

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

09-12-2016 - 9:00

Prova 1 Masc., 800m Livres 17 anos e mais velhos
09-12-2016 - 9:00 Resultados

Recordes Nacionais 25m Absoluto	7:49.89	Rafael Lourenco Gil	SFUAP	Porto	11-12-2015
Recordes Nacionais 25m Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	7:56.76	Guilherme Filipe Pina	BSCN	Porto	11-12-2015
Recordes Nacionais 25m Sen	7:49.89	Rafael Lourenco Gil	SFUAP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Guilherme Filipe Pina	98	Sporting	7:59.62	+0,85
	50m: 27.30 27.30	250m: 2:25.21 29.77	450m: 4:26.27 30.37	650m: 6:27.99 30.60	
	100m: 56.66 29.36	300m: 2:55.36 30.15	500m: 4:56.54 30.27	700m: 6:58.61 30.62	
	150m: 1:25.91 29.25	350m: 3:25.61 30.25	550m: 5:26.84 30.30	750m: 7:29.41 30.80	
	200m: 1:55.44 29.53	400m: 3:55.90 30.29	600m: 5:57.39 30.55	800m: 7:59.62 30.21	
2.	Jose Paula Carvalho	98	Uniao Piedense	8:00.65	+0,72
	50m: 27.42 27.42	250m: 2:27.94 30.49	450m: 4:30.98 30.51	650m: 6:32.72 30.61	
	100m: 57.21 29.79	300m: 2:59.11 31.17	500m: 5:01.15 30.17	700m: 7:01.46 28.74	
	150m: 1:27.09 29.88	350m: 3:29.82 30.71	550m: 5:31.57 30.42	750m: 7:31.18 29.72	
	200m: 1:57.45 30.36	400m: 4:00.47 30.65	600m: 6:02.11 30.54	800m: 8:00.65 29.47	
3.	Joao Pedro Gil	97	Uniao Piedense	8:01.56	+0,61
	50m: 27.23 27.23	250m: 2:27.62 30.20	450m: 4:30.13 30.64	650m: 6:32.91 30.88	
	100m: 57.03 29.80	300m: 2:58.13 30.51	500m: 5:00.89 30.76	700m: 7:03.23 30.32	
	150m: 1:27.15 30.12	350m: 3:28.67 30.54	550m: 5:31.31 30.42	750m: 7:33.27 30.04	
	200m: 1:57.42 30.27	400m: 3:59.49 30.82	600m: 6:02.03 30.72	800m: 8:01.56 28.29	
4.	Rafael Lourenco Gil	96	Benfica	8:02.96	+0,70
	50m: 27.88 27.88	250m: 2:28.56 30.49	450m: 4:30.68 30.62	650m: 6:32.31 30.43	
	100m: 57.31 29.43	300m: 2:59.18 30.62	500m: 5:01.02 30.34	700m: 7:03.23 30.92	
	150m: 1:27.63 30.32	350m: 3:29.63 30.45	550m: 5:31.42 30.40	750m: 7:33.61 30.38	
	200m: 1:58.07 30.44	400m: 4:00.06 30.43	600m: 6:01.88 30.46	800m: 8:02.96 29.35	
5.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:08.10	+0,66
	50m: 27.12 27.12	250m: 2:27.35 30.66	450m: 4:31.29 30.89	650m: 6:35.42 31.10	
	100m: 56.41 29.29	300m: 2:58.27 30.92	500m: 5:02.36 31.07	700m: 7:06.65 31.23	
	150m: 1:26.41 30.00	350m: 3:29.55 31.28	550m: 5:33.23 30.87	750m: 7:37.52 30.87	
	200m: 1:56.69 30.28	400m: 4:00.40 30.85	600m: 6:04.32 31.09	800m: 8:08.10 30.58	
6.	Mario Andre Bonanca	90	Sporting	8:17.63	+0,81
	50m: 28.11 28.11	250m: 2:30.51 30.85	450m: 4:35.85 31.76	650m: 6:43.89 32.29	
	100m: 58.27 30.16	300m: 3:01.48 30.97	500m: 5:07.66 31.81	700m: 7:16.19 32.30	
	150m: 1:28.77 30.50	350m: 3:32.64 31.16	550m: 5:39.66 32.00	750m: 7:47.81 31.62	
	200m: 1:59.66 30.89	400m: 4:04.09 31.45	600m: 6:11.60 31.94	800m: 8:17.63 29.82	
7.	Diogo Manuel Marques	98	Columbofila Cantanhedense	8:18.02	+0,76
	50m: 28.51 28.51	250m: 2:32.96 31.39	450m: 4:38.20 31.13	650m: 6:44.83 31.76	
	100m: 59.54 31.03	300m: 3:04.28 31.32	500m: 5:09.84 31.64	700m: 7:16.09 31.26	
	150m: 1:30.24 30.70	350m: 3:35.60 31.32	550m: 5:41.27 31.43	750m: 7:47.58 31.49	
	200m: 2:01.57 31.33	400m: 4:07.07 31.47	600m: 6:13.07 31.80	800m: 8:18.02 30.44	

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
8.	Rui Filipe Costa	91	Vitoria Guimaraes	8:25.62	+0,74
	50m: 27.87 27.87	250m: 2:32.52 31.56	450m: 4:40.44 32.09	650m: 6:50.46 32.57	
	100m: 58.64 30.77	300m: 3:04.31 31.79	500m: 5:12.85 32.41	700m: 7:22.91 32.45	
	150m: 1:29.64 31.00	350m: 3:36.29 31.98	550m: 5:45.30 32.45	750m: 7:55.03 32.12	
	200m: 2:00.96 31.32	400m: 4:08.35 32.06	600m: 6:17.89 32.59	800m: 8:25.62 30.59	

Juniores

1.	Jose Paulo Lopes	00	Braga	8:08.86	+0,73
	50m: 28.09 28.09	250m: 2:29.43 30.59	450m: 4:32.24 30.89	650m: 6:35.57 30.94	
	100m: 58.49 30.40	300m: 3:00.09 30.66	500m: 5:02.92 30.68	700m: 7:07.26 31.69	
	150m: 1:28.41 29.92	350m: 3:30.75 30.66	550m: 5:33.80 30.88	750m: 7:38.48 31.22	
	200m: 1:58.84 30.43	400m: 4:01.35 30.60	600m: 6:04.63 30.83	800m: 8:08.86 30.38	
2.	Antonio Fernando Pinto	99	Lousada SXXI	8:15.70	+0,70
	50m: 28.07 28.07	250m: 2:33.81 31.60	450m: 4:38.36 31.09	650m: 6:43.48 31.59	
	100m: 58.99 30.92	300m: 3:05.01 31.20	500m: 5:09.40 31.04	700m: 7:15.08 31.60	
	150m: 1:30.53 31.54	350m: 3:36.23 31.22	550m: 5:40.60 31.20	750m: 7:46.70 31.62	
	200m: 2:02.21 31.68	400m: 4:07.27 31.04	600m: 6:11.89 31.29	800m: 8:15.70 29.00	
3.	Pedro Galvao Gouveia	99	Desportivo Nacional	8:16.27	+0,64
	50m: 27.67 27.67	250m: 2:30.28 30.96	450m: 4:35.11 31.50	650m: 6:42.93 32.38	
	100m: 57.85 30.18	300m: 3:01.42 31.14	500m: 5:06.82 31.71	700m: 7:14.86 31.93	
	150m: 1:28.58 30.73	350m: 3:32.73 31.31	550m: 5:38.40 31.58	750m: 7:46.29 31.43	
	200m: 1:59.32 30.74	400m: 4:03.61 30.88	600m: 6:10.55 32.15	800m: 8:16.27 29.98	
4.	Filipe Miguel Santo	00	Benfica	8:16.30	+0,95
	50m: 28.57 28.57	250m: 2:33.08 31.13	450m: 4:37.38 31.16	650m: 6:43.42 31.63	
	100m: 59.23 30.66	300m: 3:04.18 31.10	500m: 5:08.58 31.20	700m: 7:15.04 31.62	
	150m: 1:30.50 31.27	350m: 3:35.13 30.95	550m: 5:40.12 31.54	750m: 7:46.59 31.55	
	200m: 2:01.95 31.45	400m: 4:06.22 31.09	600m: 6:11.79 31.67	800m: 8:16.30 29.71	
5.	Roberto Donald Gomes	00	Alges	8:18.51	+0,80
	50m: 28.15 28.15	250m: 2:32.37 31.52	450m: 4:38.38 31.74	650m: 6:45.11 31.99	
	100m: 58.75 30.60	300m: 3:03.79 31.42	500m: 5:09.64 31.26	700m: 7:17.16 32.05	
	150m: 1:29.66 30.91	350m: 3:35.17 31.38	550m: 5:41.28 31.64	750m: 7:48.66 31.50	
	200m: 2:00.85 31.19	400m: 4:06.64 31.47	600m: 6:13.12 31.84	800m: 8:18.51 29.85	
6.	Miguel Ribeiro Bate	99	Alges	8:30.23	+0,75
	50m: 28.34 28.34	250m: 2:33.23 31.65	450m: 4:41.71 32.43	650m: 6:52.89 32.96	
	100m: 59.25 30.91	300m: 3:05.29 32.06	500m: 5:14.23 32.52	700m: 7:25.74 32.85	
	150m: 1:30.24 30.99	350m: 3:37.17 31.88	550m: 5:46.99 32.76	750m: 7:58.58 32.84	
	200m: 2:01.58 31.34	400m: 4:09.28 32.11	600m: 6:19.93 32.94	800m: 8:30.23 31.65	
7.	Tiago Cunha Costa	99	Sporting	8:32.88	+0,76
	50m: 27.13 27.13	250m: 2:30.00 31.65	450m: 4:39.50 33.04	650m: 6:53.44 33.48	
	100m: 56.45 29.32	300m: 3:01.95 31.95	500m: 5:12.86 33.36	700m: 7:26.98 33.54	
	150m: 1:27.72 31.27	350m: 3:34.06 32.11	550m: 5:46.29 33.43	750m: 8:00.36 33.38	
	200m: 1:58.35 30.63	400m: 4:06.46 32.40	600m: 6:19.96 33.67	800m: 8:32.88 32.52	

Prova 13 Femin., 4 x 50m Livres 16 anos e mais velhos
09-12-2016 - 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

Lugar			Clube			Tempo Final	TReac		
Seniores									
1.	Sporting-SEN		Sporting		1:49.28	+0,76			
	Ines Camacho Fernandes	97	+0,76	26.47	Raquel Paulo Ranito	94	+1,58	27.73	
	Beatriz Paulo Ranito	99	+0,61	28.09	Mafalda Gomes Beleza	94	+0,47	26.99	
2.	Belenenses-SEN		Belenenses		1:49.76	+0,73			
	Margarida Sobral Pimenta	99	+0,73	27.91	Ana Beatriz Pereira	91	+0,27	28.04	
	Jessica Teixeira Vieira	91	+0,23	26.10	Rita Teixeira Costa	97	+0,29	27.71	
3.	Fluvial Portuense-SEN		Fluvial Portuense		1:51.50	+0,70			
	Madalena Amaro Machado	98	+0,70	27.94	Vania Soares Neves	90	+0,24	27.96	
	Maria Joao Fernandes	97	+0,33	28.61	Angelica Maria Andre	94	+0,24	26.99	

Juniores

1.	Porto-JUN		Porto		1:50.91	+0,75			
	Maria Francisca Cabral	00	+0,75	27.62	Barbara Vilela Magalhaes	01	+0,46	28.07	
	Isabel Porfirio Pego	01	+0,57	27.79	Ana Rita Faria	00	+0,60	27.43	

Prova 14 Masc., 4 x 50m Livres 17 anos e mais velhos
09-12-2016 - 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

Lugar			Clube			Tempo Final	TReac		
Seniores									
1.	Porto-SEN		Porto		1:32.46	+0,68			
	Joao Miguel Ascensao	97	+0,68	22.76	Diogo Miguel Costa	98	+0,38	23.93	
	Carlos Filipe Santos	91	+0,44	23.22	Tomas Correia Silva	95	+0,33	22.55	
2.	Estrelas S. Joao de Brito-SEN		Estrelas S. Joao de Brito		1:33.02	+0,63			
	Frederico Sucena Riachos	98	+0,63	23.11	Diogo Gomes Sousa	95	+0,41	23.20	
	Joao Silva Gigante	88	+0,25	23.03	Nuno Miguel Martins	96	+0,16	23.68	
3.	Sporting-SEN		Sporting		1:34.77	+0,73			
	Francisco Rogerio Santos	98	+0,73	23.58	Guilherme Filipe Pina	98	+0,06	24.37	
	Guilherme Pereira Dias	97	+0,45	23.15	Mario Andre Bonanca	90	+0,22	23.67	
4.	Belenenses-SEN		Belenenses		1:34.90	+0,74			
	Bruno Miguel Ramos	97	+0,74	23.87	Fabio Andre Figueira	88	+0,38	23.56	
	Nuno Goncalo Quintanilha	87	+0,25	23.54	Diogo Carrasco Correia	95	+0,14	23.93	
5.	Benfica-SEN		Benfica		1:35.00	+1,95			
	Luiz Pedro Pereira	91	+1,95	23.77	Rafael Lourenco Gil	96	+0,63	24.44	
	Andre Filipe Farinha	96	+0,23	24.13	Joao Duarte Santos	95	+0,36	22.66	

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

Lugar	Clube	Tempo Final	TReac
6.	Palmela-SEN David Granja Lopes 90 +0,76 24.20 Tiago Andre Venancio 87 +0,30 22.86	1:36.17	+0,76 Luis Miguel Silva 94 +0,55 24.59 Eduardo Garcia Guia 98 +0,23 24.52
7.	Fluvial Portuense-SEN Filipe Miguel Gomes 97 +0,64 24.21 Jose Pedro Sampaio 98 +0,04 24.13	1:36.40	+0,64 Joao Luis Travanca 97 +0,40 24.94 Bernardo Leitao Graca 93 +0,08 23.12
8.	Desportivo Nacional-SEN Tiago Ferreira Sousa 91 +0,73 24.22 Diego Felipe Santos 87 +0,39 24.46	1:36.87	+0,73 Miguel Goncalves Ferreira 93 +0,13 23.74 Tomas Miguel Freitas 90 +0,27 24.45

Juniores

1.	Famalicao-JUN Mateus Ribeiro Carvalho 99 +0,69 24.18 Miguel Angelo Santos 00 +0,26 24.67	1:36.79	+0,69 Joao Pereira Tinoco 00 +0,32 23.98 Jose Pedro Freitas 00 +0,33 23.96
2.	Fluvial Portuense-JUN Goncalo Manuel Paquete 99 +1,68 24.52 Sergio Filipe Travanca 00 +0,35 25.41	1:38.57	+1,68 Diogo Barbosa Nunes 00 +0,07 24.20 Nuno Correia Sousa 00 +0,35 24.44

Prova 2
09-12-2016 - 9:20

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Claudia Ferreira Borges 50m: 33.84 33.84	99	Benfica	1:11.80	+0,76 A
2.	Catarina Costa Sequeira 50m: 34.76 34.76	98	Estrelas S. Joao de Brito	1:13.16	+0,76 A
3.	Paula Alexandra Oliveira 50m: 34.75 34.75	96	Porto	1:13.48	+0,70 A
4.	Sofia Machado Dionisio 50m: 34.66 34.66	98	Sporting	1:14.33	+0,78 A
5.	Beatriz Castanheira Dias 50m: 36.03 36.03	99	Academica de Coimbra	1:15.07	+0,67 A
6.	Diana Patricia Ferreira 50m: 35.47 35.47	94	Aquatico Pacense	1:15.36	+0,90 A
7.	Bruna Martins Riesenberger 50m: 35.53 35.53	97	Laranjeiro	1:15.39	+0,73 A
8.	Beatriz Carvalho Ribeiro 50m: 35.66 35.66	97	Braga	1:16.71	+0,84 A

Prova 2, Femin., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Maria Madalena Silva 50m: 36.45 36.45	98	Braga 100m: 1:17.02 40.57	1:17.02	+0,77 A
10.	Carolina Lourenco Matos 50m: 36.44 36.44	98	Naval Amorense 100m: 1:17.22 40.78	1:17.22	+0,78 A
11.	Rute Isabel Leonardo 50m: 37.25 37.25	98	Natacao do Tejo 100m: 1:17.67 40.42	1:17.67	+0,78 R
12.	Ana Rita Rodrigues 50m: 37.83 37.83	99	Sporting de Aveiro 100m: 1:19.86 42.03	1:19.86	+0,76 R

Juniores

1.	Raquel Gomes Pereira <i>Rec Nacional, Jun 17</i> 50m: 32.43 32.43	00	Alges 100m: 1:08.02 35.59	1:08.02	+0,74 A
2.	Ines Neto Rocha 50m: 34.18 34.18	01	Aquatico Pacense 100m: 1:13.59 39.41	1:13.59	+0,90 A
3.	Luisa Maria Machado 50m: 35.65 35.65	01	Uniao Piedense 100m: 1:14.95 39.30	1:14.95	+0,82 A
4.	Laura Catarina Abreu 50m: 35.52 35.52	00	WOS Team 100m: 1:15.25 39.73	1:15.25	+0,77 A
5.	Ana Filipa Veiga 50m: 35.55 35.55	01	Gafanha da Encarnacao 100m: 1:15.49 39.94	1:15.49	+0,81 A
6.	Ines Rocha Silva 50m: 36.53 36.53	00	Alcobaca 100m: 1:15.59 39.06	1:15.59	+0,79 A
7.	Sofia Filipa Goncalves 50m: 35.60 35.60	01	Leixoes 100m: 1:15.76 40.16	1:15.76	+0,74 A
8.	Ines Silva Bernardo 50m: 36.56 36.56	00	Colegio Monte Maior 100m: 1:15.81 39.25	1:15.81	+0,72 A
9.	Mafalda Gilberto Marques 50m: 37.03 37.03	01	Natacao do Tejo 100m: 1:17.47 40.44	1:17.47	+0,76 A
10.	Ines Araujo Martins 50m: 36.29 36.29	01	Famalicao 100m: 1:17.70 41.41	1:17.70	+0,86 A
11.	Ana Joao Martins 50m: 36.31 36.31	00	Sport de Mirandela 100m: 1:17.83 41.52	1:17.83	+0,84 R
12.	Teresa Miguel Veloso 50m: 36.26 36.26	00	Nautico /Urgicentro-Sanfil 100m: 1:18.00 41.74	1:18.00	+0,71 R
13.	Ines Rosado Monteiro 50m: 36.63 36.63	00	Natacao de Vagos 100m: 1:18.11 41.48	1:18.11	+0,76

Prova 2, Femin., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
14.	Ariana Santos Lopes	00	Estarreja	1:18.28	+0,74
	50m: 36.35 36.35	100m: 1:18.28	41.93		
15.	Ana Rita Costa	01	Natacao de Valongo	1:19.41	+0,74
	50m: 37.30 37.30	100m: 1:19.41	42.11		
16.	Maria Ines Ferreira	00	Miranda do Corvo	1:19.78	+0,81
	50m: 37.70 37.70	100m: 1:19.78	42.08		
DNS	Barbara Vilela Magalhaes	01	Porto		

Prova 3

Masc., 100m Bruços

17 anos e mais velhos

09-12-2016 - 9:25

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Nuno Goncalo Quintanilha	87	Belenenses	1:02.18	+0,70 A
	50m: 29.26 29.26	100m: 1:02.18	32.92		
2.	Francisco Robalo Quintas	95	Belenenses	1:02.85	+0,66 A
	50m: 29.48 29.48	100m: 1:02.85	33.37		
3.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:02.91	+0,62 A
	50m: 29.50 29.50	100m: 1:02.91	33.41		
4.	Sergio Baptista Silva	91	Porto	1:03.55	+0,70 A
	50m: 29.85 29.85	100m: 1:03.55	33.70		
5.	Hugo Pon	98	Alges	1:03.56	+0,66 A
	50m: 29.64 29.64	100m: 1:03.56	33.92		
6.	Tiago Martim Alves	97	Benfica	1:03.92	+0,76 A
	50m: 30.27 30.27	100m: 1:03.92	33.65		
7.	Miguel Monteiro Cruchinho	97	Sporting	1:03.94	+0,72 A
	50m: 30.37 30.37	100m: 1:03.94	33.57		
8.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	1:04.01	+0,74 A
	50m: 30.43 30.43	100m: 1:04.01	33.58		
9.	Andre Goncalo Santos	97	Leixoes	1:04.42	+0,81 A
	50m: 30.26 30.26	100m: 1:04.42	34.16		
10.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	1:05.42	+0,63 A
	50m: 31.42 31.42	100m: 1:05.42	34.00		

Prova 3, Masc., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Mario Jorge Veloso 50m: 31.04 31.04	98	Braga	1:05.49 34.45	+0,71 R
12.	Bruno Miguel Martins 50m: 31.58 31.58	93	Gesloures	1:06.32 34.74	+0,68 R
DSQ	Diogo Miguel Costa 721 - Na chegada não tocou na parede com as mãos separadas e simultaneamente - SW 7.6	98	Porto		

Juniores

1.	Antonio Manuel Mendes 50m: 30.41 30.41	99	Sporting	1:04.33 33.92	+0,43 A
2.	Andre Tavares Grenho 50m: 30.48 30.48	99	Sporting	1:04.84 34.36	+0,73 A
3.	Rafael Gomes Simoes 50m: 30.64 30.64	00	Amigos da Montanha	1:05.01 34.37	+0,82 A
4.	Alexandre Ferreira Amorim 50m: 31.12 31.12	99	Colegio SMLamas	1:05.05 33.93	+0,77 A
5.	Diogo Leal Dantas 50m: 30.91 30.91	00	Sporting	1:05.72 34.81	+0,62 A
6.	Joao Nunes Cotrim 50m: 31.44 31.44	99	Naval do Funchal	1:06.63 35.19	+0,68 A
7.	Miguel Angelo Santos 50m: 31.37 31.37	00	Famalicao	1:06.85 35.48	+0,72 A
8.	Joao Miguel Santana 50m: 31.19 31.19	00	Pimpoes/Cimai	1:06.91 35.72	+0,67 A
9.	Tiago Oliveira Barbosa 50m: 32.05 32.05	99	Colegio SMLamas	1:08.40 36.35	+0,75 A
10.	Miguel Goncalves Frade 50m: 32.64 32.64	00	Torres Novas	1:08.97 36.33	+0,86 A
DSQ	Jorge Jesus Silva 730 - Vários movimentos verticais de pernas após viragem aos 50 m - SW 7.1	00	Braga		
DSQ	Daniel Nogueira Catalao 730 - Vários movimentos verticais de pernas após viragem aos 75 m - SW 7.1	00	Uniao Piedense		

Prova 4 Femin., 100m Livres 16 anos e mais velhos
09-12-2016 - 9:35 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Ana Sofia Leite	93	Ginasio de Vila Real	57.85	+0,74 A
	50m: 27.27 27.27	100m: 57.85 30.58			
2.	Ines Camacho Fernandes	97	Sporting	57.88	+0,69 A
	50m: 27.68 27.68	100m: 57.88 30.20			
3.	Catarina Maria Ferreira	98	Desportiva de Viana	58.50	+0,71 A
	50m: 28.06 28.06	100m: 58.50 30.44			
4.	Jessica Teixeira Vieira	91	Belenenses	58.74	+0,69 A
	50m: 28.31 28.31	100m: 58.74 30.43			
5.	Beatriz Barros Carmo	99	Alges	59.01	+0,74 A
	50m: 28.09 28.09	100m: 59.01 30.92			
6.	Filipa Carreira Alves	99	Uniao Piedense	59.14	+0,80 A
	50m: 28.54 28.54	100m: 59.14 30.60			
7.	Soraia Vanessa Ribeiro	92	Estrelas S. Joao de Brito	59.16	+0,87 A
	50m: 28.73 28.73	100m: 59.16 30.43			
	Mafalda Gomes Beleza	94	Sporting	59.16	+1,17 A
	50m: 28.73 28.73	100m: 59.16 30.43			
9.	Adriana Daniela Castro	97	Aquatico Pacense	59.35	+0,73 A
	50m: 28.45 28.45	100m: 59.35 30.90			
10.	Maria Teresa Amorim	97	Porto	59.55	+0,80 A
	50m: 29.00 29.00	100m: 59.55 30.55			
11.	Filipa Vilas Tiago	94	Nacional de Natacao	59.88	+0,66 R
	50m: 28.06 28.06	100m: 59.88 31.82			
12.	Rosa Maria Oliveira	96	Porto	1:00.24	+0,67 R
	50m: 29.16 29.16	100m: 1:00.24 31.08			
13.	Ana Beatriz Fonseca	99	Academica de Coimbra	1:01.04	+0,71
	50m: 29.08 29.08	100m: 1:01.04 31.96			

Juniores					
1.	Ana Rita Faria	00	Porto	58.91	+0,95 A
	50m: 28.57 28.57	100m: 58.91 30.34			
2.	Joana Costa Amador	01	Galitos / Bresimar	59.37	+0,80 A
	50m: 28.97 28.97	100m: 59.37 30.40			
3.	Sofia Alexandra Nunes	00	Laranjeiro	59.81	+0,82 A
	50m: 28.40 28.40	100m: 59.81 31.41			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Carolina Marques Neves 50m: 28.65 28.65	01	Torres Novas	59.84	+0,78 A
5.	Vera Ines Aguilar 50m: 28.91 28.91	00	Desportivo Nacional	1:00.05	+0,74 A
6.	Isabel Porfirio Pego 50m: 28.87 28.87	01	Porto	1:00.07	+0,80 A
7.	Ana Carolina Neves 50m: 28.89 28.89	00	Academica de Coimbra	1:00.55	+0,74 A
8.	Beatriz Santos Silva 50m: 29.13 29.13	01	Porto	1:00.76	+0,83 A
9.	Laura Sanchez Rodrigues 50m: 29.45 29.45	00	Belenenses	1:00.93	+0,71 A
10.	Matilde Freitas Moreira 50m: 28.99 28.99	01	Academica de Coimbra	1:01.05	+0,77 A
11.	Ines Figueira Santos 50m: 29.71 29.71	00	Uniao Piedense	1:01.40	+0,90 R
12.	Matilde Aguas Marques 50m: 28.94 28.94	00	Portinado	1:01.42	+0,78 R
13.	Mariana Santos Ferreira 50m: 29.53 29.53	00	Miranda do Corvo	1:01.48	+0,75
14.	Leila Tavarina Lemos 50m: 29.66 29.66	00	Vilacondense	1:01.81	+0,82
15.	Laura Catarina Abreu 50m: 29.96 29.96	00	WOS Team	1:03.27	+0,74

Prova 5 Masc., 100m Livres 17 anos e mais velhos
09-12-2016 - 9:40 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	50.65	+0,66 A
	50m: 24.65 24.65	100m:	50.65 26.00		
2.	Tomas Correia Silva	95	Porto	50.76	+0,64 A
	50m: 24.83 24.83	100m:	50.76 25.93		
3.	Frederico Sucena Riachos	98	Estrelas S. Joao de Brito	51.36	+0,69 A
	50m: 24.46 24.46	100m:	51.36 26.90		
4.	Joao Miguel Ascensao	97	Porto	51.43	+0,71 A
	50m: 24.56 24.56	100m:	51.43 26.87		
5.	Francisco Carvalho Machado	98	Alges	51.73	+0,63 A
	50m: 24.82 24.82	100m:	51.73 26.91		
6.	Joao Duarte Santos	95	Benfica	51.76	+0,67 A
	50m: 25.19 25.19	100m:	51.76 26.57		
7.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	51.95	+0,68 A
	50m: 24.63 24.63	100m:	51.95 27.32		
8.	Lui Pedro Pereira	91	Benfica	51.97	+0,70 A
	50m: 25.44 25.44	100m:	51.97 26.53		
9.	Guilherme Pereira Dias	97	Sporting	52.00	+0,70 A
	50m: 24.91 24.91	100m:	52.00 27.09		
10.	Francisco Rogerio Santos	98	Sporting	52.16	+0,75 ?
	50m: 25.00 25.00	100m:	52.16 27.16		
	Miguel Freitas Marques	96	Escola O Liceu	52.16	+0,67 ?
	50m: 24.70 24.70	100m:	52.16 27.46		
12.	Fabio Andre Figueira	88	Belenenses	52.44	+0,72 R
	50m: 25.08 25.08	100m:	52.44 27.36		

Juniores

1.	Tiago Silva Soares	99	Porto	51.58	+0,81 A
	50m: 25.05 25.05	100m:	51.58 26.53		
2.	Joao Cruz Castro	00	Sao Roque	52.18	+0,70 A
	50m: 25.11 25.11	100m:	52.18 27.07		
3.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	52.30	+0,72 A
	50m: 25.05 25.05	100m:	52.30 27.25		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Tiago Cunha Costa 50m: 25.64 25.64	99	Sporting 100m: 52.33 26.69	52.33	+0,72 A
5.	Jose Pedro Fernandes 50m: 25.57 25.57	99	Braga 100m: 52.41 26.84	52.41	+0,73 A
6.	Bernardo Jose Dionisio 50m: 25.24 25.24	99	Gualdim Pais 100m: 52.92 27.68	52.92	+0,72 A
7.	Jose Henriques Luz 50m: 26.01 26.01	99	Torres Novas 100m: 53.07 27.06	53.07	+0,77 A
8.	Porfirio Braga Nunes 50m: 25.78 25.78	00	Vilacondense 100m: 53.08 27.30	53.08	+0,74 A
9.	Diogo Alexandre Pacheco 50m: 25.49 25.49	99	Bombeiros Ponta Delgada 100m: 53.18 27.69	53.18	+0,66 A
10.	Jaime Daniel Correia 50m: 25.22 25.22	99	Estrelas S. Joao de Brito 100m: 53.28 28.06	53.28	+0,67 A
11.	Jose Pedro Freitas 50m: 25.56 25.56	00	Famalicao 100m: 53.39 27.83	53.39	+0,71 R
12.	Koen Weustink 50m: 25.46 25.46	00	Ginasio de Vila Real 100m: 53.55 28.09	53.55	+0,68 R
13.	Miguel Diogo Agostinho 50m: 26.05 26.05	00	Fundacao Beatriz Santos 100m: 53.80 27.75	53.80	+0,67
14.	Joao Fernandes Garcia 50m: 26.01 26.01	00	Avancado EUL 100m: 53.86 27.85	53.86	+0,71
15.	Miguel Camara Gomes 50m: 25.80 25.80	99	Naval do Funchal 100m: 54.58 28.78	54.58	+0,69

Prova 6

Femin., 200m Costas

16 anos e mais velhos

09-12-2016 - 9:45

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Filipa Serrano Rodrigues 50m: 32.63 32.63	01	Uniao Piedense 100m: 1:07.12 34.49 150m: 1:42.43	2:17.94	+0,81 A
2.	Monica Seara Domingues 50m: 32.81 32.81	00	Nautico Marinha Grande 100m: 1:07.97 35.16 150m: 1:44.08	2:19.76	+1,05 A
3.	Miriam Filipe Marcos 50m: 33.13 33.13	01	Natacao Olhao 100m: 1:08.73 35.60 150m: 1:45.56	2:22.02	+0,57 A

Prova 6, Femin., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Anna Baptista Ferreira 50m: 32.95 32.95	01	Alges	2:22.16	+1,46 A
5.	Alexandra Jesus Santos 50m: 32.65 32.65	00	Leixoes	2:23.99	+0,63 A
6.	Sofia Oliveira Andre 50m: 33.80 33.80	01	Nautico Marinha Grande	2:25.53	+0,68 A
7.	Cristiana Sofia Ribeiro 50m: 33.30 33.30	00	Famalicao	2:26.50	+0,72 A
8.	Maria Beatriz Lopes 50m: 33.27 33.27	00	Benfica	2:27.16	+0,67 A
9.	Mariana Delicado Correia 50m: 33.97 33.97	01	Sporting	2:28.01	+0,76 A
	Maria Esteves Martins 50m: 34.19 34.19	01	Galitos / Bresimar	2:28.01	+0,68 A
11.	Filipa Bile Grilo 50m: 33.83 33.83	01	Benfica	2:28.28	+0,61 R
12.	Ines Alexandra Freire 50m: 33.56 33.56	01	Aminata	2:28.57	+0,78 R
13.	Teresa Isabel Granjeia 50m: 35.20 35.20	01	Galitos / Bresimar	2:29.26	+1,15
14.	Beatriz Neto Costa 50m: 34.85 34.85	00	Aquatico Pacense	2:29.56	+0,80
15.	Eliana Dirce Lourenco 50m: 35.07 35.07	00	Galitos / Bresimar	2:29.79	+0,70
16.	Luana Correia Rodrigues 50m: 35.18 35.18	01	Belenenses	2:30.95	+0,64
17.	Ines Ferreira Duarte 50m: 34.16 34.16	01	Torres Novas	2:31.45	+0,76
18.	Matilde Correia Vieira 50m: 35.31 35.31	00	Alcobaca	2:32.84	+0,64

Prova 7 Masc., 200m Costas 17 anos e mais velhos
09-12-2016 - 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Joao Mota Correia	97	Benfica	2:03.26	+0,67 A
	50m: 28.28 28.28	100m: 59.25 30.97	150m: 1:31.02	31.77	200m: 2:03.26 32.24
2.	Ivo Pinto Ribeiro	97	Foca	2:04.23	+1,55 A
	50m: 29.46 29.46	100m: 1:01.08 31.62	150m: 1:32.65	31.57	200m: 2:04.23 31.58
3.	Francisco Rogerio Santos	98	Sporting	2:04.25	+0,83 A
	50m: 28.53 28.53	100m: 1:00.77 32.24	150m: 1:32.53	31.76	200m: 2:04.25 31.72
4.	Bruno Miguel Ramos	97	Belenenses	2:04.33	+0,76 A
	50m: 29.17 29.17	100m: 1:00.46 31.29	150m: 1:32.04	31.58	200m: 2:04.33 32.29
5.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	2:04.68	+0,72 A
	50m: 28.45 28.45	100m: 59.23 30.78	150m: 1:31.07	31.84	200m: 2:04.68 33.61
6.	Joao Jose Laranjeira	98	Galitos / Bresimar	2:04.95	+0,74 A
	50m: 28.97 28.97	100m: 1:00.64 31.67	150m: 1:32.90	32.26	200m: 2:04.95 32.05
7.	Viktor Kot	98	Nautico Marinha Grande	2:05.75	+0,79 A
	50m: 29.52 29.52	100m: 1:01.60 32.08	150m: 1:33.87	32.27	200m: 2:05.75 31.88
8.	Andre Bras Goncalves	88	Belenenses	2:06.13	+0,77 A
	50m: 28.76 28.76	100m: 1:00.34 31.58	150m: 1:33.02	32.68	200m: 2:06.13 33.11
9.	Jose Pedro Sampaio	98	Fluvial Portuense	2:06.58	+0,70 A
	50m: 29.83 29.83	100m: 1:02.36 32.53	150m: 1:34.75	32.39	200m: 2:06.58 31.83
10.	Pedro Romanoski Carvalho	94	Famalicao	2:06.82	+0,64 A
	50m: 29.14 29.14	100m: 1:01.08 31.94	150m: 1:34.09	33.01	200m: 2:06.82 32.73
11.	Filipe Miguel Felix	96	Alges	2:06.98	+0,77 R
	50m: 28.85 28.85	100m: 1:00.51 31.66	150m: 1:33.26	32.75	200m: 2:06.98 33.72
12.	Ricardo Saraiva Pires	98	Laranjeiro	2:07.77	+0,80 R
	50m: 29.48 29.48	100m: 1:01.38 31.90	150m: 1:34.34	32.96	200m: 2:07.77 33.43
13.	Carlos Afonso Almeida	98	Alges	2:09.07	+0,67
	50m: 29.63 29.63	100m: 1:01.52 31.89	150m: 1:35.00	33.48	200m: 2:09.07 34.07
14.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	2:09.16	+0,80
	50m: 29.38 29.38	100m: 1:02.13 32.75	150m: 1:35.83	33.70	200m: 2:09.16 33.33
15.	Job Santos Silva	96	Feirense	2:09.59	+0,61
	50m: 29.73 29.73	100m: 1:02.55 32.82	150m: 1:35.95	33.40	200m: 2:09.59 33.64

Prova 7, Masc., 200m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
16.	Joao Ricardo Silva	97	Nautico /Urgicentro-Sanfil	2:10.66	+0,72
	50m: 29.82 29.82	100m: 1:02.25 32.43	150m: 1:35.94 33.69	200m: 2:10.66 34.72	

Juniores

1.	Joao Daniel Machado	99	Uniao Piedense	2:04.78	+0,70 A
	50m: 29.08 29.08	100m: 1:00.72 31.64	150m: 1:32.76 32.04	200m: 2:04.78 32.02	
2.	Afonso Guilherme Rosa	99	Torres Novas	2:04.97	+0,70 A
	50m: 29.14 29.14	100m: 1:01.11 31.97	150m: 1:33.51 32.40	200m: 2:04.97 31.46	
3.	Jose Paulo Lopes	00	Braga	2:05.77	+0,68 A
	50m: 29.32 29.32	100m: 1:00.85 31.53	150m: 1:33.74 32.89	200m: 2:05.77 32.03	
4.	Joao Pereira Tinoco	00	Famalicao	2:07.22	+1,67 A
	50m: 29.65 29.65	100m: 1:02.36 32.71	150m: 1:34.93 32.57	200m: 2:07.22 32.29	
5.	Jose Tomas Simeao	00	Laranjeiro	2:07.85	+0,80 A
	50m: 29.46 29.46	100m: 1:01.50 32.04	150m: 1:34.57 33.07	200m: 2:07.85 33.28	
6.	Andre Vilas Ruivo	00	Sporting	2:08.00	+0,72 A
	50m: 29.76 29.76	100m: 1:01.63 31.87	150m: 1:34.58 32.95	200m: 2:08.00 33.42	
7.	Tiago Pastor Escada	99	Aminata	2:08.11	+0,66 A
	50m: 30.19 30.19	100m: 1:02.64 32.45	150m: 1:35.48 32.84	200m: 2:08.11 32.63	
8.	Pedro Guilherme Ferreira	00	Miranda do Corvo	2:09.17	+0,74 A
	50m: 30.72 30.72	100m: 1:03.96 33.24	150m: 1:36.87 32.91	200m: 2:09.17 32.30	
9.	Claudio Alexandre Rodrigues	00	Louletano / Loule Concelho	2:09.42	+1,70 A
	50m: 29.89 29.89	100m: 1:02.52 32.63	150m: 1:36.16 33.64	200m: 2:09.42 33.26	
10.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:10.06	+0,62 A
	50m: 31.00 31.00	100m: 1:03.41 32.41	150m: 1:36.66 33.25	200m: 2:10.06 33.40	
11.	Andrei Iulian Zinca	00	Gafanha da Encarnacao	2:10.49	+0,65 R
	50m: 31.23 31.23	100m: 1:03.93 32.70	150m: 1:37.04 33.11	200m: 2:10.49 33.45	
12.	Henrique Santos Gomes	00	Naval do Funchal	2:10.93	+1,70 R
	50m: 30.12 30.12	100m: 1:02.68 32.56	150m: 1:37.25 34.57	200m: 2:10.93 33.68	
13.	Bernardo Garcia Perloiro	00	Sporting	2:11.29	+0,79
	50m: 30.03 30.03	100m: 1:02.63 32.60	150m: 1:36.38 33.75	200m: 2:11.29 34.91	
14.	Andre Lopes Silva	99	Nautico Marinha Grande	2:12.12	+0,65
	50m: 31.11 31.11	100m: 1:04.00 32.89	150m: 1:37.78 33.78	200m: 2:12.12 34.34	
15.	Francisco Xavier Tomas	00	Alcobaca	2:13.37	+0,60
	50m: 31.30 31.30	100m: 1:04.66 33.36	150m: 1:38.81 34.15	200m: 2:13.37 34.56	
16.	Tomas Silva Coxixo	99	Palmela	2:13.46	+0,81
	50m: 29.79 29.79	100m: 1:03.00 33.21	150m: 1:38.06 35.06	200m: 2:13.46 35.40	

Prova 8	Femin., 50m Mariposa				16 anos e mais velhos
09-12-2016 - 10:20					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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Ines Camacho Fernandes	97	Sporting	27.51	+0,72 A
2.	Filipa Vilas Tiago	94	Nacional de Natacao	28.18	+0,68 A
3.	Barbara Sofia Barata	97	Alges	28.88	+0,75 A
4.	Susana Clara Gomes	77	Naval do Funchal	29.19	+0,72 A
5.	Jessica Sousa Brito	97	Benfica	29.25	+0,76 A
6.	Jessica Teixeira Vieira	91	Belenenses	29.33	+0,68 A
7.	Ana Margarida Rodrigues	96	Galitos / Bresimar	29.36	+0,75 A
8.	Madalena Amaro Machado	98	Fluvial Portuense	29.42	+0,70 A
9.	Adriana Daniela Castro	97	Aquatico Pacense	29.50	+0,74 A
10.	Carolina Mantua Guedes	98	Sporting	29.59	+0,75 A
11.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	29.70	+0,75 R
12.	Diana Patricia Ferreira	94	Aquatico Pacense	29.85	+0,86 R
13.	Rita Teixeira Costa	97	Belenenses	29.89	+0,71
14.	Lara Alexandra Vaz	99	Desportiva de Viana	29.96	+0,80
15.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	30.06	+0,64
DNS	Madalena Gomes Azevedo	99	Alges		

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
1.	Ana Margarida Guedes	01	Ginasio de Vila Real	28.06	+0,59 A
2.	Laura Sanchez Rodrigues	00	Belenenses	29.06	+0,79 A
3.	Carolina Rosa Marcelino	01	Alges	29.36	+0,71 A
	Carolina Abreu Boulhosa	01	Naval do Funchal	29.36	+0,72 A
5.	Bruna Andreia Simoes	01	Nautico Marinha Grande	29.59	+0,74 A
6.	Julia Albuquerque Fraga	01	Aquatico Pacense	29.72	+0,88 A
7.	Beatriz Jong Rosa	00	WOS Team	29.73	+0,86 A
8.	Alexandra Jesus Santos	00	Leixoes	29.91	+0,73 A
9.	Ana Carolina Neves	00	Academica de Coimbra	29.98	+0,71 A
10.	Mariana Matos Ribeiro	01	Nautico /Urgicentro-Sanfil	30.22	+0,67 A
11.	Matilde Aguas Marques	00	Portinado	30.25	+0,75 R
12.	Maria Ines Ferreira	00	Miranda do Corvo	30.43	+0,76 R
13.	Mariana Sebastiao Mendes	01	Portinado	30.44	+0,78
14.	Daniela Eleuterio Correia	00	Sobral Monte Agraco	30.49	+0,79
15.	Sara Silva Marques	01	Aquatico Pacense	30.77	+0,81
16.	Tatiana Raquel Pombo	01	Naval Amorense	30.97	+0,81
17.	Sofia Alexandra Nunes	00	Laranjeiro	31.41	+0,77

Prova 9 Masc., 50m Mariposa 17 anos e mais velhos
09-12-2016 - 10:25 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Joao Miguel Ascensao	97	Porto	24.52	+0,67 A
2.	Nuno Goncalo Quintanilha	87	Belenenses	24.55	+0,65 A
3.	Carlos Filipe Santos	91	Porto	24.96	+0,73 A
	Pedro Andre Santos	94	Alges	24.96	+0,69 A
5.	Luiz Pedro Pereira	91	Benfica	25.04	+0,70 A
6.	Tomas Correia Silva	95	Porto	25.20	+0,66 A
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	25.26	+0,62 A
8.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	25.28	+0,68 A
9.	Miguel Goncalves Ferreira	93	Desportivo Nacional	25.48	+0,77 A
10.	Fabio Andre Figueira	88	Belenenses	25.71	+0,72 A
11.	Nuno Miguel Martins	96	Estrelas S. Joao de Brito	25.72	+0,65 R
12.	Fabio Manuel Pereira	86	Vilacondense	25.75	+0,74 ?
	Nuno Miguel Graca	98	Desportiva de Viana	25.75	+0,72 ?
14.	Miguel Freitas Marques	96	Escola O Liceu	25.79	+0,68
15.	David Granja Lopes	90	Palmela	25.88	+0,69
16.	Frederico Sucena Riachos	98	Estrelas S. Joao de Brito	26.36	+0,65

Juniores

1.	Afonso Meneses Sequeira	99	Naval do Funchal	25.30	+0,72 A
2.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	25.46	+0,72 A
3.	Afonso Guilherme Rosa	99	Torres Novas	25.78	+0,78 A
4.	Mateus Ribeiro Carvalho	99	Famalicao	25.89	+0,64 A
5.	Martim Moniz Silva	99	Naval do Funchal	25.96	+0,65 A
6.	Afonso Ribeiro Couto	99	Natacao de Valongo	26.24	+0,68 A
7.	Joao Cruz Castro	00	Sao Roque	26.27	+0,66 A
8.	Koen Weustink	00	Ginasio de Vila Real	26.48	+0,67 A
9.	Joao Fernandes Garcia	00	Avancado EUL	26.74	+0,67 A
10.	Tomas Silva Coxixo	99	Palmela	26.76	+0,78 A
11.	Miguel Camara Gomes	99	Naval do Funchal	26.80	+0,71 R

Prova 10 Femin., 400m Estilos 16 anos e mais velhos
09-12-2016 - 10:30 Resultados

Recordes Nacionais 25m Absoluto	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015
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	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015

Lugar Nome Ano Clube Tempo Final TReac

Seniores

1.	Angelica Maria Andre	94	Fluvial Portuense	4:51.96	+0,71
	50m: 30.76 30.76	150m: 1:46.23 39.99	250m: 3:05.98 40.70	350m: 4:19.41 33.09	
	100m: 1:06.24 35.48	200m: 2:25.28 39.05	300m: 3:46.32 40.34	400m: 4:51.96 32.55	
2.	Ana Beatriz Martins	99	Famalicao	4:53.80	+0,90
	50m: 31.09 31.09	150m: 1:44.24 38.05	250m: 3:04.64 42.93	350m: 4:20.71 33.74	
	100m: 1:06.19 35.10	200m: 2:21.71 37.47	300m: 3:46.97 42.33	400m: 4:53.80 33.09	
3.	Rita Costa Amador	99	Galitos / Bresimar	5:00.22	+0,69
	50m: 31.14 31.14	150m: 1:46.02 38.19	250m: 3:06.95 43.15	350m: 4:25.70 34.90	
	100m: 1:07.83 36.69	200m: 2:23.80 37.78	300m: 3:50.80 43.85	400m: 5:00.22 34.52	
4.	Raquel Paulo Ranito	94	Sporting	5:01.95	+0,75
	50m: 32.11 32.11	150m: 1:47.37 38.37	250m: 3:09.16 43.11	350m: 4:27.97 35.09	
	100m: 1:09.00 36.89	200m: 2:26.05 38.68	300m: 3:52.88 43.72	400m: 5:01.95 33.98	
5.	Rita Teixeira Costa	97	Belenenses	5:04.62	+0,71
	50m: 31.60 31.60	150m: 1:46.61 38.75	250m: 3:09.04 44.05	350m: 4:30.05 35.91	
	100m: 1:07.86 36.26	200m: 2:24.99 38.38	300m: 3:54.14 45.10	400m: 5:04.62 34.57	
6.	Maria Madalena Silva	98	Braga	5:07.04	+0,75
	50m: 31.83 31.83	150m: 1:49.30 40.16	250m: 3:11.38 43.23	350m: 4:32.86 36.63	
	100m: 1:09.14 37.31	200m: 2:28.15 38.85	300m: 3:56.23 44.85	400m: 5:07.04 34.18	
7.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:09.61	+0,70
	50m: 33.56 33.56	150m: 1:50.13 38.90	250m: 3:12.39 44.28	350m: 4:33.43 35.83	
	100m: 1:11.23 37.67	200m: 2:28.11 37.98	300m: 3:57.60 45.21	400m: 5:09.61 36.18	
8.	Sofia Machado Dionisio	98	Sporting	5:11.35	+0,81
	50m: 31.55 31.55	150m: 1:50.71 40.38	250m: 3:13.85 43.27	350m: 4:35.03 36.87	
	100m: 1:10.33 38.78	200m: 2:30.58 39.87	300m: 3:58.16 44.31	400m: 5:11.35 36.32	
9.	Ana Miguel Pinto	99	Viana Natacao	5:18.36	+0,84
	50m: 33.82 33.82	150m: 1:51.50 39.66	250m: 3:16.44 45.71	350m: 4:40.92 38.15	
	100m: 1:11.84 38.02	200m: 2:30.73 39.23	300m: 4:02.77 46.33	400m: 5:18.36 37.44	
DNS	Madalena Gomes Azevedo	99	Alges		

Juniores

1.	Ines Neto Rocha	01	Aquatico Pacense	4:54.82	
	50m: 30.63 30.63	150m: 1:44.20 37.52	250m: 3:03.32 42.33	350m: 4:20.13 34.83	
	100m: 1:06.68 36.05	200m: 2:20.99 36.79	300m: 3:45.30 41.98	400m: 4:54.82 34.69	
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:56.08	+0,83
	50m: 30.76 30.76	150m: 1:43.75 38.27	250m: 3:03.99 42.79	350m: 4:22.69 34.84	
	100m: 1:05.48 34.72	200m: 2:21.20 37.45	300m: 3:47.85 43.86	400m: 4:56.08 33.39	
3.	Luisa Maria Machado	01	Uniao Piedense	4:59.55	+0,91
	50m: 31.37 31.37	150m: 1:47.66 39.34	250m: 3:07.26 40.72	350m: 4:25.22 35.84	
	100m: 1:08.32 36.95	200m: 2:26.54 38.88	300m: 3:49.38 42.12	400m: 4:59.55 34.33	

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Ines Rocha Silva	00	Alcobaca	5:03.07	+0,78
	50m: 32.71 32.71	150m: 1:49.64 39.87	250m: 3:10.25 42.50	350m: 4:29.02 35.98	
	100m: 1:09.77 37.06	200m: 2:27.75 38.11	300m: 3:53.04 42.79	400m: 5:03.07 34.05	
5.	Maria Francisca Cabral	00	Porto	5:03.26	+0,88
	50m: 31.65 31.65	150m: 1:45.94 38.59	250m: 3:08.53 44.43	350m: 4:29.03 35.26	
	100m: 1:07.35 35.70	200m: 2:24.10 38.16	300m: 3:53.77 45.24	400m: 5:03.26 34.23	
6.	Ines Silva Bernardo	00	Colegio Monte Maior	5:05.69	+0,74
	50m: 33.03 33.03	150m: 1:50.04 40.14	250m: 3:12.94 43.01	350m: 4:31.04 35.21	
	100m: 1:09.90 36.87	200m: 2:29.93 39.89	300m: 3:55.83 42.89	400m: 5:05.69 34.65	
7.	Monica Seara Domingues	00	Nautico Marinha Grande	5:06.51	+0,84
	50m: 32.47 32.47	150m: 1:49.76 39.20	250m: 3:12.22 44.51	350m: 4:32.88 35.63	
	100m: 1:10.56 38.09	200m: 2:27.71 37.95	300m: 3:57.25 45.03	400m: 5:06.51 33.63	
8.	Joana Victorino Henriques	01	Condeixa Clube	5:08.57	+1,63
	50m: 31.91 31.91	150m: 1:46.70 38.34	250m: 3:11.64 45.77	350m: 4:32.82 36.25	
	100m: 1:08.36 36.45	200m: 2:25.87 39.17	300m: 3:56.57 44.93	400m: 5:08.57 35.75	
9.	Carolina Rosa Marcelino	01	Alges	5:08.64	+0,72
	50m: 30.92 30.92	150m: 1:49.06 40.54	250m: 3:13.19 43.74	350m: 4:33.16 35.61	
	100m: 1:08.52 37.60	200m: 2:29.45 40.39	300m: 3:57.55 44.36	400m: 5:08.64 35.48	
10.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:12.33	+0,76
	50m: 32.37 32.37	150m: 1:49.60 40.03	250m: 3:13.68 44.34	350m: 4:36.43 36.84	
	100m: 1:09.57 37.20	200m: 2:29.34 39.74	300m: 3:59.59 45.91	400m: 5:12.33 35.90	
11.	Rita Alexandra Vital	01	Alges	5:12.81	+0,86
	50m: 32.88 32.88	150m: 1:51.08 39.67	250m: 3:14.15 44.19	350m: 4:37.16 36.35	
	100m: 1:11.41 38.53	200m: 2:29.96 38.88	300m: 4:00.81 46.66	400m: 5:12.81 35.65	
12.	Mariana Sobral Galacha	01	Sporting	5:14.52	+0,73
	50m: 33.54 33.54	150m: 1:53.22 40.52	250m: 3:17.56 44.67	350m: 4:39.03 36.68	
	100m: 1:12.70 39.16	200m: 2:32.89 39.67	300m: 4:02.35 44.79	400m: 5:14.52 35.49	
13.	Raquel Antunes Tremoco	01	Sporting	5:17.23	+0,85
	50m: 33.10 33.10	150m: 1:51.42 39.95	250m: 3:17.25 45.96	350m: 4:41.27 37.26	
	100m: 1:11.47 38.37	200m: 2:31.29 39.87	300m: 4:04.01 46.76	400m: 5:17.23 35.96	
14.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:17.61	+0,86
	50m: 32.76 32.76	150m: 1:52.10 41.45	250m: 3:17.79 45.17	350m: 4:41.48 37.65	
	100m: 1:10.65 37.89	200m: 2:32.62 40.52	300m: 4:03.83 46.04	400m: 5:17.61 36.13	
15.	Maria Carolina Rodrigues	01	Vitoria Guimaraes	5:20.46	+0,87
	50m: 32.94 32.94	150m: 1:52.28 41.17	250m: 3:18.66 45.54	350m: 4:43.34 38.73	
	100m: 1:11.11 38.17	200m: 2:33.12 40.84	300m: 4:04.61 45.95	400m: 5:20.46 37.12	
16.	Mariana Silva Ramos	00	Sporting	5:22.10	+0,80
	50m: 33.29 33.29	150m: 1:54.37 42.75	250m: 3:22.23 46.33	350m: 4:46.60 37.36	
	100m: 1:11.62 38.33	200m: 2:35.90 41.53	300m: 4:09.24 47.01	400m: 5:22.10 35.50	
17.	Ines Rosado Monteiro	00	Natacao de Vagos	5:24.20	+0,72
	50m: 33.66 33.66	150m: 1:56.48 43.13	250m: 3:24.58 45.43	350m: 4:48.70 37.94	
	100m: 1:13.35 39.69	200m: 2:39.15 42.67	300m: 4:10.76 46.18	400m: 5:24.20 35.50	
18.	Maria Beatriz Lopes	00	Benfica	5:26.00	+0,71
	50m: 34.02 34.02	150m: 1:56.77 40.92	250m: 3:23.52 47.24	350m: 4:49.61 38.34	
	100m: 1:15.85 41.83	200m: 2:36.28 39.51	300m: 4:11.27 47.75	400m: 5:26.00 36.39	

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
19.	Andreia Brito Pereira	00	Condeixa Clube	5:28.29	+0,75
	50m: 34.33 34.33	150m: 1:54.71 39.97	250m: 3:24.27 49.80	350m: 4:52.05 37.76	
	100m: 1:14.74 40.41	200m: 2:34.47 39.76	300m: 4:14.29 50.02	400m: 5:28.29 36.24	
20.	Lara Beatriz Matos	01	Famalicao	5:31.68	+0,96
	50m: 33.63 33.63	150m: 1:57.64 44.18	250m: 3:28.62 48.44	350m: 4:54.56 38.70	
	100m: 1:13.46 39.83	200m: 2:40.18 42.54	300m: 4:15.86 47.24	400m: 5:31.68 37.12	

Prova 11 Masc., 400m Estilos 17 anos e mais velhos
09-12-2016 - 10:50 Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	POR	Istanbul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19-12-2014
Recordes Nacionais 25m Jun18	4:11.20	Joao Alexandre Vital	SCP	Porto	11-12-2015
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	POR	Istanbul (TUR)	11-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:20.20	+0,65
	50m: 27.74 27.74	150m: 1:33.76 34.51	250m: 2:43.84 35.67	350m: 3:51.37 31.48	
	100m: 59.25 31.51	200m: 2:08.17 34.41	300m: 3:19.89 36.05	400m: 4:20.20 28.83	
2.	Joao Pedro Gil	97	Uniao Piedense	4:20.64	+0,58
	50m: 27.79 27.79	150m: 1:34.94 34.46	250m: 2:46.38 37.14	350m: 3:53.09 29.60	
	100m: 1:00.48 32.69	200m: 2:09.24 34.30	300m: 3:23.49 37.11	400m: 4:20.64 27.55	
3.	Jose Paula Carvalho	98	Uniao Piedense	4:21.21	+0,73
	50m: 27.33 27.33	150m: 1:33.91 35.84	250m: 2:44.87 36.13	350m: 3:53.12 29.95	
	100m: 58.07 30.74	200m: 2:08.74 34.83	300m: 3:23.17 38.30	400m: 4:21.21 28.09	
4.	Bruno Miguel Ramos	97	Belenenses	4:24.99	+0,70
	50m: 27.24 27.24	150m: 1:32.61 33.85	250m: 2:43.83 37.76	350m: 3:53.29 30.97	
	100m: 58.76 31.52	200m: 2:06.07 33.46	300m: 3:22.32 38.49	400m: 4:24.99 31.70	
5.	Andre Bras Goncalves	88	Belenenses	4:32.32	+0,69
	50m: 28.19 28.19	150m: 1:37.08 36.08	250m: 2:51.60 39.64	350m: 4:02.63 31.64	
	100m: 1:01.00 32.81	200m: 2:11.96 34.88	300m: 3:30.99 39.39	400m: 4:32.32 29.69	
6.	Afonso Ribeiro Bate	98	Alges	4:32.38	+0,69
	50m: 28.08 28.08	150m: 1:37.51 36.38	250m: 2:51.79 38.06	350m: 4:02.31 31.98	
	100m: 1:01.13 33.05	200m: 2:13.73 36.22	300m: 3:30.33 38.54	400m: 4:32.38 30.07	
7.	Jose Pedro Sampaio	98	Fluvial Portuense	4:32.49	+0,76
	50m: 29.09 29.09	150m: 1:36.36 34.41	250m: 2:50.27 39.34	350m: 4:02.40 32.31	
	100m: 1:01.95 32.86	200m: 2:10.93 34.57	300m: 3:30.09 39.82	400m: 4:32.49 30.09	
8.	Nuno Rafael Alves	90	Aquatico Pacense	4:32.96	+0,79
	50m: 28.23 28.23	150m: 1:35.83 35.57	250m: 2:48.63 37.70	350m: 4:00.33 33.45	
	100m: 1:00.26 32.03	200m: 2:10.93 35.10	300m: 3:26.88 38.25	400m: 4:32.96 32.63	

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Joao Carlos Santos	96	Uniao Piedense	4:33.93	+0,72
	50m: 30.08 30.08	150m: 1:39.94 36.24	250m: 2:54.83 39.16	350m: 4:04.52 30.48	
	100m: 1:03.70 33.62	200m: 2:15.67 35.73	300m: 3:34.04 39.21	400m: 4:33.93 29.41	
10.	Antonio Rafael Bessa	94	Aquatico Pacense	4:34.10	+0,67
	50m: 28.57 28.57	150m: 1:35.83 35.29	250m: 2:50.36 39.49	350m: 4:02.05 31.87	
	100m: 1:00.54 31.97	200m: 2:10.87 35.04	300m: 3:30.18 39.82	400m: 4:34.10 32.05	
11.	Diogo Miguel Costa	98	Porto	4:34.58	+0,71
	50m: 27.62 27.62	150m: 1:37.18 36.65	250m: 2:52.59 39.01	350m: 4:04.45 31.96	
	100m: 1:00.53 32.91	200m: 2:13.58 36.40	300m: 3:32.49 39.90	400m: 4:34.58 30.13	
12.	Rafael Filipe Nunes	96	Benfica	4:39.19	+0,63
	50m: 29.10 29.10	150m: 1:38.23 36.08	250m: 2:53.91 40.15	350m: 4:07.34 33.03	
	100m: 1:02.15 33.05	200m: 2:13.76 35.53	300m: 3:34.31 40.40	400m: 4:39.19 31.85	

Juniores

1.	Joao Daniel Machado	99	Uniao Piedense	4:26.48	+0,74
	50m: 28.39 28.39	150m: 1:34.43 33.62	250m: 2:46.03 38.79	350m: 3:56.75 31.89	
	100m: 1:00.81 32.42	200m: 2:07.24 32.81	300m: 3:24.86 38.83	400m: 4:26.48 29.73	
2.	Jorge Jesus Silva	00	Braga	4:30.12	+0,75
	50m: 28.63 28.63	150m: 1:36.61 35.99	250m: 2:49.73 37.46	350m: 3:59.74 31.88	
	100m: 1:00.62 31.99	200m: 2:12.27 35.66	300m: 3:27.86 38.13	400m: 4:30.12 30.38	
3.	Andre Vilas Ruivo	00	Sporting	4:30.85	+0,71
	50m: 28.84 28.84	150m: 1:35.00 33.75	250m: 2:48.97 40.09	350m: 4:00.24 31.19	
	100m: 1:01.25 32.41	200m: 2:08.88 33.88	300m: 3:29.05 40.08	400m: 4:30.85 30.61	
4.	Jose Paulo Lopes	00	Braga	4:31.84	+0,69
	50m: 28.51 28.51	150m: 1:36.93 35.26	250m: 2:51.89 40.49	350m: 4:02.60 31.08	
	100m: 1:01.67 33.16	200m: 2:11.40 34.47	300m: 3:31.52 39.63	400m: 4:31.84 29.24	
5.	Filipe Miguel Santo	00	Benfica	4:34.69	+0,86
	50m: 29.54 29.54	150m: 1:39.86 35.88	250m: 2:54.72 39.82	350m: 4:04.66 30.22	
	100m: 1:03.98 34.44	200m: 2:14.90 35.04	300m: 3:34.44 39.72	400m: 4:34.69 30.03	
6.	Roberto Donald Gomes	00	Alges	4:34.97	+0,81
	50m: 28.62 28.62	150m: 1:37.00 35.94	250m: 2:52.56 40.42	350m: 4:05.17 31.43	
	100m: 1:01.06 32.44	200m: 2:12.14 35.14	300m: 3:33.74 41.18	400m: 4:34.97 29.80	
7.	Miguel Angelo Santos	00	Famalicao	4:35.66	+0,80
	50m: 29.75 29.75	150m: 1:40.37 35.99	250m: 2:54.94 38.20	350m: 4:04.42 31.58	
	100m: 1:04.38 34.63	200m: 2:16.74 36.37	300m: 3:32.84 37.90	400m: 4:35.66 31.24	
8.	Tiago Filipe Campos	99	Rio Maior	4:37.25	+0,83
	50m: 28.15 28.15	150m: 1:35.95 35.93	250m: 2:52.52 41.55	350m: 4:06.83 31.34	
	100m: 1:00.02 31.87	200m: 2:10.97 35.02	300m: 3:35.49 42.97	400m: 4:37.25 30.42	
9.	Bernardo Garcia Perloiro	00	Sporting	4:37.58	+0,64
	50m: 29.21 29.21	150m: 1:37.69 34.56	250m: 2:52.54 39.91	350m: 4:06.17 32.73	
	100m: 1:03.13 33.92	200m: 2:12.63 34.94	300m: 3:33.44 40.90	400m: 4:37.58 31.41	
10.	Daniel Nogueira Catalao	00	Uniao Piedense	4:39.37	+0,75
	50m: 29.41 29.41	150m: 1:40.98 36.89	250m: 2:56.35 39.71	350m: 4:09.14 32.56	
	100m: 1:04.09 34.68	200m: 2:16.64 35.66	300m: 3:36.58 40.23	400m: 4:39.37 30.23	

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Diogo Leal Dantas	00	Sporting	4:39.87	+0,62
	50m: 28.46 28.46	150m: 1:38.50 36.44	250m: 2:54.14 39.61	350m: 4:07.97 33.13	
	100m: 1:02.06 33.60	200m: 2:14.53 36.03	300m: 3:34.84 40.70	400m: 4:39.87 31.90	
12.	Afonso Guilherme Jesus	00	Sporting	4:40.24	+0,69
	50m: 29.38 29.38	150m: 1:41.18 37.55	250m: 2:56.85 38.66	350m: 4:09.14 33.09	
	100m: 1:03.63 34.25	200m: 2:18.19 37.01	300m: 3:36.05 39.20	400m: 4:40.24 31.10	
13.	Joao Pedro Gomes	99	Miranda do Corvo	4:40.31	+0,75
	50m: 29.70 29.70	150m: 1:38.35 34.62	250m: 2:53.50 39.75	350m: 4:07.41 33.29	
	100m: 1:03.73 34.03	200m: 2:13.75 35.40	300m: 3:34.12 40.62	400m: 4:40.31 32.90	
14.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:40.40	+0,71
	50m: 28.61 28.61	150m: 1:37.08 35.65	250m: 2:52.59 40.40	350m: 4:06.91 33.16	
	100m: 1:01.43 32.82	200m: 2:12.19 35.11	300m: 3:33.75 41.16	400m: 4:40.40 33.49	
15.	Sergio Filipe Travanca	00	Fluvial Portuense	4:41.92	+0,76
	50m: 29.15 29.15	150m: 1:39.06 36.54	250m: 2:56.22 40.85	350m: 4:10.02 32.10	
	100m: 1:02.52 33.37	200m: 2:15.37 36.31	300m: 3:37.92 41.70	400m: 4:41.92 31.90	
16.	Miguel Goncalves Frade	00	Torres Novas	4:42.78	+0,86
	50m: 30.55 30.55	150m: 1:41.70 36.81	250m: 2:57.26 39.27	350m: 4:10.45 33.14	
	100m: 1:04.89 34.34	200m: 2:17.99 36.29	300m: 3:37.31 40.05	400m: 4:42.78 32.33	
17.	Jose Tomas Simeao	00	Laranjeiro	4:42.81	+0,74
	50m: 28.79 28.79	150m: 1:38.00 35.20	250m: 2:54.30 41.39	350m: 4:09.90 33.27	
	100m: 1:02.80 34.01	200m: 2:12.91 34.91	300m: 3:36.63 42.33	400m: 4:42.81 32.91	
18.	Sebastiao Limbert Piedade	00	Alges	4:44.27	+0,73
	50m: 29.46 29.46	150m: 1:40.23 36.62	250m: 2:55.94 39.53	350m: 4:10.88 33.79	
	100m: 1:03.61 34.15	200m: 2:16.41 36.18	300m: 3:37.09 41.15	400m: 4:44.27 33.39	
19.	Tiago Douwens Paula	99	Sporting	4:45.47	+0,75
	50m: 31.00 31.00	150m: 1:42.10 35.87	250m: 2:58.51 41.22	350m: 4:12.81 32.86	
	100m: 1:06.23 35.23	200m: 2:17.29 35.19	300m: 3:39.95 41.44	400m: 4:45.47 32.66	

Prova 12

Femin., 1500m Livres

16 anos e mais velhos

09-12-2016 - 11:15

Resultados

Recordes Nacionais 25m Absoluto	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Sen	16:22.79	Angelica Maria Andre	CFP	Porto	11-12-2015

Lugar Nome Ano Clube Tempo Final TReac

Seniores

1.	Angelica Maria Andre	94	Fluvial Portuense	16:44.32	+0,78
	50m: 29.82 29.82	450m: 4:56.68 33.53	850m: 9:25.99 33.91	1250m: 13:53.86 33.95	
	100m: 1:02.01 32.19	500m: 5:30.20 33.52	900m: 10:00.17 34.18	1300m: 14:27.66 33.80	
	150m: 1:35.37 33.36	550m: 6:03.56 33.36	950m: 10:33.98 33.81	1350m: 15:01.77 34.11	
	200m: 2:09.24 33.87	600m: 6:37.43 33.87	1000m: 11:08.02 34.04	1400m: 15:36.00 34.23	
	250m: 2:43.08 33.84	650m: 7:11.03 33.60	1050m: 11:40.15 32.13	1450m: 16:10.45 34.45	
	300m: 3:16.46 33.38	700m: 7:44.98 33.95	1100m: 12:12.94 32.79	1500m: 16:44.32 33.87	
	350m: 3:49.93 33.47	750m: 8:18.72 33.74	1150m: 12:46.38 33.44		
	400m: 4:23.15 33.22	800m: 8:52.08 33.36	1200m: 13:19.91 33.53		

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
2.	Beatriz Paulo Ranito	99	Sporting	16:47.68	+0,79
	50m: 30.34 30.34	450m: 4:56.67 33.72	850m: 9:25.89 34.08	1250m: 13:57.69 33.45	
	100m: 1:03.11 32.77	500m: 5:30.33 33.66	900m: 10:00.04 34.15	1300m: 14:31.82 34.13	
	150m: 1:36.25 33.14	550m: 6:03.80 33.47	950m: 10:33.89 33.85	1350m: 15:06.07 34.25	
	200m: 2:09.54 33.29	600m: 6:37.27 33.47	1000m: 11:07.99 34.10	1400m: 15:40.38 34.31	
	250m: 2:43.01 33.47	650m: 7:10.96 33.69	1050m: 11:41.71 33.72	1450m: 16:14.70 34.32	
	300m: 3:16.48 33.47	700m: 7:44.84 33.88	1100m: 12:15.83 34.12	1500m: 16:47.68 32.98	
	350m: 3:49.75 33.27	750m: 8:18.42 33.58	1150m: 12:50.12 34.29		
	400m: 4:22.95 33.20	800m: 8:51.81 33.39	1200m: 13:24.24 34.12		
3.	Vania Soares Neves	90	Fluvial Portuense	17:00.81	+0,79
	50m: 30.30 30.30	450m: 4:58.61 34.03	850m: 9:32.06 34.15	1250m: 14:08.15 34.54	
	100m: 1:02.67 32.37	500m: 5:32.67 34.06	900m: 10:06.39 34.33	1300m: 14:42.67 34.52	
	150m: 1:35.71 33.04	550m: 6:06.80 34.13	950m: 10:40.75 34.36	1350m: 15:17.35 34.68	
	200m: 2:09.41 33.70	600m: 6:40.97 34.17	1000m: 11:15.33 34.58	1400m: 15:52.07 34.72	
	250m: 2:43.18 33.77	650m: 7:15.02 34.05	1050m: 11:49.94 34.61	1450m: 16:26.63 34.56	
	300m: 3:16.87 33.69	700m: 7:49.40 34.38	1100m: 12:24.37 34.43	1500m: 17:00.81 34.18	
	350m: 3:50.84 33.97	750m: 8:23.64 34.24	1150m: 12:59.13 34.76		
	400m: 4:24.58 33.74	800m: 8:57.91 34.27	1200m: 13:33.61 34.48		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:16.68	+0,88
	50m: 31.26 31.26	450m: 5:05.28 34.45	850m: 9:43.06 34.99	1250m: 14:22.62 34.86	
	100m: 1:04.77 33.51	500m: 5:39.98 34.70	900m: 10:18.13 35.07	1300m: 14:57.29 34.67	
	150m: 1:38.52 33.75	550m: 6:14.54 34.56	950m: 10:53.04 34.91	1350m: 15:32.34 35.05	
	200m: 2:12.68 34.16	600m: 6:49.38 34.84	1000m: 11:27.92 34.88	1400m: 16:07.42 35.08	
	250m: 2:47.12 34.44	650m: 7:24.10 34.72	1050m: 12:02.77 34.85	1450m: 16:42.80 35.38	
	300m: 3:21.74 34.62	700m: 7:58.87 34.77	1100m: 12:37.89 35.12	1500m: 17:16.68 33.88	
	350m: 3:56.14 34.40	750m: 8:33.32 34.45	1150m: 13:12.77 34.88		
	400m: 4:30.83 34.69	800m: 9:08.07 34.75	1200m: 13:47.76 34.99		
5.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:28.54	+0,93
	50m: 31.39 31.39	450m: 5:11.87 35.07	850m: 9:52.61 35.32	1250m: 14:32.56 35.03	
	100m: 1:05.28 33.89	500m: 5:47.19 35.32	900m: 10:27.45 34.84	1300m: 15:07.45 34.89	
	150m: 1:40.46 35.18	550m: 6:22.14 34.95	950m: 11:02.52 35.07	1350m: 15:42.98 35.53	
	200m: 2:15.74 35.28	600m: 6:57.29 35.15	1000m: 11:37.67 35.15	1400m: 16:18.72 35.74	
	250m: 2:51.00 35.26	650m: 7:32.26 34.97	1050m: 12:12.63 34.96	1450m: 16:53.74 35.02	
	300m: 3:26.22 35.22	700m: 8:07.22 34.96	1100m: 12:47.52 34.89	1500m: 17:28.54 34.80	
	350m: 4:01.32 35.10	750m: 8:42.26 35.04	1150m: 13:22.58 35.06		
	400m: 4:36.80 35.48	800m: 9:17.29 35.03	1200m: 13:57.53 34.95		

Juniores

1.	Sara Sofia Alves	01	Columbofila Cantanhedense	17:08.70	+0,75
	50m: 31.08 31.08	450m: 5:00.31 34.41	850m: 9:37.07 34.69	1250m: 14:15.70 34.86	
	100m: 1:03.79 32.71	500m: 5:34.48 34.17	900m: 10:11.65 34.58	1300m: 14:50.85 35.15	
	150m: 1:36.79 33.00	550m: 6:09.04 34.56	950m: 10:46.64 34.99	1350m: 15:25.70 34.85	
	200m: 2:10.27 33.48	600m: 6:43.82 34.78	1000m: 11:21.47 34.83	1400m: 16:00.59 34.89	
	250m: 2:44.00 33.73	650m: 7:18.27 34.45	1050m: 11:55.99 34.52	1450m: 16:35.04 34.45	
	300m: 3:17.91 33.91	700m: 7:53.00 34.73	1100m: 12:30.92 34.93	1500m: 17:08.70 33.66	
	350m: 3:51.86 33.95	750m: 8:27.46 34.46	1150m: 13:05.83 34.91		
	400m: 4:25.90 34.04	800m: 9:02.38 34.92	1200m: 13:40.84 35.01		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac		
2.	Filipa Serrano Rodrigues	01	Uniao Piedense	17:13.02	+0,93		
	50m: 31.48 31.48	450m: 5:03.88	34.35	850m: 9:42.44	34.94	1250m: 14:21.67	34.86
	100m: 1:04.83 33.35	500m: 5:38.57	34.69	900m: 10:17.17	34.73	1300m: 14:56.48	34.81
	150m: 1:38.95 34.12	550m: 6:13.21	34.64	950m: 10:52.24	35.07	1350m: 15:30.85	34.37
	200m: 2:13.05 34.10	600m: 6:47.98	34.77	1000m: 11:27.26	35.02	1400m: 16:05.63	34.78
	250m: 2:47.03 33.98	650m: 7:22.64	34.66	1050m: 12:02.43	35.17	1450m: 16:40.13	34.50
	300m: 3:21.21 34.18	700m: 7:57.48	34.84	1100m: 12:37.22	34.79	1500m: 17:13.02	32.89
	350m: 3:55.00 33.79	750m: 8:32.36	34.88	1150m: 13:12.05	34.83		
	400m: 4:29.53 34.53	800m: 9:07.50	35.14	1200m: 13:46.81	34.76		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	17:15.97	+0,78		
	50m: 30.86 30.86	450m: 5:00.64	34.30	850m: 9:36.04	34.67	1250m: 14:18.32	35.95
	100m: 1:03.96 33.10	500m: 5:34.81	34.17	900m: 10:11.14	35.10	1300m: 14:54.15	35.83
	150m: 1:37.10 33.14	550m: 6:09.19	34.38	950m: 10:46.24	35.10	1350m: 15:29.77	35.62
	200m: 2:10.66 33.56	600m: 6:43.68	34.49	1000m: 11:21.16	34.92	1400m: 16:05.21	35.44
	250m: 2:44.49 33.83	650m: 7:17.88	34.20	1050m: 11:56.11	34.95	1450m: 16:41.05	35.84
	300m: 3:18.54 34.05	700m: 7:52.28	34.40	1100m: 12:31.45	35.34	1500m: 17:15.97	34.92
	350m: 3:52.37 33.83	750m: 8:26.79	34.51	1150m: 13:06.86	35.41		
	400m: 4:26.34 33.97	800m: 9:01.37	34.58	1200m: 13:42.37	35.51		
4.	Maria Carolina Costa	01	Porto	17:30.16	+0,77		
	50m: 31.22 31.22	450m: 5:07.12	35.34	850m: 9:48.92	35.34	1250m: 14:33.31	35.62
	100m: 1:05.00 33.78	500m: 5:42.09	34.97	900m: 10:24.35	35.43	1300m: 15:08.98	35.67
	150m: 1:38.98 33.98	550m: 6:17.08	34.99	950m: 10:59.94	35.59	1350m: 15:44.49	35.51
	200m: 2:13.17 34.19	600m: 6:52.16	35.08	1000m: 11:35.55	35.61	1400m: 16:20.16	35.67
	250m: 2:47.33 34.16	650m: 7:27.55	35.39	1050m: 12:11.11	35.56	1450m: 16:55.68	35.52
	300m: 3:22.25 34.92	700m: 8:02.86	35.31	1100m: 12:46.78	35.67	1500m: 17:30.16	34.48
	350m: 3:56.76 34.51	750m: 8:38.09	35.23	1150m: 13:22.16	35.38		
	400m: 4:31.78 35.02	800m: 9:13.58	35.49	1200m: 13:57.69	35.53		
5.	Rafaela Araujo Silva	00	Famalicao	17:53.86	+0,93		
	50m: 31.72 31.72	450m: 5:18.24	36.17	850m: 10:07.40	36.25	1250m: 14:55.94	36.00
	100m: 1:06.48 34.76	500m: 5:54.18	35.94	900m: 10:43.32	35.92	1300m: 15:31.96	36.02
	150m: 1:42.20 35.72	550m: 6:30.40	36.22	950m: 11:19.57	36.25	1350m: 16:07.73	35.77
	200m: 2:18.16 35.96	600m: 7:06.49	36.09	1000m: 11:55.44	35.87	1400m: 16:43.52	35.79
	250m: 2:54.04 35.88	650m: 7:42.78	36.29	1050m: 12:31.62	36.18	1450m: 17:19.24	35.72
	300m: 3:29.84 35.80	700m: 8:18.99	36.21	1100m: 13:07.70	36.08	1500m: 17:53.86	34.62
	350m: 4:05.88 36.04	750m: 8:55.04	36.05	1150m: 13:43.73	36.03		
	400m: 4:42.07 36.19	800m: 9:31.15	36.11	1200m: 14:19.94	36.21		
6.	Leila Tavarina Lemos	00	Vilacondense	18:09.13			
	50m: 32.41 32.41	450m: 5:21.37	36.63	850m: 10:13.12	36.56	1250m: 15:05.88	36.61
	100m: 1:07.31 34.90	500m: 5:57.90	36.53	900m: 10:49.69	36.57	1300m: 15:42.60	36.72
	150m: 1:42.88 35.57	550m: 6:34.47	36.57	950m: 11:26.22	36.53	1350m: 16:19.31	36.71
	200m: 2:19.01 36.13	600m: 7:10.90	36.43	1000m: 12:02.67	36.45	1400m: 16:56.29	36.98
	250m: 2:55.25 36.24	650m: 7:47.34	36.44	1050m: 12:39.38	36.71	1450m: 17:33.48	37.19
	300m: 3:31.58 36.33	700m: 8:23.86	36.52	1100m: 13:15.98	36.60	1500m: 18:09.13	35.65
	350m: 4:08.10 36.52	750m: 9:00.07	36.21	1150m: 13:52.68	36.70		
	400m: 4:44.74 36.64	800m: 9:36.56	36.49	1200m: 14:29.27	36.59		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac			
7.	Ines Silva Oliveira	00	Fluvial Portuense	18:16.65	+0,86			
	50m: 31.74	31.74	450m: 5:21.81	36.83	850m: 10:15.37	36.95	1250m: 15:12.00	37.17
	100m: 1:06.27	34.53	500m: 5:58.44	36.63	900m: 10:52.32	36.95	1300m: 15:48.99	36.99
	150m: 1:41.92	35.65	550m: 6:34.92	36.48	950m: 11:29.30	36.98	1350m: 16:26.28	37.29
	200m: 2:17.66	35.74	600m: 7:11.47	36.55	1000m: 12:06.62	37.32	1400m: 17:03.39	37.11
	250m: 2:54.14	36.48	650m: 7:47.99	36.52	1050m: 12:43.71	37.09	1450m: 17:40.55	37.16
	300m: 3:30.96	36.82	700m: 8:24.69	36.70	1100m: 13:20.80	37.09	1500m: 18:16.65	36.10
	350m: 4:07.98	37.02	750m: 9:01.32	36.63	1150m: 13:57.77	36.97		
	400m: 4:44.98	37.00	800m: 9:38.42	37.10	1200m: 14:34.83	37.06		

Prova 15 Femin., 4 x 100m Estilos 16 anos e mais velhos
09-12-2016 - 11:50 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

Lugar	Clube	Tempo Final	TReac
1.	Alges-SEN	4:17.03	+1,06
	Rita Barros Frischknecht +1,06 29.84 1:01.72	Francisca Gomes Azevedo +0,19 29.21	1:03.22
	Barbara Sofia Barata +0,31 34.66 1:13.12	Beatriz Barros Carmo +0,40 27.99	58.97
2.	Belenenses-SEN	4:23.36	+0,77
	Margarida Sobral Pimenta +0,77 33.41 1:08.56	Rita Teixeira Costa +0,26 29.72	1:04.34
	Ana Beatriz Pereira +0,12 34.31 1:13.02	Jessica Teixeira Vieira +0,18 27.16	57.44
3.	Fluvial Portuense-SEN	4:23.70	+0,66
	Vania Soares Neves +0,66 32.00 1:06.76	Madalena Amaro Machado +0,22 29.79	1:04.74
	Angelica Maria Andre +0,19 33.50 1:10.83	Maria Joao Fernandes +0,14 29.02	1:01.37
4.	Sporting-SEN	4:23.78	+1,51
	Maria Ana Monge +1,51 33.82 1:09.43	Ines Camacho Fernandes 27.96	1:00.48
	Sofia Machado Dionisio +0,54 34.16 1:14.57	Mafalda Gomes Beleza +0,44 28.61	59.30
5.	Benfica-SEN	4:28.75	+0,67
	Ana Raquel Ferreira +0,67 32.65 1:07.49	Sofia Alexandra Rolao +0,53 30.75	1:07.46
	Claudia Ferreira Borges +0,49 34.36 1:12.47	Jessica Sousa Brito +0,17 28.81	1:01.33

Juniores

1.	Alges-JUN	4:21.08	+0,69
	Anna Baptista Ferreira +0,69 31.22 1:04.58	Carolina Rosa Marcelino +0,40 29.54	1:06.36
	Raquel Gomes Pereira +0,41 32.33 1:08.51	Rita Alexandra Vital +0,27 28.97	1:01.63
2.	Porto-JUN	4:31.87	+0,87
	Isabel Porfirio Pego +0,87 33.10 1:08.19	Maria Francisca Cabral +0,88 30.89	1:06.12
	Beatriz Santos Silva +0,25 36.05 1:18.30	Ana Rita Faria +0,44 28.61	59.26
3.	Uniao Piedense-JUN	4:33.14	+1,32
	Celeste Santos Ricardo +1,32 33.58 1:10.33	Filipa Serrano Rodrigues +0,56 31.43	1:07.26
	Luisa Maria Machado +0,64 35.17 1:14.87	Ines Figueira Santos +0,49 29.02	1:00.68

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

Lugar	Clube	Tempo Final	TReac
4.	Aquatico Pacense-JUN	4:35.11	
	Beatriz Neto Costa	33.59 1:09.80	Sara Silva Marques +0,31 30.28 1:08.26
	Ines Neto Rocha +0,78	34.64 1:15.16	Julia Albuquerque Fraga +0,36 28.95 1:01.89
5.	Sporting-JUN	4:38.82	+0,69
	Mariana Delicado Correia +0,69	33.47 1:09.34	Raquel Alexandra Sousa +0,29 31.10 1:07.41
	Mariana Sobral Galacha +0,45	36.34 1:18.14	Mariana Silva Ramos +0,57 31.09 1:03.93
DSQ	Galitos/ Bresimar-JUN		
	<i>812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 300 m - SW 8.4</i>		
	Maria Esteves Martins +0,82	34.00 1:09.33	Eliana Dirce Lourenco +0,49
	Teresa Isabel Granjeira +0,69	38.56 1:21.45	Joana Costa Amador +0,48

Prova 16 Masc., 4 x 100m Estilos 17 anos e mais velhos
09-12-2016 - 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Estrelas S. Joao de Brito-SEN	3:44.60	+0,71
	Diogo Gomes Sousa +0,71	26.81 55.74	Joao Silva Gigante +0,23 25.05 55.46
	Antonio Fernandes Carrico +0,33	29.40 1:03.40	Frederico Sucena Riachos +0,24 23.61 50.00
2.	Belenenses-SEN	3:46.42	+0,72
	Bruno Miguel Ramos +0,72	28.79 59.82	Nuno Goncalo Quintanilha +0,34 24.72 53.43
	Francisco Robalo Quintas +0,24	28.65 1:01.31	Fabio Andre Figueira +0,23 24.29 51.86
3.	Porto-SEN	3:46.91	+0,64
	Joao Miguel Ascensao +0,64	27.40 57.46	Carlos Filipe Santos +0,48 25.99 56.60
	Sergio Baptista Silva +0,44	29.36 1:02.87	Tomas Correia Silva +0,19 23.57 49.98
4.	Benfica-SEN	3:47.35	+1,79
	Joao Mota Correia +1,79	27.48 57.31	Luiz Pedro Pereira +0,39 26.13 55.33
	Tiago Martim Alves +0,59	29.61 1:03.55	Joao Duarte Santos +0,35 24.40 51.16
5.	Alges-SEN	3:47.49	+0,67
	Filipe Miguel Felix +0,67	28.21 58.60	Pedro Andre Santos +0,42 25.03 54.25
	Hugo Pon	29.39 1:03.21	Francisco Carvalho Machado +0,39 24.49 51.43
6.	Sporting-SEN	3:48.16	+0,79
	Francisco Rogerio Santos +0,79	27.13 56.81	Guilherme Pereira Dias +0,49 26.09 56.79
	Miguel Monteiro Cruchinho	29.59 1:02.74	Mario Andre Bonanca +0,11 24.55 51.82
7.	Nautico /Urgicentro-Sanfil-SEN	3:48.37	+0,64
	Joao Ricardo Silva +0,64	28.20 58.52	Mario Alexandre Pereira +0,35 25.35 55.00
	Tomas Miguel Veloso +0,33	29.99 1:03.88	Francisco Xavier Goncalves +0,11 23.92 50.97
8.	Desportivo Nacional-SEN	3:56.63	+1,22
	Diego Felipe Santos +1,22	30.29 1:02.47	Miguel Goncalves Ferreira +0,18 25.23 55.25
	Luis Pedro Silva +0,25	29.59 1:05.58	Tomas Miguel Freitas +0,16 24.85 53.33

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

Lugar	Clube	Tempo Final	TReac
9.	Fluvial Portuense-SEN	3:57.79	+0,66
	Jose Pedro Sampaio +0,66 28.92 59.83	Joao Luis Travanca +0,47 28.48	1:01.23
	Filipe Miguel Gomes +0,15 30.06 1:04.82	Bernardo Leitao Graca +0,21 24.49	51.91

Juniores

1.	Sporting-JUN	3:54.96	+0,80
	Andre Vilas Ruivo +0,80 29.51 1:00.74	Diogo Leal Dantas +0,36 26.65	58.57
	Antonio Manuel Mendes +0,37 30.13 1:04.05	Tiago Cunha Costa +0,32 24.71	51.60
2.	Naval do Funchal-JUN	3:55.68	+0,77
	Henrique Santos Gomes +0,77 29.43 1:00.11	Afonso Meneses Sequeira +0,29 25.33	55.80
	Joao Nunes Cotrim +0,17 30.41 1:05.99	Miguel Camara Gomes +0,13 25.54	53.78
3.	Famalicao-JUN	3:55.79	+0,79
	Joao Pereira Tinoco +0,79 28.43 59.08	Mateus Ribeiro Carvalho +0,39 26.25	56.62
	Miguel Angelo Santos +0,29 31.03 1:06.97	Jose Pedro Freitas +0,29 25.34	53.12
4.	Torres Novas-JUN	4:01.18	+0,69
	Afonso Guilherme Rosa +0,69 28.00 57.95	Jose Henriques Luz +0,69 27.37	58.33
	Miguel Goncalves Frade +0,42 31.79 1:07.55	Filipe Asseiceira Ramos +0,46 27.47	57.35
5.	Aminata-JUN	4:05.23	+0,72
	Tiago Pastor Escada +0,72 29.19 1:00.35	Bernardo Pastor Escada +0,13 26.98	58.67
	Andre Mendes Batalha +0,18 32.75 1:09.98	Pedro Manuel Grilo +0,37 26.65	56.23
6.	Laranjeiro-JUN	4:08.95	+0,81
	Jose Tomas Simeao +0,81 29.09 59.50	Bernardo Antunes Augusto +0,39 28.16	1:02.77
	Rodrigo Costa Teixeira +0,62 33.92 1:12.17	Ricardo Nuno Estevens +0,32 26.00	54.51

DSQ Fluvial Portuense-JUN Fluvial Portuense
111 - *Rendição antecipada do(a) 3 nadador(a) - SW 10.11*

Nuno Correia Sousa +0,70 29.96 1:02.33	Sergio Filipe Travanca -0,18
Diogo Moreno Bastos +0,58 34.43 1:14.23	Diogo Barbosa Nunes -0,19

Prova 5 Masc., 100m Livres Seniores
09-12-2016 Resultados Swim Off Elimin

Recordes Nacionais 25m Absoluto 47.64	Alexandre Escudier Agostinho	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Sen 47.64	Alexandre Escudier Agostinho POR	Istambul (TUR)	11-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Francisco Rogerio Santos	98	Sporting	51.49	+0,71
	50m: 24.49 24.49 100m: 51.49 27.00				
2.	Miguel Freitas Marques	96	Escola O Liceu	51.99	+0,65
	50m: 24.97 24.97 100m: 51.99 27.02				

2 - 1ª Jornada - 2ª Sessão (finais)

09-12-2016 - 17:00

Prova 1 Masc., 800m Livres 17 anos e mais velhos
09-12-2016 - 17:00 Resultados

Recordes Nacionais 25m Absoluto	7:49.89	Rafael Lourenco Gil	SFUAP	Porto	11-12-2015
Recordes Nacionais 25m Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	7:56.76	Guilherme Filipe Pina	BSCN	Porto	11-12-2015
Recordes Nacionais 25m Sen	7:49.89	Rafael Lourenco Gil	SFUAP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Guilherme Filipe Pina	98	Sporting	7:59.62	+0,85
	50m: 27.30 27.30	250m: 2:25.21 29.77	450m: 4:26.27 30.37	650m: 6:27.99 30.60	
	100m: 56.66 29.36	300m: 2:55.36 30.15	500m: 4:56.54 30.27	700m: 6:58.61 30.62	
	150m: 1:25.91 29.25	350m: 3:25.61 30.25	550m: 5:26.84 30.30	750m: 7:29.41 30.80	
	200m: 1:55.44 29.53	400m: 3:55.90 30.29	600m: 5:57.39 30.55	800m: 7:59.62 30.21	
2.	Jose Paula Carvalho	98	Uniao Piedense	8:00.65	+0,72
	50m: 27.42 27.42	250m: 2:27.94 30.49	450m: 4:30.98 30.51	650m: 6:32.72 30.61	
	100m: 57.21 29.79	300m: 2:59.11 31.17	500m: 5:01.15 30.17	700m: 7:01.46 28.74	
	150m: 1:27.09 29.88	350m: 3:29.82 30.71	550m: 5:31.57 30.42	750m: 7:31.18 29.72	
	200m: 1:57.45 30.36	400m: 4:00.47 30.65	600m: 6:02.11 30.54	800m: 8:00.65 29.47	
3.	Joao Pedro Gil	97	Uniao Piedense	8:01.56	+0,61
	50m: 27.23 27.23	250m: 2:27.62 30.20	450m: 4:30.13 30.64	650m: 6:32.91 30.88	
	100m: 57.03 29.80	300m: 2:58.13 30.51	500m: 5:00.89 30.76	700m: 7:03.23 30.32	
	150m: 1:27.15 30.12	350m: 3:28.67 30.54	550m: 5:31.31 30.42	750m: 7:33.27 30.04	
	200m: 1:57.42 30.27	400m: 3:59.49 30.82	600m: 6:02.03 30.72	800m: 8:01.56 28.29	
4.	Rafael Lourenco Gil	96	Benfica	8:02.96	+0,70
	50m: 27.88 27.88	250m: 2:28.56 30.49	450m: 4:30.68 30.62	650m: 6:32.31 30.43	
	100m: 57.31 29.43	300m: 2:59.18 30.62	500m: 5:01.02 30.34	700m: 7:03.23 30.92	
	150m: 1:27.63 30.32	350m: 3:29.63 30.45	550m: 5:31.42 30.40	750m: 7:33.61 30.38	
	200m: 1:58.07 30.44	400m: 4:00.06 30.43	600m: 6:01.88 30.46	800m: 8:02.96 29.35	
5.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:08.10	+0,66
	50m: 27.12 27.12	250m: 2:27.35 30.66	450m: 4:31.29 30.89	650m: 6:35.42 31.10	
	100m: 56.41 29.29	300m: 2:58.27 30.92	500m: 5:02.36 31.07	700m: 7:06.65 31.23	
	150m: 1:26.41 30.00	350m: 3:29.55 31.28	550m: 5:33.23 30.87	750m: 7:37.52 30.87	
	200m: 1:56.69 30.28	400m: 4:00.40 30.85	600m: 6:04.32 31.09	800m: 8:08.10 30.58	
6.	Mario Andre Bonanca	90	Sporting	8:17.63	+0,81
	50m: 28.11 28.11	250m: 2:30.51 30.85	450m: 4:35.85 31.76	650m: 6:43.89 32.29	
	100m: 58.27 30.16	300m: 3:01.48 30.97	500m: 5:07.66 31.81	700m: 7:16.19 32.30	
	150m: 1:28.77 30.50	350m: 3:32.64 31.16	550m: 5:39.66 32.00	750m: 7:47.81 31.62	
	200m: 1:59.66 30.89	400m: 4:04.09 31.45	600m: 6:11.60 31.94	800m: 8:17.63 29.82	
7.	Diogo Manuel Marques	98	Columbofila Cantanhedense	8:18.02	+0,76
	50m: 28.51 28.51	250m: 2:32.96 31.39	450m: 4:38.20 31.13	650m: 6:44.83 31.76	
	100m: 59.54 31.03	300m: 3:04.28 31.32	500m: 5:09.84 31.64	700m: 7:16.09 31.26	
	150m: 1:30.24 30.70	350m: 3:35.60 31.32	550m: 5:41.27 31.43	750m: 7:47.58 31.49	
	200m: 2:01.57 31.33	400m: 4:07.07 31.47	600m: 6:13.07 31.80	800m: 8:18.02 30.44	

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
8.	Rui Filipe Costa	91	Vitoria Guimaraes	8:25.62	+0,74
	50m: 27.87 27.87	250m: 2:32.52 31.56	450m: 4:40.44 32.09	650m: 6:50.46 32.57	
	100m: 58.64 30.77	300m: 3:04.31 31.79	500m: 5:12.85 32.41	700m: 7:22.91 32.45	
	150m: 1:29.64 31.00	350m: 3:36.29 31.98	550m: 5:45.30 32.45	750m: 7:55.03 32.12	
	200m: 2:00.96 31.32	400m: 4:08.35 32.06	600m: 6:17.89 32.59	800m: 8:25.62 30.59	

Juniores

1.	Jose Paulo Lopes	00	Braga	8:08.86	+0,73
	50m: 28.09 28.09	250m: 2:29.43 30.59	450m: 4:32.24 30.89	650m: 6:35.57 30.94	
	100m: 58.49 30.40	300m: 3:00.09 30.66	500m: 5:02.92 30.68	700m: 7:07.26 31.69	
	150m: 1:28.41 29.92	350m: 3:30.75 30.66	550m: 5:33.80 30.88	750m: 7:38.48 31.22	
	200m: 1:58.84 30.43	400m: 4:01.35 30.60	600m: 6:04.63 30.83	800m: 8:08.86 30.38	
2.	Antonio Fernando Pinto	99	Lousada SXXI	8:15.70	+0,70
	50m: 28.07 28.07	250m: 2:33.81 31.60	450m: 4:38.36 31.09	650m: 6:43.48 31.59	
	100m: 58.99 30.92	300m: 3:05.01 31.20	500m: 5:09.40 31.04	700m: 7:15.08 31.60	
	150m: 1:30.53 31.54	350m: 3:36.23 31.22	550m: 5:40.60 31.20	750m: 7:46.70 31.62	
	200m: 2:02.21 31.68	400m: 4:07.27 31.04	600m: 6:11.89 31.29	800m: 8:15.70 29.00	
3.	Pedro Galvao Gouveia	99	Desportivo Nacional	8:16.27	+0,64
	50m: 27.67 27.67	250m: 2:30.28 30.96	450m: 4:35.11 31.50	650m: 6:42.93 32.38	
	100m: 57.85 30.18	300m: 3:01.42 31.14	500m: 5:06.82 31.71	700m: 7:14.86 31.93	
	150m: 1:28.58 30.73	350m: 3:32.73 31.31	550m: 5:38.40 31.58	750m: 7:46.29 31.43	
	200m: 1:59.32 30.74	400m: 4:03.61 30.88	600m: 6:10.55 32.15	800m: 8:16.27 29.98	
4.	Filipe Miguel Santo	00	Benfica	8:16.30	+0,95
	50m: 28.57 28.57	250m: 2:33.08 31.13	450m: 4:37.38 31.16	650m: 6:43.42 31.63	
	100m: 59.23 30.66	300m: 3:04.18 31.10	500m: 5:08.58 31.20	700m: 7:15.04 31.62	
	150m: 1:30.50 31.27	350m: 3:35.13 30.95	550m: 5:40.12 31.54	750m: 7:46.59 31.55	
	200m: 2:01.95 31.45	400m: 4:06.22 31.09	600m: 6:11.79 31.67	800m: 8:16.30 29.71	
5.	Roberto Donald Gomes	00	Alges	8:18.51	+0,80
	50m: 28.15 28.15	250m: 2:32.37 31.52	450m: 4:38.38 31.74	650m: 6:45.11 31.99	
	100m: 58.75 30.60	300m: 3:03.79 31.42	500m: 5:09.64 31.26	700m: 7:17.16 32.05	
	150m: 1:29.66 30.91	350m: 3:35.17 31.38	550m: 5:41.28 31.64	750m: 7:48.66 31.50	
	200m: 2:00.85 31.19	400m: 4:06.64 31.47	600m: 6:13.12 31.84	800m: 8:18.51 29.85	
6.	Miguel Ribeiro Bate	99	Alges	8:30.23	+0,75
	50m: 28.34 28.34	250m: 2:33.23 31.65	450m: 4:41.71 32.43	650m: 6:52.89 32.96	
	100m: 59.25 30.91	300m: 3:05.29 32.06	500m: 5:14.23 32.52	700m: 7:25.74 32.85	
	150m: 1:30.24 30.99	350m: 3:37.17 31.88	550m: 5:46.99 32.76	750m: 7:58.58 32.84	
	200m: 2:01.58 31.34	400m: 4:09.28 32.11	600m: 6:19.93 32.94	800m: 8:30.23 31.65	
7.	Tiago Cunha Costa	99	Sporting	8:32.88	+0,76
	50m: 27.13 27.13	250m: 2:30.00 31.65	450m: 4:39.50 33.04	650m: 6:53.44 33.48	
	100m: 56.45 29.32	300m: 3:01.95 31.95	500m: 5:12.86 33.36	700m: 7:26.98 33.54	
	150m: 1:27.72 31.27	350m: 3:34.06 32.11	550m: 5:46.29 33.43	750m: 8:00.36 33.38	
	200m: 1:58.35 30.63	400m: 4:06.46 32.40	600m: 6:19.96 33.67	800m: 8:32.88 32.52	

Prova 12 Femin., 1500m Livres 16 anos e mais velhos
09-12-2016 - 17:10 Resultados

Recordes Nacionais 25m Absoluto	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Sen	16:22.79	Angelica Maria Andre	CFP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Angelica Maria Andre	94	Fluvial Portuense	16:44.32	+0,78
	50m: 29.82 29.82	450m: 4:56.68 33.53	850m: 9:25.99 33.91	1250m: 13:53.86 33.95	
	100m: 1:02.01 32.19	500m: 5:30.20 33.52	900m: 10:00.17 34.18	1300m: 14:27.66 33.80	
	150m: 1:35.37 33.36	550m: 6:03.56 33.36	950m: 10:33.98 33.81	1350m: 15:01.77 34.11	
	200m: 2:09.24 33.87	600m: 6:37.43 33.87	1000m: 11:08.02 34.04	1400m: 15:36.00 34.23	
	250m: 2:43.08 33.84	650m: 7:11.03 33.60	1050m: 11:40.15 32.13	1450m: 16:10.45 34.45	
	300m: 3:16.46 33.38	700m: 7:44.98 33.95	1100m: 12:12.94 32.79	1500m: 16:44.32 33.87	
	350m: 3:49.93 33.47	750m: 8:18.72 33.74	1150m: 12:46.38 33.44		
	400m: 4:23.15 33.22	800m: 8:52.08 33.36	1200m: 13:19.91 33.53		
2.	Beatriz Paulo Ranito	99	Sporting	16:47.68	+0,79
	50m: 30.34 30.34	450m: 4:56.67 33.72	850m: 9:25.89 34.08	1250m: 13:57.69 33.45	
	100m: 1:03.11 32.77	500m: 5:30.33 33.66	900m: 10:00.04 34.15	1300m: 14:31.82 34.13	
	150m: 1:36.25 33.14	550m: 6:03.80 33.47	950m: 10:33.89 33.85	1350m: 15:06.07 34.25	
	200m: 2:09.54 33.29	600m: 6:37.27 33.47	1000m: 11:07.99 34.10	1400m: 15:40.38 34.31	
	250m: 2:43.01 33.47	650m: 7:10.96 33.69	1050m: 11:41.71 33.72	1450m: 16:14.70 34.32	
	300m: 3:16.48 33.47	700m: 7:44.84 33.88	1100m: 12:15.83 34.12	1500m: 16:47.68 32.98	
	350m: 3:49.75 33.27	750m: 8:18.42 33.58	1150m: 12:50.12 34.29		
	400m: 4:22.95 33.20	800m: 8:51.81 33.39	1200m: 13:24.24 34.12		
3.	Vania Soares Neves	90	Fluvial Portuense	17:00.81	+0,79
	50m: 30.30 30.30	450m: 4:58.61 34.03	850m: 9:32.06 34.15	1250m: 14:08.15 34.54	
	100m: 1:02.67 32.37	500m: 5:32.67 34.06	900m: 10:06.39 34.33	1300m: 14:42.67 34.52	
	150m: 1:35.71 33.04	550m: 6:06.80 34.13	950m: 10:40.75 34.36	1350m: 15:17.35 34.68	
	200m: 2:09.41 33.70	600m: 6:40.97 34.17	1000m: 11:15.33 34.58	1400m: 15:52.07 34.72	
	250m: 2:43.18 33.77	650m: 7:15.02 34.05	1050m: 11:49.94 34.61	1450m: 16:26.63 34.56	
	300m: 3:16.87 33.69	700m: 7:49.40 34.38	1100m: 12:24.37 34.43	1500m: 17:00.81 34.18	
	350m: 3:50.84 33.97	750m: 8:23.64 34.24	1150m: 12:59.13 34.76		
	400m: 4:24.58 33.74	800m: 8:57.91 34.27	1200m: 13:33.61 34.48		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:16.68	+0,88
	50m: 31.26 31.26	450m: 5:05.28 34.45	850m: 9:43.06 34.99	1250m: 14:22.62 34.86	
	100m: 1:04.77 33.51	500m: 5:39.98 34.70	900m: 10:18.13 35.07	1300m: 14:57.29 34.67	
	150m: 1:38.52 33.75	550m: 6:14.54 34.56	950m: 10:53.04 34.91	1350m: 15:32.34 35.05	
	200m: 2:12.68 34.16	600m: 6:49.38 34.84	1000m: 11:27.92 34.88	1400m: 16:07.42 35.08	
	250m: 2:47.12 34.44	650m: 7:24.10 34.72	1050m: 12:02.77 34.85	1450m: 16:42.80 35.38	
	300m: 3:21.74 34.62	700m: 7:58.87 34.77	1100m: 12:37.89 35.12	1500m: 17:16.68 33.88	
	350m: 3:56.14 34.40	750m: 8:33.32 34.45	1150m: 13:12.77 34.88		
	400m: 4:30.83 34.69	800m: 9:08.07 34.75	1200m: 13:47.76 34.99		
5.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:28.54	+0,93
	50m: 31.39 31.39	450m: 5:11.87 35.07	850m: 9:52.61 35.32	1250m: 14:32.56 35.03	
	100m: 1:05.28 33.89	500m: 5:47.19 35.32	900m: 10:27.45 34.84	1300m: 15:07.45 34.89	
	150m: 1:40.46 35.18	550m: 6:22.14 34.95	950m: 11:02.52 35.07	1350m: 15:42.98 35.53	
	200m: 2:15.74 35.28	600m: 6:57.29 35.15	1000m: 11:37.67 35.15	1400m: 16:18.72 35.74	
	250m: 2:51.00 35.26	650m: 7:32.26 34.97	1050m: 12:12.63 34.96	1450m: 16:53.74 35.02	
	300m: 3:26.22 35.22	700m: 8:07.22 34.96	1100m: 12:47.52 34.89	1500m: 17:28.54 34.80	
	350m: 4:01.32 35.10	750m: 8:42.26 35.04	1150m: 13:22.58 35.06		
	400m: 4:36.80 35.48	800m: 9:17.29 35.03	1200m: 13:57.53 34.95		

Prova 12, Femin., 1500m Livres

Juniores

1. Sara Sofia Alves			01	Columbofila Cantanhedense	17:08.70	+0,75					
50m:	31.08	31.08	450m:	5:00.31	34.41	850m:	9:37.07	34.69	1250m:	14:15.70	34.86
100m:	1:03.79	32.71	500m:	5:34.48	34.17	900m:	10:11.65	34.58	1300m:	14:50.85	35.15
150m:	1:36.79	33.00	550m:	6:09.04	34.56	950m:	10:46.64	34.99	1350m:	15:25.70	34.85
200m:	2:10.27	33.48	600m:	6:43.82	34.78	1000m:	11:21.47	34.83	1400m:	16:00.59	34.89
250m:	2:44.00	33.73	650m:	7:18.27	34.45	1050m:	11:55.99	34.52	1450m:	16:35.04	34.45
300m:	3:17.91	33.91	700m:	7:53.00	34.73	1100m:	12:30.92	34.93	1500m:	17:08.70	33.66
350m:	3:51.86	33.95	750m:	8:27.46	34.46	1150m:	13:05.83	34.91			
400m:	4:25.90	34.04	800m:	9:02.38	34.92	1200m:	13:40.84	35.01			
2. Filipa Serrano Rodrigues			01	Uniao Piedense	17:13.02	+0,93					
50m:	31.48	31.48	450m:	5:03.88	34.35	850m:	9:42.44	34.94	1250m:	14:21.67	34.86
100m:	1:04.83	33.35	500m:	5:38.57	34.69	900m:	10:17.17	34.73	1300m:	14:56.48	34.81
150m:	1:38.95	34.12	550m:	6:13.21	34.64	950m:	10:52.24	35.07	1350m:	15:30.85	34.37
200m:	2:13.05	34.10	600m:	6:47.98	34.77	1000m:	11:27.26	35.02	1400m:	16:05.63	34.78
250m:	2:47.03	33.98	650m:	7:22.64	34.66	1050m:	12:02.43	35.17	1450m:	16:40.13	34.50
300m:	3:21.21	34.18	700m:	7:57.48	34.84	1100m:	12:37.22	34.79	1500m:	17:13.02	32.89
350m:	3:55.00	33.79	750m:	8:32.36	34.88	1150m:	13:12.05	34.83			
400m:	4:29.53	34.53	800m:	9:07.50	35.14	1200m:	13:46.81	34.76			
3. Ines Jacinto Henriques			00	Pimpoes/Cimai	17:15.97	+0,78					
50m:	30.86	30.86	450m:	5:00.64	34.30	850m:	9:36.04	34.67	1250m:	14:18.32	35.95
100m:	1:03.96	33.10	500m:	5:34.81	34.17	900m:	10:11.14	35.10	1300m:	14:54.15	35.83
150m:	1:37.10	33.14	550m:	6:09.19	34.38	950m:	10:46.24	35.10	1350m:	15:29.77	35.62
200m:	2:10.66	33.56	600m:	6:43.68	34.49	1000m:	11:21.16	34.92	1400m:	16:05.21	35.44
250m:	2:44.49	33.83	650m:	7:17.88	34.20	1050m:	11:56.11	34.95	1450m:	16:41.05	35.84
300m:	3:18.54	34.05	700m:	7:52.28	34.40	1100m:	12:31.45	35.34	1500m:	17:15.97	34.92
350m:	3:52.37	33.83	750m:	8:26.79	34.51	1150m:	13:06.86	35.41			
400m:	4:26.34	33.97	800m:	9:01.37	34.58	1200m:	13:42.37	35.51			
4. Maria Carolina Costa			01	Porto	17:30.16	+0,77					
50m:	31.22	31.22	450m:	5:07.12	35.34	850m:	9:48.92	35.34	1250m:	14:33.31	35.62
100m:	1:05.00	33.78	500m:	5:42.09	34.97	900m:	10:24.35	35.43	1300m:	15:08.98	35.67
150m:	1:38.98	33.98	550m:	6:17.08	34.99	950m:	10:59.94	35.59	1350m:	15:44.49	35.51
200m:	2:13.17	34.19	600m:	6:52.16	35.08	1000m:	11:35.55	35.61	1400m:	16:20.16	35.67
250m:	2:47.33	34.16	650m:	7:27.55	35.39	1050m:	12:11.11	35.56	1450m:	16:55.68	35.52
300m:	3:22.25	34.92	700m:	8:02.86	35.31	1100m:	12:46.78	35.67	1500m:	17:30.16	34.48
350m:	3:56.76	34.51	750m:	8:38.09	35.23	1150m:	13:22.16	35.38			
400m:	4:31.78	35.02	800m:	9:13.58	35.49	1200m:	13:57.69	35.53			
5. Rafaela Araujo Silva			00	Famalicao	17:53.86	+0,93					
50m:	31.72	31.72	450m:	5:18.24	36.17	850m:	10:07.40	36.25	1250m:	14:55.94	36.00
100m:	1:06.48	34.76	500m:	5:54.18	35.94	900m:	10:43.32	35.92	1300m:	15:31.96	36.02
150m:	1:42.20	35.72	550m:	6:30.40	36.22	950m:	11:19.57	36.25	1350m:	16:07.73	35.77
200m:	2:18.16	35.96	600m:	7:06.49	36.09	1000m:	11:55.44	35.87	1400m:	16:43.52	35.79
250m:	2:54.04	35.88	650m:	7:42.78	36.29	1050m:	12:31.62	36.18	1450m:	17:19.24	35.72
300m:	3:29.84	35.80	700m:	8:18.99	36.21	1100m:	13:07.70	36.08	1500m:	17:53.86	34.62
350m:	4:05.88	36.04	750m:	8:55.04	36.05	1150m:	13:43.73	36.03			
400m:	4:42.07	36.19	800m:	9:31.15	36.11	1200m:	14:19.94	36.21			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Leila Tavarina Lemos	00	Vilacondense	18:09.13	
	50m: 32.41 32.41	450m: 5:21.37 36.63	850m: 10:13.12 36.56	1250m: 15:05.88 36.61	
	100m: 1:07.31 34.90	500m: 5:57.90 36.53	900m: 10:49.69 36.57	1300m: 15:42.60 36.72	
	150m: 1:42.88 35.57	550m: 6:34.47 36.57	950m: 11:26.22 36.53	1350m: 16:19.31 36.71	
	200m: 2:19.01 36.13	600m: 7:10.90 36.43	1000m: 12:02.67 36.45	1400m: 16:56.29 36.98	
	250m: 2:55.25 36.24	650m: 7:47.34 36.44	1050m: 12:39.38 36.71	1450m: 17:33.48 37.19	
	300m: 3:31.58 36.33	700m: 8:23.86 36.52	1100m: 13:15.98 36.60	1500m: 18:09.13 35.65	
	350m: 4:08.10 36.52	750m: 9:00.07 36.21	1150m: 13:52.68 36.70		
	400m: 4:44.74 36.64	800m: 9:36.56 36.49	1200m: 14:29.27 36.59		
7.	Ines Silva Oliveira	00	Fluvial Portuense	18:16.65	+0,86
	50m: 31.74 31.74	450m: 5:21.81 36.83	850m: 10:15.37 36.95	1250m: 15:12.00 37.17	
	100m: 1:06.27 34.53	500m: 5:58.44 36.63	900m: 10:52.32 36.95	1300m: 15:48.99 36.99	
	150m: 1:41.92 35.65	550m: 6:34.92 36.48	950m: 11:29.30 36.98	1350m: 16:26.28 37.29	
	200m: 2:17.66 35.74	600m: 7:11.47 36.55	1000m: 12:06.62 37.32	1400m: 17:03.39 37.11	
	250m: 2:54.14 36.48	650m: 7:47.99 36.52	1050m: 12:43.71 37.09	1450m: 17:40.55 37.16	
	300m: 3:30.96 36.82	700m: 8:24.69 36.70	1100m: 13:20.80 37.09	1500m: 18:16.65 36.10	
	350m: 4:07.98 37.02	750m: 9:01.32 36.63	1150m: 13:57.77 36.97		
	400m: 4:44.98 37.00	800m: 9:38.42 37.10	1200m: 14:34.83 37.06		

Prova 13 Femin., 4 x 50m Livres 16 anos e mais velhos
09-12-2016 - 17:30 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Sporting	1:49.28	+0,76
	Ines Camacho Fernandes	97 +0,76 26.47	Raquel Paulo Ranito 94 +1,58 27.73
	Beatriz Paulo Ranito	99 +0,61 28.09	Mafalda Gomes Beleza 94 +0,47 26.99
2.	Belenenses	1:49.76	+0,73
	Margarida Sobral Pimenta	99 +0,73 27.91	Ana Beatriz Pereira 91 +0,27 28.04
	Jessica Teixeira Vieira	91 +0,23 26.10	Rita Teixeira Costa 97 +0,29 27.71
3.	Fluvial Portuense	1:51.50	+0,70
	Madalena Amaro Machado	98 +0,70 27.94	Vania Soares Neves 90 +0,24 27.96
	Maria Joao Fernandes	97 +0,33 28.61	Angelica Maria Andre 94 +0,24 26.99
Juniores			
1.	Porto	1:50.91	+0,75
	Maria Francisca Cabral	00 +0,75 27.62	Barbara Vilela Magalhaes 01 +0,46 28.07
	Isabel Porfirio Pego	01 +0,57 27.79	Ana Rita Faria 00 +0,60 27.43

Prova 14 Masc., 4 x 50m Livres 17 anos e mais velhos
09-12-2016 - 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

Lugar			Clube			Tempo Final	TReac		
Seniores									
1.	Porto-SEN		Porto		1:32.46		+0,68		
	Joao Miguel Ascensao	97	+0,68	22.76	Diogo Miguel Costa	98	+0,38	23.93	
	Carlos Filipe Santos	91	+0,44	23.22	Tomas Correia Silva	95	+0,33	22.55	
2.	Estrelas S. Joao de Brito-SEN		Estrelas S. Joao de Brito		1:33.02		+0,63		
	Frederico Sucena Riachos	98	+0,63	23.11	Diogo Gomes Sousa	95	+0,41	23.20	
	Joao Silva Gigante	88	+0,25	23.03	Nuno Miguel Martins	96	+0,16	23.68	
3.	Sporting-SEN		Sporting		1:34.77		+0,73		
	Francisco Rogerio Santos	98	+0,73	23.58	Guilherme Filipe Pina	98	+0,06	24.37	
	Guilherme Pereira Dias	97	+0,45	23.15	Mario Andre Bonanca	90	+0,22	23.67	
4.	Belenenses-SEN		Belenenses		1:34.90		+0,74		
	Bruno Miguel Ramos	97	+0,74	23.87	Fabio Andre Figueira	88	+0,38	23.56	
	Nuno Goncalo Quintanilha	87	+0,25	23.54	Diogo Carrasco Correia	95	+0,14	23.93	
5.	Benfica-SEN		Benfica		1:35.00		+1,95		
	Luiz Pedro Pereira	91	+1,95	23.77	Rafael Lourenco Gil	96	+0,63	24.44	
	Andre Filipe Farinha	96	+0,23	24.13	Joao Duarte Santos	95	+0,36	22.66	
6.	Palmela-SEN		Palmela		1:36.17		+0,76		
	David Granja Lopes	90	+0,76	24.20	Luis Miguel Silva	94	+0,55	24.59	
	Tiago Andre Venancio	87	+0,30	22.86	Eduardo Garcia Guia	98	+0,23	24.52	
7.	Fluvial Portuense-SEN		Fluvial Portuense		1:36.40		+0,64		
	Filipe Miguel Gomes	97	+0,64	24.21	Joao Luis Travanca	97	+0,40	24.94	
	Jose Pedro Sampaio	98	+0,04	24.13	Bernardo Leitao Graca	93	+0,08	23.12	
8.	Desportivo Nacional-SEN		Desportivo Nacional		1:36.87		+0,73		
	Tiago Ferreira Sousa	91	+0,73	24.22	Miguel Goncalves Ferreira	93	+0,13	23.74	
	Diego Felipe Santos	87	+0,39	24.46	Tomas Miguel Freitas	90	+0,27	24.45	

Juniores									
1.	Famalicao-JUN		Famalicao		1:36.79		+0,69		
	Mateus Ribeiro Carvalho	99	+0,69	24.18	Joao Pereira Tinoco	00	+0,32	23.98	
	Miguel Angelo Santos	00	+0,26	24.67	Jose Pedro Freitas	00	+0,33	23.96	
2.	Fluvial Portuense-JUN		Fluvial Portuense		1:38.57		+1,68		
	Goncalo Manuel Paquete	99	+1,68	24.52	Diogo Barbosa Nunes	00	+0,07	24.20	
	Sergio Filipe Travanca	00	+0,35	25.41	Nuno Correia Sousa	00	+0,35	24.44	

Prova 2 Femin., 100m Bruços 16 anos e mais velhos
09-12-2016 - 17:45 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	1:08.02	Raquel Gomes Pereira	SAD	Funchal	09-12-2016
Recordes Nacionais 25m Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	1:08.76	+0,73
	50m: 32.68 32.68	100m:	1:08.76 36.08		
2.	Ines Neto Rocha	01	Aquatico Pacense	1:12.59	+0,99
	50m: 34.17 34.17	100m:	1:12.59 38.42		
3.	Luisa Maria Machado	01	Uniao Piedense	1:13.66	+0,86
	50m: 35.08 35.08	100m:	1:13.66 38.58		
4.	Laura Catarina Abreu	00	WOS Team	1:14.11	+0,73
	50m: 35.01 35.01	100m:	1:14.11 39.10		
5.	Ines Rocha Silva	00	Alcobaca	1:14.27	+0,72
	50m: 35.47 35.47	100m:	1:14.27 38.80		
6.	Ana Filipa Veiga	01	Gafanha da Encarnacao	1:14.49	+0,76
	50m: 35.02 35.02	100m:	1:14.49 39.47		
7.	Ines Silva Bernardo	00	Colegio Monte Maior	1:15.00	+0,78
	50m: 35.89 35.89	100m:	1:15.00 39.11		
8.	Sofia Filipa Goncalves	01	Leixoes	1:15.27	+0,72
	50m: 35.58 35.58	100m:	1:15.27 39.69		
9.	Ines Araujo Martins	01	Famalicao	1:17.48	+0,82
	50m: 36.94 36.94	100m:	1:17.48 40.54		
10.	Mafalda Gilberto Marques	01	Natacao do Tejo	1:17.74	+0,74
	50m: 36.78 36.78	100m:	1:17.74 40.96		

Seniores

Final

1.	Claudia Ferreira Borges	99	Benfica	1:10.64	+0,75
	50m: 33.74 33.74	100m:	1:10.64 36.90		
2.	Paula Alexandra Oliveira	96	Porto	1:11.77	+0,63
	50m: 34.50 34.50	100m:	1:11.77 37.27		
3.	Catarina Costa Sequeira	98	Estrelas S. Joao de Brito	1:11.79	+0,74
	50m: 33.89 33.89	100m:	1:11.79 37.90		
4.	Sofia Machado Dionisio	98	Sporting	1:14.32	+0,80
	50m: 34.10 34.10	100m:	1:14.32 40.22		
5.	Bruna Martins Riesenberger	97	Laranjeiro	1:14.46	+0,75
	50m: 35.33 35.33	100m:	1:14.46 39.13		

Prova 2, Femin., 100m Bruços, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Diana Patricia Ferreira 50m: 34.69 34.69	94	Aquatico Pacense	1:14.47	+0,86
7.	Beatriz Castanheira Dias 50m: 35.87 35.87	99	Academica de Coimbra	1:14.63	+0,66
8.	Carolina Lourenco Matos 50m: 36.05 36.05	98	Naval Amorense	1:16.05	+0,76
9.	Maria Madalena Silva 50m: 36.37 36.37	98	Braga	1:16.90	+0,76
10.	Beatriz Carvalho Ribeiro 50m: 35.58 35.58	97	Braga	1:17.22	+0,78

Prova 3

Masc., 100m Bruços

17 anos e mais velhos

09-12-2016 - 17:50

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Antonio Manuel Mendes 50m: 29.96 29.96	99	Sporting	1:03.59	+0,67
2.	Alexandre Ferreira Amorim 50m: 30.43 30.43	99	Colegio SMLamas	1:04.09	+0,71
3.	Rafael Gomes Simoes 50m: 30.46 30.46	00	Amigos da Montanha	1:04.34	+0,79
4.	Andre Tavares Grenho 50m: 30.40 30.40	99	Sporting	1:04.43	+0,75
5.	Diogo Leal Dantas 50m: 30.67 30.67	00	Sporting	1:05.78	+0,60
6.	Joao Nunes Cotrim 50m: 31.06 31.06	99	Naval do Funchal	1:06.77	+0,61
7.	Joao Miguel Santana 50m: 31.66 31.66	00	Pimpoes/Cimai	1:07.23	+0,69
8.	Miguel Angelo Santos 50m: 32.06 32.06	00	Famalicao	1:07.88	+0,70
9.	Miguel Goncalves Frade 50m: 32.48 32.48	00	Torres Novas	1:08.28	+0,82
10.	Tiago Oliveira Barbosa 50m: 32.23 32.23	99	Colegio SMLamas	1:08.61	+0,79

Prova 3, Masc., 100m Bruços, Final

Seniores

Final

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:01.22	+0,66
	50m: 28.99 28.99	100m: 1:01.22 32.23			
2.	Nuno Goncalo Quintanilha	87	Belenenses	1:01.23	+0,69
	50m: 28.86 28.86	100m: 1:01.23 32.37			
3.	Francisco Robalo Quintas	95	Belenenses	1:01.47	+0,59
	50m: 28.95 28.95	100m: 1:01.47 32.52			
4.	Hugo Pon	98	Alges	1:02.89	+0,68
	50m: 29.46 29.46	100m: 1:02.89 33.43			
5.	Sergio Baptista Silva	91	Porto	1:03.07	+0,63
	50m: 29.73 29.73	100m: 1:03.07 33.34			
6.	Miguel Monteiro Cruchinho	97	Sporting	1:03.32	+0,66
	50m: 29.78 29.78	100m: 1:03.32 33.54			
7.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	1:03.50	+0,71
	50m: 30.19 30.19	100m: 1:03.50 33.31			
8.	Tiago Martim Alves	97	Benfica	1:03.84	+0,75
	50m: 30.36 30.36	100m: 1:03.84 33.48			
9.	Andre Goncalo Santos	97	Leixoes	1:04.12	+0,77
	50m: 30.03 30.03	100m: 1:04.12 34.09			
10.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	1:05.32	+0,61
	50m: 30.58 30.58	100m: 1:05.32 34.74			

Prova 4

Femin., 100m Livres

16 anos e mais velhos

09-12-2016 - 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Sofia Alexandra Nunes	00	Laranjeiro	58.18	+0,74
	50m: 28.02 28.02	100m: 58.18 30.16			
2.	Ana Rita Faria	00	Porto	58.47	+0,74
	50m: 28.39 28.39	100m: 58.47 30.08			
3.	Joana Costa Amador	01	Galitos / Bresimar	58.50	+0,76
	50m: 28.67 28.67	100m: 58.50 29.83			
4.	Laura Sanchez Rodrigues	00	Belenenses	58.89	+0,71
	50m: 28.18 28.18	100m: 58.89 30.71			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Carolina Marques Neves 50m: 28.76 28.76	01	Torres Novas	59.60	+0,76
6.	Isabel Porfirio Pego 50m: 29.06 29.06	01	Porto	59.63	+0,77
7.	Vera Ines Aguilar 50m: 29.02 29.02	00	Desportivo Nacional	59.96	+0,74
8.	Ana Carolina Neves 50m: 28.54 28.54	00	Academica de Coimbra	1:00.44	+0,72
9.	Beatriz Santos Silva 50m: 29.25 29.25	01	Porto	1:00.63	+0,85
10.	Matilde Freitas Moreira 50m: 29.30 29.30	01	Academica de Coimbra	1:01.51	+0,75

Seniores

Final

1.	Catarina Maria Ferreira 50m: 27.44 27.44	98	Desportiva de Viana	56.59	+0,75
2.	Ines Camacho Fernandes 50m: 27.44 27.44	97	Sporting	56.79	+0,80
3.	Ana Sofia Leite 50m: 27.40 27.40	93	Ginasio de Vila Real	57.12	+0,72
4.	Jessica Teixeira Vieira 50m: 27.92 27.92	91	Belenenses	58.16	+0,71
5.	Filipa Carreira Alves 50m: 28.14 28.14	99	Uniao Piedense	58.50	+0,77
6.	Mafalda Gomes Beleza 50m: 28.44 28.44	94	Sporting	58.77	+0,78
7.	Beatriz Barros Carmo 50m: 28.18 28.18	99	Alges	59.02	+0,74
8.	Adriana Daniela Castro 50m: 28.25 28.25	97	Aquatico Pacense	59.08	+0,68
9.	Soraia Vanessa Ribeiro 50m: 28.44 28.44	92	Estrelas S. Joao de Brito	59.31	+0,83
10.	Maria Teresa Amorim 50m: 28.97 28.97	97	Porto	59.43	+0,81

Prova 5 Masc., 100m Livres 17 anos e mais velhos
09-12-2016 - 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

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Tiago Silva Soares	99	Porto	51.11	+0,74
	50m: 24.74 24.74	100m: 51.11 26.37			
2.	Tiago Cunha Costa	99	Sporting	51.71	+0,66
	50m: 25.19 25.19	100m: 51.71 26.52			
3.	Joao Cruz Castro	00	Sao Roque	51.95	+0,73
	50m: 25.19 25.19	100m: 51.95 26.76			
4.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	52.01	+0,70
	50m: 25.02 25.02	100m: 52.01 26.99			
5.	Jose Pedro Fernandes	99	Braga	52.24	+0,75
	50m: 25.34 25.34	100m: 52.24 26.90			
6.	Bernardo Jose Dionisio	99	Gualdim Pais	52.49	+0,72
	50m: 25.18 25.18	100m: 52.49 27.31			
7.	Diogo Alexandre Pacheco	99	Bombeiros Ponta Delgada	52.85	+0,62
	50m: 25.18 25.18	100m: 52.85 27.67			
8.	Jose Henriques Luz	99	Torres Novas	52.90	+0,70
	50m: 25.67 25.67	100m: 52.90 27.23			
9.	Porfirio Braga Nunes	00	Vilacondense	53.39	+0,77
	50m: 25.51 25.51	100m: 53.39 27.88			
10.	Jaime Daniel Correia	99	Estrelas S. Joao de Brito	53.44	+0,65
	50m: 25.40 25.40	100m: 53.44 28.04			

Seniores

Final

1.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	49.16	+0,62
	50m: 23.72 23.72	100m: 49.16 25.44			
2.	Tomas Correia Silva	95	Porto	49.90	+0,65
	50m: 24.12 24.12	100m: 49.90 25.78			
3.	Joao Miguel Ascensao	97	Porto	50.76	+0,66
	50m: 24.35 24.35	100m: 50.76 26.41			
4.	Francisco Rogerio Santos	98	Sporting	51.22	+0,69
	50m: 24.71 24.71	100m: 51.22 26.51			
5.	Guilherme Pereira Dias	97	Sporting	51.26	+0,71
	50m: 24.53 24.53	100m: 51.26 26.73			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Joao Duarte Santos	95	Benfica	51.34	+0,67
	50m: 24.59 24.59	100m: 51.34 26.75			
7.	Luiz Pedro Pereira	91	Benfica	51.35	+0,69
	50m: 24.93 24.93	100m: 51.35 26.42			
8.	Frederico Sucena Riachos	98	Estrelas S. Joao de Brito	51.43	+0,62
	50m: 24.66 24.66	100m: 51.43 26.77			
9.	Francisco Carvalho Machado	98	Alges	51.53	+0,66
	50m: 24.74 24.74	100m: 51.53 26.79			
10.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	51.79	+0,65
	50m: 24.01 24.01	100m: 51.79 27.78			

Prova 6

Femin., 200m Costas

16 anos e mais velhos

09-12-2016 - 18:05

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Monica Seara Domingues	00	Nautico Marinha Grande	2:18.18	+0,68
	50m: 33.16 33.16	100m: 1:08.01 34.85	150m: 1:43.69 35.68	200m: 2:18.18 34.49	
2.	Filipa Serrano Rodrigues	01	Uniao Piedense	2:18.58	+0,81
	50m: 33.30 33.30	100m: 1:08.18 34.88	150m: 1:43.90 35.72	200m: 2:18.58 34.68	
3.	Anna Baptista Ferreira	01	Alges	2:20.27	+0,68
	50m: 33.56 33.56	100m: 1:09.25 35.69	150m: 1:45.23 35.98	200m: 2:20.27 35.04	
4.	Alexandra Jesus Santos	00	Leixoes	2:21.51	+0,68
	50m: 33.04 33.04	100m: 1:08.81 35.77	150m: 1:45.69 36.88	200m: 2:21.51 35.82	
5.	Miriam Filipe Marcos	01	Natacao Olhao	2:21.91	+1,05
	50m: 33.77 33.77	100m: 1:09.84 36.07	150m: 1:46.04 36.20	200m: 2:21.91 35.87	
6.	Maria Esteves Martins	01	Galitos / Bresimar	2:25.93	+0,66
	50m: 34.54 34.54	100m: 1:11.40 36.86	150m: 1:48.99 37.59	200m: 2:25.93 36.94	
7.	Sofia Oliveira Andre	01	Nautico Marinha Grande	2:27.35	+0,62
	50m: 33.96 33.96	100m: 1:10.41 36.45	150m: 1:48.69 38.28	200m: 2:27.35 38.66	
8.	Mariana Delicado Correia	01	Sporting	2:27.62	+0,83
	50m: 34.10 34.10	100m: 1:11.97 37.87	150m: 1:49.84 37.87	200m: 2:27.62 37.78	
9.	Maria Beatriz Lopes	00	Benfica	2:27.74	+0,64
	50m: 34.22 34.22	100m: 1:11.68 37.46	150m: 1:49.57 37.89	200m: 2:27.74 38.17	

DSQ Cristiana Sofia Ribeiro 00 Famalicao
609 - Não terminou percurso de costas na posição dorsal - SW 6.5

Prova 6, Femin., 200m Costas, Final

Seniores

Final

1.	Rita Barros Frischknecht <i>Rec Nacional, Sen e Abs</i>	98	Alges	2:11.16	+0,67
	50m: 30.62 30.62	100m: 1:03.41 32.79	150m: 1:37.07 33.66	200m: 2:11.16 34.09	
2.	Francisca Gomes Azevedo	97	Alges	2:12.88	+0,62
	50m: 31.23 31.23	100m: 1:04.79 33.56	150m: 1:38.65 33.86	200m: 2:12.88 34.23	
3.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	2:15.37	+1,32
	50m: 31.19 31.19	100m: 1:04.83 33.64	150m: 1:40.29 35.46	200m: 2:15.37 35.08	
4.	Vania Soares Neves	90	Fluvial Portuense	2:21.20	+0,70
	50m: 32.29 32.29	100m: 1:07.77 35.48	150m: 1:44.34 36.57	200m: 2:21.20 36.86	
5.	Maria Ana Monge	99	Sporting	2:21.37	+0,70
	50m: 33.00 33.00	100m: 1:08.64 35.64	150m: 1:45.03 36.39	200m: 2:21.37 36.34	
6.	Juliana Lima Freixo	97	Braga	2:22.62	+0,64
	50m: 32.89 32.89	100m: 1:08.83 35.94	150m: 1:45.69 36.86	200m: 2:22.62 36.93	
7.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	2:23.53	+0,90
	50m: 33.48 33.48	100m: 1:09.23 35.75	150m: 1:46.27 37.04	200m: 2:23.53 37.26	
8.	Ana Raquel Ferreira	98	Benfica	2:25.09	+0,74
	50m: 33.40 33.40	100m: 1:10.24 36.84	150m: 1:47.81 37.57	200m: 2:25.09 37.28	
9.	Catarina Alexandra Jardim	98	Famalicao	2:25.61	+0,89
	50m: 32.96 32.96	100m: 1:09.04 36.08	150m: 1:47.03 37.99	200m: 2:25.61 38.58	
10.	Maria Dias Neves	99	Miranda do Corvo	2:27.37	+0,66
	50m: 35.01 35.01	100m: 1:12.31 37.30	150m: 1:49.86 37.55	200m: 2:27.37 37.51	

Prova 7

09-12-2016 - 18:10

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Jose Paulo Lopes	00	Braga	2:03.32	+1,24
	50m: 28.90 28.90	100m: 1:00.22 31.32	150m: 1:32.12 31.90	200m: 2:03.32 31.20	
2.	Joao Daniel Machado	99	Uniao Piedense	2:03.47	+0,75
	50m: 28.99 28.99	100m: 1:00.29 31.30	150m: 1:32.08 31.79	200m: 2:03.47 31.39	
3.	Afonso Guilherme Rosa	99	Torres Novas	2:04.31	+0,71
	50m: 29.06 29.06	100m: 1:00.89 31.83	150m: 1:33.21 32.32	200m: 2:04.31 31.10	
4.	Joao Pereira Tinoco	00	Famalicao	2:04.80	+0,73
	50m: 29.26 29.26	100m: 1:01.06 31.80	150m: 1:33.21 32.15	200m: 2:04.80 31.59	

Prova 7, Masc., 200m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Jose Tomas Simeao	00	Laranjeiro	2:07.15	+0,79
	50m: 29.42 29.42	100m: 1:01.10 31.68	150m: 1:33.98 32.88	200m: 2:07.15 33.17	
6.	Andre Vilas Ruivo	00	Sporting	2:07.91	+0,80
	50m: 29.90 29.90	100m: 1:02.23 32.33	150m: 1:34.94 32.71	200m: 2:07.91 32.97	
7.	Pedro Guilherme Ferreira	00	Miranda do Corvo	2:08.54	+0,64
	50m: 30.46 30.46	100m: 1:03.28 32.82	150m: 1:35.95 32.67	200m: 2:08.54 32.59	
8.	Claudio Alexandre Rodrigues	00	Louletano / Loule Concelho	2:08.64	+0,62
	50m: 29.73 29.73	100m: 1:01.93 32.20	150m: 1:35.40 33.47	200m: 2:08.64 33.24	
9.	Tiago Pastor Escada	99	Aminata	2:09.10	+0,67
	50m: 29.40 29.40	100m: 1:01.27 31.87	150m: 1:34.75 33.48	200m: 2:09.10 34.35	
10.	Nuno Henrique Guimaraes	99	Natacao de Valongo	2:09.79	+0,77
	50m: 30.60 30.60	100m: 1:02.98 32.38	150m: 1:35.94 32.96	200m: 2:09.79 33.85	

Seniores

Final

1.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	2:01.48	+0,70
	50m: 28.34 28.34	100m: 59.05 30.71	150m: 1:30.38 31.33	200m: 2:01.48 31.10	
2.	Joao Mota Correia	97	Benfica	2:01.73	+0,84
	50m: 28.14 28.14	100m: 59.00 30.86	150m: 1:30.41 31.41	200m: 2:01.73 31.32	
3.	Francisco Rogerio Santos	98	Sporting	2:02.78	+1,42
	50m: 28.40 28.40	100m: 59.37 30.97	150m: 1:31.09 31.72	200m: 2:02.78 31.69	
4.	Joao Jose Laranjeira	98	Galitos / Bresimar	2:03.26	+0,72
	50m: 28.68 28.68	100m: 1:00.02 31.34	150m: 1:31.72 31.70	200m: 2:03.26 31.54	
5.	Bruno Miguel Ramos	97	Belenenses	2:03.30	+0,78
	50m: 29.10 29.10	100m: 1:00.46 31.36	150m: 1:32.14 31.68	200m: 2:03.30 31.16	
6.	Viktor Kot	98	Nautico Marinha Grande	2:03.66	+0,68
	50m: 28.84 28.84	100m: 59.99 31.15	150m: 1:32.22 32.23	200m: 2:03.66 31.44	
7.	Ivo Pinto Ribeiro	97	Foca	2:04.64	+0,67
	50m: 29.44 29.44	100m: 1:00.61 31.17	150m: 1:32.26 31.65	200m: 2:04.64 32.38	
8.	Jose Pedro Sampaio	98	Fluvial Portuense	2:06.51	+0,66
	50m: 29.73 29.73	100m: 1:01.38 31.65	150m: 1:34.16 32.78	200m: 2:06.51 32.35	
9.	Andre Bras Goncalves	88	Belenenses	2:06.72	+0,72
	50m: 29.43 29.43	100m: 1:01.48 32.05	150m: 1:34.06 32.58	200m: 2:06.72 32.66	
10.	Pedro Romanoski Carvalho	94	Famalicao	2:08.89	+0,78
	50m: 29.49 29.49	100m: 1:01.95 32.46	150m: 1:35.24 33.29	200m: 2:08.89 33.65	

Prova 8 Femin., 50m Mariposa 16 anos e mais velhos
09-12-2016 - 18:20 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

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Ana Margarida Guedes	01	Ginasio de Vila Real	27.60	+0,63
2.	Laura Sanchez Rodrigues	00	Belenenses	28.31	+0,72
3.	Carolina Abreu Boulhosa	01	Naval do Funchal	28.39	+0,68
4.	Carolina Rosa Marcelino	01	Alges	29.07	+0,71
5.	Julia Albuquerque Fraga	01	Aquatico Pacense	29.72	+0,79
6.	Beatriz Jong Rosa	00	WOS Team	29.94	+0,81
7.	Bruna Andreia Simoes	01	Nautico Marinha Grande	30.00	+0,75
8.	Mariana Matos Ribeiro	01	Nautico /Urgicentro-Sanfil	30.13	+0,68
9.	Alexandra Jesus Santos	00	Leixoes	30.21	+0,76
10.	Ana Carolina Neves	00	Academica de Coimbra	30.40	+0,74

Seniores

Final

1.	Ines Camacho Fernandes	97	Sporting	27.24	+0,73
2.	Filipa Vilas Tiago	94	Nacional de Natacao	27.59	+0,71
3.	Barbara Sofia Barata	97	Alges	28.78	+0,69
4.	Jessica Sousa Brito	97	Benfica	29.19	+0,74
5.	Susana Clara Gomes	77	Naval do Funchal	29.26	+0,69
	Jessica Teixeira Vieira	91	Belenenses	29.26	+0,68
7.	Madalena Amaro Machado	98	Fluvial Portuense	29.36	+0,69
8.	Ana Margarida Rodrigues	96	Galitos / Bresimar	29.40	+0,72
9.	Adriana Daniela Castro	97	Aquatico Pacense	29.41	+0,74
10.	Carolina Mantua Guedes	98	Sporting	29.69	+0,80

Prova 9 Masc., 50m Mariposa 17 anos e mais velhos
09-12-2016 - 18:20 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Afonso Meneses Sequeira	99	Naval do Funchal	25.13	+0,68
2.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	25.28	+0,71
3.	Mateus Ribeiro Carvalho	99	Famalicao	25.62	+0,67
4.	Afonso Guilherme Rosa	99	Torres Novas	25.93	+0,78
5.	Afonso Ribeiro Couto	99	Natacao de Valongo	25.96	+0,65
6.	Martim Moniz Silva	99	Naval do Funchal	26.08	+0,65
7.	Koen Weustink	00	Ginasio de Vila Real	26.19	+0,69
8.	Joao Fernandes Garcia	00	Avancado EUL	26.40	+0,69
9.	Joao Cruz Castro	00	Sao Roque	26.41	+0,66
10.	Tomas Silva Coxixo	99	Palmela	26.69	+0,75

Seniores

Final

1.	Joao Miguel Ascensao	97	Porto	24.15	+0,62
2.	Pedro Andre Santos	94	Alges	24.51	+0,76
3.	Nuno Goncalo Quintanilha	87	Belenenses	24.59	+0,67
4.	Carlos Filipe Santos	91	Porto	24.76	+0,69
5.	Luiz Pedro Pereira	91	Benfica	24.81	+0,70
6.	Hugo Guilherme Trigo	97	Sporting de Aveiro	25.01	+0,56
7.	Tomas Correia Silva	95	Porto	25.13	+0,62
8.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	25.45	+0,64
9.	Miguel Goncalves Ferreira	93	Desportivo Nacional	25.57	+0,77
10.	Fabio Andre Figueira	88	Belenenses	25.90	+0,72

Prova 10 Femin., 400m Estilos 16 anos e mais velhos
09-12-2016 - 18:50 Resultados

Recordes Nacionais 25m Absoluto	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015
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	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015

Lugar Nome Ano Clube Tempo Final TReac

Seniores

1.	Angelica Maria Andre	94	Fluvial Portuense	4:51.96	+0,71
	50m: 30.76 30.76	150m: 1:46.23 39.99	250m: 3:05.98 40.70	350m: 4:19.41 33.09	
	100m: 1:06.24 35.48	200m: 2:25.28 39.05	300m: 3:46.32 40.34	400m: 4:51.96 32.55	
2.	Ana Beatriz Martins	99	Famalicao	4:53.80	+0,90
	50m: 31.09 31.09	150m: 1:44.24 38.05	250m: 3:04.64 42.93	350m: 4:20.71 33.74	
	100m: 1:06.19 35.10	200m: 2:21.71 37.47	300m: 3:46.97 42.33	400m: 4:53.80 33.09	
3.	Rita Costa Amador	99	Galitos / Bresimar	5:00.22	+0,69
	50m: 31.14 31.14	150m: 1:46.02 38.19	250m: 3:06.95 43.15	350m: 4:25.70 34.90	
	100m: 1:07.83 36.69	200m: 2:23.80 37.78	300m: 3:50.80 43.85	400m: 5:00.22 34.52	
4.	Raquel Paulo Ranito	94	Sporting	5:01.95	+0,75
	50m: 32.11 32.11	150m: 1:47.37 38.37	250m: 3:09.16 43.11	350m: 4:27.97 35.09	
	100m: 1:09.00 36.89	200m: 2:26.05 38.68	300m: 3:52.88 43.72	400m: 5:01.95 33.98	
5.	Rita Teixeira Costa	97	Belenenses	5:04.62	+0,71
	50m: 31.60 31.60	150m: 1:46.61 38.75	250m: 3:09.04 44.05	350m: 4:30.05 35.91	
	100m: 1:07.86 36.26	200m: 2:24.99 38.38	300m: 3:54.14 45.10	400m: 5:04.62 34.57	
6.	Maria Madalena Silva	98	Braga	5:07.04	+0,75
	50m: 31.83 31.83	150m: 1:49.30 40.16	250m: 3:11.38 43.23	350m: 4:32.86 36.63	
	100m: 1:09.14 37.31	200m: 2:28.15 38.85	300m: 3:56.23 44.85	400m: 5:07.04 34.18	
7.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:09.61	+0,70
	50m: 33.56 33.56	150m: 1:50.13 38.90	250m: 3:12.39 44.28	350m: 4:33.43 35.83	
	100m: 1:11.23 37.67	200m: 2:28.11 37.98	300m: 3:57.60 45.21	400m: 5:09.61 36.18	
8.	Sofia Machado Dionisio	98	Sporting	5:11.35	+0,81
	50m: 31.55 31.55	150m: 1:50.71 40.38	250m: 3:13.85 43.27	350m: 4:35.03 36.87	
	100m: 1:10.33 38.78	200m: 2:30.58 39.87	300m: 3:58.16 44.31	400m: 5:11.35 36.32	
9.	Ana Miguel Pinto	99	Viana Natacao	5:18.36	+0,84
	50m: 33.82 33.82	150m: 1:51.50 39.66	250m: 3:16.44 45.71	350m: 4:40.92 38.15	
	100m: 1:11.84 38.02	200m: 2:30.73 39.23	300m: 4:02.77 46.33	400m: 5:18.36 37.44	
DNS	Madalena Gomes Azevedo	99	Alges		

Juniores

1.	Ines Neto Rocha	01	Aquatico Pacense	4:54.82	
	50m: 30.63 30.63	150m: 1:44.20 37.52	250m: 3:03.32 42.33	350m: 4:20.13 34.83	
	100m: 1:06.68 36.05	200m: 2:20.99 36.79	300m: 3:45.30 41.98	400m: 4:54.82 34.69	
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:56.08	+0,83
	50m: 30.76 30.76	150m: 1:43.75 38.27	250m: 3:03.99 42.79	350m: 4:22.69 34.84	
	100m: 1:05.48 34.72	200m: 2:21.20 37.45	300m: 3:47.85 43.86	400m: 4:56.08 33.39	
3.	Luisa Maria Machado	01	Uniao Piedense	4:59.55	+0,91
	50m: 31.37 31.37	150m: 1:47.66 39.34	250m: 3:07.26 40.72	350m: 4:25.22 35.84	
	100m: 1:08.32 36.95	200m: 2:26.54 38.88	300m: 3:49.38 42.12	400m: 4:59.55 34.33	

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Ines Rocha Silva	00	Alcobaca	5:03.07	+0,78
	50m: 32.71 32.71	150m: 1:49.64 39.87	250m: 3:10.25 42.50	350m: 4:29.02 35.98	
	100m: 1:09.77 37.06	200m: 2:27.75 38.11	300m: 3:53.04 42.79	400m: 5:03.07 34.05	
5.	Maria Francisca Cabral	00	Porto	5:03.26	+0,88
	50m: 31.65 31.65	150m: 1:45.94 38.59	250m: 3:08.53 44.43	350m: 4:29.03 35.26	
	100m: 1:07.35 35.70	200m: 2:24.10 38.16	300m: 3:53.77 45.24	400m: 5:03.26 34.23	
6.	Ines Silva Bernardo	00	Colegio Monte Maior	5:05.69	+0,74
	50m: 33.03 33.03	150m: 1:50.04 40.14	250m: 3:12.94 43.01	350m: 4:31.04 35.21	
	100m: 1:09.90 36.87	200m: 2:29.93 39.89	300m: 3:55.83 42.89	400m: 5:05.69 34.65	
7.	Monica Seara Domingues	00	Nautico Marinha Grande	5:06.51	+0,84
	50m: 32.47 32.47	150m: 1:49.76 39.20	250m: 3:12.22 44.51	350m: 4:32.88 35.63	
	100m: 1:10.56 38.09	200m: 2:27.71 37.95	300m: 3:57.25 45.03	400m: 5:06.51 33.63	
8.	Joana Victorino Henriques	01	Condeixa Clube	5:08.57	+1,63
	50m: 31.91 31.91	150m: 1:46.70 38.34	250m: 3:11.64 45.77	350m: 4:32.82 36.25	
	100m: 1:08.36 36.45	200m: 2:25.87 39.17	300m: 3:56.57 44.93	400m: 5:08.57 35.75	
9.	Carolina Rosa Marcelino	01	Alges	5:08.64	+0,72
	50m: 30.92 30.92	150m: 1:49.06 40.54	250m: 3:13.19 43.74	350m: 4:33.16 35.61	
	100m: 1:08.52 37.60	200m: 2:29.45 40.39	300m: 3:57.55 44.36	400m: 5:08.64 35.48	
10.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:12.33	+0,76
	50m: 32.37 32.37	150m: 1:49.60 40.03	250m: 3:13.68 44.34	350m: 4:36.43 36.84	
	100m: 1:09.57 37.20	200m: 2:29.34 39.74	300m: 3:59.59 45.91	400m: 5:12.33 35.90	
11.	Rita Alexandra Vital	01	Alges	5:12.81	+0,86
	50m: 32.88 32.88	150m: 1:51.08 39.67	250m: 3:14.15 44.19	350m: 4:37.16 36.35	
	100m: 1:11.41 38.53	200m: 2:29.96 38.88	300m: 4:00.81 46.66	400m: 5:12.81 35.65	
12.	Mariana Sobral Galacha	01	Sporting	5:14.52	+0,73
	50m: 33.54 33.54	150m: 1:53.22 40.52	250m: 3:17.56 44.67	350m: 4:39.03 36.68	
	100m: 1:12.70 39.16	200m: 2:32.89 39.67	300m: 4:02.35 44.79	400m: 5:14.52 35.49	
13.	Raquel Antunes Tremoco	01	Sporting	5:17.23	+0,85
	50m: 33.10 33.10	150m: 1:51.42 39.95	250m: 3:17.25 45.96	350m: 4:41.27 37.26	
	100m: 1:11.47 38.37	200m: 2:31.29 39.87	300m: 4:04.01 46.76	400m: 5:17.23 35.96	
14.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:17.61	+0,86
	50m: 32.76 32.76	150m: 1:52.10 41.45	250m: 3:17.79 45.17	350m: 4:41.48 37.65	
	100m: 1:10.65 37.89	200m: 2:32.62 40.52	300m: 4:03.83 46.04	400m: 5:17.61 36.13	
15.	Maria Carolina Rodrigues	01	Vitoria Guimaraes	5:20.46	+0,87
	50m: 32.94 32.94	150m: 1:52.28 41.17	250m: 3:18.66 45.54	350m: 4:43.34 38.73	
	100m: 1:11.11 38.17	200m: 2:33.12 40.84	300m: 4:04.61 45.95	400m: 5:20.46 37.12	
16.	Mariana Silva Ramos	00	Sporting	5:22.10	+0,80
	50m: 33.29 33.29	150m: 1:54.37 42.75	250m: 3:22.23 46.33	350m: 4:46.60 37.36	
	100m: 1:11.62 38.33	200m: 2:35.90 41.53	300m: 4:09.24 47.01	400m: 5:22.10 35.50	
17.	Ines Rosado Monteiro	00	Natacao de Vagos	5:24.20	+0,72
	50m: 33.66 33.66	150m: 1:56.48 43.13	250m: 3:24.58 45.43	350m: 4:48.70 37.94	
	100m: 1:13.35 39.69	200m: 2:39.15 42.67	300m: 4:10.76 46.18	400m: 5:24.20 35.50	
18.	Maria Beatriz Lopes	00	Benfica	5:26.00	+0,71
	50m: 34.02 34.02	150m: 1:56.77 40.92	250m: 3:23.52 47.24	350m: 4:49.61 38.34	
	100m: 1:15.85 41.83	200m: 2:36.28 39.51	300m: 4:11.27 47.75	400m: 5:26.00 36.39	

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
19.	Andreia Brito Pereira	00	Condeixa Clube	5:28.29	+0,75
	50m: 34.33 34.33	150m: 1:54.71 39.97	250m: 3:24.27 49.80	350m: 4:52.05 37.76	
	100m: 1:14.74 40.41	200m: 2:34.47 39.76	300m: 4:14.29 50.02	400m: 5:28.29 36.24	
20.	Lara Beatriz Matos	01	Famalicao	5:31.68	+0,96
	50m: 33.63 33.63	150m: 1:57.64 44.18	250m: 3:28.62 48.44	350m: 4:54.56 38.70	
	100m: 1:13.46 39.83	200m: 2:40.18 42.54	300m: 4:15.86 47.24	400m: 5:31.68 37.12	

Prova 11 Masc., 400m Estilos 17 anos e mais velhos
09-12-2016 - 18:55 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	4:11.20	Joao Alexandre Vital	SCP	Porto	11-12-2015
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:20.20	+0,65
	50m: 27.74 27.74	150m: 1:33.76 34.51	250m: 2:43.84 35.67	350m: 3:51.37 31.48	
	100m: 59.25 31.51	200m: 2:08.17 34.41	300m: 3:19.89 36.05	400m: 4:20.20 28.83	
2.	Joao Pedro Gil	97	Uniao Piedense	4:20.64	+0,58
	50m: 27.79 27.79	150m: 1:34.94 34.46	250m: 2:46.38 37.14	350m: 3:53.09 29.60	
	100m: 1:00.48 32.69	200m: 2:09.24 34.30	300m: 3:23.49 37.11	400m: 4:20.64 27.55	
3.	Jose Paula Carvalho	98	Uniao Piedense	4:21.21	+0,73
	50m: 27.33 27.33	150m: 1:33.91 35.84	250m: 2:44.87 36.13	350m: 3:53.12 29.95	
	100m: 58.07 30.74	200m: 2:08.74 34.83	300m: 3:23.17 38.30	400m: 4:21.21 28.09	
4.	Bruno Miguel Ramos	97	Belenenses	4:24.99	+0,70
	50m: 27.24 27.24	150m: 1:32.61 33.85	250m: 2:43.83 37.76	350m: 3:53.29 30.97	
	100m: 58.76 31.52	200m: 2:06.07 33.46	300m: 3:22.32 38.49	400m: 4:24.99 31.70	
5.	Andre Bras Goncalves	88	Belenenses	4:32.32	+0,69
	50m: 28.19 28.19	150m: 1:37.08 36.08	250m: 2:51.60 39.64	350m: 4:02.63 31.64	
	100m: 1:01.00 32.81	200m: 2:11.96 34.88	300m: 3:30.99 39.39	400m: 4:32.32 29.69	
6.	Afonso Ribeiro Bate	98	Alges	4:32.38	+0,69
	50m: 28.08 28.08	150m: 1:37.51 36.38	250m: 2:51.79 38.06	350m: 4:02.31 31.98	
	100m: 1:01.13 33.05	200m: 2:13.73 36.22	300m: 3:30.33 38.54	400m: 4:32.38 30.07	
7.	Jose Pedro Sampaio	98	Fluvial Portuense	4:32.49	+0,76
	50m: 29.09 29.09	150m: 1:36.36 34.41	250m: 2:50.27 39.34	350m: 4:02.40 32.31	
	100m: 1:01.95 32.86	200m: 2:10.93 34.57	300m: 3:30.09 39.82	400m: 4:32.49 30.09	
8.	Nuno Rafael Alves	90	Aquatico Pacense	4:32.96	+0,79
	50m: 28.23 28.23	150m: 1:35.83 35.57	250m: 2:48.63 37.70	350m: 4:00.33 33.45	
	100m: 1:00.26 32.03	200m: 2:10.93 35.10	300m: 3:26.88 38.25	400m: 4:32.96 32.63	

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Joao Carlos Santos	96	Uniao Piedense	4:33.93	+0,72
	50m: 30.08 30.08	150m: 1:39.94 36.24	250m: 2:54.83 39.16	350m: 4:04.52 30.48	
	100m: 1:03.70 33.62	200m: 2:15.67 35.73	300m: 3:34.04 39.21	400m: 4:33.93 29.41	
10.	Antonio Rafael Bessa	94	Aquatico Pacense	4:34.10	+0,67
	50m: 28.57 28.57	150m: 1:35.83 35.29	250m: 2:50.36 39.49	350m: 4:02.05 31.87	
	100m: 1:00.54 31.97	200m: 2:10.87 35.04	300m: 3:30.18 39.82	400m: 4:34.10 32.05	
11.	Diogo Miguel Costa	98	Porto	4:34.58	+0,71
	50m: 27.62 27.62	150m: 1:37.18 36.65	250m: 2:52.59 39.01	350m: 4:04.45 31.96	
	100m: 1:00.53 32.91	200m: 2:13.58 36.40	300m: 3:32.49 39.90	400m: 4:34.58 30.13	
12.	Rafael Filipe Nunes	96	Benfica	4:39.19	+0,63
	50m: 29.10 29.10	150m: 1:38.23 36.08	250m: 2:53.91 40.15	350m: 4:07.34 33.03	
	100m: 1:02.15 33.05	200m: 2:13.76 35.53	300m: 3:34.31 40.40	400m: 4:39.19 31.85	

Juniores

1.	Joao Daniel Machado	99	Uniao Piedense	4:26.48	+0,74
	50m: 28.39 28.39	150m: 1:34.43 33.62	250m: 2:46.03 38.79	350m: 3:56.75 31.89	
	100m: 1:00.81 32.42	200m: 2:07.24 32.81	300m: 3:24.86 38.83	400m: 4:26.48 29.73	
2.	Jorge Jesus Silva	00	Braga	4:30.12	+0,75
	50m: 28.63 28.63	150m: 1:36.61 35.99	250m: 2:49.73 37.46	350m: 3:59.74 31.88	
	100m: 1:00.62 31.99	200m: 2:12.27 35.66	300m: 3:27.86 38.13	400m: 4:30.12 30.38	
3.	Andre Vilas Ruivo	00	Sporting	4:30.85	+0,71
	50m: 28.84 28.84	150m: 1:35.00 33.75	250m: 2:48.97 40.09	350m: 4:00.24 31.19	
	100m: 1:01.25 32.41	200m: 2:08.88 33.88	300m: 3:29.05 40.08	400m: 4:30.85 30.61	
4.	Jose Paulo Lopes	00	Braga	4:31.84	+0,69
	50m: 28.51 28.51	150m: 1:36.93 35.26	250m: 2:51.89 40.49	350m: 4:02.60 31.08	
	100m: 1:01.67 33.16	200m: 2:11.40 34.47	300m: 3:31.52 39.63	400m: 4:31.84 29.24	
5.	Filipe Miguel Santo	00	Benfica	4:34.69	+0,86
	50m: 29.54 29.54	150m: 1:39.86 35.88	250m: 2:54.72 39.82	350m: 4:04.66 30.22	
	100m: 1:03.98 34.44	200m: 2:14.90 35.04	300m: 3:34.44 39.72	400m: 4:34.69 30.03	
6.	Roberto Donald Gomes	00	Alges	4:34.97	+0,81
	50m: 28.62 28.62	150m: 1:37.00 35.94	250m: 2:52.56 40.42	350m: 4:05.17 31.43	
	100m: 1:01.06 32.44	200m: 2:12.14 35.14	300m: 3:33.74 41.18	400m: 4:34.97 29.80	
7.	Miguel Angelo Santos	00	Famalicao	4:35.66	+0,80
	50m: 29.75 29.75	150m: 1:40.37 35.99	250m: 2:54.94 38.20	350m: 4:04.42 31.58	
	100m: 1:04.38 34.63	200m: 2:16.74 36.37	300m: 3:32.84 37.90	400m: 4:35.66 31.24	
8.	Tiago Filipe Campos	99	Rio Maior	4:37.25	+0,83
	50m: 28.15 28.15	150m: 1:35.95 35.93	250m: 2:52.52 41.55	350m: 4:06.83 31.34	
	100m: 1:00.02 31.87	200m: 2:10.97 35.02	300m: 3:35.49 42.97	400m: 4:37.25 30.42	
9.	Bernardo Garcia Perloiro	00	Sporting	4:37.58	+0,64
	50m: 29.21 29.21	150m: 1:37.69 34.56	250m: 2:52.54 39.91	350m: 4:06.17 32.73	
	100m: 1:03.13 33.92	200m: 2:12.63 34.94	300m: 3:33.44 40.90	400m: 4:37.58 31.41	
10.	Daniel Nogueira Catalao	00	Uniao Piedense	4:39.37	+0,75
	50m: 29.41 29.41	150m: 1:40.98 36.89	250m: 2:56.35 39.71	350m: 4:09.14 32.56	
	100m: 1:04.09 34.68	200m: 2:16.64 35.66	300m: 3:36.58 40.23	400m: 4:39.37 30.23	

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Diogo Leal Dantas	00	Sporting	4:39.87	+0,62
	50m: 28.46 28.46	150m: 1:38.50 36.44	250m: 2:54.14 39.61	350m: 4:07.97 33.13	
	100m: 1:02.06 33.60	200m: 2:14.53 36.03	300m: 3:34.84 40.70	400m: 4:39.87 31.90	
12.	Afonso Guilherme Jesus	00	Sporting	4:40.24	+0,69
	50m: 29.38 29.38	150m: 1:41.18 37.55	250m: 2:56.85 38.66	350m: 4:09.14 33.09	
	100m: 1:03.63 34.25	200m: 2:18.19 37.01	300m: 3:36.05 39.20	400m: 4:40.24 31.10	
13.	Joao Pedro Gomes	99	Miranda do Corvo	4:40.31	+0,75
	50m: 29.70 29.70	150m: 1:38.35 34.62	250m: 2:53.50 39.75	350m: 4:07.41 33.29	
	100m: 1:03.73 34.03	200m: 2:13.75 35.40	300m: 3:34.12 40.62	400m: 4:40.31 32.90	
14.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:40.40	+0,71
	50m: 28.61 28.61	150m: 1:37.08 35.65	250m: 2:52.59 40.40	350m: 4:06.91 33.16	
	100m: 1:01.43 32.82	200m: 2:12.19 35.11	300m: 3:33.75 41.16	400m: 4:40.40 33.49	
15.	Sergio Filipe Travanca	00	Fluvial Portuense	4:41.92	+0,76
	50m: 29.15 29.15	150m: 1:39.06 36.54	250m: 2:56.22 40.85	350m: 4:10.02 32.10	
	100m: 1:02.52 33.37	200m: 2:15.37 36.31	300m: 3:37.92 41.70	400m: 4:41.92 31.90	
16.	Miguel Goncalves Frade	00	Torres Novas	4:42.78	+0,86
	50m: 30.55 30.55	150m: 1:41.70 36.81	250m: 2:57.26 39.27	350m: 4:10.45 33.14	
	100m: 1:04.89 34.34	200m: 2:17.99 36.29	300m: 3:37.31 40.05	400m: 4:42.78 32.33	
17.	Jose Tomas Simeao	00	Laranjeiro	4:42.81	+0,74
	50m: 28.79 28.79	150m: 1:38.00 35.20	250m: 2:54.30 41.39	350m: 4:09.90 33.27	
	100m: 1:02.80 34.01	200m: 2:12.91 34.91	300m: 3:36.63 42.33	400m: 4:42.81 32.91	
18.	Sebastiao Limbert Piedade	00	Alges	4:44.27	+0,73
	50m: 29.46 29.46	150m: 1:40.23 36.62	250m: 2:55.94 39.53	350m: 4:10.88 33.79	
	100m: 1:03.61 34.15	200m: 2:16.41 36.18	300m: 3:37.09 41.15	400m: 4:44.27 33.39	
19.	Tiago Douwens Paula	99	Sporting	4:45.47	+0,75
	50m: 31.00 31.00	150m: 1:42.10 35.87	250m: 2:58.51 41.22	350m: 4:12.81 32.86	
	100m: 1:06.23 35.23	200m: 2:17.29 35.19	300m: 3:39.95 41.44	400m: 4:45.47 32.66	

Prova 15

Femin., 4 x 100m Estilos

16 anos e mais velhos

09-12-2016 - 19:00

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

Lugar	Clube	Tempo Final	TReac
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Prova 15, Femin., 4 x 100m Estilos

Seniores

1. Alges-SEN			Alges	4:17.03	+1,06	
Rita Barros Frischknecht	+1,06	29.84	1:01.72	Francisca Gomes Azevedo	+0,19	29.21
Barbara Sofia Barata	+0,31	34.66	1:13.12	Beatriz Barros Carmo	+0,40	27.99
						1:03.22
						58.97
2. Belenenses-SEN			Belenenses	4:23.36	+0,77	
Margarida Sobral Pimenta	+0,77	33.41	1:08.56	Rita Teixeira Costa	+0,26	29.72
Ana Beatriz Pereira	+0,12	34.31	1:13.02	Jessica Teixeira Vieira	+0,18	27.16
						1:04.34
						57.44
3. Fluvial Portuense-SEN			Fluvial Portuense	4:23.70	+0,66	
Vania Soares Neves	+0,66	32.00	1:06.76	Madalena Amaro Machado	+0,22	29.79
Angelica Maria Andre	+0,19	33.50	1:10.83	Maria Joao Fernandes	+0,14	29.02
						1:04.74
						1:01.37
4. Sporting-SEN			Sporting	4:23.78	+1,51	
Maria Ana Monge	+1,51	33.82	1:09.43	Ines Camacho Fernandes		27.96
Sofia Machado Dionisio	+0,54	34.16	1:14.57	Mafalda Gomes Beleza	+0,44	28.61
						1:00.48
						59.30
5. Benfica-SEN			Benfica	4:28.75	+0,67	
Ana Raquel Ferreira	+0,67	32.65	1:07.49	Sofia Alexandra Rolao	+0,53	30.75
Claudia Ferreira Borges	+0,49	34.36	1:12.47	Jessica Sousa Brito	+0,17	28.81
						1:07.46
						1:01.33

Juniores

1. Alges-JUN			Alges	4:21.08	+0,69	
Anna Baptista Ferreira	+0,69	31.22	1:04.58	Carolina Rosa Marcelino	+0,40	29.54
Raquel Gomes Pereira	+0,41	32.33	1:08.51	Rita Alexandra Vital	+0,27	28.97
						1:06.36
						1:01.63
2. Porto-JUN			Porto	4:31.87	+0,87	
Isabel Porfirio Pego	+0,87	33.10	1:08.19	Maria Francisca Cabral	+0,88	30.89
Beatriz Santos Silva	+0,25	36.05	1:18.30	Ana Rita Faria	+0,44	28.61
						1:06.12
						59.26
3. Uniao Piedense-JUN			Uniao Piedense	4:33.14	+1,32	
Celeste Santos Ricardo	+1,32	33.58	1:10.33	Filipa Serrano Rodrigues	+0,56	31.43
Luisa Maria Machado	+0,64	35.17	1:14.87	Ines Figueira Santos	+0,49	29.02
						1:07.26
						1:00.68
4. Aquatico Pacense-JUN			Aquatico Pacense	4:35.11		
Beatriz Neto Costa		33.59	1:09.80	Sara Silva Marques	+0,31	30.28
Ines Neto Rocha	+0,78	34.64	1:15.16	Julia Albuquerque Fraga	+0,36	28.95
						1:08.26
						1:01.89
5. Sporting-JUN			Sporting	4:38.82	+0,69	
Mariana Delicado Correia	+0,69	33.47	1:09.34	Raquel Alexandra Sousa	+0,29	31.10
Mariana Sobral Galacha	+0,45	36.34	1:18.14	Mariana Silva Ramos	+0,57	31.09
						1:07.41
						1:03.93

DSQ Galitos/ Bresimar-JUN

Galitos / Bresimar

812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 300 m - SW 8.4

Maria Esteves Martins	+0,82	34.00	1:09.33	Eliana Dirce Lourenco	+0,49	
Teresa Isabel Granjeira	+0,69	38.56	1:21.45	Joana Costa Amador	+0,48	

Prova 16 Masc., 4 x 100m Estilos 17 anos e mais velhos
09-12-2016 - 19:05 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Estrelas S. Joao de Brito-SEN	3:44.60	+0,71
	Diogo Gomes Sousa +0,71 26.81 55.74 Joao Silva Gigante +0,23 25.05 55.46		
	Antonio Fernandes Carrico +0,33 29.40 1:03.40 Frederico Sucena Riachos +0,24 23.61 50.00		
2.	Belenenses-SEN	3:46.42	+0,72
	Bruno Miguel Ramos +0,72 28.79 59.82 Nuno Goncalo Quintanilha +0,34 24.72 53.43		
	Francisco Robalo Quintas +0,24 28.65 1:01.31 Fabio Andre Figueira +0,23 24.29 51.86		
3.	Porto-SEN	3:46.91	+0,64
	Joao Miguel Ascensao +0,64 27.40 57.46 Carlos Filipe Santos +0,48 25.99 56.60		
	Sergio Baptista Silva +0,44 29.36 1:02.87 Tomas Correia Silva +0,19 23.57 49.98		
4.	Benfica-SEN	3:47.35	+1,79
	Joao Mota Correia +1,79 27.48 57.31 Luiz Pedro Pereira +0,39 26.13 55.33		
	Tiago Martim Alves +0,59 29.61 1:03.55 Joao Duarte Santos +0,35 24.40 51.16		
5.	Alges-SEN	3:47.49	+0,67
	Filipe Miguel Felix +0,67 28.21 58.60 Pedro Andre Santos +0,42 25.03 54.25		
	Hugo Pon 29.39 1:03.21 Francisco Carvalho Machado +0,39 24.49 51.43		
6.	Sporting-SEN	3:48.16	+0,79
	Francisco Rogerio Santos +0,79 27.13 56.81 Guilherme Pereira Dias +0,49 26.09 56.79		
	Miguel Monteiro Cruchinho 29.59 1:02.74 Mario Andre Bonanca +0,11 24.55 51.82		
7.	Nautico /Urgicentro-Sanfil-SEN	3:48.37	+0,64
	Joao Ricardo Silva +0,64 28.20 58.52 Mario Alexandre Pereira +0,35 25.35 55.00		
	Tomas Miguel Veloso +0,33 29.99 1:03.88 Francisco Xavier Goncalves +0,11 23.92 50.97		
8.	Desportivo Nacional-SEN	3:56.63	+1,22
	Diego Felipe Santos +1,22 30.29 1:02.47 Miguel Goncalves Ferreira +0,18 25.23 55.25		
	Luis Pedro Silva +0,25 29.59 1:05.58 Tomas Miguel Freitas +0,16 24.85 53.33		
9.	Fluvial Portuense-SEN	3:57.79	+0,66
	Jose Pedro Sampaio +0,66 28.92 59.83 Joao Luis Travanca +0,47 28.48 1:01.23		
	Filipe Miguel Gomes +0,15 30.06 1:04.82 Bernardo Leitao Graca +0,21 24.49 51.91		

Juniores

1.	Sporting-JUN	3:54.96	+0,80
	Andre Vilas Ruivo +0,80 29.51 1:00.74 Diogo Leal Dantas +0,36 26.65 58.57		
	Antonio Manuel Mendes +0,37 30.13 1:04.05 Tiago Cunha Costa +0,32 24.71 51.60		
2.	Naval do Funchal-JUN	3:55.68	+0,77
	Henrique Santos Gomes +0,77 29.43 1:00.11 Afonso Meneses Sequeira +0,29 25.33 55.80		
	Joao Nunes Cotrim +0,17 30.41 1:05.99 Miguel Camara Gomes +0,13 25.54 53.78		
3.	Famalicao-JUN	3:55.79	+0,79
	Joao Pereira Tinoco +0,79 28.43 59.08 Mateus Ribeiro Carvalho +0,39 26.25 56.62		
	Miguel Angelo Santos +0,29 31.03 1:06.97 Jose Pedro Freitas +0,29 25.34 53.12		

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

Lugar	Clube	Tempo Final	TReac
4.	Torres Novas-JUN Torres Novas	4:01.18	+0,69
	Afonso Guilherme Rosa +0,69 28.00 57.95 Jose Henriques Luz +0,69 27.37 58.33		
	Miguel Goncalves Frade +0,42 31.79 1:07.55 Filipe Asseiceira Ramos +0,46 27.47 57.35		
5.	Aminata-JUN Aminata	4:05.23	+0,72
	Tiago Pastor Escada +0,72 29.19 1:00.35 Bernardo Pastor Escada +0,13 26.98 58.67		
	Andre Mendes Batalha +0,18 32.75 1:09.98 Pedro Manuel Grilo +0,37 26.65 56.23		
6.	Laranjeiro-JUN Laranjeiro	4:08.95	+0,81
	Jose Tomas Simeao +0,81 29.09 59.50 Bernardo Antunes Augusto +0,39 28.16 1:02.77		
	Rodrigo Costa Teixeira +0,62 33.92 1:12.17 Ricardo Nuno Estevens +0,32 26.00 54.51		
DSQ	Fluvial Portuense-JUN Fluvial Portuense		
	<i>111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>		
	Nuno Correia Sousa +0,70 29.96 1:02.33 Sergio Filipe Travanca -0,18		
	Diogo Moreno Bastos +0,58 34.43 1:14.23 Diogo Barbosa Nunes -0,19		

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

10-12-2016 - 9:00

Prova 29 Masc., 4 x 50m Estilos 17 anos e mais velhos
10-12-2016 - 9:00 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Estrelas S. Joao de Brito-SEN Estrelas S. Joao de Brito	1:41.63	+0,77
	Diogo Gomes Sousa 95 +0,77 25.51 Joao Silva Gigante 88 +0,31 24.72		
	Antonio Fernandes Carrico 98 +0,35 28.96 Frederico Sucena Riachos 98 +0,36 22.44		
2.	Porto-SEN Porto	1:41.92	+1,58
	Joao Miguel Ascensao 97 +1,58 26.03 Carlos Filipe Santos 91 +0,42 24.48		
	Sergio Baptista Silva 91 +0,26 28.58 Tomas Correia Silva 95 +0,28 22.83		
3.	Benfica-SEN Benfica	1:42.16	+0,66
	Joao Diogo Fernandes 98 +0,66 26.89 Luiz Pedro Pereira 91 +0,29 24.33		
	Guilherme Miguel Teixeira 97 +0,33 28.19 Joao Duarte Santos 95 +0,31 22.75		
4.	Belenenses-SEN Belenenses	1:42.76	+0,72
	Fabio Andre Figueira 88 +0,72 27.19 Nuno Goncalo Quintanilha 87 +0,19 24.35		
	Francisco Robalo Quintas 95 +0,12 28.03 Bruno Miguel Ramos 97 +0,28 23.19		
5.	Alges-SEN Alges	1:43.95	+0,73
	Filipe Miguel Felix 96 +0,73 27.13 Pedro Andre Santos 94 +0,36 24.27		
	Hugo Pon 98 +0,28 29.32 Francisco Carvalho Machado 98 +0,28 23.23		
6.	Desportivo Nacional-SEN Desportivo Nacional	1:46.52	+1,29
	Diego Felipe Santos 87 +1,29 28.27 Miguel Goncalves Ferreira 93 +0,25 24.81		
	Luis Pedro Silva 98 +0,27 29.33 Tiago Ferreira Sousa 91 +0,42 24.11		

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

Lugar	Clube	Tempo Final	TReac
7.	Nautico /Urgicentro-Sanfil-SEN	1:48.11	+0,65
	Joao Ricardo Silva 97 +0,65 27.85	Mario Alexandre Pereira 92 +0,16 25.19	
	Tiago Moises Dinis 98 +0,15 31.01	Francisco Xavier Goncalves 97 +0,05 24.06	
8.	Fluvial Portuense-SEN	1:48.31	+0,91
	Jose Pedro Sampaio 98 +0,91 27.30	Joao Luis Travanca 97 +0,40 28.19	
	Filipe Miguel Gomes 97 +0,11 29.39	Bernardo Leitao Graca 93 23.43	
9.	Palmela-SEN	1:49.61	+0,72
	Eduardo Garcia Guia 98 +0,72 29.99	Tiago Andre Venancio 87 +0,33 24.45	
	David Granja Lopes 90 +0,41 30.80	Luis Miguel Silva 94 +0,32 24.37	
DNS	Sporting-SEN	Sporting	

Juniores

1.	Famalicao-JUN	1:47.61	+0,73
	Joao Pereira Tinoco 00 +0,73 27.80	Mateus Ribeiro Carvalho 99 +0,38 25.45	
	Miguel Angelo Santos 00 +0,05 30.40	Jose Pedro Freitas 00 +0,28 23.96	
2.	Sporting-JUN	1:49.17	+0,67
	Andre Vilas Ruivo 00 +0,67 28.58	Diogo Leal Dantas 00 +0,30 26.37	
	Antonio Manuel Mendes 99 +0,05 29.73	Tiago Cunha Costa 99 +0,27 24.49	
3.	Naval do Funchal-JUN	1:49.33	+0,56
	Henrique Santos Gomes 00 +0,56 28.57	Miguel Camara Gomes 99 +0,07 25.94	
	Joao Nunes Cotrim 99 +0,11 30.05	Pedro Martins Goncalves 00 +0,10 24.77	

Prova 30

Femin., 4 x 50m Estilos

16 anos e mais velhos

10-12-2016 - 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

Lugar	Clube	Tempo Final	TReac
1.	Sporting-SEN	1:58.13	+0,70
	Ines Camacho Fernandes 97 +0,70 28.21	Carolina Mantua Guedes 98 +0,39 29.11	
	Sofia Machado Dionisio 98 +0,46 33.98	Mafalda Gomes Beleza 94 +0,40 26.83	
2.	Belenenses-SEN	2:01.22	+0,74
	Jessica Teixeira Vieira 91 +0,74 30.86	Rita Teixeira Costa 97 +0,17 29.38	
	Ana Beatriz Pereira 91 +0,18 33.55	Margarida Sobral Pimenta 99 +0,09 27.43	
3.	Fluvial Portuense-SEN	2:01.72	+0,66
	Vania Soares Neves 90 +0,66 30.97	Madalena Amaro Machado 98 +0,06 28.89	
	Angelica Maria Andre 94 +0,18 33.47	Maria Joao Fernandes 97 +0,45 28.39	
4.	Benfica-SEN	2:03.48	+1,15
	Ana Raquel Ferreira 98 +1,15 31.76	Jessica Sousa Brito 97 +0,25 29.76	
	Claudia Ferreira Borges 99 +0,33 33.36	Sofia Alexandra Rolao 98 28.60	

Prova 30, Femin., 4 x 50m Estilos

Juniores

1. Alges-JUN	Alges		1:58.99	+0,70			
Anna Baptista Ferreira	01	+0,70	29.94	Carolina Rosa Marcelino	01	+0,36	28.45
Raquel Gomes Pereira	00	+0,31	31.79	Rita Alexandra Vital	01	+0,27	28.81
2. Porto-JUN	Porto		2:03.16	+0,79			
Isabel Porfirio Pego	01	+0,79	31.27	Maria Francisca Cabral	00	+0,66	30.13
Barbara Vilela Magalhaes	01	+0,31	34.32	Ana Rita Faria	00	+0,59	27.44
3. Aquatico Pacense-JUN	Aquatico Pacense		2:05.69	+0,77			
Beatriz Neto Costa	00	+0,77	33.13	Sara Silva Marques	01	+0,28	30.50
Ines Neto Rocha	01	+0,43	34.10	Julia Albuquerque Fraga	01	+0,43	27.96

Prova 17

10-12-2016 - 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Joao Pedro Gil	97	Uniao Piedense	3:52.47	+0,62
	50m: 26.56 26.56	150m: 1:25.48 29.71	250m: 2:25.23 29.62	350m: 3:24.14 29.13	
	100m: 55.77 29.21	200m: 1:55.61 30.13	300m: 2:55.01 29.78	400m: 3:52.47 28.33	
2.	Jose Paula Carvalho	98	Uniao Piedense	3:52.85	+0,71
	50m: 27.15 27.15	150m: 1:26.36 29.86	250m: 2:26.28 29.94	350m: 3:24.59 28.73	
	100m: 56.50 29.35	200m: 1:56.34 29.98	300m: 2:55.86 29.58	400m: 3:52.85 28.26	
3.	Rafael Lourenco Gil	96	Benfica	3:53.90	+0,72
	50m: 27.21 27.21	150m: 1:25.84 29.57	250m: 2:25.57 29.93	350m: 3:25.07 29.68	
	100m: 56.27 29.06	200m: 1:55.64 29.80	300m: 2:55.39 29.82	400m: 3:53.90 28.83	
4.	Guilherme Pereira Dias	97	Sporting	3:55.62	+0,71
	50m: 26.94 26.94	150m: 1:26.38 29.89	250m: 2:26.62 30.15	350m: 3:25.49 29.34	
	100m: 56.49 29.55	200m: 1:56.47 30.09	300m: 2:56.15 29.53	400m: 3:55.62 30.13	
5.	Joao Carlos Santos	96	Uniao Piedense	3:57.02	+0,70
	50m: 27.66 27.66	150m: 1:28.20 30.57	250m: 2:28.25 29.33	350m: 3:27.49 29.91	
	100m: 57.63 29.97	200m: 1:58.92 30.72	300m: 2:57.58 29.33	400m: 3:57.02 29.53	
6.	Guilherme Filipe Pina	98	Sporting	3:57.16	+0,73
	50m: 27.26 27.26	150m: 1:26.24 29.77	250m: 2:26.45 30.02	350m: 3:26.98 30.19	
	100m: 56.47 29.21	200m: 1:56.43 30.19	300m: 2:56.79 30.34	400m: 3:57.16 30.18	
7.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:58.51	+0,68
	50m: 26.35 26.35	150m: 1:25.22 29.85	250m: 2:26.07 30.28	350m: 3:27.65 30.89	
	100m: 55.37 29.02	200m: 1:55.79 30.57	300m: 2:56.76 30.69	400m: 3:58.51 30.86	
8.	Mario Andre Bonanca	90	Sporting	3:59.38	+0,82
	50m: 27.24 27.24	150m: 1:26.54 29.99	250m: 2:27.17 30.41	350m: 3:29.47 31.37	
	100m: 56.55 29.31	200m: 1:56.76 30.22	300m: 2:58.10 30.93	400m: 3:59.38 29.91	

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Afonso Ribeiro Bate	98	Alges	4:01.47	+0,67
	50m: 27.72 27.72	150m: 1:29.19 30.95	250m: 2:31.02 30.72	350m: 3:32.37 30.50	
	100m: 58.24 30.52	200m: 2:00.30 31.11	300m: 3:01.87 30.85	400m: 4:01.47 29.10	
10.	Andre Filipe Farinha	96	Benfica	4:02.46	+0,61
	50m: 27.31 27.31	150m: 1:27.81 30.62	250m: 2:28.65 30.33	350m: 3:31.44 31.58	
	100m: 57.19 29.88	200m: 1:58.32 30.51	300m: 2:59.86 31.21	400m: 4:02.46 31.02	
11.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	4:02.66	+0,71
	50m: 27.03 27.03	150m: 1:26.78 30.07	250m: 2:28.03 30.67	350m: 3:31.27 31.76	
	100m: 56.71 29.68	200m: 1:57.36 30.58	300m: 2:59.51 31.48	400m: 4:02.66 31.39	
12.	Ruben Jose Morim	97	Vilacondense	4:04.37	+0,73
	50m: 27.57 27.57	150m: 1:28.53 30.80	250m: 2:31.50 31.53	350m: 3:34.08 31.16	
	100m: 57.73 30.16	200m: 1:59.97 31.44	300m: 3:02.92 31.42	400m: 4:04.37 30.29	
13.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:05.39	+0,71
	50m: 26.96 26.96	150m: 1:28.30 31.03	250m: 2:30.97 31.31	350m: 3:34.84 31.88	
	100m: 57.27 30.31	200m: 1:59.66 31.36	300m: 3:02.96 31.99	400m: 4:05.39 30.55	
14.	Rui Filipe Costa	91	Vitoria Guimaraes	4:06.37	+0,72
	50m: 28.00 28.00	150m: 1:29.05 30.78	250m: 2:32.06 31.48	350m: 3:35.91 32.10	
	100m: 58.27 30.27	200m: 2:00.58 31.53	300m: 3:03.81 31.75	400m: 4:06.37 30.46	
15.	Joao Duarte Santos	95	Benfica	4:08.24	+0,71
	50m: 27.36 27.36	150m: 1:27.94 30.67	250m: 2:30.42 31.59	350m: 3:36.14 33.04	
	100m: 57.27 29.91	200m: 1:58.83 30.89	300m: 3:03.10 32.68	400m: 4:08.24 32.10	
16.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	4:08.34	+0,75
	50m: 27.65 27.65	150m: 1:29.27 30.99	250m: 2:33.03 31.78	350m: 3:37.26 32.20	
	100m: 58.28 30.63	200m: 2:01.25 31.98	300m: 3:05.06 32.03	400m: 4:08.34 31.08	

Juniores

1.	Jose Paulo Lopes	00	Braga	3:58.55	+0,70
	50m: 27.17 27.17	150m: 1:26.85 30.20	250m: 2:27.60 30.28	350m: 3:29.05 30.63	
	100m: 56.65 29.48	200m: 1:57.32 30.47	300m: 2:58.42 30.82	400m: 3:58.55 29.50	
2.	Roberto Donald Gomes	00	Alges	3:59.80	+0,76
	50m: 27.26 27.26	150m: 1:27.20 30.43	250m: 2:28.62 30.80	350m: 3:30.50 30.74	
	100m: 56.77 29.51	200m: 1:57.82 30.62	300m: 2:59.76 31.14	400m: 3:59.80 29.30	
3.	Antonio Fernando Pinto	99	Lousada SXXI	3:59.82	+0,73
	50m: 26.87 26.87	150m: 1:27.38 30.36	250m: 2:28.78 30.73	350m: 3:30.53 30.83	
	100m: 57.02 30.15	200m: 1:58.05 30.67	300m: 2:59.70 30.92	400m: 3:59.82 29.29	
4.	Tiago Cunha Costa	99	Sporting	4:00.31	+0,72
	50m: 27.46 27.46	150m: 1:27.18 29.91	250m: 2:28.27 30.64	350m: 3:30.61 31.35	
	100m: 57.27 29.81	200m: 1:57.63 30.45	300m: 2:59.26 30.99	400m: 4:00.31 29.70	

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Pedro Galvao Gouveia	99	Desportivo Nacional	4:01.11	+0,70
	50m: 27.17 27.17	150m: 1:27.44 30.42	250m: 2:29.68 31.35	350m: 3:31.69 30.76	
	100m: 57.02 29.85	200m: 1:58.33 30.89	300m: 3:00.93 31.25	400m: 4:01.11 29.42	
6.	Joao Cruz Castro	00	Sao Roque	4:01.61	+0,67
	50m: 27.63 27.63	150m: 1:29.56 31.07	250m: 2:31.07 30.37	350m: 3:31.88 30.15	
	100m: 58.49 30.86	200m: 2:00.70 31.14	300m: 3:01.73 30.66	400m: 4:01.61 29.73	
7.	Jose Pedro Fernandes	99	Braga	4:02.84	+0,71
	50m: 27.11 27.11	150m: 1:27.58 30.31	250m: 2:29.67 31.21	350m: 3:32.16 31.29	
	100m: 57.27 30.16	200m: 1:58.46 30.88	300m: 3:00.87 31.20	400m: 4:02.84 30.68	
8.	Filipe Miguel Santo	00	Benfica	4:03.61	+0,80
	50m: 28.17 28.17	150m: 1:29.38 31.00	250m: 2:31.19 30.88	350m: 3:33.31 31.04	
	100m: 58.38 30.21	200m: 2:00.31 30.93	300m: 3:02.27 31.08	400m: 4:03.61 30.30	
9.	Miguel Ribeiro Bate	99	Alges	4:04.13	+0,71
	50m: 27.25 27.25	150m: 1:28.94 31.28	250m: 2:31.46 31.11	350m: 3:33.88 31.14	
	100m: 57.66 30.41	200m: 2:00.35 31.41	300m: 3:02.74 31.28	400m: 4:04.13 30.25	
10.	Andre Vilas Ruivo	00	Sporting	4:04.27	+0,70
	50m: 27.80 27.80	150m: 1:28.94 30.69	250m: 2:30.76 30.74	350m: 3:33.34 31.43	
	100m: 58.25 30.45	200m: 2:00.02 31.08	300m: 3:01.91 31.15	400m: 4:04.27 30.93	
11.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:04.33	+0,77
	50m: 27.54 27.54	150m: 1:27.46 30.38	250m: 2:30.09 31.33	350m: 3:33.41 31.66	
	100m: 57.08 29.54	200m: 1:58.76 31.30	300m: 3:01.75 31.66	400m: 4:04.33 30.92	
12.	Diogo Barbosa Nunes	00	Fluvial Portuense	4:05.84	+0,74
	50m: 27.24 27.24	150m: 1:27.73 30.59	250m: 2:30.02 31.22	350m: 3:34.24 32.14	
	100m: 57.14 29.90	200m: 1:58.80 31.07	300m: 3:02.10 32.08	400m: 4:05.84 31.60	
13.	Tiago Filipe Campos	99	Rio Maior	4:06.43	+0,83
	50m: 27.98 27.98	150m: 1:29.13 30.96	250m: 2:32.26 31.66	350m: 3:36.20 32.08	
	100m: 58.17 30.19	200m: 2:00.60 31.47	300m: 3:04.12 31.86	400m: 4:06.43 30.23	
14.	Joao Daniel Machado	99	Uniao Piedense	4:06.59	+0,76
	50m: 28.16 28.16	150m: 1:30.30 31.06	250m: 2:33.33 31.16	350m: 3:35.79 31.21	
	100m: 59.24 31.08	200m: 2:02.17 31.87	300m: 3:04.58 31.25	400m: 4:06.59 30.80	
15.	Diogo Leal Dantas	00	Sporting	4:07.14	+0,57
	50m: 27.22 27.22	150m: 1:29.49 31.60	250m: 2:32.71 31.37	350m: 3:36.35 31.94	
	100m: 57.89 30.67	200m: 2:01.34 31.85	300m: 3:04.41 31.70	400m: 4:07.14 30.79	
16.	Tiago Silva Soares	99	Porto	4:07.15	+0,75
	50m: 27.04 27.04	150m: 1:29.78 32.02	250m: 2:32.10 29.96	350m: 3:35.82 32.24	
	100m: 57.76 30.72	200m: 2:02.14 32.36	300m: 3:03.58 31.48	400m: 4:07.15 31.33	
17.	Bernardo Garcia Perloiro	00	Sporting	4:09.45	+0,64
	50m: 28.58 28.58	150m: 1:31.16 31.35	250m: 2:34.02 31.35	350m: 3:37.73 31.95	
	100m: 59.81 31.23	200m: 2:02.67 31.51	300m: 3:05.78 31.76	400m: 4:09.45 31.72	
18.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:09.81	+0,64
	50m: 28.69 28.69	150m: 1:31.81 31.96	250m: 2:35.07 31.38	350m: 3:38.41 31.90	
	100m: 59.85 31.16	200m: 2:03.69 31.88	300m: 3:06.51 31.44	400m: 4:09.81 31.40	
19.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:10.62	+0,73
	50m: 27.87 27.87	150m: 1:30.35 31.66	250m: 2:34.28 32.34	350m: 3:39.58 32.50	
	100m: 58.69 30.82	200m: 2:01.94 31.59	300m: 3:07.08 32.80	400m: 4:10.62 31.04	

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
20.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:11.40	+0,78
	50m: 27.88 27.88	150m: 1:30.17 31.50	250m: 2:34.36 32.65	350m: 3:39.42 32.82	
	100m: 58.67 30.79	200m: 2:01.71 31.54	300m: 3:06.60 32.24	400m: 4:11.40 31.98	
21.	Jose Henriques Luz	99	Torres Novas	4:11.83	+0,87
	50m: 28.70 28.70	150m: 1:31.11 31.55	250m: 2:35.58 32.25	350m: 3:40.33 32.47	
	100m: 59.56 30.86	200m: 2:03.33 32.22	300m: 3:07.86 32.28	400m: 4:11.83 31.50	
22.	Nuno Correia Sousa	00	Fluvial Portuense	4:13.04	+0,84
	50m: 28.15 28.15	150m: 1:31.01 31.77	250m: 2:35.08 31.97	350m: 3:40.81 33.06	
	100m: 59.24 31.09	200m: 2:03.11 32.10	300m: 3:07.75 32.67	400m: 4:13.04 32.23	

Prova 18
10-12-2016 - 9:25

Femin., 400m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12-12-2015
Recordes Nacionais 25m Sen	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Maria Teresa Amorim	97	Porto	4:19.22	+0,79
	50m: 29.48 29.48	150m: 1:33.07 32.37	250m: 2:39.16 33.17	350m: 3:46.70 33.84	
	100m: 1:00.70 31.22	200m: 2:05.99 32.92	300m: 3:12.86 33.70	400m: 4:19.22 32.52	
2.	Angelica Maria Andre	94	Fluvial Portuense	4:20.68	+0,78
	50m: 30.99 30.99	150m: 1:37.75 33.76	250m: 2:44.34 32.83	350m: 3:49.47 32.73	
	100m: 1:03.99 33.00	200m: 2:11.51 33.76	300m: 3:16.74 32.40	400m: 4:20.68 31.21	
3.	Francisca Gomes Azevedo	97	Alges	4:21.19	+0,76
	50m: 28.74 28.74	150m: 1:33.25 32.52	250m: 2:40.60 33.94	350m: 3:48.45 33.82	
	100m: 1:00.73 31.99	200m: 2:06.66 33.41	300m: 3:14.63 34.03	400m: 4:21.19 32.74	
4.	Beatriz Paulo Ranito	99	Sporting	4:21.51	+0,78
	50m: 29.90 29.90	150m: 1:35.52 33.07	250m: 2:42.70 33.79	350m: 3:49.52 33.40	
	100m: 1:02.45 32.55	200m: 2:08.91 33.39	300m: 3:16.12 33.42	400m: 4:21.51 31.99	
5.	Vania Soares Neves	90	Fluvial Portuense	4:24.92	+0,78
	50m: 30.68 30.68	150m: 1:36.31 33.17	250m: 2:43.65 33.84	350m: 3:51.40 33.95	
	100m: 1:03.14 32.46	200m: 2:09.81 33.50	300m: 3:17.45 33.80	400m: 4:24.92 33.52	
6.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:26.88	+0,85
	50m: 30.54 30.54	150m: 1:37.18 33.56	250m: 2:45.86 34.43	350m: 3:54.99 34.58	
	100m: 1:03.62 33.08	200m: 2:11.43 34.25	300m: 3:20.41 34.55	400m: 4:26.88 31.89	
7.	Beatriz Barros Carmo	99	Alges	4:27.20	+0,73
	50m: 30.15 30.15	150m: 1:37.27 33.70	250m: 2:45.15 33.79	350m: 3:54.15 34.50	
	100m: 1:03.57 33.42	200m: 2:11.36 34.09	300m: 3:19.65 34.50	400m: 4:27.20 33.05	
8.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:29.20	+0,86
	50m: 30.85 30.85	150m: 1:38.07 34.18	250m: 2:46.06 33.83	350m: 3:54.97 34.58	
	100m: 1:03.89 33.04	200m: 2:12.23 34.16	300m: 3:20.39 34.33	400m: 4:29.20 34.23	

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Soraia Vanessa Ribeiro	92	Estrelas S. Joao de Brito	4:34.01	+0,87
	50m: 31.31 31.31	150m: 1:39.33 34.34	250m: 2:48.56 34.12	350m: 3:59.77 35.68	
	100m: 1:04.99 33.68	200m: 2:14.44 35.11	300m: 3:24.09 35.53	400m: 4:34.01 34.24	
10.	Raquel Paulo Ranito	94	Sporting	4:34.02	+0,73
	50m: 30.57 30.57	150m: 1:38.68 34.29	250m: 2:48.45 34.90	350m: 3:59.14 35.30	
	100m: 1:04.39 33.82	200m: 2:13.55 34.87	300m: 3:23.84 35.39	400m: 4:34.02 34.88	
11.	Ana Monica Eloj	96	Nautico Marinha Grande	4:36.12	+0,80
	50m: 30.99 30.99	150m: 1:39.21 34.74	250m: 2:49.45 35.28	350m: 4:01.07 36.04	
	100m: 1:04.47 33.48	200m: 2:14.17 34.96	300m: 3:25.03 35.58	400m: 4:36.12 35.05	
12.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:38.54	+1,00
	50m: 32.35 32.35	150m: 1:42.25 35.19	250m: 2:52.91 35.42	350m: 4:03.66 35.36	
	100m: 1:07.06 34.71	200m: 2:17.49 35.24	300m: 3:28.30 35.39	400m: 4:38.54 34.88	
13.	Maria Joao Fernandes	97	Fluvial Portuense	4:41.00	+0,85
	50m: 30.88 30.88	150m: 1:39.02 34.62	250m: 2:51.33 36.55	350m: 4:04.91 36.64	
	100m: 1:04.40 33.52	200m: 2:14.78 35.76	300m: 3:28.27 36.94	400m: 4:41.00 36.09	

Juniores

1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:20.34	+0,85
	50m: 30.61 30.61	150m: 1:36.42 33.03	250m: 2:42.47 32.86	350m: 3:47.90 32.62	
	100m: 1:03.39 32.78	200m: 2:09.61 33.19	300m: 3:15.28 32.81	400m: 4:20.34 32.44	
2.	Sara Sofia Alves	01	Columbofila Cantanhedense	4:23.82	+0,80
	50m: 31.33 31.33	150m: 1:36.67 33.04	250m: 2:43.49 33.25	350m: 3:50.79 33.90	
	100m: 1:03.63 32.30	200m: 2:10.24 33.57	300m: 3:16.89 33.40	400m: 4:23.82 33.03	
3.	Miriam Filipe Marcos	01	Natacao Olhao	4:25.74	+0,75
	50m: 30.30 30.30	150m: 1:37.21 33.77	250m: 2:44.93 33.61	350m: 3:52.32 33.75	
	100m: 1:03.44 33.14	200m: 2:11.32 34.11	300m: 3:18.57 33.64	400m: 4:25.74 33.42	
4.	Joana Costa Amador	01	Galitos / Bresimar	4:27.97	+0,77
	50m: 31.08 31.08	150m: 1:37.49 33.24	250m: 2:45.30 34.08	350m: 3:54.13 34.44	
	100m: 1:04.25 33.17	200m: 2:11.22 33.73	300m: 3:19.69 34.39	400m: 4:27.97 33.84	
5.	Ana Rita Faria	00	Porto	4:29.64	+0,77
	50m: 30.13 30.13	150m: 1:36.60 33.78	250m: 2:45.31 34.58	350m: 3:55.32 34.96	
	100m: 1:02.82 32.69	200m: 2:10.73 34.13	300m: 3:20.36 35.05	400m: 4:29.64 34.32	
6.	Maria Carolina Costa	01	Porto	4:30.73	+0,71
	50m: 30.50 30.50	150m: 1:38.28 34.29	250m: 2:47.29 34.58	350m: 3:56.75 34.95	
	100m: 1:03.99 33.49	200m: 2:12.71 34.43	300m: 3:21.80 34.51	400m: 4:30.73 33.98	
7.	Carolina Marques Neves	01	Torres Novas	4:31.49	+0,85
	50m: 30.66 30.66	150m: 1:38.42 34.00	250m: 2:48.17 35.26	350m: 3:58.22 35.00	
	100m: 1:04.42 33.76	200m: 2:12.91 34.49	300m: 3:23.22 35.05	400m: 4:31.49 33.27	
8.	Filipa Serrano Rodrigues	01	Uniao Piedense	4:32.45	+0,84
	50m: 30.77 30.77	150m: 1:36.72 33.08	250m: 2:43.83 33.58	350m: 3:49.85 32.31	
	100m: 1:03.64 32.87	200m: 2:10.25 33.53	300m: 3:17.54 33.71	400m: 4:32.45 42.60	
9.	Mariana Santos Ferreira	00	Miranda do Corvo	4:34.10	+0,90
	50m: 31.47 31.47	150m: 1:40.38 34.93	250m: 2:50.06 34.62	350m: 3:59.93 35.22	
	100m: 1:05.45 33.98	200m: 2:15.44 35.06	300m: 3:24.71 34.65	400m: 4:34.10 34.17	

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Ines Alves Martins	01	Fluval Portuense	4:34.32	+0,81
	50m: 30.89 30.89	150m: 1:39.80 34.69	250m: 2:49.27 34.83	350m: 3:59.79 35.21	
	100m: 1:05.11 34.22	200m: 2:14.44 34.64	300m: 3:24.58 35.31	400m: 4:34.32 34.53	
11.	Ines Figueira Santos	00	Uniao Piedense	4:34.49	+0,87
	50m: 31.09 31.09	150m: 1:40.06 34.59	250m: 2:49.91 34.94	350m: 4:00.32 35.35	
	100m: 1:05.47 34.38	200m: 2:14.97 34.91	300m: 3:24.97 35.06	400m: 4:34.49 34.17	
12.	Leila Tavarã Lemos	00	Vilacondense	4:37.79	+0,83
	50m: 31.88 31.88	150m: 1:40.82 34.90	250m: 2:51.35 35.11	350m: 4:02.90 35.74	
	100m: 1:05.92 34.04	200m: 2:16.24 35.42	300m: 3:27.16 35.81	400m: 4:37.79 34.89	
13.	Rita Alexandra Vital	01	Alges	4:38.25	+0,79
	50m: 32.09 32.09	150m: 1:41.86 35.01	250m: 2:52.25 35.11	350m: 4:03.46 35.55	
	100m: 1:06.85 34.76	200m: 2:17.14 35.28	300m: 3:27.91 35.66	400m: 4:38.25 34.79	
14.	Rafaela Araujo Silva	00	Famalicao	4:39.17	+0,86
	50m: 31.44 31.44	150m: 1:41.39 35.50	250m: 2:52.88 35.79	350m: 4:04.50 35.75	
	100m: 1:05.89 34.45	200m: 2:17.09 35.70	300m: 3:28.75 35.87	400m: 4:39.17 34.67	
15.	Eliana Dirce Lourenco	00	Galitos / Bresimar	4:40.46	+0,73
	50m: 31.01 31.01	150m: 1:39.85 34.84	250m: 2:51.24 35.82	350m: 4:04.62 36.86	
	100m: 1:05.01 34.00	200m: 2:15.42 35.57	300m: 3:27.76 36.52	400m: 4:40.46 35.84	
16.	Mariana Silva Ramos	00	Sporting	4:41.49	+1,01
	50m: 31.92 31.92	150m: 1:41.59 35.60	250m: 2:54.22 36.30	350m: 4:06.60 36.09	
	100m: 1:05.99 34.07	200m: 2:17.92 36.33	300m: 3:30.51 36.29	400m: 4:41.49 34.89	
17.	Ana Pimenta Silva	01	Desportiva de Viana	4:44.23	+0,86
	50m: 32.45 32.45	150m: 1:42.62 35.44	250m: 2:55.17 36.40	350m: 4:08.98 37.03	
	100m: 1:07.18 34.73	200m: 2:18.77 36.15	300m: 3:31.95 36.78	400m: 4:44.23 35.25	
18.	Maria Esteves Martins	01	Galitos / Bresimar	4:48.95	+0,79
	50m: 32.10 32.10	150m: 1:43.84 36.25	250m: 2:57.63 36.80	350m: 4:12.48 37.38	
	100m: 1:07.59 35.49	200m: 2:20.83 36.99	300m: 3:35.10 37.47	400m: 4:48.95 36.47	

Prova 19 Masc., 50m Costas 17 anos e mais velhos
10-12-2016 - 9:45 Resultados Elimin

Recordes Nacionais 25m Absoluto	23.90	Alexis Manacas Santos	SCP	Porto	11-12-2015
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	23.90	Alexis Manacas Santos	SCP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	25.92	+0,72 A
2.	Francisco Rogerio Santos	98	Sporting	26.40	+0,84 A
3.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	26.50	+0,66 A
4.	Viktor Kot	98	Nautico Marinha Grande	26.73	+1,26 A
5.	Joao Pedro Santos	95	Estarreja	26.84	+0,63 A
6.	Tomas Correia Silva	95	Porto	26.86	+0,68 A
7.	Filipe Miguel Felix	96	Alges	26.95	+0,73 A
8.	Joao Diogo Fernandes	98	Benfica	27.10	+0,67 A
9.	Joao Jose Laranjeira	98	Galitos / Bresimar	27.12	+1,36 A
10.	Joao Manuel Fernandes	97	Naval do Funchal	27.17	+0,62 A
11.	Joao Mota Correia	97	Benfica	27.32	+0,74 R
12.	Jose Pedro Sampaio	98	Fluvial Portuense	27.33	+0,62 R
13.	Ricardo Saraiva Pires	98	Laranjeiro	27.39	+0,69
14.	Carlos Afonso Almeida	98	Alges	27.40	+0,63
15.	Pedro Romanoski Carvalho	94	Famalicao	27.53	+0,63
DNS	Tiago Manuel Teixeira	96	Fafe		

Prova 20 Femin., 50m Costas 16 anos e mais velhos
10-12-2016 - 9:50 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Ines Camacho Fernandes	97	Sporting	28.58	+0,77 A
2.	Ana Sofia Leite	93	Ginasio de Vila Real	29.30	+0,72 A
3.	Filipa Carreira Alves	99	Uniao Piedense	29.48	+0,71 A
4.	Filipa Vilas Tiago	94	Nacional de Natacao	30.11	+1,77 A
	Catia Raquel Martinheira	95	Louletano / Loule Concelho	30.11	+0,64 A
6.	Catarina Maria Ferreira	98	Desportiva de Viana	30.15	+0,70 A
7.	Sofia Alexandra Rolao	98	Benfica	30.57	+0,70 A
8.	Ana Filipa Costa	98	Beja	30.66	+0,68 A

Prova 20, Femin., 50m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Juliana Lima Freixo	97	Braga	30.69	+0,68 A
10.	Ana Sofia Afonso	99	Desportiva de Viana	30.91	+0,54 A
11.	Rosana Marinho Macedo	99	Foca	30.95	+0,58 R
12.	Jessica Teixeira Vieira	91	Belenenses	31.11	+0,70 R
13.	Vania Soares Neves	90	Fluvial Portuense	31.29	+0,67
14.	Ana Raquel Ferreira	98	Benfica	31.67	+0,67
15.	Matilde Pereira Martins	99	Naval de Faro	31.83	+0,67
DSQ	Beatriz Elisabete Pereira	97	Naval Amorense		

616 - O atleta efectuou a chegada totalmente submerso - SW 6.3

Juniores

1.	Anna Baptista Ferreira	01	Alges	29.97	+0,70 A
2.	Alexandra Jesus Santos	00	Leixoes	30.55	+0,61 A
3.	Ana Carolina Neves	00	Academica de Coimbra	30.78	+1,10 A
4.	Julia Albuquerque Fraga	01	Aquatico Pacense	31.02	+0,68 A
5.	Vera Ines Aguilár	00	Desportivo Nacional	31.07	+0,61 A
6.	Sandra Filipa Mendes	00	Sobral Monte Agraco	31.21	+0,63 A
7.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	31.27	+0,59 A
	Maria Francisca Cabral	00	Porto	31.27	+0,74 A
9.	Maria Beatriz Lopes	00	Benfica	31.38	+0,53 A
10.	Ana Isabel Viveiros	00	Desportivo Nacional	31.64	+0,86 A
11.	Ines Alexandra Freire	01	Aminata	31.74	+0,74 R
12.	Isabel Porfirio Pego	01	Porto	32.19	+0,80 R
13.	Teresa Isabel Granjeia	01	Galitos / Bresimar	32.94	+0,94
14.	Ines Ferreira Duarte	01	Torres Novas	33.04	+0,82

Prova 21

Masc., 200m Bruços

17 anos e mais velhos

10-12-2016 - 9:55

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Nuno Goncalo Quintanilha	87	Belenenses	2:14.11	+0,68 A
	50m: 30.14 30.14	100m: 1:04.58 34.44	150m: 1:39.58 35.00	200m: 2:14.11 34.53	
2.	Francisco Robalo Quintas	95	Belenenses	2:17.44	+0,66 A
	50m: 30.88 30.88	100m: 1:05.34 34.46	150m: 1:41.17 35.83	200m: 2:17.44 36.27	
3.	Hugo Pon	98	Alges	2:17.77	+0,68 A
	50m: 30.59 30.59	100m: 1:05.36 34.77	150m: 1:41.25 35.89	200m: 2:17.77 36.52	

Prova 21, Masc., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Miguel Monteiro Cruchinho	97	Sporting	2:18.43	+0,80 A
	50m: 31.33 31.33	100m: 1:06.72 35.39	150m: 1:42.62 35.90	200m: 2:18.43 35.81	
5.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:19.87	+0,66 A
	50m: 31.05 31.05	100m: 1:06.24 35.19	150m: 1:42.56 36.32	200m: 2:19.87 37.31	
6.	Tiago Martim Alves	97	Benfica	2:20.35	+0,72 A
	50m: 31.62 31.62	100m: 1:07.04 35.42	150m: 1:43.60 36.56	200m: 2:20.35 36.75	
7.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	2:20.36	+0,66 A
	50m: 32.05 32.05	100m: 1:08.37 36.32	150m: 1:45.11 36.74	200m: 2:20.36 35.25	
8.	Diogo Miguel Costa	98	Porto	2:20.59	+0,70 A
	50m: 31.49 31.49	100m: 1:06.96 35.47	150m: 1:43.45 36.49	200m: 2:20.59 37.14	
9.	Mario Jorge Veloso	98	Braga	2:22.74	+0,75 A
	50m: 32.10 32.10	100m: 1:07.95 35.85	150m: 1:44.87 36.92	200m: 2:22.74 37.87	
10.	Nuno Rafael Alves	90	Aquatico Pacense	2:23.15	+0,77 A
	50m: 32.04 32.04	100m: 1:08.47 36.43	150m: 1:45.65 37.18	200m: 2:23.15 37.50	
11.	Tiago Moises Dinis	98	Nautico /Urgicentro-Sanfil	2:23.72	+0,74 R
	50m: 32.51 32.51	100m: 1:08.76 36.25	150m: 1:45.98 37.22	200m: 2:23.72 37.74	
12.	Andre Goncalo Santos	97	Leixoes	2:25.16	+0,78 R
	50m: 31.82 31.82	100m: 1:08.31 36.49	150m: 1:46.59 38.28	200m: 2:25.16 38.57	

Juniores

1.	Antonio Manuel Mendes	99	Sporting	2:21.33	+0,66 A
	50m: 31.80 31.80	100m: 1:07.61 35.81	150m: 1:44.31 36.70	200m: 2:21.33 37.02	
2.	Jorge Jesus Silva	00	Braga	2:22.66	+0,78 A
	50m: 31.58 31.58	100m: 1:07.46 35.88	150m: 1:44.60 37.14	200m: 2:22.66 38.06	
3.	Miguel Angelo Santos	00	Famalicao	2:24.71	+0,77 A
	50m: 32.74 32.74	100m: 1:09.22 36.48	150m: 1:46.92 37.70	200m: 2:24.71 37.79	
4.	Andre Tavares Grenho	99	Sporting	2:25.52	+0,77 A
	50m: 32.01 32.01	100m: 1:08.51 36.50	150m: 1:46.57 38.06	200m: 2:25.52 38.95	
5.	Rafael Gomes Simoes	00	Amigos da Montanha	2:25.88	+0,81 A
	50m: 32.47 32.47	100m: 1:10.03 37.56	150m: 1:48.44 38.41	200m: 2:25.88 37.44	
6.	Afonso Guilherme Jesus	00	Sporting	2:26.28	+0,68 A
	50m: 33.08 33.08	100m: 1:10.25 37.17	150m: 1:48.27 38.02	200m: 2:26.28 38.01	
7.	Miguel Caridade Gaspar	99	Academica de Coimbra	2:27.00	+0,72 A
	50m: 33.78 33.78	100m: 1:10.79 37.01	150m: 1:48.93 38.14	200m: 2:27.00 38.07	
8.	Joao Manuel Vargas	00	Alges	2:27.34	+0,69 A
	50m: 33.56 33.56	100m: 1:10.89 37.33	150m: 1:49.07 38.18	200m: 2:27.34 38.27	
9.	Miguel Goncalves Frade	00	Torres Novas	2:28.16	+0,86 A
	50m: 33.68 33.68	100m: 1:10.96 37.28	150m: 1:49.76 38.80	200m: 2:28.16 38.40	
10.	Joao Nunes Cotrim	99	Naval do Funchal	2:28.39	+0,64 A
	50m: 33.26 33.26	100m: 1:11.46 38.20	150m: 1:50.56 39.10	200m: 2:28.39 37.83	

Prova 21, Masc., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Rodrigo Ferreira Sousa	99	Gesloures	2:29.43	+0,67 R
	50m: 33.82 33.82	100m: 1:11.78 37.96	150m: 1:51.15 39.37	200m: 2:29.43 38.28	
12.	Sebastiao Limbert Piedade	00	Alges	2:29.71	+0,70 R
	50m: 32.87 32.87	100m: 1:10.56 37.69	150m: 1:49.35 38.79	200m: 2:29.71 40.36	
13.	Joao Miguel Santana	00	Pimpoes/Cimai	2:29.74	+0,71
	50m: 33.21 33.21	100m: 1:11.84 38.63	150m: 1:51.05 39.21	200m: 2:29.74 38.69	
14.	Francisco Xavier Tomas	00	Alcobaca	2:36.64	+0,74
	50m: 34.26 34.26	100m: 1:13.05 38.79	150m: 1:54.07 41.02	200m: 2:36.64 42.57	
DSQ	Daniel Nogueira Catalao	00	Uniao Piedense		
	<i>730 - Vários movimentos verticais de pernas após viragem aos 100 m - SW 7.1</i>				

Prova 22

Femin., 200m Bruços

16 anos e mais velhos

10-12-2016 - 10:05

Resultados Elimin

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Claudia Ferreira Borges	99	Benfica	2:36.21	+0,71 A
	50m: 34.82 34.82	100m: 1:14.25 39.43	150m: 1:55.28 41.03	200m: 2:36.21 40.93	
2.	Angelica Maria Andre	94	Fluvial Portuense	2:39.18	+0,73 A
	50m: 35.10 35.10	100m: 1:15.26 40.16	150m: 1:56.80 41.54	200m: 2:39.18 42.38	
3.	Beatriz Pereira Vasconcelos	98	Vilacondense	2:41.31	+0,75 A
	50m: 37.52 37.52	100m: 1:18.12 40.60	150m: 1:59.62 41.50	200m: 2:41.31 41.69	
	Ana Beatriz Pereira	91	Belenenses	2:41.31	+0,68 A
	50m: 36.10 36.10	100m: 1:17.47 41.37	150m: 1:58.82 41.35	200m: 2:41.31 42.49	
5.	Catarina Costa Sequeira	98	Estrelas S. Joao de Brito	2:41.45	A
	50m: 35.69 35.69	100m: 1:16.72 41.03	150m: 1:59.08 42.36	200m: 2:41.45 42.37	
6.	Mariana Domingues Paz	98	Miranda do Corvo	2:42.54	+0,80 A
	50m: 37.27 37.27	100m: 1:19.24 41.97	150m: 2:00.63 41.39	200m: 2:42.54 41.91	
7.	Beatriz Castanheira Dias	99	Academica de Coimbra	2:43.85	+0,69 A
	50m: 37.32 37.32	100m: 1:18.96 41.64	150m: 2:01.91 42.95	200m: 2:43.85 41.94	
8.	Carolina Lourenco Matos	98	Naval Amorense	2:44.05	+0,77 A
	50m: 38.05 38.05	100m: 1:20.64 42.59	150m: 2:02.47 41.83	200m: 2:44.05 41.58	
9.	Rita Costa Amador	99	Galitos / Bresimar	2:47.54	+0,71 A
	50m: 38.27 38.27	100m: 1:20.96 42.69	150m: 2:03.94 42.98	200m: 2:47.54 43.60	
10.	Bruna Martins Riesenberger	97	Laranjeiro	2:48.59	+0,72 A
	50m: 38.24 38.24	100m: 1:21.56 43.32	150m: 2:04.94 43.38	200m: 2:48.59 43.65	

Prova 22, Femin., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Ana Rita Rodrigues	99	Sporting de Aveiro	2:50.33	+0,81 R
	50m: 38.91 38.91	100m: 1:21.82 42.91	150m: 2:05.47 43.65	200m: 2:50.33 44.86	

Juniores

1.	Raquel Gomes Pereira <i>Rec Nacional, Jun 17</i>	00	Alges	2:26.47	+0,76 A
	50m: 33.13 33.13	100m: 1:10.55 37.42	150m: 1:48.54 37.99	200m: 2:26.47 37.93	
2.	Ines Neto Rocha	01	Aquatico Pacense	2:36.80	+0,97 A
	50m: 35.33 35.33	100m: 1:15.53 40.20	150m: 1:56.05 40.52	200m: 2:36.80 40.75	
3.	Luisa Maria Machado	01	Uniao Piedense	2:38.32	+0,89 A
	50m: 35.84 35.84	100m: 1:15.51 39.67	150m: 1:56.50 40.99	200m: 2:38.32 41.82	
4.	Laura Catarina Abreu	00	WOS Team	2:42.78	+0,77 A
	50m: 38.10 38.10	100m: 1:17.98 39.88	150m: 1:59.67 41.69	200m: 2:42.78 43.11	
5.	Ana Filipa Veiga	01	Gafanha da Encarnacao	2:43.64	+0,79 A
	50m: 36.83 36.83	100m: 1:17.95 41.12	150m: 2:00.56 42.61	200m: 2:43.64 43.08	
6.	Ines Rocha Silva	00	Alcobaca	2:43.77	+0,72 A
	50m: 36.88 36.88	100m: 1:19.40 42.52	150m: 2:01.65 42.25	200m: 2:43.77 42.12	
7.	Ines Silva Bernardo	00	Colegio Monte Maior	2:43.94	+0,70 A
	50m: 37.08 37.08	100m: 1:18.22 41.14	150m: 2:00.71 42.49	200m: 2:43.94 43.23	
8.	Luana Correia Rodrigues	01	Belenenses	2:45.43	+0,70 A
	50m: 37.39 37.39	100m: 1:19.11 41.72	150m: 2:01.49 42.38	200m: 2:45.43 43.94	
9.	Ines Araujo Martins	01	Famalicao	2:45.64	+0,85 A
	50m: 37.70 37.70	100m: 1:20.60 42.90	150m: 2:03.28 42.68	200m: 2:45.64 42.36	
10.	Ariana Santos Lopes	00	Estarreja	2:46.90	+0,76 A
	50m: 37.64 37.64	100m: 1:19.68 42.04	150m: 2:03.25 43.57	200m: 2:46.90 43.65	
11.	Mafalda Gilberto Marques	01	Natacao do Tejo	2:47.77	+0,72 R
	50m: 38.64 38.64	100m: 1:20.72 42.08	150m: 2:04.34 43.62	200m: 2:47.77 43.43	
12.	Mariana Sobral Galacha	01	Sporting	2:48.44	+0,74 R
	50m: 38.42 38.42	100m: 1:20.97 42.55	150m: 2:04.51 43.54	200m: 2:48.44 43.93	
13.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:49.12	+0,86
	50m: 36.39 36.39	100m: 1:18.97 42.58	150m: 2:03.81 44.84	200m: 2:49.12 45.31	
14.	Andreia Rodrigues Castro	01	Estarreja	2:50.61	+0,81
	50m: 39.45 39.45	100m: 1:22.31 42.86	150m: 2:06.47 44.16	200m: 2:50.61 44.14	
15.	Marta Macedo Ferreira	01	Naval do Funchal	2:51.91	+0,69
	50m: 38.78 38.78	100m: 1:22.63 43.85	150m: 2:07.41 44.78	200m: 2:51.91 44.50	
16.	Ana Rita Costa	01	Natacao de Valongo	2:52.39	+0,72
	50m: 38.53 38.53	100m: 1:22.37 43.84	150m: 2:07.76 45.39	200m: 2:52.39 44.63	

Prova 22, Femin., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac							
17.	Barbara Vilela Magalhaes	01	Porto	2:54.92	+0,69							
	50m:	37.74	37.74	100m:	1:21.18	43.44	150m:	2:07.21	46.03	200m:	2:54.92	47.71

Prova 23 Masc., 100m Mariposa 17 anos e mais velhos
10-12-2016 - 10:20 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	
Seniores						
1.	Nuno Goncalo Quintanilha	87	Belenenses	55.03	+0,68 A	
	50m:	25.91	25.91	100m:	55.03	29.12
2.	Andre Antunes Carvalho	96	Colegio Monte Maior	55.36	+0,75 A	
	50m:	26.18	26.18	100m:	55.36	29.18
3.	Bruno Miguel Ramos	97	Belenenses	55.99	+0,70 A	
	50m:	26.19	26.19	100m:	55.99	29.80
4.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	56.05	+0,70 A	
	50m:	26.27	26.27	100m:	56.05	29.78
	Hugo Guilherme Trigo	97	Sporting de Aveiro	56.05	+0,62 A	
	50m:	26.36	26.36	100m:	56.05	29.69
6.	Luiz Pedro Pereira	91	Benfica	56.10	+0,70 A	
	50m:	26.44	26.44	100m:	56.10	29.66
7.	Joao Carlos Silva	98	Famalicao	56.31	+0,65 A	
	50m:	26.63	26.63	100m:	56.31	29.68
8.	Joao Menezes Aguiar	97	Naval do Funchal	56.41	+0,73 A	
	50m:	26.14	26.14	100m:	56.41	30.27
9.	Miguel Freitas Marques	96	Escola O Liceu	56.64	+0,67 A	
	50m:	26.36	26.36	100m:	56.64	30.28
10.	Fabio Andre Figueira	88	Belenenses	56.86	+0,73 A	
	50m:	26.59	26.59	100m:	56.86	30.27
11.	Fabio Manuel Pereira	86	Vilacondense	56.91	+0,71 R	
	50m:	26.47	26.47	100m:	56.91	30.44
12.	David Granja Lopes	90	Palmela	58.32	+0,75 R	
	50m:	26.77	26.77	100m:	58.32	31.55
13.	Nuno Miguel Graca	98	Desportiva de Viana	58.73	+0,73	
	50m:	26.60	26.60	100m:	58.73	32.13

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
DSQ	Miguel Goncalves Ferreira <i>403 - Falsa partida - SW 4.4</i>	93	Desportivo Nacional		
DNS	Carlos Filipe Santos	91	Porto		

Juniores

1.	Afonso Meneses Sequeira 50m: 26.27 26.27 100m: 56.20 29.93	99	Naval do Funchal	56.20	+0,71 A
2.	Pedro Galvao Gouveia 50m: 26.82 26.82 100m: 56.69 29.87	99	Desportivo Nacional	56.69	+0,64 A
3.	Porfirio Braga Nunes 50m: 26.84 26.84 100m: 56.72 29.88	00	Vilacondense	56.72	+0,76 A
4.	Mateus Ribeiro Carvalho 50m: 26.71 26.71 100m: 56.77 30.06	99	Famalicao	56.77	+0,69 A
5.	Martim Moniz Silva 50m: 26.77 26.77 100m: 57.49 30.72	99	Naval do Funchal	57.49	+0,61 A
6.	Francisco Ribeiro Constantino 50m: 26.76 26.76 100m: 57.97 31.21	99	Naval da Nazare	57.97	+0,68 A
7.	Tiago Filipe Campos 50m: 27.13 27.13 100m: 58.16 31.03	99	Rio Maior	58.16	+0,82 A
8.	Afonso Ribeiro Couto 50m: 27.03 27.03 100m: 58.62 31.59	99	Natacao de Valongo	58.62	+0,68 A
9.	Joao Fernandes Garcia 50m: 27.58 27.58 100m: 58.83 31.25	00	Avancado EUL	58.83	+0,69 A
10.	Koen Weustink 50m: 27.20 27.20 100m: 59.08 31.88	00	Ginasio de Vila Real	59.08	+0,67 A
11.	Tomas Silva Coxixo 50m: 27.33 27.33 100m: 59.23 31.90	99	Palmela	59.23	+0,77 R
12.	Joao Vitor Fernandes 50m: 27.77 27.77 100m: 59.65 31.88	00	Escola O Liceu	59.65	+0,74 R
13.	Joao Silverio Duarte 50m: 28.01 28.01 100m: 59.93 31.92	99	Electrico Clube	59.93	+0,76
DSQ	Miguel Camara Gomes <i>812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 50 m - SW 8.4</i>	99	Naval do Funchal		
DNF	Pedro Miguel Fernandes	99	Vitoria Guimaraes		

Prova 24 Femin., 100m Mariposa 16 anos e mais velhos
10-12-2016 - 10:25 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
1.	Ana Margarida Guedes	01	Ginasio de Vila Real	1:03.47	+0,59 A
	50m: 29.03 29.03	100m:	1:03.47 34.44		
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	1:03.99	+0,73 A
	50m: 30.01 30.01	100m:	1:03.99 33.98		
3.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	1:05.08	+0,85 A
	50m: 30.63 30.63	100m:	1:05.08 34.45		
4.	Joana Victorino Henriques	01	Condeixa Clube	1:05.39	+0,69 A
	50m: 30.47 30.47	100m:	1:05.39 34.92		
5.	Bruna Andreia Simoes	01	Nautico Marinha Grande	1:05.50	+0,74 A
	50m: 30.67 30.67	100m:	1:05.50 34.83		
6.	Laura Sanchez Rodrigues	00	Belenenses	1:05.67	+0,72 A
	50m: 29.90 29.90	100m:	1:05.67 35.77		
7.	Carolina Abreu Boulhosa	01	Naval do Funchal	1:06.55	+0,73 A
	50m: 30.44 30.44	100m:	1:06.55 36.11		
8.	Beatriz Jong Rosa	00	WOS Team	1:06.58	+0,81 A
	50m: 31.21 31.21	100m:	1:06.58 35.37		
9.	Sara Silva Marques	01	Aquatico Pacense	1:06.73	+0,82 A
	50m: 30.93 30.93	100m:	1:06.73 35.80		
10.	Cristiana Sofia Ribeiro	00	Famalicao	1:06.90	+0,74 A
	50m: 31.24 31.24	100m:	1:06.90 35.66		
11.	Mariana Sebastiao Mendes	01	Portinado	1:07.28	+0,79 R
	50m: 31.03 31.03	100m:	1:07.28 36.25		
12.	Monica Seara Domingues	00	Nautico Marinha Grande	1:07.62	+0,81 R
	50m: 32.27 32.27	100m:	1:07.62 35.35		
13.	Mariana Matos Ribeiro	01	Nautico /Urgicentro-Sanfil	1:07.68	+0,68
	50m: 31.20 31.20	100m:	1:07.68 36.48		
14.	Daniela Eleuterio Correia	00	Sobral Monte Agraco	1:07.99	+0,79
	50m: 31.74 31.74	100m:	1:07.99 36.25		
15.	Margarida Malheiro Neves	01	Braga	1:08.30	+0,70
	50m: 31.55 31.55	100m:	1:08.30 36.75		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
16.	Tatiana Raquel Pombo	01	Naval Amorense	1:08.47	+0,72
	50m: 31.07 31.07	100m: 1:08.47	37.40		
17.	Eva Fernandes Cardoso	01	Fundacao Beatriz Santos	1:08.87	+0,93
	50m: 32.06 32.06	100m: 1:08.87	36.81		
18.	Eliana Dirce Lourenco	00	Galitos / Bresimar	1:09.17	+0,75
	50m: 31.96 31.96	100m: 1:09.17	37.21		
19.	Sofia Alexandra Nunes	00	Laranjeiro	1:09.90	+0,78
	50m: 32.26 32.26	100m: 1:09.90	37.64		

Prova 25

Masc., 50m Livres

17 anos e mais velhos

10-12-2016 - 10:40

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
1.	Miguel Henriques Marques	00	Uniao Piedense	23.82	+0,77 A
2.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	23.86	+0,71 A
3.	Tiago Silva Soares	99	Porto	23.92	+0,74 A
	Joao Cruz Castro	00	Sao Roque	23.92	+0,71 A
5.	Jaime Daniel Correia	99	Estrelas S. Joao de Brito	23.94	+0,57 A
6.	Diogo Jesus Crespo	99	Desportivo Nacional	24.09	+0,65 A
7.	Diogo Alexandre Pacheco	99	Bombeiros Ponta Delgada	24.16	+0,63 A
8.	Bernardo Jose Dionisio	99	Gualdim Pais	24.39	+0,60 A
9.	Jose Pedro Fernandes	99	Braga	24.43	+0,69 A
	Miguel Diogo Agostinho	00	Fundacao Beatriz Santos	24.43	+0,69 A
11.	Koen Weustink	00	Ginasio de Vila Real	24.53	+0,70 R
12.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	24.77	+0,77 R
13.	Joao Fernandes Garcia	00	Avancado EUL	24.83	+0,62

Prova 26 Femin., 50m Livres 16 anos e mais velhos
10-12-2016 - 10:45 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	25.95	Beatriz Mendes Viegas	TNC	Vila Real Stº Antonio	12-11-2016
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Catarina Maria Ferreira	98	Desportiva de Viana	26.53	+0,68 A
2.	Ana Sofia Leite	93	Ginasio de Vila Real	26.70	+0,71 A
3.	Jessica Teixeira Vieira	91	Belenenses	26.75	+0,65 A
4.	Rosa Maria Oliveira	96	Porto	26.91	+0,67 A
	Adriana Daniela Castro	97	Aquatico Pacense	26.91	+0,70 A
6.	Rita Barros Frischknecht	98	Alges	26.92	+0,72 A
7.	Mafalda Gomes Beleza	94	Sporting	27.37	+0,47 A
8.	Ana Beatriz Fonseca	99	Academica de Coimbra	27.51	+0,63 A
9.	Filipa Vilas Tiago	94	Nacional de Natacao	27.57	+0,66 A
10.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	28.17	+0,73 ?
	Jessica Sousa Brito	97	Benfica	28.17	+0,81 ?

Juniores					
1.	Ana Margarida Guedes	01	Ginasio de Vila Real	27.12	+0,55 A
2.	Ana Rita Faria	00	Porto	27.28	+0,73 A
3.	Matilde Aguas Marques	00	Portinado	27.56	+0,75 A
4.	Laura Sanchez Rodrigues	00	Belenenses	27.61	+0,72 A
5.	Matilde Freitas Moreira	01	Academica de Coimbra	27.75	+0,71 A
6.	Isabel Porfirio Pego	01	Porto	27.79	+0,72 A
7.	Joana Costa Amador	01	Galitos / Bresimar	27.80	+0,73 A
8.	Sofia Alexandra Nunes	00	Laranjeiro	27.84	+0,76 A
9.	Ana Carolina Neves	00	Academica de Coimbra	27.85	+0,71 A
10.	Vera Ines Aguilar	00	Desportivo Nacional	28.02	+0,69 A
11.	Alexandra Jesus Santos	00	Leixoes	28.20	+0,69 R
12.	Carolina Marques Neves	01	Torres Novas	28.22	+0,73 R
13.	Maria Ines Ferreira	00	Miranda do Corvo	28.23	+0,75
14.	Ana Cruz Antunes	01	Benfica	28.34	+0,69
15.	Ines Alexandra Freire	01	Aminata	28.54	+0,81
16.	Tatiana Raquel Pombo	01	Naval Amorense	28.60	+0,75
17.	Laura Catarina Abreu	00	WOS Team	28.67	+0,74
18.	Carolina Abreu Boulhosa	01	Naval do Funchal	29.71	+0,72

Prova 27 Masc., 200m Estilos 17 anos e mais velhos
10-12-2016 - 10:50 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

Lugar Nome Ano Clube Tempo Final TReac

Seniores

1.	Jose Paula Carvalho	98	Uniao Piedense	2:04.50	+0,73	A
	50m: 27.07 27.07	100m: 1:00.68 33.61	150m: 1:35.91 35.23	200m: 2:04.50 28.59		
2.	Bruno Miguel Ramos	97	Belenenses	2:05.66	+0,74	A
	50m: 27.26 27.26	100m: 59.41 32.15	150m: 1:36.54 37.13	200m: 2:05.66 29.12		
3.	Rafael Lourenco Gil	96	Benfica	2:06.52	+0,69	A
	50m: 27.64 27.64	100m: 1:00.44 32.80	150m: 1:36.86 36.42	200m: 2:06.52 29.66		
4.	Pedro Andre Santos	94	Alges	2:08.02	+0,72	A
	50m: 27.32 27.32	100m: 59.16 31.84	150m: 1:36.15 36.99	200m: 2:08.02 31.87		
5.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:08.31	+0,66	A
	50m: 27.10 27.10	100m: 59.96 32.86	150m: 1:37.36 37.40	200m: 2:08.31 30.95		
6.	Tomas Correia Silva	95	Porto	2:08.44	+0,66	A
	50m: 27.74 27.74	100m: 1:01.55 33.81	150m: 1:38.60 37.05	200m: 2:08.44 29.84		
7.	Andre Bras Goncalves	88	Belenenses	2:08.75	+0,68	A
	50m: 27.31 27.31	100m: 59.91 32.60	150m: 1:37.72 37.81	200m: 2:08.75 31.03		
8.	Joao Pedro Santos	95	Estarreja	2:08.92	+0,72	A
	50m: 27.58 27.58	100m: 1:00.63 33.05	150m: 1:38.86 38.23	200m: 2:08.92 30.06		
9.	Jose Pedro Sampaio	98	Fluvial Portuense	2:10.50	+0,72	A
	50m: 28.55 28.55	100m: 1:02.05 33.50	150m: 1:39.91 37.86	200m: 2:10.50 30.59		
10.	Bruno Miguel Martins	93	Gesloures	2:12.17	+0,69	A
	50m: 29.06 29.06	100m: 1:02.24 33.18	150m: 1:39.77 37.53	200m: 2:12.17 32.40		
11.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	2:14.26	+0,70	R
	50m: 29.20 29.20	100m: 1:04.91 35.71	150m: 1:42.29 37.38	200m: 2:14.26 31.97		

Juniores

1.	Joao Daniel Machado	99	Uniao Piedense	2:06.85	+0,72	A
	50m: 27.87 27.87	100m: 59.36 31.49	150m: 1:36.97 37.61	200m: 2:06.85 29.88		
2.	Jose Paulo Lopes	00	Braga	2:07.62	+0,69	A
	50m: 27.70 27.70	100m: 59.24 31.54	150m: 1:37.17 37.93	200m: 2:07.62 30.45		
3.	Jose Tomas Simeao	00	Laranjeiro	2:09.17	+0,80	A
	50m: 27.99 27.99	100m: 1:00.10 32.11	150m: 1:38.59 38.49	200m: 2:09.17 30.58		
4.	Porfirio Braga Nunes	00	Vilacondense	2:09.27	+0,74	A
	50m: 27.80 27.80	100m: 1:01.03 33.23	150m: 1:39.46 38.43	200m: 2:09.27 29.81		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Jorge Jesus Silva 50m: 28.36 28.36	00	Braga	2:09.41	+0,80 A
6.	Diogo Leal Dantas 50m: 27.62 27.62	00	Sporting	2:09.91	+0,59 A
7.	Alexandre Ferreira Amorim 50m: 28.76 28.76	99	Colegio SMLamas	2:10.55	+0,72 A
8.	Jose Pedro Freitas 50m: 28.35 28.35	00	Famalicao	2:10.67	+0,68 A
9.	Lucas Pereira Bastos 50m: 28.41 28.41	00	Nautico /Urgicentro-Sanfil	2:11.08	+0,67 A
10.	Andre Vilas Ruivo 50m: 28.76 28.76	00	Sporting	2:11.85	+0,71 A
11.	Bernardo Garcia Perloiro 50m: 28.53 28.53	00	Sporting	2:12.66	+0,64 R
12.	Tiago Cunha Costa 50m: 28.84 28.84	99	Sporting	2:12.75	+0,62 R
13.	Rafael Gomes Simoes 50m: 29.08 29.08	00	Amigos da Montanha	2:13.47	+0,79
14.	Joao Pedro Gomes 50m: 28.74 28.74	99	Miranda do Corvo	2:13.88	+0,66

Prova 28
10-12-2016 - 11:00

Femin., 200m Estilos

16 anos e mais velhos
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	2:16.22	Raquel Gomes Pereira	SAD	Algés	19-11-2016
Recordes Nacionais 25m Sen	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Catia Raquel Martinheira 50m: 30.55 30.55	95	Louletano / Loule Concelho	2:22.32	+0,80 A
2.	Mafalda Gomes Beleza 50m: 31.68 31.68	94	Sporting	2:22.45	+0,68 A
3.	Maria Madalena Silva 50m: 30.68 30.68	98	Braga	2:22.76	+0,73 A
4.	Rita Teixeira Costa 50m: 30.30 30.30	97	Belenenses	2:23.84	+0,68 A
5.	Ana Beatriz Martins 50m: 30.40 30.40	99	Famalicao	2:24.23	+0,82 A

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Carolina Mantua Guedes 50m: 30.59 30.59	98	Sporting	2:24.62 42.07	+0,78 A 32.75
7.	Rita Costa Amador 50m: 31.47 31.47	99	Galitos / Bresimar	2:25.70 43.46	+0,73 A 33.76
8.	Ana Monica Eloi 50m: 31.56 31.56	96	Nautico Marinha Grande	2:26.54 43.03	+0,69 A 34.96
9.	Sofia Machado Dionisio 50m: 31.32 31.32	98	Sporting	2:27.00 42.54	+0,80 A 35.60
10.	Bruna Martins Riesenberger 50m: 31.85 31.85	97	Laranjeiro	2:29.12 43.27	+0,72 A 35.38
11.	Beatriz Pereira Vasconcelos 50m: 33.93 33.93	98	Vilacondense	2:31.01 44.17	+0,73 R 35.05
12.	Carolina Lourenco Matos 50m: 33.88 33.88	98	Naval Amorense	2:31.54 43.22	+0,82 R 33.64
13.	Ana Raquel Ferreira 50m: 33.08 33.08	98	Benfica	2:33.68 48.20	+0,88 35.18
DNS	Madalena Gomes Azevedo	99	Alges		

Juniores

1.	Luisa Maria Machado 50m: 30.77 30.77	01	Uniao Piedense	2:23.15 41.11	+0,84 A 33.70
2.	Ines Neto Rocha 50m: 30.75 30.75	01	Aquatico Pacense	2:23.73 42.18	+0,84 A 33.83
3.	Maria Francisca Cabral 50m: 30.80 30.80	00	Porto	2:23.95 43.79	+0,79 A 32.90
4.	Teresa Miguel Veloso 50m: 31.38 31.38	00	Nautico /Urgicentro-Sanfil	2:24.90 42.22	+0,72 A 34.24
5.	Ines Silva Bernardo 50m: 32.31 32.31	00	Colegio Monte Maior	2:25.15 41.69	+0,76 A 32.95
6.	Ines Rocha Silva 50m: 32.14 32.14	00	Alcobaca	2:25.46 41.94	+0,71 A 33.37
7.	Carolina Rosa Marcelino 50m: 29.83 29.83	01	Alges	2:25.78 43.39	+0,68 A 34.29
8.	Miriam Filipe Marcos 50m: 32.85 32.85	01	Natacao Olhao	2:27.78 43.93	+0,73 A 33.29
9.	Beatriz Santos Silva 50m: 32.56 32.56	01	Porto	2:28.34 42.76	+0,85 A 34.14
10.	Ines Rosado Monteiro 50m: 32.71 32.71	00	Natacao de Vagos	2:30.64 42.86	+0,74 A 34.48

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Sofia Filipa Goncalves	01	Leixoes	2:30.81	+0,75 R
	50m: 33.13 33.13 100m: 1:12.44 39.31 150m: 1:55.26 42.82 200m: 2:30.81 35.55				
12.	Margarida Reconha Marques	00	Nautico Marinha Grande	2:31.54	+0,80 R
	50m: 32.19 32.19 100m: 1:11.76 39.57 150m: 1:55.19 43.43 200m: 2:31.54 36.35				
13.	Matilde Freitas Moreira	01	Academica de Coimbra	2:32.83	+0,70
	50m: 32.18 32.18 100m: 1:10.91 38.73 150m: 1:57.32 46.41 200m: 2:32.83 35.51				
14.	Rita Alexandra Vital	01	Alges	2:32.90	+0,86
	50m: 32.71 32.71 100m: 1:11.65 38.94 150m: 1:57.08 45.43 200m: 2:32.90 35.82				
15.	Raquel Antunes Tremoco	01	Sporting	2:32.91	+0,90
	50m: 32.98 32.98 100m: 1:11.36 38.38 150m: 1:57.50 46.14 200m: 2:32.91 35.41				
16.	Teresa Isabel Granjeia	01	Galitos / Bresimar	2:36.29	+0,83
	50m: 34.80 34.80 100m: 1:12.63 37.83 150m: 1:58.34 45.71 200m: 2:36.29 37.95				

Prova 31

Masc., 4 x 200m Livres

17 anos e mais velhos

10-12-2016 - 11:10

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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Uniao Piedense	7:27.09	+0,73
	Jose Paula Carvalho	98 +0,73 26.05 54.44 1:23.05 1:51.09 1:51.09	
	Tiago Carlos Santos	98 +0,25 26.00 55.22 1:25.41 1:54.46 1:54.46	
	Joao Carlos Santos	96 +0,48 25.90 53.95 1:22.83 1:52.20 1:52.20	
	Joao Pedro Gil	97 +0,38 25.41 53.44 1:21.74 1:49.34 1:49.34	
2.	Benfica-SEN	7:27.26	+0,67
	Joao Duarte Santos	95 +0,67 25.87 54.13 1:22.62 1:51.33 1:51.33	
	Luiz Pedro Pereira	91 +0,32 26.43 55.39 1:24.28 1:53.04 1:53.04	
	Rafael Lourenco Gil	96 +0,32 25.78 53.94 1:22.95 1:51.75 1:51.75	
	Andre Filipe Farinha	96 +0,32 25.54 54.01 1:22.89 1:51.14 1:51.14	
3.	Sporting-SEN	7:27.93	+0,76
	Mario Andre Bonanca	90 +0,76 25.84 53.51 1:22.80 1:52.31 1:52.31	
	Guilherme Filipe Pina	98 +0,25 26.19 54.82 1:24.11 1:53.58 1:53.58	
	Francisco Rogerio Santos	98 +0,40 24.18 51.84 1:21.42 1:51.33 1:51.33	
	Guilherme Pereira Dias	97 +0,42 24.69 52.03 1:20.89 1:50.71 1:50.71	

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

Lugar	Clube	Tempo Final	TReac
4.	Nautico /Urgicentro-Sanfil-SEN	7:31.19	+0,65
	Tomas Miguel Veloso 96	+0,65 26.11 54.41 1:23.35 1:51.92	1:51.92
	Mario Alexandre Pereira 92	+0,25 25.47 53.18 1:21.52 1:49.34	1:49.34
	Francisco Xavier Goncalves 97	+0,18 25.14 53.75 1:22.78 1:52.71	1:52.71
	Tiago Moises Dinis 98	+0,31 26.35 56.13 1:26.69 1:57.22	1:57.22
5.	Alges-SEN	7:32.23	+0,67
	Afonso Ribeiro Bate 98	+0,67 26.16 54.61 1:24.08 1:53.17	1:53.17
	Goncalo Cardoso Carmo 96	+0,31 25.69 54.54 1:23.93 1:53.46	1:53.46
	Francisco Carvalho Machado 98	+0,34 25.37 53.44 1:22.66 1:53.02	1:53.02
	Pedro Andre Santos 94	+0,42 26.16 55.67 1:24.68 1:52.58	1:52.58
6.	Belenenses-SEN	7:33.14	+0,70
	Nuno Goncalo Quintanilha 87	+0,70 26.19 54.24 1:22.55 1:52.11	1:52.11
	Fabio Andre Figueira 88	+0,34 25.93 54.81 1:24.39 1:53.79	1:53.79
	Bruno Miguel Ramos 97	+0,49 25.47 53.72 1:22.69 1:51.51	1:51.51
	Andre Bras Goncalves 88	+0,43 26.04 54.95 1:24.96 1:55.73	1:55.73
7.	Fluvial Portuense-SEN	7:48.16	+0,85
	Joao Luis Travanca 97	+0,85 27.23 57.12 1:28.47 1:59.96	1:59.96
	Filipe Miguel Gomes 97	+0,11 25.52 54.80 1:25.30 1:56.65	1:56.65
	Bernardo Leitao Graca 93	+0,23 25.92 54.96 1:24.97 1:54.96	1:54.96
	Jose Pedro Sampaio 98	+0,42 26.73 56.93 1:27.01 1:56.59	1:56.59

Juniores

1.	Sporting-JUN	7:43.14	+0,69
	Tiago Cunha Costa 99	+0,69 26.34 54.93 1:23.87 1:52.82	1:52.82
	Diogo Leal Dantas 00	+0,25 26.53 56.49 1:27.13 1:57.07	1:57.07
	Bernardo Garcia Perloiro 00	+0,42 26.89 56.64 1:27.05 1:57.41	1:57.41
	Andre Vilas Ruivo 00	+0,42 26.55 55.52 1:25.32 1:55.84	1:55.84
2.	Fluvial Portuense-JUN	7:48.37	+0,70
	Diogo Barbosa Nunes 00	+0,70 26.73 55.31 1:25.16 1:54.85	1:54.85
	Sergio Filipe Travanca 00	+0,35 27.08 56.93 1:27.04 1:57.73	1:57.73
	Diogo Moreno Bastos 00	+0,11 27.06 57.49 1:28.71 1:59.99	1:59.99
	Nuno Correia Sousa 00	+0,34 25.93 54.96 1:25.72 1:55.80	1:55.80
3.	Famalicao-JUN	7:52.01	+0,70
	Miguel Angelo Santos 00	+0,70 27.65 57.22 1:27.34 1:57.31	1:57.31
	Joao Pereira Tinoco 00	+0,09 26.80 57.86 1:27.87 1:57.25	1:57.25
	Mateus Ribeiro Carvalho 99	+0,43 27.34 57.97 1:28.81 1:59.81	1:59.81
	Jose Pedro Freitas 00	+0,48 27.02 56.52 1:26.87 1:57.64	1:57.64
4.	Torres Novas-JUN	7:58.93	+0,75
	Afonso Guilherme Rosa 99	+0,75 27.97 57.75 1:27.39 1:56.30	1:56.30
	Miguel Goncalves Frade 00	+0,25 27.88 58.82 1:30.12 2:01.38	2:01.38
	Filipe Asseiceira Ramos 00	+0,40 22.84 59.28 1:31.18 2:03.45	2:03.45
	Jose Henriques Luz 99	+0,42 25.81 55.87 1:27.25 1:57.80	1:57.80
5.	Laranjeiro-JUN	8:05.12	+0,70
	Pedro Barata Neves 00	+0,70 27.75 57.78 1:28.74 1:59.90	1:59.90
	Rodrigo Costa Teixeira 99	+0,57 27.71 58.14 1:30.19 2:03.68	2:03.68
	Bernardo Antunes Augusto 00	+0,22 27.51 58.58 1:31.12 2:04.42	2:04.42
	Jose Tomas Simeao 00	+0,59 26.50 55.82 1:26.39 1:57.12	1:57.12

Prova 32 Femin., 4 x 200m Livres 16 anos e mais velhos
10-12-2016 - 11:20 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Alges-SEN	Alges	8:21.01 +0,74
	Rita Barros Frischknecht	98 +0,74 28.41 59.44 1:30.76 2:02.39	2:02.39
	Francisca Gomes Azevedo	97 +0,28 28.50 1:00.88 1:32.81 2:04.40	2:04.40
	Beatriz Barros Carmo	99 +0,45 28.56 1:00.33 1:33.13 2:06.15	2:06.15
	Barbara Sofia Barata	97 +0,46 30.03 1:03.11 1:35.72 2:08.07	2:08.07
2.	Sporting-SEN	Sporting	8:23.18 +0,79
	Ines Camacho Fernandes	97 +0,79 28.89 1:00.27 1:31.70 2:03.20	2:03.20
	Beatriz Paulo Ranito	99 +0,52 29.02 1:00.73 1:33.14 2:05.64	2:05.64
	Carolina Mantua Guedes	98 +0,37 29.33 1:01.48 1:35.01 2:08.33	2:08.33
	Mafalda Gomes Beleza	94 +0,51 29.46 1:01.48 1:33.97 2:06.01	2:06.01
3.	Fluvial Portuense-SEN	Fluvial Portuense	8:41.97 +0,77
	Vania Soares Neves	90 +0,77 30.11 1:02.71 1:35.93 2:09.04	2:09.04
	Madalena Amaro Machado	98 +0,42 28.96 1:02.09 1:36.59 2:10.80	2:10.80
	Maria Joao Fernandes	97 +0,33 29.65 1:03.09 1:38.24 2:13.94	2:13.94
	Angelica Maria Andre	94 +0,14 28.72 1:00.77 1:33.95 2:08.19	2:08.19
4.	Belenenses-SEN	Belenenses	8:46.80 +0,70
	Margarida Sobral Pimenta	99 +0,70 29.70 1:02.81 1:36.38 2:09.61	2:09.61
	Jessica Teixeira Vieira	91 +0,39 29.00 1:01.64 1:35.65 2:10.28	2:10.28
	Rita Teixeira Costa	97 +0,23 29.90 1:03.27 1:37.55 2:11.11	2:11.11
	Ana Beatriz Pereira	91 +0,23 30.64 1:04.88 1:40.49 2:15.80	2:15.80

Juniores			
1.	Porto-JUN	Porto	8:36.30 +0,72
	Isabel Porfirio Pego	01 +0,72 30.08 1:02.49 1:35.81 2:08.36	2:08.36
	Maria Carolina Costa	01 +0,14 28.92 1:01.40 1:35.28 2:09.21	2:09.21
	Maria Francisca Cabral	00 +0,78 30.36 1:03.16 1:36.43 2:09.84	2:09.84
	Ana Rita Faria	00 +0,45 29.80 1:02.52 1:35.95 2:08.89	2:08.89
2.	Uniao Piedense-JUN	Uniao Piedense	8:44.02 +0,79
	Celeste Santos Ricardo	01 +0,79 32.14 1:07.26 1:41.87 2:16.24	2:16.24
	Ines Figueira Santos	00 +0,56 29.52 1:02.32 1:36.41 2:10.56	2:10.56
	Filipa Serrano Rodrigues	01 +0,55 29.54 1:01.76 1:34.86 2:08.21	2:08.21
	Luisa Maria Machado	01 +0,62 28.78 1:01.29 1:35.01 2:09.01	2:09.01
3.	Galitos/ Bresimar-JUN	Galitos / Bresimar	8:52.86 +0,79
	Maria Esteves Martins	01 +0,79 31.27 1:05.39 1:40.52 2:15.17	2:15.17
	Joana Costa Amador	01 29.45 1:01.49 1:34.85 2:08.44	2:08.44
	Teresa Isabel Granjeira	01 +0,38 31.20 1:05.40 1:40.57 2:16.36	2:16.36
	Eliana Dirce Lourenco	00 29.99 1:03.43 1:37.90 2:12.89	2:12.89
4.	Sporting-JUN	Sporting	8:57.06 +0,71
	Mariana Sobral Galacha	01 +0,71 30.98 1:05.02 1:39.34 2:13.37	2:13.37
	Mariana Delicado Correia	01 +0,28 30.30 1:04.61 1:39.62 2:14.63	2:14.63
	Raquel Alexandra Sousa	01 +0,25 29.82 1:02.70 1:38.31 2:13.94	2:13.94
	Mariana Silva Ramos	00 +0,22 30.89 1:04.84 1:40.23 2:15.12	2:15.12

Prova 26 Femin., 50m Livres Seniores
10-12-2016 Resultados Swim Off Elimin

Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Jessica Sousa Brito	97	Benfica	27.54	+0,71
2.	Madalena Nunes Palmeira	99	Nautico /Urgicentro-Sanfil	28.17	+0,67

4 - 2ª Jornada - 2ª Sessão (finais)

10-12-2016 - 16:00

Prova 29 Masc., 4 x 50m Estilos 17 anos e mais velhos
10-12-2016 - 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Estrelas S. Joao de Brito-SEN	Estrelas S. Joao de Brito	1:41.63 +0,77
	Diogo Gomes Sousa 95 +0,77 25.51	Joao Silva Gigante 88 +0,31	24.72
	Antonio Fernandes Carrico 98 +0,35 28.96	Frederico Sucena Riachos 98 +0,36	22.44
2.	Porto-SEN	Porto	1:41.92 +1,58
	Joao Miguel Ascensao 97 +1,58 26.03	Carlos Filipe Santos 91 +0,42	24.48
	Sergio Baptista Silva 91 +0,26 28.58	Tomas Correia Silva 95 +0,28	22.83
3.	Benfica-SEN	Benfica	1:42.16 +0,66
	Joao Diogo Fernandes 98 +0,66 26.89	Luiz Pedro Pereira 91 +0,29	24.33
	Guilherme Miguel Teixeira 97 +0,33 28.19	Joao Duarte Santos 95 +0,31	22.75
4.	Belenenses-SEN	Belenenses	1:42.76 +0,72
	Fabio Andre Figueira 88 +0,72 27.19	Nuno Goncalo Quintanilha 87 +0,19	24.35
	Francisco Robalo Quintas 95 +0,12 28.03	Bruno Miguel Ramos 97 +0,28	23.19
5.	Alges-SEN	Alges	1:43.95 +0,73
	Filipe Miguel Felix 96 +0,73 27.13	Pedro Andre Santos 94 +0,36	24.27
	Hugo Pon 98 +0,28 29.32	Francisco Carvalho Machado 98 +0,28	23.23
6.	Desportivo Nacional-SEN	Desportivo Nacional	1:46.52 +1,29
	Diego Felipe Santos 87 +1,29 28.27	Miguel Goncalves Ferreira 93 +0,25	24.81
	Luis Pedro Silva 98 +0,27 29.33	Tiago Ferreira Sousa 91 +0,42	24.11
7.	Nautico /Urgicentro-Sanfil-SEN	Nautico /Urgicentro-Sanfil	1:48.11 +0,65
	Joao Ricardo Silva 97 +0,65 27.85	Mario Alexandre Pereira 92 +0,16	25.19
	Tiago Moises Dinis 98 +0,15 31.01	Francisco Xavier Goncalves 97 +0,05	24.06
8.	Fluvial Portuense-SEN	Fluvial Portuense	1:48.31 +0,91
	Jose Pedro Sampaio 98 +0,91 27.30	Joao Luis Travanca 97 +0,40	28.19
	Filipe Miguel Gomes 97 +0,11 29.39	Bernardo Leitao Graca 93	23.43
9.	Palmela-SEN	Palmela	1:49.61 +0,72
	Eduardo Garcia Guia 98 +0,72 29.99	Tiago Andre Venancio 87 +0,33	24.45
	David Granja Lopes 90 +0,41 30.80	Luis Miguel Silva 94 +0,32	24.37

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

Lugar	Clube	Tempo Final	TReac
DNS	Sporting-SEN		
	Sporting		

Juniores

1.	Famalicao-JUN			Famalicao	1:47.61	+0,73		
	Joao Pereira Tinoco	00	+0,73	27.80	Mateus Ribeiro Carvalho	99	+0,38	25.45
	Miguel Angelo Santos	00	+0,05	30.40	Jose Pedro Freitas	00	+0,28	23.96
2.	Sporting-JUN			Sporting	1:49.17	+0,67		
	Andre Vilas Ruivo	00	+0,67	28.58	Diogo Leal Dantas	00	+0,30	26.37
	Antonio Manuel Mendes	99	+0,05	29.73	Tiago Cunha Costa	99	+0,27	24.49
3.	Naval do Funchal-JUN			Naval do Funchal	1:49.33	+0,56		
	Henrique Santos Gomes	00	+0,56	28.57	Miguel Camara Gomes	99	+0,07	25.94
	Joao Nunes Cotrim	99	+0,11	30.05	Pedro Martins Goncalves	00	+0,10	24.77

Prova 30

Femin., 4 x 50m Estilos

16 anos e mais velhos

10-12-2016 - 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

Lugar	Clube	Tempo Final	TReac
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Seniores

1.	Sporting-SEN			Sporting	1:58.13	+0,70		
	Ines Camacho Fernandes	97	+0,70	28.21	Carolina Mantua Guedes	98	+0,39	29.11
	Sofia Machado Dionisio	98	+0,46	33.98	Mafalda Gomes Beleza	94	+0,40	26.83
2.	Belenenses-SEN			Belenenses	2:01.22	+0,74		
	Jessica Teixeira Vieira	91	+0,74	30.86	Rita Teixeira Costa	97	+0,17	29.38
	Ana Beatriz Pereira	91	+0,18	33.55	Margarida Sobral Pimenta	99	+0,09	27.43
3.	Fluvial Portuense-SEN			Fluvial Portuense	2:01.72	+0,66		
	Vania Soares Neves	90	+0,66	30.97	Madalena Amaro Machado	98	+0,06	28.89
	Angelica Maria Andre	94	+0,18	33.47	Maria Joao Fernandes	97	+0,45	28.39
4.	Benfica-SEN			Benfica	2:03.48	+1,15		
	Ana Raquel Ferreira	98	+1,15	31.76	Jessica Sousa Brito	97	+0,25	29.76
	Claudia Ferreira Borges	99	+0,33	33.36	Sofia Alexandra Rolao	98		28.60

Prova 30, Femin., 4 x 50m Estilos

Juniores

1. Alges-JUN			Alges		1:58.99	+0,70		
Anna Baptista Ferreira	01	+0,70	29.94	Carolina Rosa Marcelino	01	+0,36	28.45	
Raquel Gomes Pereira	00	+0,31	31.79	Rita Alexandra Vital	01	+0,27	28.81	
2. Porto-JUN			Porto		2:03.16	+0,79		
Isabel Porfirio Pego	01	+0,79	31.27	Maria Francisca Cabral	00	+0,66	30.13	
Barbara Vilela Magalhaes	01	+0,31	34.32	Ana Rita Faria	00	+0,59	27.44	
3. Aquatico Pacense-JUN			Aquatico Pacense		2:05.69	+0,77		
Beatriz Neto Costa	00	+0,77	33.13	Sara Silva Marques	01	+0,28	30.50	
Ines Neto Rocha	01	+0,43	34.10	Julia Albuquerque Fraga	01	+0,43	27.96	

Prova 17

10-12-2016 - 16:05

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Joao Pedro Gil	97	Uniao Piedense	3:52.47	+0,62
	50m: 26.56 26.56	150m: 1:25.48 29.71	250m: 2:25.23 29.62	350m: 3:24.14 29.13	
	100m: 55.77 29.21	200m: 1:55.61 30.13	300m: 2:55.01 29.78	400m: 3:52.47 28.33	
2.	Jose Paula Carvalho	98	Uniao Piedense	3:52.85	+0,71
	50m: 27.15 27.15	150m: 1:26.36 29.86	250m: 2:26.28 29.94	350m: 3:24.59 28.73	
	100m: 56.50 29.35	200m: 1:56.34 29.98	300m: 2:55.86 29.58	400m: 3:52.85 28.26	
3.	Rafael Lourenco Gil	96	Benfica	3:53.90	+0,72
	50m: 27.21 27.21	150m: 1:25.84 29.57	250m: 2:25.57 29.93	350m: 3:25.07 29.68	
	100m: 56.27 29.06	200m: 1:55.64 29.80	300m: 2:55.39 29.82	400m: 3:53.90 28.83	
4.	Guilherme Pereira Dias	97	Sporting	3:55.62	+0,71
	50m: 26.94 26.94	150m: 1:26.38 29.89	250m: 2:26.62 30.15	350m: 3:25.49 29.34	
	100m: 56.49 29.55	200m: 1:56.47 30.09	300m: 2:56.15 29.53	400m: 3:55.62 30.13	
5.	Joao Carlos Santos	96	Uniao Piedense	3:57.02	+0,70
	50m: 27.66 27.66	150m: 1:28.20 30.57	250m: 2:28.25 29.33	350m: 3:27.49 29.91	
	100m: 57.63 29.97	200m: 1:58.92 30.72	300m: 2:57.58 29.33	400m: 3:57.02 29.53	
6.	Guilherme Filipe Pina	98	Sporting	3:57.16	+0,73
	50m: 27.26 27.26	150m: 1:26.24 29.77	250m: 2:26.45 30.02	350m: 3:26.98 30.19	
	100m: 56.47 29.21	200m: 1:56.43 30.19	300m: 2:56.79 30.34	400m: 3:57.16 30.18	
7.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:58.51	+0,68
	50m: 26.35 26.35	150m: 1:25.22 29.85	250m: 2:26.07 30.28	350m: 3:27.65 30.89	
	100m: 55.37 29.02	200m: 1:55.79 30.57	300m: 2:56.76 30.69	400m: 3:58.51 30.86	
8.	Mario Andre Bonanca	90	Sporting	3:59.38	+0,82
	50m: 27.24 27.24	150m: 1:26.54 29.99	250m: 2:27.17 30.41	350m: 3:29.47 31.37	
	100m: 56.55 29.31	200m: 1:56.76 30.22	300m: 2:58.10 30.93	400m: 3:59.38 29.91	

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Afonso Ribeiro Bate	98	Alges	4:01.47	+0,67
	50m: 27.72 27.72	150m: 1:29.19 30.95	250m: 2:31.02 30.72	350m: 3:32.37 30.50	
	100m: 58.24 30.52	200m: 2:00.30 31.11	300m: 3:01.87 30.85	400m: 4:01.47 29.10	
10.	Andre Filipe Farinha	96	Benfica	4:02.46	+0,61
	50m: 27.31 27.31	150m: 1:27.81 30.62	250m: 2:28.65 30.33	350m: 3:31.44 31.58	
	100m: 57.19 29.88	200m: 1:58.32 30.51	300m: 2:59.86 31.21	400m: 4:02.46 31.02	
11.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	4:02.66	+0,71
	50m: 27.03 27.03	150m: 1:26.78 30.07	250m: 2:28.03 30.67	350m: 3:31.27 31.76	
	100m: 56.71 29.68	200m: 1:57.36 30.58	300m: 2:59.51 31.48	400m: 4:02.66 31.39	
12.	Ruben Jose Morim	97	Vilacondense	4:04.37	+0,73
	50m: 27.57 27.57	150m: 1:28.53 30.80	250m: 2:31.50 31.53	350m: 3:34.08 31.16	
	100m: 57.73 30.16	200m: 1:59.97 31.44	300m: 3:02.92 31.42	400m: 4:04.37 30.29	
13.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:05.39	+0,71
	50m: 26.96 26.96	150m: 1:28.30 31.03	250m: 2:30.97 31.31	350m: 3:34.84 31.88	
	100m: 57.27 30.31	200m: 1:59.66 31.36	300m: 3:02.96 31.99	400m: 4:05.39 30.55	
14.	Rui Filipe Costa	91	Vitoria Guimaraes	4:06.37	+0,72
	50m: 28.00 28.00	150m: 1:29.05 30.78	250m: 2:32.06 31.48	350m: 3:35.91 32.10	
	100m: 58.27 30.27	200m: 2:00.58 31.53	300m: 3:03.81 31.75	400m: 4:06.37 30.46	
15.	Joao Duarte Santos	95	Benfica	4:08.24	+0,71
	50m: 27.36 27.36	150m: 1:27.94 30.67	250m: 2:30.42 31.59	350m: 3:36.14 33.04	
	100m: 57.27 29.91	200m: 1:58.83 30.89	300m: 3:03.10 32.68	400m: 4:08.24 32.10	
16.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	4:08.34	+0,75
	50m: 27.65 27.65	150m: 1:29.27 30.99	250m: 2:33.03 31.78	350m: 3:37.26 32.20	
	100m: 58.28 30.63	200m: 2:01.25 31.98	300m: 3:05.06 32.03	400m: 4:08.34 31.08	

Juniores

1.	Jose Paulo Lopes	00	Braga	3:58.55	+0,70
	50m: 27.17 27.17	150m: 1:26.85 30.20	250m: 2:27.60 30.28	350m: 3:29.05 30.63	
	100m: 56.65 29.48	200m: 1:57.32 30.47	300m: 2:58.42 30.82	400m: 3:58.55 29.50	
2.	Roberto Donald Gomes	00	Alges	3:59.80	+0,76
	50m: 27.26 27.26	150m: 1:27.20 30.43	250m: 2:28.62 30.80	350m: 3:30.50 30.74	
	100m: 56.77 29.51	200m: 1:57.82 30.62	300m: 2:59.76 31.14	400m: 3:59.80 29.30	
3.	Antonio Fernando Pinto	99	Lousada SXXI	3:59.82	+0,73
	50m: 26.87 26.87	150m: 1:27.38 30.36	250m: 2:28.78 30.73	350m: 3:30.53 30.83	
	100m: 57.02 30.15	200m: 1:58.05 30.67	300m: 2:59.70 30.92	400m: 3:59.82 29.29	
4.	Tiago Cunha Costa	99	Sporting	4:00.31	+0,72
	50m: 27.46 27.46	150m: 1:27.18 29.91	250m: 2:28.27 30.64	350m: 3:30.61 31.35	
	100m: 57.27 29.81	200m: 1:57.63 30.45	300m: 2:59.26 30.99	400m: 4:00.31 29.70	

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Pedro Galvao Gouveia	99	Desportivo Nacional	4:01.11	+0,70
	50m: 27.17 27.17	150m: 1:27.44 30.42	250m: 2:29.68 31.35	350m: 3:31.69 30.76	
	100m: 57.02 29.85	200m: 1:58.33 30.89	300m: 3:00.93 31.25	400m: 4:01.11 29.42	
6.	Joao Cruz Castro	00	Sao Roque	4:01.61	+0,67
	50m: 27.63 27.63	150m: 1:29.56 31.07	250m: 2:31.07 30.37	350m: 3:31.88 30.15	
	100m: 58.49 30.86	200m: 2:00.70 31.14	300m: 3:01.73 30.66	400m: 4:01.61 29.73	
7.	Jose Pedro Fernandes	99	Braga	4:02.84	+0,71
	50m: 27.11 27.11	150m: 1:27.58 30.31	250m: 2:29.67 31.21	350m: 3:32.16 31.29	
	100m: 57.27 30.16	200m: 1:58.46 30.88	300m: 3:00.87 31.20	400m: 4:02.84 30.68	
8.	Filipe Miguel Santo	00	Benfica	4:03.61	+0,80
	50m: 28.17 28.17	150m: 1:29.38 31.00	250m: 2:31.19 30.88	350m: 3:33.31 31.04	
	100m: 58.38 30.21	200m: 2:00.31 30.93	300m: 3:02.27 31.08	400m: 4:03.61 30.30	
9.	Miguel Ribeiro Bate	99	Alges	4:04.13	+0,71
	50m: 27.25 27.25	150m: 1:28.94 31.28	250m: 2:31.46 31.11	350m: 3:33.88 31.14	
	100m: 57.66 30.41	200m: 2:00.35 31.41	300m: 3:02.74 31.28	400m: 4:04.13 30.25	
10.	Andre Vilas Ruivo	00	Sporting	4:04.27	+0,70
	50m: 27.80 27.80	150m: 1:28.94 30.69	250m: 2:30.76 30.74	350m: 3:33.34 31.43	
	100m: 58.25 30.45	200m: 2:00.02 31.08	300m: 3:01.91 31.15	400m: 4:04.27 30.93	
11.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:04.33	+0,77
	50m: 27.54 27.54	150m: 1:27.46 30.38	250m: 2:30.09 31.33	350m: 3:33.41 31.66	
	100m: 57.08 29.54	200m: 1:58.76 31.30	300m: 3:01.75 31.66	400m: 4:04.33 30.92	
12.	Diogo Barbosa Nunes	00	Fluvial Portuense	4:05.84	+0,74
	50m: 27.24 27.24	150m: 1:27.73 30.59	250m: 2:30.02 31.22	350m: 3:34.24 32.14	
	100m: 57.14 29.90	200m: 1:58.80 31.07	300m: 3:02.10 32.08	400m: 4:05.84 31.60	
13.	Tiago Filipe Campos	99	Rio Maior	4:06.43	+0,83
	50m: 27.98 27.98	150m: 1:29.13 30.96	250m: 2:32.26 31.66	350m: 3:36.20 32.08	
	100m: 58.17 30.19	200m: 2:00.60 31.47	300m: 3:04.12 31.86	400m: 4:06.43 30.23	
14.	Joao Daniel Machado	99	Uniao Piedense	4:06.59	+0,76
	50m: 28.16 28.16	150m: 1:30.30 31.06	250m: 2:33.33 31.16	350m: 3:35.79 31.21	
	100m: 59.24 31.08	200m: 2:02.17 31.87	300m: 3:04.58 31.25	400m: 4:06.59 30.80	
15.	Diogo Leal Dantas	00	Sporting	4:07.14	+0,57
	50m: 27.22 27.22	150m: 1:29.49 31.60	250m: 2:32.71 31.37	350m: 3:36.35 31.94	
	100m: 57.89 30.67	200m: 2:01.34 31.85	300m: 3:04.41 31.70	400m: 4:07.14 30.79	
16.	Tiago Silva Soares	99	Porto	4:07.15	+0,75
	50m: 27.04 27.04	150m: 1:29.78 32.02	250m: 2:32.10 29.96	350m: 3:35.82 32.24	
	100m: 57.76 30.72	200m: 2:02.14 32.36	300m: 3:03.58 31.48	400m: 4:07.15 31.33	
17.	Bernardo Garcia Perloiro	00	Sporting	4:09.45	+0,64
	50m: 28.58 28.58	150m: 1:31.16 31.35	250m: 2:34.02 31.35	350m: 3:37.73 31.95	
	100m: 59.81 31.23	200m: 2:02.67 31.51	300m: 3:05.78 31.76	400m: 4:09.45 31.72	
18.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:09.81	+0,64
	50m: 28.69 28.69	150m: 1:31.81 31.96	250m: 2:35.07 31.38	350m: 3:38.41 31.90	
	100m: 59.85 31.16	200m: 2:03.69 31.88	300m: 3:06.51 31.44	400m: 4:09.81 31.40	
19.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:10.62	+0,73
	50m: 27.87 27.87	150m: 1:30.35 31.66	250m: 2:34.28 32.34	350m: 3:39.58 32.50	
	100m: 58.69 30.82	200m: 2:01.94 31.59	300m: 3:07.08 32.80	400m: 4:10.62 31.04	

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
20.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:11.40	+0,78
	50m: 27.88 27.88	150m: 1:30.17 31.50	250m: 2:34.36 32.65	350m: 3:39.42 32.82	
	100m: 58.67 30.79	200m: 2:01.71 31.54	300m: 3:06.60 32.24	400m: 4:11.40 31.98	
21.	Jose Henriques Luz	99	Torres Novas	4:11.83	+0,87
	50m: 28.70 28.70	150m: 1:31.11 31.55	250m: 2:35.58 32.25	350m: 3:40.33 32.47	
	100m: 59.56 30.86	200m: 2:03.33 32.22	300m: 3:07.86 32.28	400m: 4:11.83 31.50	
22.	Nuno Correia Sousa	00	Fluvial Portuense	4:13.04	+0,84
	50m: 28.15 28.15	150m: 1:31.01 31.77	250m: 2:35.08 31.97	350m: 3:40.81 33.06	
	100m: 59.24 31.09	200m: 2:03.11 32.10	300m: 3:07.75 32.67	400m: 4:13.04 32.23	

Prova 18
10-12-2016 - 16:10

Femin., 400m Livres

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12-12-2015
Recordes Nacionais 25m Sen	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Maria Teresa Amorim	97	Porto	4:19.22	+0,79
	50m: 29.48 29.48	150m: 1:33.07 32.37	250m: 2:39.16 33.17	350m: 3:46.70 33.84	
	100m: 1:00.70 31.22	200m: 2:05.99 32.92	300m: 3:12.86 33.70	400m: 4:19.22 32.52	
2.	Angelica Maria Andre	94	Fluvial Portuense	4:20.68	+0,78
	50m: 30.99 30.99	150m: 1:37.75 33.76	250m: 2:44.34 32.83	350m: 3:49.47 32.73	
	100m: 1:03.99 33.00	200m: 2:11.51 33.76	300m: 3:16.74 32.40	400m: 4:20.68 31.21	
3.	Francisca Gomes Azevedo	97	Alges	4:21.19	+0,76
	50m: 28.74 28.74	150m: 1:33.25 32.52	250m: 2:40.60 33.94	350m: 3:48.45 33.82	
	100m: 1:00.73 31.99	200m: 2:06.66 33.41	300m: 3:14.63 34.03	400m: 4:21.19 32.74	
4.	Beatriz Paulo Ranito	99	Sporting	4:21.51	+0,78
	50m: 29.90 29.90	150m: 1:35.52 33.07	250m: 2:42.70 33.79	350m: 3:49.52 33.40	
	100m: 1:02.45 32.55	200m: 2:08.91 33.39	300m: 3:16.12 33.42	400m: 4:21.51 31.99	
5.	Vania Soares Neves	90	Fluvial Portuense	4:24.92	+0,78
	50m: 30.68 30.68	150m: 1:36.31 33.17	250m: 2:43.65 33.84	350m: 3:51.40 33.95	
	100m: 1:03.14 32.46	200m: 2:09.81 33.50	300m: 3:17.45 33.80	400m: 4:24.92 33.52	
6.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:26.88	+0,85
	50m: 30.54 30.54	150m: 1:37.18 33.56	250m: 2:45.86 34.43	350m: 3:54.99 34.58	
	100m: 1:03.62 33.08	200m: 2:11.43 34.25	300m: 3:20.41 34.55	400m: 4:26.88 31.89	
7.	Beatriz Barros Carmo	99	Alges	4:27.20	+0,73
	50m: 30.15 30.15	150m: 1:37.27 33.70	250m: 2:45.15 33.79	350m: 3:54.15 34.50	
	100m: 1:03.57 33.42	200m: 2:11.36 34.09	300m: 3:19.65 34.50	400m: 4:27.20 33.05	
8.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:29.20	+0,86
	50m: 30.85 30.85	150m: 1:38.07 34.18	250m: 2:46.06 33.83	350m: 3:54.97 34.58	
	100m: 1:03.89 33.04	200m: 2:12.23 34.16	300m: 3:20.39 34.33	400m: 4:29.20 34.23	

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Soraia Vanessa Ribeiro	92	Estrelas S. Joao de Brito	4:34.01	+0,87
	50m: 31.31 31.31	150m: 1:39.33 34.34	250m: 2:48.56 34.12	350m: 3:59.77 35.68	
	100m: 1:04.99 33.68	200m: 2:14.44 35.11	300m: 3:24.09 35.53	400m: 4:34.01 34.24	
10.	Raquel Paulo Ranito	94	Sporting	4:34.02	+0,73
	50m: 30.57 30.57	150m: 1:38.68 34.29	250m: 2:48.45 34.90	350m: 3:59.14 35.30	
	100m: 1:04.39 33.82	200m: 2:13.55 34.87	300m: 3:23.84 35.39	400m: 4:34.02 34.88	
11.	Ana Monica Eloí	96	Nautico Marinha Grande	4:36.12	+0,80
	50m: 30.99 30.99	150m: 1:39.21 34.74	250m: 2:49.45 35.28	350m: 4:01.07 36.04	
	100m: 1:04.47 33.48	200m: 2:14.17 34.96	300m: 3:25.03 35.58	400m: 4:36.12 35.05	
12.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:38.54	+1,00
	50m: 32.35 32.35	150m: 1:42.25 35.19	250m: 2:52.91 35.42	350m: 4:03.66 35.36	
	100m: 1:07.06 34.71	200m: 2:17.49 35.24	300m: 3:28.30 35.39	400m: 4:38.54 34.88	
13.	Maria Joao Fernandes	97	Fluvial Portuense	4:41.00	+0,85
	50m: 30.88 30.88	150m: 1:39.02 34.62	250m: 2:51.33 36.55	350m: 4:04.91 36.64	
	100m: 1:04.40 33.52	200m: 2:14.78 35.76	300m: 3:28.27 36.94	400m: 4:41.00 36.09	

Juniores

1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:20.34	+0,85
	50m: 30.61 30.61	150m: 1:36.42 33.03	250m: 2:42.47 32.86	350m: 3:47.90 32.62	
	100m: 1:03.39 32.78	200m: 2:09.61 33.19	300m: 3:15.28 32.81	400m: 4:20.34 32.44	
2.	Sara Sofia Alves	01	Columbofila Cantanhedense	4:23.82	+0,80
	50m: 31.33 31.33	150m: 1:36.67 33.04	250m: 2:43.49 33.25	350m: 3:50.79 33.90	
	100m: 1:03.63 32.30	200m: 2:10.24 33.57	300m: 3:16.89 33.40	400m: 4:23.82 33.03	
3.	Miriam Filipe Marcos	01	Natacao Olhao	4:25.74	+0,75
	50m: 30.30 30.30	150m: 1:37.21 33.77	250m: 2:44.93 33.61	350m: 3:52.32 33.75	
	100m: 1:03.44 33.14	200m: 2:11.32 34.11	300m: 3:18.57 33.64	400m: 4:25.74 33.42	
4.	Joana Costa Amador	01	Galitos / Bresimar	4:27.97	+0,77
	50m: 31.08 31.08	150m: 1:37.49 33.24	250m: 2:45.30 34.08	350m: 3:54.13 34.44	
	100m: 1:04.25 33.17	200m: 2:11.22 33.73	300m: 3:19.69 34.39	400m: 4:27.97 33.84	
5.	Ana Rita Faria	00	Porto	4:29.64	+0,77
	50m: 30.13 30.13	150m: 1:36.60 33.78	250m: 2:45.31 34.58	350m: 3:55.32 34.96	
	100m: 1:02.82 32.69	200m: 2:10.73 34.13	300m: 3:20.36 35.05	400m: 4:29.64 34.32	
6.	Maria Carolina Costa	01	Porto	4:30.73	+0,71
	50m: 30.50 30.50	150m: 1:38.28 34.29	250m: 2:47.29 34.58	350m: 3:56.75 34.95	
	100m: 1:03.99 33.49	200m: 2:12.71 34.43	300m: 3:21.80 34.51	400m: 4:30.73 33.98	
7.	Carolina Marques Neves	01	Torres Novas	4:31.49	+0,85
	50m: 30.66 30.66	150m: 1:38.42 34.00	250m: 2:48.17 35.26	350m: 3:58.22 35.00	
	100m: 1:04.42 33.76	200m: 2:12.91 34.49	300m: 3:23.22 35.05	400m: 4:31.49 33.27	
8.	Filipa Serrano Rodrigues	01	Uniao Piedense	4:32.45	+0,84
	50m: 30.77 30.77	150m: 1:36.72 33.08	250m: 2:43.83 33.58	350m: 3:49.85 32.31	
	100m: 1:03.64 32.87	200m: 2:10.25 33.53	300m: 3:17.54 33.71	400m: 4:32.45 42.60	
9.	Mariana Santos Ferreira	00	Miranda do Corvo	4:34.10	+0,90
	50m: 31.47 31.47	150m: 1:40.38 34.93	250m: 2:50.06 34.62	350m: 3:59.93 35.22	
	100m: 1:05.45 33.98	200m: 2:15.44 35.06	300m: 3:24.71 34.65	400m: 4:34.10 34.17	

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Ines Alves Martins	01	Fluval Portuense	4:34.32	+0,81
	50m: 30.89 30.89	150m: 1:39.80 34.69	250m: 2:49.27 34.83	350m: 3:59.79 35.21	
	100m: 1:05.11 34.22	200m: 2:14.44 34.64	300m: 3:24.58 35.31	400m: 4:34.32 34.53	
11.	Ines Figueira Santos	00	Uniao Piedense	4:34.49	+0,87
	50m: 31.09 31.09	150m: 1:40.06 34.59	250m: 2:49.91 34.94	350m: 4:00.32 35.35	
	100m: 1:05.47 34.38	200m: 2:14.97 34.91	300m: 3:24.97 35.06	400m: 4:34.49 34.17	
12.	Leila Tavarã Lemos	00	Vilacondense	4:37.79	+0,83
	50m: 31.88 31.88	150m: 1:40.82 34.90	250m: 2:51.35 35.11	350m: 4:02.90 35.74	
	100m: 1:05.92 34.04	200m: 2:16.24 35.42	300m: 3:27.16 35.81	400m: 4:37.79 34.89	
13.	Rita Alexandra Vital	01	Alges	4:38.25	+0,79
	50m: 32.09 32.09	150m: 1:41.86 35.01	250m: 2:52.25 35.11	350m: 4:03.46 35.55	
	100m: 1:06.85 34.76	200m: 2:17.14 35.28	300m: 3:27.91 35.66	400m: 4:38.25 34.79	
14.	Rafaela Araujo Silva	00	Famalicao	4:39.17	+0,86
	50m: 31.44 31.44	150m: 1:41.39 35.50	250m: 2:52.88 35.79	350m: 4:04.50 35.75	
	100m: 1:05.89 34.45	200m: 2:17.09 35.70	300m: 3:28.75 35.87	400m: 4:39.17 34.67	
15.	Eliana Dirce Lourenco	00	Galitos / Bresimar	4:40.46	+0,73
	50m: 31.01 31.01	150m: 1:39.85 34.84	250m: 2:51.24 35.82	350m: 4:04.62 36.86	
	100m: 1:05.01 34.00	200m: 2:15.42 35.57	300m: 3:27.76 36.52	400m: 4:40.46 35.84	
16.	Mariana Silva Ramos	00	Sporting	4:41.49	+1,01
	50m: 31.92 31.92	150m: 1:41.59 35.60	250m: 2:54.22 36.30	350m: 4:06.60 36.09	
	100m: 1:05.99 34.07	200m: 2:17.92 36.33	300m: 3:30.51 36.29	400m: 4:41.49 34.89	
17.	Ana Pimenta Silva	01	Desportiva de Viana	4:44.23	+0,86
	50m: 32.45 32.45	150m: 1:42.62 35.44	250m: 2:55.17 36.40	350m: 4:08.98 37.03	
	100m: 1:07.18 34.73	200m: 2:18.77 36.15	300m: 3:31.95 36.78	400m: 4:44.23 35.25	
18.	Maria Esteves Martins	01	Galitos / Bresimar	4:48.95	+0,79
	50m: 32.10 32.10	150m: 1:43.84 36.25	250m: 2:57.63 36.80	350m: 4:12.48 37.38	
	100m: 1:07.59 35.49	200m: 2:20.83 36.99	300m: 3:35.10 37.47	400m: 4:48.95 36.47	

Prova 19 Masc., 50m Costas 17 anos e mais velhos
10-12-2016 - 16:35 Resultados Final

Recordes Nacionais 25m Absoluto	23.90	Alexis Manacas Santos	SCP	Porto	11-12-2015
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	23.90	Alexis Manacas Santos	SCP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Afonso Guilherme Rosa	99	Torres Novas	26.29	+0,76
2.	Tomas Silva Coxixo	99	Palmela	27.09	+0,67
3.	Koen Weustink	00	Ginasio de Vila Real	27.10	+1,62
4.	Nuno Henrique Guimaraes	99	Natacao de Valongo	27.28	+0,66
5.	Joao Pereira Tinoco	00	Famalicao	27.39	+0,69
6.	Claudio Alexandre Rodrigues	00	Louletano / Loule Concelho	27.44	+0,65
7.	Rodrigo Jose Guerreiro	99	Louletano / Loule Concelho	27.50	+0,51

Seniores

Final

1.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	25.17	+0,75
2.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	25.78	+1,64
3.	Francisco Rogerio Santos	98	Sporting	26.04	+0,75
4.	Viktor Kot	98	Nautico Marinha Grande	26.48	+0,66
5.	Tomas Correia Silva	95	Porto	26.61	+0,69
6.	Joao Jose Laranjeira	98	Galitos / Bresimar	26.66	+0,62
7.	Joao Pedro Santos	95	Estarreja	26.89	+0,63
8.	Filipe Miguel Felix	96	Alges	27.30	+0,68
9.	Joao Manuel Fernandes	97	Naval do Funchal	27.47	+0,85

DSQ Joao Diogo Fernandes 98 Benfica
403 - Falsa partida - SW 4.4

Prova 20	Femin., 50m Costas				16 anos e mais velhos
10-12-2016 - 16:40					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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Alexandra Jesus Santos	00	Leixoes	29.78	+0,63
2.	Anna Baptista Ferreira	01	Alges	30.09	+0,73
3.	Ana Carolina Neves	00	Academica de Coimbra	30.45	+1,05
4.	Vera Ines Aguilar	00	Desportivo Nacional	31.15	+0,68
5.	Julia Albuquerque Fraga	01	Aquatico Pacense	31.26	+0,67
6.	Maria Beatriz Lopes	00	Benfica	31.31	+0,63
7.	Sandra Filipa Mendes	00	Sobral Monte Agraco	31.45	+0,66
8.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	31.65	+0,55
9.	Maria Francisca Cabral	00	Porto	31.66	+0,76
10.	Ana Isabel Viveiros	00	Desportivo Nacional	31.78	+0,96

Seniores

Final					
1.	Ines Camacho Fernandes	97	Sporting	28.17	+0,74
2.	Ana Sofia Leite	93	Ginasio de Vila Real	28.62	+0,62
3.	Filipa Carreira Alves	99	Uniao Piedense	29.19	+1,56
4.	Catarina Maria Ferreira	98	Desportiva de Viana	29.56	+0,68
5.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	29.71	+0,59
6.	Filipa Vilas Tiago	94	Nacional de Natacao	29.72	+0,62
7.	Juliana Lima Freixo	97	Braga	30.74	+0,60
8.	Sofia Alexandra Rolao	98	Benfica	30.85	+0,69
9.	Ana Sofia Afonso	99	Desportiva de Viana	31.12	+0,79
10.	Ana Filipa Costa	98	Beja	31.53	+0,63

Prova 21 Masc., 200m Bruços 17 anos e mais velhos
10-12-2016 - 16:45 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Jorge Jesus Silva <i>Rec Nacional, Jun 17</i>	00	Braga	2:16.24	+0,81
	50m: 31.36 31.36	100m: 1:06.33 34.97	150m: 1:41.74 35.41	200m: 2:16.24 34.50	
2.	Antonio Manuel Mendes	99	Sporting	2:18.27	+0,67
	50m: 31.30 31.30	100m: 1:06.00 34.70	150m: 1:41.38 35.38	200m: 2:18.27 36.89	
3.	Rafael Gomes Simoes	00	Amigos da Montanha	2:20.76	+0,77
	50m: 31.44 31.44	100m: 1:07.16 35.72	150m: 1:43.82 36.66	200m: 2:20.76 36.94	
4.	Andre Tavares Grenho	99	Sporting	2:21.53	+0,76
	50m: 31.67 31.67	100m: 1:08.26 36.59	150m: 1:44.85 36.59	200m: 2:21.53 36.68	
5.	Miguel Angelo Santos	00	Famalicao	2:24.72	+0,75
	50m: 32.80 32.80	100m: 1:09.81 37.01	150m: 1:46.97 37.16	200m: 2:24.72 37.75	
6.	Afonso Guilherme Jesus	00	Sporting	2:24.99	+0,69
	50m: 33.03 33.03	100m: 1:10.42 37.39	150m: 1:47.78 37.36	200m: 2:24.99 37.21	
7.	Miguel Caridade Gaspar	99	Academica de Coimbra	2:25.19	+0,73
	50m: 33.23 33.23	100m: 1:10.16 36.93	150m: 1:47.53 37.37	200m: 2:25.19 37.66	
8.	Joao Manuel Vargas	00	Alges	2:27.61	+0,69
	50m: 33.61 33.61	100m: 1:11.62 38.01	150m: 1:49.16 37.54	200m: 2:27.61 38.45	
9.	Miguel Goncalves Frade	00	Torres Novas	2:28.51	+0,84
	50m: 33.97 33.97	100m: 1:11.23 37.26	150m: 1:49.70 38.47	200m: 2:28.51 38.81	
10.	Joao Nunes Cotrim	99	Naval do Funchal	2:28.58	+0,68
	50m: 33.12 33.12	100m: 1:11.31 38.19	150m: 1:49.80 38.49	200m: 2:28.58 38.78	

Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Final					
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:12.80	+0,65
	50m: 30.32 30.32	100m: 1:04.05 33.73	150m: 1:38.38 34.33	200m: 2:12.80 34.42	
2.	Francisco Robalo Quintas	95	Belenenses	2:13.29	+0,64
	50m: 30.08 30.08	100m: 1:04.36 34.28	150m: 1:39.25 34.89	200m: 2:13.29 34.04	
3.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	2:15.57	+0,65
	50m: 31.17 31.17	100m: 1:05.74 34.57	150m: 1:41.04 35.30	200m: 2:15.57 34.53	
4.	Miguel Monteiro Cruchinho	97	Sporting	2:16.03	+0,67
	50m: 30.65 30.65	100m: 1:05.19 34.54	150m: 1:40.20 35.01	200m: 2:16.03 35.83	
5.	Hugo Pon	98	Alges	2:16.30	+0,68
	50m: 30.38 30.38	100m: 1:04.84 34.46	150m: 1:40.38 35.54	200m: 2:16.30 35.92	

Prova 21, Masc., 200m Bruços, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Tiago Martim Alves	97	Benfica	2:17.55	+0,74
	50m: 31.15 31.15	100m: 1:05.57 34.42	150m: 1:40.96 35.39	200m: 2:17.55 36.59	
7.	Diogo Miguel Costa	98	Porto	2:18.89	+0,66
	50m: 31.10 31.10	100m: 1:06.15 35.05	150m: 1:42.30 36.15	200m: 2:18.89 36.59	
8.	Nuno Rafael Alves	90	Aquatico Pacense	2:19.21	+0,76
	50m: 31.74 31.74	100m: 1:06.92 35.18	150m: 1:43.18 36.26	200m: 2:19.21 36.03	
9.	Mario Jorge Veloso	98	Braga	2:20.68	+0,76
	50m: 31.62 31.62	100m: 1:08.01 36.39	150m: 1:43.71 35.70	200m: 2:20.68 36.97	
10.	Tiago Moises Dinis	98	Nautico /Urgicentro-Sanfil	2:25.45	+0,73
	50m: 33.00 33.00	100m: 1:09.80 36.80	150m: 1:47.35 37.55	200m: 2:25.45 38.10	

Prova 22 Femin., 200m Bruços 16 anos e mais velhos
10-12-2016 - 16:50 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	2:26.47	Raquel Gomes Pereira	SAD	Funchal	10-12-2016
Recordes Nacionais 25m Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Raquel Gomes Pereira	00	Alges	2:27.96	+0,76
	50m: 33.52 33.52	100m: 1:10.89 37.37	150m: 1:49.54 38.65	200m: 2:27.96 38.42	
2.	Ines Neto Rocha	01	Aquatico Pacense	2:36.42	+0,95
	50m: 35.46 35.46	100m: 1:14.78 39.32	150m: 1:55.05 40.27	200m: 2:36.42 41.37	
3.	Luisa Maria Machado	01	Uniao Piedense	2:36.76	+0,88
	50m: 36.28 36.28	100m: 1:16.34 40.06	150m: 1:56.46 40.12	200m: 2:36.76 40.30	
4.	Ines Silva Bernardo	00	Colegio Monte Maior	2:41.28	+0,66
	50m: 37.05 37.05	100m: 1:18.03 40.98	150m: 2:00.01 41.98	200m: 2:41.28 41.27	
5.	Ines Rocha Silva	00	Alcobaca	2:41.71	+0,71
	50m: 37.17 37.17	100m: 1:18.63 41.46	150m: 2:00.44 41.81	200m: 2:41.71 41.27	
6.	Ana Filipa Veiga	01	Gafanha da Encarnacao	2:42.11	+0,75
	50m: 36.37 36.37	100m: 1:16.93 40.56	150m: 1:58.91 41.98	200m: 2:42.11 43.20	
7.	Laura Catarina Abreu	00	WOS Team	2:43.28	+0,76
	50m: 37.22 37.22	100m: 1:18.26 41.04	150m: 2:00.56 42.30	200m: 2:43.28 42.72	
8.	Luana Correia Rodrigues	01	Belenenses	2:45.25	+0,71
	50m: 37.21 37.21	100m: 1:19.54 42.33	150m: 2:02.60 43.06	200m: 2:45.25 42.65	
9.	Ines Araujo Martins	01	Famalicao	2:45.82	+0,84
	50m: 37.33 37.33	100m: 1:19.24 41.91	150m: 2:02.39 43.15	200m: 2:45.82 43.43	

Prova 22, Femin., 200m Bruços, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Ariana Santos Lopes	00	Estarreja	2:47.08	+0,74
	50m: 37.37 37.37	100m: 1:19.46 42.09	150m: 2:03.06 43.60	200m: 2:47.08 44.02	

Seniores

Final

1.	Angelica Maria Andre	94	Fluvial Portuense	2:32.61	+0,78
	50m: 35.79 35.79	100m: 1:15.23 39.44	150m: 1:54.78 39.55	200m: 2:32.61 37.83	
2.	Claudia Ferreira Borges	99	Benfica	2:32.74	+0,70
	50m: 35.10 35.10	100m: 1:14.48 39.38	150m: 1:54.60 40.12	200m: 2:32.74 38.14	
3.	Catarina Costa Sequeira	98	Estrelas S. Joao de Brito	2:37.12	+0,74
	50m: 35.61 35.61	100m: 1:15.54 39.93	150m: 1:56.00 40.46	200m: 2:37.12 41.12	
4.	Ana Beatriz Pereira	91	Belenenses	2:37.80	+0,67
	50m: 35.84 35.84	100m: 1:16.31 40.47	150m: 1:57.28 40.97	200m: 2:37.80 40.52	
5.	Mariana Domingues Paz	98	Miranda do Corvo	2:40.39	+0,71
	50m: 36.81 36.81	100m: 1:18.13 41.32	150m: 1:59.33 41.20	200m: 2:40.39 41.06	
6.	Beatriz Castanheira Dias	99	Academica de Coimbra	2:40.97	+0,64
	50m: 37.18 37.18	100m: 1:18.79 41.61	150m: 2:00.23 41.44	200m: 2:40.97 40.74	
7.	Beatriz Pereira Vasconcelos	98	Vilacondense	2:41.54	+0,77
	50m: 37.34 37.34	100m: 1:17.71 40.37	150m: 1:59.53 41.82	200m: 2:41.54 42.01	
8.	Carolina Lourenco Matos	98	Naval Amorense	2:43.14	+0,77
	50m: 37.00 37.00	100m: 1:18.48 41.48	150m: 2:00.64 42.16	200m: 2:43.14 42.50	
9.	Ana Rita Rodrigues	99	Sporting de Aveiro	2:49.05	+0,73
	50m: 38.26 38.26	100m: 1:20.83 42.57	150m: 2:04.72 43.89	200m: 2:49.05 44.33	

Prova 23
10-12-2016 - 17:00

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Prova 23, Masc., 100m Mariposa, Final

Juniores

Final

1.	Afonso Meneses Sequeira	99	Naval do Funchal	55.09	+0,70
	50m: 25.59 25.59	100m: 55.09 29.50			
2.	Mateus Ribeiro Carvalho	99	Famalicao	56.18	+0,63
	50m: 26.24 26.24	100m: 56.18 29.94			
3.	Pedro Galvao Gouveia	99	Desportivo Nacional	56.29	+0,67
	50m: 26.50 26.50	100m: 56.29 29.79			
4.	Porfirio Braga Nunes	00	Vilacondense	56.37	+0,75
	50m: 26.51 26.51	100m: 56.37 29.86			
5.	Tiago Filipe Campos	99	Rio Maior	57.26	+0,78
	50m: 26.80 26.80	100m: 57.26 30.46			
6.	Martim Moniz Silva	99	Naval do Funchal	57.51	+0,67
	50m: 26.59 26.59	100m: 57.51 30.92			
7.	Francisco Ribeiro Constantino	99	Naval da Nazare	58.29	+0,72
	50m: 26.89 26.89	100m: 58.29 31.40			
8.	Joao Fernandes Garcia	00	Avancado EUL	58.75	+0,71
	50m: 27.20 27.20	100m: 58.75 31.55			
9.	Afonso Ribeiro Couto	99	Natacao de Valongo	58.82	+0,67
	50m: 27.24 27.24	100m: 58.82 31.58			
10.	Koen Weustink	00	Ginasio de Vila Real	59.08	+0,72
	50m: 27.37 27.37	100m: 59.08 31.71			

Seniores

Final

1.	Nuno Goncalo Quintanilha	87	Belenenses	53.69	+0,68
	50m: 25.09 25.09	100m: 53.69 28.60			
2.	Luiz Pedro Pereira	91	Benfica	54.47	+0,68
	50m: 25.47 25.47	100m: 54.47 29.00			
3.	Andre Antunes Carvalho	96	Colegio Monte Maior	55.07	+0,73
	50m: 25.66 25.66	100m: 55.07 29.41			
4.	Bruno Miguel Ramos	97	Belenenses	55.22	+0,64
	50m: 25.77 25.77	100m: 55.22 29.45			
5.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	55.30	+0,66
	50m: 25.79 25.79	100m: 55.30 29.51			
6.	Joao Carlos Silva	98	Famalicao	55.84	+0,61
	50m: 26.21 26.21	100m: 55.84 29.63			
7.	Hugo Guilherme Trigo	97	Sporting de Aveiro	56.30	+0,56
	50m: 26.15 26.15	100m: 56.30 30.15			
8.	Miguel Freitas Marques	96	Escola O Liceu	56.45	+0,66
	50m: 26.12 26.12	100m: 56.45 30.33			

Prova 23, Masc., 100m Mariposa, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Fabio Andre Figueira	88	Belenenses	56.54	+0,72
	50m: 26.42 26.42	100m: 56.54 30.12			
10.	Joao Menezes Aguiar	97	Naval do Funchal	56.76	+0,71
	50m: 25.74 25.74	100m: 56.76 31.02			

Prova 24

Femin., 100m Mariposa

16 anos e mais velhos

10-12-2016 - 17:05

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Ana Margarida Guedes	01	Ginasio de Vila Real	1:02.58	+0,64
	50m: 28.76 28.76	100m: 1:02.58 33.82			
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	1:03.08	+0,82
	50m: 29.82 29.82	100m: 1:03.08 33.26			
3.	Laura Sanchez Rodrigues	00	Belenenses	1:03.48	+0,68
	50m: 29.29 29.29	100m: 1:03.48 34.19			
4.	Ines Jacinto Henriques	00	Pimpoes/Cimai	1:03.83	+0,76
	50m: 30.05 30.05	100m: 1:03.83 33.78			
5.	Joana Victorino Henriques	01	Condeixa Clube	1:05.49	+0,70
	50m: 30.51 30.51	100m: 1:05.49 34.98			
6.	Carolina Abreu Boulhosa	01	Naval do Funchal	1:05.50	+0,70
	50m: 30.20 30.20	100m: 1:05.50 35.30			
7.	Cristiana Sofia Ribeiro	00	Famalicao	1:06.78	+0,74
	50m: 31.36 31.36	100m: 1:06.78 35.42			
8.	Bruna Andreia Simoes	01	Nautico Marinha Grande	1:07.02	+0,70
	50m: 30.13 30.13	100m: 1:07.02 36.89			
9.	Beatriz Jong Rosa	00	WOS Team	1:07.08	+0,89
	50m: 31.17 31.17	100m: 1:07.08 35.91			
10.	Sara Silva Marques	01	Aquatico Pacense	1:07.74	+0,80
	50m: 31.23 31.23	100m: 1:07.74 36.51			

Prova 24, Femin., 100m Mariposa, Final

Seniores

Final

1.	Ines Camacho Fernandes	97	Sporting	1:00.11	+0,70
	50m: 28.16 28.16	100m: 1:00.11	31.95		
2.	Ana Margarida Rodrigues	96	Galitos / Bresimar	1:03.51	+0,77
	50m: 29.66 29.66	100m: 1:03.51	33.85		
3.	Filipa Vilas Tiago	94	Nacional de Natacao	1:03.81	+0,67
	50m: 29.79 29.79	100m: 1:03.81	34.02		
4.	Ana Beatriz Martins	99	Famalicao	1:03.91	+0,79
	50m: 29.75 29.75	100m: 1:03.91	34.16		
5.	Barbara Sofia Barata	97	Alges	1:04.07	+0,75
	50m: 30.10 30.10	100m: 1:04.07	33.97		
6.	Carolina Mantua Guedes	98	Sporting	1:04.16	+0,78
	50m: 29.99 29.99	100m: 1:04.16	34.17		
7.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	1:04.39	+0,81
	50m: 30.17 30.17	100m: 1:04.39	34.22		
8.	Maria Leonor Martins	99	Aquatico Pacense	1:06.00	+0,79
	50m: 30.44 30.44	100m: 1:06.00	35.56		
9.	Madalena Amaro Machado	98	Fluvial Portuense	1:06.24	+0,72
	50m: 30.53 30.53	100m: 1:06.24	35.71		
10.	Lara Alexandra Vaz	99	Desportiva de Viana	1:07.01	+0,84
	50m: 31.33 31.33	100m: 1:07.01	35.68		

Prova 25

Masc., 50m Livres

17 anos e mais velhos

10-12-2016 - 17:10

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Pedro Miguel Fernandes	99	Vitoria Guimaraes	23.42	+0,71
2.	Tiago Silva Soares	99	Porto	23.68	+0,73
3.	Miguel Henriques Marques	00	Uniao Piedense	23.71	+0,76
4.	Joao Cruz Castro	00	Sao Roque	23.82	+0,66
5.	Jaime Daniel Correia	99	Estrelas S. Joao de Brito	23.99	+0,64
6.	Diogo Jesus Crespo	99	Desportivo Nacional	24.03	+0,62
7.	Diogo Alexandre Pacheco	99	Bombeiros Ponta Delgada	24.14	+0,60
8.	Bernardo Jose Dionisio	99	Gualdim Pais	24.25	+0,69
9.	Jose Pedro Fernandes	99	Braga	24.42	+0,68

Prova 25, Masc., 50m Livres, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Miguel Diogo Agostinho	00	Fundacao Beatriz Santos	24.48	+0,72

Seniores

Final

1.	Joao Miguel Ascensao	97	Porto	22.44	+0,60
2.	Frederico Sucena Riachos	98	Estrelas S. Joao de Brito	23.07	+0,64
3.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	23.45	+0,66
4.	Francisco Carvalho Machado	98	Alges	23.68	+0,59
5.	Jorge Manuel Maia	89	Famalicao	23.70	+0,77
6.	Hugo Guilherme Trigo	97	Sporting de Aveiro	23.81	+0,57
	Francisco Rogerio Santos	98	Sporting	23.81	+0,71
8.	Bernardo Leitao Graca	93	Fluvial Portuense	23.87	+0,64
9.	David Granja Lopes	90	Palmela	24.06	+0,69
10.	Guilherme Miguel Teixeira	97	Benfica	24.09	+0,71

Prova 26

Femin., 50m Livres

16 anos e mais velhos

10-12-2016 - 17:10

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	25.95	Beatriz Mendes Viegas	TNC	Vila Real Stº Antonio	12-11-2016
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Laura Sanchez Rodrigues	00	Belenenses	26.84	+0,68
2.	Sofia Alexandra Nunes	00	Laranjeiro	27.00	+0,73
3.	Ana Margarida Guedes	01	Ginasio de Vila Real	27.10	+0,64
4.	Ana Rita Faria	00	Porto	27.15	+0,74
5.	Matilde Aguas Marques	00	Portinado	27.19	+0,76
6.	Isabel Porfirio Pego	01	Porto	27.49	+0,76
7.	Matilde Freitas Moreira	01	Academica de Coimbra	27.57	+0,73
8.	Ana Carolina Neves	00	Academica de Coimbra	27.90	+0,68
9.	Joana Costa Amador	01	Galitos / Bresimar	27.98	+0,82
10.	Vera Ines Aguilar	00	Desportivo Nacional	28.08	+0,74

Prova 26, Femin., 50m Livres, Final

Seniores

Final

1.	Catarina Maria Ferreira	98	Desportiva de Viana	25.83	+0,74
2.	Adriana Daniela Castro	97	Aquatico Pacense	26.50	+0,68
3.	Jessica Teixeira Vieira	91	Belenenses	26.54	+0,66
4.	Ana Sofia Leite	93	Ginasio de Vila Real	26.69	+0,73
5.	Rita Barros Frischknecht	98	Alges	26.73	+0,72
6.	Rosa Maria Oliveira	96	Porto	26.79	+0,68
7.	Mafalda Gomes Beleza	94	Sporting	27.32	+0,63
8.	Ana Beatriz Fonseca	99	Academica de Coimbra	27.36	+0,68
9.	Filipa Vilas Tiago	94	Nacional de Natacao	27.67	+0,67
10.	Jessica Sousa Brito	97	Benfica	27.96	+0,78

Prova 27

Masc., 200m Estilos

17 anos e mais velhos

10-12-2016 - 17:15

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Jose Paulo Lopes	00	Braga	2:04.84	+0,69
	50m: 27.50 27.50	100m: 58.58 31.08	150m: 1:35.56 36.98	200m: 2:04.84 29.28	
2.	Joao Daniel Machado	99	Uniao Piedense	2:05.14	+0,70
	50m: 27.54 27.54	100m: 58.78 31.24	150m: 1:35.94 37.16	200m: 2:05.14 29.20	
3.	Jorge Jesus Silva	00	Braga	2:06.64	+0,78
	50m: 28.15 28.15	100m: 1:02.03 33.88	150m: 1:37.33 35.30	200m: 2:06.64 29.31	
4.	Alexandre Ferreira Amorim	99	Colegio SMLamas	2:07.51	+0,64
	50m: 28.32 28.32	100m: 1:01.67 33.35	150m: 1:37.63 35.96	200m: 2:07.51 29.88	
5.	Jose Tomas Simeao	00	Laranjeiro	2:08.29	+0,61
	50m: 27.95 27.95	100m: 59.60 31.65	150m: 1:38.30 38.70	200m: 2:08.29 29.99	
6.	Porfirio Braga Nunes	00	Vilacondense	2:08.59	+0,75
	50m: 28.19 28.19	100m: 1:00.14 31.95	150m: 1:39.09 38.95	200m: 2:08.59 29.50	
7.	Andre Vilas Ruivo	00	Sporting	2:08.81	+0,67
	50m: 28.75 28.75	100m: 1:00.60 31.85	150m: 1:39.53 38.93	200m: 2:08.81 29.28	
8.	Jose Pedro Freitas	00	Famalicao	2:09.10	+0,67
	50m: 28.68 28.68	100m: 1:00.80 32.12	150m: 1:38.31 37.51	200m: 2:09.10 30.79	
9.	Diogo Leal Dantas	00	Sporting	2:10.46	+0,60
	50m: 27.94 27.94	100m: 1:01.68 33.74	150m: 1:39.58 37.90	200m: 2:10.46 30.88	
10.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	2:11.32	+0,66
	50m: 28.59 28.59	100m: 1:02.69 34.10	150m: 1:40.49 37.80	200m: 2:11.32 30.83	

Prova 27, Masc., 200m Estilos, Final

Seniores

Final

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	2:01.41	+0,64					
	50m: 26.81 26.81	100m: 58.85 32.04	150m: 1:33.05	34.20	200m: 2:01.41	28.36				
2.	Pedro Andre Santos	94	Alges	2:01.85	+0,71					
	50m: 26.81 26.81	100m: 58.19 31.38	150m: 1:33.02	34.83	200m: 2:01.85	28.83				
3.	Bruno Miguel Ramos	97	Belenenses	2:03.23	+0,73					
	50m: 26.91 26.91	100m: 58.67 31.76	150m: 1:35.02	36.35	200m: 2:03.23	28.21				
4.	Tomas Correia Silva	95	Porto	2:03.31	+0,66					
	50m: 26.45 26.45	100m: 59.02 32.57	150m: 1:34.44	35.42	200m: 2:03.31	28.87				
5.	Jose Paula Carvalho	98	Uniao Piedense	2:03.38	+0,72					
	50m: 27.21 27.21	100m: 59.96 32.75	150m: 1:34.94	34.98	200m: 2:03.38	28.44				
6.	Andre Bras Goncalves	88	Belenenses	2:06.28	+0,69					
	50m: 26.88 26.88	100m: 58.80 31.92	150m: 1:35.66	36.86	200m: 2:06.28	30.62				
7.	Joao Pedro Santos	95	Estarreja	2:08.64	+0,70					
	50m: 27.00 27.00	100m: 59.69 32.69	150m: 1:38.00	38.31	200m: 2:08.64	30.64				
8.	Bruno Miguel Martins	93	Geslours	2:12.06	+0,72					
	50m: 29.26 29.26	100m: 1:02.61 33.35	150m: 1:39.84	37.23	200m: 2:12.06	32.22				

DSQ Jose Pedro Sampaio 98 Fluvial Portuense
701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1

Prova 28

Femin., 200m Estilos

16 anos e mais velhos

10-12-2016 - 17:20

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	2:16.22	Raquel Gomes Pereira	SAD	Algés	19-11-2016
Recordes Nacionais 25m Sen	2:12.37	Victoria Kaminskaya	POR	Netanya (ISR)	05-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Ines Neto Rocha	01	Aquatico Pacense	2:19.40	+0,93					
	50m: 30.28 30.28	100m: 1:05.53 35.25	150m: 1:45.50	39.97	200m: 2:19.40	33.90				
2.	Maria Francisca Cabral	00	Porto	2:21.58	+0,63					
	50m: 31.18 31.18	100m: 1:07.49 36.31	150m: 1:49.11	41.62	200m: 2:21.58	32.47				
3.	Carolina Rosa Marcelino	01	Alges	2:23.03	+0,70					
	50m: 30.75 30.75	100m: 1:07.60 36.85	150m: 1:49.66	42.06	200m: 2:23.03	33.37				
4.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:23.58	+0,75					
	50m: 31.26 31.26	100m: 1:08.53 37.27	150m: 1:50.32	41.79	200m: 2:23.58	33.26				
5.	Ines Silva Bernardo	00	Colegio Monte Maior	2:23.61	+0,71					
	50m: 31.66 31.66	100m: 1:09.21 37.55	150m: 1:50.49	41.28	200m: 2:23.61	33.12				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Ines Rocha Silva 50m: 32.01 32.01	00	Alcobaca	2:25.19	+0,71
7.	Luisa Maria Machado 50m: 31.25 31.25	01	Uniao Piedense	2:26.32	+0,87
8.	Miriam Filipe Marcos 50m: 32.41 32.41	01	Natacao Olhao	2:27.45	+0,70
9.	Beatriz Santos Silva 50m: 32.32 32.32	01	Porto	2:29.25	+0,94
10.	Ines Rosado Monteiro 50m: 32.49 32.49	00	Natacao de Vagos	2:29.42	+0,72

Seniores

Final

1.	Catia Raquel Martinheira 50m: 30.11 30.11	95	Louletano / Loule Concelho	2:21.43	+0,73
2.	Mafalda Gomes Beleza 50m: 31.84 31.84	94	Sporting	2:22.33	+0,70
3.	Ana Beatriz Martins 50m: 30.00 30.00	99	Famalicao	2:22.36	+0,80
4.	Rita Teixeira Costa 50m: 30.29 30.29	97	Belenenses	2:22.84	+0,71
5.	Rita Costa Amador 50m: 30.98 30.98	99	Galitos / Bresimar	2:23.22	+0,70
6.	Carolina Mantua Guedes 50m: 30.43 30.43	98	Sporting	2:24.13	+0,77
7.	Maria Madalena Silva 50m: 30.34 30.34	98	Braga	2:24.79	+0,68
8.	Sofia Machado Dionisio 50m: 31.66 31.66	98	Sporting	2:25.09	+0,83
9.	Bruna Martins Riesenberger 50m: 30.56 30.56	97	Laranjeiro	2:26.40	+0,71
10.	Ana Monica Eloi 50m: 31.62 31.62	96	Nautico Marinha Grande	2:27.03	+0,83

Prova 31 Masc., 4 x 200m Livres 17 anos e mais velhos
10-12-2016 - 18:20 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Uniao Piedense-SEN	Uniao Piedense	7:27.09 +0,73
	Jose Paula Carvalho	98 +0,73 26.05 54.44	1:23.05 1:51.09 1:51.09
	Tiago Carlos Santos	98 +0,25 26.00 55.22	1:25.41 1:54.46 1:54.46
	Joao Carlos Santos	96 +0,48 25.90 53.95	1:22.83 1:52.20 1:52.20
	Joao Pedro Gil	97 +0,38 25.41 53.44	1:21.74 1:49.34 1:49.34
2.	Benfica-SEN	Benfica	7:27.26 +0,67
	Joao Duarte Santos	95 +0,67 25.87 54.13	1:22.62 1:51.33 1:51.33
	Luiz Pedro Pereira	91 +0,32 26.43 55.39	1:24.28 1:53.04 1:53.04
	Rafael Lourenco Gil	96 +0,32 25.78 53.94	1:22.95 1:51.75 1:51.75
	Andre Filipe Farinha	96 +0,32 25.54 54.01	1:22.89 1:51.14 1:51.14
3.	Sporting-SEN	Sporting	7:27.93 +0,76
	Mario Andre Bonanca	90 +0,76 25.84 53.51	1:22.80 1:52.31 1:52.31
	Guilherme Filipe Pina	98 +0,25 26.19 54.82	1:24.11 1:53.58 1:53.58
	Francisco Rogerio Santos	98 +0,40 24.18 51.84	1:21.42 1:51.33 1:51.33
	Guilherme Pereira Dias	97 +0,42 24.69 52.03	1:20.89 1:50.71 1:50.71
4.	Nautico /Urgicentro-Sanfil-SEN	Nautico /Urgicentro-Sanfil	7:31.19 +0,65
	Tomas Miguel Veloso	96 +0,65 26.11 54.41	1:23.35 1:51.92 1:51.92
	Mario Alexandre Pereira	92 +0,25 25.47 53.18	1:21.52 1:49.34 1:49.34
	Francisco Xavier Goncalves	97 +0,18 25.14 53.75	1:22.78 1:52.71 1:52.71
	Tiago Moises Dinis	98 +0,31 26.35 56.13	1:26.69 1:57.22 1:57.22
5.	Alges-SEN	Alges	7:32.23 +0,67
	Afonso Ribeiro Bate	98 +0,67 26.16 54.61	1:24.08 1:53.17 1:53.17
	Goncalo Cardoso Carmo	96 +0,31 25.69 54.54	1:23.93 1:53.46 1:53.46
	Francisco Carvalho Machado	98 +0,34 25.37 53.44	1:22.66 1:53.02 1:53.02
	Pedro Andre Santos	94 +0,42 26.16 55.67	1:24.68 1:52.58 1:52.58
6.	Belenenses-SEN	Belenenses	7:33.14 +0,70
	Nuno Goncalo Quintanilha	87 +0,70 26.19 54.24	1:22.55 1:52.11 1:52.11
	Fabio Andre Figueira	88 +0,34 25.93 54.81	1:24.39 1:53.79 1:53.79
	Bruno Miguel Ramos	97 +0,49 25.47 53.72	1:22.69 1:51.51 1:51.51
	Andre Bras Goncalves	88 +0,43 26.04 54.95	1:24.96 1:55.73 1:55.73
7.	Fluvial Portuense-SEN	Fluvial Portuense	7:48.16 +0,85
	Joao Luis Travanca	97 +0,85 27.23 57.12	1:28.47 1:59.96 1:59.96
	Filipe Miguel Gomes	97 +0,11 25.52 54.80	1:25.30 1:56.65 1:56.65
	Bernardo Leitao Graca	93 +0,23 25.92 54.96	1:24.97 1:54.96 1:54.96
	Jose Pedro Sampaio	98 +0,42 26.73 56.93	1:27.01 1:56.59 1:56.59

Prova 31, Masc., 4 x 200m Livres

Juniores

1. Sporting-JUN	Sporting	7:43.14	+0,69
Tiago Cunha Costa	99 +0,69 26.34 54.93	1:23.87 1:52.82	1:52.82
Diogo Leal Dantas	00 +0,25 26.53 56.49	1:27.13 1:57.07	1:57.07
Bernardo Garcia Perloiro	00 +0,42 26.89 56.64	1:27.05 1:57.41	1:57.41
Andre Vilas Ruivo	00 +0,42 26.55 55.52	1:25.32 1:55.84	1:55.84
2. Fluvial Portuense-JUN	Fluvial Portuense	7:48.37	+0,70
Diogo Barbosa Nunes	00 +0,70 26.73 55.31	1:25.16 1:54.85	1:54.85
Sergio Filipe Travanca	00 +0,35 27.08 56.93	1:27.04 1:57.73	1:57.73
Diogo Moreno Bastos	00 +0,11 27.06 57.49	1:28.71 1:59.99	1:59.99
Nuno Correia Sousa	00 +0,34 25.93 54.96	1:25.72 1:55.80	1:55.80
3. Famalicao-JUN	Famalicao	7:52.01	+0,70
Miguel Angelo Santos	00 +0,70 27.65 57.22	1:27.34 1:57.31	1:57.31
Joao Pereira Tinoco	00 +0,09 26.80 57.86	1:27.87 1:57.25	1:57.25
Mateus Ribeiro Carvalho	99 +0,43 27.34 57.97	1:28.81 1:59.81	1:59.81
Jose Pedro Freitas	00 +0,48 27.02 56.52	1:26.87 1:57.64	1:57.64
4. Torres Novas-JUN	Torres Novas	7:58.93	+0,75
Afonso Guilherme Rosa	99 +0,75 27.97 57.75	1:27.39 1:56.30	1:56.30
Miguel Goncalves Frade	00 +0,25 27.88 58.82	1:30.12 2:01.38	2:01.38
Filipe Asseiceira Ramos	00 +0,40 22.84 59.28	1:31.18 2:03.45	2:03.45
Jose Henriques Luz	99 +0,42 25.81 55.87	1:27.25 1:57.80	1:57.80
5. Laranjeiro-JUN	Laranjeiro	8:05.12	+0,70
Pedro Barata Neves	00 +0,70 27.75 57.78	1:28.74 1:59.90	1:59.90
Rodrigo Costa Teixeira	99 +0,57 27.71 58.14	1:30.19 2:03.68	2:03.68
Bernardo Antunes Augusto	00 +0,22 27.51 58.58	1:31.12 2:04.42	2:04.42
Jose Tomas Simeao	00 +0,59 26.50 55.82	1:26.39 1:57.12	1:57.12

Prova 32

Femin., 4 x 200m Livres

16 anos e mais velhos

10-12-2016 - 18:25

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

Lugar

Clube

Tempo Final

TReac

Seniores

1. Alges-SEN	Alges	8:21.01	+0,74
Rita Barros Frischknecht	98 +0,74 28.41 59.44	1:30.76 2:02.39	2:02.39
Francisca Gomes Azevedo	97 +0,28 28.50 1:00.88	1:32.81 2:04.40	2:04.40
Beatriz Barros Carmo	99 +0,45 28.56 1:00.33	1:33.13 2:06.15	2:06.15
Barbara Sofia Barata	97 +0,46 30.03 1:03.11	1:35.72 2:08.07	2:08.07
2. Sporting-SEN	Sporting	8:23.18	+0,79
Ines Camacho Fernandes	97 +0,79 28.89 1:00.27	1:31.70 2:03.20	2:03.20
Beatriz Paulo Ranito	99 +0,52 29.02 1:00.73	1:33.14 2:05.64	2:05.64
Carolina Mantua Guedes	98 +0,37 29.33 1:01.48	1:35.01 2:08.33	2:08.33
Mafalda Gomes Beleza	94 +0,51 29.46 1:01.48	1:33.97 2:06.01	2:06.01

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

Lugar	Clube	Tempo Final	TReac
3.	Fluvial Portuense-SEN	8:41.97	+0,77
	Vania Soares Neves	90 +0,77 30.11 1:02.71 1:35.93 2:09.04	2:09.04
	Madalena Amaro Machado	98 +0,42 28.96 1:02.09 1:36.59 2:10.80	2:10.80
	Maria Joao Fernandes	97 +0,33 29.65 1:03.09 1:38.24 2:13.94	2:13.94
	Angelica Maria Andre	94 +0,14 28.72 1:00.77 1:33.95 2:08.19	2:08.19
4.	Belenenses-SEN	8:46.80	+0,70
	Margarida Sobral Pimenta	99 +0,70 29.70 1:02.81 1:36.38 2:09.61	2:09.61
	Jessica Teixeira Vieira	91 +0,39 29.00 1:01.64 1:35.65 2:10.28	2:10.28
	Rita Teixeira Costa	97 +0,23 29.90 1:03.27 1:37.55 2:11.11	2:11.11
	Ana Beatriz Pereira	91 +0,23 30.64 1:04.88 1:40.49 2:15.80	2:15.80

Juniores

1.	Porto-JUN	8:36.30	+0,72
	Isabel Porfirio Pego	01 +0,72 30.08 1:02.49 1:35.81 2:08.36	2:08.36
	Maria Carolina Costa	01 +0,14 28.92 1:01.40 1:35.28 2:09.21	2:09.21
	Maria Francisca Cabral	00 +0,78 30.36 1:03.16 1:36.43 2:09.84	2:09.84
	Ana Rita Faria	00 +0,45 29.80 1:02.52 1:35.95 2:08.89	2:08.89
2.	Uniao Piedense-JUN	8:44.02	+0,79
	Celeste Santos Ricardo	01 +0,79 32.14 1:07.26 1:41.87 2:16.24	2:16.24
	Ines Figueira Santos	00 +0,56 29.52 1:02.32 1:36.41 2:10.56	2:10.56
	Filipa Serrano Rodrigues	01 +0,55 29.54 1:01.76 1:34.86 2:08.21	2:08.21
	Luisa Maria Machado	01 +0,62 28.78 1:01.29 1:35.01 2:09.01	2:09.01
3.	Galitos/ Bresimar-JUN	8:52.86	+0,79
	Maria Esteves Martins	01 +0,79 31.27 1:05.39 1:40.52 2:15.17	2:15.17
	Joana Costa Amador	01 29.45 1:01.49 1:34.85 2:08.44	2:08.44
	Teresa Isabel Granjeia	01 +0,38 31.20 1:05.40 1:40.57 2:16.36	2:16.36
	Eliana Dirce Lourenco	00 29.99 1:03.43 1:37.90 2:12.89	2:12.89
4.	Sporting-JUN	8:57.06	+0,71
	Mariana Sobral Galacha	01 +0,71 30.98 1:05.02 1:39.34 2:13.37	2:13.37
	Mariana Delicado Correia	01 +0,28 30.30 1:04.61 1:39.62 2:14.63	2:14.63
	Raquel Alexandra Sousa	01 +0,25 29.82 1:02.70 1:38.31 2:13.94	2:13.94
	Mariana Silva Ramos	00 +0,22 30.89 1:04.84 1:40.23 2:15.12	2:15.12

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

11-12-2016 - 9:00

Prova 33 Femin., 800m Livres 16 anos e mais velhos
11-12-2016 - 9:00 Resultados

Recordes Nacionais 25m Absoluto	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13-12-2015
Recordes Nacionais 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13-12-2015
Recordes Nacionais 25m Sen	8:33.54	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	13-11-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Angelica Maria Andre	94	Fluvial Portuense	8:47.49	+0,71
	50m: 29.78 29.78	250m: 2:42.23 33.24	450m: 4:56.05 33.06	650m: 7:07.74 33.09	
	100m: 1:02.16 32.38	300m: 3:15.69 33.46	500m: 5:29.64 33.59	700m: 7:41.00 33.26	
	150m: 1:35.40 33.24	350m: 3:49.36 33.67	550m: 6:02.11 32.47	750m: 8:14.65 33.65	
	200m: 2:08.99 33.59	400m: 4:22.99 33.63	600m: 6:34.65 32.54	800m: 8:47.49 32.84	
2.	Vania Soares Neves	90	Fluvial Portuense	8:49.53	+0,77
	50m: 30.76 30.76	250m: 2:43.77 33.50	450m: 4:58.20 33.55	650m: 7:11.34 33.33	
	100m: 1:03.46 32.70	300m: 3:17.36 33.59	500m: 5:31.44 33.24	700m: 7:44.39 33.05	
	150m: 1:36.73 33.27	350m: 3:51.09 33.73	550m: 6:04.87 33.43	750m: 8:17.45 33.06	
	200m: 2:10.27 33.54	400m: 4:24.65 33.56	600m: 6:38.01 33.14	800m: 8:49.53 32.08	
3.	Maria Teresa Amorim	97	Porto	8:50.97	+0,81
	50m: 30.82 30.82	250m: 2:42.38 33.16	450m: 4:56.23 33.02	650m: 7:10.66 33.93	
	100m: 1:03.10 32.28	300m: 3:16.19 33.81	500m: 5:29.95 33.72	700m: 7:44.52 33.86	
	150m: 1:36.03 32.93	350m: 3:49.60 33.41	550m: 6:03.18 33.23	750m: 8:18.33 33.81	
	200m: 2:09.22 33.19	400m: 4:23.21 33.61	600m: 6:36.73 33.55	800m: 8:50.97 32.64	
4.	Beatriz Paulo Ranito	99	Sporting	8:51.59	+0,76
	50m: 30.38 30.38	250m: 2:44.38 34.06	450m: 4:59.60 33.62	650m: 7:12.53 33.07	
	100m: 1:03.15 32.77	300m: 3:18.31 33.93	500m: 5:32.89 33.29	700m: 7:45.80 33.27	
	150m: 1:36.61 33.46	350m: 3:52.24 33.93	550m: 6:06.37 33.48	750m: 8:19.52 33.72	
	200m: 2:10.32 33.71	400m: 4:25.98 33.74	600m: 6:39.46 33.09	800m: 8:51.59 32.07	
5.	Francisca Gomes Azevedo	97	Alges	9:00.50	+0,76
	50m: 30.38 30.38	250m: 2:42.85 33.52	450m: 4:58.57 33.94	650m: 7:17.93 35.39	
	100m: 1:02.76 32.38	300m: 3:16.64 33.79	500m: 5:32.78 34.21	700m: 7:52.64 34.71	
	150m: 1:35.85 33.09	350m: 3:50.29 33.65	550m: 6:07.71 34.93	750m: 8:27.28 34.64	
	200m: 2:09.33 33.48	400m: 4:24.63 34.34	600m: 6:42.54 34.83	800m: 9:00.50 33.22	
6.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:05.55	+0,95
	50m: 30.75 30.75	250m: 2:46.74 34.11	450m: 5:05.20 34.87	650m: 7:24.15 34.22	
	100m: 1:04.29 33.54	300m: 3:21.40 34.66	500m: 5:39.99 34.79	700m: 7:59.38 35.23	
	150m: 1:38.45 34.16	350m: 3:55.95 34.55	550m: 6:14.90 34.91	750m: 8:33.67 34.29	
	200m: 2:12.63 34.18	400m: 4:30.33 34.38	600m: 6:49.93 35.03	800m: 9:05.55 31.88	
7.	Raquel Paulo Ranito	94	Sporting	9:10.01	+0,77
	50m: 31.21 31.21	250m: 2:48.28 34.49	450m: 5:06.97 34.79	650m: 7:26.56 34.63	
	100m: 1:05.00 33.79	300m: 3:22.83 34.55	500m: 5:41.87 34.90	700m: 8:01.48 34.92	
	150m: 1:39.31 34.31	350m: 3:57.53 34.70	550m: 6:16.98 35.11	750m: 8:36.16 34.68	
	200m: 2:13.79 34.48	400m: 4:32.18 34.65	600m: 6:51.93 34.95	800m: 9:10.01 33.85	
8.	Beatriz Barros Carmo	99	Alges	9:15.52	+0,77
	50m: 30.92 30.92	250m: 2:48.50 34.55	450m: 5:08.79 35.14	650m: 7:31.00 35.26	
	100m: 1:04.56 33.64	300m: 3:23.46 34.96	500m: 5:44.19 35.40	700m: 8:06.59 35.59	
	150m: 1:39.16 34.60	350m: 3:58.45 34.99	550m: 6:19.93 35.74	750m: 8:41.71 35.12	
	200m: 2:13.95 34.79	400m: 4:33.65 35.20	600m: 6:55.74 35.81	800m: 9:15.52 33.81	

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Rita Costa Amador	99	Galitos / Bresimar	9:16.51	+0,72
	50m: 32.24 32.24	250m: 2:52.06 34.78	450m: 5:13.04 35.27	650m: 7:32.37 34.82	
	100m: 1:07.14 34.90	300m: 3:27.01 34.95	500m: 5:48.03 34.99	700m: 8:07.45 35.08	
	150m: 1:42.26 35.12	350m: 4:02.56 35.55	550m: 6:22.87 34.84	750m: 8:42.57 35.12	
	200m: 2:17.28 35.02	400m: 4:37.77 35.21	600m: 6:57.55 34.68	800m: 9:16.51 33.94	
10.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	9:17.46	
	50m: 31.82 31.82	250m: 2:52.21 35.17	450m: 5:12.92 35.18	650m: 7:33.20 35.18	
	100m: 1:06.39 34.57	300m: 3:27.43 35.22	500m: 5:47.83 34.91	700m: 8:08.54 35.34	
	150m: 1:41.47 35.08	350m: 4:02.72 35.29	550m: 6:23.10 35.27	750m: 8:43.26 34.72	
	200m: 2:17.04 35.57	400m: 4:37.74 35.02	600m: 6:58.02 34.92	800m: 9:17.46 34.20	
11.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:19.64	+0,92
	50m: 31.21 31.21	250m: 2:51.22 35.56	450m: 5:13.05 35.20	650m: 7:34.38 35.30	
	100m: 1:05.13 33.92	300m: 3:26.79 35.57	500m: 5:48.32 35.27	700m: 8:10.04 35.66	
	150m: 1:40.38 35.25	350m: 4:02.33 35.54	550m: 6:23.65 35.33	750m: 8:45.07 35.03	
	200m: 2:15.66 35.28	400m: 4:37.85 35.52	600m: 6:59.08 35.43	800m: 9:19.64 34.57	
12.	Maria Beatriz Dias	99	Rio Maior	9:20.23	+0,82
	50m: 32.04 32.04	250m: 2:50.43 35.06	450m: 5:12.19 35.59	650m: 7:35.02 35.68	
	100m: 1:06.11 34.07	300m: 3:25.58 35.15	500m: 5:47.98 35.79	700m: 8:10.73 35.71	
	150m: 1:40.81 34.70	350m: 4:01.08 35.50	550m: 6:23.67 35.69	750m: 8:46.21 35.48	
	200m: 2:15.37 34.56	400m: 4:36.60 35.52	600m: 6:59.34 35.67	800m: 9:20.23 34.02	
13.	Maria Joao Fernandes	97	Fluvial Portuense	9:25.72	+0,82
	50m: 31.29 31.29	250m: 2:51.02 35.33	450m: 5:14.34 35.67	650m: 7:38.10 36.21	
	100m: 1:05.34 34.05	300m: 3:26.84 35.82	500m: 5:50.55 36.21	700m: 8:14.52 36.42	
	150m: 1:40.32 34.98	350m: 4:02.76 35.92	550m: 6:26.15 35.60	750m: 8:50.47 35.95	
	200m: 2:15.69 35.37	400m: 4:38.67 35.91	600m: 7:01.89 35.74	800m: 9:25.72 35.25	
14.	Ana Luisa Santo	95	Benfica	9:40.90	+0,86
	50m: 32.40 32.40	250m: 2:55.97 36.26	450m: 5:22.17 36.50	650m: 7:50.68 37.11	
	100m: 1:07.72 35.32	300m: 3:32.34 36.37	500m: 5:59.11 36.94	700m: 8:27.99 37.31	
	150m: 1:43.62 35.90	350m: 4:08.96 36.62	550m: 6:36.13 37.02	750m: 9:05.01 37.02	
	200m: 2:19.71 36.09	400m: 4:45.67 36.71	600m: 7:13.57 37.44	800m: 9:40.90 35.89	

Juniores

1.	Sara Sofia Alves	01	Columbifila Cantanhedense	9:01.59	+0,75
	50m: 31.00 31.00	250m: 2:44.20 33.78	450m: 5:01.18 34.47	650m: 7:19.81 34.78	
	100m: 1:03.59 32.59	300m: 3:18.37 34.17	500m: 5:35.80 34.62	700m: 7:54.46 34.65	
	150m: 1:36.62 33.03	350m: 3:52.36 33.99	550m: 6:10.63 34.83	750m: 8:28.66 34.20	
	200m: 2:10.42 33.80	400m: 4:26.71 34.35	600m: 6:45.03 34.40	800m: 9:01.59 32.93	
2.	Joana Costa Amador	01	Galitos / Bresimar	9:06.01	+0,77
	50m: 31.97 31.97	250m: 2:49.09 34.46	450m: 5:08.04 34.37	650m: 7:25.17 34.29	
	100m: 1:05.82 33.85	300m: 3:23.96 34.87	500m: 5:42.32 34.28	700m: 7:59.47 34.30	
	150m: 1:40.12 34.30	350m: 3:58.86 34.90	550m: 6:16.56 34.24	750m: 8:32.94 33.47	
	200m: 2:14.63 34.51	400m: 4:33.67 34.81	600m: 6:50.88 34.32	800m: 9:06.01 33.07	
3.	Miriam Filipe Marcos	01	Natacao Olhao	9:10.63	+0,71
	50m: 30.69 30.69	250m: 2:47.67 34.57	450m: 5:06.70 34.64	650m: 7:26.81 35.10	
	100m: 1:04.48 33.79	300m: 3:22.47 34.80	500m: 5:41.66 34.96	700m: 8:02.06 35.25	
	150m: 1:38.59 34.11	350m: 3:57.10 34.63	550m: 6:16.48 34.82	750m: 8:36.70 34.64	
	200m: 2:13.10 34.51	400m: 4:32.06 34.96	600m: 6:51.71 35.23	800m: 9:10.63 33.93	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Maria Carolina Costa	01	Porto	9:15.16	+0,79
	50m: 30.18 30.18	250m: 2:48.20 35.28	450m: 5:09.58 35.66	650m: 7:31.42 35.66	
	100m: 1:03.74 33.56	300m: 3:23.15 34.95	500m: 5:45.26 35.68	700m: 8:06.78 35.36	
	150m: 1:38.17 34.43	350m: 3:58.39 35.24	550m: 6:20.50 35.24	750m: 8:41.76 34.98	
	200m: 2:12.92 34.75	400m: 4:33.92 35.53	600m: 6:55.76 35.26	800m: 9:15.16 33.40	
5.	Filipa Serrano Rodrigues	01	Uniao Piedense	9:18.68	+0,85
	50m: 31.59 31.59	250m: 2:47.77 34.62	450m: 5:09.39 35.81	650m: 7:32.90 35.94	
	100m: 1:04.93 33.34	300m: 3:22.84 35.07	500m: 5:45.07 35.68	700m: 8:08.41 35.51	
	150m: 1:39.04 34.11	350m: 3:58.09 35.25	550m: 6:20.97 35.90	750m: 8:43.97 35.56	
	200m: 2:13.15 34.11	400m: 4:33.58 35.49	600m: 6:56.96 35.99	800m: 9:18.68 34.71	
6.	Rafaela Araujo Silva	00	Famalicao	9:24.32	+0,88
	50m: 32.02 32.02	250m: 2:53.95 35.84	450m: 5:17.70 35.50	650m: 7:39.95 35.59	
	100m: 1:06.86 34.84	300m: 3:30.10 36.15	500m: 5:53.21 35.51	700m: 8:15.61 35.66	
	150m: 1:42.31 35.45	350m: 4:06.24 36.14	550m: 6:28.66 35.45	750m: 8:50.74 35.13	
	200m: 2:18.11 35.80	400m: 4:42.20 35.96	600m: 7:04.36 35.70	800m: 9:24.32 33.58	
7.	Ines Alves Martins	01	Fluvial Portuense	9:25.54	+0,76
	50m: 31.78 31.78	250m: 2:51.91 35.61	450m: 5:14.76 35.83	650m: 7:38.52 35.93	
	100m: 1:06.20 34.42	300m: 3:27.59 35.68	500m: 5:50.57 35.81	700m: 8:14.66 36.14	
	150m: 1:41.01 34.81	350m: 4:03.08 35.49	550m: 6:26.46 35.89	750m: 8:50.73 36.07	
	200m: 2:16.30 35.29	400m: 4:38.93 35.85	600m: 7:02.59 36.13	800m: 9:25.54 34.81	
8.	Leila Tavoria Lemos	00	Vilacondense	9:33.77	+0,76
	50m: 32.06 32.06	250m: 2:54.80 35.93	450m: 5:18.66 35.49	650m: 7:44.68 36.64	
	100m: 1:07.29 35.23	300m: 3:31.02 36.22	500m: 5:54.65 35.99	700m: 8:21.76 37.08	
	150m: 1:43.05 35.76	350m: 4:07.20 36.18	550m: 6:31.30 36.65	750m: 8:58.37 36.61	
	200m: 2:18.87 35.82	400m: 4:43.17 35.97	600m: 7:08.04 36.74	800m: 9:33.77 35.40	
9.	Mariana Delicado Correia	01	Sporting	9:34.15	+0,79
	50m: 31.82 31.82	250m: 2:56.32 36.44	450m: 5:20.90 36.35	650m: 7:45.97 37.14	
	100m: 1:07.16 35.34	300m: 3:32.71 36.39	500m: 5:57.47 36.57	700m: 8:22.70 36.73	
	150m: 1:43.49 36.33	350m: 4:08.47 35.76	550m: 6:33.06 35.59	750m: 8:58.91 36.21	
	200m: 2:19.88 36.39	400m: 4:44.55 36.08	600m: 7:08.83 35.77	800m: 9:34.15 35.24	
10.	Ines Figueira Santos	00	Uniao Piedense	9:34.50	+0,88
	50m: 32.56 32.56	250m: 2:55.03 35.99	450m: 5:19.98 35.95	650m: 7:46.27 36.54	
	100m: 1:07.68 35.12	300m: 3:31.08 36.05	500m: 5:56.36 36.38	700m: 8:23.18 36.91	
	150m: 1:43.43 35.75	350m: 4:07.62 36.54	550m: 6:33.01 36.65	750m: 8:59.42 36.24	
	200m: 2:19.04 35.61	400m: 4:44.03 36.41	600m: 7:09.73 36.72	800m: 9:34.50 35.08	
11.	Beatriz Marques Ferreira	00	Campinho	9:34.82	+0,79
	50m: 32.47 32.47	250m: 2:56.27 36.33	450m: 5:21.18 36.34	650m: 7:47.30 36.85	
	100m: 1:07.67 35.20	300m: 3:32.43 36.16	500m: 5:57.63 36.45	700m: 8:23.54 36.24	
	150m: 1:43.60 35.93	350m: 4:08.56 36.13	550m: 6:34.07 36.44	750m: 8:59.59 36.05	
	200m: 2:19.94 36.34	400m: 4:44.84 36.28	600m: 7:10.45 36.38	800m: 9:34.82 35.23	
12.	Rita Alexandra Vital	01	Alges	9:35.34	+0,87
	50m: 32.73 32.73	250m: 2:56.06 36.39	450m: 5:21.86 36.43	650m: 7:47.17 36.90	
	100m: 1:07.81 35.08	300m: 3:32.43 36.37	500m: 5:58.14 36.28	700m: 8:23.46 36.29	
	150m: 1:43.52 35.71	350m: 4:08.93 36.50	550m: 6:35.01 36.87	750m: 8:59.94 36.48	
	200m: 2:19.67 36.15	400m: 4:45.43 36.50	600m: 7:10.27 35.26	800m: 9:35.34 35.40	
13.	Ines Silva Oliveira	00	Fluvial Portuense	9:35.62	+0,86
	50m: 31.75 31.75	250m: 2:54.99 36.72	450m: 5:21.99 36.31	650m: 7:48.60 36.53	
	100m: 1:06.48 34.73	300m: 3:31.84 36.85	500m: 5:58.35 36.36	700m: 8:24.98 36.38	
	150m: 1:42.01 35.53	350m: 4:09.03 37.19	550m: 6:35.15 36.80	750m: 9:01.50 36.52	
	200m: 2:18.27 36.26	400m: 4:45.68 36.65	600m: 7:12.07 36.92	800m: 9:35.62 34.12	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
14.	Eliana Dirce Lourenco	00	Galitos / Bresimar	9:35.86	
	50m: 32.38 32.38	250m: 2:55.88 35.90	450m: 5:21.10 36.11	650m: 7:47.88 37.03	
	100m: 1:07.79 35.41	300m: 3:32.20 36.32	500m: 5:57.62 36.52	700m: 8:24.82 36.94	
	150m: 1:43.84 36.05	350m: 4:08.50 36.30	550m: 6:34.22 36.60	750m: 9:01.47 36.65	
	200m: 2:19.98 36.14	400m: 4:44.99 36.49	600m: 7:10.85 36.63	800m: 9:35.86 34.39	
15.	Maria Esteves Martins	01	Galitos / Bresimar	9:36.74	+0,81
	50m: 32.79 32.79	250m: 2:56.91 36.85	450m: 5:24.39 36.78	650m: 7:49.69 36.11	
	100m: 1:08.11 35.32	300m: 3:33.54 36.63	500m: 6:01.02 36.63	700m: 8:25.76 36.07	
	150m: 1:44.05 35.94	350m: 4:10.73 37.19	550m: 6:37.48 36.46	750m: 9:01.90 36.14	
	200m: 2:20.06 36.01	400m: 4:47.61 36.88	600m: 7:13.58 36.10	800m: 9:36.74 34.84	
16.	Mariana Silva Ramos	00	Sporting	9:37.24	+0,68
	50m: 32.31 32.31	250m: 2:54.48 36.09	450m: 5:20.47 36.87	650m: 7:48.42 36.80	
	100m: 1:06.88 34.57	300m: 3:30.66 36.18	500m: 5:57.34 36.87	700m: 8:25.44 37.02	
	150m: 1:42.49 35.61	350m: 4:06.96 36.30	550m: 6:34.36 37.02	750m: 9:02.04 36.60	
	200m: 2:18.39 35.90	400m: 4:43.60 36.64	600m: 7:11.62 37.26	800m: 9:37.24 35.20	
17.	Sara Lopes Barbosa	00	Aquatico Pacense	10:02.73	+0,92
	50m: 33.70 33.70	250m: 3:04.52 37.85	450m: 5:36.20 37.66	650m: 8:08.87 38.46	
	100m: 1:10.89 37.19	300m: 3:42.85 38.33	500m: 6:14.04 37.84	700m: 8:47.24 38.37	
	150m: 1:48.62 37.73	350m: 4:20.64 37.79	550m: 6:52.27 38.23	750m: 9:25.58 38.34	
	200m: 2:26.67 38.05	400m: 4:58.54 37.90	600m: 7:30.41 38.14	800m: 10:02.73 37.15	

Prova 34

Masc., 50m Bruços

17 anos e mais velhos

11-12-2016 - 9:45

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 Capitao	CLAMAS	Senhora da Hora	24-05-2015
Recordes Nacionais 25m Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Seniores

1.	Nuno Goncalo Quintanilha	87	Belenenses	28.94	+0,71 A
2.	Guilherme Miguel Teixeira	97	Benfica	28.97	+0,67 A
3.	Francisco Robalo Quintas	95	Belenenses	29.10	+0,66 A
4.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	29.24	+0,67 A
	Sergio Baptista Silva	91	Porto	29.24	+0,67 A
6.	Hugo Pon	98	Alges	29.25	+0,67 A
7.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	29.35	+0,61 A
8.	Andre Goncalo Santos	97	Leixoes	29.58	+0,77 A
9.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	29.67	+0,68 A
10.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	29.80	+0,71 A
11.	Miguel Monteiro Cruchinho	97	Sporting	29.87	+0,70 R
12.	Fabio Andre Figueira	88	Belenenses	29.89	+0,69 R
13.	Filipe Miguel Gomes	97	Fluvial Portuense	30.00	+0,63
14.	Diogo Miguel Costa	98	Porto	30.06	+0,66
15.	Miguel Freitas Marques	96	Escola O Liceu	30.09	+0,70

Prova 34, Masc., 50m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
16.	Mario Jorge Veloso	98	Braga	30.22	+0,70
DSQ	Luis Pedro Silva	98	Desportivo Nacional		

718 - Movimento vertical de pernas durante o percurso - SW 7.5

Prova 35

Femin., 50m Bruços

16 anos e mais velhos

11-12-2016 - 9:45

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Paula Alexandra Oliveira	96	Porto	33.23	+0,64 A
2.	Claudia Ferreira Borges	99	Benfica	33.54	+0,69 A
3.	Catarina Maria Ferreira	98	Desportiva de Viana	33.78	+0,75 A
4.	Catarina Costa Sequeira	98	Estrelas S. Joao de Brito	34.09	+0,73 A
5.	Sofia Machado Dionisio	98	Sporting	34.36	+0,78 A
6.	Carolina Lourenco Matos	98	Naval Amorense	34.37	+0,73 A
7.	Diana Patricia Ferreira	94	Aquatico Pacense	34.54	+0,88 A
8.	Maria Rachadell Pereira	98	Estrelas S. Joao de Brito	34.56	+0,82 A
9.	Maria Madalena Silva	98	Braga	34.65	+0,70 A
10.	Bruna Martins Riesenberger	97	Laranjeiro	34.79	+0,70 A
11.	Rute Isabel Leonardo	98	Natacao do Tejo	35.26	+0,72 R
12.	Beatriz Carvalho Ribeiro	97	Braga	35.45	+0,79 R

Juniores

1.	Raquel Gomes Pereira	00	Alges	32.50	+0,71 A
2.	Ana Filipa Veiga	01	Gafanha da Encarnacao	34.68	+0,74 A
3.	Laura Catarina Abreu	00	WOS Team	34.91	+0,76 A
4.	Margarida Reconha Marques	00	Nautico Marinha Grande	34.98	+0,81 A
5.	Ines Rocha Silva	00	Alcobaca	35.05	+0,71 A
6.	Ana Joao Martins	00	Sport de Mirandela	35.20	+0,81 A
7.	Barbara Vilela Magalhaes	01	Porto	35.22	+0,66 A
8.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	35.36	+0,73 A
9.	Sofia Filipa Goncalves	01	Leixoes	35.38	+0,71 A
10.	Ariana Santos Lopes	00	Estarreja	35.44	+0,69 A
11.	Ines Silva Bernardo	00	Colegio Monte Maior	35.66	+0,70 R
12.	Beatriz Santos Silva	01	Porto	35.89	+0,84 R
13.	Luana Correia Rodrigues	01	Belenenses	36.19	+0,69
14.	Mafalda Gilberto Marques	01	Natacao do Tejo	36.70	+0,72

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
15.	Maria Ines Ferreira	00	Miranda do Corvo	36.75	+0,73
16.	Ines Ferreira Duarte	01	Torres Novas	37.12	+0,80

Prova 36

11-12-2016 - 9:50

Masc., 100m Costas

17 anos e mais velhos

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	56.67	+0,75 A
	50m: 27.43 27.43	100m: 56.67 29.24			
2.	Joao Jose Laranjeira	98	Galitos / Bresimar	57.60	+0,67 A
	50m: 27.96 27.96	100m: 57.60 29.64			
3.	Francisco Rogerio Santos	98	Sporting	58.09	+0,89 A
	50m: 27.90 27.90	100m: 58.09 30.19			
4.	Filipe Miguel Felix	96	Alges	58.16	+0,79 A
	50m: 28.02 28.02	100m: 58.16 30.14			
5.	Ricardo Saraiva Pires	98	Laranjeiro	58.18	+1,64 A
	50m: 28.43 28.43	100m: 58.18 29.75			
	Rodrigo Antonio Rosa	96	Colegio Monte Maior	58.18	+0,76 A
	50m: 27.67 27.67	100m: 58.18 30.51			
7.	Ivo Pinto Ribeiro	97	Foca	58.39	+0,64 A
	50m: 28.57 28.57	100m: 58.39 29.82			
8.	Pedro Romanoski Carvalho	94	Famalicao	58.87	+0,71 A
	50m: 27.83 27.83	100m: 58.87 31.04			
9.	Carlos Afonso Almeida	98	Alges	58.94	+0,67 A
	50m: 28.34 28.34	100m: 58.94 30.60			
10.	Joao Mota Correia	97	Benfica	59.44	+1,34 A
	50m: 28.55 28.55	100m: 59.44 30.89			
11.	Joao Ricardo Silva	97	Nautico /Urgicentro-Sanfil	59.70	+1,53 R
	50m: 28.87 28.87	100m: 59.70 30.83			

Prova 36, Masc., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
DSQ	Viktor Kot 403 - Falsa partida - SW 4.4	98	Nautico Marinha Grande		

Juniores

1.	Joao Daniel Machado	99	Uniao Piedense	57.90	+0,67 A
	50m: 28.26 28.26	100m: 57.90 29.64			
2.	Afonso Guilherme Rosa	99	Torres Novas	58.08	+0,73 A
	50m: 27.87 27.87	100m: 58.08 30.21			
3.	Porfirio Braga Nunes	00	Vilacondense	59.09	+0,70 A
	50m: 28.48 28.48	100m: 59.09 30.61			
4.	Joao Pereira Tinoco	00	Famalicao	59.10	+0,74 A
	50m: 28.59 28.59	100m: 59.10 30.51			
5.	Nuno Henrique Guimaraes	99	Natacao de Valongo	59.45	+0,70 A
	50m: 29.49 29.49	100m: 59.45 29.96			
6.	Jose Tomas Simeao	00	Laranjeiro	59.57	+0,78 A
	50m: 28.99 28.99	100m: 59.57 30.58			
7.	Claudio Alexandre Rodrigues	00	Louletano / Loule Concelho	59.92	+0,67 A
	50m: 29.01 29.01	100m: 59.92 30.91			
8.	Tomas Silva Coxixo	99	Palmela	1:00.12	+0,64 A
	50m: 28.76 28.76	100m: 1:00.12 31.36			
9.	Henrique Santos Gomes	00	Naval do Funchal	1:00.49	+0,71 A
	50m: 29.48 29.48	100m: 1:00.49 31.01			
10.	Tiago Pastor Escada	99	Aminata	1:00.66	+0,78 A
	50m: 30.00 30.00	100m: 1:00.66 30.66			
DNS	Koen Weustink	00	Ginasio de Vila Real		

Prova 37 Femin., 100m Costas 16 anos e mais velhos
11-12-2016 - 10:00 Resultados Elimin

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia Leite	GCVR	Porto	12-12-2015
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	1:00.64	Ana Sofia Leite	GCVR	Porto	12-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	1:03.59	+0,65 A
	50m: 30.76 30.76	100m: 1:03.59	32.83		
	Ana Sofia Leite	93	Ginasio de Vila Real	1:03.59	+0,75 A
	50m: 30.39 30.39	100m: 1:03.59	33.20		
3.	Ines Camacho Fernandes	97	Sporting	1:03.73	+0,72 A
	50m: 30.18 30.18	100m: 1:03.73	33.55		
4.	Juliana Lima Freixo	97	Braga	1:05.63	+0,61 A
	50m: 31.67 31.67	100m: 1:05.63	33.96		
5.	Vania Soares Neves	90	Fluvial Portuense	1:06.15	+1,31 A
	50m: 32.15 32.15	100m: 1:06.15	34.00		
6.	Ana Filipa Costa	98	Beja	1:06.78	+0,71 A
	50m: 32.22 32.22	100m: 1:06.78	34.56		
7.	Rosana Marinho Macedo	99	Foca	1:07.14	+0,53 A
	50m: 32.29 32.29	100m: 1:07.14	34.85		
8.	Sofia Alexandra Rolao	98	Benfica	1:07.29	+0,75 A
	50m: 31.75 31.75	100m: 1:07.29	35.54		
9.	Matilde Pereira Martins	99	Naval de Faro	1:07.61	+0,71 A
	50m: 32.77 32.77	100m: 1:07.61	34.84		
10.	Catarina Alexandra Jardim	98	Famalicao	1:08.05	+1,33 A
	50m: 32.70 32.70	100m: 1:08.05	35.35		
11.	Maria Ana Monge	99	Sporting	1:08.20	+0,75 R
	50m: 33.21 33.21	100m: 1:08.20	34.99		
12.	Ana Raquel Ferreira	98	Benfica	1:08.35	+0,72 R
	50m: 32.98 32.98	100m: 1:08.35	35.37		
13.	Beatriz Elisabete Pereira	97	Naval Amorense	1:08.76	+1,33
	50m: 32.68 32.68	100m: 1:08.76	36.08		
DSQ	Filipa Carreira Alves	99	Uniao Piedense		
	403 - Falsa partida - SW 4.4				

Prova 37, Femin., 100m Costas, Elimin

Juniores

1.	Ana Margarida Guedes	01	Ginasio de Vila Real	1:03.77	+0,67	A
	50m: 30.60 30.60	100m:	1:03.77 33.17			
2.	Anna Baptista Ferreira	01	Alges	1:04.86	+1,23	A
	50m: 31.52 31.52	100m:	1:04.86 33.34			
3.	Alexandra Jesus Santos	00	Leixoes	1:06.58	+1,05	A
	50m: 31.71 31.71	100m:	1:06.58 34.87			
4.	Beatriz Jong Rosa	00	WOS Team	1:06.69	+0,77	A
	50m: 32.51 32.51	100m:	1:06.69 34.18			
5.	Ana Carolina Neves	00	Academica de Coimbra	1:06.87	+0,63	A
	50m: 32.42 32.42	100m:	1:06.87 34.45			
6.	Maria Francisca Cabral	00	Porto	1:06.94	+0,83	A
	50m: 32.99 32.99	100m:	1:06.94 33.95			
7.	Filipa Bile Grilo	01	Benfica	1:08.15	+0,86	A
	50m: 32.82 32.82	100m:	1:08.15 35.33			
8.	Teresa Isabel Granjeia	01	Galitos / Bresimar	1:08.33	+0,66	A
	50m: 33.25 33.25	100m:	1:08.33 35.08			
9.	Julia Albuquerque Fraga	01	Aquatico Pacense	1:08.43	+0,70	A
	50m: 32.02 32.02	100m:	1:08.43 36.41			
10.	Maria Beatriz Lopes	00	Benfica	1:08.70	+0,64	A
	50m: 33.36 33.36	100m:	1:08.70 35.34			
11.	Sandra Filipa Mendes	00	Sobral Monte Agraco	1:08.73	+0,64	R
	50m: 33.79 33.79	100m:	1:08.73 34.94			
12.	Sofia Alexandra Nunes	00	Laranjeiro	1:08.93	+0,78	R
	50m: 33.73 33.73	100m:	1:08.93 35.20			
13.	Ines Alexandra Freire	01	Aminata	1:08.96	+0,85	
	50m: 33.31 33.31	100m:	1:08.96 35.65			
14.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	1:09.28	+0,68	
	50m: 33.06 33.06	100m:	1:09.28 36.22			
15.	Isabel Porfiro Pego	01	Porto	1:09.31	+0,96	
	50m: 33.36 33.36	100m:	1:09.31 35.95			
16.	Celeste Santos Ricardo	01	Uniao Piedense	1:10.68	+0,79	
	50m: 33.61 33.61	100m:	1:10.68 37.07			

Prova 38 Masc., 200m Mariposa 17 anos e mais velhos
11-12-2016 - 10:05 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Jose Paula Carvalho	98	Uniao Piedense	2:01.05	+0,74 A
	50m: 27.34 27.34	100m: 57.83 30.49	150m: 1:29.40	31.57	200m: 2:01.05 31.65
2.	Nuno Goncalo Quintanilha	87	Belenenses	2:02.46	+0,72 A
	50m: 26.89 26.89	100m: 58.26 31.37	150m: 1:29.59	31.33	200m: 2:02.46 32.87
3.	Andre Antunes Carvalho	96	Colegio Monte Maior	2:03.92	+0,78 A
	50m: 26.88 26.88	100m: 58.19 31.31	150m: 1:30.38	32.19	200m: 2:03.92 33.54
4.	Miguel Goncalves Ferreira	93	Desportivo Nacional	2:04.40	+0,84 A
	50m: 27.47 27.47	100m: 58.71 31.24	150m: 1:31.10	32.39	200m: 2:04.40 33.30
5.	Bruno Miguel Ramos	97	Belenenses	2:04.58	+0,70 A
	50m: 27.79 27.79	100m: 59.22 31.43	150m: 1:31.46	32.24	200m: 2:04.58 33.12
6.	Joao Carlos Silva	98	Famalicao	2:04.92	+0,67 A
	50m: 27.54 27.54	100m: 59.06 31.52	150m: 1:31.13	32.07	200m: 2:04.92 33.79
7.	Luiz Pedro Pereira	91	Benfica	2:05.44	+0,74 A
	50m: 27.94 27.94	100m: 1:00.43 32.49	150m: 1:33.04	32.61	200m: 2:05.44 32.40
8.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	2:06.23	+0,81 A
	50m: 28.40 28.40	100m: 59.88 31.48	150m: 1:32.95	33.07	200m: 2:06.23 33.28
9.	Pedro Andre Santos	94	Alges	2:06.76	+0,73 A
	50m: 27.86 27.86	100m: 1:00.43 32.57	150m: 1:33.38	32.95	200m: 2:06.76 33.38
10.	Andre Bras Goncalves	88	Belenenses	2:07.19	+0,65 A
	50m: 27.75 27.75	100m: 1:00.30 32.55	150m: 1:33.25	32.95	200m: 2:07.19 33.94
11.	Ruben Jose Morim	97	Vilacondense	2:07.88	+0,72 R
	50m: 28.64 28.64	100m: 1:00.96 32.32	150m: 1:34.24	33.28	200m: 2:07.88 33.64
12.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	2:09.26	+0,69 R
	50m: 28.61 28.61	100m: 1:00.79 32.18	150m: 1:34.10	33.31	200m: 2:09.26 35.16
13.	Nuno Rafael Alves	90	Aquatico Pacense	2:11.31	+0,78
	50m: 28.69 28.69	100m: 1:01.43 32.74	150m: 1:35.80	34.37	200m: 2:11.31 35.51

Prova 38, Masc., 200m Mariposa, Elimin

Juniores

1.	Pedro Galvao Gouveia	99	Desportivo Nacional	2:04.59	+0,70	A
	50m: 27.81 27.81	100m: 59.25 31.44	150m: 1:31.93	32.68	200m: 2:04.59	32.66
2.	Jose Paulo Lopes	00	Braga	2:06.05	+0,67	A
	50m: 28.13 28.13	100m: 1:00.04 31.91	150m: 1:32.75	32.71	200m: 2:06.05	33.30
3.	Mateus Ribeiro Carvalho	99	Famalicao	2:06.21	+0,68	A
	50m: 27.75 27.75	100m: 59.93 32.18	150m: 1:33.11	33.18	200m: 2:06.21	33.10
4.	Antonio Manuel Mendes	99	Sporting	2:06.25	+0,68	A
	50m: 28.20 28.20	100m: 1:00.00 31.80	150m: 1:32.67	32.67	200m: 2:06.25	33.58
5.	Jorge Jesus Silva	00	Braga	2:06.91	+0,78	A
	50m: 28.42 28.42	100m: 1:00.61 32.19	150m: 1:33.67	33.06	200m: 2:06.91	33.24
6.	Afonso Meneses Sequeira	99	Naval do Funchal	2:07.12	+0,71	A
	50m: 28.07 28.07	100m: 1:00.00 31.93	150m: 1:32.96	32.96	200m: 2:07.12	34.16
7.	Andre Vilas Ruivo	00	Sporting	2:08.10	+0,71	A
	50m: 28.92 28.92	100m: 1:01.49 32.57	150m: 1:34.39	32.90	200m: 2:08.10	33.71
8.	Tiago Filipe Campos	99	Rio Maior	2:09.39	+0,82	A
	50m: 28.03 28.03	100m: 1:00.10 32.07	150m: 1:33.97	33.87	200m: 2:09.39	35.42
9.	Joao Silverio Duarte	99	Electrico Clube	2:10.12	+0,77	A
	50m: 28.75 28.75	100m: 1:01.54 32.79	150m: 1:35.42	33.88	200m: 2:10.12	34.70
10.	Sergio Filipe Travanca	00	Fluvial Portuense	2:10.35	+0,74	A
	50m: 29.24 29.24	100m: 1:02.48 33.24	150m: 1:35.86	33.38	200m: 2:10.35	34.49
11.	Francisco Ribeiro Constantino	99	Naval da Nazare	2:10.70	+0,76	R
	50m: 28.13 28.13	100m: 1:01.17 33.04	150m: 1:35.18	34.01	200m: 2:10.70	35.52
12.	Daniel Silva Bessa	99	Aquatico Pacense	2:10.94	+0,77	R
	50m: 29.34 29.34	100m: 1:02.13 32.79	150m: 1:36.05	33.92	200m: 2:10.94	34.89
13.	Ivo Manuel Dias	00	Foca	2:11.07	+0,71	
	50m: 28.85 28.85	100m: 1:01.57 32.72	150m: 1:35.68	34.11	200m: 2:11.07	35.39
14.	Martim Moniz Silva	99	Naval do Funchal	2:11.21	+0,66	
	50m: 28.43 28.43	100m: 1:01.12 32.69	150m: 1:35.17	34.05	200m: 2:11.21	36.04
15.	Diogo Leal Dantas	00	Sporting	2:11.24	+0,58	
	50m: 29.19 29.19	100m: 1:02.62 33.43	150m: 1:36.44	33.82	200m: 2:11.24	34.80
16.	Pedro Barata Neves	00	Laranjeiro	2:14.37	+0,71	
	50m: 30.09 30.09	100m: 1:03.91 33.82	150m: 1:38.86	34.95	200m: 2:14.37	35.51
17.	Porfirio Braga Nunes	00	Vilacondense	2:18.12	+0,80	
	50m: 28.60 28.60	100m: 1:03.13 34.53	150m: 1:40.56	37.43	200m: 2:18.12	37.56

Prova 39 Femin., 200m Mariposa 16 anos e mais velhos
11-12-2016 - 10:15 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:19.68	+0,72 A
	50m: 30.95 30.95	100m: 1:06.01 35.06	150m: 1:42.38 36.37	200m: 2:19.68 37.30	
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:19.92	+0,88 A
	50m: 31.38 31.38	100m: 1:07.09 35.71	150m: 1:43.38 36.29	200m: 2:19.92 36.54	
3.	Bruna Andreia Simoes	01	Nautico Marinha Grande	2:23.38	+0,75 A
	50m: 31.45 31.45	100m: 1:07.50 36.05	150m: 1:45.16 37.66	200m: 2:23.38 38.22	
4.	Monica Seara Domingues	00	Nautico Marinha Grande	2:23.63	+0,90 A
	50m: 32.24 32.24	100m: 1:08.85 36.61	150m: 1:46.23 37.38	200m: 2:23.63 37.40	
5.	Joana Victorino Henriques	01	Condeixa Clube	2:25.93	+0,69 A
	50m: 32.19 32.19	100m: 1:09.05 36.86	150m: 1:45.97 36.92	200m: 2:25.93 39.96	
6.	Sara Silva Marques	01	Aquatico Pacense	2:26.61	+0,83 A
	50m: 32.37 32.37	100m: 1:09.35 36.98	150m: 1:47.92 38.57	200m: 2:26.61 38.69	
7.	Margarida Malheiro Neves	01	Braga	2:26.84	+0,77 A
	50m: 31.88 31.88	100m: 1:08.77 36.89	150m: 1:46.97 38.20	200m: 2:26.84 39.87	
8.	Cristiana Sofia Ribeiro	00	Famalicao	2:27.31	+0,73 A
	50m: 32.41 32.41	100m: 1:08.64 36.23	150m: 1:47.11 38.47	200m: 2:27.31 40.20	
9.	Helena Neto Costa	00	Aquatico Pacense	2:27.42	+0,83 A
	50m: 32.49 32.49	100m: 1:09.67 37.18	150m: 1:47.95 38.28	200m: 2:27.42 39.47	
10.	Ines Rosado Monteiro	00	Natacao de Vagos	2:29.83	+0,73 A
	50m: 33.09 33.09	100m: 1:10.69 37.60	150m: 1:49.99 39.30	200m: 2:29.83 39.84	
11.	Ana Pimenta Silva	01	Desportiva de Viana	2:30.31	+0,89 R
	50m: 33.80 33.80	100m: 1:11.43 37.63	150m: 1:50.49 39.06	200m: 2:30.31 39.82	
12.	Lara Beatriz Matos	01	Famalicao	2:31.08	+0,96 R
	50m: 32.57 32.57	100m: 1:09.95 37.38	150m: 1:50.09 40.14	200m: 2:31.08 40.99	
13.	Daniela Eleuterio Correia	00	Sobral Monte Agraco	2:31.60	+0,76
	50m: 33.25 33.25	100m: 1:11.11 37.86	150m: 1:50.87 39.76	200m: 2:31.60 40.73	
14.	Raquel Alexandra Sousa	01	Sporting	2:31.77	+0,64
	50m: 32.81 32.81	100m: 1:11.34 38.53	150m: 1:51.09 39.75	200m: 2:31.77 40.68	
15.	Raquel Antunes Tremoco	01	Sporting	2:31.82	+0,86
	50m: 33.01 33.01	100m: 1:11.01 38.00	150m: 1:50.99 39.98	200m: 2:31.82 40.83	
16.	Eliana Dirce Lourenco	00	Galitos / Bresimar	2:33.42	+0,53
	50m: 33.18 33.18	100m: 1:11.53 38.35	150m: 1:52.08 40.55	200m: 2:33.42 41.34	
17.	Ana Margarida Branco	01	Alges	2:34.99	+0,82
	50m: 32.65 32.65	100m: 1:10.84 38.19	150m: 1:53.21 42.37	200m: 2:34.99 41.78	

Prova 39, Femin., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
18.	Mariana Sebastiao Mendes	01	Portinado	2:36.55	+0,84
	50m: 32.80 32.80	100m: 1:11.30 38.50	150m: 1:52.91 41.61	200m: 2:36.55 43.64	
19.	Eva Fernandes Cardoso	01	Fundacao Beatriz Santos	2:36.58	+0,88
	50m: 35.46 35.46	100m: 1:14.33 38.87	150m: 1:55.30 40.97	200m: 2:36.58 41.28	
20.	Mariana Matos Ribeiro	01	Nautico /Urgicentro-Sanfil	2:37.65	+0,68
	50m: 33.61 33.61	100m: 1:13.16 39.55	150m: 1:55.05 41.89	200m: 2:37.65 42.60	
21.	Tatiana Raquel Pombo	01	Naval Amorense	2:38.92	+0,80
	50m: 32.61 32.61	100m: 1:11.30 38.69	150m: 1:53.79 42.49	200m: 2:38.92 45.13	
DNS	Beatriz Rodrigues Oliveira	01	Fafe		
DNS	Tatiana Alexandre Cardoso	01	Amadora		

Prova 40

Masc., 200m Livres

17 anos e mais velhos

11-12-2016 - 10:35

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Tomas Correia Silva	95	Porto	1:51.86	+0,65 A
	50m: 26.56 26.56	100m: 55.51 28.95	150m: 1:23.09 27.58	200m: 1:51.86 28.77	
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	1:51.89	+0,73 A
	50m: 26.24 26.24	100m: 54.35 28.11	150m: 1:23.31 28.96	200m: 1:51.89 28.58	
3.	Joao Pedro Gil	97	Uniao Piedense	1:52.08	+0,59 A
	50m: 26.05 26.05	100m: 54.30 28.25	150m: 1:22.93 28.63	200m: 1:52.08 29.15	
4.	Andre Filipe Farinha	96	Benfica	1:52.59	+0,68 A
	50m: 26.33 26.33	100m: 54.82 28.49	150m: 1:23.95 29.13	200m: 1:52.59 28.64	
5.	Guilherme Pereira Dias	97	Sporting	1:52.67	+0,70 A
	50m: 26.25 26.25	100m: 54.66 28.41	150m: 1:23.64 28.98	200m: 1:52.67 29.03	
6.	Afonso Ribeiro Bate	98	Alges	1:52.89	+0,63 A
	50m: 26.35 26.35	100m: 55.04 28.69	150m: 1:24.32 29.28	200m: 1:52.89 28.57	
7.	Bruno Miguel Ramos	97	Belenenses	1:53.00	+0,69 A
	50m: 26.34 26.34	100m: 54.95 28.61	150m: 1:24.21 29.26	200m: 1:53.00 28.79	
8.	Mario Andre Bonanca	90	Sporting	1:53.06	+0,76 A
	50m: 26.36 26.36	100m: 55.62 29.26	150m: 1:24.21 28.59	200m: 1:53.06 28.85	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Joao Carlos Santos	96	Uniao Piedense	1:53.30	+0,66 A
	50m: 26.72 26.72	100m: 55.14 28.42	150m: 1:24.20	29.06	200m: 1:53.30 29.10
10.	Joao Duarte Santos	95	Benfica	1:53.43	+0,70 A
	50m: 26.74 26.74	100m: 55.82 29.08	150m: 1:25.12	29.30	200m: 1:53.43 28.31
11.	Rafael Lourenco Gil	96	Benfica	1:53.72	+0,71 R
	50m: 27.04 27.04	100m: 56.02 28.98	150m: 1:25.24	29.22	200m: 1:53.72 28.48
12.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	1:54.01	+0,67 R
	50m: 26.01 26.01	100m: 54.82 28.81	150m: 1:24.21	29.39	200m: 1:54.01 29.80
13.	Goncalo Cardoso Carmo	96	Alges	1:54.37	+0,61
	50m: 26.51 26.51	100m: 55.41 28.90	150m: 1:25.13	29.72	200m: 1:54.37 29.24
14.	Francisco Rogerio Santos	98	Sporting	1:54.70	+0,74
	50m: 26.59 26.59	100m: 56.19 29.60	150m: 1:25.70	29.51	200m: 1:54.70 29.00
15.	Ruben Jose Morim	97	Vilacondense	1:54.81	+0,72
	50m: 26.65 26.65	100m: 55.61 28.96	150m: 1:25.40	29.79	200m: 1:54.81 29.41
16.	Bernardo Leitao Graca	93	Fluvial Portuense	1:54.83	+0,65
	50m: 26.09 26.09	100m: 54.62 28.53	150m: 1:24.51	29.89	200m: 1:54.83 30.32
17.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	1:59.34	+0,66
	50m: 26.74 26.74	100m: 56.09 29.35	150m: 1:27.36	31.27	200m: 1:59.34 31.98

Juniores

1.	Tiago Cunha Costa	99	Sporting	1:53.04	+0,69 A
	50m: 26.22 26.22	100m: 55.02 28.80	150m: 1:24.33	29.31	200m: 1:53.04 28.71
2.	Jose Pedro Fernandes	99	Braga	1:54.34	+0,74 A
	50m: 26.78 26.78	100m: 55.67 28.89	150m: 1:25.12	29.45	200m: 1:54.34 29.22
3.	Tiago Filipe Campos	99	Rio Maior	1:54.37	+0,81 A
	50m: 27.05 27.05	100m: 56.10 29.05	150m: 1:25.49	29.39	200m: 1:54.37 28.88
4.	Joao Cruz Castro	00	Sao Roque	1:54.67	+0,68 A
	50m: 26.30 26.30	100m: 56.11 29.81	150m: 1:25.76	29.65	200m: 1:54.67 28.91
5.	Roberto Donald Gomes	00	Alges	1:55.08	+0,71 A
	50m: 26.72 26.72	100m: 55.71 28.99	150m: 1:25.22	29.51	200m: 1:55.08 29.86
6.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	1:55.72	+0,80 A
	50m: 27.01 27.01	100m: 57.01 30.00	150m: 1:26.68	29.67	200m: 1:55.72 29.04
7.	Jose Tomas Simeao	00	Laranjeiro	1:55.78	+0,74 A
	50m: 27.23 27.23	100m: 56.53 29.30	150m: 1:26.22	29.69	200m: 1:55.78 29.56

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
8.	Tomas Gomes Oliveira 50m: 26.75 26.75	99	Nautico Marinha Grande	1:55.86 29.79 200m: 1:55.86	+0,74 A 30.36
9.	Andre Vilas Ruivo 50m: 28.02 28.02	00	Sporting	1:56.51 29.10 200m: 1:56.51	+0,72 A 29.50
10.	Diogo Barbosa Nunes 50m: 27.14 27.14	00	Fluvial Portuense	1:56.72 29.85 200m: 1:56.72	+0,75 A 30.21
11.	Lucas Pereira Bastos 50m: 27.07 27.07	00	Nautico /Urgicentro-Sanfil	1:57.14 29.84 200m: 1:57.14	+0,68 R 30.22
12.	Jose Henriques Luz 50m: 26.97 26.97	99	Torres Novas	1:57.64 30.35 200m: 1:57.64	+0,78 R 30.39
13.	Tiago Silva Soares 50m: 26.55 26.55	99	Porto	1:57.97 30.37 200m: 1:57.97	+0,79 31.19
14.	Nuno Correia Sousa 50m: 27.42 27.42	00	Fluvial Portuense	1:58.16 30.40 200m: 1:58.16	+0,83 29.95
15.	Jose Pedro Freitas 50m: 27.17 27.17	00	Famalicao	1:59.18 30.86 200m: 1:59.18	+0,69 31.68
16.	Miguel Diogo Agostinho 50m: 27.80 27.80	00	Fundacao Beatriz Santos	2:00.61 31.11 200m: 2:00.61	+0,69 31.11
DNS	Goncalo Manuel Paquete	99	Fluvial Portuense		+0,49

Prova 41

Femin., 200m Livres

16 anos e mais velhos

11-12-2016 - 10:50

Resultados Elimin

Recordes Nacionais 25m Absoluto	1:59.53	Diana Margarida Duraes	FCP	Porto	13-12-2015
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	1:59.53	Diana Margarida Duraes	FCP	Porto	13-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
1.	Maria Francisca Cabral 50m: 29.54 29.54	00	Porto	2:06.16 32.46 200m: 2:06.16	+0,77 A 32.29
2.	Miriam Filipe Marcos 50m: 29.43 29.43	01	Natacao Olhao	2:06.24 32.55 200m: 2:06.24	+0,67 A 32.33
3.	Carolina Marques Neves 50m: 29.43 29.43	01	Torres Novas	2:07.57 32.86 200m: 2:07.57	+0,62 A 33.16
4.	Ines Jacinto Henriques 50m: 29.71 29.71	00	Pimpoes/Cimai	2:07.92 32.96 200m: 2:07.92	+0,76 A 33.16
5.	Sara Sofia Alves 50m: 30.79 30.79	01	Columbofila Cantanhedense	2:08.02 33.09 200m: 2:08.02	+0,74 A 31.93
6.	Filipa Serrano Rodrigues 50m: 30.00 30.00	01	Uniao Piedense	2:08.07 32.90 200m: 2:08.07	+0,81 A 32.78

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
7.	Joana Costa Amador	01	Galitos / Bresimar	2:08.26	A
	50m: 30.20 30.20	100m: 1:02.64 32.44	150m: 1:35.99 33.35	200m: 2:08.26 32.27	
8.	Carolina Rosa Marcelino	01	Alges	2:08.78	+0,73 A
	50m: 29.97 29.97	100m: 1:02.61 32.64	150m: 1:35.77 33.16	200m: 2:08.78 33.01	
9.	Ana Rita Faria	00	Porto	2:08.98	+0,71 A
	50m: 30.24 30.24	100m: 1:02.80 32.56	150m: 1:36.07 33.27	200m: 2:08.98 32.91	
10.	Luisa Maria Machado	01	Uniao Piedense	2:09.43	A
	50m: 29.77 29.77	100m: 1:02.41 32.64	150m: 1:35.90 33.49	200m: 2:09.43 33.53	
11.	Mariana Santos Ferreira	00	Miranda do Corvo	2:09.83	+0,75 R
	50m: 30.71 30.71	100m: 1:03.96 33.25	150m: 1:37.37 33.41	200m: 2:09.83 32.46	
12.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	2:09.88	+0,71 R
	50m: 30.14 30.14	100m: 1:03.11 32.97	150m: 1:36.66 33.55	200m: 2:09.88 33.22	
13.	Isabel Porfirio Pego	01	Porto	2:10.71	+0,79
	50m: 30.14 30.14	100m: 1:02.64 32.50	150m: 1:36.61 33.97	200m: 2:10.71 34.10	
14.	Sofia Alexandra Nunes	00	Laranjeiro	2:11.81	+0,81
	50m: 30.88 30.88	100m: 1:03.29 32.41	150m: 1:37.09 33.80	200m: 2:11.81 34.72	
15.	Ines Figueira Santos	00	Uniao Piedense	2:12.55	+0,83
	50m: 30.48 30.48	100m: 1:03.83 33.35	150m: 1:38.38 34.55	200m: 2:12.55 34.17	
16.	Maria Ines Ferreira	00	Miranda do Corvo	2:13.65	+0,78
	50m: 30.64 30.64	100m: 1:04.20 33.56	150m: 1:39.06 34.86	200m: 2:13.65 34.59	
17.	Maria Carolina Costa	01	Porto	2:13.67	+0,65
	50m: 30.35 30.35	100m: 1:04.48 34.13	150m: 1:39.00 34.52	200m: 2:13.67 34.67	
18.	Leila Tavarina Lemos	00	Vilacondense	2:13.90	+0,84
	50m: 30.75 30.75	100m: 1:04.49 33.74	150m: 1:39.02 34.53	200m: 2:13.90 34.88	
19.	Laura Catarina Abreu	00	WOS Team	2:14.12	+0,74
	50m: 31.50 31.50	100m: 1:05.32 33.82	150m: 1:39.80 34.48	200m: 2:14.12 34.32	
20.	Vera Ines Aguiar	00	Desportivo Nacional	2:14.51	+0,72
	50m: 30.65 30.65	100m: 1:04.23 33.58	150m: 1:39.11 34.88	200m: 2:14.51 35.40	

Prova 42 Masc., 100m Estilos 17 anos e mais velhos
11-12-2016 - 10:55 Resultados Elimin

Recordes Nacionais 25m Absoluto	53.06	Alexis Manacas Santos	POR	Windsor (CAN)	08-12-2016
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	53.06	Alexis Manacas Santos	POR	Windsor (CAN)	08-12-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Nuno Goncalo Quintanilha	87	Belenenses	57.16	+0,71 A
	50m: 26.35 26.35	100m: 57.16 30.81			
2.	Pedro Andre Santos	94	Alges	58.13	+0,70 A
	50m: 25.83 25.83	100m: 58.13 32.30			
3.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	58.18	+0,70 A
	50m: 26.75 26.75	100m: 58.18 31.43			
4.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	58.37	+0,70 A
	50m: 25.79 25.79	100m: 58.37 32.58			
5.	Fabio Andre Figueira	88	Belenenses	58.42	+0,72 A
	50m: 26.57 26.57	100m: 58.42 31.85			
6.	Nuno Miguel Martins	96	Estrelas S. Joao de Brito	58.89	+0,68 A
	50m: 26.41 26.41	100m: 58.89 32.48			
7.	Joao Pedro Santos	95	Estarreja	58.94	+0,73 A
	50m: 27.04 27.04	100m: 58.94 31.90			
8.	Miguel Freitas Marques	96	Escola O Liceu	58.98	+0,69 A
	50m: 27.00 27.00	100m: 58.98 31.98			
9.	Hugo Pon	98	Alges	59.25	+0,65 A
	50m: 27.99 27.99	100m: 59.25 31.26			
10.	Tiago Martim Alves	97	Benfica	59.27	+0,71 A
	50m: 27.45 27.45	100m: 59.27 31.82			
11.	Francisco Robalo Quintas	95	Belenenses	59.51	+0,65 R
	50m: 28.03 28.03	100m: 59.51 31.48			
12.	Bruno Miguel Martins	93	Gesloures	59.64	+0,63 R
	50m: 28.05 28.05	100m: 59.64 31.59			
13.	Jose Pedro Sampaio	98	Fluvial Portuense	1:00.10	+0,70
	50m: 27.39 27.39	100m: 1:00.10 32.71			
14.	Frederico Sucena Riachos	98	Estrelas S. Joao de Brito	1:00.11	+0,63
	50m: 26.93 26.93	100m: 1:00.11 33.18			
15.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	1:00.13	+0,62
	50m: 27.84 27.84	100m: 1:00.13 32.29			
16.	Joao Mota Correia	97	Benfica	1:00.47	+0,76
	50m: 27.03 27.03	100m: 1:00.47 33.44			

Prova 42, Masc., 100m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
17.	Nuno Miguel Graca	98	Desportiva de Viana	1:01.16	+0,70

50m: 27.24 27.24 100m: 1:01.16 33.92

Juniores

1.	Alexandre Ferreira Amorim	99	Colegio SMLamas	58.42	+0,68 A
	50m: 27.46 27.46	100m: 58.42 30.96			
2.	Jorge Jesus Silva	00	Braga	59.66	+0,73 A
	50m: 28.35 28.35	100m: 59.66 31.31			
3.	Porfirio Braga Nunes	00	Vilacondense	59.75	+0,77 A
	50m: 28.54 28.54	100m: 59.75 31.21			
4.	Jose Pedro Freitas	00	Famalicao	1:00.02	+0,66 A
	50m: 27.62 27.62	100m: 1:00.02 32.40			
5.	Joao Miguel Santana	00	Pimpoes/Cimai	1:00.55	+0,66 A
	50m: 27.68 27.68	100m: 1:00.55 32.87			
6.	Sandro Emanuel Francisco	99	Vieirense	1:00.75	+0,72 A
	50m: 27.26 27.26	100m: 1:00.75 33.49			
7.	Rafael Gomes Simoes	00	Amigos da Montanha	1:01.17	+0,77 A
	50m: 28.55 28.55	100m: 1:01.17 32.62			
8.	Bernardo Jose Dionisio	99	Gualdim Pais	1:01.30	+0,67 A
	50m: 28.92 28.92	100m: 1:01.30 32.38			
9.	Afonso Guilherme Rosa	99	Torres Novas	1:01.46	+0,84 A
	50m: 26.87 26.87	100m: 1:01.46 34.59			
10.	Joao Vitor Fernandes	00	Escola O Liceu	1:01.62	+0,77 A
	50m: 28.75 28.75	100m: 1:01.62 32.87			
11.	Nuno Henrique Guimaraes	99	Natacao de Valongo	1:01.81	+0,70 R
	50m: 27.92 27.92	100m: 1:01.81 33.89			
12.	Luis Miguel Carvalho	00	Ginasio de Vila Real	1:03.01	+0,74 R
	50m: 28.27 28.27	100m: 1:03.01 34.74			
13.	Joao Pedro Gomes	99	Miranda do Corvo	1:03.18	+0,72
	50m: 28.29 28.29	100m: 1:03.18 34.89			
DNS	Andre Tavares Grenho	99	Sporting		

Prova 43 Femin., 100m Estilos 16 anos e mais velhos
11-12-2016 - 11:05 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	Ines Camacho Fernandes	97	Sporting	1:03.05	+0,74 A
	50m: 28.57 28.57	100m: 1:03.05	34.48		
2.	Catarina Maria Ferreira	98	Desportiva de Viana	1:06.89	+0,69 A
	50m: 30.75 30.75	100m: 1:06.89	36.14		
3.	Ana Beatriz Martins	99	Famalicao	1:07.14	+0,77 A
	50m: 30.92 30.92	100m: 1:07.14	36.22		
4.	Bruna Martins Riesenberger	97	Laranjeiro	1:07.49	+0,65 A
	50m: 31.18 31.18	100m: 1:07.49	36.31		
5.	Rita Teixeira Costa	97	Belenenses	1:07.58	+0,67 A
	50m: 30.85 30.85	100m: 1:07.58	36.73		
	Jessica Teixeira Vieira	91	Belenenses	1:07.58	+0,71 A
	50m: 30.63 30.63	100m: 1:07.58	36.95		
7.	Sofia Machado Dionisio	98	Sporting	1:07.62	+0,80 A
	50m: 31.55 31.55	100m: 1:07.62	36.07		
8.	Carolina Mantua Guedes	98	Sporting	1:07.68	+0,75 A
	50m: 31.39 31.39	100m: 1:07.68	36.29		
9.	Maria Rachadell Pereira	98	Estrelas S. Joao de Brito	1:08.02	+0,77 A
	50m: 31.26 31.26	100m: 1:08.02	36.76		
10.	Rita Costa Amador	99	Galitos / Bresimar	1:08.52	+0,70 A
	50m: 31.44 31.44	100m: 1:08.52	37.08		
11.	Ana Margarida Rodrigues	96	Galitos / Bresimar	1:08.62	+0,72 R
	50m: 31.31 31.31	100m: 1:08.62	37.31		
12.	Maria Madalena Silva	98	Braga	1:08.92	+0,69 R
	50m: 31.41 31.41	100m: 1:08.92	37.51		
13.	Diana Patricia Ferreira	94	Aquatico Pacense	1:09.88	+0,87
	50m: 31.33 31.33	100m: 1:09.88	38.55		

Juniores

1.	Raquel Gomes Pereira	00	Alges	1:04.31	+0,74 A
	50m: 30.20 30.20	100m: 1:04.31	34.11		
2.	Ines Neto Rocha	01	Aquatico Pacense	1:06.94	+0,97 A
	50m: 30.47 30.47	100m: 1:06.94	36.47		
3.	Ana Margarida Guedes	01	Ginasio de Vila Real	1:07.17	+0,63 A
	50m: 29.93 29.93	100m: 1:07.17	37.24		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
4.	Joana Victorino Henriques 50m: 31.29 31.29	01	Condeixa Clube	1:08.03	+0,67 A
5.	Luisa Maria Machado 50m: 32.62 32.62	01	Uniao Piedense	1:08.61	+0,81 A
6.	Laura Sanchez Rodrigues 50m: 30.49 30.49	00	Belenenses	1:08.70	+0,69 A
7.	Ana Carolina Neves 50m: 30.77 30.77	00	Academica de Coimbra	1:08.87	+0,64 A
8.	Beatriz Santos Silva 50m: 32.68 32.68	01	Porto	1:08.88	+0,82 A
9.	Anna Baptista Ferreira 50m: 31.15 31.15	01	Alges	1:08.93	+0,76 A
10.	Sofia Filipa Goncalves 50m: 32.80 32.80	01	Leixoes	1:09.36	+0,69 A
11.	Raquel Alexandra Sousa 50m: 31.49 31.49	01	Sporting	1:09.71	+0,66 R
12.	Julia Albuquerque Fraga 50m: 31.55 31.55	01	Aquatico Pacense	1:10.35	+0,79 R
13.	Alexandra Jesus Santos 50m: 31.56 31.56	00	Leixoes	1:10.66	+0,68
14.	Ana Filipa Veiga 50m: 33.88 33.88	01	Gafanha da Encarnacao	1:11.10	+0,74
15.	Ana Cruz Antunes 50m: 31.43 31.43	01	Benfica	1:11.19	+0,72
16.	Ines Ferreira Duarte 50m: 33.18 33.18	01	Torres Novas	1:12.85	+0,81

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
11-12-2016 - 11:10 Resultados

Recordes Nacionais 25m Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	13-12-2015
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	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	13-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Guilherme Filipe Pina	98	Sporting	15:14.11	+0,75
	50m: 27.75 27.75	450m: 4:32.19 30.48	850m: 8:36.37 30.60	1250m: 12:41.12 30.80	
	100m: 58.14 30.39	500m: 5:02.77 30.58	900m: 9:06.76 30.39	1300m: 13:11.99 30.87	
	150m: 1:28.83 30.69	550m: 5:33.25 30.48	950m: 9:37.24 30.48	1350m: 13:42.99 31.00	
	200m: 1:59.55 30.72	600m: 6:03.73 30.48	1000m: 10:07.78 30.54	1400m: 14:13.70 30.71	
	250m: 2:30.24 30.69	650m: 6:34.33 30.60	1050m: 10:38.33 30.55	1450m: 14:44.50 30.80	
	300m: 3:00.66 30.42	700m: 7:04.92 30.59	1100m: 11:08.96 30.63	1500m: 15:14.11 29.61	
	350m: 3:31.16 30.50	750m: 7:35.30 30.38	1150m: 11:39.75 30.79		
	400m: 4:01.71 30.55	800m: 8:05.77 30.47	1200m: 12:10.32 30.57		
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	15:31.25	+0,67
	50m: 27.99 27.99	450m: 4:33.37 30.91	850m: 8:42.40 31.33	1250m: 12:54.02 31.35	
	100m: 58.53 30.54	500m: 5:04.48 31.11	900m: 9:13.80 31.40	1300m: 13:25.26 31.24	
	150m: 1:29.27 30.74	550m: 5:35.36 30.88	950m: 9:45.27 31.47	1350m: 13:56.89 31.63	
	200m: 1:59.97 30.70	600m: 6:06.59 31.23	1000m: 10:16.69 31.42	1400m: 14:28.76 31.87	
	250m: 2:30.70 30.73	650m: 6:37.53 30.94	1050m: 10:48.03 31.34	1450m: 15:00.36 31.60	
	300m: 3:01.15 30.45	700m: 7:08.77 31.24	1100m: 11:19.69 31.66	1500m: 15:31.25 30.89	
	350m: 3:31.97 30.82	750m: 7:39.96 31.19	1150m: 11:51.15 31.46		
	400m: 4:02.46 30.49	800m: 8:11.07 31.11	1200m: 12:22.67 31.52		
3.	Mario Andre Bonanca	90	Sporting	15:49.85	+0,82
	50m: 28.48 28.48	450m: 4:36.02 31.62	850m: 8:53.43 32.25	1250m: 13:11.86 32.43	
	100m: 58.75 30.27	500m: 5:07.99 31.97	900m: 9:25.61 32.18	1300m: 13:43.96 32.10	
	150m: 1:29.56 30.81	550m: 5:39.95 31.96	950m: 9:58.05 32.44	1350m: 14:16.08 32.12	
	200m: 2:00.42 30.86	600m: 6:12.05 32.10	1000m: 10:30.26 32.21	1400m: 14:48.11 32.03	
	250m: 2:31.31 30.89	650m: 6:44.41 32.36	1050m: 11:02.55 32.29	1450m: 15:19.26 31.15	
	300m: 3:02.11 30.80	700m: 7:16.76 32.35	1100m: 11:34.86 32.31	1500m: 15:49.85 30.59	
	350m: 3:33.19 31.08	750m: 7:48.97 32.21	1150m: 12:07.17 32.31		
	400m: 4:04.40 31.21	800m: 8:21.18 32.21	1200m: 12:39.43 32.26		
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	15:52.21	+0,71
	50m: 28.25 28.25	450m: 4:41.33 32.28	850m: 8:56.74 31.58	1250m: 13:12.52 31.94	
	100m: 58.91 30.66	500m: 5:13.56 32.23	900m: 9:28.58 31.84	1300m: 13:44.41 31.89	
	150m: 1:30.16 31.25	550m: 5:45.57 32.01	950m: 10:00.58 32.00	1350m: 14:16.46 32.05	
	200m: 2:01.48 31.32	600m: 6:17.45 31.88	1000m: 10:32.54 31.96	1400m: 14:48.71 32.25	
	250m: 2:32.78 31.30	650m: 6:49.35 31.90	1050m: 11:04.79 32.25	1450m: 15:21.03 32.32	
	300m: 3:04.45 31.67	700m: 7:21.50 32.15	1100m: 11:36.86 32.07	1500m: 15:52.21 31.18	
	350m: 3:36.76 32.31	750m: 7:53.42 31.92	1150m: 12:08.60 31.74		
	400m: 4:09.05 32.29	800m: 8:25.16 31.74	1200m: 12:40.58 31.98		
5.	Tiago Carlos Santos	98	Uniao Piedense	16:30.98	+0,78
	50m: 27.69 27.69	450m: 4:42.89 32.20	850m: 9:11.24 33.86	1250m: 13:44.12 33.86	
	100m: 58.31 30.62	500m: 5:15.41 32.52	900m: 9:45.29 34.05	1300m: 14:17.70 33.58	
	150m: 1:30.13 31.82	550m: 5:48.69 33.28	950m: 10:19.59 34.30	1350m: 14:51.91 34.21	
	200m: 2:02.27 32.14	600m: 6:22.49 33.80	1000m: 10:53.63 34.04	1400m: 15:25.39 33.48	
	250m: 2:34.30 32.03	650m: 6:55.97 33.48	1050m: 11:27.69 34.06	1450m: 15:59.01 33.62	
	300m: 3:06.32 32.02	700m: 7:29.72 33.75	1100m: 12:02.06 34.37	1500m: 16:30.98 31.97	
	350m: 3:38.39 32.07	750m: 8:03.50 33.78	1150m: 12:36.24 34.18		
	400m: 4:10.69 32.30	800m: 8:37.38 33.88	1200m: 13:10.26 34.02		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Duarte Nuno Vieira	95	Sao Roque	16:33.22	+0,68
	50m: 28.41 28.41	450m: 4:51.76 33.38	850m: 9:18.52 33.68	1250m: 13:48.45 33.52	
	100m: 1:00.27 31.86	500m: 5:24.93 33.17	900m: 9:52.17 33.65	1300m: 14:21.83 33.38	
	150m: 1:33.01 32.74	550m: 5:58.35 33.42	950m: 10:26.39 34.22	1350m: 14:55.45 33.62	
	200m: 2:06.21 33.20	600m: 6:31.23 32.88	1000m: 11:00.05 33.66	1400m: 15:28.83 33.38	
	250m: 2:39.57 33.36	650m: 7:04.68 33.45	1050m: 11:33.95 33.90	1450m: 16:02.27 33.44	
	300m: 3:12.64 33.07	700m: 7:37.76 33.08	1100m: 12:07.40 33.45	1500m: 16:33.22 30.95	
	350m: 3:45.43 32.79	750m: 8:11.02 33.26	1150m: 12:41.21 33.81		
	400m: 4:18.38 32.95	800m: 8:44.84 33.82	1200m: 13:14.93 33.72		
7.	Joao Miguel Cardoso	97	Gesloures	16:37.55	+0,89
	50m: 29.71 29.71	450m: 4:53.12 33.27	850m: 9:19.64 33.69	1250m: 13:51.56 34.22	
	100m: 1:01.52 31.81	500m: 5:26.28 33.16	900m: 9:53.27 33.63	1300m: 14:25.59 34.03	
	150m: 1:34.11 32.59	550m: 5:59.37 33.09	950m: 10:27.04 33.77	1350m: 14:59.83 34.24	
	200m: 2:06.76 32.65	600m: 6:32.44 33.07	1000m: 11:01.06 34.02	1400m: 15:33.28 33.45	
	250m: 2:39.89 33.13	650m: 7:05.75 33.31	1050m: 11:34.96 33.90	1450m: 16:06.39 33.11	
	300m: 3:13.47 33.58	700m: 7:39.17 33.42	1100m: 12:09.04 34.08	1500m: 16:37.55 31.16	
	350m: 3:46.74 33.27	750m: 8:12.43 33.26	1150m: 12:43.02 33.98		
	400m: 4:19.85 33.11	800m: 8:45.95 33.52	1200m: 13:17.34 34.32		
8.	Joao Luis Travanca	97	Fluvial Portuense	16:39.57	+0,82
	50m: 29.04 29.04	450m: 4:49.74 33.22	850m: 9:17.56 33.91	1250m: 13:49.93 33.90	
	100m: 1:00.85 31.81	500m: 5:22.97 33.23	900m: 9:51.16 33.60	1300m: 14:24.13 34.20	
	150m: 1:32.75 31.90	550m: 5:56.16 33.19	950m: 10:25.01 33.85	1350m: 14:58.34 34.21	
	200m: 2:05.22 32.47	600m: 6:29.58 33.42	1000m: 10:59.01 34.00	1400m: 15:32.58 34.24	
	250m: 2:37.99 32.77	650m: 7:02.88 33.30	1050m: 11:33.46 34.45	1450m: 16:06.54 33.96	
	300m: 3:10.64 32.65	700m: 7:36.18 33.30	1100m: 12:07.98 34.52	1500m: 16:39.57 33.03	
	350m: 3:43.55 32.91	750m: 8:09.71 33.53	1150m: 12:42.26 34.28		
	400m: 4:16.52 32.97	800m: 8:43.65 33.94	1200m: 13:16.03 33.77		
9.	Sergio Gomes Abreu	96	Naval do Funchal	16:43.10	+0,68
	50m: 28.04 28.04	450m: 4:52.39 33.36	850m: 9:23.17 33.83	1250m: 13:56.67 33.87	
	100m: 1:00.02 31.98	500m: 5:26.31 33.92	900m: 9:57.16 33.99	1300m: 14:30.87 34.20	
	150m: 1:32.53 32.51	550m: 5:59.99 33.68	950m: 10:31.33 34.17	1350m: 15:04.71 33.84	
	200m: 2:06.03 33.50	600m: 6:33.75 33.76	1000m: 11:05.57 34.24	1400m: 15:39.10 34.39	
	250m: 2:39.19 33.16	650m: 7:07.39 33.64	1050m: 11:39.88 34.31	1450m: 16:12.67 33.57	
	300m: 3:12.44 33.25	700m: 7:41.12 33.73	1100m: 12:13.92 34.04	1500m: 16:43.10 30.43	
	350m: 3:45.42 32.98	750m: 8:14.98 33.86	1150m: 12:48.32 34.40		
	400m: 4:19.03 33.61	800m: 8:49.34 34.36	1200m: 13:22.80 34.48		
10.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	16:47.51	+0,74
	50m: 28.41 28.41	450m: 4:51.17 33.76	850m: 9:25.51 34.20	1250m: 13:58.33 34.36	
	100m: 59.88 31.47	500m: 5:25.49 34.32	900m: 9:59.68 34.17	1300m: 14:32.51 34.18	
	150m: 1:31.96 32.08	550m: 5:59.63 34.14	950m: 10:33.96 34.28	1350m: 15:07.05 34.54	
	200m: 2:04.46 32.50	600m: 6:33.88 34.25	1000m: 11:08.16 34.20	1400m: 15:41.16 34.11	
	250m: 2:37.29 32.83	650m: 7:08.29 34.41	1050m: 11:42.33 34.17	1450m: 16:14.93 33.77	
	300m: 3:10.48 33.19	700m: 7:42.73 34.44	1100m: 12:16.19 33.86	1500m: 16:47.51 32.58	
	350m: 3:44.05 33.57	750m: 8:17.06 34.33	1150m: 12:49.97 33.78		
	400m: 4:17.41 33.36	800m: 8:51.31 34.25	1200m: 13:23.97 34.00		

Prova 44, Masc., 1500m Livres

Juniores

1. Jose Paulo Lopes		00	Braga			15:21.79	+0,69				
50m:	28.35	28.35	450m:	4:33.91	30.65	850m:	8:39.62	30.78	1250m:	12:47.07	31.33
100m:	58.72	30.37	500m:	5:04.61	30.70	900m:	9:10.32	30.70	1300m:	13:18.29	31.22
150m:	1:29.42	30.70	550m:	5:35.27	30.66	950m:	9:41.13	30.81	1350m:	13:49.65	31.36
200m:	2:00.10	30.68	600m:	6:06.00	30.73	1000m:	10:11.88	30.75	1400m:	14:21.03	31.38
250m:	2:30.87	30.77	650m:	6:36.57	30.57	1050m:	10:42.65	30.77	1450m:	14:52.22	31.19
300m:	3:01.64	30.77	700m:	7:07.23	30.66	1100m:	11:13.46	30.81	1500m:	15:21.79	29.57
350m:	3:32.53	30.89	750m:	7:37.97	30.74	1150m:	11:44.53	31.07			
400m:	4:03.26	30.73	800m:	8:08.84	30.87	1200m:	12:15.74	31.21			
2. Antonio Fernando Pinto		99	Lousada SXXI			15:39.07	+0,74				
50m:	27.92	27.92	450m:	4:35.82	31.40	850m:	8:47.51	31.48	1250m:	13:01.17	31.88
100m:	58.39	30.47	500m:	5:07.25	31.43	900m:	9:19.19	31.68	1300m:	13:33.05	31.88
150m:	1:29.08	30.69	550m:	5:38.76	31.51	950m:	9:50.52	31.33	1350m:	14:04.89	31.84
200m:	1:59.95	30.87	600m:	6:10.13	31.37	1000m:	10:22.21	31.69	1400m:	14:36.87	31.98
250m:	2:30.86	30.91	650m:	6:41.64	31.51	1050m:	10:53.61	31.40	1450m:	15:08.63	31.76
300m:	3:01.90	31.04	700m:	7:13.13	31.49	1100m:	11:25.42	31.81	1500m:	15:39.07	30.44
350m:	3:33.16	31.26	750m:	7:44.60	31.47	1150m:	11:57.27	31.85			
400m:	4:04.42	31.26	800m:	8:16.03	31.43	1200m:	12:29.29	32.02			
3. Roberto Donald Gomes		00	Alges			15:43.66	+0,74				
50m:	28.33	28.33	450m:	4:38.77	31.66	850m:	8:51.63	31.75	1250m:	13:05.46	32.25
100m:	58.96	30.63	500m:	5:10.23	31.46	900m:	9:23.35	31.72	1300m:	13:37.77	32.31
150m:	1:30.18	31.22	550m:	5:41.79	31.56	950m:	9:55.14	31.79	1350m:	14:09.89	32.12
200m:	2:01.55	31.37	600m:	6:13.16	31.37	1000m:	10:26.59	31.45	1400m:	14:42.40	32.51
250m:	2:32.94	31.39	650m:	6:44.64	31.48	1050m:	10:57.85	31.26	1450m:	15:14.55	32.15
300m:	3:04.25	31.31	700m:	7:16.39	31.75	1100m:	11:29.49	31.64	1500m:	15:43.66	29.11
350m:	3:35.69	31.44	750m:	7:47.93	31.54	1150m:	12:01.38	31.89			
400m:	4:07.11	31.42	800m:	8:19.88	31.95	1200m:	12:33.21	31.83			
4. Miguel Ribeiro Bate		99	Alges			15:43.69	+0,68				
50m:	27.83	27.83	450m:	4:38.89	31.35	850m:	8:52.78	31.81	1250m:	13:07.69	32.19
100m:	58.69	30.86	500m:	5:10.54	31.65	900m:	9:25.21	32.43	1300m:	13:39.77	32.08
150m:	1:30.31	31.62	550m:	5:42.04	31.50	950m:	9:56.70	31.49	1350m:	14:11.60	31.83
200m:	2:01.98	31.67	600m:	6:13.45	31.41	1000m:	10:28.42	31.72	1400m:	14:43.48	31.88
250m:	2:33.44	31.46	650m:	6:44.97	31.52	1050m:	11:00.22	31.80	1450m:	15:14.62	31.14
300m:	3:04.78	31.34	700m:	7:16.88	31.91	1100m:	11:31.93	31.71	1500m:	15:43.69	29.07
350m:	3:36.12	31.34	750m:	7:48.98	32.10	1150m:	12:03.61	31.68			
400m:	4:07.54	31.42	800m:	8:20.97	31.99	1200m:	12:35.50	31.89			
5. Joao Daniel Machado		99	Uniao Piedense			15:49.44	+0,71				
50m:	27.99	27.99	450m:	4:42.40	32.09	850m:	8:57.36	31.66	1250m:	13:11.95	31.58
100m:	58.84	30.85	500m:	5:14.21	31.81	900m:	9:29.08	31.72	1300m:	13:44.05	32.10
150m:	1:30.26	31.42	550m:	5:46.11	31.90	950m:	10:01.05	31.97	1350m:	14:16.10	32.05
200m:	2:02.10	31.84	600m:	6:17.92	31.81	1000m:	10:33.22	32.17	1400m:	14:47.29	31.19
250m:	2:34.06	31.96	650m:	6:49.99	32.07	1050m:	11:04.99	31.77	1450m:	15:19.10	31.81
300m:	3:06.07	32.01	700m:	7:21.80	31.81	1100m:	11:36.61	31.62	1500m:	15:49.44	30.34
350m:	3:38.15	32.08	750m:	7:53.84	32.04	1150m:	12:08.73	32.12			
400m:	4:10.31	32.16	800m:	8:25.70	31.86	1200m:	12:40.37	31.64			
6. Filipe Miguel Santo		00	Benfica			15:52.39	+0,84				
50m:	28.34	28.34	450m:	4:38.64	31.40	850m:	8:51.45	32.03	1250m:	13:09.72	32.79
100m:	59.13	30.79	500m:	5:09.93	31.29	900m:	9:23.54	32.09	1300m:	13:42.40	32.68
150m:	1:30.30	31.17	550m:	5:41.21	31.28	950m:	9:55.77	32.23	1350m:	14:15.09	32.69
200m:	2:01.62	31.32	600m:	6:12.66	31.45	1000m:	10:27.92	32.15	1400m:	14:47.78	32.69
250m:	2:33.12	31.50	650m:	6:44.02	31.36	1050m:	11:00.02	32.10	1450m:	15:20.38	32.60
300m:	3:04.71	31.59	700m:	7:15.53	31.51	1100m:	11:32.28	32.26	1500m:	15:52.39	32.01
350m:	3:36.06	31.35	750m:	7:47.37	31.84	1150m:	12:04.68	32.40			
400m:	4:07.24	31.18	800m:	8:19.42	32.05	1200m:	12:36.93	32.25			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
7.	Sergio Filipe Travanca	00	Fluvial Portuense	16:14.15	+0,72
	50m: 28.47 28.47	450m: 4:48.44 32.54	850m: 9:09.47 32.57	1250m: 13:31.72 32.85	
	100m: 59.94 31.47	500m: 5:21.11 32.67	900m: 9:42.28 32.81	1300m: 14:04.81 33.09	
	150m: 1:32.48 32.54	550m: 5:53.58 32.47	950m: 10:15.09 32.81	1350m: 14:37.98 33.17	
	200m: 2:05.05 32.57	600m: 6:26.24 32.66	1000m: 10:47.65 32.56	1400m: 15:10.87 32.89	
	250m: 2:37.34 32.29	650m: 6:58.90 32.66	1050m: 11:20.57 32.92	1450m: 15:42.85 31.98	
	300m: 3:10.20 32.86	700m: 7:31.75 32.85	1100m: 11:53.10 32.53	1500m: 16:14.15 31.30	
	350m: 3:43.06 32.86	750m: 8:04.55 32.80	1150m: 12:25.91 32.81		
	400m: 4:15.90 32.84	800m: 8:36.90 32.35	1200m: 12:58.87 32.96		
8.	Diogo Leal Dantas	00	Sporting	16:22.17	+0,61
	50m: 28.25 28.25	450m: 4:51.21 33.29	850m: 9:14.56 32.66	1250m: 13:38.99 33.17	
	100m: 59.91 31.66	500m: 5:24.57 33.36	900m: 9:47.34 32.78	1300m: 14:12.24 33.25	
	150m: 1:32.59 32.68	550m: 5:57.89 33.32	950m: 10:20.37 33.03	1350m: 14:45.26 33.02	
	200m: 2:05.65 33.06	600m: 6:30.94 33.05	1000m: 10:53.17 32.80	1400m: 15:18.61 33.35	
	250m: 2:38.56 32.91	650m: 7:03.70 32.76	1050m: 11:26.11 32.94	1450m: 15:51.59 32.98	
	300m: 3:11.51 32.95	700m: 7:36.42 32.72	1100m: 11:59.26 33.15	1500m: 16:22.17 30.58	
	350m: 3:44.52 33.01	750m: 8:09.25 32.83	1150m: 12:32.51 33.25		
	400m: 4:17.92 33.40	800m: 8:41.90 32.65	1200m: 13:05.82 33.31		
9.	Bernardo Marques Goncalves	00	Galitos / Bresimar	16:22.25	+0,75
	50m: 29.30 29.30	450m: 4:48.46 32.73	850m: 9:11.33 32.75	1250m: 13:37.05 33.43	
	100m: 1:00.98 31.68	500m: 5:21.16 32.70	900m: 9:44.41 33.08	1300m: 14:10.62 33.57	
	150m: 1:33.49 32.51	550m: 5:53.93 32.77	950m: 10:17.59 33.18	1350m: 14:44.09 33.47	
	200m: 2:05.73 32.24	600m: 6:26.77 32.84	1000m: 10:50.50 32.91	1400m: 15:17.44 33.35	
	250m: 2:38.21 32.48	650m: 6:59.90 33.13	1050m: 11:23.77 33.27	1450m: 15:50.70 33.26	
	300m: 3:10.28 32.07	700m: 7:32.68 32.78	1100m: 11:57.06 33.29	1500m: 16:22.25 31.55	
	350m: 3:43.02 32.74	750m: 8:05.74 33.06	1150m: 12:30.25 33.19		
	400m: 4:15.73 32.71	800m: 8:38.58 32.84	1200m: 13:03.62 33.37		
10.	Diogo Barbosa Nunes	00	Fluvial Portuense	16:24.75	+0,73
	50m: 27.99 27.99	450m: 4:46.75 33.05	850m: 9:11.60 33.22	1250m: 13:40.29 33.82	
	100m: 59.16 31.17	500m: 5:19.99 33.24	900m: 9:44.94 33.34	1300m: 14:13.73 33.44	
	150m: 1:31.01 31.85	550m: 5:53.45 33.46	950m: 10:18.66 33.72	1350m: 14:47.41 33.68	
	200m: 2:03.21 32.20	600m: 6:26.19 32.74	1000m: 10:53.09 34.43	1400m: 15:20.32 32.91	
	250m: 2:35.50 32.29	650m: 6:59.07 32.88	1050m: 11:26.57 33.48	1450m: 15:52.94 32.62	
	300m: 3:07.64 32.14	700m: 7:31.94 32.87	1100m: 12:00.03 33.46	1500m: 16:24.75 31.81	
	350m: 3:40.41 32.77	750m: 8:05.21 33.27	1150m: 12:33.18 33.15		
	400m: 4:13.70 33.29	800m: 8:38.38 33.17	1200m: 13:06.47 33.29		
11.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	16:24.99	+0,77
	50m: 28.76 28.76	450m: 4:48.68 32.99	850m: 9:14.53 33.97	1250m: 13:42.09 33.75	
	100m: 59.71 30.95	500m: 5:21.58 32.90	900m: 9:47.29 32.76	1300m: 14:15.57 33.48	
	150m: 1:32.12 32.41	550m: 5:54.63 33.05	950m: 10:21.28 33.99	1350m: 14:48.98 33.41	
	200m: 2:04.78 32.66	600m: 6:28.14 33.51	1000m: 10:54.31 33.03	1400m: 15:22.03 33.05	
	250m: 2:36.83 32.05	650m: 7:01.37 33.23	1050m: 11:28.08 33.77	1450m: 15:54.30 32.27	
	300m: 3:09.57 32.74	700m: 7:34.75 33.38	1100m: 12:01.62 33.54	1500m: 16:24.99 30.69	
	350m: 3:42.85 33.28	750m: 8:07.41 32.66	1150m: 12:35.51 33.89		
	400m: 4:15.69 32.84	800m: 8:40.56 33.15	1200m: 13:08.34 32.83		
12.	Tiago Douwens Paula	99	Sporting	16:34.98	+0,70
	50m: 29.79 29.79	450m: 4:51.33 33.30	850m: 9:17.08 33.25	1250m: 13:45.67 33.77	
	100m: 1:01.38 31.59	500m: 5:24.29 32.96	900m: 9:50.27 33.19	1300m: 14:19.80 34.13	
	150m: 1:33.69 32.31	550m: 5:57.59 33.30	950m: 10:23.71 33.44	1350m: 14:53.51 33.71	
	200m: 2:06.24 32.55	600m: 6:30.99 33.40	1000m: 10:57.09 33.38	1400m: 15:27.48 33.97	
	250m: 2:39.01 32.77	650m: 7:04.28 33.29	1050m: 11:30.69 33.60	1450m: 16:01.96 34.48	
	300m: 3:12.15 33.14	700m: 7:37.42 33.14	1100m: 12:04.49 33.80	1500m: 16:34.98 33.02	
	350m: 3:45.19 33.04	750m: 8:10.46 33.04	1150m: 12:38.18 33.69		
	400m: 4:18.03 32.84	800m: 8:43.83 33.37	1200m: 13:11.90 33.72		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
13.	Rui Jorge Matias	99	Vilacondense	16:41.28	+0,83
	50m: 29.46 29.46	450m: 4:51.88 33.57	850m: 9:20.50 34.17	1250m: 13:51.67 33.89	
	100m: 1:01.22 31.76	500m: 5:25.37 33.49	900m: 9:54.36 33.86	1300m: 14:26.07 34.40	
	150m: 1:33.83 32.61	550m: 5:58.72 33.35	950m: 10:28.12 33.76	1350m: 15:00.26 34.19	
	200m: 2:06.94 33.11	600m: 6:32.06 33.34	1000m: 11:02.12 34.00	1400m: 15:34.55 34.29	
	250m: 2:39.53 32.59	650m: 7:05.70 33.64	1050m: 11:35.36 33.24	1450m: 16:08.70 34.15	
	300m: 3:12.05 32.52	700m: 7:39.41 33.71	1100m: 12:09.63 34.27	1500m: 16:41.28 32.58	
	350m: 3:44.89 32.84	750m: 8:12.77 33.36	1150m: 12:43.82 34.19		
	400m: 4:18.31 33.42	800m: 8:46.33 33.56	1200m: 13:17.78 33.96		
14.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:42.86	+0,79
	50m: 29.24 29.24	450m: 4:53.57 33.76	850m: 9:25.12 33.83	1250m: 13:56.90 34.20	
	100m: 1:00.42 31.18	500m: 5:27.59 34.02	900m: 9:58.65 33.53	1300m: 14:31.13 34.23	
	150m: 1:32.82 32.40	550m: 6:01.74 34.15	950m: 10:32.50 33.85	1350m: 15:05.22 34.09	
	200m: 2:05.65 32.83	600m: 6:35.67 33.93	1000m: 11:06.41 33.91	1400m: 15:39.17 33.95	
	250m: 2:38.78 33.13	650m: 7:09.81 34.14	1050m: 11:40.07 33.66	1450m: 16:11.84 32.67	
	300m: 3:12.07 33.29	700m: 7:43.70 33.89	1100m: 12:14.19 34.12	1500m: 16:42.86 31.02	
	350m: 3:45.62 33.55	750m: 8:17.37 33.67	1150m: 12:48.60 34.41		
	400m: 4:19.81 34.19	800m: 8:51.29 33.92	1200m: 13:22.70 34.10		
15.	Diogo Moreno Bastos	00	Fluvial Portuense	16:44.39	+0,82
	50m: 29.01 29.01	450m: 4:55.21 33.94	850m: 9:26.22 33.97	1250m: 13:58.37 33.97	
	100m: 1:00.98 31.97	500m: 5:28.87 33.66	900m: 10:00.30 34.08	1300m: 14:32.46 34.09	
	150m: 1:33.71 32.73	550m: 6:02.79 33.92	950m: 10:34.55 34.25	1350m: 15:06.58 34.12	
	200m: 2:06.89 33.18	600m: 6:36.74 33.95	1000m: 11:08.58 34.03	1400m: 15:40.64 34.06	
	250m: 2:40.37 33.48	650m: 7:10.53 33.79	1050m: 11:42.51 33.93	1450m: 16:13.61 32.97	
	300m: 3:13.97 33.60	700m: 7:44.68 34.15	1100m: 12:16.34 33.83	1500m: 16:44.39 30.78	
	350m: 3:47.63 33.66	750m: 8:18.52 33.84	1150m: 12:50.43 34.09		
	400m: 4:21.27 33.64	800m: 8:52.25 33.73	1200m: 13:24.40 33.97		
16.	Tiago Andre Carvalho	99	Academica de Coimbra	16:50.46	+0,77
	50m: 29.37 29.37	450m: 4:52.65 33.51	850m: 9:23.76 34.17	1250m: 13:59.05 34.65	
	100m: 1:01.23 31.86	500m: 5:26.34 33.69	900m: 9:57.94 34.18	1300m: 14:33.33 34.28	
	150m: 1:33.49 32.26	550m: 5:59.95 33.61	950m: 10:32.20 34.26	1350m: 15:07.76 34.43	
	200m: 2:06.37 32.88	600m: 6:33.71 33.76	1000m: 11:06.51 34.31	1400m: 15:42.35 34.59	
	250m: 2:39.57 33.20	650m: 7:07.69 33.98	1050m: 11:40.82 34.31	1450m: 16:16.76 34.41	
	300m: 3:12.67 33.10	700m: 7:41.56 33.87	1100m: 12:15.35 34.53	1500m: 16:50.46 33.70	
	350m: 3:46.06 33.39	750m: 8:15.75 34.19	1150m: 12:49.76 34.41		
	400m: 4:19.14 33.08	800m: 8:49.59 33.84	1200m: 13:24.40 34.64		
17.	Nuno Correia Sousa	00	Fluvial Portuense	16:56.94	+0,92
	50m: 29.37 29.37	450m: 4:57.95 34.48	850m: 9:32.60 34.59	1250m: 14:07.33 34.23	
	100m: 1:01.36 31.99	500m: 5:31.94 33.99	900m: 10:06.96 34.36	1300m: 14:41.80 34.47	
	150m: 1:34.39 33.03	550m: 6:06.28 34.34	950m: 10:41.54 34.58	1350m: 15:15.78 33.98	
	200m: 2:07.80 33.41	600m: 6:40.35 34.07	1000m: 11:15.82 34.28	1400m: 15:50.47 34.69	
	250m: 2:41.47 33.67	650m: 7:15.03 34.68	1050m: 11:50.37 34.55	1450m: 16:24.37 33.90	
	300m: 3:15.40 33.93	700m: 7:49.48 34.45	1100m: 12:24.78 34.41	1500m: 16:56.94 32.57	
	350m: 3:49.33 33.93	750m: 8:23.73 34.25	1150m: 12:58.88 34.10		
	400m: 4:23.47 34.14	800m: 8:58.01 34.28	1200m: 13:33.10 34.22		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
DSQ	Pedro Barata Neves 403 - Falsa partida - SW 4.4	00	Laranjeiro		

Prova 45

Femin., 4 x 100m Livres

16 anos e mais velhos

11-12-2016 - 12:05

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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Alges-SEN	Alges	3:54.13 +0,72
	Rita Barros Frischknecht +0,72 27.51	57.04	Barbara Sofia Barata +0,43 28.97 59.79
	Beatriz Barros Carmo +0,51 28.38	59.23	Francisca Gomes Azevedo +0,19 27.56 58.07
2.	Sporting-SEN	Sporting	3:55.63 +0,55
	Mafalda Gomes Beleza +0,55 28.43	58.68	Raquel Paulo Ranito +0,38 28.53 1:00.22
	Beatriz Paulo Ranito 28.70	1:00.05	Ines Camacho Fernandes +0,21 27.04 56.68
3.	Belenenses-SEN	Belenenses	3:59.29 +0,75
	Margarida Sobral Pimenta +0,75 28.67	59.76	Rita Teixeira Costa +0,37 28.76 59.77
	Jessica Teixeira Vieira +0,28 27.90	58.52	Ana Beatriz Pereira +0,20 29.11 1:01.24
4.	Fluvial Portuense-SEN	Fluvial Portuense	4:04.39 +0,66
	Madalena Amaro Machado +0,66 28.74	1:00.50	Maria Joao Fernandes +0,16 29.46 1:02.70
	Vania Soares Neves +0,25 28.83	59.92	Angelica Maria Andre +0,13 29.03 1:01.27
5.	Benfica-SEN	Benfica	4:05.84 +0,78
	Sofia Alexandra Rolao +0,78 29.03	1:00.72	Ana Raquel Ferreira +0,37 29.15 1:01.36
	Jessica Sousa Brito +0,40 28.95	1:02.40	Claudia Ferreira Borges +0,51 29.40 1:01.36

Juniores

1.	Porto-JUN	Porto	3:57.23 +0,77
	Maria Francisca Cabral +0,77 28.97	59.47	Beatriz Santos Silva +0,27 28.62 1:00.07
	Isabel Porfirio Pego +0,24 28.35	59.68	Ana Rita Faria +0,58 27.95 58.01
2.	Alges-JUN	Alges	3:58.26 +0,73
	Raquel Gomes Pereira +0,73 27.79	57.12	Anna Baptista Ferreira +0,35 28.93 1:00.67
	Carolina Rosa Marcelino +0,37 28.07	59.01	Rita Alexandra Vital +0,14 28.86 1:01.46
3.	Uniao Piedense-JUN	Uniao Piedense	4:05.96 +0,82
	Ines Figueira Santos +0,82 29.42	1:01.17	Celeste Santos Ricardo +0,44 30.11 1:03.70
	Filipa Serrano Rodrigues +0,45 29.64	1:01.39	Luisa Maria Machado +0,57 28.49 59.70

Prova 46 Masc., 4 x 100m Livres 17 anos e mais velhos
11-12-2016 - 12:05 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Benfica-SEN	3:24.18	+0,68
	Joao Duarte Santos +0,68 24.49 51.03 Rafael Lourenco Gil +0,18 24.27 51.31		
	Luiz Pedro Pereira +0,25 24.53 50.86 Andre Filipe Farinha +0,36 24.57 50.98		
2.	Porto-SEN	3:25.92	+0,63
	Joao Miguel Ascensao +0,63 23.86 50.66 Diogo Miguel Costa +0,27 25.17 52.93		
	Carlos Filipe Santos +0,46 24.75 52.51 Tomas Correia Silva +0,21 24.05 49.82		
3.	Belenenses-SEN	3:26.53	+0,69
	Bruno Miguel Ramos +0,69 24.62 51.56 Nuno Goncalo Quintanilha +0,20 24.06 50.56		
	Fabio Andre Figueira +0,19 24.48 51.22 Diogo Carrasco Correia +0,32 25.01 53.19		
4.	Sporting-SEN	3:26.80	+0,69
	Francisco Rogerio Santos +0,69 24.26 50.84 Guilherme Filipe Pina +0,17 25.44 53.41		
	Mario Andre Bonanca +0,46 24.77 52.26 Guilherme Pereira Dias +0,45 23.79 50.29		
5.	Estrelas S. Joao de Brito-SEN	3:26.91	+0,68
	Joao Silva Gigante +0,68 24.89 51.93 Antonio Fernandes Carrico +0,32 25.61 53.86		
	Diogo Gomes Sousa +0,47 24.88 51.24 Frederico Sucena Riachos +0,37 23.54 49.88		
6.	Alges-SEN	3:27.40	+0,64
	Francisco Carvalho Machado +0,64 24.83 52.27 Goncalo Cardoso Carmo +0,25 25.03 52.64		
	Afonso Ribeiro Bate +0,34 24.92 51.93 Pedro Andre Santos +0,36 24.04 50.56		
7.	Nautico /Urgicentro-Sanfil-SEN	3:32.95	+0,71
	Francisco Xavier Goncalves +0,71 25.04 52.77 Joao Ricardo Silva +0,28 25.69 53.89		
	Tiago Moises Dinis +0,22 25.14 53.56 Pedro Maria Bessa +0,22 24.97 52.73		
8.	Fluvial Portuense-SEN	3:33.77	+0,62
	Bernardo Leitao Graca +0,62 24.89 52.22 Joao Luis Travanca +0,19 26.18 54.90		
	Jose Pedro Sampaio +0,28 25.74 54.38 Filipe Miguel Gomes +0,27 25.04 52.27		

Juniores			
1.	Famalicao-JUN	3:32.56	+0,61
	Mateus Ribeiro Carvalho +0,61 25.51 53.44 Joao Pereira Tinoco +0,19 24.81 52.23		
	Miguel Angelo Santos +0,39 25.60 53.92 Jose Pedro Freitas +0,40 25.16 52.97		
2.	Sporting-JUN	3:33.02	+0,61
	Diogo Leal Dantas +0,61 25.52 53.78 Andre Vilas Ruivo +0,22 25.55 52.91		
	Bernardo Garcia Perloiro +0,43 25.41 54.06 Tiago Cunha Costa +0,37 25.49 52.27		
3.	Naval do Funchal-JUN	3:38.72	+0,71
	Afonso Meneses Sequeira +0,71 25.51 53.92 Martim Moniz Silva +0,31 25.23 54.03		
	Miguel Camara Gomes +0,13 25.80 54.85 Pedro Martins Goncalves +0,13 25.60 55.92		
4.	Fluvial Portuense-JUN	3:41.19	+0,80
	Nuno Correia Sousa +0,80 25.98 54.11 Diogo Moreno Bastos +0,28 27.11 56.71		
	Sergio Filipe Travanca +0,45 26.64 56.10 Diogo Barbosa Nunes +0,27 26.36 54.27		

6 - 3ª Jornada - 2ª Sessão (finais)

11-12-2016 - 16:00

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
11-12-2016 - 16:00 Resultados

Recordes Nacionais 25m Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	13-12-2015
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	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	13-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Guilherme Filipe Pina	98	Sporting	15:14.11	+0,75
	50m: 27.75 27.75	450m: 4:32.19 30.48	850m: 8:36.37 30.60	1250m: 12:41.12 30.80	
	100m: 58.14 30.39	500m: 5:02.77 30.58	900m: 9:06.76 30.39	1300m: 13:11.99 30.87	
	150m: 1:28.83 30.69	550m: 5:33.25 30.48	950m: 9:37.24 30.48	1350m: 13:42.99 31.00	
	200m: 1:59.55 30.72	600m: 6:03.73 30.48	1000m: 10:07.78 30.54	1400m: 14:13.70 30.71	
	250m: 2:30.24 30.69	650m: 6:34.33 30.60	1050m: 10:38.33 30.55	1450m: 14:44.50 30.80	
	300m: 3:00.66 30.42	700m: 7:04.92 30.59	1100m: 11:08.96 30.63	1500m: 15:14.11 29.61	
	350m: 3:31.16 30.50	750m: 7:35.30 30.38	1150m: 11:39.75 30.79		
	400m: 4:01.71 30.55	800m: 8:05.77 30.47	1200m: 12:10.32 30.57		
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	15:31.25	+0,67
	50m: 27.99 27.99	450m: 4:33.37 30.91	850m: 8:42.40 31.33	1250m: 12:54.02 31.35	
	100m: 58.53 30.54	500m: 5:04.48 31.11	900m: 9:13.80 31.40	1300m: 13:25.26 31.24	
	150m: 1:29.27 30.74	550m: 5:35.36 30.88	950m: 9:45.27 31.47	1350m: 13:56.89 31.63	
	200m: 1:59.97 30.70	600m: 6:06.59 31.23	1000m: 10:16.69 31.42	1400m: 14:28.76 31.87	
	250m: 2:30.70 30.73	650m: 6:37.53 30.94	1050m: 10:48.03 31.34	1450m: 15:00.36 31.60	
	300m: 3:01.15 30.45	700m: 7:08.77 31.24	1100m: 11:19.69 31.66	1500m: 15:31.25 30.89	
	350m: 3:31.97 30.82	750m: 7:39.96 31.19	1150m: 11:51.15 31.46		
	400m: 4:02.46 30.49	800m: 8:11.07 31.11	1200m: 12:22.67 31.52		
3.	Mario Andre Bonanca	90	Sporting	15:49.85	+0,82
	50m: 28.48 28.48	450m: 4:36.02 31.62	850m: 8:53.43 32.25	1250m: 13:11.86 32.43	
	100m: 58.75 30.27	500m: 5:07.99 31.97	900m: 9:25.61 32.18	1300m: 13:43.96 32.10	
	150m: 1:29.56 30.81	550m: 5:39.95 31.96	950m: 9:58.05 32.44	1350m: 14:16.08 32.12	
	200m: 2:00.42 30.86	600m: 6:12.05 32.10	1000m: 10:30.26 32.21	1400m: 14:48.11 32.03	
	250m: 2:31.31 30.89	650m: 6:44.41 32.36	1050m: 11:02.55 32.29	1450m: 15:19.26 31.15	
	300m: 3:02.11 30.80	700m: 7:16.76 32.35	1100m: 11:34.86 32.31	1500m: 15:49.85 30.59	
	350m: 3:33.19 31.08	750m: 7:48.97 32.21	1150m: 12:07.17 32.31		
	400m: 4:04.40 31.21	800m: 8:21.18 32.21	1200m: 12:39.43 32.26		
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	15:52.21	+0,71
	50m: 28.25 28.25	450m: 4:41.33 32.28	850m: 8:56.74 31.58	1250m: 13:12.52 31.94	
	100m: 58.91 30.66	500m: 5:13.56 32.23	900m: 9:28.58 31.84	1300m: 13:44.41 31.89	
	150m: 1:30.16 31.25	550m: 5:45.57 32.01	950m: 10:00.58 32.00	1350m: 14:16.46 32.05	
	200m: 2:01.48 31.32	600m: 6:17.45 31.88	1000m: 10:32.54 31.96	1400m: 14:48.71 32.25	
	250m: 2:32.78 31.30	650m: 6:49.35 31.90	1050m: 11:04.79 32.25	1450m: 15:21.03 32.32	
	300m: 3:04.45 31.67	700m: 7:21.50 32.15	1100m: 11:36.86 32.07	1500m: 15:52.21 31.18	
	350m: 3:36.76 32.31	750m: 7:53.42 31.92	1150m: 12:08.60 31.74		
	400m: 4:09.05 32.29	800m: 8:25.16 31.74	1200m: 12:40.58 31.98		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Tiago Carlos Santos	98	Uniao Piedense	16:30.98	+0,78
	50m: 27.69 27.69	450m: 4:42.89 32.20	850m: 9:11.24 33.86	1250m: 13:44.12 33.86	
	100m: 58.31 30.62	500m: 5:15.41 32.52	900m: 9:45.29 34.05	1300m: 14:17.70 33.58	
	150m: 1:30.13 31.82	550m: 5:48.69 33.28	950m: 10:19.59 34.30	1350m: 14:51.91 34.21	
	200m: 2:02.27 32.14	600m: 6:22.49 33.80	1000m: 10:53.63 34.04	1400m: 15:25.39 33.48	
	250m: 2:34.30 32.03	650m: 6:55.97 33.48	1050m: 11:27.69 34.06	1450m: 15:59.01 33.62	
	300m: 3:06.32 32.02	700m: 7:29.72 33.75	1100m: 12:02.06 34.37	1500m: 16:30.98 31.97	
	350m: 3:38.39 32.07	750m: 8:03.50 33.78	1150m: 12:36.24 34.18		
	400m: 4:10.69 32.30	800m: 8:37.38 33.88	1200m: 13:10.26 34.02		
6.	Duarte Nuno Vieira	95	Sao Roque	16:33.22	+0,68
	50m: 28.41 28.41	450m: 4:51.76 33.38	850m: 9:18.52 33.68	1250m: 13:48.45 33.52	
	100m: 1:00.27 31.86	500m: 5:24.93 33.17	900m: 9:52.17 33.65	1300m: 14:21.83 33.38	
	150m: 1:33.01 32.74	550m: 5:58.35 33.42	950m: 10:26.39 34.22	1350m: 14:55.45 33.62	
	200m: 2:06.21 33.20	600m: 6:31.23 32.88	1000m: 11:00.05 33.66	1400m: 15:28.83 33.38	
	250m: 2:39.57 33.36	650m: 7:04.68 33.45	1050m: 11:33.95 33.90	1450m: 16:02.27 33.44	
	300m: 3:12.64 33.07	700m: 7:37.76 33.08	1100m: 12:07.40 33.45	1500m: 16:33.22 30.95	
	350m: 3:45.43 32.79	750m: 8:11.02 33.26	1150m: 12:41.21 33.81		
	400m: 4:18.38 32.95	800m: 8:44.84 33.82	1200m: 13:14.93 33.72		
7.	Joao Miguel Cardoso	97	Geslours	16:37.55	+0,89
	50m: 29.71 29.71	450m: 4:53.12 33.27	850m: 9:19.64 33.69	1250m: 13:51.56 34.22	
	100m: 1:01.52 31.81	500m: 5:26.28 33.16	900m: 9:53.27 33.63	1300m: 14:25.59 34.03	
	150m: 1:34.11 32.59	550m: 5:59.37 33.09	950m: 10:27.04 33.77	1350m: 14:59.83 34.24	
	200m: 2:06.76 32.65	600m: 6:32.44 33.07	1000m: 11:01.06 34.02	1400m: 15:33.28 33.45	
	250m: 2:39.89 33.13	650m: 7:05.75 33.31	1050m: 11:34.96 33.90	1450m: 16:06.39 33.11	
	300m: 3:13.47 33.58	700m: 7:39.17 33.42	1100m: 12:09.04 34.08	1500m: 16:37.55 31.16	
	350m: 3:46.74 33.27	750m: 8:12.43 33.26	1150m: 12:43.02 33.98		
	400m: 4:19.85 33.11	800m: 8:45.95 33.52	1200m: 13:17.34 34.32		
8.	Joao Luis Travanca	97	Fluvial Portuense	16:39.57	+0,82
	50m: 29.04 29.04	450m: 4:49.74 33.22	850m: 9:17.56 33.91	1250m: 13:49.93 33.90	
	100m: 1:00.85 31.81	500m: 5:22.97 33.23	900m: 9:51.16 33.60	1300m: 14:24.13 34.20	
	150m: 1:32.75 31.90	550m: 5:56.16 33.19	950m: 10:25.01 33.85	1350m: 14:58.34 34.21	
	200m: 2:05.22 32.47	600m: 6:29.58 33.42	1000m: 10:59.01 34.00	1400m: 15:32.58 34.24	
	250m: 2:37.99 32.77	650m: 7:02.88 33.30	1050m: 11:33.46 34.45	1450m: 16:06.54 33.96	
	300m: 3:10.64 32.65	700m: 7:36.18 33.30	1100m: 12:07.98 34.52	1500m: 16:39.57 33.03	
	350m: 3:43.55 32.91	750m: 8:09.71 33.53	1150m: 12:42.26 34.28		
	400m: 4:16.52 32.97	800m: 8:43.65 33.94	1200m: 13:16.03 33.77		
9.	Sergio Gomes Abreu	96	Naval do Funchal	16:43.10	+0,68
	50m: 28.04 28.04	450m: 4:52.39 33.36	850m: 9:23.17 33.83	1250m: 13:56.67 33.87	
	100m: 1:00.02 31.98	500m: 5:26.31 33.92	900m: 9:57.16 33.99	1300m: 14:30.87 34.20	
	150m: 1:32.53 32.51	550m: 5:59.99 33.68	950m: 10:31.33 34.17	1350m: 15:04.71 33.84	
	200m: 2:06.03 33.50	600m: 6:33.75 33.76	1000m: 11:05.57 34.24	1400m: 15:39.10 34.39	
	250m: 2:39.19 33.16	650m: 7:07.39 33.64	1050m: 11:39.88 34.31	1450m: 16:12.67 33.57	
	300m: 3:12.44 33.25	700m: 7:41.12 33.73	1100m: 12:13.92 34.04	1500m: 16:43.10 30.43	
	350m: 3:45.42 32.98	750m: 8:14.98 33.86	1150m: 12:48.32 34.40		
	400m: 4:19.03 33.61	800m: 8:49.34 34.36	1200m: 13:22.80 34.48		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	16:47.51	+0,74
	50m: 28.41 28.41	450m: 4:51.17 33.76	850m: 9:25.51 34.20	1250m: 13:58.33 34.36	
	100m: 59.88 31.47	500m: 5:25.49 34.32	900m: 9:59.68 34.17	1300m: 14:32.51 34.18	
	150m: 1:31.96 32.08	550m: 5:59.63 34.14	950m: 10:33.96 34.28	1350m: 15:07.05 34.54	
	200m: 2:04.46 32.50	600m: 6:33.88 34.25	1000m: 11:08.16 34.20	1400m: 15:41.16 34.11	
	250m: 2:37.29 32.83	650m: 7:08.29 34.41	1050m: 11:42.33 34.17	1450m: 16:14.93 33.77	
	300m: 3:10.48 33.19	700m: 7:42.73 34.44	1100m: 12:16.19 33.86	1500m: 16:47.51 32.58	
	350m: 3:44.05 33.57	750m: 8:17.06 34.33	1150m: 12:49.97 33.78		
	400m: 4:17.41 33.36	800m: 8:51.31 34.25	1200m: 13:23.97 34.00		

Juniores

1.	Jose Paulo Lopes	00	Braga	15:21.79	+0,69
	50m: 28.35 28.35	450m: 4:33.91 30.65	850m: 8:39.62 30.78	1250m: 12:47.07 31.33	
	100m: 58.72 30.37	500m: 5:04.61 30.70	900m: 9:10.32 30.70	1300m: 13:18.29 31.22	
	150m: 1:29.42 30.70	550m: 5:35.27 30.66	950m: 9:41.13 30.81	1350m: 13:49.65 31.36	
	200m: 2:00.10 30.68	600m: 6:06.00 30.73	1000m: 10:11.88 30.75	1400m: 14:21.03 31.38	
	250m: 2:30.87 30.77	650m: 6:36.57 30.57	1050m: 10:42.65 30.77	1450m: 14:52.22 31.19	
	300m: 3:01.64 30.77	700m: 7:07.23 30.66	1100m: 11:13.46 30.81	1500m: 15:21.79 29.57	
	350m: 3:32.53 30.89	750m: 7:37.97 30.74	1150m: 11:44.53 31.07		
	400m: 4:03.26 30.73	800m: 8:08.84 30.87	1200m: 12:15.74 31.21		
2.	Antonio Fernando Pinto	99	Lousada SXXI	15:39.07	+0,74
	50m: 27.92 27.92	450m: 4:35.82 31.40	850m: 8:47.51 31.48	1250m: 13:01.17 31.88	
	100m: 58.39 30.47	500m: 5:07.25 31.43	900m: 9:19.19 31.68	1300m: 13:33.05 31.88	
	150m: 1:29.08 30.69	550m: 5:38.76 31.51	950m: 9:50.52 31.33	1350m: 14:04.89 31.84	
	200m: 1:59.95 30.87	600m: 6:10.13 31.37	1000m: 10:22.21 31.69	1400m: 14:36.87 31.98	
	250m: 2:30.86 30.91	650m: 6:41.64 31.51	1050m: 10:53.61 31.40	1450m: 15:08.63 31.76	
	300m: 3:01.90 31.04	700m: 7:13.13 31.49	1100m: 11:25.42 31.81	1500m: 15:39.07 30.44	
	350m: 3:33.16 31.26	750m: 7:44.60 31.47	1150m: 11:57.27 31.85		
	400m: 4:04.42 31.26	800m: 8:16.03 31.43	1200m: 12:29.29 32.02		
3.	Roberto Donald Gomes	00	Alges	15:43.66	+0,74
	50m: 28.33 28.33	450m: 4:38.77 31.66	850m: 8:51.63 31.75	1250m: 13:05.46 32.25	
	100m: 58.96 30.63	500m: 5:10.23 31.46	900m: 9:23.35 31.72	1300m: 13:37.77 32.31	
	150m: 1:30.18 31.22	550m: 5:41.79 31.56	950m: 9:55.14 31.79	1350m: 14:09.89 32.12	
	200m: 2:01.55 31.37	600m: 6:13.16 31.37	1000m: 10:26.59 31.45	1400m: 14:42.40 32.51	
	250m: 2:32.94 31.39	650m: 6:44.64 31.48	1050m: 10:57.85 31.26	1450m: 15:14.55 32.15	
	300m: 3:04.25 31.31	700m: 7:16.39 31.75	1100m: 11:29.49 31.64	1500m: 15:43.66 29.11	
	350m: 3:35.69 31.44	750m: 7:47.93 31.54	1150m: 12:01.38 31.89		
	400m: 4:07.11 31.42	800m: 8:19.88 31.95	1200m: 12:33.21 31.83		
4.	Miguel Ribeiro Bate	99	Alges	15:43.69	+0,68
	50m: 27.83 27.83	450m: 4:38.89 31.35	850m: 8:52.78 31.81	1250m: 13:07.69 32.19	
	100m: 58.69 30.86	500m: 5:10.54 31.65	900m: 9:25.21 32.43	1300m: 13:39.77 32.08	
	150m: 1:30.31 31.62	550m: 5:42.04 31.50	950m: 9:56.70 31.49	1350m: 14:11.60 31.83	
	200m: 2:01.98 31.67	600m: 6:13.45 31.41	1000m: 10:28.42 31.72	1400m: 14:43.48 31.88	
	250m: 2:33.44 31.46	650m: 6:44.97 31.52	1050m: 11:00.22 31.80	1450m: 15:14.62 31.14	
	300m: 3:04.78 31.34	700m: 7:16.88 31.91	1100m: 11:31.93 31.71	1500m: 15:43.69 29.07	
	350m: 3:36.12 31.34	750m: 7:48.98 32.10	1150m: 12:03.61 31.68		
	400m: 4:07.54 31.42	800m: 8:20.97 31.99	1200m: 12:35.50 31.89		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Joao Daniel Machado	99	Uniao Piedense	15:49.44	+0,71
	50m: 27.99 27.99	450m: 4:42.40 32.09	850m: 8:57.36 31.66	1250m: 13:11.95 31.58	
	100m: 58.84 30.85	500m: 5:14.21 31.81	900m: 9:29.08 31.72	1300m: 13:44.05 32.10	
	150m: 1:30.26 31.42	550m: 5:46.11 31.90	950m: 10:01.05 31.97	1350m: 14:16.10 32.05	
	200m: 2:02.10 31.84	600m: 6:17.92 31.81	1000m: 10:33.22 32.17	1400m: 14:47.29 31.19	
	250m: 2:34.06 31.96	650m: 6:49.99 32.07	1050m: 11:04.99 31.77	1450m: 15:19.10 31.81	
	300m: 3:06.07 32.01	700m: 7:21.80 31.81	1100m: 11:36.61 31.62	1500m: 15:49.44 30.34	
	350m: 3:38.15 32.08	750m: 7:53.84 32.04	1150m: 12:08.73 32.12		
	400m: 4:10.31 32.16	800m: 8:25.70 31.86	1200m: 12:40.37 31.64		
6.	Filipe Miguel Santo	00	Benfica	15:52.39	+0,84
	50m: 28.34 28.34	450m: 4:38.64 31.40	850m: 8:51.45 32.03	1250m: 13:09.72 32.79	
	100m: 59.13 30.79	500m: 5:09.93 31.29	900m: 9:23.54 32.09	1300m: 13:42.40 32.68	
	150m: 1:30.30 31.17	550m: 5:41.21 31.28	950m: 9:55.77 32.23	1350m: 14:15.09 32.69	
	200m: 2:01.62 31.32	600m: 6:12.66 31.45	1000m: 10:27.92 32.15	1400m: 14:47.78 32.69	
	250m: 2:33.12 31.50	650m: 6:44.02 31.36	1050m: 11:00.02 32.10	1450m: 15:20.38 32.60	
	300m: 3:04.71 31.59	700m: 7:15.53 31.51	1100m: 11:32.28 32.26	1500m: 15:52.39 32.01	
	350m: 3:36.06 31.35	750m: 7:47.37 31.84	1150m: 12:04.68 32.40		
	400m: 4:07.24 31.18	800m: 8:19.42 32.05	1200m: 12:36.93 32.25		
7.	Sergio Filipe Travanca	00	Fluvial Portuense	16:14.15	+0,72
	50m: 28.47 28.47	450m: 4:48.44 32.54	850m: 9:09.47 32.57	1250m: 13:31.72 32.85	
	100m: 59.94 31.47	500m: 5:21.11 32.67	900m: 9:42.28 32.81	1300m: 14:04.81 33.09	
	150m: 1:32.48 32.54	550m: 5:53.58 32.47	950m: 10:15.09 32.81	1350m: 14:37.98 33.17	
	200m: 2:05.05 32.57	600m: 6:26.24 32.66	1000m: 10:47.65 32.56	1400m: 15:10.87 32.89	
	250m: 2:37.34 32.29	650m: 6:58.90 32.66	1050m: 11:20.57 32.92	1450m: 15:42.85 31.98	
	300m: 3:10.20 32.86	700m: 7:31.75 32.85	1100m: 11:53.10 32.53	1500m: 16:14.15 31.30	
	350m: 3:43.06 32.86	750m: 8:04.55 32.80	1150m: 12:25.91 32.81		
	400m: 4:15.90 32.84	800m: 8:36.90 32.35	1200m: 12:58.87 32.96		
8.	Diogo Leal Dantas	00	Sporting	16:22.17	+0,61
	50m: 28.25 28.25	450m: 4:51.21 33.29	850m: 9:14.56 32.66	1250m: 13:38.99 33.17	
	100m: 59.91 31.66	500m: 5:24.57 33.36	900m: 9:47.34 32.78	1300m: 14:12.24 33.25	
	150m: 1:32.59 32.68	550m: 5:57.89 33.32	950m: 10:20.37 33.03	1350m: 14:45.26 33.02	
	200m: 2:05.65 33.06	600m: 6:30.94 33.05	1000m: 10:53.17 32.80	1400m: 15:18.61 33.35	
	250m: 2:38.56 32.91	650m: 7:03.70 32.76	1050m: 11:26.11 32.94	1450m: 15:51.59 32.98	
	300m: 3:11.51 32.95	700m: 7:36.42 32.72	1100m: 11:59.26 33.15	1500m: 16:22.17 30.58	
	350m: 3:44.52 33.01	750m: 8:09.25 32.83	1150m: 12:32.51 33.25		
	400m: 4:17.92 33.40	800m: 8:41.90 32.65	1200m: 13:05.82 33.31		
9.	Bernardo Marques Goncalves	00	Galitos / Bresimar	16:22.25	+0,75
	50m: 29.30 29.30	450m: 4:48.46 32.73	850m: 9:11.33 32.75	1250m: 13:37.05 33.43	
	100m: 1:00.98 31.68	500m: 5:21.16 32.70	900m: 9:44.41 33.08	1300m: 14:10.62 33.57	
	150m: 1:33.49 32.51	550m: 5:53.93 32.77	950m: 10:17.59 33.18	1350m: 14:44.09 33.47	
	200m: 2:05.73 32.24	600m: 6:26.77 32.84	1000m: 10:50.50 32.91	1400m: 15:17.44 33.35	
	250m: 2:38.21 32.48	650m: 6:59.90 33.13	1050m: 11:23.77 33.27	1450m: 15:50.70 33.26	
	300m: 3:10.28 32.07	700m: 7:32.68 32.78	1100m: 11:57.06 33.29	1500m: 16:22.25 31.55	
	350m: 3:43.02 32.74	750m: 8:05.74 33.06	1150m: 12:30.25 33.19		
	400m: 4:15.73 32.71	800m: 8:38.58 32.84	1200m: 13:03.62 33.37		
10.	Diogo Barbosa Nunes	00	Fluvial Portuense	16:24.75	+0,73
	50m: 27.99 27.99	450m: 4:46.75 33.05	850m: 9:11.60 33.22	1250m: 13:40.29 33.82	
	100m: 59.16 31.17	500m: 5:19.99 33.24	900m: 9:44.94 33.34	1300m: 14:13.73 33.44	
	150m: 1:31.01 31.85	550m: 5:53.45 33.46	950m: 10:18.66 33.72	1350m: 14:47.41 33.68	
	200m: 2:03.21 32.20	600m: 6:26.19 32.74	1000m: 10:53.09 34.43	1400m: 15:20.32 32.91	
	250m: 2:35.50 32.29	650m: 6:59.07 32.88	1050m: 11:26.57 33.48	1450m: 15:52.94 32.62	
	300m: 3:07.64 32.14	700m: 7:31.94 32.87	1100m: 12:00.03 33.46	1500m: 16:24.75 31.81	
	350m: 3:40.41 32.77	750m: 8:05.21 33.27	1150m: 12:33.18 33.15		
	400m: 4:13.70 33.29	800m: 8:38.38 33.17	1200m: 13:06.47 33.29		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	16:24.99	+0,77
	50m: 28.76 28.76	450m: 4:48.68 32.99	850m: 9:14.53 33.97	1250m: 13:42.09 33.75	
	100m: 59.71 30.95	500m: 5:21.58 32.90	900m: 9:47.29 32.76	1300m: 14:15.57 33.48	
	150m: 1:32.12 32.41	550m: 5:54.63 33.05	950m: 10:21.28 33.99	1350m: 14:48.98 33.41	
	200m: 2:04.78 32.66	600m: 6:28.14 33.51	1000m: 10:54.31 33.03	1400m: 15:22.03 33.05	
	250m: 2:36.83 32.05	650m: 7:01.37 33.23	1050m: 11:28.08 33.77	1450m: 15:54.30 32.27	
	300m: 3:09.57 32.74	700m: 7:34.75 33.38	1100m: 12:01.62 33.54	1500m: 16:24.99 30.69	
	350m: 3:42.85 33.28	750m: 8:07.41 32.66	1150m: 12:35.51 33.89		
	400m: 4:15.69 32.84	800m: 8:40.56 33.15	1200m: 13:08.34 32.83		
12.	Tiago Douwens Paula	99	Sporting	16:34.98	+0,70
	50m: 29.79 29.79	450m: 4:51.33 33.30	850m: 9:17.08 33.25	1250m: 13:45.67 33.77	
	100m: 1:01.38 31.59	500m: 5:24.29 32.96	900m: 9:50.27 33.19	1300m: 14:19.80 34.13	
	150m: 1:33.69 32.31	550m: 5:57.59 33.30	950m: 10:23.71 33.44	1350m: 14:53.51 33.71	
	200m: 2:06.24 32.55	600m: 6:30.99 33.40	1000m: 10:57.09 33.38	1400m: 15:27.48 33.97	
	250m: 2:39.01 32.77	650m: 7:04.28 33.29	1050m: 11:30.69 33.60	1450m: 16:01.96 34.48	
	300m: 3:12.15 33.14	700m: 7:37.42 33.14	1100m: 12:04.49 33.80	1500m: 16:34.98 33.02	
	350m: 3:45.19 33.04	750m: 8:10.46 33.04	1150m: 12:38.18 33.69		
	400m: 4:18.03 32.84	800m: 8:43.83 33.37	1200m: 13:11.90 33.72		
13.	Rui Jorge Matias	99	Vilacondense	16:41.28	+0,83
	50m: 29.46 29.46	450m: 4:51.88 33.57	850m: 9:20.50 34.17	1250m: 13:51.67 33.89	
	100m: 1:01.22 31.76	500m: 5:25.37 33.49	900m: 9:54.36 33.86	1300m: 14:26.07 34.40	
	150m: 1:33.83 32.61	550m: 5:58.72 33.35	950m: 10:28.12 33.76	1350m: 15:00.26 34.19	
	200m: 2:06.94 33.11	600m: 6:32.06 33.34	1000m: 11:02.12 34.00	1400m: 15:34.55 34.29	
	250m: 2:39.53 32.59	650m: 7:05.70 33.64	1050m: 11:35.36 33.24	1450m: 16:08.70 34.15	
	300m: 3:12.05 32.52	700m: 7:39.41 33.71	1100m: 12:09.63 34.27	1500m: 16:41.28 32.58	
	350m: 3:44.89 32.84	750m: 8:12.77 33.36	1150m: 12:43.82 34.19		
	400m: 4:18.31 33.42	800m: 8:46.33 33.56	1200m: 13:17.78 33.96		
14.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:42.86	+0,79
	50m: 29.24 29.24	450m: 4:53.57 33.76	850m: 9:25.12 33.83	1250m: 13:56.90 34.20	
	100m: 1:00.42 31.18	500m: 5:27.59 34.02	900m: 9:58.65 33.53	1300m: 14:31.13 34.23	
	150m: 1:32.82 32.40	550m: 6:01.74 34.15	950m: 10:32.50 33.85	1350m: 15:05.22 34.09	
	200m: 2:05.65 32.83	600m: 6:35.67 33.93	1000m: 11:06.41 33.91	1400m: 15:39.17 33.95	
	250m: 2:38.78 33.13	650m: 7:09.81 34.14	1050m: 11:40.07 33.66	1450m: 16:11.84 32.67	
	300m: 3:12.07 33.29	700m: 7:43.70 33.89	1100m: 12:14.19 34.12	1500m: 16:42.86 31.02	
	350m: 3:45.62 33.55	750m: 8:17.37 33.67	1150m: 12:48.60 34.41		
	400m: 4:19.81 34.19	800m: 8:51.29 33.92	1200m: 13:22.70 34.10		
15.	Diogo Moreno Bastos	00	Fluvial Portuense	16:44.39	+0,82
	50m: 29.01 29.01	450m: 4:55.21 33.94	850m: 9:26.22 33.97	1250m: 13:58.37 33.97	
	100m: 1:00.98 31.97	500m: 5:28.87 33.66	900m: 10:00.30 34.08	1300m: 14:32.46 34.09	
	150m: 1:33.71 32.73	550m: 6:02.79 33.92	950m: 10:34.55 34.25	1350m: 15:06.58 34.12	
	200m: 2:06.89 33.18	600m: 6:36.74 33.95	1000m: 11:08.58 34.03	1400m: 15:40.64 34.06	
	250m: 2:40.37 33.48	650m: 7:10.53 33.79	1050m: 11:42.51 33.93	1450m: 16:13.61 32.97	
	300m: 3:13.97 33.60	700m: 7:44.68 34.15	1100m: 12:16.34 33.83	1500m: 16:44.39 30.78	
	350m: 3:47.63 33.66	750m: 8:18.52 33.84	1150m: 12:50.43 34.09		
	400m: 4:21.27 33.64	800m: 8:52.25 33.73	1200m: 13:24.40 33.97		
16.	Tiago Andre Carvalho	99	Academica de Coimbra	16:50.46	+0,77
	50m: 29.37 29.37	450m: 4:52.65 33.51	850m: 9:23.76 34.17	1250m: 13:59.05 34.65	
	100m: 1:01.23 31.86	500m: 5:26.34 33.69	900m: 9:57.94 34.18	1300m: 14:33.33 34.28	
	150m: 1:33.49 32.26	550m: 5:59.95 33.61	950m: 10:32.20 34.26	1350m: 15:07.76 34.43	
	200m: 2:06.37 32.88	600m: 6:33.71 33.76	1000m: 11:06.51 34.31	1400m: 15:42.35 34.59	
	250m: 2:39.57 33.20	650m: 7:07.69 33.98	1050m: 11:40.82 34.31	1450m: 16:16.76 34.41	
	300m: 3:12.67 33.10	700m: 7:41.56 33.87	1100m: 12:15.35 34.53	1500m: 16:50.46 33.70	
	350m: 3:46.06 33.39	750m: 8:15.75 34.19	1150m: 12:49.76 34.41		
	400m: 4:19.14 33.08	800m: 8:49.59 33.84	1200m: 13:24.40 34.64		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
17.	Nuno Correia Sousa	00	Fluvial Portuense	16:56.94	+0,92
	50m: 29.37 29.37	450m: 4:57.95 34.48	850m: 9:32.60 34.59	1250m: 14:07.33 34.23	
	100m: 1:01.36 31.99	500m: 5:31.94 33.99	900m: 10:06.96 34.36	1300m: 14:41.80 34.47	
	150m: 1:34.39 33.03	550m: 6:06.28 34.34	950m: 10:41.54 34.58	1350m: 15:15.78 33.98	
	200m: 2:07.80 33.41	600m: 6:40.35 34.07	1000m: 11:15.82 34.28	1400m: 15:50.47 34.69	
	250m: 2:41.47 33.67	650m: 7:15.03 34.68	1050m: 11:50.37 34.55	1450m: 16:24.37 33.90	
	300m: 3:15.40 33.93	700m: 7:49.48 34.45	1100m: 12:24.78 34.41	1500m: 16:56.94 32.57	
	350m: 3:49.33 33.93	750m: 8:23.73 34.25	1150m: 12:58.88 34.10		
	400m: 4:23.47 34.14	800m: 8:58.01 34.28	1200m: 13:33.10 34.22		

DSQ Pedro Barata Neves 00 Laranjeiro
403 - Falsa partida - SW 4.4

Prova 33 Femin., 800m Livres 16 anos e mais velhos
11-12-2016 - 16:20 Resultados

Recordes Nacionais 25m Absoluto	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13-12-2015
Recordes Nacionais 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13-12-2015
Recordes Nacionais 25m Sen	8:33.54	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	13-11-2016

Lugar Nome Ano Clube Tempo Final TReac

Seniores

1.	Angelica Maria Andre	94	Fluvial Portuense	8:47.49	+0,71
	50m: 29.78 29.78	250m: 2:42.23 33.24	450m: 4:56.05 33.06	650m: 7:07.74 33.09	
	100m: 1:02.16 32.38	300m: 3:15.69 33.46	500m: 5:29.64 33.59	700m: 7:41.00 33.26	
	150m: 1:35.40 33.24	350m: 3:49.36 33.67	550m: 6:02.11 32.47	750m: 8:14.65 33.65	
	200m: 2:08.99 33.59	400m: 4:22.99 33.63	600m: 6:34.65 32.54	800m: 8:47.49 32.84	
2.	Vania Soares Neves	90	Fluvial Portuense	8:49.53	+0,77
	50m: 30.76 30.76	250m: 2:43.77 33.50	450m: 4:58.20 33.55	650m: 7:11.34 33.33	
	100m: 1:03.46 32.70	300m: 3:17.36 33.59	500m: 5:31.44 33.24	700m: 7:44.39 33.05	
	150m: 1:36.73 33.27	350m: 3:51.09 33.73	550m: 6:04.87 33.43	750m: 8:17.45 33.06	
	200m: 2:10.27 33.54	400m: 4:24.65 33.56	600m: 6:38.01 33.14	800m: 8:49.53 32.08	
3.	Maria Teresa Amorim	97	Porto	8:50.97	+0,81
	50m: 30.82 30.82	250m: 2:42.38 33.16	450m: 4:56.23 33.02	650m: 7:10.66 33.93	
	100m: 1:03.10 32.28	300m: 3:16.19 33.81	500m: 5:29.95 33.72	700m: 7:44.52 33.86	
	150m: 1:36.03 32.93	350m: 3:49.60 33.41	550m: 6:03.18 33.23	750m: 8:18.33 33.81	
	200m: 2:09.22 33.19	400m: 4:23.21 33.61	600m: 6:36.73 33.55	800m: 8:50.97 32.64	
4.	Beatriz Paulo Ranito	99	Sporting	8:51.59	+0,76
	50m: 30.38 30.38	250m: 2:44.38 34.06	450m: 4:59.60 33.62	650m: 7:12.53 33.07	
	100m: 1:03.15 32.77	300m: 3:18.31 33.93	500m: 5:32.89 33.29	700m: 7:45.80 33.27	
	150m: 1:36.61 33.46	350m: 3:52.24 33.93	550m: 6:06.37 33.48	750m: 8:19.52 33.72	
	200m: 2:10.32 33.71	400m: 4:25.98 33.74	600m: 6:39.46 33.09	800m: 8:51.59 32.07	
5.	Francisca Gomes Azevedo	97	Alges	9:00.50	+0,76
	50m: 30.38 30.38	250m: 2:42.85 33.52	450m: 4:58.57 33.94	650m: 7:17.93 35.39	
	100m: 1:02.76 32.38	300m: 3:16.64 33.79	500m: 5:32.78 34.21	700m: 7:52.64 34.71	
	150m: 1:35.85 33.09	350m: 3:50.29 33.65	550m: 6:07.71 34.93	750m: 8:27.28 34.64	
	200m: 2:09.33 33.48	400m: 4:24.63 34.34	600m: 6:42.54 34.83	800m: 9:00.50 33.22	

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:05.55	+0,95
	50m: 30.75 30.75	250m: 2:46.74 34.11	450m: 5:05.20 34.87	650m: 7:24.15 34.22	
	100m: 1:04.29 33.54	300m: 3:21.40 34.66	500m: 5:39.99 34.79	700m: 7:59.38 35.23	
	150m: 1:38.45 34.16	350m: 3:55.95 34.55	550m: 6:14.90 34.91	750m: 8:33.67 34.29	
	200m: 2:12.63 34.18	400m: 4:30.33 34.38	600m: 6:49.93 35.03	800m: 9:05.55 31.88	
7.	Raquel Paulo Ranito	94	Sporting	9:10.01	+0,77
	50m: 31.21 31.21	250m: 2:48.28 34.49	450m: 5:06.97 34.79	650m: 7:26.56 34.63	
	100m: 1:05.00 33.79	300m: 3:22.83 34.55	500m: 5:41.87 34.90	700m: 8:01.48 34.92	
	150m: 1:39.31 34.31	350m: 3:57.53 34.70	550m: 6:16.98 35.11	750m: 8:36.16 34.68	
	200m: 2:13.79 34.48	400m: 4:32.18 34.65	600m: 6:51.93 34.95	800m: 9:10.01 33.85	
8.	Beatriz Barros Carmo	99	Alges	9:15.52	+0,77
	50m: 30.92 30.92	250m: 2:48.50 34.55	450m: 5:08.79 35.14	650m: 7:31.00 35.26	
	100m: 1:04.56 33.64	300m: 3:23.46 34.96	500m: 5:44.19 35.40	700m: 8:06.59 35.59	
	150m: 1:39.16 34.60	350m: 3:58.45 34.99	550m: 6:19.93 35.74	750m: 8:41.71 35.12	
	200m: 2:13.95 34.79	400m: 4:33.65 35.20	600m: 6:55.74 35.81	800m: 9:15.52 33.81	
9.	Rita Costa Amador	99	Galitos / Bresimar	9:16.51	+0,72
	50m: 32.24 32.24	250m: 2:52.06 34.78	450m: 5:13.04 35.27	650m: 7:32.37 34.82	
	100m: 1:07.14 34.90	300m: 3:27.01 34.95	500m: 5:48.03 34.99	700m: 8:07.45 35.08	
	150m: 1:42.26 35.12	350m: 4:02.56 35.55	550m: 6:22.87 34.84	750m: 8:42.57 35.12	
	200m: 2:17.28 35.02	400m: 4:37.77 35.21	600m: 6:57.55 34.68	800m: 9:16.51 33.94	
10.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	9:17.46	
	50m: 31.82 31.82	250m: 2:52.21 35.17	450m: 5:12.92 35.18	650m: 7:33.20 35.18	
	100m: 1:06.39 34.57	300m: 3:27.43 35.22	500m: 5:47.83 34.91	700m: 8:08.54 35.34	
	150m: 1:41.47 35.08	350m: 4:02.72 35.29	550m: 6:23.10 35.27	750m: 8:43.26 34.72	
	200m: 2:17.04 35.57	400m: 4:37.74 35.02	600m: 6:58.02 34.92	800m: 9:17.46 34.20	
11.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:19.64	+0,92
	50m: 31.21 31.21	250m: 2:51.22 35.56	450m: 5:13.05 35.20	650m: 7:34.38 35.30	
	100m: 1:05.13 33.92	300m: 3:26.79 35.57	500m: 5:48.32 35.27	700m: 8:10.04 35.66	
	150m: 1:40.38 35.25	350m: 4:02.33 35.54	550m: 6:23.65 35.33	750m: 8:45.07 35.03	
	200m: 2:15.66 35.28	400m: 4:37.85 35.52	600m: 6:59.08 35.43	800m: 9:19.64 34.57	
12.	Maria Beatriz Dias	99	Rio Maior	9:20.23	+0,82
	50m: 32.04 32.04	250m: 2:50.43 35.06	450m: 5:12.19 35.59	650m: 7:35.02 35.68	
	100m: 1:06.11 34.07	300m: 3:25.58 35.15	500m: 5:47.98 35.79	700m: 8:10.73 35.71	
	150m: 1:40.81 34.70	350m: 4:01.08 35.50	550m: 6:23.67 35.69	750m: 8:46.21 35.48	
	200m: 2:15.37 34.56	400m: 4:36.60 35.52	600m: 6:59.34 35.67	800m: 9:20.23 34.02	
13.	Maria Joao Fernandes	97	Fluvial Portuense	9:25.72	+0,82
	50m: 31.29 31.29	250m: 2:51.02 35.33	450m: 5:14.34 35.67	650m: 7:38.10 36.21	
	100m: 1:05.34 34.05	300m: 3:26.84 35.82	500m: 5:50.55 36.21	700m: 8:14.52 36.42	
	150m: 1:40.32 34.98	350m: 4:02.76 35.92	550m: 6:26.15 35.60	750m: 8:50.47 35.95	
	200m: 2:15.69 35.37	400m: 4:38.67 35.91	600m: 7:01.89 35.74	800m: 9:25.72 35.25	
14.	Ana Luisa Santo	95	Benfica	9:40.90	+0,86
	50m: 32.40 32.40	250m: 2:55.97 36.26	450m: 5:22.17 36.50	650m: 7:50.68 37.11	
	100m: 1:07.72 35.32	300m: 3:32.34 36.37	500m: 5:59.11 36.94	700m: 8:27.99 37.31	
	150m: 1:43.62 35.90	350m: 4:08.96 36.62	550m: 6:36.13 37.02	750m: 9:05.01 37.02	
	200m: 2:19.71 36.09	400m: 4:45.67 36.71	600m: 7:13.57 37.44	800m: 9:40.90 35.89	

Prova 33, Femin., 800m Livres

Juniores

1. Sara Sofia Alves	01	Columbofila Cantanhedense	9:01.59	+0,75
50m: 31.00 31.00	250m: 2:44.20 33.78	450m: 5:01.18 34.47	650m: 7:19.81 34.78	
100m: 1:03.59 32.59	300m: 3:18.37 34.17	500m: 5:35.80 34.62	700m: 7:54.46 34.65	
150m: 1:36.62 33.03	350m: 3:52.36 33.99	550m: 6:10.63 34.83	750m: 8:28.66 34.20	
200m: 2:10.42 33.80	400m: 4:26.71 34.35	600m: 6:45.03 34.40	800m: 9:01.59 32.93	
2. Joana Costa Amador	01	Galitos / Bresimar	9:06.01	+0,77
50m: 31.97 31.97	250m: 2:49.09 34.46	450m: 5:08.04 34.37	650m: 7:25.17 34.29	
100m: 1:05.82 33.85	300m: 3:23.96 34.87	500m: 5:42.32 34.28	700m: 7:59.47 34.30	
150m: 1:40.12 34.30	350m: 3:58.86 34.90	550m: 6:16.56 34.24	750m: 8:32.94 33.47	
200m: 2:14.63 34.51	400m: 4:33.67 34.81	600m: 6:50.88 34.32	800m: 9:06.01 33.07	
3. Miriam Filipe Marcos	01	Natacao Olhao	9:10.63	+0,71
50m: 30.69 30.69	250m: 2:47.67 34.57	450m: 5:06.70 34.64	650m: 7:26.81 35.10	
100m: 1:04.48 33.79	300m: 3:22.47 34.80	500m: 5:41.66 34.96	700m: 8:02.06 35.25	
150m: 1:38.59 34.11	350m: 3:57.10 34.63	550m: 6:16.48 34.82	750m: 8:36.70 34.64	
200m: 2:13.10 34.51	400m: 4:32.06 34.96	600m: 6:51.71 35.23	800m: 9:10.63 33.93	
4. Maria Carolina Costa	01	Porto	9:15.16	+0,79
50m: 30.18 30.18	250m: 2:48.20 35.28	450m: 5:09.58 35.66	650m: 7:31.42 35.66	
100m: 1:03.74 33.56	300m: 3:23.15 34.95	500m: 5:45.26 35.68	700m: 8:06.78 35.36	
150m: 1:38.17 34.43	350m: 3:58.39 35.24	550m: 6:20.50 35.24	750m: 8:41.76 34.98	
200m: 2:12.92 34.75	400m: 4:33.92 35.53	600m: 6:55.76 35.26	800m: 9:15.16 33.40	
5. Filipa Serrano Rodrigues	01	Uniao Piedense	9:18.68	+0,85
50m: 31.59 31.59	250m: 2:47.77 34.62	450m: 5:09.39 35.81	650m: 7:32.90 35.94	
100m: 1:04.93 33.34	300m: 3:22.84 35.07	500m: 5:45.07 35.68	700m: 8:08.41 35.51	
150m: 1:39.04 34.11	350m: 3:58.09 35.25	550m: 6:20.97 35.90	750m: 8:43.97 35.56	
200m: 2:13.15 34.11	400m: 4:33.58 35.49	600m: 6:56.96 35.99	800m: 9:18.68 34.71	
6. Rafaela Araujo Silva	00	Famalicao	9:24.32	+0,88
50m: 32.02 32.02	250m: 2:53.95 35.84	450m: 5:17.70 35.50	650m: 7:39.95 35.59	
100m: 1:06.86 34.84	300m: 3:30.10 36.15	500m: 5:53.21 35.51	700m: 8:15.61 35.66	
150m: 1:42.31 35.45	350m: 4:06.24 36.14	550m: 6:28.66 35.45	750m: 8:50.74 35.13	
200m: 2:18.11 35.80	400m: 4:42.20 35.96	600m: 7:04.36 35.70	800m: 9:24.32 33.58	
7. Ines Alves Martins	01	Fluvial Portuense	9:25.54	+0,76
50m: 31.78 31.78	250m: 2:51.91 35.61	450m: 5:14.76 35.83	650m: 7:38.52 35.93	
100m: 1:06.20 34.42	300m: 3:27.59 35.68	500m: 5:50.57 35.81	700m: 8:14.66 36.14	
150m: 1:41.01 34.81	350m: 4:03.08 35.49	550m: 6:26.46 35.89	750m: 8:50.73 36.07	
200m: 2:16.30 35.29	400m: 4:38.93 35.85	600m: 7:02.59 36.13	800m: 9:25.54 34.81	
8. Leila Tavarina Lemos	00	Vilacondense	9:33.77	+0,76
50m: 32.06 32.06	250m: 2:54.80 35.93	450m: 5:18.66 35.49	650m: 7:44.68 36.64	
100m: 1:07.29 35.23	300m: 3:31.02 36.22	500m: 5:54.65 35.99	700m: 8:21.76 37.08	
150m: 1:43.05 35.76	350m: 4:07.20 36.18	550m: 6:31.30 36.65	750m: 8:58.37 36.61	
200m: 2:18.87 35.82	400m: 4:43.17 35.97	600m: 7:08.04 36.74	800m: 9:33.77 35.40	
9. Mariana Delicado Correia	01	Sporting	9:34.15	+0,79
50m: 31.82 31.82	250m: 2:56.32 36.44	450m: 5:20.90 36.35	650m: 7:45.97 37.14	
100m: 1:07.16 35.34	300m: 3:32.71 36.39	500m: 5:57.47 36.57	700m: 8:22.70 36.73	
150m: 1:43.49 36.33	350m: 4:08.47 35.76	550m: 6:33.06 35.59	750m: 8:58.91 36.21	
200m: 2:19.88 36.39	400m: 4:44.55 36.08	600m: 7:08.83 35.77	800m: 9:34.15 35.24	
10. Ines Figueira Santos	00	Uniao Piedense	9:34.50	+0,88
50m: 32.56 32.56	250m: 2:55.03 35.99	450m: 5:19.98 35.95	650m: 7:46.27 36.54	
100m: 1:07.68 35.12	300m: 3:31.08 36.05	500m: 5:56.36 36.38	700m: 8:23.18 36.91	
150m: 1:43.43 35.75	350m: 4:07.62 36.54	550m: 6:33.01 36.65	750m: 8:59.42 36.24	
200m: 2:19.04 35.61	400m: 4:44.03 36.41	600m: 7:09.73 36.72	800m: 9:34.50 35.08	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
11.	Beatriz Marques Ferreira	00	Campinho	9:34.82	+0,79
	50m: 32.47 32.47	250m: 2:56.27	36.33	450m: 5:21.18	36.34
	100m: 1:07.67 35.20	300m: 3:32.43	36.16	500m: 5:57.63	36.45
	150m: 1:43.60 35.93	350m: 4:08.56	36.13	550m: 6:34.07	36.44
	200m: 2:19.94 36.34	400m: 4:44.84	36.28	600m: 7:10.45	36.38
				650m: 7:47.30	36.85
				700m: 8:23.54	36.24
				750m: 8:59.59	36.05
				800m: 9:34.82	35.23
12.	Rita Alexandra Vital	01	Alges	9:35.34	+0,87
	50m: 32.73 32.73	250m: 2:56.06	36.39	450m: 5:21.86	36.43
	100m: 1:07.81 35.08	300m: 3:32.43	36.37	500m: 5:58.14	36.28
	150m: 1:43.52 35.71	350m: 4:08.93	36.50	550m: 6:35.01	36.87
	200m: 2:19.67 36.15	400m: 4:45.43	36.50	600m: 7:10.27	35.26
				650m: 7:47.17	36.90
				700m: 8:23.46	36.29
				750m: 8:59.94	36.48
				800m: 9:35.34	35.40
13.	Ines Silva Oliveira	00	Fluvial Portuense	9:35.62	+0,86
	50m: 31.75 31.75	250m: 2:54.99	36.72	450m: 5:21.99	36.31
	100m: 1:06.48 34.73	300m: 3:31.84	36.85	500m: 5:58.35	36.36
	150m: 1:42.01 35.53	350m: 4:09.03	37.19	550m: 6:35.15	36.80
	200m: 2:18.27 36.26	400m: 4:45.68	36.65	600m: 7:12.07	36.92
				650m: 7:48.60	36.53
				700m: 8:24.98	36.38
				750m: 9:01.50	36.52
				800m: 9:35.62	34.12
14.	Eliana Dirce Lourenco	00	Galitos / Bresimar	9:35.86	
	50m: 32.38 32.38	250m: 2:55.88	35.90	450m: 5:21.10	36.11
	100m: 1:07.79 35.41	300m: 3:32.20	36.32	500m: 5:57.62	36.52
	150m: 1:43.84 36.05	350m: 4:08.50	36.30	550m: 6:34.22	36.60
	200m: 2:19.98 36.14	400m: 4:44.99	36.49	600m: 7:10.85	36.63
				650m: 7:47.88	37.03
				700m: 8:24.82	36.94
				750m: 9:01.47	36.65
				800m: 9:35.86	34.39
15.	Maria Esteves Martins	01	Galitos / Bresimar	9:36.74	+0,81
	50m: 32.79 32.79	250m: 2:56.91	36.85	450m: 5:24.39	36.78
	100m: 1:08.11 35.32	300m: 3:33.54	36.63	500m: 6:01.02	36.63
	150m: 1:44.05 35.94	350m: 4:10.73	37.19	550m: 6:37.48	36.46
	200m: 2:20.06 36.01	400m: 4:47.61	36.88	600m: 7:13.58	36.10
				650m: 7:49.69	36.11
				700m: 8:25.76	36.07
				750m: 9:01.90	36.14
				800m: 9:36.74	34.84
16.	Mariana Silva Ramos	00	Sporting	9:37.24	+0,68
	50m: 32.31 32.31	250m: 2:54.48	36.09	450m: 5:20.47	36.87
	100m: 1:06.88 34.57	300m: 3:30.66	36.18	500m: 5:57.34	36.87
	150m: 1:42.49 35.61	350m: 4:06.96	36.30	550m: 6:34.36	37.02
	200m: 2:18.39 35.90	400m: 4:43.60	36.64	600m: 7:11.62	37.26
				650m: 7:48.42	36.80
				700m: 8:25.44	37.02
				750m: 9:02.04	36.60
				800m: 9:37.24	35.20
17.	Sara Lopes Barbosa	00	Aquatico Pacense	10:02.73	+0,92
	50m: 33.70 33.70	250m: 3:04.52	37.85	450m: 5:36.20	37.66
	100m: 1:10.89 37.19	300m: 3:42.85	38.33	500m: 6:14.04	37.84
	150m: 1:48.62 37.73	350m: 4:20.64	37.79	550m: 6:52.27	38.23
	200m: 2:26.67 38.05	400m: 4:58.54	37.90	600m: 7:30.41	38.14
				650m: 8:08.87	38.46
				700m: 8:47.24	38.37
				750m: 9:25.58	38.34
				800m: 10:02.73	37.15

Prova 34 Masc., 50m Bruços 17 anos e mais velhos
11-12-2016 - 16:30 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 Capitaó	CLAMAS	Senhora da Hora	24-05-2015
Recordes Nacionais 25m Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	21-12-2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Rafael Gomes Simoes	00	Amigos da Montanha	29.53	+0,74
2.	Alexandre Ferreira Amorim	99	Colegio SMLamas	29.68	+0,65
3.	Antonio Manuel Mendes	99	Sporting	29.72	+0,68
4.	Bernardo Jose Dionisio	99	Gualdim Pais	30.22	+0,64
5.	Joao Nunes Cotrim	99	Naval do Funchal	30.49	+0,65
6.	Tiago Oliveira Barbosa	99	Colegio SMLamas	31.19	+0,73
7.	Jose Pedro Lemos	99	Sport de Mirandela	31.68	+0,65
DNS	Andre Tavares Grenho	99	Sporting		

Seniores

Final

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	28.39	+0,67
2.	Nuno Goncalo Quintanilha	87	Belenenses	28.45	+0,63
3.	Guilherme Miguel Teixeira	97	Benfica	28.70	+0,73
	Francisco Robalo Quintas	95	Belenenses	28.70	+0,60
5.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	29.01	+0,59
6.	Sergio Baptista Silva	91	Porto	29.03	+0,68
7.	Hugo Pon	98	Alges	29.06	+0,62
8.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	29.30	+0,66
9.	Andre Goncalo Santos	97	Leixoes	29.55	+0,71
10.	Antonio Fernandes Carrico	98	Estrelas S. Joao de Brito	30.06	+0,71

Prova 35 Femin., 50m Bruços 16 anos e mais velhos
11-12-2016 - 16:30 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

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	32.09	+0,69
<i>Rec Nacional, Jun 17</i>					
2.	Ana Filipa Veiga	01	Gafanha da Encarnacao	33.97	+0,80
3.	Laura Catarina Abreu	00	WOS Team	34.07	+0,79
4.	Ines Rocha Silva	00	Alcobaca	34.26	+0,66
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	34.52	+0,74
6.	Margarida Reconha Marques	00	Nautico Marinha Grande	34.66	+0,77
7.	Ana Joao Martins	00	Sport de Mirandela	34.78	+0,81
8.	Sofia Filipa Goncalves	01	Leixoes	34.92	+0,69
9.	Ariana Santos Lopes	00	Estarreja	35.06	+0,66
10.	Barbara Vilela Magalhaes	01	Porto	35.15	+0,69

Seniores

Final

1.	Claudia Ferreira Borges	99	Benfica	32.61	+0,70
2.	Paula Alexandra Oliveira	96	Porto	32.90	+0,64
3.	Catarina Costa Sequeira	98	Estrelas S. Joao de Brito	33.73	+0,71
4.	Sofia Machado Dionisio	98	Sporting	33.81	+0,78
5.	Carolina Lourenco Matos	98	Naval Amorense	33.87	+0,74
6.	Diana Patricia Ferreira	94	Aquatico Pacense	33.88	+0,82
7.	Maria Madalena Silva	98	Braga	34.33	+0,68
8.	Maria Rachadell Pereira	98	Estrelas S. Joao de Brito	34.43	+0,77
	Bruna Martins Riesenberger	97	Laranjeiro	34.43	+0,72
10.	Rute Isabel Leonardo	98	Natacao do Tejo	34.87	+0,78

Prova 36 Masc., 100m Costas 17 anos e mais velhos
11-12-2016 - 16:55 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

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Afonso Guilherme Rosa	99	Torres Novas	57.01	+0,61
	50m: 27.71 27.71	100m:	57.01 29.30		
2.	Joao Daniel Machado	99	Uniao Piedense	57.11	+0,74
	50m: 28.04 28.04	100m:	57.11 29.07		
3.	Nuno Henrique Guimaraes	99	Natacao de Valongo	58.21	+0,64
	50m: 27.91 27.91	100m:	58.21 30.30		
4.	Jose Tomas Simeao	00	Laranjeiro	58.29	+0,76
	50m: 28.62 28.62	100m:	58.29 29.67		
5.	Joao Pereira Tinoco	00	Famalicao	58.44	+0,71
	50m: 28.07 28.07	100m:	58.44 30.37		
6.	Porfirio Braga Nunes	00	Vilacondense	58.63	+1,48
	50m: 28.38 28.38	100m:	58.63 30.25		
7.	Claudio Alexandre Rodrigues	00	Louletano / Loule Concelho	59.16	+0,60
	50m: 28.84 28.84	100m:	59.16 30.32		
8.	Henrique Santos Gomes	00	Naval do Funchal	59.66	+0,66
	50m: 29.11 29.11	100m:	59.66 30.55		
9.	Tiago Pastor Escada	99	Aminata	1:00.28	+1,14
	50m: 29.31 29.31	100m:	1:00.28 30.97		

Seniores

Final

1.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	54.68	+0,73
	50m: 26.43 26.43	100m:	54.68 28.25		
2.	Francisco Rogerio Santos	98	Sporting	55.44	+1,68
	50m: 26.79 26.79	100m:	55.44 28.65		
3.	Rodrigo Antonio Rosa	96	Colegio Monte Maior	56.29	+0,66
	50m: 27.26 27.26	100m:	56.29 29.03		
4.	Joao Jose Laranjeira	98	Galitos / Bresimar	56.67	+0,67
	50m: 27.19 27.19	100m:	56.67 29.48		
5.	Ricardo Saraiva Pires	98	Laranjeiro	57.73	+0,71
	50m: 27.81 27.81	100m:	57.73 29.92		
6.	Joao Mota Correia	97	Benfica	57.77	+0,92
	50m: 27.72 27.72	100m:	57.77 30.05		

Prova 36, Masc., 100m Costas, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
7.	Ivo Pinto Ribeiro 50m: 28.34 28.34	97	Foca	58.36	+0,68
8.	Filipe Miguel Felix 50m: 27.93 27.93	96	Alges	58.55	+0,75
9.	Carlos Afonso Almeida 50m: 28.58 28.58	98	Alges	58.67	+0,68
10.	Pedro Romanoski Carvalho 50m: 28.15 28.15	94	Famalicao	59.48	+0,77

Prova 37
11-12-2016 - 17:00

Femin., 100m Costas

16 anos e mais velhos
Resultados Final

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia Leite	GCVR	Porto	12-12-2015
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	1:00.64	Ana Sofia Leite	GCVR	Porto	12-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Ana Margarida Guedes 50m: 30.24 30.24	01	Ginasio de Vila Real	1:03.01	+0,63
2.	Anna Baptista Ferreira 50m: 31.78 31.78	01	Alges	1:04.34	+0,68
3.	Alexandra Jesus Santos 50m: 31.05 31.05	00	Leixoes	1:04.46	+1,04
4.	Maria Francisca Cabral 50m: 32.42 32.42	00	Porto	1:05.84	+0,75
5.	Ana Carolina Neves 50m: 31.99 31.99	00	Academica de Coimbra	1:06.27	+0,57
6.	Beatriz Jong Rosa 50m: 32.10 32.10	00	WOS Team	1:06.59	+0,78
7.	Filipa Bile Grilo 50m: 32.52 32.52	01	Benfica	1:07.25	+0,67
8.	Teresa Isabel Granjeia 50m: 32.74 32.74	01	Galitos / Bresimar	1:07.59	+0,88
9.	Maria Beatriz Lopes 50m: 33.19 33.19	00	Benfica	1:08.41	+0,83

Prova 37, Femin., 100m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Julia Albuquerque Fraga	01	Aquatico Pacense	1:08.76	+0,69
	50m: 32.59 32.59	100m: 1:08.76	36.17		

Seniores

Final

1.	Ines Camacho Fernandes	97	Sporting	1:01.43	+1,62
	50m: 29.66 29.66	100m: 1:01.43	31.77		
2.	Ana Sofia Leite	93	Ginasio de Vila Real	1:01.53	+0,76
	50m: 29.50 29.50	100m: 1:01.53	32.03		
3.	Catia Raquel Martinheira	95	Louletano / Loule Concelho	1:03.30	+0,63
	50m: 30.58 30.58	100m: 1:03.30	32.72		
4.	Juliana Lima Freixo	97	Braga	1:05.62	+0,63
	50m: 31.78 31.78	100m: 1:05.62	33.84		
5.	Vania Soares Neves	90	Fluvial Portuense	1:06.08	+0,65
	50m: 31.72 31.72	100m: 1:06.08	34.36		
6.	Ana Filipa Costa	98	Beja	1:06.20	+0,67
	50m: 32.13 32.13	100m: 1:06.20	34.07		
7.	Sofia Alexandra Rolao	98	Benfica	1:07.16	+0,82
	50m: 31.80 31.80	100m: 1:07.16	35.36		
8.	Catarina Alexandra Jardim	98	Famalicao	1:07.19	+0,88
	50m: 32.69 32.69	100m: 1:07.19	34.50		
9.	Rosana Marinho Macedo	99	Foca	1:07.29	+0,60
	50m: 31.88 31.88	100m: 1:07.29	35.41		
10.	Matilde Pereira Martins	99	Naval de Faro	1:08.11	+1,67
	50m: 32.66 32.66	100m: 1:08.11	35.45		

Prova 38 Masc., 200m Mariposa 17 anos e mais velhos
11-12-2016 - 17:05 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

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Pedro Galvao Gouveia	99	Desportivo Nacional	2:01.97	+0,68
	50m: 27.22 27.22	100m: 58.36 31.14	150m: 1:29.96	31.60	200m: 2:01.97 32.01
2.	Jorge Jesus Silva	00	Braga	2:02.59	+0,73
	50m: 27.66 27.66	100m: 58.97 31.31	150m: 1:31.31	32.34	200m: 2:02.59 31.28
3.	Mateus Ribeiro Carvalho	99	Famalicao	2:04.30	+0,49
	50m: 27.76 27.76	100m: 59.34 31.58	150m: 1:31.90	32.56	200m: 2:04.30 32.40
4.	Antonio Manuel Mendes	99	Sporting	2:05.47	+0,70
	50m: 28.14 28.14	100m: 1:00.18 32.04	150m: 1:32.93	32.75	200m: 2:05.47 32.54
5.	Andre Vilas Ruivo	00	Sporting	2:06.67	+0,70
	50m: 28.43 28.43	100m: 1:00.57 32.14	150m: 1:33.09	32.52	200m: 2:06.67 33.58
6.	Jose Paulo Lopes	00	Braga	2:08.58	+0,67
	50m: 28.08 28.08	100m: 1:00.60 32.52	150m: 1:34.51	33.91	200m: 2:08.58 34.07
7.	Joao Silverio Duarte	99	Electrico Clube	2:09.73	+0,75
	50m: 28.19 28.19	100m: 1:00.54 32.35	150m: 1:34.62	34.08	200m: 2:09.73 35.11
8.	Afonso Meneses Sequeira	99	Naval do Funchal	2:10.16	+0,67
	50m: 26.88 26.88	100m: 58.62 31.74	150m: 1:32.53	33.91	200m: 2:10.16 37.63
9.	Sergio Filipe Travanca	00	Fluvial Portuense	2:10.59	+0,70
	50m: 28.95 28.95	100m: 1:02.37 33.42	150m: 1:36.17	33.80	200m: 2:10.59 34.42
10.	Francisco Ribeiro Constantino	99	Naval da Nazare	2:12.07	+0,79
	50m: 28.58 28.58	100m: 1:01.64 33.06	150m: 1:35.98	34.34	200m: 2:12.07 36.09

Seniores

Final

1.	Nuno Goncalo Quintanilha	87	Belenenses	1:58.97	+0,70
	50m: 26.43 26.43	100m: 56.89 30.46	150m: 1:27.68	30.79	200m: 1:58.97 31.29
2.	Jose Paula Carvalho	98	Uniao Piedense	2:00.84	+0,73
	50m: 27.05 27.05	100m: 57.94 30.89	150m: 1:29.30	31.36	200m: 2:00.84 31.54
3.	Pedro Andre Santos	94	Alges	2:01.24	+0,74
	50m: 27.56 27.56	100m: 58.90 31.34	150m: 1:29.73	30.83	200m: 2:01.24 31.51
4.	Andre Antunes Carvalho	96	Colegio Monte Maior	2:01.66	+0,75
	50m: 26.82 26.82	100m: 58.10 31.28	150m: 1:29.58	31.48	200m: 2:01.66 32.08
5.	Luiz Pedro Pereira	91	Benfica	2:03.75	+0,67
	50m: 27.28 27.28	100m: 58.64 31.36	150m: 1:30.59	31.95	200m: 2:03.75 33.16

Prova 38, Masc., 200m Mariposa, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Miguel Goncalves Ferreira	93	Desportivo Nacional	2:03.80	+0,81
	50m: 27.14 27.14	100m: 58.61 31.47	150m: 1:30.95	32.34	200m: 2:03.80 32.85
7.	Joao Carlos Silva	98	Famalicao	2:04.29	+0,59
	50m: 26.89 26.89	100m: 57.66 30.77	150m: 1:29.60	31.94	200m: 2:04.29 34.69
8.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	2:04.60	+0,72
	50m: 28.10 28.10	100m: 59.37 31.27	150m: 1:31.70	32.33	200m: 2:04.60 32.90
9.	Andre Bras Goncalves	88	Belenenses	2:07.32	+0,69
	50m: 27.37 27.37	100m: 59.44 32.07	150m: 1:32.74	33.30	200m: 2:07.32 34.58
10.	Ruben Jose Morim	97	Vilacondense	2:07.55	+0,73
	50m: 28.14 28.14	100m: 1:00.17 32.03	150m: 1:33.74	33.57	200m: 2:07.55 33.81

Prova 39 Femin., 200m Mariposa 16 anos e mais velhos
11-12-2016 - 17:10 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Juniores					
Final					
1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:15.00	+0,72
	50m: 30.53 30.53	100m: 1:04.89 34.36	150m: 1:39.63	34.74	200m: 2:15.00 35.37
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	2:15.79	+0,82
	50m: 30.97 30.97	100m: 1:04.80 33.83	150m: 1:39.54	34.74	200m: 2:15.79 36.25
3.	Monica Seara Domingues	00	Nautico Marinha Grande	2:22.55	+0,83
	50m: 31.89 31.89	100m: 1:08.01 36.12	150m: 1:45.66	37.65	200m: 2:22.55 36.89
4.	Bruna Andreia Simoes	01	Nautico Marinha Grande	2:23.82	
	50m: 31.46 31.46	100m: 1:07.52 36.06	150m: 1:45.41	37.89	200m: 2:23.82 38.41
5.	Cristiana Sofia Ribeiro	00	Famalicao	2:23.97	+0,72
	50m: 32.56 32.56	100m: 1:09.30 36.74	150m: 1:46.72	37.42	200m: 2:23.97 37.25
6.	Joana Victorino Henriques	01	Condeixa Clube	2:24.59	+0,61
	50m: 32.51 32.51	100m: 1:09.06 36.55	150m: 1:45.93	36.87	200m: 2:24.59 38.66
7.	Ines Rosado Monteiro	00	Natacao de Vagos	2:26.28	+0,74
	50m: 32.23 32.23	100m: 1:09.31 37.08	150m: 1:47.47	38.16	200m: 2:26.28 38.81
8.	Sara Silva Marques	01	Aquatico Pacense	2:26.46	+0,77
	50m: 32.44 32.44	100m: 1:09.01 36.57	150m: 1:47.27	38.26	200m: 2:26.46 39.19
9.	Helena Neto Costa	00	Aquatico Pacense	2:27.17	+0,85
	50m: 32.51 32.51	100m: 1:09.61 37.10	150m: 1:47.97	38.36	200m: 2:27.17 39.20
10.	Margarida Malheiro Neves	01	Braga	2:27.73	+0,65
	50m: 31.88 31.88	100m: 1:09.19 37.31	150m: 1:47.96	38.77	200m: 2:27.73 39.77

Prova 39, Femin., 200m Mariposa, Final

Seniores

Final

1.	Carolina Mantua Guedes	98	Sporting	2:17.08	+0,82
	50m: 30.89 30.89	100m: 1:05.99 35.10	150m: 1:40.85 34.86	200m: 2:17.08 36.23	
2.	Ana Beatriz Martins	99	Famalicao	2:17.95	+0,81
	50m: 30.81 30.81	100m: 1:06.13 35.32	150m: 1:41.93 35.80	200m: 2:17.95 36.02	
3.	Madalena Gomes Azevedo	99	Alges	2:19.08	+0,71
	50m: 30.92 30.92	100m: 1:06.32 35.40	150m: 1:42.79 36.47	200m: 2:19.08 36.29	
4.	Barbara Sofia Barata	97	Alges	2:20.36	+0,74
	50m: 31.04 31.04	100m: 1:06.83 35.79	150m: 1:43.25 36.42	200m: 2:20.36 37.11	
5.	Ana Margarida Rodrigues	96	Galitos / Bresimar	2:20.72	+0,77
	50m: 31.08 31.08	100m: 1:06.63 35.55	150m: 1:43.28 36.65	200m: 2:20.72 37.44	
6.	Ana Beatriz Pereira	91	Belenenses	2:21.26	+0,67
	50m: 31.27 31.27	100m: 1:06.43 35.16	150m: 1:43.25 36.82	200m: 2:21.26 38.01	
7.	Madalena Amaro Machado	98	Fluvial Portuense	2:21.71	+0,72
	50m: 31.38 31.38	100m: 1:07.37 35.99	150m: 1:44.40 37.03	200m: 2:21.71 37.31	
8.	Beatriz Neves Craveiro	97	Nautico /Urgicentro-Sanfil	2:22.58	+0,89
	50m: 31.75 31.75	100m: 1:07.74 35.99	150m: 1:44.63 36.89	200m: 2:22.58 37.95	
9.	Maria Leonor Martins	99	Aquatico Pacense	2:25.39	+0,81
	50m: 32.20 32.20	100m: 1:08.61 36.41	150m: 1:46.69 38.08	200m: 2:25.39 38.70	
10.	Mariana Frazao Saraiva	99	Alges	2:25.77	+0,76
	50m: 31.73 31.73	100m: 1:08.36 36.63	150m: 1:46.94 38.58	200m: 2:25.77 38.83	

Prova 40

Masc., 200m Livres

17 anos e mais velhos

11-12-2016 - 17:20

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Tiago Cunha Costa	99	Sporting	1:51.98	+0,68
	50m: 26.40 26.40	100m: 54.86 28.46	150m: 1:23.51 28.65	200m: 1:51.98 28.47	
2.	Tiago Filipe Campos	99	Rio Maior	1:52.48	+0,79
	50m: 26.66 26.66	100m: 55.35 28.69	150m: 1:24.40 29.05	200m: 1:52.48 28.08	
3.	Jose Pedro Fernandes	99	Braga	1:52.80	+0,78
	50m: 26.52 26.52	100m: 55.30 28.78	150m: 1:24.03 28.73	200m: 1:52.80 28.77	
4.	Joao Cruz Castro	00	Sao Roque	1:53.38	+0,68
	50m: 26.35 26.35	100m: 55.61 29.26	150m: 1:24.80 29.19	200m: 1:53.38 28.58	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Jose Tomas Simeao	00	Laranjeiro	1:54.79	+0,72
	50m: 27.02 27.02	100m: 56.04 29.02	150m: 1:25.64	29.60	200m: 1:54.79 29.15
6.	Andre Vilas Ruivo	00	Sporting	1:54.89	+0,67
	50m: 27.27 27.27	100m: 56.43 29.16	150m: 1:25.74	29.31	200m: 1:54.89 29.15
7.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	1:55.32	+0,73
	50m: 26.83 26.83	100m: 55.68 28.85	150m: 1:25.55	29.87	200m: 1:55.32 29.77
	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	1:55.32	+0,69
	50m: 27.38 27.38	100m: 56.79 29.41	150m: 1:26.22	29.43	200m: 1:55.32 29.10
9.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	1:56.09	+0,75
	50m: 26.65 26.65	100m: 55.97 29.32	150m: 1:25.82	29.85	200m: 1:56.09 30.27
10.	Roberto Donald Gomes	00	Alges	1:57.70	+0,72
	50m: 27.51 27.51	100m: 57.07 29.56	150m: 1:27.41	30.34	200m: 1:57.70 30.29

Seniores

Final

1.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	1:47.80	+0,66
	50m: 25.41 25.41	100m: 53.11 27.70	150m: 1:21.01	27.90	200m: 1:47.80 26.79
2.	Tomas Correia Silva	95	Porto	1:48.69	+0,66
	50m: 25.84 25.84	100m: 53.44 27.60	150m: 1:20.39	26.95	200m: 1:48.69 28.30
3.	Joao Pedro Gil	97	Uniao Piedense	1:50.07	+0,56
	50m: 25.74 25.74	100m: 54.15 28.41	150m: 1:22.41	28.26	200m: 1:50.07 27.66
4.	Guilherme Pereira Dias	97	Sporting	1:51.24	+0,68
	50m: 26.02 26.02	100m: 54.39 28.37	150m: 1:23.09	28.70	200m: 1:51.24 28.15
5.	Bruno Miguel Ramos	97	Belenenses	1:51.40	+0,67
	50m: 25.96 25.96	100m: 54.59 28.63	150m: 1:22.99	28.40	200m: 1:51.40 28.41
	Joao Carlos Santos	96	Uniao Piedense	1:51.40	+0,69
	50m: 26.91 26.91	100m: 54.84 27.93	150m: 1:23.00	28.16	200m: 1:51.40 28.40
7.	Rafael Lourenco Gil	96	Benfica	1:52.93	+0,69
	50m: 26.39 26.39	100m: 54.83 28.44	150m: 1:24.05	29.22	200m: 1:52.93 28.88
8.	Afonso Ribeiro Bate	98	Alges	1:53.27	+0,67
	50m: 26.16 26.16	100m: 54.90 28.74	150m: 1:24.38	29.48	200m: 1:53.27 28.89
9.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	1:56.06	+0,67
	50m: 26.47 26.47	100m: 55.61 29.14	150m: 1:25.92	30.31	200m: 1:56.06 30.14
10.	Mario Andre Bonanca	90	Sporting	2:00.22	+0,78
	50m: 27.23 27.23	100m: 57.88 30.65	150m: 1:29.35	31.47	200m: 2:00.22 30.87

Prova 41 Femin., 200m Livres 16 anos e mais velhos
11-12-2016 - 17:25 Resultados Final

Recordes Nacionais 25m Absoluto	1:59.53	Diana Margarida Duraes	FCP	Porto	13-12-2015
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	1:59.53	Diana Margarida Duraes	FCP	Porto	13-12-2015

Lugar Nome Ano Clube Tempo Final TReac

Juniores

Final

1.	Carolina Rosa Marcelino	01	Alges	2:05.87	+0,72	
	50m: 30.20 30.20	100m: 1:02.41 32.21	150m: 1:34.19 31.78	200m: 2:05.87 31.68		
2.	Maria Francisca Cabral	00	Porto	2:05.97	+0,70	
	50m: 29.44 29.44	100m: 1:01.10 31.66	150m: 1:33.66 32.56	200m: 2:05.97 32.31		
3.	Ana Rita Faria	00	Porto	2:06.16	+0,74	
	50m: 29.82 29.82	100m: 1:01.82 32.00	150m: 1:34.44 32.62	200m: 2:06.16 31.72		
4.	Carolina Marques Neves	01	Torres Novas	2:06.28	+0,72	
	50m: 29.79 29.79	100m: 1:01.95 32.16	150m: 1:34.41 32.46	200m: 2:06.28 31.87		
5.	Mariana Santos Ferreira	00	Miranda do Corvo	2:07.25	+0,74	
	50m: 30.32 30.32	100m: 1:02.62 32.30	150m: 1:35.11 32.49	200m: 2:07.25 32.14		
6.	Miriam Filipe Marcos	01	Natacao Olhao	2:07.33	+0,70	
	50m: 29.90 29.90	100m: 1:02.60 32.70	150m: 1:35.16 32.56	200m: 2:07.33 32.17		
7.	Joana Costa Amador	01	Galitos / Bresimar	2:07.51	+0,73	
	50m: 30.21 30.21	100m: 1:02.47 32.26	150m: 1:35.00 32.53	200m: 2:07.51 32.51		
8.	Ines Jacinto Henriques	00	Pimpoes/Cimai	2:08.44	+0,72	
	50m: 30.24 30.24	100m: 1:02.93 32.69	150m: 1:35.97 33.04	200m: 2:08.44 32.47		
9.	Filipa Serrano Rodrigues	01	Uniao Piedense	2:09.20	+0,80	
	50m: 30.32 30.32	100m: 1:02.77 32.45	150m: 1:36.05 33.28	200m: 2:09.20 33.15		
10.	Sara Sofia Alves	01	Columbofila Cantanhedense	2:10.25	+0,74	
	50m: 30.63 30.63	100m: 1:03.32 32.69	150m: 1:36.97 33.65	200m: 2:10.25 33.28		

Seniores

Final

1.	Rita Barros Frischknecht	98	Alges	2:01.75	+0,70	
	50m: 28.17 28.17	100m: 59.18 31.01	150m: 1:30.06 30.88	200m: 2:01.75 31.69		
2.	Maria Teresa Amorim	97	Porto	2:04.15		
	50m: 29.09 29.09	100m: 1:00.34 31.25	150m: 1:32.17 31.83	200m: 2:04.15 31.98		
3.	Mafalda Gomes Beleza	94	Sporting	2:04.56	+0,69	
	50m: 29.02 29.02	100m: 1:00.50 31.48	150m: 1:32.49 31.99	200m: 2:04.56 32.07		
4.	Soraia Vanessa Ribeiro	92	Estrelas S. Joao de Brito	2:06.35	+0,83	
	50m: 29.38 29.38	100m: 1:01.10 31.72	150m: 1:33.66 32.56	200m: 2:06.35 32.69		
5.	Beatriz Barros Carmo	99	Alges	2:06.88	+0,72	
	50m: 29.67 29.67	100m: 1:02.18 32.51	150m: 1:34.64 32.46	200m: 2:06.88 32.24		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Beatriz Paulo Ranito	99	Sporting	2:08.16	+0,73
	50m: 29.47 29.47	100m: 1:01.79 32.32	150m: 1:35.25 33.46	200m: 2:08.16 32.91	
7.	Adriana Daniela Castro	97	Aquatico Pacense	2:11.36	+0,70
	50m: 29.59 29.59	100m: 1:02.19 32.60	150m: 1:36.67 34.48	200m: 2:11.36 34.69	
8.	Ana Monica Eloi	96	Nautico Marinha Grande	2:11.45	+0,86
	50m: 30.21 30.21	100m: 1:02.95 32.74	150m: 1:36.91 33.96	200m: 2:11.45 34.54	
9.	Angelica Maria Andre	94	Fluvial Portuense	2:12.03	+0,76
	50m: 30.81 30.81	100m: 1:03.71 32.90	150m: 1:37.87 34.16	200m: 2:12.03 34.16	

Prova 42

Masc., 100m Estilos

17 anos e mais velhos

11-12-2016 - 17:30

Resultados Final

Recordes Nacionais 25m Absoluto	53.06	Alexis Manacas Santos	POR	Windsor (CAN)	08-12-2016
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	53.06	Alexis Manacas Santos	POR	Windsor (CAN)	08-12-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Jorge Jesus Silva	00	Braga	58.01	+0,71
	50m: 27.75 27.75	100m: 58.01 30.26			
2.	Alexandre Ferreira Amorim	99	Colegio SMLamas	58.10	+0,68
	50m: 27.37 27.37	100m: 58.10 30.73			
3.	Afonso Guilherme Rosa	99	Torres Novas	59.16	+0,78
	50m: 26.77 26.77	100m: 59.16 32.39			
4.	Jose Pedro Freitas	00	Famalicao	59.21	+0,67
	50m: 27.46 27.46	100m: 59.21 31.75			
5.	Porfirio Braga Nunes	00	Vilacondense	59.28	+0,71
	50m: 27.19 27.19	100m: 59.28 32.09			
6.	Bernardo Jose Dionisio	99	Gualdim Pais	1:00.22	+0,67
	50m: 29.45 29.45	100m: 1:00.22 30.77			
7.	Joao Miguel Santana	00	Pimpoes/Cimai	1:00.25	+0,69
	50m: 27.59 27.59	100m: 1:00.25 32.66			
8.	Rafael Gomes Simoes	00	Amigos da Montanha	1:00.61	+0,77
	50m: 28.35 28.35	100m: 1:00.61 32.26			
9.	Sandro Emanuel Francisco	99	Vieirense	1:00.71	+0,59
	50m: 27.43 27.43	100m: 1:00.71 33.28			
10.	Joao Vitor Fernandes	00	Escola O Liceu	1:01.76	+0,76
	50m: 29.35 29.35	100m: 1:01.76 32.41			

Prova 42, Masc., 100m Estilos, Final

Seniores

Final

1.	Nuno Goncalo Quintanilha	87	Belenenses	56.08	+0,65
	50m: 25.66 25.66	100m: 56.08 30.42			
2.	Pedro Andre Santos	94	Alges	56.38	+0,71
	50m: 25.60 25.60	100m: 56.38 30.78			
3.	Diogo Gomes Sousa	95	Estrelas S. Joao de Brito	56.88	+0,71
	50m: 25.78 25.78	100m: 56.88 31.10			
4.	Joao Silva Gigante	88	Estrelas S. Joao de Brito	57.85	+0,62
	50m: 26.13 26.13	100m: 57.85 31.72			
5.	Fabio Andre Figueira	88	Belenenses	58.29	+0,67
	50m: 26.42 26.42	100m: 58.29 31.87			
6.	Joao Pedro Santos	95	Estarreja	58.43	+0,70
	50m: 26.54 26.54	100m: 58.43 31.89			
7.	Francisco Robalo Quintas	95	Belenenses	58.60	+0,61
	50m: 28.15 28.15	100m: 58.60 30.45			
8.	Miguel Freitas Marques	96	Escola O Liceu	58.66	+0,64
	50m: 26.75 26.75	100m: 58.66 31.91			
9.	Hugo Pon	98	Alges	59.52	+0,63
	50m: 28.28 28.28	100m: 59.52 31.24			
10.	Tiago Martim Alves	97	Benfica	1:00.09	+0,74
	50m: 27.45 27.45	100m: 1:00.09 32.64			

Prova 43

Femin., 100m Estilos

16 anos e mais velhos

11-12-2016 - 17:35

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Juniores

Final

1.	Raquel Gomes Pereira	00	Alges	1:02.34	+0,71
	<i>Rec Nacional, Jun 17</i>				
	50m: 29.34 29.34	100m: 1:02.34 33.00			
2.	Ines Neto Rocha	01	Aquatico Pacense	1:05.88	+0,95
	50m: 29.88 29.88	100m: 1:05.88 36.00			
3.	Luisa Maria Machado	01	Uniao Piedense	1:06.64	+0,87
	50m: 31.41 31.41	100m: 1:06.64 35.23			
4.	Ana Margarida Guedes	01	Ginasio de Vila Real	1:07.16	+0,56
	50m: 29.80 29.80	100m: 1:07.16 37.36			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
5.	Laura Sanchez Rodrigues 50m: 30.53 30.53	00	Belenenses	1:07.71	+0,72
6.	Beatriz Santos Silva 50m: 32.45 32.45	01	Porto	1:08.29	+0,81
7.	Joana Victorino Henriques 50m: 31.56 31.56	01	Condeixa Clube	1:08.46	+0,67
8.	Sofia Filipa Goncalves 50m: 32.82 32.82	01	Leixoes	1:08.60	+0,68
9.	Raquel Alexandra Sousa 50m: 31.25 31.25	01	Sporting	1:08.93	+0,67
10.	Ana Carolina Neves 50m: 30.96 30.96	00	Academica de Coimbra	1:09.12	+0,68

Seniores

Final

1.	Ines Camacho Fernandes 50m: 28.28 28.28	97	Sporting	1:02.59	+0,76
2.	Rita Costa Amador 50m: 31.31 31.31	99	Galitos / Bresimar	1:06.17	+0,70
3.	Bruna Martins Riesenberger 50m: 30.53 30.53	97	Laranjeiro	1:06.49	+0,68
4.	Rita Teixeira Costa 50m: 30.77 30.77	97	Belenenses	1:06.80	+0,65
5.	Sofia Machado Dionisio 50m: 31.21 31.21	98	Sporting	1:06.87	+0,81
6.	Ana Beatriz Martins 50m: 31.03 31.03	99	Famalicao	1:07.50	+0,80
	Maria Rachadell Pereira 50m: 31.00 31.00	98	Estrelas S. Joao de Brito	1:07.50	+0,78
8.	Jessica Teixeira Vieira 50m: 30.36 30.36	91	Belenenses	1:07.91	+0,67
9.	Carolina Mantua Guedes 50m: 31.44 31.44	98	Sporting	1:08.38	+0,74
10.	Ana Margarida Rodrigues 50m: 31.80 31.80	96	Galitos / Bresimar	1:08.91	+0,75

Prova 45 Femin., 4 x 100m Livres 16 anos e mais velhos
11-12-2016 - 18:20 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

Lugar	Clube	Tempo Final	TReac
Seniores			
1.	Alges-SEN	Alges	3:54.13 +0,72
	Rita Barros Frischknecht +0,72 27.51	57.04	Barbara Sofia Barata +0,43 28.97 59.79
	Beatriz Barros Carmo +0,51 28.38	59.23	Francisca Gomes Azevedo +0,19 27.56 58.07
2.	Sporting-SEN	Sporting	3:55.63 +0,55
	Mafalda Gomes Beleza +0,55 28.43	58.68	Raquel Paulo Ranito +0,38 28.53 1:00.22
	Beatriz Paulo Ranito 28.70	1:00.05	Ines Camacho Fernandes +0,21 27.04 56.68
3.	Belenenses-SEN	Belenenses	3:59.29 +0,75
	Margarida Sobral Pimenta +0,75 28.67	59.76	Rita Teixeira Costa +0,37 28.76 59.77
	Jessica Teixeira Vieira +0,28 27.90	58.52	Ana Beatriz Pereira +0,20 29.11 1:01.24
4.	Fluvial Portuense-SEN	Fluvial Portuense	4:04.39 +0,66
	Madalena Amaro Machado +0,66 28.74	1:00.50	Maria Joao Fernandes +0,16 29.46 1:02.70
	Vania Soares Neves +0,25 28.83	59.92	Angelica Maria Andre +0,13 29.03 1:01.27
5.	Benfica-SEN	Benfica	4:05.84 +0,78
	Sofia Alexandra Rolao +0,78 29.03	1:00.72	Ana Raquel Ferreira +0,37 29.15 1:01.36
	Jessica Sousa Brito +0,40 28.95	1:02.40	Claudia Ferreira Borges +0,51 29.40 1:01.36

Juniores

1.	Porto-JUN	Porto	3:57.23 +0,77
	Maria Francisca Cabral +0,77 28.97	59.47	Beatriz Santos Silva +0,27 28.62 1:00.07
	Isabel Porfirio Pego +0,24 28.35	59.68	Ana Rita Faria +0,58 27.95 58.01
2.	Alges-JUN	Alges	3:58.26 +0,73
	Raquel Gomes Pereira +0,73 27.79	57.12	Anna Baptista Ferreira +0,35 28.93 1:00.67
	Carolina Rosa Marcelino +0,37 28.07	59.01	Rita Alexandra Vital +0,14 28.86 1:01.46
3.	Uniao Piedense-JUN	Uniao Piedense	4:05.96 +0,82
	Ines Figueira Santos +0,82 29.42	1:01.17	Celeste Santos Ricardo +0,44 30.11 1:03.70
	Filipa Serrano Rodrigues +0,45 29.64	1:01.39	Luisa Maria Machado +0,57 28.49 59.70

Prova 46 Masc., 4 x 100m Livres 17 anos e mais velhos
11-12-2016 - 18:25 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

Lugar Clube Tempo Final TReac

Seniores

1. Benfica-SEN			Benfica		3:24.18	+0,68	
Joao Duarte Santos	+0,68	24.49	51.03	Rafael Lourenco Gil	+0,18	24.27	51.31
Luiz Pedro Pereira	+0,25	24.53	50.86	Andre Filipe Farinha	+0,36	24.57	50.98
2. Porto-SEN			Porto		3:25.92	+0,63	
Joao Miguel Ascensao	+0,63	23.86	50.66	Diogo Miguel Costa	+0,27	25.17	52.93
Carlos Filipe Santos	+0,46	24.75	52.51	Tomas Correia Silva	+0,21	24.05	49.82
3. Belenenses-SEN			Belenenses		3:26.53	+0,69	
Bruno Miguel Ramos	+0,69	24.62	51.56	Nuno Goncalo Quintanilha	+0,20	24.06	50.56
Fabio Andre Figueira	+0,19	24.48	51.22	Diogo Carrasco Correia	+0,32	25.01	53.19
4. Sporting-SEN			Sporting		3:26.80	+0,69	
Francisco Rogerio Santos	+0,69	24.26	50.84	Guilherme Filipe Pina	+0,17	25.44	53.41
Mario Andre Bonanca	+0,46	24.77	52.26	Guilherme Pereira Dias	+0,45	23.79	50.29
5. Estrelas S. Joao de Brito-SEN			Estrelas S. Joao de Brito		3:26.91	+0,68	
Joao Silva Gigante	+0,68	24.89	51.93	Antonio Fernandes Carrico	+0,32	25.61	53.86
Diogo Gomes Sousa	+0,47	24.88	51.24	Frederico Sucena Riachos	+0,37	23.54	49.88
6. Alges-SEN			Alges		3:27.40	+0,64	
Francisco Carvalho Machado	+0,64	24.83	52.27	Goncalo Cardoso Carmo	+0,25	25.03	52.64
Afonso Ribeiro Bate	+0,34	24.92	51.93	Pedro Andre Santos	+0,36	24.04	50.56
7. Nautico /Urgicentro-Sanfil-SEN			Nautico /Urgicentro-Sanfil		3:32.95	+0,71	
Francisco Xavier Goncalves	+0,71	25.04	52.77	Joao Ricardo Silva	+0,28	25.69	53.89
Tiago Moises Dinis	+0,22	25.14	53.56	Pedro Maria Bessa	+0,22	24.97	52.73
8. Fluvial Portuense-SEN			Fluvial Portuense		3:33.77	+0,62	
Bernardo Leitao Graca	+0,62	24.89	52.22	Joao Luis Travanca	+0,19	26.18	54.90
Jose Pedro Sampaio	+0,28	25.74	54.38	Filipe Miguel Gomes	+0,27	25.04	52.27

Juniores

1. Famalicao-JUN			Famalicao		3:32.56	+0,61	
Mateus Ribeiro Carvalho	+0,61	25.51	53.44	Joao Pereira Tinoco	+0,19	24.81	52.23
Miguel Angelo Santos	+0,39	25.60	53.92	Jose Pedro Freitas	+0,40	25.16	52.97
2. Sporting-JUN			Sporting		3:33.02	+0,61	
Diogo Leal Dantas	+0,61	25.52	53.78	Andre Vilas Ruivo	+0,22	25.55	52.91
Bernardo Garcia Perloiro	+0,43	25.41	54.06	Tiago Cunha Costa	+0,37	25.49	52.27
3. Naval do Funchal-JUN			Naval do Funchal		3:38.72	+0,71	
Afonso Meneses Sequeira	+0,71	25.51	53.92	Martim Moniz Silva	+0,31	25.23	54.03
Miguel Camara Gomes	+0,13	25.80	54.85	Pedro Martins Goncalves	+0,13	25.60	55.92
4. Fluvial Portuense-JUN			Fluvial Portuense		3:41.19	+0,80	
Nuno Correia Sousa	+0,80	25.98	54.11	Diogo Moreno Bastos	+0,28	27.11	56.71
Sergio Filipe Travanca	+0,45	26.64	56.10	Diogo Barbosa Nunes	+0,27	26.36	54.27