



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012



Prova 1

15-12-2012 - 9:30

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.	Miguel Duarte Nascimento	95	Portinado	53.97	+0,69	724	25
	50m: 25.20 25.20	100m:	53.97 28.77				
2.	Joao Pedro Teodoro	90	Naval Setubalense	56.32	+0,70	637	23
	50m: 26.24 26.24	100m:	56.32 30.08				
3.	Nelson Filipe Martinho	89	Natacao de Valongo	56.35	+0,82	636	22
	50m: 25.35 25.35	100m:	56.35 31.00				
4.	Stefan Birger Holm	85	Fluvial Portuense	57.13	+0,81	611	21
	50m: 26.69 26.69	100m:	57.13 30.44				
5.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	57.33	+0,62	604	20
	50m: 26.24 26.24	100m:	57.33 31.09				
6.	Rui Ferreira Poeira	95	Terceira Auto Clube	59.07	+0,68	552	19
	50m: 27.73 27.73	100m:	59.07 31.34				
7.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	59.63	+0,80	537	18
	50m: 28.17 28.17	100m:	59.63 31.46				
8.	Joao Paulo Capitao	96	Colegio SMLamas	1:00.14	+0,83	523	17
	50m: 27.55 27.55	100m:	1:00.14 32.59				
9.	Joao Goncalo Coelho	94	Sporting de Aveiro	1:00.91	+0,78	504	16
	50m: 28.01 28.01	100m:	1:00.91 32.90				
10.	Dmytriy Eugeniyovich Martynov	97	Electrico	1:01.81	+0,75	482	15
	50m: 28.97 28.97	100m:	1:01.81 32.84				
11.	Joao Pedro Tarquinio	97	Benedita	1:02.01	+0,77	477	14
	50m: 28.97 28.97	100m:	1:02.01 33.04				
12.	Joao Pedro Machado	86	Nautico de Abrantes	1:02.12	+0,83	475	13
	50m: 28.63 28.63	100m:	1:02.12 33.49				
13.	Luis Velhinho Ventura	94	Elvense	1:02.47	+0,66	467	12
	50m: 29.16 29.16	100m:	1:02.47 33.31				
14.	Cesar Henrique Silva	91	Nucleo Sportinguista Terceira	1:02.68	+0,81	462	11
	50m: 29.19 29.19	100m:	1:02.68 33.49				
15.	Joao Manuel Ferreira	92	CLAC-Entroncamento	1:02.76	+0,97	460	10
	50m: 29.20 29.20	100m:	1:02.76 33.56				
16.	Diogo Miguel Balsa	95	BUZIOS-Coruche	1:03.15	+0,79	452	9
	50m: 29.20 29.20	100m:	1:03.15 33.95				



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15 - 16-12-2012

Prova 1, Masc., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Pedro Nuno Prazeres	89	Natacao do Tejo	1:03.80	+0,89	438	8
	50m: 30.09 30.09	100m: 1:03.80 33.71					
18.	Matheus Pereira Goncalves	96	Desportiva Limiana	1:04.62	+0,73	422	7
	50m: 29.45 29.45	100m: 1:04.62 35.17					
19.	Diogo Filipe Lampreia	96	Beja	1:05.36	+0,77	408	6
	50m: 29.87 29.87	100m: 1:05.36 35.49					
20.	Jorge Rogerio Moraes	98	Lousada SXXI	1:05.97	+0,77	396	5
	50m: 30.59 30.59	100m: 1:05.97 35.38					
21.	Joao David Sousa	88	Estarreja	1:06.08	+0,81	394	4
	50m: 29.81 29.81	100m: 1:06.08 36.27					
22.	Fernando Miguel Rodrigues	96	Cartaxo	1:06.14	+0,81	393	3
	50m: 30.79 30.79	100m: 1:06.14 35.35					
23.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	1:08.17	+0,98	359	2
	50m: 31.74 31.74	100m: 1:08.17 36.43					
24.	Ruben Jordao Fernandes	95	Miranda do Corvo	1:13.71	+0,93	284	1
	50m: 33.02 33.02	100m: 1:13.71 40.69					

Prova 2

15-12-2012 - 9:35

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.	Mariana Veloso Vitoria	98	Nautico de Abrantes	2:26.92	+0,94	555	25
	50m: 31.72 31.72	100m: 1:09.90 38.18	150m: 1:47.80 37.90	200m: 2:26.92 39.12			
2.	Ines Margarida Ribeiro	97	Alges e Agueda	2:36.16	+0,93	462	23
	50m: 34.86 34.86	100m: 1:14.01 39.15	150m: 1:54.66 40.65	200m: 2:36.16 41.50			
3.	Catarina Brito Ferreira	97	Naval Setubalense	2:37.42	+0,88	451	22
	50m: 33.53 33.53	100m: 1:12.69 39.16	150m: 1:54.46 41.77	200m: 2:37.42 42.96			
4.	Catia Alexandra Batista	96	Colegio SMLamas	2:37.79	+0,75	448	21
	50m: 33.49 33.49	100m: 1:12.20 38.71	150m: 1:52.66 40.46	200m: 2:37.79 45.13			
5.	Viviana Sofia Pinto	98	Desportiva Limiana	2:38.61	+0,86	441	20
	50m: 34.59 34.59	100m: 1:14.70 40.11	150m: 1:56.35 41.65	200m: 2:38.61 42.26			
6.	Maria Rasetar	97	Portinado	2:39.39	+0,66	435	19
	50m: 31.95 31.95	100m: 1:10.72 38.77	150m: 1:55.44 44.72	200m: 2:39.39 43.95			
7.	Daniela Domingues Sousa	00	Natacao de Valongo	2:43.32	+1,02	404	18
	50m: 35.47 35.47	100m: 1:15.81 40.34	150m: 1:59.80 43.99	200m: 2:43.32 43.52			



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Prova 2, Femin., 200m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Mariana Luis Saraiva	96	Nucleo Sportinguista Terceira	2:45.06	+0,88	391	17
	50m: 35.00 35.00	100m: 1:15.96 40.96	150m: 1:59.87 43.91	200m: 2:45.06 45.19			
9.	Barbara Rodrigues Pereira	98	Natacao do Montijo	2:48.45	+0,83	368	16
	50m: 34.79 34.79	100m: 1:16.25 41.46	150m: 2:00.73 44.48	200m: 2:48.45 47.72			
10.	Cristiana Andreia Lima	95	Nucleo de Pombal	2:51.12	+0,90	351	15
	50m: 35.29 35.29	100m: 1:16.99 41.70	150m: 2:02.36 45.37	200m: 2:51.12 48.76			
11.	Mariana Sanganha Pita	00	Electrico	2:51.65	+1,06	348	14
	50m: 37.84 37.84	100m: 1:22.64 44.80	150m: 2:07.78 45.14	200m: 2:51.65 43.87			
12.	Maria Clara Marques	94	Litoral Alentejano	2:52.28	+0,89	344	13
	50m: 37.76 37.76	100m: 1:21.34 43.58	150m: 2:06.67 45.33	200m: 2:52.28 45.61			
13.	Ana Catarina Travessa	96	Salvaterra de Magos	2:53.56	+0,91	337	12
	50m: 36.44 36.44	100m: 1:18.95 42.51	150m: 2:06.39 47.44	200m: 2:53.56 47.17			
14.	Catarina Costa Balseiro	99	Sporting de Aveiro	2:54.06	+0,98	334	11
	50m: 36.54 36.54	100m: 1:20.53 43.99	150m: 2:07.67 47.14	200m: 2:54.06 46.39			
15.	Bianca Filipa Silva	99	Miranda do Corvo	2:54.72	+0,92	330	10
	50m: 38.27 38.27	100m: 1:22.36 44.09	150m: 2:09.92 47.56	200m: 2:54.72 44.80			
16.	Carolina Henriques Gavancho	97	CLAC-Entroncamento	2:54.83	+0,84	329	9
	50m: 37.77 37.77	100m: 1:22.17 44.40	150m: 2:08.73 46.56	200m: 2:54.83 46.10			
17.	Ines Rosa Farinha	97	Tavira Natacao	2:55.68	+0,81	324	8
	50m: 37.74 37.74	100m: 1:22.61 44.87	150m: 2:10.18 47.57	200m: 2:55.68 45.50			
18.	Ana Rita Ferreira	92	Nucleo Sportinguista Golega	2:59.10	+0,91	306	7
	50m: 36.92 36.92	100m: 1:21.69 44.77	150m: 2:09.17 47.48	200m: 2:59.10 49.93			
19.	Mariana Anastacio Cruz	96	Torres Novas	2:59.62	+0,91	304	6
	50m: 36.45 36.45	100m: 1:21.47 45.02	150m: 2:12.05 50.58	200m: 2:59.62 47.57			
20.	Patricia Branco Panta	00	Nacional de Natacao	3:01.64	+1,00	294	5
	50m: 37.28 37.28	100m: 1:21.99 44.71	150m: 2:11.50 49.51	200m: 3:01.64 50.14			
21.	Ines Carolina Soares	98	Associacao CADES	3:01.94	+0,94	292	4
	50m: 39.16 39.16	100m: 1:26.20 47.04	150m: 2:14.24 48.04	200m: 3:01.94 47.70			
22.	Sara Brandao Tavares	98	Estarreja	3:07.29	+0,92	268	3
	50m: 40.69 40.69	100m: 1:28.86 48.17	150m: 2:18.71 49.85	200m: 3:07.29 48.58			
23.	Mara Brasil Godinho	96	Terceira Auto Clube	3:11.11	+0,89	252	2
	50m: 39.11 39.11	100m: 1:27.39 48.28	150m: 2:18.22 50.83	200m: 3:11.11 52.89			
DSQ	Ana Sofia Ramos	97	Fafe				
	810 - Movimento alternado de pernas após viragem aos 50 metros - SW 8.3						



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Prova 3 Masc., 100m Bruços Absoluto
15-12-2012 - 9:50 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.	Andre Filipe Mendes	92	Nautico de Abrantes	1:06.40	+0,70	587	25
	50m: 31.19 31.19	100m: 1:06.40 35.21					
2.	Simao Miguel Capitaio	97	Colegio SMLamas	1:06.46	+0,75	585	23
	50m: 31.05 31.05	100m: 1:06.46 35.41					
3.	Pedro Miguel Varela	86	Naval Setubalense	1:07.17	+0,79	567	22
	50m: 31.61 31.61	100m: 1:07.17 35.56					
4.	Hugo Miguel Nunes	90	Natacao do Tejo	1:07.96	+0,73	547	21
	50m: 31.33 31.33	100m: 1:07.96 36.63					
5.	Bruno Miguel Cavadas	89	Natacao de Valongo	1:08.60	+0,86	532	20
	50m: 31.96 31.96	100m: 1:08.60 36.64					
6.	Leonardo Peralta Reis	96	Benedita	1:09.39	+0,77	514	19
	50m: 33.12 33.12	100m: 1:09.39 36.27					
7.	Andre da Costa Coelho	96	Nucleo Sportinguista Terceira	1:10.72	+0,74	486	18
	50m: 33.66 33.66	100m: 1:10.72 37.06					
8.	Bruno Santos Pereira	94	Gafanha da Encarnacao	1:11.09	+0,75	478	17
	50m: 33.18 33.18	100m: 1:11.09 37.91					
9.	Ricardo Jorge Mesquita	96	Fluvial Portuense	1:11.25	+0,76	475	16
	50m: 33.69 33.69	100m: 1:11.25 37.56					
10.	Daniel Lago Pinto	97	Desportiva Limiana	1:11.26	+0,80	475	15
	50m: 33.75 33.75	100m: 1:11.26 37.51					
11.	Andre Figueiredo Almeida	96	Beja	1:11.58	+0,72	468	14
	50m: 32.44 32.44	100m: 1:11.58 39.14					
12.	Carlos Andre Dias	96	Sporting de Aveiro	1:11.62	+0,95	468	13
	50m: 34.04 34.04	100m: 1:11.62 37.58					
13.	Carlos Dias Inacio	95	Portinado	1:12.95	+0,73	442	12
	50m: 33.96 33.96	100m: 1:12.95 38.99					
14.	Rui Jorge Dias	95	Miranda do Corvo	1:13.00	+0,78	442	11
	50m: 34.37 34.37	100m: 1:13.00 38.63					
15.	Henrique Silva Renga	97	Elvense	1:13.76	+0,82	428	10
	50m: 33.71 33.71	100m: 1:13.76 40.05					
16.	Joao Miguel Salgueiro	95	Electrico	1:14.46	+0,91	416	9
	50m: 34.30 34.30	100m: 1:14.46 40.16					



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Prova 3, Masc., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Miguel Filipe Arvana	98	Estremoz/Estremozcarnes	1:14.59	+0,82	414	8
	50m: 35.38 35.38	100m: 1:14.59 39.21					
18.	Artur Rafael Saramago	97	BUZIOS-Coruche	1:15.33	+1,00	402	7
	50m: 35.13 35.13	100m: 1:15.33 40.20					
19.	Vladyslav Stasyuk	94	Cartaxo	1:16.09	+0,70	390	6
	50m: 35.21 35.21	100m: 1:16.09 40.88					
20.	Joao Goncalo Nogueira	91	Nucleo Sportinguista Golega	1:16.77	+0,73	380	5
	50m: 35.19 35.19	100m: 1:16.77 41.58					
21.	Manuel Jose Lucas	97	Terceira Auto Clube	1:17.54	+0,81	368	4
	50m: 35.89 35.89	100m: 1:17.54 41.65					
22.	Pedro Manuel Nunes	98	CLAC-Entroncamento	1:18.32	+0,76	357	3
	50m: 37.06 37.06	100m: 1:18.32 41.26					
23.	Joao Pedro Santos	98	Lousada SXXI	1:21.58	+0,79	316	2
	50m: 36.98 36.98	100m: 1:21.58 44.60					
24.	Pedro Daniel Figueira	98	Estarreja	1:26.51	+0,78	265	1
	50m: 39.50 39.50	100m: 1:26.51 47.01					

Prova 4

15-12-2012 - 9:55

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
Absoluto							
1.	Ariana Alves Nunes	95	Portinado	2:40.46	+0,84	589	25
	50m: 35.22 35.22	100m: 1:15.61 40.39	150m: 1:57.41 41.80	200m: 2:40.46 43.05			
2.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	2:48.42	+0,78	510	23
	50m: 38.04 38.04	100m: 1:21.45 43.41	150m: 2:05.61 44.16	200m: 2:48.42 42.81			
3.	Ines Evangelista Bastos	98	Fafe	2:49.66	+1,03	499	22
	50m: 37.82 37.82	100m: 1:20.36 42.54	150m: 2:04.75 44.39	200m: 2:49.66 44.91			
4.	Rute Isabel Leonardo	98	Nautico de Abrantes	2:52.07	+0,82	478	21
	50m: 38.21 38.21	100m: 1:23.19 44.98	150m: 2:07.38 44.19	200m: 2:52.07 44.69			
5.	Debora Goncalves Patrocinio	97	Litoral Alentejano	2:53.38	+0,72	467	20
	50m: 37.81 37.81	100m: 1:22.09 44.28	150m: 2:07.99 45.90	200m: 2:53.38 45.39			
6.	Mariana Manhita Correia	98	Tavira Natacao	2:54.42	+0,88	459	19
	50m: 38.43 38.43	100m: 1:22.71 44.28	150m: 2:08.52 45.81	200m: 2:54.42 45.90			
7.	Dalia Sofia Curto	95	Nacional de Natacao	2:54.77	+0,88	456	18
	50m: 38.44 38.44	100m: 1:22.11 43.67	150m: 2:08.03 45.92	200m: 2:54.77 46.74			



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Prova 4, Femin., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Vanessa Rodrigues Valente	94	Estarreja	2:56.41	+0,95	443	17
	50m: 39.60 39.60	100m: 1:24.48 44.88	150m: 2:10.28 45.80	200m: 2:56.41 46.13			
9.	Beatriz Gameiro Matias	97	Nucleo de Pombal	2:57.64	+0,85	434	16
	50m: 39.54 39.54	100m: 1:24.45 44.91	150m: 2:10.54 46.09	200m: 2:57.64 47.10			
10.	Carolina Conceicao Pais	97	Colegio SMLamas	2:59.79	+1,01	419	15
	50m: 40.24 40.24	100m: 1:25.62 45.38	150m: 2:12.73 47.11	200m: 2:59.79 47.06			
11.	Catia Marisa Silva	91	Natacao de Valongo	3:01.15	+0,91	409	14
	50m: 40.30 40.30	100m: 1:25.83 45.53	150m: 2:13.14 47.31	200m: 3:01.15 48.01			
12.	Ana Raquel Albuquerque	95	Sporting de Aveiro	3:01.58	+0,96	407	13
	50m: 41.34 41.34	100m: 1:27.26 45.92	150m: 2:14.47 47.21	200m: 3:01.58 47.11			
13.	Beatriz Martins Avila	00	Terceira Auto Clube	3:03.04	+0,87	397	12
	50m: 41.26 41.26	100m: 1:28.28 47.02	150m: 2:16.03 47.75	200m: 3:03.04 47.01			
14.	Margarida Pamplona Evangelh	99	Nucleo Sportinguista Terceira	3:04.41	+0,92	388	11
	50m: 39.68 39.68	100m: 1:27.07 47.39	150m: 2:15.62 48.55	200m: 3:04.41 48.79			
15.	Rita Alexandra Ribeiro	98	Naval Setubalense	3:05.63	+0,79	380	10
	50m: 41.98 41.98	100m: 1:29.03 47.05	150m: 2:17.58 48.55	200m: 3:05.63 48.05			
16.	Luisa Filipa Maia	96	Associacao CADES	3:06.36	+0,92	376	9
	50m: 41.25 41.25	100m: 1:28.08 46.83	150m: 2:16.57 48.49	200m: 3:06.36 49.79			
17.	Ema Filipa Rosario	00	Natacao do Montijo	3:07.19	+1,06	371	8
	50m: 42.41 42.41	100m: 1:29.66 47.25	150m: 2:18.15 48.49	200m: 3:07.19 49.04			
18.	Ana Rita Nunes	97	Alges e Agueda	3:07.71	+0,99	368	7
	50m: 41.75 41.75	100m: 1:29.28 47.53	150m: 2:18.58 49.30	200m: 3:07.71 49.13			
19.	Rita Margarida Fernandes	93	Electrico	3:11.76	+0,87	345	6
	50m: 41.96 41.96	100m: 1:29.27 47.31	150m: 2:19.58 50.31	200m: 3:11.76 52.18			
20.	Raquel Anastacio Cruz	98	Torres Novas	3:19.92	+1,12	304	5
	50m: 45.35 45.35	100m: 1:37.83 52.48	150m: 2:30.55 52.72	200m: 3:19.92 49.37			
21.	Ana Pereira Luis	97	Salvaterra de Magos	3:22.39	+1,01	293	4
	50m: 44.16 44.16	100m: 1:34.91 50.75	150m: 2:29.15 54.24	200m: 3:22.39 53.24			
22.	Ana Maria Sousa	99	Desportiva Limiana	3:28.63	+1,20	268	3
	50m: 47.07 47.07	100m: 1:40.35 53.28	150m: 2:34.89 54.54	200m: 3:28.63 53.74			
23.	Catia Maria Feijao	00	Nucleo Sportinguista Golega	3:30.44	+0,82	261	2
	50m: 46.61 46.61	100m: 1:41.25 54.64	150m: 2:36.82 55.57	200m: 3:30.44 53.62			
DSQ	Maria Ines Ferreira	00	Miranda do Corvo				
730 - Movimento alternado pernas percurso subaquático após viragem aos 150 metros - SW 7.4							



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012



Prova 5 Masc., 50m Livres Absoluto
15-12-2012 - 10:10 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.	Joao Pedro Teodoro	90	Naval Setubalense	23.49	+0,69	645	25
2.	Nelson Filipe Martinho	89	Natacao de Valongo	23.62	+0,81	634	23
3.	Stefan Birger Holm	85	Fluvial Portuense	24.77	+0,79	550	22
4.	Vitor Hugo Mano	85	Estarreja	25.05	+0,83	532	21
5.	Joao Martins Santos	96	Gafanha da Encarnacao	25.08	+0,68	530	20
6.	Vladyslav Stasyuk	94	Cartaxo	25.09	+0,71	529	19
7.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	25.29	+0,88	517	18
8.	Jose Luis Morais	94	Beja	25.34	+0,75	514	17
9.	Jose Tiago Moreira	89	Nucleo Sportinguista Terceira	25.59	+0,83	499	16
10.	Ihor Sadovskyy	95	Portinado	25.63	+0,70	496	15
11.	Rui Miguel Aires	91	Sporting de Aveiro	25.67	+0,86	494	14
12.	Joao Pedro Machado	86	Nautico de Abrantes	25.78	+0,79	488	13
13.	Dmytriy Eugeniyovich Martynov	97	Electrico	25.83	+0,74	485	12
14.	Jaime Filipe Vieira	95	Estremoz/Estremozcarnes	25.88	+0,85	482	11
15.	Alexandre Emanuel Pereira	93	CLAC-Entroncamento	25.96	+0,79	478	10
16.	Rui Jorge Dias	95	Miranda do Corvo	26.43	+0,75	453	9
17.	Henrique Jose Marques	93	Benedita	26.46	+0,81	451	8
18.	Matheus Pereira Goncalves	96	Desportiva Limiana	26.60	+0,77	444	7
19.	Daniel Fernando Magalhaes	96	Colegio SMLamas	26.64	+0,83	442	6
	Pedro Miguel Coelho	94	Lousada SXXI	26.64	+0,76	442	6
21.	Joao Pedro Madeira	96	Elvense	26.81	+0,74	434	4
22.	Hugo Fraga Alambre	95	BUZIOS-Coruche	27.25	+0,76	413	3
23.	Francisco Quadros Cascalho	97	Terceira Auto Clube	27.46	+0,77	404	2
24.	Nuno Miguel Afonso	91	Natacao do Tejo	27.69	+0,83	394	1



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15 - 16-12-2012

Prova 6
15-12-2012 - 10:15

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.	Rosa Maria Oliveira	96	Estarreja	1:00.71	+0,88	593	25
	50m: 29.39 29.39	100m: 1:00.71 31.32					
2.	Catarina Maria Ferreira	98	Desportiva Limiana	1:01.39	+0,86	573	23
	50m: 28.91 28.91	100m: 1:01.39 32.48					
3.	Mariana Oliveira Vale	93	Natacao de Valongo	1:01.55	+0,78	569	22
	50m: 29.48 29.48	100m: 1:01.55 32.07					
4.	Beatriz Alves Silva	95	Portinado	1:01.73	+0,71	564	21
	50m: 29.24 29.24	100m: 1:01.73 32.49					
5.	Sarah Dias	99	CLAC-Entroncamento	1:01.95	+0,86	558	20
	50m: 29.72 29.72	100m: 1:01.95 32.23					
6.	Ana Rita Jesus	95	Associacao CADES	1:02.11	+0,96	553	19
	50m: 30.60 30.60	100m: 1:02.11 31.51					
7.	Maria Mar Costa	95	Naval Setubalense	1:02.44	+0,73	545	18
	50m: 29.59 29.59	100m: 1:02.44 32.85					
8.	Joana Gabriela Silva	95	Colegio SMLamas	1:02.80	+0,76	535	17
	50m: 30.02 30.02	100m: 1:02.80 32.78					
9.	Mafalda Jesus Pereira	95	Natacao do Montijo	1:03.30	+0,82	523	16
	50m: 30.18 30.18	100m: 1:03.30 33.12					
10.	Francisca Ferreira Fonseca	97	Nacional de Natacao	1:04.75	+0,78	488	15
	50m: 31.08 31.08	100m: 1:04.75 33.67					
11.	Maria Ornelas Armas	98	Terceira Auto Clube	1:04.79	+0,99	488	14
	50m: 31.35 31.35	100m: 1:04.79 33.44					
12.	Carlota Ramos Telhado	98	Alges e Agueda	1:04.86	+0,97	486	13
	50m: 31.19 31.19	100m: 1:04.86 33.67					
13.	Renata Castro Goncalves	96	Sporting de Aveiro	1:05.01	+0,92	483	12
	50m: 30.85 30.85	100m: 1:05.01 34.16					
14.	Mafalda Cristina Pita	97	Electrico	1:05.16	+0,91	479	11
	50m: 31.58 31.58	100m: 1:05.16 33.58					
15.	Maria Madalena Silva	98	Nautico de Abrantes	1:05.56	+0,77	471	10
	50m: 31.36 31.36	100m: 1:05.56 34.20					
16.	Beatriz Mendes Viegas	00	Tavira Natacao	1:05.72	+0,84	467	9
	50m: 31.29 31.29	100m: 1:05.72 34.43					
17.	Ines Isabel Margarido	93	Litoral Alentejano	1:05.84	+0,85	465	8
	50m: 31.25 31.25	100m: 1:05.84 34.59					



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 6, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Isabel Catarino Cravo	98	Nucleo de Pombal	1:06.17	+0,84	458	7
	50m: 31.62 31.62	100m: 1:06.17 34.55					
19.	Lara Alexandra Delgado	00	Torres Novas	1:06.27	+1,00	456	6
	50m: 31.71 31.71	100m: 1:06.27 34.56					
20.	Tatiana Cruz Costa	94	Miranda do Corvo	1:08.38	+0,95	415	5
	50m: 33.29 33.29	100m: 1:08.38 35.09					
21.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:09.08	+0,92	402	4
	50m: 33.40 33.40	100m: 1:09.08 35.68					
22.	Daniela Silva Barcelos	98	Nucleo Sportinguista Terceira	1:09.27	+0,99	399	3
	50m: 33.49 33.49	100m: 1:09.27 35.78					
23.	Vanessa Carolina Valente	94	Nucleo Sportinguista Golega	1:09.57	+0,93	394	2
	50m: 32.17 32.17	100m: 1:09.57 37.40					
24.	Natalia Matos Cunha	00	Fafe	1:13.73	+1,01	331	1
	50m: 35.03 35.03	100m: 1:13.73 38.70					

Prova 7

Masc., 100m Costas

Absoluto

15-12-2012 - 10:20

Resultados

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
Absoluto							
1.	Joao Pedro Neto	95	Naval Setubalense	57.60	+0,65	613	25
	50m: 27.93 27.93	100m: 57.60 29.67					
2.	Joao Pedro Santos	95	Estarreja	59.34	+0,67	560	23
	50m: 28.68 28.68	100m: 59.34 30.66					
3.	Miguel Galeao Lopes	96	Portinado	1:00.26	+0,61	535	22
	50m: 29.27 29.27	100m: 1:00.26 30.99					
4.	Luis Antonio Tarquinio	94	Benedita	1:01.90	+1,05	494	21
	50m: 30.27 30.27	100m: 1:01.90 31.63					
5.	Diogo Miguel Balsa	95	BUZIOS-Coruche	1:02.62	+0,64	477	20
	50m: 30.64 30.64	100m: 1:02.62 31.98					
6.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	1:02.98	+0,61	469	19
	50m: 30.92 30.92	100m: 1:02.98 32.06					
7.	Ricardo Goncalves Moura	98	Electrico	1:03.18	+0,64	464	18
	50m: 30.73 30.73	100m: 1:03.18 32.45					
8.	Julio Dinis Goncalves	96	Fluvial Portuense	1:03.80	+0,72	451	17
	50m: 31.06 31.06	100m: 1:03.80 32.74					



Campeonato Nacional Clubes 4ª Divisão
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Prova 7, Masc., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Luis Filipe Soares 50m: 30.85 30.85	98	Colegio SMLamas 100m: 1:03.94 33.09	1:03.94	+0,76	448	16
10.	Miguel Martins Barroqueiro 50m: 30.30 30.30	91	CLAC-Entroncamento 100m: 1:03.95 33.65	1:03.95	+0,68	448	15
11.	Hugo Moreira Martins 50m: 30.79 30.79	94	Natacao de Valongo 100m: 1:03.99 33.20	1:03.99	+0,68	447	14
12.	Frederico Sucena Riachos 50m: 31.65 31.65	98	Nucleo Sportinguista Golega 100m: 1:04.53 32.88	1:04.53	+0,71	436	13
13.	Ruben Miguel Matos 50m: 31.26 31.26	91	Nautico de Abrantes 100m: 1:04.54 33.28	1:04.54	+0,59	436	12
14.	Joao Martins Santos 50m: 31.08 31.08	96	Gafanha da Encarnacao 100m: 1:04.70 33.62	1:04.70	+0,66	432	11
15.	Antonio Carlos Costa 50m: 31.76 31.76	95	Beja 100m: 1:05.64 33.88	1:05.64		414	10
16.	Luis Velhinho Ventura 50m: 31.95 31.95	94	Elvense 100m: 1:05.81 33.86	1:05.81	+0,73	411	9
17.	Eduardo Abel Duarte 50m: 32.24 32.24	98	Lousada SXXI 100m: 1:06.01 33.77	1:06.01	+0,71	407	8
18.	Francisco Sousa Rocha 50m: 32.08 32.08	97	Sporting de Aveiro 100m: 1:06.03 33.95	1:06.03	+0,68	407	7
19.	Joao Pedro Valerio 50m: 32.11 32.11	97	Miranda do Corvo 100m: 1:06.71 34.60	1:06.71	+0,67	394	6
20.	Pedro Miguel Henriques 50m: 32.04 32.04	96	Cartaxo 100m: 1:06.90 34.86	1:06.90	+0,71	391	5
21.	Bruno Jose Sousa 50m: 33.11 33.11	96	Desportiva Limiana 100m: 1:08.24 35.13	1:08.24	+0,61	368	4
22.	Jose Tiago Moreira 50m: 33.44 33.44	89	Nucleo Sportinguista Terceira 100m: 1:09.09 35.65	1:09.09	+0,79	355	3
23.	Miguel Antonio Medeiros 50m: 35.79 35.79	89	Terceira Auto Clube 100m: 1:15.02 39.23	1:15.02	+0,70	277	2
24.	Nuno Miguel Afonso 50m: 36.05 36.05	91	Natacao do Tejo 100m: 1:15.36 39.31	1:15.36	+0,68	273	1



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 8 Femin., 200m Costas Absoluto
15-12-2012 - 10:25 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.	Beatriz Sousa Grou	96	Tavira Natacao	2:27.03	+0,72	544	25
	50m: 33.72 33.72	100m: 1:10.75 37.03	150m: 1:49.15 38.40	200m: 2:27.03 37.88			
2.	Marta Filipa Vinagre	95	CLAC-Entroncamento	2:27.47	+0,64	539	23
	50m: 33.70 33.70	100m: 1:10.79 37.09	150m: 1:49.72 38.93	200m: 2:27.47 37.75			
3.	Maria Dias Neves	99	Miranda do Corvo	2:28.18	+0,70	531	22
	50m: 34.81 34.81	100m: 1:11.88 37.07	150m: 1:50.01 38.13	200m: 2:28.18 38.17			
4.	Ana Beatriz Meireles	98	Fafe	2:31.16	+0,66	500	21
	50m: 34.17 34.17	100m: 1:12.26 38.09	150m: 1:51.95 39.69	200m: 2:31.16 39.21			
5.	Ines Almeida Gomes	98	Nacional de Natacao	2:33.43	+0,79	478	20
	50m: 34.36 34.36	100m: 1:12.41 38.05	150m: 1:52.64 40.23	200m: 2:33.43 40.79			
6.	Ana Filipa Sousa	96	Nucleo Sportinguista Golega	2:35.57	+0,67	459	19
	50m: 35.58 35.58	100m: 1:14.89 39.31	150m: 1:56.01 41.12	200m: 2:35.57 39.56			
7.	Maria Morgado Franco	98	Portinado	2:35.80	+0,97	457	18
	50m: 34.55 34.55	100m: 1:13.49 38.94	150m: 1:54.80 41.31	200m: 2:35.80 41.00			
8.	Sofia Dias Alves	99	Natacao do Montijo	2:37.08	+0,60	446	17
	50m: 35.32 35.32	100m: 1:14.72 39.40	150m: 1:56.04 41.32	200m: 2:37.08 41.04			
9.	Marta Silva Felix	99	Sporting de Aveiro	2:37.17	+0,74	445	16
	50m: 37.67 37.67	100m: 1:17.24 39.57	150m: 1:57.30 40.06	200m: 2:37.17 39.87			
10.	Margarida Correia Oliveira	98	Naval Setubalense	2:37.55	+0,84	442	15
	50m: 35.55 35.55	100m: 1:15.78 40.23	150m: 1:57.34 41.56	200m: 2:37.55 40.21			
11.	Ana Margarida Salgueiro	99	Nautico de Abrantes	2:37.68	+0,81	441	14
	50m: 36.78 36.78	100m: 1:16.17 39.39	150m: 1:57.41 41.24	200m: 2:37.68 40.27			
12.	Filipa Santos Castro	96	Alges e Agueda	2:37.72	+0,70	440	13
	50m: 36.54 36.54	100m: 1:15.64 39.10	150m: 1:56.19 40.55	200m: 2:37.72 41.53			
13.	Adriana Toste Ferrao	98	Nucleo Sportinguista Terceira	2:41.00	+0,76	414	12
	50m: 37.59 37.59	100m: 1:18.70 41.11	150m: 2:00.07 41.37	200m: 2:41.00 40.93			
14.	Cristiana Ferreira Santos	97	Natacao de Valongo	2:41.20	+0,68	412	11
	50m: 37.41 37.41	100m: 1:16.60 39.19	150m: 1:58.65 42.05	200m: 2:41.20 42.55			
15.	Catia Alexandra Batista	96	Colegio SMLamas	2:43.37	+0,70	396	10
	50m: 37.12 37.12	100m: 1:17.05 39.93	150m: 1:59.32 42.27	200m: 2:43.37 44.05			
16.	Carolina Leal Serra	99	Torres Novas	2:45.42	+0,70	382	9
	50m: 39.16 39.16	100m: 1:21.38 42.22	150m: 2:03.99 42.61	200m: 2:45.42 41.43			
17.	Carolina Santana Goncalves	95	Nucleo de Pombal	2:46.83	+0,88	372	8
	50m: 39.30 39.30	100m: 1:21.50 42.20	150m: 2:05.09 43.59	200m: 2:46.83 41.74			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15 - 16-12-2012

Prova 8, Femin., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Mara Brasil Godinho	96	Terceira Auto Clube	2:47.81	+1,14	365	7
	50m: 40.00 40.00	100m: 1:22.35 42.35	150m: 2:05.46 43.11	200m: 2:47.81 42.35			
19.	Celia Silva Margarido	96	Electrico	2:47.84	+0,75	365	6
	50m: 39.05 39.05	100m: 1:21.21 42.16	150m: 2:04.91 43.70	200m: 2:47.84 42.93			
20.	Jessica Pinto Pinho	98	Estarreja	2:48.11	+0,74	363	5
	50m: 39.72 39.72	100m: 1:21.74 42.02	150m: 2:05.63 43.89	200m: 2:48.11 42.48			
21.	Patricia Simoes Jorge	97	Salvaterra de Magos	2:50.73	+0,76	347	4
	50m: 40.64 40.64	100m: 1:24.07 43.43	150m: 2:08.12 44.05	200m: 2:50.73 42.61			
22.	Margarida Maria Pereira	99	Litoral Alentejano	2:52.79	+0,78	335	3
	50m: 40.69 40.69	100m: 1:25.03 44.34	150m: 2:10.67 45.64	200m: 2:52.79 42.12			
23.	Ines Carolina Soares	98	Associacao CADES	2:55.61	+0,72	319	2
	50m: 41.09 41.09	100m: 1:25.94 44.85	150m: 2:11.83 45.89	200m: 2:55.61 43.78			
24.	Mariana Amaro Sousa	99	Desportiva Limiana	3:02.38	+0,80	285	1
	50m: 41.85 41.85	100m: 1:27.79 45.94	150m: 2:15.35 47.56	200m: 3:02.38 47.03			

Prova 9

Masc., 400m Livres

Absoluto

15-12-2012 - 10:40

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.	Andre Filipe Teodoro	95	Naval Setubalense	4:10.00	+0,81	616	25
	50m: 27.48 27.48	150m: 1:29.49 31.57	250m: 2:33.28 31.83	350m: 3:38.06 32.42			
	100m: 57.92 30.44	200m: 2:01.45 31.96	300m: 3:05.64 32.36	400m: 4:10.00 31.94			
2.	Joao Luis Serrano	91	Cartaxo	4:13.93	+0,82	588	23
	50m: 28.01 28.01	150m: 1:30.65 31.74	250m: 2:35.22 32.47	350m: 3:40.92 32.98			
	100m: 58.91 30.90	200m: 2:02.75 32.10	300m: 3:07.94 32.72	400m: 4:13.93 33.01			
3.	Guilherme Filipe Pina	98	Benedita	4:20.05	+0,75	547	22
	50m: 29.47 29.47	150m: 1:35.29 33.03	250m: 2:41.73 32.83	350m: 3:47.81 32.94			
	100m: 1:02.26 32.79	200m: 2:08.90 33.61	300m: 3:14.87 33.14	400m: 4:20.05 32.24			
4.	Joao Miguel Lopes	96	Electrico	4:21.78	+0,74	536	21
	50m: 29.57 29.57	150m: 1:35.82 33.53	250m: 2:42.91 33.26	350m: 3:49.43 33.43			
	100m: 1:02.29 32.72	200m: 2:09.65 33.83	300m: 3:16.00 33.09	400m: 4:21.78 32.35			
5.	Humberto Fernandes Felgueira	98	Natacao de Valongo	4:23.79	+0,82	524	20
	50m: 30.07 30.07	150m: 1:36.51 33.62	250m: 2:43.69 33.11	350m: 3:51.54 34.04			
	100m: 1:02.89 32.82	200m: 2:10.58 34.07	300m: 3:17.50 33.81	400m: 4:23.79 32.25			



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Prova 9, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Jose Ricardo Sousa	97	Lousada SXXI	4:24.16	+0,87	522	19
	50m: 29.34 29.34	150m: 1:35.48 33.49	250m: 2:43.23 34.05	350m: 3:51.79 34.25			
	100m: 1:01.99 32.65	200m: 2:09.18 33.70	300m: 3:17.54 34.31	400m: 4:24.16 32.37			
7.	Jose Carlos Freitas	63	Fluvial Portuense	4:24.57	+0,79	520	18
	50m: 30.49 30.49	150m: 1:36.49 33.13	250m: 2:44.51 34.04	350m: 3:52.36 33.84			
	100m: 1:03.36 32.87	200m: 2:10.47 33.98	300m: 3:18.52 34.01	400m: 4:24.57 32.21			
8.	Rui Ferreira Poeira	95	Terceira Auto Clube	4:25.32	+0,71	515	17
	50m: 29.88 29.88	150m: 1:36.30 33.50	250m: 2:43.97 33.34	350m: 3:52.15 34.15			
	100m: 1:02.80 32.92	200m: 2:10.63 34.33	300m: 3:18.00 34.03	400m: 4:25.32 33.17			
9.	Luis Filipe Fonseca	97	Estremoz/Estremozcarnes	4:27.14	+0,86	505	16
	50m: 29.65 29.65	150m: 1:34.97 32.93	250m: 2:43.15 34.08	350m: 3:53.33 35.49			
	100m: 1:02.04 32.39	200m: 2:09.07 34.10	300m: 3:17.84 34.69	400m: 4:27.14 33.81			
10.	Gino Santos Caetano	94	Sporting de Aveiro	4:27.93	+0,95	500	15
	50m: 31.14 31.14	150m: 1:37.56 33.54	250m: 2:45.26 34.16	350m: 3:55.02 35.38			
	100m: 1:04.02 32.88	200m: 2:11.10 33.54	300m: 3:19.64 34.38	400m: 4:27.93 32.91			
11.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	4:28.05	+0,73	500	14
	50m: 29.96 29.96	150m: 1:36.75 33.77	250m: 2:45.41 34.23	350m: 3:54.86 34.86			
	100m: 1:02.98 33.02	200m: 2:11.18 34.43	300m: 3:20.00 34.59	400m: 4:28.05 33.19			
12.	Joao Manuel Ferreira	92	CLAC-Entroncamento	4:30.51	+0,95	486	13
	50m: 30.43 30.43	150m: 1:38.50 34.66	250m: 2:47.82 34.64	350m: 3:56.43 34.30			
	100m: 1:03.84 33.41	200m: 2:13.18 34.68	300m: 3:22.13 34.31	400m: 4:30.51 34.08			
13.	Ion Caus	96	Portinado	4:30.93	+0,69	484	12
	50m: 29.20 29.20	150m: 1:35.09 33.66	250m: 2:44.95 35.35	350m: 3:56.26 35.95			
	100m: 1:01.43 32.23	200m: 2:09.60 34.51	300m: 3:20.31 35.36	400m: 4:30.93 34.67			
14.	Luis Filipe Soares	98	Colegio SMLamas	4:31.10	+0,93	483	11
	50m: 30.79 30.79	150m: 1:39.09 34.68	250m: 2:48.50 34.50	350m: 3:58.32 34.23			
	100m: 1:04.41 33.62	200m: 2:14.00 34.91	300m: 3:24.09 35.59	400m: 4:31.10 32.78			
15.	Jose Miguel Hilario	97	Beja	4:31.36	+0,83	482	10
	50m: 28.99 28.99	150m: 1:35.15 33.32	250m: 2:45.42 35.42	350m: 3:57.31 36.02			
	100m: 1:01.83 32.84	200m: 2:10.00 34.85	300m: 3:21.29 35.87	400m: 4:31.36 34.05			
16.	Carlos Daniel Ramos	96	Estarreja	4:34.36	+0,79	466	9
	50m: 30.16 30.16	150m: 1:38.37 34.73	250m: 2:48.20 34.81	350m: 3:59.82 35.92			
	100m: 1:03.64 33.48	200m: 2:13.39 35.02	300m: 3:23.90 35.70	400m: 4:34.36 34.54			
17.	Nuno Ricardo Nogueira	94	Nucleo Sportinguista Golega	4:35.14	+0,83	462	8
	50m: 31.06 31.06	150m: 1:39.49 34.47	250m: 2:50.07 35.09	350m: 4:00.85 35.53			
	100m: 1:05.02 33.96	200m: 2:14.98 35.49	300m: 3:25.32 35.25	400m: 4:35.14 34.29			
18.	Daniel Filipe Paiva	98	Miranda do Corvo	4:35.56	+0,96	460	7
	50m: 31.89 31.89	150m: 1:41.13 35.06	250m: 2:51.28 35.16	350m: 4:01.75 35.11			
	100m: 1:06.07 34.18	200m: 2:16.12 34.99	300m: 3:26.64 35.36	400m: 4:35.56 33.81			
19.	Afonso Filipe Gaspar	97	Nautico de Abrantes	4:35.74	+1,04	459	6
	50m: 30.29 30.29	150m: 1:38.65 34.68	250m: 2:49.85 35.68	350m: 4:01.68 35.89			
	100m: 1:03.97 33.68	200m: 2:14.17 35.52	300m: 3:25.79 35.94	400m: 4:35.74 34.06			
20.	Mario Jorge Nunes	92	Natacao do Tejo	4:43.22	+0,77	423	5
	50m: 30.99 30.99	150m: 1:39.03 34.48	250m: 2:50.47 36.07	350m: 4:04.84 38.06			
	100m: 1:04.55 33.56	200m: 2:14.40 35.37	300m: 3:26.78 36.31	400m: 4:43.22 38.38			



Campeonato Nacional Clubes 4ª Divisão
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Prova 9, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Guilherme Lemos Lima	96	Desportiva Limiana	4:52.47	+0,90	385	4
	50m: 30.23 30.23	150m: 1:40.55 36.19	250m: 2:56.49 38.46	350m: 4:14.81 39.48			
	100m: 1:04.36 34.13	200m: 2:18.03 37.48	300m: 3:35.33 38.84	400m: 4:52.47 37.66			
22.	Andre Filipe Bucho	96	Elvense	5:01.79	+0,82	350	3
	50m: 32.35 32.35	150m: 1:45.23 37.55	250m: 3:02.90 39.21	350m: 4:21.89 39.91			
	100m: 1:07.68 35.33	200m: 2:23.69 38.46	300m: 3:41.98 39.08	400m: 5:01.79 39.90			
23.	Nuno Filipe Lima	94	Gafanha da Encarnacao	5:09.30	+0,78	325	2
	50m: 32.20 32.20	150m: 1:47.50 38.92	250m: 3:06.62 40.47	350m: 4:28.76 41.32			
	100m: 1:08.58 36.38	200m: 2:26.15 38.65	300m: 3:47.44 40.82	400m: 5:09.30 40.54			
24.	Jose Carlos Burecas	00	BUZIOS-Coruche	5:26.19	+0,94	277	1
	50m: 34.36 34.36	150m: 1:56.33 42.08	250m: 3:22.25 43.32	350m: 4:48.01 42.53			
	100m: 1:14.25 39.89	200m: 2:38.93 42.60	300m: 4:05.48 43.23	400m: 5:26.19 38.18			

Prova 10
15-12-2012 - 10:55

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.	Ariana Alves Nunes	95	Portinado	2:26.07	+0,82	620	25
	50m: 31.58 31.58	100m: 1:09.85 38.27	150m: 1:51.05 41.20	200m: 2:26.07 35.02			
2.	Rosa Maria Oliveira	96	Estarreja	2:31.24	+0,86	559	23
	50m: 32.57 32.57	100m: 1:14.48 41.91	150m: 1:56.60 42.12	200m: 2:31.24 34.64			
3.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	2:33.06	+0,72	539	22
	50m: 32.50 32.50	100m: 1:13.15 40.65	150m: 1:57.97 44.82	200m: 2:33.06 35.09			
4.	Beatriz Neves Cardoso	98	Colegio SMLamas	2:34.82	+0,87	521	21
	50m: 32.06 32.06	100m: 1:11.70 39.64	150m: 1:57.67 45.97	200m: 2:34.82 37.15			
5.	Maria Madalena Silva	98	Nautico de Abrantes	2:35.56	+0,83	513	20
	50m: 33.84 33.84	100m: 1:13.62 39.78	150m: 1:58.55 44.93	200m: 2:35.56 37.01			
6.	Ines Evangelista Bastos	98	Fafe	2:36.38	+1,00	505	19
	50m: 36.82 36.82	100m: 1:15.63 38.81	150m: 1:58.95 43.32	200m: 2:36.38 37.43			
7.	Catarina Brito Ferreira	97	Naval Setubalense	2:36.50	+0,84	504	18
	50m: 32.70 32.70	100m: 1:09.25 36.55	150m: 2:00.41 51.16	200m: 2:36.50 36.09			
8.	Mariana Domingues Paz	98	Miranda do Corvo	2:37.26	+0,83	497	17
	50m: 35.44 35.44	100m: 1:17.73 42.29	150m: 2:00.66 42.93	200m: 2:37.26 36.60			
9.	Rita Maria Ferreira	98	Sporting de Aveiro	2:37.38	+0,86	496	16
	50m: 34.80 34.80	100m: 1:14.31 39.51	150m: 2:00.43 46.12	200m: 2:37.38 36.95			



Campeonato Nacional Clubes 4ª Divisão
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Prova 10, Femin., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ana Sofia Filipe	95	Nacional de Natacao	2:39.27	+0,98	478	15
	50m: 35.38 35.38	100m: 1:16.28 40.90	150m: 2:02.37 46.09	200m: 2:39.27 36.90			
11.	Maria Clara Marques	94	Litoral Alentejano	2:39.59	+0,87	475	14
	50m: 34.27 34.27	100m: 1:16.47 42.20	150m: 2:02.80 46.33	200m: 2:39.59 36.79			
12.	Barbara Rodrigues Pereira	98	Natacao do Montijo	2:40.15	+0,79	470	13
	50m: 33.64 33.64	100m: 1:14.52 40.88	150m: 2:02.28 47.76	200m: 2:40.15 37.87			
13.	Viviana Sofia Pinto	98	Desportiva Limiana	2:40.55	+0,83	467	12
	50m: 34.12 34.12	100m: 1:15.42 41.30	150m: 2:03.52 48.10	200m: 2:40.55 37.03			
14.	Soraya Dea Matias	95	Torres Novas	2:42.19	+0,78	453	11
	50m: 32.36 32.36	100m: 1:14.37 42.01	150m: 2:02.67 48.30	200m: 2:42.19 39.52			
15.	Ana Rita Ferreira	92	Nucleo Sportinguista Golega	2:42.74	+0,89	448	10
	50m: 35.95 35.95	100m: 1:17.75 41.80	150m: 2:06.62 48.87	200m: 2:42.74 36.12			
16.	Ines Margarida Ribeiro	97	Alges e Agueda	2:43.08	+0,96	446	9
	50m: 34.49 34.49	100m: 1:17.11 42.62	150m: 2:07.04 49.93	200m: 2:43.08 36.04			
17.	Cristiana Ferreira Santos	97	Natacao de Valongo	2:43.78	+0,86	440	8
	50m: 34.67 34.67	100m: 1:16.67 42.00	150m: 2:05.63 48.96	200m: 2:43.78 38.15			
18.	Ana Catarina Travessa	96	Salvaterra de Magos	2:44.23	+0,92	436	7
	50m: 35.33 35.33	100m: 1:18.11 42.78	150m: 2:05.99 47.88	200m: 2:44.23 38.24			
19.	Ana Rita Jesus	95	Associacao CADES	2:44.30	+0,94	436	6
	50m: 36.15 36.15	100m: 1:20.17 44.02	150m: 2:10.82 50.65	200m: 2:44.30 33.48			
20.	Mariana Manhita Correia	98	Tavira Natacao	2:44.71	+0,86	432	5
	50m: 36.29 36.29	100m: 1:20.44 44.15	150m: 2:06.03 45.59	200m: 2:44.71 38.68			
21.	Catia Sofia Paio	96	Electrico	2:45.28	+0,72	428	4
	50m: 34.20 34.20	100m: 1:17.35 43.15	150m: 2:06.55 49.20	200m: 2:45.28 38.73			
22.	Margarida Pamplona Evangelh	99	Nucleo Sportinguista Terceira	2:45.65	+0,89	425	3
	50m: 36.27 36.27	100m: 1:19.86 43.59	150m: 2:06.93 47.07	200m: 2:45.65 38.72			
23.	Cristiana Andreia Lima	95	Nucleo de Pombal	2:47.15	+0,96	414	2
	50m: 35.53 35.53	100m: 1:17.91 42.38	150m: 2:08.74 50.83	200m: 2:47.15 38.41			
24.	Diana Romao Fialho	99	Terceira Auto Clube	2:51.46	+0,85	383	1
	50m: 39.07 39.07	100m: 1:22.67 43.60	150m: 2:11.76 49.09	200m: 2:51.46 39.70			



Campeonato Nacional Clubes 4ª Divisão
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Prova 11 Masc., 4 x 100m Livres Absoluto
15-12-2012 - 11:10 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.	Naval Setubalense	Naval Setubalense	3:34.89	+0,70	620	25
	Joao Pedro Teodoro	+0,70 24.93 51.88 Miguel Gomes Pereira	+0,26 25.90	54.11		
	Joao Pedro Neto	+0,57 26.03 54.90 Andre Filipe Teodoro	+0,46 25.83	54.00		
2.	Portinado	Portinado	3:37.04	+0,70	602	23
	Miguel Duarte Nascimento	+0,70 23.50 49.08 Miguel Galeao Lopes	+0,37 25.00	53.00		
	Ion Caus	+0,47 27.31 58.41 Ihor Sadovskyy	+0,50 26.51	56.55		
3.	Natacao de Valongo	Natacao de Valongo	3:40.63	+0,85	573	22
	Nelson Filipe Martinho	+0,85 25.44 52.42 Humberto Fernandes Felgueiras	+0,39 26.92	56.66		
	Hugo Moreira Martins	+0,30 26.59 55.86 Bruno Miguel Cavadas	+0,67 26.14	55.69		
4.	Nautico de Abrantes	Nautico de Abrantes	3:44.40	+0,72	545	21
	Andre Filipe Mendes	+0,72 25.37 53.59 Ruben Miguel Matos	+0,52 26.85	56.64		
	Joao Mauricio Gaspar	+0,49 28.10 57.62 Joao Pedro Machado	+0,33 26.83	56.55		
5.	Fluvial Portuense	Fluvial Portuense	3:45.46	+0,72	537	20
	Julio Dinis Goncalves	+0,72 26.96 55.41 Jose Carlos Freitas	+0,46 28.75	58.07		
	Bernardo Manuel Valente	+0,54 27.55 58.41 Stefan Birger Holm	+0,39 25.16	53.57		
6.	Benedita	Benedita	3:47.54	+0,76	522	19
	Leonardo Peralta Reis	+0,76 27.16 56.60 Luis Antonio Tarquinio	+0,38 27.03	56.58		
	Joao Pedro Tarquinio	+0,52 27.06 57.02 Guilherme Filipe Pina	+0,77 27.06	57.34		
7.	Colegio SMLamas	Colegio SMLamas	3:47.59	+0,77	522	18
	Simao Miguel Capitaio	+0,77 26.96 56.23 Luis Filipe Soares	+0,31 27.31	58.17		
	Artur Sousa Ferreira	+0,48 27.49 58.62 Joao Paulo Capitaio	+0,36 25.72	54.57		
8.	Estremoz/Estremozcarnes	Estremoz/Estremozcarnes	3:48.65	+0,78	515	17
	Hugo Ricardo Gambutas	+0,78 27.63 56.43 Luis Filipe Fonseca	+0,43 27.99	57.80		
	Miguel Filipe Arvana	+0,42 27.82 58.07 Jaime Filipe Vieira	+0,45 26.70	56.35		
9.	Sporting de Aveiro	Sporting de Aveiro	3:49.13	+0,84	511	16
	Joao Goncalo Coelho	+0,84 26.33 55.07 Rui Miguel Aires	+0,51 26.21	56.74		
	Francisco Sousa Rocha	+0,38 28.14 59.26 Gino Santos Caetano	+0,48 27.90	58.06		
10.	Estarreja	Estarreja	3:49.27	+0,75	511	15
	Joao Pedro Santos	+0,75 25.61 54.39 Joao David Sousa	+0,47 28.23	1:00.70		
	Carlos Daniel Ramos	+0,65 28.68 59.73 Vitor Hugo Mano	+0,57 26.28	54.45		
11.	Gafanha da Encarnacao	Gafanha da Encarnacao	3:49.40	+0,62	510	14
	Claudio Miguel Gomes	+0,62 25.87 53.85 Nuno Filipe Lima	+0,65 30.15	1:03.58		
	Bruno Santos Pereira	+0,58 27.60 58.02 Joao Martins Santos	+0,33 25.85	53.95		
12.	Cartaxo	Cartaxo	3:50.44	+0,72	503	13
	Vladyslav Stasyuk	+0,72 27.18 56.38 Fernando Miguel Rodrigues	+0,59 28.73	1:00.10		
	Pedro Miguel Henriques	+0,34 27.04 57.84 Joao Luis Serrano	+0,55 26.61	56.12		
13.	Electrico	Electrico	3:50.79	+0,76	500	12
	Dmytryi Eugeniyovich Martynen	+0,76 27.05 56.62 Joao Miguel Lopes	+0,64 27.46	57.11		
	Joao Miguel Salgueiro	+0,59 28.42 1:00.37 Ricardo Goncalves Moura	+0,43 26.52	56.69		



Campeonato Nacional Clubes 4ª Divisão
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Prova 11, Masc., 4 x 100m Livres, Absoluto

Lugar		Clube		Tempo Final	TReac	Pts FINA		Pts
14.	CLAC-Entroncamento	CLAC-Entroncamento		3:51.27	+0,77	497		11
	Alexandre Emanuel Pereira	+0,77	27.49	59.16	Miguel Martins Barroqueiro	+0,50	27.55	57.45
	Tiago Andre Gouveia	+0,34	26.58	58.02	Joao Manuel Ferreira	+0,63	26.73	56.64
15.	Beja	Beja		3:51.75	+0,75	494		10
	Jose Luis Morais	+0,75	27.04	57.81	Diogo Filipe Lampreia	+0,34	28.45	59.69
	Antonio Carlos Costa	+0,60	26.58	56.03	Jose Miguel Hilario	+0,56	27.68	58.22
16.	Nucleo Sportinguista Terceira	Nucleo Sportinguista Terceira		3:51.99	+0,76	493		9
	Frederico Alexandre Freitas	+0,76	27.81	58.87	Cesar Henrique Silva	+0,28	27.68	58.43
	Andre da Costa Coelho	+0,41	27.72	58.37	Jose Tiago Moreira	+0,57	26.86	56.32
17.	Natacao do Tejo	Natacao do Tejo		3:55.87	+0,80	469		8
	Hugo Miguel Nunes	+0,80	27.16	56.51	Mario Jorge Nunes	+0,46	29.24	1:01.01
	Nuno Miguel Afonso	+0,36	28.51	1:02.68	Pedro Nuno Prazeres	+0,41	26.71	55.67
18.	Nucleo Sportinguista Golega	Nucleo Sportinguista Golega		3:56.66	+0,87	464		7
	Frederico Sucena Riachos	+0,87	26.77	55.53	Nuno Ricardo Nogueira	+0,49	29.02	1:00.83
	Joao Goncalo Nogueira	+0,46	27.55	58.52	Rafael Barata Domingos	+0,39	30.10	1:01.78
19.	Desportiva Limiana	Desportiva Limiana		3:59.02	+0,83	451		6
	Joao Luis Pereira	+0,83	28.72	1:00.50	Matheus Pereira Goncalves	+0,53	27.90	58.17
	Daniel Lago Pinto	+0,38	28.48	1:00.29	Guilherme Lemos Lima	+0,50	28.21	1:00.06
20.	Elvense	Elvense		4:00.25	+0,87	444		5
	Luis Velhinho Ventura	+0,87	27.30	57.00	Joao Pedro Madeira	+0,42	27.91	59.84
	Luis Maria Carvalho	+0,36	29.26	1:03.33	Henrique Silva Renga	+0,29	27.71	1:00.08
21.	Terceira Auto Clube	Terceira Auto Clube		4:00.46	+0,72	442		4
	Luis Miguel Verissimo	+0,72	29.63	1:03.40	Francisco Quadros Cascalho	+0,28	29.27	1:02.63
	Manuel Jose Lucas	+0,52	28.31	59.36	Rui Ferreira Poeira	+0,42	26.38	55.07
22.	Miranda do Corvo	Miranda do Corvo		4:03.02	+0,81	429		3
	Joao Pedro Valerio	+0,81	28.15	59.18	Rui Jorge Dias	+0,34	27.75	59.23
	Ruben Jordao Fernandes	+0,14	31.01	1:04.67	Daniel Filipe Paiva	+0,37	28.94	59.94
23.	BUZIOS-Coruche	BUZIOS-Coruche		4:06.42	+0,75	411		2
	Diogo Miguel Balsa	+0,75	26.16	54.97	Hugo Fraga Alambre	+0,38	28.50	1:00.95
	Jose Carlos Burecas	+0,86	33.21	1:10.20	Artur Rafael Saramago	+0,37	28.68	1:00.30
24.	Lousada SXXI	Lousada SXXI		4:11.92	+0,81	385		1
	Jorge Rogerio Morais	+0,81	28.94	1:00.23	Carlos Andre Bessa	+0,39	29.88	1:03.51
	Eduardo Abel Duarte	+0,54	29.22	1:01.69	Joao Pedro Santos	+0,39	30.65	1:06.49



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 12
15-12-2012 - 11:25

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.	Portinado		Portinado		4:36.57	+0,66	560		25
	Maria Morgado Franco	+0,66	34.02	1:11.41	Maria Rasetar	+0,11	31.17	1:10.12	
	Ariana Alves Nunes	+0,41	34.25	1:13.35	Beatriz Alves Silva	+0,25	28.80	1:01.69	
2.	Nautico de Abrantes		Nautico de Abrantes		4:43.93	+0,86	517		23
	Ana Margarida Salgueiro	+0,86	36.03	1:15.56	Mariana Veloso Vitoria	+0,24	29.48	1:04.69	
	Rute Isabel Leonardo	+0,25	36.75	1:19.28	Maria Madalena Silva	+0,43	30.74	1:04.40	
3.	CLAC-Entroncamento		CLAC-Entroncamento		4:47.57	+0,62	498		22
	Marta Filipa Vinagre	+0,62	33.12	1:08.79	Carolina Henriques Gavancho	+0,58	34.86	1:17.33	
	Catarina Vilhena Gregorio	+0,37	36.87	1:19.28	Sarah Dias	+0,40	29.31	1:02.17	
4.	Naval Setubalense		Naval Setubalense		4:52.34	+0,77	474		21
	Catarina Brito Ferreira	+0,77	33.86	1:09.63	Margarida Correia Oliveira	+0,66	34.41	1:15.46	
	Mariana Ramalinho Mascarenh	+0,62	39.28	1:24.85	Maria Mar Costa	+0,25	29.21	1:02.40	
5.	Alges e Agueda		Alges e Agueda		4:53.13	+0,70	470		20
	Filipa Santos Castro	+0,70	35.68	1:13.50	Ines Margarida Ribeiro	+0,39	32.95	1:10.08	
	Ana Rita Nunes	+0,30	39.61	1:25.50	Carlota Ramos Telhado	+0,48	30.68	1:04.05	
6.	Natacao de Valongo		Natacao de Valongo		4:53.66	+0,70	467		19
	Mariana Oliveira Vale	+0,70	35.01	1:12.22	Daniela Domingues Sousa	+0,53	33.76	1:13.44	
	Catia Marisa Silva	+0,27	37.27	1:20.85	Cristiana Ferreira Santos	+0,63	32.06	1:07.15	
7.	Colegio SMLamas		Colegio SMLamas		4:54.16	+0,78	465		18
	Rita Lima Pereira	+0,78	37.51	1:19.51	Catia Alexandra Batista	+0,46	31.22	1:08.50	
	Carolina Conceicao Pais	+0,71	38.71	1:23.77	Joana Gabriela Silva	+0,51	29.97	1:02.38	
8.	Nacional de Natacao		Nacional de Natacao		4:54.46	+0,73	464		17
	Ines Almeida Gomes	+0,73	34.36	1:11.67	Patricia Branco Panta	+0,44	35.05	1:17.70	
	Dalia Sofia Curto	+0,45	37.19	1:20.56	Francisca Ferreira Fonseca	+0,30	30.57	1:04.53	
9.	Miranda do Corvo		Miranda do Corvo		4:55.78	+0,67	457		16
	Maria Dias Neves	+0,67	35.14	1:11.43	Bianca Filipa Silva	+0,33	36.31	1:17.37	
	Mariana Domingues Paz		37.68	1:19.48	Tatiana Cruz Costa	+0,50	32.81	1:07.50	
10.	Tavira Natacao		Tavira Natacao		4:56.01	+0,70	456		15
	Beatriz Sousa Grou	+0,70	32.70	1:07.52	Ines Rosa Farinha	+0,29	35.57	1:18.91	
	Mariana Manhita Correia	+0,55	38.11	1:22.70	Beatriz Mendes Viegas	+0,47	30.97	1:06.88	
11.	Estarreja		Estarreja		4:57.31	+0,68	450		14
	Jessica Pinto Pinho	+0,68	37.99	1:18.70	Rosa Maria Oliveira	+0,03	31.88	1:11.12	
	Vanessa Rodrigues Valente	+0,50	38.50	1:22.21	Catia Sofia Silva	+0,41	30.65	1:05.28	
12.	Fafe		Fafe		4:57.55	+0,68	449		13
	Ana Beatriz Meireles	+0,68	33.62	1:11.27	Ana Sofia Ramos	+0,31	33.57	1:13.76	
	Ines Evangelista Bastos	+0,63	37.16	1:19.44	Natalia Matos Cunha	+0,52	34.70	1:13.08	
13.	Sporting de Aveiro		Sporting de Aveiro		4:59.67	+0,75	440		12
	Marta Silva Felix	+0,75	36.77	1:15.11	Beatriz Gomes Soares		35.11	1:14.34	
	Ana Raquel Albuquerque	+0,70	40.91	1:24.94	Renata Castro Goncalves		31.29	1:05.28	



Campeonato Nacional Clubes 4ª Divisão
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Prova 12, Femin., 4 x 100m Estilos, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts
14.	Litoral Alentejano		Litoral Alentejano		5:00.07	+0,65	438		11
	Maria Clara Marques	+0,65	35.56	1:13.66	Ines Isabel Margarido	+0,50	32.94	1:14.03	
	Debora Goncalves Patrocinio	+0,48	37.51	1:21.35	Margarida Maria Pereira	+0,49	33.42	1:11.03	
15.	Torres Novas		Torres Novas		5:00.85	+0,69	435		10
	Carolina Leal Serra	+0,69	37.64	1:18.52	Mariana Anastacio Cruz	+0,60	34.35	1:15.30	
	Soraya Dea Matias	+0,37	37.64	1:21.12	Lara Alexandra Delgado	+0,52	31.77	1:05.91	
16.	Natacao do Montijo		Natacao do Montijo		5:02.83	+0,60	426		9
	Sofia Dias Alves	+0,60	36.02	1:15.07	Barbara Rodrigues Pereira	+0,38	34.40	1:14.24	
	Ana Rita Agostinho	+0,70	42.49	1:31.10	Mafalda Jesus Pereira		29.68	1:02.42	
17.	Nucleo de Pombal		Nucleo de Pombal		5:03.74	+0,95	422		8
	Carolina Santana Goncalves	+0,95	37.92	1:18.10	Cristiana Andreia Lima	+0,51	35.22	1:17.95	
	Beatriz Gameiro Matias	+0,27	38.04	1:21.37	Isabel Catarino Cravo	+0,58	31.41	1:06.32	
18.	Nucleo Sportinguista Terceira		Nucleo Sportinguista Terceira		5:05.93	+0,75	413		7
	Adriana Toste Ferrao	+0,75	36.64	1:16.47	Mariana Luis Saraiva	+0,55	34.13	1:14.58	
	Margarida Pamplona Evangelho	+0,77	40.02	1:25.93	Daniela Brasil Toledo	+0,50	31.84	1:08.95	
19.	Electrico		Electrico		5:09.60	+0,73	399		6
	Celia Silva Margarido	+0,73	37.70	1:18.08	Catia Sofia Paio	+0,61	35.15	1:17.61	
	Rita Margarida Fernandes	+0,55	40.11	1:26.29	Margarida Isabel Salgueiro	+0,47	31.13	1:07.62	
20.	Associacao CADES		Associacao CADES		5:12.09	+0,73	389		5
	Ines Carolina Soares	+0,73	39.09	1:20.92	Ana Rita Jesus	+0,83	35.77	1:15.86	
	Luisa Filipa Maia	+0,61	39.44	1:24.99	Daniela Filipa Mira	+0,66	33.65	1:10.32	
21.	Desportiva Limiana		Desportiva Limiana		5:14.91	+0,87	379		4
	Catarina Maria Ferreira	+0,87	35.46	1:12.43	Viviana Sofia Pinto	+0,55	35.08	1:15.35	
	Ana Maria Sousa	+0,67	45.19	1:36.77	Ariana Barros Amorim	+0,30	33.23	1:10.36	
22.	Terceira Auto Clube		Terceira Auto Clube		5:18.30	+0,94	367		3
	Maria Ornelas Armas	+0,94	39.19	1:18.96	Mara Brasil Godinho	+0,61	37.59	1:25.12	
	Beatriz Martins Avila	+0,62	39.58	1:23.70	Diana Romao Fialho	+0,64	33.90	1:10.52	
23.	Salvaterra de Magos		Salvaterra de Magos		5:18.78	+0,70	365		2
	Patricia Simoes Jorge	+0,70	38.58	1:19.38	Ana Catarina Travessa	+0,30	34.27	1:16.39	
	Mariana David Caeiro	+0,51	43.41	1:33.22	Ana Pereira Luis	+0,62	33.14	1:09.79	
24.	Nucleo Sportinguista Golega		Nucleo Sportinguista Golega		5:18.90	+0,67	365		1
	Ana Filipa Sousa	+0,67	35.23	1:12.99	Vanessa Carolina Valente	+0,54	37.82	1:27.27	
	Ana Carolina Alarico	+0,57	42.77	1:32.27	Ana Rita Ferreira	+0,41	31.71	1:06.37	



Campeonato Nacional Clubes 4ª Divisão
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Prova 13
15-12-2012 - 11:40

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.	Maria Dias Neves	99	Miranda do Corvo	9:46.76	+0,87	563	25
	50m: 32.94 32.94	250m: 2:59.56 37.36	450m: 5:28.79 37.29	650m: 7:58.15 37.25			
	100m: 1:08.58 35.64	300m: 3:36.74 37.18	500m: 6:06.24 37.45	700m: 8:35.49 37.34			
	150m: 1:45.20 36.62	350m: 4:14.30 37.56	550m: 6:43.54 37.30	750m: 9:12.31 36.82			
	200m: 2:22.20 37.00	400m: 4:51.50 37.20	600m: 7:20.90 37.36	800m: 9:46.76 34.45			
2.	Beatriz Neves Cardoso	98	Colegio SMLamas	9:49.87	+0,91	554	23
	50m: 32.44 32.44	250m: 2:57.10 36.57	450m: 5:25.58 37.03	650m: 7:56.74 37.63			
	100m: 1:07.94 35.50	300m: 3:34.02 36.92	500m: 6:03.34 37.76	700m: 8:35.17 38.43			
	150m: 1:44.24 36.30	350m: 4:11.16 37.14	550m: 6:41.22 37.88	750m: 9:12.88 37.71			
	200m: 2:20.53 36.29	400m: 4:48.55 37.39	600m: 7:19.11 37.89	800m: 9:49.87 36.99			
3.	Barbara Sofia Lopes	98	Estarreja	9:57.72	+0,89	532	22
	50m: 33.56 33.56	250m: 3:02.09 38.01	450m: 5:34.62 38.39	650m: 8:07.59 38.48			
	100m: 1:09.94 36.38	300m: 3:39.85 37.76	500m: 6:12.46 37.84	700m: 8:45.79 38.20			
	150m: 1:46.87 36.93	350m: 4:17.95 38.10	550m: 6:50.97 38.51	750m: 9:22.98 37.19			
	200m: 2:24.08 37.21	400m: 4:56.23 38.28	600m: 7:29.11 38.14	800m: 9:57.72 34.74			
4.	Ana Sofia Ramos	97	Fafe	10:00.01	+0,96	526	21
	50m: 33.70 33.70	250m: 3:02.04 37.68	450m: 5:33.96 38.03	650m: 8:06.75 38.24			
	100m: 1:09.94 36.24	300m: 3:40.01 37.97	500m: 6:12.08 38.12	700m: 8:45.05 38.30			
	150m: 1:46.88 36.94	350m: 4:17.84 37.83	550m: 6:50.25 38.17	750m: 9:23.40 38.35			
	200m: 2:24.36 37.48	400m: 4:55.93 38.09	600m: 7:28.51 38.26	800m: 10:00.01 36.61			
5.	Maria Ornelas Armas	98	Terceira Auto Clube	10:07.16	+1,05	508	20
	50m: 33.96 33.96	250m: 3:03.53 37.97	450m: 5:36.01 38.53	650m: 8:11.26 39.18			
	100m: 1:10.55 36.59	300m: 3:41.33 37.80	500m: 6:14.47 38.46	700m: 8:50.21 38.95			
	150m: 1:47.82 37.27	350m: 4:19.47 38.14	550m: 6:52.99 38.52	750m: 9:29.18 38.97			
	200m: 2:25.56 37.74	400m: 4:57.48 38.01	600m: 7:32.08 39.09	800m: 10:07.16 37.98			
6.	Mafalda Cristina Pita	97	Electrico	10:07.32	+0,94	507	19
	50m: 33.94 33.94	250m: 3:08.78 38.97	450m: 5:42.88 38.07	650m: 8:15.40 37.69			
	100m: 1:11.79 37.85	300m: 3:47.63 38.85	500m: 6:21.05 38.17	700m: 8:54.03 38.63			
	150m: 1:50.86 39.07	350m: 4:26.35 38.72	550m: 6:59.16 38.11	750m: 9:31.26 37.23			
	200m: 2:29.81 38.95	400m: 5:04.81 38.46	600m: 7:37.71 38.55	800m: 10:07.32 36.06			
7.	Debora Goncalves Patrocinio	97	Litoral Alentejano	10:10.25	+0,73	500	18
	50m: 34.48 34.48	250m: 3:05.39 37.97	450m: 5:39.28 38.72	650m: 8:15.12 39.11			
	100m: 1:11.35 36.87	300m: 3:43.46 38.07	500m: 6:18.44 39.16	700m: 8:53.71 38.59			
	150m: 1:49.23 37.88	350m: 4:21.98 38.52	550m: 6:57.23 38.79	750m: 9:32.37 38.66			
	200m: 2:27.42 38.19	400m: 5:00.56 38.58	600m: 7:36.01 38.78	800m: 10:10.25 37.88			
8.	Rita Maria Ferreira	98	Sporting de Aveiro	10:11.45	+0,91	497	17
	50m: 33.70 33.70	250m: 3:06.64 38.59	450m: 5:41.06 38.14	650m: 8:16.51 38.56			
	100m: 1:11.25 37.55	300m: 3:45.34 38.70	500m: 6:19.84 38.78	700m: 8:55.48 38.97			
	150m: 1:49.48 38.23	350m: 4:24.17 38.83	550m: 6:58.73 38.89	750m: 9:34.07 38.59			
	200m: 2:28.05 38.57	400m: 5:02.92 38.75	600m: 7:37.95 39.22	800m: 10:11.45 37.38			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 13, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Joana Margarida Sousa	97	Natacao de Valongo	10:15.31	+0,97	488	16
	50m: 33.70 33.70	250m: 3:04.52 38.28	450m: 5:40.19 39.62	650m: 8:18.81 39.40			
	100m: 1:10.52 36.82	300m: 3:42.86 38.34	500m: 6:19.18 38.99	700m: 8:58.89 40.08			
	150m: 1:48.21 37.69	350m: 4:21.51 38.65	550m: 6:59.57 40.39	750m: 9:37.85 38.96			
	200m: 2:26.24 38.03	400m: 5:00.57 39.06	600m: 7:39.41 39.84	800m: 10:15.31 37.46			
10.	Ana Margarida Salgueiro	99	Nautico de Abrantes	10:15.91	+1,01	486	15
	50m: 35.47 35.47	250m: 3:12.45 39.41	450m: 5:49.34 38.19	650m: 8:24.80 38.28			
	100m: 1:14.08 38.61	300m: 3:52.12 39.67	500m: 6:28.49 39.15	700m: 9:02.81 38.01			
	150m: 1:53.46 39.38	350m: 4:30.94 38.82	550m: 7:07.63 39.14	750m: 9:40.69 37.88			
	200m: 2:33.04 39.58	400m: 5:11.15 40.21	600m: 7:46.52 38.89	800m: 10:15.91 35.22			
11.	Ana Sofia Filipe	95	Nacional de Natacao	10:19.77	+1,00	477	14
	50m: 34.05 34.05	250m: 3:06.51 38.54	450m: 5:42.31 39.22	650m: 8:22.66 40.19			
	100m: 1:11.21 37.16	300m: 3:45.37 38.86	500m: 6:22.18 39.87	700m: 9:02.86 40.20			
	150m: 1:49.36 38.15	350m: 4:24.22 38.85	550m: 7:02.32 40.14	750m: 9:42.33 39.47			
	200m: 2:27.97 38.61	400m: 5:03.09 38.87	600m: 7:42.47 40.15	800m: 10:19.77 37.44			
12.	Mariana Ramalhinho Mascarenhas	97	Naval Setubalense	10:22.92	+0,94	470	13
	50m: 34.26 34.26	250m: 3:08.60 39.45	450m: 5:47.60 39.57	650m: 8:26.05 39.30			
	100m: 1:11.21 36.95	300m: 3:48.49 39.89	500m: 6:27.60 40.00	700m: 9:05.42 39.37			
	150m: 1:49.90 38.69	350m: 4:28.12 39.63	550m: 7:07.04 39.44	750m: 9:44.56 39.14			
	200m: 2:29.15 39.25	400m: 5:08.03 39.91	600m: 7:46.75 39.71	800m: 10:22.92 38.36			
13.	Ana Filipa Sousa	96	Nucleo Sportinguista Golega	10:24.45	+1,12	467	12
	50m: 33.09 33.09	250m: 3:05.58 38.94	450m: 5:45.12 40.21	650m: 8:25.59 40.11			
	100m: 1:09.61 36.52	300m: 3:45.31 39.73	500m: 6:25.00 39.88	700m: 9:05.70 40.11			
	150m: 1:47.67 38.06	350m: 4:25.07 39.76	550m: 7:05.20 40.20	750m: 9:45.42 39.72			
	200m: 2:26.64 38.97	400m: 5:04.91 39.84	600m: 7:45.48 40.28	800m: 10:24.45 39.03			
14.	Mariana Anastacio Cruz	96	Torres Novas	10:25.57	+0,98	464	11
	50m: 35.78 35.78	250m: 3:12.37 39.16	450m: 5:49.84 39.27	650m: 8:29.21 40.12			
	100m: 1:13.98 38.20	300m: 3:51.36 38.99	500m: 6:29.29 39.45	700m: 9:09.38 40.17			
	150m: 1:53.52 39.54	350m: 4:30.80 39.44	550m: 7:09.28 39.99	750m: 9:48.93 39.55			
	200m: 2:33.21 39.69	400m: 5:10.57 39.77	600m: 7:49.09 39.81	800m: 10:25.57 36.64			
15.	Maria Rachadell Pereira	98	Portinado	10:25.78	+0,95	464	10
	50m: 32.36 32.36	250m: 3:08.43 40.12	450m: 5:48.38 39.73	650m: 8:29.23 40.16			
	100m: 1:09.44 37.08	300m: 3:48.11 39.68	500m: 6:28.92 40.54	700m: 9:08.83 39.60			
	150m: 1:48.52 39.08	350m: 4:28.40 40.29	550m: 7:09.22 40.30	750m: 9:48.33 39.50			
	200m: 2:28.31 39.79	400m: 5:08.65 40.25	600m: 7:49.07 39.85	800m: 10:25.78 37.45			
16.	Daniela Filipa Mira	99	Associacao CADES	10:32.28	+1,07	450	9
	50m: 35.84 35.84	250m: 3:14.66 40.06	450m: 5:55.76 40.24	650m: 8:35.08 40.11			
	100m: 1:14.56 38.72	300m: 3:54.63 39.97	500m: 6:35.28 39.52	700m: 9:15.33 40.25			
	150m: 1:54.25 39.69	350m: 4:35.05 40.42	550m: 7:15.32 40.04	750m: 9:54.93 39.60			
	200m: 2:34.60 40.35	400m: 5:15.52 40.47	600m: 7:54.97 39.65	800m: 10:32.28 37.35			
17.	Beatriz Mendes Viegas	00	Tavira Natacao	10:40.69	+0,89	432	8
	50m: 36.36 36.36	250m: 3:18.42 41.30	450m: 6:01.50 40.45	650m: 8:43.75 40.51			
	100m: 1:15.76 39.40	300m: 3:59.51 41.09	500m: 6:42.09 40.59	700m: 9:23.95 40.20			
	150m: 1:56.10 40.34	350m: 4:40.80 41.29	550m: 7:23.12 41.03	750m: 10:03.39 39.44			
	200m: 2:37.12 41.02	400m: 5:21.05 40.25	600m: 8:03.24 40.12	800m: 10:40.69 37.30			
18.	Daniela Silva Barcelos	98	Nucleo Sportinguista Terceira	10:41.73	+1,00	430	7
	50m: 35.91 35.91	250m: 3:15.17 40.49	450m: 5:58.63 40.74	650m: 8:42.57 40.69			
	100m: 1:15.17 39.26	300m: 3:55.97 40.80	500m: 6:40.11 41.48	700m: 9:23.72 41.15			
	150m: 1:54.28 39.11	350m: 4:37.09 41.12	550m: 7:20.47 40.36	750m: 10:04.47 40.75			
	200m: 2:34.68 40.40	400m: 5:17.89 40.80	600m: 8:01.88 41.41	800m: 10:41.73 37.26			



Campeonato Nacional Clubes 4ª Divisão
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Prova 13, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Ema Filipa Rosario	00	Natacao do Montijo	10:43.07	+1,03	427	6
	50m: 36.78 36.78	250m: 3:19.05 41.14	450m: 6:01.68 40.99	650m: 8:44.46 40.59			
	100m: 1:16.83 40.05	300m: 3:59.93 40.88	500m: 6:42.50 40.82	700m: 9:25.32 40.86			
	150m: 1:57.24 40.41	350m: 4:40.65 40.72	550m: 7:23.05 40.55	750m: 10:05.66 40.34			
	200m: 2:37.91 40.67	400m: 5:20.69 40.04	600m: 8:03.87 40.82	800m: 10:43.07 37.41			
20.	Daniela Sofia Serra	98	CLAC-Entroncamento	10:47.28	+0,91	419	5
	50m: 35.37 35.37	250m: 3:15.47 40.36	450m: 5:59.89 41.46	650m: 8:44.34 40.87			
	100m: 1:14.61 39.24	300m: 3:56.29 40.82	500m: 6:41.28 41.39	700m: 9:25.85 41.51			
	150m: 1:54.88 40.27	350m: 4:37.42 41.13	550m: 7:22.28 41.00	750m: 10:07.59 41.74			
	200m: 2:35.11 40.23	400m: 5:18.43 41.01	600m: 8:03.47 41.19	800m: 10:47.28 39.69			
21.	Ariana Barros Amorim	95	Desportiva Limiana	10:50.69	+0,93	412	4
	50m: 35.52 35.52	250m: 3:14.75 40.36	450m: 6:00.27 41.42	650m: 8:47.74 41.50			
	100m: 1:14.59 39.07	300m: 3:55.88 41.13	500m: 6:41.99 41.72	700m: 9:29.09 41.35			
	150m: 1:54.19 39.60	350m: 4:37.17 41.29	550m: 7:24.40 42.41	750m: 10:10.60 41.51			
	200m: 2:34.39 40.20	400m: 5:18.85 41.68	600m: 8:06.24 41.84	800m: 10:50.69 40.09			
22.	Maria Luis Figueiredo	98	Alges e Agueda	10:52.63	+1,01	409	3
	50m: 35.53 35.53	250m: 3:18.29 41.53	450m: 6:03.76 40.43	650m: 8:49.63 41.50			
	100m: 1:15.57 40.04	300m: 3:59.90 41.61	500m: 6:45.05 41.29	700m: 9:30.88 41.25			
	150m: 1:55.96 40.39	350m: 4:41.83 41.93	550m: 7:26.61 41.56	750m: 10:12.21 41.33			
	200m: 2:36.76 40.80	400m: 5:23.33 41.50	600m: 8:08.13 41.52	800m: 10:52.63 40.42			
23.	Raquel Sofia Jorge	98	Salvaterra de Magos	10:57.55	+0,98	400	2
	50m: 36.02 36.02	250m: 3:17.85 41.29	450m: 6:03.96 41.50	650m: 8:51.69 42.10			
	100m: 1:15.37 39.35	300m: 3:59.21 41.36	500m: 6:45.54 41.58	700m: 9:34.25 42.56			
	150m: 1:55.73 40.36	350m: 4:40.70 41.49	550m: 7:27.51 41.97	750m: 10:16.61 42.36			
	200m: 2:36.56 40.83	400m: 5:22.46 41.76	600m: 8:09.59 42.08	800m: 10:57.55 40.94			
24.	Mariana Jorge Duarte	97	Nucleo de Pombal	11:04.58	+0,98	387	1
	50m: 37.10 37.10	250m: 3:22.24 41.75	450m: 6:09.86 41.85	650m: 8:57.85 41.89			
	100m: 1:17.84 40.74	300m: 4:04.00 41.76	500m: 6:52.12 42.26	700m: 9:40.67 42.82			
	150m: 1:58.86 41.02	350m: 4:45.88 41.88	550m: 7:33.55 41.43	750m: 10:23.17 42.50			
	200m: 2:40.49 41.63	400m: 5:28.01 42.13	600m: 8:15.96 42.41	800m: 11:04.58 41.41			

Prova 14

16-12-2012 - 9:30

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.	Mariana Veloso Vitoria	98	Nautico de Abrantes	1:05.46	+0,89	594	25
	50m: 30.22 30.22	100m: 1:05.46 35.24					
2.	Marta Filipa Vinagre	95	CLAC-Entroncamento	1:08.71	+0,73	514	23
	50m: 31.11 31.11	100m: 1:08.71 37.60					
3.	Maria Rasetar	97	Portinado	1:09.20	+0,67	503	22
	50m: 31.67 31.67	100m: 1:09.20 37.53					



Campeonato Nacional Clubes 4ª Divisão
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Prova 14, Femin., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Catia Alexandra Batista	96	Colegio SMLamas	1:09.82	+0,73	490	21
	50m: 31.88 31.88	100m:	1:09.82 37.94				
5.	Ines Margarida Ribeiro	97	Alges e Agueda	1:10.71	+0,85	471	20
	50m: 33.64 33.64	100m:	1:10.71 37.07				
6.	Soraya Dea Matias	95	Torres Novas	1:10.86	+0,76	468	19
	50m: 32.45 32.45	100m:	1:10.86 38.41				
7.	Mariana Luis Saraiva	96	Nucleo Sportinguista Terceira	1:11.80	+0,82	450	18
	50m: 32.47 32.47	100m:	1:11.80 39.33				
8.	Viviana Sofia Pinto	98	Desportiva Limiana	1:12.22	+0,81	442	17
	50m: 33.86 33.86	100m:	1:12.22 38.36				
9.	Barbara Rodrigues Pereira	98	Natacao do Montijo	1:13.39	+0,80	422	16
	50m: 33.06 33.06	100m:	1:13.39 40.33				
10.	Daniela Domingues Sousa	00	Natacao de Valongo	1:13.54	+0,96	419	15
	50m: 35.44 35.44	100m:	1:13.54 38.10				
11.	Margarida Correia Oliveira	98	Naval Setubalense	1:14.12	+0,94	409	14
	50m: 33.88 33.88	100m:	1:14.12 40.24				
12.	Catarina Costa Balseiro	99	Sporting de Aveiro	1:14.15	+0,94	409	13
	50m: 34.40 34.40	100m:	1:14.15 39.75				
13.	Ana Catarina Travessa	96	Salvaterra de Magos	1:16.32	+0,98	375	12
	50m: 34.64 34.64	100m:	1:16.32 41.68				
14.	Catia Sofia Paio	96	Electrico	1:16.38	+0,78	374	11
	50m: 34.58 34.58	100m:	1:16.38 41.80				
15.	Ines Isabel Margarido	93	Litoral Alentejano	1:16.89	+0,90	366	10
	50m: 34.42 34.42	100m:	1:16.89 42.47				
16.	Barbara Sofia Lopes	98	Estarreja	1:17.34	+0,87	360	9
	50m: 35.55 35.55	100m:	1:17.34 41.79				
17.	Maria Ines Ferreira	00	Miranda do Corvo	1:18.79	+0,82	341	8
	50m: 35.77 35.77	100m:	1:18.79 43.02				
18.	Patricia Branco Panta	00	Nacional de Natacao	1:19.96	+0,97	326	7
	50m: 37.22 37.22	100m:	1:19.96 42.74				
19.	Ines Rosa Farinha	97	Tavira Natacao	1:20.57	+0,78	318	6
	50m: 37.55 37.55	100m:	1:20.57 43.02				
20.	Carolina Santana Goncalves	95	Nucleo de Pombal	1:21.34	+1,00	309	5
	50m: 36.87 36.87	100m:	1:21.34 44.47				
21.	Beatriz Rodrigues Oliveira	01	Fafe	1:21.64	+1,00	306	4
	50m: 37.43 37.43	100m:	1:21.64 44.21				
22.	Daniela Filipa Mira	99	Associacao CADES	1:21.99	+0,88	302	3
	50m: 37.65 37.65	100m:	1:21.99 44.34				
23.	Vanessa Carolina Valente	94	Nucleo Sportinguista Golega	1:24.16	+0,92	279	2
	50m: 38.18 38.18	100m:	1:24.16 45.98				
24.	Diana Romao Fialho	99	Terceira Auto Clube	1:26.45	+0,94	258	1
	50m: 40.41 40.41	100m:	1:26.45 46.04				



Campeonato Nacional Clubes 4ª Divisão
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Prova 15

16-12-2012 - 9:35

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.	Miguel Duarte Nascimento	95	Portinado	2:10.37	+0,72	586	25
	50m: 28.39 28.39	100m: 1:01.18 32.79	150m: 1:35.79 34.61	200m: 2:10.37 34.58			
2.	Andre Filipe Teodoro	95	Naval Setubalense	2:11.93	+0,83	565	23
	50m: 28.89 28.89	100m: 1:02.63 33.74	150m: 1:37.58 34.95	200m: 2:11.93 34.35			
3.	Luis Filipe Fonseca	97	Estremoz/Estremozcarnes	2:17.35	+0,94	501	22
	50m: 30.78 30.78	100m: 1:05.84 35.06	150m: 1:41.47 35.63	200m: 2:17.35 35.88			
4.	Joao Paulo Capitao	96	Colegio SMLamas	2:17.74	+0,78	497	21
	50m: 29.23 29.23	100m: 1:03.57 34.34	150m: 1:39.94 36.37	200m: 2:17.74 37.80			
5.	Joao Pedro Tarquinio	97	Benedita	2:18.33	+0,76	490	20
	50m: 30.03 30.03	100m: 1:05.05 35.02	150m: 1:41.92 36.87	200m: 2:18.33 36.41			
6.	Bernardo Francisco Pedroso	97	Natacao de Valongo	2:18.79	+0,88	485	19
	50m: 30.39 30.39	100m: 1:05.18 34.79	150m: 1:42.18 37.00	200m: 2:18.79 36.61			
7.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	2:20.81	+0,68	465	18
	50m: 31.16 31.16	100m: 1:06.82 35.66	150m: 1:43.71 36.89	200m: 2:20.81 37.10			
8.	Ruben Miguel Matos	91	Nautico de Abrantes	2:21.70	+0,81	456	17
	50m: 30.83 30.83	100m: 1:06.22 35.39	150m: 1:43.77 37.55	200m: 2:21.70 37.93			
9.	Diogo Silva Marzia	96	Electrico	2:26.10	+0,82	416	16
	50m: 31.72 31.72	100m: 1:08.00 36.28	150m: 1:46.66 38.66	200m: 2:26.10 39.44			
10.	Andre Sampaio Santos	95	Fluvial Portuense	2:27.17	+0,68	407	15
	50m: 31.37 31.37	100m: 1:07.37 36.00	150m: 1:46.37 39.00	200m: 2:27.17 40.80			
11.	Jorge Rogerio Morais	98	Lousada SXXI	2:29.48	+0,93	388	14
	50m: 31.85 31.85	100m: 1:08.84 36.99	150m: 1:48.86 40.02	200m: 2:29.48 40.62			
12.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	2:29.51	+0,69	388	13
	50m: 31.23 31.23	100m: 1:07.58 36.35	150m: 1:47.39 39.81	200m: 2:29.51 42.12			
13.	Joao Pedro Rosa	90	CLAC-Entroncamento	2:30.10	+0,87	384	12
	50m: 32.54 32.54	100m: 1:10.50 37.96	150m: 1:48.86 38.36	200m: 2:30.10 41.24			
14.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:31.70	+0,91	372	11
	50m: 33.39 33.39	100m: 1:11.54 38.15	150m: 1:51.48 39.94	200m: 2:31.70 40.22			
15.	Fernando Miguel Rodrigues	96	Cartaxo	2:36.39	+0,74	339	10
	50m: 33.38 33.38	100m: 1:12.36 38.98	150m: 1:53.00 40.64	200m: 2:36.39 43.39			
16.	Joao Pedro Alves	96	Natacao do Tejo	2:36.43	+0,95	339	9
	50m: 32.38 32.38	100m: 1:10.70 38.32	150m: 1:52.34 41.64	200m: 2:36.43 44.09			



Campeonato Nacional Clubes 4ª Divisão
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Prova 15, Masc., 200m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Luis Miguel Verissimo	98	Terceira Auto Clube	2:39.12	+0,77	322	8
	50m: 33.55 33.55	100m: 1:12.47 38.92	150m: 1:54.68 42.21	200m: 2:39.12 44.44			
18.	Diogo Filipe Lampreia	96	Beja	2:39.65	+0,81	319	7
	50m: 32.48 32.48	100m: 1:11.77 39.29	150m: 1:54.00 42.23	200m: 2:39.65 45.65			
19.	Daniel Filipe Paiva	98	Miranda do Corvo	2:40.23	+0,87	315	6
	50m: 36.25 36.25	100m: 1:15.90 39.65	150m: 1:56.57 40.67	200m: 2:40.23 43.66			
20.	Pedro Daniel Figueira	98	Estarreja	2:41.04	+0,82	311	5
	50m: 33.59 33.59	100m: 1:12.71 39.12	150m: 1:55.60 42.89	200m: 2:41.04 45.44			
21.	Antonio Manuel Saldanha	97	Sporting de Aveiro	2:58.09	+0,98	229	4
	50m: 35.84 35.84	100m: 1:18.29 42.45	150m: 2:04.93 46.64	200m: 2:58.09 53.16			
DSQ	Andre Filipe Bucho	96	Elvense				
	809 - Movimento alternado de pernas durante o percurso - SW 8.3						
DNF	Hugo Fraga Alambre	95	BUZIOS-Coruche				
DNF	Guilherme Lemos Lima	96	Desportiva Limiana				

Prova 16
16-12-2012 - 9:50

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.	Ariana Alves Nunes	95	Portinado	1:13.28	+0,81	626	25
	50m: 34.43 34.43	100m: 1:13.28 38.85					
2.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	1:17.38	+0,74	532	23
	50m: 36.53 36.53	100m: 1:17.38 40.85					
3.	Mariana Domingues Paz	98	Miranda do Corvo	1:20.37	+0,93	474	22
	50m: 38.68 38.68	100m: 1:20.37 41.69					
4.	Debora Goncalves Patrocinio	97	Litoral Alentejano	1:20.62	+0,73	470	21
	50m: 37.63 37.63	100m: 1:20.62 42.99					
5.	Ines Evangelista Bastos	98	Fafe	1:20.64	+1,05	470	20
	50m: 38.18 38.18	100m: 1:20.64 42.46					
6.	Dalia Sofia Curto	95	Nacional de Natacao	1:20.82	+0,77	466	19
	50m: 37.88 37.88	100m: 1:20.82 42.94					
7.	Rute Isabel Leonardo	98	Nautico de Abrantes	1:21.00	+0,82	463	18
	50m: 37.73 37.73	100m: 1:21.00 43.27					
8.	Soraya Dea Matias	95	Torres Novas	1:21.86	+0,76	449	17
	50m: 39.17 39.17	100m: 1:21.86 42.69					



Campeonato Nacional Clubes 4ª Divisão
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Prova 16, Femin., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Beatriz Gameiro Matias	97	Nucleo de Pombal	1:22.07	+0,87	445	16
	50m: 38.61 38.61	100m: 1:22.07 43.46					
10.	Catia Marisa Silva	91	Natacao de Valongo	1:22.47	+0,92	439	15
	50m: 38.65 38.65	100m: 1:22.47 43.82					
11.	Mariana Manhita Correia	98	Tavira Natacao	1:22.52	+0,85	438	14
	50m: 38.35 38.35	100m: 1:22.52 44.17					
12.	Vanessa Rodrigues Valente	94	Estarreja	1:23.20	+0,93	427	13
	50m: 39.21 39.21	100m: 1:23.20 43.99					
13.	Carolina Conceicao Pais	97	Colegio SMLamas	1:23.76	+1,01	419	12
	50m: 39.87 39.87	100m: 1:23.76 43.89					
14.	Luisa Filipa Maia	96	Associacao CADES	1:24.59	+0,90	407	11
	50m: 39.39 39.39	100m: 1:24.59 45.20					
15.	Beatriz Martins Avila	00	Terceira Auto Clube	1:24.64	+0,89	406	10
	50m: 40.83 40.83	100m: 1:24.64 43.81					
16.	Ana Raquel Albuquerque	95	Sporting de Aveiro	1:25.52	+0,93	394	9
	50m: 40.84 40.84	100m: 1:25.52 44.68					
17.	Rita Margarida Fernandes	93	Electrico	1:25.69	+0,86	391	8
	50m: 40.80 40.80	100m: 1:25.69 44.89					
18.	Margarida Pamplona Evangelho	99	Nucleo Sportinguista Terceira	1:25.76	+0,85	390	7
	50m: 39.90 39.90	100m: 1:25.76 45.86					
19.	Ana Rita Nunes	97	Alges e Agueda	1:25.98	+0,91	387	6
	50m: 40.19 40.19	100m: 1:25.98 45.79					
20.	Mariana Ramalhinho Mascarenhas	97	Naval Setubalense	1:26.15	+0,80	385	5
	50m: 39.16 39.16	100m: 1:26.15 46.99					
21.	Ema Filipa Rosario	00	Natacao do Montijo	1:26.56	+1,04	380	4
	50m: 40.35 40.35	100m: 1:26.56 46.21					
22.	Ana Carolina Alarico	94	Nucleo Sportinguista Golega	1:32.68	+0,92	309	3
	50m: 43.28 43.28	100m: 1:32.68 49.40					
23.	Mariana David Caeiro	96	Salvaterra de Magos	1:34.38	+0,86	293	2
	50m: 44.16 44.16	100m: 1:34.38 50.22					
24.	Ana Maria Sousa	99	Desportiva Limiana	1:36.79	+1,17	271	1
	50m: 45.92 45.92	100m: 1:36.79 50.87					



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 17 Masc., 200m Bruços Absoluto
16-12-2012 - 9:55 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.	Andre Filipe Mendes	92	Nautico de Abrantes	2:25.68	+0,72	568	25
	50m: 33.98 33.98	100m: 1:11.76 37.78	150m: 1:49.06 37.30	200m: 2:25.68 36.62			
2.	Simao Miguel Capitao	97	Colegio SMLamas	2:27.37	+0,74	548	23
	50m: 33.31 33.31	100m: 1:11.94 38.63	150m: 1:50.04 38.10	200m: 2:27.37 37.33			
3.	Hugo Miguel Nunes	90	Natacao do Tejo	2:27.91	+0,77	543	22
	50m: 33.23 33.23	100m: 1:11.33 38.10	150m: 1:49.73 38.40	200m: 2:27.91 38.18			
4.	Pedro Miguel Varela	86	Naval Setubalense	2:28.53	+0,81	536	21
	50m: 33.57 33.57	100m: 1:11.12 37.55	150m: 1:49.65 38.53	200m: 2:28.53 38.88			
5.	Bruno Miguel Cavadas	89	Natacao de Valongo	2:30.99	+0,86	510	20
	50m: 33.47 33.47	100m: 1:11.61 38.14	150m: 1:50.86 39.25	200m: 2:30.99 40.13			
6.	Daniel Lago Pinto	97	Desportiva Limiana	2:33.49	+0,81	485	19
	50m: 34.19 34.19	100m: 1:13.56 39.37	150m: 1:54.23 40.67	200m: 2:33.49 39.26			
7.	Leonardo Peralta Reis	96	Benedita	2:34.86	+0,70	473	18
	50m: 34.53 34.53	100m: 1:13.51 38.98	150m: 1:53.35 39.84	200m: 2:34.86 41.51			
8.	Joao Miguel Lopes	96	Electrico	2:34.91	+0,77	472	17
	50m: 35.45 35.45	100m: 1:14.76 39.31	150m: 1:55.06 40.30	200m: 2:34.91 39.85			
9.	Jose Ricardo Sousa	97	Lousada SXXI	2:35.20	+0,82	470	16
	50m: 34.94 34.94	100m: 1:14.22 39.28	150m: 1:54.53 40.31	200m: 2:35.20 40.67			
10.	Ricardo Jorge Mesquita	96	Fluvial Portuense	2:35.36	+0,76	468	15
	50m: 35.00 35.00	100m: 1:14.18 39.18	150m: 1:54.53 40.35	200m: 2:35.36 40.83			
11.	Andre da Costa Coelho	96	Nucleo Sportinguista Terceira	2:37.23	+0,71	452	14
	50m: 34.98 34.98	100m: 1:15.19 40.21	150m: 1:56.88 41.69	200m: 2:37.23 40.35			
12.	Carlos Andre Dias	96	Sporting de Aveiro	2:40.75	+0,83	423	13
	50m: 36.03 36.03	100m: 1:17.43 41.40	150m: 2:00.30 42.87	200m: 2:40.75 40.45			
13.	Carlos Dias Inacio	95	Portinado	2:40.79	+0,81	422	12
	50m: 35.24 35.24	100m: 1:16.01 40.77	150m: 1:58.59 42.58	200m: 2:40.79 42.20			
14.	Rui Jorge Dias	95	Miranda do Corvo	2:41.35	+0,73	418	11
	50m: 35.98 35.98	100m: 1:17.47 41.49	150m: 1:59.85 42.38	200m: 2:41.35 41.50			
15.	Bruno Santos Pereira	94	Gafanha da Encarnacao	2:43.52	+0,71	401	10
	50m: 36.11 36.11	100m: 1:16.79 40.68	150m: 2:00.65 43.86	200m: 2:43.52 42.87			
16.	Miguel Filipe Arvana	98	Estremoz/Estremozcarnes	2:43.75	+0,77	400	9
	50m: 36.72 36.72	100m: 1:18.61 41.89	150m: 2:01.70 43.09	200m: 2:43.75 42.05			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15 - 16-12-2012

Prova 17, Masc., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Andre Figueiredo Almeida	96	Beja	2:44.50	+0,72	394	8
	50m: 36.18 36.18	100m: 1:17.76 41.58	150m: 2:01.16 43.40	200m: 2:44.50 43.34			
18.	Manuel Jose Lucas	97	Terceira Auto Clube	2:45.48	+0,80	387	7
	50m: 37.18 37.18	100m: 1:19.33 42.15	150m: 2:02.38 43.05	200m: 2:45.48 43.10			
19.	Henrique Silva Renga	97	Elvense	2:46.75	+0,75	378	6
	50m: 36.33 36.33	100m: 1:18.77 42.44	150m: 2:02.66 43.89	200m: 2:46.75 44.09			
20.	Carlos Daniel Ramos	96	Estarreja	2:47.29	+0,74	375	5
	50m: 38.32 38.32	100m: 1:21.31 42.99	150m: 2:05.05 43.74	200m: 2:47.29 42.24			
21.	Artur Rafael Saramago	97	BUZIOS-Coruche	2:47.71	+0,99	372	4
	50m: 37.18 37.18	100m: 1:19.97 42.79	150m: 2:03.96 43.99	200m: 2:47.71 43.75			
22.	Pedro Manuel Nunes	98	CLAC-Entroncamento	2:52.87	+0,76	340	3
	50m: 38.73 38.73	100m: 1:22.54 43.81	150m: 2:07.71 45.17	200m: 2:52.87 45.16			
23.	Nuno Ricardo Nogueira	94	Nucleo Sportinguista Golega	2:52.97	+0,83	339	2
	50m: 38.20 38.20	100m: 1:22.85 44.65	150m: 2:08.63 45.78	200m: 2:52.97 44.34			

DSQ Rui Diogo Torres 98 Cartaxo
722 - Tocou com uma mão na parede na viragem aos 75 metros - SW 7.6

Prova 18 Femin., 50m Livres Absoluto
16-12-2012 - 10:10 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	ASSSCC	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.	Rosa Maria Oliveira	96	Estarreja	27.51	+0,81	603	25
2.	Catarina Maria Ferreira	98	Desportiva Limiana	27.55	+0,80	601	23
3.	Beatriz Alves Silva	95	Portinado	27.86	+0,70	581	22
4.	Sarah Dias	99	CLAC-Entroncamento	28.10	+0,83	566	21
5.	Mariana Oliveira Vale	93	Natacao de Valongo	28.12	+0,76	565	20
6.	Maria Mar Costa	95	Naval Setubalense	28.73	+0,72	529	19
7.	Joana Gabriela Silva	95	Colegio SMLamas	28.84	+0,74	523	18
8.	Beatriz Sousa Grou	96	Tavira Natacao	28.89	+0,82	521	17
9.	Mafalda Jesus Pereira	95	Natacao do Montijo	29.45	+0,81	492	16
10.	Carlota Ramos Telhado	98	Alges e Agueda	29.55	+0,86	487	15
11.	Mariana Luis Saraiva	96	Nucleo Sportinguista Terceira	29.57	+0,80	486	14
12.	Catia Sofia Paio	96	Electrico	29.69	+0,75	480	13
13.	Maria Madalena Silva	98	Nautico de Abrantes	29.89	+0,75	470	12
14.	Francisca Ferreira Fonseca	97	Nacional de Natacao	30.04	+0,82	463	11
15.	Isabel Catarino Cravo	98	Nucleo de Pombal	30.12	+0,86	459	10



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 18, Femin., 50m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Lara Alexandra Delgado	00	Torres Novas	30.23	+0,94	454	9
17.	Maria Ines Cabral	94	Sporting de Aveiro	30.44	+0,91	445	8
18.	Ines Isabel Margarido	93	Litoral Alentejano	30.64	+0,87	436	7
19.	Luisa Filipa Maia	96	Associacao CADES	31.22	+0,82	413	6
20.	Ana Pereira Luis	97	Salvaterra de Magos	31.83	+0,93	389	5
21.	Mara Brasil Godinho	96	Terceira Auto Clube	31.85	+0,81	388	4
22.	Tatiana Cruz Costa	94	Miranda do Corvo	32.04	+0,89	382	3
23.	Maria Nogueira Carvalho	01	Fafe	32.08	+0,87	380	2
24.	Ana Carolina Alarico	94	Nucleo Sportinguista Golega	32.84	+0,82	354	1

Prova 19

Masc., 100m Livres

Absoluto
Resultados

16-12-2012 - 10:15

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.	Joao Pedro Teodoro	90	Naval Setubalense	51.46	+0,66	666	25
	50m: 24.19 24.19	100m: 51.46 27.27					
2.	Nelson Filipe Martinho	89	Natacao de Valongo	51.53	+0,81	663	23
	50m: 24.47 24.47	100m: 51.53 27.06					
3.	Claudio Miguel Gomes	95	Gafanha da Encarnacao	53.73	+0,64	585	22
	50m: 25.61 25.61	100m: 53.73 28.12					
4.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	54.25	+0,86	568	21
	50m: 26.12 26.12	100m: 54.25 28.13					
5.	Miguel Galeao Lopes	96	Portinado	54.39	+0,78	564	20
	50m: 25.78 25.78	100m: 54.39 28.61					
6.	Rui Ferreira Poeira	95	Terceira Auto Clube	54.93	+0,72	547	19
	50m: 26.14 26.14	100m: 54.93 28.79					
7.	Joao Goncalo Coelho	94	Sporting de Aveiro	55.00	+0,79	545	18
	50m: 26.05 26.05	100m: 55.00 28.95					
8.	Joao Paulo Capitao	96	Colegio SMLamas	55.02	+0,82	544	17
	50m: 26.46 26.46	100m: 55.02 28.56					
9.	Julio Dinis Goncalves	96	Fluvial Portuense	55.09	+0,78	542	16
	50m: 26.79 26.79	100m: 55.09 28.30					
10.	Antonio Carlos Costa	95	Beja	55.49	+0,82	531	15
	50m: 26.22 26.22	100m: 55.49 29.27					
11.	Pedro Nuno Prazeres	89	Natacao do Tejo	55.91	+0,87	519	14
	50m: 26.85 26.85	100m: 55.91 29.06					





Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 19, Masc., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Jose Tiago Moreira 50m: 27.09 27.09	89	Nucleo Sportinguista Terceira 100m: 56.06 28.97	56.06	+0,83	515	13
13.	Dmytriy Eugeniyovich Martynov 50m: 26.82 26.82	97	Electrico 100m: 56.21 29.39	56.21	+0,72	511	12
14.	Vladyslav Stasyuk 50m: 27.12 27.12	94	Cartaxo 100m: 56.34 29.22	56.34	+0,74	507	11
15.	Jaime Filipe Vieira 50m: 27.59 27.59	95	Estremoz/Estremozcarnes 100m: 57.08 29.49	57.08	+0,92	488	10
16.	Joao Pedro Machado 50m: 27.40 27.40	86	Nautico de Abrantes 100m: 57.59 30.19	57.59	+0,82	475	9
17.	Matheus Pereira Goncalves 50m: 27.58 27.58	96	Desportiva Limiana 100m: 57.85 30.27	57.85	+0,81	468	8
18.	Joao Pedro Tarquinio 50m: 27.78 27.78	97	Benedita 100m: 58.03 30.25	58.03	+0,77	464	7
19.	Tiago Andre Gouveia 50m: 27.29 27.29	90	CLAC-Entroncamento 100m: 58.58 31.29	58.58	+0,76	451	6
20.	Joao Pedro Valerio 50m: 27.48 27.48	97	Miranda do Corvo 100m: 59.40 31.92	59.40	+0,77	433	5
21.	Jorge Rogerio Morais 50m: 28.47 28.47	98	Lousada SXXI 100m: 1:00.03 31.56	1:00.03	+0,80	419	4
22.	Joao David Sousa 50m: 28.02 28.02	88	Estarreja 100m: 1:00.10 32.08	1:00.10	+0,86	418	3
23.	Joao Pedro Madeira 50m: 28.60 28.60	96	Elvense 100m: 1:00.13 31.53	1:00.13	+0,74	417	2
24.	Hugo Fraga Alambre 50m: 29.12 29.12	95	BUZIOS-Coruche 100m: 1:01.19 32.07	1:01.19	+0,77	396	1



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15 - 16-12-2012



Prova 20
16-12-2012 - 10:20

Femin., 100m Costas

Absoluto
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	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.	Beatriz Sousa Grou	96	Tavira Natacao	1:06.86	+1,01	563	25
	50m: 32.66 32.66	100m: 1:06.86 34.20					
2.	Catarina Brito Ferreira	97	Naval Setubalense	1:08.32	+0,74	528	23
	50m: 33.08 33.08	100m: 1:08.32 35.24					
3.	Maria Dias Neves	99	Miranda do Corvo	1:10.44	+0,66	482	22
	50m: 34.32 34.32	100m: 1:10.44 36.12					
4.	Catarina Maria Ferreira	98	Desportiva Limiana	1:10.69	+0,85	476	21
	50m: 34.20 34.20	100m: 1:10.69 36.49					
5.	Maria Morgado Franco	98	Portinado	1:10.92	+0,64	472	20
	50m: 33.83 33.83	100m: 1:10.92 37.09					
6.	Ana Beatriz Meireles	98	Fafe	1:11.40	+0,73	462	19
	50m: 33.73 33.73	100m: 1:11.40 37.67					
7.	Sarah Dias	99	CLAC-Entroncamento	1:11.59	+0,73	459	18
	50m: 34.73 34.73	100m: 1:11.59 36.86					
8.	Ana Filipa Sousa	96	Nucleo Sportinguista Golega	1:11.88	+0,66	453	17
	50m: 34.28 34.28	100m: 1:11.88 37.60					
9.	Sofia Dias Alves	99	Natacao do Montijo	1:13.05	+0,58	432	16
	50m: 35.29 35.29	100m: 1:13.05 37.76					
10.	Ines Almeida Gomes	98	Nacional de Natacao	1:13.33	+0,74	427	15
	50m: 34.70 34.70	100m: 1:13.33 38.63					
11.	Filipa Santos Castro	96	Alges e Agueda	1:13.42	+0,66	425	14
	50m: 35.65 35.65	100m: 1:13.42 37.77					
12.	Mariana Oliveira Vale	93	Natacao de Valongo	1:13.96	+0,71	416	13
	50m: 35.99 35.99	100m: 1:13.96 37.97					
13.	Adriana Toste Ferrao	98	Nucleo Sportinguista Terceira	1:14.27	+0,73	411	12
	50m: 35.83 35.83	100m: 1:14.27 38.44					
14.	Marta Silva Felix	99	Sporting de Aveiro	1:14.68	+0,71	404	11
	50m: 36.61 36.61	100m: 1:14.68 38.07					
15.	Ana Margarida Salgueiro	99	Nautico de Abrantes	1:15.15	+0,80	396	10
	50m: 36.45 36.45	100m: 1:15.15 38.70					
16.	Carolina Santana Goncalves	95	Nucleo de Pombal	1:16.90	+0,81	370	9
	50m: 37.36 37.36	100m: 1:16.90 39.54					
17.	Patricia Simoes Jorge	97	Salvaterra de Magos	1:17.86	+0,69	356	8
	50m: 38.23 38.23	100m: 1:17.86 39.63					



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 20, Femin., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Celia Silva Margarido	96	Electrico	1:17.95	+0,77	355	7
	50m: 37.47 37.47	100m: 1:17.95 40.48					
19.	Jessica Pinto Pinho	98	Estarreja	1:17.96	+0,69	355	6
	50m: 37.63 37.63	100m: 1:17.96 40.33					
20.	Carolina Leal Serra	99	Torres Novas	1:18.48	+0,68	348	5
	50m: 37.37 37.37	100m: 1:18.48 41.11					
21.	Rita Lima Pereira	98	Colegio SMLamas	1:18.52	+0,84	348	4
	50m: 37.61 37.61	100m: 1:18.52 40.91					
22.	Ines Carolina Soares	98	Associacao CADES	1:19.86	+0,72	330	3
	50m: 38.27 38.27	100m: 1:19.86 41.59					
23.	Margarida Maria Pereira	99	Litoral Alentejano	1:21.62	+0,82	309	2
	50m: 40.86 40.86	100m: 1:21.62 40.76					
24.	Diana Romao Fialho	99	Terceira Auto Clube	1:21.85	+0,85	307	1
	50m: 40.24 40.24	100m: 1:21.85 41.61					

Prova 21

Masc., 200m Costas

Absoluto

16-12-2012 - 10:25

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.	Miguel Duarte Nascimento	95	Portinado	2:00.59	+0,64	681	25
	50m: 28.24 28.24	100m: 58.84 30.60	150m: 1:30.20 31.36	200m: 2:00.59 30.39			
2.	Joao Pedro Neto	95	Naval Setubalense	2:09.93	+0,67	544	23
	50m: 30.42 30.42	100m: 1:03.70 33.28	150m: 1:36.99 33.29	200m: 2:09.93 32.94			
3.	Joao Pedro Santos	95	Estarreja	2:12.53	+0,62	513	22
	50m: 30.04 30.04	100m: 1:03.89 33.85	150m: 1:38.41 34.52	200m: 2:12.53 34.12			
4.	Ricardo Goncalves Moura	98	Electrico	2:14.51	+0,64	490	21
	50m: 31.78 31.78	100m: 1:05.66 33.88	150m: 1:40.15 34.49	200m: 2:14.51 34.36			
5.	Luis Antonio Tarquinio	94	Benedita	2:15.77	+0,78	477	20
	50m: 31.38 31.38	100m: 1:05.41 34.03	150m: 1:41.27 35.86	200m: 2:15.77 34.50			
6.	Bernardo Manuel Valente	95	Fluvial Portuense	2:15.78	+0,83	477	19
	50m: 32.15 32.15	100m: 1:06.88 34.73	150m: 1:42.17 35.29	200m: 2:15.78 33.61			
7.	Diogo Miguel Balsa	95	BUZIOS-Coruche	2:16.11	+0,65	473	18
	50m: 31.27 31.27	100m: 1:05.74 34.47	150m: 1:41.64 35.90	200m: 2:16.11 34.47			
8.	Humberto Fernandes Felgueira	98	Natacao de Valongo	2:17.32	+0,73	461	17
	50m: 32.10 32.10	100m: 1:06.54 34.44	150m: 1:42.61 36.07	200m: 2:17.32 34.71			





Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 21, Masc., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Luis Filipe Fonseca	97	Estremoz/Estremozcarnes	2:17.49	+0,76	459	16
	50m: 32.61 32.61	100m: 1:07.83 35.22	150m: 1:43.21 35.38	200m: 2:17.49 34.28			
10.	Luis Filipe Soares	98	Colegio SMLamas	2:17.52	+0,73	459	15
	50m: 32.68 32.68	100m: 1:07.46 34.78	150m: 1:43.19 35.73	200m: 2:17.52 34.33			
11.	Gino Santos Caetano	94	Sporting de Aveiro	2:18.53	+0,71	449	14
	50m: 32.13 32.13	100m: 1:06.50 34.37	150m: 1:42.32 35.82	200m: 2:18.53 36.21			
12.	Joao Martins Santos	96	Gafanha da Encarnacao	2:20.03	+0,66	435	13
	50m: 32.14 32.14	100m: 1:07.25 35.11	150m: 1:43.82 36.57	200m: 2:20.03 36.21			
13.	Ruben Miguel Matos	91	Nautico de Abrantes	2:20.68	+0,61	429	12
	50m: 33.09 33.09	100m: 1:08.38 35.29	150m: 1:44.66 36.28	200m: 2:20.68 36.02			
14.	Pedro Miguel Henriques	96	Cartaxo	2:20.73	+0,70	428	11
	50m: 32.63 32.63	100m: 1:09.05 36.42	150m: 1:44.96 35.91	200m: 2:20.73 35.77			
15.	Luis Velhinho Ventura	94	Elvense	2:22.89	+0,79	409	10
	50m: 32.45 32.45	100m: 1:08.43 35.98	150m: 1:45.98 37.55	200m: 2:22.89 36.91			
16.	Pedro Miguel Primo	96	CLAC-Entroncamento	2:24.46	+0,63	396	9
	50m: 33.19 33.19	100m: 1:09.51 36.32	150m: 1:47.33 37.82	200m: 2:24.46 37.13			
17.	Eduardo Abel Duarte	98	Lousada SXXI	2:24.56	+0,71	395	8
	50m: 33.20 33.20	100m: 1:09.28 36.08	150m: 1:47.03 37.75	200m: 2:24.56 37.53			
18.	Bruno Jose Sousa	96	Desportiva Limiana	2:27.34	+0,65	373	7
	50m: 33.55 33.55	100m: 1:10.12 36.57	150m: 1:48.64 38.52	200m: 2:27.34 38.70			
19.	Mario Jorge Nunes	92	Natacao do Tejo	2:28.86	+0,83	362	6
	50m: 34.05 34.05	100m: 1:10.73 36.68	150m: 1:49.49 38.76	200m: 2:28.86 39.37			
20.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:28.96	+0,84	361	5
	50m: 35.33 35.33	100m: 1:12.86 37.53	150m: 1:51.19 38.33	200m: 2:28.96 37.77			
21.	Jose Miguel Hilario	97	Beja	2:29.41	+0,57	358	4
	50m: 35.23 35.23	100m: 1:13.79 38.56	150m: 1:52.02 38.23	200m: 2:29.41 37.39			
22.	Joao Pedro Gomes	99	Miranda do Corvo	2:30.16	+0,81	352	3
	50m: 35.43 35.43	100m: 1:13.92 38.49	150m: 1:52.66 38.74	200m: 2:30.16 37.50			
23.	Cesar Henrique Silva	91	Nucleo Sportinguista Terceira	2:38.74	+0,74	298	2
	50m: 35.02 35.02	100m: 1:14.69 39.67	150m: 1:56.67 41.98	200m: 2:38.74 42.07			
24.	Miguel Antonio Medeiros	89	Terceira Auto Clube	2:45.07	+0,71	265	1
	50m: 36.99 36.99	100m: 1:17.72 40.73	150m: 2:00.97 43.25	200m: 2:45.07 44.10			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 22 Femin., 400m Livres Absoluto
16-12-2012 - 10:35 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.	Mariana Veloso Vitoria	98	Nautico de Abrantes	4:39.16	+0,93	595	25
	50m: 31.37 31.37	150m: 1:42.31 35.79	250m: 2:53.11 34.86	350m: 4:04.60 35.47			
	100m: 1:06.52 35.15	200m: 2:18.25 35.94	300m: 3:29.13 36.02	400m: 4:39.16 34.56			
2.	Marta Filipa Vinagre	95	CLAC-Entroncamento	4:40.03	+0,81	590	23
	50m: 29.96 29.96	150m: 1:38.19 34.83	250m: 2:50.13 36.04	350m: 4:04.86 37.58			
	100m: 1:03.36 33.40	200m: 2:14.09 35.90	300m: 3:27.28 37.15	400m: 4:40.03 35.17			
3.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:47.19	+0,89	547	22
	50m: 31.49 31.49	150m: 1:42.18 35.49	250m: 2:55.42 36.83	350m: 4:10.87 37.82			
	100m: 1:06.69 35.20	200m: 2:18.59 36.41	300m: 3:33.05 37.63	400m: 4:47.19 36.32			
4.	Ana Rita Jesus	95	Associacao CADES	4:47.35	+0,94	546	21
	50m: 33.75 33.75	150m: 1:45.46 36.31	250m: 2:58.88 36.87	350m: 4:12.43 36.65			
	100m: 1:09.15 35.40	200m: 2:22.01 36.55	300m: 3:35.78 36.90	400m: 4:47.35 34.92			
5.	Barbara Sofia Lopes	98	Estarreja	4:49.34	+0,91	535	20
	50m: 31.86 31.86	150m: 1:44.17 36.88	250m: 2:58.71 37.29	350m: 4:13.95 37.81			
	100m: 1:07.29 35.43	200m: 2:21.42 37.25	300m: 3:36.14 37.43	400m: 4:49.34 35.39			
6.	Ana Sofia Ramos	97	Fafe	4:54.12	+0,96	509	19
	50m: 33.56 33.56	150m: 1:46.78 37.26	250m: 3:02.14 37.88	350m: 4:17.50 38.05			
	100m: 1:09.52 35.96	200m: 2:24.26 37.48	300m: 3:39.45 37.31	400m: 4:54.12 36.62			
7.	Maria Ornelas Armas	98	Terceira Auto Clube	4:54.13	+1,02	509	18
	50m: 33.27 33.27	150m: 1:46.06 36.80	250m: 3:01.17 37.44	350m: 4:17.04 38.01			
	100m: 1:09.26 35.99	200m: 2:23.73 37.67	300m: 3:39.03 37.86	400m: 4:54.13 37.09			
8.	Ana Rita Ferreira	92	Nucleo Sportinguista Golega	4:56.69	+0,89	496	17
	50m: 34.04 34.04	150m: 1:48.43 37.70	250m: 3:04.10 37.65	350m: 4:20.03 38.01			
	100m: 1:10.73 36.69	200m: 2:26.45 38.02	300m: 3:42.02 37.92	400m: 4:56.69 36.66			
9.	Mariana Domingues Paz	98	Miranda do Corvo	4:56.79	+0,77	495	16
	50m: 33.90 33.90	150m: 1:48.37 37.48	250m: 3:03.52 37.47	350m: 4:16.36 35.59			
	100m: 1:10.89 36.99	200m: 2:26.05 37.68	300m: 3:40.77 37.25	400m: 4:56.79 40.43			
10.	Rita Maria Ferreira	98	Sporting de Aveiro	4:56.85	+0,81	495	15
	50m: 32.36 32.36	150m: 1:46.32 37.71	250m: 3:02.73 38.29	350m: 4:19.17 38.29			
	100m: 1:08.61 36.25	200m: 2:24.44 38.12	300m: 3:40.88 38.15	400m: 4:56.85 37.68			
11.	Maria Rachadell Pereira	98	Portinado	4:57.47	+0,96	492	14
	50m: 30.99 30.99	150m: 1:45.36 38.45	250m: 3:02.64 38.30	350m: 4:20.72 39.14			
	100m: 1:06.91 35.92	200m: 2:24.34 38.98	300m: 3:41.58 38.94	400m: 4:57.47 36.75			
12.	Mafalda Cristina Pita	97	Electrico	4:59.64	+0,97	481	13
	50m: 33.37 33.37	150m: 1:48.79 38.51	250m: 3:05.21 38.30	350m: 4:21.94 38.65			
	100m: 1:10.28 36.91	200m: 2:26.91 38.12	300m: 3:43.29 38.08	400m: 4:59.64 37.70			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 22, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joana Margarida Sousa	97	Natacao de Valongo	5:00.04	+1,05	479	12
	50m: 33.52 33.52	150m: 1:48.14 38.05	250m: 3:04.74 38.08	350m: 4:22.33 38.88	400m: 5:00.04 37.71		
	100m: 1:10.09 36.57	200m: 2:26.66 38.52	300m: 3:43.45 38.71				
14.	Maria Clara Marques	94	Litoral Alentejano	5:01.15	+1,00	474	11
	50m: 33.26 33.26	150m: 1:48.00 38.20	250m: 3:05.32 38.87	350m: 4:24.10 39.27	400m: 5:01.15 37.05		
	100m: 1:09.80 36.54	200m: 2:26.45 38.45	300m: 3:44.83 39.51				
15.	Patricia Branco Panta	00	Nacional de Natacao	5:02.40	+0,97	468	10
	50m: 34.36 34.36	150m: 1:52.43 39.22	250m: 3:10.07 38.52	350m: 4:26.58 38.12	400m: 5:02.40 35.82		
	100m: 1:13.21 38.85	200m: 2:31.55 39.12	300m: 3:48.46 38.39				
16.	Mafalda Jesus Pereira	95	Natacao do Montijo	5:03.65	+0,86	463	9
	50m: 33.01 33.01	150m: 1:46.03 37.23	250m: 3:04.61 39.90	350m: 4:24.87 40.20	400m: 5:03.65 38.78		
	100m: 1:08.80 35.79	200m: 2:24.71 38.68	300m: 3:44.67 40.06				
17.	Cristiana Andreia Lima	95	Nucleo de Pombal	5:06.26	+0,96	451	8
	50m: 32.73 32.73	150m: 1:48.22 38.83	250m: 3:07.31 40.09	350m: 4:27.43 39.97	400m: 5:06.26 38.83		
	100m: 1:09.39 36.66	200m: 2:27.22 39.00	300m: 3:47.46 40.15				
18.	Mariana Ramalhinho Mascarenhas	97	Naval Setubalense	5:07.26	+0,92	446	7
	50m: 33.35 33.35	150m: 1:48.16 38.48	250m: 3:07.38 39.74	350m: 4:28.02 40.24	400m: 5:07.26 39.24		
	100m: 1:09.68 36.33	200m: 2:27.64 39.48	300m: 3:47.78 40.40				
19.	Beatriz Mendes Viegas	00	Tavira Natacao	5:07.53	+0,86	445	6
	50m: 33.98 33.98	150m: 1:50.79 39.30	250m: 3:11.25 40.32	350m: 4:30.15 39.06	400m: 5:07.53 37.38		
	100m: 1:11.49 37.51	200m: 2:30.93 40.14	300m: 3:51.09 39.84				
20.	Ariana Barros Amorim	95	Desportiva Limiana	5:10.49	+0,97	433	5
	50m: 34.88 34.88	150m: 1:54.10 40.03	250m: 3:13.67 39.72	350m: 4:32.24 38.98	400m: 5:10.49 38.25		
	100m: 1:14.07 39.19	200m: 2:33.95 39.85	300m: 3:53.26 39.59				
21.	Mariana Anastacio Cruz	96	Torres Novas	5:14.94	+1,00	415	4
	50m: 35.53 35.53	150m: 1:53.13 39.35	250m: 3:13.17 40.19	350m: 4:35.55 41.15	400m: 5:14.94 39.39		
	100m: 1:13.78 38.25	200m: 2:32.98 39.85	300m: 3:54.40 41.23				
22.	Maria Luis Figueiredo	98	Alges e Agueda	5:15.57	+0,99	412	3
	50m: 34.25 34.25	150m: 1:54.35 40.61	250m: 3:15.63 40.63	350m: 4:36.99 40.61	400m: 5:15.57 38.58		
	100m: 1:13.74 39.49	200m: 2:35.00 40.65	300m: 3:56.38 40.75				
23.	Raquel Sofia Jorge	98	Salvaterra de Magos	5:16.87	+0,90	407	2
	50m: 34.52 34.52	150m: 1:53.18 40.12	250m: 3:14.63 40.94	350m: 4:37.13 41.24	400m: 5:16.87 39.74		
	100m: 1:13.06 38.54	200m: 2:33.69 40.51	300m: 3:55.89 41.26				
24.	Daniela Silva Barcelos	98	Nucleo Sportinguista Terceira	5:17.74	+1,01	404	1
	50m: 34.33 34.33	150m: 1:54.26 40.60	250m: 3:16.04 41.06	350m: 4:37.88 41.31	400m: 5:17.74 39.86		
	100m: 1:13.66 39.33	200m: 2:34.98 40.72	300m: 3:56.57 40.53				



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 23 Masc., 200m Estilos Absoluto
16-12-2012 - 10:55 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.	Andre Filipe Mendes	92	Nautico de Abrantes	2:11.54	+0,72	586	25
	50m: 26.97 26.97	100m: 1:00.28 33.31	150m: 1:41.54 41.26	200m: 2:11.54 30.00			
2.	Hugo Miguel Nunes	90	Natacao do Tejo	2:12.92	+0,77	568	23
	50m: 28.23 28.23	100m: 1:04.15 35.92	150m: 1:42.07 37.92	200m: 2:12.92 30.85			
3.	Joao Pedro Santos	95	Estarreja	2:13.47	+0,71	561	22
	50m: 28.17 28.17	100m: 1:02.62 34.45	150m: 1:42.04 39.42	200m: 2:13.47 31.43			
4.	Andre Filipe Teodoro	95	Naval Setubalense	2:13.94	+0,79	555	21
	50m: 27.57 27.57	100m: 1:02.05 34.48	150m: 1:42.47 40.42	200m: 2:13.94 31.47			
5.	Miguel Galeao Lopes	96	Portinado	2:14.50	+0,82	548	20
	50m: 28.60 28.60	100m: 1:02.36 33.76	150m: 1:44.18 41.82	200m: 2:14.50 30.32			
6.	Stefan Birger Holm	85	Fluvial Portuense	2:15.09	+0,76	541	19
	50m: 27.68 27.68	100m: 1:03.74 36.06	150m: 1:42.71 38.97	200m: 2:15.09 32.38			
7.	Bruno Miguel Cavadas	89	Natacao de Valongo	2:15.74	+0,91	533	18
	50m: 29.61 29.61	100m: 1:05.39 35.78	150m: 1:44.18 38.79	200m: 2:15.74 31.56			
8.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	2:16.23	+0,80	527	17
	50m: 28.26 28.26	100m: 1:04.00 35.74	150m: 1:43.71 39.71	200m: 2:16.23 32.52			
9.	Leonardo Peralta Reis	96	Benedita	2:16.91	+0,72	519	16
	50m: 30.54 30.54	100m: 1:06.46 35.92	150m: 1:46.03 39.57	200m: 2:16.91 30.88			
10.	Simao Miguel Capitao	97	Colegio SMLamas	2:18.08	+0,74	506	15
	50m: 29.34 29.34	100m: 1:06.99 37.65	150m: 1:45.92 38.93	200m: 2:18.08 32.16			
11.	Joao Miguel Lopes	96	Electrico	2:19.14	+0,75	495	14
	50m: 30.23 30.23	100m: 1:07.20 36.97	150m: 1:46.73 39.53	200m: 2:19.14 32.41			
12.	Joao Manuel Ferreira	92	CLAC-Entroncamento	2:19.42	+0,94	492	13
	50m: 29.17 29.17	100m: 1:05.15 35.98	150m: 1:46.29 41.14	200m: 2:19.42 33.13			
13.	Joao Goncalo Coelho	94	Sporting de Aveiro	2:20.65	+0,82	479	12
	50m: 30.42 30.42	100m: 1:06.50 36.08	150m: 1:48.36 41.86	200m: 2:20.65 32.29			
14.	Pedro Miguel Henriques	96	Cartaxo	2:21.99	+0,71	465	11
	50m: 29.90 29.90	100m: 1:06.93 37.03	150m: 1:51.11 44.18	200m: 2:21.99 30.88			
15.	Daniel Lago Pinto	97	Desportiva Limiana	2:22.79	+0,83	458	10
	50m: 33.10 33.10	100m: 1:10.43 37.33	150m: 1:49.75 39.32	200m: 2:22.79 33.04			
16.	Andre da Costa Coelho	96	Nucleo Sportinguista Terceira	2:23.35	+0,73	452	9
	50m: 31.61 31.61	100m: 1:09.90 38.29	150m: 1:50.41 40.51	200m: 2:23.35 32.94			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 23, Masc., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Bruno Santos Pereira	94	Gafanha da Encarnacao	2:24.56	+0,67	441	8
	50m: 30.38 30.38	100m: 1:08.67 38.29	150m: 1:50.12 41.45	200m: 2:24.56 34.44			
18.	Jose Luis Morais	94	Beja	2:24.98	+0,76	437	7
	50m: 29.94 29.94	100m: 1:07.43 37.49	150m: 1:49.85 42.42	200m: 2:24.98 35.13			
19.	Manuel Jose Lucas	97	Terceira Auto Clube	2:27.89	+0,77	412	6
	50m: 32.16 32.16	100m: 1:12.49 40.33	150m: 1:54.65 42.16	200m: 2:27.89 33.24			
20.	Nuno Ricardo Nogueira	94	Nucleo Sportinguista Golega	2:29.19	+0,86	401	5
	50m: 31.66 31.66	100m: 1:10.10 38.44	150m: 1:55.15 45.05	200m: 2:29.19 34.04			
21.	Pedro Miguel Coelho	94	Lousada SXXI	2:29.93	+0,79	395	4
	50m: 31.55 31.55	100m: 1:10.35 38.80	150m: 1:55.35 45.00	200m: 2:29.93 34.58			
22.	Joao Pedro Valerio	97	Miranda do Corvo	2:30.34	+0,82	392	3
	50m: 32.75 32.75	100m: 1:11.52 38.77	150m: 1:56.09 44.57	200m: 2:30.34 34.25			
23.	Artur Rafael Saramago	97	BUZIOS-Coruche	2:31.48	+0,95	383	2
	50m: 33.06 33.06	100m: 1:13.55 40.49	150m: 1:57.42 43.87	200m: 2:31.48 34.06			
24.	Henrique Silva Renga	97	Elvense	2:33.14	+0,76	371	1
	50m: 32.23 32.23	100m: 1:12.07 39.84	150m: 1:55.62 43.55	200m: 2:33.14 37.52			

Prova 24
16-12-2012 - 11:05

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	Tempo limite			
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. Portinado	Portinado	4:09.61	+0,95	580	25
	Maria Rachadell Pereira +0,95 29.77 1:03.60	Maria Morgado Franco +0,48 30.34 1:04.11			
	Beatriz Alves Silva +0,21 28.41 1:01.04	Ariana Alves Nunes +0,57 28.52 1:00.86			
2. Estarreja	Estarreja	4:14.68	+0,92	546	23
	Vanessa Rodrigues Valente +0,92 31.21 1:05.62	Catia Sofia Silva +0,43 30.72 1:04.93			
	Barbara Sofia Lopes +0,67 30.70 1:03.54	Rosa Maria Oliveira +0,59 28.71 1:00.59			
3. CLAC-Entroncamento	CLAC-Entroncamento	4:16.20	+0,79	536	22
	Catarina Vilhena Gregorio +0,79 30.94 1:04.37	Sarah Dias +0,61 29.71 1:02.77			
	Carolina Henriques Gavancho +0,60 32.09 1:08.68	Marta Filipa Vinagre +0,44 28.67 1:00.38			
4. Nautico de Abrantes	Nautico de Abrantes	4:18.49	+0,92	522	21
	Mariana Veloso Vitoria +0,92 29.93 1:01.47	Ana Margarida Salgueiro +0,71 31.35 1:06.07			
	Rute Isabel Leonardo +0,54 31.13 1:06.80	Maria Madalena Silva +0,56 30.82 1:04.15			
5. Naval Setubalense	Naval Setubalense	4:19.30	+0,71	517	20
	Maria Mar Costa +0,71 30.30 1:04.15	Catarina Brito Ferreira +0,45 29.99 1:02.76			
	Margarida Monteiro Sousa +0,37 32.11 1:08.28	Mariana Ramalhinho Mascarenh+0,39 30.60 1:04.11			



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

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Nacional de Natacao	Nacional de Natacao	4:19.50	+0,89	516	19
	Dalia Sofia Curto	+0,89	31.30 1:04.81	Ines Almeida Gomes	+0,68	31.53 1:05.48
	Ana Sofia Filipe	+0,76	31.41 1:04.63	Francisca Ferreira Fonseca	+0,74	30.64 1:04.58
7.	Natacao de Valongo	Natacao de Valongo	4:21.37	+0,82	505	18
	Mariana Oliveira Vale	+0,82	30.39 1:02.71	Joana Margarida Sousa	+0,41	31.59 1:06.96
	Catia Marisa Silva	+0,34	27.52 1:04.96	Cristiana Ferreira Santos	+0,72	31.82 1:06.74
8.	Colegio SMLamas	Colegio SMLamas	4:22.34	+0,74	500	17
	Joana Gabriela Silva	+0,74	29.95 1:03.08	Catia Alexandra Batista	+0,57	31.72 1:06.32
	Rita Lima Pereira	+0,51	32.91 1:09.84	Beatriz Neves Cardoso	+0,31	28.90 1:03.10
9.	Electrico	Electrico	4:22.67	+0,71	498	16
	Catia Sofia Paio	+0,71	31.36 1:05.33	Celia Silva Margarido	+0,42	31.63 1:06.54
	Margarida Isabel Salgueiro	+0,58	31.40 1:06.98	Mafalda Cristina Pita	+0,53	30.34 1:03.82
10.	Alges e Agueda	Alges e Agueda	4:24.07	+0,90	490	15
	Filipa Santos Castro	+0,90	31.55 1:05.90	Maria Luis Figueiredo	+0,51	32.37 1:09.76
	Ines Margarida Ribeiro	+0,44	31.43 1:05.57	Carlota Ramos Telhado	+0,59	30.16 1:02.84
11.	Sporting de Aveiro	Sporting de Aveiro	4:24.62	+0,92	487	14
	Renata Castro Goncalves	+0,92	31.35 1:06.00	Beatriz Gomes Soares	+0,57	31.50 1:05.77
	Catarina Costa Balseiro	+0,77	32.74 1:07.32	Rita Maria Ferreira	+0,30	31.05 1:05.53
12.	Natacao do Montijo	Natacao do Montijo	4:25.04	+0,83	484	13
	Barbara Rodrigues Pereira	+0,83	30.90 1:04.84	Erna Filipa Rosario	+0,69	32.50 1:08.99
	Sofia Dias Alves	+0,42	32.50 1:07.74	Mafalda Jesus Pereira	+0,68	30.51 1:03.47
13.	Tavira Natacao	Tavira Natacao	4:25.73	+0,88	481	12
	Beatriz Mendes Viegas	+0,88	31.41 1:05.52	Ines Rosa Farinha	+0,24	32.19 1:09.16
	Mariana Manhita Correia	+0,58	32.47 1:08.61	Beatriz Sousa Grou	+0,34	29.21 1:02.44
14.	Desportiva Limiana	Desportiva Limiana	4:27.56	+0,84	471	11
	Catarina Maria Ferreira	+0,84	29.24 1:01.47	Viviana Sofia Pinto	+0,51	31.92 1:08.06
	Francisca Maria Lopes	+0,43	33.82 1:09.45	Ariana Barros Amorim	+0,05	32.34 1:08.58
15.	Miranda do Corvo	Miranda do Corvo	4:30.31	+0,86	457	10
	Maria Dias Neves	+0,86	31.52 1:05.99	Cristiana Daniela Silva	+0,34	33.16 1:09.90
	Tatiana Cruz Costa		32.82 1:08.25	Mariana Domingues Paz	+0,47	31.98 1:06.17
16.	Nucleo Sportinguista Golega	Nucleo Sportinguista Golega	4:30.72	+0,83	454	9
	Ana Filipa Sousa	+0,83	30.60 1:04.34	Ana Carolina Alarico	+0,69	34.17 1:13.29
	Vanessa Carolina Valente	+0,30	32.05 1:08.30	Ana Rita Ferreira	+0,35	31.18 1:04.79
17.	Nucleo de Pombal	Nucleo de Pombal	4:30.97	+0,97	453	8
	Isabel Catarino Cravo	+0,97	32.04 1:07.55	Beatriz Gameiro Matias	+0,44	33.21 1:09.13
	Mariana Jorge Duarte	+0,67	31.57 1:07.70	Cristiana Andreia Lima	+0,75	31.76 1:06.59
18.	Associacao CADES	Associacao CADES	4:33.36	+0,97	441	7
	Ana Rita Jesus	+0,97	31.18 1:03.09	Ines Carolina Soares	+0,85	33.58 1:11.39
	Luisa Filipa Maia	+0,72	33.08 1:09.33	Daniela Filipa Mira	+0,55	33.35 1:09.55
19.	Torres Novas	Torres Novas	4:33.81	+0,76	439	6
	Soraya Dea Matias	+0,76	32.01 1:07.89	Carolina Leal Serra	+0,33	33.66 1:10.18
	Lara Alexandra Delgado	+0,33	31.55 1:06.22	Mariana Anastacio Cruz	+0,63	33.01 1:09.52
20.	Nucleo Sportinguista Terceira	Nucleo Sportinguista Terceira	4:34.29	+0,94	437	5
	Daniela Silva Barcelos	+0,94	33.27 1:09.94	Daniela Brasil Toledo	+0,34	31.61 1:08.65
	Margarida Pamplona Evangelho	+0,58	33.54 1:10.75	Mariana Luis Saraiva	+0,46	30.75 1:04.95



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

Lugar		Clube		Tempo Final	TReac	Pts FINA		Pts
21.	Salvaterra de Magos	Salvaterra de Magos		4:34.31	+0,81	437		4
	Patricia Simoes Jorge	+0,81	33.63	1:09.93	Ana Catarina Travessa	+0,34	31.65	1:07.09
	Ana Pereira Luis	+0,55	32.61	1:09.18	Raquel Sofia Jorge	+0,64	32.83	1:08.11
22.	Litoral Alentejano	Litoral Alentejano		4:35.03	+0,74	433		3
	Debora Goncalves Patrocinio	+0,74	32.28	1:08.24	Ines Isabel Margarido	+0,56	32.34	1:09.26
	Maria Clara Marques	+0,24	30.75	1:04.75	Iris Maria Rola	+0,47	34.24	1:12.78
23.	Fafe	Fafe		4:35.30	+1,04	432		2
	Ines Evangelista Bastos	+1,04	31.75	1:06.85	Ana Sofia Ramos	+0,40	32.79	1:07.79
	Ana Beatriz Meireles	+0,62	31.19	1:06.58	Natalia Matos Cunha	+0,57	34.89	1:14.08
24.	Terceira Auto Clube	Terceira Auto Clube		4:42.01	+0,93	402		1
	Diana Romao Fialho	+0,93	33.80	1:10.71	Beatriz Martins Avila	+0,73	34.84	1:12.52
	Mara Brasil Godinho	+0,38	33.54	1:09.48	Maria Ornelas Armas	+0,62	33.13	1:09.30

Prova 25
16-12-2012 - 11:25

Masc., 4 x 100m Estilos

Absoluto
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	CVGla	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.	Naval Setubalense	Naval Setubalense		3:56.30	+0,69	598		25
	Joao Pedro Neto	+0,69	28.05	57.98	Andre Filipe Teodoro	+0,58	26.86	58.48
	Joao Pedro Teodoro	+0,44	30.08	1:05.52	Miguel Gomes Pereira	+0,38	25.72	54.32
2.	Portinado	Portinado		4:05.26	+0,71	535		23
	Miguel Galeao Lopes	+0,71	30.10	1:02.23	Miguel Duarte Nascimento	+0,29	24.83	53.80
	Carlos Dias Inacio	+0,48	33.69	1:13.58	Ihor Sadovskyy	+0,44	26.09	55.65
3.	Natacao de Valongo	Natacao de Valongo		4:05.92	+0,71	531		22
	Hugo Moreira Martins	+0,71	30.44	1:03.81	Bernardo Francisco Pedrosa	+0,63	29.46	1:03.46
	Bruno Miguel Cavadas	+0,45	30.95	1:07.75	Nelson Filipe Martinho	+0,18	23.50	50.90
4.	Colegio SMLamas	Colegio SMLamas		4:08.67	+0,76	513		21
	Luis Filipe Soares	+0,76	31.34	1:04.44	Joao Paulo Capitao	+0,48	27.51	1:00.14
	Simao Miguel Capitao	+0,39	31.25	1:06.03	Daniel Fernando Magalhaes	+0,26	26.62	58.06
5.	Fluvial Portuense	Fluvial Portuense		4:10.22	+0,75	504		20
	Bernardo Manuel Valente	+0,75	32.32	1:05.21	Stefan Birger Holm	+0,29	26.51	57.04
	Ricardo Jorge Mesquita	+0,48	33.48	1:12.78	Julio Dinis Goncalves	+0,59	26.67	55.19
6.	Nautico de Abrantes	Nautico de Abrantes		4:11.21	+0,57	498		19
	Ruben Miguel Matos	+0,57	31.44	1:05.47	Joao Pedro Machado	+0,17	27.89	1:01.29
	Andre Filipe Mendes	+0,34	31.50	1:06.38	Joao Mauricio Gaspar	+0,51	28.24	58.07
7.	Benedita	Benedita		4:14.07	+0,80	481		18
	Luis Antonio Tarquinio	+0,80	30.86	1:03.02	Joao Pedro Tarquinio	+0,37	28.99	1:02.80
	Leonardo Peralta Reis	+0,11	33.19	1:11.08	Guilherme Filipe Pina	+0,30	26.94	57.17



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

Lugar		Clube		Tempo Final	TReac	Pts FINA		Pts
8.	Sporting de Aveiro	Sporting de Aveiro		4:15.61	+0,67	473		17
	Francisco Sousa Rocha	+0,67	32.11	1:05.82	Joao Goncalo Coelho	+0,56	28.54	1:00.66
	Carlos Andre Dias	+0,63	35.09	1:12.11	Rui Miguel Aires	+0,39	26.16	57.02
9.	Estremoz/Estremozcarnes	Estremoz/Estremozcarnes		4:16.08	+0,68	470		16
	Hugo Ricardo Gambutas	+0,68	30.64	1:03.05	Luis Filipe Fonseca	+0,46	28.79	1:02.14
	Miguel Filipe Arvana	+0,29	34.57	1:14.16	Jaime Filipe Vieira	+0,39	26.84	56.73
10.	Estarreja	Estarreja		4:17.95	+0,65	460		15
	Joao Pedro Santos	+0,65	29.51	1:00.54	Joao David Sousa	+0,41	30.23	1:06.71
	Carlos Daniel Ramos	+0,62	35.55	1:16.00	Vitor Hugo Mano	+0,49	25.77	54.70
11.	Natacao do Tejo	Natacao do Tejo		4:18.67	+0,80	456		14
	Mario Jorge Nunes	+0,80	33.13	1:08.30	Pedro Nuno Prazeres	+0,46	28.15	1:01.65
	Hugo Miguel Nunes	+0,41	31.82	1:08.10	Nuno Miguel Afonso	+0,38	27.68	1:00.62
12.	CLAC-Entroncamento	CLAC-Entroncamento		4:20.07	+0,66	449		13
	Miguel Martins Barroqueiro	+0,66	30.85	1:04.66	Joao Pedro Rosa	+0,35	29.08	1:05.01
	Joao Manuel Ferreira	+0,53	33.23	1:11.96	Tiago Andre Gouveia	+0,47	26.80	58.44
13.	Gafanha da Encarnacao	Gafanha da Encarnacao		4:21.11	+0,66	443		12
	Joao Martins Santos	+0,66	31.47	1:04.83	Claudio Miguel Gomes	+0,22	26.25	58.05
	Bruno Santos Pereira	+0,58	34.16	1:13.90	David Esteves Tavares	+0,32	30.19	1:04.33
14.	Nucleo Sportinguista Terceira	Nucleo Sportinguista Terceira		4:21.22	+0,74	443		11
	Jose Tiago Moreira	+0,74	33.65	1:08.41	Cesar Henrique Silva	+0,22	28.45	1:02.85
	Andre da Costa Coelho	+0,29	33.55	1:11.95	Frederico Alexandre Freitas	+0,52	27.09	58.01
15.	Electrico	Electrico		4:23.48	+0,62	431		10
	Joao Miguel Lopes	+0,62	32.36	1:05.13	Diogo Silva Marzia	+0,52	30.75	1:06.58
	Joao Miguel Salgueiro	+0,51	34.46	1:15.16	Dmytriy Eugenyovich Martynenl	+0,64	27.02	56.61
16.	Beja	Beja		4:23.83	+0,75	430		9
	Antonio Carlos Costa	+0,75	31.82	1:06.08	Diogo Filipe Lampreia	+0,39	30.19	1:04.99
	Joao Horta Maximino	+0,56	34.05	1:13.63	Jose Luis Morais	+0,31	27.33	59.13
17.	Desportiva Limiana	Desportiva Limiana		4:24.68	+0,66	426		8
	Bruno Jose Sousa	+0,66	33.27	1:09.35	Matheus Pereira Goncalves	+0,54	29.47	1:04.25
	Daniel Lago Pinto	+0,26	32.97	1:10.85	Guilherme Lemos Lima	+0,51	28.37	1:00.23
18.	Cartaxo	Cartaxo		4:25.54	+0,71	421		7
	Pedro Miguel Henriques	+0,71	31.98	1:06.01	Fernando Miguel Rodrigues	+0,51	31.94	1:09.50
	Vladyslav Stasyuk	+0,71	34.60	1:14.55	Joao Luis Serrano	+0,54	26.20	55.48
19.	Nucleo Sportinguista Golega	Nucleo Sportinguista Golega		4:28.05	+0,67	410		6
	Frederico Sucena Riachos	+0,67	31.23	1:03.65	Jose Henriques Luz	+0,40	32.95	1:08.99
	Joao Goncalo Nogueira	+0,52	34.78	1:15.68	Nuno Ricardo Nogueira	+0,39	28.09	59.73
20.	Miranda do Corvo	Miranda do Corvo		4:30.99	+0,66	396		5
	Joao Pedro Valerio	+0,66	32.70	1:08.16	Ruben Jordao Fernandes	+0,27	32.74	1:11.55
	Rui Jorge Dias	+0,21	32.83	1:11.33	Daniel Filipe Paiva	+0,45	28.73	59.95
21.	Terceira Auto Clube	Terceira Auto Clube		4:33.40	+0,72	386		4
	Miguel Antonio Medeiros	+0,72	35.88	1:14.67	Rui Ferreira Poeira	+0,33	27.50	59.33
	Manuel Jose Lucas	+0,63	36.19	1:17.21	Francisco Quadros Cascalho	+0,40	29.17	1:02.19
22.	BUZIOS-Coruche	BUZIOS-Coruche		4:45.99	+0,61	337		3
	Diogo Miguel Balsa	+0,61	30.50	1:02.09	Artur Rafael Saramago	+0,52	34.27	1:13.22
	Hugo Fraga Alambre	+0,32	37.97	1:22.49	Joao Neves Coelho	+0,57	32.14	1:08.19



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

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Elvense				
<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>					
	Luis Velhinho Ventura	+0,79 32.27	1:06.27	Andre Filipe Bucho	+0,18
	Henrique Silva Renga	+0,39 33.98	1:13.34	Joao Pedro Madeira	+0,53
DSQ	Lousada SXXI				
<i>731 - Efetuou pernada de golfinho após pernada de braços durante o percurso - SW 7.5</i>					
	Eduardo Abel Duarte	+0,70 32.83	1:07.07	Jorge Rogerio Morais	+0,43
	Joao Pedro Santos	+0,66		Carlos Andre Bessa	+0,50

Prova 26 Masc., 800m Livres Absoluto
16-12-2012 - 11:40 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
Absoluto							
1.	Guilherme Filipe Pina	98	Benedita	8:52.35	+0,80	577	25
	50m: 29.44 29.44	250m: 2:41.16 33.49	450m: 4:57.18 33.96	650m: 7:13.09 33.42			
	100m: 1:01.53 32.09	300m: 3:15.12 33.96	500m: 5:31.34 34.16	700m: 7:46.43 33.34			
	150m: 1:34.43 32.90	350m: 3:49.11 33.99	550m: 6:05.52 34.18	750m: 8:19.94 33.51			
	200m: 2:07.67 33.24	400m: 4:23.22 34.11	600m: 6:39.67 34.15	800m: 8:52.35 32.41			
2.	Joao Luis Serrano	91	Cartaxo	8:56.84	+0,84	563	23
	50m: 30.26 30.26	250m: 2:43.67 33.76	450m: 5:00.27 34.28	650m: 7:16.93 33.63			
	100m: 1:03.12 32.86	300m: 3:17.87 34.20	500m: 5:34.48 34.21	700m: 7:50.45 33.52			
	150m: 1:36.14 33.02	350m: 3:51.75 33.88	550m: 6:08.94 34.46	750m: 8:23.68 33.23			
	200m: 2:09.91 33.77	400m: 4:25.99 34.24	600m: 6:43.30 34.36	800m: 8:56.84 33.16			
3.	Pedro Miguel Varela	86	Naval Setubalense	9:05.03	+0,86	538	22
	50m: 30.60 30.60	250m: 2:43.94 33.58	450m: 5:01.72 34.76	650m: 7:21.04 35.40			
	100m: 1:03.52 32.92	300m: 3:17.91 33.97	500m: 5:36.42 34.70	700m: 7:55.80 34.76			
	150m: 1:36.78 33.26	350m: 3:52.26 34.35	550m: 6:10.52 34.10	750m: 8:30.87 35.07			
	200m: 2:10.36 33.58	400m: 4:26.96 34.70	600m: 6:45.64 35.12	800m: 9:05.03 34.16			
4.	Jose Carlos Freitas	63	Fluvial Portuense	9:08.37	+0,80	528	21
	50m: 31.73 31.73	250m: 2:48.87 34.73	450m: 5:07.83 34.62	650m: 7:26.22 34.61			
	100m: 1:05.61 33.88	300m: 3:23.64 34.77	500m: 5:42.43 34.60	700m: 8:00.84 34.62			
	150m: 1:39.60 33.99	350m: 3:58.40 34.76	550m: 6:16.98 34.55	750m: 8:35.21 34.37			
	200m: 2:14.14 34.54	400m: 4:33.21 34.81	600m: 6:51.61 34.63	800m: 9:08.37 33.16			
5.	Jose Ricardo Sousa	97	Lousada SXXI	9:10.39	+0,84	522	20
	50m: 29.21 29.21	250m: 2:45.95 35.22	450m: 5:06.74 35.34	650m: 7:27.63 34.96			
	100m: 1:02.03 32.82	300m: 3:21.13 35.18	500m: 5:41.82 35.08	700m: 8:02.43 34.80			
	150m: 1:36.02 33.99	350m: 3:56.14 35.01	550m: 6:17.22 35.40	750m: 8:36.99 34.56			
	200m: 2:10.73 34.71	400m: 4:31.40 35.26	600m: 6:52.67 35.45	800m: 9:10.39 33.40			



Campeonato Nacional Clubes 4ª Divisão
Mealhada, 15- - 16-12-2012

Prova 26, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Humberto Fernandes Felgueira	98	Natacao de Valongo	9:11.94	+0,83	518	19
	50m: 31.43 31.43	250m: 2:49.48 34.81	450m: 5:09.86 35.12	650m: 7:29.92 34.96			
	100m: 1:05.58 34.15	300m: 3:24.77 35.29	500m: 5:44.84 34.98	700m: 8:05.36 35.44			
	150m: 1:39.18 33.60	350m: 3:59.73 34.96	550m: 6:20.39 35.55	750m: 8:39.63 34.27			
	200m: 2:14.67 35.49	400m: 4:34.74 35.01	600m: 6:54.96 34.57	800m: 9:11.94 32.31			
7.	Carlos Daniel Ramos	96	Estarreja	9:14.93	+0,71	510	18
	50m: 31.03 31.03	250m: 2:49.08 34.77	450m: 5:10.42 35.07	650m: 7:31.23 34.92			
	100m: 1:04.70 33.67	300m: 3:24.68 35.60	500m: 5:45.77 35.35	700m: 8:06.62 35.39			
	150m: 1:39.29 34.59	350m: 3:59.76 35.08	550m: 6:20.81 35.04	750m: 8:41.36 34.74			
	200m: 2:14.31 35.02	400m: 4:35.35 35.59	600m: 6:56.31 35.50	800m: 9:14.93 33.57			
8.	Gino Santos Caetano	94	Sporting de Aveiro	9:15.50	+0,92	508	17
	50m: 31.31 31.31	250m: 2:49.03 34.57	450m: 5:10.09 35.15	650m: 7:31.67 35.23			
	100m: 1:05.32 34.01	300m: 3:24.25 35.22	500m: 5:45.41 35.32	700m: 8:06.99 35.32			
	150m: 1:39.73 34.41	350m: 3:59.41 35.16	550m: 6:20.89 35.48	750m: 8:42.02 35.03			
	200m: 2:14.46 34.73	400m: 4:34.94 35.53	600m: 6:56.44 35.55	800m: 9:15.50 33.48			
9.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	9:18.65	+0,78	500	16
	50m: 30.97 30.97	250m: 2:50.63 35.52	450m: 5:13.00 35.66	650m: 7:35.79 35.88			
	100m: 1:04.54 33.57	300m: 3:25.99 35.36	500m: 5:48.95 35.95	700m: 8:11.22 35.43			
	150m: 1:39.57 35.03	350m: 4:01.65 35.66	550m: 6:24.41 35.46	750m: 8:45.72 34.50			
	200m: 2:15.11 35.54	400m: 4:37.34 35.69	600m: 6:59.91 35.50	800m: 9:18.65 32.93			
10.	Ion Caus	96	Portinado	9:18.89	+0,73	499	15
	50m: 30.33 30.33	250m: 2:48.35 35.15	450m: 5:10.64 35.50	650m: 7:34.41 35.60			
	100m: 1:04.13 33.80	300m: 3:23.82 35.47	500m: 5:47.00 36.36	700m: 8:09.81 35.40			
	150m: 1:38.51 34.38	350m: 3:59.19 35.37	550m: 6:23.27 36.27	750m: 8:45.26 35.45			
	200m: 2:13.20 34.69	400m: 4:35.14 35.95	600m: 6:58.81 35.54	800m: 9:18.89 33.63			
11.	Ricardo Goncalves Moura	98	Electrico	9:22.05	+0,89	491	14
	50m: 30.50 30.50	250m: 2:45.95 34.24	450m: 5:06.87 35.85	650m: 7:33.45 36.86			
	100m: 1:04.38 33.88	300m: 3:20.69 34.74	500m: 5:43.29 36.42	700m: 8:10.29 36.84			
	150m: 1:38.00 33.62	350m: 3:55.70 35.01	550m: 6:19.96 36.67	750m: 8:47.01 36.72			
	200m: 2:11.71 33.71	400m: 4:31.02 35.32	600m: 6:56.59 36.63	800m: 9:22.05 35.04			
12.	Daniel Filipe Paiva	98	Miranda do Corvo	9:30.89	+1,08	468	13
	50m: 33.08 33.08	250m: 2:55.37 35.61	450m: 5:19.56 36.05	650m: 7:45.51 36.47			
	100m: 1:08.23 35.15	300m: 3:31.41 36.04	500m: 5:55.76 36.20	700m: 8:21.59 36.08			
	150m: 1:43.75 35.52	350m: 4:07.52 36.11	550m: 6:32.55 36.79	750m: 8:56.60 35.01			
	200m: 2:19.76 36.01	400m: 4:43.51 35.99	600m: 7:09.04 36.49	800m: 9:30.89 34.29			
13.	Jose Miguel Hilario	97	Beja	9:43.37	+0,87	439	12
	50m: 31.35 31.35	250m: 2:54.76 36.30	450m: 5:22.56 37.64	650m: 7:52.96 37.63			
	100m: 1:07.15 35.80	300m: 3:31.21 36.45	500m: 6:00.59 38.03	700m: 8:30.18 37.22			
	150m: 1:42.74 35.59	350m: 4:07.80 36.59	550m: 6:37.74 37.15	750m: 9:07.61 37.43			
	200m: 2:18.46 35.72	400m: 4:44.92 37.12	600m: 7:15.33 37.59	800m: 9:43.37 35.76			
14.	Rafael Barata Domingos	95	Nucleo Sportinguista Golega	9:50.92	+0,76	422	11
	50m: 31.59 31.59	250m: 2:54.43 36.70	450m: 5:23.48 37.60	650m: 7:56.91 38.48			
	100m: 1:06.05 34.46	300m: 3:31.74 37.31	500m: 6:01.46 37.98	700m: 8:35.29 38.38			
	150m: 1:41.55 35.50	350m: 4:08.95 37.21	550m: 6:39.86 38.40	750m: 9:13.73 38.44			
	200m: 2:17.73 36.18	400m: 4:45.88 36.93	600m: 7:18.43 38.57	800m: 9:50.92 37.19			
15.	Afonso Filipe Gaspar	97	Nautico de Abrantes	9:57.50	+0,91	408	10
	50m: 31.72 31.72	250m: 2:59.01 37.28	450m: 5:30.67 37.81	650m: 8:03.60 38.47			
	100m: 1:07.52 35.80	300m: 3:36.58 37.57	500m: 6:08.60 37.93	700m: 8:42.20 38.60			
	150m: 1:44.44 36.92	350m: 4:14.71 38.13	550m: 6:46.74 38.14	750m: 9:19.99 37.79			
	200m: 2:21.73 37.29	400m: 4:52.86 38.15	600m: 7:25.13 38.39	800m: 9:57.50 37.51			



Campeonato Nacional Clubes 4ª Divisão
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Prova 26, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Joao Pedro Alves	96	Natacao do Tejo	10:00.65	+0,94	402	9
	50m: 32.71 32.71	250m: 3:02.30 37.66	450m: 5:35.30 38.28	650m: 8:09.01 38.18			
	100m: 1:09.85 37.14	300m: 3:40.18 37.88	500m: 6:14.09 38.79	700m: 8:47.41 38.40			
	150m: 1:47.08 37.23	350m: 4:18.47 38.29	550m: 6:52.21 38.12	750m: 9:25.03 37.62			
	200m: 2:24.64 37.56	400m: 4:57.02 38.55	600m: 7:30.83 38.62	800m: 10:00.65 35.62			
17.	Joel Baptista Peixoto	97	Colegio SMLamas	10:03.49	+0,90	396	8
	50m: 32.61 32.61	250m: 3:03.18 38.16	450m: 5:38.22 38.83	650m: 8:12.55 37.28			
	100m: 1:09.60 36.99	300m: 3:41.58 38.40	500m: 6:17.12 38.90	700m: 8:51.16 38.61			
	150m: 1:46.94 37.34	350m: 4:20.24 38.66	550m: 6:56.27 39.15	750m: 9:29.23 38.07			
	200m: 2:25.02 38.08	400m: 4:59.39 39.15	600m: 7:35.27 39.00	800m: 10:03.49 34.26			
18.	Luis Miguel Verissimo	98	Terceira Auto Clube	10:03.67		396	7
	50m: 32.23 32.23	250m: 3:02.82 37.48	450m: 5:36.01 37.73	650m: 8:09.82 38.20			
	100m: 1:09.20 36.97	300m: 3:40.93 38.11	500m: 6:14.34 38.33	700m: 8:48.57 38.75			
	150m: 1:47.23 38.03	350m: 4:19.50 38.57	550m: 6:52.90 38.56	750m: 9:26.55 37.98			
	200m: 2:25.34 38.11	400m: 4:58.28 38.78	600m: 7:31.62 38.72	800m: 10:03.67 37.12			
19.	Joao Luis Pereira	96	Desportiva Limiana	10:10.89	+0,92	382	6
	50m: 31.14 31.14	250m: 2:56.83 37.34	450m: 5:30.72 39.18	650m: 8:10.29 40.14			
	100m: 1:05.98 34.84	300m: 3:35.07 38.24	500m: 6:10.61 39.89	700m: 8:50.94 40.65			
	150m: 1:42.26 36.28	350m: 4:12.71 37.64	550m: 6:49.26 38.65	750m: 9:31.76 40.82			
	200m: 2:19.49 37.23	400m: 4:51.54 38.83	600m: 7:30.15 40.89	800m: 10:10.89 39.13			
20.	Martim Basilio Gil	97	CLAC-Entroncamento	10:12.72	+0,95	379	5
	50m: 32.94 32.94	250m: 3:05.47 38.10	450m: 5:40.94 39.32	650m: 8:17.41 39.36			
	100m: 1:10.02 37.08	300m: 3:43.49 38.02	500m: 6:19.80 38.86	700m: 8:56.97 39.56			
	150m: 1:48.32 38.30	350m: 4:22.11 38.62	550m: 6:58.90 39.10	750m: 9:36.19 39.22			
	200m: 2:27.37 39.05	400m: 5:01.62 39.51	600m: 7:38.05 39.15	800m: 10:12.72 36.53			
21.	Diogo Miguel Banha	98	Estremoz/Estremozcarnes	10:19.15	+0,83	367	4
	50m: 32.32 32.32	250m: 3:04.59 38.84	450m: 5:41.65 39.66	650m: 8:20.28 39.61			
	100m: 1:09.83 37.51	300m: 3:43.16 38.57	500m: 6:21.26 39.61	700m: 9:00.57 40.29			
	150m: 1:47.61 37.78	350m: 4:22.53 39.37	550m: 7:01.32 40.06	750m: 9:40.39 39.82			
	200m: 2:25.75 38.14	400m: 5:01.99 39.46	600m: 7:40.67 39.35	800m: 10:19.15 38.76			
22.	Nuno Filipe Lima	94	Gafanha da Encarnacao	10:40.79	+0,85	331	3
	50m: 32.45 32.45	250m: 3:11.66 40.60	450m: 5:56.51 41.19	650m: 8:41.53 41.58			
	100m: 1:11.15 38.70	300m: 3:52.60 40.94	500m: 6:37.64 41.13	700m: 9:22.70 41.17			
	150m: 1:50.58 39.43	350m: 4:33.70 41.10	550m: 7:19.09 41.45	750m: 10:03.19 40.49			
	200m: 2:31.06 40.48	400m: 5:15.32 41.62	600m: 7:59.95 40.86	800m: 10:40.79 37.60			
23.	Luis Maria Carvalho	97	Elvense	10:58.00	+0,78	306	2
	50m: 33.76 33.76	250m: 3:14.77 42.61	450m: 6:01.95 42.50	650m: 8:52.38 42.93			
	100m: 1:11.94 38.18	300m: 3:55.80 41.03	500m: 6:43.98 42.03	700m: 9:34.62 42.24			
	150m: 1:52.36 40.42	350m: 4:37.41 41.61	550m: 7:27.08 43.10	750m: 10:16.99 42.37			
	200m: 2:32.16 39.80	400m: 5:19.45 42.04	600m: 8:09.45 42.37	800m: 10:58.00 41.01			
24.	Jose Carlos Burecas	00	BUZIOS-Coruche	11:06.01	+0,90	295	1
	50m: 35.47 35.47	250m: 3:23.02 41.48	450m: 6:13.05 42.75	650m: 9:04.30 42.99			
	100m: 1:17.58 42.11	300m: 4:05.50 42.48	500m: 6:56.61 43.56	700m: 9:46.86 42.56			
	150m: 1:59.22 41.64	350m: 4:47.84 42.34	550m: 7:39.12 42.51	750m: 10:28.69 41.83			
	200m: 2:41.54 42.32	400m: 5:30.30 42.46	600m: 8:21.31 42.19	800m: 11:06.01 37.32			