

Prova 1 Femin., 800m Livres 14 - 17 anos
04-04-2014 - 9:30 Resultados

Recordes Nacionais 50m Absoluto	8:49.86	Florbela Cavaco Machado	ASSSCC	Coimbra	25-05-2013
Recordes Nacionais 50m Juv B	9:07.70	Alexandra Maria Silva	FPN	Split (CRO)	10-09-1981
Recordes Nacionais 50m Juv A	9:03.83	Ana Claudia Santos	SFUAP	Oeiras	20-03-2005
Recordes Nacionais 50m Jun16	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Jun17	8:49.86	Florbela Cavaco Machado	ASSSCC	Coimbra	25-05-2013

TAC-JUN16F Jun16: 9:46.49 / TAC-JUN17F Jun17: 9:40.74 / TAC-JUJAF Juv A: 9:57.99 / TAC-JUJBF Juv B: 10:15.24

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Ana Rita Faria	00	Porto	9:33.40	+0,96	638
	50m: 32.11 32.11	250m: 2:56.34 36.14	450m: 5:21.53 35.92	650m: 7:46.86 36.07		
	100m: 1:07.75 35.64	300m: 3:33.20 36.86	500m: 5:57.98 36.45	700m: 8:23.27 36.41		
	150m: 1:43.47 35.72	350m: 4:09.09 35.89	550m: 6:34.22 36.24	750m: 8:58.89 35.62		
	200m: 2:20.20 36.73	400m: 4:45.61 36.52	600m: 7:10.79 36.57	800m: 9:33.40 34.51		
2.	Maria Francisca Cabral	00	Porto	9:43.57	+0,82	606
	50m: 31.25 31.25	250m: 2:48.99 34.79	450m: 5:16.87 42.92	650m: 7:52.67 37.30		
	100m: 1:04.65 33.40	300m: 3:24.52 35.53	500m: 5:57.86 40.99	700m: 8:30.39 37.72		
	150m: 1:39.00 34.35	350m: 3:58.98 34.46	550m: 6:36.30 38.44	750m: 9:06.91 36.52		
	200m: 2:14.20 35.20	400m: 4:33.95 34.97	600m: 7:15.37 39.07	800m: 9:43.57 36.66		
3.	Catarina Martins Mestre	00	Sporting	9:47.93	+0,65	592
	50m: 32.81 32.81	250m: 2:59.58 36.98	450m: 5:27.82 37.23	650m: 7:58.52 37.56		
	100m: 1:08.95 36.14	300m: 3:36.84 37.26	500m: 6:05.57 37.75	700m: 8:36.07 37.55		
	150m: 1:45.31 36.36	350m: 4:13.30 36.46	550m: 6:42.79 37.22	750m: 9:12.47 36.40		
	200m: 2:22.60 37.29	400m: 4:50.59 37.29	600m: 7:20.96 38.17	800m: 9:47.93 35.46		
4.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:54.20	+0,77	574
	50m: 32.58 32.58	250m: 2:59.74 37.33	450m: 5:31.62 38.05	650m: 8:03.39 37.54		
	100m: 1:08.46 35.88	300m: 3:37.74 38.00	500m: 6:09.82 38.20	700m: 8:40.88 37.49		
	150m: 1:45.18 36.72	350m: 4:15.38 37.64	550m: 6:47.98 38.16	750m: 9:18.14 37.26		
	200m: 2:22.41 37.23	400m: 4:53.57 38.19	600m: 7:25.85 37.87	800m: 9:54.20 36.06		
5.	Rafaela Araujo Silva	00	Famalicao	9:56.12	+0,94	568
	50m: 33.99 33.99	250m: 3:04.32 37.94	450m: 5:36.20 38.29	650m: 8:07.39 37.41		
	100m: 1:10.70 36.71	300m: 3:42.16 37.84	500m: 6:14.51 38.31	700m: 8:44.32 36.93		
	150m: 1:48.46 37.76	350m: 4:20.12 37.96	550m: 6:52.20 37.69	750m: 9:20.94 36.62		
	200m: 2:26.38 37.92	400m: 4:57.91 37.79	600m: 7:29.98 37.78	800m: 9:56.12 35.18		
6.	Ines Silva Oliveira	00	Leixoes	9:56.65	+0,97	567
	50m: 33.32 33.32	250m: 3:03.50 37.66	450m: 5:35.90 38.07	650m: 8:07.05 37.67		
	100m: 1:10.12 36.80	300m: 3:41.67 38.17	500m: 6:13.89 37.99	700m: 8:45.27 38.22		
	150m: 1:48.35 38.23	350m: 4:20.29 38.62	550m: 6:51.68 37.79	750m: 9:21.96 36.69		
	200m: 2:25.84 37.49	400m: 4:57.83 37.54	600m: 7:29.38 37.70	800m: 9:56.65 34.69		
7.	Margarida Valente Orrico	00	Uniao Piedense	10:02.99	+0,97	549
	50m: 33.74 33.74	250m: 3:04.33 37.35	450m: 5:36.24 37.11	650m: 8:09.49 37.90		
	100m: 1:11.09 37.35	300m: 3:42.58 38.25	500m: 6:14.59 38.35	700m: 8:48.36 38.87		
	150m: 1:48.56 37.47	350m: 4:20.38 37.80	550m: 6:52.64 38.05	750m: 9:26.09 37.73		
	200m: 2:26.98 38.42	400m: 4:59.13 38.75	600m: 7:31.59 38.95	800m: 10:02.99 36.90		
8.	Ana Miguel Reis	00	Columbofila Cantanhedense	10:03.85		547
	50m: 33.90 33.90	250m: 3:05.26 38.14	450m: 5:37.79 37.96	650m: 8:10.41 38.26		
	100m: 1:11.08 37.18	300m: 3:43.35 38.09	500m: 6:15.92 38.13	700m: 8:48.64 38.23		
	150m: 1:49.11 38.03	350m: 4:21.58 38.23	550m: 6:54.08 38.16	750m: 9:26.58 37.94		
	200m: 2:27.12 38.01	400m: 4:59.83 38.25	600m: 7:32.15 38.07	800m: 10:03.85 37.27		

Prova 1, Femin., 800m Livres, Juvenis B

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
9.	Monica Seara Domingues			00	Nautico Marinha Grande		10:07.12		+0,94	538		
	50m:	33.05	33.05	250m:	3:03.92	38.60	450m:	5:38.33	38.85	650m:	8:13.11	38.76
	100m:	1:09.90	36.85	300m:	3:42.62	38.70	500m:	6:16.94	38.61	700m:	8:51.63	38.52
	150m:	1:47.80	37.90	350m:	4:21.04	38.42	550m:	6:55.72	38.78	750m:	9:29.88	38.25
	200m:	2:25.32	37.52	400m:	4:59.48	38.44	600m:	7:34.35	38.63	800m:	10:07.12	37.24
10.	Sofia Isabel Gouveia			00	Uniao Piedense		10:08.70		+0,77	534		
	50m:	33.69	33.69	250m:	3:04.17	38.58	450m:	5:38.91	39.39	650m:	8:16.51	39.17
	100m:	1:09.60	35.91	300m:	3:42.41	38.24	500m:	6:18.20	39.29	700m:	8:55.08	38.57
	150m:	1:47.62	38.02	350m:	4:21.21	38.80	550m:	6:57.76	39.56	750m:	9:32.36	37.28
	200m:	2:25.59	37.97	400m:	4:59.52	38.31	600m:	7:37.34	39.58	800m:	10:08.70	36.34
11.	Ana Sofia Ramos			00	Porto		10:12.19		+0,97	524		
	50m:	34.29	34.29	250m:	3:05.62	37.75	450m:	5:40.90	39.05	650m:	8:16.48	38.64
	100m:	1:11.14	36.85	300m:	3:44.66	39.04	500m:	6:19.67	38.77	700m:	8:55.58	39.10
	150m:	1:49.22	38.08	350m:	4:23.43	38.77	550m:	6:58.59	38.92	750m:	9:33.84	38.26
	200m:	2:27.87	38.65	400m:	5:01.85	38.42	600m:	7:37.84	39.25	800m:	10:12.19	38.35
12.	Mariana Silva Navalho			00	Uniao Piedense		10:16.08		+0,89	515		
	FTL											
	50m:	34.54	34.54	250m:	3:08.57	39.00	450m:	5:43.84	39.46	650m:	8:20.77	39.32
	100m:	1:12.05	37.51	300m:	3:46.81	38.24	500m:	6:22.75	38.91	700m:	9:00.22	39.45
	150m:	1:51.10	39.05	350m:	4:25.68	38.87	550m:	7:01.93	39.18	750m:	9:38.44	38.22
	200m:	2:29.57	38.47	400m:	5:04.38	38.70	600m:	7:41.45	39.52	800m:	10:16.08	37.64
13.	Margarida Reconha Marques			00	Nautico Marinha Grande		10:20.82		+0,90	503		
	FTL											
	50m:	34.20	34.20	250m:	3:09.61	39.13	450m:	5:47.32	40.01	650m:	8:26.20	40.27
	100m:	1:11.94	37.74	300m:	3:48.74	39.13	500m:	6:26.99	39.67	700m:	9:04.58	38.38
	150m:	1:51.29	39.35	350m:	4:28.35	39.61	550m:	7:06.93	39.94	750m:	9:43.06	38.48
	200m:	2:30.48	39.19	400m:	5:07.31	38.96	600m:	7:45.93	39.00	800m:	10:20.82	37.76
14.	Mariana Silva Ramos			00	Sporting		10:22.34		+0,81	499		
	FTL											
	50m:	34.38	34.38	250m:	3:08.31	39.01	450m:	5:45.50	39.43	650m:	8:25.21	40.09
	100m:	1:12.00	37.62	300m:	3:47.26	38.95	500m:	6:25.10	39.60	700m:	9:04.46	39.25
	150m:	1:50.50	38.50	350m:	4:26.72	39.46	550m:	7:05.38	40.28	750m:	9:44.33	39.87
	200m:	2:29.30	38.80	400m:	5:06.07	39.35	600m:	7:45.12	39.74	800m:	10:22.34	38.01
15.	Carla Laranjeira Marques			00	Sporting de Aveiro		10:33.15		+0,82	474		
	FTL											
	50m:	34.22	34.22	250m:	3:10.14	40.29	450m:	5:52.41	41.11	650m:	8:35.68	40.87
	100m:	1:12.09	37.87	300m:	3:49.20	39.06	500m:	6:33.19	40.78	700m:	9:15.68	40.00
	150m:	1:51.41	39.32	350m:	4:30.00	40.80	550m:	7:13.59	40.40	750m:	9:55.55	39.87
	200m:	2:29.85	38.44	400m:	5:11.30	41.30	600m:	7:54.81	41.22	800m:	10:33.15	37.60
16.	Leonor Costa Tejo			00	Academica de Coimbra		10:37.31		+1,03	465		
	FTL											
	50m:	34.66	34.66	250m:	3:11.45	39.94	450m:	5:52.73	40.89	650m:	8:37.62	41.81
	100m:	1:13.18	38.52	300m:	3:51.32	39.87	500m:	6:33.30	40.57	700m:	9:18.86	41.24
	150m:	1:52.22	39.04	350m:	4:31.62	40.30	550m:	7:15.24	41.94	750m:	9:58.62	39.76
	200m:	2:31.51	39.29	400m:	5:11.84	40.22	600m:	7:55.81	40.57	800m:	10:37.31	38.69

Prova 1, Femin., 800m Livres

Juvenis A

1. Tamila Hryhorivna Holub	99	Braga	9:14.11	+0,88	707
50m: 30.67 30.67	250m: 2:46.19 34.46	450m: 5:06.12 35.21	650m: 7:28.82 35.34		
100m: 1:03.68 33.01	300m: 3:21.14 34.95	500m: 5:41.71 35.59	700m: 8:05.00 36.18		
150m: 1:37.38 33.70	350m: 3:56.21 35.07	550m: 6:17.59 35.88	750m: 8:39.97 34.97		
200m: 2:11.73 34.35	400m: 4:30.91 34.70	600m: 6:53.48 35.89	800m: 9:14.11 34.14		
2. Beatriz Paulo Ranito	99	Sporting	9:32.40	+0,68	642
50m: 32.20 32.20	250m: 2:56.94 36.01	450m: 5:22.01 36.20	650m: 7:45.37 35.89		
100m: 1:08.08 35.88	300m: 3:33.31 36.37	500m: 5:57.90 35.89	700m: 8:21.63 36.26		
150m: 1:44.54 36.46	350m: 4:09.46 36.15	550m: 6:33.78 35.88	750m: 8:56.71 35.08		
200m: 2:20.93 36.39	400m: 4:45.81 36.35	600m: 7:09.48 35.70	800m: 9:32.40 35.69		
3. Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:40.05	+0,91	617
50m: 33.13 33.13	250m: 2:57.81 36.85	450m: 5:23.82 36.61	650m: 7:51.39 37.04		
100m: 1:08.63 35.50	300m: 3:34.19 36.38	500m: 6:00.80 36.98	700m: 8:28.09 36.70		
150m: 1:44.83 36.20	350m: 4:11.03 36.84	550m: 6:37.50 36.70	750m: 9:04.96 36.87		
200m: 2:20.96 36.13	400m: 4:47.21 36.18	600m: 7:14.35 36.85	800m: 9:40.05 35.09		
4. Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	9:41.35	+1,00	613
50m: 32.52 32.52	250m: 2:57.86 36.61	450m: 5:24.58 36.69	650m: 7:53.10 37.21		
100m: 1:07.83 35.31	300m: 3:34.34 36.48	500m: 6:01.56 36.98	700m: 8:29.35 36.25		
150m: 1:44.54 36.71	350m: 4:11.18 36.84	550m: 6:38.64 37.08	750m: 9:05.75 36.40		
200m: 2:21.25 36.71	400m: 4:47.89 36.71	600m: 7:15.89 37.25	800m: 9:41.35 35.60		
5. Beatriz Barros Carmo	99	Colegio Vasco da Gama	9:42.29	+0,75	610
50m: 32.07 32.07	250m: 2:57.60 36.26	450m: 5:23.76 36.47	650m: 7:51.29 37.17		
100m: 1:08.12 36.05	300m: 3:34.75 37.15	500m: 6:00.44 36.68	700m: 8:28.64 37.35		
150m: 1:44.51 36.39	350m: 4:10.59 35.84	550m: 6:36.99 36.55	750m: 9:05.66 37.02		
200m: 2:21.34 36.83	400m: 4:47.29 36.70	600m: 7:14.12 37.13	800m: 9:42.29 36.63		
6. Maria Dias Neves	99	Miranda do Corvo	9:49.30	+0,84	588
50m: 33.07 33.07	250m: 3:01.05 37.01	450m: 5:30.63 37.05	650m: 8:00.34 37.43		
100m: 1:09.62 36.55	300m: 3:38.91 37.86	500m: 6:08.34 37.71	700m: 8:37.83 37.49		
150m: 1:46.56 36.94	350m: 4:15.91 37.00	550m: 6:45.36 37.02	750m: 9:13.58 35.75		
200m: 2:24.04 37.48	400m: 4:53.58 37.67	600m: 7:22.91 37.55	800m: 9:49.30 35.72		
7. Eva Guerreiro Carvalho	99	Uniao Piedense	9:50.07	+1,03	586
50m: 33.04 33.04	250m: 3:01.20 37.12	450m: 5:31.11 37.00	650m: 8:00.64 37.11		
100m: 1:09.76 36.72	300m: 3:39.20 38.00	500m: 6:08.74 37.63	700m: 8:38.23 37.59		
150m: 1:46.40 36.64	350m: 4:16.32 37.12	550m: 6:45.76 37.02	750m: 9:14.63 36.40		
200m: 2:24.08 37.68	400m: 4:54.11 37.79	600m: 7:23.53 37.77	800m: 9:50.07 35.44		
8. Filipa Sousa Pinheiro	99	Sporting	9:50.78	+0,94	584
50m: 32.43 32.43	250m: 2:59.30 37.30	450m: 5:28.80 37.38	650m: 7:59.19 37.87		
100m: 1:07.88 35.45	300m: 3:36.69 37.39	500m: 6:06.09 37.29	700m: 8:36.87 37.68		
150m: 1:45.05 37.17	350m: 4:14.33 37.64	550m: 6:43.76 37.67	750m: 9:14.40 37.53		
200m: 2:22.00 36.95	400m: 4:51.42 37.09	600m: 7:21.32 37.56	800m: 9:50.78 36.38		
9. Tania Cristina Mendes	99	Industrial Vieirense	9:54.75	+0,86	572
50m: 32.45 32.45	250m: 2:56.43 36.82	450m: 5:26.96 38.10	650m: 8:00.60 38.52		
100m: 1:07.16 34.71	300m: 3:33.48 37.05	500m: 6:05.22 38.26	700m: 8:39.54 38.94		
150m: 1:43.47 36.31	350m: 4:11.15 37.67	550m: 6:43.48 38.26	750m: 9:18.47 38.93		
200m: 2:19.61 36.14	400m: 4:48.86 37.71	600m: 7:22.08 38.60	800m: 9:54.75 36.28		
10. Catarina Reis Silva	99	Braga	9:56.94	+0,85	566
50m: 32.92 32.92	250m: 3:01.70 38.10	450m: 5:33.52 37.57	650m: 8:06.20 38.30		
100m: 1:08.99 36.07	300m: 3:39.79 38.09	500m: 6:11.87 38.35	700m: 8:44.11 37.91		
150m: 1:46.36 37.37	350m: 4:17.96 38.17	550m: 6:49.77 37.90	750m: 9:20.98 36.87		
200m: 2:23.60 37.24	400m: 4:55.95 37.99	600m: 7:27.90 38.13	800m: 9:56.94 35.96		

Prova 1, Femin., 800m Livres, Juvenis A

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
11.	Maria Beatriz Dias			99	Viver Santarem		9:57.35		+0,77	565		
	50m:	34.22	34.22	250m:	3:01.21	37.36	450m:	5:32.47	38.17	650m:	8:04.66	38.29
	100m:	1:10.47	36.25	300m:	3:38.62	37.41	500m:	6:10.45	37.98	700m:	8:42.73	38.07
	150m:	1:47.03	36.56	350m:	4:16.61	37.99	550m:	6:48.38	37.93	750m:	9:20.93	38.20
	200m:	2:23.85	36.82	400m:	4:54.30	37.69	600m:	7:26.37	37.99	800m:	9:57.35	36.42
12.	Ana Beatriz La Feria			99	Porto		9:59.53		+0,91	558		
	FTL											
	50m:	33.44	33.44	250m:	3:00.99	37.30	450m:	5:32.28	37.86	650m:	8:05.41	38.36
	100m:	1:09.19	35.75	300m:	3:38.54	37.55	500m:	6:10.50	38.22	700m:	8:43.82	38.41
	150m:	1:46.07	36.88	350m:	4:16.35	37.81	550m:	6:48.73	38.23	750m:	9:22.92	39.10
	200m:	2:23.69	37.62	400m:	4:54.42	38.07	600m:	7:27.05	38.32	800m:	9:59.53	36.61
13.	Catarina Costa Fernandes			99	Colegio Bernardette Romeira		10:01.34		+0,84	553		
	FTL											
	50m:	32.39	32.39	250m:	3:02.36	38.36	450m:	5:35.24	38.27	650m:	8:09.12	38.52
	100m:	1:08.70	36.31	300m:	3:40.50	38.14	500m:	6:13.90	38.66	700m:	8:46.93	37.81
	150m:	1:46.31	37.61	350m:	4:18.83	38.33	550m:	6:52.77	38.87	750m:	9:24.91	37.98
	200m:	2:24.00	37.69	400m:	4:56.97	38.14	600m:	7:30.60	37.83	800m:	10:01.34	36.43
14.	Sara Costa Guerra			99	Sporting		10:06.29			540		
	FTL											
	50m:	34.07	34.07	250m:	3:06.39	38.41	450m:	5:38.61	38.19	650m:	8:13.61	38.41
	100m:	1:11.54	37.47	300m:	3:44.91	38.52	500m:	6:17.40	38.79	700m:	8:52.16	38.55
	150m:	1:50.09	38.55	350m:	4:22.38	37.47	550m:	6:56.25	38.85	750m:	9:29.59	37.43
	200m:	2:27.98	37.89	400m:	5:00.42	38.04	600m:	7:35.20	38.95	800m:	10:06.29	36.70
15.	Maria Santos Silva			99	Nautico Marinha Grande		10:07.04		+0,84	538		
	FTL											
	50m:	33.10	33.10	250m:	3:04.62	39.23	450m:	5:38.97	38.39	650m:	8:12.64	37.85
	100m:	1:09.44	36.34	300m:	3:43.10	38.48	500m:	6:17.42	38.45	700m:	8:51.19	38.55
	150m:	1:47.15	37.71	350m:	4:22.07	38.97	550m:	6:55.63	38.21	750m:	9:29.91	38.72
	200m:	2:25.39	38.24	400m:	5:00.58	38.51	600m:	7:34.79	39.16	800m:	10:07.04	37.13
16.	Ana Pires Brito			99	Colegio Monte Maior		10:11.19		+0,89	527		
	FTL											
	50m:	32.82	32.82	250m:	3:02.42	38.37	450m:	5:36.28	39.17	650m:	8:13.38	39.94
	100m:	1:08.44	35.62	300m:	3:40.29	37.87	500m:	6:14.87	38.59	700m:	8:52.63	39.25
	150m:	1:46.19	37.75	350m:	4:18.85	38.56	550m:	6:54.36	39.49	750m:	9:32.59	39.96
	200m:	2:24.05	37.86	400m:	4:57.11	38.26	600m:	7:33.44	39.08	800m:	10:11.19	38.60

Juniores

1.	Filipa Vilas Ruivo				97	Nautico Marinha Grande				9:02.75	+0,83	753
	50m:	31.26	31.26	250m:	2:47.04	34.17	450m:	5:03.91	34.38	650m:	7:21.04	34.47
	100m:	1:04.85	33.59	300m:	3:21.13	34.09	500m:	5:37.91	34.00	700m:	7:55.19	34.15
	150m:	1:38.95	34.10	350m:	3:55.33	34.20	550m:	6:12.39	34.48	750m:	8:29.63	34.44
	200m:	2:12.87	33.92	400m:	4:29.53	34.20	600m:	6:46.57	34.18	800m:	9:02.75	33.12
2.	Carolina Mantua Guedes				98	Sporting				9:16.47	+0,78	699
	50m:	31.27	31.27	250m:	2:49.53	35.15	450m:	5:11.27	35.33	650m:	7:32.59	35.26
	100m:	1:05.04	33.77	300m:	3:24.76	35.23	500m:	5:46.45	35.18	700m:	8:08.06	35.47
	150m:	1:39.70	34.66	350m:	4:00.28	35.52	550m:	6:22.06	35.61	750m:	8:43.06	35.00
	200m:	2:14.38	34.68	400m:	4:35.94	35.66	600m:	6:57.33	35.27	800m:	9:16.47	33.41

Prova 1, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts
3.	Maria Teresa Amorim	97	Porto	9:21.23				+0,87	681
	50m: 30.99 30.99	250m: 2:49.43 35.25	450m: 5:11.43 35.43	650m: 7:34.13 35.42					
	100m: 1:04.57 33.58	300m: 3:24.83 35.40	500m: 5:47.19 35.76	700m: 8:09.96 35.83					
	150m: 1:39.13 34.56	350m: 4:00.18 35.35	550m: 6:22.82 35.63	750m: 8:45.90 35.94					
	200m: 2:14.18 35.05	400m: 4:36.00 35.82	600m: 6:58.71 35.89	800m: 9:21.23 35.33					
4.	Barbara Marques Rodrigues	97	Alges	9:29.31				+0,96	652
	50m: 31.79 31.79	250m: 2:52.33 35.81	450m: 5:16.12 36.36	650m: 7:41.02 36.44					
	100m: 1:06.13 34.34	300m: 3:28.01 35.68	500m: 5:52.04 35.92	700m: 8:17.41 36.39					
	150m: 1:41.33 35.20	350m: 4:03.91 35.90	550m: 6:28.33 36.29	750m: 8:53.74 36.33					
	200m: 2:16.52 35.19	400m: 4:39.76 35.85	600m: 7:04.58 36.25	800m: 9:29.31 35.57					
5.	Marina Micaela Sequeira	98	Uniao Piedense	9:36.53				+0,64	628
	50m: 32.99 32.99	250m: 2:55.00 36.35	450m: 5:19.26 36.73	650m: 7:47.18 37.51					
	100m: 1:07.40 34.41	300m: 3:30.27 35.27	500m: 5:55.24 35.98	700m: 8:24.02 36.84					
	150m: 1:43.29 35.89	350m: 4:06.89 36.62	550m: 6:32.50 37.26	750m: 9:01.68 37.66					
	200m: 2:18.65 35.36	400m: 4:42.53 35.64	600m: 7:09.67 37.17	800m: 9:36.53 34.85					
6.	Ana Raquel Ferreira	98	Ginasio Figueirense	9:38.21				+0,85	623
	50m: 32.10 32.10	250m: 2:54.39 35.91	450m: 5:20.23 37.01	650m: 7:48.36 36.99					
	100m: 1:07.24 35.14	300m: 3:30.43 36.04	500m: 5:57.07 36.84	700m: 8:25.24 36.88					
	150m: 1:42.84 35.60	350m: 4:06.77 36.34	550m: 6:34.22 37.15	750m: 9:02.49 37.25					
	200m: 2:18.48 35.64	400m: 4:43.22 36.45	600m: 7:11.37 37.15	800m: 9:38.21 35.72					
7.	Ana Silva Costa	98	Famalicao	9:38.59				+0,70	621
	50m: 31.64 31.64	250m: 2:53.04 35.72	450m: 5:19.24 36.13	650m: 7:47.67 37.06					
	100m: 1:05.94 34.30	300m: 3:29.99 36.95	500m: 5:56.39 37.15	700m: 8:25.80 38.13					
	150m: 1:41.11 35.17	350m: 4:06.09 36.10	550m: 6:32.84 36.45	750m: 9:02.34 36.54					
	200m: 2:17.32 36.21	400m: 4:43.11 37.02	600m: 7:10.61 37.77	800m: 9:38.59 36.25					
8.	Catarina Alexandra Jardim	98	Famalicao	9:41.07				+0,84	613
	50m: 32.24 32.24	250m: 2:55.74 36.40	450m: 5:22.48 36.96	650m: 7:51.02 37.22					
	100m: 1:07.43 35.19	300m: 3:32.25 36.51	500m: 5:59.52 37.04	700m: 8:28.35 37.33					
	150m: 1:43.42 35.99	350m: 4:08.93 36.68	550m: 6:36.70 37.18	750m: 9:05.20 36.85					
	200m: 2:19.34 35.92	400m: 4:45.52 36.59	600m: 7:13.80 37.10	800m: 9:41.07 35.87					
9.	Maria Joao Fernandes	97	Vilacondense	9:50.15				+0,72	586
	FTL								
	50m: 31.68 31.68	250m: 2:56.25 37.30	450m: 5:27.32 37.76	650m: 7:57.90 37.64					
	100m: 1:06.62 34.94	300m: 3:33.90 37.65	500m: 6:04.85 37.53	700m: 8:36.01 38.11					
	150m: 1:42.72 36.10	350m: 4:11.86 37.96	550m: 6:42.69 37.84	750m: 9:13.63 37.62					
	200m: 2:18.95 36.23	400m: 4:49.56 37.70	600m: 7:20.26 37.57	800m: 9:50.15 36.52					

Prova 2 Masc., 200m Livres 15 - 18 anos
04-04-2014 - 10:35 Resultados

Recordes Nacionais 50m Absoluto	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30-03-2007
Recordes Nacionais 50m Juv B	1:57.67	Diogo Gomes Sousa	CNCVG	Coimbra	29-07-2010
Recordes Nacionais 50m Juv A	1:54.18	Gustavo Manuel Santa	FPN	Tampere (FIN)	24-07-2009
Recordes Nacionais 50m Jun17	1:53.32	Gustavo Manuel Santa	CNLA	Coimbra	30-07-2010
Recordes Nacionais 50m Jun18	1:49.98	Tiago Andre Venancio	FPN	Budapeste (HUN)	14-07-2005

TAC-JUN17M Jun17: 2:02.41 / TAC-JUN18M Jun18: 2:00.65 / TAC-JUVAM Juv A: 2:05.94 / TAC-JUVBM Juv B: 2:08.30

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	2:00.89	+0,86	600
	50m: 28.05 28.05	100m: 58.58 30.53	150m: 1:30.09 31.51	200m: 2:00.89 30.80		
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:01.59	+0,86	590
	50m: 27.64 27.64	100m: 58.24 30.60	150m: 1:30.74 32.50	200m: 2:01.59 30.85		
3.	Rui Jorge Matias	99	Vilacondense	2:03.80	+0,89	559
	50m: 28.11 28.11	100m: 59.74 31.63	150m: 1:32.02 32.28	200m: 2:03.80 31.78		
4.	Tiago Andre Oliveira	99	Vitoria de Guimaraes/Olicargo	2:04.32	+0,83	552
	50m: 28.29 28.29	100m: 59.66 31.37	150m: 1:32.02 32.36	200m: 2:04.32 32.30		
5.	Joao Magalhaes Nunes	99	Amadora	2:04.48	+0,77	550
	50m: 27.66 27.66	100m: 57.91 30.25	150m: 1:30.18 32.27	200m: 2:04.48 34.30		
6.	Sandro Emanuel Francisco	99	Industrial Viegense	2:05.48	+0,79	537
	50m: 28.97 28.97	100m: 1:00.74 31.77	150m: 1:33.56 32.82	200m: 2:05.48 31.92		
7.	Tiago Filipe Campos	99	Viver Santarem	2:05.55	+0,84	536
	50m: 29.23 29.23	100m: 1:01.43 32.20	150m: 1:33.76 32.33	200m: 2:05.55 31.79		
8.	Jose Pedro Fernandes	99	Braga	2:05.78	+0,85	533
	50m: 29.12 29.12	100m: 1:01.66 32.54	150m: 1:34.07 32.41	200m: 2:05.78 31.71		
9.	Mateus Ribeiro Carvalho	99	Famalicao	2:06.19	+0,76	528
	50m: 28.89 28.89	100m: 1:01.50 32.61	150m: 1:34.32 32.82	200m: 2:06.19 31.87		
10.	Diogo Jesus Crespo	99	Desportivo Nacional	2:06.73	+0,71	521
	50m: 29.10 29.10	100m: 1:01.35 32.25	150m: 1:34.50 33.15	200m: 2:06.73 32.23		
11.	Diogo Alexandre Domingues	99	Naval Amorense	2:06.95	+0,82	518
	50m: 28.76 28.76	100m: 1:00.96 32.20	150m: 1:33.95 32.99	200m: 2:06.95 33.00		
12.	Rui Miguel Cachopo	99	Colegio Monte Maior	2:07.27	+0,76	514
	50m: 29.05 29.05	100m: 1:01.84 32.79	150m: 1:35.59 33.75	200m: 2:07.27 31.68		
13.	Francisco Cortez Viterbo	99	Alges	2:07.69	+0,75	509
	50m: 29.57 29.57	100m: 1:02.24 32.67	150m: 1:34.83 32.59	200m: 2:07.69 32.86		
14.	Manuel Silva Godinho	99	Louletano/Loule Concelho	2:07.70	+0,79	509
	50m: 28.70 28.70	100m: 1:01.18 32.48	150m: 1:34.77 33.59	200m: 2:07.70 32.93		
15.	Nuno Rafael Silva	99	Colegio Monte Maior	2:07.88	+0,74	507
	50m: 29.11 29.11	100m: 1:01.06 31.95	150m: 1:34.62 33.56	200m: 2:07.88 33.26		
16.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:08.31	+0,65	502
	FTL					
	50m: 29.75 29.75	100m: 1:03.02 33.27	150m: 1:36.08 33.06	200m: 2:08.31 32.23		

Prova 2, Masc., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Gabriel Cruz Tocha FTL	99	Natacao de Faro	2:10.93	+0,62	472
	50m: 30.15 30.15	100m: 1:03.61 33.46	150m: 1:38.23 34.62	200m: 2:10.93 32.70		
18.	Afonso Guilherme Rosa FTL	99	Gualdim Pais	2:11.50	+0,86	466
	50m: 29.93 29.93	100m: 1:03.64 33.71	150m: 1:37.37 33.73	200m: 2:11.50 34.13		
19.	Bernardo Pastor Escada FTL	99	Aminata	2:11.51	+0,80	466
	50m: 29.48 29.48	100m: 1:02.36 32.88	150m: 1:37.06 34.70	200m: 2:11.51 34.45		
20.	Tiago Silva Soares FTL	99	Porto	2:11.87	+0,92	462
	50m: 28.81 28.81	100m: 1:02.03 33.22	150m: 1:36.87 34.84	200m: 2:11.87 35.00		
21.	Jose Nuno Mendes FTL	99	Braga	2:12.75	+0,98	453
	50m: 29.60 29.60	100m: 1:02.80 33.20	150m: 1:37.74 34.94	200m: 2:12.75 35.01		
22.	Diogo Alexandre Pacheco FTL	99	Bombeiros Ponta Delgada	2:13.31	+0,74	447
	50m: 28.97 28.97	100m: 1:01.30 32.33	150m: 1:37.04 35.74	200m: 2:13.31 36.27		

Juvenis A

1.	Jose Paula Carvalho	98	Uniao Piedense	1:59.61	+0,76	620
	50m: 28.08 28.08	100m: 58.43 30.35	150m: 1:29.76 31.33	200m: 1:59.61 29.85		
2.	Guilherme Filipe Pina	98	Benedita	1:59.75	+0,76	617
	50m: 27.95 27.95	100m: 58.59 30.64	150m: 1:29.62 31.03	200m: 1:59.75 30.13		
3.	Goncalo Miguel Nogueira	98	Porto	2:00.53	+0,69	606
	50m: 27.34 27.34	100m: 57.56 30.22	150m: 1:29.31 31.75	200m: 2:00.53 31.22		
4.	Francisco Carvalho Machado	98	Alges	2:01.41	+0,70	592
	50m: 27.69 27.69	100m: 57.67 29.98	150m: 1:28.69 31.02	200m: 2:01.41 32.72		
5.	Joao Costa Ferreira	98	Famalicao	2:02.92	+0,93	571
	50m: 28.69 28.69	100m: 1:00.21 31.52	150m: 1:32.38 32.17	200m: 2:02.92 30.54		
6.	Pedro Goncalves Neto	98	Porto	2:03.04	+0,83	569
	50m: 28.59 28.59	100m: 59.94 31.35	150m: 1:32.14 32.20	200m: 2:03.04 30.90		
7.	Diogo Manuel Marques	98	Columbofila Cantanhedense	2:03.18	+0,73	567
	50m: 28.11 28.11	100m: 58.70 30.59	150m: 1:31.32 32.62	200m: 2:03.18 31.86		
8.	Pedro Camacho Sousa	98	Naval do Funchal	2:03.26	+0,63	566
	50m: 28.62 28.62	100m: 59.57 30.95	150m: 1:32.65 33.08	200m: 2:03.26 30.61		
9.	Afonso Calais Queiroga	98	Uniao Piedense	2:03.35	+0,64	565
	50m: 28.65 28.65	100m: 59.44 30.79	150m: 1:31.69 32.25	200m: 2:03.35 31.66		
10.	Vasco Gradim Amorim	98	Porto	2:03.49	+0,71	563
	50m: 28.22 28.22	100m: 59.39 31.17	150m: 1:30.90 31.51	200m: 2:03.49 32.59		
11.	Francisco Manso Teixeira	98	Naval do Funchal	2:03.66	+0,66	561
	50m: 28.17 28.17	100m: 59.60 31.43	150m: 1:32.43 32.83	200m: 2:03.66 31.23		

Prova 2, Masc., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Leandro Fernandes Mota	98	Columbofila Cantanhedense	2:03.88	+0,78	558
	50m: 28.58 28.58 100m: 59.28 30.70 150m: 1:31.87 32.59 200m: 2:03.88 32.01					
	Carlos Afonso Almeida	98	Colegio Vasco da Gama	2:03.88	+0,86	558
	50m: 28.38 28.38 100m: 1:00.14 31.76 150m: 1:32.54 32.40 200m: 2:03.88 31.34					
14.	Tiago Carlos Santos	98	Naval Amorense	2:04.26	+0,74	553
	50m: 28.30 28.30 100m: 59.27 30.97 150m: 1:31.97 32.70 200m: 2:04.26 32.29					
15.	Joao Alberto Gondar	98	Vilacondense	2:04.51	+0,72	549
	50m: 28.03 28.03 100m: 59.77 31.74 150m: 1:32.54 32.77 200m: 2:04.51 31.97					
16.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	2:04.53	+0,92	549
	50m: 28.14 28.14 100m: 59.30 31.16 150m: 1:31.68 32.38 200m: 2:04.53 32.85					
17.	Rafael Ladeiro Santos	98	Geslours	2:04.70	+0,88	547
	50m: 28.56 28.56 100m: 1:00.13 31.57 150m: 1:32.81 32.68 200m: 2:04.70 31.89					
18.	Pedro Trindade Silva	98	Amadora	2:05.07	+0,85	542
	50m: 28.07 28.07 100m: 59.52 31.45 150m: 1:32.31 32.79 200m: 2:05.07 32.76					
19.	Rui Filipe Costa	98	Desporto de Barcelos	2:05.50	+0,79	536
	50m: 27.71 27.71 100m: 59.73 32.02 150m: 1:33.13 33.40 200m: 2:05.50 32.37					
20.	Francisco Aguiar Morganho FTL	98	Naval do Funchal	2:06.00	+0,68	530
	50m: 28.93 28.93 100m: 1:00.72 31.79 150m: 1:33.95 33.23 200m: 2:06.00 32.05					
21.	Tiago Martins Boleta FTL	98	Louletano/Loule Concelho	2:06.61	+0,71	522
	50m: 27.83 27.83 100m: 59.27 31.44 150m: 1:32.31 33.04 200m: 2:06.61 34.30					
22.	Andre Filipe Afonseca FTL	98	Desporto de Barcelos	2:06.89	+0,87	519
	50m: 28.56 28.56 100m: 1:00.53 31.97 150m: 1:33.73 33.20 200m: 2:06.89 33.16					
23.	Dario Fausto Matias FTL	98	Torres Novas	2:07.33	+0,74	514
	50m: 29.63 29.63 100m: 1:01.71 32.08 150m: 1:35.12 33.41 200m: 2:07.33 32.21					
24.	Francisco Rodrigues Antas FTL	98	Desportiva de Viana	2:07.62	+0,86	510
	50m: 28.98 28.98 100m: 1:00.67 31.69 150m: 1:34.04 33.37 200m: 2:07.62 33.58					
25.	Joao Manuel Leitaõ FTL	98	Nautico /Urgicentro-Sanfil	2:10.40	+0,84	478
	50m: 29.50 29.50 100m: 1:02.29 32.79 150m: 1:36.57 34.28 200m: 2:10.40 33.83					
DNS	Joao Santos Mendes	98	Leixoes			

Juniores

1.	Joao Carlos Santos	96	Naval Amorense	1:54.47	+0,66	707
	50m: 27.90 27.90 100m: 56.86 28.96 150m: 1:25.78 28.92 200m: 1:54.47 28.69					
2.	Joao Pedro Belo	97	Sporting	1:54.68	+0,73	703
	50m: 27.02 27.02 100m: 56.66 29.64 150m: 1:26.15 29.49 200m: 1:54.68 28.53					
3.	Rafael Lourenco Gil	96	Naval Amorense	1:55.25	+0,73	693
	50m: 27.04 27.04 100m: 56.77 29.73 150m: 1:27.05 30.28 200m: 1:55.25 28.20					

Prova 2, Masc., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Eduardo Salgado Ramos	97	Porto	1:56.70	+0,66	667
	50m: 26.44 26.44	100m: 56.07 29.63	150m: 1:26.65	30.58	200m: 1:56.70	30.05
5.	Tiago Manuel Teixeira	96	Fafe	1:56.84	+0,72	665
	50m: 26.90 26.90	100m: 56.09 29.19	150m: 1:26.82	30.73	200m: 1:56.84	30.02
6.	Joao Pedro Gil	97	Naval Amorense	1:56.92	+0,72	663
	50m: 27.59 27.59	100m: 56.75 29.16	150m: 1:26.73	29.98	200m: 1:56.92	30.19
7.	Guilherme Pereira Dias	97	Sporting	1:57.45	+0,77	655
	50m: 26.96 26.96	100m: 56.72 29.76	150m: 1:26.78	30.06	200m: 1:57.45	30.67
8.	Fabio Alcantara Aires	97	Naval Amorense	1:58.52	+0,79	637
	50m: 27.84 27.84	100m: 57.74 29.90	150m: 1:28.52	30.78	200m: 1:58.52	30.00
9.	Carlos Flores Clara	97	Geslours	1:59.47	+0,79	622
	50m: 27.94 27.94	100m: 57.54 29.60	150m: 1:28.35	30.81	200m: 1:59.47	31.12
10.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	1:59.50	+0,68	621
	50m: 27.02 27.02	100m: 57.07 30.05	150m: 1:28.35	31.28	200m: 1:59.50	31.15
11.	Paulo Andre Silva	96	Vilacondense	1:59.93	+0,65	615
	50m: 26.75 26.75	100m: 56.87 30.12	150m: 1:28.36	31.49	200m: 1:59.93	31.57
12.	Ivo Pinto Ribeiro	97	Foca	2:00.31	+0,69	609
	50m: 27.86 27.86	100m: 58.30 30.44	150m: 1:28.91	30.61	200m: 2:00.31	31.40
13.	Ruben Jose Morim	97	Vilacondense	2:00.72	+0,79	603
	50m: 28.47 28.47	100m: 59.38 30.91	150m: 1:30.73	31.35	200m: 2:00.72	29.99
	Andre Filipe Farinha	96	Benfica	2:00.72	+0,74	603
	FTL					
	50m: 28.37 28.37	100m: 59.32 30.95	150m: 1:29.55	30.23	200m: 2:00.72	31.17
15.	Miguel Angelo Passos	96	Desportiva de Viana	2:00.80	+0,77	602
	FTL					
	50m: 27.76 27.76	100m: 58.23 30.47	150m: 1:29.99	31.76	200m: 2:00.80	30.81
16.	Andre Resende Pinheiro	97	Porto	2:00.83	+0,77	601
	50m: 27.88 27.88	100m: 58.43 30.55	150m: 1:30.10	31.67	200m: 2:00.83	30.73
17.	Antonio Miguel Vitorino	96	Viana Natacao	2:01.92	+0,76	585
	FTL					
	50m: 27.54 27.54	100m: 57.56 30.02	150m: 1:29.08	31.52	200m: 2:01.92	32.84
18.	Luis Carlos Oliveira	97	Porto	2:02.21	+0,77	581
	50m: 26.97 26.97	100m: 57.78 30.81	150m: 1:30.14	32.36	200m: 2:02.21	32.07
19.	Bruno Miguel Silva	96	Porto	2:02.89	+0,82	571
	FTL					
	50m: 27.66 27.66	100m: 58.31 30.65	150m: 1:30.12	31.81	200m: 2:02.89	32.77
20.	Vitor Joao Pereira	97	Leixoes	2:03.34	+0,95	565
	FTL					
	50m: 28.44 28.44	100m: 59.74 31.30	150m: 1:31.68	31.94	200m: 2:03.34	31.66
21.	Ricardo Eduardo Afonso	97	Braga	2:03.53	+0,71	562
	FTL					
	50m: 27.94 27.94	100m: 59.46 31.52	150m: 1:32.22	32.76	200m: 2:03.53	31.31

Prova 2, Masc., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Daniel Filipe Cazeiro <i>FTL</i>	97	Naval Amorense	2:03.77	+0,74	559
	50m: 28.37 28.37	100m: 59.22 30.85	150m: 1:31.01 31.79	200m: 2:03.77 32.76		
23.	Miguel Angelo Silvestre <i>FTL</i>	97	Alcobaca	2:07.47	+0,65	512
	50m: 28.38 28.38	100m: 59.78 31.40	150m: 1:33.69 33.91	200m: 2:07.47 33.78		
EXH	Pedro Vicente Calonio	98	Leixoes	2:05.01	+0,77	543
	50m: 28.29 28.29	100m: 1:00.23 31.94	150m: 1:33.01 32.78	200m: 2:05.01 32.00		

Prova 3

Femin., 50m Mariposa

14 - 17 anos

04-04-2014 - 11:05

Resultados

Recordes Nacionais 50m Absoluto	27.27	Sara Freitas Oliveira	FPN	Eindhoven (NED)	07-04-2011
Recordes Nacionais 50m Jun16	28.00	Sara Francisco Cruz	ADBA	Faro	18-07-2009
Recordes Nacionais 50m Jun17	28.31	Sara Freitas Oliveira	FPN	Berlim (GER)	29-07-2002

TAC-JUN16F Jun16: 32.01 / TAC-JUN17F Jun17: 31.09 / TAC-JUVAF Juv A: 32.01 / TAC-JUVBF Juv B: 32.01

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Alexandra Jesus Santos	00	Leixoes	30.75	+0,91	541
2.	Beatriz Jong Rosa	00	Desportivo Nacional	30.89	+0,85	534
3.	Ana Carolina Neves	00	Academica de Coimbra	30.97	+0,76	530
4.	Vera Ines Aguilar	00	Desportivo Nacional	31.00	+0,72	528

Juvenis A

1.	Sara Patricia Sousa	99	Clube de Vouzela	30.64	+0,65	547
2.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	30.98	+0,60	529
	Ana Cristina Sousa	99	Porto	30.98	+0,83	529
4.	Beatriz Lopes Pinto	99	Academica de Coimbra	31.20	+0,95	518
5.	Maria Leonor Martins	99	Gespacos	31.35	+0,89	511
6.	Sarah Dias	99	CLAC-Entroncamento	31.58	+0,84	500
7.	Margarida Bento Mesquita <i>FTL</i>	99	Sporting de Aveiro	32.68	+0,90	451

Juniores

1.	Ines Camacho Fernandes	97	Sporting	28.47	+0,70	682
2.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	29.72	+0,77	600
3.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	29.81	+0,61	594
4.	Jessica Sousa Brito	97	Portinado	29.82	+0,72	594
5.	Adriana Daniela Castro	97	Porto	29.85	+0,72	592
6.	Bruna Martins Riesenberger	97	Laranjeiro	29.87	+0,67	591
7.	Sofia Alexandra Branco	98	Sporting	29.93	+0,80	587
8.	Maria Morgado Franco	98	Portinado	30.03	+0,74	581
9.	Daniela Teixeira Moreira	97	Amadora	30.13	+0,75	576

Prova 3, Femin., 50m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Graca Maria Araujo	98	Famalicao	30.14	+0,74	575
11.	Rita Teixeira Costa	97	Belenenses	30.42	+0,68	559
12.	Rita Barros Frischknecht	98	Alges	30.61	+0,79	549
13.	Daniela Figueiredo Metelo FTL	97	Academica de Coimbra	31.15	+0,69	521
14.	Barbara Rodrigues Pereira	98	Natacao do Montijo	31.18	+0,77	519
15.	Ana Filipa Martins FTL	97	Foca	31.26	+0,84	515
16.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	31.29	+0,75	514
17.	Mariana Portugal Costa	98	Nautico /Urgicentro-Sanfil	31.45	+0,90	506
18.	Filipa Andreia Costa	98	Colegio Monte Maior	31.54	+0,82	502
	Carla Luisa Alves	98	Famalicao	31.54	+0,80	502
20.	Laura Barreto Magalhaes FTL	98	Condeixa Clube	32.19	+0,87	472
21.	Maria Malaguerra Costa FTL	98	Columbofila Cantanhedense	33.50	+0,74	419

Prova 4

Masc., 50m Mariposa

15 - 18 anos

04-04-2014 - 11:10

Resultados

Recordes Nacionais 50m Absoluto	23.72	Simao Gomes Morgado	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun17	24.89	Tiago Andre Venancio	CNS	Oeiras	30-07-2004
Recordes Nacionais 50m Jun18	25.03	Miguel Duarte Nascimento	FPN	Poznan (POL)	10-07-2013

TAC-JUN17M Jun17: 27.69 / TAC-JUN18M Jun18: 27.04 / TAC-JUVAM Juv A: 27.69 / TAC-JUVBM Juv B: 27.69

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis A						
1.	Henrique Luis Vargas	98	Naval do Funchal	26.49	+0,83	607
2.	Bernardo Santos Clemente	98	BA/Bomcar	26.60	+0,76	599
3.	Ricardo Goncalves Moura	98	Electrico Clube	26.79	+0,79	586
4.	Nuno Miguel Graca	98	Desportiva de Viana	26.80	+0,88	586

Juniores

1.	Hugo Guilherme Trigo	97	Sporting de Aveiro	25.77	+0,61	659
2.	Miguel Freitas Marques	96	Maritimo	25.84	+0,63	654
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	26.42	+0,64	611
	Joao Miguel Ascensao	97	Porto	26.42	+0,73	611
5.	Guilherme Miguel Teixeira	97	Benfica	26.53	+0,71	604
6.	Nuno Miguel Martins	96	Individual de Lisboa	26.69	+0,69	593
7.	Alexandre Lages Ribas	97	Desportiva de Viana	26.70	+0,86	592
	Andre Antunes Carvalho	96	Colegio Monte Maior	26.70	+0,72	592
9.	Joao Pedro Santos	96	Fluvial Portuense	26.71	+0,71	592
10.	Rodrigo Carlos Albuquerque	97	Braga	26.77	+0,73	588
11.	Dmytriy Eugeniyovich Martynenko	97	Electrico Clube	26.90	+0,69	579
12.	Joao Miguel Ferreira	97	Foca	27.09	+0,70	567

Prova 5 Femin., 200m Bruços 14 - 17 anos
04-04-2014 - 11:15 Resultados

Recordes Nacionais 50m Absoluto	2:29.51	Diana Duarte Gomes	FPN	Budapest (HUN)	15-07-2005
Recordes Nacionais 50m Juv B	2:36.99	Diana Duarte Gomes	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Juv A	2:31.32	Diana Duarte Gomes	FPN	Mulhouse (FRA)	27-06-2004
Recordes Nacionais 50m Jun16	2:29.51	Diana Duarte Gomes	FPN	Budapest (HUN)	15-07-2005
Recordes Nacionais 50m Jun17	2:30.92	Victoria Kaminskaya	PIMP	Oeiras	28-07-2012

TAC-JUN16F Jun16: 2:55.89 / TAC-JUN17F Jun17: 2:50.81 / TAC-JUVAF Juv A: 2:57.58 / TAC-JUVBF Juv B: 3:00.86

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Raquel Gomes Pereira <i>Minimos COMEN 2014</i>	00	Alges	2:40.71	+0,76	648
	50m: 37.00 37.00	100m: 1:18.07 41.07	150m: 2:00.44 42.37	200m: 2:40.71 40.27		
2.	Ines Rocha Silva	00	Alcobaca	2:48.02	+0,70	567
	50m: 37.23 37.23	100m: 1:20.10 42.87	150m: 2:04.83 44.73	200m: 2:48.02 43.19		
3.	Ines Silva Bernardo	00	Colegio Monte Maior	2:48.70	+0,77	560
	50m: 36.99 36.99	100m: 1:19.88 42.89	150m: 2:03.90 44.02	200m: 2:48.70 44.80		
4.	Maria Ines Ferreira	00	Miranda do Corvo	2:52.05	+0,89	528
	50m: 38.59 38.59	100m: 1:22.20 43.61	150m: 2:06.72 44.52	200m: 2:52.05 45.33		
5.	Laura Catarina Abreu	00	Desportivo Nacional	2:53.83	+0,82	512
	50m: 38.75 38.75	100m: 1:22.24 43.49	150m: 2:08.60 46.36	200m: 2:53.83 45.23		
6.	Sara Kalinicova Guerreiro	00	FC Ferreiras	2:54.06	+0,90	510
	50m: 37.81 37.81	100m: 1:21.94 44.13	150m: 2:07.01 45.07	200m: 2:54.06 47.05		
7.	Carolina Maeiro Augusto	00	Natacao de Olhao	2:55.69	+0,68	496
	50m: 38.40 38.40	100m: 1:22.11 43.71	150m: 2:07.95 45.84	200m: 2:55.69 47.74		
8.	Ema Filipa Rosario	00	Natacao do Montijo	2:56.09	+0,77	493
	50m: 38.58 38.58	100m: 1:24.45 45.87	150m: 2:10.47 46.02	200m: 2:56.09 45.62		
9.	Carlota Santos Silva	00	Nautico /Urgicentro-Sanfil	2:56.79	+0,71	487
	50m: 38.12 38.12	100m: 1:23.08 44.96	150m: 2:10.26 47.18	200m: 2:56.79 46.53		
10.	Ines Rosado Monteiro	00	Natacao de Vagos	3:00.48	+0,83	457
	50m: 41.02 41.02	100m: 1:27.80 46.78	150m: 2:14.20 46.40	200m: 3:00.48 46.28		
11.	Rafaela Araujo Silva <i>FTL</i>	00	Famalicao	3:01.68	+0,95	448
	50m: 42.24 42.24	100m: 1:28.17 45.93	150m: 2:15.54 47.37	200m: 3:01.68 46.14		
12.	Beatriz Martins Avila <i>FTL</i>	00	Terceira Auto Clube	3:02.23	+0,81	444
	50m: 39.74 39.74	100m: 1:25.50 45.76	150m: 2:12.50 47.00	200m: 3:02.23 49.73		
13.	Mariana Paula Baptista <i>FTL</i>	00	Famalicao	3:03.26	+0,84	437
	50m: 41.31 41.31	100m: 1:27.57 46.26	150m: 2:15.40 47.83	200m: 3:03.26 47.86		

Prova 5, Femin., 200m Bruços

Juvenis A

1.	Ana Beatriz Martins	99	Famalicao	2:47.70	+0,83	570
	50m: 38.15 38.15	100m: 1:20.44 42.29	150m: 2:04.37 43.93	200m: 2:47.70 43.33		
2.	Claudia Ferreira Borges	99	Benfica	2:48.89	+0,78	558
	50m: 37.39 37.39	100m: 1:19.97 42.58	150m: 2:05.29 45.32	200m: 2:48.89 43.60		
3.	Rita Costa Amador	99	Galitos	2:51.14	+0,78	537
	50m: 39.15 39.15	100m: 1:22.59 43.44	150m: 2:07.68 45.09	200m: 2:51.14 43.46		
4.	Ana Margarida Salgueiro	99	Nautico Abrantes	2:51.60	+0,82	532
	50m: 38.79 38.79	100m: 1:21.90 43.11	150m: 2:07.46 45.56	200m: 2:51.60 44.14		
5.	Matilde Pereira Martins	99	Colegio Bernardette Romeira	2:52.69	+0,87	522
	50m: 37.88 37.88	100m: 1:22.00 44.12	150m: 2:08.56 46.56	200m: 2:52.69 44.13		
6.	Beatriz Castanheira Dias	99	Academica de Coimbra	2:52.88	+0,71	521
	50m: 39.10 39.10	100m: 1:24.66 45.56	150m: 2:09.53 44.87	200m: 2:52.88 43.35		
7.	Catarina Isabel Branco	99	Ginasio Santo Tirso	2:55.02	+0,83	502
	50m: 40.00 40.00	100m: 1:24.45 44.45	150m: 2:09.88 45.43	200m: 2:55.02 45.14		
8.	Mafalda Malafaia Oliveira	99	Porto	2:56.29	+0,76	491
	50m: 40.78 40.78	100m: 1:25.05 44.27	150m: 2:11.66 46.61	200m: 2:56.29 44.63		
9.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	2:56.47	+0,92	489
	50m: 38.71 38.71	100m: 1:22.69 43.98	150m: 2:09.31 46.62	200m: 2:56.47 47.16		
10.	Mariana Graca Vasconcelos	99	Estoris	3:00.01	+0,86	461
	FTL					
	50m: 40.00 40.00	100m: 1:26.11 46.11	150m: 2:12.73 46.62	200m: 3:00.01 47.28		

Juniores

1.	Barbara Sofia Barata	97	Alges	2:41.54	+0,77	638
	50m: 37.12 37.12	100m: 1:18.12 41.00	150m: 1:59.54 41.42	200m: 2:41.54 42.00		
2.	Mariana Domingues Paz	98	Miranda do Corvo	2:44.65	+0,84	603
	50m: 38.14 38.14	100m: 1:20.42 42.28	150m: 2:02.65 42.23	200m: 2:44.65 42.00		
3.	Maria Madalena Silva	98	Nautico Abrantes	2:45.33	+0,75	595
	50m: 38.14 38.14	100m: 1:20.50 42.36	150m: 2:02.77 42.27	200m: 2:45.33 42.56		
4.	Rita Catarina Miranda	97	Braga	2:45.34	+0,80	595
	50m: 37.34 37.34	100m: 1:19.17 41.83	150m: 2:02.54 43.37	200m: 2:45.34 42.80		
5.	Mariana Manhita Correia	98	Tavira Natacao	2:46.75	+0,70	580
	50m: 35.46 35.46	100m: 1:17.52 42.06	150m: 2:02.47 44.95	200m: 2:46.75 44.28		
6.	Rita Maria Cardoso	98	Leixoes	2:51.20	+0,87	536
	50m: 38.29 38.29	100m: 1:21.37 43.08	150m: 2:05.98 44.61	200m: 2:51.20 45.22		
7.	Catarina Costa Sequeira	98	Armacenenses	2:52.05	+0,91	528
	50m: 37.37 37.37	100m: 1:21.30 43.93	150m: 2:06.95 45.65	200m: 2:52.05 45.10		
8.	Beatriz Pereira Vasconcelos	98	Vilacondense	2:52.46	+0,73	524
	50m: 39.91 39.91	100m: 1:23.39 43.48	150m: 2:08.63 45.24	200m: 2:52.46 43.83		
9.	Lucilia Ferreira Freitas	98	Porto	2:52.61	+0,80	523
	50m: 39.51 39.51	100m: 1:23.27 43.76	150m: 2:08.25 44.98	200m: 2:52.61 44.36		

Prova 5, Femin., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Ana Rita Graca	98	Vilacondense	2:52.98	+0,90	520
	50m: 38.53 38.53 100m: 1:23.71 45.18 150m: 2:07.97 44.26 200m: 2:52.98 45.01					
	Mafalda Alexandra Henriques	98	Nacional de Natacao	2:52.98	+0,87	520
	50m: 39.00 39.00 100m: 1:23.72 44.72 150m: 2:09.01 45.29 200m: 2:52.98 43.97					
12.	Carolina Lourenco Matos	98	Benedita	2:54.18	+0,72	509
	50m: 38.68 38.68 100m: 1:22.83 44.15 150m: 2:08.87 46.04 200m: 2:54.18 45.31					
13.	Maria Rachadell Pereira	98	Portinado	2:54.32	+0,82	508
	50m: 36.94 36.94 100m: 1:20.31 43.37 150m: 2:06.44 46.13 200m: 2:54.32 47.88					
14.	Barbara Nogueira Goncalves	98	Famalicao	2:54.86	+0,72	503
	50m: 38.69 38.69 100m: 1:23.27 44.58 150m: 2:08.06 44.79 200m: 2:54.86 46.80					
15.	Rita Ferreira Couto	98	Bombeiros Ponta Delgada	2:55.99	+0,71	493
	FTL 50m: 40.32 40.32 100m: 1:24.77 44.45 150m: 2:10.58 45.81 200m: 2:55.99 45.41					
16.	Diana Sofia Silva	97	Braga	2:56.06	+0,74	493
	FTL 50m: 38.81 38.81 100m: 1:23.02 44.21 150m: 2:08.84 45.82 200m: 2:56.06 47.22					

Prova 6

Masc., 200m Bruços

15 - 18 anos

04-04-2014 - 11:35

Resultados

Recordes Nacionais 50m Absoluto	2:13.21	Carlos Esteves Almeida	FPN	Barcelona (ESP)	01-08-2013
Recordes Nacionais 50m Juv B	2:24.15	Andre Miguel Silva	PDEM	Loulé	10-06-2006
Recordes Nacionais 50m Juv A	2:23.94	Andre Miguel Silva	PDEM	Coimbra	25-03-2007
Recordes Nacionais 50m Jun17	2:19.82	Pedro Miguel Agostinho	SLB	Coimbra	30-05-2009
Recordes Nacionais 50m Jun18	2:15.99	Andre Miguel Silva	PDEM	Faro	20-07-2009

TAC-JUN17M Jun17: 2:35.37 / TAC-JUN18M Jun18: 2:33.13 / TAC-JUVAM Juv A: 2:39.85 / TAC-JUVBM Juv B: 2:42.84

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:33.21	+0,85	569
	50m: 33.97 33.97 100m: 1:13.74 39.77 150m: 1:53.22 39.48 200m: 2:33.21 39.99					
2.	Jose Pedro Melo	99	Braga	2:36.66	+0,77	532
	50m: 35.20 35.20 100m: 1:15.11 39.91 150m: 1:55.98 40.87 200m: 2:36.66 40.68					
3.	Andre Tavares Grenho	99	Geslours	2:36.75	+0,81	531
	50m: 36.57 36.57 100m: 1:17.47 40.90 150m: 1:57.99 40.52 200m: 2:36.75 38.76					
4.	Diogo Filipe Teodoro	99	Natacao da Maia	2:39.04	+0,73	509
	50m: 34.52 34.52 100m: 1:14.72 40.20 150m: 1:56.72 42.00 200m: 2:39.04 42.32					
5.	Miguel Carrico Cruz	99	20Km de Almeirim	2:39.30	+0,69	506
	50m: 35.00 35.00 100m: 1:15.12 40.12 150m: 1:57.56 42.44 200m: 2:39.30 41.74					
6.	Diogo Pereira Santos	99	Porto	2:40.11	+0,85	499
	50m: 34.73 34.73 100m: 1:15.01 40.28 150m: 1:57.75 42.74 200m: 2:40.11 42.36					
7.	Nuno Rafael Silva	99	Colegio Monte Maior	2:47.60	+0,72	435
	FTL 50m: 35.37 35.37 100m: 1:18.27 42.90 150m: 2:02.09 43.82 200m: 2:47.60 45.51					

Prova 6, Masc., 200m Bruços, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Joao Pedro Teves <i>FTL</i>	99	Bombeiros Ponta Delgada	2:48.35	+0,66	429
	50m: 35.18 35.18	100m: 1:17.64 42.46	150m: 2:02.99 45.35	200m: 2:48.35 45.36		
9.	Tiago Pastor Escada <i>FTL</i>	99	Aminata	2:50.92	+0,91	410
	50m: 36.21 36.21	100m: 1:19.09 42.88	150m: 2:04.46 45.37	200m: 2:50.92 46.46		

Juvenis A

1.	Mario Jorge Veloso <i>Minimos COMEN 2014</i>	98	Braga	2:25.68	+0,82	662
	50m: 32.48 32.48	100m: 1:09.08 36.60	150m: 1:46.05 36.97	200m: 2:25.68 39.63		
2.	Hugo Pon	98	Alges	2:26.84	+0,74	647
	50m: 33.39 33.39	100m: 1:10.00 36.61	150m: 1:48.19 38.19	200m: 2:26.84 38.65		
3.	Diogo Miguel Costa	98	Porto	2:29.72	+0,80	610
	50m: 32.43 32.43	100m: 1:10.26 37.83	150m: 1:49.76 39.50	200m: 2:29.72 39.96		
4.	Andre Magalhaes Moura	98	Academico Viseu	2:29.99	+0,75	607
	50m: 32.93 32.93	100m: 1:10.45 37.52	150m: 1:49.37 38.92	200m: 2:29.99 40.62		
5.	Afonso Ribeiro Bate	98	Alges	2:31.47	+0,69	589
	50m: 32.88 32.88	100m: 1:11.31 38.43	150m: 1:51.29 39.98	200m: 2:31.47 40.18		
6.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:36.64	+0,80	533
	50m: 33.37 33.37	100m: 1:11.62 38.25	150m: 1:53.42 41.80	200m: 2:36.64 43.22		
7.	Xavier Ribeiro Ferreira	98	Famalicao	2:39.20	+0,81	507
	50m: 35.23 35.23	100m: 1:15.17 39.94	150m: 1:56.10 40.93	200m: 2:39.20 43.10		
8.	Guilherme Assis Ramos	98	Fisica Torres Vedras	2:39.74	+0,73	502
	50m: 35.74 35.74	100m: 1:16.63 40.89	150m: 1:57.27 40.64	200m: 2:39.74 42.47		
9.	Joao Nuno Costa <i>FTL</i>	98	Gespacos	2:41.86	+0,91	483
	50m: 36.20 36.20	100m: 1:16.31 40.11	150m: 1:58.57 42.26	200m: 2:41.86 43.29		

DSQ Martim Silveira Rodrigues 98 Maritimo
FTL, 704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 50 m - SW 7.1

Juniores

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:21.18	+0,69	728
	50m: 31.94 31.94	100m: 1:08.48 36.54	150m: 1:44.42 35.94	200m: 2:21.18 36.76		
2.	Miguel Monteiro Cruchinho	97	Sporting	2:21.34	+0,64	725
	50m: 32.15 32.15	100m: 1:08.12 35.97	150m: 1:45.07 36.95	200m: 2:21.34 36.27		
3.	Andre Goncalo Santos	97	Leixoes	2:26.46	+0,74	652
	50m: 31.89 31.89	100m: 1:08.42 36.53	150m: 1:47.13 38.71	200m: 2:26.46 39.33		
4.	Rui Miguel Coelho	96	Benfica	2:28.89	+0,66	620
	50m: 34.49 34.49	100m: 1:11.87 37.38	150m: 1:50.92 39.05	200m: 2:28.89 37.97		
5.	Simao Miguel Capitao	97	Colegio SMLamas	2:29.90	+0,78	608
	50m: 33.98 33.98	100m: 1:13.01 39.03	150m: 1:51.78 38.77	200m: 2:29.90 38.12		

Prova 6, Masc., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Tiago Martim Alves	97	Desportiva de Viana	2:30.78	+0,84	597
	50m: 33.58 33.58	100m: 1:11.87 38.29	150m: 1:50.82 38.95	200m: 2:30.78 39.96		
7.	Filipe Carmo Ramos	97	Vilacondense	2:30.99	+0,76	595
	50m: 32.73 32.73	100m: 1:10.40 37.67	150m: 1:50.18 39.78	200m: 2:30.99 40.81		
	Bruno Miguel Ramos	97	Amadora	2:30.99	+0,73	595
	50m: 34.93 34.93	100m: 1:13.18 38.25	150m: 1:52.29 39.11	200m: 2:30.99 38.70		
9.	Luis Pedro Fernandes	96	Louletano/Loule Concelho	2:31.72	+0,75	586
	50m: 33.89 33.89	100m: 1:13.05 39.16	150m: 1:52.58 39.53	200m: 2:31.72 39.14		
10.	Jose Ricardo Sousa	97	Lousada SXXI	2:32.17	+0,85	581
	50m: 33.92 33.92	100m: 1:11.78 37.86	150m: 1:51.66 39.88	200m: 2:32.17 40.51		
11.	Nuno Oliveira Noritake	96	Estoris	2:32.57	+0,86	576
	50m: 34.50 34.50	100m: 1:12.88 38.38	150m: 1:52.88 40.00	200m: 2:32.57 39.69		
12.	Vitaly Vasylyovych Nachychko	96	Juventude Atlantico	2:34.32	+0,72	557
	FTL					
	50m: 34.32 34.32	100m: 1:13.17 38.85	150m: 1:53.60 40.43	200m: 2:34.32 40.72		
13.	Joao Bernardo Jorge	97	Alcobaca	2:42.92	+0,69	473
	FTL					
	50m: 35.73 35.73	100m: 1:17.09 41.36	150m: 1:59.73 42.64	200m: 2:42.92 43.19		

Prova 7 Masc., 1500m Livres 15 - 18 anos
04-04-2014 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009
Recordes Nacionais 50m Jun17	15:51.43	Gustavo Manuel Santa	FPN	Helsinki (FIN)	10-07-2010
Recordes Nacionais 50m Jun18	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24-01-2003

TAC-JUN17M Jun17: 17:32.35 / TAC-JUN18M Jun18: 17:17.17 / TAC-JUVAM Juv A: 18:02.71 / TAC-JUVBM Juv B: 18:22.94

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:40.75	+0,89	659
	50m: 29.36 29.36	450m: 4:54.22 33.70	850m: 9:23.05 33.72	1250m: 13:53.34 33.61		
	100m: 1:01.42 32.06	500m: 5:27.58 33.36	900m: 9:57.05 34.00	1300m: 14:27.28 33.94		
	150m: 1:34.20 32.78	550m: 6:01.33 33.75	950m: 10:30.63 33.58	1350m: 15:00.87 33.59		
	200m: 2:07.53 33.33	600m: 6:34.89 33.56	1000m: 11:04.77 34.14	1400m: 15:34.63 33.76		
	250m: 2:40.92 33.39	650m: 7:08.30 33.41	1050m: 11:38.59 33.82	1450m: 16:08.26 33.63		
	300m: 3:13.97 33.05	700m: 7:42.10 33.80	1100m: 12:12.49 33.90	1500m: 16:40.75 32.49		
	350m: 3:47.20 33.23	750m: 8:15.44 33.34	1150m: 12:45.71 33.22			
	400m: 4:20.52 33.32	800m: 8:49.33 33.89	1200m: 13:19.73 34.02			

Prova 7, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
2.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	16:59.80	+0,75	623	
	50m: 30.07 30.07	450m: 5:03.22	34.57	850m: 9:37.11	33.91	1250m: 14:09.59	34.30
	100m: 1:02.97 32.90	500m: 5:37.71	34.49	900m: 10:10.97	33.86	1300m: 14:43.56	33.97
	150m: 1:37.04 34.07	550m: 6:11.81	34.10	950m: 10:45.05	34.08	1350m: 15:18.02	34.46
	200m: 2:11.06 34.02	600m: 6:46.62	34.81	1000m: 11:18.67	33.62	1400m: 15:52.24	34.22
	250m: 2:45.56 34.50	650m: 7:21.25	34.63	1050m: 11:52.86	34.19	1450m: 16:26.34	34.10
	300m: 3:19.86 34.30	700m: 7:55.34	34.09	1100m: 12:27.03	34.17	1500m: 16:59.80	33.46
	350m: 3:54.62 34.76	750m: 8:29.23	33.89	1150m: 13:01.22	34.19		
	400m: 4:28.65 34.03	800m: 9:03.20	33.97	1200m: 13:35.29	34.07		
3.	Rui Jorge Matias	99	Vilacondense	17:29.29	+0,89	572	
	50m: 30.24 30.24	450m: 5:11.24	35.93	850m: 9:55.47	35.57	1250m: 14:38.65	34.94
	100m: 1:04.31 34.07	500m: 5:46.25	35.01	900m: 10:31.41	35.94	1300m: 15:13.80	35.15
	150m: 1:39.41 35.10	550m: 6:21.84	35.59	950m: 11:06.74	35.33	1350m: 15:48.72	34.92
	200m: 2:14.60 35.19	600m: 6:57.22	35.38	1000m: 11:41.64	34.90	1400m: 16:23.84	35.12
	250m: 2:50.13 35.53	650m: 7:32.91	35.69	1050m: 12:17.00	35.36	1450m: 16:57.76	33.92
	300m: 3:24.66 34.53	700m: 8:08.72	35.81	1100m: 12:52.56	35.56	1500m: 17:29.29	31.53
	350m: 4:00.12 35.46	750m: 8:44.34	35.62	1150m: 13:28.06	35.50		
	400m: 4:35.31 35.19	800m: 9:19.90	35.56	1200m: 14:03.71	35.65		
4.	Jose Pedro Fernandes	99	Braga	17:34.34	+0,85	563	
	50m: 31.10 31.10	450m: 5:12.14	34.73	850m: 9:54.71	34.99	1250m: 14:39.54	35.11
	100m: 1:06.63 35.53	500m: 5:47.43	35.29	900m: 10:30.85	36.14	1300m: 15:15.61	36.07
	150m: 1:41.73 35.10	550m: 6:22.50	35.07	950m: 11:05.88	35.03	1350m: 15:51.25	35.64
	200m: 2:16.74 35.01	600m: 6:58.20	35.70	1000m: 11:41.78	35.90	1400m: 16:27.72	36.47
	250m: 2:51.58 34.84	650m: 7:33.60	35.40	1050m: 12:16.69	34.91	1450m: 17:02.56	34.84
	300m: 3:27.06 35.48	700m: 8:08.97	35.37	1100m: 12:52.57	35.88	1500m: 17:34.34	31.78
	350m: 4:01.80 34.74	750m: 8:43.86	34.89	1150m: 13:28.07	35.50		
	400m: 4:37.41 35.61	800m: 9:19.72	35.86	1200m: 14:04.43	36.36		
5.	Tiago Cunha Costa	99	Sporting	17:34.70	+0,78	563	
	50m: 31.21 31.21	450m: 5:10.61	35.59	850m: 9:53.75	35.56	1250m: 14:39.08	35.98
	100m: 1:04.64 33.43	500m: 5:46.04	35.43	900m: 10:29.02	35.27	1300m: 15:14.65	35.57
	150m: 1:39.44 34.80	550m: 6:21.80	35.76	950m: 11:04.69	35.67	1350m: 15:50.40	35.75
	200m: 2:14.06 34.62	600m: 6:57.01	35.21	1000m: 11:40.26	35.57	1400m: 16:25.85	35.45
	250m: 2:49.20 35.14	650m: 7:32.53	35.52	1050m: 12:15.89	35.63	1450m: 17:01.12	35.27
	300m: 3:24.16 34.96	700m: 8:07.83	35.30	1100m: 12:51.75	35.86	1500m: 17:34.70	33.58
	350m: 3:59.79 35.63	750m: 8:43.03	35.20	1150m: 13:27.82	36.07		
	400m: 4:35.02 35.23	800m: 9:18.19	35.16	1200m: 14:03.10	35.28		
6.	Joao Francisco Machado	99	Academica de Coimbra	17:45.34	+0,79	546	
	50m: 30.55 30.55	450m: 5:12.76	35.63	850m: 9:59.18	35.98	1250m: 14:46.67	36.10
	100m: 1:05.13 34.58	500m: 5:48.45	35.69	900m: 10:34.90	35.72	1300m: 15:23.02	36.35
	150m: 1:40.63 35.50	550m: 6:24.31	35.86	950m: 11:10.67	35.77	1350m: 15:58.85	35.83
	200m: 2:15.90 35.27	600m: 7:00.27	35.96	1000m: 11:46.48	35.81	1400m: 16:34.88	36.03
	250m: 2:50.87 34.97	650m: 7:35.76	35.49	1050m: 12:22.20	35.72	1450m: 17:10.63	35.75
	300m: 3:26.24 35.37	700m: 8:11.54	35.78	1100m: 12:58.46	36.26	1500m: 17:45.34	34.71
	350m: 4:01.56 35.32	750m: 8:47.25	35.71	1150m: 13:34.41	35.95		
	400m: 4:37.13 35.57	800m: 9:23.20	35.95	1200m: 14:10.57	36.16		
7.	Nelson Pereira Malheiros	99	Litoral Alentejano	17:47.83	+0,73	542	
	50m: 30.79 30.79	450m: 5:10.92	36.04	850m: 10:00.14	36.16	1250m: 14:48.52	36.00
	100m: 1:04.25 33.46	500m: 5:47.18	36.26	900m: 10:36.43	36.29	1300m: 15:24.91	36.39
	150m: 1:38.85 34.60	550m: 6:22.55	35.37	950m: 11:12.25	35.82	1350m: 16:01.14	36.23
	200m: 2:14.02 35.17	600m: 6:58.71	36.16	1000m: 11:48.53	36.28	1400m: 16:37.14	36.00
	250m: 2:48.59 34.57	650m: 7:34.83	36.12	1050m: 12:24.27	35.74	1450m: 17:13.17	36.03
	300m: 3:23.64 35.05	700m: 8:11.16	36.33	1100m: 13:00.38	36.11	1500m: 17:47.83	34.66
	350m: 3:59.03 35.39	750m: 8:47.48	36.32	1150m: 13:36.16	35.78		
	400m: 4:34.88 35.85	800m: 9:23.98	36.50	1200m: 14:12.52	36.36		

Prova 7, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Andre Alexandre Santos	99	Sporting	17:59.64	+0,76	525	
	50m: 31.28 31.28	450m: 5:19.00	36.39	850m: 10:09.29	35.76	1250m: 14:59.49	36.25
	100m: 1:05.85 34.57	500m: 5:56.07	37.07	900m: 10:45.83	36.54	1300m: 15:35.97	36.48
	150m: 1:40.70 34.85	550m: 6:32.14	36.07	950m: 11:22.08	36.25	1350m: 16:12.00	36.03
	200m: 2:17.22 36.52	600m: 7:08.71	36.57	1000m: 11:58.58	36.50	1400m: 16:48.91	36.91
	250m: 2:53.19 35.97	650m: 7:44.45	35.74	1050m: 12:34.42	35.84	1450m: 17:25.56	36.65
	300m: 3:29.93 36.74	700m: 8:21.01	36.56	1100m: 13:11.06	36.64	1500m: 17:59.64	34.08
	350m: 4:05.86 35.93	750m: 8:56.83	35.82	1150m: 13:46.55	35.49		
	400m: 4:42.61 36.75	800m: 9:33.53	36.70	1200m: 14:23.24	36.69		
9.	Nuno Rafael Silva	99	Colegio Monte Maior	18:03.37	+0,76	519	
	50m: 31.91 31.91	450m: 5:23.63	36.31	850m: 10:13.59	36.13	1250m: 15:05.28	36.18
	100m: 1:07.28 35.37	500m: 6:00.25	36.62	900m: 10:50.19	36.60	1300m: 15:42.20	36.92
	150m: 1:43.30 36.02	550m: 6:36.10	35.85	950m: 11:26.54	36.35	1350m: 16:17.31	35.11
	200m: 2:20.27 36.97	600m: 7:12.46	36.36	1000m: 12:03.18	36.64	1400m: 16:54.18	36.87
	250m: 2:56.51 36.24	650m: 7:48.27	35.81	1050m: 12:39.55	36.37	1450m: 17:28.84	34.66
	300m: 3:33.76 37.25	700m: 8:24.83	36.56	1100m: 13:15.94	36.39	1500m: 18:03.37	34.53
	350m: 4:10.38 36.62	750m: 9:00.89	36.06	1150m: 13:52.33	36.39		
	400m: 4:47.32 36.94	800m: 9:37.46	36.57	1200m: 14:29.10	36.77		
10.	Manuel Silva Godinho	99	Louletano/Loule Concelho	18:15.18	+0,85	503	
	50m: 30.60 30.60	450m: 5:18.49	36.76	850m: 10:16.10	36.93	1250m: 15:12.54	37.43
	100m: 1:04.90 34.30	500m: 5:55.81	37.32	900m: 10:52.31	36.21	1300m: 15:49.60	37.06
	150m: 1:40.49 35.59	550m: 6:32.76	36.95	950m: 11:29.62	37.31	1350m: 16:26.25	36.65
	200m: 2:15.93 35.44	600m: 7:10.17	37.41	1000m: 12:06.67	37.05	1400m: 17:03.04	36.79
	250m: 2:52.29 36.36	650m: 7:47.24	37.07	1050m: 12:43.70	37.03	1450m: 17:39.84	36.80
	300m: 3:28.67 36.38	700m: 8:24.53	37.29	1100m: 13:20.71	37.01	1500m: 18:15.18	35.34
	350m: 4:05.23 36.56	750m: 9:01.60	37.07	1150m: 13:58.20	37.49		
	400m: 4:41.73 36.50	800m: 9:39.17	37.57	1200m: 14:35.11	36.91		
11.	Albino David Almeida	99	O Crasto	18:15.23	+0,98	503	
	50m: 30.38 30.38	450m: 5:20.28	36.90	850m: 10:14.80	36.94	1250m: 15:12.91	37.24
	100m: 1:04.69 34.31	500m: 5:56.73	36.45	900m: 10:52.16	37.36	1300m: 15:50.04	37.13
	150m: 1:40.95 36.26	550m: 6:33.80	37.07	950m: 11:29.55	37.39	1350m: 16:26.99	36.95
	200m: 2:17.75 36.80	600m: 7:10.40	36.60	1000m: 12:06.46	36.91	1400m: 17:04.01	37.02
	250m: 2:54.65 36.90	650m: 7:47.72	37.32	1050m: 12:43.58	37.12	1450m: 17:40.72	36.71
	300m: 3:30.80 36.15	700m: 8:24.64	36.92	1100m: 13:20.65	37.07	1500m: 18:15.23	34.51
	350m: 4:07.32 36.52	750m: 9:01.58	36.94	1150m: 13:58.28	37.63		
	400m: 4:43.38 36.06	800m: 9:37.86	36.28	1200m: 14:35.67	37.39		
12.	Joao Silva Costa	99	Natacao da Maia	18:18.12	+0,85	499	
	50m: 30.31 30.31	450m: 5:21.16	36.98	850m: 10:18.00	37.34	1250m: 15:14.68	36.86
	100m: 1:05.10 34.79	500m: 5:57.81	36.65	900m: 10:55.35	37.35	1300m: 15:51.62	36.94
	150m: 1:40.86 35.76	550m: 6:34.79	36.98	950m: 11:32.30	36.95	1350m: 16:29.03	37.41
	200m: 2:16.70 35.84	600m: 7:11.61	36.82	1000m: 12:09.60	37.30	1400m: 17:06.23	37.20
	250m: 2:53.67 36.97	650m: 7:48.61	37.00	1050m: 12:46.39	36.79	1450m: 17:42.75	36.52
	300m: 3:30.67 37.00	700m: 8:25.79	37.18	1100m: 13:23.47	37.08	1500m: 18:18.12	35.37
	350m: 4:07.27 36.60	750m: 9:03.31	37.52	1150m: 14:00.63	37.16		
	400m: 4:44.18 36.91	800m: 9:40.66	37.35	1200m: 14:37.82	37.19		
13.	Ricardo Andre Pinto	99	Gespacos	18:31.35	+0,88	481	
	FTL						
	50m: 31.39 31.39	450m: 5:25.07	37.29	850m: 10:24.78	37.33	1250m: 15:25.23	37.52
	100m: 1:05.74 34.35	500m: 6:02.31	37.24	900m: 11:02.74	37.96	1300m: 16:02.98	37.75
	150m: 1:42.20 36.46	550m: 6:40.32	38.01	950m: 11:39.97	37.23	1350m: 16:40.37	37.39
	200m: 2:18.60 36.40	600m: 7:17.57	37.25	1000m: 12:17.18	37.21	1400m: 17:18.05	37.68
	250m: 2:55.62 37.02	650m: 7:54.94	37.37	1050m: 12:55.08	37.90	1450m: 17:54.89	36.84
	300m: 3:32.88 37.26	700m: 8:32.54	37.60	1100m: 13:32.58	37.50	1500m: 18:31.35	36.46
	350m: 4:10.47 37.59	750m: 9:10.40	37.86	1150m: 14:09.67	37.09		
	400m: 4:47.78 37.31	800m: 9:47.45	37.05	1200m: 14:47.71	38.04		

Prova 7, Masc., 1500m Livres, Juvenis B

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
14.	Pedro Ferraz Esteves			99	Amadora		18:31.84		+0,68	480		
	FTL											
	50m:	31.92	31.92	450m:	5:29.28	37.87	850m:	10:26.38	36.36	1250m:	15:23.95	37.60
	100m:	1:07.38	35.46	500m:	6:06.47	37.19	900m:	11:02.90	36.52	1300m:	16:01.90	37.95
	150m:	1:44.77	37.39	550m:	6:43.23	36.76	950m:	11:40.63	37.73	1350m:	16:39.55	37.65
	200m:	2:21.95	37.18	600m:	7:20.02	36.79	1000m:	12:18.02	37.39	1400m:	17:17.24	37.69
	250m:	2:58.92	36.97	650m:	7:57.47	37.45	1050m:	12:55.44	37.42	1450m:	17:55.06	37.82
	300m:	3:36.30	37.38	700m:	8:35.16	37.69	1100m:	13:32.79	37.35	1500m:	18:31.84	36.78
	350m:	4:13.53	37.23	750m:	9:12.65	37.49	1150m:	14:09.65	36.86			
	400m:	4:51.41	37.88	800m:	9:50.02	37.37	1200m:	14:46.35	36.70			
15.	Nuno Filipe Costa			99	Gespacos		18:40.85		+0,91	469		
	FTL											
	50m:	31.93	31.93	450m:	5:27.37	37.87	850m:	10:28.69	35.78	1250m:	15:38.16	38.22
	100m:	1:07.55	35.62	500m:	6:05.30	37.93	900m:	11:07.77	39.08	1300m:	16:17.27	39.11
	150m:	1:43.31	35.76	550m:	6:43.10	37.80	950m:	11:46.33	38.56	1350m:	16:51.37	34.10
	200m:	2:20.38	37.07	600m:	7:19.86	36.76	1000m:	12:25.37	39.04	1400m:	17:28.96	37.59
	250m:	2:57.19	36.81	650m:	7:57.16	37.30	1050m:	13:03.93	38.56	1450m:	18:05.04	36.08
	300m:	3:33.97	36.78	700m:	8:35.52	38.36	1100m:	13:42.13	38.20	1500m:	18:40.85	35.81
	350m:	4:12.00	38.03	750m:	9:14.40	38.88	1150m:	14:21.29	39.16			
	400m:	4:49.50	37.50	800m:	9:52.91	38.51	1200m:	14:59.94	38.65			
16.	Goncalo Faria Saldida			99	Gualdim Pais		18:47.81		+0,77	460		
	FTL											
	50m:	31.26	31.26	450m:	5:29.44	37.84	850m:	10:36.53	39.37	1250m:	15:39.87	37.41
	100m:	1:05.98	34.72	500m:	6:06.88	37.44	900m:	11:14.81	38.28	1300m:	16:17.51	37.64
	150m:	1:43.17	37.19	550m:	6:45.16	38.28	950m:	11:53.93	39.12	1350m:	16:55.43	37.92
	200m:	2:20.57	37.40	600m:	7:23.70	38.54	1000m:	12:32.79	38.86	1400m:	17:33.35	37.92
	250m:	2:58.95	38.38	650m:	8:01.68	37.98	1050m:	13:11.51	38.72	1450m:	18:10.99	37.64
	300m:	3:37.41	38.46	700m:	8:39.91	38.23	1100m:	13:48.02	36.51	1500m:	18:47.81	36.82
	350m:	4:15.04	37.63	750m:	9:18.40	38.49	1150m:	14:24.84	36.82			
	400m:	4:51.60	36.56	800m:	9:57.16	38.76	1200m:	15:02.46	37.62			

Juvenis A

1.	Guilherme Filipe Pina			98	Benedita			16:29.36		+0,75	682	
	50m:	29.43	29.43	450m:	4:54.33	33.53	850m:	9:20.53	32.94	1250m:	13:45.41	33.08
	100m:	1:01.23	31.80	500m:	5:27.63	33.30	900m:	9:54.12	33.59	1300m:	14:17.92	32.51
	150m:	1:34.05	32.82	550m:	6:01.33	33.70	950m:	10:27.77	33.65	1350m:	14:51.19	33.27
	200m:	2:07.13	33.08	600m:	6:34.61	33.28	1000m:	11:01.03	33.26	1400m:	15:24.18	32.99
	250m:	2:40.54	33.41	650m:	7:08.15	33.54	1050m:	11:34.72	33.69	1450m:	15:57.48	33.30
	300m:	3:13.56	33.02	700m:	7:41.39	33.24	1100m:	12:07.31	32.59	1500m:	16:29.36	31.88
	350m:	3:47.19	33.63	750m:	8:14.30	32.91	1150m:	12:39.90	32.59			
	400m:	4:20.80	33.61	800m:	8:47.59	33.29	1200m:	13:12.33	32.43			
2.	Diogo Manuel Marques			98	Columbofila Cantanhedense			16:32.15		+0,73	676	
	50m:	29.77	29.77	450m:	4:54.06	33.17	850m:	9:20.44	32.92	1250m:	13:46.46	33.14
	100m:	1:01.70	31.93	500m:	5:27.66	33.60	900m:	9:54.17	33.73	1300m:	14:20.01	33.55
	150m:	1:34.20	32.50	550m:	6:01.46	33.80	950m:	10:27.82	33.65	1350m:	14:53.38	33.37
	200m:	2:07.60	33.40	600m:	6:34.90	33.44	1000m:	11:01.08	33.26	1400m:	15:26.94	33.56
	250m:	2:40.37	32.77	650m:	7:08.16	33.26	1050m:	11:34.67	33.59	1450m:	16:00.10	33.16
	300m:	3:13.81	33.44	700m:	7:41.38	33.22	1100m:	12:07.68	33.01	1500m:	16:32.15	32.05
	350m:	3:47.17	33.36	750m:	8:14.35	32.97	1150m:	12:40.23	32.55			
	400m:	4:20.89	33.72	800m:	8:47.52	33.17	1200m:	13:13.32	33.09			

Prova 7, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
3.	Goncalo Miguel Nogueira	98	Porto	16:42.82	+0,67	655	
	50m: 29.24 29.24	450m: 4:54.06	33.75	850m: 9:23.04	34.00	1250m: 13:55.15	34.34
	100m: 1:01.29 32.05	500m: 5:27.41	33.35	900m: 9:56.91	33.87	1300m: 14:29.14	33.99
	150m: 1:34.40 33.11	550m: 6:01.46	34.05	950m: 10:30.99	34.08	1350m: 15:03.62	34.48
	200m: 2:07.31 32.91	600m: 6:34.65	33.19	1000m: 11:04.59	33.60	1400m: 15:38.02	34.40
	250m: 2:40.42 33.11	650m: 7:08.70	34.05	1050m: 11:38.55	33.96	1450m: 16:12.11	34.09
	300m: 3:13.48 33.06	700m: 7:42.16	33.46	1100m: 12:12.36	33.81	1500m: 16:42.82	30.71
	350m: 3:46.85 33.37	750m: 8:15.69	33.53	1150m: 12:46.53	34.17		
	400m: 4:20.31 33.46	800m: 8:49.04	33.35	1200m: 13:20.81	34.28		
4.	Joao Costa Ferreira	98	Famalicao	16:55.22	+0,86	631	
	50m: 30.15 30.15	450m: 5:02.17	34.41	850m: 9:36.05	34.22	1250m: 14:09.61	34.37
	100m: 1:03.21 33.06	500m: 5:36.43	34.26	900m: 10:10.04	33.99	1300m: 14:43.81	34.20
	150m: 1:37.14 33.93	550m: 6:10.65	34.22	950m: 10:44.22	34.18	1350m: 15:17.91	34.10
	200m: 2:10.90 33.76	600m: 6:44.95	34.30	1000m: 11:18.34	34.12	1400m: 15:52.07	34.16
	250m: 2:44.88 33.98	650m: 7:19.10	34.15	1050m: 11:52.67	34.33	1450m: 16:25.29	33.22
	300m: 3:18.91 34.03	700m: 7:53.10	34.00	1100m: 12:26.72	34.05	1500m: 16:55.22	29.93
	350m: 3:53.64 34.73	750m: 8:27.58	34.48	1150m: 13:01.03	34.31		
	400m: 4:27.76 34.12	800m: 9:01.83	34.25	1200m: 13:35.24	34.21		
5.	Tiago Carlos Santos	98	Naval Amorense	16:56.95	+0,71	628	
	50m: 30.02 30.02	450m: 4:59.97	33.11	850m: 9:29.02	34.18	1250m: 14:07.23	33.85
	100m: 1:02.99 32.97	500m: 5:33.94	33.97	900m: 10:03.90	34.88	1300m: 14:42.03	34.80
	150m: 1:36.23 33.24	550m: 6:07.23	33.29	950m: 10:38.89	34.99	1350m: 15:16.19	34.16
	200m: 2:10.16 33.93	600m: 6:40.83	33.60	1000m: 11:13.83	34.94	1400m: 15:50.51	34.32
	250m: 2:44.17 34.01	650m: 7:14.07	33.24	1050m: 11:48.49	34.66	1450m: 16:24.42	33.91
	300m: 3:18.56 34.39	700m: 7:47.61	33.54	1100m: 12:23.69	35.20	1500m: 16:56.95	32.53
	350m: 3:52.68 34.12	750m: 8:20.86	33.25	1150m: 12:58.82	35.13		
	400m: 4:26.86 34.18	800m: 8:54.84	33.98	1200m: 13:33.38	34.56		
6.	Rafael Ladeiro Santos	98	Geslours	17:02.87	+0,85	617	
	50m: 30.84 30.84	450m: 5:07.98	34.68	850m: 9:42.26	33.97	1250m: 14:14.85	33.82
	100m: 1:05.20 34.36	500m: 5:42.62	34.64	900m: 10:16.44	34.18	1300m: 14:48.99	34.14
	150m: 1:39.70 34.50	550m: 6:16.78	34.16	950m: 10:50.50	34.06	1350m: 15:22.91	33.92
	200m: 2:14.31 34.61	600m: 6:51.53	34.75	1000m: 11:24.89	34.39	1400m: 15:56.95	34.04
	250m: 2:48.69 34.38	650m: 7:25.81	34.28	1050m: 11:58.58	33.69	1450m: 16:30.36	33.41
	300m: 3:23.57 34.88	700m: 8:00.20	34.39	1100m: 12:32.97	34.39	1500m: 17:02.87	32.51
	350m: 3:58.25 34.68	750m: 8:34.16	33.96	1150m: 13:06.88	33.91		
	400m: 4:33.30 35.05	800m: 9:08.29	34.13	1200m: 13:41.03	34.15		
7.	Leandro Fernandes Mota	98	Columbofila Cantanhedense	17:12.44	+0,74	600	
	50m: 31.78 31.78	450m: 5:07.68	34.43	850m: 9:43.91	34.65	1250m: 14:22.32	34.99
	100m: 1:06.13 34.35	500m: 5:42.43	34.75	900m: 10:18.00	34.09	1300m: 14:56.99	34.67
	150m: 1:40.78 34.65	550m: 6:16.85	34.42	950m: 10:52.93	34.93	1350m: 15:31.65	34.66
	200m: 2:15.44 34.66	600m: 6:50.66	33.81	1000m: 11:27.44	34.51	1400m: 16:05.83	34.18
	250m: 2:49.86 34.42	650m: 7:25.40	34.74	1050m: 12:02.25	34.81	1450m: 16:39.95	34.12
	300m: 3:23.93 34.07	700m: 7:59.94	34.54	1100m: 12:36.68	34.43	1500m: 17:12.44	32.49
	350m: 3:58.97 35.04	750m: 8:34.91	34.97	1150m: 13:12.05	35.37		
	400m: 4:33.25 34.28	800m: 9:09.26	34.35	1200m: 13:47.33	35.28		
8.	Bruno Jose Silva	98	Braga	17:17.38	+0,94	591	
	50m: 30.16 30.16	450m: 5:02.33	34.33	850m: 9:38.90	34.90	1250m: 14:20.99	35.81
	100m: 1:03.04 32.88	500m: 5:36.79	34.46	900m: 10:14.08	35.18	1300m: 14:56.28	35.29
	150m: 1:36.83 33.79	550m: 6:11.31	34.52	950m: 10:48.82	34.74	1350m: 15:32.16	35.88
	200m: 2:10.92 34.09	600m: 6:45.40	34.09	1000m: 11:23.80	34.98	1400m: 16:07.42	35.26
	250m: 2:45.22 34.30	650m: 7:20.01	34.61	1050m: 11:58.75	34.95	1450m: 16:42.67	35.25
	300m: 3:18.74 33.52	700m: 7:54.18	34.17	1100m: 12:33.97	35.22	1500m: 17:17.38	34.71
	350m: 3:53.55 34.81	750m: 8:29.23	35.05	1150m: 13:09.62	35.65		
	400m: 4:28.00 34.45	800m: 9:04.00	34.77	1200m: 13:45.18	35.56		

Prova 7, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Jose Diogo Fonseca	98	Nautico Marinha Grande	17:19.87	+0,83	587
	50m: 30.46 30.46	450m: 5:07.83 35.17	850m: 9:49.00 35.16	1250m: 14:27.45 35.02		
	100m: 1:04.38 33.92	500m: 5:42.89 35.06	900m: 10:23.55 34.55	1300m: 15:02.23 34.78		
	150m: 1:38.90 34.52	550m: 6:18.14 35.25	950m: 10:58.45 34.90	1350m: 15:37.30 35.07		
	200m: 2:13.05 34.15	600m: 6:53.02 34.88	1000m: 11:33.33 34.88	1400m: 16:12.01 34.71		
	250m: 2:47.99 34.94	650m: 7:28.30 35.28	1050m: 12:08.05 34.72	1450m: 16:46.51 34.50		
	300m: 3:22.65 34.66	700m: 8:03.36 35.06	1100m: 12:42.53 34.48	1500m: 17:19.87 33.36		
	350m: 3:57.79 35.14	750m: 8:38.55 35.19	1150m: 13:17.54 35.01			
	400m: 4:32.66 34.87	800m: 9:13.84 35.29	1200m: 13:52.43 34.89			
10.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	17:21.64	+0,79	584
	50m: 31.06 31.06	450m: 5:08.55 34.79	850m: 9:47.71 34.71	1250m: 14:28.48 34.71		
	100m: 1:05.22 34.16	500m: 5:43.40 34.85	900m: 10:23.01 35.30	1300m: 15:03.66 35.18		
	150m: 1:39.76 34.54	550m: 6:18.37 34.97	950m: 10:57.79 34.78	1350m: 15:38.46 34.80		
	200m: 2:14.56 34.80	600m: 6:53.42 35.05	1000m: 11:33.21 35.42	1400m: 16:13.73 35.27		
	250m: 2:49.01 34.45	650m: 7:28.11 34.69	1050m: 12:08.04 34.83	1450m: 16:48.54 34.81		
	300m: 3:24.02 35.01	700m: 8:03.11 35.00	1100m: 12:43.49 35.45	1500m: 17:21.64 33.10		
	350m: 3:58.92 34.90	750m: 8:37.91 34.80	1150m: 13:18.22 34.73			
	400m: 4:33.76 34.84	800m: 9:13.00 35.09	1200m: 13:53.77 35.55			
11.	Dario Fausto Matias	98	Torres Novas	17:26.53	+0,50	576
	50m: 30.73 30.73	450m: 5:12.12 35.62	850m: 9:53.07 34.91	1250m: 14:33.91 35.16		
	100m: 1:05.19 34.46	500m: 5:46.93 34.81	900m: 10:28.23 35.16	1300m: 15:09.05 35.14		
	150m: 1:40.37 35.18	550m: 6:22.59 35.66	950m: 11:03.21 34.98	1350m: 15:44.27 35.22		
	200m: 2:15.37 35.00	600m: 6:57.92 35.33	1000m: 11:38.30 35.09	1400m: 16:19.13 34.86		
	250m: 2:50.57 35.20	650m: 7:32.97 35.05	1050m: 12:13.58 35.28	1450m: 16:53.58 34.45		
	300m: 3:25.53 34.96	700m: 8:08.03 35.06	1100m: 12:48.65 35.07	1500m: 17:26.53 32.95		
	350m: 4:01.01 35.48	750m: 8:43.18 35.15	1150m: 13:23.61 34.96			
	400m: 4:36.50 35.49	800m: 9:18.16 34.98	1200m: 13:58.75 35.14			
12.	Andre Pereira Coelho	98	Alcobaca	17:26.86	+0,86	575
	50m: 30.70 30.70	450m: 5:07.75 34.90	850m: 9:53.17 36.03	1250m: 14:34.97 35.39		
	100m: 1:03.37 32.67	500m: 5:42.79 35.04	900m: 10:28.13 34.96	1300m: 15:09.67 34.70		
	150m: 1:37.84 34.47	550m: 6:18.47 35.68	950m: 11:04.08 35.95	1350m: 15:44.78 35.11		
	200m: 2:12.17 34.33	600m: 6:54.01 35.54	1000m: 11:38.82 34.74	1400m: 16:19.83 35.05		
	250m: 2:46.78 34.61	650m: 7:30.30 36.29	1050m: 12:14.51 35.69	1450m: 16:54.40 34.57		
	300m: 3:21.75 34.97	700m: 8:05.73 35.43	1100m: 12:49.47 34.96	1500m: 17:26.86 32.46		
	350m: 3:57.17 35.42	750m: 8:41.57 35.84	1150m: 13:24.78 35.31			
	400m: 4:32.85 35.68	800m: 9:17.14 35.57	1200m: 13:59.58 34.80			
13.	Luis Filipe Ribeiro	98	Braga	17:32.79	+0,80	566
	50m: 30.91 30.91	450m: 5:08.26 35.28	850m: 9:49.52 35.47	1250m: 14:34.87 36.20		
	100m: 1:04.90 33.99	500m: 5:43.03 34.77	900m: 10:24.55 35.03	1300m: 15:10.54 35.67		
	150m: 1:39.41 34.51	550m: 6:18.13 35.10	950m: 11:00.13 35.58	1350m: 15:46.58 36.04		
	200m: 2:13.60 34.19	600m: 6:53.07 34.94	1000m: 11:35.64 35.51	1400m: 16:22.11 35.53		
	250m: 2:48.57 34.97	650m: 7:28.30 35.23	1050m: 12:11.52 35.88	1450m: 16:58.27 36.16		
	300m: 3:23.20 34.63	700m: 8:03.35 35.05	1100m: 12:47.29 35.77	1500m: 17:32.79 34.52		
	350m: 3:58.25 35.05	750m: 8:38.76 35.41	1150m: 13:23.02 35.73			
	400m: 4:32.98 34.73	800m: 9:14.05 35.29	1200m: 13:58.67 35.65			
14.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	17:34.21	+0,73	564
	50m: 30.04 30.04	450m: 5:12.27 35.54	850m: 9:56.08 35.46	1250m: 14:40.91 35.43		
	100m: 1:04.04 34.00	500m: 5:47.28 35.01	900m: 10:32.03 35.95	1300m: 15:16.60 35.69		
	150m: 1:38.71 34.67	550m: 6:23.13 35.85	950m: 11:07.71 35.68	1350m: 15:52.11 35.51		
	200m: 2:14.49 35.78	600m: 6:58.81 35.68	1000m: 11:43.32 35.61	1400m: 16:27.90 35.79		
	250m: 2:49.63 35.14	650m: 7:33.82 35.01	1050m: 12:18.43 35.11	1450m: 17:02.75 34.85		
	300m: 3:25.75 36.12	700m: 8:09.59 35.77	1100m: 12:54.40 35.97	1500m: 17:34.21 31.46		
	350m: 4:01.05 35.30	750m: 8:44.62 35.03	1150m: 13:29.59 35.19			
	400m: 4:36.73 35.68	800m: 9:20.62 36.00	1200m: 14:05.48 35.89			

Prova 7, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
15.	Miguel Martins Baltazar	98	Aminata	17:39.44	+0,89	555	
	50m: 30.52 30.52	450m: 5:11.10	35.46	850m: 9:54.67	35.87	1250m: 14:41.64	36.11
	100m: 1:04.78 34.26	500m: 5:46.17	35.07	900m: 10:30.10	35.43	1300m: 15:17.56	35.92
	150m: 1:39.91 35.13	550m: 6:21.71	35.54	950m: 11:06.05	35.95	1350m: 15:53.62	36.06
	200m: 2:14.50 34.59	600m: 6:57.00	35.29	1000m: 11:41.85	35.80	1400m: 16:29.25	35.63
	250m: 2:50.28 35.78	650m: 7:32.59	35.59	1050m: 12:17.73	35.88	1450m: 17:04.98	35.73
	300m: 3:25.19 34.91	700m: 8:07.97	35.38	1100m: 12:53.51	35.78	1500m: 17:39.44	34.46
	350m: 4:00.56 35.37	750m: 8:43.35	35.38	1150m: 13:29.69	36.18		
	400m: 4:35.64 35.08	800m: 9:18.80	35.45	1200m: 14:05.53	35.84		
16.	Pedro Trindade Silva	98	Amadora	17:40.69	+0,71	553	
	50m: 31.70 31.70	450m: 5:12.28	35.02	850m: 9:56.81	35.33	1250m: 14:42.84	35.76
	100m: 1:05.94 34.24	500m: 5:47.98	35.70	900m: 10:32.75	35.94	1300m: 15:18.85	36.01
	150m: 1:41.15 35.21	550m: 6:23.66	35.68	950m: 11:08.44	35.69	1350m: 15:54.63	35.78
	200m: 2:16.38 35.23	600m: 6:59.34	35.68	1000m: 11:44.20	35.76	1400m: 16:30.35	35.72
	250m: 2:51.74 35.36	650m: 7:34.85	35.51	1050m: 12:19.50	35.30	1450m: 17:06.10	35.75
	300m: 3:26.81 35.07	700m: 8:10.21	35.36	1100m: 12:55.34	35.84	1500m: 17:40.69	34.59
	350m: 4:02.05 35.24	750m: 8:45.80	35.59	1150m: 13:31.13	35.79		
	400m: 4:37.26 35.21	800m: 9:21.48	35.68	1200m: 14:07.08	35.95		
17.	Pedro Miguel Vieira	98	Galitos	17:45.76	+0,88	545	
	50m: 30.65 30.65	450m: 5:12.30	35.40	850m: 9:57.83	35.70	1250m: 14:45.65	35.94
	100m: 1:05.23 34.58	500m: 5:47.97	35.67	900m: 10:33.92	36.09	1300m: 15:21.99	36.34
	150m: 1:40.11 34.88	550m: 6:23.18	35.21	950m: 11:09.51	35.59	1350m: 15:57.99	36.00
	200m: 2:15.58 35.47	600m: 6:59.28	36.10	1000m: 11:45.98	36.47	1400m: 16:33.97	35.98
	250m: 2:50.77 35.19	650m: 7:34.42	35.14	1050m: 12:21.79	35.81	1450m: 17:10.14	36.17
	300m: 3:26.13 35.36	700m: 8:10.40	35.98	1100m: 12:57.82	36.03	1500m: 17:45.76	35.62
	350m: 4:01.26 35.13	750m: 8:46.09	35.69	1150m: 13:33.56	35.74		
	400m: 4:36.90 35.64	800m: 9:22.13	36.04	1200m: 14:09.71	36.15		
18.	Luis Carlos Almeida	98	Gespacos	17:46.94	+0,79	544	
	50m: 30.17 30.17	450m: 5:12.07	36.09	850m: 10:02.15	36.40	1250m: 14:51.58	35.60
	100m: 1:03.37 33.20	500m: 5:48.56	36.49	900m: 10:39.26	37.11	1300m: 15:27.64	36.06
	150m: 1:38.13 34.76	550m: 6:24.53	35.97	950m: 11:15.29	36.03	1350m: 16:03.61	35.97
	200m: 2:13.01 34.88	600m: 7:01.19	36.66	1000m: 11:51.99	36.70	1400m: 16:39.40	35.79
	250m: 2:48.66 35.65	650m: 7:37.66	36.47	1050m: 12:27.93	35.94	1450m: 17:13.90	34.50
	300m: 3:24.00 35.34	700m: 8:13.62	35.96	1100m: 13:04.15	36.22	1500m: 17:46.94	33.04
	350m: 4:00.22 36.22	750m: 8:49.75	36.13	1150m: 13:40.02	35.87		
	400m: 4:35.98 35.76	800m: 9:25.75	36.00	1200m: 14:15.98	35.96		
19.	Joao Sismeiro Pereira	98	Amadora	17:47.54	+0,68	543	
	50m: 32.62 32.62	450m: 5:18.45	36.08	850m: 10:05.16	35.83	1250m: 14:52.53	36.47
	100m: 1:07.95 35.33	500m: 5:54.13	35.68	900m: 10:40.62	35.46	1300m: 15:27.71	35.18
	150m: 1:43.59 35.64	550m: 6:30.06	35.93	950m: 11:16.78	36.16	1350m: 16:04.55	36.84
	200m: 2:18.91 35.32	600m: 7:05.71	35.65	1000m: 11:52.24	35.46	1400m: 16:39.80	35.25
	250m: 2:55.02 36.11	650m: 7:41.89	36.18	1050m: 12:28.44	36.20	1450m: 17:14.71	34.91
	300m: 3:30.70 35.68	700m: 8:17.55	35.66	1100m: 13:03.98	35.54	1500m: 17:47.54	32.83
	350m: 4:06.92 36.22	750m: 8:53.87	36.32	1150m: 13:40.31	36.33		
	400m: 4:42.37 35.45	800m: 9:29.33	35.46	1200m: 14:16.06	35.75		
20.	Francisco Rodrigues Antas	98	Desportiva de Viana	17:49.94	+0,95	539	
	50m: 30.85 30.85	450m: 5:12.68	35.98	850m: 10:00.44	36.10	1250m: 14:50.55	36.56
	100m: 1:04.76 33.91	500m: 5:47.80	35.12	900m: 10:36.36	35.92	1300m: 15:27.16	36.61
	150m: 1:40.39 35.63	550m: 6:23.94	36.14	950m: 11:12.28	35.92	1350m: 16:03.55	36.39
	200m: 2:14.98 34.59	600m: 6:59.84	35.90	1000m: 11:48.60	36.32	1400m: 16:40.09	36.54
	250m: 2:50.89 35.91	650m: 7:36.46	36.62	1050m: 12:24.43	35.83	1450m: 17:15.56	35.47
	300m: 3:25.96 35.07	700m: 8:12.43	35.97	1100m: 13:00.94	36.51	1500m: 17:49.94	34.38
	350m: 4:01.53 35.57	750m: 8:48.42	35.99	1150m: 13:37.08	36.14		
	400m: 4:36.70 35.17	800m: 9:24.34	35.92	1200m: 14:13.99	36.91		

Prova 7, Masc., 1500m Livres, Juvenis A

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
21.	Eurico Pereira Sousa			98	Academica de Coimbra			17:51.32		+0,71	537	
	50m:	30.34	30.34	450m:	5:18.10	36.48	850m:	10:04.82	36.00	1250m:	14:52.69	36.56
	100m:	1:05.07	34.73	500m:	5:54.01	35.91	900m:	10:40.65	35.83	1300m:	15:28.89	36.20
	150m:	1:41.57	36.50	550m:	6:30.08	36.07	950m:	11:16.67	36.02	1350m:	16:05.15	36.26
	200m:	2:17.45	35.88	600m:	7:05.78	35.70	1000m:	11:52.16	35.49	1400m:	16:41.23	36.08
	250m:	2:53.48	36.03	650m:	7:41.62	35.84	1050m:	12:28.32	36.16	1450m:	17:17.58	36.35
	300m:	3:29.37	35.89	700m:	8:17.28	35.66	1100m:	13:04.11	35.79	1500m:	17:51.32	33.74
	350m:	4:05.70	36.33	750m:	8:53.37	36.09	1150m:	13:40.22	36.11			
	400m:	4:41.62	35.92	800m:	9:28.82	35.45	1200m:	14:16.13	35.91			
22.	Pedro Miguel Lino			98	Gespacos			18:19.62		+0,87	497	
	FTL											
	50m:	31.43	31.43	450m:	5:22.83	36.41	850m:	10:19.98	36.89	1250m:	15:17.03	36.71
	100m:	1:06.92	35.49	500m:	6:00.69	37.86	900m:	10:57.46	37.48	1300m:	15:54.09	37.06
	150m:	1:42.40	35.48	550m:	6:37.68	36.99	950m:	11:34.31	36.85	1350m:	16:30.93	36.84
	200m:	2:18.90	36.50	600m:	7:03.50	25.82	1000m:	12:11.72	37.41	1400m:	17:08.33	37.40
	250m:	2:54.99	36.09	650m:	7:51.73	48.23	1050m:	12:48.69	36.97	1450m:	17:44.41	36.08
	300m:	3:32.53	37.54	700m:	8:29.09	37.36	1100m:	13:26.03	37.34	1500m:	18:19.62	35.21
	350m:	4:09.28	36.75	750m:	9:05.83	36.74	1150m:	14:02.69	36.66			
	400m:	4:46.42	37.14	800m:	9:43.09	37.26	1200m:	14:40.32	37.63			
23.	Guilherme Borlido Farias			98	Natacao de Faro			18:34.29		+0,82	477	
	FTL											
	50m:	31.51	31.51	450m:	5:26.61	37.38	850m:	10:27.51	37.58	1250m:	15:31.82	38.29
	100m:	1:07.12	35.61	500m:	6:04.08	37.47	900m:	11:04.38	36.87	1300m:	16:09.14	37.32
	150m:	1:44.07	36.95	550m:	6:41.38	37.30	950m:	11:42.58	38.20	1350m:	16:46.74	37.60
	200m:	2:21.14	37.07	600m:	7:19.00	37.62	1000m:	12:20.44	37.86	1400m:	17:24.48	37.74
	250m:	2:58.43	37.29	650m:	7:56.74	37.74	1050m:	12:59.30	38.86	1450m:	18:01.05	36.57
	300m:	3:34.93	36.50	700m:	8:34.35	37.61	1100m:	13:37.83	38.53	1500m:	18:34.29	33.24
	350m:	4:11.93	37.00	750m:	9:12.11	37.76	1150m:	14:15.29	37.46			
	400m:	4:49.23	37.30	800m:	9:49.93	37.82	1200m:	14:53.53	38.24			
DNS	Joao Santos Mendes			98	Leixoes							

Juniores

1.	Rafael Lourenco Gil			96	Naval Amorense			15:54.37		+0,73	760	
	50m:	29.20	29.20	450m:	4:39.93	31.79	850m:	8:55.09	32.08	1250m:	13:14.90	32.37
	100m:	1:00.45	31.25	500m:	5:11.47	31.54	900m:	9:27.51	32.42	1300m:	13:47.13	32.23
	150m:	1:31.47	31.02	550m:	5:43.26	31.79	950m:	9:59.74	32.23	1350m:	14:19.47	32.34
	200m:	2:02.47	31.00	600m:	6:15.15	31.89	1000m:	10:32.20	32.46	1400m:	14:51.92	32.45
	250m:	2:33.78	31.31	650m:	6:46.96	31.81	1050m:	11:04.54	32.34	1450m:	15:24.15	32.23
	300m:	3:05.21	31.43	700m:	7:18.82	31.86	1100m:	11:37.09	32.55	1500m:	15:54.37	30.22
	350m:	3:36.74	31.53	750m:	7:51.16	32.34	1150m:	12:09.72	32.63			
	400m:	4:08.14	31.40	800m:	8:23.01	31.85	1200m:	12:42.53	32.81			
2.	Joao Pedro Gil			97	Naval Amorense			16:15.50		+0,76	711	
	50m:	29.50	29.50	450m:	4:47.04	32.60	850m:	9:07.24	32.86	1250m:	13:31.99	33.18
	100m:	1:01.07	31.57	500m:	5:19.09	32.05	900m:	9:39.83	32.59	1300m:	14:05.54	33.55
	150m:	1:33.32	32.25	550m:	5:51.75	32.66	950m:	10:13.37	33.54	1350m:	14:38.64	33.10
	200m:	2:05.16	31.84	600m:	6:24.17	32.42	1000m:	10:46.45	33.08	1400m:	15:11.79	33.15
	250m:	2:37.35	32.19	650m:	6:56.77	32.60	1050m:	11:19.42	32.97	1450m:	15:44.44	32.65
	300m:	3:09.37	32.02	700m:	7:29.35	32.58	1100m:	11:52.03	32.61	1500m:	16:15.50	31.06
	350m:	3:41.85	32.48	750m:	8:01.88	32.53	1150m:	12:25.80	33.77			
	400m:	4:14.44	32.59	800m:	8:34.38	32.50	1200m:	12:58.81	33.01			

Prova 7, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
3.	Narciso Daniel Correia	97	Braga	16:44.41	+0,78	652	
	50m: 29.15 29.15	450m: 4:56.49	33.71	850m: 9:27.36	33.82	1250m: 13:59.45	34.37
	100m: 1:00.97 31.82	500m: 5:30.64	34.15	900m: 10:01.27	33.91	1300m: 14:33.31	33.86
	150m: 1:33.86 32.89	550m: 6:04.59	33.95	950m: 10:35.22	33.95	1350m: 15:06.91	33.60
	200m: 2:07.40 33.54	600m: 6:38.72	34.13	1000m: 11:09.32	34.10	1400m: 15:40.98	34.07
	250m: 2:41.00 33.60	650m: 7:12.52	33.80	1050m: 11:43.32	34.00	1450m: 16:13.21	32.23
	300m: 3:14.72 33.72	700m: 7:46.64	34.12	1100m: 12:17.30	33.98	1500m: 16:44.41	31.20
	350m: 3:48.45 33.73	750m: 8:20.27	33.63	1150m: 12:50.93	33.63		
	400m: 4:22.78 34.33	800m: 8:53.54	33.27	1200m: 13:25.08	34.15		
4.	Pedro Veiguinha Martins	96	Braga	16:45.06	+0,78	650	
	50m: 30.36 30.36	450m: 5:01.58	34.18	850m: 9:31.46	33.50	1250m: 13:59.59	33.39
	100m: 1:03.71 33.35	500m: 5:36.28	34.70	900m: 10:05.07	33.61	1300m: 14:33.51	33.92
	150m: 1:36.42 32.71	550m: 6:10.80	34.52	950m: 10:38.18	33.11	1350m: 15:07.53	34.02
	200m: 2:10.30 33.88	600m: 6:44.67	33.87	1000m: 11:11.52	33.34	1400m: 15:41.12	33.59
	250m: 2:44.14 33.84	650m: 7:18.59	33.92	1050m: 11:44.92	33.40	1450m: 16:14.68	33.56
	300m: 3:18.58 34.44	700m: 7:52.20	33.61	1100m: 12:18.63	33.71	1500m: 16:45.06	30.38
	350m: 3:52.76 34.18	750m: 8:24.93	32.73	1150m: 12:52.40	33.77		
	400m: 4:27.40 34.64	800m: 8:57.96	33.03	1200m: 13:26.20	33.80		
5.	Joao Miguel Cardoso	97	Geslours	16:50.60	+0,80	640	
	50m: 30.20 30.20	450m: 4:58.01	33.57	850m: 9:29.90	34.09	1250m: 14:01.64	34.21
	100m: 1:02.60 32.40	500m: 5:31.74	33.73	900m: 10:03.64	33.74	1300m: 14:35.70	34.06
	150m: 1:36.05 33.45	550m: 6:05.52	33.78	950m: 10:37.38	33.74	1350m: 15:10.22	34.52
	200m: 2:09.72 33.67	600m: 6:39.41	33.89	1000m: 11:11.23	33.85	1400m: 15:44.25	34.03
	250m: 2:43.62 33.90	650m: 7:13.54	34.13	1050m: 11:45.36	34.13	1450m: 16:18.47	34.22
	300m: 3:17.28 33.66	700m: 7:47.64	34.10	1100m: 12:18.99	33.63	1500m: 16:50.60	32.13
	350m: 3:50.94 33.66	750m: 8:21.85	34.21	1150m: 12:53.28	34.29		
	400m: 4:24.44 33.50	800m: 8:55.81	33.96	1200m: 13:27.43	34.15		
6.	Joao Luis Travanca	97	Fluvial Portuense	16:55.26	+0,86	631	
	50m: 30.12 30.12	450m: 4:55.14	33.64	850m: 9:25.71	34.13	1250m: 14:02.25	34.87
	100m: 1:02.55 32.43	500m: 5:28.88	33.74	900m: 9:59.91	34.20	1300m: 14:37.09	34.84
	150m: 1:35.45 32.90	550m: 6:02.43	33.55	950m: 10:34.21	34.30	1350m: 15:12.12	35.03
	200m: 2:08.41 32.96	600m: 6:36.21	33.78	1000m: 11:08.35	34.14	1400m: 15:47.06	34.94
	250m: 2:41.58 33.17	650m: 7:09.80	33.59	1050m: 11:42.81	34.46	1450m: 16:21.48	34.42
	300m: 3:14.56 32.98	700m: 7:43.58	33.78	1100m: 12:17.55	34.74	1500m: 16:55.26	33.78
	350m: 3:47.89 33.33	750m: 8:17.52	33.94	1150m: 12:52.46	34.91		
	400m: 4:21.50 33.61	800m: 8:51.58	34.06	1200m: 13:27.38	34.92		
7.	Ruben Jose Morim	97	Vilacondense	17:03.51	+0,80	616	
	50m: 30.15 30.15	450m: 5:01.64	34.43	850m: 9:39.34	34.68	1250m: 14:16.21	34.73
	100m: 1:03.09 32.94	500m: 5:35.91	34.27	900m: 10:14.00	34.66	1300m: 14:50.38	34.17
	150m: 1:37.06 33.97	550m: 6:10.82	34.91	950m: 10:48.92	34.92	1350m: 15:24.90	34.52
	200m: 2:10.71 33.65	600m: 6:45.08	34.26	1000m: 11:23.51	34.59	1400m: 15:59.26	34.36
	250m: 2:44.83 34.12	650m: 7:20.47	35.39	1050m: 11:58.57	35.06	1450m: 16:32.30	33.04
	300m: 3:19.00 34.17	700m: 7:55.08	34.61	1100m: 12:32.76	34.19	1500m: 17:03.51	31.21
	350m: 3:53.28 34.28	750m: 8:29.85	34.77	1150m: 13:07.18	34.42		
	400m: 4:27.21 33.93	800m: 9:04.66	34.81	1200m: 13:41.48	34.30		
8.	Henrique Mourinho Neves	97	Alges	17:03.74	+0,71	615	
	50m: 29.60 29.60	450m: 5:01.65	34.87	850m: 9:38.57	34.57	1250m: 14:16.38	34.57
	100m: 1:02.06 32.46	500m: 5:36.06	34.41	900m: 10:13.35	34.78	1300m: 14:50.89	34.51
	150m: 1:35.80 33.74	550m: 6:10.84	34.78	950m: 10:48.38	35.03	1350m: 15:25.20	34.31
	200m: 2:09.53 33.73	600m: 6:45.24	34.40	1000m: 11:23.27	34.89	1400m: 15:59.35	34.15
	250m: 2:43.68 34.15	650m: 7:19.88	34.64	1050m: 11:58.19	34.92	1450m: 16:32.99	33.64
	300m: 3:17.84 34.16	700m: 7:54.27	34.39	1100m: 12:32.84	34.65	1500m: 17:03.74	30.75
	350m: 3:52.30 34.46	750m: 8:29.15	34.88	1150m: 13:07.46	34.62		
	400m: 4:26.78 34.48	800m: 9:04.00	34.85	1200m: 13:41.81	34.35		

Prova 7, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
9.	Vitor Joao Pereira	97	Leixoes	17:05.76	+0,92	612	
	50m: 29.58 29.58	450m: 5:01.07	34.19	850m: 9:35.99	34.32	1250m: 14:15.03	35.00
	100m: 1:02.10 32.52	500m: 5:35.72	34.65	900m: 10:10.76	34.77	1300m: 14:50.16	35.13
	150m: 1:35.29 33.19	550m: 6:09.84	34.12	950m: 10:45.13	34.37	1350m: 15:24.57	34.41
	200m: 2:09.30 34.01	600m: 6:44.30	34.46	1000m: 11:20.25	35.12	1400m: 15:59.25	34.68
	250m: 2:43.32 34.02	650m: 7:18.36	34.06	1050m: 11:55.02	34.77	1450m: 16:32.63	33.38
	300m: 3:18.03 34.71	700m: 7:52.85	34.49	1100m: 12:30.21	35.19	1500m: 17:05.76	33.13
	350m: 3:52.23 34.20	750m: 8:27.14	34.29	1150m: 13:05.13	34.92		
	400m: 4:26.88 34.65	800m: 9:01.67	34.53	1200m: 13:40.03	34.90		
10.	David Emanuel Martins	97	Braga	17:08.15	+0,90	608	
	50m: 30.47 30.47	450m: 5:05.01	34.71	850m: 9:41.09	34.30	1250m: 14:17.61	35.12
	100m: 1:04.22 33.75	500m: 5:39.51	34.50	900m: 10:15.01	33.92	1300m: 14:52.15	34.54
	150m: 1:38.45 34.23	550m: 6:14.10	34.59	950m: 10:49.71	34.70	1350m: 15:27.19	35.04
	200m: 2:12.67 34.22	600m: 6:48.87	34.77	1000m: 11:24.08	34.37	1400m: 16:01.63	34.44
	250m: 2:47.09 34.42	650m: 7:23.61	34.74	1050m: 11:58.83	34.75	1450m: 16:35.71	34.08
	300m: 3:21.30 34.21	700m: 7:57.75	34.14	1100m: 12:33.33	34.50	1500m: 17:08.15	32.44
	350m: 3:55.92 34.62	750m: 8:32.75	35.00	1150m: 13:08.13	34.80		
	400m: 4:30.30 34.38	800m: 9:06.79	34.04	1200m: 13:42.49	34.36		
11.	Miguel Angelo Silvestre	97	Alcobaca	17:11.95	+0,64	601	
	50m: 29.86 29.86	450m: 4:59.63	34.33	850m: 9:34.11	34.81	1250m: 14:14.73	35.60
	100m: 1:02.61 32.75	500m: 5:33.53	33.90	900m: 10:08.57	34.46	1300m: 14:50.01	35.28
	150m: 1:36.51 33.90	550m: 6:08.03	34.50	950m: 10:43.44	34.87	1350m: 15:25.76	35.75
	200m: 2:09.83 33.32	600m: 6:41.85	33.82	1000m: 11:18.01	34.57	1400m: 16:01.54	35.78
	250m: 2:43.77 33.94	650m: 7:16.25	34.40	1050m: 11:53.20	35.19	1450m: 16:37.19	35.65
	300m: 3:17.56 33.79	700m: 7:50.33	34.08	1100m: 12:28.11	34.91	1500m: 17:11.95	34.76
	350m: 3:51.74 34.18	750m: 8:25.06	34.73	1150m: 13:03.61	35.50		
	400m: 4:25.30 33.56	800m: 8:59.30	34.24	1200m: 13:39.13	35.52		
12.	Ricardo Eduardo Afonso	97	Braga	17:14.04	+0,69	597	
	50m: 30.13 30.13	450m: 5:01.38	34.31	850m: 9:37.70	34.59	1250m: 14:18.49	35.71
	100m: 1:03.47 33.34	500m: 5:35.62	34.24	900m: 10:12.02	34.32	1300m: 14:53.59	35.10
	150m: 1:37.08 33.61	550m: 6:10.29	34.67	950m: 10:47.55	35.53	1350m: 15:29.52	35.93
	200m: 2:10.72 33.64	600m: 6:44.75	34.46	1000m: 11:21.94	34.39	1400m: 16:04.81	35.29
	250m: 2:44.47 33.75	650m: 7:19.52	34.77	1050m: 11:57.23	35.29	1450m: 16:40.42	35.61
	300m: 3:18.86 34.39	700m: 7:53.64	34.12	1100m: 12:32.13	34.90	1500m: 17:14.04	33.62
	350m: 3:52.96 34.10	750m: 8:28.62	34.98	1150m: 13:07.51	35.38		
	400m: 4:27.07 34.11	800m: 9:03.11	34.49	1200m: 13:42.78	35.27		
13.	Rafael Rocha Ferreira	96	Galitos	17:15.99	+0,91	594	
	50m: 30.61 30.61	450m: 5:02.42	34.53	850m: 9:42.00	35.11	1250m: 14:22.62	35.02
	100m: 1:03.32 32.71	500m: 5:37.04	34.62	900m: 10:16.95	34.95	1300m: 14:58.03	35.41
	150m: 1:36.76 33.44	550m: 6:12.01	34.97	950m: 10:51.95	35.00	1350m: 15:32.76	34.73
	200m: 2:10.62 33.86	600m: 6:46.99	34.98	1000m: 11:27.02	35.07	1400m: 16:07.73	34.97
	250m: 2:44.70 34.08	650m: 7:21.53	34.54	1050m: 12:02.15	35.13	1450m: 16:42.18	34.45
	300m: 3:18.85 34.15	700m: 7:56.52	34.99	1100m: 12:37.44	35.29	1500m: 17:15.99	33.81
	350m: 3:53.18 34.33	750m: 8:31.90	35.38	1150m: 13:12.49	35.05		
	400m: 4:27.89 34.71	800m: 9:06.89	34.99	1200m: 13:47.60	35.11		
14.	Andre Sousa Goncalves	97	Natacao de Olhao	17:31.12	+0,82	569	
	50m: 30.65 30.65	450m: 5:08.21	34.68	850m: 9:50.90	34.88	1250m: 14:34.84	35.74
	100m: 1:04.79 34.14	500m: 5:43.44	35.23	900m: 10:26.39	35.49	1300m: 15:10.82	35.98
	150m: 1:39.46 34.67	550m: 6:18.42	34.98	950m: 11:01.27	34.88	1350m: 15:46.22	35.40
	200m: 2:14.19 34.73	600m: 6:54.07	35.65	1000m: 11:36.88	35.61	1400m: 16:21.74	35.52
	250m: 2:48.59 34.40	650m: 7:29.48	35.41	1050m: 12:12.31	35.43	1450m: 16:56.76	35.02
	300m: 3:23.65 35.06	700m: 8:04.95	35.47	1100m: 12:47.84	35.53	1500m: 17:31.12	34.36
	350m: 3:58.33 34.68	750m: 8:40.34	35.39	1150m: 13:23.38	35.54		
	400m: 4:33.53 35.20	800m: 9:16.02	35.68	1200m: 13:59.10	35.72		

Prova 7, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	David Nunes Sousa	96	Famalicao	17:38.50	+0,74	557
	<i>FTL</i>					
	50m: 30.95 30.95	450m: 5:06.99 35.19	850m: 9:51.89 35.65	1250m: 14:40.96 35.09		
	100m: 1:04.85 33.90	500m: 5:42.68 35.69	900m: 10:28.14 36.25	1300m: 15:17.07 36.11		
	150m: 1:39.43 34.58	550m: 6:17.82 35.14	950m: 11:04.16 36.02	1350m: 15:53.09 36.02		
	200m: 2:13.76 34.33	600m: 6:53.37 35.55	1000m: 11:40.76 36.60	1400m: 16:29.36 36.27		
	250m: 2:48.15 34.39	650m: 7:28.91 35.54	1050m: 12:16.56 35.80	1450m: 17:04.74 35.38		
	300m: 3:22.74 34.59	700m: 8:04.93 36.02	1100m: 12:53.27 36.71	1500m: 17:38.50 33.76		
	350m: 3:57.11 34.37	750m: 8:40.57 35.64	1150m: 13:28.93 35.66			
	400m: 4:31.80 34.69	800m: 9:16.24 35.67	1200m: 14:05.87 36.94			
16.	Nuno Valerio Silva	97	Nautico Marinha Grande	17:39.00	+0,85	556
	<i>FTL</i>					
	50m: 30.83 30.83	450m: 5:12.01 34.81	850m: 9:55.55 34.65	1250m: 14:41.34 35.39		
	100m: 1:05.18 34.35	500m: 5:47.88 35.87	900m: 10:31.50 35.95	1300m: 15:17.42 36.08		
	150m: 1:40.00 34.82	550m: 6:22.93 35.05	950m: 11:06.97 35.47	1350m: 15:52.63 35.21		
	200m: 2:15.23 35.23	600m: 6:58.70 35.77	1000m: 11:43.21 36.24	1400m: 16:28.70 36.07		
	250m: 2:50.38 35.15	650m: 7:34.12 35.42	1050m: 12:18.42 35.21	1450m: 17:04.06 35.36		
	300m: 3:26.22 35.84	700m: 8:09.77 35.65	1100m: 12:54.62 36.20	1500m: 17:39.00 34.94		
	350m: 4:01.29 35.07	750m: 8:45.11 35.34	1150m: 13:29.81 35.19			
	400m: 4:37.20 35.91	800m: 9:20.90 35.79	1200m: 14:05.95 36.14			
17.	Carlos Daniel Ramos	96	Estarreja	17:46.14	+0,74	545
	<i>FTL</i>					
	50m: 31.15 31.15	450m: 5:10.28 35.58	850m: 9:57.19 36.11	1250m: 14:45.88 36.17		
	100m: 1:04.57 33.42	500m: 5:45.68 35.40	900m: 10:33.22 36.03	1300m: 15:22.04 36.16		
	150m: 1:39.29 34.72	550m: 6:21.45 35.77	950m: 11:09.29 36.07	1350m: 15:58.37 36.33		
	200m: 2:13.80 34.51	600m: 6:57.23 35.78	1000m: 11:45.57 36.28	1400m: 16:34.70 36.33		
	250m: 2:48.78 34.98	650m: 7:33.21 35.98	1050m: 12:21.39 35.82	1450m: 17:10.68 35.98		
	300m: 3:23.76 34.98	700m: 8:09.06 35.85	1100m: 12:57.50 36.11	1500m: 17:46.14 35.46		
	350m: 3:59.33 35.57	750m: 8:45.16 36.10	1150m: 13:33.60 36.10			
	400m: 4:34.70 35.37	800m: 9:21.08 35.92	1200m: 14:09.71 36.11			
EXH	Isidro Carrara Bittini	97	Alges	16:44.92	+0,74	651
	50m: 30.23 30.23	450m: 5:00.55 34.06	850m: 9:29.87 33.67	1250m: 13:59.03 34.08		
	100m: 1:03.45 33.22	500m: 5:34.15 33.60	900m: 10:03.30 33.43	1300m: 14:32.23 33.20		
	150m: 1:37.48 34.03	550m: 6:08.39 34.24	950m: 10:36.88 33.58	1350m: 15:05.90 33.67		
	200m: 2:11.33 33.85	600m: 6:41.95 33.56	1000m: 11:10.30 33.42	1400m: 15:39.52 33.62		
	250m: 2:44.95 33.62	650m: 7:15.66 33.71	1050m: 11:44.16 33.86	1450m: 16:13.34 33.82		
	300m: 3:18.69 33.74	700m: 7:49.10 33.44	1100m: 12:17.46 33.30	1500m: 16:44.92 31.58		
	350m: 3:52.35 33.66	750m: 8:22.72 33.62	1150m: 12:51.44 33.98			
	400m: 4:26.49 34.14	800m: 8:56.20 33.48	1200m: 13:24.95 33.51			

Prova 8 Femin., 100m Livres 14 - 17 anos
04-04-2014 - 18:30 Resultados

Recordes Nacionais 50m Absoluto	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11-06-2008
Recordes Nacionais 50m Juv B	59.78	Ines Camacho Fernandes	FPN	Limassol (CYP)	16-04-2011
Recordes Nacionais 50m Juv A	57.75	Maria Carolina Rosa	FPN	Prague (CZE)	08-07-2009
Recordes Nacionais 50m Jun16	58.40	Ana Pinho Rodrigues	AEJ	Coimbra	09-04-2010
Recordes Nacionais 50m Jun17	57.72	Diana Margarida Duraes	FCP	Coimbra	26-05-2013

TAC-JUN16F Jun16: 1:02.64 / TAC-JUN17F Jun17: 1:02.03 / TAC-JUVAF Juv A: 1:03.87 / TAC-JUVBF Juv B: 1:05.71

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Maria Francisca Cabral	00	Porto	1:00.36	+0,75	641
	50m: 29.30 29.30	100m:	1:00.36 31.06			
2.	Beatriz Mendes Viegas	00	Tavira Natacao	1:01.63	+0,74	603
	50m: 28.60 28.60	100m:	1:01.63 33.03			
3.	Ana Rita Faria	00	Porto	1:01.66	+0,91	602
	50m: 29.94 29.94	100m:	1:01.66 31.72			
4.	Laura Sanchez Rodrigues	00	Alges	1:01.72	+0,75	600
	50m: 28.97 28.97	100m:	1:01.72 32.75			
5.	Sofia Alexandra Nunes	00	Laranjeiro	1:01.81	+0,89	597
	50m: 29.63 29.63	100m:	1:01.81 32.18			
6.	Ines Jacinto Henriques	00	Pimpoes/Cimai	1:01.98	+0,69	592
	50m: 29.96 29.96	100m:	1:01.98 32.02			
7.	Vera Ines Aguilar	00	Desportivo Nacional	1:02.57	+0,71	576
	50m: 29.74 29.74	100m:	1:02.57 32.83			
8.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	1:02.99	+0,79	564
	50m: 30.46 30.46	100m:	1:02.99 32.53			
9.	Sofia Isabel Gouveia	00	Uniao Piedense	1:03.29	+0,75	556
	50m: 30.34 30.34	100m:	1:03.29 32.95			
10.	Ines Figueira Santos	00	Uniao Piedense	1:03.58	+0,91	549
	50m: 30.92 30.92	100m:	1:03.58 32.66			
11.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	1:03.62	+0,80	548
	50m: 30.95 30.95	100m:	1:03.62 32.67			
12.	Ema Filipa Rosario	00	Natacao do Montijo	1:03.95	+0,82	539
	50m: 31.03 31.03	100m:	1:03.95 32.92			
13.	Rita Guedes Moreira	00	Louletano/Loule Concelho	1:04.43	+0,83	527
	50m: 31.29 31.29	100m:	1:04.43 33.14			
14.	Mariana Santos Ferreira	00	Miranda do Corvo	1:04.51	+0,89	525
	50m: 31.68 31.68	100m:	1:04.51 32.83			
15.	Carolina Maeiro Augusto	00	Natacao de Olhao	1:04.59	+0,66	523
	50m: 31.31 31.31	100m:	1:04.59 33.28			
16.	Sara Vitoria Ramos	00	Porto	1:05.14	+0,83	510
	50m: 31.17 31.17	100m:	1:05.14 33.97			
17.	Rita Filipa Paulino	00	Naval Setubalense	1:05.31	+0,92	506
	50m: 31.31 31.31	100m:	1:05.31 34.00			

Prova 8, Femin., 100m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Matilde Correia Vieira	00	Alcobaca	1:05.40	+0,88	504
	50m: 31.24 31.24	100m: 1:05.40	34.16			
19.	Maria Ines Ferreira	00	Miranda do Corvo	1:05.48	+0,85	502
	50m: 31.33 31.33	100m: 1:05.48	34.15			
20.	Ines Silva Oliveira	00	Leixoes	1:05.49	+0,90	502
	50m: 31.54 31.54	100m: 1:05.49	33.95			
21.	Adriana Azevedo Couto	00	Famalicao	1:07.72	+0,84	454
	FTL					
	50m: 31.79 31.79	100m: 1:07.72	35.93			
22.	Ana Ines Fernandes	00	Vitoria de Guimaraes/Olicargo	1:08.19	+0,97	445
	FTL					
	50m: 32.26 32.26	100m: 1:08.19	35.93			

Juvenis A

1.	Madalena Gomes Azevedo	99	Alges	1:00.65	+0,74	632
	50m: 29.33 29.33	100m: 1:00.65	31.32			
2.	Tamila Hryhorivna Holub	99	Braga	1:01.01	+0,76	621
	50m: 29.70 29.70	100m: 1:01.01	31.31			
3.	Filipa Carreira Alves	99	Uniao Piedense	1:01.17	+0,79	616
	50m: 29.64 29.64	100m: 1:01.17	31.53			
4.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	1:01.40	+0,72	609
	50m: 29.27 29.27	100m: 1:01.40	32.13			
5.	Ines Margarida Costa	99	Sporting	1:02.55	+0,82	576
	50m: 30.29 30.29	100m: 1:02.55	32.26			
6.	Marta Ferreira Rocha	99	Leixoes	1:02.81	+0,70	569
	50m: 30.10 30.10	100m: 1:02.81	32.71			
7.	Ana Miguel Pinto	99	Viana Natacao	1:03.22	+0,84	558
	50m: 30.43 30.43	100m: 1:03.22	32.79			
8.	Tania Cristina Mendes	99	Industrial Viegense	1:03.56	+0,87	549
	50m: 30.50 30.50	100m: 1:03.56	33.06			
9.	Sarah Dias	99	CLAC-Entroncamento	1:03.57	+0,79	549
	50m: 30.17 30.17	100m: 1:03.57	33.40			
10.	Ana Pires Brito	99	Colegio Monte Maior	1:03.87	+0,86	541
	50m: 30.18 30.18	100m: 1:03.87	33.69			
11.	Ana Beatriz La Feria	99	Porto	1:03.89	+0,90	541
	FTL					
	50m: 30.88 30.88	100m: 1:03.89	33.01			
12.	Ana Beatriz Fonseca	99	Academica de Coimbra	1:04.03	+0,66	537
	FTL					
	50m: 31.07 31.07	100m: 1:04.03	32.96			
13.	Viviana Pinto Cunha	99	Famalicao	1:04.08	+0,66	536
	FTL					
	50m: 30.46 30.46	100m: 1:04.08	33.62			

Prova 8, Femin., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Noemia Verdi Silva	99	Fafe			
DNS	Mariana Alexandre Oliveira	99	Porto			
DNS	Margarida Sobral Pimenta	99	Amadora			

Juniores

1.	Ines Camacho Fernandes	97	Sporting	58.72	+0,72	697
	50m: 28.42 28.42 100m: 58.72 30.30					
2.	Adriana Daniela Castro	97	Porto	1:00.20	+0,68	647
	50m: 29.18 29.18 100m: 1:00.20 31.02					
3.	Maria Teresa Amorim	97	Porto	1:00.73	+0,86	630
	50m: 29.61 29.61 100m: 1:00.73 31.12					
4.	Bruna Martins Riesenberger	97	Laranjeiro	1:00.88	+0,65	625
	50m: 29.39 29.39 100m: 1:00.88 31.49					
5.	Sofia Machado Dionisio	98	Sporting	1:00.92	+0,76	624
	50m: 29.48 29.48 100m: 1:00.92 31.44					
6.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	1:01.03	+0,61	621
	50m: 29.34 29.34 100m: 1:01.03 31.69					
7.	Carolina Sanchez Rodrigues	97	Alges	1:01.04	+0,74	620
	50m: 29.61 29.61 100m: 1:01.04 31.43					
8.	Catarina Maria Ferreira	98	Desportiva Limiana	1:01.06	+0,76	620
	50m: 29.00 29.00 100m: 1:01.06 32.06					
9.	Maria Rachadell Pereira	98	Portinado	1:01.63	+0,83	603
	50m: 28.90 28.90 100m: 1:01.63 32.73					
10.	Maria Carolina Ribeiro	98	Porto	1:01.92	+0,77	594
	50m: 29.46 29.46 100m: 1:01.92 32.46					
11.	Marina Micaela Sequeira	98	Uniao Piedense	1:02.07	+0,73	590
	50m: 29.82 29.82 100m: 1:02.07 32.25					
12.	Ana Filipa Martins	97	Foca	1:02.44	+0,80	579
	FTL 50m: 29.49 29.49 100m: 1:02.44 32.95					
13.	Raquel Teixeira Pena	98	Uniao Piedense	1:02.50	+0,93	578
	50m: 29.89 29.89 100m: 1:02.50 32.61					
14.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	1:02.55	+0,79	576
	FTL 50m: 30.28 30.28 100m: 1:02.55 32.27					
15.	Sara Faria Costa	97	Braga	1:02.80	+0,79	570
	FTL 50m: 29.93 29.93 100m: 1:02.80 32.87					
16.	Beatriz Neves Cardoso	98	Colegio SMLamas	1:02.83	+0,80	569
	FTL 50m: 30.06 30.06 100m: 1:02.83 32.77					

Prova 8, Femin., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Francisca Santos Pereira FTL	98	Fluvial Portuense	1:03.38	+0,87	554
	50m: 30.21 30.21	100m: 1:03.38	33.17			
18.	Maria Malaguerra Costa FTL	98	Columbofila Cantanhedense	1:03.42	+0,71	553
	50m: 30.43 30.43	100m: 1:03.42	32.99			
19.	Maria Morgado Franco FTL	98	Portinado	1:03.46	+0,73	552
	50m: 28.98 28.98	100m: 1:03.46	34.48			

Prova 9

Masc., 200m Costas

15 - 18 anos

04-04-2014 - 18:50

Resultados

Recordes Nacionais 50m Absoluto	1:58.83	Pedro Diogo Oliveira	FPN	Londres (GBR)	01-08-2012
Recordes Nacionais 50m Juv B	2:06.44	Joao Alexandre Vital	FPN	Utrecht (NED)	17-07-2013
Recordes Nacionais 50m Juv A	2:06.92	Pedro Diogo Oliveira	CNRM	Lisboa	30-07-2004
Recordes Nacionais 50m Jun17	2:03.06	Pedro Diogo Oliveira	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Jun18	2:02.21	Pedro Diogo Oliveira	CNRM	Coimbra	28-07-2006

TAC-JUN17M Jun17: 2:18.54 / TAC-JUN18M Jun18: 2:16.54 / TAC-JUVAM Juv A: 2:22.54 / TAC-JUVBM Juv B: 2:25.20

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Rodrigo Jose Guerreiro	99	Louletano/Loule Concelho	2:18.08	+0,58	532
	50m: 31.98 31.98	100m: 1:07.49	35.51	150m: 1:43.70	36.21	200m: 2:18.08
						34.38
2.	Tiago Pastor Escada	99	Aminata	2:18.40	+0,72	528
	50m: 31.73 31.73	100m: 1:06.82	35.09	150m: 1:42.74	35.92	200m: 2:18.40
						35.66
3.	Afonso Guilherme Rosa	99	Gualdim Pais	2:20.48	+0,68	505
	50m: 32.50 32.50	100m: 1:08.78	36.28	150m: 1:46.28	37.50	200m: 2:20.48
						34.20
4.	Nelson Pereira Malheiros	99	Litoral Alentejano	2:22.03	+0,74	489
	50m: 33.81 33.81	100m: 1:09.16	35.35	150m: 1:46.00	36.84	200m: 2:22.03
						36.03
5.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:22.15	+0,63	488
	50m: 33.40 33.40	100m: 1:09.45	36.05	150m: 1:45.95	36.50	200m: 2:22.15
						36.20
6.	Afonso Meneses Sequeira	99	Naval do Funchal	2:22.60	+0,65	483
	50m: 31.85 31.85	100m: 1:08.61	36.76	150m: 1:46.35	37.74	200m: 2:22.60
						36.25
7.	Francisco Cortez Viterbo	99	Alges	2:23.32	+0,63	476
	50m: 33.21 33.21	100m: 1:09.33	36.12	150m: 1:46.35	37.02	200m: 2:23.32
						36.97
8.	Rui Pedro Brito	99	Nautico Marinha Grande	2:25.20	+0,68	457
	50m: 33.08 33.08	100m: 1:08.80	35.72	150m: 1:46.79	37.99	200m: 2:25.20
						38.41
9.	Guilherme Duarte Silva FTL	99	Desportivo Nacional	2:25.82	+0,73	452
	50m: 33.66 33.66	100m: 1:10.47	36.81	150m: 1:49.36	38.89	200m: 2:25.82
						36.46
10.	Tomas Silva Coxixo FTL	99	Natacao do Montijo	2:26.02	+0,78	450
	50m: 32.65 32.65	100m: 1:09.90	37.25	150m: 1:48.71	38.81	200m: 2:26.02
						37.31

Prova 9, Masc., 200m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Joao Silva Costa <i>FTL</i>	99	Natacao da Maia	2:26.52	+0,58	445
	50m: 33.40 33.40	100m: 1:11.31 37.91	150m: 1:49.61 38.30	200m: 2:26.52 36.91		
12.	Marco Andre Miguel <i>FTL</i>	99	Torres Novas	2:26.72	+0,64	443
	50m: 34.30 34.30	100m: 1:11.36 37.06	150m: 1:48.97 37.61	200m: 2:26.72 37.75		

Juvenis A

1.	Joao Alexandre Vital <i>Minimos COMEN 2014</i>	98	Colegio Monte Maior	2:08.04	+0,67	667
	50m: 29.92 29.92	100m: 1:02.04 32.12	150m: 1:35.28 33.24	200m: 2:08.04 32.76		
2.	Joao Francisco Lopes	98	Braga	2:12.12	+0,59	607
	50m: 30.79 30.79	100m: 1:04.55 33.76	150m: 1:38.16 33.61	200m: 2:12.12 33.96		
3.	Joao Jose Laranjeira	98	Campinho	2:13.87	+0,71	584
	50m: 31.15 31.15	100m: 1:05.33 34.18	150m: 1:40.30 34.97	200m: 2:13.87 33.57		
4.	Carlos Afonso Almeida	98	Colegio Vasco da Gama	2:14.10	+0,74	581
	50m: 31.26 31.26	100m: 1:05.36 34.10	150m: 1:39.95 34.59	200m: 2:14.10 34.15		
5.	Francisco Rogerio Santos	98	Benedita	2:14.96	+0,77	570
	50m: 31.07 31.07	100m: 1:05.01 33.94	150m: 1:40.46 35.45	200m: 2:14.96 34.50		
6.	Luis Filipe Soares	98	Colegio SMLamas	2:16.52	+0,76	550
	50m: 31.49 31.49	100m: 1:05.54 34.05	150m: 1:40.78 35.24	200m: 2:16.52 35.74		
7.	Ricardo Goncalves Moura	98	Electrico Clube	2:16.86	+0,63	546
	50m: 31.81 31.81	100m: 1:06.06 34.25	150m: 1:41.56 35.50	200m: 2:16.86 35.30		
8.	Filipe Miguel Silveira	98	Amadora	2:17.87	+0,65	534
	50m: 32.98 32.98	100m: 1:08.18 35.20	150m: 1:43.49 35.31	200m: 2:17.87 34.38		
9.	Viktor Kot	98	Nautico Marinha Grande	2:19.32	+0,74	518
	50m: 32.53 32.53	100m: 1:07.62 35.09	150m: 1:43.83 36.21	200m: 2:19.32 35.49		
10.	Ricardo Saraiva Pires	98	Laranjeiro	2:20.47	+0,76	505
	50m: 33.42 33.42	100m: 1:08.40 34.98	150m: 1:45.15 36.75	200m: 2:20.47 35.32		
11.	Diogo Rodrigues Freitas	98	Uniao Piedense	2:20.70	+0,70	503
	50m: 33.35 33.35	100m: 1:08.50 35.15	150m: 1:44.96 36.46	200m: 2:20.70 35.74		
12.	Lucas Correia Veloso	98	Desporto de Barcelos	2:20.73	+0,61	502
	50m: 32.53 32.53	100m: 1:07.71 35.18	150m: 1:44.52 36.81	200m: 2:20.73 36.21		
13.	Pedro Ferraz Silva	98	Gespacos	2:20.86	+0,73	501
	50m: 33.57 33.57	100m: 1:08.96 35.39	150m: 1:45.19 36.23	200m: 2:20.86 35.67		
14.	Jose Pedro Sampaio	98	Foca	2:21.00	+0,72	500
	50m: 32.82 32.82	100m: 1:08.75 35.93	150m: 1:45.59 36.84	200m: 2:21.00 35.41		
15.	Filipe Ferreira Luz	98	Geslours	2:21.30	+0,74	496
	50m: 33.10 33.10	100m: 1:08.66 35.56	150m: 1:45.65 36.99	200m: 2:21.30 35.65		
16.	Diogo Rosado Leca	98	Colegio Monte Maior	2:21.38	+0,61	496
	50m: 32.31 32.31	100m: 1:07.21 34.90	150m: 1:45.03 37.82	200m: 2:21.38 36.35		
17.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	2:22.15	+0,83	488
	50m: 32.71 32.71	100m: 1:08.87 36.16	150m: 1:45.62 36.75	200m: 2:22.15 36.53		

Prova 9, Masc., 200m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Rodrigo Reis Silva FTL	98	Colegio SMLamas	2:22.80	+0,75	481
	50m: 32.70 32.70	100m: 1:09.30 36.60	150m: 1:47.85 38.55	200m: 2:22.80 34.95		
19.	Diogo Vicente Silva FTL	98	Nautico Marinha Grande	2:22.87	+0,66	480
	50m: 32.80 32.80	100m: 1:09.06 36.26	150m: 1:46.16 37.10	200m: 2:22.87 36.71		
20.	Ricardo Daniel Pires FTL	98	Desportiva de Viana	2:23.30	+0,65	476
	50m: 32.41 32.41	100m: 1:09.52 37.11	150m: 1:46.70 37.18	200m: 2:23.30 36.60		
	Steve Alexandre Soares FTL	98	Amadora	2:23.30	+0,65	476
	50m: 32.10 32.10	100m: 1:08.08 35.98	150m: 1:45.66 37.58	200m: 2:23.30 37.64		
22.	Joao Alberto Gondar FTL	98	Vilacondense	2:23.91	+0,62	470
	50m: 32.77 32.77	100m: 1:09.47 36.70	150m: 1:47.54 38.07	200m: 2:23.91 36.37		
23.	Andre Filipe Afonseca FTL	98	Desporto de Barcelos	2:24.12	+0,77	468
	50m: 32.02 32.02	100m: 1:08.60 36.58	150m: 1:46.66 38.06	200m: 2:24.12 37.46		
24.	Joao Diogo Fernandes FTL	98	Benfica	2:24.22	+0,70	467
	50m: 34.13 34.13	100m: 1:10.60 36.47	150m: 1:47.98 37.38	200m: 2:24.22 36.24		
25.	Andre Pires Faria FTL	98	Amadora	2:24.48	+0,69	464
	50m: 33.18 33.18	100m: 1:09.76 36.58	150m: 1:47.27 37.51	200m: 2:24.48 37.21		
26.	Frederico Sucena Riachos FTL	98	Nucleo Sportinguista Golega	2:25.33	+0,77	456
	50m: 33.31 33.31	100m: 1:09.25 35.94	150m: 1:47.83 38.58	200m: 2:25.33 37.50		
27.	Eduardo Abel Duarte FTL	98	Lousada SXXI	2:27.11	+0,70	440
	50m: 33.18 33.18	100m: 1:09.76 36.58	150m: 1:48.56 38.80	200m: 2:27.11 38.55		
28.	Diogo Jose Vaz FTL	98	Bombeiros Ponta Delgada	2:28.57	+0,66	427
	50m: 32.96 32.96	100m: 1:10.03 37.07	150m: 1:49.41 39.38	200m: 2:28.57 39.16		
29.	Rodrigo Manuel Monteiro FTL	98	Sporting de Espinho	2:28.73	+0,67	426
	50m: 34.37 34.37	100m: 1:11.55 37.18	150m: 1:50.64 39.09	200m: 2:28.73 38.09		

Juniores

1.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	2:05.87	+0,64	703
	50m: 30.40 30.40	100m: 1:02.37 31.97	150m: 1:35.58 33.21	200m: 2:05.87 30.29		
2.	Joao Pedro Belo	97	Sporting	2:10.35	+0,69	632
	50m: 30.48 30.48	100m: 1:03.53 33.05	150m: 1:37.27 33.74	200m: 2:10.35 33.08		
3.	Alexandre Lages Ribas	97	Desportiva de Viana	2:11.78	+0,69	612
	50m: 29.74 29.74	100m: 1:02.80 33.06	150m: 1:37.31 34.51	200m: 2:11.78 34.47		

Prova 9, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Job Santos Silva	96	Feirense	2:12.14	+0,59	607
	50m: 30.13 30.13	100m: 1:03.84 33.71	150m: 1:38.32 34.48	200m: 2:12.14 33.82		
5.	Tomas Machado Vale	97	Viana Natacao	2:13.28	+0,76	592
	50m: 30.31 30.31	100m: 1:03.72 33.41	150m: 1:38.98 35.26	200m: 2:13.28 34.30		
6.	Guilherme Pereira Dias	97	Sporting	2:14.21	+0,69	579
	50m: 31.76 31.76	100m: 1:05.15 33.39	150m: 1:40.14 34.99	200m: 2:14.21 34.07		
7.	Leonardo Cardoso Figueiredo	96	Porto	2:14.52	+0,58	575
	50m: 31.15 31.15	100m: 1:06.28 35.13	150m: 1:41.70 35.42	200m: 2:14.52 32.82		
8.	Ivo Pinto Ribeiro	97	Foca	2:14.67	+0,60	573
	50m: 31.57 31.57	100m: 1:05.59 34.02	150m: 1:40.17 34.58	200m: 2:14.67 34.50		
9.	Joao Mota Correia	97	Alcobaca	2:14.78	+0,76	572
	50m: 30.88 30.88	100m: 1:05.23 34.35	150m: 1:39.99 34.76	200m: 2:14.78 34.79		
10.	Luis Henrique Silva	97	Naval do Funchal	2:15.11	+0,67	568
	50m: 31.49 31.49	100m: 1:05.71 34.22	150m: 1:41.49 35.78	200m: 2:15.11 33.62		
11.	Miguel Nunes Goncalves	97	Uniao Piedense	2:15.84	+0,64	559
	50m: 30.86 30.86	100m: 1:04.62 33.76	150m: 1:39.50 34.88	200m: 2:15.84 36.34		
12.	Filipe Miguel Felix	96	Alges	2:15.85	+0,72	559
	50m: 31.36 31.36	100m: 1:05.95 34.59	150m: 1:41.54 35.59	200m: 2:15.85 34.31		
13.	Bruno Miguel Ramos	97	Amadora	2:16.39	+0,65	552
	50m: 32.04 32.04	100m: 1:06.01 33.97	150m: 1:41.32 35.31	200m: 2:16.39 35.07		
14.	Joao Ricardo Silva	97	Ginasio Figueirense	2:17.41	+0,68	540
	50m: 32.70 32.70	100m: 1:07.62 34.92	150m: 1:43.41 35.79	200m: 2:17.41 34.00		
15.	Joao Pedro Tarquinio	97	Benedita	2:18.00	+0,66	533
	50m: 31.60 31.60	100m: 1:06.01 34.41	150m: 1:42.04 36.03	200m: 2:18.00 35.96		
16.	Joao Manuel Fernandes	97	Naval do Funchal	2:18.45	+0,62	528
	50m: 30.85 30.85	100m: 1:05.76 34.91	150m: 1:41.85 36.09	200m: 2:18.45 36.60		
17.	Miguel Galeao Lopes	96	Portinado	2:18.75	+0,67	524
	FTL 50m: 30.92 30.92	100m: 1:05.51 34.59	150m: 1:41.82 36.31	200m: 2:18.75 36.93		
18.	Bruno Daniel Rodrigues	97	Braga	2:18.76	+0,59	524
	FTL 50m: 32.50 32.50	100m: 1:07.31 34.81	150m: 1:43.56 36.25	200m: 2:18.76 35.20		
19.	Tiago Manuel Teixeira	96	Fafe	2:19.29	+0,70	518
	FTL 50m: 30.72 30.72	100m: 1:05.56 34.84	150m: 1:42.37 36.81	200m: 2:19.29 36.92		
20.	Francisco Pestana Silva	97	Naval do Funchal	2:19.44	+0,60	517
	FTL 50m: 31.54 31.54	100m: 1:06.23 34.69	150m: 1:43.01 36.78	200m: 2:19.44 36.43		
21.	Daniel Filipe Cazeiro	97	Naval Amorense	2:20.24	+0,69	508
	FTL 50m: 33.58 33.58	100m: 1:08.77 35.19	150m: 1:44.65 35.88	200m: 2:20.24 35.59		

Prova 9, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Pedro Miguel Gamito FTL	96	Estoris	2:20.27	+0,71	507
	50m: 32.13 32.13	100m: 1:07.38 35.25	150m: 1:44.15 36.77	200m: 2:20.27 36.12		
23.	Ruben Oliveira Lopes FTL	97	Porto	2:20.57	+0,64	504
	50m: 31.18 31.18	100m: 1:06.75 35.57	150m: 1:44.75 38.00	200m: 2:20.57 35.82		
24.	Jose Ricardo Sousa FTL	97	Lousada SXXI	2:27.67	+0,74	435
	50m: 33.55 33.55	100m: 1:10.13 36.58	150m: 1:49.74 39.61	200m: 2:27.67 37.93		

Prova 10

Femin., 200m Costas

14 - 17 anos

04-04-2014 - 19:20

Resultados

Recordes Nacionais 50m Absoluto	2:15.82	Catia Raquel Martinheira	LDC	Oeiras	09-02-2014
Recordes Nacionais 50m Juv B	2:22.61	Joana Carina Silva	LSXXI	Povoa de Varzim	06-02-2011
Recordes Nacionais 50m Juv A	2:17.38	Joana Carina Silva	LSXXI	Coimbra	05-04-2012
Recordes Nacionais 50m Jun16	2:17.98	Catia Raquel Martinheira	FPN	Lima (PER)	18-08-2011
Recordes Nacionais 50m Jun17	2:16.63	Catia Raquel Martinheira	FPN	Cádiz (ESP)	03-03-2012

TAC-JUN16F Jun16: 2:32.60 / TAC-JUN17F Jun17: 2:31.10 / TAC-JUVAF Juv A: 2:35.59 / TAC-JUVBF Juv B: 2:40.08

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Martins Mestre	00	Sporting	2:28.14	+0,57	587
	50m: 34.35 34.35	100m: 1:11.53 37.18	150m: 1:50.56 39.03	200m: 2:28.14 37.58		
2.	Alexandra Jesus Santos	00	Leixoes	2:31.48	+0,68	549
	50m: 34.73 34.73	100m: 1:13.05 38.32	150m: 1:52.69 39.64	200m: 2:31.48 38.79		
3.	Matilde Correia Vieira	00	Alcobaca	2:32.14	+0,65	542
	50m: 35.27 35.27	100m: 1:13.35 38.08	150m: 1:53.42 40.07	200m: 2:32.14 38.72		
4.	Monica Seara Domingues	00	Nautico Marinha Grande	2:32.94	+0,79	533
	50m: 36.15 36.15	100m: 1:15.10 38.95	150m: 1:54.95 39.85	200m: 2:32.94 37.99		
5.	Beatriz Neto Costa	00	Gespacos	2:34.87	+0,87	514
	50m: 35.97 35.97	100m: 1:15.10 39.13	150m: 1:55.09 39.99	200m: 2:34.87 39.78		
6.	Ana Miguel Reis	00	Columbofila Cantanhedense	2:34.99	+0,77	512
	50m: 36.30 36.30	100m: 1:15.96 39.66	150m: 1:55.89 39.93	200m: 2:34.99 39.10		
7.	Joana Mota Correia	00	Alcobaca	2:35.78	+0,72	505
	50m: 36.21 36.21	100m: 1:15.20 38.99	150m: 1:55.94 40.74	200m: 2:35.78 39.84		
8.	Rita Goncalves Marieiro	00	Galitos	2:36.46	+0,76	498
	50m: 35.28 35.28	100m: 1:15.47 40.19	150m: 1:56.39 40.92	200m: 2:36.46 40.07		
9.	Cristiana Sofia Ribeiro	00	Famalicao	2:37.33	+0,68	490
	50m: 35.77 35.77	100m: 1:15.32 39.55	150m: 1:56.96 41.64	200m: 2:37.33 40.37		
10.	Mariana Paula Baptista	00	Famalicao	2:37.61	+0,68	487
	50m: 36.40 36.40	100m: 1:16.32 39.92	150m: 1:58.25 41.93	200m: 2:37.61 39.36		
11.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:37.64	+0,77	487
	50m: 38.06 38.06	100m: 1:17.36 39.30	150m: 1:58.59 41.23	200m: 2:37.64 39.05		

Prova 10, Femin., 200m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Iris Cunha Santos	00	Porto	2:37.77	+0,86	486
	50m: 37.20 37.20 100m: 1:16.98 39.78 150m: 1:58.44 41.46 200m: 2:37.77 39.33					
13.	Daniela Domingues Sousa	00	Natacao de Valongo	2:40.89	+0,76	458
	FTL 50m: 37.86 37.86 100m: 1:18.74 40.88 150m: 2:00.65 41.91 200m: 2:40.89 40.24					
14.	Beatriz Valadas Bilro	00	Aminata	2:41.32	+0,67	454
	FTL 50m: 37.51 37.51 100m: 1:18.26 40.75 150m: 2:00.61 42.35 200m: 2:41.32 40.71					
15.	Natalia Matos Cunha	00	Fafe	2:42.19	+0,93	447
	FTL 50m: 36.66 36.66 100m: 1:17.30 40.64 150m: 2:00.09 42.79 200m: 2:42.19 42.10					
16.	Sofia Alexandra Nunes	00	Laranjeiro	2:48.80	+0,76	396
	FTL 50m: 39.17 39.17 100m: 1:21.24 42.07 150m: 2:04.71 43.47 200m: 2:48.80 44.09					
17.	Luisa Ribeiro Lino	00	Natacao de Faro	2:49.93	+0,72	389
	FTL 50m: 37.17 37.17 100m: 1:20.44 43.27 150m: 2:05.48 45.04 200m: 2:49.93 44.45					

Juvenis A

1.	Maria Ana Monge	99	Sporting	2:26.66	+0,66	605
	50m: 33.83 33.83 100m: 1:10.69 36.86 150m: 1:49.08 38.39 200m: 2:26.66 37.58					
2.	Maria Dias Neves	99	Miranda do Corvo	2:26.72	+0,65	604
	50m: 34.40 34.40 100m: 1:11.29 36.89 150m: 1:48.61 37.32 200m: 2:26.72 38.11					
3.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	2:29.28	+0,72	573
	50m: 35.19 35.19 100m: 1:12.68 37.49 150m: 1:50.93 38.25 200m: 2:29.28 38.35					
4.	Filipa Carreira Alves	99	Uniao Piedense	2:30.91	+0,71	555
	50m: 34.24 34.24 100m: 1:12.50 38.26 150m: 1:52.25 39.75 200m: 2:30.91 38.66					
5.	Margarida Sobral Pimenta	99	Amadora	2:32.88	+0,70	534
	50m: 34.75 34.75 100m: 1:12.97 38.22 150m: 1:52.80 39.83 200m: 2:32.88 40.08					
6.	Joana Miguel Alexandre	99	Amadora	2:34.50	+0,73	517
	50m: 36.07 36.07 100m: 1:14.15 38.08 150m: 1:55.02 40.87 200m: 2:34.50 39.48					
7.	Marta Silva Felix	99	Sporting de Aveiro	2:35.65	+0,84	506
	FTL 50m: 35.64 35.64 100m: 1:15.19 39.55 150m: 1:55.72 40.53 200m: 2:35.65 39.93					
8.	Maria Beatriz Dias	99	Viver Santarem	2:38.85	+0,77	476
	FTL 50m: 37.85 37.85 100m: 1:18.06 40.21 150m: 1:59.20 41.14 200m: 2:38.85 39.65					
9.	Rosana Marinho Macedo	99	Foca	2:39.98	+0,63	466
	FTL 50m: 36.09 36.09 100m: 1:16.12 40.03 150m: 1:58.79 42.67 200m: 2:39.98 41.19					
10.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	2:42.13	+0,70	448
	FTL 50m: 35.88 35.88 100m: 1:16.33 40.45 150m: 1:59.14 42.81 200m: 2:42.13 42.99					

Prova 10, Femin., 200m Costas

Juniores

1.	Rita Barros Frischknecht	98	Alges	2:19.88	+0,64	697
	<i>Minimos CEJ 2014</i>					
	50m: 32.37 32.37	100m: 1:07.43 35.06	150m: 1:43.82 36.39	200m: 2:19.88 36.06		
2.	Francisca Gomes Azevedo	97	Alges	2:20.09	+0,68	694
	50m: 32.67 32.67	100m: 1:07.71 35.04	150m: 1:44.41 36.70	200m: 2:20.09 35.68		
3.	Joana Carina Silva	97	Lousada SXXI	2:24.90	+0,63	627
	50m: 33.38 33.38	100m: 1:09.14 35.76	150m: 1:47.69 38.55	200m: 2:24.90 37.21		
4.	Ana Raquel Ferreira	98	Ginasio Figueirense	2:26.28	+0,66	610
	50m: 33.85 33.85	100m: 1:10.70 36.85	150m: 1:48.86 38.16	200m: 2:26.28 37.42		
5.	Daniela Teixeira Moreira	97	Amadora	2:27.88	+0,61	590
	50m: 34.25 34.25	100m: 1:12.33 38.08	150m: 1:50.76 38.43	200m: 2:27.88 37.12		
6.	Graca Maria Araujo	98	Famalicao	2:28.37	+0,75	584
	50m: 34.18 34.18	100m: 1:12.19 38.01	150m: 1:51.03 38.84	200m: 2:28.37 37.34		
7.	Maria Madalena Silva	98	Nautico Abrantes	2:28.91	+0,70	578
	50m: 35.91 35.91	100m: 1:13.45 37.54	150m: 1:52.10 38.65	200m: 2:28.91 36.81		
8.	Juliana Lima Freixo	97	Desportiva de Viana	2:29.39	+0,61	572
	50m: 34.61 34.61	100m: 1:12.61 38.00	150m: 1:51.64 39.03	200m: 2:29.39 37.75		
9.	Bruna Elisabete Paulino	97	Alcobaca	2:29.73	+0,69	568
	50m: 34.24 34.24	100m: 1:12.06 37.82	150m: 1:51.00 38.94	200m: 2:29.73 38.73		
10.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	2:29.99	+0,68	565
	50m: 35.00 35.00	100m: 1:12.17 37.17	150m: 1:52.01 39.84	200m: 2:29.99 37.98		
11.	Claudia Isabel Semiao	97	Sporting	2:30.02	+0,62	565
	50m: 34.27 34.27	100m: 1:12.88 38.61	150m: 1:52.11 39.23	200m: 2:30.02 37.91		
12.	Madalena Amaro Machado	98	Academico Viseu	2:30.38	+0,64	561
	50m: 35.02 35.02	100m: 1:13.30 38.28	150m: 1:51.97 38.67	200m: 2:30.38 38.41		
13.	Ana Beatriz Meireles	98	Fafe	2:32.14	+0,58	542
	50m: 34.57 34.57	100m: 1:13.35 38.78	150m: 1:53.05 39.70	200m: 2:32.14 39.09		
14.	Catarina Alexandra Jardim	98	Famalicao	2:33.37	+0,70	529
	<i>FTL</i>					
	50m: 34.16 34.16	100m: 1:12.44 38.28	150m: 1:52.77 40.33	200m: 2:33.37 40.60		
15.	Francisca Santos Pereira	98	Fluvial Portuense	2:34.07	+0,64	522
	<i>FTL</i>					
	50m: 34.66 34.66	100m: 1:13.40 38.74	150m: 1:53.54 40.14	200m: 2:34.07 40.53		
16.	Catarina Goncalves Leal	98	BA/Bomcar	2:36.15	+0,75	501
	<i>FTL</i>					
	50m: 35.84 35.84	100m: 1:14.48 38.64	150m: 1:55.36 40.88	200m: 2:36.15 40.79		
17.	Ines Lucas Alves	98	Fluvial Portuense	2:39.00	+0,60	475
	<i>FTL</i>					
	50m: 36.68 36.68	100m: 1:16.78 40.10	150m: 1:58.18 41.40	200m: 2:39.00 40.82		

Prova 11 Masc., 4 x 100m Livres 15 - 18 anos
04-04-2014 - 19:55 Resultados

Recordes Nacionais 50m Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	19-07-2009
Recordes Nacionais 50m Juv B	3:45.99	Futebol Clube do Porto	Jamor	27-07-2012
Recordes Nacionais 50m Juv	3:39.68	tempo limite		
Recordes Nacionais 50m Juv A	3:39.68	Futebol Clube do Porto	Famalicão	19-07-2013
Recordes Nacionais 50m Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	27-03-2009

TAC-JUN17M Jun17: 3:53.50 / TAC-JUN18M Jun18: 3:53.50 / TAC-JUVAM Juv A: 4:04.00 / TAC-JUVBM Juv B: 4:13.50

Pontos: FINA 2014

Lugar	Clube	Tempo Final	TReac	Pts
Juvenis B				
1. Vitoria de Guimaraes/Olicargo-Juv B	Vitoria de Guimaraes/Olicargo	3:51.34	+0,72	538
Tiago Andre Oliveira	Jose Manuel Fernandes	+0,72 27.13 56.02	+0,52 28.85	1:00.28
Pedro Miguel Fernandes	Albino Manuel Goncalves	+0,45 26.56 55.80	+0,31 28.26	59.24
2. Louletano/Loule Concelho-Juv B	Louletano/Loule Concelho	3:53.67	+0,84	522
Manuel Silva Godinho	Eduardo Cardoso Lopes	+0,84 27.59 57.69	+0,52 27.98	58.77
Bernardo Antonio Alves	Rodrigo Jose Guerreiro	+0,52 27.92 59.19	+0,21 27.90	58.02
3. Colegio SMLamas-Juv B	Colegio SMLamas	3:55.84	+0,86	508
Fernando Marcelo Rocha	Alexandre Ferreira Amorim	+0,86 28.55 59.59	+0,47 27.68	57.25
Gabriel Filipe Pereira	Tiago Oliveira Barbosa	+0,51 27.81 1:00.49	+0,33 27.74	58.51
4. Amadora-Juv B	Amadora	3:57.52	+0,74	497
Afonso Vicente Eva	Joao Magalhaes Nunes	+0,74 29.21 1:00.38	+0,34 27.41	56.67
Miguel Falco Pereira	Pedro Ferraz Esteves	+0,13 29.08 1:01.05	+0,23 28.20	59.42
5. Braga-Juv B	Braga	3:57.82	+0,83	495
Jose Nuno Mendes	Jose Pedro Melo	+0,83 28.33 58.79	+0,29 29.49	1:02.02
Nuno Miguel Coto	Jose Pedro Fernandes	+0,34 28.79 1:00.13	+0,35 27.36	56.88
6. Industrial Viegrense-Juv B	Industrial Viegrense	3:58.77	+0,74	490
Andre Lopes Silva	Sergio Gabriel Lamande	+0,74 28.34 58.85	+0,32 29.70	1:02.45
Francisco Pereira Pedrosa	Sandro Emanuel Francisco	+0,64 28.38 1:00.51	+0,40 27.19	56.96
7. Gespacos-Juv B	Gespacos	3:59.32	+0,82	486
Nuno Filipe Costa	Daniel Silva Bessa	+0,82 28.16 58.73	+0,46 29.14	1:01.19
Ricardo Andre Pinto	Leonardo Jose Silva	+0,60 28.81 1:01.03	+0,54 28.24	58.37
8. Estamos Juntos-Juv B	Estamos Juntos	4:08.50	+0,88	434
Paulo Filipe Almeida	Diogo Henrique Camacho	+0,88 30.39 1:02.60	+0,53 29.32	1:02.21
Lino Ricardo Oliveira	Andre Freitas Gual	+0,47 29.67 1:02.92	+0,65 28.74	1:00.77
9. Aminata-Juv B	Aminata	4:08.98	+0,85	432
Bernardo Pastor Escada	Mauro Santos Alves	+0,85 29.19 59.61	+0,43 29.66	1:05.32
Joao Miguel Barrulas	Tiago Pastor Escada	+0,69 30.80 1:04.16	+0,24 28.35	59.89
10. Ginasio Vila Real-Juv B	Ginasio Vila Real	4:09.45	+0,96	429
Jose Rafael Matias	Luis Carlos Pires	+0,96 29.82 1:01.42	+0,13 28.80	1:03.43
Tomas Tao Barros	Luis Diogo Luz	+0,44 28.58 1:01.47	+0,52 29.63	1:03.13

Prova 11, Masc., 4 x 100m Livres

Juvenis A

1.	Naval do Funchal-Juv A			Naval do Funchal		3:43.02	+0,71	601
	Francisco Manso Teixeira	+0,71	27.05	56.68	Francisco Aguiar Morganho	+0,32	26.65	56.36
	Pedro Camacho Sousa	+0,08	25.88	55.19	Henrique Luis Vargas	+0,32	25.78	54.79
2.	Porto-Juv A			Porto		3:43.52	+0,84	597
	Goncalo Miguel Nogueira	+0,84	26.90	55.84	Diogo Miguel Costa	+0,39	26.57	55.87
	Vasco Gradim Amorim	+0,17	27.17	56.79	Pedro Goncalves Neto	+0,41	26.50	55.02
3.	Amadora-Juv A			Amadora		3:47.69	+0,68	565
	Filipe Miguel Silveira	+0,68	26.92	56.22	Pedro Trindade Silva	+0,30	26.85	56.54
	Steve Alexandre Soares	+0,26	26.53	55.94	Joao Sismeiro Pereira	0.00	27.74	58.99
4.	Alges-Juv A			Alges		3:47.96	+0,69	563
	Francisco Carvalho Machado	+0,69	26.45	55.06	Afonso Ribeiro Bate	+0,34	26.79	56.99
	Hugo Pon	+0,29	26.74	56.09	Afonso Sobral Domingues	+0,30	28.41	59.82
5.	Uniao Piedense-Juv A			Uniao Piedense		3:50.51	+0,77	544
	Jose Paula Carvalho	+0,77	27.75	56.24	Hugo Filipe Torres	+0,21	28.28	1:00.33
	Afonso Calais Queiroga	+0,49	26.73	56.06	Diogo Rodrigues Freitas	+0,34	27.57	57.88
6.	Braga-Juv A			Braga		3:51.19	+0,67	539
	Joao Francisco Lopes	+0,67	26.43	55.51	Luis Filipe Ribeiro	+0,24	27.73	58.64
	Mario Jorge Veloso	+0,32	27.46	58.10	Bruno Jose Silva	+0,04	28.15	58.94
7.	Gespacos-Juv A			Gespacos		3:52.64	+0,81	529
	Pedro Ferraz Silva	+0,81	27.43	58.06	Joao Nuno Costa	+0,66	28.66	1:00.46
	Luis Carlos Almeida	+0,30	27.04	56.63	Pedro Miguel Lino	+0,25	27.29	57.49
8.	Desporto Barcelos-Juv A			Desporto de Barcelos		3:53.19	+0,70	526
	Jorge Diogo Ribeiro	+0,70	28.74	1:01.53	Andre Filipe Afonseca	+0,29	27.26	57.20
	Lucas Correia Veloso	+0,32	27.63	59.71	Rui Filipe Costa	+0,58	26.05	54.75
9.	Colegio Monte Maior-Juv A			Colegio Monte Maior		3:54.30	+0,72	518
	Cesar Barroqueiro Magalhaes	+0,72	28.57	1:00.11	Joao Alexandre Vital	+0,29	26.12	55.58
	Diogo Nogueira Rebelo	+0,23	28.11	58.91	Diogo Rosado Leca	+0,38	28.81	59.70
10.	Famalicao-Juv A			Famalicao		3:55.67	+0,66	509
	Joao Carlos Silva	+0,66	27.19	57.08	Eduardo Maia Mendes	+0,32	28.63	1:00.59
	Xavier Ribeiro Ferreira	+0,27	27.68	1:00.23	Joao Costa Ferreira	+0,39	27.42	57.77
11.	Ba/Bomcar-Juv A			BA/Bomcar		3:58.00	+0,75	494
	Bernardo Santos Clemente	+0,75	27.19	55.84	Dmytro Khomenko	+0,45	28.57	59.82
	Bruno Miguel Pereira	+0,28	29.79	1:03.16	Goncalo Manuel Repolho	+0,22	28.36	59.18
12.	Geslours-Juv A			Geslours		3:58.57	+0,81	491
	Raul Miguel Matzinger	+0,81	28.27	1:00.61	Filipe Ferreira Luz	+0,49	29.28	1:00.54
	Frederico Pinto Silva	+0,44	28.63	59.42	Rafael Ladeiro Santos	+0,41	27.59	58.00
13.	Natacao de Valongo-Juv A			Natacao de Valongo		3:59.63	+0,91	484
	Humberto Fernandes Felgueiras	+0,91	27.25	57.46	Ricardo Miguel Moreira	+0,25	29.53	1:01.84
	Diogo Ferreira Neves	+0,41	28.71	1:01.92	Pedro Nuno Vieira	+0,35	27.27	58.41
14.	Lousada SXXI-Juv A			Lousada SXXI		4:06.63	+0,82	444
	FTL							
	Jorge Rogerio Morais	+0,82	29.01	1:00.22	Eduardo Abel Duarte	+0,56	30.02	1:03.68
	Joao Pedro Santos	+0,74	29.42	1:02.17	Carlos Andre Bessa	+0,42	28.76	1:00.56

DNS Leixoes-Juv A

Leixoes

Prova 11, Masc., 4 x 100m Livres

Juniores

1.	Naval Amorense-Jun			Naval Amorense		3:34.90	+0,65	672
	Joao Carlos Santos	+0,65	26.61	53.68	Fabio Alcantara Aires	+0,14	25.84	53.58
	Joao Pedro Gil	+0,49	25.89	54.18	Rafael Lourenco Gil	+0,44	25.99	53.46
2.	Porto-Jun			Porto		3:40.35	+0,73	623
	Joao Miguel Ascensao	+0,73	26.84	55.56	Andre Resende Pinheiro	+0,61	26.54	55.37
	Bruno Miguel Silva	+0,15	26.48	55.61	Ruben Oliveira Lopes	+0,28	25.35	53.81
3.	Naval do Funchal-Jun			Naval do Funchal		3:41.34	+0,69	615
	Francisco Gouveia Sousa	+0,69	26.81	56.03	Francisco Pestana Silva	+0,12	25.67	54.73
	Joao Manuel Fernandes	+0,16	26.23	54.93	Luis Henrique Silva	+0,25	26.58	55.65
4.	Foca-Jun			Foca		3:41.81	+0,70	611
	Ricardo David Silva	+0,70	26.79	55.62	Joao Miguel Ferreira	+0,15	26.07	55.41
	Jose Carlos Teixeira	+0,18	26.73	56.47	Ivo Pinto Ribeiro	+0,33	25.83	54.31
5.	Nautico /Urgicentro-Sanfil-Jun			Nautico /Urgicentro-Sanfil		3:44.34	+0,67	590
	Tomas Miguel Veloso	+0,67	25.58	52.70	Luis Henrique Neves	+0,19	26.88	57.93
	Francisco Xavier Goncalves	+0,35	26.14	55.00	Hugo Vale Pereira	+0,08	27.59	58.71
6.	Leixoes-Jun			Leixoes		3:45.09	+0,76	584
	Andre Goncalo Santos	+0,76	26.22	54.16	Artur Miguel Marques	+0,47	27.32	57.36
	Joao Afonso Picao	+0,50	27.37	56.90	Vitor Joao Pereira	+0,55	26.83	56.67
7.	Fluvial Portuense-Jun			Fluvial Portuense		3:45.34	+0,71	582
	Joao Pedro Santos	+0,71	26.51	56.28	Joao Luis Travanca	+0,61	27.79	57.85
	Julio Dinis Goncalves	+0,28	27.88	56.58	Joao Jose Vilela	+0,36	25.38	54.63
8.	Geslourses-Jun			Geslourses		3:48.04	+0,77	562
	Carlos Flores Clara	+0,77	26.55	55.01	Pedro Dordio Carreiro	+0,70	27.83	58.22
	Miguel Rocha Costa	+0,24	27.22	56.94	Joao Miguel Cardoso	+0,45	27.49	57.87
9.	Ba/Bomcar-Jun			BA/Bomcar		3:48.68	+0,71	557
	Nuno Goncalo Santos	+0,71	26.47	56.14	Filipe Miguel Gomes	+0,17	26.90	56.56
	Ricardo Miguel Ribeiro	+0,27	28.10	58.29	Bernardo Joao Filipe	+0,24	27.48	57.69
10.	Amadora-Jun			Amadora		3:49.15	+0,69	554
	David Carrasco Correia	+0,69	27.42	57.45	Goncalo Alexandre Almeida	+0,39	27.08	57.13
	Bruno Miguel Ramos	+0,20	26.18	55.17	Tiago Correia Neves	+0,10	28.19	59.40
11.	Alcobaca-Jun			Alcobaca		3:50.62	+0,73	543
	Joao Mota Correia	+0,73	26.38	56.01	Jose Pedro Bugalho	+0,27	27.12	57.10
	Joao Bernardo Jorge	+0,40	27.59	59.66	Miguel Angelo Silvestre	+0,55	27.02	57.85
12.	Ginasio Vila Real-Jun			Ginasio Vila Real		3:51.74	+0,68	535
	Carlos Manuel Figueiredo	+0,68	26.44	56.76	Guilherme Teixeira Baptista	+0,49	27.86	1:00.75
	Carlos Eira Cruz	+0,28	26.53	57.25	Ricardo Daniel Goncalves	+0,23	26.76	56.98
DSQ	Braga-Jun			Braga				
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11							
	Rodrigo Carlos Albuquerque	+0,72	26.64	55.31	David Emanuel Martins	+0,10	27.59	57.64
	Pedro Veiguinha Martins	+0,11	27.19	57.27	Ricardo Eduardo Afonso	-0,10		

Prova 12 Femin., 4 x 200m Livres 14 - 17 anos
04-04-2014 - 20:20 Resultados

Recordes Nacionais 50m Absoluto	8:27.04	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Recordes Nacionais 50m Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26-07-2012
Recordes Nacionais 50m Juv	9:01.51	tempo limite			
Recordes Nacionais 50m Juv A	9:01.51	tempo limite			
Recordes Nacionais 50m Jun	8:39.85	Sporting Clube de Portugal	SCP	Coimbra	09-04-2010

TAC-JUN16F Jun16: 9:20.00 / TAC-JUN17F Jun17: 9:20.00 / TAC-JUVAF Juv A: 9:37.50 / TAC-JUVBF Juv B: 9:48.00

Pontos: FINA 2014

Lugar	Clube	Tempo Final	TReac	Pts
Juvenis B				
1. Porto-Juv B	Porto	9:07.92	+0,78	599
Maria Francisca Cabral	00 +0,78 29.90 1:02.54 1:35.98 2:10.70 2:10.70			
Ana Sofia Ramos	00 +0,09 31.56 1:06.82 1:43.14 2:19.14 2:19.14			
Sara Vitoria Ramos	00 +0,54 31.84 1:08.13 1:46.73 2:26.06 2:26.06			
Ana Rita Faria	00 +0,73 30.63 1:04.39 1:38.56 2:12.02 2:12.02			
2. Uniao Piedense-Juv B	Uniao Piedense	9:12.14	+1,00	586
Margarida Valente Orrico	00 +1,00 31.54 1:06.44 1:42.08 2:18.28 2:18.28			
Mariana Silva Navalho	00 +0,51 32.18 1:07.94 1:44.09 2:19.95 2:19.95			
Sofia Isabel Gouveia	00 +0,36 30.47 1:05.74 1:41.76 2:17.58 2:17.58			
Ines Figueira Santos	00 +0,71 31.41 1:06.29 1:41.16 2:16.33 2:16.33			
3. Desportivo Nacional-Juv B	Desportivo Nacional	9:17.29	+0,83	570
Laura Catarina Abreu	00 +0,83 32.52 1:08.50 1:45.00 2:20.57 2:20.57			
Maria Leonor Gomes	00 +0,44 31.33 1:06.77 1:43.99 2:20.19 2:20.19			
Beatriz Jong Rosa	00 +0,44 32.06 1:07.14 1:42.68 2:19.53 2:19.53			
Vera Ines Aguilar	00 +0,38 29.36 1:03.63 1:40.66 2:17.00 2:17.00			
4. Miranda do Corvo-Juv B	Miranda do Corvo	9:23.59	+0,83	551
Maria Ines Ferreira	00 +0,83 31.78 1:06.97 1:43.60 2:19.65 2:19.65			
Daniela Margarida Pinto	00 +0,18 31.32 1:07.26 1:44.12 2:21.28 2:21.28			
Margarete Leandro Fernandes	00 +0,42 32.25 1:08.06 1:45.80 2:23.31 2:23.31			
Mariana Santos Ferreira	00 +0,59 31.15 1:06.44 1:43.10 2:19.35 2:19.35			
5. Nautico Marinha Grande-Juv B	Nautico Marinha Grande	9:30.66	+0,78	530
Lara Ferreira Martins	00 +0,78 32.40 1:09.02 1:47.87 2:24.97 2:24.97			
Monica Seara Domingues	00 +0,77 32.99 1:09.30 1:46.58 2:22.48 2:22.48			
Margarida Reconha Marques	00 +0,68 33.10 1:10.34 1:48.76 2:26.20 2:26.20			
Giovanna Vaz Vargas	00 +0,78 31.69 1:06.41 1:42.63 2:17.01 2:17.01			
6. Alcobaca-Juv B	Alcobaca	9:32.09	+0,67	526
Ines Rocha Silva	00 +0,67 30.27 1:04.65 1:41.16 2:16.28 2:16.28			
Filipa Andreia Silva	00 +0,66 34.42 1:11.11 1:50.25 2:28.05 2:28.05			
Joana Mota Correia	00 +0,41 32.02 1:08.56 1:47.03 2:25.41 2:25.41			
Matilde Correia Vieira	00 +0,37 32.02 1:06.76 1:44.86 2:22.35 2:22.35			
7. Famalicao-Juv B	Famalicao	9:47.88	+0,96	485
Rafaela Araujo Silva	00 +0,96 33.09 1:09.20 1:45.66 2:21.50 2:21.50			
Cristiana Sofia Ribeiro	00 +0,49 33.14 1:10.53 1:50.01 2:29.40 2:29.40			
Adriana Marisa Figueiredo	00 +0,45 32.81 1:10.31 1:49.88 2:28.59 2:28.59			
Mariana Paula Baptista	00 +0,37 32.58 1:10.34 1:49.63 2:28.39 2:28.39			

Prova 12, Femin., 4 x 200m Livres

Juvenis A

1. Sporting-Juv A	Sporting	9:12.85	+0,81	583			
Filipa Sousa Pinheiro	99	+0,81	31.24	1:05.56	1:41.90	2:18.20	2:18.20
Ines Margarida Costa	99	+0,42	30.91	1:05.69	1:42.28	2:17.65	2:17.65
Maria Ana Monge	99	+0,49	32.38	1:08.11	1:44.72	2:20.79	2:20.79
Beatriz Paulo Ranito	99	+0,34	29.95	1:04.79	1:40.78	2:16.21	2:16.21
2. Amadora-Juv A	Amadora	9:21.92	+0,83	556			
Joana Miguel Alexandre	99	+0,83	32.18	1:07.21	1:43.33	2:18.92	2:18.92
Margarida Sobral Pimenta	99	+0,46	32.07	1:08.01	1:44.59	2:19.66	2:19.66
Ana Oliveira Silva	99	+0,38	31.32	1:05.74	1:42.04	2:18.75	2:18.75
Joana Cristina Fernandes	99	+0,31	30.64	1:06.07	1:44.97	2:24.59	2:24.59
3. Academica de Coimbra-Juv A	Academica de Coimbra	9:25.25	+0,79	546			
Mariana Pinto Angelo	99	+0,79	33.84	1:09.19	1:45.36	2:21.42	2:21.42
Beatriz Castanheira Dias	99	+0,38	33.41	1:10.20	1:48.04	2:24.82	2:24.82
Beatriz Lopes Pinto	99	+0,15	31.48	1:07.65	1:43.91	2:19.84	2:19.84
Ana Beatriz Fonseca	99	+0,39	31.43	1:06.88	1:43.56	2:19.17	2:19.17
4. Leixoes-Juv A	Leixoes	9:27.12	+0,81	540			
Ines Maria Pereira	99	+0,81	32.23	1:07.06	1:43.59	2:19.34	2:19.34
Catarina Vieira Correia	99	+0,54	32.40	1:07.71	1:44.77	2:20.38	2:20.38
Rita Almeida Freches	99	+0,11	32.60	1:10.09	1:50.25	2:29.57	2:29.57
Marta Ferreira Rocha	99	+0,32	30.29	1:04.48	1:41.77	2:17.83	2:17.83
5. Porto-Juv A	Porto	9:28.37	+0,97	537			
Ana Beatriz La Feria	99	+0,97	31.56	1:06.05	1:41.88	2:18.25	2:18.25
Mafalda Malafaia Oliveira	99	+0,48	32.22	1:09.04	1:45.26	2:21.43	2:21.43
Ana Cristina Sousa	99	+0,51	32.37	1:10.21	1:49.18	2:28.22	2:28.22
Ines Maria Neves	99	+0,54	30.54	1:05.44	1:42.51	2:20.47	2:20.47
6. Colegio Bernardette Romeira-Juv A	Colegio Bernardette Romeira	9:41.71	+0,82	501			
FTL							
Catarina Costa Fernandes	99	+0,82	31.73	1:07.59	1:45.11	2:21.52	2:21.52
Carolina Costa Fernandes	99	+0,62	32.79	1:11.67	1:52.48	2:32.25	2:32.25
Joana Viegas Bento	99	+0,37	31.34	1:07.19	1:45.16	2:23.16	2:23.16
Matilde Pereira Martins	99	+0,67	30.65	1:06.28	1:45.79	2:24.78	2:24.78

Juniores

1.	Sporting-Jun		Sporting			8:40.14	+0,73	701
	Ines Camacho Fernandes	97	+0,73	29.61	1:01.96	1:34.45	2:06.70	2:06.70
	Carolina Mantua Guedes	98	+0,50	29.19	1:01.76	1:35.49	2:08.74	2:08.74
	Sofia Alexandra Branco	98	+0,50	30.26	1:04.30	1:39.47	2:14.07	2:14.07
	Sofia Machado Dionisio	98	+0,44	28.95	1:01.12	1:35.75	2:10.63	2:10.63
2.	Alges-Jun		Alges			8:42.31	+0,76	692
	Francisca Gomes Azevedo	97	+0,76	29.99	1:03.34	1:36.98	2:09.93	2:09.93
	Rita Barros Frischknecht	98	+0,37	28.67	1:00.62	1:34.45	2:07.43	2:07.43
	Barbara Sofia Barata	97	+0,39	30.85	1:04.78	1:39.38	2:12.60	2:12.60
	Barbara Marques Rodrigues	97	+0,56	29.80	1:02.27	1:37.22	2:12.35	2:12.35
3.	Porto-Jun		Porto			8:53.69	+0,80	649
	Maria Teresa Amorim	97	+0,80	30.15	1:03.04	1:36.62	2:09.58	2:09.58
	Adriana Daniela Castro	97	+0,28	29.52	1:02.14	1:36.60	2:10.28	2:10.28
	Lucilia Ferreira Freitas	98	+0,54	31.74	1:06.19	1:42.49	2:18.31	2:18.31
	Maria Carolina Ribeiro	98	+0,56	30.08	1:04.43	1:40.18	2:15.52	2:15.52

Prova 12, Femin., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
4.	Famalicao-Jun	9:08.15	+0,68	599
	Ana Silva Costa	98 +0,68 31.39 1:05.30 1:40.39 2:15.20 2:15.20		
	Graca Maria Araujo	98 +0,48 30.65 1:05.07 1:40.85 2:16.19 2:16.19		
	Barbara Nogueira Goncalves	98 +0,55 30.90 1:06.16 1:43.59 2:20.73 2:20.73		
	Catarina Alexandra Jardim	98 +0,59 31.21 1:05.86 1:40.93 2:16.03 2:16.03		
DSQ	Nautico /Urgicentro-Sanfil-Jun	Nautico /Urgicentro-Sanfil		
	<i>111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>			
	Andreia Margarida Morgado	97 +0,78 32.61 1:07.62 1:44.48 2:21.16 2:21.16		
	Beatriz Neves Craveiro	97 31.01 1:05.85 1:41.40 2:16.11 2:16.11		
	Matilde Domingues Gameiro	97 -0,05		
	Rita Verissimo Damasceno	98 +0,35		

Prova 13 Femin., 50m Livres 14 - 17 anos
05-04-2014 - 9:35 Resultados

Recordes Nacionais 50m Absoluto	25.73	Patricia Vilas Conceicao	CNA	Oeiras	28-07-2012
Recordes Nacionais 50m Juv B	27.41	Harriet Larcher Smith	FPN	Paris (FRA)	31-07-2003
Recordes Nacionais 50m Juv A	26.98	Ana Pinho Rodrigues	AEJ	Campanha	21-06-2009
Recordes Nacionais 50m Jun16	26.21	Ana Pinho Rodrigues	AEJ	Coimbra	10-04-2010
Recordes Nacionais 50m Jun17	26.53	Ana Pinho Rodrigues	AEJ	Rio Maior	02-04-2011

TAC-JUN16F Jun16: 29.16 / TAC-JUN17F Jun17: 28.88 / TAC-JUVAF Juv A: 29.16 / TAC-JUVBF Juv B: 29.16

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Beatriz Mendes Viegas	00	Tavira Natacao	27.62	+0,72	634
2.	Sofia Alexandra Nunes	00	Laranjeiro	28.32	+0,84	588
3.	Vera Ines Aguilar	00	Desportivo Nacional	28.51	+0,66	576
4.	Ema Filipa Rosario	00	Natacao do Montijo	28.70	+0,76	565

Juvenis A

1.	Sarah Dias	99	CLAC-Entroncamento	28.66	+0,81	567
2.	Ana Beatriz Fonseca	99	Academica de Coimbra	29.11	+0,73	541
3.	Margarida Sobral Pimenta	99	Amadora	29.12	+0,71	541
DNS	Mariana Alexandre Oliveira	99	Porto			

Juniores

1.	Catarina Maria Ferreira	98	Desportiva Limiana	27.52	+0,72	641
2.	Jessica Sousa Brito	97	Portinado	27.84	+0,72	619
	Adriana Daniela Castro	97	Porto	27.84	+0,77	619
4.	Maria Rachadell Pereira	98	Portinado	27.94	+0,73	612
5.	Bruna Martins Riesenberger	97	Laranjeiro	27.97	+0,65	610
6.	Filipa Vicente Custodias	97	Benedita	28.44	+0,68	580
7.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	28.52	+0,78	576
8.	Maria Morgado Franco	98	Portinado	28.58	+0,75	572
9.	Ana Filipa Martins	97	Foca	28.66	+0,81	567
10.	Maria Carolina Ribeiro	98	Porto	28.73	+0,57	563
11.	Carolina Sanchez Rodrigues	97	Alges	28.74	+0,73	562

Prova 13, Femin., 50m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Luana Raquel Alves	97	Desportiva de Viana	28.79	+0,82	559
13.	Raquel Teixeira Pena	98	Uniao Piedense	28.93	+0,87	551
14.	Beatriz Neves Cardoso	98	Colegio SMLamas	28.94	+0,81	551
15.	Mariana Van Ossenbruggen	98	Uniao Piedense	29.06	+0,78	544
16.	Sara Faria Costa	97	Braga	29.08	+0,82	543
	FTL					
17.	Maria Malaguerra Costa	98	Columbofila Cantanhedense	29.28	+0,62	532
	FTL					
18.	Barbara Rodrigues Pereira	98	Natacao do Montijo	29.29	+0,75	531
	FTL					

Prova 14

Masc., 200m Mariposa

15 - 18 anos

05-04-2014 - 9:40

Resultados

Recordes Nacionais 50m Absoluto	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Juv B	2:09.61	Fabio Parrilha da Silva	CNAL	Lisboa	11-05-2002
Recordes Nacionais 50m Juv A	2:03.76	Pedro Diogo Oliveira	CNRM	Lisboa	31-07-2004
Recordes Nacionais 50m Jun17	2:02.12	Pedro Diogo Oliveira	FPN	Belgrado (HUN)	16-07-2005
Recordes Nacionais 50m Jun18	2:01.46	Pedro Diogo Oliveira	FPN	Palma Maiorca (ESP)	08-07-2006

TAC-JUN17M Jun17: 2:19.80 / TAC-JUN18M Jun18: 2:16.51 / TAC-JUVAM Juv A: 2:25.08 / TAC-JUVBM Juv B: 2:27.72

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Mateus Ribeiro Carvalho	99	Famalicao	2:14.55	+0,75	569
	50m: 29.57 29.57	100m: 1:03.26 33.69	150m: 1:38.99 35.73	200m: 2:14.55 35.56		
2.	Joao Silverio Duarte	99	Electrico Clube	2:18.29	+0,76	524
	50m: 30.35 30.35	100m: 1:05.99 35.64	150m: 1:41.92 35.93	200m: 2:18.29 36.37		
3.	Diogo Filipe Teodoro	99	Natacao da Maia	2:18.46	+0,73	522
	50m: 30.82 30.82	100m: 1:05.86 35.04	150m: 1:42.16 36.30	200m: 2:18.46 36.30		
4.	Pedro Galvao Gouveia	99	Desportivo Nacional	2:19.93	+0,69	506
	50m: 30.70 30.70	100m: 1:05.47 34.77	150m: 1:42.37 36.90	200m: 2:19.93 37.56		
5.	Francisco Ribeiro Constantino	99	Naval da Nazare	2:20.84	+0,79	496
	50m: 30.11 30.11	100m: 1:05.07 34.96	150m: 1:42.28 37.21	200m: 2:20.84 38.56		
6.	Tiago Filipe Campos	99	Viver Santarem	2:21.84	+0,83	485
	50m: 30.97 30.97	100m: 1:07.42 36.45	150m: 1:44.81 37.39	200m: 2:21.84 37.03		
7.	Hugo Filipe Correia	99	Litoral Alentejano	2:22.30	+0,78	481
	50m: 31.48 31.48	100m: 1:07.47 35.99	150m: 1:44.89 37.42	200m: 2:22.30 37.41		
8.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	2:23.52	+0,64	469
	50m: 31.24 31.24	100m: 1:07.40 36.16	150m: 1:44.35 36.95	200m: 2:23.52 39.17		
9.	Bernardo Antonio Alves	99	Louletano/Loule Concelho	2:24.53	+0,83	459
	50m: 31.30 31.30	100m: 1:07.30 36.00	150m: 1:44.84 37.54	200m: 2:24.53 39.69		
10.	Nuno Filipe Costa	99	Gespacos	2:24.80	+0,88	456
	50m: 31.53 31.53	100m: 1:07.65 36.12	150m: 1:45.42 37.77	200m: 2:24.80 39.38		
11.	Daniel Silva Bessa	99	Gespacos	2:26.35	+0,98	442
	50m: 32.44 32.44	100m: 1:08.68 36.24	150m: 1:46.60 37.92	200m: 2:26.35 39.75		

Prova 14, Masc., 200m Mariposa, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Sandro Emanuel Francisco	99	Industrial Viegense	2:26.46	+0,79	441
	50m: 31.18 31.18	100m: 1:06.75 35.57	150m: 1:45.03 38.28	200m: 2:26.46		41.43
13.	Marco Andre Miguel	99	Torres Novas	2:26.57	+0,74	440
	50m: 31.54 31.54	100m: 1:08.45 36.91	150m: 1:46.10 37.65	200m: 2:26.57		40.47

Juvenis A

1.	Jose Paula Carvalho	98	Uniao Piedense	2:09.52	+0,65	638
	50m: 29.22 29.22	100m: 1:02.05 32.83	150m: 1:35.59 33.54	200m: 2:09.52		33.93
2.	Joao Carlos Silva	98	Famalicao	2:11.15	+0,69	614
	50m: 28.75 28.75	100m: 1:00.37 31.62	150m: 1:33.74 33.37	200m: 2:11.15		37.41
3.	Tiago Martins Boleta	98	Louletano/Loule Concelho	2:14.34	+0,54	571
	50m: 28.56 28.56	100m: 1:01.81 33.25	150m: 1:37.09 35.28	200m: 2:14.34		37.25
4.	Vasco Gradim Amorim	98	Porto	2:14.66	+0,76	567
	50m: 29.89 29.89	100m: 1:03.82 33.93	150m: 1:39.37 35.55	200m: 2:14.66		35.29
5.	Hugo Pon	98	Alges	2:14.93	+0,74	564
	50m: 30.17 30.17	100m: 1:05.16 34.99	150m: 1:40.63 35.47	200m: 2:14.93		34.30
6.	Luis Filipe Ribeiro	98	Braga	2:15.16	+0,79	561
	50m: 29.31 29.31	100m: 1:03.39 34.08	150m: 1:38.84 35.45	200m: 2:15.16		36.32
7.	Andre Magalhaes Moura	98	Academico Viseu	2:15.56	+0,63	556
	50m: 29.95 29.95	100m: 1:03.86 33.91	150m: 1:39.73 35.87	200m: 2:15.56		35.83
8.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	2:17.23	+0,76	536
	50m: 29.50 29.50	100m: 1:04.00 34.50	150m: 1:40.76 36.76	200m: 2:17.23		36.47
	Pedro Nuno Vieira	98	Natacao de Valongo	2:17.23	+0,84	536
	50m: 29.93 29.93	100m: 1:03.73 33.80	150m: 1:39.81 36.08	200m: 2:17.23		37.42
10.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	2:18.88	+0,80	517
	50m: 30.07 30.07	100m: 1:04.87 34.80	150m: 1:41.52 36.65	200m: 2:18.88		37.36
11.	Goncalo Filipe Patatas	98	Sporting	2:19.16	+0,73	514
	50m: 30.05 30.05	100m: 1:04.64 34.59	150m: 1:42.16 37.52	200m: 2:19.16		37.00
12.	Diogo Rodrigues Freitas	98	Uniao Piedense	2:19.61	+0,73	509
	50m: 29.96 29.96	100m: 1:05.08 35.12	150m: 1:40.99 35.91	200m: 2:19.61		38.62
13.	Eurico Pereira Sousa	98	Academica de Coimbra	2:19.86	+0,74	506
	50m: 30.15 30.15	100m: 1:05.53 35.38	150m: 1:42.72 37.19	200m: 2:19.86		37.14
14.	Luis Carlos Almeida	98	Gespacos	2:20.11	+0,88	504
	50m: 30.66 30.66	100m: 1:05.49 34.83	150m: 1:43.03 37.54	200m: 2:20.11		37.08
15.	Jose Diogo Fonseca	98	Nautico Marinha Grande	2:20.94	+0,74	495
	50m: 31.09 31.09	100m: 1:07.33 36.24	150m: 1:44.30 36.97	200m: 2:20.94		36.64
16.	Diogo Vicente Silva	98	Nautico Marinha Grande	2:21.79	+0,82	486
	50m: 30.90 30.90	100m: 1:06.47 35.57	150m: 1:43.90 37.43	200m: 2:21.79		37.89
17.	Pedro Trindade Silva	98	Amadora	2:22.16	+0,72	482
	50m: 30.32 30.32	100m: 1:05.24 34.92	150m: 1:42.14 36.90	200m: 2:22.16		40.02
18.	Victor Tiago Goncalves	98	Porto	2:23.19	+0,68	472
	50m: 30.28 30.28	100m: 1:06.35 36.07	150m: 1:43.89 37.54	200m: 2:23.19		39.30

Prova 14, Masc., 200m Mariposa, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Afonso Ribeiro Bate	98	Alges	2:25.22	+0,66	452
	FTL					
	50m: 31.02 31.02	100m: 1:07.50 36.48	150m: 1:45.92 38.42	200m: 2:25.22 39.30		
DSQ	Filipe Fonte Cunha	98	Academico Viseu			
	809 - Movimento alternado de pernas durante o percurso - SW 8.3					

Juniores

1.	Andre Antunes Carvalho	96	Colegio Monte Maior	2:07.84	+0,78	663
	50m: 27.98 27.98	100m: 1:00.70 32.72	150m: 1:34.04 33.34	200m: 2:07.84 33.80		
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	2:10.33	+0,68	626
	50m: 28.62 28.62	100m: 1:01.79 33.17	150m: 1:35.80 34.01	200m: 2:10.33 34.53		
3.	Rafael Filipe Nunes	96	Naval Amorense	2:10.71	+0,64	620
	50m: 28.99 28.99	100m: 1:01.97 32.98	150m: 1:36.51 34.54	200m: 2:10.71 34.20		
4.	Joao Miguel Ferreira	97	Foca	2:13.80	+0,91	578
	50m: 28.88 28.88	100m: 1:02.04 33.16	150m: 1:37.15 35.11	200m: 2:13.80 36.65		
5.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	2:13.87	+0,68	577
	50m: 29.14 29.14	100m: 1:03.03 33.89	150m: 1:38.09 35.06	200m: 2:13.87 35.78		
6.	Jose Pedro Bugalho	96	Alcobaca	2:14.22	+0,66	573
	50m: 29.25 29.25	100m: 1:02.72 33.47	150m: 1:38.26 35.54	200m: 2:14.22 35.96		
7.	Gil Vasco Goncalves	97	Litoral Alentejano	2:15.17	+0,88	561
	50m: 29.72 29.72	100m: 1:03.18 33.46	150m: 1:38.74 35.56	200m: 2:15.17 36.43		
8.	Vitor Samuel Rocha	96	Gespacos	2:15.33	+0,83	559
	50m: 29.61 29.61	100m: 1:03.34 33.73	150m: 1:38.55 35.21	200m: 2:15.33 36.78		
9.	Artur Jose Reis	96	Porto	2:15.69	+0,76	555
	50m: 29.39 29.39	100m: 1:03.11 33.72	150m: 1:39.07 35.96	200m: 2:15.69 36.62		
10.	Joao Pedro Tarquinio	97	Benedita	2:15.97	+0,76	551
	50m: 30.87 30.87	100m: 1:05.26 34.39	150m: 1:40.53 35.27	200m: 2:15.97 35.44		
11.	Rodrigo Carlos Albuquerque	97	Braga	2:16.12	+0,75	549
	50m: 29.89 29.89	100m: 1:04.03 34.14	150m: 1:40.05 36.02	200m: 2:16.12 36.07		
12.	Nuno Goncalo Santos	96	BA/Bomcar	2:17.30	+0,77	535
	FTL					
	50m: 28.87 28.87	100m: 1:02.45 33.58	150m: 1:38.82 36.37	200m: 2:17.30 38.48		
13.	Antonio Miguel Vitorino	96	Viana Natacao	2:17.83	+0,72	529
	FTL					
	50m: 29.55 29.55	100m: 1:03.05 33.50	150m: 1:39.22 36.17	200m: 2:17.83 38.61		
14.	Andre Sousa Goncalves	97	Natacao de Olhao	2:20.07	+0,76	504
	FTL					
	50m: 30.61 30.61	100m: 1:05.66 35.05	150m: 1:42.27 36.61	200m: 2:20.07 37.80		
15.	Joao Bernardo Jorge	97	Alcobaca	2:21.47	+0,71	489
	FTL					
	50m: 31.42 31.42	100m: 1:07.44 36.02	150m: 1:44.42 36.98	200m: 2:21.47 37.05		

Prova 14, Masc., 200m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Guilherme Miguel Teixeira FTL	97	Benfica	2:21.48	+0,81	489
	50m: 30.66 30.66	100m: 1:06.20 35.54	150m: 1:41.72 35.52	200m: 2:21.48		39.76
17.	Jose Ricardo Sousa FTL	97	Lousada SXXI	2:22.19	+0,90	482
	50m: 29.62 29.62	100m: 1:05.43 35.81	150m: 1:43.23 37.80	200m: 2:22.19		38.96
18.	Joao Menezes Aguiar FTL	97	Naval do Funchal	2:24.35	+0,75	460
	50m: 29.39 29.39	100m: 1:03.98 34.59	150m: 1:40.94 36.96	200m: 2:24.35		43.41

Prova 15

Femin., 100m Costas

14 - 17 anos

05-04-2014 - 10:05

Resultados

Recordes Nacionais 50m Absoluto	1:03.45	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Juv B	1:04.90	Joana Carina Silva	LSXXI	Oeiras	25-03-2011
Recordes Nacionais 50m Juv A	1:03.92	Ines Camacho Fernandes	SCP	Coimbra	06-04-2012
Recordes Nacionais 50m Juv A	1:03.92	Joana Carina Silva	LSXXI	Coimbra	06-04-2012
Recordes Nacionais 50m Jun16	1:04.00	Ines Camacho Fernandes	SCP	Coimbra	30-03-2013
Recordes Nacionais 50m Jun17	1:04.15	Maria Carlos Santos	FPN	Viena (AUT)	24-08-1995

TAC-JUN16F Jun16: 1:11.02 / TAC-JUN17F Jun17: 1:10.32 / TAC-JUVAF Juv A: 1:12.41 / TAC-JUVBF Juv B: 1:14.50

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Martins Mestre	00	Sporting	1:08.49	+0,64	611
	50m: 33.30 33.30	100m: 1:08.49 35.19				
2.	Alexandra Jesus Santos	00	Leixoes	1:08.84	+0,67	601
	50m: 33.64 33.64	100m: 1:08.84 35.20				
3.	Matilde Correia Vieira	00	Alcobaca	1:11.03	+0,72	547
	50m: 34.22 34.22	100m: 1:11.03 36.81				
4.	Beatriz Jong Rosa	00	Desportivo Nacional	1:11.72	+0,69	532
	50m: 34.05 34.05	100m: 1:11.72 37.67				
5.	Laura Sanchez Rodrigues	00	Alges	1:12.11	+0,66	523
	50m: 35.01 35.01	100m: 1:12.11 37.10				
6.	Rita Goncalves Marieiro	00	Galitos	1:12.19	+0,70	521
	50m: 35.06 35.06	100m: 1:12.19 37.13				
7.	Beatriz Neto Costa	00	Gespacos	1:12.48	+0,78	515
	50m: 35.63 35.63	100m: 1:12.48 36.85				
8.	Joana Mota Correia	00	Alcobaca	1:13.32	+0,65	498
	50m: 35.83 35.83	100m: 1:13.32 37.49				
9.	Beatriz Valadas Bilro	00	Aminata	1:13.43	+0,65	495
	50m: 35.65 35.65	100m: 1:13.43 37.78				
10.	Mariana Paula Baptista	00	Famalicao	1:13.90	+0,64	486
	50m: 35.53 35.53	100m: 1:13.90 38.37				

Prova 15, Femin., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Ines Figueira Santos	00	Uniao Piedense	1:14.04	+0,66	483
	50m: 36.43 36.43	100m: 1:14.04	37.61			
12.	Cristiana Sofia Ribeiro	00	Famalicao	1:14.22	+0,66	480
	50m: 35.62 35.62	100m: 1:14.22	38.60			
13.	Sofia Alexandra Nunes	00	Laranjeiro	1:14.27	+0,78	479
	50m: 36.61 36.61	100m: 1:14.27	37.66			
14.	Daniela Domingues Sousa	00	Natacao de Valongo	1:14.33	+0,75	478
	50m: 35.81 35.81	100m: 1:14.33	38.52			
15.	Barbara Outeiro Posse	00	Alges e Agueda	1:14.35	+0,75	477
	50m: 36.13 36.13	100m: 1:14.35	38.22			
16.	Tatiana Henriques Simoes FTL	00	Monteges	1:14.59	+0,75	473
	50m: 35.81 35.81	100m: 1:14.59	38.78			
17.	Carolina Maeiro Augusto FTL	00	Natacao de Olhao	1:17.01	+0,59	429
	50m: 36.22 36.22	100m: 1:17.01	40.79			
18.	Adriana Azevedo Couto FTL	00	Famalicao	1:17.17	+0,75	427
	50m: 36.42 36.42	100m: 1:17.17	40.75			

Juvenis A

1.	Filipa Carreira Alves	99	Uniao Piedense	1:07.30	+0,69	644
	50m: 32.51 32.51	100m: 1:07.30	34.79			
2.	Sara Patricia Sousa	99	Clube de Vouzela	1:09.41	+0,67	587
	50m: 33.22 33.22	100m: 1:09.41	36.19			
3.	Maria Ana Monge	99	Sporting	1:10.01	+0,71	572
	50m: 33.68 33.68	100m: 1:10.01	36.33			
4.	Matilde Pereira Martins	99	Colegio Bernardette Romeira	1:10.34	+0,66	564
	50m: 33.39 33.39	100m: 1:10.34	36.95			
5.	Margarida Sobral Pimenta	99	Amadora	1:10.91	+0,70	550
	50m: 34.77 34.77	100m: 1:10.91	36.14			
6.	Maria Dias Neves	99	Miranda do Corvo	1:11.11	+0,66	545
	50m: 34.38 34.38	100m: 1:11.11	36.73			
7.	Ines Margarida Costa	99	Sporting	1:11.38	+0,71	539
	50m: 35.99 35.99	100m: 1:11.38	35.39			
8.	Catarina Reis Silva	99	Braga	1:11.54	+0,70	536
	50m: 34.73 34.73	100m: 1:11.54	36.81			
9.	Joana Beatriz Bernardo FTL	99	Fundacao Beatriz Santos	1:12.86	+0,73	507
	50m: 35.57 35.57	100m: 1:12.86	37.29			
10.	Catarina Rego Borges FTL	99	Bombeiros Ponta Delgada	1:12.95	+0,66	505
	50m: 34.51 34.51	100m: 1:12.95	38.44			

Prova 15, Femin., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Rosana Marinho Macedo FTL	99	Foca	1:13.13	+0,62	501
	50m: 35.13 35.13	100m: 1:13.13	38.00			
12.	Sarah Dias FTL	99	CLAC-Entroncamento	1:16.52	+0,72	438
	50m: 37.10 37.10	100m: 1:16.52	39.42			

Juniores

1.	Ines Camacho Fernandes	97	Sporting	1:06.11	+0,60	679
	50m: 31.06 31.06	100m: 1:06.11	35.05			
2.	Joana Carina Silva	97	Lousada SXXI	1:06.47	+0,64	668
	50m: 32.52 32.52	100m: 1:06.47	33.95			
3.	Francisca Gomes Azevedo	97	Alges	1:06.82	+0,60	658
	50m: 32.16 32.16	100m: 1:06.82	34.66			
4.	Graca Maria Araujo	98	Famalicao	1:07.11	+0,70	649
	50m: 32.51 32.51	100m: 1:07.11	34.60			
5.	Daniela Teixeira Moreira	97	Amadora	1:07.63	+0,59	634
	50m: 32.86 32.86	100m: 1:07.63	34.77			
6.	Ana Raquel Ferreira	98	Ginasio Figueirense	1:08.04	+0,69	623
	50m: 32.98 32.98	100m: 1:08.04	35.06			
7.	Rita Barros Frischknecht	98	Alges	1:08.45	+0,62	612
	50m: 32.45 32.45	100m: 1:08.45	36.00			
8.	Juliana Lima Freixo	97	Desportiva de Viana	1:08.53	+0,57	610
	50m: 33.44 33.44	100m: 1:08.53	35.09			
9.	Claudia Isabel Semiao	97	Sporting	1:08.93	+0,63	599
	50m: 33.69 33.69	100m: 1:08.93	35.24			
10.	Ana Filipa Costa	98	Beja	1:09.20	+0,68	592
	50m: 33.46 33.46	100m: 1:09.20	35.74			
11.	Ana Beatriz Meireles	98	Fafe	1:10.12	+0,68	569
	50m: 34.08 34.08	100m: 1:10.12	36.04			
12.	Maria Madalena Silva	98	Nautico Abrantes	1:10.64	+0,68	556
	50m: 34.89 34.89	100m: 1:10.64	35.75			
13.	Francisca Santos Pereira	98	Fluvial Portuense	1:10.91	+0,57	550
	50m: 34.31 34.31	100m: 1:10.91	36.60			
14.	Catarina Alexandra Jardim	98	Famalicao	1:10.92	+0,68	550
	50m: 34.08 34.08	100m: 1:10.92	36.84			
15.	Filipa Vicente Custois FTL	97	Benedita	1:10.98	+0,59	548
	50m: 34.52 34.52	100m: 1:10.98	36.46			
16.	Marina Micaela Sequeira FTL	98	Uniao Piedense	1:11.22	+0,63	543
	50m: 34.21 34.21	100m: 1:11.22	37.01			

Prova 15, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Beatriz Neves Craveiro FTL	97	Nautico /Urgicentro-Sanfil	1:11.41	+0,63	539
	50m: 34.37 34.37	100m: 1:11.41	37.04			
18.	Catarina Maria Ferreira FTL	98	Desportiva Limiana	1:11.53	+0,75	536
	50m: 33.91 33.91	100m: 1:11.53	37.62			
19.	Jessica Sousa Brito FTL	97	Portinado	1:12.26	+0,66	520
	50m: 34.56 34.56	100m: 1:12.26	37.70			
20.	Sofia Alexandra Rolao FTL	98	Naval Amorense	1:12.36	+0,71	518
	50m: 34.30 34.30	100m: 1:12.36	38.06			
21.	Catarina Goncalves Leal FTL	98	BA/Bomcar	1:12.77	+0,72	509
	50m: 35.54 35.54	100m: 1:12.77	37.23			
22.	Maria Morgado Franco FTL	98	Portinado	1:13.28	+0,68	498
	50m: 34.41 34.41	100m: 1:13.28	38.87			
23.	Ines Lucas Alves FTL	98	Fluvial Portuense	1:14.35	+0,67	477
	50m: 35.76 35.76	100m: 1:14.35	38.59			

Prova 16

Masc., 100m Costas

15 - 18 anos

05-04-2014 - 10:25

Resultados

Recordes Nacionais 50m Absoluto	55.83	Pedro Diogo Oliveira	FPN	Debrecen (HUN)	21-05-2012
Recordes Nacionais 50m Juv B	59.97	Diogo Gomes Sousa	CNCVG	Coimbra	31-07-2010
Recordes Nacionais 50m Juv A	58.61	Diogo Gomes Sousa	CNCVG	Coimbra	29-05-2011
Recordes Nacionais 50m Jun17	57.17	Alexis Manacas Santos	FPN	Praga (CZE)	12-07-2009
Recordes Nacionais 50m Jun18	56.45	Miguel Duarte Nascimento	FPN	Poznan (POL)	11-07-2013

TAC-JUN17M Jun17: 1:04.11 / TAC-JUN18M Jun18: 1:03.19 / TAC-JUVAM Juv A: 1:05.96 / TAC-JUVBM Juv B: 1:07.19

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Afonso Guilherme Rosa 50m: 31.29 31.29	99	Gualdim Pais	1:03.74	+0,70	541
	100m: 1:03.74	32.45				
2.	Nuno Henrique Guimaraes 50m: 31.44 31.44	99	Natacao de Valongo	1:04.39	+0,59	524
	100m: 1:04.39	32.95				
3.	Tiago Pastor Escada 50m: 31.66 31.66	99	Aminata	1:04.91	+0,71	512
	100m: 1:04.91	33.25				
4.	Rodrigo Jose Guerreiro 50m: 31.45 31.45	99	Louletano/Loule Concelho	1:05.20	+0,58	505
	100m: 1:05.20	33.75				
5.	Pedro Miguel Fernandes 50m: 31.74 31.74	99	Vitoria de Guimaraes/Olicargo	1:05.33	+0,71	502
	100m: 1:05.33	33.59				

Prova 16, Masc., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Alexandre Ferreira Amorim	99	Colegio SMLamas	1:05.68	+0,70	494
	50m: 32.44 32.44 100m: 1:05.68 33.24					
7.	Tomas Silva Coxixo	99	Natacao do Montijo	1:05.76	+0,78	492
	50m: 31.31 31.31 100m: 1:05.76 34.45					
8.	Diogo Alexandre Domingues	99	Naval Amorense	1:06.63	+0,65	473
	50m: 32.02 32.02 100m: 1:06.63 34.61					
9.	Tiago Andre Oliveira	99	Vitoria de Guimaraes/Olicargo	1:06.85	+0,69	469
	50m: 32.47 32.47 100m: 1:06.85 34.38					
10.	Francisco Cortez Viterbo	99	Alges	1:07.18	+0,67	462
	50m: 32.13 32.13 100m: 1:07.18 35.05					
11.	Marco Andre Miguel	99	Torres Novas	1:07.20	+0,65	461
	FTL 50m: 32.50 32.50 100m: 1:07.20 34.70					
12.	Francisco Ribeiro Constantino	99	Naval da Nazare	1:07.28	+0,63	460
	FTL 50m: 32.44 32.44 100m: 1:07.28 34.84					
13.	Joao Silva Costa	99	Natacao da Maia	1:07.42	+0,56	457
	FTL 50m: 32.16 32.16 100m: 1:07.42 35.26					
14.	Rodrigo Costa Teixeira	99	Laranjeiro	1:07.43	+0,77	457
	FTL 50m: 32.64 32.64 100m: 1:07.43 34.79					
15.	Andre Santa Rita	99	Portinado	1:07.59	+0,61	453
	FTL 50m: 31.86 31.86 100m: 1:07.59 35.73					
16.	Rui Pedro Brito	99	Nautico Marinha Grande	1:07.77	+0,70	450
	FTL 50m: 32.69 32.69 100m: 1:07.77 35.08					
17.	Hugo Edgar Miranda	99	Desportiva de Viana	1:07.93	+0,70	447
	FTL 50m: 32.61 32.61 100m: 1:07.93 35.32					
18.	Ricardo Lucas Lopes	99	Louletano/Loule Concelho	1:08.62	+0,66	433
	FTL 50m: 33.06 33.06 100m: 1:08.62 35.56					
19.	Guilherme Duarte Silva	99	Desportivo Nacional	1:09.02	+0,71	426
	FTL 50m: 32.80 32.80 100m: 1:09.02 36.22					
20.	Francisco Jorge Rodrigues	99	SSociais de Braganca	1:09.20	+0,71	422
	FTL 50m: 32.74 32.74 100m: 1:09.20 36.46					
21.	Bernardo Antonio Alves	99	Louletano/Loule Concelho	1:10.39	+0,77	401
	FTL 50m: 33.75 33.75 100m: 1:10.39 36.64					

Prova 16, Masc., 100m Costas

Juvenis A

1.	Joao Alexandre Vital	98	Colegio Monte Maior	1:00.12	+0,58	644
	50m: 29.27 29.27	100m:	1:00.12 30.85			
2.	Joao Jose Laranjeira	98	Campinho	1:00.79	+0,72	623
	50m: 29.92 29.92	100m:	1:00.79 30.87			
3.	Joao Francisco Lopes	98	Braga	1:01.32	+0,60	607
	50m: 29.96 29.96	100m:	1:01.32 31.36			
4.	Carlos Afonso Almeida	98	Colegio Vasco da Gama	1:02.32	+0,71	578
	50m: 30.18 30.18	100m:	1:02.32 32.14			
5.	Francisco Rogerio Santos	98	Benedita	1:02.36	+0,77	577
	50m: 29.99 29.99	100m:	1:02.36 32.37			
6.	Rui Filipe Costa	98	Desporto de Barcelos	1:02.47	+0,67	574
	50m: 30.56 30.56	100m:	1:02.47 31.91			
7.	Steve Alexandre Soares	98	Amadora	1:02.72	+0,64	567
	50m: 30.26 30.26	100m:	1:02.72 32.46			
8.	Ricardo Goncalves Moura	98	Electrico Clube	1:03.01	+0,60	560
	50m: 30.61 30.61	100m:	1:03.01 32.40			
9.	Francisco Carvalho Machado	98	Alges	1:03.21	+0,72	554
	50m: 31.12 31.12	100m:	1:03.21 32.09			
10.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	1:03.56	+0,74	545
	50m: 31.23 31.23	100m:	1:03.56 32.33			
11.	Luis Filipe Soares	98	Colegio SMLamas	1:03.71	+0,74	541
	50m: 31.04 31.04	100m:	1:03.71 32.67			
12.	Filipe Miguel Silveira	98	Amadora	1:03.97	+0,67	535
	50m: 31.40 31.40	100m:	1:03.97 32.57			
13.	Viktor Kot	98	Nautico Marinha Grande	1:04.10	+0,72	532
	50m: 31.54 31.54	100m:	1:04.10 32.56			
14.	Ricardo Daniel Pires	98	Desportiva de Viana	1:04.40	+0,64	524
	50m: 31.08 31.08	100m:	1:04.40 33.32			
15.	Ricardo Saraiva Pires	98	Laranjeiro	1:04.49	+0,64	522
	50m: 31.58 31.58	100m:	1:04.49 32.91			
16.	Joao Diogo Fernandes	98	Benfica	1:04.87	+0,71	513
	50m: 31.01 31.01	100m:	1:04.87 33.86			
17.	Pedro Ferraz Silva	98	Gespacos	1:05.01	+0,66	509
	50m: 32.24 32.24	100m:	1:05.01 32.77			
18.	Jose Pedro Sampaio	98	Foca	1:05.15	+0,64	506
	50m: 31.32 31.32	100m:	1:05.15 33.83			
19.	Diogo Rosado Leca	98	Colegio Monte Maior	1:05.16	+0,63	506
	50m: 31.94 31.94	100m:	1:05.16 33.22			
20.	Tomas Loia Sequeira	98	Armazenenses	1:05.63	+0,61	495
	50m: 30.79 30.79	100m:	1:05.63 34.84			
21.	Lucas Correia Veloso	98	Desporto de Barcelos	1:05.72	+0,65	493
	50m: 31.82 31.82	100m:	1:05.72 33.90			

Prova 16, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Filipe Ferreira Luz	98	Geslours	1:05.77	+0,70	492
	50m: 31.98 31.98	100m: 1:05.77	33.79			
23.	Andre Filipe Afonseca	98	Desporto de Barcelos	1:05.99	+0,75	487
	FTL					
	50m: 31.42 31.42	100m: 1:05.99	34.57			
24.	Rodrigo Reis Silva	98	Colegio SMLamas	1:06.54	+0,79	475
	FTL					
	50m: 32.76 32.76	100m: 1:06.54	33.78			
25.	Eduardo Maia Mendes	98	Famalicao	1:06.87	+0,72	468
	FTL					
	50m: 32.65 32.65	100m: 1:06.87	34.22			
26.	Eduardo Abel Duarte	98	Lousada SXXI	1:06.98	+0,72	466
	FTL					
	50m: 32.28 32.28	100m: 1:06.98	34.70			
27.	Miguel Martins Baltazar	98	Aminata	1:07.02	+0,66	465
	FTL					
	50m: 32.48 32.48	100m: 1:07.02	34.54			
28.	Xavier Ribeiro Ferreira	98	Famalicao	1:07.82	+0,64	449
	FTL					
	50m: 32.61 32.61	100m: 1:07.82	35.21			
29.	Ruben Duarte Leita	98	Desporto de Setubal	1:08.82	+0,76	429
	FTL					
	50m: 33.40 33.40	100m: 1:08.82	35.42			
30.	Goncalo Filipe Oliveira	98	Desporto de Setubal	1:09.55	+0,82	416
	FTL					
	50m: 33.30 33.30	100m: 1:09.55	36.25			

Juniores

1.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	57.85	+0,63	723
	50m: 28.69 28.69	100m: 57.85	29.16			
2.	Gabriel Jose Lopes	97	Lousanense	59.03	+0,58	681
	50m: 28.93 28.93	100m: 59.03	30.10			
3.	Tiago Manuel Teixeira	96	Fafe	59.62	+0,64	661
	50m: 29.06 29.06	100m: 59.62	30.56			
4.	Alexandre Lages Ribas	97	Desportiva de Viana	59.85	+0,68	653
	50m: 28.77 28.77	100m: 59.85	31.08			
5.	Miguel Freitas Marques	96	Maritimo	1:00.08	+0,58	646
	50m: 29.35 29.35	100m: 1:00.08	30.73			
6.	Job Santos Silva	96	Feirense	1:00.37	+0,65	636
	50m: 29.81 29.81	100m: 1:00.37	30.56			
7.	Tomas Machado Vale	97	Viana Natacao	1:01.19	+0,71	611
	50m: 29.75 29.75	100m: 1:01.19	31.44			

Prova 16, Masc., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Luis Henrique Silva	97	Naval do Funchal	1:01.38	+0,58	605
	50m: 30.28 30.28	100m: 1:01.38	31.10			
9.	Joao Manuel Fernandes	97	Naval do Funchal	1:01.61	+0,62	599
	50m: 29.91 29.91	100m: 1:01.61	31.70			
10.	Ruben Oliveira Lopes	97	Porto	1:01.74	+0,64	595
	50m: 29.54 29.54	100m: 1:01.74	32.20			
11.	Joao Mota Correia	97	Alcobaca	1:01.95	+0,75	589
	50m: 30.19 30.19	100m: 1:01.95	31.76			
12.	Ivo Pinto Ribeiro	97	Foca	1:01.96	+0,61	589
	50m: 29.87 29.87	100m: 1:01.96	32.09			
13.	Miguel Angelo Passos	96	Desportiva de Viana	1:02.15	+0,70	583
	50m: 30.20 30.20	100m: 1:02.15	31.95			
14.	Andre Goncalo Santos	97	Leixoes	1:02.27	+0,63	580
	50m: 30.19 30.19	100m: 1:02.27	32.08			
15.	Miguel Galeao Lopes	96	Portinado	1:02.34	+0,62	578
	50m: 30.17 30.17	100m: 1:02.34	32.17			
16.	Filipe Miguel Felix	96	Alges	1:02.40	+0,71	576
	50m: 30.04 30.04	100m: 1:02.40	32.36			
17.	Leonardo Cardoso Figueiredo	96	Porto	1:02.76	+0,54	566
	50m: 30.50 30.50	100m: 1:02.76	32.26			
18.	Miguel Nunes Goncalves	97	Uniao Piedense	1:02.92	+0,66	562
	50m: 30.30 30.30	100m: 1:02.92	32.62			
19.	Bruno Miguel Ramos	97	Amadora	1:02.94	+0,62	561
	50m: 30.24 30.24	100m: 1:02.94	32.70			
20.	Francisco Pestana Silva	97	Naval do Funchal	1:02.99	+0,64	560
	50m: 30.52 30.52	100m: 1:02.99	32.47			
21.	Nuno Oliveira Noritake	96	Estoris	1:03.34	+0,72	551
	FTL					
	50m: 31.16 31.16	100m: 1:03.34	32.18			
22.	Pedro Miguel Gamito	96	Estoris	1:03.43	+0,66	549
	FTL					
	50m: 30.40 30.40	100m: 1:03.43	33.03			
23.	Joao Pedro Tarquinio	97	Benedita	1:04.43	+0,66	523
	FTL					
	50m: 31.13 31.13	100m: 1:04.43	33.30			
24.	Joao Ricardo Silva	97	Ginasio Figueirense	1:05.09	+0,68	508
	FTL					
	50m: 31.98 31.98	100m: 1:05.09	33.11			
25.	Nuno Andre Neves	97	Estamos Juntos	1:05.57	+0,67	497
	FTL					
	50m: 31.84 31.84	100m: 1:05.57	33.73			

Prova 16, Masc., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
26.	Daniel Filipe Cazeiro <i>FTL</i>	97	Naval Amorense	1:05.75	+0,67	492
	50m: 31.44 31.44	100m: 1:05.75	34.31			
27.	Pedro Miguel Fernandes <i>FTL</i>	97	Louletano/Loule Concelho	1:06.07	+0,80	485
	50m: 32.12 32.12	100m: 1:06.07	33.95			
DNS	Francisco Jose Fernandes	96	Nautico /Urgicentro-Sanfil			

Prova 17
05-04-2014 - 10:45

Femin., 400m Estilos

14 - 17 anos
Resultados

Recordes Nacionais 50m Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Recordes Nacionais 50m Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012

TAC-JUN16F Jun16: 5:24.68 / TAC-JUN17F Jun17: 5:21.50 / TAC-JUVAF Juv A: 5:31.05 / TAC-JUVBF Juv B: 5:40.60

Pontos: FINA 2014

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
Juvenis B												
1.	Maria Francisca Cabral			00	Porto			5:08.44		+0,77	659	
	Minimos COMEN 2014											
	50m:	32.19	32.19	150m:	1:50.46	40.24	250m:	3:14.85	45.17	350m:	4:34.61	33.93
	100m:	1:10.22	38.03	200m:	2:29.68	39.22	300m:	4:00.68	45.83	400m:	5:08.44	33.83
2.	Ines Rocha Silva			00	Alcobaca			5:18.09		+0,70	600	
	50m:	33.83	33.83	150m:	1:54.90	41.88	250m:	3:20.72	44.98	350m:	4:42.55	37.85
	100m:	1:13.02	39.19	200m:	2:35.74	40.84	300m:	4:04.70	43.98	400m:	5:18.09	35.54
3.	Giovanna Vaz Vargas			00	Nautico Marinha Grande			5:18.10		+0,88	600	
	50m:	32.82	32.82	150m:	1:51.47	41.65	250m:	3:18.80	47.35	350m:	4:42.56	36.73
	100m:	1:09.82	37.00	200m:	2:31.45	39.98	300m:	4:05.83	47.03	400m:	5:18.10	35.54
4.	Raquel Gomes Pereira			00	Alges			5:19.74		+0,79	591	
	50m:	32.71	32.71	150m:	1:56.73	43.27	250m:	3:22.99	43.60	350m:	4:44.10	36.38
	100m:	1:13.46	40.75	200m:	2:39.39	42.66	300m:	4:07.72	44.73	400m:	5:19.74	35.64
5.	Teresa Miguel Veloso			00	Nautico /Urgicentro-Sanfil			5:20.24		+0,80	588	
	50m:	33.05	33.05	150m:	1:53.74	42.11	250m:	3:21.00	46.46	350m:	4:44.94	37.16
	100m:	1:11.63	38.58	200m:	2:34.54	40.80	300m:	4:07.78	46.78	400m:	5:20.24	35.30
6.	Monica Seara Domingues			00	Nautico Marinha Grande			5:27.61		+0,88	550	
	50m:	35.13	35.13	150m:	1:59.02	42.91	250m:	3:28.34	48.89	350m:	4:52.11	36.96
	100m:	1:16.11	40.98	200m:	2:39.45	40.43	300m:	4:15.15	46.81	400m:	5:27.61	35.50
7.	Ana Miguel Reis			00	Columbofila Cantanhedense			5:29.05		+0,87	542	
	50m:	34.77	34.77	150m:	1:57.40	41.96	250m:	3:26.45	47.70	350m:	4:52.51	37.48
	100m:	1:15.44	40.67	200m:	2:38.75	41.35	300m:	4:15.03	48.58	400m:	5:29.05	36.54
8.	Raquel Leao Monteiro			00	Gespacos			5:32.84		+1,03	524	
	50m:	34.78	34.78	150m:	1:57.08	43.34	250m:	3:27.67	48.41	350m:	4:54.21	38.26
	100m:	1:13.74	38.96	200m:	2:39.26	42.18	300m:	4:15.95	48.28	400m:	5:32.84	38.63

Prova 17, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ines Silva Bernardo	00	Colegio Monte Maior	5:34.90	+0,74	514
	50m: 33.90 33.90 150m: 2:01.54 45.74 250m: 3:31.63 46.58 350m: 4:56.86 37.97					
	100m: 1:15.80 41.90 200m: 2:45.05 43.51 300m: 4:18.89 47.26 400m: 5:34.90 38.04					
10.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:35.16	+0,93	513
	50m: 35.68 35.68 150m: 1:59.96 43.25 250m: 3:28.41 47.25 350m: 4:56.94 39.95					
	100m: 1:16.71 41.03 200m: 2:41.16 41.20 300m: 4:16.99 48.58 400m: 5:35.16 38.22					
11.	Sara Kalinovicova Guerreiro	00	FC Ferreiras	5:40.25	+0,88	491
	50m: 35.22 35.22 150m: 2:06.32 46.11 250m: 3:34.40 43.61 350m: 5:02.01 40.09					
	100m: 1:20.21 44.99 200m: 2:50.79 44.47 300m: 4:21.92 47.52 400m: 5:40.25 38.24					
12.	Rafaela Araujo Silva	00	Famalicao	5:40.47	+0,97	490
	50m: 36.24 36.24 150m: 2:05.51 44.96 250m: 3:37.84 48.11 350m: 5:03.22 37.40					
	100m: 1:20.55 44.31 200m: 2:49.73 44.22 300m: 4:25.82 47.98 400m: 5:40.47 37.25					
13.	Mariana Silva Ramos	00	Sporting	5:42.69	+0,79	480
	<i>FTL</i>					
	50m: 35.92 35.92 150m: 2:01.82 45.54 250m: 3:35.72 50.27 350m: 5:04.97 38.66					
	100m: 1:16.28 40.36 200m: 2:45.45 43.63 300m: 4:26.31 50.59 400m: 5:42.69 37.72					
14.	Carolina Pastor Escada	00	Aminata	5:46.98	+0,74	462
	<i>FTL</i>					
	50m: 35.39 35.39 150m: 2:05.07 46.34 250m: 3:39.39 48.99 350m: 5:09.49 39.76					
	100m: 1:18.73 43.34 200m: 2:50.40 45.33 300m: 4:29.73 50.34 400m: 5:46.98 37.49					
15.	Helena Neto Costa	00	Gespacos	5:49.10	+0,81	454
	<i>FTL</i>					
	50m: 34.82 34.82 150m: 1:59.72 44.50 250m: 3:34.97 52.30 350m: 5:08.65 41.09					
	100m: 1:15.22 40.40 200m: 2:42.67 42.95 300m: 4:27.56 52.59 400m: 5:49.10 40.45					
16.	Carla Laranjeira Marques	00	Sporting de Aveiro	5:53.64	+0,83	437
	<i>FTL</i>					
	50m: 34.09 34.09 150m: 2:03.05 45.61 250m: 3:38.00 50.21 350m: 5:12.67 41.29					
	100m: 1:17.44 43.35 200m: 2:47.79 44.74 300m: 4:31.38 53.38 400m: 5:53.64 40.97					

Juvenis A

1.	Madalena Gomes Azevedo	99	Alges	5:04.76	+0,77	683
	50m: 31.73 31.73 150m: 1:49.76 40.16 250m: 3:13.48 43.27 350m: 4:31.69 33.64					
	100m: 1:09.60 37.87 200m: 2:30.21 40.45 300m: 3:58.05 44.57 400m: 5:04.76 33.07					
2.	Rita Costa Amador	99	Galitos	5:13.25	+0,74	629
	50m: 32.23 32.23 150m: 1:50.24 40.14 250m: 3:15.97 45.32 350m: 4:37.78 35.32					
	100m: 1:10.10 37.87 200m: 2:30.65 40.41 300m: 4:02.46 46.49 400m: 5:13.25 35.47					
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	5:15.89	+0,94	613
	50m: 33.42 33.42 150m: 1:52.64 42.10 250m: 3:18.52 46.26 350m: 4:41.75 36.19					
	100m: 1:10.54 37.12 200m: 2:32.26 39.62 300m: 4:05.56 47.04 400m: 5:15.89 34.14					
4.	Ana Beatriz Martins	99	Famalicao	5:18.92	+0,88	596
	50m: 32.67 32.67 150m: 1:54.11 43.05 250m: 3:21.54 45.42 350m: 4:44.00 36.62					
	100m: 1:11.06 38.39 200m: 2:36.12 42.01 300m: 4:07.38 45.84 400m: 5:18.92 34.92					
5.	Sara Costa Guerra	99	Sporting	5:27.97	+0,70	548
	50m: 32.98 32.98 150m: 1:54.92 43.66 250m: 3:25.09 47.86 350m: 4:51.85 37.78					
	100m: 1:11.26 38.28 200m: 2:37.23 42.31 300m: 4:14.07 48.98 400m: 5:27.97 36.12					

Prova 17, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Marta Ferreira Rocha	99	Leixoes	5:34.46	+0,71	516
	<i>FTL</i>					
	50m: 33.82 33.82	150m: 1:56.74 43.22	250m: 3:28.07 49.11	350m: 4:56.93 38.77		
	100m: 1:13.52 39.70	200m: 2:38.96 42.22	300m: 4:18.16 50.09	400m: 5:34.46 37.53		
7.	Ana Margarida Salgueiro	99	Nautico Abrantes	5:42.44	+0,86	481
	<i>FTL</i>					
	50m: 34.58 34.58	150m: 2:03.14 44.42	250m: 3:34.46 46.79	350m: 5:04.30 41.10		
	100m: 1:18.72 44.14	200m: 2:47.67 44.53	300m: 4:23.20 48.74	400m: 5:42.44 38.14		
8.	Ana Miguel Pinto	99	Viana Natacao	5:44.07	+0,94	474
	<i>FTL</i>					
	50m: 33.57 33.57	150m: 1:59.34 46.29	250m: 3:35.03 50.26	350m: 5:06.25 40.10		
	100m: 1:13.05 39.48	200m: 2:44.77 45.43	300m: 4:26.15 51.12	400m: 5:44.07 37.82		

Juniores

1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	5:04.85	+0,87	682
	50m: 32.38 32.38	150m: 1:50.79 40.93	250m: 3:13.98 43.92	350m: 4:32.18 34.24		
	100m: 1:09.86 37.48	200m: 2:30.06 39.27	300m: 3:57.94 43.96	400m: 5:04.85 32.67		
2.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	5:11.03	+0,69	642
	50m: 31.62 31.62	150m: 1:47.55 40.06	250m: 3:13.30 46.48	350m: 4:35.81 35.80		
	100m: 1:07.49 35.87	200m: 2:26.82 39.27	300m: 4:00.01 46.71	400m: 5:11.03 35.22		
3.	Sofia Machado Dionisio	98	Sporting	5:19.54	+0,79	592
	50m: 32.56 32.56	150m: 1:53.51 42.18	250m: 3:20.17 45.09	350m: 4:42.83 36.98		
	100m: 1:11.33 38.77	200m: 2:35.08 41.57	300m: 4:05.85 45.68	400m: 5:19.54 36.71		
4.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:20.34	+0,74	588
	50m: 32.32 32.32	150m: 1:51.77 41.50	250m: 3:19.95 47.95	350m: 4:44.48 36.70		
	100m: 1:10.27 37.95	200m: 2:32.00 40.23	300m: 4:07.78 47.83	400m: 5:20.34 35.86		
5.	Barbara Marques Rodrigues	97	Alges	5:21.80	+0,94	580
	<i>FTL</i>					
	50m: 33.43 33.43	150m: 1:54.09 41.65	250m: 3:22.23 47.14	350m: 4:46.19 36.36		
	100m: 1:12.44 39.01	200m: 2:35.09 41.00	300m: 4:09.83 47.60	400m: 5:21.80 35.61		
6.	Barbara Sofia Barata	97	Alges	5:27.13	+0,82	552
	<i>FTL</i>					
	50m: 32.61 32.61	150m: 1:54.27 43.80	250m: 3:25.40 47.27	350m: 4:50.17 38.32		
	100m: 1:10.47 37.86	200m: 2:38.13 43.86	300m: 4:11.85 46.45	400m: 5:27.13 36.96		
7.	Margarida Domingues Duarte	97	Nautico Marinha Grande	5:32.14	+0,89	527
	<i>FTL</i>					
	50m: 34.03 34.03	150m: 1:59.59 44.32	250m: 3:29.32 47.10	350m: 4:54.40 37.72		
	100m: 1:15.27 41.24	200m: 2:42.22 42.63	300m: 4:16.68 47.36	400m: 5:32.14 37.74		

DSQ Carolina Mantua Guedes 98 Sporting
724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 250 m - SW 7.6

Prova 18 Masc., 400m Livres 15 - 18 anos
05-04-2014 - 11:10 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002

TAC-JUN17M Jun17: 4:20.77 / TAC-JUN18M Jun18: 4:17.01 / TAC-JUVAM Juv A: 4:28.29 / TAC-JUVBM Juv B: 4:33.31

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:13.99	+0,81	650
	50m: 28.21 28.21	150m: 1:31.19 32.38	250m: 2:36.74 32.81	350m: 3:42.18 32.33		
	100m: 58.81 30.60	200m: 2:03.93 32.74	300m: 3:09.85 33.11	400m: 4:13.99 31.81		
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:20.75	+0,84	601
	50m: 29.32 29.32	150m: 1:34.29 32.72	250m: 2:41.25 33.51	350m: 3:48.57 33.43		
	100m: 1:01.57 32.25	200m: 2:07.74 33.45	300m: 3:15.14 33.89	400m: 4:20.75 32.18		
3.	Joao Magalhaes Nunes	99	Amadora	4:23.68	+0,83	581
	50m: 29.86 29.86	150m: 1:36.87 34.54	250m: 2:45.55 33.73	350m: 3:51.97 33.46		
	100m: 1:02.33 32.47	200m: 2:11.82 34.95	300m: 3:18.51 32.96	400m: 4:23.68 31.71		
4.	Rui Jorge Matias	99	Vilacondense	4:24.21	+0,91	577
	50m: 29.48 29.48	150m: 1:35.21 33.37	250m: 2:43.83 34.05	350m: 3:52.15 33.65		
	100m: 1:01.84 32.36	200m: 2:09.78 34.57	300m: 3:18.50 34.67	400m: 4:24.21 32.06		
5.	Jose Pedro Fernandes	99	Braga	4:27.27	+0,85	558
	50m: 29.90 29.90	150m: 1:36.77 33.60	250m: 2:45.57 34.55	350m: 3:54.88 34.81		
	100m: 1:03.17 33.27	200m: 2:11.02 34.25	300m: 3:20.07 34.50	400m: 4:27.27 32.39		
6.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	4:27.83	+0,78	554
	50m: 29.14 29.14	150m: 1:35.40 33.18	250m: 2:43.93 34.25	350m: 3:53.85 34.69		
	100m: 1:02.22 33.08	200m: 2:09.68 34.28	300m: 3:19.16 35.23	400m: 4:27.83 33.98		
7.	Manuel Silva Godinho	99	Louletano/Loule Concelho	4:31.74	+0,82	531
	50m: 29.42 29.42	150m: 1:37.56 35.08	250m: 2:49.24 36.15	350m: 3:58.88 34.56		
	100m: 1:02.48 33.06	200m: 2:13.09 35.53	300m: 3:24.32 35.08	400m: 4:31.74 32.86		
8.	Andre Lopes Silva	99	Industrial Viegense	4:32.46	+0,59	526
	50m: 28.84 28.84	150m: 1:36.81 34.88	250m: 2:47.29 34.68	350m: 3:58.56 35.18		
	100m: 1:01.93 33.09	200m: 2:12.61 35.80	300m: 3:23.38 36.09	400m: 4:32.46 33.90		
9.	Nelson Pereira Malheiros	99	Litoral Alentejano	4:33.01	+0,75	523
	50m: 29.66 29.66	150m: 1:37.62 35.06	250m: 2:48.71 35.56	350m: 3:58.96 34.57		
	100m: 1:02.56 32.90	200m: 2:13.15 35.53	300m: 3:24.39 35.68	400m: 4:33.01 34.05		
10.	Duarte Filipe Rodrigues FTL	99	Alges	4:36.20	+0,72	505
	50m: 30.44 30.44	150m: 1:39.26 35.14	250m: 2:50.41 35.99	350m: 4:01.47 35.54		
	100m: 1:04.12 33.68	200m: 2:14.42 35.16	300m: 3:25.93 35.52	400m: 4:36.20 34.73		
11.	Afonso Guilherme Rosa FTL	99	Gualdim Pais	4:47.55	+0,82	448
	50m: 30.36 30.36	150m: 1:41.85 36.51	250m: 2:55.95 37.38	350m: 4:11.43 37.94		
	100m: 1:05.34 34.98	200m: 2:18.57 36.72	300m: 3:33.49 37.54	400m: 4:47.55 36.12		

Prova 18, Masc., 400m Livres

Juvenis A

1.	Joao Alexandre Vital	98	Colegio Monte Maior	4:07.75	+0,69	700
	50m: 28.49 28.49	150m: 1:30.26 31.09	250m: 2:33.63 31.99	350m: 3:37.00 31.68		
	100m: 59.17 30.68	200m: 2:01.64 31.38	300m: 3:05.32 31.69	400m: 4:07.75 30.75		
2.	Guilherme Filipe Pina	98	Benedita	4:11.42	+0,73	670
	50m: 28.24 28.24	150m: 1:30.96 31.42	250m: 2:34.89 31.53	350m: 3:39.54 32.28		
	100m: 59.54 31.30	200m: 2:03.36 32.40	300m: 3:07.26 32.37	400m: 4:11.42 31.88		
3.	Goncalo Miguel Nogueira	98	Porto	4:13.60	+0,68	653
	50m: 28.10 28.10	150m: 1:31.03 32.12	250m: 2:36.60 32.75	350m: 3:43.28 33.24		
	100m: 58.91 30.81	200m: 2:03.85 32.82	300m: 3:10.04 33.44	400m: 4:13.60 30.32		
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:17.09	+0,71	627
	50m: 29.06 29.06	150m: 1:33.91 33.11	250m: 2:40.15 33.08	350m: 3:46.16 33.05		
	100m: 1:00.80 31.74	200m: 2:07.07 33.16	300m: 3:13.11 32.96	400m: 4:17.09 30.93		
5.	Joao Costa Ferreira	98	Famalicao	4:18.40	+0,86	617
	50m: 29.22 29.22	150m: 1:35.11 33.47	250m: 2:41.56 33.24	350m: 3:47.48 32.91		
	100m: 1:01.64 32.42	200m: 2:08.32 33.21	300m: 3:14.57 33.01	400m: 4:18.40 30.92		
6.	Rafael Ladeiro Santos	98	Geslours	4:19.67	+0,74	608
	50m: 29.53 29.53	150m: 1:35.17 33.63	250m: 2:42.65 33.92	350m: 3:48.81 32.94		
	100m: 1:01.54 32.01	200m: 2:08.73 33.56	300m: 3:15.87 33.22	400m: 4:19.67 30.86		
7.	Pedro Goncalves Neto	98	Porto	4:19.82	+0,99	607
	50m: 28.73 28.73	150m: 1:34.37 33.59	250m: 2:40.39 32.73	350m: 3:47.83 34.06		
	100m: 1:00.78 32.05	200m: 2:07.66 33.29	300m: 3:13.77 33.38	400m: 4:19.82 31.99		
8.	Afonso Calais Queiroga	98	Uniao Piedense	4:20.42	+0,64	603
	50m: 29.59 29.59	150m: 1:35.34 33.39	250m: 2:42.03 33.13	350m: 3:48.46 33.21		
	100m: 1:01.95 32.36	200m: 2:08.90 33.56	300m: 3:15.25 33.22	400m: 4:20.42 31.96		
9.	Leandro Fernandes Mota	98	Columbofila Cantanhedense	4:22.46	+0,68	589
	50m: 29.57 29.57	150m: 1:35.14 33.34	250m: 2:43.57 34.12	350m: 3:50.25 33.15		
	100m: 1:01.80 32.23	200m: 2:09.45 34.31	300m: 3:17.10 33.53	400m: 4:22.46 32.21		
10.	Joao Alberto Gondar	98	Vilacondense	4:23.75	+0,73	580
	50m: 29.12 29.12	150m: 1:34.80 33.50	250m: 2:42.22 33.72	350m: 3:50.60 34.32		
	100m: 1:01.30 32.18	200m: 2:08.50 33.70	300m: 3:16.28 34.06	400m: 4:23.75 33.15		
11.	Bruno Jose Silva	98	Braga	4:24.26	+0,95	577
	50m: 29.15 29.15	150m: 1:34.41 33.23	250m: 2:42.64 34.32	350m: 3:51.10 34.14		
	100m: 1:01.18 32.03	200m: 2:08.32 33.91	300m: 3:16.96 34.32	400m: 4:24.26 33.16		
12.	Tiago Carlos Santos	98	Naval Amorense	4:24.34	+0,70	577
	50m: 28.67 28.67	150m: 1:34.28 33.59	250m: 2:42.78 34.44	350m: 3:51.20 34.10		
	100m: 1:00.69 32.02	200m: 2:08.34 34.06	300m: 3:17.10 34.32	400m: 4:24.34 33.14		
13.	Francisco Aguiar Morginho	98	Naval do Funchal	4:25.95	+0,66	566
	50m: 29.59 29.59	150m: 1:36.93 34.30	250m: 2:45.84 34.40	350m: 3:54.09 34.24		
	100m: 1:02.63 33.04	200m: 2:11.44 34.51	300m: 3:19.85 34.01	400m: 4:25.95 31.86		
14.	Joao Luis Maximo	98	O Crasto	4:26.63	+0,75	562
	50m: 28.32 28.32	150m: 1:33.49 33.72	250m: 2:42.80 35.34	350m: 3:52.99 35.26		
	100m: 59.77 31.45	200m: 2:07.46 33.97	300m: 3:17.73 34.93	400m: 4:26.63 33.64		
15.	Jose Diogo Fonseca	98	Nautico Marinha Grande	4:27.98	+0,74	553
	50m: 29.91 29.91	150m: 1:37.46 34.19	250m: 2:46.43 34.69	350m: 3:55.70 34.85		
	100m: 1:03.27 33.36	200m: 2:11.74 34.28	300m: 3:20.85 34.42	400m: 4:27.98 32.28		

Prova 18, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Diogo Nogueira Rebelo <i>FTL</i>	98	Colegio Monte Maior	4:28.34	+0,62	551
	50m: 30.63 30.63 150m: 1:38.49 34.21 250m: 2:47.23 34.12 350m: 3:56.05 34.19					
	100m: 1:04.28 33.65 200m: 2:13.11 34.62 300m: 3:21.86 34.63 400m: 4:28.34 32.29					
17.	Antonio Fernandes Carrico <i>FTL</i>	98	Pimpoes/Cimai	4:29.02	+0,79	547
	50m: 29.59 29.59 150m: 1:35.46 33.70 250m: 2:44.86 34.58 350m: 3:54.74 34.70					
	100m: 1:01.76 32.17 200m: 2:10.28 34.82 300m: 3:20.04 35.18 400m: 4:29.02 34.28					
18.	Diogo Rodrigues Freitas <i>FTL</i>	98	Uniao Piedense	4:29.43	+0,84	544
	50m: 30.10 30.10 150m: 1:37.54 34.71 250m: 2:46.76 34.77 350m: 3:56.04 34.61					
	100m: 1:02.83 32.73 200m: 2:11.99 34.45 300m: 3:21.43 34.67 400m: 4:29.43 33.39					
19.	Paulo Filipe Silva <i>FTL</i>	98	Natacao da Maia	4:29.48	+0,77	544
	50m: 28.86 28.86 150m: 1:36.72 35.01 250m: 2:46.10 34.39 350m: 3:55.77 33.83					
	100m: 1:01.71 32.85 200m: 2:11.71 34.99 300m: 3:21.94 35.84 400m: 4:29.48 33.71					
20.	Leonardo Rochinha Pedro <i>FTL</i>	98	Estoris	4:30.28	+0,75	539
	50m: 28.91 28.91 150m: 1:36.26 34.21 250m: 2:44.37 33.39 350m: 3:55.31 35.49					
	100m: 1:02.05 33.14 200m: 2:10.98 34.72 300m: 3:19.82 35.45 400m: 4:30.28 34.97					
21.	Dario Fausto Matias <i>FTL</i>	98	Torres Novas	4:31.82	+0,77	530
	50m: 30.14 30.14 150m: 1:37.43 33.85 250m: 2:47.43 35.11 350m: 3:57.96 35.06					
	100m: 1:03.58 33.44 200m: 2:12.32 34.89 300m: 3:22.90 35.47 400m: 4:31.82 33.86					
22.	Francisco Rodrigues Antas <i>FTL</i>	98	Desportiva de Viana	4:32.58	+0,90	526
	50m: 29.34 29.34 150m: 1:36.07 34.24 250m: 2:45.74 35.35 350m: 3:57.66 35.70					
	100m: 1:01.83 32.49 200m: 2:10.39 34.32 300m: 3:21.96 36.22 400m: 4:32.58 34.92					
23.	David Miguel Neves <i>FTL</i>	98	Benfica	4:33.64	+0,88	520
	50m: 29.27 29.27 150m: 1:37.48 34.96 250m: 2:48.38 35.40 350m: 3:59.13 35.24					
	100m: 1:02.52 33.25 200m: 2:12.98 35.50 300m: 3:23.89 35.51 400m: 4:33.64 34.51					
24.	Tiago Martins Boleta <i>FTL</i>	98	Louletano/Loule Concelho	4:35.19	+0,70	511
	50m: 30.01 30.01 150m: 1:37.27 34.34 250m: 2:47.41 35.08 350m: 3:59.40 36.55					
	100m: 1:02.93 32.92 200m: 2:12.33 35.06 300m: 3:22.85 35.44 400m: 4:35.19 35.79					
DNS	Joao Santos Mendes	98	Leixoes			

Juniores

1.	Rafael Lourenco Gil	96	Naval Amorense	4:01.81	+0,72	753
	50m: 27.85 27.85 150m: 1:29.29 31.05 250m: 2:30.89 30.72 350m: 3:32.10 30.64					
	100m: 58.24 30.39 200m: 2:00.17 30.88 300m: 3:01.46 30.57 400m: 4:01.81 29.71					
2.	Joao Pedro Belo	97	Sporting	4:03.31	+0,70	739
	50m: 27.20 27.20 150m: 1:27.45 30.75 250m: 2:29.41 31.15 350m: 3:32.12 31.46					
	100m: 56.70 29.50 200m: 1:58.26 30.81 300m: 3:00.66 31.25 400m: 4:03.31 31.19					

Prova 18, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Joao Carlos Santos	96	Naval Amorense	4:05.29	+0,73	722
	50m: 28.68 28.68	150m: 1:30.20 31.04	250m: 2:32.28 30.85	350m: 3:34.89 31.40		
	100m: 59.16 30.48	200m: 2:01.43 31.23	300m: 3:03.49 31.21	400m: 4:05.29 30.40		
4.	Joao Pedro Gil	97	Naval Amorense	4:06.06	+0,68	715
	50m: 28.28 28.28	150m: 1:29.85 31.22	250m: 2:32.76 31.23	350m: 3:35.34 31.23		
	100m: 58.63 30.35	200m: 2:01.53 31.68	300m: 3:04.11 31.35	400m: 4:06.06 30.72		
5.	Guilherme Pereira Dias	97	Sporting	4:09.85	+0,73	683
	50m: 28.23 28.23	150m: 1:31.27 31.61	250m: 2:35.19 31.77	350m: 3:39.25 31.65		
	100m: 59.66 31.43	200m: 2:03.42 32.15	300m: 3:07.60 32.41	400m: 4:09.85 30.60		
6.	Eduardo Salgado Ramos	97	Porto	4:15.38	+0,64	639
	50m: 28.15 28.15	150m: 1:31.71 32.39	250m: 2:35.52 31.70	350m: 3:41.87 33.46		
	100m: 59.32 31.17	200m: 2:03.82 32.11	300m: 3:08.41 32.89	400m: 4:15.38 33.51		
7.	Luis Carlos Oliveira	97	Porto	4:17.23	+0,86	626
	50m: 28.80 28.80	150m: 1:34.04 33.06	250m: 2:40.13 32.90	350m: 3:46.19 33.24		
	100m: 1:00.98 32.18	200m: 2:07.23 33.19	300m: 3:12.95 32.82	400m: 4:17.23 31.04		
8.	Fabio Alcantara Aires	97	Naval Amorense	4:17.40	+0,78	624
	50m: 27.74 27.74	150m: 1:30.32 31.61	250m: 2:35.73 32.71	350m: 3:44.51 34.47		
	100m: 58.71 30.97	200m: 2:03.02 32.70	300m: 3:10.04 34.31	400m: 4:17.40 32.89		
9.	Ruben Jose Morim	97	Vilacondense	4:18.33	+0,76	618
	50m: 29.61 29.61	150m: 1:35.19 33.21	250m: 2:41.23 32.85	350m: 3:47.59 32.50		
	100m: 1:01.98 32.37	200m: 2:08.38 33.19	300m: 3:15.09 33.86	400m: 4:18.33 30.74		
10.	Ricardo Eduardo Afonso	97	Braga	4:18.34	+0,64	618
	50m: 28.56 28.56	150m: 1:32.77 32.44	250m: 2:38.89 32.93	350m: 3:46.05 33.67		
	100m: 1:00.33 31.77	200m: 2:05.96 33.19	300m: 3:12.38 33.49	400m: 4:18.34 32.29		
11.	Carlos Flores Clara	97	Geslours	4:19.01	+0,83	613
	50m: 28.58 28.58	150m: 1:32.44 32.14	250m: 2:39.82 33.50	350m: 3:46.89 32.88		
	100m: 1:00.30 31.72	200m: 2:06.32 33.88	300m: 3:14.01 34.19	400m: 4:19.01 32.12		
12.	Vitor Joao Pereira	97	Leixoes	4:19.66	+0,86	608
	50m: 28.70 28.70	150m: 1:32.60 32.80	250m: 2:39.70 33.63	350m: 3:46.89 33.68		
	100m: 59.80 31.10	200m: 2:06.07 33.47	300m: 3:13.21 33.51	400m: 4:19.66 32.77		
13.	David Emanuel Martins	97	Braga	4:20.09	+0,94	605
	50m: 28.97 28.97	150m: 1:33.85 32.76	250m: 2:40.92 33.61	350m: 3:48.15 33.79		
	100m: 1:01.09 32.12	200m: 2:07.31 33.46	300m: 3:14.36 33.44	400m: 4:20.09 31.94		
14.	Andre Resende Pinheiro	97	Porto	4:20.91	+0,74	600
	FTL					
	50m: 28.72 28.72	150m: 1:33.15 32.56	250m: 2:40.49 33.57	350m: 3:48.82 34.41		
	100m: 1:00.59 31.87	200m: 2:06.92 33.77	300m: 3:14.41 33.92	400m: 4:20.91 32.09		
15.	Joao Miguel Cardoso	97	Geslours	4:21.39	+0,78	596
	FTL					
	50m: 29.10 29.10	150m: 1:34.41 33.22	250m: 2:42.03 33.78	350m: 3:49.50 33.29		
	100m: 1:01.19 32.09	200m: 2:08.25 33.84	300m: 3:16.21 34.18	400m: 4:21.39 31.89		
16.	Joao Luis Travanca	97	Fluvial Portuense	4:23.58	+0,74	582
	FTL					
	50m: 29.35 29.35	150m: 1:34.16 32.93	250m: 2:41.91 34.07	350m: 3:50.85 34.55		
	100m: 1:01.23 31.88	200m: 2:07.84 33.68	300m: 3:16.30 34.39	400m: 4:23.58 32.73		

Prova 18, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Miguel Angelo Silvestre FTL	97	Alcobaca	4:24.04	+0,61	578
	50m: 28.94 28.94	150m: 1:34.31 33.04	250m: 2:42.17 33.81	350m: 3:50.10 34.01		
	100m: 1:01.27 32.33	200m: 2:08.36 34.05	300m: 3:16.09 33.92	400m: 4:24.04 33.94		
DNS	Andre Filipe Farinha	96	Benfica			
EXH	Pedro Vicente Calonio FTL	98	Leixoes	4:28.41	+0,76	551
	50m: 30.64 30.64	150m: 1:38.86 34.66	250m: 2:47.57 34.47	350m: 3:55.87 33.83		
	100m: 1:04.20 33.56	200m: 2:13.10 34.24	300m: 3:22.04 34.47	400m: 4:28.41 32.54		

Prova 19 Femin., 400m Livres 14 - 17 anos
05-04-2014 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Recordes Nacionais 50m Juv B	4:28.67	Alexandra Maria Silva	FPN	Guadalupe (FRA)	24-04-1981
Recordes Nacionais 50m Juv A	4:24.77	Ana Claudia Santos	SFUAP	Oeiras	19-03-2005
Recordes Nacionais 50m Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlin (GER)	04-08-2002
Recordes Nacionais 50m Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013

TAC-JUN16F Jun16: 4:46.14 / TAC-JUN17F Jun17: 4:43.33 / TAC-JUVAF Juv A: 4:51.75 / TAC-JUVBF Juv B: 5:00.17

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Maria Francisca Cabral	00	Porto	4:31.68	+0,87	682
	50m: 31.48 31.48	150m: 1:39.60 34.26	250m: 2:49.28 34.78	350m: 3:58.45 33.82		
	100m: 1:05.34 33.86	200m: 2:14.50 34.90	300m: 3:24.63 35.35	400m: 4:31.68 33.23		
2.	Ana Rita Faria	00	Porto	4:38.49	+0,96	633
	50m: 31.90 31.90	150m: 1:41.94 35.32	250m: 2:53.66 35.69	350m: 4:04.58 35.12		
	100m: 1:06.62 34.72	200m: 2:17.97 36.03	300m: 3:29.46 35.80	400m: 4:38.49 33.91		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:40.76	+0,70	618
	50m: 32.05 32.05	150m: 1:42.48 35.55	250m: 2:54.00 35.86	350m: 4:05.96 36.35		
	100m: 1:06.93 34.88	200m: 2:18.14 35.66	300m: 3:29.61 35.61	400m: 4:40.76 34.80		
4.	Sofia Isabel Gouveia	00	Uniao Piedense	4:46.50	+0,96	581
	50m: 31.89 31.89	150m: 1:43.78 36.66	250m: 2:58.12 36.99	350m: 4:11.90 36.68		
	100m: 1:07.12 35.23	200m: 2:21.13 37.35	300m: 3:35.22 37.10	400m: 4:46.50 34.60		
5.	Laura Sanchez Rodrigues	00	Alges	4:49.21	+0,77	565
	50m: 31.73 31.73	150m: 1:43.65 36.29	250m: 2:57.18 36.93	350m: 4:12.46 38.00		
	100m: 1:07.36 35.63	200m: 2:20.25 36.60	300m: 3:34.46 37.28	400m: 4:49.21 36.75		
6.	Margarida Valente Orrico	00	Uniao Piedense	4:52.19	+0,92	548
	50m: 32.73 32.73	150m: 1:46.13 36.90	250m: 3:00.72 36.74	350m: 4:15.77 37.33		
	100m: 1:09.23 36.50	200m: 2:23.98 37.85	300m: 3:38.44 37.72	400m: 4:52.19 36.42		
7.	Ana Sofia Ramos	00	Porto	4:53.34	+0,85	541
	50m: 33.67 33.67	150m: 1:47.86 37.47	250m: 3:03.32 37.34	350m: 4:17.21 36.04		
	100m: 1:10.39 36.72	200m: 2:25.98 38.12	300m: 3:41.17 37.85	400m: 4:53.34 36.13		
8.	Mariana Silva Navalho	00	Uniao Piedense	4:53.79	+0,87	539
	50m: 33.71 33.71	150m: 1:48.03 38.14	250m: 3:03.76 37.85	350m: 4:18.71 37.59		
	100m: 1:09.89 36.18	200m: 2:25.91 37.88	300m: 3:41.12 37.36	400m: 4:53.79 35.08		

Prova 19, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Mariana Santos Ferreira	00	Miranda do Corvo	4:53.85	+0,91	539
	50m: 34.43 34.43	150m: 1:48.66 37.50	250m: 3:03.51 37.43	350m: 4:17.93 37.03		
	100m: 1:11.16 36.73	200m: 2:26.08 37.42	300m: 3:40.90 37.39	400m: 4:53.85 35.92		
10.	Beatriz Mendes Viegas	00	Tavira Natacao	4:54.29	+0,70	536
	50m: 31.95 31.95	150m: 1:45.73 37.32	250m: 3:02.02 37.75	350m: 4:18.04 37.63		
	100m: 1:08.41 36.46	200m: 2:24.27 38.54	300m: 3:40.41 38.39	400m: 4:54.29 36.25		
11.	Rafaela Araujo Silva	00	Famalicao	4:54.78	+0,91	533
	50m: 33.66 33.66	150m: 1:48.33 38.02	250m: 3:04.10 38.12	350m: 4:19.46 37.20		
	100m: 1:10.31 36.65	200m: 2:25.98 37.65	300m: 3:42.26 38.16	400m: 4:54.78 35.32		
12.	Ana Miguel Reis	00	Columbofila Cantanhedense	4:55.39	+0,85	530
	50m: 33.11 33.11	150m: 1:47.34 37.10	250m: 3:03.01 37.41	350m: 4:18.27 37.08		
	100m: 1:10.24 37.13	200m: 2:25.60 38.26	300m: 3:41.19 38.18	400m: 4:55.39 37.12		
13.	Maria Leonor Valente	00	Fluvial Portuense	4:56.91	+0,80	522
	50m: 33.45 33.45	150m: 1:47.29 37.59	250m: 3:02.44 37.32	350m: 4:19.19 37.69		
	100m: 1:09.70 36.25	200m: 2:25.12 37.83	300m: 3:41.50 39.06	400m: 4:56.91 37.72		
14.	Mariana Silva Ramos	00	Sporting	4:57.71	+0,78	518
	50m: 33.42 33.42	150m: 1:48.33 38.47	250m: 3:04.60 38.60	350m: 4:20.89 38.35		
	100m: 1:09.86 36.44	200m: 2:26.00 37.67	300m: 3:42.54 37.94	400m: 4:57.71 36.82		
15.	Joana Francisca Costa	00	Foca	4:57.76	+0,76	518
	50m: 33.03 33.03	150m: 1:47.25 37.54	250m: 3:04.00 38.19	350m: 4:20.90 38.49		
	100m: 1:09.71 36.68	200m: 2:25.81 38.56	300m: 3:42.41 38.41	400m: 4:57.76 36.86		
16.	Maria Tome Fialho	00	Amadora	4:57.79	+0,67	517
	50m: 33.27 33.27	150m: 1:47.46 37.23	250m: 3:04.34 38.06	350m: 4:21.05 38.08		
	100m: 1:10.23 36.96	200m: 2:26.28 38.82	300m: 3:42.97 38.63	400m: 4:57.79 36.74		
17.	Ines Silva Oliveira	00	Leixoes	4:58.87	+0,89	512
	50m: 31.92 31.92	150m: 1:45.94 38.27	250m: 3:03.04 38.75	350m: 4:20.52 39.18		
	100m: 1:07.67 35.75	200m: 2:24.29 38.35	300m: 3:41.34 38.30	400m: 4:58.87 38.35		
18.	Sara Filipa Santos FTL	00	Porto	5:00.23	+0,80	505
	50m: 34.77 34.77	150m: 1:48.98 37.63	250m: 3:05.67 38.53	350m: 4:22.71 38.39		
	100m: 1:11.35 36.58	200m: 2:27.14 38.16	300m: 3:44.32 38.65	400m: 5:00.23 37.52		
19.	Patricia Palmeiro Baeta FTL	00	Viver Santarem	5:03.34	+0,81	490
	50m: 32.77 32.77	150m: 1:47.80 38.22	250m: 3:05.11 38.88	350m: 4:24.58 40.13		
	100m: 1:09.58 36.81	200m: 2:26.23 38.43	300m: 3:44.45 39.34	400m: 5:03.34 38.76		
20.	Margarida Reconha Marques FTL	00	Nautico Marinha Grande	5:04.44	+0,91	484
	50m: 34.98 34.98	150m: 1:51.30 39.00	250m: 3:08.82 39.06	350m: 4:27.23 39.06		
	100m: 1:12.30 37.32	200m: 2:29.76 38.46	300m: 3:48.17 39.35	400m: 5:04.44 37.21		
21.	Carolina Pastor Escada FTL	00	Aminata	5:08.81	+0,73	464
	50m: 33.76 33.76	150m: 1:48.93 38.42	250m: 3:08.09 40.04	350m: 4:29.12 40.84		
	100m: 1:10.51 36.75	200m: 2:28.05 39.12	300m: 3:48.28 40.19	400m: 5:08.81 39.69		
22.	Carla Laranjeira Marques FTL	00	Sporting de Aveiro	5:14.03	+0,85	441
	50m: 33.83 33.83	150m: 1:50.41 39.30	250m: 3:11.33 40.66	350m: 4:34.05 41.28		
	100m: 1:11.11 37.28	200m: 2:30.67 40.26	300m: 3:52.77 41.44	400m: 5:14.03 39.98		

Prova 19, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Maria Leonor Gomes	00	Desportivo Nacional			

Juvenis A

1.	Tamila Hryhorivna Holub	99	Braga	4:24.42	+0,85	739
	<i>Recorde Nacional, Minimos CEJ 2014</i>					
	50m: 31.26 31.26	150m: 1:37.80 33.37	250m: 2:44.46 33.13	350m: 3:51.40 33.40		
	100m: 1:04.43 33.17	200m: 2:11.33 33.53	300m: 3:18.00 33.54	400m: 4:24.42 33.02		
2.	Beatriz Paulo Ranito	99	Sporting	4:39.63	+0,68	625
	50m: 31.74 31.74	150m: 1:41.97 35.69	250m: 2:53.63 36.11	350m: 4:05.18 35.74		
	100m: 1:06.28 34.54	200m: 2:17.52 35.55	300m: 3:29.44 35.81	400m: 4:39.63 34.45		
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:40.16	+0,96	622
	50m: 31.54 31.54	150m: 1:43.01 35.91	250m: 2:55.37 35.89	350m: 4:07.14 35.61		
	100m: 1:07.10 35.56	200m: 2:19.48 36.47	300m: 3:31.53 36.16	400m: 4:40.16 33.02		
4.	Madalena Gomes Azevedo	99	Alges	4:40.18	+0,76	621
	50m: 30.80 30.80	150m: 1:41.76 35.96	250m: 2:54.00 36.43	350m: 4:05.40 35.56		
	100m: 1:05.80 35.00	200m: 2:17.57 35.81	300m: 3:29.84 35.84	400m: 4:40.18 34.78		
5.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:42.96	+0,73	603
	50m: 31.45 31.45	150m: 1:42.56 36.18	250m: 2:54.98 36.50	350m: 4:07.52 36.58		
	100m: 1:06.38 34.93	200m: 2:18.48 35.92	300m: 3:30.94 35.96	400m: 4:42.96 35.44		
6.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:45.44	+0,99	588
	50m: 31.90 31.90	150m: 1:43.09 35.79	250m: 2:56.27 36.55	350m: 4:09.70 36.22		
	100m: 1:07.30 35.40	200m: 2:19.72 36.63	300m: 3:33.48 37.21	400m: 4:45.44 35.74		
7.	Carolina Silva Moreira	99	Natacao da Maia	4:46.77	+0,80	579
	50m: 33.00 33.00	150m: 1:45.40 36.79	250m: 2:58.90 36.89	350m: 4:11.61 36.23		
	100m: 1:08.61 35.61	200m: 2:22.01 36.61	300m: 3:35.38 36.48	400m: 4:46.77 35.16		
8.	Joana Miguel Alexandre	99	Amadora	4:47.28	+0,81	576
	50m: 32.37 32.37	150m: 1:44.68 36.50	250m: 2:58.53 36.36	350m: 4:12.37 36.45		
	100m: 1:08.18 35.81	200m: 2:22.17 37.49	300m: 3:35.92 37.39	400m: 4:47.28 34.91		
9.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:47.63	+0,84	574
	50m: 32.95 32.95	150m: 1:44.90 36.57	250m: 2:58.79 37.28	350m: 4:12.21 36.63		
	100m: 1:08.33 35.38	200m: 2:21.51 36.61	300m: 3:35.58 36.79	400m: 4:47.63 35.42		
10.	Ana Beatriz La Feria	99	Porto	4:47.93	+0,98	572
	50m: 32.58 32.58	150m: 1:44.65 36.83	250m: 2:58.29 37.04	350m: 4:12.03 36.80		
	100m: 1:07.82 35.24	200m: 2:21.25 36.60	300m: 3:35.23 36.94	400m: 4:47.93 35.90		
11.	Tania Cristina Mendes	99	Industrial Veiense	4:49.29	+0,80	564
	50m: 31.22 31.22	150m: 1:42.94 36.51	250m: 2:58.05 37.51	350m: 4:12.57 36.86		
	100m: 1:06.43 35.21	200m: 2:20.54 37.60	300m: 3:35.71 37.66	400m: 4:49.29 36.72		
12.	Mariana Pinto Angelo	99	Academica de Coimbra	4:49.47	+0,75	563
	50m: 32.88 32.88	150m: 1:44.88 36.61	250m: 2:58.72 37.02	350m: 4:13.11 37.39		
	100m: 1:08.27 35.39	200m: 2:21.70 36.82	300m: 3:35.72 37.00	400m: 4:49.47 36.36		
13.	Maria Dias Neves	99	Miranda do Corvo	4:51.57	+0,75	551
	50m: 32.71 32.71	150m: 1:45.96 37.35	250m: 3:00.75 37.65	350m: 4:15.51 37.19		
	100m: 1:08.61 35.90	200m: 2:23.10 37.14	300m: 3:38.32 37.57	400m: 4:51.57 36.06		
14.	Mariana Soares Martinho	99	20Km de Almeirim	4:51.89	+0,75	549
	<i>FTL</i>					
	50m: 32.68 32.68	150m: 1:45.16 37.00	250m: 2:59.74 37.40	350m: 4:15.00 37.73		
	100m: 1:08.16 35.48	200m: 2:22.34 37.18	300m: 3:37.27 37.53	400m: 4:51.89 36.89		

Prova 19, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Catarina Costa Fernandes <i>FTL</i>	99	Colegio Bernardette Romeira	4:52.17	+0,83	548
	50m: 32.58 32.58	150m: 1:45.93 37.22	250m: 3:01.03 37.95	350m: 4:16.26 37.62		
	100m: 1:08.71 36.13	200m: 2:23.08 37.15	300m: 3:38.64 37.61	400m: 4:52.17 35.91		
16.	Maria Santos Silva <i>FTL</i>	99	Nautico Marinha Grande	4:55.58	+0,86	529
	50m: 32.61 32.61	150m: 1:45.53 37.18	250m: 3:01.50 37.95	350m: 4:18.11 38.16		
	100m: 1:08.35 35.74	200m: 2:23.55 38.02	300m: 3:39.95 38.45	400m: 4:55.58 37.47		
17.	Ana Miguel Pinto <i>FTL</i>	99	Viana Natacao	4:57.69	+0,88	518
	50m: 33.36 33.36	150m: 1:47.19 37.47	250m: 3:03.19 37.89	350m: 4:19.94 38.48		
	100m: 1:09.72 36.36	200m: 2:25.30 38.11	300m: 3:41.46 38.27	400m: 4:57.69 37.75		
18.	Ana Pires Brito <i>FTL</i>	99	Colegio Monte Maior	5:01.05	+0,82	501
	50m: 31.91 31.91	150m: 1:45.08 37.56	250m: 3:02.81 39.20	350m: 4:22.15 39.56		
	100m: 1:07.52 35.61	200m: 2:23.61 38.53	300m: 3:42.59 39.78	400m: 5:01.05 38.90		

Juniores

1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	4:25.53	+0,87	730
	50m: 31.39 31.39	150m: 1:38.03 33.55	250m: 2:45.19 33.55	350m: 3:52.63 33.62		
	100m: 1:04.48 33.09	200m: 2:11.64 33.61	300m: 3:19.01 33.82	400m: 4:25.53 32.90		
2.	Carolina Mantua Guedes	98	Sporting	4:30.97	+0,75	687
	50m: 30.74 30.74	150m: 1:38.60 34.06	250m: 2:47.95 34.75	350m: 3:57.61 34.69		
	100m: 1:04.54 33.80	200m: 2:13.20 34.60	300m: 3:22.92 34.97	400m: 4:30.97 33.36		
3.	Maria Teresa Amorim	97	Porto	4:31.12	+0,94	686
	50m: 31.34 31.34	150m: 1:39.02 34.18	250m: 2:48.21 34.78	350m: 3:57.95 34.93		
	100m: 1:04.84 33.50	200m: 2:13.43 34.41	300m: 3:23.02 34.81	400m: 4:31.12 33.17		
4.	Francisca Gomes Azevedo	97	Alges	4:31.52	+0,79	683
	50m: 30.70 30.70	150m: 1:39.32 34.42	250m: 2:49.53 34.83	350m: 3:59.34 34.62		
	100m: 1:04.90 34.20	200m: 2:14.70 35.38	300m: 3:24.72 35.19	400m: 4:31.52 32.18		
5.	Barbara Marques Rodrigues	97	Alges	4:35.55	+0,94	653
	50m: 31.48 31.48	150m: 1:39.73 34.77	250m: 2:49.72 35.30	350m: 4:00.62 35.56		
	100m: 1:04.96 33.48	200m: 2:14.42 34.69	300m: 3:25.06 35.34	400m: 4:35.55 34.93		
6.	Marina Micaela Sequeira	98	Uniao Piedense	4:37.83	+0,71	637
	50m: 31.06 31.06	150m: 1:40.60 35.43	250m: 2:52.32 36.34	350m: 4:04.28 36.15		
	100m: 1:05.17 34.11	200m: 2:15.98 35.38	300m: 3:28.13 35.81	400m: 4:37.83 33.55		
7.	Ana Silva Costa	98	Famalicao	4:40.33	+0,73	620
	50m: 31.77 31.77	150m: 1:41.28 34.84	250m: 2:52.02 35.10	350m: 4:04.48 35.97		
	100m: 1:06.44 34.67	200m: 2:16.92 35.64	300m: 3:28.51 36.49	400m: 4:40.33 35.85		
8.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:41.29	+0,85	614
	50m: 31.66 31.66	150m: 1:42.60 35.48	250m: 2:54.61 36.02	350m: 4:06.57 35.92		
	100m: 1:07.12 35.46	200m: 2:18.59 35.99	300m: 3:30.65 36.04	400m: 4:41.29 34.72		
9.	Madalena Amaro Machado	98	Academico Viseu	4:42.79	+0,86	604
	50m: 31.75 31.75	150m: 1:43.17 35.93	250m: 2:56.31 36.55	350m: 4:08.45 35.93		
	100m: 1:07.24 35.49	200m: 2:19.76 36.59	300m: 3:32.52 36.21	400m: 4:42.79 34.34		

Prova 19, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Catarina Alexandra Jardim	98	Famalicao	4:43.73	+0,85	598
	50m: 31.65 31.65	150m: 1:42.19 35.85	250m: 2:54.51 36.53	350m: 4:07.83 36.88		
	100m: 1:06.34 34.69	200m: 2:17.98 35.79	300m: 3:30.95 36.44	400m: 4:43.73 35.90		
11.	Maria Joao Fernandes	97	Vilacondense	4:44.52	+0,75	593
	<i>FTL</i>					
	50m: 32.16 32.16	150m: 1:41.99 34.66	250m: 2:53.44 35.62	350m: 4:07.91 37.07		
	100m: 1:07.33 35.17	200m: 2:17.82 35.83	300m: 3:30.84 37.40	400m: 4:44.52 36.61		
12.	Maria Malaguerra Costa	98	Columbofila Cantanhedense	4:45.58	+0,73	587
	50m: 30.90 30.90	150m: 1:41.41 36.06	250m: 2:54.91 36.79	350m: 4:09.31 37.13		
	100m: 1:05.35 34.45	200m: 2:18.12 36.71	300m: 3:32.18 37.27	400m: 4:45.58 36.27		
13.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:46.53	+0,79	581
	<i>FTL</i>					
	50m: 31.50 31.50	150m: 1:43.85 36.47	250m: 2:56.17 35.75	350m: 4:10.08 36.51		
	100m: 1:07.38 35.88	200m: 2:20.42 36.57	300m: 3:33.57 37.40	400m: 4:46.53 36.45		
14.	Maria Carolina Ribeiro	98	Porto	4:50.66	+0,80	557
	<i>FTL</i>					
	50m: 32.24 32.24	150m: 1:44.51 36.77	250m: 2:58.51 37.06	350m: 4:13.48 37.18		
	100m: 1:07.74 35.50	200m: 2:21.45 36.94	300m: 3:36.30 37.79	400m: 4:50.66 37.18		

Prova 20 Masc., 400m Estilos 15 - 18 anos
05-04-2014 - 16:40 Resultados

Recordes Nacionais 50m Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Recordes Nacionais 50m Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Recordes Nacionais 50m Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010

TAC-JUN17M Jun17: 4:58.59 / TAC-JUN18M Jun18: 4:54.28 / TAC-JUVAM Juv A: 5:07.20 / TAC-JUVBM Juv B: 5:12.94

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:55.59	+0,90	561
	50m: 31.29 31.29	150m: 1:46.44 40.06	250m: 3:07.84 43.19	350m: 4:24.11 33.58		
	100m: 1:06.38 35.09	200m: 2:24.65 38.21	300m: 3:50.53 42.69	400m: 4:55.59 31.48		
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:56.32	+0,87	557
	50m: 30.74 30.74	150m: 1:46.04 39.38	250m: 3:07.91 44.17	350m: 4:25.93 33.80		
	100m: 1:06.66 35.92	200m: 2:23.74 37.70	300m: 3:52.13 44.22	400m: 4:56.32 30.39		
3.	Diogo Filipe Teodoro	99	Natacao da Maia	4:57.13	+0,72	552
	50m: 30.62 30.62	150m: 1:47.33 41.03	250m: 3:07.85 41.21	350m: 4:23.94 34.78		
	100m: 1:06.30 35.68	200m: 2:26.64 39.31	300m: 3:49.16 41.31	400m: 4:57.13 33.19		
4.	Mateus Ribeiro Carvalho	99	Famalicao	5:00.92	+0,75	532
	50m: 30.00 30.00	150m: 1:46.37 40.63	250m: 3:09.82 44.21	350m: 4:29.96 34.44		
	100m: 1:05.74 35.74	200m: 2:25.61 39.24	300m: 3:55.52 45.70	400m: 5:00.92 30.96		
5.	Afonso Meneses Sequeira	99	Naval do Funchal	5:02.43	+0,87	524
	50m: 31.24 31.24	150m: 1:46.05 39.46	250m: 3:07.03 42.68	350m: 4:28.23 36.88		
	100m: 1:06.59 35.35	200m: 2:24.35 38.30	300m: 3:51.35 44.32	400m: 5:02.43 34.20		

Prova 20, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Tiago Filipe Campos	99	Viver Santarem	5:03.14	+0,85	520
	50m: 31.17 31.17	150m: 1:47.65 40.34	250m: 3:11.51 44.70	350m: 4:31.12 33.54		
	100m: 1:07.31 36.14	200m: 2:26.81 39.16	300m: 3:57.58 46.07	400m: 5:03.14 32.02		
7.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	5:04.49	+0,80	513
	50m: 31.93 31.93	150m: 1:48.56 38.65	250m: 3:10.65 45.03	350m: 4:31.44 34.80		
	100m: 1:09.91 37.98	200m: 2:25.62 37.06	300m: 3:56.64 45.99	400m: 5:04.49 33.05		
8.	Rui Jorge Matias	99	Vilacondense	5:05.69	+0,89	507
	50m: 30.61 30.61	150m: 1:47.51 41.00	250m: 3:12.42 44.26	350m: 4:32.83 35.20		
	100m: 1:06.51 35.90	200m: 2:28.16 40.65	300m: 3:57.63 45.21	400m: 5:05.69 32.86		
9.	Francisco Cortez Viterbo	99	Alges	5:06.67	+0,76	502
	50m: 32.16 32.16	150m: 1:48.05 38.12	250m: 3:11.10 44.81	350m: 4:31.69 34.78		
	100m: 1:09.93 37.77	200m: 2:26.29 38.24	300m: 3:56.91 45.81	400m: 5:06.67 34.98		
10.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	5:07.45	+0,63	498
	50m: 31.13 31.13	150m: 1:49.51 41.57	250m: 3:14.64 45.48	350m: 4:34.42 34.84		
	100m: 1:07.94 36.81	200m: 2:29.16 39.65	300m: 3:59.58 44.94	400m: 5:07.45 33.03		
11.	Tiago Cunha Costa	99	Sporting	5:07.57	+0,75	498
	50m: 31.10 31.10	150m: 1:47.37 40.21	250m: 3:12.93 45.71	350m: 4:34.13 36.14		
	100m: 1:07.16 36.06	200m: 2:27.22 39.85	300m: 3:57.99 45.06	400m: 5:07.57 33.44		
12.	Tiago Silva Soares	99	Porto	5:08.99	+0,95	491
	50m: 32.71 32.71	150m: 1:52.77 40.46	250m: 3:14.62 42.32	350m: 4:34.47 36.08		
	100m: 1:12.31 39.60	200m: 2:32.30 39.53	300m: 3:58.39 43.77	400m: 5:08.99 34.52		
13.	Rui Miguel Cachopo	99	Colegio Monte Maior	5:09.48	+0,83	489
	50m: 33.06 33.06	150m: 1:52.61 40.07	250m: 3:18.14 45.86	350m: 4:37.45 32.87		
	100m: 1:12.54 39.48	200m: 2:32.28 39.67	300m: 4:04.58 46.44	400m: 5:09.48 32.03		
14.	Pedro Ferraz Esteves	99	Amadora	5:10.30	+0,68	485
	50m: 31.79 31.79	150m: 1:51.66 41.73	250m: 3:15.34 43.87	350m: 4:35.33 35.51		
	100m: 1:09.93 38.14	200m: 2:31.47 39.81	300m: 3:59.82 44.48	400m: 5:10.30 34.97		
15.	Antonio Fernando Pinto FTL	99	Lousada SXXI	5:13.02	+0,83	472
	50m: 30.92 30.92	150m: 1:51.66 44.32	250m: 3:17.04 44.34	350m: 4:38.44 37.14		
	100m: 1:07.34 36.42	200m: 2:32.70 41.04	300m: 4:01.30 44.26	400m: 5:13.02 34.58		
16.	Nuno Filipe Costa FTL	99	Gespacos	5:16.49	+0,83	457
	50m: 31.57 31.57	150m: 1:50.13 42.34	250m: 3:18.22 47.51	350m: 4:42.15 36.20		
	100m: 1:07.79 36.22	200m: 2:30.71 40.58	300m: 4:05.95 47.73	400m: 5:16.49 34.34		

Juvenis A

1.	Joao Alexandre Vital <i>Minimos COMEN 2014</i>	98	Colegio Monte Maior	4:34.45	+0,73	701
	50m: 28.60 28.60	150m: 1:35.42 34.29	250m: 2:48.00 39.70	350m: 4:01.89 33.43		
	100m: 1:01.13 32.53	200m: 2:08.30 32.88	300m: 3:28.46 40.46	400m: 4:34.45 32.56		
2.	Hugo Pon	98	Alges	4:44.05	+0,75	632
	50m: 29.87 29.87	150m: 1:41.44 37.05	250m: 2:57.75 39.51	350m: 4:12.10 34.13		
	100m: 1:04.39 34.52	200m: 2:18.24 36.80	300m: 3:37.97 40.22	400m: 4:44.05 31.95		
3.	Andre Magalhaes Moura	98	Academico Viseu	4:44.99	+0,76	626
	50m: 29.49 29.49	150m: 1:42.02 38.36	250m: 2:58.42 39.02	350m: 4:12.08 33.65		
	100m: 1:03.66 34.17	200m: 2:19.40 37.38	300m: 3:38.43 40.01	400m: 4:44.99 32.91		

Prova 20, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Jose Paula Carvalho	98	Uniao Piedense	4:48.83	+0,78	601
	50m: 29.41 29.41	150m: 1:40.25 36.97	250m: 2:58.92 42.50	350m: 4:17.32 34.34		
	100m: 1:03.28 33.87	200m: 2:16.42 36.17	300m: 3:42.98 44.06	400m: 4:48.83 31.51		
5.	Vasco Gradim Amorim	98	Porto	4:49.18	+0,70	599
	50m: 30.02 30.02	150m: 1:41.86 37.59	250m: 3:01.06 41.90	350m: 4:17.49 33.31		
	100m: 1:04.27 34.25	200m: 2:19.16 37.30	300m: 3:44.18 43.12	400m: 4:49.18 31.69		
6.	Afonso Calais Queiroga	98	Uniao Piedense	4:57.00	+0,67	553
	50m: 29.78 29.78	150m: 1:44.23 39.32	250m: 3:05.45 42.64	350m: 4:24.39 34.44		
	100m: 1:04.91 35.13	200m: 2:22.81 38.58	300m: 3:49.95 44.50	400m: 4:57.00 32.61		
7.	Rafael Ladeiro Santos	98	Geslours	4:57.96	+0,79	548
	50m: 31.23 31.23	150m: 1:49.52 41.09	250m: 3:10.14 41.77	350m: 4:26.38 33.25		
	100m: 1:08.43 37.20	200m: 2:28.37 38.85	300m: 3:53.13 42.99	400m: 4:57.96 31.58		
8.	Guilherme Filipe Pina	98	Benedita	4:59.55	+0,73	539
	50m: 30.78 30.78	150m: 1:46.61 39.97	250m: 3:10.57 44.97	350m: 4:27.76 32.93		
	100m: 1:06.64 35.86	200m: 2:25.60 38.99	300m: 3:54.83 44.26	400m: 4:59.55 31.79		
9.	Diogo Vicente Silva	98	Nautico Marinha Grande	4:59.86	+0,85	537
	50m: 31.64 31.64	150m: 1:45.62 37.59	250m: 3:04.74 42.35	350m: 4:24.68 36.32		
	100m: 1:08.03 36.39	200m: 2:22.39 36.77	300m: 3:48.36 43.62	400m: 4:59.86 35.18		
10.	Jose Pedro Sampaio	98	Foca	5:00.18	+0,95	536
	50m: 31.09 31.09	150m: 1:45.72 38.66	250m: 3:09.59 45.43	350m: 4:28.63 33.98		
	100m: 1:07.06 35.97	200m: 2:24.16 38.44	300m: 3:54.65 45.06	400m: 5:00.18 31.55		
11.	Filipe Miguel Silveira	98	Amadora	5:00.55	+0,82	534
	50m: 31.33 31.33	150m: 1:47.07 38.52	250m: 3:08.20 44.53	350m: 4:27.98 34.92		
	100m: 1:08.55 37.22	200m: 2:23.67 36.60	300m: 3:53.06 44.86	400m: 5:00.55 32.57		
12.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	5:00.64	+0,84	533
	50m: 31.18 31.18	150m: 1:49.61 40.43	250m: 3:11.99 42.48	350m: 4:29.03 34.15		
	100m: 1:09.18 38.00	200m: 2:29.51 39.90	300m: 3:54.88 42.89	400m: 5:00.64 31.61		
13.	Paulo Filipe Silva	98	Natacao da Maia	5:01.33	+0,81	529
	50m: 29.79 29.79	150m: 1:45.90 39.97	250m: 3:08.73 45.14	350m: 4:27.28 33.83		
	100m: 1:05.93 36.14	200m: 2:23.59 37.69	300m: 3:53.45 44.72	400m: 5:01.33 34.05		
14.	Viktor Kot	98	Nautico Marinha Grande	5:01.47	+0,82	529
	50m: 30.43 30.43	150m: 1:46.07 39.52	250m: 3:10.42 45.78	350m: 4:29.27 33.54		
	100m: 1:06.55 36.12	200m: 2:24.64 38.57	300m: 3:55.73 45.31	400m: 5:01.47 32.20		
15.	Luis Carlos Almeida	98	Gespacos	5:01.88	+0,91	527
	50m: 29.97 29.97	150m: 1:46.27 41.19	250m: 3:08.47 41.99	350m: 4:27.60 35.16		
	100m: 1:05.08 35.11	200m: 2:26.48 40.21	300m: 3:52.44 43.97	400m: 5:01.88 34.28		
16.	Luis Filipe Ribeiro	98	Braga	5:02.01	+0,79	526
	50m: 29.53 29.53	150m: 1:45.26 40.87	250m: 3:08.02 43.00	350m: 4:26.86 34.95		
	100m: 1:04.39 34.86	200m: 2:25.02 39.76	300m: 3:51.91 43.89	400m: 5:02.01 35.15		
17.	Pedro Nuno Vieira	98	Natacao de Valongo	5:02.85	+0,79	521
	50m: 30.81 30.81	150m: 1:46.65 40.32	250m: 3:10.31 43.92	350m: 4:29.53 34.53		
	100m: 1:06.33 35.52	200m: 2:26.39 39.74	300m: 3:55.00 44.69	400m: 5:02.85 33.32		
18.	Goncalo Filipe Patatas	98	Sporting	5:03.37	+0,73	519
	50m: 30.50 30.50	150m: 1:47.48 41.20	250m: 3:12.05 44.01	350m: 4:31.45 35.03		
	100m: 1:06.28 35.78	200m: 2:28.04 40.56	300m: 3:56.42 44.37	400m: 5:03.37 31.92		

Prova 20, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Pedro Trindade Silva	98	Amadora	5:03.59	+0,86	518
	50m: 31.19 31.19	150m: 1:47.59 40.55	250m: 3:10.68 44.47	350m: 4:29.61 34.93		
	100m: 1:07.04 35.85	200m: 2:26.21 38.62	300m: 3:54.68 44.00	400m: 5:03.59 33.98		
20.	Pedro Miguel Lino	98	Gespacos	5:04.79	+0,89	512
	50m: 32.01 32.01	150m: 1:48.63 40.76	250m: 3:13.28 44.52	350m: 4:32.29 34.60		
	100m: 1:07.87 35.86	200m: 2:28.76 40.13	300m: 3:57.69 44.41	400m: 5:04.79 32.50		
21.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	5:04.99	+0,74	511
	50m: 30.13 30.13	150m: 1:44.29 39.18	250m: 3:09.46 47.29	350m: 4:32.23 34.20		
	100m: 1:05.11 34.98	200m: 2:22.17 37.88	300m: 3:58.03 48.57	400m: 5:04.99 32.76		
22.	Joao Luis Maximo	98	O Crasto	5:05.75	+0,74	507
	50m: 30.38 30.38	150m: 1:46.64 40.00	250m: 3:11.97 45.04	350m: 4:31.61 33.39		
	100m: 1:06.64 36.26	200m: 2:26.93 40.29	300m: 3:58.22 46.25	400m: 5:05.75 34.14		
23.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	5:06.97	+0,56	501
	50m: 30.01 30.01	150m: 1:45.86 40.61	250m: 3:11.74 47.01	350m: 4:35.63 35.94		
	100m: 1:05.25 35.24	200m: 2:24.73 38.87	300m: 3:59.69 47.95	400m: 5:06.97 31.34		
24.	Filipe Ferreira Luz FTL	98	Geslours	5:08.24	+0,90	495
	50m: 33.73 33.73	150m: 1:51.28 38.05	250m: 3:14.10 45.53	350m: 4:35.20 34.86		
	100m: 1:13.23 39.50	200m: 2:28.57 37.29	300m: 4:00.34 46.24	400m: 5:08.24 33.04		
25.	Rodrigo Manuel Monteiro FTL	98	Sporting de Espinho	5:09.15	+0,75	490
	50m: 30.85 30.85	150m: 1:47.86 39.92	250m: 3:12.44 45.26	350m: 4:34.33 35.56		
	100m: 1:07.94 37.09	200m: 2:27.18 39.32	300m: 3:58.77 46.33	400m: 5:09.15 34.82		
26.	Dario Fausto Matias FTL	98	Torres Novas	5:10.60	+0,71	483
	50m: 32.46 32.46	150m: 1:52.18 42.06	250m: 3:18.37 46.64	350m: 4:38.32 33.91		
	100m: 1:10.12 37.66	200m: 2:31.73 39.55	300m: 4:04.41 46.04	400m: 5:10.60 32.28		
27.	Pedro Miguel Vieira FTL	98	Galitos	5:11.19	+0,85	481
	50m: 31.54 31.54	150m: 1:51.90 41.16	250m: 3:15.35 43.66	350m: 4:36.53 36.31		
	100m: 1:10.74 39.20	200m: 2:31.69 39.79	300m: 4:00.22 44.87	400m: 5:11.19 34.66		
28.	David Miguel Neves FTL	98	Benfica	5:11.32	+0,92	480
	50m: 30.93 30.93	150m: 1:51.96 44.41	250m: 3:19.59 44.52	350m: 4:37.67 34.06		
	100m: 1:07.55 36.62	200m: 2:35.07 43.11	300m: 4:03.61 44.02	400m: 5:11.32 33.65		
29.	Joao Manuel Leitao FTL	98	Nautico /Urgicentro-Sanfil	5:15.12	+0,78	463
	50m: 31.71 31.71	150m: 1:52.61 43.19	250m: 3:17.01 43.22	350m: 4:39.28 36.54		
	100m: 1:09.42 37.71	200m: 2:33.79 41.18	300m: 4:02.74 45.73	400m: 5:15.12 35.84		

Juniores

1.	Joao Pedro Gil	97	Naval Amorense	4:39.51	+0,90	663
	50m: 29.51 29.51	150m: 1:41.21 37.34	250m: 2:58.71 40.50	350m: 4:10.83 30.79		
	100m: 1:03.87 34.36	200m: 2:18.21 37.00	300m: 3:40.04 41.33	400m: 4:39.51 28.68		
2.	Bruno Miguel Ramos	97	Amadora	4:40.75	+0,69	655
	50m: 29.15 29.15	150m: 1:40.18 36.34	250m: 2:56.34 40.02	350m: 4:08.67 31.98		
	100m: 1:03.84 34.69	200m: 2:16.32 36.14	300m: 3:36.69 40.35	400m: 4:40.75 32.08		

Prova 20, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Paulo Andre Silva	96	Vilacondense	4:41.01	+0,67	653
	50m: 29.14 29.14	150m: 1:40.36 37.50	250m: 2:57.42 40.87	350m: 4:10.04 32.07		
	100m: 1:02.86 33.72	200m: 2:16.55 36.19	300m: 3:37.97 40.55	400m: 4:41.01 30.97		
4.	Eduardo Salgado Ramos	97	Porto	4:42.41	+0,68	643
	50m: 28.58 28.58	150m: 1:41.12 38.20	250m: 2:58.55 41.33	350m: 4:12.39 31.98		
	100m: 1:02.92 34.34	200m: 2:17.22 36.10	300m: 3:40.41 41.86	400m: 4:42.41 30.02		
5.	Rafael Filipe Nunes	96	Naval Amorense	4:49.02	+0,63	600
	50m: 29.53 29.53	150m: 1:41.57 38.20	250m: 3:00.05 40.68	350m: 4:15.91 33.88		
	100m: 1:03.37 33.84	200m: 2:19.37 37.80	300m: 3:42.03 41.98	400m: 4:49.02 33.11		
6.	Andre Resende Pinheiro	97	Porto	4:51.38	+0,71	586
	50m: 30.69 30.69	150m: 1:44.68 37.99	250m: 3:04.72 42.64	350m: 4:20.84 33.19		
	100m: 1:06.69 36.00	200m: 2:22.08 37.40	300m: 3:47.65 42.93	400m: 4:51.38 30.54		
7.	Nuno Oliveira Noritake	96	Estoris	4:51.63	+0,72	584
	50m: 30.22 30.22	150m: 1:43.77 37.79	250m: 3:03.22 41.82	350m: 4:19.14 33.73		
	100m: 1:05.98 35.76	200m: 2:21.40 37.63	300m: 3:45.41 42.19	400m: 4:51.63 32.49		
8.	Pedro Veigunha Martins	96	Braga	4:51.81	+0,80	583
	50m: 31.51 31.51	150m: 1:47.48 40.00	250m: 3:06.14 40.34	350m: 4:21.32 33.46		
	100m: 1:07.48 35.97	200m: 2:25.80 38.32	300m: 3:47.86 41.72	400m: 4:51.81 30.49		
9.	Joao Mota Correia	97	Alcobaca	4:51.88	+0,74	583
	50m: 29.27 29.27	150m: 1:41.52 37.41	250m: 3:02.06 43.91	350m: 4:18.51 33.49		
	100m: 1:04.11 34.84	200m: 2:18.15 36.63	300m: 3:45.02 42.96	400m: 4:51.88 33.37		
10.	Joao Miguel Ferreira	97	Foca	4:53.69	+0,77	572
	50m: 29.21 29.21	150m: 1:41.94 39.04	250m: 3:01.69 41.43	350m: 4:19.30 34.98		
	100m: 1:02.90 33.69	200m: 2:20.26 38.32	300m: 3:44.32 42.63	400m: 4:53.69 34.39		
11.	Antonio Miguel Vitorino	96	Viana Natacao	4:53.80	+0,73	571
	50m: 29.73 29.73	150m: 1:42.35 38.39	250m: 3:04.38 44.39	350m: 4:21.57 32.82		
	100m: 1:03.96 34.23	200m: 2:19.99 37.64	300m: 3:48.75 44.37	400m: 4:53.80 32.23		
12.	Joao Pedro Neves FTL	96	Aminata	4:54.54	+0,79	567
	50m: 29.61 29.61	150m: 1:43.40 39.08	250m: 3:02.30 41.62	350m: 4:21.50 35.10		
	100m: 1:04.32 34.71	200m: 2:20.68 37.28	300m: 3:46.40 44.10	400m: 4:54.54 33.04		
13.	Luis Carlos Oliveira	97	Porto	4:54.76	+0,78	566
	50m: 30.51 30.51	150m: 1:45.02 38.91	250m: 3:05.91 43.27	350m: 4:22.80 33.25		
	100m: 1:06.11 35.60	200m: 2:22.64 37.62	300m: 3:49.55 43.64	400m: 4:54.76 31.96		
14.	Jose Ricardo Sousa	97	Lousada SXXI	4:55.23	+0,80	563
	50m: 28.87 28.87	150m: 1:43.78 40.13	250m: 3:04.61 41.90	350m: 4:21.29 34.81		
	100m: 1:03.65 34.78	200m: 2:22.71 38.93	300m: 3:46.48 41.87	400m: 4:55.23 33.94		
15.	Vitor Joao Pereira	97	Leixoes	4:56.07	+0,90	558
	50m: 30.51 30.51	150m: 1:45.95 39.60	250m: 3:07.55 43.74	350m: 4:24.69 33.04		
	100m: 1:06.35 35.84	200m: 2:23.81 37.86	300m: 3:51.65 44.10	400m: 4:56.07 31.38		
16.	David Emanuel Martins	97	Braga	4:56.51	+0,93	556
	50m: 30.83 30.83	150m: 1:44.89 38.73	250m: 3:08.74 45.60	350m: 4:25.55 32.53		
	100m: 1:06.16 35.33	200m: 2:23.14 38.25	300m: 3:53.02 44.28	400m: 4:56.51 30.96		
17.	Joao Miguel Cardoso	97	Geslours	4:57.50	+0,75	550
	50m: 32.36 32.36	150m: 1:50.24 39.98	250m: 3:11.07 42.30	350m: 4:26.17 33.83		
	100m: 1:10.26 37.90	200m: 2:28.77 38.53	300m: 3:52.34 41.27	400m: 4:57.50 31.33		

Prova 20, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Joao Luis Travanca	97	Fluvial Portuense	4:57.62	+0,98	549
	50m: 30.77 30.77	150m: 1:45.69 39.52	250m: 3:07.94 44.02	350m: 4:26.04 34.00		
	100m: 1:06.17 35.40	200m: 2:23.92 38.23	300m: 3:52.04 44.10	400m: 4:57.62 31.58		
19.	Nuno Valerio Silva	97	Nautico Marinha Grande	5:02.23	+0,80	525
	<i>FTL</i>					
	50m: 29.74 29.74	150m: 1:45.71 40.76	250m: 3:09.41 43.75	350m: 4:27.67 33.62		
	100m: 1:04.95 35.21	200m: 2:25.66 39.95	300m: 3:54.05 44.64	400m: 5:02.23 34.56		
20.	Ruben Jose Morim	97	Vilacondense	5:02.71	+0,75	522
	<i>FTL</i>					
	50m: 30.07 30.07	150m: 1:45.37 39.46	250m: 3:10.50 45.99	350m: 4:30.39 33.89		
	100m: 1:05.91 35.84	200m: 2:24.51 39.14	300m: 3:56.50 46.00	400m: 5:02.71 32.32		
EXH	Pedro Vicente Calonio	98	Leixoes	5:10.58	+0,76	483
	<i>FTL</i>					
	50m: 31.15 31.15	150m: 1:51.61 41.61	250m: 3:15.34 43.88	350m: 4:35.51 34.95		
	100m: 1:10.00 38.85	200m: 2:31.46 39.85	300m: 4:00.56 45.22	400m: 5:10.58 35.07		

Prova 21 Femin., 200m Mariposa 14 - 17 anos
05-04-2014 - 17:35 Resultados

Recordes Nacionais 50m Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Juv B	2:20.75	Susana Patricia Miguel	FPN	Génova (ITA)	04-07-2004
Recordes Nacionais 50m Juv A	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995
Recordes Nacionais 50m Jun16	2:17.11	Ana Rita Francisco	SFUAP	Porto	29-06-1996
Recordes Nacionais 50m Jun17	2:12.56	Sara Freitas Oliveira	FPN	Berlim (GER)	04-08-2002

TAC-JUN16F Jun16: 2:33.78 / TAC-JUN17F Jun17: 2:29.35 / TAC-JUVAF Juv A: 2:35.26 / TAC-JUVBF Juv B: 2:38.22

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:25.56	+0,85	586
	50m: 32.59 32.59	100m: 1:09.27 36.68	150m: 1:47.00 37.73	200m: 2:25.56 38.56		
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:31.39	+0,72	520
	50m: 32.79 32.79	100m: 1:10.03 37.24	150m: 1:50.26 40.23	200m: 2:31.39 41.13		
3.	Cristiana Sofia Ribeiro	00	Famalicao	2:33.33	+0,75	501
	50m: 33.33 33.33	100m: 1:12.17 38.84	150m: 1:52.38 40.21	200m: 2:33.33 40.95		
4.	Alice Maria Lopes	00	Uniao Piedense	2:38.65	+0,83	452
	<i>FTL</i>					
	50m: 35.16 35.16	100m: 1:15.91 40.75	150m: 1:57.56 41.65	200m: 2:38.65 41.09		

Juvenis A

1.	Sara Costa Guerra	99	Sporting	2:30.22	+0,68	533
	50m: 34.13 34.13	100m: 1:12.54 38.41	150m: 1:51.52 38.98	200m: 2:30.22 38.70		
2.	Catarina Reis Silva	99	Braga	2:30.40	+0,92	531
	50m: 32.71 32.71	100m: 1:10.78 38.07	150m: 1:51.36 40.58	200m: 2:30.40 39.04		

Prova 21, Femin., 200m Mariposa, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	2:30.41	+0,99	531
	50m: 33.84 33.84	100m: 1:11.92 38.08	150m: 1:51.68 39.76	200m: 2:30.41 38.73		
4.	Sara Patricia Sousa	99	Clube de Vouzela	2:32.66	+0,76	508
	50m: 32.09 32.09	100m: 1:10.74 38.65	150m: 1:51.60 40.86	200m: 2:32.66 41.06		
5.	Beatriz Lopes Pinto	99	Academica de Coimbra	2:35.61	+0,96	479
	FTL 50m: 33.49 33.49	100m: 1:12.85 39.36	150m: 1:53.29 40.44	200m: 2:35.61 42.32		
6.	Joana Viegas Bento	99	Colegio Bernardette Romeira	2:36.88	+0,94	468
	FTL 50m: 33.26 33.26	100m: 1:12.45 39.19	150m: 1:54.72 42.27	200m: 2:36.88 42.16		

Juniores

1.	Ines Camacho Fernandes	97	Sporting	2:21.11	+0,74	643
	50m: 30.39 30.39	100m: 1:05.20 34.81	150m: 1:41.85 36.65	200m: 2:21.11 39.26		
2.	Sofia Alexandra Branco	98	Sporting	2:21.52	+0,81	637
	50m: 31.59 31.59	100m: 1:06.94 35.35	150m: 1:43.92 36.98	200m: 2:21.52 37.60		
3.	Bruna Elisabete Paulino	97	Alcobaca	2:23.56	+0,81	610
	50m: 31.72 31.72	100m: 1:07.24 35.52	150m: 1:45.75 38.51	200m: 2:23.56 37.81		
4.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	2:25.14	+0,74	591
	50m: 31.49 31.49	100m: 1:08.08 36.59	150m: 1:46.23 38.15	200m: 2:25.14 38.91		
5.	Luana Raquel Alves	97	Desportiva de Viana	2:25.60	+0,81	585
	50m: 32.31 32.31	100m: 1:08.66 36.35	150m: 1:47.04 38.38	200m: 2:25.60 38.56		
6.	Daniela Teixeira Moreira	97	Amadora	2:27.01	+0,71	568
	50m: 32.92 32.92	100m: 1:10.09 37.17	150m: 1:47.90 37.81	200m: 2:27.01 39.11		
7.	Madalena Amaro Machado	98	Academico Viseu	2:30.56	+0,80	529
	50m: 33.37 33.37	100m: 1:11.66 38.29	150m: 1:51.61 39.95	200m: 2:30.56 38.95		
8.	Daniela Figueiredo Metelo	97	Academica de Coimbra	2:32.64	+0,70	508
	FTL 50m: 32.68 32.68	100m: 1:11.21 38.53	150m: 1:50.77 39.56	200m: 2:32.64 41.87		

Prova 22 Masc., 50m Livres 15 - 18 anos
05-04-2014 - 17:50 Resultados

Recordes Nacionais 50m Absoluto	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	30-05-2009
Recordes Nacionais 50m Juv B	24.68	Tiago Andre Venancio	CNS	Lisboa	18-05-2002
Recordes Nacionais 50m Juv A	23.78	Tiago Andre Venancio	FPN	Paris (FRA)	31-07-2003
Recordes Nacionais 50m Jun17	22.95	Tiago Andre Venancio	FPN	Oeiras	16-07-2004
Recordes Nacionais 50m Jun18	22.98	Paulo Jorge Santos		Antuérpia (BEL)	22-07-2007

TAC-JUN17M Jun17: 25.80 / TAC-JUN18M Jun18: 25.43 / TAC-JUVAM Juv A: 25.80 / TAC-JUVBM Juv B: 25.80

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis A						
1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	24.46	+0,69	624
2.	Bernardo Santos Clemente	98	BA/Bomcar	25.18	+0,86	572
3.	Guilherme Assis Ramos	98	Fisica Torres Vedras	25.19	+0,78	571
4.	Nuno Miguel Graca	98	Desportiva de Viana	25.33	+0,72	562
5.	Francisco Carvalho Machado	98	Alges	25.44	+0,69	555

Juniores

1.	Tiago Manuel Teixeira	96	Fafe	24.24	+0,65	641
2.	Joao Miguel Ascensao	97	Porto	24.52	+0,72	620
3.	Ruben Oliveira Lopes	97	Porto	24.69	+0,67	607
4.	Miguel Galeao Lopes	96	Portinado	24.82	+0,62	597
5.	Joao Martins Santos	96	Gafanha da Encarnacao	24.97	+0,66	587
6.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	25.02	+0,66	583
7.	Joao Paulo Capitao	96	Colegio SMLamas	25.06	+0,74	580
	Nuno Miguel Martins	96	Individual de Lisboa	25.06	+0,68	580
9.	Joao Jose Vilela	96	Fluvial Portuense	25.07	+0,81	580
10.	Alexandre Lages Ribas	97	Desportiva de Viana	25.08	+0,72	579
11.	Francisco Pestana Silva	97	Naval do Funchal	25.12	+0,71	576
12.	Joao Carlos Santos	96	Naval Amorense	25.33	+0,65	562
13.	Carlos Flores Clara	97	Geslours	25.36	+0,79	560
14.	Fabio Alcantara Aires	97	Naval Amorense	25.37	+0,78	559
15.	Dmytriy Eugeniyovich Martynenko	97	Electrico Clube	25.51	+0,64	550
16.	Rodrigo Carlos Albuquerque	97	Braga	25.54	+0,66	548
17.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	25.61	+0,65	544
18.	Andre Lima Costa	97	Sporting de Espinho	25.66	+0,68	541
19.	Ricardo David Silva	97	Foca	25.76	+0,70	534
20.	Francisco Gouveia Sousa	96	Naval do Funchal	26.04	+0,67	517

FTL

EXH	Luis David Rodrigues	96	Benfica	25.07	+0,72	580
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Prova 23 Femin., 100m Bruços 14 - 17 anos
05-04-2014 - 17:55 Resultados

Recordes Nacionais 50m Absoluto	1:09.47	Diana Duarte Gomes	CNA	Loulé	06-06-2009
Recordes Nacionais 50m Juv B	1:12.89	Paula Alexandra Oliveira	FCP	Coimbra	29-07-2010
Recordes Nacionais 50m Juv A	1:10.73	Ana Pinho Rodrigues	AEJ	Coimbra	31-05-2009
Recordes Nacionais 50m Jun16	1:10.09	Diana Duarte Gomes	FPN	Budapeste (HUN)	17-07-2005
Recordes Nacionais 50m Jun17	1:10.43	Diana Duarte Gomes	FPN	Rio Janeiro (BRA)	26-08-2006

TAC-JUN16F Jun16: 1:21.48 / TAC-JUN17F Jun17: 1:19.13 / TAC-JUVAF Juv A: 1:22.26 / TAC-JUVBF Juv B: 1:23.83

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Raquel Gomes Pereira <i>Minimos COMEN 2014</i>	00	Alges	1:13.55	+0,91	669
	50m: 35.60 35.60	100m:	1:13.55 37.95			
2.	Ines Rocha Silva	00	Alcobaca	1:16.30	+0,70	599
	50m: 36.58 36.58	100m:	1:16.30 39.72			
3.	Laura Catarina Abreu	00	Desportivo Nacional	1:16.71	+0,77	590
	50m: 36.47 36.47	100m:	1:16.71 40.24			
4.	Ines Silva Bernardo	00	Colegio Monte Maior	1:18.33	+0,74	554
	50m: 36.74 36.74	100m:	1:18.33 41.59			
5.	Carlota Santos Silva	00	Nautico /Urgicentro-Sanfil	1:18.43	+0,85	552
	50m: 36.92 36.92	100m:	1:18.43 41.51			
6.	Sara Kalinikova Guerreiro	00	FC Ferreiras	1:19.84	+0,88	523
	50m: 38.41 38.41	100m:	1:19.84 41.43			
7.	Carolina Maeiro Augusto	00	Natacao de Olhao	1:21.05	+0,72	500
	50m: 36.22 36.22	100m:	1:21.05 44.83			
8.	Beatriz Martins Avila	00	Terceira Auto Clube	1:21.87	+0,73	485
	50m: 38.16 38.16	100m:	1:21.87 43.71			
9.	Maria Ines Ferreira	00	Miranda do Corvo	1:21.92	+0,86	484
	50m: 38.54 38.54	100m:	1:21.92 43.38			
10.	Ema Filipa Rosario	00	Natacao do Montijo	1:22.03	+0,86	482
	50m: 38.19 38.19	100m:	1:22.03 43.84			
11.	Ines Rosado Monteiro <i>FTL</i>	00	Natacao de Vagos	1:24.31		444
	50m: 40.16 40.16	100m:	1:24.31 44.15			

Juvenis A

1.	Ines Margarida Costa	99	Sporting	1:18.43	+0,80	552
	50m: 36.87 36.87	100m:	1:18.43 41.56			
2.	Claudia Ferreira Borges	99	Benfica	1:18.50	+0,74	550
	50m: 36.46 36.46	100m:	1:18.50 42.04			
3.	Ana Beatriz Martins	99	Famalicao	1:19.15	+0,86	537
	50m: 36.79 36.79	100m:	1:19.15 42.36			
4.	Matilde Pereira Martins	99	Colegio Bernardette Romeira	1:19.16	+0,79	537
	50m: 36.03 36.03	100m:	1:19.16 43.13			

Prova 23, Femin., 100m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Beatriz Castanheira Dias	99	Academica de Coimbra	1:19.89	+0,73	522
	50m: 37.78 37.78	100m: 1:19.89	42.11			
6.	Ana Margarida Salgueiro	99	Nautico Abrantes	1:20.04	+0,83	519
	50m: 37.47 37.47	100m: 1:20.04	42.57			
7.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	1:21.94	+0,91	484
	50m: 38.31 38.31	100m: 1:21.94	43.63			
8.	Mariana Graca Vasconcelos	99	Estoris	1:22.23	+0,86	479
	50m: 39.63 39.63	100m: 1:22.23	42.60			
9.	Marta Ferreira Rocha	99	Leixoes	1:22.85	+0,74	468
	FTL					
	50m: 38.33 38.33	100m: 1:22.85	44.52			
10.	Rita Galvao Pereira	99	Vitoria de Guimaraes/Olicargo	1:23.05	+0,84	465
	FTL					
	50m: 38.44 38.44	100m: 1:23.05	44.61			
11.	Alexandra Lopes Afonso	99	Ginasio Vila Real	1:23.08	+0,79	464
	FTL					
	50m: 37.48 37.48	100m: 1:23.08	45.60			

Juniores

1.	Barbara Sofia Barata	97	Alges	1:16.21	+0,76	602
	50m: 36.06 36.06	100m: 1:16.21	40.15			
2.	Maria Madalena Silva	98	Nautico Abrantes	1:16.28	+0,74	600
	50m: 36.58 36.58	100m: 1:16.28	39.70			
3.	Rita Catarina Miranda	97	Braga	1:16.41	+0,78	597
	50m: 35.76 35.76	100m: 1:16.41	40.65			
4.	Rute Isabel Leonardo	98	Nautico Abrantes	1:17.23	+0,78	578
	50m: 36.41 36.41	100m: 1:17.23	40.82			
5.	Catarina Costa Sequeira	98	Armazenenses	1:17.91	+0,85	563
	50m: 35.41 35.41	100m: 1:17.91	42.50			
6.	Rita Maria Cardoso	98	Leixoes	1:18.16	+0,85	558
	50m: 37.31 37.31	100m: 1:18.16	40.85			
7.	Ana Rita Graca	98	Vilacondense	1:18.51	+0,90	550
	50m: 36.83 36.83	100m: 1:18.51	41.68			
8.	Carolina Lourenco Matos	98	Benedita	1:18.72	+0,70	546
	50m: 36.18 36.18	100m: 1:18.72	42.54			
9.	Mariana Manhita Correia	98	Tavira Natacao	1:18.78	+0,69	545
	50m: 36.55 36.55	100m: 1:18.78	42.23			
10.	Maria Rachadell Pereira	98	Portinado	1:19.01	+0,78	540
	50m: 35.98 35.98	100m: 1:19.01	43.03			
11.	Mariana Domingues Paz	98	Miranda do Corvo	1:19.04	+0,84	539
	50m: 38.26 38.26	100m: 1:19.04	40.78			

Prova 23, Femin., 100m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Bruna Martins Riesenberger	97	Laranjeiro	1:19.58	+0,63	528
	FTL					
	50m: 36.50 36.50	100m: 1:19.58	43.08			
13.	Mafalda Alexandra Henriques	98	Nacional de Natacao	1:20.95	+0,91	502
	50m: 37.40 37.40	100m: 1:20.95	43.55			
14.	Barbara Nogueira Goncalves	98	Famalicao	1:21.42	+0,75	493
	50m: 37.60 37.60	100m: 1:21.42	43.82			
15.	Beatriz Pereira Vasconcelos	98	Vilacondense	1:23.45	+0,73	458
	FTL					
	50m: 38.60 38.60	100m: 1:23.45	44.85			

Prova 24

Masc., 100m Bruços

15 - 18 anos

05-04-2014 - 18:05

Resultados

Recordes Nacionais 50m Absoluto	1:01.01	Carlos Esteves Almeida	FPN	Barcelona (ESP)	28-07-2013
Recordes Nacionais 50m Juv B	1:06.44	Andre Goncalo Santos	FPN	Corfu (GRE)	31-03-2012
Recordes Nacionais 50m Juv A	1:05.43	Andre Goncalo Santos	FPN	Utrecht (NED)	16-07-2013
Recordes Nacionais 50m Jun17	1:04.54	Andre Miguel Silva	FPN	Belgrado (SRB)	02-08-2008
Recordes Nacionais 50m Jun18	1:02.87	Andre Miguel Silva	PDEM	Faro	18-07-2009

TAC-JUN17M Jun17: 1:11.45 / TAC-JUN18M Jun18: 1:10.42 / TAC-JUVAM Juv A: 1:13.51 / TAC-JUVBM Juv B: 1:14.88

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Alexandre Ferreira Amorim	99	Colegio SMLamas	1:09.30	+0,82	600
	50m: 32.90 32.90	100m: 1:09.30	36.40			
2.	Miguel Carrico Cruz	99	20Km de Almeirim	1:10.43	+0,72	571
	50m: 32.53 32.53	100m: 1:10.43	37.90			
3.	Tiago Oliveira Barbosa	99	Colegio SMLamas	1:11.23	+0,86	552
	50m: 33.61 33.61	100m: 1:11.23	37.62			
4.	Andre Tavares Grenho	99	Geslours	1:11.35	+0,77	550
	50m: 33.77 33.77	100m: 1:11.35	37.58			
5.	Jose Pedro Melo	99	Braga	1:13.25	+0,77	508
	50m: 35.09 35.09	100m: 1:13.25	38.16			
6.	Diogo Filipe Teodoro	99	Natacao da Maia	1:13.48	+0,57	503
	50m: 34.95 34.95	100m: 1:13.48	38.53			
7.	Nuno Miguel Coto	99	Braga	1:13.55	+0,76	502
	50m: 34.09 34.09	100m: 1:13.55	39.46			
8.	Daniel Queiros Cruz	99	Porto	1:13.81	+0,91	496
	50m: 36.43 36.43	100m: 1:13.81	37.38			
9.	Joao Miguel Barrulas	99	Aminata	1:14.07	+0,88	491
	50m: 34.70 34.70	100m: 1:14.07	39.37			
10.	Diogo Pereira Santos	99	Porto	1:14.13	+0,89	490
	50m: 34.74 34.74	100m: 1:14.13	39.39			

Prova 24, Masc., 100m Bruços, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Jose Pedro Lemos	99	Sport de Mirandela	1:14.31	+0,79	486
	50m: 35.03 35.03	100m: 1:14.31	39.28			
12.	Sandro Emanuel Francisco	99	Industrial Viegense	1:14.83	+0,72	476
	50m: 35.02 35.02	100m: 1:14.83	39.81			
13.	Joao Pedro Teves	99	Bombeiros Ponta Delgada	1:15.13	+0,67	471
	FTL					
	50m: 34.27 34.27	100m: 1:15.13	40.86			
14.	Francisco Carreiro Rego	99	Bombeiros Ponta Delgada	1:16.38	+0,75	448
	FTL					
	50m: 34.84 34.84	100m: 1:16.38	41.54			

Juvenis A

1.	Mario Jorge Veloso	98	Braga	1:07.69	+0,79	644
	50m: 31.93 31.93	100m: 1:07.69	35.76			
2.	Afonso Ribeiro Bate	98	Alges	1:09.27	+0,67	601
	50m: 32.65 32.65	100m: 1:09.27	36.62			
3.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	1:09.43	+0,80	596
	50m: 32.65 32.65	100m: 1:09.43	36.78			
4.	Diogo Miguel Costa	98	Porto	1:09.62	+0,87	592
	50m: 33.08 33.08	100m: 1:09.62	36.54			
5.	Joao Sismeiro Pereira	98	Amadora	1:09.94	+0,74	583
	50m: 32.33 32.33	100m: 1:09.94	37.61			
6.	Guilherme Assis Ramos	98	Fisica Torres Vedras	1:10.09	+0,90	580
	50m: 32.41 32.41	100m: 1:10.09	37.68			
7.	Andre Magalhaes Moura	98	Academico Viseu	1:10.85	+0,61	561
	50m: 33.15 33.15	100m: 1:10.85	37.70			
8.	Tiago Carlos Santos	98	Naval Amorense	1:12.59	+0,74	522
	50m: 33.80 33.80	100m: 1:12.59	38.79			
9.	Rui Filipe Costa	98	Desporto de Barcelos	1:14.17	+0,77	489
	FTL					
	50m: 32.92 32.92	100m: 1:14.17	41.25			
10.	Martim Silveira Rodrigues	98	Maritimo	1:14.39	+0,64	485
	FTL					
	50m: 34.07 34.07	100m: 1:14.39	40.32			
11.	Pedro Ferraz Silva	98	Gespacos	1:14.55	+0,81	482
	FTL					
	50m: 35.25 35.25	100m: 1:14.55	39.30			
12.	Miguel Angelo Martins	98	Aminata	1:15.33	+0,87	467
	FTL					
	50m: 35.44 35.44	100m: 1:15.33	39.89			

Prova 24, Masc., 100m Bruços

Juniores

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:04.47	+0,70	745
	50m: 30.40 30.40	100m:	1:04.47 34.07			
2.	Andre Goncalo Santos	97	Leixoes	1:05.25	+0,76	719
	50m: 30.76 30.76	100m:	1:05.25 34.49			
3.	Gabriel Jose Lopes	97	Lousanense	1:05.42	+0,67	713
	50m: 31.28 31.28	100m:	1:05.42 34.14			
4.	Miguel Monteiro Cruchinho	97	Sporting	1:05.76	+0,64	702
	50m: 31.42 31.42	100m:	1:05.76 34.34			
5.	Simao Miguel Capitao	97	Colegio SMLamas	1:06.35	+0,86	683
	50m: 31.20 31.20	100m:	1:06.35 35.15			
6.	Filipe Carmo Ramos	97	Vilacondense	1:07.28	+0,84	656
	50m: 32.10 32.10	100m:	1:07.28 35.18			
7.	Guilherme Miguel Teixeira	97	Benfica	1:07.87	+0,76	639
	50m: 31.49 31.49	100m:	1:07.87 36.38			
8.	Joao Filipe Costa	96	Alges	1:08.28	+0,65	627
	50m: 31.40 31.40	100m:	1:08.28 36.88			
9.	Joao Paulo Capitao	96	Colegio SMLamas	1:08.44	+0,75	623
	50m: 31.94 31.94	100m:	1:08.44 36.50			
10.	Artur Jose Reis	96	Porto	1:09.03	+0,75	607
	50m: 32.20 32.20	100m:	1:09.03 36.83			
11.	Leonardo Cardoso Figueiredo	96	Porto	1:09.66	+0,63	591
	50m: 32.69 32.69	100m:	1:09.66 36.97			
12.	Ricardo Daniel Goncalves	96	Ginasio Vila Real	1:10.10	+0,74	579
	50m: 32.73 32.73	100m:	1:10.10 37.37			
13.	Vitaly Vasylyovych Nachychko	96	Juventude Atlantico	1:10.38	+0,74	573
	50m: 33.00 33.00	100m:	1:10.38 37.38			
14.	Nuno Oliveira Noritake	96	Estoris	1:10.40	+0,68	572
	50m: 32.37 32.37	100m:	1:10.40 38.03			
15.	Luis Pedro Fernandes	96	Louletano/Loule Concelho	1:10.66	+0,72	566
	FTL					
	50m: 32.48 32.48	100m:	1:10.66 38.18			
16.	Tiago Martim Alves	97	Desportiva de Viana	1:11.77	+0,84	540
	FTL					
	50m: 33.54 33.54	100m:	1:11.77 38.23			
17.	Miguel Rocha Costa	97	Geslours	1:12.71	+0,78	519
	FTL					
	50m: 33.15 33.15	100m:	1:12.71 39.56			

Prova 25 Femin., 4 x 100m Livres 14 - 17 anos
05-04-2014 - 18:40 Resultados

Recordes Nacionais 50m Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Juv B	4:10.72	Clube Nautico Academico de Coim	CNAC	Povoa de Varzim	05-08-2011
Recordes Nacionais 50m Juv	4:10.72	Clube Nautico Academico de Coim	CNAC	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Juv A	4:10.72	tempo limite			
Recordes Nacionais 50m Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010

TAC-JUN16F Jun16: 4:18.00 / TAC-JUN17F Jun17: 4:18.00 / TAC-JUVAF Juv A: 4:26.50 / TAC-JUVBF Juv B: 4:31.50

Pontos: FINA 2014

Lugar	Clube				Tempo Final	TReac	Pts	
Juvenis B								
1.	Porto-Juv B		Porto		4:16.40	+0,80	563	
	Maria Francisca Cabral	+0,80	29.73	1:01.91	Ana Sofia Ramos	+0,64	32.01	1:06.93
	Sara Vitoria Ramos	+0,56	31.02	1:05.66	Ana Rita Faria	+0,81	29.72	1:01.90
2.	Uniao Piedense-Juv B		Uniao Piedense		4:18.96	+0,84	546	
	Ines Figueira Santos	+0,84	31.11	1:04.22	Mariana Silva Navalho	+0,55	31.85	1:06.20
	Sofia Isabel Gouveia	+0,47	30.39	1:04.39	Margarida Valente Orrico	+0,56	30.57	1:04.15
3.	Miranda do Corvo-Juv B		Miranda do Corvo		4:20.48	+0,80	536	
	Maria Ines Ferreira	+0,80	31.16	1:04.94	Margarete Leandro Fernandes	+0,43	31.45	1:05.68
	Daniela Margarida Pinto	+0,46	30.95	1:05.87	Mariana Santos Ferreira	+0,61	31.05	1:03.99
4.	Alcobaca-Juv B		Alcobaca		4:22.21	+0,88	526	
	Matilde Correia Vieira	+0,88	31.00	1:04.04	Joana Mota Correia	+0,16	30.45	1:05.77
	Filipa Andreia Silva	+0,77	33.06	1:08.96	Ines Rocha Silva	+0,09	29.91	1:03.44
5.	Nautico Marinha Grande-Juv B		Nautico Marinha Grande		4:26.82	+0,87	499	
	Giovanna Vaz Vargas	+0,87	31.83	1:05.32	Margarida Reconha Marques	+0,68	32.03	1:07.42
	Lara Ferreira Martins	+0,49	31.93	1:07.88	Monica Seara Domingues	+0,68	31.88	1:06.20
6.	Famalicao-Juv B		Famalicao		4:28.92	+0,73	487	
	Cristiana Sofia Ribeiro	+0,73	32.32	1:07.51	Adriana Azevedo Couto	+0,21	31.62	1:07.12
	Mariana Paula Baptista	+0,47	31.94	1:06.79	Rafaela Araujo Silva	+0,53	32.55	1:07.50
7.	Naval Setubalense-Juv B		Naval Setubalense		4:29.26	+0,96	486	
	Ana Carolina Mira	+0,96	31.96	1:05.56	Catarina Vasques Couto	+0,23	31.84	1:07.39
	Ana Catarina Lixa	+0,58	33.82	1:11.36	Rita Filipa Paulino	+0,78	31.15	1:04.95

DNS Desportivo Nacional-Juv B Desportivo Nacional

Juvenis A

1.	Amadora-Juv A			Amadora	4:15.10	+0,69	571	
	Margarida Sobral Pimenta	+0,69	29.87	1:02.85	Joana Cristina Fernandes	-0,02	29.83	1:04.02
	Joana Miguel Alexandre	+0,17	30.95	1:04.73	Ana Oliveira Silva	+0,18	30.02	1:03.50
2.	Sporting-Juv A			Sporting	4:15.13	+1,01	571	
	Filipa Sousa Pinheiro	+1,01	31.06	1:04.57	Maria Ana Monge	+0,53	30.45	1:04.35
	Beatriz Paulo Ranito	+0,27	30.27	1:04.17	Ines Margarida Costa	+0,48	29.81	1:02.04
3.	Porto-Juv A			Porto	4:20.39	+0,82	537	
	Ines Maria Neves	+0,82	30.97	1:05.25	Ana Cristina Sousa	+0,40	31.66	1:06.25
	Mafalda Malafaia Oliveira	+0,44	31.54	1:06.17	Ana Beatriz La Feria	+0,63	30.49	1:02.72
4.	Leixoes-Juv A			Leixoes	4:21.90	+0,85	528	
	Ines Maria Pereira	+0,85	31.31	1:04.84	Ana Teresa Nascimento	+0,28	32.72	1:09.50
	Catarina Vieira Correia	+0,10	31.64	1:05.28	Marta Ferreira Rocha	+0,27	29.56	1:02.28

Prova 25, Femin., 4 x 100m Livres

Juniores

1.	Alges-Jun			Alges	4:03.21	+0,77	659	
	Rita Barros Frischknecht	+0,77	28.73	59.70	Barbara Marques Rodrigues	+0,32	29.57	1:01.94
	Francisca Gomes Azevedo	+0,25	28.62	59.91	Carolina Sanchez Rodrigues	+0,37	29.08	1:01.66
2.	Sporting-Jun			Sporting	4:05.31	+0,71	642	
	Ines Camacho Fernandes	+0,71	29.00	59.09	Sofia Alexandra Branco	+0,59	30.82	1:04.21
	Carolina Mantua Guedes	+0,60	29.47	1:01.85	Sofia Machado Dionisio		28.98	1:00.16
3.	Porto-Jun			Porto	4:07.24	+0,70	627	
	Adriana Daniela Castro	+0,70	28.98	59.81	Lucilia Ferreira Freitas	+0,53	30.71	1:03.79
	Maria Carolina Ribeiro	+0,44	29.87	1:03.19	Maria Teresa Amorim	+0,49	28.94	1:00.45
4.	Famalicao-Jun			Famalicao	4:13.81	+0,73	580	
	Graca Maria Araujo	+0,73	29.92	1:01.97	Catarina Alexandra Jardim	+0,59	30.58	1:04.06
	Carla Luisa Alves	+0,58	30.68	1:03.78	Ana Silva Costa	+0,43	30.19	1:04.00
5.	Nautico /Urgicentro-Sanfil-Jun			Nautico /Urgicentro-Sanfil	4:16.02	+0,77	565	
	Andreia Margarida Morgado	+0,77	31.04	1:04.93	Matilde Domingues Gameiro	+0,35	30.36	1:04.38
	Beatriz Neves Craveiro	+0,22	29.18	1:01.42	Rita Verissimo Damasceno	+0,33	30.94	1:05.29

Prova 26

Masc., 4 x 200m Livres

15 - 18 anos

05-04-2014 - 18:55

Resultados

Recordes Nacionais 50m Absoluto	7:33.17	Sporting Clube de Portugal	SCP	Coimbra	06-04-2012
Recordes Nacionais 50m Juv B	8:15.48	Viana Natacao Clube	VNC	Povoa de Varzim	04-08-2011
Recordes Nacionais 50m Juv	7:58.57	tempo limite			
Recordes Nacionais 50m Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26-07-2012
Recordes Nacionais 50m Jun	7:49.68	Clube Fluvial Vilacondense	CFV	Lisboa	28-03-2004

TAC-JUN17M Jun17: 8:30.50 / TAC-JUN18M Jun18: 8:30.50 / TAC-JUVAM Juv A: 8:52.00 / TAC-JUVBM Juv B: 9:12.00

Pontos: FINA 2014

Lugar			Clube		Tempo Final		TReac	Pts
Juvenis B								
1.	Vitoria de Guimaraes/Olicargo-Juv B		Vitoria de Guimaraes/Olicargo	8:33.37	+0,75	541		
	Tiago Andre Oliveira	99	+0,75	28.35	59.41	1:32.02	2:03.97	2:03.97
	Albino Manuel Goncalves	99	+0,61	29.68	1:02.42	1:37.20	2:10.82	2:10.82
	Jose Manuel Fernandes	99	+0,46	28.82	1:02.11	1:38.39	2:13.03	2:13.03
	Pedro Miguel Fernandes	99	+0,55	27.37	58.44	1:31.77	2:05.55	2:05.55
2.	Louletano/Loule Concelho-Juv B		Louletano/Loule Concelho	8:34.54	+0,76	538		
	Manuel Silva Godinho	99	+0,76	28.34	1:01.23	1:34.21	2:07.84	2:07.84
	Rodrigo Jose Guerreiro	99	+0,31	29.13	1:01.88	1:34.96	2:07.55	2:07.55
	Bernardo Antonio Alves	99	+0,50	29.64	1:03.33	1:37.79	2:12.55	2:12.55
	Eduardo Cardoso Lopes	99	+0,39	28.06	1:00.68	1:33.45	2:06.60	2:06.60
3.	Braga-Juv B		Braga	8:39.93	+0,84	521		
	Jose Pedro Fernandes	99	+0,84	28.92	1:00.12	1:32.30	2:02.80	2:02.80
	Nuno Miguel Coto	99	+0,38	29.89	1:03.47	1:38.43	2:12.68	2:12.68
	Jose Pedro Melo	99	+0,31	31.04	1:05.99	1:41.63	2:16.16	2:16.16
	Jose Nuno Mendes	99	+0,16	28.05	1:00.38	1:34.49	2:08.29	2:08.29
4.	Amadora-Juv B		Amadora	8:41.47	+0,71	517		
	Pedro Ferraz Esteves	99	+0,71	30.07	1:03.76	1:37.48	2:10.59	2:10.59
	Afonso Vicente Eva	99	+0,21	30.58	1:04.51	1:39.09	2:13.72	2:13.72
	Joao Magalhaes Nunes	99	+0,38	28.93	1:00.59	1:32.72	2:03.13	2:03.13
	Miguel Falco Pereira	99	+0,53	29.82	1:02.72	1:38.55	2:14.03	2:14.03

Prova 26, Masc., 4 x 200m Livres, Juvenis B

Lugar	Clube	Tempo Final	TReac	Pts
5.	Colegio SMLamas-Juv B	8:42.59	+0,87	513
	Fernando Marcelo Rocha	99 +0,87 29.66 1:02.41 1:36.49 2:10.06 2:10.06		
	Tiago Oliveira Barbosa	99 +0,43 29.88 1:03.43 1:39.11 2:14.33 2:14.33		
	Gabriel Filipe Pereira	99 +0,76 29.64 1:02.98 1:37.69 2:11.36 2:11.36		
	Alexandre Ferreira Amorim	99 +0,47 28.94 1:01.39 1:34.65 2:06.84 2:06.84		
6.	Gespacos-Juv B	8:46.42	+0,83	502
	Nuno Filipe Costa	99 +0,83 30.10 1:02.98 1:36.15 2:09.48 2:09.48		
	Ricardo Andre Pinto	99 +0,67 29.50 1:03.61 1:39.08 2:12.58 2:12.58		
	Daniel Silva Bessa	99 +0,57 30.44 1:03.85 1:39.31 2:14.84 2:14.84		
	Leonardo Jose Silva	99 +0,49 29.01 1:01.56 1:35.62 2:09.52 2:09.52		
7.	Industrial Veiense-Juv B	8:49.25	+0,59	494
	Andre Lopes Silva	99 +0,59 28.63 1:01.19 1:35.65 2:10.17 2:10.17		
	Francisco Pereira Pedrosa	99 +0,67 29.67 1:03.74 1:39.50 2:16.05 2:16.05		
	Sergio Gabriel Lamande	99 +0,41 30.03 1:04.00 1:39.58 2:15.18 2:15.18		
	Sandro Emanuel Francisco	99 +0,29 28.45 1:01.24 1:34.82 2:07.85 2:07.85		
8.	Aminata-Juv B	9:03.75	+0,78	456
	Bernardo Pastor Escada	99 +0,78 29.22 1:01.83 1:37.27 2:12.61 2:12.61		
	Andre Mendes Batalha	99 +0,69 30.97 1:05.61 1:42.47 2:18.53 2:18.53		
	Francisco Dinis Tejo	99 +0,14 31.60 1:07.33 1:44.61 2:21.18 2:21.18		
	Tiago Pastor Escada	99 +0,27 29.20 1:03.29 1:37.43 2:11.43 2:11.43		
9.	Estamos Juntos-Juv B	9:06.32	+0,81	449
	Lino Ricardo Oliveira	99 +0,81 31.37 1:06.29 1:43.05 2:18.21 2:18.21		
	Paulo Filipe Almeida	99 +0,43 30.57 1:04.36 1:39.68 2:13.60 2:13.60		
	Diogo Henrique Camacho	99 +0,67 31.25 1:06.40 1:43.45 2:18.38 2:18.38		
	Andre Freitas Gual	99 +0,65 29.61 1:03.15 1:39.63 2:16.13 2:16.13		

Juvenis A

1.	Porto-Juv A	8:12.11	+0,87	615
	Pedro Goncalves Neto	98 +0,87 28.42 1:00.12 1:31.69 2:03.18 2:03.18		
	Vasco Gradim Amorim	98 +0,19 28.15 59.25 1:30.86 2:02.76 2:02.76		
	Diogo Miguel Costa	98 +0,37 28.20 1:01.10 1:33.21 2:04.82 2:04.82		
	Goncalo Miguel Nogueira	98 +0,42 26.76 57.39 1:30.05 2:01.35 2:01.35		
2.	Alges-Juv A	8:17.44	+0,66	595
	Francisco Carvalho Machado	98 +0,66 27.82 59.12 1:31.92 2:01.93 2:01.93		
	Hugo Pon	98 +0,29 27.50 59.06 1:31.33 2:02.24 2:02.24		
	Afonso Sobral Domingues	98 +0,29 29.08 1:01.47 1:35.52 2:08.45 2:08.45		
	Afonso Ribeiro Bate	98 +0,27 27.11 59.04 1:32.48 2:04.82 2:04.82		
3.	Uniao Piedense-Juv A	8:22.35	+0,61	578
	Afonso Calais Queiroga	98 +0,61 28.49 59.86 1:32.24 2:03.42 2:03.42		
	Jose Paula Carvalho	98 +0,51 28.09 59.27 1:30.83 2:00.05 2:00.05		
	Hugo Filipe Torres	98 +0,42 29.06 1:02.35 1:36.91 2:12.02 2:12.02		
	Diogo Rodrigues Freitas	98 +0,42 28.42 1:00.11 1:33.50 2:06.86 2:06.86		
4.	Braga-Juv A	8:25.41	+0,73	567
	Joao Francisco Lopes	98 +0,73 27.38 58.03 1:29.73 2:01.31 2:01.31		
	Mario Jorge Veloso	98 +0,47 28.31 1:00.79 1:34.78 2:08.40 2:08.40		
	Luis Filipe Ribeiro	98 +0,40 28.86 1:01.97 1:36.92 2:09.53 2:09.53		
	Bruno Jose Silva	98 +0,28 28.65 1:00.49 1:33.64 2:06.17 2:06.17		

Prova 26, Masc., 4 x 200m Livres, Juvenis A

Lugar	Clube	Tempo Final	TReac	Pts
5.	Amadora-Juv A	8:25.89	+0,70	566
	Filipe Miguel Silveira	98 +0,70 28.29 59.28 1:32.36 2:05.41 2:05.41		
	Pedro Trindade Silva	98 +0,33 28.30 59.95 1:33.05 2:05.09 2:05.09		
	Joao Sismeiro Pereira	98 +0,56 29.62 1:01.66 1:35.33 2:08.14 2:08.14		
	Steve Alexandre Soares	98 +0,03 28.68 1:01.47 1:34.99 2:07.25 2:07.25		
6.	Colegio Monte Maior-Juv A	8:28.19	+0,76	558
	Cesar Barroqueiro Magalhaes	98 +0,76 30.02 1:02.26 1:36.36 2:10.60 2:10.60		
	Joao Alexandre Vital	98 +0,25 27.43 57.74 1:29.22 2:00.56 2:00.56		
	Diogo Rosado Leca	98 +0,40 29.48 1:01.73 1:35.77 2:09.10 2:09.10		
	Diogo Nogueira Rebelo	98 +0,28 29.08 1:01.25 1:35.26 2:07.93 2:07.93		
7.	Famalicao-Juv A	8:36.36	+0,68	532
	Joao Carlos Silva	98 +0,68 28.21 59.79 1:32.22 2:04.28 2:04.28		
	Xavier Ribeiro Ferreira	98 +0,27 29.38 1:03.48 1:37.49 2:13.45 2:13.45		
	Pedro Silva Ferreira	98 +0,23 29.44 1:03.87 1:39.34 2:14.50 2:14.50		
	Joao Costa Ferreira	98 +0,23 27.91 1:00.05 1:33.19 2:04.13 2:04.13		
8.	Gespacos-Juv A	8:36.79	+0,91	531
	Luis Carlos Almeida	98 +0,91 28.78 1:01.09 1:35.06 2:08.17 2:08.17		
	Joao Nuno Costa	98 +0,43 29.45 1:02.36 1:35.62 2:09.29 2:09.29		
	Pedro Ferraz Silva	98 +0,49 28.85 1:01.67 1:35.67 2:08.56 2:08.56		
	Pedro Miguel Lino	98 +0,25 29.52 1:03.03 1:37.48 2:10.77 2:10.77		
9.	Geslours-Juv A	8:38.45	+0,71	526
	Frederico Pinto Silva	98 +0,71 30.63 1:04.38 1:38.83 2:13.27 2:13.27		
	Raul Miguel Matzinger	98 +0,38 28.70 1:01.38 1:35.14 2:09.01 2:09.01		
	Filipe Ferreira Luz	98 +0,39 29.85 1:03.33 1:37.19 2:11.04 2:11.04		
	Rafael Ladeiro Santos	98 +0,21 27.64 59.39 1:32.25 2:05.13 2:05.13		
10.	Natacao de Valongo-Juv A	8:46.31	+0,90	502
	Humberto Fernandes Felgueiras	98 +0,90 28.25 58.98 1:31.18 2:03.63 2:03.63		
	Diogo Ferreira Neves	98 +0,33 29.04 1:02.59 1:37.41 2:12.47 2:12.47		
	Ricardo Miguel Moreira	98 +0,29 31.18 1:06.89 1:43.67 2:20.77 2:20.77		
	Pedro Nuno Vieira	98 +0,47 28.24 1:00.60 1:34.61 2:09.44 2:09.44		
DSQ	Naval do Funchal-Juv A	111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11		
	Henrique Luis Vargas	98 +0,69 28.09 59.60 1:32.66 2:06.16 2:06.16		
	Pedro Camacho Sousa	98 -0,06		
	Francisco Aguiar Morganho	98 +0,20		
	Francisco Manso Teixeira	98 +0,33		
DNS	Leixoes-Juv A	Leixoes		

Juniores

1.	Naval Amorense-Jun	Naval Amorense	7:44.42	+0,64	731
	<i>Recorde Nacional</i>				
	Joao Carlos Santos	96 +0,64 27.28 56.59 1:25.94 1:55.40 1:55.40			
	Fabio Alcantara Aires	97 +0,48 27.38 57.72 1:27.89 1:57.78 1:57.78			
	Rafael Lourenco Gil	96 +0,63 26.38 55.09 1:24.98 1:54.99 1:54.99			
	Joao Pedro Gil	97 +0,56 26.80 56.09 1:26.39 1:56.25 1:56.25			
2.	Porto-Jun	Porto	8:05.86	+0,65	639
	Eduardo Salgado Ramos	97 +0,65 27.29 57.15 1:27.18 1:57.39 1:57.39			
	Bruno Miguel Silva	96 +0,04 26.86 57.51 1:29.79 2:01.27 2:01.27			
	Andre Resende Pinheiro	97 +0,33 27.56 58.55 1:30.94 2:01.82 2:01.82			
	Luis Carlos Oliveira	97 +0,30 27.47 59.11 1:32.49 2:05.38 2:05.38			

Prova 26, Masc., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
3.	Braga-Jun	8:09.18	+0,83	626
	Rodrigo Carlos Albuquerque	97 +0,83 27.90 58.69 1:30.57 2:03.16 2:03.16		
	Pedro Veiguinha Martins	96 +0,26 27.58 58.59 1:31.02 2:02.10 2:02.10		
	David Emanuel Martins	97 +0,26 27.91 59.20 1:31.06 2:02.19 2:02.19		
	Ricardo Eduardo Afonso	97 +0,26 27.83 59.13 1:31.20 2:01.73 2:01.73		
4.	Foca-Jun	8:12.49	+0,70	613
	Ivo Pinto Ribeiro	97 +0,70 27.64 57.76 1:28.83 2:00.58 2:00.58		
	Jose Carlos Teixeira	96 +0,36 27.30 57.85 1:30.51 2:03.86 2:03.86		
	Joao Miguel Ferreira	97 +0,10 27.55 58.67 1:31.81 2:04.13 2:04.13		
	Ricardo David Silva	97 +0,38 26.93 57.25 1:29.52 2:03.92 2:03.92		
5.	Nautico /Urgicentro-Sanfil-Jun	8:13.04	+0,70	611
	Tomas Miguel Veloso	96 +0,70 27.15 56.46 1:25.99 1:55.27 1:55.27		
	Francisco Xavier Goncalves	97 +0,28 26.34 56.17 1:27.83 1:59.42 1:59.42		
	Luis Henrique Neves	97 +0,16 29.18 1:01.91 1:36.03 2:09.56 2:09.56		
	Hugo Vale Pereira	97 +0,17 28.14 1:00.73 1:35.04 2:08.79 2:08.79		
6.	Geslours-Jun	8:19.08	+0,82	589
	Carlos Flores Clara	97 +0,82 28.66 59.23 1:30.48 2:00.73 2:00.73		
	Miguel Rocha Costa	97 +0,24 28.63 1:00.87 1:34.75 2:08.56 2:08.56		
	Pedro Dordio Carreiro	97 +0,43 29.09 1:00.84 1:32.53 2:04.29 2:04.29		
	Joao Miguel Cardoso	97 +0,37 28.78 1:00.95 1:34.59 2:05.50 2:05.50		
7.	Fluvial Portuense-Jun	8:19.85	+0,71	587
	Joao Pedro Santos	96 +0,71 28.73 1:00.04 1:32.24 2:04.26 2:04.26		
	Julio Dinis Goncalves	96 +0,33 28.62 1:00.69 1:33.79 2:05.40 2:05.40		
	Joao Jose Vilela	96 +0,47 27.39 58.47 1:32.44 2:05.60 2:05.60		
	Joao Luis Travanca	97 +0,52 28.72 1:00.47 1:33.41 2:04.59 2:04.59		
8.	Naval do Funchal-Jun	8:23.19	+0,68	575
	Francisco Pestana Silva	97 +0,68 27.69 59.09 1:33.01 2:06.86 2:06.86		
	Francisco Gouveia Sousa	96 +0,30 27.73 59.02 1:32.90 2:06.38 2:06.38		
	Joao Manuel Fernandes	97 +0,21 27.13 58.05 1:30.91 2:03.23 2:03.23		
	Luis Henrique Silva	97 +0,13 28.31 1:00.02 1:33.28 2:06.72 2:06.72		
9.	Amadora-Jun	8:24.75	+0,71	570
	Goncalo Alexandre Almeida	96 +0,71 29.25 1:00.95 1:33.48 2:05.42 2:05.42		
	Bruno Miguel Ramos	97 +0,18 27.25 58.45 1:29.75 2:00.54 2:00.54		
	David Carrasco Correia	97 +0,34 27.87 59.90 1:32.56 2:05.15 2:05.15		
	Tiago Correia Neves	97 +0,06 28.97 1:03.17 1:38.79 2:13.64 2:13.64		
10.	Leixoes-Jun	8:25.08	+0,75	569
	Andre Goncalo Santos	97 +0,75 27.91 58.62 1:31.07 2:03.55 2:03.55		
	Joao Afonso Picao	97 +0,17 28.25 59.55 1:31.74 2:03.77 2:03.77		
	Vitor Joao Pereira	97 +0,37 27.88 59.20 1:32.35 2:04.98 2:04.98		
	Artur Miguel Marques	97 +0,36 28.53 1:01.69 1:38.08 2:12.78 2:12.78		
11.	Alcobaca-Jun	8:28.77	+0,76	556
	Joao Mota Correia	97 +0,76 27.87 58.99 1:32.02 2:03.40 2:03.40		
	Joao Bernardo Jorge	97 +0,37 29.94 1:04.22 1:39.69 2:14.21 2:14.21		
	Jose Pedro Bugalho	96 +0,33 28.47 1:00.94 1:34.75 2:07.57 2:07.57		
	Miguel Angelo Silvestre	97 +0,40 27.92 59.10 1:32.07 2:03.59 2:03.59		
DSQ	Louletano/Loule Concelho-Jun	111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11		
	Bruno Filipe Neves	97 +0,75 28.24 59.48 1:31.97 2:04.89 2:04.89		
	Pedro Miguel Fernandes	97 -0,08		
	Luis Pedro Fernandes	96 -0,03		
	Tiago Mestre Faisca	96 +0,09		

Prova 27 Masc., 200m Estilos 15 - 18 anos
06-04-2014 - 9:00 Resultados

Recordes Nacionais 50m Absoluto	1:59.39	Diogo Filipe Carvalho	FPN	Barcelona (ESP)	31-07-2013
Recordes Nacionais 50m Juv B	2:11.18	Joao Alexandre Vital	FPN	Serravalle (SMR)	30-06-2013
Recordes Nacionais 50m Juv A	2:08.11	Carlos Esteves Almeida	CNA	Lisboa	31-07-2004
Recordes Nacionais 50m Jun17	2:04.32	Carlos Esteves Almeida	FPN	Budapeste (HUN)	17-07-2005
Recordes Nacionais 50m Jun18	2:04.06	Carlos Esteves Almeida	CNA	Lisboa	24-03-2006

TAC-JUN17M Jun17: 2:21.20 / TAC-JUN18M Jun18: 2:19.16 / TAC-JUVAM Juv A: 2:25.27 / TAC-JUVBM Juv B: 2:27.98

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:20.97	+0,83	528
	50m: 30.48 30.48	100m: 1:07.77 37.29	150m: 1:50.48 42.71	200m: 2:20.97 30.49		
2.	Joao Magalhaes Nunes	99	Amadora	2:21.22	+0,82	526
	50m: 30.58 30.58	100m: 1:06.04 35.46	150m: 1:48.95 42.91	200m: 2:21.22 32.27		
3.	Miguel Carrico Cruz	99	20Km de Almeirim	2:21.55	+0,71	522
	50m: 29.92 29.92	100m: 1:06.73 36.81	150m: 1:47.53 40.80	200m: 2:21.55 34.02		
4.	Rodrigo Jose Guerreiro	99	Louletano/Loule Concelho	2:22.32	+0,72	513
	50m: 30.70 30.70	100m: 1:06.70 36.00	150m: 1:50.01 43.31	200m: 2:22.32 32.31		
5.	Afonso Meneses Sequeira	99	Naval do Funchal	2:23.70	+0,84	499
	50m: 29.63 29.63	100m: 1:06.41 36.78	150m: 1:49.79 43.38	200m: 2:23.70 33.91		
6.	Tiago Silva Soares	99	Porto	2:23.75	+0,98	498
	50m: 31.46 31.46	100m: 1:09.23 37.77	150m: 1:50.42 41.19	200m: 2:23.75 33.33		
7.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	2:24.07	+0,75	495
	50m: 31.62 31.62	100m: 1:07.90 36.28	150m: 1:51.49 43.59	200m: 2:24.07 32.58		
8.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:24.53	+0,83	490
	50m: 30.07 30.07	100m: 1:08.53 38.46	150m: 1:50.07 41.54	200m: 2:24.53 34.46		
9.	Francisco Cortez Viterbo	99	Alges	2:24.95	+0,74	486
	50m: 31.73 31.73	100m: 1:07.38 35.65	150m: 1:51.98 44.60	200m: 2:24.95 32.97		
10.	Andre Tavares Grenho	99	Geslours	2:25.11	+0,72	484
	50m: 31.06 31.06	100m: 1:10.61 39.55	150m: 1:52.19 41.58	200m: 2:25.11 32.92		
11.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:25.57	+0,62	480
	50m: 30.88 30.88	100m: 1:06.92 36.04	150m: 1:51.38 44.46	200m: 2:25.57 34.19		
12.	Sandro Emanuel Francisco	99	Industrial Viegense	2:25.70	+0,75	479
	50m: 30.61 30.61	100m: 1:08.01 37.40	150m: 1:52.06 44.05	200m: 2:25.70 33.64		
13.	Nuno Miguel Coto	99	Braga	2:25.87	+0,79	477
	50m: 31.59 31.59	100m: 1:10.05 38.46	150m: 1:50.92 40.87	200m: 2:25.87 34.95		
14.	Daniel Queiros Cruz	99	Porto	2:25.97	+0,89	476
	50m: 31.86 31.86	100m: 1:09.47 37.61	150m: 1:51.98 42.51	200m: 2:25.97 33.99		
15.	Gabriel Cruz Tocha	99	Natacao de Faro	2:26.53	+0,69	470
	50m: 31.03 31.03	100m: 1:08.54 37.51	150m: 1:53.29 44.75	200m: 2:26.53 33.24		
16.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	2:26.55	+0,61	470
	50m: 30.03 30.03	100m: 1:09.55 39.52	150m: 1:53.17 43.62	200m: 2:26.55 33.38		
17.	Marco Andre Miguel	99	Torres Novas	2:27.09	+0,60	465
	50m: 31.37 31.37	100m: 1:08.65 37.28	150m: 1:53.03 44.38	200m: 2:27.09 34.06		

Prova 27, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Tiago Filipe Campos	99	Viver Santarem	2:27.17	+0,81	464
	50m: 30.36 30.36	100m: 1:08.90 38.54	150m: 1:54.28 45.38	200m: 2:27.17 32.89		
19.	Rui Miguel Cachopo	99	Colegio Monte Maior	2:27.39	+0,80	462
	50m: 31.41 31.41	100m: 1:09.25 37.84	150m: 1:55.79 46.54	200m: 2:27.39 31.60		
20.	Nuno Filipe Costa	99	Gespacos	2:27.66	+0,82	460
	50m: 31.03 31.03	100m: 1:09.23 38.20	150m: 1:54.67 45.44	200m: 2:27.66 32.99		
21.	Tiago Pastor Escada	99	Aminata	2:27.93	+0,95	457
	50m: 31.11 31.11	100m: 1:06.15 35.04	150m: 1:52.51 46.36	200m: 2:27.93 35.42		
22.	Tomas Silva Coxixo FTL	99	Natacao do Montijo	2:28.20	+0,89	455
	50m: 29.90 29.90	100m: 1:06.67 36.77	150m: 1:53.87 47.20	200m: 2:28.20 34.33		
23.	Rui Pedro Brito FTL	99	Nautico Marinha Grande	2:28.29	+0,88	454
	50m: 31.36 31.36	100m: 1:09.97 38.61	150m: 1:55.37 45.40	200m: 2:28.29 32.92		
24.	Nuno Rafael Silva FTL	99	Colegio Monte Maior	2:28.40	+0,73	453
	50m: 32.55 32.55	100m: 1:09.95 37.40	150m: 1:53.45 43.50	200m: 2:28.40 34.95		
25.	Jose Pedro Melo FTL	99	Braga	2:28.70	+0,80	450
	50m: 32.36 32.36	100m: 1:12.17 39.81	150m: 1:53.34 41.17	200m: 2:28.70 35.36		
26.	Tiago Cunha Costa FTL	99	Sporting	2:28.76	+0,78	450
	50m: 32.11 32.11	100m: 1:09.38 37.27	150m: 1:55.23 45.85	200m: 2:28.76 33.53		
27.	Joao Francisco Santos FTL	99	Viana Natacao	2:30.30	+0,90	436
	50m: 31.09 31.09	100m: 1:09.33 38.24	150m: 1:56.39 47.06	200m: 2:30.30 33.91		
28.	Guilherme Duarte Silva FTL	99	Desportivo Nacional	2:30.69	+0,82	432
	50m: 31.36 31.36	100m: 1:09.16 37.80	150m: 1:54.19 45.03	200m: 2:30.69 36.50		
29.	Pedro Ferraz Esteves FTL	99	Amadora	2:31.86	+0,71	423
	50m: 33.11 33.11	100m: 1:11.93 38.82	150m: 1:57.26 45.33	200m: 2:31.86 34.60		
30.	Nelson Pereira Malheiros FTL	99	Litoral Alentejano	2:31.96	+0,73	422
	50m: 33.26 33.26	100m: 1:09.66 36.40	150m: 1:57.28 47.62	200m: 2:31.96 34.68		
31.	Jose Nuno Mendes FTL	99	Braga	2:37.97	+0,81	375
	50m: 31.22 31.22	100m: 1:12.39 41.17	150m: 2:00.16 47.77	200m: 2:37.97 37.81		

Prova 27, Masc., 200m Estilos

Juvenis A

1.	Joao Alexandre Vital	98	Colegio Monte Maior	2:11.54	+0,70	650
	50m: 28.66 28.66	100m: 1:00.79 32.13	150m: 1:40.44 39.65	200m: 2:11.54 31.10		
2.	Hugo Pon	98	Alges	2:14.72	+0,72	605
	50m: 28.65 28.65	100m: 1:04.46 35.81	150m: 1:42.94 38.48	200m: 2:14.72 31.78		
3.	Joao Francisco Lopes	98	Braga	2:16.48	+0,73	582
	50m: 28.44 28.44	100m: 1:02.91 34.47	150m: 1:44.93 42.02	200m: 2:16.48 31.55		
4.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:16.91	+0,80	577
	50m: 30.38 30.38	100m: 1:05.83 35.45	150m: 1:44.83 39.00	200m: 2:16.91 32.08		
5.	Andre Magalhaes Moura	98	Academico Viseu	2:17.23	+0,72	573
	50m: 29.40 29.40	100m: 1:06.33 36.93	150m: 1:45.09 38.76	200m: 2:17.23 32.14		
6.	Jose Paula Carvalho	98	Uniao Piedense	2:18.08	+0,75	562
	50m: 29.05 29.05	100m: 1:05.54 36.49	150m: 1:46.05 40.51	200m: 2:18.08 32.03		
7.	Filipe Miguel Silveira	98	Amadora	2:19.54	+0,70	545
	50m: 30.42 30.42	100m: 1:05.22 34.80	150m: 1:48.06 42.84	200m: 2:19.54 31.48		
8.	Diogo Miguel Costa	98	Porto	2:19.98	+0,96	540
	50m: 29.45 29.45	100m: 1:06.26 36.81	150m: 1:47.35 41.09	200m: 2:19.98 32.63		
9.	Afonso Ribeiro Bate	98	Alges	2:20.15	+0,66	538
	50m: 29.18 29.18	100m: 1:08.27 39.09	150m: 1:47.99 39.72	200m: 2:20.15 32.16		
10.	Vasco Gradim Amorim	98	Porto	2:20.29	+0,56	536
	50m: 29.57 29.57	100m: 1:05.53 35.96	150m: 1:48.65 43.12	200m: 2:20.29 31.64		
11.	Afonso Calais Queiroga	98	Uniao Piedense	2:20.38	+0,69	535
	50m: 29.92 29.92	100m: 1:07.14 37.22	150m: 1:48.90 41.76	200m: 2:20.38 31.48		
12.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	2:20.58	+0,85	533
	50m: 29.50 29.50	100m: 1:06.15 36.65	150m: 1:47.49 41.34	200m: 2:20.58 33.09		
13.	Luis Filipe Soares	98	Colegio SMLamas	2:20.81	+0,82	530
	50m: 29.15 29.15	100m: 1:04.29 35.14	150m: 1:45.41 41.12	200m: 2:20.81 35.40		
14.	Luis Filipe Ribeiro	98	Braga	2:21.40	+0,75	524
	50m: 29.52 29.52	100m: 1:07.40 37.88	150m: 1:49.05 41.65	200m: 2:21.40 32.35		
15.	Pedro Ferraz Silva	98	Gespacos	2:21.55	+0,79	522
	50m: 29.42 29.42	100m: 1:05.72 36.30	150m: 1:46.97 41.25	200m: 2:21.55 34.58		
16.	Jose Pedro Sampaio	98	Foca	2:22.29	+0,82	514
	50m: 30.83 30.83	100m: 1:07.21 36.38	150m: 1:51.03 43.82	200m: 2:22.29 31.26		
17.	Joao Luis Maximo	98	O Crasto	2:22.40	+0,72	513
	50m: 29.91 29.91	100m: 1:06.10 36.19	150m: 1:49.88 43.78	200m: 2:22.40 32.52		
18.	Viktor Kot	98	Nautico Marinha Grande	2:23.04	+0,81	506
	50m: 29.71 29.71	100m: 1:05.44 35.73	150m: 1:49.71 44.27	200m: 2:23.04 33.33		
19.	Pedro Trindade Silva	98	Amadora	2:23.31	+0,76	503
	50m: 29.89 29.89	100m: 1:06.89 37.00	150m: 1:50.07 43.18	200m: 2:23.31 33.24		
20.	Paulo Filipe Silva	98	Natacao da Maia	2:23.59	+0,77	500
	50m: 28.99 28.99	100m: 1:05.31 36.32	150m: 1:49.31 44.00	200m: 2:23.59 34.28		
21.	Pedro Nuno Vieira	98	Natacao de Valongo	2:24.20	+0,79	494
	50m: 29.39 29.39	100m: 1:08.47 39.08	150m: 1:49.65 41.18	200m: 2:24.20 34.55		

Prova 27, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Carlos Afonso Almeida	98	Colegio Vasco da Gama	2:24.47	+0,70	491
	50m: 31.14 31.14	100m: 1:06.56 35.42	150m: 1:51.87 45.31	200m: 2:24.47 32.60		
23.	Pedro Miguel Lino	98	Gespacos	2:25.10	+0,90	484
	50m: 31.08 31.08	100m: 1:09.64 38.56	150m: 1:52.51 42.87	200m: 2:25.10 32.59		
24.	Miguel Martins Baltazar	98	Aminata	2:25.26	+0,78	483
	50m: 29.78 29.78	100m: 1:06.44 36.66	150m: 1:51.26 44.82	200m: 2:25.26 34.00		
25.	Diogo Vicente Silva	98	Nautico Marinha Grande	2:25.83	+0,80	477
	FTL					
	50m: 30.23 30.23	100m: 1:06.81 36.58	150m: 1:49.84 43.03	200m: 2:25.83 35.99		
26.	Rodrigo Manuel Monteiro	98	Sporting de Espinho	2:25.89	+1,01	477
	FTL					
	50m: 30.29 30.29	100m: 1:07.57 37.28	150m: 1:52.71 45.14	200m: 2:25.89 33.18		
27.	Xavier Ribeiro Ferreira	98	Famalicao	2:26.37	+0,96	472
	FTL					
	50m: 30.64 30.64	100m: 1:07.92 37.28	150m: 1:51.86 43.94	200m: 2:26.37 34.51		
28.	Francisco Rodrigues Antas	98	Desportiva de Viana	2:26.54	+0,91	470
	FTL					
	50m: 30.92 30.92	100m: 1:09.35 38.43	150m: 1:52.46 43.11	200m: 2:26.54 34.08		
29.	Joao Manuel Leita	98	Nautico /Urgicentro-Sanfil	2:26.86	+0,73	467
	FTL					
	50m: 31.21 31.21	100m: 1:12.11 40.90	150m: 1:53.70 41.59	200m: 2:26.86 33.16		
30.	Goncalo Filipe Patatas	98	Sporting	2:27.10	+0,74	465
	FTL					
	50m: 30.05 30.05	100m: 1:10.41 40.36	150m: 1:54.04 43.63	200m: 2:27.10 33.06		
31.	Lucas Correia Veloso	98	Desporto de Barcelos	2:28.02	+0,85	456
	FTL					
	50m: 29.56 29.56	100m: 1:06.09 36.53	150m: 1:51.99 45.90	200m: 2:28.02 36.03		
DNS	Martim Silveira Rodrigues	98	Maritimo			

Juniores

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:05.68	+0,72	746
	Minimos CEJ 2014					
	50m: 27.68 27.68	100m: 1:00.37 32.69	150m: 1:35.86 35.49	200m: 2:05.68 29.82		
2.	Gabriel Jose Lopes	97	Lousanense	2:06.87	+0,71	725
	Minimos CEJ 2014					
	50m: 27.46 27.46	100m: 58.47 31.01	150m: 1:36.00 37.53	200m: 2:06.87 30.87		
3.	Paulo Andre Silva	96	Vilacondense	2:13.19	+0,69	627
	50m: 27.66 27.66	100m: 1:02.50 34.84	150m: 1:42.21 39.71	200m: 2:13.19 30.98		
4.	Eduardo Salgado Ramos	97	Porto	2:13.56	+0,69	621
	50m: 28.12 28.12	100m: 1:02.49 34.37	150m: 1:42.43 39.94	200m: 2:13.56 31.13		
5.	Miguel Monteiro Cruchinho	97	Sporting	2:13.68	+0,64	620
	50m: 29.52 29.52	100m: 1:05.19 35.67	150m: 1:42.21 37.02	200m: 2:13.68 31.47		

Prova 27, Masc., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Bruno Miguel Ramos	97	Amadora	2:14.71	+0,70	606
	50m: 28.53 28.53	100m: 1:02.90 34.37	150m: 1:43.29 40.39	200m: 2:14.71		31.42
7.	Nuno Oliveira Noritake	96	Estoris	2:15.45	+0,66	596
	50m: 28.81 28.81	100m: 1:02.60 33.79	150m: 1:42.24 39.64	200m: 2:15.45		33.21
8.	Filipe Carmo Ramos	97	Vilacondense	2:15.55	+0,82	594
	50m: 28.59 28.59	100m: 1:04.39 35.80	150m: 1:44.03 39.64	200m: 2:15.55		31.52
9.	Luis Carlos Oliveira	97	Porto	2:16.81	+0,73	578
	50m: 29.00 29.00	100m: 1:04.92 35.92	150m: 1:45.65 40.73	200m: 2:16.81		31.16
10.	Joao Miguel Ferreira	97	Foca	2:17.00	+0,74	576
	50m: 28.42 28.42	100m: 1:05.20 36.78	150m: 1:45.56 40.36	200m: 2:17.00		31.44
11.	Joao Mota Correia	97	Alcobaca	2:17.62	+0,78	568
	50m: 29.04 29.04	100m: 1:02.93 33.89	150m: 1:46.26 43.33	200m: 2:17.62		31.36
12.	Joao Pedro Neves	96	Aminata	2:17.87	+0,79	565
	50m: 28.27 28.27	100m: 1:03.64 35.37	150m: 1:45.01 41.37	200m: 2:17.87		32.86
13.	Vitor Joao Pereira	97	Leixoes	2:18.01	+0,83	563
	50m: 29.55 29.55	100m: 1:04.48 34.93	150m: 1:45.93 41.45	200m: 2:18.01		32.08
14.	Andre Resende Pinheiro	97	Porto	2:18.05	+0,77	563
	50m: 29.13 29.13	100m: 1:04.53 35.40	150m: 1:46.89 42.36	200m: 2:18.05		31.16
15.	Rafael Filipe Nunes	96	Naval Amorense	2:18.16	+0,63	561
	50m: 29.38 29.38	100m: 1:04.45 35.07	150m: 1:44.85 40.40	200m: 2:18.16		33.31
16.	Ricardo Daniel Goncalves	96	Ginasio Vila Real	2:18.99	+0,65	551
	50m: 29.10 29.10	100m: 1:05.45 36.35	150m: 1:45.77 40.32	200m: 2:18.99		33.22
17.	Tomas Machado Vale	97	Viana Natacao	2:19.11	+0,81	550
	50m: 27.90 27.90	100m: 1:01.46 33.56	150m: 1:45.92 44.46	200m: 2:19.11		33.19
18.	Goncalo Alexandre Almeida	96	Amadora	2:19.50	+0,73	545
	FTL 50m: 29.62 29.62	100m: 1:06.47 36.85	150m: 1:46.45 39.98	200m: 2:19.50		33.05
19.	Antonio Miguel Vitorino	96	Viana Natacao	2:20.76	+0,83	531
	FTL 50m: 29.47 29.47	100m: 1:05.25 35.78	150m: 1:49.03 43.78	200m: 2:20.76		31.73
20.	Miguel Angelo Alves	96	Naval Amorense	2:21.00	+0,72	528
	FTL 50m: 28.88 28.88	100m: 1:04.49 35.61	150m: 1:47.95 43.46	200m: 2:21.00		33.05
21.	Jose Pedro Bugalho	96	Alcobaca	2:21.20	+0,65	526
	FTL 50m: 29.18 29.18	100m: 1:06.20 37.02	150m: 1:48.69 42.49	200m: 2:21.20		32.51
22.	Vitaly Vasylyovych Nachychko	96	Juventude Atlantico	2:22.06	+0,75	516
	FTL 50m: 29.15 29.15	100m: 1:07.24 38.09	150m: 1:49.07 41.83	200m: 2:22.06		32.99
23.	Tiago Martim Alves	97	Desportiva de Viana	2:22.27	+0,84	514
	FTL 50m: 29.71 29.71	100m: 1:07.33 37.62	150m: 1:48.69 41.36	200m: 2:22.27		33.58

Prova 27, Masc., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Nuno Valerio Silva FTL	97	Nautico Marinha Grande	2:22.83	+0,79	508
	50m: 29.38 29.38	100m: 1:08.22 38.84	150m: 1:51.30 43.08	200m: 2:22.83 31.53		
25.	Tiago Bernardo Marques FTL	97	Uniao Piedense	2:22.96	+0,73	507
	50m: 30.34 30.34	100m: 1:08.24 37.90	150m: 1:50.25 42.01	200m: 2:22.96 32.71		
26.	Joao Ricardo Silva FTL	97	Ginasio Figueirense	2:23.69	+0,78	499
	50m: 29.54 29.54	100m: 1:05.88 36.34	150m: 1:50.58 44.70	200m: 2:23.69 33.11		
DSQ	Jose Ricardo Sousa FTL, 609 - Não terminou percurso de costas na posição dorsal - SW 6.5	97	Lousada SXXI			
DSQ	David Carrasco Correia FTL, 704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 100 m - SW 7.1	97	Amadora			
EXH	Isidro Carrara Bittini	97	Alges	2:17.77	+0,72	566
	50m: 28.92 28.92	100m: 1:04.19 35.27	150m: 1:45.28 41.09	200m: 2:17.77 32.49		
EXH	Pedro Vicente Calonio	98	Leixoes	2:20.85	+0,74	530
	50m: 29.90 29.90	100m: 1:06.50 36.60	150m: 1:48.48 41.98	200m: 2:20.85 32.37		

Prova 28

Femin., 200m Estilos

14 - 17 anos

06-04-2014 - 9:40

Resultados

Recordes Nacionais 50m Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Recordes Nacionais 50m Juv B	2:23.60	Diana Margarida Duraes	FOCA	Coimbra	01-08-2010
Recordes Nacionais 50m Juv A	2:22.00	Diana Margarida Duraes	FOCA	Rio Maior	03-04-2011
Recordes Nacionais 50m Jun16	2:20.61	Diana Margarida Duraes	FOCA	Porto	03-06-2012
Recordes Nacionais 50m Jun17	2:17.47	Victoria Kaminskaya	PIMP	Oeiras	29-07-2012

TAC-JUN16F Jun16: 2:33.11 / TAC-JUN17F Jun17: 2:31.61 / TAC-JUVAF Juv A: 2:36.11 / TAC-JUVBF Juv B: 2:40.62

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Raquel Gomes Pereira	00	Alges	2:29.48	+0,75	601
	50m: 31.76 31.76	100m: 1:12.28 40.52	150m: 1:55.12 42.84	200m: 2:29.48 34.36		
2.	Ines Rocha Silva	00	Alcobaca	2:29.94	+0,70	595
	50m: 32.68 32.68	100m: 1:10.89 38.21	150m: 1:55.39 44.50	200m: 2:29.94 34.55		
3.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:31.01	+0,77	582
	50m: 32.57 32.57	100m: 1:12.10 39.53	150m: 1:56.91 44.81	200m: 2:31.01 34.10		
4.	Ana Rita Faria	00	Porto	2:33.67	+0,95	553
	50m: 33.38 33.38	100m: 1:13.53 40.15	150m: 1:59.73 46.20	200m: 2:33.67 33.94		
5.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:33.85	+0,86	551
	50m: 32.41 32.41	100m: 1:12.74 40.33	150m: 1:57.95 45.21	200m: 2:33.85 35.90		
6.	Catarina Martins Mestre	00	Sporting	2:34.20	+0,74	547
	50m: 32.43 32.43	100m: 1:11.46 39.03	150m: 1:57.52 46.06	200m: 2:34.20 36.68		
7.	Sara Kalinovicova Guerreiro	00	FC Ferreiras	2:37.82	+0,84	510
	50m: 35.10 35.10	100m: 1:18.50 43.40	150m: 2:01.20 42.70	200m: 2:37.82 36.62		

Prova 28, Femin., 200m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Ana Miguel Reis	00	Columbofila Cantanhedense	2:38.22	+0,82	506
	50m: 34.05 34.05	100m: 1:13.03 38.98	150m: 2:01.48 48.45	200m: 2:38.22		36.74
9.	Monica Seara Domingues	00	Nautico Marinha Grande	2:39.01	+0,88	499
	50m: 34.85 34.85	100m: 1:15.11 40.26	150m: 2:02.64 47.53	200m: 2:39.01		36.37
10.	Alexandra Jesus Santos	00	Leixoes	2:39.65	+0,81	493
	50m: 32.68 32.68	100m: 1:11.77 39.09	150m: 2:02.29 50.52	200m: 2:39.65		37.36
11.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:40.32	+0,97	487
	50m: 34.83 34.83	100m: 1:16.59 41.76	150m: 2:03.90 47.31	200m: 2:40.32		36.42
12.	Ines Silva Bernardo	00	Colegio Monte Maior	2:41.23	+0,71	478
	FTL					
	50m: 34.32 34.32	100m: 1:17.07 42.75	150m: 2:03.65 46.58	200m: 2:41.23		37.58
13.	Raquel Leao Monteiro	00	Gespacos	2:41.28	+1,04	478
	FTL					
	50m: 34.52 34.52	100m: 1:16.29 41.77	150m: 2:04.68 48.39	200m: 2:41.28		36.60
14.	Cristiana Sofia Ribeiro	00	Famalicao	2:43.87	+0,66	456
	FTL					
	50m: 33.14 33.14	100m: 1:13.62 40.48	150m: 2:05.55 51.93	200m: 2:43.87		38.32

Juvenis A

1.	Madalena Gomes Azevedo	99	Alges	2:26.67	+0,80	636
	50m: 31.38 31.38	100m: 1:11.36 39.98	150m: 1:55.36 44.00	200m: 2:26.67		31.31
2.	Rita Costa Amador	99	Galitos	2:28.84	+0,73	608
	50m: 31.02 31.02	100m: 1:09.23 38.21	150m: 1:54.28 45.05	200m: 2:28.84		34.56
3.	Ines Margarida Costa	99	Sporting	2:31.81	+0,81	573
	50m: 32.72 32.72	100m: 1:12.75 40.03	150m: 1:56.71 43.96	200m: 2:31.81		35.10
4.	Ana Beatriz Martins	99	Famalicao	2:32.10	+0,90	570
	50m: 31.97 31.97	100m: 1:13.02 41.05	150m: 1:57.35 44.33	200m: 2:32.10		34.75
5.	Marta Ferreira Rocha	99	Leixoes	2:34.69	+0,71	542
	50m: 32.27 32.27	100m: 1:11.30 39.03	150m: 1:58.87 47.57	200m: 2:34.69		35.82
6.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	2:36.26	+0,74	526
	FTL					
	50m: 35.33 35.33	100m: 1:15.96 40.63	150m: 2:01.27 45.31	200m: 2:36.26		34.99
7.	Margarida Sobral Pimenta	99	Amadora	2:38.55	+0,73	503
	FTL					
	50m: 33.25 33.25	100m: 1:12.08 38.83	150m: 2:01.31 49.23	200m: 2:38.55		37.24
8.	Sara Costa Guerra	99	Sporting	2:39.28	+0,72	496
	FTL					
	50m: 33.36 33.36	100m: 1:15.75 42.39	150m: 2:02.90 47.15	200m: 2:39.28		36.38
9.	Ines Maria Pereira	99	Leixoes	2:39.43	+0,82	495
	FTL					
	50m: 33.47 33.47	100m: 1:13.62 40.15	150m: 2:02.07 48.45	200m: 2:39.43		37.36

Prova 28, Femin., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Ana Miguel Pinto FTL	99	Viana Natacao	2:44.92	+0,90	447
	50m: 33.80 33.80	100m: 1:18.02 44.22	150m: 2:06.82 48.80	200m: 2:44.92		38.10
DNS	Mariana Alexandre Oliveira	99	Porto			

Juniores

1.	Rita Barros Frischknecht	98	Alges	2:25.50	+0,79	651
	50m: 30.66 30.66	100m: 1:07.05 36.39	150m: 1:51.61 44.56	200m: 2:25.50		33.89
2.	Maria Madalena Silva	98	Nautico Abrantes	2:27.48	+0,74	625
	50m: 31.90 31.90	100m: 1:09.97 38.07	150m: 1:53.44 43.47	200m: 2:27.48		34.04
3.	Maria Teresa Amorim	97	Porto	2:28.23	+0,87	616
	50m: 31.83 31.83	100m: 1:09.62 37.79	150m: 1:54.49 44.87	200m: 2:28.23		33.74
4.	Sofia Machado Dionisio	98	Sporting	2:30.33	+0,79	590
	50m: 31.72 31.72	100m: 1:11.46 39.74	150m: 1:55.64 44.18	200m: 2:30.33		34.69
5.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	2:30.63	+0,75	587
	50m: 31.99 31.99	100m: 1:10.28 38.29	150m: 1:55.67 45.39	200m: 2:30.63		34.96
6.	Rita Teixeira Costa FTL	97	Belenenses	2:33.48	+0,69	555
	50m: 31.46 31.46	100m: 1:10.66 39.20	150m: 1:57.21 46.55	200m: 2:33.48		36.27
7.	Sofia Alexandra Branco FTL	98	Sporting	2:33.85	+0,84	551
	50m: 31.50 31.50	100m: 1:12.51 41.01	150m: 1:58.57 46.06	200m: 2:33.85		35.28
DSQ	Barbara Sofia Barata	97	Alges			
	704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 100 m - SW 7.1					

Prova 29 Masc., 50m Bruços 15 - 18 anos
06-04-2014 - 10:00 Resultados

Recordes Nacionais 50m Absoluto	28.16	Carlos Esteves Almeida	FPN	Barcelona (ESP)	30-07-2013
Recordes Nacionais 50m Jun17	29.10	Pedro Miguel Agostinho	FPN	Praga (CZE)	10-07-2009
Recordes Nacionais 50m Jun18	29.07	Bruno Miguel Ramos	FPN	Linz (AUT)	13-07-2002

TAC-JUN17M Jun17: 32.25 / TAC-JUN18M Jun18: 31.78 / TAC-JUVAM Juv A: 32.25 / TAC-JUVBM Juv B: 32.25

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Guilherme Assis Ramos	98	Fisica Torres Vedras	31.21	+0,76	624
2.	Mario Jorge Veloso	98	Braga	31.61	+0,77	600
3.	Diogo Miguel Costa FTL	98	Porto	32.88	+0,75	533

Prova 29, Masc., 50m Bruços

Juniores

1.	Simao Miguel Capitao	97	Colegio SMLamas	30.06	+0,72	698
2.	Guilherme Miguel Teixeira	97	Benfica	30.62	+0,74	660
3.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	30.68	+0,69	656
4.	Andre Goncalo Santos	97	Leixoes	30.74	+0,74	653
5.	Miguel Monteiro Cruchinho	97	Sporting	30.83	+0,65	647
6.	Leonardo Cardoso Figueiredo	96	Porto	30.84	+0,65	646
7.	Joao Filipe Costa	96	Alges	31.19	+0,59	625
8.	Joao Paulo Capitao	96	Colegio SMLamas	31.23	+0,78	622
9.	Filipe Carmo Ramos	97	Vilacondense	31.28	+0,72	619
10.	Artur Jose Reis	96	Porto	31.84	+0,78	587
FTL						

Prova 30

Femin., 50m Bruços

14 - 17 anos

06-04-2014 - 10:05

Resultados

Recordes Nacionais 50m Absoluto	31.60	Joana Catarina Carvalho	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Jun16	31.92	Ana Pinho Rodrigues	FPN	Gorzow Wlwp (POL)	28-03-2010
Recordes Nacionais 50m Jun17	31.60	Joana Catarina Carvalho	FCP	Coimbra	30-05-2009

TAC-JUN16F Jun16: 37.48 / TAC-JUN17F Jun17: 36.40 / TAC-JUVAF Juv A: 37.48 / TAC-JUVBF Juv B: 37.48

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Laura Catarina Abreu	00	Desportivo Nacional	35.07	+0,74	593
2.	Ines Silva Bernardo	00	Colegio Monte Maior	35.86	+0,71	555
3.	Carlota Santos Silva	00	Nautico /Urgicentro-Sanfil	36.55	+0,77	524
4.	Carolina Maeiro Augusto	00	Natacao de Olhao	37.09	+0,70	502
5.	Sara Kalinivova Guerreiro	00	FC Ferreiras	37.31	+0,84	493
6.	Ema Filipa Rosario	00	Natacao do Montijo	37.52	+0,69	485
FTL						

Juvenis A

1.	Matilde Pereira Martins	99	Colegio Bernardette Romeira	35.97	+0,80	550
2.	Claudia Ferreira Borges	99	Benfica	36.21	+0,73	539

Juniores

1.	Carolina Lourenco Matos	98	Benedita	34.81	+0,68	607
2.	Rute Isabel Leonardo	98	Nautico Abrantes	35.14	+0,71	590
3.	Catarina Costa Sequeira	98	Armazenenses	35.37	+0,85	578
4.	Maria Madalena Silva	98	Nautico Abrantes	35.39	+0,72	578
5.	Rita Maria Cardoso	98	Leixoes	35.41	+0,85	577
6.	Maria Rachadell Pereira	98	Portinado	35.74	+0,78	561
7.	Rita Catarina Miranda	97	Braga	35.82	+0,79	557
8.	Mariana Manhita Correia	98	Tavira Natacao	36.19	+0,76	540
9.	Ana Rita Graca	98	Vilacondense	36.53	+0,85	525
10.	Mafalda Alexandra Henriques	98	Nacional de Natacao	36.94	+0,86	508

Prova 30, Femin., 50m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Diana Sofia Silva FTL	97	Braga	37.94	+0,82	469

Prova 31

Masc., 100m Livres

15 - 18 anos

06-04-2014 - 10:10

Resultados

Recordes Nacionais 50m Absoluto	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29-07-2009
Recordes Nacionais 50m Juv B	53.51	Tiago Andre Venancio	CNS	Lisboa	19-05-2002
Recordes Nacionais 50m Juv A	52.10	Tiago Andre Venancio	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Jun17	49.59	Tiago Andre Venancio	FPN	Oeiras	15-07-2004
Recordes Nacionais 50m Jun18	50.24	Tiago Andre Venancio	CNS	Oeiras	19-03-2005

TAC-JUN17M Jun17: 56.24 / TAC-JUN18M Jun18: 55.43 / TAC-JUVAM Juv A: 57.86 / TAC-JUVBM Juv B: 58.94

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	55.61	+0,79	600
	50m: 27.43 27.43 100m: 55.61 28.18					
2.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	55.83	+0,85	593
	50m: 27.15 27.15 100m: 55.83 28.68					
3.	Pedro Miguel Fernandes	99	Vitoria de Guimaraes/Olicargo	56.33	+0,73	577
	50m: 26.60 26.60 100m: 56.33 29.73					
4.	Tiago Andre Oliveira	99	Vitoria de Guimaraes/Olicargo	56.46	+0,71	573
	50m: 27.11 27.11 100m: 56.46 29.35					
5.	Mateus Ribeiro Carvalho	99	Famalicao	56.64	+0,71	568
	50m: 27.29 27.29 100m: 56.64 29.35					
6.	Diogo Alexandre Domingues	99	Naval Amorense	56.85	+0,79	561
	50m: 26.76 26.76 100m: 56.85 30.09					
7.	Joao Magalhaes Nunes	99	Amadora	57.12	+0,80	553
	50m: 28.01 28.01 100m: 57.12 29.11					
8.	Sandro Emanuel Francisco	99	Industrial Viegrense	57.49	+0,75	543
	50m: 27.34 27.34 100m: 57.49 30.15					
9.	Jose Pedro Fernandes	99	Braga	57.87	+0,81	532
	50m: 27.63 27.63 100m: 57.87 30.24					
10.	Francisco Ribeiro Constantino	99	Naval da Nazare	58.07	+0,80	527
	50m: 27.43 27.43 100m: 58.07 30.64					
11.	Alexandre Ferreira Amorim	99	Colegio SMLamas	58.24	+0,79	522
	50m: 28.30 28.30 100m: 58.24 29.94					
	Diogo Jesus Crespo	99	Desportivo Nacional	58.24	+0,88	522
	50m: 27.21 27.21 100m: 58.24 31.03					
13.	Gil Magalhaes Raposo	99	Lagoa AC	58.28	+0,73	521
	50m: 28.00 28.00 100m: 58.28 30.28					
14.	Diogo Alexandre Pacheco	99	Bombeiros Ponta Delgada	58.51	+0,69	515
	50m: 27.33 27.33 100m: 58.51 31.18					

Prova 31, Masc., 100m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Manuel Silva Godinho	99	Louletano/Loule Concelho	58.58	+0,82	513
	50m: 27.98 27.98	100m: 58.58 30.60				
16.	Tiago Silva Soares	99	Porto	58.71	+0,88	510
	50m: 28.03 28.03	100m: 58.71 30.68				
17.	Bernardo Jose Dionisio	99	Gualdim Pais	58.73	+0,68	509
	50m: 28.31 28.31	100m: 58.73 30.42				
18.	Jaime Daniel Correia	99	Estrelas S. Joao de Brito	58.77	+0,71	508
	50m: 27.50 27.50	100m: 58.77 31.27				
19.	Leonardo Jose Silva	99	Gespacos	58.85	+0,91	506
	50m: 28.36 28.36	100m: 58.85 30.49				
20.	Nuno Henrique Guimaraes FTL	99	Natacao de Valongo	59.08	+0,69	500
	50m: 28.47 28.47	100m: 59.08 30.61				
21.	Hugo Filipe Correia FTL	99	Litoral Alentejano	59.21	+0,78	497
	50m: 27.98 27.98	100m: 59.21 31.23				
22.	Miguel Carrico Cruz FTL	99	20Km de Almeirim	59.66	+0,71	486
	50m: 28.50 28.50	100m: 59.66 31.16				
23.	Daniel Queiros Cruz FTL	99	Porto	59.73	+0,88	484
	50m: 29.21 29.21	100m: 59.73 30.52				
24.	Bernardo Pastor Escada FTL	99	Aminata	59.86	+0,77	481
	50m: 28.66 28.66	100m: 59.86 31.20				
25.	Francisco Jorge Rodrigues FTL	99	SSociais de Braganca	59.87	+0,89	481
	50m: 28.34 28.34	100m: 59.87 31.53				
26.	Rui Miguel Cachopo FTL	99	Colegio Monte Maior	1:00.19	+0,81	473
	50m: 28.64 28.64	100m: 1:00.19 31.55				
27.	Goncalo Oliveira Cabral FTL	99	Fluvial Portuense	1:00.71	+0,90	461
	50m: 28.91 28.91	100m: 1:00.71 31.80				

Juvenis A

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	54.76	+0,65	628
	50m: 26.10 26.10	100m: 54.76 28.66				
2.	Bernardo Santos Clemente	98	BA/Bomcar	55.13	+0,89	616
	50m: 26.12 26.12	100m: 55.13 29.01				
3.	Rui Filipe Costa	98	Desporto de Barcelos	55.24	+0,74	612
	50m: 26.77 26.77	100m: 55.24 28.47				

Prova 31, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Francisco Carvalho Machado	98	Alges	55.45	+0,62	605
	50m: 25.65 25.65 100m: 55.45 29.80					
5.	Pedro Camacho Sousa	98	Naval do Funchal	55.71	+0,72	597
	50m: 26.52 26.52 100m: 55.71 29.19					
6.	Goncalo Miguel Nogueira	98	Porto	55.92	+0,66	590
	50m: 26.83 26.83 100m: 55.92 29.09					
7.	Pedro Goncalves Neto	98	Porto	56.02	+0,83	587
	50m: 27.03 27.03 100m: 56.02 28.99					
8.	Nuno Miguel Graca	98	Desportiva de Viana	56.32	+0,75	577
	50m: 27.11 27.11 100m: 56.32 29.21					
9.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	56.58	+0,85	569
	50m: 27.56 27.56 100m: 56.58 29.02					
10.	Henrique Luis Vargas	98	Naval do Funchal	56.68	+0,69	566
	50m: 26.34 26.34 100m: 56.68 30.34					
11.	Tiago Martins Boleta	98	Louletano/Loule Concelho	56.96	+0,69	558
	50m: 26.89 26.89 100m: 56.96 30.07					
12.	Francisco Manso Teixeira	98	Naval do Funchal	56.99	+0,63	557
	50m: 27.00 27.00 100m: 56.99 29.99					
13.	Guilherme Assis Ramos	98	Fisica Torres Vedras	57.22	+0,80	551
	50m: 26.94 26.94 100m: 57.22 30.28					
14.	Diogo Manuel Marques	98	Columbofila Cantanhedense	57.24	+0,67	550
	50m: 27.40 27.40 100m: 57.24 29.84					
15.	Carlos Afonso Almeida	98	Colegio Vasco da Gama	57.32	+0,68	548
	50m: 26.99 26.99 100m: 57.32 30.33					
	Steve Alexandre Soares	98	Amadora	57.32	+0,68	548
	50m: 27.54 27.54 100m: 57.32 29.78					
17.	Filipe Miguel Silveira	98	Amadora	57.40	+0,67	545
	50m: 27.61 27.61 100m: 57.40 29.79					
18.	Francisco Aguiar Morganho	98	Naval do Funchal	57.47	+0,66	543
	50m: 27.33 27.33 100m: 57.47 30.14					
19.	Ruben Duarte Leitao	98	Desporto de Setubal	57.66	+0,76	538
	50m: 27.81 27.81 100m: 57.66 29.85					
20.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	57.68	+0,75	537
	50m: 27.86 27.86 100m: 57.68 29.82					
21.	Joao Soares Melo	98	Estamos Juntos	57.81	+0,80	534
	50m: 27.42 27.42 100m: 57.81 30.39					
22.	Joao Jose Laranjeira	98	Campinho	57.84	+0,90	533
	50m: 27.64 27.64 100m: 57.84 30.20					
23.	Andre Filipe Afonseca	98	Desporto de Barcelos	57.89	+0,76	532
	FTL					
	50m: 28.00 28.00 100m: 57.89 29.89					

Prova 31, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Francisco Conduto Araujo FTL	98	Lagoa AC	57.98	+0,73	529
	50m: 27.02 27.02	100m: 57.98 30.96				
25.	Joao Luis Maximo FTL	98	O Crasto	58.01	+0,73	528
	50m: 27.83 27.83	100m: 58.01 30.18				
26.	Nuno Tiago Lopes FTL	98	Ginasio Vila Real	58.31	+0,74	520
	50m: 27.82 27.82	100m: 58.31 30.49				

Juniores

1.	Tiago Manuel Teixeira	96	Fafe	52.79	+0,71	701
	50m: 25.61 25.61	100m: 52.79 27.18				
2.	Joao Carlos Santos	96	Naval Amorense	53.89	+0,66	659
	50m: 26.60 26.60	100m: 53.89 27.29				
3.	Joao Pedro Belo	97	Sporting	54.01	+0,67	655
	50m: 26.28 26.28	100m: 54.01 27.73				
4.	Alexandre Lages Ribas	97	Desportiva de Viana	54.20	+0,70	648
	50m: 26.09 26.09	100m: 54.20 28.11				
5.	Miguel Freitas Marques	96	Maritimo	54.26	+0,65	646
	50m: 26.09 26.09	100m: 54.26 28.17				
6.	Joao Martins Santos	96	Gafanha da Encarnacao	54.39	+0,67	641
	50m: 26.07 26.07	100m: 54.39 28.32				
7.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	54.48	+0,65	638
	50m: 25.91 25.91	100m: 54.48 28.57				
8.	Miguel Galeao Lopes	96	Portinado	54.49	+0,70	638
	50m: 26.16 26.16	100m: 54.49 28.33				
9.	Guilherme Pereira Dias	97	Sporting	54.57	+0,67	635
	50m: 26.60 26.60	100m: 54.57 27.97				
10.	Ruben Oliveira Lopes	97	Porto	54.94	+0,65	622
	50m: 25.90 25.90	100m: 54.94 29.04				
11.	Fabio Alcantara Aires	97	Naval Amorense	54.95	+0,79	622
	50m: 26.42 26.42	100m: 54.95 28.53				
12.	Carlos Flores Clara	97	Geslours	55.05	+0,80	618
	50m: 26.51 26.51	100m: 55.05 28.54				
13.	Rodrigo Carlos Albuquerque	97	Braga	55.20	+0,63	613
	50m: 26.49 26.49	100m: 55.20 28.71				
14.	Andre Goncalo Santos	97	Leixoes	55.21	+0,75	613
	50m: 26.29 26.29	100m: 55.21 28.92				
15.	Ivo Pinto Ribeiro	97	Foca	55.38	+0,70	607
	50m: 26.32 26.32	100m: 55.38 29.06				
16.	Francisco Pestana Silva	97	Naval do Funchal	55.45	+0,67	605
	50m: 26.67 26.67	100m: 55.45 28.78				

Prova 31, Masc., 100m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	55.63	+0,65	599
	50m: 27.15 27.15 100m: 55.63 28.48					
18.	Andre Resende Pinheiro	97	Porto	55.85	+0,73	592
	50m: 27.37 27.37 100m: 55.85 28.48					
19.	Simao Miguel Capitaio	97	Colegio SMLamas	56.18	+0,71	582
	50m: 26.97 26.97 100m: 56.18 29.21					
	Bruno Miguel Silva	96	Porto	56.18	+0,80	582
	FTL					
	50m: 27.13 27.13 100m: 56.18 29.05					
21.	Ricardo David Silva	97	Foca	56.27	+0,69	579
	FTL					
	50m: 27.30 27.30 100m: 56.27 28.97					
22.	Francisco Gouveia Sousa	96	Naval do Funchal	56.45	+0,68	573
	FTL					
	50m: 26.36 26.36 100m: 56.45 30.09					
23.	Daniel Filipe Cazeiro	97	Naval Amorense	56.68	+0,71	566
	FTL					
	50m: 27.63 27.63 100m: 56.68 29.05					
24.	Dmytryi Eugeniyovich Martynenko	97	Electrico Clube	57.14	+0,67	553
	FTL					
	50m: 26.77 26.77 100m: 57.14 30.37					
EXH	Luis David Rodrigues	96	Benfica	55.14	+0,71	615
	50m: 26.36 26.36 100m: 55.14 28.78					

Prova 32

Femin., 1500m Livres

14 - 17 anos

06-04-2014 - 10:45

Resultados

Recordes Nacionais 50m Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Recordes Nacionais 50m Juv B	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	08-07-2007
Recordes Nacionais 50m Juv A	17:15.20	Maria Miguel Veloso	CNAC	Coimbra	30-03-2008
Recordes Nacionais 50m Jun16	17:02.46	Florbela Cavaco Machado	ASSSCC	Coimbra	07-04-2012
Recordes Nacionais 50m Jun17	16:46.35	Florbela Cavaco Machado	LSC	Dubai (UAE)	30-08-2013

TAC-JUN16F Jun16: 18:57.88 / TAC-JUN17F Jun17: 18:46.73 / TAC-JUVAF Juv A: 18:57.88 / TAC-JUVBF Juv B: 18:57.88

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tamila Hryhorivna Holub	99	Braga	17:16.07	+0,94	738
	Minimos CEJ 2014					
	50m: 31.51 31.51 450m: 5:06.23 34.53 850m: 9:45.00 35.03 1250m: 14:23.58 34.83					
	100m: 1:05.67 34.16 500m: 5:41.05 34.82 900m: 10:19.70 34.70 1300m: 14:58.79 35.21					
	150m: 1:39.64 33.97 550m: 6:16.04 34.99 950m: 10:54.65 34.95 1350m: 15:33.64 34.85					
	200m: 2:13.70 34.06 600m: 6:50.97 34.93 1000m: 11:29.36 34.71 1400m: 16:08.74 35.10					
	250m: 2:48.27 34.57 650m: 7:26.12 35.15 1050m: 12:04.07 34.71 1450m: 16:43.32 34.58					
	300m: 3:22.57 34.30 700m: 8:00.76 34.64 1100m: 12:38.98 34.91 1500m: 17:16.07 32.75					
	350m: 3:57.07 34.50 750m: 8:35.69 34.93 1150m: 13:13.89 34.91					
	400m: 4:31.70 34.63 800m: 9:09.97 34.28 1200m: 13:48.75 34.86					

Prova 32, Femin., 1500m Livres, Juvenis A

Lugar	Nome			Ano	Clube		Tempo Final			TReac	Pts	
2.	Beatriz Paulo Ranito			99	Sporting		18:10.03			+0,78	634	
	50m:	33.25	33.25	450m:	5:24.00	36.37	850m:	10:15.75	36.77	1250m:	15:08.39	36.55
	100m:	1:09.21	35.96	500m:	6:00.05	36.05	900m:	10:52.61	36.86	1300m:	15:45.02	36.63
	150m:	1:46.00	36.79	550m:	6:36.58	36.53	950m:	11:29.57	36.96	1350m:	16:21.66	36.64
	200m:	2:22.22	36.22	600m:	7:12.76	36.18	1000m:	12:05.85	36.28	1400m:	16:58.24	36.58
	250m:	2:58.94	36.72	650m:	7:49.09	36.33	1050m:	12:42.49	36.64	1450m:	17:34.35	36.11
	300m:	3:34.89	35.95	700m:	8:25.53	36.44	1100m:	13:19.10	36.61	1500m:	18:10.03	35.68
	350m:	4:11.51	36.62	750m:	9:02.45	36.92	1150m:	13:55.52	36.42			
	400m:	4:47.63	36.12	800m:	9:38.98	36.53	1200m:	14:31.84	36.32			
3.	Maria Beatriz Dias			99	Viver Santarem		18:32.42			+0,76	596	
	50m:	33.93	33.93	450m:	5:29.00	37.04	850m:	10:26.70	37.18	1250m:	15:26.04	37.62
	100m:	1:10.31	36.38	500m:	6:06.06	37.06	900m:	11:04.10	37.40	1300m:	16:03.83	37.79
	150m:	1:46.89	36.58	550m:	6:43.05	36.99	950m:	11:41.33	37.23	1350m:	16:41.30	37.47
	200m:	2:23.91	37.02	600m:	7:20.50	37.45	1000m:	12:18.66	37.33	1400m:	17:19.06	37.76
	250m:	3:00.66	36.75	650m:	7:57.68	37.18	1050m:	12:55.93	37.27	1450m:	17:56.08	37.02
	300m:	3:37.80	37.14	700m:	8:34.84	37.16	1100m:	13:33.30	37.37	1500m:	18:32.42	36.34
	350m:	4:14.90	37.10	750m:	9:12.04	37.20	1150m:	14:10.75	37.45			
	400m:	4:51.96	37.06	800m:	9:49.52	37.48	1200m:	14:48.42	37.67			
4.	Mariana Pinto Angelo			99	Academica de Coimbra		18:49.36			+0,76	570	
	50m:	34.01	34.01	450m:	5:29.52	37.35	850m:	10:32.01	38.13	1250m:	15:37.18	38.22
	100m:	1:10.30	36.29	500m:	6:06.61	37.09	900m:	11:10.18	38.17	1300m:	16:15.52	38.34
	150m:	1:47.22	36.92	550m:	6:44.23	37.62	950m:	11:48.21	38.03	1350m:	16:54.27	38.75
	200m:	2:23.82	36.60	600m:	7:21.95	37.72	1000m:	12:26.31	38.10	1400m:	17:32.79	38.52
	250m:	3:00.98	37.16	650m:	7:59.96	38.01	1050m:	13:04.31	38.00	1450m:	18:11.68	38.89
	300m:	3:37.61	36.63	700m:	8:38.27	38.31	1100m:	13:42.42	38.11	1500m:	18:49.36	37.68
	350m:	4:14.95	37.34	750m:	9:16.15	37.88	1150m:	14:20.64	38.22			
	400m:	4:52.17	37.22	800m:	9:53.88	37.73	1200m:	14:58.96	38.32			

Juniores

1.	Filipa Vilas Ruivo			97	Nautico Marinha Grande			17:20.65		+0,85	728	
	50m:	31.95	31.95	450m:	5:08.47	34.98	850m:	9:45.77	34.85	1250m:	14:26.13	35.23
	100m:	1:05.77	33.82	500m:	5:43.52	35.05	900m:	10:20.33	34.56	1300m:	15:01.27	35.14
	150m:	1:40.12	34.35	550m:	6:18.61	35.09	950m:	10:55.34	35.01	1350m:	15:36.72	35.45
	200m:	2:14.55	34.43	600m:	6:53.17	34.56	1000m:	11:30.27	34.93	1400m:	16:11.79	35.07
	250m:	2:49.16	34.61	650m:	7:27.65	34.48	1050m:	12:05.42	35.15	1450m:	16:46.89	35.10
	300m:	3:23.80	34.64	700m:	8:02.03	34.38	1100m:	12:40.63	35.21	1500m:	17:20.65	33.76
	350m:	3:58.76	34.96	750m:	8:36.54	34.51	1150m:	13:15.91	35.28			
	400m:	4:33.49	34.73	800m:	9:10.92	34.38	1200m:	13:50.90	34.99			
2.	Barbara Marques Rodrigues			97	Alges			17:55.54		+0,90	660	
	50m:	32.11	32.11	450m:	5:15.86	35.70	850m:	10:05.14	36.16	1250m:	14:53.84	35.87
	100m:	1:06.75	34.64	500m:	5:51.99	36.13	900m:	10:41.45	36.31	1300m:	15:30.18	36.34
	150m:	1:42.12	35.37	550m:	6:27.93	35.94	950m:	11:17.41	35.96	1350m:	16:06.39	36.21
	200m:	2:17.66	35.54	600m:	7:04.30	36.37	1000m:	11:53.57	36.16	1400m:	16:42.82	36.43
	250m:	2:53.31	35.65	650m:	7:40.26	35.96	1050m:	12:29.72	36.15	1450m:	17:19.13	36.31
	300m:	3:28.80	35.49	700m:	8:16.65	36.39	1100m:	13:05.76	36.04	1500m:	17:55.54	36.41
	350m:	4:04.29	35.49	750m:	8:52.64	35.99	1150m:	13:41.75	35.99			
	400m:	4:40.16	35.87	800m:	9:28.98	36.34	1200m:	14:17.97	36.22			

Prova 32, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Carolina Mantua Guedes	98	Sporting	18:02.93	+0,77	646
	50m: 31.31 31.31	450m: 5:17.70	36.18	850m: 10:08.33	35.98	1250m: 15:01.21 36.77
	100m: 1:05.85 34.54	500m: 5:54.05	36.35	900m: 10:44.77	36.44	1300m: 15:38.14 36.93
	150m: 1:41.34 35.49	550m: 6:30.28	36.23	950m: 11:20.87	36.10	1350m: 16:14.88 36.74
	200m: 2:17.13 35.79	600m: 7:06.87	36.59	1000m: 11:57.71	36.84	1400m: 16:52.43 37.55
	250m: 2:53.15 36.02	650m: 7:42.92	36.05	1050m: 12:34.10	36.39	1450m: 17:28.04 35.61
	300m: 3:29.05 35.90	700m: 8:19.46	36.54	1100m: 13:10.78	36.68	1500m: 18:02.93 34.89
	350m: 4:05.27 36.22	750m: 8:55.96	36.50	1150m: 13:47.51	36.73	
	400m: 4:41.52 36.25	800m: 9:32.35	36.39	1200m: 14:24.44	36.93	
4.	Madalena Amaro Machado	98	Academico Viseu	18:19.39	+0,85	618
	50m: 32.40 32.40	450m: 5:25.22	36.53	850m: 10:22.38	36.36	1250m: 15:18.78 36.93
	100m: 1:08.58 36.18	500m: 6:03.18	37.96	900m: 10:59.67	37.29	1300m: 15:56.35 37.57
	150m: 1:44.84 36.26	550m: 6:39.91	36.73	950m: 11:36.12	36.45	1350m: 16:33.01 36.66
	200m: 2:21.77 36.93	600m: 7:17.05	37.14	1000m: 12:13.58	37.46	1400m: 17:09.54 36.53
	250m: 2:58.23 36.46	650m: 7:53.54	36.49	1050m: 12:50.52	36.94	1450m: 17:44.79 35.25
	300m: 3:34.63 36.40	700m: 8:30.96	37.42	1100m: 13:28.13	37.61	1500m: 18:19.39 34.60
	350m: 4:11.15 36.52	750m: 9:07.95	36.99	1150m: 14:04.33	36.20	
	400m: 4:48.69 37.54	800m: 9:46.02	38.07	1200m: 14:41.85	37.52	
5.	Ana Silva Costa	98	Famalicao	18:21.65	+0,66	614
	50m: 32.36 32.36	450m: 5:21.74	36.40	850m: 10:15.54	36.78	1250m: 15:14.35 37.63
	100m: 1:07.45 35.09	500m: 5:57.98	36.24	900m: 10:52.93	37.39	1300m: 15:51.95 37.60
	150m: 1:43.55 36.10	550m: 6:34.59	36.61	950m: 11:30.17	37.24	1350m: 16:29.65 37.70
	200m: 2:19.65 36.10	600m: 7:11.23	36.64	1000m: 12:07.40	37.23	1400m: 17:07.43 37.78
	250m: 2:56.07 36.42	650m: 7:48.25	37.02	1050m: 12:44.70	37.30	1450m: 17:44.98 37.55
	300m: 3:32.26 36.19	700m: 8:24.90	36.65	1100m: 13:22.08	37.38	1500m: 18:21.65 36.67
	350m: 4:09.11 36.85	750m: 9:02.07	37.17	1150m: 13:59.49	37.41	
	400m: 4:45.34 36.23	800m: 9:38.76	36.69	1200m: 14:36.72	37.23	
6.	Marina Micaela Sequeira	98	Uniao Piedense	18:22.72	+0,72	612
	50m: 33.58 33.58	450m: 5:25.33	37.01	850m: 10:19.77	37.40	1250m: 15:18.81 37.65
	100m: 1:09.43 35.85	500m: 6:01.74	36.41	900m: 10:56.42	36.65	1300m: 15:56.08 37.27
	150m: 1:46.24 36.81	550m: 6:37.98	36.24	950m: 11:34.65	38.23	1350m: 16:33.54 37.46
	200m: 2:22.48 36.24	600m: 7:14.31	36.33	1000m: 12:11.44	36.79	1400m: 17:10.62 37.08
	250m: 2:59.58 37.10	650m: 7:51.28	36.97	1050m: 12:49.04	37.60	1450m: 17:47.59 36.97
	300m: 3:35.50 35.92	700m: 8:28.01	36.73	1100m: 13:26.37	37.33	1500m: 18:22.72 35.13
	350m: 4:12.29 36.79	750m: 9:05.58	37.57	1150m: 14:04.20	37.83	
	400m: 4:48.32 36.03	800m: 9:42.37	36.79	1200m: 14:41.16	36.96	
7.	Ana Rita Graca	98	Vilacondense	18:23.09	+0,93	611
	50m: 33.75 33.75	450m: 5:27.46	36.69	850m: 10:22.96	36.90	1250m: 15:20.77 37.38
	100m: 1:09.77 36.02	500m: 6:04.46	37.00	900m: 11:00.63	37.67	1300m: 15:58.82 38.05
	150m: 1:46.56 36.79	550m: 6:41.23	36.77	950m: 11:37.14	36.51	1350m: 16:35.31 36.49
	200m: 2:23.31 36.75	600m: 7:18.48	37.25	1000m: 12:14.66	37.52	1400m: 17:12.53 37.22
	250m: 3:00.12 36.81	650m: 7:55.21	36.73	1050m: 12:51.70	37.04	1450m: 17:47.88 35.35
	300m: 3:37.06 36.94	700m: 8:32.29	37.08	1100m: 13:28.97	37.27	1500m: 18:23.09 35.21
	350m: 4:13.88 36.82	750m: 9:08.91	36.62	1150m: 14:05.90	36.93	
	400m: 4:50.77 36.89	800m: 9:46.06	37.15	1200m: 14:43.39	37.49	
8.	Maria Joao Fernandes	97	Vilacondense	18:31.65	+0,75	597
	50m: 32.44 32.44	450m: 5:20.65	35.98	850m: 10:17.83	37.48	1250m: 15:21.93 37.86
	100m: 1:07.90 35.46	500m: 5:57.33	36.68	900m: 10:55.73	37.90	1300m: 16:00.52 38.59
	150m: 1:43.27 35.37	550m: 6:33.99	36.66	950m: 11:33.31	37.58	1350m: 16:38.24 37.72
	200m: 2:19.69 36.42	600m: 7:11.57	37.58	1000m: 12:11.55	38.24	1400m: 17:16.79 38.55
	250m: 2:56.09 36.40	650m: 7:48.54	36.97	1050m: 12:49.45	37.90	1450m: 17:54.42 37.63
	300m: 3:32.44 36.35	700m: 8:25.80	37.26	1100m: 13:27.91	38.46	1500m: 18:31.65 37.23
	350m: 4:08.49 36.05	750m: 9:02.79	36.99	1150m: 14:05.79	37.88	
	400m: 4:44.67 36.18	800m: 9:40.35	37.56	1200m: 14:44.07	38.28	

Prova 32, Femin., 1500m Livres, Juniores

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
9.	Ana Raquel Ferreira			98	Ginasio Figueirense			18:42.31		+0,89	581	
	50m:	33.11	33.11	450m:	5:27.13	37.33	850m:	10:27.97	38.14	1250m:	15:33.15	38.23
	100m:	1:09.32	36.21	500m:	6:04.36	37.23	900m:	11:06.15	38.18	1300m:	16:11.18	38.03
	150m:	1:46.23	36.91	550m:	6:42.06	37.70	950m:	11:44.52	38.37	1350m:	16:49.45	38.27
	200m:	2:22.82	36.59	600m:	7:19.47	37.41	1000m:	12:22.45	37.93	1400m:	17:27.17	37.72
	250m:	2:59.65	36.83	650m:	7:57.12	37.65	1050m:	13:01.12	38.67	1450m:	18:05.47	38.30
	300m:	3:36.08	36.43	700m:	8:34.28	37.16	1100m:	13:38.90	37.78	1500m:	18:42.31	36.84
	350m:	4:13.16	37.08	750m:	9:12.29	38.01	1150m:	14:17.00	38.10			
	400m:	4:49.80	36.64	800m:	9:49.83	37.54	1200m:	14:54.92	37.92			
10.	Luana Raquel Alves			97	Desportiva de Viana			19:03.27		+0,85	549	
	<i>FTL</i>											
	50m:	32.01	32.01	450m:	5:28.66	37.58	850m:	10:36.90	38.47	1250m:	15:50.51	39.28
	100m:	1:07.63	35.62	500m:	6:07.19	38.53	900m:	11:16.06	39.16	1300m:	16:29.79	39.28
	150m:	1:43.91	36.28	550m:	6:45.39	38.20	950m:	11:54.88	38.82	1350m:	17:08.74	38.95
	200m:	2:21.12	37.21	600m:	7:24.16	38.77	1000m:	12:34.40	39.52	1400m:	17:47.26	38.52
	250m:	2:58.13	37.01	650m:	8:02.16	38.00	1050m:	13:12.89	38.49	1450m:	18:25.50	38.24
	300m:	3:35.79	37.66	700m:	8:41.17	39.01	1100m:	13:52.43	39.54	1500m:	19:03.27	37.77
	350m:	4:13.03	37.24	750m:	9:19.36	38.19	1150m:	14:31.56	39.13			
	400m:	4:51.08	38.05	800m:	9:58.43	39.07	1200m:	15:11.23	39.67			

Prova 33

Femin., 100m Mariposa

14 - 17 anos

06-04-2014 - 15:30

Resultados

Recordes Nacionais 50m Absoluto	58.76	Sara Freitas Oliveira	FPN	Budapest (HUN)	12-08-2010
Recordes Nacionais 50m Juv B	1:03.88	Ines Camacho Fernandes	FPN	Trabzon (TUR)	25-07-2011
Recordes Nacionais 50m Juv A	1:03.14	Ana Rita Francisco	SFUAP	Coimbra	05-08-1995
Recordes Nacionais 50m Jun16	1:01.48	Sara Francisco Cruz	ADBA	Faro	20-07-2009
Recordes Nacionais 50m Jun17	1:00.95	Sara Freitas Oliveira	FPN	Berlin (GER)	01-08-2002

TAC-JUN16F Jun16: 1:10.05 / TAC-JUN17F Jun17: 1:08.03 / TAC-JUVAF Juv A: 1:10.72 / TAC-JUVBF Juv B: 1:12.07

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandra Jesus Santos	00	Leixoes	1:07.16	+0,80	579
	50m: 31.16 31.16	100m: 1:07.16	36.00			
2.	Raquel Gomes Pereira	00	Alges	1:07.86	+0,91	561
	50m: 31.83 31.83	100m: 1:07.86	36.03			
3.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	1:08.26	+0,84	551
	50m: 32.21 32.21	100m: 1:08.26	36.05			
4.	Beatriz Jong Rosa	00	Desportivo Nacional	1:08.49	+0,78	546
	50m: 31.50 31.50	100m: 1:08.49	36.99			
5.	Catarina Martins Mestre	00	Sporting	1:09.38	+0,63	525
	50m: 32.52 32.52	100m: 1:09.38	36.86			
6.	Cristiana Sofia Ribeiro	00	Famalicao	1:10.13	+0,73	508
	50m: 32.43 32.43	100m: 1:10.13	37.70			
7.	Raquel Leao Monteiro	00	Gespacos	1:10.74	+0,96	495
	50m: 33.39 33.39	100m: 1:10.74	37.35			

Prova 33, Femin., 100m Mariposa, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Daniela Domingues Sousa	00	Natacao de Valongo	1:12.53	+1,05	459
	FTL					
	50m:	33.05	33.05	100m:	1:12.53	39.48

Juvenis A

1.	Madalena Gomes Azevedo	99	Alges	1:05.48	+0,83	624
	50m:	30.40	30.40	100m:	1:05.48	35.08
2.	Rita Costa Amador	99	Galitos	1:06.74	+0,77	590
	50m:	31.08	31.08	100m:	1:06.74	35.66
3.	Sara Patricia Sousa	99	Clube de Vouzela	1:07.71	+0,74	565
	50m:	32.05	32.05	100m:	1:07.71	35.66
4.	Ines Margarida Costa	99	Sporting	1:07.91	+0,80	560
	50m:	32.50	32.50	100m:	1:07.91	35.41
5.	Ana Cristina Sousa	99	Porto	1:08.86	+0,76	537
	50m:	32.20	32.20	100m:	1:08.86	36.66
6.	Catarina Reis Silva	99	Braga	1:09.04	+0,84	533
	50m:	32.48	32.48	100m:	1:09.04	36.56
7.	Joana Viegas Bento	99	Colegio Bernardette Romeira	1:09.39	+0,96	525
	50m:	32.07	32.07	100m:	1:09.39	37.32
8.	Marta Ferreira Rocha	99	Leixoes	1:10.21	+0,70	506
	50m:	32.47	32.47	100m:	1:10.21	37.74
9.	Sara Conceicao Peca	99	BA/Bomcar	1:10.44	+0,93	501
	50m:	32.86	32.86	100m:	1:10.44	37.58
10.	Beatriz Lopes Pinto	99	Academica de Coimbra	1:10.56	+0,91	499
	50m:	34.37	34.37	100m:	1:10.56	36.19
11.	Maria Leonor Martins	99	Gespacos	1:10.63	+0,85	497
	50m:	32.90	32.90	100m:	1:10.63	37.73
12.	Sara Costa Guerra	99	Sporting	1:10.97	+0,81	490
	FTL					
	50m:	33.69	33.69	100m:	1:10.97	37.28

Juniores

1.	Ines Camacho Fernandes	97	Sporting	1:02.73	+0,72	710
	50m:	29.17	29.17	100m:	1:02.73	33.56
2.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	1:05.05	+0,61	637
	50m:	30.72	30.72	100m:	1:05.05	34.33
3.	Sofia Alexandra Branco	98	Sporting	1:05.27	+0,81	630
	50m:	30.87	30.87	100m:	1:05.27	34.40
4.	Daniela Teixeira Moreira	97	Amadora	1:05.82	+0,67	615
	50m:	30.93	30.93	100m:	1:05.82	34.89
5.	Graca Maria Araujo	98	Famalicao	1:06.42	+0,85	598
	50m:	30.90	30.90	100m:	1:06.42	35.52

Prova 33, Femin., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Bruna Elisabete Paulino	97	Alcobaca	1:06.72	+0,80	590
	50m: 31.59 31.59	100m: 1:06.72	35.13			
7.	Madalena Amaro Machado	98	Academico Viseu	1:07.42	+0,84	572
	50m: 31.91 31.91	100m: 1:07.42	35.51			
8.	Daniela Figueiredo Metelo	97	Academica de Coimbra	1:08.98	+0,70	534
	FTL					
	50m: 32.30 32.30	100m: 1:08.98	36.68			
9.	Filipa Andreia Costa	98	Colegio Monte Maior	1:09.34	+0,78	526
	50m: 32.56 32.56	100m: 1:09.34	36.78			
10.	Rita Teixeira Costa	97	Belenenses	1:09.41	+0,69	524
	FTL					
	50m: 31.81 31.81	100m: 1:09.41	37.60			
11.	Ana Carolina Moreira	98	Porto	1:11.21	+0,76	485
	FTL					
	50m: 32.09 32.09	100m: 1:11.21	39.12			

Prova 34

Masc., 100m Mariposa

15 - 18 anos

06-04-2014 - 15:40

Resultados

Recordes Nacionais 50m Absoluto	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Juv B	57.58	David Miguel Ferro	SFUAP	Lisboa	31-07-1999
Recordes Nacionais 50m Juv A	56.11	Pedro Diogo Oliveira	CNRM	Lisboa	29-07-2004
Recordes Nacionais 50m Jun17	54.77	Tiago Andre Venancio	CNS	Oeiras	29-07-2004
Recordes Nacionais 50m Jun18	54.66	Diogo Filipe Carvalho	CGA	Lisboa	25-03-2006

TAC-JUN17M Jun17: 1:01.59 / TAC-JUN18M Jun18: 1:00.12 / TAC-JUVAM Juv A: 1:04.52 / TAC-JUVBM Juv B: 1:05.69

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mateus Ribeiro Carvalho	99	Famalicao	59.95	+0,73	573
	50m: 28.06 28.06	100m: 59.95	31.89			
2.	Afonso Meneses Sequeira	99	Naval do Funchal	1:00.90	+0,80	547
	50m: 28.50 28.50	100m: 1:00.90	32.40			
3.	Hugo Filipe Correia	99	Litoral Alentejano	1:01.80	+0,78	523
	50m: 28.69 28.69	100m: 1:01.80	33.11			
4.	Diogo Filipe Teodoro	99	Natacao da Maia	1:02.39	+0,68	509
	50m: 29.60 29.60	100m: 1:02.39	32.79			
5.	Joao Silverio Duarte	99	Electrico Clube	1:02.41	+0,81	508
	50m: 29.55 29.55	100m: 1:02.41	32.86			
6.	Francisco Ribeiro Constantino	99	Naval da Nazare	1:02.42	+0,78	508
	50m: 28.60 28.60	100m: 1:02.42	33.82			
7.	Miguel Carrico Cruz	99	20Km de Almeirim	1:02.53	+0,72	505
	50m: 28.84 28.84	100m: 1:02.53	33.69			
8.	Rui Jorge Matias	99	Vilacondense	1:02.71	+0,89	501
	50m: 29.48 29.48	100m: 1:02.71	33.23			

Prova 34, Masc., 100m Mariposa, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Magalhaes Nunes	99	Amadora	1:02.88	+0,79	497
	50m: 29.70 29.70	100m: 1:02.88	33.18			
10.	Marco Andre Miguel	99	Torres Novas	1:03.47	+0,69	483
	50m: 30.11 30.11	100m: 1:03.47	33.36			
11.	Diogo Jesus Crespo	99	Desportivo Nacional	1:03.51	+0,70	482
	50m: 29.44 29.44	100m: 1:03.51	34.07			
12.	Bernardo Antonio Alves	99	Louletano/Loule Concelho	1:03.52	+0,82	482
	50m: 29.70 29.70	100m: 1:03.52	33.82			
13.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	1:03.78	+0,64	476
	50m: 30.01 30.01	100m: 1:03.78	33.77			
14.	Martim Moniz Silva	99	Naval do Funchal	1:03.89	+0,68	474
	50m: 30.00 30.00	100m: 1:03.89	33.89			
15.	Leonardo Jose Silva	99	Gespacos	1:04.39	+0,86	463
	50m: 29.69 29.69	100m: 1:04.39	34.70			
16.	Nuno Filipe Costa	99	Gespacos	1:04.48	+0,77	461
	50m: 30.05 30.05	100m: 1:04.48	34.43			
17.	Gil Magalhaes Raposo	99	Lagoa AC	1:04.64	+0,71	457
	50m: 30.04 30.04	100m: 1:04.64	34.60			
18.	Rodrigo Jose Guerreiro	99	Louletano/Loule Concelho	1:04.69	+0,71	456
	50m: 29.98 29.98	100m: 1:04.69	34.71			
19.	Tiago Andre Oliveira	99	Vitoria de Guimaraes/Olicargo	1:04.81	+0,78	454
	50m: 29.49 29.49	100m: 1:04.81	35.32			
20.	Jose Pedro Fernandes	99	Braga	1:04.84	+0,83	453
	50m: 30.50 30.50	100m: 1:04.84	34.34			

Juvenis A

1.	Joao Carlos Silva	98	Famalicao	58.82	+0,67	607
	50m: 27.34 27.34	100m: 58.82	31.48			
2.	Bernardo Santos Clemente	98	BA/Bomcar	59.05	+0,81	600
	50m: 27.50 27.50	100m: 59.05	31.55			
3.	Tiago Martins Boleta	98	Louletano/Loule Concelho	59.70	+0,65	581
	50m: 27.38 27.38	100m: 59.70	32.32			
4.	Ricardo Goncalves Moura	98	Electrico Clube	59.71	+0,80	580
	50m: 27.32 27.32	100m: 59.71	32.39			
5.	Joao Francisco Lopes	98	Braga	59.79	+0,73	578
	50m: 27.60 27.60	100m: 59.79	32.19			
	Henrique Luis Vargas	98	Naval do Funchal	59.79	+0,81	578
	50m: 27.41 27.41	100m: 59.79	32.38			
7.	Jose Paula Carvalho	98	Uniao Piedense	1:00.56	+0,78	556
	50m: 28.73 28.73	100m: 1:00.56	31.83			
8.	Ruben Duarte Leitao	98	Desporto de Setubal	1:01.04	+0,70	543
	50m: 28.12 28.12	100m: 1:01.04	32.92			

Prova 34, Masc., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	1:01.13	+0,89	541
	50m: 28.56 28.56	100m: 1:01.13	32.57			
10.	Luis Filipe Soares	98	Colegio SMLamas	1:01.21	+0,90	539
	50m: 28.62 28.62	100m: 1:01.21	32.59			
11.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	1:01.22	+0,74	538
	50m: 28.77 28.77	100m: 1:01.22	32.45			
12.	Pedro Nuno Vieira	98	Natacao de Valongo	1:01.55	+0,77	530
	50m: 28.74 28.74	100m: 1:01.55	32.81			
13.	Nuno Miguel Graca	98	Desportiva de Viana	1:01.57	+0,73	529
	50m: 29.21 29.21	100m: 1:01.57	32.36			
14.	Diogo Rodrigues Freitas	98	Uniao Piedense	1:01.68	+0,75	526
	50m: 28.97 28.97	100m: 1:01.68	32.71			
15.	Filipe Fonte Cunha	98	Academico Viseu	1:01.77	+0,75	524
	50m: 29.10 29.10	100m: 1:01.77	32.67			
16.	Vasco Gradim Amorim	98	Porto	1:01.79	+0,72	524
	50m: 29.29 29.29	100m: 1:01.79	32.50			
17.	Pedro Ferraz Silva	98	Gespacos	1:01.89	+0,83	521
	50m: 29.02 29.02	100m: 1:01.89	32.87			
18.	Victor Tiago Goncalves	98	Porto	1:02.07	+0,64	517
	50m: 28.98 28.98	100m: 1:02.07	33.09			
19.	Luis Carlos Almeida	98	Gespacos	1:02.46	+0,89	507
	50m: 29.37 29.37	100m: 1:02.46	33.09			
20.	Andre Filipe Afonseca	98	Desporto de Barcelos	1:02.58	+0,81	504
	50m: 29.02 29.02	100m: 1:02.58	33.56			
21.	Rodrigo Reis Silva	98	Colegio SMLamas	1:02.60	+0,73	504
	50m: 29.26 29.26	100m: 1:02.60	33.34			
22.	Afonso Ribeiro Bate	98	Alges	1:02.97	+0,67	495
	50m: 29.55 29.55	100m: 1:02.97	33.42			
23.	Goncalo Filipe Patatas	98	Sporting	1:03.07	+0,61	492
	50m: 30.07 30.07	100m: 1:03.07	33.00			
24.	Luis Filipe Ribeiro	98	Braga	1:03.33	+0,75	486
	50m: 29.15 29.15	100m: 1:03.33	34.18			
	Paulo Filipe Silva	98	Natacao da Maia	1:03.33	+0,80	486
	50m: 29.21 29.21	100m: 1:03.33	34.12			
26.	Diogo Miguel Costa	98	Porto	1:03.38	+0,79	485
	50m: 29.02 29.02	100m: 1:03.38	34.36			
27.	Eurico Pereira Sousa	98	Academica de Coimbra	1:04.40	+0,71	462
	50m: 29.90 29.90	100m: 1:04.40	34.50			
28.	Joao Paulo Lopes	98	Torres Novas	1:06.91	+0,77	412
	FTL					
	50m: 30.53 30.53	100m: 1:06.91	36.38			

Prova 34, Masc., 100m Mariposa

Juniores

1.	Gabriel Jose Lopes	97	Lousanense	57.06	+0,67	665
	50m: 26.43 26.43	100m:	57.06 30.63			
2.	Andre Antunes Carvalho	96	Colegio Monte Maior	57.25	+0,88	658
	50m: 27.26 27.26	100m:	57.25 29.99			
3.	Miguel Freitas Marques	96	Maritimo	57.56	+0,65	648
	50m: 26.57 26.57	100m:	57.56 30.99			
4.	Hugo Guilherme Trigo	97	Sporting de Aveiro	57.94	+0,59	635
	50m: 27.33 27.33	100m:	57.94 30.61			
5.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	58.42	+0,66	620
	50m: 27.52 27.52	100m:	58.42 30.90			
6.	Joao Pedro Santos	96	Fluvial Portuense	58.66	+0,69	612
	50m: 27.23 27.23	100m:	58.66 31.43			
7.	Guilherme Miguel Teixeira	97	Benfica	58.88	+0,70	605
	50m: 27.20 27.20	100m:	58.88 31.68			
8.	Bruno Miguel Ramos	97	Amadora	59.20	+0,69	595
	50m: 27.75 27.75	100m:	59.20 31.45			
9.	Rodrigo Carlos Albuquerque	97	Braga	59.36	+0,65	591
	50m: 27.06 27.06	100m:	59.36 32.30			
10.	Joao Miguel Ferreira	97	Foca	1:00.06	+0,73	570
	50m: 27.91 27.91	100m:	1:00.06 32.15			
11.	Joao Menezes Aguiar	97	Naval do Funchal	1:00.38	+0,64	561
	50m: 28.23 28.23	100m:	1:00.38 32.15			
12.	Tomas Machado Vale	97	Viana Natacao	1:00.53	+0,76	557
	50m: 28.25 28.25	100m:	1:00.53 32.28			
13.	Artur Jose Reis	96	Porto	1:00.55	+0,73	557
	FTL					
	50m: 28.51 28.51	100m:	1:00.55 32.04			
14.	Dmytriy Eugenyovich Martynenko	97	Electrico Clube	1:00.60	+0,70	555
	50m: 27.41 27.41	100m:	1:00.60 33.19			

Prova 35 Femin., 50m Costas 14 - 17 anos
06-04-2014 - 15:55 Resultados

Recordes Nacionais 50m Absoluto	29.40	Marta Vieira Marinho	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun16	29.80	Ines Camacho Fernandes	SCP	Coimbra	30-03-2013
Recordes Nacionais 50m Jun17	30.18	Catia Raquel Martinheira	LDC	Cádiz (ESP)	02-03-2012

TAC-JUN16F Jun16: 33.24 / TAC-JUN17F Jun17: 32.92 / TAC-JUVAF Juv A: 33.24 / TAC-JUVBF Juv B: 33.24

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Juvenis B

1.	Vera Ines Aguilar	00	Desportivo Nacional	33.18	+0,57	542
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Juvenis A

1.	Filipa Carreira Alves	99	Uniao Piedense	31.62	+0,72	626
2.	Sara Patricia Sousa	99	Clube de Vouzela	32.02	+0,68	603
3.	Ana Sofia Afonso	99	Desportiva de Viana	32.73	+0,58	565
4.	Matilde Pereira Martins	99	Colegio Bernardette Romeira	32.74	+0,63	564
5.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	32.83	+0,63	559
6.	Sarah Dias	99	CLAC-Entroncamento	33.61	+0,68	521

FTL

Juniores

1.	Ines Camacho Fernandes	97	Sporting	30.84	+0,60	675
2.	Joana Carina Silva	97	Lousada SXXI	31.08	+0,60	659
3.	Francisca Gomes Azevedo	97	Alges	31.27	+0,60	648
4.	Jessica Sousa Brito	97	Portinado	31.39	+0,67	640
5.	Juliana Lima Freixo	97	Desportiva de Viana	31.55	+0,61	630
	Graca Maria Araujo	98	Famalicao	31.55	+0,74	630
7.	Catarina Maria Ferreira	98	Desportiva Limiana	31.74	+0,60	619
8.	Ana Raquel Ferreira	98	Ginasio Figueirense	32.00	+0,65	604
9.	Claudia Isabel Semiao	97	Sporting	32.42	+0,65	581
10.	Daniela Teixeira Moreira	97	Amadora	32.47	+0,59	578
11.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	32.60	+0,63	571
12.	Catarina Alexandra Jardim	98	Famalicao	32.76	+0,71	563
13.	Ana Filipa Costa	98	Beja	32.81	+0,66	561
14.	Sofia Alexandra Rolao	98	Naval Amorense	32.83	+0,69	559
15.	Francisca Santos Pereira	98	Fluvial Portuense	32.88	+0,63	557
16.	Ines Lucas Alves	98	Fluvial Portuense	33.76	+0,70	514

FTL

17.	Barbara Rodrigues Pereira	98	Natacao do Montijo	34.24	+0,57	493
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FTL

18.	Maria Morgado Franco	98	Portinado	34.79	+0,68	470
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FTL

DSQ	Ana Beatriz Meireles	98	Fafe			
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403 - Falsa partida - SW 4.4

Prova 36 Masc., 50m Costas 15 - 18 anos
06-04-2014 - 16:05 Resultados

Recordes Nacionais 50m Absoluto	25.78	Alexis Manacas Santos	FPN	Barcelona (ESP)	03-08-2013
Recordes Nacionais 50m Jun17	26.91	Alexis Manacas Santos	FPN	Praga (CZE)	11-07-2009
Recordes Nacionais 50m Jun18	26.58	Alexis Manacas Santos	SCP	Coimbra	10-04-2010

TAC-JUN17M Jun17: 29.94 / TAC-JUN18M Jun18: 29.51 / TAC-JUVAM Juv A: 29.94 / TAC-JUVBM Juv B: 29.94

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Juvenis B

1.	Afonso Guilherme Rosa	99	Gualdim Pais	29.88	+0,65	520
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Juvenis A

1.	Joao Jose Laranjeira	98	Campinho	28.45	+0,64	603
2.	Rui Filipe Costa	98	Desporto de Barcelos	28.71	+0,73	587
3.	Steve Alexandre Soares	98	Amadora	28.95	+0,61	572
4.	Ricardo Daniel Pires	98	Desportiva de Viana	29.12	+0,57	562
5.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	29.50	+0,73	541

Juniores

1.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	27.52	+0,66	666
2.	Tiago Manuel Teixeira	96	Fafe	27.61	+0,67	660
3.	Alexandre Lages Ribas	97	Desportiva de Viana	27.81	+0,74	645
4.	Gabriel Jose Lopes	97	Lousanense	28.17	+0,57	621
5.	Miguel Freitas Marques	96	Maritimo	28.35	+0,59	609
6.	Ruben Oliveira Lopes	97	Porto	28.49	+0,64	600
7.	Joao Manuel Fernandes	97	Naval do Funchal	28.59	+0,60	594
8.	Paulo Andre Silva	96	Vilacondense	28.94	+0,68	573
9.	Francisco Pestana Silva	97	Naval do Funchal	28.95	+0,60	572
10.	Tomas Machado Vale	97	Viana Natacao	28.98	+0,72	570
11.	Miguel Galeao Lopes	96	Portinado	29.09	+0,56	564
12.	Job Santos Silva	96	Feirense	29.12	+0,62	562
13.	Ivo Pinto Ribeiro	97	Foca	29.13	+0,55	562
14.	Filipe Miguel Felix	96	Alges	29.27	+0,68	554
15.	Luis Henrique Silva	97	Naval do Funchal	29.31	+0,65	551
16.	Leonardo Cardoso Figueiredo	96	Porto	29.32	+0,50	551
17.	Luis Filipe Fonseca	97	Estremoz / Estremozcarnes	29.41	+0,70	546
18.	Joao Mota Correia	97	Alcobaca	29.44	+0,75	544
19.	Carlos Manuel Figueiredo	96	Ginasio Vila Real	29.56	+0,61	537
FTL						
20.	Pedro Miguel Gamito	96	Estoris	29.67	+0,65	531
FTL						
21.	Daniel Lago Pinto	97	Desportiva Limiana	29.76	+0,75	527
22.	Miguel Nunes Goncalves	97	Uniao Piedense	29.78	+0,64	526
23.	Vitor Samuel Rocha	96	Gespacos	30.02	+0,60	513
FTL						
24.	Carlos Flores Clara	97	Gesloures	30.26	+0,74	501
FTL						

Prova 36, Masc., 50m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
25.	Nuno Andre Neves FTL	97	Estamos Juntos	30.37	+0,68	495

Prova 37

Femin., 200m Livres

14 - 17 anos

06-04-2014 - 16:10

Resultados

Recordes Nacionais 50m Absoluto	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Juv B	2:09.28	Mariana Cunha Guerra	ASSSCC	Coimbra	04-08-2011
Recordes Nacionais 50m Juv A	2:07.11	Ana Claudia Santos	SFUAP	Oeiras	18-03-2005
Recordes Nacionais 50m Jun16	2:05.38	Ana Feio Alegria	FPN	Florença (ITA)	03-04-1993
Recordes Nacionais 50m Jun17	2:03.70	Diana Margarida Duraes	FCP	Coimbra	25-05-2013

TAC-JUN16F Jun16: 2:15.83 / TAC-JUN17F Jun17: 2:14.50 / TAC-JUVAF Juv A: 2:18.50 / TAC-JUVBF Juv B: 2:22.49

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Maria Francisca Cabral	00	Porto	2:08.85	+0,74	674
<i>Recorde Nacional, Minimos COMEN 2014</i>						
	50m: 29.78 29.78	100m: 1:02.18 32.40	150m: 1:35.15 32.97	200m: 2:08.85 33.70		
2.	Ana Rita Faria	00	Porto	2:12.58	+0,99	618
	50m: 30.94 30.94	100m: 1:04.72 33.78	150m: 1:38.88 34.16	200m: 2:12.58 33.70		
3.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:14.42	+0,77	593
	50m: 31.40 31.40	100m: 1:05.74 34.34	150m: 1:40.21 34.47	200m: 2:14.42 34.21		
4.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:14.77	+0,73	589
	50m: 31.13 31.13	100m: 1:05.46 34.33	150m: 1:40.51 35.05	200m: 2:14.77 34.26		
5.	Laura Sanchez Rodrigues	00	Alges	2:16.57	+0,73	566
	50m: 31.07 31.07	100m: 1:06.07 35.00	150m: 1:41.23 35.16	200m: 2:16.57 35.34		
6.	Ines Figueira Santos	00	Uniao Piedense	2:17.17	+0,83	558
	50m: 32.05 32.05	100m: 1:06.89 34.84	150m: 1:42.19 35.30	200m: 2:17.17 34.98		
7.	Beatriz Mendes Viegas	00	Tavira Natacao	2:17.26	+0,63	557
	50m: 31.60 31.60	100m: 1:06.78 35.18	150m: 1:43.34 36.56	200m: 2:17.26 33.92		
8.	Sofia Alexandra Nunes	00	Laranjeiro	2:18.59	+0,77	541
	50m: 32.52 32.52	100m: 1:07.46 34.94	150m: 1:43.47 36.01	200m: 2:18.59 35.12		
9.	Ines Silva Oliveira	00	Leixoes	2:19.23	+0,87	534
	50m: 31.91 31.91	100m: 1:07.05 35.14	150m: 1:44.57 37.52	200m: 2:19.23 34.66		
10.	Sofia Isabel Gouveia	00	Uniao Piedense	2:20.14	+0,84	523
	50m: 31.10 31.10	100m: 1:06.28 35.18	150m: 1:43.56 37.28	200m: 2:20.14 36.58		
11.	Ana Sofia Ramos	00	Porto	2:20.85	+0,82	516
	50m: 32.28 32.28	100m: 1:07.46 35.18	150m: 1:44.33 36.87	200m: 2:20.85 36.52		
12.	Margarida Valente Orrico	00	Uniao Piedense	2:21.13	+0,92	513
	50m: 32.58 32.58	100m: 1:08.42 35.84	150m: 1:44.74 36.32	200m: 2:21.13 36.39		
13.	Mariana Santos Ferreira	00	Miranda do Corvo	2:21.15	+0,84	512
	50m: 32.54 32.54	100m: 1:08.07 35.53	150m: 1:44.92 36.85	200m: 2:21.15 36.23		
14.	Mariana Silva Navalho	00	Uniao Piedense	2:21.71	+0,82	506
	50m: 32.84 32.84	100m: 1:08.82 35.98	150m: 1:45.63 36.81	200m: 2:21.71 36.08		

Prova 37, Femin., 200m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Rita Guedes Moreira	00	Louletano/Loule Concelho	2:21.76	+0,89	506
	50m: 32.00 32.00	100m: 1:07.41 35.41	150m: 1:44.91 37.50	200m: 2:21.76 36.85		
16.	Maria Tome Fialho	00	Amadora	2:21.99	+0,67	503
	50m: 33.00 33.00	100m: 1:08.55 35.55	150m: 1:45.37 36.82	200m: 2:21.99 36.62		
17.	Rafaela Araujo Silva	00	Famalicao	2:22.41	+0,96	499
	50m: 33.07 33.07	100m: 1:09.16 36.09	150m: 1:46.03 36.87	200m: 2:22.41 36.38		
18.	Mariana Silva Ramos	00	Sporting	2:23.64	+0,78	486
	FTL					
	50m: 32.74 32.74	100m: 1:08.83 36.09	150m: 1:46.48 37.65	200m: 2:23.64 37.16		
19.	Maria Leonor Valente	00	Fluvial Portuense	2:23.67	+0,68	486
	FTL					
	50m: 32.97 32.97	100m: 1:09.78 36.81	150m: 1:46.90 37.12	200m: 2:23.67 36.77		
20.	Sara Vitoria Ramos	00	Porto	2:24.29	+0,93	480
	FTL					
	50m: 32.83 32.83	100m: 1:08.86 36.03	150m: 1:46.87 38.01	200m: 2:24.29 37.42		
DNS	Maria Leonor Gomes	00	Desportivo Nacional			

Juvenis A

1.	Tamila Hryhorivna Holub	99	Braga	2:06.82	+0,81	707
	<i>Recorde Nacional</i>					
	50m: 29.68 29.68	100m: 1:01.60 31.92	150m: 1:34.73 33.13	200m: 2:06.82 32.09		
2.	Filipa Carreira Alves	99	Uniao Piedense	2:13.52	+0,82	605
	50m: 31.17 31.17	100m: 1:05.49 34.32	150m: 1:39.67 34.18	200m: 2:13.52 33.85		
3.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	2:13.90	+0,76	600
	50m: 30.55 30.55	100m: 1:04.30 33.75	150m: 1:39.44 35.14	200m: 2:13.90 34.46		
4.	Ana Beatriz Martins	99	Famalicao	2:14.77	+0,85	589
	50m: 31.21 31.21	100m: 1:05.28 34.07	150m: 1:40.34 35.06	200m: 2:14.77 34.43		
5.	Margarida Sobral Pimenta	99	Amadora	2:15.36	+0,73	581
	50m: 31.34 31.34	100m: 1:06.39 35.05	150m: 1:41.57 35.18	200m: 2:15.36 33.79		
6.	Tania Cristina Mendes	99	Industrial Viegense	2:16.02	+0,78	573
	50m: 30.66 30.66	100m: 1:04.30 33.64	150m: 1:40.31 36.01	200m: 2:16.02 35.71		
7.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	2:16.27	+0,92	569
	50m: 31.93 31.93	100m: 1:07.38 35.45	150m: 1:43.49 36.11	200m: 2:16.27 32.78		
8.	Rita Costa Amador	99	Galitos	2:16.42	+0,71	568
	50m: 31.24 31.24	100m: 1:05.59 34.35	150m: 1:41.15 35.56	200m: 2:16.42 35.27		
9.	Catarina Reis Silva	99	Braga	2:17.40	+0,83	555
	50m: 31.60 31.60	100m: 1:06.77 35.17	150m: 1:41.93 35.16	200m: 2:17.40 35.47		
10.	Joana Miguel Alexandre	99	Amadora	2:17.79	+0,82	551
	50m: 32.31 32.31	100m: 1:07.06 34.75	150m: 1:42.99 35.93	200m: 2:17.79 34.80		
11.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	2:18.21	+0,95	546
	50m: 31.60 31.60	100m: 1:06.48 34.88	150m: 1:42.60 36.12	200m: 2:18.21 35.61		
12.	Ana Beatriz La Feria	99	Porto	2:18.37	+0,91	544
	50m: 31.80 31.80	100m: 1:06.94 35.14	150m: 1:42.68 35.74	200m: 2:18.37 35.69		

Prova 37, Femin., 200m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Ana Pires Brito	99	Colegio Monte Maior	2:18.43	+0,85	543
	50m: 31.22 31.22 100m: 1:05.47 34.25 150m: 1:41.85 36.38 200m: 2:18.43 36.58					
14.	Beatriz Paulo Ranito	99	Sporting	2:18.78	+0,66	539
	FTL 50m: 31.66 31.66 100m: 1:07.26 35.60 150m: 1:43.08 35.82 200m: 2:18.78 35.70					
15.	Ana Miguel Pinto	99	Viana Natacao	2:18.90	+0,87	538
	FTL 50m: 31.34 31.34 100m: 1:05.99 34.65 150m: 1:42.38 36.39 200m: 2:18.90 36.52					
16.	Ines Maria Neves	99	Porto	2:19.65	+0,76	529
	FTL 50m: 31.75 31.75 100m: 1:07.05 35.30 150m: 1:43.38 36.33 200m: 2:19.65 36.27					
17.	Mariana Soares Martinho	99	20Km de Almeirim	2:19.78	+0,74	528
	FTL 50m: 31.91 31.91 100m: 1:07.02 35.11 150m: 1:43.63 36.61 200m: 2:19.78 36.15					
18.	Maria Ana Monge	99	Sporting	2:22.55	+0,94	497
	FTL 50m: 32.06 32.06 100m: 1:07.87 35.81 150m: 1:45.55 37.68 200m: 2:22.55 37.00					
19.	Ana Beatriz Fonseca	99	Academica de Coimbra	2:28.26	+0,83	442
	FTL 50m: 33.25 33.25 100m: 1:10.81 37.56 150m: 1:50.45 39.64 200m: 2:28.26 37.81					
DNS	Mariana Alexandre Oliveira	99	Porto			

Juniores

1.	Rita Barros Frischknecht	98	Alges	2:08.04	+0,80	687
	50m: 29.66 29.66 100m: 1:01.92 32.26 150m: 1:35.02 33.10 200m: 2:08.04 33.02					
2.	Adriana Daniela Castro	97	Porto	2:10.16	+0,74	653
	50m: 29.81 29.81 100m: 1:02.51 32.70 150m: 1:36.44 33.93 200m: 2:10.16 33.72					
3.	Carolina Mantua Guedes	98	Sporting	2:11.30	+0,73	637
	50m: 29.97 29.97 100m: 1:04.05 34.08 150m: 1:38.67 34.62 200m: 2:11.30 32.63					
4.	Sofia Machado Dionisio	98	Sporting	2:11.64	+0,81	632
	50m: 30.56 30.56 100m: 1:03.86 33.30 150m: 1:37.89 34.03 200m: 2:11.64 33.75					
5.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	2:11.79	+0,73	630
	50m: 30.15 30.15 100m: 1:03.54 33.39 150m: 1:37.66 34.12 200m: 2:11.79 34.13					
6.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	2:12.73	+0,85	616
	50m: 31.01 31.01 100m: 1:04.30 33.29 150m: 1:38.83 34.53 200m: 2:12.73 33.90					
7.	Marina Micaela Sequeira	98	Uniao Piedense	2:12.99	+0,71	613
	50m: 30.90 30.90 100m: 1:04.31 33.41 150m: 1:39.61 35.30 200m: 2:12.99 33.38					
8.	Maria Malaguerra Costa	98	Columbofila Cantanhedense	2:13.74	+0,68	602
	50m: 29.91 29.91 100m: 1:03.41 33.50 150m: 1:38.01 34.60 200m: 2:13.74 35.73					
9.	Beatriz Neves Cardoso	98	Colegio SMLamas	2:13.99	+0,84	599
	50m: 31.52 31.52 100m: 1:05.52 34.00 150m: 1:40.00 34.48 200m: 2:13.99 33.99					
10.	Ana Filipa Martins	97	Foca	2:14.23	+0,73	596
	50m: 30.53 30.53 100m: 1:03.99 33.46 150m: 1:39.11 35.12 200m: 2:14.23 35.12					

Prova 37, Femin., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Maria Carolina Ribeiro FTL	98	Porto	2:16.47	+0,77	567
	50m: 30.59 30.59	100m: 1:04.31 33.72	150m: 1:40.35 36.04	200m: 2:16.47 36.12		
DNS	Maria Teresa Amorim	97	Porto			

Prova 38

Masc., 800m Livres

15 - 18 anos

06-04-2014 - 16:50

Resultados

Recordes Nacionais 50m Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Recordes Nacionais 50m Juv B	8:45.55	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	8:23.54	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009
Recordes Nacionais 50m Jun17	8:13.49	Gustavo Manuel Santa	FPN	Helsinki (FIN)	17-07-2010
Recordes Nacionais 50m Jun18	8:16.64	Fernando Eurico Costa	FPN	luxemburgo (LUX)	24-01-2003

TAC-JUN17M Jun17: 9:11.08 / TAC-JUN18M Jun18: 9:03.13 / TAC-JUVAM Juv A: 9:11.08 / TAC-JUVBM Juv B: 9:11.08

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	9:03.04	+0,85	577
	50m: 30.27 30.27	250m: 2:45.49 34.39	450m: 5:04.14 34.72	650m: 7:22.31 34.66		
	100m: 1:03.24 32.97	300m: 3:20.24 34.75	500m: 5:38.55 34.41	700m: 7:56.42 34.11		
	150m: 1:37.14 33.90	350m: 3:55.05 34.81	550m: 6:13.03 34.48	750m: 8:30.24 33.82		
	200m: 2:11.10 33.96	400m: 4:29.42 34.37	600m: 6:47.65 34.62	800m: 9:03.04 32.80		

Juvenis A

1.	Guilherme Filipe Pina	98	Benedita	8:38.53	+0,76	662
	50m: 29.07 29.07	250m: 2:38.48 32.41	450m: 4:50.09 32.76	650m: 7:01.77 32.94		
	100m: 1:01.40 32.33	300m: 3:11.27 32.79	500m: 5:23.01 32.92	700m: 7:34.70 32.93		
	150m: 1:33.65 32.25	350m: 3:44.13 32.86	550m: 5:55.63 32.62	750m: 8:07.06 32.36		
	200m: 2:06.07 32.42	400m: 4:17.33 33.20	600m: 6:28.83 33.20	800m: 8:38.53 31.47		
2.	Diogo Manuel Marques	98	Columbofila Cantanhedense	8:43.67	+0,71	643
	50m: 29.25 29.25	250m: 2:39.74 33.28	450m: 4:53.00 33.69	650m: 7:06.48 33.78		
	100m: 1:01.38 32.13	300m: 3:12.70 32.96	500m: 5:25.85 32.85	700m: 7:39.52 33.04		
	150m: 1:33.72 32.34	350m: 3:46.38 33.68	550m: 5:59.57 33.72	750m: 8:12.34 32.82		
	200m: 2:06.46 32.74	400m: 4:19.31 32.93	600m: 6:32.70 33.13	800m: 8:43.67 31.33		
3.	Goncalo Miguel Nogueira	98	Porto	8:48.82	+0,73	624
	50m: 29.22 29.22	250m: 2:41.25 33.43	450m: 4:54.26 32.90	650m: 7:08.90 33.58		
	100m: 1:01.17 31.95	300m: 3:14.98 33.73	500m: 5:27.94 33.68	700m: 7:43.42 34.52		
	150m: 1:34.07 32.90	350m: 3:48.10 33.12	550m: 6:01.32 33.38	750m: 8:16.83 33.41		
	200m: 2:07.82 33.75	400m: 4:21.36 33.26	600m: 6:35.32 34.00	800m: 8:48.82 31.99		
4.	Tiago Carlos Santos	98	Naval Amorense	8:49.77	+0,72	621
	50m: 29.64 29.64	250m: 2:42.26 33.36	450m: 4:57.34 33.54	650m: 7:11.45 33.15		
	100m: 1:01.99 32.35	300m: 3:16.04 33.78	500m: 5:31.43 34.09	700m: 7:44.96 33.51		
	150m: 1:35.14 33.15	350m: 3:49.67 33.63	550m: 6:04.98 33.55	750m: 8:17.74 32.78		
	200m: 2:08.90 33.76	400m: 4:23.80 34.13	600m: 6:38.30 33.32	800m: 8:49.77 32.03		
5.	Joao Costa Ferreira	98	Famalicao	8:55.31	+0,87	602
	50m: 29.57 29.57	250m: 2:43.72 34.03	450m: 4:59.70 34.05	650m: 7:16.25 33.93		
	100m: 1:02.12 32.55	300m: 3:17.70 33.98	500m: 5:33.90 34.20	700m: 7:50.32 34.07		
	150m: 1:35.91 33.79	350m: 3:51.73 34.03	550m: 6:08.31 34.41	750m: 8:23.97 33.65		
	200m: 2:09.69 33.78	400m: 4:25.65 33.92	600m: 6:42.32 34.01	800m: 8:55.31 31.34		

Prova 38, Masc., 800m Livres, Juvenis A

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
6.	Pedro Goncalves Neto			98	Porto			8:56.71		+0,86	597	
	50m:	29.53	29.53	250m:	2:44.64	33.96	450m:	5:01.50	33.69	650m:	7:17.83	34.05
	100m:	1:02.32	32.79	300m:	3:18.94	34.30	500m:	5:36.03	34.53	700m:	7:51.80	33.97
	150m:	1:36.49	34.17	350m:	3:53.41	34.47	550m:	6:10.20	34.17	750m:	8:25.65	33.85
	200m:	2:10.68	34.19	400m:	4:27.81	34.40	600m:	6:43.78	33.58	800m:	8:56.71	31.06
7.	Rafael Ladeiro Santos			98	Geslours			8:59.63		+0,86	588	
	50m:	29.67	29.67	250m:	2:45.45	34.57	450m:	5:03.83	34.22	650m:	7:19.80	33.53
	100m:	1:02.73	33.06	300m:	3:20.28	34.83	500m:	5:38.17	34.34	700m:	7:53.76	33.96
	150m:	1:36.30	33.57	350m:	3:54.75	34.47	550m:	6:12.11	33.94	750m:	8:27.06	33.30
	200m:	2:10.88	34.58	400m:	4:29.61	34.86	600m:	6:46.27	34.16	800m:	8:59.63	32.57
8.	Afonso Calais Queiroga			98	Uniao Piedense			9:03.23		+0,66	576	
	50m:	29.62	29.62	250m:	2:42.90	33.20	450m:	5:00.47	34.72	650m:	7:19.44	34.58
	100m:	1:02.44	32.82	300m:	3:16.65	33.75	500m:	5:35.39	34.92	700m:	7:54.42	34.98
	150m:	1:36.10	33.66	350m:	3:50.78	34.13	550m:	6:09.98	34.59	750m:	8:29.37	34.95
	200m:	2:09.70	33.60	400m:	4:25.75	34.97	600m:	6:44.86	34.88	800m:	9:03.23	33.86
9.	Bruno Jose Silva			98	Braga			9:04.07		+0,92	573	
	50m:	29.99	29.99	250m:	2:43.70	34.35	450m:	5:01.73	34.47	650m:	7:21.13	34.45
	100m:	1:02.50	32.51	300m:	3:18.07	34.37	500m:	5:36.75	35.02	700m:	7:56.19	35.06
	150m:	1:35.28	32.78	350m:	3:52.55	34.48	550m:	6:11.46	34.71	750m:	8:30.58	34.39
	200m:	2:09.35	34.07	400m:	4:27.26	34.71	600m:	6:46.68	35.22	800m:	9:04.07	33.49
10.	Viktor Kot			98	Nautico Marinha Grande			9:20.58		+0,84	524	
	FTL											
	50m:	30.00	30.00	250m:	2:48.19	35.37	450m:	5:11.25	36.20	650m:	7:34.80	36.03
	100m:	1:03.71	33.71	300m:	3:23.45	35.26	500m:	5:47.26	36.01	700m:	8:10.83	36.03
	150m:	1:38.04	34.33	350m:	3:59.34	35.89	550m:	6:23.15	35.89	750m:	8:46.59	35.76
	200m:	2:12.82	34.78	400m:	4:35.05	35.71	600m:	6:58.77	35.62	800m:	9:20.58	33.99

Juniores

1.	Rafael Lourenco Gil			96	Naval Amorense			8:20.65		+0,70	736	
	50m:	28.46	28.46	250m:	2:33.15	31.85	450m:	4:40.29	31.68	650m:	6:48.40	32.08
	100m:	58.69	30.23	300m:	3:05.06	31.91	500m:	5:11.97	31.68	700m:	7:20.15	31.75
	150m:	1:29.85	31.16	350m:	3:36.97	31.91	550m:	5:44.14	32.17	750m:	7:51.68	31.53
	200m:	2:01.30	31.45	400m:	4:08.61	31.64	600m:	6:16.32	32.18	800m:	8:20.65	28.97
2.	Joao Pedro Gil			97	Naval Amorense			8:24.03		+0,69	721	
	50m:	28.87	28.87	250m:	2:36.23	32.25	450m:	4:44.84	31.98	650m:	6:52.71	31.47
	100m:	1:00.06	31.19	300m:	3:08.20	31.97	500m:	5:16.91	32.07	700m:	7:24.18	31.47
	150m:	1:32.16	32.10	350m:	3:40.53	32.33	550m:	5:49.05	32.14	750m:	7:54.69	30.51
	200m:	2:03.98	31.82	400m:	4:12.86	32.33	600m:	6:21.24	32.19	800m:	8:24.03	29.34
3.	Joao Pedro Belo			97	Sporting			8:24.20		+0,69	721	
	50m:	28.83	28.83	250m:	2:35.92	31.83	450m:	4:44.68	32.12	650m:	6:53.00	32.22
	100m:	1:00.49	31.66	300m:	3:08.00	32.08	500m:	5:16.39	31.71	700m:	7:23.85	30.85
	150m:	1:32.67	32.18	350m:	3:40.32	32.32	550m:	5:48.77	32.38	750m:	7:55.11	31.26
	200m:	2:04.09	31.42	400m:	4:12.56	32.24	600m:	6:20.78	32.01	800m:	8:24.20	29.09
4.	Joao Carlos Santos			96	Naval Amorense			8:35.13		+0,71	676	
	50m:	29.33	29.33	250m:	2:35.81	32.13	450m:	4:44.41	31.49	650m:	6:56.18	33.04
	100m:	1:00.13	30.80	300m:	3:08.28	32.47	500m:	5:16.87	32.46	700m:	7:29.46	33.28
	150m:	1:31.80	31.67	350m:	3:40.52	32.24	550m:	5:49.79	32.92	750m:	8:02.43	32.97
	200m:	2:03.68	31.88	400m:	4:12.92	32.40	600m:	6:23.14	33.35	800m:	8:35.13	32.70

Prova 38, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:38.03	+0,65	664
	50m: 29.69 29.69	250m: 2:37.57 32.41	450m: 4:48.02 32.62	650m: 6:59.89 32.59		
	100m: 1:01.90 32.21	300m: 3:09.94 32.37	500m: 5:20.63 32.61	700m: 7:33.27 33.38		
	150m: 1:33.35 31.45	350m: 3:42.73 32.79	550m: 5:54.31 33.68	750m: 8:06.72 33.45		
	200m: 2:05.16 31.81	400m: 4:15.40 32.67	600m: 6:27.30 32.99	800m: 8:38.03 31.31		
6.	Guilherme Pereira Dias	97	Sporting	8:41.64	+0,73	651
	50m: 29.01 29.01	250m: 2:40.12 33.25	450m: 4:51.66 32.79	650m: 7:04.23 33.08		
	100m: 1:00.77 31.76	300m: 3:12.97 32.85	500m: 5:24.64 32.98	700m: 7:37.12 32.89		
	150m: 1:33.93 33.16	350m: 3:46.09 33.12	550m: 5:57.98 33.34	750m: 8:10.11 32.99		
	200m: 2:06.87 32.94	400m: 4:18.87 32.78	600m: 6:31.15 33.17	800m: 8:41.64 31.53		
7.	Eduardo Salgado Ramos	97	Porto	8:47.60	+0,71	629
	50m: 29.43 29.43	250m: 2:42.23 33.27	450m: 4:55.75 33.05	650m: 7:10.02 33.33		
	100m: 1:02.07 32.64	300m: 3:15.79 33.56	500m: 5:29.08 33.33	700m: 7:43.64 33.62		
	150m: 1:36.01 33.94	350m: 3:49.62 33.83	550m: 6:02.86 33.78	750m: 8:16.91 33.27		
	200m: 2:08.96 32.95	400m: 4:22.70 33.08	600m: 6:36.69 33.83	800m: 8:47.60 30.69		
8.	Narciso Daniel Correia	97	Braga	8:49.00	+0,80	624
	50m: 29.27 29.27	250m: 2:42.78 34.45	450m: 4:58.58 32.64	650m: 7:11.63 33.42		
	100m: 1:01.18 31.91	300m: 3:16.41 33.63	500m: 5:31.67 33.09	700m: 7:45.24 33.61		
	150m: 1:34.39 33.21	350m: 3:51.34 34.93	550m: 6:04.82 33.15	750m: 8:17.79 32.55		
	200m: 2:08.33 33.94	400m: 4:25.94 34.60	600m: 6:38.21 33.39	800m: 8:49.00 31.21		
9.	Joao Luis Travanca	97	Fluvial Portuense	8:51.66	+0,81	614
	50m: 29.68 29.68	250m: 2:40.95 33.10	450m: 4:56.12 33.61	650m: 7:11.05 33.71		
	100m: 1:02.22 32.54	300m: 3:14.80 33.85	500m: 5:30.24 34.12	700m: 7:44.98 33.93		
	150m: 1:34.92 32.70	350m: 3:48.62 33.82	550m: 6:03.35 33.11	750m: 8:18.47 33.49		
	200m: 2:07.85 32.93	400m: 4:22.51 33.89	600m: 6:37.34 33.99	800m: 8:51.66 33.19		
10.	Vitor Joao Pereira	97	Leixoes	8:51.72	+0,85	614
	50m: 29.43 29.43	250m: 2:40.53 33.15	450m: 4:55.44 33.81	650m: 7:12.28 34.53		
	100m: 1:01.14 31.71	300m: 3:14.07 33.54	500m: 5:29.54 34.10	700m: 7:45.99 33.71		
	150m: 1:34.04 32.90	350m: 3:47.94 33.87	550m: 6:03.88 34.34	750m: 8:20.14 34.15		
	200m: 2:07.38 33.34	400m: 4:21.63 33.69	600m: 6:37.75 33.87	800m: 8:51.72 31.58		
11.	Ricardo Eduardo Afonso	97	Braga	8:53.18	+0,70	609
	50m: 29.30 29.30	250m: 2:42.30 33.61	450m: 4:57.48 33.68	650m: 7:13.15 33.93		
	100m: 1:01.82 32.52	300m: 3:16.10 33.80	500m: 5:31.40 33.92	700m: 7:47.26 34.11		
	150m: 1:35.33 33.51	350m: 3:49.90 33.80	550m: 6:05.49 34.09	750m: 8:21.13 33.87		
	200m: 2:08.69 33.36	400m: 4:23.80 33.90	600m: 6:39.22 33.73	800m: 8:53.18 32.05		
12.	Miguel Angelo Silvestre	97	Alcobaca	8:57.66	+0,61	594
	50m: 29.47 29.47	250m: 2:41.31 33.86	450m: 4:57.55 34.42	650m: 7:15.64 34.48		
	100m: 1:01.64 32.17	300m: 3:14.99 33.68	500m: 5:31.96 34.41	700m: 7:49.76 34.12		
	150m: 1:34.46 32.82	350m: 3:49.21 34.22	550m: 6:06.75 34.79	750m: 8:24.04 34.28		
	200m: 2:07.45 32.99	400m: 4:23.13 33.92	600m: 6:41.16 34.41	800m: 8:57.66 33.62		
13.	Tiago Martim Alves	97	Desportiva de Viana	8:58.16	+0,83	592
	50m: 29.17 29.17	250m: 2:41.01 33.84	450m: 4:57.35 34.57	650m: 7:15.61 34.88		
	100m: 1:00.93 31.76	300m: 3:14.90 33.89	500m: 5:31.63 34.28	700m: 7:50.09 34.48		
	150m: 1:33.87 32.94	350m: 3:48.75 33.85	550m: 6:06.06 34.43	750m: 8:24.84 34.75		
	200m: 2:07.17 33.30	400m: 4:22.78 34.03	600m: 6:40.73 34.67	800m: 8:58.16 33.32		
14.	Ruben Jose Morim	97	Vilacondense	8:58.47	+0,76	591
	50m: 29.22 29.22	250m: 2:41.87 34.09	450m: 4:57.97 34.68	650m: 7:16.36 35.21		
	100m: 1:01.39 32.17	300m: 3:15.54 33.67	500m: 5:31.72 33.75	700m: 7:51.50 35.14		
	150m: 1:34.42 33.03	350m: 3:49.56 34.02	550m: 6:06.32 34.60	750m: 8:25.59 34.09		
	200m: 2:07.78 33.36	400m: 4:23.29 33.73	600m: 6:41.15 34.83	800m: 8:58.47 32.88		

Prova 38, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts
15.	Joao Miguel Cardoso	97	Geslours	9:00.84		+0,78	584
	50m: 29.47 29.47	250m: 2:43.19 33.90	450m: 5:01.15 34.67	650m: 7:19.69 34.63			
	100m: 1:02.27 32.80	300m: 3:17.51 34.32	500m: 5:36.06 34.91	700m: 7:54.12 34.43			
	150m: 1:35.64 33.37	350m: 3:52.02 34.51	550m: 6:10.46 34.40	750m: 8:28.32 34.20			
	200m: 2:09.29 33.65	400m: 4:26.48 34.46	600m: 6:45.06 34.60	800m: 9:00.84 32.52			
16.	David Emanuel Martins	97	Braga	9:01.99		+1,09	580
	50m: 29.73 29.73	250m: 2:42.83 33.78	450m: 5:00.86 34.30	650m: 7:20.25 34.73			
	100m: 1:02.06 32.33	300m: 3:17.31 34.48	500m: 5:35.70 34.84	700m: 7:55.00 34.75			
	150m: 1:35.04 32.98	350m: 3:51.71 34.40	550m: 6:10.32 34.62	750m: 8:28.95 33.95			
	200m: 2:09.05 34.01	400m: 4:26.56 34.85	600m: 6:45.52 35.20	800m: 9:01.99 33.04			
17.	Henrique Mourinho Neves	97	Alges	9:03.33		+0,56	576
	50m: 29.47 29.47	250m: 2:43.12 34.22	450m: 5:00.90 34.56	650m: 7:20.47 34.72			
	100m: 1:01.65 32.18	300m: 3:17.33 34.21	500m: 5:35.91 35.01	700m: 7:55.47 35.00			
	150m: 1:34.60 32.95	350m: 3:51.63 34.30	550m: 6:10.67 34.76	750m: 8:30.35 34.88			
	200m: 2:08.90 34.30	400m: 4:26.34 34.71	600m: 6:45.75 35.08	800m: 9:03.33 32.98			
18.	Rafael Rocha Ferreira	96	Galitos	9:04.70		+0,88	571
	<i>FTL</i>						
	50m: 30.69 30.69	250m: 2:46.57 34.01	450m: 5:04.58 34.36	650m: 7:23.14 34.19			
	100m: 1:04.68 33.99	300m: 3:20.91 34.34	500m: 5:39.25 34.67	700m: 7:57.61 34.47			
	150m: 1:38.66 33.98	350m: 3:55.32 34.41	550m: 6:13.81 34.56	750m: 8:31.58 33.97			
	200m: 2:12.56 33.90	400m: 4:30.22 34.90	600m: 6:48.95 35.14	800m: 9:04.70 33.12			
19.	Pedro Veiginha Martins	96	Braga	9:05.33		+0,85	569
	<i>FTL</i>						
	50m: 29.62 29.62	250m: 2:46.41 35.63	450m: 5:07.22 34.76	650m: 7:21.18 34.04			
	100m: 1:02.00 32.38	300m: 3:21.75 35.34	500m: 5:40.46 33.24	700m: 7:55.13 33.95			
	150m: 1:35.92 33.92	350m: 3:57.31 35.56	550m: 6:13.43 32.97	750m: 8:31.17 36.04			
	200m: 2:10.78 34.86	400m: 4:32.46 35.15	600m: 6:47.14 33.71	800m: 9:05.33 34.16			
20.	Miguel Angelo Passos	96	Desportiva de Viana	9:07.10		+0,79	564
	<i>FTL</i>						
	50m: 29.19 29.19	250m: 2:44.20 34.32	450m: 5:03.15 35.10	650m: 7:24.69 35.38			
	100m: 1:01.74 32.55	300m: 3:18.50 34.30	500m: 5:38.35 35.20	700m: 7:59.97 35.28			
	150m: 1:35.65 33.91	350m: 3:53.27 34.77	550m: 6:13.85 35.50	750m: 8:34.77 34.80			
	200m: 2:09.88 34.23	400m: 4:28.05 34.78	600m: 6:49.31 35.46	800m: 9:07.10 32.33			
21.	Jose Ricardo Sousa	97	Lousada SXXI	9:08.12		+0,81	561
	50m: 29.23 29.23	250m: 2:45.22 34.82	450m: 5:05.54 35.08	650m: 7:26.89 34.85			
	100m: 1:01.85 32.62	300m: 3:20.71 35.49	500m: 5:41.00 35.46	700m: 8:01.66 34.77			
	150m: 1:35.91 34.06	350m: 3:55.40 34.69	550m: 6:16.55 35.55	750m: 8:35.27 33.61			
	200m: 2:10.40 34.49	400m: 4:30.46 35.06	600m: 6:52.04 35.49	800m: 9:08.12 32.85			
22.	David Nunes Sousa	96	Famalicao	9:08.21		+0,76	560
	<i>FTL</i>						
	50m: 29.46 29.46	250m: 2:46.38 34.21	450m: 5:07.21 35.07	650m: 7:26.38 34.26			
	100m: 1:02.74 33.28	300m: 3:21.44 35.06	500m: 5:43.14 35.93	700m: 7:58.54 32.16			
	150m: 1:37.28 34.54	350m: 3:57.03 35.59	550m: 6:17.49 34.35	750m: 8:35.26 36.72			
	200m: 2:12.17 34.89	400m: 4:32.14 35.11	600m: 6:52.12 34.63	800m: 9:08.21 32.95			
23.	Jose Carlos Teixeira	96	Foca	9:14.09		+0,89	543
	<i>FTL</i>						
	50m: 29.12 29.12	250m: 2:43.24 34.38	450m: 5:04.27 35.79	650m: 7:27.38 35.96			
	100m: 1:01.45 32.33	300m: 3:18.01 34.77	500m: 5:39.96 35.69	700m: 8:03.02 35.64			
	150m: 1:34.75 33.30	350m: 3:53.16 35.15	550m: 6:15.70 35.74	750m: 8:39.09 36.07			
	200m: 2:08.86 34.11	400m: 4:28.48 35.32	600m: 6:51.42 35.72	800m: 9:14.09 35.00			

Prova 38, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Joao Miguel Lopes	96	Electrico Clube	9:16.18	+0,82	537
	<i>FTL</i>					
	50m: 30.25 30.25	250m: 2:43.64 34.01	450m: 5:03.91 35.41	650m: 7:28.39 36.44		
	100m: 1:02.74 32.49	300m: 3:18.28 34.64	500m: 5:39.70 35.79	700m: 8:04.75 36.36		
	150m: 1:35.78 33.04	350m: 3:53.22 34.94	550m: 6:15.62 35.92	750m: 8:41.16 36.41		
	200m: 2:09.63 33.85	400m: 4:28.50 35.28	600m: 6:51.95 36.33	800m: 9:16.18 35.02		
25.	Jose Miguel Ventura	97	Fundacao Beatriz Santos	9:18.94	+0,84	529
	<i>FTL</i>					
	50m: 29.98 29.98	250m: 2:46.74 35.03	450m: 5:08.24 35.85	650m: 7:31.67 35.65		
	100m: 1:03.17 33.19	300m: 3:21.62 34.88	500m: 5:44.44 36.20	700m: 8:07.76 36.09		
	150m: 1:37.31 34.14	350m: 3:57.02 35.40	550m: 6:20.38 35.94	750m: 8:43.75 35.99		
	200m: 2:11.71 34.40	400m: 4:32.39 35.37	600m: 6:56.02 35.64	800m: 9:18.94 35.19		
EXH	Isidro Carrara Bittini	97	Alges	8:51.71	+0,73	614
	50m: 29.30 29.30	250m: 2:41.34 33.40	450m: 4:56.16 33.68	650m: 7:11.73 34.10		
	100m: 1:01.75 32.45	300m: 3:14.60 33.26	500m: 5:30.18 34.02	700m: 7:45.95 34.22		
	150m: 1:34.93 33.18	350m: 3:48.48 33.88	550m: 6:03.72 33.54	750m: 8:19.44 33.49		
	200m: 2:07.94 33.01	400m: 4:22.48 34.00	600m: 6:37.63 33.91	800m: 8:51.71 32.27		
EXH	Pedro Vicente Calonio	98	Leixoes	9:16.69	+0,74	535
	<i>FTL</i>					
	50m: 30.08 30.08	250m: 2:48.94 35.71	450m: 5:11.50 35.25	650m: 7:30.41 34.92		
	100m: 1:03.61 33.53	300m: 3:24.56 35.62	500m: 5:46.67 35.17	700m: 8:06.04 35.63		
	150m: 1:38.51 34.90	350m: 4:00.25 35.69	550m: 6:21.26 34.59	750m: 8:41.55 35.51		
	200m: 2:13.23 34.72	400m: 4:36.25 36.00	600m: 6:55.49 34.23	800m: 9:16.69 35.14		

Prova 39 Femin., 4 x 100m Estilos 14 - 17 anos
06-04-2014 - 17:40 Resultados

Recordes Nacionais 50m Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
Recordes Nacionais 50m Juv	4:35.70	tempo limite			
Recordes Nacionais 50m Juv A	4:35.70	tempo limite			
Recordes Nacionais 50m Jun	4:26.70	Futebol Clube do Porto/Dolce Vita	FCP	Povoa de Varzim	07-08-2011

TAC-JUN16F Jun16: 4:55.00 / TAC-JUN17F Jun17: 4:55.00 / TAC-JUVAF Juv A: 5:03.50 / TAC-JUVBF Juv B: 5:25.00

Pontos: FINA 2014

Lugar	Clube	Tempo Final	TReac	Pts
Juvenis B				
1. Desportivo Nacional-Juv B	Desportivo Nacional	4:44.13	+0,52	544
Vera Ines Aguiar	+0,52 34.85 1:14.49 Beatriz Jong Rosa	+0,36 31.08		1:08.31
Laura Catarina Abreu	+0,65 35.32 1:16.76 Maria Leonor Gomes	+0,29 30.34		1:04.57
2. Alcobaca-Juv B	Alcobaca	4:47.77	+0,66	524
Matilde Correia Vieira	+0,66 34.11 1:09.56 Filipa Andreia Silva	+0,56 34.81		1:15.68
Ines Rocha Silva	+0,45 35.86 1:16.03 Joana Mota Correia	+0,35 31.23		1:06.50
3. Porto-Juv B	Porto	4:48.41	+0,77	520
Iris Cunha Santos	+0,77 36.82 1:15.20 Maria Francisca Cabral	+0,46 31.75		1:07.34
Ana Rita Faria	+0,99 37.98 1:21.21 Sara Vitoria Ramos	+0,59 30.75		1:04.66
4. Nautico Marinha Grande-Juv B	Nautico Marinha Grande	4:52.17	+0,79	501
Monica Seara Domingues	+0,79 35.38 1:12.03 Giovanna Vaz Vargas	+0,54 32.25		1:08.75
Margarida Reconha Marques	+0,72 39.14 1:24.24 Lara Ferreira Martins	+0,56 31.58		1:07.15

Prova 39, Femin., 4 x 100m Estilos, Juvenis B

Lugar				Clube		Tempo Final	TReac	Pts
5.	Gespacos-Juv B			Gespacos		4:55.09	+0,82	486
	Beatriz Neto Costa	+0,82	34.89	1:12.25	Raquel Leao Monteiro	+0,38	32.37	1:10.27
	Ana Rita Cruz	+0,50	39.19	1:25.07	Helena Neto Costa	+0,49	31.64	1:07.50
6.	Uniao Piedense-Juv B			Uniao Piedense		4:55.89	+0,65	482
	Ines Figueira Santos	+0,65	36.61	1:15.61	Alice Maria Lopes	+0,29	33.96	1:11.95
	Margarida Valente Orrico	+0,05	39.58	1:25.45	Sofia Isabel Gouveia	+0,50	29.74	1:02.88
7.	Famalicao-Juv B			Famalicao		4:57.12	+0,70	476
	Mariana Paula Baptista	+0,70	35.48	1:12.74	Cristiana Sofia Ribeiro	+0,27	32.91	1:10.05
	Rafaela Araujo Silva	+0,53	41.26	1:26.59	Adriana Azevedo Couto	+0,65	31.58	1:07.74
8.	Leixoes-Juv B			Leixoes		5:02.15	+0,67	452
	Maria Camolino Cabral	+0,67	39.49	1:21.86	Alexandra Jesus Santos	+0,46	31.08	1:07.09
	Benedita Cunha Serrano	+0,19	40.98	1:28.60	Ines Silva Oliveira	+0,57	31.34	1:04.60
9.	Nautico /Urgicentro-Sanfil-Juv B			Nautico /Urgicentro-Sanfil		5:02.35	+0,66	452
	Andreia Filipa Fernandes	+0,66	40.90	1:26.10	Teresa Miguel Veloso	+0,23	32.05	1:09.72
	Carlota Santos Silva	+0,42	36.10	1:19.19	Maria Beatriz Jorge	+0,38	31.71	1:07.34
10.	Miranda do Corvo-Juv B			Miranda do Corvo		5:02.93	+0,66	449
	Margarete Leandro Fernandes	+0,66	38.31	1:18.09	Daniela Margarida Pinto	+0,12	35.44	1:18.15
	Maria Ines Ferreira	+0,29	38.58	1:21.73	Mariana Santos Ferreira	+0,36	31.50	1:04.96
11.	Natacao do Montijo-Juv B			Natacao do Montijo		5:03.26	+0,66	448
	Ana Fernandes Costa	+0,66	36.79	1:15.44	Catarina Barco Quendera	+0,69	35.58	1:17.75
	Ema Filipa Rosario	+0,56	38.37	1:21.92	Beatriz Jesus Pereira	+0,63	32.35	1:08.15
12.	Naval Setubalense-Juv B			Naval Setubalense		5:09.67	+0,67	420
	Ana Catarina Lixa	+0,67	36.91	1:16.29	Ana Carolina Mira	+0,65	35.23	1:17.39
	Rita Filipa Paulino	+0,71	41.17	1:28.16	Catarina Vasques Couto	+0,45	31.99	1:07.83
13.	Aminata-Juv B			Aminata		5:10.97	+0,72	415
	Beatriz Valadas Bilro	+0,72	36.20	1:13.60	Carolina Pastor Escada	+0,51	33.39	1:15.92
	Ines Bicho Fadista	+0,55	41.01	1:29.64	Ana Margarida Cruz	+0,57	34.15	1:11.81
14.	Vilacondense-Juv B			Vilacondense		5:19.41	+0,92	383
	Rafaela Campos Oliveira	+0,92	37.82	1:18.45	Francisca Azevedo Dourado	+0,53	36.20	1:24.04
	Joana Almeida Rainha	+0,73	42.48	1:29.75	Leila Tavarria Lemos	+0,53	31.73	1:07.17
15.	Gafanha da Encarnacao-Juv B			Gafanha da Encarnacao		5:27.09	+0,74	357
	FTL							
	Joana Santos Pereira	+0,74	37.52	1:19.10	Ana Francisca Bola	+0,46	36.93	1:23.08
	Regina Lopes Bento	+0,49	40.88	1:29.51	Maria Joao Eugenio	+0,02	34.39	1:15.40
DNF	Estamos Juntos-Juv B			Estamos Juntos				
	Rita Correia Albergueiro	+0,68	37.30	1:18.73	Maria Joao Rocha	+0,85		
	Francisca Andrade Brito	+0,72			Beatriz Teixeira Martins			

Prova 39, Femin., 4 x 100m Estilos

Juvenis A

1.	Sporting-Juv A			Sporting	4:42.68	+0,75	553	
	Maria Ana Monge	+0,75	33.98	1:10.57	Sara Costa Guerra	+0,25	32.41	1:10.34
	Ines Margarida Costa		36.03	1:18.35	Filipa Sousa Pinheiro	+0,36	30.15	1:03.42
2.	Academica de Coimbra-Juv A			Academica de Coimbra	4:47.30	+0,64	526	
	Mariana Pinto Angelo	+0,64	36.81	1:15.65	Beatriz Lopes Pinto	+0,34	32.66	1:09.02
	Beatriz Castanheira Dias	+0,32	37.56	1:19.25	Ana Beatriz Fonseca	+0,30	30.02	1:03.38
3.	Leixoes-Juv A			Leixoes	4:49.24	+0,71	516	
	Rita Almeida Freches	+0,71	35.48	1:14.13	Ines Maria Pereira	+0,23	32.48	1:11.19
	Ana Teresa Nascimento	+0,35	38.02	1:22.58	Marta Ferreira Rocha	0.00	28.88	1:01.34
4.	Amadora-Juv A			Amadora	4:49.39	+0,68	515	
	Margarida Sobral Pimenta	+0,68	34.17	1:10.02	Ana Claudia Rosa	+0,48	33.03	1:12.87
	Rita Goncalves Passinhas	+0,12	38.56	1:22.84	Ana Oliveira Silva	+0,43	30.27	1:03.66
5.	Porto-Juv A			Porto	4:55.03	+0,75	486	
	Ana Beatriz La Feria	+0,75	38.53	1:18.22	Ana Cristina Sousa	+0,43	31.43	1:08.80
	Mafalda Malafaia Oliveira	+0,28	39.11	1:23.56	Ines Maria Neves	+0,40	30.99	1:04.45
6.	Colegio Bernardette Romeira-Juv A			Colegio Bernardette Romeira	5:00.90	+0,62	458	
	Carolina Costa Fernandes	+0,62	38.87	1:21.92	Joana Viegas Bento	+0,46	32.41	1:11.53
	Matilde Pereira Martins	+0,76	36.58	1:21.35	Catarina Costa Fernandes	+0,46	31.32	1:06.10
7.	Ginasio Vila Real-Juv A			Ginasio Vila Real	5:01.60	+0,71	455	
	Carolina Sousa	+0,71	36.61	1:15.48	Maria Margarida Fernandes	+0,37	33.11	1:14.56
	Alexandra Lopes Afonso	+0,52	38.19	1:23.96	Catarina Azevedo Nobrega	+0,45	32.41	1:07.60

Juniores

1.	Alges-Jun			Alges	4:29.14	+0,57	640	
	Francisca Gomes Azevedo	+0,57	32.03	1:06.10	Barbara Marques Rodrigues	+0,18	31.42	1:08.70
	Barbara Sofia Barata	+0,58	35.70	1:15.56	Rita Barros Frischknecht	+0,13	27.87	58.78
2.	Porto-Jun			Porto	4:45.66	+0,66	536	
	Adriana Daniela Castro	+0,66	34.42	1:11.75	Ana Carolina Moreira	+0,56	32.57	1:10.05
	Lucilia Ferreira Freitas	+0,37	38.22	1:21.22	Maria Carolina Ribeiro	+0,52	29.61	1:02.64
3.	Famalicao-Jun			Famalicao	4:48.36	+0,69	521	
	Catarina Alexandra Jardim	+0,69	33.80	1:10.07	Carla Luisa Alves	+0,73	31.98	1:14.34
	Barbara Nogueira Goncalves	+0,74	37.69	1:21.44	Ana Silva Costa	+0,46	30.17	1:02.51
4.	Nautico /Urgicentro-Sanfil-Jun			Nautico /Urgicentro-Sanfil	4:48.41	+0,77	520	
	Rita Verissimo Damasceno	+0,77	36.90	1:15.92	Beatriz Neves Craveiro	+0,31	30.71	1:06.34
	Andreia Margarida Morgado	+0,36	38.76	1:23.31	Matilde Domingues Gameiro	+0,42	30.34	1:02.84

DSQ Sporting-Jun

Sporting

Infringiu o ponto 4 do Regulamento da Competição

Claudia Isabel Semiao, Carolina Mantua Guedes, Ines Camacho Fernandes, Sofia Machado Dionisio

Prova 40 Masc., 4 x 100m Estilos 15 - 18 anos
06-04-2014 - 18:05 Resultados

Recordes Nacionais 50m Absoluto	3:46.65	Clube Natacao da Amadora	CNA	Povoa de Varzim	07-08-2011
Recordes Nacionais 50m Juv B	4:11.24	Sporting Clube de Portugal	SCP	Jamor	29-07-2012
Recordes Nacionais 50m Juv	4:07.60	tempo limite			
Recordes Nacionais 50m Juv A	4:07.60	Futebol Clube do Porto	FCP	Famalicao	21-07-2013
Recordes Nacionais 50m Jun	3:55.96	Futebol Clube do Porto/Imperio Bonr	FCP	Faro	21-07-2009

TAC-JUN17M Jun17: 4:23.00 / TAC-JUN18M Jun18: 4:23.00 / TAC-JUVAM Juv A: 4:35.00 / TAC-JUVBM Juv B: 4:46.00

Pontos: FINA 2014

Lugar	Clube				Tempo Final	TReac	Pts	
Juvenis B								
1.	Louletano/Loule Concelho-Juv B			Louletano/Loule Concelho	4:21.05	+0,56	500	
	Rodrigo Jose Guerreiro	+0,56	31.14	1:04.29	Bernardo Antonio Alves	+0,43	28.71	1:02.97
	Eduardo Cardoso Lopes	+0,23	35.32	1:16.87	Manuel Silva Godinho	+0,06	26.59	56.92
2.	Braga-Juv B			Braga	4:22.33	+0,73	493	
	Jose Pedro Fernandes	+0,73	33.24	1:07.62	Nuno Miguel Coto	+0,32	29.55	1:05.15
	Jose Pedro Melo	+0,37	33.72	1:12.22	Jose Nuno Mendes	+0,15	26.89	57.34
3.	Colegio SMLamas-Juv B			Colegio SMLamas	4:22.60	+0,81	491	
	Gabriel Filipe Pereira	+0,81	33.67	1:10.73	Tiago Oliveira Barbosa	+0,55	29.39	1:04.40
	Alexandre Ferreira Amorim	+0,52	32.71	1:08.88	Fernando Marcelo Rocha	+0,31	27.77	58.59
4.	Aminata-Juv B			Aminata	4:24.25	+0,69	482	
	Tiago Pastor Escada	+0,69	31.35	1:04.50	Bernardo Pastor Escada	+0,54	30.42	1:06.17
	Joao Miguel Barrulas	+0,55	34.33	1:13.04	Andre Mendes Batalha	+0,42	28.13	1:00.54
5.	Amadora-Juv B			Amadora	4:28.84	+0,66	458	
	Miguel Henriques Pereira	+0,66	33.53	1:10.14	Joao Magalhaes Nunes	+0,34	29.33	1:01.76
	Pedro Ferraz Esteves	+0,26	36.18	1:16.45	Afonso Vicente Eva	+0,20	28.60	1:00.49
6.	Vitoria de Guimaraes/Olicargo-Juv B			Vitoria de Guimaraes/Olicargo	4:30.91	+0,75	447	
	Pedro Miguel Fernandes	+0,75	32.28	1:06.11	Tiago Andre Oliveira	+0,25	29.11	1:05.06
	Albino Manuel Goncalves	+0,60	37.02	1:19.43	Elmano Madail Costa	+0,42	28.03	1:00.31
7.	Industrial Vieirense-Juv B			Industrial Vieirense	4:31.47	+0,69	445	
	Francisco Pereira Pedrosa	+0,69	33.86	1:08.93	Sandro Emanuel Francisco	+0,61	29.91	1:04.98
	Sergio Gabriel Lamande	+0,03	36.93	1:19.07	Andre Lopes Silva	+0,50	28.34	58.49
8.	Gespacos-Juv B			Gespacos	4:33.13	+0,66	437	
	Nuno Filipe Costa	+0,66	32.82	1:08.56	Leonardo Jose Silva	+0,23	29.68	1:05.88
	Daniel Silva Bessa	+0,61	35.70	1:17.22	Ricardo Andre Pinto	+0,53	28.39	1:01.47
9.	Ginasio Vila Real-Juv B			Ginasio Vila Real	4:40.13	+0,73	405	
	Tomas Tao Barros	+0,73	34.13	1:11.13	Luis Carlos Pires	+0,33	31.79	1:09.59
	Luis Diogo Luz	+0,51	35.32	1:18.42	Jose Rafael Matias	+0,51	29.25	1:00.99
10.	Vilacondense-Juv B			Vilacondense	4:42.21	+0,64	396	
	Pedro Saraiva Silva	+0,64	35.05	1:12.46	Rui Jorge Matias	+0,70	29.19	1:02.77
	Joao Manuel Santos	+0,43	40.11	1:23.95	Gabriel Mimoso Pereira	+0,59	29.94	1:03.03
11.	Estamos Juntos-Juv B			Estamos Juntos	4:42.26	+0,61	396	
	Diogo Henrique Camacho	+0,61	34.05	1:11.20	Paulo Filipe Almeida	+0,30	31.11	1:07.84
	Lino Ricardo Oliveira	+0,42	36.77	1:20.77	Andre Freitas Gual	+0,53	30.23	1:02.45

Prova 40, Masc., 4 x 100m Estilos

Juvenis A

1.	Braga-Juv A			Braga		4:08.91	+0,59	577
	Joao Francisco Lopes	+0,59	29.97	1:01.02	Luis Filipe Ribeiro	+0,37	28.62	1:02.16
	Mario Jorge Veloso	+0,55	31.64	1:07.64	Bruno Jose Silva	+0,35	28.27	58.09
2.	Amadora-Juv A			Amadora		4:10.21	+0,56	568
	Steve Alexandre Soares	+0,56	30.19	1:02.08	Pedro Trindade Silva	+0,50	28.53	1:02.43
	Joao Sismeiro Pereira	+0,12	32.08	1:09.84	Filipe Miguel Silveira	+0,25	26.73	55.86
3.	Alges-Juv A			Alges		4:11.82	+0,65	557
	Francisco Carvalho Machado	+0,65	30.81	1:02.96	Hugo Pon	+0,33	27.85	59.63
	Afonso Ribeiro Bate	+0,42	32.52	1:09.77	Afonso Sobral Domingues	+0,31	28.03	59.46
4.	Porto-Juv A			Porto		4:13.29	+0,67	548
	Vasco Gradim Amorim	+0,67	32.91	1:06.63	Victor Tiago Goncalves	+0,49	28.60	1:01.55
	Diogo Miguel Costa	+0,38	32.73	1:09.49	Goncalo Miguel Nogueira	+0,39	26.71	55.62
5.	Famalicao-Juv A			Famalicao		4:15.32	+0,69	535
	Eduardo Maia Mendes	+0,69	32.30	1:06.03	Joao Carlos Silva	+0,37	27.24	58.87
	Xavier Ribeiro Ferreira	+0,13	34.03	1:13.44	Joao Costa Ferreira	+0,38	27.42	56.98
6.	Uniao Piedense-Juv A			Uniao Piedense		4:19.07	+0,76	512
	Jose Paula Carvalho	+0,76	32.58	1:05.35	Diogo Rodrigues Freitas	+0,47	28.74	1:01.88
	Afonso Calais Queiroga	+0,50	33.43	1:11.47	Hugo Filipe Torres	+0,36	28.57	1:00.37
7.	Gespacos-Juv A			Gespacos		4:20.26	+0,72	505
	Pedro Ferraz Silva	+0,72	31.38	1:04.02	Luis Carlos Almeida	+0,64	28.96	1:02.21
	Pedro Miguel Lino	+0,18	34.05	1:13.84	Joao Nuno Costa	+0,33	28.88	1:00.19
8.	Naval do Funchal-Juv A			Naval do Funchal		4:21.06	+0,58	500
	Francisco Aguiar Morganho	+0,58	32.83	1:06.39	Henrique Luis Vargas	+0,17	26.92	59.56
	Francisco Manso Teixeira	+0,07	37.26	1:20.09	Pedro Camacho Sousa	+0,19	26.04	55.02
9.	Colegio Monte Maior-Juv A			Colegio Monte Maior		4:22.08	+0,60	494
	Diogo Rosado Leca	+0,60	31.73	1:05.54	Cesar Barroqueiro Magalhaes	+0,32	30.17	1:05.42
	Joao Alexandre Vital	+0,23	32.59	1:11.27	Diogo Nogueira Rebelo	+0,21	28.48	59.85
10.	Desporto Barcelos-Juv A			Desporto de Barcelos		4:22.74	+0,62	491
	Lucas Correia Veloso	+0,62	31.99	1:05.13	Andre Filipe Afonseca	+0,54	29.18	1:03.51
	Rui Filipe Costa	+0,54	32.88	1:12.85	Jorge Diogo Ribeiro	+0,43	28.86	1:01.25
11.	Lousada SXXI-Juv A			Lousada SXXI		4:27.92	+0,66	463
	Eduardo Abel Duarte	+0,66	32.42	1:06.81	Jorge Rogerio Moraes	+0,32	30.22	1:05.64
	Joao Pedro Santos	+0,58	33.57	1:14.25	Carlos Andre Bessa	+0,46	28.72	1:01.22
12.	Natacao de Valongo-Juv A			Natacao de Valongo		4:28.84	+0,86	458
	Humberto Fernandes Felgueiras	+0,86	32.53	1:05.82	Pedro Nuno Vieira	+0,28	28.46	1:01.74
	Diogo Ferreira Neves	+0,34	37.17	1:20.10	Ricardo Miguel Moreira	+0,35	29.31	1:01.18
13.	Geslours-Juv A			Geslours		4:29.46	+0,71	455
	Filipe Ferreira Luz	+0,71	32.30	1:06.38	Raul Miguel Matzinger	+0,43	29.96	1:07.46
	Rafael Ladeiro Santos	+0,29	34.77	1:15.53	Frederico Pinto Silva	+0,21	28.40	1:00.09
14.	Colegio SMLamas-Juv A			Colegio SMLamas		4:31.45	+0,75	445
	Luis Filipe Soares	+0,75	30.69	1:03.60	Rodrigo Reis Silva	+0,42	29.10	1:01.87
	Alexandre Cerqueira Coelho	+0,32	37.32	1:19.47	Joao Pedro Pimentel	+0,61	31.43	1:06.51
DNS	Leixoes-Juv A			Leixoes				

Prova 40, Masc., 4 x 100m Estilos

Juniores

1.	Porto-Jun			Porto		4:05.50	+0,62	601
	Ruben Oliveira Lopes	+0,62	30.00	1:03.04	Artur Jose Reis	+0,37	27.75	59.45
	Leonardo Cardoso Figueiredo	+0,33	31.24	1:08.25	Joao Miguel Ascensao	+0,33	25.23	54.76
2.	Fluvial Portuense-Jun			Fluvial Portuense		4:08.81	+0,77	578
	Julio Dinis Goncalves	+0,77	31.20	1:04.48	Joao Pedro Santos	+0,33	26.99	57.78
	Ricardo Jorge Mesquita	+0,55	33.45	1:12.33	Joao Jose Vilela	+0,28	25.75	54.22
3.	Naval Amorense-Jun			Naval Amorense		4:11.44	+0,65	560
	Daniel Filipe Cazeiro	+0,65	31.87	1:05.46	Miguel Angelo Alves	+0,16	27.33	1:00.08
	Rafael Filipe Nunes	+0,17	33.04	1:11.64	Fabio Alcantara Aires	+0,22	25.90	54.26
4.	Nautico /Urgicentro-Sanfil-Jun			Nautico /Urgicentro-Sanfil		4:11.57	+0,60	559
	Luis Henrique Neves	+0,60	31.59	1:06.46	Francisco Xavier Goncalves	+0,38	27.41	1:00.35
	Tomas Miguel Veloso	+0,27	30.67	1:06.33	Hugo Vale Pereira	+0,19	27.79	58.43
5.	Alcobaca-Jun			Alcobaca		4:12.32	+0,74	554
	Joao Mota Correia	+0,74	30.22	1:02.15	Jose Pedro Bugalho	+0,37	28.14	1:01.48
	Joao Bernardo Jorge	+0,32	33.26	1:12.38	Miguel Angelo Silvestre	+0,29	26.74	56.31
6.	Leixoes-Jun			Leixoes		4:14.77	+0,89	538
	Joao Afonso Picao	+0,89	33.13	1:08.75	Vitor Joao Pereira	+0,39	28.83	1:03.17
	Andre Goncalo Santos	+0,21	30.54	1:05.61	Artur Miguel Marques	+0,63	27.26	57.24
7.	Amadora-Jun			Amadora		4:15.27	+0,61	535
	Bruno Miguel Ramos	+0,61	31.16	1:03.80	David Carrasco Correia	+0,44	27.98	1:01.27
	Goncalo Alexandre Almeida	+0,39	33.10	1:10.72	Tiago Correia Neves	+0,06	28.39	59.48
8.	Louletano/Loule Concelho-Jun			Louletano/Loule Concelho		4:16.80	+0,81	525
	Pedro Miguel Fernandes	+0,81	32.97	1:07.39	Tiago Mestre Faisca	+0,34	29.24	1:03.35
	Luis Pedro Fernandes	+0,29	32.19	1:09.98	Bruno Filipe Neves	+0,25	26.61	56.08
9.	Braga-Jun			Braga		4:17.96	+0,58	518
	Bruno Daniel Rodrigues	+0,58	31.82	1:06.11	Rodrigo Carlos Albuquerque	+0,26	26.96	59.81
	Pedro Veiguinha Martins	+0,27	34.63	1:14.73	Ricardo Eduardo Afonso	+0,10	27.52	57.31
10.	Feirense-Jun			Feirense		4:18.24	+0,62	517
	Job Santos Silva	+0,62	29.87	1:00.41	Joao Vitor Ferreira	+0,18	30.13	1:06.90
	Andre Filipe Correia	+0,27	32.98	1:12.30	Joao Pedro Dias	+0,07	27.08	58.63
11.	Vilacondense-Jun			Vilacondense		4:18.37	+0,65	516
	Paulo Andre Silva	+0,65	30.08	1:02.95	Ruben Jose Morim	+0,44	28.78	1:02.36
	Filipe Carmo Ramos	+0,43	31.62	1:07.96	Jose Miguel Oliveira	+0,30	31.06	1:05.10
12.	Foca-Jun			Foca		4:19.67	+0,68	508
	Ricardo David Silva	+0,68	32.82	1:08.85	Ivo Pinto Ribeiro	+0,09	26.71	59.75
	Joao Miguel Ferreira	+0,24	33.49	1:12.58	Jose Carlos Teixeira	+0,51	28.00	58.49
13.	Colegio SMLamas-Jun			Colegio SMLamas		4:19.82	+0,63	507
	Daniel Baptista Coimbra	+0,63	34.09	1:12.79	Joao Paulo Capitao	+0,44	27.35	1:00.03
	Simao Miguel Capitao	+0,57	30.61	1:07.02	Joel Baptista Peixoto	+0,53	28.71	59.98
14.	Geslours-Jun			Geslours		4:22.14	+0,76	494
	Joao Miguel Cardoso	+0,76	33.18	1:08.69	Carlos Flores Clara	+0,19	29.00	1:03.55
	Miguel Rocha Costa	+0,27	32.64	1:11.51	Pedro Dordio Carreiro	+0,60	27.64	58.39
DSQ	Ginasio Vila Real-Jun			Ginasio Vila Real				
	<i>810 - Movimento alternado de pernas após viragem aos 250 m - SW 8.3</i>							
	Carlos Manuel Figueiredo	+0,65	30.64	1:04.80	Carlos Eira Cruz	+0,40		
	Ricardo Daniel Goncalves	+0,34	33.30	1:12.21	Guilherme Teixeira Baptista	+0,59		