

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

1 - 1ª Jornada - 1ª Sessão

05-04-2012 - 9:30

Prova 1 Femin., 800m Livres 15 anos e mais velhos
05-04-2012 - 9:30 Resultados

Recordes Nacionais 50m Absoluto	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011
Recordes Nacionais 50m Jun	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Sen	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011

TAC-SENF Sen: 9:35.00 / TAC-JUNF Jun: 9:45.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
Juniores							
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	9:04.57	+0,89	746	
	50m: 31.43 31.43	250m: 2:46.83	34.06	450m: 5:03.73	34.24	650m: 7:22.43	34.67
	100m: 1:04.82 33.39	300m: 3:21.11	34.28	500m: 5:38.34	34.61	700m: 7:57.07	34.64
	150m: 1:38.78 33.96	350m: 3:55.33	34.22	550m: 6:12.99	34.65	750m: 8:31.34	34.27
	200m: 2:12.77 33.99	400m: 4:29.49	34.16	600m: 6:47.76	34.77	800m: 9:04.57	33.23
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	9:09.86	+0,92	725	
	50m: 30.93 30.93	250m: 2:48.30	34.86	450m: 5:07.36	34.95	650m: 7:27.17	34.94
	100m: 1:04.39 33.46	300m: 3:22.88	34.58	500m: 5:42.14	34.78	700m: 8:02.19	35.02
	150m: 1:38.88 34.49	350m: 3:57.57	34.69	550m: 6:17.47	35.33	750m: 8:36.72	34.53
	200m: 2:13.44 34.56	400m: 4:32.41	34.84	600m: 6:52.23	34.76	800m: 9:09.86	33.14
3.	Ines Alexandra Paiva	96	Alges	9:20.07	+0,82	686	
	50m: 32.38 32.38	250m: 2:52.43	35.30	450m: 5:14.06	35.48	650m: 7:35.75	35.57
	100m: 1:06.72 34.34	300m: 3:27.69	35.26	500m: 5:49.25	35.19	700m: 8:10.96	35.21
	150m: 1:41.91 35.19	350m: 4:03.24	35.55	550m: 6:24.92	35.67	750m: 8:46.16	35.20
	200m: 2:17.13 35.22	400m: 4:38.58	35.34	600m: 7:00.18	35.26	800m: 9:20.07	33.91
4.	Maria Teresa Amorim	97	Porto	9:20.22	+0,91	686	
	50m: 32.04 32.04	250m: 2:52.92	35.65	450m: 5:14.94	35.62	650m: 7:36.61	35.75
	100m: 1:06.43 34.39	300m: 3:28.26	35.34	500m: 5:49.96	35.02	700m: 8:11.91	35.30
	150m: 1:41.87 35.44	350m: 4:03.88	35.62	550m: 6:25.41	35.45	750m: 8:47.17	35.26
	200m: 2:17.27 35.40	400m: 4:39.32	35.44	600m: 7:00.86	35.45	800m: 9:20.22	33.05
5.	Barbara Marques Rodrigues	97	Alges	9:28.14	+0,85	657	
	50m: 31.65 31.65	250m: 2:54.84	35.79	450m: 5:18.27	35.77	650m: 7:41.11	36.13
	100m: 1:06.92 35.27	300m: 3:30.83	35.99	500m: 5:53.74	35.47	700m: 8:17.17	36.06
	150m: 1:42.61 35.69	350m: 4:06.47	35.64	550m: 6:29.38	35.64	750m: 8:52.79	35.62
	200m: 2:19.05 36.44	400m: 4:42.50	36.03	600m: 7:04.98	35.60	800m: 9:28.14	35.35
6.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:30.76	+0,80	648	
	50m: 31.55 31.55	250m: 2:52.90	35.45	450m: 5:16.84	35.95	650m: 7:41.91	36.39
	100m: 1:06.81 35.26	300m: 3:28.97	36.07	500m: 5:53.34	36.50	700m: 8:18.94	37.03
	150m: 1:41.81 35.00	350m: 4:04.77	35.80	550m: 6:29.09	35.75	750m: 8:55.17	36.23
	200m: 2:17.45 35.64	400m: 4:40.89	36.12	600m: 7:05.52	36.43	800m: 9:30.76	35.59
7.	Ana Isabel Neves	96	Pimpoes/Cimai	9:43.92	+0,82	605	
	50m: 32.32 32.32	250m: 2:57.48	37.10	450m: 5:27.60	37.49	650m: 7:54.80	36.33
	100m: 1:07.25 34.93	300m: 3:34.98	37.50	500m: 6:04.80	37.20	700m: 8:32.08	37.28
	150m: 1:43.64 36.39	350m: 4:12.44	37.46	550m: 6:41.68	36.88	750m: 9:07.72	35.64
	200m: 2:20.38 36.74	400m: 4:50.11	37.67	600m: 7:18.47	36.79	800m: 9:43.92	36.20
8.	Adriana Daniela Castro	97	Porto	9:44.21	+0,84	604	
	50m: 31.33 31.33	250m: 2:58.73	36.62	450m: 5:27.01	37.40	650m: 7:55.71	36.98
	100m: 1:06.99 35.66	300m: 3:36.13	37.40	500m: 6:04.51	37.50	700m: 8:32.70	36.99
	150m: 1:44.49 37.50	350m: 4:12.30	36.17	550m: 6:41.30	36.79	750m: 9:09.21	36.51
	200m: 2:22.11 37.62	400m: 4:49.61	37.31	600m: 7:18.73	37.43	800m: 9:44.21	35.00

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 1, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Diana Margarida Duraes	96	Foca	9:44.35	+0,76	604
	50m: 31.10 31.10	250m: 2:52.33 35.85	450m: 5:20.85 36.76	650m: 7:51.97 37.70		
	100m: 1:05.44 34.34	300m: 3:29.57 37.24	500m: 5:58.84 37.99	700m: 8:30.03 38.06		
	150m: 1:40.40 34.96	350m: 4:06.54 36.97	550m: 6:36.34 37.50	750m: 9:07.31 37.28		
	200m: 2:16.48 36.08	400m: 4:44.09 37.55	600m: 7:14.27 37.93	800m: 9:44.35 37.04		
10.	Ana Filipa Martins	97	Foca	9:47.58	+0,86	594
	<i>FTL</i>					
	50m: 32.12 32.12	250m: 2:58.61 36.95	450m: 5:27.12 37.29	650m: 7:56.69 37.40		
	100m: 1:07.87 35.75	300m: 3:35.81 37.20	500m: 6:04.43 37.31	700m: 8:33.86 37.17		
	150m: 1:44.62 36.75	350m: 4:12.44 36.63	550m: 6:41.85 37.42	750m: 9:10.79 36.93		
	200m: 2:21.66 37.04	400m: 4:49.83 37.39	600m: 7:19.29 37.44	800m: 9:47.58 36.79		

Seniores

1.	Angelica Maria Andre	94	Leixoes	9:02.70	+0,81	754
	50m: 31.31 31.31	250m: 2:45.13 34.02	450m: 5:01.93 34.07	650m: 7:19.78 34.42		
	100m: 1:04.30 32.99	300m: 3:19.36 34.23	500m: 5:36.37 34.44	700m: 7:54.29 34.51		
	150m: 1:37.31 33.01	350m: 3:53.65 34.29	550m: 6:10.78 34.41	750m: 8:28.90 34.61		
	200m: 2:11.11 33.80	400m: 4:27.86 34.21	600m: 6:45.36 34.58	800m: 9:02.70 33.80		
2.	Joana Filipa Santos	93	Vitoria de Guimaraes	9:09.33	+0,89	727
	50m: 30.04 30.04	250m: 2:45.91 34.32	450m: 5:05.30 34.94	650m: 7:26.73 35.24		
	100m: 1:03.33 33.29	300m: 3:20.78 34.87	500m: 5:40.87 35.57	700m: 8:02.12 35.39		
	150m: 1:37.29 33.96	350m: 3:55.40 34.62	550m: 6:16.07 35.20	750m: 8:36.48 34.36		
	200m: 2:11.59 34.30	400m: 4:30.36 34.96	600m: 6:51.49 35.42	800m: 9:09.33 32.85		
3.	Maria Luis Amorim	95	Porto	9:18.34	+0,93	693
	50m: 31.13 31.13	250m: 2:49.50 34.87	450m: 5:09.97 34.96	650m: 7:32.01 35.63		
	100m: 1:05.07 33.94	300m: 3:24.65 35.15	500m: 5:45.21 35.24	700m: 8:07.74 35.73		
	150m: 1:39.93 34.86	350m: 3:59.59 34.94	550m: 6:20.94 35.73	750m: 8:43.31 35.57		
	200m: 2:14.63 34.70	400m: 4:35.01 35.42	600m: 6:56.38 35.44	800m: 9:18.34 35.03		
4.	Ana Goncalves Neto	95	Porto	9:21.06	+0,96	682
	50m: 31.62 31.62	250m: 2:50.87 35.50	450m: 5:12.28 34.75	650m: 7:34.60 36.01		
	100m: 1:05.41 33.79	300m: 3:26.20 35.33	500m: 5:47.29 35.01	700m: 8:10.68 36.08		
	150m: 1:40.43 35.02	350m: 4:01.91 35.71	550m: 6:22.97 35.68	750m: 8:46.70 36.02		
	200m: 2:15.37 34.94	400m: 4:37.53 35.62	600m: 6:58.59 35.62	800m: 9:21.06 34.36		
5.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	9:22.33	+0,94	678
	50m: 31.25 31.25	250m: 2:50.10 35.39	450m: 5:13.25 36.52	650m: 7:40.35 37.19		
	100m: 1:05.11 33.86	300m: 3:25.76 35.66	500m: 5:49.63 36.38	700m: 8:17.30 36.95		
	150m: 1:39.63 34.52	350m: 4:01.32 35.56	550m: 6:26.40 36.77	750m: 8:49.78 32.48		
	200m: 2:14.71 35.08	400m: 4:36.73 35.41	600m: 7:03.16 36.76	800m: 9:22.33 32.55		
6.	Leonor Mourinho Neves	95	Sporting	9:24.91	+0,80	669
	50m: 32.02 32.02	250m: 2:51.30 35.54	450m: 5:13.38 35.24	650m: 7:37.47 36.15		
	100m: 1:06.14 34.12	300m: 3:26.92 35.62	500m: 5:49.03 35.65	700m: 8:13.64 36.17		
	150m: 1:40.73 34.59	350m: 4:02.48 35.56	550m: 6:25.16 36.13	750m: 8:49.87 36.23		
	200m: 2:15.76 35.03	400m: 4:38.14 35.66	600m: 7:01.32 36.16	800m: 9:24.91 35.04		
7.	Joana Aguiar Rodrigues	93	Porto	9:29.93	+0,94	651
	50m: 30.62 30.62	250m: 2:49.91 35.14	450m: 5:14.14 35.65	650m: 7:41.17 36.72		
	100m: 1:04.49 33.87	300m: 3:26.21 36.30	500m: 5:51.28 37.14	700m: 8:18.04 36.87		
	150m: 1:39.21 34.72	350m: 4:02.09 35.88	550m: 6:27.42 36.14	750m: 8:54.08 36.04		
	200m: 2:14.77 35.56	400m: 4:38.49 36.40	600m: 7:04.45 37.03	800m: 9:29.93 35.85		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 1, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Vania Soares Neves	90	Viana Natacao	9:31.06	+0,84	647	
	50m: 32.56 32.56	250m: 2:53.99	35.62	450m: 5:17.16	35.66	650m: 7:42.75	36.60
	100m: 1:07.32 34.76	300m: 3:29.94	35.95	500m: 5:53.55	36.39	700m: 8:18.98	36.23
	150m: 1:42.61 35.29	350m: 4:05.68	35.74	550m: 6:29.59	36.04	750m: 8:55.32	36.34
	200m: 2:18.37 35.76	400m: 4:41.50	35.82	600m: 7:06.15	36.56	800m: 9:31.06	35.74
9.	Joana Filipa Capela	89	Benfica	9:34.41	+0,77	636	
	50m: 32.16 32.16	250m: 2:53.74	36.24	450m: 5:18.13	36.34	650m: 7:45.27	37.63
	100m: 1:06.65 34.49	300m: 3:29.35	35.61	500m: 5:54.20	36.07	700m: 8:21.97	36.70
	150m: 1:42.25 35.60	350m: 4:05.71	36.36	550m: 6:30.74	36.54	750m: 8:59.07	37.10
	200m: 2:17.50 35.25	400m: 4:41.79	36.08	600m: 7:07.64	36.90	800m: 9:34.41	35.34
10.	Marta Alexandra Saraiva <i>FTL</i>	93	Uniao Piedense	9:39.30	+0,92	620	
	50m: 31.94 31.94	250m: 2:54.54	36.13	450m: 5:21.55	36.70	650m: 7:50.18	36.79
	100m: 1:06.67 34.73	300m: 3:31.19	36.65	500m: 5:58.95	37.40	700m: 8:27.34	37.16
	150m: 1:42.04 35.37	350m: 4:07.75	36.56	550m: 6:36.01	37.06	750m: 9:03.67	36.33
	200m: 2:18.41 36.37	400m: 4:44.85	37.10	600m: 7:13.39	37.38	800m: 9:39.30	35.63
11.	Catia Andreia Clara <i>FTL</i>	95	Nautico da Marinha Grande	9:39.45	+0,90	620	
	50m: 33.03 33.03	250m: 2:59.01	36.82	450m: 5:24.87	36.51	650m: 7:50.90	36.57
	100m: 1:08.63 35.60	300m: 3:35.40	36.39	500m: 6:01.05	36.18	700m: 8:27.21	36.31
	150m: 1:45.52 36.89	350m: 4:12.16	36.76	550m: 6:37.85	36.80	750m: 9:04.00	36.79
	200m: 2:22.19 36.67	400m: 4:48.36	36.20	600m: 7:14.33	36.48	800m: 9:39.45	35.45
12.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	9:44.35	+0,76	604	
	50m: 32.59 32.59	250m: 2:59.25	37.11	450m: 5:27.49	37.04	650m: 7:55.23	36.82
	100m: 1:08.43 35.84	300m: 3:36.07	36.82	500m: 6:04.39	36.90	700m: 8:32.73	37.50
	150m: 1:45.42 36.99	350m: 4:13.10	37.03	550m: 6:41.40	37.01	750m: 9:09.39	36.66
	200m: 2:22.14 36.72	400m: 4:50.45	37.35	600m: 7:18.41	37.01	800m: 9:44.35	34.96
13.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	9:48.32	+1,00	592	
	50m: 32.99 32.99	250m: 2:58.89	37.06	450m: 5:28.94	37.99	650m: 8:00.29	37.60
	100m: 1:08.29 35.30	300m: 3:35.95	37.06	500m: 6:06.80	37.86	700m: 8:37.43	37.14
	150m: 1:44.78 36.49	350m: 4:13.37	37.42	550m: 6:45.02	38.22	750m: 9:13.68	36.25
	200m: 2:21.83 37.05	400m: 4:50.95	37.58	600m: 7:22.69	37.67	800m: 9:48.32	34.64

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 2 Masc., 200m Livres 17 anos e mais velhos
05-04-2012 - 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: 1:57.00 / TAC-JUNM Jun: 2:01.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	1:56.54	+0,74	670
	50m: 27.43 27.43	100m: 57.81 30.38	150m: 1:27.87	30.06	200m: 1:56.54	28.67
2.	Joao Duarte Santos	95	Natacao de Olhao	1:56.59	+0,74	669
	50m: 27.34 27.34	100m: 57.64 30.30	150m: 1:27.45	29.81	200m: 1:56.59	29.14
3.	Tiago Silva Oliveira	94	Leixoes	1:58.13	+0,70	643
	50m: 27.64 27.64	100m: 57.72 30.08	150m: 1:27.92	30.20	200m: 1:58.13	30.21
4.	Pedro Andre Santos	94	Alges	1:58.71	+0,71	634
	50m: 27.38 27.38	100m: 57.68 30.30	150m: 1:28.14	30.46	200m: 1:58.71	30.57
5.	Tiago Ferreira Azevedo	95	Naval Amorense	1:58.91	+0,75	631
	50m: 27.91 27.91	100m: 58.18 30.27	150m: 1:29.10	30.92	200m: 1:58.91	29.81
6.	Mario Rui Cruz	94	Amadora	1:59.22	+0,69	626
	50m: 27.07 27.07	100m: 56.43 29.36	150m: 1:27.56	31.13	200m: 1:59.22	31.66
7.	Ivo Andre Lopes	94	Scalabisport	1:59.59	+0,73	620
	50m: 27.90 27.90	100m: 58.11 30.21	150m: 1:28.96	30.85	200m: 1:59.59	30.63
8.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	2:03.95	+0,73	557
	<i>FTL</i>					
	50m: 28.76 28.76	100m: 1:00.35 31.59	150m: 1:32.62	32.27	200m: 2:03.95	31.33
9.	Antonio Jorge Rocha	94	Penafiel	2:05.55	+0,78	536
	<i>FTL</i>					
	50m: 27.38 27.38	100m: 58.20 30.82	150m: 1:31.59	33.39	200m: 2:05.55	33.96
Seniores						
1.	Mario Alexandre Pereira	92	Nautico/Matobra	1:49.68	+0,70	804
	50m: 25.42 25.42	100m: 52.92 27.50	150m: 1:21.12	28.20	200m: 1:49.68	28.56
2.	Duarte Rafael Mourao	84	Amadora	1:51.85	+0,79	758
	50m: 26.66 26.66	100m: 55.44 28.78	150m: 1:23.75	28.31	200m: 1:51.85	28.10
3.	Gustavo Manuel Santa	93	Sporting	1:52.95	+0,70	736
	50m: 26.50 26.50	100m: 54.77 28.27	150m: 1:23.71	28.94	200m: 1:52.95	29.24
4.	Luis Emanuel Vaz	91	Famalicao	1:53.21	+0,88	731
	50m: 26.09 26.09	100m: 54.32 28.23	150m: 1:23.28	28.96	200m: 1:53.21	29.93
5.	Fabio Manuel Pereira	86	Vilacondense	1:53.62	+0,81	723
	50m: 26.77 26.77	100m: 55.86 29.09	150m: 1:24.93	29.07	200m: 1:53.62	28.69
6.	Luis Marques Pinto	87	Naval do Funchal	1:53.92	+0,70	717
	50m: 26.61 26.61	100m: 55.23 28.62	150m: 1:24.97	29.74	200m: 1:53.92	28.95

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 2, Masc., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ricardo Ferreira Cotovio	91	Sporting	1:54.57	+0,64	705
	50m: 26.06 26.06	100m: 54.64 28.58	150m: 1:24.44	29.80	200m: 1:54.57	30.13
8.	Mario Andre Bonanca	90	Sporting	1:56.02	+0,80	679
	50m: 27.16 27.16	100m: 56.50 29.34	150m: 1:26.28	29.78	200m: 1:56.02	29.74
9.	Jorge Manuel Maia	89	Famalicao	1:56.08	+0,73	678
	50m: 26.79 26.79	100m: 55.41 28.62	150m: 1:25.46	30.05	200m: 1:56.08	30.62
10.	Cesar Fernando Faria	90	BA/Mr.Pizza	1:56.17	+0,79	676
	50m: 26.62 26.62	100m: 55.79 29.17	150m: 1:25.69	29.90	200m: 1:56.17	30.48
11.	Ricardo Manuel Machado <i>FTL</i>	93	Braga	1:57.10	+0,78	660
	50m: 27.44 27.44	100m: 56.07 28.63	150m: 1:25.56	29.49	200m: 1:57.10	31.54
12.	Adriano Miguel Niz <i>FTL</i>	86	Famalicao	1:57.81	+0,73	649
	50m: 27.24 27.24	100m: 56.73 29.49	150m: 1:27.19	30.46	200m: 1:57.81	30.62
13.	Rui Filipe Costa <i>FTL</i>	91	Vitoria de Guimaraes	1:57.83	+0,74	648
	50m: 27.82 27.82	100m: 57.96 30.14	150m: 1:28.73	30.77	200m: 1:57.83	29.10
14.	Andre Duarte Vaz <i>FTL</i>	93	Nautico/Matobra	1:58.14	+0,76	643
	50m: 27.80 27.80	100m: 57.84 30.04	150m: 1:27.76	29.92	200m: 1:58.14	30.38
15.	Joao Pedro Almeida <i>FTL</i>	92	Nautico/Matobra	1:59.89	+0,74	615
	50m: 27.14 27.14	100m: 57.34 30.20	150m: 1:28.34	31.00	200m: 1:59.89	31.55
16.	Vasco Miguel Gaspar <i>FTL</i>	90	Uniao Piedense	2:00.40	+0,78	608
	50m: 27.60 27.60	100m: 57.89 30.29	150m: 1:29.19	31.30	200m: 2:00.40	31.21
17.	Samuel Patricio Queiros <i>FTL</i>	91	Porto	2:00.48	+0,74	606
	50m: 27.50 27.50	100m: 57.39 29.89	150m: 1:28.21	30.82	200m: 2:00.48	32.27

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 3 Femin., 50m Mariposa 15 anos e mais velhos
05-04-2012 - 10:15 Resultados

Recordes Nacionais 50m Absoluto	27.27	Sara Freitas Oliveira	FPN	Eindhoven (NED)	07-04-2011
Recordes Nacionais 50m Jun	28.00	Sara Francisco Cruz	ADBA	Faro	18-07-2009
Recordes Nacionais 50m Sen	27.27	Sara Freitas Oliveira	FPN	Eindhoven (NED)	07-04-2011

TAC-SENF Sen: 30.50 / TAC-JUNF Jun: 31.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ines Camacho Fernandes	97	Sporting	28.76	+0,68	662
2.	Joana Carina Silva	97	Lousada SXXI	29.44	+0,94	617
3.	Teresa Manuela Aires	96	Sporting de Espinho	29.73	+0,78	599
4.	Filipa Vicente Custoias	97	Benedita	30.24	+0,72	569
5.	Ana Margarida Rodrigues	96	Galitos	30.35	+0,82	563
6.	Beatriz Neves Craveiro	97	Nautico/Matobra	30.52	+0,86	554
7.	Catia Alexandra Batista	96	Colegio SMLamas	30.81	+0,79	538
8.	Daniela Teixeira Moreira	97	Amadora	30.92	+0,84	533
9.	Isabel Pinto Abreu	96	Belenenses	30.97	+0,71	530
10.	Claudia Cristina Leao	96	Gespacos	31.17	+0,89	520
11.	Ana Carolina Trindade	97	Amadora	31.53	+0,80	502
	<i>FTL</i>					

Seniores

1.	Sara Freitas Oliveira	85	Porto	27.77	+0,72	735
2.	Catarina Tiago Nunes	95	Uniao Piedense	28.69	+0,84	667
3.	Ana Catarina Monteiro	93	Vilacondense	29.04	+0,71	643
4.	Carlota Freitas Olim	93	Naval do Funchal	29.44	+0,73	617
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	29.84	+0,67	593
6.	Susana Clara Gomes	77	Naval do Funchal	29.91	+0,81	588
7.	Ana Sofia Leite	93	Ginasio de Vila Real	30.09	+0,94	578
8.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	30.10	+0,74	577
9.	Mariana Sousa Martins	95	Feirense	30.24	+0,78	569
10.	Jessica Teixeira Vieira	91	Amadora	30.25	+0,72	569
11.	Filipa Mendes Pinheiro	92	Desportiva de Viana	30.44	+0,72	558
12.	Isabel Alves Lopes	92	Colegio Vasco da Gama	30.57	+0,77	551
	<i>FTL</i>					
13.	Sofia Oliveira Pinto	94	Benfica	30.89	+0,73	534
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 4 Masc., 50m Mariposa 17 anos e mais velhos
05-04-2012 - 10:20 Resultados

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

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

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Simao Pedro Alves	94	Famalicao	25.50	+0,86	680
2.	Miguel Duarte Nascimento	95	Portinado	25.73	+0,70	662
3.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	26.24	+0,70	624
4.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	26.41	+0,62	612
5.	Frederico Manuel Moeda	95	Estrelas S. Joao de Brito	26.56	+0,78	602
6.	Gustavo Almeida Madureira	94	Academica de Coimbra	26.73	+0,66	590
7.	Antonio Jorge Rocha	94	Penafiel	26.82	+0,74	584
8.	Ruben Filipe Nunes	94	Gespacos	26.88	+0,78	581
9.	Alcides Costa Sousa	94	Feirense	27.03	+0,76	571
10.	Joao Tiago Neves	94	Amadora	27.10	+0,69	566
11.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	27.23	+0,77	558
12.	Ricardo Miguel Antunes	94	Gesloures	27.24	+0,69	558
13.	Andre Filipe Teodoro	95	Naval Setubalense	27.27	+0,85	556
14.	Filipe Oliveira Raposo	94	Lisnave	27.31	+0,75	554
15.	Joao Andre Neves	95	Academica de Coimbra	27.36	+0,65	550
16.	Fabio Miguel Samouco	95	Torres Novas	27.50	+0,87	542
17.	Jose Manuel Dias	94	Uniao Piedense	27.71	+0,73	530
	<i>FTL</i>					
18.	Joao Filipe Lucas	94	Academica de Coimbra	27.73	+0,68	529
	<i>FTL</i>					
19.	Henrique Jose Marquez	95	Galitos	27.79	+0,74	525
	<i>FTL</i>					

Seniores

1.	Simao Gomes Morgado	79	Amadora	24.38	+0,61	778
2.	Carlos Filipe Santos	91	Porto	25.30	+0,71	696
3.	Ricardo Pereira Lopes	90	Amadora	25.31	+0,65	696
4.	Joao Silva Gigante	88	Amadora	25.40	+0,76	688
5.	Paulo Jorge Santos	89	Porto	25.97	+0,71	644
6.	Fabio Andre Figueira	88	Porto	26.00	+0,67	642
7.	Nelson Filipe Martinho	89	Natacao de Valongo	26.12	+0,71	633
8.	Andre Filipe Mendes	92	Nautico de Abrantes	26.25	+0,68	623
9.	Emanuel Augusto Pinho	93	Feirense	26.86	+0,70	582
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 5 Femin., 200m Bruços 15 anos e mais velhos
05-04-2012 - 10:25 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 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Rita Fernandes Leitao	96	Amadora	2:40.83	+0,81	661
	50m: 36.74 36.74	100m: 1:17.94 41.20	150m: 1:59.41 41.47	200m: 2:40.83 41.42		
2.	Paula Alexandra Oliveira	96	Porto	2:41.73	+0,83	650
	50m: 35.41 35.41	100m: 1:16.50 41.09	150m: 1:58.93 42.43	200m: 2:41.73 42.80		
3.	Ana Marta Miranda	96	Uniao Piedense	2:42.48	+0,85	641
	50m: 36.38 36.38	100m: 1:17.04 40.66	150m: 1:59.68 42.64	200m: 2:42.48 42.80		
4.	Joana Dias Santos	96	Uniao Piedense	2:43.55	+0,86	628
	50m: 36.70 36.70	100m: 1:17.96 41.26	150m: 2:00.30 42.34	200m: 2:43.55 43.25		
5.	Barbara Sofia Barata	97	Alges	2:45.04	+0,78	611
	50m: 36.45 36.45	100m: 1:17.29 40.84	150m: 2:00.14 42.85	200m: 2:45.04 44.90		
6.	Sara Monteiro Meireles	97	Gespacos	2:47.95	+0,87	580
	50m: 39.12 39.12	100m: 1:22.18 43.06	150m: 2:04.93 42.75	200m: 2:47.95 43.02		
7.	Ana Catarina Serpa	97	Sporting	2:49.20	+0,83	567
	50m: 38.89 38.89	100m: 1:22.15 43.26	150m: 2:05.74 43.59	200m: 2:49.20 43.46		
8.	Marina Nicolina Teodosio	97	BA/Mr.Pizza	2:49.25	+0,85	567
	50m: 38.31 38.31	100m: 1:21.49 43.18	150m: 2:05.17 43.68	200m: 2:49.25 44.08		
9.	Diana Sofia Silva	97	Braga	2:52.01	+0,85	540
	50m: 38.06 38.06	100m: 1:21.29 43.23	150m: 2:06.31 45.02	200m: 2:52.01 45.70		
10.	Ana Filipa Gomes	96	Vilacondense	2:53.06	+0,80	530
	50m: 37.92 37.92	100m: 1:22.55 44.63	150m: 2:06.86 44.31	200m: 2:53.06 46.20		
11.	Andreia Margarida Morgado	97	Nautico/Matobra	2:53.50	+0,79	526
	50m: 39.09 39.09	100m: 1:22.82 43.73	150m: 2:08.27 45.45	200m: 2:53.50 45.23		
12.	Rita Catarina Miranda	97	Braga	2:56.09	+0,96	503
	<i>FTL</i> 50m: 38.66 38.66	100m: 1:23.63 44.97	150m: 2:09.11 45.48	200m: 2:56.09 46.98		
13.	Andreia Sofia Mendao	97	Naval Amorense	3:03.88	+0,89	442
	<i>FTL</i> 50m: 40.00 40.00	100m: 1:26.97 46.97	150m: 2:15.41 48.44	200m: 3:03.88 48.47		
Seniores						
1.	Ana Teresa Franco	91	Sporting	2:33.38	+0,79	762
	50m: 36.07 36.07	100m: 1:15.36 39.29	150m: 1:54.92 39.56	200m: 2:33.38 38.46		
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	2:35.19	+0,75	736
	50m: 34.97 34.97	100m: 1:13.96 38.99	150m: 1:53.90 39.94	200m: 2:35.19 41.29		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 5, Femin., 200m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Nadia Morais Vieira	90	Gesloures	2:36.14	+0,74	722
	50m: 35.89 35.89	100m: 1:16.06 40.17	150m: 1:56.33 40.27	200m: 2:36.14 39.81		
4.	Ana Pinho Rodrigues	94	Estamos Juntos	2:39.03	+0,75	684
	50m: 34.73 34.73	100m: 1:16.14 41.41	150m: 1:58.02 41.88	200m: 2:39.03 41.01		
5.	Maria Carolina Rosa	94	Sporting	2:41.00	+0,75	659
	50m: 34.95 34.95	100m: 1:16.31 41.36	150m: 1:58.30 41.99	200m: 2:41.00 42.70		
6.	Joana Marques Maia	91	Natacao da Maia	2:42.18	+0,86	644
	50m: 36.29 36.29	100m: 1:17.32 41.03	150m: 1:59.76 42.44	200m: 2:42.18 42.42		
7.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	2:42.32	+0,65	643
	50m: 36.69 36.69	100m: 1:17.58 40.89	150m: 2:00.65 43.07	200m: 2:42.32 41.67		
8.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	2:45.50	+0,68	606
	50m: 36.16 36.16	100m: 1:18.58 42.42	150m: 2:01.24 42.66	200m: 2:45.50 44.26		
9.	Ariana Alves Nunes	95	Portinado	2:46.08	+0,80	600
	50m: 35.81 35.81	100m: 1:17.23 41.42	150m: 2:01.59 44.36	200m: 2:46.08 44.49		
10.	Rute Margarida Marques	94	Amadora	2:47.12	+0,77	589
	50m: 37.01 37.01	100m: 1:18.34 41.33	150m: 2:02.70 44.36	200m: 2:47.12 44.42		
11.	Gabriela Oliveira Andrade	94	Nautico/Matobra	2:47.34	+0,70	587
	50m: 37.85 37.85	100m: 1:20.35 42.50	150m: 2:04.02 43.67	200m: 2:47.34 43.32		
12.	Diana Patricia Ferreira	94	Gespacos	2:48.12	+0,84	578
	50m: 37.59 37.59	100m: 1:19.86 42.27	150m: 2:03.22 43.36	200m: 2:48.12 44.90		
13.	Claudia Monteiro Martinho	93	Colegio Vasco da Gama	2:48.72	+0,74	572
	50m: 38.85 38.85	100m: 1:22.46 43.61	150m: 2:05.78 43.32	200m: 2:48.72 42.94		
14.	Catarina Alexandra Dias	95	Naval de Ponta Delgada	2:55.03	+0,79	513
	FTL 50m: 38.72 38.72	100m: 1:23.44 44.72	150m: 2:09.57 46.13	200m: 2:55.03 45.46		

Prova 6

Masc., 200m Bruços

17 anos e mais velhos

05-04-2012 - 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: 2:30.00 / TAC-JUNM Jun: 2:35.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tomas Correia Silva	95	Porto	2:25.87	+0,67	664
	50m: 32.83 32.83	100m: 1:10.43 37.60	150m: 1:48.73 38.30	200m: 2:25.87 37.14		
2.	Diogo Miguel Silva	95	Uniao Piedense	2:26.87	+0,74	651
	50m: 32.59 32.59	100m: 1:09.97 37.38	150m: 1:48.54 38.57	200m: 2:26.87 38.33		
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	2:27.52	+0,76	642
	50m: 32.47 32.47	100m: 1:09.10 36.63	150m: 1:48.01 38.91	200m: 2:27.52 39.51		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 6, Masc., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Pedro Miguel Silva 50m: 33.17 33.17	94	Colegio Monte Maior	2:28.62 38.09 200m: 2:28.62	+0,72	628 39.79
5.	Mauro Filipe Viegas 50m: 33.29 33.29	95	Natacao de Olhao	2:29.88 39.93 200m: 2:29.88	+0,71	612 39.27
6.	Diogo Manuel Rodrigues 50m: 33.51 33.51	94	Vitoria de Guimaraes	2:30.25 39.37 200m: 2:30.25	+0,80	608 38.90
7.	Alcides Costa Sousa 50m: 33.44 33.44	94	Feirense	2:31.28 39.15 200m: 2:31.28	+0,77	595 40.52
8.	Hugo Miguel Silva 50m: 33.37 33.37	94	Braga	2:33.62 40.31 200m: 2:33.62	+0,79	569 42.23
9.	Luis Manuel Fernandes 50m: 33.78 33.78	95	Famalicao	2:34.68 40.51 200m: 2:34.68	+0,63	557 41.62
10.	Goncalo Pereira Sa FTL 50m: 33.75 33.75	95	Feirense	2:35.83 41.39 200m: 2:35.83	+0,65	545 41.76
11.	Joao Pedro Veiga FTL 50m: 34.09 34.09	94	Nautico/Matobra	2:37.22 40.87 200m: 2:37.22	+0,72	530 42.74

Seniores

1.	Nuno Rafael Alves 50m: 32.53 32.53	90	Gespacos	2:21.70 36.61 200m: 2:21.70	+0,82	725 36.61
2.	Miguel Silva Oliveira 50m: 32.04 32.04	91	Nautico/Matobra	2:21.72 36.32 200m: 2:21.72	+0,72	724 37.53
3.	Pedro Miguel Pinotes 50m: 32.57 32.57	89	Sporting	2:21.97 36.71 200m: 2:21.97	+0,76	721 36.92
4.	Andre Bras Goncalves 50m: 32.24 32.24	88	Amadora	2:23.52 37.26 200m: 2:23.52	+0,65	697 37.77
5.	Ricardo Jose Varela 50m: 32.81 32.81	89	Naval Setubalense	2:23.61 36.83 200m: 2:23.61	+0,77	696 37.74
6.	Pedro Miguel Agostinho 50m: 32.46 32.46	92	Sporting	2:23.70 36.84 200m: 2:23.70	+0,60	695 37.76
7.	Manuel Matos Sequeira 50m: 32.62 32.62	87	Gesloures	2:24.56 36.92 200m: 2:24.56	+0,68	683 38.26
8.	Sergio Baptista Silva 50m: 32.70 32.70	91	Porto	2:24.81 37.39 200m: 2:24.81	+0,79	679 37.68
9.	Pedro Miguel Varela 50m: 33.18 33.18	86	Naval Setubalense	2:28.29 37.87 200m: 2:28.29	+0,80	632 39.58
10.	Rui Filipe Vilar 50m: 33.06 33.06	91	Porto	2:28.39 38.74 200m: 2:28.39	+0,67	631 39.91
11.	Tiago Samuel Silva 50m: 33.85 33.85	93	Porto	2:29.20 37.75 200m: 2:29.20	+0,76	621 39.76

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 6, Masc., 200m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Joao Claudio Sousa	93	Gespacos	2:29.40	+0,77	618
	50m: 32.42 32.42	100m: 1:09.62	37.20	150m: 1:48.80	39.18	200m: 2:29.40 40.60

Prova 7 Femin., 4 x 50m Livres 15 anos e mais velhos
05-04-2012 - 11:05 Resultados

Recordes Nacionais 50m Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Recordes Nacionais 50m Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa	27-03-2009
Recordes Nacionais 50m Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011

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

Pontos: FINA 2012

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Alges-JUN	Alges	1:53.59	+0,76 618
	Carolina Sanchez Rodrigues	97 +0,76 28.02	Francisca Gomes Azevedo	97 +0,28 28.36
	Barbara Sofia Barata	97 +0,50 29.04	Ines Alexandra Paiva	96 +0,39 28.17
2.	Amadora-JUN	Amadora	1:53.69	+0,75 616
	Ana Carolina Trindade	97 +0,75 28.73	Ana Rita Martins	96 +0,34 28.15
	Rita Fernandes Leitao	96 +0,39 28.03	Daniela Teixeira Moreira	97 +0,33 28.78
	Nautico/Matobra-JUN	Nautico/Matobra	1:53.69	+0,87 616
	Ana Luisa Carvalho	96 +0,87 28.58	Beatriz Neves Craveiro	97 +0,29 27.74
	Andreia Margarida Morgado	97 +0,24 28.96	Matilde Domingues Gameiro	97 +0,22 28.41
4.	Porto-JUN	Porto	1:55.23	+0,84 592
	Adriana Daniela Castro	97 +0,84 28.75	Ana Catarina Pereira	97 +0,45 29.41
	Paula Alexandra Oliveira	96 +0,51 28.72	Maria Teresa Amorim	97 +0,56 28.35
5.	Foca-JUN	Foca	1:56.68	+0,84 570
	Ana Filipa Martins	97 +0,84 28.84	Ana Isabel Cunha	96 +0,34 30.13
	Sofia Cunha Sousa	96 +0,39 29.92	Diana Margarida Duraes	96 -0,01 27.79
6.	Braga-JUN	Braga	1:57.38	+0,85 560
	Sara Faria Costa	97 +0,85 28.84	Debora Guimaraes Oliveira	96 +0,28 30.33
	Patricia Daniela Machado	97 +0,40 29.68	Vera Patricia Fernandes	96 +0,46 28.53
7.	Gespacos-JUN	Gespacos	1:57.89	+0,81 553
	Sara Monteiro Meireles	97 +0,81 29.23	Rita Rafaela Brunido	97 0.00 30.62
	Claudia Susana Teixeira	96 +0,26 29.12	Claudia Cristina Leao	96 +0,06 28.92
8.	Vilacondense-JUN	Vilacondense	1:58.66	+0,78 542
	Maria Joao Fernandes	97 +0,78 29.70	Sofia Isabel Tavares	97 +0,42 29.92
	Ana Filipa Gomes	96 +0,38 28.71	Ana Rosa Arteiro	97 +0,42 30.33
9.	Uniao Piedense-JUN	Uniao Piedense	2:00.43	+0,83 518
	Ana Marta Miranda	96 +0,83 28.59	Joana Dias Santos	96 +0,58 30.27
	Ana Rita Cruz	97 +0,25 29.72	Rita Sequeira Raposeiro	96 +0,27 31.85
DSQ	Academica de Coimbra-JUN	Academica de Coimbra		
	<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>			
	Cintia Mariana Fernandes	97 +0,71 29.97	Maria Ines Lucas	96 +0,37 30.85
	Erica Filipa Costa	96 +0,28 30.38	Madalena Maria Ferreira	97 -0,11

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 7, Femin., 4 x 50m Livres

Seniores

1. Porto-SEN	Porto		1:48.19	+0,72	715
Marta Vieira Marinho	91	+0,72	27.28	Joana Aguiar Rodrigues	93 +0,40 28.14
Marta Pereira Abreu	92	+0,26	26.79	Sara Freitas Oliveira	85 +0,19 25.98
2. Sporting-SEN	Sporting		1:50.43	+0,75	672
Maria Carolina Rosa	94	+0,75	27.46	Leonor Mourinho Neves	95 +0,25 29.18
Raquel Paulo Ranito	94	+0,17	27.26	Mafalda Gomes Beleza	94 +0,27 26.53
3. Gespacos-SEN	Gespacos		1:52.51	+0,87	636
Diana Patricia Ferreira	94	+0,87	27.85	Ana Rita Cunha	94 +0,29 29.01
Soraia Vanessa Ribeiro	92	+0,40	28.00	Ana Sofia Matos	91 +0,16 27.65
4. Vitoria de Guimaraes-SEN	Vitoria de Guimaraes		1:53.00	+0,82	628
Joana Filipa Santos	93	+0,82	28.01	Ana Sofia Alves	95 +0,18 28.65
Andreia Catarina Gomes	94	+0,38	27.95	Amelia Pereira Fernandes	89 +0,32 28.39
5. Gesloures-SEN	Gesloures		1:54.37	+0,74	605
Paula Cristina Yang	95	+0,74	28.71	Tatiana Ladeiro Santos	92 +0,15 28.01
Jessica Goncalves Sequeira	95	+0,47	29.54	Nadia Morais Vieira	90 +0,51 28.11

Prova 8

Masc., 4 x 50m Livres

17 anos e mais velhos

05-04-2012 - 11:10

Resultados

Recordes Nacionais 50m Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bonifacio	FCB	Faro	18-07-2009
Recordes Nacionais 50m Jun	1:36.69	Futebol Clube do Porto/Imperio Bonifacio	FCB	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 2012

Lugar	Clube	Tempo Final	TReac	Pts	
1. Academica de Coimbra-JUN	Academica de Coimbra	1:39.90	+0,66	612	
Gustavo Almeida Madureira	94	+0,66	24.01	Pedro Barros Mendes	94 +0,46 25.03
Ruben Paiva Carvalho	94	+0,26	25.19	Joao Andre Neves	95 +0,37 25.67
2. Amadora-JUN	Amadora	1:40.28	+0,69	605	
Rodrigo Pereira Lopes	95	+0,69	24.85	Mario Rui Cruz	94 +0,36 24.89
Andre Filipe Fernandes	95	+0,51	24.89	Bernardo Jose Coelho	94 +0,37 25.65
3. Braga-JUN	Braga	1:41.54	+0,74	583	
Miguel Antonio Silva	94	+0,74	25.09	Manuel Silva Barros	94 +0,22 25.88
Hugo Miguel Silva	94	+0,29	25.64	Pedro Gomes Antunes	94 +0,14 24.93
4. Famalicao-JUN	Famalicao	1:42.61	+0,72	565	
Simao Pedro Alves	94	+0,72	24.23	Andre Isaias Guimaraes	95 +0,39 26.12
Nuno Goncalo Martins	95	+0,53	25.82	Pedro Romanoski Carvalho	94 +0,81 26.44
5. Vilacondense-JUN	Vilacondense	1:44.13	+0,80	541	
Pedro Maria Bessa	95	+0,80	27.01	Joao Miguel Costa	95 +0,14 25.34
Carlos Manuel Cabral	94	+0,27	24.91	Mario Guterres Carvalho	95 +0,50 26.87
6. Colegio Vasco da Gama-JUN	Colegio Vasco da Gama	1:44.24	+0,74	539	
Diogo Gomes Sousa	95	+0,74	24.65	Pedro Afonso Centeno	95 +0,14 26.44
Miguel Angelo Pinto	94	+0,40	25.92	Joao Diogo Neves	95 +0,36 27.23

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

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

Lugar			Clube			Tempo Final	TReac	Pts
7.	Desportiva de Viana-JUN		Desportiva de Viana		1:44.81	+0,76	530	
	Renato Mendes Pinheiro	94	+0,76	25.17	Tadeu Amora Ferreira	95	+0,17	26.30
	Luis Pedro Ribeiro	94	+0,36	26.02	Diogo Jose Nunes	95	+0,46	27.32
8.	Pimpoes/Cimai-JUN		Pimpoes/Cimai		1:45.12	+0,70	525	
	Afonso Lopes dos Santos	95	+0,70	25.15	Edgar Neves Tomas	94	+0,51	27.64
	Francisco Gouveia Pinto	95	+0,60	26.84	Ricardo Filipe Ferreira	95	+0,59	25.49
9.	Bombeiros Ponta Delgada-JUN		Bombeiros Ponta Delgada		1:45.20	+0,67	524	
	Miguel Rego Borges	95	+0,67	26.10	Antonio Fraga Fragosos	95	+0,51	26.12
	Julio Joao Silva	94	+0,23	26.66	Tiago Ramos Gomes	94	+0,50	26.32
10.	Academico Viseu-JUN		Academico Viseu		1:45.40	+0,88	521	
	Joao Miguel Teixeira	95	+0,88	26.60	Miguel Silva Mouro	95	+0,43	27.11
	Pedro Miguel Ribeiro	95	+0,24	25.83	Diogo Magalhaes Moura	95	+0,22	25.86
11.	Nautico/Matobra-JUN		Nautico/Matobra		1:46.05	+0,71	512	
	Joao Barbosa Moreira	94	+0,71	26.31	Joao Pedro Veiga	94	+0,39	25.98
	Guilherme Pedro Coelho	95	+0,17	25.81	Diogo Andre Jorge	95	+0,19	27.95
12.	Feirense-JUN		Feirense		1:46.25	+0,78	509	
	Alcides Costa Sousa	94	+0,78	26.34	Fabio Ruben Costa	95	+0,40	26.68
	Filipe Jose Baptista	94	+0,30	26.80	Goncalo Pereira Sa	95	+0,34	26.43
DSQ	Uniao Piedense-JUN		Uniao Piedense					
	<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>							
	Pedro Henrique Torres	95	+0,88	25.99	Jose Manuel Dias	94	+0,02	
	Fabio Alexandre Freitas	94	-0,13		Diogo Miguel Silva	95	+0,24	

Seniores

1.	Amadora-SEN		Amadora		1:34.29	+0,81	728	
	Joao Silva Gigante	88	+0,81	23.83	Ricardo Pereira Lopes	90	+0,21	23.45
	Simao Gomes Morgado	79	+0,11	23.74	Duarte Rafael Mourao	84	+0,08	23.27
2.	Porto-SEN		Porto		1:34.83	+0,73	716	
	Paulo Jorge Santos	89	+0,73	23.24	Rui Filipe Vilar	91	+0,17	24.12
	Carlos Filipe Santos	91	+0,48	23.87	Fabio Andre Figueira	88	+0,31	23.60
3.	Sporting-SEN		Sporting		1:35.13	+0,67	709	
	Alexis Manacas Santos	92	+0,67	23.83	Gustavo Manuel Santa	93	+0,21	23.99
	Pedro Miguel Agostinho	92	+0,31	23.84	Ricardo Ferreira Cotovio	91	+0,29	23.47
4.	Nautico/Matobra-SEN		Nautico/Matobra		1:36.80	+0,68	673	
	Mario Alexandre Pereira	92	+0,68	23.63	Miguel Monteiro Diogo	93	+0,21	24.74
	Miguel Silva Oliveira	91	+0,22	23.97	Joao Pedro Almeida	92	+0,21	24.46
5.	Braga-SEN		Braga		1:38.38	+0,73	641	
	Filipe Vieira Malheiro	90	+0,73	24.51	Nuno Vieira Malheiro	93	+0,13	25.39
	Edgar Oliveira Ribeiro	93	+0,32	24.53	Ricardo Manuel Machado	93	+0,67	23.95
6.	Vilacondense-SEN		Vilacondense		1:39.92	+0,74	612	
	Fabio Manuel Pereira	86	+0,74	24.63	Diogo Carmo Ramos	93	+0,22	25.14
	Rui Filipe Maia	93	+0,29	24.98	Igor Guterres Carvalho	88	+0,35	25.17
7.	Uniao Piedense-SEN		Uniao Piedense		1:41.16	+0,82	590	
	Andre Rafael Marinho	93	+0,82	25.28	Joao Manuel Lanca	92	+0,31	25.20
	Goncalo Filipe Gregorio	93	+0,46	25.17	Vasco Miguel Gaspar	90	+0,45	25.51

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 8, Masc., 4 x 50m Livres

EXH	Portinado-JUN	Portinado			1:39.78	+0,71	614	
	Manuel Silva Farinha	94	+0,71	25.32	Ihor Sadovskyy	95	+0,25	25.51
	Goncalo Alexandre Fonseca	94	+0,20	25.58	Miguel Duarte Nascimento	95	+0,23	23.37

2 - 1ª Jornada - 2ª Sessão

05-04-2012 - 16:30

Prova 9 Masc., 1500m Livres 17 anos e mais velhos 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: 16:48.00 / TAC-JUNM Jun: 17:10.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
Juniores							
1.	Tiago Silva Oliveira	94	Leixoes	16:20.22	+0,74	709	
	50m: 28.15 28.15	450m: 4:47.11	32.78	850m: 9:12.39	33.34	1250m: 13:37.58	33.44
	100m: 58.46 30.31	500m: 5:20.03	32.92	900m: 9:45.28	32.89	1300m: 14:10.86	33.28
	150m: 1:30.35 31.89	550m: 5:53.18	33.15	950m: 10:18.15	32.87	1350m: 14:43.95	33.09
	200m: 2:02.85 32.50	600m: 6:26.25	33.07	1000m: 10:51.18	33.03	1400m: 15:17.37	33.42
	250m: 2:35.68 32.83	650m: 6:59.46	33.21	1050m: 11:24.35	33.17	1450m: 15:50.34	32.97
	300m: 3:08.42 32.74	700m: 7:32.61	33.15	1100m: 11:57.39	33.04	1500m: 16:20.22	29.88
	350m: 3:41.32 32.90	750m: 8:05.96	33.35	1150m: 12:30.93	33.54		
	400m: 4:14.33 33.01	800m: 8:39.05	33.09	1200m: 13:04.14	33.21		
2.	Rui Miguel Lopes	94	Natacao de Olhao	16:33.67	+0,77	680	
	50m: 29.74 29.74	450m: 4:54.63	33.69	850m: 9:20.76	33.22	1250m: 13:49.59	33.74
	100m: 1:02.13 32.39	500m: 5:27.85	33.22	900m: 9:54.32	33.56	1300m: 14:22.96	33.37
	150m: 1:34.77 32.64	550m: 6:01.07	33.22	950m: 10:27.96	33.64	1350m: 14:56.69	33.73
	200m: 2:07.90 33.13	600m: 6:34.41	33.34	1000m: 11:01.37	33.41	1400m: 15:30.01	33.32
	250m: 2:41.01 33.11	650m: 7:07.85	33.44	1050m: 11:34.85	33.48	1450m: 16:02.70	32.69
	300m: 3:14.20 33.19	700m: 7:40.70	32.85	1100m: 12:08.55	33.70	1500m: 16:33.67	30.97
	350m: 3:47.62 33.42	750m: 8:14.11	33.41	1150m: 12:42.08	33.53		
	400m: 4:20.94 33.32	800m: 8:47.54	33.43	1200m: 13:15.85	33.77		
3.	Joao Andre Neves	95	Academica de Coimbra	16:36.98	+0,66	674	
	50m: 30.12 30.12	450m: 4:56.77	33.26	850m: 9:23.20	33.09	1250m: 13:51.54	33.49
	100m: 1:02.65 32.53	500m: 5:30.15	33.38	900m: 9:56.73	33.53	1300m: 14:24.95	33.41
	150m: 1:35.54 32.89	550m: 6:03.47	33.32	950m: 10:30.36	33.63	1350m: 14:58.83	33.88
	200m: 2:09.15 33.61	600m: 6:36.78	33.31	1000m: 11:03.71	33.35	1400m: 15:31.84	33.01
	250m: 2:43.36 34.21	650m: 7:09.97	33.19	1050m: 11:37.14	33.43	1450m: 16:04.41	32.57
	300m: 3:17.21 33.85	700m: 7:43.45	33.48	1100m: 12:10.50	33.36	1500m: 16:36.98	32.57
	350m: 3:50.31 33.10	750m: 8:16.66	33.21	1150m: 12:44.40	33.90		
	400m: 4:23.51 33.20	800m: 8:50.11	33.45	1200m: 13:18.05	33.65		
4.	Artur Manuel Ferreira	95	Porto	17:05.06	+0,86	620	
	50m: 29.88 29.88	450m: 4:55.10	33.33	850m: 9:31.68	35.13	1250m: 14:11.66	34.99
	100m: 1:02.02 32.14	500m: 5:29.16	34.06	900m: 10:06.38	34.70	1300m: 14:46.45	34.79
	150m: 1:34.85 32.83	550m: 6:03.35	34.19	950m: 10:41.66	35.28	1350m: 15:21.59	35.14
	200m: 2:07.97 33.12	600m: 6:37.62	34.27	1000m: 11:16.60	34.94	1400m: 15:56.63	35.04
	250m: 2:41.25 33.28	650m: 7:12.16	34.54	1050m: 11:51.70	35.10	1450m: 16:31.23	34.60
	300m: 3:14.67 33.42	700m: 7:46.91	34.75	1100m: 12:26.87	35.17	1500m: 17:05.06	33.83
	350m: 3:48.29 33.62	750m: 8:21.79	34.88	1150m: 13:02.02	35.15		
	400m: 4:21.77 33.48	800m: 8:56.55	34.76	1200m: 13:36.67	34.65		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 9, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Cesar Filipe Magalhaes <i>FTL</i>	95	Foca	17:15.08	+0,79	602
	50m: 30.07 30.07	450m: 4:59.54 33.82	850m: 9:37.91 34.90	1250m: 14:19.91 34.80		
	100m: 1:03.86 33.79	500m: 5:34.04 34.50	900m: 10:13.43 35.52	1300m: 14:55.11 35.20		
	150m: 1:36.95 33.09	550m: 6:08.09 34.05	950m: 10:48.38 34.95	1350m: 15:30.02 34.91		
	200m: 2:10.72 33.77	600m: 6:43.36 35.27	1000m: 11:23.99 35.61	1400m: 16:05.38 35.36		
	250m: 2:43.65 32.93	650m: 7:17.82 34.46	1050m: 11:58.86 34.87	1450m: 16:40.21 34.83		
	300m: 3:17.43 33.78	700m: 7:52.60 34.78	1100m: 12:34.52 35.66	1500m: 17:15.08 34.87		
	350m: 3:51.28 33.85	750m: 8:27.33 34.73	1150m: 13:09.52 35.00			
	400m: 4:25.72 34.44	800m: 9:03.01 35.68	1200m: 13:45.11 35.59			
6.	Gustavo Lopes Ribeiro <i>FTL</i>	95	Academica de Coimbra	17:28.25	+0,77	579
	50m: 29.47 29.47	450m: 5:01.43 35.48	850m: 9:45.37 35.24	1250m: 14:32.16 35.41		
	100m: 1:02.32 32.85	500m: 5:36.25 34.82	900m: 10:20.92 35.55	1300m: 15:08.61 36.45		
	150m: 1:35.07 32.75	550m: 6:11.67 35.42	950m: 10:56.98 36.06	1350m: 15:43.87 35.26		
	200m: 2:08.13 33.06	600m: 6:47.34 35.67	1000m: 11:33.07 36.09	1400m: 16:19.67 35.80		
	250m: 2:42.20 34.07	650m: 7:22.97 35.63	1050m: 12:09.00 35.93	1450m: 16:55.05 35.38		
	300m: 3:16.66 34.46	700m: 7:58.78 35.81	1100m: 12:45.27 36.27	1500m: 17:28.25 33.20		
	350m: 3:51.48 34.82	750m: 8:34.37 35.59	1150m: 13:20.62 35.35			
	400m: 4:25.95 34.47	800m: 9:10.13 35.76	1200m: 13:56.75 36.13			

Seniores

1.	Gustavo Manuel Santa	93	Sporting	15:56.92	+0,74	762
	50m: 27.82 27.82	450m: 4:39.29 31.85	850m: 8:58.72 33.19	1250m: 13:18.04 32.10		
	100m: 57.84 30.02	500m: 5:11.35 32.06	900m: 9:31.69 32.97	1300m: 13:50.27 32.23		
	150m: 1:28.65 30.81	550m: 5:44.07 32.72	950m: 10:04.66 32.97	1350m: 14:22.38 32.11		
	200m: 2:00.17 31.52	600m: 6:16.10 32.03	1000m: 10:37.10 32.44	1400m: 14:54.46 32.08		
	250m: 2:31.88 31.71	650m: 6:48.53 32.43	1050m: 11:09.64 32.54	1450m: 15:26.61 32.15		
	300m: 3:03.52 31.64	700m: 7:20.66 32.13	1100m: 11:41.93 32.29	1500m: 15:56.92 30.31		
	350m: 3:35.46 31.94	750m: 7:53.13 32.47	1150m: 12:14.07 32.14			
	400m: 4:07.44 31.98	800m: 8:25.53 32.40	1200m: 12:45.94 31.87			
2.	Mario Andre Bonanca	90	Sporting	16:09.18	+0,80	733
	50m: 28.28 28.28	450m: 4:42.31 32.42	850m: 9:03.36 32.95	1250m: 13:27.37 33.18		
	100m: 59.02 30.74	500m: 5:14.72 32.41	900m: 9:36.33 32.97	1300m: 14:00.61 33.24		
	150m: 1:30.78 31.76	550m: 5:47.18 32.46	950m: 10:09.27 32.94	1350m: 14:33.52 32.91		
	200m: 2:02.70 31.92	600m: 6:19.60 32.42	1000m: 10:42.17 32.90	1400m: 15:06.25 32.73		
	250m: 2:34.30 31.60	650m: 6:52.31 32.71	1050m: 11:15.11 32.94	1450m: 15:38.31 32.06		
	300m: 3:05.88 31.58	700m: 7:24.95 32.64	1100m: 11:48.13 33.02	1500m: 16:09.18 30.87		
	350m: 3:37.73 31.85	750m: 7:57.51 32.56	1150m: 12:21.15 33.02			
	400m: 4:09.89 32.16	800m: 8:30.41 32.90	1200m: 12:54.19 33.04			
3.	Vasco Miguel Gaspar	90	Uniao Piedense	16:12.05	+0,83	727
	50m: 29.08 29.08	450m: 4:47.28 32.22	850m: 9:09.88 32.70	1250m: 13:31.41 32.22		
	100m: 1:00.62 31.54	500m: 5:20.21 32.93	900m: 9:42.89 33.01	1300m: 14:03.95 32.54		
	150m: 1:32.12 31.50	550m: 5:52.75 32.54	950m: 10:15.52 32.63	1350m: 14:36.70 32.75		
	200m: 2:04.88 32.76	600m: 6:25.80 33.05	1000m: 10:48.83 33.31	1400m: 15:09.73 33.03		
	250m: 2:37.13 32.25	650m: 6:58.52 32.72	1050m: 11:21.18 32.35	1450m: 15:41.80 32.07		
	300m: 3:09.94 32.81	700m: 7:31.58 33.06	1100m: 11:53.93 32.75	1500m: 16:12.05 30.25		
	350m: 3:42.31 32.37	750m: 8:04.06 32.48	1150m: 12:26.40 32.47			
	400m: 4:15.06 32.75	800m: 8:37.18 33.12	1200m: 12:59.19 32.79			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:12.28	+0,69	726
	50m: 28.06 28.06	450m: 4:48.15 32.85	850m: 9:13.18 32.75	1250m: 13:34.24 32.34		
	100m: 59.06 31.00	500m: 5:21.56 33.41	900m: 9:46.06 32.88	1300m: 14:07.01 32.77		
	150m: 1:30.95 31.89	550m: 5:54.90 33.34	950m: 10:18.70 32.64	1350m: 14:39.92 32.91		
	200m: 2:03.60 32.65	600m: 6:28.25 33.35	1000m: 10:51.28 32.58	1400m: 15:13.12 33.20		
	250m: 2:36.00 32.40	650m: 7:01.35 33.10	1050m: 11:23.79 32.51	1450m: 15:43.82 30.70		
	300m: 3:09.14 33.14	700m: 7:34.57 33.22	1100m: 11:56.56 32.77	1500m: 16:12.28 28.46		
	350m: 3:42.13 32.99	750m: 8:07.45 32.88	1150m: 12:29.13 32.57			
	400m: 4:15.30 33.17	800m: 8:40.43 32.98	1200m: 13:01.90 32.77			
5.	Miguel Monteiro Diogo	93	Nautico/Matobra	16:21.49	+0,70	706
	50m: 28.44 28.44	450m: 4:46.13 33.00	850m: 9:10.16 33.58	1250m: 13:37.59 33.49		
	100m: 59.00 30.56	500m: 5:18.48 32.35	900m: 9:43.31 33.15	1300m: 14:11.06 33.47		
	150m: 1:30.74 31.74	550m: 5:51.62 33.14	950m: 10:16.81 33.50	1350m: 14:44.45 33.39		
	200m: 2:02.61 31.87	600m: 6:24.16 32.54	1000m: 10:50.14 33.33	1400m: 15:17.34 32.89		
	250m: 2:35.25 32.64	650m: 6:57.41 33.25	1050m: 11:23.76 33.62	1450m: 15:50.55 33.21		
	300m: 3:07.60 32.35	700m: 7:30.26 32.85	1100m: 11:56.85 33.09	1500m: 16:21.49 30.94		
	350m: 3:40.68 33.08	750m: 8:03.60 33.34	1150m: 12:30.73 33.88			
	400m: 4:13.13 32.45	800m: 8:36.58 32.98	1200m: 13:04.10 33.37			
6.	Andre Rafael Marinho	93	Uniao Piedense	16:37.93	+0,79	672
	50m: 29.47 29.47	450m: 4:51.92 33.19	850m: 9:20.97 33.42	1250m: 13:50.98 33.48		
	100m: 1:01.44 31.97	500m: 5:25.32 33.40	900m: 9:54.70 33.73	1300m: 14:24.81 33.83		
	150m: 1:33.78 32.34	550m: 5:58.53 33.21	950m: 10:28.31 33.61	1350m: 14:58.30 33.49		
	200m: 2:06.58 32.80	600m: 6:32.49 33.96	1000m: 11:02.21 33.90	1400m: 15:32.47 34.17		
	250m: 2:39.33 32.75	650m: 7:06.08 33.59	1050m: 11:35.82 33.61	1450m: 16:05.63 33.16		
	300m: 3:12.47 33.14	700m: 7:40.24 34.16	1100m: 12:09.92 34.10	1500m: 16:37.93 32.30		
	350m: 3:45.31 32.84	750m: 8:13.77 33.53	1150m: 12:43.49 33.57			
	400m: 4:18.73 33.42	800m: 8:47.55 33.78	1200m: 13:17.50 34.01			
7.	Paulo Andre Dias	92	Gespacos	16:38.05	+0,95	671
	50m: 29.97 29.97	450m: 4:54.25 33.29	850m: 9:22.14 33.12	1250m: 13:50.56 33.33		
	100m: 1:02.28 32.31	500m: 5:27.86 33.61	900m: 9:56.08 33.94	1300m: 14:24.64 34.08		
	150m: 1:34.95 32.67	550m: 6:01.15 33.29	950m: 10:29.46 33.38	1350m: 14:58.27 33.63		
	200m: 2:07.91 32.96	600m: 6:34.89 33.74	1000m: 11:03.05 33.59	1400m: 15:32.26 33.99		
	250m: 2:40.76 32.85	650m: 7:08.25 33.36	1050m: 11:36.29 33.24	1450m: 16:05.47 33.21		
	300m: 3:14.00 33.24	700m: 7:41.62 33.37	1100m: 12:09.82 33.53	1500m: 16:38.05 32.58		
	350m: 3:47.36 33.36	750m: 8:15.16 33.54	1150m: 12:43.29 33.47			
	400m: 4:20.96 33.60	800m: 8:49.02 33.86	1200m: 13:17.23 33.94			
8.	Artiom Viatcheslavovitch Poliakov	93	Alges	16:46.18	+0,68	655
	50m: 30.59 30.59	450m: 4:57.24 33.47	850m: 9:24.93 33.99	1250m: 13:57.14 34.15		
	100m: 1:03.54 32.95	500m: 5:30.29 33.05	900m: 9:58.41 33.48	1300m: 14:31.37 34.23		
	150m: 1:36.87 33.33	550m: 6:03.74 33.45	950m: 10:32.63 34.22	1350m: 15:05.50 34.13		
	200m: 2:09.79 32.92	600m: 6:37.09 33.35	1000m: 11:06.39 33.76	1400m: 15:39.54 34.04		
	250m: 2:43.34 33.55	650m: 7:10.58 33.49	1050m: 11:40.63 34.24	1450m: 16:13.66 34.12		
	300m: 3:16.75 33.41	700m: 7:43.85 33.27	1100m: 12:14.67 34.04	1500m: 16:46.18 32.52		
	350m: 3:50.28 33.53	750m: 8:17.69 33.84	1150m: 12:49.15 34.48			
	400m: 4:23.77 33.49	800m: 8:50.94 33.25	1200m: 13:22.99 33.84			
9.	Nuno Vieira Malheiro FTL	93	Braga	17:10.20	+0,93	610
	50m: 30.64 30.64	450m: 5:00.45 34.31	850m: 9:38.61 34.16	1250m: 14:16.56 35.28		
	100m: 1:03.70 33.06	500m: 5:35.39 34.94	900m: 10:12.89 34.28	1300m: 14:51.56 35.00		
	150m: 1:36.87 33.17	550m: 6:10.36 34.97	950m: 10:47.51 34.62	1350m: 15:26.47 34.91		
	200m: 2:10.37 33.50	600m: 6:45.08 34.72	1000m: 11:22.50 34.99	1400m: 16:01.72 35.25		
	250m: 2:44.01 33.64	650m: 7:20.11 35.03	1050m: 11:57.26 34.76	1450m: 16:36.80 35.08		
	300m: 3:18.00 33.99	700m: 7:55.10 34.99	1100m: 12:32.22 34.96	1500m: 17:10.20 33.40		
	350m: 3:51.87 33.87	750m: 8:29.91 34.81	1150m: 13:06.57 34.35			
	400m: 4:26.14 34.27	800m: 9:04.45 34.54	1200m: 13:41.28 34.71			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Hugo Alberto Ribeiro	88	Gespacos			

Prova 10 Femin., 100m Livres 15 anos e mais velhos
05-04-2012 - 17:05 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: 1:01.00 / TAC-JUNF Jun: 1:02.25

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
-------	------	-----	-------	-------------	-------	-----

Juniores

1.	Ines Camacho Fernandes	97	Sporting	59.51	+0,67	669
	50m: 28.43 28.43 100m: 59.51 31.08					
2.	Rita Fernandes Leitao	96	Amadora	1:00.61	+0,74	634
	50m: 29.22 29.22 100m: 1:00.61 31.39					
3.	Carolina Sanchez Rodrigues	97	Alges	1:00.85	+0,76	626
	50m: 29.44 29.44 100m: 1:00.85 31.41					
4.	Ines Alexandra Paiva	96	Alges	1:00.99	+0,90	622
	50m: 29.38 29.38 100m: 1:00.99 31.61					
5.	Beatriz Neves Craveiro	97	Nautico/Matobra	1:01.00	+0,86	621
	50m: 29.39 29.39 100m: 1:01.00 31.61					
6.	Ana Beatriz Silva	96	Gafanha da Encarnacao	1:01.21	+0,78	615
	50m: 29.01 29.01 100m: 1:01.21 32.20					
7.	Isabel Pinto Abreu	96	Belenenses	1:01.38	+0,70	610
	50m: 29.20 29.20 100m: 1:01.38 32.18					
8.	Sara Faria Costa	97	Braga	1:01.60	+0,85	603
	50m: 29.23 29.23 100m: 1:01.60 32.37					
9.	Ana Filipa Martins	97	Foca	1:02.67	+0,82	573
	FTL 50m: 29.55 29.55 100m: 1:02.67 33.12					
10.	Ana Carolina Trindade	97	Amadora	1:02.72	+0,74	572
	FTL 50m: 29.89 29.89 100m: 1:02.72 32.83					

Seniores

1.	Ana Pinho Rodrigues	94	Estamos Juntos	58.04	+0,73	722
	50m: 28.02 28.02 100m: 58.04 30.02					
2.	Marta Vieira Marinho	91	Porto	58.09	+0,70	720
	50m: 27.53 27.53 100m: 58.09 30.56					
3.	Jessica Teixeira Vieira	91	Amadora	59.93	+0,69	655
	50m: 28.64 28.64 100m: 59.93 31.29					

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 10, Femin., 100m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Raquel Maurile Taveira 50m: 28.93 28.93	95	Alges	1:00.14	+0,74	649
5.	Catarina Tiago Nunes 50m: 28.98 28.98	95	Uniao Piedense	1:00.90	+0,82	625
6.	Joana Filipa Capela FTL 50m: 29.63 29.63	89	Benfica	1:01.12	+0,81	618
7.	Soraia Vanessa Ribeiro FTL 50m: 29.24 29.24	92	Gespacos	1:01.43	+0,83	609
8.	Ana Goncalves Neto FTL 50m: 29.85 29.85	95	Porto	1:01.51	+0,95	606
9.	Ana Ribeiro Ferreira FTL 50m: 29.78 29.78	92	Famalicao	1:01.53	+0,85	606
10.	Tatiana Ladeiro Santos FTL 50m: 29.77 29.77	92	Gesloures	1:01.62	+0,77	603

Prova 11

Masc., 200m Costas

17 anos e mais velhos

05-04-2012 - 17:15

Resultados

Recordes Nacionais 50m Absoluto	2:00.33	Pedro Diogo Oliveira	UOFLKY/IND	Indianapolis (USA)	30-03-2012
Recordes Nacionais 50m Jun	2:02.21	Pedro Diogo Oliveira	CNRM	Coimbra	28-07-2006
Recordes Nacionais 50m Sen	2:00.33	Pedro Diogo Oliveira	UOFLKY/IND	Indianapolis (USA)	30-03-2012

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

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Miguel Duarte Nascimento 50m: 29.16 29.16	95	Portinado	2:08.10	+0,74	666
2.	Rodrigo Pereira Lopes 50m: 30.65 30.65	95	Amadora	2:08.80	+0,68	656
3.	Antonio Rafael Bessa 50m: 30.86 30.86	94	Gespacos	2:11.45	+0,57	617
4.	Fabio Alexandre Freitas 50m: 31.22 31.22	94	Uniao Piedense	2:13.58	+0,63	588
5.	Renato Mendes Pinheiro 50m: 30.91 30.91	94	Desportiva de Viana	2:13.73	+0,63	586
6.	Renato Filipe Nascimento 50m: 31.18 31.18	94	Louletano/Loule Concelho	2:14.50	+0,77	576

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 11, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Mario Rui Cruz	94	Amadora	2:14.69	+0,59	573
	50m: 31.12 31.12	100m: 1:05.22 34.10	150m: 1:40.06 34.84	200m: 2:14.69 34.63		
8.	Miguel Antonio Silva	94	Braga	2:14.79	+0,71	572
	50m: 30.77 30.77	100m: 1:04.59 33.82	150m: 1:39.68 35.09	200m: 2:14.79 35.11		
9.	Tiago Barros Ferreira	94	Alges	2:16.34	+0,68	553
	50m: 32.54 32.54	100m: 1:07.16 34.62	150m: 1:42.92 35.76	200m: 2:16.34 33.42		
10.	Pedro Barros Mendes	94	Academica de Coimbra	2:16.47	+0,67	551
	50m: 31.21 31.21	100m: 1:05.26 34.05	150m: 1:41.04 35.78	200m: 2:16.47 35.43		
11.	Ivo Andre Lopes	94	Scalabisport	2:16.87	+0,65	546
	50m: 32.46 32.46	100m: 1:07.06 34.60	150m: 1:42.44 35.38	200m: 2:16.87 34.43		
12.	Pedro Romanoski Carvalho	94	Famalicao	2:17.43	+0,59	540
	50m: 31.26 31.26	100m: 1:05.84 34.58	150m: 1:41.62 35.78	200m: 2:17.43 35.81		
13.	Miguel Angelo Pinto	94	Colegio Vasco da Gama	2:17.73	+0,76	536
	50m: 31.68 31.68	100m: 1:06.17 34.49	150m: 1:41.55 35.38	200m: 2:17.73 36.18		
14.	Jose Alberto Martins	94	Vitoria de Guimaraes	2:18.41	+0,60	528
	50m: 31.09 31.09	100m: 1:05.34 34.25	150m: 1:41.66 36.32	200m: 2:18.41 36.75		
15.	Daniel Costa Vieira	95	Porto	2:18.76	+0,73	524
	50m: 33.40 33.40	100m: 1:08.79 35.39	150m: 1:44.39 35.60	200m: 2:18.76 34.37		
16.	Filipe Maria Ferreira FTL	95	Natacao de Olhao	2:19.63	+0,61	514
	50m: 30.97 30.97	100m: 1:05.47 34.50	150m: 1:41.89 36.42	200m: 2:19.63 37.74		

Seniores

1.	Adriano Miguel Niz	86	Famalicao	2:04.65	+0,66	723
	50m: 29.95 29.95	100m: 1:01.45 31.50	150m: 1:33.34 31.89	200m: 2:04.65 31.31		
2.	Ricardo Ferreira Cotovio	91	Sporting	2:07.53	+0,60	675
	50m: 30.64 30.64	100m: 1:03.30 32.66	150m: 1:36.00 32.70	200m: 2:07.53 31.53		
3.	Andre Duarte Vaz	93	Nautico/Matobra	2:09.82	+0,73	640
	50m: 30.10 30.10	100m: 1:02.82 32.72	150m: 1:36.41 33.59	200m: 2:09.82 33.41		
4.	Samuel Patricio Queiros	91	Porto	2:10.42	+0,68	631
	50m: 30.74 30.74	100m: 1:04.07 33.33	150m: 1:37.48 33.41	200m: 2:10.42 32.94		
5.	Edgar Oliveira Ribeiro	93	Braga	2:11.09	+0,62	622
	50m: 30.62 30.62	100m: 1:04.49 33.87	150m: 1:38.52 34.03	200m: 2:11.09 32.57		
6.	Andre Bras Goncalves	88	Amadora	2:13.45	+0,70	589
	50m: 30.14 30.14	100m: 1:04.11 33.97	150m: 1:38.90 34.79	200m: 2:13.45 34.55		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 12 Femin., 200m Costas 15 anos e mais velhos
05-04-2012 - 17:25 Resultados

Recordes Nacionais 50m Absoluto	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	08-08-1993
Recordes Nacionais 50m Jun	2:17.98	Catia Raquel Martinheira	FPN	Lima (PER)	18-08-2011
Recordes Nacionais 50m Sen	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	08-08-1993

TAC-SENF Sen: 2:29.50 / TAC-JUNF Jun: 2:34.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Joana Carina Silva	97	Lousada SXXI	2:17.38	+0,56	749
	<i>Recorde Nacional, Junior</i>					
	50m: 32.18 32.18	100m: 1:06.83 34.65	150m: 1:42.71 35.88	200m: 2:17.38 34.67		
2.	Francisca Gomes Azevedo	97	Alges	2:25.84	+0,75	626
	50m: 33.91 33.91	100m: 1:10.29 36.38	150m: 1:48.45 38.16	200m: 2:25.84 37.39		
3.	Beatriz Neves Craveiro	97	Nautico/Matobra	2:27.53	+0,66	605
	50m: 34.21 34.21	100m: 1:11.05 36.84	150m: 1:49.68 38.63	200m: 2:27.53 37.85		
4.	Filipa Vicente Custois	97	Benedita	2:27.85	+0,57	601
	50m: 34.90 34.90	100m: 1:12.58 37.68	150m: 1:50.63 38.05	200m: 2:27.85 37.22		
5.	Rafaela Marques Bodiao	96	Natacao de Olhao	2:29.65	+0,59	580
	50m: 34.30 34.30	100m: 1:11.98 37.68	150m: 1:51.15 39.17	200m: 2:29.65 38.50		
6.	Maria Ines Almeida	96	Nautico/Matobra	2:30.24	+0,67	573
	50m: 35.10 35.10	100m: 1:13.12 38.02	150m: 1:52.48 39.36	200m: 2:30.24 37.76		
7.	Ana Rita Cruz	97	Uniao Piedense	2:30.78	+0,79	567
	50m: 34.35 34.35	100m: 1:11.89 37.54	150m: 1:52.34 40.45	200m: 2:30.78 38.44		
8.	Catarina Brito Ferreira	97	Naval Setubalense	2:30.88	+0,79	566
	50m: 35.04 35.04	100m: 1:13.35 38.31	150m: 1:52.33 38.98	200m: 2:30.88 38.55		
9.	Juliana Lima Freixo	97	Desportiva de Viana	2:31.65	+0,62	557
	50m: 34.43 34.43	100m: 1:12.90 38.47	150m: 1:53.08 40.18	200m: 2:31.65 38.57		
10.	Flavia Daniela Goncalves	96	Desportiva de Viana	2:32.39	+0,69	549
	50m: 35.02 35.02	100m: 1:13.26 38.24	150m: 1:53.42 40.16	200m: 2:32.39 38.97		
11.	Ana Monica Eloi	96	Nautico da Marinha Grande	2:33.38	+0,68	538
	50m: 35.72 35.72	100m: 1:13.91 38.19	150m: 1:53.77 39.86	200m: 2:33.38 39.61		
12.	Bruna Elisabete Paulino	97	Alcobaca	2:33.85	+0,64	533
	50m: 35.28 35.28	100m: 1:13.99 38.71	150m: 1:54.15 40.16	200m: 2:33.85 39.70		
13.	Claudia Susana Teixeira	96	Gespacos	2:35.81	+0,74	513
	FTL	50m: 34.88 34.88	100m: 1:14.12 39.24	150m: 1:54.91 40.79	200m: 2:35.81 40.90	
14.	Rita Teixeira Costa	97	Belenenses	2:36.63	+0,69	505
	FTL	50m: 35.79 35.79	100m: 1:15.44 39.65	150m: 1:56.50 41.06	200m: 2:36.63 40.13	
15.	Sara Faria Costa	97	Braga	2:37.87	+0,78	494
	FTL	50m: 36.33 36.33	100m: 1:15.60 39.27	150m: 1:56.96 41.36	200m: 2:37.87 40.91	
DSQ	Ana Rita Martins	96	Amadora			
	606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3					

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 12, Femin., 200m Costas

Seniores

1.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	2:20.04	+0,55	707
	50m: 31.67 31.67	100m: 1:06.64 34.97	150m: 1:43.16 36.52	200m: 2:20.04 36.88		
2.	Mafalda Gomes Beleza	94	Sporting	2:20.57	+0,72	699
	50m: 32.42 32.42	100m: 1:07.75 35.33	150m: 1:43.86 36.11	200m: 2:20.57 36.71		
3.	Lisa Marisa Soares	95	Amadora	2:23.75	+0,66	654
	50m: 33.86 33.86	100m: 1:10.87 37.01	150m: 1:47.39 36.52	200m: 2:23.75 36.36		
4.	Marta Pereira Abreu	92	Porto	2:24.07	+0,71	650
	50m: 33.28 33.28	100m: 1:09.00 35.72	150m: 1:46.69 37.69	200m: 2:24.07 37.38		
5.	Adriana Correia Lopes	95	Nautico/Matobra	2:25.50	+0,64	631
	50m: 33.37 33.37	100m: 1:10.62 37.25	150m: 1:48.79 38.17	200m: 2:25.50 36.71		
6.	Paula Cristina Yang	95	Gesloures	2:26.74	+0,70	615
	50m: 34.33 34.33	100m: 1:11.67 37.34	150m: 1:48.99 37.32	200m: 2:26.74 37.75		
7.	Maria Luis Amorim	95	Porto	2:27.11	+0,78	610
	50m: 34.51 34.51	100m: 1:11.89 37.38	150m: 1:50.04 38.15	200m: 2:27.11 37.07		
8.	Patricia Isabel Oliveira	94	Leixoes	2:28.06	+0,67	599
	50m: 33.13 33.13	100m: 1:09.95 36.82	150m: 1:49.56 39.61	200m: 2:28.06 38.50		
9.	Andreia Silva Cruz	88	Naval de Ponta Delgada	2:28.29	+0,54	596
	50m: 34.22 34.22	100m: 1:11.67 37.45	150m: 1:49.76 38.09	200m: 2:28.29 38.53		
10.	Ana Sofia Leite	93	Ginasio de Vila Real	2:29.69	+0,72	579
	<i>FTL</i> 50m: 34.07 34.07	100m: 1:11.93 37.86	150m: 1:51.17 39.24	200m: 2:29.69 38.52		
11.	Ines Sofia Sampaio	94	Academico Viseu	2:38.62	+0,69	487
	<i>FTL</i> 50m: 37.24 37.24	100m: 1:17.31 40.07	150m: 1:58.80 41.49	200m: 2:38.62 39.82		
DNS	Diana Ramos Rocha	94	Individual Minho			

Prova 13

Masc., 4 x 100m Livres

17 anos e mais velhos

05-04-2012 - 18:00

Resultados

Recordes Nacionais 50m Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FOA	Faro	19-07-2009
Recordes Nacionais 50m Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	FOA	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 2012

Lugar	Clube	Tempo Final	TReac	Pts
-------	-------	-------------	-------	-----

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 13, Masc., 4 x 100m Livres

Juniores

1.	Academica de Coimbra-JUN	Academica de Coimbra	3:39.56	+0,69	630
	Joao Andre Neves	+0,69 26.87 56.23	Pedro Barros Mendes	+0,40 26.49	55.72
	Joao Nuno Pires	+0,29 26.29 55.30	Gustavo Almeida Madureira	+0,44 24.86	52.31
2.	Amadora-JUN	Amadora	3:41.30	+0,68	615
	Rodrigo Pereira Lopes	+0,68 26.55 54.73	Mario Rui Cruz	+0,13 25.69	54.54
	Bernardo Jose Coelho	+0,41 26.88 56.62	Andre Filipe Fernandes	+0,49 25.63	55.41
3.	Famalicao-JUN	Famalicao	3:45.65	+0,73	580
	Simao Pedro Alves	+0,73 25.54 53.85	Andre Isaias Guimaraes	+0,42 26.73	56.88
	Nuno Goncalo Martins	+0,35 26.58 57.00	Pedro Romanoski Carvalho	+0,55 27.36	57.92
4.	Braga-JUN	Braga	3:45.72	+0,85	579
	Miguel Antonio Silva	+0,85 27.20 55.84	Manuel Silva Barros	+0,34 27.24	57.98
	Hugo Miguel Silva	+0,47 26.88 56.15	Pedro Gomes Antunes	0.00 25.65	55.75
5.	Vilacondense-JUN	Vilacondense	3:47.67	+0,87	565
	Mario Guterres Carvalho	+0,87 28.18 59.35	Carlos Manuel Cabral	+0,40 26.32	55.16
	Joao Miguel Costa	+0,20 26.47 55.56	Pedro Maria Bessa	+0,22 27.95	57.60
6.	Uniao Piedense-JUN	Uniao Piedense	3:48.35	+0,87	560
	Pedro Henrique Torres	+0,87 27.32 56.90	Jose Manuel Dias	+0,16 27.19	57.33
	Fabio Alexandre Freitas	+0,28 27.38 57.68	Diogo Miguel Silva	+0,12 26.74	56.44
DSQ	Colegio Vasco da Gama-JUN	Colegio Vasco da Gama			
	<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>				
	Miguel Angelo Pinto	+0,79 28.26 57.28	Pedro Afonso Centeno	+0,36 27.74	58.93
	Diogo Gomes Sousa	+0,39 25.71 52.36	Joao Diogo Neves	-0,25	

Seniores

1.	Amadora-SEN	Amadora	3:27.98	+0,62	741
	Joao Silva Gigante	+0,62 24.82 51.68	Ricardo Pereira Lopes	+0,08 24.61	51.64
	Simao Gomes Morgado	+0,25 25.46 52.70	Duarte Rafael Mourao	+0,20 24.45	51.96
2.	Porto-SEN	Porto	3:29.18	+0,73	728
	Paulo Jorge Santos	+0,73 24.18 51.76	Rui Filipe Vilar	+0,21 25.33	52.68
	Carlos Filipe Santos	+0,36 25.75 53.30	Fabio Andre Figueira	+0,20 24.65	51.44
3.	Nautico/Matobra-SEN	Nautico/Matobra	3:29.79	+0,64	722
	Mario Alexandre Pereira	+0,64 24.22 50.67	Miguel Monteiro Diogo	+0,20 25.59	53.73
	Miguel Silva Oliveira	+0,21 24.82 52.02	Joao Pedro Almeida	+0,32 24.95	53.37
4.	Sporting-SEN	Sporting	3:30.52	+0,59	714
	Pedro Miguel Agostinho	+0,59 25.36 53.39	Gustavo Manuel Santa	+0,33 25.44	53.06
	Pedro Miguel Pinotes	+0,35 25.18 52.15	Ricardo Ferreira Cotovio	+0,22 24.95	51.92
5.	Braga-SEN	Braga	3:36.04	+0,79	661
	Ricardo Manuel Machado	+0,79 24.95 52.39	Nuno Vieira Malheiro	+0,12 26.90	56.13
	Edgar Oliveira Ribeiro	+0,25 25.39 53.43	Filipe Vieira Malheiro	+0,23 24.94	54.09
6.	Vilacondense-SEN	Vilacondense	3:41.89	+0,73	610
	Diogo Carmo Ramos	+0,73 27.16 57.03	Igor Guterres Carvalho	+0,28 26.11	54.77
	Rui Filipe Maia	+0,34 25.86 55.09	Fabio Manuel Pereira	+0,29 26.10	55.00

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 14 Femin., 4 x 200m Livres 15 anos e mais velhos
05-04-2012 - 18:10 Resultados

Recordes Nacionais 50m Absoluto	8:27.04	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Recordes Nacionais 50m Jun	8:39.85	Sporting Clube de Portugal	SCP	Coimbra	09-04-2010
Recordes Nacionais 50m Sen	8:27.04	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011

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

Pontos: FINA 2012

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Alges-JUN	Alges	8:53.52	+0,78 649
	Barbara Sofia Barata	97 +0,78 30.63 1:04.16	1:38.51 2:13.38	2:13.38
	Barbara Marques Rodrigues	97 +0,38 30.26 1:04.36	1:39.50 2:14.82	2:14.82
	Carolina Sanchez Rodrigues	97 +0,33 29.90 1:04.09	1:39.42 2:14.49	2:14.49
	Ines Alexandra Paiva	96 +0,45 30.31 1:03.63	1:37.36 2:10.83	2:10.83
2.	Porto-JUN	Porto	8:57.67	+0,89 634
	Maria Teresa Amorim	97 +0,89 30.74 1:04.30	1:37.72 2:10.78	2:10.78
	Paula Alexandra Oliveira	96 +0,27 30.77 1:05.69	1:41.42 2:15.40	2:15.40
	Ana Catarina Pereira	97 +0,39 31.19 1:06.55	1:42.41 2:17.66	2:17.66
	Adriana Daniela Castro	97 +0,18 30.26 1:05.06	1:40.58 2:13.83	2:13.83
3.	Foca-JUN	Foca	9:01.41	+0,80 621
	Ana Filipa Martins	97 +0,80 30.89 1:05.28	1:40.04 2:15.01	2:15.01
	Sofia Cunha Sousa	96 +0,52 31.40 1:06.29	1:41.91 2:17.98	2:17.98
	Ana Isabel Cunha	96 +0,47 31.63 1:06.72	1:43.25 2:19.63	2:19.63
	Diana Margarida Duraes	96 +0,05 28.66 1:01.50	1:34.73 2:08.79	2:08.79
4.	Amadora-JUN	Amadora	9:09.80	+0,73 593
	Ana Carolina Trindade	97 +0,73 31.28 1:06.24	1:42.92 2:20.16	2:20.16
	Rita Fernandes Leitao	96 +0,56 30.34 1:03.40	1:37.88 2:12.41	2:12.41
	Ana Rita Martins	96 +0,22 31.32 1:06.71	1:43.19 2:18.87	2:18.87
	Daniela Teixeira Moreira	97 +0,30 31.78 1:07.31	1:43.01 2:18.36	2:18.36
5.	Braga-JUN	Braga	9:11.60	+0,81 587
	Sara Faria Costa	97 +0,81 30.80 1:04.83	1:40.83 2:16.74	2:16.74
	Patricia Daniela Machado	97 +0,17 30.67 1:05.46	1:41.17 2:17.54	2:17.54
	Debora Guimaraes Oliveira	96 +0,54 31.90 1:07.67	1:44.86 2:21.98	2:21.98
	Vera Patricia Fernandes	96 +0,31 29.98 1:04.10	1:39.69 2:15.34	2:15.34
6.	Vilacondense-JUN	Vilacondense	9:29.45	+0,79 534
	<i>FTL</i>			
	Maria Joao Fernandes	97 +0,79 31.06 1:05.48	1:41.55 2:17.07	2:17.07
	Ana Filipa Gomes	96 +0,42 30.01 1:04.48	1:39.97 2:15.54	2:15.54
	Sofia Isabel Tavares	97 +0,40 32.20 1:08.59	1:46.08 2:22.82	2:22.82
	Ana Rosa Arteiro	97 +0,75 33.01 1:12.08	1:52.85 2:34.02	2:34.02
DSQ	Nautico/Matobra-JUN	Nautico/Matobra		
	<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>			
	Beatriz Neves Craveiro	97 +0,89 30.80 1:04.79	1:41.56 2:17.78	2:17.78
	Beatriz Filipa Matos	97 -0,15		
	Ana Luisa Carvalho	96 +0,46		
	Matilde Domingues Gameiro	97 +0,17		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 14, Femin., 4 x 200m Livres

Seniores

1. Porto-SEN	Porto				8:32.49	+0,72	732
Marta Vieira Marinho	91	+0,72	29.84	1:02.20	1:34.97	2:07.15	2:07.15
Ana Goncalves Neto	95	+0,37	30.06	1:03.03	1:36.98	2:09.87	2:09.87
Maria Luis Amorim	95	+0,55	30.05	1:02.53	1:35.40	2:08.18	2:08.18
Sara Freitas Oliveira	85	+0,18	28.78	1:01.81	1:34.84	2:07.29	2:07.29
2. Vitoria de Guimaraes-SEN	Vitoria de Guimaraes				8:37.31	+0,86	712
Andreia Catarina Gomes	94	+0,86	29.62	1:01.80	1:35.03	2:08.95	2:08.95
Joana Filipa Santos	93	+0,39	28.94	1:01.10	1:34.80	2:07.67	2:07.67
Daniela Filipa Pinto	91	+0,40	30.53	1:03.00	1:36.83	2:10.13	2:10.13
Amelia Pereira Fernandes	89		29.65	1:02.21	1:36.29	2:10.56	2:10.56
3. Sporting-SEN	Sporting				8:41.61	+0,75	695
Maria Carolina Rosa	94	+0,75	30.56	1:03.10	1:37.03	2:11.34	2:11.34
Raquel Paulo Ranito	94	+0,04	28.64	1:01.42	1:36.13	2:10.77	2:10.77
Leonor Mourinho Neves	95	+0,33	30.37	1:03.52	1:38.00	2:11.78	2:11.78
Mafalda Gomes Beleza	94	+0,46	28.80	1:01.35	1:34.56	2:07.72	2:07.72
4. Gesloures-SEN	Gesloures				8:56.47	+0,71	639
Nadia Morais Vieira	90	+0,71	30.02	1:02.60	1:35.89	2:08.59	2:08.59
Tatiana Ladeiro Santos	92	+0,29	30.42	1:04.88	1:40.27	2:14.55	2:14.55
Jessica Goncalves Sequeira	95	+0,48	31.97	1:06.57	1:42.39	2:18.49	2:18.49
Paula Cristina Yang	95	+0,36	31.34	1:05.28	1:40.55	2:14.84	2:14.84
5. Gespacos-SEN	Gespacos				9:07.84	+0,82	600
Diana Patricia Ferreira	94	+0,82	30.36	1:03.72	1:37.57	2:12.05	2:12.05
Soraia Vanessa Ribeiro	92	+0,60	30.63	1:05.10	1:40.54	2:17.10	2:17.10
Ana Sofia Matos	91	+0,01	30.46	1:05.95	1:42.51	2:19.47	2:19.47
Ana Rita Cunha	94	+0,34	32.29	1:07.40	1:43.37	2:19.22	2:19.22

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

3 - 2ª Jornada - 1ª Sessão

06-04-2012 - 9:30

Prova 15	Femin., 50m Livres				15 anos e mais velhos
06-04-2012 - 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: 28.20 / TAC-JUNF Jun: 28.70					

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Rosa Maria Oliveira	96	Estarreja	27.95	+0,79	611
2.	Carolina Sanchez Rodrigues	97	Alges	28.31	+0,76	588
3.	Ana Beatriz Silva	96	Gafanha da Encarnacao	28.52	+0,74	576
4.	Teresa Manuela Aires	96	Sporting de Espinho	28.60	+0,75	571
5.	Ana Luisa Carvalho	96	Nautico/Matobra	28.62	+0,83	570
6.	Adriana Daniela Castro	97	Porto	28.66	+0,79	567
7.	Ana Filipa Gomes	96	Vilacondense	28.87	+0,78	555
	<i>FTL</i>					
8.	Isabel Pinto Abreu	96	Belenenses	29.10	+0,73	542
	<i>FTL</i>					

Seniores

1.	Ana Pinho Rodrigues	94	Estamos Juntos	26.50	+0,72	718
2.	Marta Vieira Marinho	91	Porto	27.16	+0,71	666
3.	Jessica Teixeira Vieira	91	Amadora	27.22	+0,71	662
4.	Claudia Sofia Monteiro	92	Vilacondense	27.90	+0,78	615
	Raquel Maurile Taveira	95	Alges	27.90	+0,72	615
6.	Catarina Tiago Nunes	95	Uniao Piedense	28.02	+0,80	607
7.	Joana Filipa Santos	93	Vitoria de Guimaraes	28.11	+0,82	601
8.	Susana Clara Gomes	77	Naval do Funchal	28.38	+0,75	584
	<i>FTL</i>					
9.	Ana Goncalves Neto	95	Porto	28.85	+0,91	556
	<i>FTL</i>					
10.	Mafalda Fraga Fragoso	94	Bombeiros Ponta Delgada	29.05	+0,71	545
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 16 Masc., 200m Mariposa 17 anos e mais velhos
06-04-2012 - 9:35 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 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ruben Filipe Nunes	94	Gespacos	2:06.61	+0,78	683
	50m: 28.01 28.01	100m: 1:00.58 32.57	150m: 1:32.87	32.29	200m: 2:06.61	33.74
2.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	2:10.45	+0,74	624
	50m: 28.24 28.24	100m: 1:00.79 32.55	150m: 1:34.40	33.61	200m: 2:10.45	36.05
3.	Rafael Filipe Torres	95	Sporting	2:11.63	+0,70	607
	50m: 29.22 29.22	100m: 1:02.65 33.43	150m: 1:36.46	33.81	200m: 2:11.63	35.17
4.	Joao Duarte Santos	95	Natacao de Olhao	2:11.94	+0,69	603
	50m: 28.90 28.90	100m: 1:02.74 33.84	150m: 1:36.85	34.11	200m: 2:11.94	35.09
5.	Cesar Filipe Magalhaes	95	Foca	2:12.64	+0,81	594
	50m: 29.20 29.20	100m: 1:02.82 33.62	150m: 1:37.36	34.54	200m: 2:12.64	35.28
6.	Andre Augusto Santos	95	Sporting	2:12.81	+0,71	591
	50m: 29.09 29.09	100m: 1:03.56 34.47	150m: 1:38.35	34.79	200m: 2:12.81	34.46
7.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	2:13.34	+0,88	584
	50m: 29.62 29.62	100m: 1:03.69 34.07	150m: 1:38.31	34.62	200m: 2:13.34	35.03
8.	Miguel Bras Sergio	95	Bombeiros dos Estoris	2:13.73	+0,78	579
	50m: 29.34 29.34	100m: 1:03.00 33.66	150m: 1:37.57	34.57	200m: 2:13.73	36.16
9.	Joao Pedro Vieira	94	Naval do Funchal	2:13.78	+0,69	579
	50m: 29.11 29.11	100m: 1:02.14 33.03	150m: 1:37.51	35.37	200m: 2:13.78	36.27
10.	Ricardo Miguel Antunes	94	Geslours	2:13.85	+0,77	578
	50m: 30.35 30.35	100m: 1:04.33 33.98	150m: 1:39.32	34.99	200m: 2:13.85	34.53
11.	Antonio Rafael Bessa	94	Gespacos	2:13.95	+0,84	576
	50m: 29.57 29.57	100m: 1:03.22 33.65	150m: 1:38.07	34.85	200m: 2:13.95	35.88
12.	Pedro Barros Mendes	94	Academica de Coimbra	2:14.61	+0,72	568
	50m: 30.09 30.09	100m: 1:03.39 33.30	150m: 1:38.49	35.10	200m: 2:14.61	36.12
13.	Andre Filipe Teodoro FTL	95	Naval Setubalense	2:16.64	+0,79	543
	50m: 29.48 29.48	100m: 1:04.55 35.07	150m: 1:40.02	35.47	200m: 2:16.64	36.62
14.	Antonio Fraga Fragoso FTL	95	Bombeiros Ponta Delgada	2:16.78	+0,87	541
	50m: 29.16 29.16	100m: 1:03.39 34.23	150m: 1:39.56	36.17	200m: 2:16.78	37.22
15.	Joao Carlos Paula FTL	94	Galitos	2:16.85	+0,87	541
	50m: 30.37 30.37	100m: 1:04.56 34.19	150m: 1:40.42	35.86	200m: 2:16.85	36.43
16.	Pedro Gomes Antunes FTL	94	Braga	2:20.72	+0,76	497
	50m: 30.34 30.34	100m: 1:04.96 34.62	150m: 1:41.19	36.23	200m: 2:20.72	39.53

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 16, Masc., 200m Mariposa

Seniores

1.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	2:00.36	+0,74	795	
	50m: 26.91 26.91	100m: 57.06 30.15	150m: 1:28.75	31.69	200m: 2:00.36	31.61	
2.	Duarte Rafael Mourao	84	Amadora	2:01.65	+0,72	770	
	50m: 26.97 26.97	100m: 57.37 30.40	150m: 1:28.48	31.11	200m: 2:01.65	33.17	
3.	Fabio Manuel Pereira	86	Vilacondense	2:03.27	+0,79	740	
	50m: 27.57 27.57	100m: 58.70 31.13	150m: 1:30.39	31.69	200m: 2:03.27	32.88	
4.	Miguel Monteiro Diogo	93	Nautico/Matobra	2:05.33	+0,72	704	
	50m: 27.33 27.33	100m: 58.88 31.55	150m: 1:31.63	32.75	200m: 2:05.33	33.70	
5.	Pedro Miguel Pinotes	89	Sporting	2:05.41	+0,71	702	
	50m: 28.16 28.16	100m: 59.32 31.16	150m: 1:32.27	32.95	200m: 2:05.41	33.14	
6.	Miguel Silva Oliveira	91	Nautico/Matobra	2:07.93	+0,77	662	
	50m: 28.10 28.10	100m: 1:00.57 32.47	150m: 1:34.35	33.78	200m: 2:07.93	33.58	
7.	Ricardo Verissimo Sousa	93	Colegio Vasco da Gama	2:08.56	+0,70	652	
	50m: 28.71 28.71	100m: 1:01.37 32.66	150m: 1:34.79	33.42	200m: 2:08.56	33.77	
8.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	2:08.72	+0,71	650	
	50m: 29.21 29.21	100m: 1:02.13 32.92	150m: 1:35.65	33.52	200m: 2:08.72	33.07	
9.	Igor Guterres Carvalho	88	Vilacondense	2:09.45	+0,92	639	
	50m: 28.92 28.92	100m: 1:01.88 32.96	150m: 1:34.92	33.04	200m: 2:09.45	34.53	
10.	Rui Miguel Fonseca	88	Academico Viseu	2:10.62	+0,71	622	
	<i>FTL</i>	50m: 28.10 28.10	100m: 1:00.36 32.26	150m: 1:34.33	33.97	200m: 2:10.62	36.29
11.	Paulo Andre Dias	92	Gespacos	2:11.58	+0,82	608	
	<i>FTL</i>	50m: 29.12 29.12	100m: 1:02.33 33.21	150m: 1:36.00	33.67	200m: 2:11.58	35.58

Prova 17

Femin., 100m Costas

15 anos e mais velhos

06-04-2012 - 9:50

Resultados

Recordes Nacionais 50m Absoluto	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	1:04.45	Catia Raquel Martinheira	FPN	Belgrado (SRB)	09-07-2011
Recordes Nacionais 50m Sen	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010

TAC-SENF Sen: 1:09.50 / TAC-JUNF Jun: 1:11.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joana Carina Silva	97	Lousada SXXI	1:03.92	+0,59	751
	<i>Recorde Nacional</i>	50m: 31.63 31.63	100m: 1:03.92 32.29			
	Ines Camacho Fernandes	97	Sporting	1:03.92	+0,59	751
	<i>Recorde Nacional</i>	50m: 29.99 29.99	100m: 1:03.92 33.93			
3.	Beatriz Neves Craveiro	97	Nautico/Matobra	1:08.44	+0,65	612
	50m: 33.30 33.30	100m: 1:08.44 35.14				

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 17, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Rafaela Marques Bodiao 50m: 33.84 33.84	96	Natacao de Olhao 100m: 1:09.50 35.66	1:09.50	+0,58	584
5.	Juliana Lima Freixo 50m: 33.71 33.71	97	Desportiva de Viana 100m: 1:09.67 35.96	1:09.67	+0,61	580
6.	Francisca Gomes Azevedo 50m: 33.42 33.42	97	Alges 100m: 1:09.83 36.41	1:09.83	+0,70	576
7.	Margarida Teixeira Monteiro 50m: 34.09 34.09	97	Desportiva Limiana 100m: 1:10.15 36.06	1:10.15	+0,65	568
8.	Daniela Teixeira Moreira 50m: 34.31 34.31	97	Amadora 100m: 1:10.78 36.47	1:10.78	+0,64	553
9.	Catarina Brito Ferreira 50m: 34.16 34.16	97	Naval Setubalense 100m: 1:10.89 36.73	1:10.89	+0,79	551
10.	Maria Ines Almeida <i>FTL</i> 50m: 35.09 35.09	96	Nautico/Matobra 100m: 1:11.54 36.45	1:11.54	+0,65	536
11.	Ana Rita Cruz <i>FTL</i> 50m: 34.53 34.53	97	Uniao Piedense 100m: 1:12.25 37.72	1:12.25	+0,71	520

Seniores

1.	Catia Raquel Martinheira 50m: 31.30 31.30	95	Louletano/Loule Concelho 100m: 1:05.22 33.92	1:05.22	+0,56	707
2.	Mafalda Gomes Beleza 50m: 31.96 31.96	94	Sporting 100m: 1:05.89 33.93	1:05.89	+0,68	686
3.	Lisa Marisa Soares 50m: 32.50 32.50	95	Amadora 100m: 1:06.98 34.48	1:06.98	+0,65	653
4.	Ana Sofia Leite 50m: 31.91 31.91	93	Ginasio de Vila Real 100m: 1:07.33 35.42	1:07.33	+0,66	643
5.	Paula Cristina Yang 50m: 33.17 33.17	95	Gesloures 100m: 1:08.27 35.10	1:08.27	+0,64	617
6.	Patricia Isabel Oliveira 50m: 33.00 33.00	94	Leixoes 100m: 1:08.28 35.28	1:08.28	+0,67	616
7.	Andreia Filipa Anjos 50m: 33.24 33.24	92	BA/Mr.Pizza 100m: 1:08.39 35.15	1:08.39	+0,67	613
8.	Adriana Correia Lopes 50m: 32.88 32.88	95	Nautico/Matobra 100m: 1:08.51 35.63	1:08.51	+0,62	610
9.	Andreia Silva Cruz 50m: 33.77 33.77	88	Naval de Ponta Delgada 100m: 1:09.40 35.63	1:09.40	+0,52	587
10.	Maria Luis Amorim <i>FTL</i> 50m: 34.04 34.04	95	Porto 100m: 1:10.10 36.06	1:10.10	+0,71	569

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 17, Femin., 100m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Filipa Mendes Pinheiro <i>FTL</i>	92	Desportiva de Viana	1:10.33	+0,68	564
	50m: 33.90 33.90	100m: 1:10.33	36.43			

Prova 18

Masc., 100m Costas

17 anos e mais velhos

06-04-2012 - 9:55

Resultados

Recordes Nacionais 50m Absoluto	56.26	Alexis Manacas Santos	FPN	Eindhoven (NED)	04-12-2011
Recordes Nacionais 50m Jun	57.09	Alexis Manacas Santos	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	56.26	Alexis Manacas Santos	FPN	Eindhoven (NED)	04-12-2011

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

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Duarte Nascimento	95	Portinado	59.05	+0,72	680
	50m: 28.37 28.37	100m: 59.05	30.68			
2.	Rodrigo Pereira Lopes	95	Amadora	59.36	+0,64	669
	50m: 28.95 28.95	100m: 59.36	30.41			
3.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	1:00.46	+0,65	634
	50m: 29.15 29.15	100m: 1:00.46	31.31			
4.	Tomas Correia Silva	95	Porto	1:00.94	+0,67	619
	50m: 29.80 29.80	100m: 1:00.94	31.14			
5.	Renato Mendes Pinheiro	94	Desportiva de Viana	1:01.24	+0,64	610
	50m: 29.77 29.77	100m: 1:01.24	31.47			
6.	Joao Pedro Braga	94	Naval de Ponta Delgada	1:01.35	+0,69	606
	50m: 29.61 29.61	100m: 1:01.35	31.74			
7.	Miguel Angelo Pinto	94	Colegio Vasco da Gama	1:02.56	+0,80	572
	50m: 31.07 31.07	100m: 1:02.56	31.49			
8.	Jose Alberto Martins	94	Vitoria de Guimaraes	1:02.89	+0,62	563
	50m: 30.59 30.59	100m: 1:02.89	32.30			
9.	Miguel Antonio Silva	94	Braga	1:02.99	+0,72	560
	50m: 30.36 30.36	100m: 1:02.99	32.63			
10.	Fabio Alexandre Freitas	94	Uniao Piedense	1:03.26	+0,65	553
	50m: 30.56 30.56	100m: 1:03.26	32.70			
11.	Pedro Romanoski Carvalho	94	Famalicao	1:03.42	+0,61	549
	50m: 30.73 30.73	100m: 1:03.42	32.69			
12.	Joao Pedro Santos <i>FTL</i>	95	Estarreja	1:04.15	+0,71	530
	50m: 30.66 30.66	100m: 1:04.15	33.49			
13.	Pedro Andre Santos <i>FTL</i>	94	Alges	1:04.50	+0,68	522
	50m: 30.28 30.28	100m: 1:04.50	34.22			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 18, Masc., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Filipe Maria Ferreira FTL	95	Natacao de Olhao	1:06.07	+0,60	485
	50m: 31.46 31.46	100m: 1:06.07	34.61			

Seniores

1.	Alexis Manacas Santos	92	Sporting	56.47	+0,66	778
	50m: 26.93 26.93	100m: 56.47	29.54			
2.	Adriano Miguel Niz	86	Famalicao	57.92	+0,65	721
	50m: 28.50 28.50	100m: 57.92	29.42			
3.	Goncalo Filipe Gregorio	93	Uniao Piedense	58.63	+0,61	695
	50m: 28.74 28.74	100m: 58.63	29.89			
4.	Samuel Patricio Queiros	91	Porto	1:00.22	+0,65	641
	50m: 29.20 29.20	100m: 1:00.22	31.02			
5.	Andre Duarte Vaz	93	Nautico/Matobra	1:00.35	+0,66	637
	50m: 29.25 29.25	100m: 1:00.35	31.10			
6.	Daniel Aparicio Pereira	83	Braga	1:00.38	+0,63	636
	50m: 29.48 29.48	100m: 1:00.38	30.90			
7.	Joao Silva Gigante	88	Amadora	1:00.86	+0,63	621
	50m: 29.03 29.03	100m: 1:00.86	31.83			
8.	Edgar Oliveira Ribeiro	93	Braga	1:01.23	+0,58	610
	50m: 29.76 29.76	100m: 1:01.23	31.47			
9.	Carlos Filipe Santos	91	Porto	1:01.49	+0,60	602
	50m: 29.46 29.46	100m: 1:01.49	32.03			
10.	Andre Filipe Mendes	92	Nautico de Abrantes	1:01.69	+0,56	596
	50m: 29.30 29.30	100m: 1:01.69	32.39			

Prova 19

Femin., 400m Estilos

15 anos e mais velhos

06-04-2012 - 10:05

Resultados

Recordes Nacionais 50m Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
Recordes Nacionais 50m Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Sen	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011

TAC-SENF Sen: 5:19.00 / TAC-JUNF Jun: 5:25.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Ana Marta Miranda	96	Uniao Piedense	5:07.01	+0,81	676	
	50m: 31.65 31.65	150m: 1:47.82	39.66	250m: 3:10.39	43.35	350m: 4:31.43	36.82
	100m: 1:08.16 36.51	200m: 2:27.04	39.22	300m: 3:54.61	44.22	400m: 5:07.01	35.58
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:08.12	+0,90	668	
	50m: 32.39 32.39	150m: 1:51.51	41.64	250m: 3:16.22	44.57	350m: 4:35.24	34.73
	100m: 1:09.87 37.48	200m: 2:31.65	40.14	300m: 4:00.51	44.29	400m: 5:08.12	32.88

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 19, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Ines Alexandra Paiva	96	Alges	5:09.36	+0,86	660
	50m: 32.70 32.70	150m: 1:50.47 40.67	250m: 3:14.97 45.10	350m: 4:34.74 34.91		
	100m: 1:09.80 37.10	200m: 2:29.87 39.40	300m: 3:59.83 44.86	400m: 5:09.36 34.62		
4.	Diana Margarida Duraes	96	Foca	5:09.38	+0,77	660
	50m: 31.89 31.89	150m: 1:48.98 40.56	250m: 3:12.87 43.97	350m: 4:34.11 36.35		
	100m: 1:08.42 36.53	200m: 2:28.90 39.92	300m: 3:57.76 44.89	400m: 5:09.38 35.27		
5.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:12.89	+0,85	638
	50m: 32.83 32.83	150m: 1:51.98 40.85	250m: 3:16.44 45.07	350m: 4:37.60 36.15		
	100m: 1:11.13 38.30	200m: 2:31.37 39.39	300m: 4:01.45 45.01	400m: 5:12.89 35.29		
6.	Maria Teresa Amorim	97	Porto	5:14.04	+0,92	631
	50m: 32.85 32.85	150m: 1:51.23 40.57	250m: 3:17.54 45.97	350m: 4:39.38 35.55		
	100m: 1:10.66 37.81	200m: 2:31.57 40.34	300m: 4:03.83 46.29	400m: 5:14.04 34.66		
7.	Filipa Vicente Custois	97	Benedita	5:19.23	+0,72	601
	50m: 33.17 33.17	150m: 1:53.61 41.03	250m: 3:19.86 46.04	350m: 4:43.36 36.26		
	100m: 1:12.58 39.41	200m: 2:33.82 40.21	300m: 4:07.10 47.24	400m: 5:19.23 35.87		
8.	Joana Dias Santos	96	Uniao Piedense	5:20.10	+0,92	596
	50m: 34.03 34.03	150m: 1:57.83 44.19	250m: 3:20.84 41.07	350m: 4:42.62 38.76		
	100m: 1:13.64 39.61	200m: 2:39.77 41.94	300m: 4:03.86 43.02	400m: 5:20.10 37.48		
9.	Sara Monteiro Meireles	97	Gespacos	5:21.54	+0,89	588
	50m: 33.90 33.90	150m: 1:56.08 42.74	250m: 3:23.09 44.49	350m: 4:46.15 37.71		
	100m: 1:13.34 39.44	200m: 2:38.60 42.52	300m: 4:08.44 45.35	400m: 5:21.54 35.39		
10.	Bruna Leal Dantas	96	Sporting	5:24.65	+0,71	571
	50m: 32.12 32.12	150m: 1:51.76 43.43	250m: 3:22.04 49.05	350m: 4:48.44 38.24		
	100m: 1:08.33 36.21	200m: 2:32.99 41.23	300m: 4:10.20 48.16	400m: 5:24.65 36.21		
11.	Ana Isabel Cunha FTL	96	Foca	5:30.09	+0,79	543
	50m: 34.51 34.51	150m: 1:57.17 43.41	250m: 3:27.91 48.50	350m: 4:54.28 37.62		
	100m: 1:13.76 39.25	200m: 2:39.41 42.24	300m: 4:16.66 48.75	400m: 5:30.09 35.81		
DSQ	Ines Mendes Paulo	96	Colegio Monte Maior			
	<i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6</i>					

Seniores

1.	Nadia Morais Vieira	90	Gesloures	4:55.40	+0,71	758
	50m: 31.32 31.32	150m: 1:45.52 38.12	250m: 3:04.59 42.09	350m: 4:21.52 34.95		
	100m: 1:07.40 36.08	200m: 2:22.50 36.98	300m: 3:46.57 41.98	400m: 4:55.40 33.88		
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:58.07	+0,80	738
	50m: 31.86 31.86	150m: 1:46.46 38.48	250m: 3:05.84 41.82	350m: 4:23.19 35.45		
	100m: 1:07.98 36.12	200m: 2:24.02 37.56	300m: 3:47.74 41.90	400m: 4:58.07 34.88		
3.	Marta Pereira Abreu	92	Porto	5:02.23	+0,76	708
	50m: 32.09 32.09	150m: 1:47.98 38.37	250m: 3:08.06 42.99	350m: 4:27.83 35.75		
	100m: 1:09.61 37.52	200m: 2:25.07 37.09	300m: 3:52.08 44.02	400m: 5:02.23 34.40		
4.	Maria Carolina Rosa	94	Sporting	5:07.12	+0,76	675
	50m: 31.51 31.51	150m: 1:50.02 42.12	250m: 3:13.42 42.78	350m: 4:32.99 35.81		
	100m: 1:07.90 36.39	200m: 2:30.64 40.62	300m: 3:57.18 43.76	400m: 5:07.12 34.13		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 19, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Rute Margarida Marques	94	Amadora	5:14.46	+0,77	629
	50m: 33.08 33.08	150m: 1:53.75 41.57	250m: 3:17.83	43.31	350m: 4:39.27	37.74
	100m: 1:12.18 39.10	200m: 2:34.52 40.77	300m: 4:01.53	43.70	400m: 5:14.46	35.19
6.	Helena Paula Carvalho	95	Uniao Piedense	5:15.94	+0,77	620
	50m: 32.76 32.76	150m: 1:50.80 39.94	250m: 3:18.31	47.75	350m: 4:41.69	36.22
	100m: 1:10.86 38.10	200m: 2:30.56 39.76	300m: 4:05.47	47.16	400m: 5:15.94	34.25
7.	Raquel Paulo Ranito	94	Sporting	5:16.53	+0,81	616
	50m: 31.68 31.68	150m: 1:48.97 39.96	250m: 3:17.59	47.64	350m: 4:40.75	36.03
	100m: 1:09.01 37.33	200m: 2:29.95 40.98	300m: 4:04.72	47.13	400m: 5:16.53	35.78
8.	Diana Patricia Ferreira	94	Gespacos	5:21.98	+0,84	586
	<i>FTL</i>					
	50m: 31.91 31.91	150m: 1:50.97 41.75	250m: 3:18.96	47.46	350m: 4:44.51	39.18
	100m: 1:09.22 37.31	200m: 2:31.50 40.53	300m: 4:05.33	46.37	400m: 5:21.98	37.47
9.	Ines Joao Costa	95	Braga	5:31.43	+0,72	537
	<i>FTL</i>					
	50m: 34.47 34.47	150m: 1:56.58 42.67	250m: 3:26.88	47.62	350m: 4:54.14	38.84
	100m: 1:13.91 39.44	200m: 2:39.26 42.68	300m: 4:15.30	48.42	400m: 5:31.43	37.29

Prova 20 Masc., 400m Livres 17 anos e mais velhos
06-04-2012 - 10:20 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	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 4:10.50 / TAC-JUNM Jun: 4:18.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Silva Oliveira	94	Leixoes	4:09.44	+0,71	686
	50m: 28.25 28.25	150m: 1:31.11 31.82	250m: 2:34.86	31.83	350m: 3:38.38	31.69
	100m: 59.29 31.04	200m: 2:03.03 31.92	300m: 3:06.69	31.83	400m: 4:09.44	31.06
2.	Joao Duarte Santos	95	Natacao de Olhao	4:09.71	+0,73	684
	50m: 28.65 28.65	150m: 1:31.77 32.04	250m: 2:35.49	31.89	350m: 3:39.59	32.02
	100m: 59.73 31.08	200m: 2:03.60 31.83	300m: 3:07.57	32.08	400m: 4:09.71	30.12
3.	Rui Miguel Lopes	94	Natacao de Olhao	4:15.52	+0,79	638
	50m: 29.15 29.15	150m: 1:32.90 31.77	250m: 2:38.21	32.52	350m: 3:43.92	32.58
	100m: 1:01.13 31.98	200m: 2:05.69 32.79	300m: 3:11.34	33.13	400m: 4:15.52	31.60
4.	Tiago Ferreira Azevedo	95	Naval Amorense	4:15.87	+0,72	636
	50m: 28.79 28.79	150m: 1:33.18 32.52	250m: 2:38.35	32.66	350m: 3:43.62	32.62
	100m: 1:00.66 31.87	200m: 2:05.69 32.51	300m: 3:11.00	32.65	400m: 4:15.87	32.25
5.	Joao Andre Neves	95	Academica de Coimbra	4:16.07	+0,69	634
	50m: 28.38 28.38	150m: 1:31.86 32.25	250m: 2:36.98	32.53	350m: 3:43.63	33.29
	100m: 59.61 31.23	200m: 2:04.45 32.59	300m: 3:10.34	33.36	400m: 4:16.07	32.44

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 20, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Andre Filipe Teodoro <i>FTL</i>	95	Naval Setubalense	4:21.52	+0,79	595
	50m: 28.83 28.83	150m: 1:33.91 33.16	250m: 2:40.86 33.63	350m: 3:48.79 34.16		
	100m: 1:00.75 31.92	200m: 2:07.23 33.32	300m: 3:14.63 33.77	400m: 4:21.52 32.73		

Seniores

1.	Luis Emanuel Vaz	91	Famalicao	3:58.95	+0,73	781
	50m: 27.73 27.73	150m: 1:28.04 30.61	250m: 2:29.32 30.79	350m: 3:29.64 30.44		
	100m: 57.43 29.70	200m: 1:58.53 30.49	300m: 2:59.20 29.88	400m: 3:58.95 29.31		
2.	Gustavo Manuel Santa	93	Sporting	4:00.44	+0,72	766
	50m: 27.01 27.01	150m: 1:26.95 30.55	250m: 2:28.90 31.09	350m: 3:30.79 30.95		
	100m: 56.40 29.39	200m: 1:57.81 30.86	300m: 2:59.84 30.94	400m: 4:00.44 29.65		
3.	Ricardo Ferreira Cotovio	91	Sporting	4:03.62	+0,71	737
	50m: 27.86 27.86	150m: 1:29.17 31.01	250m: 2:32.38 31.20	350m: 3:33.62 30.53		
	100m: 58.16 30.30	200m: 2:01.18 32.01	300m: 3:03.09 30.71	400m: 4:03.62 30.00		
4.	Ricardo Manuel Machado	93	Braga	4:06.11	+0,76	714
	50m: 28.52 28.52	150m: 1:30.27 31.37	250m: 2:32.53 30.93	350m: 3:35.36 31.51		
	100m: 58.90 30.38	200m: 2:01.60 31.33	300m: 3:03.85 31.32	400m: 4:06.11 30.75		
5.	Hugo Alberto Ribeiro	88	Gespacos	4:06.21	+0,88	714
	50m: 28.49 28.49	150m: 1:31.06 31.72	250m: 2:34.10 31.16	350m: 3:35.53 30.63		
	100m: 59.34 30.85	200m: 2:02.94 31.88	300m: 3:04.90 30.80	400m: 4:06.21 30.68		
6.	Mario Andre Bonanca	90	Sporting	4:06.90	+0,82	708
	50m: 28.34 28.34	150m: 1:29.56 30.81	250m: 2:32.19 31.21	350m: 3:35.41 31.67		
	100m: 58.75 30.41	200m: 2:00.98 31.42	300m: 3:03.74 31.55	400m: 4:06.90 31.49		
7.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:07.33	+0,70	704
	50m: 28.21 28.21	150m: 1:30.74 31.69	250m: 2:34.58 31.82	350m: 3:37.73 31.26		
	100m: 59.05 30.84	200m: 2:02.76 32.02	300m: 3:06.47 31.89	400m: 4:07.33 29.60		
8.	Miguel Monteiro Diogo	93	Nautico/Matobra	4:07.50	+0,69	703
	50m: 28.35 28.35	150m: 1:30.80 31.19	250m: 2:34.26 31.36	350m: 3:36.92 31.11		
	100m: 59.61 31.26	200m: 2:02.90 32.10	300m: 3:05.81 31.55	400m: 4:07.50 30.58		
9.	Vasco Miguel Gaspar	90	Uniao Piedense	4:10.22	+0,74	680
	50m: 28.34 28.34	150m: 1:31.26 31.76	250m: 2:34.42 31.74	350m: 3:38.55 32.32		
	100m: 59.50 31.16	200m: 2:02.68 31.42	300m: 3:06.23 31.81	400m: 4:10.22 31.67		
10.	Cesar Fernando Faria <i>FTL</i>	90	BA/Mr.Pizza	4:12.68	+0,70	660
	50m: 27.70 27.70	150m: 1:29.25 31.69	250m: 2:34.17 32.64	350m: 3:40.29 32.98		
	100m: 57.56 29.86	200m: 2:01.53 32.28	300m: 3:07.31 33.14	400m: 4:12.68 32.39		
11.	Nuno Vieira Malheiro <i>FTL</i>	93	Braga	4:20.36	+0,79	603
	50m: 29.60 29.60	150m: 1:33.34 31.98	250m: 2:38.95 32.56	350m: 3:47.22 33.99		
	100m: 1:01.36 31.76	200m: 2:06.39 33.05	300m: 3:13.23 34.28	400m: 4:20.36 33.14		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 21 Femin., 4 x 50m Estilos 15 anos e mais velhos
06-04-2012 - 10:50 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 2012

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Alges	2:05.30	+0,73	607
	Francisca Gomes Azevedo	97	+0,73	32.78
	Ines Alexandra Paiva	96	+0,40	30.48
	Barbara Sofia Barata	97	+0,37	34.48
	Carolina Sanchez Rodrigues	97	+0,29	27.56
2.	Porto	2:05.44	+0,70	605
	Maria Teresa Amorim	97	+0,70	34.38
	Ana Catarina Pereira	97	+0,38	30.31
	Paula Alexandra Oliveira	96	+0,36	33.39
	Adriana Daniela Castro	97	+0,03	27.36
3.	Amadora	2:05.53	+0,60	604
	Daniela Teixeira Moreira	97	+0,60	32.34
	Ana Carolina Trindade	97	+0,38	30.73
	Rita Fernandes Leitao	96	+0,58	34.34
	Ana Rita Martins	96	+0,48	28.12
4.	Sporting	2:05.87	+0,59	599
	<i>Recorde Nacional primeiro percurso (50 C)</i>			
	Ines Camacho Fernandes	97	+0,59	29.42
	Bruna Leal Dantas	96	+0,32	30.95
	Ana Catarina Serpa	97	+0,26	36.16
	Patricia Silva Ramos	96	+0,36	29.34
5.	Nautico/Matobra	2:08.62	+0,63	561
	Beatriz Neves Craveiro	97	+0,63	32.43
	Daniela Figueiredo Metelo	97	+0,11	31.20
	Andreia Margarida Morgado	97	+0,17	37.09
	Ana Luisa Carvalho	96	+0,27	27.90
6.	Uniao Piedense	2:11.61	+0,67	524
	Ana Rita Cruz	97	+0,67	33.89
	Rita Sequeira Raposeiro	96	+0,25	32.06
	Joana Dias Santos	96	+0,65	37.29
	Ana Marta Miranda	96	+0,34	28.37
7.	Braga	2:11.73	+0,75	522
	Sara Faria Costa	97	+0,75	34.68
	Debora Guimaraes Oliveira	96	+0,38	31.61
	Diana Sofia Silva	97	+0,43	36.89
	Vera Patricia Fernandes	96	+0,33	28.55
8.	Gespacos	2:11.77	+0,74	522
	Claudia Susana Teixeira	96	+0,74	33.82
	Claudia Cristina Leao	96	+0,16	30.33
	Sara Monteiro Meireles	97	+0,62	37.28
	Rita Rafaela Brunido	97	+0,07	30.34
9.	Foca	2:12.23	+0,79	516
	Sofia Cunha Sousa	96	+0,79	34.98
	Ana Isabel Cunha	96	+0,59	33.38
	Diana Margarida Duraes	96	+0,04	35.68
	Ana Filipa Martins	97	+0,35	28.19
10.	Vilacondense	2:14.47	+0,75	491
	Maria Joao Fernandes	97	+0,75	34.94
	Sofia Isabel Tavares	97	+0,32	33.33
	Ana Filipa Gomes	96	+0,30	35.94
	Ana Rosa Arteiro	97	+0,45	30.26
11.	Academica de Coimbra	2:17.24	+0,62	462
	Cintia Mariana Fernandes	97	+0,62	34.27
	Madalena Maria Ferreira	97	+0,38	33.70
	Erica Filipa Costa	96	+0,19	38.54
	Maria Ines Lucas	96	+0,23	30.73
12.	Estamos Juntos	2:17.68	+0,69	457
	Filipa Oliveira Andrade	97	+0,69	34.74
	Cristina Alexandra Furtado	96	+0,75	34.07
	Daniela Valente Ferreira	96	+0,41	36.60
	Luana Rafaela Resende	97	+0,58	32.27

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 21, Femin., 4 x 50m Estilos

Seniores

1. Porto-SEN	Porto		2:01.60	+0,63	664
Marta Vieira Marinho	91	+0,63	30.91	Sara Freitas Oliveira	85 +0,23 27.89
Marta Pereira Abreu	92	+0,42	34.98	Joana Aguiar Rodrigues	93 +0,57 27.82
2. Sporting-SEN	Sporting		2:01.70	+0,69	663
Mafalda Gomes Beleza	94	+0,69	31.16	Maria Carolina Rosa	94 +0,27 29.42
Ana Teresa Franco	91	+0,30	34.05	Raquel Paulo Ranito	94 +0,13 27.07
3. Gesloures-SEN	Gesloures		2:05.60	+0,65	603
Paula Cristina Yang	95	+0,65	32.04	Nadia Morais Vieira	90 +0,45 29.60
Ines Raquel Esteveao	95	+0,31	35.91	Tatiana Ladeiro Santos	92 +0,30 28.05
4. Gespacos-SEN	Gespacos		2:07.23	+0,60	580
Ana Sofia Matos	91	+0,60	33.72	Ana Rita Cunha	94 +0,33 31.46
Diana Patricia Ferreira	94	+0,58	34.18	Soraia Vanessa Ribeiro	92 +0,08 27.87
5. Nautico/Matobra-SEN	Nautico/Matobra		2:07.74	+0,65	573
Adriana Correia Lopes	95	+0,65	31.47	Catarina Alexandra Ferreira	95 +0,42 31.80
Gabriela Oliveira Andrade	94	+0,16	34.65	Ines Barbosa Moreira	92 +0,16 29.82
6. Colegio Vasco da Gama-SEN	Colegio Vasco da Gama		2:08.38	+0,74	564
Isabel Alves Lopes	92	+0,74	33.49	Ana Beatriz Pereira	91 +0,15 29.58
Claudia Monteiro Martinho	93	+0,24	36.88	Ana Filipa Carmo	93 +0,08 28.43
7. Vilacondense-SEN	Vilacondense		2:08.47	+0,64	563
Bruna Fanguero Coentrao	93	+0,64	33.68	Ana Catarina Monteiro	93 +0,39 28.59
Claudia Sofia Monteiro	92	+0,13	37.89	Rita Amado Laezza	95 +0,18 28.31

Prova 22

Masc., 4 x 50m Estilos

17 anos e mais velhos

06-04-2012 - 11:00

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

Pontos: FINA 2012

Lugar	Clube	Tempo Final	TReac	Pts	
1. Academica de Coimbra-JUN	Academica de Coimbra	1:51.49	+0,65	588	
Pedro Barros Mendes	94	+0,65	29.98	Joao Andre Neves	95 +0,39 27.01
Ruben Paiva Carvalho	94	+0,28	31.18	Gustavo Almeida Madureira	94 +0,36 23.32
2. Amadora-JUN	Amadora	1:52.32	+0,63	575	
Rodrigo Pereira Lopes	95	+0,63	28.58	Joao Tiago Neves	94 +0,41 26.43
Joao Valentim Compoete	95	+0,35	32.39	Andre Filipe Fernandes	95 +0,47 24.92
3. Famalicao-JUN	Famalicao	1:52.34	+0,59	575	
Pedro Romanoski Carvalho	94	+0,59	29.39	Simao Pedro Alves	94 +0,40 25.64
Luis Manuel Fernandes	95	+0,39	31.39	Nuno Goncalo Martins	95 +0,39 25.92
4. Alges-JUN	Alges	1:52.89	+0,65	566	
Tiago Barros Ferreira	94	+0,65	29.91	Pedro Andre Santos	94 +0,30 25.71
Pedro Alexandre Bento	95	+0,25	31.51	Pedro Duarte Dias	95 +0,39 25.76

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

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

Lugar	Clube	Tempo Final	TReac	Pts				
5.	Braga-JUN	Braga	1:53.05	+0,69	564			
	Miguel Antonio Silva	94	+0,69	28.34	Pedro Gomes Antunes	94	+0,12	26.80
	Hugo Miguel Silva	94	+0,31	31.65	Manuel Silva Barros	94	+0,45	26.26
6.	Colegio Vasco da Gama-JUN	Colegio Vasco da Gama	1:53.29	+0,78	560			
	Miguel Angelo Pinto	94	+0,78	29.38	Diogo Gomes Sousa	95	+0,50	25.99
	Pedro Afonso Centeno	95	+0,09	31.05	Joao Diogo Neves	95	+0,41	26.87
7.	Uniao Piedense-JUN	Uniao Piedense	1:53.70	+0,62	554			
	Fabio Alexandre Freitas	94	+0,62	29.80	Jose Manuel Dias	94	+0,20	26.93
	Diogo Miguel Silva	95	+0,10	31.54	Pedro Henrique Torres	95	+0,30	25.43
8.	Academico Viseu-JUN	Academico Viseu	1:55.53	+0,65	528			
	Joao Miguel Teixeira	95	+0,65	30.04	Miguel Silva Mouro	95	+0,30	27.98
	Pedro Miguel Ribeiro	95	+0,35	31.38	Diogo Magalhaes Moura	95	+0,56	26.13
9.	Feirense-JUN	Feirense	1:56.77	+0,53	512			
	Goncalo Pereira Sa	95	+0,53	29.68	Ruben Manuel Almeida	95	+0,57	28.78
	Alcides Costa Sousa	94	+0,48	31.24	Filipe Jose Baptista	94	+0,19	27.07
10.	Bombeiros Ponta Delgada-JUN	Bombeiros Ponta Delgada	1:57.07	+0,63	508			
	Tiago Ramos Gomes	94	+0,63	30.38	Antonio Fraga Fragoso	95	+0,21	26.90
	Miguel Rego Borges	95	+0,29	32.74	Julio Joao Silva	94	+0,33	27.05
11.	Nautico/Matobra-JUN	Nautico/Matobra	1:57.70	+0,58	500			
	Guilherme Pedro Coelho	95	+0,58	30.71	Francisco Pais Baptista	95	+0,42	29.38
	Joao Pedro Veiga	94	+0,31	32.08	Joao Barbosa Moreira	94	+0,35	25.53
12.	Vilacondense-JUN	Vilacondense	1:58.56	+0,74	489			
	Carlos Manuel Cabral	94	+0,74	30.24	Mario Guterres Carvalho	95	+0,15	28.11
	Joao Miguel Costa	95	+0,13	33.92	Pedro Maria Bessa	95	+0,06	26.29
13.	Desportiva de Viana-JUN	Desportiva de Viana	1:59.54	+0,68	477			
	Tadeu Amora Ferreira	95	+0,68	31.27	Renato Mendes Pinheiro	94	+0,40	27.32
	Luis Pedro Ribeiro	94	+0,26	33.51	Diogo Jose Nunes	95	+0,25	27.44
14.	Gesloures-JUN	Gesloures	1:59.58	+0,67	476			
	Lourenco Silva Damas	95	+0,67	31.13	Ricardo Miguel Antunes	94	+0,36	26.79
	Joao Luis Silva	94	+0,25	34.30	Tiago Miguel Santo	95	+0,31	27.36
15.	Pimpoes/Cimai-JUN	Pimpoes/Cimai	1:59.85	+0,78	473			
	Francisco Gouveia Pinto	95	+0,78	32.58	Afonso Lopes dos Santos	95	+0,23	27.86
	Ricardo Filipe Ferreira	95	+0,28	31.33	Edgar Neves Tomas	94	+0,29	28.08
16.	Estamos Juntos-JUN	Estamos Juntos	2:02.06	+0,70	448			
	Jose Pedro Bernardes	95	+0,70	31.54	Tiago Ferreira Azevedo	94	+0,50	28.96
	Diogo Filipe Catelas	94	+0,69	34.05	Jose Miguel Guimaraes	94	+0,47	27.51

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 22, Masc., 4 x 50m Estilos

Seniores

1.	Amadora-SEN			Amadora	1:44.16	+0,71	721	
	Duarte Rafael Mourao	84	+0,71	27.66	Simao Gomes Morgado	79	+0,19	23.79
	Joao Silva Gigante	88	+0,28	29.61	Ricardo Pereira Lopes	90	+0,27	23.10
2.	Porto-SEN			Porto	1:44.57	+0,58	713	
	Gil Goncalves Pinto	88	+0,58	27.54	Carlos Filipe Santos	91	+0,46	24.71
	Sergio Baptista Silva	91	+0,12	29.75	Paulo Jorge Santos	89	+0,33	22.57
3.	Sporting-SEN			Sporting	1:44.95	+0,67	705	
	Alexis Manacas Santos	92	+0,67	26.23	Pedro Miguel Pinotes	89	+0,28	25.84
	Pedro Miguel Agostinho	92	+0,41	29.29	Ricardo Ferreira Cotovio	91	+0,26	23.59
4.	Nautico/Matobra-SEN			Nautico/Matobra	1:46.69	+0,65	671	
	Mario Alexandre Pereira	92	+0,65	26.88	Miguel Silva Oliveira	91	+0,18	25.11
	Joao Albano Viola	89	+0,67	30.38	Joao Pedro Almeida	92	+0,31	24.32
5.	Braga-SEN			Braga	1:51.23	+0,62	592	
	Edgar Oliveira Ribeiro	93	+0,62	28.98	Daniel Aparicio Pereira	83	+0,31	26.41
	Filipe Vieira Malheiro	90		32.20	Ricardo Manuel Machado	93	+0,12	23.64
6.	Vilacondense-SEN			Vilacondense	1:51.44	+0,63	589	
	Diogo Carmo Ramos	93	+0,63	29.15	Igor Guterres Carvalho	88	+0,31	26.17
	Ricardo Ribeiro Silva	92	+0,51	31.54	Rui Filipe Maia	93	+0,28	24.58
7.	Uniao Piedense-SEN			Uniao Piedense	1:51.66	+0,53	585	
	Goncalo Filipe Gregorio	93	+0,53	27.48	Andre Rafael Marinho	93	+0,40	28.08
	Joao Manuel Lanca	92	+0,40	31.06	Vasco Miguel Gaspar	90	+0,44	25.04
EXH	Portinado-JUN			Portinado	1:51.45	+0,65	589	
	Miguel Duarte Nascimento	95	+0,65	28.03	Manuel Silva Farinha	94	+0,34	27.19
	Goncalo Alexandre Fonseca	94	+0,22	31.10	Ihor Sadovskyy	95	+0,17	25.13

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

4 - 2ª Jornada - 2ª Sessão

06-04-2012 - 16:30

Prova 23 Femin., 400m Livres 15 anos e mais velhos 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: 4:38.00 / TAC-JUNF Jun: 4:45.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:26.00	+0,84	726
	50m: 30.51 30.51	150m: 1:37.87 33.92	250m: 2:45.82 33.93	350m: 3:53.93 34.08		
	100m: 1:03.95 33.44	200m: 2:11.89 34.02	300m: 3:19.85 34.03	400m: 4:26.00 32.07		
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:29.24	+0,95	700
	50m: 30.78 30.78	150m: 1:38.02 33.96	250m: 2:46.83 34.45	350m: 3:56.15 34.44		
	100m: 1:04.06 33.28	200m: 2:12.38 34.36	300m: 3:21.71 34.88	400m: 4:29.24 33.09		
3.	Maria Teresa Amorim	97	Porto	4:33.45	+0,91	668
	50m: 31.56 31.56	150m: 1:40.87 34.95	250m: 2:51.02 34.98	350m: 4:00.27 34.68		
	100m: 1:05.92 34.36	200m: 2:16.04 35.17	300m: 3:25.59 34.57	400m: 4:33.45 33.18		
4.	Ines Alexandra Paiva	96	Alges	4:34.03	+0,86	664
	50m: 31.68 31.68	150m: 1:40.67 34.94	250m: 2:50.99 35.10	350m: 4:00.23 34.10		
	100m: 1:05.73 34.05	200m: 2:15.89 35.22	300m: 3:26.13 35.14	400m: 4:34.03 33.80		
5.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:36.99	+0,83	643
	50m: 31.56 31.56	150m: 1:40.89 34.96	250m: 2:51.80 35.66	350m: 4:02.56 35.12		
	100m: 1:05.93 34.37	200m: 2:16.14 35.25	300m: 3:27.44 35.64	400m: 4:36.99 34.43		
6.	Barbara Marques Rodrigues	97	Alges	4:37.22	+0,82	642
	50m: 31.09 31.09	150m: 1:40.03 34.99	250m: 2:51.17 35.69	350m: 4:02.19 35.68		
	100m: 1:05.04 33.95	200m: 2:15.48 35.45	300m: 3:26.51 35.34	400m: 4:37.22 35.03		
7.	Adriana Daniela Castro	97	Porto	4:38.64	+0,80	632
	50m: 32.06 32.06	150m: 1:43.28 35.93	250m: 2:54.85 35.49	350m: 4:05.13 34.90		
	100m: 1:07.35 35.29	200m: 2:19.36 36.08	300m: 3:30.23 35.38	400m: 4:38.64 33.51		
8.	Beatriz Filipa Matos	97	Nautico/Matobra	4:38.95	+1,02	630
	50m: 31.94 31.94	150m: 1:42.50 35.60	250m: 2:54.09 35.95	350m: 4:05.33 35.40		
	100m: 1:06.90 34.96	200m: 2:18.14 35.64	300m: 3:29.93 35.84	400m: 4:38.95 33.62		
9.	Francisca Gomes Azevedo	97	Alges	4:39.68	+0,81	625
	50m: 30.91 30.91	150m: 1:41.27 35.66	250m: 2:52.89 35.57	350m: 4:04.88 36.10		
	100m: 1:05.61 34.70	200m: 2:17.32 36.05	300m: 3:28.78 35.89	400m: 4:39.68 34.80		
10.	Sara Monteiro Meireles	97	Gespacos	4:42.35	+0,88	607
	50m: 32.50 32.50	150m: 1:43.39 35.81	250m: 2:56.03 36.33	350m: 4:07.79 35.69		
	100m: 1:07.58 35.08	200m: 2:19.70 36.31	300m: 3:32.10 36.07	400m: 4:42.35 34.56		
11.	Ana Filipa Martins	97	Foca	4:42.53	+0,82	606
	50m: 31.63 31.63	150m: 1:42.21 35.59	250m: 2:54.59 36.15	350m: 4:07.34 36.17		
	100m: 1:06.62 34.99	200m: 2:18.44 36.23	300m: 3:31.17 36.58	400m: 4:42.53 35.19		
12.	Maria Joao Fernandes	97	Vilacondense	4:46.64	+0,77	580
	FTL					
	50m: 32.39 32.39	150m: 1:44.07 35.55	250m: 2:57.51 36.04	350m: 4:10.99 36.49		
	100m: 1:08.52 36.13	200m: 2:21.47 37.40	300m: 3:34.50 36.99	400m: 4:46.64 35.65		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Joana Isabel Lampreia <i>FTL</i>	96	Beja	4:58.33	+0,78	515
	50m: 31.75 31.75	150m: 1:43.87 36.79	250m: 2:59.90 38.22	350m: 4:18.73 39.23		
	100m: 1:07.08 35.33	200m: 2:21.68 37.81	300m: 3:39.50 39.60	400m: 4:58.33 39.60		

Seniores

1.	Angelica Maria Andre	94	Leixoes	4:24.15	+0,80	742
	50m: 30.09 30.09	150m: 1:36.28 33.70	250m: 2:44.25 33.99	350m: 3:51.98 33.71		
	100m: 1:02.58 32.49	200m: 2:10.26 33.98	300m: 3:18.27 34.02	400m: 4:24.15 32.17		
2.	Marta Vieira Marinho	91	Porto	4:25.97	+0,68	726
	50m: 29.84 29.84	150m: 1:36.24 33.79	250m: 2:44.28 33.96	350m: 3:53.22 34.26		
	100m: 1:02.45 32.61	200m: 2:10.32 34.08	300m: 3:18.96 34.68	400m: 4:25.97 32.75		
3.	Ana Goncalves Neto	95	Porto	4:26.67	+0,96	721
	50m: 30.92 30.92	150m: 1:38.43 33.84	250m: 2:46.31 33.14	350m: 3:53.47 33.58		
	100m: 1:04.59 33.67	200m: 2:13.17 34.74	300m: 3:19.89 33.58	400m: 4:26.67 33.20		
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:27.75	+0,77	712
	50m: 30.00 30.00	150m: 1:36.30 33.81	250m: 2:45.30 34.80	350m: 3:53.93 34.27		
	100m: 1:02.49 32.49	200m: 2:10.50 34.20	300m: 3:19.66 34.36	400m: 4:27.75 33.82		
5.	Mafalda Gomes Beleza	94	Sporting	4:28.09	+0,78	709
	50m: 30.09 30.09	150m: 1:37.79 34.70	250m: 2:47.14 34.61	350m: 3:55.42 33.99		
	100m: 1:03.09 33.00	200m: 2:12.53 34.74	300m: 3:21.43 34.29	400m: 4:28.09 32.67		
6.	Maria Luis Amorim	95	Porto	4:29.96	+0,90	695
	50m: 30.80 30.80	150m: 1:38.84 34.17	250m: 2:47.38 33.82	350m: 3:56.04 34.32		
	100m: 1:04.67 33.87	200m: 2:13.56 34.72	300m: 3:21.72 34.34	400m: 4:29.96 33.92		
7.	Joana Aguiar Rodrigues	93	Porto	4:31.01	+0,89	687
	50m: 30.28 30.28	150m: 1:37.77 34.05	250m: 2:46.68 34.12	350m: 3:56.16 34.49		
	100m: 1:03.72 33.44	200m: 2:12.56 34.79	300m: 3:21.67 34.99	400m: 4:31.01 34.85		
8.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	4:32.76	+0,76	674
	50m: 30.73 30.73	150m: 1:38.52 33.98	250m: 2:48.17 34.74	350m: 3:59.44 35.80		
	100m: 1:04.54 33.81	200m: 2:13.43 34.91	300m: 3:23.64 35.47	400m: 4:32.76 33.32		
9.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:34.60	+0,85	660
	50m: 30.21 30.21	150m: 1:38.24 34.69	250m: 2:48.84 35.40	350m: 3:59.95 35.78		
	100m: 1:03.55 33.34	200m: 2:13.44 35.20	300m: 3:24.17 35.33	400m: 4:34.60 34.65		
10.	Joana Filipa Capela	89	Benfica	4:34.91	+0,69	658
	50m: 31.25 31.25	150m: 1:40.20 34.94	250m: 2:50.74 35.21	350m: 4:01.46 35.53		
	100m: 1:05.26 34.01	200m: 2:15.53 35.33	300m: 3:25.93 35.19	400m: 4:34.91 33.45		
11.	Leonor Mourinho Neves	95	Sporting	4:35.23	+0,82	656
	50m: 31.56 31.56	150m: 1:40.32 34.96	250m: 2:50.43 35.14	350m: 4:01.00 35.42		
	100m: 1:05.36 33.80	200m: 2:15.29 34.97	300m: 3:25.58 35.15	400m: 4:35.23 34.23		
12.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	4:39.12	+0,97	628
	50m: 32.12 32.12	150m: 1:41.86 35.08	250m: 2:53.25 35.88	350m: 4:05.22 35.78		
	100m: 1:06.78 34.66	200m: 2:17.37 35.51	300m: 3:29.44 36.19	400m: 4:39.12 33.90		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 23, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Vania Soares Neves <i>FTL</i>	90	Viana Natacao	4:39.94	+0,83	623
	50m: 31.49 31.49	150m: 1:40.77 35.04	250m: 2:52.14 35.61	350m: 4:04.31 36.00		
	100m: 1:05.73 34.24	200m: 2:16.53 35.76	300m: 3:28.31 36.17	400m: 4:39.94 35.63		
14.	Marta Alexandra Saraiva <i>FTL</i>	93	Uniao Piedense	4:42.39	+0,89	607
	50m: 32.11 32.11	150m: 1:42.03 35.51	250m: 2:54.39 36.35	350m: 4:07.14 36.24		
	100m: 1:06.52 34.41	200m: 2:18.04 36.01	300m: 3:30.90 36.51	400m: 4:42.39 35.25		
15.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	4:42.69	+0,73	605
	50m: 32.36 32.36	150m: 1:43.92 35.80	250m: 2:56.01 35.84	350m: 4:08.70 36.01		
	100m: 1:08.12 35.76	200m: 2:20.17 36.25	300m: 3:32.69 36.68	400m: 4:42.69 33.99		
16.	Soraia Vanessa Ribeiro <i>FTL</i>	92	Gespacos	4:43.52	+0,89	600
	50m: 31.45 31.45	150m: 1:40.22 35.07	250m: 2:51.77 35.83	350m: 4:05.97 37.45		
	100m: 1:05.15 33.70	200m: 2:15.94 35.72	300m: 3:28.52 36.75	400m: 4:43.52 37.55		

Prova 24

Masc., 400m Estilos

17 anos e mais velhos

06-04-2012 - 16:55

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: 4:50.00 / TAC-JUNM Jun: 5:00.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ruben Filipe Nunes	94	Gespacos	4:38.15	+0,82	673
	50m: 28.14 28.14	150m: 1:38.76 37.56	250m: 2:54.75 39.36	350m: 4:07.21 32.11		
	100m: 1:01.20 33.06	200m: 2:15.39 36.63	300m: 3:35.10 40.35	400m: 4:38.15 30.94		
2.	Pedro Barros Mendes	94	Academica de Coimbra	4:41.99	+0,74	646
	50m: 29.44 29.44	150m: 1:39.92 36.97	250m: 2:57.26 41.37	350m: 4:10.84 32.86		
	100m: 1:02.95 33.51	200m: 2:15.89 35.97	300m: 3:37.98 40.72	400m: 4:41.99 31.15		
3.	Joao Andre Neves	95	Academica de Coimbra	4:46.14	+0,68	618
	50m: 29.88 29.88	150m: 1:44.12 38.93	250m: 3:02.23 39.72	350m: 4:15.27 32.77		
	100m: 1:05.19 35.31	200m: 2:22.51 38.39	300m: 3:42.50 40.27	400m: 4:46.14 30.87		
4.	Tiago Ferreira Azevedo	95	Naval Amorense	4:46.79	+0,76	614
	50m: 29.43 29.43	150m: 1:41.05 36.97	250m: 3:00.37 42.98	350m: 4:16.53 31.99		
	100m: 1:04.08 34.65	200m: 2:17.39 36.34	300m: 3:44.54 44.17	400m: 4:46.79 30.26		
5.	Antonio Rafael Bessa	94	Gespacos	4:47.14	+0,80	612
	50m: 29.62 29.62	150m: 1:40.49 37.28	250m: 2:58.91 42.65	350m: 4:15.58 34.53		
	100m: 1:03.21 33.59	200m: 2:16.26 35.77	300m: 3:41.05 42.14	400m: 4:47.14 31.56		
6.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	4:49.61	+0,89	596
	50m: 29.30 29.30	150m: 1:41.05 37.17	250m: 3:00.01 42.82	350m: 4:16.57 34.41		
	100m: 1:03.88 34.58	200m: 2:17.19 36.14	300m: 3:42.16 42.15	400m: 4:49.61 33.04		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 24, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Andre Augusto Santos	95	Sporting	4:50.70	+0,75	590
	50m: 29.47 29.47	150m: 1:42.64 38.28	250m: 3:02.40	42.04	350m: 4:18.70	33.38
	100m: 1:04.36 34.89	200m: 2:20.36 37.72	300m: 3:45.32	42.92	400m: 4:50.70	32.00
8.	Tiago Silva Oliveira	94	Leixoes	4:51.37	+0,72	586
	50m: 30.35 30.35	150m: 1:45.52 39.72	250m: 3:07.57	44.35	350m: 4:22.08	30.60
	100m: 1:05.80 35.45	200m: 2:23.22 37.70	300m: 3:51.48	43.91	400m: 4:51.37	29.29
9.	Rafael Filipe Torres	95	Sporting	4:51.93	+0,84	582
	50m: 29.47 29.47	150m: 1:41.02 38.23	250m: 3:00.97	42.02	350m: 4:17.94	34.75
	100m: 1:02.79 33.32	200m: 2:18.95 37.93	300m: 3:43.19	42.22	400m: 4:51.93	33.99
10.	Mauro Filipe Viegas	95	Natacao de Olhao	4:52.30	+0,72	580
	50m: 29.45 29.45	150m: 1:44.72 40.31	250m: 3:03.96	40.44	350m: 4:20.05	34.19
	100m: 1:04.41 34.96	200m: 2:23.52 38.80	300m: 3:45.86	41.90	400m: 4:52.30	32.25
11.	Mario Rui Cruz	94	Amadora	4:52.43	+0,68	579
	50m: 29.61 29.61	150m: 1:41.54 37.30	250m: 3:02.64	44.73	350m: 4:20.59	33.23
	100m: 1:04.24 34.63	200m: 2:17.91 36.37	300m: 3:47.36	44.72	400m: 4:52.43	31.84
12.	Fabio Alexandre Freitas	94	Uniao Piedense	4:52.65	+0,81	578
	50m: 30.78 30.78	150m: 1:44.40 38.50	250m: 3:03.88	43.15	350m: 4:20.08	33.98
	100m: 1:05.90 35.12	200m: 2:20.73 36.33	300m: 3:46.10	42.22	400m: 4:52.65	32.57
13.	Andre Machado Vale	95	Viana Natacao	4:56.52	+0,85	556
	50m: 30.33 30.33	150m: 1:45.13 39.81	250m: 3:05.84	41.46	350m: 4:23.05	35.33
	100m: 1:05.32 34.99	200m: 2:24.38 39.25	300m: 3:47.72	41.88	400m: 4:56.52	33.47
14.	Joao Pedro Santos	95	Estarreja	4:57.00	+0,78	553
	50m: 28.95 28.95	150m: 1:41.58 38.28	250m: 3:02.96	43.51	350m: 4:22.93	35.51
	100m: 1:03.30 34.35	200m: 2:19.45 37.87	300m: 3:47.42	44.46	400m: 4:57.00	34.07
15.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:57.34	+0,80	551
	50m: 29.19 29.19	150m: 1:43.40 40.24	250m: 3:04.29	42.65	350m: 4:22.77	35.52
	100m: 1:03.16 33.97	200m: 2:21.64 38.24	300m: 3:47.25	42.96	400m: 4:57.34	34.57
16.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	4:57.57	+0,74	550
	50m: 30.68 30.68	150m: 1:45.09 38.94	250m: 3:06.32	42.22	350m: 4:23.59	34.86
	100m: 1:06.15 35.47	200m: 2:24.10 39.01	300m: 3:48.73	42.41	400m: 4:57.57	33.98
17.	Joao Miguel Costa	95	Vilacondense	4:59.13	+0,70	541
	50m: 29.52 29.52	150m: 1:42.89 39.67	250m: 3:06.40	45.13	350m: 4:26.43	34.75
	100m: 1:03.22 33.70	200m: 2:21.27 38.38	300m: 3:51.68	45.28	400m: 4:59.13	32.70
18.	Tiago Barros Ferreira	94	Alges	5:02.19	+0,78	525
	<i>FTL</i>					
	50m: 31.13 31.13	150m: 1:45.70 38.42	250m: 3:07.34	44.29	350m: 4:26.87	36.51
	100m: 1:07.28 36.15	200m: 2:23.05 37.35	300m: 3:50.36	43.02	400m: 5:02.19	35.32
19.	Pedro Gomes Antunes	94	Braga	5:12.58	+0,77	474
	<i>FTL</i>					
	50m: 30.35 30.35	150m: 1:47.04 41.31	250m: 3:14.53	47.02	350m: 4:37.74	36.29
	100m: 1:05.73 35.38	200m: 2:27.51 40.47	300m: 4:01.45	46.92	400m: 5:12.58	34.84

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 24, Masc., 400m Estilos

Seniores

1.	Alexis Manacas Santos	92	Sporting	4:20.53	+0,72	819
	50m: 27.38 27.38	150m: 1:32.19 33.59	250m: 2:42.49 37.06	350m: 3:50.96 31.44		
	100m: 58.60 31.22	200m: 2:05.43 33.24	300m: 3:19.52 37.03	400m: 4:20.53 29.57		
2.	Diogo Filipe Carvalho	88	Galitos	4:23.61	+0,68	791
	50m: 26.97 26.97	150m: 1:32.78 34.77	250m: 2:43.88 36.78	350m: 3:52.72 31.24		
	100m: 58.01 31.04	200m: 2:07.10 34.32	300m: 3:21.48 37.60	400m: 4:23.61 30.89		
3.	Pedro Miguel Pinotes	89	Sporting	4:27.66	+0,73	756
	50m: 28.43 28.43	150m: 1:35.74 34.93	250m: 2:47.77 37.86	350m: 3:57.46 32.37		
	100m: 1:00.81 32.38	200m: 2:09.91 34.17	300m: 3:25.09 37.32	400m: 4:27.66 30.20		
4.	Nuno Rafael Alves	90	Gespacos	4:34.08	+0,79	704
	50m: 27.70 27.70	150m: 1:36.57 35.93	250m: 2:50.55 37.85	350m: 4:01.93 32.69		
	100m: 1:00.64 32.94	200m: 2:12.70 36.13	300m: 3:29.24 38.69	400m: 4:34.08 32.15		
5.	Andre Bras Goncalves	88	Amadora	4:35.48	+0,64	693
	50m: 27.86 27.86	150m: 1:37.21 36.31	250m: 2:51.84 38.58	350m: 4:03.58 32.61		
	100m: 1:00.90 33.04	200m: 2:13.26 36.05	300m: 3:30.97 39.13	400m: 4:35.48 31.90		
6.	Rui Filipe Vilar	91	Porto	4:39.29	+0,68	665
	50m: 28.89 28.89	150m: 1:37.88 36.25	250m: 2:52.22 38.30	350m: 4:07.39 34.99		
	100m: 1:01.63 32.74	200m: 2:13.92 36.04	300m: 3:32.40 40.18	400m: 4:39.29 31.90		
7.	Paulo Andre Dias	92	Gespacos	4:42.18	+0,84	645
	50m: 29.14 29.14	150m: 1:40.78 38.24	250m: 2:57.75 40.17	350m: 4:10.64 32.63		
	100m: 1:02.54 33.40	200m: 2:17.58 36.80	300m: 3:38.01 40.26	400m: 4:42.18 31.54		
8.	Andre Duarte Vaz	93	Nautico/Matobra	4:46.79	+0,81	614
	50m: 29.25 29.25	150m: 1:39.33 36.23	250m: 2:56.56 41.66	350m: 4:12.66 33.87		
	100m: 1:03.10 33.85	200m: 2:14.90 35.57	300m: 3:38.79 42.23	400m: 4:46.79 34.13		
9.	Miguel Machado Lopes	92	Sporting	4:48.30	+0,67	605
	50m: 29.52 29.52	150m: 1:40.74 37.43	250m: 2:59.87 41.76	350m: 4:15.57 32.93		
	100m: 1:03.31 33.79	200m: 2:18.11 37.37	300m: 3:42.64 42.77	400m: 4:48.30 32.73		
10.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	4:50.60	+0,70	590
	<i>FTL</i>					
	50m: 29.47 29.47	150m: 1:41.33 37.58	250m: 3:01.07 43.22	350m: 4:17.90 33.16		
	100m: 1:03.75 34.28	200m: 2:17.85 36.52	300m: 3:44.74 43.67	400m: 4:50.60 32.70		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 25
06-04-2012 - 17:20

Femin., 200m Mariposa

15 anos e mais velhos
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: 2:29.50 / TAC-JUNF Jun: 2:34.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Marta Miranda	96	Uniao Piedense	2:22.21	+0,81	628
	50m: 32.08 32.08	100m: 1:08.70 36.62	150m: 1:45.96 37.26	200m: 2:22.21 36.25		
2.	Bruna Leal Dantas	96	Sporting	2:22.62	+0,74	623
	50m: 31.48 31.48	100m: 1:07.94 36.46	150m: 1:45.32 37.38	200m: 2:22.62 37.30		
3.	Bruna Elisabete Paulino	97	Alcobaca	2:24.60	+0,79	597
	50m: 31.62 31.62	100m: 1:07.80 36.18	150m: 1:45.79 37.99	200m: 2:24.60 38.81		
4.	Debora Guimaraes Oliveira	96	Braga	2:26.80	+0,91	571
	50m: 32.88 32.88	100m: 1:09.83 36.95	150m: 1:47.24 37.41	200m: 2:26.80 39.56		
5.	Ines Mendes Paulo	96	Colegio Monte Maior	2:28.16	+0,86	555
	50m: 33.23 33.23	100m: 1:10.70 37.47	150m: 1:48.94 38.24	200m: 2:28.16 39.22		
6.	Filipa Vicente Custois	97	Benedita	2:29.37	+0,74	542
	50m: 32.89 32.89	100m: 1:10.88 37.99	150m: 1:49.84 38.96	200m: 2:29.37 39.53		
7.	Daniela Figueiredo Metelo	97	Nautico/Matobra	2:29.72	+0,74	538
	50m: 33.34 33.34	100m: 1:11.23 37.89	150m: 1:50.02 38.79	200m: 2:29.72 39.70		
8.	Claudia Cristina Leao	96	Gespacos	2:31.07	+0,87	524
	50m: 33.38 33.38	100m: 1:11.05 37.67	150m: 1:50.72 39.67	200m: 2:31.07 40.35		
9.	Ana Margarida Rodrigues	96	Galitos	2:31.69	+0,78	517
	50m: 32.72 32.72	100m: 1:10.99 38.27	150m: 1:51.33 40.34	200m: 2:31.69 40.36		
10.	Patricia Daniela Machado	97	Braga	2:32.47	+0,79	509
	50m: 33.40 33.40	100m: 1:11.74 38.34	150m: 1:51.56 39.82	200m: 2:32.47 40.91		
	Luana Raquel Alves	97	Viana Natacao	2:32.47	+0,90	509
	50m: 33.27 33.27	100m: 1:11.09 37.82	150m: 1:51.34 40.25	200m: 2:32.47 41.13		
12.	Ana Isabel Cunha	96	Foca	2:32.58	+0,68	508
	50m: 34.23 34.23	100m: 1:12.24 38.01	150m: 1:52.05 39.81	200m: 2:32.58 40.53		
13.	Maria Amelia Gaspar	96	Nautico/Matobra	2:32.86	+0,87	506
	50m: 33.36 33.36	100m: 1:11.44 38.08	150m: 1:52.10 40.66	200m: 2:32.86 40.76		
14.	Ana Isabel Neves	96	Pimpoes/Cimai	2:35.12	+0,79	484
	<i>FTL</i> 50m: 33.51 33.51	100m: 1:11.79 38.28	150m: 1:52.61 40.82	200m: 2:35.12 42.51		
15.	Ana Rita Martins	96	Amadora	2:35.85	+0,90	477
	<i>FTL</i> 50m: 33.02 33.02	100m: 1:11.88 38.86	150m: 1:52.90 41.02	200m: 2:35.85 42.95		
16.	Catia Alexandra Batista	96	Colegio SMLamas	2:37.97	+0,81	458
	<i>FTL</i> 50m: 33.30 33.30	100m: 1:11.67 38.37	150m: 1:52.80 41.13	200m: 2:37.97 45.17		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 25, Femin., 200m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Daniela Teixeira Moreira <i>FTL</i>	97	Amadora	2:44.37	+0,77	406
	50m: 33.88 33.88	100m: 1:13.93	40.05	150m: 1:57.71	43.78	200m: 2:44.37 46.66

Seniores

1.	Sara Freitas Oliveira	85	Porto	2:13.42	+0,73	761
	50m: 30.42 30.42	100m: 1:04.43	34.01	150m: 1:38.76	34.33	200m: 2:13.42 34.66
2.	Ana Catarina Monteiro	93	Vilacondense	2:14.56	+0,68	741
	50m: 29.73 29.73	100m: 1:03.43	33.70	150m: 1:38.70	35.27	200m: 2:14.56 35.86
3.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	2:19.68	+0,70	663
	50m: 31.21 31.21	100m: 1:06.13	34.92	150m: 1:42.41	36.28	200m: 2:19.68 37.27
4.	Victoria Kaminskaya	95	Pimpoes/Cimai	2:22.71	+0,78	621
	50m: 31.47 31.47	100m: 1:06.33	34.86	150m: 1:43.89	37.56	200m: 2:22.71 38.82
5.	Raquel Paulo Ranito	94	Sporting	2:25.93	+0,83	581
	50m: 31.63 31.63	100m: 1:08.95	37.32	150m: 1:46.78	37.83	200m: 2:25.93 39.15
6.	Julia Matos Lopes	94	Scalabisport	2:27.85	+0,85	559
	50m: 33.16 33.16	100m: 1:09.72	36.56	150m: 1:47.59	37.87	200m: 2:27.85 40.26
7.	Ana Marta Resendes	80	Naval de Ponta Delgada	2:28.75	+0,89	549
	50m: 32.99 32.99	100m: 1:09.95	36.96	150m: 1:48.46	38.51	200m: 2:28.75 40.29
8.	Isabel Alves Lopes <i>FTL</i>	92	Colegio Vasco da Gama	2:30.21	+0,75	533
	50m: 32.37 32.37	100m: 1:09.90	37.53	150m: 1:48.85	38.95	200m: 2:30.21 41.36
9.	Mariana Sousa Martins <i>FTL</i>	95	Feirense	2:33.25	+0,78	502
	50m: 34.49 34.49	100m: 1:12.68	38.19	150m: 1:52.54	39.86	200m: 2:33.25 40.71

Prova 26

06-04-2012 - 17:30

Masc., 50m Livres

17 anos e mais velhos

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: 24.70 / TAC-JUNM Jun: 25.40

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Duarte Nascimento	95	Portinado	23.53	+0,69	701
2.	Gustavo Almeida Madureira	94	Academica de Coimbra	23.78	+0,63	679
3.	Simao Pedro Alves	94	Famalicao	24.17	+0,68	647
4.	Joao Petinga de Almeida	94	Naval da Nazare	24.75	+0,92	603
5.	Rodrigo Pereira Lopes	95	Amadora	24.76	+0,69	602
6.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	24.82	+0,68	597

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 26, Masc., 50m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Frederico Manuel Moeda	95	Estrelas S. Joao de Brito	24.87	+0,70	594
8.	Carlos Manuel Cabral	94	Vilacondense	25.27	+0,75	566
9.	Andre Filipe Fernandes	95	Amadora	25.54	+0,69	548

FTL

Seniores

1.	Alexandre Escudier Agostinho	86	Portinado	22.70	+0,69	781
2.	Paulo Jorge Santos	89	Porto	23.31	+0,72	721
3.	Joao Silva Gigante	88	Amadora	23.81	+0,64	677
4.	Mario Alexandre Pereira	92	Nautico/Matobra	23.95	+0,65	665
5.	Luis Marques Pinto	87	Naval do Funchal	24.08	+0,64	654
6.	David Miguel Leiria	93	Naval Amorense	24.17	+0,75	647
7.	Simao Gomes Morgado	79	Amadora	24.31	+0,62	636
8.	Carlos Filipe Santos	91	Porto	24.32	+0,71	635
	Ricardo Pereira Lopes	90	Amadora	24.32	+0,63	635
10.	Nelson Filipe Martinho	89	Natacao de Valongo	24.41	+0,71	628
11.	Ricardo Ferreira Cotovio	91	Sporting	24.46	+0,71	624
12.	Jorge Manuel Maia	89	Famalicao	24.54	+0,73	618
13.	Fabio Andre Figueira	88	Porto	24.59	+0,67	614
14.	Filipe Vieira Malheiro	90	Braga	24.87	+0,72	594

FTL

15.	Rafael Lages Ribas	93	Desportiva de Viana	25.17	+0,69	573
-----	--------------------	----	---------------------	--------------	-------	-----

FTL

Prova 27

Femin., 100m Bruços

15 anos e mais velhos

06-04-2012 - 17:35

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: 1:20.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paula Alexandra Oliveira	96	Porto	1:12.95	+0,81	689
	50m: 34.70 34.70	100m: 1:12.95 38.25				
2.	Rita Fernandes Leitao	96	Amadora	1:15.51	+0,75	621
	50m: 35.81 35.81	100m: 1:15.51 39.70				
3.	Barbara Sofia Barata	97	Alges	1:17.04	+0,78	585
	50m: 35.64 35.64	100m: 1:17.04 41.40				
4.	Rosa Maria Oliveira	96	Estarreja	1:18.17	+0,84	560
	50m: 37.34 37.34	100m: 1:18.17 40.83				
5.	Marina Nicolina Teodosio	97	BA/Mr.Pizza	1:18.43	+0,85	554
	50m: 36.74 36.74	100m: 1:18.43 41.69				

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 27, Femin., 100m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Ana Filipa Gomes 50m: 36.54 36.54	96	Vilacondense	1:18.60	+0,89	551
7.	Joana Dias Santos 50m: 37.14 37.14	96	Uniao Piedense	1:19.08	+0,86	541
8.	Ana Catarina Serpa 50m: 37.44 37.44	97	Sporting	1:19.58	+0,80	531
9.	Andreia Margarida Morgado 50m: 37.66 37.66	97	Nautico/Matobra	1:19.93	+0,77	524
10.	Ines Pugsley Ferreira <i>FTL</i> 50m: 37.85 37.85	97	Louletano/Loule Concelho	1:20.95	+0,82	504
11.	Diana Sofia Silva <i>FTL</i> 50m: 37.25 37.25	97	Braga	1:21.10	+0,83	501
12.	Andreia Sofia Mendao <i>FTL</i> 50m: 38.37 38.37	97	Naval Amorense	1:21.88	+0,85	487

Seniores

1.	Ana Pinho Rodrigues 50m: 32.48 32.48	94	Estamos Juntos	1:09.92	+0,72	783
2.	Ana Teresa Franco 50m: 35.40 35.40	91	Sporting	1:14.30	+0,80	652
3.	Ariana Alves Nunes 50m: 34.73 34.73	95	Portinado	1:14.32	+0,75	652
4.	Marta Pereira Abreu 50m: 35.11 35.11	92	Porto	1:15.52	+0,76	621
5.	Rute Margarida Marques 50m: 35.94 35.94	94	Amadora	1:15.64	+0,74	618
6.	Ana Beatriz Pereira 50m: 35.82 35.82	91	Colegio Vasco da Gama	1:16.17	+0,66	605
7.	Joana Marques Maia 50m: 37.17 37.17	91	Natacao da Maia	1:16.76	+0,83	591
8.	Diana Patricia Ferreira 50m: 35.81 35.81	94	Gespacos	1:16.89	+0,85	588
9.	Joana Filipa Marques 50m: 35.54 35.54	95	Bombeiros Ponta Delgada	1:17.06	+0,67	585
10.	Maria Carolina Rosa 50m: 34.99 34.99	94	Sporting	1:17.14	+0,76	583
11.	Gabriela Oliveira Andrade 50m: 36.23 36.23	94	Nautico/Matobra	1:17.50	+0,68	575

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 27, Femin., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Catarina Alexandra Dias 50m: 36.26 36.26	95	Naval de Ponta Delgada	1:17.80	+0,72	568
13.	Mariana Dias Almeida FTL 50m: 37.23 37.23	93	Famalicao	1:18.82	+0,78	546
14.	Ines Raquel Estevao FTL 50m: 37.26 37.26	95	Gesloures	1:19.25	+0,72	537
15.	Ana Carolina Mateus FTL 50m: 37.30 37.30	95	Alges	1:19.99	+0,73	523

Prova 28

Masc., 100m Bruços

17 anos e mais velhos

06-04-2012 - 17:45

Resultados

Recordes Nacionais 50m Absoluto	1:01.44	Carlos Esteves Almeida	UOFLKY/CMA	Manta (USA)	02-12-2011
Recordes Nacionais 50m Jun	1:02.87	Andre Miguel Silva	PDEM	Faro	18-07-2009
Recordes Nacionais 50m Sen	1:01.44	Carlos Esteves Almeida	UOFLKY/CMA	Manta (USA)	02-12-2011

TAC-SENM Sen: 1:09.00 / TAC-JUNM Jun: 1:11.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tomas Correia Silva 50m: 32.02 32.02	95	Porto	1:07.55	+0,69	652
2.	Diogo Manuel Rodrigues 50m: 32.32 32.32	94	Vitoria de Guimaraes	1:08.22	+0,83	633
3.	Alcides Costa Sousa 50m: 32.24 32.24	94	Feirense	1:08.76	+0,74	618
4.	Pedro Miguel Silva 50m: 31.68 31.68	94	Colegio Monte Maior	1:08.82	+0,70	616
	Joao Pedro Braga 50m: 32.10 32.10	94	Naval de Ponta Delgada	1:08.82	+0,78	616
6.	Diogo Miguel Silva 50m: 32.50 32.50	95	Uniao Piedense	1:08.88	+0,74	615
7.	Pedro Miguel Ribeiro 50m: 32.33 32.33	95	Academico Viseu	1:09.15	+0,82	607
8.	Pedro Andre Santos 50m: 32.86 32.86	94	Alges	1:09.39	+0,69	601
9.	Hugo Miguel Silva 50m: 32.52 32.52	94	Braga	1:09.50	+0,80	598
10.	Goncalo Pereira Sa 50m: 32.49 32.49	95	Feirense	1:09.57	+0,62	597

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 28, Masc., 100m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Ruben Paiva Carvalho 50m: 33.19 33.19	94	Academica de Coimbra	1:09.62 100m: 1:09.62 36.43	+0,71	595
12.	Pedro Alexandre Bento 50m: 32.23 32.23	95	Alges	1:09.93 100m: 1:09.93 37.70	+0,74	587
13.	Ricardo Filipe Ferreira 50m: 32.77 32.77	95	Pimpoes/Cimai	1:09.96 100m: 1:09.96 37.19	+0,79	587
14.	Mauro Filipe Viegas 50m: 32.84 32.84	95	Natacao de Olhao	1:10.06 100m: 1:10.06 37.22	+0,67	584
15.	Luis Manuel Fernandes 50m: 32.36 32.36	95	Famalicao	1:10.49 100m: 1:10.49 38.13	+0,62	573
16.	Joao Pedro Veiga 50m: 32.91 32.91	94	Nautico/Matobra	1:11.04 100m: 1:11.04 38.13	+0,75	560
17.	Pedro Afonso Centeno 50m: 33.01 33.01	95	Colegio Vasco da Gama	1:11.18 100m: 1:11.18 38.17	+0,72	557
18.	Henrique Jose Marquez <i>FTL</i> 50m: 33.43 33.43	95	Galitos	1:12.90 100m: 1:12.90 39.47	+0,70	518
19.	Fabio Miguel Samouco <i>FTL</i> 50m: 32.98 32.98	95	Torres Novas	1:13.11 100m: 1:13.11 40.13	+0,75	514
DNS	Pedro Barros Mendes	94	Academica de Coimbra			

Seniores

1.	Ricardo Jose Varela 50m: 30.58 30.58	89	Naval Setubalense	1:05.35 100m: 1:05.35 34.77	+0,71	720
2.	Nuno Goncalo Quintanilha 50m: 31.10 31.10	87	Colegio Vasco da Gama	1:05.38 100m: 1:05.38 34.28	+0,77	719
3.	Pedro Miguel Agostinho 50m: 30.22 30.22	92	Sporting	1:05.47 100m: 1:05.47 35.25	+0,55	716
4.	Gil Goncalves Pinto 50m: 31.17 31.17	88	Porto	1:05.72 100m: 1:05.72 34.55	+0,64	708
5.	Miguel Silva Oliveira 50m: 31.05 31.05	91	Nautico/Matobra	1:05.94 100m: 1:05.94 34.89	+0,75	701
6.	Sergio Baptista Silva 50m: 31.29 31.29	91	Porto	1:06.61 100m: 1:06.61 35.32	+0,77	680
7.	Nuno Durao Pascoal 50m: 31.45 31.45	92	Galitos	1:07.00 100m: 1:07.00 35.55	+0,70	668
8.	Joao Albano Viola 50m: 31.16 31.16	89	Nautico/Matobra	1:07.39 100m: 1:07.39 36.23	+0,69	656
9.	Manuel Matos Sequeira 50m: 31.86 31.86	87	Gesloures	1:07.71 100m: 1:07.71 35.85	+0,70	647

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 28, Masc., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Joao Claudio Sousa 50m: 31.57 31.57 100m: 1:08.05 36.48	93	Gespacos	1:08.05	+0,77	637
11.	Tiago Samuel Silva 50m: 31.85 31.85 100m: 1:08.34 36.49	93	Porto	1:08.34	+0,78	629
12.	Pedro Miguel Varela FTL 50m: 32.11 32.11 100m: 1:09.30 37.19	86	Naval Setubalense	1:09.30	+0,75	604

Prova 29 Femin., 4 x 100m Livres 15 anos e mais velhos
06-04-2012 - 18:10 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 2012

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Alges-JUN Alges	4:07.23	+0,75	628
	Carolina Sanchez Rodrigues +0,75 29.34 1:01.22 Barbara Sofia Barata +0,47 30.26 1:02.63 Francisca Gomes Azevedo +0,37 29.91 1:02.39 Ines Alexandra Paiva +0,36 29.33 1:00.99			
2.	Nautico/Matobra-JUN Nautico/Matobra	4:08.31	+0,87	619
	Beatriz Neves Craveiro +0,87 29.27 1:01.31 Andreia Margarida Morgado +0,43 29.68 1:02.98 Ana Luisa Carvalho +0,36 29.08 1:01.49 Maria Amelia Gaspar +0,33 29.79 1:02.53			
3.	Amadora-JUN Amadora	4:10.92	+0,78	600
	Rita Fernandes Leitao +0,78 29.75 1:01.59 Ana Carolina Trindade +0,34 29.44 1:02.81 Ana Rita Martins +0,26 29.65 1:02.53 Daniela Teixeira Moreira +0,31 30.40 1:03.99			
4.	Foca-JUN Foca	4:11.05	+0,78	599
	Ana Filipa Martins +0,78 29.95 1:02.16 Ana Isabel Cunha +0,43 31.32 1:05.42 Sofia Cunha Sousa +0,49 30.66 1:04.07 Diana Margarida Duraes +0,13 27.95 59.40			
5.	Porto-JUN Porto	4:12.58	+0,78	588
	Adriana Daniela Castro +0,78 30.38 1:03.29 Ana Catarina Pereira +0,42 31.03 1:04.87 Paula Alexandra Oliveira +0,47 30.12 1:03.24 Maria Teresa Amorim +0,38 29.08 1:01.18			
6.	Braga-JUN Braga	4:17.49	+0,81	555
	Sara Faria Costa +0,81 30.07 1:03.65 Debora Guimaraes Oliveira +0,51 31.57 1:06.75 Patricia Daniela Machado +0,28 30.97 1:04.54 Vera Patricia Fernandes +0,36 29.75 1:02.55			
7.	Uniao Piedense-JUN Uniao Piedense	4:21.70	+0,81	529
	FTL Ana Marta Miranda +0,81 29.82 1:01.68 Joana Dias Santos +0,42 31.90 1:06.75 Ana Rita Cruz +0,10 30.83 1:05.43 Rita Sequeira Raposeiro +0,32 32.43 1:07.84			
8.	Vilacondense-JUN Vilacondense	4:24.14	+0,86	514
	FTL Ana Filipa Gomes +0,86 30.41 1:03.42 Sofia Isabel Tavares +0,43 31.26 1:06.12 Maria Joao Fernandes +0,40 31.28 1:05.63 Ana Rosa Arteiro +0,37 31.79 1:08.97			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 29, Femin., 4 x 100m Livres

Seniores

1. Porto-SEN	Porto			3:57.94	+0,68	704	
Sara Freitas Oliveira	+0,68	28.22	58.58	Joana Aguiar Rodrigues	+0,39	28.76	1:00.49
Marta Pereira Abreu	+0,47	28.61	59.60	Marta Vieira Marinho	+0,13	28.01	59.27
2. Sporting-SEN	Sporting			4:03.13	+0,72	660	
Mafalda Gomes Beleza	+0,72	28.70	58.92	Leonor Mourinho Neves	+0,26	29.76	1:02.41
Maria Carolina Rosa	+0,28	29.10	1:00.88	Raquel Paulo Ranito	+0,27	28.55	1:00.92
3. Gespacos-SEN	Gespacos			4:07.91	+0,82	622	
Diana Patricia Ferreira	+0,82	29.11	1:00.66	Ana Sofia Matos	+0,24	28.94	1:02.86
Soraia Vanessa Ribeiro	+0,34	28.93	1:01.00	Ana Rita Cunha	+0,19	30.04	1:03.39
4. Vitoria de Guimaraes-SEN	Vitoria de Guimaraes			4:08.86	+0,88	615	
Andreia Catarina Gomes	+0,88	29.44	1:01.42	Ana Sofia Alves	+0,40	29.85	1:03.77
Joana Filipa Santos	+0,35	30.02	1:02.06	Amelia Pereira Fernandes	+0,23	29.36	1:01.61
5. Gesloures-SEN	Gesloures			4:09.50	+0,73	611	
Paula Cristina Yang	+0,73	29.78	1:02.46	Nadia Morais Vieira	+0,49	28.81	1:00.31
Tatiana Ladeiro Santos	+0,20	29.31	1:01.79	Jessica Goncalves Sequeira	+0,44	30.36	1:04.94
6. Vilacondense-SEN	Vilacondense			4:11.56	+0,69	596	
Ana Catarina Monteiro	+0,69	29.81	1:01.34	Rita Amado Laezza	+0,17	30.46	1:02.87
Claudia Sofia Monteiro	+0,27	29.03	1:00.66	Bruna Fangueiro Coentrao	+0,32	30.77	1:06.69
7. Nautico/Matobra-SEN	Nautico/Matobra			4:12.58	+0,68	588	
Gabriela Oliveira Andrade	+0,68	30.01	1:02.29	Catarina Alexandra Ferreira	+0,47	29.89	1:03.16
Adriana Correia Lopes	+0,14	29.12	1:01.52	Raquel Raimundo Ferreira	+0,40	31.66	1:05.61

Prova 30

Masc., 4 x 200m Livres

17 anos e mais velhos

06-04-2012 - 18:20

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 2012

Lugar	Clube			Tempo Final	TReac	Pts	
1. Porto-JUN	Porto			8:01.19	+0,69	658	
Tomas Correia Silva	95	+0,69	26.98	57.36	1:27.15	1:57.21	1:57.21
Artur Manuel Ferreira	95	+0,02	27.56	58.60	1:30.09	2:01.23	2:01.23
Daniel Costa Vieira	95	+0,59	28.59	59.29	1:31.26	2:02.44	2:02.44
Nuno Filipe Magalhaes	94	+0,35	27.45	57.97	1:29.04	2:00.31	2:00.31
2. Academica de Coimbra-JUN	Academica de Coimbra			8:02.26	+0,68	653	
Joao Andre Neves	95	+0,68	27.54	58.02	1:29.00	2:00.44	2:00.44
Joao Nuno Pires	94	+0,21	27.02	57.32	1:28.33	2:01.05	2:01.05
Pedro Barros Mendes	94	+0,59	26.87	57.51	1:29.89	2:01.72	2:01.72
Gustavo Almeida Madureira	94	+0,50	26.73	56.68	1:27.76	1:59.05	1:59.05
3. Amadora-JUN	Amadora			8:08.63	+0,73	628	
Mario Rui Cruz	94	+0,73	27.55	57.18	1:28.39	2:00.22	2:00.22
Diogo Carrasco Correia	95	+0,20	28.38	1:00.56	1:34.02	2:06.28	2:06.28
Rodrigo Pereira Lopes	95	+0,39	27.23	57.41	1:28.37	1:59.97	1:59.97
Andre Filipe Fernandes	95	+0,36	28.21	57.83	1:29.59	2:02.16	2:02.16

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

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

Lugar	Clube	Tempo Final	TReac	Pts
4.	Braga-JUN	8:18.65	+0,81	591
	Miguel Antonio Silva	94 +0,81 27.58 58.37 1:30.04 2:01.47	2:01.47	
	Hugo Miguel Silva	94 +0,37 27.81 1:00.09 1:33.07 2:06.61	2:06.61	
	Manuel Silva Barros	94 +0,31 27.92 59.64 1:32.95 2:06.15	2:06.15	
	Pedro Gomes Antunes	94 +0,13 26.95 58.50 1:31.09 2:04.42	2:04.42	
5.	Vilacondense-JUN	8:27.96	+0,70	559
	Joao Miguel Costa	95 +0,70 27.55 58.43 1:31.49 2:03.51	2:03.51	
	Pedro Maria Bessa	95 +0,19 29.13 1:03.10 1:36.62 2:09.43	2:09.43	
	Mario Guterres Carvalho	95 +0,56 28.91 1:01.13 1:35.29 2:09.28	2:09.28	
	Carlos Manuel Cabral	94 +0,32 27.90 59.66 1:32.64 2:05.74	2:05.74	

Seniores

1.	Sporting-SEN	7:33.17	+0,71	787
	<i>Recorde Nacional, Senior e Absoluto</i>			
	Gustavo Manuel Santa	93 +0,71 26.39 55.12 1:24.47 1:54.34	1:54.34	
	Ricardo Ferreira Cotovio	91 +0,32 25.67 54.04 1:23.65 1:53.10	1:53.10	
	Pedro Miguel Pinotes	89 +0,36 26.33 55.21 1:24.85 1:54.05	1:54.05	
	Alexis Manacas Santos	92 +0,30 25.70 53.88 1:23.00 1:51.68	1:51.68	
2.	Nautico/Matobra-SEN	7:41.65	+0,68	745
	Mario Alexandre Pereira	92 +0,68 25.43 53.63 1:22.95 1:51.12	1:51.12	
	Miguel Silva Oliveira	91 +0,26 26.11 54.45 1:24.21 1:53.94	1:53.94	
	Miguel Monteiro Diogo	93 +0,13 26.50 56.06 1:26.00 1:55.53	1:55.53	
	Andre Duarte Vaz	93 +0,41 25.96 55.50 1:27.81 2:01.06	2:01.06	
3.	Amadora-SEN	7:46.86	+0,71	720
	Duarte Rafael Mourao	84 +0,71 26.18 54.22 1:23.09 1:52.26	1:52.26	
	Ricardo Pereira Lopes	90 +0,32 26.78 56.86 1:27.67 1:57.83	1:57.83	
	Joao Silva Gigante	88 +0,30 25.80 55.38 1:26.90 1:57.01	1:57.01	
	Simao Gomes Morgado	79 +0,14 26.22 56.71 1:28.13 1:59.76	1:59.76	
4.	Famalicao-SEN	7:49.40	+0,71	708
	Luis Emanuel Vaz	91 +0,71 25.63 53.09 1:21.95 1:50.69	1:50.69	
	Jorge Manuel Maia	89 +0,38 26.89 55.87 1:25.90 1:55.71	1:55.71	
	Joao Filipe Fernandes	93 +0,20 27.22 58.91 1:32.69 2:06.77	2:06.77	
	Adriano Miguel Niz	86 +0,17 26.08 55.39 1:25.80 1:56.23	1:56.23	
5.	Braga-SEN	7:53.16	+0,77	692
	Ricardo Manuel Machado	93 +0,77 26.53 55.86 1:25.36 1:55.74	1:55.74	
	Edgar Oliveira Ribeiro	93 +0,21 26.37 56.48 1:27.39 1:57.31	1:57.31	
	Nuno Vieira Malheiro	93 +0,10 27.45 58.30 1:28.93 1:59.81	1:59.81	
	Filipe Vieira Malheiro	90 +0,30 25.95 56.00 1:27.66 2:00.30	2:00.30	
6.	Vilacondense-SEN	8:00.76	+0,76	659
	Fabio Manuel Pereira	86 +0,76 26.39 55.48 1:25.39 1:55.33	1:55.33	
	Igor Guterres Carvalho	88 +0,45 27.92 58.42 1:28.91 1:58.77	1:58.77	
	Diogo Carmo Ramos	93 +0,19 26.86 58.15 1:30.97 2:05.23	2:05.23	
	Rui Filipe Maia	93 +0,48 27.54 58.13 1:29.32 2:01.43	2:01.43	
7.	Gespacos-SEN	8:04.39	+0,89	645
	Hugo Alberto Ribeiro	88 +0,89 27.84 57.60 1:28.14 1:58.58	1:58.58	
	Nuno Rafael Alves	90 +0,26 27.20 57.89 1:30.59 2:02.99	2:02.99	
	Joao Claudio Sousa	93 +0,22 27.83 57.97 1:29.20 1:59.64	1:59.64	
	Paulo Andre Dias	92 +0,33 28.09 59.07 1:31.74 2:03.18	2:03.18	

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

5 - 3ª Jornada - 1ª Sessão

07-04-2012 - 9:00

Prova 31 Masc., 200m Estilos 17 anos e mais velhos Resultados

Recordes Nacionais 50m Absoluto	1:59.51	Diogo Filipe Carvalho	FPN	Xangai (CHN)	27-07-2011
Recordes Nacionais 50m Jun	2:04.06	Carlos Esteves Almeida	CNA	Lisboa	24-03-2006
Recordes Nacionais 50m Sen	1:59.51	Diogo Filipe Carvalho	FPN	Xangai (CHN)	27-07-2011

TAC-SENM Sen: 2:14.00 / TAC-JUNM Jun: 2:18.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tomas Correia Silva	95	Porto	2:09.64	+0,68	679
	50m: 27.55 27.55	100m: 1:01.61 34.06	150m: 1:39.58 37.97	200m: 2:09.64 30.06		
2.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	2:10.70	+0,76	663
	50m: 27.66 27.66	100m: 1:00.86 33.20	150m: 1:39.86 39.00	200m: 2:10.70 30.84		
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	2:12.25	+0,80	640
	50m: 29.43 29.43	100m: 1:03.31 33.88	150m: 1:41.47 38.16	200m: 2:12.25 30.78		
4.	Pedro Andre Santos	94	Alges	2:14.68	+0,75	606
	50m: 28.54 28.54	100m: 1:02.52 33.98	150m: 1:43.34 40.82	200m: 2:14.68 31.34		
5.	Ivo Andre Lopes	94	Scalabisport	2:15.77	+0,76	591
	50m: 28.54 28.54	100m: 1:04.73 36.19	150m: 1:45.03 40.30	200m: 2:15.77 30.74		
6.	Miguel Duarte Nascimento	95	Portinado	2:15.79	+0,76	591
	50m: 27.43 27.43	100m: 1:01.17 33.74	150m: 1:42.57 41.40	200m: 2:15.79 33.22		
7.	Pedro Barros Mendes	94	Academica de Coimbra	2:16.02	+0,75	588
	50m: 29.03 29.03	100m: 1:03.30 34.27	150m: 1:43.86 40.56	200m: 2:16.02 32.16		
8.	Renato Mendes Pinheiro	94	Desportiva de Viana	2:16.30	+0,76	585
	50m: 28.88 28.88	100m: 1:04.13 35.25	150m: 1:44.66 40.53	200m: 2:16.30 31.64		
9.	Mario Rui Cruz	94	Amadora	2:17.01	+0,72	576
	50m: 29.34 29.34	100m: 1:04.96 35.62	150m: 1:45.87 40.91	200m: 2:17.01 31.14		
10.	Joao Andre Neves	95	Academica de Coimbra	2:17.86	+0,70	565
	50m: 28.81 28.81	100m: 1:05.55 36.74	150m: 1:45.80 40.25	200m: 2:17.86 32.06		
11.	Rafael Filipe Torres	95	Sporting	2:17.87	+0,70	565
	50m: 28.50 28.50	100m: 1:04.22 35.72	150m: 1:44.78 40.56	200m: 2:17.87 33.09		
12.	Diogo Miguel Silva	95	Uniao Piedense	2:18.04	+0,75	563
	50m: 28.83 28.83	100m: 1:04.52 35.69	150m: 1:45.22 40.70	200m: 2:18.04 32.82		
13.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	2:18.07	+0,94	562
	50m: 28.65 28.65	100m: 1:03.62 34.97	150m: 1:45.84 42.22	200m: 2:18.07 32.23		
14.	Andre Augusto Santos	95	Sporting	2:18.16	+0,73	561
	50m: 29.09 29.09	100m: 1:04.56 35.47	150m: 1:46.55 41.99	200m: 2:18.16 31.61		
15.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	2:23.53	+0,73	501
	50m: 29.54 29.54	100m: 1:06.46 36.92	150m: 1:48.98 42.52	200m: 2:23.53 34.55		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 31, Masc., 200m Estilos

Seniores

1.	Diogo Filipe Carvalho	88	Galitos		2:02.29	+0,69	810
	50m: 25.81 25.81	100m: 56.34 30.53	150m: 1:32.45	36.11	200m: 2:02.29	29.84	
2.	Alexis Manacas Santos	92	Sporting		2:04.63	+0,70	765
	50m: 26.54 26.54	100m: 57.60 31.06	150m: 1:34.51	36.91	200m: 2:04.63	30.12	
3.	Pedro Miguel Pinotes	89	Sporting		2:07.35	+0,72	717
	50m: 27.82 27.82	100m: 1:00.90 33.08	150m: 1:38.63	37.73	200m: 2:07.35	28.72	
4.	Miguel Silva Oliveira	91	Nautico/Matobra		2:08.46	+0,76	698
	50m: 27.21 27.21	100m: 1:00.96 33.75	150m: 1:37.80	36.84	200m: 2:08.46	30.66	
5.	Rui Filipe Vilar	91	Porto		2:08.97	+0,68	690
	50m: 27.27 27.27	100m: 1:00.62 33.35	150m: 1:37.94	37.32	200m: 2:08.97	31.03	
6.	Nuno Rafael Alves	90	Gespacos		2:10.18	+0,77	671
	50m: 27.48 27.48	100m: 1:01.73 34.25	150m: 1:38.67	36.94	200m: 2:10.18	31.51	
7.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama		2:10.88	+0,70	660
	50m: 26.44 26.44	100m: 1:01.57 35.13	150m: 1:38.79	37.22	200m: 2:10.88	32.09	
8.	Andre Bras Goncalves	88	Amadora		2:11.83	+0,68	646
	50m: 27.62 27.62	100m: 1:01.33 33.71	150m: 1:40.11	38.78	200m: 2:11.83	31.72	
9.	Fabio Manuel Pereira	86	Vilacondense		2:13.07	+0,76	628
	50m: 26.79 26.79	100m: 1:01.34 34.55	150m: 1:41.65	40.31	200m: 2:13.07	31.42	
10.	Miguel Machado Lopes	92	Sporting		2:14.47	+0,64	609
	<i>FTL</i>						
	50m: 28.86 28.86	100m: 1:03.09 34.23	150m: 1:43.60	40.51	200m: 2:14.47	30.87	
11.	Andre Duarte Vaz	93	Nautico/Matobra		2:14.50	+0,78	608
	<i>FTL</i>						
	50m: 28.38 28.38	100m: 1:01.99 33.61	150m: 1:42.43	40.44	200m: 2:14.50	32.07	
12.	Filipe Vieira Malheiro	90	Braga		2:17.67	+0,77	567
	<i>FTL</i>						
	50m: 28.41 28.41	100m: 1:04.34 35.93	150m: 1:47.14	42.80	200m: 2:17.67	30.53	

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 32 Femin., 200m Estilos 15 anos e mais velhos
07-04-2012 - 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: 2:31.00 / TAC-JUNF Jun: 2:34.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ines Camacho Fernandes	97	Sporting	2:24.35	+0,71	667
	50m: 30.84 30.84	100m: 1:07.01 36.17	150m: 1:50.20 43.19	200m: 2:24.35 34.15		
2.	Ana Marta Miranda	96	Uniao Piedense	2:24.76	+0,80	661
	50m: 30.90 30.90	100m: 1:08.24 37.34	150m: 1:50.14 41.90	200m: 2:24.76 34.62		
3.	Joana Carina Silva	97	Lousada SXXI	2:28.06	+0,85	618
	50m: 30.47 30.47	100m: 1:06.84 36.37	150m: 1:53.64 46.80	200m: 2:28.06 34.42		
4.	Diana Margarida Duraes	96	Foca	2:28.36	+0,76	614
	50m: 31.01 31.01	100m: 1:07.00 35.99	150m: 1:52.66 45.66	200m: 2:28.36 35.70		
5.	Filipa Vicente Custois	97	Benedita	2:30.04	+0,74	594
	50m: 32.52 32.52	100m: 1:09.85 37.33	150m: 1:55.59 45.74	200m: 2:30.04 34.45		
6.	Barbara Sofia Barata	97	Alges	2:30.16	+0,77	592
	50m: 31.78 31.78	100m: 1:12.42 40.64	150m: 1:55.16 42.74	200m: 2:30.16 35.00		
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	2:30.78	+0,85	585
	50m: 32.28 32.28	100m: 1:11.64 39.36	150m: 1:55.99 44.35	200m: 2:30.78 34.79		
8.	Sara Monteiro Meireles	97	Gespacos	2:31.69	+0,84	575
	50m: 32.78 32.78	100m: 1:13.61 40.83	150m: 1:56.94 43.33	200m: 2:31.69 34.75		
9.	Maria Teresa Amorim	97	Porto	2:32.47	+0,95	566
	50m: 32.49 32.49	100m: 1:12.06 39.57	150m: 1:58.25 46.19	200m: 2:32.47 34.22		
10.	Francisca Gomes Azevedo	97	Alges	2:33.26	+0,82	557
	50m: 34.31 34.31	100m: 1:11.56 37.25	150m: 1:59.69 48.13	200m: 2:33.26 33.57		
11.	Ana Margarida Rodrigues	96	Galitos	2:34.25	+0,81	546
	50m: 31.46 31.46	100m: 1:10.42 38.96	150m: 1:56.58 46.16	200m: 2:34.25 37.67		
12.	Ines Mendes Paulo	96	Colegio Monte Maior	2:35.21	+0,86	536
	<i>FTL</i>					
	50m: 33.22 33.22	100m: 1:14.13 40.91	150m: 2:01.39 47.26	200m: 2:35.21 33.82		
	Sofia Cunha Sousa	96	Foca	2:35.21	+0,83	536
	<i>FTL</i>					
	50m: 35.02 35.02	100m: 1:14.46 39.44	150m: 2:00.90 46.44	200m: 2:35.21 34.31		
14.	Joana Dias Santos	96	Uniao Piedense	2:35.26	+0,88	536
	<i>FTL</i>					
	50m: 34.43 34.43	100m: 1:15.39 40.96	150m: 1:57.82 42.43	200m: 2:35.26 37.44		
15.	Isabel Pinto Abreu	96	Belenenses	2:35.74	+0,73	531
	<i>FTL</i>					
	50m: 32.71 32.71	100m: 1:12.81 40.10	150m: 2:01.38 48.57	200m: 2:35.74 34.36		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 32, Femin., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Joana Isabel Lampreia <i>FTL</i>	96	Beja	2:36.02	+0,82	528
	50m: 32.57 32.57	100m: 1:13.52	40.95	150m: 1:59.54	46.02	200m: 2:36.02 36.48
17.	Teresa Manuela Aires <i>FTL</i>	96	Sporting de Espinho	2:37.75	+0,82	511
	50m: 32.08 32.08	100m: 1:13.69	41.61	150m: 2:02.84	49.15	200m: 2:37.75 34.91
18.	Rita Teixeira Costa <i>FTL</i>	97	Belenenses	2:40.66	+0,85	484
	50m: 33.93 33.93	100m: 1:13.78	39.85	150m: 2:03.11	49.33	200m: 2:40.66 37.55

Seniores

1.	Victoria Kaminskaya 50m: 31.03 31.03	95	Pimpoes/Cimai	2:20.80	+0,75	719
	100m: 1:06.74	35.71	150m: 1:47.25	40.51	200m: 2:20.80 33.55	
2.	Marta Pereira Abreu 50m: 31.21 31.21	92	Porto	2:21.51	+0,78	708
	100m: 1:06.69	35.48	150m: 1:48.56	41.87	200m: 2:21.51 32.95	
3.	Nadia Morais Vieira 50m: 30.74 30.74	90	Gesloures	2:24.03	+0,74	671
	100m: 1:07.25	36.51	150m: 1:49.44	42.19	200m: 2:24.03 34.59	
4.	Catarina Tiago Nunes 50m: 30.08 30.08	95	Uniao Piedense	2:26.74	+0,82	635
	100m: 1:08.91	38.83	150m: 1:52.09	43.18	200m: 2:26.74 34.65	
5.	Ana Beatriz Pereira 50m: 30.85 30.85	91	Colegio Vasco da Gama	2:27.08	+0,74	630
	100m: 1:11.27	40.42	150m: 1:52.97	41.70	200m: 2:27.08 34.11	
6.	Ana Teresa Franco 50m: 32.69 32.69	91	Sporting	2:27.97	+0,77	619
	100m: 1:12.47	39.78	150m: 1:53.03	40.56	200m: 2:27.97 34.94	
7.	Lisa Marisa Soares 50m: 32.59 32.59	95	Amadora	2:28.93	+0,84	607
	100m: 1:09.25	36.66	150m: 1:55.11	45.86	200m: 2:28.93 33.82	
8.	Diana Patricia Ferreira 50m: 30.79 30.79	94	Gespacos	2:29.71	+0,82	598
	100m: 1:08.81	38.02	150m: 1:53.55	44.74	200m: 2:29.71 36.16	
9.	Ariana Alves Nunes 50m: 32.32 32.32	95	Portinado	2:29.86	+0,77	596
	100m: 1:10.86	38.54	150m: 1:54.40	43.54	200m: 2:29.86 35.46	
10.	Rute Margarida Marques 50m: 32.06 32.06	94	Amadora	2:30.79	+0,74	585
	100m: 1:11.55	39.49	150m: 1:54.35	42.80	200m: 2:30.79 36.44	
11.	Raquel Paulo Ranito <i>FTL</i>	94	Sporting	2:31.09	+0,75	582
	50m: 31.72 31.72	100m: 1:08.87	37.15	150m: 1:55.16	46.29	200m: 2:31.09 35.93
12.	Adriana Correia Lopes <i>FTL</i>	95	Nautico/Matobra	2:33.12	+0,87	559
	50m: 31.97 31.97	100m: 1:09.42	37.45	150m: 1:56.75	47.33	200m: 2:33.12 36.37
13.	Amelia Pereira Fernandes <i>FTL</i>	89	Vitoria de Guimaraes	2:33.23	+0,80	557
	50m: 31.12 31.12	100m: 1:09.97	38.85	150m: 1:57.16	47.19	200m: 2:33.23 36.07

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 32, Femin., 200m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ana Filipa Teixeira <i>FTL</i>	95	Viana Natacao	2:34.40	+0,74	545
	50m: 32.41 32.41	100m: 1:12.65 40.24	150m: 1:58.48 45.83	200m: 2:34.40 35.92		
15.	Ines Joao Costa <i>FTL</i>	95	Braga	2:37.32	+0,81	515
	50m: 32.93 32.93	100m: 1:12.99 40.06	150m: 1:59.78 46.79	200m: 2:37.32 37.54		
DNS	Maria Carolina Rosa	94	Sporting			

Prova 33 Masc., 50m Bruços 17 anos e mais velhos
07-04-2012 - 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: 31.50 / TAC-JUNM Jun: 32.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alcides Costa Sousa	94	Feirense	31.26	+0,74	621
2.	Luis Manuel Fernandes	95	Famalicao	31.62	+0,62	600
3.	Ruben Paiva Carvalho	94	Academica de Coimbra	31.86	+0,70	586
4.	Fabio Miguel Samouco	95	Torres Novas	31.90	+0,73	584
5.	Hugo Miguel Silva	94	Braga	32.00	+0,77	578
6.	Goncalo Alexandre Fonseca	94	Portinado	32.18	+0,87	569
7.	Joao Pedro Braga	94	Naval de Ponta Delgada	32.19	+0,73	568
8.	Ricardo Filipe Ferreira	95	Pimpoes/Cimai	32.20	+0,71	568
9.	Goncalo Pereira Sa	95	Feirense	32.38	+0,64	558
10.	Pedro Miguel Ribeiro	95	Academico Viseu	32.42	+0,77	556
11.	Jose Manuel Dias	94	Uniao Piedense	32.47	+0,73	554
12.	Joao Pedro Veiga <i>FTL</i>	94	Nautico/Matobra	32.80	+0,76	537
13.	Diogo Miguel Silva <i>FTL</i>	95	Uniao Piedense	32.82	+0,72	536
14.	Henrique Jose Marquez <i>FTL</i>	95	Galitos	33.43	+0,70	507

Seniores

1.	Pedro Miguel Agostinho	92	Sporting	29.60	+0,61	731
2.	Gil Goncalves Pinto	88	Porto	29.92	+0,65	708
3.	Ricardo Jose Varela	89	Naval Setubalense	29.95	+0,72	706
4.	Fabio Andre Figueira	88	Porto	30.44	+0,67	672
5.	Sergio Baptista Silva	91	Porto	30.63	+0,72	660
6.	Nuno Durao Pascoal	92	Galitos	30.66	+0,72	658
7.	Miguel Silva Oliveira	91	Nautico/Matobra	30.80	+0,74	649
8.	Nuno Andre Fernandes	89	Benfica	31.00	+0,71	636

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 33, Masc., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Albano Viola	89	Nautico/Matobra	31.05	+0,66	633
10.	Manuel Matos Sequeira	87	Geslours	31.21	+0,66	624
11.	Joao Claudio Sousa	93	Gespacos	31.47	+0,77	608
12.	Tiago Samuel Silva	93	Porto	31.99	+0,72	579
	<i>FTL</i>					

Prova 34
07-04-2012 - 9:40

Femin., 50m Bruços

15 anos e mais velhos

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: 36.50 / TAC-JUNF Jun: 37.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Paula Alexandra Oliveira	96	Porto	34.52	+0,82	643
2.	Rita Fernandes Leitao	96	Amadora	34.91	+0,73	622
3.	Rosa Maria Oliveira	96	Estarreja	35.76	+0,83	578
4.	Marina Nicolina Teodosio	97	BA/Mr.Pizza	36.37	+0,82	550
5.	Ana Filipa Gomes	96	Vilacondense	36.64	+0,79	538
6.	Ana Catarina Serpa	97	Sporting	36.90	+0,76	526
7.	Ines Pugsley Ferreira	97	Louletano/Loule Concelho	36.92	+0,82	525
8.	Andreia Margarida Morgado	97	Nautico/Matobra	36.96	+0,77	524
9.	Mariana Goncalves Gomes	96	Naval do Funchal	37.66	+0,78	495
	<i>FTL</i>					
10.	Diana Sofia Silva	97	Braga	37.74	+0,79	492
	<i>FTL</i>					
11.	Joana Dias Santos	96	Uniao Piedense	37.96	+0,80	483
	<i>FTL</i>					
12.	Rita Catarina Miranda	97	Braga	37.98	+0,85	483
	<i>FTL</i>					
13.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	38.06	+0,80	480
	<i>FTL</i>					

Seniores

1.	Ana Pinho Rodrigues	94	Estamos Juntos	32.36	+0,72	780
2.	Ariana Alves Nunes	95	Portinado	34.21	+0,76	660
3.	Diana Patricia Ferreira	94	Gespacos	34.26	+0,81	658
4.	Rute Margarida Marques	94	Amadora	34.40	+0,71	650
5.	Maria Carolina Rosa	94	Sporting	34.96	+0,77	619
6.	Ana Teresa Franco	91	Sporting	35.03	+0,69	615
7.	Gabriela Oliveira Andrade	94	Nautico/Matobra	35.60	+0,67	586
8.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	36.04	+0,66	565
9.	Joana Marques Maia	91	Natacao da Maia	36.42	+0,82	547

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 34, Femin., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Mafalda Fraga Fragoso <i>FTL</i>	94	Bombeiros Ponta Delgada	36.63	+0,78	538
11.	Mariana Dias Almeida <i>FTL</i>	93	Famalicao	36.65	+0,78	537
12.	Catarina Alexandra Dias <i>FTL</i>	95	Naval de Ponta Delgada	36.91	+0,75	526
13.	Ana Carolina Mateus <i>FTL</i>	95	Alges	37.01	+0,78	522
14.	Ines Raquel Estevao <i>FTL</i>	95	Gesloures	37.33	+0,71	508

Prova 35

Masc., 100m Livres

17 anos e mais velhos

07-04-2012 - 9:45

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: 53.50 / TAC-JUNM Jun: 55.20

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Almeida Madureira	94	Academica de Coimbra	53.04	+0,63	691
	50m: 25.57 25.57	100m: 53.04 27.47				
2.	Tiago Ferreira Azevedo	95	Naval Amorense	53.30	+0,71	681
	50m: 25.66 25.66	100m: 53.30 27.64				
3.	Joao Duarte Santos	95	Natacao de Olhao	53.48	+0,69	674
	50m: 25.72 25.72	100m: 53.48 27.76				
4.	Simao Pedro Alves	94	Famalicao	53.54	+0,73	672
	50m: 25.95 25.95	100m: 53.54 27.59				
5.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	54.21	+0,71	647
	50m: 26.04 26.04	100m: 54.21 28.17				
6.	Pedro Andre Santos	94	Alges	54.60	+0,70	634
	50m: 26.21 26.21	100m: 54.60 28.39				
7.	Manuel Silva Farinha	94	Portinado	54.88	+0,77	624
	50m: 26.14 26.14	100m: 54.88 28.74				
8.	Tomas Correia Silva	95	Porto	54.95	+0,68	622
	50m: 26.41 26.41	100m: 54.95 28.54				
9.	Antonio Jorge Rocha	94	Penafiel	55.04	+0,75	619
	50m: 26.00 26.00	100m: 55.04 29.04				
10.	Joao Petinga de Almeida <i>FTL</i>	94	Naval da Nazare	56.19	+0,89	581
	50m: 26.62 26.62	100m: 56.19 29.57				

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 35, Masc., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Afonso Lopes dos Santos <i>FTL</i>	95	Pimpoes/Cimai	56.59	+0,72	569
	50m: 26.86 26.86	100m: 56.59	29.73			

Seniores

1.	Mario Alexandre Pereira	92	Nautico/Matobra	51.12	+0,66	772
	50m: 24.30 24.30	100m: 51.12	26.82			
2.	Paulo Jorge Santos	89	Porto	51.66	+0,75	748
	50m: 24.01 24.01	100m: 51.66	27.65			
3.	Luis Marques Pinto	87	Naval do Funchal	51.80	+0,66	742
	50m: 25.03 25.03	100m: 51.80	26.77			
4.	Joao Silva Gigante	88	Amadora	52.05	+0,65	732
	50m: 24.39 24.39	100m: 52.05	27.66			
5.	Luis Emanuel Vaz	91	Famalicao	52.17	+0,75	726
	50m: 25.07 25.07	100m: 52.17	27.10			
6.	Ricardo Manuel Machado	93	Braga	52.80	+0,75	701
	50m: 25.17 25.17	100m: 52.80	27.63			
7.	Ricardo Ferreira Cotovio	91	Sporting	53.00	+0,69	693
	50m: 25.41 25.41	100m: 53.00	27.59			
8.	Fabio Andre Figueira	88	Porto	53.30	+0,68	681
	50m: 26.11 26.11	100m: 53.30	27.19			
9.	Jorge Manuel Maia <i>FTL</i>	89	Famalicao	53.84	+0,78	661
	50m: 26.28 26.28	100m: 53.84	27.56			
10.	Alexandre Escudier Agostinho <i>FTL</i>	86	Portinado	1:08.29	+0,70	324
	50m: 23.27 23.27	100m: 1:08.29	45.02			
DNS	Diogo Filipe Carvalho	88	Galitos			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 36 Femin., 1500m Livres 15 anos e mais velhos
07-04-2012 - 10:05 Resultados

Recordes Nacionais 50m Absoluto	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011
Recordes Nacionais 50m Jun	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Sen	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011

TAC-SENF Sen: 18:40.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	17:02.46	+0,82	783
	<i>Recorde Nacional, Junior</i>					
	50m: 31.52 31.52	450m: 5:02.99 34.00	850m: 9:37.12 34.39	1250m: 14:13.34 34.66		
	100m: 1:05.07 33.55	500m: 5:37.39 34.40	900m: 10:11.42 34.30	1300m: 14:48.19 34.85		
	150m: 1:39.03 33.96	550m: 6:11.68 34.29	950m: 10:46.35 34.93	1350m: 15:22.72 34.53		
	200m: 2:12.40 33.37	600m: 6:45.58 33.90	1000m: 11:20.79 34.44	1400m: 15:57.17 34.45		
	250m: 2:46.52 34.12	650m: 7:20.05 34.47	1050m: 11:55.03 34.24	1450m: 16:31.00 33.83		
	300m: 3:20.85 34.33	700m: 7:54.09 34.04	1100m: 12:29.33 34.30	1500m: 17:02.46 31.46		
	350m: 3:55.18 34.33	750m: 8:28.35 34.26	1150m: 13:04.37 35.04			
	400m: 4:28.99 33.81	800m: 9:02.73 34.38	1200m: 13:38.68 34.31			
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	17:37.94	+0,94	707
	50m: 31.65 31.65	450m: 5:11.63 35.20	850m: 9:56.17 35.52	1250m: 14:41.90 35.52		
	100m: 1:06.09 34.44	500m: 5:47.29 35.66	900m: 10:32.07 35.90	1300m: 15:17.77 35.87		
	150m: 1:40.63 34.54	550m: 6:22.80 35.51	950m: 11:07.53 35.46	1350m: 15:52.76 34.99		
	200m: 2:15.60 34.97	600m: 6:58.53 35.73	1000m: 11:43.36 35.83	1400m: 16:27.97 35.21		
	250m: 2:50.39 34.79	650m: 7:33.91 35.38	1050m: 12:18.72 35.36	1450m: 17:03.34 35.37		
	300m: 3:25.68 35.29	700m: 8:09.48 35.57	1100m: 12:54.70 35.98	1500m: 17:37.94 34.60		
	350m: 4:00.95 35.27	750m: 8:44.96 35.48	1150m: 13:30.27 35.57			
	400m: 4:36.43 35.48	800m: 9:20.65 35.69	1200m: 14:06.38 36.11			
3.	Ana Monica Eloi	96	Nautico da Marinha Grande	18:09.17	+0,85	648
	50m: 32.15 32.15	450m: 5:20.40 36.37	850m: 10:11.88 36.49	1250m: 15:05.81 36.91		
	100m: 1:07.04 34.89	500m: 5:56.28 35.88	900m: 10:48.42 36.54	1300m: 15:42.48 36.67		
	150m: 1:42.98 35.94	550m: 6:32.75 36.47	950m: 11:25.18 36.76	1350m: 16:19.86 37.38		
	200m: 2:19.01 36.03	600m: 7:09.10 36.35	1000m: 12:01.66 36.48	1400m: 16:56.63 36.77		
	250m: 2:55.52 36.51	650m: 7:45.68 36.58	1050m: 12:38.40 36.74	1450m: 17:33.66 37.03		
	300m: 3:31.54 36.02	700m: 8:22.30 36.62	1100m: 13:14.95 36.55	1500m: 18:09.17 35.51		
	350m: 4:07.80 36.26	750m: 8:58.82 36.52	1150m: 13:51.96 37.01			
	400m: 4:44.03 36.23	800m: 9:35.39 36.57	1200m: 14:28.90 36.94			
4.	Barbara Marques Rodrigues	97	Alges	18:12.22	+0,84	642
	50m: 32.41 32.41	450m: 5:22.65 36.88	850m: 10:16.00 36.88	1250m: 15:09.78 37.24		
	100m: 1:07.62 35.21	500m: 5:59.15 36.50	900m: 10:52.28 36.28	1300m: 15:46.13 36.35		
	150m: 1:43.97 36.35	550m: 6:35.92 36.77	950m: 11:29.16 36.88	1350m: 16:23.32 37.19		
	200m: 2:20.19 36.22	600m: 7:12.46 36.54	1000m: 12:05.62 36.46	1400m: 16:59.45 36.13		
	250m: 2:56.67 36.48	650m: 7:49.19 36.73	1050m: 12:42.34 36.72	1450m: 17:36.25 36.80		
	300m: 3:33.05 36.38	700m: 8:25.67 36.48	1100m: 13:19.16 36.82	1500m: 18:12.22 35.97		
	350m: 4:09.89 36.84	750m: 9:02.65 36.98	1150m: 13:56.12 36.96			
	400m: 4:45.77 35.88	800m: 9:39.12 36.47	1200m: 14:32.54 36.42			
5.	Beatriz Filipa Matos	97	Nautico/Matobra	18:28.22	+0,95	615
	50m: 32.98 32.98	450m: 5:24.29 36.56	850m: 10:21.73 37.00	1250m: 15:22.50 37.90		
	100m: 1:08.48 35.50	500m: 6:01.10 36.81	900m: 10:59.07 37.34	1300m: 16:00.44 37.94		
	150m: 1:44.94 36.46	550m: 6:38.08 36.98	950m: 11:36.70 37.63	1350m: 16:38.00 37.56		
	200m: 2:21.33 36.39	600m: 7:15.06 36.98	1000m: 12:14.14 37.44	1400m: 17:15.53 37.53		
	250m: 2:57.89 36.56	650m: 7:52.06 37.00	1050m: 12:51.59 37.45	1450m: 17:52.39 36.86		
	300m: 3:34.51 36.62	700m: 8:29.61 37.55	1100m: 13:29.15 37.56	1500m: 18:28.22 35.83		
	350m: 4:11.22 36.71	750m: 9:07.15 37.54	1150m: 14:06.77 37.62			
	400m: 4:47.73 36.51	800m: 9:44.73 37.58	1200m: 14:44.60 37.83			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
6.	Sara Monteiro Meireles	97	Gespacos	18:43.82	+0,86	589	
	50m: 34.06 34.06	450m: 5:35.82	37.72	850m: 10:37.87	37.67	1250m: 15:38.49	37.70
	100m: 1:10.82 36.76	500m: 6:13.41	37.59	900m: 11:15.38	37.51	1300m: 16:16.60	38.11
	150m: 1:48.70 37.88	550m: 6:51.11	37.70	950m: 11:53.04	37.66	1350m: 16:54.04	37.44
	200m: 2:26.55 37.85	600m: 7:28.95	37.84	1000m: 12:30.64	37.60	1400m: 17:30.97	36.93
	250m: 3:04.56 38.01	650m: 8:06.68	37.73	1050m: 13:08.17	37.53	1450m: 18:07.92	36.95
	300m: 3:42.23 37.67	700m: 8:44.68	38.00	1100m: 13:45.85	37.68	1500m: 18:43.82	35.90
	350m: 4:20.43 38.20	750m: 9:22.35	37.67	1150m: 14:23.34	37.49		
	400m: 4:58.10 37.67	800m: 10:00.20	37.85	1200m: 15:00.79	37.45		
7.	Cecilia Branco Almeida	97	Geslours	18:49.98	+0,88	580	
	50m: 34.44 34.44	450m: 5:36.99	37.89	850m: 10:39.26	37.92	1250m: 15:42.41	37.66
	100m: 1:12.02 37.58	500m: 6:14.54	37.55	900m: 11:17.37	38.11	1300m: 16:20.45	38.04
	150m: 1:49.66 37.64	550m: 6:51.93	37.39	950m: 11:55.46	38.09	1350m: 16:58.07	37.62
	200m: 2:27.62 37.96	600m: 7:29.90	37.97	1000m: 12:33.28	37.82	1400m: 17:35.94	37.87
	250m: 3:05.24 37.62	650m: 8:07.73	37.83	1050m: 13:11.30	38.02	1450m: 18:13.16	37.22
	300m: 3:43.23 37.99	700m: 8:45.71	37.98	1100m: 13:49.20	37.90	1500m: 18:49.98	36.82
	350m: 4:21.34 38.11	750m: 9:23.82	38.11	1150m: 14:26.96	37.76		
	400m: 4:59.10 37.76	800m: 10:01.34	37.52	1200m: 15:04.75	37.79		
8.	Ana Isabel Neves	96	Pimpoes/Cimai	18:54.53	+0,79	573	
	50m: 32.56 32.56	450m: 5:28.09	37.94	850m: 10:33.53	38.39	1250m: 15:42.39	37.55
	100m: 1:08.24 35.68	500m: 6:06.11	38.02	900m: 11:12.19	38.66	1300m: 16:21.72	39.33
	150m: 1:44.75 36.51	550m: 6:43.94	37.83	950m: 11:51.17	38.98	1350m: 16:59.52	37.80
	200m: 2:21.35 36.60	600m: 7:21.94	38.00	1000m: 12:30.23	39.06	1400m: 17:38.53	39.01
	250m: 2:58.48 37.13	650m: 8:00.11	38.17	1050m: 13:09.33	39.10	1450m: 18:16.44	37.91
	300m: 3:35.58 37.10	700m: 8:38.58	38.47	1100m: 13:47.58	38.25	1500m: 18:54.53	38.09
	350m: 4:13.07 37.49	750m: 9:16.72	38.14	1150m: 14:25.62	38.04		
	400m: 4:50.15 37.08	800m: 9:55.14	38.42	1200m: 15:04.84	39.22		
9.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	19:00.37	+0,78	564	
	50m: 33.73 33.73	450m: 5:35.38	38.25	850m: 10:41.53	37.59	1250m: 15:49.32	39.01
	100m: 1:10.52 36.79	500m: 6:14.12	38.74	900m: 11:19.61	38.08	1300m: 16:28.16	38.84
	150m: 1:48.30 37.78	550m: 6:52.79	38.67	950m: 11:57.93	38.32	1350m: 17:07.03	38.87
	200m: 2:26.23 37.93	600m: 7:31.41	38.62	1000m: 12:36.56	38.63	1400m: 17:45.71	38.68
	250m: 3:03.64 37.41	650m: 8:10.09	38.68	1050m: 13:14.67	38.11	1450m: 18:23.49	37.78
	300m: 3:41.19 37.55	700m: 8:48.30	38.21	1100m: 13:53.15	38.48	1500m: 19:00.37	36.88
	350m: 4:19.08 37.89	750m: 9:26.28	37.98	1150m: 14:31.66	38.51		
	400m: 4:57.13 38.05	800m: 10:03.94	37.66	1200m: 15:10.31	38.65		
10.	Vera Patricia Fernandes	96	Braga	19:09.69	+0,84	551	
	50m: 33.86 33.86	450m: 5:34.07	38.05	850m: 10:41.87	38.32	1250m: 15:55.44	39.24
	100m: 1:10.77 36.91	500m: 6:12.02	37.95	900m: 11:21.20	39.33	1300m: 16:35.09	39.65
	150m: 1:48.32 37.55	550m: 6:50.37	38.35	950m: 11:59.49	38.29	1350m: 17:14.29	39.20
	200m: 2:26.05 37.73	600m: 7:28.50	38.13	1000m: 12:39.24	39.75	1400m: 17:53.42	39.13
	250m: 3:03.55 37.50	650m: 8:07.36	38.86	1050m: 13:17.98	38.74	1450m: 18:32.29	38.87
	300m: 3:40.65 37.10	700m: 8:46.31	38.95	1100m: 13:57.62	39.64	1500m: 19:09.69	37.40
	350m: 4:17.89 37.24	750m: 9:24.92	38.61	1150m: 14:36.50	38.88		
	400m: 4:56.02 38.13	800m: 10:03.55	38.63	1200m: 15:16.20	39.70		
11.	Matilde Domingues Gameiro	97	Nautico/Matobra	19:14.23	+0,89	544	
	50m: 33.85 33.85	450m: 5:33.98	37.92	850m: 10:41.42	39.18	1250m: 15:58.66	39.77
	100m: 1:10.59 36.74	500m: 6:12.16	38.18	900m: 11:20.46	39.04	1300m: 16:38.23	39.57
	150m: 1:47.98 37.39	550m: 6:50.40	38.24	950m: 11:59.91	39.45	1350m: 17:17.39	39.16
	200m: 2:25.48 37.50	600m: 7:28.84	38.44	1000m: 12:39.84	39.93	1400m: 17:56.62	39.23
	250m: 3:02.85 37.37	650m: 8:06.93	38.09	1050m: 13:19.65	39.81	1450m: 18:36.12	39.50
	300m: 3:40.32 37.47	700m: 8:44.97	38.04	1100m: 13:59.54	39.89	1500m: 19:14.23	38.11
	350m: 4:17.95 37.63	750m: 9:23.77	38.80	1150m: 14:39.45	39.91		
	400m: 4:56.06 38.11	800m: 10:02.24	38.47	1200m: 15:18.89	39.44		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Maria Joao Fernandes <i>FTL</i>	97	Vilacondense	19:35.64	+0,80	515
	50m: 33.78 33.78	450m: 5:43.69 38.79	850m: 10:59.15 39.35	1250m: 16:19.42 39.94		
	100m: 1:11.89 38.11	500m: 6:23.32 39.63	900m: 11:39.08 39.93	1300m: 16:59.76 40.34		
	150m: 1:50.06 38.17	550m: 7:02.03 38.71	950m: 12:18.58 39.50	1350m: 17:38.84 39.08		
	200m: 2:29.08 39.02	600m: 7:41.71 39.68	1000m: 12:58.70 40.12	1400m: 18:19.10 40.26		
	250m: 3:07.42 38.34	650m: 8:20.55 38.84	1050m: 13:38.57 39.87	1450m: 18:57.78 38.68		
	300m: 3:46.72 39.30	700m: 9:00.29 39.74	1100m: 14:19.23 40.66	1500m: 19:35.64 37.86		
	350m: 4:25.53 38.81	750m: 9:39.74 39.45	1150m: 14:59.21 39.98			
	400m: 5:04.90 39.37	800m: 10:19.80 40.06	1200m: 15:39.48 40.27			
13.	Sofia Cristina Grilo <i>FTL</i>	97	Aminata	19:48.33	+0,97	498
	50m: 34.59 34.59	450m: 5:47.59 39.99	850m: 11:08.93 40.76	1250m: 16:29.61 40.15		
	100m: 1:11.48 36.89	500m: 6:27.94 40.35	900m: 11:49.44 40.51	1300m: 17:09.96 40.35		
	150m: 1:50.22 38.74	550m: 7:07.46 39.52	950m: 12:30.21 40.77	1350m: 17:50.13 40.17		
	200m: 2:28.75 38.53	600m: 7:47.03 39.57	1000m: 13:09.88 39.67	1400m: 18:29.92 39.79		
	250m: 3:08.10 39.35	650m: 8:27.20 40.17	1050m: 13:49.30 39.42	1450m: 19:09.89 39.97		
	300m: 3:47.46 39.36	700m: 9:07.39 40.19	1100m: 14:29.15 39.85	1500m: 19:48.33 38.44		
	350m: 4:27.39 39.93	750m: 9:48.16 40.77	1150m: 15:09.74 40.59			
	400m: 5:07.60 40.21	800m: 10:28.17 40.01	1200m: 15:49.46 39.72			

Seniores

1.	Angelica Maria Andre	94	Leixoes	17:01.20	+0,80	786
	50m: 31.48 31.48	450m: 5:01.64 34.33	850m: 9:37.08 34.28	1250m: 14:13.29 34.67		
	100m: 1:04.68 33.20	500m: 5:35.75 34.11	900m: 10:11.47 34.39	1300m: 14:47.89 34.60		
	150m: 1:37.86 33.18	550m: 6:10.30 34.55	950m: 10:46.12 34.65	1350m: 15:22.48 34.59		
	200m: 2:11.47 33.61	600m: 6:44.48 34.18	1000m: 11:20.60 34.48	1400m: 15:56.89 34.41		
	250m: 2:45.32 33.85	650m: 7:19.30 34.82	1050m: 11:55.16 34.56	1450m: 16:28.89 32.00		
	300m: 3:19.28 33.96	700m: 7:53.71 34.41	1100m: 12:29.46 34.30	1500m: 17:01.20 32.31		
	350m: 3:53.48 34.20	750m: 8:28.29 34.58	1150m: 13:04.34 34.88			
	400m: 4:27.31 33.83	800m: 9:02.80 34.51	1200m: 13:38.62 34.28			
2.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:34.48	+0,79	714
	50m: 31.78 31.78	450m: 5:11.10 35.08	850m: 9:56.01 35.59	1250m: 14:41.76 35.53		
	100m: 1:06.04 34.26	500m: 5:46.58 35.48	900m: 10:31.87 35.86	1300m: 15:17.57 35.81		
	150m: 1:40.19 34.15	550m: 6:22.19 35.61	950m: 11:07.32 35.45	1350m: 15:50.20 32.63		
	200m: 2:15.07 34.88	600m: 6:57.98 35.79	1000m: 11:43.19 35.87	1400m: 16:25.14 34.94		
	250m: 2:49.92 34.85	650m: 7:33.53 35.55	1050m: 12:18.78 35.59	1450m: 17:00.44 35.30		
	300m: 3:25.12 35.20	700m: 8:09.34 35.81	1100m: 12:54.53 35.75	1500m: 17:34.48 34.04		
	350m: 4:00.45 35.33	750m: 8:44.83 35.49	1150m: 13:30.34 35.81			
	400m: 4:36.02 35.57	800m: 9:20.42 35.59	1200m: 14:06.23 35.89			
3.	Leonor Mourinho Neves	95	Sporting	17:51.80	+0,86	680
	50m: 32.28 32.28	450m: 5:13.71 35.71	850m: 10:01.94 36.14	1250m: 14:51.76 36.56		
	100m: 1:06.49 34.21	500m: 5:49.60 35.89	900m: 10:38.10 36.16	1300m: 15:27.88 36.12		
	150m: 1:40.91 34.42	550m: 6:25.49 35.89	950m: 11:14.25 36.15	1350m: 16:04.25 36.37		
	200m: 2:15.84 34.93	600m: 7:01.54 36.05	1000m: 11:50.34 36.09	1400m: 16:40.53 36.28		
	250m: 2:51.17 35.33	650m: 7:37.48 35.94	1050m: 12:26.43 36.09	1450m: 17:16.48 35.95		
	300m: 3:26.73 35.56	700m: 8:13.68 36.20	1100m: 13:02.65 36.22	1500m: 17:51.80 35.32		
	350m: 4:02.33 35.60	750m: 8:49.78 36.10	1150m: 13:39.03 36.38			
	400m: 4:38.00 35.67	800m: 9:25.80 36.02	1200m: 14:15.20 36.17			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
4.	Raquel Paulo Ranito	94	Sporting	18:01.73	+0,77	661	
	50m: 31.83 31.83	450m: 5:22.10	36.27	850m: 10:12.76	36.02	1250m: 15:02.99	35.78
	100m: 1:07.18 35.35	500m: 5:58.65	36.55	900m: 10:49.05	36.29	1300m: 15:39.12	36.13
	150m: 1:43.17 35.99	550m: 6:35.20	36.55	950m: 11:24.81	35.76	1350m: 16:14.93	35.81
	200m: 2:19.92 36.75	600m: 7:11.78	36.58	1000m: 12:01.33	36.52	1400m: 16:51.61	36.68
	250m: 2:56.52 36.60	650m: 7:47.83	36.05	1050m: 12:37.35	36.02	1450m: 17:26.26	34.65
	300m: 3:33.23 36.71	700m: 8:24.11	36.28	1100m: 13:13.67	36.32	1500m: 18:01.73	35.47
	350m: 4:09.35 36.12	750m: 9:00.07	35.96	1150m: 13:50.25	36.58		
	400m: 4:45.83 36.48	800m: 9:36.74	36.67	1200m: 14:27.21	36.96		
5.	Ana Catarina Monteiro	93	Vilacondense	18:03.50	+0,76	658	
	50m: 31.78 31.78	450m: 5:19.63	36.44	850m: 10:12.29	36.35	1250m: 15:04.02	36.34
	100m: 1:06.44 34.66	500m: 5:56.44	36.81	900m: 10:48.47	36.18	1300m: 15:41.10	37.08
	150m: 1:41.93 35.49	550m: 6:32.91	36.47	950m: 11:25.04	36.57	1350m: 16:17.06	35.96
	200m: 2:18.22 36.29	600m: 7:10.40	37.49	1000m: 12:01.76	36.72	1400m: 16:53.64	36.58
	250m: 2:54.12 35.90	650m: 7:47.42	37.02	1050m: 12:37.83	36.07	1450m: 17:29.11	35.47
	300m: 3:30.61 36.49	700m: 8:23.99	36.57	1100m: 13:14.23	36.40	1500m: 18:03.50	34.39
	350m: 4:06.54 35.93	750m: 8:59.40	35.41	1150m: 13:50.79	36.56		
	400m: 4:43.19 36.65	800m: 9:35.94	36.54	1200m: 14:27.68	36.89		
6.	Vania Soares Neves	90	Viana Natacao	18:04.57	+0,88	656	
	50m: 32.21 32.21	450m: 5:18.41	36.31	850m: 10:07.51	36.37	1250m: 15:01.79	36.81
	100m: 1:06.78 34.57	500m: 5:54.31	35.90	900m: 10:44.00	36.49	1300m: 15:38.84	37.05
	150m: 1:42.29 35.51	550m: 6:30.50	36.19	950m: 11:20.60	36.60	1350m: 16:15.54	36.70
	200m: 2:17.80 35.51	600m: 7:06.38	35.88	1000m: 11:57.37	36.77	1400m: 16:52.99	37.45
	250m: 2:53.83 36.03	650m: 7:42.40	36.02	1050m: 12:33.91	36.54	1450m: 17:29.48	36.49
	300m: 3:29.77 35.94	700m: 8:18.59	36.19	1100m: 13:10.97	37.06	1500m: 18:04.57	35.09
	350m: 4:06.12 36.35	750m: 8:54.52	35.93	1150m: 13:47.78	36.81		
	400m: 4:42.10 35.98	800m: 9:31.14	36.62	1200m: 14:24.98	37.20		
7.	Marta Alexandra Saraiva	93	Uniao Piedense	18:13.01	+0,89	641	
	50m: 32.35 32.35	450m: 5:21.46	36.24	850m: 10:14.62	36.70	1250m: 15:09.94	36.70
	100m: 1:07.62 35.27	500m: 5:58.26	36.80	900m: 10:51.86	37.24	1300m: 15:47.18	37.24
	150m: 1:43.22 35.60	550m: 6:34.59	36.33	950m: 11:28.59	36.73	1350m: 16:23.69	36.51
	200m: 2:19.67 36.45	600m: 7:11.43	36.84	1000m: 12:05.63	37.04	1400m: 17:00.79	37.10
	250m: 2:55.84 36.17	650m: 7:47.93	36.50	1050m: 12:42.33	36.70	1450m: 17:37.06	36.27
	300m: 3:32.36 36.52	700m: 8:24.37	36.44	1100m: 13:19.54	37.21	1500m: 18:13.01	35.95
	350m: 4:08.65 36.29	750m: 9:01.05	36.68	1150m: 13:56.16	36.62		
	400m: 4:45.22 36.57	800m: 9:37.92	36.87	1200m: 14:33.24	37.08		
8.	Julia Matos Lopes	94	Scalabisport	18:17.07	+0,88	634	
	50m: 34.51 34.51	450m: 5:28.24	36.93	850m: 10:20.77	36.59	1250m: 15:14.26	37.17
	100m: 1:10.43 35.92	500m: 6:04.67	36.43	900m: 10:57.12	36.35	1300m: 15:51.01	36.75
	150m: 1:47.45 37.02	550m: 6:41.42	36.75	950m: 11:33.83	36.71	1350m: 16:27.92	36.91
	200m: 2:24.29 36.84	600m: 7:17.68	36.26	1000m: 12:10.31	36.48	1400m: 17:04.54	36.62
	250m: 3:01.37 37.08	650m: 7:54.43	36.75	1050m: 12:47.35	37.04	1450m: 17:41.36	36.82
	300m: 3:37.88 36.51	700m: 8:30.78	36.35	1100m: 13:23.69	36.34	1500m: 18:17.07	35.71
	350m: 4:14.90 37.02	750m: 9:07.61	36.83	1150m: 14:00.63	36.94		
	400m: 4:51.31 36.41	800m: 9:44.18	36.57	1200m: 14:37.09	36.46		
9.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	18:20.99	+0,91	627	
	50m: 31.94 31.94	450m: 5:18.45	36.28	850m: 10:13.21	36.96	1250m: 15:14.38	38.41
	100m: 1:06.87 34.93	500m: 5:54.39	35.94	900m: 10:50.15	36.94	1300m: 15:52.01	37.63
	150m: 1:42.66 35.79	550m: 6:31.03	36.64	950m: 11:27.91	37.76	1350m: 16:29.87	37.86
	200m: 2:17.99 35.33	600m: 7:07.58	36.55	1000m: 12:05.48	37.57	1400m: 17:07.08	37.21
	250m: 2:54.17 36.18	650m: 7:45.00	37.42	1050m: 12:43.32	37.84	1450m: 17:44.33	37.25
	300m: 3:30.11 35.94	700m: 8:22.25	37.25	1100m: 13:20.80	37.48	1500m: 18:20.99	36.66
	350m: 4:06.46 36.35	750m: 8:59.24	36.99	1150m: 13:58.65	37.85		
	400m: 4:42.17 35.71	800m: 9:36.25	37.01	1200m: 14:35.97	37.32		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
10.	Helena Paula Carvalho	95	Uniao Piedense	18:28.72	+0,76	614	
	50m: 32.55 32.55	450m: 5:27.85	37.28	850m: 10:27.05	37.40	1250m: 15:25.82	37.21
	100m: 1:08.81 36.26	500m: 6:05.35	37.50	900m: 11:04.68	37.63	1300m: 16:02.90	37.08
	150m: 1:45.39 36.58	550m: 6:42.45	37.10	950m: 11:41.62	36.94	1350m: 16:40.27	37.37
	200m: 2:21.96 36.57	600m: 7:19.72	37.27	1000m: 12:19.18	37.56	1400m: 17:17.33	37.06
	250m: 2:59.06 37.10	650m: 7:57.12	37.40	1050m: 12:56.32	37.14	1450m: 17:53.95	36.62
	300m: 3:36.09 37.03	700m: 8:34.13	37.01	1100m: 13:33.91	37.59	1500m: 18:28.72	34.77
	350m: 4:13.34 37.25	750m: 9:12.18	38.05	1150m: 14:11.47	37.56		
	400m: 4:50.57 37.23	800m: 9:49.65	37.47	1200m: 14:48.61	37.14		
11.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:34.59	+0,86	604	
	50m: 32.38 32.38	450m: 5:26.39	37.16	850m: 10:24.78	37.56	1250m: 15:26.81	38.02
	100m: 1:07.92 35.54	500m: 6:03.42	37.03	900m: 11:02.25	37.47	1300m: 16:04.50	37.69
	150m: 1:44.58 36.66	550m: 6:40.92	37.50	950m: 11:40.09	37.84	1350m: 16:42.65	38.15
	200m: 2:21.36 36.78	600m: 7:18.06	37.14	1000m: 12:17.57	37.48	1400m: 17:20.40	37.75
	250m: 2:58.39 37.03	650m: 7:55.48	37.42	1050m: 12:55.45	37.88	1450m: 17:58.11	37.71
	300m: 3:34.98 36.59	700m: 8:32.61	37.13	1100m: 13:32.98	37.53	1500m: 18:34.59	36.48
	350m: 4:12.13 37.15	750m: 9:09.88	37.27	1150m: 14:11.05	38.07		
	400m: 4:49.23 37.10	800m: 9:47.22	37.34	1200m: 14:48.79	37.74		
12.	Ana Sofia Fernandes	93	Braga	18:38.68	+0,91	598	
	50m: 32.68 32.68	450m: 5:25.32	36.03	850m: 10:27.77	38.10	1250m: 15:31.27	37.91
	100m: 1:08.46 35.78	500m: 6:02.21	36.89	900m: 11:06.00	38.23	1300m: 16:09.46	38.19
	150m: 1:45.00 36.54	550m: 6:40.25	38.04	950m: 11:43.87	37.87	1350m: 16:47.35	37.89
	200m: 2:21.44 36.44	600m: 7:17.54	37.29	1000m: 12:21.79	37.92	1400m: 17:25.30	37.95
	250m: 2:58.24 36.80	650m: 7:55.51	37.97	1050m: 12:59.85	38.06	1450m: 18:03.04	37.74
	300m: 3:35.10 36.86	700m: 8:32.96	37.45	1100m: 13:37.68	37.83	1500m: 18:38.68	35.64
	350m: 4:12.07 36.97	750m: 9:11.31	38.35	1150m: 14:15.12	37.44		
	400m: 4:49.29 37.22	800m: 9:49.67	38.36	1200m: 14:53.36	38.24		
13.	Ines Sofia Sampaio	94	Academico Viseu	18:43.32	+0,97	590	
	<i>FTL</i>						
	50m: 32.86 32.86	450m: 5:28.45	37.55	850m: 10:33.98	38.45	1250m: 15:40.51	38.29
	100m: 1:08.59 35.73	500m: 6:06.48	38.03	900m: 11:12.66	38.68	1300m: 16:17.86	37.35
	150m: 1:45.45 36.86	550m: 6:44.33	37.85	950m: 11:50.90	38.24	1350m: 16:55.42	37.56
	200m: 2:22.43 36.98	600m: 7:22.59	38.26	1000m: 12:29.47	38.57	1400m: 17:32.46	37.04
	250m: 2:59.21 36.78	650m: 8:00.55	37.96	1050m: 13:07.44	37.97	1450m: 18:08.87	36.41
	300m: 3:36.18 36.97	700m: 8:38.89	38.34	1100m: 13:45.78	38.34	1500m: 18:43.32	34.45
	350m: 4:13.40 37.22	750m: 9:17.44	38.55	1150m: 14:23.76	37.98		
	400m: 4:50.90 37.50	800m: 9:55.53	38.09	1200m: 15:02.22	38.46		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

6 - 3ª Jornada - 2ª Sessão

07-04-2012 - 15:30

Prova 37	Femin., 100m Mariposa				15 anos e mais velhos
07-04-2012 - 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: 1:08.00 / TAC-JUNF Jun: 1:09.50					

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ines Camacho Fernandes	97	Sporting	1:04.46	+0,73	657
	50m: 30.50 30.50	100m:	1:04.46 33.96			
2.	Ana Marta Miranda	96	Uniao Piedense	1:05.72	+0,79	620
	50m: 30.92 30.92	100m:	1:05.72 34.80			
3.	Bruna Leal Dantas	96	Sporting	1:05.90	+0,73	615
	50m: 31.49 31.49	100m:	1:05.90 34.41			
4.	Filipa Vicente Custois	97	Benedita	1:06.54	+0,73	598
	50m: 31.40 31.40	100m:	1:06.54 35.14			
5.	Bruna Elisabete Paulino	97	Alcobaca	1:07.07	+0,83	583
	50m: 31.62 31.62	100m:	1:07.07 35.45			
6.	Beatriz Neves Craveiro	97	Nautico/Matobra	1:07.51	+0,73	572
	50m: 31.82 31.82	100m:	1:07.51 35.69			
7.	Ana Catarina Pereira	97	Porto	1:07.76	+0,81	566
	50m: 31.68 31.68	100m:	1:07.76 36.08			
8.	Claudia Cristina Leao	96	Gespacos	1:08.06	+0,87	558
	50m: 31.61 31.61	100m:	1:08.06 36.45			
9.	Ana Margarida Rodrigues	96	Galitos	1:08.33	+0,82	552
	50m: 31.27 31.27	100m:	1:08.33 37.06			
10.	Sara Monteiro Meireles	97	Gespacos	1:08.39	+0,83	550
	50m: 31.84 31.84	100m:	1:08.39 36.55			
11.	Barbara Sofia Barata	97	Alges	1:08.40	+0,78	550
	50m: 31.64 31.64	100m:	1:08.40 36.76			
12.	Debora Guimaraes Oliveira	96	Braga	1:08.93	+0,77	537
	50m: 31.76 31.76	100m:	1:08.93 37.17			
13.	Ines Mendes Paulo	96	Colegio Monte Maior	1:09.36	+0,84	527
	50m: 32.33 32.33	100m:	1:09.36 37.03			
14.	Catia Alexandra Batista	96	Colegio SMLamas	1:09.39	+0,78	527
	50m: 32.29 32.29	100m:	1:09.39 37.10			
15.	Teresa Manuela Aires	96	Sporting de Espinho	1:09.93	+0,82	515
	FTL					
	50m: 32.52 32.52	100m:	1:09.93 37.41			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 37, Femin., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Iolanda Ribeiro Pinheiro <i>FTL</i>	97	Penafiel	1:10.14	+0,81	510
	50m: 32.51 32.51	100m: 1:10.14	37.63			
17.	Daniela Figueiredo Metelo <i>FTL</i>	97	Nautico/Matobra	1:10.49	+0,82	503
	50m: 33.12 33.12	100m: 1:10.49	37.37			

Seniores

1.	Ana Catarina Monteiro	93	Vilacondense	1:02.69	+0,67	715
	50m: 29.25 29.25	100m: 1:02.69	33.44			
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	1:03.92	+0,76	674
	50m: 30.65 30.65	100m: 1:03.92	33.27			
3.	Catarina Tiago Nunes	95	Uniao Piedense	1:04.45	+0,77	658
	50m: 29.90 29.90	100m: 1:04.45	34.55			
4.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	1:04.94	+0,71	643
	50m: 30.28 30.28	100m: 1:04.94	34.66			
5.	Carlota Freitas Olim	93	Naval do Funchal	1:05.05	+0,74	640
	50m: 30.32 30.32	100m: 1:05.05	34.73			
6.	Diana Patricia Ferreira	94	Gespacos	1:05.71	+0,82	620
	50m: 30.49 30.49	100m: 1:05.71	35.22			
7.	Amelia Pereira Fernandes	89	Vitoria de Guimaraes	1:06.34	+0,77	603
	50m: 30.65 30.65	100m: 1:06.34	35.69			
8.	Maria Carolina Rosa	94	Sporting	1:06.79	+0,77	591
	50m: 31.03 31.03	100m: 1:06.79	35.76			
9.	Isabel Alves Lopes	92	Colegio Vasco da Gama	1:07.24	+0,72	579
	50m: 31.65 31.65	100m: 1:07.24	35.59			
10.	Ana Filipa Carmo	93	Colegio Vasco da Gama	1:07.45	+0,78	574
	50m: 31.62 31.62	100m: 1:07.45	35.83			
11.	Raquel Maurile Taveira	95	Alges	1:07.80	+0,77	565
	50m: 30.90 30.90	100m: 1:07.80	36.90			
12.	Susana Clara Gomes <i>FTL</i>	77	Naval do Funchal	1:08.01	+0,74	560
	50m: 31.29 31.29	100m: 1:08.01	36.72			
13.	Sofia Oliveira Pinto <i>FTL</i>	94	Benfica	1:10.47	+0,71	503
	50m: 32.12 32.12	100m: 1:10.47	38.35			

DSQ Mariana Sousa Martins 95 Feirense
810 - Movimento alternado de pernas após viragem aos 50 m - SW 8.3

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 38 Masc., 100m Mariposa 17 anos e mais velhos
07-04-2012 - 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 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	56.64	+0,70	680
	50m: 26.18 26.18	100m:	56.64 30.46			
2.	Simao Pedro Alves	94	Famalicao	57.76	+0,71	641
	50m: 26.69 26.69	100m:	57.76 31.07			
3.	Pedro Andre Santos	94	Alges	57.92	+0,69	636
	50m: 26.87 26.87	100m:	57.92 31.05			
4.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	58.39	+0,73	621
	50m: 27.30 27.30	100m:	58.39 31.09			
5.	Ruben Filipe Nunes	94	Gespacos	58.52	+0,77	617
	50m: 27.52 27.52	100m:	58.52 31.00			
6.	Frederico Manuel Moeda	95	Estrelas S. Joao de Brito	59.25	+0,70	594
	50m: 27.10 27.10	100m:	59.25 32.15			
7.	Antonio Jorge Rocha	94	Penafiel	59.26	+0,77	594
	50m: 27.47 27.47	100m:	59.26 31.79			
8.	Joao Pedro Vieira	94	Naval do Funchal	59.37	+0,66	590
	50m: 27.90 27.90	100m:	59.37 31.47			
9.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	59.64	+0,77	582
	50m: 27.52 27.52	100m:	59.64 32.12			
10.	Andre Augusto Santos	95	Sporting	59.68	+0,71	581
	50m: 28.23 28.23	100m:	59.68 31.45			
11.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	59.78	+0,82	578
	50m: 27.75 27.75	100m:	59.78 32.03			
12.	Andre Filipe Teodoro	95	Naval Setubalense	59.89	+0,83	575
	50m: 27.80 27.80	100m:	59.89 32.09			
13.	Henrique Jose Marquez	95	Galitos	59.95	+0,67	573
	50m: 27.88 27.88	100m:	59.95 32.07			
14.	Ricardo Miguel Antunes	94	Geslours	1:00.26	+0,72	565
	50m: 27.92 27.92	100m:	1:00.26 32.34			
15.	Miguel Bras Sergio	95	Bombeiros dos Estoris	1:00.72	+0,82	552
	50m: 28.44 28.44	100m:	1:00.72 32.28			
16.	Filipe Oliveira Raposo	94	Lisnave	1:00.78	+0,82	550
	50m: 28.02 28.02	100m:	1:00.78 32.76			
17.	Pedro Gomes Antunes	94	Braga	1:01.11	+0,78	541
	FTL					
	50m: 28.18 28.18	100m:	1:01.11 32.93			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 38, Masc., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Joao Carlos Paula <i>FTL</i>	94	Galitos	1:01.17	+0,83	540
	50m: 28.56 28.56	100m: 1:01.17	32.61			

Seniores

1.	Simao Gomes Morgado	79	Amadora	53.46	+0,62	809
	50m: 25.00 25.00	100m: 53.46	28.46			
2.	Duarte Rafael Mourao	84	Amadora	54.18	+0,69	777
	50m: 25.28 25.28	100m: 54.18	28.90			
3.	Diogo Filipe Carvalho	88	Galitos	54.29	+0,69	772
	50m: 25.93 25.93	100m: 54.29	28.36			
4.	Fabio Manuel Pereira	86	Vilacondense	56.18	+0,76	697
	50m: 26.67 26.67	100m: 56.18	29.51			
5.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	56.46	+0,72	687
	50m: 25.87 25.87	100m: 56.46	30.59			
6.	Carlos Filipe Santos	91	Porto	56.52	+0,72	684
	50m: 25.47 25.47	100m: 56.52	31.05			
7.	Fabio Andre Figueira	88	Porto	57.47	+0,69	651
	50m: 26.74 26.74	100m: 57.47	30.73			
8.	Andre Neves Oliveira	91	Benfica	57.91	+0,66	636
	50m: 26.82 26.82	100m: 57.91	31.09			
9.	Miguel Monteiro Diogo <i>FTL</i>	93	Nautico/Matobra	58.41	+0,69	620
	50m: 27.14 27.14	100m: 58.41	31.27			
10.	Rui Miguel Fonseca <i>FTL</i>	88	Academico Viseu	58.52	+0,66	617
	50m: 27.06 27.06	100m: 58.52	31.46			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 39 Femin., 50m Costas 15 anos e mais velhos
07-04-2012 - 15:50 Resultados

Recordes Nacionais 50m Absoluto	29.40	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	29.42	Ines Camacho Fernandes	SCP	Coimbra	06-04-2012
Recordes Nacionais 50m Sen	29.40	Marta Vieira Marinho	FCP	Coimbra	10-04-2010

TAC-SENF Sen: 32.50 / TAC-JUNF Jun: 33.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ines Camacho Fernandes	97	Sporting	29.44	+0,56	776
2.	Joana Carina Silva	97	Lousada SXXI	30.68	+0,59	686
3.	Margarida Teixeira Monteiro	97	Desportiva Limiana	31.30	+0,56	646
4.	Diana Margarida Duraes	96	Foca	31.74	+0,69	619
5.	Juliana Lima Freixo	97	Desportiva de Viana	31.81	+0,62	615
6.	Rafaela Marques Bodiao	96	Natacao de Olhao	32.74	+0,58	564
7.	Daniela Teixeira Moreira	97	Amadora	32.92	+0,61	555
8.	Patricia Miguel Mendes	96	Naval Amorense	33.02	+0,61	550
9.	Claudia Isabel Semiao	97	Aminata	33.08	+0,66	547
10.	Carla Sofia Cruz	96	Sporting de Espinho	33.16	+0,65	543
11.	Ana Rita Martins	96	Amadora	33.20	+0,66	541
12.	Ana Filipa Sousa	96	Nucleo Sportinguista Golega	33.23	+0,62	539
	Ana Carolina Trindade	97	Amadora	33.23	+0,65	539
14.	Flavia Daniela Goncalves	96	Desportiva de Viana	33.59	+0,66	522
	<i>FTL</i>					
15.	Maria Ines Almeida	96	Nautico/Matobra	33.84	+0,63	511
	<i>FTL</i>					
DSQ	Francisca Gomes Azevedo	97	Alges			
	<i>403 - Falsa partida - SW 4.4</i>					

Seniores

1.	Ana Sofia Leite	93	Ginasio de Vila Real	30.30	+0,69	712
2.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	30.76	+0,58	680
3.	Lisa Marisa Soares	95	Amadora	31.05	+0,61	661
4.	Adriana Correia Lopes	95	Nautico/Matobra	31.46	+0,62	636
5.	Marta Pereira Abreu	92	Porto	31.72	+0,66	620
6.	Patricia Isabel Oliveira	94	Leixoes	31.79	+0,65	616
7.	Paula Cristina Yang	95	Gesloures	31.99	+0,64	605
8.	Raquel Paulo Ranito	94	Sporting	32.26	+0,63	590
	Andreia Filipa Anjos	92	BA/Mr.Pizza	32.26	+0,65	590
10.	Filipa Mendes Pinheiro	92	Desportiva de Viana	32.32	+0,56	586

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 40 Masc., 50m Costas 17 anos e mais velhos
07-04-2012 - 15:55 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: 28.80 / TAC-JUNM Jun: 30.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Duarte Nascimento	95	Portinado	28.01	+0,67	632
2.	Miguel Antonio Silva	94	Braga	28.35	+0,68	609
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	28.40	+0,68	606
4.	Renato Mendes Pinheiro	94	Desportiva de Viana	28.41	+0,61	605
5.	Rodrigo Pereira Lopes	95	Amadora	28.96	+0,63	572
6.	Joao Pedro Santos	95	Estarreja	29.02	+0,62	568
7.	Daniel Ribeiro Sousa	95	Nautico da Marinha Grande	29.24	+0,66	555
8.	Pedro Romanoski Carvalho	94	Famalicao	29.39	+0,55	547
9.	Andre Augusto Santos	95	Sporting	29.60	+0,64	535
10.	Antonio Rafael Bessa	94	Gespacos	29.64	+0,53	533
11.	Miguel Angelo Pinto	94	Colegio Vasco da Gama	29.71	+0,76	529
12.	Fabio Alexandre Freitas	94	Uniao Piedense	29.73	+0,61	528
13.	Carlos Manuel Cabral	94	Vilacondense	29.75	+0,69	527
14.	Goncalo Pereira Sa	95	Feirense	30.14	+0,54	507
	<i>FTL</i>					
15.	Jose Alberto Martins	94	Vitoria de Guimaraes	30.49	+0,58	490
	<i>FTL</i>					
16.	Filipe Maria Ferreira	95	Natacao de Olhao	30.51	+0,57	489
	<i>FTL</i>					

Seniores

1.	Alexis Manacas Santos	92	Sporting	26.24	+0,64	768
2.	Mario Alexandre Pereira	92	Nautico/Matobra	26.86	+0,63	716
3.	Adriano Miguel Niz	86	Famalicao	27.25	+0,62	686
4.	Goncalo Filipe Gregorio	93	Uniao Piedense	27.37	+0,54	677
5.	Daniel Aparicio Pereira	83	Braga	27.75	+0,65	650
6.	Joao Silva Gigante	88	Amadora	27.79	+0,60	647
7.	Gil Goncalves Pinto	88	Porto	27.85	+0,53	643
8.	Andre Filipe Mendes	92	Nautico de Abrantes	27.87	+0,59	641
9.	David Miguel Leiria	93	Naval Amorense	28.07	+0,64	628
10.	Fabio Manuel Pereira	86	Vilacondense	28.22	+0,70	618
11.	Ricardo Pereira Lopes	90	Amadora	28.37	+0,64	608
12.	Andre Duarte Vaz	93	Nautico/Matobra	28.78	+0,72	582

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 41 Femin., 200m Livres 15 anos e mais velhos
07-04-2012 - 16:00 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: 2:12.00 / TAC-JUNF Jun: 2:14.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	2:08.18	+0,89	684
	50m: 30.41 30.41	100m: 1:03.13 32.72	150m: 1:36.50 33.37	200m: 2:08.18 31.68		
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	2:09.35	+0,90	666
	50m: 30.38 30.38	100m: 1:03.09 32.71	150m: 1:36.72 33.63	200m: 2:09.35 32.63		
3.	Ines Alexandra Paiva	96	Alges	2:10.68	+0,86	646
	50m: 30.57 30.57	100m: 1:03.23 32.66	150m: 1:36.81 33.58	200m: 2:10.68 33.87		
4.	Maria Teresa Amorim	97	Porto	2:11.29	+0,93	637
	50m: 31.10 31.10	100m: 1:04.18 33.08	150m: 1:38.05 33.87	200m: 2:11.29 33.24		
5.	Adriana Daniela Castro	97	Porto	2:12.75	+0,76	616
	50m: 31.02 31.02	100m: 1:04.74 33.72	150m: 1:39.49 34.75	200m: 2:12.75 33.26		
6.	Isabel Pinto Abreu	96	Belenenses	2:13.01	+0,80	612
	50m: 30.82 30.82	100m: 1:04.07 33.25	150m: 1:38.48 34.41	200m: 2:13.01 34.53		
7.	Carolina Sanchez Rodrigues	97	Alges	2:13.07	+0,73	612
	50m: 30.02 30.02	100m: 1:03.54 33.52	150m: 1:38.16 34.62	200m: 2:13.07 34.91		
8.	Beatriz Neves Craveiro	97	Nautico/Matobra	2:14.87	+0,77	587
	<i>FTL</i>	50m: 30.86 30.86	100m: 1:05.11 34.25	150m: 1:40.16 35.05	200m: 2:14.87 34.71	
9.	Ana Filipa Martins	97	Foca	2:15.20	+0,79	583
	<i>FTL</i>	50m: 30.79 30.79	100m: 1:05.36 34.57	150m: 1:39.94 34.58	200m: 2:15.20 35.26	
10.	Barbara Marques Rodrigues	97	Alges	2:15.58	+0,84	578
	<i>FTL</i>	50m: 31.25 31.25	100m: 1:05.27 34.02	150m: 1:40.60 35.33	200m: 2:15.58 34.98	
11.	Joana Isabel Lampreia	96	Beja	2:17.31	+0,81	557
	<i>FTL</i>	50m: 31.51 31.51	100m: 1:05.50 33.99	150m: 1:41.31 35.81	200m: 2:17.31 36.00	
Seniores						
1.	Marta Vieira Marinho	91	Porto	2:06.23	+0,69	716
	50m: 28.58 28.58	100m: 1:00.16 31.58	150m: 1:33.07 32.91	200m: 2:06.23 33.16		
2.	Mafalda Gomes Beleza	94	Sporting	2:07.98	+0,74	687
	50m: 28.69 28.69	100m: 1:00.71 32.02	150m: 1:33.71 33.00	200m: 2:07.98 34.27		
3.	Maria Luis Amorim	95	Porto	2:08.15	+0,94	685
	50m: 30.09 30.09	100m: 1:02.27 32.18	150m: 1:35.56 33.29	200m: 2:08.15 32.59		
4.	Angelica Maria Andre	94	Leixoes	2:08.51	+0,77	679
	50m: 29.84 29.84	100m: 1:02.19 32.35	150m: 1:35.75 33.56	200m: 2:08.51 32.76		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 41, Femin., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Joana Filipa Santos	93	Vitoria de Guimaraes	2:09.04	+0,71	671
	50m: 29.77 29.77	100m: 1:02.25 32.48	150m: 1:35.73	33.48	200m: 2:09.04	33.31
6.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	2:09.13	+0,88	669
	50m: 30.02 30.02	100m: 1:02.84 32.82	150m: 1:36.76	33.92	200m: 2:09.13	32.37
7.	Joana Aguiar Rodrigues	93	Porto	2:09.28	+0,87	667
	50m: 30.04 30.04	100m: 1:02.60 32.56	150m: 1:36.38	33.78	200m: 2:09.28	32.90
8.	Ana Goncalves Neto	95	Porto	2:10.40	+0,95	650
	50m: 30.36 30.36	100m: 1:03.41 33.05	150m: 1:37.31	33.90	200m: 2:10.40	33.09
9.	Joana Filipa Capela	89	Benfica	2:11.33	+0,73	636
	50m: 30.35 30.35	100m: 1:03.39 33.04	150m: 1:37.36	33.97	200m: 2:11.33	33.97
10.	Soraia Vanessa Ribeiro FTL	92	Gespacos	2:12.55	+0,89	619
	50m: 29.61 29.61	100m: 1:02.61 33.00	150m: 1:36.82	34.21	200m: 2:12.55	35.73
11.	Ana Catarina Monteiro FTL	93	Vilacondense	2:12.86	+0,69	614
	50m: 30.87 30.87	100m: 1:04.31 33.44	150m: 1:38.82	34.51	200m: 2:12.86	34.04
12.	Jessica Teixeira Vieira FTL	91	Amadora	2:13.51	+0,73	605
	50m: 30.21 30.21	100m: 1:03.60 33.39	150m: 1:38.09	34.49	200m: 2:13.51	35.42
13.	Sara Freitas Oliveira FTL	85	Porto	2:13.97	+0,71	599
	50m: 30.50 30.50	100m: 1:04.16 33.66	150m: 1:38.74	34.58	200m: 2:13.97	35.23

Prova 42
07-04-2012 - 16:20

Masc., 800m Livres

17 anos e mais velhos
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	Helsinqia (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 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Silva Oliveira	94	Leixoes	8:32.39	+0,76	687
	50m: 28.76 28.76	250m: 2:37.46 32.31	450m: 4:46.23	31.35	650m: 6:57.71	33.15
	100m: 1:00.19 31.43	300m: 3:10.24 32.78	500m: 5:18.82	32.59	700m: 7:30.63	32.92
	150m: 1:32.80 32.61	350m: 3:42.96 32.72	550m: 5:52.18	33.36	750m: 8:02.51	31.88
	200m: 2:05.15 32.35	400m: 4:14.88 31.92	600m: 6:24.56	32.38	800m: 8:32.39	29.88
2.	Joao Andre Neves	95	Academica de Coimbra	8:40.05	+0,71	657
	50m: 29.05 29.05	250m: 2:37.87 32.61	450m: 4:49.47	32.61	650m: 7:01.63	32.94
	100m: 1:00.50 31.45	300m: 3:10.99 33.12	500m: 5:22.76	33.29	700m: 7:34.99	33.36
	150m: 1:32.53 32.03	350m: 3:43.79 32.80	550m: 5:55.53	32.77	750m: 8:07.53	32.54
	200m: 2:05.26 32.73	400m: 4:16.86 33.07	600m: 6:28.69	33.16	800m: 8:40.05	32.52

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 42, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
3.	Artur Manuel Ferreira	95	Porto	8:43.98	+0,80	642	
	50m: 29.43 29.43	250m: 2:38.87	33.24	450m: 4:53.02	33.98	650m: 7:06.15	33.16
	100m: 1:00.61 31.18	300m: 3:12.46	33.59	500m: 5:26.46	33.44	700m: 7:39.21	33.06
	150m: 1:32.83 32.22	350m: 3:45.68	33.22	550m: 6:00.01	33.55	750m: 8:11.99	32.78
	200m: 2:05.63 32.80	400m: 4:19.04	33.36	600m: 6:32.99	32.98	800m: 8:43.98	31.99
4.	Rui Miguel Lopes	94	Natacao de Olhao	8:49.68	+0,79	621	
	50m: 29.30 29.30	250m: 2:38.92	33.24	450m: 4:52.81	33.79	650m: 7:08.66	34.24
	100m: 1:00.72 31.42	300m: 3:12.11	33.19	500m: 5:26.65	33.84	700m: 7:43.06	34.40
	150m: 1:33.15 32.43	350m: 3:45.53	33.42	550m: 6:00.68	34.03	750m: 8:17.07	34.01
	200m: 2:05.68 32.53	400m: 4:19.02	33.49	600m: 6:34.42	33.74	800m: 8:49.68	32.61
5.	Cesar Filipe Magalhaes	95	Foca	8:50.42	+0,78	619	
	50m: 30.33 30.33	250m: 2:43.41	33.77	450m: 4:57.26	33.54	650m: 7:11.45	33.70
	100m: 1:03.15 32.82	300m: 3:16.80	33.39	500m: 5:30.91	33.65	700m: 7:44.91	33.46
	150m: 1:36.48 33.33	350m: 3:50.57	33.77	550m: 6:04.41	33.50	750m: 8:18.23	33.32
	200m: 2:09.64 33.16	400m: 4:23.72	33.15	600m: 6:37.75	33.34	800m: 8:50.42	32.19
6.	Hugo Neves Neto	94	SCC/Oryzon Energias	8:56.31	+0,86	599	
	50m: 29.64 29.64	250m: 2:41.17	33.32	450m: 4:56.00	33.76	650m: 7:13.56	34.36
	100m: 1:01.62 31.98	300m: 3:15.08	33.91	500m: 5:30.37	34.37	700m: 7:48.69	35.13
	150m: 1:34.66 33.04	350m: 3:48.23	33.15	550m: 6:04.37	34.00	750m: 8:22.87	34.18
	200m: 2:07.85 33.19	400m: 4:22.24	34.01	600m: 6:39.20	34.83	800m: 8:56.31	33.44
7.	Nuno Filipe Magalhaes FTL	94	Porto	9:00.85	+0,73	584	
	50m: 30.61 30.61	250m: 2:43.91	33.63	450m: 4:58.61	33.67	650m: 7:16.93	35.13
	100m: 1:03.59 32.98	300m: 3:17.55	33.64	500m: 5:32.71	34.10	700m: 7:52.35	35.42
	150m: 1:36.59 33.00	350m: 3:51.17	33.62	550m: 6:07.33	34.62	750m: 8:27.66	35.31
	200m: 2:10.28 33.69	400m: 4:24.94	33.77	600m: 6:41.80	34.47	800m: 9:00.85	33.19
8.	Gustavo Lopes Ribeiro FTL	95	Academica de Coimbra	9:12.37	+0,80	548	
	50m: 30.70 30.70	250m: 2:43.81	34.15	450m: 5:01.78	35.43	650m: 7:26.77	35.79
	100m: 1:03.01 32.31	300m: 3:17.12	33.31	500m: 5:37.82	36.04	700m: 8:02.68	35.91
	150m: 1:36.68 33.67	350m: 3:51.46	34.34	550m: 6:13.90	36.08	750m: 8:38.59	35.91
	200m: 2:09.66 32.98	400m: 4:26.35	34.89	600m: 6:50.98	37.08	800m: 9:12.37	33.78

Seniores

1.	Gustavo Manuel Santa	93	Sporting	8:15.38	+0,72	760	
	50m: 28.14 28.14	250m: 2:30.03	30.73	450m: 4:35.20	31.55	650m: 6:43.51	32.19
	100m: 58.08 29.94	300m: 3:00.91	30.88	500m: 5:07.33	32.13	700m: 7:15.24	31.73
	150m: 1:28.44 30.36	350m: 3:32.46	31.55	550m: 5:39.45	32.12	750m: 7:46.75	31.51
	200m: 1:59.30 30.86	400m: 4:03.65	31.19	600m: 6:11.32	31.87	800m: 8:15.38	28.63
2.	Hugo Alberto Ribeiro	88	Gespacos	8:25.77	+0,92	714	
	50m: 28.47 28.47	250m: 2:34.24	31.71	450m: 4:42.21	31.87	650m: 6:50.98	32.41
	100m: 59.52 31.05	300m: 3:06.16	31.92	500m: 5:14.23	32.02	700m: 7:23.24	32.26
	150m: 1:31.07 31.55	350m: 3:38.19	32.03	550m: 5:46.42	32.19	750m: 7:55.22	31.98
	200m: 2:02.53 31.46	400m: 4:10.34	32.15	600m: 6:18.57	32.15	800m: 8:25.77	30.55
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:27.22	+0,73	708	
	50m: 29.10 29.10	250m: 2:37.53	32.30	450m: 4:46.56	32.26	650m: 6:55.93	32.19
	100m: 1:00.89 31.79	300m: 3:09.73	32.20	500m: 5:18.95	32.39	700m: 7:28.05	32.12
	150m: 1:33.06 32.17	350m: 3:41.98	32.25	550m: 5:51.12	32.17	750m: 7:57.84	29.79
	200m: 2:05.23 32.17	400m: 4:14.30	32.32	600m: 6:23.74	32.62	800m: 8:27.22	29.38

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 42, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
4.	Mario Andre Bonanca	90	Sporting	8:29.65	+0,73	698	
	50m: 29.37 29.37	250m: 2:37.77	32.54	450m: 4:46.20	31.96	650m: 6:55.56	31.92
	100m: 1:00.87 31.50	300m: 3:10.02	32.25	500m: 5:18.71	32.51	700m: 7:27.79	32.23
	150m: 1:32.86 31.99	350m: 3:42.02	32.00	550m: 5:51.07	32.36	750m: 7:59.60	31.81
	200m: 2:05.23 32.37	400m: 4:14.24	32.22	600m: 6:23.64	32.57	800m: 8:29.65	30.05
5.	Ricardo Manuel Machado	93	Braga	8:32.68	+0,80	685	
	50m: 29.50 29.50	250m: 2:37.67	32.60	450m: 4:46.24	31.87	650m: 6:55.26	31.40
	100m: 1:00.87 31.37	300m: 3:10.02	32.35	500m: 5:18.85	32.61	700m: 7:28.12	32.86
	150m: 1:32.79 31.92	350m: 3:42.27	32.25	550m: 5:51.56	32.71	750m: 8:00.69	32.57
	200m: 2:05.07 32.28	400m: 4:14.37	32.10	600m: 6:23.86	32.30	800m: 8:32.68	31.99
6.	Miguel Monteiro Diogo	93	Nautico/Matobra	8:33.35	+0,70	683	
	50m: 28.65 28.65	250m: 2:37.11	32.33	450m: 4:46.52	32.47	650m: 6:57.46	33.05
	100m: 1:00.20 31.55	300m: 3:09.49	32.38	500m: 5:18.79	32.27	700m: 7:30.26	32.80
	150m: 1:32.55 32.35	350m: 3:41.97	32.48	550m: 5:51.71	32.92	750m: 8:02.62	32.36
	200m: 2:04.78 32.23	400m: 4:14.05	32.08	600m: 6:24.41	32.70	800m: 8:33.35	30.73
7.	Vasco Miguel Gaspar	90	Uniao Piedense	8:35.61	+0,78	674	
	50m: 29.03 29.03	250m: 2:37.23	32.21	450m: 4:46.98	32.41	650m: 6:57.96	32.78
	100m: 1:00.63 31.60	300m: 3:09.64	32.41	500m: 5:19.70	32.72	700m: 7:31.07	33.11
	150m: 1:32.90 32.27	350m: 3:42.04	32.40	550m: 5:52.33	32.63	750m: 8:03.86	32.79
	200m: 2:05.02 32.12	400m: 4:14.57	32.53	600m: 6:25.18	32.85	800m: 8:35.61	31.75
8.	Andre Rafael Marinho	93	Uniao Piedense	8:44.86	+0,76	639	
	50m: 28.77 28.77	250m: 2:37.98	32.87	450m: 4:51.32	33.50	650m: 7:05.81	33.87
	100m: 1:00.12 31.35	300m: 3:11.11	33.13	500m: 5:24.73	33.41	700m: 7:39.30	33.49
	150m: 1:32.47 32.35	350m: 3:44.57	33.46	550m: 5:58.36	33.63	750m: 8:12.84	33.54
	200m: 2:05.11 32.64	400m: 4:17.82	33.25	600m: 6:31.94	33.58	800m: 8:44.86	32.02
DNS	Nuno Vieira Malheiro	93	Braga				
EXH	Lucas Monteiro Silva	94	Alges	9:28.02	+0,79	504	
	<i>FTL</i>						
	50m: 29.83 29.83	250m: 2:46.64	35.45	450m: 5:12.44	36.82	650m: 7:38.85	37.05
	100m: 1:02.48 32.65	300m: 3:22.62	35.98	500m: 5:48.64	36.20	700m: 8:15.71	36.86
	150m: 1:36.26 33.78	350m: 3:58.87	36.25	550m: 6:25.18	36.54	750m: 8:52.11	36.40
	200m: 2:11.19 34.93	400m: 4:35.62	36.75	600m: 7:01.80	36.62	800m: 9:28.02	35.91

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 43 Femin., 4 x 100m Estilos 15 anos e mais velhos
07-04-2012 - 16:50 Resultados

Recordes Nacionais 50m Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Jun	4:26.70	Futebol Clube do Porto/Dolce Vita	FCP	Povoa de Varzim	07-08-2011
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 2012

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto-JUN	Porto	4:32.60	+0,75 617
	Maria Teresa Amorim	+0,75 35.54 1:12.74	Ana Catarina Pereira	+0,31 31.32 1:07.41
	Paula Alexandra Oliveira	+0,55 33.83 1:12.24	Adriana Daniela Castro	+0,02 29.04 1:00.21
2.	Sporting-JUN	Sporting	4:33.20	+0,63 613
	Ines Camacho Fernandes	+0,63 31.53 1:04.51	Bruna Leal Dantas	+0,20 30.77 1:05.43
	Ana Catarina Serpa	+0,23 36.33 1:18.81	Patricia Silva Ramos	+0,32 31.08 1:04.45
3.	Alges-JUN	Alges	4:33.73	+0,75 610
	Francisca Gomes Azevedo	+0,75 33.34 1:08.89	Ines Alexandra Paiva	+0,43 31.17 1:07.25
	Barbara Sofia Barata	+0,42 35.48 1:17.13	Carolina Sanchez Rodrigues	+0,32 28.42 1:00.46
4.	Nautico/Matobra-JUN	Nautico/Matobra	4:40.98	+0,65 564
	Beatriz Neves Craveiro	+0,65 33.89 1:09.75	Daniela Figueiredo Metelo	+0,26 32.19 1:09.51
	Andreia Margarida Morgado	+0,39 37.50 1:20.27	Ana Luisa Carvalho	+0,47 29.25 1:01.45
5.	Uniao Piedense-JUN	Uniao Piedense	4:41.58	+0,66 560
	Ana Rita Cruz	+0,66 34.30 1:10.53	Rita Sequeira Raposeiro	+0,28 32.87 1:11.84
	Joana Dias Santos	+0,49 36.11 1:18.13	Ana Marta Miranda	+0,41 29.12 1:01.08
6.	Braga-JUN	Braga	4:43.13	+0,72 551
	Sara Faria Costa	+0,72 34.81 1:12.69	Debora Guimaraes Oliveira	+0,39 31.63 1:07.94
	Diana Sofia Silva	+0,49 37.07 1:20.28	Vera Patricia Fernandes	+0,35 29.98 1:02.22
7.	Amadora-JUN	Amadora	4:43.21	+0,60 551
	Daniela Teixeira Moreira	+0,60 36.35 1:14.36	Ana Rita Martins	+0,13 32.36 1:10.42
	Rita Fernandes Leitao	+0,33 34.70 1:16.31	Ana Carolina Trindade	+0,26 29.21 1:02.12
DSQ	Foca-JUN	Foca		
	<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>			
	Sofia Cunha Sousa	+0,78 36.40 1:15.00	Ana Isabel Cunha	+0,41 33.41 1:11.38
	Ana Filipa Martins	40.75 1:26.59	Diana Margarida Duraes	-0,34
DSQ	Gespacos-JUN	Gespacos		
	<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>			
	Claudia Susana Teixeira	+0,73 34.15 1:11.46	Claudia Cristina Leao	+0,29 30.88 1:07.83
	Sara Monteiro Meireles	37.18 1:18.90	Rita Rafaela Brunido	-0,08

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 43, Femin., 4 x 100m Estilos

Seniores

1. Porto-SEN			Porto	4:20.73	+0,66	706	
Marta Vieira Marinho	+0,66	32.05	1:05.09	Sara Freitas Oliveira	+0,31	27.95	1:00.47
Marta Pereira Abreu	+0,32	35.07	1:15.15	Joana Aguiar Rodrigues	+0,37	28.69	1:00.02
2. Gesloures-SEN			Gesloures	4:34.56	+0,58	604	
Paula Cristina Yang	+0,58	33.46	1:08.30	Nadia Morais Vieira	+0,51	30.72	1:04.92
Ines Raquel Estevao	+0,51	36.99	1:19.69	Tatiana Ladeiro Santos	+0,23	29.57	1:01.65
3. Gespacos-SEN			Gespacos	4:41.24	+0,54	562	
Ana Sofia Matos	+0,54	34.89	1:13.68	Ana Rita Cunha	+0,10	31.58	1:09.41
Diana Patricia Ferreira	+0,25	34.96	1:16.44	Soraia Vanessa Ribeiro	+0,07	28.90	1:01.71
4. Colegio Vasco da Gama-SEN			Colegio Vasco da Gama	4:41.42	+0,77	561	
Isabel Alves Lopes	+0,77	35.49	1:14.39	Ana Beatriz Pereira	+0,11	30.11	1:05.07
Claudia Monteiro Martinho	+0,10	36.02	1:18.74	Ana Filipa Carmo	+0,15	29.74	1:03.22
5. Nautico/Matobra-SEN			Nautico/Matobra	4:44.80	+0,60	541	
Adriana Correia Lopes	+0,60	33.15	1:08.10	Raquel Raimundo Ferreira	+0,40	33.66	1:16.88
Gabriela Oliveira Andrade	+0,24	35.33	1:16.44	Catarina Alexandra Ferreira	+0,37	30.02	1:03.38
DSQ Sporting-SEN			Sporting				
<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>							
Mafalda Gomes Beleza	+0,63	32.46	1:06.00	Maria Carolina Rosa	+0,17	29.91	1:06.33
Ana Teresa Franco	+0,18	34.37	1:13.38	Raquel Paulo Ranito	-0,12		

Prova 44

Masc., 4 x 100m Estilos

17 anos e mais velhos

07-04-2012 - 17:05

Resultados

Recordes Nacionais 50m Absoluto	3:46.65	Clube Natacao da Amadora	CNA	Povoa de Varzim	07-08-2011
Recordes Nacionais 50m Jun	3:55.96	Futebol Clube do Porto/Imperio Bonifacio	FCB	Faro	21-07-2009
Recordes Nacionais 50m Sen	3:46.65	Clube Natacao da Amadora	CNA	Povoa de Varzim	07-08-2011

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

Pontos: FINA 2012

Lugar			Clube	Tempo Final	TReac	Pts	
1. Amadora-JUN			Amadora	4:04.36	+0,62	610	
Rodrigo Pereira Lopes	+0,62	29.11	1:00.03	Joao Tiago Neves	+0,39	27.02	59.57
Joao Valentim Compoete	+0,26	32.24	1:09.99	Mario Rui Cruz	0.00	25.69	54.77
2. Famalicao-JUN			Famalicao	4:06.90	+0,56	591	
Pedro Romanoski Carvalho	+0,56	30.12	1:03.12	Simao Pedro Alves	+0,31	26.52	57.46
Luis Manuel Fernandes	+0,41	31.89	1:08.91	Nuno Goncalo Martins	+0,38	26.66	57.41
3. Alges-JUN			Alges	4:07.52	+0,75	587	
Tiago Barros Ferreira	+0,75	30.97	1:03.37	Pedro Andre Santos	+0,37	26.47	57.32
Pedro Alexandre Bento	+0,33	31.37	1:09.16	Pedro Duarte Dias	+0,38	26.65	57.67
4. Natacao Olhao-JUN			Natacao de Olhao	4:07.83	+0,55	585	
Filipe Maria Ferreira	+0,55	30.85	1:04.27	Joao Duarte Santos	+0,47	27.22	59.11
Mauro Filipe Viegas	+0,42	31.90	1:08.42	Rui Miguel Lopes	+0,35	26.79	56.03
5. Colegio Vasco da Gama-JUN			Colegio Vasco da Gama	4:10.10	+0,80	569	
Miguel Angelo Pinto	+0,80	30.72	1:02.26	Diogo Gomes Sousa	+0,61	27.40	57.94
Pedro Afonso Centeno	+0,04	32.77	1:10.89	Joao Diogo Neves	+0,52	27.91	59.01

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 5 a 7-4-2012

Prova 44, Masc., 4 x 100m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
6.	Braga-JUN	4:12.36	+0,72	554
	Miguel Antonio Silva +0,72 31.12	1:04.54	+0,16 27.50	1:00.01
	Hugo Miguel Silva +0,38 32.55	1:10.23	+0,14 27.15	57.58
7.	Uniao Piedense-JUN	4:12.61	+0,62	552
	Fabio Alexandre Freitas +0,62 31.12	1:03.86	+0,23 28.28	1:01.69
	Diogo Miguel Silva +0,02 32.78	1:11.51	+0,19 26.31	55.55
8.	Academico Viseu-JUN	4:13.50	+0,77	546
	Diogo Magalhaes Moura +0,77 31.47	1:04.94	+0,39 29.71	1:03.05
	Pedro Miguel Ribeiro +0,24 32.03	1:09.04	+0,52 27.01	56.47
9.	Nautico/Matobra-JUN	4:16.06	+0,60	530
	Guilherme Pedro Coelho +0,60 31.03	1:05.14	+0,26 29.41	1:04.36
	Joao Pedro Veiga +0,35 32.16	1:10.61	+0,19 26.64	55.95
10.	Bombeiros Ponta Delgada-JUN	4:16.39	+0,67	528
	Tiago Ramos Gomes +0,67 30.68	1:05.67	+0,19 27.35	59.20
	Miguel Rego Borges +0,43 33.19	1:11.72	+0,21 27.77	59.80
DNS	Academica de Coimbra-JUN			Academica de Coimbra

Seniores

1.	Sporting-SEN	3:50.74	+0,68	724
	Alexis Manacas Santos +0,68 27.65	56.83	+0,30 26.37	56.51
	Pedro Miguel Agostinho +0,36 30.30	1:05.41	+0,33 24.64	51.99
2.	Porto-SEN	3:52.13	+0,67	711
	Samuel Patricio Queiros +0,67 29.43	1:00.42	+0,40 25.50	55.56
	Gil Goncalves Pinto +0,09 30.31	1:05.01	+0,20 23.70	51.14
3.	Amadora-SEN	3:52.24	+0,69	710
	Duarte Rafael Mourao +0,69 29.31	59.98	+0,06 25.06	54.10
	Andre Bras Goncalves +0,43 31.43	1:07.32	+0,04 24.23	50.84
4.	Nautico/Matobra-SEN	3:54.04	+0,69	694
	Andre Duarte Vaz +0,69 29.38	1:00.55	+0,25 26.46	57.62
	Miguel Silva Oliveira +0,28 30.72	1:05.72	+0,29 23.55	50.15
5.	Vilacondense-SEN	4:02.60	+0,78	623
	Igor Guterres Carvalho +0,78 30.27	1:02.84	+0,26 26.05	56.08
	Miguel Aragao Santos +0,40 32.06	1:08.90	+0,32 26.14	54.78
6.	Gespacos-SEN	4:06.12	+0,70	597
	Nuno Rafael Alves +0,70 30.15	1:01.82	+0,37 27.99	59.65
	Joao Claudio Sousa 31.95	1:08.66	+0,59 27.32	55.99
DSQ	Braga-SEN			Braga
	<i>Efectuou pernada alternada antes final percurso mariposa</i>			
	Edgar Oliveira Ribeiro +0,62 29.77	1:00.75	+0,29	
	Filipe Vieira Malheiro +0,17 33.94	1:13.72	+0,40	

EXH	Portinado-JUN	4:09.87	+0,67	570
	Miguel Duarte Nascimento +0,67 29.98	1:00.45	+0,52 27.95	1:01.19
	Goncalo Alexandre Fonseca +0,28 31.88	1:11.14	+0,46 26.83	57.09