |     | 300m: 3:11.60 32.96    | 500m: 5:30.46 35.36 |       | 700m: 7:53.38 34.86 |     |     |
|                 | 150m: 1:33.42 32.44   |     | 350m: 3:45.37 33.77    | 550m: 6:06.10 35.64 |       | 750m: 8:28.31 34.93 |     |     |
|                 | 200m: 2:05.96 32.54   |     | 400m: 4:19.99 34.62    | 600m: 6:42.18 36.08 |       | 800m: 9:00.76 32.45 |     |     |
| 8.              | Miguel Duarte MOREIRA | 96  | Belenenses             | <b>9:02.60</b>      | +0,81 | 545                 |     | 17  |
|                 | 50m: 27.69 27.69      |     | 250m: 2:42.11 34.03    | 450m: 4:59.76 34.70 |       | 650m: 7:19.81 35.26 |     |     |
|                 | 100m: 1:00.31 32.62   |     | 300m: 3:16.29 34.18    | 500m: 5:34.69 34.93 |       | 700m: 7:54.51 34.70 |     |     |
|                 | 150m: 1:34.34 34.03   |     | 350m: 3:50.49 34.20    | 550m: 6:09.66 34.97 |       | 750m: 8:28.88 34.37 |     |     |
|                 | 200m: 2:08.08 33.74   |     | 400m: 4:25.06 34.57    | 600m: 6:44.55 34.89 |       | 800m: 9:02.60 33.72 |     |     |

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

## Prova 26, Masc., 800m Livres, Absoluto

| Lugar | Nome                    | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts | Pts |
|-------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|-----|
| 9.    | Leonardo Peralta REIS   | 96                  | Benedita                  | <b>9:05.34</b>      | +0,95 | 537      |     | 16  |
|       | 50m: 29.79 29.79        | 250m: 2:45.97 34.69 | 450m: 5:04.50 35.13       | 650m: 7:23.41 34.57 |       |          |     |     |
|       | 100m: 1:02.57 32.78     | 300m: 3:20.32 34.35 | 500m: 5:39.44 34.94       | 700m: 7:58.90 35.49 |       |          |     |     |
|       | 150m: 1:36.85 34.28     | 350m: 3:54.90 34.58 | 550m: 6:13.97 34.53       | 750m: 8:34.07 35.17 |       |          |     |     |
|       | 200m: 2:11.28 34.43     | 400m: 4:29.37 34.47 | 600m: 6:48.84 34.87       | 800m: 9:05.34 31.27 |       |          |     |     |
| 10.   | Tomas Antonio AZEVEDO   | 96                  | Kainagua                  | <b>9:11.12</b>      | +0,82 | 520      |     | 15  |
|       | 50m: 30.57 30.57        | 250m: 2:46.40 34.15 | 450m: 5:05.15 34.77       | 650m: 7:26.29 35.43 |       |          |     |     |
|       | 100m: 1:04.55 33.98     | 300m: 3:20.67 34.27 | 500m: 5:40.36 35.21       | 700m: 8:01.84 35.55 |       |          |     |     |
|       | 150m: 1:38.10 33.55     | 350m: 3:55.41 34.74 | 550m: 6:15.49 35.13       | 750m: 8:36.91 35.07 |       |          |     |     |
|       | 200m: 2:12.25 34.15     | 400m: 4:30.38 34.97 | 600m: 6:50.86 35.37       | 800m: 9:11.12 34.21 |       |          |     |     |
| 11.   | Joao Manuel BORGES      | 94                  | Ginasio Figueirense       | <b>9:12.75</b>      | +0,95 | 516      |     | 14  |
|       | 50m: 29.96 29.96        | 250m: 2:47.04 35.01 | 450m: 5:07.63 35.26       | 650m: 7:28.70 35.24 |       |          |     |     |
|       | 100m: 1:03.33 33.37     | 300m: 3:22.03 34.99 | 500m: 5:43.07 35.44       | 700m: 8:04.22 35.52 |       |          |     |     |
|       | 150m: 1:37.70 34.37     | 350m: 3:57.26 35.23 | 550m: 6:18.27 35.20       | 750m: 8:39.06 34.84 |       |          |     |     |
|       | 200m: 2:12.03 34.33     | 400m: 4:32.37 35.11 | 600m: 6:53.46 35.19       | 800m: 9:12.75 33.69 |       |          |     |     |
| 12.   | Luis Carlos OLIVEIRA    | 97                  | Natacao da Maia           | <b>9:13.87</b>      | +0,82 | 513      |     | 13  |
|       | 50m: 30.16 30.16        | 250m: 2:46.92 34.91 | 450m: 5:07.59 35.41       | 650m: 7:28.54 35.46 |       |          |     |     |
|       | 100m: 1:03.53 33.37     | 300m: 3:21.79 34.87 | 500m: 5:42.77 35.18       | 700m: 8:04.03 35.49 |       |          |     |     |
|       | 150m: 1:37.42 33.89     | 350m: 3:57.14 35.35 | 550m: 6:17.42 34.65       | 750m: 8:39.38 35.35 |       |          |     |     |
|       | 200m: 2:12.01 34.59     | 400m: 4:32.18 35.04 | 600m: 6:53.08 35.66       | 800m: 9:13.87 34.49 |       |          |     |     |
| 13.   | Filipe Ricardo AZEVEDO  | 93                  | Aminata                   | <b>9:14.94</b>      | +0,79 | 510      |     | 12  |
|       | 50m: 28.89 28.89        | 250m: 2:44.93 34.44 | 450m: 5:05.35 35.33       | 650m: 7:28.69 36.13 |       |          |     |     |
|       | 100m: 1:01.90 33.01     | 300m: 3:19.66 34.73 | 500m: 5:40.94 35.59       | 700m: 8:04.31 35.62 |       |          |     |     |
|       | 150m: 1:35.94 34.04     | 350m: 3:54.97 35.31 | 550m: 6:16.60 35.66       | 750m: 8:40.17 35.86 |       |          |     |     |
|       | 200m: 2:10.49 34.55     | 400m: 4:30.02 35.05 | 600m: 6:52.56 35.96       | 800m: 9:14.94 34.77 |       |          |     |     |
| 14.   | Daniel Filipe LOPES     | 96                  | Natacao de Vila Real      | <b>9:22.04</b>      | +0,66 | 491      |     | 11  |
|       | 50m: 29.64 29.64        | 250m: 2:47.59 35.19 | 450m: 5:09.44 35.35       | 650m: 7:34.85 36.61 |       |          |     |     |
|       | 100m: 1:02.68 33.04     | 300m: 3:22.58 34.99 | 500m: 5:45.42 35.98       | 700m: 8:11.22 36.37 |       |          |     |     |
|       | 150m: 1:37.17 34.49     | 350m: 3:58.17 35.59 | 550m: 6:21.43 36.01       | 750m: 8:47.52 36.30 |       |          |     |     |
|       | 200m: 2:12.40 35.23     | 400m: 4:34.09 35.92 | 600m: 6:58.24 36.81       | 800m: 9:22.04 34.52 |       |          |     |     |
| 15.   | Jorge Miguel TELO       | 95                  | Litoral Alentejano        | <b>9:23.34</b>      | +0,74 | 487      |     | 10  |
|       | 50m: 31.32 31.32        | 250m: 2:51.21 35.49 | 450m: 5:13.32 35.38       | 650m: 7:36.76 36.13 |       |          |     |     |
|       | 100m: 1:05.54 34.22     | 300m: 3:27.16 35.95 | 500m: 5:48.34 35.02       | 700m: 8:13.33 36.57 |       |          |     |     |
|       | 150m: 1:40.39 34.85     | 350m: 4:02.27 35.11 | 550m: 6:24.51 36.17       | 750m: 8:49.50 36.17 |       |          |     |     |
|       | 200m: 2:15.72 35.33     | 400m: 4:37.94 35.67 | 600m: 7:00.63 36.12       | 800m: 9:23.34 33.84 |       |          |     |     |
| 16.   | Joao Luis BAETA         | 94                  | Scalabisport              | <b>9:24.53</b>      | +0,73 | 484      |     | 9   |
|       | 50m: 30.54 30.54        | 250m: 2:48.04 34.91 | 450m: 5:10.64 36.31       | 650m: 7:37.12 37.20 |       |          |     |     |
|       | 100m: 1:03.94 33.40     | 300m: 3:23.26 35.22 | 500m: 5:46.94 36.30       | 700m: 8:13.23 36.11 |       |          |     |     |
|       | 150m: 1:38.45 34.51     | 350m: 3:58.45 35.19 | 550m: 6:23.56 36.62       | 750m: 8:49.61 36.38 |       |          |     |     |
|       | 200m: 2:13.13 34.68     | 400m: 4:34.33 35.88 | 600m: 6:59.92 36.36       | 800m: 9:24.53 34.92 |       |          |     |     |
| 17.   | Joao Miguel MANSOS      | 94                  | Lisnave                   | <b>9:31.22</b>      | +0,80 | 467      |     | 8   |
|       | 50m: 31.20 31.20        | 250m: 2:52.79 35.61 | 450m: 5:17.09 36.04       | 650m: 7:43.53 36.59 |       |          |     |     |
|       | 100m: 1:05.68 34.48     | 300m: 3:28.96 36.17 | 500m: 5:53.64 36.55       | 700m: 8:20.03 36.50 |       |          |     |     |
|       | 150m: 1:41.30 35.62     | 350m: 4:04.95 35.99 | 550m: 6:30.23 36.59       | 750m: 8:56.16 36.13 |       |          |     |     |
|       | 200m: 2:17.18 35.88     | 400m: 4:41.05 36.10 | 600m: 7:06.94 36.71       | 800m: 9:31.22 35.06 |       |          |     |     |
| 18.   | Alexandre Miguel MENDES | 86                  | Estrelas S. Joao de Brito | <b>9:36.87</b>      | +0,94 | 454      |     | 7   |
|       | 50m: 31.52 31.52        | 250m: 2:54.31 36.77 | 450m: 5:20.04 36.03       | 650m: 7:47.24 36.65 |       |          |     |     |
|       | 100m: 1:05.56 34.04     | 300m: 3:31.31 37.00 | 500m: 5:56.63 36.59       | 700m: 8:24.26 37.02 |       |          |     |     |
|       | 150m: 1:41.11 35.55     | 350m: 4:07.82 36.51 | 550m: 6:33.60 36.97       | 750m: 9:01.03 36.77 |       |          |     |     |
|       | 200m: 2:17.54 36.43     | 400m: 4:44.01 36.19 | 600m: 7:10.59 36.99       | 800m: 9:36.87 35.84 |       |          |     |     |

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

## Prova 26, Masc., 800m Livres, Absoluto

| Lugar | Nome                 | Ano                 | Clube                   | Tempo Final          | TReac | Pts FINA | Pts | Pts |
|-------|----------------------|---------------------|-------------------------|----------------------|-------|----------|-----|-----|
| 19.   | Tiago Ramos GOMES    | 94                  | Bombeiros Ponta Delgada | <b>9:39.23</b>       | +0,75 | 448      |     | 6   |
|       | 50m: 31.08 31.08     | 250m: 2:53.97 36.24 | 450m: 5:20.32 36.38     | 650m: 7:48.70 37.29  |       |          |     |     |
|       | 100m: 1:05.58 34.50  | 300m: 3:30.57 36.60 | 500m: 5:56.89 36.57     | 700m: 8:26.43 37.73  |       |          |     |     |
|       | 150m: 1:41.49 35.91  | 350m: 4:07.16 36.59 | 550m: 6:33.97 37.08     | 750m: 9:03.58 37.15  |       |          |     |     |
|       | 200m: 2:17.73 36.24  | 400m: 4:43.94 36.78 | 600m: 7:11.41 37.44     | 800m: 9:39.23 35.65  |       |          |     |     |
| 20.   | Pedro Miguel REIS    | 96                  | Sporting de Espinho     | <b>9:45.40</b>       | +0,85 | 434      |     | 5   |
|       | 50m: 30.55 30.55     | 250m: 2:56.26 37.12 | 450m: 5:25.92 37.10     | 650m: 7:55.09 37.46  |       |          |     |     |
|       | 100m: 1:05.64 35.09  | 300m: 3:33.64 37.38 | 500m: 6:03.55 37.63     | 700m: 8:32.51 37.42  |       |          |     |     |
|       | 150m: 1:42.12 36.48  | 350m: 4:10.82 37.18 | 550m: 6:40.83 37.28     | 750m: 9:09.34 36.83  |       |          |     |     |
|       | 200m: 2:19.14 37.02  | 400m: 4:48.82 38.00 | 600m: 7:17.63 36.80     | 800m: 9:45.40 36.06  |       |          |     |     |
| 21.   | Mario Pinto AMORIM   | 94                  | BUZIOS-Coruche          | <b>9:47.48</b>       | +1,10 | 429      |     | 4   |
|       | 50m: 32.69 32.69     | 250m: 3:01.49 38.22 | 450m: 5:30.50 37.40     | 650m: 8:01.10 37.68  |       |          |     |     |
|       | 100m: 1:08.30 35.61  | 300m: 3:39.12 37.63 | 500m: 6:08.65 38.15     | 700m: 8:37.93 36.83  |       |          |     |     |
|       | 150m: 1:45.38 37.08  | 350m: 4:16.01 36.89 | 550m: 6:46.15 37.50     | 750m: 9:14.53 36.60  |       |          |     |     |
|       | 200m: 2:23.27 37.89  | 400m: 4:53.10 37.09 | 600m: 7:23.42 37.27     | 800m: 9:47.48 32.95  |       |          |     |     |
| 22.   | Vasco Andre PESSOA   | 89                  | Nautica do Seixal       | <b>9:47.84</b>       | +1,02 | 429      |     | 3   |
|       | 50m: 31.26 31.26     | 250m: 2:53.51 36.29 | 450m: 5:23.15 37.76     | 650m: 7:56.33 38.17  |       |          |     |     |
|       | 100m: 1:05.43 34.17  | 300m: 3:30.90 37.39 | 500m: 6:01.27 38.12     | 700m: 8:33.63 37.30  |       |          |     |     |
|       | 150m: 1:40.74 35.31  | 350m: 4:08.32 37.42 | 550m: 6:40.21 38.94     | 750m: 9:11.29 37.66  |       |          |     |     |
|       | 200m: 2:17.22 36.48  | 400m: 4:45.39 37.07 | 600m: 7:18.16 37.95     | 800m: 9:47.84 36.55  |       |          |     |     |
| 23.   | Diogo de SOUSA       | 95                  | Ginasio de Vila Real    | <b>10:02.65</b>      | +0,87 | 398      |     | 2   |
|       | 50m: 30.90 30.90     | 250m: 2:55.69 37.72 | 450m: 5:28.90 38.61     | 650m: 8:05.70 39.07  |       |          |     |     |
|       | 100m: 1:05.34 34.44  | 300m: 3:33.98 38.29 | 500m: 6:08.03 39.13     | 700m: 8:45.29 39.59  |       |          |     |     |
|       | 150m: 1:41.04 35.70  | 350m: 4:12.09 38.11 | 550m: 6:47.59 39.56     | 750m: 9:24.93 39.64  |       |          |     |     |
|       | 200m: 2:17.97 36.93  | 400m: 4:50.29 38.20 | 600m: 7:26.63 39.04     | 800m: 10:02.65 37.72 |       |          |     |     |
| 24.   | Filipe Jose BAPTISTA | 94                  | Feirense                | <b>10:05.04</b>      | +0,79 | 393      |     | 1   |
|       | 50m: 31.84 31.84     | 250m: 3:00.24 38.07 | 450m: 5:33.92 38.80     | 650m: 8:09.77 39.26  |       |          |     |     |
|       | 100m: 1:07.50 35.66  | 300m: 3:38.36 38.12 | 500m: 6:12.68 38.76     | 700m: 8:48.61 38.84  |       |          |     |     |
|       | 150m: 1:44.61 37.11  | 350m: 4:16.49 38.13 | 550m: 6:51.51 38.83     | 750m: 9:27.80 39.19  |       |          |     |     |
|       | 200m: 2:22.17 37.56  | 400m: 4:55.12 38.63 | 600m: 7:30.51 39.00     | 800m: 10:05.04 37.24 |       |          |     |     |