



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 1  
15-12-2012 - 16:00

Masc., 100m Mariposa

Absoluto  
Resultados

|                        |         |                       |       |                 |            |
|------------------------|---------|-----------------------|-------|-----------------|------------|
| Rec. Nac. 25m Absoluto | 51.45   | Diogo Filipe Carvalho | FPN   | Estocolmo (SWE) | 11-11-2009 |
| Rec. Nac. 25m Inf B    | 1:01.78 | Fabio Parrilha Silva  | CNAL  | Penafiel        | 01-04-2000 |
| Rec. Nac. 25m Inf A    | 59.56   | Fabio Parrilha Silva  | CNAL  | Leiria          | 07-04-2001 |
| Rec. Nac. 25m Juv B    | 57.32   | Diogo Filipe Carvalho | CGA   | Estarreja       | 10-07-2003 |
| Rec. Nac. 25m Juv A    | 55.60   | Diogo Gomes Sousa     | CNCVG | Porto           | 05-12-2010 |
| Rec. Nac. 25m Jun      | 53.87   | Tiago Andre Venancio  | CNS   | Cantanhede      | 19-12-2004 |
| Rec. Nac. 25m Sen      | 51.45   | Diogo Filipe Carvalho | FPN   | Estocolmo (SWE) | 11-11-2009 |

Pontos: FINA 2012

| Lugar    | Nome                        | Ano                 | Clube                     | Tempo Final    | TReac | Pts FINA | Pts |
|----------|-----------------------------|---------------------|---------------------------|----------------|-------|----------|-----|
| Absoluto |                             |                     |                           |                |       |          |     |
| 1.       | Emanuel Augusto Pinho       | 93                  | Feirense                  | <b>56.65</b>   | +0,70 | 626      | 25  |
|          | 50m: 26.26 26.26            | 100m: 56.65 30.39   |                           |                |       |          |     |
| 2.       | Miguel Monteiro Diogo       | 93                  | Alcobaca                  | <b>56.80</b>   | +0,70 | 621      | 23  |
|          | 50m: 26.72 26.72            | 100m: 56.80 30.08   |                           |                |       |          |     |
| 3.       | Frederico Manuel Moeda      | 95                  | Estrelas S. Joao de Brito | <b>57.29</b>   | +0,71 | 605      | 22  |
|          | 50m: 26.43 26.43            | 100m: 57.29 30.86   |                           |                |       |          |     |
| 4.       | Andre Antunes Carvalho      | 96                  | Colegio Monte Maior       | <b>57.47</b>   | +0,74 | 600      | 21  |
|          | 50m: 26.84 26.84            | 100m: 57.47 30.63   |                           |                |       |          |     |
| 5.       | Joao Filipe Lucas           | 94                  | Academica de Coimbra      | <b>57.96</b>   | +0,78 | 585      | 20  |
|          | 50m: 26.75 26.75            | 100m: 57.96 31.21   |                           |                |       |          |     |
| 6.       | Miguel Bras Sergio          | 95                  | Bombeiros dos Estoris     | <b>58.10</b>   | +0,80 | 580      | 19  |
|          | 50m: 27.04 27.04            | 100m: 58.10 31.06   |                           |                |       |          |     |
| 7.       | Afonso Mateus Ribeiro       | 95                  | Belenenses                | <b>58.90</b>   | +0,65 | 557      | 18  |
|          | 50m: 27.46 27.46            | 100m: 58.90 31.44   |                           |                |       |          |     |
| 8.       | Antonio Miguel Vitorino     | 96                  | Viana Natacao             | <b>59.09</b>   | +0,78 | 552      | 17  |
|          | 50m: 27.59 27.59            | 100m: 59.09 31.50   |                           |                |       |          |     |
| 9.       | Alexandre Valdagua Coutinho | 97                  | Columbofila Cantanhedense | <b>59.14</b>   | +0,76 | 550      | 16  |
|          | 50m: 27.63 27.63            | 100m: 59.14 31.51   |                           |                |       |          |     |
| 10.      | Antonio Fraga Fragoso       | 95                  | Bombeiros Ponta Delgada   | <b>59.17</b>   | +0,72 | 550      | 15  |
|          | 50m: 27.11 27.11            | 100m: 59.17 32.06   |                           |                |       |          |     |
| 11.      | Daniel Ribeiro Sousa        | 95                  | Nautico da Marinha Grande | <b>59.27</b>   | +0,81 | 547      | 14  |
|          | 50m: 27.49 27.49            | 100m: 59.27 31.78   |                           |                |       |          |     |
| 12.      | Pedro Cunha Caetano         | 90                  | Aminata                   | <b>59.67</b>   | +0,75 | 536      | 13  |
|          | 50m: 27.79 27.79            | 100m: 59.67 31.88   |                           |                |       |          |     |
| 13.      | Joao Miguel Ferreira        | 97                  | Foca                      | <b>59.95</b>   | +0,76 | 528      | 12  |
|          | 50m: 28.06 28.06            | 100m: 59.95 31.89   |                           |                |       |          |     |
| 14.      | Gil Vasco Goncalves         | 97                  | Litoral Alentejano        | <b>1:01.76</b> | +0,90 | 483      | 11  |
|          | 50m: 28.84 28.84            | 100m: 1:01.76 32.92 |                           |                |       |          |     |
| 15.      | Pedro Miguel Costa          | 92                  | Sporting de Espinho       | <b>1:01.94</b> | +0,74 | 479      | 10  |
|          | 50m: 27.90 27.90            | 100m: 1:01.94 34.04 |                           |                |       |          |     |
| 16.      | Duarte Brites Policarpo     | 95                  | Torres Novas              | <b>1:02.15</b> | +0,74 | 474      | 9   |
|          | 50m: 28.69 28.69            | 100m: 1:02.15 33.46 |                           |                |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 1, Masc., 100m Mariposa, Absoluto

| Lugar | Nome                   | Ano                 | Clube                | Tempo Final    | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|----------------------|----------------|-------|----------|-----|
| 17.   | David Andre Almeida    | 97                  | Ginasio Santo Tirso  | <b>1:02.21</b> | +0,91 | 473      | 8   |
|       | 50m: 29.03 29.03       | 100m: 1:02.21 33.18 |                      |                |       |          |     |
| 18.   | Paulo Andre Silva      | 95                  | Natacao da Maia      | <b>1:02.24</b> | +0,78 | 472      | 7   |
|       | 50m: 29.00 29.00       | 100m: 1:02.24 33.24 |                      |                |       |          |     |
| 19.   | Joao Martires Costa    | 85                  | Ginasio de Vila Real | <b>1:02.38</b> | +0,79 | 469      | 6   |
|       | 50m: 28.65 28.65       | 100m: 1:02.38 33.73 |                      |                |       |          |     |
| 20.   | Diogo Serrao Santos    | 96                  | Viver Santarem       | <b>1:02.49</b> | +0,74 | 466      | 5   |
|       | 50m: 29.13 29.13       | 100m: 1:02.49 33.36 |                      |                |       |          |     |
| 21.   | Bruno Miguel Franco    | 90                  | Lisnave              | <b>1:03.20</b> | +0,89 | 451      | 4   |
|       | 50m: 28.55 28.55       | 100m: 1:03.20 34.65 |                      |                |       |          |     |
| 22.   | Joao Antonio Oliveira  | 95                  | Ginasio Figueirense  | <b>1:04.50</b> | +0,86 | 424      | 3   |
|       | 50m: 29.53 29.53       | 100m: 1:04.50 34.97 |                      |                |       |          |     |
| 23.   | Miguel Alexandre Lemos | 94                  | Natacao de Vila Real | <b>1:05.18</b> | +0,82 | 411      | 2   |
|       | 50m: 30.22 30.22       | 100m: 1:05.18 34.96 |                      |                |       |          |     |
| 24.   | Luis Carlos Fonseca    | 98                  | Fafe                 | <b>1:06.17</b> | +0,75 | 393      | 1   |
|       | 50m: 30.94 30.94       | 100m: 1:06.17 35.23 |                      |                |       |          |     |

Prova 2  
15-12-2012 - 16:05

Femin., 200m Mariposa

Absoluto  
Resultados

|                        |         |                        |       |                     |            |
|------------------------|---------|------------------------|-------|---------------------|------------|
| Rec. Nac. 25m Absoluto | 2:08.54 | Sara Freitas Oliveira  | FPN   | Dubai (UAE)         | 15-12-2010 |
| Rec. Nac. 25m Inf B    | 2:31.64 | tempo limite           |       |                     |            |
| Rec. Nac. 25m Inf A    | 2:25.40 | tempo limite           |       |                     |            |
| Rec. Nac. 25m Juv      | 2:19.06 | Susana Patricia Miguel | SFUAP | Penafiel            | 20-03-2004 |
| Rec. Nac. 25m Jun      | 2:13.60 | Ana Rita Francisco     | FPN   | Gelsenkirchen (GER) | 11-02-1996 |
| Rec. Nac. 25m Sen      | 2:08.54 | Sara Freitas Oliveira  | FPN   | Dubai (UAE)         | 15-12-2010 |

Pontos: FINA 2012

| Lugar    | Nome                      | Ano                 | Clube                | Tempo Final         | TReac | Pts FINA | Pts |
|----------|---------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| Absoluto |                           |                     |                      |                     |       |          |     |
| 1.       | Bruna Elisabete Paulino   | 97                  | Alcobaca             | <b>2:21.88</b>      | +0,83 | 616      | 25  |
|          | 50m: 31.66 31.66          | 100m: 1:07.95 36.29 | 150m: 1:45.22 37.27  | 200m: 2:21.88 36.66 |       |          |     |
| 2.       | Daniela Figueiredo Metelo | 97                  | Academica de Coimbra | <b>2:25.12</b>      | +0,73 | 576      | 23  |
|          | 50m: 31.99 31.99          | 100m: 1:08.20 36.21 | 150m: 1:46.30 38.10  | 200m: 2:25.12 38.82 |       |          |     |
| 3.       | Ana Margarida Rodrigues   | 96                  | Galitos              | <b>2:25.54</b>      | +0,78 | 571      | 22  |
|          | 50m: 32.37 32.37          | 100m: 1:09.41 37.04 | 150m: 1:47.31 37.90  | 200m: 2:25.54 38.23 |       |          |     |
| 4.       | Ines Mendes Paulo         | 96                  | Colegio Monte Maior  | <b>2:26.70</b>      | +0,92 | 558      | 21  |
|          | 50m: 32.18 32.18          | 100m: 1:08.56 36.38 | 150m: 1:46.60 38.04  | 200m: 2:26.70 40.10 |       |          |     |
| 5.       | Carolina Santos Silva     | 86                  | Natacao da Maia      | <b>2:27.14</b>      | +0,73 | 553      | 20  |
|          | 50m: 31.76 31.76          | 100m: 1:08.59 36.83 | 150m: 1:46.86 38.27  | 200m: 2:27.14 40.28 |       |          |     |
| 6.       | Ana Isabel Neves          | 96                  | Pimpoes/Cimai        | <b>2:28.00</b>      | +0,79 | 543      | 19  |
|          | 50m: 32.71 32.71          | 100m: 1:09.54 36.83 | 150m: 1:48.82 39.28  | 200m: 2:28.00 39.18 |       |          |     |
| 7.       | Mariana Sousa Martins     | 95                  | Feirense             | <b>2:28.64</b>      | +0,83 | 536      | 18  |
|          | 50m: 32.70 32.70          | 100m: 1:09.14 36.44 | 150m: 1:47.86 38.72  | 200m: 2:28.64 40.78 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15 - 16-12-2012

Prova 2, Femin., 200m Mariposa, Absoluto

| Lugar | Nome                      | Ano                 | Clube                   | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 8.    | Clarisse Matos Lopes      | 98                  | Viver Santarem          | <b>2:29.42</b>      | +0,93 | 528      | 17  |
|       | 50m: 34.18 34.18          | 100m: 1:12.49 38.31 | 150m: 1:51.06 38.57     | 200m: 2:29.42 38.36 |       |          |     |
| 9.    | Flavia Daniela Goncalves  | 96                  | Desportiva de Viana     | <b>2:29.43</b>      | +1,02 | 528      | 16  |
|       | 50m: 32.33 32.33          | 100m: 1:09.30 36.97 | 150m: 1:48.73 39.43     | 200m: 2:29.43 40.70 |       |          |     |
| 10.   | Ana Estevinha Silva       | 99                  | Ginasio Figueirense     | <b>2:32.41</b>      | +0,86 | 497      | 15  |
|       | 50m: 33.91 33.91          | 100m: 1:13.23 39.32 | 150m: 1:52.65 39.42     | 200m: 2:32.41 39.76 |       |          |     |
| 11.   | Joana Isabel Lampreia     | 96                  | Beja                    | <b>2:33.88</b>      | +0,88 | 483      | 14  |
|       | 50m: 32.53 32.53          | 100m: 1:09.70 37.17 | 150m: 1:50.07 40.37     | 200m: 2:33.88 43.81 |       |          |     |
| 12.   | Isa Morais Penas          | 96                  | Benedita                | <b>2:35.14</b>      | +0,88 | 471      | 13  |
|       | 50m: 34.20 34.20          | 100m: 1:13.43 39.23 | 150m: 1:53.61 40.18     | 200m: 2:35.14 41.53 |       |          |     |
| 13.   | Ana Catarina Costa        | 95                  | Estamos Juntos          | <b>2:36.16</b>      | +0,92 | 462      | 12  |
|       | 50m: 34.07 34.07          | 100m: 1:13.38 39.31 | 150m: 1:54.92 41.54     | 200m: 2:36.16 41.24 |       |          |     |
| 14.   | Catarina Rego Borges      | 99                  | Bombeiros Ponta Delgada | <b>2:37.98</b>      | +0,73 | 446      | 11  |
|       | 50m: 34.47 34.47          | 100m: 1:13.56 39.09 | 150m: 1:55.29 41.73     | 200m: 2:37.98 42.69 |       |          |     |
| 15.   | Filipa Silva Cruz         | 92                  | Lisnave                 | <b>2:38.12</b>      | +0,85 | 445      | 10  |
|       | 50m: 35.20 35.20          | 100m: 1:14.83 39.63 | 150m: 1:56.06 41.23     | 200m: 2:38.12 42.06 |       |          |     |
| 16.   | Teresa Manuela Aires      | 96                  | Sporting de Espinho     | <b>2:38.33</b>      | +0,91 | 443      | 9   |
|       | 50m: 34.53 34.53          | 100m: 1:14.30 39.77 | 150m: 1:56.80 42.50     | 200m: 2:38.33 41.53 |       |          |     |
| 17.   | Claudia Almeida Costa     | 95                  | Aminata                 | <b>2:39.30</b>      | +0,86 | 435      | 8   |
|       | 50m: 32.91 32.91          | 100m: 1:11.91 39.00 | 150m: 1:54.86 42.95     | 200m: 2:39.30 44.44 |       |          |     |
| 18.   | Ana Catarina Cavaco       | 95                  | Natacao de Olhao        | <b>2:39.44</b>      | +1,01 | 434      | 7   |
|       | 50m: 33.26 33.26          | 100m: 1:12.72 39.46 | 150m: 1:54.98 42.26     | 200m: 2:39.44 44.46 |       |          |     |
| 19.   | Elsa Manuela Cardoso      | 86                  | Interior Norte          | <b>2:40.03</b>      | +0,82 | 429      | 6   |
|       | 50m: 33.44 33.44          | 100m: 1:13.14 39.70 | 150m: 1:56.17 43.03     | 200m: 2:40.03 43.86 |       |          |     |
| 20.   | Madalena Amaro Machado    | 98                  | Academico Viseu         | <b>2:40.23</b>      | +0,98 | 428      | 5   |
|       | 50m: 35.43 35.43          | 100m: 1:15.86 40.43 | 150m: 1:58.17 42.31     | 200m: 2:40.23 42.06 |       |          |     |
| 21.   | Rute Sofia Teixeira       | 90                  | Ginasio Santo Tirso     | <b>2:41.65</b>      | +0,97 | 417      | 4   |
|       | 50m: 34.24 34.24          | 100m: 1:13.83 39.59 | 150m: 1:55.87 42.04     | 200m: 2:41.65 45.78 |       |          |     |
| 22.   | Mariana Cordeiro Vinagre  | 97                  | Natacao de Faro         | <b>2:41.92</b>      | +0,77 | 415      | 3   |
|       | 50m: 34.51 34.51          | 100m: 1:15.22 40.71 | 150m: 1:58.94 43.72     | 200m: 2:41.92 42.98 |       |          |     |
| 23.   | Ana Luisa Ramos           | 95                  | Gafanha da Encarnacao   | <b>2:47.64</b>      | +0,86 | 373      | 2   |
|       | 50m: 35.29 35.29          | 100m: 1:17.46 42.17 | 150m: 2:03.14 45.68     | 200m: 2:47.64 44.50 |       |          |     |
| 24.   | Maria Margarida Fernandes | 99                  | Ginasio de Vila Real    | <b>2:58.90</b>      | +0,71 | 307      | 1   |
|       | 50m: 35.19 35.19          | 100m: 1:18.97 43.78 | 150m: 2:07.37 48.40     | 200m: 2:58.90 51.53 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012



Prova 3  
15-12-2012 - 16:20

Masc., 100m Bruços

Absoluto  
Resultados

|                        |         |                        |        |                       |            |
|------------------------|---------|------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 58.19   | Carlos Esteves Almeida | FPN    | Chartres (FRA)        | 22-11-2012 |
| Rec. Nac. 25m Inf B    | 1:09.54 | Andre Goncalo Santos   | LSC    | Lousada               | 15-05-2010 |
| Rec. Nac. 25m Inf A    | 1:07.92 | Andre Goncalo Santos   | LSC    | Viseu                 | 12-03-2011 |
| Rec. Nac. 25m Juv B    | 1:04.22 | Andre Goncalo Santos   | LSC    | Braga                 | 04-03-2012 |
| Rec. Nac. 25m Juv A    | 1:04.84 | Luis Manuel Fernandes  | GDNVNF | Paços de Fererira     | 12-12-2010 |
| Rec. Nac. 25m Jun      | 1:01.25 | Pedro Miguel Agostinho | SCP    | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Sen      | 58.19   | Carlos Esteves Almeida | FPN    | Chartres (FRA)        | 22-11-2012 |

Pontos: FINA 2012

| Lugar    | Nome                       | Ano                 | Clube                     | Tempo Final    | TReac | Pts FINA | Pts |
|----------|----------------------------|---------------------|---------------------------|----------------|-------|----------|-----|
| Absoluto |                            |                     |                           |                |       |          |     |
| 1.       | Bruno Daniel Monteiro      | 88                  | Ginasio de Vila Real      | <b>1:03.42</b> | +0,80 | 674      | 25  |
|          | 50m: 29.88 29.88           | 100m: 1:03.42 33.54 |                           |                |       |          |     |
| 2.       | Diogo Parrilha da Silva    | 93                  | Alcobaca                  | <b>1:04.71</b> | +0,75 | 634      | 23  |
|          | 50m: 30.10 30.10           | 100m: 1:04.71 34.61 |                           |                |       |          |     |
| 3.       | Pedro Miguel Silva         | 94                  | Colegio Monte Maior       | <b>1:05.81</b> | +0,72 | 603      | 22  |
|          | 50m: 30.43 30.43           | 100m: 1:05.81 35.38 |                           |                |       |          |     |
| 4.       | Pedro Barros Mendes        | 94                  | Academica de Coimbra      | <b>1:06.52</b> | +0,73 | 584      | 21  |
|          | 50m: 31.30 31.30           | 100m: 1:06.52 35.22 |                           |                |       |          |     |
| 5.       | Francisco Santos Costa     | 93                  | Belenenses                | <b>1:06.68</b> | +0,68 | 580      | 20  |
|          | 50m: 31.09 31.09           | 100m: 1:06.68 35.59 |                           |                |       |          |     |
| 6.       | Goncalo Pereira Sa         | 95                  | Feirense                  | <b>1:06.74</b> | +0,71 | 578      | 19  |
|          | 50m: 30.65 30.65           | 100m: 1:06.74 36.09 |                           |                |       |          |     |
| 7.       | Thiago Duarte Goncalves    | 89                  | Estrelas S. Joao de Brito | <b>1:06.85</b> | +0,77 | 575      | 18  |
|          | 50m: 31.05 31.05           | 100m: 1:06.85 35.80 |                           |                |       |          |     |
| 8.       | Rui Manuel Ribeiro         | 82                  | Fafe                      | <b>1:07.09</b> | +0,80 | 569      | 17  |
|          | 50m: 30.66 30.66           | 100m: 1:07.09 36.43 |                           |                |       |          |     |
| 9.       | Fabio Miguel Samouco       | 95                  | Torres Novas              | <b>1:07.48</b> | +0,72 | 559      | 16  |
|          | 50m: 30.98 30.98           | 100m: 1:07.48 36.50 |                           |                |       |          |     |
| 10.      | Tiago Sobral Coelho        | 95                  | Ginasio Santo Tirso       | <b>1:07.81</b> | +0,76 | 551      | 15  |
|          | 50m: 31.78 31.78           | 100m: 1:07.81 36.03 |                           |                |       |          |     |
| 11.      | Ivan Monteiro Simoes       | 91                  | Natacao de Vila Real      | <b>1:08.52</b> | +0,78 | 534      | 14  |
|          | 50m: 31.28 31.28           | 100m: 1:08.52 37.24 |                           |                |       |          |     |
| 12.      | Nuno Oliveira Noritake     | 96                  | Bombeiros dos Estoris     | <b>1:09.16</b> | +0,81 | 519      | 13  |
|          | 50m: 32.42 32.42           | 100m: 1:09.16 36.74 |                           |                |       |          |     |
| 13.      | Filipe Franco Norte        | 93                  | Nautico da Marinha Grande | <b>1:09.45</b> | +0,77 | 513      | 12  |
|          | 50m: 32.26 32.26           | 100m: 1:09.45 37.19 |                           |                |       |          |     |
| 14.      | Rodrigo Marques Costa      | 76                  | Litoral Alentejano        | <b>1:09.47</b> | +0,85 | 512      | 11  |
|          | 50m: 31.83 31.83           | 100m: 1:09.47 37.64 |                           |                |       |          |     |
| 15.      | Miguel Rego Borges         | 95                  | Bombeiros Ponta Delgada   | <b>1:09.85</b> | +0,71 | 504      | 10  |
|          | 50m: 32.53 32.53           | 100m: 1:09.85 37.32 |                           |                |       |          |     |
| 16.      | Eduardo Filipe Carvalheiro | 97                  | Columbofila Cantanhedens  | <b>1:09.87</b> | +0,90 | 504      | 9   |
|          | 50m: 32.87 32.87           | 100m: 1:09.87 37.00 |                           |                |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 3, Masc., 100m Bruços, Absoluto

| Lugar | Nome                | Ano           | Clube               | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------|---------------|---------------------|----------------|-------|----------|-----|
| 17.   | Andre Machado Vale  | 95            | Viana Natacao       | <b>1:10.06</b> | +0,94 | 500      | 8   |
|       | 50m: 33.11 33.11    | 100m: 1:10.06 | 36.95               |                |       |          |     |
| 18.   | Tiago Andre Marques | 93            | Sporting de Espinho | <b>1:10.19</b> | +0,73 | 497      | 7   |
|       | 50m: 31.23 31.23    | 100m: 1:10.19 | 38.96               |                |       |          |     |
| 19.   | Luis Miguel Lopes   | 95            | Foca                | <b>1:10.44</b> | +0,83 | 492      | 6   |
|       | 50m: 32.65 32.65    | 100m: 1:10.44 | 37.79               |                |       |          |     |
| 20.   | Daniel Queiros Cruz | 99            | Natacao da Maia     | <b>1:13.79</b> | +0,89 | 428      | 5   |
|       | 50m: 34.54 34.54    | 100m: 1:13.79 | 39.25               |                |       |          |     |
| 21.   | Miguel Carrico Cruz | 99            | Viver Santarem      | <b>1:14.61</b> | +0,75 | 414      | 4   |
|       | 50m: 34.62 34.62    | 100m: 1:14.61 | 39.99               |                |       |          |     |
| 22.   | Joao Miguel Mansos  | 94            | Lisnave             | <b>1:15.15</b> | +0,83 | 405      | 3   |
|       | 50m: 36.43 36.43    | 100m: 1:15.15 | 38.72               |                |       |          |     |
| 23.   | Tiago Pastor Escada | 99            | Aminata             | <b>1:15.77</b> | +0,95 | 395      | 2   |
|       | 50m: 35.67 35.67    | 100m: 1:15.77 | 40.10               |                |       |          |     |
| 24.   | Duarte Pinto Ceia   | 98            | Ginasio Figueirense | <b>1:17.74</b> | +0,91 | 366      | 1   |
|       | 50m: 36.34 36.34    | 100m: 1:17.74 | 41.40               |                |       |          |     |

Prova 4  
15-12-2012 - 16:25

Femin., 200m Bruços

Absoluto  
Resultados

|                        |         |                      |      |                       |            |
|------------------------|---------|----------------------|------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 2:25.87 | Diana Duarte Gomes   | CNA  | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Inf B    | 2:46.14 | Raquel Gomes Pereira | SAD  | Algés                 | 02-06-2011 |
| Rec. Nac. 25m Inf A    | 2:42.50 | Filipa Vilas Ruivo   | DNMG | Nazaré                | 22-05-2010 |
| Rec. Nac. 25m Juv      | 2:34.51 | Diana Duarte Gomes   | ABVE | Reboleira             | 28-06-2003 |
| Rec. Nac. 25m Jun      | 2:29.56 | Ana Rita Santos      | FPN  | Dublin (IRL)          | 13-12-2003 |
| Rec. Nac. 25m Sen      | 2:25.87 | Diana Duarte Gomes   | CNA  | S. António Cavaleiros | 20-12-2009 |

Pontos: FINA 2012

| Lugar | Nome                        | Ano           | Clube                   | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|-----------------------------|---------------|-------------------------|----------------|-------|---------------|-------|
| 1.    | Victoria Kaminskaya         | 95            | Pimpoes/Cimai           | <b>2:32.33</b> | +0,76 | 689           | 25    |
|       | 50m: 33.57 33.57            | 100m: 1:11.60 | 38.03                   | 150m: 1:51.25  | 39.65 | 200m: 2:32.33 | 41.08 |
| 2.    | Joana Marques Maia          | 91            | Natacao da Maia         | <b>2:40.03</b> | +0,83 | 594           | 23    |
|       | 50m: 36.18 36.18            | 100m: 1:16.93 | 40.75                   | 150m: 1:58.64  | 41.71 | 200m: 2:40.03 | 41.39 |
| 3.    | Ana Margarida Domingos      | 93            | Academico Viseu         | <b>2:43.33</b> | +0,90 | 559           | 22    |
|       | 50m: 37.09 37.09            | 100m: 1:18.36 | 41.27                   | 150m: 2:00.23  | 41.87 | 200m: 2:43.33 | 43.10 |
| 4.    | Mafalda Alexandra Henriques | 98            | Colegio Monte Maior     | <b>2:45.67</b> | +0,87 | 535           | 21    |
|       | 50m: 36.77 36.77            | 100m: 1:18.24 | 41.47                   | 150m: 2:01.16  | 42.92 | 200m: 2:45.67 | 44.51 |
| 5.    | Joana Filipa Marques        | 95            | Bombeiros Ponta Delgada | <b>2:45.89</b> | +0,66 | 533           | 20    |
|       | 50m: 36.39 36.39            | 100m: 1:18.53 | 42.14                   | 150m: 2:01.80  | 43.27 | 200m: 2:45.89 | 44.09 |
| 6.    | Rita Costa Amador           | 99            | Galitos                 | <b>2:46.80</b> | +0,85 | 525           | 19    |
|       | 50m: 38.28 38.28            | 100m: 1:20.87 | 42.59                   | 150m: 2:04.22  | 43.35 | 200m: 2:46.80 | 42.58 |
| 7.    | Ines Simoes Rodrigues       | 96            | Viver Santarem          | <b>2:46.89</b> | +0,94 | 524           | 18    |
|       | 50m: 38.01 38.01            | 100m: 1:19.97 | 41.96                   | 150m: 2:02.95  | 42.98 | 200m: 2:46.89 | 43.94 |

Campeonato Nacional Clubes 3ª Divisão  
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Prova 4, Femin., 200m Bruços, Absoluto

| Lugar | Nome                                                                                   | Ano                 | Clube                 | Tempo Final    | TReac | Pts FINA | Pts |
|-------|----------------------------------------------------------------------------------------|---------------------|-----------------------|----------------|-------|----------|-----|
| 8.    | Patricia Fonseca Silva                                                                 | 93                  | Feirense              | <b>2:48.25</b> | +0,90 | 511      | 17  |
|       | 50m: 38.02 38.02                                                                       | 100m: 1:20.29 42.27 | 150m: 2:03.94 43.65   | 200m: 2:48.25  | 44.31 |          |     |
| 9.    | Carolina Lourenco Matos                                                                | 98                  | Benedita              | <b>2:50.84</b> | +0,73 | 488      | 16  |
|       | 50m: 37.07 37.07                                                                       | 100m: 1:20.33 43.26 | 150m: 2:05.70 45.37   | 200m: 2:50.84  | 45.14 |          |     |
| 10.   | Erica Filipa Costa                                                                     | 96                  | Academica de Coimbra  | <b>2:51.37</b> | +0,84 | 484      | 15  |
|       | 50m: 39.03 39.03                                                                       | 100m: 1:22.82 43.79 | 150m: 2:06.64 43.82   | 200m: 2:51.37  | 44.73 |          |     |
| 11.   | Ana Carolina Guedes                                                                    | 93                  | Ginasio de Vila Real  | <b>2:51.73</b> | +0,76 | 481      | 14  |
|       | 50m: 38.21 38.21                                                                       | 100m: 1:21.29 43.08 | 150m: 2:05.73 44.44   | 200m: 2:51.73  | 46.00 |          |     |
| 12.   | Margarida Peixoto Pelaio                                                               | 98                  | Ginasio Figueirense   | <b>2:53.81</b> | +0,81 | 464      | 13  |
|       | 50m: 38.92 38.92                                                                       | 100m: 1:22.98 44.06 | 150m: 2:08.33 45.35   | 200m: 2:53.81  | 45.48 |          |     |
| 13.   | Ines Rocha Silva                                                                       | 00                  | Alcobaca              | <b>2:54.23</b> | +0,78 | 460      | 12  |
|       | 50m: 38.77 38.77                                                                       | 100m: 1:23.82 45.05 | 150m: 2:09.77 45.95   | 200m: 2:54.23  | 44.46 |          |     |
| 14.   | Cristiana Silva Ulpiano                                                                | 95                  | Lisnave               | <b>2:55.46</b> | +0,91 | 451      | 11  |
|       | 50m: 39.19 39.19                                                                       | 100m: 1:22.74 43.55 | 150m: 2:08.60 45.86   | 200m: 2:55.46  | 46.86 |          |     |
| 15.   | Catarina Isabel Branco                                                                 | 99                  | Ginasio Santo Tirso   | <b>2:56.62</b> | +0,99 | 442      | 10  |
|       | 50m: 39.80 39.80                                                                       | 100m: 1:24.64 44.84 | 150m: 2:10.98 46.34   | 200m: 2:56.62  | 45.64 |          |     |
| 16.   | Carolina Maeiro Augusto                                                                | 00                  | Natacao de Olhao      | <b>2:57.95</b> | +0,88 | 432      | 9   |
|       | 50m: 40.04 40.04                                                                       | 100m: 1:25.41 45.37 | 150m: 2:11.86 46.45   | 200m: 2:57.95  | 46.09 |          |     |
| 17.   | Elsa Manuela Cardoso                                                                   | 86                  | Interior Norte        | <b>2:59.30</b> | +0,80 | 422      | 8   |
|       | 50m: 40.31 40.31                                                                       | 100m: 1:26.61 46.30 | 150m: 2:13.52 46.91   | 200m: 2:59.30  | 45.78 |          |     |
| 18.   | Ines Ataíde Dias                                                                       | 94                  | Sporting de Espinho   | <b>3:00.06</b> | +0,90 | 417      | 7   |
|       | 50m: 39.82 39.82                                                                       | 100m: 1:25.24 45.42 | 150m: 2:12.86 47.62   | 200m: 3:00.06  | 47.20 |          |     |
| 19.   | Carolina Santos Machado                                                                | 95                  | Gafanha da Encarnacao | <b>3:02.88</b> | +0,89 | 398      | 6   |
|       | 50m: 39.50 39.50                                                                       | 100m: 1:25.09 45.59 | 150m: 2:13.86 48.77   | 200m: 3:02.88  | 49.02 |          |     |
| 20.   | Joana Aparicio Tejo                                                                    | 97                  | Aminata               | <b>3:03.43</b> | +0,91 | 394      | 5   |
|       | 50m: 40.74 40.74                                                                       | 100m: 1:26.47 45.73 | 150m: 2:14.47 48.00   | 200m: 3:03.43  | 48.96 |          |     |
| 21.   | Catarina Almeida Garcia                                                                | 97                  | Natacao de Faro       | <b>3:06.17</b> | +0,88 | 377      | 4   |
|       | 50m: 38.78 38.78                                                                       | 100m: 1:25.95 47.17 | 150m: 2:16.62 50.67   | 200m: 3:06.17  | 49.55 |          |     |
| 22.   | Lara Alexandra Vaz                                                                     | 99                  | Desportiva de Viana   | <b>3:10.90</b> | +0,85 | 350      | 3   |
|       | 50m: 40.93 40.93                                                                       | 100m: 1:28.73 47.80 | 150m: 2:20.01 51.28   | 200m: 3:10.90  | 50.89 |          |     |
| 23.   | Joana Sofia Teixeira                                                                   | 99                  | Beja                  | <b>3:12.55</b> | +0,89 | 341      | 2   |
|       | 50m: 42.34 42.34                                                                       | 100m: 1:31.90 49.56 | 150m: 2:21.61 49.71   | 200m: 3:12.55  | 50.94 |          |     |
| DSQ   | Daniela Valente Ferreira                                                               | 96                  | Estamos Juntos        |                |       |          |     |
|       | 732 - Perdeu a posição ventral durante o percurso após viragem aos 130 metros - SW 7.2 |                     |                       |                |       |          |     |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012



Prova 5 Masc., 50m Livres Absoluto  
15-12-2012 - 16:35 Resultados

|                        |       |                              |        |                       |            |
|------------------------|-------|------------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 21.64 | Alexandre Escudier Agostinho | PORTIN | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Inf B    | 26.65 | Gabriel Jose Lopes           | CDL    | Lousã                 | 19-06-2010 |
| Rec. Nac. 25m Inf A    | 25.31 | Nuno Miguel Graca            | EDV    | Ponte da Barca        | 07-07-2012 |
| Rec. Nac. 25m Juv B    | 23.96 | Diogo Gomes Sousa            | CNCVG  | Ponte de Sôr          | 13-12-2009 |
| Rec. Nac. 25m Juv A    | 24.16 | David Miguel Ferro           | SFUAP  | Algés                 | 12-02-2000 |
| Rec. Nac. 25m Jun      | 22.24 | Miguel Duarte Nascimento     | PORTIN | Porto                 | 08-12-2012 |
| Rec. Nac. 25m Sen      | 21.64 | Alexandre Escudier Agostinho | PORTIN | S. António Cavaleiros | 20-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                      | Ano | Clube                     | Tempo Final  | TReac | Pts FINA | Pts |
|----------|---------------------------|-----|---------------------------|--------------|-------|----------|-----|
| Absoluto |                           |     |                           |              |       |          |     |
| 1.       | Gustavo Almeida Madureira | 94  | Academica de Coimbra      | <b>22.81</b> | +0,63 | 704      | 25  |
| 2.       | Ivan Monteiro Simoes      | 91  | Natacao de Vila Real      | <b>23.37</b> | +0,68 | 655      | 23  |
| 3.       | Mauro Cabral Costa        | 93  | Litoral Alentejano        | <b>23.74</b> | +0,77 | 625      | 22  |
| 4.       | Ricardo Conceicao Pedroso | 77  | Estrelas S. Joao de Brito | <b>24.54</b> | +0,74 | 566      | 21  |
| 5.       | Afonso Lopes dos Santos   | 95  | Alcobaca                  | <b>24.55</b> | +0,73 | 565      | 20  |
| 6.       | Emanuel Augusto Pinho     | 93  | Feirense                  | <b>24.59</b> | +0,73 | 562      | 19  |
| 7.       | Miguel Duarte Moreira     | 96  | Belenenses                | <b>24.92</b> | +0,76 | 540      | 18  |
| 8.       | Ricardo David Silva       | 97  | Foca                      | <b>24.94</b> | +0,77 | 539      | 17  |
| 9.       | Andre Lima Costa          | 97  | Sporting de Espinho       | <b>25.04</b> | +0,73 | 532      | 16  |
| 10.      | Carlos Miguel Sotelo      | 91  | Viana Natacao             | <b>25.24</b> | +0,82 | 520      | 15  |
| 11.      | Frederico Sousa Soares    | 96  | Bombeiros dos Estoris     | <b>25.27</b> | +0,75 | 518      | 14  |
| 12.      | Pedro Miguel Esteves      | 96  | Colegio Monte Maior       | <b>25.35</b> | +0,73 | 513      | 13  |
| 13.      | Fabio Andre Ferreira      | 86  | Torres Novas              | <b>25.40</b> | +0,76 | 510      | 12  |
| 14.      | Joao Martires Costa       | 85  | Ginasio de Vila Real      | <b>25.47</b> | +0,77 | 506      | 11  |
| 15.      | Bruno Miguel Franco       | 90  | Lisnave                   | <b>25.57</b> | +0,92 | 500      | 10  |
| 16.      | Joao Paulo Rosa           | 91  | Bombeiros Ponta Delgada   | <b>25.70</b> | +0,84 | 492      | 9   |
| 17.      | Hugo Neves Neto           | 94  | Columbofila Cantanhedense | <b>25.76</b> | +0,73 | 489      | 8   |
| 18.      | Joao Pedro Barroso        | 95  | Ginasio Santo Tirso       | <b>25.81</b> | +0,81 | 486      | 7   |
| 19.      | Carlos Cunha Costa        | 95  | Fafe                      | <b>25.85</b> | +0,76 | 484      | 6   |
| 20.      | Jose Manuel Cabeca        | 96  | Aminata                   | <b>26.60</b> | +0,69 | 444      | 5   |
| 21.      | Joao Carlos Gabriel       | 97  | Viver Santarem            | <b>26.68</b> | +0,76 | 440      | 4   |
| 22.      | Joao Ricardo Silva        | 97  | Ginasio Figueirense       | <b>26.70</b> | +0,73 | 439      | 3   |
| 23.      | Nuno Valerio Silva        | 97  | Nautico da Marinha Grande | <b>26.79</b> | +0,83 | 435      | 2   |
| 24.      | Paulo Filipe Silva        | 98  | Natacao da Maia           | <b>26.81</b> | +0,79 | 434      | 1   |



Campeonato Nacional Clubes 3ª Divisão  
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Prova 6  
15-12-2012 - 16:40

Femin., 100m Livres

Absoluto  
Resultados

|                        |         |                          |        |                       |            |
|------------------------|---------|--------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 55.43   | Patricia Vilas Conceicao | CNA    | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Inf B    | 1:01.63 | Ines Camacho Fernandes   | SCP    | Lisboa                | 05-04-2009 |
| Rec. Nac. 25m Inf A    | 59.20   | Ines Camacho Fernandes   | SCP    | Tavira                | 07-03-2010 |
| Rec. Nac. 25m Juv      | 59.33   | Mariana Cunha Guerra     | ASSSCC | Cantanhede            | 11-12-2011 |
| Rec. Nac. 25m Jun      | 56.78   | Maria Carolina Rosa      | SCP    | Leiria                | 04-12-2009 |
| Rec. Nac. 25m Sen      | 55.43   | Patricia Vilas Conceicao | CNA    | S. António Cavaleiros | 20-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                       | Ano | Clube                   | Tempo Final    | TReac | Pts FINA | Pts |
|----------|----------------------------|-----|-------------------------|----------------|-------|----------|-----|
| Absoluto |                            |     |                         |                |       |          |     |
| 1.       | Joana Patricia Pinto       | 94  | Ginasio de Vila Real    | <b>58.12</b>   | +0,84 | 676      | 25  |
|          | 50m: 27.89 27.89           |     | 100m: 58.12 30.23       |                |       |          |     |
| 2.       | Julia Matos Lopes          | 94  | Viver Santarem          | <b>59.67</b>   | +0,80 | 624      | 23  |
|          | 50m: 29.04 29.04           |     | 100m: 59.67 30.63       |                |       |          |     |
| 3.       | Ana Beatriz Silva          | 96  | Gafanha da Encarnacao   | <b>1:01.14</b> | +0,70 | 580      | 22  |
|          | 50m: 28.92 28.92           |     | 100m: 1:01.14 32.22     |                |       |          |     |
| 4.       | Mafalda Fraga Fragoso      | 94  | Bombeiros Ponta Delgada | <b>1:01.21</b> | +0,82 | 578      | 21  |
|          | 50m: 28.60 28.60           |     | 100m: 1:01.21 32.61     |                |       |          |     |
| 5.       | Filipa Vicente Custodias   | 97  | Benedita                | <b>1:01.30</b> | +0,67 | 576      | 20  |
|          | 50m: 29.29 29.29           |     | 100m: 1:01.30 32.01     |                |       |          |     |
| 6.       | Andreia Brito Costa        | 95  | Natacao de Faro         | <b>1:01.37</b> | +0,85 | 574      | 19  |
|          | 50m: 29.39 29.39           |     | 100m: 1:01.37 31.98     |                |       |          |     |
| 7.       | Carolina Saraiva Pires     | 96  | Lisnave                 | <b>1:01.49</b> | +0,87 | 570      | 18  |
|          | 50m: 29.51 29.51           |     | 100m: 1:01.49 31.98     |                |       |          |     |
| 8.       | Ana Raquel Ferreira        | 98  | Ginasio Figueirense     | <b>1:01.56</b> | +0,90 | 568      | 17  |
|          | 50m: 30.08 30.08           |     | 100m: 1:01.56 31.48     |                |       |          |     |
| 9.       | Filipa Mendes Pinheiro     | 92  | Desportiva de Viana     | <b>1:01.80</b> | +0,76 | 562      | 16  |
|          | 50m: 29.29 29.29           |     | 100m: 1:01.80 32.51     |                |       |          |     |
| 10.      | Filipa Andreia Costa       | 98  | Colegio Monte Maior     | <b>1:02.06</b> | +0,81 | 555      | 15  |
|          | 50m: 29.77 29.77           |     | 100m: 1:02.06 32.29     |                |       |          |     |
| 11.      | Bruna Miguel Pereira       | 94  | Academica de Coimbra    | <b>1:02.85</b> | +0,95 | 534      | 14  |
|          | 50m: 30.14 30.14           |     | 100m: 1:02.85 32.71     |                |       |          |     |
| 12.      | Mariana Sousa Martins      | 95  | Feirense                | <b>1:03.71</b> | +0,86 | 513      | 13  |
|          | 50m: 30.44 30.44           |     | 100m: 1:03.71 33.27     |                |       |          |     |
| 13.      | Lais Domingues Velha       | 97  | Galitos                 | <b>1:03.88</b> | +0,99 | 509      | 12  |
|          | 50m: 30.16 30.16           |     | 100m: 1:03.88 33.72     |                |       |          |     |
| 14.      | Joana Margarida Monteiro   | 91  | Pimpoes/Cimai           | <b>1:04.07</b> | +0,93 | 504      | 11  |
|          | 50m: 30.70 30.70           |     | 100m: 1:04.07 33.37     |                |       |          |     |
| 15.      | Ana Francisca Silva        | 95  | Academico Viseu         | <b>1:04.10</b> | +0,79 | 503      | 10  |
|          | 50m: 30.16 30.16           |     | 100m: 1:04.10 33.94     |                |       |          |     |
| 16.      | Laura Miranda Rosado       | 97  | Aminata                 | <b>1:04.19</b> | +0,89 | 501      | 9   |
|          | 50m: 31.10 31.10           |     | 100m: 1:04.19 33.09     |                |       |          |     |
| 17.      | Cristina Alexandra Furtado | 96  | Estamos Juntos          | <b>1:04.84</b> | +0,96 | 486      | 8   |
|          | 50m: 31.24 31.24           |     | 100m: 1:04.84 33.60     |                |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 6, Femin., 100m Livres, Absoluto

| Lugar | Nome                                         | Ano | Clube                                      | Tempo Final    | TReac | Pts FINA | Pts |
|-------|----------------------------------------------|-----|--------------------------------------------|----------------|-------|----------|-----|
| 18.   | Helena Manuel Jose<br>50m: 30.85 30.85       | 90  | Ginasio Santo Tirso<br>100m: 1:05.18 34.33 | <b>1:05.18</b> | +0,89 | 479      | 7   |
| 19.   | Maria Joao Oliveira<br>50m: 30.73 30.73      | 95  | Sporting de Espinho<br>100m: 1:05.24 34.51 | <b>1:05.24</b> | +0,88 | 477      | 6   |
| 20.   | Sara Filipe Marcos<br>50m: 31.66 31.66       | 97  | Natacao de Olhao<br>100m: 1:06.06 34.40    | <b>1:06.06</b> | +0,89 | 460      | 5   |
| 21.   | Ana Mafalda Oliveira<br>50m: 32.13 32.13     | 81  | Natacao da Maia<br>100m: 1:06.38 34.25     | <b>1:06.38</b> | +0,93 | 453      | 4   |
|       | Mara Casimiro Ribeiro<br>50m: 31.81 31.81    | 97  | Alcobaca<br>100m: 1:06.38 34.57            | <b>1:06.38</b> | +0,90 | 453      | 4   |
| 23.   | Marta Fernandes Carneiro<br>50m: 32.82 32.82 | 94  | Interior Norte<br>100m: 1:08.00 35.18      | <b>1:08.00</b> | +0,95 | 422      | 2   |
| 24.   | Ana Sofia Vasconcelos<br>50m: 31.94 31.94    | 95  | Beja<br>100m: 1:08.03 36.09                | <b>1:08.03</b> | +0,92 | 421      | 1   |

Prova 7

Masc., 100m Costas

Absoluto  
Resultados

15-12-2012 - 16:50

|                        |         |                       |       |                |            |
|------------------------|---------|-----------------------|-------|----------------|------------|
| Rec. Nac. 25m Absoluto | 52.16   | Alexis Manacas Santos | FPN   | Chartres (FRA) | 24-11-2012 |
| Rec. Nac. 25m Inf B    | 1:04.76 | Alexandre Lages Ribas | EDV   | Ponte da Barca | 09-05-2010 |
| Rec. Nac. 25m Inf A    | 1:00.97 | Alexandre Lages Ribas | EDV   | Viseu          | 11-03-2011 |
| Rec. Nac. 25m Juv B    | 57.38   | Gabriel Jose Lopes    | CDL   | Coimbra        | 13-05-2012 |
| Rec. Nac. 25m Juv A    | 56.45   | Diogo Gomes Sousa     | CNCVG | Porto          | 04-12-2010 |
| Rec. Nac. 25m Jun      | 53.88   | Alexis Manacas Santos | SCP   | Leiria         | 05-12-2009 |
| Rec. Nac. 25m Sen      | 52.16   | Alexis Manacas Santos | FPN   | Chartres (FRA) | 24-11-2012 |

Pontos: FINA 2012

| Lugar           | Nome                                        | Ano | Clube                                          | Tempo Final    | TReac | Pts FINA | Pts |
|-----------------|---------------------------------------------|-----|------------------------------------------------|----------------|-------|----------|-----|
| <b>Absoluto</b> |                                             |     |                                                |                |       |          |     |
| 1.              | Duarte Rafael Mourao<br>50m: 27.22 27.22    | 84  | Estrelas S. Joao de Brito<br>100m: 56.39 29.17 | <b>56.39</b>   | +0,67 | 653      | 25  |
| 2.              | Rodrigo Antonio Rosa<br>50m: 28.21 28.21    | 96  | Colegio Monte Maior<br>100m: 57.99 29.78       | <b>57.99</b>   | +0,74 | 601      | 23  |
| 3.              | Filipe Rainho Balseiro<br>50m: 28.51 28.51  | 94  | Academica de Coimbra<br>100m: 58.82 30.31      | <b>58.82</b>   | +0,57 | 575      | 22  |
| 4.              | Ivo Andre Margarido<br>50m: 29.07 29.07     | 88  | Litoral Alentejano<br>100m: 59.41 30.34        | <b>59.41</b>   | +0,66 | 559      | 21  |
| 5.              | Paulo Gabriel Magalhaes<br>50m: 28.85 28.85 | 96  | Fafe<br>100m: 59.85 31.00                      | <b>59.85</b>   | +0,61 | 546      | 20  |
| 6.              | Tomas Machado Vale<br>50m: 29.06 29.06      | 97  | Viana Natacao<br>100m: 1:00.20 31.14           | <b>1:00.20</b> | +0,72 | 537      | 19  |
| 7.              | Diogo Miguel Paulino<br>50m: 28.75 28.75    | 90  | Alcobaca<br>100m: 1:00.31 31.56                | <b>1:00.31</b> | +0,56 | 534      | 18  |
| 8.              | Ivo Andre Lopes<br>50m: 29.51 29.51         | 94  | Viver Santarem<br>100m: 1:00.53 31.02          | <b>1:00.53</b> | +0,70 | 528      | 17  |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 7, Masc., 100m Costas, Absoluto

| Lugar | Nome                         | Ano                 | Clube                     | Tempo Final    | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------------|---------------------------|----------------|-------|----------|-----|
| 9.    | Job Santos Silva             | 96                  | Feirense                  | <b>1:00.73</b> | +0,59 | 523      | 16  |
|       | 50m: 29.21 29.21             | 100m: 1:00.73 31.52 |                           |                |       |          |     |
| 10.   | Antonio Sampaio Reboło       | 94                  | Belenenses                | <b>1:01.02</b> | +0,75 | 515      | 15  |
|       | 50m: 29.46 29.46             | 100m: 1:01.02 31.56 |                           |                |       |          |     |
| 11.   | Daniel Ribeiro Sousa         | 95                  | Nautico da Marinha Grande | <b>1:01.15</b> | +0,67 | 512      | 14  |
|       | 50m: 29.89 29.89             | 100m: 1:01.15 31.26 |                           |                |       |          |     |
| 12.   | Ivo Pinto Ribeiro            | 97                  | Foca                      | <b>1:01.58</b> | +0,56 | 501      | 13  |
|       | 50m: 29.77 29.77             | 100m: 1:01.58 31.81 |                           |                |       |          |     |
| 13.   | Pedro Miguel Gamito          | 96                  | Bombeiros dos Estoris     | <b>1:02.31</b> | +0,63 | 484      | 12  |
|       | 50m: 30.09 30.09             | 100m: 1:02.31 32.22 |                           |                |       |          |     |
| 14.   | Pedro Cunha Caetano          | 90                  | Aminata                   | <b>1:02.66</b> | +0,69 | 476      | 11  |
|       | 50m: 30.48 30.48             | 100m: 1:02.66 32.18 |                           |                |       |          |     |
| 15.   | Joao Paulo Baptista          | 96                  | Sporting de Espinho       | <b>1:02.69</b> | +0,71 | 475      | 10  |
|       | 50m: 30.20 30.20             | 100m: 1:02.69 32.49 |                           |                |       |          |     |
| 16.   | Diogo Moreira Silveira       | 94                  | Lisnave                   | <b>1:03.28</b> | +0,73 | 462      | 9   |
|       | 50m: 30.59 30.59             | 100m: 1:03.28 32.69 |                           |                |       |          |     |
| 17.   | Christophe Pereira Fernandes | 91                  | Natacao de Vila Real      | <b>1:03.74</b> | +0,72 | 452      | 8   |
|       | 50m: 31.21 31.21             | 100m: 1:03.74 32.53 |                           |                |       |          |     |
| 18.   | Andre Filipe Vicente         | 81                  | Torres Novas              | <b>1:04.27</b> | +0,63 | 441      | 7   |
|       | 50m: 31.23 31.23             | 100m: 1:04.27 33.04 |                           |                |       |          |     |
| 19.   | Carlos Manuel Figueiredo     | 96                  | Ginasio de Vila Real      | <b>1:04.32</b> | +0,60 | 440      | 6   |
|       | 50m: 30.76 30.76             | 100m: 1:04.32 33.56 |                           |                |       |          |     |
| 20.   | Joao Paulo Rosa              | 91                  | Bombeiros Ponta Delgada   | <b>1:04.48</b> | +0,72 | 437      | 5   |
|       | 50m: 32.37 32.37             | 100m: 1:04.48 32.11 |                           |                |       |          |     |
| 21.   | Joao Ricardo Silva           | 97                  | Ginasio Figueirense       | <b>1:04.90</b> | +0,59 | 428      | 4   |
|       | 50m: 32.07 32.07             | 100m: 1:04.90 32.83 |                           |                |       |          |     |
| 22.   | Andre Manuel Costa           | 97                  | Natacao da Maia           | <b>1:06.01</b> | +0,60 | 407      | 3   |
|       | 50m: 31.89 31.89             | 100m: 1:06.01 34.12 |                           |                |       |          |     |
| 23.   | Leandro Fernandes Mota       | 98                  | Columbofila Cantanhedens  | <b>1:06.03</b> | +0,66 | 407      | 2   |
|       | 50m: 31.65 31.65             | 100m: 1:06.03 34.38 |                           |                |       |          |     |
| 24.   | Joao Pedro Barroso           | 95                  | Ginasio Santo Tirso       | <b>1:06.37</b> | +0,67 | 400      | 1   |
|       | 50m: 31.90 31.90             | 100m: 1:06.37 34.47 |                           |                |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 8  
15-12-2012 - 16:55

Femin., 200m Costas

Absoluto  
Resultados

|                        |         |                          |     |          |            |
|------------------------|---------|--------------------------|-----|----------|------------|
| Rec. Nac. 25m Absoluto | 2:12.00 | Ana Antas Barros         | SAD | Algés    | 14-05-1993 |
| Rec. Nac. 25m Inf B    | 2:27.92 | Keissy Joselin Sousa     | FCP | Alcobaça | 16-03-1997 |
| Rec. Nac. 25m Inf A    | 2:22.25 | Keissy Joselin Sousa     | FCP | Algés    | 15-03-1998 |
| Rec. Nac. 25m Juv      | 2:17.86 | Catia Raquel Martinheira | LDC | Sines    | 21-12-2008 |
| Rec. Nac. 25m Jun      | 2:12.80 | Petra Quintela Chaves    | SAD | Algés    | 31-05-1994 |
| Rec. Nac. 25m Sen      | 2:12.00 | Ana Antas Barros         | SAD | Algés    | 14-05-1993 |

Pontos: FINA 2012

| Lugar    | Nome                     | Ano                 | Clube                   | Tempo Final         | TReac | Pts FINA | Pts |
|----------|--------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| Absoluto |                          |                     |                         |                     |       |          |     |
| 1.       | Tatiana Filipa Santos    | 95                  | Ginasio Figueirense     | <b>2:21.00</b>      | +0,66 | 616      | 25  |
|          | 50m: 33.62 33.62         | 100m: 1:09.07 35.45 | 150m: 1:45.44 36.37     | 200m: 2:21.00 35.56 |       |          |     |
| 2.       | Ana Sofia Leite          | 93                  | Ginasio de Vila Real    | <b>2:21.01</b>      | +0,73 | 616      | 23  |
|          | 50m: 31.75 31.75         | 100m: 1:07.06 35.31 | 150m: 1:43.65 36.59     | 200m: 2:21.01 37.36 |       |          |     |
| 3.       | Filipa Vicente Custeias  | 97                  | Benedita                | <b>2:23.53</b>      | +0,66 | 584      | 22  |
|          | 50m: 34.86 34.86         | 100m: 1:11.86 37.00 | 150m: 1:48.47 36.61     | 200m: 2:23.53 35.06 |       |          |     |
| 4.       | Maria Teresa Martins     | 98                  | Galitos                 | <b>2:25.63</b>      | +0,64 | 559      | 21  |
|          | 50m: 34.01 34.01         | 100m: 1:10.56 36.55 | 150m: 1:47.92 37.36     | 200m: 2:25.63 37.71 |       |          |     |
| 5.       | Bruna Elisabete Paulino  | 97                  | Alcobaca                | <b>2:26.34</b>      | +0,68 | 551      | 20  |
|          | 50m: 33.77 33.77         | 100m: 1:11.02 37.25 | 150m: 1:49.37 38.35     | 200m: 2:26.34 36.97 |       |          |     |
| 6.       | Claudia Isabel Semiao    | 97                  | Aminata                 | <b>2:26.52</b>      | +0,68 | 549      | 19  |
|          | 50m: 34.22 34.22         | 100m: 1:11.87 37.65 | 150m: 1:49.75 37.88     | 200m: 2:26.52 36.77 |       |          |     |
| 7.       | Rafaela Marques Bodiao   | 96                  | Natacao de Olhao        | <b>2:29.02</b>      | +0,62 | 522      | 18  |
|          | 50m: 33.76 33.76         | 100m: 1:10.89 37.13 | 150m: 1:49.92 39.03     | 200m: 2:29.02 39.10 |       |          |     |
| 8.       | Juliana Lima Freixo      | 97                  | Desportiva de Viana     | <b>2:29.36</b>      | +0,64 | 518      | 17  |
|          | 50m: 34.40 34.40         | 100m: 1:12.03 37.63 | 150m: 1:50.52 38.49     | 200m: 2:29.36 38.84 |       |          |     |
| 9.       | Ines Sofia Sampaio       | 94                  | Academico Viseu         | <b>2:31.02</b>      | +0,71 | 502      | 16  |
|          | 50m: 34.63 34.63         | 100m: 1:12.25 37.62 | 150m: 1:52.32 40.07     | 200m: 2:31.02 38.70 |       |          |     |
| 10.      | Cintia Mariana Fernandes | 97                  | Academica de Coimbra    | <b>2:31.36</b>      | +0,65 | 498      | 15  |
|          | 50m: 34.88 34.88         | 100m: 1:14.05 39.17 | 150m: 1:53.81 39.76     | 200m: 2:31.36 37.55 |       |          |     |
| 11.      | Maria Beatriz Dias       | 99                  | Viver Santarem          | <b>2:31.98</b>      |       | 492      | 14  |
|          | 50m: 36.26 36.26         | 100m: 1:14.62 38.36 | 150m: 1:53.80 39.18     | 200m: 2:31.98 38.18 |       |          |     |
| 12.      | Ana Rita Ribau           | 95                  | Gafanha da Encarnacao   | <b>2:33.50</b>      | +0,63 | 478      | 13  |
|          | 50m: 35.21 35.21         | 100m: 1:13.48 38.27 | 150m: 1:53.55 40.07     | 200m: 2:33.50 39.95 |       |          |     |
| 13.      | Catarina Rego Borges     | 99                  | Bombeiros Ponta Delgada | <b>2:33.64</b>      | +0,73 | 476      | 12  |
|          | 50m: 36.43 36.43         | 100m: 1:15.19 38.76 | 150m: 1:55.58 40.39     | 200m: 2:33.64 38.06 |       |          |     |
| 14.      | Ana Beatriz Pedro        | 97                  | Pimpoes/Cimai           | <b>2:34.00</b>      | +0,61 | 473      | 11  |
|          | 50m: 35.40 35.40         | 100m: 1:13.93 38.53 | 150m: 1:54.09 40.16     | 200m: 2:34.00 39.91 |       |          |     |
| 15.      | Filipa Oliveira Andrade  | 97                  | Estamos Juntos          | <b>2:34.76</b>      | +0,71 | 466      | 10  |
|          | 50m: 35.40 35.40         | 100m: 1:13.32 37.92 | 150m: 1:53.88 40.56     | 200m: 2:34.76 40.88 |       |          |     |
| 16.      | Ana Paula Araujo         | 96                  | Ginasio Santo Tirso     | <b>2:36.37</b>      | +0,73 | 452      | 9   |
|          | 50m: 36.17 36.17         | 100m: 1:14.85 38.68 | 150m: 1:55.66 40.81     | 200m: 2:36.37 40.71 |       |          |     |
| 17.      | Beatriz Antunes Carvalho | 99                  | Colegio Monte Maior     | <b>2:38.39</b>      | +0,62 | 435      | 8   |
|          | 50m: 36.23 36.23         | 100m: 1:16.40 40.17 | 150m: 1:57.42 41.02     | 200m: 2:38.39 40.97 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
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Prova 8, Femin., 200m Costas, Absoluto

| Lugar | Nome                     | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 18.   | Carolina Rocha Silva     | 99                  | Sporting de Espinho | <b>2:40.98</b>      | +0,78 | 414      | 7   |
|       | 50m: 37.29 37.29         | 100m: 1:17.51 40.22 | 150m: 1:58.99 41.48 | 200m: 2:40.98 41.99 |       |          |     |
| 19.   | Maria Luisa Alvarenga    | 98                  | Beja                | <b>2:42.24</b>      | +0,72 | 404      | 6   |
|       | 50m: 36.88 36.88         | 100m: 1:17.85 40.97 | 150m: 2:00.42 42.57 | 200m: 2:42.24 41.82 |       |          |     |
| 20.   | Maria Beatriz Ribeiro    | 97                  | Natacao da Maia     | <b>2:43.30</b>      | +0,77 | 397      | 5   |
|       | 50m: 38.31 38.31         | 100m: 1:20.29 41.98 | 150m: 2:02.81 42.52 | 200m: 2:43.30 40.49 |       |          |     |
| 21.   | Sofia Alexandra Nunes    | 00                  | Lisnave             | <b>2:43.62</b>      | +0,80 | 394      | 4   |
|       | 50m: 37.91 37.91         | 100m: 1:19.37 41.46 | 150m: 2:01.36 41.99 | 200m: 2:43.62 42.26 |       |          |     |
| 22.   | Mariana Cordeiro Vinagre | 97                  | Natacao de Faro     | <b>2:43.69</b>      | +0,68 | 394      | 3   |
|       | 50m: 38.13 38.13         | 100m: 1:20.03 41.90 | 150m: 2:01.81 41.78 | 200m: 2:43.69 41.88 |       |          |     |
| 23.   | Maria Joao Oliveira      | 93                  | Interior Norte      | <b>2:45.02</b>      | +0,63 | 384      | 2   |
|       | 50m: 36.93 36.93         | 100m: 1:18.85 41.92 | 150m: 2:01.99 43.14 | 200m: 2:45.02 43.03 |       |          |     |
| 24.   | Maria Ines Coelho        | 98                  | Feirense            | <b>2:51.33</b>      | +0,78 | 343      | 1   |
|       | 50m: 37.89 37.89         | 100m: 1:19.66 41.77 | 150m: 2:04.90 45.24 | 200m: 2:51.33 46.43 |       |          |     |

Prova 9

Masc., 400m Livres

Absoluto

15-12-2012 - 17:05

Resultados

|                        |         |                         |      |                |            |
|------------------------|---------|-------------------------|------|----------------|------------|
| Rec. Nac. 25m Absoluto | 3:45.58 | Fabio Manuel Pereira    | FPN  | Istambul (TUR) | 10-12-2009 |
| Rec. Nac. 25m Inf B    | 4:21.95 | Pedro Fontoura Oliveira | CFB  | Santarém       | 04-04-2003 |
| Rec. Nac. 25m Inf A    | 4:13.24 | Pedro Fontoura Oliveira | CFB  | Reboleira      | 05-06-2004 |
| Rec. Nac. 25m Juv B    | 4:03.22 | Joao Pedro Gil          | ANAM | Algés          | 08-07-2012 |
| Rec. Nac. 25m Juv A    | 3:59.31 | Joao Carlos Santos      | ANAM | Algés          | 08-07-2012 |
| Rec. Nac. 25m Jun      | 3:50.52 | Adriano Miguel Niz      | CFV  | Fafe           | 26-06-2004 |
| Rec. Nac. 25m Sen      | 3:45.58 | Fabio Manuel Pereira    | FPN  | Istambul (TUR) | 10-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                           | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|----------|--------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Absoluto |                                |                     |                           |                     |       |          |     |
| 1.       | Artiom Viatcheslavovitch Polia | 93/                 | Estrelas S. Joao de Brito | <b>3:56.35</b>      | +0,65 | 729      | 25  |
|          | 50m: 26.27 26.27               | 150m: 1:25.81 30.13 | 250m: 2:26.68 30.21       | 350m: 3:27.18 29.98 |       |          |     |
|          | 100m: 55.68 29.41              | 200m: 1:56.47 30.66 | 300m: 2:57.20 30.52       | 400m: 3:56.35 29.17 |       |          |     |
| 2.       | Joao Andre Neves               | 95                  | Academica de Coimbra      | <b>4:03.02</b>      | +0,73 | 671      | 23  |
|          | 50m: 27.64 27.64               | 150m: 1:28.82 30.99 | 250m: 2:30.22 30.53       | 350m: 3:33.16 31.62 |       |          |     |
|          | 100m: 57.83 30.19              | 200m: 1:59.69 30.87 | 300m: 3:01.54 31.32       | 400m: 4:03.02 29.86 |       |          |     |
| 3.       | Miguel Monteiro Diogo          | 93                  | Alcobaca                  | <b>4:03.04</b>      | +0,73 | 670      | 22  |
|          | 50m: 27.57 27.57               | 150m: 1:27.98 30.51 | 250m: 2:30.06 31.18       | 350m: 3:33.24 31.51 |       |          |     |
|          | 100m: 57.47 29.90              | 200m: 1:58.88 30.90 | 300m: 3:01.73 31.67       | 400m: 4:03.04 29.80 |       |          |     |
| 4.       | Duarte Cai-Agua Martins        | 95                  | Bombeiros dos Estoris     | <b>4:10.15</b>      | +0,85 | 615      | 21  |
|          | 50m: 28.47 28.47               | 150m: 1:31.02 31.66 | 250m: 2:35.11 32.31       | 350m: 3:39.47 32.05 |       |          |     |
|          | 100m: 59.36 30.89              | 200m: 2:02.80 31.78 | 300m: 3:07.42 32.31       | 400m: 4:10.15 30.68 |       |          |     |
| 5.       | Diogo Antonio Lopes            | 95                  | Torres Novas              | <b>4:10.28</b>      | +0,78 | 614      | 20  |
|          | 50m: 28.14 28.14               | 150m: 1:30.96 31.94 | 250m: 2:35.07 31.71       | 350m: 3:39.70 31.90 |       |          |     |
|          | 100m: 59.02 30.88              | 200m: 2:03.36 32.40 | 300m: 3:07.80 32.73       | 400m: 4:10.28 30.58 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 9, Masc., 400m Livres, Absoluto

| Lugar | Nome                       | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 6.    | Joao Alexandre Vital       | 98                  | Colegio Monte Maior       | <b>4:10.32</b>      | +0,86 | 614      | 19  |
|       | 50m: 28.63 28.63           | 150m: 1:31.62 31.67 | 250m: 2:35.53 31.77       | 350m: 3:39.64 32.02 |       |          |     |
|       | 100m: 59.95 31.32          | 200m: 2:03.76 32.14 | 300m: 3:07.62 32.09       | 400m: 4:10.32 30.68 |       |          |     |
| 7.    | Eduardo Filipe Carvalheiro | 97                  | Columbofila Cantanhedens  | <b>4:10.81</b>      | +0,96 | 610      | 18  |
|       | 50m: 28.68 28.68           | 150m: 1:31.50 31.71 | 250m: 2:35.12 31.63       | 350m: 3:39.95 32.39 |       |          |     |
|       | 100m: 59.79 31.11          | 200m: 2:03.49 31.99 | 300m: 3:07.56 32.44       | 400m: 4:10.81 30.86 |       |          |     |
| 8.    | Tiago Joao Meira           | 96                  | Viana Natacao             | <b>4:12.47</b>      | +0,79 | 598      | 17  |
|       | 50m: 27.65 27.65           | 150m: 1:30.91 31.91 | 250m: 2:34.90 31.69       | 350m: 3:39.97 32.58 |       |          |     |
|       | 100m: 59.00 31.35          | 200m: 2:03.21 32.30 | 300m: 3:07.39 32.49       | 400m: 4:12.47 32.50 |       |          |     |
| 9.    | Bruno Rafael Meireles      | 96                  | Lisnave                   | <b>4:15.57</b>      | +0,82 | 577      | 16  |
|       | 50m: 29.33 29.33           | 150m: 1:31.76 31.67 | 250m: 2:37.16 32.62       | 350m: 3:43.16 32.98 |       |          |     |
|       | 100m: 1:00.09 30.76        | 200m: 2:04.54 32.78 | 300m: 3:10.18 33.02       | 400m: 4:15.57 32.41 |       |          |     |
| 10.   | Bruno Daniel Monteiro      | 88                  | Ginasio de Vila Real      | <b>4:15.65</b>      | +0,80 | 576      | 15  |
|       | 50m: 28.10 28.10           | 150m: 1:30.07 31.61 | 250m: 2:35.42 32.45       | 350m: 3:42.18 33.83 |       |          |     |
|       | 100m: 58.46 30.36          | 200m: 2:02.97 32.90 | 300m: 3:08.35 32.93       | 400m: 4:15.65 33.47 |       |          |     |
| 11.   | Jonatas da Fonseca Gaspar  | 88                  | Nautico da Marinha Grande | <b>4:15.76</b>      | +0,92 | 575      | 14  |
|       | 50m: 28.66 28.66           | 150m: 1:33.10 32.76 | 250m: 2:39.16 32.90       | 350m: 3:44.21 32.17 |       |          |     |
|       | 100m: 1:00.34 31.68        | 200m: 2:06.26 33.16 | 300m: 3:12.04 32.88       | 400m: 4:15.76 31.55 |       |          |     |
| 12.   | Miguel Filipe Pinto        | 96                  | Ginasio Santo Tirso       | <b>4:16.11</b>      | +0,90 | 573      | 13  |
|       | 50m: 28.67 28.67           | 150m: 1:32.88 32.49 | 250m: 2:39.13 32.83       | 350m: 3:45.05 32.58 |       |          |     |
|       | 100m: 1:00.39 31.72        | 200m: 2:06.30 33.42 | 300m: 3:12.47 33.34       | 400m: 4:16.11 31.06 |       |          |     |
| 13.   | Afonso Mateus Ribeiro      | 95                  | Belenenses                | <b>4:16.20</b>      | +0,68 | 572      | 12  |
|       | 50m: 28.24 28.24           | 150m: 1:31.69 31.96 | 250m: 2:37.17 32.55       | 350m: 3:44.14 33.52 |       |          |     |
|       | 100m: 59.73 31.49          | 200m: 2:04.62 32.93 | 300m: 3:10.62 33.45       | 400m: 4:16.20 32.06 |       |          |     |
| 14.   | David Oliveira Gorgulho    | 82                  | Litoral Alentejano        | <b>4:18.31</b>      | +0,87 | 558      | 11  |
|       | 50m: 29.08 29.08           | 150m: 1:33.91 32.59 | 250m: 2:39.67 32.37       | 350m: 3:46.41 33.57 |       |          |     |
|       | 100m: 1:01.32 32.24        | 200m: 2:07.30 33.39 | 300m: 3:12.84 33.17       | 400m: 4:18.31 31.90 |       |          |     |
| 15.   | Marcelo Jose Pinto         | 94                  | Foca                      | <b>4:18.93</b>      | +0,82 | 554      | 10  |
|       | 50m: 28.76 28.76           | 150m: 1:32.00 31.86 | 250m: 2:37.64 33.05       | 350m: 3:45.49 33.77 |       |          |     |
|       | 100m: 1:00.14 31.38        | 200m: 2:04.59 32.59 | 300m: 3:11.72 34.08       | 400m: 4:18.93 33.44 |       |          |     |
| 16.   | Joao Pedro Neves           | 96                  | Aminata                   | <b>4:20.29</b>      | +0,82 | 546      | 9   |
|       | 50m: 28.61 28.61           | 150m: 1:32.71 32.50 | 250m: 2:39.41 33.34       | 350m: 3:46.84 33.83 |       |          |     |
|       | 100m: 1:00.21 31.60        | 200m: 2:06.07 33.36 | 300m: 3:13.01 33.60       | 400m: 4:20.29 33.45 |       |          |     |
| 17.   | Daniel Filipe Lopes        | 96                  | Natacao de Vila Real      | <b>4:22.83</b>      | +0,76 | 530      | 8   |
|       | 50m: 28.12 28.12           | 150m: 1:31.28 32.03 | 250m: 2:39.40 34.21       | 350m: 3:48.78 34.67 |       |          |     |
|       | 100m: 59.25 31.13          | 200m: 2:05.19 33.91 | 300m: 3:14.11 34.71       | 400m: 4:22.83 34.05 |       |          |     |
| 18.   | Joao Luis Baeta            | 94                  | Viver Santarem            | <b>4:23.86</b>      | +0,80 | 524      | 7   |
|       | 50m: 29.25 29.25           | 150m: 1:33.43 32.63 | 250m: 2:40.84 33.96       | 350m: 3:49.90 34.62 |       |          |     |
|       | 100m: 1:00.80 31.55        | 200m: 2:06.88 33.45 | 300m: 3:15.28 34.44       | 400m: 4:23.86 33.96 |       |          |     |
| 19.   | Antonio Fraga Fragoso      | 95                  | Bombeiros Ponta Delgada   | <b>4:27.71</b>      | +0,80 | 502      | 6   |
|       | 50m: 29.00 29.00           | 150m: 1:34.69 33.39 | 250m: 2:42.64 34.06       | 350m: 3:53.16 35.63 |       |          |     |
|       | 100m: 1:01.30 32.30        | 200m: 2:08.58 33.89 | 300m: 3:17.53 34.89       | 400m: 4:27.71 34.55 |       |          |     |
| 20.   | Joao Goncalves Figueiredo  | 96                  | Ginasio Figueirense       | <b>4:29.03</b>      | +0,95 | 494      | 5   |
|       | 50m: 29.67 29.67           | 150m: 1:35.87 33.58 | 250m: 2:44.37 34.36       | 350m: 3:54.47 34.91 |       |          |     |
|       | 100m: 1:02.29 32.62        | 200m: 2:10.01 34.14 | 300m: 3:19.56 35.19       | 400m: 4:29.03 34.56 |       |          |     |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 9, Masc., 400m Livres, Absoluto

| Lugar | Nome                    | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 21.   | Paulo Filipe Miranda    | 97                  | Fafe                | <b>4:31.64</b>      | +0,75 | 480      | 4   |
|       | 50m: 27.98 27.98        | 150m: 1:33.76 33.66 | 250m: 2:43.34 35.29 | 350m: 3:55.93 36.28 |       |          |     |
|       | 100m: 1:00.10 32.12     | 200m: 2:08.05 34.29 | 300m: 3:19.65 36.31 | 400m: 4:31.64 35.71 |       |          |     |
| 22.   | Rui Miguel Cruz         | 96                  | Natacao da Maia     | <b>4:36.60</b>      | +0,82 | 455      | 3   |
|       | 50m: 29.12 29.12        | 150m: 1:35.79 34.23 | 250m: 2:47.37 35.95 | 350m: 4:00.50 36.72 |       |          |     |
|       | 100m: 1:01.56 32.44     | 200m: 2:11.42 35.63 | 300m: 3:23.78 36.41 | 400m: 4:36.60 36.10 |       |          |     |
| 23.   | Rodrigo Manuel Monteiro | 98                  | Sporting de Espinho | <b>4:46.76</b>      | +0,99 | 408      | 2   |
|       | 50m: 31.00 31.00        | 150m: 1:41.74 35.91 | 250m: 2:56.28 37.29 | 350m: 4:11.51 37.32 |       |          |     |
|       | 100m: 1:05.83 34.83     | 200m: 2:18.99 37.25 | 300m: 3:34.19 37.91 | 400m: 4:46.76 35.25 |       |          |     |
| 24.   | Filipe Jose Baptista    | 94                  | Feirense            | <b>4:47.99</b>      | +0,81 | 403      | 1   |
|       | 50m: 29.69 29.69        | 150m: 1:39.07 35.77 | 250m: 2:53.57 37.78 | 350m: 4:10.77 38.82 |       |          |     |
|       | 100m: 1:03.30 33.61     | 200m: 2:15.79 36.72 | 300m: 3:31.95 38.38 | 400m: 4:47.99 37.22 |       |          |     |

Prova 10  
15-12-2012 - 17:25

Femin., 200m Estilos

Absoluto Resultados

|                        |         |                        |       |                       |            |
|------------------------|---------|------------------------|-------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 2:14.28 | Victoria Kaminskaya    | PIMP  | Porto                 | 08-12-2012 |
| Rec. Nac. 25m Inf B    | 2:30.96 | Filipa Vilas Ruivo     | DNMG  | Alcobaça              | 13-06-2009 |
| Rec. Nac. 25m Inf A    | 2:25.08 | Ines Camacho Fernandes | SCP   | Tavira                | 06-03-2010 |
| Rec. Nac. 25m Juv      | 2:20.93 | Susana Patricia Miguel | SFUAP | Penafiel              | 20-03-2004 |
| Rec. Nac. 25m Jun      | 2:14.94 | Maria Carolina Rosa    | SCP   | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Sen      | 2:14.28 | Victoria Kaminskaya    | PIMP  | Porto                 | 08-12-2012 |

Pontos: FINA 2012

| Lugar | Nome                      | Ano                 | Clube                | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| 1.    | Victoria Kaminskaya       | 95                  | Pimpoes/Cimai        | <b>2:18.37</b>      | +0,76 | 730      | 25  |
|       | 50m: 29.71 29.71          | 100m: 1:04.71 35.00 | 150m: 1:44.22 39.51  | 200m: 2:18.37 34.15 |       |          |     |
| 2.    | Ana Margarida Rodrigues   | 96                  | Galitos              | <b>2:24.94</b>      | +0,74 | 635      | 23  |
|       | 50m: 30.91 30.91          | 100m: 1:08.48 37.57 | 150m: 1:51.47 42.99  | 200m: 2:24.94 33.47 |       |          |     |
| 3.    | Joana Patricia Pinto      | 94                  | Ginasio de Vila Real | <b>2:26.26</b>      | +0,83 | 618      | 22  |
|       | 50m: 31.96 31.96          | 100m: 1:09.91 37.95 | 150m: 1:50.48 40.57  | 200m: 2:26.26 35.78 |       |          |     |
| 4.    | Joana Isabel Lampreia     | 96                  | Beja                 | <b>2:30.70</b>      | +0,87 | 565      | 21  |
|       | 50m: 32.13 32.13          | 100m: 1:11.72 39.59 | 150m: 1:56.29 44.57  | 200m: 2:30.70 34.41 |       |          |     |
| 5.    | Filipa Mendes Pinheiro    | 92                  | Desportiva de Viana  | <b>2:31.05</b>      | +0,79 | 561      | 20  |
|       | 50m: 31.71 31.71          | 100m: 1:09.05 37.34 | 150m: 1:55.73 46.68  | 200m: 2:31.05 35.32 |       |          |     |
| 6.    | Joana Marques Maia        | 91                  | Natacao da Maia      | <b>2:31.16</b>      | +0,87 | 560      | 19  |
|       | 50m: 32.59 32.59          | 100m: 1:12.46 39.87 | 150m: 1:54.86 42.40  | 200m: 2:31.16 36.30 |       |          |     |
| 7.    | Daniela Figueiredo Metelo | 97                  | Academica de Coimbra | <b>2:31.18</b>      | +0,72 | 559      | 18  |
|       | 50m: 32.38 32.38          | 100m: 1:13.06 40.68 | 150m: 1:57.50 44.44  | 200m: 2:31.18 33.68 |       |          |     |
| 8.    | Ana Catarina Costa        | 95                  | Estamos Juntos       | <b>2:32.46</b>      | +0,93 | 545      | 17  |
|       | 50m: 32.90 32.90          | 100m: 1:11.56 38.66 | 150m: 1:58.36 46.80  | 200m: 2:32.46 34.10 |       |          |     |
| 9.    | Margarida Peixoto Pelaio  | 98                  | Ginasio Figueirense  | <b>2:33.06</b>      | +0,84 | 539      | 16  |
|       | 50m: 33.10 33.10          | 100m: 1:11.57 38.47 | 150m: 1:57.04 45.47  | 200m: 2:33.06 36.02 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
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Prova 10, Femin., 200m Estilos, Absoluto

| Lugar | Nome                                                             | Ano                 | Clube                   | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------------------------------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 10.   | Rita Ferreira Couto                                              | 98                  | Bombeiros Ponta Delgada | <b>2:35.12</b>      | +0,75 | 518      | 15  |
|       | 50m: 34.51 34.51                                                 | 100m: 1:15.26 40.75 | 150m: 1:59.20 43.94     | 200m: 2:35.12 35.92 |       |          |     |
|       | Teresa Manuela Aires                                             | 96                  | Sporting de Espinho     | <b>2:35.12</b>      | +0,91 | 518      | 15  |
|       | 50m: 32.79 32.79                                                 | 100m: 1:14.13 41.34 | 150m: 1:59.80 45.67     | 200m: 2:35.12 35.32 |       |          |     |
| 12.   | Sofia Cristina Grilo                                             | 97                  | Aminata                 | <b>2:35.70</b>      | +0,84 | 512      | 13  |
|       | 50m: 35.83 35.83                                                 | 100m: 1:15.60 39.77 | 150m: 1:59.98 44.38     | 200m: 2:35.70 35.72 |       |          |     |
| 13.   | Mariana Soares Martinho                                          | 99                  | Viver Santarem          | <b>2:36.62</b>      | +0,82 | 503      | 12  |
|       | 50m: 34.56 34.56                                                 | 100m: 1:13.59 39.03 | 150m: 2:00.68 47.09     | 200m: 2:36.62 35.94 |       |          |     |
| 14.   | Ines Rocha Silva                                                 | 00                  | Alcobaca                | <b>2:37.26</b>      | +0,79 | 497      | 11  |
|       | 50m: 36.10 36.10                                                 | 100m: 1:16.45 40.35 | 150m: 2:01.89 45.44     | 200m: 2:37.26 35.37 |       |          |     |
| 15.   | Carolina Lourenco Matos                                          | 98                  | Benedita                | <b>2:38.64</b>      | +0,73 | 484      | 10  |
|       | 50m: 35.60 35.60                                                 | 100m: 1:17.62 42.02 | 150m: 2:02.00 44.38     | 200m: 2:38.64 36.64 |       |          |     |
| 16.   | Bruna Martins Riesenberger                                       | 97                  | Lisnave                 | <b>2:39.18</b>      | +0,76 | 479      | 9   |
|       | 50m: 31.94 31.94                                                 | 100m: 1:12.93 40.99 | 150m: 2:02.80 49.87     | 200m: 2:39.18 36.38 |       |          |     |
| 17.   | Carolina Maeiro Augusto                                          | 00                  | Natacao de Olhao        | <b>2:40.21</b>      | +0,81 | 470      | 8   |
|       | 50m: 35.40 35.40                                                 | 100m: 1:16.79 41.39 | 150m: 2:03.41 46.62     | 200m: 2:40.21 36.80 |       |          |     |
| 18.   | Joana Sofia Carreira                                             | 97                  | Natacao de Faro         | <b>2:42.41</b>      | +0,83 | 451      | 7   |
|       | 50m: 34.17 34.17                                                 | 100m: 1:17.71 43.54 | 150m: 2:05.85 48.14     | 200m: 2:42.41 36.56 |       |          |     |
| 19.   | Madalena Amaro Machado                                           | 98                  | Academico Viseu         | <b>2:42.51</b>      | +1,03 | 450      | 6   |
|       | 50m: 34.54 34.54                                                 | 100m: 1:14.64 40.10 | 150m: 2:06.85 52.21     | 200m: 2:42.51 35.66 |       |          |     |
| 20.   | Carolina Santos Machado                                          | 95                  | Gafanha da Encarnacao   | <b>2:43.62</b>      | +0,96 | 441      | 5   |
|       | 50m: 37.04 37.04                                                 | 100m: 1:21.16 44.12 | 150m: 2:06.17 45.01     | 200m: 2:43.62 37.45 |       |          |     |
| 21.   | Patricia Fonseca Silva                                           | 93                  | Feirense                | <b>2:43.92</b>      | +0,88 | 439      | 4   |
|       | 50m: 34.81 34.81                                                 | 100m: 1:20.52 45.71 | 150m: 2:04.36 43.84     | 200m: 2:43.92 39.56 |       |          |     |
| 22.   | Catarina Isabel Branco                                           | 99                  | Ginasio Santo Tirso     | <b>2:46.57</b>      | +0,93 | 418      | 3   |
|       | 50m: 38.20 38.20                                                 | 100m: 1:23.51 45.31 | 150m: 2:07.76 44.25     | 200m: 2:46.57 38.81 |       |          |     |
| 23.   | Marta Fernandes Carneiro                                         | 94                  | Interior Norte          | <b>2:46.87</b>      | +0,97 | 416      | 2   |
|       | 50m: 35.54 35.54                                                 | 100m: 1:19.31 43.77 | 150m: 2:08.28 48.97     | 200m: 2:46.87 38.59 |       |          |     |
| DSQ   | Ines Mendes Paulo                                                | 96                  | Colegio Monte Maior     |                     |       |          |     |
|       | 609 - Não terminou percurso de costas na posição dorsal - SW 6.5 |                     |                         |                     |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 11 Masc., 4 x 100m Livres Absoluto  
15-12-2012 - 17:35 Resultados

|                        |         |                           |      |                       |            |
|------------------------|---------|---------------------------|------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 3:17.44 | Clube Natacao da Amadora  | CNA  | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Inf B    | 4:05.64 | Viana Natacao Clube       | VNC  | Barcelos              | 11-07-2009 |
| Rec. Nac. 25m Inf A    | 3:52.74 | Sport Alges e Dafundo     | SAD  | Algés                 | 30-06-2012 |
| Rec. Nac. 25m Juv B    | 3:43.53 | Futebol Clube do Porto    | FCP  | Braga                 | 04-03-2012 |
| Rec. Nac. 25m Juv A    | 3:36.95 | Associacao Naval Amorense | ANAM | Algés                 | 07-07-2012 |
| Rec. Nac. 25m Jun      | 3:29.42 | Associacao Naval Amorense | ANAM | Porto                 | 09-12-2012 |
| Rec. Nac. 25m Sen      | 3:17.44 | Clube Natacao da Amadora  | CNA  | S. António Cavaleiros | 19-12-2009 |

Pontos: FINA 2012

| Lugar |                                   |       | Clube                     |       | Tempo Final                  | TReac | Pts FINA |       | Pts |
|-------|-----------------------------------|-------|---------------------------|-------|------------------------------|-------|----------|-------|-----|
| 1.    | Estrelas S. Joao de Brito         |       | Estrelas S. Joao de Brito |       | <b>3:27.74</b>               | +0,68 | 686      |       | 25  |
|       | Artiom Viatcheslavovitch Poliakov | +0,68 | 24.23                     | 50.50 | Duarte Rafael Mourao         | +0,21 | 24.39    | 51.05 |     |
|       | Frederico Manuel Moeda            | +0,34 | 25.49                     | 52.93 | Ricardo Conceicao Pedroso    | +0,28 | 25.06    | 53.26 |     |
| 2.    | Academica de Coimbra              |       | Academica de Coimbra      |       | <b>3:30.62</b>               | +0,66 | 659      |       | 23  |
|       | Gustavo Almeida Madureira         | +0,66 | 24.52                     | 51.20 | Joao Andre Neves             | +0,46 | 25.49    | 52.76 |     |
|       | Joao Filipe Lucas                 | +0,34 | 25.38                     | 53.48 | Filipe Rainho Balseiro       | +0,30 | 25.49    | 53.18 |     |
| 3.    | Alcobaca                          |       | Alcobaca                  |       | <b>3:35.97</b>               | +0,71 | 611      |       | 22  |
|       | Afonso Lopes dos Santos           | +0,71 | 25.65                     | 53.67 | Diogo Miguel Paulino         | +0,32 | 26.11    | 55.04 |     |
|       | Diogo Parrilha da Silva           | +0,42 | 25.48                     | 54.69 | Miguel Monteiro Diogo        | +0,52 | 25.43    | 52.57 |     |
| 4.    | Litoral Alentejano                |       | Litoral Alentejano        |       | <b>3:36.23</b>               | +0,76 | 609      |       | 21  |
|       | Mauro Cabral Costa                | +0,76 | 24.50                     | 52.07 | Jorge Miguel Telo            | +0,24 | 26.50    | 56.12 |     |
|       | Ivo Andre Margarido               | +0,38 | 26.18                     | 54.34 | David Oliveira Gorgulho      | +0,36 | 26.23    | 53.70 |     |
| 5.    | Belenenses                        |       | Belenenses                |       | <b>3:37.24</b>               | +0,66 | 600      |       | 20  |
|       | Francisco Santos Costa            | +0,66 | 26.39                     | 54.58 | Antonio Sampaio Rebolo       | +0,24 | 25.30    | 55.17 |     |
|       | Miguel Duarte Moreira             | +0,18 | 25.31                     | 53.21 | Afonso Mateus Ribeiro        | +0,39 | 25.84    | 54.28 |     |
| 6.    | Colegio Monte Maior               |       | Colegio Monte Maior       |       | <b>3:37.46</b>               | +0,73 | 598      |       | 19  |
|       | Pedro Miguel Silva                | +0,73 | 25.66                     | 53.61 | Francisco Freire Frederico   | +0,21 | 25.53    | 54.33 |     |
|       | Rodrigo Antonio Rosa              | +0,44 | 25.69                     | 54.39 | Pedro Miguel Esteves         | +0,36 | 25.89    | 55.13 |     |
| 7.    | Bombeiros dos Estoris             |       | Bombeiros dos Estoris     |       | <b>3:38.06</b>               | +0,76 | 593      |       | 18  |
|       | Frederico Sousa Soares            | +0,76 | 26.32                     | 54.75 | Nuno Oliveira Noritake       | +0,39 | 26.55    | 56.03 |     |
|       | Duarte Cai-Agua Martins           | +0,34 | 25.41                     | 53.69 | Miguel Bras Sergio           | +0,31 | 25.32    | 53.59 |     |
| 8.    | Viana Natacao                     |       | Viana Natacao             |       | <b>3:38.39</b>               | +0,77 | 591      |       | 17  |
|       | Miguel Prata Santos               | +0,77 | 26.69                     | 55.43 | Antonio Miguel Vitorino      | +0,40 | 25.72    | 54.54 |     |
|       | Carlos Miguel Sotelo              | +0,12 | 25.80                     | 55.00 | Tiago Joao Meira             | +0,56 | 25.53    | 53.42 |     |
| 9.    | Foca                              |       | Foca                      |       | <b>3:38.99</b>               | +0,79 | 586      |       | 16  |
|       | Marcelo Jose Pinto                | +0,79 | 26.92                     | 56.29 | Joao Miguel Ferreira         | +0,44 | 25.91    | 54.41 |     |
|       | Ivo Pinto Ribeiro                 | +0,22 | 25.83                     | 54.14 | Ricardo David Silva          | +0,47 | 25.68    | 54.15 |     |
| 10.   | Torres Novas                      |       | Torres Novas              |       | <b>3:40.18</b>               | +0,75 | 576      |       | 15  |
|       | Diogo Antonio Lopes               | +0,75 | 26.61                     | 54.69 | Andre Filipe Vicente         | +0,36 | 26.28    | 55.15 |     |
|       | Duarte Brites Policarpo           | +0,37 | 27.02                     | 56.71 | Fabio Miguel Samouco         | +0,32 | 25.06    | 53.63 |     |
| 11.   | Natacao de Vila Real              |       | Natacao de Vila Real      |       | <b>3:40.60</b>               | +0,68 | 573      |       | 14  |
|       | Daniel Filipe Lopes               | +0,68 | 26.94                     | 56.38 | Christophe Pereira Fernandes | +0,39 | 26.72    | 56.07 |     |
|       | Miguel Alexandre Lemos            | +0,34 | 26.84                     | 56.30 | Ivan Monteiro Simoes         | +0,35 | 24.14    | 51.85 |     |
| 12.   | Nautico da Marinha Grande         |       | Nautico da Marinha Grande |       | <b>3:40.78</b>               | +0,87 | 572      |       | 13  |
|       | Daniel Ribeiro Sousa              | +0,87 | 26.48                     | 55.60 | Filipe Franco Norte          | +0,30 | 25.17    | 54.22 |     |
|       | Nuno Valerio Silva                | +0,37 | 27.21                     | 57.33 | Jonatas da Fonseca Gaspar    | +0,54 | 25.65    | 53.63 |     |
| 13.   | Feirense                          |       | Feirense                  |       | <b>3:41.09</b>               | +0,75 | 569      |       | 12  |
|       | Job Santos Silva                  | +0,75 | 26.89                     | 56.54 | Fabio Ruben Costa            | +0,48 | 22.67    | 56.78 |     |
|       | Alcides Costa Sousa               | +0,47 | 25.56                     | 54.40 | Emanuel Augusto Pinho        | +0,30 | 25.07    | 53.37 |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15 - 16-12-2012

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

| Lugar |                            | Clube                     |       | Tempo Final    | TReac                       | Pts FINA |       | Pts   |
|-------|----------------------------|---------------------------|-------|----------------|-----------------------------|----------|-------|-------|
| 14.   | Columbofila Cantanhedense  | Columbofila Cantanhedense |       | <b>3:41.41</b> | +0,86                       | 567      |       | 11    |
|       | Eduardo Filipe Carvalheiro | +0,86                     | 26.45 | 55.58          | Alexandre Valdagua Coutinho | +0,28    | 26.52 | 56.06 |
|       | Diogo Manuel Marques       | +0,14                     | 26.54 | 55.98          | Hugo Neves Neto             | +0,22    | 25.69 | 53.79 |
| 15.   | Fafe                       | Fafe                      |       | <b>3:44.54</b> | +0,81                       | 544      |       | 10    |
|       | Paulo Gabriel Magalhaes    | +0,81                     | 27.21 | 56.67          | Rui Manuel Ribeiro          | +0,23    | 25.44 | 54.24 |
|       | Carlos Cunha Costa         | +0,44                     | 26.64 | 56.83          | Vitor Monteiro Cunha        | +0,23    | 26.51 | 56.80 |
| 16.   | Sporting de Espinho        | Sporting de Espinho       |       | <b>3:45.22</b> | +0,72                       | 539      |       | 9     |
|       | Andre Lima Costa           | +0,72                     | 26.90 | 55.75          | Joao Miguel Branco          | +0,18    | 26.70 | 56.53 |
|       | Joao Paulo Baptista        | +0,38                     | 27.00 | 56.61          | Pedro Miguel Costa          | +0,34    | 25.61 | 56.33 |
| 17.   | Ginasio de Vila Real       | Ginasio de Vila Real      |       | <b>3:45.55</b> | +0,75                       | 536      |       | 8     |
|       | Joao Martires Costa        | +0,75                     | 26.49 | 55.26          | Diogo de Sousa              | +0,55    | 27.08 | 58.41 |
|       | Vitor Campelo Ramalho      | +0,31                     | 26.35 | 57.04          | Bruno Daniel Monteiro       | +0,21    | 25.65 | 54.84 |
| 18.   | Lisnave                    | Lisnave                   |       | <b>3:45.70</b> | +0,84                       | 535      |       | 7     |
|       | Diogo Moreira Silveira     | +0,84                     | 26.40 | 55.02          | Bruno Miguel Franco         | +0,56    | 26.17 | 56.13 |
|       | Joao Miguel Mansos         | +0,02                     | 28.41 | 59.02          | Bruno Rafael Meireles       | +0,54    | 26.60 | 55.53 |
| 19.   | Ginasio Santo Tirso        | Ginasio Santo Tirso       |       | <b>3:45.71</b> | +0,80                       | 535      |       | 6     |
|       | Tiago Sobral Coelho        | +0,80                     | 26.81 | 55.33          | Miguel Filipe Pinto         | +0,48    | 26.93 | 55.16 |
|       | Pedro Ferreira Lopes       | +0,46                     | 27.66 | 59.16          | Joao Pedro Barroso          | +0,53    | 26.53 | 56.06 |
| 20.   | Viver Santarem             | Viver Santarem            |       | <b>3:46.05</b> | +0,81                       | 533      |       | 5     |
|       | Diogo Serrao Santos        | +0,81                     | 26.63 | 55.44          | Ivo Andre Lopes             | +0,25    | 24.89 | 52.43 |
|       | Duarte Miguel Pires        | +0,47                     | 27.92 | 1:00.34        | Joao Carlos Gabriel         | +0,33    | 27.18 | 57.84 |
| 21.   | Bombeiros Ponta Delgada    | Bombeiros Ponta Delgada   |       | <b>3:49.21</b> | +0,74                       | 511      |       | 4     |
|       | Miguel Rego Borges         | +0,74                     | 26.89 | 56.17          | Antonio Fraga Fragoso       | +0,49    | 26.84 | 57.18 |
|       | Diogo Alexandre Pacheco    | +0,32                     | 28.29 | 58.49          | Joao Paulo Rosa             | +0,33    | 27.45 | 57.37 |
| 22.   | Aminata                    | Aminata                   |       | <b>3:50.67</b> | +0,81                       | 501      |       | 3     |
|       | David Nobre Botas          | +0,81                     | 27.11 | 58.22          | Jose Manuel Cabeca          | +0,27    | 27.35 | 57.72 |
|       | Miguel Martins Baltazar    | +0,63                     | 28.18 | 58.73          | Joao Pedro Neves            | +0,64    | 26.30 | 56.00 |
| 23.   | Natacao da Maia            | Natacao da Maia           |       | <b>3:53.87</b> | +0,81                       | 481      |       | 2     |
|       | Paulo Andre Silva          | +0,81                     | 27.95 | 57.66          | Andre Manuel Costa          | +0,43    | 28.81 | 59.74 |
|       | Paulo Filipe Silva         | +0,40                     | 27.31 | 57.92          | Rui Miguel Cruz             | +0,27    | 27.01 | 58.55 |
| 24.   | Ginasio Figueirense        | Ginasio Figueirense       |       | <b>3:59.27</b> | +0,87                       | 449      |       | 1     |
|       | Joao Antonio Oliveira      | +0,87                     | 28.73 | 1:00.07        | Joao Ricardo Silva          | +0,50    | 27.83 | 58.65 |
|       | Diogo Loureiro Martinho    | +0,47                     | 28.88 | 1:01.35        | Joao Goncalves Figueiredo   | +0,32    | 28.24 | 59.20 |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 12  
15-12-2012 - 17:50

Femin., 4 x 100m Estilos

Absoluto  
Resultados

|                        |         |                                   |        |                       |            |
|------------------------|---------|-----------------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 4:06.14 | Futebol Clube do Porto/Dolce Vita | FCP    | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Inf B    | 4:57.35 | Grupo Desp. Natacao V. N. Famalic | GDNVNF | Ponte da Barca        | 06-03-2010 |
| Rec. Nac. 25m Inf A    | 4:40.29 | Grupo Desp. Natacao V. N. Famalic | GDNVNF | Viseu                 | 12-03-2011 |
| Rec. Nac. 25m Juv      | 4:33.40 | Sport Lisboa e Benfica            | SLB    | Reboleira             | 15-06-2006 |
| Rec. Nac. 25m Jun      | 4:16.94 | Sporting Clube de Portugal        | SCP    | Leiria                | 04-12-2009 |
| Rec. Nac. 25m Sen      | 4:06.14 | Futebol Clube do Porto/Dolce Vita | FCP    | S. António Cavaleiros | 19-12-2009 |

Pontos: FINA 2012

| Lugar |                             | Clube                   | Tempo Final                | TReac       | Pts FINA | Pts |
|-------|-----------------------------|-------------------------|----------------------------|-------------|----------|-----|
| 1.    | Ginasio de Vila Real        | Ginasio de Vila Real    | <b>4:33.49</b>             | +0,73       | 579      | 25  |
|       | Ana Sofia Leite             | +0,73 30.95 1:03.88     | Ana Carolina Guedes        | +0,49 32.38 | 1:10.46  |     |
|       | Joana Patricia Pinto        | 34.77 1:13.31           | Catarina Monteiro Santos   | 31.00       | 1:05.84  |     |
| 2.    | Pimpoes/Cimai               | Pimpoes/Cimai           | <b>4:37.56</b>             | +0,70       | 554      | 23  |
|       | Joana Margarida Guimaraes   | +0,70 33.89 1:12.51     | Joana Margarida Monteiro   | +0,51 32.38 | 1:10.93  |     |
|       | Victoria Kaminskaya         | +0,01 33.09 1:10.57     | Ana Sofia Ferreira         | +0,19 30.36 | 1:03.55  |     |
| 3.    | Ginasio Figueirense         | Ginasio Figueirense     | <b>4:39.04</b>             | +0,70       | 545      | 22  |
|       | Tatiana Filipa Santos       | +0,70 33.30 1:07.71     | Ana Estevinha Silva        | +0,25 31.03 | 1:07.08  |     |
|       | Margarida Peixoto Pelaio    | +0,52 38.64 1:23.07     | Ana Raquel Ferreira        | +0,41 29.46 | 1:01.18  |     |
| 4.    | Colegio Monte Maior         | Colegio Monte Maior     | <b>4:40.42</b>             | +0,76       | 537      | 21  |
|       | Beatriz Antunes Carvalho    | +0,76 35.34 1:13.66     | Ines Mendes Paulo          | +0,72 31.90 | 1:08.32  |     |
|       | Mafalda Alexandra Henriques | +0,24 35.76 1:17.15     | Filipa Andreia Costa       | +0,27 29.18 | 1:01.29  |     |
| 5.    | Viver Santarem              | Viver Santarem          | <b>4:40.47</b>             | +0,74       | 536      | 20  |
|       | Maria Beatriz Dias          | +0,74 35.02 1:12.48     | Clarisse Matos Lopes       | +0,22 33.20 | 1:10.61  |     |
|       | Ines Simoes Rodrigues       | +0,73 37.20 1:18.69     | Julia Matos Lopes          | +0,26 28.50 | 58.69    |     |
| 6.    | Galitos                     | Galitos                 | <b>4:42.42</b>             | +0,71       | 525      | 19  |
|       | Maria Teresa Martins        | +0,71 33.55 1:08.36     | Marcia Raquel Saraiva      | +0,72 32.29 | 1:10.75  |     |
|       | Ana Margarida Rodrigues     | +0,54 37.34 1:20.05     | Lais Domingues Velha       | +0,59 30.28 | 1:03.26  |     |
| 7.    | Academico Viseu             | Academico Viseu         | <b>4:43.08</b>             | +0,68       | 522      | 18  |
|       | Ines Sofia Sampaio          | +0,68 34.39 1:10.64     | Ana Francisca Silva        | +0,60 32.12 | 1:11.62  |     |
|       | Ana Margarida Domingos      | +0,36 34.92 1:15.39     | Madalena Amaro Machado     | +0,43 31.52 | 1:05.43  |     |
| 8.    | Alcobaca                    | Alcobaca                | <b>4:43.69</b>             | +0,74       | 518      | 17  |
|       | Matilde Correia Vieira      | +0,74 34.31 1:10.40     | Bruna Elisabete Paulino    | +0,33 30.37 | 1:05.56  |     |
|       | Ines Rocha Silva            | +0,54 37.89 1:21.92     | Mara Casimiro Ribeiro      | +0,79 31.33 | 1:05.81  |     |
| 9.    | Bombeiros Ponta Delgada     | Bombeiros Ponta Delgada | <b>4:45.06</b>             | +0,70       | 511      | 16  |
|       | Mafalda Fraga Fragoso       | +0,70 33.61 1:10.00     | Catarina Rego Borges       | +0,66 34.06 | 1:11.37  |     |
|       | Joana Filipa Marques        | 35.10 1:16.18           | Filipa Chalim Rebelo       | +0,51 31.81 | 1:07.51  |     |
| 10.   | Academica de Coimbra        | Academica de Coimbra    | <b>4:45.27</b>             | +0,62       | 510      | 15  |
|       | Cintia Mariana Fernandes    | +0,62 35.01 1:12.40     | Daniela Figueiredo Metelo  | +0,31 31.30 | 1:07.40  |     |
|       | Catarina Oliveira Dinis     | +0,37 26.59 1:22.57     | Bruna Miguel Pereira       | +0,38 29.69 | 1:02.90  |     |
| 11.   | Natacao da Maia             | Natacao da Maia         | <b>4:45.29</b>             | +0,65       | 510      | 14  |
|       | Joana Marques Maia          | +0,65 34.16 1:10.89     | Carolina Santos Silva      | +0,43 30.64 | 1:06.80  |     |
|       | Maria Beatriz Ribeiro       | +0,20 38.02 1:21.01     | Carolina Silva Moreira     | +0,40 31.61 | 1:06.59  |     |
| 12.   | Natacao de Olhao            | Natacao de Olhao        | <b>4:46.53</b>             | +0,60       | 503      | 13  |
|       | Rafaela Marques Bodiao      | +0,60 34.09 1:10.52     | Ana Catarina Cavaco        | +0,46 32.01 | 1:10.27  |     |
|       | Carolina Maeiro Augusto     | +0,56 37.41 1:20.19     | Sara Filipe Marcos         | +0,26 30.95 | 1:05.55  |     |
| 13.   | Estamos Juntos              | Estamos Juntos          | <b>4:46.77</b>             | +0,82       | 502      | 12  |
|       | Filipa Oliveira Andrade     | +0,82 34.83 1:11.42     | Ana Catarina Costa         | +0,27 32.56 | 1:10.32  |     |
|       | Daniela Valente Ferreira    | +0,56 37.17 1:20.10     | Cristina Alexandra Furtado | +0,57 31.08 | 1:04.93  |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

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

| Lugar | Clube                                                          | Tempo Final         | TReac       | Pts FINA      | Pts |
|-------|----------------------------------------------------------------|---------------------|-------------|---------------|-----|
| 14.   | Benedita                                                       | <b>4:47.09</b>      | +0,68       | 500           | 11  |
|       | Filipa Vicente Custeias                                        | +0,68 33.24 1:08.67 | +0,33 32.14 | 1:10.31       |     |
|       | Carolina Lourenco Matos                                        | +0,27 37.79 1:21.22 | +0,71 31.04 | 1:06.89       |     |
| 15.   | Lisnave                                                        | <b>4:47.37</b>      | +0,68       | 499           | 10  |
|       | Carolina Saraiva Pires                                         | +0,68 34.47 1:11.91 | +0,16 32.78 | 1:12.23       |     |
|       | Cristiana Silva Ulpiano                                        | +0,30 36.85 1:20.08 | +0,38 29.96 | 1:03.15       |     |
| 16.   | Desportiva de Viana                                            | <b>4:48.32</b>      | +0,62       | 494           | 9   |
|       | Juliana Lima Freixo                                            | +0,62 34.08 1:09.75 | +0,43 31.09 | 1:07.16       |     |
|       | Flavia Daniela Goncalves                                       | +0,29 40.51 1:26.69 | +0,40 30.37 | 1:04.72       |     |
| 17.   | Sporting de Espinho                                            | <b>4:48.98</b>      | +0,76       | 490           | 8   |
|       | Carla Sofia Cruz                                               | +0,76 34.51 1:11.35 | +0,55 31.16 | 1:09.24       |     |
|       | Ines Ataide Dias                                               | +0,42 38.54 1:23.63 | +0,49 30.31 | 1:04.76       |     |
| 18.   | Aminata                                                        | <b>4:51.07</b>      | +0,72       | 480           | 7   |
|       | Claudia Isabel Semiao                                          | +0,72 33.41 1:10.04 | +0,57 31.68 | 1:09.69       |     |
|       | Joana Aparicio Tejo                                            | +0,60 40.33 1:26.79 | +0,51 30.79 | 1:04.55       |     |
| 19.   | Feirense                                                       | <b>4:52.04</b>      | +0,82       | 475           | 6   |
|       | Maria Ines Coelho                                              | +0,82 37.93 1:17.88 | +0,31 31.20 | 1:07.55       |     |
|       | Patricia Fonseca Silva                                         | +0,43 36.23 1:18.17 | +0,41 32.21 | 1:08.44       |     |
| 20.   | Gafanha da Encarnacao                                          | <b>4:53.10</b>      | +0,69       | 470           | 5   |
|       | Ana Rita Ribau                                                 | +0,69 35.07 1:12.37 | +0,57 34.01 | 1:14.59       |     |
|       | Carolina Santos Machado                                        | +0,51 38.67 1:24.92 | +0,59 29.20 | 1:01.22       |     |
| 21.   | Ginasio Santo Tirso                                            | <b>4:55.58</b>      | +0,75       | 458           | 4   |
|       | Ana Paula Araujo                                               | +0,75 36.21 1:13.64 | +0,54 32.84 | 1:12.00       |     |
|       | Catarina Isabel Branco                                         | +0,43 39.53 1:24.23 | +0,54 31.06 | 1:05.71       |     |
| 22.   | Beja                                                           | <b>5:01.39</b>      | +0,76       | 432           | 3   |
|       | Maria Luisa Alvarenga                                          | +0,76 36.81 1:15.74 |             | 32.33 1:09.13 |     |
|       | Joana Sofia Teixeira                                           | +0,32 41.16 1:29.14 | +0,15 31.62 | 1:07.38       |     |
| 23.   | Interior Norte                                                 | <b>5:06.11</b>      | +0,62       | 413           | 2   |
|       | Maria Joao Oliveira                                            | +0,62 37.43 1:18.32 | +0,71 36.08 | 1:18.16       |     |
|       | Elsa Manuela Cardoso                                           | +0,70 38.28 1:22.87 | +0,74 31.53 | 1:06.76       |     |
| DSQ   | Natacao de Faro                                                |                     |             |               |     |
|       | <i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i> |                     |             |               |     |
|       | Mariana Cordeiro Vinagre                                       | +0,63 36.20 1:16.22 |             |               |     |
|       | Catarina Almeida Garcia                                        | -0,07               |             |               |     |
|       | Joana Sofia Carreira                                           |                     | +0,29       |               |     |
|       | Andreia Brito Costa                                            |                     |             |               |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 13  
15-12-2012 - 18:05

Femin., 800m Livres

Absoluto  
Resultados

|                        |         |                      |       |            |            |
|------------------------|---------|----------------------|-------|------------|------------|
| Rec. Nac. 25m Absoluto | 8:41.65 | Angelica Maria Andre | LSC   | Porto      | 09-12-2012 |
| Rec. Nac. 25m Inf B    | 9:33.95 | Filipa Vilas Ruivo   | DNMG  | Nazaré     | 16-05-2009 |
| Rec. Nac. 25m Inf A    | 9:03.90 | tempo limite         |       |            |            |
| Rec. Nac. 25m Juv      | 9:00.27 | tempo limite         |       |            |            |
| Rec. Nac. 25m Jun      | 8:46.74 | Ana Claudia Santos   | SFUAP | Cantanhede | 19-12-2004 |
| Rec. Nac. 25m Sen      | 8:41.65 | Angelica Maria Andre | LSC   | Porto      | 09-12-2012 |

Pontos: FINA 2012

| Lugar    | Nome                     | Ano                 | Clube                | Tempo Final         | TReac | Pts FINA | Pts |
|----------|--------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| Absoluto |                          |                     |                      |                     |       |          |     |
| 1.       | Rita Costa Amador        | 99                  | Galitos              | <b>9:18.28</b>      | +0,82 | 653      | 25  |
|          | 50m: 32.15 32.15         | 250m: 2:52.05 35.33 | 450m: 5:13.53 34.89  | 650m: 7:35.49 35.76 |       |          |     |
|          | 100m: 1:06.35 34.20      | 300m: 3:27.47 35.42 | 500m: 5:48.87 35.34  | 700m: 8:11.02 35.53 |       |          |     |
|          | 150m: 1:41.73 35.38      | 350m: 4:02.89 35.42 | 550m: 6:24.23 35.36  | 750m: 8:44.80 33.78 |       |          |     |
|          | 200m: 2:16.72 34.99      | 400m: 4:38.64 35.75 | 600m: 6:59.73 35.50  | 800m: 9:18.28 33.48 |       |          |     |
| 2.       | Raquel Bartolo Vitor     | 93                  | Academica de Coimbra | <b>9:33.50</b>      | +0,87 | 603      | 23  |
|          | 50m: 32.19 32.19         | 250m: 2:54.80 36.18 | 450m: 5:20.22 36.48  | 650m: 7:46.23 36.57 |       |          |     |
|          | 100m: 1:06.88 34.69      | 300m: 3:30.92 36.12 | 500m: 5:56.71 36.49  | 700m: 8:22.94 36.71 |       |          |     |
|          | 150m: 1:42.31 35.43      | 350m: 4:07.29 36.37 | 550m: 6:33.26 36.55  | 750m: 8:58.85 35.91 |       |          |     |
|          | 200m: 2:18.62 36.31      | 400m: 4:43.74 36.45 | 600m: 7:09.66 36.40  | 800m: 9:33.50 34.65 |       |          |     |
| 3.       | Ana Raquel Ferreira      | 98                  | Ginasio Figueirense  | <b>9:36.92</b>      | +0,90 | 592      | 22  |
|          | 50m: 32.61 32.61         | 250m: 2:54.26 35.86 | 450m: 5:19.72 36.83  | 650m: 7:48.48 36.84 |       |          |     |
|          | 100m: 1:07.44 34.83      | 300m: 3:29.79 35.53 | 500m: 5:56.67 36.95  | 700m: 8:25.22 36.74 |       |          |     |
|          | 150m: 1:42.79 35.35      | 350m: 4:06.45 36.66 | 550m: 6:34.09 37.42  | 750m: 9:01.69 36.47 |       |          |     |
|          | 200m: 2:18.40 35.61      | 400m: 4:42.89 36.44 | 600m: 7:11.64 37.55  | 800m: 9:36.92 35.23 |       |          |     |
| 4.       | Ines Sofia Sampaio       | 94                  | Academico Viseu      | <b>9:37.48</b>      | +1,01 | 590      | 21  |
|          | 50m: 32.51 32.51         | 250m: 2:55.27 36.50 | 450m: 5:22.06 36.36  | 650m: 7:50.59 36.36 |       |          |     |
|          | 100m: 1:07.33 34.82      | 300m: 3:32.21 36.94 | 500m: 6:00.08 38.02  | 700m: 8:26.98 36.39 |       |          |     |
|          | 150m: 1:42.68 35.35      | 350m: 4:09.23 37.02 | 550m: 6:37.22 37.14  | 750m: 9:03.78 36.80 |       |          |     |
|          | 200m: 2:18.77 36.09      | 400m: 4:45.70 36.47 | 600m: 7:14.23 37.01  | 800m: 9:37.48 33.70 |       |          |     |
| 5.       | Clarisse Matos Lopes     | 98                  | Viver Santarem       | <b>9:39.81</b>      | +0,93 | 583      | 20  |
|          | 50m: 34.35 34.35         | 250m: 3:01.90 37.01 | 450m: 5:28.15 36.58  | 650m: 7:53.04 36.21 |       |          |     |
|          | 100m: 1:11.00 36.65      | 300m: 3:38.82 36.92 | 500m: 6:04.40 36.25  | 700m: 8:29.16 36.12 |       |          |     |
|          | 150m: 1:47.94 36.94      | 350m: 4:15.06 36.24 | 550m: 6:40.56 36.16  | 750m: 9:05.22 36.06 |       |          |     |
|          | 200m: 2:24.89 36.95      | 400m: 4:51.57 36.51 | 600m: 7:16.83 36.27  | 800m: 9:39.81 34.59 |       |          |     |
| 6.       | Ana Isabel Neves         | 96                  | Pimpoes/Cimai        | <b>9:46.06</b>      | +0,81 | 565      | 19  |
|          | 50m: 32.24 32.24         | 250m: 2:55.94 36.32 | 450m: 5:24.42 37.34  | 650m: 7:54.51 37.68 |       |          |     |
|          | 100m: 1:07.64 35.40      | 300m: 3:32.79 36.85 | 500m: 6:01.76 37.34  | 700m: 8:31.95 37.44 |       |          |     |
|          | 150m: 1:43.42 35.78      | 350m: 4:09.71 36.92 | 550m: 6:39.41 37.65  | 750m: 9:09.46 37.51 |       |          |     |
|          | 200m: 2:19.62 36.20      | 400m: 4:47.08 37.37 | 600m: 7:16.83 37.42  | 800m: 9:46.06 36.60 |       |          |     |
| 7.       | Sofia Cristina Grilo     | 97                  | Aminata              | <b>9:49.70</b>      | +1,04 | 554      | 18  |
|          | 50m: 34.00 34.00         | 250m: 3:02.09 36.51 | 450m: 5:29.35 36.26  | 650m: 7:58.22 37.86 |       |          |     |
|          | 100m: 1:11.13 37.13      | 300m: 3:39.44 37.35 | 500m: 6:06.14 36.79  | 700m: 8:35.14 36.92 |       |          |     |
|          | 150m: 1:48.38 37.25      | 350m: 4:16.28 36.84 | 550m: 6:42.82 36.68  | 750m: 9:12.91 37.77 |       |          |     |
|          | 200m: 2:25.58 37.20      | 400m: 4:53.09 36.81 | 600m: 7:20.36 37.54  | 800m: 9:49.70 36.79 |       |          |     |
| 8.       | Catarina Costa Fernandes | 99                  | Natacao de Olhao     | <b>9:50.54</b>      | +0,96 | 552      | 17  |
|          | 50m: 32.85 32.85         | 250m: 3:00.46 37.27 | 450m: 5:31.42 38.16  | 650m: 8:01.75 37.70 |       |          |     |
|          | 100m: 1:08.64 35.79      | 300m: 3:37.98 37.52 | 500m: 6:08.98 37.56  | 700m: 8:39.10 37.35 |       |          |     |
|          | 150m: 1:45.61 36.97      | 350m: 4:15.75 37.77 | 550m: 6:46.98 38.00  | 750m: 9:16.00 36.90 |       |          |     |
|          | 200m: 2:23.19 37.58      | 400m: 4:53.26 37.51 | 600m: 7:24.05 37.07  | 800m: 9:50.54 34.54 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 13, Femin., 800m Livres, Absoluto

| Lugar | Nome                     | Ano                 | Clube                   | Tempo Final          | TReac        | Pts FINA   | Pts       |
|-------|--------------------------|---------------------|-------------------------|----------------------|--------------|------------|-----------|
| 9.    | Ana Paula Araujo         | 96                  | Ginasio Santo Tirso     | <b>9:53.57</b>       | <b>+1,06</b> | <b>543</b> | <b>16</b> |
|       | 50m: 33.96 33.96         | 250m: 3:00.47 37.19 | 450m: 5:31.92 37.84     | 650m: 8:02.91 38.21  |              |            |           |
|       | 100m: 1:09.94 35.98      | 300m: 3:38.44 37.97 | 500m: 6:09.58 37.66     | 700m: 8:41.05 38.14  |              |            |           |
|       | 150m: 1:46.66 36.72      | 350m: 4:16.74 38.30 | 550m: 6:47.08 37.50     | 750m: 9:17.72 36.67  |              |            |           |
|       | 200m: 2:23.28 36.62      | 400m: 4:54.08 37.34 | 600m: 7:24.70 37.62     | 800m: 9:53.57 35.85  |              |            |           |
| 10.   | Sara Mafra Rocha         | 99                  | Alcobaca                | <b>9:53.82</b>       | <b>+0,95</b> | <b>543</b> | <b>15</b> |
|       | 50m: 33.69 33.69         | 250m: 3:03.33 36.75 | 450m: 5:33.17 35.73     | 650m: 8:03.70 37.32  |              |            |           |
|       | 100m: 1:10.74 37.05      | 300m: 3:41.26 37.93 | 500m: 6:10.88 37.71     | 700m: 8:41.57 37.87  |              |            |           |
|       | 150m: 1:48.37 37.63      | 350m: 4:18.99 37.73 | 550m: 6:48.57 37.69     | 750m: 9:19.03 37.46  |              |            |           |
|       | 200m: 2:26.58 38.21      | 400m: 4:57.44 38.45 | 600m: 7:26.38 37.81     | 800m: 9:53.82 34.79  |              |            |           |
| 11.   | Ana Pires Brito          | 99                  | Colegio Monte Maior     | <b>9:58.03</b>       | <b>+0,81</b> | <b>531</b> | <b>14</b> |
|       | 50m: 32.44 32.44         | 250m: 3:01.36 37.79 | 450m: 5:32.89 37.81     | 650m: 8:04.97 37.98  |              |            |           |
|       | 100m: 1:08.46 36.02      | 300m: 3:39.09 37.73 | 500m: 6:10.74 37.85     | 700m: 8:43.12 38.15  |              |            |           |
|       | 150m: 1:45.81 37.35      | 350m: 4:16.95 37.86 | 550m: 6:48.82 38.08     | 750m: 9:21.33 38.21  |              |            |           |
|       | 200m: 2:23.57 37.76      | 400m: 4:55.08 38.13 | 600m: 7:26.99 38.17     | 800m: 9:58.03 36.70  |              |            |           |
| 12.   | Flavia Daniela Goncalves | 96                  | Desportiva de Viana     | <b>9:58.93</b>       | <b>+1,15</b> | <b>529</b> | <b>13</b> |
|       | 50m: 33.17 33.17         | 250m: 3:03.31 37.64 | 450m: 5:35.99 38.20     | 650m: 8:07.66 37.99  |              |            |           |
|       | 100m: 1:10.31 37.14      | 300m: 3:41.69 38.38 | 500m: 6:13.93 37.94     | 700m: 8:45.47 37.81  |              |            |           |
|       | 150m: 1:47.74 37.43      | 350m: 4:19.61 37.92 | 550m: 6:51.70 37.77     | 750m: 9:23.01 37.54  |              |            |           |
|       | 200m: 2:25.67 37.93      | 400m: 4:57.79 38.18 | 600m: 7:29.67 37.97     | 800m: 9:58.93 35.92  |              |            |           |
| 13.   | Ana Mafalda Oliveira     | 81                  | Natacao da Maia         | <b>10:02.25</b>      | <b>+0,93</b> | <b>520</b> | <b>12</b> |
|       | 50m: 33.34 33.34         | 250m: 3:03.00 38.06 | 450m: 5:33.75 37.45     | 650m: 8:07.79 38.78  |              |            |           |
|       | 100m: 1:09.76 36.42      | 300m: 3:40.66 37.66 | 500m: 6:12.07 38.32     | 700m: 8:46.65 38.86  |              |            |           |
|       | 150m: 1:47.24 37.48      | 350m: 4:18.37 37.71 | 550m: 6:50.55 38.48     | 750m: 9:25.21 38.56  |              |            |           |
|       | 200m: 2:24.94 37.70      | 400m: 4:56.30 37.93 | 600m: 7:29.01 38.46     | 800m: 10:02.25 37.04 |              |            |           |
| 14.   | Maria Anastacio Luis     | 96                  | Benedita                | <b>10:08.74</b>      | <b>+1,07</b> | <b>504</b> | <b>11</b> |
|       | 50m: 34.22 34.22         | 250m: 3:05.04 38.20 | 450m: 5:37.94 38.79     | 650m: 8:12.48 38.78  |              |            |           |
|       | 100m: 1:11.34 37.12      | 300m: 3:43.09 38.05 | 500m: 6:16.15 38.21     | 700m: 8:51.53 39.05  |              |            |           |
|       | 150m: 1:49.01 37.67      | 350m: 4:20.92 37.83 | 550m: 6:54.77 38.62     | 750m: 9:30.47 38.94  |              |            |           |
|       | 200m: 2:26.84 37.83      | 400m: 4:59.15 38.23 | 600m: 7:33.70 38.93     | 800m: 10:08.74 38.27 |              |            |           |
| 15.   | Ana Rita Ribau           | 95                  | Gafanha da Encarnacao   | <b>10:12.06</b>      | <b>+0,81</b> | <b>496</b> | <b>10</b> |
|       | 50m: 33.78 33.78         | 250m: 3:05.56 38.28 | 450m: 5:40.89 39.04     | 650m: 8:17.22 38.19  |              |            |           |
|       | 100m: 1:11.17 37.39      | 300m: 3:44.25 38.69 | 500m: 6:19.82 38.93     | 700m: 8:56.44 39.22  |              |            |           |
|       | 150m: 1:49.16 37.99      | 350m: 4:22.98 38.73 | 550m: 6:59.30 39.48     | 750m: 9:35.23 38.79  |              |            |           |
|       | 200m: 2:27.28 38.12      | 400m: 5:01.85 38.87 | 600m: 7:39.03 39.73     | 800m: 10:12.06 36.83 |              |            |           |
| 16.   | Rita Ferreira Couto      | 98                  | Bombeiros Ponta Delgada | <b>10:15.30</b>      | <b>+0,82</b> | <b>488</b> | <b>9</b>  |
|       | 50m: 34.18 34.18         | 250m: 3:07.48 38.95 | 450m: 5:43.92 39.23     | 650m: 8:20.37 39.45  |              |            |           |
|       | 100m: 1:11.60 37.42      | 300m: 3:46.69 39.21 | 500m: 6:23.20 39.28     | 700m: 8:59.45 39.08  |              |            |           |
|       | 150m: 1:49.76 38.16      | 350m: 4:25.64 38.95 | 550m: 7:02.07 38.87     | 750m: 9:38.12 38.67  |              |            |           |
|       | 200m: 2:28.53 38.77      | 400m: 5:04.69 39.05 | 600m: 7:40.92 38.85     | 800m: 10:15.30 37.18 |              |            |           |
| 17.   | Luana Rafaela Resende    | 97                  | Estamos Juntos          | <b>10:20.45</b>      | <b>+0,87</b> | <b>476</b> | <b>8</b>  |
|       | 50m: 35.21 35.21         | 250m: 3:09.92 39.36 | 450m: 5:48.05 39.38     | 650m: 8:26.08 39.80  |              |            |           |
|       | 100m: 1:13.23 38.02      | 300m: 3:49.23 39.31 | 500m: 6:27.34 39.29     | 700m: 9:05.71 39.63  |              |            |           |
|       | 150m: 1:51.95 38.72      | 350m: 4:29.14 39.91 | 550m: 7:06.93 39.59     | 750m: 9:44.48 38.77  |              |            |           |
|       | 200m: 2:30.56 38.61      | 400m: 5:08.67 39.53 | 600m: 7:46.28 39.35     | 800m: 10:20.45 35.97 |              |            |           |
| 18.   | Laura Afonso Dias        | 98                  | Natacao de Faro         | <b>10:25.44</b>      | <b>+0,83</b> | <b>464</b> | <b>7</b>  |
|       | 50m: 34.49 34.49         | 250m: 3:10.14 39.08 | 450m: 5:48.29 39.99     | 650m: 8:28.04 40.07  |              |            |           |
|       | 100m: 1:13.22 38.73      | 300m: 3:49.42 39.28 | 500m: 6:28.09 39.80     | 700m: 9:08.27 40.23  |              |            |           |
|       | 150m: 1:51.96 38.74      | 350m: 4:28.68 39.26 | 550m: 7:07.70 39.61     | 750m: 9:47.99 39.72  |              |            |           |
|       | 200m: 2:31.06 39.10      | 400m: 5:08.30 39.62 | 600m: 7:47.97 40.27     | 800m: 10:25.44 37.45 |              |            |           |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 13, Femin., 800m Livres, Absoluto

| Lugar | Nome                   | Ano                 | Clube                | Tempo Final          | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|----------------------|----------------------|-------|----------|-----|
| 19.   | Salome Pinto Monteiro  | 98                  | Sporting de Espinho  | <b>10:25.95</b>      | +0,94 | 463      | 6   |
|       | 50m: 34.28 34.28       | 250m: 3:08.57 39.78 | 450m: 5:48.31 40.07  | 650m: 8:28.14 40.03  |       |          |     |
|       | 100m: 1:11.90 37.62    | 300m: 3:48.45 39.88 | 500m: 6:27.89 39.58  | 700m: 9:08.26 40.12  |       |          |     |
|       | 150m: 1:49.93 38.03    | 350m: 4:28.15 39.70 | 550m: 7:07.63 39.74  | 750m: 9:47.78 39.52  |       |          |     |
|       | 200m: 2:28.79 38.86    | 400m: 5:08.24 40.09 | 600m: 7:48.11 40.48  | 800m: 10:25.95 38.17 |       |          |     |
| 20.   | Ana Margarida Teixeira | 95                  | Beja                 | <b>10:26.07</b>      | +0,80 | 463      | 5   |
|       | 50m: 33.73 33.73       | 250m: 3:09.26 39.51 | 450m: 5:48.42 39.55  | 650m: 8:27.67 39.74  |       |          |     |
|       | 100m: 1:11.39 37.66    | 300m: 3:48.85 39.59 | 500m: 6:28.92 40.50  | 700m: 9:08.35 40.68  |       |          |     |
|       | 150m: 1:50.39 39.00    | 350m: 4:29.01 40.16 | 550m: 7:08.22 39.30  | 750m: 9:47.18 38.83  |       |          |     |
|       | 200m: 2:29.75 39.36    | 400m: 5:08.87 39.86 | 600m: 7:47.93 39.71  | 800m: 10:26.07 38.89 |       |          |     |
| 21.   | Maria Migueis Teixeira | 99                  | Interior Norte       | <b>10:27.20</b>      | +0,86 | 461      | 4   |
|       | 50m: 33.86 33.86       | 250m: 3:10.80 38.94 | 450m: 5:48.97 39.42  | 650m: 8:30.37 40.92  |       |          |     |
|       | 100m: 1:12.71 38.85    | 300m: 3:50.22 39.42 | 500m: 6:29.65 40.68  | 700m: 9:10.65 40.28  |       |          |     |
|       | 150m: 1:52.09 39.38    | 350m: 4:30.13 39.91 | 550m: 7:09.95 40.30  | 750m: 9:49.87 39.22  |       |          |     |
|       | 200m: 2:31.86 39.77    | 400m: 5:09.55 39.42 | 600m: 7:49.45 39.50  | 800m: 10:27.20 37.33 |       |          |     |
| 22.   | Joana Silva Ulpiano    | 00                  | Lisnave              | <b>10:28.97</b>      | +0,83 | 457      | 3   |
|       | 50m: 33.64 33.64       | 250m: 3:12.36 40.32 | 450m: 5:52.77 40.07  | 650m: 8:33.48 40.01  |       |          |     |
|       | 100m: 1:11.83 38.19    | 300m: 3:52.49 40.13 | 500m: 6:32.86 40.09  | 700m: 9:12.21 38.73  |       |          |     |
|       | 150m: 1:51.80 39.97    | 350m: 4:32.37 39.88 | 550m: 7:13.24 40.38  | 750m: 9:51.13 38.92  |       |          |     |
|       | 200m: 2:32.04 40.24    | 400m: 5:12.70 40.33 | 600m: 7:53.47 40.23  | 800m: 10:28.97 37.84 |       |          |     |
| 23.   | Carolina Sousa         | 99                  | Ginasio de Vila Real | <b>10:30.08</b>      | +1,05 | 454      | 2   |
|       | 50m: 34.70 34.70       | 250m: 3:10.87 39.56 | 450m: 5:50.75 40.34  | 650m: 8:31.46 40.32  |       |          |     |
|       | 100m: 1:13.53 38.83    | 300m: 3:50.68 39.81 | 500m: 6:30.73 39.98  | 700m: 9:11.98 40.52  |       |          |     |
|       | 150m: 1:52.01 38.48    | 350m: 4:30.88 40.20 | 550m: 7:11.22 40.49  | 750m: 9:51.30 39.32  |       |          |     |
|       | 200m: 2:31.31 39.30    | 400m: 5:10.41 39.53 | 600m: 7:51.14 39.92  | 800m: 10:30.08 38.78 |       |          |     |
| 24.   | Ines Pinho Coelho      | 99                  | Feirense             | <b>11:18.60</b>      | +0,82 | 364      | 1   |
|       | 50m: 35.49 35.49       | 250m: 3:25.17 42.21 | 450m: 6:16.55 42.30  | 650m: 9:10.52 43.80  |       |          |     |
|       | 100m: 1:17.42 41.93    | 300m: 4:08.18 43.01 | 500m: 6:59.45 42.90  | 700m: 9:54.11 43.59  |       |          |     |
|       | 150m: 1:59.97 42.55    | 350m: 4:51.30 43.12 | 550m: 7:42.96 43.51  | 750m: 10:37.28 43.17 |       |          |     |
|       | 200m: 2:42.96 42.99    | 400m: 5:34.25 42.95 | 600m: 8:26.72 43.76  | 800m: 11:18.60 41.32 |       |          |     |

Prova 14  
16-12-2012 - 16:00  
Femin., 100m Mariposa  
Absoluto  
Resultados

|                        |         |                        |        |                       |            |
|------------------------|---------|------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 58.31   | Sara Freitas Oliveira  | FPN    | Dubai (UAE)           | 18-12-2010 |
| Rec. Nac. 25m Inf B    | 1:09.60 | Ines Camacho Fernandes | SCP    | Cantanhede            | 16-05-2009 |
| Rec. Nac. 25m Inf A    | 1:05.50 | Ines Camacho Fernandes | SCP    | Tavira                | 07-03-2010 |
| Rec. Nac. 25m Juv      | 1:04.12 | Mariana Cunha Guerra   | ASSSCC | Cantanhede            | 11-12-2011 |
| Rec. Nac. 25m Jun      | 1:01.56 | Filipa Vilas Tiago     | SCP    | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Sen      | 58.31   | Sara Freitas Oliveira  | FPN    | Dubai (UAE)           | 18-12-2010 |

Pontos: FINA 2012

| Lugar | Nome                    | Ano                 | Clube    | Tempo Final    | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|----------|----------------|-------|----------|-----|
| 1.    | Ana Margarida Rodrigues | 96                  | Galitos  | <b>1:05.04</b> | +0,79 | 606      | 25  |
|       | 50m: 30.64 30.64        | 100m: 1:05.04 34.40 |          |                |       |          |     |
| 2.    | Bruna Elisabete Paulino | 97                  | Alcobaca | <b>1:05.52</b> |       | 593      | 23  |
|       | 50m: 30.72 30.72        | 100m: 1:05.52 34.80 |          |                |       |          |     |
| 3.    | Mariana Sousa Martins   | 95                  | Feirense | <b>1:06.00</b> | +0,82 | 580      | 22  |
|       | 50m: 31.10 31.10        | 100m: 1:06.00 34.90 |          |                |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 14, Femin., 100m Mariposa, Absoluto

| Lugar | Nome                      | Ano                 | Clube                   | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|-------------------------|----------------|-------|----------|-----|
| 4.    | Joana Isabel Lampreia     | 96                  | Beja                    | <b>1:06.81</b> | +0,79 | 559      | 21  |
|       | 50m: 31.48 31.48          | 100m: 1:06.81 35.33 |                         |                |       |          |     |
| 5.    | Filipa Mendes Pinheiro    | 92                  | Desportiva de Viana     | <b>1:06.84</b> | +0,71 | 558      | 20  |
|       | 50m: 30.13 30.13          | 100m: 1:06.84 36.71 |                         |                |       |          |     |
| 6.    | Carolina Santos Silva     | 86                  | Natacao da Maia         | <b>1:07.00</b> | +0,76 | 554      | 19  |
|       | 50m: 30.96 30.96          | 100m: 1:07.00 36.04 |                         |                |       |          |     |
| 7.    | Julia Matos Lopes         | 94                  | Viver Santarem          | <b>1:07.04</b> | +0,82 | 553      | 18  |
|       | 50m: 31.56 31.56          | 100m: 1:07.04 35.48 |                         |                |       |          |     |
| 8.    | Daniela Figueiredo Metelo | 97                  | Academica de Coimbra    | <b>1:07.11</b> | +0,71 | 551      | 17  |
|       | 50m: 31.64 31.64          | 100m: 1:07.11 35.47 |                         |                |       |          |     |
| 9.    | Ana Estevinha Silva       | 99                  | Ginasio Figueirense     | <b>1:07.33</b> | +0,78 | 546      | 16  |
|       | 50m: 31.20 31.20          | 100m: 1:07.33 36.13 |                         |                |       |          |     |
| 10.   | Elsa Manuela Cardoso      | 86                  | Interior Norte          | <b>1:07.52</b> | +0,77 | 541      | 15  |
|       | 50m: 31.16 31.16          | 100m: 1:07.52 36.36 |                         |                |       |          |     |
| 11.   | Teresa Manuela Aires      | 96                  | Sporting de Espinho     | <b>1:08.43</b> | +0,86 | 520      | 14  |
|       | 50m: 31.29 31.29          | 100m: 1:08.43 37.14 |                         |                |       |          |     |
| 12.   | Filipa Andreia Costa      | 98                  | Colegio Monte Maior     | <b>1:08.67</b> | +0,83 | 515      | 13  |
|       | 50m: 32.21 32.21          | 100m: 1:08.67 36.46 |                         |                |       |          |     |
| 13.   | Claudia Almeida Costa     | 95                  | Aminata                 | <b>1:09.85</b> | +0,81 | 489      | 12  |
|       | 50m: 31.67 31.67          | 100m: 1:09.85 38.18 |                         |                |       |          |     |
| 14.   | Ana Carolina Guedes       | 93                  | Ginasio de Vila Real    | <b>1:10.39</b> | +0,76 | 478      | 11  |
|       | 50m: 32.66 32.66          | 100m: 1:10.39 37.73 |                         |                |       |          |     |
| 15.   | Ana Catarina Cavaco       | 95                  | Natacao de Olhao        | <b>1:10.41</b> | +0,95 | 477      | 10  |
|       | 50m: 32.14 32.14          | 100m: 1:10.41 38.27 |                         |                |       |          |     |
| 16.   | Isa Moraes Penas          | 96                  | Benedita                | <b>1:10.52</b> | +0,74 | 475      | 9   |
|       | 50m: 32.48 32.48          | 100m: 1:10.52 38.04 |                         |                |       |          |     |
| 17.   | Ana Catarina Costa        | 95                  | Estamos Juntos          | <b>1:10.62</b> | +0,93 | 473      | 8   |
|       | 50m: 32.76 32.76          | 100m: 1:10.62 37.86 |                         |                |       |          |     |
| 18.   | Catarina Rego Borges      | 99                  | Bombeiros Ponta Delgada | <b>1:10.87</b> | +0,72 | 468      | 7   |
|       | 50m: 33.10 33.10          | 100m: 1:10.87 37.77 |                         |                |       |          |     |
| 19.   | Joana Margarida Monteiro  | 91                  | Pimpoes/Cimai           | <b>1:11.01</b> | +0,84 | 465      | 6   |
|       | 50m: 33.07 33.07          | 100m: 1:11.01 37.94 |                         |                |       |          |     |
| 20.   | Filipa Silva Cruz         | 92                  | Lisnave                 | <b>1:11.70</b> | +0,90 | 452      | 5   |
|       | 50m: 33.78 33.78          | 100m: 1:11.70 37.92 |                         |                |       |          |     |
| 21.   | Rute Sofia Teixeira       | 90                  | Ginasio Santo Tirso     | <b>1:12.12</b> | +0,90 | 444      | 4   |
|       | 50m: 32.96 32.96          | 100m: 1:12.12 39.16 |                         |                |       |          |     |
| 22.   | Ana Francisca Silva       | 95                  | Academico Viseu         | <b>1:12.37</b> |       | 440      | 3   |
|       | 50m: 32.31 32.31          | 100m: 1:12.37 40.06 |                         |                |       |          |     |
| 23.   | Joana Sofia Carreira      | 97                  | Natacao de Faro         | <b>1:13.28</b> | +0,76 | 423      | 2   |
|       | 50m: 33.51 33.51          | 100m: 1:13.28 39.77 |                         |                |       |          |     |
| 24.   | Ana Luisa Ramos           | 95                  | Gafanha da Encarnacao   | <b>1:16.03</b> | +0,83 | 379      | 1   |
|       | 50m: 35.30 35.30          | 100m: 1:16.03 40.73 |                         |                |       |          |     |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 15  
16-12-2012 - 16:05

Masc., 200m Mariposa

Absoluto  
Resultados

|                        |         |                         |      |                |            |
|------------------------|---------|-------------------------|------|----------------|------------|
| Rec. Nac. 25m Absoluto | 1:53.39 | Diogo Filipe Carvalho   | FPN  | Istambul (TUR) | 12-12-2009 |
| Rec. Nac. 25m Inf B    | 2:21.67 | Tomas Miguel Freitas    | CDN  | Funchal        | 28-06-2003 |
| Rec. Nac. 25m Inf A    | 2:12.42 | Tomas Miguel Freitas    | CDN  | Funchal        | 11-07-2004 |
| Rec. Nac. 25m Juv B    | 2:07.06 | Pedro Diogo Oliveira    | CNRM | Entroncamento  | 24-05-2003 |
| Rec. Nac. 25m Juv A    | 2:03.38 | Diogo Parrilha da Silva | CNAL | Alcobaça       | 13-06-2009 |
| Rec. Nac. 25m Jun      | 1:58.64 | Diogo Filipe Carvalho   | CGA  | Tomar          | 09-12-2005 |
| Rec. Nac. 25m Sen      | 1:53.39 | Diogo Filipe Carvalho   | FPN  | Istambul (TUR) | 12-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                        | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|----------|-----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Absoluto |                             |                     |                           |                     |       |          |     |
| 1.       | Duarte Rafael Mourao        | 84                  | Estrelas S. Joao de Brito | <b>1:59.99</b>      | +0,71 | 751      | 25  |
|          | 50m: 26.71 26.71            | 100m: 56.99 30.28   | 150m: 1:28.12 31.13       | 200m: 1:59.99 31.87 |       |          |     |
| 2.       | Miguel Monteiro Diogo       | 93                  | Alcobaca                  | <b>2:04.37</b>      | +0,74 | 675      | 23  |
|          | 50m: 27.61 27.61            | 100m: 58.99 31.38   | 150m: 1:31.03 32.04       | 200m: 2:04.37 33.34 |       |          |     |
| 3.       | Miguel Bras Sergio          | 95                  | Bombeiros dos Estoris     | <b>2:07.44</b>      | +0,80 | 627      | 22  |
|          | 50m: 27.90 27.90            | 100m: 59.18 31.28   | 150m: 1:32.17 32.99       | 200m: 2:07.44 35.27 |       |          |     |
| 4.       | Andre Antunes Carvalho      | 96                  | Colegio Monte Maior       | <b>2:08.11</b>      | +0,78 | 617      | 21  |
|          | 50m: 28.63 28.63            | 100m: 1:00.78 32.15 | 150m: 1:33.84 33.06       | 200m: 2:08.11 34.27 |       |          |     |
| 5.       | Joao Nuno Pires             | 94                  | Academica de Coimbra      | <b>2:09.09</b>      | +0,75 | 603      | 20  |
|          | 50m: 28.53 28.53            | 100m: 1:01.27 32.74 | 150m: 1:34.62 33.35       | 200m: 2:09.09 34.47 |       |          |     |
| 6.       | Afonso Mateus Ribeiro       | 95                  | Belenenses                | <b>2:10.42</b>      | +0,62 | 585      | 19  |
|          | 50m: 29.13 29.13            | 100m: 1:02.50 33.37 | 150m: 1:36.20 33.70       | 200m: 2:10.42 34.22 |       |          |     |
| 7.       | Joao Miguel Ferreira        | 97                  | Foca                      | <b>2:11.48</b>      | +0,74 | 571      | 18  |
|          | 50m: 29.18 29.18            | 100m: 1:02.29 33.11 | 150m: 1:36.64 34.35       | 200m: 2:11.48 34.84 |       |          |     |
| 8.       | Alexandre Valdagua Coutinho | 97                  | Columbofila Cantanhedens  | <b>2:11.95</b>      | +0,76 | 565      | 17  |
|          | 50m: 28.97 28.97            | 100m: 1:02.42 33.45 | 150m: 1:37.41 34.99       | 200m: 2:11.95 34.54 |       |          |     |
| 9.       | Antonio Miguel Vitorino     | 96                  | Viana Natacao             | <b>2:12.10</b>      | +0,83 | 563      | 16  |
|          | 50m: 28.76 28.76            | 100m: 1:01.66 32.90 | 150m: 1:36.28 34.62       | 200m: 2:12.10 35.82 |       |          |     |
| 10.      | Ivo Andre Lopes             | 94                  | Viver Santarem            | <b>2:12.29</b>      | +0,80 | 561      | 15  |
|          | 50m: 28.27 28.27            | 100m: 59.89 31.62   | 150m: 1:34.32 34.43       | 200m: 2:12.29 37.97 |       |          |     |
| 11.      | Pedro Cunha Caetano         | 90                  | Aminata                   | <b>2:12.87</b>      | +0,73 | 553      | 14  |
|          | 50m: 28.97 28.97            | 100m: 1:01.54 32.57 | 150m: 1:36.47 34.93       | 200m: 2:12.87 36.40 |       |          |     |
| 12.      | Diogo Antonio Lopes         | 95                  | Torres Novas              | <b>2:13.46</b>      | +0,79 | 546      | 13  |
|          | 50m: 29.25 29.25            | 100m: 1:02.71 33.46 | 150m: 1:38.64 35.93       | 200m: 2:13.46 34.82 |       |          |     |
| 13.      | Antonio Fraga Fragoso       | 95                  | Bombeiros Ponta Delgada   | <b>2:13.58</b>      | +0,74 | 544      | 12  |
|          | 50m: 28.42 28.42            | 100m: 1:01.83 33.41 | 150m: 1:36.71 34.88       | 200m: 2:13.58 36.87 |       |          |     |
| 14.      | Alcides Costa Sousa         | 94                  | Feirense                  | <b>2:15.12</b>      | +0,76 | 526      | 11  |
|          | 50m: 29.71 29.71            | 100m: 1:04.27 34.56 | 150m: 1:39.90 35.63       | 200m: 2:15.12 35.22 |       |          |     |
| 15.      | Gil Vasco Goncalves         | 97                  | Litoral Alentejano        | <b>2:16.22</b>      | +0,89 | 513      | 10  |
|          | 50m: 29.63 29.63            | 100m: 1:03.94 34.31 | 150m: 1:39.95 36.01       | 200m: 2:16.22 36.27 |       |          |     |
| 16.      | Paulo Andre Silva           | 95                  | Natacao da Maia           | <b>2:17.35</b>      | +0,79 | 501      | 9   |
|          | 50m: 29.76 29.76            | 100m: 1:03.75 33.99 | 150m: 1:39.14 35.39       | 200m: 2:17.35 38.21 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15 - 16-12-2012

Prova 15, Masc., 200m Mariposa, Absoluto

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 17.   | Ricardo Daniel Goncalves | 96                  | Ginasio de Vila Real      | <b>2:19.45</b>      | +0,80 | 479      | 8   |
|       | 50m: 29.90 29.90         | 100m: 1:04.33 34.43 | 150m: 1:41.33 37.00       | 200m: 2:19.45 38.12 |       |          |     |
| 18.   | David Andre Almeida      | 97                  | Ginasio Santo Tirso       | <b>2:20.62</b>      | +0,87 | 467      | 7   |
|       | 50m: 30.05 30.05         | 100m: 1:05.92 35.87 | 150m: 1:42.12 36.20       | 200m: 2:20.62 38.50 |       |          |     |
| 19.   | Nuno Valerio Silva       | 97                  | Nautico da Marinha Grande | <b>2:20.79</b>      | +0,80 | 465      | 6   |
|       | 50m: 30.40 30.40         | 100m: 1:05.46 35.06 | 150m: 1:42.88 37.42       | 200m: 2:20.79 37.91 |       |          |     |
| 20.   | Joao Antonio Oliveira    | 95                  | Ginasio Figueirense       | <b>2:20.92</b>      | +0,79 | 464      | 5   |
|       | 50m: 30.42 30.42         | 100m: 1:05.65 35.23 | 150m: 1:42.27 36.62       | 200m: 2:20.92 38.65 |       |          |     |
| 21.   | Pedro Miguel Costa       | 92                  | Sporting de Espinho       | <b>2:25.33</b>      | +0,77 | 423      | 4   |
|       | 50m: 30.36 30.36         | 100m: 1:05.93 35.57 | 150m: 1:43.86 37.93       | 200m: 2:25.33 41.47 |       |          |     |
| 22.   | Daniel Filipe Lopes      | 96                  | Natacao de Vila Real      | <b>2:26.51</b>      | +0,66 | 413      | 3   |
|       | 50m: 29.94 29.94         | 100m: 1:05.95 36.01 | 150m: 1:45.33 39.38       | 200m: 2:26.51 41.18 |       |          |     |
| 23.   | Diogo Moreira Silveira   | 94                  | Lisnave                   | <b>2:28.03</b>      | +0,84 | 400      | 2   |
|       | 50m: 31.89 31.89         | 100m: 1:08.86 36.97 | 150m: 1:47.34 38.48       | 200m: 2:28.03 40.69 |       |          |     |
| 24.   | Luis Carlos Fonseca      | 98                  | Fafe                      | <b>2:29.22</b>      | +0,79 | 390      | 1   |
|       | 50m: 31.64 31.64         | 100m: 1:09.30 37.66 | 150m: 1:49.22 39.92       | 200m: 2:29.22 40.00 |       |          |     |

Prova 16  
16-12-2012 - 16:15  
Femin., 100m Bruços  
Absoluto Resultados

|                        |         |                     |      |                       |            |
|------------------------|---------|---------------------|------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 1:07.17 | Diana Duarte Gomes  | CNA  | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Inf B    | 1:17.79 | tempo limite        |      |                       |            |
| Rec. Nac. 25m Inf A    | 1:15.72 | Filipa Vilas Ruivo  | DNMG | Caldas da Rainha      | 01-05-2010 |
| Rec. Nac. 25m Juv      | 1:11.76 | Diana Duarte Gomes  | ABVE | Reboleira             | 28-06-2003 |
| Rec. Nac. 25m Jun      | 1:08.85 | Ana Pinho Rodrigues | AEJ  | Ponte de Sôr          | 13-12-2009 |
| Rec. Nac. 25m Sen      | 1:07.17 | Diana Duarte Gomes  | CNA  | S. António Cavaleiros | 19-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                        | Ano                 | Clube                   | Tempo Final    | TReac | Pts FINA | Pts |
|----------|-----------------------------|---------------------|-------------------------|----------------|-------|----------|-----|
| Absoluto |                             |                     |                         |                |       |          |     |
| 1.       | Victoria Kaminskaya         | 95                  | Pimpoes/Cimai           | <b>1:09.70</b> | +0,73 | 727      | 25  |
|          | 50m: 32.94 32.94            | 100m: 1:09.70 36.76 |                         |                |       |          |     |
| 2.       | Joana Patricia Pinto        | 94                  | Ginasio de Vila Real    | <b>1:13.31</b> | +0,82 | 625      | 23  |
|          | 50m: 34.33 34.33            | 100m: 1:13.31 38.98 |                         |                |       |          |     |
| 3.       | Joana Marques Maia          | 91                  | Natacao da Maia         | <b>1:15.95</b> | +0,82 | 562      | 22  |
|          | 50m: 35.66 35.66            | 100m: 1:15.95 40.29 |                         |                |       |          |     |
| 4.       | Ana Margarida Domingos      | 93                  | Academico Viseu         | <b>1:16.22</b> | +0,86 | 556      | 21  |
|          | 50m: 35.74 35.74            | 100m: 1:16.22 40.48 |                         |                |       |          |     |
| 5.       | Joana Filipa Marques        | 95                  | Bombeiros Ponta Delgada | <b>1:16.53</b> | +0,71 | 549      | 20  |
|          | 50m: 35.45 35.45            | 100m: 1:16.53 41.08 |                         |                |       |          |     |
| 6.       | Ines Simoes Rodrigues       | 96                  | Viver Santarem          | <b>1:17.14</b> | +0,92 | 536      | 19  |
|          | 50m: 36.69 36.69            | 100m: 1:17.14 40.45 |                         |                |       |          |     |
| 7.       | Mafalda Alexandra Henriques | 98                  | Colegio Monte Maior     | <b>1:17.53</b> | +0,87 | 528      | 18  |
|          | 50m: 36.31 36.31            | 100m: 1:17.53 41.22 |                         |                |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 16, Femin., 100m Bruços, Absoluto

| Lugar | Nome                                         | Ano | Clube                                        | Tempo Final    | TReac | Pts FINA | Pts |
|-------|----------------------------------------------|-----|----------------------------------------------|----------------|-------|----------|-----|
| 8.    | Carolina Lourenco Matos<br>50m: 36.56 36.56  | 98  | Benedita<br>100m: 1:17.88 41.32              | <b>1:17.88</b> | +0,72 | 521      | 17  |
| 9.    | Patricia Fonseca Silva<br>50m: 36.96 36.96   | 93  | Feirense<br>100m: 1:19.10 42.14              | <b>1:19.10</b> | +0,88 | 498      | 16  |
| 10.   | Erica Filipa Costa<br>50m: 37.95 37.95       | 96  | Academica de Coimbra<br>100m: 1:20.44 42.49  | <b>1:20.44</b> | +0,74 | 473      | 15  |
| 11.   | Cristiana Silva Ulpiano<br>50m: 38.17 38.17  | 95  | Lisnave<br>100m: 1:21.21 43.04               | <b>1:21.21</b> | +0,90 | 460      | 14  |
| 12.   | Ines Rocha Silva<br>50m: 37.96 37.96         | 00  | Alcobaca<br>100m: 1:21.25 43.29              | <b>1:21.25</b> | +0,76 | 459      | 13  |
| 13.   | Carolina Maeiro Augusto<br>50m: 38.06 38.06  | 00  | Natacao de Olhao<br>100m: 1:21.46 43.40      | <b>1:21.46</b> | +0,81 | 456      | 12  |
| 14.   | Daniela Valente Ferreira<br>50m: 38.25 38.25 | 96  | Estamos Juntos<br>100m: 1:21.97 43.72        | <b>1:21.97</b> | +0,85 | 447      | 11  |
| 15.   | Catarina Almeida Garcia<br>50m: 38.69 38.69  | 97  | Natacao de Faro<br>100m: 1:22.47 43.78       | <b>1:22.47</b> | +0,94 | 439      | 10  |
| 16.   | Claudia Isabel Semiao<br>50m: 38.64 38.64    | 97  | Aminata<br>100m: 1:22.61 43.97               | <b>1:22.61</b> | +0,92 | 437      | 9   |
| 17.   | Catarina Isabel Branco<br>50m: 39.57 39.57   | 99  | Ginasio Santo Tirso<br>100m: 1:23.65 44.08   | <b>1:23.65</b> | +0,98 | 421      | 8   |
| 18.   | Ines Ataide Dias<br>50m: 39.21 39.21         | 94  | Sporting de Espinho<br>100m: 1:24.42 45.21   | <b>1:24.42</b> | +0,91 | 409      | 7   |
| 19.   | Margarida Peixoto Pelaio<br>50m: 39.66 39.66 | 98  | Ginasio Figueirense<br>100m: 1:24.93 45.27   | <b>1:24.93</b> | +0,84 | 402      | 6   |
| 20.   | Carolina Santos Machado<br>50m: 39.86 39.86  | 95  | Gafanha da Encarnacao<br>100m: 1:24.96 45.10 | <b>1:24.96</b> | +0,88 | 401      | 5   |
| 21.   | Lara Alexandra Vaz<br>50m: 40.13 40.13       | 99  | Desportiva de Viana<br>100m: 1:26.90 46.77   | <b>1:26.90</b> | +0,90 | 375      | 4   |
| 22.   | Marcia Raquel Saraiva<br>50m: 41.50 41.50    | 95  | Galitos<br>100m: 1:27.55 46.05               | <b>1:27.55</b> | +1,00 | 367      | 3   |
| 23.   | Joana Sofia Teixeira<br>50m: 41.26 41.26     | 99  | Beja<br>100m: 1:28.33 47.07                  | <b>1:28.33</b> | +0,89 | 357      | 2   |
| 24.   | Marta Fernandes Carneiro<br>50m: 43.26 43.26 | 94  | Interior Norte<br>100m: 1:30.97 47.71        | <b>1:30.97</b> | +0,92 | 327      | 1   |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 17  
16-12-2012 - 16:25

Masc., 200m Bruços

Absoluto  
Resultados

|                        |         |                        |        |                |            |
|------------------------|---------|------------------------|--------|----------------|------------|
| Rec. Nac. 25m Absoluto | 2:05.59 | Carlos Esteves Almeida | FPN    | Chartres (FRA) | 25-11-2012 |
| Rec. Nac. 25m Inf B    | 2:37.57 | Tomas Miguel Freitas   | CDN    | Funchal        | 13-07-2003 |
| Rec. Nac. 25m Inf A    | 2:29.59 | Luis Manuel Fernandes  | GDNVNF | Cantanhede     | 08-03-2009 |
| Rec. Nac. 25m Juv B    | 2:20.22 | Andre Goncalo Santos   | LSC    | Braga          | 03-03-2012 |
| Rec. Nac. 25m Juv A    | 2:18.42 | tempo limite           |        |                |            |
| Rec. Nac. 25m Jun      | 2:14.00 | Pedro Miguel Agostinho | SCP    | Leiria         | 04-12-2009 |
| Rec. Nac. 25m Sen      | 2:05.59 | Carlos Esteves Almeida | FPN    | Chartres (FRA) | 25-11-2012 |

Pontos: FINA 2012

| Lugar    | Nome                    | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|----------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Absoluto |                         |                     |                           |                     |       |          |     |
| 1.       | Bruno Daniel Monteiro   | 88                  | Ginasio de Vila Real      | <b>2:20.64</b>      | +0,81 | 631      | 25  |
|          | 50m: 31.12 31.12        | 100m: 1:05.97 34.85 | 150m: 1:41.74 35.77       | 200m: 2:20.64 38.90 |       |          |     |
| 2.       | Joao Andre Neves        | 95                  | Academica de Coimbra      | <b>2:20.70</b>      | +0,73 | 630      | 23  |
|          | 50m: 32.48 32.48        | 100m: 1:08.18 35.70 | 150m: 1:44.18 36.00       | 200m: 2:20.70 36.52 |       |          |     |
| 3.       | Pedro Miguel Silva      | 94                  | Colegio Monte Maior       | <b>2:20.88</b>      | +0,72 | 628      | 22  |
|          | 50m: 31.70 31.70        | 100m: 1:07.24 35.54 | 150m: 1:43.85 36.61       | 200m: 2:20.88 37.03 |       |          |     |
| 4.       | Diogo Parrilha da Silva | 93                  | Alcobaca                  | <b>2:21.44</b>      | +0,78 | 620      | 21  |
|          | 50m: 31.28 31.28        | 100m: 1:07.61 36.33 | 150m: 1:44.26 36.65       | 200m: 2:21.44 37.18 |       |          |     |
| 5.       | Francisco Santos Costa  | 93                  | Belenenses                | <b>2:25.54</b>      | +0,73 | 569      | 20  |
|          | 50m: 32.13 32.13        | 100m: 1:09.15 37.02 | 150m: 1:47.27 38.12       | 200m: 2:25.54 38.27 |       |          |     |
| 6.       | Thiago Duarte Goncalves | 89                  | Estrelas S. Joao de Brito | <b>2:26.34</b>      | +0,75 | 560      | 19  |
|          | 50m: 32.42 32.42        | 100m: 1:09.42 37.00 | 150m: 1:48.02 38.60       | 200m: 2:26.34 38.32 |       |          |     |
| 7.       | Goncalo Pereira Sa      | 95                  | Feirense                  | <b>2:27.34</b>      | +0,70 | 549      | 18  |
|          | 50m: 32.64 32.64        | 100m: 1:09.82 37.18 | 150m: 1:48.54 38.72       | 200m: 2:27.34 38.80 |       |          |     |
| 8.       | Nuno Oliveira Noritake  | 96                  | Bombeiros dos Estoris     | <b>2:29.34</b>      | +0,85 | 527      | 17  |
|          | 50m: 33.38 33.38        | 100m: 1:11.34 37.96 | 150m: 1:50.14 38.80       | 200m: 2:29.34 39.20 |       |          |     |
| 9.       | Hugo Neves Neto         | 94                  | Columbofila Cantanhedens  | <b>2:29.68</b>      | +0,82 | 523      | 16  |
|          | 50m: 33.78 33.78        | 100m: 1:11.70 37.92 | 150m: 1:50.74 39.04       | 200m: 2:29.68 38.94 |       |          |     |
| 10.      | Tiago Sobral Coelho     | 95                  | Ginasio Santo Tirso       | <b>2:29.96</b>      | +0,75 | 521      | 15  |
|          | 50m: 33.11 33.11        | 100m: 1:10.97 37.86 | 150m: 1:50.02 39.05       | 200m: 2:29.96 39.94 |       |          |     |
| 11.      | Andre Machado Vale      | 95                  | Viana Natacao             | <b>2:30.44</b>      | +0,92 | 516      | 14  |
|          | 50m: 33.45 33.45        | 100m: 1:11.63 38.18 | 150m: 1:50.76 39.13       | 200m: 2:30.44 39.68 |       |          |     |
| 12.      | Filipe Franco Norte     | 93                  | Nautico da Marinha Grande | <b>2:30.69</b>      | +0,76 | 513      | 13  |
|          | 50m: 32.76 32.76        | 100m: 1:10.71 37.95 | 150m: 1:50.53 39.82       | 200m: 2:30.69 40.16 |       |          |     |
| 13.      | Rui Manuel Ribeiro      | 82                  | Fafe                      | <b>2:32.51</b>      | +0,88 | 495      | 12  |
|          | 50m: 33.77 33.77        | 100m: 1:12.14 38.37 | 150m: 1:52.13 39.99       | 200m: 2:32.51 40.38 |       |          |     |
| 14.      | Luis Miguel Lopes       | 95                  | Foca                      | <b>2:33.29</b>      | +0,89 | 487      | 11  |
|          | 50m: 35.02 35.02        | 100m: 1:14.65 39.63 | 150m: 1:54.43 39.78       | 200m: 2:33.29 38.86 |       |          |     |
| 15.      | Francisco Carreiro Rego | 99                  | Bombeiros Ponta Delgada   | <b>2:33.35</b>      | +0,74 | 487      | 10  |
|          | 50m: 33.17 33.17        | 100m: 1:12.07 38.90 | 150m: 1:52.95 40.88       | 200m: 2:33.35 40.40 |       |          |     |
| 16.      | Rodrigo Marques Costa   | 76                  | Litoral Alentejano        | <b>2:33.37</b>      | +0,85 | 487      | 9   |
|          | 50m: 33.48 33.48        | 100m: 1:11.69 38.21 | 150m: 1:51.56 39.87       | 200m: 2:33.37 41.81 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 17, Masc., 200m Bruços, Absoluto

| Lugar | Nome                         | Ano                 | Clube                | Tempo Final    | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------------|----------------------|----------------|-------|----------|-----|
| 17.   | Guilherme Antonio Reis       | 96                  | Torres Novas         | <b>2:34.68</b> | +0,86 | 474      | 8   |
|       | 50m: 34.14 34.14             | 100m: 1:13.13 38.99 | 150m: 1:54.46 41.33  | 200m: 2:34.68  | 40.22 |          |     |
| 18.   | Christophe Pereira Fernandes | 91                  | Natacao de Vila Real | <b>2:35.23</b> | +0,75 | 469      | 7   |
|       | 50m: 35.43 35.43             | 100m: 1:14.56 39.13 | 150m: 1:54.18 39.62  | 200m: 2:35.23  | 41.05 |          |     |
| 19.   | Tiago Andre Marques          | 93                  | Sporting de Espinho  | <b>2:37.72</b> | +0,74 | 447      | 6   |
|       | 50m: 34.33 34.33             | 100m: 1:14.63 40.30 | 150m: 1:55.64 41.01  | 200m: 2:37.72  | 42.08 |          |     |
| 20.   | Daniel Queiros Cruz          | 99                  | Natacao da Maia      | <b>2:38.68</b> | +0,89 | 439      | 5   |
|       | 50m: 35.75 35.75             | 100m: 1:15.63 39.88 | 150m: 1:57.17 41.54  | 200m: 2:38.68  | 41.51 |          |     |
| 21.   | Joao Miguel Mansos           | 94                  | Lisnave              | <b>2:38.70</b> | +0,87 | 439      | 4   |
|       | 50m: 36.58 36.58             | 100m: 1:17.27 40.69 | 150m: 1:59.44 42.17  | 200m: 2:38.70  | 39.26 |          |     |
| 22.   | Tiago Pastor Escada          | 99                  | Aminata              | <b>2:41.41</b> | +0,94 | 417      | 3   |
|       | 50m: 36.04 36.04             | 100m: 1:16.67 40.63 | 150m: 1:58.72 42.05  | 200m: 2:41.41  | 42.69 |          |     |
| 23.   | Miguel Carrico Cruz          | 99                  | Viver Santarem       | <b>2:47.20</b> | +0,83 | 375      | 2   |
|       | 50m: 36.86 36.86             | 100m: 1:18.80 41.94 | 150m: 2:02.67 43.87  | 200m: 2:47.20  | 44.53 |          |     |
| 24.   | Duarte Pinto Ceia            | 98                  | Ginasio Figueirense  | <b>2:52.03</b> | +0,82 | 345      | 1   |
|       | 50m: 37.58 37.58             | 100m: 1:20.45 42.87 | 150m: 2:06.07 45.62  | 200m: 2:52.03  | 45.96 |          |     |

Prova 18

Femin., 50m Livres

Absoluto

16-12-2012 - 16:35

Resultados

|                        |       |                          |       |                       |            |
|------------------------|-------|--------------------------|-------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 24.94 | Patricia Vilas Conceicao | CNA   | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Inf B    | 28.93 | Mariana Cunha Guerra     | ASSCC | Leiria                | 27-03-2010 |
| Rec. Nac. 25m Inf A    | 28.32 | Ines Camacho Fernandes   | SCP   | Ponte Sor             | 30-01-2010 |
| Rec. Nac. 25m Juv      | 27.16 | Harriet Larcher Smith    | CFB   | Tomar                 | 15-03-2003 |
| Rec. Nac. 25m Jun      | 26.14 | Maria Carolina Rosa      | SCP   | S. António Cavaleiros | 20-12-2009 |
| Rec. Nac. 25m Sen      | 24.94 | Patricia Vilas Conceicao | CNA   | S. António Cavaleiros | 20-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                       | Ano | Clube                   | Tempo Final  | TReac | Pts FINA | Pts |
|----------|----------------------------|-----|-------------------------|--------------|-------|----------|-----|
| Absoluto |                            |     |                         |              |       |          |     |
| 1.       | Ana Sofia Leite            | 93  | Ginasio de Vila Real    | <b>26.84</b> | +0,75 | 650      | 25  |
| 2.       | Mafalda Fraga Fragoso      | 94  | Bombeiros Ponta Delgada | <b>27.94</b> | +0,76 | 576      | 23  |
| 3.       | Bruna Martins Riesenberger | 97  | Lisnave                 | <b>28.02</b> | +0,74 | 571      | 22  |
| 4.       | Ana Beatriz Silva          | 96  | Gafanha da Encarnacao   | <b>28.11</b> | +0,74 | 565      | 21  |
| 5.       | Andreia Brito Costa        | 95  | Natacao de Faro         | <b>28.12</b> | +0,81 | 565      | 20  |
| 6.       | Ana Sofia Afonso           | 99  | Desportiva de Viana     | <b>28.32</b> | +0,84 | 553      | 19  |
| 7.       | Carolina Santos Silva      | 86  | Natacao da Maia         | <b>28.62</b> | +0,72 | 536      | 18  |
| 8.       | Ines Simoes Rodrigues      | 96  | Viver Santarem          | <b>28.68</b> | +0,93 | 532      | 17  |
| 9.       | Rafaela Marques Bodiao     | 96  | Natacao de Olhao        | <b>28.87</b> | +0,87 | 522      | 16  |
| 10.      | Ana Francisca Silva        | 95  | Academico Viseu         | <b>28.89</b> | +0,75 | 521      | 15  |
| 11.      | Filipa Andreia Costa       | 98  | Colegio Monte Maior     | <b>29.04</b> | +0,78 | 513      | 14  |
|          | Claudia Almeida Costa      | 95  | Aminata                 | <b>29.04</b> | +0,80 | 513      | 14  |
| 13.      | Bruna Miguel Pereira       | 94  | Academica de Coimbra    | <b>29.33</b> | +0,87 | 498      | 12  |
| 14.      | Lais Domingues Velha       | 97  | Galitos                 | <b>29.40</b> | +1,00 | 494      | 11  |
| 15.      | Marta Marques Costa        | 98  | Pimpoes/Cimai           | <b>29.68</b> | +0,91 | 480      | 10  |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 18, Femin., 50m Livres, Absoluto

| Lugar | Nome                       | Ano | Clube               | Tempo Final  | TReac | Pts FINA | Pts |
|-------|----------------------------|-----|---------------------|--------------|-------|----------|-----|
| 16.   | Isa Morais Penas           | 96  | Benedita            | <b>29.69</b> | +0,78 | 480      | 9   |
| 17.   | Tatiana Filipa Santos      | 95  | Ginasio Figueirense | <b>29.84</b> | +0,92 | 473      | 8   |
| 18.   | Cristina Alexandra Furtado | 96  | Estamos Juntos      | <b>29.93</b> | +0,91 | 468      | 7   |
| 19.   | Helena Manuel Jose         | 90  | Ginasio Santo Tirso | <b>30.03</b> | +0,91 | 464      | 6   |
| 20.   | Matilde Correia Vieira     | 00  | Alcobaca            | <b>30.14</b> | +0,97 | 459      | 5   |
| 21.   | Maria Migueis Teixeira     | 99  | Interior Norte      | <b>30.34</b> | +0,98 | 450      | 4   |
| 22.   | Ana Sofia Vasconcelos      | 95  | Beja                | <b>30.91</b> | +0,98 | 425      | 3   |
| 23.   | Ana Catarina Oliveira      | 97  | Feirense            | <b>30.94</b> | +0,83 | 424      | 2   |
| DSQ   | Maria Joao Oliveira        | 95  | Sporting de Espinho |              |       |          |     |

403 - Falsa partida - SW 4.4

Prova 19  
16-12-2012 - 16:40  
Masc., 100m Livres  
Absoluto Resultados

|                        |       |                              |       |                  |            |
|------------------------|-------|------------------------------|-------|------------------|------------|
| Rec. Nac. 25m Absoluto | 47.64 | Alexandre Escudier Agostinho | FPN   | Istambul (TUR)   | 11-12-2009 |
| Rec. Nac. 25m Inf B    | 57.40 | Tiago Filipe Pereira         | DNMG  | Caldas da Rainha | 11-07-2004 |
| Rec. Nac. 25m Inf A    | 54.96 | Francisco Carvalho Machado   | SAD   | Algés            | 01-07-2012 |
| Rec. Nac. 25m Juv B    | 52.59 | Diogo Gomes Sousa            | CNCVG | Ponte de Sôr     | 13-12-2009 |
| Rec. Nac. 25m Juv A    | 50.82 | Tiago Andre Venancio         | CNS   | Braga            | 23-03-2003 |
| Rec. Nac. 25m Jun      | 48.38 | Tiago Andre Venancio         | CNS   | Cantanhede       | 20-12-2004 |
| Rec. Nac. 25m Sen      | 47.64 | Alexandre Escudier Agostinho | FPN   | Istambul (TUR)   | 11-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                      | Ano               | Clube                     | Tempo Final  | TReac | Pts FINA | Pts |
|----------|---------------------------|-------------------|---------------------------|--------------|-------|----------|-----|
| Absoluto |                           |                   |                           |              |       |          |     |
| 1.       | Gustavo Almeida Madureira | 94                | Academica de Coimbra      | <b>50.91</b> | +0,66 | 687      | 25  |
|          | 50m: 24.24 24.24          | 100m: 50.91 26.67 |                           |              |       |          |     |
| 2.       | Mauro Cabral Costa        | 93                | Litoral Alentejano        | <b>52.41</b> | +0,66 | 630      | 23  |
|          | 50m: 24.30 24.30          | 100m: 52.41 28.11 |                           |              |       |          |     |
| 3.       | Frederico Manuel Moeda    | 95                | Estrelas S. Joao de Brito | <b>52.51</b> | +0,75 | 626      | 22  |
|          | 50m: 25.13 25.13          | 100m: 52.51 27.38 |                           |              |       |          |     |
| 4.       | Miguel Duarte Moreira     | 96                | Belenenses                | <b>53.03</b> | +0,76 | 608      | 21  |
|          | 50m: 25.18 25.18          | 100m: 53.03 27.85 |                           |              |       |          |     |
| 5.       | Ivan Monteiro Simoes      | 91                | Natacao de Vila Real      | <b>53.45</b> | +0,66 | 594      | 20  |
|          | 50m: 24.70 24.70          | 100m: 53.45 28.75 |                           |              |       |          |     |
| 6.       | Emanuel Augusto Pinho     | 93                | Feirense                  | <b>53.62</b> | +0,78 | 588      | 19  |
|          | 50m: 25.31 25.31          | 100m: 53.62 28.31 |                           |              |       |          |     |
| 7.       | Tiago Joao Meira          | 96                | Viana Natacao             | <b>53.63</b> | +0,80 | 588      | 18  |
|          | 50m: 25.54 25.54          | 100m: 53.63 28.09 |                           |              |       |          |     |
| 8.       | Afonso Lopes dos Santos   | 95                | Alcobaca                  | <b>53.76</b> | +0,70 | 584      | 17  |
|          | 50m: 25.39 25.39          | 100m: 53.76 28.37 |                           |              |       |          |     |
| 9.       | Jonatas da Fonseca Gaspar | 88                | Nautico da Marinha Grande | <b>54.25</b> | +0,90 | 568      | 16  |
|          | 50m: 25.63 25.63          | 100m: 54.25 28.62 |                           |              |       |          |     |
| 10.      | Joao Martires Costa       | 85                | Ginasio de Vila Real      | <b>54.39</b> | +0,75 | 564      | 15  |
|          | 50m: 25.95 25.95          | 100m: 54.39 28.44 |                           |              |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 19, Masc., 100m Livres, Absoluto

| Lugar | Nome                                        | Ano | Clube                                    | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------------------------|-----|------------------------------------------|----------------|-------|----------|-----|
| 11.   | Miguel Filipe Pinto<br>50m: 26.47 26.47     | 96  | Ginasio Santo Tirso<br>54.62 28.15       | <b>54.62</b>   | +0,86 | 556      | 14  |
| 12.   | Fabio Miguel Samouco<br>50m: 26.01 26.01    | 95  | Torres Novas<br>54.63 28.62              | <b>54.63</b>   | +0,73 | 556      | 13  |
| 13.   | Duarte Cai-Agua Martins<br>50m: 26.05 26.05 | 95  | Bombeiros dos Estoris<br>54.86 28.81     | <b>54.86</b>   | +0,87 | 549      | 12  |
| 14.   | Diogo Serrao Santos<br>50m: 26.17 26.17     | 96  | Viver Santarem<br>54.98 28.81            | <b>54.98</b>   | +0,70 | 546      | 11  |
| 15.   | Miguel Rego Borges<br>50m: 26.38 26.38      | 95  | Bombeiros Ponta Delgada<br>55.27 28.89   | <b>55.27</b>   | +0,75 | 537      | 10  |
| 16.   | Ricardo David Silva<br>50m: 25.98 25.98     | 97  | Foca<br>55.42 29.44                      | <b>55.42</b>   | +0,66 | 533      | 9   |
| 17.   | Andre Lima Costa<br>50m: 26.20 26.20        | 97  | Sporting de Espinho<br>55.73 29.53       | <b>55.73</b>   | +0,71 | 524      | 8   |
| 18.   | Joao Pedro Neves<br>50m: 26.71 26.71        | 96  | Aminata<br>56.06 29.35                   | <b>56.06</b>   | +0,87 | 515      | 7   |
| 19.   | Bruno Miguel Franco<br>50m: 26.74 26.74     | 90  | Lisnave<br>56.12 29.38                   | <b>56.12</b>   | +0,83 | 513      | 6   |
| 20.   | Pedro Miguel Esteves<br>50m: 26.62 26.62    | 96  | Colegio Monte Maior<br>56.20 29.58       | <b>56.20</b>   | +0,72 | 511      | 5   |
| 21.   | Hugo Neves Neto<br>50m: 26.76 26.76         | 94  | Columbofila Cantanhedense<br>56.34 29.58 | <b>56.34</b>   | +0,75 | 507      | 4   |
| 22.   | Vitor Monteiro Cunha<br>50m: 27.02 27.02    | 97  | Fafe<br>56.81 29.79                      | <b>56.81</b>   | +0,73 | 495      | 3   |
| 23.   | Paulo Andre Silva<br>50m: 27.72 27.72       | 95  | Natacao da Maia<br>57.60 29.88           | <b>57.60</b>   | +0,76 | 474      | 2   |
| 24.   | Diogo Loureiro Martinho<br>50m: 29.03 29.03 | 98  | Ginasio Figueirense<br>1:01.17 32.14     | <b>1:01.17</b> | +0,77 | 396      | 1   |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 20 Femin., 100m Costas Absoluto  
16-12-2012 - 16:45 Resultados

|                        |         |                           |        |                       |            |
|------------------------|---------|---------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 1:00.69 | Marta Vieira Marinho      | FCP    | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Inf B    | 1:10.23 | Catarina Alexandra Jardim | GDNVNF | Ponte da Barca        | 05-03-2010 |
| Rec. Nac. 25m Inf A    | 1:05.36 | Ines Camacho Fernandes    | SCP    | Tavira                | 05-03-2010 |
| Rec. Nac. 25m Juv      | 1:02.96 | Ines Camacho Fernandes    | SCP    | Estoril, Alapraia     | 12-02-2011 |
| Rec. Nac. 25m Jun      | 1:01.43 | Ines Camacho Fernandes    | SCP    | Mealhada              | 17-12-2011 |
| Rec. Nac. 25m Sen      | 1:00.69 | Marta Vieira Marinho      | FCP    | S. António Cavaleiros | 19-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                      | Ano                 | Clube                   | Tempo Final    | TReac | Pts FINA | Pts |
|----------|---------------------------|---------------------|-------------------------|----------------|-------|----------|-----|
| Absoluto |                           |                     |                         |                |       |          |     |
| 1.       | Ana Sofia Leite           | 93                  | Ginasio de Vila Real    | <b>1:02.90</b> | +0,67 | 676      | 25  |
|          | 50m: 30.31 30.31          | 100m: 1:02.90 32.59 |                         |                |       |          |     |
| 2.       | Filipa Vicente Custois    | 97                  | Benedita                | <b>1:06.20</b> | +0,70 | 580      | 23  |
|          | 50m: 32.76 32.76          | 100m: 1:06.20 33.44 |                         |                |       |          |     |
| 3.       | Tatiana Filipa Santos     | 95                  | Ginasio Figueirense     | <b>1:07.42</b> | +0,69 | 549      | 22  |
|          | 50m: 33.14 33.14          | 100m: 1:07.42 34.28 |                         |                |       |          |     |
| 4.       | Maria Teresa Martins      | 98                  | Galitos                 | <b>1:08.24</b> | +0,63 | 530      | 21  |
|          | 50m: 32.90 32.90          | 100m: 1:08.24 35.34 |                         |                |       |          |     |
| 5.       | Juliana Lima Freixo       | 97                  | Desportiva de Viana     | <b>1:08.50</b> | +0,61 | 524      | 20  |
|          | 50m: 32.94 32.94          | 100m: 1:08.50 35.56 |                         |                |       |          |     |
| 6.       | Joana Margarida Guimaraes | 95                  | Pimpoes/Cimai           | <b>1:08.55</b> | +0,67 | 523      | 19  |
|          | 50m: 33.25 33.25          | 100m: 1:08.55 35.30 |                         |                |       |          |     |
| 7.       | Claudia Isabel Semiao     | 97                  | Aminata                 | <b>1:08.82</b> | +0,70 | 516      | 18  |
|          | 50m: 33.57 33.57          | 100m: 1:08.82 35.25 |                         |                |       |          |     |
| 8.       | Mafalda Fraga Fragoso     | 94                  | Bombeiros Ponta Delgada | <b>1:09.02</b> | +0,69 | 512      | 17  |
|          | 50m: 33.35 33.35          | 100m: 1:09.02 35.67 |                         |                |       |          |     |
| 9.       | Rafaela Marques Bodiao    | 96                  | Natacao de Olhao        | <b>1:09.15</b> | +0,59 | 509      | 16  |
|          | 50m: 33.75 33.75          | 100m: 1:09.15 35.40 |                         |                |       |          |     |
| 10.      | Matilde Correia Vieira    | 00                  | Alcobaca                | <b>1:10.71</b> | +0,67 | 476      | 15  |
|          | 50m: 34.85 34.85          | 100m: 1:10.71 35.86 |                         |                |       |          |     |
| 11.      | Ines Sofia Sampaio        | 94                  | Academico Viseu         | <b>1:10.78</b> | +0,68 | 475      | 14  |
|          | 50m: 34.36 34.36          | 100m: 1:10.78 36.42 |                         |                |       |          |     |
| 12.      | Cintia Mariana Fernandes  | 97                  | Academica de Coimbra    | <b>1:10.92</b> | +0,62 | 472      | 13  |
|          | 50m: 34.27 34.27          | 100m: 1:10.92 36.65 |                         |                |       |          |     |
| 13.      | Filipa Oliveira Andrade   | 97                  | Estamos Juntos          | <b>1:10.96</b> | +0,74 | 471      | 12  |
|          | 50m: 34.64 34.64          | 100m: 1:10.96 36.32 |                         |                |       |          |     |
| 14.      | Ana Rita Ribau            | 95                  | Gafanha da Encarnacao   | <b>1:11.36</b> | +0,70 | 463      | 11  |
|          | 50m: 35.03 35.03          | 100m: 1:11.36 36.33 |                         |                |       |          |     |
| 15.      | Carla Sofia Cruz          | 96                  | Sporting de Espinho     | <b>1:11.46</b> | +0,79 | 461      | 10  |
|          | 50m: 34.58 34.58          | 100m: 1:11.46 36.88 |                         |                |       |          |     |
| 16.      | Maria Beatriz Dias        | 99                  | Viver Santarem          | <b>1:11.62</b> | +0,77 | 458      | 9   |
|          | 50m: 34.86 34.86          | 100m: 1:11.62 36.76 |                         |                |       |          |     |
| 17.      | Carolina Saraiva Pires    | 96                  | Lisnave                 | <b>1:12.75</b> | +0,70 | 437      | 8   |
|          | 50m: 34.26 34.26          | 100m: 1:12.75 38.49 |                         |                |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 20, Femin., 100m Costas, Absoluto

| Lugar | Nome                     | Ano                 | Clube               | Tempo Final    | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------|----------------|-------|----------|-----|
| 18.   | Ana Paula Araujo         | 96                  | Ginasio Santo Tirso | <b>1:13.48</b> | +0,74 | 424      | 7   |
|       | 50m: 35.91 35.91         | 100m: 1:13.48 37.57 |                     |                |       |          |     |
| 19.   | Beatriz Antunes Carvalho | 99                  | Colegio Monte Maior | <b>1:13.73</b> | +0,69 | 420      | 6   |
|       | 50m: 35.62 35.62         | 100m: 1:13.73 38.11 |                     |                |       |          |     |
| 20.   | Mariana Cordeiro Vinagre | 97                  | Natacao de Faro     | <b>1:15.09</b> | +0,69 | 397      | 5   |
|       | 50m: 36.35 36.35         | 100m: 1:15.09 38.74 |                     |                |       |          |     |
| 21.   | Maria Luisa Alvarenga    | 98                  | Beja                | <b>1:15.73</b> | +0,77 | 387      | 4   |
|       | 50m: 36.26 36.26         | 100m: 1:15.73 39.47 |                     |                |       |          |     |
| 22.   | Ines Silva Marques       | 99                  | Natacao da Maia     | <b>1:16.23</b> | +0,73 | 380      | 3   |
|       | 50m: 36.80 36.80         | 100m: 1:16.23 39.43 |                     |                |       |          |     |
| 23.   | Maria Ines Coelho        | 98                  | Feirense            | <b>1:17.24</b> | +0,80 | 365      | 2   |
|       | 50m: 37.26 37.26         | 100m: 1:17.24 39.98 |                     |                |       |          |     |
| 24.   | Maria Joao Oliveira      | 93                  | Interior Norte      | <b>1:19.01</b> | +0,63 | 341      | 1   |
|       | 50m: 36.85 36.85         | 100m: 1:19.01 42.16 |                     |                |       |          |     |

Prova 21

Masc., 200m Costas

Absoluto

16-12-2012 - 16:55

Resultados

|                        |         |                       |         |                 |            |
|------------------------|---------|-----------------------|---------|-----------------|------------|
| Rec. Nac. 25m Absoluto | 1:53.06 | Pedro Diogo Oliveira  | FPN     | Chartres (FRA)  | 22-11-2012 |
| Rec. Nac. 25m Inf B    | 2:18.15 | Alexandre Lage Ribas  | EDV     | Ponte da Barca  | 03-07-2010 |
| Rec. Nac. 25m Inf A    | 2:09.17 | Joao Alexandre Vital  | ADRCIMM | Algés           | 29-06-2012 |
| Rec. Nac. 25m Juv B    | 2:06.53 | Alexandre Lages Ribas | EDV     | Ponte da Barca  | 06-07-2012 |
| Rec. Nac. 25m Juv A    | 2:01.43 | Diogo Gomes Sousa     | CNCVG   | Algés           | 04-06-2011 |
| Rec. Nac. 25m Jun      | 1:58.37 | Adriano Miguel Niz    | CFV     | Figueira da Foz | 03-07-2004 |
| Rec. Nac. 25m Sen      | 1:53.06 | Pedro Diogo Oliveira  | FPN     | Chartres (FRA)  | 22-11-2012 |

Pontos: FINA 2012

| Lugar    | Nome                           | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|----------|--------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Absoluto |                                |                     |                           |                     |       |          |     |
| 1.       | Artiom Viatcheslavovitch Polia | 93/                 | Estrelas S. Joao de Brito | <b>2:04.94</b>      | +0,67 | 612      | 25  |
|          | 50m: 29.32 29.32               | 100m: 1:01.53 32.21 | 150m: 1:33.49 31.96       | 200m: 2:04.94 31.45 |       |          |     |
| 2.       | Rodrigo Antonio Rosa           | 96                  | Colegio Monte Maior       | <b>2:05.61</b>      | +0,76 | 602      | 23  |
|          | 50m: 30.05 30.05               | 100m: 1:02.15 32.10 | 150m: 1:33.83 31.68       | 200m: 2:05.61 31.78 |       |          |     |
| 3.       | Filipe Rainho Balseiro         | 94                  | Academica de Coimbra      | <b>2:06.08</b>      | +0,65 | 596      | 22  |
|          | 50m: 29.70 29.70               | 100m: 1:01.82 32.12 | 150m: 1:33.94 32.12       | 200m: 2:06.08 32.14 |       |          |     |
| 4.       | Ivo Andre Margarido            | 88                  | Litoral Alentejano        | <b>2:09.15</b>      | +0,75 | 554      | 21  |
|          | 50m: 30.53 30.53               | 100m: 1:02.67 32.14 | 150m: 1:35.73 33.06       | 200m: 2:09.15 33.42 |       |          |     |
| 5.       | Diogo Miguel Paulino           | 90                  | Alcobaca                  | <b>2:10.57</b>      | +0,55 | 536      | 20  |
|          | 50m: 29.79 29.79               | 100m: 1:02.68 32.89 | 150m: 1:36.44 33.76       | 200m: 2:10.57 34.13 |       |          |     |
| 6.       | Ivo Andre Lopes                | 94                  | Viver Santarem            | <b>2:10.86</b>      | +0,68 | 533      | 19  |
|          | 50m: 31.16 31.16               | 100m: 1:04.15 32.99 | 150m: 1:37.53 33.38       | 200m: 2:10.86 33.33 |       |          |     |
| 7.       | Paulo Gabriel Magalhaes        | 96                  | Fafe                      | <b>2:11.06</b>      | +0,68 | 530      | 18  |
|          | 50m: 30.13 30.13               | 100m: 1:03.19 33.06 | 150m: 1:37.43 34.24       | 200m: 2:11.06 33.63 |       |          |     |
| 8.       | Job Santos Silva               | 96                  | Feirense                  | <b>2:11.79</b>      | +0,61 | 521      | 17  |
|          | 50m: 30.30 30.30               | 100m: 1:03.15 32.85 | 150m: 1:37.29 34.14       | 200m: 2:11.79 34.50 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 21, Masc., 200m Costas, Absoluto

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 9.    | Ivo Pinto Ribeiro        | 97                  | Foca                      | <b>2:11.84</b>      | +0,61 | 521      | 16  |
|       | 50m: 30.91 30.91         | 100m: 1:03.29 32.38 | 150m: 1:37.52 34.23       | 200m: 2:11.84 34.32 |       |          |     |
| 10.   | Tomas Machado Vale       | 97                  | Viana Natacao             | <b>2:12.73</b>      | +0,74 | 510      | 15  |
|       | 50m: 30.21 30.21         | 100m: 1:03.78 33.57 | 150m: 1:38.36 34.58       | 200m: 2:12.73 34.37 |       |          |     |
| 11.   | Miguel Bras Sergio       | 95                  | Bombeiros dos Estoris     | <b>2:13.64</b>      | +0,64 | 500      | 14  |
|       | 50m: 30.95 30.95         | 100m: 1:04.35 33.40 | 150m: 1:38.71 34.36       | 200m: 2:13.64 34.93 |       |          |     |
| 12.   | Bruno Rafael Meireles    | 96                  | Lisnave                   | <b>2:13.72</b>      | +0,66 | 499      | 13  |
|       | 50m: 32.50 32.50         | 100m: 1:06.51 34.01 | 150m: 1:40.15 33.64       | 200m: 2:13.72 33.57 |       |          |     |
| 13.   | Filipe Franco Norte      | 93                  | Nautico da Marinha Grande | <b>2:14.09</b>      | +0,61 | 495      | 12  |
|       | 50m: 30.92 30.92         | 100m: 1:04.29 33.37 | 150m: 1:39.26 34.97       | 200m: 2:14.09 34.83 |       |          |     |
| 14.   | Diogo Antonio Lopes      | 95                  | Torres Novas              | <b>2:16.17</b>      | +0,70 | 473      | 11  |
|       | 50m: 33.42 33.42         | 100m: 1:08.20 34.78 | 150m: 1:43.00 34.80       | 200m: 2:16.17 33.17 |       |          |     |
| 15.   | Francisco Robalo Quintas | 95                  | Belenenses                | <b>2:17.97</b>      | +0,63 | 454      | 10  |
|       | 50m: 30.73 30.73         | 100m: 1:05.56 34.83 | 150m: 1:42.80 37.24       | 200m: 2:17.97 35.17 |       |          |     |
| 16.   | Joao Paulo Baptista      | 96                  | Sporting de Espinho       | <b>2:18.84</b>      | +0,70 | 446      | 9   |
|       | 50m: 31.50 31.50         | 100m: 1:06.49 34.99 | 150m: 1:42.80 36.31       | 200m: 2:18.84 36.04 |       |          |     |
| 17.   | Joao Paulo Rosa          | 91                  | Bombeiros Ponta Delgada   | <b>2:19.70</b>      | +0,71 | 438      | 8   |
|       | 50m: 32.77 32.77         | 100m: 1:07.56 34.79 | 150m: 1:43.65 36.09       | 200m: 2:19.70 36.05 |       |          |     |
| 18.   | Carlos Manuel Figueiredo | 96                  | Ginasio de Vila Real      | <b>2:20.20</b>      | +0,63 | 433      | 7   |
|       | 50m: 31.67 31.67         | 100m: 1:06.10 34.43 | 150m: 1:42.87 36.77       | 200m: 2:20.20 37.33 |       |          |     |
| 19.   | Joao Ricardo Silva       | 97                  | Ginasio Figueirense       | <b>2:20.30</b>      | +0,59 | 432      | 6   |
|       | 50m: 32.85 32.85         | 100m: 1:08.84 35.99 | 150m: 1:45.33 36.49       | 200m: 2:20.30 34.97 |       |          |     |
| 20.   | Andre Manuel Costa       | 97                  | Natacao da Maia           | <b>2:20.85</b>      | +0,61 | 427      | 5   |
|       | 50m: 32.49 32.49         | 100m: 1:08.05 35.56 | 150m: 1:44.76 36.71       | 200m: 2:20.85 36.09 |       |          |     |
| 21.   | Gabriel Levi Gomes       | 99                  | Columbofila Cantanhedens  | <b>2:21.35</b>      | +0,75 | 423      | 4   |
|       | 50m: 32.90 32.90         | 100m: 1:08.17 35.27 | 150m: 1:45.07 36.90       | 200m: 2:21.35 36.28 |       |          |     |
| 22.   | Miguel Martins Baltazar  | 98                  | Aminata                   | <b>2:21.53</b>      | +0,67 | 421      | 3   |
|       | 50m: 33.34 33.34         | 100m: 1:08.86 35.52 | 150m: 1:44.97 36.11       | 200m: 2:21.53 36.56 |       |          |     |
| 23.   | Miguel Alexandre Lemos   | 94                  | Natacao de Vila Real      | <b>2:22.69</b>      | +0,65 | 411      | 2   |
|       | 50m: 32.42 32.42         | 100m: 1:08.25 35.83 | 150m: 1:45.50 37.25       | 200m: 2:22.69 37.19 |       |          |     |
| 24.   | Joao Pedro Barroso       | 95                  | Ginasio Santo Tirso       | <b>2:23.82</b>      | +0,65 | 401      | 1   |
|       | 50m: 32.84 32.84         | 100m: 1:08.65 35.81 | 150m: 1:46.09 37.44       | 200m: 2:23.82 37.73 |       |          |     |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 22  
16-12-2012 - 17:05

Femin., 400m Livres

Absoluto  
Resultados

|                        |         |                        |       |            |            |
|------------------------|---------|------------------------|-------|------------|------------|
| Rec. Nac. 25m Absoluto | 4:13.97 | Sara Beatriz Loureiro  | FCP   | Leiria     | 05-12-2009 |
| Rec. Nac. 25m Inf B    | 4:38.40 | Filipa Vilas Ruivo     | DNMG  | Alcobaça   | 13-06-2009 |
| Rec. Nac. 25m Inf A    | 4:25.30 | tempo limite           |       |            |            |
| Rec. Nac. 25m Juv      | 4:23.08 | Susana Patricia Miguel | SFUAP | Alhandra   | 15-05-2004 |
| Rec. Nac. 25m Jun      | 4:18.39 | Ana Claudia Santos     | SFUAP | Cantanhede | 20-12-2004 |
| Rec. Nac. 25m Sen      | 4:13.97 | Sara Beatriz Loureiro  | FCP   | Leiria     | 05-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                     | Ano                 | Clube                   | Tempo Final         | TReac | Pts FINA | Pts |
|----------|--------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| Absoluto |                          |                     |                         |                     |       |          |     |
| 1.       | Julia Matos Lopes        | 94                  | Viver Santarem          | <b>4:28.15</b>      | +0,82 | 672      | 25  |
|          | 50m: 31.60 31.60         | 150m: 1:39.46 34.16 | 250m: 2:47.54 33.68     | 350m: 3:55.33 33.69 |       |          |     |
|          | 100m: 1:05.30 33.70      | 200m: 2:13.86 34.40 | 300m: 3:21.64 34.10     | 400m: 4:28.15 32.82 |       |          |     |
| 2.       | Ana Margarida Domingos   | 93                  | Academico Viseu         | <b>4:30.51</b>      | +0,94 | 654      | 23  |
|          | 50m: 30.99 30.99         | 150m: 1:38.97 34.36 | 250m: 2:47.81 34.21     | 350m: 3:56.47 34.37 |       |          |     |
|          | 100m: 1:04.61 33.62      | 200m: 2:13.60 34.63 | 300m: 3:22.10 34.29     | 400m: 4:30.51 34.04 |       |          |     |
| 3.       | Rita Costa Amador        | 99                  | Galitos                 | <b>4:35.62</b>      | +0,80 | 619      | 22  |
|          | 50m: 31.08 31.08         | 150m: 1:39.38 34.65 | 250m: 2:49.54 35.27     | 350m: 4:00.69 35.56 |       |          |     |
|          | 100m: 1:04.73 33.65      | 200m: 2:14.27 34.89 | 300m: 3:25.13 35.59     | 400m: 4:35.62 34.93 |       |          |     |
| 4.       | Raquel Bartolo Vitor     | 93                  | Academica de Coimbra    | <b>4:39.44</b>      | +0,89 | 594      | 21  |
|          | 50m: 31.82 31.82         | 150m: 1:41.28 35.20 | 250m: 2:52.82 35.70     | 350m: 4:04.46 35.79 |       |          |     |
|          | 100m: 1:06.08 34.26      | 200m: 2:17.12 35.84 | 300m: 3:28.67 35.85     | 400m: 4:39.44 34.98 |       |          |     |
| 5.       | Ana Raquel Ferreira      | 98                  | Ginasio Figueirense     | <b>4:39.96</b>      | +0,90 | 590      | 20  |
|          | 50m: 30.96 30.96         | 150m: 1:39.81 34.99 | 250m: 2:52.63 36.41     | 350m: 4:05.64 36.24 |       |          |     |
|          | 100m: 1:04.82 33.86      | 200m: 2:16.22 36.41 | 300m: 3:29.40 36.77     | 400m: 4:39.96 34.32 |       |          |     |
| 6.       | Ines Mendes Paulo        | 96                  | Colegio Monte Maior     | <b>4:40.90</b>      | +0,94 | 584      | 19  |
|          | 50m: 31.62 31.62         | 150m: 1:40.18 34.58 | 250m: 2:51.60 35.69     | 350m: 4:05.46 37.07 |       |          |     |
|          | 100m: 1:05.60 33.98      | 200m: 2:15.91 35.73 | 300m: 3:28.39 36.79     | 400m: 4:40.90 35.44 |       |          |     |
| 7.       | Ana Isabel Neves         | 96                  | Pimpoes/Cimai           | <b>4:41.92</b>      | +0,81 | 578      | 18  |
|          | 50m: 31.78 31.78         | 150m: 1:41.94 35.32 | 250m: 2:53.16 35.72     | 350m: 4:05.78 36.32 |       |          |     |
|          | 100m: 1:06.62 34.84      | 200m: 2:17.44 35.50 | 300m: 3:29.46 36.30     | 400m: 4:41.92 36.14 |       |          |     |
| 8.       | Sofia Cristina Grilo     | 97                  | Aminata                 | <b>4:44.43</b>      | +0,96 | 563      | 17  |
|          | 50m: 32.11 32.11         | 150m: 1:43.24 35.65 | 250m: 2:56.13 36.29     | 350m: 4:09.86 36.68 |       |          |     |
|          | 100m: 1:07.59 35.48      | 200m: 2:19.84 36.60 | 300m: 3:33.18 37.05     | 400m: 4:44.43 34.57 |       |          |     |
| 9.       | Joana Filipa Marques     | 95                  | Bombeiros Ponta Delgada | <b>4:45.68</b>      | +0,74 | 556      | 16  |
|          | 50m: 31.88 31.88         | 150m: 1:42.56 35.56 | 250m: 2:56.13 36.64     | 350m: 4:09.65 36.53 |       |          |     |
|          | 100m: 1:07.00 35.12      | 200m: 2:19.49 36.93 | 300m: 3:33.12 36.99     | 400m: 4:45.68 36.03 |       |          |     |
| 10.      | Flavia Daniela Goncalves | 96                  | Desportiva de Viana     | <b>4:46.91</b>      | +0,95 | 548      | 15  |
|          | 50m: 32.39 32.39         | 150m: 1:44.14 36.20 | 250m: 2:56.85 36.28     | 350m: 4:10.67 36.93 |       |          |     |
|          | 100m: 1:07.94 35.55      | 200m: 2:20.57 36.43 | 300m: 3:33.74 36.89     | 400m: 4:46.91 36.24 |       |          |     |
| 11.      | Catarina Costa Fernandes | 99                  | Natacao de Olhao        | <b>4:48.95</b>      | +1,02 | 537      | 14  |
|          | 50m: 32.34 32.34         | 150m: 1:44.42 36.87 | 250m: 2:59.13 37.60     | 350m: 4:14.10 37.16 |       |          |     |
|          | 100m: 1:07.55 35.21      | 200m: 2:21.53 37.11 | 300m: 3:36.94 37.81     | 400m: 4:48.95 34.85 |       |          |     |
| 12.      | Andreia Brito Costa      | 95                  | Natacao de Faro         | <b>4:49.37</b>      | +0,87 | 535      | 13  |
|          | 50m: 32.37 32.37         | 150m: 1:45.70 37.01 | 250m: 2:59.86 37.23     | 350m: 4:13.36 36.42 |       |          |     |
|          | 100m: 1:08.69 36.32      | 200m: 2:22.63 36.93 | 300m: 3:36.94 37.08     | 400m: 4:49.37 36.01 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 22, Femin., 400m Livres, Absoluto

| Lugar | Nome                   | Ano                 | Clube                 | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 13.   | Sara Mafra Rocha       | 99                  | Alcobaca              | <b>4:49.81</b>      | +0,92 | 532      | 12  |
|       | 50m: 32.75 32.75       | 150m: 1:46.44 37.29 | 250m: 3:01.53 37.22   | 350m: 4:15.35 36.49 |       |          |     |
|       | 100m: 1:09.15 36.40    | 200m: 2:24.31 37.87 | 300m: 3:38.86 37.33   | 400m: 4:49.81 34.46 |       |          |     |
| 14.   | Ana Beatriz Silva      | 96                  | Gafanha da Encarnacao | <b>4:51.15</b>      | +0,76 | 525      | 11  |
|       | 50m: 34.44 34.44       | 150m: 1:49.29 37.18 | 250m: 3:03.65 36.96   | 350m: 4:16.09 35.88 |       |          |     |
|       | 100m: 1:12.11 37.67    | 200m: 2:26.69 37.40 | 300m: 3:40.21 36.56   | 400m: 4:51.15 35.06 |       |          |     |
| 15.   | Ana Mafalda Oliveira   | 81                  | Natacao da Maia       | <b>4:56.01</b>      | +0,94 | 499      | 10  |
|       | 50m: 33.12 33.12       | 150m: 1:46.29 37.25 | 250m: 3:01.95 37.87   | 350m: 4:18.91 38.65 |       |          |     |
|       | 100m: 1:09.04 35.92    | 200m: 2:24.08 37.79 | 300m: 3:40.26 38.31   | 400m: 4:56.01 37.10 |       |          |     |
| 16.   | Ana Carolina Guedes    | 93                  | Ginasio de Vila Real  | <b>4:57.90</b>      | +0,77 | 490      | 9   |
|       | 50m: 32.51 32.51       | 150m: 1:46.40 37.53 | 250m: 3:02.32 38.49   | 350m: 4:20.51 39.42 |       |          |     |
|       | 100m: 1:08.87 36.36    | 200m: 2:23.83 37.43 | 300m: 3:41.09 38.77   | 400m: 4:57.90 37.39 |       |          |     |
| 17.   | Rute Sofia Teixeira    | 90                  | Ginasio Santo Tirso   | <b>4:59.25</b>      | +0,99 | 483      | 8   |
|       | 50m: 33.29 33.29       | 150m: 1:46.62 37.29 | 250m: 3:03.00 38.31   | 350m: 4:20.25 38.51 |       |          |     |
|       | 100m: 1:09.33 36.04    | 200m: 2:24.69 38.07 | 300m: 3:41.74 38.74   | 400m: 4:59.25 39.00 |       |          |     |
| 18.   | Maria Anastacio Luis   | 96                  | Benedita              | <b>5:01.13</b>      | +1,15 | 474      | 7   |
|       | 50m: 33.50 33.50       | 150m: 1:47.93 37.69 | 250m: 3:04.58 38.46   | 350m: 4:22.40 39.18 |       |          |     |
|       | 100m: 1:10.24 36.74    | 200m: 2:26.12 38.19 | 300m: 3:43.22 38.64   | 400m: 5:01.13 38.73 |       |          |     |
| 19.   | Ana Margarida Teixeira | 95                  | Beja                  | <b>5:02.03</b>      | +0,81 | 470      | 6   |
|       | 50m: 33.75 33.75       | 150m: 1:48.44 37.67 | 250m: 3:05.20 38.91   | 350m: 4:23.73 39.50 |       |          |     |
|       | 100m: 1:10.77 37.02    | 200m: 2:26.29 37.85 | 300m: 3:44.23 39.03   | 400m: 5:02.03 38.30 |       |          |     |
| 20.   | Luana Rafaela Resende  | 97                  | Estamos Juntos        | <b>5:03.14</b>      | +0,91 | 465      | 5   |
|       | 50m: 34.44 34.44       | 150m: 1:49.73 38.14 | 250m: 3:07.98 39.17   | 350m: 4:26.53 39.18 |       |          |     |
|       | 100m: 1:11.59 37.15    | 200m: 2:28.81 39.08 | 300m: 3:47.35 39.37   | 400m: 5:03.14 36.61 |       |          |     |
| 21.   | Maria Migueis Teixeira | 99                  | Interior Norte        | <b>5:04.97</b>      | +0,95 | 457      | 4   |
|       | 50m: 32.83 32.83       | 150m: 1:49.00 38.65 | 250m: 3:07.00 39.48   | 350m: 4:26.18 39.65 |       |          |     |
|       | 100m: 1:10.35 37.52    | 200m: 2:27.52 38.52 | 300m: 3:46.53 39.53   | 400m: 5:04.97 38.79 |       |          |     |
| 22.   | Salome Pinto Monteiro  | 98                  | Sporting de Espinho   | <b>5:05.77</b>      | +0,97 | 453      | 3   |
|       | 50m: 33.52 33.52       | 150m: 1:48.92 38.49 | 250m: 3:07.68 39.41   | 350m: 4:27.22 39.77 |       |          |     |
|       | 100m: 1:10.43 36.91    | 200m: 2:28.27 39.35 | 300m: 3:47.45 39.77   | 400m: 5:05.77 38.55 |       |          |     |
| 23.   | Joana Silva Ulpiano    | 00                  | Lisnave               | <b>5:08.31</b>      | +0,82 | 442      | 2   |
|       | 50m: 33.94 33.94       | 150m: 1:49.84 38.85 | 250m: 3:09.64 40.13   | 350m: 4:29.37 40.23 |       |          |     |
|       | 100m: 1:10.99 37.05    | 200m: 2:29.51 39.67 | 300m: 3:49.14 39.50   | 400m: 5:08.31 38.94 |       |          |     |
| 24.   | Ines Pinho Coelho      | 99                  | Feirense              | <b>5:25.33</b>      | +0,82 | 376      | 1   |
|       | 50m: 34.72 34.72       | 150m: 1:55.58 41.83 | 250m: 3:20.02 42.42   | 350m: 4:45.20 42.95 |       |          |     |
|       | 100m: 1:13.75 39.03    | 200m: 2:37.60 42.02 | 300m: 4:02.25 42.23   | 400m: 5:25.33 40.13 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 23  
16-12-2012 - 17:25

Masc., 200m Estilos

Absoluto  
Resultados

|                        |         |                       |     |                |            |
|------------------------|---------|-----------------------|-----|----------------|------------|
| Rec. Nac. 25m Absoluto | 1:54.58 | Diogo Filipe Carvalho | FPN | Istambul (TUR) | 10-12-2009 |
| Rec. Nac. 25m Inf B    | 2:20.56 | Tomas Miguel Freitas  | CDN | Funchal        | 28-06-2003 |
| Rec. Nac. 25m Inf A    | 2:13.38 | Tomas Miguel Freitas  | CDN | Funchal        | 17-07-2004 |
| Rec. Nac. 25m Juv B    | 2:08.27 | Diogo Filipe Carvalho | CGA | Fafe           | 10-05-2003 |
| Rec. Nac. 25m Juv A    | 2:05.34 | Diogo Filipe Carvalho | CGA | Aveiro         | 15-05-2004 |
| Rec. Nac. 25m Jun      | 2:00.80 | Diogo Filipe Carvalho | CGA | Estoril        | 11-02-2005 |
| Rec. Nac. 25m Sen      | 1:54.58 | Diogo Filipe Carvalho | FPN | Istambul (TUR) | 10-12-2009 |

Pontos: FINA 2012

| Lugar    | Nome                       | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|----------|----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Absoluto |                            |                     |                           |                     |       |          |     |
| 1.       | Duarte Rafael Mourao       | 84                  | Estrelas S. Joao de Brito | <b>2:07.17</b>      | +0,72 | 648      | 25  |
|          | 50m: 26.16 26.16           | 100m: 57.68 31.52   | 150m: 1:37.24 39.56       | 200m: 2:07.17 29.93 |       |          |     |
| 2.       | Pedro Barros Mendes        | 94                  | Academica de Coimbra      | <b>2:07.66</b>      | +0,76 | 641      | 23  |
|          | 50m: 27.72 27.72           | 100m: 1:00.94 33.22 | 150m: 1:37.74 36.80       | 200m: 2:07.66 29.92 |       |          |     |
| 3.       | Afonso Lopes dos Santos    | 95                  | Alcobaca                  | <b>2:10.18</b>      | +0,72 | 604      | 22  |
|          | 50m: 28.41 28.41           | 100m: 1:01.49 33.08 | 150m: 1:39.45 37.96       | 200m: 2:10.18 30.73 |       |          |     |
| 4.       | Pedro Miguel Silva         | 94                  | Colegio Monte Maior       | <b>2:10.77</b>      | +0,75 | 596      | 21  |
|          | 50m: 28.43 28.43           | 100m: 1:03.10 34.67 | 150m: 1:39.87 36.77       | 200m: 2:10.77 30.90 |       |          |     |
| 5.       | Ivo Andre Margarido        | 88                  | Litoral Alentejano        | <b>2:12.41</b>      | +0,73 | 574      | 20  |
|          | 50m: 28.68 28.68           | 100m: 1:01.23 32.55 | 150m: 1:41.30 40.07       | 200m: 2:12.41 31.11 |       |          |     |
| 6.       | Eduardo Filipe Carvalheiro | 97                  | Columbofila Cantanhedens  | <b>2:13.48</b>      | +0,87 | 560      | 19  |
|          | 50m: 29.80 29.80           | 100m: 1:03.42 33.62 | 150m: 1:42.39 38.97       | 200m: 2:13.48 31.09 |       |          |     |
| 7.       | Francisco Santos Costa     | 93                  | Belenenses                | <b>2:14.01</b>      | +0,68 | 554      | 18  |
|          | 50m: 28.70 28.70           | 100m: 1:05.59 36.89 | 150m: 1:42.57 36.98       | 200m: 2:14.01 31.44 |       |          |     |
| 8.       | Joao Miguel Ferreira       | 97                  | Foca                      | <b>2:14.03</b>      | +0,75 | 554      | 17  |
|          | 50m: 28.74 28.74           | 100m: 1:03.27 34.53 | 150m: 1:43.94 40.67       | 200m: 2:14.03 30.09 |       |          |     |
| 9.       | Nuno Oliveira Noritake     | 96                  | Bombeiros dos Estoris     | <b>2:14.52</b>      | +0,86 | 547      | 16  |
|          | 50m: 29.43 29.43           | 100m: 1:03.50 34.07 | 150m: 1:42.78 39.28       | 200m: 2:14.52 31.74 |       |          |     |
| 10.      | Alcides Costa Sousa        | 94                  | Feirense                  | <b>2:14.86</b>      | +0,76 | 543      | 15  |
|          | 50m: 27.62 27.62           | 100m: 1:03.82 36.20 | 150m: 1:42.22 38.40       | 200m: 2:14.86 32.64 |       |          |     |
| 11.      | Tiago Sobral Coelho        | 95                  | Ginasio Santo Tirso       | <b>2:14.90</b>      | +0,78 | 543      | 14  |
|          | 50m: 29.05 29.05           | 100m: 1:04.21 35.16 | 150m: 1:44.39 40.18       | 200m: 2:14.90 30.51 |       |          |     |
| 12.      | Daniel Ribeiro Sousa       | 95                  | Nautico da Marinha Grande | <b>2:15.24</b>      | +0,86 | 539      | 13  |
|          | 50m: 28.00 28.00           | 100m: 1:02.55 34.55 | 150m: 1:43.83 41.28       | 200m: 2:15.24 31.41 |       |          |     |
| 13.      | Antonio Miguel Vitorino    | 96                  | Viana Natacao             | <b>2:15.45</b>      | +0,83 | 536      | 12  |
|          | 50m: 28.75 28.75           | 100m: 1:02.52 33.77 | 150m: 1:43.13 40.61       | 200m: 2:15.45 32.32 |       |          |     |
| 14.      | Fabio Miguel Samouco       | 95                  | Torres Novas              | <b>2:15.77</b>      | +0,74 | 532      | 11  |
|          | 50m: 28.66 28.66           | 100m: 1:04.94 36.28 | 150m: 1:44.91 39.97       | 200m: 2:15.77 30.86 |       |          |     |
| 15.      | Joao Pedro Neves           | 96                  | Aminata                   | <b>2:17.09</b>      | +0,85 | 517      | 10  |
|          | 50m: 29.65 29.65           | 100m: 1:04.93 35.28 | 150m: 1:45.61 40.68       | 200m: 2:17.09 31.48 |       |          |     |
| 16.      | Ricardo Daniel Goncalves   | 96                  | Ginasio de Vila Real      | <b>2:17.41</b>      | +0,80 | 514      | 9   |
|          | 50m: 29.52 29.52           | 100m: 1:04.08 34.56 | 150m: 1:44.55 40.47       | 200m: 2:17.41 32.86 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
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Prova 23, Masc., 200m Estilos, Absoluto

| Lugar | Nome                         | Ano                 | Clube                   | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 17.   | Christophe Pereira Fernandes | 91                  | Natacao de Vila Real    | <b>2:18.18</b>      | +0,76 | 505      | 8   |
|       | 50m: 29.35 29.35             | 100m: 1:03.29 33.94 | 150m: 1:44.80 41.51     | 200m: 2:18.18 33.38 |       |          |     |
| 18.   | Diogo Moreira Silveira       | 94                  | Lisnave                 | <b>2:18.49</b>      | +0,84 | 502      | 7   |
|       | 50m: 29.72 29.72             | 100m: 1:05.19 35.47 | 150m: 1:45.56 40.37     | 200m: 2:18.49 32.93 |       |          |     |
| 19.   | Miguel Rego Borges           | 95                  | Bombeiros Ponta Delgada | <b>2:18.83</b>      | +0,71 | 498      | 6   |
|       | 50m: 28.85 28.85             | 100m: 1:05.16 36.31 | 150m: 1:46.09 40.93     | 200m: 2:18.83 32.74 |       |          |     |
| 20.   | Pedro Miguel Costa           | 92                  | Sporting de Espinho     | <b>2:19.23</b>      | +0,71 | 494      | 5   |
|       | 50m: 28.59 28.59             | 100m: 1:02.80 34.21 | 150m: 1:45.69 42.89     | 200m: 2:19.23 33.54 |       |          |     |
| 21.   | Diogo Serrao Santos          | 96                  | Viver Santarem          | <b>2:19.99</b>      | +0,72 | 486      | 4   |
|       | 50m: 29.71 29.71             | 100m: 1:06.64 36.93 | 150m: 1:48.68 42.04     | 200m: 2:19.99 31.31 |       |          |     |
| 22.   | Carlos Cunha Costa           | 95                  | Fafe                    | <b>2:20.51</b>      | +0,73 | 480      | 3   |
|       | 50m: 28.87 28.87             | 100m: 1:06.90 38.03 | 150m: 1:46.93 40.03     | 200m: 2:20.51 33.58 |       |          |     |
| 23.   | Paulo Filipe Silva           | 98                  | Natacao da Maia         | <b>2:23.88</b>      | +0,82 | 447      | 2   |
|       | 50m: 30.12 30.12             | 100m: 1:05.66 35.54 | 150m: 1:49.35 43.69     | 200m: 2:23.88 34.53 |       |          |     |
| 24.   | Joao Goncalves Figueiredo    | 96                  | Ginasio Figueirense     | <b>2:26.61</b>      | +0,94 | 423      | 1   |
|       | 50m: 32.29 32.29             | 100m: 1:07.59 35.30 | 150m: 1:50.85 43.26     | 200m: 2:26.61 35.76 |       |          |     |

Prova 24  
16-12-2012 - 17:35

Femin., 4 x 100m Livres

Absoluto  
Resultados

|                        |         |                                   |        |           |            |
|------------------------|---------|-----------------------------------|--------|-----------|------------|
| Rec. Nac. 25m Absoluto | 3:44.99 | Futebol Clube do Porto/Dolce Vita | FCP    | Porto     | 04-12-2010 |
| Rec. Nac. 25m Inf B    | 4:20.86 | Futebol Clube do Porto            | FCP    |           |            |
| Rec. Nac. 25m Inf A    | 4:15.30 | Grupo Desp. Natacao V. N. Famalic | GDNVNF | Viseu     | 12-03-2011 |
| Rec. Nac. 25m Juv      | 4:08.36 | Sporting Clube de Portugal        | SCP    | Guimarães | 10-03-2002 |
| Rec. Nac. 25m Jun      | 3:56.01 | Sporting Clube de Portugal        | SCP    | Leiria    | 06-12-2009 |
| Rec. Nac. 25m Sen      | 3:44.99 | Futebol Clube do Porto/Dolce Vita | FCP    | Porto     | 04-12-2010 |

Pontos: FINA 2012

| Lugar |                            | Clube                | Tempo Final              | TReac       | Pts FINA | Pts |
|-------|----------------------------|----------------------|--------------------------|-------------|----------|-----|
| 1.    | Pimpoes/Cimai              | Pimpoes/Cimai        | <b>4:06.78</b>           | +0,71       | 600      | 25  |
|       | Victoria Kaminskaya        | +0,71 27.72 57.32    | Ana Sofia Ferreira       | +0,21 29.73 | 1:02.99  |     |
|       | Ana Isabel Neves           | +0,24 30.27 1:03.33  | Joana Margarida Monteiro | +0,28 30.60 | 1:03.14  |     |
| 2.    | Ginasio de Vila Real       | Ginasio de Vila Real | <b>4:07.11</b>           | +0,87       | 598      | 23  |
|       | Joana Patricia Pinto       | +0,87 28.10 58.94    | Catarina Monteiro Santos | +0,55 30.95 | 1:06.48  |     |
|       | Ana Carolina Guedes        | +0,35 30.91 1:04.62  | Ana Sofia Leite          | +0,63 27.54 | 57.07    |     |
| 3.    | Galitos                    | Galitos              | <b>4:08.46</b>           | +1,01       | 588      | 22  |
|       | Maria Teresa Martins       | +1,01 30.02 1:03.46  | Lais Domingues Velha     | +0,81 30.11 | 1:03.10  |     |
|       | Ana Margarida Rodrigues    | +0,50 28.77 1:00.58  | Rita Costa Amador        | +0,29 29.37 | 1:01.32  |     |
| 4.    | Lisnave                    | Lisnave              | <b>4:09.84</b>           | +0,91       | 578      | 21  |
|       | Cristiana Silva Ulpiano    | +0,91 30.02 1:03.32  | Carolina Saraiva Pires   | +0,23 28.92 | 1:01.53  |     |
|       | Bruna Martins Riesenberger | +0,41 29.76 1:02.53  | Filipa Silva Cruz        | +0,40 29.59 | 1:02.46  |     |
| 5.    | Viver Santarem             | Viver Santarem       | <b>4:11.17</b>           | +0,95       | 569      | 20  |
|       | Ines Simoes Rodrigues      | +0,95 30.73 1:03.51  | Mariana Soares Martinho  | +0,54 30.98 | 1:04.21  |     |
|       | Maria Beatriz Dias         | +0,50 30.43 1:04.02  | Julia Matos Lopes        | +0,47 28.98 | 59.43    |     |



Campeonato Nacional Clubes 3ª Divisão  
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Prova 24, Femin., 4 x 100m Livres, Absoluto

| Lugar |                          | Clube                   |       | Tempo Final    | TReac                       | Pts FINA |       | Pts     |
|-------|--------------------------|-------------------------|-------|----------------|-----------------------------|----------|-------|---------|
| 6.    | Colegio Monte Maior      | Colegio Monte Maior     |       | <b>4:12.10</b> | +0,86                       | 563      |       | 19      |
|       | Ana Pires Brito          | +0,86                   | 30.32 | 1:03.62        | Mafalda Alexandra Henriques | +0,49    | 30.69 | 1:04.99 |
|       | Ines Mendes Paulo        | +0,36                   | 29.72 | 1:01.79        | Filipa Andreia Costa        | +0,25    | 29.35 | 1:01.70 |
| 7.    | Academica de Coimbra     | Academica de Coimbra    |       | <b>4:12.48</b> | +0,91                       | 560      |       | 18      |
|       | Bruna Miguel Pereira     | +0,91                   | 30.37 | 1:03.62        | Mariana Rocha Valente       | +0,23    | 29.66 | 1:03.85 |
|       | Cintia Mariana Fernandes | +0,15                   | 29.95 | 1:03.61        | Daniela Figueiredo Metelo   | +0,26    | 29.13 | 1:01.40 |
| 8.    | Ginasio Figueirense      | Ginasio Figueirense     |       | <b>4:13.90</b> | +0,80                       | 551      |       | 17      |
|       | Margarida Peixoto Pelaio | +0,80                   | 31.30 | 1:04.56        | Ana Estevinha Silva         | +0,33    | 30.36 | 1:03.53 |
|       | Tatiana Filipa Santos    | +0,76                   | 30.81 | 1:03.88        | Ana Raquel Ferreira         | +0,57    | 30.24 | 1:01.93 |
| 9.    | Bombeiros Ponta Delgada  | Bombeiros Ponta Delgada |       | <b>4:14.38</b> | +0,73                       | 548      |       | 16      |
|       | Rita Ferreira Couto      | +0,73                   | 31.89 | 1:06.25        | Joana Filipa Marques        | +0,58    | 30.59 | 1:04.25 |
|       | Catarina Rego Borges     | +0,29                   | 29.95 | 1:03.27        | Mafalda Fraga Fragoso       | +0,47    | 28.34 | 1:00.61 |
| 10.   | Desportiva de Viana      | Desportiva de Viana     |       | <b>4:15.38</b> | +0,89                       | 542      |       | 15      |
|       | Ana Sofia Afonso         | +0,89                   | 31.19 | 1:05.26        | Flavia Daniela Goncalves    | +0,50    | 30.10 | 1:03.41 |
|       | Filipa Mendes Pinheiro   | +0,55                   | 29.06 | 1:01.14        | Miriam Natacha Alves        | +0,19    | 30.34 | 1:05.57 |
| 11.   | Gafanha da Encarnacao    | Gafanha da Encarnacao   |       | <b>4:15.84</b> | +0,77                       | 539      |       | 14      |
|       | Ana Beatriz Silva        | +0,77                   | 29.87 | 1:01.91        | Ana Luisa Ramos             | +0,67    | 31.23 | 1:06.37 |
|       | Carolina Santos Machado  | +0,48                   | 30.63 | 1:05.05        | Ana Rita Ribau              | +0,44    | 30.15 | 1:02.51 |
| 12.   | Academico Viseu          | Academico Viseu         |       | <b>4:15.93</b> | +0,96                       | 538      |       | 13      |
|       | Ines Sofia Sampaio       | +0,96                   | 30.23 | 1:03.16        | Rafaela Ferreira Rodrigues  | +0,39    | 30.99 | 1:05.94 |
|       | Marina Pereira Almeida   | +0,68                   | 31.74 | 1:06.17        | Ana Margarida Domingos      | +0,39    | 28.87 | 1:00.66 |
| 13.   | Aminata                  | Aminata                 |       | <b>4:16.05</b> | +0,93                       | 537      |       | 12      |
|       | Claudia Isabel Semiao    | +0,93                   | 30.58 | 1:04.31        | Joana Aparicio Tejo         | +0,61    | 30.27 | 1:04.05 |
|       | Claudia Almeida Costa    | +0,52                   | 30.22 | 1:03.76        | Sofia Cristina Grilo        | +0,47    | 30.80 | 1:03.93 |
| 14.   | Benedita                 | Benedita                |       | <b>4:20.20</b> | +0,90                       | 512      |       | 11      |
|       | Barbara Amaro Cerejo     | +0,90                   | 31.62 | 1:07.73        | Isa Moraes Penas            | +0,50    | 30.46 | 1:04.26 |
|       | Carolina Lourenco Matos  | +0,33                   | 30.99 | 1:06.92        | Filipa Vicente Custodias    | +0,37    | 29.20 | 1:01.29 |
|       | Natacao de Olhao         | Natacao de Olhao        |       | <b>4:20.20</b> | +0,82                       | 512      |       | 11      |
|       | Carolina Maeiro Augusto  | +0,82                   | 31.25 | 1:05.73        | Rafaela Marques Bodiao      | +0,30    | 29.77 | 1:02.85 |
|       | Sara Filipe Marcos       | +0,42                   | 31.30 | 1:05.74        | Catarina Costa Fernandes    | +0,65    | 31.44 | 1:05.88 |
| 16.   | Sporting de Espinho      | Sporting de Espinho     |       | <b>4:21.82</b> | +0,88                       | 502      |       | 9       |
|       | Teresa Manuela Aires     | +0,88                   | 30.03 | 1:02.35        | Catarina Filipa Lei         | +0,41    | 31.66 | 1:08.56 |
|       | Carolina Rocha Silva     | +0,36                   | 31.81 | 1:06.21        | Maria Joao Oliveira         | +0,26    | 29.96 | 1:04.70 |
| 17.   | Alcobaca                 | Alcobaca                |       | <b>4:22.52</b> | +0,81                       | 498      |       | 8       |
|       | Bruna Elisabete Paulino  | +0,81                   | 30.57 | 1:03.55        | Matilde Correia Vieira      | +0,58    | 31.52 | 1:06.64 |
|       | Mara Casimiro Ribeiro    | +0,51                   | 31.83 | 1:06.82        | Sara Mafra Rocha            | +0,59    | 31.37 | 1:05.51 |
| 18.   | Natacao da Maia          | Natacao da Maia         |       | <b>4:22.96</b> | +0,67                       | 496      |       | 7       |
|       | Carolina Santos Silva    | +0,67                   | 30.06 | 1:03.73        | Carolina Silva Moreira      | +0,36    | 32.04 | 1:07.21 |
|       | Joana Marques Maia       | +0,49                   | 30.67 | 1:05.94        | Ana Mafalda Oliveira        | +0,36    | 31.69 | 1:06.08 |
| 19.   | Beja                     | Beja                    |       | <b>4:23.13</b> | +0,86                       | 495      |       | 6       |
|       | Joana Isabel Lampreia    | +0,86                   | 29.71 | 1:01.01        | Maria Luisa Alvarenga       | +0,67    | 31.87 | 1:07.92 |
|       | Ana Sofia Vasconcelos    | +0,36                   | 31.73 | 1:07.13        | Ana Margarida Teixeira      | +0,28    | 31.83 | 1:07.07 |
| 20.   | Ginasio Santo Tirso      | Ginasio Santo Tirso     |       | <b>4:24.09</b> | +0,92                       | 490      |       | 5       |
|       | Maria Joao Jose          | +0,92                   | 31.84 | 1:07.54        | Ana Paula Araujo            | +0,64    | 31.66 | 1:05.01 |
|       | Rute Sofia Teixeira      | +0,61                   | 31.39 | 1:05.71        | Helena Manuel Jose          | +0,43    | 30.86 | 1:05.83 |





Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

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

| Lugar | Clube                                                                                       | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------------------------------------------------------------------------|----------------|-------|----------|-----|
| 21.   | Estamos Juntos                                                                              | <b>4:24.58</b> | +0,92 | 487      | 4   |
|       | Ana Catarina Costa +0,92 30.70 1:04.04 Filipa Oliveira Andrade +0,62 32.63 1:07.80          |                |       |          |     |
|       | Daniela Valente Ferreira +0,56 32.05 1:07.83 Cristina Alexandra Furtado +0,58 30.90 1:04.91 |                |       |          |     |
| 22.   | Natacao de Faro                                                                             | <b>4:24.67</b> | +0,78 | 486      | 3   |
|       | Joana Sofia Carreira +0,78 31.66 1:05.85 Laura Afonso Dias +0,39 31.71 1:06.79              |                |       |          |     |
|       | Mariana Cordeiro Vinagre +0,32 31.87 1:08.71 Andreia Brito Costa +0,24 29.49 1:03.32        |                |       |          |     |
| 23.   | Feirense                                                                                    | <b>4:25.83</b> | +0,88 | 480      | 2   |
|       | Ana Catarina Oliveira +0,88 32.61 1:08.63 Maria Ines Coelho +0,53 31.44 1:06.41             |                |       |          |     |
|       | Patricia Fonseca Silva +0,55 32.55 1:08.33 Mariana Sousa Martins +0,22 29.18 1:02.46        |                |       |          |     |
| 24.   | Interior Norte                                                                              | <b>4:49.68</b> | +0,92 | 371      | 1   |
|       | Maria Migueis Teixeira +0,92 31.64 1:06.60 Luana Gabriela Simoes +0,63 40.03 1:25.88        |                |       |          |     |
|       | Maria Joao Oliveira +0,49 33.50 1:13.03 Elsa Manuela Cardoso +0,62 30.59 1:04.17            |                |       |          |     |

Prova 25 Masc., 4 x 100m Estilos Absoluto  
16-12-2012 - 17:50 Resultados

|                        |         |                                      |        |                       |            |
|------------------------|---------|--------------------------------------|--------|-----------------------|------------|
| Rec. Nac. 25m Absoluto | 3:35.10 | Clube Natacao da Amadora             | CNA    | S. António Cavaleiros | 19-12-2009 |
| Rec. Nac. 25m Inf B    | 4:40.64 | Clube de Natacao de Alcobaca         | CNAL   | Leiria                | 03-06-2006 |
| Rec. Nac. 25m Inf A    | 4:20.39 | Grupo Desp. Natacao V. N. Famalic    | GDNVNF | Mealhada              | 05-04-2003 |
| Rec. Nac. 25m Juv B    | 4:09.04 | Futebol Clube do Porto               | FCP    | Braga                 | 03-03-2012 |
| Rec. Nac. 25m Juv A    | 4:03.10 | Clube de Natacao Colegio Vasco de    | CVGna  | Braga                 | 23-03-2003 |
| Rec. Nac. 25m Jun      | 3:51.87 | Soc. Filarm. Uniao Artistica Piedens | SFUAP  | Mealhada              | 24-03-2000 |
| Rec. Nac. 25m Sen      | 3:35.10 | Clube Natacao da Amadora             | CNA    | S. António Cavaleiros | 19-12-2009 |

Pontos: FINA 2012

| Lugar | Clube                                                                                   | Tempo Final    | TReac | Pts FINA | Pts |
|-------|-----------------------------------------------------------------------------------------|----------------|-------|----------|-----|
| 1.    | Estrelas S. Joao de Brito                                                               | <b>3:51.60</b> | +0,68 | 635      | 25  |
|       | Duarte Rafael Mourao +0,68 27.20 55.98 Frederico Manuel Moeda +0,33 26.36 56.60         |                |       |          |     |
|       | Thiago Duarte Goncalves +0,25 30.42 1:06.28 Ricardo Conceicao Pedroso +0,35 24.72 52.74 |                |       |          |     |
| 2.    | Academica de Coimbra                                                                    | <b>3:54.69</b> | +0,63 | 611      | 23  |
|       | Filipe Rainho Balseiro +0,63 28.94 59.33 Joao Filipe Lucas +0,34 26.34 58.04            |                |       |          |     |
|       | Pedro Barros Mendes +0,48 31.37 1:06.68 Gustavo Almeida Madureira +0,33 24.19 50.64     |                |       |          |     |
| 3.    | Alcobaca                                                                                | <b>3:56.15</b> | +0,61 | 599      | 22  |
|       | Diogo Miguel Paulino +0,61 29.27 1:00.60 Miguel Monteiro Diogo +0,45 26.14 56.99        |                |       |          |     |
|       | Diogo Parrilha da Silva +0,43 29.96 1:05.58 Afonso Lopes dos Santos +0,36 25.21 52.98   |                |       |          |     |
| 4.    | Colegio Monte Maior                                                                     | <b>3:57.46</b> | +0,82 | 589      | 21  |
|       | Rodrigo Antonio Rosa +0,82 28.82 58.70 Andre Antunes Carvalho +0,41 26.83 57.49         |                |       |          |     |
|       | Pedro Miguel Silva +0,37 30.20 1:06.27 Pedro Miguel Esteves +0,35 26.25 55.00           |                |       |          |     |
| 5.    | Belenenses                                                                              | <b>3:57.91</b> | +0,71 | 586      | 20  |
|       | Antonio Sampaio Rebolo +0,71 29.45 1:01.12 Afonso Mateus Ribeiro +0,27 26.98 58.99      |                |       |          |     |
|       | Francisco Santos Costa +0,22 30.77 1:05.36 Miguel Duarte Moreira +0,08 24.74 52.44      |                |       |          |     |
| 6.    | Litoral Alentejano                                                                      | <b>4:00.13</b> | +0,68 | 570      | 19  |
|       | Ivo Andre Margarido +0,68 30.18 1:01.08 Mauro Cabral Costa +0,33 25.82 56.85            |                |       |          |     |
|       | Rodrigo Marques Costa +0,49 31.39 1:08.61 David Oliveira Gorgulho +0,36 25.57 53.59     |                |       |          |     |
| 7.    | Feirense                                                                                | <b>4:01.02</b> | +0,61 | 564      | 18  |
|       | Job Santos Silva +0,61 29.65 1:01.51 Emanuel Augusto Pinho +0,06 25.76 56.32            |                |       |          |     |
|       | Goncalo Pereira Sa +0,17 30.59 1:06.66 Fabio Ruben Costa +0,43 26.34 56.53              |                |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

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

| Lugar |                              |       | Clube                     |         | Tempo Final                 | TReac | Pts FINA |         | Pts |
|-------|------------------------------|-------|---------------------------|---------|-----------------------------|-------|----------|---------|-----|
| 8.    | Bombeiros dos Estoris        |       | Bombeiros dos Estoris     |         | <b>4:01.78</b>              | +0,58 | 558      |         | 17  |
|       | Miguel Bras Sergio           | +0,58 | 29.27                     | 59.44   | Rodrigo Figueira Neto       | +0,44 | 27.52    | 59.34   |     |
|       | Nuno Oliveira Noritake       | +0,37 | 31.98                     | 1:08.68 | Frederico Sousa Soares      | +0,24 | 25.60    | 54.32   |     |
| 9.    | Viana Natacao                |       | Viana Natacao             |         | <b>4:02.60</b>              | +0,76 | 553      |         | 16  |
|       | Tomas Machado Vale           | +0,76 | 29.50                     | 1:01.09 | Antonio Miguel Vitorino     | +0,57 | 28.07    | 1:00.35 |     |
|       | Carlos Miguel Sotelo         | +0,27 | 31.68                     | 1:08.15 | Tiago Joao Meira            | +0,27 | 25.00    | 53.01   |     |
| 10.   | Ginasio de Vila Real         |       | Ginasio de Vila Real      |         | <b>4:02.95</b>              | +0,62 | 550      |         | 15  |
|       | Carlos Manuel Figueiredo     | +0,62 | 31.00                     | 1:04.90 | Joao Martires Costa         | +0,50 | 27.31    | 58.48   |     |
|       | Bruno Daniel Monteiro        | +0,20 | 28.70                     | 1:02.84 | Vitor Campelo Ramalho       | +0,35 | 26.65    | 56.73   |     |
| 11.   | Fafe                         |       | Fafe                      |         | <b>4:04.59</b>              | +0,68 | 539      |         | 14  |
|       | Paulo Gabriel Magalhaes      | +0,68 | 29.10                     | 59.60   | Carlos Cunha Costa          | +0,42 | 28.61    | 1:02.25 |     |
|       | Rui Manuel Ribeiro           | +0,36 | 29.92                     | 1:06.35 | Vitor Monteiro Cunha        | +0,17 | 26.62    | 56.39   |     |
| 12.   | Foca                         |       | Foca                      |         | <b>4:06.44</b>              | +0,61 | 527      |         | 13  |
|       | Ivo Pinto Ribeiro            | +0,61 | 29.79                     | 1:01.27 | Joao Miguel Ferreira        | +0,48 | 28.07    | 1:00.71 |     |
|       | Luis Miguel Lopes            | +0,71 | 33.32                     | 1:10.24 | Ricardo David Silva         | +0,34 | 25.94    | 54.22   |     |
| 13.   | Columbofila Cantanhedense    |       | Columbofila Cantanhedens  |         | <b>4:08.24</b>              | +0,82 | 516      |         | 12  |
|       | Eduardo Filipe Carvalheiro   | +0,82 | 30.55                     | 1:03.27 | Alexandre Valdagua Coutinho | +1,88 | 27.86    | 1:01.16 |     |
|       | Hugo Neves Neto              | +0,17 | 31.67                     | 1:08.50 | Diogo Manuel Marques        | 0.00  | 26.18    | 55.31   |     |
| 14.   | Sporting de Espinho          |       | Sporting de Espinho       |         | <b>4:08.87</b>              | +0,66 | 512      |         | 11  |
|       | Joao Paulo Baptista          | +0,66 | 30.40                     | 1:02.53 | Pedro Miguel Costa          | +0,24 | 27.47    | 1:02.10 |     |
|       | Tiago Andre Marques          | +0,52 | 31.71                     | 1:09.63 | Andre Lima Costa            | 0.00  | 25.55    | 54.61   |     |
| 15.   | Torres Novas                 |       | Torres Novas              |         | <b>4:09.05</b>              | +0,66 | 511      |         | 10  |
|       | Diogo Antonio Lopes          | +0,66 | 30.65                     | 1:02.99 | Andre Filipe Vicente        | +0,46 | 28.23    | 1:02.16 |     |
|       | Fabio Miguel Samouco         | +0,44 | 30.41                     | 1:07.04 | Duarte Brites Policarpo     | +0,25 | 26.93    | 56.86   |     |
| 16.   | Nautico da Marinha Grande    |       | Nautico da Marinha Grande |         | <b>4:09.11</b>              | +0,65 | 511      |         | 9   |
|       | Daniel Ribeiro Sousa         | +0,65 | 29.78                     | 1:01.63 | Nuno Valerio Silva          | +0,40 | 29.24    | 1:03.51 |     |
|       | Filipe Franco Norte          | +0,37 | 32.16                     | 1:09.51 | Jonatas da Fonseca Gaspar   | +0,42 | 25.73    | 54.46   |     |
| 17.   | Bombeiros Ponta Delgada      |       | Bombeiros Ponta Delgada   |         | <b>4:10.14</b>              | +0,81 | 504      |         | 8   |
|       | Joao Paulo Rosa              | +0,81 | 31.57                     | 1:04.79 | Antonio Fraga Fragoso       | +0,42 | 27.23    | 59.27   |     |
|       | Francisco Carreiro Rego      | +0,64 | 32.64                     | 1:10.50 | Miguel Rego Borges          | +0,44 | 26.23    | 55.58   |     |
| 18.   | Ginasio Santo Tirso          |       | Ginasio Santo Tirso       |         | <b>4:13.35</b>              | +0,73 | 485      |         | 7   |
|       | Joao Pedro Barroso           | +0,73 | 31.61                     | 1:05.74 | David Andre Almeida         | +0,47 | 28.53    | 1:02.71 |     |
|       | Tiago Sobral Coelho          | +0,32 | 32.56                     | 1:09.03 | Miguel Filipe Pinto         | +0,50 | 26.88    | 55.87   |     |
| 19.   | Lisnave                      |       | Lisnave                   |         | <b>4:17.99</b>              | +0,69 | 460      |         | 6   |
|       | Bruno Rafael Meireles        | +0,69 | 30.77                     | 1:02.98 | Bruno Miguel Franco         | +0,29 | 28.88    | 1:03.39 |     |
|       | Diogo Moreira Silveira       | +0,33 | 33.31                     | 1:11.99 | Ricardo Nuno Estevens       | +0,54 | 28.33    | 59.63   |     |
| 20.   | Aminata                      |       | Aminata                   |         | <b>4:18.44</b>              | +0,70 | 457      |         | 5   |
|       | Pedro Cunha Caetano          | +0,70 | 30.22                     | 1:03.80 | Joao Pedro Neves            | +0,61 | 28.33    | 1:01.49 |     |
|       | Tiago Pastor Escada          | +0,60 | 35.26                     | 1:15.40 | Jose Manuel Cabeca          | +0,27 | 27.02    | 57.75   |     |
| 21.   | Natacao de Vila Real         |       | Natacao de Vila Real      |         | <b>4:18.50</b>              | +0,60 | 457      |         | 4   |
|       | Miguel Alexandre Lemos       | +0,60 | 31.88                     | 1:06.82 | Ivan Monteiro Simoes        | +0,53 | 27.01    | 1:05.17 |     |
|       | Christophe Pereira Fernandes | +0,25 | 33.52                     | 1:11.20 | Daniel Filipe Lopes         | +0,27 | 26.26    | 55.31   |     |
| 22.   | Viver Santarem               |       | Viver Santarem            |         | <b>4:18.60</b>              | +0,69 | 456      |         | 3   |
|       | Ivo Andre Lopes              | +0,69 | 30.16                     | 1:01.66 | Diogo Serrao Santos         | +0,41 | 29.34    | 1:03.12 |     |
|       | Miguel Carrico Cruz          | +0,50 | 35.03                     | 1:15.71 | Joao Carlos Gabriel         | +0,04 | 27.11    | 58.11   |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

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

| Lugar | Clube                                                          | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|----------------------------------------------------------------|---------------------|---------------------|----------|-----|
| 23.   | Ginasio Figueirense                                            | <b>4:33.98</b>      | +0,66               | 384      | 2   |
|       | Joao Goncalves Figueiredo                                      | +0,66 32.58 1:07.57 | +0,21 30.28 1:07.01 |          |     |
|       | Duarte Pinto Ceia                                              | +0,43 35.86 1:18.32 | +0,23 28.82 1:01.08 |          |     |
| DSQ   | Natacao da Maia                                                |                     |                     |          |     |
|       | <i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i> |                     |                     |          |     |
|       | Andre Manuel Costa                                             | +0,60 31.80 1:06.46 | +0,32 28.75 1:02.72 |          |     |
|       | Daniel Queiros Cruz                                            | +0,43 35.07 1:14.80 | -0,04               |          |     |

Prova 26 Masc., 800m Livres Absoluto  
16-12-2012 - 18:05 Resultados

|                        |         |                         |      |                 |            |
|------------------------|---------|-------------------------|------|-----------------|------------|
| Rec. Nac. 25m Absoluto | 7:59.51 | Paulo Fragueiro Franco  | CDN  | Leiria          | 06-12-2009 |
| Rec. Nac. 25m Inf B    | 9:07.76 | Pedro Fontoura Oliveira | CFB  | Santarem        | 06-04-2003 |
| Rec. Nac. 25m Inf A    | 8:42.19 | Pedro Fontoura Oliveira | CFB  | Reboleira       | 27-06-2004 |
| Rec. Nac. 25m Juv B    | 8:27.18 | Rui Filipe Costa        | VSC  | Senhora da Hora | 13-05-2006 |
| Rec. Nac. 25m Juv A    | 8:09.43 | Rui Filipe Costa        | VSC  | Senhora da Hora | 13-05-2007 |
| Rec. Nac. 25m Jun      | 8:00.80 | Gustavo Manuel Santa    | CNLA | Leiria          | 06-12-2009 |
| Rec. Nac. 25m Sen      | 7:59.51 | Paulo Fragueiro Franco  | CDN  | Leiria          | 06-12-2009 |

Pontos: FINA 2012

| Lugar | Nome                               | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | Artiom Viatcheslavovitch Polial93/ | 95                  | Estrelas S. Joao de Brito | <b>8:18.25</b>      | +0,69 | 704      | 25  |
|       | 50m: 27.51 27.51                   | 250m: 2:33.97 31.76 | 450m: 4:41.73 31.27       | 650m: 6:46.13 30.92 |       |          |     |
|       | 100m: 58.63 31.12                  | 300m: 3:06.10 32.13 | 500m: 5:12.81 31.08       | 700m: 7:17.19 31.06 |       |          |     |
|       | 150m: 1:30.28 31.65                | 350m: 3:38.32 32.22 | 550m: 5:44.08 31.27       | 750m: 7:48.28 31.09 |       |          |     |
|       | 200m: 2:02.21 31.93                | 400m: 4:10.46 32.14 | 600m: 6:15.21 31.13       | 800m: 8:18.25 29.97 |       |          |     |
| 2.    | Joao Andre Neves                   | 95                  | Academica de Coimbra      | <b>8:24.38</b>      | +0,71 | 679      | 23  |
|       | 50m: 27.99 27.99                   | 250m: 2:34.00 32.02 | 450m: 4:41.94 31.69       | 650m: 6:50.66 32.40 |       |          |     |
|       | 100m: 58.75 30.76                  | 300m: 3:05.89 31.89 | 500m: 5:13.99 32.05       | 700m: 7:22.56 31.90 |       |          |     |
|       | 150m: 1:30.28 31.53                | 350m: 3:38.08 32.19 | 550m: 5:45.98 31.99       | 750m: 7:54.24 31.68 |       |          |     |
|       | 200m: 2:01.98 31.70                | 400m: 4:10.25 32.17 | 600m: 6:18.26 32.28       | 800m: 8:24.38 30.14 |       |          |     |
| 3.    | Duarte Cai-Agua Martins            | 95                  | Bombeiros dos Estoris     | <b>8:38.57</b>      | +0,86 | 625      | 22  |
|       | 50m: 28.77 28.77                   | 250m: 2:39.53 32.72 | 450m: 4:50.97 32.70       | 650m: 7:02.89 32.94 |       |          |     |
|       | 100m: 1:00.75 31.98                | 300m: 3:12.56 33.03 | 500m: 5:23.82 32.85       | 700m: 7:35.82 32.93 |       |          |     |
|       | 150m: 1:33.67 32.92                | 350m: 3:45.41 32.85 | 550m: 5:56.89 33.07       | 750m: 8:08.47 32.65 |       |          |     |
|       | 200m: 2:06.81 33.14                | 400m: 4:18.27 32.86 | 600m: 6:29.95 33.06       | 800m: 8:38.57 30.10 |       |          |     |
| 4.    | Joao Alexandre Vital               | 98                  | Colegio Monte Maior       | <b>8:41.26</b>      | +0,85 | 615      | 21  |
|       | 50m: 29.58 29.58                   | 250m: 2:39.05 32.86 | 450m: 4:49.82 32.25       | 650m: 7:02.95 33.30 |       |          |     |
|       | 100m: 1:00.67 31.09                | 300m: 3:11.91 32.86 | 500m: 5:23.24 33.42       | 700m: 7:36.20 33.25 |       |          |     |
|       | 150m: 1:33.47 32.80                | 350m: 3:44.67 32.76 | 550m: 5:56.49 33.25       | 750m: 8:09.36 33.16 |       |          |     |
|       | 200m: 2:06.19 32.72                | 400m: 4:17.57 32.90 | 600m: 6:29.65 33.16       | 800m: 8:41.26 31.90 |       |          |     |
| 5.    | Diogo Manuel Marques               | 98                  | Columbofila Cantanhedens  | <b>8:44.45</b>      | +0,77 | 604      | 20  |
|       | 50m: 28.79 28.79                   | 250m: 2:39.15 32.87 | 450m: 4:50.87 32.74       | 650m: 7:05.30 33.39 |       |          |     |
|       | 100m: 1:00.41 31.62                | 300m: 3:11.93 32.78 | 500m: 5:24.39 33.52       | 700m: 7:39.37 34.07 |       |          |     |
|       | 150m: 1:33.35 32.94                | 350m: 3:44.83 32.90 | 550m: 5:58.17 33.78       | 750m: 8:12.80 33.43 |       |          |     |
|       | 200m: 2:06.28 32.93                | 400m: 4:18.13 33.30 | 600m: 6:31.91 33.74       | 800m: 8:44.45 31.65 |       |          |     |

Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 26, Masc., 800m Livres, Absoluto

| Lugar | Nome                      | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 6.    | Jonatas da Fonseca Gaspar | 88                  | Nautico da Marinha Grande | <b>8:49.25</b>      | +0,91 | 588      | 19  |
|       | 50m: 29.45 29.45          | 250m: 2:42.13 33.41 | 450m: 4:56.52 33.27       | 650m: 7:11.10 33.46 |       |          |     |
|       | 100m: 1:01.63 32.18       | 300m: 3:15.54 33.41 | 500m: 5:29.86 33.34       | 700m: 7:44.25 33.15 |       |          |     |
|       | 150m: 1:35.16 33.53       | 350m: 3:49.47 33.93 | 550m: 6:03.77 33.91       | 750m: 8:17.22 32.97 |       |          |     |
|       | 200m: 2:08.72 33.56       | 400m: 4:23.25 33.78 | 600m: 6:37.64 33.87       | 800m: 8:49.25 32.03 |       |          |     |
| 7.    | Miguel Prata Santos       | 96                  | Viana Natacao             | <b>8:50.56</b>      | +0,76 | 583      | 18  |
|       | 50m: 28.78 28.78          | 250m: 2:39.65 33.45 | 450m: 4:53.39 32.78       | 650m: 7:11.84 34.83 |       |          |     |
|       | 100m: 1:01.10 32.32       | 300m: 3:13.26 33.61 | 500m: 5:28.10 34.71       | 700m: 7:45.92 34.08 |       |          |     |
|       | 150m: 1:33.32 32.22       | 350m: 3:46.65 33.39 | 550m: 6:01.77 33.67       | 750m: 8:18.56 32.64 |       |          |     |
|       | 200m: 2:06.20 32.88       | 400m: 4:20.61 33.96 | 600m: 6:37.01 35.24       | 800m: 8:50.56 32.00 |       |          |     |
| 8.    | Miguel Duarte Moreira     | 96                  | Belenenses                | <b>8:52.76</b>      | +0,82 | 576      | 17  |
|       | 50m: 28.82 28.82          | 250m: 2:41.49 33.99 | 450m: 4:57.05 34.04       | 650m: 7:15.26 35.01 |       |          |     |
|       | 100m: 1:01.18 32.36       | 300m: 3:15.03 33.54 | 500m: 5:31.02 33.97       | 700m: 7:49.12 33.86 |       |          |     |
|       | 150m: 1:34.42 33.24       | 350m: 3:49.06 34.03 | 550m: 6:05.46 34.44       | 750m: 8:22.44 33.32 |       |          |     |
|       | 200m: 2:07.50 33.08       | 400m: 4:23.01 33.95 | 600m: 6:40.25 34.79       | 800m: 8:52.76 30.32 |       |          |     |
| 9.    | Miguel Filipe Pinto       | 96                  | Ginasio Santo Tirso       | <b>8:53.21</b>      | +0,94 | 575      | 16  |
|       | 50m: 28.96 28.96          | 250m: 2:41.73 32.92 | 450m: 4:57.49 33.50       | 650m: 7:13.34 33.77 |       |          |     |
|       | 100m: 1:01.63 32.67       | 300m: 3:15.40 33.67 | 500m: 5:31.34 33.85       | 700m: 7:47.44 34.10 |       |          |     |
|       | 150m: 1:34.96 33.33       | 350m: 3:50.00 34.60 | 550m: 6:05.37 34.03       | 750m: 8:21.50 34.06 |       |          |     |
|       | 200m: 2:08.81 33.85       | 400m: 4:23.99 33.99 | 600m: 6:39.57 34.20       | 800m: 8:53.21 31.71 |       |          |     |
| 10.   | Jose Pedro Bugalho        | 96                  | Alcobaca                  | <b>8:54.24</b>      | +0,71 | 571      | 15  |
|       | 50m: 28.59 28.59          | 250m: 2:39.87 33.56 | 450m: 4:56.52 34.21       | 650m: 7:13.99 34.72 |       |          |     |
|       | 100m: 1:00.36 31.77       | 300m: 3:13.98 34.11 | 500m: 5:30.24 33.72       | 700m: 7:48.40 34.41 |       |          |     |
|       | 150m: 1:33.30 32.94       | 350m: 3:48.14 34.16 | 550m: 6:04.76 34.52       | 750m: 8:21.68 33.28 |       |          |     |
|       | 200m: 2:06.31 33.01       | 400m: 4:22.31 34.17 | 600m: 6:39.27 34.51       | 800m: 8:54.24 32.56 |       |          |     |
| 11.   | Joao Luis Baeta           | 94                  | Viver Santarem            | <b>8:55.78</b>      | +0,79 | 566      | 14  |
|       | 50m: 31.78 31.78          | 250m: 2:46.35 33.75 | 450m: 4:59.80 33.06       | 650m: 7:15.09 33.42 |       |          |     |
|       | 100m: 1:05.79 34.01       | 300m: 3:20.00 33.65 | 500m: 5:33.51 33.71       | 700m: 7:49.03 33.94 |       |          |     |
|       | 150m: 1:39.05 33.26       | 350m: 3:53.31 33.31 | 550m: 6:07.67 34.16       | 750m: 8:23.14 34.11 |       |          |     |
|       | 200m: 2:12.60 33.55       | 400m: 4:26.74 33.43 | 600m: 6:41.67 34.00       | 800m: 8:55.78 32.64 |       |          |     |
| 12.   | Jose Carlos Teixeira      | 96                  | Foca                      | <b>9:03.62</b>      | +0,73 | 542      | 13  |
|       | 50m: 28.67 28.67          | 250m: 2:40.14 33.44 | 450m: 4:56.61 34.44       | 650m: 7:17.74 35.52 |       |          |     |
|       | 100m: 1:00.48 31.81       | 300m: 3:14.04 33.90 | 500m: 5:31.32 34.71       | 700m: 7:53.34 35.60 |       |          |     |
|       | 150m: 1:33.28 32.80       | 350m: 3:47.99 33.95 | 550m: 6:06.57 35.25       | 750m: 8:28.96 35.62 |       |          |     |
|       | 200m: 2:06.70 33.42       | 400m: 4:22.17 34.18 | 600m: 6:42.22 35.65       | 800m: 9:03.62 34.66 |       |          |     |
| 13.   | Joao Miguel Mansos        | 94                  | Lisnave                   | <b>9:14.15</b>      | +0,90 | 512      | 12  |
|       | 50m: 30.76 30.76          | 250m: 2:48.73 35.82 | 450m: 5:07.89 35.18       | 650m: 7:29.99 35.46 |       |          |     |
|       | 100m: 1:04.12 33.36       | 300m: 3:23.27 34.54 | 500m: 5:43.12 35.23       | 700m: 8:05.50 35.51 |       |          |     |
|       | 150m: 1:37.91 33.79       | 350m: 3:57.47 34.20 | 550m: 6:18.71 35.59       | 750m: 8:40.92 35.42 |       |          |     |
|       | 200m: 2:12.91 35.00       | 400m: 4:32.71 35.24 | 600m: 6:54.53 35.82       | 800m: 9:14.15 33.23 |       |          |     |
| 14.   | Joao Antonio Oliveira     | 95                  | Ginasio Figueirense       | <b>9:16.10</b>      | +0,90 | 506      | 11  |
|       | 50m: 31.47 31.47          | 250m: 2:51.07 35.09 | 450m: 5:11.74 34.84       | 650m: 7:31.33 34.83 |       |          |     |
|       | 100m: 1:06.40 34.93       | 300m: 3:26.59 35.52 | 500m: 5:46.60 34.86       | 700m: 8:06.61 35.28 |       |          |     |
|       | 150m: 1:41.40 35.00       | 350m: 4:01.76 35.17 | 550m: 6:21.22 34.62       | 750m: 8:41.74 35.13 |       |          |     |
|       | 200m: 2:15.98 34.58       | 400m: 4:36.90 35.14 | 600m: 6:56.50 35.28       | 800m: 9:16.10 34.36 |       |          |     |
| 15.   | Paulo Filipe Miranda      | 97                  | Fafe                      | <b>9:16.11</b>      | +0,80 | 506      | 10  |
|       | 50m: 30.29 30.29          | 250m: 2:49.38 35.40 | 450m: 5:11.04 35.79       | 650m: 7:31.88 35.11 |       |          |     |
|       | 100m: 1:05.31 35.02       | 300m: 3:24.55 35.17 | 500m: 5:45.73 34.69       | 700m: 8:06.96 35.08 |       |          |     |
|       | 150m: 1:39.64 34.33       | 350m: 4:00.43 35.88 | 550m: 6:21.19 35.46       | 750m: 8:42.07 35.11 |       |          |     |
|       | 200m: 2:13.98 34.34       | 400m: 4:35.25 34.82 | 600m: 6:56.77 35.58       | 800m: 9:16.11 34.04 |       |          |     |



Campeonato Nacional Clubes 3ª Divisão  
Mealhada, 15- - 16-12-2012

Prova 26, Masc., 800m Livres, Absoluto

| Lugar | Nome                    | Ano                 | Clube                   | Tempo Final         | TReac        | Pts FINA   | Pts      |
|-------|-------------------------|---------------------|-------------------------|---------------------|--------------|------------|----------|
| 16.   | Rui Miguel Cruz         | 96                  | Natacao da Maia         | <b>9:19.21</b>      | <b>+0,87</b> | <b>498</b> | <b>9</b> |
|       | 50m: 30.77 30.77        | 250m: 2:50.32 35.30 | 450m: 5:11.92 35.12     | 650m: 7:34.69 35.66 |              |            |          |
|       | 100m: 1:05.09 34.32     | 300m: 3:25.80 35.48 | 500m: 5:47.81 35.89     | 700m: 8:09.94 35.25 |              |            |          |
|       | 150m: 1:39.84 34.75     | 350m: 4:01.11 35.31 | 550m: 6:23.28 35.47     | 750m: 8:45.17 35.23 |              |            |          |
|       | 200m: 2:15.02 35.18     | 400m: 4:36.80 35.69 | 600m: 6:59.03 35.75     | 800m: 9:19.21 34.04 |              |            |          |
| 17.   | Miguel Martins Baltazar | 98                  | Aminata                 | <b>9:19.50</b>      | <b>+0,85</b> | <b>497</b> | <b>8</b> |
|       | 50m: 30.61 30.61        | 250m: 2:48.39 35.27 | 450m: 5:10.14 35.89     | 650m: 7:33.80 35.91 |              |            |          |
|       | 100m: 1:04.20 33.59     | 300m: 3:23.59 35.20 | 500m: 5:46.10 35.96     | 700m: 8:09.55 35.75 |              |            |          |
|       | 150m: 1:38.41 34.21     | 350m: 3:58.62 35.03 | 550m: 6:22.11 36.01     | 750m: 8:44.96 35.41 |              |            |          |
|       | 200m: 2:13.12 34.71     | 400m: 4:34.25 35.63 | 600m: 6:57.89 35.78     | 800m: 9:19.50 34.54 |              |            |          |
| 18.   | Daniel Filipe Lopes     | 96                  | Natacao de Vila Real    | <b>9:24.79</b>      | <b>+0,64</b> | <b>483</b> | <b>7</b> |
|       | 50m: 31.66 31.66        | 250m: 2:52.10 36.12 | 450m: 5:14.74 35.44     | 650m: 7:37.65 36.20 |              |            |          |
|       | 100m: 1:06.09 34.43     | 300m: 3:27.72 35.62 | 500m: 5:49.70 34.96     | 700m: 8:14.04 36.39 |              |            |          |
|       | 150m: 1:40.80 34.71     | 350m: 4:03.30 35.58 | 550m: 6:25.17 35.47     | 750m: 8:49.47 35.43 |              |            |          |
|       | 200m: 2:15.98 35.18     | 400m: 4:39.30 36.00 | 600m: 7:01.45 36.28     | 800m: 9:24.79 35.32 |              |            |          |
| 19.   | Nuno Miguel Bruno       | 95                  | Torres Novas            | <b>9:28.33</b>      | <b>+0,78</b> | <b>474</b> | <b>6</b> |
|       | 50m: 32.81 32.81        | 250m: 2:52.55 35.35 | 450m: 5:15.51 36.12     | 650m: 7:41.17 36.14 |              |            |          |
|       | 100m: 1:07.44 34.63     | 300m: 3:27.81 35.26 | 500m: 5:51.84 36.33     | 700m: 8:17.86 36.69 |              |            |          |
|       | 150m: 1:42.35 34.91     | 350m: 4:03.23 35.42 | 550m: 6:28.36 36.52     | 750m: 8:53.87 36.01 |              |            |          |
|       | 200m: 2:17.20 34.85     | 400m: 4:39.39 36.16 | 600m: 7:05.03 36.67     | 800m: 9:28.33 34.46 |              |            |          |
| 20.   | Filipe Jose Baptista    | 94                  | Feirense                | <b>9:45.35</b>      | <b>+0,78</b> | <b>434</b> | <b>5</b> |
|       | 50m: 31.78 31.78        | 250m: 2:58.40 37.33 | 450m: 5:27.80 37.78     | 650m: 7:58.10 37.55 |              |            |          |
|       | 100m: 1:07.30 35.52     | 300m: 3:35.63 37.23 | 500m: 6:05.15 37.35     | 700m: 8:35.76 37.66 |              |            |          |
|       | 150m: 1:44.07 36.77     | 350m: 4:13.09 37.46 | 550m: 6:42.77 37.62     | 750m: 9:13.01 37.25 |              |            |          |
|       | 200m: 2:21.07 37.00     | 400m: 4:50.02 36.93 | 600m: 7:20.55 37.78     | 800m: 9:45.35 32.34 |              |            |          |
| 21.   | Rodrigo Manuel Monteiro | 98                  | Sporting de Espinho     | <b>9:45.73</b>      | <b>+0,93</b> | <b>433</b> | <b>4</b> |
|       | 50m: 31.04 31.04        | 250m: 2:55.54 37.31 | 450m: 5:24.97 37.22     | 650m: 7:56.56 37.38 |              |            |          |
|       | 100m: 1:05.79 34.75     | 300m: 3:32.48 36.94 | 500m: 6:02.68 37.71     | 700m: 8:34.59 38.03 |              |            |          |
|       | 150m: 1:41.73 35.94     | 350m: 4:10.10 37.62 | 550m: 6:41.06 38.38     | 750m: 9:11.82 37.23 |              |            |          |
|       | 200m: 2:18.23 36.50     | 400m: 4:47.75 37.65 | 600m: 7:19.18 38.12     | 800m: 9:45.73 33.91 |              |            |          |
| 22.   | Jaime Fernando Costa    | 86                  | Litoral Alentejano      | <b>9:45.81</b>      | <b>+0,85</b> | <b>433</b> | <b>3</b> |
|       | 50m: 30.83 30.83        | 250m: 2:51.41 35.83 | 450m: 5:21.47 38.04     | 650m: 7:55.23 38.42 |              |            |          |
|       | 100m: 1:04.88 34.05     | 300m: 3:28.87 37.46 | 500m: 6:00.06 38.59     | 700m: 8:33.36 38.13 |              |            |          |
|       | 150m: 1:40.19 35.31     | 350m: 4:06.21 37.34 | 550m: 6:38.26 38.20     | 750m: 9:11.50 38.14 |              |            |          |
|       | 200m: 2:15.58 35.39     | 400m: 4:43.43 37.22 | 600m: 7:16.81 38.55     | 800m: 9:45.81 34.31 |              |            |          |
| 23.   | Francisco Carreiro Rego | 99                  | Bombeiros Ponta Delgada | <b>9:53.89</b>      | <b>+0,83</b> | <b>416</b> | <b>2</b> |
|       | 50m: 31.50 31.50        | 250m: 2:58.62 37.57 | 450m: 5:29.57 38.56     | 650m: 8:02.87 38.02 |              |            |          |
|       | 100m: 1:06.71 35.21     | 300m: 3:36.23 37.61 | 500m: 6:07.88 38.31     | 700m: 8:41.23 38.36 |              |            |          |
|       | 150m: 1:43.35 36.64     | 350m: 4:13.61 37.38 | 550m: 6:46.53 38.65     | 750m: 9:18.80 37.57 |              |            |          |
|       | 200m: 2:21.05 37.70     | 400m: 4:51.01 37.40 | 600m: 7:24.85 38.32     | 800m: 9:53.89 35.09 |              |            |          |
| 24.   | Carlos Eira Cruz        | 96                  | Ginasio de Vila Real    | <b>9:54.18</b>      | <b>+0,76</b> | <b>415</b> | <b>1</b> |
|       | 50m: 29.04 29.04        | 250m: 2:53.22 37.41 | 450m: 5:28.68 39.47     | 650m: 8:03.28 38.63 |              |            |          |
|       | 100m: 1:02.45 33.41     | 300m: 3:31.46 38.24 | 500m: 6:07.41 38.73     | 700m: 8:41.40 38.12 |              |            |          |
|       | 150m: 1:38.35 35.90     | 350m: 4:10.18 38.72 | 550m: 6:46.26 38.85     | 750m: 9:19.39 37.99 |              |            |          |
|       | 200m: 2:15.81 37.46     | 400m: 4:49.21 39.03 | 600m: 7:24.65 38.39     | 800m: 9:54.18 34.79 |              |            |          |