

Prova 1	Femin., 800m Livres				Absolutos
28-11-2015					Resultados
Rec Nac Absoluto	8:36.75	Tamila Hryhorivna Holub	SCB	Felgueiras	14-11-2015
Rec Nac Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Rec Nac Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	13-07-1980
Rec Nac Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibbes (FRA)	20-12-1980
Rec Nac Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Rec Nac Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Rec Nac Jun17	8:36.75	Tamila Hryhorivna Holub	SCB	Felgueiras	14-11-2015
Rec Nac Sen	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Beatriz Dias	99	108045	Scalabiswim	9:32.81	+0,83	586	25,0(-)
	50m: 32.09 32.09			250m: 2:52.98 35.46	450m: 5:15.42 35.97	650m: 7:42.03 36.83		
	100m: 1:07.08 34.99			300m: 3:28.41 35.43	500m: 5:51.83 36.41	700m: 8:19.02 36.99		
	150m: 1:42.21 35.13			350m: 4:03.73 35.32	550m: 6:28.10 36.27	750m: 8:56.36 37.34		
	200m: 2:17.52 35.31			400m: 4:39.45 35.72	600m: 7:05.20 37.10	800m: 9:32.81 36.45		
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	9:37.43	+0,78	572	23,0(-)
	50m: 32.02 32.02			250m: 2:56.13 36.80	450m: 5:24.49 36.49	650m: 7:51.23 36.33		
	100m: 1:07.18 35.16			300m: 3:33.60 37.47	500m: 6:01.48 36.99	700m: 8:27.04 35.81		
	150m: 1:42.99 35.81			350m: 4:11.27 37.67	550m: 6:37.98 36.50	750m: 9:02.97 35.93		
	200m: 2:19.33 36.34			400m: 4:48.00 36.73	600m: 7:14.90 36.92	800m: 9:37.43 34.46		
3.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	9:40.30	+0,97	563	22,0(-)
	50m: 32.50 32.50			250m: 2:56.71 36.50	450m: 5:24.55 37.19	650m: 7:52.12 36.54		
	100m: 1:08.09 35.59			300m: 3:33.41 36.70	500m: 6:01.15 36.60	700m: 8:28.79 36.67		
	150m: 1:44.07 35.98			350m: 4:10.61 37.20	550m: 6:38.45 37.30	750m: 9:05.04 36.25		
	200m: 2:20.21 36.14			400m: 4:47.36 36.75	600m: 7:15.58 37.13	800m: 9:40.30 35.26		
4.	Beatriz Marques Ferreira	00	122579	Campinho	9:47.31	+0,80	543	21,0(-)
	50m: 32.12 32.12			250m: 2:58.63 37.08	450m: 5:27.99 37.38	650m: 7:57.27 37.57		
	100m: 1:07.83 35.71			300m: 3:36.11 37.48	500m: 6:04.84 36.85	700m: 8:34.84 37.57		
	150m: 1:44.66 36.83			350m: 4:13.40 37.29	550m: 6:42.21 37.37	750m: 9:11.94 37.10		
	200m: 2:21.55 36.89			400m: 4:50.61 37.21	600m: 7:19.70 37.49	800m: 9:47.31 35.37		
5.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	10:00.03	+0,95	509	20,0(-)
	50m: 32.97 32.97			250m: 2:58.69 37.17	450m: 5:29.89 38.20	650m: 8:04.27 38.64		
	100m: 1:08.52 35.55			300m: 3:36.02 37.33	500m: 6:08.38 38.49	700m: 8:43.12 38.85		
	150m: 1:44.70 36.18			350m: 4:13.88 37.86	550m: 6:47.06 38.68	750m: 9:21.79 38.67		
	200m: 2:21.52 36.82			400m: 4:51.69 37.81	600m: 7:25.63 38.57	800m: 10:00.03 38.24		
6.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	10:00.34	+0,81	509	19,0(-)
	50m: 32.61 32.61			250m: 3:03.13 37.94	450m: 5:34.78 37.92	650m: 8:08.05 38.14		
	100m: 1:08.98 36.37			300m: 3:41.10 37.97	500m: 6:13.13 38.35	700m: 8:46.11 38.06		
	150m: 1:46.93 37.95			350m: 4:18.99 37.89	550m: 6:51.54 38.41	750m: 9:24.01 37.90		
	200m: 2:25.19 38.26			400m: 4:56.86 37.87	600m: 7:29.91 38.37	800m: 10:00.34 36.33		
7.	Carolina Isabel Machado	00	111445	Vitoria/ Olicargo	10:06.48	+0,93	493	18,0(-)
	50m: 34.35 34.35			250m: 3:05.75 38.28	450m: 5:39.05 38.58	650m: 8:12.84 38.59		
	100m: 1:11.79 37.44			300m: 3:43.66 37.91	500m: 6:17.10 38.05	700m: 8:51.44 38.60		
	150m: 1:49.46 37.67			350m: 4:22.25 38.59	550m: 6:55.65 38.55	750m: 9:29.81 38.37		
	200m: 2:27.47 38.01			400m: 5:00.47 38.22	600m: 7:34.25 38.60	800m: 10:06.48 36.67		
8.	Joana Filipa Silva	98	125636	O Crasto	10:07.76	+0,82	490	17,0(-)
	50m: 33.01 33.01			250m: 3:02.97 38.46	450m: 5:37.91 38.51	650m: 8:12.34 38.96		
	100m: 1:09.19 36.18			300m: 3:41.75 38.78	500m: 6:16.39 38.48	700m: 8:51.11 38.77		
	150m: 1:46.29 37.10			350m: 4:20.66 38.91	550m: 6:55.11 38.72	750m: 9:29.83 38.72		
	200m: 2:24.51 38.22			400m: 4:59.40 38.74	600m: 7:33.38 38.27	800m: 10:07.76 37.93		
9.	Joana Santos Pereira	00	116524	Gafanha da Encarnacao	10:12.48	+0,84	479	16,0(-)
	50m: 34.56 34.56			250m: 3:10.18 39.62	450m: 5:47.03 39.18	650m: 8:21.09 37.84		
	100m: 1:12.61 38.05			300m: 3:49.47 39.29	500m: 6:26.10 39.07	700m: 8:58.80 37.71		
	150m: 1:51.73 39.12			350m: 4:28.83 39.36	550m: 7:04.69 38.59	750m: 9:37.11 38.31		
	200m: 2:30.56 38.83			400m: 5:07.85 39.02	600m: 7:43.25 38.56	800m: 10:12.48 35.37		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	10:18.70	+0,88	465	15,0(-)
	50m: 34.53 34.53		250m: 3:07.90	39.00	450m: 5:43.82	39.12	650m: 8:21.36	38.70
	100m: 1:12.32 37.79		300m: 3:46.50	38.60	500m: 6:23.68	39.86	700m: 9:00.88	39.52
	150m: 1:50.44 38.12		350m: 4:25.32	38.82	550m: 7:03.30	39.62	750m: 9:40.40	39.52
	200m: 2:28.90 38.46		400m: 5:04.70	39.38	600m: 7:42.66	39.36	800m: 10:18.70	38.30
11.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	10:20.33	+0,81	461	14,0(-)
	50m: 33.29 33.29		250m: 3:07.80	39.23	450m: 5:46.07	39.36	650m: 8:24.44	39.14
	100m: 1:11.04 37.75		300m: 3:47.28	39.48	500m: 6:26.26	40.19	700m: 9:03.61	39.17
	150m: 1:49.41 38.37		350m: 4:27.28	40.00	550m: 7:05.61	39.35	750m: 9:42.66	39.05
	200m: 2:28.57 39.16		400m: 5:06.71	39.43	600m: 7:45.30	39.69	800m: 10:20.33	37.67
12.	Ines Manaia Correia	02	125614	Condeixa Clube	10:21.57	+0,83	458	13,0(-)
	50m: 33.22 33.22		250m: 3:09.13	39.50	450m: 5:47.22	39.25	650m: 8:26.35	40.43
	100m: 1:11.16 37.94		300m: 3:48.96	39.83	500m: 6:26.41	39.19	700m: 9:05.50	39.15
	150m: 1:50.12 38.96		350m: 4:28.72	39.76	550m: 7:06.51	40.10	750m: 9:44.26	38.76
	200m: 2:29.63 39.51		400m: 5:07.97	39.25	600m: 7:45.92	39.41	800m: 10:21.57	37.31
13.	Andreia Avila Jesus	00	125366	Natacao de Vagos	10:25.18	+0,88	450	12,0(-)
	50m: 33.32 33.32		250m: 3:09.72	39.66	450m: 5:49.13	39.05	650m: 8:26.71	39.49
	100m: 1:11.14 37.82		300m: 3:49.46	39.74	500m: 6:28.19	39.06	700m: 9:06.41	39.70
	150m: 1:50.44 39.30		350m: 4:29.40	39.94	550m: 7:07.53	39.34	750m: 9:45.62	39.21
	200m: 2:30.06 39.62		400m: 5:10.08	40.68	600m: 7:47.22	39.69	800m: 10:25.18	39.56
14.	Beatriz Santos Reis	01	120776	Torres Novas	10:25.42	+0,95	450	11,0(-)
	50m: 35.37 35.37		250m: 3:12.03	39.01	450m: 5:49.69	39.13	650m: 8:28.19	39.34
	100m: 1:14.04 38.67		300m: 3:51.17	39.14	500m: 6:29.07	39.38	700m: 9:08.07	39.88
	150m: 1:53.46 39.42		350m: 4:30.85	39.68	550m: 7:08.95	39.88	750m: 9:47.17	39.10
	200m: 2:33.02 39.56		400m: 5:10.56	39.71	600m: 7:48.85	39.90	800m: 10:25.42	38.25
15.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	10:25.45		450	10,0(-)
	50m: 33.98 33.98		250m: 3:12.52	39.24	450m: 5:50.98	39.59	650m: 8:29.75	40.34
	100m: 1:13.12 39.14		300m: 3:51.92	39.40	500m: 6:30.64	39.66	700m: 9:09.68	39.93
	150m: 1:53.24 40.12		350m: 4:32.08	40.16	550m: 7:09.77	39.13	750m: 9:48.76	39.08
	200m: 2:33.28 40.04		400m: 5:11.39	39.31	600m: 7:49.41	39.64	800m: 10:25.45	36.69
16.	Catarina Pinho Estevez	02	124325	Naval Setubalense	10:26.47		447	9,0(-)
	50m: 34.30 34.30		250m: 3:10.24	39.15	450m: 5:49.57	39.79	650m: 8:29.82	39.67
	100m: 1:12.71 38.41		300m: 3:49.90	39.66	500m: 6:29.92	40.35	700m: 9:09.44	39.62
	150m: 1:52.01 39.30		350m: 4:30.05	40.15	550m: 7:10.60	40.68	750m: 9:49.00	39.56
	200m: 2:31.09 39.08		400m: 5:09.78	39.73	600m: 7:50.15	39.55	800m: 10:26.47	37.47
17.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	10:34.78		430	8,0(-)
	50m: 34.52 34.52		250m: 3:10.14	39.74	450m: 5:51.20	40.25	650m: 8:34.16	40.88
	100m: 1:12.16 37.64		300m: 3:50.23	40.09	500m: 6:31.91	40.71	700m: 9:15.03	40.87
	150m: 1:50.85 38.69		350m: 4:30.54	40.31	550m: 7:12.70	40.79	750m: 9:55.60	40.57
	200m: 2:30.40 39.55		400m: 5:10.95	40.41	600m: 7:53.28	40.58	800m: 10:34.78	39.18
18.	Laura da Luz Fonseca	03	122825	Naval de Ponta Delgada	10:34.86	+0,93	430	7,0(-)
	50m: 36.41 36.41		250m: 3:15.53	40.20	450m: 5:57.32	40.50	650m: 8:37.25	39.83
	100m: 1:15.44 39.03		300m: 3:56.23	40.70	500m: 6:37.27	39.95	700m: 9:17.31	40.06
	150m: 1:55.10 39.66		350m: 4:36.45	40.22	550m: 7:17.22	39.95	750m: 9:57.70	40.39
	200m: 2:35.33 40.23		400m: 5:16.82	40.37	600m: 7:57.42	40.20	800m: 10:34.86	37.16
19.	Carolina Pereira Pedrosa	02	126677	Vieirense	10:34.96	+0,85	430	6,0(-)
	50m: 34.63 34.63		250m: 3:11.25	39.27	450m: 5:53.13	40.89	650m: 8:36.05	40.74
	100m: 1:13.13 38.50		300m: 3:51.34	40.09	500m: 6:33.59	40.46	700m: 9:16.78	40.73
	150m: 1:52.76 39.63		350m: 4:31.63	40.29	550m: 7:14.48	40.89	750m: 9:56.55	39.77
	200m: 2:31.98 39.22		400m: 5:12.24	40.61	600m: 7:55.31	40.83	800m: 10:34.96	38.41
20.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	10:38.58	+0,94	422	5,0(-)
	50m: 34.16 34.16		250m: 3:11.53	39.71	450m: 5:54.41	40.99	650m: 8:37.59	40.46
	100m: 1:12.46 38.30		300m: 3:52.08	40.55	500m: 6:35.10	40.69	700m: 9:18.18	40.59
	150m: 1:51.77 39.31		350m: 4:32.78	40.70	550m: 7:15.78	40.68	750m: 9:58.80	40.62
	200m: 2:31.82 40.05		400m: 5:13.42	40.64	600m: 7:57.13	41.35	800m: 10:38.58	39.78

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Rita Daniela Lopes	01	123412	Gualdim Pais	10:42.92	+0,89	414	4,00-
	50m: 34.46 34.46		250m: 3:15.07 40.95	450m: 5:58.79 40.73		650m: 8:42.76 40.94		
	100m: 1:13.28 38.82		300m: 3:56.22 41.15	500m: 6:39.46 40.67		700m: 9:23.50 40.74		
	150m: 1:53.52 40.24		350m: 4:37.14 40.92	550m: 7:20.65 41.19		750m: 10:04.12 40.62		
	200m: 2:34.12 40.60		400m: 5:18.06 40.92	600m: 8:01.82 41.17		800m: 10:42.92 38.80		
22.	Rita Oliveira Noritake	98	107643	Bombeiros Estoris	10:45.17	+0,81	410	3,00-
	50m: 34.58 34.58		250m: 3:14.50 40.92	450m: 5:59.07 41.28		650m: 8:44.42 41.72		
	100m: 1:13.33 38.75		300m: 3:55.47 40.97	500m: 6:40.03 40.96		700m: 9:25.39 40.97		
	150m: 1:53.27 39.94		350m: 4:36.55 41.08	550m: 7:21.50 41.47		750m: 10:06.08 40.69		
	200m: 2:33.58 40.31		400m: 5:17.79 41.24	600m: 8:02.70 41.20		800m: 10:45.17 39.09		
23.	Sara Tavares Baptista	00	123942	Feirense	10:47.74	+0,89	405	2,00-
	50m: 34.86 34.86		250m: 3:18.65 41.27	450m: 6:04.73 41.77		650m: 8:49.44 40.78		
	100m: 1:14.80 39.94		300m: 3:59.91 41.26	500m: 6:46.37 41.64		700m: 9:30.54 41.10		
	150m: 1:55.82 41.02		350m: 4:41.28 41.37	550m: 7:27.84 41.47		750m: 10:10.67 40.13		
	200m: 2:37.38 41.56		400m: 5:22.96 41.68	600m: 8:08.66 40.82		800m: 10:47.74 37.07		
24.	Melissa Sousa Vilarinho	03	124377	FC Ferreiras	11:45.45	+0,84	313	1,00-
	50m: 35.17 35.17		250m: 3:28.82 43.95	450m: 6:30.76 45.49		650m: 9:33.01 44.97		
	100m: 1:16.71 41.54		300m: 4:14.73 45.91	500m: 7:16.12 45.36		700m: 10:19.04 46.03		
	150m: 2:00.65 43.94		350m: 4:59.92 45.19	550m: 8:01.81 45.69		750m: 11:02.41 43.37		
	200m: 2:44.87 44.22		400m: 5:45.27 45.35	600m: 8:48.04 46.23		800m: 11:45.45 43.04		

Prova 2
28-11-2015

Masc., 100m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Rec Nac Inf B	1:01.78	Fabio Parrilha da Silva	CNAL	Penafiel	01-04-2000
Rec Nac Inf A	59.56	Fabio Parrilha da Silva	CNAL	Leiria	07-04-2001
Rec Nac Juv B	57.32	Diogo Filipe Carvalho	CGA	Estarreja	10-06-2003
Rec Nac Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	05-12-2010
Rec Nac Jun17	53.97	Tiago Andre Venancio	CNS	Alapraia	15-02-2004
Rec Nac Jun18	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Rec Nac Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	57.48	+0,58	598	25,00
	50m: 26.05 26.05		100m: 57.48 31.43					
2.	Mateus Roque Mendes	96	117954	Natacao de Faro	58.30	+0,79	573	23,00
	50m: 26.86 26.86		100m: 58.30 31.44					
3.	Pedro Miguel Fernandes	99	110494	Vitoria/ Olicargo	58.83	+0,80	558	22,00
	50m: 26.67 26.67		100m: 58.83 32.16					
4.	Tiago Manuel Teixeira	96	102485	Fafe	59.07	+0,68	551	21,00
	50m: 26.75 26.75		100m: 59.07 32.32					
5.	Francisco Ribeiro Constantino	99	105785	Naval da Nazare	59.67	+0,73	534	20,00
	50m: 27.49 27.49		100m: 59.67 32.18					
6.	Mauro Filipe Viegas	95	26428	Natacao Olhao	59.81	+0,54	531	19,00
	50m: 27.81 27.81		100m: 59.81 32.00					
7.	Jose Pedro Rosario	96	128021	Nautica do Seixal	1:00.13	+0,80	522	18,00
	50m: 27.86 27.86		100m: 1:00.13 32.27					
8.	Rui Miguel Fonseca	88	11990	Fundacao Beatriz Santos	1:00.45	+0,76	514	17,00
	50m: 27.57 27.57		100m: 1:00.45 32.88					

Prova 2, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Sandro Emanuel Francisco	99	117818	Vieirense	1:00.47	+0,70	514	16,00
	50m: 27.92 27.92		100m: 1:00.47 32.55					
10.	Joao Pedro Gomes	99	109733	Miranda do Corvo	1:00.61	+0,74	510	15,00
	50m: 28.60 28.60		100m: 1:00.61 32.01					
11.	Carlos Miguel Pinto	97	107661	Naval Setubalense	1:00.64	+0,72	509	14,00
	50m: 27.85 27.85		100m: 1:00.64 32.79					
12.	Andre Gouveia Costa	01	123368	Condeixa Clube	1:00.70	+0,70	508	13,00
	50m: 27.80 27.80		100m: 1:00.70 32.90					
13.	Andre Filipe Afonseca	98	117795	Amigos da Montanha	1:00.88	+0,92	503	12,00
	50m: 28.24 28.24		100m: 1:00.88 32.64					
14.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	1:01.53	+0,63	487	11,00
	50m: 28.15 28.15		100m: 1:01.53 33.38					
15.	Francisco Miguel Costa	96	129975	Atletico	1:02.02	+0,70	476	10,00
	50m: 28.43 28.43		100m: 1:02.02 33.59					
16.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	1:02.04	+0,69	475	9,00
	50m: 28.73 28.73		100m: 1:02.04 33.31					
17.	Flavio Miguel Barbara	95	119741	Gualdim Pais	1:02.35	+0,66	468	8,00
	50m: 27.19 27.19		100m: 1:02.35 35.16					
18.	Pedro Pereira Lopes	99	127118	BUZIOS-Coruche	1:02.39		468	7,00
	50m: 29.11 29.11		100m: 1:02.39 33.28					
19.	Joao Miguel Branco	98	108676	Sporting de Espinho	1:02.61	+0,86	463	6,00
	50m: 28.84 28.84		100m: 1:02.61 33.77					
20.	Andre Freitas Gual	99	117584	Estamos Juntos	1:04.21		429	5,00
	50m: 29.47 29.47		100m: 1:04.21 34.74					
21.	Paulo Andre Silva	95	104517	Natacao da Maia	1:04.61	+0,84	421	4,00
	50m: 29.63 29.63		100m: 1:04.61 34.98					
22.	Goncalo Fernando Ferreira	94	121734	Penafiel	1:04.90	+0,86	415	3,00
	50m: 29.33 29.33		100m: 1:04.90 35.57					
23.	Diogo Teixeira Mendes	01	130302	Scalabiswim	1:10.86	+0,92	319	2,00
	50m: 33.06 33.06		100m: 1:10.86 37.80					
24.	Filipe Bjorcke Santos	88	123823	FC Ferreiras	1:25.69	+0,87	180	1,00
	50m: 36.64 36.64		100m: 1:25.69 49.05					

Prova 3
28-11-2015

Femin., 200m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Rec Nac Inf B	2:31.64	Raquel Maria Felgueiras	SCB	Algés	09-05-1992
Rec Nac Inf A	2:25.40	Raquel Maria Felgueiras	SCB	Vila do Conde	30-05-1993
Rec Nac Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Rec Nac Juv A	2:17.51	Raquel Maria Felgueiras	SCB	Algés	05-03-1995
Rec Nac Jun16	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	11-02-1996
Rec Nac Jun17	2:10.12	Sara Francisco Cruz	ADBA	Leiria	04-12-2009
Rec Nac Sen	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bruna Andreia Simoes	01	121004	Vieirense	2:26.53	+0,82	543	25,00-
	50m: 33.19 33.19	100m: 1:11.01	37.82	150m: 1:48.96	37.95	200m: 2:26.53	37.57	
2.	Sara Conceicao Peca	99	116963	Ba/Bomcar	2:27.47	+1,01	533	23,00-
	50m: 32.96 32.96	100m: 1:10.27	37.31	150m: 1:48.61	38.34	200m: 2:27.47	38.86	
3.	Ines Rosado Monteiro	00	121817	Natacao de Vagos	2:30.82	+0,82	498	22,00-
	50m: 33.68 33.68	100m: 1:11.63	37.95	150m: 1:51.34	39.71	200m: 2:30.82	39.48	
4.	Ines Pereira Silva	02	128987	Condeixa Clube	2:31.79	+0,83	489	21,00-
	50m: 33.17 33.17	100m: 1:11.76	38.59	150m: 1:51.70	39.94	200m: 2:31.79	40.09	
5.	Ana Sofia Pina	02	125639	O Crasto	2:31.80		489	20,00-
	50m: 33.55 33.55	100m: 1:11.90	38.35	150m: 1:51.37	39.47	200m: 2:31.80	40.43	
6.	Mafalda Rato Monteiro	01	121445	Naval Setubalense	2:31.84	+0,87	488	19,00-
	50m: 33.59 33.59	100m: 1:12.28	38.69	150m: 1:52.14	39.86	200m: 2:31.84	39.70	
7.	Ana Marta Resendes	80	12798	Naval de Ponta Delgada	2:34.43	+0,88	464	18,00-
	50m: 34.13 34.13	100m: 1:13.08	38.95	150m: 1:53.29	40.21	200m: 2:34.43	41.14	
8.	Tatiana Raquel Pombo	01	121615	Nautica do Seixal	2:35.79	+0,83	452	17,00-
	50m: 32.36 32.36	100m: 1:10.93	38.57	150m: 1:53.77	42.84	200m: 2:35.79	42.02	
9.	Mariana Sousa Martins	95	103743	Feirense	2:36.32	+0,86	447	16,00-
	50m: 34.34 34.34	100m: 1:13.41	39.07	150m: 1:53.41	40.00	200m: 2:36.32	42.91	
10.	Mariana Oliveira Ribeiro	01	112134	Colegio SMLamas	2:36.37	+0,86	447	15,00-
	50m: 33.50 33.50	100m: 1:13.05	39.55	150m: 1:54.32	41.27	200m: 2:36.37	42.05	
11.	Clarisse Matos Lopes	98	100069	Scalabism	2:37.41	+0,92	438	14,00-
	50m: 33.99 33.99	100m: 1:12.66	38.67	150m: 1:53.48	40.82	200m: 2:37.41	43.93	
12.	Filipa Viamonte Fernandes	02	122198	Vitoria/ Olicargo	2:38.99	+0,90	425	13,00-
	50m: 33.37 33.37	100m: 1:13.54	40.17	150m: 1:56.35	42.81	200m: 2:38.99	42.64	
13.	Beatriz Ribeiro Simoes	01	121438	Torres Novas	2:40.48		414	12,00-
	50m: 35.84 35.84	100m: 1:16.87	41.03	150m: 1:58.62	41.75	200m: 2:40.48	41.86	
14.	Constanca Isabel Jose	01	121266	Gualdim Pais	2:41.42	+0,99	406	11,00-
	50m: 35.51 35.51	100m: 1:16.53	41.02	150m: 1:58.53	42.00	200m: 2:41.42	42.89	
15.	Mariana Luis Saraiva	96	122900	Nucleo Sportinguista Terceira	2:46.08	+0,80	373	10,00-
	50m: 32.95 32.95	100m: 1:13.52	40.57	150m: 1:59.00	45.48	200m: 2:46.08	47.08	
16.	Ana Beatriz Almeida	01	119907	Alges e Agueda XXI	2:48.29	+0,88	359	9,00-
	50m: 35.99 35.99	100m: 1:18.05	42.06	150m: 2:02.24	44.19	200m: 2:48.29	46.05	
17.	Mariana Lopes Silva	99	116526	Gafanha da Encarnacao	2:49.26	+0,69	352	8,00-
	50m: 35.70 35.70	100m: 1:17.60	41.90	150m: 2:02.51	44.91	200m: 2:49.26	46.75	
18.	Patricia Abreu Seong	03	123751	FC Ferreiras	2:49.45	+0,85	351	7,00-
	50m: 37.88 37.88	100m: 1:20.01	42.13	150m: 2:04.61	44.60	200m: 2:49.45	44.84	

Prova 3, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Carolina Miguel Marques	99	125320	Natacao do Tejo	2:54.39	+0,79	322	6,00-
	50m: 36.61 36.61		100m: 1:21.21 44.60	150m: 2:07.96 46.75	200m: 2:54.39 46.43			
20.	Nicoleta Lascu	02	121515	Litoral Alentejano	2:56.90	+0,91	309	5,00-
	50m: 35.82 35.82		100m: 1:18.94 43.12	150m: 2:07.73 48.79	200m: 2:56.90 49.17			
21.	Maria Carolina Sousa	01	112192	Lousada SXXI	2:58.15	+1,11	302	4,00-
	50m: 35.80 35.80		100m: 1:19.01 43.21	150m: 2:08.53 49.52	200m: 2:58.15 49.62			
22.	Beatriz Rocha Santos	02	129667	Campinho	3:02.17	+0,94	283	3,00-
	50m: 38.34 38.34		100m: 1:24.26 45.92	150m: 2:13.34 49.08	200m: 3:02.17 48.83			
23.	Madalena Rodrigues Tome	03	126829	Bombeiros Estoris	3:07.50	+0,82	259	2,00-
	50m: 38.42 38.42		100m: 1:26.00 47.58	150m: 2:17.25 51.25	200m: 3:07.50 50.25			
24.	Raquel Sofia Lima	98	118326	Ginasio Santo Tirso	3:12.19	+0,94	241	1,00-
	50m: 37.79 37.79		100m: 1:23.03 45.24	150m: 2:15.83 52.80	200m: 3:12.19 56.36			

Prova 4

Masc., 100m Bruços

Absolutos

28-11-2015

Resultados

Rec Nac Absoluto	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012
Rec Nac Inf B	1:09.54	Andre Goncalo Santos	LSC	Lousada	15-05-2010
Rec Nac Inf A	1:07.92	Andre Goncalo Santos	LSC	Viseu	12-03-2011
Rec Nac Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	04-03-2012
Rec Nac Juv A	1:03.39	Andre Goncalo Santos	LSC	S. António Cavaleiros	21-12-2012
Rec Nac Jun17	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	21-12-2013
Rec Nac Jun18	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Rec Nac Sen	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Albano Viola	89	100421	Condeixa Clube	1:06.62	+0,71	581	25,00
	50m: 30.87 30.87		100m: 1:06.62 35.75					
2.	Mauro Filipe Viegas	95	26428	Natacao Olhao	1:06.92	+0,63	573	23,00
	50m: 31.65 31.65		100m: 1:06.92 35.27					
3.	Mauro Gaspar Ferreira	95	109912	Amigos da Montanha	1:07.33	+0,89	563	22,00
	50m: 31.39 31.39		100m: 1:07.33 35.94					
4.	Thiago Duarte Goncalves	89	12543	Nautica do Seixal	1:07.79	+0,78	552	21,00
	50m: 31.53 31.53		100m: 1:07.79 36.26					
5.	Yuriy Vasistas	91	101821	Gualdim Pais	1:07.90	+0,77	549	20,00
	50m: 31.86 31.86		100m: 1:07.90 36.04					
6.	Tiago Andre Marques	93	18351	Sporting de Espinho	1:08.17	+0,75	542	19,00
	50m: 31.40 31.40		100m: 1:08.17 36.77					
7.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	1:09.17	+0,73	519	18,00
	50m: 32.30 32.30		100m: 1:09.17 36.87					
8.	Simao Correia Ricardo	00	121405	Naval Setubalense	1:09.39	+0,74	514	17,00
	50m: 32.71 32.71		100m: 1:09.39 36.68					
9.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	1:09.41	+0,64	514	16,00
	50m: 32.94 32.94		100m: 1:09.41 36.47					
10.	Fabio Andre Madureira	90	15910	Penafiel	1:10.23	+0,77	496	15,00
	50m: 33.22 33.22		100m: 1:10.23 37.01					

Prova 4, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Sergio Gabriel Lamande 50m: 33.00 33.00	99	117817	Vieirense 100m: 1:10.53 37.53	1:10.53	+0,80	490	14,00
12.	Luis Maria Rosa 50m: 33.28 33.28	91	25532	Atletico 100m: 1:10.99 37.71	1:10.99	+0,87	480	13,00
13.	Edgar Ribau Melo 50m: 32.82 32.82	99	124556	Gafanha da Encarnacao 100m: 1:11.64 38.82	1:11.64	+0,76	467	12,00
14.	Luis Manuel Gomes 50m: 33.14 33.14	88	16043	Vitoria/ Olicargo 100m: 1:11.94 38.80	1:11.94	+0,81	461	11,00
15.	Emanuel Falacho Gerardo 50m: 34.37 34.37	97	103537	Naval da Nazare 100m: 1:12.27 37.90	1:12.27	+0,85	455	10,00
16.	Lino Ricardo Oliveira 50m: 33.39 33.39	99	116866	Estamos Juntos 100m: 1:12.84 39.45	1:12.84	+0,77	444	9,00
17.	Miguel Diogo Agostinho 50m: 33.97 33.97	00	117312	Fundacao Beatriz Santos 100m: 1:13.01 39.04	1:13.01	+0,69	441	8,00
18.	Bruno Miguel Maia 50m: 34.17 34.17	01	126783	Natacao da Maia 100m: 1:13.28 39.11	1:13.28	+0,84	437	7,00
19.	Artur Rafael Saramago 50m: 33.28 33.28	97	111949	BUZIOS-Coruche 100m: 1:13.41 40.13	1:13.41	+0,76	434	6,00
20.	Rui Pires Martins 50m: 34.84 34.84	01	122177	Fafe 100m: 1:15.57 40.73	1:15.57	+0,81	398	5,00
21.	Pedro Manuel Nunes 50m: 34.62 34.62	98	100643	CLAC-Entroncamento 100m: 1:15.71 41.09	1:15.71	+0,76	396	4,00
22.	Helder Jose Lopes 50m: 35.81 35.81	82	25867	Miranda do Corvo 100m: 1:16.66 40.85	1:16.66	+0,88	381	3,00
23.	Samuel Andre Santos 50m: 37.76 37.76	99	110895	FC Ferreiras 100m: 1:21.97 44.21	1:21.97	+0,81	312	2,00
24.	Diogo Teixeira Mendes 50m: 40.60 40.60	01	130302	Scalabiswim 100m: 1:25.07 44.47	1:25.07	+0,93	279	1,00

Prova 5	Femin., 200m Bruços					Absolutos
28-11-2015						Resultados
Rec Nac Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009	
Rec Nac Inf B	2:45.30	Clara Gomes Pereira	SAD	Algés	14-06-2014	
Rec Nac Inf A	2:36.86	Clara Gomes Pereira	SAD	Algés	06-06-2015	
Rec Nac Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003	
Rec Nac Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	07-02-2004	
Rec Nac Jun16	2:29.56	Ana Rita Santos	FPN	Dublin (IRL)	12-12-2003	
Rec Nac Jun16	2:29.56	Diana Duarte Gomes	FPN	Cantanhede	19-12-2004	
Rec Nac Jun17	2:26.77	Victoria Kaminskaya	FPN	Uster (SUI)	29-01-2012	
Rec Nac Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009	

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Victorino Henriques	01	118976	Condeixa Clube	2:43.96		552	25,00-
	50m: 37.06 37.06			100m: 1:17.95 40.89 150m: 2:00.45	42.50	200m: 2:43.96	43.51	
2.	Mafalda Joana Oliveira	02	119096	Lousada SXXI	2:47.55	+0,83	518	23,00-
	50m: 37.58 37.58			100m: 1:20.06 42.48 150m: 2:04.16	44.10	200m: 2:47.55	43.39	
3.	Ana Filipa Veiga	01	125558	Gafanha da Encarnacao	2:48.22	+0,79	511	22,00-
	50m: 37.54 37.54			100m: 1:20.05 42.51 150m: 2:03.89	43.84	200m: 2:48.22	44.33	
4.	Mafalda Gilberto Marques	01	126792	Natacao do Tejo	2:48.33	+0,80	510	21,00-
	50m: 37.86 37.86			100m: 1:20.82 42.96 150m: 2:04.51	43.69	200m: 2:48.33	43.82	
5.	Ana Carolina Guedes	93	104190	Litoral Alentejano	2:48.58	+0,79	508	20,00-
	50m: 37.09 37.09			100m: 1:19.94 42.85 150m: 2:04.69	44.75	200m: 2:48.58	43.89	
6.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	2:49.78	+0,67	497	19,00-
	50m: 38.42 38.42			100m: 1:21.67 43.25 150m: 2:05.29	43.62	200m: 2:49.78	44.49	
7.	Ana Luis Rodrigues	00	122578	Campinho	2:50.31	+0,91	493	18,00-
	50m: 37.33 37.33			100m: 1:20.66 43.33 150m: 2:04.90	44.24	200m: 2:50.31	45.41	
8.	Catarina Isabel Branco	99	118331	Ginasio Santo Tirso	2:50.99	+0,88	487	17,00-
	50m: 38.19 38.19			100m: 1:20.55 42.36 150m: 2:05.37	44.82	200m: 2:50.99	45.62	
9.	Maria Saraiva Ruivaco	00	117813	Vieirense	2:54.17	+0,93	461	16,00-
	50m: 38.73 38.73			100m: 1:22.66 43.93 150m: 2:08.69	46.03	200m: 2:54.17	45.48	
10.	Mariana Graca Vasconcelos	99	107648	Bombeiros Estoris	2:54.73	+0,90	456	15,00-
	50m: 38.81 38.81			100m: 1:23.31 44.50 150m: 2:08.94	45.63	200m: 2:54.73	45.79	
11.	Catarina Alexandra Dias	95	25908	Naval de Ponta Delgada	2:54.86	+0,74	455	14,00-
	50m: 38.16 38.16			100m: 1:22.66 44.50 150m: 2:08.76	46.10	200m: 2:54.86	46.10	
12.	Matilde Mota Domingues	03	122289	Colegio SMLamas	2:55.68	+0,83	449	13,00-
	50m: 40.05 40.05			100m: 1:26.82 46.77 150m: 2:12.06	45.24	200m: 2:55.68	43.62	
13.	Valeria Goncalves Vieira	02	124314	Vitoria/ Olicargo	2:56.37	+0,89	444	12,00-
	50m: 39.83 39.83			100m: 1:24.35 44.52 150m: 2:10.27	45.92	200m: 2:56.37	46.10	
14.	Adriana Nogueira Mascarenha	01	124319	Naval Setubalense	2:56.90	+0,96	440	11,00-
	50m: 40.25 40.25			100m: 1:25.35 45.10 150m: 2:11.51	46.16	200m: 2:56.90	45.39	
15.	Ines Pugsley Ferreira	97	107414	FC Ferreiras	2:57.18	+0,76	438	10,00-
	50m: 38.15 38.15			100m: 1:22.53 44.38 150m: 2:09.03	46.50	200m: 2:57.18	48.15	
16.	Joana Malta Vale	02	125836	Natacao de Vagos	2:57.64	+0,88	434	9,00-
	50m: 39.76 39.76			100m: 1:24.78 45.02 150m: 2:11.12	46.34	200m: 2:57.64	46.52	
17.	Ana Sousa Chula	01	125019	Alges e Agueda XXI	3:04.95	+0,92	385	8,00-
	50m: 43.23 43.23			100m: 1:30.00 46.77 150m: 2:17.68	47.68	200m: 3:04.95	47.27	
18.	Luana Pinto Domingues	03	123893	Ba/Bomcar	3:05.13	+0,75	384	7,00-
	50m: 40.87 40.87			100m: 1:27.94 47.07 150m: 2:16.70	48.76	200m: 3:05.13	48.43	

Prova 5, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Madalena Ubach Sousa	02	118995	Nucleo Sportinguista Terceira	3:05.51	+1,00	381	6,00
	50m: 41.28 41.28	100m: 1:28.66	47.38	150m: 2:17.20	48.54	200m: 3:05.51	48.31	
20.	Ines Cambe Cunha	02	123617	Torres Novas	3:07.42	+0,82	370	5,00
	50m: 41.86 41.86	100m: 1:29.22	47.36	150m: 2:18.17	48.95	200m: 3:07.42	49.25	
21.	Ana Marques Correia	02	124832	Feirense	3:09.06	+0,92	360	4,00
	50m: 40.57 40.57	100m: 1:29.88	49.31	150m: 2:20.38	50.50	200m: 3:09.06	48.68	
22.	Cristiana Maria Sanches	95	26526	Nautica do Seixal	3:09.08	+0,90	360	3,00
	50m: 42.04 42.04	100m: 1:29.61	47.57	150m: 2:19.48	49.87	200m: 3:09.08	49.60	
23.	Maria Ines Monteiro	00	125638	O Crasto	3:27.75	+0,89	271	2,00
	50m: 45.10 45.10	100m: 1:38.19	53.09	150m: 2:33.57	55.38	200m: 3:27.75	54.18	
24.	Ines Arraiolos Matos	03	124494	Scalabiswim	3:28.86	+0,92	267	1,00
	50m: 45.93 45.93	100m: 1:39.39	53.46	150m: 2:34.75	55.36	200m: 3:28.86	54.11	

Prova 6

Masc.. 50m Livres

Absolutos

28-11-2015

Resultados

Rec Nac Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	26.65	Gabriel Jose Lopes	CDL	Lousã	19-06-2010
Rec Nac Inf A	25.30	Joao Cruz Castro	CSM	Funchal	12-04-2014
Rec Nac Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec Nac Juv A	24.12	Frederico Sucena Riachos	NSCG	Ponte de Sor	10-05-2014
Rec Nac Jun17	23.14	Tiago Andre Venancio	CNS	Reboleira	26-06-2004
Rec Nac Jun18	22.24	Miguel Duarte Nascimento	PORTIN	Porto	08-12-2012
Rec Nac Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Manuel Teixeira	96	102485	Fafe	23.87	+0,70	611	25,00
2.	Rafael Lages Ribas	93	12688	Estamos Juntos	23.94	+0,73	606	23,00
3.	Flavio Miguel Barbara	95	119741	Gualdim Pais	24.32	+0,64	578	22,00
4.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	24.61	+0,60	557	21,00
5.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	24.69	+0,67	552	20,00
6.	Joao Guilherme Ferreira	93	109907	Amigos da Montanha	24.98	+0,86	533	19,00
7.	Luis Manuel Gomes	88	16043	Vitoria/ Olicargo	25.13	+0,80	524	18,00
8.	Andre Lima Costa	97	105015	Sporting de Espinho	25.16	+0,70	522	17,00
9.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	25.17	+0,65	521	16,00
10.	Tomas Jose Agostinho	99	118115	BUZIOS-Coruche	25.23	+0,79	517	15,00
11.	Jose Pedro Rosario	96	128021	Nautica do Seixal	25.29	+0,80	514	14,00
12.	Francisco Miguel Costa	96	129975	Atletico	25.38	+0,69	508	13,00
13.	Miguel Diogo Agostinho	00	117312	Fundacao Beatriz Santos	25.70	+0,70	489	12,00
14.	Eduardo Jose Goncalves	90	200381	Penafiel	25.86	+0,73	480	11,00
15.	Francisco Pereira Pedrosa	99	117816	Vieirense	25.99	+0,71	473	10,00
16.	Rafael Cruz Margarido	99	129965	Naval Setubalense	26.05	+0,87	470	9,00
17.	Joao Albano Viola	89	100421	Condeixa Clube	26.29	+0,72	457	8,00
18.	Andre Sousa Goncalves	97	105368	Natacao Olhao	26.35		454	7,00
19.	Ricardo Luis Leal	01	124173	CLAC-Entroncamento	26.71	+0,80	436	6,00
20.	Paulo Andre Silva	95	104517	Natacao da Maia	27.06	+0,77	419	5,00
21.	Rodrigo Miguel Carvalho	02	128928	Miranda do Corvo	27.94	+0,85	381	4,00
22.	Paulo Alexandre Sousa	72	106650	EC Ferreiras	28.30	+0,98	366	3,00

Prova 6, Masc., 50m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Joao Miguel Vasco	02	126379	Naval da Nazare	29.62	+0,72	320	2,00
24.	Bernardo Correa Clavinho	02	127685	Scalabiswim	30.33	+0,74	298	1,00

Prova 7
28-11-2015

Femin., 100m Livres

Absolutos
Resultados

Rec Nac Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	1:01.63	Ines Camacho Fernandes	SCP	Lisboa	05-04-2009
Rec Nac Inf A	59.20	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Rec Nac Juv B	59.25	Ana Margarida Guedes	GCVR	Algés	06-06-2015
Rec Nac Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	10-05-2015
Rec Nac Jun16	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Rec Nac Jun17	56.54	Diana Margarida Duraes	FCP	Porto	07-12-2012
Rec Nac Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Beatriz Silva 50m: 28.89 28.89	96	112263	Gafanha da Encarnacao	1:00.29	+0,75	605	25,00-
2.	Rute Isabel Leonardo 50m: 29.61 29.61	98	121391	Natacao do Tejo	1:00.53	+0,75	598	23,00-
3.	Carolina Marques Neves 50m: 29.45 29.45	01	121422	Torres Novas	1:00.75	+0,83	592	22,00-
4.	Ana Reis Sousa 50m: 29.53 29.53	02	122440	Litoral Alentejano	1:01.15		580	21,00-
5.	Beatriz Neves Cardoso 50m: 30.02 30.02	98	105741	Colegio SMLamas	1:01.59	+0,87	568	20,00-
6.	Julia Matos Lopes 50m: 29.77 29.77	94	12490	Scalabiswim	1:01.78	+0,80	562	19,00-
7.	Ana Ines Fernandes 50m: 29.77 29.77	00	119258	Vitoria/ Olicargo	1:02.24	+0,71	550	18,00-
8.	Mafalda Rato Monteiro 50m: 30.61 30.61	01	121445	Naval Setubalense	1:02.45	+0,74	544	17,00-
9.	Tania Cristina Mendes 50m: 30.19 30.19	99	111028	Vieirense	1:02.64	+0,86	540	16,00-
10.	Andreia Brito Pereira 50m: 30.48 30.48	00	120002	Condeixa Clube	1:03.11	+0,77	528	15,00-
	Helena Nunes Rodrigues 50m: 30.94 30.94	03	125022	Alges e Agueda XXI	1:03.11	+0,82	528	15,00-
12.	Ines Pugsley Ferreira 50m: 30.31 30.31	97	107414	FC Ferreiras	1:03.98	+0,78	506	13,00-
13.	Rafaela Cunha Mendes 50m: 31.08 31.08	98	105852	Campinho	1:04.26	+0,74	500	12,00-
14.	Diana Sofia Mirra 50m: 30.56 30.56	00	119680	Ba/Bomcar	1:04.55	+0,89	493	11,00-
15.	Ines Isabel Graca 50m: 30.98 30.98	00	121283	Gualdim Pais	1:05.10	+0,88	481	10,00-

Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	1:05.12	+0,83	480	9,00-
	50m: 31.72 31.72		100m: 1:05.12 33.40					
17.	Joana Filipa Silva	98	125636	O Crasto	1:05.22	+0,82	478	8,00-
	50m: 31.30 31.30		100m: 1:05.22 33.92					
18.	Laura Luis Dias	00	122906	Nucleo Sportinguista Terceira	1:05.76	+0,91	466	7,00-
	50m: 31.69 31.69		100m: 1:05.76 34.07					
19.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	1:06.03	+0,88	461	6,00-
	50m: 31.91 31.91		100m: 1:06.03 34.12					
20.	Ines Pinho Coelho	99	116862	Feirense	1:06.30	+0,80	455	5,00-
	50m: 31.36 31.36		100m: 1:06.30 34.94					
21.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	1:06.93	+0,84	442	4,00-
	50m: 32.21 32.21		100m: 1:06.93 34.72					
22.	Isabel da Luz Fonseca	99	107883	Naval de Ponta Delgada	1:07.25	+0,79	436	3,00-
	50m: 32.25 32.25		100m: 1:07.25 35.00					
23.	Maria Joao Cabral	98	107645	Bombeiros Estoris	1:07.88	+0,87	424	2,00-
	50m: 32.08 32.08		100m: 1:07.88 35.80					
24.	Andreia Avila Jesus	00	125366	Natacao de Vagos	1:08.17	+0,75	418	1,00-
	50m: 32.62 32.62		100m: 1:08.17 35.55					

Prova 8
28-11-2015

Masc., 100m Costas

Absolutos
Resultados

Rec Nac Absoluto	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14-12-2013
Rec Nac Inf B	1:04.76	Alexandre Lages Ribas	EDV	Ponte da Barca	09-05-2010
Rec Nac Inf A	1:00.97	Alexandre Lages Ribas	EDV	Viseu	11-03-2011
Rec Nac Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	13-05-2012
Rec Nac Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	04-12-2010
Rec Nac Jun17	54.97	Gabriel Jose Lopes	CDL	Coimbra	11-05-2014
Rec Nac Jun18	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Rec Nac Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14-12-2013

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ivo Andre Lopes	94	11728	Scalabiswim	1:00.54	+1,08	528	25,00
	50m: 29.03 29.03		100m: 1:00.54 31.51					
2.	Pedro Miguel Fernandes	99	110494	Vitoria/ Olicargo	1:01.79	+0,77	496	23,00
	50m: 30.20 30.20		100m: 1:01.79 31.59					
3.	Tiago Miguel Vilhena	01	118484	Natacao de Faro	1:01.83	+0,79	495	22,00
	50m: 30.23 30.23		100m: 1:01.83 31.60					
4.	Andrei Iulian Zinca	00	119453	Gafanha da Encarnacao	1:02.00	+1,02	491	21,00
	50m: 30.48 30.48		100m: 1:02.00 31.52					
5.	Lucas Correia Veloso	98	109918	Amigos da Montanha	1:02.05	+0,65	490	20,00
	50m: 30.15 30.15		100m: 1:02.05 31.90					
6.	Paulo Filipe Almeida	99	110575	Estamos Juntos	1:02.37	+0,69	483	19,00
	50m: 30.24 30.24		100m: 1:02.37 32.13					
7.	Frederico Antunes Silva	95	25578	Nautica do Seixal	1:02.41	+0,89	482	18,00
	50m: 29.39 29.39		100m: 1:02.41 33.02					

Prova 8, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	1:03.15	+0,62	465	17,00
	50m: 30.86 30.86		100m: 1:03.15 32.29					
9.	Miguel Martins Barroqueiro	91	11534	CLAC-Entroncamento	1:03.28	+1,01	462	16,00
	50m: 29.86 29.86		100m: 1:03.28 33.42					
10.	Diogo Miguel Balsa	95	101098	BUZIOS-Coruche	1:03.41	+0,68	459	15,00
	50m: 30.58 30.58		100m: 1:03.41 32.83					
11.	Pedro Guilherme Ferreira	00	119408	Miranda do Corvo	1:03.56	+0,64	456	14,00
	50m: 30.94 30.94		100m: 1:03.56 32.62					
12.	João Pinto Freitas	01	122926	Fafe	1:04.24	+0,66	442	13,00
	50m: 30.90 30.90		100m: 1:04.24 33.34					
13.	Luis Maria Rosa	91	25532	Atletico	1:04.25	+0,77	441	12,00
	50m: 31.49 31.49		100m: 1:04.25 32.76					
14.	Diogo Monteiro Sousa	00	118406	Naval Setubalense	1:04.32	+0,69	440	11,00
	50m: 31.13 31.13		100m: 1:04.32 33.19					
15.	Andre Gouveia Costa	01	123368	Condeixa Clube	1:04.60	+0,68	434	10,00
	50m: 30.92 30.92		100m: 1:04.60 33.68					
	Francisco Pereira Pedrosa	99	117816	Vieirense	1:04.60	+0,69	434	10,00
	50m: 31.37 31.37		100m: 1:04.60 33.23					
17.	Emanuel Falacho Gerardo	97	103537	Naval da Nazare	1:05.30	+0,69	420	8,00
	50m: 31.51 31.51		100m: 1:05.30 33.79					
18.	Francisco Manuel Zenza	01	112097	Natacao da Maia	1:05.58	+0,71	415	7,00
	50m: 31.59 31.59		100m: 1:05.58 33.99					
19.	João Eduardo Ilha	98	109749	Natacao Olhao	1:07.32	+0,73	384	6,00
	50m: 32.29 32.29		100m: 1:07.32 35.03					
20.	João Pedro Dias	02	124442	Fundacao Beatriz Santos	1:08.13	+1,32	370	5,00
	50m: 33.05 33.05		100m: 1:08.13 35.08					
21.	Dinis Neves Silva	00	125965	Gualdim Pais	1:17.31	+0,69	253	4,00
	50m: 37.51 37.51		100m: 1:17.31 39.80					
22.	João Rafael Borges	99	126856	Penafiel	1:22.35	+1,06	209	3,00
	50m: 40.86 40.86		100m: 1:22.35 41.49					
DSQ	Bernardo Ferro Costa	97	106769	Sporting de Espinho				-
	613 - Não efectuou a viragem aos 50 m logo após terminar movimento continuo dos braços - SW 6.4							
DSQ	Igor Sadovskyy	03	128672	FC Ferreiras				-
	613 - Não efectuou a viragem aos 50 m logo após terminar movimento continuo dos braços - SW 6.4							

Prova 9	Femin., 200m Costas				Absolutos
28-11-2015					Resultados
Rec Nac Absoluto	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014
Rec Nac Inf B	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	16-03-1997
Rec Nac Inf A	2:21.33	Rafaela Gomes Azevedo	SAD	Algés	06-06-2015
Rec Nac Juv B	2:17.86	Cátia Raquel Martinheira	LDC	Sines	21-12-2008
Rec Nac Juv A	2:16.30	Petra Quintela Chaves	SAD	Algés	14-05-1993
Rec Nac Jun16	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Rec Nac Jun17	2:12.52	Rita Barros Frischknecht	SAD	Porto	21-12-2014
Rec Nac Sen	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Patricia Palmeiro Baeta	00	112658	Scalabiswim	2:24.32	+0,68	563	25,00-
	50m: 34.24 34.24	100m: 1:10.37	36.13	150m: 1:47.78	37.41	200m: 2:24.32	36.54	
2.	Ines Ferreira Duarte	01	118260	Natacao do Tejo	2:29.87	+0,67	503	23,00-
	50m: 33.98 33.98	100m: 1:11.19	37.21	150m: 1:50.43	39.24	200m: 2:29.87	39.44	
3.	Bruna Andreia Simoes	01	121004	Vieirense	2:31.06	+0,71	491	22,00-
	50m: 35.57 35.57	100m: 1:14.01	38.44	150m: 1:52.60	38.59	200m: 2:31.06	38.46	
4.	Beatriz Elisabete Pereira	97	132344	Nautica do Seixal	2:31.09	+1,19	491	21,00-
	50m: 34.43 34.43	100m: 1:12.31	37.88	150m: 1:52.36	40.05	200m: 2:31.09	38.73	
5.	Filipa Oliveira Andrade	97	110582	Colegio SMLamas	2:32.21	+0,67	480	20,00-
	50m: 35.24 35.24	100m: 1:13.48	38.24	150m: 1:52.91	39.43	200m: 2:32.21	39.30	
6.	Susana Maria Mateus	89	14091	Litoral Alentejano	2:32.23	+0,64	480	19,00-
	50m: 35.17 35.17	100m: 1:13.52	38.35	150m: 1:52.68	39.16	200m: 2:32.23	39.55	
7.	Andreia Brito Pereira	00	120002	Condeixa Clube	2:32.27	+0,74	480	18,00-
	50m: 35.56 35.56	100m: 1:14.10	38.54	150m: 1:53.65	39.55	200m: 2:32.27	38.62	
8.	Mafalda Sofia Dias	01	121401	Naval Setubalense	2:32.87	+0,79	474	17,00-
	50m: 35.08 35.08	100m: 1:14.33	39.25	150m: 1:53.86	39.53	200m: 2:32.87	39.01	
9.	Ines Isabel Graca	00	121283	Gualdim Pais	2:33.53		468	16,00-
	50m: 35.22 35.22	100m: 1:13.26	38.04	150m: 1:53.59	40.33	200m: 2:33.53	39.94	
10.	Rafaela Vieira Marques	98	121814	Natacao de Vagos	2:34.18	+0,65	462	15,00-
	50m: 34.84 34.84	100m: 1:13.64	38.80	150m: 1:54.37	40.73	200m: 2:34.18	39.81	
11.	Joana Santos Pereira	00	116524	Gafanha da Encarnacao	2:35.82	+0,76	448	14,00-
	50m: 36.60 36.60	100m: 1:16.49	39.89	150m: 1:56.87	40.38	200m: 2:35.82	38.95	
12.	Carolina Isabel Machado	00	111445	Vitoria/ Olicargo	2:36.67	+0,73	440	13,00-
	50m: 36.59 36.59	100m: 1:16.56	39.97	150m: 1:57.59	41.03	200m: 2:36.67	39.08	
13.	Barbara Outeiro Posse	00	119456	Alges e Agueda XXI	2:38.24	+1,03	427	12,00-
	50m: 35.84 35.84	100m: 1:15.17	39.33	150m: 1:56.63	41.46	200m: 2:38.24	41.61	
14.	Beatriz Marques Ferreira	00	122579	Campinho	2:40.44	+0,95	410	11,00-
	50m: 36.48 36.48	100m: 1:17.22	40.74	150m: 1:59.48	42.26	200m: 2:40.44	40.96	
15.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	2:40.70	+0,66	408	10,00-
	50m: 36.83 36.83	100m: 1:17.53	40.70	150m: 1:59.75	42.22	200m: 2:40.70	40.95	
16.	Ines Asseiceira Ramos	03	123618	Torres Novas	2:40.84	+0,70	407	9,00-
	50m: 37.05 37.05	100m: 1:17.78	40.73	150m: 2:00.02	42.24	200m: 2:40.84	40.82	
17.	Filipa Maria Sousa	99	111365	Bombeiros Estoris	2:41.56	+0,65	401	8,00-
	50m: 37.08 37.08	100m: 1:17.56	40.48	150m: 1:59.96	42.40	200m: 2:41.56	41.60	
18.	Daniela Brasil Toledo	98	120292	Nucleo Sportinguista Terceira	2:43.04	+1,29	391	7,00-
	50m: 36.23 36.23	100m: 1:16.94	40.71	150m: 2:00.54	43.60	200m: 2:43.04	42.50	

Prova 9, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Laura da Luz Fonseca	03	122825	Naval de Ponta Delgada	2:43.12	+0,93	390	6,00-
	50m: 39.56 39.56	100m: 1:20.86	41.30	150m: 2:02.74	41.88	200m: 2:43.12	40.38	
20.	Francisca Pugsley Ferreira	01	120130	FC Ferreiras	2:45.32	+0,77	375	5,00-
	50m: 37.18 37.18	100m: 1:18.51	41.33	150m: 2:01.98	43.47	200m: 2:45.32	43.34	
21.	Ana Filipa Moreira	01	119091	Lousada SXXI	2:46.63	+0,78	366	4,00-
	50m: 38.90 38.90	100m: 1:21.24	42.34	150m: 2:04.52	43.28	200m: 2:46.63	42.11	
22.	Ema Santos Silva	03	121891	Feirense	2:48.99	+0,83	351	3,00-
	50m: 38.17 38.17	100m: 1:20.48	42.31	150m: 2:05.43	44.95	200m: 2:48.99	43.56	
23.	Raquel Sofia Lima	98	118326	Ginasio Santo Tirso	3:01.18	+0,85	284	2,00-
	50m: 42.19 42.19	100m: 1:27.91	45.72	150m: 2:14.95	47.04	200m: 3:01.18	46.23	
24.	Marta Monteiro Pereira	04	126460	O Crasto	3:14.15	+0,92	231	1,00-
	50m: 44.83 44.83	100m: 1:34.35	49.52	150m: 2:24.11	49.76	200m: 3:14.15	50.04	

Prova 10
28-11-2015

Masc., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec Nac Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec Nac Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29-03-2014
Rec Nac Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Rec Nac Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Rec Nac Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Rec Nac Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec Nac Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Filipe Campos	99	116573	Scalabiswim	4:05.64	+0,96	645	25,00
	50m: 28.02 28.02	150m: 1:29.94	31.15	250m: 2:32.50	31.64	350m: 3:36.24	31.31	
	100m: 58.79 30.77	200m: 2:00.86	30.92	300m: 3:04.93	32.43	400m: 4:05.64	29.40	
2.	Fabio Alcantara Aires	97	104252	Nautica do Seixal	4:05.85	+0,78	643	23,00
	50m: 27.35 27.35	150m: 1:28.35	31.06	250m: 2:31.81	31.66	350m: 3:35.45	31.36	
	100m: 57.29 29.94	200m: 2:00.15	31.80	300m: 3:04.09	32.28	400m: 4:05.85	30.40	
3.	Paulo Filipe Silva	98	117012	Natacao da Maia	4:11.13	+0,91	603	22,00
	50m: 27.83 27.83	150m: 1:30.54	31.50	250m: 2:34.62	32.26	350m: 3:39.58	32.37	
	100m: 59.04 31.21	200m: 2:02.36	31.82	300m: 3:07.21	32.59	400m: 4:11.13	31.55	
4.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	4:11.27	+0,85	602	21,00
	50m: 29.02 29.02	150m: 1:32.28	31.94	250m: 2:36.61	32.12	350m: 3:41.02	31.97	
	100m: 1:00.34 31.32	200m: 2:04.49	32.21	300m: 3:09.05	32.44	400m: 4:11.27	30.25	
5.	Rafael Gomes Simoes	00	119705	Amigos da Montanha	4:15.55	+0,87	572	20,00
	50m: 27.91 27.91	150m: 1:29.98	31.61	250m: 2:35.24	33.21	350m: 3:42.53	33.79	
	100m: 58.37 30.46	200m: 2:02.03	32.05	300m: 3:08.74	33.50	400m: 4:15.55	33.02	
6.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	4:18.32	+0,69	554	19,00
	50m: 28.66 28.66	150m: 1:33.54	32.68	250m: 2:40.10	33.54	350m: 3:47.08	33.54	
	100m: 1:00.86 32.20	200m: 2:06.56	33.02	300m: 3:13.54	33.44	400m: 4:18.32	31.24	
7.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	4:18.59	+0,78	552	18,00
	50m: 28.77 28.77	150m: 1:33.02	32.69	250m: 2:39.21	33.42	350m: 3:46.41	34.03	
	100m: 1:00.33 31.56	200m: 2:05.79	32.77	300m: 3:12.38	33.17	400m: 4:18.59	32.18	

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	4:18.71	+0,72	552	17,00
	50m: 28.90 28.90		150m: 1:32.80 32.61	250m: 2:39.64 33.36	350m: 3:47.61 34.02	400m: 4:18.71 31.10		
	100m: 1:00.19 31.29		200m: 2:06.28 33.48	300m: 3:13.59 33.95				
9.	Miguel Duarte Pereira	00	123264	Natacao Olhao	4:19.21	+0,86	549	16,00
	50m: 29.36 29.36		150m: 1:33.46 32.24	250m: 2:39.14 33.28	350m: 3:46.66 33.60	400m: 4:19.21 32.55		
	100m: 1:01.22 31.86		200m: 2:05.86 32.40	300m: 3:13.06 33.92				
10.	Goncalo Duarte Santos	00	111095	Natacao de Faro	4:19.53	+0,88	546	15,00
	50m: 29.36 29.36		150m: 1:34.64 33.23	250m: 2:41.26 33.02	350m: 3:47.89 33.04	400m: 4:19.53 31.64		
	100m: 1:01.41 32.05		200m: 2:08.24 33.60	300m: 3:14.85 33.59				
11.	Bernardo Gameiro Agapito	98	117573	FC Ferreiras	4:24.10	+0,83	519	14,00
	50m: 29.24 29.24		150m: 1:34.34 32.89	250m: 2:41.87 34.11	350m: 3:50.31 34.13	400m: 4:24.10 33.79		
	100m: 1:01.45 32.21		200m: 2:07.76 33.42	300m: 3:16.18 34.31				
12.	Ricardo Luis Leal	01	124173	CLAC-Entroncamento	4:25.70	+0,85	509	13,00
	50m: 29.30 29.30		150m: 1:35.59 33.81	250m: 2:45.64 35.03	350m: 3:53.13 31.84	400m: 4:25.70 32.57		
	100m: 1:01.78 32.48		200m: 2:10.61 35.02	300m: 3:21.29 35.65				
13.	Ivo Manuel Reis	93	129149	Atletico	4:25.97	+0,89	508	12,00
	50m: 28.31 28.31		150m: 1:34.99 34.13	250m: 2:44.75 34.82	350m: 3:54.44 34.78	400m: 4:25.97 31.53		
	100m: 1:00.86 32.55		200m: 2:09.93 34.94	300m: 3:19.66 34.91				
14.	Andre Lopes Silva	99	117819	Vieirense	4:26.38	+0,75	505	11,00
	50m: 28.66 28.66		150m: 1:34.03 33.34	250m: 2:42.80 34.38	350m: 3:52.71 35.21	400m: 4:26.38 33.67		
	100m: 1:00.69 32.03		200m: 2:08.42 34.39	300m: 3:17.50 34.70				
15.	Joao Soares Melo	98	121433	Estamos Juntos	4:26.75	+0,80	503	10,00
	50m: 28.65 28.65		150m: 1:36.61 34.14	250m: 2:45.14 34.50	350m: 3:53.35 33.96	400m: 4:26.75 33.40		
	100m: 1:02.47 33.82		200m: 2:10.64 34.03	300m: 3:19.39 34.25				
16.	Pedro Pereira Lopes	99	127118	BUZIOS-Coruche	4:27.24	+0,74	501	9,00
	50m: 29.79 29.79		150m: 1:35.51 33.62	250m: 2:44.72 34.54	350m: 3:53.99 34.78	400m: 4:27.24 33.25		
	100m: 1:01.89 32.10		200m: 2:10.18 34.67	300m: 3:19.21 34.49				
17.	Romeu Ribeiro Fernandes	01	122171	Fafe	4:28.24	+0,83	495	8,00
	50m: 29.10 29.10		150m: 1:37.45 34.84	250m: 2:48.58 35.41	350m: 3:58.04 33.82	400m: 4:28.24 30.20		
	100m: 1:02.61 33.51		200m: 2:13.17 35.72	300m: 3:24.22 35.64				
18.	David Nunes Sousa	96	112204	Vitoria/ Olicargo	4:28.60	+0,83	493	7,00
	50m: 29.84 29.84		150m: 1:36.94 34.08	250m: 2:46.21 34.60	350m: 3:56.12 34.92	400m: 4:28.60 32.48		
	100m: 1:02.86 33.02		200m: 2:11.61 34.67	300m: 3:21.20 34.99				
19.	Bernardo Meneses Barradas	00	118978	Condeixa Clube	4:29.58	+0,76	488	6,00
	50m: 29.45 29.45		150m: 1:36.12 33.97	250m: 2:45.67 34.94	350m: 3:56.14 35.30	400m: 4:29.58 33.44		
	100m: 1:02.15 32.70		200m: 2:10.73 34.61	300m: 3:20.84 35.17				
20.	Fernando Marcelo Rocha	99	103952	Sporting de Espinho	4:30.31	+0,85	484	5,00
	50m: 28.20 28.20		150m: 1:33.58 34.06	250m: 2:43.97 35.04	350m: 3:55.66 35.63	400m: 4:30.31 34.65		
	100m: 59.52 31.32		200m: 2:08.93 35.35	300m: 3:20.03 36.06				
21.	Filipe Albernaz Carvalho	00	120077	Bombeiros Ponta Delgada	4:30.64		482	4,00
	50m: 30.16 30.16		150m: 1:37.57 34.08	250m: 2:46.27 34.53	350m: 3:55.49 34.79	400m: 4:30.64 35.15		
	100m: 1:03.49 33.33		200m: 2:11.74 34.17	300m: 3:20.70 34.43				
22.	Bernardo Antunes Augusto	00	122518	Naval Setubalense	4:35.93	+0,80	455	3,00
	50m: 29.74 29.74		150m: 1:37.42 34.24	250m: 2:49.22 36.12	350m: 4:02.15 36.36	400m: 4:35.93 33.78		
	100m: 1:03.18 33.44		200m: 2:13.10 35.68	300m: 3:25.79 36.57				
23.	Miguel Angelo Caetano	01	117933	Naval da Nazare	4:36.30	+0,73	453	2,00
	50m: 30.04 30.04		150m: 1:38.62 34.97	250m: 2:50.73 36.08	350m: 4:02.04 35.18	400m: 4:36.30 34.26		
	100m: 1:03.65 33.61		200m: 2:14.65 36.03	300m: 3:26.86 36.13				
24.	Eduardo Jose Goncalves	90	200381	Penafiel	4:36.53	+0,82	452	1,00
	50m: 30.37 30.37		150m: 1:39.18 35.31	250m: 2:51.38 36.30	350m: 4:03.11 35.73	400m: 4:36.53 33.42		
	100m: 1:03.87 33.50		200m: 2:15.08 35.90	300m: 3:27.38 36.00				

Prova 11
28-11-2015

Femin., 200m Estilos

Absolutos
Resultados

Rec Nac Absoluto	2:12.75	Victoria Kaminskaya	PIMP	Porto	20-12-2014
Rec Nac Inf B	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nac Inf A	2:25.08	Ines Camacho Fernandes	SCP	Tavira	06-03-2010
Rec Nac Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Rec Nac Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	19-12-2009
Rec Nac Jun16	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Rec Nac Jun17	2:16.62	Victoria Kaminskaya	FPN	Uster (SUI)	28-01-2012
Rec Nac Sen	2:12.75	Victoria Kaminskaya	PIMP	Porto	20-12-2014

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Conceicao Peca	99	116963	Ba/Bomcar	2:28.04	+1,03	557	25,00-
	50m: 31.83 31.83	100m: 1:10.13	38.30	150m: 1:53.47	43.34	200m: 2:28.04	34.57	
2.	Ana Sofia Pina	02	125639	O Crasto	2:29.10	+0,92	545	23,00-
	50m: 32.16 32.16	100m: 1:10.88	38.72	150m: 1:55.38	44.50	200m: 2:29.10	33.72	
3.	Maria Beatriz Dias	99	108045	Scalabiswim	2:31.53	+0,89	520	22,00-
	50m: 33.41 33.41	100m: 1:12.34	38.93	150m: 1:57.84	45.50	200m: 2:31.53	33.69	
4.	Mafalda Rato Monteiro	01	121445	Naval Setubalense	2:32.70	+0,84	508	21,00-
	50m: 33.36 33.36	100m: 1:13.49	40.13	150m: 1:58.01	44.52	200m: 2:32.70	34.69	
5.	Ines Rosado Monteiro	00	121817	Natacao de Vagos	2:32.83	+0,81	506	20,00-
	50m: 33.40 33.40	100m: 1:14.42	41.02	150m: 1:56.87	42.45	200m: 2:32.83	35.96	
6.	Ines Ferreira Duarte	01	118260	Natacao do Tejo	2:34.43	+0,84	491	19,00-
	50m: 33.26 33.26	100m: 1:11.31	38.05	150m: 1:57.62	46.31	200m: 2:34.43	36.81	
7.	Mafalda Joana Oliveira	02	119096	Lousada SXXI	2:34.86	+0,90	487	18,00-
	50m: 33.45 33.45	100m: 1:12.80	39.35	150m: 1:57.20	44.40	200m: 2:34.86	37.66	
8.	Nicoleta Lascu	02	121515	Litoral Alentejano	2:35.14	+0,94	484	17,00-
	50m: 34.15 34.15	100m: 1:12.97	38.82	150m: 1:59.33	46.36	200m: 2:35.14	35.81	
9.	Tatiana Raquel Pombo	01	121615	Nautica do Seixal	2:35.19	+0,86	484	16,00-
	50m: 32.28 32.28	100m: 1:13.69	41.41	150m: 2:00.08	46.39	200m: 2:35.19	35.11	
10.	Sofia Gales Pinto	01	129409	Colegio SMLamas	2:35.43	+0,82	481	15,00-
	50m: 32.11 32.11	100m: 1:11.84	39.73	150m: 1:59.32	47.48	200m: 2:35.43	36.11	
11.	Ana Ines Fernandes	00	119258	Vitoria/ Olicargo	2:35.89	+0,87	477	14,00-
	50m: 34.72 34.72	100m: 1:14.81	40.09	150m: 2:02.21	47.40	200m: 2:35.89	33.68	
12.	Ana Filipa Veiga	01	125558	Gafanha da Encarnacao	2:36.09	+0,80	475	13,00-
	50m: 34.56 34.56	100m: 1:15.30	40.74	150m: 1:59.17	43.87	200m: 2:36.09	36.92	
13.	Maria Saraiva Ruivaco	00	117813	Vieirense	2:37.46	+0,92	463	12,00-
	50m: 32.93 32.93	100m: 1:12.59	39.66	150m: 1:59.80	47.21	200m: 2:37.46	37.66	
14.	Ana Sousa Chula	01	125019	Alges e Agueda XXI	2:38.60		453	11,00-
	50m: 34.55 34.55	100m: 1:15.12	40.57	150m: 2:01.64	46.52	200m: 2:38.60	36.96	
15.	Mariana Sousa Martins	95	103743	Feirense	2:38.62	+0,87	453	10,00-
	50m: 32.38 32.38	100m: 1:13.72	41.34	150m: 2:01.25	47.53	200m: 2:38.62	37.37	
16.	Madalena Ubach Sousa	02	118995	Nucleo Sportinguista Terceira	2:40.77	+1,01	435	9,00-
	50m: 35.08 35.08	100m: 1:16.89	41.81	150m: 2:03.91	47.02	200m: 2:40.77	36.86	
17.	Ana Luis Rodrigues	00	122578	Campinho	2:41.94	+0,95	426	8,00-
	50m: 35.88 35.88	100m: 1:18.78	42.90	150m: 2:03.22	44.44	200m: 2:41.94	38.72	
18.	Mariana Graca Vasconcelos	99	107648	Bombeiros Estoris	2:42.36	+0,89	422	7,00-
	50m: 36.76 36.76	100m: 1:20.85	44.09	150m: 2:04.41	43.56	200m: 2:42.36	37.95	

Prova 11, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Catarina Alexandra Dias	95	25908	Naval de Ponta Delgada	2:43.05	+0,81	417	6,0(-)
	50m: 35.54 35.54		100m: 1:20.01	44.47 150m: 2:05.11	45.10	200m: 2:43.05	37.94	
20.	Carolina Lopes Vieira	02	122851	Gualdim Pais	2:43.71	+0,91	412	5,0(-)
	50m: 36.02 36.02		100m: 1:20.06	44.04 150m: 2:05.76	45.70	200m: 2:43.71	37.95	
21.	Beatriz Goncalves Casal	03	127221	Torres Novas	2:44.80	+0,72	404	4,0(-)
	50m: 35.68 35.68		100m: 1:18.88	43.20 150m: 2:06.96	48.08	200m: 2:44.80	37.84	
22.	Catarina Isabel Branco	99	118331	Ginasio Santo Tirso	2:44.95	+0,89	403	3,0(-)
	50m: 36.40 36.40		100m: 1:20.48	44.08 150m: 2:05.02	44.54	200m: 2:44.95	39.93	
23.	Patricia Abreu Seong	03	123751	FC Ferreiras	2:52.97	+0,89	349	2,0(-)
	50m: 37.55 37.55		100m: 1:22.70	45.15 150m: 2:11.11	48.41	200m: 2:52.97	41.86	
DSQ	Joana Victorino Henriques	01	118976	Condeixa Clube				-
	403 - Falsa partida - SW 4.4							

Prova 12
28-11-2015

Masc., 4 x 100m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	4:05.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Vila Praia Ancora	28-06-2013
Rec Nac Inf	3:48.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Cantanhede	29-03-2014
Rec Nac Inf A	3:48.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Cantanhede	29-03-2014
Rec Nac Juv B	3:42.92	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Estarreja	13-12-2014
Rec Nac Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	11-07-2014
Rec Nac Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11-07-2014
Rec Nac Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto	09-12-2012
Rec Nac Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2015

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Nautica do Seixal		Nautica do Seixal	3:37.89	+0,66	595	25,00
	+0,66 26.30	55.56 Frederico Antunes Silva	+0,28 26.19	54.87		
	+0,43 26.72	55.48 Fabio Alcantara Aires	+0,25 25.32	51.98		
2. Natacao de Faro		Natacao de Faro	3:40.59	+0,88	573	23,00
	+0,88 26.95	55.67 Gabriel Cruz Tocha	+0,30 25.53	53.07		
	+0,88 26.75	55.18 Goncalo Duarte Santos	+0,48 27.16	56.67		
3. Estamos Juntos		Estamos Juntos	3:41.31	+0,72	568	22,00
	+0,72 26.67	56.59 Joao Soares Melo	+0,52 26.43	55.99		
	+0,51 26.74	55.98 Rafael Lages Ribas	+0,29 24.53	52.75		
4. Gafanha da Encarnacao		Gafanha da Encarnacao	3:42.03		562	21,00
	26.07	53.81 Joel Sousa Figueiras	+0,65 28.61	59.56		
	26.70	55.41 Claudio Miguel Gomes	25.24	53.25		
5. Amigos da Montanha		Amigos da Montanha	3:42.07	+0,92	562	20,00
	+0,92 26.71	55.49 Joao Guilherme Ferreira	+0,31 26.28	55.57		
	+0,52 26.58	55.63 Rafael Gomes Simoes	+0,63 26.55	55.38		
6. Gualdim Pais		Gualdim Pais	3:42.41	+0,68	559	19,00
	+0,68 25.72	54.09 Paulo Jorge Marques	+0,62 28.11	59.73		
	+0,27 25.85	54.29 Bernardo Jose Dionisio	+0,46 26.48	54.30		
7. Fafe		Fafe	3:42.64	+0,68	558	18,00
	+0,68 24.95	52.57 Rui Pires Martins	+0,48 27.46	58.41		
	+0,42 26.42	55.86 Romeu Ribeiro Fernandes	+0,53 26.89	55.80		

Prova 12, Masc., 4 x 100m Livres, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8. Sporting de Espinho		Sporting de Espinho	3:44.04	+0,92	547	17,00
		Joao Miguel Branco	+0,92	26.49	54.86	55.69
		Fernando Marcelo Rocha	+0,57	27.44	57.16	56.33
		Andre Lima Costa	+0,37	26.25	55.69	
		Tiago Andre Marques	+0,50	26.27	56.33	
9. Viegrense		Viegrense	3:44.14	+0,85	546	16,00
		Sergio Gabriel Lamande	+0,85	27.70	57.88	56.38
		Andre Lopes Silva	+0,25	26.90	56.62	53.26
		Francisco Pereira Pedrosa	+0,51	26.87	56.38	
		Sandro Emanuel Francisco	+0,33	25.41	53.26	
10. Bombeiros Ponta Delgada		Bombeiros Ponta Delgada	3:44.24	+0,63	546	15,00
		Diogo Jose Vaz	+0,63	26.78	56.01	58.35
		Francisco Carreiro Rego	+0,58	27.01	56.32	53.56
		Joao Pedro Teves	+0,43	27.32	58.35	
		Diogo Alexandre Pacheco	+0,48	25.92	53.56	
11. BUZIOS-Coruche		BUZIOS-Coruche	3:46.12	+0,79	532	14,00
		Artur Rafael Saramago	+0,79	26.73	55.83	55.68
		Diogo Miguel Balsa	+0,31	26.98	56.47	58.14
		Tomas Jose Agostinho	+0,45	26.28	55.68	
		Pedro Pereira Lopes	+0,60	27.55	58.14	
12. Vitoria/ Olicargo		Vitoria/ Olicargo	3:46.33	+0,81	531	13,00
		Pedro Miguel Fernandes	+0,81	25.86	52.84	58.51
		Albino Manuel Goncalves	+0,55	27.55	57.98	57.00
		David Nunes Sousa	+0,51	28.01	58.51	
		Luis Manuel Gomes	+0,57	26.79	57.00	
13. Naval Setubalense		Naval Setubalense	3:47.95	+0,88	519	12,00
		Simao Correia Ricardo	+0,88	27.97	57.58	57.67
		Diogo Monteiro Sousa	+0,75	27.90	57.96	54.74
		Bernardo Antunes Augusto	+0,41	27.90	57.67	
		Carlos Miguel Pinto		26.17	54.74	
14. Miranda do Corvo		Miranda do Corvo	3:48.23	+0,73	518	11,00
		Joao Pedro Gomes	+0,73	26.95	55.36	56.68
		Rodrigo Miguel Carvalho	+0,34	29.87	1:00.88	55.31
		Pedro Guilherme Ferreira	+0,24	27.31	56.68	
		Daniel Filipe Paiva	+0,53	26.93	55.31	
15. Natacao Olhao		Natacao Olhao	3:49.64	+0,73	508	10,00
		Mauro Filipe Viegas	+0,73	27.44	57.34	57.45
		Andre Sousa Goncalves	+0,16	26.86	56.66	58.19
		Tiago Miguel Pereira	+0,30	27.01	57.45	
		Joao Eduardo Ilha	+0,44	27.28	58.19	
16. Atletico		Atletico	3:51.64	+0,86	495	9,00
		Luis Maria Rosa	+0,86	26.83	55.86	1:01.37
		Francisco Madruga Silva	+0,35	26.87	56.73	57.68
		Joao Francisco Duarte	+0,64	28.91	1:01.37	
		Ivo Manuel Reis	+0,33	27.31	57.68	
17. Condeixa Clube		Condeixa Clube	3:52.20	+0,47	491	8,00
		Andre Gouveia Costa	+0,47	27.20	55.97	58.91
		Pedro Bernardo Araujo	+0,30	27.16	57.59	59.73
		Pedro Ribeiro Santos	+0,29	27.89	58.91	
		Bernardo Meneses Barradas	+0,42	28.47	59.73	
18. Fundacao Beatriz Santos		Fundacao Beatriz Santos	3:53.56	+0,73	483	7,00
		Miguel Diogo Agostinho	+0,73	26.86	56.12	57.97
		Rui Miguel Fonseca	+0,65	26.58	56.41	1:03.06
		Jose Miguel Ventura	+0,61	27.50	57.97	
		Paulo Andre Frota	+0,88	29.97	1:03.06	
19. Naval da Nazare		Naval da Nazare	3:53.92	+0,72	481	6,00
		Francisco Ribeiro Constantino	+0,72	26.87	55.32	57.62
		Joao Miguel Vasco	+0,50	30.25	1:03.51	57.47
		Emanuel Falacho Gerardo	+0,58	27.46	57.62	
		Miguel Angelo Caetano	+0,49	27.69	57.47	
20. Penafiel		Penafiel	3:55.24	+0,80	473	5,00
		Goncalo Fernando Ferreira	+0,80	28.11	59.32	58.50
		Jose Tiago Moreira	+0,46	28.43	1:01.10	56.32
		Fabio Andre Madureira	+0,30	27.18	58.50	
		Eduardo Jose Goncalves	+0,42	26.98	56.32	
21. Natacao da Maia		Natacao da Maia	3:55.97	+0,76	468	4,00
		Paulo Filipe Silva	+0,76	26.43	56.20	1:01.14
		Paulo Andre Silva	+0,44	27.78	58.27	1:00.36
		Francisco Manuel Zenza	+0,59	28.79	1:01.14	
		Bruno Miguel Maia	+0,37	28.90	1:00.36	
22. Scalabiswim		Scalabiswim	3:56.82	+0,88	463	3,00
		Tiago Filipe Campos	+0,88	26.64	54.62	53.79
		Bernardo Correa Clavinho	+0,68	32.18	1:08.15	1:00.26
		Ivo Andre Lopes	+0,63	25.72	53.79	
		Diogo Teixeira Mendes	+0,69	29.30	1:00.26	
23. CLAC-Entroncamento		CLAC-Entroncamento	4:00.51	+0,79	442	2,00
		Tomas Meliciano Cabeleira	+0,79	30.38	1:04.86	55.68
		Joao Afonso Goncalves	+0,25	29.34	1:02.91	57.06
		Rui Jorge Lopes	+0,28	26.61	55.68	
		Ricardo Luis Leal	+0,38	27.21	57.06	
24. FC Ferreiras		FC Ferreiras	4:23.18	+1,09	337	1,00
		Paulo Alexandre Sousa	+1,09	30.62	1:04.79	1:05.25
		Igor Sadovsky	+0,73	35.39	1:15.99	57.15
		Samuel Andre Santos	+0,23	30.42	1:05.25	
		Bernardo Gameiro Agapito	+0,40	27.34	57.15	

Prova 13	Femin., 4 x 100m Estilos				Absolutos
28-11-2015					Resultados
Rec Nac Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	4:57.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	06-03-2010
Rec Nac Inf	4:40.29	tempo limite			
Rec Nac Inf A	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec Nac Juv	4:31.86	Clube Desportivo Nacional	CDN	Funchal	12-07-2015
Rec Nac Juv A	4:31.86	Clube Desportivo Nacional	CDN	Funchal	12-07-2015
Rec Nac Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec Nac Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2015

Lugar		NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Condeixa Clube		Condeixa Clube	4:41.78	+0,74	512	25,0(-)	
	Andreia Brito Pereira	+0,74	34.01	1:11.17	Ines Pereira Silva	+0,55	31.01	1:02.94
	Joana Victorino Henriques	+0,44	36.68	1:16.81	Ines Manaia Correia		36.08	1:10.86
2.	Scalabiswim		Scalabiswim	4:42.40	+0,96	509	23,0(-)	
	Patricia Palmeiro Baeta	+0,96	32.98	1:08.73	Clarisse Matos Lopes	+0,82	33.48	1:11.34
	Maria Beatriz Dias	+0,68	37.80	1:20.84	Julia Matos Lopes	+0,29	29.57	1:01.49
3.	Natacao do Tejo		Natacao do Tejo	4:42.89	+0,70	506	22,0(-)	
	Ines Ferreira Duarte	+0,70	33.54	1:09.77	Carolina Silverio Carpinteiro		34.54	1:13.84
	Mafalda Gilberto Marques	+0,36	36.83	1:19.36	Rute Isabel Leonardo	+0,40	29.05	59.92
4.	Gafanha da Encarnacao		Gafanha da Encarnacao	4:44.78	+0,66	496	21,0(-)	
	Andreia Silva Cruz	+0,66	33.79	1:09.25	Mariana Lopes Silva	+0,55	33.57	1:15.47
	Ana Filipa Veiga	+0,63	37.53	1:19.92	Ana Beatriz Silva	+0,64	28.92	1:00.14
5.	Colegio SMLamas		Colegio SMLamas	4:45.79	+0,75	491	20,0(-)	
	Filipa Oliveira Andrade	+0,75	33.99	1:09.77	Mariana Oliveira Ribeiro	+0,41	32.21	1:10.58
	Joana Gabriela Silva	+0,36	38.96	1:24.32	Beatriz Neves Cardoso	+0,62	29.39	1:01.12
6.	Litoral Alentejano		Litoral Alentejano	4:46.79	+0,77	486	19,0(-)	
	Nicoleta Lascu	+0,77	34.62	1:10.81	Ana Carolina Guedes	+0,51	29.14	1:05.60
	Ana Reis Sousa	+0,67	38.76	1:21.22	Susana Maria Mateus		35.49	1:09.16
7.	Campinho		Campinho	4:47.57	+0,78	482	18,0(-)	
	Beatriz Marques Ferreira	+0,78	36.26	1:15.30	Rafaela Cunha Mendes	+0,25	32.44	1:10.07
	Ana Luis Rodrigues	+0,55	35.56	1:16.20	Ana Sofia Goncalves	+0,15	30.86	1:06.00
8.	Nautica do Seixal		Nautica do Seixal	4:47.83	+0,72	481	17,0(-)	
	Beatriz Elisabete Pereira	+0,72	33.06	1:08.63	Tatiana Raquel Pombo	+0,36	31.36	1:08.36
	Catarina Natario Moreira	+0,42	39.88	1:25.26	Marta Alexandra Saraiva	+0,51	31.93	1:05.58
9.	Vieirense		Vieirense	4:50.12	+0,71	469	16,0(-)	
	Margarida Dias Mateus	+0,71	38.13	1:19.82	Bruna Andreia Simoes	+0,43	31.45	1:07.48
	Maria Saraiva Ruivaco		36.54	1:19.71	Tania Cristina Mendes	+0,39	30.70	1:03.11
10.	Vitoria/ Olicargo		Vitoria/ Olicargo	4:50.13	+0,70	469	15,0(-)	
	Carolina Isabel Machado	+0,70	36.97	1:14.92	Filipa Viamonte Fernandes	+0,29	32.11	1:11.37
	Valeria Goncalves Vieira	+0,66	38.58	1:22.29	Ana Ines Fernandes	+0,27	29.44	1:01.55
11.	Naval de Ponta Delgada		Naval de Ponta Delgada	4:51.11	+0,77	465	14,0(-)	
	Isabel da Luz Fonseca	+0,77	37.30	1:17.00	Ana Marta Resendes	+0,64	32.16	1:09.41
	Carolina Ferreira Raposo	+0,28	36.16	1:19.65	Catarina Alexandra Dias	+0,41	30.72	1:05.05
12.	Natacao de Vagos		Natacao de Vagos	4:51.22	+0,65	464	13,0(-)	
	Rafaela Vieira Marques	+0,65	33.84	1:10.15	Ines Rosado Monteiro	+0,62	33.01	1:10.49
	Joana Malta Vale	+0,58	38.08	1:22.73	Andreia Avila Jesus	+0,58	32.31	1:07.85
13.	Ba/Bomcar		Ba/Bomcar	4:52.33	+0,70	459	12,0(-)	
	Patricia Goncalves Leal	+0,70	35.12	1:14.39	Sara Conceicao Peca	+0,30	30.72	1:06.32
	Luana Pinto Domingues	+0,67	40.85	1:28.00	Diana Sofia Mirra	+0,54	30.12	1:03.62

Prova 13, Femin., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.		Naval Setubalense	4:52.58	+0,95	458	11,0(-)
		Mafalda Sofia Dias	+0,95 34.68 1:11.96	+0,53 33.33 1:11.27		
		Adriana Nogueira Mascarenhas	+0,62 38.35 1:22.30	+0,67 31.83 1:07.05		
15.		Gualdim Pais	4:54.42	+1,06	449	10,0(-)
		Ines Isabel Graca	+1,06 35.11 1:12.13	+0,60 33.43 1:12.33		
		Catarina Goncalves Trezentos	+0,40 37.23 1:19.53	+0,69 33.02 1:10.43		
16.		Torres Novas	4:54.62	+0,81	448	9,0(-)
		Marta Sousa Oliveira	+0,81 35.23 1:13.65	+0,31 34.61 1:14.90		
		Carolina Marques Neves	+0,43 37.38 1:20.24	+0,42 31.04 1:05.83		
17.		Alges e Agueda XXI	4:55.54	+0,77	444	8,0(-)
		Barbara Outeiro Posse	+0,77 35.03 1:12.83	+0,09 32.63 1:11.84		
		Ana Sousa Chula	+0,45 41.49 1:26.96	+0,66 31.14 1:03.91		
18.		Bombeiros Estoris	4:58.59	+0,67	431	7,0(-)
		Filipa Maria Sousa	+0,67 36.56 1:15.22	+0,44 33.66 1:13.17		
		Mariana Graca Vasconcelos	+0,44 38.49 1:22.18	+0,40 31.67 1:08.02		
19.		Feirense	5:00.27	+0,75	423	6,0(-)
		Maria Ines Coelho	+0,75 37.64 1:17.23	+0,35 31.60 1:08.93		
		Ana Marques Correia	+0,76 40.49 1:27.54	+0,39 31.13 1:06.57		
20.		Nucleo Sportinguista Terceira	5:01.12	+0,99	420	5,0(-)
		Daniela Brasil Toledo	+0,99 36.10 1:15.34	+0,55 33.26 1:13.18		
		Madalena Ubach Sousa	+0,91 39.89 1:26.43	+0,67 32.23 1:06.17		
21.		Ginasio Santo Tirso	5:02.55	+0,79	414	4,0(-)
		Helena Manuel Jose	+0,79 38.75 1:20.87	+0,51 33.08 1:13.20		
		Catarina Isabel Branco	38.04 1:21.17	+0,52 32.28 1:07.31		
22.		Lousada SXXI	5:03.13	+0,73	412	3,0(-)
		Ana Filipa Moreira	+0,73 38.60 1:18.50	+0,78 35.17 1:17.39		
		Mafalda Joana Oliveira	+0,61 38.04 1:21.45	31.72 1:05.79		
23.		FC Ferreiras	5:14.58	+0,70	368	2,0(-)
		Melissa Sousa Vilarinho	+0,70 40.18 1:25.23	+0,33 36.86 1:20.86		
		Francisca Pugsley Ferreira	+0,31 39.12 1:25.67	+0,60 29.46 1:02.82		
24.		O Crasto	5:24.01	+0,72	337	1,0(-)
		Joana Filipa Silva	+0,72 36.59 1:17.00	+0,81 33.18 1:10.83		
		Maria Ines Monteiro	+0,80 45.24 1:35.18	+0,57 37.71 1:21.00		

Prova 14
29-11-2015

Masc., 800m Livres

Absolutos
Resultados

Rec Nac Absoluto	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014
Rec Nac Inf B	9:07.20	Andre Vilas Ruivo	DNMG	Leiria	03-03-2013
Rec Nac Inf A	8:36.36	Andre Vilas Ruivo	DNMG	Nazaré	25-05-2014
Rec Nac Juv B	8:27.18	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2006
Rec Nac Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	12-05-2007
Rec Nac Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Rec Nac Jun18	8:00.39	Rafael Lourenco Gil	ANAM	Felgueiras	21-12-2013
Rec Nac Sen	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Fabio Alcantara Aires	97	104252	Nautica do Seixal	8:42.12	+0,74	612	25,00
	50m: 27.18 27.18			250m: 2:35.13 33.31	450m: 4:48.15 33.74	650m: 7:04.07 34.22		
	100m: 57.71 30.53			300m: 3:08.21 33.08	500m: 5:21.59 33.44	700m: 7:38.05 33.98		
	150m: 1:29.74 32.03			350m: 3:41.39 33.18	550m: 5:55.76 34.17	750m: 8:11.57 33.52		
	200m: 2:01.82 32.08			400m: 4:14.41 33.02	600m: 6:29.85 34.09	800m: 8:42.12 30.55		
2.	Rafael Gomes Simoes	00	119705	Amigos da Montanha	8:43.78	+0,88	606	23,00
	50m: 27.98 27.98			250m: 2:37.10 33.05	450m: 4:50.29 33.51	650m: 7:06.03 33.70		
	100m: 59.29 31.31			300m: 3:10.04 32.94	500m: 5:24.35 34.06	700m: 7:39.63 33.60		
	150m: 1:31.40 32.11			350m: 3:43.34 33.30	550m: 5:58.36 34.01	750m: 8:12.85 33.22		
	200m: 2:04.05 32.65			400m: 4:16.78 33.44	600m: 6:32.33 33.97	800m: 8:43.78 30.93		
3.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	8:47.15	+0,85	595	22,00
	50m: 29.32 29.32			250m: 2:39.34 33.21	450m: 4:53.71 33.55	650m: 7:07.52 33.25		
	100m: 1:01.07 31.75			300m: 3:12.98 33.64	500m: 5:27.41 33.70	700m: 7:40.76 33.24		
	150m: 1:33.60 32.53			350m: 3:46.48 33.50	550m: 6:00.93 33.52	750m: 8:13.97 33.21		
	200m: 2:06.13 32.53			400m: 4:20.16 33.68	600m: 6:34.27 33.34	800m: 8:47.15 33.18		
4.	Goncalo Duarte Santos	00	111095	Natacao de Faro	8:56.86	+0,85	563	21,00
	50m: 30.28 30.28			250m: 2:44.96 33.72	450m: 5:02.34 34.25	650m: 7:17.73 34.11		
	100m: 1:03.33 33.05			300m: 3:19.04 34.08	500m: 5:35.77 33.43	700m: 7:51.65 33.92		
	150m: 1:37.13 33.80			350m: 3:53.30 34.26	550m: 6:09.27 33.50	750m: 8:25.42 33.77		
	200m: 2:11.24 34.11			400m: 4:28.09 34.79	600m: 6:43.62 34.35	800m: 8:56.86 31.44		
5.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	8:58.03	+0,85	559	20,00
	50m: 30.87 30.87			250m: 2:44.05 33.30	450m: 4:59.47 33.80	650m: 7:16.70 34.02		
	100m: 1:03.91 33.04			300m: 3:18.01 33.96	500m: 5:33.65 34.18	700m: 7:50.72 34.02		
	150m: 1:37.25 33.34			350m: 3:51.90 33.89	550m: 6:08.02 34.37	750m: 8:24.94 34.22		
	200m: 2:10.75 33.50			400m: 4:25.67 33.77	600m: 6:42.68 34.66	800m: 8:58.03 33.09		
6.	Joao Eduardo Ilha	98	109749	Natacao Olhao	8:58.10	+0,85	559	19,00
	50m: 29.40 29.40			250m: 2:44.63 34.03	450m: 5:01.90 34.36	650m: 7:19.09 34.06		
	100m: 1:02.65 33.25			300m: 3:18.99 34.36	500m: 5:36.53 34.63	700m: 7:53.08 33.99		
	150m: 1:36.40 33.75			350m: 3:53.26 34.27	550m: 6:10.39 33.86	750m: 8:26.43 33.35		
	200m: 2:10.60 34.20			400m: 4:27.54 34.28	600m: 6:45.03 34.64	800m: 8:58.10 31.67		
7.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	8:59.08	+0,84	556	18,00
	50m: 29.91 29.91			250m: 2:44.64 34.12	450m: 5:01.62 33.38	650m: 7:18.37 34.32		
	100m: 1:02.96 33.05			300m: 3:19.12 34.48	500m: 5:35.60 33.98	700m: 7:53.03 34.66		
	150m: 1:36.60 33.64			350m: 3:53.65 34.53	550m: 6:09.66 34.06	750m: 8:27.52 34.49		
	200m: 2:10.52 33.92			400m: 4:28.24 34.59	600m: 6:44.05 34.39	800m: 8:59.08 31.56		
8.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	9:04.01	+0,75	541	17,00
	50m: 30.13 30.13			250m: 2:47.44 34.81	450m: 5:05.51 34.58	650m: 7:24.42 34.72		
	100m: 1:03.91 33.78			300m: 3:22.54 35.10	500m: 5:39.45 33.94	700m: 7:58.41 33.99		
	150m: 1:38.14 34.23			350m: 3:56.77 34.23	550m: 6:13.82 34.37	750m: 8:32.15 33.74		
	200m: 2:12.63 34.49			400m: 4:30.93 34.16	600m: 6:49.70 35.88	800m: 9:04.01 31.86		
9.	Ivo Manuel Reis	93	129149	Atletico	9:04.31	+0,84	540	16,00
	50m: 29.42 29.42			250m: 2:44.64 34.45	450m: 5:03.21 34.72	650m: 7:22.27 34.57		
	100m: 1:01.74 32.32			300m: 3:19.28 34.64	500m: 5:37.55 34.34	700m: 7:57.10 34.83		
	150m: 1:35.46 33.72			350m: 3:53.76 34.48	550m: 6:12.59 35.04	750m: 8:31.94 34.84		
	200m: 2:10.19 34.73			400m: 4:28.49 34.73	600m: 6:47.70 35.11	800m: 9:04.31 32.37		

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Bernardo Meneses Barradas	00	118978	Condeixa Clube	9:07.56	+0,76	531	15,00
	50m: 30.52 30.52			250m: 2:44.83 33.65	450m: 5:03.74 34.34	650m: 7:24.76 34.90		
	100m: 1:03.25 32.73			300m: 3:19.48 34.65	500m: 5:38.64 34.90	700m: 7:59.59 34.83		
	150m: 1:36.65 33.40			350m: 3:54.27 34.79	550m: 6:14.20 35.56	750m: 8:34.19 34.60		
	200m: 2:11.18 34.53			400m: 4:29.40 35.13	600m: 6:49.86 35.66	800m: 9:07.56 33.37		
11.	Andre Lopes Silva	99	117819	Vieirense	9:08.26	+0,76	529	14,00
	50m: 30.20 30.20			250m: 2:47.67 34.90	450m: 5:07.49 34.87	650m: 7:26.44 34.69		
	100m: 1:03.44 33.24			300m: 3:22.72 35.05	500m: 5:42.58 35.09	700m: 8:01.31 34.87		
	150m: 1:37.97 34.53			350m: 3:57.65 34.93	550m: 6:17.03 34.45	750m: 8:36.06 34.75		
	200m: 2:12.77 34.80			400m: 4:32.62 34.97	600m: 6:51.75 34.72	800m: 9:08.26 32.20		
12.	Bernardo Gameiro Agapito	98	117573	FC Ferreiras	9:11.67	+0,83	519	13,00
	50m: 30.13 30.13			250m: 2:47.59 35.23	450m: 5:06.87 34.88	650m: 7:27.93 35.02		
	100m: 1:03.33 33.20			300m: 3:22.82 35.23	500m: 5:42.32 35.45	700m: 8:03.05 35.12		
	150m: 1:37.67 34.34			350m: 3:57.73 34.91	550m: 6:17.60 35.28	750m: 8:37.77 34.72		
	200m: 2:12.36 34.69			400m: 4:31.99 34.26	600m: 6:52.91 35.31	800m: 9:11.67 33.90		
13.	Luis Carlos Fonseca	98	111772	Fafe	9:13.64	+0,78	513	12,00
	50m: 31.10 31.10			250m: 2:47.60 35.01	450m: 5:07.88 34.89	650m: 7:28.83 35.15		
	100m: 1:04.28 33.18			300m: 3:23.21 35.61	500m: 5:43.13 35.25	700m: 8:04.41 35.58		
	150m: 1:38.10 33.82			350m: 3:58.66 35.45	550m: 6:18.32 35.19	750m: 8:39.29 34.88		
	200m: 2:12.59 34.49			400m: 4:32.99 34.33	600m: 6:53.68 35.36	800m: 9:13.64 34.35		
14.	David Nunes Sousa	96	112204	Vitoria/ Olicargo	9:21.55	+0,77	492	11,00
	50m: 30.96 30.96			250m: 2:50.32 34.92	450m: 5:11.84 35.91	650m: 7:37.79 37.09		
	100m: 1:05.12 34.16			300m: 3:25.11 34.79	500m: 5:48.10 36.26	700m: 8:13.70 35.91		
	150m: 1:40.19 35.07			350m: 4:00.55 35.44	550m: 6:24.41 36.31	750m: 8:49.36 35.66		
	200m: 2:15.40 35.21			400m: 4:35.93 35.38	600m: 7:00.70 36.29	800m: 9:21.55 32.19		
15.	Jorge Antonio Duarte	00	122868	Estamos Juntos	9:22.23	+1,03	490	10,00
	50m: 31.26 31.26			250m: 2:52.06 35.01	450m: 5:15.10 33.73	650m: 7:38.23 34.83		
	100m: 1:05.79 34.53			300m: 3:28.48 36.42	500m: 5:50.92 35.82	700m: 8:14.19 35.96		
	150m: 1:41.08 35.29			350m: 4:05.09 36.61	550m: 6:27.26 36.34	750m: 8:49.26 35.07		
	200m: 2:17.05 35.97			400m: 4:41.37 36.28	600m: 7:03.40 36.14	800m: 9:22.23 32.97		
16.	Jose Carlos Burecas	00	121519	BUZIOS-Coruche	9:24.22	+0,83	485	9,00
	50m: 30.24 30.24			250m: 2:44.29 34.61	450m: 5:08.78 36.10	650m: 7:36.56 36.87		
	100m: 1:02.57 32.33			300m: 3:20.28 35.99	500m: 5:45.98 37.20	700m: 8:13.35 36.79		
	150m: 1:35.72 33.15			350m: 3:56.52 36.24	550m: 6:22.73 36.75	750m: 8:49.97 36.62		
	200m: 2:09.68 33.96			400m: 4:32.68 36.16	600m: 6:59.69 36.96	800m: 9:24.22 34.25		
17.	Rodrigo Manuel Monteiro	98	109389	Sporting de Espinho	9:25.80	+0,84	481	8,00
	50m: 31.02 31.02			250m: 2:52.04 35.39	450m: 5:15.09 36.00	650m: 7:40.66 36.30		
	100m: 1:05.64 34.62			300m: 3:27.55 35.51	500m: 5:51.32 36.23	700m: 8:16.73 36.07		
	150m: 1:40.87 35.23			350m: 4:03.26 35.71	550m: 6:27.77 36.45	750m: 8:51.92 35.19		
	200m: 2:16.65 35.78			400m: 4:39.09 35.83	600m: 7:04.36 36.59	800m: 9:25.80 33.88		
18.	Andrei Iulian Zinca	00	119453	Gafanha da Encarnacao	9:28.15	+0,72	475	7,00
	50m: 30.06 30.06			250m: 2:49.11 35.46	450m: 5:13.57 36.50	650m: 7:40.15 36.77		
	100m: 1:04.11 34.05			300m: 3:24.96 35.85	500m: 5:50.06 36.49	700m: 8:17.08 36.93		
	150m: 1:38.63 34.52			350m: 4:00.89 35.93	550m: 6:26.79 36.73	750m: 8:53.50 36.42		
	200m: 2:13.65 35.02			400m: 4:37.07 36.18	600m: 7:03.38 36.59	800m: 9:28.15 34.65		
19.	Filipe Albermaz Carvalho	00	120077	Bombeiros Ponta Delgada	9:30.46	+0,73	469	6,00
	50m: 31.67 31.67			250m: 2:54.13 35.72	450m: 5:18.55 35.93	650m: 7:43.92 36.31		
	100m: 1:06.67 35.00			300m: 3:29.91 35.78	500m: 5:54.77 36.22	700m: 8:19.65 35.73		
	150m: 1:42.33 35.66			350m: 4:06.49 36.58	550m: 6:31.13 36.36	750m: 8:55.16 35.51		
	200m: 2:18.41 36.08			400m: 4:42.62 36.13	600m: 7:07.61 36.48	800m: 9:30.46 35.30		
20.	Bernardo Antunes Augusto	00	122518	Naval Setubalense	9:30.97	+0,85	468	5,00
	50m: 30.53 30.53			250m: 2:50.81 35.38	450m: 5:17.11 36.62	650m: 7:43.90 36.64		
	100m: 1:04.80 34.27			300m: 3:27.26 36.45	500m: 5:53.80 36.69	700m: 8:20.39 36.49		
	150m: 1:39.79 34.99			350m: 4:04.01 36.75	550m: 6:30.43 36.63	750m: 8:56.39 36.00		
	200m: 2:15.43 35.64			400m: 4:40.49 36.48	600m: 7:07.26 36.83	800m: 9:30.97 34.58		

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Miguel Angelo Caetano	01	117933	Naval da Nazare	9:34.01	+0,74	460	4,00
	50m: 31.13 31.13			250m: 2:51.65 36.01	450m: 5:18.55 36.26		650m: 7:45.95 37.41	
	100m: 1:04.58 33.45			300m: 3:27.78 36.13	500m: 5:55.13 36.58		700m: 8:22.98 37.03	
	150m: 1:40.03 35.45			350m: 4:04.72 36.94	550m: 6:31.78 36.65		750m: 8:59.54 36.56	
	200m: 2:15.64 35.61			400m: 4:42.29 37.57	600m: 7:08.54 36.76		800m: 9:34.01 34.47	
22.	Bruno Miguel Maia	01	126783	Natacao da Maia	9:41.45	+0,84	443	3,00
	50m: 30.74 30.74			250m: 2:54.99 36.83	450m: 5:23.67 37.49		650m: 7:52.55 37.66	
	100m: 1:05.77 35.03			300m: 3:32.10 37.11	500m: 6:00.52 36.85		700m: 8:29.38 36.83	
	150m: 1:41.73 35.96			350m: 4:08.95 36.85	550m: 6:37.52 37.00		750m: 9:06.14 36.76	
	200m: 2:18.16 36.43			400m: 4:46.18 37.23	600m: 7:14.89 37.37		800m: 9:41.45 35.31	
23.	Alexandre Carvalho Conceicao	02	126858	Penafiel	10:44.78	+0,99	325	2,00
	50m: 34.09 34.09			250m: 3:15.98 41.58	450m: 6:00.99 41.53		650m: 8:45.79 40.17	
	100m: 1:13.42 39.33			300m: 3:57.25 41.27	500m: 6:43.56 42.57		700m: 9:26.88 41.09	
	150m: 1:53.45 40.03			350m: 4:38.59 41.34	550m: 7:23.61 40.05		750m: 10:06.30 39.42	
	200m: 2:34.40 40.95			400m: 5:19.46 40.87	600m: 8:05.62 42.01		800m: 10:44.78 38.48	
DNF	Bernardo Correa Clavinho	02	127685	Scalabiswim				-

Prova 15
29-11-2015

Femin., 100m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Rec Nac Inf B	1:06.89	Ana Margarida Guedes	GCVR	Espinho	25-05-2013
Rec Nac Inf A	1:03.28	Ana Margarida Guedes	GCVR	Vila Real	10-06-2014
Rec Nac Juv B	1:03.39	Ana Margarida Guedes	GCVR	Estarreja	14-12-2014
Rec Nac Juv A	1:03.14	Ana Rita Francisco	SFUAP	Algés	19-03-1995
Rec Nac Jun16	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Rec Nac Jun17	59.65	Sara Francisco Cruz	ADBA	Leiria	05-12-2009
Rec Nac Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Conceicao Peca	99	116963	Ba/Bomcar	1:06.43	+1,11	555	25,00-
	50m: 31.46 31.46			100m: 1:06.43 34.97				
2.	Bruna Andreia Simoes	01	121004	Vieirense	1:07.11	+0,80	538	23,00-
	50m: 31.62 31.62			100m: 1:07.11 35.49				
3.	Mariana Sousa Martins	95	103743	Feirense	1:07.62	+0,86	526	22,00-
	50m: 31.37 31.37			100m: 1:07.62 36.25				
4.	Ines Pereira Silva	02	128987	Condeixa Clube	1:07.67	+0,87	525	21,00-
	50m: 31.85 31.85			100m: 1:07.67 35.82				
5.	Rute Isabel Leonardo	98	121391	Natacao do Tejo	1:08.33	+0,79	510	20,00-
	50m: 31.57 31.57			100m: 1:08.33 36.76				
6.	Tatiana Raquel Pombo	01	121615	Nautica do Seixal	1:08.50	+0,84	506	19,00-
	50m: 31.72 31.72			100m: 1:08.50 36.78				
7.	Ana Marta Resendes	80	12798	Naval de Ponta Delgada	1:09.36	+0,87	488	18,00-
	50m: 32.49 32.49			100m: 1:09.36 36.87				
8.	Ana Sofia Pina	02	125639	O Crasto	1:09.56	+0,96	483	17,00-
	50m: 32.39 32.39			100m: 1:09.56 37.17				
9.	Ana Carolina Guedes	93	104190	Litoral Alentejano	1:10.16	+0,76	471	16,00-
	50m: 32.51 32.51			100m: 1:10.16 37.65				

Prova 15, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Mariana Luis Saraiva 50m: 32.47 32.47	96	122900	Nucleo Sportinguista Terceira	1:10.30 100m: 1:10.30 37.83	+0,79	468	15,00-
11.	Mafalda Sofia Dias 50m: 33.15 33.15	01	121401	Naval Setubalense	1:10.52 100m: 1:10.52 37.37	+0,79	464	14,00-
12.	Ines Rosado Monteiro 50m: 32.74 32.74	00	121817	Natacao de Vagos	1:10.80 100m: 1:10.80 38.06	+0,77	458	13,00-
13.	Mariana Oliveira Ribeiro 50m: 32.63 32.63	01	112134	Colegio SMLamas	1:11.01 100m: 1:11.01 38.38	+0,81	454	12,00-
14.	Constanca Isabel Jose 50m: 33.84 33.84	01	121266	Gualdim Pais	1:11.75 100m: 1:11.75 37.91	+0,95	440	11,00-
15.	Filipa Viamonte Fernandes 50m: 33.52 33.52	02	122198	Vitoria/ Olicargo	1:11.78 100m: 1:11.78 38.26	+0,90	440	10,00-
16.	Rafaela Cunha Mendes 50m: 32.61 32.61	98	105852	Campinho	1:11.83 100m: 1:11.83 39.22	+0,79	439	9,00-
17.	Clarisse Matos Lopes 50m: 33.66 33.66	98	100069	Scalabiswim	1:11.92 100m: 1:11.92 38.26	+0,91	437	8,00-
18.	Rute Sofia Teixeira 50m: 33.76 33.76	90	15202	Ginasio Santo Tirso	1:12.70 100m: 1:12.70 38.94	+0,86	423	7,00-
19.	Ana Beatriz Almeida 50m: 33.79 33.79	01	119907	Alges e Agueda XXI	1:13.44 100m: 1:13.44 39.65	+0,72	411	6,00-
20.	Maria Joao Cabral 50m: 33.63 33.63	98	107645	Bombeiros Estoris	1:13.69 100m: 1:13.69 40.06	+0,90	406	5,00-
21.	Beatriz Ribeiro Simoes 50m: 35.05 35.05	01	121438	Torres Novas	1:14.37 100m: 1:14.37 39.32	+0,84	395	4,00-
22.	Mariana Lopes Silva 50m: 34.38 34.38	99	116526	Gafanha da Encarnacao	1:15.42 100m: 1:15.42 41.04	+0,72	379	3,00-
23.	Patricia Abreu Seong 50m: 36.05 36.05	03	123751	FC Ferreiras	1:16.65 100m: 1:16.65 40.60	+0,67	361	2,00-
24.	Maria Carolina Sousa 50m: 34.66 34.66	01	112192	Lousada SXXI	1:18.30 100m: 1:18.30 43.64	+0,99	339	1,00-

Prova 16
29-11-2015

Masc., 200m Mariposa

Absolutos
Resultados

Rec Nac Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Rec Nac Inf B	2:19.18	Andre Vilas Ruivo	DNMG	Nazaré	01-06-2013
Rec Nac Inf A	2:12.42	Tomas Miguel Freitas	CDN	Funchal	11-07-2004
Rec Nac Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Rec Nac Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	13-06-2009
Rec Nac Jun17	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	05-03-2005
Rec Nac Jun18	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Rec Nac Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Filipe Campos	99	116573	Scalabiswim	2:09.14	+0,97	594	25,00
	50m: 28.66 28.66	100m: 1:01.13	32.47	150m: 1:35.02	33.89	200m: 2:09.14	34.12	
2.	Francisco Ribeiro Constantino	99	105785	Naval da Nazare	2:11.00	+0,72	569	23,00
	50m: 28.62 28.62	100m: 1:01.47	32.85	150m: 1:35.77	34.30	200m: 2:11.00	35.23	
3.	Andre Filipe Afonseca	98	117795	Amigos da Montanha	2:13.24	+0,95	540	22,00
	50m: 29.74 29.74	100m: 1:03.52	33.78	150m: 1:38.49	34.97	200m: 2:13.24	34.75	
4.	Mateus Roque Mendes	96	117954	Natacao de Faro	2:15.11	+0,86	518	21,00
	50m: 29.20 29.20	100m: 1:03.20	34.00	150m: 1:38.30	35.10	200m: 2:15.11	36.81	
5.	Andre Sousa Goncalves	97	105368	Natacao Olhao	2:16.28	+0,78	505	20,00
	50m: 29.30 29.30	100m: 1:03.05	33.75	150m: 1:38.39	35.34	200m: 2:16.28	37.89	
6.	Jose Pedro Rosario	96	128021	Nautica do Seixal	2:17.31	+0,85	494	19,00
	50m: 29.42 29.42	100m: 1:02.95	33.53	150m: 1:38.32	35.37	200m: 2:17.31	38.99	
7.	Pedro Guilherme Ferreira	00	119408	Miranda do Corvo	2:18.26	+0,80	484	18,00
	50m: 30.95 30.95	100m: 1:05.62	34.67	150m: 1:41.46	35.84	200m: 2:18.26	36.80	
8.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	2:18.30	+0,82	483	17,00
	50m: 30.84 30.84	100m: 1:05.70	34.86	150m: 1:42.01	36.31	200m: 2:18.30	36.29	
9.	Sandro Emanuel Francisco	99	117818	Vieirense	2:18.54	+0,71	481	16,00
	50m: 30.14 30.14	100m: 1:04.54	34.40	150m: 1:40.48	35.94	200m: 2:18.54	38.06	
10.	Romeu Ribeiro Fernandes	01	122171	Fafe	2:19.26	+0,77	473	15,00
	50m: 30.09 30.09	100m: 1:06.13	36.04	150m: 1:43.29	37.16	200m: 2:19.26	35.97	
11.	Pedro Ribeiro Santos	98	118977	Condeixa Clube	2:20.46	+0,77	461	14,00
	50m: 30.49 30.49	100m: 1:05.68	35.19	150m: 1:42.92	37.24	200m: 2:20.46	37.54	
12.	Diogo Monteiro Sousa	00	118406	Naval Setubalense	2:23.23	+0,95	435	13,00
	50m: 31.01 31.01	100m: 1:06.56	35.55	150m: 1:44.09	37.53	200m: 2:23.23	39.14	
13.	Paulo Andre Silva	95	104517	Natacao da Maia	2:23.86	+0,84	429	12,00
	50m: 30.50 30.50	100m: 1:05.69	35.19	150m: 1:43.51	37.82	200m: 2:23.86	40.35	
14.	Pedro Pereira Lopes	99	127118	BUZIOS-Coruche	2:23.99	+0,74	428	11,00
	50m: 31.76 31.76	100m: 1:08.29	36.53	150m: 1:46.55	38.26	200m: 2:23.99	37.44	
15.	Francisco Miguel Costa	96	129975	A Atletico	2:25.07	+0,73	419	10,00
	50m: 29.99 29.99	100m: 1:05.10	35.11	150m: 1:43.61	38.51	200m: 2:25.07	41.46	
16.	Joao Soares Melo	98	121433	Estamos Juntos	2:26.36	+0,82	408	9,00
	50m: 31.79 31.79	100m: 1:08.54	36.75	150m: 1:46.27	37.73	200m: 2:26.36	40.09	
17.	Joao Pedro Rosa	90	11317	CLAC-Entroncamento	2:27.01	+0,95	402	8,00
	50m: 31.10 31.10	100m: 1:07.00	35.90	150m: 1:46.10	39.10	200m: 2:27.01	40.91	
18.	Eduardo Miguel Magalhaes	02	125074	Vitoria/ Olicargo	2:30.27	+0,69	377	7,00
	50m: 32.09 32.09	100m: 1:10.24	38.15	150m: 1:50.86	40.62	200m: 2:30.27	39.41	

Prova 16, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Joel Sousa Figueiras	99	116529	Gafanha da Encarnacao	2:30.73	+0,67	373	6,00
	50m: 32.40 32.40		100m: 1:11.18 38.78	150m: 1:51.12	39.94	200m: 2:30.73 39.61		
20.	Martim Neiva Almeida	01	118543	Sporting de Espinho	2:31.11	+0,81	370	5,00
	50m: 31.83 31.83		100m: 1:10.63 38.80	150m: 1:50.66	40.03	200m: 2:31.11 40.45		
21.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	2:31.89	+0,68	365	4,00
	50m: 32.17 32.17		100m: 1:10.88 38.71	150m: 1:50.58	39.70	200m: 2:31.89 41.31		
22.	Goncalo Fernando Ferreira	94	121734	Penafiel	2:34.29	+0,83	348	3,00
	50m: 32.58 32.58		100m: 1:10.86 38.28	150m: 1:52.34	41.48	200m: 2:34.29 41.95		
23.	Joao Afonso Pacau	02	126954	Gualdim Pais	2:49.85	+0,78	261	2,00
	50m: 35.55 35.55		100m: 1:17.16 41.61	150m: 2:02.89	45.73	200m: 2:49.85 46.96		
24.	Filipe Bjorcke Santos	88	123823	FC Ferreiras	3:21.89	+0,90	155	1,00
	50m: 38.38 38.38		100m: 1:28.11 49.73	150m: 2:25.57	57.46	200m: 3:21.89 56.32		

Prova 17
29-11-2015

Femin., 100m Bruços

Absolutos
Resultados

Rec Nac Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	1:17.79	Mariana Ferrinha Cunha	AAC	Coimbra	19-03-1995
Rec Nac Inf A	1:13.43	Raquel Gomes Pereira	SANL	Abrantes	13-04-2013
Rec Nac Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Rec Nac Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	13-03-2004
Rec Nac Jun16	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Rec Nac Jun17	1:09.02	Diana Duarte Gomes	FPN	Belo Horizonte (BRA)	10-02-2006
Rec Nac Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Victorino Henriques	01	118976	Condeixa Clube	1:15.41	+0,66	565	25,00-
	50m: 35.36 35.36		100m: 1:15.41 40.05					
2.	Ana Carolina Guedes	93	104190	Litoral Alentejano	1:16.47	+0,77	542	23,00-
	50m: 36.11 36.11		100m: 1:16.47 40.36					
3.	Ana Filipa Veiga	01	125558	Gafanha da Encarnacao	1:18.17	+0,73	507	22,00-
	50m: 36.27 36.27		100m: 1:18.17 41.90					
4.	Ana Luis Rodrigues	00	122578	Campinho	1:18.48	+0,92	501	21,00-
	50m: 36.68 36.68		100m: 1:18.48 41.80					
5.	Mafalda Gilberto Marques	01	126792	Natacao do Tejo	1:19.36	+0,81	485	20,00-
	50m: 37.07 37.07		100m: 1:19.36 42.29					
6.	Carolina Ferreira Raposo	91	10026	Naval de Ponta Delgada	1:19.58	+0,71	481	19,00-
	50m: 36.74 36.74		100m: 1:19.58 42.84					
7.	Matilde Mota Domingues	03	122289	Colegio SMLamas	1:19.83	+0,80	476	18,00-
	50m: 37.47 37.47		100m: 1:19.83 42.36					
8.	Catarina Isabel Branco	99	118331	Ginasio Santo Tirso	1:19.84	+0,87	476	17,00-
	50m: 37.85 37.85		100m: 1:19.84 41.99					
9.	Carolina Marques Neves	01	121422	Torres Novas	1:19.89	+0,80	475	16,00-
	50m: 37.48 37.48		100m: 1:19.89 42.41					
10.	Mafalda Joana Oliveira	02	119096	Lousada SXXI	1:20.39	+0,86	466	15,00-
	50m: 38.30 38.30		100m: 1:20.39 42.09					

Prova 17, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	1:20.70	+0,77	461	14,00-
	50m: 38.02 38.02		100m: 1:20.70	42.68				
12.	Maria Saraiva Ruivaco	00	117813	Vieirense	1:20.86	+0,91	458	13,00-
	50m: 37.46 37.46		100m: 1:20.86	43.40				
13.	Mariana Graca Vasconcelos	99	107648	Bombeiros Estoris	1:22.46	+1,00	432	12,00-
	50m: 38.85 38.85		100m: 1:22.46	43.61				
14.	Maria Beatriz Dias	99	108045	Scalabiswim	1:22.66	+0,82	429	11,00-
	50m: 39.34 39.34		100m: 1:22.66	43.32				
15.	Adriana Nogueira Mascarenha	01	124319	Naval Setubalense	1:22.71	+0,94	428	10,00-
	50m: 39.12 39.12		100m: 1:22.71	43.59				
16.	Luana Pinto Domingues	03	123893	Ba/Bomcar	1:22.88	+0,71	425	9,00-
	50m: 38.78 38.78		100m: 1:22.88	44.10				
17.	Francisca Pugsley Ferreira	01	120130	FC Ferreiras	1:23.70	+0,89	413	8,00-
	50m: 39.47 39.47		100m: 1:23.70	44.23				
18.	Valeria Goncalves Vieira	02	124314	Vitoria/ Olicargo	1:23.76	+0,79	412	7,00-
	50m: 39.78 39.78		100m: 1:23.76	43.98				
19.	Joana Malta Vale	02	125836	Natacao de Vagos	1:24.71	+0,78	398	6,00-
	50m: 39.29 39.29		100m: 1:24.71	45.42				
20.	Madalena Ubach Sousa	02	118995	Nucleo Sportinguista Terceira	1:25.78	+0,89	384	5,00-
	50m: 40.07 40.07		100m: 1:25.78	45.71				
21.	Catarina Natario Moreira	97	109977	Nautica do Seixal	1:25.83	+0,83	383	4,00-
	50m: 41.77 41.77		100m: 1:25.83	44.06				
22.	Ana Marques Correia	02	124832	Feirense	1:26.73	+0,90	371	3,00-
	50m: 40.68 40.68		100m: 1:26.73	46.05				
23.	Ana Sousa Chula	01	125019	Alges e Agueda XXI	1:27.83	+0,92	357	2,00-
	50m: 41.71 41.71		100m: 1:27.83	46.12				
24.	Marta Monteiro Pereira	04	126460	O Crasto	1:50.05	+1,03	181	1,00-
	50m: 51.63 51.63		100m: 1:50.05	58.42				

Prova 18	Masc., 200m Bruços					Absolutos
29-11-2015						Resultados
Rec Nac Absoluto	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012	
Rec Nac Inf B	2:37.57	Tomas Miguel Freitas	CDN	Funchal	13-07-2003	
Rec Nac Inf A	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	08-03-2009	
Rec Nac Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	03-03-2012	
Rec Nac Juv A	2:18.22	Andre Goncalo Santos	LSC	Felgueiras	08-03-2013	
Rec Nac Jun17	2:16.77	Jose Guilherme Couto	SCP	Algés	18-03-1995	
Rec Nac Jun18	2:13.22	Andre Goncalo Santos	LSC	Porto	19-12-2014	
Rec Nac Sen	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012	

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Yuriy Vasistas	91	101821	Gualdim Pais	2:25.78	+0,74	564	25,00
	50m: 32.87 32.87	100m: 1:09.80	36.93	150m: 1:47.72	37.92	200m: 2:25.78	38.06	
2.	Simao Correia Ricardo	00	121405	Naval Setubalense	2:29.70	+0,88	521	23,00
	50m: 34.24 34.24	100m: 1:12.72	38.48	150m: 1:51.64	38.92	200m: 2:29.70	38.06	
3.	Thiago Duarte Goncalves	89	12543	Nautica do Seixal	2:31.70	+0,83	500	22,00
	50m: 34.39 34.39	100m: 1:13.12	38.73	150m: 1:52.35	39.23	200m: 2:31.70	39.35	
4.	Sergio Gabriel Lamande	99	117817	Vieirense	2:33.32	+0,88	485	21,00
	50m: 34.29 34.29	100m: 1:13.24	38.95	150m: 1:53.35	40.11	200m: 2:33.32	39.97	
5.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	2:33.33	+0,70	485	20,00
	50m: 34.39 34.39	100m: 1:13.84	39.45	150m: 1:53.49	39.65	200m: 2:33.33	39.84	
6.	Edgar Ribau Melo	99	124556	Gafanha da Encarnacao	2:34.32	+0,78	475	19,00
	50m: 35.11 35.11	100m: 1:13.59	38.48	150m: 1:53.33	39.74	200m: 2:34.32	40.99	
7.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	2:34.75	+0,68	471	18,00
	50m: 34.02 34.02	100m: 1:13.18	39.16	150m: 1:54.44	41.26	200m: 2:34.75	40.31	
8.	Duarte Anastacio Sousa	02	126627	Condeixa Clube	2:35.23	+0,61	467	17,00
	50m: 34.43 34.43	100m: 1:14.38	39.95	150m: 1:54.75	40.37	200m: 2:35.23	40.48	
9.	Mauro Gaspar Ferreira	95	109912	Amigos da Montanha	2:35.31	+0,94	466	16,00
	50m: 33.77 33.77	100m: 1:12.80	39.03	150m: 1:54.36	41.56	200m: 2:35.31	40.95	
10.	Joao Pedro Gomes	99	109733	Miranda do Corvo	2:35.67	+0,74	463	15,00
	50m: 35.88 35.88	100m: 1:15.56	39.68	150m: 1:55.71	40.15	200m: 2:35.67	39.96	
11.	Tiago Andre Marques	93	18351	Sporting de Espinho	2:35.80	+0,74	462	14,00
	50m: 34.50 34.50	100m: 1:14.41	39.91	150m: 1:55.06	40.65	200m: 2:35.80	40.74	
12.	Fabio Andre Madureira	90	15910	Penafiel	2:36.46	+0,78	456	13,00
	50m: 34.27 34.27	100m: 1:13.55	39.28	150m: 1:54.52	40.97	200m: 2:36.46	41.94	
13.	Miguel Duarte Pereira	00	123264	Natacao Olhao	2:37.23	+0,92	449	12,00
	50m: 35.33 35.33	100m: 1:14.80	39.47	150m: 1:55.67	40.87	200m: 2:37.23	41.56	
14.	Albino Manuel Goncalves	99	123698	Vitoria/ Olicargo	2:39.39	+0,80	431	11,00
	50m: 35.29 35.29	100m: 1:15.22	39.93	150m: 1:56.74	41.52	200m: 2:39.39	42.65	
15.	Bruno Miguel Maia	01	126783	Natacao da Maia	2:40.57	+0,86	422	10,00
	50m: 35.60 35.60	100m: 1:17.23	41.63	150m: 1:59.31	42.08	200m: 2:40.57	41.26	
16.	Artur Rafael Saramago	97	111949	BUZIOS-Coruche	2:41.56	+0,80	414	9,00
	50m: 35.36 35.36	100m: 1:15.42	40.06	150m: 1:57.94	42.52	200m: 2:41.56	43.62	
17.	Lino Ricardo Oliveira	99	116866	Estamos Juntos	2:42.46	+0,80	407	8,00
	50m: 35.41 35.41	100m: 1:17.67	42.26	150m: 2:00.73	43.06	200m: 2:42.46	41.73	
18.	Nazar Bezkorovaynyy	99	118835	Naval da Nazare	2:43.55	+0,74	399	7,00
	50m: 35.38 35.38	100m: 1:16.39	41.01	150m: 2:00.30	43.91	200m: 2:43.55	43.25	

Prova 18, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Pedro Manuel Nunes	98	100643	CLAC-Entroncamento	2:45.62	+0,78	384	6,00
	50m: 36.70 36.70		100m: 1:19.56 42.86	150m: 2:03.55 43.99	200m: 2:45.62 42.07			
20.	Vasco Manuel Reis	00	129145	Atletico	2:46.83	+0,87	376	5,00
	50m: 37.27 37.27		100m: 1:19.73 42.46	150m: 2:03.52 43.79	200m: 2:46.83 43.31			
21.	Rui Pires Martins	01	122177	Fafe	2:49.07	+0,87	361	4,00
	50m: 36.74 36.74		100m: 1:19.33 42.59	150m: 2:03.65 44.32	200m: 2:49.07 45.42			
22.	Diogo Teixeira Mendes	01	130302	Scalabswim	2:56.20	+0,86	319	3,00
	50m: 40.35 40.35		100m: 1:24.58 44.23	150m: 2:10.64 46.06	200m: 2:56.20 45.56			
23.	Paulo Andre Frota	02	124128	Fundacao Beatriz Santos	2:57.28	+0,74	313	2,00
	50m: 41.38 41.38		100m: 1:27.73 46.35	150m: 2:13.23 45.50	200m: 2:57.28 44.05			
24.	Samuel Andre Santos	99	110895	FC Ferreiras	3:01.67	+0,86	291	1,00
	50m: 39.07 39.07		100m: 1:24.76 45.69	150m: 2:12.97 48.21	200m: 3:01.67 48.70			

Prova 19 Femin., 50m Livres

29-11-2015

Absolutos

Resultados

Rec Nac Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec Nac Inf B	28.89	Ana Margarida Guedes	GCVR	Vila Real	16-02-2013
Rec Nac Inf A	27.76	Ana Margarida Guedes	GCVR	Espinho	17-05-2014
Rec Nac Juv B	26.85	Ana Margarida Guedes	GCVR	Bragança	05-07-2015
Rec Nac Juv A	26.91	Sofia Pavao Machado	CNPD	Ponta Delgada	02-05-2009
Rec Nac Jun16	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Rec Nac Jun17	25.99	Catarina Maria Ferreira	EDV	Ponte da Barca	02-07-2015
Rec Nac Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Beatriz Silva	96	112263	Gafanha da Encarnacao	27.69	+0,76	591	25,00-
2.	Rute Isabel Leonardo	98	121391	Natacao do Tejo	28.34	+0,75	551	23,00-
3.	Noemia Verdi Silva	99	111770	Vitoria/ Olicargo	28.38	+0,85	549	22,00-
4.	Ines Pugsley Ferreira	97	107414	FC Ferreiras	28.72	+0,75	529	21,00-
5.	Julia Matos Lopes	94	12490	Scalabswim	28.75	+0,77	528	20,00-
6.	Rita Filipa Paulino	00	118462	Naval Setubalense	28.86	+0,83	522	19,00-
7.	Joana Gabriela Silva	95	103945	Colegio SMLamas	29.01	+0,77	514	18,00-
8.	Tania Cristina Mendes	99	111028	Vieirense	29.15	+0,87	506	17,00-
9.	Beatriz Elisabete Pereira	97	132344	Nautica do Seixal	29.24	+0,82	502	16,00-
10.	Helena Nunes Rodrigues	03	125022	Alges e Agueda XXI	29.34	+0,88	496	15,00-
11.	Nicoleta Lascu	02	121515	Litoral Alentejano	29.42	+0,88	492	14,00-
12.	Diana Sofia Mirra	00	119680	Ba/Bomcar	29.51	+0,91	488	13,00-
13.	Mariana Luis Saraiva	96	122900	Nucleo Sportinguista Terceira	29.52	+0,78	487	12,00-
14.	Marta Sousa Oliveira	01	120775	Torres Novas	29.71	+0,79	478	11,00-
15.	Ines Pinho Coelho	99	116862	Feirense	29.78	+0,79	475	10,00-
16.	Ines Pereira Silva	02	128987	Condeixa Clube	29.88	+0,82	470	9,00-
17.	Maria Vieira Marques	04	123843	Natacao de Vagos	30.08	+0,94	461	8,00-
18.	Catarina Alexandra Dias	95	25908	Naval de Ponta Delgada	30.13	+0,76	458	7,00-
19.	Rafaela Cunha Mendes	98	105852	Campinho	30.16	+0,81	457	6,00-
20.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	30.39	+0,78	447	5,00-
21.	Rute Sofia Teixeira	90	15202	Ginasio Santo Tirso	30.56	+0,88	439	4,00-
22.	Rita Oliveira Noritake	98	107643	Bombeiros Estoris	30.92	+0,83	424	3,00-

Prova 19, Femin., 50m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Maria Ines Monteiro	00	125638	O Crasto	31.70	+0,89	394	2,00-
24.	Maria Carolina Sousa	01	112192	Lousada SXXI	32.21	+1,04	375	1,00-

Prova 20
29-11-2015

Masc., 100m Livres

Absolutos
Resultados

Rec Nac Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Rec Nac Inf B	57.40	Tiago Filipe Pereira	DNMG	Caldas da Rainha	11-07-2004
Rec Nac Inf A	54.93	Joao Cruz Castro	CSM	Funchal	12-04-2014
Rec Nac Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec Nac Juv A	50.82	Tiago Andre Venancio	CNS	Braga	23-03-2003
Rec Nac Jun17	49.87	Tiago Andre Venancio	CNS	estoril	14-02-2004
Rec Nac Jun18	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Rec Nac Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Manuel Teixeira 50m: 24.55 24.55	96	102485	Fafe 100m: 51.81 27.26	51.81	+0,64	652	25,00
2.	Pedro Miguel Fernandes 50m: 25.27 25.27	99	110494	Vitoria/ Olicargo 100m: 52.44 27.17	52.44	+0,77	629	23,00
3.	Rafael Lages Ribas 50m: 25.07 25.07	93	12688	Estamos Juntos 100m: 52.88 27.81	52.88	+0,73	613	22,00
4.	Joao Martins Santos 50m: 25.56 25.56	96	116544	Gafanha da Encarnacao 100m: 53.13 27.57	53.13	+0,66	605	21,00
5.	Diogo Alexandre Pacheco 50m: 26.04 26.04	99	121684	Bombeiros Ponta Delgada 100m: 53.95 27.91	53.95	+0,67	577	20,00
6.	Flavio Miguel Barbara 50m: 25.46 25.46	95	119741	Gualdim Pais 100m: 53.97 28.51	53.97	+0,67	577	19,00
7.	Ivo Andre Lopes 50m: 25.68 25.68	94	11728	Scalabiswim 100m: 54.14 28.46	54.14	+0,74	571	18,00
8.	Sandro Emanuel Francisco 50m: 26.54 26.54	99	117818	Vieirense 100m: 54.89 28.35	54.89	+0,71	548	17,00
9.	Miguel Diogo Agostinho 50m: 26.28 26.28	00	117312	Fundacao Beatriz Santos 100m: 54.90 28.62	54.90	+0,78	548	16,00
10.	Joao Miguel Branco 50m: 26.17 26.17	98	108676	Sporting de Espinho 100m: 54.96 28.79	54.96	+0,85	546	15,00
11.	Carlos Miguel Pinto 50m: 26.18 26.18	97	107661	Naval Setubalense 100m: 55.21 29.03	55.21	+0,72	539	14,00
12.	Frederico Antunes Silva 50m: 26.41 26.41	95	25578	Nautica do Seixal 100m: 55.23 28.82	55.23	+0,71	538	13,00
13.	Paulo Filipe Silva 50m: 26.01 26.01	98	117012	Natacao da Maia 100m: 55.29 29.28	55.29	+0,86	536	12,00
14.	Mateus Roque Mendes 50m: 26.61 26.61	96	117954	Natacao de Faro 100m: 55.86 29.25	55.86	+0,77	520	11,00
15.	Joao Guilherme Ferreira 50m: 26.66 26.66	93	109907	Amigos da Montanha 100m: 55.91 29.25	55.91	+0,90	519	10,00

Prova 20, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	56.01	+0,84	516	9,00
	50m: 27.55 27.55		100m: 56.01 28.46					
17.	Diogo Miguel Balsa	95	101098	BUZIOS-Coruche	56.14	+0,71	512	8,00
	50m: 26.58 26.58		100m: 56.14 29.56					
18.	Eduardo Jose Goncalves	90	200381	Penafiel	56.29	+0,73	508	7,00
	50m: 26.67 26.67		100m: 56.29 29.62					
19.	Andre Gouveia Costa	01	123368	Condeixa Clube	56.33	+0,69	507	6,00
	50m: 27.06 27.06		100m: 56.33 29.27					
20.	Ivo Manuel Reis	93	129149	Atletico	56.57	+0,84	501	5,00
	50m: 26.98 26.98		100m: 56.57 29.59					
21.	Miguel Angelo Caetano	01	117933	Naval da Nazare	56.76	+0,75	496	4,00
	50m: 27.27 27.27		100m: 56.76 29.49					
	Miguel Martins Barroqueiro	91	11534	CLAC-Entroncamento	56.76	+0,89	496	4,00
	50m: 27.15 27.15		100m: 56.76 29.61					
23.	Tiago Miguel Pereira	00	123265	Natacao Olhao	57.92	+0,81	467	2,00
	50m: 27.72 27.72		100m: 57.92 30.20					
24.	Paulo Alexandre Sousa	72	106650	FC Ferreiras	1:05.28	+0,99	326	1,00
	50m: 29.70 29.70		100m: 1:05.28 35.58					

Prova 21
29-11-2015

Femin., 100m Costas

Absolutos
Resultados

Rec Nac Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Rec Nac Inf B	1:09.96	Ana Margarida Guedes	SARNN	Abrantes	13-04-2013
Rec Nac Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	05-03-2010
Rec Nac Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	12-02-2011
Rec Nac Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	17-12-2011
Rec Nac Jun16	1:01.55	Ines Camacho Fernandes	SCP	Porto	08-12-2013
Rec Nac Jun17	1:01.56	Ines Camacho Fernandes	SCP	Felgueiras	22-12-2013
Rec Nac Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Patricia Palmeiro Baeta	00	112658	Scalabiswim	1:07.87	+0,68	533	25,00-
	50m: 33.07 33.07		100m: 1:07.87 34.80					
2.	Beatriz Elisabete Pereira	97	132344	Nautica do Seixal	1:08.67	+0,75	514	23,00-
	50m: 33.20 33.20		100m: 1:08.67 35.47					
3.	Ines Ferreira Duarte	01	118260	Natacao do Tejo	1:09.06	+0,63	505	22,00-
	50m: 33.20 33.20		100m: 1:09.06 35.86					
4.	Rafaela Vieira Marques	98	121814	Natacao de Vagos	1:09.91	+1,15	487	21,00-
	50m: 33.64 33.64		100m: 1:09.91 36.27					
5.	Andreia Silva Cruz	88	11126	Gafanha da Encarnacao	1:09.96	+0,61	486	20,00-
	50m: 33.85 33.85		100m: 1:09.96 36.11					
6.	Filipa Oliveira Andrade	97	110582	Colegio SMLamas	1:10.03	+0,99	485	19,00-
	50m: 33.91 33.91		100m: 1:10.03 36.12					
7.	Susana Maria Mateus	89	14091	Litoral Alentejano	1:10.21	+0,64	481	18,00-
	50m: 33.88 33.88		100m: 1:10.21 36.33					

Prova 21, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Mafalda Sofia Dias 50m: 34.22 34.22	01	121401	Naval Setubalense 100m: 1:11.01 36.79	1:11.01	+0,74	465	17,00-
9.	Andreia Brito Pereira 50m: 34.88 34.88	00	120002	Condeixa Clube 100m: 1:12.07 37.19	1:12.07	+0,72	445	16,00-
10.	Lea Alexandra Mendes 50m: 34.93 34.93	03	125768	Gualdim Pais 100m: 1:12.37 37.44	1:12.37	+0,97	439	15,00-
11.	Diana Sofia Mirra 50m: 34.58 34.58	00	119680	Ba/Bomcar 100m: 1:12.38 37.80	1:12.38	+0,70	439	14,00-
12.	Barbara Outeiro Posse 50m: 34.74 34.74	00	119456	Alges e Agueda XXI 100m: 1:13.10 38.36	1:13.10	+0,78	426	13,00-
13.	Marta Sousa Oliveira 50m: 35.20 35.20	01	120775	Torres Novas 100m: 1:13.19 37.99	1:13.19	+0,89	425	12,00-
14.	Daniela Brasil Toledo 50m: 35.00 35.00	98	120292	Nucleo Sportinguista Terceira 100m: 1:13.38 38.38	1:13.38	+1,00	421	11,00-
15.	Filipa Maria Sousa 50m: 35.88 35.88	99	111365	Bombeiros Estoris 100m: 1:13.87 37.99	1:13.87	+0,62	413	10,00-
16.	Isabel da Luz Fonseca 50m: 36.77 36.77	99	107883	Naval de Ponta Delgada 100m: 1:14.91 38.14	1:14.91	+0,76	396	9,00-
17.	Filipa Viamonte Fernandes 50m: 36.35 36.35	02	122198	Vitoria/ Olicargo 100m: 1:14.97 38.62	1:14.97	+0,82	395	8,00-
18.	Maria Ines Coelho 50m: 37.08 37.08	98	116854	Feirense 100m: 1:16.49 39.41	1:16.49	+0,73	372	7,00-
19.	Francisca Pugsley Ferreira 50m: 37.01 37.01	01	120130	FC Ferreiras 100m: 1:16.52 39.51	1:16.52	+0,69	371	6,00-
20.	Ana Filipa Moreira 50m: 38.16 38.16	01	119091	Lousada SXXI 100m: 1:18.35 40.19	1:18.35	+0,74	346	5,00-
21.	Helena Manuel Jose 50m: 38.81 38.81	90	15205	Ginasio Santo Tirso 100m: 1:21.00 42.19	1:21.00	+0,83	313	4,00-
22.	Margarida Dias Mateus 50m: 38.76 38.76	03	126678	Vieirense 100m: 1:21.08 42.32	1:21.08	+0,71	312	3,00-
23.	Leonor Marques Ferreira 50m: 39.20 39.20	03	126252	Campinho 100m: 1:22.15 42.95	1:22.15	+0,69	300	2,00-
24.	Maria Ines Monteiro 50m: 41.36 41.36	00	125638	O Crasto 100m: 1:24.65 43.29	1:24.65	+0,91	274	1,00-

Prova 22
29-11-2015

Masc., 200m Costas

Absolutos
Resultados

Rec Nac Absoluto	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012
Rec Nac Inf B	2:15.27	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	16-03-2013
Rec Nac Inf A	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	29-06-2012
Rec Nac Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	09-03-2013
Rec Nac Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	04-06-2011
Rec Nac Jun17	1:59.34	Adriano Miguel Niz	CFV	Alges	16-05-2003
Rec Nac Jun18	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Rec Nac Sen	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Lucas Correia Veloso	98	109918	Amigos da Montanha	2:12.36	+0,66	515	25,00
	50m: 30.59 30.59			100m: 1:03.64 33.05 150m: 1:37.96	34.32	200m: 2:12.36	34.40	
2.	Tiago Miguel Vilhena	01	118484	Natacao de Faro	2:12.59	+0,89	512	23,00
	50m: 31.05 31.05			100m: 1:04.28 33.23 150m: 1:38.42	34.14	200m: 2:12.59	34.17	
3.	Andrei Iulian Zinca	00	119453	Gafanha da Encarnacao	2:13.47	+1,08	502	22,00
	50m: 31.28 31.28			100m: 1:04.75 33.47 150m: 1:39.35	34.60	200m: 2:13.47	34.12	
4.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	2:14.89	+0,76	486	21,00
	50m: 31.85 31.85			100m: 1:06.61 34.76 150m: 1:40.72	34.11	200m: 2:14.89	34.17	
5.	Pedro Guilherme Ferreira	00	119408	Miranda do Corvo	2:15.51	+0,60	480	20,00
	50m: 32.32 32.32			100m: 1:06.91 34.59 150m: 1:41.49	34.58	200m: 2:15.51	34.02	
6.	Paulo Filipe Almeida	99	110575	Estamos Juntos	2:15.81	+0,71	476	19,00
	50m: 30.19 30.19			100m: 1:03.63 33.44 150m: 1:39.15	35.52	200m: 2:15.81	36.66	
7.	Francisco Ribeiro Constantino	99	105785	Naval da Nazare	2:16.59	+0,63	468	18,00
	50m: 31.87 31.87			100m: 1:06.96 35.09 150m: 1:42.12	35.16	200m: 2:16.59	34.47	
8.	Ivo Andre Lopes	94	11728	Scalabiswim	2:17.09	+1,04	463	17,00
	50m: 31.57 31.57			100m: 1:05.32 33.75 150m: 1:40.76	35.44	200m: 2:17.09	36.33	
9.	Bernardo Ferro Costa	97	106769	Sporting de Espinho	2:17.82	+0,67	456	16,00
	50m: 31.56 31.56			100m: 1:05.77 34.21 150m: 1:40.86	35.09	200m: 2:17.82	36.96	
10.	Joao Pinto Freitas	01	122926	Fafe	2:17.99	+0,66	454	15,00
	50m: 32.26 32.26			100m: 1:06.93 34.67 150m: 1:42.43	35.50	200m: 2:17.99	35.56	
11.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	2:18.88	+0,66	446	14,00
	50m: 31.77 31.77			100m: 1:07.47 35.70 150m: 1:43.71	36.24	200m: 2:18.88	35.17	
12.	Francisco Pereira Pedrosa	99	117816	Vieirense	2:19.56	+1,09	439	13,00
	50m: 31.97 31.97			100m: 1:06.11 34.14 150m: 1:42.00	35.89	200m: 2:19.56	37.56	
13.	Goncalo Carvalho Ferrao	01	127233	Nautica do Seixal	2:19.67	+0,57	438	12,00
	50m: 33.09 33.09			100m: 1:08.99 35.90 150m: 1:45.33	36.34	200m: 2:19.67	34.34	
14.	Francisco Manuel Zenza	01	112097	Natacao da Maia	2:20.71	+0,74	428	11,00
	50m: 31.50 31.50			100m: 1:06.25 34.75 150m: 1:43.18	36.93	200m: 2:20.71	37.53	
15.	Rafael Cruz Margarido	99	129965	Naval Setubalense	2:23.37	+0,71	405	10,00
	50m: 33.65 33.65			100m: 1:09.90 36.25 150m: 1:47.43	37.53	200m: 2:23.37	35.94	
16.	Tomas Jose Agostinho	99	118115	BUZIOS-Coruche	2:23.60	+0,75	403	9,00
	50m: 32.16 32.16			100m: 1:07.62 35.46 150m: 1:45.61	37.99	200m: 2:23.60	37.99	
17.	Joao Eduardo Ilha	98	109749	Natacao Olhao	2:24.81	+0,74	393	8,00
	50m: 33.87 33.87			100m: 1:11.68 37.81 150m: 1:49.24	37.56	200m: 2:24.81	35.57	
18.	Ricardo Manuel Faria	00	124353	Vitoria/ Olicargo	2:26.67	+0,78	378	7,00
	50m: 34.06 34.06			100m: 1:10.93 36.87 150m: 1:48.87	37.94	200m: 2:26.67	37.80	

Prova 22, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Joao Pedro Dias	02	124442	Fundacao Beatriz Santos	2:27.51	+0,83	372	6,00
	50m: 34.85 34.85	100m: 1:12.13	37.28	150m: 1:50.27	38.14	200m: 2:27.51	37.24	
20.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	2:28.09	+0,72	367	5,00
	50m: 35.07 35.07	100m: 1:13.43	38.36	150m: 1:51.80	38.37	200m: 2:28.09	36.29	
21.	Tomas Pedrosa Miguel	02	122534	Condeixa Clube	2:28.25	+0,67	366	4,00
	50m: 33.51 33.51	100m: 1:10.87	37.36	150m: 1:50.32	39.45	200m: 2:28.25	37.93	
22.	Francisco Madruga Silva	98	129151	Atletico	2:30.87	+1,04	347	3,00
	50m: 35.29 35.29	100m: 1:13.09	37.80	150m: 1:52.03	38.94	200m: 2:30.87	38.84	
23.	Igor Sadovskyy	03	128672	FC Ferreiras	2:50.25	+0,77	242	2,00
	50m: 40.55 40.55	100m: 1:23.68	43.13	150m: 2:07.39	43.71	200m: 2:50.25	42.86	
24.	Alexandre Carvalho Conceicao	02	126858	Penafiel	2:55.31	+0,80	221	1,00
	50m: 40.75 40.75	100m: 1:26.65	45.90	150m: 2:12.13	45.48	200m: 2:55.31	43.18	

Prova 23
29-11-2015

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015
Rec Nac Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nac Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Rec Nac Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec Nac Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec Nac Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Rec Nac Jun17	4:12.72	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2015
Rec Nac Sen	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Patricia Palmeiro Baeta	00	112658	Scalabiswim	4:33.35	+0,75	631	25,00-
	50m: 31.86 31.86	150m: 1:40.69	34.75	250m: 2:51.37	35.51	350m: 4:00.02	33.44	
	100m: 1:05.94 34.08	200m: 2:15.86	35.17	300m: 3:26.58	35.21	400m: 4:33.35	33.33	
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	4:38.31	+0,82	598	23,00-
	50m: 31.82 31.82	150m: 1:40.64	34.64	250m: 2:51.56	35.64	350m: 3:59.29	32.10	
	100m: 1:06.00 34.18	200m: 2:15.92	35.28	300m: 3:27.19	35.63	400m: 4:38.31	39.02	
3.	Carolina Marques Neves	01	121422	Torres Novas	4:40.07	+0,78	587	22,00-
	50m: 32.28 32.28	150m: 1:43.37	35.35	250m: 2:53.77	34.79	350m: 4:05.64	35.79	
	100m: 1:08.02 35.74	200m: 2:18.98	35.61	300m: 3:29.85	36.08	400m: 4:40.07	34.43	
4.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	4:40.79	+0,91	582	21,00-
	50m: 32.43 32.43	150m: 1:43.12	35.39	250m: 2:54.20	35.47	350m: 4:05.32	35.56	
	100m: 1:07.73 35.30	200m: 2:18.73	35.61	300m: 3:29.76	35.56	400m: 4:40.79	35.47	
5.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	4:45.80	+0,82	552	20,00-
	50m: 31.45 31.45	150m: 1:41.57	35.65	250m: 2:55.03	36.95	350m: 4:10.10	37.37	
	100m: 1:05.92 34.47	200m: 2:18.08	36.51	300m: 3:32.73	37.70	400m: 4:45.80	35.70	
6.	Beatriz Marques Ferreira	00	122579	Campinho	4:46.24	+0,77	549	19,00-
	50m: 31.74 31.74	150m: 1:43.57	36.47	250m: 2:56.79	36.47	350m: 4:10.66	36.99	
	100m: 1:07.10 35.36	200m: 2:20.32	36.75	300m: 3:33.67	36.88	400m: 4:46.24	35.58	
7.	Ana Ines Fernandes	00	119258	Vitoria/ Olicargo	4:48.76	+0,91	535	18,00-
	50m: 31.60 31.60	150m: 1:41.90	35.94	250m: 2:56.62	37.50	350m: 4:12.62	38.35	
	100m: 1:05.96 34.36	200m: 2:19.12	37.22	300m: 3:34.27	37.65	400m: 4:48.76	36.14	

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Tania Cristina Mendes	99	111028	Vieirense	4:49.64	+0,86	530	17,0(-)
	50m: 32.33 32.33		150m: 1:44.26 36.61	250m: 2:58.18 36.81		350m: 4:13.65 38.18		
	100m: 1:07.65 35.32		200m: 2:21.37 37.11	300m: 3:35.47 37.29		400m: 4:49.64 35.99		
9.	Joana Filipa Silva	98	125636	O Crasto	4:50.30	+0,78	527	16,0(-)
	50m: 31.88 31.88		150m: 1:43.73 36.73	250m: 2:58.50 37.50		350m: 4:14.25 37.92		
	100m: 1:07.00 35.12		200m: 2:21.00 37.27	300m: 3:36.33 37.83		400m: 4:50.30 36.05		
10.	Ana Beatriz Silva	96	112263	Gafanha da Encarnacao	4:50.53	+0,79	525	15,0(-)
	50m: 31.77 31.77		150m: 1:42.33 35.57	250m: 2:55.12 36.78		350m: 4:12.38 39.22		
	100m: 1:06.76 34.99		200m: 2:18.34 36.01	300m: 3:33.16 38.04		400m: 4:50.53 38.15		
11.	Rita Filipa Paulino	00	118462	Naval Setubalense	4:53.83	+0,90	508	14,0(-)
	50m: 33.44 33.44		150m: 1:48.66 38.18	250m: 3:03.79 37.62		350m: 4:18.66 37.51		
	100m: 1:10.48 37.04		200m: 2:26.17 37.51	300m: 3:41.15 37.36		400m: 4:53.83 35.17		
12.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	4:54.51	+0,87	504	13,0(-)
	50m: 32.14 32.14		150m: 1:46.23 37.81	250m: 3:02.62 37.97		350m: 4:18.29 37.64		
	100m: 1:08.42 36.28		200m: 2:24.65 38.42	300m: 3:40.65 38.03		400m: 4:54.51 36.22		
13.	Ines Isabel Graca	00	121283	Gualdim Pais	4:59.59	+0,85	479	12,0(-)
	50m: 31.81 31.81		150m: 1:45.57 37.76	250m: 3:03.35 38.91		350m: 4:21.67 39.13		
	100m: 1:07.81 36.00		200m: 2:24.44 38.87	300m: 3:42.54 39.19		400m: 4:59.59 37.92		
14.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	5:00.37	+0,83	475	11,0(-)
	50m: 32.68 32.68		150m: 1:47.58 38.04	250m: 3:04.84 38.25		350m: 4:23.11 39.02		
	100m: 1:09.54 36.86		200m: 2:26.59 39.01	300m: 3:44.09 39.25		400m: 5:00.37 37.26		
15.	Andreia Avila Jesus	00	125366	Natacao de Vagos	5:00.85	+0,79	473	10,0(-)
	50m: 33.04 33.04		150m: 1:48.54 38.50	250m: 3:05.93 38.56		350m: 4:23.69 38.88		
	100m: 1:10.04 37.00		200m: 2:27.37 38.83	300m: 3:44.81 38.88		400m: 5:00.85 37.16		
16.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	5:02.32	+0,84	466	9,0(-)
	50m: 34.18 34.18		150m: 1:50.53 38.59	250m: 3:07.04 38.10		350m: 4:24.73 38.52		
	100m: 1:11.94 37.76		200m: 2:28.94 38.41	300m: 3:46.21 39.17		400m: 5:02.32 37.59		
17.	Ines Manaia Correia	02	125614	Condeixa Clube	5:03.30	+0,77	462	8,0(-)
	50m: 32.81 32.81		150m: 1:48.62 38.78	250m: 3:06.91 39.19		350m: 4:25.42 39.26		
	100m: 1:09.84 37.03		200m: 2:27.72 39.10	300m: 3:46.16 39.25		400m: 5:03.30 37.88		
18.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	5:05.63	+0,87	451	7,0(-)
	50m: 33.66 33.66		150m: 1:49.86 38.77	250m: 3:08.77 39.39		350m: 4:28.00 39.62		
	100m: 1:11.09 37.43		200m: 2:29.38 39.52	300m: 3:48.38 39.61		400m: 5:05.63 37.63		
19.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	5:07.21	+0,86	444	6,0(-)
	50m: 33.24 33.24		150m: 1:48.16 38.22	250m: 3:06.96 39.80		350m: 4:27.85 40.41		
	100m: 1:09.94 36.70		200m: 2:27.16 39.00	300m: 3:47.44 40.48		400m: 5:07.21 39.36		
20.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	5:09.07	+0,92	436	5,0(-)
	50m: 33.86 33.86		150m: 1:51.02 39.20	250m: 3:11.13 40.49		350m: 4:32.11 40.30		
	100m: 1:11.82 37.96		200m: 2:30.64 39.62	300m: 3:51.81 40.68		400m: 5:09.07 36.96		
21.	Laura da Luz Fonseca	03	122825	Naval de Ponta Delgada	5:10.96		428	4,0(-)
	50m: 35.30 35.30		150m: 1:52.90 39.41	250m: 3:12.72 39.87		350m: 4:32.94 40.16		
	100m: 1:13.49 38.19		200m: 2:32.85 39.95	300m: 3:52.78 40.06		400m: 5:10.96 38.02		
22.	Sara Tavares Baptista	00	123942	Feirense	5:11.91	+0,92	425	3,0(-)
	50m: 34.73 34.73		150m: 1:53.91 39.98	250m: 3:14.80 40.71		350m: 4:35.65 40.24		
	100m: 1:13.93 39.20		200m: 2:34.09 40.18	300m: 3:55.41 40.61		400m: 5:11.91 36.26		
23.	Rita Oliveira Noritake	98	107643	Bombeiros Estoris	5:15.38	+0,80	411	2,0(-)
	50m: 34.21 34.21		150m: 1:52.58 39.97	250m: 3:14.13 40.84		350m: 4:36.00 40.48		
	100m: 1:12.61 38.40		200m: 2:33.29 40.71	300m: 3:55.52 41.39		400m: 5:15.38 39.38		
24.	Melissa Sousa Vilarinho	03	124377	FC Ferreiras	5:30.39	+0,84	357	1,0(-)
	50m: 36.03 36.03		150m: 1:59.59 42.37	250m: 3:24.62 42.43		350m: 4:49.00 41.72		
	100m: 1:17.22 41.19		200m: 2:42.19 42.60	300m: 4:07.28 42.66		400m: 5:30.39 41.39		

Prova 24
29-11-2015

Masc., 200m Estilos

Absolutos
Resultados

Rec Nac Absoluto	1:53.70	Diogo Filipe Carvalho	FPN	Doha (QAT)	05-12-2014
Rec Nac Inf B	2:17.96	Andre Vilas Ruivo	DNMG	Nazaré	02-06-2013
Rec Nac Inf A	2:13.38	Tomas Miguel Freitas	CDN	Funchal	17-07-2004
Rec Nac Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	10-05-2003
Rec Nac Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	15-05-2004
Rec Nac Jun17	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	06-03-2005
Rec Nac Jun18	2:00.59	Gabriel Jose Lopes	ALN	Coimbra	10-05-2015
Rec Nac Sen	1:53.70	Diogo Filipe Carvalho	FPN	Doha (QAT)	05-12-2014

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mauro Filipe Viegas	95	26428	Natacao Olhao	2:11.60	+0,66	578	25,00
	50m: 27.81 27.81	100m: 1:03.18 35.37	150m: 1:39.62 36.44	200m: 2:11.60 31.98				
2.	Fabio Alcantara Aires	97	104252	Nautica do Seixal	2:12.18	+0,77	570	23,00
	50m: 27.91 27.91	100m: 1:02.64 34.73	150m: 1:42.40 39.76	200m: 2:12.18 29.78				
3.	Tiago Filipe Campos	99	116573	Scalabiswim	2:12.67	+0,94	564	22,00
	50m: 27.80 27.80	100m: 1:02.50 34.70	150m: 1:43.23 40.73	200m: 2:12.67 29.44				
4.	Yuriy Vasistas	91	101821	Gualdim Pais	2:13.70	+0,74	551	21,00
	50m: 28.45 28.45	100m: 1:03.57 35.12	150m: 1:41.44 37.87	200m: 2:13.70 32.26				
5.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	2:13.77	+0,68	550	20,00
	50m: 27.42 27.42	100m: 1:02.39 34.97	150m: 1:42.02 39.63	200m: 2:13.77 31.75				
6.	Paulo Filipe Silva	98	117012	Natacao da Maia	2:14.16	+0,85	545	19,00
	50m: 28.24 28.24	100m: 1:02.13 33.89	150m: 1:42.63 40.50	200m: 2:14.16 31.53				
7.	Rafael Gomes Simoes	00	119705	Amigos da Montanha	2:14.41	+0,78	542	18,00
	50m: 29.51 29.51	100m: 1:03.93 34.42	150m: 1:42.71 38.78	200m: 2:14.41 31.70				
8.	Joao Pedro Gomes	99	109733	Miranda do Corvo	2:14.42	+0,76	542	17,00
	50m: 29.56 29.56	100m: 1:03.40 33.84	150m: 1:43.71 40.31	200m: 2:14.42 30.71				
9.	Tiago Miguel Vilhena	01	118484	Natacao de Faro	2:16.19	+0,70	521	16,00
	50m: 30.25 30.25	100m: 1:03.73 33.48	150m: 1:44.91 41.18	200m: 2:16.19 31.28				
10.	Luis Maria Rosa	91	25532	Atletico	2:16.95	+0,80	512	15,00
	50m: 28.98 28.98	100m: 1:04.67 35.69	150m: 1:44.79 40.12	200m: 2:16.95 32.16				
11.	Carlos Miguel Pinto	97	107661	Naval Setubalense	2:18.95	+0,79	491	14,00
	50m: 29.08 29.08	100m: 1:04.72 35.64	150m: 1:46.58 41.86	200m: 2:18.95 32.37				
12.	Emanuel Falacho Gerardo	97	103537	Naval da Nazare	2:19.02	+0,81	490	13,00
	50m: 29.23 29.23	100m: 1:04.09 34.86	150m: 1:44.87 40.78	200m: 2:19.02 34.15				
13.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	2:19.12	+0,70	489	12,00
	50m: 29.70 29.70	100m: 1:05.06 35.36	150m: 1:44.86 39.80	200m: 2:19.12 34.26				
14.	Albino Manuel Goncalves	99	123698	Vitoria/ Olicargo	2:20.53	+0,72	474	11,00
	50m: 30.57 30.57	100m: 1:06.90 36.33	150m: 1:48.06 41.16	200m: 2:20.53 32.47				
15.	Sergio Gabriel Lamande	99	117817	Vieirense	2:21.72	+0,77	462	10,00
	50m: 30.80 30.80	100m: 1:07.34 36.54	150m: 1:48.48 41.14	200m: 2:21.72 33.24				
16.	Luis Carlos Fonseca	98	111772	Fafe	2:21.85	+0,79	461	9,00
	50m: 30.51 30.51	100m: 1:06.50 35.99	150m: 1:49.49 42.99	200m: 2:21.85 32.36				
17.	Rodrigo Manuel Monteiro	98	109389	Sporting de Espinho	2:22.37	+0,81	456	8,00
	50m: 29.57 29.57	100m: 1:06.51 36.94	150m: 1:48.09 41.58	200m: 2:22.37 34.28				
18.	Jose Carlos Burecas	00	121519	BUZIOS-Coruche	2:23.73	+0,68	443	7,00
	50m: 30.86 30.86	100m: 1:06.97 36.11	150m: 1:50.73 43.76	200m: 2:23.73 33.00				

Prova 24, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Bernardo Gameiro Agapito	98	117573	FC Ferreiras	2:23.92	+0,83	442	6,00
	50m: 30.40 30.40	100m: 1:06.83	36.43	150m: 1:51.04	44.21	200m: 2:23.92	32.88	
20.	Pedro Bernardo Araujo	00	118954	Condeixa Clube	2:24.37	+0,65	437	5,00
	50m: 30.05 30.05	100m: 1:06.15	36.10	150m: 1:50.81	44.66	200m: 2:24.37	33.56	
21.	Joao Soares Melo	98	121433	Estamos Juntos	2:25.27	+0,80	429	4,00
	50m: 30.18 30.18	100m: 1:07.46	37.28	150m: 1:51.77	44.31	200m: 2:25.27	33.50	
22.	Goncalo Fernando Ferreira	94	121734	Penafiel	2:32.40	+0,86	372	3,00
	50m: 31.08 31.08	100m: 1:12.48	41.40	150m: 1:57.52	45.04	200m: 2:32.40	34.88	
23.	Miguel Santos Oliveira	02	128750	Fundacao Beatriz Santos	2:43.12	+0,74	303	2,00
	50m: 34.92 34.92	100m: 1:16.30	41.38	150m: 2:06.07	49.77	200m: 2:43.12	37.05	
DSQ	Ricardo Luis Leal	01	124173	CLAC-Entroncamento				-
	613 - Não efectuou a viragem aos 75 m logo após terminar movimento continuo dos braços - SW 6.4							

Prova 25
29-11-2015

Femin., 4 x 100m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec Nac Inf B	4:28.19	Grupo Desp. Natacao V. N. Famalic	GDVNF	Ponte da Barca	07-03-2010
Rec Nac Inf	4:14.71	Sporting Clube de Portugal	SCP	Silves	29-03-2015
Rec Nac Inf A	4:14.71	Sporting Clube de Portugal	SCP	Silves	29-03-2015
Rec Nac Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Rec Nac Juv	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
Rec Nac Juv A	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
Rec Nac Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Rec Nac Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

Pontos: FINA 2015

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Scalabiswim		Scalabiswim	4:12.05	+0,79	550	25,00-
	+0,79 29.17	1:01.56 Clarisse Matos Lopes		+0,71 31.82	1:06.26	
	+0,67 30.09	1:02.95 Julia Matos Lopes		+0,38 29.48	1:01.28	
2. Litoral Alentejano		Litoral Alentejano	4:12.41	+0,80	547	23,00-
	+0,80 30.41	1:02.14 Ana Carolina Guedes		+0,55 30.30	1:02.93	
	+0,48 30.60	1:04.23 Nicoleta Lascu		+0,59 30.50	1:03.11	
3. Condeixa Clube		Condeixa Clube	4:13.05	+0,84	543	22,00-
	+0,84 30.35	1:02.71 Ines Manaia Correia		+0,53 31.61	1:06.52	
	+0,38 29.24	1:01.15 Ines Pereira Silva		+0,59 30.04	1:02.67	
4. Colegio SMLamas		Colegio SMLamas	4:13.12	+0,82	543	21,00-
	+0,82 30.45	1:04.06 Joana Gabriela Silva		+0,49 30.27	1:03.66	
	+0,38 30.81	1:04.06 Beatriz Neves Cardoso		+0,52 29.05	1:01.34	
5. Gafanha da Encarnacao		Gafanha da Encarnacao	4:14.72	+0,78	533	20,00-
	+0,78 29.81	1:01.15 Joana Santos Pereira		+0,54 30.68	1:04.00	
	+0,38 31.33	1:04.90 Mariana Lopes Silva		+0,44 29.59	1:04.67	
Naval Setubalense		Naval Setubalense	4:14.72	+0,74	533	20,00-
	+0,74 29.73	1:01.19 Catarina Pinho Estevez		+0,77 32.09	1:07.32	
	+0,50 29.93	1:03.11 Mafalda Sofia Dias		+0,50 30.26	1:03.10	
7. Vitoria/ Olicargo		Vitoria/ Olicargo	4:16.58	+0,85	521	18,00-
	+0,85 29.90	1:03.11 Maria Carolina Rodrigues		+0,62 31.02	1:06.05	
	+0,49 30.51	1:05.73 Ana Ines Fernandes		+0,27 29.39	1:01.69	

Prova 25, Femin., 4 x 100m Livres, Absolutos

Lugar			NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Natacao do Tejo			Natacao do Tejo	4:17.15	+0,70	518	17,0(-)
	Carolina Silverio Carpinteiro	+0,70	31.69	1:06.21	Ines Ferreira Duarte	+0,65	30.49	1:04.72
	Mafalda Gilberto Marques		31.08	1:05.99	Rute Isabel Leonardo	+0,62	29.09	1:00.23
9.	Torres Novas			Torres Novas	4:17.99	+0,80	513	16,0(-)
	Marta Sousa Oliveira	+0,80	31.45	1:06.12	Beatriz Goncalves Casal	+0,36	30.35	1:04.99
	Rita Sousa Oliveira	+0,57	31.33	1:06.12	Carolina Marques Neves	+0,55	29.49	1:00.76
10.	Ba/Bomcar			Ba/Bomcar	4:18.99	+1,00	507	15,0(-)
	Sara Conceicao Peca	+1,00	30.46	1:02.85	Patricia Goncalves Leal	+0,34	30.40	1:05.26
	Diana Sofia Mirra	+0,28	30.04	1:03.98	Sofia Ribeiro Junqueira	+0,49	30.90	1:06.90
11.	Vieirense			Vieirense	4:19.16	+0,79	506	14,0(-)
	Bruna Andreia Simoes	+0,79	30.99	1:05.10	Maria Saraiva Ruivaco	+0,62	29.74	1:02.68
	Carolina Pereira Pedrosa	+0,51	32.45	1:08.17	Tania Cristina Mendes	+0,59	30.18	1:03.21
12.	Alges e Agueda XXI			Alges e Agueda XXI	4:21.29	+0,74	493	13,0(-)
	Ana Beatriz Almeida	+0,74	31.35	1:05.52	Ana Sousa Chula	+0,56	31.69	1:05.96
	Barbara Outeiro Posse	+0,63	31.51	1:06.61	Helena Nunes Rodrigues	+0,57	30.80	1:03.20
13.	Nautica do Seixal			Nautica do Seixal	4:22.14	+0,83	489	12,0(-)
	Barbara Daniela Quaresma	+0,83	32.27	1:09.37	Beatriz Elisabete Pereira	+0,21	30.08	1:03.72
	Tatiana Raquel Pombo	+0,46	29.05	1:01.63	Marta Alexandra Saraiva	+0,35	32.57	1:07.42
14.	Campinho			Campinho	4:24.10	+0,76	478	11,0(-)
	Beatriz Marques Ferreira	+0,76	31.17	1:05.41	Ana Sofia Goncalves	+0,34	31.79	1:06.75
	Ana Luis Rodrigues	+0,52	31.56	1:06.96	Rafaela Cunha Mendes	+0,27	31.14	1:04.98
15.	Nucleo Sportinguista Terceira			Nucleo Sportinguista Terceira	4:25.54	+0,89	470	10,0(-)
	Madalena Ubach Sousa	+0,89	31.22	1:05.97	Mariana Luis Saraiva	+0,45	30.96	1:06.35
	Laura Luis Dias	+0,65	31.95	1:06.31	Daniela Silva Barcelos	+0,66	32.08	1:06.91
16.	Natacao de Vagos			Natacao de Vagos	4:25.78	+0,79	469	9,0(-)
	Ines Rosado Monteiro	+0,79	31.68	1:06.04	Rafaela Vieira Marques	+0,48	30.69	1:04.02
	Maria Vieira Marques	+0,78	32.87	1:08.63	Andreia Avila Jesus	+0,67	32.49	1:07.09
17.	Naval de Ponta Delgada			Naval de Ponta Delgada	4:25.92	+0,72	468	8,0(-)
	Carolina Ferreira Raposo	+0,72	32.19	1:08.08	Ana Marta Resendes	+0,60	31.66	1:06.26
	Isabel da Luz Fonseca	+0,15	31.80	1:06.16	Catarina Alexandra Dias	+0,21	30.71	1:05.42
18.	Ginasio Santo Tirso			Ginasio Santo Tirso	4:26.15	+0,87	467	7,0(-)
	Rute Sofia Teixeira	+0,87	31.67	1:06.19	Ana Carmo Pinheiro	+0,58	31.72	1:07.52
	Catarina Isabel Branco	+0,54	31.43	1:06.47	Helena Manuel Jose	+0,62	31.51	1:05.97
19.	Gualdim Pais			Gualdim Pais	4:29.79	+0,79	448	6,0(-)
	Catarina Goncalves Trezentos	+0,79	32.15	1:07.62	Carolina Lopes Vieira	+0,41	32.88	1:10.38
	Constanca Isabel Jose	+0,78	32.25	1:06.20	Ines Isabel Graca	+0,37	30.69	1:05.59
20.	Feirense			Feirense	4:32.05	+0,75	437	5,0(-)
	Ines Pinho Coelho	+0,75	32.08	1:07.63	Maria Ines Coelho	+0,60	33.54	1:10.40
	Mara Ribeiro Pinto	+0,56	32.65	1:09.71	Mariana Sousa Martins	+0,34	29.87	1:04.31
21.	O Crasto			O Crasto	4:33.28	+0,95	431	4,0(-)
	Ana Sofia Pina	+0,95	29.81	1:02.18	Maria Ines Monteiro	+0,66	32.37	1:08.53
	Joana Filipa Silva	+0,54	30.47	1:04.52	Marta Monteiro Pereira	+0,85	35.98	1:18.05
22.	Bombeiros Estoris			Bombeiros Estoris	4:36.22		418	3,0(-)
	Mariana Graca Vasconcelos		33.99	1:09.83	Filipa Maria Sousa	+0,43	33.04	1:11.17
	Maria Joao Cabral	+0,50	32.36	1:07.91	Rita Oliveira Noritake	+0,26	31.13	1:07.31
23.	Lousada SXXI			Lousada SXXI	4:36.29	+0,85	417	2,0(-)
	Mafalda Joana Oliveira	+0,85	31.84	1:06.92	Ana Rita Correia	+0,63	34.16	1:12.94
	Maria Carolina Sousa	+0,74	34.04	1:09.62	Ana Catarina Magalhaes	+0,77	32.03	1:06.81
24.	FC Ferreiras			FC Ferreiras	4:38.61	+0,77	407	1,0(-)
	Patricia Abreu Seong	+0,77	33.36	1:11.19	Melissa Sousa Vilarinho	+0,92	34.61	1:14.86
	Francisca Puaslev Ferreira	+0,49	32.62	1:09.74	Ines Puaslev Ferreira	+0,55	29.40	1:02.82

Prova 26	Masc., 4 x 100m Estilos				Absolutos
29-11-2015					Resultados
Rec Nac Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Rec Nac Inf B	4:35.54	Grupo Desp. Natacao V. N. FamalicGDNVNF		Porto	17-03-2013
Rec Nac Inf	4:12.50	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede	30-03-2014
Rec Nac Inf A	4:12.50	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede	30-03-2014
Rec Nac Juv B	4:04.46	Grupo Desp. Natacao V. N. FamalicGDNVNF		Estarreja	14-12-2014
Rec Nac Juv	3:59.81	Sporting Clube de Braga	SCB	Ponte da Barca	06-07-2014
Rec Nac Juv A	4:01.13	Sport Alges e Dafundo	SAD	Tomar	15-12-2013
Rec Nac Jun	3:51.87	Soc. Filarm. Uniao Artistica PiedensSFUAP		Mealhada	24-03-2000
Rec Nac Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014

Pontos: FINA 2015

Lugar		NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Nautica do Seixal		Nautica do Seixal	4:02.44	+0,59	554	25,00	
	Frederico Antunes Silva	+0,59	30.16	1:03.21	Jose Pedro Rosario	+0,33	27.85	1:00.46
	Thiago Duarte Goncalves	+0,32	30.59	1:06.92	Fabio Alcantara Aires	+0,43	25.31	51.85
2.	Gafanha da Encarnacao		Gafanha da Encarnacao	4:02.47	+0,59	554	23,00	
	Andrei Iulian Zinca	+0,59	30.45	1:02.61	Claudio Miguel Gomes	+0,35	25.47	57.01
	Edgar Ribau Melo	+0,61	32.81	1:10.05	Joao Martins Santos	+0,54	25.50	52.80
3.	Amigos da Montanha		Amigos da Montanha	4:04.30	+0,69	541	22,00	
	Lucas Correia Veloso	+0,69	29.85	1:01.66	Andre Filipe Afonseca	+0,46	27.42	1:00.11
	Mauro Gaspar Ferreira	+0,52	30.95	1:07.13	Joao Guilherme Ferreira	+0,51	25.81	55.40
4.	Natacao de Faro		Natacao de Faro	4:08.42	+0,72	515	21,00	
	Tiago Miguel Vilhena	+0,72	30.88	1:03.35	Mateus Roque Mendes	+0,62	27.66	58.65
	Gabriel Cruz Tocha	+0,43	32.61	1:09.54	Goncalo Duarte Santos	+0,60	27.45	56.88
5.	Bombeiros Ponta Delgada		Bombeiros Ponta Delgada	4:09.33	+0,57	509	20,00	
	Francisco Carreiro Rego	+0,57	31.58	1:04.08	Diogo Jose Vaz	+0,19	28.45	1:02.29
	Joao Pedro Teves	+0,34	31.43	1:09.26	Diogo Alexandre Pacheco	+0,43	26.04	53.70
6.	Sporting de Espinho		Sporting de Espinho	4:10.61	+0,67	501	19,00	
	Bernardo Ferro Costa	+0,67	30.42	1:03.14	Joao Miguel Branco	+0,64	28.61	1:02.07
	Tiago Andre Marques	+0,37	32.02	1:09.13	Andre Lima Costa	+0,49	26.20	56.27
7.	Condeixa Clube		Condeixa Clube	4:12.00	+0,59	493	18,00	
	Andre Gouveia Costa	+0,59	30.36	1:03.64	Pedro Ribeiro Santos	+0,44	29.58	1:03.76
	Joao Albano Viola	+0,50	31.10	1:07.06	Pedro Bernardo Araujo	+0,16	26.99	57.54
8.	Vieirense		Vieirense	4:12.10	+0,80	493	17,00	
	Francisco Pereira Pedrosa	+0,80	31.15	1:04.34	Sandro Emanuel Francisco	+0,40	28.75	1:01.40
	Sergio Gabriel Lamande	+0,60	33.31	1:10.72	Andre Lopes Silva	+0,42	26.52	55.64
9.	Estamos Juntos		Estamos Juntos	4:12.39	+0,70	491	16,00	
	Paulo Filipe Almeida	+0,70	29.66	1:01.78	Andre Freitas Gual	+0,51	28.49	1:04.55
	Lino Ricardo Oliveira	+0,43	33.76	1:13.70	Rafael Lages Ribas	+0,31	24.43	52.36
10.	Naval Setubalense		Naval Setubalense	4:12.80	+0,68	488	15,00	
	Diogo Monteiro Sousa	+0,68	31.50	1:05.15	Carlos Miguel Pinto	+0,51	28.11	1:01.28
	Simao Correia Ricardo	+0,56	33.21	1:09.85	Bernardo Antunes Augusto	+0,38	26.85	56.52
11.	Naval da Nazare		Naval da Nazare	4:14.00	+0,84	482	14,00	
	Francisco Ribeiro Constantino	+0,84	29.67	1:01.79	Emanuel Falacho Gerardo	+0,57	28.74	1:01.64
	Nazar Bezkorovaynyy	+0,69	33.74	1:13.67	Miguel Angelo Caetano	+0,31	27.33	56.90
12.	BUZIOS-Coruche		BUZIOS-Coruche	4:15.49	+1,16	473	13,00	
	Diogo Miguel Balsa	+1,16	31.48	1:04.58	Pedro Pereira Lopes	+0,39	29.18	1:02.82
	Artur Rafael Saramago	+0,59	33.39	1:12.00	Tomas Jose Agostinho	+0,32	26.42	56.09
13.	Natacao Olhao		Natacao Olhao	4:15.51	+0,72	473	12,00	
	Andre Sousa Goncalves	+0,72	31.85	1:06.52	Mauro Filipe Viegas	+0,40	27.42	59.40
	Miguel Duarte Pereira	+0,36	33.67	1:12.59	Tiago Miguel Pereira	+0,25	27.10	57.00

Prova 26, Masc., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14. Natacao da Maia		Natacao da Maia	4:15.97	+1,01	471	11,00
Francisco Manuel Zenza	+1,01	1:04.70	Paulo Andre Silva	+0,32	29.37	1:04.12
Bruno Miguel Maia	+0,37	1:12.94	Paulo Filipe Silva	+0,16	25.60	54.21
15. Vitoria/ Olicargo		Vitoria/ Olicargo	4:16.42	+0,73	468	10,00
Pedro Miguel Fernandes	+0,73	1:02.81	Eduardo Miguel Magalhaes	+0,59	29.96	1:05.35
Albino Manuel Goncalves	+0,58	1:11.98	Luis Manuel Gomes	+0,26	26.11	56.28
16. Miranda do Corvo		Miranda do Corvo	4:16.58	+0,65	467	9,00
Pedro Guilherme Ferreira	+0,65	1:03.65	Joao Pedro Gomes	+0,42	28.08	1:00.37
Daniel Filipe Paiva	+0,38	1:13.15	Rodrigo Miguel Carvalho	+0,13	28.70	59.41
17. CLAC-Entroncamento		CLAC-Entroncamento	4:17.58	+0,78	462	8,00
Rui Jorge Lopes	+0,78	1:03.23	Joao Pedro Rosa	+0,53	28.43	1:03.28
Pedro Manuel Nunes	+0,30	1:13.49	Ricardo Luis Leal	+0,54	27.55	57.58
18. Fafe		Fafe	4:19.64	+0,70	451	7,00
Joao Pinto Freitas	+0,70	1:05.43	Romeu Ribeiro Fernandes	+0,50	29.22	1:03.52
Rui Pires Martins	+0,54	1:17.10	Tiago Manuel Teixeira	+0,23	24.80	53.59
19. Fundacao Beatriz Santos		Fundacao Beatriz Santos	4:19.76	+0,86	450	6,00
Joao Pedro Dias	+0,86	1:09.54	Rui Miguel Fonseca	+0,67	27.70	1:00.66
Miguel Diogo Agostinho	+0,27	1:11.47	Jose Miguel Ventura	+0,59	27.47	58.09
20. Atletico		Atletico	4:20.24	+0,68	448	5,00
Francisco Madruga Silva	+0,68	1:10.31	Francisco Miguel Costa	+0,39	28.50	1:02.38
Luis Maria Rosa	+0,39	1:11.27	Ivo Manuel Reis	+0,45	26.52	56.28
21. Scalabiswim		Scalabiswim	4:28.65	+0,74	407	4,00
Ivo Andre Lopes	+0,74	1:01.06	Tiago Filipe Campos	+0,69	27.31	1:00.05
Diogo Teixeira Mendes	+0,64	1:19.53	Bernardo Correa Clavinho	+0,43	31.95	1:08.01
22. Penafiel		Penafiel	4:30.46	+0,73	399	3,00
Goncalo Fernando Ferreira	+0,73	1:15.01	Jose Tiago Moreira	+0,62	31.45	1:07.14
Fabio Andre Madureira	+0,46	1:11.98	Eduardo Jose Goncalves	+0,44	26.63	56.33
23. FC Ferreiras		FC Ferreiras	4:55.61	+0,91	305	2,00
Igor Sadovskyy	+0,91	1:23.04	Bernardo Gameiro Agapito	+0,31	30.41	1:05.63
Samuel Andre Santos	+0,03	1:22.59	Paulo Alexandre Sousa	+0,30	29.47	1:04.35
DSQ Gualdim Pais		Gualdim Pais				-
613 - Não efectuou a viragem aos 25 m logo após terminar movimento continuo dos braços - SW 6.4						
Bernardo Jose Dionisio, Yuriy Vasistas, Flavio Miguel Barbara, Paulo Jorge Marques						