

Campeonato Nacional Clubes 4ª Divisão - FQ
Santarém, 10- - 11-11-2012

Prova 1
10-11-2012

Masc., 100m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Rec Nac Inf B	1:01.78	Fabio Parrilha Silva	CNAL	Penafiel	01-04-2000
Rec Nac Inf A	59.56	Fabio Parrilha Silva	CNAL	Leiria	07-04-2001
Rec Nac Juv B	57.32	Diogo Filipe Carvalho	CGA	Estarreja	10-07-2003
Rec Nac Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	05-12-2010
Rec Nac Jun	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Rec Nac Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Nelson Filipe Martinho 50m: 25.61	89	16016	Natacao de Valongo 50m: 25.61 100m: 55.66 30.05	55.66	+0,88	660	22	
2.	Rui Miguel Fonseca 50m: 26.92	88	11990	Fundacao Beatriz Santos 50m: 26.92 100m: 58.25 31.33	58.25	+0,70	576	20	
3.	Andre Filipe Teodoro 50m: 27.36	95	25350	Naval Setubalense 50m: 27.36 100m: 58.88 31.52	58.88	+0,74	558	19	
4.	Antonio Jorge Rocha 50m: 27.53	94	15322	Penafiel 50m: 27.53 100m: 59.65 32.12	59.65	+0,84	536	18	
5.	Miguel Galeao Lopes 50m: 28.13	96	105891	Portinado 50m: 28.13 100m: 1:01.19 33.06	1:01.19	+0,88	497	17	
6.	Julio Dinis Goncalves 50m: 29.23	96	103624	Fluvial Portuense 50m: 29.23 100m: 1:01.56 32.33	1:01.56	+0,77	488	16	
7.	Andre Miguel Silva 50m: 28.91	97	101119	Freguesia de Paiao 50m: 28.91 100m: 1:01.82 32.91	1:01.82	+0,91	482	15	
8.	Pedro Rafael Cintrao 50m: 29.26	96	26286	Nucleo de Pombal 50m: 29.26 100m: 1:02.41 33.15	1:02.41	+0,75	468	14	
9.	Cesar Henrique Silva 50m: 29.30	91	11018	Nucleo Sportinguista Terceira 50m: 29.30 100m: 1:02.87 33.57	1:02.87	+0,88	458	13	
10.	Caio Pizarro Plata 50m: 30.22	93	121819	Natacao de Vagos 50m: 30.22 100m: 1:04.56 34.34	1:04.56	+0,75	423	12	
11.	Rafael Soares Matos 50m: 29.37	95	117712	Alges e Agueda 50m: 29.37 100m: 1:04.58 35.21	1:04.58	+0,84	423	11	
12.	Joao Pedro Machado 50m: 29.17	86	125910	Nautico de Abrantes 50m: 29.17 100m: 1:04.72 35.55	1:04.72	+0,85	420	10	
13.	Jorge Rogerio Moraes 50m: 30.53	98	104413	Lousada SXXI 50m: 30.53 100m: 1:05.79 35.26	1:05.79	+0,76	400	9	
14.	Joao David Sousa 50m: 28.85	88	10233	Estarreja 50m: 28.85 100m: 1:05.91 37.06	1:05.91	+0,84	397	8	
15.	Rui Filipe Torrao 50m: 30.41	95	104898	Natacao do Montijo 50m: 30.41 100m: 1:06.67 36.26	1:06.67	+0,83	384	7	
16.	Fernando Miguel Rodrigues 50m: 31.03	96	116927	Cartaxo 50m: 31.03 100m: 1:07.14 36.11	1:07.14	+0,81	376	6	
17.	Ricardo Filipe Carrilho 50m: 31.90	90	10645	Portugal Cultura 50m: 31.90 100m: 1:07.23 35.33	1:07.23	+0,90	374	5	
18.	Mario Jorge Santos 50m: 31.91	95	116636	Gualdim Pais 50m: 31.91 100m: 1:11.13 39.22	1:11.13	+0,86	316	4	
19.	Joao Diogo Lucas 50m: 32.49	95	101825	Salvaterra de Magos 50m: 32.49 100m: 1:11.31 38.82	1:11.31	+0,78	314	3	
20.	Diogo Justino Pinheiro 50m: 32.79	92	20025	Propaganda da Natacao 50m: 32.79 100m: 1:12.33 39.54	1:12.33	+0,95	301	2	

Campeonato Nacional Clubes 4ª Divisão - FQ
Santarém, 10- - 11-11-2012

Prova 1, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Fabio Miguel Gomes	94	121755	Campinho	1:14.29	+0,82	277	1	
	50m: 32.89	32.89	100m: 1:14.29	41.40					

Prova 2
10-11-2012

Femin., 200m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Rec Nac Inf B	2:31.64	tempo limite			
Rec Nac Inf A	2:25.40	tempo limite			
Rec Nac Juv	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Rec Nac Jun	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	11-02-1996
Rec Nac Sen	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Mariana Veloso Vitoria	98	110284	Nautico de Abrantes	2:25.35	+0,94	573		21
	50m: 31.50	31.50	100m: 1:08.56	37.06	150m: 1:45.67	37.11	200m: 2:25.35	39.68	
2.	Ana Carolina Carraco	99	121177	Freguesia de Paiao	2:38.19	+0,96	445		19
	50m: 34.33	34.33	100m: 1:14.25	39.92	150m: 1:56.41	42.16	200m: 2:38.19	41.78	
3.	Catarina Brito Ferreira	97	104242	Naval Setubalense	2:38.75	+0,90	440		18
	50m: 33.58	33.58	100m: 1:12.80	39.22	150m: 1:54.71	41.91	200m: 2:38.75	44.04	
4.	Iolanda Ribeiro Pinheiro	97	20530	Lousada SXXI	2:40.34	+0,92	427		17
	50m: 34.07	34.07	100m: 1:14.84	40.77	150m: 1:59.08	44.24	200m: 2:40.34	41.26	
5.	Daniela Rodrigues Figueiredo	98	102684	Propaganda da Natacao	2:41.91	+0,90	415		16
	50m: 34.23	34.23	100m: 1:15.02	40.79	150m: 1:58.89	43.87	200m: 2:41.91	43.02	
6.	Maria Rasetar	97	117550	Portinado	2:42.88	+0,80	407		15
	50m: 34.48	34.48	100m: 1:15.46	40.98	150m: 1:59.18	43.72	200m: 2:42.88	43.70	
7.	Daniela Domingues Sousa	00	117411	Natacao de Valongo	2:43.59	+0,97	402		14
	50m: 36.14	36.14	100m: 1:16.30	40.16	150m: 1:59.88	43.58	200m: 2:43.59	43.71	
8.	Tamara Filipa Saldanha	96	103824	Fluvial Portuense	2:45.62	+0,89	387		13
	50m: 35.21	35.21	100m: 1:16.33	41.12	150m: 2:00.72	44.39	200m: 2:45.62	44.90	
9.	Tatiana Lima Silva	96	100641	Natacao do Tejo	2:46.19	+0,91	383		12
	50m: 36.18	36.18	100m: 1:18.32	42.14	150m: 2:02.74	44.42	200m: 2:46.19	43.45	
10.	Rafaela Cunha Mendes	98	105852	Campinho	2:48.60	+0,86	367		11
	50m: 35.15	35.15	100m: 1:17.58	42.43	150m: 2:02.57	44.99	200m: 2:48.60	46.03	
11.	Patricia Branco Panta	00	120469	Nacional de Natacao	2:52.98	+1,03	340		10
	50m: 37.75	37.75	100m: 1:22.01	44.26	150m: 2:09.44	47.43	200m: 2:52.98	43.54	
12.	Aline Moura Silva	99	111384	Bombeiros dos Estoris	2:55.97	+0,91	323		9
	50m: 38.76	38.76	100m: 1:23.36	44.60	150m: 2:10.24	46.88	200m: 2:55.97	45.73	
13.	Sara Brandao Tavares	98	120881	Estarreja	2:57.93	+0,97	312		8
	50m: 39.88	39.88	100m: 1:25.64	45.76	150m: 2:12.67	47.03	200m: 2:57.93	45.26	
14.	Eva Fernandes Cardoso	01	123305	Fundacao Beatriz Santos	3:08.44	+0,96	263		7
	50m: 41.97	41.97	100m: 1:30.86	48.89	150m: 2:20.45	49.59	200m: 3:08.44	47.99	
15.	Patricia Alexandra Jose	98	111736	Gualdim Pais	3:10.03	+0,94	256		6
	50m: 40.01	40.01	100m: 1:26.22	46.21	150m: 2:17.99	51.77	200m: 3:10.03	52.04	
16.	Marcia Alexandra Sousa	97	111040	Penafiel	3:10.15	+0,84	256		5
	50m: 39.72	39.72	100m: 1:26.20	46.48	150m: 2:15.71	49.51	200m: 3:10.15	54.44	
17.	Rita Oliveira Afonso	97	107259	Elvense	3:12.08	+0,94	248		4
	50m: 43.09	43.09	100m: 1:31.53	48.44	150m: 2:22.76	51.23	200m: 3:12.08	49.32	

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 2, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Joana Gravato Pimentel	99	121821	Natacao de Vagos	3:14.63	+0,96	238		3
	50m: 41.23	41.23	100m: 1:32.28	51.05	150m: 2:23.78	51.50	200m: 3:14.63	50.85	
19.	Clara Simoes Alves	98	111472	Naval Praia da Vitoria	3:25.84	+0,75	202		2
	50m: 43.54	43.54	100m: 1:35.95	52.41	150m: 2:31.75	55.80	200m: 3:25.84	54.09	
DNF	Beatriz Isabel Nunes	99	111945	BUZIOS-Coruche					

Prova 3
10-11-2012

Masc., 100m Bruços

Absolutos
Resultados

Rec Nac Absoluto	59.31	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	1:09.54	Andre Goncalo Santos	LSC	Lousada	15-05-2010
Rec Nac Inf A	1:07.92	Andre Goncalo Santos	LSC	Viseu	12-03-2011
Rec Nac Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	04-03-2012
Rec Nac Juv A	1:04.84	Luis Manuel Fernandes	GDNVNF	Paços de Fererira	12-12-2010
Rec Nac Jun	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Rec Nac Sen	59.31	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Miguel Varela	86	12947	Naval Setubalense	1:08.56	+0,87	533	22	
	50m: 32.46	32.46	100m: 1:08.56	36.10					
2.	Bruno Miguel Cavadas	89	23279	Natacao de Valongo	1:08.92	+0,89	525	20	
	50m: 31.42	31.42	100m: 1:08.92	37.50					
3.	Rafael Arrojado Ferreira	94	108106	Estarreja	1:10.57	+0,90	489	19	
	50m: 32.39	32.39	100m: 1:10.57	38.18					
4.	Fabio Andre Madureira	90	15910	Penafiel	1:11.13	+0,78	477	18	
	50m: 33.17	33.17	100m: 1:11.13	37.96					
5.	Ricardo Jorge Mesquita	96	102079	Fluvial Portuense	1:12.20	+0,78	456	17	
	50m: 34.73	34.73	100m: 1:12.20	37.47					
6.	Carlos Dias Inacio	95	103518	Portinado	1:12.24	+0,80	456	16	
	50m: 33.95	33.95	100m: 1:12.24	38.29					
7.	Uriel Jorge Mateus	88	10641	Portugal Cultura	1:12.38	+0,82	453	15	
	50m: 33.83	33.83	100m: 1:12.38	38.55					
8.	Nuno Ricardo Goncalves	96	105854	Campinho	1:13.08	+0,89	440	14	
	50m: 34.41	34.41	100m: 1:13.08	38.67					
9.	Frederico Alexandre Freitas	89	13502	Nucleo Sportinguista Terceira	1:13.99	+0,80	424	13	
	50m: 34.37	34.37	100m: 1:13.99	39.62					
10.	Rui Miguel Correia	96	105378	Natacao do Montijo	1:15.26	+0,91	403	12	
	50m: 35.20	35.20	100m: 1:15.26	40.06					
11.	Pedro Miguel Coelho	94	23495	Lousada SXXI	1:15.31	+0,80	402	11	
	50m: 34.67	34.67	100m: 1:15.31	40.64					
12.	Vladyslav Stasyuk	94	117128	Cartaxo	1:17.56	+0,83	368	10	
	50m: 36.29	36.29	100m: 1:17.56	41.27					
13.	Pedro Filipe Melo	95	109405	Alges e Agueda	1:18.13	+0,95	360	9	
	50m: 36.15	36.15	100m: 1:18.13	41.98					
14.	Pedro Rosado Monteiro	94	121820	Natacao de Vagos	1:18.51	+0,82	355	8	
	50m: 36.48	36.48	100m: 1:18.51	42.03					
15.	Joao Mauricio Gaspar	97	116619	Nautico de Abrantes	1:18.93	+0,82	349	7	
	50m: 36.70	36.70	100m: 1:18.93	42.23					

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 3, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Alexandre Santos Mesquita	99	111139	Freguesia de Paiao	1:22.55	+0,91	305	6	
	50m: 39.24 39.24		100m: 1:22.55 43.31						
17.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	1:24.58	+0,81	284	5	
	50m: 38.84 38.84		100m: 1:24.58 45.74						
18.	Rodrigo Pereira Damasio	99	118139	Salvaterra de Magos	1:33.35	+0,96	211	4	
	50m: 43.61 43.61		100m: 1:33.35 49.74						
DSQ	Diogo Miguel Fernandes	96	103561	Nucleo de Pombal					
	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 50 m - SW 7.1</i>								
DSQ	Carlos Daniel Salabert	90	23322	Propaganda da Natacao					
	<i>Durante o percurso efectuou pernada de golfinho após pernada bruços</i>								
DSQ	Miguel Diogo Agostinho	00	117312	Fundacao Beatriz Santos					
	<i>403 - Falsa partida - SW 4.4</i>								

Prova 4
10-11-2012

Femin., 200m Bruços

Absolutos Resultados

Rec Nac Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	2:46.41	tempo limite			
Rec Nac Inf A	2:42.50	Filipa Vilas Ruivo	DNMG	Nazaré	22-05-2010
Rec Nac Juv	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Rec Nac Jun	2:29.56	Ana Rita Santos	FPN	Dublin (IRL)	13-12-2003
Rec Nac Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ariana Alves Nunes	95	13348	Portinado	2:40.63	+0,80	587		21
	50m: 35.90 35.90		100m: 1:16.38 40.48	150m: 1:58.10 41.72		200m: 2:40.63 42.53			
2.	Ana Catarina Serra	95	110228	Natacao do Tejo	2:48.41	+0,78	510		19
	50m: 38.14 38.14		100m: 1:20.49 42.35	150m: 2:03.70 43.21		200m: 2:48.41 44.71			
3.	Vanessa Rodrigues Valente	94	12585	Estarreja	2:54.32	+0,95	460		18
	50m: 40.07 40.07		100m: 1:24.29 44.22	150m: 2:09.14 44.85		200m: 2:54.32 45.18			
4.	Rute Isabel Leonardo	98	121391	Nautico de Abrantes	2:55.05	+0,91	454		17
	50m: 39.24 39.24		100m: 1:24.25 45.01	150m: 2:10.59 46.34		200m: 2:55.05 44.46			
5.	Dalia Sofia Curto	95	108816	Nacional de Natacao	2:58.70	+0,97	427		16
	50m: 40.30 40.30		100m: 1:24.97 44.67	150m: 2:10.82 45.85		200m: 2:58.70 47.88			
6.	Catia Marisa Silva	91	23319	Natacao de Valongo	2:59.60	+0,89	420		15
	50m: 40.36 40.36		100m: 1:25.74 45.38	150m: 2:12.36 46.62		200m: 2:59.60 47.24			
7.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	3:00.97	+0,84	411		14
	50m: 41.73 41.73		100m: 1:27.28 45.55	150m: 2:14.22 46.94		200m: 3:00.97 46.75			
8.	Jessica Rodrigues Tavares	96	105937	Campinho	3:03.93	+0,92	391		13
	50m: 40.36 40.36		100m: 1:26.18 45.82	150m: 2:14.41 48.23		200m: 3:03.93 49.52			
9.	Mariana Graca Vasconcelos	99	107648	Bombeiros dos Estoris	3:04.20	+0,97	389		12
	50m: 40.38 40.38		100m: 1:27.19 46.81	150m: 2:15.79 48.60		200m: 3:04.20 48.41			
10.	Ines Rosado Monteiro	00	121817	Natacao de Vagos	3:05.62	+0,91	381		11
	50m: 42.37 42.37		100m: 1:29.57 47.20	150m: 2:17.71 48.14		200m: 3:05.62 47.91			
11.	Ana Rita Fonseca	97	104507	Penafiel	3:08.64	+0,95	363		10
	50m: 42.26 42.26		100m: 1:29.84 47.58	150m: 2:18.54 48.70		200m: 3:08.64 50.10			
12.	Rita Alexandra Ribeiro	98	110350	Naval Setubalense	3:10.24	+0,92	353		9
	50m: 41.55 41.55		100m: 1:29.43 47.88	150m: 2:19.55 50.12		200m: 3:10.24 50.69			

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 4, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Diana Mouro Fernandes	99	111136	Freguesia de Paiao	3:12.72	+0,95	340		8
	50m: 43.14 43.14		100m: 1:31.87 48.73	150m: 2:22.78 50.91		200m: 3:12.72 49.94			
14.	Ana Raquel Braganca	99	111767	Lousada SXXI	3:14.30	+0,97	332		7
	50m: 43.38 43.38		100m: 1:32.36 48.98	150m: 2:23.70 51.34		200m: 3:14.30 50.60			
15.	Ines Alves Martins	01	112126	Fluvial Portuense	3:18.60	+0,86	311		6
	50m: 45.40 45.40		100m: 1:36.61 51.21	150m: 2:27.65 51.04		200m: 3:18.60 50.95			
16.	Francisca Goncalves Abreu	96	25212	Elvense	3:25.49	+1,43	280		5
	50m: 44.51 44.51		100m: 1:36.50 51.99	150m: 2:30.17 53.67		200m: 3:25.49 55.32			
17.	Joana Henriques Oliveira	93	118030	Propaganda da Natacao	3:29.56	+1,02	264		4
	50m: 46.35 46.35		100m: 1:39.02 52.67	150m: 2:34.42 55.40		200m: 3:29.56 55.14			
18.	Adriana Robalo Garcia	00	120668	Naval Praia da Vitoria	3:32.72	+0,84	253		3
	50m: 46.53 46.53		100m: 1:41.43 54.90	150m: 2:37.15 55.72		200m: 3:32.72 55.57			
19.	Taisa Moreira Paiva	01	123171	Fundacao Beatriz Santos	3:40.22	+1,04	228		2
	50m: 49.16 49.16		100m: 1:45.72 56.56	150m: 2:43.12 57.40		200m: 3:40.22 57.10			
20.	Beatriz Sofia Matilde	00	118110	BUZIOS-Coruche	3:41.12	+1,86	225		1
	50m: 50.84 50.84		100m: 1:46.77 55.93	150m: 2:43.60 56.83		200m: 3:41.12 57.52			

Prova 5
10-11-2012

Masc., 50m Livres

Absolutos
Resultados

Rec Nac Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	26.65	Gabriel Jose Lopes	CDL	Lousã	19-06-2010
Rec Nac Inf A	25.31	Nuno Miguel Graca	EDV	Ponte da Barca	07-07-2012
Rec Nac Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec Nac Juv A	24.16	David Miguel Ferro	SFUAP	Algés	12-02-2000
Rec Nac Jun	22.33	Tiago Andre Venancio	FPN	Viena (AUT)	16-05-2003
Rec Nac Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Joao Pedro Teodoro	90	11156	Naval Setubalense	23.38	+0,69	654	22	
2.	Nelson Filipe Martinho	89	16016	Natacao de Valongo	23.62	+0,81	634	20	
3.	Andre Filipe Mendes	92	100307	Nautico de Abrantes	24.40	+0,66	575	19	
4.	Vladyslav Stasyuk	94	117128	Cartaxo	25.13	+0,71	527	18	
5.	Vitor Hugo Mano	85	10224	Estarreja	25.24	+0,87	520	17	
6.	Paulo Ricardo Moreira	91	15487	Propaganda da Natacao	25.46	+0,95	506	16	
7.	Ihor Sadoysky	95	106075	Portinado	25.51	+0,72	503	15	
8.	Nelson Fernandes Silva	93	12521	Freguesia de Paiao	25.55	+0,79	501	14	
9.	Jose Tiago Moreira	89	16015	Nucleo Sportinguista Terceira	25.70	+0,89	492	13	
10.	Micael Filipe Silva	88	14528	Portugal Cultura	26.24	+0,86	463	12	
11.	Josue Re Santos	92	121878	Natacao de Vagos	26.43	+0,74	453	11	
12.	Luis Miguel Santos	90	11963	Fundacao Beatriz Santos	26.58	+0,78	445	10	
13.	Cesar Augusto Gouveia	95	122600	Natacao do Montijo	27.05	+0,91	422	9	
14.	Eduardo Augusto Santiago	98	109402	Alges e Agueda	27.19	+0,87	416	8	
15.	Bernardo Manuel Valente	95	23497	Fluvial Portuense	27.26	+0,82	412	7	
16.	Jorge Rogerio Morais	98	104413	Lousada SXXI	27.29	+0,83	411	6	
17.	Roberto Oliveira Felisberto	94	100088	Salvaterra de Magos	27.66	+0,79	395	5	
18.	Goncalo Fernando Ferreira	94	121734	Penafiel	27.69	+0,87	394	4	
19.	Goncalo Ferreira Gameiro	94	26298	Nucleo de Pombal	27.85	+0,89	387	3	
20.	Francisco Redol Dias	96	123392	Gualdim Pais	28.15	+0,83	375	2	

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Prova 5, Masc., 50m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Miguel Frias Branco	95	112007	Campinho	28.60	+0,94	357	1	

Prova 6

Femin., 100m Livres

Absolutos

10-11-2012

Resultados

Rec Nac Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	1:01.63	Ines Camacho Fernandes	SCP	Lisboa	05-04-2009
Rec Nac Inf A	59.20	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Rec Nac Juv	59.33	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Rec Nac Jun	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Rec Nac Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Rosa Maria Oliveira	96	105858	Estarreja	1:01.16	+0,82	580		21
	50m: 30.34	30.34	100m: 1:01.16	30.82					
	Beatriz Alves Silva	95	26721	Portinado	1:01.16	+0,70	580		21
	50m: 28.96	28.96	100m: 1:01.16	32.20					
3.	Mariana Oliveira Vale	93	15977	Natacao de Valongo	1:02.12	+0,85	553		18
	50m: 29.74	29.74	100m: 1:02.12	32.38					
4.	Ines Vilela Braga	97	106935	Fluvial Portuense	1:02.27	+0,86	549		17
	50m: 30.32	30.32	100m: 1:02.27	31.95					
5.	Maria Mar Costa	95	107344	Naval Setubalense	1:02.44	+0,74	545		16
	50m: 29.66	29.66	100m: 1:02.44	32.78					
6.	Maria Madalena Silva	98	116614	Nautico de Abrantes	1:04.98	+0,80	483		15
	50m: 31.40	31.40	100m: 1:04.98	33.58					
7.	Filipa Robert Rente	96	122852	Gualdim Pais	1:05.56	+0,80	471		14
	50m: 30.64	30.64	100m: 1:05.56	34.92					
8.	Maria Mar Palma	96	100237	Bombeiros dos Estoris	1:05.86	+0,78	464		13
	50m: 31.06	31.06	100m: 1:05.86	34.80					
9.	Francisca Ferreira Fonseca	97	121585	Nacional de Natacao	1:05.90	+0,82	463		12
	50m: 31.55	31.55	100m: 1:05.90	34.35					
	Rita Alexandra Guedes	94	109572	Propaganda da Natacao	1:05.90	+0,95	463		12
	50m: 31.63	31.63	100m: 1:05.90	34.27					
11.	Ana Sofia Ferreira	97	121831	Natacao de Vagos	1:06.67	+0,88	447		10
	50m: 31.93	31.93	100m: 1:06.67	34.74					
12.	Rafaela Cunha Mendes	98	105852	Campinho	1:07.29	+0,89	435		9
	50m: 32.24	32.24	100m: 1:07.29	35.05					
13.	Rita Coelho Pita	93	24546	Natacao do Tejo	1:08.56	+0,91	411		8
	50m: 32.46	32.46	100m: 1:08.56	36.10					
14.	Iara Mesquita Costa	00	118285	Freguesia de Paiao	1:09.49	+0,85	395		7
	50m: 33.53	33.53	100m: 1:09.49	35.96					
15.	Ines Cristina Cordeiro	96	20606	Penafiel	1:11.28	+0,84	366		6
	50m: 34.70	34.70	100m: 1:11.28	36.58					
16.	Ana Rita Correia	98	104558	Lousada SXXI	1:12.16	+0,86	353		5
	50m: 34.09	34.09	100m: 1:12.16	38.07					
17.	Emilia Matos Pereira	99	112662	Fundacao Beatriz Santos	1:12.92	+1,15	342		4
	50m: 35.24	35.24	100m: 1:12.92	37.68					

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Prova 6, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Sara Cabral Rosario	98	111991	Naval Praia da Vitoria	1:17.28	+1,03	287		3
	50m: 37.14	37.14	100m: 1:17.28	40.14					
19.	Carolina Sofia Eusebio	00	111947	BUZIOS-Coruche	1:18.87	+0,85	270		2
	50m: 36.74	36.74	100m: 1:18.87	42.13					
20.	Ines Comprido Renga	01	121801	Elvense	1:25.53	+1,13	212		1
	50m: 39.55	39.55	100m: 1:25.53	45.98					

Prova 7
10-11-2012

Masc., 100m Costas

Absolutos
Resultados

Rec Nac Absoluto	52.70	Alexis Manacas Santos	SCP	Mealhada	17-12-2011
Rec Nac Inf B	1:04.76	Alexandre Lages Ribas	EDV	Ponte da Barca	09-05-2010
Rec Nac Inf A	1:00.97	Alexandre Lages Ribas	EDV	Viseu	11-03-2011
Rec Nac Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	13-05-2012
Rec Nac Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	04-12-2010
Rec Nac Jun	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Rec Nac Sen	52.70	Alexis Manacas Santos	SCP	Mealhada	17-12-2011

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Joao Pedro Neto	95	26959	Naval Setubalense	58.49	+0,69	585	22	
	50m: 28.24	28.24	100m: 58.49	30.25					
2.	Joao Pedro Santos	95	105859	Estarreja	59.72	+0,66	550	20	
	50m: 28.87	28.87	100m: 59.72	30.85					
3.	Miguel Galeao Lopes	96	105891	Portinado	1:03.12	+0,68	466	19	
	50m: 30.52	30.52	100m: 1:03.12	32.60					
4.	Joao Andre Silvestre	94	122670	Natacao de Vagos	1:04.37	+1,08	439	18	
	50m: 31.17	31.17	100m: 1:04.37	33.20					
5.	Julio Dinis Goncalves	96	103624	Fluvial Portuense	1:04.82	+0,77	430	17	
	50m: 31.79	31.79	100m: 1:04.82	33.03					
6.	Joao Jose Laranjeira	98	105936	Campinho	1:04.87	+0,68	429	16	
	50m: 31.20	31.20	100m: 1:04.87	33.67					
7.	Hugo Moreira Martins	94	108219	Natacao de Valongo	1:05.39	+0,78	419	15	
	50m: 31.67	31.67	100m: 1:05.39	33.72					
8.	Ruben Miguel Matos	91	110419	Nautico de Abrantes	1:05.50	+0,66	417	14	
	50m: 31.74	31.74	100m: 1:05.50	33.76					
9.	Luis Miguel Santos	90	11963	Fundacao Beatriz Santos	1:05.52	+0,80	416	13	
	50m: 32.65	32.65	100m: 1:05.52	32.87					
10.	Antonio Jorge Rocha	94	15322	Penafiel	1:05.63	+0,69	414	12	
	50m: 31.75	31.75	100m: 1:05.63	33.88					
11.	Pedro Miguel Henriques	96	118297	Cartaxo	1:06.10	+0,68	405	11	
	50m: 31.51	31.51	100m: 1:06.10	34.59					
12.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	1:06.22	+0,82	403	10	
	50m: 32.13	32.13	100m: 1:06.22	34.09					
13.	Andre da Costa Coelho	96	108625	Nucleo Sportinguista Terceira	1:07.40	+0,69	382	9	
	50m: 32.63	32.63	100m: 1:07.40	34.77					
14.	Eduardo Abel Duarte	98	104561	Lousada SXXI	1:07.72	+0,75	377	8	
	50m: 32.94	32.94	100m: 1:07.72	34.78					

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Prova 7, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
15.	Fabio Aleixo Fernandes	90	11142	Portugal Cultura	1:08.39	+0,73	366	7	
	50m: 32.78 32.78		100m: 1:08.39 35.61						
16.	Manuel Jose Alves	96	104895	Natacao do Montijo	1:09.48	+0,59	349	6	
	50m: 33.61 33.61		100m: 1:09.48 35.87						
17.	Joao Ismael Melo	97	112384	Alges e Agueda	1:09.53	+0,71	348	5	
	50m: 33.80 33.80		100m: 1:09.53 35.73						
18.	Roberto Oliveira Felisberto	94	100088	Salvaterra de Magos	1:10.42	+1,01	335	4	
	50m: 33.84 33.84		100m: 1:10.42 36.58						
19.	Ian Mesquita Costa	96	103972	Freguesia de Paiao	1:10.90	+0,75	328	3	
	50m: 33.95 33.95		100m: 1:10.90 36.95						
20.	Tiago Soares Silva	97	105608	Propaganda da Natacao	1:11.08	+0,75	326	2	
	50m: 33.88 33.88		100m: 1:11.08 37.20						
21.	Joao Courelas Goncalves	97	107282	Nucleo de Pombal	1:11.38	+0,74	322	1	
	50m: 34.03 34.03		100m: 1:11.38 37.35						

Prova 8
10-11-2012

Femin., 200m Costas

Absolutos
Resultados

Rec Nac Absoluto	2:12.00	Ana Antas Barros		Algés	14-05-1993
Rec Nac Inf B	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	16-03-1997
Rec Nac Inf A	2:22.25	Keissy Joselin Sousa	FCP	Algés	15-03-1998
Rec Nac Juv	2:17.86	Catia Raquel Martinheira	LDC	Sines	21-12-2008
Rec Nac Jun	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Rec Nac Sen	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Joana Carina Silva	97	106219	Lousada SXXI	2:23.94	+0,71	579		21
	50m: 32.93 32.93		100m: 1:08.73 35.80	150m: 1:46.35 37.62		200m: 2:23.94 37.59			
2.	Ines Almeida Gomes	98	120186	Nacional de Natacao	2:32.98	+0,76	483		19
	50m: 34.57 34.57		100m: 1:12.55 37.98	150m: 1:52.80 40.25		200m: 2:32.98 40.18			
3.	Maria Morgado Franco	98	107311	Portinado	2:33.64	+0,73	476		18
	50m: 33.52 33.52		100m: 1:11.86 38.34	150m: 1:52.55 40.69		200m: 2:33.64 41.09			
4.	Lucia Pedrosa Silva	98	107780	Freguesia de Paiao	2:35.51	+0,69	459		17
	50m: 35.63 35.63		100m: 1:15.95 40.32	150m: 1:56.67 40.72		200m: 2:35.51 38.84			
5.	Margarida Correia Oliveira	98	112540	Naval Setubalense	2:35.53	+0,59	459		16
	50m: 35.42 35.42		100m: 1:15.15 39.73	150m: 1:56.39 41.24		200m: 2:35.53 39.14			
6.	Cristiana Ferreira Santos	97	108222	Natacao de Valongo	2:37.52	+0,64	442		15
	50m: 37.13 37.13		100m: 1:16.48 39.35	150m: 1:57.22 40.74		200m: 2:37.52 40.30			
7.	Ana Margarida Salgueiro	99	116616	Nautico de Abrantes	2:38.78	+0,87	431		14
	50m: 36.70 36.70		100m: 1:16.73 40.03	150m: 1:58.27 41.54		200m: 2:38.78 40.51			
	Ana Carolina Monteiro	97	105518	BUZIOS-Coruche	2:38.78	+0,69	431		14
	50m: 37.51 37.51		100m: 1:17.93 40.42	150m: 1:59.63 41.70		200m: 2:38.78 39.15			
9.	Rita Oliveira Noritake	98	107643	Bombeiros dos Estoris	2:39.78	+0,71	423		12
	50m: 35.91 35.91		100m: 1:16.34 40.43	150m: 1:58.80 42.46		200m: 2:39.78 40.98			
10.	Rafaela Vieira Marques	98	121814	Natacao de Vagos	2:43.59	+0,67	395		11
	50m: 38.80 38.80		100m: 1:21.23 42.43	150m: 2:03.48 42.25		200m: 2:43.59 40.11			
11.	Joana Sofia Amorim	97	103717	Fluvial Portuense	2:44.30	+0,71	389		10
	50m: 37.48 37.48		100m: 1:18.89 41.41	150m: 2:01.94 43.05		200m: 2:44.30 42.36			

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Prova 8, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Sara Martins Capelo	98	102562	Propaganda da Natacao	2:45.33	+0,67	382		9
	50m: 37.71	37.71	100m: 1:19.73	42.02	150m: 2:03.31	43.58	200m: 2:45.33	42.02	
13.	Carolina Miguel Marques	99	125320	Natacao do Tejo	2:45.81	+0,77	379		8
	50m: 38.95	38.95	100m: 1:21.25	42.30	150m: 2:04.35	43.10	200m: 2:45.81	41.46	
14.	Jessica Pinto Pinho	98	123245	Estarreja	2:49.08	+0,73	357		7
	50m: 39.65	39.65	100m: 1:22.09	42.44	150m: 2:05.83	43.74	200m: 2:49.08	43.25	
15.	Ines Isabel Graca	00	121283	Gualdim Pais	2:52.07	+0,71	339		6
	50m: 40.50	40.50	100m: 1:24.27	43.77	150m: 2:09.28	45.01	200m: 2:52.07	42.79	
16.	Clara Simoes Alves	98	111472	Naval Praia da Vitoria	2:54.86	+0,65	323		5
	50m: 40.79	40.79	100m: 1:24.67	43.88	150m: 2:09.98	45.31	200m: 2:54.86	44.88	
17.	Helena Isabel Bandeiras	95	102751	Elvense	2:54.97	+0,94	322		4
	50m: 39.57	39.57	100m: 1:24.59	45.02	150m: 2:10.91	46.32	200m: 2:54.97	44.06	
18.	Beatriz Marques Ferreira	00	122579	Campinho	2:59.76	+0,76	297		3
	50m: 42.84	42.84	100m: 1:28.15	45.31	150m: 2:14.44	46.29	200m: 2:59.76	45.32	
19.	Sara Catarina Teixeira	99	121735	Penafiel	3:03.79	+0,99	278		2
	50m: 42.84	42.84	100m: 1:29.75	46.91	150m: 2:18.17	48.42	200m: 3:03.79	45.62	
20.	Mariana Matos Ribeiro	01	123170	Fundacao Beatriz Santos	3:11.68	+0,80	245		1
	50m: 45.57	45.57	100m: 1:34.61	49.04	150m: 2:24.13	49.52	200m: 3:11.68	47.55	

Prova 9
10-11-2012

Masc., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec Nac Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec Nac Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec Nac Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Rec Nac Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Rec Nac Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec Nac Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Andre Filipe Teodoro	95	25350	Naval Setubalense	4:09.93	+0,77	616	22	
	50m: 27.69	27.69	150m: 1:30.50	31.55	250m: 2:34.94	32.12	350m: 3:39.03	32.06	
	100m: 58.95	31.26	200m: 2:02.82	32.32	300m: 3:06.97	32.03	400m: 4:09.93	30.90	
2.	Joao Luis Serrano	91	12306	Cartaxo	4:22.42	+0,78	533	20	
	50m: 29.11	29.11	150m: 1:34.10	32.87	250m: 2:41.14	33.91	350m: 3:49.04	34.32	
	100m: 1:01.23	32.12	200m: 2:07.23	33.13	300m: 3:14.72	33.58	400m: 4:22.42	33.38	
3.	Andre Miguel Silva	97	101119	Freguesia de Paiao	4:25.99	+0,83	511	19	
	50m: 29.04	29.04	150m: 1:35.71	33.99	250m: 2:44.11	33.97	350m: 3:52.80	34.82	
	100m: 1:01.72	32.68	200m: 2:10.14	34.43	300m: 3:17.98	33.87	400m: 4:25.99	33.19	
4.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	4:26.28	+0,90	510	18	
	50m: 30.25	30.25	150m: 1:37.75	34.31	250m: 2:46.52	34.28	350m: 3:54.44	33.58	
	100m: 1:03.44	33.19	200m: 2:12.24	34.49	300m: 3:20.86	34.34	400m: 4:26.28	31.84	
5.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:26.33	+0,81	509	17	
	50m: 29.56	29.56	150m: 1:36.24	33.91	250m: 2:45.00	34.56	350m: 3:54.10	34.57	
	100m: 1:02.33	32.77	200m: 2:10.44	34.20	300m: 3:19.53	34.53	400m: 4:26.33	32.23	
6.	Humberto Fernandes Felgueir	98	105205	Natacao de Valongo	4:27.40	+0,92	503	16	
	50m: 28.90	28.90	150m: 1:35.61	33.97	250m: 2:44.56	34.38	350m: 3:54.36	35.05	
	100m: 1:01.64	32.74	200m: 2:10.18	34.57	300m: 3:19.31	34.75	400m: 4:27.40	33.04	

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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Jose Carlos Freitas	63	111877	Fluvial Portuense	4:27.51	+0,80	503	15	
	50m: 30.20	30.20	150m: 1:36.19	33.50	250m: 2:45.17	34.68	350m: 3:55.02	34.85	
	100m: 1:02.69	32.49	200m: 2:10.49	34.30	300m: 3:20.17	35.00	400m: 4:27.51	32.49	
8.	Carlos Daniel Ramos	96	110520	Estarreja	4:29.05	+0,81	494	14	
	50m: 30.45	30.45	150m: 1:38.01	34.12	250m: 2:46.01	33.82	350m: 3:54.68	34.28	
	100m: 1:03.89	33.44	200m: 2:12.19	34.18	300m: 3:20.40	34.39	400m: 4:29.05	34.37	
9.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	4:36.42	+0,84	456	13	
	50m: 30.15	30.15	150m: 1:39.08	34.91	250m: 2:50.19	35.88	350m: 4:02.14	36.01	
	100m: 1:04.17	34.02	200m: 2:14.31	35.23	300m: 3:26.13	35.94	400m: 4:36.42	34.28	
10.	Afonso Filipe Gaspar	97	109947	Nautico de Abrantes	4:37.59	+1,02	450	12	
	50m: 30.83	30.83	150m: 1:40.23	35.49	250m: 2:51.59	35.80	350m: 4:03.22	35.73	
	100m: 1:04.74	33.91	200m: 2:15.79	35.56	300m: 3:27.49	35.90	400m: 4:37.59	34.37	
11.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	4:39.11	+0,88	443	11	
	50m: 30.45	30.45	150m: 1:41.38	36.13	250m: 2:53.24	35.66	350m: 4:05.63	35.96	
	100m: 1:05.25	34.80	200m: 2:17.58	36.20	300m: 3:29.67	36.43	400m: 4:39.11	33.48	
12.	Ion Caus	96	110745	Portinado	4:39.70	+0,69	440	10	
	50m: 30.48	30.48	150m: 1:38.76	34.86	250m: 2:50.96	36.39	350m: 4:04.23	36.55	
	100m: 1:03.90	33.42	200m: 2:14.57	35.81	300m: 3:27.68	36.72	400m: 4:39.70	35.47	
13.	Tiago Abrantes Oliveira	98	109403	Alges e Agueda	4:39.88	+0,70	439	9	
	50m: 30.68	30.68	150m: 1:40.36	35.42	250m: 2:53.41	36.86	350m: 4:05.81	35.92	
	100m: 1:04.94	34.26	200m: 2:16.55	36.19	300m: 3:29.89	36.48	400m: 4:39.88	34.07	
14.	Rui Filipe Torrao	95	104898	Natacao do Montijo	4:40.23	+0,84	437	8	
	50m: 32.04	32.04	150m: 1:41.60	35.05	250m: 2:52.52	35.27	350m: 4:04.76	36.06	
	100m: 1:06.55	34.51	200m: 2:17.25	35.65	300m: 3:28.70	36.18	400m: 4:40.23	35.47	
15.	Bruno Costa Pereira	91	124080	Natacao de Vagos	4:42.85	+0,95	425	7	
	50m: 31.48	31.48	150m: 1:40.15	35.07	250m: 2:52.05	35.88	350m: 4:06.04	37.12	
	100m: 1:05.08	33.60	200m: 2:16.17	36.02	300m: 3:28.92	36.87	400m: 4:42.85	36.81	
16.	Edi Couto Moderno	95	121001	Nucleo de Pombal	4:44.20	+0,88	419	6	
	50m: 31.40	31.40	150m: 1:42.21	35.79	250m: 2:55.70	36.90	350m: 4:09.31	36.51	
	100m: 1:06.42	35.02	200m: 2:18.80	36.59	300m: 3:32.80	37.10	400m: 4:44.20	34.89	
17.	Andre Alexandre Silva	94	102699	Propaganda da Natacao	4:45.69	+1,18	413	5	
	50m: 30.64	30.64	150m: 1:40.42	35.72	250m: 2:51.96	35.74	350m: 4:07.84	38.31	
	100m: 1:04.70	34.06	200m: 2:16.22	35.80	300m: 3:29.53	37.57	400m: 4:45.69	37.85	
18.	Joao Paulo Pacheco	98	121342	Penafiel	4:54.12	+1,05	378	4	
	50m: 31.99	31.99	150m: 1:43.65	35.99	250m: 2:58.95	37.92	350m: 4:16.76	39.00	
	100m: 1:07.66	35.67	200m: 2:21.03	37.38	300m: 3:37.76	38.81	400m: 4:54.12	37.36	
19.	Guilherme Marques Teixeira	94	105946	Campinho	4:56.60	+0,90	369	3	
	50m: 30.08	30.08	150m: 1:41.37	37.11	250m: 2:57.70	38.71	350m: 4:17.14	39.70	
	100m: 1:04.26	34.18	200m: 2:18.99	37.62	300m: 3:37.44	39.74	400m: 4:56.60	39.46	
20.	Diogo Andre Catita	88	10640	Portugal Cultura	5:02.46	+0,84	348	2	
	50m: 31.94	31.94	150m: 1:46.53	37.86	250m: 3:05.04	39.38	350m: 4:24.24	39.57	
	100m: 1:08.67	36.73	200m: 2:25.66	39.13	300m: 3:44.67	39.63	400m: 5:02.46	38.22	
21.	Joao Filipe Jacinto	80	15057	Salvaterra de Magos	6:08.50	+0,92	192	1	
	50m: 32.49	32.49	150m: 1:54.59	43.75	250m: 3:33.02	50.71	350m: 5:17.27	53.60	
	100m: 1:10.84	38.35	200m: 2:42.31	47.72	300m: 4:23.67	50.65	400m: 6:08.50	51.23	

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Prova 10 10-11-2012	Femin., 200m Estilos					Absolutos Resultados
Rec Nac Absoluto	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009	
Rec Nac Inf B	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009	
Rec Nac Inf A	2:25.08	Ines Camacho Fernandes	SCP	Tavira	06-03-2010	
Rec Nac Juv	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004	
Rec Nac Jun	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009	
Rec Nac Sen	2:16.30	Diana Duarte Gomes	CNA	Leiria	05-12-2009	

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ariana Alves Nunes	95	13348	Portinado	2:28.43	+0,83	591		21
	50m: 31.41	31.41	100m: 1:08.47	37.06	150m: 1:51.81	43.34	200m: 2:28.43	36.62	
2.	Maria Madalena Silva	98	116614	Nautico de Abrantes	2:32.91	+0,78	541		19
	50m: 34.69	34.69	100m: 1:13.17	38.48	150m: 1:57.41	44.24	200m: 2:32.91	35.50	
3.	Ines Vilela Braga	97	106935	Fluvial Portuense	2:33.27	+0,82	537		18
	50m: 33.57	33.57	100m: 1:14.00	40.43	150m: 1:58.66	44.66	200m: 2:33.27	34.61	
4.	Catarina Brito Ferreira	97	104242	Naval Setubalense	2:37.94	+0,85	490		17
	50m: 32.94	32.94	100m: 1:11.03	38.09	150m: 2:01.59	50.56	200m: 2:37.94	36.35	
5.	Ana Catarina Serra	95	110228	Natacao do Tejo	2:38.21	+0,82	488		16
	50m: 34.55	34.55	100m: 1:17.07	42.52	150m: 2:00.31	43.24	200m: 2:38.21	37.90	
6.	Daniela Rodrigues Figueiredo	98	102684	Propaganda da Natacao	2:38.77	+0,90	483		15
	50m: 34.12	34.12	100m: 1:15.60	41.48	150m: 2:02.37	46.77	200m: 2:38.77	36.40	
7.	Ana Sofia Filipe	95	26887	Nacional de Natacao	2:40.47	+1,09	468		14
	50m: 35.35	35.35	100m: 1:16.23	40.88	150m: 2:03.09	46.86	200m: 2:40.47	37.38	
8.	Cristiana Ferreira Santos	97	108222	Natacao de Valongo	2:41.34	+0,82	460		13
	50m: 34.54	34.54	100m: 1:15.02	40.48	150m: 2:03.40	48.38	200m: 2:41.34	37.94	
9.	Barbara Sofia Lopes	98	110519	Estarreja	2:41.50	+1,00	459		12
	50m: 36.40	36.40	100m: 1:17.11	40.71	150m: 2:07.01	49.90	200m: 2:41.50	34.49	
10.	Iolanda Ribeiro Pinheiro	97	20530	Lousada SXXI	2:44.21	+0,91	436		11
	50m: 32.68	32.68	100m: 1:13.23	40.55	150m: 2:08.04	54.81	200m: 2:44.21	36.17	
11.	Rita Oliveira Noritake	98	107643	Bombeiros dos Estoris	2:46.30	+0,86	420		10
	50m: 36.44	36.44	100m: 1:17.23	40.79	150m: 2:07.21	49.98	200m: 2:46.30	39.09	
12.	Rita Matos Ponte	96	111134	Freguesia de Paiao	2:46.70	+1,14	417		9
	50m: 37.45	37.45	100m: 1:20.65	43.20	150m: 2:09.78	49.13	200m: 2:46.70	36.92	
13.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	2:52.12	+0,89	379		8
	50m: 41.38	41.38	100m: 1:25.97	44.59	150m: 2:13.86	47.89	200m: 2:52.12	38.26	
14.	Jessica Rodrigues Tavares	96	105937	Campinho	2:53.93	+0,96	367		7
	50m: 40.41	40.41	100m: 1:25.63	45.22	150m: 2:13.58	47.95	200m: 2:53.93	40.35	
15.	Ana Rita Fonseca	97	104507	Penafiel	2:54.50	+0,94	364		6
	50m: 36.45	36.45	100m: 1:22.06	45.61	150m: 2:10.71	48.65	200m: 2:54.50	43.79	
16.	Ines Carolina Malta	98	121815	Natacao de Vagos	2:58.65	+0,97	339		5
	50m: 41.75	41.75	100m: 1:29.78	48.03	150m: 2:19.80	50.02	200m: 2:58.65	38.85	
17.	Eva Fernandes Cardoso	01	123305	Fundacao Beatriz Santos	3:02.89	+0,73	316		4
	50m: 40.58	40.58	100m: 1:27.46	46.88	150m: 2:20.94	53.48	200m: 3:02.89	41.95	
18.	Beatriz Maria Silva	00	122300	Naval Praia da Vitoria	3:14.39	+1,09	263		3
	50m: 44.17	44.17	100m: 1:34.15	49.98	150m: 2:31.82	57.67	200m: 3:14.39	42.57	
19.	Ana Rita Madeira	00	118381	Elvense	3:16.69	+0,91	254		2
	50m: 44.43	44.43	100m: 1:35.62	51.19	150m: 2:32.07	56.45	200m: 3:16.69	44.62	
20.	Carolina Sofia Eusebio	00	111947	BUZIOS-Coruche	3:18.73	+0,94	246		1
	50m: 48.13	48.13	100m: 1:35.68	47.55	150m: 2:34.18	58.50	200m: 3:18.73	44.55	

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Prova 11 Masc., 4 x 100m Livres Absolutos
10-11-2012 Resultados

Rec Nac Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	4:05.64	Viana Natacao Clube	VNC	Barcelos	11-07-2009
Rec Nac Inf A	3:52.74	Sport Alges e Dafundo	SAD	Algés	30-06-2012
Rec Nac Juv B	3:43.53	Futebol Clube do Porto	FCP	Braga	04-03-2012
Rec Nac Juv A	3:36.95	Associacao Naval Amorense	ANAM	Algés	07-07-2012
Rec Nac Jun	3:30.51	Futebol Clube do Porto/Imperio Bonifacio	FCP	Felgueiras	06-03-1998
Rec Nac Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1. Naval Setubalense		Naval Setubalense	3:37.53	+0,70	598	22	
Joao Pedro Teodoro	+0,70	24.49	52.59	Miguel Gomes Pereira	+0,25	26.28	54.72
Joao Pedro Neto	+0,21	26.43	56.24	Andre Filipe Teodoro	+0,60	25.87	53.98
2. Portinado		Portinado	3:38.72	+0,73	588	20	
Miguel Duarte Nascimento	+0,73	23.65	49.80	Ihor Sadovskyy	+0,59	26.76	56.80
Goncalo Alexandre Fonseca	+0,46	26.49	57.10	Miguel Galeao Lopes	+0,51	25.73	55.02
3. Natacao de Valongo		Natacao de Valongo	3:42.59	+0,84	558	19	
Nelson Filipe Martinho	+0,84	25.09	52.44	Hugo Moreira Martins	+0,36	26.88	56.72
Humberto Fernandes Felgueiras	+0,30	27.63	57.65	Bruno Miguel Cavadas	+0,61	26.17	55.78
4. Estarreja		Estarreja	3:45.51	+0,86	537	18	
Joao Pedro Santos	+0,86	26.07	54.84	Vitor Hugo Mano	+0,69	26.53	55.43
Rafael Arrojado Ferreira	+0,51	26.47	56.34	Joao David Sousa	+0,66	27.39	58.90
5. Nautico de Abrantes		Nautico de Abrantes	3:50.02	+0,68	506	17	
Andre Filipe Mendes	+0,68	25.17	53.59	Ruben Miguel Matos	+0,44	27.20	58.11
Joao Mauricio Gaspar	+0,30	28.61	59.24	Joao Pedro Machado	+0,26	28.02	59.08
6. Nucleo Sportinguista Terceira		Nucleo Sportinguista Terceira	3:52.15	+0,81	492	16	
Cesar Henrique Silva	+0,81	27.73	58.93	Frederico Alexandre Freitas	+0,43	27.29	58.66
Andre da Costa Coelho	+0,36	27.94	58.49	Jose Tiago Moreira	+0,59	27.03	56.07
7. Cartaxo		Cartaxo	3:52.62	+0,73	489	15	
Vladyslav Stasyuk	+0,73	26.76	55.95	Fernando Miguel Rodrigues	+0,71	28.16	1:00.02
Pedro Miguel Henriques	+0,22	27.49	58.91	Joao Luis Serrano	+0,59	27.07	57.74
8. Freguesia de Paiao		Freguesia de Paiao	3:53.77	+0,88	482	14	
Nelson Fernandes Silva	+0,88	26.87	56.72	Diogo Mendes Pereira	+0,59	28.81	1:00.91
Andre Miguel Silva	+0,36	27.05	56.28	Ian Mesquita Costa	+0,33	28.34	59.86
9. Fluvial Portuense		Fluvial Portuense	3:54.66	+0,79	476	13	
Julio Dinis Goncalves	+0,79	27.75	56.31	Andre Sampaio Santos	+0,25	29.29	1:00.88
Bernardo Manuel Valente	+0,52	28.26	59.16	Jose Carlos Freitas	+0,52	28.44	58.31
10. Penafiel		Penafiel	3:57.00	+0,78	462	12	
Antonio Jorge Rocha	+0,78	25.98	54.22	Joao Paulo Pacheco	+0,62	30.30	1:03.70
Goncalo Fernando Ferreira	+0,52	28.17	59.93	Fabio Andre Madureira	+0,38	27.76	59.15
11. Portugal Cultura		Portugal Cultura	3:57.83	+0,75	457	11	
Micael Filipe Silva	+0,75	27.78	1:00.32	Guilherme Luis Goncalves	+0,39	27.13	58.56
Uriel Jorge Mateus	+0,29	28.56	59.70	Fabio Aleixo Fernandes	+0,42	27.35	59.25
12. Nucleo de Pombal		Nucleo de Pombal	3:58.40	+0,72	454	10	
Pedro Rafael Cintrao	+0,72	27.82	57.58	Goncalo Ferreira Gameiro	+0,23	29.01	1:01.22
Ricardo Contreiras Jeronimo	+0,39	28.05	1:00.59	Joao Courelas Goncalves	+0,60	28.04	59.01
13. Lousada SXXI		Lousada SXXI	3:59.95	+0,83	445	9	
Jorge Rogerio Moraes	+0,83	28.54	59.21	Eduardo Abel Duarte	+0,72	30.09	1:03.25
Pedro Miguel Coelho	+0,68	28.30	59.89	Jose Ricardo Sousa	+0,30	27.60	57.60
14. Natacao do Montijo		Natacao do Montijo	4:00.03	+0,94	445	8	
Cesar Augusto Gouveia	+0,94	28.50	1:00.54	Manuel Jose Alves	+0,45	28.58	1:00.23
Rui Filipe Torrao	+0,62	28.39	1:00.63	Rui Miguel Correia	+0,47	27.55	58.63

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Prova 11, Masc., 4 x 100m Livres, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
15. Natacao de Vagos		Natacao de Vagos	4:01.10	+0,81	439	7	
	+0,81	28.10 59.82	Bruno Costa Pereira	+0,44	28.79	1:01.27	
	+0,38	27.86 59.74	Caio Pizarro Plata	+0,20	28.65	1:00.27	
16. Alges e Agueda		Alges e Agueda	4:02.39	+0,88	432	6	
	+0,88	29.75 1:02.12	Eduardo Augusto Santiago	+0,48	28.41	1:00.17	
	+0,22	27.42 58.12	Tiago Abrantes Oliveira	+0,69	29.21	1:01.98	
17. Fundacao Beatriz Santos		Fundacao Beatriz Santos	4:02.44	+0,87	432	5	
	+0,87	28.46 58.50	Jose Miguel Ventura	+0,34	29.32	1:01.84	
	+0,55	26.01 54.83	Miguel Diogo Agostinho	+0,32	32.08	1:07.27	
18. Campinho		Campinho	4:05.13	+0,95	418	4	
	+0,95	28.03 59.74	Joao Jose Laranjeira	+0,52	27.80	59.79	
	+0,68	30.70 1:04.61	Guilherme Marques Teixeira	+0,61	28.59	1:00.99	
19. Propaganda da Natacao		Propaganda da Natacao	4:05.33	+0,87	417	3	
	+0,87	27.99 58.70	Tiago Soares Silva	+0,23	29.68	1:02.37	
	+0,43	29.50 1:04.05	Andre Alexandre Silva	+0,20	28.59	1:00.21	
20. Gualdim Pais		Gualdim Pais	4:18.66	+0,88	355	2	
	+0,88	29.79 1:02.74	Mario Jorge Santos	+0,73	30.06	1:04.08	
	+0,40	32.24 1:09.16	Afonso Guilherme Rosa	+0,44	29.80	1:02.68	
21. Salvaterra de Magos		Salvaterra de Magos	4:22.51	+0,81	340	1	
	+0,81	29.77 1:03.80	Rafael Ilidio Antunes	+0,40	32.58	1:08.57	
	+0,06	29.20 1:03.11	Rodrigo Pereira Damasio	+0,53	31.03	1:07.03	

Prova 12
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Femin., 4 x 100m Estilos

Absolutos
Resultados

Rec Nac Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	4:57.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	06-03-2010
Rec Nac Inf A	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec Nac Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec Nac Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1. Portinado		Portinado	4:39.04	+0,67	545		21
	+0,67	33.82 1:10.82	Maria Rasetar	+0,36	32.47	1:11.00	
	+0,37	35.04 1:15.22	Beatriz Alves Silva	+0,23	28.86	1:02.00	
2. Nautico de Abrantes		Nautico de Abrantes	4:51.56	+0,91	478		19
	+0,91	36.31 1:15.56	Mariana Veloso Vitoria	+0,65	30.88	1:06.89	
	+0,52	38.38 1:24.27	Maria Madalena Silva	+0,50	31.11	1:04.84	
3. Naval Setubalense		Naval Setubalense	4:55.16	+0,81	460		18
	+0,81	34.99 1:13.11	Catarina Brito Ferreira	+0,24	32.61	1:11.22	
	+0,61	40.63 1:28.58	Maria Mar Costa	+0,15	29.27	1:02.25	
4. Nacional de Natacao		Nacional de Natacao	4:56.25	+0,71	455		17
	+0,71	34.59 1:12.29	Patricia Branco Panta	+0,65	35.22	1:16.99	
	+0,49	38.07 1:22.27	Francisca Ferreira Fonseca	+0,39	30.74	1:04.70	
5. Natacao de Valongo		Natacao de Valongo	4:56.64	+0,74	453		16
	+0,74	33.73 1:11.05	Daniela Domingues Sousa	+0,71	34.80	1:17.73	
	+0,30	38.08 1:21.71	Cristiana Ferreira Santos	+0,56	31.63	1:06.15	
6. Estarreja		Estarreja	4:59.96	+0,80	438		15
	+0,80	38.21 1:19.99	Rosa Maria Oliveira	+0,78	32.59	1:11.47	
	+0,23	37.74 1:21.62	Catia Sofia Silva	+0,43	31.00	1:06.88	

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Prova 12, Femin., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7. Lousada SXXI		Lousada SXXI	5:02.31	+0,68	428		14
Joana Carina Silva	+0,68	33.63	1:08.49	Iolanda Ribeiro Pinheiro	+0,36	32.75	1:11.40
Ana Raquel Braganca	+0,45	42.43	1:30.75	Ana Rita Correia	+0,60	33.66	1:11.67
8. Natacao do Tejo		Natacao do Tejo	5:04.53	+0,90	419		13
Carolina Miguel Marques	+0,90	38.57	1:19.38	Tatiana Lima Silva	+0,56	36.16	1:18.53
Ana Catarina Serra	+0,71	37.27	1:18.94	Rita Coelho Pita	+0,44	32.16	1:07.68
9. Bombeiros dos Estoris		Bombeiros dos Estoris	5:07.15	+0,49	408		12
Rita Oliveira Noritake	+0,49	36.77	1:15.58	Maria Joao Cabral		36.37	1:19.33
Mariana Graca Vasconcelos	+0,71	40.88	1:26.75	Maria Mar Palma	+0,48	30.62	1:05.49
10. Fluvial Portuense		Fluvial Portuense	5:09.41	+0,72	399		11
Joana Sofia Amorim	+0,72	37.28	1:17.88	Tamara Filipa Saldanha	+0,43	34.03	1:16.39
Ines Vilela Braga		37.79	1:21.55	Ines Araujo Monteiro	+0,31	34.65	1:13.59
11. Freguesia de Paiao		Freguesia de Paiao	5:11.16	+0,99	393		10
Ana Barbara Oliveira	+0,99	39.79	1:20.68	Ana Carolina Carraco	+0,20	33.32	1:13.33
Rita Matos Ponte	+0,40	41.73	1:28.17	Iara Mesquita Costa	+0,32	33.14	1:08.98
12. Propaganda da Natacao		Propaganda da Natacao	5:15.08	+0,72	378		9
Sara Martins Capelo	+0,72	38.00	1:18.72	Daniela Rodrigues Figueiredo	+0,47	33.61	1:13.86
Joana Henriques Oliveira	+0,40	44.73	1:37.31	Rita Alexandra Guedes	+0,09	30.52	1:05.19
13. Campinho		Campinho	5:17.54	+0,76	370		8
Beatriz Marques Ferreira	+0,76	42.29	1:27.88	Rafaela Cunha Mendes	+0,63	33.11	1:12.96
Jessica Rodrigues Tavares	+0,54	40.17	1:26.50	Daniela Marques Genio	+0,35	32.48	1:10.20
14. Gualdim Pais		Gualdim Pais	5:20.76	+1,10	358		7
Ines Isabel Graca	+1,10	40.68	1:23.25	Patricia Alexandra Jose	+0,65	37.61	1:24.80
Catarina Goncalves Trezentos	+0,79	40.50	1:26.30	Filipa Robert Rente	+0,64	30.30	1:06.41
15. Penafiel		Penafiel	5:38.39	+1,00	305		6
Sara Catarina Teixeira	+1,00	42.63	1:26.21	Ana Rita Fonseca	+0,65	38.20	1:25.23
Ines Cristina Cordeiro		42.04	1:29.34	Sara Isabel Ferreira	+0,51	36.37	1:17.61
16. Fundacao Beatriz Santos		Fundacao Beatriz Santos	5:45.21	+0,78	287		5
Joana Beatriz Bernardo	+0,78	36.35	1:15.01	Emilia Matos Pereira		36.00	1:28.91
Taisa Moreira Paiva	+0,86	50.70	1:47.50	Eva Fernandes Cardoso		31.06	1:13.79
17. Elvense		Elvense	5:53.05	+0,92	269		4
Helena Isabel Bandeiras	+0,92	39.52	1:22.17	Rita Oliveira Afonso	+0,52	38.06	1:20.28
Patricia Charruadas Lameiras	+0,60	48.14	1:44.32	Ines Comprido Renga	+0,68	39.98	1:26.28
18. BUZIOS-Coruche		BUZIOS-Coruche	6:06.51	+0,72	240		3
Ana Carolina Monteiro	+0,72	35.82	1:15.16	Beatriz Isabel Nunes	+0,56	52.03	1:50.15
Beatriz Sofia Matilde	+0,77	48.98	1:44.18	Carolina Luis Amaral		36.04	1:17.02
19. Naval Praia da Vitoria		Naval Praia da Vitoria	6:14.63	+0,82	225		2
Beatriz Maria Silva	+0,82	45.95	1:35.19	Clara Simoes Alves	+0,57	44.47	1:35.97
Adriana Robalo Garcia	+0,87	47.91	1:42.79	Sara Cabral Rosario		39.17	1:20.68
DSQ Natacao de Vagos		Natacao de Vagos					
807 - Braçada subaquática de recuperação á chegada - SW 8.2							
Rafaela Vieira Marques	+0,72	37.09	1:16.04	Joana Gravato Pimentel	+0,71		
Ines Rosado Monteiro	+0,84	43.02		Ana Sofia Ferreira			

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Prova 13 10-11-2012	Femin., 800m Livres					Absolutos Resultados
Rec Nac Absoluto	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002	
Rec Nac Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009	
Rec Nac Inf A	9:03.90	tempo limite				
Rec Nac Juv	9:00.27	tempo limite				
Rec Nac Jun	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004	
Rec Nac Sen	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002	

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	9:53.36	+0,93	544		21
	50m: 32.79	32.79	250m: 2:59.87	37.41	450m: 5:29.60	37.74	650m: 8:02.57	38.48	
	100m: 1:08.56	35.77	300m: 3:37.19	37.32	500m: 6:07.73	38.13	700m: 8:40.84	38.27	
	150m: 1:45.26	36.70	350m: 4:14.40	37.21	550m: 6:45.91	38.18	750m: 9:18.46	37.62	
	200m: 2:22.46	37.20	400m: 4:51.86	37.46	600m: 7:24.09	38.18	800m: 9:53.36	34.90	
2.	Barbara Sofia Lopes	98	110519	Estarreja	10:05.83	+0,95	511		19
	50m: 34.48	34.48	250m: 3:03.78	37.92	450m: 5:36.58	38.29	650m: 8:10.61	38.65	
	100m: 1:10.91	36.43	300m: 3:42.01	38.23	500m: 6:15.04	38.46	700m: 8:49.42	38.81	
	150m: 1:48.21	37.30	350m: 4:20.14	38.13	550m: 6:53.41	38.37	750m: 9:28.14	38.72	
	200m: 2:25.86	37.65	400m: 4:58.29	38.15	600m: 7:31.96	38.55	800m: 10:05.83	37.69	
3.	Joana Margarida Sousa	97	104510	Natacao de Valongo	10:09.42	+0,94	502		18
	50m: 35.37	35.37	250m: 3:08.92	38.57	450m: 5:41.57	37.65	650m: 8:15.89	37.93	
	100m: 1:12.89	37.52	300m: 3:47.41	38.49	500m: 6:19.87	38.30	700m: 8:53.93	38.04	
	150m: 1:51.59	38.70	350m: 4:25.65	38.24	550m: 6:59.43	39.56	750m: 9:32.34	38.41	
	200m: 2:30.35	38.76	400m: 5:03.92	38.27	600m: 7:37.96	38.53	800m: 10:09.42	37.08	
4.	Lucia Pedrosa Silva	98	107780	Freguesia de Paiao	10:09.89	+0,95	501		17
	50m: 32.47	32.47	250m: 3:06.48	38.93	450m: 5:41.97	38.57	650m: 8:16.95	38.51	
	100m: 1:09.69	37.22	300m: 3:45.12	38.64	500m: 6:20.53	38.56	700m: 8:55.21	38.26	
	150m: 1:48.27	38.58	350m: 4:23.41	38.29	550m: 6:59.75	39.22	750m: 9:33.56	38.35	
	200m: 2:27.55	39.28	400m: 5:03.40	39.99	600m: 7:38.44	38.69	800m: 10:09.89	36.33	
5.	Mariana Ramalinho Mascarenhas	97	107665	Naval Setubalense	10:14.38	+0,89	490		16
	50m: 31.87	31.87	250m: 3:01.71	38.85	450m: 5:39.11	39.53	650m: 8:18.04	39.63	
	100m: 1:07.24	35.37	300m: 3:40.82	39.11	500m: 6:19.21	40.10	700m: 8:57.43	39.39	
	150m: 1:44.69	37.45	350m: 4:20.15	39.33	550m: 6:58.84	39.63	750m: 9:36.24	38.81	
	200m: 2:22.86	38.17	400m: 4:59.58	39.43	600m: 7:38.41	39.57	800m: 10:14.38	38.14	
6.	Ana Sofia Filipe	95	26887	Nacional de Natacao	10:21.01	+0,91	474		15
	50m: 36.12	36.12	250m: 3:12.27	38.76	450m: 5:48.02	39.20	650m: 8:26.76	39.94	
	100m: 1:14.94	38.82	300m: 3:50.95	38.68	500m: 6:27.43	39.41	700m: 9:06.20	39.44	
	150m: 1:54.45	39.51	350m: 4:29.82	38.87	550m: 7:07.03	39.60	750m: 9:44.96	38.76	
	200m: 2:33.51	39.06	400m: 5:08.82	39.00	600m: 7:46.82	39.79	800m: 10:21.01	36.05	
7.	Ana Margarida Salgueiro	99	116616	Nautico de Abrantes	10:23.46	+1,02	469		14
	50m: 33.84	33.84	250m: 3:07.85	39.64	450m: 5:46.94	40.07	650m: 8:26.37	39.68	
	100m: 1:10.69	36.85	300m: 3:47.11	39.26	500m: 6:27.22	40.28	700m: 9:06.71	40.34	
	150m: 1:49.11	38.42	350m: 4:26.89	39.78	550m: 7:07.02	39.80	750m: 9:45.79	39.08	
	200m: 2:28.21	39.10	400m: 5:06.87	39.98	600m: 7:46.69	39.67	800m: 10:23.46	37.67	
8.	Maria Rachadell Pereira	98	104612	Portinado	10:25.44	+0,95	464		13
	50m: 32.42	32.42	250m: 3:07.09	39.56	450m: 5:47.51	40.04	650m: 8:27.78	40.09	
	100m: 1:09.44	37.02	300m: 3:46.55	39.46	500m: 6:27.64	40.13	700m: 9:07.77	39.99	
	150m: 1:48.19	38.75	350m: 4:26.95	40.40	550m: 7:07.66	40.02	750m: 9:47.49	39.72	
	200m: 2:27.53	39.34	400m: 5:07.47	40.52	600m: 7:47.69	40.03	800m: 10:25.44	37.95	
9.	Ana Carolina Monteiro	97	105518	BUZIOS-Coruche	10:30.49	+0,87	453		12
	50m: 36.14	36.14	250m: 3:12.37	39.35	450m: 5:51.95	40.19	650m: 8:34.25	40.67	
	100m: 1:14.46	38.32	300m: 3:51.89	39.52	500m: 6:31.78	39.83	700m: 9:14.55	40.30	
	150m: 1:53.58	39.12	350m: 4:31.97	40.08	550m: 7:11.97	40.19	750m: 9:54.25	39.70	
	200m: 2:33.02	39.44	400m: 5:11.76	39.79	600m: 7:53.58	41.61	800m: 10:30.49	36.24	

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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
10.	Ana Rita Mesquita	98	111875	Propaganda da Natacao	10:48.62	+0,88	416		11
	50m: 37.09	37.09	250m: 3:17.89	40.93	450m: 6:02.14	41.11	650m: 8:48.01	41.55	
	100m: 1:16.57	39.48	300m: 3:58.90	41.01	500m: 6:43.57	41.43	700m: 9:29.48	41.47	
	150m: 1:56.61	40.04	350m: 4:40.04	41.14	550m: 7:24.79	41.22	750m: 10:10.94	41.46	
	200m: 2:36.96	40.35	400m: 5:21.03	40.99	600m: 8:06.46	41.67	800m: 10:48.62	37.68	
11.	Aline Moura Silva	99	111384	Bombeiros dos Estoris	10:55.18	+0,81	404		10
	50m: 37.81	37.81	250m: 3:22.82	40.57	450m: 6:08.58	42.62	650m: 8:54.40	41.13	
	100m: 1:18.99	41.18	300m: 4:03.51	40.69	500m: 6:50.48	41.90	700m: 9:35.55	41.15	
	150m: 1:59.96	40.97	350m: 4:44.10	40.59	550m: 7:31.50	41.02	750m: 10:16.68	41.13	
	200m: 2:42.25	42.29	400m: 5:25.96	41.86	600m: 8:13.27	41.77	800m: 10:55.18	38.50	
12.	Maria Leonor Valente	00	108288	Fluvial Portuense	11:02.15	+0,87	391		9
	50m: 36.84	36.84	250m: 3:24.38	41.41	450m: 6:12.32	41.91	650m: 9:00.79	41.78	
	100m: 1:18.21	41.37	300m: 4:06.44	42.06	500m: 6:53.88	41.56	700m: 9:42.42	41.63	
	150m: 2:00.48	42.27	350m: 4:48.65	42.21	550m: 7:36.28	42.40	750m: 10:23.32	40.90	
	200m: 2:42.97	42.49	400m: 5:30.41	41.76	600m: 8:19.01	42.73	800m: 11:02.15	38.83	
13.	Ines Carolina Malta	98	121815	Natacao de Vagos	11:04.41	+0,84	387		8
	50m: 36.36	36.36	250m: 3:22.91	41.57	450m: 6:12.12	42.29	650m: 9:01.25	41.71	
	100m: 1:18.17	41.81	300m: 4:05.23	42.32	500m: 6:54.51	42.39	700m: 9:42.64	41.39	
	150m: 1:59.40	41.23	350m: 4:47.61	42.38	550m: 7:37.43	42.92	750m: 10:23.74	41.10	
	200m: 2:41.34	41.94	400m: 5:29.83	42.22	600m: 8:19.54	42.11	800m: 11:04.41	40.67	
14.	Ana Rita Correia	98	104558	Lousada SXXI	11:17.53	+0,92	365		7
	50m: 36.62	36.62	250m: 3:24.54	43.00	450m: 6:17.93	43.93	650m: 9:11.36	43.73	
	100m: 1:17.11	40.49	300m: 4:07.63	43.09	500m: 7:01.24	43.31	700m: 9:54.47	43.11	
	150m: 1:58.72	41.61	350m: 4:50.71	43.08	550m: 7:43.96	42.72	750m: 10:37.16	42.69	
	200m: 2:41.54	42.82	400m: 5:34.00	43.29	600m: 8:27.63	43.67	800m: 11:17.53	40.37	
15.	Marcia Alexandra Sousa	97	111040	Penafiel	11:18.18	+0,86	364		6
	50m: 36.05	36.05	250m: 3:22.77	42.80	450m: 6:16.67	43.74	650m: 9:11.29	43.49	
	100m: 1:15.80	39.75	300m: 4:05.56	42.79	500m: 7:00.58	43.91	700m: 9:55.07	43.78	
	150m: 1:57.24	41.44	350m: 4:48.96	43.40	550m: 7:44.18	43.60	750m: 10:38.26	43.19	
	200m: 2:39.97	42.73	400m: 5:32.93	43.97	600m: 8:27.80	43.62	800m: 11:18.18	39.92	
16.	Patricia Alexandra Jose	98	111736	Gualdim Pais	11:30.89	+0,96	344		5
	50m: 37.31	37.31	250m: 3:28.83	44.11	450m: 6:24.07	43.38	650m: 9:22.49	46.17	
	100m: 1:19.01	41.70	300m: 4:12.74	43.91	500m: 7:07.35	43.28	700m: 10:07.76	45.27	
	150m: 2:02.13	43.12	350m: 4:57.31	44.57	550m: 7:51.18	43.83	750m: 10:50.33	42.57	
	200m: 2:44.72	42.59	400m: 5:40.69	43.38	600m: 8:36.32	45.14	800m: 11:30.89	40.56	
17.	Ana Luis Rodrigues	00	122578	Campinho	11:33.20	+1,09	341		4
	50m: 37.29	37.29	250m: 3:32.38	44.74	450m: 6:30.44	44.94	650m: 9:28.28	43.90	
	100m: 1:19.87	42.58	300m: 4:16.88	44.50	500m: 7:14.96	44.52	700m: 10:11.69	43.41	
	150m: 2:03.54	43.67	350m: 5:00.98	44.10	550m: 7:59.71	44.75	750m: 10:53.10	41.41	
	200m: 2:47.64	44.10	400m: 5:45.50	44.52	600m: 8:44.38	44.67	800m: 11:33.20	40.10	
18.	Francisca Goncalves Abreu	96	25212	Elvense	11:35.12	+1,07	338		3
	50m: 38.49	38.49	250m: 3:32.43	44.17	450m: 6:28.13	43.61	650m: 9:24.98	44.12	
	100m: 1:20.47	41.98	300m: 4:16.55	44.12	500m: 7:12.26	44.13	700m: 10:09.01	44.03	
	150m: 2:03.87	43.40	350m: 5:00.45	43.90	550m: 7:56.87	44.61	750m: 10:53.05	44.04	
	200m: 2:48.26	44.39	400m: 5:44.52	44.07	600m: 8:40.86	43.99	800m: 11:35.12	42.07	
19.	Andreia Catarina Jeronimo	98	117537	Natacao do Tejo	11:35.38	+0,80	338		2
	50m: 35.47	35.47	250m: 3:26.20	43.55	450m: 6:23.09	44.58	650m: 9:25.36	45.33	
	100m: 1:16.77	41.30	300m: 4:10.18	43.98	500m: 7:08.40	45.31	700m: 10:09.09	43.73	
	150m: 1:59.42	42.65	350m: 4:54.63	44.45	550m: 7:54.81	46.41	750m: 10:53.23	44.14	
	200m: 2:42.65	43.23	400m: 5:38.51	43.88	600m: 8:40.03	45.22	800m: 11:35.38	42.15	
20.	Adriana Robalo Garcia	00	120668	Naval Praia da Vitoria	12:10.54	+0,89	291		1
	50m: 39.96	39.96	250m: 3:47.41	46.97	450m: 6:53.14	46.36	650m: 9:57.37	45.65	
	100m: 1:26.96	47.00	300m: 4:34.00	46.59	500m: 7:40.36	47.22	700m: 10:42.87	45.50	
	150m: 2:13.70	46.74	350m: 5:20.31	46.31	550m: 8:26.13	45.77	750m: 11:27.35	44.48	
	200m: 3:00.44	46.74	400m: 6:06.78	46.47	600m: 9:11.72	45.59	800m: 12:10.54	43.19	

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Femin., 100m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Rec Nac Inf B	1:09.60	Ines Camacho Fernandes	SCP	Cantanhede	16-05-2009
Rec Nac Inf A	1:05.50	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Rec Nac Juv	1:04.12	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Rec Nac Jun	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Rec Nac Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Mariana Veloso Vitoria	98	110284	Nautico de Abrantes	1:06.68	+0,92	562		21
	50m: 30.73	30.73	100m: 1:06.68	35.95					
2.	Maria Rasetar	97	117550	Portinado	1:10.55	+0,81	475		19
	50m: 32.41	32.41	100m: 1:10.55	38.14					
3.	Rosa Maria Oliveira	96	105858	Estarreja	1:10.92	+0,88	467		18
	50m: 33.44	33.44	100m: 1:10.92	37.48					
4.	Catarina Brito Ferreira	97	104242	Naval Setubalense	1:11.70	+0,85	452		17
	50m: 33.02	33.02	100m: 1:11.70	38.68					
5.	Iolanda Ribeiro Pinheiro	97	20530	Lousada SXXI	1:12.33	+0,92	440		16
	50m: 33.77	33.77	100m: 1:12.33	38.56					
	Daniela Rodrigues Figueiredo	98	102684	Propaganda da Natacao	1:12.33	+0,91	440		16
	50m: 33.30	33.30	100m: 1:12.33	39.03					
7.	Ana Carolina Carraco	99	121177	Freguesia de Paiao	1:12.72	+0,90	433		14
	50m: 33.54	33.54	100m: 1:12.72	39.18					
	Rafaela Cunha Mendes	98	105852	Campinho	1:12.72	+0,87	433		14
	50m: 32.98	32.98	100m: 1:12.72	39.74					
9.	Daniela Domingues Sousa	00	117411	Natacao de Valongo	1:14.99	+0,98	395		12
	50m: 36.65	36.65	100m: 1:14.99	38.34					
10.	Tamara Filipa Saldanha	96	103824	Fluvial Portuense	1:17.13	+0,89	363		11
	50m: 34.80	34.80	100m: 1:17.13	42.33					
11.	Rita Coelho Pita	93	24546	Natacao do Tejo	1:18.37	+0,89	346		10
	50m: 35.09	35.09	100m: 1:18.37	43.28					
12.	Rita Oliveira Afonso	97	107259	Elvense	1:19.72	+0,95	329		9
	50m: 37.59	37.59	100m: 1:19.72	42.13					
13.	Patricia Branco Panta	00	120469	Nacional de Natacao	1:20.53	+1,07	319		8
	50m: 36.99	36.99	100m: 1:20.53	43.54					
14.	Maria Joao Cabral	98	107645	Bombeiros dos Estoris	1:21.48	+0,87	308		7
	50m: 36.50	36.50	100m: 1:21.48	44.98					
15.	Patricia Alexandra Jose	98	111736	Gualdim Pais	1:23.10	+1,01	290		6
	50m: 38.18	38.18	100m: 1:23.10	44.92					
16.	Emilia Matos Pereira	99	112662	Fundacao Beatriz Santos	1:23.46	+1,18	286		5
	50m: 37.07	37.07	100m: 1:23.46	46.39					
17.	Marcia Alexandra Sousa	97	111040	Penafiel	1:23.78	+0,81	283		4
	50m: 37.79	37.79	100m: 1:23.78	45.99					
18.	Joana Gravato Pimentel	99	121821	Natacao de Vagos	1:26.59	+0,91	256		3
	50m: 39.07	39.07	100m: 1:26.59	47.52					
19.	Beatriz Maria Silva	00	122300	Naval Praia da Vitoria	1:46.28	+1,06	138		2
	50m: 47.47	47.47	100m: 1:46.28	58.81					
20.	Beatriz Isabel Nunes	99	111945	BUZIOS-Coruche	1:51.51	+1,02	120		1
	50m: 52.96	52.96	100m: 1:51.51	58.55					

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Prova 15
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Masc., 200m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Rec Nac Inf B	2:21.67	Tomas Miguel Freitas	CDN	Funchal	28-06-2003
Rec Nac Inf A	2:12.42	Tomas Miguel Freitas	CDN	Funchal	11-07-2004
Rec Nac Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Rec Nac Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	13-06-2009
Rec Nac Jun	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Rec Nac Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Miguel Duarte Nascimento	95	14944	Portinado	2:08.89	+0,79	606	22	
	50m: 28.42 28.42		100m: 1:01.19 32.77	150m: 1:35.59 34.40		200m: 2:08.89		33.30	
2.	Rui Miguel Fonseca	88	11990	Fundacao Beatriz Santos	2:11.33	+0,74	573	20	
	50m: 29.09 29.09		100m: 1:01.99 32.90	150m: 1:35.96 33.97		200m: 2:11.33		35.37	
3.	Joao Pedro Santos	95	105859	Estarreja	2:13.92	+0,87	540	19	
	50m: 28.94 28.94		100m: 1:02.59 33.65	150m: 1:37.77 35.18		200m: 2:13.92		36.15	
4.	Andre Filipe Teodoro	95	25350	Naval Setubalense	2:14.72	+0,76	531	18	
	50m: 29.03 29.03		100m: 1:03.30 34.27	150m: 1:38.82 35.52		200m: 2:14.72		35.90	
5.	Bernardo Francisco Pedrosa	97	105206	Natacao de Valongo	2:20.09	+0,99	472	17	
	50m: 31.22 31.22		100m: 1:06.27 35.05	150m: 1:42.50 36.23		200m: 2:20.09		37.59	
6.	Andre Miguel Silva	97	101119	Freguesia de Paiao	2:21.21	+0,91	461	16	
	50m: 30.60 30.60		100m: 1:06.55 35.95	150m: 1:44.09 37.54		200m: 2:21.21		37.12	
7.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	2:22.43	+0,82	449	15	
	50m: 31.88 31.88		100m: 1:08.57 36.69	150m: 1:45.57 37.00		200m: 2:22.43		36.86	
8.	Ruben Miguel Matos	91	110419	Nautico de Abrantes	2:26.82	+0,77	410	14	
	50m: 30.32 30.32		100m: 1:05.11 34.79	150m: 1:43.08 37.97		200m: 2:26.82		43.74	
9.	Rafael Soares Matos	95	117712	Alges e Agueda	2:27.91	+0,74	401	13	
	50m: 32.59 32.59		100m: 1:09.84 37.25	150m: 1:48.68 38.84		200m: 2:27.91		39.23	
10.	Pedro Rafael Cintrao	96	26286	Nucleo de Pombal	2:28.09	+0,77	399	12	
	50m: 31.39 31.39		100m: 1:08.76 37.37	150m: 1:47.56 38.80		200m: 2:28.09		40.53	
11.	Andre Sampaio Santos	95	103267	Fluvial Portuense	2:31.55	+0,70	373	11	
	50m: 32.84 32.84		100m: 1:10.34 37.50	150m: 1:50.92 40.58		200m: 2:31.55		40.63	
12.	Jorge Rogerio Moraes	98	104413	Lousada SXXI	2:32.50	+0,85	366	10	
	50m: 31.74 31.74		100m: 1:08.53 36.79	150m: 1:49.51 40.98		200m: 2:32.50		42.99	
13.	Caio Pizarro Plata	93	121819	Natacao de Vagos	2:37.34	+0,78	333	9	
	50m: 34.37 34.37		100m: 1:14.39 40.02	150m: 1:56.37 41.98		200m: 2:37.34		40.97	
14.	Fernando Miguel Rodrigues	96	116927	Cartaxo	2:37.65	+0,90	331	8	
	50m: 34.87 34.87		100m: 1:17.92 43.05	150m: 1:57.90 39.98		200m: 2:37.65		39.75	
15.	Ricardo Filipe Carrilho	90	10645	Portugal Cultura	2:42.09	+0,89	305	7	
	50m: 31.46 31.46		100m: 1:08.50 37.04	150m: 1:48.87 40.37		200m: 2:42.09		53.22	
16.	Mario Jorge Santos	95	116636	Gualdim Pais	2:44.39	+0,83	292	6	
	50m: 36.97 36.97		100m: 1:18.13 41.16	150m: 1:59.93 41.80		200m: 2:44.39		44.46	
17.	Filipe Miguel Mesquita	97	104894	Natacao do Montijo	2:47.54	+0,84	276	5	
	50m: 34.92 34.92		100m: 1:16.35 41.43	150m: 2:01.27 44.92		200m: 2:47.54		46.27	
18.	Diogo Justino Pinheiro	92	20025	Propaganda da Natacao	2:49.98	+0,92	264	4	
	50m: 36.39 36.39		100m: 1:17.48 41.09	150m: 2:03.04 45.56		200m: 2:49.98		46.94	
19.	Fabio Miguel Gomes	94	121755	Campinho	2:52.89	+0,84	251	3	
	50m: 37.89 37.89		100m: 1:22.64 44.75	150m: 2:09.23 46.59		200m: 2:52.89		43.66	
20.	Joao Paulo Pacheco	98	121342	Penafiel	2:55.79	+0,98	239	2	
	50m: 35.14 35.14		100m: 1:17.07 41.93	150m: 2:05.29 48.22		200m: 2:55.79		50.50	

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Prova 15, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
DSQ	Joao Diogo Lucas	95	101825	Salvaterra de Magos					
	810 - Movimento alternado de pernas após viragem aos 175 m - SW 8.3								

Prova 16
11-11-2012

Femin., 100m Bruços

Absolutos
Resultados

Rec Nac Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	1:17.79	tempo limite			
Rec Nac Inf A	1:15.72	Filipa Vilas Ruivo	DNMG	Caldas da Rainha	01-05-2010
Rec Nac Juv	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Rec Nac Jun	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Rec Nac Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ana Catarina Serra	95	110228	Natacao do Tejo	1:17.59	+0,81	527		21
	50m: 38.01 38.01		100m: 1:17.59 39.58						
2.	Ines Vilela Braga	97	106935	Fluvial Portuense	1:19.82	+0,88	484		19
	50m: 38.02 38.02		100m: 1:19.82 41.80						
3.	Dalia Sofia Curto	95	108816	Nacional de Natacao	1:22.25	+0,83	442		18
	50m: 38.54 38.54		100m: 1:22.25 43.71						
4.	Maria Rachadell Pereira	98	104612	Portinado	1:22.96	+1,01	431		17
	50m: 38.42 38.42		100m: 1:22.96 44.54						
5.	Rute Isabel Leonardo	98	121391	Nautico de Abrantes	1:23.01	+0,92	430		16
	50m: 39.07 39.07		100m: 1:23.01 43.94						
6.	Vanessa Rodrigues Valente	94	12585	Estarreja	1:23.58	+0,97	422		15
	50m: 39.50 39.50		100m: 1:23.58 44.08						
7.	Mariana Graca Vasconcelos	99	107648	Bombeiros dos Estoris	1:25.66	+0,93	392		14
	50m: 40.50 40.50		100m: 1:25.66 45.16						
8.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	1:27.12	+0,77	372		13
	50m: 40.97 40.97		100m: 1:27.12 46.15						
9.	Jessica Rodrigues Tavares	96	105937	Campinho	1:27.33	+0,87	370		12
	50m: 40.69 40.69		100m: 1:27.33 46.64						
10.	Ines Rosado Monteiro	00	121817	Natacao de Vagos	1:28.72	+1,06	352		11
	50m: 42.32 42.32		100m: 1:28.72 46.40						
11.	Rita Alexandra Guedes	94	109572	Propaganda da Natacao	1:28.90	+0,88	350		10
	50m: 41.25 41.25		100m: 1:28.90 47.65						
12.	Rita Alexandra Ribeiro	98	110350	Naval Setubalense	1:29.03	+0,90	349		9
	50m: 41.34 41.34		100m: 1:29.03 47.69						
13.	Ana Rita Fonseca	97	104507	Penafiel	1:30.66	+1,02	330		8
	50m: 42.91 42.91		100m: 1:30.66 47.75						
14.	Diana Mouro Fernandes	99	111136	Freguesia de Paiao	1:31.83	+0,95	318		7
	50m: 43.00 43.00		100m: 1:31.83 48.83						
15.	Ana Raquel Braganca	99	111767	Lousada SXXI	1:32.46	+0,90	311		6
	50m: 43.16 43.16		100m: 1:32.46 49.30						
16.	Francisca Goncalves Abreu	96	25212	Elvense	1:33.10	+1,01	305		5
	50m: 44.15 44.15		100m: 1:33.10 48.95						
17.	Adriana Robalo Garcia	00	120668	Naval Praia da Vitoria	1:41.14	+0,82	238		4
	50m: 46.67 46.67		100m: 1:41.14 54.47						

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Prova 16, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Beatriz Sofia Matilde	00	118110	BUZIOS-Coruche	1:42.15		231		3
	50m: 47.60	47.60	100m: 1:42.15	54.55					
19.	Taisa Moreira Paiva	01	123171	Fundacao Beatriz Santos	1:42.95	+1,05	225		2
	50m: 49.47	49.47	100m: 1:42.95	53.48					
DSQ	Catia Marisa Silva	91	23319	Natacao de Valongo					
	702 - Pernada de golfinho antes da braçada submarina - SW 7.1								

Prova 17
11-11-2012

Masc., 200m Bruços

Absolutos
Resultados

Rec Nac Absoluto	2:08.80	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	2:37.57	Tomas Miguel Freitas	CDN	Funchal	13-07-2003
Rec Nac Inf A	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	08-03-2009
Rec Nac Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	03-03-2012
Rec Nac Juv A	2:18.42	tempo limite			
Rec Nac Jun	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	04-12-2009
Rec Nac Sen	2:08.80	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Miguel Varela	86	12947	Naval Setubalense	2:30.01	+0,84	520	22	
	50m: 34.21	34.21	100m: 1:12.69	38.48	150m: 1:51.35	38.66	200m: 2:30.01	38.66	
2.	Andre Filipe Mendes	92	100307	Nautico de Abrantes	2:30.42	+0,74	516	20	
	50m: 33.22	33.22	100m: 1:12.67	39.45	150m: 1:52.21	39.54	200m: 2:30.42	38.21	
3.	Bruno Miguel Cavadas	89	23279	Natacao de Valongo	2:34.06	+0,88	480	19	
	50m: 34.23	34.23	100m: 1:12.97	38.74	150m: 1:53.37	40.40	200m: 2:34.06	40.69	
4.	Andre da Costa Coelho	96	108625	Nucleo Sportinguista Terceira	2:37.54	+0,81	449	18	
	50m: 34.83	34.83	100m: 1:14.64	39.81	150m: 1:56.81	42.17	200m: 2:37.54	40.73	
5.	Ricardo Jorge Mesquita	96	102079	Fluvial Portuense	2:38.49	+0,83	441	17	
	50m: 35.58	35.58	100m: 1:15.81	40.23	150m: 1:57.35	41.54	200m: 2:38.49	41.14	
6.	Jose Ricardo Sousa	97	105759	Lousada SXXI	2:38.52	+0,82	441	16	
	50m: 35.51	35.51	100m: 1:16.38	40.87	150m: 1:57.30	40.92	200m: 2:38.52	41.22	
7.	Carlos Dias Inacio	95	103518	Portinado	2:39.35	+0,77	434	15	
	50m: 34.85	34.85	100m: 1:15.17	40.32	150m: 1:57.56	42.39	200m: 2:39.35	41.79	
8.	Rafael Arrojado Ferreira	94	108106	Estarreja	2:39.95	+0,83	429	14	
	50m: 34.19	34.19	100m: 1:13.95	39.76	150m: 1:56.40	42.45	200m: 2:39.95	43.55	
9.	Fabio Andre Madureira	90	15910	Penafiel	2:40.77	+0,82	422	13	
	50m: 34.82	34.82	100m: 1:14.30	39.48	150m: 1:56.47	42.17	200m: 2:40.77	44.30	
10.	Uriel Jorge Mateus	88	10641	Portugal Cultura	2:44.51	+0,87	394	12	
	50m: 35.43	35.43	100m: 1:16.83	41.40	150m: 2:00.08	43.25	200m: 2:44.51	44.43	
11.	Nuno Ricardo Goncalves	96	105854	Campinho	2:45.32	+0,95	388	11	
	50m: 36.20	36.20	100m: 1:18.43	42.23	150m: 2:01.86	43.43	200m: 2:45.32	43.46	
12.	Diogo Miguel Fernandes	96	103561	Nucleo de Pombal	2:46.25	+0,83	382	10	
	50m: 37.03	37.03	100m: 1:19.21	42.18	150m: 2:02.55	43.34	200m: 2:46.25	43.70	
13.	Rui Miguel Correia	96	105378	Natacao do Montijo	2:46.78	+0,88	378	9	
	50m: 36.02	36.02	100m: 1:17.93	41.91	150m: 2:02.27	44.34	200m: 2:46.78	44.51	
14.	Ricardo Luis Agostinho	96	107141	Fundacao Beatriz Santos	2:47.27	+0,81	375	8	
	50m: 38.30	38.30	100m: 1:20.80	42.50	150m: 2:04.33	43.53	200m: 2:47.27	42.94	
15.	Tiago Abrantes Oliveira	98	109403	Alges e Agueda	2:51.24	+0,69	349	7	
	50m: 37.48	37.48	100m: 1:20.94	43.46	150m: 2:05.92	44.98	200m: 2:51.24	45.32	

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Prova 17, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Diogo Mendes Pereira	98	107783	Freguesia de Paiao	2:53.89	+1,00	334	6	
	50m: 38.83	38.83	100m: 1:23.03	44.20	150m: 2:08.23	45.20	200m: 2:53.89	45.66	
17.	Pedro Miguel Henriques	96	118297	Cartaxo	2:54.67	+0,75	329	5	
	50m: 38.43	38.43	100m: 1:21.99	43.56	150m: 2:08.62	46.63	200m: 2:54.67	46.05	
18.	Carlos Daniel Salabert	90	23322	Propaganda da Natacao	2:55.50	+1,00	325	4	
	50m: 39.11	39.11	100m: 1:24.58	45.47	150m: 2:10.30	45.72	200m: 2:55.50	45.20	
19.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	3:11.19	+0,85	251	3	
	50m: 42.70	42.70	100m: 1:32.26	49.56	150m: 2:22.72	50.46	200m: 3:11.19	48.47	
20.	Bruno Ribau Abreu	97	121832	Natacao de Vagos	3:13.46	+0,78	242	2	
	50m: 42.23	42.23	100m: 1:31.19	48.96	150m: 2:22.99	51.80	200m: 3:13.46	50.47	
21.	Rodrigo Pereira Damasio	99	118139	Salvaterra de Magos	3:24.11	+0,92	206	1	
	50m: 47.08	47.08	100m: 1:40.36	53.28	150m: 2:31.58	51.22	200m: 3:24.11	52.53	

Prova 18
11-11-2012

Femin., 50m Livres

Absolutos
Resultados

Rec Nac Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	28.93	Mariana Cunha Guerra	ASSSCC	Leiria	27-03-2010
Rec Nac Inf A	28.32	Ines Camacho Fernandes	SCP	Ponte Sor	30-01-2010
Rec Nac Juv	27.16	Harriet Larcher Smith	CFB	Tomar	15-03-2003
Rec Nac Jun	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Rec Nac Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Rosa Maria Oliveira	96	105858	Estarreja	28.07	+0,92	568		21
2.	Beatriz Alves Silva	95	26721	Portinado	28.12	+0,67	565		19
3.	Maria Mar Costa	95	107344	Naval Setubalense	28.63	+0,75	535		18
4.	Mariana Oliveira Vale	93	15977	Natacao de Valongo	28.73	+0,84	529		17
5.	Joana Carina Silva	97	106219	Lousada SXXI	28.75	+1,00	528		16
6.	Filipa Robert Rente	96	122852	Gualdim Pais	29.41	+0,83	494		15
7.	Francisca Ferreira Fonseca	97	121585	Nacional de Natacao	29.56	+0,82	486		14
8.	Maria Mar Palma	96	100237	Bombeiros dos Estoris	29.95	+0,71	467		13
9.	Rita Matos Ponte	96	111134	Freguesia de Paiao	30.33	+1,16	450		12
10.	Rita Alexandra Guedes	94	109572	Propaganda da Natacao	30.36	+0,84	449		11
11.	Maria Madalena Silva	98	116614	Nautico de Abrantes	30.53	+0,74	441		10
12.	Ana Sofia Ferreira	97	121831	Natacao de Vagos	30.65	+0,87	436		9
13.	Joana Sofia Amorim	97	103717	Fluvial Portuense	31.11	+0,82	417		8
14.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	31.98	+0,94	384		7
15.	Tatiana Lima Silva	96	100641	Natacao do Tejo	32.20	+0,96	376		6
16.	Ines Cristina Cordeiro	96	20606	Penafiel	32.21	+0,90	376		5
17.	Ana Luis Rodrigues	00	122578	Campinho	32.51	+1,12	365		4
18.	Carolina Luis Amaral	01	118111	BUZIOS-Coruche	35.12	+1,13	290		3
19.	Sara Cabral Rosario	98	111991	Naval Praia da Vitoria	35.30	+1,03	285		2
20.	Patricia Charruadas Lameiras	00	123244	Elvense	37.09	+0,90	246		1

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Santarém, 10- - 11-11-2012

Prova 19 Masc., 100m Livres Absolutos
11-11-2012 Resultados

Rec Nac Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Rec Nac Inf B	57.40	Tiago Filipe Pereira	DNMG	Caldas da Rainha	11-07-2004
Rec Nac Inf A	54.96	Francisco Carvalho Machado	SAD	Algés	01-07-2012
Rec Nac Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec Nac Juv A	50.82	Tiago Andre Venancio	CNS	Braga	23-03-2003
Rec Nac Jun	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Rec Nac Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Nelson Filipe Martinho	89	16016	Natacao de Valongo	52.08	+0,84	642	22	
	50m: 24.75	24.75	100m: 52.08	27.33					
2.	Joao Pedro Teodoro	90	11156	Naval Setubalense	52.11	+0,71	641	20	
	50m: 24.70	24.70	100m: 52.11	27.41					
3.	Vladyslav Stasyuk	94	117128	Cartaxo	55.34	+0,76	535	19	
	50m: 26.87	26.87	100m: 55.34	28.47					
4.	Miguel Galeao Lopes	96	105891	Portinado	55.82	+0,86	521	18	
	50m: 26.30	26.30	100m: 55.82	29.52					
5.	Jose Tiago Moreira	89	16015	Nucleo Sportinguista Terceira	56.19	+0,89	511	17	
	50m: 27.50	27.50	100m: 56.19	28.69					
6.	Nelson Fernandes Silva	93	12521	Freguesia de Paiao	56.78	+0,88	495	16	
	50m: 26.76	26.76	100m: 56.78	30.02					
7.	Luis Miguel Santos	90	11963	Fundacao Beatriz Santos	57.20	+0,81	484	15	
	50m: 27.60	27.60	100m: 57.20	29.60					
8.	Paulo Ricardo Moreira	91	15487	Propaganda da Natacao	57.66	+0,88	473	14	
	50m: 27.60	27.60	100m: 57.66	30.06					
9.	Jose Carlos Freitas	63	111877	Fluvial Portuense	58.51	+0,81	453	13	
	50m: 28.79	28.79	100m: 58.51	29.72					
10.	Joao David Sousa	88	10233	Estarreja	59.10	+0,91	439	12	
	50m: 27.87	27.87	100m: 59.10	31.23					
11.	Joao Pedro Machado	86	125910	Nautico de Abrantes	59.41	+0,83	432	11	
	50m: 28.14	28.14	100m: 59.41	31.27					
12.	Pedro Miguel Coelho	94	23495	Lousada SXXI	1:00.44	+0,81	411	10	
	50m: 28.61	28.61	100m: 1:00.44	31.83					
	Caio Pizarro Plata	93	121819	Natacao de Vagos	1:00.44	+0,79	411	10	
	50m: 29.36	29.36	100m: 1:00.44	31.08					
14.	Cesar Augusto Gouveia	95	122600	Natacao do Montijo	1:00.53	+0,90	409	8	
	50m: 28.07	28.07	100m: 1:00.53	32.46					
15.	Eduardo Augusto Santiago	98	109402	Alges e Agueda	1:00.88	+0,84	402	7	
	50m: 29.31	29.31	100m: 1:00.88	31.57					
16.	Guilherme Marques Teixeira	94	105946	Campinho	1:01.01	+0,86	399	6	
	50m: 28.80	28.80	100m: 1:01.01	32.21					
17.	Goncalo Ferreira Gameiro	94	26298	Nucleo de Pombal	1:01.56	+0,89	389	5	
	50m: 29.50	29.50	100m: 1:01.56	32.06					
18.	Goncalo Fernando Ferreira	94	121734	Penafiel	1:01.63	+0,85	387	4	
	50m: 29.11	29.11	100m: 1:01.63	32.52					
19.	Roberto Oliveira Felisberto	94	100088	Salvaterra de Magos	1:02.21	+0,77	376	3	
	50m: 29.20	29.20	100m: 1:02.21	33.01					
20.	Francisco Redol Dias	96	123392	Gualdim Pais	1:02.38	+0,79	373	2	
	50m: 29.54	29.54	100m: 1:02.38	32.84					

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 19, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
DSQ	Micael Filipe Silva 403 - Falsa partida - SW 4.4	88	14528	Portugal Cultura					

Prova 20
11-11-2012

Femin., 100m Costas

Absolutos
Resultados

Rec Nac Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	1:10.23	Catarina Alexandra Jardim	GDNVNF	Ponte da Barca	05-03-2010
Rec Nac Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	05-03-2010
Rec Nac Juv	1:02.96	Ines Camacho Fernandes	SCP	Estoril, Alapraia	12-02-2011
Rec Nac Jun	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	17-12-2011
Rec Nac Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Joana Carina Silva 50m: 32.92 32.92 100m: 1:07.50 34.58	97	106219	Lousada SXXI	1:07.50	+0,75	547		21
2.	Maria Morgado Franco 50m: 33.40 33.40 100m: 1:10.23 36.83	98	107311	Portinado	1:10.23	+0,69	486		19
3.	Mariana Oliveira Vale 50m: 34.13 34.13 100m: 1:11.03 36.90	93	15977	Natacao de Valongo	1:11.03	+0,72	470		18
4.	Ines Almeida Gomes 50m: 34.38 34.38 100m: 1:11.88 37.50	98	120186	Nacional de Natacao	1:11.88	+0,73	453		17
5.	Margarida Correia Oliveira 50m: 34.48 34.48 100m: 1:12.00 37.52	98	112540	Naval Setubalense	1:12.00	+0,83	451		16
6.	Ana Carolina Monteiro 50m: 35.59 35.59 100m: 1:14.66 39.07	97	105518	BUZIOS-Coruche	1:14.66	+0,67	404		15
7.	Rita Oliveira Noritake 50m: 36.22 36.22 100m: 1:15.19 38.97	98	107643	Bombeiros dos Estoris	1:15.19	+0,68	396		14
8.	Ana Margarida Salgueiro 50m: 36.44 36.44 100m: 1:15.47 39.03	99	116616	Nautico de Abrantes	1:15.47	+0,82	391		13
9.	Lucia Pedrosa Silva 50m: 35.94 35.94 100m: 1:15.64 39.70	98	107780	Freguesia de Paiao	1:15.64	+0,75	389		12
10.	Rafaela Vieira Marques 50m: 37.66 37.66 100m: 1:16.53 38.87	98	121814	Natacao de Vagos	1:16.53	+0,64	375		11
11.	Sara Martins Capelo 50m: 37.74 37.74 100m: 1:17.80 40.06	98	102562	Propaganda da Natacao	1:17.80	+0,62	357		10
12.	Carolina Miguel Marques 50m: 37.75 37.75 100m: 1:18.21 40.46	99	125320	Natacao do Tejo	1:18.21	+0,75	352		9
13.	Joana Sofia Amorim 50m: 37.90 37.90 100m: 1:19.41 41.51	97	103717	Fluvial Portuense	1:19.41	+0,70	336		8
14.	Rosario Fatima Ferreira 50m: 39.03 39.03 100m: 1:20.87 41.84	98	117620	Estarreja	1:20.87	+1,05	318		7
15.	Helena Isabel Bandeiras 50m: 40.00 40.00 100m: 1:22.69 42.69	95	102751	Elvense	1:22.69	+0,93	297		6
16.	Ines Isabel Graca 50m: 40.95 40.95 100m: 1:23.16 42.21	00	121283	Gualdim Pais	1:23.16	+0,77	292		5
17.	Beatriz Marques Ferreira 50m: 42.51 42.51 100m: 1:26.62 44.11	00	122579	Campinho	1:26.62	+0,80	259		4

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 20, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Mariana Matos Ribeiro	01	123170	Fundacao Beatriz Santos	1:30.45	+0,78	227		3
	50m: 43.88	43.88	100m: 1:30.45	46.57					
19.	Sara Isabel Ferreira	97	104518	Penafiel	1:30.58	+0,77	226		2
	50m: 43.72	43.72	100m: 1:30.58	46.86					
20.	Beatriz Maria Silva	00	122300	Naval Praia da Vitoria	1:32.55	+0,84	212		1
	50m: 44.33	44.33	100m: 1:32.55	48.22					

Prova 21
11-11-2012

Masc., 200m Costas

Absolutos
Resultados

Rec Nac Absoluto	1:55.92	Adriano Miguel Niz	FPN	Istambul (TUR)	10-12-2009
Rec Nac Inf B	2:18.15	Alexandre Lage Ribas	EDV	Ponte da Barca	03-07-2010
Rec Nac Inf A	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	29-06-2012
Rec Nac Juv B	2:06.53	Alexandre Lages Ribas	EDV	Ponte da Barca	06-07-2012
Rec Nac Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	04-06-2011
Rec Nac Jun	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Rec Nac Sen	1:55.92	Adriano Miguel Niz	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Miguel Duarte Nascimento	95	14944	Portinado	2:11.98	+0,67	519	22	
	50m: 30.87	30.87	100m: 1:05.31	34.44	150m: 1:40.10	34.79	200m: 2:11.98	31.88	
2.	Joao Pedro Neto	95	26959	Naval Setubalense	2:12.20	+0,68	517	20	
	50m: 31.04	31.04	100m: 1:05.51	34.47	150m: 1:40.11	34.60	200m: 2:12.20	32.09	
3.	Joao Pedro Santos	95	105859	Estarreja	2:14.52	+0,68	490	19	
	50m: 31.16	31.16	100m: 1:06.48	35.32	150m: 1:41.33	34.85	200m: 2:14.52	33.19	
4.	Humberto Fernandes Felgueira	98	105205	Natacao de Valongo	2:17.77	+0,79	456	18	
	50m: 32.56	32.56	100m: 1:07.59	35.03	150m: 1:42.81	35.22	200m: 2:17.77	34.96	
5.	Bernardo Manuel Valente	95	23497	Fluvial Portuense	2:19.88	+0,79	436	17	
	50m: 33.46	33.46	100m: 1:09.29	35.83	150m: 1:44.49	35.20	200m: 2:19.88	35.39	
6.	Ruben Miguel Matos	91	110419	Nautico de Abrantes	2:21.28	+0,67	423	16	
	50m: 33.68	33.68	100m: 1:09.30	35.62	150m: 1:45.84	36.54	200m: 2:21.28	35.44	
7.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	2:21.68	+0,80	420	15	
	50m: 33.43	33.43	100m: 1:09.58	36.15	150m: 1:46.67	37.09	200m: 2:21.68	35.01	
8.	Joao Jose Laranjeira	98	105936	Campinho	2:22.44	+0,74	413	14	
	50m: 33.60	33.60	100m: 1:10.04	36.44	150m: 1:46.32	36.28	200m: 2:22.44	36.12	
9.	Joao Andre Silvestre	94	122670	Natacao de Vagos	2:24.02	+0,74	399	13	
	50m: 32.98	32.98	100m: 1:09.02	36.04	150m: 1:46.71	37.69	200m: 2:24.02	37.31	
10.	Antonio Jorge Rocha	94	15322	Penafiel	2:25.82	+0,71	385	12	
	50m: 32.72	32.72	100m: 1:09.13	36.41	150m: 1:46.20	37.07	200m: 2:25.82	39.62	
11.	Diogo Andre Catita	88	10640	Portugal Cultura	2:27.74	+1,04	370	11	
	50m: 32.85	32.85	100m: 1:09.44	36.59	150m: 1:48.81	39.37	200m: 2:27.74	38.93	
12.	Eduardo Abel Duarte	98	104561	Lousada SXXI	2:28.36	+0,77	365	10	
	50m: 34.14	34.14	100m: 1:11.55	37.41	150m: 1:50.39	38.84	200m: 2:28.36	37.97	
13.	Joao Ismael Melo	97	112384	Alges e Agueda	2:29.81	+0,73	355	9	
	50m: 34.67	34.67	100m: 1:12.31	37.64	150m: 1:51.58	39.27	200m: 2:29.81	38.23	
14.	Pedro Miguel Henriques	96	118297	Cartaxo	2:29.95	+0,76	354	8	
	50m: 33.54	33.54	100m: 1:11.23	37.69	150m: 1:50.76	39.53	200m: 2:29.95	39.19	

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Prova 21, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
15.	Manuel Jose Alves	96	104895	Natacao do Montijo	2:32.46	+0,68	337	7	
	50m: 34.46	34.46	100m: 1:12.78	38.32	150m: 1:53.35	40.57	200m: 2:32.46	39.11	
16.	Tiago Soares Silva	97	105608	Propaganda da Natacao	2:33.37	+0,74	331	6	
	50m: 36.44	36.44	100m: 1:15.89	39.45	150m: 1:55.39	39.50	200m: 2:33.37	37.98	
17.	Joao Courelas Goncalves	97	107282	Nucleo de Pombal	2:33.64	+0,79	329	5	
	50m: 34.98	34.98	100m: 1:13.67	38.69	150m: 1:53.84	40.17	200m: 2:33.64	39.80	
18.	Ricardo Luis Agostinho	96	107141	Fundacao Beatriz Santos	2:34.26	+0,73	325	4	
	50m: 36.55	36.55	100m: 1:15.62	39.07	150m: 1:55.12	39.50	200m: 2:34.26	39.14	
19.	Alexandre Santos Mesquita	99	111139	Freguesia de Paiao	2:35.14	+0,70	319	3	
	50m: 37.12	37.12	100m: 1:17.08	39.96	150m: 1:56.67	39.59	200m: 2:35.14	38.47	
20.	Vicente Paulo Rocha	97	119897	Nucleo Sportinguista Terceira	2:45.89	+0,89	261	2	
	50m: 37.57	37.57	100m: 1:19.17	41.60	150m: 2:03.66	44.49	200m: 2:45.89	42.23	
21.	Rafael Ilidio Antunes	97	124074	Salvaterra de Magos	2:54.35	+0,70	225	1	
	50m: 39.60	39.60	100m: 1:23.52	43.92	150m: 2:09.71	46.19	200m: 2:54.35	44.64	

Prova 22
11-11-2012

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec Nac Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nac Inf A	4:25.30	tempo limite			
Rec Nac Juv	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec Nac Jun	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec Nac Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Mariana Veloso Vitoria	98	110284	Nautico de Abrantes	4:41.56	+0,93	580		21
	50m: 30.43	30.43	150m: 1:39.95	35.45	250m: 2:51.17	34.79	350m: 4:04.53	36.48	
	100m: 1:04.50	34.07	200m: 2:16.38	36.43	300m: 3:28.05	36.88	400m: 4:41.56	37.03	
2.	Ana Carolina Carraco	99	121177	Freguesia de Paiao	4:44.27	+0,88	564		19
	50m: 32.66	32.66	150m: 1:43.95	36.02	250m: 2:55.94	35.86	350m: 4:09.01	36.60	
	100m: 1:07.93	35.27	200m: 2:20.08	36.13	300m: 3:32.41	36.47	400m: 4:44.27	35.26	
3.	Ariana Alves Nunes	95	13348	Portinado	4:52.68	+0,86	517		18
	50m: 31.51	31.51	150m: 1:43.43	36.58	250m: 2:58.30	37.81	350m: 4:15.56	38.85	
	100m: 1:06.85	35.34	200m: 2:20.49	37.06	300m: 3:36.71	38.41	400m: 4:52.68	37.12	
4.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	4:53.57	+0,93	512		17
	50m: 33.47	33.47	150m: 1:46.65	36.91	250m: 3:01.61	37.36	350m: 4:16.93	37.78	
	100m: 1:09.74	36.27	200m: 2:24.25	37.60	300m: 3:39.15	37.54	400m: 4:53.57	36.64	
5.	Barbara Sofia Lopes	98	110519	Estarreja	4:54.53	+0,96	507		16
	50m: 33.79	33.79	150m: 1:47.32	37.23	250m: 3:02.62	37.45	350m: 4:18.06	38.01	
	100m: 1:10.09	36.30	200m: 2:25.17	37.85	300m: 3:40.05	37.43	400m: 4:54.53	36.47	
6.	Mariana Ramalhinho Mascarer	97	107665	Naval Setubalense	4:56.11	+0,92	499		15
	50m: 32.48	32.48	150m: 1:44.94	37.04	250m: 3:01.66	38.43	350m: 4:18.92	38.61	
	100m: 1:07.90	35.42	200m: 2:23.23	38.29	300m: 3:40.31	38.65	400m: 4:56.11	37.19	
7.	Joana Margarida Sousa	97	104510	Natacao de Valongo	5:01.59	+0,94	472		14
	50m: 34.13	34.13	150m: 1:49.21	38.12	250m: 3:06.32	38.41	350m: 4:24.16	39.05	
	100m: 1:11.09	36.96	200m: 2:27.91	38.70	300m: 3:45.11	38.79	400m: 5:01.59	37.43	
8.	Maria Mar Palma	96	100237	Bombeiros dos Estoris	5:04.27	+0,88	460		13
	50m: 33.07	33.07	150m: 1:48.61	38.56	250m: 3:07.16	39.77	350m: 4:25.79	38.88	
	100m: 1:10.05	36.98	200m: 2:27.39	38.78	300m: 3:46.91	39.75	400m: 5:04.27	38.48	

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Prova 22, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Patricia Branco Panta	00	120469	Nacional de Natacao	5:08.86	+1,13	440		12
	50m: 34.35	34.35	150m: 1:53.29	40.33	250m: 3:12.96	39.98	350m: 4:31.44	38.88	
	100m: 1:12.96	38.61	200m: 2:32.98	39.69	300m: 3:52.56	39.60	400m: 5:08.86	37.42	
10.	Ines Alves Martins	01	112126	Fluvial Portuense	5:17.50	+0,84	405		11
	50m: 35.42	35.42	150m: 1:55.35	40.31	250m: 3:16.53	40.46	350m: 4:37.68	40.53	
	100m: 1:15.04	39.62	200m: 2:36.07	40.72	300m: 3:57.15	40.62	400m: 5:17.50	39.82	
11.	Filipa Robert Rente	96	122852	Gualdim Pais	5:17.57	+0,83	404		10
	50m: 33.95	33.95	150m: 1:53.38	40.47	250m: 3:15.85	41.27	350m: 4:39.06	40.73	
	100m: 1:12.91	38.96	200m: 2:34.58	41.20	300m: 3:58.33	42.48	400m: 5:17.57	38.51	
12.	Ana Rita Mesquita	98	111875	Propaganda da Natacao	5:17.70	+0,90	404		9
	50m: 36.51	36.51	150m: 1:56.26	40.16	250m: 3:17.32	40.73	350m: 4:39.31	41.04	
	100m: 1:16.10	39.59	200m: 2:36.59	40.33	300m: 3:58.27	40.95	400m: 5:17.70	38.39	
13.	Ines Carolina Malta	98	121815	Natacao de Vagos	5:18.18	+0,93	402		8
	50m: 36.25	36.25	150m: 1:57.09	40.40	250m: 3:19.31	41.17	350m: 4:39.86	39.59	
	100m: 1:16.69	40.44	200m: 2:38.14	41.05	300m: 4:00.27	40.96	400m: 5:18.18	38.32	
14.	Clara Simoes Alves	98	111472	Naval Praia da Vitoria	5:25.88	+0,74	374		7
	50m: 36.63	36.63	150m: 1:58.90	41.29	250m: 3:22.32	41.91	350m: 4:45.35	41.37	
	100m: 1:17.61	40.98	200m: 2:40.41	41.51	300m: 4:03.98	41.66	400m: 5:25.88	40.53	
15.	Ana Rita Correia	98	104558	Lousada SXXI	5:31.00	+0,91	357		6
	50m: 35.52	35.52	150m: 1:56.44	41.59	250m: 3:22.20	43.27	350m: 4:49.98	44.02	
	100m: 1:14.85	39.33	200m: 2:38.93	42.49	300m: 4:05.96	43.76	400m: 5:31.00	41.02	
16.	Ana Luis Rodrigues	00	122578	Campinho	5:34.47	+1,23	346		5
	50m: 36.90	36.90	150m: 2:01.16	42.54	250m: 3:27.11	43.18	350m: 4:53.24	43.15	
	100m: 1:18.62	41.72	200m: 2:43.93	42.77	300m: 4:10.09	42.98	400m: 5:34.47	41.23	
17.	Andreia Catarina Jeronimo	98	117537	Natacao do Tejo	5:45.61	+0,81	314		4
	50m: 34.36	34.36	150m: 2:00.08	44.50	250m: 3:31.21	45.94	350m: 5:02.34	45.37	
	100m: 1:15.58	41.22	200m: 2:45.27	45.19	300m: 4:16.97	45.76	400m: 5:45.61	43.27	
18.	Sara Catarina Teixeira	99	121735	Penafiel	5:56.23		286		3
	50m: 39.81	39.81	150m: 2:08.12	45.23	250m: 3:40.12	45.76	350m: 5:12.27	45.70	
	100m: 1:22.89	43.08	200m: 2:54.36	46.24	300m: 4:26.57	46.45	400m: 5:56.23	43.96	
19.	Rita Oliveira Afonso	97	107259	Elvense	6:01.38	+0,95	274		2
	50m: 38.90	38.90	150m: 2:09.24	45.93	250m: 3:42.27	46.28	350m: 5:15.30	46.08	
	100m: 1:23.31	44.41	200m: 2:55.99	46.75	300m: 4:29.22	46.95	400m: 6:01.38	46.08	
20.	Carolina Sofia Eusebio	00	111947	BUZIOS-Coruche	6:19.70	+0,97	236		1
	50m: 38.35	38.35	150m: 2:10.10	47.33	250m: 3:49.21	49.40	350m: 5:30.77	50.58	
	100m: 1:22.77	44.42	200m: 2:59.81	49.71	300m: 4:40.19	50.98	400m: 6:19.70	48.93	

Prova 23
11-11-2012

Masc., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Andre Filipe Mendes	92	100307	Nautico de Abrantes	2:14.41	+0,75	549	22	
	50m: 27.91	27.91	100m: 1:03.19	35.28	150m: 1:44.30	41.11	200m: 2:14.41	30.11	
2.	Miguel Duarte Nascimento	95	14944	Portinado	2:14.60	+0,73	547	20	
	50m: 27.25	27.25	100m: 1:00.40	33.15	150m: 1:41.53	41.13	200m: 2:14.60	33.07	
3.	Joao Pedro Neto	95	26959	Naval Setubalense	2:17.39	+0,81	514	19	
	50m: 29.67	29.67	100m: 1:04.12	34.45	150m: 1:44.53	40.41	200m: 2:17.39	32.86	
4.	Bruno Miguel Cavadas	89	23279	Natacao de Valongo	2:18.15	+0,90	505	18	
	50m: 29.58	29.58	100m: 1:06.16	36.58	150m: 1:46.00	39.84	200m: 2:18.15	32.15	

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Prova 23, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
5.	Julio Dinis Goncalves	96	103624	Fluvial Portuense	2:21.61	+0,85	469	17	
	50m: 29.27	29.27	100m: 1:06.46	37.19	150m: 1:50.43	43.97	200m: 2:21.61	31.18	
6.	Pedro Rafael Cintrao	96	26286	Nucleo de Pombal	2:23.33	+0,74	453	16	
	50m: 30.57	30.57	100m: 1:08.13	37.56	150m: 1:51.06	42.93	200m: 2:23.33	32.27	
7.	Andre da Costa Coelho	96	108625	Nucleo Sportinguista Terceira	2:24.31	+0,79	443	15	
	50m: 31.72	31.72	100m: 1:10.62	38.90	150m: 1:51.74	41.12	200m: 2:24.31	32.57	
8.	Joao Luis Serrano	91	12306	Cartaxo	2:25.89	+0,82	429	14	
	50m: 30.21	30.21	100m: 1:08.06	37.85	150m: 1:53.08	45.02	200m: 2:25.89	32.81	
9.	Rui Filipe Torrao	95	104898	Natacao do Montijo	2:26.10	+0,81	427	13	
	50m: 30.52	30.52	100m: 1:07.15	36.63	150m: 1:52.42	45.27	200m: 2:26.10	33.68	
10.	Uriel Jorge Mateus	88	10641	Portugal Cultura	2:27.70	+0,97	413	12	
	50m: 31.57	31.57	100m: 1:11.14	39.57	150m: 1:52.47	41.33	200m: 2:27.70	35.23	
11.	Nuno Ricardo Goncalves	96	105854	Campinho	2:29.15	+0,95	402	11	
	50m: 31.65	31.65	100m: 1:13.38	41.73	150m: 1:55.26	41.88	200m: 2:29.15	33.89	
12.	Pedro Miguel Coelho	94	23495	Lousada SXXI	2:30.10	+0,83	394	10	
	50m: 32.56	32.56	100m: 1:11.47	38.91	150m: 1:55.23	43.76	200m: 2:30.10	34.87	
13.	Carlos Daniel Ramos	96	110520	Estarreja	2:30.52	+0,84	391	9	
	50m: 32.62	32.62	100m: 1:11.92	39.30	150m: 1:56.30	44.38	200m: 2:30.52	34.22	
14.	Tiago Abrantes Oliveira	98	109403	Alges e Agueda	2:31.69	+0,69	382	8	
	50m: 31.37	31.37	100m: 1:13.37	42.00	150m: 1:56.47	43.10	200m: 2:31.69	35.22	
15.	Joao Andre Silvestre	94	122670	Natacao de Vagos	2:33.36	+0,84	369	7	
	50m: 31.85	31.85	100m: 1:09.36	37.51	150m: 1:56.54	47.18	200m: 2:33.36	36.82	
16.	Carlos Manuel Silva	97	104048	Penafiel	2:37.73	+0,80	339	6	
	50m: 31.86	31.86	100m: 1:11.72	39.86	150m: 1:58.31	46.59	200m: 2:37.73	39.42	
17.	Mario Jorge Santos	95	116636	Gualdim Pais	2:39.09	+0,83	331	5	
	50m: 32.34	32.34	100m: 1:11.85	39.51	150m: 1:59.98	48.13	200m: 2:39.09	39.11	
18.	Joao Diogo Lucas	95	101825	Salvaterra de Magos	2:39.94	+0,78	326	4	
	50m: 32.98	32.98	100m: 1:15.93	42.95	150m: 2:02.07	46.14	200m: 2:39.94	37.87	
19.	Alexandre Santos Mesquita	99	111139	Freguesia de Paiao	2:43.17	+0,92	307	3	
	50m: 37.04	37.04	100m: 1:17.00	39.96	150m: 2:05.24	48.24	200m: 2:43.17	37.93	
20.	Diogo Justino Pinheiro	92	20025	Propaganda da Natacao	2:44.94	+0,97	297	2	
	50m: 33.64	33.64	100m: 1:18.94	45.30	150m: 2:07.43	48.49	200m: 2:44.94	37.51	
21.	Miguel Diogo Agostinho	00	117312	Fundacao Beatriz Santos	2:48.27	+0,87	279	1	
	50m: 38.23	38.23	100m: 1:21.14	42.91	150m: 2:11.57	50.43	200m: 2:48.27	36.70	

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 24 11-11-2012	Femin., 4 x 100m Livres					Absolutos Resultados
Rec Nac Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
Rec Nac Inf B	4:20.86	Futebol Clube do Porto	FCP			
Rec Nac Inf A	4:15.30	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu		12-03-2011
Rec Nac Juv	4:08.36	Sporting Clube de Portugal	SCP	Guimarães		10-03-2002
Rec Nac Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria		06-12-2009
Rec Nac Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010

Pontos: FINA 2012

Lugar	NFed	Clube		Tempo Final	TReac	Pts FINA	Pts	Pts	
1. Portinado		Portinado		4:12.24	+0,78	562		21	
		Ariana Alves Nunes	+0,78	29.34	1:02.32	Maria Rachadell Pereira	+0,24	29.75	1:03.35
		Maria Morgado Franco	+0,04	29.84	1:03.69	Beatriz Alves Silva	+0,28	29.30	1:02.88
2. Estarreja		Estarreja		4:18.04	+0,92	525		19	
		Barbara Sofia Lopes	+0,92	30.76	1:04.65	Catia Sofia Silva	+0,28	31.58	1:06.16
		Vanessa Rodrigues Valente	+0,41	31.45	1:05.49	Rosa Maria Oliveira	+0,45	29.67	1:01.74
3. Nacional de Natacao		Nacional de Natacao		4:19.98	+0,84	513		18	
		Dalia Sofia Curto	+0,84	31.28	1:05.11	Ana Sofia Filipe	+0,62	21.43	1:04.69
		Ines Almeida Gomes	+0,64	31.44	1:05.56	Francisca Ferreira Fonseca	+0,60	31.19	1:04.62
4. Nautico de Abrantes		Nautico de Abrantes		4:20.47	+0,88	510		17	
		Mariana Veloso Vitoria	+0,88	29.81	1:01.95	Ana Margarida Salgueiro	+0,59	31.76	1:06.75
		Rute Isabel Leonardo	+0,68	32.06	1:06.85	Maria Madalena Silva	+0,58	30.95	1:04.92
5. Naval Setubalense		Naval Setubalense		4:22.23	+0,75	500		16	
		Maria Mar Costa	+0,75	30.18	1:03.41	Margarida Monteiro Sousa	+0,54	31.99	1:08.27
		Margarida Correia Oliveira	+1,68	32.15	1:07.26	Catarina Brito Ferreira	+0,51	30.19	1:03.29
6. Natacao de Valongo		Natacao de Valongo		4:24.56	+0,84	487		15	
		Mariana Oliveira Vale	+0,84	30.69	1:03.59	Joana Margarida Sousa	+0,34	32.47	1:07.98
		Catia Marisa Silva	+0,43	31.71	1:06.53	Cristiana Ferreira Santos	+0,56	31.32	1:06.46
7. Freguesia de Paiao		Freguesia de Paiao		4:25.96	+0,87	479		14	
		Ana Carolina Carraco	+0,87	31.65	1:05.04	Iara Mesquita Costa	+0,44	32.94	1:09.14
		Rita Matos Ponte	+0,46	31.57	1:06.23	Lucia Pedrosa Silva	+0,53	30.13	1:05.55
8. Propaganda da Natacao		Propaganda da Natacao		4:33.22	+0,94	442		13	
		Daniela Rodrigues Figueiredo	+0,94	32.50	1:07.00	Ana Rita Mesquita	+0,61	35.11	1:12.30
		Sara Martins Capelo	+0,25	32.76	1:08.46	Rita Alexandra Guedes	+0,22	30.60	1:05.46
9. Fluvial Portuense		Fluvial Portuense		4:36.07	+0,90	429		12	
		Ines Vilela Braga	+0,90	31.03	1:03.86	Tamara Filipa Saldanha	+0,61	33.33	1:09.79
		Joana Sofia Amorim	+0,46	32.18	1:08.98	Maria Leonor Valente	+0,57	35.17	1:13.44
10. Natacao de Vagos		Natacao de Vagos		4:36.86	+0,93	425		11	
		Joana Gravato Pimentel	+0,93	33.93	1:11.16	Rafaela Vieira Marques	+0,47	32.47	1:07.14
		Ines Carolina Malta	+0,88	34.68	1:12.01	Ana Sofia Ferreira	+0,69	31.54	1:06.55
11. Bombeiros dos Estoris		Bombeiros dos Estoris		4:37.21	+0,78	423		10	
		Rita Oliveira Noritake	+0,78	32.89	1:08.81	Mariana Ramos Brito	+0,11	33.04	1:10.45
		Mariana Graca Vasconcelos	+0,65	35.43	1:12.65	Maria Mar Palma	+0,59	31.72	1:05.30
12. Lousada SXXI		Lousada SXXI		4:38.31	+0,93	418		9	
		Iolanda Ribeiro Pinheiro	+0,93	32.02	1:07.39	Joana Carina Silva	+0,63	30.00	1:03.28
		Ana Raquel Braganca	+0,50	35.97	1:14.72	Ana Rita Correia	+0,71	34.74	1:12.92
13. Natacao do Tejo		Natacao do Tejo		4:38.65	+0,94	417		8	
		Rita Coelho Pita	+0,94	33.43	1:10.30	Tatiana Lima Silva	+0,61	33.45	1:10.95
		Ana Teresa Nunes	+0,67	34.03	1:11.36	Ana Catarina Serra	+0,61	31.70	1:06.04
14. Gualdim Pais		Gualdim Pais		4:43.47	+0,79	396		7	
		Catarina Goncalves Trezentos	+0,79	33.07	1:08.79	Ines Isabel Graca	+0,52	35.49	1:14.06
		Patricia Alexandra Jose	+0,73	34.13	1:12.87	Filipa Robert Rente	+0,54	31.01	1:07.75
15. Campinho		Campinho		4:44.55	+1,08	391		6	
		Ana Luis Rodrigues	+1,08	34.64	1:12.99	Rafaela Cunha Mendes	+0,34	32.16	1:07.47
		Jessica Rodrigues Tavares	+0,48	34.30	1:12.42	Daniela Marques Genio	+0,23	33.87	1:11.67

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Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16. Penafiel		Penafiel	4:52.85	+0,80	359		5
		Marcia Alexandra Sousa	+0,80 34.10 1:12.28	+0,63	34.29	1:12.31	
		Ines Cristina Cordeiro	+0,62 33.82 1:10.33	+0,60	37.31	1:17.93	
17. Elvense		Elvense	5:02.61	+1,00	325		4
		Francisca Goncalves Abreu	+1,00 34.93 1:14.00	+0,67	36.12	1:16.55	
		Ana Rita Madeira	+0,51 37.17 1:20.01	+0,50	34.53	1:12.05	
18. Fundacao Beatriz Santos		Fundacao Beatriz Santos	5:03.79	+0,95	321		3
		Joana Beatriz Bernardo	+0,95 33.52 1:09.55	+0,81	35.26	1:13.24	
		Eva Fernandes Cardoso	+0,66 37.90 1:19.57	+1,11	30.67	1:21.43	
19. Naval Praia da Vitoria		Naval Praia da Vitoria	5:11.28	+0,86	299		2
		Adriana Robalo Garcia	+0,86 36.66 1:18.83	+0,26	37.22	1:20.55	
		Sara Cabral Rosario	+0,46 36.96 1:18.11	+0,66	35.11	1:13.79	
20. BUZIOS-Coruche		BUZIOS-Coruche	5:17.61	+0,91	281		1
		Ana Carolina Monteiro	+0,91 32.74 1:08.14	+0,87	37.13	1:20.37	
		Beatriz Isabel Nunes	+0,63 41.08 1:27.70	+0,46	37.96	1:21.40	

Prova 25 Masc., 4 x 100m Estilos Absolutos
11-11-2012 Resultados

Rec Nac Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	4:40.64	Clube de Natacao de Alcobaca	CNAL	Leiria	03-06-2006
Rec Nac Inf A	4:20.39	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Mealhada	05-04-2003
Rec Nac Juv B	4:09.04	Futebol Clube do Porto	FCP	Braga	03-03-2012
Rec Nac Juv A	4:03.10	Clube de Natacao Colegio Vasco da	CVGna	Braga	23-03-2003
Rec Nac Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Mealhada	24-03-2000
Rec Nac Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1. Naval Setubalense		Naval Setubalense	3:58.75	+0,66	580	22	
		Joao Pedro Neto	+0,66 28.90 59.20	+0,35	25.93	56.35	
		Pedro Miguel Varela	+0,28 32.06 1:08.71	+0,28	25.70	54.49	
2. Portinado		Portinado	4:06.27	+0,68	528	20	
		Miguel Duarte Nascimento	+0,68 28.52 58.45	+0,45	27.67	1:02.24	
		Goncalo Alexandre Fonseca	+0,27 31.17 1:08.78	+0,52	26.48	56.80	
3. Natacao de Valongo		Natacao de Valongo	4:08.47	+0,82	514	19	
		Hugo Moreira Martins	+0,82 31.35 1:05.39	+0,66	29.39	1:03.32	
		Bruno Miguel Cavadas	+0,54 31.29 1:08.00	+0,20	24.51	51.76	
4. Estarreja		Estarreja	4:12.23	+0,69	492	18	
		Joao Pedro Santos	+0,69 29.28 1:00.57	+0,51	29.46	1:05.36	
		Rafael Arrojado Ferreira	+0,52 32.79 1:10.97	+0,70	26.20	55.33	
5. Nautico de Abrantes		Nautico de Abrantes	4:17.94	+0,67	460	17	
		Ruben Miguel Matos	+0,67 32.25 1:05.51	+0,40	29.52	1:04.72	
		Andre Filipe Mendes	+0,30 31.49 1:08.28	+0,37	28.16	59.43	
6. Fundacao Beatriz Santos		Fundacao Beatriz Santos	4:20.71	+0,75	445	16	
		Luis Miguel Santos	+0,75 31.96 1:05.01	+0,67	27.30	58.79	
		Ricardo Luis Agostinho	+0,31 35.25 1:16.00	+0,38	29.06	1:00.91	
7. Fluvial Portuense		Fluvial Portuense	4:23.12	+0,82	433	15	
		Bernardo Manuel Valente	+0,82 32.56 1:07.71	+0,17	30.19	1:05.79	
		Ricardo Jorge Mesquita	+0,47 34.39 1:13.74	+0,42	26.75	55.88	
8. Nucleo Sportinguista Terceira		Nucleo Sportinguista Terceira	4:24.89	+0,79	425	14	
		Eduardo Manuel Goncalves	+0,79 34.75 1:11.50	+0,36	28.34	1:02.72	
		Frederico Alexandre Freitas	+0,38 33.60 1:13.89	+0,68	27.21	56.78	

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Prova 25, Masc., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9. Penafiel		Penafiel	4:28.00	+0,88	410	13	
	+0,88	36.32 1:14.10	Antonio Jorge Rocha	+0,45	28.16	1:01.30	
	+0,38	32.89 1:13.03	Goncalo Fernando Ferreira	+0,38	28.40	59.57	
10. Portugal Cultura		Portugal Cultura	4:29.14	+0,67	405	12	
	+0,67	34.52 1:12.46	Ricardo Filipe Carrilho	+0,36	28.51	1:04.97	
	+0,16	33.28 1:13.10	Guilherme Luis Goncalves	+0,38	27.09	58.61	
11. Cartaxo		Cartaxo	4:30.84	+0,77	397	11	
	+0,77	33.53 1:09.51	Fernando Miguel Rodrigues	+0,54	30.56	1:07.18	
	+0,49	34.79 1:16.21	Joao Luis Serrano	+0,49	27.30	57.94	
12. Natacao do Montijo		Natacao do Montijo	4:31.79	+0,58	393	10	
	+0,58	33.37 1:09.20	Rui Filipe Torrao	+0,69	30.41	1:07.11	
	+0,51	34.00 1:13.88	Cesar Augusto Gouveia	+0,03	28.32	1:01.60	
13. Lousada SXXI		Lousada SXXI	4:32.15	+0,69	391	9	
	+0,69	33.80 1:09.11	Jose Ricardo Sousa	+0,28	29.87	1:05.44	
		35.48 1:17.78	Jorge Rogerio Moraes	+0,67	28.23	59.82	
14. Nucleo de Pombal		Nucleo de Pombal	4:32.94	+1,05	388	8	
	+1,05	32.88 1:07.07	Ricardo Contreiras Jeronimo	+0,44	31.22	1:08.21	
	+0,80	35.68 1:17.61	Joao Courelas Goncalves	+0,59	28.60	1:00.05	
15. Freguesia de Paiao		Freguesia de Paiao	4:34.48	+0,67	382	7	
	+0,67	34.51 1:10.76	Andre Miguel Silva	+0,32	28.00	1:01.70	
	+0,60	40.24 1:25.03	Nelson Fernandes Silva	+0,22	26.89	56.99	
16. Campinho		Campinho	4:34.60	+0,68	381	6	
	+0,68	31.34 1:05.25	Luis Duarte Peralta	+0,28	30.29	1:08.87	
	+0,80	35.75 1:16.24	Miguel Frias Branco	+0,44	29.55	1:04.24	
17. Alges e Agueda		Alges e Agueda	4:36.07	+0,67	375	5	
	+0,67	33.31 1:09.12	Tiago Abrantes Oliveira	+0,58	31.92	1:08.36	
	+0,50	36.26 1:18.08	Eduardo Augusto Santiago	+0,48	28.73	1:00.51	
18. Natacao de Vagos		Natacao de Vagos	4:39.44	+0,67	362	4	
	+0,67	32.77 1:06.72	Caio Pizarro Plata	+0,44	31.13	1:06.49	
	+0,45	39.84 1:26.11	Pedro Rosado Monteiro	+0,52	28.02	1:00.12	
19. Propaganda da Natacao		Propaganda da Natacao	4:41.88	+0,70	352	3	
	+0,70	34.36 1:12.10	Diogo Justino Pinheiro	+0,32	33.57	1:14.81	
	+0,32	35.78 1:18.00	Paulo Ricardo Moreira	+0,32	26.50	56.97	
20. Gualdim Pais		Gualdim Pais	4:53.15	+0,75	313	2	
	+0,75	33.39 1:08.27	Mario Jorge Santos	+0,32	34.37	1:15.01	
	+0,71	39.82 1:27.27	Francisco Redol Dias	+0,71	30.20	1:02.60	
DSQ Salvaterra de Magos		Salvaterra de Magos					
111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11							
	+0,64	33.94 1:11.16	Joao Diogo Lucas	-0,10			
	+0,50	43.95 1:34.58	Joao Filipe Jacinto	+0,55			

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11-11-2012 Resultados

Rec Nac Absoluto	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009
Rec Nac Inf B	9:07.76	Pedro Fontoura Oliveira	CFB	Santarem	06-04-2003
Rec Nac Inf A	8:42.19	Pedro Fontoura Oliveira	CFB	Reboleira	27-06-2004
Rec Nac Juv B	8:27.18	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2006
Rec Nac Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2007
Rec Nac Jun	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Rec Nac Sen	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Miguel Varela	86	12947	Naval Setubalense	9:09.64	+0,90	525	22	
	50m: 31.52	31.52	250m: 2:47.20	34.12	450m: 5:04.94	34.65	650m: 7:24.26	34.74	
	100m: 1:05.08	33.56	300m: 3:21.53	34.33	500m: 5:39.83	34.89	700m: 7:59.41	35.15	
	150m: 1:39.25	34.17	350m: 3:55.80	34.27	550m: 6:14.55	34.72	750m: 8:34.94	35.53	
	200m: 2:13.08	33.83	400m: 4:30.29	34.49	600m: 6:49.52	34.97	800m: 9:09.64	34.70	
2.	Jose Ricardo Sousa	97	105759	Lousada SXXI	9:13.98	+0,85	512	20	
	50m: 30.87	30.87	250m: 2:50.81	35.31	450m: 5:11.93	35.22	650m: 7:33.17	35.17	
	100m: 1:05.18	34.31	300m: 3:26.68	35.87	500m: 5:47.36	35.43	700m: 8:08.06	34.89	
	150m: 1:40.29	35.11	350m: 4:01.42	34.74	550m: 6:23.09	35.73	750m: 8:41.96	33.90	
	200m: 2:15.50	35.21	400m: 4:36.71	35.29	600m: 6:58.00	34.91	800m: 9:13.98	32.02	
3.	Joao Luis Serrano	91	12306	Cartaxo	9:14.92	+0,81	510	19	
	50m: 31.25	31.25	250m: 2:49.08	35.04	450m: 5:11.63	36.03	650m: 7:34.48	35.28	
	100m: 1:05.14	33.89	300m: 3:24.61	35.53	500m: 5:47.70	36.07	700m: 8:08.96	34.48	
	150m: 1:39.43	34.29	350m: 3:59.99	35.38	550m: 6:23.78	36.08	750m: 8:42.80	33.84	
	200m: 2:14.04	34.61	400m: 4:35.60	35.61	600m: 6:59.20	35.42	800m: 9:14.92	32.12	
4.	Humberto Fernandes Felgueira	98	105205	Natacao de Valongo	9:16.09	+0,96	507	18	
	50m: 31.33	31.33	250m: 2:50.59	35.32	450m: 5:09.93	35.06	650m: 7:31.45	35.85	
	100m: 1:05.60	34.27	300m: 3:26.10	35.51	500m: 5:45.11	35.18	700m: 8:07.08	35.63	
	150m: 1:40.47	34.87	350m: 4:00.26	34.16	550m: 6:20.64	35.53	750m: 8:42.86	35.78	
	200m: 2:15.27	34.80	400m: 4:34.87	34.61	600m: 6:55.60	34.96	800m: 9:16.09	33.23	
5.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	9:21.53	+0,86	492	17	
	50m: 31.75	31.75	250m: 2:53.08	35.77	450m: 5:15.92	35.97	650m: 7:38.45	35.73	
	100m: 1:06.08	34.33	300m: 3:28.82	35.74	500m: 5:51.15	35.23	700m: 8:13.96	35.51	
	150m: 1:41.55	35.47	350m: 4:04.48	35.66	550m: 6:27.14	35.99	750m: 8:48.96	35.00	
	200m: 2:17.31	35.76	400m: 4:39.95	35.47	600m: 7:02.72	35.58	800m: 9:21.53	32.57	
6.	Jose Carlos Freitas	63	111877	Fluvial Portuense	9:22.86	+0,83	488	16	
	50m: 32.72	32.72	250m: 2:54.08	35.75	450m: 5:17.25	35.95	650m: 7:40.89	35.79	
	100m: 1:07.50	34.78	300m: 3:29.78	35.70	500m: 5:53.13	35.88	700m: 8:16.62	35.73	
	150m: 1:42.61	35.11	350m: 4:05.58	35.80	550m: 6:29.13	36.00	750m: 8:51.75	35.13	
	200m: 2:18.33	35.72	400m: 4:41.30	35.72	600m: 7:05.10	35.97	800m: 9:22.86	31.11	
7.	Carlos Daniel Ramos	96	110520	Estarreja	9:25.71	+0,83	481	15	
	50m: 30.95	30.95	250m: 2:52.87	35.73	450m: 5:16.81	35.29	650m: 7:39.37	35.51	
	100m: 1:05.72	34.77	300m: 3:29.11	36.24	500m: 5:52.62	35.81	700m: 8:15.82	36.45	
	150m: 1:40.96	35.24	350m: 4:05.35	36.24	550m: 6:28.12	35.50	750m: 8:51.31	35.49	
	200m: 2:17.14	36.18	400m: 4:41.52	36.17	600m: 7:03.86	35.74	800m: 9:25.71	34.40	
8.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	9:27.02	+0,83	478	14	
	50m: 32.20	32.20	250m: 2:52.88	35.57	450m: 5:16.17	36.07	650m: 7:40.26	36.03	
	100m: 1:06.87	34.67	300m: 3:28.36	35.48	500m: 5:52.10	35.93	700m: 8:16.19	35.93	
	150m: 1:42.12	35.25	350m: 4:04.19	35.83	550m: 6:27.86	35.76	750m: 8:51.70	35.51	
	200m: 2:17.31	35.19	400m: 4:40.10	35.91	600m: 7:04.23	36.37	800m: 9:27.02	35.32	
9.	Ion Caus	96	110745	Portinado	9:33.15	+0,78	463	13	
	50m: 30.83	30.83	250m: 2:51.66	36.26	450m: 5:19.37	37.14	650m: 7:45.28	36.03	
	100m: 1:04.33	33.50	300m: 3:28.19	36.53	500m: 5:56.09	36.72	700m: 8:22.30	37.02	
	150m: 1:39.46	35.13	350m: 4:05.37	37.18	550m: 6:33.06	36.97	750m: 8:58.79	36.49	
	200m: 2:15.40	35.94	400m: 4:42.23	36.86	600m: 7:09.25	36.19	800m: 9:33.15	34.36	

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
10.	Afonso Filipe Gaspar	97	109947	Nautico de Abrantes	9:37.73	+1,03	452	12	
	50m: 31.87	31.87	250m: 2:58.11	37.00	450m: 5:24.36	35.94	650m: 7:51.31	36.48	
	100m: 1:07.70	35.83	300m: 3:34.92	36.81	500m: 6:01.48	37.12	700m: 8:27.93	36.62	
	150m: 1:44.40	36.70	350m: 4:11.72	36.80	550m: 6:38.12	36.64	750m: 9:04.15	36.22	
	200m: 2:21.11	36.71	400m: 4:48.42	36.70	600m: 7:14.83	36.71	800m: 9:37.73	33.58	
11.	Rafael Soares Matos	95	117712	Alges e Agueda	9:38.08	+0,68	451	11	
	50m: 32.84	32.84	250m: 2:57.01	36.47	450m: 5:24.09	36.60	650m: 7:51.28	37.22	
	100m: 1:07.94	35.10	300m: 3:33.86	36.85	500m: 6:01.00	36.91	700m: 8:27.86	36.58	
	150m: 1:44.02	36.08	350m: 4:10.89	37.03	550m: 6:37.36	36.36	750m: 9:04.04	36.18	
	200m: 2:20.54	36.52	400m: 4:47.49	36.60	600m: 7:14.06	36.70	800m: 9:38.08	34.04	
12.	Diogo Mendes Pereira	98	107783	Freguesia de Paiao	9:41.11	+1,01	444	10	
	50m: 32.21	32.21	250m: 2:58.87	37.14	450m: 5:27.49	36.92	650m: 7:53.81	36.18	
	100m: 1:08.33	36.12	300m: 3:35.86	36.99	500m: 6:04.13	36.64	700m: 8:29.64	35.83	
	150m: 1:45.12	36.79	350m: 4:13.15	37.29	550m: 6:41.08	36.95	750m: 9:05.78	36.14	
	200m: 2:21.73	36.61	400m: 4:50.57	37.42	600m: 7:17.63	36.55	800m: 9:41.11	35.33	
13.	Andre Alexandre Silva	94	102699	Propaganda da Natacao	9:50.22	+1,12	424	9	
	50m: 30.92	30.92	250m: 2:57.42	37.85	450m: 5:25.56	38.35	650m: 7:58.19	38.17	
	100m: 1:05.64	34.72	300m: 3:33.73	36.31	500m: 6:02.97	37.41	700m: 8:35.82	37.63	
	150m: 1:41.73	36.09	350m: 4:10.70	36.97	550m: 6:41.67	38.70	750m: 9:14.47	38.65	
	200m: 2:19.57	37.84	400m: 4:47.21	36.51	600m: 7:20.02	38.35	800m: 9:50.22	35.75	
14.	Edi Couto Moderno	95	121001	Nucleo de Pombal	9:50.64	+0,80	423	8	
	50m: 32.29	32.29	250m: 2:58.67	36.78	450m: 5:27.25	37.16	650m: 7:58.48	38.24	
	100m: 1:08.57	36.28	300m: 3:35.72	37.05	500m: 6:04.78	37.53	700m: 8:36.46	37.98	
	150m: 1:45.78	37.21	350m: 4:12.60	36.88	550m: 6:42.35	37.57	750m: 9:14.76	38.30	
	200m: 2:21.89	36.11	400m: 4:50.09	37.49	600m: 7:20.24	37.89	800m: 9:50.64	35.88	
15.	Bruno Costa Pereira	91	124080	Natacao de Vagos	9:54.09	+0,91	415	7	
	50m: 33.10	33.10	250m: 2:58.29	36.85	450m: 5:27.32	37.28	650m: 7:58.81	38.76	
	100m: 1:08.66	35.56	300m: 3:35.41	37.12	500m: 6:03.82	36.50	700m: 8:37.44	38.63	
	150m: 1:44.73	36.07	350m: 4:12.85	37.44	550m: 6:41.79	37.97	750m: 9:16.40	38.96	
	200m: 2:21.44	36.71	400m: 4:50.04	37.19	600m: 7:20.05	38.26	800m: 9:54.09	37.69	
16.	Goncalo Faria Saldida	99	116645	Gualdim Pais	10:18.47	+0,87	368	6	
	50m: 34.44	34.44	250m: 3:10.44	38.63	450m: 5:45.83	39.11	650m: 8:21.79	39.31	
	100m: 1:13.66	39.22	300m: 3:49.15	38.71	500m: 6:24.89	39.06	700m: 9:01.52	39.73	
	150m: 1:52.99	39.33	350m: 4:28.03	38.88	550m: 7:04.13	39.24	750m: 9:41.38	39.86	
	200m: 2:31.81	38.82	400m: 5:06.72	38.69	600m: 7:42.48	38.35	800m: 10:18.47	37.09	
17.	Guilherme Marques Teixeira	94	105946	Campinho	10:21.75	+0,96	362	5	
	50m: 33.55	33.55	250m: 3:10.07	39.16	450m: 5:47.71	39.70	650m: 8:27.67	40.26	
	100m: 1:12.23	38.68	300m: 3:49.39	39.32	500m: 6:27.53	39.82	700m: 9:07.87	40.20	
	150m: 1:51.57	39.34	350m: 4:28.26	38.87	550m: 7:07.22	39.69	750m: 9:45.89	38.02	
	200m: 2:30.91	39.34	400m: 5:08.01	39.75	600m: 7:47.41	40.19	800m: 10:21.75	35.86	
18.	Joao Paulo Pacheco	98	121342	Penafiel	10:33.63	+0,98	342	4	
	50m: 33.69	33.69	250m: 3:09.94	40.72	450m: 5:52.96	40.51	650m: 8:36.46	42.28	
	100m: 1:09.94	36.25	300m: 3:50.66	40.72	500m: 6:33.88	40.92	700m: 9:16.19	39.73	
	150m: 1:48.84	38.90	350m: 4:31.30	40.64	550m: 7:15.76	41.88	750m: 9:57.05	40.86	
	200m: 2:29.22	40.38	400m: 5:12.45	41.15	600m: 7:54.18	38.42	800m: 10:33.63	36.58	
19.	Rafael Jose Freitas	95	104897	Natacao do Montijo	10:37.89	+0,86	335	3	
	50m: 32.09	32.09	250m: 3:07.43	38.66	450m: 5:51.13	41.34	650m: 8:38.12	41.91	
	100m: 1:09.70	37.61	300m: 3:47.89	40.46	500m: 6:33.46	42.33	700m: 9:19.51	41.39	
	150m: 1:49.25	39.55	350m: 4:28.45	40.56	550m: 7:14.12	40.66	750m: 9:59.75	40.24	
	200m: 2:28.77	39.52	400m: 5:09.79	41.34	600m: 7:56.21	42.09	800m: 10:37.89	38.14	
20.	Fabio Aleixo Fernandes	90	11142	Portugal Cultura	11:48.73	+0,98	244	2	
	50m: 35.63	35.63	250m: 3:22.47	43.81	450m: 6:23.70	46.53	650m: 9:30.62	46.64	
	100m: 1:14.67	39.04	300m: 4:07.14	44.67	500m: 7:10.56	46.86	700m: 10:17.28	46.66	
	150m: 1:55.72	41.05	350m: 4:51.72	44.58	550m: 7:57.49	46.93	750m: 11:03.57	46.29	
	200m: 2:38.66	42.94	400m: 5:37.17	45.45	600m: 8:43.98	46.49	800m: 11:48.73	45.16	

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Lugar	Nome	Ano	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts	Pts		
21.	Rafael Ilidio Antunes	97	124074	Salvaterra de Magos	12:01.12		+0,76	232	1			
	50m:	38.69	38.69	250m:	3:36.51	44.01	450m:	6:39.64	46.67	650m:	9:48.54	47.69
	100m:	1:22.13	43.44	300m:	4:21.65	45.14	500m:	7:26.87	47.23	700m:	10:35.07	46.53
	150m:	2:06.60	44.47	350m:	5:08.00	46.35	550m:	8:14.32	47.45	750m:	11:20.90	45.83
	200m:	2:52.50	45.90	400m:	5:52.97	44.97	600m:	9:00.85	46.53	800m:	12:01.12	40.22