

1 - 1ª Jornada - 1ª Sessão (eliminatórias)

11-12-2015 - 9:00

Prova 1 Masc., 800m Livres 17 anos e mais velhos
11-12-2015 - 9:00 Resultados

Recordes Nacionais 25m Absoluto	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014
Recordes Nacionais 25m Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	8:00.39	Rafael Lourenco Gil	ANAM	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014

TAC_B-JUNM Jun: 9:03.51 / TAC_B-SENM Sen: 8:40.01

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Lourenco Gil <i>Rec Nacional, Sen e Abs</i>	96	Uniao Piedense	7:49.89	+0,72	840
	50m: 26.47 26.47 250m: 2:22.25 29.34 450m: 4:21.06 29.71 650m: 6:20.70 29.94					
	100m: 54.64 28.17 300m: 2:51.87 29.62 500m: 4:50.87 29.81 700m: 6:50.89 30.19					
	150m: 1:23.53 28.89 350m: 3:21.52 29.65 550m: 5:20.76 29.89 750m: 7:20.61 29.72					
	200m: 1:52.91 29.38 400m: 3:51.35 29.83 600m: 5:50.76 30.00 800m: 7:49.89 29.28					
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:02.49	+0,68	776
	50m: 27.78 27.78 250m: 2:27.13 30.28 450m: 4:28.76 30.21 650m: 6:31.29 30.57					
	100m: 57.27 29.49 300m: 2:57.52 30.39 500m: 4:59.51 30.75 700m: 7:01.94 30.65					
	150m: 1:26.96 29.69 350m: 3:28.07 30.55 550m: 5:30.01 30.50 750m: 7:32.82 30.88					
	200m: 1:56.85 29.89 400m: 3:58.55 30.48 600m: 6:00.72 30.71 800m: 8:02.49 29.67					
3.	Joao Pedro Gil	97	Alges	8:05.28	+0,61	762
	50m: 27.21 27.21 250m: 2:27.97 30.43 450m: 4:31.37 30.63 650m: 6:33.99 30.30					
	100m: 56.69 29.48 300m: 2:58.81 30.84 500m: 5:02.19 30.82 700m: 7:04.76 30.77					
	150m: 1:26.80 30.11 350m: 3:29.75 30.94 550m: 5:33.03 30.84 750m: 7:35.75 30.99					
	200m: 1:57.54 30.74 400m: 4:00.74 30.99 600m: 6:03.69 30.66 800m: 8:05.28 29.53					
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:08.97	+0,76	745
	50m: 27.51 27.51 250m: 2:29.36 30.43 450m: 4:32.63 30.86 650m: 6:38.08 31.43					
	100m: 57.91 30.40 300m: 3:00.06 30.70 500m: 5:03.82 31.19 700m: 7:09.37 31.29					
	150m: 1:28.40 30.49 350m: 3:30.81 30.75 550m: 5:35.11 31.29 750m: 7:39.89 30.52					
	200m: 1:58.93 30.53 400m: 4:01.77 30.96 600m: 6:06.65 31.54 800m: 8:08.97 29.08					
5.	Tiago Silva Oliveira	94	Fluvial Portuense	8:09.60	+0,79	742
	50m: 27.79 27.79 250m: 2:28.98 30.46 450m: 4:32.36 31.14 650m: 6:37.61 31.67					
	100m: 57.83 30.04 300m: 2:59.61 30.63 500m: 5:03.31 30.95 700m: 7:09.15 31.54					
	150m: 1:28.09 30.26 350m: 3:30.41 30.80 550m: 5:34.53 31.22 750m: 7:39.96 30.81					
	200m: 1:58.52 30.43 400m: 4:01.22 30.81 600m: 6:05.94 31.41 800m: 8:09.60 29.64					
6.	Mario Andre Bonanca	90	Sporting	8:10.41	+0,81	739
	50m: 27.58 27.58 250m: 2:28.18 30.50 450m: 4:30.28 30.72 650m: 6:36.46 32.03					
	100m: 57.13 29.55 300m: 2:58.57 30.39 500m: 5:01.22 30.94 700m: 7:08.56 32.10					
	150m: 1:27.15 30.02 350m: 3:29.02 30.45 550m: 5:32.62 31.40 750m: 7:40.58 32.02					
	200m: 1:57.68 30.53 400m: 3:59.56 30.54 600m: 6:04.43 31.81 800m: 8:10.41 29.83					
7.	Rui Filipe Costa	91	Foca	8:13.89	+0,86	723
	50m: 28.05 28.05 250m: 2:30.88 31.16 450m: 4:36.40 31.51 650m: 6:42.12 31.21					
	100m: 58.26 30.21 300m: 3:02.05 31.17 500m: 5:07.86 31.46 700m: 7:13.57 31.45					
	150m: 1:29.11 30.85 350m: 3:33.46 31.41 550m: 5:39.55 31.69 750m: 7:44.46 30.89					
	200m: 1:59.72 30.61 400m: 4:04.89 31.43 600m: 6:10.91 31.36 800m: 8:13.89 29.43					

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	8:14.99	+0,94	718
	50m: 28.09 28.09	250m: 2:31.56 31.27	450m: 4:35.89 30.78	650m: 6:41.50 31.57		
	100m: 58.48 30.39	300m: 3:02.79 31.23	500m: 5:06.84 30.95	700m: 7:13.19 31.69		
	150m: 1:29.27 30.79	350m: 3:33.95 31.16	550m: 5:38.40 31.56	750m: 7:44.51 31.32		
	200m: 2:00.29 31.02	400m: 4:05.11 31.16	600m: 6:09.93 31.53	800m: 8:14.99 30.48		
9.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	8:18.07	+0,75	705
	50m: 27.97 27.97	250m: 2:32.46 32.00	450m: 4:39.60 31.46	650m: 6:45.44 31.10		
	100m: 57.95 29.98	300m: 3:04.40 31.94	500m: 5:11.25 31.65	700m: 7:17.58 32.14		
	150m: 1:28.98 31.03	350m: 3:36.13 31.73	550m: 5:43.05 31.80	750m: 7:48.17 30.59		
	200m: 2:00.46 31.48	400m: 4:08.14 32.01	600m: 6:14.34 31.29	800m: 8:18.07 29.90		
10.	Joao Carlos Santos	96	Uniao Piedense	8:25.25	+0,69	675
	50m: 29.06 29.06	250m: 2:36.44 32.01	450m: 4:43.30 31.47	650m: 6:50.63 31.85		
	100m: 1:00.43 31.37	300m: 3:08.27 31.83	500m: 5:14.93 31.63	700m: 7:22.58 31.95		
	150m: 1:32.24 31.81	350m: 3:40.09 31.82	550m: 5:46.86 31.93	750m: 7:54.93 32.35		
	200m: 2:04.43 32.19	400m: 4:11.83 31.74	600m: 6:18.78 31.92	800m: 8:25.25 30.32		
11.	Andre Filipe Farinha	96	Benfica	8:26.85	+0,74	669
	50m: 28.44 28.44	250m: 2:32.72 31.50	450m: 4:41.33 32.22	650m: 6:50.07 32.59		
	100m: 58.63 30.19	300m: 3:04.52 31.80	500m: 5:13.75 32.42	700m: 7:22.78 32.71		
	150m: 1:29.70 31.07	350m: 3:36.63 32.11	550m: 5:45.72 31.97	750m: 7:55.31 32.53		
	200m: 2:01.22 31.52	400m: 4:09.11 32.48	600m: 6:17.48 31.76	800m: 8:26.85 31.54		
12.	Ruben Jose Morim	97	Vilacondense	8:28.22	+0,78	664
	50m: 28.01 28.01	250m: 2:32.49 31.35	450m: 4:40.69 32.29	650m: 6:51.58 32.67		
	100m: 58.40 30.39	300m: 3:04.44 31.95	500m: 5:13.09 32.40	700m: 7:24.93 33.35		
	150m: 1:29.63 31.23	350m: 3:36.44 32.00	550m: 5:45.90 32.81	750m: 7:57.36 32.43		
	200m: 2:01.14 31.51	400m: 4:08.40 31.96	600m: 6:18.91 33.01	800m: 8:28.22 30.86		
13.	Joao Andre Neves	95	Academica de Coimbra	8:28.41	+0,78	663
	50m: 28.36 28.36	250m: 2:33.52 31.74	450m: 4:42.24 32.53	650m: 6:51.98 32.35		
	100m: 59.28 30.92	300m: 3:05.65 32.13	500m: 5:14.72 32.48	700m: 7:24.82 32.84		
	150m: 1:30.33 31.05	350m: 3:37.58 31.93	550m: 5:47.26 32.54	750m: 7:57.47 32.65		
	200m: 2:01.78 31.45	400m: 4:09.71 32.13	600m: 6:19.63 32.37	800m: 8:28.41 30.94		
14.	Rui Pedro Faria	94	Famalicao	8:28.80	+0,80	661
	50m: 28.20 28.20	250m: 2:31.71 31.41	450m: 4:40.22 32.50	650m: 6:50.94 32.54		
	100m: 58.36 30.16	300m: 3:03.30 31.59	500m: 5:13.04 32.82	700m: 7:23.72 32.78		
	150m: 1:29.00 30.64	350m: 3:35.25 31.95	550m: 5:45.89 32.85	750m: 7:56.55 32.83		
	200m: 2:00.30 31.30	400m: 4:07.72 32.47	600m: 6:18.40 32.51	800m: 8:28.80 32.25		
15.	Joao Miguel Cardoso	97	Geslours	8:31.64	+0,76	650
	50m: 28.75 28.75	250m: 2:36.85 32.41	450m: 4:47.73 32.61	650m: 6:56.57 32.28		
	100m: 59.99 31.24	300m: 3:09.48 32.63	500m: 5:19.49 31.76	700m: 7:28.63 32.06		
	150m: 1:31.97 31.98	350m: 3:42.25 32.77	550m: 5:51.66 32.17	750m: 8:00.32 31.69		
	200m: 2:04.44 32.47	400m: 4:15.12 32.87	600m: 6:24.29 32.63	800m: 8:31.64 31.32		
16.	Narciso Daniel Correia	97	Braga	8:37.65	+0,82	628
	50m: 28.66 28.66	250m: 2:37.13 32.33	450m: 4:47.55 31.50	650m: 7:00.11 33.28		
	100m: 1:00.19 31.53	300m: 3:10.17 33.04	500m: 5:20.20 32.65	700m: 7:33.59 33.48		
	150m: 1:32.45 32.26	350m: 3:43.21 33.04	550m: 5:53.32 33.12	750m: 8:06.51 32.92		
	200m: 2:04.80 32.35	400m: 4:16.05 32.84	600m: 6:26.83 33.51	800m: 8:37.65 31.14		

DNS Vitor Joao Pereira 97 Leixoes

Prova 1, Masc., 800m Livres

Juniores

1. Guilherme Filipe Pina	98	Benedita	7:56.76	+0,76	804
<i>Rec Nacional, Jun18</i>					
50m: 27.23 27.23	250m: 2:25.64 29.78	450m: 4:26.34 30.12	650m: 6:27.34 30.42		
100m: 56.56 29.33	300m: 2:55.59 29.95	500m: 4:56.55 30.21	700m: 6:57.54 30.20		
150m: 1:26.20 29.64	350m: 3:25.95 30.36	550m: 5:26.70 30.15	750m: 7:27.63 30.09		
200m: 1:55.86 29.66	400m: 3:56.22 30.27	600m: 5:56.92 30.22	800m: 7:56.76 29.13		
2. Diogo Manuel Marques	98	Columbofila Cantanhedense	8:15.74	+0,77	715
50m: 27.70 27.70	250m: 2:31.86 31.17	450m: 4:37.09 31.07	650m: 6:42.97 31.55		
100m: 58.63 30.93	300m: 3:03.00 31.14	500m: 5:08.29 31.20	700m: 7:14.52 31.55		
150m: 1:29.26 30.63	350m: 3:34.44 31.44	550m: 5:39.69 31.40	750m: 7:46.20 31.68		
200m: 2:00.69 31.43	400m: 4:06.02 31.58	600m: 6:11.42 31.73	800m: 8:15.74 29.54		
3. Miguel Ribeiro Bate	99	Alges	8:26.10		672
50m: 28.81 28.81	250m: 2:35.64 31.91	450m: 4:43.67 31.85	650m: 6:51.89 31.50		
100m: 1:00.10 31.29	300m: 3:07.78 32.14	500m: 5:15.78 32.11	700m: 7:23.97 32.08		
150m: 1:31.94 31.84	350m: 3:39.88 32.10	550m: 5:48.13 32.35	750m: 7:55.49 31.52		
200m: 2:03.73 31.79	400m: 4:11.82 31.94	600m: 6:20.39 32.26	800m: 8:26.10 30.61		
4. Antonio Fernando Pinto	99	Lousada SXXI	8:26.95		669
50m: 28.41 28.41	250m: 2:35.88 31.82	450m: 4:43.67 32.25	650m: 6:52.68 32.07		
100m: 59.94 31.53	300m: 3:07.50 31.62	500m: 5:16.15 32.48	700m: 7:24.59 31.91		
150m: 1:31.79 31.85	350m: 3:39.36 31.86	550m: 5:48.29 32.14	750m: 7:56.64 32.05		
200m: 2:04.06 32.27	400m: 4:11.42 32.06	600m: 6:20.61 32.32	800m: 8:26.95 30.31		
5. Goncalo Miguel Nogueira	98	Porto	8:34.97	+0,74	638
50m: 28.29 28.29	250m: 2:32.53 31.50	450m: 4:41.62 32.13	650m: 6:54.16 33.97		
100m: 58.64 30.35	300m: 3:04.53 32.00	500m: 5:14.23 32.61	700m: 7:27.45 33.29		
150m: 1:29.56 30.92	350m: 3:36.99 32.46	550m: 5:47.07 32.84	750m: 8:01.48 34.03		
200m: 2:01.03 31.47	400m: 4:09.49 32.50	600m: 6:20.19 33.12	800m: 8:34.97 33.49		
6. Afonso Calais Queiroga	98	Uniao Piedense	8:38.10		626
50m: 28.86 28.86	250m: 2:35.95 32.34	450m: 4:46.87 32.96	650m: 7:01.48 33.04		
100m: 1:00.01 31.15	300m: 3:08.14 32.19	500m: 5:20.54 33.67	700m: 7:33.93 32.45		
150m: 1:31.59 31.58	350m: 3:40.95 32.81	550m: 5:54.43 33.89	750m: 8:06.71 32.78		
200m: 2:03.61 32.02	400m: 4:13.91 32.96	600m: 6:28.44 34.01	800m: 8:38.10 31.39		
7. Tomas Gomes Oliveira	99	Nautico Marinha Grande	8:38.12		626
50m: 28.48 28.48	250m: 2:36.55 32.56	450m: 4:48.41 33.09	650m: 7:01.45 33.22		
100m: 59.53 31.05	300m: 3:09.45 32.90	500m: 5:21.71 33.30	700m: 7:34.71 33.26		
150m: 1:31.48 31.95	350m: 3:42.21 32.76	550m: 5:54.99 33.28	750m: 8:07.24 32.53		
200m: 2:03.99 32.51	400m: 4:15.32 33.11	600m: 6:28.23 33.24	800m: 8:38.12 30.88		
8. Alexandre Magno Carvalho	98	Fluvial Portuense	8:38.76		624
50m: 28.68 28.68	250m: 2:36.71 32.45	450m: 4:48.54 32.69	650m: 7:01.62 33.30		
100m: 1:00.11 31.43	300m: 3:09.43 32.72	500m: 5:21.88 33.34	700m: 7:34.82 33.20		
150m: 1:32.01 31.90	350m: 3:42.54 33.11	550m: 5:54.87 32.99	750m: 8:07.30 32.48		
200m: 2:04.26 32.25	400m: 4:15.85 33.31	600m: 6:28.32 33.45	800m: 8:38.76 31.46		
9. Diogo Rodrigues Freitas	98	Uniao Piedense	8:41.08		616
50m: 28.72 28.72	250m: 2:37.22 32.61	450m: 4:48.98 32.99	650m: 7:02.32 33.22		
100m: 1:00.35 31.63	300m: 3:09.92 32.70	500m: 5:22.35 33.37	700m: 7:35.66 33.34		
150m: 1:32.32 31.97	350m: 3:42.77 32.85	550m: 5:55.67 33.32	750m: 8:08.81 33.15		
200m: 2:04.61 32.29	400m: 4:15.99 33.22	600m: 6:29.10 33.43	800m: 8:41.08 32.27		

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Joao Santos Mendes	98	Leixoes	8:44.07		605
	50m: 29.19 29.19	250m: 2:37.29 32.44	450m: 4:49.60 33.22	650m: 7:04.23 33.81		
	100m: 1:00.87 31.68	300m: 3:10.02 32.73	500m: 5:23.08 33.48	700m: 7:37.88 33.65		
	150m: 1:32.80 31.93	350m: 3:42.92 32.90	550m: 5:56.69 33.61	750m: 8:11.38 33.50		
	200m: 2:04.85 32.05	400m: 4:16.38 33.46	600m: 6:30.42 33.73	800m: 8:44.07 32.69		

Prova 13

Femin., 4 x 50m Livres

16 anos e mais velhos

11-12-2015 - 9:20

Resultados

Recordes Nacionais 25m Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC_A-JUNF(estafetas) Jun: 1:52.38 / TAC_A-SENF(estafetas) Sen: 1:51.27

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
1.	Porto-SEN	1:46.86	+0,66	685
	Adriana Daniela Castro 97 +0,66 27.02	Sara Freitas Oliveira 85 +0,34 26.77		
	Rosa Maria Oliveira 96 +0,34 26.73	Diana Margarida Duraes 96 +0,38 26.34		
2.	Belenenses-SEN	1:48.47	+0,70	655
	Rita Teixeira Costa 97 +0,70 27.78	Lisa Marisa Soares 95 +0,14 26.67		
	Jessica Teixeira Vieira 91 +0,16 26.07	Daniela Teixeira Moreira 97 +0,56 27.95		
3.	Fluvial Portuense-SEN	1:50.89	+0,84	613
	Patricia Isabel Oliveira 94 +0,84 28.45	Vania Soares Neves 90 +0,36 27.88		
	Francisca Santos Pereira 98 +0,54 27.78	Angelica Maria Andre 94 +0,30 26.78		
4.	Vilacondense-SEN	1:51.89	+0,86	597
	FTL			
	Ana Filipa Gomes 96 +0,86 28.36	Maria Joao Fernandes 97 +0,51 28.84		
	Ana Catarina Monteiro 93 +0,18 27.24	Bruna Figueiro Coentrao 93 +0,18 27.45		

Seniores

1.	Uniao Piedense-JUN	Uniao Piedense	1:52.43	+0,84	588
	FTL				
	Sofia Isabel Gouveia 00 +0,84 27.57	Filipa Carreira Alves 99 +0,51 27.42			
	Ines Figueira Santos 00 +0,59 28.31	Ines Vieira Almeida 99 +0,33 29.13			
2.	Porto-JUN	Porto	1:52.57	+0,79	586
	FTL				
	Ana Rita Faria 00 +0,79 27.64	Mafalda Malafaia Oliveira 99 +0,28 29.76			
	Marta Alexandra Canedo 00 +0,49 28.38	Maria Francisca Cabral 00 +0,56 26.79			
3.	Sporting-JUN	Sporting	1:52.82	+0,80	582
	FTL				
	Beatriz Paulo Ranito 99 +0,80 28.56	Maria Ana Monge 99 +0,33 28.08			
	Mariana Silva Ramos 00 +0,07 28.73	Catarina Martins Mestre 00 +0,52 27.45			

Prova 13, Femin., 4 x 50m Livres, Juniores

Lugar	Clube					Tempo Final	TReac	Pts
4.	Desportivo Nacional-JUN FTL			Desportivo Nacional		1:52.88	+1,72	581
	Laura Catarina Abreu	00	+1,72	27.82	Beatriz Jong Rosa	00	+0,44	27.86
	Vera Ines Aguilar	00	+0,15	27.36	Madalena Melim Doria	00	+0,40	29.84
5.	Belenenses-JUN FTL			Belenenses		1:52.92	+0,76	581
	Margarida Sobral Pimenta	99	+0,76	28.33	Ana Oliveira Silva	99	+0,44	28.97
	Laura Sanchez Rodrigues	00	+0,30	26.57	Margarida Rito Reis	00	+0,27	29.05

Prova 14 Masc., 4 x 50m Livres 17 anos e mais velhos
11-12-2015 - 9:20 Resultados

Recordes Nacionais 25m Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:35.76	Futebol Clube do Porto/Imperio Bonifacio	FCP	Felgueiras	24-11-2006
Recordes Nacionais 25m Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC_A-JUNM(estafetas) Jun: 1:39.93 / TAC_A-SENM(estafetas) Sen: 1:38.94

Pontos: FINA 2015

Lugar				Clube				Tempo Final	TReac	Pts
Seniores										
1.	Estrelas S. Joao de Brito-SEN			Estrelas S. Joao de Brito				1:31.09	+0,68	745
	Joao Silva Gigante	88	+0,68	22.80	Pedro Diogo Oliveira	88	+0,38			22.97
	Artiom Viatcheslavovitch Poliakov	93	+0,41	23.25	Miguel Duarte Nascimento	95	+0,41			22.07
2.	Sporting-SEN			Sporting				1:31.69	+0,77	731
	Igor Araujo Mogne	96	+0,77	23.34	Alexandre Lages Ribas	97	+0,28			23.45
	Guilherme Pereira Dias	97	+0,64	23.07	Alexis Manacas Santos	92	+0,31			21.83
3.	Porto-SEN			Porto				1:32.30	+0,63	716
	Joao Miguel Ascensao	97	+0,63	22.91	Gil Goncalves Pinto	88	+0,25			23.79
	Tomas Correia Silva	95	+0,22	22.71	Carlos Filipe Santos	91	+0,04			22.89
4.	Benfica-SEN			Benfica				1:32.39	+0,65	714
	Luiz Pedro Pereira	91	+0,65	22.77	Rodrigo Pereira Lopes	95	+0,46			23.26
	Guilherme Miguel Teixeira	97	+0,43	23.35	Joao Duarte Santos	95	+0,40			23.01
5.	Nautico /Urgicentro-Sanfil-SEN			Nautico /Urgicentro-Sanfil				1:34.71	+0,62	663
	Mario Alexandre Pereira	92	+0,62	22.84	Francisco Xavier Goncalves	97	+0,27			23.76
	Joao Pedro Almeida	92	+0,28	23.78	Joao Ricardo Silva	97	+0,34			24.33
6.	Belenenses-SEN			Belenenses				1:35.01	+0,68	657
	Bruno Miguel Ramos	97	+0,68	23.39	Diogo Carrasco Correia	95	-0,01			23.67
	Fabio Andre Figueira	88	+0,31	23.42	Andre Bras Goncalves	88	+0,33			24.53
7.	Uniao Piedense-SEN			Uniao Piedense				1:35.21	+0,79	652
	Goncalo Filipe Gregorio	93	+0,79	24.23	Vasco Miguel Gaspar	90	+0,41			23.97
	David Miguel Leiria	93	+0,35	22.77	Rafael Lourenco Gil	96	+0,49			24.24
8.	Vilacondense-SEN			Vilacondense				1:37.50	+0,66	608
	Paulo Andre Silva	96	+0,66	24.56	Filipe Carmo Ramos	97	+0,33			24.26
	Ruben Jose Morim	97	+1.55	23.70	Diogo Carmo Ramos	93	+0,26			24.98

Prova 14, Masc., 4 x 50m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
9.	Foca-SEN	1:37.89	+0,71	600
	Ricardo David Silva 97 +0,71 24.94 Ivo Pinto Ribeiro 97 +0,01 24.01			
	Marcelo Jose Pinto 94 +0,28 24.60 Rui Filipe Costa 91 +0,38 24.34			
10.	Academica de Coimbra-SEN	1:38.35	+0,81	592
	Joao Filipe Lucas 94 +0,81 24.72 Joao Andre Neves 95 +0,28 24.81			
	Illya Yelistratkin 96 +0,38 24.43 Jose Antonio Forte 95 +0,16 24.39			
11.	Leixoes-SEN	1:38.79	+0,79	584
	Diogo Fontes Moreira 93 +0,79 24.63 Bruno Daniel Monteiro 88 +0,18 25.12			
	Joao Pedro Neves 93 +0,42 24.95 Andre Goncalo Santos 97 +0,44 24.09			

Juniores

1.	Porto-JUN	1:38.38	+0,82	591
	Tiago Silva Soares 99 +0,82 24.49 Luis Filipe Soares 98 +0,16 24.67			
	Pedro Goncalves Neto 98 +0,63 24.88 Diogo Miguel Costa 98 +0,25 24.34			
2.	Uniao Piedense-JUN	1:39.49	+0,69	572
	Joao Daniel Machado 99 +0,69 24.93 Jose Paula Carvalho 98 +0,41 24.41			
	Afonso Calais Queiroga 98 +0,45 24.88 Diogo Rodrigues Freitas 98 +0,37 25.27			
3.	Belenenses-JUN	1:39.57	+0,71	570
	Filipe Miguel Silveira 98 +0,71 25.15 Joao Esteves Padrela 99 +0,47 25.45			
	Steve Alexandre Soares 98 +0,27 23.81 Pedro Trindade Silva 98 +0,59 25.16			
4.	Natacao de Valongo-JUN	1:40.38	+0,81	557
	FTL			
	Humberto Fernandes Felgueiras 98 +0,81 25.49 Afonso Ribeiro Couto 99 +0,15 24.75			
	Nuno Henrique Guimaraes 99 +0,32 24.76 Pedro Nuno Vieira 98 +0,19 25.38			
5.	Torres Novas-JUN	1:40.42	+0,65	556
	FTL			
	Marco Andre Miguel 99 +0,65 24.88 Dario Fausto Matias 98 +0,69 25.99			
	Joao Paulo Lopes 98 +0,32 25.19 Afonso Guilherme Rosa 99 +0,25 24.36			
DNS	Sporting-JUN			
	Sporting			

Prova 2
11-12-2015 - 9:20

Femin., 200m Bruços

16 anos e mais velhos
Resultados Elimin

Recordes Nacionais 25m Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	2:29.56	Ana Rita Santos	POR	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Jun16	2:29.56	Diana Duarte Gomes	POR	Cantanhede	19-12-2004
Recordes Nacionais 25m Jun17	2:26.77	Victoria Kaminskaya	POR	Uster (SUI)	29-01-2012
Recordes Nacionais 25m Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 2:59.12 / TAC_B-SENF Sen: 2:53.57

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	2:29.80	+0,73	724
	50m: 34.04 34.04	100m: 1:11.49 37.45	150m: 1:50.04 38.55	200m: 2:29.80 39.76		
2.	Angelica Maria Andre	94	Fluvial Portuense	2:34.13	+0,73	665
	50m: 34.62 34.62	100m: 1:13.25 38.63	150m: 1:53.33 40.08	200m: 2:34.13 40.80		
3.	Barbara Sofia Barata	97	Alges	2:38.78	+0,75	608
	50m: 35.96 35.96	100m: 1:15.87 39.91	150m: 1:56.88 41.01	200m: 2:38.78 41.90		
4.	Paula Alexandra Oliveira	96	Porto	2:39.74	+0,65	597
	50m: 36.29 36.29	100m: 1:16.82 40.53	150m: 1:57.74 40.92	200m: 2:39.74 42.00		
5.	Catarina Costa Sequeira	98	Armazenenses	2:40.57	+0,80	588
	50m: 35.91 35.91	100m: 1:16.84 40.93	150m: 1:58.59 41.75	200m: 2:40.57 41.98		
6.	Maria Madalena Silva	98	Nautico Abrantes	2:40.92	+0,77	584
	50m: 36.01 36.01	100m: 1:17.83 41.82	150m: 1:59.43 41.60	200m: 2:40.92 41.49		
7.	Joana Marques Maia	91	Natacao da Maia	2:41.85	+0,83	574
	50m: 36.04 36.04	100m: 1:17.22 41.18	150m: 1:59.81 42.59	200m: 2:41.85 42.04		
8.	Beatriz Pereira Vasconcelos	98	Vilacondense	2:43.41	+0,73	558
	50m: 37.50 37.50	100m: 1:18.61 41.11	150m: 2:01.01 42.40	200m: 2:43.41 42.40		
9.	Mariana Domingues Paz	98	Miranda do Corvo	2:43.44	+0,80	558
	50m: 37.72 37.72	100m: 1:18.89 41.17	150m: 2:01.14 42.25	200m: 2:43.44 42.30		
10.	Carolina Lourenco Matos	98	Benedita	2:45.30	+0,78	539
	50m: 37.39 37.39	100m: 1:18.87 41.48	150m: 2:01.90 43.03	200m: 2:45.30 43.40		
11.	Rita Catarina Miranda	97	Braga	2:46.00	+0,86	532
	50m: 37.92 37.92	100m: 1:19.86 41.94	150m: 2:02.94 43.08	200m: 2:46.00 43.06		
12.	Mafalda Alexandra Henriques	98	Benfica	2:48.05	+0,90	513
	50m: 37.85 37.85	100m: 1:21.26 43.41	150m: 2:06.01 44.75	200m: 2:48.05 42.04		
13.	Bruna Martins Riesenberger	97	Laranjeiro	2:48.22	+0,75	511
	50m: 38.12 38.12	100m: 1:22.62 44.50	150m: 2:05.10 42.48	200m: 2:48.22 43.12		
14.	Catarina Goncalves Trezentos	98	Gualdim Pais	2:51.52	+0,76	482
	50m: 39.43 39.43	100m: 1:22.86 43.43	150m: 2:07.08 44.22	200m: 2:51.52 44.44		
15.	Dalia Sofia Curto	95	Nacional de Natacao	2:51.99	+0,84	478
	50m: 38.47 38.47	100m: 1:21.46 42.99	150m: 2:05.29 43.83	200m: 2:51.99 46.70		

Prova 2, Femin., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Margarida Messias Ribeiro <i>FTL</i>	98	Geslours	2:54.44	+0,73	459
	50m: 39.18 39.18 100m: 1:23.83 44.65 150m: 2:10.17 46.34 200m: 2:54.44 44.27					
17.	Rita Maria Cardoso <i>FTL</i>	98	Leixoes	2:56.02	+0,78	446
	50m: 39.19 39.19 100m: 1:22.89 43.70 150m: 2:08.58 45.69 200m: 2:56.02 47.44					
DNS	Rute Margarida Marques	94	Amadora			
WDR	Cristiana Silva Ulpiano	95	Laranjeiro			

Juniores

1.	Raquel Gomes Pereira <i>Rec Nacional, Jun 16</i>	00	Alges	2:26.87	+0,76	769
	50m: 33.42 33.42 100m: 1:10.40 36.98 150m: 1:48.51 38.11 200m: 2:26.87 38.36					
2.	Claudia Ferreira Borges	99	Benfica	2:38.97	+0,74	606
	50m: 35.55 35.55 100m: 1:16.06 40.51 150m: 1:57.69 41.63 200m: 2:38.97 41.28					
3.	Ines Silva Bernardo	00	Colegio Monte Maior	2:42.44	+0,82	568
	50m: 37.52 37.52 100m: 1:18.16 40.64 150m: 1:59.48 41.32 200m: 2:42.44 42.96					
4.	Beatriz Castanheira Dias	99	Academica de Coimbra	2:42.45	+0,74	568
	50m: 38.29 38.29 100m: 1:19.91 41.62 150m: 2:01.71 41.80 200m: 2:42.45 40.74					
5.	Ana Beatriz Martins	99	Famalicao	2:43.50	+0,85	557
	50m: 36.91 36.91 100m: 1:19.23 42.32 150m: 2:01.63 42.40 200m: 2:43.50 41.87					
6.	Laura Catarina Abreu	00	Desportivo Nacional	2:44.74	+0,81	545
	50m: 37.72 37.72 100m: 1:18.85 41.13 150m: 2:01.19 42.34 200m: 2:44.74 43.55					
7.	Rita Costa Amador	99	Galitos/Bresimar	2:45.87	+0,74	533
	50m: 37.11 37.11 100m: 1:18.77 41.66 150m: 2:02.20 43.43 200m: 2:45.87 43.67					
8.	Beatriz Antunes Carvalho	99	Colegio Monte Maior	2:46.22	+0,88	530
	50m: 38.23 38.23 100m: 1:20.44 42.21 150m: 2:03.49 43.05 200m: 2:46.22 42.73					
9.	Ariana Santos Lopes	00	Estarreja	2:48.01	+0,85	513
	50m: 37.50 37.50 100m: 1:20.35 42.85 150m: 2:04.92 44.57 200m: 2:48.01 43.09					
10.	Ines Rocha Silva	00	Alcobaca	2:48.09	+0,72	513
	50m: 37.15 37.15 100m: 1:19.11 41.96 150m: 2:04.54 45.43 200m: 2:48.09 43.55					
11.	Mafalda Malafaia Oliveira	99	Porto	2:49.32	+0,73	502
	50m: 39.28 39.28 100m: 1:21.74 42.46 150m: 2:05.56 43.82 200m: 2:49.32 43.76					
12.	Ana Luis Rodrigues	00	Campinho	2:50.01	+0,82	495
	50m: 37.61 37.61 100m: 1:20.06 42.45 150m: 2:04.32 44.26 200m: 2:50.01 45.69					

Prova 2, Femin., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Ines Rosado Monteiro	00	Natacao de Vagos	2:51.40	+0,71	483
	50m: 39.61 39.61 100m: 1:22.58 42.97 150m: 2:06.91 44.33 200m: 2:51.40 44.49					
14.	Mariana Pereira Silva	99	Desportiva de Viana	2:51.77	+0,89	480
	50m: 38.79 38.79 100m: 1:22.50 43.71 150m: 2:07.09 44.59 200m: 2:51.77 44.68					
15.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:52.25	+0,84	476
	50m: 37.01 37.01 100m: 1:20.75 43.74 150m: 2:06.26 45.51 200m: 2:52.25 45.99					
16.	Ana Miguel Pinto	99	Viana Natacao	2:52.33	+0,90	476
	50m: 39.38 39.38 100m: 1:22.85 43.47 150m: 2:07.32 44.47 200m: 2:52.33 45.01					
17.	Ema Filipa Rosario	00	Natacao do Montijo	2:53.12	+0,87	469
	50m: 39.26 39.26 100m: 1:23.54 44.28 150m: 2:08.90 45.36 200m: 2:53.12 44.22					
18.	Maria Eduarda Veiga	99	Nautico /Urgicentro-Sanfil	2:53.89	+1,01	463
	50m: 39.76 39.76 100m: 1:23.49 43.73 150m: 2:08.71 45.22 200m: 2:53.89 45.18					
19.	Maria Saraiva Ruivaco	00	Vieirense	2:54.57	+1,00	458
	50m: 39.49 39.49 100m: 1:23.34 43.85 150m: 2:08.53 45.19 200m: 2:54.57 46.04					
20.	Mariana Graca Vasconcelos	99	Bombeiros Estoris	2:55.62	+0,90	449
	50m: 39.48 39.48 100m: 1:24.22 44.74 150m: 2:10.22 46.00 200m: 2:55.62 45.40					
21.	Margarida Rito Reis	00	Belenenses	2:56.09	+0,73	446
	50m: 39.28 39.28 100m: 1:23.54 44.26 150m: 2:09.20 45.66 200m: 2:56.09 46.89					
22.	Ana Joao Martins	00	Sport de Mirandela	2:59.00	+0,98	424
	50m: 38.91 38.91 100m: 1:24.54 45.63 150m: 2:11.66 47.12 200m: 2:59.00 47.34					
23.	Francisca Teixeira Baptista	00	Ginasio de Vila Real	3:04.31	+0,74	389
	FTL					
	50m: 41.22 41.22 100m: 1:27.16 45.94 150m: 2:15.29 48.13 200m: 3:04.31 49.02					

Prova 3

Masc., 200m Bruços

17 anos e mais velhos

11-12-2015 - 9:45

Resultados Elimin

Recordes Nacionais 25m Absoluto	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	25-11-2012
Recordes Nacionais 25m Jun17	2:16.77	Jose Guilherme Couto	SCP	Algés	18-03-1995
Recordes Nacionais 25m Jun18	2:13.22	Andre Goncalo Santos	LSC	Porto	19-12-2014
Recordes Nacionais 25m Sen	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	25-11-2012

TAC_B-JUNM Jun: 2:31.93 / TAC_B-SENM Sen: 2:21.28

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	2:14.49	+0,75	718
	50m: 30.29 30.29	100m: 1:04.41 34.12	150m: 1:39.91 35.50	200m: 2:14.49 34.58		
2.	Filipe Carmo Ramos	97	Vilacondense	2:14.69	+0,74	715
	50m: 30.37 30.37	100m: 1:04.61 34.24	150m: 1:39.22 34.61	200m: 2:14.69 35.47		
3.	Pedro Andre Santos	94	Alges	2:17.24	+0,74	676
	50m: 31.40 31.40	100m: 1:06.34 34.94	150m: 1:41.68 35.34	200m: 2:17.24 35.56		
4.	Francisco Robalo Quintas	95	Belenenses	2:18.39	+0,67	659
	50m: 30.75 30.75	100m: 1:05.93 35.18	150m: 1:42.61 36.68	200m: 2:18.39 35.78		
5.	Rodrigo Silverio Carmo	96	Estrelas S. Joao de Brito	2:18.54	+0,69	657
	50m: 31.00 31.00	100m: 1:05.41 34.41	150m: 1:41.36 35.95	200m: 2:18.54 37.18		
6.	Miguel Monteiro Cruchinho	97	Sporting	2:19.56	+0,72	643
	50m: 31.63 31.63	100m: 1:07.08 35.45	150m: 1:43.21 36.13	200m: 2:19.56 36.35		
7.	Rui Miguel Coelho	96	Benfica	2:19.59	+0,69	642
	50m: 32.54 32.54	100m: 1:07.94 35.40	150m: 1:43.72 35.78	200m: 2:19.59 35.87		
8.	Sergio Baptista Silva	91	Porto	2:20.01	+0,74	637
	50m: 32.13 32.13	100m: 1:07.51 35.38	150m: 1:43.69 36.18	200m: 2:20.01 36.32		
9.	Pedro Miguel Silva	94	Colegio Monte Maior	2:20.90	+0,70	625
	50m: 31.93 31.93	100m: 1:07.90 35.97	150m: 1:44.15 36.25	200m: 2:20.90 36.75		
10.	Nuno Rafael Alves	90	Vilacondense	2:21.24	+0,72	620
	50m: 31.09 31.09	100m: 1:05.92 34.83	150m: 1:43.06 37.14	200m: 2:21.24 38.18		
11.	Andre Goncalo Santos	97	Leixoes	2:22.21	+0,74	608
	FTL 50m: 32.03 32.03	100m: 1:07.51 35.48	150m: 1:44.54 37.03	200m: 2:22.21 37.67		
WDR	Pedro Miguel Pinotes	89	Sporting			
WDR	Luis Pedro Fernandes	96	Louletano / Loule Concelho			

Prova 3, Masc., 200m Bruços, Elimin

Juniores

1.	Andre Magalhaes Moura	98	Academico Viseu	2:19.20	+0,70	648
	50m: 31.89 31.89	100m: 1:07.48 35.59	150m: 1:43.08 35.60	200m: 2:19.20 36.12		
2.	Hugo Pon	98	Alges	2:19.27	+0,69	647
	50m: 31.47 31.47	100m: 1:06.64 35.17	150m: 1:42.64 36.00	200m: 2:19.27 36.63		
3.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:21.13	+0,78	622
	50m: 32.26 32.26	100m: 1:08.01 35.75	150m: 1:44.45 36.44	200m: 2:21.13 36.68		
4.	Diogo Miguel Costa	98	Porto	2:21.33	+0,71	619
	50m: 31.83 31.83	100m: 1:07.32 35.49	150m: 1:44.38 37.06	200m: 2:21.33 36.95		
5.	Mario Jorge Veloso	98	Braga	2:22.37	+0,75	606
	50m: 32.40 32.40	100m: 1:07.84 35.44	150m: 1:44.50 36.66	200m: 2:22.37 37.87		
6.	Afonso Ribeiro Bate	98	Alges	2:23.00	+0,70	598
	50m: 31.72 31.72	100m: 1:08.22 36.50	150m: 1:45.52 37.30	200m: 2:23.00 37.48		
7.	Antonio Manuel Mendes	99	Sporting	2:24.44	+0,83	580
	50m: 32.63 32.63	100m: 1:08.98 36.35	150m: 1:46.54 37.56	200m: 2:24.44 37.90		
8.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:25.14	+0,72	571
	50m: 32.19 32.19	100m: 1:08.81 36.62	150m: 1:46.60 37.79	200m: 2:25.14 38.54		
9.	Antonio Fernando Pinto	99	Lousada SXXI	2:28.35	+0,77	535
	50m: 33.50 33.50	100m: 1:11.19 37.69	150m: 1:49.77 38.58	200m: 2:28.35 38.58		
10.	Rodrigo Ferreira Sousa	99	Geslours	2:28.70	+0,72	531
	50m: 33.58 33.58	100m: 1:11.08 37.50	150m: 1:49.75 38.67	200m: 2:28.70 38.95		
11.	Joao Sismeiro Pereira	98	Belenenses	2:28.90	+0,72	529
	50m: 33.70 33.70	100m: 1:11.51 37.81	150m: 1:49.98 38.47	200m: 2:28.90 38.92		
12.	Bernardo Jose Dionisio	99	Gualdim Pais	2:29.88	+0,73	519
	50m: 34.37 34.37	100m: 1:12.30 37.93	150m: 1:51.75 39.45	200m: 2:29.88 38.13		
13.	Joao Francisco Machado	99	Nautico /Urgicentro-Sanfil	2:29.89	+0,75	519
	50m: 34.20 34.20	100m: 1:12.34 38.14	150m: 1:50.94 38.60	200m: 2:29.89 38.95		
14.	Joao Pedro Santos	98	Fluvial Portuense	2:31.94	+0,81	498
	FTL 50m: 33.63 33.63	100m: 1:11.85 38.22	150m: 1:51.77 39.92	200m: 2:31.94 40.17		
15.	Tiago Oliveira Barbosa	99	Colegio SMLamas	2:33.43	+0,80	484
	FTL 50m: 34.01 34.01	100m: 1:12.33 38.32	150m: 1:52.89 40.56	200m: 2:33.43 40.54		
16.	Jose Pedro Lemos	99	Sport de Mirandela	2:35.24	+0,72	467
	FTL 50m: 33.58 33.58	100m: 1:12.19 38.61	150m: 1:53.70 41.51	200m: 2:35.24 41.54		
17.	Tiago Carlos Santos	98	Naval Amorense	2:35.55	+0,78	464
	FTL 50m: 33.49 33.49	100m: 1:13.35 39.86	150m: 1:54.91 41.56	200m: 2:35.55 40.64		

Prova 3, Masc., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DSQ	Luis Pedro Silva	98	Desportivo Nacional			
	722 - Tocou com uma mão na parede na viragem aos 175 m - SW 7.6					

Prova 4

Femin., 100m Livres

16 anos e mais velhos

11-12-2015 - 9:55

Resultados Elimin

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun17	56.54	Diana Margarida Duraes	FCP	Porto	07-12-2012
Recordes Nacionais 25m Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 1:02.14 / TAC_B-SENF Sen: 1:00.24

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Ana Sofia Leite	93	Ginasio de Vila Real	57.37	+0,70	702
	50m: 27.31 27.31	100m: 57.37 30.06				
2.	Diana Margarida Duraes	96	Porto	57.63	+0,72	693
	50m: 27.86 27.86	100m: 57.63 29.77				
3.	Ana Pinho Rodrigues	94	Estamos Juntos	58.00	+0,71	680
	50m: 27.77 27.77	100m: 58.00 30.23				
4.	Rita Barros Frischknecht	98	Alges	58.11	+0,68	676
	50m: 27.80 27.80	100m: 58.11 30.31				
5.	Catarina Maria Ferreira	98	Desportiva de Viana	58.76	+0,71	654
	50m: 28.28 28.28	100m: 58.76 30.48				
6.	Jessica Teixeira Vieira	91	Belenenses	59.11	+0,73	642
	50m: 28.09 28.09	100m: 59.11 31.02				
7.	Soraia Vanessa Ribeiro	92	Individual ANNP	59.16	+0,86	641
	50m: 28.72 28.72	100m: 59.16 30.44				
	Ana Sofia Nobrega	90	Ginasio de Vila Real	59.16	+0,82	641
	50m: 28.53 28.53	100m: 59.16 30.63				
9.	Mafalda Gomes Beleza	94	Sporting	59.45	+0,68	631
	50m: 28.42 28.42	100m: 59.45 31.03				
10.	Rosa Maria Oliveira	96	Porto	59.99	+0,78	614
	50m: 28.90 28.90	100m: 59.99 31.09				
11.	Ana Filipa Martins	97	Foca	1:00.04	+0,77	613
	50m: 28.29 28.29	100m: 1:00.04 31.75				
12.	Maria Carolina Rosa	94	Academica de Coimbra	1:00.07	+0,78	612
	50m: 29.18 29.18	100m: 1:00.07 30.89				
13.	Maria Rachadell Pereira	98	Portinado	1:00.19	+0,82	608
	50m: 28.72 28.72	100m: 1:00.19 31.47				

Prova 4, Femin., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ana Beatriz Silva FTL	96	Gafanha da Encarnacao	1:00.46	+0,72	600
	50m: 28.80 28.80	100m: 1:00.46	31.66			
15.	Adriana Daniela Castro FTL	97	Porto	1:00.62	+0,69	595
	50m: 28.99 28.99	100m: 1:00.62	31.63			
16.	Rita Fernandes Leitaó FTL	96	Benfica	1:01.23	+0,80	578
	50m: 29.25 29.25	100m: 1:01.23	31.98			
17.	Raquel Teixeira Pena FTL	98	Uniao Piedense	1:01.27	+0,88	577
	50m: 29.36 29.36	100m: 1:01.27	31.91			
18.	Maria Teresa Amorim FTL	97	Porto	1:01.28	+0,86	576
	50m: 29.60 29.60	100m: 1:01.28	31.68			
19.	Ana Ribeiro Ferreira FTL	92	Famalicao	1:02.10	+0,80	554
	50m: 29.81 29.81	100m: 1:02.10	32.29			

Juniores

1.	Maria Francisca Cabral	00	Porto	58.78	+0,82	653
	50m: 28.77 28.77	100m: 58.78	30.01			
2.	Laura Sanchez Rodrigues	00	Belenenses	59.06	+0,69	644
	50m: 28.00 28.00	100m: 59.06	31.06			
3.	Ana Beatriz Fonseca	99	Academica de Coimbra	59.29	+0,70	636
	50m: 28.82 28.82	100m: 59.29	30.47			
4.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	59.61	+0,74	626
	50m: 28.97 28.97	100m: 59.61	30.64			
5.	Ana Rita Faria	00	Porto	1:00.03	+0,75	613
	50m: 29.10 29.10	100m: 1:00.03	30.93			
6.	Sofia Alexandra Nunes	00	Laranjeiro	1:00.22	+0,76	607
	50m: 29.04 29.04	100m: 1:00.22	31.18			
7.	Beatriz Barros Carmo	99	Alges	1:00.46	+0,76	600
	50m: 28.73 28.73	100m: 1:00.46	31.73			
8.	Ines Figueira Santos	00	Uniao Piedense	1:01.04	+0,84	583
	50m: 29.69 29.69	100m: 1:01.04	31.35			

Prova 4, Femin., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	1:01.19	+0,88	579
	50m: 29.54 29.54	100m: 1:01.19	31.65			
10.	Margarida Sobral Pimenta	99	Belenenses	1:01.22	+0,78	578
	50m: 29.62 29.62	100m: 1:01.22	31.60			
11.	Vera Ines Aguilar	00	Desportivo Nacional	1:01.31	+0,74	575
	50m: 28.98 28.98	100m: 1:01.31	32.33			
12.	Ana Pires Brito	99	Colegio Monte Maior	1:01.47	+0,81	571
	50m: 29.78 29.78	100m: 1:01.47	31.69			
13.	Beatriz Paulo Ranito	99	Sporting	1:01.55	+0,81	569
	50m: 29.72 29.72	100m: 1:01.55	31.83			
14.	Mariana Santos Ferreira	00	Miranda do Corvo	1:01.59	+0,85	568
	50m: 29.83 29.83	100m: 1:01.59	31.76			
15.	Maria Margarida Fernandes	99	Ginasio de Vila Real	1:01.72	+0,75	564
	50m: 29.33 29.33	100m: 1:01.72	32.39			
16.	Matilde Aguas Marques	00	Portinado	1:01.73	+0,80	564
	50m: 29.57 29.57	100m: 1:01.73	32.16			
17.	Patricia Palmeiro Baeta	00	Scalabiswim	1:01.88	+0,86	560
	50m: 29.45 29.45	100m: 1:01.88	32.43			
18.	Ines Eira Pereira	99	Estamos Juntos	1:01.90	+0,90	559
	50m: 29.65 29.65	100m: 1:01.90	32.25			
19.	Eliana Dirce Lourenco	00	Galitos/Bresimar	1:02.10	+0,77	554
	50m: 29.79 29.79	100m: 1:02.10	32.31			
20.	Sofia Isabel Gouveia	00	Uniao Piedense	1:02.14	+0,90	553
	50m: 29.16 29.16	100m: 1:02.14	32.98			
21.	Tania Cristina Mendes FTL	99	Vieirense	1:02.23	+0,83	550
	50m: 30.10 30.10	100m: 1:02.23	32.13			
22.	Lara Alexandra Vaz FTL	99	Desportiva de Viana	1:02.33	+0,81	548
	50m: 29.79 29.79	100m: 1:02.33	32.54			

Prova 4, Femin., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
23.	Maria Ines Ferreira FTL	00	Miranda do Corvo	1:02.47	+0,82	544
	50m: 29.39 29.39	100m: 1:02.47	33.08			
24.	Maria Beatriz Leal FTL	99	Rio Maior	1:02.87	+0,69	534
	50m: 29.47 29.47	100m: 1:02.87	33.40			
25.	Margarida Valente Orrico FTL	00	Uniao Piedense	1:02.96	+0,82	531
	50m: 30.20 30.20	100m: 1:02.96	32.76			

Prova 5

Masc., 100m Livres

17 anos e mais velhos

11-12-2015 - 10:05

Resultados Elimin

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier Agostinho		Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	49.87	Tiago Andre Venancio	CNS	estoril	14-02-2004
Recordes Nacionais 25m Jun18	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	47.64	Alexandre Escudier Agostinho	POR	Istambul (TUR)	11-12-2009

TAC_B-JUNM Jun: 53.88 / TAC_B-SENM Sen: 51.18

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Emanuel Vaz	91	Famalicao	50.22	+0,73	716
	50m: 24.57 24.57	100m: 50.22	25.65			
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	50.24	+0,65	715
	50m: 24.32 24.32	100m: 50.24	25.92			
3.	Igor Araujo Mogne	96	Sporting	50.27	+0,72	714
	50m: 24.26 24.26	100m: 50.27	26.01			
4.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	50.37	+0,68	710
	50m: 24.11 24.11	100m: 50.37	26.26			
5.	Tomas Correia Silva	95	Porto	50.74	+0,65	694
	50m: 24.53 24.53	100m: 50.74	26.21			
6.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	50.78	+0,64	693
	50m: 24.36 24.36	100m: 50.78	26.42			
7.	Joao Miguel Ascensao	97	Porto	50.93	+0,68	687
	50m: 24.91 24.91	100m: 50.93	26.02			

Prova 5, Masc., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Guilherme Pereira Dias FTL	97	Sporting	51.28	+0,75	673
	50m: 25.02 25.02 100m: 51.28 26.26					
9.	Artiom Viatcheslavovitch Poliakov FTL	93	Estrelas S. Joao de Brito	51.36	+0,61	669
	50m: 24.38 24.38 100m: 51.36 26.98					
10.	Fabio Andre Figueira FTL	88	Belenenses	51.46	+0,73	666
	50m: 24.79 24.79 100m: 51.46 26.67					
11.	Tiago Ferreira Azevedo FTL	95	Naval Amorense	52.23	+0,68	636
	50m: 24.98 24.98 100m: 52.23 27.25					
12.	Alexandre Valdagua Coutinho FTL	97	Columbofila Cantanhedense	53.30	+0,69	599
	50m: 25.72 25.72 100m: 53.30 27.58					
DNS	Gustavo Almeida Madureira	94	Academica de Coimbra			
DNS	Tiago Manuel Teixeira	96	Fafe			
WDR	Ricardo Manuel Machado	93	Braga			

Juniores

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	51.49	+0,66	664
	50m: 25.04 25.04 100m: 51.49 26.45					
2.	Francisco Rogerio Santos	98	Benedita	52.16	+0,83	639
	50m: 25.07 25.07 100m: 52.16 27.09					
3.	Francisco Carvalho Machado	98	Alges	52.17	+0,70	639
	50m: 25.06 25.06 100m: 52.17 27.11					
4.	Tiago Silva Soares	99	Porto	52.25	+0,87	636
	50m: 25.36 25.36 100m: 52.25 26.89					
5.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	52.44	+0,78	629
	50m: 25.56 25.56 100m: 52.44 26.88					
6.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	52.47	+0,74	628
	50m: 25.94 25.94 100m: 52.47 26.53					
7.	Guilherme Assis Ramos	98	Sporting	52.96	+0,73	611
	50m: 25.46 25.46 100m: 52.96 27.50					
8.	Miguel Camara Gomes	99	Naval do Funchal	53.43	+0,71	595
	50m: 25.45 25.45 100m: 53.43 27.98					
9.	Bernardo Santos Clemente	98	Ba/Bomcar	53.44	+0,69	594
	50m: 25.72 25.72 100m: 53.44 27.72					
10.	Guilherme Filipe Pina	98	Benedita	53.68	+0,70	586
	50m: 25.96 25.96 100m: 53.68 27.72					

Prova 5, Masc., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Jose Pedro Fernandes 50m: 25.84 25.84 100m: 53.78 27.94	99	Braga	53.78	+0,77	583
12.	Pedro Camacho Sousa 50m: 25.37 25.37 100m: 53.82 28.45	98	Naval do Funchal	53.82	+0,66	582
13.	Rui Filipe Costa FTL 50m: 26.07 26.07 100m: 53.96 27.89	98	Desportiva de Viana	53.96	+0,75	577
14.	Diogo Alexandre Pacheco FTL 50m: 25.48 25.48 100m: 53.97 28.49	99	Bombeiros Ponta Delgada	53.97	+0,70	577
15.	Pedro Goncalves Neto FTL 50m: 26.18 26.18 100m: 54.12 27.94	98	Porto	54.12	+0,76	572
16.	Tiago Cunha Costa FTL 50m: 25.93 25.93 100m: 54.35 28.42	99	Sporting	54.35	+0,67	565
17.	Humberto Fernandes Felgueiras FTL 50m: 26.36 26.36 100m: 54.52 28.16	98	Natacao de Valongo	54.52	+0,81	560
18.	Jaime Daniel Correia FTL 50m: 26.03 26.03 100m: 54.53 28.50	99	Estrelas S. Joao de Brito	54.53	+0,75	559
19.	Sandro Emanuel Francisco FTL 50m: 26.38 26.38 100m: 55.07 28.69	99	Vieirense	55.07	+0,74	543

Prova 6

Femin., 50m Costas

16 anos e mais velhos

11-12-2015 - 10:15

Resultados Elimin

Recordes Nacionais 25m Absoluto	28.07	Ana Sofia Leite	GCVR	Algés	06-06-2015
Recordes Nacionais 25m Jun16	28.42	Ines Camacho Fernandes	SCP	Porto	08-12-2012
Recordes Nacionais 25m Jun17	28.53	Ines Camacho Fernandes	SCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	28.07	Ana Sofia Leite	GCVR	Algés	06-06-2015

TAC_B-JUNF Jun: 32.23 / TAC_B-SENF Sen: 32.18

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Ana Sofia Leite	93	Ginasio de Vila Real	28.99	+0,74	694
2.	Francisca Gomes Azevedo	97	Alges	29.12	+0,78	685
3.	Ana Filipa Costa	98	Natacao de Beja	30.15	+1,85	617
4.	Catarina Maria Ferreira	98	Desportiva de Viana	30.17	+0,66	615
5.	Ines Camacho Fernandes	97	Sporting	30.41	+0,65	601
6.	Vania Soares Neves	90	Fluvial Portuense	30.55	+0,59	593
7.	Juliana Lima Freixo	97	Braga	30.58	+0,62	591
	Catia Raquel Martinheira	95	Louletano / Loule Concelho	30.58	+0,68	591
9.	Sofia Alexandra Rolao	98	Benfica	30.66	+0,75	586
10.	Maria Morgado Franco	98	Portinado	31.14	+0,65	560
	Lisa Marisa Soares	95	Belenenses	31.14	+0,57	560
12.	Ana Raquel Ferreira	98	Ginasio Figueirense	31.32	+0,69	550
13.	Francisca Santos Pereira	98	Fluvial Portuense	31.36	+0,70	548
14.	Ana Marta Miranda	96	Uniao Piedense	31.49	+0,66	541
15.	Catarina Alexandra Jardim	98	Famalicao	31.59	+0,79	536
16.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	31.67	+0,62	532
17.	Tatiana Filipa Santos	95	Academica de Coimbra	31.88	+0,70	522
18.	Ines Tomas Margarido	96	Naval do Funchal	31.92	+0,70	520
	Ana Beatriz Meireles	98	Fafe	31.92		520
20.	Rafaela Vieira Marques	98	Natacao de Vagos	32.01	+0,63	515
21.	Ana Monica Eloí	96	Nautico Marinha Grande	32.13	+0,74	509
22.	Bruna Figueiro Coentrao	93	Vilacondense	32.25	+0,76	504
	FTL					
23.	Francisca Ferreira Fonseca	97	Nacional de Natacao	33.34	+0,71	456
	FTL					
24.	Soraia Guerra Rolim	95	Benfica	33.68	+0,67	442
	FTL					
WDR	Ana Filipa Gomes	96	Vilacondense			

Juniores

1.	Filipa Carreira Alves	99	Uniao Piedense	29.86	+1,09	635
2.	Catarina Martins Mestre	00	Sporting	30.23	+0,69	612
3.	Alexandra Jesus Santos	00	Leixoes	30.73	+0,56	582
4.	Vera Ines Aguiar	00	Desportivo Nacional	31.42	+1,04	545

Prova 6, Femin., 50m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Maria Beatriz Lopes	00	Benedita	31.44	+1,09	544
6.	Ana Carolina Neves	00	Academica de Coimbra	31.50	+0,67	541
7.	Ana Sofia Afonso	99	Desportiva de Viana	31.52	+0,57	540
8.	Maria Ana Monge	99	Sporting	31.62	+0,72	535
9.	Matilde Pereira Martins	99	Naval de Faro	31.66	+0,61	533
10.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	31.69	+0,61	531
11.	Laura Sanchez Rodrigues	00	Belenenses	31.96	+0,69	518
12.	Adriana Azevedo Couto	00	Famalicao	32.07	+0,66	512
13.	Ines Vieira Almeida FTL	99	Uniao Piedense	32.25	+0,65	504
14.	Matilde Correia Vieira FTL	00	Alcobaca	32.35	+0,68	499
15.	Marta Silva Felix FTL	99	Sporting de Aveiro	32.40	+0,76	497
16.	Maria Beatriz Diogo FTL	99	Nautico Abrantes	33.17	+1,08	463
17.	Catarina Reis Silva FTL	99	Braga	33.27	+0,74	459

Prova 7

Masc., 50m Costas

17 anos e mais velhos

11-12-2015 - 10:20

Resultados Elimin

Recordes Nacionais 25m Absoluto	23.93	Alexis Manacas Santos	SCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun17	25.37	Gabriel Jose Lopes	CDL	Coimbra	11-05-2014
Recordes Nacionais 25m Jun18	25.01	Alexis Manacas Santos	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	23.93	Alexis Manacas Santos	SCP	Felgueiras	21-12-2013

TAC_B-JUNM Jun: 28.50 / TAC_B-SENM Sen: 26.83

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Gabriel Jose Lopes	97	Louzan Natacao	24.58	+0,67	738
2.	Alexis Manacas Santos	92	Sporting	24.62	+1,22	735
3.	Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	25.86	+0,78	634
4.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	25.91	+0,69	630
5.	Pedro Andre Santos	94	Alges	25.93	+0,65	629
6.	David Miguel Leiria	93	Uniao Piedense	26.25	+0,60	606
7.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	26.28	+0,60	604
8.	Goncalo Filipe Gregorio	93	Uniao Piedense	26.30	+0,53	603
9.	Alexandre Lages Ribas	97	Sporting	26.67	+1,90	578
10.	Tomas Correia Silva	95	Porto	26.80	+0,66	569
11.	Rodrigo Pereira Lopes	95	Benfica	26.81	+0,74	569
12.	Miguel Freitas Marques FTL	96	Juventude Atlantico	27.30	+0,57	539
13.	Joao Mota Correia FTL	97	Benfica	27.38	+0,68	534
14.	Andre Bras Goncalves FTL	88	Belenenses	27.40	+0,64	533
15.	Paulo Andre Silva FTL	96	Vilacondense	27.58	+0,64	522
16.	Pedro Romanoski Carvalho FTL	94	Famalicao	27.61	+0,61	521
17.	Tiago Ferreira Azevedo FTL	95	Naval Amorense	27.75	+0,74	513
18.	Job Santos Silva FTL	96	Feirense	28.03	+0,74	498
19.	Afonso Filipe Gaspar FTL	97	Nautico Abrantes	28.21	+0,56	488
DNS	Tiago Manuel Teixeira	96	Fafe			

Prova 7, Masc., 50m Costas, Elimin

Juniores

1. Joao Jose Laranjeira	98	Galitos/Bresimar	26.44	+0,61	593
2. Joao Francisco Lopes	98	Braga	26.55	+0,73	586
3. Francisco Rogerio Santos	98	Benedita	26.83	+0,75	568
4. Viktor Kot	98	Nautico Marinha Grande	27.03	+0,60	555
5. Steve Alexandre Soares	98	Belenenses	27.29	+0,67	539
6. Joao Diogo Fernandes	98	Benfica	27.33	+0,62	537
7. Jose Pedro Sampaio	98	Foca	27.34	+0,72	536
8. Afonso Guilherme Rosa	99	Torres Novas	27.66	+0,76	518
9. Joao Daniel Machado	99	Uniao Piedense	27.72	+0,60	515
10. Filipe Miguel Silveira	98	Belenenses	27.74	+0,64	513
11. Ricardo Saraiva Pires	98	Laranjeiro	27.88	+0,72	506
12. Rodrigo Jose Guerreiro	99	Louletano / Loule Concelho	27.98	+0,65	500
13. Miguel Ribeiro Bate	99	Alges	28.09	+0,59	494
14. Nuno Henrique Guimaraes	99	Natacao de Valongo	28.15	+0,70	491
15. Rui Filipe Costa	98	Desportiva de Viana	28.20	+0,63	489
16. Miguel Reis Santos	98	Alges	28.45	+0,61	476
17. Filipe Ferreira Luz	98	Geslours	28.63	+0,68	467
FTL					
18. Tomas Loia Sequeira	98	Armacenenses	29.23	+0,69	439
FTL					
19. Joao Alberto Gondar	98	Vilacondense	29.40	+1,11	431
FTL					

Prova 8

Femin., 200m Mariposa

16 anos e mais velhos

11-12-2015 - 10:40

Resultados Elimin

Recordes Nacionais 25m Absoluto	2:08.54	Sara Freitas Oliveira	POR	Dubai (UAE)	15-12-2010
Recordes Nacionais 25m Jun16	2:13.60	Ana Rita Francisco	POR	Gelsenkirchen (GER)	11-02-1996
Recordes Nacionais 25m Jun17	2:10.12	Sara Francisco Cruz	ADBA	Leiria	04-12-2009
Recordes Nacionais 25m Sen	2:08.54	Sara Freitas Oliveira	POR	Dubai (UAE)	15-12-2010

TAC_B-JUNF Jun: 2:32.07 / TAC_B-SENF Sen: 2:31.27

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

WDR Raquel Paulo Ranito 94 Sporting

Juniores

1. Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:19.55	+0,88	629
50m: 31.73 31.73	100m: 1:06.91 35.18	150m: 1:43.10 36.19	200m: 2:19.55 36.45		
2. Ines Jacinto Henriques	00	Pimpoes/Cimai	2:22.52	+0,71	591
50m: 31.28 31.28	100m: 1:06.99 35.71	150m: 1:44.16 37.17	200m: 2:22.52 38.36		
3. Sara Costa Guerra	99	Sporting	2:26.05	+0,73	549
50m: 32.30 32.30	100m: 1:09.88 37.58	150m: 1:47.63 37.75	200m: 2:26.05 38.42		

Prova 8, Femin., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Maria Leonor Martins	99	Aquatico Pacense	2:26.26	+0,86	546
	50m: 32.88 32.88	100m: 1:09.68 36.80	150m: 1:47.53 37.85	200m: 2:26.26 38.73		
5.	Cristiana Sofia Ribeiro	00	Famalicao	2:26.71	+0,75	541
	50m: 32.71 32.71	100m: 1:09.44 36.73	150m: 1:47.39 37.95	200m: 2:26.71 39.32		
6.	Beatriz Jong Rosa	00	Desportivo Nacional	2:26.81	+0,71	540
	50m: 31.56 31.56	100m: 1:07.68 36.12	150m: 1:45.94 38.26	200m: 2:26.81 40.87		
7.	Alice Maria Lopes	00	Uniao Piedense	2:26.91	+0,82	539
	50m: 31.88 31.88	100m: 1:09.12 37.24	150m: 1:47.94 38.82	200m: 2:26.91 38.97		
8.	Monica Seara Domingues	00	Nautico Marinha Grande	2:27.01	+0,87	538
	50m: 33.04 33.04	100m: 1:10.40 37.36	150m: 1:48.84 38.44	200m: 2:27.01 38.17		
9.	Joana Viegas Bento	99	Natacao de Faro	2:27.29	+0,85	535
	50m: 33.28 33.28	100m: 1:10.58 37.30	150m: 1:47.63 37.05	200m: 2:27.29 39.66		
10.	Sara Conceicao Peca	99	Ba/Bomcar	2:27.83	+0,79	529
	50m: 32.73 32.73	100m: 1:09.58 36.85	150m: 1:47.97 38.39	200m: 2:27.83 39.86		
11.	Mariana Frazao Saraiva	99	Alges	2:27.96	+0,78	528
	50m: 31.87 31.87	100m: 1:08.42 36.55	150m: 1:47.26 38.84	200m: 2:27.96 40.70		
12.	Ana Rita Rodrigues	99	Sporting de Aveiro	2:28.52	+0,95	522
	50m: 33.00 33.00	100m: 1:09.82 36.82	150m: 1:48.32 38.50	200m: 2:28.52 40.20		
13.	Helena Neto Costa	00	Aquatico Pacense	2:33.41	+0,86	473
	FTL 50m: 33.09 33.09	100m: 1:11.06 37.97	150m: 1:51.61 40.55	200m: 2:33.41 41.80		
14.	Ines Rosado Monteiro	00	Natacao de Vagos	2:33.55	+0,74	472
	FTL 50m: 34.20 34.20	100m: 1:12.56 38.36	150m: 1:53.06 40.50	200m: 2:33.55 40.49		

Prova 9 Masc., 200m Mariposa 17 anos e mais velhos
11-12-2015 - 10:45 Resultados Elimin

Recordes Nacionais 25m Absoluto	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	12-12-2009
Recordes Nacionais 25m Jun17	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	05-03-2005
Recordes Nacionais 25m Jun18	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Recordes Nacionais 25m Sen	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	12-12-2009

TAC_B-JUNM Jun: 2:15.61 / TAC_B-SENM Sen: 2:08.14

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:58.83	+0,73	762
	50m: 25.76 25.76 100m: 55.56 29.80 150m: 1:27.13			31.57 200m: 1:58.83		31.70
2.	Luiz Pedro Pereira	91	Benfica	2:00.14	+0,70	737
	50m: 26.57 26.57 100m: 56.67 30.10 150m: 1:28.13			31.46 200m: 2:00.14		32.01
3.	Diogo Filipe Carvalho	88	Galitos/Bresimar	2:00.99	+0,70	722
	50m: 26.13 26.13 100m: 56.92 30.79 150m: 1:28.65			31.73 200m: 2:00.99		32.34
4.	Andre Antunes Carvalho	96	Colegio Monte Maior	2:02.36	+0,72	698
	50m: 27.51 27.51 100m: 58.81 31.30 150m: 1:30.57			31.76 200m: 2:02.36		31.79
5.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	2:03.72	+0,70	675
	50m: 27.30 27.30 100m: 59.45 32.15 150m: 1:31.17			31.72 200m: 2:03.72		32.55
6.	Bruno Miguel Ramos	97	Belenenses	2:04.51	+0,68	662
	50m: 28.07 28.07 100m: 59.69 31.62 150m: 1:31.03			31.34 200m: 2:04.51		33.48
7.	Antonio Rafael Bessa	94	Aquatico Pacense	2:05.20	+0,70	651
	50m: 28.46 28.46 100m: 1:00.02 31.56 150m: 1:32.37			32.35 200m: 2:05.20		32.83
8.	Joao Duarte Santos	95	Benfica	2:05.33	+0,69	649
	50m: 28.40 28.40 100m: 1:00.63 32.23 150m: 1:32.82			32.19 200m: 2:05.33		32.51
9.	Miguel Goncalves Ferreira	93	Desportivo Nacional	2:05.40	+0,81	648
	50m: 27.12 27.12 100m: 58.45 31.33 150m: 1:30.91			32.46 200m: 2:05.40		34.49
10.	Joao Pedro Tarquinio	97	Benedita	2:05.84	+0,72	642
	50m: 28.68 28.68 100m: 1:00.65 31.97 150m: 1:33.20			32.55 200m: 2:05.84		32.64
11.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	2:05.89	+0,74	641
	50m: 27.90 27.90 100m: 59.91 32.01 150m: 1:32.63			32.72 200m: 2:05.89		33.26
12.	Andre Bras Goncalves	88	Belenenses	2:06.86	+0,73	626
	50m: 27.73 27.73 100m: 59.59 31.86 150m: 1:32.74			33.15 200m: 2:06.86		34.12
13.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	2:07.55	+0,74	616
	50m: 28.45 28.45 100m: 1:00.36 31.91 150m: 1:33.82			33.46 200m: 2:07.55		33.73

Prova 9, Masc., 200m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Diogo Carrasco Correia FTL	95	Belenenses	2:08.37	+0,74	604
	50m: 28.23 28.23 100m: 1:00.74 32.51 150m: 1:34.39 33.65 200m: 2:08.37 33.98					
15.	Ruben Jose Morim FTL	97	Vilacondense	2:08.42	+0,80	604
	50m: 28.54 28.54 100m: 1:00.95 32.41 150m: 1:34.57 33.62 200m: 2:08.42 33.85					
16.	Ricardo Verissimo Sousa FTL	93	Colegio Vasco da Gama	2:08.54	+0,70	602
	50m: 28.65 28.65 100m: 1:00.84 32.19 150m: 1:34.05 33.21 200m: 2:08.54 34.49					
17.	Rafael Filipe Nunes FTL	96	Naval Amorense	2:09.70	+0,64	586
	50m: 29.01 29.01 100m: 1:01.81 32.80 150m: 1:35.30 33.49 200m: 2:09.70 34.40					

Juniores

1.	Joao Alexandre Vital	98	Sporting	2:01.21	+0,63	718
	50m: 27.33 27.33 100m: 57.99 30.66 150m: 1:29.27 31.28 200m: 2:01.21 31.94					
2.	Jose Paula Carvalho	98	Uniao Piedense	2:02.25	+0,77	700
	50m: 27.50 27.50 100m: 58.45 30.95 150m: 1:30.26 31.81 200m: 2:02.25 31.99					
3.	Afonso Meneses Sequeira	99	Naval do Funchal	2:04.86	+0,73	657
	50m: 27.75 27.75 100m: 58.89 31.14 150m: 1:31.79 32.90 200m: 2:04.86 33.07					
4.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	2:06.26	+0,76	635
	50m: 28.32 28.32 100m: 1:00.18 31.86 150m: 1:33.20 33.02 200m: 2:06.26 33.06					
5.	Filipe Fonte Cunha	98	Academico Viseu	2:07.19	+0,77	621
	50m: 28.51 28.51 100m: 1:00.59 32.08 150m: 1:33.51 32.92 200m: 2:07.19 33.68					
6.	Pedro Galvao Gouveia	99	Desportivo Nacional	2:07.25	+0,73	620
	50m: 27.97 27.97 100m: 1:00.96 32.99 150m: 1:34.22 33.26 200m: 2:07.25 33.03					
7.	Mateus Ribeiro Carvalho	99	Famalicao	2:07.55	+0,70	616
	50m: 28.07 28.07 100m: 1:00.14 32.07 150m: 1:33.50 33.36 200m: 2:07.55 34.05					
8.	Joao Carlos Silva	98	Famalicao	2:07.78	+0,63	613
	50m: 28.08 28.08 100m: 1:00.19 32.11 150m: 1:33.49 33.30 200m: 2:07.78 34.29					
9.	Francisco Ribeiro Constantino	99	Naval da Nazare	2:09.69	+0,73	586
	50m: 29.03 29.03 100m: 1:01.90 32.87 150m: 1:35.29 33.39 200m: 2:09.69 34.40					
10.	Tiago Cunha Costa	99	Sporting	2:09.76	+0,72	585
	50m: 29.36 29.36 100m: 1:01.35 31.99 150m: 1:35.39 34.04 200m: 2:09.76 34.37					
11.	Nuno Miguel Graca	98	Desportiva de Viana	2:10.14	+0,74	580
	50m: 28.66 28.66 100m: 1:02.51 33.85 150m: 1:36.63 34.12 200m: 2:10.14 33.51					
12.	Daniel Silva Bessa	99	Aquatico Pacense	2:11.37	+0,83	564
	50m: 29.88 29.88 100m: 1:03.27 33.39 150m: 1:37.05 33.78 200m: 2:11.37 34.32					
13.	Pedro Trindade Silva	98	Belenenses	2:11.93	+0,81	557
	50m: 29.55 29.55 100m: 1:03.17 33.62 150m: 1:37.08 33.91 200m: 2:11.93 34.85					

Prova 9, Masc., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Joao Silverio Duarte	99	Electrico Clube	2:11.99	+0,77	556
	50m: 28.03 28.03 100m: 1:00.76 32.73 150m: 1:35.48 34.72 200m: 2:11.99 36.51					
15.	Bernardo Pastor Escada	99	Aminata	2:12.59	+0,77	548
	50m: 30.90 30.90 100m: 1:04.56 33.66 150m: 1:38.00 33.44 200m: 2:12.59 34.59					
16.	Pedro Nuno Vieira	98	Natacao de Valongo	2:12.85	+0,77	545
	50m: 29.37 29.37 100m: 1:03.06 33.69 150m: 1:37.28 34.22 200m: 2:12.85 35.57					
17.	Jose Pedro Sampaio	98	Foca	2:13.56	+0,84	537
	50m: 29.43 29.43 100m: 1:02.84 33.41 150m: 1:36.98 34.14 200m: 2:13.56 36.58					
18.	Antonio Manuel Mendes	99	Sporting	2:13.80	+0,76	534
	50m: 29.67 29.67 100m: 1:03.79 34.12 150m: 1:38.53 34.74 200m: 2:13.80 35.27					
19.	Bernardo Antonio Alves	99	Louletano / Loule Concelho	2:14.87	+0,76	521
	50m: 28.83 28.83 100m: 1:03.00 34.17 150m: 1:37.50 34.50 200m: 2:14.87 37.37					
20.	Andre Filipe Afonseca	98	Amigos da Montanha	2:14.89	+0,95	521
	50m: 29.69 29.69 100m: 1:03.83 34.14 150m: 1:38.87 35.04 200m: 2:14.89 36.02					
21.	Marco Andre Miguel	99	Torres Novas	2:15.41	+0,65	515
	50m: 30.91 30.91 100m: 1:04.93 34.02 150m: 1:39.86 34.93 200m: 2:15.41 35.55					
22.	Sandro Emanuel Francisco FTL	99	Vieirense	2:15.80	+0,70	510
	50m: 30.44 30.44 100m: 1:04.84 34.40 150m: 1:40.33 35.49 200m: 2:15.80 35.47					
23.	Rodrigo Reis Silva FTL	98	Colegio SMLamas	2:16.04	+0,73	508
	50m: 29.81 29.81 100m: 1:05.30 35.49 150m: 1:41.81 36.51 200m: 2:16.04 34.23					
24.	Joao Luis Maximo FTL	98	O Crasto	2:17.27	+0,71	494
	50m: 29.92 29.92 100m: 1:04.57 34.65 150m: 1:40.81 36.24 200m: 2:17.27 36.46					
25.	Diogo Miguel Costa FTL	98	Porto	2:19.63	+0,73	469
	50m: 29.32 29.32 100m: 1:03.74 34.42 150m: 1:40.69 36.95 200m: 2:19.63 38.94					
DNS	Tiago Filipe Campos	99	Scalabiswim			
WDR	Hugo Filipe Correia	99	Litoral Alentejano			
WDR	Tiago Martins Boleta	98	Louletano / Loule Concelho			

Prova 10
11-12-2015 - 11:00

Femin., 400m Estilos

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Jun16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015

TAC_B-JUNF Jun: 5:33.85 / TAC_B-SENF Sen: 5:22.53

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	4:37.41	+0,73	821
	<i>Rec Nacional, Sen e Abs</i>					
	50m: 29.44 29.44	150m: 1:38.05 35.36	250m: 2:52.19 38.69	350m: 4:04.64 33.13		
	100m: 1:02.69 33.25	200m: 2:13.50 35.45	300m: 3:31.51 39.32	400m: 4:37.41 32.77		
2.	Sofia Machado Dionisio	98	Sporting	5:02.74	+0,84	632
	50m: 32.44 32.44	150m: 1:46.37 37.91	250m: 3:07.65 42.84	350m: 4:27.26 36.27		
	100m: 1:08.46 36.02	200m: 2:24.81 38.44	300m: 3:50.99 43.34	400m: 5:02.74 35.48		
3.	Rita Teixeira Costa	97	Belenenses	5:04.72	+0,70	620
	50m: 32.06 32.06	150m: 1:47.93 38.70	250m: 3:10.01 44.32	350m: 4:29.69 35.63		
	100m: 1:09.23 37.17	200m: 2:25.69 37.76	300m: 3:54.06 44.05	400m: 5:04.72 35.03		
4.	Raquel Paulo Ranito	94	Sporting	5:08.14	+0,79	599
	50m: 32.12 32.12	150m: 1:48.38 39.19	250m: 3:12.62 44.72	350m: 4:33.72 35.97		
	100m: 1:09.19 37.07	200m: 2:27.90 39.52	300m: 3:57.75 45.13	400m: 5:08.14 34.42		
5.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:10.24	+0,72	587
	50m: 33.47 33.47	150m: 1:49.98 38.82	250m: 3:12.47 43.92	350m: 4:33.90 36.96		
	100m: 1:11.16 37.69	200m: 2:28.55 38.57	300m: 3:56.94 44.47	400m: 5:10.24 36.34		
6.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:18.30	+0,77	544
	50m: 32.75 32.75	150m: 1:51.83 41.21	250m: 3:20.15 47.73	350m: 4:42.85 35.84		
	100m: 1:10.62 37.87	200m: 2:32.42 40.59	300m: 4:07.01 46.86	400m: 5:18.30 35.45		
DNS	Rute Margarida Marques	94	Amadora			
WDR	Ana Catarina Monteiro	93	Vilacondense			

Juniores

1.	Madalena Gomes Azevedo	99	Alges	4:53.44	+0,73	694
	50m: 30.62 30.62	150m: 1:43.64 37.45	250m: 3:02.86 41.38	350m: 4:20.24 33.72		
	100m: 1:06.19 35.57	200m: 2:21.48 37.84	300m: 3:46.52 43.66	400m: 4:53.44 33.20		
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:55.58	+0,91	679
	50m: 31.75 31.75	150m: 1:45.08 37.87	250m: 3:05.49 43.31	350m: 4:22.18 33.81		
	100m: 1:07.21 35.46	200m: 2:22.18 37.10	300m: 3:48.37 42.88	400m: 4:55.58 33.40		
3.	Rita Costa Amador	99	Galitos/Bresimar	4:57.59	+0,74	665
	50m: 31.55 31.55	150m: 1:46.85 38.01	250m: 3:07.01 42.77	350m: 4:24.15 33.90		
	100m: 1:08.84 37.29	200m: 2:24.24 37.39	300m: 3:50.25 43.24	400m: 4:57.59 33.44		
4.	Ana Beatriz Martins	99	Famalicao	4:58.42	+0,82	660
	50m: 32.09 32.09	150m: 1:48.19 39.45	250m: 3:09.02 42.67	350m: 4:25.67 34.30		
	100m: 1:08.74 36.65	200m: 2:26.35 38.16	300m: 3:51.37 42.35	400m: 4:58.42 32.75		

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:07.36	+0,76	604
	50m: 32.07 32.07 150m: 1:49.17 40.11 250m: 3:12.22 43.97 350m: 4:33.31 35.81					
	100m: 1:09.06 36.99 200m: 2:28.25 39.08 300m: 3:57.50 45.28 400m: 5:07.36 34.05					
6.	Ines Rocha Silva	00	Alcobaca	5:12.06	+0,76	577
	50m: 33.28 33.28 150m: 1:51.55 39.44 250m: 3:14.17 44.10 350m: 4:34.96 37.23					
	100m: 1:12.11 38.83 200m: 2:30.07 38.52 300m: 3:57.73 43.56 400m: 5:12.06 37.10					
7.	Beatriz Lopes Pinto	99	Academica de Coimbra	5:14.46	+0,85	564
	50m: 33.15 33.15 150m: 1:51.25 40.13 250m: 3:15.77 44.73 350m: 4:38.61 36.60					
	100m: 1:11.12 37.97 200m: 2:31.04 39.79 300m: 4:02.01 46.24 400m: 5:14.46 35.85					
8.	Ana Miguel Pinto	99	Viana Natacao	5:20.37	+0,91	533
	50m: 33.21 33.21 150m: 1:53.18 41.28 250m: 3:20.15 46.23 350m: 4:43.52 37.49					
	100m: 1:11.90 38.69 200m: 2:33.92 40.74 300m: 4:06.03 45.88 400m: 5:20.37 36.85					
9.	Margarida Valente Orrico	00	Uniao Piedense	5:26.21	+0,86	505
	50m: 33.65 33.65 150m: 1:56.23 43.74 250m: 3:27.26 48.70 350m: 4:52.25 37.26					
	100m: 1:12.49 38.84 200m: 2:38.56 42.33 300m: 4:14.99 47.73 400m: 5:26.21 33.96					

DSQ Helena Neto Costa 00 Aquatico Pacense
, 613 - Não efectuou a viragem aos 150 m logo após terminar movimento continuo dos braços - SW 6.4

Prova 11

Masc., 400m Estilos

17 anos e mais velhos

11-12-2015 - 11:10

Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19-12-2014
Recordes Nacionais 25m Jun18	4:20.95	Adriano Miguel Niz	POR	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009

TAC_B-JUNM Jun: 4:49.19 / TAC_B-SENM Sen: 4:38.13

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	4:09.39	+0,72	842
	50m: 25.76 25.76 150m: 1:28.35 32.40 250m: 2:33.73 34.01 350m: 3:39.49 30.56					
	100m: 55.95 30.19 200m: 1:59.72 31.37 300m: 3:08.93 35.20 400m: 4:09.39 29.90					
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:21.53	+0,66	730
	50m: 27.04 27.04 150m: 1:32.22 33.49 250m: 2:41.66 36.31 350m: 3:50.58 31.94					
	100m: 58.73 31.69 200m: 2:05.35 33.13 300m: 3:18.64 36.98 400m: 4:21.53 30.95					
3.	Bruno Miguel Ramos	97	Belenenses	4:26.13	+0,72	692
	50m: 27.71 27.71 150m: 1:33.01 33.42 250m: 2:45.21 37.92 350m: 3:55.35 31.73					
	100m: 59.59 31.88 200m: 2:07.29 34.28 300m: 3:23.62 38.41 400m: 4:26.13 30.78					
4.	Andre Bras Goncalves	88	Belenenses	4:28.62	+0,74	673
	50m: 28.77 28.77 150m: 1:36.04 34.23 250m: 2:49.21 38.82 350m: 3:58.75 31.38					
	100m: 1:01.81 33.04 200m: 2:10.39 34.35 300m: 3:27.37 38.16 400m: 4:28.62 29.87					

Splash Meet Manager 11, 11.40221

Registered to Federacao Portuguesa De Natacao

14-12-2015 17:49 - Página 27



Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Nuno Rafael Alves	90	Vilacondense	4:34.77	+0,71	629
	50m: 29.10 29.10 150m: 1:39.19 36.39 250m: 2:53.10 38.08 350m: 4:02.18 31.81					
	100m: 1:02.80 33.70 200m: 2:15.02 35.83 300m: 3:30.37 37.27 400m: 4:34.77 32.59					
6.	Joao Mota Correia	97	Benfica	4:36.58	+0,77	617
	50m: 28.41 28.41 150m: 1:37.89 35.98 250m: 2:52.82 40.05 350m: 4:05.22 32.90					
	100m: 1:01.91 33.50 200m: 2:12.77 34.88 300m: 3:32.32 39.50 400m: 4:36.58 31.36					
7.	Joao Carlos Santos	96	Uniao Piedense	4:37.57	+0,69	610
	50m: 31.00 31.00 150m: 1:41.53 36.01 250m: 2:56.78 40.05 350m: 4:07.73 31.32					
	100m: 1:05.52 34.52 200m: 2:16.73 35.20 300m: 3:36.41 39.63 400m: 4:37.57 29.84					
8.	Rafael Filipe Nunes	96	Naval Amorense	4:40.01	+0,67	594
	<i>FTL</i>					
	50m: 29.22 29.22 150m: 1:39.29 36.41 250m: 2:55.88 40.50 350m: 4:09.04 32.46					
	100m: 1:02.88 33.66 200m: 2:15.38 36.09 300m: 3:36.58 40.70 400m: 4:40.01 30.97					
DSQ	Pedro Barros Mendes	94	Academica de Coimbra			
	<i>, 403 - Falsa partida - SW 4.4</i>					
WDR	Pedro Miguel Pinotes	89	Sporting			
WDR	Alexis Manacas Santos	92	Sporting			
WDR	Jose Ricardo Sousa	97	Lousada SXXI			

Juniores

1.	Joao Alexandre Vital	98	Sporting	4:11.20	+0,61	823
	<i>Rec Nacional, Jun 18</i>					
	50m: 27.19 27.19 150m: 1:28.87 31.43 250m: 2:35.77 35.83 350m: 3:41.85 30.06					
	100m: 57.44 30.25 200m: 1:59.94 31.07 300m: 3:11.79 36.02 400m: 4:11.20 29.35					
2.	Hugo Pon	98	Alges	4:29.53	+0,69	667
	50m: 28.56 28.56 150m: 1:36.52 35.24 250m: 2:49.07 37.39 350m: 3:58.71 31.74					
	100m: 1:01.28 32.72 200m: 2:11.68 35.16 300m: 3:26.97 37.90 400m: 4:29.53 30.82					
3.	Andre Magalhaes Moura	98	Academico Viseu	4:30.40	+0,70	660
	50m: 28.63 28.63 150m: 1:37.71 35.60 250m: 2:49.73 36.28 350m: 3:59.45 31.71					
	100m: 1:02.11 33.48 200m: 2:13.45 35.74 300m: 3:27.74 38.01 400m: 4:30.40 30.95					
4.	Joao Pedro Gomes	99	Miranda do Corvo	4:41.09	+0,70	588
	50m: 29.47 29.47 150m: 1:39.58 35.77 250m: 2:54.95 40.00 350m: 4:09.59 33.79					
	100m: 1:03.81 34.34 200m: 2:14.95 35.37 300m: 3:35.80 40.85 400m: 4:41.09 31.50					
5.	Jose Pedro Sampaio	98	Foca	4:41.81	+0,76	583
	50m: 29.13 29.13 150m: 1:37.39 34.55 250m: 2:51.99 40.07 350m: 4:08.14 34.29					
	100m: 1:02.84 33.71 200m: 2:11.92 34.53 300m: 3:33.85 41.86 400m: 4:41.81 33.67					
6.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:42.27	+0,73	580
	50m: 29.61 29.61 150m: 1:42.04 37.71 250m: 2:58.52 40.21 350m: 4:11.19 31.53					
	100m: 1:04.33 34.72 200m: 2:18.31 36.27 300m: 3:39.66 41.14 400m: 4:42.27 31.08					
7.	Luis Carlos Almeida	98	Aquatico Pacense	4:44.20	+0,74	568
	50m: 29.39 29.39 150m: 1:40.01 37.25 250m: 2:57.49 40.95 350m: 4:11.88 32.45					
	100m: 1:02.76 33.37 200m: 2:16.54 36.53 300m: 3:39.43 41.94 400m: 4:44.20 32.32					

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Diogo Vicente Silva	98	Nautico Marinha Grande	4:44.56	+0,74	566
	50m: 29.65 29.65	150m: 1:40.04 35.62	250m: 2:55.90 40.37	350m: 4:11.56 34.14		
	100m: 1:04.42 34.77	200m: 2:15.53 35.49	300m: 3:37.42 41.52	400m: 4:44.56 33.00		
9.	Tiago Douwens Paula	99	Sporting	4:46.89	+0,80	553
	50m: 30.99 30.99	150m: 1:42.73 35.51	250m: 2:59.73 41.06	350m: 4:14.72 32.40		
	100m: 1:07.22 36.23	200m: 2:18.67 35.94	300m: 3:42.32 42.59	400m: 4:46.89 32.17		
10.	Daniel Silva Bessa	99	Aquatico Pacense	4:52.03	+0,83	524
	FTL					
	50m: 30.99 30.99	150m: 1:43.96 38.74	250m: 3:02.43 40.60	350m: 4:17.98 34.85		
	100m: 1:05.22 34.23	200m: 2:21.83 37.87	300m: 3:43.13 40.70	400m: 4:52.03 34.05		

DSQ Antonio Fernando Pinto 99 Lousada SXXI
724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6

Prova 12 Femin., 1500m Livres 16 anos e mais velhos
11-12-2015 - 11:15 Resultados

Recordes Nacionais 25m Absoluto	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:55.80	Alexandra Maria Silva	FCP	Porto	14-04-1984
Recordes Nacionais 25m Sen	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014

TAC_B-JUNF Jun: 20:08.73 / TAC_B-SENF Sen: 19:34.97

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Angelica Maria Andre	94	Fluvial Portuense	16:22.79	+0,74	819
	<i>Rec Nacional, Sen e RN Sen aos 800m</i>					
	50m: 30.36 30.36	450m: 4:50.12 32.34	850m: 9:11.52 32.51	1250m: 13:37.80 33.63		
	100m: 1:02.78 32.42	500m: 5:22.67 32.55	900m: 9:44.56 33.04	1300m: 14:11.14 33.34		
	150m: 1:34.97 32.19	550m: 5:55.43 32.76	950m: 10:17.72 33.16	1350m: 14:44.69 33.55		
	200m: 2:07.12 32.15	600m: 6:28.11 32.68	1000m: 10:50.77 33.05	1400m: 15:18.06 33.37		
	250m: 2:39.48 32.36	650m: 7:00.73 32.62	1050m: 11:24.03 33.26	1450m: 15:50.82 32.76		
	300m: 3:12.05 32.57	700m: 7:33.49 32.76	1100m: 11:57.34 33.31	1500m: 16:22.79 31.97		
	350m: 3:44.83 32.78	750m: 8:06.20 32.71	1150m: 12:30.78 33.44			
	400m: 4:17.78 32.95	800m: 8:39.01 32.81	1200m: 13:04.17 33.39			
2.	Vania Soares Neves	90	Fluvial Portuense	16:39.66	+0,80	778
	50m: 30.78 30.78	450m: 4:54.52 33.08	850m: 9:21.05 33.48	1250m: 13:51.05 34.21		
	100m: 1:03.35 32.57	500m: 5:27.82 33.30	900m: 9:54.74 33.69	1300m: 14:25.14 34.09		
	150m: 1:36.08 32.73	550m: 6:00.80 32.98	950m: 10:28.22 33.48	1350m: 14:59.43 34.29		
	200m: 2:08.98 32.90	600m: 6:34.07 33.27	1000m: 11:01.57 33.35	1400m: 15:33.33 33.90		
	250m: 2:41.92 32.94	650m: 7:07.40 33.33	1050m: 11:35.55 33.98	1450m: 16:07.20 33.87		
	300m: 3:15.12 33.20	700m: 7:40.65 33.25	1100m: 12:09.06 33.51	1500m: 16:39.66 32.46		
	350m: 3:48.23 33.11	750m: 8:13.97 33.32	1150m: 12:43.03 33.97			
	400m: 4:21.44 33.21	800m: 8:47.57 33.60	1200m: 13:16.84 33.81			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Barbara Marques Rodrigues	97	Alges	17:26.35	+0.87	679
	50m: 31.40 31.40	450m: 5:08.67 34.81	850m: 9:48.79 34.86	1250m: 14:30.52 35.32		
	100m: 1:05.26 33.86	500m: 5:43.54 34.87	900m: 10:23.93 35.14	1300m: 15:06.02 35.50		
	150m: 1:39.81 34.55	550m: 6:18.59 35.05	950m: 10:58.86 34.93	1350m: 15:41.60 35.58		
	200m: 2:14.43 34.62	600m: 6:53.72 35.13	1000m: 11:34.00 35.14	1400m: 16:16.75 35.15		
	250m: 2:49.09 34.66	650m: 7:28.76 35.04	1050m: 12:09.11 35.11	1450m: 16:51.85 35.10		
	300m: 3:23.90 34.81	700m: 8:03.81 35.05	1100m: 12:44.65 35.54	1500m: 17:26.35 34.50		
	350m: 3:58.79 34.89	750m: 8:38.79 34.98	1150m: 13:19.80 35.15			
	400m: 4:33.86 35.07	800m: 9:13.93 35.14	1200m: 13:55.20 35.40			
4.	Raquel Paulo Ranito	94	Sporting	17:32.91	+0.78	666
	50m: 31.54 31.54	450m: 5:11.99 35.14	850m: 9:54.83 35.26	1250m: 14:38.83 35.59		
	100m: 1:05.88 34.34	500m: 5:47.15 35.16	900m: 10:30.07 35.24	1300m: 15:14.11 35.28		
	150m: 1:40.86 34.98	550m: 6:22.26 35.11	950m: 11:05.50 35.43	1350m: 15:49.45 35.34		
	200m: 2:16.16 35.30	600m: 6:57.76 35.50	1000m: 11:41.10 35.60	1400m: 16:24.70 35.25		
	250m: 2:51.51 35.35	650m: 7:33.05 35.29	1050m: 12:16.68 35.58	1450m: 16:59.82 35.12		
	300m: 3:26.65 35.14	700m: 8:08.72 35.67	1100m: 12:52.40 35.72	1500m: 17:32.91 33.09		
	350m: 4:01.82 35.17	750m: 8:44.01 35.29	1150m: 13:27.66 35.26			
	400m: 4:36.85 35.03	800m: 9:19.57 35.56	1200m: 14:03.24 35.58			
5.	Maria Joao Fernandes	97	Vilacondense	17:36.47	+0.82	659
	50m: 31.47 31.47	450m: 5:08.06 34.92	850m: 9:49.58 35.30	1250m: 14:35.40 36.35		
	100m: 1:05.44 33.97	500m: 5:43.14 35.08	900m: 10:24.72 35.14	1300m: 15:11.50 36.10		
	150m: 1:39.81 34.37	550m: 6:18.45 35.31	950m: 11:00.06 35.34	1350m: 15:48.26 36.76		
	200m: 2:14.42 34.61	600m: 6:53.66 35.21	1000m: 11:35.53 35.47	1400m: 16:24.89 36.63		
	250m: 2:48.96 34.54	650m: 7:28.75 35.09	1050m: 12:11.05 35.52	1450m: 17:00.99 36.10		
	300m: 3:23.78 34.82	700m: 8:04.01 35.26	1100m: 12:47.05 36.00	1500m: 17:36.47 35.48		
	350m: 3:58.60 34.82	750m: 8:39.30 35.29	1150m: 13:23.00 35.95			
	400m: 4:33.14 34.54	800m: 9:14.28 34.98	1200m: 13:59.05 36.05			
6.	Carolina Madeira Santos	96	Naval Amorense	17:54.09	+0.90	627
	50m: 30.88 30.88	450m: 5:13.43 35.76	850m: 10:01.16 36.38	1250m: 14:53.55 36.63		
	100m: 1:04.88 34.00	500m: 5:49.34 35.91	900m: 10:37.29 36.13	1300m: 15:30.26 36.71		
	150m: 1:39.93 35.05	550m: 6:25.47 36.13	950m: 11:13.57 36.28	1350m: 16:06.25 35.99		
	200m: 2:15.11 35.18	600m: 7:01.05 35.58	1000m: 11:50.16 36.59	1400m: 16:42.48 36.23		
	250m: 2:50.77 35.66	650m: 7:37.23 36.18	1050m: 12:26.71 36.55	1450m: 17:19.19 36.71		
	300m: 3:26.18 35.41	700m: 8:13.15 35.92	1100m: 13:03.42 36.71	1500m: 17:54.09 34.90		
	350m: 4:01.66 35.48	750m: 8:49.15 36.00	1150m: 13:40.21 36.79			
	400m: 4:37.67 36.01	800m: 9:24.78 35.63	1200m: 14:16.92 36.71			
7.	Ana Silva Costa	98	Famalicao	17:55.92	+0.83	624
	50m: 31.88 31.88	450m: 5:15.15 35.98	850m: 10:04.38 35.93	1250m: 14:55.43 36.63		
	100m: 1:05.94 34.06	500m: 5:51.33 36.18	900m: 10:40.59 36.21	1300m: 15:32.57 37.14		
	150m: 1:40.99 35.05	550m: 6:27.00 35.67	950m: 11:16.18 35.59	1350m: 16:09.19 36.62		
	200m: 2:16.12 35.13	600m: 7:03.31 36.31	1000m: 11:52.93 36.75	1400m: 16:45.24 36.05		
	250m: 2:51.73 35.61	650m: 7:39.47 36.16	1050m: 12:29.06 36.13	1450m: 17:20.95 35.71		
	300m: 3:27.58 35.85	700m: 8:15.83 36.36	1100m: 13:05.36 36.30	1500m: 17:55.92 34.97		
	350m: 4:03.23 35.65	750m: 8:52.07 36.24	1150m: 13:41.91 36.55			
	400m: 4:39.17 35.94	800m: 9:28.45 36.38	1200m: 14:18.80 36.89			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
8.	Daniela Teixeira Moreira			97	Belenenses		17:58.77		+0,73	619		
	50m:	32.12	32.12	450m:	5:14.72	35.95	850m:	10:05.96	36.54	1250m:	14:57.46	36.39
	100m:	1:06.21	34.09	500m:	5:50.75	36.03	900m:	10:42.66	36.70	1300m:	15:33.93	36.47
	150m:	1:41.20	34.99	550m:	6:26.95	36.20	950m:	11:18.96	36.30	1350m:	16:10.17	36.24
	200m:	2:16.68	35.48	600m:	7:03.33	36.38	1000m:	11:55.25	36.29	1400m:	16:46.70	36.53
	250m:	2:52.27	35.59	650m:	7:39.99	36.66	1050m:	12:31.73	36.48	1450m:	17:23.18	36.48
	300m:	3:27.50	35.23	700m:	8:16.41	36.42	1100m:	13:08.50	36.77	1500m:	17:58.77	35.59
	350m:	4:03.02	35.52	750m:	8:53.12	36.71	1150m:	13:44.68	36.18			
	400m:	4:38.77	35.75	800m:	9:29.42	36.30	1200m:	14:21.07	36.39			
9.	Madalena Amaro Machado			98	Academico Viseu		18:11.40		+0,88	598		
	50m:	31.33	31.33	450m:	5:15.42	36.49	850m:	10:06.90	36.41	1250m:	15:04.74	37.90
	100m:	1:05.23	33.90	500m:	5:51.56	36.14	900m:	10:43.94	37.04	1300m:	15:42.46	37.72
	150m:	1:40.45	35.22	550m:	6:27.77	36.21	950m:	11:20.75	36.81	1350m:	16:20.30	37.84
	200m:	2:15.86	35.41	600m:	7:04.03	36.26	1000m:	11:58.10	37.35	1400m:	16:57.95	37.65
	250m:	2:51.44	35.58	650m:	7:40.78	36.75	1050m:	12:35.03	36.93	1450m:	17:35.27	37.32
	300m:	3:27.43	35.99	700m:	8:17.49	36.71	1100m:	13:12.30	37.27	1500m:	18:11.40	36.13
	350m:	4:03.05	35.62	750m:	8:53.96	36.47	1150m:	13:49.60	37.30			
	400m:	4:38.93	35.88	800m:	9:30.49	36.53	1200m:	14:26.84	37.24			
10.	Helena Paula Carvalho			95	Uniao Piedense		18:11.47		+0,83	598		
	50m:	32.35	32.35	450m:	5:18.55	36.26	850m:	10:13.53	36.91	1250m:	15:08.77	36.87
	100m:	1:06.81	34.46	500m:	5:55.33	36.78	900m:	10:49.46	35.93	1300m:	15:45.57	36.80
	150m:	1:42.35	35.54	550m:	6:32.41	37.08	950m:	11:26.25	36.79	1350m:	16:22.55	36.98
	200m:	2:17.98	35.63	600m:	7:08.94	36.53	1000m:	12:03.31	37.06	1400m:	16:59.42	36.87
	250m:	2:53.71	35.73	650m:	7:45.75	36.81	1050m:	12:40.46	37.15	1450m:	17:35.76	36.34
	300m:	3:29.93	36.22	700m:	8:22.74	36.99	1100m:	13:17.88	37.42	1500m:	18:11.47	35.71
	350m:	4:06.07	36.14	750m:	8:59.48	36.74	1150m:	13:54.92	37.04			
	400m:	4:42.29	36.22	800m:	9:36.62	37.14	1200m:	14:31.90	36.98			
11.	Rita Verissimo Damasceno			98	Nautico /Urgicentro-Sanfil		18:31.40		+0,92	566		
	50m:	32.55	32.55	450m:	5:21.96	36.55	850m:	10:19.98	37.31	1250m:	15:21.36	38.36
	100m:	1:07.92	35.37	500m:	5:59.02	37.06	900m:	10:57.55	37.57	1300m:	15:59.47	38.11
	150m:	1:43.78	35.86	550m:	6:36.05	37.03	950m:	11:34.87	37.32	1350m:	16:37.86	38.39
	200m:	2:19.77	35.99	600m:	7:13.28	37.23	1000m:	12:12.41	37.54	1400m:	17:16.56	38.70
	250m:	2:55.84	36.07	650m:	7:50.54	37.26	1050m:	12:49.63	37.22	1450m:	17:54.44	37.88
	300m:	3:32.34	36.50	700m:	8:28.00	37.46	1100m:	13:27.09	37.46	1500m:	18:31.40	36.96
	350m:	4:08.93	36.59	750m:	9:05.12	37.12	1150m:	14:04.84	37.75			
	400m:	4:45.41	36.48	800m:	9:42.67	37.55	1200m:	14:43.00	38.16			

Juniores

1.	Tamila Hryhorivna Holub			99	Braga			16:11.67		+0,87	848	
	Rec Nacional, Abs e Jun17											
	50m:	30.49	30.49	450m:	4:47.84	32.52	850m:	9:08.26	32.51	1250m:	13:29.40	32.90
	100m:	1:02.87	32.38	500m:	5:20.40	32.56	900m:	9:40.78	32.52	1300m:	14:02.04	32.64
	150m:	1:34.89	32.02	550m:	5:52.96	32.56	950m:	10:13.24	32.46	1350m:	14:34.73	32.69
	200m:	2:06.73	31.84	600m:	6:25.73	32.77	1000m:	10:45.86	32.62	1400m:	15:07.46	32.73
	250m:	2:38.71	31.98	650m:	6:58.25	32.52	1050m:	11:18.40	32.54	1450m:	15:40.14	32.68
	300m:	3:10.91	32.20	700m:	7:30.87	32.62	1100m:	11:50.96	32.56	1500m:	16:11.67	31.53
	350m:	3:43.10	32.19	750m:	8:03.43	32.56	1150m:	12:23.77	32.81			
	400m:	4:15.32	32.22	800m:	8:35.75	32.32	1200m:	12:56.50	32.73			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
2.	Beatriz Paulo Ranito	99	Sporting	17:14.50	+0.80	702
	50m: 30.96 30.96	450m: 5:02.87 33.95	850m: 9:38.40 34.64	1250m: 14:19.24 34.92		
	100m: 1:04.20 33.24	500m: 5:37.21 34.34	900m: 10:13.33 34.93	1300m: 14:54.63 35.39		
	150m: 1:38.17 33.97	550m: 6:11.63 34.42	950m: 10:48.05 34.72	1350m: 15:30.00 35.37		
	200m: 2:12.14 33.97	600m: 6:45.96 34.33	1000m: 11:23.18 35.13	1400m: 16:05.24 35.24		
	250m: 2:46.21 34.07	650m: 7:20.39 34.43	1050m: 11:58.26 35.08	1450m: 16:40.30 35.06		
	300m: 3:20.24 34.03	700m: 7:54.66 34.27	1100m: 12:33.42 35.16	1500m: 17:14.50 34.20		
	350m: 3:54.67 34.43	750m: 8:29.02 34.36	1150m: 13:08.84 35.42			
	400m: 4:28.92 34.25	800m: 9:03.76 34.74	1200m: 13:44.32 35.48			
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:35.43	+0.99	661
	50m: 31.81 31.81	450m: 5:09.35 35.26	850m: 9:52.71 35.97	1250m: 14:37.44 35.95		
	100m: 1:05.84 34.03	500m: 5:44.85 35.50	900m: 10:28.69 35.98	1300m: 15:13.17 35.73		
	150m: 1:40.05 34.21	550m: 6:20.60 35.75	950m: 11:03.77 35.08	1350m: 15:49.20 36.03		
	200m: 2:14.38 34.33	600m: 6:55.77 35.17	1000m: 11:39.55 35.78	1400m: 16:25.26 36.06		
	250m: 2:49.14 34.76	650m: 7:30.97 35.20	1050m: 12:15.01 35.46	1450m: 17:00.85 35.59		
	300m: 3:23.96 34.82	700m: 8:06.36 35.39	1100m: 12:50.82 35.81	1500m: 17:35.43 34.58		
	350m: 3:59.33 35.37	750m: 8:41.76 35.40	1150m: 13:26.47 35.65			
	400m: 4:34.09 34.76	800m: 9:16.74 34.98	1200m: 14:01.49 35.02			
4.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:43.16	+0.96	647
	50m: 32.41 32.41	450m: 5:15.99 35.42	850m: 9:58.50 35.30	1250m: 14:44.31 36.02		
	100m: 1:07.06 34.65	500m: 5:51.41 35.42	900m: 10:33.92 35.42	1300m: 15:20.43 36.12		
	150m: 1:42.31 35.25	550m: 6:26.84 35.43	950m: 11:09.43 35.51	1350m: 15:56.39 35.96		
	200m: 2:17.99 35.68	600m: 7:02.00 35.16	1000m: 11:45.14 35.71	1400m: 16:32.28 35.89		
	250m: 2:53.66 35.67	650m: 7:37.28 35.28	1050m: 12:20.78 35.64	1450m: 17:07.87 35.59		
	300m: 3:29.24 35.58	700m: 8:12.42 35.14	1100m: 12:56.63 35.85	1500m: 17:43.16 35.29		
	350m: 4:04.96 35.72	750m: 8:47.74 35.32	1150m: 13:32.31 35.68			
	400m: 4:40.57 35.61	800m: 9:23.20 35.46	1200m: 14:08.29 35.98			
5.	Rafaela Araujo Silva	00	Famalicao	17:49.03	+0.90	636
	50m: 31.55 31.55	450m: 5:14.93 35.83	850m: 9:59.64 35.36	1250m: 14:47.75 36.55		
	100m: 1:05.94 34.39	500m: 5:50.63 35.70	900m: 10:35.25 35.61	1300m: 15:23.97 36.22		
	150m: 1:41.34 35.40	550m: 6:26.35 35.72	950m: 11:10.97 35.72	1350m: 16:00.54 36.57		
	200m: 2:16.68 35.34	600m: 7:01.94 35.59	1000m: 11:46.60 35.63	1400m: 16:36.92 36.38		
	250m: 2:52.17 35.49	650m: 7:38.01 36.07	1050m: 12:22.67 36.07	1450m: 17:13.29 36.37		
	300m: 3:27.50 35.33	700m: 8:13.82 35.81	1100m: 12:58.76 36.09	1500m: 17:49.03 35.74		
	350m: 4:03.30 35.80	750m: 8:49.15 35.33	1150m: 13:35.03 36.27			
	400m: 4:39.10 35.80	800m: 9:24.28 35.13	1200m: 14:11.20 36.17			
6.	Maria Beatriz Dias	99	Scalabiswim	17:51.39	+0.78	632
	50m: 32.15 32.15	450m: 5:14.43 35.78	850m: 10:01.14 35.80	1250m: 14:50.69 36.54		
	100m: 1:06.54 34.39	500m: 5:50.11 35.68	900m: 10:36.84 35.70	1300m: 15:27.50 36.81		
	150m: 1:41.46 34.92	550m: 6:25.75 35.64	950m: 11:12.95 36.11	1350m: 16:03.72 36.22		
	200m: 2:16.70 35.24	600m: 7:01.45 35.70	1000m: 11:49.02 36.07	1400m: 16:39.99 36.27		
	250m: 2:52.22 35.52	650m: 7:37.67 36.22	1050m: 12:25.41 36.39	1450m: 17:16.14 36.15		
	300m: 3:27.64 35.42	700m: 8:13.73 36.06	1100m: 13:01.71 36.30	1500m: 17:51.39 35.25		
	350m: 4:03.24 35.60	750m: 8:49.73 36.00	1150m: 13:38.04 36.33			
	400m: 4:38.65 35.41	800m: 9:25.34 35.61	1200m: 14:14.15 36.11			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ines Figueira Santos	00	Uniao Piedense	17:57.21	+0.93	622
	50m: 32.96 32.96	450m: 5:20.76 36.15	850m: 10:09.70 36.23	1250m: 14:59.19 36.01		
	100m: 1:08.60 35.64	500m: 5:56.74 35.98	900m: 10:46.09 36.39	1300m: 15:35.49 36.30		
	150m: 1:44.46 35.86	550m: 6:32.96 36.22	950m: 11:22.05 35.96	1350m: 16:11.52 36.03		
	200m: 2:20.73 36.27	600m: 7:08.89 35.93	1000m: 11:58.28 36.23	1400m: 16:47.47 35.95		
	250m: 2:56.88 36.15	650m: 7:44.99 36.10	1050m: 12:34.33 36.05	1450m: 17:23.14 35.67		
	300m: 3:32.82 35.94	700m: 8:21.10 36.11	1100m: 13:10.56 36.23	1500m: 17:57.21 34.07		
	350m: 4:08.66 35.84	750m: 8:57.24 36.14	1150m: 13:46.91 36.35			
	400m: 4:44.61 35.95	800m: 9:33.47 36.23	1200m: 14:23.18 36.27			
8.	Eliana Dirce Lourenco	00	Galitos/Bresimar	18:00.09	+0.81	617
	50m: 32.31 32.31	450m: 5:20.45 36.15	850m: 10:08.48 36.63	1250m: 15:00.91 36.86		
	100m: 1:07.59 35.28	500m: 5:56.57 36.12	900m: 10:44.73 36.25	1300m: 15:37.62 36.71		
	150m: 1:43.63 36.04	550m: 6:32.40 35.83	950m: 11:21.10 36.37	1350m: 16:13.64 36.02		
	200m: 2:19.88 36.25	600m: 7:08.29 35.89	1000m: 11:57.31 36.21	1400m: 16:49.60 35.96		
	250m: 2:56.04 36.16	650m: 7:44.08 35.79	1050m: 12:34.26 36.95	1450m: 17:26.19 36.59		
	300m: 3:32.42 36.38	700m: 8:20.04 35.96	1100m: 13:10.55 36.29	1500m: 18:00.09 33.90		
	350m: 4:08.57 36.15	750m: 8:56.05 36.01	1150m: 13:47.39 36.84			
	400m: 4:44.30 35.73	800m: 9:31.85 35.80	1200m: 14:24.05 36.66			
9.	Beatriz Barros Carmo	99	Alges	18:03.34	+0.78	611
	50m: 31.65 31.65	450m: 5:18.29 36.03	850m: 10:05.79 36.18	1250m: 14:58.31 36.87		
	100m: 1:06.63 34.98	500m: 5:54.24 35.95	900m: 10:41.91 36.12	1300m: 15:35.27 36.96		
	150m: 1:42.18 35.55	550m: 6:29.77 35.53	950m: 11:18.34 36.43	1350m: 16:12.20 36.93		
	200m: 2:18.07 35.89	600m: 7:05.86 36.09	1000m: 11:54.92 36.58	1400m: 16:49.52 37.32		
	250m: 2:53.74 35.67	650m: 7:41.73 35.87	1050m: 12:31.40 36.48	1450m: 17:26.55 37.03		
	300m: 3:30.12 36.38	700m: 8:17.92 36.19	1100m: 13:08.18 36.78	1500m: 18:03.34 36.79		
	350m: 4:06.16 36.04	750m: 8:53.55 35.63	1150m: 13:44.61 36.43			
	400m: 4:42.26 36.10	800m: 9:29.61 36.06	1200m: 14:21.44 36.83			
10.	Mariana Pinto Angelo	99	Academica de Coimbra	18:11.44	+0.73	598
	50m: 32.74 32.74	450m: 5:20.08 36.22	850m: 10:12.04 36.57	1250m: 15:07.18 36.67		
	100m: 1:07.86 35.12	500m: 5:56.30 36.22	900m: 10:48.74 36.70	1300m: 15:44.27 37.09		
	150m: 1:43.68 35.82	550m: 6:32.63 36.33	950m: 11:25.61 36.87	1350m: 16:21.66 37.39		
	200m: 2:19.75 36.07	600m: 7:09.13 36.50	1000m: 12:02.64 37.03	1400m: 16:58.67 37.01		
	250m: 2:55.75 36.00	650m: 7:45.59 36.46	1050m: 12:39.27 36.63	1450m: 17:35.68 37.01		
	300m: 3:31.84 36.09	700m: 8:22.37 36.78	1100m: 13:16.09 36.82	1500m: 18:11.44 35.76		
	350m: 4:07.99 36.15	750m: 8:59.13 36.76	1150m: 13:53.39 37.30			
	400m: 4:43.86 35.87	800m: 9:35.47 36.34	1200m: 14:30.51 37.12			

Prova 15 Femin., 4 x 100m Estilos 16 anos e mais velhos
11-12-2015 - 11:55 Resultados

Recordes Nacionais 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

TAC_A-JUNF(estafetas) Jun: 4:41.15 / TAC_A-SENF(estafetas) Sen: 4:35.63

Pontos: FINA 2015

Lugar	Clube				Tempo Final	TReac	Pts	
Seniores								
1.	Alges-SEN			Alges	4:15.48	+0,68	688	
	Francisca Gomes Azevedo	+0,68	29.73	1:01.40	Sofia Alexandra Branco	+0,45	29.93	1:05.05
	Barbara Sofia Barata	+0,41	34.18	1:12.27	Rita Barros Frischknecht	+0,18	26.97	56.76
2.	Sporting-SEN			Sporting	4:23.46	+0,76	627	
	Ines Camacho Fernandes	+0,76	31.81	1:05.29	Carolina Mantua Guedes	+0,46	30.13	1:04.40
	Sofia Machado Dionisio	+0,61	34.84	1:14.25	Mafalda Gomes Beleza	+0,56	28.26	59.52
3.	Fluvial Portuense-SEN			Fluvial Portuense	4:26.67	+0,63	605	
	Francisca Santos Pereira	+0,63	32.50	1:07.86	Vania Soares Neves	+0,47	30.69	1:05.50
	Angelica Maria Andre	+0,32	33.52	1:11.55	Patricia Isabel Oliveira	+0,58	29.52	1:01.76
4.	Belenenses-SEN			Belenenses	4:27.82	+0,60	597	
	Lisa Marisa Soares	+0,60	31.93	1:07.12	Daniela Teixeira Moreira	+0,35	30.00	1:04.85
	Rita Teixeira Costa	+0,29	36.67	1:18.24	Jessica Teixeira Vieira	+0,19	27.39	57.61
5.	Vilacondense-SEN			Vilacondense	4:32.65	+0,69	566	
	Ana Filipa Gomes	+0,69	33.31	1:08.98	Ana Catarina Monteiro	+0,31	28.87	1:01.49
	Beatriz Pereira Vasconcelos	+0,36	37.34	1:19.51	Bruna Figueiro Coentrao	+0,30	29.16	1:02.67
6.	Braga-SEN			Braga	4:33.54	+0,63	560	
	Juliana Lima Freixo	+0,63	32.43	1:07.61	Debora Guimaraes Oliveira	+0,16	31.73	1:07.93
	Rita Catarina Miranda	+0,42	36.02	1:17.21	Ana Sofia Fernandes	+0,09	29.08	1:00.79
DSQ	Nacional de Natacao-SEN			Nacional de Natacao				
	FTL, 111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11							
	Ines Almeida Gomes	+0,81	35.18	1:14.27	Filipa Vilas Tiago	+0,14		
	Dalia Sofia Curto	-0.08			Francisca Ferreira Fonseca	+0,07		

DNS Porto-SEN

Porto

Juniores

1.	Alges-JUN			Alges		4:21.90	+0,67	638
	Madalena Gomes Azevedo	+0,67	30.57	1:03.88	Mariana Frazao Saraiva	+0,34	30.52	1:07.00
	Raquel Gomes Pereira	+0,30	33.10	1:09.75	Beatriz Barros Carmo		29.31	1:01.27
2.	Academica de Coimbra-JUN			Academica de Coimbra		4:30.41	+0,66	580
	Ana Carolina Neves	+0,66	32.78	1:09.06	Beatriz Lopes Pinto	+0,40	31.84	1:07.72
	Beatriz Castanheira Dias	-1,02	35.55	1:14.87	Ana Beatriz Fonseca	+0,40	28.12	58.76
3.	Nautico Marinha Grande-JUN			Nautico Marinha Grande		4:33.46	+0,60	561
	Monica Seara Domingues	+0,60	33.39	1:07.81	Giovanna Vaz Vargas	+0,61	30.87	1:05.23
	Margarida Reconha Marques	+0,61	35.93	1:18.58	Barbara Coimbra Teodosio	+0,64	29.76	1:01.84
4.	Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		4:34.61	+0,61	554
	Ana Miguel Reis	+0,61	32.93	1:08.06	Teresa Miguel Veloso	+0,15	30.65	1:07.12
	Maria Eduarda Veiga	+0,07	37.44	1:19.63	Madalena Nunes Palmeira	+0,07	28.61	59.80

Prova 15, Femin., 4 x 100m Estilos, Juniores

Lugar				Clube		Tempo Final	TReac	Pts
5.	Leixoes-JUN			Leixoes		4:36.79	+0,57	541
	Alexandra Jesus Santos	+0,57	31.55	1:05.37	Ines Maria Pereira	+0,35	32.04	1:09.63
	Marta Ferreira Rocha	+0,45	37.33	1:19.75	Ines Silva Oliveira	+0,13	29.46	1:02.04
6.	Desportivo Nacional-JUN			Desportivo Nacional		4:36.81	+0,72	541
	Vera Ines Aguiar	+0,72	32.78	1:09.30	Beatriz Jong Rosa	+0,41	30.21	1:05.58
	Laura Catarina Abreu	+0,49	35.42	1:16.81	Madalena Melim Doria	+0,47	31.24	1:05.12
7.	Belenenses-JUN			Belenenses		4:37.78	+0,79	535
	Margarida Sobral Pimenta	+0,79	33.76	1:09.72	Laura Sanchez Rodrigues	+0,06	29.06	1:03.39
	Margarida Rito Reis	+0,46	38.51	1:22.53	Ana Oliveira Silva	-0,08	29.20	1:02.14
8.	Porto-JUN			Porto		4:38.40	+0,86	531
	Marta Alexandra Canedo	+0,86	34.75	1:12.71	Maria Francisca Cabral		31.28	1:06.14
	Mafalda Malafaia Oliveira	+0,44	37.81	1:19.51	Ana Rita Faria		29.12	1:00.04
9.	Uniao Piedense-JUN			Uniao Piedense		4:41.67	+0,70	513
	FTL							
	Filipa Carreira Alves	+0,70	31.67	1:06.11	Alice Maria Lopes	+0,33	31.95	1:08.81
	Ines Figueira Santos	+0,57	39.49	1:23.63	Sofia Isabel Gouveia	+0,40	28.49	1:03.12
10.	Aquatico Pacense-JUN			Aquatico Pacense		4:46.38	+0,91	488
	FTL							
	Beatriz Neto Costa	+0,91	34.86	1:11.75	Maria Leonor Martins	+0,51	30.90	1:06.57
	Helena Neto Costa	+0,13	38.09	1:22.32	Sara Lopes Barbosa	+0,21	31.30	1:05.74

Prova 16 Masc., 4 x 100m Estilos 17 anos e mais velhos
11-12-2015 - 12:00 Resultados

Recordes Nacionais 25m Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Recordes Nacionais 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Mealhada	24-03-2000
Recordes Nacionais 25m Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014

TAC_A-JUNM(estafetas) Jun: 4:11.49 / TAC_A-SENM(estafetas) Sen: 4:02.98

Pontos: FINA 2015

Lugar				Clube		Tempo Final	TReac	Pts
Seniores								
1.	Estrelas S. Joao de Brito-SEN			Estrelas S. Joao de Brito		3:39.54	+0,75	746
	Pedro Diogo Oliveira	+0,75	25.48	52.71	Miguel Duarte Nascimento	+0,28	24.20	52.82
	Joao Silva Gigante	+0,57	28.80	1:01.78	Artiom Viatcheslavovitch Poliakov	+0,36	24.29	52.23
2.	Sporting-SEN			Sporting		3:42.69	+0,68	715
	Alexandre Lages Ribas	+0,68	27.95	57.03	Alexis Manacas Santos	+0,27	24.44	52.67
	Miguel Monteiro Cruchinho	+0,33	29.71	1:03.31	Igor Araujo Mogne	+0,43	23.54	49.68
3.	Benfica-SEN			Benfica		3:44.30	+0,71	700
	Joao Mota Correia	+0,71	27.97	57.91	Luiz Pedro Pereira	+0,31	24.52	52.75
	Guilherme Miguel Teixeira	+0,41	29.23	1:02.92	Joao Duarte Santos	+0,51	24.23	50.72
4.	Nautico /Urgicentro-Sanfil-SEN			Nautico /Urgicentro-Sanfil		3:47.23	+0,63	673
	Joao Ricardo Silva	+0,63	27.79	57.34	Mario Alexandre Pereira	+0,29	25.25	55.77
	Tomas Miguel Veloso	+0,28	29.20	1:01.91	Francisco Xavier Goncalves	+0,24	24.31	52.21

Prova 16, Masc., 4 x 100m Estilos, Seniores

Lugar				Clube		Tempo Final	TReac	Pts
5.	Belenenses-SEN			Belenenses		3:48.67	+0,75	660
	Andre Bras Goncalves	+0,75	28.46	59.38	Fabio Andre Figueira	+0,25	25.60	55.19
	Francisco Robalo Quintas	+0,35	29.92	1:02.79	Bruno Miguel Ramos	+0,37	24.74	51.31
6.	Vilacondense-SEN			Vilacondense		3:52.96	+0,68	624
	Diogo Carmo Ramos	+0,68	29.35	1:00.98	Fabio Manuel Pereira	+0,39	25.52	56.10
	Filipe Carmo Ramos	+0,31	29.68	1:02.84	Paulo Andre Silva	+0,15	24.84	53.04
7.	Leixoes-SEN			Leixoes		3:54.04	+0,56	616
	Diogo Fontes Moreira	+0,56	28.35	59.14	Joao Pedro Neves	+0,46	27.51	58.30
	Andre Goncalo Santos	+0,41	29.16	1:02.56	Dario Almeida Santos	+0,21	24.99	54.04
8.	Academica de Coimbra-SEN			Academica de Coimbra		3:57.48	+0,76	589
	Pedro Barros Mendes	+0,76	28.85	1:00.14	Joao Filipe Lucas		25.77	57.39
	Joao Andre Neves	+0,18	31.59	1:06.36	Jose Antonio Forte	+0,27	25.55	53.59
9.	Laranjeiro-SEN			Laranjeiro		3:58.16	+0,77	584
	Bruno Rafael Meireles	+0,77	29.59	1:01.17	Fernando Jorge Rosado	+0,28	25.98	56.69
	Rui Pedro Horta	+0,46	31.21	1:06.66	Daniel Filipe Cazeiro	+0,32	25.50	53.64
10.	Foca-SEN			Foca		4:07.92	+0,59	518
	FTL							
	Ivo Pinto Ribeiro	+0,59	27.78	58.39	Rui Filipe Costa	+0,56	28.26	1:01.03
	Marcelo Jose Pinto	+0,24	33.37	1:12.87	Jose Carlos Teixeira	+0,22	26.31	55.63
DNS	Porto-SEN			Porto				

Juniores

1.	Sporting-JUN			Sporting		3:52.82	+0,61	625
	Joao Alexandre Vital	+0,61	27.22	56.30	Tiago Cunha Costa	+0,17	26.68	57.39
	Antonio Manuel Mendes	+0,14	31.10	1:06.18	Guilherme Assis Ramos	+0,15	25.13	52.95
2.	Alges-JUN			Alges		3:54.75	+0,65	610
	Miguel Reis Santos	+0,65	29.00	1:00.19	Hugo Pon	+0,21	26.81	58.13
	Afonso Ribeiro Bate	+0,37	30.46	1:05.05	Francisco Carvalho Machado	+0,21	24.71	51.38
3.	Uniao Piedense-JUN			Uniao Piedense		3:56.90	+0,67	594
	Joao Daniel Machado	+0,67	28.64	59.07	Jose Paula Carvalho	+0,24	26.02	56.64
	Afonso Calais Queiroga	+0,45	30.91	1:06.69	Diogo Rodrigues Freitas	+0,42	26.06	54.50
4.	Belenenses-JUN			Belenenses		3:58.47	+0,55	582
	Filipe Miguel Silveira	+0,55	28.05	59.11	Pedro Trindade Silva	+0,31	27.27	59.29
	Joao Sismeiro Pereira	+0,47	31.32	1:07.05	Steve Alexandre Soares	+0,15	24.73	53.02
5.	Porto-JUN			Porto		3:58.92	+0,93	579
	Luis Filipe Soares	+0,93	29.47	1:01.58	Goncalo Miguel Nogueira	+0,25	27.02	59.48
	Diogo Miguel Costa	+0,28	30.38	1:06.10	Tiago Silva Soares	+0,38	24.28	51.76
6.	Naval do Funchal-JUN			Naval do Funchal		4:00.38	+0,68	568
	Afonso Meneses Sequeira	+0,68	29.09	1:00.76	Miguel Camara Gomes	+0,31	26.66	57.04
	Joao Nunes Cotrim	+0,25	33.28	1:10.59	Pedro Camacho Sousa	+0,03	24.89	51.99
7.	Torres Novas-JUN			Torres Novas		4:01.72	+0,72	559
	Afonso Guilherme Rosa	+0,72	28.96	59.03	Marco Andre Miguel	+0,12	26.32	57.74
	Joao Paulo Lopes	+0,30	31.86	1:08.92	Dario Fausto Matias	+0,51	26.53	56.03

Prova 16, Masc., 4 x 100m Estilos, Juniores

Lugar				Clube		Tempo Final	TReac	Pts
8.	Geslours-JUN			Geslours		4:03.68	+0,64	545
	Filipe Ferreira Luz	+0,64	29.91	1:01.06	Andre Tavares Grenho	+0,42	27.46	59.96
	Rodrigo Ferreira Sousa	+0,31	31.88	1:08.30	Rafael Ladeiro Santos	+0,47	25.83	54.36
9.	Natacao de Valongo-JUN			Natacao de Valongo		4:03.79	+0,64	545
	Nuno Henrique Guimaraes	+0,64	29.13	58.83	Afonso Ribeiro Couto	+0,05	27.66	59.31
	Pedro Nuno Vieira	+0,16	33.40	1:11.57	Humberto Fernandes Felgueiras	+0,27	25.55	54.08
10.	Aquatico Pacense-JUN			Aquatico Pacense		4:04.02	+0,71	543
	Luis Carlos Almeida	+0,71	29.79	1:01.62	Pedro Ferraz Silva	+0,41	26.40	57.78
	Daniel Silva Bessa	+0,44	32.75	1:09.24	Pedro Miguel Lino	+0,38	26.28	55.38
11.	Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		4:04.68	+0,80	539
	Tiago Moises Dinis	+0,80	29.94	1:01.65	Rodrigo Alexandre Patricio	+0,16	26.68	59.13
	Joao Francisco Machado	+0,21	32.27	1:09.29	Joao Manuel Leitao	+0,17	25.87	54.61
12.	Academico Viseu-JUN			Academico Viseu		4:06.47	+0,68	527
	Joao Pedro Teixeira	+0,68	32.40	1:06.57	Filipe Fonte Cunha	+0,06	26.77	57.66
	Andre Magalhaes Moura	+0,01	29.53	1:04.48	Goncalo Santos Cunha	+0,40	26.50	57.76
13.	Nautico Marinha Grande-JUN			Nautico Marinha Grande		4:07.13	+0,59	523
	Viktor Kot	+0,59	28.47	58.20	Jose Diogo Fonseca	+0,56	21.35	1:03.34
	Diogo Vicente Silva	+0,45	33.48	1:11.69	Tomas Gomes Oliveira	+0,44	25.75	53.90
14.	Bombeiros Ponta Delgada-JUN			Bombeiros Ponta Delgada		4:07.74	+0,69	519
	Francisco Carreiro Rego	+0,69	31.43	1:03.97	Diogo Jose Vaz	+0,14	27.71	1:00.53
	Joao Pedro Teves	+0,30	32.22	1:09.43	Diogo Alexandre Pacheco	+0,33	26.01	53.81
15.	Vieirense-JUN			Vieirense		4:10.46	+0,63	502
	Francisco Pereira Pedrosa	+0,63	31.54	1:04.51	Sandro Emanuel Francisco	+0,17	28.68	1:01.43
	Sergio Gabriel Lamande	+0,43	32.44	1:09.29	Andre Lopes Silva	+0,41	26.34	55.23
16.	Vilacondense-JUN			Vilacondense		4:17.55	+0,62	462
	FTL							
	Joao Alberto Gondar	+0,62	31.03	1:04.64	Alexandre Miguel Fabiao	+0,05	27.70	1:04.02
	Joao Manuel Santos	+0,55	34.88	1:13.40	Rui Jorge Matias	+0,30	26.69	55.49

2 - 1ª Jornada - 2ª Sessão (finais)

11-12-2015 - 17:00

Prova 1 Masc., 800m Livres 17 anos e mais velhos
11-12-2015 - 17:00 Resultados

Recordes Nacionais 25m Absoluto	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014
Recordes Nacionais 25m Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	8:00.39	Rafael Lourenco Gil	ANAM	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	7:55.24	Pedro Miguel Pinotes	SCP	Porto	19-12-2014

TAC_B-JUNM Jun: 9:03.51 / TAC_B-SENM Sen: 8:40.01

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Lourenco Gil <i>Rec Nacional, Sen e Abs</i>	96	Uniao Piedense	7:49.89	+0,72	840
	50m: 26.47 26.47 250m: 2:22.25 29.34 450m: 4:21.06 29.71 650m: 6:20.70 29.94					
	100m: 54.64 28.17 300m: 2:51.87 29.62 500m: 4:50.87 29.81 700m: 6:50.89 30.19					
	150m: 1:23.53 28.89 350m: 3:21.52 29.65 550m: 5:20.76 29.89 750m: 7:20.61 29.72					
	200m: 1:52.91 29.38 400m: 3:51.35 29.83 600m: 5:50.76 30.00 800m: 7:49.89 29.28					
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:02.49	+0,68	776
	50m: 27.78 27.78 250m: 2:27.13 30.28 450m: 4:28.76 30.21 650m: 6:31.29 30.57					
	100m: 57.27 29.49 300m: 2:57.52 30.39 500m: 4:59.51 30.75 700m: 7:01.94 30.65					
	150m: 1:26.96 29.69 350m: 3:28.07 30.55 550m: 5:30.01 30.50 750m: 7:32.82 30.88					
	200m: 1:56.85 29.89 400m: 3:58.55 30.48 600m: 6:00.72 30.71 800m: 8:02.49 29.67					
3.	Joao Pedro Gil	97	Alges	8:05.28	+0,61	762
	50m: 27.21 27.21 250m: 2:27.97 30.43 450m: 4:31.37 30.63 650m: 6:33.99 30.30					
	100m: 56.69 29.48 300m: 2:58.81 30.84 500m: 5:02.19 30.82 700m: 7:04.76 30.77					
	150m: 1:26.80 30.11 350m: 3:29.75 30.94 550m: 5:33.03 30.84 750m: 7:35.75 30.99					
	200m: 1:57.54 30.74 400m: 4:00.74 30.99 600m: 6:03.69 30.66 800m: 8:05.28 29.53					
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:08.97	+0,76	745
	50m: 27.51 27.51 250m: 2:29.36 30.43 450m: 4:32.63 30.86 650m: 6:38.08 31.43					
	100m: 57.91 30.40 300m: 3:00.06 30.70 500m: 5:03.82 31.19 700m: 7:09.37 31.29					
	150m: 1:28.40 30.49 350m: 3:30.81 30.75 550m: 5:35.11 31.29 750m: 7:39.89 30.52					
	200m: 1:58.93 30.53 400m: 4:01.77 30.96 600m: 6:06.65 31.54 800m: 8:08.97 29.08					
5.	Tiago Silva Oliveira	94	Fluvial Portuense	8:09.60	+0,79	742
	50m: 27.79 27.79 250m: 2:28.98 30.46 450m: 4:32.36 31.14 650m: 6:37.61 31.67					
	100m: 57.83 30.04 300m: 2:59.61 30.63 500m: 5:03.31 30.95 700m: 7:09.15 31.54					
	150m: 1:28.09 30.26 350m: 3:30.41 30.80 550m: 5:34.53 31.22 750m: 7:39.96 30.81					
	200m: 1:58.52 30.43 400m: 4:01.22 30.81 600m: 6:05.94 31.41 800m: 8:09.60 29.64					
6.	Mario Andre Bonanca	90	Sporting	8:10.41	+0,81	739
	50m: 27.58 27.58 250m: 2:28.18 30.50 450m: 4:30.28 30.72 650m: 6:36.46 32.03					
	100m: 57.13 29.55 300m: 2:58.57 30.39 500m: 5:01.22 30.94 700m: 7:08.56 32.10					
	150m: 1:27.15 30.02 350m: 3:29.02 30.45 550m: 5:32.62 31.40 750m: 7:40.58 32.02					
	200m: 1:57.68 30.53 400m: 3:59.56 30.54 600m: 6:04.43 31.81 800m: 8:10.41 29.83					
7.	Rui Filipe Costa	91	Foca	8:13.89	+0,86	723
	50m: 28.05 28.05 250m: 2:30.88 31.16 450m: 4:36.40 31.51 650m: 6:42.12 31.21					
	100m: 58.26 30.21 300m: 3:02.05 31.17 500m: 5:07.86 31.46 700m: 7:13.57 31.45					
	150m: 1:29.11 30.85 350m: 3:33.46 31.41 550m: 5:39.55 31.69 750m: 7:44.46 30.89					
	200m: 1:59.72 30.61 400m: 4:04.89 31.43 600m: 6:10.91 31.36 800m: 8:13.89 29.43					

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	8:14.99	+0,94	718
	50m: 28.09 28.09	250m: 2:31.56 31.27	450m: 4:35.89 30.78	650m: 6:41.50 31.57		
	100m: 58.48 30.39	300m: 3:02.79 31.23	500m: 5:06.84 30.95	700m: 7:13.19 31.69		
	150m: 1:29.27 30.79	350m: 3:33.95 31.16	550m: 5:38.40 31.56	750m: 7:44.51 31.32		
	200m: 2:00.29 31.02	400m: 4:05.11 31.16	600m: 6:09.93 31.53	800m: 8:14.99 30.48		
9.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	8:18.07	+0,75	705
	50m: 27.97 27.97	250m: 2:32.46 32.00	450m: 4:39.60 31.46	650m: 6:45.44 31.10		
	100m: 57.95 29.98	300m: 3:04.40 31.94	500m: 5:11.25 31.65	700m: 7:17.58 32.14		
	150m: 1:28.98 31.03	350m: 3:36.13 31.73	550m: 5:43.05 31.80	750m: 7:48.17 30.59		
	200m: 2:00.46 31.48	400m: 4:08.14 32.01	600m: 6:14.34 31.29	800m: 8:18.07 29.90		
10.	Joao Carlos Santos	96	Uniao Piedense	8:25.25	+0,69	675
	50m: 29.06 29.06	250m: 2:36.44 32.01	450m: 4:43.30 31.47	650m: 6:50.63 31.85		
	100m: 1:00.43 31.37	300m: 3:08.27 31.83	500m: 5:14.93 31.63	700m: 7:22.58 31.95		
	150m: 1:32.24 31.81	350m: 3:40.09 31.82	550m: 5:46.86 31.93	750m: 7:54.93 32.35		
	200m: 2:04.43 32.19	400m: 4:11.83 31.74	600m: 6:18.78 31.92	800m: 8:25.25 30.32		
11.	Andre Filipe Farinha	96	Benfica	8:26.85	+0,74	669
	50m: 28.44 28.44	250m: 2:32.72 31.50	450m: 4:41.33 32.22	650m: 6:50.07 32.59		
	100m: 58.63 30.19	300m: 3:04.52 31.80	500m: 5:13.75 32.42	700m: 7:22.78 32.71		
	150m: 1:29.70 31.07	350m: 3:36.63 32.11	550m: 5:45.72 31.97	750m: 7:55.31 32.53		
	200m: 2:01.22 31.52	400m: 4:09.11 32.48	600m: 6:17.48 31.76	800m: 8:26.85 31.54		
12.	Ruben Jose Morim	97	Vilacondense	8:28.22	+0,78	664
	50m: 28.01 28.01	250m: 2:32.49 31.35	450m: 4:40.69 32.29	650m: 6:51.58 32.67		
	100m: 58.40 30.39	300m: 3:04.44 31.95	500m: 5:13.09 32.40	700m: 7:24.93 33.35		
	150m: 1:29.63 31.23	350m: 3:36.44 32.00	550m: 5:45.90 32.81	750m: 7:57.36 32.43		
	200m: 2:01.14 31.51	400m: 4:08.40 31.96	600m: 6:18.91 33.01	800m: 8:28.22 30.86		
13.	Joao Andre Neves	95	Academica de Coimbra	8:28.41	+0,78	663
	50m: 28.36 28.36	250m: 2:33.52 31.74	450m: 4:42.24 32.53	650m: 6:51.98 32.35		
	100m: 59.28 30.92	300m: 3:05.65 32.13	500m: 5:14.72 32.48	700m: 7:24.82 32.84		
	150m: 1:30.33 31.05	350m: 3:37.58 31.93	550m: 5:47.26 32.54	750m: 7:57.47 32.65		
	200m: 2:01.78 31.45	400m: 4:09.71 32.13	600m: 6:19.63 32.37	800m: 8:28.41 30.94		
14.	Rui Pedro Faria	94	Famalicao	8:28.80	+0,80	661
	50m: 28.20 28.20	250m: 2:31.71 31.41	450m: 4:40.22 32.50	650m: 6:50.94 32.54		
	100m: 58.36 30.16	300m: 3:03.30 31.59	500m: 5:13.04 32.82	700m: 7:23.72 32.78		
	150m: 1:29.00 30.64	350m: 3:35.25 31.95	550m: 5:45.89 32.85	750m: 7:56.55 32.83		
	200m: 2:00.30 31.30	400m: 4:07.72 32.47	600m: 6:18.40 32.51	800m: 8:28.80 32.25		
15.	Joao Miguel Cardoso	97	Geslours	8:31.64	+0,76	650
	50m: 28.75 28.75	250m: 2:36.85 32.41	450m: 4:47.73 32.61	650m: 6:56.57 32.28		
	100m: 59.99 31.24	300m: 3:09.48 32.63	500m: 5:19.49 31.76	700m: 7:28.63 32.06		
	150m: 1:31.97 31.98	350m: 3:42.25 32.77	550m: 5:51.66 32.17	750m: 8:00.32 31.69		
	200m: 2:04.44 32.47	400m: 4:15.12 32.87	600m: 6:24.29 32.63	800m: 8:31.64 31.32		
16.	Narciso Daniel Correia	97	Braga	8:37.65	+0,82	628
	50m: 28.66 28.66	250m: 2:37.13 32.33	450m: 4:47.55 31.50	650m: 7:00.11 33.28		
	100m: 1:00.19 31.53	300m: 3:10.17 33.04	500m: 5:20.20 32.65	700m: 7:33.59 33.48		
	150m: 1:32.45 32.26	350m: 3:43.21 33.04	550m: 5:53.32 33.12	750m: 8:06.51 32.92		
	200m: 2:04.80 32.35	400m: 4:16.05 32.84	600m: 6:26.83 33.51	800m: 8:37.65 31.14		

DNS Vitor Joao Pereira 97 Leixoes

Prova 1, Masc., 800m Livres

Juniores

1. Guilherme Filipe Pina	98	Benedita	7:56.76	+0,76	804
<i>Rec Nacional, Jun18</i>					
50m: 27.23 27.23	250m: 2:25.64 29.78	450m: 4:26.34 30.12	650m: 6:27.34 30.42		
100m: 56.56 29.33	300m: 2:55.59 29.95	500m: 4:56.55 30.21	700m: 6:57.54 30.20		
150m: 1:26.20 29.64	350m: 3:25.95 30.36	550m: 5:26.70 30.15	750m: 7:27.63 30.09		
200m: 1:55.86 29.66	400m: 3:56.22 30.27	600m: 5:56.92 30.22	800m: 7:56.76 29.13		
2. Diogo Manuel Marques	98	Columbofila Cantanhedense	8:15.74	+0,77	715
50m: 27.70 27.70	250m: 2:31.86 31.17	450m: 4:37.09 31.07	650m: 6:42.97 31.55		
100m: 58.63 30.93	300m: 3:03.00 31.14	500m: 5:08.29 31.20	700m: 7:14.52 31.55		
150m: 1:29.26 30.63	350m: 3:34.44 31.44	550m: 5:39.69 31.40	750m: 7:46.20 31.68		
200m: 2:00.69 31.43	400m: 4:06.02 31.58	600m: 6:11.42 31.73	800m: 8:15.74 29.54		
3. Miguel Ribeiro Bate	99	Alges	8:26.10		672
50m: 28.81 28.81	250m: 2:35.64 31.91	450m: 4:43.67 31.85	650m: 6:51.89 31.50		
100m: 1:00.10 31.29	300m: 3:07.78 32.14	500m: 5:15.78 32.11	700m: 7:23.97 32.08		
150m: 1:31.94 31.84	350m: 3:39.88 32.10	550m: 5:48.13 32.35	750m: 7:55.49 31.52		
200m: 2:03.73 31.79	400m: 4:11.82 31.94	600m: 6:20.39 32.26	800m: 8:26.10 30.61		
4. Antonio Fernando Pinto	99	Lousada SXXI	8:26.95		669
50m: 28.41 28.41	250m: 2:35.88 31.82	450m: 4:43.67 32.25	650m: 6:52.68 32.07		
100m: 59.94 31.53	300m: 3:07.50 31.62	500m: 5:16.15 32.48	700m: 7:24.59 31.91		
150m: 1:31.79 31.85	350m: 3:39.36 31.86	550m: 5:48.29 32.14	750m: 7:56.64 32.05		
200m: 2:04.06 32.27	400m: 4:11.42 32.06	600m: 6:20.61 32.32	800m: 8:26.95 30.31		
5. Goncalo Miguel Nogueira	98	Porto	8:34.97	+0,74	638
50m: 28.29 28.29	250m: 2:32.53 31.50	450m: 4:41.62 32.13	650m: 6:54.16 33.97		
100m: 58.64 30.35	300m: 3:04.53 32.00	500m: 5:14.23 32.61	700m: 7:27.45 33.29		
150m: 1:29.56 30.92	350m: 3:36.99 32.46	550m: 5:47.07 32.84	750m: 8:01.48 34.03		
200m: 2:01.03 31.47	400m: 4:09.49 32.50	600m: 6:20.19 33.12	800m: 8:34.97 33.49		
6. Afonso Calais Queiroga	98	Uniao Piedense	8:38.10		626
50m: 28.86 28.86	250m: 2:35.95 32.34	450m: 4:46.87 32.96	650m: 7:01.48 33.04		
100m: 1:00.01 31.15	300m: 3:08.14 32.19	500m: 5:20.54 33.67	700m: 7:33.93 32.45		
150m: 1:31.59 31.58	350m: 3:40.95 32.81	550m: 5:54.43 33.89	750m: 8:06.71 32.78		
200m: 2:03.61 32.02	400m: 4:13.91 32.96	600m: 6:28.44 34.01	800m: 8:38.10 31.39		
7. Tomas Gomes Oliveira	99	Nautico Marinha Grande	8:38.12		626
50m: 28.48 28.48	250m: 2:36.55 32.56	450m: 4:48.41 33.09	650m: 7:01.45 33.22		
100m: 59.53 31.05	300m: 3:09.45 32.90	500m: 5:21.71 33.30	700m: 7:34.71 33.26		
150m: 1:31.48 31.95	350m: 3:42.21 32.76	550m: 5:54.99 33.28	750m: 8:07.24 32.53		
200m: 2:03.99 32.51	400m: 4:15.32 33.11	600m: 6:28.23 33.24	800m: 8:38.12 30.88		
8. Alexandre Magno Carvalho	98	Fluvial Portuense	8:38.76		624
50m: 28.68 28.68	250m: 2:36.71 32.45	450m: 4:48.54 32.69	650m: 7:01.62 33.30		
100m: 1:00.11 31.43	300m: 3:09.43 32.72	500m: 5:21.88 33.34	700m: 7:34.82 33.20		
150m: 1:32.01 31.90	350m: 3:42.54 33.11	550m: 5:54.87 32.99	750m: 8:07.30 32.48		
200m: 2:04.26 32.25	400m: 4:15.85 33.31	600m: 6:28.32 33.45	800m: 8:38.76 31.46		
9. Diogo Rodrigues Freitas	98	Uniao Piedense	8:41.08		616
50m: 28.72 28.72	250m: 2:37.22 32.61	450m: 4:48.98 32.99	650m: 7:02.32 33.22		
100m: 1:00.35 31.63	300m: 3:09.92 32.70	500m: 5:22.35 33.37	700m: 7:35.66 33.34		
150m: 1:32.32 31.97	350m: 3:42.77 32.85	550m: 5:55.67 33.32	750m: 8:08.81 33.15		
200m: 2:04.61 32.29	400m: 4:15.99 33.22	600m: 6:29.10 33.43	800m: 8:41.08 32.27		

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Joao Santos Mendes	98	Leixoes	8:44.07		605
	50m: 29.19 29.19	250m: 2:37.29 32.44	450m: 4:49.60 33.22	650m: 7:04.23 33.81		
	100m: 1:00.87 31.68	300m: 3:10.02 32.73	500m: 5:23.08 33.48	700m: 7:37.88 33.65		
	150m: 1:32.80 31.93	350m: 3:42.92 32.90	550m: 5:56.69 33.61	750m: 8:11.38 33.50		
	200m: 2:04.85 32.05	400m: 4:16.38 33.46	600m: 6:30.42 33.73	800m: 8:44.07 32.69		

Prova 12
11-12-2015 - 17:10

Femin., 1500m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:55.80	Alexandra Maria Silva	FCP	Porto	14-04-1984
Recordes Nacionais 25m Sen	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014

TAC_B-JUNF Jun: 20:08.73 / TAC_B-SENF Sen: 19:34.97

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

1.	Angelica Maria Andre	94	Fluvial Portuense	16:22.79	+0,74	819
<i>Rec Nacional, Sen e RN Sen aos 800m</i>						
	50m: 30.36 30.36	450m: 4:50.12 32.34	850m: 9:11.52 32.51	1250m: 13:37.80 33.63		
	100m: 1:02.78 32.42	500m: 5:22.67 32.55	900m: 9:44.56 33.04	1300m: 14:11.14 33.34		
	150m: 1:34.97 32.19	550m: 5:55.43 32.76	950m: 10:17.72 33.16	1350m: 14:44.69 33.55		
	200m: 2:07.12 32.15	600m: 6:28.11 32.68	1000m: 10:50.77 33.05	1400m: 15:18.06 33.37		
	250m: 2:39.48 32.36	650m: 7:00.73 32.62	1050m: 11:24.03 33.26	1450m: 15:50.82 32.76		
	300m: 3:12.05 32.57	700m: 7:33.49 32.76	1100m: 11:57.34 33.31	1500m: 16:22.79 31.97		
	350m: 3:44.83 32.78	750m: 8:06.20 32.71	1150m: 12:30.78 33.44			
	400m: 4:17.78 32.95	800m: 8:39.01 32.81	1200m: 13:04.17 33.39			
2.	Vania Soares Neves	90	Fluvial Portuense	16:39.66	+0,80	778
	50m: 30.78 30.78	450m: 4:54.52 33.08	850m: 9:21.05 33.48	1250m: 13:51.05 34.21		
	100m: 1:03.35 32.57	500m: 5:27.82 33.30	900m: 9:54.74 33.69	1300m: 14:25.14 34.09		
	150m: 1:36.08 32.73	550m: 6:00.80 32.98	950m: 10:28.22 33.48	1350m: 14:59.43 34.29		
	200m: 2:08.98 32.90	600m: 6:34.07 33.27	1000m: 11:01.57 33.35	1400m: 15:33.33 33.90		
	250m: 2:41.92 32.94	650m: 7:07.40 33.33	1050m: 11:35.55 33.98	1450m: 16:07.20 33.87		
	300m: 3:15.12 33.20	700m: 7:40.65 33.25	1100m: 12:09.06 33.51	1500m: 16:39.66 32.46		
	350m: 3:48.23 33.11	750m: 8:13.97 33.32	1150m: 12:43.03 33.97			
	400m: 4:21.44 33.21	800m: 8:47.57 33.60	1200m: 13:16.84 33.81			
3.	Barbara Marques Rodrigues	97	Alges	17:26.35	+0,87	679
	50m: 31.40 31.40	450m: 5:08.67 34.81	850m: 9:48.79 34.86	1250m: 14:30.52 35.32		
	100m: 1:05.26 33.86	500m: 5:43.54 34.87	900m: 10:23.93 35.14	1300m: 15:06.02 35.50		
	150m: 1:39.81 34.55	550m: 6:18.59 35.05	950m: 10:58.86 34.93	1350m: 15:41.60 35.58		
	200m: 2:14.43 34.62	600m: 6:53.72 35.13	1000m: 11:34.00 35.14	1400m: 16:16.75 35.15		
	250m: 2:49.09 34.66	650m: 7:28.76 35.04	1050m: 12:09.11 35.11	1450m: 16:51.85 35.10		
	300m: 3:23.90 34.81	700m: 8:03.81 35.05	1100m: 12:44.65 35.54	1500m: 17:26.35 34.50		
	350m: 3:58.79 34.89	750m: 8:38.79 34.98	1150m: 13:19.80 35.15			
	400m: 4:33.86 35.07	800m: 9:13.93 35.14	1200m: 13:55.20 35.40			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Raquel Paulo Ranito	94	Sporting	17:32.91	+0,78	666
	50m: 31.54 31.54	450m: 5:11.99 35.14	850m: 9:54.83 35.26	1250m: 14:38.83 35.59		
	100m: 1:05.88 34.34	500m: 5:47.15 35.16	900m: 10:30.07 35.24	1300m: 15:14.11 35.28		
	150m: 1:40.86 34.98	550m: 6:22.26 35.11	950m: 11:05.50 35.43	1350m: 15:49.45 35.34		
	200m: 2:16.16 35.30	600m: 6:57.76 35.50	1000m: 11:41.10 35.60	1400m: 16:24.70 35.25		
	250m: 2:51.51 35.35	650m: 7:33.05 35.29	1050m: 12:16.68 35.58	1450m: 16:59.82 35.12		
	300m: 3:26.65 35.14	700m: 8:08.72 35.67	1100m: 12:52.40 35.72	1500m: 17:32.91 33.09		
	350m: 4:01.82 35.17	750m: 8:44.01 35.29	1150m: 13:27.66 35.26			
	400m: 4:36.85 35.03	800m: 9:19.57 35.56	1200m: 14:03.24 35.58			
5.	Maria Joao Fernandes	97	Vilacondense	17:36.47	+0,82	659
	50m: 31.47 31.47	450m: 5:08.06 34.92	850m: 9:49.58 35.30	1250m: 14:35.40 36.35		
	100m: 1:05.44 33.97	500m: 5:43.14 35.08	900m: 10:24.72 35.14	1300m: 15:11.50 36.10		
	150m: 1:39.81 34.37	550m: 6:18.45 35.31	950m: 11:00.06 35.34	1350m: 15:48.26 36.76		
	200m: 2:14.42 34.61	600m: 6:53.66 35.21	1000m: 11:35.53 35.47	1400m: 16:24.89 36.63		
	250m: 2:48.96 34.54	650m: 7:28.75 35.09	1050m: 12:11.05 35.52	1450m: 17:00.99 36.10		
	300m: 3:23.78 34.82	700m: 8:04.01 35.26	1100m: 12:47.05 36.00	1500m: 17:36.47 35.48		
	350m: 3:58.60 34.82	750m: 8:39.30 35.29	1150m: 13:23.00 35.95			
	400m: 4:33.14 34.54	800m: 9:14.28 34.98	1200m: 13:59.05 36.05			
6.	Carolina Madeira Santos	96	Naval Amorense	17:54.09	+0,90	627
	50m: 30.88 30.88	450m: 5:13.43 35.76	850m: 10:01.16 36.38	1250m: 14:53.55 36.63		
	100m: 1:04.88 34.00	500m: 5:49.34 35.91	900m: 10:37.29 36.13	1300m: 15:30.26 36.71		
	150m: 1:39.93 35.05	550m: 6:25.47 36.13	950m: 11:13.57 36.28	1350m: 16:06.25 35.99		
	200m: 2:15.11 35.18	600m: 7:01.05 35.58	1000m: 11:50.16 36.59	1400m: 16:42.48 36.23		
	250m: 2:50.77 35.66	650m: 7:37.23 36.18	1050m: 12:26.71 36.55	1450m: 17:19.19 36.71		
	300m: 3:26.18 35.41	700m: 8:13.15 35.92	1100m: 13:03.42 36.71	1500m: 17:54.09 34.90		
	350m: 4:01.66 35.48	750m: 8:49.15 36.00	1150m: 13:40.21 36.79			
	400m: 4:37.67 36.01	800m: 9:24.78 35.63	1200m: 14:16.92 36.71			
7.	Ana Silva Costa	98	Famalicao	17:55.92	+0,83	624
	50m: 31.88 31.88	450m: 5:15.15 35.98	850m: 10:04.38 35.93	1250m: 14:55.43 36.63		
	100m: 1:05.94 34.06	500m: 5:51.33 36.18	900m: 10:40.59 36.21	1300m: 15:32.57 37.14		
	150m: 1:40.99 35.05	550m: 6:27.00 35.67	950m: 11:16.18 35.59	1350m: 16:09.19 36.62		
	200m: 2:16.12 35.13	600m: 7:03.31 36.31	1000m: 11:52.93 36.75	1400m: 16:45.24 36.05		
	250m: 2:51.73 35.61	650m: 7:39.47 36.16	1050m: 12:29.06 36.13	1450m: 17:20.95 35.71		
	300m: 3:27.58 35.85	700m: 8:15.83 36.36	1100m: 13:05.36 36.30	1500m: 17:55.92 34.97		
	350m: 4:03.23 35.65	750m: 8:52.07 36.24	1150m: 13:41.91 36.55			
	400m: 4:39.17 35.94	800m: 9:28.45 36.38	1200m: 14:18.80 36.89			
8.	Daniela Teixeira Moreira	97	Belenenses	17:58.77	+0,73	619
	50m: 32.12 32.12	450m: 5:14.72 35.95	850m: 10:05.96 36.54	1250m: 14:57.46 36.39		
	100m: 1:06.21 34.09	500m: 5:50.75 36.03	900m: 10:42.66 36.70	1300m: 15:33.93 36.47		
	150m: 1:41.20 34.99	550m: 6:26.95 36.20	950m: 11:18.96 36.30	1350m: 16:10.17 36.24		
	200m: 2:16.68 35.48	600m: 7:03.33 36.38	1000m: 11:55.25 36.29	1400m: 16:46.70 36.53		
	250m: 2:52.27 35.59	650m: 7:39.99 36.66	1050m: 12:31.73 36.48	1450m: 17:23.18 36.48		
	300m: 3:27.50 35.23	700m: 8:16.41 36.42	1100m: 13:08.50 36.77	1500m: 17:58.77 35.59		
	350m: 4:03.02 35.52	750m: 8:53.12 36.71	1150m: 13:44.68 36.18			
	400m: 4:38.77 35.75	800m: 9:29.42 36.30	1200m: 14:21.07 36.39			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Madalena Amaro Machado	98	Academico Viseu	18:11.40	+0,88	598
	50m: 31.33 31.33	450m: 5:15.42 36.49	850m: 10:06.90 36.41	1250m: 15:04.74 37.90		
	100m: 1:05.23 33.90	500m: 5:51.56 36.14	900m: 10:43.94 37.04	1300m: 15:42.46 37.72		
	150m: 1:40.45 35.22	550m: 6:27.77 36.21	950m: 11:20.75 36.81	1350m: 16:20.30 37.84		
	200m: 2:15.86 35.41	600m: 7:04.03 36.26	1000m: 11:58.10 37.35	1400m: 16:57.95 37.65		
	250m: 2:51.44 35.58	650m: 7:40.78 36.75	1050m: 12:35.03 36.93	1450m: 17:35.27 37.32		
	300m: 3:27.43 35.99	700m: 8:17.49 36.71	1100m: 13:12.30 37.27	1500m: 18:11.40 36.13		
	350m: 4:03.05 35.62	750m: 8:53.96 36.47	1150m: 13:49.60 37.30			
	400m: 4:38.93 35.88	800m: 9:30.49 36.53	1200m: 14:26.84 37.24			
10.	Helena Paula Carvalho	95	Uniao Piedense	18:11.47	+0,83	598
	50m: 32.35 32.35	450m: 5:18.55 36.26	850m: 10:13.53 36.91	1250m: 15:08.77 36.87		
	100m: 1:06.81 34.46	500m: 5:55.33 36.78	900m: 10:49.46 35.93	1300m: 15:45.57 36.80		
	150m: 1:42.35 35.54	550m: 6:32.41 37.08	950m: 11:26.25 36.79	1350m: 16:22.55 36.98		
	200m: 2:17.98 35.63	600m: 7:08.94 36.53	1000m: 12:03.31 37.06	1400m: 16:59.42 36.87		
	250m: 2:53.71 35.73	650m: 7:45.75 36.81	1050m: 12:40.46 37.15	1450m: 17:35.76 36.34		
	300m: 3:29.93 36.22	700m: 8:22.74 36.99	1100m: 13:17.88 37.42	1500m: 18:11.47 35.71		
	350m: 4:06.07 36.14	750m: 8:59.48 36.74	1150m: 13:54.92 37.04			
	400m: 4:42.29 36.22	800m: 9:36.62 37.14	1200m: 14:31.90 36.98			
11.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	18:31.40	+0,92	566
	50m: 32.55 32.55	450m: 5:21.96 36.55	850m: 10:19.98 37.31	1250m: 15:21.36 38.36		
	100m: 1:07.92 35.37	500m: 5:59.02 37.06	900m: 10:57.55 37.57	1300m: 15:59.47 38.11		
	150m: 1:43.78 35.86	550m: 6:36.05 37.03	950m: 11:34.87 37.32	1350m: 16:37.86 38.39		
	200m: 2:19.77 35.99	600m: 7:13.28 37.23	1000m: 12:12.41 37.54	1400m: 17:16.56 38.70		
	250m: 2:55.84 36.07	650m: 7:50.54 37.26	1050m: 12:49.63 37.22	1450m: 17:54.44 37.88		
	300m: 3:32.34 36.50	700m: 8:28.00 37.46	1100m: 13:27.09 37.46	1500m: 18:31.40 36.96		
	350m: 4:08.93 36.59	750m: 9:05.12 37.12	1150m: 14:04.84 37.75			
	400m: 4:45.41 36.48	800m: 9:42.67 37.55	1200m: 14:43.00 38.16			

Juniores

1.	Tamila Hryhorivna Holub	99	Braga	16:11.67	+0,87	848
	<i>Rec Nacional, Abs e Jun17</i>					
	50m: 30.49 30.49	450m: 4:47.84 32.52	850m: 9:08.26 32.51	1250m: 13:29.40 32.90		
	100m: 1:02.87 32.38	500m: 5:20.40 32.56	900m: 9:40.78 32.52	1300m: 14:02.04 32.64		
	150m: 1:34.89 32.02	550m: 5:52.96 32.56	950m: 10:13.24 32.46	1350m: 14:34.73 32.69		
	200m: 2:06.73 31.84	600m: 6:25.73 32.77	1000m: 10:45.86 32.62	1400m: 15:07.46 32.73		
	250m: 2:38.71 31.98	650m: 6:58.25 32.52	1050m: 11:18.40 32.54	1450m: 15:40.14 32.68		
	300m: 3:10.91 32.20	700m: 7:30.87 32.62	1100m: 11:50.96 32.56	1500m: 16:11.67 31.53		
	350m: 3:43.10 32.19	750m: 8:03.43 32.56	1150m: 12:23.77 32.81			
	400m: 4:15.32 32.22	800m: 8:35.75 32.32	1200m: 12:56.50 32.73			
2.	Beatriz Paulo Ranito	99	Sporting	17:14.50	+0,80	702
	50m: 30.96 30.96	450m: 5:02.87 33.95	850m: 9:38.40 34.64	1250m: 14:19.24 34.92		
	100m: 1:04.20 33.24	500m: 5:37.21 34.34	900m: 10:13.33 34.93	1300m: 14:54.63 35.39		
	150m: 1:38.17 33.97	550m: 6:11.63 34.42	950m: 10:48.05 34.72	1350m: 15:30.00 35.37		
	200m: 2:12.14 33.97	600m: 6:45.96 34.33	1000m: 11:23.18 35.13	1400m: 16:05.24 35.24		
	250m: 2:46.21 34.07	650m: 7:20.39 34.43	1050m: 11:58.26 35.08	1450m: 16:40.30 35.06		
	300m: 3:20.24 34.03	700m: 7:54.66 34.27	1100m: 12:33.42 35.16	1500m: 17:14.50 34.20		
	350m: 3:54.67 34.43	750m: 8:29.02 34.36	1150m: 13:08.84 35.42			
	400m: 4:28.92 34.25	800m: 9:03.76 34.74	1200m: 13:44.32 35.48			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:35.43	+0.99	661
	50m: 31.81 31.81	450m: 5:09.35 35.26	850m: 9:52.71 35.97	1250m: 14:37.44 35.95		
	100m: 1:05.84 34.03	500m: 5:44.85 35.50	900m: 10:28.69 35.98	1300m: 15:13.17 35.73		
	150m: 1:40.05 34.21	550m: 6:20.60 35.75	950m: 11:03.77 35.08	1350m: 15:49.20 36.03		
	200m: 2:14.38 34.33	600m: 6:55.77 35.17	1000m: 11:39.55 35.78	1400m: 16:25.26 36.06		
	250m: 2:49.14 34.76	650m: 7:30.97 35.20	1050m: 12:15.01 35.46	1450m: 17:00.85 35.59		
	300m: 3:23.96 34.82	700m: 8:06.36 35.39	1100m: 12:50.82 35.81	1500m: 17:35.43 34.58		
	350m: 3:59.33 35.37	750m: 8:41.76 35.40	1150m: 13:26.47 35.65			
	400m: 4:34.09 34.76	800m: 9:16.74 34.98	1200m: 14:01.49 35.02			
4.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:43.16	+0.96	647
	50m: 32.41 32.41	450m: 5:15.99 35.42	850m: 9:58.50 35.30	1250m: 14:44.31 36.02		
	100m: 1:07.06 34.65	500m: 5:51.41 35.42	900m: 10:33.92 35.42	1300m: 15:20.43 36.12		
	150m: 1:42.31 35.25	550m: 6:26.84 35.43	950m: 11:09.43 35.51	1350m: 15:56.39 35.96		
	200m: 2:17.99 35.68	600m: 7:02.00 35.16	1000m: 11:45.14 35.71	1400m: 16:32.28 35.89		
	250m: 2:53.66 35.67	650m: 7:37.28 35.28	1050m: 12:20.78 35.64	1450m: 17:07.87 35.59		
	300m: 3:29.24 35.58	700m: 8:12.42 35.14	1100m: 12:56.63 35.85	1500m: 17:43.16 35.29		
	350m: 4:04.96 35.72	750m: 8:47.74 35.32	1150m: 13:32.31 35.68			
	400m: 4:40.57 35.61	800m: 9:23.20 35.46	1200m: 14:08.29 35.98			
5.	Rafaela Araujo Silva	00	Famalicao	17:49.03	+0.90	636
	50m: 31.55 31.55	450m: 5:14.93 35.83	850m: 9:59.64 35.36	1250m: 14:47.75 36.55		
	100m: 1:05.94 34.39	500m: 5:50.63 35.70	900m: 10:35.25 35.61	1300m: 15:23.97 36.22		
	150m: 1:41.34 35.40	550m: 6:26.35 35.72	950m: 11:10.97 35.72	1350m: 16:00.54 36.57		
	200m: 2:16.68 35.34	600m: 7:01.94 35.59	1000m: 11:46.60 35.63	1400m: 16:36.92 36.38		
	250m: 2:52.17 35.49	650m: 7:38.01 36.07	1050m: 12:22.67 36.07	1450m: 17:13.29 36.37		
	300m: 3:27.50 35.33	700m: 8:13.82 35.81	1100m: 12:58.76 36.09	1500m: 17:49.03 35.74		
	350m: 4:03.30 35.80	750m: 8:49.15 35.33	1150m: 13:35.03 36.27			
	400m: 4:39.10 35.80	800m: 9:24.28 35.13	1200m: 14:11.20 36.17			
6.	Maria Beatriz Dias	99	Scalabiswim	17:51.39	+0.78	632
	50m: 32.15 32.15	450m: 5:14.43 35.78	850m: 10:01.14 35.80	1250m: 14:50.69 36.54		
	100m: 1:06.54 34.39	500m: 5:50.11 35.68	900m: 10:36.84 35.70	1300m: 15:27.50 36.81		
	150m: 1:41.46 34.92	550m: 6:25.75 35.64	950m: 11:12.95 36.11	1350m: 16:03.72 36.22		
	200m: 2:16.70 35.24	600m: 7:01.45 35.70	1000m: 11:49.02 36.07	1400m: 16:39.99 36.27		
	250m: 2:52.22 35.52	650m: 7:37.67 36.22	1050m: 12:25.41 36.39	1450m: 17:16.14 36.15		
	300m: 3:27.64 35.42	700m: 8:13.73 36.06	1100m: 13:01.71 36.30	1500m: 17:51.39 35.25		
	350m: 4:03.24 35.60	750m: 8:49.73 36.00	1150m: 13:38.04 36.33			
	400m: 4:38.65 35.41	800m: 9:25.34 35.61	1200m: 14:14.15 36.11			
7.	Ines Figueira Santos	00	Uniao Piedense	17:57.21	+0.93	622
	50m: 32.96 32.96	450m: 5:20.76 36.15	850m: 10:09.70 36.23	1250m: 14:59.19 36.01		
	100m: 1:08.60 35.64	500m: 5:56.74 35.98	900m: 10:46.09 36.39	1300m: 15:35.49 36.30		
	150m: 1:44.46 35.86	550m: 6:32.96 36.22	950m: 11:22.05 35.96	1350m: 16:11.52 36.03		
	200m: 2:20.73 36.27	600m: 7:08.89 35.93	1000m: 11:58.28 36.23	1400m: 16:47.47 35.95		
	250m: 2:56.88 36.15	650m: 7:44.99 36.10	1050m: 12:34.33 36.05	1450m: 17:23.14 35.67		
	300m: 3:32.82 35.94	700m: 8:21.10 36.11	1100m: 13:10.56 36.23	1500m: 17:57.21 34.07		
	350m: 4:08.66 35.84	750m: 8:57.24 36.14	1150m: 13:46.91 36.35			
	400m: 4:44.61 35.95	800m: 9:33.47 36.23	1200m: 14:23.18 36.27			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome			Ano	Clube		Tempo Final			TReac	Pts	
8.	Eliana Dirce Lourenco			00	Galitos/Bresimar		18:00.09			+0,81	617	
	50m:	32.31	32.31	450m:	5:20.45	36.15	850m:	10:08.48	36.63	1250m:	15:00.91	36.86
	100m:	1:07.59	35.28	500m:	5:56.57	36.12	900m:	10:44.73	36.25	1300m:	15:37.62	36.71
	150m:	1:43.63	36.04	550m:	6:32.40	35.83	950m:	11:21.10	36.37	1350m:	16:13.64	36.02
	200m:	2:19.88	36.25	600m:	7:08.29	35.89	1000m:	11:57.31	36.21	1400m:	16:49.60	35.96
	250m:	2:56.04	36.16	650m:	7:44.08	35.79	1050m:	12:34.26	36.95	1450m:	17:26.19	36.59
	300m:	3:32.42	36.38	700m:	8:20.04	35.96	1100m:	13:10.55	36.29	1500m:	18:00.09	33.90
	350m:	4:08.57	36.15	750m:	8:56.05	36.01	1150m:	13:47.39	36.84			
	400m:	4:44.30	35.73	800m:	9:31.85	35.80	1200m:	14:24.05	36.66			
9.	Beatriz Barros Carmo			99	Alges		18:03.34			+0,78	611	
	50m:	31.65	31.65	450m:	5:18.29	36.03	850m:	10:05.79	36.18	1250m:	14:58.31	36.87
	100m:	1:06.63	34.98	500m:	5:54.24	35.95	900m:	10:41.91	36.12	1300m:	15:35.27	36.96
	150m:	1:42.18	35.55	550m:	6:29.77	35.53	950m:	11:18.34	36.43	1350m:	16:12.20	36.93
	200m:	2:18.07	35.89	600m:	7:05.86	36.09	1000m:	11:54.92	36.58	1400m:	16:49.52	37.32
	250m:	2:53.74	35.67	650m:	7:41.73	35.87	1050m:	12:31.40	36.48	1450m:	17:26.55	37.03
	300m:	3:30.12	36.38	700m:	8:17.92	36.19	1100m:	13:08.18	36.78	1500m:	18:03.34	36.79
	350m:	4:06.16	36.04	750m:	8:53.55	35.63	1150m:	13:44.61	36.43			
	400m:	4:42.26	36.10	800m:	9:29.61	36.06	1200m:	14:21.44	36.83			
10.	Mariana Pinto Angelo			99	Academica de Coimbra		18:11.44			+0,73	598	
	50m:	32.74	32.74	450m:	5:20.08	36.22	850m:	10:12.04	36.57	1250m:	15:07.18	36.67
	100m:	1:07.86	35.12	500m:	5:56.30	36.22	900m:	10:48.74	36.70	1300m:	15:44.27	37.09
	150m:	1:43.68	35.82	550m:	6:32.63	36.33	950m:	11:25.61	36.87	1350m:	16:21.66	37.39
	200m:	2:19.75	36.07	600m:	7:09.13	36.50	1000m:	12:02.64	37.03	1400m:	16:58.67	37.01
	250m:	2:55.75	36.00	650m:	7:45.59	36.46	1050m:	12:39.27	36.63	1450m:	17:35.68	37.01
	300m:	3:31.84	36.09	700m:	8:22.37	36.78	1100m:	13:16.09	36.82	1500m:	18:11.44	35.76
	350m:	4:07.99	36.15	750m:	8:59.13	36.76	1150m:	13:53.39	37.30			
	400m:	4:43.86	35.87	800m:	9:35.47	36.34	1200m:	14:30.51	37.12			

Prova 13
11-12-2015 - 17:30

Femin., 4 x 50m Livres

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC_A-JUNF(estafetas) Jun: 1:52.38 / TAC_A-SENF(estafetas) Sen: 1:51.27

Pontos: FINA 2015

Lugar	Clube				Tempo Final	TReac	Pts	
Seniores								
1.	Porto-SEN				Porto	1:46.86	+0,66	685
	Adriana Daniela Castro	97	+0,66	27.02	Sara Freitas Oliveira	85	+0,34	26.77
	Rosa Maria Oliveira	96	+0,34	26.73	Diana Margarida Duraes	96	+0,38	26.34
2.	Belenenses-SEN				Belenenses	1:48.47	+0,70	655
	Rita Teixeira Costa	97	+0,70	27.78	Lisa Marisa Soares	95	+0,14	26.67
	Jessica Teixeira Vieira	91	+0,16	26.07	Daniela Teixeira Moreira	97	+0,56	27.95
3.	Fluvial Portuense-SEN				Fluvial Portuense	1:50.89	+0,84	613
	Patricia Isabel Oliveira	94	+0,84	28.45	Vania Soares Neves	90	+0,36	27.88
	Francisca Santos Pereira	98	+0,54	27.78	Angelica Maria Andre	94	+0,30	26.78

Prova 13, Femin., 4 x 50m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
4.	Vilacondense-SEN	1:51.89	+0,86	597
	<i>FTL</i>			
	Ana Filipa Gomes	96	+0,86	28.36
	Ana Catarina Monteiro	93	+0,18	27.24
	Maria Joao Fernandes	97	+0,51	28.84
	Bruna Figueiro Coentrao	93	+0,18	27.45

Juniores

1.	Uniao Piedense-JUN	Uniao Piedense			1:52.43	+0,84	588	
	FTL							
	Sofia Isabel Gouveia	00	+0,84	27.57	Filipa Carreira Alves	99	+0,51	27.42
	Ines Figueira Santos	00	+0,59	28.31	Ines Vieira Almeida	99	+0,33	29.13
2.	Porto-JUN	Porto			1:52.57	+0,79	586	
	FTL							
	Ana Rita Faria	00	+0,79	27.64	Mafalda Malafaia Oliveira	99	+0,28	29.76
	Marta Alexandra Canedo	00	+0,49	28.38	Maria Francisca Cabral	00	+0,56	26.79
3.	Sporting-JUN	Sporting			1:52.82	+0,80	582	
	FTL							
	Beatriz Paulo Ranito	99	+0,80	28.56	Maria Ana Monge	99	+0,33	28.08
	Mariana Silva Ramos	00	+0,07	28.73	Catarina Martins Mestre	00	+0,52	27.45
4.	Desportivo Nacional-JUN	Desportivo Nacional			1:52.88	+1,72	581	
	FTL							
	Laura Catarina Abreu	00	+1,72	27.82	Beatriz Jong Rosa	00	+0,44	27.86
	Vera Ines Aguilar	00	+0,15	27.36	Madalena Melim Doria	00	+0,40	29.84
5.	Belenenses-JUN	Belenenses			1:52.92	+0,76	581	
	FTL							
	Margarida Sobral Pimenta	99	+0,76	28.33	Ana Oliveira Silva	99	+0,44	28.97
	Laura Sanchez Rodrigues	00	+0,30	26.57	Margarida Rito Reis	00	+0,27	29.05

Prova 14 Masc., 4 x 50m Livres 17 anos e mais velhos
11-12-2015 - 17:30 Resultados

Recordes Nacionais 25m Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:35.76	Futebol Clube do Porto/Imperio Bonifacio	FCP	Felgueiras	24-11-2006
Recordes Nacionais 25m Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC_A-JUNM(estafetas) Jun: 1:39.93 / TAC_A-SENM(estafetas) Sen: 1:38.94

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1.	Estrelas S. Joao de Brito-SEN	1:31.09	+0,68	745
	Joao Silva Gigante 88 +0,68 22.80	Pedro Diogo Oliveira 88 +0,38 22.97		
	Artiom Viatcheslavovitch Poliakov 93 +0,41 23.25	Miguel Duarte Nascimento 95 +0,41 22.07		
2.	Sporting-SEN	1:31.69	+0,77	731
	Igor Araujo Mogne 96 +0,77 23.34	Alexandre Lages Ribas 97 +0,28 23.45		
	Guilherme Pereira Dias 97 +0,64 23.07	Alexis Manacas Santos 92 +0,31 21.83		
3.	Porto-SEN	1:32.30	+0,63	716
	Joao Miguel Ascensao 97 +0,63 22.91	Gil Goncalves Pinto 88 +0,25 23.79		
	Tomas Correia Silva 95 +0,22 22.71	Carlos Filipe Santos 91 +0,04 22.89		
4.	Benfica-SEN	1:32.39	+0,65	714
	Luiz Pedro Pereira 91 +0,65 22.77	Rodrigo Pereira Lopes 95 +0,46 23.26		
	Guilherme Miguel Teixeira 97 +0,43 23.35	Joao Duarte Santos 95 +0,40 23.01		
5.	Nautico /Urgicentro-Sanfil-SEN	1:34.71	+0,62	663
	Mario Alexandre Pereira 92 +0,62 22.84	Francisco Xavier Goncalves 97 +0,27 23.76		
	Joao Pedro Almeida 92 +0,28 23.78	Joao Ricardo Silva 97 +0,34 24.33		
6.	Belenenses-SEN	1:35.01	+0,68	657
	Bruno Miguel Ramos 97 +0,68 23.39	Diogo Carrasco Correia 95 -0,01 23.67		
	Fabio Andre Figueira 88 +0,31 23.42	Andre Bras Goncalves 88 +0,33 24.53		
7.	Uniao Piedense-SEN	1:35.21	+0,79	652
	Goncalo Filipe Gregorio 93 +0,79 24.23	Vasco Miguel Gaspar 90 +0,41 23.97		
	David Miguel Leiria 93 +0,35 22.77	Rafael Lourenco Gil 96 +0,49 24.24		
8.	Vilacondense-SEN	1:37.50	+0,66	608
	Paulo Andre Silva 96 +0,66 24.56	Filipe Carmo Ramos 97 +0,33 24.26		
	Ruben Jose Morim 97 +1,55 23.70	Diogo Carmo Ramos 93 +0,26 24.98		
9.	Foca-SEN	1:37.89	+0,71	600
	Ricardo David Silva 97 +0,71 24.94	Ivo Pinto Ribeiro 97 +0,01 24.01		
	Marcelo Jose Pinto 94 +0,28 24.60	Rui Filipe Costa 91 +0,38 24.34		
10.	Academica de Coimbra-SEN	1:38.35	+0,81	592
	Joao Filipe Lucas 94 +0,81 24.72	Joao Andre Neves 95 +0,28 24.81		
	Illya Yelistratkin 96 +0,38 24.43	Jose Antonio Forte 95 +0,16 24.39		
11.	Leixoes-SEN	1:38.79	+0,79	584
	Diogo Fontes Moreira 93 +0,79 24.63	Bruno Daniel Monteiro 88 +0,18 25.12		
	Joao Pedro Neves 93 +0,42 24.95	Andre Goncalo Santos 97 +0,44 24.09		

Prova 14, Masc., 4 x 50m Livres

Juniores

1. Porto-JUN	Porto						1:38.38	+0,82	591
Tiago Silva Soares	99	+0,82	24.49	Luis Filipe Soares	98	+0,16	24.67		
Pedro Goncalves Neto	98	+0,63	24.88	Diogo Miguel Costa	98	+0,25	24.34		
2. Uniao Piedense-JUN	Uniao Piedense						1:39.49	+0,69	572
Joao Daniel Machado	99	+0,69	24.93	Jose Paula Carvalho	98	+0,41	24.41		
Afonso Calais Queiroga	98	+0,45	24.88	Diogo Rodrigues Freitas	98	+0,37	25.27		
3. Belenenses-JUN	Belenenses						1:39.57	+0,71	570
Filipe Miguel Silveira	98	+0,71	25.15	Joao Esteves Padrela	99	+0,47	25.45		
Steve Alexandre Soares	98	+0,27	23.81	Pedro Trindade Silva	98	+0,59	25.16		
4. Natacao de Valongo-JUN	Natacao de Valongo						1:40.38	+0,81	557
FTL									
Humberto Fernandes Felgueiras	98	+0,81	25.49	Afonso Ribeiro Couto	99	+0,15	24.75		
Nuno Henrique Guimaraes	99	+0,32	24.76	Pedro Nuno Vieira	98	+0,19	25.38		
5. Torres Novas-JUN	Torres Novas						1:40.42	+0,65	556
FTL									
Marco Andre Miguel	99	+0,65	24.88	Dario Fausto Matias	98	+0,69	25.99		
Joao Paulo Lopes	98	+0,32	25.19	Afonso Guilherme Rosa	99	+0,25	24.36		

DNS Sporting-JUN

Sporting

Prova 10

Femin., 400m Estilos

16 anos e mais velhos

11-12-2015 - 17:40

Resultados

Recordes Nacionais 25m Absoluto	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Jun16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015

TAC_B-JUNF Jun: 5:33.85 / TAC_B-SENF Sen: 5:22.53

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Victoria Kaminskaya <i>Rec Nacional, Sen e Abs</i>	95	Estrelas S. Joao de Brito	4:37.41	+0,73	821
	50m: 29.44 29.44	150m: 1:38.05 35.36	250m: 2:52.19 38.69	350m: 4:04.64 33.13		
	100m: 1:02.69 33.25	200m: 2:13.50 35.45	300m: 3:31.51 39.32	400m: 4:37.41 32.77		
2.	Sofia Machado Dionisio	98	Sporting	5:02.74	+0,84	632
	50m: 32.44 32.44	150m: 1:46.37 37.91	250m: 3:07.65 42.84	350m: 4:27.26 36.27		
	100m: 1:08.46 36.02	200m: 2:24.81 38.44	300m: 3:50.99 43.34	400m: 5:02.74 35.48		
3.	Rita Teixeira Costa	97	Belenenses	5:04.72	+0,70	620
	50m: 32.06 32.06	150m: 1:47.93 38.70	250m: 3:10.01 44.32	350m: 4:29.69 35.63		
	100m: 1:09.23 37.17	200m: 2:25.69 37.76	300m: 3:54.06 44.05	400m: 5:04.72 35.03		
4.	Raquel Paulo Ranito	94	Sporting	5:08.14	+0,79	599
	50m: 32.12 32.12	150m: 1:48.38 39.19	250m: 3:12.62 44.72	350m: 4:33.72 35.97		
	100m: 1:09.19 37.07	200m: 2:27.90 39.52	300m: 3:57.75 45.13	400m: 5:08.14 34.42		

Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:10.24	+0,72	587
	50m: 33.47 33.47 150m: 1:49.98 38.82 250m: 3:12.47 43.92 350m: 4:33.90 36.96					
	100m: 1:11.16 37.69 200m: 2:28.55 38.57 300m: 3:56.94 44.47 400m: 5:10.24 36.34					
6.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:18.30	+0,77	544
	50m: 32.75 32.75 150m: 1:51.83 41.21 250m: 3:20.15 47.73 350m: 4:42.85 35.84					
	100m: 1:10.62 37.87 200m: 2:32.42 40.59 300m: 4:07.01 46.86 400m: 5:18.30 35.45					
DNS	Rute Margarida Marques	94	Amadora			
WDR	Ana Catarina Monteiro	93	Vilacondense			

Juniores

1.	Madalena Gomes Azevedo	99	Alges	4:53.44	+0,73	694
	50m: 30.62 30.62 150m: 1:43.64 37.45 250m: 3:02.86 41.38 350m: 4:20.24 33.72					
	100m: 1:06.19 35.57 200m: 2:21.48 37.84 300m: 3:46.52 43.66 400m: 4:53.44 33.20					
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:55.58	+0,91	679
	50m: 31.75 31.75 150m: 1:45.08 37.87 250m: 3:05.49 43.31 350m: 4:22.18 33.81					
	100m: 1:07.21 35.46 200m: 2:22.18 37.10 300m: 3:48.37 42.88 400m: 4:55.58 33.40					
3.	Rita Costa Amador	99	Galitos/Bresimar	4:57.59	+0,74	665
	50m: 31.55 31.55 150m: 1:46.85 38.01 250m: 3:07.01 42.77 350m: 4:24.15 33.90					
	100m: 1:08.84 37.29 200m: 2:24.24 37.39 300m: 3:50.25 43.24 400m: 4:57.59 33.44					
4.	Ana Beatriz Martins	99	Famalicao	4:58.42	+0,82	660
	50m: 32.09 32.09 150m: 1:48.19 39.45 250m: 3:09.02 42.67 350m: 4:25.67 34.30					
	100m: 1:08.74 36.65 200m: 2:26.35 38.16 300m: 3:51.37 42.35 400m: 4:58.42 32.75					
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:07.36	+0,76	604
	50m: 32.07 32.07 150m: 1:49.17 40.11 250m: 3:12.22 43.97 350m: 4:33.31 35.81					
	100m: 1:09.06 36.99 200m: 2:28.25 39.08 300m: 3:57.50 45.28 400m: 5:07.36 34.05					
6.	Ines Rocha Silva	00	Alcobaca	5:12.06	+0,76	577
	50m: 33.28 33.28 150m: 1:51.55 39.44 250m: 3:14.17 44.10 350m: 4:34.96 37.23					
	100m: 1:12.11 38.83 200m: 2:30.07 38.52 300m: 3:57.73 43.56 400m: 5:12.06 37.10					
7.	Beatriz Lopes Pinto	99	Academica de Coimbra	5:14.46	+0,85	564
	50m: 33.15 33.15 150m: 1:51.25 40.13 250m: 3:15.77 44.73 350m: 4:38.61 36.60					
	100m: 1:11.12 37.97 200m: 2:31.04 39.79 300m: 4:02.01 46.24 400m: 5:14.46 35.85					
8.	Ana Miguel Pinto	99	Viana Natacao	5:20.37	+0,91	533
	50m: 33.21 33.21 150m: 1:53.18 41.28 250m: 3:20.15 46.23 350m: 4:43.52 37.49					
	100m: 1:11.90 38.69 200m: 2:33.92 40.74 300m: 4:06.03 45.88 400m: 5:20.37 36.85					
9.	Margarida Valente Orrico	00	Uniao Piedense	5:26.21	+0,86	505
	50m: 33.65 33.65 150m: 1:56.23 43.74 250m: 3:27.26 48.70 350m: 4:52.25 37.26					
	100m: 1:12.49 38.84 200m: 2:38.56 42.33 300m: 4:14.99 47.73 400m: 5:26.21 33.96					

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DSQ	Helena Neto Costa	00	Aquatico Pacense			
, 613 - Não efectuou a viragem aos 150 m logo após terminar movimento continuo dos braços - SW 6.4						

Prova 11 Masc., 400m Estilos 17 anos e mais velhos
11-12-2015 - 17:50 Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19-12-2014
Recordes Nacionais 25m Jun18	4:20.95	Adriano Miguel Niz	POR	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009

TAC_B-JUNM Jun: 4:49.19 / TAC_B-SENM Sen: 4:38.13

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	4:09.39	+0,72	842
	50m: 25.76 25.76	150m: 1:28.35 32.40	250m: 2:33.73 34.01	350m: 3:39.49 30.56		
	100m: 55.95 30.19	200m: 1:59.72 31.37	300m: 3:08.93 35.20	400m: 4:09.39 29.90		
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:21.53	+0,66	730
	50m: 27.04 27.04	150m: 1:32.22 33.49	250m: 2:41.66 36.31	350m: 3:50.58 31.94		
	100m: 58.73 31.69	200m: 2:05.35 33.13	300m: 3:18.64 36.98	400m: 4:21.53 30.95		
3.	Bruno Miguel Ramos	97	Belenenses	4:26.13	+0,72	692
	50m: 27.71 27.71	150m: 1:33.01 33.42	250m: 2:45.21 37.92	350m: 3:55.35 31.73		
	100m: 59.59 31.88	200m: 2:07.29 34.28	300m: 3:23.62 38.41	400m: 4:26.13 30.78		
4.	Andre Bras Goncalves	88	Belenenses	4:28.62	+0,74	673
	50m: 28.77 28.77	150m: 1:36.04 34.23	250m: 2:49.21 38.82	350m: 3:58.75 31.38		
	100m: 1:01.81 33.04	200m: 2:10.39 34.35	300m: 3:27.37 38.16	400m: 4:28.62 29.87		
5.	Nuno Rafael Alves	90	Vilacondense	4:34.77	+0,71	629
	50m: 29.10 29.10	150m: 1:39.19 36.39	250m: 2:53.10 38.08	350m: 4:02.18 31.81		
	100m: 1:02.80 33.70	200m: 2:15.02 35.83	300m: 3:30.37 37.27	400m: 4:34.77 32.59		
6.	Joao Mota Correia	97	Benfica	4:36.58	+0,77	617
	50m: 28.41 28.41	150m: 1:37.89 35.98	250m: 2:52.82 40.05	350m: 4:05.22 32.90		
	100m: 1:01.91 33.50	200m: 2:12.77 34.88	300m: 3:32.32 39.50	400m: 4:36.58 31.36		
7.	Joao Carlos Santos	96	Uniao Piedense	4:37.57	+0,69	610
	50m: 31.00 31.00	150m: 1:41.53 36.01	250m: 2:56.78 40.05	350m: 4:07.73 31.32		
	100m: 1:05.52 34.52	200m: 2:16.73 35.20	300m: 3:36.41 39.63	400m: 4:37.57 29.84		
8.	Rafael Filipe Nunes	96	Naval Amorense	4:40.01	+0,67	594
	FTL					
	50m: 29.22 29.22	150m: 1:39.29 36.41	250m: 2:55.88 40.50	350m: 4:09.04 32.46		
	100m: 1:02.88 33.66	200m: 2:15.38 36.09	300m: 3:36.58 40.70	400m: 4:40.01 30.97		

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DSQ	Pedro Barros Mendes , 403 - Falsa partida - SW 4.4	94	Academica de Coimbra			
WDR	Pedro Miguel Pinotes	89	Sporting			
WDR	Alexis Manacas Santos	92	Sporting			
WDR	Jose Ricardo Sousa	97	Lousada SXXI			

Juniores

1.	Joao Alexandre Vital	98	Sporting	4:11.20	+0,61	823
	<i>Rec Nacional, Jun 18</i>					
	50m: 27.19 27.19	150m: 1:28.87 31.43	250m: 2:35.77 35.83	350m: 3:41.85 30.06		
	100m: 57.44 30.25	200m: 1:59.94 31.07	300m: 3:11.79 36.02	400m: 4:11.20 29.35		
2.	Hugo Pon	98	Alges	4:29.53	+0,69	667
	50m: 28.56 28.56	150m: 1:36.52 35.24	250m: 2:49.07 37.39	350m: 3:58.71 31.74		
	100m: 1:01.28 32.72	200m: 2:11.68 35.16	300m: 3:26.97 37.90	400m: 4:29.53 30.82		
3.	Andre Magalhaes Moura	98	Academico Viseu	4:30.40	+0,70	660
	50m: 28.63 28.63	150m: 1:37.71 35.60	250m: 2:49.73 36.28	350m: 3:59.45 31.71		
	100m: 1:02.11 33.48	200m: 2:13.45 35.74	300m: 3:27.74 38.01	400m: 4:30.40 30.95		
4.	Joao Pedro Gomes	99	Miranda do Corvo	4:41.09	+0,70	588
	50m: 29.47 29.47	150m: 1:39.58 35.77	250m: 2:54.95 40.00	350m: 4:09.59 33.79		
	100m: 1:03.81 34.34	200m: 2:14.95 35.37	300m: 3:35.80 40.85	400m: 4:41.09 31.50		
5.	Jose Pedro Sampaio	98	Foca	4:41.81	+0,76	583
	50m: 29.13 29.13	150m: 1:37.39 34.55	250m: 2:51.99 40.07	350m: 4:08.14 34.29		
	100m: 1:02.84 33.71	200m: 2:11.92 34.53	300m: 3:33.85 41.86	400m: 4:41.81 33.67		
6.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:42.27	+0,73	580
	50m: 29.61 29.61	150m: 1:42.04 37.71	250m: 2:58.52 40.21	350m: 4:11.19 31.53		
	100m: 1:04.33 34.72	200m: 2:18.31 36.27	300m: 3:39.66 41.14	400m: 4:42.27 31.08		
7.	Luis Carlos Almeida	98	Aquatico Pacense	4:44.20	+0,74	568
	50m: 29.39 29.39	150m: 1:40.01 37.25	250m: 2:57.49 40.95	350m: 4:11.88 32.45		
	100m: 1:02.76 33.37	200m: 2:16.54 36.53	300m: 3:39.43 41.94	400m: 4:44.20 32.32		
8.	Diogo Vicente Silva	98	Nautico Marinha Grande	4:44.56	+0,74	566
	50m: 29.65 29.65	150m: 1:40.04 35.62	250m: 2:55.90 40.37	350m: 4:11.56 34.14		
	100m: 1:04.42 34.77	200m: 2:15.53 35.49	300m: 3:37.42 41.52	400m: 4:44.56 33.00		
9.	Tiago Douwens Paula	99	Sporting	4:46.89	+0,80	553
	50m: 30.99 30.99	150m: 1:42.73 35.51	250m: 2:59.73 41.06	350m: 4:14.72 32.40		
	100m: 1:07.22 36.23	200m: 2:18.67 35.94	300m: 3:42.32 42.59	400m: 4:46.89 32.17		
10.	Daniel Silva Bessa	99	Aquatico Pacense	4:52.03	+0,83	524
	<i>FTL</i>					
	50m: 30.99 30.99	150m: 1:43.96 38.74	250m: 3:02.43 40.60	350m: 4:17.98 34.85		
	100m: 1:05.22 34.23	200m: 2:21.83 37.87	300m: 3:43.13 40.70	400m: 4:52.03 34.05		

DSQ Antonio Fernando Pinto 99 Lousada SXXI
724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6

Prova 4 Femin., 100m Livres 16 anos e mais velhos
11-12-2015 - 17:55 Resultados Final

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun17	56.54	Diana Margarida Duraes	FCP	Porto	07-12-2012
Recordes Nacionais 25m Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 1:02.14 / TAC_B-SENF Sen: 1:00.24

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	55.64	+0,69	770
	50m: 26.70 26.70	100m:	55.64 28.94			
2.	Diana Margarida Duraes	96	Porto	55.90	+0,70	759
	50m: 27.13 27.13	100m:	55.90 28.77			
3.	Ana Sofia Leite	93	Ginasio de Vila Real	56.16	+0,64	749
	50m: 26.63 26.63	100m:	56.16 29.53			
4.	Rita Barros Frischknecht	98	Alges	57.08	+0,67	713
	50m: 27.51 27.51	100m:	57.08 29.57			
5.	Jessica Teixeira Vieira	91	Belenenses	57.43	+0,67	700
	50m: 27.44 27.44	100m:	57.43 29.99			
6.	Catarina Maria Ferreira	98	Desportiva de Viana	57.89	+0,71	684
	50m: 27.30 27.30	100m:	57.89 30.59			
7.	Soraia Vanessa Ribeiro	92	Individual ANNP	58.42	+0,84	665
	50m: 27.97 27.97	100m:	58.42 30.45			
8.	Ana Sofia Nobrega	90	Ginasio de Vila Real	58.75	+0,80	654
	50m: 28.36 28.36	100m:	58.75 30.39			

Juniores

Final						
1.	Maria Francisca Cabral	00	Porto	57.88	+0,75	684
	50m: 28.44 28.44	100m:	57.88 29.44			
2.	Ana Beatriz Fonseca	99	Academica de Coimbra	59.00	+0,73	646
	50m: 28.70 28.70	100m:	59.00 30.30			
3.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	59.29	+0,71	636
	50m: 28.84 28.84	100m:	59.29 30.45			
4.	Sofia Alexandra Nunes	00	Laranjeiro	59.31	+0,80	636
	50m: 28.34 28.34	100m:	59.31 30.97			
5.	Laura Sanchez Rodrigues	00	Belenenses	59.32	+0,69	635
	50m: 28.64 28.64	100m:	59.32 30.68			
6.	Ana Rita Faria	00	Porto	59.71	+0,80	623
	50m: 28.99 28.99	100m:	59.71 30.72			

Prova 4, Femin., 100m Livres, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Beatriz Barros Carmo	99	Alges	1:00.26	+0,70	606
	50m: 28.92 28.92	100m: 1:00.26	31.34			
8.	Ines Figueira Santos	00	Uniao Piedense	1:00.76	+0,86	591
	50m: 29.64 29.64	100m: 1:00.76	31.12			

Prova 5

Masc., 100m Livres

17 anos e mais velhos

11-12-2015 - 18:00

Resultados Final

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier Agostinho		Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	49.87	Tiago Andre Venancio	CNS	estoril	14-02-2004
Recordes Nacionais 25m Jun18	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	47.64	Alexandre Escudier Agostinho	POR	Istambul (TUR)	11-12-2009

TAC_B-JUNM Jun: 53.88 / TAC_B-SENM Sen: 51.18

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	49.13	+0,65	765
	50m: 23.73 23.73	100m: 49.13	25.40			
2.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	49.53	+0,67	746
	50m: 23.53 23.53	100m: 49.53	26.00			
3.	Tomas Correia Silva	95	Porto	49.85	+0,68	732
	50m: 24.07 24.07	100m: 49.85	25.78			
4.	Igor Araujo Mogne	96	Sporting	50.03	+0,74	724
	50m: 24.05 24.05	100m: 50.03	25.98			
5.	Joao Miguel Ascensao	97	Porto	50.91	+0,66	687
	50m: 24.44 24.44	100m: 50.91	26.47			
6.	Guilherme Pereira Dias	97	Sporting	51.04	+0,71	682
	50m: 24.76 24.76	100m: 51.04	26.28			
7.	Fabio Andre Figueira FTL	88	Belenenses	51.53	+0,73	663
	50m: 24.90 24.90	100m: 51.53	26.63			
8.	Artiom Viatcheslavovitch Poliakov FTL	93	Estrelas S. Joao de Brito	52.87	+0,62	614
	50m: 24.33 24.33	100m: 52.87	28.54			

Prova 5, Masc., 100m Livres, Final

Juniores

Final

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	51.52	+0,64	663
	50m: 24.97 24.97	100m: 51.52 26.55				
2.	Francisco Carvalho Machado	98	Alges	51.95	+0,65	647
	50m: 25.09 25.09	100m: 51.95 26.86				
3.	Tiago Silva Soares	99	Porto	52.01	+0,83	645
	50m: 25.17 25.17	100m: 52.01 26.84				
4.	Francisco Rogerio Santos	98	Benedita	52.17	+0,78	639
	50m: 24.90 24.90	100m: 52.17 27.27				
5.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	52.18	+0,71	638
	50m: 25.62 25.62	100m: 52.18 26.56				
6.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	52.51	+0,80	626
	50m: 25.45 25.45	100m: 52.51 27.06				
7.	Guilherme Assis Ramos	98	Sporting	53.01	+0,71	609
	50m: 25.55 25.55	100m: 53.01 27.46				
8.	Miguel Camara Gomes	99	Naval do Funchal	53.06	+0,70	607
	50m: 25.87 25.87	100m: 53.06 27.19				

Prova 6

11-12-2015 - 18:05

Femin., 50m Costas

16 anos e mais velhos

Resultados Final

Recordes Nacionais 25m Absoluto	28.07	Ana Sofia Leite	GCVR	Algés	06-06-2015
Recordes Nacionais 25m Jun16	28.42	Ines Camacho Fernandes	SCP	Porto	08-12-2012
Recordes Nacionais 25m Jun17	28.53	Ines Camacho Fernandes	SCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	28.07	Ana Sofia Leite	GCVR	Algés	06-06-2015

TAC_B-JUNF Jun: 32.23 / TAC_B-SENF Sen: 32.18

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Ana Sofia Leite	93	Ginasio de Vila Real	28.82	+1,10	706
2.	Francisca Gomes Azevedo	97	Alges	29.12	+0,66	685
3.	Catarina Maria Ferreira	98	Desportiva de Viana	30.03	+0,63	624
4.	Ana Filipa Costa	98	Natacao de Beja	30.11	+0,58	619
5.	Ines Camacho Fernandes	97	Sporting	30.13	+0,56	618
6.	Vania Soares Neves	90	Fluvial Portuense	30.43	+0,57	600
7.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	30.44	+0,58	599
8.	Juliana Lima Freixo	97	Braga	30.75	+0,65	581

Prova 6, Femin., 50m Costas, Final

Juniores

Final

1. Filipa Carreira Alves	99	Uniao Piedense	29.62	+1,16	650
2. Catarina Martins Mestre	00	Sporting	29.73	+0,76	643
3. Alexandra Jesus Santos	00	Leixoes	30.63	+0,53	588
4. Vera Ines Aguilar	00	Desportivo Nacional	30.82	+0,60	577
5. Ana Carolina Neves	00	Academica de Coimbra	30.98	+0,66	568
6. Ana Sofia Afonso	99	Desportiva de Viana	31.46	+0,53	543
7. Maria Beatriz Lopes	00	Benedita	31.47	+0,55	542
8. Maria Ana Monge	99	Sporting	31.52	+0,72	540

Prova 7

Masc., 50m Costas

17 anos e mais velhos

11-12-2015 - 18:05

Resultados Final

Recordes Nacionais 25m Absoluto	23.93	Alexis Manacas Santos	SCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun17	25.37	Gabriel Jose Lopes	CDL	Coimbra	11-05-2014
Recordes Nacionais 25m Jun18	25.01	Alexis Manacas Santos	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	23.93	Alexis Manacas Santos	SCP	Felgueiras	21-12-2013

TAC_B-JUNM Jun: 28.50 / TAC_B-SENM Sen: 26.83

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1. Alexis Manacas Santos	92	Sporting	23.90	+1,26	803
<i>Rec Nacional, Sen e Abs</i>					
2. Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	24.50	+0,69	745
3. Gabriel Jose Lopes	97	Louzan Natacao	24.55	+1,18	741
4. Nathan Keith Theodoris	95	Louletano / Loule Concelho	25.37	+0,53	671
5. Pedro Andre Santos	94	Alges	25.52	+0,67	660
6. Rodrigo Antonio Rosa	96	Colegio Monte Maior	25.75	+0,58	642
7. David Miguel Leiria	93	Uniao Piedense	26.22	+0,75	608
Goncalo Filipe Gregorio	93	Uniao Piedense	26.22	+0,55	608

Prova 7, Masc., 50m Costas, Final

Juniores

Final

1. Joao Francisco Lopes	98	Braga	26.09	+0,59	617
2. Joao Jose Laranjeira	98	Galitos/Bresimar	26.46	+1,08	592
3. Viktor Kot	98	Nautico Marinha Grande	26.72	+0,58	575
4. Francisco Rogerio Santos	98	Benedita	26.83	+0,67	568
5. Steve Alexandre Soares	98	Belenenses	27.47	+0,54	529
6. Joao Diogo Fernandes	98	Benfica	27.51	+0,71	526
7. Jose Pedro Sampaio	98	Foca	27.64	+0,64	519
8. Afonso Guilherme Rosa	99	Torres Novas	27.79	+0,71	511

Prova 8

Femin., 200m Mariposa

16 anos e mais velhos

11-12-2015 - 18:10

Resultados Final

Recordes Nacionais 25m Absoluto	2:08.54	Sara Freitas Oliveira	POR	Dubai (UAE)	15-12-2010
Recordes Nacionais 25m Jun16	2:13.60	Ana Rita Francisco	POR	Gelsenkirchen (GER)	11-02-1996
Recordes Nacionais 25m Jun17	2:10.12	Sara Francisco Cruz	ADBA	Leiria	04-12-2009
Recordes Nacionais 25m Sen	2:08.54	Sara Freitas Oliveira	POR	Dubai (UAE)	15-12-2010

TAC_B-JUNF Jun: 2:32.07 / TAC_B-SENF Sen: 2:31.27

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Ana Catarina Monteiro	93	Vilacondense	2:11.25	+0,71	756
	50m: 29.86 29.86	100m: 1:02.84 32.98	150m: 1:36.58 33.74	200m: 2:11.25 34.67		
2.	Carolina Mantua Guedes	98	Sporting	2:17.79	+0,74	654
	50m: 30.26 30.26	100m: 1:04.47 34.21	150m: 1:40.43 35.96	200m: 2:17.79 37.36		
3.	Ana Margarida Rodrigues	96	Galitos/Bresimar	2:20.75	+0,77	613
	50m: 31.60 31.60	100m: 1:06.54 34.94	150m: 1:43.56 37.02	200m: 2:20.75 37.19		
4.	Sofia Alexandra Branco	98	Alges	2:20.96	+0,82	610
	50m: 31.23 31.23	100m: 1:06.67 35.44	150m: 1:43.61 36.94	200m: 2:20.96 37.35		
5.	Daniela Teixeira Moreira	97	Belenenses	2:21.70	+0,72	601
	50m: 31.50 31.50	100m: 1:06.74 35.24	150m: 1:44.15 37.41	200m: 2:21.70 37.55		
6.	Madalena Amaro Machado	98	Academico Viseu	2:24.14	+0,92	571
	50m: 33.04 33.04	100m: 1:08.42 35.38	150m: 1:46.69 38.27	200m: 2:24.14 37.45		
7.	Sofia Prates Silvestre	95	Naval Amorense	2:25.08	+0,77	560
	50m: 31.43 31.43	100m: 1:07.21 35.78	150m: 1:45.23 38.02	200m: 2:25.08 39.85		
8.	Debora Guimaraes Oliveira	96	Braga	2:26.25	+0,86	547
	50m: 32.77 32.77	100m: 1:08.92 36.15	150m: 1:46.82 37.90	200m: 2:26.25 39.43		

Prova 8, Femin., 200m Mariposa, Final

Juniores

Final

1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:18.56	+0,70	643
	50m: 30.96 30.96	100m: 1:05.67 34.71	150m: 1:41.88 36.21	200m: 2:18.56 36.68		
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:21.00	+0,86	610
	50m: 32.25 32.25	100m: 1:08.14 35.89	150m: 1:44.62 36.48	200m: 2:21.00 36.38		
3.	Maria Leonor Martins	99	Aquatico Pacense	2:24.61	+0,89	565
	50m: 32.57 32.57	100m: 1:09.71 37.14	150m: 1:47.02 37.31	200m: 2:24.61 37.59		
4.	Alice Maria Lopes	00	Uniao Piedense	2:25.09	+0,76	560
	50m: 31.96 31.96	100m: 1:09.04 37.08	150m: 1:46.85 37.81	200m: 2:25.09 38.24		
5.	Sara Costa Guerra	99	Sporting	2:25.14	+0,73	559
	50m: 33.03 33.03	100m: 1:11.08 38.05	150m: 1:47.98 36.90	200m: 2:25.14 37.16		
6.	Beatriz Jong Rosa	00	Desportivo Nacional	2:25.16	+0,76	559
	50m: 32.06 32.06	100m: 1:09.08 37.02	150m: 1:46.80 37.72	200m: 2:25.16 38.36		
7.	Cristiana Sofia Ribeiro	00	Famalicao	2:25.39	+0,82	556
	50m: 32.73 32.73	100m: 1:09.58 36.85	150m: 1:47.35 37.77	200m: 2:25.39 38.04		
8.	Monica Seara Domingues	00	Nautico Marinha Grande	2:26.22	+0,86	547
	50m: 32.87 32.87	100m: 1:09.32 36.45	150m: 1:47.61 38.29	200m: 2:26.22 38.61		

Prova 9

Masc., 200m Mariposa

17 anos e mais velhos

11-12-2015 - 18:15

Resultados Final

Recordes Nacionais 25m Absoluto	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	12-12-2009
Recordes Nacionais 25m Jun17	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	05-03-2005
Recordes Nacionais 25m Jun18	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Recordes Nacionais 25m Sen	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	12-12-2009

TAC_B-JUNM Jun: 2:15.61 / TAC_B-SENM Sen: 2:08.14

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	1:54.60	+0,70	850
	50m: 25.73 25.73	100m: 55.27 29.54	150m: 1:25.19 29.92	200m: 1:54.60 29.41		
2.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	1:56.68	+0,65	805
	50m: 25.57 25.57	100m: 55.33 29.76	150m: 1:25.65 30.32	200m: 1:56.68 31.03		
3.	Luiz Pedro Pereira	91	Benfica	1:56.84	+0,67	802
	50m: 26.15 26.15	100m: 56.08 29.93	150m: 1:26.17 30.09	200m: 1:56.84 30.67		
4.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:58.55	+0,71	767
	50m: 25.75 25.75	100m: 55.85 30.10	150m: 1:26.47 30.62	200m: 1:58.55 32.08		
5.	Andre Antunes Carvalho	96	Colegio Monte Maior	2:03.65	+0,80	676
	50m: 28.65 28.65	100m: 59.76 31.11	150m: 1:31.18 31.42	200m: 2:03.65 32.47		

Prova 9, Masc., 200m Mariposa, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Antonio Rafael Bessa	94	Aquatico Pacense	2:05.32	+0,70	650
	50m: 28.18 28.18	100m: 1:00.02 31.84	150m: 1:31.97 31.95	200m: 2:05.32 33.35		
7.	Joao Duarte Santos	95	Benfica	2:05.53	+0,71	646
	50m: 28.25 28.25	100m: 59.97 31.72	150m: 1:32.70 32.73	200m: 2:05.53 32.83		
8.	Miguel Goncalves Ferreira	93	Desportivo Nacional	2:05.61	+0,85	645
	50m: 27.44 27.44	100m: 59.44 32.00	150m: 1:32.61 33.17	200m: 2:05.61 33.00		

Juniores

Final

1.	Joao Alexandre Vital	98	Sporting	2:00.39	+0,66	733
	50m: 27.33 27.33	100m: 57.78 30.45	150m: 1:28.82 31.04	200m: 2:00.39 31.57		
2.	Jose Paula Carvalho	98	Uniao Piedense	2:02.29	+0,72	699
	50m: 27.19 27.19	100m: 57.94 30.75	150m: 1:29.59 31.65	200m: 2:02.29 32.70		
3.	Joao Carlos Silva	98	Famalicao	2:04.39	+0,68	664
	50m: 27.45 27.45	100m: 58.93 31.48	150m: 1:31.27 32.34	200m: 2:04.39 33.12		
4.	Afonso Meneses Sequeira	99	Naval do Funchal	2:05.09	+0,73	653
	50m: 27.60 27.60	100m: 58.68 31.08	150m: 1:31.17 32.49	200m: 2:05.09 33.92		
5.	Pedro Galvao Gouveia	99	Desportivo Nacional	2:06.25	+0,70	635
	50m: 28.12 28.12	100m: 1:00.12 32.00	150m: 1:33.01 32.89	200m: 2:06.25 33.24		
6.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	2:06.26	+0,78	635
	50m: 28.73 28.73	100m: 1:00.56 31.83	150m: 1:33.19 32.63	200m: 2:06.26 33.07		
7.	Mateus Ribeiro Carvalho	99	Famalicao	2:06.87	+0,69	626
	50m: 28.20 28.20	100m: 1:00.31 32.11	150m: 1:33.05 32.74	200m: 2:06.87 33.82		
8.	Filipe Fonte Cunha	98	Academico Viseu	2:08.21	+0,70	607
	50m: 28.27 28.27	100m: 1:00.04 31.77	150m: 1:33.37 33.33	200m: 2:08.21 34.84		

Prova 2

Femin., 200m Bruços

16 anos e mais velhos

11-12-2015 - 18:40

Resultados Final

Recordes Nacionais 25m Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	2:26.87	Raquel Gomes Pereira	SAD	Porto	11-12-2015
Recordes Nacionais 25m Jun17	2:26.77	Victoria Kaminskaya	POR	Uster (SUI)	29-01-2012
Recordes Nacionais 25m Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 2:59.12 / TAC_B-SENF Sen: 2:53.57

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	2:27.70	+0,74	756
	50m: 34.18 34.18	100m: 1:11.54 37.36	150m: 1:49.58 38.04	200m: 2:27.70 38.12		
2.	Angelica Maria Andre	94	Fluvial Portuense	2:31.50	+0,70	700
	50m: 34.47 34.47	100m: 1:12.64 38.17	150m: 1:51.62 38.98	200m: 2:31.50 39.88		
3.	Barbara Sofia Barata	97	Alges	2:35.73	+0,74	645
	50m: 35.35 35.35	100m: 1:14.94 39.59	150m: 1:55.00 40.06	200m: 2:35.73 40.73		
4.	Paula Alexandra Oliveira	96	Porto	2:37.35	+0,70	625
	50m: 36.16 36.16	100m: 1:15.43 39.27	150m: 1:56.50 41.07	200m: 2:37.35 40.85		
5.	Catarina Costa Sequeira	98	Armazenenses	2:39.25	+0,83	603
	50m: 34.92 34.92	100m: 1:15.39 40.47	150m: 1:57.31 41.92	200m: 2:39.25 41.94		
6.	Joana Marques Maia	91	Natacao da Maia	2:40.75	+0,82	586
	50m: 36.28 36.28	100m: 1:17.02 40.74	150m: 1:59.87 42.85	200m: 2:40.75 40.88		
7.	Beatriz Pereira Vasconcelos	98	Vilacondense	2:41.33	+0,77	580
	50m: 37.26 37.26	100m: 1:17.82 40.56	150m: 1:59.36 41.54	200m: 2:41.33 41.97		
8.	Maria Madalena Silva	98	Nautico Abrantes	2:41.94	+0,74	573
	50m: 36.28 36.28	100m: 1:16.46 40.18	150m: 1:59.21 42.75	200m: 2:41.94 42.73		

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	2:30.70	+0,72	712
	50m: 33.91 33.91	100m: 1:12.35 38.44	150m: 1:51.37 39.02	200m: 2:30.70 39.33		
2.	Claudia Ferreira Borges	99	Benfica	2:35.88	+0,72	643
	50m: 35.24 35.24	100m: 1:14.23 38.99	150m: 1:54.74 40.51	200m: 2:35.88 41.14		
3.	Ines Silva Bernardo	00	Colegio Monte Maior	2:38.75	+0,76	609
	50m: 35.88 35.88	100m: 1:16.15 40.27	150m: 1:57.22 41.07	200m: 2:38.75 41.53		
4.	Laura Catarina Abreu	00	Desportivo Nacional	2:39.15	+0,77	604
	50m: 36.03 36.03	100m: 1:16.23 40.20	150m: 1:57.32 41.09	200m: 2:39.15 41.83		
5.	Beatriz Castanheira Dias	99	Academica de Coimbra	2:41.74	+0,70	575
	50m: 37.07 37.07	100m: 1:18.24 41.17	150m: 2:00.38 42.14	200m: 2:41.74 41.36		
6.	Ana Beatriz Martins	99	Famalicao	2:42.41	+0,84	568
	50m: 36.63 36.63	100m: 1:17.35 40.72	150m: 1:59.83 42.48	200m: 2:42.41 42.58		

Prova 2, Femin., 200m Bruços, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Rita Costa Amador	99	Galitos/Bresimar	2:46.53	+0,73	527
	50m: 37.35 37.35	100m: 1:19.32 41.97	150m: 2:02.43 43.11	200m: 2:46.53		44.10
8.	Beatriz Antunes Carvalho	99	Colegio Monte Maior	2:47.92	+0,88	514
	50m: 37.82 37.82	100m: 1:20.42 42.60	150m: 2:03.78 43.36	200m: 2:47.92		44.14

Prova 3 Masc., 200m Bruços 17 anos e mais velhos
11-12-2015 - 18:45 Resultados Final

Recordes Nacionais 25m Absoluto	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	25-11-2012
Recordes Nacionais 25m Jun17	2:16.77	Jose Guilherme Couto	SCP	Algés	18-03-1995
Recordes Nacionais 25m Jun18	2:13.22	Andre Goncalo Santos	LSC	Porto	19-12-2014
Recordes Nacionais 25m Sen	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	25-11-2012

TAC_B-JUNM Jun: 2:31.93 / TAC_B-SENM Sen: 2:21.28

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	2:08.49	+0,70	824
	50m: 29.21 29.21	100m: 1:02.04 32.83	150m: 1:35.12 33.08	200m: 2:08.49		33.37
2.	Pedro Andre Santos	94	Alges	2:14.10	+0,72	725
	50m: 30.65 30.65	100m: 1:04.83 34.18	150m: 1:39.25 34.42	200m: 2:14.10		34.85
3.	Filipe Carmo Ramos	97	Vilacondense	2:14.65	+0,73	716
	50m: 30.17 30.17	100m: 1:04.19 34.02	150m: 1:39.40 35.21	200m: 2:14.65		35.25
4.	Miguel Monteiro Cruchinho	97	Sporting	2:15.46	+0,71	703
	50m: 30.92 30.92	100m: 1:05.28 34.36	150m: 1:39.98 34.70	200m: 2:15.46		35.48
5.	Francisco Robalo Quintas	95	Belenenses	2:15.84	+0,57	697
	50m: 30.78 30.78	100m: 1:05.12 34.34	150m: 1:40.84 35.72	200m: 2:15.84		35.00
6.	Rodrigo Silverio Carmo	96	Estrelas S. Joao de Brito	2:17.96	+0,66	666
	50m: 31.06 31.06	100m: 1:05.81 34.75	150m: 1:41.76 35.95	200m: 2:17.96		36.20
7.	Sergio Baptista Silva	91	Porto	2:20.61	+0,69	629
	50m: 31.59 31.59	100m: 1:06.02 34.43	150m: 1:42.22 36.20	200m: 2:20.61		38.39
8.	Rui Miguel Coelho	96	Benfica	2:20.99	+0,68	623
	50m: 32.89 32.89	100m: 1:09.09 36.20	150m: 1:44.93 35.84	200m: 2:20.99		36.06

Prova 3, Masc., 200m Bruços, Final

Juniores

Final

1.	Andre Magalhaes Moura	98	Academico Viseu	2:17.50	+0,68	672
	50m: 31.22 31.22	100m: 1:06.34 35.12	150m: 1:41.85 35.51	200m: 2:17.50 35.65		
2.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:17.95	+0,75	666
	50m: 31.41 31.41	100m: 1:06.48 35.07	150m: 1:42.37 35.89	200m: 2:17.95 35.58		
3.	Afonso Ribeiro Bate	98	Alges	2:22.26	+0,72	607
	50m: 32.21 32.21	100m: 1:08.64 36.43	150m: 1:45.48 36.84	200m: 2:22.26 36.78		
4.	Diogo Miguel Costa	98	Porto	2:22.31	+0,70	606
	50m: 31.82 31.82	100m: 1:07.76 35.94	150m: 1:44.77 37.01	200m: 2:22.31 37.54		
5.	Antonio Manuel Mendes	99	Sporting	2:23.06	+0,76	597
	50m: 32.08 32.08	100m: 1:08.29 36.21	150m: 1:45.05 36.76	200m: 2:23.06 38.01		
6.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:23.78	+0,74	588
	50m: 32.11 32.11	100m: 1:08.91 36.80	150m: 1:46.17 37.26	200m: 2:23.78 37.61		
DSQ	Mario Jorge Veloso	98	Braga			
	704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 100 m - SW 7.1					
DSQ	Hugo Pon	98	Alges			
	720 - Toque alternado na viragem aos 175 m - SW 7.6					

Prova 15

Femin., 4 x 100m Estilos

16 anos e mais velhos

11-12-2015 - 18:55

Resultados

Recordes Nacionais 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

TAC_A-JUNF(estafetas) Jun: 4:41.15 / TAC_A-SENF(estafetas) Sen: 4:35.63

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
1.	Alges-SEN	4:15.48	+0,68	688
	Francisca Gomes Azevedo +0,68 29.73	1:01.40	Sofia Alexandra Branco +0,45 29.93	1:05.05
	Barbara Sofia Barata +0,41 34.18	1:12.27	Rita Barros Frischknecht +0,18 26.97	56.76
2.	Sporting-SEN	4:23.46	+0,76	627
	Ines Camacho Fernandes +0,76 31.81	1:05.29	Carolina Mantua Guedes +0,46 30.13	1:04.40
	Sofia Machado Dionisio +0,61 34.84	1:14.25	Mafalda Gomes Beleza +0,56 28.26	59.52
3.	Fluvial Portuense-SEN	4:26.67	+0,63	605
	Francisca Santos Pereira +0,63 32.50	1:07.86	Vania Soares Neves +0,47 30.69	1:05.50
	Angelica Maria Andre +0,32 33.52	1:11.55	Patricia Isabel Oliveira +0,58 29.52	1:01.76
4.	Belenenses-SEN	4:27.82	+0,60	597
	Lisa Marisa Soares +0,60 31.93	1:07.12	Daniela Teixeira Moreira +0,35 30.00	1:04.85
	Rita Teixeira Costa +0,29 36.67	1:18.24	Jessica Teixeira Vieira +0,19 27.39	57.61
5.	Vilacondense-SEN	4:32.65	+0,69	566
	Ana Filipa Gomes +0,69 33.31	1:08.98	Ana Catarina Monteiro +0,31 28.87	1:01.49
	Beatriz Pereira Vasconcelos +0,36 37.34	1:19.51	Bruna Figueiro Coentrao +0,30 29.16	1:02.67

Splash Meet Manager 11, 11.40221

Registered to Federacao Portuguesa De Natacao

14-12-2015 17:49 - Página 61



Prova 15, Femin., 4 x 100m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
6.	Braga-SEN	4:33.54	+0,63	560
	Juliana Lima Freixo	+0,63 32.43 1:07.61	Debora Guimaraes Oliveira	+0,16 31.73 1:07.93
	Rita Catarina Miranda	+0,42 36.02 1:17.21	Ana Sofia Fernandes	+0,09 29.08 1:00.79
DSQ	Nacional de Natacao-SEN	Nacional de Natacao		
	FTL, 111 - <i>Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>			
	Ines Almeida Gomes	+0,81 35.18 1:14.27	Filipa Vilas Tiago	+0,14
	Dalia Sofia Curto	-0,08	Francisca Ferreira Fonseca	+0,07
DNS	Porto-SEN	Porto		

Juniores

1.	Alges-JUN			Alges		4:21.90	+0,67	638
	Madalena Gomes Azevedo	+0,67	30.57	1:03.88	Mariana Frazao Saraiva	+0,34	30.52	1:07.00
	Raquel Gomes Pereira	+0,30	33.10	1:09.75	Beatriz Barros Carmo		29.31	1:01.27
2.	Academica de Coimbra-JUN			Academica de Coimbra		4:30.41	+0,66	580
	Ana Carolina Neves	+0,66	32.78	1:09.06	Beatriz Lopes Pinto	+0,40	31.84	1:07.72
	Beatriz Castanheira Dias	-1,02	35.55	1:14.87	Ana Beatriz Fonseca	+0,40	28.12	58.76
3.	Nautico Marinha Grande-JUN			Nautico Marinha Grande		4:33.46	+0,60	561
	Monica Seara Domingues	+0,60	33.39	1:07.81	Giovanna Vaz Vargas	+0,61	30.87	1:05.23
	Margarida Reconha Marques	+0,61	35.93	1:18.58	Barbara Coimbra Teodosio	+0,64	29.76	1:01.84
4.	Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		4:34.61	+0,61	554
	Ana Miguel Reis	+0,61	32.93	1:08.06	Teresa Miguel Veloso	+0,15	30.65	1:07.12
	Maria Eduarda Veiga	+0,07	37.44	1:19.63	Madalena Nunes Palmeira	+0,07	28.61	59.80
5.	Leixoes-JUN			Leixoes		4:36.79	+0,57	541
	Alexandra Jesus Santos	+0,57	31.55	1:05.37	Ines Maria Pereira	+0,35	32.04	1:09.63
	Marta Ferreira Rocha	+0,45	37.33	1:19.75	Ines Silva Oliveira	+0,13	29.46	1:02.04
6.	Desportivo Nacional-JUN			Desportivo Nacional		4:36.81	+0,72	541
	Vera Ines Aguilar	+0,72	32.78	1:09.30	Beatriz Jong Rosa	+0,41	30.21	1:05.58
	Laura Catarina Abreu	+0,49	35.42	1:16.81	Madalena Melim Doria	+0,47	31.24	1:05.12
7.	Belenenses-JUN			Belenenses		4:37.78	+0,79	535
	Margarida Sobral Pimenta	+0,79	33.76	1:09.72	Laura Sanchez Rodrigues	+0,06	29.06	1:03.39
	Margarida Rito Reis	+0,46	38.51	1:22.53	Ana Oliveira Silva	-0,08	29.20	1:02.14
8.	Porto-JUN			Porto		4:38.40	+0,86	531
	Marta Alexandra Canedo	+0,86	34.75	1:12.71	Maria Francisca Cabral		31.28	1:06.14
	Mafalda Malafaia Oliveira	+0,44	37.81	1:19.51	Ana Rita Faria		29.12	1:00.04
9.	Uniao Piedense-JUN			Uniao Piedense		4:41.67	+0,70	513
	FTL							
	Filipa Carreira Alves	+0,70	31.67	1:06.11	Alice Maria Lopes	+0,33	31.95	1:08.81
	Ines Figueira Santos	+0,57	39.49	1:23.63	Sofia Isabel Gouveia	+0,40	28.49	1:03.12
10.	Aquatico Pacense-JUN			Aquatico Pacense		4:46.38	+0,91	488
	FTL							
	Beatriz Neto Costa	+0,91	34.86	1:11.75	Maria Leonor Martins	+0,51	30.90	1:06.57
	Helena Neto Costa	+0,13	38.09	1:22.32	Sara Lopes Barbosa	+0,21	31.30	1:05.74

Prova 16 Masc., 4 x 100m Estilos 17 anos e mais velhos
11-12-2015 - 19:00 Resultados

Recordes Nacionais 25m Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
Recordes Nacionais 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Mealhada	24-03-2000
Recordes Nacionais 25m Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014

TAC_A-JUNM(estafetas) Jun: 4:11.49 / TAC_A-SENM(estafetas) Sen: 4:02.98

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1.	Estrelas S. Joao de Brito-SEN	3:39.54	+0,75	746
	Pedro Diogo Oliveira +0,75 25.48	52.71	Miguel Duarte Nascimento +0,28 24.20	52.82
	Joao Silva Gigante +0,57 28.80	1:01.78	Artiom Viatcheslavovitch Poliakov +0,36 24.29	52.23
2.	Sporting-SEN	3:42.69	+0,68	715
	Alexandre Lages Ribas +0,68 27.95	57.03	Alexis Manacas Santos +0,27 24.44	52.67
	Miguel Monteiro Cruchinho +0,33 29.71	1:03.31	Igor Araujo Mogne +0,43 23.54	49.68
3.	Benfica-SEN	3:44.30	+0,71	700
	Joao Mota Correia +0,71 27.97	57.91	Luiz Pedro Pereira +0,31 24.52	52.75
	Guilherme Miguel Teixeira +0,41 29.23	1:02.92	Joao Duarte Santos +0,51 24.23	50.72
4.	Nautico /Urgicentro-Sanfil-SEN	3:47.23	+0,63	673
	Joao Ricardo Silva +0,63 27.79	57.34	Mario Alexandre Pereira +0,29 25.25	55.77
	Tomas Miguel Veloso +0,28 29.20	1:01.91	Francisco Xavier Goncalves +0,24 24.31	52.21
5.	Belenenses-SEN	3:48.67	+0,75	660
	Andre Bras Goncalves +0,75 28.46	59.38	Fabio Andre Figueira +0,25 25.60	55.19
	Francisco Robalo Quintas +0,35 29.92	1:02.79	Bruno Miguel Ramos +0,37 24.74	51.31
6.	Vilacondense-SEN	3:52.96	+0,68	624
	Diogo Carmo Ramos +0,68 29.35	1:00.98	Fabio Manuel Pereira +0,39 25.52	56.10
	Filipe Carmo Ramos +0,31 29.68	1:02.84	Paulo Andre Silva +0,15 24.84	53.04
7.	Leixoes-SEN	3:54.04	+0,56	616
	Diogo Fontes Moreira +0,56 28.35	59.14	Joao Pedro Neves +0,46 27.51	58.30
	Andre Goncalo Santos +0,41 29.16	1:02.56	Dario Almeida Santos +0,21 24.99	54.04
8.	Academica de Coimbra-SEN	3:57.48	+0,76	589
	Pedro Barros Mendes +0,76 28.85	1:00.14	Joao Filipe Lucas 25.77	57.39
	Joao Andre Neves +0,18 31.59	1:06.36	Jose Antonio Forte +0,27 25.55	53.59
9.	Laranjeiro-SEN	3:58.16	+0,77	584
	Bruno Rafael Meireles +0,77 29.59	1:01.17	Fernando Jorge Rosado +0,28 25.98	56.69
	Rui Pedro Horta +0,46 31.21	1:06.66	Daniel Filipe Cazeiro +0,32 25.50	53.64
10.	Foca-SEN	4:07.92	+0,59	518
	FTL			
	Ivo Pinto Ribeiro +0,59 27.78	58.39	Rui Filipe Costa +0,56 28.26	1:01.03
	Marcelo Jose Pinto +0,24 33.37	1:12.87	Jose Carlos Teixeira +0,22 26.31	55.63
DNS	Porto-SEN			
	Porto			

Prova 16, Masc., 4 x 100m Estilos

Juniores

1.	Sporting-JUN			Sporting		3:52.82	+0,61	625
	Joao Alexandre Vital	+0,61	27.22	56.30	Tiago Cunha Costa	+0,17	26.68	57.39
	Antonio Manuel Mendes	+0,14	31.10	1:06.18	Guilherme Assis Ramos	+0,15	25.13	52.95
2.	Alges-JUN			Alges		3:54.75	+0,65	610
	Miguel Reis Santos	+0,65	29.00	1:00.19	Hugo Pon	+0,21	26.81	58.13
	Afonso Ribeiro Bate	+0,37	30.46	1:05.05	Francisco Carvalho Machado	+0,21	24.71	51.38
3.	Uniao Piedense-JUN			Uniao Piedense		3:56.90	+0,67	594
	Joao Daniel Machado	+0,67	28.64	59.07	Jose Paula Carvalho	+0,24	26.02	56.64
	Afonso Calais Queiroga	+0,45	30.91	1:06.69	Diogo Rodrigues Freitas	+0,42	26.06	54.50
4.	Belenenses-JUN			Belenenses		3:58.47	+0,55	582
	Filipe Miguel Silveira	+0,55	28.05	59.11	Pedro Trindade Silva	+0,31	27.27	59.29
	Joao Sismeiro Pereira	+0,47	31.32	1:07.05	Steve Alexandre Soares	+0,15	24.73	53.02
5.	Porto-JUN			Porto		3:58.92	+0,93	579
	Luis Filipe Soares	+0,93	29.47	1:01.58	Goncalo Miguel Nogueira	+0,25	27.02	59.48
	Diogo Miguel Costa	+0,28	30.38	1:06.10	Tiago Silva Soares	+0,38	24.28	51.76
6.	Naval do Funchal-JUN			Naval do Funchal		4:00.38	+0,68	568
	Afonso Meneses Sequeira	+0,68	29.09	1:00.76	Miguel Camara Gomes	+0,31	26.66	57.04
	Joao Nunes Cotrim	+0,25	33.28	1:10.59	Pedro Camacho Sousa	+0,03	24.89	51.99
7.	Torres Novas-JUN			Torres Novas		4:01.72	+0,72	559
	Afonso Guilherme Rosa	+0,72	28.96	59.03	Marco Andre Miguel	+0,12	26.32	57.74
	Joao Paulo Lopes	+0,30	31.86	1:08.92	Dario Fausto Matias	+0,51	26.53	56.03
8.	Geslours-JUN			Geslours		4:03.68	+0,64	545
	Filipe Ferreira Luz	+0,64	29.91	1:01.06	Andre Tavares Grenho	+0,42	27.46	59.96
	Rodrigo Ferreira Sousa	+0,31	31.88	1:08.30	Rafael Ladeiro Santos	+0,47	25.83	54.36
9.	Natacao de Valongo-JUN			Natacao de Valongo		4:03.79	+0,64	545
	Nuno Henrique Guimaraes	+0,64	29.13	58.83	Afonso Ribeiro Couto	+0,05	27.66	59.31
	Pedro Nuno Vieira	+0,16	33.40	1:11.57	Humberto Fernandes Felgueiras	+0,27	25.55	54.08
10.	Aquatico Pacense-JUN			Aquatico Pacense		4:04.02	+0,71	543
	Luis Carlos Almeida	+0,71	29.79	1:01.62	Pedro Ferraz Silva	+0,41	26.40	57.78
	Daniel Silva Bessa	+0,44	32.75	1:09.24	Pedro Miguel Lino	+0,38	26.28	55.38
11.	Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		4:04.68	+0,80	539
	Tiago Moises Dinis	+0,80	29.94	1:01.65	Rodrigo Alexandre Patricio	+0,16	26.68	59.13
	Joao Francisco Machado	+0,21	32.27	1:09.29	Joao Manuel Leitao	+0,17	25.87	54.61
12.	Academico Viseu-JUN			Academico Viseu		4:06.47	+0,68	527
	Joao Pedro Teixeira	+0,68	32.40	1:06.57	Filipe Fonte Cunha	+0,06	26.77	57.66
	Andre Magalhaes Moura	+0,01	29.53	1:04.48	Goncalo Santos Cunha	+0,40	26.50	57.76
13.	Nautico Marinha Grande-JUN			Nautico Marinha Grande		4:07.13	+0,59	523
	Viktor Kot	+0,59	28.47	58.20	Jose Diogo Fonseca	+0,56	21.35	1:03.34
	Diogo Vicente Silva	+0,45	33.48	1:11.69	Tomas Gomes Oliveira	+0,44	25.75	53.90
14.	Bombeiros Ponta Delgada-JUN			Bombeiros Ponta Delgada		4:07.74	+0,69	519
	Francisco Carreiro Rego	+0,69	31.43	1:03.97	Diogo Jose Vaz	+0,14	27.71	1:00.53
	Joao Pedro Teves	+0,30	32.22	1:09.43	Diogo Alexandre Pacheco	+0,33	26.01	53.81

Prova 16, Masc., 4 x 100m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
15.	Vieirense-JUN	4:10.46	+0,63	502
	Francisco Pereira Pedrosa	+0,63 31.54 1:04.51	Sandro Emanuel Francisco	+0,17 28.68 1:01.43
	Sergio Gabriel Lamande	+0,43 32.44 1:09.29	Andre Lopes Silva	+0,41 26.34 55.23
16.	Vilacondense-JUN	4:17.55	+0,62	462
	FTL			
	Joao Alberto Gondar	+0,62 31.03 1:04.64	Alexandre Miguel Fabiao	+0,05 27.70 1:04.02
	Joao Manuel Santos	+0,55 34.88 1:13.40	Rui Jorge Matias	+0,30 26.69 55.49

3 - 2ª Jornada - 1ª Sessão (eliminatórias)

12-12-2015 - 9:00

Prova 29 Masc., 4 x 50m Estilos 17 anos e mais velhos Resultados

Recordes Nacionais 25m Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014
Recordes Nacionais 25m Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014

TAC_A-JUNM(estafetas) Jun: 1:52.32 / TAC_A-SENM(estafetas) Sen: 1:51.01

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
1.	Estrelas S. Joao de Brito-SEN	1:39.65	+1,54	749
	Pedro Diogo Oliveira	88 +1,54 24.45	Miguel Duarte Nascimento	95 +1,74 24.02
	Joao Silva Gigante	88 +0,28 28.12	Diogo Gomes Sousa	95 +0,36 23.06
2.	Benfica-SEN	1:41.84	+0,58	701
	Rodrigo Pereira Lopes	95 +0,58 26.45	Luiz Pedro Pereira	91 +0,22 23.73
	Guilherme Miguel Teixeira	97 +0,55 28.56	Joao Duarte Santos	95 +0,26 23.10
3.	Porto-SEN	1:42.32	+0,67	692
	Gil Goncalves Pinto	88 +0,67 27.31	Tomas Correia Silva	95 +0,36 24.51
	Leonardo Cardoso Figueiredo	96 +0,23 28.44	Joao Miguel Ascensao	97 +0,30 22.06
4.	Sporting-SEN	1:42.47	+0,58	689
	Alexandre Lages Ribas	97 +0,58 26.46	Alexis Manacas Santos	92 +0,34 23.81
	Miguel Monteiro Cruchinho	97 +0,26 29.35	Igor Araujo Mogne	96 +0,51 22.85
5.	Belenenses-SEN	1:44.08	+0,65	657
	Andre Bras Goncalves	88 +0,65 27.73	Fabio Andre Figueira	88 +0,17 24.55
	Francisco Robalo Quintas	95 +0,12 28.66	Bruno Miguel Ramos	97 +0,14 23.14
6.	Vilacondense-SEN	1:45.11	+0,60	638
	Paulo Andre Silva	96 +0,60 27.39	Fabio Manuel Pereira	86 +1,82 24.57
	Filipe Carmo Ramos	97 +0,49 29.35	Ruben Jose Morim	97 +0,33 23.80
7.	Nautico /Urgicentro-Sanfil-SEN	1:45.50	+0,61	631
	Mario Alexandre Pereira	92 +0,61 26.18	Joao Pedro Almeida	92 +0,31 25.87
	Tomas Miguel Veloso	96 +0,27 29.34	Francisco Xavier Goncalves	97 +0,33 24.11
8.	Uniao Piedense-SEN	1:45.74	+0,53	627
	Goncalo Filipe Gregorio	93 +0,53 26.66	Vasco Miguel Gaspar	90 +0,27 25.20
	Joao Carlos Santos	96 +0,25 31.16	David Miguel Leiria	93 +0,29 22.72

Splash Meet Manager 11, 11.40221

Registered to Federacao Portuguesa De Natacao

14-12-2015 17:49 - Página 65



Prova 29, Masc., 4 x 50m Estilos, Seniores

Lugar				Clube		Tempo Final	TReac	Pts
9.	Leixoes-SEN			Leixoes		1:45.82	+0,59	625
	Diogo Fontes Moreira	93	+0,59	27.43	Joao Pedro Neves	93	+0,44	25.92
	Bruno Daniel Monteiro	88	-0,01	28.80	Andre Goncalo Santos	97	+0,45	23.67
10.	Academica de Coimbra-SEN			Academica de Coimbra		1:48.20	+0,62	585
	Joao Filipe Lucas	94	+0,62	27.51	Illya Yelistratkin	96	+0,31	25.71
	Pedro Barros Mendes	94	+0,28	30.46	Jose Antonio Forte	95	+0,33	24.52

Juniores

1.	Sporting-JUN			Sporting		1:46.65	+0,53	611
	Joao Alexandre Vital	98	+0,53	26.62	Tiago Cunha Costa	99	+0,18	26.62
	Antonio Manuel Mendes	99	+0,04	30.05	Guilherme Assis Ramos	98	+0,10	23.36
2.	Alges-JUN			Alges		1:48.35	+0,79	582
	Miguel Reis Santos	98	+0,79	28.28	Afonso Ribeiro Bate	98	+0,35	26.31
	Hugo Pon	98	+0,28	30.01	Francisco Carvalho Machado	98	+0,27	23.75
3.	Naval do Funchal-JUN			Naval do Funchal		1:48.64	+1,24	578
	Afonso Meneses Sequeira	99	+1,24	28.02	Miguel Camara Gomes	99	+0,17	25.22
	Joao Nunes Cotrim	99	+0,07	31.24	Pedro Camacho Sousa	98	+0,09	24.16
4.	Porto-JUN			Porto		1:49.37	+0,74	566
	Luis Filipe Soares	98	+0,74	29.26	Goncalo Miguel Nogueira	98	+0,41	26.62
	Diogo Miguel Costa	98	+0,30	29.33	Tiago Silva Soares	99	+0,29	24.16
5.	Belenenses-JUN			Belenenses		1:50.13	+0,60	555
	Steve Alexandre Soares	98	+0,60	27.87	Filipe Miguel Silveira	98	+0,31	26.14
	Joao Sismeiro Pereira	98	+0,56	30.97	Joao Esteves Padrela	99	+0,12	25.15
6.	Vilacondense-JUN			Vilacondense		1:57.21	+0,59	460
	FTL							
	Joao Alberto Gondar	98	+0,59	29.26	Alexandre Miguel Fabiao	98	+0,05	27.80
	Joao Manuel Santos	99	+1,63	34.70	Rui Jorge Matias	99	+0,31	25.45

DSQ Torres Novas-JUN Torres Novas
403 - Falsa partida - SW 4.4
Afonso Guilherme Rosa, Joao Paulo Lopes, Marco Andre Miguel, Dario Fausto Matias

Prova 30 Femin., 4 x 50m Estilos 16 anos e mais velhos
12-12-2015 - 9:05 Resultados

Recordes Nacionais 25m Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
Recordes Nacionais 25m Jun	1:58.01	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012

TAC_A-JUNF(estafetas) Jun: 2:06.74 / TAC_A-SENF(estafetas) Sen: 2:05.49

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1. Porto-SEN	Porto	1:56.54	+1,01	711
Diana Margarida Duraes	96 +1,01 30.60	Sara Freitas Oliveira	85 +0,17	27.48
Paula Alexandra Oliveira	96 +0,03 32.53	Adriana Daniela Castro	97 +0,15	25.93
2. Alges-SEN	Alges	1:57.83	+0,81	688
Francisca Gomes Azevedo	97 +0,81 29.33	Barbara Sofia Barata	97 +0,41	28.24
Ana Beatriz Marques	98 +0,52 34.15	Rita Barros Frischknecht	98 +0,19	26.11
3. Sporting-SEN	Sporting	2:00.46	+0,63	644
Ines Camacho Fernandes	97 +0,63 29.80	Carolina Mantua Guedes	98 +0,16	29.02
Sofia Machado Dionisio	98 +0,38 34.30	Mafalda Gomes Beleza	94 +0,37	27.34
4. Benfica-SEN	Benfica	2:01.46	+0,73	628
Sofia Alexandra Rolao	98 +0,73 31.08	Sofia Oliveira Pinto	94 +0,14	29.96
Ana Marisa Brito	90 +0,17 32.99	Rita Fernandes Leitao	96 +0,40	27.43
5. Belenenses-SEN	Belenenses	2:01.50	+0,56	627
Lisa Marisa Soares	95 +0,56 30.89	Daniela Teixeira Moreira	97 +0,33	29.32
Rita Teixeira Costa	97 +0,14 35.51	Jessica Teixeira Vieira	91 +0,19	25.78
6. Fluvial Portuense-SEN	Fluvial Portuense	2:01.87	+0,64	622
Francisca Santos Pereira	98 +0,64 31.08	Vania Soares Neves	90 +0,27	29.66
Angelica Maria Andre	94 +0,11 33.41	Patricia Isabel Oliveira	94 +0,30	27.72
7. Braga-SEN	Braga	2:03.59	+0,63	596
Juliana Lima Freixo	97 +0,63 30.73	Debora Guimaraes Oliveira	96 +0,07	31.04
Beatriz Carvalho Ribeiro	97 +0,43 33.75	Ana Sofia Fernandes	93 +0,40	28.07
8. Vilacondense-SEN	Vilacondense	2:04.92	+0,66	577
Ana Filipa Gomes	96 +0,66 32.03	Ana Catarina Monteiro	93 +0,28	28.59
Beatriz Pereira Vasconcelos	98 +0,51 36.83	Bruna Figueiro Coentrao	93 +0,02	27.47
DSQ Nacional de Natacao-SEN				
Nacional de Natacao				
FTL, 111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11				
Ines Almeida Gomes	98 +0,78 34.28	Filipa Vilas Tiago	94 +0,16	
Dalia Sofia Curto	95 -0,09	Francisca Ferreira Fonseca	97 +0,20	

Prova 30, Femin., 4 x 50m Estilos

Juniores

1. Alges-JUN			Alges		2:00.29	+0,70	647
Madalena Gomes Azevedo	99	+0,70	29.92	Mariana Frazao Saraiva	99	+0,26	30.46
Raquel Gomes Pereira	00	+0,15	32.39	Beatriz Barros Carmo	99	+0,35	27.52
2. Academica de Coimbra-JUN			Academica de Coimbra		2:03.22	+1,15	601
Ana Carolina Neves	00	+1,15	31.24	Beatriz Lopes Pinto	99	+0,40	30.32
Beatriz Castanheira Dias	99	+0,28	35.10	Ana Beatriz Fonseca	99	+0,10	26.56
3. Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		2:03.36	+0,57	599
Ana Miguel Reis	00	+0,57	31.39	Madalena Nunes Palmeira	99	+0,04	29.31
Teresa Miguel Veloso	00	+0,15	34.54	Maria Beatriz Jorge	00	+0,28	28.12
4. Desportivo Nacional-JUN			Desportivo Nacional		2:04.22	+0,65	587
Vera Ines Aguiar	00	+0,65	31.03	Beatriz Jong Rosa	00	+0,40	29.27
Laura Catarina Abreu	00	+0,56	33.85	Madalena Melim Doria	00	+0,40	30.07

Prova 17

12-12-2015 - 9:05

Masc., 400m Livres

17 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	POR	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recordes Nacionais 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	POR	Istambul (TUR)	10-12-2009

TAC_B-JUNM Jun: 4:13.92 / TAC_B-SENM Sen: 4:01.84

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Lourenco Gil	96	Uniao Piedense	3:48.02	+0,71	806
	50m: 26.53 26.53	150m: 1:23.77 29.01	250m: 2:21.20 28.48	350m: 3:19.19 29.30		
	100m: 54.76 28.23	200m: 1:52.72 28.95	300m: 2:49.89 28.69	400m: 3:48.02 28.83		
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	3:51.19	+0,73	773
	50m: 26.78 26.78	150m: 1:24.26 29.02	250m: 2:23.59 29.72	350m: 3:22.61 29.59		
	100m: 55.24 28.46	200m: 1:53.87 29.61	300m: 2:53.02 29.43	400m: 3:51.19 28.58		
3.	Guilherme Pereira Dias	97	Sporting	3:51.99	+0,77	765
	50m: 27.11 27.11	150m: 1:26.30 29.78	250m: 2:24.39 28.51	350m: 3:23.00 29.26		
	100m: 56.52 29.41	200m: 1:55.88 29.58	300m: 2:53.74 29.35	400m: 3:51.99 28.99		
4.	Mario Andre Bonanca	90	Sporting	3:54.66	+0,77	739
	50m: 26.42 26.42	150m: 1:24.38 29.12	250m: 2:24.49 30.24	350m: 3:24.79 30.13		
	100m: 55.26 28.84	200m: 1:54.25 29.87	300m: 2:54.66 30.17	400m: 3:54.66 29.87		
5.	Igor Araujo Mogne	96	Sporting	3:55.68	+0,74	730
	50m: 26.89 26.89	150m: 1:26.20 30.02	250m: 2:25.72 29.39	350m: 3:26.71 30.47		
	100m: 56.18 29.29	200m: 1:56.33 30.13	300m: 2:56.24 30.52	400m: 3:55.68 28.97		
6.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:56.49	+0,69	722
	50m: 26.89 26.89	150m: 1:25.20 29.44	250m: 2:25.18 30.21	350m: 3:26.68 30.92		
	100m: 55.76 28.87	200m: 1:54.97 29.77	300m: 2:55.76 30.58	400m: 3:56.49 29.81		

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Vasco Miguel Gaspar	90	Uniao Piedense	3:56.96	+0,72	718
	50m: 26.73 26.73	150m: 1:26.48 30.03	250m: 2:26.92 30.16	350m: 3:27.82 30.26		
	100m: 56.45 29.72	200m: 1:56.76 30.28	300m: 2:57.56 30.64	400m: 3:56.96 29.14		
8.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	3:57.59	+0,75	712
	50m: 26.76 26.76	150m: 1:24.68 29.16	250m: 2:24.76 30.22	350m: 3:26.70 31.05		
	100m: 55.52 28.76	200m: 1:54.54 29.86	300m: 2:55.65 30.89	400m: 3:57.59 30.89		
9.	Joao Duarte Santos	95	Benfica	3:57.60	+0,72	712
	50m: 27.56 27.56	150m: 1:27.88 30.60	250m: 2:28.61 30.11	350m: 3:28.83 29.98		
	100m: 57.28 29.72	200m: 1:58.50 30.62	300m: 2:58.85 30.24	400m: 3:57.60 28.77		
10.	Tiago Silva Oliveira	94	Fluvial Portuense	3:58.99	+0,75	700
	50m: 27.28 27.28	150m: 1:26.88 29.94	250m: 2:27.44 30.28	350m: 3:28.46 30.47		
	100m: 56.94 29.66	200m: 1:57.16 30.28	300m: 2:57.99 30.55	400m: 3:58.99 30.53		
11.	Andre Filipe Farinha	96	Benfica	3:59.25	+0,77	698
	50m: 27.36 27.36	150m: 1:27.42 30.26	250m: 2:28.78 30.75	350m: 3:29.42 30.48		
	100m: 57.16 29.80	200m: 1:58.03 30.61	300m: 2:58.94 30.16	400m: 3:59.25 29.83		
12.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	3:59.88	+0,77	692
	50m: 27.99 27.99	150m: 1:28.31 30.33	250m: 2:28.65 30.04	350m: 3:29.82 30.79		
	100m: 57.98 29.99	200m: 1:58.61 30.30	300m: 2:59.03 30.38	400m: 3:59.88 30.06		
13.	Rui Filipe Costa	91	Foca	4:00.47	+0,80	687
	50m: 27.67 27.67	150m: 1:27.52 30.02	250m: 2:28.70 30.73	350m: 3:31.27 31.39		
	100m: 57.50 29.83	200m: 1:57.97 30.45	300m: 2:59.88 31.18	400m: 4:00.47 29.20		
14.	Joao Pedro Gil	97	Alges	4:00.57	+0,66	686
	50m: 27.03 27.03	150m: 1:26.26 30.01	250m: 2:27.07 30.63	350m: 3:30.22 31.48		
	100m: 56.25 29.22	200m: 1:56.44 30.18	300m: 2:58.74 31.67	400m: 4:00.57 30.35		
15.	Joao Carlos Santos	96	Uniao Piedense	4:01.25	+0,70	680
	50m: 28.29 28.29	150m: 1:29.01 30.62	250m: 2:29.92 30.03	350m: 3:31.49 30.91		
	100m: 58.39 30.10	200m: 1:59.89 30.88	300m: 3:00.58 30.66	400m: 4:01.25 29.76		
16.	Pedro Maria Bessa FTL	95	Nautico /Urgicentro-Sanfil	4:02.41	+0,75	671
	50m: 27.36 27.36	150m: 1:27.80 30.50	250m: 2:29.79 30.93	350m: 3:32.06 31.03		
	100m: 57.30 29.94	200m: 1:58.86 31.06	300m: 3:01.03 31.24	400m: 4:02.41 30.35		
17.	Ruben Jose Morim FTL	97	Vilacondense	4:02.82	+0,77	667
	50m: 27.38 27.38	150m: 1:28.53 31.13	250m: 2:31.26 31.13	350m: 3:33.79 30.97		
	100m: 57.40 30.02	200m: 2:00.13 31.60	300m: 3:02.82 31.56	400m: 4:02.82 29.03		
18.	Rui Pedro Faria FTL	94	Famalicao	4:07.35	+0,81	631
	50m: 27.91 27.91	150m: 1:28.37 30.41	250m: 2:31.05 31.54	350m: 3:35.29 32.18		
	100m: 57.96 30.05	200m: 1:59.51 31.14	300m: 3:03.11 32.06	400m: 4:07.35 32.06		

Prova 17, Masc., 400m Livres

Juniores

1. Joao Alexandre Vital	98	Sporting	3:51.92	+0,64	766
50m: 26.80 26.80	150m: 1:25.35 29.36	250m: 2:24.13 29.10	350m: 3:23.11 29.37		
100m: 55.99 29.19	200m: 1:55.03 29.68	300m: 2:53.74 29.61	400m: 3:51.92 28.81		
2. Guilherme Filipe Pina	98	Benedita	3:52.28	+0,76	762
50m: 27.13 27.13	150m: 1:25.66 29.26	250m: 2:24.39 29.15	350m: 3:23.45 29.42		
100m: 56.40 29.27	200m: 1:55.24 29.58	300m: 2:54.03 29.64	400m: 3:52.28 28.83		
3. Jose Paula Carvalho	98	Uniao Piedense	4:01.98	+0,76	674
50m: 27.31 27.31	150m: 1:28.19 31.05	250m: 2:29.47 30.59	350m: 3:32.36 31.53		
100m: 57.14 29.83	200m: 1:58.88 30.69	300m: 3:00.83 31.36	400m: 4:01.98 29.62		
4. Diogo Manuel Marques	98	Columbofila Cantanhedense	4:02.79	+0,72	668
50m: 27.27 27.27	150m: 1:28.40 30.68	250m: 2:30.75 31.07	350m: 3:33.21 31.28		
100m: 57.72 30.45	200m: 1:59.68 31.28	300m: 3:01.93 31.18	400m: 4:02.79 29.58		
5. Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:02.86	+0,77	667
50m: 27.49 27.49	150m: 1:27.75 30.66	250m: 2:30.45 31.34	350m: 3:33.08 31.31		
100m: 57.09 29.60	200m: 1:59.11 31.36	300m: 3:01.77 31.32	400m: 4:02.86 29.78		
6. Antonio Fernando Pinto	99	Lousada SXXI	4:04.81	+0,71	651
50m: 27.36 27.36	150m: 1:29.18 31.22	250m: 2:31.55 31.18	350m: 3:34.59 31.60		
100m: 57.96 30.60	200m: 2:00.37 31.19	300m: 3:02.99 31.44	400m: 4:04.81 30.22		
7. Miguel Ribeiro Bate	99	Alges	4:07.29	+0,76	632
50m: 28.05 28.05	150m: 1:30.19 31.71	250m: 2:33.54 31.55	350m: 3:36.76 31.39		
100m: 58.48 30.43	200m: 2:01.99 31.80	300m: 3:05.37 31.83	400m: 4:07.29 30.53		
8. Pedro Goncalves Neto	98	Porto	4:08.76	+0,77	621
50m: 27.61 27.61	150m: 1:30.79 31.99	250m: 2:34.13 31.30	350m: 3:37.64 31.75		
100m: 58.80 31.19	200m: 2:02.83 32.04	300m: 3:05.89 31.76	400m: 4:08.76 31.12		
9. Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:09.22	+0,80	617
50m: 27.71 27.71	150m: 1:29.72 31.46	250m: 2:33.19 31.85	350m: 3:37.47 31.99		
100m: 58.26 30.55	200m: 2:01.34 31.62	300m: 3:05.48 32.29	400m: 4:09.22 31.75		
10. Diogo Rodrigues Freitas	98	Uniao Piedense	4:10.42	+0,81	608
50m: 27.95 27.95	150m: 1:30.19 31.63	250m: 2:34.14 31.91	350m: 3:38.61 32.26		
100m: 58.56 30.61	200m: 2:02.23 32.04	300m: 3:06.35 32.21	400m: 4:10.42 31.81		
11. Jose Pedro Fernandes	99	Braga	4:10.61	+0,81	607
50m: 28.26 28.26	150m: 1:31.18 31.76	250m: 2:34.72 31.81	350m: 3:39.14 32.31		
100m: 59.42 31.16	200m: 2:02.91 31.73	300m: 3:06.83 32.11	400m: 4:10.61 31.47		
12. Diogo Nogueira Rebelo	98	Colegio Monte Maior	4:11.09	+0,77	604
50m: 28.82 28.82	150m: 1:32.25 32.09	250m: 2:36.60 32.10	350m: 3:40.56 31.84		
100m: 1:00.16 31.34	200m: 2:04.50 32.25	300m: 3:08.72 32.12	400m: 4:11.09 30.53		
13. Diogo Rosado Leca	98	Colegio Monte Maior	4:11.10	+0,74	603
50m: 28.61 28.61	150m: 1:31.35 31.76	250m: 2:35.64 32.07	350m: 3:40.06 32.13		
100m: 59.59 30.98	200m: 2:03.57 32.22	300m: 3:07.93 32.29	400m: 4:11.10 31.04		
14. Joao Magalhaes Nunes	99	Belenenses	4:11.13	+0,75	603
50m: 29.00 29.00	150m: 1:32.28 31.97	250m: 2:36.42 32.27	350m: 3:39.97 31.51		
100m: 1:00.31 31.31	200m: 2:04.15 31.87	300m: 3:08.46 32.04	400m: 4:11.13 31.16		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Goncalo Miguel Nogueira	98	Porto	4:11.22	+0,74	603
	50m: 27.63 27.63	150m: 1:29.40 31.52	250m: 2:34.25 32.81	350m: 3:39.22 32.47		
	100m: 57.88 30.25	200m: 2:01.44 32.04	300m: 3:06.75 32.50	400m: 4:11.22 32.00		
16.	Paulo Filipe Silva	98	Natacao da Maia	4:11.40	+0,89	601
	50m: 28.82 28.82	150m: 1:31.43 31.53	250m: 2:35.73 32.13	350m: 3:40.89 32.70		
	100m: 59.90 31.08	200m: 2:03.60 32.17	300m: 3:08.19 32.46	400m: 4:11.40 30.51		
17.	Duarte Filipe Rodrigues	99	Alges	4:12.06	+0,83	597
	50m: 28.90 28.90	150m: 1:31.97 31.74	250m: 2:35.91 31.76	350m: 3:40.56 32.52		
	100m: 1:00.23 31.33	200m: 2:04.15 32.18	300m: 3:08.04 32.13	400m: 4:12.06 31.50		
18.	Bernardo Graca Rodrigues	99	Alges	4:12.43	+0,68	594
	50m: 28.51 28.51	150m: 1:31.19 31.46	250m: 2:35.42 32.12	350m: 3:40.65 32.63		
	100m: 59.73 31.22	200m: 2:03.30 32.11	300m: 3:08.02 32.60	400m: 4:12.43 31.78		
19.	Francisco Rodrigues Antas	98	Desportiva de Viana	4:12.56	+0,95	593
	50m: 29.29 29.29	150m: 1:32.72 32.15	250m: 2:36.71 31.76	350m: 3:40.76 32.17		
	100m: 1:00.57 31.28	200m: 2:04.95 32.23	300m: 3:08.59 31.88	400m: 4:12.56 31.80		
20.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:12.63	+0,73	593
	50m: 27.65 27.65	150m: 1:29.90 31.38	250m: 2:34.33 32.10	350m: 3:40.01 32.89		
	100m: 58.52 30.87	200m: 2:02.23 32.33	300m: 3:07.12 32.79	400m: 4:12.63 32.62		
21.	Tiago Silva Soares	99	Porto	4:12.64	+0,85	592
	50m: 28.70 28.70	150m: 1:31.63 31.13	250m: 2:36.62 32.30	350m: 3:42.50 32.84		
	100m: 1:00.50 31.80	200m: 2:04.32 32.69	300m: 3:09.66 33.04	400m: 4:12.64 30.14		
22.	Daniel Filipe Paiva	98	Miranda do Corvo	4:12.67	+0,85	592
	50m: 29.15 29.15	150m: 1:32.11 31.80	250m: 2:36.24 32.29	350m: 3:40.92 32.44		
	100m: 1:00.31 31.16	200m: 2:03.95 31.84	300m: 3:08.48 32.24	400m: 4:12.67 31.75		
23.	Joao Jose Laranjeira	98	Galitos/Bresimar	4:13.14	+0,81	589
	50m: 28.63 28.63	150m: 1:31.96 31.65	250m: 2:36.36 32.44	350m: 3:41.71 32.66		
	100m: 1:00.31 31.68	200m: 2:03.92 31.96	300m: 3:09.05 32.69	400m: 4:13.14 31.43		
24.	Rafael Ladeiro Santos FTL	98	Geslours	4:13.94	+0,75	583
	50m: 28.58 28.58	150m: 1:32.57 32.25	250m: 2:37.33 32.48	350m: 3:42.43 32.48		
	100m: 1:00.32 31.74	200m: 2:04.85 32.28	300m: 3:09.95 32.62	400m: 4:13.94 31.51		
25.	Leonardo Rochinha Pedro FTL	98	Bombeiros Estoris	4:16.00	+0,79	569
	50m: 29.05 29.05	150m: 1:32.82 32.08	250m: 2:37.26 32.23	350m: 3:43.40 33.09		
	100m: 1:00.74 31.69	200m: 2:05.03 32.21	300m: 3:10.31 33.05	400m: 4:16.00 32.60		
26.	Tiago Carlos Santos FTL	98	Naval Amorense	4:17.75	+0,78	558
	50m: 28.58 28.58	150m: 1:32.05 31.82	250m: 2:36.99 32.97	350m: 3:44.47 33.92		
	100m: 1:00.23 31.65	200m: 2:04.02 31.97	300m: 3:10.55 33.56	400m: 4:17.75 33.28		
27.	Rui Jorge Matias FTL	99	Vilacondense	4:17.97	+0,80	556
	50m: 28.53 28.53	150m: 1:31.45 32.05	250m: 2:38.16 33.37	350m: 3:45.33 33.76		
	100m: 59.40 30.87	200m: 2:04.79 33.34	300m: 3:11.57 33.41	400m: 4:17.97 32.64		
DNS	Tiago Filipe Campos	99	Scalabiswim			

Prova 18 Femin., 400m Livres 16 anos e mais velhos
12-12-2015 - 9:30 Resultados

Recordes Nacionais 25m Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:12.72	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2015
Recordes Nacionais 25m Sen	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015

TAC_B-JUNF Jun: 4:44.18 / TAC_B-SENF Sen: 4:40.57

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diana Margarida Duraes	96	Porto	4:10.22	+0,71	823
	<i>Rec Nacional, Sen e Abs</i>					
	50m: 29.04 29.04	150m: 1:32.43 31.99	250m: 2:36.36 31.81	350m: 3:39.59 31.41		
	100m: 1:00.44 31.40	200m: 2:04.55 32.12	300m: 3:08.18 31.82	400m: 4:10.22 30.63		
2.	Angelica Maria Andre	94	Fluvial Portuense	4:17.56	+0,69	754
	50m: 30.33 30.33	150m: 1:34.93 32.49	250m: 2:40.22 32.58	350m: 3:45.51 32.76		
	100m: 1:02.44 32.11	200m: 2:07.64 32.71	300m: 3:12.75 32.53	400m: 4:17.56 32.05		
3.	Vania Soares Neves	90	Fluvial Portuense	4:19.82	+0,77	735
	50m: 30.24 30.24	150m: 1:35.02 32.65	250m: 2:40.88 32.82	350m: 3:47.09 33.07		
	100m: 1:02.37 32.13	200m: 2:08.06 33.04	300m: 3:14.02 33.14	400m: 4:19.82 32.73		
4.	Barbara Marques Rodrigues	97	Alges	4:29.76	+0,84	657
	50m: 31.01 31.01	150m: 1:38.19 33.74	250m: 2:46.26 34.13	350m: 3:55.34 34.50		
	100m: 1:04.45 33.44	200m: 2:12.13 33.94	300m: 3:20.84 34.58	400m: 4:29.76 34.42		
5.	Soraia Vanessa Ribeiro	92	Individual ANNP	4:30.22	+0,88	653
	50m: 30.30 30.30	150m: 1:36.47 33.37	250m: 2:43.87 33.37	350m: 3:54.58 35.81		
	100m: 1:03.10 32.80	200m: 2:10.50 34.03	300m: 3:18.77 34.90	400m: 4:30.22 35.64		
6.	Ana Monica Eloi	96	Nautico Marinha Grande	4:31.53	+0,83	644
	50m: 30.75 30.75	150m: 1:37.92 33.97	250m: 2:47.01 34.54	350m: 3:57.15 35.23		
	100m: 1:03.95 33.20	200m: 2:12.47 34.55	300m: 3:21.92 34.91	400m: 4:31.53 34.38		
7.	Maria Teresa Amorim	97	Porto	4:32.24	+0,85	639
	50m: 30.89 30.89	150m: 1:37.96 33.91	250m: 2:47.34 35.11	350m: 3:57.60 35.08		
	100m: 1:04.05 33.16	200m: 2:12.23 34.27	300m: 3:22.52 35.18	400m: 4:32.24 34.64		
8.	Raquel Paulo Ranito	94	Sporting	4:34.78	+0,81	621
	50m: 31.06 31.06	150m: 1:39.68 34.70	250m: 2:49.93 35.15	350m: 4:00.53 35.25		
	100m: 1:04.98 33.92	200m: 2:14.78 35.10	300m: 3:25.28 35.35	400m: 4:34.78 34.25		
9.	Helena Paula Carvalho	95	Uniao Piedense	4:35.19	+0,74	618
	50m: 31.97 31.97	150m: 1:40.53 34.38	250m: 2:50.53 35.16	350m: 4:01.20 35.46		
	100m: 1:06.15 34.18	200m: 2:15.37 34.84	300m: 3:25.74 35.21	400m: 4:35.19 33.99		
10.	Daniela Teixeira Moreira	97	Belenenses	4:36.20	+0,70	612
	50m: 31.73 31.73	150m: 1:40.36 34.42	250m: 2:50.80 35.30	350m: 4:01.24 35.48		
	100m: 1:05.94 34.21	200m: 2:15.50 35.14	300m: 3:25.76 34.96	400m: 4:36.20 34.96		
11.	Maria Joao Fernandes	97	Vilacondense	4:37.63	+0,83	602
	50m: 31.46 31.46	150m: 1:40.10 34.85	250m: 2:50.36 35.08	350m: 4:02.28 36.00		
	100m: 1:05.25 33.79	200m: 2:15.28 35.18	300m: 3:26.28 35.92	400m: 4:37.63 35.35		
12.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:37.66	+0,92	602
	50m: 31.77 31.77	150m: 1:40.75 34.46	250m: 2:50.60 35.11	350m: 4:02.71 36.39		
	100m: 1:06.29 34.52	200m: 2:15.49 34.74	300m: 3:26.32 35.72	400m: 4:37.66 34.95		

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:39.13	+1,00	593
	50m: 32.53 32.53	150m: 1:42.46 35.08	250m: 2:53.82 35.66	350m: 4:05.02 35.36		
	100m: 1:07.38 34.85	200m: 2:18.16 35.70	300m: 3:29.66 35.84	400m: 4:39.13 34.11		
14.	Carolina Madeira Santos	96	Naval Amorense	4:39.78	+0,90	588
	50m: 31.17 31.17	150m: 1:41.17 35.56	250m: 2:52.98 36.15	350m: 4:04.96 35.85		
	100m: 1:05.61 34.44	200m: 2:16.83 35.66	300m: 3:29.11 36.13	400m: 4:39.78 34.82		
15.	Ana Silva Costa	98	Famalicao	4:40.02	+0,76	587
	50m: 31.82 31.82	150m: 1:41.88 35.54	250m: 2:53.96 36.09	350m: 4:05.54 35.55		
	100m: 1:06.34 34.52	200m: 2:17.87 35.99	300m: 3:29.99 36.03	400m: 4:40.02 34.48		
16.	Ana Luisa Santo FTL	95	Benfica	4:40.58	+0,83	583
	50m: 32.14 32.14	150m: 1:42.17 35.33	250m: 2:53.60 35.65	350m: 4:05.60 36.05		
	100m: 1:06.84 34.70	200m: 2:17.95 35.78	300m: 3:29.55 35.95	400m: 4:40.58 34.98		
17.	Mariana Portugal Costa FTL	98	Nautico /Urgicentro-Sanfil	4:41.90	+0,95	575
	50m: 31.43 31.43	150m: 1:42.06 35.66	250m: 2:54.08 35.92	350m: 4:07.49 36.72		
	100m: 1:06.40 34.97	200m: 2:18.16 36.10	300m: 3:30.77 36.69	400m: 4:41.90 34.41		
18.	Rita Verissimo Damasceno FTL	98	Nautico /Urgicentro-Sanfil	4:43.80	+0,91	564
	50m: 31.89 31.89	150m: 1:42.12 35.68	250m: 2:54.53 36.22	350m: 4:07.69 36.48		
	100m: 1:06.44 34.55	200m: 2:18.31 36.19	300m: 3:31.21 36.68	400m: 4:43.80 36.11		
19.	Marina Micaela Sequeira FTL	98	Uniao Piedense	4:45.89	+0,73	552
	50m: 31.94 31.94	150m: 1:41.67 35.45	250m: 2:54.22 36.55	350m: 4:09.52 37.94		
	100m: 1:06.22 34.28	200m: 2:17.67 36.00	300m: 3:31.58 37.36	400m: 4:45.89 36.37		
20.	Margarida Messias Ribeiro FTL	98	Geslours	4:51.29	+0,71	521
	50m: 33.13 33.13	150m: 1:46.21 36.92	250m: 3:00.58 37.26	350m: 4:15.36 37.31		
	100m: 1:09.29 36.16	200m: 2:23.32 37.11	300m: 3:38.05 37.47	400m: 4:51.29 35.93		

Juniores

1.	Tamila Hryhorivna Holub Rec Nacional, Jun 17	99	Braga	4:10.52	+0,79	820
	50m: 29.79 29.79	150m: 1:32.65 31.56	250m: 2:35.97 31.68	350m: 3:39.59 31.87		
	100m: 1:01.09 31.30	200m: 2:04.29 31.64	300m: 3:07.72 31.75	400m: 4:10.52 30.93		
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:24.38	+0,79	697
	50m: 30.93 30.93	150m: 1:37.81 33.55	250m: 2:44.77 33.17	350m: 3:52.04 33.84		
	100m: 1:04.26 33.33	200m: 2:11.60 33.79	300m: 3:18.20 33.43	400m: 4:24.38 32.34		
3.	Beatriz Paulo Ranito	99	Sporting	4:24.89	+0,79	693
	50m: 30.27 30.27	150m: 1:36.04 33.13	250m: 2:43.40 33.69	350m: 3:51.72 34.11		
	100m: 1:02.91 32.64	200m: 2:09.71 33.67	300m: 3:17.61 34.21	400m: 4:24.89 33.17		
4.	Ana Rita Faria	00	Porto	4:30.99	+0,80	648
	50m: 30.52 30.52	150m: 1:37.73 34.01	250m: 2:46.89 34.69	350m: 3:56.72 34.92		
	100m: 1:03.72 33.20	200m: 2:12.20 34.47	300m: 3:21.80 34.91	400m: 4:30.99 34.27		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:31.04	+0,75	647
	50m: 31.12 31.12	150m: 1:40.24 35.03	250m: 2:49.45 34.38	350m: 3:57.68 33.94		
	100m: 1:05.21 34.09	200m: 2:15.07 34.83	300m: 3:23.74 34.29	400m: 4:31.04 33.36		
6.	Ines Figueira Santos	00	Uniao Piedense	4:31.82	+0,85	642
	50m: 30.80 30.80	150m: 1:39.05 34.50	250m: 2:48.48 34.71	350m: 3:58.14 34.69		
	100m: 1:04.55 33.75	200m: 2:13.77 34.72	300m: 3:23.45 34.97	400m: 4:31.82 33.68		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:33.54	+0,93	630
	50m: 31.48 31.48	150m: 1:39.43 34.31	250m: 2:48.96 34.65	350m: 3:58.80 34.93		
	100m: 1:05.12 33.64	200m: 2:14.31 34.88	300m: 3:23.87 34.91	400m: 4:33.54 34.74		
8.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:33.83	+0,85	628
	50m: 31.55 31.55	150m: 1:39.97 34.47	250m: 2:49.73 35.13	350m: 3:59.69 34.82		
	100m: 1:05.50 33.95	200m: 2:14.60 34.63	300m: 3:24.87 35.14	400m: 4:33.83 34.14		
9.	Eliana Dirce Lourenco	00	Galitos/Bresimar	4:34.89	+0,79	620
	50m: 31.47 31.47	150m: 1:40.53 34.89	250m: 2:50.40 35.01	350m: 3:59.95 34.72		
	100m: 1:05.64 34.17	200m: 2:15.39 34.86	300m: 3:25.23 34.83	400m: 4:34.89 34.94		
10.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:35.06	+0,91	619
	50m: 30.56 30.56	150m: 1:39.76 35.02	250m: 2:50.07 35.26	350m: 4:01.04 35.29		
	100m: 1:04.74 34.18	200m: 2:14.81 35.05	300m: 3:25.75 35.68	400m: 4:35.06 34.02		
11.	Maria Beatriz Dias	99	Scalabiswim	4:37.30	+0,81	604
	50m: 32.12 32.12	150m: 1:41.36 34.86	250m: 2:51.81 35.46	350m: 4:02.81 35.38		
	100m: 1:06.50 34.38	200m: 2:16.35 34.99	300m: 3:27.43 35.62	400m: 4:37.30 34.49		
12.	Beatriz Lopes Pinto	99	Academica de Coimbra	4:38.05	+0,82	600
	50m: 32.93 32.93	150m: 1:44.25 35.12	250m: 2:54.18 34.81	350m: 4:03.81 34.92		
	100m: 1:09.13 36.20	200m: 2:19.37 35.12	300m: 3:28.89 34.71	400m: 4:38.05 34.24		
13.	Margarida Valente Orrico	00	Uniao Piedense	4:38.44	+0,87	597
	50m: 32.64 32.64	150m: 1:44.11 35.83	250m: 2:54.71 34.82	350m: 4:05.46 35.39		
	100m: 1:08.28 35.64	200m: 2:19.89 35.78	300m: 3:30.07 35.36	400m: 4:38.44 32.98		
14.	Patricia Palmeiro Baeta	00	Scalabiswim	4:39.47	+0,81	590
	50m: 31.51 31.51	150m: 1:40.96 35.28	250m: 2:52.00 35.98	350m: 4:04.16 35.99		
	100m: 1:05.68 34.17	200m: 2:16.02 35.06	300m: 3:28.17 36.17	400m: 4:39.47 35.31		
15.	Mariana Pinto Angelo	99	Academica de Coimbra	4:39.48	+0,75	590
	50m: 32.87 32.87	150m: 1:43.51 35.34	250m: 2:54.13 35.20	350m: 4:04.72 35.23		
	100m: 1:08.17 35.30	200m: 2:18.93 35.42	300m: 3:29.49 35.36	400m: 4:39.48 34.76		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Mariana Santos Ferreira	00	Miranda do Corvo	4:39.71	+0,82	589
	50m: 33.05 33.05 150m: 1:43.64 35.50 250m: 2:54.37 35.40 350m: 4:05.40 35.30					
	100m: 1:08.14 35.09 200m: 2:18.97 35.33 300m: 3:30.10 35.73 400m: 4:39.71 34.31					
17.	Rafaela Araujo Silva	00	Famalicao	4:39.74	+0,84	589
	50m: 31.29 31.29 150m: 1:41.14 35.45 250m: 2:53.26 35.95 350m: 4:05.28 35.76					
	100m: 1:05.69 34.40 200m: 2:17.31 36.17 300m: 3:29.52 36.26 400m: 4:39.74 34.46					
18.	Ana Pires Brito	99	Colegio Monte Maior	4:39.96	+0,82	587
	50m: 31.15 31.15 150m: 1:40.79 35.38 250m: 2:52.04 35.54 350m: 4:04.15 36.37					
	100m: 1:05.41 34.26 200m: 2:16.50 35.71 300m: 3:27.78 35.74 400m: 4:39.96 35.81					
19.	Ana Sofia Ramos	00	Fluvial Portuense	4:40.20	+0,75	586
	50m: 32.47 32.47 150m: 1:42.60 35.35 250m: 2:53.61 35.33 350m: 4:05.13 35.63					
	100m: 1:07.25 34.78 200m: 2:18.28 35.68 300m: 3:29.50 35.89 400m: 4:40.20 35.07					
20.	Ana Catarina Oliveira	99	Geslours	4:40.52	+0,73	584
	50m: 32.16 32.16 150m: 1:41.87 35.07 250m: 2:53.63 35.61 350m: 4:05.71 35.76					
	100m: 1:06.80 34.64 200m: 2:18.02 36.15 300m: 3:29.95 36.32 400m: 4:40.52 34.81					
21.	Mariana Silva Ramos	00	Sporting	4:41.09	+0,77	580
	50m: 31.52 31.52 150m: 1:40.99 35.14 250m: 2:52.75 36.09 350m: 4:05.56 36.52					
	100m: 1:05.85 34.33 200m: 2:16.66 35.67 300m: 3:29.04 36.29 400m: 4:41.09 35.53					
22.	Ines Silva Oliveira	00	Leixoes	4:42.03	+0,89	574
	50m: 32.19 32.19 150m: 1:42.82 35.58 250m: 2:54.95 35.82 350m: 4:08.19 36.83					
	100m: 1:07.24 35.05 200m: 2:19.13 36.31 300m: 3:31.36 36.41 400m: 4:42.03 33.84					
23.	Tania Cristina Mendes	99	Vieirense	4:42.19	+0,88	574
	50m: 32.55 32.55 150m: 1:42.59 35.56 250m: 2:53.89 35.39 350m: 4:06.65 36.60					
	100m: 1:07.03 34.48 200m: 2:18.50 35.91 300m: 3:30.05 36.16 400m: 4:42.19 35.54					
24.	Catarina Reis Silva	99	Braga	4:43.15	+0,81	568
	50m: 32.14 32.14 150m: 1:42.87 35.75 250m: 2:55.01 35.94 350m: 4:07.99 36.56					
	100m: 1:07.12 34.98 200m: 2:19.07 36.20 300m: 3:31.43 36.42 400m: 4:43.15 35.16					
25.	Iris Cunha Santos FTL	00	Porto	4:44.35	+0,93	561
	50m: 33.17 33.17 150m: 1:45.13 35.90 250m: 2:56.57 35.39 350m: 4:09.44 36.66					
	100m: 1:09.23 36.06 200m: 2:21.18 36.05 300m: 3:32.78 36.21 400m: 4:44.35 34.91					
26.	Catarina Costa Fernandes FTL	99	Colegio Bernardette Romeira	4:45.71	+0,74	553
	50m: 32.82 32.82 150m: 1:44.43 35.91 250m: 2:56.64 36.28 350m: 4:09.99 36.87					
	100m: 1:08.52 35.70 200m: 2:20.36 35.93 300m: 3:33.12 36.48 400m: 4:45.71 35.72					

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Sara Lopes Barbosa FTL	00	Aquatico Pacense	4:49.10	+0,84	533
	50m: 33.05 33.05 150m: 1:44.99 36.10 250m: 2:58.63 36.90 350m: 4:12.56 37.10					
	100m: 1:08.89 35.84 200m: 2:21.73 36.74 300m: 3:35.46 36.83 400m: 4:49.10 36.54					
DSQ	Beatriz Barros Carmo , 403 - Falsa partida - SW 4.4	99	Alges			

Prova 19 Masc., 100m Bruços 17 anos e mais velhos
12-12-2015 - 9:50 Resultados Elimin

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun17	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun18	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	22-11-2012

TAC_B-JUNM Jun: 1:09.87 / TAC_B-SENM Sen: 1:04.97

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	1:02.47	+0,71	705
	50m: 29.44 29.44 100m: 1:02.47 33.03					
2.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:02.86	+0,76	692
	50m: 29.89 29.89 100m: 1:02.86 32.97					
3.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	1:02.99	+0,69	688
	50m: 29.50 29.50 100m: 1:02.99 33.49					
4.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:03.07	+0,67	685
	50m: 29.91 29.91 100m: 1:03.07 33.16					
5.	Sergio Baptista Silva	91	Porto	1:03.18	+0,72	681
	50m: 29.93 29.93 100m: 1:03.18 33.25					
6.	Pedro Andre Santos	94	Alges	1:03.27	+0,66	678
	50m: 29.50 29.50 100m: 1:03.27 33.77					
7.	Andre Goncalo Santos	97	Leixoes	1:03.55	+0,74	670
	50m: 29.84 29.84 100m: 1:03.55 33.71					
8.	Francisco Robalo Quintas	95	Belenenses	1:03.56	+0,68	669
	50m: 30.17 30.17 100m: 1:03.56 33.39					
9.	Leonardo Cardoso Figueiredo	96	Porto	1:03.64	+0,62	667
	50m: 29.54 29.54 100m: 1:03.64 34.10					
10.	Guilherme Miguel Teixeira	97	Benfica	1:03.70	+0,71	665
	50m: 29.78 29.78 100m: 1:03.70 33.92					

Prova 19, Masc., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Filipe Carmo Ramos	97	Vilacondense	1:03.82	+0,75	661
	50m: 30.40 30.40	100m: 1:03.82 33.42				
12.	Rui Filipe Vilar	91	Fluvial Portuense	1:03.92	+0,75	658
	50m: 30.53 30.53	100m: 1:03.92 33.39				
13.	Nuno Durao Pascoal	92	Galitos/Bresimar	1:04.12	+0,64	652
	50m: 30.34 30.34	100m: 1:04.12 33.78				
14.	Miguel Monteiro Cruchinho	97	Sporting	1:04.53	+0,70	639
	50m: 30.52 30.52	100m: 1:04.53 34.01				
15.	Rodrigo Silverio Carmo	96	Estrelas S. Joao de Brito	1:04.62	+0,63	637
	50m: 30.42 30.42	100m: 1:04.62 34.20				
16.	Fabio Andre Figueira	88	Belenenses	1:04.80	+0,73	632
	50m: 30.34 30.34	100m: 1:04.80 34.46				
17.	Pedro Miguel Silva FTL	94	Colegio Monte Maior	1:05.72	+0,70	605
	50m: 30.76 30.76	100m: 1:05.72 34.96				
18.	Rui Miguel Coelho FTL	96	Benfica	1:06.35	+0,70	588
	50m: 31.83 31.83	100m: 1:06.35 34.52				
19.	Nuno Rafael Alves FTL	90	Vilacondense	1:06.39	+0,74	587
	50m: 31.18 31.18	100m: 1:06.39 35.21				
DNS	Simao Miguel Capitao	97	Colegio SMLamas			
WDR	Pedro Miguel Pinotes	89	Sporting			

Juniores

1.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	1:03.95	+0,74	657
	50m: 30.18 30.18	100m: 1:03.95 33.77				
2.	Andre Magalhaes Moura	98	Academico Viseu	1:04.43	+0,70	642
	50m: 30.34 30.34	100m: 1:04.43 34.09				
3.	Diogo Miguel Costa	98	Porto	1:05.02	+0,71	625
	50m: 30.46 30.46	100m: 1:05.02 34.56				
4.	Hugo Pon	98	Alges	1:05.82	+0,67	603
	50m: 31.19 31.19	100m: 1:05.82 34.63				
5.	Mario Jorge Veloso	98	Braga	1:06.06	+0,75	596
	50m: 31.44 31.44	100m: 1:06.06 34.62				

Prova 19, Masc., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Alexandre Ferreira Amorim 50m: 30.89 30.89	99	Colegio SMLamas	1:06.08	+0,71	596
7.	Afonso Ribeiro Bate 50m: 31.34 31.34	98	Alges	1:06.09	+0,67	595
8.	Guilherme Assis Ramos 50m: 31.15 31.15	98	Sporting	1:06.10	+0,76	595
9.	Afonso Calais Queiroga 50m: 30.65 30.65	98	Uniao Piedense	1:06.14	+0,66	594
10.	Antonio Manuel Mendes 50m: 31.67 31.67	99	Sporting	1:06.34	+0,75	589
11.	Andre Tavares Grenho 50m: 31.37 31.37	99	Geslours	1:07.05	+0,71	570
12.	Tiago Moises Dinis 50m: 31.81 31.81	98	Nautico /Urgicentro-Sanfil	1:07.07	+0,79	569
13.	Joao Sismeiro Pereira 50m: 31.74 31.74	98	Belenenses	1:07.21	+0,78	566
14.	Luis Pedro Silva 50m: 32.11 32.11	98	Desportivo Nacional	1:08.19	+0,83	542
15.	Tiago Oliveira Barbosa 50m: 32.66 32.66	99	Colegio SMLamas	1:08.80	+0,81	528
16.	Joao Pedro Teves 50m: 31.70 31.70	99	Bombeiros Ponta Delgada	1:08.93	+0,73	525
17.	Jose Pedro Lemos 50m: 32.23 32.23	99	Sport de Mirandela	1:09.45	+0,71	513
18.	Joao Pedro Santos 50m: 32.43 32.43	98	Fluvial Portuense	1:09.54	+0,70	511
19.	Tiago Carlos Santos 50m: 32.68 32.68	98	Naval Amorense	1:09.57	+0,72	510
20.	Bernardo Jose Dionisio 50m: 33.31 33.31	99	Gualdim Pais	1:09.71	+0,76	507
21.	Joao Francisco Machado 50m: 33.27 33.27	99	Nautico /Urgicentro-Sanfil	1:09.73	+0,72	507
22.	Gabriel Cruz Tocha FTL 50m: 32.61 32.61	99	Natacao de Faro	1:09.97	+0,66	502
23.	Antonio Fernando Pinto FTL 50m: 33.31 33.31	99	Lousada SXXI	1:10.00	+0,68	501

Prova 19, Masc., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Rodrigo Ferreira Sousa FTL	99	Geslours	1:10.10	+0,74	499
	50m: 33.14 33.14	100m: 1:10.10	36.96			
25.	Joao Nunes Cotrim FTL	99	Naval do Funchal	1:10.72	+0,51	486
	50m: 33.22 33.22	100m: 1:10.72	37.50			
26.	Sandro Emanuel Francisco FTL	99	Vieirense	1:10.86	+0,73	483
	50m: 33.74 33.74	100m: 1:10.86	37.12			
DNS	Diogo Pereira Santos	99	Porto			
DNS	Martim Silveira Rodrigues	98	Sao Roque			

Prova 20
12-12-2015 - 10:00

Femin., 100m Bruços

16 anos e mais velhos
Resultados Elimin

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Recordes Nacionais 25m Jun17	1:09.02	Diana Duarte Gomes	POR	Belo Horizonte (BRA)	10-02-2006
Recordes Nacionais 25m Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 1:23.07 / TAC_B-SENF Sen: 1:20.43

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Pinho Rodrigues	94	Estamos Juntos	1:11.93	+0,68	651
	50m: 33.70 33.70	100m: 1:11.93	38.23			
2.	Maria Madalena Silva	98	Nautico Abrantes	1:12.66	+0,75	632
	50m: 34.16 34.16	100m: 1:12.66	38.50			
3.	Catarina Costa Sequeira	98	Armazenenses	1:13.24	+0,82	617
	50m: 34.69 34.69	100m: 1:13.24	38.55			
4.	Paula Alexandra Oliveira	96	Porto	1:14.01	+0,70	598
	50m: 35.07 35.07	100m: 1:14.01	38.94			
5.	Barbara Sofia Barata	97	Alges	1:14.04	+0,72	597
	50m: 34.71 34.71	100m: 1:14.04	39.33			
6.	Ana Marisa Brito	90	Benfica	1:14.28	+0,72	591
	50m: 34.43 34.43	100m: 1:14.28	39.85			
7.	Ana Beatriz Marques	98	Alges	1:14.34	+0,77	590
	50m: 35.04 35.04	100m: 1:14.34	39.30			
8.	Anais Ines Charro	98	Individual ANL	1:14.47	+0,82	587
	50m: 34.82 34.82	100m: 1:14.47	39.65			
9.	Carolina Lourenco Matos	98	Benedita	1:14.84	+0,72	578
	50m: 35.63 35.63	100m: 1:14.84	39.21			

Prova 20, Femin., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Rute Isabel Leonardo	98	Natacao do Tejo	1:15.02	+0,84	574
	50m: 35.66 35.66	100m: 1:15.02 39.36				
11.	Sofia Machado Dionisio	98	Sporting	1:15.30	+0,85	567
	50m: 35.40 35.40	100m: 1:15.30 39.90				
12.	Maria Carolina Rosa	94	Academica de Coimbra	1:15.42	+0,83	565
	50m: 35.38 35.38	100m: 1:15.42 40.04				
13.	Beatriz Carvalho Ribeiro	97	Braga	1:15.56	+0,87	562
	50m: 35.70 35.70	100m: 1:15.56 39.86				
14.	Bruna Martins Riesenberger	97	Laranjeiro	1:16.11	+0,73	550
	50m: 36.83 36.83	100m: 1:16.11 39.28				
15.	Joana Marques Maia	91	Natacao da Maia	1:16.40	+0,84	543
	50m: 35.77 35.77	100m: 1:16.40 40.63				
16.	Mafalda Alexandra Henriques	98	Benfica	1:16.67	+0,82	538
	50m: 36.05 36.05	100m: 1:16.67 40.62				
17.	Rita Catarina Miranda	97	Braga	1:16.93	+0,83	532
	50m: 36.24 36.24	100m: 1:16.93 40.69				
18.	Mariana Domingues Paz	98	Miranda do Corvo	1:17.08	+0,76	529
	50m: 36.43 36.43	100m: 1:17.08 40.65				
19.	Mariana Dias Almeida	93	Famalicao	1:17.17	+0,82	527
	50m: 36.41 36.41	100m: 1:17.17 40.76				
20.	Beatriz Pereira Vasconcelos	98	Vilacondense	1:18.38	+0,71	503
	50m: 37.27 37.27	100m: 1:18.38 41.11				
21.	Cristiana Silva Ulpiano	95	Laranjeiro	1:19.55	+0,87	481
	50m: 37.41 37.41	100m: 1:19.55 42.14				
22.	Dalia Sofia Curto FTL	95	Nacional de Natacao	1:21.10	+0,84	454
	50m: 37.85 37.85	100m: 1:21.10 43.25				
23.	Margarida Messias Ribeiro FTL	98	Geslours	1:22.36	+0,73	434
	50m: 38.24 38.24	100m: 1:22.36 44.12				
DSQ	Rita Maria Cardoso	98	Leixoes			
	704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 50 m - SW 7.1					
DNS	Rute Margarida Marques	94	Amadora			
WDR	Maria Rachadell Pereira	98	Portinado			
WDR	Ana Carolina Guedes	93	Litoral Alentejano			

Prova 20, Femin., 100m Bruços, Elimin

Juniores

1.	Raquel Gomes Pereira	00	Alges	1:10.62	+0,78	688
	50m: 33.55 33.55	100m: 1:10.62 37.07				
2.	Claudia Ferreira Borges	99	Benfica	1:14.46	+0,73	587
	50m: 34.95 34.95	100m: 1:14.46 39.51				
3.	Laura Catarina Abreu	00	Desportivo Nacional	1:15.49	+0,79	563
	50m: 35.54 35.54	100m: 1:15.49 39.95				
4.	Ines Rocha Silva	00	Alcobaca	1:15.79	+0,74	557
	50m: 35.49 35.49	100m: 1:15.79 40.30				
5.	Beatriz Castanheira Dias	99	Academica de Coimbra	1:17.08	+0,72	529
	50m: 37.07 37.07	100m: 1:17.08 40.01				
6.	Ana Rita Rodrigues	99	Sporting de Aveiro	1:17.20	+0,88	527
	50m: 37.06 37.06	100m: 1:17.20 40.14				
7.	Ana Beatriz Martins	99	Famalicao	1:17.30	+0,83	525
	50m: 35.69 35.69	100m: 1:17.30 41.61				
8.	Matilde Pereira Martins	99	Naval de Faro	1:17.94	+0,79	512
	50m: 36.47 36.47	100m: 1:17.94 41.47				
9.	Ana Luis Rodrigues	00	Campinho	1:18.06	+0,82	509
	50m: 36.40 36.40	100m: 1:18.06 41.66				
10.	Ana Joao Martins	00	Sport de Mirandela	1:18.17	+0,98	507
	50m: 37.28 37.28	100m: 1:18.17 40.89				
11.	Maria Francisca Cabral	00	Porto	1:18.36	+0,78	504
	50m: 37.00 37.00	100m: 1:18.36 41.36				
12.	Ariana Santos Lopes	00	Estarreja	1:18.67	+0,80	498
	50m: 36.31 36.31	100m: 1:18.67 42.36				
13.	Ines Rosado Monteiro	00	Natacao de Vagos	1:18.74	+0,72	496
	50m: 37.20 37.20	100m: 1:18.74 41.54				
14.	Ema Filipa Rosario	00	Natacao do Montijo	1:19.53	+0,79	482
	50m: 36.99 36.99	100m: 1:19.53 42.54				
15.	Beatriz Antunes Carvalho	99	Colegio Monte Maior	1:19.80	+0,84	477
	50m: 37.91 37.91	100m: 1:19.80 41.89				

Prova 20, Femin., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Margarida Reconha Marques	00	Nautico Marinha Grande	1:20.03	+0,90	473
	50m: 37.01 37.01 100m: 1:20.03 43.02					
17.	Ana Miguel Pinto	99	Viana Natacao	1:20.09	+0,85	472
	50m: 37.82 37.82 100m: 1:20.09 42.27					
18.	Maria Saraiva Ruivaco	00	Vieirense	1:20.36	+0,90	467
	50m: 37.96 37.96 100m: 1:20.36 42.40					
19.	Mariana Pereira Silva	99	Desportiva de Viana	1:20.87	+0,91	458
	50m: 38.04 38.04 100m: 1:20.87 42.83					
20.	Maria Eduarda Veiga	99	Nautico /Urgicentro-Sanfil	1:20.93	+0,92	457
	50m: 38.15 38.15 100m: 1:20.93 42.78					
21.	Mafalda Malafaia Oliveira	99	Porto	1:21.23	+0,75	452
	50m: 38.05 38.05 100m: 1:21.23 43.18					
22.	Mariana Graca Vasconcelos	99	Bombeiros Estoris	1:21.31	+0,83	451
	50m: 38.12 38.12 100m: 1:21.31 43.19					
23.	Regina Lopes Bento	00	Gafanha da Encarnacao	1:22.04	+0,87	439
	50m: 38.60 38.60 100m: 1:22.04 43.44					
24.	Fabricia Santos Almeida	00	Nautico do Guadiana	1:22.87	+0,94	426
	50m: 37.96 37.96 100m: 1:22.87 44.91					
DSQ	Ines Silva Bernardo	00	Colegio Monte Maior			
	403 - Falsa partida - SW 4.4					

Prova 21 Masc., 50m Livres 17 anos e mais velhos
12-12-2015 - 10:15 Resultados Elimin

Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	23.14	Tiago Andre Venancio	CNS	Reboleira	26-06-2004
Recordes Nacionais 25m Jun18	22.24	Miguel Duarte Nascimento	PORTIN	Porto	08-12-2012
Recordes Nacionais 25m Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

TAC_B-JUNM Jun: 25.05 / TAC_B-SENM Sen: 23.71

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Alexandre Escudier Agostinho	86	Portinado	22.79	+0,68	702
2.	Joao Miguel Ascensao	97	Porto	22.95	+0,63	687
3.	David Miguel Leiria	93	Uniao Piedense	23.16	+0,69	669
4.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	23.23	+0,65	663
5.	Artiom Viatcheslavovitch Poliakov	93	Estrelas S. Joao de Brito	23.25	+0,60	661
6.	Igor Araujo Mogne	96	Sporting	23.48	+0,74	642
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	23.54	+0,61	637
8.	Tomas Correia Silva	95	Porto	23.56	+0,66	635
9.	Rodrigo Pereira Lopes	95	Benfica	23.63	+0,65	630
10.	Bernardo Leitao Graca FTL	93	Fluvial Portuense	23.85	+0,68	612
DNS	Gustavo Almeida Madureira	94	Academica de Coimbra			
WDR	Ricardo Manuel Machado	93	Braga			
WDR	Luis Emanuel Vaz	91	Famalicao			

Juniores

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	23.45	+0,71	644
2.	Francisco Carvalho Machado	98	Alges	23.93	+0,69	606
3.	Francisco Rogerio Santos	98	Benedita	24.15	+0,91	590
4.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	24.17	+0,81	588
5.	Bernardo Santos Clemente	98	Ba/Bomcar	24.20	+0,72	586
6.	Diogo Jesus Crespo	99	Desportivo Nacional	24.43	+0,66	570
7.	Nuno Miguel Graca	98	Desportiva de Viana	24.44	+0,76	569
8.	Guilherme Assis Ramos	98	Sporting	24.51	+0,69	564
9.	Marco Andre Miguel	99	Torres Novas	24.63	+0,65	556
10.	Rui Filipe Costa	98	Desportiva de Viana	24.68	+0,70	553
11.	Steve Alexandre Soares	98	Belenenses	24.73	+0,65	549
12.	Jaime Daniel Correia	99	Estrelas S. Joao de Brito	24.74	+0,70	549
13.	Diogo Alexandre Pacheco	99	Bombeiros Ponta Delgada	24.83	+0,68	543
14.	Pedro Camacho Sousa	98	Naval do Funchal	24.95	+0,68	535
15.	Alexandre Ferreira Amorim FTL	99	Colegio SMLamas	25.06	+0,66	528

Prova 21, Masc., 50m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Pedro Ferraz Silva FTL	98	Aquatico Pacense	25.07	+0,74	527
17.	Joao Miguel Branco FTL	98	Sporting de Espinho	25.33	+0,88	511
18.	Humberto Fernandes Felgueiras FTL	98	Natacao de Valongo	25.38	+0,82	508

Prova 22

Femin., 50m Livres

16 anos e mais velhos

12-12-2015 - 10:20

Resultados Elimin

Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	25.99	Catarina Maria Ferreira	EDV	Ponte da Barca	02-07-2015
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 28.84 / TAC_B-SENF Sen: 27.91

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	26.08	+0,67	707
2.	Catarina Maria Ferreira	98	Desportiva de Viana	26.55	+0,67	670
3.	Jessica Teixeira Vieira	91	Belenenses	26.61	+0,65	666
4.	Jessica Sousa Brito	97	Portinado	26.97	+0,70	639
5.	Ana Filipa Martins	97	Foca	26.98	+0,72	639
6.	Adriana Daniela Castro	97	Porto	27.05	+0,63	634
7.	Rosa Maria Oliveira	96	Porto	27.23	+0,69	621
8.	Soraia Vanessa Ribeiro	92	Individual ANNP	27.53	+0,82	601
9.	Susana Clara Gomes	77	Naval do Funchal	27.61	+0,68	596
10.	Filipa Vilas Tiago	94	Nacional de Natacao	27.62	+0,74	595
11.	Maria Rachadell Pereira	98	Portinado	27.71	+0,81	589
12.	Rita Teixeira Costa	97	Belenenses	27.80	+0,73	584
13.	Raquel Teixeira Pena	98	Uniao Piedense	27.84	+0,80	581
14.	Bruna Fanguero Coentrao FTL	93	Vilacondense	28.08	+0,84	566
	Anais Ines Charro FTL	98	Individual ANL	28.08	+0,75	566
16.	Bruna Martins Riesenberger FTL	97	Laranjeiro	28.14	+0,71	563
17.	Ana Beatriz Silva FTL	96	Gafanha da Encarnacao	28.16	+0,73	562
18.	Rita Fernandes Leitao FTL	96	Benfica	28.23	+0,81	557

Prova 22, Femin., 50m Livres, Elimin

Juniores

1.	Laura Sanchez Rodrigues	00	Belenenses	27.06	+0,70	633
2.	Ana Beatriz Fonseca	99	Academica de Coimbra	27.50	+0,69	603
3.	Ana Rita Faria	00	Porto	27.59	+0,76	597
4.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	27.61	+0,74	596
5.	Vera Ines Aguilar	00	Desportivo Nacional	27.71	+0,68	589
6.	Sofia Isabel Gouveia	00	Uniao Piedense	27.86	+0,81	580
7.	Sofia Alexandra Nunes	00	Laranjeiro	27.87	+0,78	579
8.	Maria Margarida Fernandes	99	Ginasio de Vila Real	27.97	+0,79	573
9.	Maria Ines Ferreira	00	Miranda do Corvo	28.08	+0,86	566
10.	Lara Alexandra Vaz	99	Desportiva de Viana	28.10	+0,80	565
11.	Marta Alexandra Canedo	00	Porto	28.21	+0,67	559
12.	Maria Beatriz Leal	99	Rio Maior	28.23	+0,89	557
13.	Matilde Aguas Marques	00	Portinado	28.40	+0,76	547
14.	Noemia Verdi Silva	99	Vitoria/ Olicargo	28.64	+0,79	534
	Margarida Sobral Pimenta	99	Belenenses	28.64	+0,75	534
16.	Ana Sofia Afonso	99	Desportiva de Viana	28.70	+0,74	530
17.	Ema Filipa Rosario	00	Natacao do Montijo	28.84	+0,79	523
18.	Ana Ines Fernandes	00	Vitoria/ Olicargo	28.85	+0,81	522
	FTL					
19.	Rita Guedes Moreira	00	Louletano / Loule Concelho	28.95	+0,78	517
	FTL					
20.	Mariana Lopes Silva	99	Gafanha da Encarnacao	29.03	+0,66	513
	FTL					
21.	Mariana Pereira Silva	99	Desportiva de Viana	29.29	+0,84	499
	FTL					
22.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	29.47	+0,78	490
	FTL					
DSQ	Marta Ferreira Rocha	99	Leixoes			
	, 403 - Falsa partida - SW 4.4					
WDR	Ana Carolina Neves	00	Academica de Coimbra			
WDR	Luisa Ribeiro Lino	00	Natacao de Faro			

Prova 23 Masc., 100m Costas 17 anos e mais velhos
12-12-2015 - 10:30 Resultados Elimin

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas Santos	POR	Herning (DEN)	14-12-2013
Recordes Nacionais 25m Jun17	54.97	Gabriel Jose Lopes	CDL	Coimbra	11-05-2014
Recordes Nacionais 25m Jun18	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	52.03	Alexis Manacas Santos	POR	Herning (DEN)	14-12-2013

TAC_B-JUNM Jun: 1:00.39 / TAC_B-SENM Sen: 58.38

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Gabriel Jose Lopes	97	Louzan Natacao	53.24	+0,72	776
	50m: 25.94 25.94	100m:	53.24 27.30			
2.	Alexis Manacas Santos	92	Sporting	54.19	+0,80	736
	50m: 25.67 25.67	100m:	54.19 28.52			
3.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	54.44	+1,15	726
	50m: 26.41 26.41	100m:	54.44 28.03			
4.	Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	55.84	+1,62	673
	50m: 26.99 26.99	100m:	55.84 28.85			
5.	Goncalo Filipe Gregorio	93	Uniao Piedense	56.37	+0,54	654
	50m: 27.15 27.15	100m:	56.37 29.22			
6.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	56.77	+0,53	640
	50m: 27.19 27.19	100m:	56.77 29.58			
7.	Alexandre Lages Ribas	97	Sporting	56.86	+0,64	637
	50m: 27.47 27.47	100m:	56.86 29.39			
8.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	57.22	+0,68	625
	50m: 27.16 27.16	100m:	57.22 30.06			
9.	David Miguel Leiria	93	Uniao Piedense	57.76	+0,59	608
	50m: 28.52 28.52	100m:	57.76 29.24			
10.	Ivo Pinto Ribeiro	97	Foca	57.77	+0,80	607
	50m: 28.10 28.10	100m:	57.77 29.67			
11.	Joao Pedro Tarquinio	97	Benedita	57.87	+0,58	604
	50m: 27.91 27.91	100m:	57.87 29.96			
12.	Joao Ricardo Silva	97	Nautico /Urgicentro-Sanfil	58.29	+0,68	591
	50m: 28.19 28.19	100m:	58.29 30.10			
13.	Joao Mota Correia	97	Benfica	58.35	+0,74	590
	50m: 28.42 28.42	100m:	58.35 29.93			

Prova 23, Masc., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Rodrigo Pereira Lopes FTL	95	Benfica	58.44	+0,69	587
	50m: 27.56 27.56 100m: 58.44 30.88					
15.	Leonardo Cardoso Figueiredo FTL	96	Porto	58.74	+0,68	578
	50m: 28.72 28.72 100m: 58.74 30.02					
16.	Joao Pedro Santos FTL	95	Estarreja	58.75	+0,71	578
	50m: 28.06 28.06 100m: 58.75 30.69					
17.	Filipe Miguel Felix FTL	96	Alges	58.79	+0,67	576
	50m: 27.92 27.92 100m: 58.79 30.87					
18.	Tiago Ferreira Azevedo FTL	95	Naval Amorense	58.82	+0,71	575
	50m: 28.40 28.40 100m: 58.82 30.42					
19.	Pedro Romanoski Carvalho FTL	94	Famalicao	59.21	+0,57	564
	50m: 27.91 27.91 100m: 59.21 31.30					
20.	Andre Bras Goncalves FTL	88	Belenenses	59.54	+0,68	555
	50m: 28.54 28.54 100m: 59.54 31.00					
21.	Job Santos Silva FTL	96	Feirense	59.58	+0,62	554
	50m: 28.79 28.79 100m: 59.58 30.79					
22.	Soner Tunay Hadzhilar FTL	93	Benfica	59.96	+0,73	543
	50m: 28.11 28.11 100m: 59.96 31.85					
DNS	Miguel Angelo Passos	96	Desportiva de Viana			
DNS	Tiago Manuel Teixeira	96	Fafe			

Juniores

1.	Joao Jose Laranjeira	98	Galitos/Bresimar	57.26	+0,64	624
	50m: 27.94 27.94 100m: 57.26 29.32					
2.	Viktor Kot	98	Nautico Marinha Grande	57.58	+0,57	614
	50m: 28.25 28.25 100m: 57.58 29.33					
3.	Francisco Rogerio Santos	98	Benedita	57.78	+0,70	607
	50m: 27.89 27.89 100m: 57.78 29.89					
4.	Jose Pedro Sampaio	98	Foca	58.64	+0,66	581
	50m: 28.54 28.54 100m: 58.64 30.10					
5.	Filipe Miguel Silveira	98	Belenenses	58.73	+0,60	578
	50m: 28.81 28.81 100m: 58.73 29.92					

Prova 23, Masc., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Joao Daniel Machado 50m: 28.21 28.21	99	Uniao Piedense	58.82	+1,07	575
7.	Joao Diogo Fernandes 50m: 28.33 28.33	98	Benfica	59.14	+0,57	566
8.	Rui Filipe Costa 50m: 28.80 28.80	98	Desportiva de Viana	59.24	+0,58	563
9.	Afonso Guilherme Rosa 50m: 29.20 29.20	99	Torres Novas	59.31	+0,76	561
10.	Ricardo Saraiva Pires 50m: 28.92 28.92	98	Laranjeiro	59.32	+1,09	561
11.	Nuno Henrique Guimaraes 50m: 29.35 29.35	99	Natacao de Valongo	59.88	+0,61	545
12.	Miguel Ribeiro Bate 50m: 29.35 29.35	99	Alges	1:00.24	+0,63	536
13.	Miguel Reis Santos 50m: 29.02 29.02	98	Alges	1:00.39	+0,80	532
14.	Ricardo Goncalves Moura FTL 50m: 28.98 28.98	98	Electrico Clube	1:00.57	+0,64	527
15.	Rodrigo Jose Guerreiro FTL 50m: 29.07 29.07	99	Louletano / Loule Concelho	1:00.62	+0,59	526
16.	Tiago Pastor Escada FTL 50m: 29.83 29.83	99	Aminata	1:01.11	+0,65	513
17.	Steve Alexandre Soares FTL 50m: 29.94 29.94	98	Belenenses	1:01.59	+0,65	501

Prova 24

Femin., 100m Costas

16 anos e mais velhos

12-12-2015 - 10:40

Resultados Elimin

Recordes Nacionais 25m Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	1:01.55	Ines Camacho Fernandes	SCP	Porto	08-12-2013
Recordes Nacionais 25m Jun17	1:01.56	Ines Camacho Fernandes	SCP	Felgueiras	22-12-2013
Recordes Nacionais 25m Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 1:10.53 / TAC_B-SENF Sen: 1:09.77

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Francisca Gomes Azevedo	97	Alges	1:02.04	+1,06	697
	50m: 30.39 30.39	100m: 1:02.04	31.65			
2.	Rita Barros Frischknecht	98	Alges	1:02.36	+1,05	687
	50m: 30.10 30.10	100m: 1:02.36	32.26			
3.	Ana Sofia Leite	93	Ginasio de Vila Real	1:03.39	+0,74	654
	50m: 30.33 30.33	100m: 1:03.39	33.06			
4.	Vania Soares Neves	90	Fluvial Portuense	1:04.16	+0,59	630
	50m: 30.98 30.98	100m: 1:04.16	33.18			
5.	Ana Filipa Costa	98	Natacao de Beja	1:04.67	+0,58	616
	50m: 31.54 31.54	100m: 1:04.67	33.13			
6.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	1:05.01	+0,67	606
	50m: 31.45 31.45	100m: 1:05.01	33.56			
7.	Ana Raquel Ferreira	98	Ginasio Figueirense	1:06.07	+0,64	577
	50m: 32.27 32.27	100m: 1:06.07	33.80			
8.	Juliana Lima Freixo	97	Braga	1:06.39	+0,61	569
	50m: 31.79 31.79	100m: 1:06.39	34.60			
9.	Lisa Marisa Soares	95	Belenenses	1:06.49	+0,60	566
	50m: 32.13 32.13	100m: 1:06.49	34.36			
10.	Catarina Maria Ferreira	98	Desportiva de Viana	1:07.07	+0,63	552
	50m: 31.54 31.54	100m: 1:07.07	35.53			
11.	Catarina Alexandra Jardim	98	Famalicao	1:07.11	+0,65	551
	50m: 32.65 32.65	100m: 1:07.11	34.46			
12.	Tatiana Filipa Santos	95	Academica de Coimbra	1:07.19	+0,66	549
	50m: 33.14 33.14	100m: 1:07.19	34.05			
13.	Ana Marta Miranda	96	Uniao Piedense	1:07.21	+0,63	548
	50m: 32.51 32.51	100m: 1:07.21	34.70			
14.	Sofia Alexandra Rolao	98	Benfica	1:07.31	+0,84	546
	50m: 31.70 31.70	100m: 1:07.31	35.61			
15.	Francisca Santos Pereira	98	Fluvial Portuense	1:07.78	+0,65	535
	50m: 32.55 32.55	100m: 1:07.78	35.23			
16.	Beatriz Elisabete Pereira	97	Nautica do Seixal	1:07.91	+0,66	532
	50m: 32.68 32.68	100m: 1:07.91	35.23			

Prova 24, Femin., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Marina Micaela Sequeira	98	Uniao Piedense	1:08.31	+0,60	522
	50m: 33.02 33.02	100m: 1:08.31 35.29				
18.	Maria Morgado Franco	98	Portinado	1:09.23	+0,66	502
	50m: 32.83 32.83	100m: 1:09.23 36.40				
19.	Ines Tomas Margarido	96	Naval do Funchal	1:09.25	+0,58	501
	50m: 33.14 33.14	100m: 1:09.25 36.11				
20.	Andreia Silva Cruz	88	Gafanha da Encarnacao	1:09.39	+0,59	498
	50m: 33.36 33.36	100m: 1:09.39 36.03				
21.	Ana Filipa Gomes	96	Vilacondense	1:09.51	+0,68	496
	50m: 33.26 33.26	100m: 1:09.51 36.25				
22.	Ana Luisa Santo	95	Benfica	1:09.53	+0,66	495
	50m: 33.70 33.70	100m: 1:09.53 35.83				
23.	Ana Beatriz Meireles	98	Fafe	1:09.68	+0,60	492
	50m: 32.94 32.94	100m: 1:09.68 36.74				
24.	Matilde Ferreira Nita	98	Laranjeiro	1:10.83	+0,69	468
	FTL					
	50m: 34.07 34.07	100m: 1:10.83 36.76				
25.	Beatriz Pereira Vasconcelos	98	Vilacondense	1:10.85	+0,86	468
	FTL					
	50m: 34.40 34.40	100m: 1:10.85 36.45				

Juniores

1.	Catarina Martins Mestre	00	Sporting	1:04.72	+0,67	614
	50m: 31.21 31.21	100m: 1:04.72 33.51				
2.	Filipa Carreira Alves	99	Uniao Piedense	1:05.79	+0,80	585
	50m: 31.29 31.29	100m: 1:05.79 34.50				
3.	Alexandra Jesus Santos	00	Leixoes	1:05.91	+0,59	582
	50m: 31.58 31.58	100m: 1:05.91 34.33				
4.	Madalena Gomes Azevedo	99	Alges	1:07.03	+0,83	553
	50m: 32.26 32.26	100m: 1:07.03 34.77				
5.	Maria Ana Monge	99	Sporting	1:07.08	+0,67	552
	50m: 32.22 32.22	100m: 1:07.08 34.86				
6.	Matilde Pereira Martins	99	Naval de Faro	1:07.51	+0,62	541
	50m: 33.12 33.12	100m: 1:07.51 34.39				

Prova 24, Femin., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Rita Costa Amador	99	Galitos/Bresimar	1:07.72	+0,75	536
	50m: 32.38 32.38	100m: 1:07.72 35.34				
8.	Monica Seara Domingues	00	Nautico Marinha Grande	1:07.84	+0,61	533
	50m: 33.15 33.15	100m: 1:07.84 34.69				
9.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	1:08.09	+0,68	527
	50m: 32.65 32.65	100m: 1:08.09 35.44				
10.	Ana Carolina Neves	00	Academica de Coimbra	1:08.20	+0,64	525
	50m: 32.99 32.99	100m: 1:08.20 35.21				
11.	Maria Beatriz Lopes	00	Benedita	1:08.57		516
	50m: 33.49 33.49	100m: 1:08.57 35.08				
12.	Matilde Correia Vieira	00	Alcobaca	1:08.61	+0,71	515
	50m: 33.04 33.04	100m: 1:08.61 35.57				
13.	Patricia Cabral Monteiro	99	Galitos/Bresimar	1:09.22	+0,70	502
	50m: 34.37 34.37	100m: 1:09.22 34.85				
14.	Margarida Sobral Pimenta	99	Belenenses	1:09.28	+0,71	501
	50m: 33.69 33.69	100m: 1:09.28 35.59				
15.	Maria Dias Neves	99	Miranda do Corvo	1:09.54	+0,60	495
	50m: 33.66 33.66	100m: 1:09.54 35.88				
16.	Ana Sofia Afonso	99	Desportiva de Viana	1:09.82	+0,59	489
	50m: 33.81 33.81	100m: 1:09.82 36.01				
17.	Catarina Reis Silva	99	Braga	1:10.09	+0,74	483
	50m: 34.29 34.29	100m: 1:10.09 35.80				
18.	Ines Figueira Santos	00	Uniao Piedense	1:10.45	+0,60	476
	50m: 34.46 34.46	100m: 1:10.45 35.99				
19.	Ines Vieira Almeida FTL	99	Uniao Piedense	1:11.03	+0,59	465
	50m: 34.55 34.55	100m: 1:11.03 36.48				
20.	Carolina Sousa FTL	99	Ginasio de Vila Real	1:11.32	+0,75	459
	50m: 34.33 34.33	100m: 1:11.32 36.99				

Prova 24, Femin., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Beatriz Neto Costa FTL	00	Aquatico Pacense	1:12.74	+0,91	432
	50m: 34.71 34.71	100m: 1:12.74	38.03			
22.	Barbara Outeiro Posse FTL	00	Alges e Agueda XXI	1:12.86	+0,73	430
	50m: 34.91 34.91	100m: 1:12.86	37.95			
23.	Leila Tavarã Lemos FTL	00	Vilacondense	1:13.18	+0,74	425
	50m: 34.93 34.93	100m: 1:13.18	38.25			
24.	Sofia Dias Alves FTL	99	Natacao do Montijo	1:13.84	+0,55	413
	50m: 34.80 34.80	100m: 1:13.84	39.04			
DNS	Marta Silva Felix	99	Sporting de Aveiro			
WDR	Ines Isabel Graca	00	Gualdim Pais			

Prova 25
12-12-2015 - 11:00

Masc., 100m Mariposa

17 anos e mais velhos
Resultados Elimin

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe Carvalho	POR	Estocolmo (SWE)	11-11-2009
Recordes Nacionais 25m Jun17	53.97	Tiago Andre Venancio	CNS	Alapraia	15-02-2004
Recordes Nacionais 25m Jun18	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Recordes Nacionais 25m Sen	51.45	Diogo Filipe Carvalho	POR	Estocolmo (SWE)	11-11-2009
TAC_B-JUNM Jun: 59.86 / TAC_B-SENM Sen: 56.37					

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	54.42	+0,72	705
	50m: 25.27 25.27	100m: 54.42	29.15			
2.	Diogo Filipe Carvalho	88	Galitos/Bresimar	54.46	+0,73	703
	50m: 25.40 25.40	100m: 54.46	29.06			
3.	Luiz Pedro Pereira	91	Benfica	55.08	+0,65	680
	50m: 25.32 25.32	100m: 55.08	29.76			
4.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	55.31	+0,66	671
	50m: 25.56 25.56	100m: 55.31	29.75			
5.	Pedro Andre Santos	94	Alges	55.43	+0,69	667
	50m: 25.46 25.46	100m: 55.43	29.97			
6.	Hugo Guilherme Trigo	97	Sporting de Aveiro	55.67	+0,61	658
	50m: 26.31 26.31	100m: 55.67	29.36			

Prova 25, Masc., 100m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Igor Araujo Mogne	96	Sporting	55.70	+0,74	657
	50m: 26.45 26.45	100m: 55.70 29.25				
8.	Diogo Fontes Moreira	93	Leixoes	55.81	+0,70	653
	50m: 26.16 26.16	100m: 55.81 29.65				
9.	Miguel Freitas Marques	96	Juventude Atlantico	55.90	+0,66	650
	50m: 25.56 25.56	100m: 55.90 30.34				
10.	Andre Antunes Carvalho	96	Colegio Monte Maior	55.94	+0,76	649
	50m: 26.43 26.43	100m: 55.94 29.51				
11.	Fabio Andre Figueira	88	Belenenses	56.11	+0,78	643
	50m: 26.38 26.38	100m: 56.11 29.73				
12.	Bruno Miguel Ramos	97	Belenenses	56.15	+0,69	642
	50m: 26.24 26.24	100m: 56.15 29.91				
13.	Carlos Lopes Pedrosa FTL	94	Naval de Ponta Delgada	56.82	+0,76	619
	50m: 26.49 26.49	100m: 56.82 30.33				
14.	Ricardo Verissimo Sousa FTL	93	Colegio Vasco da Gama	57.69	+0,68	591
	50m: 27.36 27.36	100m: 57.69 30.33				
DNS	Carlos Filipe Santos	91	Porto			

Juniores

1.	Afonso Meneses Sequeira	99	Naval do Funchal	56.36	+0,75	634
	50m: 26.18 26.18	100m: 56.36 30.18				
2.	Joao Francisco Lopes	98	Braga	57.26	+0,66	605
	50m: 26.33 26.33	100m: 57.26 30.93				
3.	Bernardo Santos Clemente	98	Ba/Bomcar	57.31	+0,74	603
	50m: 26.94 26.94	100m: 57.31 30.37				
4.	Nuno Miguel Graca	98	Desportiva de Viana	57.41	+0,78	600
	50m: 26.54 26.54	100m: 57.41 30.87				
5.	Jose Paula Carvalho	98	Uniao Piedense	57.58	+0,77	595
	50m: 27.21 27.21	100m: 57.58 30.37				
6.	Marco Andre Miguel	99	Torres Novas	57.61	+0,63	594
	50m: 27.04 27.04	100m: 57.61 30.57				
7.	Mateus Ribeiro Carvalho	99	Famalicao	57.63	+0,72	593
	50m: 27.12 27.12	100m: 57.63 30.51				

Prova 25, Masc., 100m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Joao Carlos Silva 50m: 26.85 26.85	98	Famalicao	57.65	+0,66	593
9.	Pedro Galvao Gouveia 50m: 27.22 27.22	99	Desportivo Nacional	57.74	+0,69	590
10.	Miguel Camara Gomes 50m: 26.73 26.73	99	Naval do Funchal	57.75	+0,65	590
11.	Tomas Silva Coxixo 50m: 26.63 26.63	99	Palmela	58.38	+0,76	571
12.	Martim Moniz Silva 50m: 26.98 26.98	99	Naval do Funchal	58.50	+0,63	567
13.	Luis Filipe Soares 50m: 27.54 27.54	98	Porto	58.78	+0,80	559
14.	Pedro Ferraz Silva 50m: 27.29 27.29	98	Aquatico Pacense	58.97	+0,72	554
15.	Francisco Ribeiro Constantino 50m: 27.25 27.25	99	Naval da Nazare	59.11	+0,72	550
	Pedro Miguel Fernandes 50m: 27.72 27.72	99	Vitoria/ Olicargo	59.11	+0,82	550
17.	Rodrigo Alexandre Patricio 50m: 28.07 28.07	98	Nautico /Urgicentro-Sanfil	59.48	+0,77	540
	Joao Silverio Duarte 50m: 27.77 27.77	99	Electrico Clube	59.48	+0,76	540
19.	Afonso Ribeiro Bate 50m: 28.04 28.04	98	Alges	59.56	+0,71	537
20.	Humberto Fernandes Felgueiras FTL 50m: 28.24 28.24	98	Natacao de Valongo	59.97	+0,80	526
21.	Hugo Filipe Correia FTL 50m: 28.02 28.02	99	Litoral Alentejano	1:00.63	+0,72	509
22.	Andre Tavares Grenho FTL 50m: 28.41 28.41	99	Geslours	1:01.15	+0,81	497
WDR	Tiago Martins Boleta	98	Louletano / Loule Concelho			

Prova 26 Femin., 100m Mariposa 16 anos e mais velhos
12-12-2015 - 11:10 Resultados Elimin

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas Oliveira	POR	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Jun16	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	59.65	Sara Francisco Cruz	ADBA	Leiria	05-12-2009
Recordes Nacionais 25m Sen	58.31	Sara Freitas Oliveira	POR	Dubai (UAE)	18-12-2010

TAC_B-JUNF Jun: 1:09.77 / TAC_B-SENF Sen: 1:08.41

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Ana Catarina Monteiro	93	Vilacondense	1:01.72	+0,71	692
	50m: 29.14 29.14	100m: 1:01.72 32.58				
2.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	1:01.98	+0,71	684
	50m: 28.97 28.97	100m: 1:01.98 33.01				
3.	Ines Camacho Fernandes	97	Sporting	1:02.42	+0,71	669
	50m: 29.23 29.23	100m: 1:02.42 33.19				
4.	Ana Margarida Rodrigues	96	Galitos/Bresimar	1:03.99	+0,77	621
	50m: 30.00 30.00	100m: 1:03.99 33.99				
5.	Barbara Sofia Barata	97	Alges	1:04.14	+0,72	617
	50m: 30.46 30.46	100m: 1:04.14 33.68				
6.	Carolina Mantua Guedes	98	Sporting	1:04.22	+0,70	614
	50m: 29.76 29.76	100m: 1:04.22 34.46				
7.	Ana Sofia Nobrega	90	Ginasio de Vila Real	1:04.51	+0,86	606
	50m: 30.06 30.06	100m: 1:04.51 34.45				
8.	Madalena Amaro Machado	98	Academico Viseu	1:04.67	+0,90	602
	50m: 30.47 30.47	100m: 1:04.67 34.20				
9.	Filipa Vilas Tiago	94	Nacional de Natacao	1:04.88	+0,73	596
	50m: 30.28 30.28	100m: 1:04.88 34.60				
10.	Daniela Teixeira Moreira	97	Belenenses	1:05.20	+0,70	587
	50m: 30.21 30.21	100m: 1:05.20 34.99				
11.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	1:05.83	+0,78	570
	50m: 30.92 30.92	100m: 1:05.83 34.91				
12.	Adriana Daniela Castro	97	Porto	1:05.88	+0,70	569
	50m: 31.20 31.20	100m: 1:05.88 34.68				
13.	Susana Clara Gomes	77	Naval do Funchal	1:06.05	+0,72	565
	50m: 30.37 30.37	100m: 1:06.05 35.68				
14.	Lisa Marisa Soares	95	Belenenses	1:06.08	+0,76	564
	50m: 31.07 31.07	100m: 1:06.08 35.01				
15.	Rita Teixeira Costa	97	Belenenses	1:06.37	+0,70	557
	50m: 30.58 30.58	100m: 1:06.37 35.79				
16.	Maria Carolina Rosa	94	Academica de Coimbra	1:06.76	+0,80	547
	50m: 30.81 30.81	100m: 1:06.76 35.95				

Prova 26, Femin., 100m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Juliana Lima Freixo	97	Braga	1:07.47	+0,89	530
	50m: 31.55 31.55	100m: 1:07.47 35.92				
18.	Carolina Santos Silva	86	Natacao da Maia	1:07.61	+0,64	526
	50m: 31.29 31.29	100m: 1:07.61 36.32				
19.	Mariana Sousa Martins	95	Feirense	1:07.72	+0,80	524
	50m: 31.63 31.63	100m: 1:07.72 36.09				
20.	Mariana Portugal Costa	98	Nautico /Urgicentro-Sanfil	1:08.09	+0,95	515
	50m: 32.21 32.21	100m: 1:08.09 35.88				
21.	Raquel Paulo Ranito	94	Sporting	1:08.13	+0,78	514
	50m: 31.63 31.63	100m: 1:08.13 36.50				
22.	Barbara Rodrigues Pereira FTL	98	Natacao do Montijo	1:08.53	+0,79	506
	50m: 32.15 32.15	100m: 1:08.53 36.38				
23.	Debora Guimaraes Oliveira FTL	96	Braga	1:08.66	+0,85	503
	50m: 32.78 32.78	100m: 1:08.66 35.88				
DNS	Sofia Alexandra Branco	98	Alges			
WDR	Sofia Prates Silvestre	95	Naval Amorense			

Juniores

1.	Laura Sanchez Rodrigues	00	Belenenses	1:04.60	+0,69	604
	50m: 30.09 30.09	100m: 1:04.60 34.51				
2.	Sara Conceicao Peca	99	Ba/Bomcar	1:05.81	+0,82	571
	50m: 31.01 31.01	100m: 1:05.81 34.80				
3.	Beatriz Jong Rosa	00	Desportivo Nacional	1:06.26	+0,74	559
	50m: 30.63 30.63	100m: 1:06.26 35.63				
4.	Lara Alexandra Vaz	99	Desportiva de Viana	1:06.44	+0,73	555
	50m: 31.21 31.21	100m: 1:06.44 35.23				
5.	Cristiana Sofia Ribeiro	00	Famalicao	1:06.74	+0,77	547
	50m: 31.60 31.60	100m: 1:06.74 35.14				
6.	Maria Leonor Martins	99	Aquatico Pacense	1:06.83	+0,88	545
	50m: 31.11 31.11	100m: 1:06.83 35.72				
	Alexandra Jesus Santos	00	Leixoes	1:06.83	+0,73	545
	50m: 31.32 31.32	100m: 1:06.83 35.51				
8.	Joana Viegas Bento	99	Natacao de Faro	1:07.06	+0,75	540
	50m: 31.27 31.27	100m: 1:07.06 35.79				

Prova 26, Femin., 100m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Sara Costa Guerra	99	Sporting	1:07.60	+0,72	527
	50m: 31.79 31.79	100m: 1:07.60 35.81				
10.	Ana Rita Rodrigues	99	Sporting de Aveiro	1:07.65	+0,92	526
	50m: 31.59 31.59	100m: 1:07.65 36.06				
11.	Alice Maria Lopes	00	Uniao Piedense	1:07.78	+0,83	523
	50m: 32.19 32.19	100m: 1:07.78 35.59				
12.	Eliana Dirce Lourenco	00	Galitos/Bresimar	1:08.21	+0,79	513
	50m: 32.09 32.09	100m: 1:08.21 36.12				
13.	Sofia Alexandra Nunes	00	Laranjeiro	1:08.29	+0,78	511
	50m: 31.78 31.78	100m: 1:08.29 36.51				
	Mariana Frazao Saraiva	99	Alges	1:08.29	+0,73	511
	50m: 31.53 31.53	100m: 1:08.29 36.76				
15.	Margarida Valente Orrico	00	Uniao Piedense	1:09.28	+0,85	489
	50m: 32.12 32.12	100m: 1:09.28 37.16				
16.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	1:09.90	+0,77	476
	FTL					
	50m: 31.97 31.97	100m: 1:09.90 37.93				
17.	Catarina Costa Balseiro	99	Sporting de Aveiro	1:11.13	+0,83	452
	FTL					
	50m: 32.33 32.33	100m: 1:11.13 38.80				
DSQ	Ines Jacinto Henriques	00	Pimpoes/Cimai			
	403 - Falsa partida - SW 4.4					

Prova 27 Masc., 200m Estilos 17 anos e mais velhos
12-12-2015 - 11:20 Resultados Elimin

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	04-12-2015
Recordes Nacionais 25m Jun17	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	06-03-2005
Recordes Nacionais 25m Jun18	2:00.59	Gabriel Jose Lopes	ALN	Coimbra	10-05-2015
Recordes Nacionais 25m Sen	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	04-12-2015

TAC_B-JUNM Jun: 2:14.46 / TAC_B-SENM Sen: 2:07.34

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
WDR	Pedro Miguel Pinotes	89	Sporting			
WDR	Jose Ricardo Sousa	97	Lousada SXXI			
Juniores						
1.	Joao Alexandre Vital	98	Sporting	2:08.43	+0,66	621
	50m: 27.00 27.00	100m: 59.06 32.06	150m: 1:36.62 37.56	200m: 2:08.43 31.81		
2.	Jose Pedro Sampaio	98	Foca	2:08.66	+0,72	618
	50m: 28.64 28.64	100m: 1:01.95 33.31	150m: 1:39.10 37.15	200m: 2:08.66 29.56		
3.	Joao Daniel Machado	99	Uniao Piedense	2:09.42	+0,71	607
	50m: 28.46 28.46	100m: 1:00.97 32.51	150m: 1:38.98 38.01	200m: 2:09.42 30.44		
4.	Andre Magalhaes Moura	98	Academico Viseu	2:09.53	+0,63	606
	50m: 28.29 28.29	100m: 1:01.77 33.48	150m: 1:38.51 36.74	200m: 2:09.53 31.02		
5.	Tiago Cunha Costa	99	Sporting	2:09.97	+0,71	600
	50m: 28.28 28.28	100m: 1:02.08 33.80	150m: 1:40.15 38.07	200m: 2:09.97 29.82		
6.	Hugo Pon	98	Alges	2:10.16	+0,68	597
	50m: 28.66 28.66	100m: 1:02.84 34.18	150m: 1:39.78 36.94	200m: 2:10.16 30.38		
7.	Filipe Miguel Silveira	98	Belenenses	2:11.11	+0,76	584
	50m: 28.67 28.67	100m: 1:01.58 32.91	150m: 1:41.35 39.77	200m: 2:11.11 29.76		
8.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:11.60	+0,76	578
	50m: 28.98 28.98	100m: 1:04.59 35.61	150m: 1:41.90 37.31	200m: 2:11.60 29.70		
9.	Joao Francisco Lopes	98	Braga	2:11.61	+0,64	577
	50m: 27.32 27.32	100m: 1:00.93 33.61	150m: 1:40.79 39.86	200m: 2:11.61 30.82		
10.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:12.11	+0,70	571
	50m: 29.53 29.53	100m: 1:04.68 35.15	150m: 1:41.55 36.87	200m: 2:12.11 30.56		
11.	Guilherme Filipe Pina	98	Benedita	2:12.61	+0,69	565
	50m: 28.45 28.45	100m: 1:02.52 34.07	150m: 1:42.24 39.72	200m: 2:12.61 30.37		
12.	Francisco Cortez Viterbo	99	Alges	2:12.72	+0,71	563
	50m: 28.53 28.53	100m: 1:01.89 33.36	150m: 1:41.29 39.40	200m: 2:12.72 31.43		
13.	Luis Carlos Almeida	98	Aquatico Pacense	2:12.76	+0,70	563
	50m: 28.55 28.55	100m: 1:02.87 34.32	150m: 1:42.08 39.21	200m: 2:12.76 30.68		
14.	Joao Pedro Gomes	99	Miranda do Corvo	2:12.85	+0,71	561
	50m: 28.61 28.61	100m: 1:02.68 34.07	150m: 1:42.32 39.64	200m: 2:12.85 30.53		

Prova 27, Masc., 200m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Pedro Trindade Silva	98	Belenenses	2:13.78	+0,79	550
	50m: 28.32 28.32 100m: 1:03.36 35.04 150m: 1:42.05 38.69 200m: 2:13.78 31.73					
16.	Jose Pedro Fernandes	99	Braga	2:13.93	+0,83	548
	50m: 28.30 28.30 100m: 1:04.15 35.85 150m: 1:43.63 39.48 200m: 2:13.93 30.30					
17.	Joao Luis Maximo	98	O Crasto	2:14.55	+0,73	540
	FTL 50m: 29.34 29.34 100m: 1:03.13 33.79 150m: 1:42.56 39.43 200m: 2:14.55 31.99					
18.	Antonio Fernando Pinto	99	Lousada SXXI	2:14.56	+0,70	540
	FTL 50m: 28.48 28.48 100m: 1:03.58 35.10 150m: 1:43.43 39.85 200m: 2:14.56 31.13					
19.	Paulo Filipe Silva	98	Natacao da Maia	2:14.71	+0,84	538
	FTL 50m: 28.63 28.63 100m: 1:02.53 33.90 150m: 1:43.30 40.77 200m: 2:14.71 31.41					
20.	Luis Filipe Soares	98	Porto	2:14.97	+0,75	535
	FTL 50m: 28.60 28.60 100m: 1:03.35 34.75 150m: 1:43.23 39.88 200m: 2:14.97 31.74					
21.	Tiago Pastor Escada	99	Aminata	2:15.99	+0,83	523
	FTL 50m: 29.87 29.87 100m: 1:05.58 35.71 150m: 1:44.02 38.44 200m: 2:15.99 31.97					
22.	Joao Magalhaes Nunes	99	Belenenses	2:18.00	+0,78	501
	FTL 50m: 29.86 29.86 100m: 1:05.37 35.51 150m: 1:45.17 39.80 200m: 2:18.00 32.83					
DSQ	Humberto Fernandes Felgueiras	98	Natacao de Valongo			
	FTL, 613 - Não efectuou a viragem aos 75 m logo após terminar movimento continuo dos braços - SW 6.4					
DNS	Antonio Manuel Mendes	99	Sporting			
DNS	Afonso Calais Queiroga	98	Uniao Piedense			
DNS	Tiago Filipe Campos	99	Scalabiswim			
WDR	Tiago Silva Soares	99	Porto			

Prova 28 Femin., 200m Estilos 16 anos e mais velhos
12-12-2015 - 11:30 Resultados Elimin

Recordes Nacionais 25m Absoluto	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015
Recordes Nacionais 25m Jun16	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun17	2:16.62	Victoria Kaminskaya	POR	Uster (SUI)	28-01-2012
Recordes Nacionais 25m Sen	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015

TAC_B-JUNF Jun: 2:33.89 / TAC_B-SENF Sen: 2:28.07

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	2:20.15	+0,72	657
	50m: 29.74 29.74	100m: 1:05.89 36.15	150m: 1:44.92 39.03	200m: 2:20.15 35.23		
2.	Diana Margarida Duraes	96	Porto	2:21.16	+0,72	643
	50m: 30.35 30.35	100m: 1:05.88 35.53	150m: 1:46.71 40.83	200m: 2:21.16 34.45		
3.	Ana Catarina Monteiro	93	Vilacondense	2:23.23	+0,72	615
	50m: 30.40 30.40	100m: 1:06.50 36.10	150m: 1:48.06 41.56	200m: 2:23.23 35.17		
4.	Maria Madalena Silva	98	Nautico Abrantes	2:24.15	+0,75	604
	50m: 30.62 30.62	100m: 1:08.30 37.68	150m: 1:51.44 43.14	200m: 2:24.15 32.71		
5.	Carolina Mantua Guedes	98	Sporting	2:24.26	+0,77	602
	50m: 30.42 30.42	100m: 1:08.52 38.10	150m: 1:51.15 42.63	200m: 2:24.26 33.11		
6.	Mafalda Gomes Belezza	94	Sporting	2:26.01	+0,70	581
	50m: 31.10 31.10	100m: 1:08.38 37.28	150m: 1:51.18 42.80	200m: 2:26.01 34.83		
7.	Sofia Machado Dionisio	98	Sporting	2:26.21	+0,83	578
	50m: 31.94 31.94	100m: 1:09.03 37.09	150m: 1:51.83 42.80	200m: 2:26.21 34.38		
8.	Ana Monica Eloi	96	Nautico Marinha Grande	2:26.24	+0,78	578
	50m: 31.39 31.39	100m: 1:08.56 37.17	150m: 1:51.63 43.07	200m: 2:26.24 34.61		
9.	Tatiana Filipa Santos	95	Academica de Coimbra	2:26.77	+0,92	572
	50m: 32.64 32.64	100m: 1:09.11 36.47	150m: 1:53.06 43.95	200m: 2:26.77 33.71		
10.	Maria Rachadell Pereira	98	Portinado	2:26.97	+0,82	570
	50m: 31.19 31.19	100m: 1:07.97 36.78	150m: 1:51.12 43.15	200m: 2:26.97 35.85		
11.	Sofia Prates Silvestre	95	Naval Amorense	2:27.12	+0,81	568
	50m: 31.57 31.57	100m: 1:09.48 37.91	150m: 1:53.15 43.67	200m: 2:27.12 33.97		
12.	Anais Ines Charro	98	Individual ANL	2:28.10	+0,75	557
	FTL 50m: 32.20 32.20	100m: 1:10.76 38.56	150m: 1:52.67 41.91	200m: 2:28.10 35.43		
13.	Carolina Lourenco Matos	98	Benedita	2:29.00	+0,77	547
	FTL 50m: 33.86 33.86	100m: 1:12.43 38.57	150m: 1:54.84 42.41	200m: 2:29.00 34.16		
14.	Ana Raquel Ferreira	98	Ginasio Figueirense	2:29.24	+0,92	544
	FTL 50m: 33.14 33.14	100m: 1:08.97 35.83	150m: 1:54.77 45.80	200m: 2:29.24 34.47		

Prova 28, Femin., 200m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Margarida Peixoto Pelaio FTL	98	Ginasio Figueirense	2:29.93	+0,73	536
	50m: 31.41 31.41 100m: 1:09.91 38.50 150m: 1:54.98 45.07 200m: 2:29.93 34.95					
16.	Margarida Messias Ribeiro FTL	98	Geslours	2:32.64	+0,72	508
	50m: 34.96 34.96 100m: 1:14.93 39.97 150m: 1:59.34 44.41 200m: 2:32.64 33.30					
DNS	Rute Margarida Marques	94	Amadora			

Juniores

1.	Raquel Gomes Pereira	00	Alges	2:23.24	+0,73	615
	50m: 32.01 32.01 100m: 1:10.05 38.04 150m: 1:49.79 39.74 200m: 2:23.24 33.45					
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:23.59	+0,86	611
	50m: 31.17 31.17 100m: 1:07.61 36.44 150m: 1:50.11 42.50 200m: 2:23.59 33.48					
3.	Rita Costa Amador	99	Galitos/Bresimar	2:23.84	+0,75	608
	50m: 31.57 31.57 100m: 1:08.12 36.55 150m: 1:50.34 42.22 200m: 2:23.84 33.50					
4.	Madalena Gomes Azevedo	99	Alges	2:24.55	+0,75	599
	50m: 30.59 30.59 100m: 1:09.13 38.54 150m: 1:49.39 40.26 200m: 2:24.55 35.16					
5.	Maria Francisca Cabral	00	Porto	2:24.87	+0,80	595
	50m: 31.04 31.04 100m: 1:08.29 37.25 150m: 1:51.77 43.48 200m: 2:24.87 33.10					
6.	Ana Beatriz Martins	99	Famalicao	2:25.35	+0,81	589
	50m: 31.40 31.40 100m: 1:08.55 37.15 150m: 1:51.94 43.39 200m: 2:25.35 33.41					
7.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:26.80	+0,79	572
	50m: 32.07 32.07 100m: 1:09.62 37.55 150m: 1:53.11 43.49 200m: 2:26.80 33.69					
8.	Ines Silva Bernardo	00	Colegio Monte Maior	2:28.85	+0,80	548
	50m: 32.98 32.98 100m: 1:12.46 39.48 150m: 1:54.21 41.75 200m: 2:28.85 34.64					
9.	Ines Rocha Silva	00	Alcobaca	2:29.08	+0,70	546
	50m: 32.36 32.36 100m: 1:10.88 38.52 150m: 1:54.20 43.32 200m: 2:29.08 34.88					
10.	Maria Ana Monge	99	Sporting	2:29.99	+0,82	536
	50m: 32.08 32.08 100m: 1:07.68 35.60 150m: 1:54.37 46.69 200m: 2:29.99 35.62					
11.	Ana Miguel Pinto	99	Viana Natacao	2:31.50	+0,86	520
	50m: 33.33 33.33 100m: 1:12.28 38.95 150m: 1:56.40 44.12 200m: 2:31.50 35.10					
12.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:32.10	+0,86	514
	50m: 33.11 33.11 100m: 1:13.10 39.99 150m: 1:56.81 43.71 200m: 2:32.10 35.29					

Prova 28, Femin., 200m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Monica Seara Domingues	00	Nautico Marinha Grande	2:32.12	+0,86	514
	50m: 33.55 33.55 100m: 1:11.28 37.73 150m: 1:56.89 45.61 200m: 2:32.12 35.23					
14.	Ines Rosado Monteiro	00	Natacao de Vagos	2:32.77	+0,74	507
	50m: 33.33 33.33 100m: 1:14.20 40.87 150m: 1:56.53 42.33 200m: 2:32.77 36.24					
15.	Claudia Ferreira Borges	99	Benfica	2:33.44	+0,78	500
	50m: 33.07 33.07 100m: 1:13.99 40.92 150m: 1:57.47 43.48 200m: 2:33.44 35.97					
16.	Maria Beatriz Lopes	00	Benedita	2:33.89	+0,72	496
	50m: 35.29 35.29 100m: 1:11.87 36.58 150m: 1:58.66 46.79 200m: 2:33.89 35.23					
17.	Catarina Costa Balseiro FTL	99	Sporting de Aveiro	2:35.42	+0,81	482
	50m: 33.04 33.04 100m: 1:14.35 41.31 150m: 1:59.24 44.89 200m: 2:35.42 36.18					
18.	Alice Maria Lopes FTL	00	Uniao Piedense	2:35.77	+0,74	478
	50m: 32.44 32.44 100m: 1:12.54 40.10 150m: 2:00.22 47.68 200m: 2:35.77 35.55					
19.	Helena Neto Costa FTL	00	Aquatico Pacense	2:40.67	+0,83	436
	50m: 33.37 33.37 100m: 1:13.40 40.03 150m: 2:01.05 47.65 200m: 2:40.67 39.62					

Prova 31

Masc., 4 x 200m Livres

17 anos e mais velhos

12-12-2015 - 11:45

Resultados

Recordes Nacionais 25m Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013
Recordes Nacionais 25m Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
TAC_A-JUNM(estafetas) Jun: 8:07.07 / TAC_A-SENM(estafetas) Sen: 7:50.60					

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
1.	Sporting-SEN	7:18.09	+0,77	813
	Mario Andre Bonanca	90 +0,77 25.49 53.11 1:21.46 1:50.64 1:50.64		
	Guilherme Pereira Dias	97 +0,59 25.02 52.99 1:21.70 1:50.66 1:50.66		
	Igor Araujo Mogne	96 +0,52 24.99 52.56 1:20.87 1:50.37 1:50.37		
	Alexis Manacas Santos	92 +0,29 24.30 51.70 1:19.31 1:46.42 1:46.42		
2.	Estrelas S. Joao de Brito-SEN	7:18.80	+0,71	810
	Pedro Diogo Oliveira	88 +0,71 25.50 53.21 1:21.12 1:49.23 1:49.23		
	Joao Silva Gigante	88 +0,52 25.22 53.06 1:21.46 1:49.54 1:49.54		
	Diogo Gomes Sousa	95 +0,32 25.82 54.56 1:24.24 1:54.65 1:54.65		
	Miguel Duarte Nascimento	95 +0,47 24.16 51.17 1:18.51 1:45.38 1:45.38		

Prova 31, Masc., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
3.	Belenenses-SEN	7:39.96	+0,68	703
	Bruno Miguel Ramos	97 +0,68 26.24 54.77 1:23.88 1:53.09 1:53.09		
	Andre Bras Goncalves	88 +0,38 25.96 55.14 1:25.18 1:55.16 1:55.16		
	Fabio Andre Figueira	88 +0,13 25.56 54.10 1:23.64 1:54.35 1:54.35		
	Diogo Carrasco Correia	95 +0,40 26.53 56.43 1:26.46 1:57.36 1:57.36		
4.	Fluvial Portuense-SEN	7:41.76	+0,71	695
	Bernardo Leitao Graca	93 +0,71 26.14 55.01 1:24.28 1:54.12 1:54.12		
	Tiago Silva Oliveira	94 +0,43 26.57 55.48 1:24.89 1:54.13 1:54.13		
	Rui Filipe Vilar	91 +0,31 25.92 54.94 1:24.74 1:54.75 1:54.75		
	Joao Miguel Costa	95 +0,20 26.29 56.36 1:27.56 1:58.76 1:58.76		
5.	Vilacondense-SEN	7:44.77	+0,78	681
	Ruben Jose Morim	97 +0,78 26.21 55.01 1:24.35 1:53.57 1:53.57		
	Filipe Carmo Ramos	97 +0,37 25.79 54.71 1:24.23 1:53.51 1:53.51		
	Fabio Manuel Pereira	86 +0,39 26.32 55.61 1:25.48 1:54.92 1:54.92		
	Nuno Rafael Alves	90 +0,35 27.56 58.39 1:30.45 2:02.77 2:02.77		
6.	Academica de Coimbra-SEN	7:50.63	+0,75	656
	FTL			
	Pedro Barros Mendes	94 +0,75 26.62 55.44 1:26.23 1:57.60 1:57.60		
	Joao Andre Neves	95 +0,29 26.32 55.73 1:25.42 1:54.80 1:54.80		
	Illya Yelistratkin	96 +0,50 26.86 57.14 1:28.03 1:59.44 1:59.44		
	Jose Antonio Forte	95 +0,24 26.71 57.05 1:27.90 1:58.79 1:58.79		
DSQ	Nautico /Urgicentro-Sanfil-SEN			
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11			
	Mario Alexandre Pereira	92 +0,68 25.11 52.57 1:19.48 1:46.70 1:46.70		
	Francisco Xavier Goncalves	97 +0,25 24.95 52.96 1:22.06 1:51.98 1:51.98		
	Tomas Miguel Veloso	96 +0,35 25.82 53.56 1:21.72 1:51.10 1:51.10		
	Pedro Maria Bessa	95 +0,22		
DSQ	Benfica-SEN			
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11			
	Joao Duarte Santos	95 +0,66 26.03 53.87 1:22.15 1:50.18 1:50.18		
	Luiz Pedro Pereira	91 +0,15 25.22 52.91 1:20.92 1:48.68 1:48.68		
	Joao Mota Correia	97 +0,53 25.79 54.80 1:25.21 1:56.14 1:56.14		
	Andre Filipe Farinha	96 +0,52		

Juniores

1.	Uniao Piedense-JUN	7:46.20	+0,81	675
	Diogo Rodrigues Freitas	98 +0,81 26.90 56.44 1:26.85 1:57.81 1:57.81		
	Joao Daniel Machado	99 +0,25 26.90 57.41 1:28.82 2:00.08 2:00.08		
	Afonso Calais Queiroga	98 +0,31 26.20 55.34 1:25.85 1:56.82 1:56.82		
	Jose Paula Carvalho	98 +0,15 25.39 53.87 1:22.95 1:51.49 1:51.49		
2.	Porto-JUN	7:46.48	+0,86	674
	Tiago Silva Soares	99 +0,86 26.28 55.62 1:26.39 1:56.78 1:56.78		
	Diogo Miguel Costa	98 +0,29 26.83 56.69 1:27.07 1:57.59 1:57.59		
	Pedro Goncalves Neto	98 +0,04 25.71 55.54 1:26.38 1:57.26 1:57.26		
	Goncalo Miguel Nogueira	98 +0,31 25.59 54.41 1:24.75 1:54.85 1:54.85		

Prova 31, Masc., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts
3.	Sporting-JUN	7:47.39	+0,74	670
	Antonio Manuel Mendes	99 +0,74 28.10 58.79 1:30.12 2:01.02 2:01.02		
	Guilherme Assis Ramos	98 +0,71 27.25 57.80 1:27.60 1:57.72 1:57.72		
	Tiago Cunha Costa	99 +0,21 26.18 55.46 1:26.83 1:58.32 1:58.32		
	Joao Alexandre Vital	98 +0,23 25.20 53.26 1:21.82 1:50.33 1:50.33		
4.	Alges-JUN	7:48.05	+0,67	667
	Francisco Carvalho Machado	98 +0,67 26.44 55.81 1:25.43 1:54.93 1:54.93		
	Afonso Ribeiro Bate	98 +0,39 26.60 55.79 1:26.34 1:56.43 1:56.43		
	Hugo Pon	98 +0,47 25.96 55.63 1:26.99 1:59.13 1:59.13		
	Miguel Ribeiro Bate	99 +0,33 25.99 55.96 1:27.06 1:57.56 1:57.56		
5.	Naval do Funchal-JUN	8:06.17	+0,69	595
	Alessandro Antunes Paolinelli	99 +0,69 27.76 58.68 1:30.26 2:01.37 2:01.37		
	Afonso Meneses Sequeira	99 +0,66 27.68 58.96 1:30.45 2:01.06 2:01.06		
	Miguel Camara Gomes	99 +0,25 27.58 58.45 1:31.63 2:05.49 2:05.49		
	Pedro Camacho Sousa	98 +0,08 26.35 56.28 1:28.28 1:58.25 1:58.25		
6.	Vilacondense-JUN	8:21.35	+0,82	543
	FTL			
	Rui Jorge Matias	99 +0,82 28.02 58.78 1:30.39 2:01.54 2:01.54		
	Joao Alberto Gondar	98 +0,24 27.29 58.65 1:30.62 2:02.15 2:02.15		
	Joao Manuel Santos	99 +0,38 29.55 1:01.35 1:34.05 2:06.42 2:06.42		
	Pedro Saraiva Silva	99 +0,40 29.19 1:02.15 1:36.84 2:11.24 2:11.24		

Prova 32 Femin., 4 x 200m Livres 16 anos e mais velhos
12-12-2015 - 11:55 Resultados

Recordes Nacionais 25m Absoluto	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recordes Nacionais 25m Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010

TAC_A-JUNF(estafetas) Jun: 8:58.78 / TAC_A-SENF(estafetas) Sen: 8:48.22

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
1.	Alges-SEN	8:29.15	+0,69	703
	Rita Barros Frischknecht	98 +0,69 28.53 59.80 1:31.51 2:03.83 2:03.83		
	Francisca Gomes Azevedo	97 +0,40 29.18 1:01.74 1:34.65 2:05.64 2:05.64		
	Barbara Marques Rodrigues	97 +0,61 30.08 1:03.37 1:37.60 2:11.61 2:11.61		
	Barbara Sofia Barata	97 +0,37 29.82 1:02.52 1:35.29 2:08.07 2:08.07		
2.	Sporting-SEN	8:36.38	+0,72	674
	Ines Camacho Fernandes	97 +0,72 29.80 1:01.73 1:34.02 2:06.11 2:06.11		
	Raquel Paulo Ranito	94 +0,32 29.72 1:03.00 1:37.19 2:10.84 2:10.84		
	Mafalda Gomes Beleza	94 +0,61 30.44 1:03.58 1:37.68 2:11.29 2:11.29		
	Carolina Mantua Guedes	98 +0,52 29.54 1:01.93 1:35.13 2:08.14 2:08.14		
3.	Belenenses-SEN	8:37.45	+0,78	670
	Lisa Marisa Soares	95 +0,78 29.62 1:02.05 1:35.30 2:09.32 2:09.32		
	Rita Teixeira Costa	97 +0,26 29.19 1:01.75 1:35.55 2:09.32 2:09.32		
	Jessica Teixeira Vieira	91 +0,18 28.33 1:00.13 1:33.24 2:08.16 2:08.16		
	Daniela Teixeira Moreira	97 +0,34 29.28 1:02.28 1:36.58 2:10.65 2:10.65		

Prova 32, Femin., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
4.	Fluvial Portuense-SEN	8:45.11	+0,75	641
	Vania Soares Neves	90 +0,75 29.47 1:01.01 1:33.56 2:06.00 2:06.00		
	Patricia Isabel Oliveira	94 +0,48 32.08 1:07.86 1:45.70 2:23.18 2:23.18		
	Francisca Santos Pereira	98 +0,56 29.31 1:02.48 1:37.00 2:12.06 2:12.06		
	Angelica Maria Andre	94 +0,17 28.77 59.74 1:31.55 2:03.87 2:03.87		
5.	Vilacondense-SEN	8:48.48	+0,83	629
	<i>FTL</i>			
	Maria Joao Fernandes	97 +0,83 30.16 1:02.99 1:36.76 2:11.60 2:11.60		
	Beatriz Pereira Vasconcelos	98 +0,51 31.32 1:05.11 1:40.04 2:15.22 2:15.22		
	Ana Catarina Monteiro	93 +0,35 29.60 1:01.38 1:34.26 2:07.72 2:07.72		
	Ana Filipa Gomes	96 +0,32 30.18 1:04.05 1:38.84 2:13.94 2:13.94		

Juniores

1.	Alges-JUN	8:38.87	+0,81	664
	Beatriz Barros Carmo	99 +0,81 30.01 1:02.67 1:36.18 2:09.14 2:09.14		
	Mariana Frazao Saraiva	99 +0,41 30.58 1:05.33 1:40.49 2:15.09 2:15.09		
	Raquel Gomes Pereira	00 +0,03 28.76 1:00.82 1:34.11 2:06.41 2:06.41		
	Madalena Gomes Azevedo	99 +0,59 29.41 1:02.06 1:35.13 2:08.23 2:08.23		
2.	Uniao Piedense-JUN	8:44.55	+0,89	643
	Ines Figueira Santos	00 +0,89 30.10 1:02.89 1:36.78 2:09.82 2:09.82		
	Filipa Carreira Alves	99 +0,47 29.77 1:03.09 1:37.44 2:12.33 2:12.33		
	Eva Guerreiro Carvalho	99 +0,42 29.57 1:01.70 1:35.01 2:08.84 2:08.84		
	Sofia Isabel Gouveia	00 +0,38 29.31 1:03.22 1:40.44 2:13.56 2:13.56		
3.	Sporting-JUN	8:48.44	+0,82	629
	Catarina Martins Mestre	00 +0,82 30.49 1:03.87 1:38.73 2:13.63 2:13.63		
	Mariana Silva Ramos	00 +0,13 30.50 1:04.52 1:39.38 2:14.13 2:14.13		
	Maria Ana Monge	99 +0,51 30.44 1:04.49 1:39.38 2:13.46 2:13.46		
	Beatriz Paulo Ranito	99 +0,53 29.03 1:00.95 1:34.11 2:07.22 2:07.22		
4.	Porto-JUN	8:50.68	+0,74	621
	Ana Rita Faria	00 +0,74 30.06 1:03.12 1:36.63 2:09.56 2:09.56		
	Mafalda Malafaia Oliveira	99 +0,40 31.10 1:05.69 1:41.36 2:16.97 2:16.97		
	Iris Cunha Santos	00 +0,63 31.65 1:06.17 1:41.94 2:16.66 2:16.66		
	Maria Francisca Cabral	00 +0,70 29.32 1:01.13 1:34.56 2:07.49 2:07.49		
5.	Nautico Marinha Grande-JUN	8:51.00	+0,97	620
	Barbara Coimbra Teodosio	99 +0,97 30.38 1:04.19 1:39.29 2:12.52 2:12.52		
	Margarida Reconha Marques	00 +0,51 31.34 1:05.93 1:41.53 2:16.95 2:16.95		
	Giovanna Vaz Vargas	00 +0,60 29.92 1:02.75 1:36.47 2:09.77 2:09.77		
	Monica Seara Domingues	00 +0,64 31.00 1:04.48 1:38.59 2:11.76 2:11.76		
6.	Academica de Coimbra-JUN	8:53.19	+0,68	612
	Ana Carolina Neves	00 +0,68 30.81 1:04.28 1:39.21 2:14.42 2:14.42		
	Beatriz Lopes Pinto	99 +0,29 30.66 1:04.30 1:38.86 2:12.36 2:12.36		
	Mariana Pinto Angelo	99 +0,37 30.96 1:05.59 1:41.22 2:17.78 2:17.78		
	Ana Beatriz Fonseca	99 +0,17 29.28 1:02.57 1:36.11 2:08.63 2:08.63		
7.	Belenenses-JUN	8:55.37	+0,74	605
	Ana Oliveira Silva	99 +0,74 30.67 1:04.32 1:38.74 2:13.46 2:13.46		
	Margarida Sobral Pimenta	99 +0,32 30.72 1:05.31 1:39.26 2:12.43 2:12.43		
	Laura Sanchez Rodrigues	00 +0,21 29.46 1:02.02 1:36.36 2:11.05 2:11.05		
	Margarida Rito Reis	00 +0,38 30.58 1:04.62 1:40.94 2:18.43 2:18.43		

4 - 2ª Jornada - 2ª Sessão (finais)

12-12-2015 - 16:00

Prova 29 Masc., 4 x 50m Estilos 17 anos e mais velhos
12-12-2015 - 16:00 Resultados

Recordes Nacionais 25m Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014
Recordes Nacionais 25m Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	20-12-2014

TAC_A-JUNM(estafetas) Jun: 1:52.32 / TAC_A-SENm(estafetas) Sen: 1:51.01

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1.	Estrelas S. Joao de Brito-SEN	1:39.65	+1,54	749
	Pedro Diogo Oliveira 88 +1,54 24.45 Miguel Duarte Nascimento 95 +1,74 24.02			
	Joao Silva Gigante 88 +0,28 28.12 Diogo Gomes Sousa 95 +0,36 23.06			
2.	Benfica-SEN	1:41.84	+0,58	701
	Rodrigo Pereira Lopes 95 +0,58 26.45 Luiz Pedro Pereira 91 +0,22 23.73			
	Guilherme Miguel Teixeira 97 +0,55 28.56 Joao Duarte Santos 95 +0,26 23.10			
3.	Porto-SEN	1:42.32	+0,67	692
	Gil Goncalves Pinto 88 +0,67 27.31 Tomas Correia Silva 95 +0,36 24.51			
	Leonardo Cardoso Figueiredo 96 +0,23 28.44 Joao Miguel Ascensao 97 +0,30 22.06			
4.	Sporting-SEN	1:42.47	+0,58	689
	Alexandre Lages Ribas 97 +0,58 26.46 Alexis Manacas Santos 92 +0,34 23.81			
	Miguel Monteiro Cruchinho 97 +0,26 29.35 Igor Araujo Mogne 96 +0,51 22.85			
5.	Belenenses-SEN	1:44.08	+0,65	657
	Andre Bras Goncalves 88 +0,65 27.73 Fabio Andre Figueira 88 +0,17 24.55			
	Francisco Robalo Quintas 95 +0,12 28.66 Bruno Miguel Ramos 97 +0,14 23.14			
6.	Vilacondense-SEN	1:45.11	+0,60	638
	Paulo Andre Silva 96 +0,60 27.39 Fabio Manuel Pereira 86 +1,82 24.57			
	Filipe Carmo Ramos 97 +0,49 29.35 Ruben Jose Morim 97 +0,33 23.80			
7.	Nautico /Urgicentro-Sanfil-SEN	1:45.50	+0,61	631
	Mario Alexandre Pereira 92 +0,61 26.18 Joao Pedro Almeida 92 +0,31 25.87			
	Tomas Miguel Veloso 96 +0,27 29.34 Francisco Xavier Goncalves 97 +0,33 24.11			
8.	Uniao Piedense-SEN	1:45.74	+0,53	627
	Goncalo Filipe Gregorio 93 +0,53 26.66 Vasco Miguel Gaspar 90 +0,27 25.20			
	Joao Carlos Santos 96 +0,25 31.16 David Miguel Leiria 93 +0,29 22.72			
9.	Leixoes-SEN	1:45.82	+0,59	625
	Diogo Fontes Moreira 93 +0,59 27.43 Joao Pedro Neves 93 +0,44 25.92			
	Bruno Daniel Monteiro 88 -0,01 28.80 Andre Goncalo Santos 97 +0,45 23.67			
10.	Academica de Coimbra-SEN	1:48.20	+0,62	585
	Joao Filipe Lucas 94 +0,62 27.51 Ilyya Yelistratkin 96 +0,31 25.71			
	Pedro Barros Mendes 94 +0,28 30.46 Jose Antonio Forte 95 +0,33 24.52			

Prova 29, Masc., 4 x 50m Estilos

Juniores

1. Sporting-JUN				Sporting		1:46.65	+0,53	611
Joao Alexandre Vital	98	+0,53	26.62	Tiago Cunha Costa	99	+0,18		26.62
Antonio Manuel Mendes	99	+0,04	30.05	Guilherme Assis Ramos	98	+0,10		23.36
2. Alges-JUN				Alges		1:48.35	+0,79	582
Miguel Reis Santos	98	+0,79	28.28	Afonso Ribeiro Bate	98	+0,35		26.31
Hugo Pon	98	+0,28	30.01	Francisco Carvalho Machado	98	+0,27		23.75
3. Naval do Funchal-JUN				Naval do Funchal		1:48.64	+1,24	578
Afonso Meneses Sequeira	99	+1,24	28.02	Miguel Camara Gomes	99	+0,17		25.22
Joao Nunes Cotrim	99	+0,07	31.24	Pedro Camacho Sousa	98	+0,09		24.16
4. Porto-JUN				Porto		1:49.37	+0,74	566
Luis Filipe Soares	98	+0,74	29.26	Goncalo Miguel Nogueira	98	+0,41		26.62
Diogo Miguel Costa	98	+0,30	29.33	Tiago Silva Soares	99	+0,29		24.16
5. Belenenses-JUN				Belenenses		1:50.13	+0,60	555
Steve Alexandre Soares	98	+0,60	27.87	Filipe Miguel Silveira	98	+0,31		26.14
Joao Sismeiro Pereira	98	+0,56	30.97	Joao Esteves Padrela	99	+0,12		25.15
6. Vilacondense-JUN				Vilacondense		1:57.21	+0,59	460
FTL								
Joao Alberto Gondar	98	+0,59	29.26	Alexandre Miguel Fabiao	98	+0,05		27.80
Joao Manuel Santos	99	+1,63	34.70	Rui Jorge Matias	99	+0,31		25.45

DSQ Torres Novas-JUN

Torres Novas

403 - Falsa partida - SW 4.4

Afonso Guilherme Rosa, Joao Paulo Lopes, Marco Andre Miguel, Dario Fausto Matias

Prova 30

Femin., 4 x 50m Estilos

16 anos e mais velhos

12-12-2015 - 16:05

Resultados

Recordes Nacionais 25m Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
Recordes Nacionais 25m Jun	1:58.01	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012

TAC_A-JUNF(estafetas) Jun: 2:06.74 / TAC_A-SENF(estafetas) Sen: 2:05.49

Pontos: FINA 2015

Lugar				Clube		Tempo Final	TReac	Pts
Seniores								
1. Porto-SEN				Porto		1:56.54	+1,01	711
Diana Margarida Duraes	96	+1,01	30.60	Sara Freitas Oliveira	85	+0,17		27.48
Paula Alexandra Oliveira	96	+0,03	32.53	Adriana Daniela Castro	97	+0,15		25.93
2. Alges-SEN				Alges		1:57.83	+0,81	688
Francisca Gomes Azevedo	97	+0,81	29.33	Barbara Sofia Barata	97	+0,41		28.24
Ana Beatriz Marques	98	+0,52	34.15	Rita Barros Frischknecht	98	+0,19		26.11
3. Sporting-SEN				Sporting		2:00.46	+0,63	644
Ines Camacho Fernandes	97	+0,63	29.80	Carolina Mantua Guedes	98	+0,16		29.02
Sofia Machado Dionisio	98	+0,38	34.30	Mafalda Gomes Beleza	94	+0,37		27.34

Prova 30, Femin., 4 x 50m Estilos, Seniores

Lugar	Clube				Tempo Final	TReac	Pts	
4.	Benfica-SEN				Benfica	2:01.46	+0,73	628
	Sofia Alexandra Rolao	98	+0,73	31.08	Sofia Oliveira Pinto	94	+0,14	29.96
	Ana Marisa Brito	90	+0,17	32.99	Rita Fernandes Leitao	96	+0,40	27.43
5.	Belenenses-SEN				Belenenses	2:01.50	+0,56	627
	Lisa Marisa Soares	95	+0,56	30.89	Daniela Teixeira Moreira	97	+0,33	29.32
	Rita Teixeira Costa	97	+0,14	35.51	Jessica Teixeira Vieira	91	+0,19	25.78
6.	Fluvial Portuense-SEN				Fluvial Portuense	2:01.87	+0,64	622
	Francisca Santos Pereira	98	+0,64	31.08	Vania Soares Neves	90	+0,27	29.66
	Angelica Maria Andre	94	+0,11	33.41	Patricia Isabel Oliveira	94	+0,30	27.72
7.	Braga-SEN				Braga	2:03.59	+0,63	596
	Juliana Lima Freixo	97	+0,63	30.73	Debora Guimaraes Oliveira	96	+0,07	31.04
	Beatriz Carvalho Ribeiro	97	+0,43	33.75	Ana Sofia Fernandes	93	+0,40	28.07
8.	Vilacondense-SEN				Vilacondense	2:04.92	+0,66	577
	Ana Filipa Gomes	96	+0,66	32.03	Ana Catarina Monteiro	93	+0,28	28.59
	Beatriz Pereira Vasconcelos	98	+0,51	36.83	Bruna Fanguieiro Coentrao	93	+0,02	27.47
DSQ	Nacional de Natacao-SEN				Nacional de Natacao			
	FTL, 111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11							
	Ines Almeida Gomes	98	+0,78	34.28	Filipa Vilas Tiago	94	+0,16	
	Dalia Sofia Curto	95	-0,09		Francisca Ferreira Fonseca	97	+0,20	

Juniores

1.	Alges-JUN			Alges		2:00.29	+0,70	647
	Madalena Gomes Azevedo	99	+0,70	29.92	Mariana Frazao Saraiva	99	+0,26	30.46
	Raquel Gomes Pereira	00	+0,15	32.39	Beatriz Barros Carmo	99	+0,35	27.52
2.	Academica de Coimbra-JUN			Academica de Coimbra		2:03.22	+1,15	601
	Ana Carolina Neves	00	+1,15	31.24	Beatriz Lopes Pinto	99	+0,40	30.32
	Beatriz Castanheira Dias	99	+0,28	35.10	Ana Beatriz Fonseca	99	+0,10	26.56
3.	Nautico /Urgicentro-Sanfil-JUN			Nautico /Urgicentro-Sanfil		2:03.36	+0,57	599
	Ana Miguel Reis	00	+0,57	31.39	Madalena Nunes Palmeira	99	+0,04	29.31
	Teresa Miguel Veloso	00	+0,15	34.54	Maria Beatriz Jorge	00	+0,28	28.12
4.	Desportivo Nacional-JUN			Desportivo Nacional		2:04.22	+0,65	587
	Vera Ines Aguilar	00	+0,65	31.03	Beatriz Jong Rosa	00	+0,40	29.27
	Laura Catarina Abreu	00	+0,56	33.85	Madalena Melim Doria	00	+0,40	30.07

Prova 17 Masc., 400m Livres 17 anos e mais velhos
12-12-2015 - 16:05 Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	POR	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recordes Nacionais 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	POR	Istambul (TUR)	10-12-2009

TAC_B-JUNM Jun: 4:13.92 / TAC_B-SENM Sen: 4:01.84

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Rafael Lourenco Gil	96	Uniao Piedense	3:48.02	+0,71	806
	50m: 26.53 26.53	150m: 1:23.77 29.01	250m: 2:21.20 28.48	350m: 3:19.19 29.30		
	100m: 54.76 28.23	200m: 1:52.72 28.95	300m: 2:49.89 28.69	400m: 3:48.02 28.83		
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	3:51.19	+0,73	773
	50m: 26.78 26.78	150m: 1:24.26 29.02	250m: 2:23.59 29.72	350m: 3:22.61 29.59		
	100m: 55.24 28.46	200m: 1:53.87 29.61	300m: 2:53.02 29.43	400m: 3:51.19 28.58		
3.	Guilherme Pereira Dias	97	Sporting	3:51.99	+0,77	765
	50m: 27.11 27.11	150m: 1:26.30 29.78	250m: 2:24.39 28.51	350m: 3:23.00 29.26		
	100m: 56.52 29.41	200m: 1:55.88 29.58	300m: 2:53.74 29.35	400m: 3:51.99 28.99		
4.	Mario Andre Bonanca	90	Sporting	3:54.66	+0,77	739
	50m: 26.42 26.42	150m: 1:24.38 29.12	250m: 2:24.49 30.24	350m: 3:24.79 30.13		
	100m: 55.26 28.84	200m: 1:54.25 29.87	300m: 2:54.66 30.17	400m: 3:54.66 29.87		
5.	Igor Araujo Mogne	96	Sporting	3:55.68	+0,74	730
	50m: 26.89 26.89	150m: 1:26.20 30.02	250m: 2:25.72 29.39	350m: 3:26.71 30.47		
	100m: 56.18 29.29	200m: 1:56.33 30.13	300m: 2:56.24 30.52	400m: 3:55.68 28.97		
6.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:56.49	+0,69	722
	50m: 26.89 26.89	150m: 1:25.20 29.44	250m: 2:25.18 30.21	350m: 3:26.68 30.92		
	100m: 55.76 28.87	200m: 1:54.97 29.77	300m: 2:55.76 30.58	400m: 3:56.49 29.81		
7.	Vasco Miguel Gaspar	90	Uniao Piedense	3:56.96	+0,72	718
	50m: 26.73 26.73	150m: 1:26.48 30.03	250m: 2:26.92 30.16	350m: 3:27.82 30.26		
	100m: 56.45 29.72	200m: 1:56.76 30.28	300m: 2:57.56 30.64	400m: 3:56.96 29.14		
8.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	3:57.59	+0,75	712
	50m: 26.76 26.76	150m: 1:24.68 29.16	250m: 2:24.76 30.22	350m: 3:26.70 31.05		
	100m: 55.52 28.76	200m: 1:54.54 29.86	300m: 2:55.65 30.89	400m: 3:57.59 30.89		
9.	Joao Duarte Santos	95	Benfica	3:57.60	+0,72	712
	50m: 27.56 27.56	150m: 1:27.88 30.60	250m: 2:28.61 30.11	350m: 3:28.83 29.98		
	100m: 57.28 29.72	200m: 1:58.50 30.62	300m: 2:58.85 30.24	400m: 3:57.60 28.77		
10.	Tiago Silva Oliveira	94	Fluvial Portuense	3:58.99	+0,75	700
	50m: 27.28 27.28	150m: 1:26.88 29.94	250m: 2:27.44 30.28	350m: 3:28.46 30.47		
	100m: 56.94 29.66	200m: 1:57.16 30.28	300m: 2:57.99 30.55	400m: 3:58.99 30.53		
11.	Andre Filipe Farinha	96	Benfica	3:59.25	+0,77	698
	50m: 27.36 27.36	150m: 1:27.42 30.26	250m: 2:28.78 30.75	350m: 3:29.42 30.48		
	100m: 57.16 29.80	200m: 1:58.03 30.61	300m: 2:58.94 30.16	400m: 3:59.25 29.83		

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	3:59.88	+0,77	692
	50m: 27.99 27.99 150m: 1:28.31 30.33 250m: 2:28.65 30.04 350m: 3:29.82 30.79					
	100m: 57.98 29.99 200m: 1:58.61 30.30 300m: 2:59.03 30.38 400m: 3:59.88 30.06					
13.	Rui Filipe Costa	91	Foca	4:00.47	+0,80	687
	50m: 27.67 27.67 150m: 1:27.52 30.02 250m: 2:28.70 30.73 350m: 3:31.27 31.39					
	100m: 57.50 29.83 200m: 1:57.97 30.45 300m: 2:59.88 31.18 400m: 4:00.47 29.20					
14.	Joao Pedro Gil	97	Alges	4:00.57	+0,66	686
	50m: 27.03 27.03 150m: 1:26.26 30.01 250m: 2:27.07 30.63 350m: 3:30.22 31.48					
	100m: 56.25 29.22 200m: 1:56.44 30.18 300m: 2:58.74 31.67 400m: 4:00.57 30.35					
15.	Joao Carlos Santos	96	Uniao Piedense	4:01.25	+0,70	680
	50m: 28.29 28.29 150m: 1:29.01 30.62 250m: 2:29.92 30.03 350m: 3:31.49 30.91					
	100m: 58.39 30.10 200m: 1:59.89 30.88 300m: 3:00.58 30.66 400m: 4:01.25 29.76					
16.	Pedro Maria Bessa FTL	95	Nautico /Urgicentro-Sanfil	4:02.41	+0,75	671
	50m: 27.36 27.36 150m: 1:27.80 30.50 250m: 2:29.79 30.93 350m: 3:32.06 31.03					
	100m: 57.30 29.94 200m: 1:58.86 31.06 300m: 3:01.03 31.24 400m: 4:02.41 30.35					
17.	Ruben Jose Morim FTL	97	Vilacondense	4:02.82	+0,77	667
	50m: 27.38 27.38 150m: 1:28.53 31.13 250m: 2:31.26 31.13 350m: 3:33.79 30.97					
	100m: 57.40 30.02 200m: 2:00.13 31.60 300m: 3:02.82 31.56 400m: 4:02.82 29.03					
18.	Rui Pedro Faria FTL	94	Famalicao	4:07.35	+0,81	631
	50m: 27.91 27.91 150m: 1:28.37 30.41 250m: 2:31.05 31.54 350m: 3:35.29 32.18					
	100m: 57.96 30.05 200m: 1:59.51 31.14 300m: 3:03.11 32.06 400m: 4:07.35 32.06					

Juniores

1.	Joao Alexandre Vital	98	Sporting	3:51.92	+0,64	766
	50m: 26.80 26.80 150m: 1:25.35 29.36 250m: 2:24.13 29.10 350m: 3:23.11 29.37					
	100m: 55.99 29.19 200m: 1:55.03 29.68 300m: 2:53.74 29.61 400m: 3:51.92 28.81					
2.	Guilherme Filipe Pina	98	Benedita	3:52.28	+0,76	762
	50m: 27.13 27.13 150m: 1:25.66 29.26 250m: 2:24.39 29.15 350m: 3:23.45 29.42					
	100m: 56.40 29.27 200m: 1:55.24 29.58 300m: 2:54.03 29.64 400m: 3:52.28 28.83					
3.	Jose Paula Carvalho	98	Uniao Piedense	4:01.98	+0,76	674
	50m: 27.31 27.31 150m: 1:28.19 31.05 250m: 2:29.47 30.59 350m: 3:32.36 31.53					
	100m: 57.14 29.83 200m: 1:58.88 30.69 300m: 3:00.83 31.36 400m: 4:01.98 29.62					
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:02.79	+0,72	668
	50m: 27.27 27.27 150m: 1:28.40 30.68 250m: 2:30.75 31.07 350m: 3:33.21 31.28					
	100m: 57.72 30.45 200m: 1:59.68 31.28 300m: 3:01.93 31.18 400m: 4:02.79 29.58					

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:02.86	+0,77	667
	50m: 27.49 27.49	150m: 1:27.75 30.66	250m: 2:30.45 31.34	350m: 3:33.08 31.31		
	100m: 57.09 29.60	200m: 1:59.11 31.36	300m: 3:01.77 31.32	400m: 4:02.86 29.78		
6.	Antonio Fernando Pinto	99	Lousada SXXI	4:04.81	+0,71	651
	50m: 27.36 27.36	150m: 1:29.18 31.22	250m: 2:31.55 31.18	350m: 3:34.59 31.60		
	100m: 57.96 30.60	200m: 2:00.37 31.19	300m: 3:02.99 31.44	400m: 4:04.81 30.22		
7.	Miguel Ribeiro Bate	99	Alges	4:07.29	+0,76	632
	50m: 28.05 28.05	150m: 1:30.19 31.71	250m: 2:33.54 31.55	350m: 3:36.76 31.39		
	100m: 58.48 30.43	200m: 2:01.99 31.80	300m: 3:05.37 31.83	400m: 4:07.29 30.53		
8.	Pedro Goncalves Neto	98	Porto	4:08.76	+0,77	621
	50m: 27.61 27.61	150m: 1:30.79 31.99	250m: 2:34.13 31.30	350m: 3:37.64 31.75		
	100m: 58.80 31.19	200m: 2:02.83 32.04	300m: 3:05.89 31.76	400m: 4:08.76 31.12		
9.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:09.22	+0,80	617
	50m: 27.71 27.71	150m: 1:29.72 31.46	250m: 2:33.19 31.85	350m: 3:37.47 31.99		
	100m: 58.26 30.55	200m: 2:01.34 31.62	300m: 3:05.48 32.29	400m: 4:09.22 31.75		
10.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:10.42	+0,81	608
	50m: 27.95 27.95	150m: 1:30.19 31.63	250m: 2:34.14 31.91	350m: 3:38.61 32.26		
	100m: 58.56 30.61	200m: 2:02.23 32.04	300m: 3:06.35 32.21	400m: 4:10.42 31.81		
11.	Jose Pedro Fernandes	99	Braga	4:10.61	+0,81	607
	50m: 28.26 28.26	150m: 1:31.18 31.76	250m: 2:34.72 31.81	350m: 3:39.14 32.31		
	100m: 59.42 31.16	200m: 2:02.91 31.73	300m: 3:06.83 32.11	400m: 4:10.61 31.47		
12.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	4:11.09	+0,77	604
	50m: 28.82 28.82	150m: 1:32.25 32.09	250m: 2:36.60 32.10	350m: 3:40.56 31.84		
	100m: 1:00.16 31.34	200m: 2:04.50 32.25	300m: 3:08.72 32.12	400m: 4:11.09 30.53		
13.	Diogo Rosado Leca	98	Colegio Monte Maior	4:11.10	+0,74	603
	50m: 28.61 28.61	150m: 1:31.35 31.76	250m: 2:35.64 32.07	350m: 3:40.06 32.13		
	100m: 59.59 30.98	200m: 2:03.57 32.22	300m: 3:07.93 32.29	400m: 4:11.10 31.04		
14.	Joao Magalhaes Nunes	99	Belenenses	4:11.13	+0,75	603
	50m: 29.00 29.00	150m: 1:32.28 31.97	250m: 2:36.42 32.27	350m: 3:39.97 31.51		
	100m: 1:00.31 31.31	200m: 2:04.15 31.87	300m: 3:08.46 32.04	400m: 4:11.13 31.16		
15.	Goncalo Miguel Nogueira	98	Porto	4:11.22	+0,74	603
	50m: 27.63 27.63	150m: 1:29.40 31.52	250m: 2:34.25 32.81	350m: 3:39.22 32.47		
	100m: 57.88 30.25	200m: 2:01.44 32.04	300m: 3:06.75 32.50	400m: 4:11.22 32.00		
16.	Paulo Filipe Silva	98	Natacao da Maia	4:11.40	+0,89	601
	50m: 28.82 28.82	150m: 1:31.43 31.53	250m: 2:35.73 32.13	350m: 3:40.89 32.70		
	100m: 59.90 31.08	200m: 2:03.60 32.17	300m: 3:08.19 32.46	400m: 4:11.40 30.51		
17.	Duarte Filipe Rodrigues	99	Alges	4:12.06	+0,83	597
	50m: 28.90 28.90	150m: 1:31.97 31.74	250m: 2:35.91 31.76	350m: 3:40.56 32.52		
	100m: 1:00.23 31.33	200m: 2:04.15 32.18	300m: 3:08.04 32.13	400m: 4:12.06 31.50		
18.	Bernardo Graca Rodrigues	99	Alges	4:12.43	+0,68	594
	50m: 28.51 28.51	150m: 1:31.19 31.46	250m: 2:35.42 32.12	350m: 3:40.65 32.63		
	100m: 59.73 31.22	200m: 2:03.30 32.11	300m: 3:08.02 32.60	400m: 4:12.43 31.78		
19.	Francisco Rodrigues Antas	98	Desportiva de Viana	4:12.56	+0,95	593
	50m: 29.29 29.29	150m: 1:32.72 32.15	250m: 2:36.71 31.76	350m: 3:40.76 32.17		
	100m: 1:00.57 31.28	200m: 2:04.95 32.23	300m: 3:08.59 31.88	400m: 4:12.56 31.80		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
20.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:12.63	+0,73	593
	50m: 27.65 27.65 150m: 1:29.90 31.38 250m: 2:34.33 32.10 350m: 3:40.01 32.89					
	100m: 58.52 30.87 200m: 2:02.23 32.33 300m: 3:07.12 32.79 400m: 4:12.63 32.62					
21.	Tiago Silva Soares	99	Porto	4:12.64	+0,85	592
	50m: 28.70 28.70 150m: 1:31.63 31.13 250m: 2:36.62 32.30 350m: 3:42.50 32.84					
	100m: 1:00.50 31.80 200m: 2:04.32 32.69 300m: 3:09.66 33.04 400m: 4:12.64 30.14					
22.	Daniel Filipe Paiva	98	Miranda do Corvo	4:12.67	+0,85	592
	50m: 29.15 29.15 150m: 1:32.11 31.80 250m: 2:36.24 32.29 350m: 3:40.92 32.44					
	100m: 1:00.31 31.16 200m: 2:03.95 31.84 300m: 3:08.48 32.24 400m: 4:12.67 31.75					
23.	Joao Jose Laranjeira	98	Galitos/Bresimar	4:13.14	+0,81	589
	50m: 28.63 28.63 150m: 1:31.96 31.65 250m: 2:36.36 32.44 350m: 3:41.71 32.66					
	100m: 1:00.31 31.68 200m: 2:03.92 31.96 300m: 3:09.05 32.69 400m: 4:13.14 31.43					
24.	Rafael Ladeiro Santos	98	Geslours	4:13.94	+0,75	583
	<i>FTL</i>					
	50m: 28.58 28.58 150m: 1:32.57 32.25 250m: 2:37.33 32.48 350m: 3:42.43 32.48					
	100m: 1:00.32 31.74 200m: 2:04.85 32.28 300m: 3:09.95 32.62 400m: 4:13.94 31.51					
25.	Leonardo Rochinha Pedro	98	Bombeiros Estoris	4:16.00	+0,79	569
	<i>FTL</i>					
	50m: 29.05 29.05 150m: 1:32.82 32.08 250m: 2:37.26 32.23 350m: 3:43.40 33.09					
	100m: 1:00.74 31.69 200m: 2:05.03 32.21 300m: 3:10.31 33.05 400m: 4:16.00 32.60					
26.	Tiago Carlos Santos	98	Naval Amorense	4:17.75	+0,78	558
	<i>FTL</i>					
	50m: 28.58 28.58 150m: 1:32.05 31.82 250m: 2:36.99 32.97 350m: 3:44.47 33.92					
	100m: 1:00.23 31.65 200m: 2:04.02 31.97 300m: 3:10.55 33.56 400m: 4:17.75 33.28					
27.	Rui Jorge Matias	99	Vilacondense	4:17.97	+0,80	556
	<i>FTL</i>					
	50m: 28.53 28.53 150m: 1:31.45 32.05 250m: 2:38.16 33.37 350m: 3:45.33 33.76					
	100m: 59.40 30.87 200m: 2:04.79 33.34 300m: 3:11.57 33.41 400m: 4:17.97 32.64					
DNS	Tiago Filipe Campos	99	Scalabiswim			

Prova 18 Femin., 400m Livres 16 anos e mais velhos
12-12-2015 - 16:10 Resultados

Recordes Nacionais 25m Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:12.72	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2015
Recordes Nacionais 25m Sen	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015

TAC_B-JUNF Jun: 4:44.18 / TAC_B-SENF Sen: 4:40.57

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diana Margarida Duraes <i>Rec Nacional, Sen e Abs</i>	96	Porto	4:10.22	+0,71	823
	50m: 29.04 29.04	150m: 1:32.43 31.99	250m: 2:36.36 31.81	350m: 3:39.59 31.41		
	100m: 1:00.44 31.40	200m: 2:04.55 32.12	300m: 3:08.18 31.82	400m: 4:10.22 30.63		
2.	Angelica Maria Andre	94	Fluvial Portuense	4:17.56	+0,69	754
	50m: 30.33 30.33	150m: 1:34.93 32.49	250m: 2:40.22 32.58	350m: 3:45.51 32.76		
	100m: 1:02.44 32.11	200m: 2:07.64 32.71	300m: 3:12.75 32.53	400m: 4:17.56 32.05		
3.	Vania Soares Neves	90	Fluvial Portuense	4:19.82	+0,77	735
	50m: 30.24 30.24	150m: 1:35.02 32.65	250m: 2:40.88 32.82	350m: 3:47.09 33.07		
	100m: 1:02.37 32.13	200m: 2:08.06 33.04	300m: 3:14.02 33.14	400m: 4:19.82 32.73		
4.	Barbara Marques Rodrigues	97	Alges	4:29.76	+0,84	657
	50m: 31.01 31.01	150m: 1:38.19 33.74	250m: 2:46.26 34.13	350m: 3:55.34 34.50		
	100m: 1:04.45 33.44	200m: 2:12.13 33.94	300m: 3:20.84 34.58	400m: 4:29.76 34.42		
5.	Soraia Vanessa Ribeiro	92	Individual ANNP	4:30.22	+0,88	653
	50m: 30.30 30.30	150m: 1:36.47 33.37	250m: 2:43.87 33.37	350m: 3:54.58 35.81		
	100m: 1:03.10 32.80	200m: 2:10.50 34.03	300m: 3:18.77 34.90	400m: 4:30.22 35.64		
6.	Ana Monica Eloi	96	Nautico Marinha Grande	4:31.53	+0,83	644
	50m: 30.75 30.75	150m: 1:37.92 33.97	250m: 2:47.01 34.54	350m: 3:57.15 35.23		
	100m: 1:03.95 33.20	200m: 2:12.47 34.55	300m: 3:21.92 34.91	400m: 4:31.53 34.38		
7.	Maria Teresa Amorim	97	Porto	4:32.24	+0,85	639
	50m: 30.89 30.89	150m: 1:37.96 33.91	250m: 2:47.34 35.11	350m: 3:57.60 35.08		
	100m: 1:04.05 33.16	200m: 2:12.23 34.27	300m: 3:22.52 35.18	400m: 4:32.24 34.64		
8.	Raquel Paulo Ranito	94	Sporting	4:34.78	+0,81	621
	50m: 31.06 31.06	150m: 1:39.68 34.70	250m: 2:49.93 35.15	350m: 4:00.53 35.25		
	100m: 1:04.98 33.92	200m: 2:14.78 35.10	300m: 3:25.28 35.35	400m: 4:34.78 34.25		
9.	Helena Paula Carvalho	95	Uniao Piedense	4:35.19	+0,74	618
	50m: 31.97 31.97	150m: 1:40.53 34.38	250m: 2:50.53 35.16	350m: 4:01.20 35.46		
	100m: 1:06.15 34.18	200m: 2:15.37 34.84	300m: 3:25.74 35.21	400m: 4:35.19 33.99		
10.	Daniela Teixeira Moreira	97	Belenenses	4:36.20	+0,70	612
	50m: 31.73 31.73	150m: 1:40.36 34.42	250m: 2:50.80 35.30	350m: 4:01.24 35.48		
	100m: 1:05.94 34.21	200m: 2:15.50 35.14	300m: 3:25.76 34.96	400m: 4:36.20 34.96		
11.	Maria Joao Fernandes	97	Vilacondense	4:37.63	+0,83	602
	50m: 31.46 31.46	150m: 1:40.10 34.85	250m: 2:50.36 35.08	350m: 4:02.28 36.00		
	100m: 1:05.25 33.79	200m: 2:15.28 35.18	300m: 3:26.28 35.92	400m: 4:37.63 35.35		
12.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:37.66	+0,92	602
	50m: 31.77 31.77	150m: 1:40.75 34.46	250m: 2:50.60 35.11	350m: 4:02.71 36.39		
	100m: 1:06.29 34.52	200m: 2:15.49 34.74	300m: 3:26.32 35.72	400m: 4:37.66 34.95		

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:39.13	+1,00	593
	50m: 32.53 32.53	150m: 1:42.46 35.08	250m: 2:53.82 35.66	350m: 4:05.02 35.36		
	100m: 1:07.38 34.85	200m: 2:18.16 35.70	300m: 3:29.66 35.84	400m: 4:39.13 34.11		
14.	Carolina Madeira Santos	96	Naval Amorense	4:39.78	+0,90	588
	50m: 31.17 31.17	150m: 1:41.17 35.56	250m: 2:52.98 36.15	350m: 4:04.96 35.85		
	100m: 1:05.61 34.44	200m: 2:16.83 35.66	300m: 3:29.11 36.13	400m: 4:39.78 34.82		
15.	Ana Silva Costa	98	Famalicao	4:40.02	+0,76	587
	50m: 31.82 31.82	150m: 1:41.88 35.54	250m: 2:53.96 36.09	350m: 4:05.54 35.55		
	100m: 1:06.34 34.52	200m: 2:17.87 35.99	300m: 3:29.99 36.03	400m: 4:40.02 34.48		
16.	Ana Luisa Santo FTL	95	Benfica	4:40.58	+0,83	583
	50m: 32.14 32.14	150m: 1:42.17 35.33	250m: 2:53.60 35.65	350m: 4:05.60 36.05		
	100m: 1:06.84 34.70	200m: 2:17.95 35.78	300m: 3:29.55 35.95	400m: 4:40.58 34.98		
17.	Mariana Portugal Costa FTL	98	Nautico /Urgicentro-Sanfil	4:41.90	+0,95	575
	50m: 31.43 31.43	150m: 1:42.06 35.66	250m: 2:54.08 35.92	350m: 4:07.49 36.72		
	100m: 1:06.40 34.97	200m: 2:18.16 36.10	300m: 3:30.77 36.69	400m: 4:41.90 34.41		
18.	Rita Verissimo Damasceno FTL	98	Nautico /Urgicentro-Sanfil	4:43.80	+0,91	564
	50m: 31.89 31.89	150m: 1:42.12 35.68	250m: 2:54.53 36.22	350m: 4:07.69 36.48		
	100m: 1:06.44 34.55	200m: 2:18.31 36.19	300m: 3:31.21 36.68	400m: 4:43.80 36.11		
19.	Marina Micaela Sequeira FTL	98	Uniao Piedense	4:45.89	+0,73	552
	50m: 31.94 31.94	150m: 1:41.67 35.45	250m: 2:54.22 36.55	350m: 4:09.52 37.94		
	100m: 1:06.22 34.28	200m: 2:17.67 36.00	300m: 3:31.58 37.36	400m: 4:45.89 36.37		
20.	Margarida Messias Ribeiro FTL	98	Geslours	4:51.29	+0,71	521
	50m: 33.13 33.13	150m: 1:46.21 36.92	250m: 3:00.58 37.26	350m: 4:15.36 37.31		
	100m: 1:09.29 36.16	200m: 2:23.32 37.11	300m: 3:38.05 37.47	400m: 4:51.29 35.93		

Juniores

1.	Tamila Hryhorivna Holub Rec Nacional, Jun 17	99	Braga	4:10.52	+0,79	820
	50m: 29.79 29.79	150m: 1:32.65 31.56	250m: 2:35.97 31.68	350m: 3:39.59 31.87		
	100m: 1:01.09 31.30	200m: 2:04.29 31.64	300m: 3:07.72 31.75	400m: 4:10.52 30.93		
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:24.38	+0,79	697
	50m: 30.93 30.93	150m: 1:37.81 33.55	250m: 2:44.77 33.17	350m: 3:52.04 33.84		
	100m: 1:04.26 33.33	200m: 2:11.60 33.79	300m: 3:18.20 33.43	400m: 4:24.38 32.34		
3.	Beatriz Paulo Ranito	99	Sporting	4:24.89	+0,79	693
	50m: 30.27 30.27	150m: 1:36.04 33.13	250m: 2:43.40 33.69	350m: 3:51.72 34.11		
	100m: 1:02.91 32.64	200m: 2:09.71 33.67	300m: 3:17.61 34.21	400m: 4:24.89 33.17		
4.	Ana Rita Faria	00	Porto	4:30.99	+0,80	648
	50m: 30.52 30.52	150m: 1:37.73 34.01	250m: 2:46.89 34.69	350m: 3:56.72 34.92		
	100m: 1:03.72 33.20	200m: 2:12.20 34.47	300m: 3:21.80 34.91	400m: 4:30.99 34.27		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:31.04	+0,75	647
	50m: 31.12 31.12	150m: 1:40.24 35.03	250m: 2:49.45 34.38	350m: 3:57.68 33.94		
	100m: 1:05.21 34.09	200m: 2:15.07 34.83	300m: 3:23.74 34.29	400m: 4:31.04 33.36		
6.	Ines Figueira Santos	00	Uniao Piedense	4:31.82	+0,85	642
	50m: 30.80 30.80	150m: 1:39.05 34.50	250m: 2:48.48 34.71	350m: 3:58.14 34.69		
	100m: 1:04.55 33.75	200m: 2:13.77 34.72	300m: 3:23.45 34.97	400m: 4:31.82 33.68		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:33.54	+0,93	630
	50m: 31.48 31.48	150m: 1:39.43 34.31	250m: 2:48.96 34.65	350m: 3:58.80 34.93		
	100m: 1:05.12 33.64	200m: 2:14.31 34.88	300m: 3:23.87 34.91	400m: 4:33.54 34.74		
8.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:33.83	+0,85	628
	50m: 31.55 31.55	150m: 1:39.97 34.47	250m: 2:49.73 35.13	350m: 3:59.69 34.82		
	100m: 1:05.50 33.95	200m: 2:14.60 34.63	300m: 3:24.87 35.14	400m: 4:33.83 34.14		
9.	Eliana Dirce Lourenco	00	Galitos/Bresimar	4:34.89	+0,79	620
	50m: 31.47 31.47	150m: 1:40.53 34.89	250m: 2:50.40 35.01	350m: 3:59.95 34.72		
	100m: 1:05.64 34.17	200m: 2:15.39 34.86	300m: 3:25.23 34.83	400m: 4:34.89 34.94		
10.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:35.06	+0,91	619
	50m: 30.56 30.56	150m: 1:39.76 35.02	250m: 2:50.07 35.26	350m: 4:01.04 35.29		
	100m: 1:04.74 34.18	200m: 2:14.81 35.05	300m: 3:25.75 35.68	400m: 4:35.06 34.02		
11.	Maria Beatriz Dias	99	Scalabiswim	4:37.30	+0,81	604
	50m: 32.12 32.12	150m: 1:41.36 34.86	250m: 2:51.81 35.46	350m: 4:02.81 35.38		
	100m: 1:06.50 34.38	200m: 2:16.35 34.99	300m: 3:27.43 35.62	400m: 4:37.30 34.49		
12.	Beatriz Lopes Pinto	99	Academica de Coimbra	4:38.05	+0,82	600
	50m: 32.93 32.93	150m: 1:44.25 35.12	250m: 2:54.18 34.81	350m: 4:03.81 34.92		
	100m: 1:09.13 36.20	200m: 2:19.37 35.12	300m: 3:28.89 34.71	400m: 4:38.05 34.24		
13.	Margarida Valente Orrico	00	Uniao Piedense	4:38.44	+0,87	597
	50m: 32.64 32.64	150m: 1:44.11 35.83	250m: 2:54.71 34.82	350m: 4:05.46 35.39		
	100m: 1:08.28 35.64	200m: 2:19.89 35.78	300m: 3:30.07 35.36	400m: 4:38.44 32.98		
14.	Patricia Palmeiro Baeta	00	Scalabiswim	4:39.47	+0,81	590
	50m: 31.51 31.51	150m: 1:40.96 35.28	250m: 2:52.00 35.98	350m: 4:04.16 35.99		
	100m: 1:05.68 34.17	200m: 2:16.02 35.06	300m: 3:28.17 36.17	400m: 4:39.47 35.31		
15.	Mariana Pinto Angelo	99	Academica de Coimbra	4:39.48	+0,75	590
	50m: 32.87 32.87	150m: 1:43.51 35.34	250m: 2:54.13 35.20	350m: 4:04.72 35.23		
	100m: 1:08.17 35.30	200m: 2:18.93 35.42	300m: 3:29.49 35.36	400m: 4:39.48 34.76		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Mariana Santos Ferreira	00	Miranda do Corvo	4:39.71	+0,82	589
	50m: 33.05 33.05 150m: 1:43.64 35.50 250m: 2:54.37 35.40 350m: 4:05.40 35.30					
	100m: 1:08.14 35.09 200m: 2:18.97 35.33 300m: 3:30.10 35.73 400m: 4:39.71 34.31					
17.	Rafaela Araujo Silva	00	Famalicao	4:39.74	+0,84	589
	50m: 31.29 31.29 150m: 1:41.14 35.45 250m: 2:53.26 35.95 350m: 4:05.28 35.76					
	100m: 1:05.69 34.40 200m: 2:17.31 36.17 300m: 3:29.52 36.26 400m: 4:39.74 34.46					
18.	Ana Pires Brito	99	Colegio Monte Maior	4:39.96	+0,82	587
	50m: 31.15 31.15 150m: 1:40.79 35.38 250m: 2:52.04 35.54 350m: 4:04.15 36.37					
	100m: 1:05.41 34.26 200m: 2:16.50 35.71 300m: 3:27.78 35.74 400m: 4:39.96 35.81					
19.	Ana Sofia Ramos	00	Fluvial Portuense	4:40.20	+0,75	586
	50m: 32.47 32.47 150m: 1:42.60 35.35 250m: 2:53.61 35.33 350m: 4:05.13 35.63					
	100m: 1:07.25 34.78 200m: 2:18.28 35.68 300m: 3:29.50 35.89 400m: 4:40.20 35.07					
20.	Ana Catarina Oliveira	99	Geslours	4:40.52	+0,73	584
	50m: 32.16 32.16 150m: 1:41.87 35.07 250m: 2:53.63 35.61 350m: 4:05.71 35.76					
	100m: 1:06.80 34.64 200m: 2:18.02 36.15 300m: 3:29.95 36.32 400m: 4:40.52 34.81					
21.	Mariana Silva Ramos	00	Sporting	4:41.09	+0,77	580
	50m: 31.52 31.52 150m: 1:40.99 35.14 250m: 2:52.75 36.09 350m: 4:05.56 36.52					
	100m: 1:05.85 34.33 200m: 2:16.66 35.67 300m: 3:29.04 36.29 400m: 4:41.09 35.53					
22.	Ines Silva Oliveira	00	Leixoes	4:42.03	+0,89	574
	50m: 32.19 32.19 150m: 1:42.82 35.58 250m: 2:54.95 35.82 350m: 4:08.19 36.83					
	100m: 1:07.24 35.05 200m: 2:19.13 36.31 300m: 3:31.36 36.41 400m: 4:42.03 33.84					
23.	Tania Cristina Mendes	99	Vieirense	4:42.19	+0,88	574
	50m: 32.55 32.55 150m: 1:42.59 35.56 250m: 2:53.89 35.39 350m: 4:06.65 36.60					
	100m: 1:07.03 34.48 200m: 2:18.50 35.91 300m: 3:30.05 36.16 400m: 4:42.19 35.54					
24.	Catarina Reis Silva	99	Braga	4:43.15	+0,81	568
	50m: 32.14 32.14 150m: 1:42.87 35.75 250m: 2:55.01 35.94 350m: 4:07.99 36.56					
	100m: 1:07.12 34.98 200m: 2:19.07 36.20 300m: 3:31.43 36.42 400m: 4:43.15 35.16					
25.	Iris Cunha Santos FTL	00	Porto	4:44.35	+0,93	561
	50m: 33.17 33.17 150m: 1:45.13 35.90 250m: 2:56.57 35.39 350m: 4:09.44 36.66					
	100m: 1:09.23 36.06 200m: 2:21.18 36.05 300m: 3:32.78 36.21 400m: 4:44.35 34.91					
26.	Catarina Costa Fernandes FTL	99	Colegio Bernardette Romeira	4:45.71	+0,74	553
	50m: 32.82 32.82 150m: 1:44.43 35.91 250m: 2:56.64 36.28 350m: 4:09.99 36.87					
	100m: 1:08.52 35.70 200m: 2:20.36 35.93 300m: 3:33.12 36.48 400m: 4:45.71 35.72					

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Sara Lopes Barbosa FTL	00	Aquatico Pacense	4:49.10	+0,84	533
	50m: 33.05 33.05 150m: 1:44.99 36.10 250m: 2:58.63 36.90 350m: 4:12.56 37.10					
	100m: 1:08.89 35.84 200m: 2:21.73 36.74 300m: 3:35.46 36.83 400m: 4:49.10 36.54					
DSQ	Beatriz Barros Carmo , 403 - Falsa partida - SW 4.4	99	Alges			

Prova 19 Masc., 100m Bruços 17 anos e mais velhos
12-12-2015 - 16:25 Resultados Final

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun17	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun18	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	22-11-2012

TAC_B-JUNM Jun: 1:09.87 / TAC_B-SENM Sen: 1:04.97

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	1:00.22	+0,67	787
	50m: 28.48 28.48 100m: 1:00.22 31.74					
2.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	1:01.04	+0,67	756
	50m: 28.64 28.64 100m: 1:01.04 32.40					
3.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	1:01.32	+0,74	745
	50m: 28.99 28.99 100m: 1:01.32 32.33					
4.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:02.28	+0,66	711
	50m: 29.59 29.59 100m: 1:02.28 32.69					
5.	Sergio Baptista Silva	91	Porto	1:02.44	+0,68	706
	50m: 29.41 29.41 100m: 1:02.44 33.03					
6.	Francisco Robalo Quintas	95	Belenenses	1:02.49	+0,67	704
	50m: 29.41 29.41 100m: 1:02.49 33.08					
7.	Andre Goncalo Santos	97	Leixoes	1:02.78	+0,77	695
	50m: 29.46 29.46 100m: 1:02.78 33.32					
8.	Pedro Andre Santos	94	Alges	1:02.88	+0,69	691
	50m: 29.58 29.58 100m: 1:02.88 33.30					

Prova 19, Masc., 100m Bruços, Final

Juniores

Final

1.	Diogo Miguel Costa	98	Porto	1:03.49	+0,66	671
	50m: 29.78 29.78	100m: 1:03.49	33.71			
2.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	1:03.51	+0,72	671
	50m: 29.92 29.92	100m: 1:03.51	33.59			
3.	Andre Magalhaes Moura	98	Academico Viseu	1:03.63	+0,66	667
	50m: 29.98 29.98	100m: 1:03.63	33.65			
4.	Hugo Pon	98	Alges	1:05.02	+0,70	625
	50m: 30.49 30.49	100m: 1:05.02	34.53			
5.	Mario Jorge Veloso	98	Braga	1:05.24	+0,77	619
	50m: 30.95 30.95	100m: 1:05.24	34.29			
6.	Alexandre Ferreira Amorim	99	Colegio SMLamas	1:05.44	+0,66	613
	50m: 31.09 31.09	100m: 1:05.44	34.35			
7.	Guilherme Assis Ramos	98	Sporting	1:05.71	+0,72	606
	50m: 31.07 31.07	100m: 1:05.71	34.64			
8.	Afonso Ribeiro Bate	98	Alges	1:06.12	+0,69	594
	50m: 31.43 31.43	100m: 1:06.12	34.69			

Prova 20
12-12-2015 - 16:30

Femin., 100m Bruços

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Recordes Nacionais 25m Jun17	1:09.02	Diana Duarte Gomes	POR	Belo Horizonte (BRA)	10-02-2006
Recordes Nacionais 25m Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 1:23.07 / TAC_B-SENF Sen: 1:20.43

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Ana Pinho Rodrigues	94	Estamos Juntos	1:07.78	+0,68	778
	50m: 31.85 31.85	100m: 1:07.78	35.93			
2.	Paula Alexandra Oliveira	96	Porto	1:11.88	+0,69	652
	50m: 34.57 34.57	100m: 1:11.88	37.31			
3.	Maria Madalena Silva	98	Nautico Abrantes	1:12.09	+0,73	647
	50m: 33.40 33.40	100m: 1:12.09	38.69			
4.	Catarina Costa Sequeira	98	Armazenenses	1:13.27	+0,83	616
	50m: 34.02 34.02	100m: 1:13.27	39.25			
5.	Barbara Sofia Barata	97	Alges	1:13.46	+0,76	611
	50m: 35.39 35.39	100m: 1:13.46	38.07			

Prova 20, Femin., 100m Bruços, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Ana Marisa Brito	90	Benfica	1:13.46	+0,71	611
	50m: 34.60 34.60	100m: 1:13.46 38.86				
7.	Anais Ines Charro	98	Individual ANL	1:13.65	+0,79	607
	50m: 34.84 34.84	100m: 1:13.65 38.81				
8.	Ana Beatriz Marques	98	Alges	1:15.25	+0,77	569
	50m: 35.46 35.46	100m: 1:15.25 39.79				

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	1:10.02	+0,74	706
	50m: 33.56 33.56	100m: 1:10.02 36.46				
2.	Claudia Ferreira Borges	99	Benfica	1:12.79	+0,73	628
	50m: 34.63 34.63	100m: 1:12.79 38.16				
3.	Laura Catarina Abreu	00	Desportivo Nacional	1:14.28	+0,76	591
	50m: 35.04 35.04	100m: 1:14.28 39.24				
	Ines Rocha Silva	00	Alcobaca	1:14.28	+0,72	591
	50m: 34.98 34.98	100m: 1:14.28 39.30				
5.	Ana Beatriz Martins	99	Famalicao	1:14.94	+0,77	576
	50m: 35.56 35.56	100m: 1:14.94 39.38				
6.	Beatriz Castanheira Dias	99	Academica de Coimbra	1:15.66	+0,73	559
	50m: 36.39 36.39	100m: 1:15.66 39.27				
7.	Ana Rita Rodrigues	99	Sporting de Aveiro	1:16.03	+0,90	551
	50m: 36.30 36.30	100m: 1:16.03 39.73				
8.	Matilde Pereira Martins	99	Naval de Faro	1:17.74	+0,83	516
	50m: 36.17 36.17	100m: 1:17.74 41.57				

Prova 21 Masc., 50m Livres 17 anos e mais velhos
12-12-2015 - 16:35 Resultados Final

Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	23.14	Tiago Andre Venancio	CNS	Reboleira	26-06-2004
Recordes Nacionais 25m Jun18	22.24	Miguel Duarte Nascimento	PORTIN	Porto	08-12-2012
Recordes Nacionais 25m Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

TAC_B-JUNM Jun: 25.05 / TAC_B-SENM Sen: 23.71

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Alexandre Escudier Agostinho	86	Portinado	21.98	+0,68	783
2.	Joao Miguel Ascensao	97	Porto	22.55	+0,53	725
3.	David Miguel Leiria	93	Uniao Piedense	23.19	+0,70	666
	Artiom Viatcheslavovitch Poliakov	93	Estrelas S. Joao de Brito	23.19	+0,62	666
5.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	23.20	+0,64	665
6.	Igor Araujo Mogne	96	Sporting	23.33	+0,75	654
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	23.39	+0,61	649
8.	Rodrigo Pereira Lopes	95	Benfica	23.44	+0,69	645

Juniores

Final						
1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	23.21	+0,68	665
2.	Francisco Rogerio Santos	98	Benedita	23.75	+0,85	620
3.	Francisco Carvalho Machado	98	Alges	23.82	+0,67	615
4.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	23.99	+0,75	602
5.	Rui Filipe Costa	98	Desportiva de Viana	24.40	+0,63	572
6.	Nuno Miguel Graca	98	Desportiva de Viana	24.48	+0,79	566
	Guilherme Assis Ramos	98	Sporting	24.48	+0,75	566
8.	Diogo Jesus Crespo	99	Desportivo Nacional	24.68	+0,69	553

Prova 22 Femin., 50m Livres 16 anos e mais velhos
12-12-2015 - 16:35 Resultados Final

Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun16	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	25.99	Catarina Maria Ferreira	EDV	Ponte da Barca	02-07-2015
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC_B-JUNF Jun: 28.84 / TAC_B-SENF Sen: 27.91

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	25.84	+0,66	727
2.	Catarina Maria Ferreira	98	Desportiva de Viana	26.40	+0,68	682
3.	Jessica Teixeira Vieira	91	Belenenses	26.55	+0,66	670
4.	Jessica Sousa Brito	97	Portinado	26.70	+0,70	659
5.	Adriana Daniela Castro	97	Porto	26.74	+0,69	656
6.	Ana Filipa Martins	97	Foca	26.89	+0,74	645
7.	Rosa Maria Oliveira	96	Porto	27.00	+0,74	637
8.	Soraia Vanessa Ribeiro	92	Individual ANNP	28.57	+0,85	538
FTL						

Juniores

Final						
1.	Laura Sanchez Rodrigues	00	Belenenses	26.89	+0,66	645
2.	Ana Rita Faria	00	Porto	27.10	+0,71	630
3.	Sofia Alexandra Nunes	00	Laranjeiro	27.27	+0,75	618
4.	Ana Beatriz Fonseca	99	Academica de Coimbra	27.28	+0,68	618
5.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	27.30	+0,71	616
6.	Vera Ines Aguilar	00	Desportivo Nacional	27.57	+0,70	598
7.	Sofia Isabel Gouveia	00	Uniao Piedense	27.83	+0,80	582
8.	Maria Margarida Fernandes	99	Ginasio de Vila Real	27.96	+0,78	574

Prova 23 Masc., 100m Costas 17 anos e mais velhos
12-12-2015 - 16:40 Resultados Final

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas Santos	POR	Herning (DEN)	14-12-2013
Recordes Nacionais 25m Jun17	54.97	Gabriel Jose Lopes	CDL	Coimbra	11-05-2014
Recordes Nacionais 25m Jun18	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	52.03	Alexis Manacas Santos	POR	Herning (DEN)	14-12-2013

TAC_B-JUNM Jun: 1:00.39 / TAC_B-SENM Sen: 58.38

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Alexis Manacas Santos	92	Sporting	52.64	+0,71	803
	50m: 25.46 25.46	100m:	52.64 27.18			
2.	Gabriel Jose Lopes	97	Louzan Natacao	52.76	+0,72	798
	50m: 25.59 25.59	100m:	52.76 27.17			
3.	Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	52.89	+0,65	792
	50m: 25.81 25.81	100m:	52.89 27.08			
4.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	54.49	+0,53	724
	50m: 26.67 26.67	100m:	54.49 27.82			
5.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	55.64	+0,71	680
	50m: 26.55 26.55	100m:	55.64 29.09			
6.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	55.85	+0,77	672
	50m: 27.00 27.00	100m:	55.85 28.85			
7.	Goncalo Filipe Gregorio	93	Uniao Piedense	56.71	+0,57	642
	50m: 27.32 27.32	100m:	56.71 29.39			
8.	Alexandre Lages Ribas	97	Sporting	56.81	+1,91	639
	50m: 27.59 27.59	100m:	56.81 29.22			

Juniores

Final						
1.	Francisco Rogerio Santos	98	Benedita	56.54	+0,70	648
	50m: 27.94 27.94	100m:	56.54 28.60			
2.	Viktor Kot	98	Nautico Marinha Grande	56.95	+0,66	634
	50m: 27.68 27.68	100m:	56.95 29.27			
3.	Joao Jose Laranjeira	98	Galitos/Bresimar	57.06	+0,74	630
	50m: 27.66 27.66	100m:	57.06 29.40			
4.	Filipe Miguel Silveira	98	Belenenses	58.05	+0,56	599
	50m: 28.36 28.36	100m:	58.05 29.69			
5.	Joao Daniel Machado	99	Uniao Piedense	58.51	+0,64	585
	50m: 28.35 28.35	100m:	58.51 30.16			
6.	Jose Pedro Sampaio	98	Foca	58.71	+0,67	579
	50m: 28.70 28.70	100m:	58.71 30.01			

Prova 23, Masc., 100m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Joao Diogo Fernandes	98	Benfica	58.77	+0,56	577
	50m: 28.14 28.14	100m: 58.77 30.63				
8.	Rui Filipe Costa	98	Desportiva de Viana	59.15	+0,62	566
	50m: 28.77 28.77	100m: 59.15 30.38				

Prova 24

Femin., 100m Costas

16 anos e mais velhos

12-12-2015 - 16:45

Resultados Final

Recordes Nacionais 25m Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	1:01.55	Ines Camacho Fernandes	SCP	Porto	08-12-2013
Recordes Nacionais 25m Jun17	1:01.56	Ines Camacho Fernandes	SCP	Felgueiras	22-12-2013
Recordes Nacionais 25m Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 1:10.53 / TAC_B-SENF Sen: 1:09.77

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Ana Sofia Leite	93	Ginasio de Vila Real	1:00.64	+0,57	747
	<i>Rec Nacional, Sen e Abs</i>					
	50m: 29.09 29.09	100m: 1:00.64 31.55				
2.	Rita Barros Frischknecht	98	Alges	1:02.12	+1,26	695
	50m: 30.15 30.15	100m: 1:02.12 31.97				
3.	Francisca Gomes Azevedo	97	Alges	1:02.15	+1,08	694
	50m: 30.28 30.28	100m: 1:02.15 31.87				
4.	Vania Soares Neves	90	Fluvial Portuense	1:04.34	+0,58	625
	50m: 31.15 31.15	100m: 1:04.34 33.19				
5.	Ana Filipa Costa	98	Natacao de Beja	1:04.49	+0,64	621
	50m: 31.42 31.42	100m: 1:04.49 33.07				
6.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	1:04.93	+0,60	608
	50m: 31.25 31.25	100m: 1:04.93 33.68				
7.	Ana Raquel Ferreira	98	Ginasio Figueirense	1:05.57	+0,60	591
	50m: 31.92 31.92	100m: 1:05.57 33.65				
8.	Juliana Lima Freixo	97	Braga	1:06.56	+0,63	565
	50m: 32.22 32.22	100m: 1:06.56 34.34				

Prova 24, Femin., 100m Costas, Final

Juniores

Final

1.	Madalena Gomes Azevedo	99	Alges	1:02.69	+0,69	676
	50m: 30.70 30.70	100m: 1:02.69 31.99				
2.	Filipa Carreira Alves	99	Uniao Piedense	1:03.78	+0,74	642
	50m: 30.73 30.73	100m: 1:03.78 33.05				
3.	Catarina Martins Mestre	00	Sporting	1:04.31	+1,14	626
	50m: 31.17 31.17	100m: 1:04.31 33.14				
4.	Alexandra Jesus Santos	00	Leixoes	1:04.88	+0,58	610
	50m: 31.61 31.61	100m: 1:04.88 33.27				
5.	Maria Ana Monge	99	Sporting	1:06.52	+0,62	566
	50m: 32.29 32.29	100m: 1:06.52 34.23				
6.	Matilde Pereira Martins	99	Naval de Faro	1:07.38	+0,63	544
	50m: 32.62 32.62	100m: 1:07.38 34.76				
7.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	1:07.70	+0,62	537
	50m: 32.87 32.87	100m: 1:07.70 34.83				
8.	Monica Seara Domingues	00	Nautico Marinha Grande	1:08.16	+0,61	526
	50m: 33.09 33.09	100m: 1:08.16 35.07				

Prova 25

12-12-2015 - 16:50

Masc., 100m Mariposa

17 anos e mais velhos

Resultados Final

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe Carvalho	POR	Estocolmo (SWE)	11-11-2009
Recordes Nacionais 25m Jun17	53.97	Tiago Andre Venancio	CNS	Alapraia	15-02-2004
Recordes Nacionais 25m Jun18	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Recordes Nacionais 25m Sen	51.45	Diogo Filipe Carvalho	POR	Estocolmo (SWE)	11-11-2009

TAC_B-JUNM Jun: 59.86 / TAC_B-SENM Sen: 56.37

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Prova 25, Masc., 100m Mariposa, Final

Seniores

Final

1.	Luiz Pedro Pereira	91	Benfica	52.31	+0,66	794
	50m: 24.52 24.52	100m: 52.31 27.79				
2.	Diogo Filipe Carvalho	88	Galitos/Bresimar	52.59	+0,70	781
	50m: 24.89 24.89	100m: 52.59 27.70				
3.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	52.75	+0,64	774
	50m: 24.77 24.77	100m: 52.75 27.98				
4.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	53.82	+0,70	729
	50m: 25.11 25.11	100m: 53.82 28.71				
5.	Pedro Andre Santos	94	Alges	54.22	+0,71	713
	50m: 25.61 25.61	100m: 54.22 28.61				
6.	Igor Araujo Mogne	96	Sporting	54.93	+0,74	685
	50m: 25.93 25.93	100m: 54.93 29.00				
7.	Diogo Fontes Moreira	93	Leixoes	55.47	+0,71	665
	50m: 25.81 25.81	100m: 55.47 29.66				
8.	Hugo Guilherme Trigo	97	Sporting de Aveiro	55.56	+0,63	662
	50m: 26.01 26.01	100m: 55.56 29.55				

Juniores

Final

1.	Joao Francisco Lopes	98	Braga	55.08	+0,61	680
	50m: 25.74 25.74	100m: 55.08 29.34				
2.	Afonso Meneses Sequeira	99	Naval do Funchal	56.11	+0,68	643
	50m: 26.10 26.10	100m: 56.11 30.01				
3.	Bernardo Santos Clemente	98	Ba/Bomcar	56.30	+0,72	636
	50m: 26.18 26.18	100m: 56.30 30.12				
4.	Jose Paula Carvalho	98	Uniao Piedense	56.35	+0,77	635
	50m: 26.96 26.96	100m: 56.35 29.39				
5.	Joao Carlos Silva	98	Famalicao	56.49	+0,70	630
	50m: 26.23 26.23	100m: 56.49 30.26				
6.	Mateus Ribeiro Carvalho	99	Famalicao	57.04	+0,68	612
	50m: 26.91 26.91	100m: 57.04 30.13				
7.	Nuno Miguel Graca	98	Desportiva de Viana	57.08	+0,76	611
	50m: 26.51 26.51	100m: 57.08 30.57				
8.	Marco Andre Miguel	99	Torres Novas	57.79	+0,65	588
	50m: 26.65 26.65	100m: 57.79 31.14				

Prova 26 Femin., 100m Mariposa 16 anos e mais velhos
12-12-2015 - 16:55 Resultados Final

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas Oliveira	POR	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Jun16	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun17	59.65	Sara Francisco Cruz	ADBA	Leiria	05-12-2009
Recordes Nacionais 25m Sen	58.31	Sara Freitas Oliveira	POR	Dubai (UAE)	18-12-2010

TAC_B-JUNF Jun: 1:09.77 / TAC_B-SENF Sen: 1:08.41

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	59.92	+0,69	757
	50m: 28.18 28.18	100m:	59.92 31.74			
2.	Ana Catarina Monteiro	93	Vilacondense	1:00.47	+0,71	736
	50m: 28.87 28.87	100m:	1:00.47 31.60			
3.	Ines Camacho Fernandes	97	Sporting	1:01.85	+0,73	688
	50m: 29.33 29.33	100m:	1:01.85 32.52			
4.	Ana Margarida Rodrigues	96	Galitos/Bresimar	1:03.58	+0,77	633
	50m: 30.17 30.17	100m:	1:03.58 33.41			
5.	Ana Sofia Nobrega	90	Ginasio de Vila Real	1:03.90	+0,80	624
	50m: 29.55 29.55	100m:	1:03.90 34.35			
6.	Barbara Sofia Barata	97	Alges	1:03.94	+0,76	623
	50m: 29.82 29.82	100m:	1:03.94 34.12			
7.	Madalena Amaro Machado	98	Academico Viseu	1:04.31	+0,88	612
	50m: 30.59 30.59	100m:	1:04.31 33.72			
8.	Carolina Mantua Guedes	98	Sporting	1:05.44	+0,74	581
	50m: 30.34 30.34	100m:	1:05.44 35.10			

Juniores

Final						
1.	Laura Sanchez Rodrigues	00	Belenenses	1:04.14	+0,67	617
	50m: 29.45 29.45	100m:	1:04.14 34.69			
2.	Beatriz Jong Rosa	00	Desportivo Nacional	1:04.75	+0,73	599
	50m: 29.90 29.90	100m:	1:04.75 34.85			
3.	Lara Alexandra Vaz	99	Desportiva de Viana	1:05.08	+0,75	590
	50m: 29.99 29.99	100m:	1:05.08 35.09			
4.	Sara Conceicao Peca	99	Ba/Bomcar	1:05.50	+0,80	579
	50m: 30.99 30.99	100m:	1:05.50 34.51			
5.	Joana Viegas Bento	99	Natacao de Faro	1:06.67	+0,84	549
	50m: 31.49 31.49	100m:	1:06.67 35.18			

Prova 26, Femin., 100m Mariposa, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Cristiana Sofia Ribeiro	00	Famalicao	1:06.93	+0,77	543
	50m: 31.28 31.28	100m: 1:06.93 35.65				
7.	Sara Costa Guerra	99	Sporting	1:07.20	+0,77	536
	50m: 31.66 31.66	100m: 1:07.20 35.54				
8.	Maria Leonor Martins	99	Aquatico Pacense	1:07.39	+0,89	532
	50m: 31.43 31.43	100m: 1:07.39 35.96				

Prova 27

Masc., 200m Estilos

17 anos e mais velhos

12-12-2015 - 17:00

Resultados Final

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	04-12-2015
Recordes Nacionais 25m Jun17	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	06-03-2005
Recordes Nacionais 25m Jun18	2:00.59	Gabriel Jose Lopes	ALN	Coimbra	10-05-2015
Recordes Nacionais 25m Sen	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	04-12-2015

TAC_B-JUNM Jun: 2:14.46 / TAC_B-SENM Sen: 2:07.34

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diogo Filipe Carvalho	88	Galitos/Bresimar	1:57.13	+0,70	819
	50m: 25.65 25.65	100m: 55.02 29.37	150m: 1:28.53 33.51	200m: 1:57.13 28.60		
2.	Gabriel Jose Lopes	97	Louzan Natacao	1:58.18	+0,65	798
	50m: 25.85 25.85	100m: 55.31 29.46	150m: 1:29.97 34.66	200m: 1:58.18 28.21		
3.	Tomas Correia Silva	95	Porto	2:01.33	+0,68	737
	50m: 25.97 25.97	100m: 57.89 31.92	150m: 1:32.88 34.99	200m: 2:01.33 28.45		
4.	Rui Filipe Vilar	91	Fluvial Portuense	2:03.56	+0,76	698
	50m: 27.05 27.05	100m: 58.74 31.69	150m: 1:34.09 35.35	200m: 2:03.56 29.47		
5.	Bruno Miguel Ramos	97	Belenenses	2:03.99	+0,65	691
	50m: 26.93 26.93	100m: 58.64 31.71	150m: 1:35.06 36.42	200m: 2:03.99 28.93		
6.	Pedro Barros Mendes	94	Academica de Coimbra	2:07.80	+0,76	631
	FTL					
	50m: 27.48 27.48	100m: 59.38 31.90	150m: 1:36.87 37.49	200m: 2:07.80 30.93		
7.	Joao Pedro Gil	97	Alges	2:07.99	+0,62	628
	FTL					
	50m: 28.24 28.24	100m: 1:01.30 33.06	150m: 1:38.31 37.01	200m: 2:07.99 29.68		
8.	Nuno Durao Pascoal	92	Galitos/Bresimar	2:08.37	+0,78	622
	FTL					
	50m: 27.56 27.56	100m: 1:01.70 34.14	150m: 1:38.35 36.65	200m: 2:08.37 30.02		

Prova 27, Masc., 200m Estilos, Final

Juniores

Final

1.	Joao Alexandre Vital	98	Sporting	2:02.29	+0,59	720
	50m: 26.70 26.70	100m: 57.30 30.60	150m: 1:33.10 35.80	200m: 2:02.29 29.19		
2.	Andre Magalhaes Moura	98	Academico Viseu	2:06.94	+0,70	644
	50m: 27.98 27.98	100m: 1:01.45 33.47	150m: 1:37.40 35.95	200m: 2:06.94 29.54		
3.	Jose Pedro Sampaio	98	Foca	2:07.79	+0,73	631
	50m: 28.53 28.53	100m: 1:01.79 33.26	150m: 1:38.56 36.77	200m: 2:07.79 29.23		
4.	Joao Daniel Machado	99	Uniao Piedense	2:08.11	+0,68	626
	50m: 27.85 27.85	100m: 59.73 31.88	150m: 1:37.58 37.85	200m: 2:08.11 30.53		
5.	Filipe Miguel Silveira	98	Belenenses	2:09.18	+0,67	611
	50m: 28.45 28.45	100m: 1:00.04 31.59	150m: 1:39.39 39.35	200m: 2:09.18 29.79		
6.	Hugo Pon	98	Alges	2:09.36	+0,70	608
	50m: 28.09 28.09	100m: 1:02.35 34.26	150m: 1:39.49 37.14	200m: 2:09.36 29.87		
7.	Tiago Cunha Costa	99	Sporting	2:10.05	+0,72	599
	50m: 27.82 27.82	100m: 1:00.81 32.99	150m: 1:39.41 38.60	200m: 2:10.05 30.64		
8.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	2:13.91	+0,76	548
	50m: 29.44 29.44	100m: 1:05.05 35.61	150m: 1:42.87 37.82	200m: 2:13.91 31.04		

Prova 28

12-12-2015 - 17:05

Femin., 200m Estilos

16 anos e mais velhos

Resultados Final

Recordes Nacionais 25m Absoluto	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015
Recordes Nacionais 25m Jun16	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun17	2:16.62	Victoria Kaminskaya	POR	Uster (SUI)	28-01-2012
Recordes Nacionais 25m Sen	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015

TAC_B-JUNF Jun: 2:33.89 / TAC_B-SENF Sen: 2:28.07

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diana Margarida Duraes	96	Porto	2:15.84	+0,70	721
	50m: 29.39 29.39	100m: 1:03.33 33.94	150m: 1:44.25 40.92	200m: 2:15.84 31.59		
2.	Ana Catarina Monteiro	93	Vilacondense	2:21.70	+0,77	636
	50m: 30.43 30.43	100m: 1:07.96 37.53	150m: 1:49.17 41.21	200m: 2:21.70 32.53		
3.	Maria Madalena Silva	98	Nautico Abrantes	2:23.05	+0,74	618
	50m: 30.88 30.88	100m: 1:07.01 36.13	150m: 1:48.95 41.94	200m: 2:23.05 34.10		
4.	Sofia Machado Dionisio	98	Sporting	2:23.29	+0,87	615
	50m: 31.82 31.82	100m: 1:08.30 36.48	150m: 1:49.71 41.41	200m: 2:23.29 33.58		
5.	Ana Monica Eloi	96	Nautico Marinha Grande	2:25.31	+0,84	589
	50m: 31.03 31.03	100m: 1:08.04 37.01	150m: 1:51.15 43.11	200m: 2:25.31 34.16		

Prova 28, Femin., 200m Estilos, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Mafalda Gomes Beleza	94	Sporting	2:25.74	+0,71	584
	50m: 31.32 31.32	100m: 1:09.60 38.28	150m: 1:52.34 42.74	200m: 2:25.74 33.40		
7.	Carolina Mantua Guedes	98	Sporting	2:27.10	+0,77	568
	50m: 30.82 30.82	100m: 1:09.40 38.58	150m: 1:52.02 42.62	200m: 2:27.10 35.08		
DSQ	Victoria Kaminskaya	95	Estrelas S. Joao de Brito			
	609 - Não terminou percurso de costas na posição dorsal aos 100 metros - SW 6.5					

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	2:20.08	+0,76	658
	50m: 31.62 31.62	100m: 1:10.05 38.43	150m: 1:48.77 38.72	200m: 2:20.08 31.31		
2.	Madalena Gomes Azevedo	99	Alges	2:21.09	+0,76	644
	50m: 31.48 31.48	100m: 1:07.56 36.08	150m: 1:49.79 42.23	200m: 2:21.09 31.30		
3.	Rita Costa Amador	99	Galitos/Bresimar	2:21.12	+0,76	643
	50m: 30.87 30.87	100m: 1:06.74 35.87	150m: 1:48.20 41.46	200m: 2:21.12 32.92		
4.	Ana Beatriz Martins	99	Famalicao	2:22.29	+0,79	628
	50m: 30.85 30.85	100m: 1:08.10 37.25	150m: 1:49.67 41.57	200m: 2:22.29 32.62		
5.	Maria Francisca Cabral	00	Porto	2:22.97	+0,83	619
	50m: 30.91 30.91	100m: 1:07.77 36.86	150m: 1:50.39 42.62	200m: 2:22.97 32.58		
6.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:23.75	+0,86	609
	50m: 30.94 30.94	100m: 1:07.96 37.02	150m: 1:50.51 42.55	200m: 2:23.75 33.24		
7.	Ines Silva Bernardo	00	Colegio Monte Maior	2:25.56	+0,78	586
	50m: 31.48 31.48	100m: 1:09.15 37.67	150m: 1:51.79 42.64	200m: 2:25.56 33.77		
8.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:26.24	+0,80	578
	50m: 31.80 31.80	100m: 1:09.41 37.61	150m: 1:52.22 42.81	200m: 2:26.24 34.02		

Prova 31 Masc., 4 x 200m Livres 17 anos e mais velhos
12-12-2015 - 17:30 Resultados

Recordes Nacionais 25m Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013
Recordes Nacionais 25m Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009

TAC_A-JUNM(estafetas) Jun: 8:07.07 / TAC_A-SENM(estafetas) Sen: 7:50.60

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1. Sporting-SEN	Sporting	7:18.09	+0,77	813
Mario Andre Bonanca	90	+0,77 25.49 53.11 1:21.46 1:50.64	1:50.64	
Guilherme Pereira Dias	97	+0,59 25.02 52.99 1:21.70 1:50.66	1:50.66	
Igor Araujo Mogne	96	+0,52 24.99 52.56 1:20.87 1:50.37	1:50.37	
Alexis Manacas Santos	92	+0,29 24.30 51.70 1:19.31 1:46.42	1:46.42	
2. Estrelas S. Joao de Brito-SEN	Estrelas S. Joao de Brito	7:18.80	+0,71	810
Pedro Diogo Oliveira	88	+0,71 25.50 53.21 1:21.12 1:49.23	1:49.23	
Joao Silva Gigante	88	+0,52 25.22 53.06 1:21.46 1:49.54	1:49.54	
Diogo Gomes Sousa	95	+0,32 25.82 54.56 1:24.24 1:54.65	1:54.65	
Miguel Duarte Nascimento	95	+0,47 24.16 51.17 1:18.51 1:45.38	1:45.38	
3. Belenenses-SEN	Belenenses	7:39.96	+0,68	703
Bruno Miguel Ramos	97	+0,68 26.24 54.77 1:23.88 1:53.09	1:53.09	
Andre Bras Goncalves	88	+0,38 25.96 55.14 1:25.18 1:55.16	1:55.16	
Fabio Andre Figueira	88	+0,13 25.56 54.10 1:23.64 1:54.35	1:54.35	
Diogo Carrasco Correia	95	+0,40 26.53 56.43 1:26.46 1:57.36	1:57.36	
4. Fluvial Portuense-SEN	Fluvial Portuense	7:41.76	+0,71	695
Bernardo Leitao Graca	93	+0,71 26.14 55.01 1:24.28 1:54.12	1:54.12	
Tiago Silva Oliveira	94	+0,43 26.57 55.48 1:24.89 1:54.13	1:54.13	
Rui Filipe Vilar	91	+0,31 25.92 54.94 1:24.74 1:54.75	1:54.75	
Joao Miguel Costa	95	+0,20 26.29 56.36 1:27.56 1:58.76	1:58.76	
5. Vilacondense-SEN	Vilacondense	7:44.77	+0,78	681
Ruben Jose Morim	97	+0,78 26.21 55.01 1:24.35 1:53.57	1:53.57	
Filipe Carmo Ramos	97	+0,37 25.79 54.71 1:24.23 1:53.51	1:53.51	
Fabio Manuel Pereira	86	+0,39 26.32 55.61 1:25.48 1:54.92	1:54.92	
Nuno Rafael Alves	90	+0,35 27.56 58.39 1:30.45 2:02.77	2:02.77	
6. Academica de Coimbra-SEN	Academica de Coimbra	7:50.63	+0,75	656
FTL				
Pedro Barros Mendes	94	+0,75 26.62 55.44 1:26.23 1:57.60	1:57.60	
Joao Andre Neves	95	+0,29 26.32 55.73 1:25.42 1:54.80	1:54.80	
Illya Yelistratkin	96	+0,50 26.86 57.14 1:28.03 1:59.44	1:59.44	
Jose Antonio Forte	95	+0,24 26.71 57.05 1:27.90 1:58.79	1:58.79	
DSQ Nautico /Urgicentro-Sanfil-SEN	Nautico /Urgicentro-Sanfil			
111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11				
Mario Alexandre Pereira	92	+0,68 25.11 52.57 1:19.48 1:46.70	1:46.70	
Francisco Xavier Goncalves	97	+0,25 24.95 52.96 1:22.06 1:51.98	1:51.98	
Tomas Miguel Veloso	96	+0,35 25.82 53.56 1:21.72 1:51.10	1:51.10	
Pedro Maria Bessa	95	+0,22		

Prova 31, Masc., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
DSQ	Benfica-SEN			
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11			
	Joao Duarte Santos	95 +0,66 26.03 53.87 1:22.15 1:50.18	1:50.18	
	Luiz Pedro Pereira	91 +0,15 25.22 52.91 1:20.92 1:48.68	1:48.68	
	Joao Mota Correia	97 +0,53 25.79 54.80 1:25.21 1:56.14	1:56.14	
	Andre Filipe Farinha	96 +0,52		

Juniores

1.	Uniao Piedense-JUN	Uniao Piedense	7:46.20	+0,81	675
	Diogo Rodrigues Freitas	98 +0,81 26.90 56.44 1:26.85 1:57.81	1:57.81		
	Joao Daniel Machado	99 +0,25 26.90 57.41 1:28.82 2:00.08	2:00.08		
	Afonso Calais Queiroga	98 +0,31 26.20 55.34 1:25.85 1:56.82	1:56.82		
	Jose Paula Carvalho	98 +0,15 25.39 53.87 1:22.95 1:51.49	1:51.49		
2.	Porto-JUN	Porto	7:46.48	+0,86	674
	Tiago Silva Soares	99 +0,86 26.28 55.62 1:26.39 1:56.78	1:56.78		
	Diogo Miguel Costa	98 +0,29 26.83 56.69 1:27.07 1:57.59	1:57.59		
	Pedro Goncalves Neto	98 +0,04 25.71 55.54 1:26.38 1:57.26	1:57.26		
	Goncalo Miguel Nogueira	98 +0,31 25.59 54.41 1:24.75 1:54.85	1:54.85		
3.	Sporting-JUN	Sporting	7:47.39	+0,74	670
	Antonio Manuel Mendes	99 +0,74 28.10 58.79 1:30.12 2:01.02	2:01.02		
	Guilherme Assis Ramos	98 +0,71 27.25 57.80 1:27.60 1:57.72	1:57.72		
	Tiago Cunha Costa	99 +0,21 26.18 55.46 1:26.83 1:58.32	1:58.32		
	Joao Alexandre Vital	98 +0,23 25.20 53.26 1:21.82 1:50.33	1:50.33		
4.	Alges-JUN	Alges	7:48.05	+0,67	667
	Francisco Carvalho Machado	98 +0,67 26.44 55.81 1:25.43 1:54.93	1:54.93		
	Afonso Ribeiro Bate	98 +0,39 26.60 55.79 1:26.34 1:56.43	1:56.43		
	Hugo Pon	98 +0,47 25.96 55.63 1:26.99 1:59.13	1:59.13		
	Miguel Ribeiro Bate	99 +0,33 25.99 55.96 1:27.06 1:57.56	1:57.56		
5.	Naval do Funchal-JUN	Naval do Funchal	8:06.17	+0,69	595
	Alessandro Antunes Paolinelli	99 +0,69 27.76 58.68 1:30.26 2:01.37	2:01.37		
	Afonso Meneses Sequeira	99 +0,66 27.68 58.96 1:30.45 2:01.06	2:01.06		
	Miguel Camara Gomes	99 +0,25 27.58 58.45 1:31.63 2:05.49	2:05.49		
	Pedro Camacho Sousa	98 +0,08 26.35 56.28 1:28.28 1:58.25	1:58.25		
6.	Vilacondense-JUN	Vilacondense	8:21.35	+0,82	543
	FTL				
	Rui Jorge Matias	99 +0,82 28.02 58.78 1:30.39 2:01.54	2:01.54		
	Joao Alberto Gondar	98 +0,24 27.29 58.65 1:30.62 2:02.15	2:02.15		
	Joao Manuel Santos	99 +0,38 29.55 1:01.35 1:34.05 2:06.42	2:06.42		
	Pedro Saraiva Silva	99 +0,40 29.19 1:02.15 1:36.84 2:11.24	2:11.24		

Prova 32 Femin., 4 x 200m Livres 16 anos e mais velhos
12-12-2015 - 17:40 Resultados

Recordes Nacionais 25m Absoluto	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recordes Nacionais 25m Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010

TAC_A-JUNF(estafetas) Jun: 8:58.78 / TAC_A-SENF(estafetas) Sen: 8:48.22

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1. Alges-SEN	Alges	8:29.15	+0,69	703
Rita Barros Frischknecht	98 +0,69	28.53 59.80	1:31.51 2:03.83	2:03.83
Francisca Gomes Azevedo	97 +0,40	29.18 1:01.74	1:34.65 2:05.64	2:05.64
Barbara Marques Rodrigues	97 +0,61	30.08 1:03.37	1:37.60 2:11.61	2:11.61
Barbara Sofia Barata	97 +0,37	29.82 1:02.52	1:35.29 2:08.07	2:08.07
2. Sporting-SEN	Sporting	8:36.38	+0,72	674
Ines Camacho Fernandes	97 +0,72	29.80 1:01.73	1:34.02 2:06.11	2:06.11
Raquel Paulo Ranito	94 +0,32	29.72 1:03.00	1:37.19 2:10.84	2:10.84
Mafalda Gomes Beleza	94 +0,61	30.44 1:03.58	1:37.68 2:11.29	2:11.29
Carolina Mantua Guedes	98 +0,52	29.54 1:01.93	1:35.13 2:08.14	2:08.14
3. Belenenses-SEN	Belenenses	8:37.45	+0,78	670
Lisa Marisa Soares	95 +0,78	29.62 1:02.05	1:35.30 2:09.32	2:09.32
Rita Teixeira Costa	97 +0,26	29.19 1:01.75	1:35.55 2:09.32	2:09.32
Jessica Teixeira Vieira	91 +0,18	28.33 1:00.13	1:33.24 2:08.16	2:08.16
Daniela Teixeira Moreira	97 +0,34	29.28 1:02.28	1:36.58 2:10.65	2:10.65
4. Fluvial Portuense-SEN	Fluvial Portuense	8:45.11	+0,75	641
Vania Soares Neves	90 +0,75	29.47 1:01.01	1:33.56 2:06.00	2:06.00
Patricia Isabel Oliveira	94 +0,48	32.08 1:07.86	1:45.70 2:23.18	2:23.18
Francisca Santos Pereira	98 +0,56	29.31 1:02.48	1:37.00 2:12.06	2:12.06
Angelica Maria Andre	94 +0,17	28.77 59.74	1:31.55 2:03.87	2:03.87
5. Vilacondense-SEN	Vilacondense	8:48.48	+0,83	629
FTL				
Maria Joao Fernandes	97 +0,83	30.16 1:02.99	1:36.76 2:11.60	2:11.60
Beatriz Pereira Vasconcelos	98 +0,51	31.32 1:05.11	1:40.04 2:15.22	2:15.22
Ana Catarina Monteiro	93 +0,35	29.60 1:01.38	1:34.26 2:07.72	2:07.72
Ana Filipa Gomes	96 +0,32	30.18 1:04.05	1:38.84 2:13.94	2:13.94

Juniores

1. Alges-JUN	Alges	8:38.87	+0,81	664
Beatriz Barros Carmo	99 +0,81	30.01 1:02.67	1:36.18 2:09.14	2:09.14
Mariana Frazao Saraiva	99 +0,41	30.58 1:05.33	1:40.49 2:15.09	2:15.09
Raquel Gomes Pereira	00 +0,03	28.76 1:00.82	1:34.11 2:06.41	2:06.41
Madalena Gomes Azevedo	99 +0,59	29.41 1:02.06	1:35.13 2:08.23	2:08.23
2. Uniao Piedense-JUN	Uniao Piedense	8:44.55	+0,89	643
Ines Figueira Santos	00 +0,89	30.10 1:02.89	1:36.78 2:09.82	2:09.82
Filipa Carreira Alves	99 +0,47	29.77 1:03.09	1:37.44 2:12.33	2:12.33
Eva Guerreiro Carvalho	99 +0,42	29.57 1:01.70	1:35.01 2:08.84	2:08.84
Sofia Isabel Gouveia	00 +0,38	29.31 1:03.22	1:40.44 2:13.56	2:13.56

Prova 32, Femin., 4 x 200m Livres, Juniores

Lugar		Clube				Tempo Final	TReac	Pts
3.	Sporting-JUN	Sporting				8:48.44	+0,82	629
	Catarina Martins Mestre	00	+0,82	30.49	1:03.87	1:38.73	2:13.63	2:13.63
	Mariana Silva Ramos	00	+0,13	30.50	1:04.52	1:39.38	2:14.13	2:14.13
	Maria Ana Monge	99	+0,51	30.44	1:04.49	1:39.38	2:13.46	2:13.46
	Beatriz Paulo Ranito	99	+0,53	29.03	1:00.95	1:34.11	2:07.22	2:07.22
4.	Porto-JUN	Porto				8:50.68	+0,74	621
	Ana Rita Faria	00	+0,74	30.06	1:03.12	1:36.63	2:09.56	2:09.56
	Mafalda Malafaia Oliveira	99	+0,40	31.10	1:05.69	1:41.36	2:16.97	2:16.97
	Iris Cunha Santos	00	+0,63	31.65	1:06.17	1:41.94	2:16.66	2:16.66
	Maria Francisca Cabral	00	+0,70	29.32	1:01.13	1:34.56	2:07.49	2:07.49
5.	Nautico Marinha Grande-JUN	Nautico Marinha Grande				8:51.00	+0,97	620
	Barbara Coimbra Teodosio	99	+0,97	30.38	1:04.19	1:39.29	2:12.52	2:12.52
	Margarida Reconha Marques	00	+0,51	31.34	1:05.93	1:41.53	2:16.95	2:16.95
	Giovanna Vaz Vargas	00	+0,60	29.92	1:02.75	1:36.47	2:09.77	2:09.77
	Monica Seara Domingues	00	+0,64	31.00	1:04.48	1:38.59	2:11.76	2:11.76
6.	Academica de Coimbra-JUN	Academica de Coimbra				8:53.19	+0,68	612
	Ana Carolina Neves	00	+0,68	30.81	1:04.28	1:39.21	2:14.42	2:14.42
	Beatriz Lopes Pinto	99	+0,29	30.66	1:04.30	1:38.86	2:12.36	2:12.36
	Mariana Pinto Angelo	99	+0,37	30.96	1:05.59	1:41.22	2:17.78	2:17.78
	Ana Beatriz Fonseca	99	+0,17	29.28	1:02.57	1:36.11	2:08.63	2:08.63
7.	Belenenses-JUN	Belenenses				8:55.37	+0,74	605
	Ana Oliveira Silva	99	+0,74	30.67	1:04.32	1:38.74	2:13.46	2:13.46
	Margarida Sobral Pimenta	99	+0,32	30.72	1:05.31	1:39.26	2:12.43	2:12.43
	Laura Sanchez Rodrigues	00	+0,21	29.46	1:02.02	1:36.36	2:11.05	2:11.05
	Margarida Rito Reis	00	+0,38	30.58	1:04.62	1:40.94	2:18.43	2:18.43

5 - 3ª Jornada - 1ª Sessão (eliminatórias)

13-12-2015 - 9:00

Prova 33 Femin., 800m Livres 16 anos e mais velhos
13-12-2015 - 9:00 Resultados

Recordes Nacionais 25m Absoluto	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Sen	8:39.01	Angelica Maria Andre	CFP	Porto	11-12-2015

TAC_B-JUNF Jun: 10:02.72 / TAC_B-SENF Sen: 9:59.17

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Margarida Duraes <i>Rec Nacional, Sen</i>	96	Porto	8:36.74	+0,75	798
	50m: 30.38 30.38	250m: 2:39.33 32.10	450m: 4:48.07 32.22	650m: 6:58.50 32.66		
	100m: 1:02.71 32.33	300m: 3:11.49 32.16	500m: 5:20.61 32.54	700m: 7:31.09 32.59		
	150m: 1:35.11 32.40	350m: 3:43.62 32.13	550m: 5:53.24 32.63	750m: 8:04.03 32.94		
	200m: 2:07.23 32.12	400m: 4:15.85 32.23	600m: 6:25.84 32.60	800m: 8:36.74 32.71		
2.	Angelica Maria Andre	94	Fluvial Portuense	8:50.23	+0,72	738
	50m: 30.54 30.54	250m: 2:42.90 33.63	450m: 4:57.44 33.60	650m: 7:11.94 33.92		
	100m: 1:02.70 32.16	300m: 3:16.41 33.51	500m: 5:30.88 33.44	700m: 7:45.50 33.56		
	150m: 1:35.92 33.22	350m: 3:50.21 33.80	550m: 6:04.42 33.54	750m: 8:18.53 33.03		
	200m: 2:09.27 33.35	400m: 4:23.84 33.63	600m: 6:38.02 33.60	800m: 8:50.23 31.70		
3.	Vania Soares Neves	90	Fluvial Portuense	8:50.30	+0,77	738
	50m: 30.94 30.94	250m: 2:42.73 33.27	450m: 4:57.40 33.52	650m: 7:12.00 33.79		
	100m: 1:03.23 32.29	300m: 3:16.27 33.54	500m: 5:30.79 33.39	700m: 7:45.62 33.62		
	150m: 1:36.28 33.05	350m: 3:50.00 33.73	550m: 6:04.35 33.56	750m: 8:18.95 33.33		
	200m: 2:09.46 33.18	400m: 4:23.88 33.88	600m: 6:38.21 33.86	800m: 8:50.30 31.35		
4.	Maria Joao Fernandes	97	Vilacondense	9:04.40	+0,84	682
	50m: 31.53 31.53	250m: 2:46.91 34.05	450m: 5:03.83 33.84	650m: 7:21.37 34.60		
	100m: 1:05.23 33.70	300m: 3:21.07 34.16	500m: 5:38.14 34.31	700m: 7:56.05 34.68		
	150m: 1:39.11 33.88	350m: 3:55.46 34.39	550m: 6:12.36 34.22	750m: 8:30.68 34.63		
	200m: 2:12.86 33.75	400m: 4:29.99 34.53	600m: 6:46.77 34.41	800m: 9:04.40 33.72		
5.	Barbara Marques Rodrigues	97	Alges	9:09.42	+0,85	664
	50m: 31.35 31.35	250m: 2:48.57 34.66	450m: 5:07.84 34.79	650m: 7:26.29 34.48		
	100m: 1:05.29 33.94	300m: 3:23.23 34.66	500m: 5:42.40 34.56	700m: 8:00.92 34.63		
	150m: 1:39.52 34.23	350m: 3:58.04 34.81	550m: 6:17.10 34.70	750m: 8:35.29 34.37		
	200m: 2:13.91 34.39	400m: 4:33.05 35.01	600m: 6:51.81 34.71	800m: 9:09.42 34.13		
6.	Maria Teresa Amorim	97	Porto	9:09.95	+0,89	662
	50m: 31.20 31.20	250m: 2:46.92 34.14	450m: 5:05.27 34.97	650m: 7:25.97 35.00		
	100m: 1:04.77 33.57	300m: 3:21.26 34.34	500m: 5:40.39 35.12	700m: 8:01.22 35.25		
	150m: 1:38.78 34.01	350m: 3:55.63 34.37	550m: 6:15.47 35.08	750m: 8:36.03 34.81		
	200m: 2:12.78 34.00	400m: 4:30.30 34.67	600m: 6:50.97 35.50	800m: 9:09.95 33.92		
7.	Raquel Paulo Ranito	94	Sporting	9:18.68	+0,82	631
	50m: 31.54 31.54	250m: 2:51.29 35.53	450m: 5:13.90 35.74	650m: 7:34.82 34.86		
	100m: 1:05.48 33.94	300m: 3:27.00 35.71	500m: 5:49.35 35.45	700m: 8:10.04 35.22		
	150m: 1:40.29 34.81	350m: 4:02.47 35.47	550m: 6:24.74 35.39	750m: 8:45.12 35.08		
	200m: 2:15.76 35.47	400m: 4:38.16 35.69	600m: 6:59.96 35.22	800m: 9:18.68 33.56		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Daniela Teixeira Moreira	97	Belenenses	9:24.52	+0,80	612
	50m: 32.23 32.23	250m: 2:53.75 35.92	450m: 5:17.20 35.70	650m: 7:40.13 35.96		
	100m: 1:06.87 34.64	300m: 3:29.62 35.87	500m: 5:52.85 35.65	700m: 8:15.78 35.65		
	150m: 1:42.17 35.30	350m: 4:05.69 36.07	550m: 6:28.42 35.57	750m: 8:51.40 35.62		
	200m: 2:17.83 35.66	400m: 4:41.50 35.81	600m: 7:04.17 35.75	800m: 9:24.52 33.12		
9.	Ana Silva Costa	98	Famalicao	9:28.81	+0,78	598
	50m: 32.14 32.14	250m: 2:53.72 35.99	450m: 5:17.56 35.96	650m: 7:41.22 35.70		
	100m: 1:06.53 34.39	300m: 3:29.72 36.00	500m: 5:53.57 36.01	700m: 8:17.36 36.14		
	150m: 1:41.93 35.40	350m: 4:05.70 35.98	550m: 6:29.46 35.89	750m: 8:53.42 36.06		
	200m: 2:17.73 35.80	400m: 4:41.60 35.90	600m: 7:05.52 36.06	800m: 9:28.81 35.39		
10.	Helena Paula Carvalho	95	Uniao Piedense	9:30.76	+0,81	592
	50m: 31.60 31.60	250m: 2:53.18 35.99	450m: 5:18.79 36.25	650m: 7:44.19 36.51		
	100m: 1:06.15 34.55	300m: 3:29.43 36.25	500m: 5:54.81 36.02	700m: 8:20.34 36.15		
	150m: 1:41.39 35.24	350m: 4:05.68 36.25	550m: 6:31.12 36.31	750m: 8:56.72 36.38		
	200m: 2:17.19 35.80	400m: 4:42.54 36.86	600m: 7:07.68 36.56	800m: 9:30.76 34.04		
11.	Catarina Alexandra Jardim	98	Famalicao	9:32.31	+0,80	587
	50m: 32.98 32.98	250m: 2:56.94 36.31	450m: 5:21.11 35.88	650m: 7:45.63 36.12		
	100m: 1:08.33 35.35	300m: 3:32.90 35.96	500m: 5:57.23 36.12	700m: 8:21.62 35.99		
	150m: 1:44.18 35.85	350m: 4:09.30 36.40	550m: 6:33.39 36.16	750m: 8:57.71 36.09		
	200m: 2:20.63 36.45	400m: 4:45.23 35.93	600m: 7:09.51 36.12	800m: 9:32.31 34.60		
12.	Ana Luisa Santo	95	Benfica	9:34.76	+0,85	580
	50m: 32.63 32.63	250m: 2:55.01 35.81	450m: 5:19.95 36.24	650m: 7:46.26 36.61		
	100m: 1:07.73 35.10	300m: 3:31.42 36.41	500m: 5:56.38 36.43	700m: 8:22.62 36.36		
	150m: 1:43.32 35.59	350m: 4:07.43 36.01	550m: 6:33.15 36.77	750m: 8:59.26 36.64		
	200m: 2:19.20 35.88	400m: 4:43.71 36.28	600m: 7:09.65 36.50	800m: 9:34.76 35.50		
13.	Carolina Madeira Santos	96	Naval Amorense	9:36.69	+0,86	574
	50m: 31.20 31.20	250m: 2:54.28 35.96	450m: 5:20.50 36.78	650m: 7:47.87 36.99		
	100m: 1:06.29 35.09	300m: 3:30.64 36.36	500m: 5:57.46 36.96	700m: 8:24.79 36.92		
	150m: 1:42.24 35.95	350m: 4:07.34 36.70	550m: 6:34.07 36.61	750m: 9:01.37 36.58		
	200m: 2:18.32 36.08	400m: 4:43.72 36.38	600m: 7:10.88 36.81	800m: 9:36.69 35.32		
14.	Rute Santos Ferreira	97	Porto	9:37.71	+0,75	571
	50m: 31.88 31.88	250m: 2:55.82 36.23	450m: 5:21.16 36.58	650m: 7:50.22 37.02		
	100m: 1:07.36 35.48	300m: 3:31.80 35.98	500m: 5:58.20 37.04	700m: 8:26.99 36.77		
	150m: 1:43.46 36.10	350m: 4:08.28 36.48	550m: 6:35.74 37.54	750m: 9:03.74 36.75		
	200m: 2:19.59 36.13	400m: 4:44.58 36.30	600m: 7:13.20 37.46	800m: 9:37.71 33.97		
15.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	9:38.39	+0,69	569
	50m: 31.63 31.63	250m: 2:56.20 36.91	450m: 5:22.88 36.30	650m: 7:49.60 36.62		
	100m: 1:06.60 34.97	300m: 3:33.23 37.03	500m: 5:59.51 36.63	700m: 8:26.86 37.26		
	150m: 1:42.84 36.24	350m: 4:10.17 36.94	550m: 6:36.34 36.83	750m: 9:03.85 36.99		
	200m: 2:19.29 36.45	400m: 4:46.58 36.41	600m: 7:12.98 36.64	800m: 9:38.39 34.54		
16.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	9:46.83	+0,91	544
	50m: 32.68 32.68	250m: 2:57.96 36.69	450m: 5:25.73 36.76	650m: 7:55.29 37.37		
	100m: 1:08.17 35.49	300m: 3:34.98 37.02	500m: 6:02.90 37.17	700m: 8:32.68 37.39		
	150m: 1:44.65 36.48	350m: 4:12.15 37.17	550m: 6:40.28 37.38	750m: 9:10.02 37.34		
	200m: 2:21.27 36.62	400m: 4:48.97 36.82	600m: 7:17.92 37.64	800m: 9:46.83 36.81		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Beatriz Neves Cardoso	98	Colegio SMLamas	9:47.54	+0,83	543
	50m: 32.39 32.39	250m: 2:56.65 36.44	450m: 5:23.98 37.04	650m: 7:54.56 37.84		
	100m: 1:07.72 35.33	300m: 3:33.39 36.74	500m: 6:01.19 37.21	700m: 8:32.69 38.13		
	150m: 1:43.90 36.18	350m: 4:10.18 36.79	550m: 6:38.83 37.64	750m: 9:10.62 37.93		
	200m: 2:20.21 36.31	400m: 4:46.94 36.76	600m: 7:16.72 37.89	800m: 9:47.54 36.92		
18.	Marina Micaela Sequeira	98	Uniao Piedense	9:54.34	+0,80	524
	50m: 32.79 32.79	250m: 2:57.88 36.86	450m: 5:28.72 38.22	650m: 8:02.32 38.18		
	100m: 1:08.02 35.23	300m: 3:35.17 37.29	500m: 6:07.06 38.34	700m: 8:40.34 38.02		
	150m: 1:44.12 36.10	350m: 4:12.86 37.69	550m: 6:45.57 38.51	750m: 9:18.52 38.18		
	200m: 2:21.02 36.90	400m: 4:50.50 37.64	600m: 7:24.14 38.57	800m: 9:54.34 35.82		
19.	Ana Sofia Filipe	95	Nacional de Natacao	10:07.22	+0,94	491
	<i>FTL</i>					
	50m: 34.25 34.25	250m: 3:05.32 38.23	450m: 5:39.60 38.60	650m: 8:13.98 38.74		
	100m: 1:11.20 36.95	300m: 3:43.73 38.41	500m: 6:18.11 38.51	700m: 8:52.40 38.42		
	150m: 1:49.01 37.81	350m: 4:22.52 38.79	550m: 6:56.62 38.51	750m: 9:30.52 38.12		
	200m: 2:27.09 38.08	400m: 5:01.00 38.48	600m: 7:35.24 38.62	800m: 10:07.22 36.70		
WDR	Ana Carolina Gomes	97	Sporting			

Juniores

1.	Tamila Hryhorivna Holub	99	Braga	8:32.83	+0,82	816
	<i>Rec Nacional, Abs e Jun 17</i>					
	50m: 30.41 30.41	250m: 2:38.89 31.88	450m: 4:47.58 32.21	650m: 6:57.41 32.26		
	100m: 1:02.61 32.20	300m: 3:10.83 31.94	500m: 5:20.11 32.53	700m: 7:29.55 32.14		
	150m: 1:34.82 32.21	350m: 3:42.98 32.15	550m: 5:52.63 32.52	750m: 8:01.79 32.24		
	200m: 2:07.01 32.19	400m: 4:15.37 32.39	600m: 6:25.15 32.52	800m: 8:32.83 31.04		
2.	Beatriz Paulo Ranito	99	Sporting	9:01.44	+0,81	693
	50m: 31.00 31.00	250m: 2:47.05 34.08	450m: 5:02.91 33.84	650m: 7:19.61 34.24		
	100m: 1:04.59 33.59	300m: 3:21.03 33.98	500m: 5:36.92 34.01	700m: 7:53.98 34.37		
	150m: 1:38.91 34.32	350m: 3:55.05 34.02	550m: 6:10.98 34.06	750m: 8:28.09 34.11		
	200m: 2:12.97 34.06	400m: 4:29.07 34.02	600m: 6:45.37 34.39	800m: 9:01.44 33.35		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:11.39	+0,77	656
	50m: 31.26 31.26	250m: 2:50.18 34.54	450m: 5:08.03 34.50	650m: 7:27.59 35.27		
	100m: 1:05.78 34.52	300m: 3:24.50 34.32	500m: 5:42.80 34.77	700m: 8:03.05 35.46		
	150m: 1:40.68 34.90	350m: 3:58.81 34.31	550m: 6:17.41 34.61	750m: 8:38.08 35.03		
	200m: 2:15.64 34.96	400m: 4:33.53 34.72	600m: 6:52.32 34.91	800m: 9:11.39 33.31		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:15.75	+1,00	641
	50m: 30.91 30.91	250m: 2:49.61 35.10	450m: 5:10.87 35.22	650m: 7:32.13 35.51		
	100m: 1:04.36 33.45	300m: 3:25.09 35.48	500m: 5:46.04 35.17	700m: 8:07.35 35.22		
	150m: 1:39.40 35.04	350m: 4:00.68 35.59	550m: 6:21.57 35.53	750m: 8:42.77 35.42		
	200m: 2:14.51 35.11	400m: 4:35.65 34.97	600m: 6:56.62 35.05	800m: 9:15.75 32.98		
5.	Maria Francisca Cabral	00	Porto	9:21.02	+0,85	623
	50m: 31.05 31.05	250m: 2:50.31 34.48	450m: 5:11.33 35.70	650m: 7:34.74 35.51		
	100m: 1:05.56 34.51	300m: 3:24.94 34.63	500m: 5:47.14 35.81	700m: 8:10.97 36.23		
	150m: 1:40.86 35.30	350m: 4:00.13 35.19	550m: 6:22.85 35.71	750m: 8:46.78 35.81		
	200m: 2:15.83 34.97	400m: 4:35.63 35.50	600m: 6:59.23 36.38	800m: 9:21.02 34.24		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Ines Figueira Santos	00	Uniao Piedense	9:23.68	+0,91	614
	50m: 32.31 32.31	250m: 2:54.22 35.67	450m: 5:17.74 35.62	650m: 7:40.30 35.51		
	100m: 1:07.38 35.07	300m: 3:30.08 35.86	500m: 5:53.29 35.55	700m: 8:15.92 35.62		
	150m: 1:42.79 35.41	350m: 4:06.05 35.97	550m: 6:28.97 35.68	750m: 8:50.71 34.79		
	200m: 2:18.55 35.76	400m: 4:42.12 36.07	600m: 7:04.79 35.82	800m: 9:23.68 32.97		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:24.71	+0,93	611
	50m: 32.09 32.09	250m: 2:53.54 35.75	450m: 5:17.31 35.70	650m: 7:40.22 35.54		
	100m: 1:06.71 34.62	300m: 3:29.57 36.03	500m: 5:53.11 35.80	700m: 8:15.98 35.76		
	150m: 1:41.99 35.28	350m: 4:05.66 36.09	550m: 6:28.80 35.69	750m: 8:50.93 34.95		
	200m: 2:17.79 35.80	400m: 4:41.61 35.95	600m: 7:04.68 35.88	800m: 9:24.71 33.78		
8.	Maria Beatriz Dias	99	Scalabiswim	9:24.97	+0,80	610
	50m: 32.22 32.22	250m: 2:51.09 35.34	450m: 5:14.48 36.16	650m: 7:37.80 35.63		
	100m: 1:06.24 34.02	300m: 3:26.62 35.53	500m: 5:50.08 35.60	700m: 8:14.02 36.22		
	150m: 1:40.70 34.46	350m: 4:02.31 35.69	550m: 6:25.87 35.79	750m: 8:50.12 36.10		
	200m: 2:15.75 35.05	400m: 4:38.32 36.01	600m: 7:02.17 36.30	800m: 9:24.97 34.85		
9.	Beatriz Barros Carmo	99	Alges	9:25.79	+0,86	608
	50m: 31.43 31.43	250m: 2:53.16 35.70	450m: 5:17.17 35.79	650m: 7:40.23 35.49		
	100m: 1:06.37 34.94	300m: 3:29.17 36.01	500m: 5:53.09 35.92	700m: 8:16.19 35.96		
	150m: 1:41.86 35.49	350m: 4:05.32 36.15	550m: 6:28.95 35.86	750m: 8:51.56 35.37		
	200m: 2:17.46 35.60	400m: 4:41.38 36.06	600m: 7:04.74 35.79	800m: 9:25.79 34.23		
10.	Rafaela Araujo Silva	00	Famalicao	9:27.30	+0,90	603
	50m: 31.80 31.80	250m: 2:53.45 35.67	450m: 5:18.30 35.88	650m: 7:40.38 35.95		
	100m: 1:06.52 34.72	300m: 3:29.51 36.06	500m: 5:53.41 35.11	700m: 8:16.79 36.41		
	150m: 1:41.96 35.44	350m: 4:06.00 36.49	550m: 6:28.69 35.28	750m: 8:52.75 35.96		
	200m: 2:17.78 35.82	400m: 4:42.42 36.42	600m: 7:04.43 35.74	800m: 9:27.30 34.55		
11.	Eliana Dirce Lourenco	00	Galitos/Bresimar	9:30.07	+0,82	594
	50m: 31.63 31.63	250m: 2:53.90 35.81	450m: 5:18.38 36.24	650m: 7:43.36 36.18		
	100m: 1:06.63 35.00	300m: 3:29.86 35.96	500m: 5:54.28 35.90	700m: 8:19.93 36.57		
	150m: 1:42.16 35.53	350m: 4:06.06 36.20	550m: 6:30.69 36.41	750m: 8:56.21 36.28		
	200m: 2:18.09 35.93	400m: 4:42.14 36.08	600m: 7:07.18 36.49	800m: 9:30.07 33.86		
12.	Ana Pires Brito	99	Colegio Monte Maior	9:33.88	+0,79	582
	50m: 32.81 32.81	250m: 2:55.72 36.01	450m: 5:20.60 36.19	650m: 7:45.87 36.54		
	100m: 1:07.88 35.07	300m: 3:32.03 36.31	500m: 5:56.74 36.14	700m: 8:22.07 36.20		
	150m: 1:43.77 35.89	350m: 4:08.20 36.17	550m: 6:33.00 36.26	750m: 8:58.30 36.23		
	200m: 2:19.71 35.94	400m: 4:44.41 36.21	600m: 7:09.33 36.33	800m: 9:33.88 35.58		
13.	Mariana Pinto Angelo	99	Academica de Coimbra	9:34.62	+0,76	580
	50m: 33.18 33.18	250m: 2:56.79 36.21	450m: 5:21.49 36.02	650m: 7:47.29 36.65		
	100m: 1:08.50 35.32	300m: 3:32.91 36.12	500m: 5:57.83 36.34	700m: 8:23.73 36.44		
	150m: 1:44.45 35.95	350m: 4:09.34 36.43	550m: 6:34.17 36.34	750m: 8:59.99 36.26		
	200m: 2:20.58 36.13	400m: 4:45.47 36.13	600m: 7:10.64 36.47	800m: 9:34.62 34.63		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ines Silva Oliveira	00	Leixoes	9:36.62	+0,92	574
	50m: 32.22 32.22	250m: 2:55.86 36.17	450m: 5:22.24 37.41	650m: 7:49.65 36.63		
	100m: 1:07.64 35.42	300m: 3:32.17 36.31	500m: 5:58.93 36.69	700m: 8:26.36 36.71		
	150m: 1:43.88 36.24	350m: 4:08.94 36.77	550m: 6:35.84 36.91	750m: 9:02.90 36.54		
	200m: 2:19.69 35.81	400m: 4:44.83 35.89	600m: 7:13.02 37.18	800m: 9:36.62 33.72		
15.	Margarida Valente Orrico	00	Uniao Piedense	9:36.77	+0,90	574
	50m: 32.80 32.80	250m: 2:57.56 36.48	450m: 5:23.72 36.14	650m: 7:49.47 36.01		
	100m: 1:08.51 35.71	300m: 3:34.26 36.70	500m: 6:00.10 36.38	700m: 8:26.62 37.15		
	150m: 1:44.55 36.04	350m: 4:10.68 36.42	550m: 6:36.92 36.82	750m: 9:02.98 36.36		
	200m: 2:21.08 36.53	400m: 4:47.58 36.90	600m: 7:13.46 36.54	800m: 9:36.77 33.79		
16.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	9:38.64	+0,82	568
	50m: 33.03 33.03	250m: 2:58.74 36.51	450m: 5:25.49 36.36	650m: 7:50.82 36.44		
	100m: 1:09.11 36.08	300m: 3:35.53 36.79	500m: 6:01.55 36.06	700m: 8:27.08 36.26		
	150m: 1:45.52 36.41	350m: 4:12.49 36.96	550m: 6:37.99 36.44	750m: 9:03.52 36.44		
	200m: 2:22.23 36.71	400m: 4:49.13 36.64	600m: 7:14.38 36.39	800m: 9:38.64 35.12		
17.	Mariana Silva Ramos	00	Sporting	9:38.68	+0,82	568
	50m: 32.41 32.41	250m: 2:56.79 36.48	450m: 5:22.45 36.21	650m: 7:49.40 36.98		
	100m: 1:07.89 35.48	300m: 3:33.17 36.38	500m: 5:58.87 36.42	700m: 8:26.14 36.74		
	150m: 1:43.89 36.00	350m: 4:09.71 36.54	550m: 6:35.49 36.62	750m: 9:02.74 36.60		
	200m: 2:20.31 36.42	400m: 4:46.24 36.53	600m: 7:12.42 36.93	800m: 9:38.68 35.94		
18.	Ana Sofia Ramos	00	Fluvial Portuense	9:45.19	+0,79	549
	50m: 33.09 33.09	250m: 2:59.05 36.96	450m: 5:26.76 37.03	650m: 7:56.19 37.63		
	100m: 1:08.78 35.69	300m: 3:35.52 36.47	500m: 6:03.83 37.07	700m: 8:33.37 37.18		
	150m: 1:45.36 36.58	350m: 4:12.70 37.18	550m: 6:40.96 37.13	750m: 9:10.08 36.71		
	200m: 2:22.09 36.73	400m: 4:49.73 37.03	600m: 7:18.56 37.60	800m: 9:45.19 35.11		
19.	Beatriz Marques Ferreira	00	Campinho	9:47.08	+0,76	544
	50m: 32.05 32.05	250m: 2:58.32 37.24	450m: 5:27.04 37.02	650m: 7:56.15 36.72		
	100m: 1:07.75 35.70	300m: 3:35.56 37.24	500m: 6:04.82 37.78	700m: 8:33.89 37.74		
	150m: 1:44.18 36.43	350m: 4:12.83 37.27	550m: 6:41.97 37.15	750m: 9:11.31 37.42		
	200m: 2:21.08 36.90	400m: 4:50.02 37.19	600m: 7:19.43 37.46	800m: 9:47.08 35.77		
20.	Iris Cunha Santos	00	Porto	9:47.48	+0,91	543
	50m: 33.42 33.42	250m: 2:59.70 36.64	450m: 5:27.80 36.86	650m: 7:57.25 37.26		
	100m: 1:09.65 36.23	300m: 3:36.66 36.96	500m: 6:05.26 37.46	700m: 8:34.54 37.29		
	150m: 1:46.32 36.67	350m: 4:13.74 37.08	550m: 6:42.66 37.40	750m: 9:11.52 36.98		
	200m: 2:23.06 36.74	400m: 4:50.94 37.20	600m: 7:19.99 37.33	800m: 9:47.48 35.96		
21.	Carla Laranjeira Marques	00	Sporting de Aveiro	9:49.71	+0,80	537
	50m: 32.40 32.40	250m: 2:57.87 37.15	450m: 5:26.32 37.29	650m: 7:57.38 38.17		
	100m: 1:07.63 35.23	300m: 3:34.64 36.77	500m: 6:03.84 37.52	700m: 8:35.21 37.83		
	150m: 1:44.09 36.46	350m: 4:11.21 36.57	550m: 6:41.76 37.92	750m: 9:13.34 38.13		
	200m: 2:20.72 36.63	400m: 4:49.03 37.82	600m: 7:19.21 37.45	800m: 9:49.71 36.37		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	9:50.96	+0,80	533
	50m: 33.44 33.44	250m: 3:02.29 37.09	450m: 5:30.72 36.99	650m: 7:59.72 37.70		
	100m: 1:10.83 37.39	300m: 3:39.46 37.17	500m: 6:07.65 36.93	700m: 8:37.74 38.02		
	150m: 1:47.94 37.11	350m: 4:16.55 37.09	550m: 6:45.00 37.35	750m: 9:15.25 37.51		
	200m: 2:25.20 37.26	400m: 4:53.73 37.18	600m: 7:22.02 37.02	800m: 9:50.96 35.71		
23.	Ana Catarina Oliveira	99	Geslours	9:51.17	+0,80	533
	50m: 33.20 33.20	250m: 3:00.24 36.98	450m: 5:32.35 38.46	650m: 8:02.45 36.93		
	100m: 1:09.22 36.02	300m: 3:37.82 37.58	500m: 6:10.02 37.67	700m: 8:39.07 36.62		
	150m: 1:46.20 36.98	350m: 4:15.59 37.77	550m: 6:47.90 37.88	750m: 9:15.65 36.58		
	200m: 2:23.26 37.06	400m: 4:53.89 38.30	600m: 7:25.52 37.62	800m: 9:51.17 35.52		
24.	Ana Oliveira Silva	99	Belenenses	9:53.54	+0,80	526
	50m: 32.90 32.90	250m: 2:58.63 36.81	450m: 5:26.38 36.90	650m: 7:59.03 38.47		
	100m: 1:08.91 36.01	300m: 3:35.61 36.98	500m: 6:03.99 37.61	700m: 8:37.83 38.80		
	150m: 1:45.30 36.39	350m: 4:12.31 36.70	550m: 6:42.28 38.29	750m: 9:16.41 38.58		
	200m: 2:21.82 36.52	400m: 4:49.48 37.17	600m: 7:20.56 38.28	800m: 9:53.54 37.13		
25.	Sara Lopes Barbosa	00	Aquatico Pacense	9:54.98		522
	50m: 33.60 33.60	250m: 3:02.16 37.49	450m: 5:33.76 37.57	650m: 8:03.47 37.26		
	100m: 1:10.13 36.53	300m: 3:40.02 37.86	500m: 6:11.23 37.47	700m: 8:41.13 37.66		
	150m: 1:47.28 37.15	350m: 4:18.17 38.15	550m: 6:48.65 37.42	750m: 9:18.84 37.71		
	200m: 2:24.67 37.39	400m: 4:56.19 38.02	600m: 7:26.21 37.56	800m: 9:54.98 36.14		
26.	Mariana Santos Ferreira	00	Miranda do Corvo	10:02.57	+0,78	503
	50m: 33.91 33.91	250m: 2:59.96 36.93	450m: 5:31.85 38.05	650m: 8:06.82 38.95		
	100m: 1:09.63 35.72	300m: 3:37.82 37.86	500m: 6:10.25 38.40	700m: 8:45.79 38.97		
	150m: 1:46.79 37.16	350m: 4:15.54 37.72	550m: 6:49.11 38.86	750m: 9:24.30 38.51		
	200m: 2:23.03 36.24	400m: 4:53.80 38.26	600m: 7:27.87 38.76	800m: 10:02.57 38.27		
27.	Madalena Melim Doria FTL	00	Desportivo Nacional	10:03.61	+0,84	500
	50m: 34.00 34.00	250m: 3:05.18 37.92	450m: 5:37.58 37.80	650m: 8:12.19 38.38		
	100m: 1:11.49 37.49	300m: 3:43.23 38.05	500m: 6:16.49 38.91	700m: 8:50.35 38.16		
	150m: 1:49.36 37.87	350m: 4:21.58 38.35	550m: 6:55.11 38.62	750m: 9:28.08 37.73		
	200m: 2:27.26 37.90	400m: 4:59.78 38.20	600m: 7:33.81 38.70	800m: 10:03.61 35.53		
28.	Rafaela Campos Oliveira FTL	00	Vilacondense	10:04.08	+0,92	499
	50m: 33.68 33.68	250m: 3:02.39 37.94	450m: 5:35.12 38.12	650m: 8:10.19 38.97		
	100m: 1:10.17 36.49	300m: 3:40.48 38.09	500m: 6:13.93 38.81	700m: 8:48.98 38.79		
	150m: 1:47.14 36.97	350m: 4:18.73 38.25	550m: 6:52.61 38.68	750m: 9:27.95 38.97		
	200m: 2:24.45 37.31	400m: 4:57.00 38.27	600m: 7:31.22 38.61	800m: 10:04.08 36.13		

Prova 34

Masc., 50m Mariposa

17 anos e mais velhos

13-12-2015 - 9:45

Resultados Elimin

Recordes Nacionais 25m Absoluto	23.50	Tiago Andre Venancio	POR	Szczecin (POL)	11-12-2011
Recordes Nacionais 25m Jun17	25.32	Tiago Andre Venancio	CNS	Estoril	15-02-2004
Recordes Nacionais 25m Jun18	24.68	Joao Miguel Ascensao	FCP	Porto	21-12-2014
Recordes Nacionais 25m Sen	23.50	Tiago Andre Venancio	POR	Szczecin (POL)	11-12-2011

TAC_B-JUNM Jun: 26.97 / TAC_B-SENM Sen: 25.36

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Luiz Pedro Pereira	91	Benfica	24.12	+0,64	738
2.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	24.64	+0,69	692
3.	Pedro Andre Santos	94	Alges	24.85	+0,67	675
4.	Tomas Correia Silva	95	Porto	25.11	+0,62	654
5.	Joao Miguel Ascensao	97	Porto	25.13	+0,62	652
6.	Fabio Andre Figueira	88	Belenenses	25.16	+0,74	650
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	25.18	+0,60	648
8.	Alexandre Escudier Agostinho	86	Portinado	25.29	+0,69	640
9.	Diogo Fontes Moreira	93	Leixoes	25.33	+0,68	637
10.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	25.36	+0,64	635
11.	Mario Alexandre Pereira FTL	92	Nautico /Urgicentro-Sanfil	25.63	+0,66	615
12.	David Granja Lopes FTL	90	Palmela	25.77	+0,75	605
13.	Bruno Miguel Ramos FTL	97	Belenenses	25.80	+0,63	603
14.	Illya Yelistratkin FTL	96	Academica de Coimbra	25.82	+0,75	601
15.	Guilherme Miguel Teixeira FTL	97	Benfica	25.88	+0,74	597
16.	Ricardo Verissimo Sousa FTL	93	Colegio Vasco da Gama	26.06	+0,67	585
17.	Filipe Carmo Ramos FTL	97	Vilacondense	26.08	+0,73	584
DNS	Carlos Filipe Santos	91	Porto			
DNS	Gustavo Almeida Madureira	94	Academica de Coimbra			

Prova 34, Masc., 50m Mariposa, Elimin

Juniores

1. Nuno Miguel Graca	98	Desportiva de Viana	25.30	+0,71	639
2. Joao Francisco Lopes	98	Braga	25.38	+0,71	633
3. Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	25.43	+0,66	629
4. Afonso Meneses Sequeira	99	Naval do Funchal	25.60	+0,71	617
5. Miguel Camara Gomes	99	Naval do Funchal	25.86	+0,68	599
6. Pedro Miguel Fernandes	99	Vitoria/ Olicargo	25.92	+0,76	594
7. Bernardo Santos Clemente	98	Ba/Bomcar	25.94	+0,70	593
8. Mateus Ribeiro Carvalho	99	Famalicao	26.07	+0,70	584
9. Tomas Silva Coxixo	99	Palmela	26.25	+0,72	572
10. Marco Andre Miguel	99	Torres Novas	26.30	+0,65	569
11. Jose Paula Carvalho	98	Uniao Piedense	26.34	+0,70	566
12. Joao Carlos Silva	98	Famalicao	26.44	+0,58	560
13. Pedro Ferraz Silva	98	Aquatico Pacense	26.79	+0,73	538
14. Afonso Ribeiro Couto	99	Natacao de Valongo	26.91	+0,70	531
15. Humberto Fernandes Felgueiras	98	Natacao de Valongo	27.07	+0,73	522
FTL					
16. Rui Filipe Costa	98	Desportiva de Viana	27.08	+0,65	521
FTL					
17. Rodrigo Alexandre Patricio	98	Nautico /Urgicentro-Sanfil	27.13	+0,71	518
FTL					
18. Tomas Loia Sequeira	98	Armacenenses	27.18	+0,72	515
FTL					
19. Joao Miguel Branco	98	Sporting de Espinho	27.39	+0,90	504
FTL					
WDR Tiago Martins Boleta	98	Louletano / Loule Concelho			

Prova 35

Femin., 50m Mariposa

16 anos e mais velhos

13-12-2015 - 9:50

Resultados Elimin

Recordes Nacionais 25m Absoluto	26.78	Sara Freitas Oliveira	POR	Dubai (UAE)	16-12-2010
Recordes Nacionais 25m Jun16	27.57	Filipa Vilas Tiago	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	27.32	Sara Francisco Cruz	ADBA	Leiria	06-12-2009
Recordes Nacionais 25m Sen	26.78	Sara Freitas Oliveira	POR	Dubai (UAE)	16-12-2010

TAC_B-JUNF Jun: 30.79 / TAC_B-SENF Sen: 30.06

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Filipa Vilas Tiago	94	Nacional de Natacao	28.08	+0,68	654
2.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	28.26	+0,69	642
3.	Barbara Sofia Barata	97	Alges	28.46	+0,70	628
4.	Ana Catarina Monteiro	93	Vilacondense	28.68	+0,71	614
5.	Jessica Sousa Brito	97	Portinado	28.73	+0,74	611
6.	Ines Camacho Fernandes	97	Sporting	28.78	+0,73	607
7.	Susana Clara Gomes	77	Naval do Funchal	28.96	+0,69	596

Prova 35, Femin., 50m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Ana Margarida Rodrigues	96	Galitos/Bresimar	29.13	+0,81	586
9.	Jessica Teixeira Vieira	91	Belenenses	29.38	+0,67	571
10.	Adriana Daniela Castro	97	Porto	29.45	+0,68	567
11.	Daniela Teixeira Moreira	97	Belenenses	29.72	+0,67	552
12.	Maria Carolina Rosa	94	Academica de Coimbra	29.73	+0,80	551
13.	Ana Sofia Nobrega	90	Ginasio de Vila Real	29.84	+0,87	545
14.	Rita Teixeira Costa	97	Belenenses	29.98	+0,72	537
15.	Lisa Marisa Soares	95	Belenenses	30.12	+0,73	530
	FTL					
16.	Bruna Martins Riesenberger	97	Laranjeiro	30.19	+0,66	526
	FTL					
17.	Ana Marta Miranda	96	Uniao Piedense	30.26	+0,76	522
	FTL					
18.	Sofia Prates Silvestre	95	Naval Amorense	30.29	+0,73	521
	FTL					
19.	Barbara Rodrigues Pereira	98	Natacao do Montijo	30.42	+0,69	514
	FTL					
20.	Bruna Fanguero Coentrao	93	Vilacondense	30.73	+0,78	499
	FTL					
	Sofia Oliveira Pinto	94	Benfica	30.73	+0,71	499
	FTL					
DNS	Sofia Alexandra Branco	98	Alges			

Juniores

1.	Laura Sanchez Rodrigues	00	Belenenses	29.56	+0,68	561
2.	Beatriz Jong Rosa	00	Desportivo Nacional	29.92	+0,76	541
3.	Lara Alexandra Vaz	99	Desportiva de Viana	30.01	+0,79	536
4.	Marta Ferreira Rocha	99	Leixoes	30.08	+0,73	532
5.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	30.12	+0,71	530
6.	Maria Leonor Martins	99	Aquatico Pacense	30.49	+0,92	511
7.	Sofia Alexandra Nunes	00	Laranjeiro	30.57	+0,76	507
8.	Maria Margarida Fernandes	99	Ginasio de Vila Real	30.66	+0,75	502
9.	Sara Conceicao Peca	99	Ba/Bomcar	30.73	+0,79	499
10.	Beatriz Lopes Pinto	99	Academica de Coimbra	30.90	+0,86	491
	FTL					

Prova 35, Femin., 50m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Joana Viegas Bento FTL	99	Natacao de Faro	30.99	+0,74	486
12.	Alice Maria Lopes FTL	00	Uniao Piedense	31.06	+0,75	483
13.	Ana Beatriz Fonseca FTL	99	Academica de Coimbra	31.13	+0,61	480
14.	Mariana Frazao Saraiva FTL	99	Alges	31.50	+0,73	463

Prova 36 Masc., 200m Costas 17 anos e mais velhos
13-12-2015 - 9:55 Resultados Elimin

Recordes Nacionais 25m Absoluto	1:53.06	Pedro Diogo Oliveira	POR	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun17	1:59.34	Adriano Miguel Niz	CFV	Alges	16-05-2003
Recordes Nacionais 25m Jun18	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Recordes Nacionais 25m Sen	1:53.06	Pedro Diogo Oliveira	POR	Chartres (FRA)	22-11-2012

TAC_B-JUNM Jun: 2:13.07 / TAC_B-SENM Sen: 2:10.79

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	1:59.49	+0,81	700
	50m: 27.78 27.78	100m: 58.04 30.26	150m: 1:28.95	30.91	200m: 1:59.49	30.54
2.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	2:00.05	+0,70	690
	50m: 27.58 27.58	100m: 58.35 30.77	150m: 1:29.64	31.29	200m: 2:00.05	30.41
3.	Gabriel Jose Lopes	97	Louzan Natacao	2:00.44	+0,69	683
	50m: 26.94 26.94	100m: 56.90 29.96	150m: 1:28.50	31.60	200m: 2:00.44	31.94
4.	Alexandre Lages Ribas	97	Sporting	2:02.99	+0,68	642
	50m: 28.98 28.98	100m: 59.66 30.68	150m: 1:31.22	31.56	200m: 2:02.99	31.77
5.	Joao Pedro Tarquinio	97	Benedita	2:04.37	+0,58	621
	50m: 29.27 29.27	100m: 1:00.84 31.57	150m: 1:32.83	31.99	200m: 2:04.37	31.54
6.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	2:05.05	+0,80	610
	50m: 28.57 28.57	100m: 59.46 30.89	150m: 1:33.33	33.87	200m: 2:05.05	31.72
7.	Ivo Pinto Ribeiro	97	Foca	2:05.24	+0,62	608
	50m: 29.57 29.57	100m: 1:01.11 31.54	150m: 1:33.34	32.23	200m: 2:05.24	31.90
8.	Filipe Miguel Felix	96	Alges	2:06.09	+0,69	595
	50m: 29.57 29.57	100m: 1:01.42 31.85	150m: 1:34.07	32.65	200m: 2:06.09	32.02
9.	Bruno Miguel Ramos	97	Belenenses	2:06.14	+0,77	595
	50m: 30.00 30.00	100m: 1:02.01 32.01	150m: 1:34.05	32.04	200m: 2:06.14	32.09
10.	Andre Bras Goncalves	88	Belenenses	2:06.52	+0,78	589
	50m: 29.57 29.57	100m: 1:01.69 32.12	150m: 1:34.02	32.33	200m: 2:06.52	32.50
11.	Tiago Ferreira Azevedo	95	Naval Amorense	2:06.57	+0,67	589
	50m: 29.38 29.38	100m: 1:02.03 32.65	150m: 1:34.64	32.61	200m: 2:06.57	31.93

Prova 36, Masc., 200m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	2:06.61	+0,79	588
	50m: 28.79 28.79 100m: 1:00.90 32.11 150m: 1:34.09 33.19 200m: 2:06.61 32.52					
13.	Joao Mota Correia	97	Benfica	2:06.97	+0,72	583
	50m: 29.28 29.28 100m: 1:01.71 32.43 150m: 1:34.61 32.90 200m: 2:06.97 32.36					
14.	Pedro Barros Mendes	94	Academica de Coimbra	2:07.44	+0,70	577
	50m: 29.89 29.89 100m: 1:01.88 31.99 150m: 1:34.55 32.67 200m: 2:07.44 32.89					
15.	Joao Ricardo Silva	97	Nautico /Urgicentro-Sanfil	2:08.49	+0,66	563
	50m: 29.49 29.49 100m: 1:01.67 32.18 150m: 1:34.95 33.28 200m: 2:08.49 33.54					
16.	Joao Pedro Neves	96	Benfica	2:09.13	+0,63	554
	50m: 29.68 29.68 100m: 1:01.96 32.28 150m: 1:34.97 33.01 200m: 2:09.13 34.16					
	Pedro Romanoski Carvalho	94	Famalicao	2:09.13	+1,06	554
	50m: 29.97 29.97 100m: 1:02.75 32.78 150m: 1:35.54 32.79 200m: 2:09.13 33.59					
18.	Leonardo Cardoso Figueiredo	96	Porto	2:09.21	+0,64	553
	50m: 29.94 29.94 100m: 1:03.36 33.42 150m: 1:36.45 33.09 200m: 2:09.21 32.76					
19.	Edgar Oliveira Ribeiro	93	Braga	2:09.65		548
	50m: 30.19 30.19 100m: 1:02.73 32.54 150m: 1:36.21 33.48 200m: 2:09.65 33.44					
20.	Tiago Barros Ferreira	94	Alges	2:09.84	+0,70	545
	50m: 30.67 30.67 100m: 1:03.89 33.22 150m: 1:36.91 33.02 200m: 2:09.84 32.93					
21.	Job Santos Silva	96	Feirense	2:10.44	+0,58	538
	50m: 29.88 29.88 100m: 1:03.52 33.64 150m: 1:37.43 33.91 200m: 2:10.44 33.01					
DNS	Miguel Angelo Passos	96	Desportiva de Viana			
WDR	Pedro Miguel Pinotes	89	Sporting			
WDR	Jose Ricardo Sousa	97	Lousada SXXI			

Juniores

1.	Joao Alexandre Vital	98	Sporting	2:03.89	+0,61	628
	50m: 28.87 28.87 100m: 1:00.37 31.50 150m: 1:31.21 30.84 200m: 2:03.89 32.68					
2.	Joao Jose Laranjeira	98	Galitos/Bresimar	2:06.21	+0,64	594
	50m: 29.81 29.81 100m: 1:02.07 32.26 150m: 1:34.25 32.18 200m: 2:06.21 31.96					
3.	Filipe Miguel Silveira	98	Belenenses	2:06.70	+0,58	587
	50m: 29.67 29.67 100m: 1:02.33 32.66 150m: 1:34.83 32.50 200m: 2:06.70 31.87					

Prova 36, Masc., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Afonso Guilherme Rosa	99	Torres Novas	2:07.23	+0,78	580
	50m: 30.10 30.10	100m: 1:02.89 32.79	150m: 1:35.75 32.86	200m: 2:07.23 31.48		
5.	Francisco Rogerio Santos	98	Benedita	2:08.26	+0,76	566
	50m: 29.06 29.06	100m: 1:01.87 32.81	150m: 1:35.89 34.02	200m: 2:08.26 32.37		
6.	Ricardo Saraiva Pires	98	Laranjeiro	2:08.31	+0,54	565
	50m: 30.26 30.26	100m: 1:02.96 32.70	150m: 1:35.64 32.68	200m: 2:08.31 32.67		
7.	Viktor Kot	98	Nautico Marinha Grande	2:08.74	+0,63	559
	50m: 30.22 30.22	100m: 1:02.92 32.70	150m: 1:36.09 33.17	200m: 2:08.74 32.65		
8.	Jose Pedro Sampaio	98	Foca	2:08.78	+0,69	559
	50m: 30.37 30.37	100m: 1:03.91 33.54	150m: 1:36.80 32.89	200m: 2:08.78 31.98		
9.	Joao Daniel Machado	99	Uniao Piedense	2:09.67	+0,59	547
	50m: 30.53 30.53	100m: 1:03.34 32.81	150m: 1:36.56 33.22	200m: 2:09.67 33.11		
10.	Tiago Pastor Escada	99	Aminata	2:11.51	+0,68	525
	50m: 31.05 31.05	100m: 1:04.92 33.87	150m: 1:38.38 33.46	200m: 2:11.51 33.13		
11.	Luis Filipe Soares	98	Porto	2:11.62	+0,73	523
	50m: 30.75 30.75	100m: 1:04.75 34.00	150m: 1:38.40 33.65	200m: 2:11.62 33.22		
12.	Filipe Ferreira Luz	98	Geslours	2:12.22	+0,64	516
	50m: 31.53 31.53	100m: 1:05.38 33.85	150m: 1:39.27 33.89	200m: 2:12.22 32.95		
13.	Rodrigo Jose Guerreiro	99	Louletano / Loule Concelho	2:12.74	+0,55	510
	50m: 30.46 30.46	100m: 1:03.98 33.52	150m: 1:37.94 33.96	200m: 2:12.74 34.80		
14.	Miguel Reis Santos	98	Alges	2:12.85	+0,55	509
	50m: 30.15 30.15	100m: 1:03.58 33.43	150m: 1:38.10 34.52	200m: 2:12.85 34.75		
15.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:12.99	+0,63	507
	50m: 31.45 31.45	100m: 1:05.40 33.95	150m: 1:39.77 34.37	200m: 2:12.99 33.22		
16.	Lucas Correia Veloso	98	Amigos da Montanha	2:14.55	+0,68	490
	FTL 50m: 30.72 30.72	100m: 1:04.49 33.77	150m: 1:39.42 34.93	200m: 2:14.55 35.13		
17.	Diogo Rodrigues Freitas	98	Uniao Piedense	2:15.09	+0,68	484
	FTL 50m: 30.89 30.89	100m: 1:04.78 33.89	150m: 1:39.72 34.94	200m: 2:15.09 35.37		
DSQ	Miguel Ribeiro Bate	99	Alges			
	403 - Falsa partida - SW 4.4					

Prova 37

Femin., 200m Costas

16 anos e mais velhos

13-12-2015 - 10:10

Resultados Elimin

Recordes Nacionais 25m Absoluto	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014
Recordes Nacionais 25m Jun16	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Recordes Nacionais 25m Jun17	2:12.52	Rita Barros Frischknecht	SAD	Porto	21-12-2014
Recordes Nacionais 25m Sen	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014

TAC_B-JUNF Jun: 2:27.48 / TAC_B-SENF Sen: 2:24.26

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Francisca Gomes Azevedo	97	Alges	2:12.63	+0,76	726
	50m: 30.93 30.93	100m: 1:04.75 33.82	150m: 1:38.98 34.23	200m: 2:12.63 33.65		
2.	Rita Barros Frischknecht	98	Alges	2:16.39	+0,73	668
	50m: 31.74 31.74	100m: 1:06.25 34.51	150m: 1:41.20 34.95	200m: 2:16.39 35.19		
3.	Vania Soares Neves	90	Fluvial Portuense	2:17.48	+0,57	652
	50m: 31.84 31.84	100m: 1:05.98 34.14	150m: 1:41.32 35.34	200m: 2:17.48 36.16		
4.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	2:18.94	+0,67	631
	50m: 32.08 32.08	100m: 1:07.47 35.39	150m: 1:43.52 36.05	200m: 2:18.94 35.42		
5.	Tatiana Filipa Santos	95	Academica de Coimbra	2:20.33	+0,68	613
	50m: 33.43 33.43	100m: 1:08.98 35.55	150m: 1:44.92 35.94	200m: 2:20.33 35.41		
6.	Ana Filipa Costa	98	Natacao de Beja	2:20.51	+0,58	610
	50m: 32.86 32.86	100m: 1:08.11 35.25	150m: 1:44.22 36.11	200m: 2:20.51 36.29		
7.	Ana Raquel Ferreira	98	Ginasio Figueirense	2:22.25	+0,69	588
	50m: 33.03 33.03	100m: 1:08.71 35.68	150m: 1:45.81 37.10	200m: 2:22.25 36.44		
8.	Lisa Marisa Soares	95	Belenenses	2:24.10	+0,55	566
	50m: 33.76 33.76	100m: 1:10.86 37.10	150m: 1:48.13 37.27	200m: 2:24.10 35.97		
9.	Juliana Lima Freixo	97	Braga	2:24.14	+0,60	565
	50m: 33.47 33.47	100m: 1:10.32 36.85	150m: 1:47.61 37.29	200m: 2:24.14 36.53		
10.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	2:24.75	+0,62	558
	FTL					
	50m: 33.51 33.51	100m: 1:09.64 36.13	150m: 1:47.03 37.39	200m: 2:24.75 37.72		
11.	Madalena Amaro Machado	98	Academico Viseu	2:25.26	+0,68	552
	FTL					
	50m: 33.32 33.32	100m: 1:10.13 36.81	150m: 1:48.06 37.93	200m: 2:25.26 37.20		
12.	Ana Beatriz Meireles	98	Fafe	2:30.54	+0,57	496
	FTL					
	50m: 34.16 34.16	100m: 1:11.94 37.78	150m: 1:50.67 38.73	200m: 2:30.54 39.87		

Prova 37, Femin., 200m Costas, Elimin

Juniores

1.	Maria Ana Monge	99	Sporting	2:21.76	+0,99	594
	50m: 32.53 32.53	100m: 1:08.18 35.65	150m: 1:45.02 36.84	200m: 2:21.76 36.74		
2.	Catarina Martins Mestre	00	Sporting	2:22.60	+0,69	584
	50m: 32.48 32.48	100m: 1:08.55 36.07	150m: 1:45.72 37.17	200m: 2:22.60 36.88		
3.	Alexandra Jesus Santos	00	Leixoes	2:24.22	+0,58	565
	50m: 32.97 32.97	100m: 1:09.84 36.87	150m: 1:47.22 37.38	200m: 2:24.22 37.00		
4.	Monica Seara Domingues	00	Nautico Marinha Grande	2:24.51	+0,67	561
	50m: 34.24 34.24	100m: 1:10.61 36.37	150m: 1:48.07 37.46	200m: 2:24.51 36.44		
5.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	2:25.57	+0,50	549
	50m: 33.93 33.93	100m: 1:10.69 36.76	150m: 1:48.31 37.62	200m: 2:25.57 37.26		
6.	Maria Dias Neves	99	Miranda do Corvo	2:25.66	+0,64	548
	50m: 34.27 34.27	100m: 1:11.24 36.97	150m: 1:48.41 37.17	200m: 2:25.66 37.25		
7.	Filipa Carreira Alves	99	Uniao Piedense	2:25.67	+0,67	548
	50m: 32.60 32.60	100m: 1:09.53 36.93	150m: 1:48.02 38.49	200m: 2:25.67 37.65		
8.	Maria Beatriz Lopes	00	Benedita	2:25.99	+0,68	544
	50m: 34.60 34.60	100m: 1:12.01 37.41	150m: 1:49.29 37.28	200m: 2:25.99 36.70		
9.	Rita Costa Amador	99	Galitos/Bresimar	2:26.06	+0,73	543
	50m: 33.11 33.11	100m: 1:09.95 36.84	150m: 1:48.03 38.08	200m: 2:26.06 38.03		
10.	Matilde Pereira Martins	99	Naval de Faro	2:26.67	+0,60	537
	50m: 33.21 33.21	100m: 1:09.41 36.20	150m: 1:47.89 38.48	200m: 2:26.67 38.78		
11.	Matilde Correia Vieira FTL	00	Alcobaca	2:28.49	+0,59	517
	50m: 34.45 34.45	100m: 1:12.22 37.77	150m: 1:50.33 38.11	200m: 2:28.49 38.16		
12.	Patricia Palmeiro Baeta FTL	00	Scalabiswim	2:28.80	+0,61	514
	50m: 34.54 34.54	100m: 1:11.84 37.30	150m: 1:50.69 38.85	200m: 2:28.80 38.11		
13.	Beatriz Neto Costa FTL	00	Aquatico Pacense	2:31.15		490
	50m: 35.63 35.63	100m: 1:13.35 37.72	150m: 1:52.20 38.85	200m: 2:31.15 38.95		

Prova 38 Masc., 50m Bruços 17 anos e mais velhos
13-12-2015 - 10:20 Resultados Elimin

Recordes Nacionais 25m Absoluto	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	03-05-2009
Recordes Nacionais 25m Jun18	28.55	Simao Miguel Capitaio	CLAMAS	Senhora da Hora	24-05-2015
Recordes Nacionais 25m Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014

TAC_B-JUNM Jun: 31.70 / TAC_B-SENM Sen: 29.42

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Leonardo Cardoso Figueiredo	96	Porto	28.77	+0,67	676
2.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	28.79	+0,70	674
3.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	28.85	+0,67	670
4.	Guilherme Miguel Teixeira	97	Benfica	28.89	+0,70	667
5.	Sergio Baptista Silva	91	Porto	29.06	+0,68	655
6.	Andre Goncalo Santos	97	Leixoes	29.12	+0,74	651
7.	Francisco Robalo Quintas	95	Belenenses	29.13	+0,64	651
8.	Gil Goncalves Pinto	88	Porto	29.17	+0,61	648
9.	Miguel Freitas Marques	96	Juventude Atlantico	29.25	+0,67	643
10.	Nuno Durao Pascoal	92	Galitos/Bresimar	29.48	+0,67	628
	FTL					
11.	Fabio Andre Figueira	88	Belenenses	29.49	+0,73	627
	FTL					
12.	Filipe Carmo Ramos	97	Vilacondense	29.67	+0,71	616
	FTL					
	Rui Filipe Vilar	91	Fluvial Portuense	29.67	+0,73	616
	FTL					
14.	Miguel Monteiro Cruchinho	97	Sporting	30.01	+0,69	595
	FTL					
15.	Luis Manuel Fernandes	95	Famalicao	30.09	+0,64	590
	FTL					
DNS	Simao Miguel Capitaio	97	Colegio SMLamas			

Juniores

1.	Guilherme Assis Ramos	98	Sporting	29.76	+0,68	610
2.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	29.80	+0,74	608
3.	Hugo Pon	98	Alges	30.04	+0,71	593
4.	Alexandre Ferreira Amorim	99	Colegio SMLamas	30.32	+0,67	577
5.	Diogo Miguel Costa	98	Porto	30.34	+0,70	576
6.	Mario Jorge Veloso	98	Braga	30.59	+0,74	562
7.	Joao Sismeiro Pereira	98	Belenenses	30.68	+0,68	557

Prova 38, Masc., 50m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Afonso Calais Queiroga	98	Uniao Piedense	30.83	+0,70	549
9.	Antonio Manuel Mendes	99	Sporting	30.89	+0,75	546
10.	Andre Tavares Grenho	99	Geslours	30.94	+0,72	543
11.	Luis Pedro Silva	98	Desportivo Nacional	31.03	+0,81	538
12.	Joao Pedro Santos	98	Fluvial Portuense	31.43	+0,69	518
13.	Tiago Oliveira Barbosa	99	Colegio SMLamas	31.46	+0,77	517
14.	Jose Pedro Lemos	99	Sport de Mirandela	31.58	+0,66	511
DNS	Martim Silveira Rodrigues	98	Sao Roque			

Prova 39
13-12-2015 - 10:25

Femin., 50m Bruços

16 anos e mais velhos
Resultados Elimin

Recordes Nacionais 25m Absoluto	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	31.46	Ana Pinho Rodrigues	AEJ	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	32.11	Ana Pinho Rodrigues	POR	Eindhoven (NED)	25-11-2010
Recordes Nacionais 25m Sen	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 38.86 / TAC_B-SENF Sen: 36.88

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

1.	Maria Madalena Silva	98	Nautico Abrantes	32.94	+0,68	668
2.	Anais Ines Charro	98	Individual ANL	33.40	+0,69	641
3.	Catarina Costa Sequeira	98	Armazenenses	33.46	+0,82	637
4.	Carolina Lourenco Matos	98	Benedita	33.55	+0,74	632
5.	Ana Marisa Brito	90	Benfica	33.77	+0,69	620
6.	Diana Patricia Ferreira	94	Aquatico Pacense	33.85	+0,90	615
7.	Paula Alexandra Oliveira	96	Porto	33.95	+0,65	610
8.	Ana Beatriz Marques	98	Alges	34.23	+0,74	595
9.	Beatriz Carvalho Ribeiro	97	Braga	34.31	+0,73	591
10.	Rute Isabel Leonardo	98	Natacao do Tejo	34.59	+0,75	577
11.	Rosa Maria Oliveira	96	Porto	35.04	+0,72	555
12.	Maria Rachadell Pereira	98	Portinado	35.07	+0,81	553
13.	Maria Carolina Rosa	94	Academica de Coimbra	35.15	+0,77	550
14.	Mariana Dias Almeida	93	Famalicao	35.17	+0,77	549
15.	Ana Beatriz Silva	96	Gafanha da Encarnacao	35.42	+0,71	537
16.	Bruna Martins Riesenberger	97	Laranjeiro	35.43	+0,72	537
17.	Joana Marques Maia	91	Natacao da Maia	35.57	+0,79	530
18.	Mafalda Alexandra Henriques	98	Benfica	35.65	+0,82	527
19.	Francisca Ferreira Fonseca	97	Nacional de Natacao	35.88	+0,77	517
20.	Rita Catarina Miranda	97	Braga	36.03	+0,80	510
21.	Rita Maria Cardoso	98	Leixoes	36.24	+0,77	501
22.	Mariana Domingues Paz	98	Miranda do Corvo	36.49	+0,74	491
23.	Dalia Sofia Curto	95	Nacional de Natacao	37.16	+0,78	465

FTL

Prova 39, Femin., 50m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	Ana Filipa Gomes FTL	96	Vilacondense	37.19	+0,92	464
DNS	Rute Margarida Marques	94	Amadora			
WDR	Ana Carolina Guedes	93	Litoral Alentejano			

Juniores

1.	Raquel Gomes Pereira	00	Alges	33.34	+0,72	644
2.	Laura Catarina Abreu	00	Desportivo Nacional	34.34	+0,76	589
3.	Claudia Ferreira Borges	99	Benfica	34.41	+0,70	586
4.	Ines Rocha Silva	00	Alcobaca	34.48	+0,63	582
5.	Ana Beatriz Martins	99	Famalicao	35.13	+0,80	550
6.	Ines Silva Bernardo	00	Colegio Monte Maior	35.15	+0,67	550
7.	Ana Joao Martins	00	Sport de Mirandela	35.30	+0,90	543
8.	Maria Ines Ferreira	00	Miranda do Corvo	35.44	+0,77	536
9.	Ema Filipa Rosario	00	Natacao do Montijo	35.48	+0,70	534
10.	Ariana Santos Lopes	00	Estarreja	35.91	+0,72	515
11.	Ana Luis Rodrigues	00	Campinho	36.03	+0,72	510
12.	Beatriz Castanheira Dias	99	Academica de Coimbra	36.06	+0,65	509
13.	Beatriz Antunes Carvalho	99	Colegio Monte Maior	36.10	+0,82	507
14.	Margarida Reconha Marques	00	Nautico Marinha Grande	36.27	+0,80	500
15.	Ines Rosado Monteiro	00	Natacao de Vagos	36.39	+0,67	495
16.	Mariana Pereira Silva	99	Desportiva de Viana	36.69	+0,86	483
17.	Maria Saraiva Ruivaco	00	Vieirense	36.94	+0,93	473
18.	Fabricia Santos Almeida	00	Nautico do Guadiana	37.12	+0,85	467
19.	Mafalda Malafaia Oliveira	99	Porto	37.23	+0,69	462
20.	Ana Miguel Arrojado	99	Estarreja	37.27	+0,81	461
21.	Mariana Graca Vasconcelos	99	Bombeiros Estoris	37.29	+0,85	460
22.	Regina Lopes Bento	00	Gafanha da Encarnacao	37.41	+0,88	456

Prova 39, Femin., 50m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
23.	Francisca Andrade Brito	00	Estamos Juntos	37.69	+0,89	446
24.	Maria Eduarda Veiga	99	Nautico /Urgicentro-Sanfil	37.72	+0,91	445
25.	Ines Marques Castro	00	Estarreja	38.14	+0,69	430

Prova 40

Masc., 200m Livres

17 anos e mais velhos

13-12-2015 - 10:45

Resultados Elimin

Recordes Nacionais 25m Absoluto	1:45.25	Luis Emanuel Vaz	GDNVNF	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun17	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	1:47.73	Tiago Andre Venancio	POR	Viena (AUT)	12-12-2004
Recordes Nacionais 25m Sen	1:45.25	Luis Emanuel Vaz	GDNVNF	Felgueiras	21-12-2013

TAC_B-JUNM Jun: 2:00.27 / TAC_B-SENM Sen: 1:53.44

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	1:48.73	+0,69	763
	50m: 25.51 25.51	100m: 52.77 27.26	150m: 1:20.62	27.85	200m: 1:48.73	28.11
2.	Rafael Lourenco Gil	96	Uniao Piedense	1:50.07	+0,70	735
	50m: 25.53 25.53	100m: 53.24 27.71	150m: 1:21.75	28.51	200m: 1:50.07	28.32
3.	Tomas Correia Silva	95	Porto	1:50.38	+0,71	729
	50m: 26.14 26.14	100m: 54.48 28.34	150m: 1:22.60	28.12	200m: 1:50.38	27.78
4.	Joao Duarte Santos	95	Benfica	1:50.79	+0,67	721
	50m: 26.16 26.16	100m: 54.63 28.47	150m: 1:22.78	28.15	200m: 1:50.79	28.01
5.	Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	1:51.40	+0,66	709
	50m: 25.43 25.43	100m: 53.49 28.06	150m: 1:22.55	29.06	200m: 1:51.40	28.85
6.	Guilherme Pereira Dias	97	Sporting	1:51.53	+0,74	707
	50m: 26.37 26.37	100m: 54.61 28.24	150m: 1:22.94	28.33	200m: 1:51.53	28.59
7.	Igor Araujo Mogne	96	Sporting	1:51.60	+0,75	705
	50m: 26.34 26.34	100m: 54.79 28.45	150m: 1:23.42	28.63	200m: 1:51.60	28.18
8.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:52.22	+0,66	694
	50m: 26.58 26.58	100m: 55.25 28.67	150m: 1:23.56	28.31	200m: 1:52.22	28.66
9.	Eduardo Salgado Ramos	97	Porto	1:52.88	+0,66	682
	50m: 26.83 26.83	100m: 55.39 28.56	150m: 1:23.87	28.48	200m: 1:52.88	29.01

Prova 40, Masc., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	1:53.11	+0,69	678
	50m: 26.59 26.59 100m: 55.46 28.87 150m: 1:24.05 28.59 200m: 1:53.11 29.06					
11.	Joao Pedro Gil	97	Alges	1:53.12	+0,64	677
	50m: 26.57 26.57 100m: 55.04 28.47 150m: 1:24.30 29.26 200m: 1:53.12 28.82					
12.	Mario Andre Bonanca	90	Sporting	1:53.16	+0,78	677
	50m: 26.01 26.01 100m: 54.22 28.21 150m: 1:23.11 28.89 200m: 1:53.16 30.05					
13.	Ricardo Manuel Machado	93	Braga	1:53.36	+0,77	673
	50m: 26.99 26.99 100m: 55.63 28.64 150m: 1:24.71 29.08 200m: 1:53.36 28.65					
14.	Joao Carlos Santos FTL	96	Uniao Piedense	1:54.02	+0,71	661
	50m: 27.38 27.38 100m: 56.62 29.24 150m: 1:25.54 28.92 200m: 1:54.02 28.48					
15.	Andre Filipe Farinha FTL	96	Benfica	1:54.16	+0,65	659
	50m: 26.49 26.49 100m: 55.37 28.88 150m: 1:24.70 29.33 200m: 1:54.16 29.46					
WDR	Luis Emanuel Vaz	91	Famalicao			

Juniores

1.	Jose Paula Carvalho	98	Uniao Piedense	1:51.07	+0,68	716
	50m: 26.13 26.13 100m: 53.77 27.64 150m: 1:22.24 28.47 200m: 1:51.07 28.83					
2.	Francisco Rogerio Santos	98	Benedita	1:53.52	+0,91	670
	50m: 26.65 26.65 100m: 55.97 29.32 150m: 1:25.40 29.43 200m: 1:53.52 28.12					
3.	Guilherme Filipe Pina	98	Benedita	1:54.38	+0,67	655
	50m: 27.18 27.18 100m: 56.21 29.03 150m: 1:25.48 29.27 200m: 1:54.38 28.90					
4.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	1:54.49	+0,75	653
	50m: 26.93 26.93 100m: 56.10 29.17 150m: 1:25.66 29.56 200m: 1:54.49 28.83					
5.	Jose Pedro Fernandes	99	Braga	1:56.23	+0,80	624
	50m: 26.99 26.99 100m: 56.54 29.55 150m: 1:26.58 30.04 200m: 1:56.23 29.65					
6.	Francisco Carvalho Machado	98	Alges	1:56.25	+0,71	624
	50m: 26.56 26.56 100m: 55.74 29.18 150m: 1:25.66 29.92 200m: 1:56.25 30.59					
7.	Rui Filipe Costa	98	Desportiva de Viana	1:56.83	+0,64	615
	50m: 26.68 26.68 100m: 56.67 29.99 150m: 1:26.99 30.32 200m: 1:56.83 29.84					
8.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	1:57.08	+0,84	611
	50m: 27.62 27.62 100m: 57.04 29.42 150m: 1:27.21 30.17 200m: 1:57.08 29.87					
9.	Pedro Galvao Gouveia	99	Desportivo Nacional	1:57.30	+0,71	607
	50m: 27.39 27.39 100m: 57.04 29.65 150m: 1:27.55 30.51 200m: 1:57.30 29.75					
10.	Joao Pedro Gomes	99	Miranda do Corvo	1:57.46	+0,67	605
	50m: 27.78 27.78 100m: 57.51 29.73 150m: 1:27.81 30.30 200m: 1:57.46 29.65					

Prova 40, Masc., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Tiago Silva Soares	99	Porto	1:57.48	+0,84	605
	50m: 27.15 27.15 100m: 57.10 29.95 150m: 1:27.25 30.15 200m: 1:57.48 30.23					
12.	Alexandre Magno Carvalho	98	Fluvial Portuense	1:58.27	+0,74	593
	50m: 27.17 27.17 100m: 56.86 29.69 150m: 1:27.53 30.67 200m: 1:58.27 30.74					
13.	Pedro Camacho Sousa	98	Naval do Funchal	1:58.40	+0,66	591
	50m: 27.48 27.48 100m: 57.11 29.63 150m: 1:28.38 31.27 200m: 1:58.40 30.02					
14.	Afonso Ribeiro Bate	98	Alges	1:58.54	+0,69	589
	50m: 27.12 27.12 100m: 57.22 30.10 150m: 1:28.34 31.12 200m: 1:58.54 30.20					
15.	Leonardo Rochinha Pedro	98	Bombeiros Estoris	1:58.70	+0,82	586
	50m: 27.24 27.24 100m: 57.21 29.97 150m: 1:28.12 30.91 200m: 1:58.70 30.58					
16.	Bernardo Jose Dionisio	99	Gualdim Pais	1:58.75	+0,75	585
	50m: 27.53 27.53 100m: 57.78 30.25 150m: 1:28.45 30.67 200m: 1:58.75 30.30					
17.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	1:58.98	+0,78	582
	50m: 27.07 27.07 100m: 56.67 29.60 150m: 1:27.29 30.62 200m: 1:58.98 31.69					
18.	Diogo Miguel Costa	98	Porto	1:59.20	+0,69	579
	50m: 26.86 26.86 100m: 57.33 30.47 150m: 1:28.24 30.91 200m: 1:59.20 30.96					
19.	Luis Carlos Almeida	98	Aquatico Pacense	1:59.35	+0,72	577
	50m: 27.56 27.56 100m: 58.17 30.61 150m: 1:28.96 30.79 200m: 1:59.35 30.39					
20.	Francisco Rodrigues Antas	98	Desportiva de Viana	1:59.63	+0,89	573
	50m: 28.08 28.08 100m: 58.27 30.19 150m: 1:28.80 30.53 200m: 1:59.63 30.83					
21.	Daniel Filipe Paiva	98	Miranda do Corvo	1:59.80	+0,85	570
	50m: 28.10 28.10 100m: 58.31 30.21 150m: 1:29.14 30.83 200m: 1:59.80 30.66					
22.	Joao Magalhaes Nunes	99	Belenenses	1:59.81	+0,76	570
	50m: 27.94 27.94 100m: 58.41 30.47 150m: 1:29.29 30.88 200m: 1:59.81 30.52					
23.	Pedro Goncalves Neto	98	Porto	1:59.88	+0,77	569
	50m: 27.37 27.37 100m: 57.39 30.02 150m: 1:28.57 31.18 200m: 1:59.88 31.31					
24.	Joao Luis Maximo	98	O Crasto	2:00.25	+0,71	564
	50m: 27.65 27.65 100m: 58.31 30.66 150m: 1:29.37 31.06 200m: 2:00.25 30.88					
DNS	Tiago Filipe Campos	99	Scalabiswim			
WDR	Rui Jorge Matias	99	Vilacondense			

Prova 41 Femin., 200m Livres 16 anos e mais velhos
13-12-2015 - 11:00 Resultados Elimin

Recordes Nacionais 25m Absoluto	1:59.98	Diana Margarida Duraes	FCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun16	2:02.42	Andreia Catarina Gomes	VSC	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun17	2:02.89	Diana Margarida Duraes	FCP	Porto	09-12-2012
Recordes Nacionais 25m Sen	1:59.98	Diana Margarida Duraes	FCP	Felgueiras	21-12-2013

TAC_B-JUNF Jun: 2:15.35 / TAC_B-SENF Sen: 2:12.77

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diana Margarida Duraes	96	Porto	2:04.98	+0,70	696
	50m: 29.64 29.64	100m: 1:01.87 32.23	150m: 1:33.33 31.46	200m: 2:04.98 31.65		
2.	Soraia Vanessa Ribeiro	92	Individual ANNP	2:06.95	+0,86	664
	50m: 29.47 29.47	100m: 1:01.68 32.21	150m: 1:34.21 32.53	200m: 2:06.95 32.74		
3.	Angelica Maria Andre	94	Fluvial Portuense	2:07.54	+0,72	655
	50m: 30.08 30.08	100m: 1:03.02 32.94	150m: 1:35.30 32.28	200m: 2:07.54 32.24		
4.	Jessica Teixeira Vieira	91	Belenenses	2:08.27	+0,73	644
	50m: 29.96 29.96	100m: 1:02.33 32.37	150m: 1:35.03 32.70	200m: 2:08.27 33.24		
5.	Ana Catarina Monteiro	93	Vilacondense	2:08.46	+0,71	641
	50m: 29.79 29.79	100m: 1:02.34 32.55	150m: 1:35.55 33.21	200m: 2:08.46 32.91		
6.	Adriana Daniela Castro	97	Porto	2:08.68	+0,75	638
	50m: 29.89 29.89	100m: 1:01.87 31.98	150m: 1:35.45 33.58	200m: 2:08.68 33.23		
7.	Maria Teresa Amorim	97	Porto	2:09.39	+0,84	627
	50m: 30.32 30.32	100m: 1:02.71 32.39	150m: 1:36.06 33.35	200m: 2:09.39 33.33		
8.	Ana Monica Eloi	96	Nautico Marinha Grande	2:09.43	+0,82	627
	50m: 30.28 30.28	100m: 1:03.19 32.91	150m: 1:36.24 33.05	200m: 2:09.43 33.19		
9.	Mafalda Gomes Beleza	94	Sporting	2:10.15	+0,69	616
	50m: 30.04 30.04	100m: 1:03.20 33.16	150m: 1:36.79 33.59	200m: 2:10.15 33.36		
10.	Barbara Marques Rodrigues	97	Alges	2:10.24	+0,80	615
	50m: 30.48 30.48	100m: 1:03.30 32.82	150m: 1:36.76 33.46	200m: 2:10.24 33.48		
11.	Sofia Prates Silvestre	95	Naval Amorense	2:10.32	+0,82	614
	50m: 30.49 30.49	100m: 1:03.39 32.90	150m: 1:36.40 33.01	200m: 2:10.32 33.92		
12.	Maria Joao Fernandes	97	Vilacondense	2:11.25	+0,87	601
	50m: 30.71 30.71	100m: 1:03.71 33.00	150m: 1:37.55 33.84	200m: 2:11.25 33.70		
13.	Ana Sofia Fernandes	93	Braga	2:11.34	+0,96	600
	50m: 30.82 30.82	100m: 1:04.21 33.39	150m: 1:37.78 33.57	200m: 2:11.34 33.56		
14.	Beatriz Neves Cardoso	98	Colegio SMLamas	2:12.17	+0,81	588
	50m: 31.45 31.45	100m: 1:05.21 33.76	150m: 1:39.15 33.94	200m: 2:12.17 33.02		
15.	Ana Raquel Ferreira	98	Ginasio Figueirense	2:13.00	+0,91	577
	FTL					
	50m: 30.81 30.81	100m: 1:05.23 34.42	150m: 1:39.67 34.44	200m: 2:13.00 33.33		

Prova 41, Femin., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Rita Fernandes Leitaó <i>FTL</i>	96	Benfica	2:13.30	+0,80	573
	50m: 30.62 30.62 100m: 1:04.02 33.40 150m: 1:38.43 34.41 200m: 2:13.30 34.87					
17.	Marina Micaela Sequeira <i>FTL</i>	98	Uniao Piedense	2:15.04	+0,78	552
	50m: 30.94 30.94 100m: 1:04.97 34.03 150m: 1:39.90 34.93 200m: 2:15.04 35.14					

Juniores

1.	Madalena Gomes Azevedo	99	Alges	2:05.99	+0,74	679
	50m: 29.55 29.55 100m: 1:01.74 32.19 150m: 1:34.29 32.55 200m: 2:05.99 31.70					
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:08.91	+0,75	634
	50m: 30.36 30.36 100m: 1:03.45 33.09 150m: 1:36.54 33.09 200m: 2:08.91 32.37					
3.	Ana Rita Faria	00	Porto	2:09.23	+0,77	629
	50m: 30.06 30.06 100m: 1:02.80 32.74 150m: 1:36.19 33.39 200m: 2:09.23 33.04					
4.	Maria Francisca Cabral	00	Porto	2:09.62	+0,82	624
	50m: 30.17 30.17 100m: 1:03.30 33.13 150m: 1:36.94 33.64 200m: 2:09.62 32.68					
5.	Beatriz Paulo Ranito	99	Sporting	2:09.76	+0,81	622
	50m: 30.18 30.18 100m: 1:02.84 32.66 150m: 1:36.38 33.54 200m: 2:09.76 33.38					
6.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:09.87	+0,73	620
	50m: 30.05 30.05 100m: 1:02.54 32.49 150m: 1:35.99 33.45 200m: 2:09.87 33.88					
7.	Maria Ines Ferreira	00	Miranda do Corvo	2:09.96	+0,78	619
	50m: 30.51 30.51 100m: 1:04.07 33.56 150m: 1:37.13 33.06 200m: 2:09.96 32.83					
8.	Margarida Sobral Pimenta	99	Belenenses	2:10.99	+0,73	604
	50m: 30.64 30.64 100m: 1:04.38 33.74 150m: 1:37.94 33.56 200m: 2:10.99 33.05					
9.	Ines Eira Pereira	99	Estamos Juntos	2:11.08	+0,91	603
	50m: 31.06 31.06 100m: 1:04.43 33.37 150m: 1:38.17 33.74 200m: 2:11.08 32.91					
10.	Sofia Alexandra Nunes	00	Laranjeiro	2:11.54	+0,78	597
	50m: 30.58 30.58 100m: 1:03.38 32.80 150m: 1:37.26 33.88 200m: 2:11.54 34.28					
11.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	2:11.82	+0,91	593
	50m: 30.43 30.43 100m: 1:03.53 33.10 150m: 1:38.35 34.82 200m: 2:11.82 33.47					

Prova 41, Femin., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Ines Figueira Santos	00	Uniao Piedense	2:12.11	+0,90	589
	50m: 30.89 30.89 100m: 1:04.35 33.46 150m: 1:38.58 34.23 200m: 2:12.11 33.53					
13.	Mariana Santos Ferreira	00	Miranda do Corvo	2:12.64	+0,79	582
	50m: 30.92 30.92 100m: 1:04.34 33.42 150m: 1:38.05 33.71 200m: 2:12.64 34.59					
14.	Ana Beatriz Fonseca	99	Academica de Coimbra	2:12.83	+0,72	580
	50m: 30.76 30.76 100m: 1:04.07 33.31 150m: 1:38.26 34.19 200m: 2:12.83 34.57					
15.	Laura Sanchez Rodrigues	00	Belenenses	2:13.08	+0,71	576
	50m: 30.84 30.84 100m: 1:03.94 33.10 150m: 1:37.80 33.86 200m: 2:13.08 35.28					
16.	Ana Pires Brito	99	Colegio Monte Maior	2:13.34	+0,77	573
	50m: 30.39 30.39 100m: 1:03.51 33.12 150m: 1:38.02 34.51 200m: 2:13.34 35.32					
17.	Beatriz Barros Carmo	99	Alges	2:13.63	+0,82	569
	50m: 30.77 30.77 100m: 1:04.39 33.62 150m: 1:39.00 34.61 200m: 2:13.63 34.63					
18.	Beatriz Lopes Pinto	99	Academica de Coimbra	2:13.74	+0,81	568
	50m: 32.06 32.06 100m: 1:05.84 33.78 150m: 1:39.85 34.01 200m: 2:13.74 33.89					
19.	Patricia Palmeiro Baeta	00	Scalabiswim	2:13.85	+0,79	566
	50m: 31.20 31.20 100m: 1:05.27 34.07 150m: 1:39.96 34.69 200m: 2:13.85 33.89					
20.	Tania Cristina Mendes	99	Vieirense	2:14.18	+0,82	562
	50m: 30.83 30.83 100m: 1:04.68 33.85 150m: 1:39.47 34.79 200m: 2:14.18 34.71					
21.	Eva Guerreiro Carvalho	99	Uniao Piedense	2:14.24	+0,90	562
	50m: 31.33 31.33 100m: 1:04.60 33.27 150m: 1:39.31 34.71 200m: 2:14.24 34.93					
22.	Margarida Valente Orrico	00	Uniao Piedense	2:14.25	+0,88	561
	50m: 31.48 31.48 100m: 1:05.40 33.92 150m: 1:40.07 34.67 200m: 2:14.25 34.18					
23.	Laura Catarina Abreu	00	Desportivo Nacional	2:14.32	+0,79	560
	50m: 30.44 30.44 100m: 1:03.95 33.51 150m: 1:38.99 35.04 200m: 2:14.32 35.33					
24.	Eliana Dirce Lourenco	00	Galitos/Bresimar	2:14.49	+0,79	558
	50m: 31.31 31.31 100m: 1:05.76 34.45 150m: 1:40.63 34.87 200m: 2:14.49 33.86					
25.	Sofia Isabel Gouveia	00	Uniao Piedense	2:15.03	+0,77	552
	50m: 30.32 30.32 100m: 1:04.52 34.20 150m: 1:39.97 35.45 200m: 2:15.03 35.06					

Prova 41, Femin., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
26.	Filipa Carreira Alves	99	Uniao Piedense	2:15.07	+0,77	551
	50m: 31.32 31.32 100m: 1:05.42 34.10 150m: 1:40.28 34.86 200m: 2:15.07 34.79					
27.	Catarina Martins Mestre	00	Sporting	2:15.25	+0,75	549
	50m: 30.35 30.35 100m: 1:04.24 33.89 150m: 1:39.75 35.51 200m: 2:15.25 35.50					
28.	Leila Tavarã Lemos FTL	00	Vilacondense	2:15.74	+0,76	543
	50m: 31.10 31.10 100m: 1:05.57 34.47 150m: 1:40.64 35.07 200m: 2:15.74 35.10					
29.	Claudia Ferreira Borges FTL	99	Benfica	2:15.83	+0,80	542
	50m: 30.92 30.92 100m: 1:04.57 33.65 150m: 1:40.44 35.87 200m: 2:15.83 35.39					
30.	Mariana Silva Ramos FTL	00	Sporting	2:15.86	+0,75	542
	50m: 31.07 31.07 100m: 1:05.33 34.26 150m: 1:40.59 35.26 200m: 2:15.86 35.27					
31.	Rafaela Araujo Silva FTL	00	Famalicao	2:16.68	+0,82	532
	50m: 31.24 31.24 100m: 1:05.63 34.39 150m: 1:41.38 35.75 200m: 2:16.68 35.30					
32.	Ana Catarina Oliveira FTL	99	Geslours	2:17.17	+0,79	526
	50m: 31.96 31.96 100m: 1:06.80 34.84 150m: 1:42.24 35.44 200m: 2:17.17 34.93					

Prova 42

Masc., 100m Estilos

17 anos e mais velhos

13-12-2015 - 11:15

Resultados Elimin

Recordes Nacionais 25m Absoluto	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009
Recordes Nacionais 25m Jun17	57.40	Diogo Filipe Carvalho	CGA	Aveiro	14-05-2005
Recordes Nacionais 25m Jun18	56.47	Alexis Manacas Santos	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009

TAC_B-JUNM Jun: 1:02.19 / TAC_B-SENM Sen: 58.90

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Prova 43

Femin., 100m Estilos

16 anos e mais velhos

13-12-2015 - 11:20

Resultados Elimin

Recordes Nacionais 25m Absoluto	1:02.09	Victoria Kaminskaya	PIMP	Porto	21-12-2014
Recordes Nacionais 25m Jun16	1:04.11	Maria Carolina Rosa	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	1:02.68	Ines Camacho Fernandes	SCP	Felgueiras	20-12-2013
Recordes Nacionais 25m Sen	1:02.09	Victoria Kaminskaya	PIMP	Porto	21-12-2014

TAC_B-JUNF Jun: 1:11.76 / TAC_B-SENF Sen: 1:09.04

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	1:05.08	+0,69	661
	50m: 29.72 29.72	100m: 1:05.08 35.36				
2.	Ana Pinho Rodrigues	94	Estamos Juntos	1:05.49	+0,68	648
	50m: 30.35 30.35	100m: 1:05.49 35.14				
3.	Diana Margarida Duraes	96	Porto	1:05.67	+0,68	643
	50m: 30.25 30.25	100m: 1:05.67 35.42				
4.	Barbara Sofia Barata	97	Alges	1:06.47	+0,73	620
	50m: 30.86 30.86	100m: 1:06.47 35.61				
5.	Ines Camacho Fernandes	97	Sporting	1:06.49	+0,75	620
	50m: 30.31 30.31	100m: 1:06.49 36.18				
6.	Catarina Maria Ferreira	98	Desportiva de Viana	1:06.64	+0,67	615
	50m: 30.83 30.83	100m: 1:06.64 35.81				
7.	Maria Rachadell Pereira	98	Portinado	1:06.95	+0,82	607
	50m: 30.71 30.71	100m: 1:06.95 36.24				
8.	Maria Madalena Silva	98	Nautico Abrantes	1:07.27	+0,72	598
	50m: 30.87 30.87	100m: 1:07.27 36.40				
9.	Sofia Machado Dionisio	98	Sporting	1:07.82	+0,79	584
	50m: 31.50 31.50	100m: 1:07.82 36.32				
10.	Diana Patricia Ferreira	94	Aquatico Pacense	1:07.84	+0,91	583
	50m: 31.09 31.09	100m: 1:07.84 36.75				
11.	Rita Teixeira Costa	97	Belenenses	1:07.90	+0,73	582
	50m: 30.98 30.98	100m: 1:07.90 36.92				
12.	Ana Margarida Rodrigues	96	Galitos/Bresimar	1:07.98	+0,79	580
	50m: 30.49 30.49	100m: 1:07.98 37.49				
13.	Carolina Mantua Guedes	98	Sporting	1:08.07	+0,75	577
	50m: 31.92 31.92	100m: 1:08.07 36.15				
14.	Ana Filipa Martins	97	Foca	1:08.13	+0,75	576
	50m: 31.30 31.30	100m: 1:08.13 36.83				
15.	Anais Ines Charro	98	Individual ANL	1:08.39	+0,74	569
	50m: 31.76 31.76	100m: 1:08.39 36.63				
16.	Bruna Martins Riesenberger	97	Laranjeiro	1:08.43	+0,71	568
	50m: 31.48 31.48	100m: 1:08.43 36.95				

Prova 43, Femin., 100m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Ana Marta Miranda	96	Uniao Piedense	1:08.49	+0,75	567
	50m: 30.91 30.91	100m: 1:08.49	37.58			
18.	Maria Carolina Rosa	94	Academica de Coimbra	1:09.20	+0,75	550
	FTL					
	50m: 32.77 32.77	100m: 1:09.20	36.43			

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
13-12-2015 - 11:25 Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	15:09.03	Joao Alexandre Vital	SCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005

TAC_B-JUNM Jun: 17:17.56 / TAC_B-SENM Sen: 16:29.03

Pontos: FINA 2015

Lugar	Nome			Ano	Clube		Tempo Final			TReac	Pts	
Seniores												
1.	Rafael Lourenco Gil			96	Uniao Piedense			15:00.65		+0,69	840	
	Rec Nacional, Sen e Abs											
	50m:	27.30	27.30	450m:	4:26.03	30.14	850m:	8:28.35	30.29	1250m:	12:29.97	30.11
	100m:	56.48	29.18	500m:	4:56.27	30.24	900m:	8:58.28	29.93	1300m:	13:00.37	30.40
	150m:	1:25.93	29.45	550m:	5:26.47	30.20	950m:	9:28.49	30.21	1350m:	13:30.67	30.30
	200m:	1:55.82	29.89	600m:	5:56.83	30.36	1000m:	9:58.76	30.27	1400m:	14:01.49	30.82
	250m:	2:25.77	29.95	650m:	6:27.24	30.41	1050m:	10:29.09	30.33	1450m:	14:31.65	30.16
	300m:	2:55.80	30.03	700m:	6:57.60	30.36	1100m:	10:59.22	30.13	1500m:	15:00.65	29.00
	350m:	3:25.82	30.02	750m:	7:27.95	30.35	1150m:	11:29.64	30.42			
	400m:	3:55.89	30.07	800m:	7:58.06	30.11	1200m:	11:59.86	30.22			
2.	Alexandre Valdagua Coutinho			97	Columbofila Cantanhedense			15:28.85		+0,70	766	
	50m:	27.96	27.96	450m:	4:32.74	30.93	850m:	8:42.57	31.61	1250m:	12:53.38	31.21
	100m:	58.00	30.04	500m:	5:03.99	31.25	900m:	9:13.85	31.28	1300m:	13:24.63	31.25
	150m:	1:28.41	30.41	550m:	5:34.94	30.95	950m:	9:45.01	31.16	1350m:	13:55.94	31.31
	200m:	1:58.55	30.14	600m:	6:06.25	31.31	1000m:	10:16.47	31.46	1400m:	14:27.05	31.11
	250m:	2:29.35	30.80	650m:	6:37.23	30.98	1050m:	10:47.82	31.35	1450m:	14:58.43	31.38
	300m:	3:00.15	30.80	700m:	7:08.35	31.12	1100m:	11:19.29	31.47	1500m:	15:28.85	30.42
	350m:	3:30.58	30.43	750m:	7:39.44	31.09	1150m:	11:50.73	31.44			
	400m:	4:01.81	31.23	800m:	8:10.96	31.52	1200m:	12:22.17	31.44			
3.	Vasco Miguel Gaspar			90	Uniao Piedense			15:30.43		+0,75	762	
	50m:	27.88	27.88	450m:	4:36.35	31.41	850m:	8:46.84	31.50	1250m:	12:58.45	31.01
	100m:	58.73	30.85	500m:	5:07.71	31.36	900m:	9:18.67	31.83	1300m:	13:29.34	30.89
	150m:	1:29.51	30.78	550m:	5:38.94	31.23	950m:	9:49.97	31.30	1350m:	14:00.59	31.25
	200m:	2:00.42	30.91	600m:	6:10.47	31.53	1000m:	10:21.55	31.58	1400m:	14:31.81	31.22
	250m:	2:31.34	30.92	650m:	6:41.39	30.92	1050m:	10:53.37	31.82	1450m:	15:01.86	30.05
	300m:	3:02.56	31.22	700m:	7:12.49	31.10	1100m:	11:24.76	31.39	1500m:	15:30.43	28.57
	350m:	3:33.63	31.07	750m:	7:43.91	31.42	1150m:	11:55.98	31.22			
	400m:	4:04.94	31.31	800m:	8:15.34	31.43	1200m:	12:27.44	31.46			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Mario Andre Bonanca	90	Sporting	15:30.54	+0.86	762
	50m: 28.12 28.12	450m: 4:36.30 31.29	850m: 8:46.84 31.72	1250m: 12:57.50 30.66		
	100m: 59.01 30.89	500m: 5:07.49 31.19	900m: 9:18.59 31.75	1300m: 13:28.11 30.61		
	150m: 1:29.86 30.85	550m: 5:38.62 31.13	950m: 9:50.10 31.51	1350m: 13:59.02 30.91		
	200m: 2:00.79 30.93	600m: 6:09.86 31.24	1000m: 10:21.62 31.52	1400m: 14:30.50 31.48		
	250m: 2:31.71 30.92	650m: 6:40.84 30.98	1050m: 10:53.13 31.51	1450m: 15:01.77 31.27		
	300m: 3:02.71 31.00	700m: 7:11.91 31.07	1100m: 11:24.45 31.32	1500m: 15:30.54 28.77		
	350m: 3:33.91 31.20	750m: 7:43.47 31.56	1150m: 11:55.66 31.21			
	400m: 4:05.01 31.10	800m: 8:15.12 31.65	1200m: 12:26.84 31.18			
5.	Joao Pedro Gil	97	Alges	15:45.70	+0.69	726
	50m: 27.74 27.74	450m: 4:35.98 31.65	850m: 8:51.68 32.36	1250m: 13:06.75 32.20		
	100m: 57.86 30.12	500m: 5:07.67 31.69	900m: 9:23.87 32.19	1300m: 13:38.61 31.86		
	150m: 1:28.52 30.66	550m: 5:39.35 31.68	950m: 9:55.55 31.68	1350m: 14:10.52 31.91		
	200m: 1:59.50 30.98	600m: 6:11.10 31.75	1000m: 10:27.24 31.69	1400m: 14:42.63 32.11		
	250m: 2:30.72 31.22	650m: 6:43.21 32.11	1050m: 10:59.07 31.83	1450m: 15:14.41 31.78		
	300m: 3:01.89 31.17	700m: 7:15.09 31.88	1100m: 11:30.74 31.67	1500m: 15:45.70 31.29		
	350m: 3:32.90 31.01	750m: 7:47.41 32.32	1150m: 12:02.41 31.67			
	400m: 4:04.33 31.43	800m: 8:19.32 31.91	1200m: 12:34.55 32.14			
6.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	15:48.16	+0.97	720
	50m: 28.23 28.23	450m: 4:36.74 31.67	850m: 8:52.25 32.32	1250m: 13:11.15 31.86		
	100m: 58.90 30.67	500m: 5:08.39 31.65	900m: 9:24.61 32.36	1300m: 13:42.98 31.83		
	150m: 1:29.75 30.85	550m: 5:40.09 31.70	950m: 9:57.09 32.48	1350m: 14:15.02 32.04		
	200m: 2:00.61 30.86	600m: 6:11.90 31.81	1000m: 10:29.61 32.52	1400m: 14:46.89 31.87		
	250m: 2:31.68 31.07	650m: 6:43.89 31.99	1050m: 11:02.37 32.76	1450m: 15:18.36 31.47		
	300m: 3:02.68 31.00	700m: 7:15.73 31.84	1100m: 11:34.78 32.41	1500m: 15:48.16 29.80		
	350m: 3:33.71 31.03	750m: 7:47.83 32.10	1150m: 12:07.27 32.49			
	400m: 4:05.07 31.36	800m: 8:19.93 32.10	1200m: 12:39.29 32.02			
7.	Tiago Silva Oliveira	94	Fluvial Portuense	15:53.82	+0.77	707
	50m: 28.03 28.03	450m: 4:37.06 32.13	850m: 8:52.75 32.25	1250m: 13:12.57 32.26		
	100m: 58.62 30.59	500m: 5:08.91 31.85	900m: 9:25.04 32.29	1300m: 13:44.86 32.29		
	150m: 1:29.37 30.75	550m: 5:40.74 31.83	950m: 9:57.54 32.50	1350m: 14:17.55 32.69		
	200m: 2:00.27 30.90	600m: 6:12.48 31.74	1000m: 10:30.02 32.48	1400m: 14:50.09 32.54		
	250m: 2:30.95 30.68	650m: 6:44.40 31.92	1050m: 11:02.60 32.58	1450m: 15:22.33 32.24		
	300m: 3:01.78 30.83	700m: 7:16.47 32.07	1100m: 11:35.43 32.83	1500m: 15:53.82 31.49		
	350m: 3:33.10 31.32	750m: 7:48.38 31.91	1150m: 12:08.01 32.58			
	400m: 4:04.93 31.83	800m: 8:20.50 32.12	1200m: 12:40.31 32.30			
8.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	15:56.97	+0.76	700
	50m: 28.17 28.17	450m: 4:38.72 31.89	850m: 8:55.92 32.30	1250m: 13:15.30 32.51		
	100m: 58.94 30.77	500m: 5:10.53 31.81	900m: 9:28.09 32.17	1300m: 13:47.48 32.18		
	150m: 1:29.92 30.98	550m: 5:42.35 31.82	950m: 10:00.42 32.33	1350m: 14:20.40 32.92		
	200m: 2:01.05 31.13	600m: 6:14.40 32.05	1000m: 10:33.06 32.64	1400m: 14:52.67 32.27		
	250m: 2:32.37 31.32	650m: 6:46.56 32.16	1050m: 11:05.03 31.97	1450m: 15:25.49 32.82		
	300m: 3:03.89 31.52	700m: 7:18.90 32.34	1100m: 11:37.67 32.64	1500m: 15:56.97 31.48		
	350m: 3:35.38 31.49	750m: 7:51.38 32.48	1150m: 12:10.32 32.65			
	400m: 4:06.83 31.45	800m: 8:23.62 32.24	1200m: 12:42.79 32.47			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Andre Neves	95	Academica de Coimbra	16:08.53	+0,77	676
	50m: 28.54 28.54	450m: 4:44.53 32.31	850m: 9:04.81 32.47	1250m: 13:25.73 33.08		
	100m: 59.55 31.01	500m: 5:17.24 32.71	900m: 9:37.37 32.56	1300m: 13:58.24 32.51		
	150m: 1:31.12 31.57	550m: 5:49.51 32.27	950m: 10:09.97 32.60	1350m: 14:31.07 32.83		
	200m: 2:03.07 31.95	600m: 6:21.96 32.45	1000m: 10:42.31 32.34	1400m: 15:03.69 32.62		
	250m: 2:35.24 32.17	650m: 6:54.69 32.73	1050m: 11:14.56 32.25	1450m: 15:36.15 32.46		
	300m: 3:07.75 32.51	700m: 7:27.40 32.71	1100m: 11:47.38 32.82	1500m: 16:08.53 32.38		
	350m: 3:40.14 32.39	750m: 7:59.71 32.31	1150m: 12:19.95 32.57			
	400m: 4:12.22 32.08	800m: 8:32.34 32.63	1200m: 12:52.65 32.70			
10.	Pedro Miguel Silva	94	Colegio Monte Maior	16:10.67	+0,71	671
	50m: 28.98 28.98	450m: 4:46.35 32.55	850m: 9:06.34 32.57	1250m: 13:26.79 32.74		
	100m: 1:00.73 31.75	500m: 5:18.90 32.55	900m: 9:38.65 32.31	1300m: 13:59.66 32.87		
	150m: 1:32.60 31.87	550m: 5:51.34 32.44	950m: 10:11.02 32.37	1350m: 14:32.98 33.32		
	200m: 2:04.80 32.20	600m: 6:23.92 32.58	1000m: 10:43.49 32.47	1400m: 15:05.57 32.59		
	250m: 2:36.99 32.19	650m: 6:56.36 32.44	1050m: 11:15.94 32.45	1450m: 15:38.59 33.02		
	300m: 3:09.18 32.19	700m: 7:28.66 32.30	1100m: 11:48.62 32.68	1500m: 16:10.67 32.08		
	350m: 3:41.45 32.27	750m: 8:01.20 32.54	1150m: 12:21.25 32.63			
	400m: 4:13.80 32.35	800m: 8:33.77 32.57	1200m: 12:54.05 32.80			
11.	Rui Pedro Faria	94	Famalicao	16:11.86	+0,77	669
	50m: 29.10 29.10	450m: 4:44.72 32.68	850m: 9:05.87 32.90	1250m: 13:28.69 33.18		
	100m: 59.99 30.89	500m: 5:17.60 32.88	900m: 9:38.39 32.52	1300m: 14:01.76 33.07		
	150m: 1:31.65 31.66	550m: 5:50.28 32.68	950m: 10:11.24 32.85	1350m: 14:34.71 32.95		
	200m: 2:03.69 32.04	600m: 6:22.77 32.49	1000m: 10:43.99 32.75	1400m: 15:07.53 32.82		
	250m: 2:35.70 32.01	650m: 6:55.25 32.48	1050m: 11:16.78 32.79	1450m: 15:40.45 32.92		
	300m: 3:07.79 32.09	700m: 7:27.91 32.66	1100m: 11:49.73 32.95	1500m: 16:11.86 31.41		
	350m: 3:39.95 32.16	750m: 8:00.43 32.52	1150m: 12:22.64 32.91			
	400m: 4:12.04 32.09	800m: 8:32.97 32.54	1200m: 12:55.51 32.87			
12.	Pedro Veiguinha Martins	96	Braga	16:24.30	+0,83	644
	50m: 29.29 29.29	450m: 4:46.74 33.06	850m: 9:12.26 33.55	1250m: 13:40.54 32.87		
	100m: 1:00.45 31.16	500m: 5:19.84 33.10	900m: 9:46.28 34.02	1300m: 14:13.40 32.86		
	150m: 1:32.03 31.58	550m: 5:52.69 32.85	950m: 10:19.74 33.46	1350m: 14:46.83 33.43		
	200m: 2:03.81 31.78	600m: 6:25.94 33.25	1000m: 10:53.40 33.66	1400m: 15:20.33 33.50		
	250m: 2:35.98 32.17	650m: 6:59.00 33.06	1050m: 11:27.27 33.87	1450m: 15:52.89 32.56		
	300m: 3:08.32 32.34	700m: 7:32.14 33.14	1100m: 12:00.81 33.54	1500m: 16:24.30 31.41		
	350m: 3:40.81 32.49	750m: 8:05.47 33.33	1150m: 12:34.50 33.69			
	400m: 4:13.68 32.87	800m: 8:38.71 33.24	1200m: 13:07.67 33.17			
13.	Joao Miguel Cardoso	97	Geslours	16:25.40	+0,76	642
	50m: 29.61 29.61	450m: 4:52.69 32.96	850m: 9:17.52 33.19	1250m: 13:41.32 33.24		
	100m: 1:01.82 32.21	500m: 5:25.93 33.24	900m: 9:50.04 32.52	1300m: 14:14.25 32.93		
	150m: 1:34.26 32.44	550m: 5:58.79 32.86	950m: 10:22.75 32.71	1350m: 14:47.26 33.01		
	200m: 2:07.47 33.21	600m: 6:31.68 32.89	1000m: 10:55.75 33.00	1400m: 15:20.25 32.99		
	250m: 2:40.50 33.03	650m: 7:04.82 33.14	1050m: 11:28.51 32.76	1450m: 15:53.61 33.36		
	300m: 3:13.48 32.98	700m: 7:37.81 32.99	1100m: 12:01.51 33.00	1500m: 16:25.40 31.79		
	350m: 3:46.68 33.20	750m: 8:11.16 33.35	1150m: 12:34.67 33.16			
	400m: 4:19.73 33.05	800m: 8:44.33 33.17	1200m: 13:08.08 33.41			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Sergio Gomes Abreu	96	Naval do Funchal	16:26.24	+0,72	640
	50m: 28.71 28.71	450m: 4:49.10 32.72	850m: 9:14.00 33.08	1250m: 13:41.54 33.19		
	100m: 1:00.51 31.80	500m: 5:22.53 33.43	900m: 9:47.22 33.22	1300m: 14:14.95 33.41		
	150m: 1:32.60 32.09	550m: 5:55.68 33.15	950m: 10:20.42 33.20	1350m: 14:48.34 33.39		
	200m: 2:05.52 32.92	600m: 6:28.10 32.42	1000m: 10:53.72 33.30	1400m: 15:22.08 33.74		
	250m: 2:38.00 32.48	650m: 7:01.63 33.53	1050m: 11:27.29 33.57	1450m: 15:55.40 33.32		
	300m: 3:10.67 32.67	700m: 7:34.38 32.75	1100m: 12:00.97 33.68	1500m: 16:26.24 30.84		
	350m: 3:43.70 33.03	750m: 8:07.55 33.17	1150m: 12:34.61 33.64			
	400m: 4:16.38 32.68	800m: 8:40.92 33.37	1200m: 13:08.35 33.74			
15.	Narciso Daniel Correia	97	Braga	16:26.91	+0,77	639
	50m: 28.98 28.98	450m: 4:47.02 32.71	850m: 9:11.01 33.66	1250m: 13:41.00 34.04		
	100m: 1:00.19 31.21	500m: 5:19.80 32.78	900m: 9:44.19 33.18	1300m: 14:14.97 33.97		
	150m: 1:32.05 31.86	550m: 5:52.52 32.72	950m: 10:18.16 33.97	1350m: 14:48.38 33.41		
	200m: 2:04.15 32.10	600m: 6:24.91 32.39	1000m: 10:52.24 34.08	1400m: 15:22.25 33.87		
	250m: 2:36.63 32.48	650m: 6:58.10 33.19	1050m: 11:25.40 33.16	1450m: 15:54.80 32.55		
	300m: 3:09.11 32.48	700m: 7:31.88 33.78	1100m: 11:59.21 33.81	1500m: 16:26.91 32.11		
	350m: 3:41.62 32.51	750m: 8:04.10 32.22	1150m: 12:33.14 33.93			
	400m: 4:14.31 32.69	800m: 8:37.35 33.25	1200m: 13:06.96 33.82			
16.	Duarte Nuno Vieira FTL	95	Desportivo Nacional	16:46.94	+0,66	601
	50m: 28.40 28.40	450m: 4:53.65 33.68	850m: 9:28.73 34.36	1250m: 14:00.39 33.91		
	100m: 1:00.00 31.60	500m: 5:27.51 33.86	900m: 10:03.77 35.04	1300m: 14:34.08 33.69		
	150m: 1:32.74 32.74	550m: 6:01.64 34.13	950m: 10:37.97 34.20	1350m: 15:08.14 34.06		
	200m: 2:05.83 33.09	600m: 6:35.74 34.10	1000m: 11:12.25 34.28	1400m: 15:41.94 33.80		
	250m: 2:39.39 33.56	650m: 7:09.82 34.08	1050m: 11:46.05 33.80	1450m: 16:15.55 33.61		
	300m: 3:12.93 33.54	700m: 7:44.38 34.56	1100m: 12:19.86 33.81	1500m: 16:46.94 31.39		
	350m: 3:46.55 33.62	750m: 8:19.02 34.64	1150m: 12:53.54 33.68			
	400m: 4:19.97 33.42	800m: 8:54.37 35.35	1200m: 13:26.48 32.94			
17.	Joao Luis Travanca FTL	97	Fluvial Portuense	16:53.63	+0,82	589
	50m: 29.11 29.11	450m: 4:54.17 33.65	850m: 9:26.99 35.04	1250m: 14:00.41 34.28		
	100m: 1:00.63 31.52	500m: 5:27.60 33.43	900m: 10:01.59 34.60	1300m: 14:34.97 34.56		
	150m: 1:32.69 32.06	550m: 6:01.35 33.75	950m: 10:35.96 34.37	1350m: 15:10.32 35.35		
	200m: 2:05.29 32.60	600m: 6:35.53 34.18	1000m: 11:09.39 33.43	1400m: 15:45.19 34.87		
	250m: 2:38.56 33.27	650m: 7:09.78 34.25	1050m: 11:44.19 34.80	1450m: 16:20.18 34.99		
	300m: 3:12.58 34.02	700m: 7:43.41 33.63	1100m: 12:18.41 34.22	1500m: 16:53.63 33.45		
	350m: 3:46.71 34.13	750m: 8:17.15 33.74	1150m: 12:53.03 34.62			
	400m: 4:20.52 33.81	800m: 8:51.95 34.80	1200m: 13:26.13 33.10			

Juniores

1.	Guilherme Filipe Pina	98	Benedita	15:11.25	+0,72	811
	50m: 27.73 27.73	450m: 4:30.51 30.63	850m: 8:34.90 30.33	1250m: 12:40.45 31.09		
	100m: 57.73 30.00	500m: 5:00.95 30.44	900m: 9:05.19 30.29	1300m: 13:11.41 30.96		
	150m: 1:27.87 30.14	550m: 5:31.59 30.64	950m: 9:35.76 30.57	1350m: 13:41.94 30.53		
	200m: 1:58.09 30.22	600m: 6:02.15 30.56	1000m: 10:06.10 30.34	1400m: 14:12.33 30.39		
	250m: 2:28.54 30.45	650m: 6:32.82 30.67	1050m: 10:36.73 30.63	1450m: 14:42.57 30.24		
	300m: 2:59.18 30.64	700m: 7:03.45 30.63	1100m: 11:07.49 30.76	1500m: 15:11.25 28.68		
	350m: 3:29.39 30.21	750m: 7:33.80 30.35	1150m: 11:38.60 31.11			
	400m: 3:59.88 30.49	800m: 8:04.57 30.77	1200m: 12:09.36 30.76			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
2.	Joao Alexandre Vital	98	Sporting	15:11.44	+0,55	811
	50m: 28.08 28.08	450m: 4:34.63 30.74	850m: 8:37.03 29.89	1250m: 12:40.32 30.99		
	100m: 58.26 30.18	500m: 5:05.29 30.66	900m: 9:07.22 30.19	1300m: 13:11.18 30.86		
	150m: 1:29.07 30.81	550m: 5:36.20 30.91	950m: 9:37.49 30.27	1350m: 13:42.01 30.83		
	200m: 1:59.94 30.87	600m: 6:06.86 30.66	1000m: 10:07.46 29.97	1400m: 14:12.77 30.76		
	250m: 2:31.10 31.16	650m: 6:37.04 30.18	1050m: 10:37.79 30.33	1450m: 14:42.95 30.18		
	300m: 3:01.81 30.71	700m: 7:07.63 30.59	1100m: 11:08.03 30.24	1500m: 15:11.44 28.49		
	350m: 3:32.76 30.95	750m: 7:37.39 29.76	1150m: 11:38.41 30.38			
	400m: 4:03.89 31.13	800m: 8:07.14 29.75	1200m: 12:09.33 30.92			
3.	Jose Paula Carvalho	98	Uniao Piedense	15:52.00	+0,75	712
	50m: 28.05 28.05	450m: 4:41.20 31.90	850m: 8:59.46 32.11	1250m: 13:17.10 32.14		
	100m: 58.56 30.51	500m: 5:13.38 32.18	900m: 9:31.98 32.52	1300m: 13:49.37 32.27		
	150m: 1:30.08 31.52	550m: 5:45.73 32.35	950m: 10:04.02 32.04	1350m: 14:20.36 30.99		
	200m: 2:01.65 31.57	600m: 6:18.02 32.29	1000m: 10:36.01 31.99	1400m: 14:51.66 31.30		
	250m: 2:33.39 31.74	650m: 6:50.44 32.42	1050m: 11:08.11 32.10	1450m: 15:22.81 31.15		
	300m: 3:05.35 31.96	700m: 7:22.69 32.25	1100m: 11:39.85 31.74	1500m: 15:52.00 29.19		
	350m: 3:37.25 31.90	750m: 7:55.10 32.41	1150m: 12:11.85 32.00			
	400m: 4:09.30 32.05	800m: 8:27.35 32.25	1200m: 12:44.96 33.11			
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	15:54.05	+0,72	707
	50m: 28.10 28.10	450m: 4:40.14 31.89	850m: 8:56.33 32.20	1250m: 13:14.15 32.39		
	100m: 59.03 30.93	500m: 5:11.89 31.75	900m: 9:28.35 32.02	1300m: 13:46.57 32.42		
	150m: 1:30.20 31.17	550m: 5:43.60 31.71	950m: 10:00.36 32.01	1350m: 14:18.85 32.28		
	200m: 2:01.85 31.65	600m: 6:15.83 32.23	1000m: 10:32.37 32.01	1400m: 14:51.20 32.35		
	250m: 2:33.23 31.38	650m: 6:48.00 32.17	1050m: 11:04.49 32.12	1450m: 15:23.62 32.42		
	300m: 3:05.12 31.89	700m: 7:19.92 31.92	1100m: 11:36.97 32.48	1500m: 15:54.05 30.43		
	350m: 3:36.73 31.61	750m: 7:51.82 31.90	1150m: 12:09.30 32.33			
	400m: 4:08.25 31.52	800m: 8:24.13 32.31	1200m: 12:41.76 32.46			
5.	Miguel Ribeiro Bate	99	Alges	16:16.59	+0,78	659
	50m: 28.94 28.94	450m: 4:47.00 32.33	850m: 9:07.99 32.78	1250m: 13:32.74 33.64		
	100m: 1:00.57 31.63	500m: 5:19.40 32.40	900m: 9:40.35 32.36	1300m: 14:05.92 33.18		
	150m: 1:32.63 32.06	550m: 5:52.04 32.64	950m: 10:13.28 32.93	1350m: 14:39.06 33.14		
	200m: 2:04.88 32.25	600m: 6:24.68 32.64	1000m: 10:46.20 32.92	1400m: 15:12.08 33.02		
	250m: 2:37.21 32.33	650m: 6:56.93 32.25	1050m: 11:19.39 33.19	1450m: 15:44.60 32.52		
	300m: 3:09.80 32.59	700m: 7:29.56 32.63	1100m: 11:52.58 33.19	1500m: 16:16.59 31.99		
	350m: 3:42.35 32.55	750m: 8:02.38 32.82	1150m: 12:25.66 33.08			
	400m: 4:14.67 32.32	800m: 8:35.21 32.83	1200m: 12:59.10 33.44			
6.	Goncalo Miguel Nogueira	98	Porto	16:24.64	+0,71	643
	50m: 29.24 29.24	450m: 4:49.77 32.83	850m: 9:17.46 33.40	1250m: 13:43.24 32.72		
	100m: 1:01.16 31.92	500m: 5:23.15 33.38	900m: 9:50.80 33.34	1300m: 14:15.79 32.55		
	150m: 1:33.18 32.02	550m: 5:56.57 33.42	950m: 10:24.04 33.24	1350m: 14:48.90 33.11		
	200m: 2:05.56 32.38	600m: 6:30.03 33.46	1000m: 10:57.61 33.57	1400m: 15:21.82 32.92		
	250m: 2:38.28 32.72	650m: 7:03.78 33.75	1050m: 11:31.21 33.60	1450m: 15:54.05 32.23		
	300m: 3:11.13 32.85	700m: 7:37.38 33.60	1100m: 12:04.85 33.64	1500m: 16:24.64 30.59		
	350m: 3:43.90 32.77	750m: 8:10.71 33.33	1150m: 12:37.81 32.96			
	400m: 4:16.94 33.04	800m: 8:44.06 33.35	1200m: 13:10.52 32.71			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	16:25.70	+0,75	641
	50m: 29.70 29.70	450m: 4:50.64 32.71	850m: 9:16.37 33.17	1250m: 13:47.13 33.74		
	100m: 1:01.61 31.91	500m: 5:23.54 32.90	900m: 9:50.03 33.66	1300m: 14:19.84 32.71		
	150m: 1:34.15 32.54	550m: 5:56.74 33.20	950m: 10:24.28 34.25	1350m: 14:52.02 32.18		
	200m: 2:06.94 32.79	600m: 6:29.94 33.20	1000m: 10:58.06 33.78	1400m: 15:24.02 32.00		
	250m: 2:39.77 32.83	650m: 7:03.36 33.42	1050m: 11:31.88 33.82	1450m: 15:55.76 31.74		
	300m: 3:12.54 32.77	700m: 7:36.38 33.02	1100m: 12:05.42 33.54	1500m: 16:25.70 29.94		
	350m: 3:45.24 32.70	750m: 8:09.81 33.43	1150m: 12:39.59 34.17			
	400m: 4:17.93 32.69	800m: 8:43.20 33.39	1200m: 13:13.39 33.80			
8.	Tiago Cunha Costa	99	Sporting	16:31.34	+0,69	630
	50m: 29.03 29.03	450m: 4:52.23 33.18	850m: 9:20.32 33.38	1250m: 13:48.09 33.24		
	100m: 1:01.05 32.02	500m: 5:25.70 33.47	900m: 9:54.03 33.71	1300m: 14:20.98 32.89		
	150m: 1:33.93 32.88	550m: 5:59.39 33.69	950m: 10:27.80 33.77	1350m: 14:54.12 33.14		
	200m: 2:07.14 33.21	600m: 6:32.86 33.47	1000m: 11:01.32 33.52	1400m: 15:26.95 32.83		
	250m: 2:40.29 33.15	650m: 7:06.39 33.53	1050m: 11:34.61 33.29	1450m: 15:59.60 32.65		
	300m: 3:13.17 32.88	700m: 7:39.83 33.44	1100m: 12:07.97 33.36	1500m: 16:31.34 31.74		
	350m: 3:46.11 32.94	750m: 8:13.68 33.85	1150m: 12:41.48 33.51			
	400m: 4:19.05 32.94	800m: 8:46.94 33.26	1200m: 13:14.85 33.37			
9.	Diogo Rosado Leca	98	Colegio Monte Maior	16:33.01	+0,75	627
	50m: 28.80 28.80	450m: 4:52.13 33.34	850m: 9:19.82 33.21	1250m: 13:45.90 33.35		
	100m: 1:00.25 31.45	500m: 5:26.46 34.33	900m: 9:53.10 33.28	1300m: 14:19.17 33.27		
	150m: 1:32.50 32.25	550m: 6:00.67 34.21	950m: 10:26.52 33.42	1350m: 14:53.13 33.96		
	200m: 2:05.35 32.85	600m: 6:33.65 32.98	1000m: 10:59.89 33.37	1400m: 15:27.24 34.11		
	250m: 2:38.33 32.98	650m: 7:06.79 33.14	1050m: 11:33.25 33.36	1450m: 16:00.43 33.19		
	300m: 3:11.72 33.39	700m: 7:39.93 33.14	1100m: 12:06.25 33.00	1500m: 16:33.01 32.58		
	350m: 3:45.33 33.61	750m: 8:13.20 33.27	1150m: 12:39.41 33.16			
	400m: 4:18.79 33.46	800m: 8:46.61 33.41	1200m: 13:12.55 33.14			
10.	Tiago Andre Carvalho	99	Academica de Coimbra	16:34.88	+0,78	623
	50m: 29.04 29.04	450m: 4:53.36 33.53	850m: 9:18.55 33.13	1250m: 13:48.36 34.18		
	100m: 1:01.12 32.08	500m: 5:26.29 32.93	900m: 9:52.02 33.47	1300m: 14:22.26 33.90		
	150m: 1:34.19 33.07	550m: 5:59.39 33.10	950m: 10:25.31 33.29	1350m: 14:55.98 33.72		
	200m: 2:07.37 33.18	600m: 6:32.64 33.25	1000m: 10:58.99 33.68	1400m: 15:29.58 33.60		
	250m: 2:40.49 33.12	650m: 7:06.14 33.50	1050m: 11:32.77 33.78	1450m: 16:02.73 33.15		
	300m: 3:13.67 33.18	700m: 7:39.19 33.05	1100m: 12:06.53 33.76	1500m: 16:34.88 32.15		
	350m: 3:46.85 33.18	750m: 8:12.33 33.14	1150m: 12:40.35 33.82			
	400m: 4:19.83 32.98	800m: 8:45.42 33.09	1200m: 13:14.18 33.83			
11.	Pedro Trindade Silva	98	Belenenses	16:36.90	+0,81	620
	50m: 29.72 29.72	450m: 4:57.54 34.13	850m: 9:26.37 33.31	1250m: 13:53.94 33.54		
	100m: 1:02.25 32.53	500m: 5:31.28 33.74	900m: 10:00.03 33.66	1300m: 14:27.53 33.59		
	150m: 1:35.35 33.10	550m: 6:05.23 33.95	950m: 10:33.56 33.53	1350m: 15:00.67 33.14		
	200m: 2:08.79 33.44	600m: 6:38.71 33.48	1000m: 11:07.28 33.72	1400m: 15:33.54 32.87		
	250m: 2:41.85 33.06	650m: 7:12.63 33.92	1050m: 11:40.72 33.44	1450m: 16:05.94 32.40		
	300m: 3:15.30 33.45	700m: 7:46.38 33.75	1100m: 12:13.86 33.14	1500m: 16:36.90 30.96		
	350m: 3:49.07 33.77	750m: 8:19.73 33.35	1150m: 12:47.08 33.22			
	400m: 4:23.41 34.34	800m: 8:53.06 33.33	1200m: 13:20.40 33.32			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Afonso Calais Queiroga	98	Uniao Piedense	16:40.19	+0.71	613
	50m: 28.99 28.99	450m: 4:56.85 33.75	850m: 9:23.38 33.56	1250m: 13:50.98 34.28		
	100m: 1:01.64 32.65	500m: 5:30.27 33.42	900m: 9:56.82 33.44	1300m: 14:24.56 33.58		
	150m: 1:34.96 33.32	550m: 6:04.22 33.95	950m: 10:30.15 33.33	1350m: 14:59.23 34.67		
	200m: 2:08.33 33.37	600m: 6:37.10 32.88	1000m: 11:03.40 33.25	1400m: 15:32.96 33.73		
	250m: 2:42.24 33.91	650m: 7:09.99 32.89	1050m: 11:36.51 33.11	1450m: 16:07.58 34.62		
	300m: 3:15.65 33.41	700m: 7:43.22 33.23	1100m: 12:10.63 34.12	1500m: 16:40.19 32.61		
	350m: 3:49.44 33.79	750m: 8:16.44 33.22	1150m: 12:43.11 32.48			
	400m: 4:23.10 33.66	800m: 8:49.82 33.38	1200m: 13:16.70 33.59			
13.	Diogo Rodrigues Freitas	98	Uniao Piedense	16:40.75	+0.83	612
	50m: 29.39 29.39	450m: 4:54.87 33.67	850m: 9:26.31 34.09	1250m: 13:55.59 33.55		
	100m: 1:01.95 32.56	500m: 5:28.90 34.03	900m: 10:00.44 34.13	1300m: 14:28.94 33.35		
	150m: 1:34.80 32.85	550m: 6:03.25 34.35	950m: 10:34.47 34.03	1350m: 15:02.63 33.69		
	200m: 2:07.78 32.98	600m: 6:37.07 33.82	1000m: 11:08.16 33.69	1400m: 15:36.38 33.75		
	250m: 2:41.09 33.31	650m: 7:10.90 33.83	1050m: 11:41.69 33.53	1450m: 16:09.55 33.17		
	300m: 3:14.51 33.42	700m: 7:44.78 33.88	1100m: 12:15.32 33.63	1500m: 16:40.75 31.20		
	350m: 3:47.76 33.25	750m: 8:18.52 33.74	1150m: 12:48.46 33.14			
	400m: 4:21.20 33.44	800m: 8:52.22 33.70	1200m: 13:22.04 33.58			
14.	Rui Jorge Matias	99	Vilacondense	16:40.76	+0.73	612
	50m: 29.23 29.23	450m: 4:56.03 33.70	850m: 9:26.55 34.02	1250m: 13:56.87 33.52		
	100m: 1:02.04 32.81	500m: 5:30.03 34.00	900m: 10:00.95 34.40	1300m: 14:30.20 33.33		
	150m: 1:34.76 32.72	550m: 6:03.51 33.48	950m: 10:34.75 33.80	1350m: 15:03.52 33.32		
	200m: 2:08.41 33.65	600m: 6:37.37 33.86	1000m: 11:08.43 33.68	1400m: 15:37.38 33.86		
	250m: 2:42.35 33.94	650m: 7:11.45 34.08	1050m: 11:42.16 33.73	1450m: 16:10.68 33.30		
	300m: 3:15.35 33.00	700m: 7:45.35 33.90	1100m: 12:15.89 33.73	1500m: 16:40.76 30.08		
	350m: 3:48.79 33.44	750m: 8:18.95 33.60	1150m: 12:49.85 33.96			
	400m: 4:22.33 33.54	800m: 8:52.53 33.58	1200m: 13:23.35 33.50			
15.	Joao Francisco Machado	99	Nautico /Urgicentro-Sanfil	16:44.47	+0.79	606
	50m: 29.57 29.57	450m: 4:55.14 33.47	850m: 9:23.13 33.38	1250m: 13:55.11 34.18		
	100m: 1:02.11 32.54	500m: 5:28.50 33.36	900m: 9:56.79 33.66	1300m: 14:29.49 34.38		
	150m: 1:35.14 33.03	550m: 6:01.98 33.48	950m: 10:30.87 34.08	1350m: 15:03.72 34.23		
	200m: 2:08.53 33.39	600m: 6:35.76 33.78	1000m: 11:05.03 34.16	1400m: 15:37.91 34.19		
	250m: 2:41.70 33.17	650m: 7:09.09 33.33	1050m: 11:38.72 33.69	1450m: 16:11.98 34.07		
	300m: 3:15.04 33.34	700m: 7:42.76 33.67	1100m: 12:12.53 33.81	1500m: 16:44.47 32.49		
	350m: 3:48.26 33.22	750m: 8:16.27 33.51	1150m: 12:46.55 34.02			
	400m: 4:21.67 33.41	800m: 8:49.75 33.48	1200m: 13:20.93 34.38			
16.	Tiago Douwens Paula	99	Sporting	16:45.42	+0.77	604
	50m: 30.30 30.30	450m: 4:57.60 33.55	850m: 9:25.15 33.58	1250m: 13:55.91 34.14		
	100m: 1:03.05 32.75	500m: 5:31.05 33.45	900m: 9:58.81 33.66	1300m: 14:30.02 34.11		
	150m: 1:36.01 32.96	550m: 6:04.51 33.46	950m: 10:32.33 33.52	1350m: 15:03.55 33.53		
	200m: 2:09.39 33.38	600m: 6:37.86 33.35	1000m: 11:06.22 33.89	1400m: 15:37.57 34.02		
	250m: 2:42.94 33.55	650m: 7:11.27 33.41	1050m: 11:39.94 33.72	1450m: 16:11.76 34.19		
	300m: 3:16.49 33.55	700m: 7:44.74 33.47	1100m: 12:13.57 33.63	1500m: 16:45.42 33.66		
	350m: 3:50.18 33.69	750m: 8:18.09 33.35	1150m: 12:47.63 34.06			
	400m: 4:24.05 33.87	800m: 8:51.57 33.48	1200m: 13:21.77 34.14			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Joao Santos Mendes	98	Leixoes	16:45.46	+0.71	604
	50m: 29.26 29.26	450m: 4:54.66 33.70	850m: 9:27.13 33.67	1250m: 13:59.86 34.17		
	100m: 1:01.82 32.56	500m: 5:28.58 33.92	900m: 10:00.63 33.50	1300m: 14:33.39 33.53		
	150m: 1:34.39 32.57	550m: 6:02.34 33.76	950m: 10:33.71 33.08	1350m: 15:06.98 33.59		
	200m: 2:07.38 32.99	600m: 6:36.71 34.37	1000m: 11:07.62 33.91	1400m: 15:40.95 33.97		
	250m: 2:40.57 33.19	650m: 7:11.08 34.37	1050m: 11:42.57 34.95	1450m: 16:13.64 32.69		
	300m: 3:13.83 33.26	700m: 7:45.67 34.59	1100m: 12:17.37 34.80	1500m: 16:45.46 31.82		
	350m: 3:47.32 33.49	750m: 8:19.76 34.09	1150m: 12:51.39 34.02			
	400m: 4:20.96 33.64	800m: 8:53.46 33.70	1200m: 13:25.69 34.30			
18.	Dario Fausto Matias	98	Torres Novas	16:45.65	+0.77	604
	50m: 29.36 29.36	450m: 4:57.21 33.96	850m: 9:29.01 34.13	1250m: 13:59.06 32.96		
	100m: 1:02.03 32.67	500m: 5:31.01 33.80	900m: 10:03.09 34.08	1300m: 14:32.50 33.44		
	150m: 1:35.27 33.24	550m: 6:04.95 33.94	950m: 10:36.98 33.89	1350m: 15:06.02 33.52		
	200m: 2:08.98 33.71	600m: 6:38.76 33.81	1000m: 11:11.02 34.04	1400m: 15:40.06 34.04		
	250m: 2:42.30 33.32	650m: 7:12.95 34.19	1050m: 11:44.77 33.75	1450m: 16:13.75 33.69		
	300m: 3:15.73 33.43	700m: 7:46.87 33.92	1100m: 12:18.38 33.61	1500m: 16:45.65 31.90		
	350m: 3:49.26 33.53	750m: 8:20.92 34.05	1150m: 12:52.32 33.94			
	400m: 4:23.25 33.99	800m: 8:54.88 33.96	1200m: 13:26.10 33.78			
19.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:45.94	+0.85	603
	50m: 29.51 29.51	450m: 4:54.38 33.46	850m: 9:24.28 34.16	1250m: 13:58.12 34.20		
	100m: 1:01.75 32.24	500m: 5:28.14 33.76	900m: 9:58.74 34.46	1300m: 14:32.35 34.23		
	150m: 1:34.47 32.72	550m: 6:01.57 33.43	950m: 10:33.08 34.34	1350m: 15:06.75 34.40		
	200m: 2:07.55 33.08	600m: 6:34.94 33.37	1000m: 11:07.37 34.29	1400m: 15:40.76 34.01		
	250m: 2:40.85 33.30	650m: 7:08.67 33.73	1050m: 11:41.80 34.43	1450m: 16:14.46 33.70		
	300m: 3:13.98 33.13	700m: 7:42.38 33.71	1100m: 12:15.75 33.95	1500m: 16:45.94 31.48		
	350m: 3:47.41 33.43	750m: 8:16.24 33.86	1150m: 12:49.83 34.08			
	400m: 4:20.92 33.51	800m: 8:50.12 33.88	1200m: 13:23.92 34.09			
20.	Jose Pedro Fernandes	99	Braga	16:46.53	+0.80	602
	50m: 29.25 29.25	450m: 4:53.43 33.64	850m: 9:24.73 33.89	1250m: 13:58.43 34.84		
	100m: 1:01.08 31.83	500m: 5:27.34 33.91	900m: 9:58.57 33.84	1300m: 14:32.66 34.23		
	150m: 1:33.62 32.54	550m: 6:01.22 33.88	950m: 10:32.76 34.19	1350m: 15:05.94 33.28		
	200m: 2:06.89 33.27	600m: 6:35.17 33.95	1000m: 11:06.94 34.18	1400m: 15:40.33 34.39		
	250m: 2:40.15 33.26	650m: 7:08.92 33.75	1050m: 11:41.09 34.15	1450m: 16:14.91 34.58		
	300m: 3:13.47 33.32	700m: 7:42.97 34.05	1100m: 12:14.97 33.88	1500m: 16:46.53 31.62		
	350m: 3:46.57 33.10	750m: 8:17.11 34.14	1150m: 12:49.10 34.13			
	400m: 4:19.79 33.22	800m: 8:50.84 33.73	1200m: 13:23.59 34.49			
21.	Alexandre Magno Carvalho	98	Fluvial Portuense	16:46.96	+0.77	601
	50m: 28.82 28.82	450m: 4:52.82 33.54	850m: 9:24.21 33.75	1250m: 13:59.68 34.14		
	100m: 1:01.06 32.24	500m: 5:26.43 33.61	900m: 9:58.72 34.51	1300m: 14:33.32 33.64		
	150m: 1:33.82 32.76	550m: 5:59.71 33.28	950m: 10:33.55 34.83	1350m: 15:07.52 34.20		
	200m: 2:06.86 33.04	600m: 6:33.29 33.58	1000m: 11:07.80 34.25	1400m: 15:41.56 34.04		
	250m: 2:39.71 32.85	650m: 7:07.15 33.86	1050m: 11:42.20 34.40	1450m: 16:14.71 33.15		
	300m: 3:12.97 33.26	700m: 7:41.47 34.32	1100m: 12:16.67 34.47	1500m: 16:46.96 32.25		
	350m: 3:46.13 33.16	750m: 8:15.98 34.51	1150m: 12:51.16 34.49			
	400m: 4:19.28 33.15	800m: 8:50.46 34.48	1200m: 13:25.54 34.38			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Jose Diogo Fonseca	98	Nautico Marinha Grande	16:47.17	+0,74	601
	50m: 29.59 29.59	450m: 4:52.82 33.43	850m: 9:25.11 34.02	1250m: 13:59.20 34.21		
	100m: 1:01.67 32.08	500m: 5:26.44 33.62	900m: 9:59.26 34.15	1300m: 14:33.21 34.01		
	150m: 1:34.06 32.39	550m: 6:00.21 33.77	950m: 10:33.58 34.32	1350m: 15:07.22 34.01		
	200m: 2:06.67 32.61	600m: 6:34.38 34.17	1000m: 11:07.93 34.35	1400m: 15:41.51 34.29		
	250m: 2:39.40 32.73	650m: 7:08.27 33.89	1050m: 11:41.92 33.99	1450m: 16:15.03 33.52		
	300m: 3:12.57 33.17	700m: 7:42.76 34.49	1100m: 12:16.67 34.75	1500m: 16:47.17 32.14		
	350m: 3:45.85 33.28	750m: 8:16.88 34.12	1150m: 12:50.85 34.18			
	400m: 4:19.39 33.54	800m: 8:51.09 34.21	1200m: 13:24.99 34.14			
23.	Duarte Filipe Rodrigues	99	Alges	16:53.19	+0,91	590
	50m: 29.77 29.77	450m: 4:53.63 33.38	850m: 9:22.20 33.95	1250m: 13:58.61 34.98		
	100m: 1:02.09 32.32	500m: 5:26.86 33.23	900m: 9:56.52 34.32	1300m: 14:33.79 35.18		
	150m: 1:34.80 32.71	550m: 6:00.13 33.27	950m: 10:30.71 34.19	1350m: 15:08.78 34.99		
	200m: 2:07.97 33.17	600m: 6:33.41 33.28	1000m: 11:04.94 34.23	1400m: 15:43.98 35.20		
	250m: 2:40.97 33.00	650m: 7:06.84 33.43	1050m: 11:39.45 34.51	1450m: 16:18.90 34.92		
	300m: 3:13.95 32.98	700m: 7:40.64 33.80	1100m: 12:14.08 34.63	1500m: 16:53.19 34.29		
	350m: 3:47.03 33.08	750m: 8:14.55 33.91	1150m: 12:48.62 34.54			
	400m: 4:20.25 33.22	800m: 8:48.25 33.70	1200m: 13:23.63 35.01			
24.	Bernardo Graca Rodrigues	99	Alges	16:54.66	+0,68	588
	50m: 30.02 30.02	450m: 4:57.43 33.74	850m: 9:26.91 33.65	1250m: 14:00.88 34.41		
	100m: 1:02.65 32.63	500m: 5:31.04 33.61	900m: 10:00.84 33.93	1300m: 14:36.00 35.12		
	150m: 1:35.96 33.31	550m: 6:04.70 33.66	950m: 10:34.99 34.15	1350m: 15:10.91 34.91		
	200m: 2:09.16 33.20	600m: 6:38.37 33.67	1000m: 11:09.06 34.07	1400m: 15:45.94 35.03		
	250m: 2:42.59 33.43	650m: 7:12.22 33.85	1050m: 11:43.16 34.10	1450m: 16:20.84 34.90		
	300m: 3:16.28 33.69	700m: 7:45.93 33.71	1100m: 12:17.39 34.23	1500m: 16:54.66 33.82		
	350m: 3:49.80 33.52	750m: 8:19.67 33.74	1150m: 12:51.75 34.36			
	400m: 4:23.69 33.89	800m: 8:53.26 33.59	1200m: 13:26.47 34.72			
25.	Daniel Filipe Paiva	98	Miranda do Corvo	17:02.92	+0,85	573
	50m: 31.34 31.34	450m: 5:02.99 34.20	850m: 9:39.89 34.84	1250m: 14:14.64 34.50		
	100m: 1:04.49 33.15	500m: 5:37.35 34.36	900m: 10:14.17 34.28	1300m: 14:48.63 33.99		
	150m: 1:38.05 33.56	550m: 6:12.10 34.75	950m: 10:48.19 34.02	1350m: 15:22.90 34.27		
	200m: 2:11.75 33.70	600m: 6:46.93 34.83	1000m: 11:22.71 34.52	1400m: 15:56.87 33.97		
	250m: 2:46.01 34.26	650m: 7:21.66 34.73	1050m: 11:56.99 34.28	1450m: 16:30.60 33.73		
	300m: 3:20.26 34.25	700m: 7:56.13 34.47	1100m: 12:31.28 34.29	1500m: 17:02.92 32.32		
	350m: 3:54.56 34.30	750m: 8:30.60 34.47	1150m: 13:05.64 34.36			
	400m: 4:28.79 34.23	800m: 9:05.05 34.45	1200m: 13:40.14 34.50			
26.	Andre Alexandre Santos	99	Sporting	17:03.02	+0,90	573
	50m: 30.50 30.50	450m: 4:58.10 33.99	850m: 9:32.14 34.15	1250m: 14:11.39 35.23		
	100m: 1:03.26 32.76	500m: 5:31.78 33.68	900m: 10:06.59 34.45	1300m: 14:46.25 34.86		
	150m: 1:36.27 33.01	550m: 6:06.26 34.48	950m: 10:41.14 34.55	1350m: 15:21.12 34.87		
	200m: 2:09.62 33.35	600m: 6:40.75 34.49	1000m: 11:15.64 34.50	1400m: 15:55.47 34.35		
	250m: 2:42.91 33.29	650m: 7:15.01 34.26	1050m: 11:50.88 35.24	1450m: 16:29.91 34.44		
	300m: 3:16.50 33.59	700m: 7:49.24 34.23	1100m: 12:26.32 35.44	1500m: 17:03.02 33.11		
	350m: 3:50.27 33.77	750m: 8:23.27 34.03	1150m: 13:01.29 34.97			
	400m: 4:24.11 33.84	800m: 8:57.99 34.72	1200m: 13:36.16 34.87			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Jose Ricardo Ribeiro	99	Fluvial Portuense	17:03.16	+0,72	573
	50m: 29.47 29.47	450m: 4:57.66 34.53	850m: 9:36.12 34.84	1250m: 14:14.43 35.39		
	100m: 1:01.37 31.90	500m: 5:32.31 34.65	900m: 10:10.82 34.70	1300m: 14:48.45 34.02		
	150m: 1:34.46 33.09	550m: 6:06.90 34.59	950m: 10:45.70 34.88	1350m: 15:22.79 34.34		
	200m: 2:07.89 33.43	600m: 6:41.79 34.89	1000m: 11:19.88 34.18	1400m: 15:57.29 34.50		
	250m: 2:40.88 32.99	650m: 7:16.72 34.93	1050m: 11:55.16 35.28	1450m: 16:31.72 34.43		
	300m: 3:14.60 33.72	700m: 7:51.80 35.08	1100m: 12:29.77 34.61	1500m: 17:03.16 31.44		
	350m: 3:48.98 34.38	750m: 8:26.68 34.88	1150m: 13:04.33 34.56			
	400m: 4:23.13 34.15	800m: 9:01.28 34.60	1200m: 13:39.04 34.71			
28.	Daniel Silva Bessa	99	Aquatico Pacense	17:14.59	+0,83	554
	50m: 30.51 30.51	450m: 4:57.82 33.87	850m: 9:33.13 34.95	1250m: 14:17.12 35.65		
	100m: 1:02.99 32.48	500m: 5:31.67 33.85	900m: 10:08.25 35.12	1300m: 14:53.46 36.34		
	150m: 1:36.31 33.32	550m: 6:05.52 33.85	950m: 10:43.51 35.26	1350m: 15:29.06 35.60		
	200m: 2:09.67 33.36	600m: 6:39.54 34.02	1000m: 11:18.94 35.43	1400m: 16:04.62 35.56		
	250m: 2:43.14 33.47	650m: 7:13.69 34.15	1050m: 11:54.48 35.54	1450m: 16:39.81 35.19		
	300m: 3:16.77 33.63	700m: 7:48.35 34.66	1100m: 12:30.16 35.68	1500m: 17:14.59 34.78		
	350m: 3:50.34 33.57	750m: 8:23.00 34.65	1150m: 13:05.76 35.60			
	400m: 4:23.95 33.61	800m: 8:58.18 35.18	1200m: 13:41.47 35.71			
29.	Eduardo Cardoso Lopes FTL	99	Louletano / Loule Concelho	17:17.59	+0,73	549
	50m: 29.12 29.12	450m: 5:02.38 35.35	850m: 9:44.45 35.17	1250m: 14:26.50 34.85		
	100m: 1:00.98 31.86	500m: 5:37.72 35.34	900m: 10:19.56 35.11	1300m: 15:01.64 35.14		
	150m: 1:33.91 32.93	550m: 6:13.21 35.49	950m: 10:54.47 34.91	1350m: 15:37.21 35.57		
	200m: 2:07.92 34.01	600m: 6:48.34 35.13	1000m: 11:29.48 35.01	1400m: 16:12.25 35.04		
	250m: 2:42.19 34.27	650m: 7:23.64 35.30	1050m: 12:05.24 35.76	1450m: 16:46.29 34.04		
	300m: 3:16.92 34.73	700m: 7:58.67 35.03	1100m: 12:40.67 35.43	1500m: 17:17.59 31.30		
	350m: 3:51.78 34.86	750m: 8:33.94 35.27	1150m: 13:16.31 35.64			
	400m: 4:27.03 35.25	800m: 9:09.28 35.34	1200m: 13:51.65 35.34			
30.	Nelson Pereira Malheiros FTL	99	Litoral Alentejano	17:23.56	+0,73	540
	50m: 30.54 30.54	450m: 5:02.22 34.55	850m: 9:40.39 34.78	1250m: 14:28.12 36.18		
	100m: 1:03.94 33.40	500m: 5:36.87 34.65	900m: 10:15.49 35.10	1300m: 15:04.28 36.16		
	150m: 1:37.18 33.24	550m: 6:11.80 34.93	950m: 10:51.25 35.76	1350m: 15:40.13 35.85		
	200m: 2:10.96 33.78	600m: 6:46.59 34.79	1000m: 11:27.00 35.75	1400m: 16:16.19 36.06		
	250m: 2:44.99 34.03	650m: 7:21.40 34.81	1050m: 12:03.78 36.78	1450m: 16:50.69 34.50		
	300m: 3:19.07 34.08	700m: 7:56.15 34.75	1100m: 12:39.65 35.87	1500m: 17:23.56 32.87		
	350m: 3:53.46 34.39	750m: 8:30.72 34.57	1150m: 13:15.19 35.54			
	400m: 4:27.67 34.21	800m: 9:05.61 34.89	1200m: 13:51.94 36.75			
DNS	Tiago Filipe Campos	99	Scalabiswim			
WDR	Rafael Ladeiro Santos	98	Geslours			

Prova 45 Femin., 4 x 100m Livres 16 anos e mais velhos
13-12-2015 - 12:35 Resultados

Recordes Nacionais 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

TAC_A-JUNF(estafetas) Jun: 4:08.82 / TAC_A-SENF(estafetas) Sen: 4:03.94

Pontos: FINA 2015

Lugar	Clube				Tempo Final	TReac	Pts	
Seniores								
1.	Porto-SEN		Porto		3:53.14	+0,67	695	
	Adriana Daniela Castro	+0,67	28.41	59.06	Diana Margarida Duraes	+0,47	27.26	56.29
	Rosa Maria Oliveira	+0,43	28.05	59.26	Sara Freitas Oliveira	+0,24	27.44	58.53
2.	Alges-SEN		Alges		3:56.17	+0,81	668	
	Francisca Gomes Azevedo	+0,81	28.38	58.83	Barbara Marques Rodrigues	+0,44	29.29	1:01.14
	Rita Barros Frischknecht	+0,30	26.98	57.08	Barbara Sofia Barata	+0,16	28.45	59.12
3.	Belenenses-SEN		Belenenses		3:56.91	+0,73	662	
	Lisa Marisa Soares	+0,73	28.78	59.97	Jessica Teixeira Vieira	+0,21	27.10	57.50
	Rita Teixeira Costa	+0,30	28.00	59.13	Daniela Teixeira Moreira	+0,21	28.58	1:00.31
4.	Sporting-SEN		Sporting		3:57.59	+0,78	656	
	Ines Camacho Fernandes	+0,78	28.48	58.57	Raquel Paulo Ranito	+0,16	28.42	59.99
	Mafalda Gomes Beleza	+0,44	28.16	59.58	Carolina Mantua Guedes	+0,32	28.27	59.45
5.	Fluvial Portuense-SEN		Fluvial Portuense		4:00.95	+0,73	629	
	Angelica Maria Andre	+0,73	28.59	59.12	Patricia Isabel Oliveira	+0,26	29.66	1:01.61
	Francisca Santos Pereira	+0,56	28.69	1:00.92	Vania Soares Neves	+0,17	28.43	59.30
6.	Vilacondense-SEN		Vilacondense		4:08.74	+0,88	572	
	FTL							
	Ana Filipa Gomes	+0,88	29.56	1:01.01	Maria Joao Fernandes	+0,57	29.76	1:02.46
	Beatriz Pereira Vasconcelos		29.97	1:02.74	Bruna Fangueiro Coentrao	+0,13	28.77	1:02.53

Juniores

1.	Porto-JUN			Porto		4:00.02	+0,73	637
	Maria Francisca Cabral	+0,73	28.32	57.94	Iris Cunha Santos	+0,35	30.20	1:03.53
	Marta Alexandra Canedo	+0,46	28.40	1:00.40	Ana Rita Faria	+0,52	27.99	58.15
2.	Alges-JUN			Alges		4:00.33	+0,79	634
	Madalena Gomes Azevedo	+0,79	29.24	59.53	Mariana Frazao Saraiva	+0,19	29.48	1:02.51
	Beatriz Barros Carmo	+0,49	28.86	1:01.01	Raquel Gomes Pereira	+0,52	27.76	57.28
3.	Uniao Piedense-JUN			Uniao Piedense		4:03.44	+0,77	610
	Filipa Carreira Alves	+0,77	29.09	1:00.60	Ines Figueira Santos	+0,64	29.52	1:00.83
	Eva Guerreiro Carvalho	+0,34	29.23	1:01.35	Sofia Isabel Gouveia	+0,41	28.16	1:00.66
4.	Belenenses-JUN			Belenenses		4:04.80	+0,68	600
	Laura Sanchez Rodrigues	+0,68	28.79	59.48	Margarida Sobral Pimenta	+0,19	28.92	1:00.14
	Margarida Rito Reis	+0,39	30.34	1:03.86	Ana Oliveira Silva	+0,37	29.29	1:01.32
5.	Desportivo Nacional-JUN			Desportivo Nacional		4:14.46	+0,68	534
	FTL							
	Vera Ines Aguilar	+0,68	29.46	1:02.15	Laura Catarina Abreu	+0,37	29.45	1:02.30
	Beatriz Jong Rosa	+0,55	29.73	1:03.30	Madalena Melim Doria	+0,41	31.87	1:06.71

Prova 46 Masc., 4 x 100m Livres 17 anos e mais velhos
13-12-2015 - 12:40 Resultados

Recordes Nacionais 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto	09-12-2012
Recordes Nacionais 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

TAC_A-JUNM(estafetas) Jun: 3:41.67 / TAC_A-SENM(estafetas) Sen: 3:34.71

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
Seniores				
1.	Estrelas S. Joao de Brito-SEN	3:18.41	+0,66	788
	Joao Silva Gigante +0,66 23.72	49.53	Pedro Diogo Oliveira +0,01 23.00	49.45
	Diogo Gomes Sousa +0,36 24.30	50.94	Miguel Duarte Nascimento +0,30 22.87	48.49
2.	Sporting-SEN	3:20.89	+0,72	759
	Igor Araujo Mogne +0,72 24.89	50.12	Guilherme Pereira Dias +0,58 24.27	50.95
	Alexandre Lages Ribas +0,14 24.52	50.85	Alexis Manacas Santos +0,24 23.28	48.97
3.	Benfica-SEN	3:24.81	+0,65	716
	Luiz Pedro Pereira +0,65 24.00	49.65	Joao Pedro Neves +0,37 24.71	52.44
	Guilherme Miguel Teixeira +0,69 24.66	52.32	Joao Duarte Santos +0,30 24.09	50.40
4.	Nautico /Urgicentro-Sanfil-SEN	3:25.02	+0,65	714
	Tomas Miguel Veloso +0,65 25.06	51.92	Francisco Xavier Goncalves +0,22 24.17	51.93
	Mario Alexandre Pereira +0,20 23.28	48.81	Joao Ricardo Silva +0,30 25.00	52.36
5.	Belenenses-SEN	3:29.22	+0,69	672
	Bruno Miguel Ramos +0,69 24.98	52.05	Fabio Andre Figueira +0,20 24.23	50.92
	Andre Bras Goncalves +0,41 25.26	53.37	Diogo Carrasco Correia +0,25 24.82	52.88
6.	Fluvial Portuense-SEN	3:31.39	+0,70	651
	Joao Miguel Costa +0,70 25.89	54.58	Rui Filipe Vilar +0,18 24.97	51.99
	Bernardo Leitao Graca +0,17 24.11	51.19	Tiago Silva Oliveira +0,25 25.70	53.63
7.	Foca-SEN	3:33.05	+0,71	636
	Ricardo David Silva +0,71 26.05	53.82	Rui Filipe Costa +0,36 25.76	53.23
	Marcelo Jose Pinto +0,37 25.76	53.80	Ivo Pinto Ribeiro +0,11 24.58	52.20
8.	Academica de Coimbra-SEN	3:34.36	+0,76	625
	Pedro Barros Mendes +0,76 25.71	54.27	Ilya Yelistratkin +0,36 25.18	53.64
	Joao Filipe Lucas +0,39 25.06	53.36	Jose Antonio Forte +0,16 24.94	53.09
9.	Vilacondense-SEN	3:34.79	+0,70	621
	FTL			
	Ruben Jose Morim +0,70 25.09	52.30	Diogo Carmo Ramos +0,26 25.26	54.23
	Filipe Carmo Ramos +0,45 25.10	52.66	Daniel Costa Vieira +0,63 26.69	55.60

Prova 46, Masc., 4 x 100m Livres

Juniores

1. Porto-JUN			Porto		3:32.43	+0,71	642
Diogo Miguel Costa	+0,71	26.35	54.25	Goncalo Miguel Nogueira	+0,27	25.11	53.06
Pedro Goncalves Neto	+0,18	25.18	53.50	Tiago Silva Soares	+0,34	24.78	51.62
2. Alges-JUN			Alges		3:32.92	+0,68	638
Francisco Cortez Viterbo	+0,68	25.94	54.78	Hugo Pon	+0,36	25.49	53.50
Francisco Carvalho Machado	+0,14	24.65	51.75	Afonso Ribeiro Bate	+0,32	25.01	52.89
3. Sporting-JUN			Sporting		3:33.99	+0,71	628
Guilherme Assis Ramos	+0,71	25.66	53.23	Antonio Manuel Mendes	+0,14	26.19	55.01
Tiago Cunha Costa	+0,22	26.14	54.10	Joao Alexandre Vital	+0,24	24.39	51.65
4. Naval do Funchal-JUN			Naval do Funchal		3:34.78	+0,71	621
Miguel Camara Gomes	+0,71	26.05	53.67	Alessandro Antunes Paolinelli	+0,22	25.55	54.41
Afonso Meneses Sequeira	+0,33	25.47	54.30	Pedro Camacho Sousa	+0,14	24.99	52.40
5. Belenenses-JUN			Belenenses		3:35.67	+0,66	613
Filipe Miguel Silveira	+0,66	26.11	54.00	Steve Alexandre Soares	+0,17	24.86	52.64
Pedro Trindade Silva	+0,38	25.63	53.73	Joao Magalhaes Nunes	+0,47	26.53	55.30
6. Uniao Piedense-JUN			Uniao Piedense		3:38.27	+0,69	592
Joao Daniel Machado	+0,69	26.38	54.60	Diogo Rodrigues Freitas	+0,13	26.05	54.94
Afonso Calais Queiroga	+0,20	25.47	54.34	Jose Paula Carvalho	+0,33	25.44	54.39
7. Natacao de Valongo-JUN			Natacao de Valongo		3:38.59	+0,64	589
Nuno Henrique Guimaraes	+0,64	26.38	54.14	Afonso Ribeiro Couto	+0,07	26.20	55.47
Humberto Fernandes Felgueiras	+0,29	24.97	53.41	Pedro Nuno Vieira	+0,17	25.78	55.57
8. Torres Novas-JUN			Torres Novas		3:42.58	+0,63	558
FTL							
Marco Andre Miguel	+0,63	26.23	54.79	Dario Fausto Matias	+0,56	27.27	57.38
Joao Paulo Lopes	+0,31	26.32	56.69	Afonso Guilherme Rosa	+0,33	25.14	53.72
9. Vilacondense-JUN			Vilacondense		3:47.76	+0,82	521
FTL							
Rui Jorge Matias	+0,82	27.15	56.13	Pedro Saraiva Silva	+0,28	27.55	58.31
Joao Alberto Gondar	+0,11	26.54	56.45	Joao Manuel Santos	+0,17	26.91	56.87

6 - 3ª Jornada - 2ª Sessão (finais)

13-12-2015 - 16:00

Prova 33 Femin., 800m Livres 16 anos e mais velhos
13-12-2015 Resultados

Recordes Nacionais 25m Absoluto	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Sen	8:39.01	Angelica Maria Andre	CFP	Porto	11-12-2015

TAC_B-JUNF Jun: 10:02.72 / TAC_B-SENF Sen: 9:59.17

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diana Margarida Duraes	96	Porto	8:36.74	+0,75	798
	<i>Rec Nacional, Sen</i>					
	50m: 30.38 30.38	250m: 2:39.33 32.10	450m: 4:48.07 32.22	650m: 6:58.50 32.66		
	100m: 1:02.71 32.33	300m: 3:11.49 32.16	500m: 5:20.61 32.54	700m: 7:31.09 32.59		
	150m: 1:35.11 32.40	350m: 3:43.62 32.13	550m: 5:53.24 32.63	750m: 8:04.03 32.94		
	200m: 2:07.23 32.12	400m: 4:15.85 32.23	600m: 6:25.84 32.60	800m: 8:36.74 32.71		
2.	Angelica Maria Andre	94	Fluvial Portuense	8:50.23	+0,72	738
	50m: 30.54 30.54	250m: 2:42.90 33.63	450m: 4:57.44 33.60	650m: 7:11.94 33.92		
	100m: 1:02.70 32.16	300m: 3:16.41 33.51	500m: 5:30.88 33.44	700m: 7:45.50 33.56		
	150m: 1:35.92 33.22	350m: 3:50.21 33.80	550m: 6:04.42 33.54	750m: 8:18.53 33.03		
	200m: 2:09.27 33.35	400m: 4:23.84 33.63	600m: 6:38.02 33.60	800m: 8:50.23 31.70		
3.	Vania Soares Neves	90	Fluvial Portuense	8:50.30	+0,77	738
	50m: 30.94 30.94	250m: 2:42.73 33.27	450m: 4:57.40 33.52	650m: 7:12.00 33.79		
	100m: 1:03.23 32.29	300m: 3:16.27 33.54	500m: 5:30.79 33.39	700m: 7:45.62 33.62		
	150m: 1:36.28 33.05	350m: 3:50.00 33.73	550m: 6:04.35 33.56	750m: 8:18.95 33.33		
	200m: 2:09.46 33.18	400m: 4:23.88 33.88	600m: 6:38.21 33.86	800m: 8:50.30 31.35		
4.	Maria Joao Fernandes	97	Vilacondense	9:04.40	+0,84	682
	50m: 31.53 31.53	250m: 2:46.91 34.05	450m: 5:03.83 33.84	650m: 7:21.37 34.60		
	100m: 1:05.23 33.70	300m: 3:21.07 34.16	500m: 5:38.14 34.31	700m: 7:56.05 34.68		
	150m: 1:39.11 33.88	350m: 3:55.46 34.39	550m: 6:12.36 34.22	750m: 8:30.68 34.63		
	200m: 2:12.86 33.75	400m: 4:29.99 34.53	600m: 6:46.77 34.41	800m: 9:04.40 33.72		
5.	Barbara Marques Rodrigues	97	Alges	9:09.42	+0,85	664
	50m: 31.35 31.35	250m: 2:48.57 34.66	450m: 5:07.84 34.79	650m: 7:26.29 34.48		
	100m: 1:05.29 33.94	300m: 3:23.23 34.66	500m: 5:42.40 34.56	700m: 8:00.92 34.63		
	150m: 1:39.52 34.23	350m: 3:58.04 34.81	550m: 6:17.10 34.70	750m: 8:35.29 34.37		
	200m: 2:13.91 34.39	400m: 4:33.05 35.01	600m: 6:51.81 34.71	800m: 9:09.42 34.13		
6.	Maria Teresa Amorim	97	Porto	9:09.95	+0,89	662
	50m: 31.20 31.20	250m: 2:46.92 34.14	450m: 5:05.27 34.97	650m: 7:25.97 35.00		
	100m: 1:04.77 33.57	300m: 3:21.26 34.34	500m: 5:40.39 35.12	700m: 8:01.22 35.25		
	150m: 1:38.78 34.01	350m: 3:55.63 34.37	550m: 6:15.47 35.08	750m: 8:36.03 34.81		
	200m: 2:12.78 34.00	400m: 4:30.30 34.67	600m: 6:50.97 35.50	800m: 9:09.95 33.92		
7.	Raquel Paulo Ranito	94	Sporting	9:18.68	+0,82	631
	50m: 31.54 31.54	250m: 2:51.29 35.53	450m: 5:13.90 35.74	650m: 7:34.82 34.86		
	100m: 1:05.48 33.94	300m: 3:27.00 35.71	500m: 5:49.35 35.45	700m: 8:10.04 35.22		
	150m: 1:40.29 34.81	350m: 4:02.47 35.47	550m: 6:24.74 35.39	750m: 8:45.12 35.08		
	200m: 2:15.76 35.47	400m: 4:38.16 35.69	600m: 6:59.96 35.22	800m: 9:18.68 33.56		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Daniela Teixeira Moreira	97	Belenenses	9:24.52	+0,80	612
	50m: 32.23 32.23	250m: 2:53.75 35.92	450m: 5:17.20 35.70	650m: 7:40.13 35.96		
	100m: 1:06.87 34.64	300m: 3:29.62 35.87	500m: 5:52.85 35.65	700m: 8:15.78 35.65		
	150m: 1:42.17 35.30	350m: 4:05.69 36.07	550m: 6:28.42 35.57	750m: 8:51.40 35.62		
	200m: 2:17.83 35.66	400m: 4:41.50 35.81	600m: 7:04.17 35.75	800m: 9:24.52 33.12		
9.	Ana Silva Costa	98	Famalicao	9:28.81	+0,78	598
	50m: 32.14 32.14	250m: 2:53.72 35.99	450m: 5:17.56 35.96	650m: 7:41.22 35.70		
	100m: 1:06.53 34.39	300m: 3:29.72 36.00	500m: 5:53.57 36.01	700m: 8:17.36 36.14		
	150m: 1:41.93 35.40	350m: 4:05.70 35.98	550m: 6:29.46 35.89	750m: 8:53.42 36.06		
	200m: 2:17.73 35.80	400m: 4:41.60 35.90	600m: 7:05.52 36.06	800m: 9:28.81 35.39		
10.	Helena Paula Carvalho	95	Uniao Piedense	9:30.76	+0,81	592
	50m: 31.60 31.60	250m: 2:53.18 35.99	450m: 5:18.79 36.25	650m: 7:44.19 36.51		
	100m: 1:06.15 34.55	300m: 3:29.43 36.25	500m: 5:54.81 36.02	700m: 8:20.34 36.15		
	150m: 1:41.39 35.24	350m: 4:05.68 36.25	550m: 6:31.12 36.31	750m: 8:56.72 36.38		
	200m: 2:17.19 35.80	400m: 4:42.54 36.86	600m: 7:07.68 36.56	800m: 9:30.76 34.04		
11.	Catarina Alexandra Jardim	98	Famalicao	9:32.31	+0,80	587
	50m: 32.98 32.98	250m: 2:56.94 36.31	450m: 5:21.11 35.88	650m: 7:45.63 36.12		
	100m: 1:08.33 35.35	300m: 3:32.90 35.96	500m: 5:57.23 36.12	700m: 8:21.62 35.99		
	150m: 1:44.18 35.85	350m: 4:09.30 36.40	550m: 6:33.39 36.16	750m: 8:57.71 36.09		
	200m: 2:20.63 36.45	400m: 4:45.23 35.93	600m: 7:09.51 36.12	800m: 9:32.31 34.60		
12.	Ana Luisa Santo	95	Benfica	9:34.76	+0,85	580
	50m: 32.63 32.63	250m: 2:55.01 35.81	450m: 5:19.95 36.24	650m: 7:46.26 36.61		
	100m: 1:07.73 35.10	300m: 3:31.42 36.41	500m: 5:56.38 36.43	700m: 8:22.62 36.36		
	150m: 1:43.32 35.59	350m: 4:07.43 36.01	550m: 6:33.15 36.77	750m: 8:59.26 36.64		
	200m: 2:19.20 35.88	400m: 4:43.71 36.28	600m: 7:09.65 36.50	800m: 9:34.76 35.50		
13.	Carolina Madeira Santos	96	Naval Amorense	9:36.69	+0,86	574
	50m: 31.20 31.20	250m: 2:54.28 35.96	450m: 5:20.50 36.78	650m: 7:47.87 36.99		
	100m: 1:06.29 35.09	300m: 3:30.64 36.36	500m: 5:57.46 36.96	700m: 8:24.79 36.92		
	150m: 1:42.24 35.95	350m: 4:07.34 36.70	550m: 6:34.07 36.61	750m: 9:01.37 36.58		
	200m: 2:18.32 36.08	400m: 4:43.72 36.38	600m: 7:10.88 36.81	800m: 9:36.69 35.32		
14.	Rute Santos Ferreira	97	Porto	9:37.71	+0,75	571
	50m: 31.88 31.88	250m: 2:55.82 36.23	450m: 5:21.16 36.58	650m: 7:50.22 37.02		
	100m: 1:07.36 35.48	300m: 3:31.80 35.98	500m: 5:58.20 37.04	700m: 8:26.99 36.77		
	150m: 1:43.46 36.10	350m: 4:08.28 36.48	550m: 6:35.74 37.54	750m: 9:03.74 36.75		
	200m: 2:19.59 36.13	400m: 4:44.58 36.30	600m: 7:13.20 37.46	800m: 9:37.71 33.97		
15.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	9:38.39	+0,69	569
	50m: 31.63 31.63	250m: 2:56.20 36.91	450m: 5:22.88 36.30	650m: 7:49.60 36.62		
	100m: 1:06.60 34.97	300m: 3:33.23 37.03	500m: 5:59.51 36.63	700m: 8:26.86 37.26		
	150m: 1:42.84 36.24	350m: 4:10.17 36.94	550m: 6:36.34 36.83	750m: 9:03.85 36.99		
	200m: 2:19.29 36.45	400m: 4:46.58 36.41	600m: 7:12.98 36.64	800m: 9:38.39 34.54		
16.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	9:46.83	+0,91	544
	50m: 32.68 32.68	250m: 2:57.96 36.69	450m: 5:25.73 36.76	650m: 7:55.29 37.37		
	100m: 1:08.17 35.49	300m: 3:34.98 37.02	500m: 6:02.90 37.17	700m: 8:32.68 37.39		
	150m: 1:44.65 36.48	350m: 4:12.15 37.17	550m: 6:40.28 37.38	750m: 9:10.02 37.34		
	200m: 2:21.27 36.62	400m: 4:48.97 36.82	600m: 7:17.92 37.64	800m: 9:46.83 36.81		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Beatriz Neves Cardoso	98	Colegio SMLamas	9:47.54	+0,83	543
	50m: 32.39 32.39	250m: 2:56.65 36.44	450m: 5:23.98 37.04	650m: 7:54.56 37.84		
	100m: 1:07.72 35.33	300m: 3:33.39 36.74	500m: 6:01.19 37.21	700m: 8:32.69 38.13		
	150m: 1:43.90 36.18	350m: 4:10.18 36.79	550m: 6:38.83 37.64	750m: 9:10.62 37.93		
	200m: 2:20.21 36.31	400m: 4:46.94 36.76	600m: 7:16.72 37.89	800m: 9:47.54 36.92		
18.	Marina Micaela Sequeira	98	Uniao Piedense	9:54.34	+0,80	524
	50m: 32.79 32.79	250m: 2:57.88 36.86	450m: 5:28.72 38.22	650m: 8:02.32 38.18		
	100m: 1:08.02 35.23	300m: 3:35.17 37.29	500m: 6:07.06 38.34	700m: 8:40.34 38.02		
	150m: 1:44.12 36.10	350m: 4:12.86 37.69	550m: 6:45.57 38.51	750m: 9:18.52 38.18		
	200m: 2:21.02 36.90	400m: 4:50.50 37.64	600m: 7:24.14 38.57	800m: 9:54.34 35.82		
19.	Ana Sofia Filipe	95	Nacional de Natacao	10:07.22	+0,94	491
	<i>FTL</i>					
	50m: 34.25 34.25	250m: 3:05.32 38.23	450m: 5:39.60 38.60	650m: 8:13.98 38.74		
	100m: 1:11.20 36.95	300m: 3:43.73 38.41	500m: 6:18.11 38.51	700m: 8:52.40 38.42		
	150m: 1:49.01 37.81	350m: 4:22.52 38.79	550m: 6:56.62 38.51	750m: 9:30.52 38.12		
	200m: 2:27.09 38.08	400m: 5:01.00 38.48	600m: 7:35.24 38.62	800m: 10:07.22 36.70		
WDR	Ana Carolina Gomes	97	Sporting			

Juniores

1.	Tamila Hryhorivna Holub	99	Braga	8:32.83	+0,82	816
	<i>Rec Nacional, Abs e Jun 17</i>					
	50m: 30.41 30.41	250m: 2:38.89 31.88	450m: 4:47.58 32.21	650m: 6:57.41 32.26		
	100m: 1:02.61 32.20	300m: 3:10.83 31.94	500m: 5:20.11 32.53	700m: 7:29.55 32.14		
	150m: 1:34.82 32.21	350m: 3:42.98 32.15	550m: 5:52.63 32.52	750m: 8:01.79 32.24		
	200m: 2:07.01 32.19	400m: 4:15.37 32.39	600m: 6:25.15 32.52	800m: 8:32.83 31.04		
2.	Beatriz Paulo Ranito	99	Sporting	9:01.44	+0,81	693
	50m: 31.00 31.00	250m: 2:47.05 34.08	450m: 5:02.91 33.84	650m: 7:19.61 34.24		
	100m: 1:04.59 33.59	300m: 3:21.03 33.98	500m: 5:36.92 34.01	700m: 7:53.98 34.37		
	150m: 1:38.91 34.32	350m: 3:55.05 34.02	550m: 6:10.98 34.06	750m: 8:28.09 34.11		
	200m: 2:12.97 34.06	400m: 4:29.07 34.02	600m: 6:45.37 34.39	800m: 9:01.44 33.35		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:11.39	+0,77	656
	50m: 31.26 31.26	250m: 2:50.18 34.54	450m: 5:08.03 34.50	650m: 7:27.59 35.27		
	100m: 1:05.78 34.52	300m: 3:24.50 34.32	500m: 5:42.80 34.77	700m: 8:03.05 35.46		
	150m: 1:40.68 34.90	350m: 3:58.81 34.31	550m: 6:17.41 34.61	750m: 8:38.08 35.03		
	200m: 2:15.64 34.96	400m: 4:33.53 34.72	600m: 6:52.32 34.91	800m: 9:11.39 33.31		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:15.75	+1,00	641
	50m: 30.91 30.91	250m: 2:49.61 35.10	450m: 5:10.87 35.22	650m: 7:32.13 35.51		
	100m: 1:04.36 33.45	300m: 3:25.09 35.48	500m: 5:46.04 35.17	700m: 8:07.35 35.22		
	150m: 1:39.40 35.04	350m: 4:00.68 35.59	550m: 6:21.57 35.53	750m: 8:42.77 35.42		
	200m: 2:14.51 35.11	400m: 4:35.65 34.97	600m: 6:56.62 35.05	800m: 9:15.75 32.98		
5.	Maria Francisca Cabral	00	Porto	9:21.02	+0,85	623
	50m: 31.05 31.05	250m: 2:50.31 34.48	450m: 5:11.33 35.70	650m: 7:34.74 35.51		
	100m: 1:05.56 34.51	300m: 3:24.94 34.63	500m: 5:47.14 35.81	700m: 8:10.97 36.23		
	150m: 1:40.86 35.30	350m: 4:00.13 35.19	550m: 6:22.85 35.71	750m: 8:46.78 35.81		
	200m: 2:15.83 34.97	400m: 4:35.63 35.50	600m: 6:59.23 36.38	800m: 9:21.02 34.24		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Ines Figueira Santos	00	Uniao Piedense	9:23.68	+0,91	614
	50m: 32.31 32.31	250m: 2:54.22 35.67	450m: 5:17.74 35.62	650m: 7:40.30 35.51		
	100m: 1:07.38 35.07	300m: 3:30.08 35.86	500m: 5:53.29 35.55	700m: 8:15.92 35.62		
	150m: 1:42.79 35.41	350m: 4:06.05 35.97	550m: 6:28.97 35.68	750m: 8:50.71 34.79		
	200m: 2:18.55 35.76	400m: 4:42.12 36.07	600m: 7:04.79 35.82	800m: 9:23.68 32.97		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:24.71	+0,93	611
	50m: 32.09 32.09	250m: 2:53.54 35.75	450m: 5:17.31 35.70	650m: 7:40.22 35.54		
	100m: 1:06.71 34.62	300m: 3:29.57 36.03	500m: 5:53.11 35.80	700m: 8:15.98 35.76		
	150m: 1:41.99 35.28	350m: 4:05.66 36.09	550m: 6:28.80 35.69	750m: 8:50.93 34.95		
	200m: 2:17.79 35.80	400m: 4:41.61 35.95	600m: 7:04.68 35.88	800m: 9:24.71 33.78		
8.	Maria Beatriz Dias	99	Scalabiswim	9:24.97	+0,80	610
	50m: 32.22 32.22	250m: 2:51.09 35.34	450m: 5:14.48 36.16	650m: 7:37.80 35.63		
	100m: 1:06.24 34.02	300m: 3:26.62 35.53	500m: 5:50.08 35.60	700m: 8:14.02 36.22		
	150m: 1:40.70 34.46	350m: 4:02.31 35.69	550m: 6:25.87 35.79	750m: 8:50.12 36.10		
	200m: 2:15.75 35.05	400m: 4:38.32 36.01	600m: 7:02.17 36.30	800m: 9:24.97 34.85		
9.	Beatriz Barros Carmo	99	Alges	9:25.79	+0,86	608
	50m: 31.43 31.43	250m: 2:53.16 35.70	450m: 5:17.17 35.79	650m: 7:40.23 35.49		
	100m: 1:06.37 34.94	300m: 3:29.17 36.01	500m: 5:53.09 35.92	700m: 8:16.19 35.96		
	150m: 1:41.86 35.49	350m: 4:05.32 36.15	550m: 6:28.95 35.86	750m: 8:51.56 35.37		
	200m: 2:17.46 35.60	400m: 4:41.38 36.06	600m: 7:04.74 35.79	800m: 9:25.79 34.23		
10.	Rafaela Araujo Silva	00	Famalicao	9:27.30	+0,90	603
	50m: 31.80 31.80	250m: 2:53.45 35.67	450m: 5:18.30 35.88	650m: 7:40.38 35.95		
	100m: 1:06.52 34.72	300m: 3:29.51 36.06	500m: 5:53.41 35.11	700m: 8:16.79 36.41		
	150m: 1:41.96 35.44	350m: 4:06.00 36.49	550m: 6:28.69 35.28	750m: 8:52.75 35.96		
	200m: 2:17.78 35.82	400m: 4:42.42 36.42	600m: 7:04.43 35.74	800m: 9:27.30 34.55		
11.	Eliana Dirce Lourenco	00	Galitos/Bresimar	9:30.07	+0,82	594
	50m: 31.63 31.63	250m: 2:53.90 35.81	450m: 5:18.38 36.24	650m: 7:43.36 36.18		
	100m: 1:06.63 35.00	300m: 3:29.86 35.96	500m: 5:54.28 35.90	700m: 8:19.93 36.57		
	150m: 1:42.16 35.53	350m: 4:06.06 36.20	550m: 6:30.69 36.41	750m: 8:56.21 36.28		
	200m: 2:18.09 35.93	400m: 4:42.14 36.08	600m: 7:07.18 36.49	800m: 9:30.07 33.86		
12.	Ana Pires Brito	99	Colegio Monte Maior	9:33.88	+0,79	582
	50m: 32.81 32.81	250m: 2:55.72 36.01	450m: 5:20.60 36.19	650m: 7:45.87 36.54		
	100m: 1:07.88 35.07	300m: 3:32.03 36.31	500m: 5:56.74 36.14	700m: 8:22.07 36.20		
	150m: 1:43.77 35.89	350m: 4:08.20 36.17	550m: 6:33.00 36.26	750m: 8:58.30 36.23		
	200m: 2:19.71 35.94	400m: 4:44.41 36.21	600m: 7:09.33 36.33	800m: 9:33.88 35.58		
13.	Mariana Pinto Angelo	99	Academica de Coimbra	9:34.62	+0,76	580
	50m: 33.18 33.18	250m: 2:56.79 36.21	450m: 5:21.49 36.02	650m: 7:47.29 36.65		
	100m: 1:08.50 35.32	300m: 3:32.91 36.12	500m: 5:57.83 36.34	700m: 8:23.73 36.44		
	150m: 1:44.45 35.95	350m: 4:09.34 36.43	550m: 6:34.17 36.34	750m: 8:59.99 36.26		
	200m: 2:20.58 36.13	400m: 4:45.47 36.13	600m: 7:10.64 36.47	800m: 9:34.62 34.63		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ines Silva Oliveira	00	Leixoes	9:36.62	+0,92	574
	50m: 32.22 32.22	250m: 2:55.86 36.17	450m: 5:22.24 37.41	650m: 7:49.65 36.63		
	100m: 1:07.64 35.42	300m: 3:32.17 36.31	500m: 5:58.93 36.69	700m: 8:26.36 36.71		
	150m: 1:43.88 36.24	350m: 4:08.94 36.77	550m: 6:35.84 36.91	750m: 9:02.90 36.54		
	200m: 2:19.69 35.81	400m: 4:44.83 35.89	600m: 7:13.02 37.18	800m: 9:36.62 33.72		
15.	Margarida Valente Orrico	00	Uniao Piedense	9:36.77	+0,90	574
	50m: 32.80 32.80	250m: 2:57.56 36.48	450m: 5:23.72 36.14	650m: 7:49.47 36.01		
	100m: 1:08.51 35.71	300m: 3:34.26 36.70	500m: 6:00.10 36.38	700m: 8:26.62 37.15		
	150m: 1:44.55 36.04	350m: 4:10.68 36.42	550m: 6:36.92 36.82	750m: 9:02.98 36.36		
	200m: 2:21.08 36.53	400m: 4:47.58 36.90	600m: 7:13.46 36.54	800m: 9:36.77 33.79		
16.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	9:38.64	+0,82	568
	50m: 33.03 33.03	250m: 2:58.74 36.51	450m: 5:25.49 36.36	650m: 7:50.82 36.44		
	100m: 1:09.11 36.08	300m: 3:35.53 36.79	500m: 6:01.55 36.06	700m: 8:27.08 36.26		
	150m: 1:45.52 36.41	350m: 4:12.49 36.96	550m: 6:37.99 36.44	750m: 9:03.52 36.44		
	200m: 2:22.23 36.71	400m: 4:49.13 36.64	600m: 7:14.38 36.39	800m: 9:38.64 35.12		
17.	Mariana Silva Ramos	00	Sporting	9:38.68	+0,82	568
	50m: 32.41 32.41	250m: 2:56.79 36.48	450m: 5:22.45 36.21	650m: 7:49.40 36.98		
	100m: 1:07.89 35.48	300m: 3:33.17 36.38	500m: 5:58.87 36.42	700m: 8:26.14 36.74		
	150m: 1:43.89 36.00	350m: 4:09.71 36.54	550m: 6:35.49 36.62	750m: 9:02.74 36.60		
	200m: 2:20.31 36.42	400m: 4:46.24 36.53	600m: 7:12.42 36.93	800m: 9:38.68 35.94		
18.	Ana Sofia Ramos	00	Fluvial Portuense	9:45.19	+0,79	549
	50m: 33.09 33.09	250m: 2:59.05 36.96	450m: 5:26.76 37.03	650m: 7:56.19 37.63		
	100m: 1:08.78 35.69	300m: 3:35.52 36.47	500m: 6:03.83 37.07	700m: 8:33.37 37.18		
	150m: 1:45.36 36.58	350m: 4:12.70 37.18	550m: 6:40.96 37.13	750m: 9:10.08 36.71		
	200m: 2:22.09 36.73	400m: 4:49.73 37.03	600m: 7:18.56 37.60	800m: 9:45.19 35.11		
19.	Beatriz Marques Ferreira	00	Campinho	9:47.08	+0,76	544
	50m: 32.05 32.05	250m: 2:58.32 37.24	450m: 5:27.04 37.02	650m: 7:56.15 36.72		
	100m: 1:07.75 35.70	300m: 3:35.56 37.24	500m: 6:04.82 37.78	700m: 8:33.89 37.74		
	150m: 1:44.18 36.43	350m: 4:12.83 37.27	550m: 6:41.97 37.15	750m: 9:11.31 37.42		
	200m: 2:21.08 36.90	400m: 4:50.02 37.19	600m: 7:19.43 37.46	800m: 9:47.08 35.77		
20.	Iris Cunha Santos	00	Porto	9:47.48	+0,91	543
	50m: 33.42 33.42	250m: 2:59.70 36.64	450m: 5:27.80 36.86	650m: 7:57.25 37.26		
	100m: 1:09.65 36.23	300m: 3:36.66 36.96	500m: 6:05.26 37.46	700m: 8:34.54 37.29		
	150m: 1:46.32 36.67	350m: 4:13.74 37.08	550m: 6:42.66 37.40	750m: 9:11.52 36.98		
	200m: 2:23.06 36.74	400m: 4:50.94 37.20	600m: 7:19.99 37.33	800m: 9:47.48 35.96		
21.	Carla Laranjeira Marques	00	Sporting de Aveiro	9:49.71	+0,80	537
	50m: 32.40 32.40	250m: 2:57.87 37.15	450m: 5:26.32 37.29	650m: 7:57.38 38.17		
	100m: 1:07.63 35.23	300m: 3:34.64 36.77	500m: 6:03.84 37.52	700m: 8:35.21 37.83		
	150m: 1:44.09 36.46	350m: 4:11.21 36.57	550m: 6:41.76 37.92	750m: 9:13.34 38.13		
	200m: 2:20.72 36.63	400m: 4:49.03 37.82	600m: 7:19.21 37.45	800m: 9:49.71 36.37		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	9:50.96	+0,80	533
	50m: 33.44 33.44	250m: 3:02.29 37.09	450m: 5:30.72 36.99	650m: 7:59.72 37.70		
	100m: 1:10.83 37.39	300m: 3:39.46 37.17	500m: 6:07.65 36.93	700m: 8:37.74 38.02		
	150m: 1:47.94 37.11	350m: 4:16.55 37.09	550m: 6:45.00 37.35	750m: 9:15.25 37.51		
	200m: 2:25.20 37.26	400m: 4:53.73 37.18	600m: 7:22.02 37.02	800m: 9:50.96 35.71		
23.	Ana Catarina Oliveira	99	Geslours	9:51.17	+0,80	533
	50m: 33.20 33.20	250m: 3:00.24 36.98	450m: 5:32.35 38.46	650m: 8:02.45 36.93		
	100m: 1:09.22 36.02	300m: 3:37.82 37.58	500m: 6:10.02 37.67	700m: 8:39.07 36.62		
	150m: 1:46.20 36.98	350m: 4:15.59 37.77	550m: 6:47.90 37.88	750m: 9:15.65 36.58		
	200m: 2:23.26 37.06	400m: 4:53.89 38.30	600m: 7:25.52 37.62	800m: 9:51.17 35.52		
24.	Ana Oliveira Silva	99	Belenenses	9:53.54	+0,80	526
	50m: 32.90 32.90	250m: 2:58.63 36.81	450m: 5:26.38 36.90	650m: 7:59.03 38.47		
	100m: 1:08.91 36.01	300m: 3:35.61 36.98	500m: 6:03.99 37.61	700m: 8:37.83 38.80		
	150m: 1:45.30 36.39	350m: 4:12.31 36.70	550m: 6:42.28 38.29	750m: 9:16.41 38.58		
	200m: 2:21.82 36.52	400m: 4:49.48 37.17	600m: 7:20.56 38.28	800m: 9:53.54 37.13		
25.	Sara Lopes Barbosa	00	Aquatico Pacense	9:54.98		522
	50m: 33.60 33.60	250m: 3:02.16 37.49	450m: 5:33.76 37.57	650m: 8:03.47 37.26		
	100m: 1:10.13 36.53	300m: 3:40.02 37.86	500m: 6:11.23 37.47	700m: 8:41.13 37.66		
	150m: 1:47.28 37.15	350m: 4:18.17 38.15	550m: 6:48.65 37.42	750m: 9:18.84 37.71		
	200m: 2:24.67 37.39	400m: 4:56.19 38.02	600m: 7:26.21 37.56	800m: 9:54.98 36.14		
26.	Mariana Santos Ferreira	00	Miranda do Corvo	10:02.57	+0,78	503
	50m: 33.91 33.91	250m: 2:59.96 36.93	450m: 5:31.85 38.05	650m: 8:06.82 38.95		
	100m: 1:09.63 35.72	300m: 3:37.82 37.86	500m: 6:10.25 38.40	700m: 8:45.79 38.97		
	150m: 1:46.79 37.16	350m: 4:15.54 37.72	550m: 6:49.11 38.86	750m: 9:24.30 38.51		
	200m: 2:23.03 36.24	400m: 4:53.80 38.26	600m: 7:27.87 38.76	800m: 10:02.57 38.27		
27.	Madalena Melim Doria FTL	00	Desportivo Nacional	10:03.61	+0,84	500
	50m: 34.00 34.00	250m: 3:05.18 37.92	450m: 5:37.58 37.80	650m: 8:12.19 38.38		
	100m: 1:11.49 37.49	300m: 3:43.23 38.05	500m: 6:16.49 38.91	700m: 8:50.35 38.16		
	150m: 1:49.36 37.87	350m: 4:21.58 38.35	550m: 6:55.11 38.62	750m: 9:28.08 37.73		
	200m: 2:27.26 37.90	400m: 4:59.78 38.20	600m: 7:33.81 38.70	800m: 10:03.61 35.53		
28.	Rafaela Campos Oliveira FTL	00	Vilacondense	10:04.08	+0,92	499
	50m: 33.68 33.68	250m: 3:02.39 37.94	450m: 5:35.12 38.12	650m: 8:10.19 38.97		
	100m: 1:10.17 36.49	300m: 3:40.48 38.09	500m: 6:13.93 38.81	700m: 8:48.98 38.79		
	150m: 1:47.14 36.97	350m: 4:18.73 38.25	550m: 6:52.61 38.68	750m: 9:27.95 38.97		
	200m: 2:24.45 37.31	400m: 4:57.00 38.27	600m: 7:31.22 38.61	800m: 10:04.08 36.13		

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
13-12-2015 Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	15:09.03	Joao Alexandre Vital	SCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005

TAC_B-JUNM Jun: 17:17.56 / TAC_B-SENM Sen: 16:29.03

Pontos: FINA 2015

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
Seniores												
1.	Rafael Lourenco Gil			96	Uniao Piedense			15:00.65		+0,69	840	
	Rec Nacional, Sen e Abs											
	50m:	27.30	27.30	450m:	4:26.03	30.14	850m:	8:28.35	30.29	1250m:	12:29.97	30.11
	100m:	56.48	29.18	500m:	4:56.27	30.24	900m:	8:58.28	29.93	1300m:	13:00.37	30.40
	150m:	1:25.93	29.45	550m:	5:26.47	30.20	950m:	9:28.49	30.21	1350m:	13:30.67	30.30
	200m:	1:55.82	29.89	600m:	5:56.83	30.36	1000m:	9:58.76	30.27	1400m:	14:01.49	30.82
	250m:	2:25.77	29.95	650m:	6:27.24	30.41	1050m:	10:29.09	30.33	1450m:	14:31.65	30.16
	300m:	2:55.80	30.03	700m:	6:57.60	30.36	1100m:	10:59.22	30.13	1500m:	15:00.65	29.00
	350m:	3:25.82	30.02	750m:	7:27.95	30.35	1150m:	11:29.64	30.42			
	400m:	3:55.89	30.07	800m:	7:58.06	30.11	1200m:	11:59.86	30.22			
2.	Alexandre Valdagua Coutinho			97	Columbofila Cantanhedense			15:28.85		+0,70	766	
	50m:	27.96	27.96	450m:	4:32.74	30.93	850m:	8:42.57	31.61	1250m:	12:53.38	31.21
	100m:	58.00	30.04	500m:	5:03.99	31.25	900m:	9:13.85	31.28	1300m:	13:24.63	31.25
	150m:	1:28.41	30.41	550m:	5:34.94	30.95	950m:	9:45.01	31.16	1350m:	13:55.94	31.31
	200m:	1:58.55	30.14	600m:	6:06.25	31.31	1000m:	10:16.47	31.46	1400m:	14:27.05	31.11
	250m:	2:29.35	30.80	650m:	6:37.23	30.98	1050m:	10:47.82	31.35	1450m:	14:58.43	31.38
	300m:	3:00.15	30.80	700m:	7:08.35	31.12	1100m:	11:19.29	31.47	1500m:	15:28.85	30.42
	350m:	3:30.58	30.43	750m:	7:39.44	31.09	1150m:	11:50.73	31.44			
	400m:	4:01.81	31.23	800m:	8:10.96	31.52	1200m:	12:22.17	31.44			
3.	Vasco Miguel Gaspar			90	Uniao Piedense			15:30.43		+0,75	762	
	50m:	27.88	27.88	450m:	4:36.35	31.41	850m:	8:46.84	31.50	1250m:	12:58.45	31.01
	100m:	58.73	30.85	500m:	5:07.71	31.36	900m:	9:18.67	31.83	1300m:	13:29.34	30.89
	150m:	1:29.51	30.78	550m:	5:38.94	31.23	950m:	9:49.97	31.30	1350m:	14:00.59	31.25
	200m:	2:00.42	30.91	600m:	6:10.47	31.53	1000m:	10:21.55	31.58	1400m:	14:31.81	31.22
	250m:	2:31.34	30.92	650m:	6:41.39	30.92	1050m:	10:53.37	31.82	1450m:	15:01.86	30.05
	300m:	3:02.56	31.22	700m:	7:12.49	31.10	1100m:	11:24.76	31.39	1500m:	15:30.43	28.57
	350m:	3:33.63	31.07	750m:	7:43.91	31.42	1150m:	11:55.98	31.22			
	400m:	4:04.94	31.31	800m:	8:15.34	31.43	1200m:	12:27.44	31.46			
4.	Mario Andre Bonanca			90	Sporting			15:30.54		+0,86	762	
	50m:	28.12	28.12	450m:	4:36.30	31.29	850m:	8:46.84	31.72	1250m:	12:57.50	30.66
	100m:	59.01	30.89	500m:	5:07.49	31.19	900m:	9:18.59	31.75	1300m:	13:28.11	30.61
	150m:	1:29.86	30.85	550m:	5:38.62	31.13	950m:	9:50.10	31.51	1350m:	13:59.02	30.91
	200m:	2:00.79	30.93	600m:	6:09.86	31.24	1000m:	10:21.62	31.52	1400m:	14:30.50	31.48
	250m:	2:31.71	30.92	650m:	6:40.84	30.98	1050m:	10:53.13	31.51	1450m:	15:01.77	31.27
	300m:	3:02.71	31.00	700m:	7:11.91	31.07	1100m:	11:24.45	31.32	1500m:	15:30.54	28.77
	350m:	3:33.91	31.20	750m:	7:43.47	31.56	1150m:	11:55.66	31.21			
	400m:	4:05.01	31.10	800m:	8:15.12	31.65	1200m:	12:26.84	31.18			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Joao Pedro Gil	97	Alges	15:45.70	+0.69	726
	50m: 27.74 27.74	450m: 4:35.98 31.65	850m: 8:51.68 32.36	1250m: 13:06.75 32.20		
	100m: 57.86 30.12	500m: 5:07.67 31.69	900m: 9:23.87 32.19	1300m: 13:38.61 31.86		
	150m: 1:28.52 30.66	550m: 5:39.35 31.68	950m: 9:55.55 31.68	1350m: 14:10.52 31.91		
	200m: 1:59.50 30.98	600m: 6:11.10 31.75	1000m: 10:27.24 31.69	1400m: 14:42.63 32.11		
	250m: 2:30.72 31.22	650m: 6:43.21 32.11	1050m: 10:59.07 31.83	1450m: 15:14.41 31.78		
	300m: 3:01.89 31.17	700m: 7:15.09 31.88	1100m: 11:30.74 31.67	1500m: 15:45.70 31.29		
	350m: 3:32.90 31.01	750m: 7:47.41 32.32	1150m: 12:02.41 31.67			
	400m: 4:04.33 31.43	800m: 8:19.32 31.91	1200m: 12:34.55 32.14			
6.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	15:48.16	+0.97	720
	50m: 28.23 28.23	450m: 4:36.74 31.67	850m: 8:52.25 32.32	1250m: 13:11.15 31.86		
	100m: 58.90 30.67	500m: 5:08.39 31.65	900m: 9:24.61 32.36	1300m: 13:42.98 31.83		
	150m: 1:29.75 30.85	550m: 5:40.09 31.70	950m: 9:57.09 32.48	1350m: 14:15.02 32.04		
	200m: 2:00.61 30.86	600m: 6:11.90 31.81	1000m: 10:29.61 32.52	1400m: 14:46.89 31.87		
	250m: 2:31.68 31.07	650m: 6:43.89 31.99	1050m: 11:02.37 32.76	1450m: 15:18.36 31.47		
	300m: 3:02.68 31.00	700m: 7:15.73 31.84	1100m: 11:34.78 32.41	1500m: 15:48.16 29.80		
	350m: 3:33.71 31.03	750m: 7:47.83 32.10	1150m: 12:07.27 32.49			
	400m: 4:05.07 31.36	800m: 8:19.93 32.10	1200m: 12:39.29 32.02			
7.	Tiago Silva Oliveira	94	Fluvial Portuense	15:53.82	+0.77	707
	50m: 28.03 28.03	450m: 4:37.06 32.13	850m: 8:52.75 32.25	1250m: 13:12.57 32.26		
	100m: 58.62 30.59	500m: 5:08.91 31.85	900m: 9:25.04 32.29	1300m: 13:44.86 32.29		
	150m: 1:29.37 30.75	550m: 5:40.74 31.83	950m: 9:57.54 32.50	1350m: 14:17.55 32.69		
	200m: 2:00.27 30.90	600m: 6:12.48 31.74	1000m: 10:30.02 32.48	1400m: 14:50.09 32.54		
	250m: 2:30.95 30.68	650m: 6:44.40 31.92	1050m: 11:02.60 32.58	1450m: 15:22.33 32.24		
	300m: 3:01.78 30.83	700m: 7:16.47 32.07	1100m: 11:35.43 32.83	1500m: 15:53.82 31.49		
	350m: 3:33.10 31.32	750m: 7:48.38 31.91	1150m: 12:08.01 32.58			
	400m: 4:04.93 31.83	800m: 8:20.50 32.12	1200m: 12:40.31 32.30			
8.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	15:56.97	+0.76	700
	50m: 28.17 28.17	450m: 4:38.72 31.89	850m: 8:55.92 32.30	1250m: 13:15.30 32.51		
	100m: 58.94 30.77	500m: 5:10.53 31.81	900m: 9:28.09 32.17	1300m: 13:47.48 32.18		
	150m: 1:29.92 30.98	550m: 5:42.35 31.82	950m: 10:00.42 32.33	1350m: 14:20.40 32.92		
	200m: 2:01.05 31.13	600m: 6:14.40 32.05	1000m: 10:33.06 32.64	1400m: 14:52.67 32.27		
	250m: 2:32.37 31.32	650m: 6:46.56 32.16	1050m: 11:05.03 31.97	1450m: 15:25.49 32.82		
	300m: 3:03.89 31.52	700m: 7:18.90 32.34	1100m: 11:37.67 32.64	1500m: 15:56.97 31.48		
	350m: 3:35.38 31.49	750m: 7:51.38 32.48	1150m: 12:10.32 32.65			
	400m: 4:06.83 31.45	800m: 8:23.62 32.24	1200m: 12:42.79 32.47			
9.	Joao Andre Neves	95	Academica de Coimbra	16:08.53	+0.77	676
	50m: 28.54 28.54	450m: 4:44.53 32.31	850m: 9:04.81 32.47	1250m: 13:25.73 33.08		
	100m: 59.55 31.01	500m: 5:17.24 32.71	900m: 9:37.37 32.56	1300m: 13:58.24 32.51		
	150m: 1:31.12 31.57	550m: 5:49.51 32.27	950m: 10:09.97 32.60	1350m: 14:31.07 32.83		
	200m: 2:03.07 31.95	600m: 6:21.96 32.45	1000m: 10:42.31 32.34	1400m: 15:03.69 32.62		
	250m: 2:35.24 32.17	650m: 6:54.69 32.73	1050m: 11:14.56 32.25	1450m: 15:36.15 32.46		
	300m: 3:07.75 32.51	700m: 7:27.40 32.71	1100m: 11:47.38 32.82	1500m: 16:08.53 32.38		
	350m: 3:40.14 32.39	750m: 7:59.71 32.31	1150m: 12:19.95 32.57			
	400m: 4:12.22 32.08	800m: 8:32.34 32.63	1200m: 12:52.65 32.70			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Pedro Miguel Silva	94	Colegio Monte Maior	16:10.67	+0,71	671
	50m: 28.98 28.98	450m: 4:46.35 32.55	850m: 9:06.34 32.57	1250m: 13:26.79 32.74		
	100m: 1:00.73 31.75	500m: 5:18.90 32.55	900m: 9:38.65 32.31	1300m: 13:59.66 32.87		
	150m: 1:32.60 31.87	550m: 5:51.34 32.44	950m: 10:11.02 32.37	1350m: 14:32.98 33.32		
	200m: 2:04.80 32.20	600m: 6:23.92 32.58	1000m: 10:43.49 32.47	1400m: 15:05.57 32.59		
	250m: 2:36.99 32.19	650m: 6:56.36 32.44	1050m: 11:15.94 32.45	1450m: 15:38.59 33.02		
	300m: 3:09.18 32.19	700m: 7:28.66 32.30	1100m: 11:48.62 32.68	1500m: 16:10.67 32.08		
	350m: 3:41.45 32.27	750m: 8:01.20 32.54	1150m: 12:21.25 32.63			
	400m: 4:13.80 32.35	800m: 8:33.77 32.57	1200m: 12:54.05 32.80			
11.	Rui Pedro Faria	94	Famalicao	16:11.86	+0,77	669
	50m: 29.10 29.10	450m: 4:44.72 32.68	850m: 9:05.87 32.90	1250m: 13:28.69 33.18		
	100m: 59.99 30.89	500m: 5:17.60 32.88	900m: 9:38.39 32.52	1300m: 14:01.76 33.07		
	150m: 1:31.65 31.66	550m: 5:50.28 32.68	950m: 10:11.24 32.85	1350m: 14:34.71 32.95		
	200m: 2:03.69 32.04	600m: 6:22.77 32.49	1000m: 10:43.99 32.75	1400m: 15:07.53 32.82		
	250m: 2:35.70 32.01	650m: 6:55.25 32.48	1050m: 11:16.78 32.79	1450m: 15:40.45 32.92		
	300m: 3:07.79 32.09	700m: 7:27.91 32.66	1100m: 11:49.73 32.95	1500m: 16:11.86 31.41		
	350m: 3:39.95 32.16	750m: 8:00.43 32.52	1150m: 12:22.64 32.91			
	400m: 4:12.04 32.09	800m: 8:32.97 32.54	1200m: 12:55.51 32.87			
12.	Pedro Veiguiha Martins	96	Braga	16:24.30	+0,83	644
	50m: 29.29 29.29	450m: 4:46.74 33.06	850m: 9:12.26 33.55	1250m: 13:40.54 32.87		
	100m: 1:00.45 31.16	500m: 5:19.84 33.10	900m: 9:46.28 34.02	1300m: 14:13.40 32.86		
	150m: 1:32.03 31.58	550m: 5:52.69 32.85	950m: 10:19.74 33.46	1350m: 14:46.83 33.43		
	200m: 2:03.81 31.78	600m: 6:25.94 33.25	1000m: 10:53.40 33.66	1400m: 15:20.33 33.50		
	250m: 2:35.98 32.17	650m: 6:59.00 33.06	1050m: 11:27.27 33.87	1450m: 15:52.89 32.56		
	300m: 3:08.32 32.34	700m: 7:32.14 33.14	1100m: 12:00.81 33.54	1500m: 16:24.30 31.41		
	350m: 3:40.81 32.49	750m: 8:05.47 33.33	1150m: 12:34.50 33.69			
	400m: 4:13.68 32.87	800m: 8:38.71 33.24	1200m: 13:07.67 33.17			
13.	Joao Miguel Cardoso	97	Geslours	16:25.40	+0,76	642
	50m: 29.61 29.61	450m: 4:52.69 32.96	850m: 9:17.52 33.19	1250m: 13:41.32 33.24		
	100m: 1:01.82 32.21	500m: 5:25.93 33.24	900m: 9:50.04 32.52	1300m: 14:14.25 32.93		
	150m: 1:34.26 32.44	550m: 5:58.79 32.86	950m: 10:22.75 32.71	1350m: 14:47.26 33.01		
	200m: 2:07.47 33.21	600m: 6:31.68 32.89	1000m: 10:55.75 33.00	1400m: 15:20.25 32.99		
	250m: 2:40.50 33.03	650m: 7:04.82 33.14	1050m: 11:28.51 32.76	1450m: 15:53.61 33.36		
	300m: 3:13.48 32.98	700m: 7:37.81 32.99	1100m: 12:01.51 33.00	1500m: 16:25.40 31.79		
	350m: 3:46.68 33.20	750m: 8:11.16 33.35	1150m: 12:34.67 33.16			
	400m: 4:19.73 33.05	800m: 8:44.33 33.17	1200m: 13:08.08 33.41			
14.	Sergio Gomes Abreu	96	Naval do Funchal	16:26.24	+0,72	640
	50m: 28.71 28.71	450m: 4:49.10 32.72	850m: 9:14.00 33.08	1250m: 13:41.54 33.19		
	100m: 1:00.51 31.80	500m: 5:22.53 33.43	900m: 9:47.22 33.22	1300m: 14:14.95 33.41		
	150m: 1:32.60 32.09	550m: 5:55.68 33.15	950m: 10:20.42 33.20	1350m: 14:48.34 33.39		
	200m: 2:05.52 32.92	600m: 6:28.10 32.42	1000m: 10:53.72 33.30	1400m: 15:22.08 33.74		
	250m: 2:38.00 32.48	650m: 7:01.63 33.53	1050m: 11:27.29 33.57	1450m: 15:55.40 33.32		
	300m: 3:10.67 32.67	700m: 7:34.38 32.75	1100m: 12:00.97 33.68	1500m: 16:26.24 30.84		
	350m: 3:43.70 33.03	750m: 8:07.55 33.17	1150m: 12:34.61 33.64			
	400m: 4:16.38 32.68	800m: 8:40.92 33.37	1200m: 13:08.35 33.74			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Narciso Daniel Correia	97	Braga	16:26.91	+0,77	639
	50m: 28.98 28.98	450m: 4:47.02 32.71	850m: 9:11.01 33.66	1250m: 13:41.00 34.04		
	100m: 1:00.19 31.21	500m: 5:19.80 32.78	900m: 9:44.19 33.18	1300m: 14:14.97 33.97		
	150m: 1:32.05 31.86	550m: 5:52.52 32.72	950m: 10:18.16 33.97	1350m: 14:48.38 33.41		
	200m: 2:04.15 32.10	600m: 6:24.91 32.39	1000m: 10:52.24 34.08	1400m: 15:22.25 33.87		
	250m: 2:36.63 32.48	650m: 6:58.10 33.19	1050m: 11:25.40 33.16	1450m: 15:54.80 32.55		
	300m: 3:09.11 32.48	700m: 7:31.88 33.78	1100m: 11:59.21 33.81	1500m: 16:26.91 32.11		
	350m: 3:41.62 32.51	750m: 8:04.10 32.22	1150m: 12:33.14 33.93			
	400m: 4:14.31 32.69	800m: 8:37.35 33.25	1200m: 13:06.96 33.82			
16.	Duarte Nuno Vieira	95	Desportivo Nacional	16:46.94	+0,66	601
	<i>FTL</i>					
	50m: 28.40 28.40	450m: 4:53.65 33.68	850m: 9:28.73 34.36	1250m: 14:00.39 33.91		
	100m: 1:00.00 31.60	500m: 5:27.51 33.86	900m: 10:03.77 35.04	1300m: 14:34.08 33.69		
	150m: 1:32.74 32.74	550m: 6:01.64 34.13	950m: 10:37.97 34.20	1350m: 15:08.14 34.06		
	200m: 2:05.83 33.09	600m: 6:35.74 34.10	1000m: 11:12.25 34.28	1400m: 15:41.94 33.80		
	250m: 2:39.39 33.56	650m: 7:09.82 34.08	1050m: 11:46.05 33.80	1450m: 16:15.55 33.61		
	300m: 3:12.93 33.54	700m: 7:44.38 34.56	1100m: 12:19.86 33.81	1500m: 16:46.94 31.39		
	350m: 3:46.55 33.62	750m: 8:19.02 34.64	1150m: 12:53.54 33.68			
	400m: 4:19.97 33.42	800m: 8:54.37 35.35	1200m: 13:26.48 32.94			
17.	Joao Luis Travanca	97	Fluvial Portuense	16:53.63	+0,82	589
	<i>FTL</i>					
	50m: 29.11 29.11	450m: 4:54.17 33.65	850m: 9:26.99 35.04	1250m: 14:00.41 34.28		
	100m: 1:00.63 31.52	500m: 5:27.60 33.43	900m: 10:01.59 34.60	1300m: 14:34.97 34.56		
	150m: 1:32.69 32.06	550m: 6:01.35 33.75	950m: 10:35.96 34.37	1350m: 15:10.32 35.35		
	200m: 2:05.29 32.60	600m: 6:35.53 34.18	1000m: 11:09.39 33.43	1400m: 15:45.19 34.87		
	250m: 2:38.56 33.27	650m: 7:09.78 34.25	1050m: 11:44.19 34.80	1450m: 16:20.18 34.99		
	300m: 3:12.58 34.02	700m: 7:43.41 33.63	1100m: 12:18.41 34.22	1500m: 16:53.63 33.45		
	350m: 3:46.71 34.13	750m: 8:17.15 33.74	1150m: 12:53.03 34.62			
	400m: 4:20.52 33.81	800m: 8:51.95 34.80	1200m: 13:26.13 33.10			

Juniores

1.	Guilherme Filipe Pina	98	Benedita	15:11.25	+0,72	811
	50m: 27.73 27.73	450m: 4:30.51 30.63	850m: 8:34.90 30.33	1250m: 12:40.45 31.09		
	100m: 57.73 30.00	500m: 5:00.95 30.44	900m: 9:05.19 30.29	1300m: 13:11.41 30.96		
	150m: 1:27.87 30.14	550m: 5:31.59 30.64	950m: 9:35.76 30.57	1350m: 13:41.94 30.53		
	200m: 1:58.09 30.22	600m: 6:02.15 30.56	1000m: 10:06.10 30.34	1400m: 14:12.33 30.39		
	250m: 2:28.54 30.45	650m: 6:32.82 30.67	1050m: 10:36.73 30.63	1450m: 14:42.57 30.24		
	300m: 2:59.18 30.64	700m: 7:03.45 30.63	1100m: 11:07.49 30.76	1500m: 15:11.25 28.68		
	350m: 3:29.39 30.21	750m: 7:33.80 30.35	1150m: 11:38.60 31.11			
	400m: 3:59.88 30.49	800m: 8:04.57 30.77	1200m: 12:09.36 30.76			
2.	Joao Alexandre Vital	98	Sporting	15:11.44	+0,55	811
	50m: 28.08 28.08	450m: 4:34.63 30.74	850m: 8:37.03 29.89	1250m: 12:40.32 30.99		
	100m: 58.26 30.18	500m: 5:05.29 30.66	900m: 9:07.22 30.19	1300m: 13:11.18 30.86		
	150m: 1:29.07 30.81	550m: 5:36.20 30.91	950m: 9:37.49 30.27	1350m: 13:42.01 30.83		
	200m: 1:59.94 30.87	600m: 6:06.86 30.66	1000m: 10:07.46 29.97	1400m: 14:12.77 30.76		
	250m: 2:31.10 31.16	650m: 6:37.04 30.18	1050m: 10:37.79 30.33	1450m: 14:42.95 30.18		
	300m: 3:01.81 30.71	700m: 7:07.63 30.59	1100m: 11:08.03 30.24	1500m: 15:11.44 28.49		
	350m: 3:32.76 30.95	750m: 7:37.39 29.76	1150m: 11:38.41 30.38			
	400m: 4:03.89 31.13	800m: 8:07.14 29.75	1200m: 12:09.33 30.92			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Jose Paula Carvalho	98	Uniao Piedense	15:52.00	+0,75	712
	50m: 28.05 28.05	450m: 4:41.20 31.90	850m: 8:59.46 32.11	1250m: 13:17.10 32.14		
	100m: 58.56 30.51	500m: 5:13.38 32.18	900m: 9:31.98 32.52	1300m: 13:49.37 32.27		
	150m: 1:30.08 31.52	550m: 5:45.73 32.35	950m: 10:04.02 32.04	1350m: 14:20.36 30.99		
	200m: 2:01.65 31.57	600m: 6:18.02 32.29	1000m: 10:36.01 31.99	1400m: 14:51.66 31.30		
	250m: 2:33.39 31.74	650m: 6:50.44 32.42	1050m: 11:08.11 32.10	1450m: 15:22.81 31.15		
	300m: 3:05.35 31.96	700m: 7:22.69 32.25	1100m: 11:39.85 31.74	1500m: 15:52.00 29.19		
	350m: 3:37.25 31.90	750m: 7:55.10 32.41	1150m: 12:11.85 32.00			
	400m: 4:09.30 32.05	800m: 8:27.35 32.25	1200m: 12:44.96 33.11			
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	15:54.05	+0,72	707
	50m: 28.10 28.10	450m: 4:40.14 31.89	850m: 8:56.33 32.20	1250m: 13:14.15 32.39		
	100m: 59.03 30.93	500m: 5:11.89 31.75	900m: 9:28.35 32.02	1300m: 13:46.57 32.42		
	150m: 1:30.20 31.17	550m: 5:43.60 31.71	950m: 10:00.36 32.01	1350m: 14:18.85 32.28		
	200m: 2:01.85 31.65	600m: 6:15.83 32.23	1000m: 10:32.37 32.01	1400m: 14:51.20 32.35		
	250m: 2:33.23 31.38	650m: 6:48.00 32.17	1050m: 11:04.49 32.12	1450m: 15:23.62 32.42		
	300m: 3:05.12 31.89	700m: 7:19.92 31.92	1100m: 11:36.97 32.48	1500m: 15:54.05 30.43		
	350m: 3:36.73 31.61	750m: 7:51.82 31.90	1150m: 12:09.30 32.33			
	400m: 4:08.25 31.52	800m: 8:24.13 32.31	1200m: 12:41.76 32.46			
5.	Miguel Ribeiro Bate	99	Alges	16:16.59	+0,78	659
	50m: 28.94 28.94	450m: 4:47.00 32.33	850m: 9:07.99 32.78	1250m: 13:32.74 33.64		
	100m: 1:00.57 31.63	500m: 5:19.40 32.40	900m: 9:40.35 32.36	1300m: 14:05.92 33.18		
	150m: 1:32.63 32.06	550m: 5:52.04 32.64	950m: 10:13.28 32.93	1350m: 14:39.06 33.14		
	200m: 2:04.88 32.25	600m: 6:24.68 32.64	1000m: 10:46.20 32.92	1400m: 15:12.08 33.02		
	250m: 2:37.21 32.33	650m: 6:56.93 32.25	1050m: 11:19.39 33.19	1450m: 15:44.60 32.52		
	300m: 3:09.80 32.59	700m: 7:29.56 32.63	1100m: 11:52.58 33.19	1500m: 16:16.59 31.99		
	350m: 3:42.35 32.55	750m: 8:02.38 32.82	1150m: 12:25.66 33.08			
	400m: 4:14.67 32.32	800m: 8:35.21 32.83	1200m: 12:59.10 33.44			
6.	Goncalo Miguel Nogueira	98	Porto	16:24.64	+0,71	643
	50m: 29.24 29.24	450m: 4:49.77 32.83	850m: 9:17.46 33.40	1250m: 13:43.24 32.72		
	100m: 1:01.16 31.92	500m: 5:23.15 33.38	900m: 9:50.80 33.34	1300m: 14:15.79 32.55		
	150m: 1:33.18 32.02	550m: 5:56.57 33.42	950m: 10:24.04 33.24	1350m: 14:48.90 33.11		
	200m: 2:05.56 32.38	600m: 6:30.03 33.46	1000m: 10:57.61 33.57	1400m: 15:21.82 32.92		
	250m: 2:38.28 32.72	650m: 7:03.78 33.75	1050m: 11:31.21 33.60	1450m: 15:54.05 32.23		
	300m: 3:11.13 32.85	700m: 7:37.38 33.60	1100m: 12:04.85 33.64	1500m: 16:24.64 30.59		
	350m: 3:43.90 32.77	750m: 8:10.71 33.33	1150m: 12:37.81 32.96			
	400m: 4:16.94 33.04	800m: 8:44.06 33.35	1200m: 13:10.52 32.71			
7.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	16:25.70	+0,75	641
	50m: 29.70 29.70	450m: 4:50.64 32.71	850m: 9:16.37 33.17	1250m: 13:47.13 33.74		
	100m: 1:01.61 31.91	500m: 5:23.54 32.90	900m: 9:50.03 33.66	1300m: 14:19.84 32.71		
	150m: 1:34.15 32.54	550m: 5:56.74 33.20	950m: 10:24.28 34.25	1350m: 14:52.02 32.18		
	200m: 2:06.94 32.79	600m: 6:29.94 33.20	1000m: 10:58.06 33.78	1400m: 15:24.02 32.00		
	250m: 2:39.77 32.83	650m: 7:03.36 33.42	1050m: 11:31.88 33.82	1450m: 15:55.76 31.74		
	300m: 3:12.54 32.77	700m: 7:36.38 33.02	1100m: 12:05.42 33.54	1500m: 16:25.70 29.94		
	350m: 3:45.24 32.70	750m: 8:09.81 33.43	1150m: 12:39.59 34.17			
	400m: 4:17.93 32.69	800m: 8:43.20 33.39	1200m: 13:13.39 33.80			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Tiago Cunha Costa	99	Sporting	16:31.34	+0,69	630
	50m: 29.03 29.03	450m: 4:52.23 33.18	850m: 9:20.32 33.38	1250m: 13:48.09 33.24		
	100m: 1:01.05 32.02	500m: 5:25.70 33.47	900m: 9:54.03 33.71	1300m: 14:20.98 32.89		
	150m: 1:33.93 32.88	550m: 5:59.39 33.69	950m: 10:27.80 33.77	1350m: 14:54.12 33.14		
	200m: 2:07.14 33.21	600m: 6:32.86 33.47	1000m: 11:01.32 33.52	1400m: 15:26.95 32.83		
	250m: 2:40.29 33.15	650m: 7:06.39 33.53	1050m: 11:34.61 33.29	1450m: 15:59.60 32.65		
	300m: 3:13.17 32.88	700m: 7:39.83 33.44	1100m: 12:07.97 33.36	1500m: 16:31.34 31.74		
	350m: 3:46.11 32.94	750m: 8:13.68 33.85	1150m: 12:41.48 33.51			
	400m: 4:19.05 32.94	800m: 8:46.94 33.26	1200m: 13:14.85 33.37			
9.	Diogo Rosado Leca	98	Colegio Monte Maior	16:33.01	+0,75	627
	50m: 28.80 28.80	450m: 4:52.13 33.34	850m: 9:19.82 33.21	1250m: 13:45.90 33.35		
	100m: 1:00.25 31.45	500m: 5:26.46 34.33	900m: 9:53.10 33.28	1300m: 14:19.17 33.27		
	150m: 1:32.50 32.25	550m: 6:00.67 34.21	950m: 10:26.52 33.42	1350m: 14:53.13 33.96		
	200m: 2:05.35 32.85	600m: 6:33.65 32.98	1000m: 10:59.89 33.37	1400m: 15:27.24 34.11		
	250m: 2:38.33 32.98	650m: 7:06.79 33.14	1050m: 11:33.25 33.36	1450m: 16:00.43 33.19		
	300m: 3:11.72 33.39	700m: 7:39.93 33.14	1100m: 12:06.25 33.00	1500m: 16:33.01 32.58		
	350m: 3:45.33 33.61	750m: 8:13.20 33.27	1150m: 12:39.41 33.16			
	400m: 4:18.79 33.46	800m: 8:46.61 33.41	1200m: 13:12.55 33.14			
10.	Tiago Andre Carvalho	99	Academica de Coimbra	16:34.88	+0,78	623
	50m: 29.04 29.04	450m: 4:53.36 33.53	850m: 9:18.55 33.13	1250m: 13:48.36 34.18		
	100m: 1:01.12 32.08	500m: 5:26.29 32.93	900m: 9:52.02 33.47	1300m: 14:22.26 33.90		
	150m: 1:34.19 33.07	550m: 5:59.39 33.10	950m: 10:25.31 33.29	1350m: 14:55.98 33.72		
	200m: 2:07.37 33.18	600m: 6:32.64 33.25	1000m: 10:58.99 33.68	1400m: 15:29.58 33.60		
	250m: 2:40.49 33.12	650m: 7:06.14 33.50	1050m: 11:32.77 33.78	1450m: 16:02.73 33.15		
	300m: 3:13.67 33.18	700m: 7:39.19 33.05	1100m: 12:06.53 33.76	1500m: 16:34.88 32.15		
	350m: 3:46.85 33.18	750m: 8:12.33 33.14	1150m: 12:40.35 33.82			
	400m: 4:19.83 32.98	800m: 8:45.42 33.09	1200m: 13:14.18 33.83			
11.	Pedro Trindade Silva	98	Belenenses	16:36.90	+0,81	620
	50m: 29.72 29.72	450m: 4:57.54 34.13	850m: 9:26.37 33.31	1250m: 13:53.94 33.54		
	100m: 1:02.25 32.53	500m: 5:31.28 33.74	900m: 10:00.03 33.66	1300m: 14:27.53 33.59		
	150m: 1:35.35 33.10	550m: 6:05.23 33.95	950m: 10:33.56 33.53	1350m: 15:00.67 33.14		
	200m: 2:08.79 33.44	600m: 6:38.71 33.48	1000m: 11:07.28 33.72	1400m: 15:33.54 32.87		
	250m: 2:41.85 33.06	650m: 7:12.63 33.92	1050m: 11:40.72 33.44	1450m: 16:05.94 32.40		
	300m: 3:15.30 33.45	700m: 7:46.38 33.75	1100m: 12:13.86 33.14	1500m: 16:36.90 30.96		
	350m: 3:49.07 33.77	750m: 8:19.73 33.35	1150m: 12:47.08 33.22			
	400m: 4:23.41 34.34	800m: 8:53.06 33.33	1200m: 13:20.40 33.32			
12.	Afonso Calais Queiroga	98	Uniao Piedense	16:40.19	+0,71	613
	50m: 28.99 28.99	450m: 4:56.85 33.75	850m: 9:23.38 33.56	1250m: 13:50.98 34.28		
	100m: 1:01.64 32.65	500m: 5:30.27 33.42	900m: 9:56.82 33.44	1300m: 14:24.56 33.58		
	150m: 1:34.96 33.32	550m: 6:04.22 33.95	950m: 10:30.15 33.33	1350m: 14:59.23 34.67		
	200m: 2:08.33 33.37	600m: 6:37.10 32.88	1000m: 11:03.40 33.25	1400m: 15:32.96 33.73		
	250m: 2:42.24 33.91	650m: 7:09.99 32.89	1050m: 11:36.51 33.11	1450m: 16:07.58 34.62		
	300m: 3:15.65 33.41	700m: 7:43.22 33.23	1100m: 12:10.63 34.12	1500m: 16:40.19 32.61		
	350m: 3:49.44 33.79	750m: 8:16.44 33.22	1150m: 12:43.11 32.48			
	400m: 4:23.10 33.66	800m: 8:49.82 33.38	1200m: 13:16.70 33.59			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Diogo Rodrigues Freitas	98	Uniao Piedense	16:40.75	+0.83	612
	50m: 29.39 29.39	450m: 4:54.87 33.67	850m: 9:26.31 34.09	1250m: 13:55.59 33.55		
	100m: 1:01.95 32.56	500m: 5:28.90 34.03	900m: 10:00.44 34.13	1300m: 14:28.94 33.35		
	150m: 1:34.80 32.85	550m: 6:03.25 34.35	950m: 10:34.47 34.03	1350m: 15:02.63 33.69		
	200m: 2:07.78 32.98	600m: 6:37.07 33.82	1000m: 11:08.16 33.69	1400m: 15:36.38 33.75		
	250m: 2:41.09 33.31	650m: 7:10.90 33.83	1050m: 11:41.69 33.53	1450m: 16:09.55 33.17		
	300m: 3:14.51 33.42	700m: 7:44.78 33.88	1100m: 12:15.32 33.63	1500m: 16:40.75 31.20		
	350m: 3:47.76 33.25	750m: 8:18.52 33.74	1150m: 12:48.46 33.14			
	400m: 4:21.20 33.44	800m: 8:52.22 33.70	1200m: 13:22.04 33.58			
14.	Rui Jorge Matias	99	Vilacondense	16:40.76	+0.73	612
	50m: 29.23 29.23	450m: 4:56.03 33.70	850m: 9:26.55 34.02	1250m: 13:56.87 33.52		
	100m: 1:02.04 32.81	500m: 5:30.03 34.00	900m: 10:00.95 34.40	1300m: 14:30.20 33.33		
	150m: 1:34.76 32.72	550m: 6:03.51 33.48	950m: 10:34.75 33.80	1350m: 15:03.52 33.32		
	200m: 2:08.41 33.65	600m: 6:37.37 33.86	1000m: 11:08.43 33.68	1400m: 15:37.38 33.86		
	250m: 2:42.35 33.94	650m: 7:11.45 34.08	1050m: 11:42.16 33.73	1450m: 16:10.68 33.30		
	300m: 3:15.35 33.00	700m: 7:45.35 33.90	1100m: 12:15.89 33.73	1500m: 16:40.76 30.08		
	350m: 3:48.79 33.44	750m: 8:18.95 33.60	1150m: 12:49.85 33.96			
	400m: 4:22.33 33.54	800m: 8:52.53 33.58	1200m: 13:23.35 33.50			
15.	Joao Francisco Machado	99	Nautico /Urgicentro-Sanfil	16:44.47	+0.79	606
	50m: 29.57 29.57	450m: 4:55.14 33.47	850m: 9:23.13 33.38	1250m: 13:55.11 34.18		
	100m: 1:02.11 32.54	500m: 5:28.50 33.36	900m: 9:56.79 33.66	1300m: 14:29.49 34.38		
	150m: 1:35.14 33.03	550m: 6:01.98 33.48	950m: 10:30.87 34.08	1350m: 15:03.72 34.23		
	200m: 2:08.53 33.39	600m: 6:35.76 33.78	1000m: 11:05.03 34.16	1400m: 15:37.91 34.19		
	250m: 2:41.70 33.17	650m: 7:09.09 33.33	1050m: 11:38.72 33.69	1450m: 16:11.98 34.07		
	300m: 3:15.04 33.34	700m: 7:42.76 33.67	1100m: 12:12.53 33.81	1500m: 16:44.47 32.49		
	350m: 3:48.26 33.22	750m: 8:16.27 33.51	1150m: 12:46.55 34.02			
	400m: 4:21.67 33.41	800m: 8:49.75 33.48	1200m: 13:20.93 34.38			
16.	Tiago Douwens Paula	99	Sporting	16:45.42	+0.77	604
	50m: 30.30 30.30	450m: 4:57.60 33.55	850m: 9:25.15 33.58	1250m: 13:55.91 34.14		
	100m: 1:03.05 32.75	500m: 5:31.05 33.45	900m: 9:58.81 33.66	1300m: 14:30.02 34.11		
	150m: 1:36.01 32.96	550m: 6:04.51 33.46	950m: 10:32.33 33.52	1350m: 15:03.55 33.53		
	200m: 2:09.39 33.38	600m: 6:37.86 33.35	1000m: 11:06.22 33.89	1400m: 15:37.57 34.02		
	250m: 2:42.94 33.55	650m: 7:11.27 33.41	1050m: 11:39.94 33.72	1450m: 16:11.76 34.19		
	300m: 3:16.49 33.55	700m: 7:44.74 33.47	1100m: 12:13.57 33.63	1500m: 16:45.42 33.66		
	350m: 3:50.18 33.69	750m: 8:18.09 33.35	1150m: 12:47.63 34.06			
	400m: 4:24.05 33.87	800m: 8:51.57 33.48	1200m: 13:21.77 34.14			
17.	Joao Santos Mendes	98	Leixoes	16:45.46	+0.71	604
	50m: 29.26 29.26	450m: 4:54.66 33.70	850m: 9:27.13 33.67	1250m: 13:59.86 34.17		
	100m: 1:01.82 32.56	500m: 5:28.58 33.92	900m: 10:00.63 33.50	1300m: 14:33.39 33.53		
	150m: 1:34.39 32.57	550m: 6:02.34 33.76	950m: 10:33.71 33.08	1350m: 15:06.98 33.59		
	200m: 2:07.38 32.99	600m: 6:36.71 34.37	1000m: 11:07.62 33.91	1400m: 15:40.95 33.97		
	250m: 2:40.57 33.19	650m: 7:11.08 34.37	1050m: 11:42.57 34.95	1450m: 16:13.64 32.69		
	300m: 3:13.83 33.26	700m: 7:45.67 34.59	1100m: 12:17.37 34.80	1500m: 16:45.46 31.82		
	350m: 3:47.32 33.49	750m: 8:19.76 34.09	1150m: 12:51.39 34.02			
	400m: 4:20.96 33.64	800m: 8:53.46 33.70	1200m: 13:25.69 34.30			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Dario Fausto Matias	98	Torres Novas	16:45.65	+0.77	604
	50m: 29.36 29.36	450m: 4:57.21 33.96	850m: 9:29.01 34.13	1250m: 13:59.06 32.96		
	100m: 1:02.03 32.67	500m: 5:31.01 33.80	900m: 10:03.09 34.08	1300m: 14:32.50 33.44		
	150m: 1:35.27 33.24	550m: 6:04.95 33.94	950m: 10:36.98 33.89	1350m: 15:06.02 33.52		
	200m: 2:08.98 33.71	600m: 6:38.76 33.81	1000m: 11:11.02 34.04	1400m: 15:40.06 34.04		
	250m: 2:42.30 33.32	650m: 7:12.95 34.19	1050m: 11:44.77 33.75	1450m: 16:13.75 33.69		
	300m: 3:15.73 33.43	700m: 7:46.87 33.92	1100m: 12:18.38 33.61	1500m: 16:45.65 31.90		
	350m: 3:49.26 33.53	750m: 8:20.92 34.05	1150m: 12:52.32 33.94			
	400m: 4:23.25 33.99	800m: 8:54.88 33.96	1200m: 13:26.10 33.78			
19.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:45.94	+0.85	603
	50m: 29.51 29.51	450m: 4:54.38 33.46	850m: 9:24.28 34.16	1250m: 13:58.12 34.20		
	100m: 1:01.75 32.24	500m: 5:28.14 33.76	900m: 9:58.74 34.46	1300m: 14:32.35 34.23		
	150m: 1:34.47 32.72	550m: 6:01.57 33.43	950m: 10:33.08 34.34	1350m: 15:06.75 34.40		
	200m: 2:07.55 33.08	600m: 6:34.94 33.37	1000m: 11:07.37 34.29	1400m: 15:40.76 34.01		
	250m: 2:40.85 33.30	650m: 7:08.67 33.73	1050m: 11:41.80 34.43	1450m: 16:14.46 33.70		
	300m: 3:13.98 33.13	700m: 7:42.38 33.71	1100m: 12:15.75 33.95	1500m: 16:45.94 31.48		
	350m: 3:47.41 33.43	750m: 8:16.24 33.86	1150m: 12:49.83 34.08			
	400m: 4:20.92 33.51	800m: 8:50.12 33.88	1200m: 13:23.92 34.09			
20.	Jose Pedro Fernandes	99	Braga	16:46.53	+0.80	602
	50m: 29.25 29.25	450m: 4:53.43 33.64	850m: 9:24.73 33.89	1250m: 13:58.43 34.84		
	100m: 1:01.08 31.83	500m: 5:27.34 33.91	900m: 9:58.57 33.84	1300m: 14:32.66 34.23		
	150m: 1:33.62 32.54	550m: 6:01.22 33.88	950m: 10:32.76 34.19	1350m: 15:05.94 33.28		
	200m: 2:06.89 33.27	600m: 6:35.17 33.95	1000m: 11:06.94 34.18	1400m: 15:40.33 34.39		
	250m: 2:40.15 33.26	650m: 7:08.92 33.75	1050m: 11:41.09 34.15	1450m: 16:14.91 34.58		
	300m: 3:13.47 33.32	700m: 7:42.97 34.05	1100m: 12:14.97 33.88	1500m: 16:46.53 31.62		
	350m: 3:46.57 33.10	750m: 8:17.11 34.14	1150m: 12:49.10 34.13			
	400m: 4:19.79 33.22	800m: 8:50.84 33.73	1200m: 13:23.59 34.49			
21.	Alexandre Magno Carvalho	98	Fluvial Portuense	16:46.96	+0.77	601
	50m: 28.82 28.82	450m: 4:52.82 33.54	850m: 9:24.21 33.75	1250m: 13:59.68 34.14		
	100m: 1:01.06 32.24	500m: 5:26.43 33.61	900m: 9:58.72 34.51	1300m: 14:33.32 33.64		
	150m: 1:33.82 32.76	550m: 5:59.71 33.28	950m: 10:33.55 34.83	1350m: 15:07.52 34.20		
	200m: 2:06.86 33.04	600m: 6:33.29 33.58	1000m: 11:07.80 34.25	1400m: 15:41.56 34.04		
	250m: 2:39.71 32.85	650m: 7:07.15 33.86	1050m: 11:42.20 34.40	1450m: 16:14.71 33.15		
	300m: 3:12.97 33.26	700m: 7:41.47 34.32	1100m: 12:16.67 34.47	1500m: 16:46.96 32.25		
	350m: 3:46.13 33.16	750m: 8:15.98 34.51	1150m: 12:51.16 34.49			
	400m: 4:19.28 33.15	800m: 8:50.46 34.48	1200m: 13:25.54 34.38			
22.	Jose Diogo Fonseca	98	Nautico Marinha Grande	16:47.17	+0.74	601
	50m: 29.59 29.59	450m: 4:52.82 33.43	850m: 9:25.11 34.02	1250m: 13:59.20 34.21		
	100m: 1:01.67 32.08	500m: 5:26.44 33.62	900m: 9:59.26 34.15	1300m: 14:33.21 34.01		
	150m: 1:34.06 32.39	550m: 6:00.21 33.77	950m: 10:33.58 34.32	1350m: 15:07.22 34.01		
	200m: 2:06.67 32.61	600m: 6:34.38 34.17	1000m: 11:07.93 34.35	1400m: 15:41.51 34.29		
	250m: 2:39.40 32.73	650m: 7:08.27 33.89	1050m: 11:41.92 33.99	1450m: 16:15.03 33.52		
	300m: 3:12.57 33.17	700m: 7:42.76 34.49	1100m: 12:16.67 34.75	1500m: 16:47.17 32.14		
	350m: 3:45.85 33.28	750m: 8:16.88 34.12	1150m: 12:50.85 34.18			
	400m: 4:19.39 33.54	800m: 8:51.09 34.21	1200m: 13:24.99 34.14			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
23.	Duarte Filipe Rodrigues	99	Alges	16:53.19	+0.91	590
	50m: 29.77 29.77	450m: 4:53.63 33.38	850m: 9:22.20 33.95	1250m: 13:58.61 34.98		
	100m: 1:02.09 32.32	500m: 5:26.86 33.23	900m: 9:56.52 34.32	1300m: 14:33.79 35.18		
	150m: 1:34.80 32.71	550m: 6:00.13 33.27	950m: 10:30.71 34.19	1350m: 15:08.78 34.99		
	200m: 2:07.97 33.17	600m: 6:33.41 33.28	1000m: 11:04.94 34.23	1400m: 15:43.98 35.20		
	250m: 2:40.97 33.00	650m: 7:06.84 33.43	1050m: 11:39.45 34.51	1450m: 16:18.90 34.92		
	300m: 3:13.95 32.98	700m: 7:40.64 33.80	1100m: 12:14.08 34.63	1500m: 16:53.19 34.29		
	350m: 3:47.03 33.08	750m: 8:14.55 33.91	1150m: 12:48.62 34.54			
	400m: 4:20.25 33.22	800m: 8:48.25 33.70	1200m: 13:23.63 35.01			
24.	Bernardo Graca Rodrigues	99	Alges	16:54.66	+0.68	588
	50m: 30.02 30.02	450m: 4:57.43 33.74	850m: 9:26.91 33.65	1250m: 14:00.88 34.41		
	100m: 1:02.65 32.63	500m: 5:31.04 33.61	900m: 10:00.84 33.93	1300m: 14:36.00 35.12		
	150m: 1:35.96 33.31	550m: 6:04.70 33.66	950m: 10:34.99 34.15	1350m: 15:10.91 34.91		
	200m: 2:09.16 33.20	600m: 6:38.37 33.67	1000m: 11:09.06 34.07	1400m: 15:45.94 35.03		
	250m: 2:42.59 33.43	650m: 7:12.22 33.85	1050m: 11:43.16 34.10	1450m: 16:20.84 34.90		
	300m: 3:16.28 33.69	700m: 7:45.93 33.71	1100m: 12:17.39 34.23	1500m: 16:54.66 33.82		
	350m: 3:49.80 33.52	750m: 8:19.67 33.74	1150m: 12:51.75 34.36			
	400m: 4:23.69 33.89	800m: 8:53.26 33.59	1200m: 13:26.47 34.72			
25.	Daniel Filipe Paiva	98	Miranda do Corvo	17:02.92	+0.85	573
	50m: 31.34 31.34	450m: 5:02.99 34.20	850m: 9:39.89 34.84	1250m: 14:14.64 34.50		
	100m: 1:04.49 33.15	500m: 5:37.35 34.36	900m: 10:14.17 34.28	1300m: 14:48.63 33.99		
	150m: 1:38.05 33.56	550m: 6:12.10 34.75	950m: 10:48.19 34.02	1350m: 15:22.90 34.27		
	200m: 2:11.75 33.70	600m: 6:46.93 34.83	1000m: 11:22.71 34.52	1400m: 15:56.87 33.97		
	250m: 2:46.01 34.26	650m: 7:21.66 34.73	1050m: 11:56.99 34.28	1450m: 16:30.60 33.73		
	300m: 3:20.26 34.25	700m: 7:56.13 34.47	1100m: 12:31.28 34.29	1500m: 17:02.92 32.32		
	350m: 3:54.56 34.30	750m: 8:30.60 34.47	1150m: 13:05.64 34.36			
	400m: 4:28.79 34.23	800m: 9:05.05 34.45	1200m: 13:40.14 34.50			
26.	Andre Alexandre Santos	99	Sporting	17:03.02	+0.90	573
	50m: 30.50 30.50	450m: 4:58.10 33.99	850m: 9:32.14 34.15	1250m: 14:11.39 35.23		
	100m: 1:03.26 32.76	500m: 5:31.78 33.68	900m: 10:06.59 34.45	1300m: 14:46.25 34.86		
	150m: 1:36.27 33.01	550m: 6:06.26 34.48	950m: 10:41.14 34.55	1350m: 15:21.12 34.87		
	200m: 2:09.62 33.35	600m: 6:40.75 34.49	1000m: 11:15.64 34.50	1400m: 15:55.47 34.35		
	250m: 2:42.91 33.29	650m: 7:15.01 34.26	1050m: 11:50.88 35.24	1450m: 16:29.91 34.44		
	300m: 3:16.50 33.59	700m: 7:49.24 34.23	1100m: 12:26.32 35.44	1500m: 17:03.02 33.11		
	350m: 3:50.27 33.77	750m: 8:23.27 34.03	1150m: 13:01.29 34.97			
	400m: 4:24.11 33.84	800m: 8:57.99 34.72	1200m: 13:36.16 34.87			
27.	Jose Ricardo Ribeiro	99	Fluvial Portuense	17:03.16	+0.72	573
	50m: 29.47 29.47	450m: 4:57.66 34.53	850m: 9:36.12 34.84	1250m: 14:14.43 35.39		
	100m: 1:01.37 31.90	500m: 5:32.31 34.65	900m: 10:10.82 34.70	1300m: 14:48.45 34.02		
	150m: 1:34.46 33.09	550m: 6:06.90 34.59	950m: 10:45.70 34.88	1350m: 15:22.79 34.34		
	200m: 2:07.89 33.43	600m: 6:41.79 34.89	1000m: 11:19.88 34.18	1400m: 15:57.29 34.50		
	250m: 2:40.88 32.99	650m: 7:16.72 34.93	1050m: 11:55.16 35.28	1450m: 16:31.72 34.43		
	300m: 3:14.60 33.72	700m: 7:51.80 35.08	1100m: 12:29.77 34.61	1500m: 17:03.16 31.44		
	350m: 3:48.98 34.38	750m: 8:26.68 34.88	1150m: 13:04.33 34.56			
	400m: 4:23.13 34.15	800m: 9:01.28 34.60	1200m: 13:39.04 34.71			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
28.	Daniel Silva Bessa	99	Aquatico Pacense	17:14.59	+0,83	554
	50m: 30.51 30.51	450m: 4:57.82 33.87	850m: 9:33.13 34.95	1250m: 14:17.12 35.65		
	100m: 1:02.99 32.48	500m: 5:31.67 33.85	900m: 10:08.25 35.12	1300m: 14:53.46 36.34		
	150m: 1:36.31 33.32	550m: 6:05.52 33.85	950m: 10:43.51 35.26	1350m: 15:29.06 35.60		
	200m: 2:09.67 33.36	600m: 6:39.54 34.02	1000m: 11:18.94 35.43	1400m: 16:04.62 35.56		
	250m: 2:43.14 33.47	650m: 7:13.69 34.15	1050m: 11:54.48 35.54	1450m: 16:39.81 35.19		
	300m: 3:16.77 33.63	700m: 7:48.35 34.66	1100m: 12:30.16 35.68	1500m: 17:14.59 34.78		
	350m: 3:50.34 33.57	750m: 8:23.00 34.65	1150m: 13:05.76 35.60			
	400m: 4:23.95 33.61	800m: 8:58.18 35.18	1200m: 13:41.47 35.71			
29.	Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	17:17.59	+0,73	549
	<i>FTL</i>					
	50m: 29.12 29.12	450m: 5:02.38 35.35	850m: 9:44.45 35.17	1250m: 14:26.50 34.85		
	100m: 1:00.98 31.86	500m: 5:37.72 35.34	900m: 10:19.56 35.11	1300m: 15:01.64 35.14		
	150m: 1:33.91 32.93	550m: 6:13.21 35.49	950m: 10:54.47 34.91	1350m: 15:37.21 35.57		
	200m: 2:07.92 34.01	600m: 6:48.34 35.13	1000m: 11:29.48 35.01	1400m: 16:12.25 35.04		
	250m: 2:42.19 34.27	650m: 7:23.64 35.30	1050m: 12:05.24 35.76	1450m: 16:46.29 34.04		
	300m: 3:16.92 34.73	700m: 7:58.67 35.03	1100m: 12:40.67 35.43	1500m: 17:17.59 31.30		
	350m: 3:51.78 34.86	750m: 8:33.94 35.27	1150m: 13:16.31 35.64			
	400m: 4:27.03 35.25	800m: 9:09.28 35.34	1200m: 13:51.65 35.34			
30.	Nelson Pereira Malheiros	99	Litoral Alentejano	17:23.56	+0,73	540
	<i>FTL</i>					
	50m: 30.54 30.54	450m: 5:02.22 34.55	850m: 9:40.39 34.78	1250m: 14:28.12 36.18		
	100m: 1:03.94 33.40	500m: 5:36.87 34.65	900m: 10:15.49 35.10	1300m: 15:04.28 36.16		
	150m: 1:37.18 33.24	550m: 6:11.80 34.93	950m: 10:51.25 35.76	1350m: 15:40.13 35.85		
	200m: 2:10.96 33.78	600m: 6:46.59 34.79	1000m: 11:27.00 35.75	1400m: 16:16.19 36.06		
	250m: 2:44.99 34.03	650m: 7:21.40 34.81	1050m: 12:03.78 36.78	1450m: 16:50.69 34.50		
	300m: 3:19.07 34.08	700m: 7:56.15 34.75	1100m: 12:39.65 35.87	1500m: 17:23.56 32.87		
	350m: 3:53.46 34.39	750m: 8:30.72 34.57	1150m: 13:15.19 35.54			
	400m: 4:27.67 34.21	800m: 9:05.61 34.89	1200m: 13:51.94 36.75			
DNS	Tiago Filipe Campos	99	Scalabiswim			
WDR	Rafael Ladeiro Santos	98	Gesloures			

Prova 35
13-12-2015

Femin., 50m Mariposa

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	26.78	Sara Freitas Oliveira	POR	Dubai (UAE)	16-12-2010
Recordes Nacionais 25m Jun16	27.57	Filipa Vilas Tiago	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	27.32	Sara Francisco Cruz	ADBA	Leiria	06-12-2009
Recordes Nacionais 25m Sen	26.78	Sara Freitas Oliveira	POR	Dubai (UAE)	16-12-2010

TAC_B-JUNF Jun: 30.79 / TAC_B-SENF Sen: 30.06

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	27.46	+0,68	699
2.	Filipa Vilas Tiago	94	Nacional de Natacao	27.80	+0,70	674
3.	Ines Camacho Fernandes	97	Sporting	27.99	+0,72	660
4.	Barbara Sofia Barata	97	Alges	28.44	+0,69	629
5.	Jessica Sousa Brito	97	Portinado	28.56	+0,72	622
6.	Jessica Teixeira Vieira	91	Belenenses	28.95	+0,71	597
7.	Susana Clara Gomes	77	Naval do Funchal	28.99	+0,72	594
8.	Ana Margarida Rodrigues	96	Galitos/Bresimar	29.09	+0,78	588

Juniores

Final						
1.	Laura Sanchez Rodrigues	00	Belenenses	28.54	+0,66	623
2.	Beatriz Jong Rosa	00	Desportivo Nacional	29.32	+0,71	574
3.	Marta Ferreira Rocha	99	Leixoes	29.71	+0,74	552
4.	Sofia Alexandra Nunes	00	Laranjeiro	29.98	+0,76	537
5.	Maria Leonor Martins	99	Aquatico Pacense	29.99	+0,88	537
6.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	30.07	+0,69	532
7.	Lara Alexandra Vaz	99	Desportiva de Viana	30.26	+0,73	522
8.	Maria Margarida Fernandes	99	Ginasio de Vila Real	30.49	+0,76	511

Prova 34
13-12-2015

Masc., 50m Mariposa

17 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	23.50	Tiago Andre Venancio	POR	Szczecin (POL)	11-12-2011
Recordes Nacionais 25m Jun17	25.32	Tiago Andre Venancio	CNS	Estoril	15-02-2004
Recordes Nacionais 25m Jun18	24.68	Joao Miguel Ascensao	FCP	Porto	21-12-2014
Recordes Nacionais 25m Sen	23.50	Tiago Andre Venancio	POR	Szczecin (POL)	11-12-2011

TAC_B-JUNM Jun: 26.97 / TAC_B-SENM Sen: 25.36

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Luiz Pedro Pereira	91	Benfica	23.84	+0,65	764
2.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	24.33	+0,70	719
3.	Pedro Andre Santos	94	Alges	24.38	+0,69	714
4.	Alexandre Escudier Agostinho	86	Portinado	24.84	+0,68	675
5.	Tomas Correia Silva	95	Porto	24.91	+0,61	670
6.	Diogo Fontes Moreira	93	Leixoes	24.97	+0,69	665
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	25.12	+0,63	653
8.	Fabio Andre Figueira	88	Belenenses	25.21	+0,73	646

Juniores

Final

1.	Joao Francisco Lopes	98	Braga	25.16	+0,63	650
2.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	25.36	+0,65	635
3.	Nuno Miguel Graca	98	Desportiva de Viana	25.41	+0,68	631
4.	Afonso Meneses Sequeira	99	Naval do Funchal	25.56	+0,72	620
5.	Bernardo Santos Clemente	98	Ba/Bomcar	25.59	+0,73	618
6.	Pedro Miguel Fernandes	99	Vitoria/ Olicargo	25.81	+0,73	602
7.	Miguel Camara Gomes	99	Naval do Funchal	25.84	+0,70	600
8.	Mateus Ribeiro Carvalho	99	Famalicao	25.89	+0,68	596

Prova 37
13-12-2015

Femin., 200m Costas

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014
Recordes Nacionais 25m Jun16	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Recordes Nacionais 25m Jun17	2:12.52	Rita Barros Frischknecht	SAD	Porto	21-12-2014
Recordes Nacionais 25m Sen	2:11.56	Francisca Gomes Azevedo	SAD	Porto	21-12-2014

TAC_B-JUNF Jun: 2:27.48 / TAC_B-SENF Sen: 2:24.26

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Francisca Gomes Azevedo	97	Alges	2:11.63	+1,13	743
	50m: 31.25 31.25	100m: 1:04.37 33.12	150m: 1:38.08 33.71	200m: 2:11.63 33.55		
2.	Rita Barros Frischknecht	98	Alges	2:13.47	+0,70	712
	50m: 31.05 31.05	100m: 1:04.80 33.75	150m: 1:38.95 34.15	200m: 2:13.47 34.52		
3.	Vania Soares Neves	90	Fluvial Portuense	2:16.61	+0,59	664
	50m: 32.16 32.16	100m: 1:07.03 34.87	150m: 1:42.13 35.10	200m: 2:16.61 34.48		
4.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	2:18.46	+0,59	638
	50m: 31.78 31.78	100m: 1:06.25 34.47	150m: 1:42.70 36.45	200m: 2:18.46 35.76		
5.	Ana Filipa Costa	98	Natacao de Beja	2:19.12	+0,64	629
	50m: 32.31 32.31	100m: 1:06.59 34.28	150m: 1:42.35 35.76	200m: 2:19.12 36.77		
6.	Tatiana Filipa Santos	95	Academica de Coimbra	2:19.20	+0,68	628
	50m: 33.18 33.18	100m: 1:08.50 35.32	150m: 1:43.98 35.48	200m: 2:19.20 35.22		
7.	Ana Raquel Ferreira	98	Ginasio Figueirense	2:21.29	+0,69	600
	50m: 33.21 33.21	100m: 1:09.01 35.80	150m: 1:45.15 36.14	200m: 2:21.29 36.14		
8.	Lisa Marisa Soares	95	Belenenses	2:23.12	+0,63	578
	50m: 33.69 33.69	100m: 1:10.14 36.45	150m: 1:46.31 36.17	200m: 2:23.12 36.81		

Juniores

Final

1.	Maria Ana Monge	99	Sporting	2:19.79	+1,19	620
	50m: 32.08 32.08	100m: 1:07.26 35.18	150m: 1:43.72 36.46	200m: 2:19.79 36.07		
2.	Catarina Martins Mestre	00	Sporting	2:20.81	+1,27	607
	50m: 32.48 32.48	100m: 1:07.83 35.35	150m: 1:44.50 36.67	200m: 2:20.81 36.31		
3.	Alexandra Jesus Santos	00	Leixoes	2:21.29	+0,57	600
	50m: 32.88 32.88	100m: 1:09.01 36.13	150m: 1:45.30 36.29	200m: 2:21.29 35.99		
4.	Monica Seara Domingues	00	Nautico Marinha Grande	2:22.90	+0,63	580
	50m: 33.70 33.70	100m: 1:09.88 36.18	150m: 1:47.01 37.13	200m: 2:22.90 35.89		
5.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	2:23.55	+0,55	572
	50m: 33.45 33.45	100m: 1:09.95 36.50	150m: 1:47.34 37.39	200m: 2:23.55 36.21		
6.	Maria Dias Neves	99	Miranda do Corvo	2:24.60	+0,69	560
	50m: 34.56 34.56	100m: 1:11.58 37.02	150m: 1:48.33 36.75	200m: 2:24.60 36.27		

Prova 37, Femin., 200m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Maria Beatriz Lopes	00	Benedita	2:25.09	+0,67	554
	50m: 34.16 34.16	100m: 1:11.09 36.93	150m: 1:48.40 37.31	200m: 2:25.09 36.69		
8.	Filipa Carreira Alves	99	Uniao Piedense	2:25.78	+0,67	547
	50m: 33.17 33.17	100m: 1:10.22 37.05	150m: 1:48.33 38.11	200m: 2:25.78 37.45		

Prova 36
13-12-2015

Masc., 200m Costas

17 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:53.06	Pedro Diogo Oliveira	POR	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun17	1:59.34	Adriano Miguel Niz	CFV	Alges	16-05-2003
Recordes Nacionais 25m Jun18	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Recordes Nacionais 25m Sen	1:53.06	Pedro Diogo Oliveira	POR	Chartres (FRA)	22-11-2012

TAC_B-JUNM Jun: 2:13.07 / TAC_B-SENM Sen: 2:10.79

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Pedro Diogo Oliveira	88	Estrelas S. Joao de Brito	1:54.78	+1,62	790
	50m: 25.82 25.82	100m: 54.16 28.34	150m: 1:23.86 29.70	200m: 1:54.78 30.92		
2.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	1:55.92	+1,20	766
	50m: 27.14 27.14	100m: 55.98 28.84	150m: 1:25.78 29.80	200m: 1:55.92 30.14		
3.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	1:59.13	+0,64	706
	50m: 27.77 27.77	100m: 57.82 30.05	150m: 1:28.46 30.64	200m: 1:59.13 30.67		
4.	Alexandre Lages Ribas	97	Sporting	2:01.66	+0,66	663
	50m: 28.41 28.41	100m: 58.85 30.44	150m: 1:29.90 31.05	200m: 2:01.66 31.76		
5.	Joao Pedro Tarquinio	97	Benedita	2:03.12	+0,57	640
	50m: 29.53 29.53	100m: 1:01.08 31.55	150m: 1:32.88 31.80	200m: 2:03.12 30.24		
6.	Ivo Pinto Ribeiro	97	Foca	2:04.41	+0,74	620
	50m: 29.42 29.42	100m: 1:00.78 31.36	150m: 1:32.65 31.87	200m: 2:04.41 31.76		
7.	Bruno Miguel Ramos	97	Belenenses	2:04.70	+0,72	616
	50m: 29.51 29.51	100m: 1:01.12 31.61	150m: 1:32.67 31.55	200m: 2:04.70 32.03		
8.	Filipe Miguel Felix	96	Alges	2:06.87	+0,70	585
	50m: 29.16 29.16	100m: 1:01.20 32.04	150m: 1:33.69 32.49	200m: 2:06.87 33.18		

Prova 36, Masc., 200m Costas, Final

Juniores

Final

1.	Joao Alexandre Vital	98	Sporting	1:59.39	+1,12	702
	50m: 28.01 28.01	100m: 58.14 30.13	150m: 1:28.85 30.71	200m: 1:59.39 30.54		
2.	Joao Jose Laranjeira	98	Galitos/Bresimar	2:03.58	+0,68	633
	50m: 29.01 29.01	100m: 59.92 30.91	150m: 1:31.90 31.98	200m: 2:03.58 31.68		
3.	Francisco Rogerio Santos	98	Benedita	2:03.78	+0,69	629
	50m: 28.56 28.56	100m: 1:00.52 31.96	150m: 1:32.61 32.09	200m: 2:03.78 31.17		
4.	Filipe Miguel Silveira	98	Belenenses	2:04.70	+0,59	616
	50m: 29.05 29.05	100m: 1:00.91 31.86	150m: 1:32.97 32.06	200m: 2:04.70 31.73		
5.	Viktor Kot	98	Nautico Marinha Grande	2:05.25	+0,57	608
	50m: 29.02 29.02	100m: 1:01.01 31.99	150m: 1:33.65 32.64	200m: 2:05.25 31.60		
6.	Afonso Guilherme Rosa	99	Torres Novas	2:06.41	+0,73	591
	50m: 29.92 29.92	100m: 1:01.96 32.04	150m: 1:35.23 33.27	200m: 2:06.41 31.18		
7.	Jose Pedro Sampaio	98	Foca	2:06.48	+0,69	590
	50m: 29.85 29.85	100m: 1:02.12 32.27	150m: 1:34.62 32.50	200m: 2:06.48 31.86		
8.	Ricardo Saraiva Pires	98	Laranjeiro	2:10.10	+0,59	542
	50m: 29.36 29.36	100m: 1:01.74 32.38	150m: 1:35.77 34.03	200m: 2:10.10 34.33		

Prova 39
13-12-2015

Femin., 50m Bruços

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun16	31.46	Ana Pinho Rodrigues	AEJ	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	32.11	Ana Pinho Rodrigues	POR	Eindhoven (NED)	25-11-2010
Recordes Nacionais 25m Sen	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC_B-JUNF Jun: 38.86 / TAC_B-SENF Sen: 36.88

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Maria Madalena Silva	98	Nautico Abrantes	32.72	+0,69	681
2.	Paula Alexandra Oliveira	96	Porto	33.02	+0,67	663
3.	Anais Ines Charro	98	Individual ANL	33.27	+0,71	648
4.	Carolina Lourenco Matos	98	Benedita	33.38	+0,71	642
5.	Catarina Costa Sequeira	98	Armazenenses	33.41	+0,71	640
6.	Ana Marisa Brito	90	Benfica	33.62	+0,73	628
7.	Diana Patricia Ferreira	94	Aquatico Pacense	33.76	+0,89	620
8.	Ana Beatriz Marques	98	Alges	34.18	+0,75	598

Prova 39, Femin., 50m Bruços, Final

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	32.99	+0,72	665
2.	Claudia Ferreira Borges	99	Benfica	33.65	+0,69	626
3.	Ines Rocha Silva	00	Alcobaca	33.70	+0,71	624
4.	Laura Catarina Abreu	00	Desportivo Nacional	33.71	+0,75	623
5.	Ana Joao Martins	00	Sport de Mirandela	34.23	+0,80	595
6.	Ana Beatriz Martins	99	Famalicao	34.44	+0,69	584
7.	Ines Silva Bernardo	00	Colegio Monte Maior	34.48	+0,73	582
8.	Maria Ines Ferreira	00	Miranda do Corvo	34.79	+0,77	567

Prova 38
13-12-2015

Masc., 50m Bruços

17 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	03-05-2009
Recordes Nacionais 25m Jun18	28.55	Simao Miguel Capitaio	CLAMAS	Senhora da Hora	24-05-2015
Recordes Nacionais 25m Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014

TAC_B-JUNM Jun: 31.70 / TAC_B-SENM Sen: 29.42

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Seniores

Final

1.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	28.28	+0,67	711
2.	Nuno Goncalo Quintanilha	87	Colegio Vasco da Gama	28.76	+0,70	676
3.	Sergio Baptista Silva	91	Porto	28.81	+0,68	673
4.	Guilherme Miguel Teixeira	97	Benfica	28.86	+0,71	669
5.	Leonardo Cardoso Figueiredo	96	Porto	28.91	+0,60	666
6.	Andre Goncalo Santos	97	Leixoes	28.98	+0,72	661
7.	Francisco Robalo Quintas	95	Belenenses	29.03	+0,64	658
8.	Gil Goncalves Pinto	88	Porto	29.04	+0,66	657

Prova 38, Masc., 50m Bruços, Final

Juniores

Final

1. Antonio Fernandes Carrico	98	Pimpoes/Cimai	29.44	+0,68	630
2. Diogo Miguel Costa	98	Porto	29.60	+0,67	620
3. Hugo Pon	98	Alges	29.70	+0,70	614
4. Guilherme Assis Ramos	98	Sporting	29.95	+0,72	599
5. Joao Sismeiro Pereira	98	Belenenses	30.27	+0,67	580
6. Mario Jorge Veloso	98	Braga	30.48	+0,73	568
7. Alexandre Ferreira Amorim	99	Colegio SMLamas	30.53	+0,68	565
8. Afonso Calais Queiroga	98	Uniao Piedense	30.57	+0,71	563

Prova 41
13-12-2015

Femin., 200m Livres

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:59.98	Diana Margarida Duraes	FCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun16	2:02.42	Andreia Catarina Gomes	VSC	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun17	2:02.89	Diana Margarida Duraes	FCP	Porto	09-12-2012
Recordes Nacionais 25m Sen	1:59.98	Diana Margarida Duraes	FCP	Felgueiras	21-12-2013

TAC_B-JUNF Jun: 2:15.35 / TAC_B-SENF Sen: 2:12.77

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Diana Margarida Duraes <i>Rec Nacional, Sen e Abs</i>	96	Porto	1:59.53	+0,72	796
	50m: 28.02 28.02	100m: 58.31 30.29	150m: 1:28.95 30.64	200m: 1:59.53 30.58		
2.	Angelica Maria Andre	94	Fluvial Portuense	2:05.37	+0,71	689
	50m: 29.29 29.29	100m: 1:00.94 31.65	150m: 1:33.26 32.32	200m: 2:05.37 32.11		
3.	Adriana Daniela Castro	97	Porto	2:05.97	+0,73	680
	50m: 29.46 29.46	100m: 1:01.43 31.97	150m: 1:34.26 32.83	200m: 2:05.97 31.71		
4.	Soraia Vanessa Ribeiro	92	Individual ANNP	2:06.52	+0,83	671
	50m: 29.09 29.09	100m: 1:00.98 31.89	150m: 1:33.79 32.81	200m: 2:06.52 32.73		
5.	Jessica Teixeira Vieira	91	Belenenses	2:07.81	+0,74	651
	50m: 29.19 29.19	100m: 1:01.00 31.81	150m: 1:33.71 32.71	200m: 2:07.81 34.10		
6.	Mafalda Gomes Beleza	94	Sporting	2:10.67	+0,71	609
	50m: 29.94 29.94	100m: 1:02.49 32.55	150m: 1:36.08 33.59	200m: 2:10.67 34.59		
7.	Maria Teresa Amorim	97	Porto	2:11.48	+0,83	598
	50m: 30.63 30.63	100m: 1:03.90 33.27	150m: 1:37.84 33.94	200m: 2:11.48 33.64		
8.	Barbara Marques Rodrigues	97	Alges	2:12.24	+0,83	587
	50m: 30.66 30.66	100m: 1:04.15 33.49	150m: 1:38.30 34.15	200m: 2:12.24 33.94		

Prova 41, Femin., 200m Livres, Final

Juniores

Final

1.	Madalena Gomes Azevedo	99	Alges		2:04.60	+0,74	702
	50m: 29.05 29.05	100m: 1:00.73 31.68	150m: 1:33.26 32.53	200m: 2:04.60 31.34			
2.	Maria Francisca Cabral	00	Porto		2:04.94	+0,78	697
	50m: 29.22 29.22	100m: 1:00.80 31.58	150m: 1:33.16 32.36	200m: 2:04.94 31.78			
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai		2:05.53	+0,78	687
	50m: 29.50 29.50	100m: 1:01.32 31.82	150m: 1:33.78 32.46	200m: 2:05.53 31.75			
4.	Ana Rita Faria	00	Porto		2:06.54	+0,75	670
	50m: 29.42 29.42	100m: 1:01.45 32.03	150m: 1:34.28 32.83	200m: 2:06.54 32.26			
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil		2:09.44	+0,78	626
	50m: 30.21 30.21	100m: 1:02.80 32.59	150m: 1:36.15 33.35	200m: 2:09.44 33.29			
6.	Margarida Sobral Pimenta	99	Belenenses		2:10.73	+0,78	608
	50m: 30.05 30.05	100m: 1:02.65 32.60	150m: 1:36.47 33.82	200m: 2:10.73 34.26			
7.	Maria Ines Ferreira	00	Miranda do Corvo		2:10.81	+0,76	607
	50m: 30.28 30.28	100m: 1:03.48 33.20	150m: 1:37.55 34.07	200m: 2:10.81 33.26			
8.	Beatriz Paulo Ranito	99	Sporting		2:10.89	+0,80	606
	50m: 30.06 30.06	100m: 1:03.24 33.18	150m: 1:37.48 34.24	200m: 2:10.89 33.41			

Prova 40
13-12-2015

Masc., 200m Livres

17 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:45.25	Luis Emanuel Vaz	GDNVNF	Felgueiras	21-12-2013
Recordes Nacionais 25m Jun17	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	1:47.73	Tiago Andre Venancio	POR	Viena (AUT)	12-12-2004
Recordes Nacionais 25m Sen	1:45.25	Luis Emanuel Vaz	GDNVNF	Felgueiras	21-12-2013

TAC_B-JUNM Jun: 2:00.27 / TAC_B-SENM Sen: 1:53.44

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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Prova 40, Masc., 200m Livres, Final

Seniores

Final

1. Miguel Duarte Nascimento	95	Estrelas S. Joao de Brito	1:46.20	+0,64	819
50m: 24.34 24.34	100m: 51.09 26.75	150m: 1:18.35	27.26	200m: 1:46.20	27.85
2. Tomas Correia Silva	95	Porto	1:46.35	+0,65	815
50m: 25.26 25.26	100m: 52.42 27.16	150m: 1:19.06	26.64	200m: 1:46.35	27.29
3. Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	1:46.62	+0,72	809
50m: 24.81 24.81	100m: 51.27 26.46	150m: 1:18.66	27.39	200m: 1:46.62	27.96
4. Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:49.23	+0,64	752
50m: 25.98 25.98	100m: 53.99 28.01	150m: 1:21.80	27.81	200m: 1:49.23	27.43
5. Guilherme Pereira Dias	97	Sporting	1:50.07	+0,75	735
50m: 26.23 26.23	100m: 54.16 27.93	150m: 1:22.26	28.10	200m: 1:50.07	27.81
6. Joao Duarte Santos	95	Benfica	1:50.36	+0,68	730
50m: 25.58 25.58	100m: 53.77 28.19	150m: 1:22.06	28.29	200m: 1:50.36	28.30
7. Igor Araujo Mogne	96	Sporting	1:51.32	+0,73	711
50m: 26.06 26.06	100m: 54.31 28.25	150m: 1:23.18	28.87	200m: 1:51.32	28.14
8. Eduardo Salgado Ramos	97	Porto	1:52.54	+0,64	688
50m: 26.33 26.33	100m: 55.13 28.80	150m: 1:23.82	28.69	200m: 1:52.54	28.72

Juniores

Final

1. Jose Paula Carvalho	98	Uniao Piedense	1:51.90	+0,71	700
50m: 26.23 26.23	100m: 54.55 28.32	150m: 1:23.62	29.07	200m: 1:51.90	28.28
2. Francisco Rogerio Santos	98	Benedita	1:52.01	+0,87	698
50m: 26.60 26.60	100m: 54.91 28.31	150m: 1:23.81	28.90	200m: 1:52.01	28.20
3. Jose Henriques Luz	99	Nucleo Sportinguista Golega	1:53.26	+0,76	675
50m: 27.07 27.07	100m: 56.41 29.34	150m: 1:25.70	29.29	200m: 1:53.26	27.56
4. Guilherme Filipe Pina	98	Benedita	1:53.65	+0,68	668
50m: 26.96 26.96	100m: 55.78 28.82	150m: 1:25.12	29.34	200m: 1:53.65	28.53
5. Rui Filipe Costa	98	Desportiva de Viana	1:56.52	+0,61	620
50m: 26.72 26.72	100m: 56.55 29.83	150m: 1:26.64	30.09	200m: 1:56.52	29.88
6. Jose Pedro Fernandes	99	Braga	1:56.79	+0,81	615
50m: 27.06 27.06	100m: 56.53 29.47	150m: 1:26.68	30.15	200m: 1:56.79	30.11
7. Francisco Carvalho Machado	98	Alges	1:57.02	+0,68	612
50m: 26.67 26.67	100m: 55.80 29.13	150m: 1:26.00	30.20	200m: 1:57.02	31.02
8. Tomas Gomes Oliveira	99	Nautico Marinha Grande	1:57.16	+0,80	610
50m: 27.24 27.24	100m: 57.14 29.90	150m: 1:27.43	30.29	200m: 1:57.16	29.73

Prova 43
13-12-2015

Femin., 100m Estilos

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:02.09	Victoria Kaminskaya	PIMP	Porto	21-12-2014
Recordes Nacionais 25m Jun16	1:04.11	Maria Carolina Rosa	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun17	1:02.68	Ines Camacho Fernandes	SCP	Felgueiras	20-12-2013
Recordes Nacionais 25m Sen	1:02.09	Victoria Kaminskaya	PIMP	Porto	21-12-2014

TAC_B-JUNF Jun: 1:11.76 / TAC_B-SENF Sen: 1:09.04

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	1:02.49	+0,64	746
	50m: 28.85 28.85	100m: 1:02.49	33.64			
2.	Ana Pinho Rodrigues	94	Estamos Juntos	1:02.54	+0,66	745
	50m: 29.12 29.12	100m: 1:02.54	33.42			
3.	Diana Margarida Duraes	96	Porto	1:03.63	+0,69	707
	50m: 29.65 29.65	100m: 1:03.63	33.98			
4.	Ines Camacho Fernandes	97	Sporting	1:05.56	+0,75	646
	50m: 29.92 29.92	100m: 1:05.56	35.64			
5.	Catarina Maria Ferreira	98	Desportiva de Viana	1:05.89	+0,67	637
	50m: 30.35 30.35	100m: 1:05.89	35.54			
6.	Barbara Sofia Barata	97	Alges	1:06.10	+0,73	631
	50m: 30.51 30.51	100m: 1:06.10	35.59			
7.	Maria Rachadell Pereira	98	Portinado	1:06.32	+0,81	624
	50m: 30.54 30.54	100m: 1:06.32	35.78			
8.	Maria Madalena Silva	98	Nautico Abrantes	1:07.54	+0,73	591
	50m: 30.92 30.92	100m: 1:07.54	36.62			

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	1:04.65	+0,69	674
	50m: 31.34 31.34	100m: 1:04.65	33.31			
2.	Rita Costa Amador	99	Galitos/Bresimar	1:05.26	+0,71	655
	50m: 30.29 30.29	100m: 1:05.26	34.97			
3.	Ana Beatriz Martins	99	Famalicao	1:05.66	+0,74	643
	50m: 31.17 31.17	100m: 1:05.66	34.49			
4.	Beatriz Jong Rosa	00	Desportivo Nacional	1:08.79	+0,72	559
	50m: 31.15 31.15	100m: 1:08.79	37.64			
5.	Matilde Pereira Martins	99	Naval de Faro	1:10.06	+0,76	530
	50m: 31.57 31.57	100m: 1:10.06	38.49			

Prova 43, Femin., 100m Estilos, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Ana Carolina Neves	00	Academica de Coimbra	1:10.33	+0,68	523
	50m: 31.03 31.03	100m: 1:10.33 39.30				
7.	Vera Ines Aguiar	00	Desportivo Nacional	1:11.60	+0,65	496
	50m: 31.34 31.34	100m: 1:11.60 40.26				

Prova 42
13-12-2015

Masc., 100m Estilos

17 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009
Recordes Nacionais 25m Jun17	57.40	Diogo Filipe Carvalho	CGA	Aveiro	14-05-2005
Recordes Nacionais 25m Jun18	56.47	Alexis Manacas Santos	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009

TAC_B-JUNM Jun: 1:02.19 / TAC_B-SENM Sen: 58.90

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
Final						
1.	Alexis Manacas Santos	92	Sporting	53.94	+0,66	828
	50m: 24.33 24.33	100m: 53.94 29.61				
2.	Gabriel Jose Lopes	97	Louzan Natacao	54.50	+0,65	803
	50m: 25.63 25.63	100m: 54.50 28.87				
3.	Pedro Andre Santos	94	Alges	55.53	+0,69	759
	50m: 25.22 25.22	100m: 55.53 30.31				
4.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	55.97	+0,67	741
	50m: 25.88 25.88	100m: 55.97 30.09				
5.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	56.51	+0,70	720
	50m: 25.38 25.38	100m: 56.51 31.13				
6.	Rui Filipe Vilar	91	Fluvial Portuense	57.29	+0,73	691
	50m: 27.40 27.40	100m: 57.29 29.89				

Prova 42, Masc., 100m Estilos, Final

Juniores

Final

1.	Joao Francisco Lopes	98	Braga	57.54	+0,61	682
	50m: 26.26 26.26	100m: 57.54 31.28				
2.	Andre Magalhaes Moura	98	Academico Viseu	58.31	+0,67	655
	50m: 27.45 27.45	100m: 58.31 30.86				
3.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	59.15	+0,62	628
	50m: 26.90 26.90	100m: 59.15 32.25				
4.	Hugo Pon	98	Alges	59.50	+0,69	617
	50m: 27.90 27.90	100m: 59.50 31.60				
5.	Francisco Cortez Viterbo	99	Alges	1:00.34	+0,68	591
	50m: 27.64 27.64	100m: 1:00.34 32.70				
6.	Nuno Miguel Graca	98	Desportiva de Viana	1:00.41	+0,73	589
	50m: 27.35 27.35	100m: 1:00.41 33.06				
7.	Luis Filipe Soares	98	Porto	1:01.60	+0,71	556
	50m: 27.90 27.90	100m: 1:01.60 33.70				

DSQ Gabriel Machado 99 Braga
403 - Falsa partida - SW 4.4

Prova 45
13-12-2015

Femin., 4 x 100m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

TAC_A-JUNF(estafetas) Jun: 4:08.82 / TAC_A-SENF(estafetas) Sen: 4:03.94

Pontos: FINA 2015

Lugar			Clube			Tempo Final	TReac	Pts
Seniores								
1.	Porto-SEN		Porto			3:53.14	+0,67	695
	Adriana Daniela Castro	+0,67	28.41	59.06	Diana Margarida Duraes	+0,47	27.26	56.29
	Rosa Maria Oliveira	+0,43	28.05	59.26	Sara Freitas Oliveira	+0,24	27.44	58.53
2.	Alges-SEN		Alges			3:56.17	+0,81	668
	Francisca Gomes Azevedo	+0,81	28.38	58.83	Barbara Marques Rodrigues	+0,44	29.29	1:01.14
	Rita Barros Frischknecht	+0,30	26.98	57.08	Barbara Sofia Barata	+0,16	28.45	59.12
3.	Belenenses-SEN		Belenenses			3:56.91	+0,73	662
	Lisa Marisa Soares	+0,73	28.78	59.97	Jessica Teixeira Vieira	+0,21	27.10	57.50
	Rita Teixeira Costa	+0,30	28.00	59.13	Daniela Teixeira Moreira	+0,21	28.58	1:00.31
4.	Sporting-SEN		Sporting			3:57.59	+0,78	656
	Ines Camacho Fernandes	+0,78	28.48	58.57	Raquel Paulo Ranito	+0,16	28.42	59.99
	Mafalda Gomes Beleza	+0,44	28.16	59.58	Carolina Mantua Guedes	+0,32	28.27	59.45

Prova 45, Femin., 4 x 100m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
5.	Fluvial Portuense-SEN	4:00.95	+0,73	629
	Angelica Maria Andre +0,73 28.59 59.12 Patricia Isabel Oliveira +0,26 29.66 1:01.61			
	Francisca Santos Pereira +0,56 28.69 1:00.92 Vania Soares Neves +0,17 28.43 59.30			
6.	Vilacondense-SEN	4:08.74	+0,88	572
	<i>FTL</i>			
	Ana Filipa Gomes +0,88 29.56 1:01.01 Maria Joao Fernandes +0,57 29.76 1:02.46			
	Beatriz Pereira Vasconcelos 29.97 1:02.74 Bruna Figueiro Coentrao +0,13 28.77 1:02.53			

Juniores

1.	Porto-JUN	4:00.02	+0,73	637
	Maria Francisca Cabral +0,73 28.32 57.94 Iris Cunha Santos +0,35 30.20 1:03.53			
	Marta Alexandra Canedo +0,46 28.40 1:00.40 Ana Rita Faria +0,52 27.99 58.15			
2.	Alges-JUN	4:00.33	+0,79	634
	Madalena Gomes Azevedo +0,79 29.24 59.53 Mariana Frazao Saraiva +0,19 29.48 1:02.51			
	Beatriz Barros Carmo +0,49 28.86 1:01.01 Raquel Gomes Pereira +0,52 27.76 57.28			
3.	Uniao Piedense-JUN	4:03.44	+0,77	610
	Filipa Carreira Alves +0,77 29.09 1:00.60 Ines Figueira Santos +0,64 29.52 1:00.83			
	Eva Guerreiro Carvalho +0,34 29.23 1:01.35 Sofia Isabel Gouveia +0,41 28.16 1:00.66			
4.	Belenenses-JUN	4:04.80	+0,68	600
	Laura Sanchez Rodrigues +0,68 28.79 59.48 Margarida Sobral Pimenta +0,19 28.92 1:00.14			
	Margarida Rito Reis +0,39 30.34 1:03.86 Ana Oliveira Silva +0,37 29.29 1:01.32			
5.	Desportivo Nacional-JUN	4:14.46	+0,68	534
	<i>FTL</i>			
	Vera Ines Aguilar +0,68 29.46 1:02.15 Laura Catarina Abreu +0,37 29.45 1:02.30			
	Beatriz Jong Rosa +0,55 29.73 1:03.30 Madalena Melim Doria +0,41 31.87 1:06.71			

Prova 46
13-12-2015

Masc., 4 x 100m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto	09-12-2012
Recordes Nacionais 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

TAC_A-JUNM(estafetas) Jun: 3:41.67 / TAC_A-SENM(estafetas) Sen: 3:34.71

Pontos: FINA 2015

Lugar	Clube	Tempo Final	TReac	Pts
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Prova 46, Masc., 4 x 100m Livres

Seniores

1. Estrelas S. Joao de Brito-SEN				Estrelas S. Joao de Brito	3:18.41	+0,66	788
Joao Silva Gigante	+0,66	23.72	49.53	Pedro Diogo Oliveira	+0,01	23.00	49.45
Diogo Gomes Sousa	+0,36	24.30	50.94	Miguel Duarte Nascimento	+0,30	22.87	48.49
2. Sporting-SEN				Sporting	3:20.89	+0,72	759
Igor Araujo Mogne	+0,72	24.89	50.12	Guilherme Pereira Dias	+0,58	24.27	50.95
Alexandre Lages Ribas	+0,14	24.52	50.85	Alexis Manacas Santos	+0,24	23.28	48.97
3. Benfica-SEN				Benfica	3:24.81	+0,65	716
Luiz Pedro Pereira	+0,65	24.00	49.65	Joao Pedro Neves	+0,37	24.71	52.44
Guilherme Miguel Teixeira	+0,69	24.66	52.32	Joao Duarte Santos	+0,30	24.09	50.40
4. Nautico /Urgicentro-Sanfil-SEN				Nautico /Urgicentro-Sanfil	3:25.02	+0,65	714
Tomas Miguel Veloso	+0,65	25.06	51.92	Francisco Xavier Goncalves	+0,22	24.17	51.93
Mario Alexandre Pereira	+0,20	23.28	48.81	Joao Ricardo Silva	+0,30	25.00	52.36
5. Belenenses-SEN				Belenenses	3:29.22	+0,69	672
Bruno Miguel Ramos	+0,69	24.98	52.05	Fabio Andre Figueira	+0,20	24.23	50.92
Andre Bras Goncalves	+0,41	25.26	53.37	Diogo Carrasco Correia	+0,25	24.82	52.88
6. Fluvial Portuense-SEN				Fluvial Portuense	3:31.39	+0,70	651
Joao Miguel Costa	+0,70	25.89	54.58	Rui Filipe Vilar	+0,18	24.97	51.99
Bernardo Leitao Graca	+0,17	24.11	51.19	Tiago Silva Oliveira	+0,25	25.70	53.63
7. Foca-SEN				Foca	3:33.05	+0,71	636
Ricardo David Silva	+0,71	26.05	53.82	Rui Filipe Costa	+0,36	25.76	53.23
Marcelo Jose Pinto	+0,37	25.76	53.80	Ivo Pinto Ribeiro	+0,11	24.58	52.20
8. Academica de Coimbra-SEN				Academica de Coimbra	3:34.36	+0,76	625
Pedro Barros Mendes	+0,76	25.71	54.27	Illya Yelistratkin	+0,36	25.18	53.64
Joao Filipe Lucas	+0,39	25.06	53.36	Jose Antonio Forte	+0,16	24.94	53.09
9. Vilacondense-SEN				Vilacondense	3:34.79	+0,70	621
FTL							
Ruben Jose Morim	+0,70	25.09	52.30	Diogo Carmo Ramos	+0,26	25.26	54.23
Filipe Carmo Ramos	+0,45	25.10	52.66	Daniel Costa Vieira	+0,63	26.69	55.60

Juniores

1. Porto-JUN				Porto	3:32.43	+0,71	642
Diogo Miguel Costa	+0,71	26.35	54.25	Goncalo Miguel Nogueira	+0,27	25.11	53.06
Pedro Goncalves Neto	+0,18	25.18	53.50	Tiago Silva Soares	+0,34	24.78	51.62
2. Alges-JUN				Alges	3:32.92	+0,68	638
Francisco Cortez Viterbo	+0,68	25.94	54.78	Hugo Pon	+0,36	25.49	53.50
Francisco Carvalho Machado	+0,14	24.65	51.75	Afonso Ribeiro Bate	+0,32	25.01	52.89
3. Sporting-JUN				Sporting	3:33.99	+0,71	628
Guilherme Assis Ramos	+0,71	25.66	53.23	Antonio Manuel Mendes	+0,14	26.19	55.01
Tiago Cunha Costa	+0,22	26.14	54.10	Joao Alexandre Vital	+0,24	24.39	51.65
4. Naval do Funchal-JUN				Naval do Funchal	3:34.78	+0,71	621
Miguel Camara Gomes	+0,71	26.05	53.67	Alessandro Antunes Paolinelli	+0,22	25.55	54.41
Afonso Meneses Sequeira	+0,33	25.47	54.30	Pedro Camacho Sousa	+0,14	24.99	52.40

Prova 46, Masc., 4 x 100m Livres, Juniores

Lugar				Clube		Tempo Final	TReac	Pts
5.	Belenenses-JUN			Belenenses		3:35.67	+0,66	613
	Filipe Miguel Silveira	+0,66	26.11	54.00	Steve Alexandre Soares	+0,17	24.86	52.64
	Pedro Trindade Silva	+0,38	25.63	53.73	Joao Magalhaes Nunes	+0,47	26.53	55.30
6.	Uniao Piedense-JUN			Uniao Piedense		3:38.27	+0,69	592
	Joao Daniel Machado	+0,69	26.38	54.60	Diogo Rodrigues Freitas	+0,13	26.05	54.94
	Afonso Calais Queiroga	+0,20	25.47	54.34	Jose Paula Carvalho	+0,33	25.44	54.39
7.	Natacao de Valongo-JUN			Natacao de Valongo		3:38.59	+0,64	589
	Nuno Henrique Guimaraes	+0,64	26.38	54.14	Afonso Ribeiro Couto	+0,07	26.20	55.47
	Humberto Fernandes Felgueiras	+0,29	24.97	53.41	Pedro Nuno Vieira	+0,17	25.78	55.57
8.	Torres Novas-JUN			Torres Novas		3:42.58	+0,63	558
	FTL							
	Marco Andre Miguel	+0,63	26.23	54.79	Dario Fausto Matias	+0,56	27.27	57.38
	Joao Paulo Lopes	+0,31	26.32	56.69	Afonso Guilherme Rosa	+0,33	25.14	53.72
9.	Vilacondense-JUN			Vilacondense		3:47.76	+0,82	521
	FTL							
	Rui Jorge Matias	+0,82	27.15	56.13	Pedro Saraiva Silva	+0,28	27.55	58.31
	Joao Alberto Gondar	+0,11	26.54	56.45	Joao Manuel Santos	+0,17	26.91	56.87